



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

SPORTIDENT

Jelinek, Ralf

TIME: 1:49:07

CLUB: TV Dresden

NO: 293

DIS: 29.40 km

Einzel Cross Triathlon (0.4/23/6 km)

START/NO: 86 (of 172)

START/NO: 80 (of 146)

START/NO: 1:25:53

AGE:

AGE: 25(of 45)

AK 40 männlich

START/NO: 1:32:32

SPORT

SPORT

SPORT

SPORT	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen	0.40	8:53	22:12	18	2:18	60	2:57	0.40	8:53	22:12	46	0:08	147	1:06
Rad	23.00	1:06:04	2:52	23	8:36	78	13:22	23.40	1:14:57	3:12	46	1:20	144	9:49
Lauf	6.00	34:10	5:41	28	7:30	91	10:27	29.40	1:49:07	3:42	25	16:35	80	23:14