



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

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Bauelemente Jens Lehmann

000: 3:01:08

00: 476

00: 13.25 km/h

0000: 4:26 min/km

00: 40.80 km

Staffel XTERRA Thüringen (0,8/30/10 km)

00000: 8 (of 10)

000000: 2:27:09

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00000: 8(of 10)

Staffel XTERRA

0000000: 2:27:09

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen	0.80	20:37	25:46	6	9:13	6	9:13	0.80	20:37	25:46	11	4:11	11	4:11
Rad	30.00	1:45:46	3:31	7	22:24	7	22:24	30.80	2:06:23	4:06	11	16:36	11	16:36
Lauf	10.00	54:45	5:28	7	17:23	7	17:23	40.80	3:01:08	4:26	8	33:59	8	33:59