

AK-Wertung Einzelwettbewerb (750m - 20km - 5,9km)

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
1.	Rosch, Alina	LATV Plauen	wJgdA	17:42	2:22	(1)	0:42:38	28,15	(1)	26:28	4:29	(1)	1:26:48		241	[Urkunde]
1.	Liebold, Jarne	TRIAMALT Triathlon Team /HSV Weimar	mJgdA	12:19	1:39	(1)	0:36:57	32,48	(1)	24:58	4:14	(1)	1:14:14		022	[Urkunde]
2.	Grimm, Niklas	FSV Treuen	mJgdA	19:04	2:33	(4)	0:43:29	27,60	(3)	29:24	4:59	(3)	1:31:57	+17:43	025	[Urkunde]
3.	Meißner, Lucas	SV Blau Weiß Rebesgrün	mJgdA	18:57	2:32	(3)	0:49:35	24,20	(5)	25:28	4:19	(2)	1:34:00	+19:46	437	[Urkunde]
4.	Schneider, Dustin	Adorf	mJgdA	19:31	2:36	(5)	0:40:59	29,28	(2)	34:45	5:53	(5)	1:35:15	+21:01	367	[Urkunde]
5.	Graumüller, Konrad	TSV 1880 Gera Zwötzen	mJgdA	15:34	2:05	(2)	0:45:39	26,29	(4)	34:13	5:48	(4)	1:35:26	+21:12	083	[Urkunde]
6.	Turban, Michel	Reichenbach	mJgdA	21:29	2:52	(6)	0:53:04	22,61	(6)	40:13	6:49	(6)	1:54:46	+40:32	372	[Urkunde]
1.	Weber, Hendrik	SV Halle Wasserball	mJun	12:43	1:42	(1)	0:43:17	27,72	(1)	33:05	5:36	(3)	1:29:05		141	[Urkunde]
2.	Kielmann, Mattheo	Glauchau	mJun	16:59	2:16	(2)	0:43:59	27,28	(2)	29:27	4:59	(2)	1:30:25	+1:20	390	[Urkunde]
3.	Klug, Kajo	Treuener LV	mJun	21:13	2:50	(3)	0:46:36	25,75	(3)	28:52	4:54	(1)	1:36:41	+7:36	423	[Urkunde]
1.	Jentzsch, Celia		W20-24	14:06	1:53	(1)	0:43:03	27,87	(2)	24:21	4:08	(1)	1:21:30		247	[Urkunde]
2.	Kirsten, Melanie	ATS Kulmbach	W20-24	16:49	2:15	(4)	0:40:53	29,35	(1)	30:25	5:09	(3)	1:28:07	+6:37	221	[Urkunde]
3.	Bole, Celine	Bayreuth	W20-24	16:08	2:09	(3)	0:43:36	27,52	(3)	28:37	4:51	(2)	1:28:21	+6:51	211	[Urkunde]
4.	Laubmann, Hannah	Gealan TriTeam IfL Hof	W20-24	14:41	1:57	(2)	0:45:07	26,60	(4)	32:38	5:32	(4)	1:32:26	+10:56	258	[Urkunde]
5.	Knüpfer, Katja	Treuen	W20-24	16:59	2:16	(5)	0:47:03	25,50	(5)	32:51	5:34	(5)	1:36:53	+15:23	225	[Urkunde]
6.	Cwienzek, Cosima	Dresden	W20-24	23:14	3:06	(8)	0:47:44	25,14	(6)	34:22	5:49	(6)	1:45:20	+23:50	231	[Urkunde]
7.	Scholz, Lysiane	Waldkirchen	W20-24	18:17	2:26	(6)	0:55:33	21,60	(8)	36:28	6:11	(7)	1:50:18	+28:48	239	[Urkunde]
8.	Mlynek, Anne	IfL Hof	W20-24	22:28	3:00	(7)	0:54:22	22,07	(7)	48:54	8:17	(8)	2:05:44	+44:14	224	[Urkunde]
1.	Schönberger, Paul	Gealan TriTeam IfL Hof	M20-24	12:02	1:36	(1)	0:36:19	33,04	(1)	21:38	3:40	(1)	1:09:59		016	[Urkunde]
2.	Tödtmann, Anton	SG Jößnitz	M20-24	17:58	2:24	(4)	0:42:06	28,50	(6)	24:31	4:09	(2)	1:24:35	+14:36	324	[Urkunde]
3.	Schikora, Colin	SV Wismut Seelingstädt / Erdinger Active Team	M20-24	17:04	2:17	(3)	0:39:35	30,32	(2)	27:59	4:45	(5)	1:24:38	+14:39	060	[Urkunde]
4.	Tödtmann, Lorenz	SG Jößnitz	M20-24	19:08	2:33	(8)	0:41:00	29,27	(4)	24:56	4:14	(3)	1:25:04	+15:05	325	[Urkunde]
5.	Unger, Tim	SV Burkhardtgrün	M20-24	14:31	1:56	(2)	0:40:01	29,99	(3)	31:59	5:25	(7)	1:26:31	+16:32	094	[Urkunde]
6.	Härtel, Sascha	SV Grün Weiß Burkhardtgrün	M20-24	18:33	2:28	(6)	0:41:39	28,81	(5)	28:38	4:51	(6)	1:28:50	+18:51	392	[Urkunde]
7.	Fliegl, Maximilian	Triptis	M20-24	19:53	2:39	(9)	0:45:23	26,44	(8)	26:29	4:29	(4)	1:31:45	+21:46	377	[Urkunde]
8.	Heidrich, Bastian	Lichtenau	M20-24	18:36	2:29	(7)	0:45:44	26,24	(9)	34:05	5:47	(11)	1:38:25	+28:26	405	[Urkunde]
9.	Haase, Julian Edgar	Erfurt	M20-24	20:35	2:45	(10)	0:45:14	26,53	(7)	32:52	5:34	(8)	1:38:41	+28:42	340	[Urkunde]
10.	Strebelow, Francis	Treuen	M20-24	18:19	2:27	(5)	0:56:28	21,25	(11)	32:59	5:35	(9)	1:47:46	+37:47	315	[Urkunde]
11.	Gerstenberger, Eyrik	WBS-Schulen Plauen	M20-24	25:47	3:26	(11)	0:49:11	24,40	(10)	33:38	5:42	(10)	1:48:36	+38:37	383	[Urkunde]
1.	Lauterbach, Amy	TRiStars Markkleeberg	W25-29	13:10	1:45	(1)	0:40:09	29,89	(2)	25:27	4:19	(1)	1:18:46		243	[Urkunde]

