

## Triathlon / Duathlon Ergebnisse 2012 - Forstenrieder SC

### Stadttriathlon München am 29.04.2012

Sprintdistanz: 400m Schwimmen - 18km Rad - 5km Laufen

134	Bössler	Stephan	Sen1	19	00:06:33	00:29:49	00:20:28	01:00:47
221	Kanzi	Eugen Johann	Sen4	3	00:08:54	00:29:25	00:22:20	01:03:49

### Amberg Triathlon am 01.05.2012

1500m Schwimmen - 40km Rad - 10km Laufen

20	Stahlkopf	Sebastian	M30	5	00:29:19	00:59:05	00:41:25	02:09:50
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### Duathlon Krailling am 06.05.2012

9.7km Laufen - 38km Rad - 4.9km Laufen

16	Stenke	Andrea	W35	5	00:45:32	01:10:33	00:23:02	02:19:07
26	Conrad	Martina	W25	3	00:57:25	01:16:31	00:29:30	02:43:26
19	Schwencker	Robert	M40	4	00:36:36	00:59:21	00:18:22	01:54:19
51	Arera	Oliver	M35	8	00:41:45	01:01:26	00:19:24	02:02:35
90	Kanzi	Eugen Johann	M55	4	00:42:23	01:07:13	00:22:52	02:12:28
112	Boreng	Bruno	M50	14	00:50:21	01:12:11	00:25:39	02:28:11

Sprintduathlon 4.9km Laufen - 19km Rad - 3.4 km Laufen

14	Bindl	Ulrike	W40	8	00:27:20	00:43:04	00:20:31	01:30:55
31	Stopf	Thomas	M40	8	00:23:27	00:39:59	00:17:34	01:21:00
32	Zinn	Michael	M30	6	00:22:01	00:42:38	00:17:08	01:21:47

### Höchstadt Triathlon am 06.05.2012

1500m Schwimmen - 40km Rad - 10km Laufen

48	Gurn	Michael	M40	5	00:28:02	01:17:12	00:43:51	02:29:05
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### Deggendorf Triathlon / Duathlon am 20.05.2012

1500m Schwimmen - 38km Rad - 10km Laufen

28	Arera	Oliver	AK4	3	00:29:39	01:00:09	00:42:42	02:12:30
80	Penn	Thomas	MK40	17	00:33:53	01:09:52	00:44:00	02:27:45

5km Laufen - 19km Rad - 5km Laufen

27	Stopf	Thomas	MK45	5	00:24:34	00:39:17	00:25:32	01:29:23
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### Tristar 111 Salzkammergut am 03.06.2012

1000m Schwimmen - 100km Rad - 10km Laufen

239	Stahlkopf	Sebastian	M30	39	00:20:47	03:21:58	00:38:29	04:28:04
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### Ironman 70.3 Rapperswil am 03.06.2012

1900m Schwimmen - 90km Rad - 21.1km Laufen

1086	Stenke	Andrea	W35	21	00:40:29	02:53:35	01:54:51	05:34:03
252	Schwencker	Robert	M40	44	00:40:52	02:30:25	01:30:24	04:46:56

### **Bad Tölz Triathlon am 03.06.2012**

1500m Schwimmen - 40km Rad - 10km Laufen

151	Kannzi	Eugen Johann	Sen4	5	00:33:50	01:20:57	00:48:20	02:43:08
162	Korenko	Brono	Sen3	18	00:28:36	01:23:39	00:56:12	02:48:28

700m Schwimmen - 20km Rad - 5km Laufen

11	Kappen	Uta	W30	2	00:18:37	00:55:51	00:28:41	01:43:10
18	Gurn	Michael	Sen1	7	00:14:06	00:48:53	00:21:48	01:24:48

### **Challenge Kraichgau am 10.06.2012**

1900m Schwimmen - 90km Rad - 21km Laufen

398	Lang	Jens	M35	69	00:29:20	02:46:58	01:42:41	05:03:55
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### **Ingolstadt Triathlon am 10.06.2012**

