



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

□□□□

Krannich, Steffen

□□□: 1:25:05

□□: Altenfeld

□□: 116

□□: 21.30 km

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

□□□□□/□□□: 53 (of 122)

□□□□□/□: 52 (of 105)

□□□□□□: 1:03:47

□□□□:

Senioren 1, TM 40

□□□□□: 17(of 37)

□□□□□□□: 1:09:52

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|---------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 8:34 | 28:33 | 32 | 3:45 | 94 | 3:53 | 0.30 | 8:34 | 28:33 | 13 | 1:06 | 106 | 3:38 |
| Schwimmen □□□ | 0.30 | 8:34 | | | | | | | | | | | | |
| Rad | 16.00 | 51:11 | 3:11 | 15 | 10:36 | 47 | 12:38 | 16.30 | 59:45 | 3:39 | 38 | | 104 | 15:31 |
| Rad □□□ | 16.00 | 51:11 | | | | | | | | | | | | |
| Lauf | 5.00 | 25:20 | 5:03 | 16 | 4:50 | 48 | 6:35 | 21.30 | 1:25:05 | 3:59 | 17 | 15:13 | 52 | 21:18 |
| Lauf □□□ | 21.00 | 1:25:05 | | | | | | | | | | | | |