



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

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Steininger, Heike

□□□: 3:53:50

□□: TG Bad Waldsee

□□: 331

□□: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

□□□□□/□□□: 46 (of 50)

□□□□□/□: 6 (of 7)

□□□□□□: 2:49:46

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Seniorinnen 2, TW 45

□□□□□: 1(of 1)

□□□□□□□: 3:53:50

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.80	19:03	23:48	1	-	7	6:41	0.80	19:03	23:48	1	-	8	6:41
Rad	30.00	2:34:55	5:09	1	-	7	49:45	30.80	2:53:58	5:38	1	-	8	55:46
Lauf	10.00	59:52	5:59	1	-	6	31:14	40.80	3:53:50	5:43	1	-	7	1:04:04