2000m Schwimmen - 80km Rad - 21km Laufen

69	Arera	Oliver	AK4	16	00:31:54	02:03:03	01:30:48	04:09:49
137	Gurn	Michael	M40	28	00:33:59	02:09:42	01:36:23	04:26:36
259	Kanzi	Eugen Johann	M55	6	00:44:51	02:15:44	01:50:21	04:55:47

1500m Schwimmen - 40km Rad - 10km Laufen

50	Ebi	Iris	W50	3	00:36:28	01:18:28	00:47:59	02:49:56
76	Neudert	Andreas	AK4	9	00:25:41	01:05:48	00:44:36	02:21:09
277	Stopf	Thomas	M45	48	00:28:59	01:18:13	00:55:01	02:49:13

### **Stadttriathlon Erding am 17.06.2012**

1500 m Schwimmen - 47km Rad - 10km Laufen

91	Bindl	Ulrike	Sen1	15	00:27:05	01:34:40	01:03:57	03:09:50
89	Ströble	Olaf	Sen1	18	00:24:16	01:14:55	00:43:51	02:25:53
186	Renger	Klaus	Sen3	12	00:26:40	01:18:31	00:45:22	02:34:31
191	Sauer	Claus	Sen3	14	00:27:51	01:18:43	00:45:16	02:34:45
265	Penn	Thomas	Sen1	62	00:28:10	01:24:26	00:44:58	02:41:09
310	Korenko	Brono	Sen3	20	00:28:11	01:20:10	00:52:48	02:45:00

400m Schwimmen - 20km Rad - 4 km Laufen

172	Stopf	Thomas	Sen2	24	00:07:40	00:33:04	00:23:30	01:08:01
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### **Ironman Regensburg am 17.06.2012**

3800m Schwimmen - 180.2km Rad - 42.2km Laufen

45	Stahlkopf	Sebastian	M30	9	01:06:16	05:10:05	03:03:14	09:25:47
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### **Spiezathlon / Schweiz am 23.06.2012**

1500 m Schwimmen - 40km Rad - 10km Laufen

33	Stenke	Andrea	W35	16	00:27:28	01:16:09	00:49:37	02:33:14
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### **Ruderregatta Schwimmen am 24.06.2012**

4000m Schwimmen

31	Lang	Jens		31	00:58:50			
52	Arera	Oliver		52	01:04:00			

### Rothsee Triathlon am 24.06.2012

1500m Schwimmen - 40km Rad - 10km Laufen

980	Kappen	Uta	W30	21	00:35:42	01:36:37	01:02:05	03:14:24
422	Gurn	Michael	M40	80	00:25:27	01:27:26	00:49:24	02:42:17

### Unterallgäu-Triathlon Ottobeuren am 30.06.2012

1500m Schwimmen - 40km Rad - 10km Laufen

128	Conrad	Martina	W25	3	00:24:44	01:30:39	01:22:14	03:17:37
65	Renger	Klaus	M50	4	00:26:09	01:15:10	00:57:13	02:38:32
121	Stopf	Thomas	M45	24	00:28:41	01:28:02	01:14:22	03:11:05
130	Mania	Hans	M40	14	00:33:18	01:39:03	01:09:57	03:22:18

### Chiemsee Triathlon am 01.07.2012

1500m Schwimmen - 40km Rad - 10km Laufen

165	Bindl	Ulrike	Sen1	10	00:32:25	01:29:15	01:10:12	03:15:41
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### Berlin 5i50 Triathlon am 01.07.2012

1500m Schwimmen - 40km Rad - 10km Laufen

73	Stahlkopf	Sebastian	M30	15	00:27:28	01:21:08	00:37:03	02:29:17
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### Tegernsee Tal Triathlon am 08.07.2012

