



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

□□□□

Becher, Wolfgang

□□□: 1:45:35

□□: SV 05 Friedrichroda e.V.

□□: 140

□□: 21.30 km

□□□□□/□□□: 111 (of 122)

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

□□□□□/□: 98 (of 105)

□□□□□□: 1:03:47

□□□□:

□□□□□: 1(of 1)

Senioren 4, TM 70

□□□□□□□: 1:45:35

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	7:47	25:56	1	-	74	3:06	0.30	7:47	25:56	1	-	106	2:51
Schwimmen □□□	0.30	7:47												
Rad	16.00	1:04:15	4:00	1	-	95	25:42	16.30	1:12:02	4:25	1	-	104	27:48
Rad □□□	16.00	1:04:15												
Lauf	5.00	33:33	6:42	1	-	100	14:48	21.30	1:45:35	4:57	1	-	98	41:48
Lauf □□□	21.00	1:45:35												