



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

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Franke, Lutz

000: 2:53:51

00: München

00: 358

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 31 (of 50)

00000/0: 29 (of 43)

000000: 2:12:39

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Senioren 2, TM 45

00000: 4(of 9)

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	14:01	17:31	2	0:31	14	3:32	0.80	14:01	17:31	10	0:31	44	
Rad	30.00	1:46:55	3:33	5	9:07	32	34:59	30.80	2:00:56	3:55	9	6:55	42	3:00
Lauf	10.00	52:55	5:17	4	4:30	25	12:53	40.80	2:53:51	4:15	4	10:06	30	42:10