



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

□□□□

Team breathless

□□□: 2:52:33

□□: 515

□□: 38.60 km

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

□□□□□: 19 (of 46)

□□□□□□: 2:10:59

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□□□□□: 19(of 46)

Cross Triathlon Staffel

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|---------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Schwimmen | 0.60 | 12:12 | 20:19 | 10 | 1:50 | 10 | 1:50 | 0.60 | 12:12 | 20:19 | 47 | | 47 | |
| Schwimmen □□□ | 0.60 | 12:12 | | | | | | | | | | | | |
| Rad | 28.00 | 1:43:59 | 3:42 | 19 | 43:53 | 19 | 43:53 | 28.60 | 1:56:11 | 4:03 | 46 | | 46 | |
| Rad □□□ | 28.00 | 1:43:59 | | | | | | | | | | | | |
| Lauf | 10.00 | 56:22 | 5:38 | 38 | 21:31 | 38 | 21:31 | 38.60 | 2:52:33 | 4:28 | 21 | 59:36 | 21 | 59:36 |
| Lauf □□□ | 38.00 | 2:52:33 | | | | | | | | | | | | |