



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

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Raachermannl Hack

□□□: 2:42:34

□□: 529

□□: 38.60 km

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

□□□□□: 13 (of 46)

□□□□□□: 2:10:59

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□□□□□: 13(of 46)

Cross Triathlon Staffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	12:08	20:13	8	1:46	8	1:46	0.60	12:08	20:13	47		47	
Schwimmen □□□	0.60	12:08												
Rad	28.00	1:40:24	3:35	13	40:18	13	40:18	28.60	1:52:32	3:56	46		46	
Rad □□□	28.00	1:40:24												
Lauf	10.00	50:02	5:00	28	15:11	28	15:11	38.60	2:42:34	4:12	15	49:37	15	49:37
Lauf □□□	38.00	2:42:34												