23. Pöhler Triathlon am 13.08.2023

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
2.	Heß, Rebekka	Auerbach	W25-29	15:23	2:03	(4)	0:39:40	30,25	(1)	26:21	4:28	(3)	1:21:24	+2:38	255	[Urkunde]
3.	Eberhardt, Franziska	Lauf-KulTour	W25-29	14:43	1:58	(2)	0:42:04	28,53	(4)	26:16	4:27	(2)	1:23:03	+4:17	261	[Urkunde]
4.	Köbel, Michelle	Reichenbach	W25-29	17:16	2:18	(6)	0:42:33	28,20	(5)	26:29	4:29	(4)	1:26:18	+7:32	254	[Urkunde]
5.	Will, Charlotte	Plauen	W25-29	14:47	1:58	(3)	0:42:54	27,97	(7)	29:56	5:04	(7)	1:27:37	+8:51	205	[Urkunde]
6.	Gottsmann, Anita	DAV Halle	W25-29	16:14	2:10	(5)	0:41:50	28,69	(3)	29:35	5:01	(6)	1:27:39	+8:53	260	[Urkunde]
7.	Litwinenko, Charlotte	Halle	W25-29	19:12	2:34	(8)	0:45:15	26,52	(8)	28:32	4:50	(5)	1:32:59	+14:13	233	[Urkunde]
8.	Mainka, Nathalie	Dresden	W25-29	20:36	2:45	(9)	0:42:33	28,20	(5)	30:22	5:09	(8)	1:33:31	+14:45	232	[Urkunde]
9.	Roedel, Berthe	Berlin	W25-29	18:40	2:29	(7)	0:47:22	25,33	(9)	36:48	6:14	(9)	1:42:50	+24:04	209	[Urkunde]
1.	Dressel-Putz, Philipp	SC Plauen 06	M25-29	10:19	1:23	(1)	0:31:22	38,26	(1)	19:20	3:17	(1)	1:01:01		001	[Urkunde]
2.	Ottiger, Marcel	TSV Saalburg e.V.	M25-29	16:19	2:11	(10)	0:33:13	36,13	(2)	20:55	3:33	(2)	1:10:27	+9:26	059	[Urkunde]
3.	Puchta, Florian	IfL Hof	M25-29	12:02	1:36	(2)	0:35:31	33,79	(4)	23:06	3:55	(4)	1:10:39	+9:38	426	[Urkunde]
4.	Kuhne, Robert	Triathlonverein Dresden	M25-29	14:19	1:55	(6)	0:33:53	35,42	(3)	22:32	3:49	(3)	1:10:44	+9:43	020	[Urkunde]
5.	Koch, David	ATS Kulmbach	M25-29	15:22	2:03	(8)	0:36:06	33,24	(5)	27:15	4:37	(10)	1:18:43	+17:42	061	[Urkunde]
6.	Görigk, Simon	Wurstschnitzel Racing Team	M25-29	17:43	2:22	(12)	0:36:38	32,76	(6)	25:30	4:19	(5)	1:19:51	+18:50	339	[Urkunde]
7.	Reichel, Tom	Matzing	M25-29	19:08	2:33	(20)	0:36:54	32,52	(7)	26:35	4:30	(7)	1:22:37	+21:36	031	[Urkunde]
8.	Wetzstein, Erik	SVV Plauen	M25-29	12:29	1:40	(3)	0:43:16	27,73	(13)	27:31	4:40	(11)	1:23:16	+22:15	142	[Urkunde]
9.	Varga, Adam	Dresden	M25-29	13:50	1:51	(5)	0:42:15	28,40	(11)	27:38	4:41	(12)	1:23:43	+22:42	410	[Urkunde]
10.	Samolewicz, Alex	Rodewisch	M25-29	18:39	2:29	(16)	0:39:38	30,28	(8)	25:43	4:22	(6)	1:24:00	+22:59	312	[Urkunde]
11.	Vogel, Felix	TriTeam UniBw München	M25-29	15:52	2:07	(9)	0:41:06	29,20	(9)	27:10	4:36	(9)	1:24:08	+23:07	078	[Urkunde]
12.	Schädlich, Matthias	Zwickau	M25-29	12:34	1:41	(4)	0:45:39	26,29	(19)	30:00	5:05	(17)	1:28:13	+27:12	126	[Urkunde]
13.	Lippmann, Tino	Brand-Erbisdorf	M25-29	18:45	2:30	(18)	0:41:37	28,83	(10)	28:11	4:47	(14)	1:28:33	+27:32	347	[Urkunde]
14.	Armbruster, Sebastian	Xterm Athletic Cross	M25-29	15:12	2:02	(7)	0:43:22	27,67	(14)	30:59	5:15	(19)	1:29:33	+28:32	030	[Urkunde]
15.	Pham, Kevin	Dresden	M25-29	18:58	2:32	(19)	0:42:56	27,95	(12)	29:04	4:56	(16)	1:30:58	+29:57	380	[Urkunde]
16.	Zwilling, Louis	Triptis	M25-29	19:24	2:35	(21)	0:45:33	26,34	(18)	26:48	4:33	(8)	1:31:45	+30:44	385	[Urkunde]
17.	Kunde, Christoph	Erfurt	M25-29	18:43	2:30	(17)	0:46:10	25,99	(21)	28:36	4:51	(15)	1:33:29	+32:28	357	[Urkunde]
18.	Tröltzsch, Falk	Die Triathnauten	M25-29	17:21	2:19	(11)	0:43:49	27,39	(15)	32:37	5:32	(21)	1:33:47	+32:46	086	[Urkunde]
19.	Kober, Martin	Reichenbach	M25-29	21:07	2:49	(23)	0:44:56	26,71	(16)	28:09	4:46	(13)	1:34:12	+33:11	419	[Urkunde]
20.	Sattler, Moritz	MTB Reichenbach	M25-29	18:26	2:27	(15)	0:45:04	26,63	(17)	32:38	5:32	(22)	1:36:08	+35:07	359	[Urkunde]
21.	Lärz, Lucas	Triptis	M25-29	23:41	3:09	(26)	0:47:59	25,01	(24)	30:35	5:11	(18)	1:42:15	+41:14	379	[Urkunde]
22.	Voigtmann, Jan	Plauen	M25-29	19:49	2:39	(22)	0:51:39	23,23	(25)	32:10	5:27	(20)	1:43:38	+42:37	409	[Urkunde]
23.	Matthies, Karl	Plauen	M25-29	18:17	2:26	(13)	0:45:58	26,11	(20)	40:22	6:51	(25)	1:44:37	+43:36	343	[Urkunde]
24.	Reuther, Philipp	Chemnitz	M25-29	18:22	2:27	(14)	0:47:41	25,17	(23)	38:39	6:33	(24)	1:44:42	+43:41	036	[Urkunde]
25.	Orlob, Paul	Dresden	M25-29	23:24	3:07	(25)	0:46:57	25,56	(22)	34:38	5:52	(23)	1:44:59	+43:58	391	[Urkunde]
26.	Richter, Nicolas	Leipzig	M25-29	21:39	2:53	(24)	0:56:02	21,42	(26)	44:32	7:33	(26)	2:02:13	+61:12	438	[Urkunde]
1.	Zelt, Stefanie	SG Adelsberg	W30-34	15:11	2:01	(1)	0:39:06	30,69	(1)	25:18	4:17	(1)	1:19:35		256	[Urkunde]
2.	Trommler, Corinna	RSV Augustusburg	W30-34	16:20	2:11	(2)	0:42:05	28,51	(2)	28:45	4:52	(3)	1:27:10	+7:35	238	[Urkunde]
3.	Grund, Katrin	Chillrental	W30-34	20:09	2:41	(3)	0:44:55	26,72	(3)	27:59	4:45	(2)	1:33:03	+13:28	230	[Urkunde]

