



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Dream-Team-Ilmenau

□□□: 2:31:18

□□: 547

□□: 38.60 km

Staffel Cross Triathlon (0.6/28,0/10,0 km)

□□□□□: 6 (of 46)

□□□□□□: 2:10:59

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Cross Triathlon Staffel

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|---------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Schwimmen | 0.60 | 13:17 | 22:08 | 14 | 2:55 | 14 | 2:55 | 0.60 | 13:17 | 22:08 | 47 | 0:36 | 47 | 0:36 |
| Schwimmen □□□ | 0.60 | 13:17 | | | | | | | | | | | | |
| Rad | 28.00 | 1:33:23 | 3:20 | 11 | 33:17 | 11 | 33:17 | 28.60 | 1:46:40 | 3:43 | 46 | | 46 | |
| Rad □□□ | 28.00 | 1:33:23 | | | | | | | | | | | | |
| Lauf | 10.00 | 44:38 | 4:27 | 11 | 9:47 | 11 | 9:47 | 38.60 | 2:31:18 | 3:55 | 7 | 38:21 | 7 | 38:21 |
| Lauf □□□ | 38.00 | 2:31:18 | | | | | | | | | | | | |