

## Triathlon / Duathlon Ergebnisse 2009 - Forstenrieder SC

### Kraillinger Duathlon am 10. Mai 2009

Hauptwettbewerb ( 9,70 - 40 - 4,8 )

125	Renger	Klaus	M50	11	00:42:39	01:10:24	00:21:18	02:14:21
139	Dressler	Oliver	M35	29	00:41:06	01:14:56	00:22:00	02:18:02
154	Kanzi	Eugen Johann	M55	5	00:45:58	01:14:33	00:22:59	02:23:30

Sprintdistanz ( 4,80 - 20 - 3,20 )

17	Scholl	Adrian	M40	3	00:17:48	00:31:36	00:13:30	01:02:54
25	Kuypers	Dirk	M40	9	00:19:55	n.A.	00:47:08	01:07:03
61	Ralle	Thomas	M60	2	00:22:06	00:36:56	00:16:51	01:15:53
66	Stopf	Thomas	M40	30	00:23:45	00:36:53	00:17:17	01:17:55

### Triathlon Deggendorf am 17. Mai 2009

Olympische Distanz ( 1500 - 38 - 10 )

15	Lang	Jens	M35	3	00:24:54	01:02:46	00:38:19	02:09:57
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### Ironman Lanzarote am 23. Mai 2009

( 3800m - 180km - 42.2km )

82	Schwencker	Robert	M35	17	01:09:04	05:27:36	03:19:06	10:16:49
					Wechsel 1 +06:07	Wechsel 2 +04:56		

### Stadttriathlon München am 24. Mai 2009

Sprintdistanz ( 425m - 20km - 5km )

80	Conrad	Martina	W25	18	00:06:46	00:41:18	00:33:17	01:23:40
178	Dressler	Oliver	M35	29	00:08:42	00:37:34	00:24:08	01:12:19
322	Ralle	Thomas	Sen5	1	00:09:19	00:38:20	00:27:54	01:17:44

### Duathlon Kehlheim am 30. Mai 2009

Sprintdistanz ( 5km - 33km - 5km )

153	Stopf	Thomas	M45	19	00:25:27	01:14:07	00:25:49	02:05:23
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### Triathlon Bad Tölz am 7. Juni 2009

Olympische Distanz ( 1500m - 40km - 10km )

196	Kanzi	Eugen Johann	Sen4	3	00:26:52	01:25:23	00:52:03	02:44:19
226	Stopf	Thomas	Sen2	29	00:24:52	01:36:25	00:56:00	02:57:19

### Triathlon Challenge Kraichgau am 14. Juni 2009

Mitteldistanz ( 1900m - 90km - 21km )

133	Lang	Jens	M35	25	00:28:45	02:52:09	01:32:35	04:57:43
					Wechsel 1 +02:55	Wechsel 2 +01:20		

### Triathlon Schliersee am 20. Juni 2009

Olympische Distanz ( 1500m - 40km - 10km )

65	Conrad	Martina	AK2	11	00:26:04	01:49:07	01:06:44	03:21:56
49	Schwencker	Robert	AK4	15	00:29:23	01:19:11	00:41:34	02:30:09
195	Bachmann	Christian	Sen2	24	00:26:22	01:32:19	00:47:47	02:46:28
253	Renger	Klaus	Sen3	9	00:27:24	01:33:45	00:49:04	02:50:15
263	Schmaus	Ulrich	Sen1	56	00:27:01	01:33:32	00:50:22	02:50:57
286	Sauer	Claus	Sen2	30	00:29:10	01:30:53	00:53:20	02:53:24

307	Fleischberger	Robert	Sen1	71	00:29:54	01:33:32	00:51:49	02:55:16
346	Neudert	Andreas	AK4	86	00:27:31	01:37:16	00:53:58	02:58:46
388	Bössler	Stephan	Sen1	92	00:26:44	01:48:03	00:48:56	03:03:44
412	Böhm	Gerhard	Sen1	98	00:28:52	01:37:41	00:59:22	03:05:56
434	Dressler	Oliver	AK4	105	00:35:49	01:44:10	00:49:22	03:09:22
513	Stopf	Thomas	Sen2	74	00:31:57	01:55:08	01:00:48	03:27:54

#### Staffel - Forstenrieder SC Golden Girls

58					Nadia	Loni	Anja	
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00:26:08

01:38:37

00:57:03

03:01:48

#### Stadttriathlon Erding am 21. Juni 2009

Olympische Distanz ( 1500m - 48,5km - 10km )

234	Kaiser	Robert	Sen3	7	00:25:22	01:28:38	00:47:35	02:46:37
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Volksdistanz ( 400m - 20km - 4km )

31	Scholl	Adrian	Sen1	9	00:08:21	00:32:24	00:14:45	00:58:51
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144	Ralle	Thomas	Sen5	1	00:09:04	00:36:44	00:18:32	01:08:21
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#### Tegernseer Tal Triathlon am 5. Juli 2009

Olympische Distanz ( 1500m - 40km - 10km )

7	Schröter	Christian	AK3	3	00:23:06	01:04:45	00:43:44	02:14:10
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23	Lang	Jens	AK4	6	00:23:56	01:11:15	00:43:07	02:22:54
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108	Bössler	Stephan	Sen1	22	00:26:42	01:20:01	00:50:36	02:43:06
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#### Ironman Zürich am 12. Juli 2009

( 3800m - 180km - 42,2km )

