



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Stiehm, Dirk

□□□: 1:43:29

□□: Gotha

□□: 148

□□: 21.30 km

□□□□□/□□□: 105 (of 122)

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

□□□□□/□: 93 (of 105)

□□□□□□: 1:03:47

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□□□□□: 24(of 27)

AK 2, TM 30

□□□□□□□: 1:03:47

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|---------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 7:33 | 25:10 | 21 | 2:52 | 70 | 2:52 | 0.30 | 7:33 | 25:10 | 28 | 0:16 | 106 | 2:37 |
| Schwimmen □□□ | 0.30 | 7:33 | | | | | | | | | | | | |
| Rad | 16.00 | 1:03:49 | 3:59 | 24 | 24:01 | 94 | 25:16 | 16.30 | 1:11:22 | 4:22 | 27 | 16:39 | 104 | 27:08 |
| Rad □□□ | 16.00 | 1:03:49 | | | | | | | | | | | | |
| Lauf | 5.00 | 32:07 | 6:25 | 24 | 13:22 | 98 | 13:22 | 21.30 | 1:43:29 | 4:51 | 24 | 39:42 | 93 | 39:42 |
| Lauf □□□ | 21.00 | 1:43:29 | | | | | | | | | | | | |