



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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MaPaKi2

□□□: 2:56:11

□□: 542

□□: 38.60 km

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

□□□□□: 21 (of 46)

□□□□□□: 2:10:59

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□□□□□: 21(of 46)

Cross Triathlon Staffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	18:04	30:06	43	7:42	43	7:42	0.60	18:04	30:06	47	5:23	47	5:23
Schwimmen □□□	0.60	18:04												
Rad	28.00	1:47:12	3:49	21	47:06	21	47:06	28.60	2:05:16	4:22	46		46	
Rad □□□	28.00	1:47:12												
Lauf	10.00	50:55	5:05	31	16:04	31	16:04	38.60	2:56:11	4:33	23	1:03:14	23	1:03:14
Lauf □□□	38.00	2:56:11												