



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Lanting, Robert

□□□: 3:47:06

□□: Assen

□□: 342

□□: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

□□□□□/□□□: 79 (of 82)

□□□□□/□: 75 (of 78)

□□□□□□: 2:05:51

□□□□:

Senioren 2, TM 45

□□□□□: 8(of 9)

□□□□□□□: 2:34:03

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.60	7:08	11:53	1	-	3	2:25	0.60	7:08	11:53	9	-	78	
Schwimmen □□□	0.60	7:08												
Rad	28.00	2:26:58	5:14	8	48:30	76	1:36:07	28.60	2:34:06	5:23	9	44:09	77	33:35
Rad □□□	28.00	2:26:58												
Lauf	10.00	1:13:00	7:17	8	29:47	76	1:00:17	38.60	3:47:06	5:53	8	1:13:03	76	2:23:51
Lauf □□□	38.00	3:47:06												