1500m Schwimmen - 40km Rad - 10km Laufen

12	Lang	Jens	AK4	5	00:23:05	01:07:07	00:41:55	02:15:56
73	Bössler	Stephan	M40	12	00:24:55	01:12:36	00:48:55	02:29:41

750m Schwimmen - 20km Rad - 5km Laufen

49	Kanzi	Eugen Johann	M55	1	00:15:28	00:36:18	00:24:23	01:18:41
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### Challenge Roth am 08.07.2012

3860m Schwimmen - 180km Rad - 42.195km Laufen

293	Schwencker	Robert	M40	46	01:20:54	05:09:01	03:28:53	10:04:41
335	Arera	Oliver	M35	90	01:01:52	05:23:27	03:36:59	10:08:47
1149	Gurn	Michael	M40	270	01:07:09	05:46:25	04:16:38	11:18:44

### Fuschlsee Schwimmen am 14.07.2012

4200 Schwimmen

19	Lang	Jens			01:07:29			
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### Karlsfelder Triathlon am 15.07.2012

1500m Schwimmen - 48km Rad - 10km Laufen

42	Ebi	Iris	W50	4	00:36:32	01:25:55	00:48:17	02:56:57
51	Conrad	Martina	W25	9	00:26:00	01:31:11	00:59:48	03:02:29
121	Sauer	Claus	M50	6	00:27:14	01:17:19	00:45:24	02:34:09
183	Kanzi	Eugen Johann	M55	6	00:32:19	01:18:17	00:44:54	02:39:56
213	Korenko	Brono	M50	15	00:26:49	01:21:35	00:49:54	02:43:39
232	Fleischberger	Robert	M45	47	00:30:29	01:20:05	00:49:03	02:46:28
336	Stopf	Thomas	M45	74	00:28:05	01:29:30	00:54:50	03:00:01

500m Schwimmen - 28km Rad - 5km Laufen

66	Köppel	Anne			00:13:34	00:56:12	00:33:54	01:50:06
13	Neudert	Andreas			00:08:37	00:41:54	00:20:42	01:15:39
150	Zinn	Michael			00:14:20	00:48:13	00:24:41	01:33:30

**AllgäuTriathlon Immenstadt am 21.07.2012**

2000m Schwimmen - 80km Rad - 20km Laufen

85	Stöble	Olaf	M40	15	00:33:43	02:37:12	01:29:57	04:42:51
146	Bössler	Stephan	M40	32	00:33:39	02:47:10	01:32:45	04:57:17
258	Penn	Thomas	M40	57	00:39:51	03:09:09	01:31:50	05:23:41

**Chiemsee Schwimmen am 22.07.2012**

4600m Schwimmen

26	Lang	Jens			01:10:23			
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**Wörthsee Triathlon am 22.07.2012**

1500m Schwimmen - 40kmRad - 10km Laufen

35	Stahlkopf	Sebastian	M35	5	00:28:22	01:06:51	00:41:28	02:16:39
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600m Schwimmen - 20kmRad - 6km Laufen

83	Köppel	Michael	M45	14	00:19:49	00:52:02	00:43:37	01:55:27
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**Starnberger See Schwimmen am 28.07.2012**

Schwimmen 4200m

12	Lang	Jens			01:04:00			
46	Gurn	Michael			01:19:13			
52	Renger	Klaus			01:20:55			
114	Kappen	Uta			01:44:22			

**Schongau Triathlon am 29.07.2012**

1500m Schwimmen - 40km Rad - 10km Laufen

21	Ebi	Iris	W50	1	00:38:50	01:33:36	00:55:14	03:07:40
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8	Arera	Oliver	M35	1	00:23:28	01:10:20	00:43:25	02:17:13
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500m Schwimmen - 20km Rad - 5km Laufen

1	Stahlkopf	Sebastian	M30	1	00:09:48	00:37:28	00:18:33	01:05:49
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**Erlangen Triathlon am 05.08.2012**

