

Swim	Run	
0,7	5,5	Km
30.01.2022 16. DSW Swim & Run, Darmstadt		
Buch, Oliver	1. M30	00:29:59
Kruff, Daniel	2. M30	00:30:20
Hemmer, Nico		00:30:43
Pfaller, Stephan		00:30:47
Wiedenbrüg, Kati	2. W20	00:32:39
Schneider, Katja	1. W30	00:32:56
Storck, Christian Dr.		00:34:24
Pitzer, Florian		00:37:11
Wieghardt, Julia		00:38:31

Run	Swim	
6	0,5	Km
01.05.2022 Skoda Velotour Express 88 km, Frankfurt		
Bike 88 Km		
Schulte, Peter		03:39:30
Becker, Martina		04:04:33

Bike	
100	Km
01.05.2022 Skoda Velotour Classic 100 km, Frankfurt	
Ziewers, Frank	02:50:56
Anger, Gunnar	02:55:51
Greschek, Manuel	03:02:30
Wiedenbrüg, Kati	3. W20 03:06:50
Poggendorff, Frank	03:11:39
Hunzinger, Nadine	03:13:42
Freese, Andreas	03:40:45
Wieghardt, Julia	03:54:12
Prümmer, Constanze	03:54:21
Pitzer, Florian	04:14:11
Straus, Alexander	04:14:25

Swim	Run	
2,35	8,2	Km
20.08.2022 1. ASR - Arendsee-SwimRun, Osterburg		
Weber, Christian	2. M50	01:21:45

Run	Bike	Run	
4,1	20	4	Km
06.11.2022 16. Hugenotten-Duathlon, Neu-Isenburg			
Walz, Michael			01:36:24

Run	Swim	
6	0,5	Km
04.09.2022 1. Oberurseler Swim & Run, Oberursel		
Kruff, Daniel	2. M30	00:32:31
Buch, Oliver		00:33:21
Audersetz, Stephan		00:33:54
Pfaller, Stephan		00:36:19
Bruton, Jessica	2. W30	00:37:01
Schneider, Wilm		00:37:08
Prümmer, Constanze	3. W30	00:37:12
Schiesser-Hoever, Christina		00:40:15
Polydore, Florence		00:54:49