



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

□□□□

Kung Fu Fitness Institut Gotha □□□: 2:49:56

□□: 544

□□: 38.60 km

Staffel Cross Triathlon (0.6/28,0/10,0 km) □□□□□: 17 (of 46)

□□□□□□: 2:10:59

□□□□:

□□□□□: 17(of 46)

Cross Triathlon Staffel

□□□□□□□: 2:10:59

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	15:04	25:06	31	4:42	31	4:42	0.60	15:04	25:06	47	2:23	47	2:23
Schwimmen □□□	0.60	15:04												
Rad	28.00	1:43:14	3:41	16	43:08	16	43:08	28.60	1:58:18	4:08	46		46	
Rad □□□	28.00	1:43:14												
Lauf	10.00	51:38	5:09	32	16:47	32	16:47	38.60	2:49:56	4:24	19	56:59	19	56:59
Lauf □□□	38.00	2:49:56												