

10. Cross Triathlon Friedrichroda Friedrichroda / Thüringen / 17.07.2011



Schönau, Torsten □□□: 2:05:51

□□: Gotha □□: 131

______: 145 (of 172) □□: 29.40 km

____/_: 132 (of 146) Einzel Cross Triathlon (0.4/23/6 km)

[][][]: 1:25:53

□□□□: 42(of 45) ____: 1:32:32 AK 40 männlich

	km		min/km	-	-			km		min/km	-	-		
Schwimmen	0.40	9:11	22:57	23	2:36	71	3:15	0.40	9:11	22:57	46	0:26	147	1:24
Rad	23.00	1:21:15	3:31	43	23:47	139	28:33	23.40	1:30:26	3:51	46	16:49	144	25:18
Lauf	6.00	35:25	5:54	33	8:45	106	11:42	29.40	2:05:51	4:16	42	33:19	132	39:58