2000m Schwimmen - 80km Rad - 20km Laufen

76	Kappen	Uta	W30	17	00:56:47	02:42:56	02:32:26	06:12:09
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84	Biegnér	Andre	M40	17	00:36:33	02:18:59	01:35:35	04:31:07
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184	Gurn	Michael	M40	32	00:41:28	02:24:10	01:46:54	04:52:32
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**Regensburg Triathlon am 05.08.2012**

1500m Schwimmen - 40km Rad - 10km Laufen

86	Neudert	Andreas	M35	7	00:25:54	01:02:20	00:47:26	02:18:17
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### Starnberger See Schwimmen am 11.08.2012

4000m Schwimmen

18 Lang Jens 01:03:22

### Mainfranken Triathlon Kitzingen am 11.08.2012

1750m Schwimmen - 40km Rad - 10km Laufen

13 Arera Oliver M35 3 00:20:20 01:09:19 00:41:22 02:11:01

### Inferno Triathlon Schweiz am 18.08.2012

3100m Schwimmen - 97km Rennrad/2145HM - 30km Mountainbike/1180HM - 25km Berglauf

20 Stenke Andrea AK1 7 01:07:19 04:38:47 02:26:13 04:20:36

Gesamtzeit

12:32:56

### 3MUC Triathlon am 26.08.2012

1500m Schwimmen - 40km Rad - 10km Laufen

32 Ebi Iris W50 1 00:37:02 01:19:19 00:47:44 02:44:05

20 Arera Oliver M35 6 00:24:03 01:03:23 00:38:34 02:06:00

21 Lang Jens M35 7 00:22:57 01:06:33 00:36:31 02:06:01

117 Kanzi Eugen Johann M55 4 00:31:56 01:10:01 00:44:29 02:26:26

182 Stopf Thomas M45 23 00:28:17 01:20:38 00:50:24 02:39:19

### Mondseetriathlon am 26.08.2012

1500m Schwimmen - 38km Rad - 10km Laufen

228 Bindl Ulrike W40 2 00:29:10 01:23:08 00:55:21 02:52:21

### Ironman 70.3 in Zell am See am 26.08.2012

1900m Schwimmen - 90km Rad - 21.1km Laufen

111 Stahlkopf Sebastian M30 22 00:32:07 02:21:22 01:26:06 04:28:31

### Tri Transvorarlberg am 26.08.2012

1200m Schwimmen - 102km Rad - 12km Laufen

140 Sauer Claus M50 9 00:27:35 03:54:55 01:05:48 05:34:45

### Main Post Triathlon Bad Kissingen am 02.09.2012

1500m Schwimmen - 40km Rad - 10km Laufen

12 Biegner André M40 2 00:28:10 01:23:43 00:42:54 02:34:47

### Zofingen Duathlon

10km Laufen - 50km Rad - 5km Laufen

36 Lang Jens M35 13 00:35:04 01:30:26 00:22:17 02:31:00

**Schliersee Triathlon am 08.09.2012**

1500m Schwimmen - 40km Rad - 10km Laufen

28	Stahlkopf	Sebastian	M30	<b>5</b>	00:25:55	01:21:58	00:39:57	02:27:51
82	Arera	Oliver	M35	12	00:24:42	01:26:51	00:45:40	02:37:14
205	Sauer	Claus	M50	13	00:28:34	01:31:20	00:51:05	02:51:00
378	Korenko	Brono	M50	23	00:28:35	01:41:08	00:57:05	03:06:49
516	Mania	Hans	M40	102	00:34:26	01:53:10	00:55:13	03:22:50

**Glonner Kastensee Triathlon am 09.09.2012**

400m Schwimmen - 18km Mountainbike - 4km Laufen

24	Köppel	Anne			00:09:17	00:44:10	00:23:51	01:17:18
82	Köppel	Michael			00:09:15	00:46:08	00:24:58	01:20:21

**Iroman Hawaii am 13.10.2012****3860 m Schwimmen - 180km Rad - 42km Laufen**

716	Stahlkopf	Sebastian	M30	<b>129</b>	01:12:27	06:02:53	03:14:12	10:36:35
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