

Run	Bike	Run	
2,5	15	2,5	Km
01.12.2019	26. Nikolaus-Duathlon, Frankfurt am Main		
Wieß, Maren		1. W70 01:26:23	

Run	Bike	Run	
4,5	20	4	Km
03.11.2019	13. Hugenotten-Duathlon, Neu-Isenburg		
Esser, Lothar		01:23:55	

Run	Bike	Run	
5	20	2,5	Km
09.05.2019	Union Properties Ramadan Duathlon Challenge, Duk		
Möller, Marco-Ken		0. M35 01:21:48	