



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Bärwolf, Silvia

□□□: 1:44:24

□□: Lauffreß Breitungen

□□: 111

□□: 21.30 km

□□□□□/□□□: 110 (of 122)

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

□□□□□/□: 12 (of 16)

□□□□□□: 1:22:57

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□□□□□: 3(of 4)

Seniorinnen 2, TW 50

□□□□□□□: 1:36:28

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|---------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|------|----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 7:39 | 25:30 | 2 | 0:41 | 9 | 1:41 | 0.30 | 7:39 | 25:30 | 1 | - | 17 | 0:19 |
| Schwimmen □□□ | 0.30 | 7:39 | | | | | | | | | | | | |
| Rad | 16.00 | 1:12:13 | 4:30 | 3 | 11:28 | 13 | 20:37 | 16.30 | 1:19:52 | 4:53 | 1 | - | 17 | 11:26 |
| Rad □□□ | 16.00 | 1:12:13 | | | | | | | | | | | | |
| Lauf | 5.00 | 24:32 | 4:54 | 1 | - | 5 | 1:05 | 21.30 | 1:44:24 | 4:54 | 3 | 7:56 | 12 | 21:27 |
| Lauf □□□ | 21.00 | 1:44:24 | | | | | | | | | | | | |