



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Delta Athletes

□□□: 3:11:05

□□: 507

□□: 38.60 km

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

□□□□□: 30 (of 46)

□□□□□□: 2:10:59

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□□□□□: 30(of 46)

Cross Triathlon Staffel

□□□□□□□: 2:10:59

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	15:42	26:10	35	5:20	35	5:20	0.60	15:42	26:10	47	3:01	47	3:01
Schwimmen □□□	0.60	15:42												
Rad	28.00	2:06:25	4:30	34	1:06:19	34	1:06:19	28.60	2:22:07	4:58	46	7:16	46	7:16
Rad □□□	28.00	2:06:25												
Lauf	10.00	48:58	4:53	25	14:07	25	14:07	38.60	3:11:05	4:57	32	1:18:08	32	1:18:08
Lauf □□□	38.00	3:11:05												