23. Pöhler Triathlon am 13.08.2023

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
4.	Pappritz, Andrea	Fräulein Triathlon	W30-34	21:37	2:53	(4)	0:46:08	26,01	(4)	34:38	5:52	(4)	1:42:23	+22:48	215	[Urkunde]
5.	Hösel, Bianca	Oelsnitz	W30-34	22:23	2:59	(5)	0:47:09	25,45	(5)	38:42	6:34	(5)	1:48:14	+28:39	220	[Urkunde]
1.	Hahn, Philippe	SG Adelsberg	M30-34	13:28	1:48	(1)	0:35:43	33,60	(2)	22:43	3:51	(2)	1:11:54		146	[Urkunde]
2.	Plarre, Matthias	SSV Gera	M30-34	17:01	2:16	(8)	0:34:41	34,60	(1)	22:13	3:46	(1)	1:13:55	+2:01	348	[Urkunde]
3.	Schicker, Tim	SV Burkhardtgrün	M30-34	14:09	1:53	(3)	0:38:23	31,26	(5)	24:32	4:09	(4)	1:17:04	+5:10	118	[Urkunde]
4.	Pflugbeil, Kurt	TSV Einheit Süd Chemnitz	M30-34	13:36	1:49	(2)	0:42:09	28,47	(11)	26:49	4:33	(7)	1:22:34	+10:40	375	[Urkunde]
5.	von der Grün, David	#TEAMVDG	M30-34	16:59	2:16	(7)	0:37:40	31,86	(3)	27:59	4:45	(8)	1:22:38	+10:44	109	[Urkunde]
6.	Näser, Benjamin	Dresden	M30-34	18:43	2:30	(19)	0:37:59	31,59	(4)	26:46	4:32	(6)	1:23:28	+11:34	309	[Urkunde]
7.	Lorenz, Konstantin	Herzfabrik Kirche	M30-34	18:19	2:27	(14)	0:39:34	30,33	(6)	26:00	4:24	(5)	1:23:53	+11:59	370	[Urkunde]
8.	Rink, Patrick	VfB Lengenfeld	M30-34	18:27	2:28	(15)	0:43:31	27,58	(17)	23:53	4:03	(3)	1:25:51	+13:57	088	[Urkunde]
9.	Lippmann, Tim	Freiberg	M30-34	16:50	2:15	(6)	0:40:57	29,30	(8)	28:35	4:51	(11)	1:26:22	+14:28	346	[Urkunde]
10.	Knabe, Sascha	Reichenbach	M30-34	16:20	2:11	(4)	0:42:42	28,10	(12)	28:30	4:50	(10)	1:27:32	+15:38	005	[Urkunde]
11.	Tarci, Vladimir	Plauen	M30-34	17:05	2:17	(9)	0:40:05	29,94	(7)	30:31	5:10	(12)	1:27:41	+15:47	114	[Urkunde]
12.	Vogler, Christian	Nürnberg	M30-34	17:32	2:20	(11)	0:41:56	28,62	(10)	30:48	5:13	(13)	1:30:16	+18:22	007	[Urkunde]
13.	Donath, Patrick	ZTO	M30-34	18:47	2:30	(20)	0:43:29	27,60	(16)	28:19	4:48	(9)	1:30:35	+18:41	412	[Urkunde]
14.	Isnardy, Christoph	SG Möschlitz	M30-34	17:54	2:23	(13)	0:42:51	28,00	(13)	31:22	5:19	(14)	1:32:07	+20:13	366	[Urkunde]
15.	Mellendorf, Max	Chemnitz	M30-34	18:42	2:30	(18)	0:41:54	28,64	(9)	31:35	5:21	(16)	1:32:11	+20:17	107	[Urkunde]
16.	Schmidt, Tony	Riesa	M30-34	17:48	2:22	(12)	0:42:57	27,94	(14)	31:28	5:20	(15)	1:32:13	+20:19	034	[Urkunde]
17.	Tröltzsch, Florian	Die Triathnauten	M30-34	16:34	2:13	(5)	0:44:09	27,18	(18)	34:05	5:47	(21)	1:34:48	+22:54	148	[Urkunde]
18.	Grüner, Stefan	VSV Fortuna Göltzschtal	M30-34	21:09	2:49	(23)	0:43:07	27,83	(15)	32:57	5:35	(19)	1:37:13	+25:19	332	[Urkunde]
19.	Köbel, Tom	Auerbach	M30-34	18:37	2:29	(16)	0:47:07	25,47	(20)	32:26	5:30	(17)	1:38:10	+26:16	399	[Urkunde]
20.	Lorenz, Chris	Plauen	M30-34	18:59	2:32	(21)	0:47:43	25,15	(21)	32:28	5:30	(18)	1:39:10	+27:16	075	[Urkunde]
21.	Kreisig, Jakob	Plauen	M30-34	18:38	2:29	(17)	0:49:01	24,48	(22)	33:36	5:42	(20)	1:41:15	+29:21	321	[Urkunde]
22.	Schäfer, Rene	Bulleritz	M30-34	20:51	2:47	(22)	0:44:32	26,95	(19)	37:05	6:17	(24)	1:42:28	+30:34	424	[Urkunde]
23.	Wagner, Manuel	Fraureuth	M30-34	17:22	2:19	(10)	0:50:49	23,61	(24)	35:01	5:56	(22)	1:43:12	+31:18	373	[Urkunde]
24.	Weichert, Rocky	Freital	M30-34	22:44	3:02	(24)	0:50:27	23,79	(23)	36:36	6:12	(23)	1:49:47	+37:53	066	[Urkunde]
1.	Kelnar, Zuzana	Plauen	W35-39	18:25	2:27	(2)	0:45:24	26,43	(1)	31:09	5:17	(2)	1:34:58		250	[Urkunde]
2.	Stirner, Christin	Plauen	W35-39	21:10	2:49	(3)	0:46:27	25,83	(3)	28:15	4:47	(1)	1:35:52	+0:54	206	[Urkunde]
3.	Fischer, Bettina	Bad Elster	W35-39	17:48	2:22	(1)	0:46:17	25,93	(2)	38:34	6:32	(3)	1:42:39	+7:41	208	[Urkunde]
1.	Schneider, Dirk	SC Plauen 06	M35-39	12:04	1:37	(2)	0:35:52	33,46	(2)	22:57	3:53	(1)	1:10:53		115	[Urkunde]
2.	Fritze, Benjamin	Zwickau	M35-39	12:24	1:39	(3)	0:35:35	33,72	(1)	23:55	4:03	(4)	1:11:54	+1:01	100	[Urkunde]
3.	Michael, Christopher	MaTriDu-Gefrees	M35-39	12:49	1:43	(4)	0:38:01	31,57	(10)	24:40	4:11	(6)	1:15:30	+4:37	069	[Urkunde]
4.	Birke, Christian	DJK Teutonia Gaustadt / Team Zoot	M35-39	13:12	1:46	(5)	0:37:35	31,93	(8)	25:23	4:18	(8)	1:16:10	+5:17	407	[Urkunde]
5.	Folde, Sascha	Rehazenrum ADMEDIA Plauen GmbH	M35-39	11:50	1:35	(1)	0:39:18	30,53	(13)	25:08	4:16	(7)	1:16:16	+5:23	350	[Urkunde]
6.	Schrader, Sebastian	Lengenfeld	M35-39	16:16	2:10	(14)	0:37:25	32,07	(7)	23:06	3:55	(2)	1:16:47	+5:54	058	[Urkunde]
7.	Reise, Markus	Jena	M35-39	15:07	2:01	(9)	0:37:13	32,24	(6)	25:36	4:20	(11)	1:17:56	+7:03	081	[Urkunde]

23. Pöhler Triathlon am 13.08.2023

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
8.	Luft, Michael	Gealan TriTeam IfL Hof	M35-39	15:42	2:06	(12)	0:36:31	32,86	(3)	25:46	4:22	(12)	1:17:59	+7:06	097	[Urkunde]
9.	Rudolf, Pierre	Crinitzberg	M35-39	14:51	1:59	(8)	0:39:37	30,29	(16)	24:07	4:05	(5)	1:18:35	+7:42	027	[Urkunde]
10.	Oertel, Cornelius	SV Großwaltersdorf	M35-39	15:22	2:03	(10)	0:37:09	32,30	(5)	27:41	4:42	(19)	1:20:12	+9:19	137	[Urkunde]
11.	Richter, Tom	Ausdauerfreunde Knauthain	M35-39	16:50	2:15	(18)	0:38:05	31,51	(11)	25:31	4:19	(10)	1:20:26	+9:33	406	[Urkunde]
12.	Stephani, Patrick	Leipzig	M35-39	16:54	2:15	(19)	0:37:36	31,91	(9)	26:20	4:28	(13)	1:20:50	+9:57	374	[Urkunde]
13.	Böttger, David	Herzfabrik Kirche	M35-39	17:22	2:19	(23)	0:38:41	31,02	(12)	26:48	4:33	(15)	1:22:51	+11:58	116	[Urkunde]
14.	Steinmetzger, Nico	Gera	M35-39	13:42	1:50	(6)	0:39:34	30,33	(15)	29:42	5:02	(28)	1:22:58	+12:05	043	[Urkunde]
15.	Herold, Tim	ADMEDIA Reha GmbH Chemnitz	M35-39	17:31	2:20	(24)	0:42:38	28,15	(27)	23:32	3:59	(3)	1:23:41	+12:48	102	[Urkunde]
16.	Hantusch, Martin	Skisportverein Auerbach	M35-39	16:01	2:08	(13)	0:40:07	29,91	(18)	27:58	4:44	(22)	1:24:06	+13:13	450	[Urkunde]
17.	Elßner, Michael	Chemnitz	M35-39	15:34	2:05	(11)	0:40:36	29,56	(19)	28:18	4:48	(25)	1:24:28	+13:35	127	[Urkunde]
18.	Ebert, Nico	KOBRA Formen	M35-39	17:50	2:23	(25)	0:37:03	32,39	(4)	29:50	5:03	(29)	1:24:43	+13:50	023	[Urkunde]
19.	Arnold, Sebastian	SSV Blau-Weiß Gersdorf	M35-39	16:29	2:12	(16)	0:40:03	29,96	(17)	28:46	4:53	(27)	1:25:18	+14:25	132	[Urkunde]
20.	Martin, Marc	ADMEDIA Reha GmbH Chemnitz	M35-39	18:14	2:26	(27)	0:39:32	30,35	(14)	28:17	4:48	(24)	1:26:03	+15:10	104	[Urkunde]
21.	Schmutzler, Philipp	VLV	M35-39	18:36	2:29	(29)	0:40:57	29,30	(20)	27:15	4:37	(16)	1:26:48	+15:55	111	[Urkunde]
22.	Zeh, Manuel	Herzfabrik Kirche	M35-39	17:02	2:16	(21)	0:43:32	27,57	(29)	27:28	4:39	(17)	1:28:02	+17:09	351	[Urkunde]
23.	Päßler, Toni	Herzfabrik Kirche	M35-39	19:49	2:39	(31)	0:41:48	28,71	(24)	26:40	4:31	(14)	1:28:17	+17:24	106	[Urkunde]
24.	Schröter, Dave	SG Jößnitz	M35-39	18:20	2:27	(28)	0:41:39	28,81	(22)	28:21	4:48	(26)	1:28:20	+17:27	327	[Urkunde]
25.	Möckel, Rico	Zwickau	M35-39	16:26	2:11	(15)	0:41:54	28,64	(25)	30:12	5:07	(30)	1:28:32	+17:39	432	[Urkunde]
26.	Kelnar, Petr	Plauen	M35-39	19:22	2:35	(30)	0:41:57	28,61	(26)	27:36	4:41	(18)	1:28:55	+18:02	125	[Urkunde]
27.	Schneider, Marco	SG Jänschwalde	M35-39	18:06	2:25	(26)	0:41:14	29,10	(21)	30:38	5:12	(33)	1:29:58	+19:05	451	[Urkunde]
28.	Ludwig, Florian	Sattlerei Ludwig	M35-39	14:35	1:57	(7)	0:46:02	26,07	(33)	30:33	5:11	(32)	1:31:10	+20:17	149	[Urkunde]
29.	Kracht, Oliver	FC Wüstenselbitz	M35-39	16:49	2:15	(17)	0:46:23	25,87	(34)	28:03	4:45	(23)	1:31:15	+20:22	418	[Urkunde]
30.	Schmidt, Falko	Crimmitschau	M35-39	21:50	2:55	(35)	0:41:41	28,79	(23)	27:48	4:43	(20)	1:31:19	+20:26	431	[Urkunde]
31.	Kunath, Benjamin	Falkenstein	M35-39	21:33	2:52	(32)	0:44:40	26,87	(31)	25:27	4:19	(9)	1:31:40	+20:47	139	[Urkunde]
32.	Dietz, Daniel	EFC Erzgebirgsadler	M35-39	21:35	2:53	(33)	0:43:25	27,64	(28)	27:56	4:44	(21)	1:32:56	+22:03	135	[Urkunde]
33.	Schmidt, Thomas	PBR	M35-39	00:00	0:00	-	0:00:00	0,00	-	30:41	5:12	(34)	1:33:30	+22:37	121	[Urkunde]
34.	Berthold, Malte	USV Halle	M35-39	17:16	2:18	(22)	0:49:12	24,39	(35)	33:10	5:37	(35)	1:39:38	+28:45	150	[Urkunde]
35.	Marscheider, Philipp	Plauen	M35-39	21:51	2:55	(36)	0:43:48	27,40	(30)	35:40	6:03	(37)	1:41:19	+30:26	313	[Urkunde]
36.	Bräutigam, Lars	Mechelgrün	M35-39	22:16	2:58	(37)	0:49:16	24,36	(36)	30:22	5:09	(31)	1:41:54	+31:01	345	[Urkunde]
37.	Pohl, Rainer	Plauen	M35-39	21:43	2:54	(34)	0:45:07	26,60	(32)	37:36	6:22	(38)	1:44:26	+33:33	333	[Urkunde]
38.	Gößl, Christian	Plauen	M35-39	17:00	2:16	(20)	0:55:49	21,50	(37)	35:26	6:00	(36)	1:48:15	+37:22	326	[Urkunde]
1.	Zanner, Beate	Triathlon Gera / ILB-GRÅKJÆR	W40-44	14:54	1:59	(1)	0:34:26	34,85	(1)	24:20	4:07	(1)	1:13:40		245	[Urkunde]
2.	Hebenstreit, Maria	CD ISD Huracan Puerto Sagunto	W40-44	17:20	2:19	(3)	0:45:35	26,33	(4)	28:40	4:52	(3)	1:31:35	+17:55	217	[Urkunde]
3.	Schulz, Susann	Ingolstadt	W40-44	17:45	2:22	(4)	0:49:01	24,48	(5)	25:26	4:19	(2)	1:32:12	+18:32	253	[Urkunde]
4.	Thurau, Janine	Kolba	W40-44	16:51	2:15	(2)	0:45:19	26,48	(3)	30:43	5:12	(4)	1:32:53	+19:13	242	[Urkunde]
5.	Günther, Christin	SV Burkhardtgrün	W40-44	19:13	2:34	(6)	0:43:22	27,67	(2)	31:29	5:20	(5)	1:34:04	+20:24	262	[Urkunde]
6.	Härtl, Maria	Jößnitz	W40-44	20:10	2:41	(7)	0:49:43	24,14	(6)	40:22	6:51	(7)	1:50:15	+36:35	244	[Urkunde]
7.	Brückner, Sandy	DLRG Heidenau	W40-44	19:04	2:33	(5)	0:51:49	23,16	(7)	39:32	6:42	(6)	1:50:25	+36:45	213	[Urkunde]

