



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

0000

Humbek, Frank

000: 2:43:37

00: RAD-ART

00: 340

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 18 (of 50)

00000/0: 18 (of 43)

000000: 2:12:39

0000:

Senioren 1, TM 40

00000: 3(of 6)

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	17:44	22:10	5	4:20	35	7:15	0.80	17:44	22:10	7	3:57	44	1:25
Rad	30.00	1:33:25	3:06	2	0:31	14	21:29	30.80	1:51:09	3:36	7		42	
Lauf	10.00	52:28	5:14	2	1:50	24	12:26	40.80	2:43:37	4:00	3	5:12	19	31:56