



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Misson Gold

□□□: 3:06:12

□□: 518

□□: 38.60 km

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

□□□□□: 29 (of 46)

□□□□□□: 2:10:59

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□□□□□: 29(of 46)

Cross Triathlon Staffel

□□□□□□□: 2:10:59

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	16:41	27:48	39	6:19	39	6:19	0.60	16:41	27:48	36	4:00	36	4:00
Schwimmen □□□	0.60	16:41												
Rad	28.00	2:04:13	4:26	33	1:04:07	33	1:04:07	28.60	2:20:54	4:55	46	6:03	46	6:03
Rad □□□	28.00	2:04:13												
Lauf	10.00	45:18	4:31	15	10:27	15	10:27	38.60	3:06:12	4:49	31	1:13:15	31	1:13:15
Lauf □□□	38.00	3:06:12												