



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

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JustForFun

□□□: 3:04:58

□□: 502

□□: 38.60 km

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

□□□□□: 27 (of 46)

□□□□□□: 2:10:59

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Cross Triathlon Staffel

□□□□□: 27(of 46)

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	13:20	22:13	15	2:58	15	2:58	0.60	13:20	22:13	47	0:39	47	0:39
Schwimmen □□□	0.60	13:20												
Rad	28.00	2:07:49	4:33	36	1:07:43	36	1:07:43	28.60	2:21:09	4:56	46	6:18	46	6:18
Rad □□□	28.00	2:07:49												
Lauf	10.00	43:49	4:22	8	8:58	8	8:58	38.60	3:04:58	4:47	29	1:12:01	29	1:12:01
Lauf □□□	38.00	3:04:58												