23. Pöhler Triathlon am 13.08.2023

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
8.	Hauck, Anett	Chemnitz	W40-44	20:31	2:44	(8)	0:57:29	20,88	(8)	47:01	7:58	(10)	2:05:01	+51:21	228	[Urkunde]
9.	Rose, Kathrin	Plauen	W40-44	24:35	3:17	(9)	1:00:19	19,89	(9)	44:32	7:33	(9)	2:09:26	+55:46	223	[Urkunde]
10.	Kutzmann, Anja	Fräulein Triathlon	W40-44	26:48	3:34	(10)	1:02:03	19,34	(10)	43:39	7:24	(8)	2:12:30	+58:50	212	[Urkunde]
1.	Lenk, Marcus	TuS Ahnsen	M40-44	13:31	1:48	(5)	0:35:44	33,58	(3)	21:36	3:40	(2)	1:10:51		003	[Urkunde]
2.	Anwand, Tino	Traktor Albernau	M40-44	16:30	2:12	(18)	0:35:04	34,22	(1)	21:32	3:39	(1)	1:13:06	+2:15	018	[Urkunde]
3.	Maul, Andreas	Zweirad-HAUS Zwickau/FangDasGnu	M40-44	12:13	1:38	(3)	0:35:50	33,49	(4)	25:44	4:22	(11)	1:13:47	+2:56	099	[Urkunde]
4.	Ganzon, Martin	SV Zwickau 04	M40-44	12:24	1:39	(4)	0:36:09	33,20	(5)	26:37	4:31	(16)	1:15:10	+4:19	015	[Urkunde]
5.	Mende, Stephan	Triathlon Team Vogtland	M40-44	15:40	2:05	(15)	0:35:07	34,17	(2)	24:42	4:11	(6)	1:15:29	+4:38	080	[Urkunde]
6.	Ziegner, Dirk	SC DHfK	M40-44	13:59	1:52	(7)	0:37:26	32,06	(8)	24:49	4:12	(7)	1:16:14	+5:23	090	[Urkunde]
7.	Hopfmann, Franz	Sport Hopfmann / SG Falkenstein	M40-44	12:12	1:38	(2)	0:36:45	32,65	(7)	27:24	4:39	(18)	1:16:21	+5:30	002	[Urkunde]
8.	Geleschus, Eric	Grimma	M40-44	12:11	1:37	(1)	0:38:39	31,05	(12)	26:20	4:28	(14)	1:17:10	+6:19	063	[Urkunde]
9.	Bausch, Rene	Sportgruppe Bienenfleiß	M40-44	14:53	1:59	(11)	0:37:45	31,79	(9)	25:33	4:20	(10)	1:18:11	+7:20	073	[Urkunde]
10.	Günther, Marcus	SV Burkhardtgrün	M40-44	14:38	1:57	(10)	0:37:51	31,70	(10)	26:26	4:29	(15)	1:18:55	+8:04	087	[Urkunde]
11.	Simon, Falk	Turner können alles	M40-44	17:04	2:17	(23)	0:36:33	32,83	(6)	25:52	4:23	(12)	1:19:29	+8:38	368	[Urkunde]
12.	Kunz, Rene	Weißenfels	M40-44	15:05	2:01	(12)	0:40:24	29,70	(16)	24:31	4:09	(4)	1:20:00	+9:09	430	[Urkunde]
13.	Fankhänel, Michael	Post SV Plauen Boxen	M40-44	13:46	1:50	(6)	0:41:40	28,80	(23)	26:18	4:27	(13)	1:21:44	+10:53	077	[Urkunde]
14.	Bernd, Peter	Ismaning	M40-44	15:54	2:07	(16)	0:41:59	28,58	(25)	24:57	4:14	(8)	1:22:50	+11:59	124	[Urkunde]
15.	Jünger, Carsten	Triathlon Chemnitz	M40-44	15:21	2:03	(13)	0:40:58	29,29	(19)	26:56	4:34	(17)	1:23:15	+12:24	056	[Urkunde]
16.	Pätz, Markus	Treuener LV	M40-44	20:25	2:43	(50)	0:38:34	31,11	(11)	24:35	4:10	(5)	1:23:34	+12:43	098	[Urkunde]
17.	Dürrbeck, Frank	SG Jößnitz	M40-44	18:52	2:31	(40)	0:40:54	29,34	(18)	25:08	4:16	(9)	1:24:54	+14:03	445	[Urkunde]
18.	Hentzschel, Sven	Coswig	M40-44	18:00	2:24	(26)	0:39:43	30,21	(13)	27:26	4:39	(19)	1:25:09	+14:18	310	[Urkunde]
19.	Künemund, Jürgen	Volkssport Halle	M40-44	16:52	2:15	(19)	0:40:46	29,44	(17)	27:56	4:44	(22)	1:25:34	+14:43	353	[Urkunde]
20.	Bucko, Jürgen	Erdinger Active Team	M40-44	16:56	2:15	(20)	0:42:16	28,39	(27)	27:26	4:39	(19)	1:26:38	+15:47	352	[Urkunde]
21.	Enders, Patrick	Leubnitzer SV 1898	M40-44	19:23	2:35	(43)	0:39:44	30,20	(14)	28:00	4:45	(23)	1:27:07	+16:16	108	[Urkunde]
22.	Grellmann, Tobias	Plauen	M40-44	16:13	2:10	(17)	0:41:24	28,99	(20)	30:01	5:05	(31)	1:27:38	+16:47	144	[Urkunde]
23.	Wünsche, Kai E.	Triathlon Team Senftenberg	M40-44	19:14	2:34	(41)	0:39:55	30,06	(15)	28:35	4:51	(25)	1:27:44	+16:53	133	[Urkunde]
24.	Engler, Jens	TSCH Langenau	M40-44	14:37	1:57	(9)	0:41:59	28,58	(25)	31:20	5:19	(39)	1:27:56	+17:05	029	[Urkunde]
25.	Walther, Fabian	TSV Saalburg e.V.	M40-44	14:02	1:52	(8)	0:43:12	27,78	(30)	31:20	5:19	(39)	1:28:34	+17:43	047	[Urkunde]
26.	Türpe, Hendrik	Olbernhau	M40-44	17:03	2:16	(22)	0:43:43	27,45	(32)	29:43	5:02	(30)	1:30:29	+19:38	337	[Urkunde]
26.	Fritzsche, Uwe	Saalfelder Schwimmverein	M40-44	17:22	2:19	(25)	0:42:35	28,18	(29)	30:32	5:11	(36)	1:30:29	+19:38	057	[Urkunde]
28.	Flehsig, Enrico	Auerbach	M40-44	18:44	2:30	(37)	0:41:34	28,87	(22)	30:15	5:08	(34)	1:30:33	+19:42	422	[Urkunde]
29.	Lindner, Frederic	Leipzig	M40-44	18:24	2:27	(31)	0:43:32	27,57	(31)	29:19	4:58	(29)	1:31:15	+20:24	428	[Urkunde]
30.	Müller, Daniel	Meerane	M40-44	18:51	2:31	(39)	0:48:56	24,52	(49)	24:28	4:09	(3)	1:32:15	+21:24	320	[Urkunde]
31.	Dahmen, Mario	TSV 90 Zwickau	M40-44	18:29	2:28	(33)	0:41:30	28,92	(21)	32:26	5:30	(44)	1:32:25	+21:34	064	[Urkunde]
32.	Geidel, Carl	Hartenstein	M40-44	17:17	2:18	(24)	0:44:57	26,70	(34)	30:24	5:09	(35)	1:32:38	+21:47	122	[Urkunde]
33.	Wolf, Henry	SG Adelsberg	M40-44	19:35	2:37	(46)	0:41:56	28,62	(24)	31:24	5:19	(41)	1:32:55	+22:04	444	[Urkunde]
34.	Suda, Marcel	Rotation Langenbach	M40-44	18:03	2:24	(27)	0:46:57	25,56	(40)	28:01	4:45	(24)	1:33:01	+22:10	341	[Urkunde]
35.	Lindner, Marcel	Zwickau	M40-44	18:44	2:30	(37)	0:45:23	26,44	(35)	29:17	4:58	(28)	1:33:24	+22:33	376	[Urkunde]

