



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Krauß, Thomas

□□□: 1:19:36

□□: Finsterbergen

□□: 155

□□: 21.30 km

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

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□□□□□□: 1:03:47

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AK 2, TM 30

□□□□□: 11(of 27)

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|---------------|-------|---------|--------|----|------|----|------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 6:53 | 22:56 | 15 | 2:12 | 48 | 2:12 | 0.30 | 6:53 | 22:56 | 28 | | 106 | 1:57 |
| Schwimmen □□□ | 0.30 | 6:53 | | | | | | | | | | | | |
| Rad | 16.00 | 47:28 | 2:58 | 11 | 7:40 | 30 | 8:55 | 16.30 | 54:21 | 3:20 | 27 | | 104 | 10:07 |
| Rad □□□ | 16.00 | 47:28 | | | | | | | | | | | | |
| Lauf | 5.00 | 25:15 | 5:02 | 12 | 6:30 | 45 | 6:30 | 21.30 | 1:19:36 | 3:44 | 11 | 15:49 | 35 | 15:49 |
| Lauf □□□ | 21.00 | 1:19:36 | | | | | | | | | | | | |