



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

XXXX

Benner, Carsten

XXX: 3:25:04

XX: Friedberg

XX: 315

XX: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

XXXXXX/XXX: 69 (of 82)

XXXXXX/X: 66 (of 78)

XXXXXXX: 2:05:51

XXXX:

XXXXXX: 19(of 21)

Senioren 1, TM 40

XXXXXXX: 2:06:52

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  | 6:53    | 11:28  | 1  | -       | 2  | 2:10    | 0.60  | 6:53    | 11:28  | 22 |         | 78 |         |
| Schwimmen XXX | 0.60  | 6:53    |        |    |         |    |         |       |         |        |    |         |    |         |
| Rad           | 28.00 | 2:26:14 | 5:13   | 20 | 1:07:02 | 75 | 1:35:23 | 28.60 | 2:33:07 | 5:21   | 21 | 18:33   | 77 | 32:36   |
| Rad XXX       | 28.00 | 2:26:14 |        |    |         |    |         |       |         |        |    |         |    |         |
| Lauf          | 10.00 | 51:57   | 5:11   | 11 | 13:42   | 40 | 39:14   | 38.60 | 3:25:04 | 5:18   | 19 | 1:18:12 | 67 | 2:01:49 |
| Lauf XXX      | 38.00 | 3:25:04 |        |    |         |    |         |       |         |        |    |         |    |         |