



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Humbek, Frank

000: 2:32:21

00: Easy Riders -Rad -Art

00: 356

00: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

00000/000: 16 (of 82)

00000/0: 16 (of 78)

000000: 2:05:51

0000:

Senioren 1, TM 40

00000: 4(of 21)

0000000: 2:06:52

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.60	13:23	22:18	15	6:30	56	8:40	0.60	13:23	22:18	22	1:00	78	3:24
Schwimmen 000	0.60	13:23												
Rad	28.00	1:31:06	3:15	4	11:54	10	40:15	28.60	1:44:29	3:39	21		77	
Rad 000	28.00	1:31:06												
Lauf	10.00	47:52	4:47	7	9:37	25	35:09	38.60	2:32:21	3:56	4	25:29	17	1:09:06
Lauf 000	38.00	2:32:21												