115	Stenke	Andrea	W30	26	01:23:13	06:07:51	04:36:15	12:14:12
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Wechsel 1 + 01:52 Wechsel 2 +04:59

243	Schwencker	Robert	M35	63	01:24:57	04:59:59	03:21:23	09:50:58
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Wechsel 1 + 02:05 Wechsel 2 +02:34

#### Königsbrunn Triathlon am 12. Juli 2009

Olympische Distanz ( 1500m - 44km - 10,8KM )

158	Neudert	Andreas	M35		00:24:25	01:21:35	00:53:02	02:39:02
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Sprintdistanz ( 500m - 18km - 5km )

28	Westcott	Anja	W30		00:10:02	00:38:29	00:28:54	01:17:25
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#### Karlsfelder Triathlon am 19. Juli 2009

Olympische Distanz ( 1500m - 47,6km - 10km )

120	Schmaus	Ulrich	Sen1	30	00:26:33	01:22:16	00:49:42	02:38:32
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141	Fleischberger	Robert	Sen1	44	00:29:19	01:24:12	00:48:58	02:42:30
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160	Kanzi	Eugen Johann	Sen4	2	00:30:58	01:23:46	00:50:01	02:44:47
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166	Kaiser	Robert	Sen3	9	00:25:49	01:30:20	00:48:50	02:45:00
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220	Dressler	Oliver	AK4	50	00:35:30	01:31:07	00:45:16	02:51:54
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294	Ralle	Thomas	Sen5	1	00:36:42	01:33:57	00:52:59	03:03:39
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Sprintdistanz ( 500m - 26,8km - 5km )

19	Conrad	Martina			00:07:56	00:51:50	00:28:51	01:28:38
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66	Schrittenlocher	Renate			00:13:57	01:00:38	00:26:15	01:40:50
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74	Schrittenlocher	Christina			00:11:28	01:02:57	00:29:14	01:43:40
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77	Ebi	Iris			00:15:53	00:59:35	00:29:12	01:44:41
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16	Scholl	Adrian			00:11:03	00:45:24	00:20:21	01:16:48
166	Manke	Robert			00:11:13	00:56:38	00:26:51	01:34:43

### Allgäu Triathlon Immenstadt am 25. Juli 2009

Mitteldistanz ( 2000m - 96km - 20km )

90	Conrad	Martina	W25	20	00:34:38	04:10:59	02:18:05	07:03:42
362	Renger	Klaus	M50	22	00:36:14	03:28:41	01:46:04	05:50:59
467	Neudert	Andreas	M35	90	00:33:31	03:38:45	01:56:30	06:08:46
566	Kanzi	Eugen Johann	M55	20	00:44:35	04:01:16	01:56:23	06:42:14
612	Stopf	Thomas	M45	106	00:41:54	04:21:28	02:10:03	07:13:25

### SVF Wörthsee Triathlon am 26. Juli 2009

Olympische Distanz ( 1500m - 40km - 10km )

277	Korenko	Brono	M45	47	00:30:50	01:19:18	00:56:05	02:46:13
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### Regensburg Triathlon am 9. August 2009

Olympische Distanz ( 1500m - 40km - 10km )

35	Häußler	Apollonia	AK20	2	00:31:06	01:18:19	00:58:30	02:47:55
38	Conrad	Martina	AK25	9	00:23:48	01:20:40	01:04:00	02:48:28
106	Keller	Matthias	AK30	19	00:23:57	01:08:49	00:49:22	02:22:08
128	Neudert	Andreas	AK35	24	00:24:28	01:10:58	00:50:18	02:25:44
199	Scholl	Adrian	AK40	38	00:38:10	01:10:10	00:46:46	02:35:06
262	Stopf	Thomas	AK45	31	00:29:18	01:22:49	00:55:50	02:47:57

Sprintdistanz ( 500m - 20km - 5km )

39	Schrittenlocher	Christina	AK20	7	00:12:10	00:51:02	00:28:12	01:31:24
44	Westcott	Anja	AK35	8	00:10:53	00:57:09	00:26:14	01:34:16
46	Schrittenlocher	Renate	AK40	6	00:14:20	00:54:27	00:25:36	01:34:23

### Erlangen Triathlon am 9. August 2009

Mitteldistanz ( 2000m - 80km - 20km )

38	Maucksch	Clemens	AK3	7	00:35:23	02:07:28	01:21:58	04:04:49
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### Wiesbaden Ironman 70.3 am 16. August 2009

Mitteldistanz ( 1900m - 90km - 21,1km )

179	Lang	Jens	M35	41	00:32:01	03:01:56	01:32:12	05:11:22
					Wechsel 1 +3:44		Wechsel 2 +1:28	

### Inferno Triathlon Schweiz / Mürren-Schilthorn am 22. August 2009

Schwimmen 3100m - Rennrad 97km/ 2145 HM - MTB 30km / 1180 HM - Laufen 25km / 2175 HM

66	Schwencker	Robert	AK 35	38	01:03:12	04:00:48	02:05:40	04:03:15
					Gesamtzeit		11:12:56	

### Faakersee Triathlon am 29. August 2009

Olympische Distanz ( 1500m - 38km - 9,7km )

223	Renger	Klaus	M50	9	00:29:21	01:06:41	00:41:56	02:24:02
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**Triathlon Köln am 6. September 2009**

Langdistanz ( 3800m - 180km - 42,2km )

49	Maucksch	Clemens	M30	<b>8</b>	01:09:28	05:09:41	03:32:05	09:57:00
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