



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Brudel, André

□□□: 1:13:19

□□: Dancing Queens Tiefurt

□□: 227

□□: 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

□□□□□: 5(of 27)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	5:44	19:06	9	1:03	19	1:03	0.30	5:44	19:06	28		106	0:48
Schwimmen □□□	0.30	5:44												
Rad	16.00	45:16	2:49	7	5:28	21	6:43	16.30	51:00	3:07	27		104	6:46
Rad □□□	16.00	45:16												
Lauf	5.00	22:19	4:27	5	3:34	16	3:34	21.30	1:13:19	3:26	5	9:32	17	9:32
Lauf □□□	21.00	1:13:19												