



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

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Römer, Ramona

□□□: 3:44:26

□□: First-Fitness-Club Bad Salzungen

□□: 336

□□: 55.80 km

□□□□□/□□□: 37 (of 46)

XL-Cross (0.8 / 45.0 / 10.0)

□□□□□/□: 3 (of 6)

□□□□□□: 3:17:06

□□□□:

□□□□□: 2(of 4)

Triathlon Frauen AK30

□□□□□□□: 3:17:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.80	23:30	29:22	4	8:37	6	8:37	0.80	23:30	29:22	5	8:37	7	8:37	
Rad	45.00	2:27:58	3:17	3	20:23	4	20:23	45.80	2:51:28	3:44	5	29:00	7	29:00	
Lauf	10.00	52:58	5:17	1	-	1	-	55.80	3:44:26	4:01	2	27:20	3	27:20	