



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

XXXX

Lehmann, Annette

XXX: 2:45:45

XX: Triathlon Friedrichroda

XX: 334

XX: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

XXXXXX/XXX: 27 (of 82)

XXXXXX/X: 2 (of 4)

XXXXXXX: 2:38:42

XXXX:

XXXXX: 1(of 1)

Seniorinnen 1, TW 40

XXXXXXXX: 2:45:45

XXXX

XXXX

XXX

XXX	XX	XX	XX	XX	XX	XX	XX	XXX	XXX	XXX	XX	XX	XX	XX
	km	XX	min/km	-	-	X	X	km	XX	min/km	-	-	X	X
Schwimmen	0.60	11:22	18:56	1	-	2	2:11	0.60	11:22	18:56	1	-	5	2:11
Schwimmen XXX	0.60	11:22												
Rad	28.00	1:38:19	3:30	1	-	2	2:47	28.60	1:49:41	3:50	1	-	5	
Rad XXX	28.00	1:38:19												
Lauf	10.00	56:04	5:36	1	-	2	7:54	38.60	2:45:45	4:17	1	-	2	7:03
Lauf XXX	38.00	2:45:45												