



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Team Büchig

□□□: 3:12:14

□□: 534

□□: 38.60 km

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

□□□□□: 32 (of 46)

□□□□□□: 2:10:59

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□□□□□: 32(of 46)

Cross Triathlon Staffel

□□□□□□□: 2:10:59

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	15:15	25:25	33	4:53	33	4:53	0.60	15:15	25:25	47	2:34	47	2:34
Schwimmen □□□	0.60	15:15												
Rad	28.00	2:00:18	4:17	29	1:00:12	29	1:00:12	28.60	2:15:33	4:44	3	0:42	3	0:42
Rad □□□	28.00	2:00:18												
Lauf	10.00	56:41	5:40	40	21:50	40	21:50	38.60	3:12:14	4:58	34	1:19:17	34	1:19:17
Lauf □□□	38.00	3:12:14												