



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

0000

Nord-Duo Jansen

000: 1:39:34

00: 86

00: 17.48 km/h

0000: 3:23 min/km

00: 29.40 km

Staffel-Cross Triathlon (0,4/23/6 km)

00000: 21 (of 48)

000000: 1:19:11

0000:

00000: 6(of 7)

Staffel Cross - Familienstaffel

0000000: 1:30:13

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen	0.40	11:01	27:32	6	3:51	43	4:06	0.40	11:01	27:32	8	2:53	49	2:58
Rad	23.00	1:00:59	2:39	6	8:46	24	14:56	23.40	1:12:00	3:04	8	3:10	49	
Lauf	6.00	27:34	4:35	3	3:04	7	4:31	29.40	1:39:34	3:23	6	9:21	21	20:23