



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

0000

Härtel, Ronny

000: 2:37:45

00: HSV Weimar

00: 329

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 13 (of 50)

00000/0: 13 (of 43)

000000: 2:12:39

0000:

AK 2, TM 25

00000: 4(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	14:43	18:23	6	4:14	19	4:14	0.80	14:43	18:23	9	1:17	44	
Rad	30.00	1:32:58	3:05	5	21:02	13	21:02	30.80	1:47:41	3:29	8	22:19	42	
Lauf	10.00	50:04	5:00	6	8:11	19	10:02	40.80	2:37:45	3:51	5	26:04	14	26:04