

Triathlon / Duathlon Ergebnisse 2013 - Forstenrieder SC

Mils (Österreich) Duathlon am 20.04.2013

10km Laufen - 40km Rad - 5km Laufen

37	Arera	Oliver	M35	13	00:38:27	01:05:58	00:19:00	02:03:26
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Triathlon Kalterer See am 04.05.2013

1500m Schwimmen - 40km Rad - 10km Laufen

252	Renger	Klaus	M50	16	00:28:13	01:12:09	00:51:33	02:35:15
327	Sauer	Claus	M50	28	00:31:42	01:15:43	00:52:31	02:41:53

Duathlon Krailling am 05.05.2013

9.7km Laufen - 38km Rad - 4.9km Laufen

15	Ebi	Iris	W50	1	00:48:07	01:12:42	00:24:49	02:25:38
20	Lang	Jens	M40	5	00:35:42	01:00:20	00:18:07	01:54:09
125	Korenko	Brono	M50	13	00:46:44	01:09:25	00:24:04	02:20:13

4.9km Laufen - 19km Rad - 3.4km Laufen

20	Kuypers	Dirk	M40	3	00:19:24	00:33:12	00:14:24	01:07:00
60	Stopf	Thomas	M40	15	00:23:02	00:37:51	00:17:15	01:18:08
62	Zinn	Michael	M30	17	00:22:59	00:38:31	00:17:13	01:18:43
87	Köppel	Michael	M50	12	00:29:02	00:44:30	00:22:38	01:36:10
15	Conrad	Martina	W30	7	00:27:46	00:41:45	00:21:10	01:30:41
20	Köppel	Anne	W40	5	00:28:16	00:45:55	00:22:34	01:36:45
21	Löschberger	Cornelia	W50	3	00:29:46	00:47:24	00:22:12	01:39:22

Triathlon Weiden am 09.05.2013

1500m Schwimmen - 40km Rad - 10km Laufen

6	Arera	Oliver	M35	1	00:27:03	01:06:56	00:41:09	02:15:08
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Stadttriathlon München am 12.05.2013

400m Schwimmen - 18km Rad - 5km Laufen

227	Köppel	Anne	Sen2	22	00:10:43	00:49:17	00:31:10	01:36:52
252	Jensen	Ulla	AK3	67	00:08:46	00:57:26	00:27:55	01:39:28
302	Löschberger	Cornelia	Sen3	17	00:11:31	00:51:28	00:32:48	01:45:13

Waginger See Triathlon am 12.05.2013

750m Schwimmen - 20km Rad - 5km Laufen

2	Conrad	Martina	AK3	1	00:13:36	00:44:00	00:28:24	01:26:00
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Duathlon Deggendorf am 26.05.2013

5km Laufen - 45km Rad - 10km Laufen

2	Lang	Jens	M40	1	00:18:00	01:16:21	00:37:56	02:12:15
34	Kanzi	Eugen	M60	1	00:23:07	01:28:24	00:50:06	02:41:36

Duathlon Belfort am 01.06.2013

10km Laufen - 90km Laufen - 10km Laufen

50	Arera	Oliver	M35	37	00:40:14	02:55:22	00:43:57	04:25:42
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Tölz Triathlon am 09.06.2013

1500m Schwimmen - 40km Rad - 10km Laufen

32	Ebi	Iris	Sen3	4	00:34:46	01:30:20	00:53:19	02:58:24
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96	Sauer	Claus	Sen3	7	00:27:09	01:15:16	00:48:03	02:30:28
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120	Renger	Klaus	Sen3	9	00:26:27	01:17:30	00:49:55	02:33:51
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168	Korenko	Brono	Sen3	13	00:28:10	01:21:19	00:52:31	02:41:59
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750m Schwimmen - 25km Rad - 5km Laufen

44	Stopf	Thomas	Sen2	9	00:16:07	00:56:27	00:26:55	01:39:27
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32	Löschberger	Cornelia	Sen3	6	00:30:15	01:17:22	00:45:22	02:32:58
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Challenge Kraichgau am 09.06.2013

1900m Schwimmen - 90km Rad - 21km Laufen

78	Stenke	Andrea		14	00:38:18	03:05:06	01:50:04	05:38:36
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99	Schwencker	Robert		9	00:38:31	02:36:11	01:28:21	04:46:48
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Triathlon Ingolstadt am 16.06.2013

2000m Schwimmen - 80km Rad - 21km Laufen

78	Riedel	Kaj	M45	11	00:36:34	02:03:45	01:31:52	04:16:35
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Schliersee Triathlon am 22.06.2013

