



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Berghotel Friedrichroda

□□□: 2:34:20

□□: 527

□□: 38.60 km

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

□□□□□: 8 (of 46)

□□□□□□: 2:10:59

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Cross Triathlon Staffel

□□□□□: 8(of 46)

□□□□□□□: 2:10:59

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Schwimmen	0.60	18:29	30:48	45	8:07	45	8:07	0.60	18:29	30:48	47	5:48	47	5:48
Schwimmen □□□	0.60	18:29												
Rad	28.00	1:30:47	3:14	5	30:41	5	30:41	28.60	1:49:16	3:49	46		46	
Rad □□□	28.00	1:30:47												
Lauf	10.00	45:04	4:30	14	10:13	14	10:13	38.60	2:34:20	3:59	9	41:23	9	41:23
Lauf □□□	38.00	2:34:20												