



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Hollander, Sven

□□□: 1:09:52

□□: ZSG Waltershausen

□□: 132

□□: 21.30 km

□□□□□/□□□: 8 (of 122)

Einzel Cross Triathlon (0.3/16,0/5,0 km)

□□□□□/□: 8 (of 105)

□□□□□□: 1:03:47

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□□□□□: 1(of 37)

Senioren 1, TM 40

□□□□□□□: 1:09:52

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|---------------|-------|---------|--------|----|------|----|------|-------|---------|--------|----|----|-----|------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 6:03 | 20:10 | 7 | 1:14 | 25 | 1:22 | 0.30 | 6:03 | 20:10 | 38 | | 106 | 1:07 |
| Schwimmen □□□ | 0.30 | 6:03 | | | | | | | | | | | | |
| Rad | 16.00 | 43:19 | 2:42 | 2 | 2:44 | 13 | 4:46 | 16.30 | 49:22 | 3:01 | 38 | | 104 | 5:08 |
| Rad □□□ | 16.00 | 43:19 | | | | | | | | | | | | |
| Lauf | 5.00 | 20:30 | 4:05 | 1 | - | 4 | 1:45 | 21.30 | 1:09:52 | 3:16 | 1 | - | 8 | 6:05 |
| Lauf □□□ | 21.00 | 1:09:52 | | | | | | | | | | | | |