



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 | | | | | | | | | | | | |