

## 10. Cross Triathlon Friedrichroda Friedrichroda / Thüringen / 17.07.2011



Steininger, Heike

□□: TG Bad Waldsee

□□: 331

□□: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

*y* = (-,-,- -, ,

Seniorinnen 2, TW 45

□□□: 3:53:50

\_\_\_\_\_\_: 46 (of 50)

□□□□□/□: 6 (of 7)

□□□□□□: 2:49:46

\_\_\_\_: 1(of 1)

<u>\_\_\_\_</u>: 3:53:50

km	ПП	min/km	-	-	П	П	km	ПП	min/km	-	-	П	П		

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