



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

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Krüger, Thomas

000: 2:42:08

00: Marksuhl

00: 316

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 16 (of 50)

00000/0: 16 (of 43)

000000: 2:12:39

0000:

AK 4, TM 35

00000: 7(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	13:41	17:06	3	2:13	12	3:12	0.80	13:41	17:06	12			44
Rad	30.00	1:39:12	3:18	8	14:10	23	27:16	30.80	1:52:53	3:39	12	11:40		42
Lauf	10.00	49:15	4:55	8	6:44	17	9:13	40.80	2:42:08	3:58	7	20:45	17	30:27