



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Ruhig ganz ruhig

□□: 545

□□: 38.60 km

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

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Cross Triathlon Staffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	12:10	20:16	9	1:48	9	1:48	0.60	12:10	20:16	47		47	
Schwimmen □□□	0.60	12:10												
Rad	28.00	1:00:06	2:08	1	-	1	-	28.60	1:12:16	2:31	46		46	
Rad □□□	28.00	1:00:06												
Lauf	10.00	40:41	4:04	5	5:50	5	5:50	38.60	-	-	-	-	-	-
Lauf □□□	38.00	1:52:57												