



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

0000

Berghotel Friedrichroda

000: 2:34:20

00: 527

00: 38.60 km

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

00000: 8 (of 46)

000000: 2:10:59

0000:

Cross Triathlon Staffel

00000: 8(of 46)

0000000: 2:10:59

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
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 000	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 000	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 000	38.00	2:34:20												