



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

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Zedler, Linda

□□□: 3:31:08

□□: Saalfelder LV

□□: 346

□□: 55.80 km

□□□□□/□□□: 29 (of 46)

XL-Cross (0.8 / 45.0 / 10.0)

□□□□□/□: 2 (of 6)

□□□□□□: 3:17:06

□□□□:

□□□□□: 1(of 1)

Triathlon Frauen AK20

□□□□□□□: 3:31:08

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.80	18:18	22:52	1	-	4	3:25	0.80	18:18	22:52	1	-	7	3:25
Rad	45.00	2:09:03	2:52	1	-	2	1:28	45.80	2:27:21	3:13	1	-	7	4:53
Lauf	10.00	1:03:47	6:22	1	-	3	10:49	55.80	3:31:08	3:47	1	-	2	14:02