



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 | | | | | | | | | | | | |