



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

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Eggeling, Carsten

□□□: 2:49:28

□□: TEAM CHOOZA

□□: 319

□□: 55.80 km

XL-Cross (0.8 / 45.0 / 10.0)

□□□□□/□□□: 3 (of 46)

□□□□□/□: 3 (of 40)

□□□□□□: 2:40:33

□□□□:

Triathlon Männer AK40

□□□□□: 1(of 13)

□□□□□□□: 2:49:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.80	13:45	17:11	1	-	3	1:06	0.80	13:45	17:11	14	-	41	
Rad	45.00	1:45:14	2:20	2	1:45:14	4	1:45:14	45.80	1:58:59	2:35	1	-	40	
Lauf	10.00	50:29	5:02	1	-	5	50:29	55.80	2:49:28	3:02	2	1:11:22	4	1:11:22