

Swim	Bike	Run	Km
0,3	17	6	Km
11.08.2019 30.Maibacher Triathlon, Maibach			
Pense, Till		01:14:29	
Herrmann, Gerhard		01:31:10	

Swim	Bike	Run	Km
0,4	12	5	Km
04.08.2019 Frankfurt City Triathlon 2019 Jedermann Distanz, Frankfurt			
Poggendorf, Paulina		1. WU1600:58:45	
Walz, Michael		1. M60 01:05:51	

Swim	Bike	Run	Km
0,5	19	5	Km
19.05.2019 12. Short-Track-Triathlon, Darmstadt-Griesheim			
Walz, Michael		01:14:21	

Swim	Bike	Run	Km
0,5	20	5	Km
26.05.2019 Kinzigman 2019, Langenselbold			
Rautenberg, Laura		2. W20 01:08:45	
Kinzler, Patrick		01:10:43	
Kirvesmies, Tytti		01:12:27	

Swim	Bike	Run	Km
0,75	26	5	Km
21.07.2019 11. M�wathlon der SKV M�rfelden, M�rfelden-Walldorf			
Walz, Michael			
Gomez-Ruhland, Marisa		1. W60	
Wie�, Maren		1. W70 01:44:40	

Swim	Bike	Run	Km
0,75	20	5	Km
09.06.2019 7. Woogsprint Triathlon, Darmstadt			
Willius, Sebastian		01:10:47	
Ohs, R�diger		2. M30 01:11:30	
Scherer, Robeer		1. M40 01:11:37	
Greschek, Manuel		01:11:52	
Rohde, Marco		2. M40 01:13:19	
Friedrich, Kai		3. M40 01:13:35	
Goldhammer, Carsten		01:16:37	
Kinzler, Patrick		01:20:23	
Timm, Lisa		3. W35 01:21:36	
Lohr, Andreas		01:22:21	
Bremer, J�rgen		1. M60 01:28:15	
Walz, Michael		01:30:40	

Swim	Bike	Run	Km
0,75	20	5	Km
11.08.2019 15.Fuldataler Triathlon (Liga), Fuldatal			
Poggendorf, Frank			
Bittner, Chris		01:12:26	

Swim	Bike	Run	Km
0,75	20	5	Km
11.08.2019 30.Maibacher Triathlon, Maibach			
Bremer, Joe		01:12:26	
Scherer, Robeer		2. M40 01:12:26	
Ohs, R�diger		01:14:41	
Kinzler, Patrick		3. M45 01:14:41	
Zeiss, Frank		01:14:42	
Goldhammer, Carsten		3. M50 01:14:42	

Swim	Bike	Run	Km
0,75	20	5	Km
25.08.2019 36. Viernheimer V Card Triathlon, Viernheim			
Schiesser-Hoefer, Christina		0. W45 01:18:54	
Rautenberg, Laura		0. W20 01:18:54	
H�nseroth, Jenny		0. 01:18:54	

Swim	Bike	Run	Km
0,75	26	5	Km
01.09.2019 City Triathlon Baunatal, Baunatal			
Hies, Benjamin		0. M30 01:06:49	
Pfaller, Stephan		0. M30 01:06:49	
Wittrock, Philipp		0. M30 01:06:49	
Storck, Christian Dr.		0. M40 01:06:49	
H�nseroth, Jenny		0. W20 01:12:24	
Hendriks, Madita		0. W20 01:12:24	
Rautenberg, Iris		0. W20 01:12:24	

Swim	Bike	Run	Km
0,75	26	5	Km
08.09.2019 Triathlon Zaanstad 2019, Zaanstad, Niederlande			
Timm, Lisa		0. W35 01:18:49	

Swim	Bike	Run	Km
0,75	26	5	Km
30.06.2019 Heinerman-Sprint-Triathlon 2019, Darmstadt			
Walz, Michael		1. M60 01:37:22	

Swim	Bike	Run	Km
0,75	28	5	Km
04.08.2019 Frankfurt City Triathlon 2019 Sprint Distanz, Frankfurt			
Poggendorf, Frank		1. M50 01:24:30	
Estivariz, Carlos		01:55:22	

Swim	Bike	Run	Km
1,4	41	10	Km
18.08.2019 18. Rodgau Triathlon, Rodgau			
Greschek, Manuel		02:18:34	
Willius, Sebastian		2. M30 02:19:39	
Friedrich, Kai		02:22:50	
Bremer, Joe		3. M50 02:25:50	
Kinzler, Patrick		3. M45 02:28:52	
Zeiss, Frank		3. M45 02:32:24	
Bremer, Luca		1. MU2002:34:14	
Richter, Dr. Tobias		02:35:03	
Pfeiffer, Martin		02:35:34	

