



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

0000

Hellmich, Jens

000: 2:47:57

00: Erfurt

00: 374

00: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

00000/000: 32 (of 82)

00000/0: 29 (of 78)

000000: 2:05:51

0000:

Senioren 1, TM 40

00000: 9(of 21)

0000000: 2:06:52

0000

0000

000

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	11:56	19:53	7	5:03	33	7:13	0.60	11:56	19:53	22		78	1:57
Schwimmen 000	0.60	11:56												
Rad	28.00	1:43:17	3:41	8	24:05	28	52:26	28.60	1:55:13	4:01	21		77	
Rad 000	28.00	1:43:17												
Lauf	10.00	52:44	5:16	13	14:29	43	40:01	38.60	2:47:57	4:21	9	41:05	30	1:24:42
Lauf 000	38.00	2:47:57												