



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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MITEC

□□□: 3:03:19

□□: 512

□□: 38.60 km

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

□□□□□: 26 (of 46)

□□□□□□: 2:10:59

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Cross Triathlon Staffel

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|---------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Schwimmen | 0.60 | 15:17 | 25:28 | 34 | 4:55 | 34 | 4:55 | 0.60 | 15:17 | 25:28 | 47 | 2:36 | 47 | 2:36 |
| Schwimmen □□□ | 0.60 | 15:17 | | | | | | | | | | | | |
| Rad | 28.00 | 1:59:52 | 4:16 | 28 | 59:46 | 28 | 59:46 | 28.60 | 2:15:09 | 4:43 | 46 | 0:18 | 46 | 0:18 |
| Rad □□□ | 28.00 | 1:59:52 | | | | | | | | | | | | |
| Lauf | 10.00 | 48:10 | 4:48 | 21 | 13:19 | 21 | 13:19 | 38.60 | 3:03:19 | 4:44 | 28 | 1:10:22 | 28 | 1:10:22 |
| Lauf □□□ | 38.00 | 3:03:19 | | | | | | | | | | | | |