

Swim **0,4** Bike **12** Run **5** **Km**

04.08.2013 4. Frankfurt City Triathlon, Frankfurt

Poggendorff, Frank 2. M45 00:54:56
 Pawlowski, Justin 3. M25 00:58:54
 Reimold, Christoph 01:00:56
 Pabst, Andreas 01:08:53
 Wieß, Maren 1. W65 01:18:50
 Daßler, Michael 1. M70 01:29:12

Swim **0,4** Bike **20** Run **5** **Km**

25.08.2013 Twistesee Triathlon Volksdistanz, Bad Arolsen

Bremer, Jürgen 0. M60 01:41:19

Swim **0,5** Bike **20** Run **5** **Km**

27.04.2013 Neroman 2013, Wiesbaden

Spieß, Alexandra Dr. 1. W30 01:32:23
 Möller, Marco-Ken 01:57:05

21.07.2013 5. Möwathlon, Mörfelden-Walldorf

Wieß, Maren 1. W65 01:33:10

Swim **0,55** Bike **20** Run **5** **Km**

16.06.2013 Charity Triathlon, Büdingen

Spieß, Alexandra Dr. 1. W35 01:11:28
 Strüber, Verena 1. 01:23:26

Swim **0,75** Bike **18** Run **5** **Km**

22.06.2013 1. HTL Damen, 2. Wettkampf, Waldeck

Freund, Karen 0. W30 01:19:49
 Dehmer, Heike 0. W45 01:22:04
 Koch, Jutta 0. W40 01:29:54
 Rautenberg, Sibylle 0. W45 01:31:17

Schwimmen **0,75** Radfahren **20** Laufen **5** **Km**

12.05.2013 27. Buschhütten Triathlon 2013, Buschhütten

Koch, Jutta 2. W40 01:29:40

Swim **1,05** Bike **25** Run **7,5** **Km**

11.08.2013 !. HTL Damen 3. Wettkampf, Fulda

Freund, Karen 0. W30 01:54:02
 Strüber, Verena 0. W25 01:59:34
 Dehmer, Heike 0. W45 01:59:51

Swim **1,5** Bike **39,4** Run **10** **Km**

18.08.2013 1. HTL Damen 4. Wettkampf, Viernheim

Freund, Karen 0. W30 02:43:42
 Tonel, Gulia 0. W35 02:51:55
 Dehmer, Heike 0. W45 02:53:35
 Koch, Jutta 0. W40 03:07:39

Swim **1,5** Bike **40** Run **10** **Km**

25.08.2013 5. HTL Herren 3. Wettkampf, Bad Arolsen

Buhs, Sebastian 0. M30 02:34:16
 Dehmer, Heike 0. W45 03:08:36
 Möller, Marco-Ken 0. M30 03:19:04
 Pawlowski, Justin 0. M25 03:19:05

26.08.2013 Rodgau Triathlon 2013, Rodgau

Strüber, Verena 02:41:01

Swim **1,5** Bike **42,1** Run **10,4** **Km**

23.06.2013 22. Steinbecker Triathlon, Recke-Steinbeck

Spreng, Michael Dr. 03:12:15

Swim **1,5** Bike **45** Run **10** **Km**

04.08.2013 4. Frankfurt City Triathlon, Frankfurt

Gilbert, Kai 3. M45 02:17:57
 Spieß, Alexandra Dr. 3. W35 02:41:04
 Zimmermann, Florian 02:42:41
 Bokeloh, Lars 02:51:36
 Möller, Marco-Ken 02:54:19
 Feigl, Holger 02:57:39
 Chwalisz, Ulla 03:08:19
 Stiebeling, Caro 03:11:45
 Heim, Thomas 03:18:59

Swim **1,9** Bike **90** Run **21** **Km**

09.06.2013 Kraichgau Challenge 2013, Kraichgau

Poggendorff, Frank 05:03:27
Wehle, Christian 05:21:26
Koch, Jutta 06:05:49

Swim **1,9** Bike **90** Run **21,1** **Km**

11.08.2013 Ironman 70.3, Wiesbaden

Minnert, Alexander 05:13:43
Wehle, Christian 05:30:46
Selbach, Christoph 05:37:20
Durand, Michael 05:42:29
Spiess, Alexandra Dr. 05:52:42

01.09.2013 Challenge Walchsee, Walchsee

Wetzel, Sven 05:03:24
Wehle, Christian 05:25:00
Gallardo, Diego 05:57:17

Swim **1** Bike **40** Run **10** **Km**

18.08.2013 Triathlon Festival Rheinhessen, Wörrstadt

Spreng, Michael Dr. 02:37:19

Swim **2** Bike **90** Run **20** **Km**

16.06.2013 26. Aasee-Triathlon, Bocholt

Weber, Christian 04:43:17

Swim **3,8** Bike **180** Run **42,2** **Km**

07.07.2013 Ironman 2013, Frankfurt

Tzschentke, Thomas 09:46:30
Minnert, Alexander 09:52:12
Schneider, Wilm 09:58:28
Poggendorff, Frank 10:52:08
Scharlowski, Boris 10:59:48
Saatweber, Ingo 11:29:27
Durand, Michael 11:40:31

14.07.2013 Challenge Roth, Roth

Storck, Christian Dr. 09:58:48
Gilbert, Kai 10:00:10
Gilbert, Oliver 11:27:44
Pelzer, Wolfgang Dr. 11:43:59

Swim **3,8** Bike **180** Run **42,2** **Km**

08.09.2013 Ironman Wales, Wales

Tzschentke, Thomas 0. M45 10:28:24

Swim **3,9** Bike **180** Run **42,2** **Km**

12.10.2013 Ironman Kona Hawaii, Kona (Hawaii)

Storck, Christian Dr. 09:52:49

Run **5** Bike **20** Run **3,5** **Km**

01.06.2013 HTL 1. Hessenliga Damen, Griesheim

Dehmer, Heike 0. W45 01:20:07
Rautenberg, Sibylle 0. W45 01:22:29
Tuerr, Heike 0. W40 01:24:52
Chwalisz, Ulla 0. W50 01:27:29

01.06.2013 HTL 5. Hessenliga Herren, Griesheim

Durand, Michael 0. M30 01:10:55
Nowak, Michael 0. M45 01:16:01
Reinhardt, Volker 01:16:05
Möller, Marco-Ken 0. M30 01:17:53
Georg, Sven 0. M45 01:24:12