



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

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Ulbricht, Marko

000: 2:34:47

00: AHORN Berghotel Friedrichroda

00: 339

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 9 (of 50)

00000/0: 9 (of 43)

000000: 2:12:39

0000:

AK 4, TM 35

00000: 5(of 11)

0000000: 2:21:23

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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	18:36	23:15	11	7:08	38	8:07	0.80	18:36	23:15	12	2:25	44	2:17
Rad	30.00	1:27:08	2:54	3	2:06	7	15:12	30.80	1:45:44	3:25	12	4:31	42	
Lauf	10.00	49:03	4:54	6	6:32	15	9:01	40.80	2:34:47	3:47	5	13:24	10	23:06