



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Sportteam - STEINBACH Meiningen □□□: 3:16:53

□□: 548

□□: 38.60 km

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

□□□□□: 37 (of 46)

□□□□□□: 2:10:59

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□□□□□: 37(of 46)

Cross Triathlon Staffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	13:43	22:51	18	3:21	18	3:21	0.60	13:43	22:51	47	1:02	47	1:02
Schwimmen □□□	0.60	13:43												
Rad	28.00	2:15:54	4:51	42	1:15:48	42	1:15:48	28.60	2:29:37	5:13	46	14:46	46	14:46
Rad □□□	28.00	2:15:54												
Lauf	10.00	47:16	4:43	19	12:25	19	12:25	38.60	3:16:53	5:06	39	1:23:56	39	1:23:56
Lauf □□□	38.00	3:16:53												