



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

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Rauch, Enrico

000: 2:47:25

00: TV Valtenberg e.V.

00: 306

00: 40.80 km

00000/000: 25 (of 50)

XTERRA Thüringen (0,8/30/10 km)

00000/0: 25 (of 43)

000000: 2:12:39

0000:

00000: 4(of 6)

Senioren 1, TM 40

0000000: 2:38:25

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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 | 13:47 | 17:13 | 2 | 0:23 | 13 | 3:18 | 0.80 | 13:47 | 17:13 | 1 | - | 44 | |
| Rad | 30.00 | 1:39:07 | 3:18 | 4 | 6:13 | 22 | 27:11 | 30.80 | 1:52:54 | 3:39 | 1 | - | 42 | |
| Lauf | 10.00 | 54:31 | 5:27 | 6 | 3:53 | 31 | 14:29 | 40.80 | 2:47:25 | 4:06 | 4 | 9:00 | 26 | 35:44 |