



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

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Die alten Brummochsen

□□□: 3:57:56

□□: 538

□□: 38.60 km

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

□□□□□: 43 (of 46)

□□□□□□: 2:10:59

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Cross Triathlon Staffel

□□□□□: 43(of 46)

□□□□□□: 2:10:59

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	16:58	28:16	41	6:36	41	6:36	0.60	16:58	28:16	47	4:17	47	4:17
Schwimmen □□□	0.60	16:58												
Rad	28.00	2:46:16	5:56	45	1:46:10	45	1:46:10	28.60	3:03:14	6:24	46	48:23	46	48:23
Rad □□□	28.00	2:46:16												
Lauf	10.00	54:42	5:28	36	19:51	36	19:51	38.60	3:57:56	6:09	45	2:04:59	45	2:04:59
Lauf □□□	38.00	3:57:56												