



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Müller, Angela

□□□: 1:29:41

□□: Team out-fit-shop.de Werdau

□□: 197

□□: 21.30 km

□□□□□/□□□: 76 (of 122)

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

□□□□□/□: 5 (of 16)

□□□□□□: 1:22:57

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□□□□□: 1(of 5)

Seniorinnen 1, TW 40

□□□□□□□: 1:29:41

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	8:31	28:23	4	1:19	12	2:33	0.30	8:31	28:23	6	1:11	17	1:11
Schwimmen □□□	0.30	8:31												
Rad	16.00	57:36	3:36	1	-	4	6:00	16.30	1:06:07	4:03	6	-	17	
Rad □□□	16.00	57:36												
Lauf	5.00	23:34	4:42	1	-	2	0:07	21.30	1:29:41	4:12	1	-	5	6:44
Lauf □□□	21.00	1:29:41												