



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Pomorzev, Andrey

□□□: 2:55:44

□□: Trianhas Bad Arolsen

□□: 350

□□: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

□□□□□/□□□: 42 (of 82)

□□□□□/□: 39 (of 78)

□□□□□□: 2:05:51

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AK 3, TM 30

□□□□□: 10(of 13)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.60	4:43	7:51	1	-	1	-	0.60	4:43	7:51	14	-	-	78
Schwimmen □□□	0.60	4:43												
Rad	28.00	2:01:24	4:20	13	42:13	58	1:10:33	28.60	2:06:07	4:24	14	38:59	77	5:36
Rad □□□	28.00	2:01:24												
Lauf	10.00	49:37	4:57	5	10:54	32	36:54	38.60	2:55:44	4:33	10	49:53	40	1:32:29
Lauf □□□	38.00	2:55:44												