



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

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Haberl, Anne-Katrin

□□□: 2:49:46

□□: TSVE 1890 Bielefeld

□□: 321

□□: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

□□□□□/□□□: 27 (of 50)

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AK 2, TW 25

□□□□□: 1(of 1)

□□□□□□□: 2:49:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.80	12:22	15:27	1	-	1	-	0.80	12:22	15:27	1	-	1	-
Rad	30.00	1:45:50	3:31	1	-	2	0:40	30.80	1:58:12	3:50	1	-	1	-
Lauf	10.00	51:34	5:09	1	-	2	22:56	40.80	2:49:46	4:09	1	-	1	-