



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Ernst, Marcel

□□□: 3:01:35

□□: DEKRA Gotha

□□: 348

□□: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

□□□□□/□□□: 50 (of 82)

□□□□□/□: 46 (of 78)

□□□□□□: 2:05:51

□□□□:

AK 2, TM 25

□□□□□: 5(of 6)

□□□□□□□: 2:26:24

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|---------------|-------|---------|--------|----|-------|----|---------|-------|---------|--------|----|-------|----|---------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.60 | 16:29 | 27:28 | 6 | 7:02 | 71 | 11:46 | 0.60 | 16:29 | 27:28 | 7 | 4:40 | 78 | 6:30 |
| Schwimmen □□□ | 0.60 | 16:29 | | | | | | | | | | | | |
| Rad | 28.00 | 1:57:44 | 4:12 | 4 | 27:30 | 52 | 1:06:53 | 28.60 | 2:14:13 | 4:41 | 7 | 32:10 | 77 | 13:42 |
| Rad □□□ | 28.00 | 1:57:44 | | | | | | | | | | | | |
| Lauf | 10.00 | 47:22 | 4:44 | 2 | 3:01 | 22 | 34:39 | 38.60 | 3:01:35 | 4:42 | 5 | 35:11 | 47 | 1:38:20 |
| Lauf □□□ | 38.00 | 3:01:35 | | | | | | | | | | | | |