



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

0000

Arndt, Tiemo

000: 2:19:55

00: Mad East 500

00: 369

00: 38.60 km

00000/000: 13 (of 66)

XTERRA Thüringen (0,6/28,0/10,0 km)

00000/0: 13 (of 59)

000000: 2:05:26

0000:

00000: 1(of 6)

AK 4, TM 35

0000000: 2:19:55

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-----------|-------|---------|--------|----|------|----|------|-------|---------|--------|----|------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen | 0.60 | 16:13 | 27:01 | 6 | 7:18 | 56 | 7:47 | 0.60 | 16:13 | 27:01 | 7 | 7:18 | 60 | 0:38 |
| Rad | 28.00 | 1:21:59 | 2:55 | 1 | - | 8 | 5:45 | 28.60 | 1:38:12 | 3:26 | 7 | - | 57 | |
| Lauf | 10.00 | 41:43 | 4:10 | 1 | - | 9 | 4:35 | 38.60 | 2:19:55 | 3:37 | 1 | - | 13 | 14:29 |