



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

0000

MaPaKi2

000: 2:56:11

00: 542

00: 38.60 km

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

00000: 21 (of 46)

000000: 2:10:59

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00000: 21(of 46)

Cross Triathlon Staffel

0000000: 2:10:59

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
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 000	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 000	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 000	38.00	2:56:11												