23. Pöhler Triathlon am 13.08.2023

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
36.	Fischer, Nico	Team Rot	M40-44	18:25	2:27	(32)	0:44:13	27,14	(33)	31:03	5:16	(38)	1:33:41	+22:50	033	[Urkunde]
37.	Littmann, Rene	Könighain-Wiederau	M40-44	18:17	2:26	(29)	0:45:34	26,34	(36)	30:04	5:06	(32)	1:33:55	+23:04	119	[Urkunde]
38.	Gdanielz, Alexander	Grünhainichen	M40-44	19:32	2:36	(45)	0:47:41	25,17	(45)	27:42	4:42	(21)	1:34:55	+24:04	446	[Urkunde]
39.	Pohl, Stefan	Chemnitz	M40-44	18:17	2:26	(29)	0:47:27	25,29	(43)	29:15	4:57	(27)	1:34:59	+24:08	319	[Urkunde]
40.	Hiersemann, Martin	STV Limbach-Oberfrohna	M40-44	18:35	2:29	(35)	0:42:29	28,25	(28)	34:53	5:55	(49)	1:35:57	+25:06	388	[Urkunde]
41.	Gruner, Norbert	Plauen	M40-44	15:33	2:04	(14)	0:46:58	25,55	(41)	33:48	5:44	(48)	1:36:19	+25:28	051	[Urkunde]
42.	Wermke, Rene	Grüna	M40-44	19:26	2:35	(44)	0:46:18	25,92	(38)	30:48	5:13	(37)	1:36:32	+25:41	301	[Urkunde]
43.	Schreiter, Marcus	Fockendorf	M40-44	18:40	2:29	(36)	0:45:52	26,16	(37)	32:06	5:26	(43)	1:36:38	+25:47	396	[Urkunde]
44.	Hölzel, Rico	Rodewisch	M40-44	21:17	2:50	(51)	0:47:47	25,11	(46)	28:48	4:53	(26)	1:37:52	+27:01	331	[Urkunde]
45.	Ellinger, Christoph	Beachbasketballer Plauen	M40-44	21:54	2:55	(52)	0:46:52	25,60	(39)	30:04	5:06	(32)	1:38:50	+27:59	434	[Urkunde]
46.	Heller, Sebastian	Zwota	M40-44	20:05	2:41	(49)	0:47:15	25,40	(42)	32:01	5:26	(42)	1:39:21	+28:30	304	[Urkunde]
47.	Weber, Thomas	Kobra Formen	M40-44	18:15	2:26	(28)	0:47:37	25,20	(44)	33:35	5:42	(47)	1:39:27	+28:36	449	[Urkunde]
48.	Hermann, Christian	Plauen	M40-44	18:30	2:28	(34)	0:48:48	24,59	(47)	33:31	5:41	(46)	1:40:49	+29:58	323	[Urkunde]
49.	Neumann, Dominik	Plauen	M40-44	19:21	2:35	(42)	0:49:03	24,46	(50)	33:04	5:36	(45)	1:41:28	+30:37	308	[Urkunde]
50.	Lützel, Martin	Vogtländischer Jagdverein Plauen	M40-44	25:16	3:22	(54)	0:48:48	24,59	(47)	35:23	6:00	(50)	1:49:27	+38:36	427	[Urkunde]
51.	Mandel, Marcel	Freiberg	M40-44	19:53	2:39	(47)	0:57:15	20,96	(54)	40:45	6:54	(51)	1:57:53	+47:02	382	[Urkunde]
52.	Schöppllein, Erik	Plauen	M40-44	19:57	2:40	(48)	0:54:08	22,17	(51)	43:54	7:26	(53)	1:57:59	+47:08	302	[Urkunde]
53.	Fritsch, Clemens	Bad Elster	M40-44	17:02	2:16	(21)	1:00:40	19,78	(55)	44:32	7:33	(54)	2:02:14	+51:23	387	[Urkunde]
54.	Rau, Matthias	Groß Gerau	M40-44	22:45	3:02	(53)	0:54:44	21,92	(52)	47:28	8:03	(55)	2:04:57	+54:06	053	[Urkunde]
55.	Brumme, Thomas	Freiberg	M40-44	32:31	4:20	(55)	0:55:08	21,77	(53)	42:53	7:16	(52)	2:10:32	+59:41	369	[Urkunde]
1.	Richter, Jana	Gealan TriTeam IfL Hof / LATV Plauen	W45-49	13:30	1:48	(1)	0:37:36	31,91	(1)	24:57	4:14	(1)	1:16:03		274	[Urkunde]
2.	Kunitzki, Sylvie	Moritzburger Triathlon Verein	W45-49	20:01	2:40	(6)	0:41:57	28,61	(2)	29:46	5:03	(3)	1:31:44	+15:41	240	[Urkunde]
3.	Günther, Susann	FC Erzgebirge Aue Ski	W45-49	22:05	2:57	(8)	0:44:58	26,69	(3)	28:24	4:49	(2)	1:35:27	+19:24	259	[Urkunde]
4.	Kessler, Antje	Boulderhalle Plauen	W45-49	15:59	2:08	(2)	0:47:54	25,05	(7)	32:17	5:28	(5)	1:36:10	+20:07	249	[Urkunde]
5.	Osada, Nadine	Großfriesen	W45-49	18:48	2:30	(4)	0:45:55	26,13	(4)	32:06	5:26	(4)	1:36:49	+20:46	219	[Urkunde]
6.	Stark, Katharina	Fräulein Triathlon	W45-49	18:28	2:28	(3)	0:46:44	25,68	(5)	32:36	5:32	(6)	1:37:48	+21:45	203	[Urkunde]
7.	Hamann, Christina	SV 1953 Großwaltersdorf	W45-49	19:18	2:34	(5)	0:50:16	23,87	(9)	33:49	5:44	(8)	1:43:23	+27:20	226	[Urkunde]
8.	Beyer-Gloeckner, Annett	Laufclub Rudolstadt	W45-49	24:21	3:15	(9)	0:47:18	25,37	(6)	32:43	5:33	(7)	1:44:22	+28:19	235	[Urkunde]
9.	Kielmann, Lydia	Glauchau	W45-49	20:27	2:44	(7)	0:49:33	24,22	(8)	34:47	5:54	(10)	1:44:47	+28:44	229	[Urkunde]
10.	Kühn, Anja	Fräulein Triathlon	W45-49	24:43	3:18	(10)	0:52:53	22,69	(10)	34:20	5:49	(9)	1:51:56	+35:53	202	[Urkunde]
1.	Boese, Stefan	Gealan TriTeam IfL Hof	M45-49	13:27	1:48	(1)	0:36:12	33,15	(1)	24:32	4:09	(1)	1:14:11		074	[Urkunde]
2.	Broßmann, Patrick	Kolba	M45-49	16:00	2:08	(4)	0:36:23	32,98	(2)	24:45	4:12	(2)	1:17:08	+2:57	103	[Urkunde]
3.	Weber, Thomas	Triathlonfüchse Osterburg	M45-49	16:56	2:15	(7)	0:36:45	32,65	(3)	25:44	4:22	(4)	1:19:25	+5:14	140	[Urkunde]
4.	Zorn, Henry	Papa's Krieger	M45-49	17:04	2:17	(8)	0:39:02	30,74	(5)	25:22	4:18	(3)	1:21:28	+7:17	134	[Urkunde]
5.	Möckel, Tino	Halberhai e.V. Nürnberg	M45-49	16:05	2:09	(5)	0:39:51	30,11	(10)	28:38	4:51	(8)	1:24:34	+10:23	032	[Urkunde]
6.	Rohland, Dirk	Rötha	M45-49	15:37	2:05	(2)	0:39:29	30,39	(8)	29:34	5:01	(10)	1:24:40	+10:29	049	[Urkunde]
7.	Meyer, Mario	SG Rotschau	M45-49	19:47	2:38	(19)	0:39:41	30,24	(9)	26:46	4:32	(5)	1:26:14	+12:03	079	[Urkunde]

