



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Jung, Danny

□□□: 1:28:28

□□: Grasrockers Brotterode

□□: 176

□□: 21.30 km

□□□□□/□□□: 69 (of 122)

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

□□□□□/□: 65 (of 105)

□□□□□□: 1:03:47

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□□□□□: 10(of 15)

AK 1, TM 20

□□□□□□□: 1:06:06

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	8:22	27:53	13	3:26	88	3:41	0.30	8:22	27:53	16	3:26	106	3:26
Schwimmen □□□	0.30	8:22												
Rad	16.00	57:24	3:35	11	18:51	77	18:51	16.30	1:05:46	4:02	15	21:32	104	21:32
Rad □□□	16.00	57:24												
Lauf	5.00	22:42	4:32	4	0:50	24	3:57	21.30	1:28:28	4:09	10	22:22	65	24:41
Lauf □□□	21.00	1:28:28												