1500m Schwimmen - 40km Rad - 10km Laufen

13	Stenke	Andrea	W35	2	00:30:01	01:32:54	00:50:08	02:53:03
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49	Schwencker	Robert	M40	12	00:29:38	01:21:35	00:40:50	02:32:04
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54	Ströble	Olaf	M40	13	00:24:24	01:24:23	00:44:39	02:33:28
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115	Renger	Klaus	M50	6	00:26:58	01:31:10	00:49:00	02:47:09
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168	Sauer	Claus	M50	12	00:29:27	01:34:25	00:51:35	02:55:28
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187	Schmaus	Ulrich	M45	33	00:28:27	01:35:49	00:54:08	02:58:25
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197	Korenko	Brono	M50	13	00:29:28	01:36:44	00:53:02	02:59:15
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Triathlon Erding am 23.06.2013

1500m Schwimmen - 44.5km Rad - 10km Laufen

80	Bindl	Ulrike	W40	17	00:28:44	01:27:39	01:06:55	03:07:28
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100	Riedel	Kaj	M45	8	00:31:58	01:11:38	00:40:28	02:27:27
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329	Stopf	Thomas	M45	64	00:31:28	01:23:52	00:53:24	02:52:50
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400m Schwimmen - 20km Rad - 4km Laufen

35	Ebi	Iris	W50	1	00:09:49	00:37:00	00:21:01	01:11:42
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Unterallgäu Triathlon Ottobeuren am 29.06.2013

1000m Schwimmen - 40km Rad - 10km Laufen

26	Stahlkopf	Sebastian	AK3	7	00:16:38	01:17:49	00:44:39	02:19:06
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Chiemsee Triathlon am 30.06.2013

2000m Schwimmen - 80km Rad - 20km Laufen

53	Riedel	Kaj	M45	8	00:37:52	02:27:53	01:28:23	04:39:43
166	Mahnke	Alexander	M45	39	00:41:19	02:33:17	01:47:46	05:12:16

1500m Schwimmen - 40km Rad - 10km Laufen

7	Lang	Jens	M40	1	00:23:33	01:08:08	00:39:18	02:15:51
111	Biegner	André	MK2	11	00:23:52	01:34:08	00:47:20	02:51:12

Rothsee Triathlon am 30.06.2013

1500m Schwimmen - 40km Rad - 10km Laufen

235	Neudert	Andreas	M40	32	00:24:43	01:16:56	00:43:55	02:25:34
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Tegernsee Triathlon am 07.07.2013

1500m Schwimmen - 40km Rad - 10km Laufen

5	Lang	Jens	M40	2	00:24:09	01:03:03	00:40:35	02:10:11
35	Rivera	Ottmar	M30	8	00:24:16	01:08:44	00:44:08	02:19:26
66	Bössler	Stephan	M40	15	00:25:59	01:11:57	00:45:47	02:26:43
157	Korenko	Brono	M50	9	00:30:07	01:12:21	00:54:45	02:39:23
195	Kanzi	Eugen Johann	M60	3	00:34:20	01:13:56	00:54:54	02:45:53
240	Kaiser	Robert	M55	7	00:32:58	01:17:24	00:59:01	02:53:55

750m Schwimmen - 20km Rad - 5km Laufen

87	Stopf	Thomas	M40	21	00:15:14	00:38:24	00:28:36	01:25:38
177	Ralle	Thomas	M60	2	00:24:38	00:39:19	00:29:16	01:39:23

Königsbrunn Triathlon am 14.07.2013

1500m Schwimmen - 45km Rad - 11km Laufen

44	Stahlkopf	Sebastian	M30	3	00:24:55	01:16:58	00:44:57	02:26:51
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Challenge Roth am 14.07.2013

3800m Schwimmen - 180km Rad - 42.195km Laufen

241	Schwencker	Robert	M40	50	01:22:44	04:55:27	03:23:43	09:48:05
350	Riedel	Kaj	M45	36	01:12:10	05:14:36	03:29:04	10:00:40

Karlsfelder Triathlon am 21.07.2013

500m Schwimmen - 26.8km Rad - 5km Laufen

60	Jensen	Ulla			00:11:37	00:53:06	00:25:14	01:36:13
109	Brosch	Julia			00:12:05	00:59:25	00:31:05	01:49:38
6	Arera	Oliver			00:07:39	00:39:13	00:19:16	01:09:50
21	Stahlkopf	Sebastian			00:09:34	00:41:21	00:18:29	01:13:18
36	Renger	Klaus			00:08:27	00:43:02	00:21:23	01:17:14
37	Penn	Thomas			00:08:52	00:43:53	00:20:00	01:17:18
184	Ralle	Thomas			00:12:02	00:47:21	00:26:25	01:32:16
213	Zinn	Michael			00:11:58	00:47:14	00:30:03	01:35:20