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Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
8.	Plontke, Ronny	Team FangtDasGnu	M45-49	16:09	2:09	(6)	0:39:23	30,47	(7)	31:38	5:22	(19)	1:27:10	+12:59	041	[Urkunde]
9.	Grimm, Lars	Bangkran Racing Team	M45-49	17:25	2:19	(9)	0:39:01	30,76	(4)	31:08	5:17	(14)	1:27:34	+13:23	024	[Urkunde]
10.	Rozgongi, Marcel	Sachsenmetall	M45-49	15:40	2:05	(3)	0:39:53	30,09	(11)	33:34	5:41	(22)	1:29:07	+14:56	440	[Urkunde]
11.	Brückner, Ringo	TV Dresden	M45-49	17:32	2:20	(10)	0:42:24	28,30	(12)	30:46	5:13	(12)	1:30:42	+16:31	344	[Urkunde]
12.	Kielmann, Knut	Glauchau	M45-49	17:42	2:22	(12)	0:44:42	26,85	(19)	28:45	4:52	(9)	1:31:09	+16:58	389	[Urkunde]
13.	Johannes, Steve	Zeulenroda	M45-49	21:56	2:55	(23)	0:39:10	30,64	(6)	30:52	5:14	(13)	1:31:58	+17:47	089	[Urkunde]
14.	Röthel, Andre	Zwickau	M45-49	17:43	2:22	(13)	0:43:58	27,29	(17)	31:11	5:17	(15)	1:32:52	+18:41	110	[Urkunde]
15.	Helbig, Thomas	Fleckosmudda	M45-49	18:31	2:28	(17)	0:43:35	27,53	(16)	31:33	5:21	(18)	1:33:39	+19:28	045	[Urkunde]
16.	Beck, Alex	Chemnitz	M45-49	17:44	2:22	(14)	0:43:11	27,79	(13)	33:49	5:44	(23)	1:34:44	+20:33	076	[Urkunde]
17.	Wunderlich, Erik	Rosenbach	M45-49	19:10	2:33	(18)	0:43:25	27,64	(15)	33:04	5:36	(20)	1:35:39	+21:28	349	[Urkunde]
18.	Weiß, Thomas	SG Möschlitz	M45-49	21:54	2:55	(21)	0:43:18	27,71	(14)	30:35	5:11	(11)	1:35:47	+21:36	356	[Urkunde]
19.	Zeh, Markus	Rebesgrün	M45-49	24:33	3:16	(26)	0:44:16	27,11	(18)	28:30	4:50	(7)	1:37:19	+23:08	042	[Urkunde]
20.	Fest, Carsten	Lauter-Bernsbach	M45-49	20:37	2:45	(20)	0:46:14	25,96	(22)	31:22	5:19	(17)	1:38:13	+24:02	417	[Urkunde]
21.	Donat, Jens	Erfurt	M45-49	18:27	2:28	(16)	0:47:03	25,50	(24)	33:31	5:41	(21)	1:39:01	+24:50	413	[Urkunde]
22.	Kalinowski, Bernd	Laufclub Rudolstadt	M45-49	23:26	3:07	(25)	0:48:30	24,74	(25)	27:26	4:39	(6)	1:39:22	+25:11	400	[Urkunde]
23.	Leipold, Alexander	Naturfreunde Plauen	M45-49	21:55	2:55	(22)	0:46:11	25,98	(21)	31:18	5:18	(16)	1:39:24	+25:13	117	[Urkunde]
24.	Müller, Ralph	Gealan TriTeam IfL Hof	M45-49	17:39	2:21	(11)	0:47:00	25,53	(23)	35:05	5:57	(25)	1:39:44	+25:33	425	[Urkunde]
25.	Brand, Marco	OKV	M45-49	22:04	2:57	(24)	0:44:51	26,76	(20)	34:29	5:51	(24)	1:41:24	+27:13	421	[Urkunde]
26.	Jaensch, Andre	Netzschkau	M45-49	18:26	2:27	(15)	0:48:30	24,74	(25)	42:21	7:11	(26)	1:49:17	+35:06	021	[Urkunde]
27.	Gollub, Michael	Plauen	M45-49	26:39	3:33	(27)	1:01:13	19,60	(27)	48:20	8:12	(27)	2:16:12	+62:01	335	[Urkunde]
1.	Meckel, Sandra	LATV Plauen	W50-54	16:14	2:10	(1)	0:45:36	26,32	(3)	29:08	4:56	(2)	1:30:58		252	[Urkunde]
2.	Obermann, Katrin	Wasserwacht Plauen	W50-54	20:07	2:41	(4)	0:45:01	26,66	(1)	29:57	5:05	(3)	1:35:05	+4:07	257	[Urkunde]
3.	Thiele, Annett	LSV Pirna	W50-54	20:28	2:44	(5)	0:45:20	26,47	(2)	30:19	5:08	(4)	1:36:07	+5:09	251	[Urkunde]
4.	Anhut, Annett	TSV Elektronik Gornsdorf	W50-54	19:38	2:37	(3)	0:50:37	23,71	(5)	28:13	4:47	(1)	1:38:28	+7:30	222	[Urkunde]
5.	Hahn-Gey, Claudia	Saalfelder Schwimmverein	W50-54	18:16	2:26	(2)	0:48:36	24,69	(4)	33:23	5:39	(5)	1:40:15	+9:17	216	[Urkunde]
6.	Blehschmidt, Reina	SG Falkenstein	W50-54	25:09	3:21	(6)	0:56:11	21,36	(6)	37:47	6:24	(6)	1:59:07	+28:09	248	[Urkunde]
1.	Orlamünder, Eckhard	TSV Saalburg e.V.	M50-54	13:24	1:47	(2)	0:38:45	30,97	(1)	26:14	4:27	(3)	1:18:23		046	[Urkunde]
2.	Liebold, Ingolf	HSV Weimar Triathlon	M50-54	12:47	1:42	(1)	0:40:51	29,38	(6)	27:32	4:40	(5)	1:21:10	+2:47	019	[Urkunde]
3.	Graumüller, Ralf	TSV 1880 Gera Zwätzen	M50-54	16:16	2:10	(12)	0:39:46	30,18	(2)	25:13	4:16	(1)	1:21:15	+2:52	072	[Urkunde]
4.	Kruppa, Sven	TSV Elektronik Gornsdorf	M50-54	15:46	2:06	(6)	0:40:08	29,90	(3)	29:52	5:04	(13)	1:25:46	+7:23	055	[Urkunde]
5.	Krauss, Axel	TSV Hof 1861	M50-54	14:25	1:55	(4)	0:43:23	27,66	(12)	28:02	4:45	(7)	1:25:50	+7:27	091	[Urkunde]
6.	Trauboth, Knut	BSV AOK Leipzig	M50-54	17:26	2:19	(14)	0:40:10	29,88	(4)	28:24	4:49	(8)	1:26:00	+7:37	101	[Urkunde]
7.	Rabe, Thomas	Saalfeld	M50-54	15:56	2:07	(7)	0:42:10	28,46	(8)	28:59	4:55	(10)	1:27:05	+8:42	093	[Urkunde]
8.	Ruß, Axel	Herzogenaurach	M50-54	18:12	2:26	(16)	0:40:15	29,81	(5)	29:11	4:57	(11)	1:27:38	+9:15	143	[Urkunde]
9.	Henneberg, Alexander	Papa's Krieger	M50-54	17:42	2:22	(15)	0:43:16	27,73	(10)	27:22	4:38	(4)	1:28:20	+9:57	136	[Urkunde]
10.	Fuchs, Heiko	LSV Pirna	M50-54	19:36	2:37	(19)	0:41:34	28,87	(7)	27:45	4:42	(6)	1:28:55	+10:32	443	[Urkunde]
11.	Grimm, Jens	Boulderhalle Plauen	M50-54	17:04	2:17	(13)	0:43:20	27,69	(11)	28:41	4:52	(9)	1:29:05	+10:42	120	[Urkunde]

