



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Beese, Marsel

□□□: 1:25:44

□□: Fitnessoase-Ohrdruf

□□: 217

□□: 21.30 km

□□□□□/□□□: 55 (of 122)

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

□□□□□/□: 53 (of 105)

□□□□□□: 1:03:47

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□□□□□: 7(of 15)

AK 1, TM 20

□□□□□□□: 1:06:06

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|---------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 7:41 | 25:36 | 10 | 2:45 | 72 | 3:00 | 0.30 | 7:41 | 25:36 | 16 | 2:45 | 106 | 2:45 |
| Schwimmen □□□ | 0.30 | 7:41 | | | | | | | | | | | | |
| Rad | 16.00 | 54:19 | 3:23 | 9 | 15:46 | 67 | 15:46 | 16.30 | 1:02:00 | 3:48 | 15 | 17:46 | 104 | 17:46 |
| Rad □□□ | 16.00 | 54:19 | | | | | | | | | | | | |
| Lauf | 5.00 | 23:44 | 4:44 | 7 | 1:52 | 34 | 4:59 | 21.30 | 1:25:44 | 4:01 | 7 | 19:38 | 53 | 21:57 |
| Lauf □□□ | 21.00 | 1:25:44 | | | | | | | | | | | | |