



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

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Apelt, Robby

000: 2:47:22

00: Team Erdinger Alkoholfrei / TV Barchfeld

00: 348

00: 40.80 km

00000/000: 24 (of 50)

XTERRA Thüringen (0,8/30/10 km)

00000/0: 24 (of 43)

000000: 2:12:39

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00000: 3(of 9)

Senioren 2, TM 45

0000000: 2:43:45

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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	15:00	18:45	4	1:30	23	4:31	0.80	15:00	18:45	10	1:30	44	
Rad	30.00	1:37:48	3:15	1	-	21	25:52	30.80	1:52:48	3:39	9		42	
Lauf	10.00	54:34	5:27	6	6:09	32	14:32	40.80	2:47:22	4:06	3	3:37	25	35:41