

11. Cross Triathlon Friedrichroda Friedrichroda / Thüringen / 15.07.2012



Wozasek, Ingrid

□□: Triathlon Friedrichroda

□□: 174

□□: 21.30 km

Einzel Cross Triathlon (0.3/16,0/5,0 km)

Emzer 61033 Triatmon (0.3/10/0/3/0 Km)

Seniorinnen 2, TW 50

□□□: 1:39:34

______ 99 (of 122)

□□□□/□: 9 (of 16)

000000: 1:22:57

□□□□: 2(of 4)

															100
	km		min/km	-	-			km		min/km	-	-			
Cabuinanaan	0.20	0.11	20.26	2	2.12	1 5	2.12	0.20	0.11	20.26	_	1.22	17	1.51	

Schwimmen 3:13 30:36 1:51 Schwimmen [] 0.30 9:11 0:15 9:24 16.30 1:10:11 4:18 17 1:45 Rad 16.00 1:01:00 3:48 16.00 1:01:00 Rad ∏∏∏ 5:56 3:06 9 Lauf 5.00 29:23 5:52 3 4:51 11 21.30 1:39:34 4:40 16:37

Lauf [[[]] 21.00 1:39:34