



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

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Tabarzer SV MTB Team 2

□□□: 2:31:54

□□: 531

□□: 38.60 km

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

□□□□□: 7 (of 46)

□□□□□□: 2:10:59

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Cross Triathlon Staffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	13:37	22:41	17	3:15	17	3:15	0.60	13:37	22:41	47	0:56	47	0:56
Schwimmen □□□	0.60	13:37												
Rad	28.00	1:31:57	3:17	7	31:51	7	31:51	28.60	1:45:34	3:41	46		46	
Rad □□□	28.00	1:31:57												
Lauf	10.00	46:20	4:38	17	11:29	17	11:29	38.60	2:31:54	3:56	8	38:57	8	38:57
Lauf □□□	38.00	2:31:54												