

Vereins-Trainings-Triathlon am 12. Juli 2020						
Easy (300-23-4)	Swim	WZ 1	Bike	WZ 2	RUN	Gesamt
Ronny Worm	06:20	04:14	53:44	02:35	20:44	01:27:37
Jutta Blank	08:23	05:09	59:08	02:07	19:43	01:34:30
Heavy (550-45-7)						
Marvin Becker	08:40		01:19:00		28:18	02:02:00
Yvonne Worm	10:47	03:14	01:40:16	02:40	35:54	02:32:51
Volker Forstmeyer	11:10	03:34	01:29:38	01:08	36:42	02:22:12
Sibylle Jung	14:02	03:52	1:38:54	1:25	23:21 (1 Rd)	(2:11:34)