



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

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Kösler, Daniela

□□□: 2:50:20

□□: ASV Köln Triathlon

□□: 355

□□: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

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□□□□□□: 2:49:46

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AK 3, TW 30

□□□□□: 1(of 1)

□□□□□□□: 2:50:20

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.80	13:02	16:17	1	-	2	0:40	0.80	13:02	16:17	1	-	8	0:40
Rad	30.00	1:45:10	3:30	1	-	1	-	30.80	1:58:12	3:50	1	-	1	-
Lauf	10.00	52:08	5:12	1	-	3	23:30	40.80	2:50:20	4:10	1	-	2	0:34