



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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**Blümel, Susan**

□□□: 1:40:44

□□: AC Apolda

□□: 187

□□: 21.30 km

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

□□□□□/□□□: 102 (of 122)

□□□□□/□: 10 (of 16)

□□□□□□: 1:22:57

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Seniorinnen 1, TW 40

□□□□□: 3(of 5)

□□□□□□□: 1:29:41

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	7:12	24:00	1	-	6	1:14	0.30	7:12	24:00	6	-	17	
Schwimmen □□□	0.30	7:12												
Rad	16.00	1:00:38	3:47	2	3:02	6	9:02	16.30	1:07:50	4:09	6	-	17	
Rad □□□	16.00	1:00:38												
Lauf	5.00	32:54	6:34	5	9:20	14	9:27	21.30	1:40:44	4:43	3	11:03	10	17:47
Lauf □□□	21.00	1:40:44												