Swim	Bike	Run	Km
1,4	41	10	Km
Pfeiffer, Frank		2. M40	02:40:34
Lohr, Andreas		3. M40	02:42:18
Bremer, Jürgen		1. M65	02:46:33
Gomez-Ruhland, Marisa		1. W60	02:47:37

Swim	Bike	Run	Km
1,5	39,2	10	Km
17.08.2019 Bühler Beilngries Triathlon Deutsche Meisterschaft			
Chwalisz, Ulla		2. W60	03:32:02

Swim	Bike	Run	Km
1,5	40	10	Km
16.06.2019 35. Moret Triathlon, Münster			
Kinzler, Patrick			02:39:33

08.09.2019 Twistensee-Triathlon 2019, Bad Arolsen			
Scherer, Robeer		1. M40	02:31:22
Greschek, Manuel			02:33:34
Bremer, Joe		2. M50	02:36:36
Schiesser-Hoever, Christina		1. W45	02:47:29
Bremer, Luca		3. M40	02:48:10
Kinzler, Patrick			02:50:30
Zeiss, Frank			02:51:08
Klisch, Tilo			03:08:20
Lohr, Andreas		3. M40	03:14:22

Bike	Bike	Run	Km
1,5	45	10	Km
04.08.2019 Frankfurt City Triathlon 2019 Olympische Distanz, Frankfurt			
Greschek, Manuel			02:23:44
Müller, Daniel			02:35:24
App, Christoph			02:41:32
Schüpphaus, Kevin			02:46:30
Joseph, Jörg			02:58:07
Fischer, Dörte			03:01:45
Gomez-Ruhland, Marisa		2. W60	03:06:15

Swim	Bike	Run	Km
1,9	84,1	21	Km
19.05.2019 5. hep Challenge Mitteldistanz, Heilbronn			
Bittner, Christopher			05:14:40

Swim	Bike	Run	Km
1,9	90	21,1	Km
07.09.2019 Ironman 70.3 World Championships 2019, Nizza, Frankreich			
Hunzinger, Nadine			05:54:32

Swim	Bike	Run	Km
1,9	90	21,1	Km
Knodt, Riitta			06:22:57

08.09.2019 Ironman 70.3 World Championships 2019, Nizza, Frankreich			
Wetzel, Sven			05:01:54
Ziewers, Frank			05:24:40
Rohde, Mark			06:01:09

20.10.2019 Ironman 70.3 Shanghai, Shanghai			
Gilbert, Kai		1. M55	04:37:56

Swim	Bike	Run	Km
2	80	20	Km
04.08.2019 Frankfurt City Triathlon 2019 Mitteldistanz, Frankfurt			
Irlé, Max			03:53:20
Pörschke, Hendrik			04:00:44
Pfaller, Stephan			04:00:50
Buch, Oliver			04:01:40
Schneider, Wilim			04:06:01
Hes, Benjamin			04:06:23
Gilbert, Kai		2. M50	04:12:23
Rohde, Marco			04:32:10
Hunzinger, Nadine		1. W35	04:33:06
Schiesser-Hoever, Christina		3. W45	04:38:18
Timm, Lisa Marie			04:43:06
Pfeiffer, Martin			04:50:30
Altmüller, Jascha			05:00:42
Schöler, Marc			05:05:57
Zeiss, Michaela			05:31:50
Herrmann, Silke			05:34:43

Swim	Bike	Run	Km
3,8	180	42,195	Km
14.09.2019 Challenge Almere Amsterdam 2019, Amsterdam			
Scharlowski, Boris		0. M55	10:57:46

15.09.2019 Ironman Wales Cymru 2019, Pembrokeshire, Wales			
Weber, Christian			10:54:37

12.10.2019 Ironman World Championships, Kailua-Kona, USA			
Tzschentke, Thomas			10:49:58
Brendemühl, Heike			10:54:36

Swim	Bike	Run	Km
3,8	195	42,195	Km
30.06.2019 Ironman, Frankfurt			
Anger, Gunnar			10:28:03



Swim	Bike	Run	
3,8	195	42,195	Km
Brendemühl, Heike		2. W30	10:35:22
Schneider, Wilm			10:35:38
Hies, Benjamin			10:44:00
Pfaller, Stephan			10:52:25
Bittner, Chris			11:19:08
Scherer, Robeer			11:30:19
Poggendorff, Frank			11:54:10
Schiesser-Hoefer, Christina			12:09:26
Hunzinger, Nadine			12:33:14
Zeiss, Frank			12:56:26
Rohde, Marco			13:01:05
Knodt, Riitta		1. W60	13:12:33
Freundt, Daniel			13:24:54
Joseph, Jörg			14:46:34

Swim	Bike	Run	
3,86	180,2	42,195	Km
26.10.2019 Ironman Malaysia, Selangor			
Richter, Lutz Dr.		3. M55	12:10:12