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Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
12.	Stenz, Toralf	Leipzig	M50-54	16:14	2:10	(11)	0:42:51	28,00	(9)	32:14	5:28	(17)	1:31:19	+12:56	420	[Urkunde]
13.	Dietzsch, Thomas	Radsportteam Reichenbach	M50-54	15:20	2:03	(5)	0:45:02	26,65	(15)	31:20	5:19	(15)	1:31:42	+13:19	130	[Urkunde]
14.	Steutde, Kersten Marc	Grüna	M50-54	18:41	2:29	(18)	0:43:59	27,28	(14)	29:15	4:57	(12)	1:31:55	+13:32	052	[Urkunde]
15.	Voit, Ronny	SV Burkhardtgrün	M50-54	16:04	2:09	(9)	0:45:59	26,10	(17)	30:14	5:07	(14)	1:32:17	+13:54	147	[Urkunde]
16.	Stoppe, Mario Klaus	Schleiz	M50-54	15:56	2:07	(7)	0:45:02	26,65	(15)	32:36	5:32	(18)	1:33:34	+15:11	442	[Urkunde]
17.	Haupt, Heiko	Theuma	M50-54	16:07	2:09	(10)	0:46:22	25,88	(19)	31:27	5:20	(16)	1:33:56	+15:33	038	[Urkunde]
18.	Kühn, Michael	SVV Plauen	M50-54	13:57	1:52	(3)	0:49:35	24,20	(24)	32:44	5:33	(19)	1:36:16	+17:53	017	[Urkunde]
19.	Kadatz, Marko	Plauen	M50-54	22:23	2:59	(23)	0:48:42	24,64	(22)	25:53	4:23	(2)	1:36:58	+18:35	401	[Urkunde]
20.	Wittig, Sven	Langenwetzendorf	M50-54	20:01	2:40	(22)	0:46:06	26,03	(18)	34:09	5:47	(22)	1:40:16	+21:53	439	[Urkunde]
21.	Hocke, Jörg	KSV Pausa	M50-54	18:32	2:28	(17)	0:49:12	24,39	(23)	33:00	5:36	(20)	1:40:44	+22:21	358	[Urkunde]
22.	Seltmann, Jörg	SV Grün Weiß Burkhardtgrün	M50-54	22:37	3:01	(24)	0:43:50	27,38	(13)	34:39	5:52	(23)	1:41:06	+22:43	394	[Urkunde]
23.	Lori, Denis	Dresden	M50-54	23:00	3:04	(26)	0:46:51	25,61	(20)	34:42	5:53	(24)	1:44:33	+26:10	338	[Urkunde]
24.	Ebenhöch, Frank	Triathlonteam Aue/Mechelgrün	M50-54	25:40	3:25	(27)	0:47:51	25,08	(21)	33:30	5:41	(21)	1:47:01	+28:38	013	[Urkunde]
25.	Mlynek, Markus	lfl Hof	M50-54	22:39	3:01	(25)	0:52:21	22,92	(26)	35:05	5:57	(25)	1:50:05	+31:42	397	[Urkunde]
26.	Vogel, Dirk	Weischlitz	M50-54	19:47	2:38	(21)	0:51:37	23,25	(25)	40:10	6:48	(27)	1:51:34	+33:11	365	[Urkunde]
27.	Wolf, Andreas	SV Rot Weiß Treuen	M50-54	19:36	2:37	(19)	0:53:49	22,30	(27)	39:12	6:39	(26)	1:52:37	+34:14	447	[Urkunde]
1.	Heckmann, Kersten	TV 1848 Erlangen	W55-59	18:09	2:25	(2)	0:44:32	26,95	(1)	30:22	5:09	(1)	1:33:03		237	[Urkunde]
2.	Heinbuch, Elke	ASV Triathlon Kulmbach	W55-59	17:12	2:18	(1)	0:47:46	25,12	(2)	34:08	5:47	(3)	1:39:06	+6:03	210	[Urkunde]
3.	Frisch, Angela	ESV Lok Adorf	W55-59	20:11	2:41	(3)	0:48:58	24,51	(3)	31:24	5:19	(2)	1:40:33	+7:30	227	[Urkunde]
4.	Fischer, Ute	TSV 1888 Falkenau	W55-59	23:18	3:06	(5)	0:49:19	24,33	(4)	40:23	6:51	(4)	1:53:00	+19:57	207	[Urkunde]
5.	Rosenthal, Grit	Zell am Main	W55-59	23:04	3:05	(4)	0:57:43	20,79	(6)	42:37	7:13	(5)	2:03:24	+30:21	214	[Urkunde]
6.	Schmieder, Kerstin	Aue-Bad Schlema	W55-59	26:01	3:28	(6)	0:53:57	22,24	(5)	47:20	8:01	(6)	2:07:18	+34:15	218	[Urkunde]
1.	Müller, Jiri	STV Limbach-Oberfrohna	M55-59	12:36	1:41	(1)	0:38:23	31,26	(2)	26:14	4:27	(2)	1:17:13		048	[Urkunde]
2.	Voigt, Thomas	TriTeam Glauchau	M55-59	17:16	2:18	(8)	0:36:32	32,85	(1)	24:45	4:12	(1)	1:18:33	+1:20	040	[Urkunde]
3.	Fischer, Ralf	LATV Plauen	M55-59	15:33	2:04	(4)	0:39:25	30,44	(3)	26:59	4:34	(4)	1:21:57	+4:44	014	[Urkunde]
4.	Seifert, Steffen	SV Zwickau 04	M55-59	16:14	2:10	(6)	0:40:09	29,89	(4)	26:49	4:33	(3)	1:23:12	+5:59	062	[Urkunde]
5.	Blechtschmidt, Falk	SG Falkenstein	M55-59	16:07	2:09	(5)	0:40:26	29,68	(6)	28:13	4:47	(7)	1:24:46	+7:33	092	[Urkunde]
6.	Rudolph, Steffen	Team Iron Mind	M55-59	18:00	2:24	(13)	0:40:41	29,50	(8)	27:56	4:44	(5)	1:26:37	+9:24	138	[Urkunde]
7.	Findeis, Thomas	SG Werda	M55-59	19:19	2:35	(19)	0:40:25	29,69	(5)	29:06	4:56	(8)	1:28:50	+11:37	131	[Urkunde]
8.	Scheffler, Jens	Leipzig	M55-59	17:52	2:23	(10)	0:42:28	28,26	(10)	29:27	4:59	(10)	1:29:47	+12:34	082	[Urkunde]
9.	Mainka, Frank	Jößnitz	M55-59	19:01	2:32	(18)	0:40:38	29,53	(7)	30:41	5:12	(13)	1:30:20	+13:07	010	[Urkunde]
10.	Götze, Mike	Athletico Leipzig	M55-59	14:45	1:58	(2)	0:44:05	27,22	(16)	32:22	5:29	(19)	1:31:12	+13:59	096	[Urkunde]
11.	Fiolka, Jörg	München	M55-59	15:18	2:02	(3)	0:44:12	27,15	(17)	31:56	5:25	(18)	1:31:26	+14:13	123	[Urkunde]
12.	Meichsner, Michael	Droßdorf	M55-59	18:10	2:25	(14)	0:42:15	28,40	(9)	31:25	5:19	(14)	1:31:50	+14:37	035	[Urkunde]
13.	Prüfer, Uwe	TDM Franken	M55-59	17:55	2:23	(12)	0:42:37	28,16	(12)	31:32	5:21	(15)	1:32:04	+14:51	050	[Urkunde]
14.	Buchold, Jens	TriSport Zedtlitz	M55-59	16:56	2:15	(7)	0:46:46	25,66	(19)	29:42	5:02	(11)	1:33:24	+16:11	395	[Urkunde]
15.	Böttrich, Rainer	Team Gassenlauf	M55-59	19:29	2:36	(21)	0:43:38	27,50	(15)	30:36	5:11	(12)	1:33:43	+16:30	070	[Urkunde]

