



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

XXXX

Fricke, Lars Erik

XXX: 2:05:51

XX: X4cross/ AC Apolda

XX: 360

XX: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

XXXXX/XXX: 1 (of 82)

XXXXX/X: 1 (of 78)

XXXXXX: 2:05:51

XXXX:

AK 3, TM 30

XXXXX: 1(of 13)

XXXXXXXX: 2:05:51

XXXX

XXXX

XXX

XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX
	km	XX	min/km	-	-	X	X	km	XX	min/km	-	-	X	X
Schwimmen	0.60	7:57	13:15	2	3:14	4	3:14	0.60	7:57	13:15	1	-	78	
Schwimmen XXX	0.60	7:57												
Rad	28.00	1:19:11	2:49	1	-	2	28:20	28.60	1:27:08	3:02	1	-	77	
Rad XXX	28.00	1:19:11												
Lauf	10.00	38:43	3:52	1	-	3	26:00	38.60	2:05:51	3:15	1	-	2	42:36
Lauf XXX	38.00	2:05:51												