

Swim **0,38** Bike **18** Run **4,2** **Km**

01.09.2024 Zehn Freunde Team Triathlon, Darmstadt

Richter, Tobias	3. M45	01:02:19
Lehmann, Wolfgang		01:08:47
Kaptur, Ralph		01:10:23
Hirschfeld, Klaus		01:11:54
Esser, Lothar		01:12:29
Henseler, Olaf		01:13:33
Straus, Alexander		01:14:30
Schuwirth-Weiße, Anne		01:15:37
Schlünder, Simone		01:15:59
Wenzel, Christine		01:16:01
Schneider, Marcel		01:21:07
Schneider, Ramona		01:22:02

Swim **0,45** Bike **14** Run **5** **Km**

01.09.2024 21. Rodgau-Triathlon Hessenmeisterschaften, Rodgau

Müller, Daniel	1. M45	01:00:38
Koppert, Valeria	2. W20	01:06:07
Häuser, Wolfgang		01:22:10

Swim **0,5** Bike **19,2** Run **5,5** **Km**

14.07.2024 15. ksp MöWathlon, Mörfelden

Schmitt, Christian		00:59:13
Prümmer, Constanze	3. W35	01:06:21
Mühler, Franziska	2. W20	01:12:12
Koppert, Valeria		01:18:07
Straus, Alexander		01:20:42

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

26.05.2024 12. Kinzigman, Langenselbold

Henrich, Markus		01:17:04
Koppert, Valeria	2. W20	01:20:59
Pelzer, Wolfgang Dr.	3. M65	01:27:54

26.05.2024 12. Kinzigman Hessenliga, Langenselbold

Weith, Moritz		01:05:57
Schmitt, Christian		01:05:58
Audersetz, Stephan		01:05:58
Hemmer, Nico		01:05:58
Anger, Gunnar	2. M45	01:07:04

Swim **0,75** Bike **20** Run **4,5** **Km**

02.06.2024 Sprintdistanz, Berlin

Straus, Alexander		01:31:37
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Swim **0,75** Bike **20** Run **5** **Km**

30.06.2024 Entega Heinerman, Darmstadt

Koppert, Valeria		01:45:27
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Swim **0,75** Bike **28** Run **5** **Km**

28.07.2024 Frankfurt City Triathlon - Sprintdistanz, Frankfurt

Greschek, Manuel	2. M40	01:25:56
Borra, Chiara		01:44:18
Menck, Susanne	3. W55	01:48:51
Walz, Michael		02:02:07

Swim **1,4** Bike **41** Run **10** **Km**

01.09.2024 21. Rodgau-Triathlon, Rodgau

Irlle, Max	1. M30	02:02:53
Bunzel, Tobias		02:49:00
Kessler, Matthias		03:12:59

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

30.06.2024 Entega Heinerman, Darmstadt

Kahl, Niklas		02:28:00
Richter, Tobias		02:30:48
Tolsdorf, Josh		02:35:58
Prümmer, Constanze		02:36:56
Henrich, Markus		02:49:35
Silva Toledo, Aldo		03:12:06

30.06.2024 Entega Heinerman 2. Hessenliga, Darmstadt

Hemmer, Nico	0. M20	02:11:48
Schmitt, Christian	0. M30	02:17:12
Kruff, Daniel	0. M30	02:17:58
Barcarolo, Pier	0. M20	02:25:57

04.08.2024 5150 Triathlon Olympische Distanz, Gdynia

Straus, Alexander		03:13:11
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Swim	Bike	Run	
1,5	45	10	Km
28.07.2024 Frankfurt City Triathlon - Olympische Distanz, Frankf			
Audersetz, Stephan		3. M40	02:24:21
Barcarolo, Pier			02:27:44
Fischer, Christian			02:32:58
Altmüller, Jascha		3. W30	02:36:25
Karasyros, Filippas			02:52:51
Fischer, Dörte			02:54:24
Hempel, Karl			02:55:50
Mühler, Franziska			02:58:15
Koppert, Valeria			03:03:40
Günes, Ersan			03:08:21
Kessler, Matthias			03:23:41

Swim	Bike	Run	
1,9	90	21,1	Km
19.05.2024 Ironman 70.3 Aix-en-Provence, Aix-en-Provence, Fran			
Reimold, Christoph			05:19:21

30.06.2024 Luxemburg 70.3 Ironman, Luxemburg			
Moser, Tania			04:58:19
Altmüller, Jascha		0.	05:16:05

10.11.2024 Ironman 70.3, Melbourne			
Straus, Alexander			06:25:34

Swim	Bike	Run	
2	80	20	Km
28.07.2024 Frankfurt City Triathlon - Mitteldistanz, Frankfurt am			
Buch, Oliver		3. M35	03:54:19
Hemmer, Nico			04:01:49
Schmitt, Christian			04:05:14
Ziewers, Frank		2. M45	04:08:34
Müller, Tim Nikolas			04:17:48
Stillger, Nadine		1. W45	04:23:36
Moser, Tania		2. W30	04:25:40
Tolsdorf, Josh			04:36:06
Schöler, Marc			05:52:35

Swim	Bike	Run	
2	80	21,1	Km
09.06.2024 40. Moret Triathlon, Babenhausen			
Richter, Tobias			04:51:20

Swim	Bike	Run	
3,8	180	42	Km
22.06.2024 Openlakes Champagne, La Petite Ville			
Scharlowski, Boris		2. M60	11:36:00

Swim	Bike	Run	
3,8	180	42,2	Km
02.06.2024 IRONMAN, Hamburg			
Anger, Gunnar			10:02:45

07.07.2024 Challenge Roth, Roth			
Tzschentke, Thomas			10:21:15
Freundt, Daniel			13:08:06

18.08.2024 Ironman Frankfurt, Frankfurt am Main			
Schneider, Wilm			09:50:04
Stillger, Nadine		1. W45	10:00:02
Hemmer, Nico			10:15:12
Rossini, Luca			10:26:26
Anger, Gunnar			10:31:36
Altmüller, Jascha			10:37:03
Rohde, Mark			11:00:43
Lehmann, Wolfgang			11:11:13
Richter, Tobias			11:14:29
Audersetz, Stephan			11:16:02
Scheffold, Anna			11:57:48
Freundt, Daniel			12:40:19
Zeiss, Michaela			12:44:45
Grebe, Jessica			14:00:50
Joseph, Jörg			14:26:07
Zeiss, Frank			14:54:04

18.08.2024 Ironman Kopenhagen, Kopenhagen			
Irlle, Max			08:43:41

22.09.2024 IRONMAN World Championship, Nizza			
Hunzinger, Nadine			12:12:10

26.10.2024 Ironman World Championships, Kona, USA			
Ziewers, Frank			10:45:36
Tzschentke, Thomas			10:51:32
Reimold, Christoph			11:50:26