



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

0000

Schuchardt, Raik

000: 1:29:39

00: Langenhain

00: 202

00: 21.30 km

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

00000/000: 75 (of 122)

00000/0: 70 (of 105)

000000: 1:03:47

0000:

Senioren 1, TM 40

00000: 23(of 37)

0000000: 1:09:52

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.30	7:28	24:53	25	2:39	68	2:47	0.30	7:28	24:53	1	-	106	2:32
Schwimmen 000	0.30	7:28												
Rad	16.00	53:29	3:20	22	12:54	59	14:56	16.30	1:00:57	3:44	1	-	104	16:43
Rad 000	16.00	53:29												
Lauf	5.00	28:42	5:44	28	8:12	80	9:57	21.30	1:29:39	4:12	23	19:47	70	25:52
Lauf 000	21.00	1:29:39												