



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

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Fricke, Lars Erik

000: 2:12:39

00: AC Apolda / X4cross

00: 345

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 1 (of 50)

00000/0: 1 (of 43)

000000: 2:12:39

0000:

AK 2, TM 25

00000: 1(of 8)

0000000: 2:12:39

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.80	10:29	13:06	1	-	1	-	0.80	10:29	13:06	9	-	-	44
Rad	30.00	1:20:17	2:40	2	8:21	2	8:21	30.80	1:30:46	2:56	8	5:24	42	
Lauf	10.00	41:53	4:11	1	-	2	1:51	40.80	2:12:39	3:15	2	0:58	2	0:58