Karlsrufer Triathlon am 21.07.2013

1500m Schwimmen - 47.6km Rad - 10km Laufen

49	Ebi	Iris	W50	4	00:38:42	01:21:34	00:50:37	02:55:54
66	Conrad	Martina	W30	12	00:26:40	01:27:10	01:04:10	03:04:58
70	Bindl	Ulrike	W40	18	00:27:44	01:28:03	01:05:29	03:07:34
93	Köppel	Anne	W45	16	00:38:19	01:38:02	01:10:08	03:32:11
35	Ströble	Olaf	M40	9	00:26:25	01:10:31	00:42:03	02:23:34
105	Bössler	Stephan	M40	24	00:26:07	01:18:30	00:43:11	02:32:58
124	Biegner	André	M45	20	00:26:56	01:15:52	00:46:19	02:34:29
179	Sauer	Claus	M50	15	00:33:43	01:14:21	00:46:31	02:39:27
210	Korenko	Brono	M50	18	00:31:46	01:17:10	00:48:39	02:42:11
245	Schmaus	Ulrich	M45	45	00:31:16	01:15:25	00:52:39	02:45:24
276	Stopf	Thomas	M45	52	00:29:56	01:22:09	00:52:28	02:50:15
291	Kaiser	Robert	M55	9	00:30:34	01:20:38	00:53:46	02:51:21
323	Fleischberger	Robert	M45	68	00:32:44	01:21:07	00:55:28	02:54:32
366	Kanzi	Eugen Johann	M60	4	00:43:18	01:22:01	00:51:08	03:02:32

Schongau Triathlon am 28.07.2013

1500m Schwimmen - 40km Rad - 10km Laufen

11	Conrad	Martina	AK3	2	00:24:05	01:32:31	01:09:03	03:05:39
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Wörthsee Triathlon am 28.07.2013

1500m Schwimmen - 40km Rad - 10km Laufen

16	Ebi	Iris	W50	3	00:39:20	01:19:57	00:58:08	02:57:24
31	Bindl	Ulrike	W40	6	00:30:35	01:23:40	01:15:04	03:09:18
16	Lang	Jens	M40	4	00:27:53	01:04:32	00:43:39	02:16:03
153	Korenko	Brono	M50	18	00:33:26	01:11:53	01:03:25	02:48:42

600m Schwimmen - 20km Rad - 6km Laufen

19	Neudert	Andreas	M40	5	00:15:37	00:35:10	00:29:25	01:20:11
83	Köppel	Michael	M50	6	00:21:38	00:47:32	00:44:08	01:53:17

Ravensburger Triathlon am 03.08.2013

1500m Schwimmen - 40km Rad - 10km Laufen

110	Kaiser	Robert	Sen4	8	00:27:55	01:25:20	00:57:43	02:50:58
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Hallstatt Schwimmen am 03.08.2013

10 km Schwimmen

30	Lang	Jens	M40	12	03:04:05			
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Norseman Xtreme Triathlon Norwege

3800m Schwimmen - 180km Rad - 42.2km Laufen

14	Stenke	Andrea			01:28:02	08:33:16	06:00:59	16:12:09
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Mini-duathlon

21km Rad - 4.2km Laufen

1	Schwencker	Robert	Msen		00:34:52	00:16:34	00:51:25	
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Erlangen Triathlon am 04.08.2013

2000m Schwimmen - 80km Rad . 20km Laufen

31	Ströble	Olaf	M40	5	00:35:52	02:08:33	01:30:40	04:15:05
50	Stahlkopf	Sebastian	M30	7	00:42:31	02:10:45	01:27:23	04:20:32
88	Renger	Klaus	M50	3	00:40:27	02:17:02	01:32:38	04:30:07
136	Biegner	André	M45	33	00:36:45	02:18:41	01:46:33	04:41:59
165	Mahnke	Alexander	M45	41	00:42:38	02:19:43	01:44:27	04:46:48
276	Penn	Thomas	M40	42	00:41:35	02:37:57	02:02:11	05:21:43
283	Stopf	Thomas	M45	69	00:41:17	02:35:32	02:08:51	05:25:40

Triathlon Regensburg am 04.08.2013

1500m Schwimmen - 40km Rad - 10km Laufen

107	Neudert	Andreas	M40	26	00:29:01	01:02:02	00:48:42	02:22:32
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Triathlon Slovenský Raj am 10.08.2017

1500m Schwimmen - 40km Rad - 10km Laufen

23	Korenko	Brono	M50+	3	00:35:48	01:19:31	00:47:55	02:43:15
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Müritz Triathlon am 17.08.2013

2000m Schwimmen - 80km Rad - 20km Laufen

28	Stahlkopf	Sebastian	AK3	4	00:35:46	02:17:42	01:37:42	04:33:47
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Powerman Zofingen am 07.09.2013

10km Laufen - 150km Rad - 30km Laufen

17	Schwencker	Robert	M40	5	00:38:11	04:31:06	02:23:35	07:36:55
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Glonner Triathlon am 08.09.2013

400m Schwimmen - 18km Rad - 4km Laufen

	Köppel	Anne	W40	16	00:08:57	00:43:04	00:24:07	01:16:08
	Löschberger	Cornelia	W50	3	00:10:28	00:51:51	00:25:13	01:27:32
	Ralle	Thomas	M50	6	00:09:09	00:37:16	00:20:06	01:06:31
	Köppel	Michael	M50	13	00:09:07	00:41:55	00:24:52	01:15:54