



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Tittel, Thomas

□□□: 2:32:07

□□: SC DHFK Leipzig

□□: 311

□□: 38.60 km

□□□□□/□□□: 15 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

□□□□□/□: 15 (of 78)

□□□□□□: 2:05:51

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□□□□□: 7(of 13)

AK 4, TM 35

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|---------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|---------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.60 | 8:33 | 14:15 | 1 | - | 5 | 3:50 | 0.60 | 8:33 | 14:15 | 14 | - | 78 | |
| Schwimmen □□□ | 0.60 | 8:33 | | | | | | | | | | | | |
| Rad | 28.00 | 1:39:19 | 3:32 | 7 | 15:22 | 21 | 48:28 | 28.60 | 1:47:52 | 3:46 | 14 | 13:37 | 77 | |
| Rad □□□ | 28.00 | 1:39:19 | | | | | | | | | | | | |
| Lauf | 10.00 | 44:15 | 4:25 | 4 | 3:54 | 13 | 31:32 | 38.60 | 2:32:07 | 3:56 | 7 | 16:50 | 16 | 1:08:52 |
| Lauf □□□ | 38.00 | 2:32:07 | | | | | | | | | | | | |