

Ergebnisliste: **4. Torpedo DUATHLON**, Sonntag, **6. Oktober 2019**, 09.00 Uhr, auf dem THF:

DUATHLON (10 - 20 - 10 Km), Longdistanz - Frauen:

| Pl. ges. | Pl. AK | Start-Nr. | Athlet/in | AK | Verein | Zeit |
|----------|--------|-----------|-----------------------|------|-------------|--------------|
| 1 | 1 | 01 | Viktoria Marie Gordon | W 30 | TEA, Berlin | 3:34:23 Std. |

DUATHLON (10 - 20 - 10 Km), Longdistanz - Männer:

| Pl. ges. | Pl. AK | Start-Nr. | Athlet/in | AK | Verein | Zeit |
|----------|--------|-----------|------------------|------|-------------------|--------------|
| 1 | 1 | 06 | Andreas Gralki | M 50 | LG Berlin Runners | 2:31:47 Std. |
| 2 | 1 | 04 | Robert Gruchmann | M 30 | TEA Berlin | 2:32:28 Std. |
| 3 | 1 | 07 | Christian Schaar | M 40 | BB-Bike, Berlin | 2:46:13 Std. |
| 4 | 2 | 04 | Mark Seeling | M 30 | TEA, Berlin | 2:49:14 Std. |
| 5 | 1 | 08 | Stefan Meyer | M 45 | M F R R, Berlin | 3:03:39 Std. |

DUATHLON (5 - 10 - 5 Km), Sprint- Frauen:

| Pl. ges. | Pl. AK | Start-Nr. | Athlet/in | AK | Verein | Zeit |
|----------|--------|-----------|----------------------|------|---------------------|--------------|
| 1 | 1 | 13 | Susanne Schickl | W 45 | SCC Berlin | 1:19:52 Std. |
| 2 | 1 | 12 | Ina Bauermann | W 40 | TC Fiko Rostock | 1:21:58 Std. |
| 3 | 2 | 10 | Susanne Buchholz | W 40 | Team artiva, Berlin | 1:33:40 Std. |
| 4 | 3 | 11 | Antje B. Hayn | W 55 | LG Mauerweg Berlin | 1:41:43 Std. |
| 5 | 1 | 14 | Jeannette Pultermann | W 35 | TEA, Berlin | 1:48:31 Std. |

DUATHLON (5 - 10 - 5 Km), Sprintdistanz - Männer:

| Pl. ges. | Pl. AK | Start-Nr. | Athlet/in | AK | Verein | Zeit |
|----------|--------|-----------|-----------------|-------|--------------------|--------------|
| 1 | 1 | 12 | Helge Bauermann | M 45 | LG Crossfit Berlin | 1:14:50 Std. |
| 2 | 1 | 15 | Heino Reinhardt | M 40 | TEA, Berlin | 1:16:12 Std. |
| 3 | 1 | 18 | Niklas Grosa | MU 18 | Henningsdorfer SV | 1:26:12 Std. |
| 4 | 2 | 17 | Steffen Struck | M 45 | LRG Torpedo Berlin | 1:26:45 Std. |
| 4 | 3 | 03 | André Schott | M 45 | Nur der BFC Dynamo | 1:26:45 Std. |

SONDERWERTUNGEN: 50 Km Bike

| Pl. ges. | Pl. AK | Start-Nr. | Athlet/in | AK | Verein | Zeit |
|----------|--------|-----------|---------------|------|-------------------|--------------|
| 1 | 1 | 05 | Andreas Drews | M 50 | LG Berlin Runners | 2:31:47 Std. |

DUATHLON (10 Lastenrad - 5 Run - 10 Lastenrad Km) - Männer:

| Pl. ges. | Pl. AK | Start-Nr. | Athlet/in | AK | Verein | Zeit |
|----------|--------|-----------|-----------|------|--------------------|--------------|
| 1 | 1 | 20 | Torpedo | M 60 | LRG Torpedo Berlin | 2:32:40 Std. |