



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												