



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

□□□□

Eggeling, Carsten

□□□: 2:38:25

□□: TEAM CHOOZA/VFL WOLFSBURG

□□: 344

□□: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

□□□□□/□□□: 14 (of 50)

□□□□□/□: 14 (of 43)

□□□□□□: 2:12:39

□□□□:

Senioren 1, TM 40

□□□□□: 1(of 6)

□□□□□□□: 2:38:25

□□□□

□□□□

□□□

| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-----------|-------|---------|--------|----|------|----|-------|-------|---------|--------|----|----|----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.80 | 13:24 | 16:45 | 1 | - | 9 | 2:55 | 0.80 | 13:24 | 16:45 | 7 | - | 44 | |
| Rad | 30.00 | 1:34:23 | 3:08 | 3 | 1:29 | 17 | 22:27 | 30.80 | 1:47:47 | 3:29 | 7 | - | 42 | |
| Lauf | 10.00 | 50:38 | 5:03 | 1 | - | 21 | 10:36 | 40.80 | 2:38:25 | 3:52 | 1 | - | 15 | 26:44 |