



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Schwabe, André

□□□: 1:17:45

□□: Waltershausen

□□: 129

□□: 21.30 km

□□□□□/□□□: 30 (of 122)

Einzel Cross Triathlon (0.3/16,0/5,0 km)

□□□□□/□: 30 (of 105)

□□□□□□: 1:03:47

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□□□□□: 10(of 27)

AK 2, TM 30

□□□□□□□: 1:03:47

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	7:02	23:26	17	2:21	58	2:21	0.30	7:02	23:26	28		106	2:06
Schwimmen □□□	0.30	7:02												
Rad	16.00	46:31	2:54	8	6:43	23	7:58	16.30	53:33	3:17	27		104	9:19
Rad □□□	16.00	46:31												
Lauf	5.00	24:12	4:50	9	5:27	37	5:27	21.30	1:17:45	3:39	10	13:58	30	13:58
Lauf □□□	21.00	1:17:45												