23. Pöhler Triathlon am 13.08.2023

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Strn.	Download
16.	Pfeil, Frank	TSV 1880 Rüdersdorf	M55-59	20:34	2:45	(26)	0:42:35	28,18	(11)	31:42	5:22	(16)	1:34:51	+17:38	429	[Urkunde]
17.	Rottmann, Thomas	Sportfreunde Marienthal	M55-59	18:15	2:26	(15)	0:42:42	28,10	(13)	34:26	5:50	(22)	1:35:23	+18:10	067	[Urkunde]
18.	Rath, Thomas	Herzfabrik Kirche	M55-59	20:17	2:42	(24)	0:48:44	24,62	(23)	27:59	4:45	(6)	1:37:00	+19:47	384	[Urkunde]
19.	David, Frank	Irfersgrün	M55-59	20:55	2:47	(27)	0:43:06	27,84	(14)	33:30	5:41	(20)	1:37:31	+20:18	433	[Urkunde]
20.	Laufer, Thomas	Team Icehouse	M55-59	19:34	2:37	(22)	0:47:39	25,18	(20)	31:54	5:24	(17)	1:39:07	+21:54	065	[Urkunde]
21.	Göpfarth, Rocco	TC Mia	M55-59	17:49	2:23	(9)	0:45:50	26,18	(18)	38:52	6:35	(30)	1:42:31	+25:18	364	[Urkunde]
22.	Götz, Uwe	Zwickau	M55-59	21:01	2:48	(28)	0:48:56	24,52	(24)	34:45	5:53	(23)	1:44:42	+27:29	129	[Urkunde]
23.	Hubo, Bernd	SV 04 Oberlosa	M55-59	17:53	2:23	(11)	0:52:24	22,90	(28)	34:53	5:55	(24)	1:45:10	+27:57	362	[Urkunde]
24.	Zobel, Gerd	TC Treuen	M55-59	21:15	2:50	(29)	0:47:53	25,06	(21)	36:25	6:10	(26)	1:45:33	+28:20	441	[Urkunde]
25.	Wünsch, Uwe	Der unorganisierte Haufen	M55-59	19:39	2:37	(23)	0:50:08	23,94	(25)	36:33	6:12	(27)	1:46:20	+29:07	318	[Urkunde]
26.	Jankowski, Lutz	Plauen	M55-59	22:03	2:56	(30)	0:51:07	23,48	(27)	34:20	5:49	(21)	1:47:30	+30:17	071	[Urkunde]
27.	Maier, Jörg	Thum	M55-59	23:04	3:05	(31)	0:56:34	21,21	(32)	29:23	4:59	(9)	1:49:01	+31:48	381	[Urkunde]
28.	Wetzig, Lutz	Weida	M55-59	18:50	2:31	(17)	0:52:32	22,84	(29)	37:58	6:26	(28)	1:49:20	+32:07	314	[Urkunde]
29.	Richter, Uwe	Thum	M55-59	26:19	3:31	(32)	0:48:41	24,65	(22)	35:29	6:01	(25)	1:50:29	+33:16	402	[Urkunde]
30.	Rudolph, Matthias	Chemnitz	M55-59	20:23	2:43	(25)	0:50:53	23,58	(26)	42:02	7:07	(32)	1:53:18	+36:05	305	[Urkunde]
31.	Wazlawik, Thomas	Plauen	M55-59	19:19	2:35	(19)	0:56:38	21,19	(33)	40:28	6:52	(31)	1:56:25	+39:12	311	[Urkunde]
32.	Schmidt, Falk	Wasserwacht Plauen	M55-59	18:18	2:26	(16)	0:52:32	22,84	(29)	47:00	7:58	(33)	1:57:50	+40:37	145	[Urkunde]
33.	Körbs, Dirk	Nossen	M55-59	27:22	3:39	(33)	0:53:43	22,34	(31)	38:43	6:34	(29)	1:59:48	+42:35	330	[Urkunde]
1.	Behning, Doris	Saalfelder LV	W60-64	20:28	2:44	(1)	0:53:53	22,27	(1)	35:39	6:03	(1)	1:50:00		234	[Urkunde]
1.	Köbel, Frank	SC Norweger Annaberg	M60-64	18:04	2:25	(1)	0:43:21	27,68	(1)	29:18	4:58	(2)	1:30:43		112	[Urkunde]
2.	Schuster, Frank	Trieam SV Sachsen 90 Werdau	M60-64	18:34	2:29	(2)	0:48:26	24,78	(3)	27:10	4:36	(1)	1:34:10	+3:27	105	[Urkunde]
3.	Eißner, Steffen	Chemnitz	M60-64	18:38	2:29	(3)	0:47:54	25,05	(2)	33:49	5:44	(3)	1:40:21	+9:38	084	[Urkunde]
4.	Wagner, Robby	SV Zwickau 04	M60-64	20:36	2:45	(5)	0:48:35	24,70	(4)	36:39	6:13	(4)	1:45:50	+15:07	403	[Urkunde]
5.	Heiner, Peter	TC Mia	M60-64	20:07	2:41	(4)	0:52:19	22,94	(6)	38:41	6:33	(6)	1:51:07	+20:24	363	[Urkunde]
6.	Ulbricht, Ansgar	Leipzig	M60-64	21:27	2:52	(7)	0:51:01	23,52	(5)	39:46	6:44	(7)	1:52:14	+21:31	436	[Urkunde]
7.	Scharek, Andreas	Reichenbach	M60-64	27:26	3:39	(8)	0:54:11	22,15	(7)	38:04	6:27	(5)	1:59:41	+28:58	448	[Urkunde]
DNF	Feder, Hartmut	SC Riesa	M60-64	20:37	2:45	(6)	0:57:15	20,96	(8)	00:00	0:00	-	DNF		044	[Urkunde]
1.	Kowalski, Edith	Triathlon Gera	W65-69	20:50	2:47	(1)	0:50:38	23,70	(1)	41:53	7:06	(1)	1:53:21		246	[Urkunde]
1.	Ludwig, Frank	TV 1848 Erlangen	M65-69	19:43	2:38	(1)	0:45:00	26,67	(1)	39:31	6:42	(4)	1:44:14		408	[Urkunde]
2.	Lyda, Peter	Naturfreunde Kirchenlamitz	M65-69	22:00	2:56	(5)	0:50:10	23,92	(2)	33:40	5:42	(1)	1:45:50	+1:36	068	[Urkunde]
3.	Wolf, Hans	EGZ Triathlon Görlitz	M65-69	21:12	2:50	(3)	0:51:02	23,51	(3)	36:34	6:12	(2)	1:48:48	+4:34	411	[Urkunde]
4.	Zschögner, Klaus	HKV Noßwitz	M65-69	21:52	2:55	(4)	0:52:39	22,79	(5)	38:02	6:27	(3)	1:52:33	+8:19	361	[Urkunde]
5.	Berghänel, Christian	Schwimmclub Chemnitz	M65-69	20:47	2:46	(2)	0:51:53	23,13	(4)	40:12	6:49	(5)	1:52:52	+8:38	355	[Urkunde]
1.	Nußgräber, Dieter	ASV Triathlon Kulmbach	M70-74	18:37	2:29	(4)	0:45:38	26,30	(1)	33:12	5:38	(1)	1:37:27		085	[Urkunde]

23. Pöhler Triathlon am 13.08.2023

Pfg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	Bike	km/h	Rnk	Run	min/km	Rnk	Zielzeit	Diff.	Stnr.	Download
2.	Seegers, Uwe	Triathlon Gera	M70-74	15:55	2:07	(1)	0:47:18	25,37	(2)	35:02	5:56	(2)	1:38:15	+0:48	004	[Urkunde]
3.	Pohl, Eduard	Zwickau	M70-74	17:10	2:17	(3)	0:50:26	23,79	(4)	37:16	6:19	(3)	1:44:52	+7:25	006	[Urkunde]
4.	Ketscher, Wolfgang	Triathlon Jena e.V.	M70-74	16:44	2:14	(2)	0:49:52	24,06	(3)	39:23	6:41	(4)	1:45:59	+8:32	328	[Urkunde]
5.	Müller, Werner	LATV Plauen	M70-74	23:56	3:11	(5)	0:57:55	20,72	(5)	41:33	7:03	(5)	2:03:24	+25:57	415	[Urkunde]
1.	Müller, Gerhard	TDM Franken	M75-100	20:55	2:47	(1)	0:56:51	21,11	(1)	40:47	6:55	(1)	1:58:33		398	[Urkunde]