



Opdateret 19.08.2010

KLUBREKORDER TRIATHLON

Piger 11 år.				1/20	1/10	1/6	OL				
Navn.	Total.	Dato.	Sted.	200/10/2	375/18/4,2		1500/40/10				
Louise Nielsen	41.24	20-05-07	Sønderborg	4.51/25.18/11.15							
Piger 16-19 år.				1/20	1/10	1/6	OL				
Navn.	Total.	Dato.	Sted.	200/10/2	375/18/4,2		1500/40/10				
Vinni B.Hansen	2.50.19	26-06-04	Gentofte				34.21/1.13/57.35				
Damer 20-24 år.				SP.	1/10	1/6	OL		1/2	Nice Distance	Ironman.
Navn.	Total.	Dato.	Sted.	500/21/5	375/18/4,2		1500/40/10		1900/90/21	4000/125/30	3800/180/42,195
Vinni B.Hansen	1.23.55	06-06-09	Herrenkoog	9.03/43.43/28.22							
Vinni B.Hansen	1.12.48	18-05-08	Sønderborg			6.37/42.04/24.07					
Vinni B.Hansen	2.55.27	17-08-08	Åbenrå				30.15/1.27/57.32				
Damer 30-34 år.				1/20	1/10	1/6	OL		1/2	Nice Distance	Ironman.
Navn.	Total.	Dato.	Sted.	500/20/5	375/18/4,2		1500/40/10		1900/90/21	4000/125/30	3800/180/42,195
Sofie A.Andersen	1.06.54	18-05-08	Sønderborg		8.15/36.40/21.59						
Damer 40-44 år.				SP.	1/10	1/6	1/4	OL	1/2	Nice Distance	Ironman.
Navn.	Total.	Dato.	Sted.	500/20/5	375/18/4,2	650/30/7	950/45/10,55	1500/40/10	1900/90/21	4000/125/30	3800/180/42,195
Marianne Nielsen	1.15	16-08-09	Åbenrå	11.38/38.40/21.41							
Marianne Nielsen	1.06.35	24-05-09	Sønderborg		09.31/37.56/19.08						
Marianne Nielsen	1.51.45	13-05-10	Holstebro			15.14/1.02/30.24					
Marianne Nielsen	2.48.27	30-08-09	Silkeborg				22.41/1.33/48.48				
Marianne Nielsen	2.34.09	15-08-10	Åbenrå					30.42/1.16/46.29			
Marianne Nielsen	5.42.55	08-08-10	Juelsminde						48.01/3.06/1.44		
Damer 45-49 år.				SP.	1/8	1/6	1/10	1/4	OL	1/2	Ironman.
Navn.	Total.	Dato.	Sted.	500/21/5	560/21/5		375/18/4,2	950/45/10,55	1500/40/10	1900/90/21	3800/180/42,195
Kirsten Aakjær	1.29.15	06-06-09	Herrenkoog	17.28/43.43/25.05							
Kirsten Aakjær	1.38.42	22-06-09	Jels		19.07/51.15/28.20						
Kirsten Aakjær	3.39.22	30-08-09	Silkeborg					35.08/1.55/1.03			
Damer 50-54 år.				1/10	1/8	1/6	1/4	OL	1/2	Nice Distance	Ironman.
Navn.	Total.	Dato.	Sted.	375/18/4,2	500/18/5		950/45/10,55	1500/40/10	1900/90/21	4000/125/30	3800/180/42,195
Lisbeth Smidt	1.04.58	24-05-09	Sønderborg	8.35/36.35/19.48							
Lisbeth Smidt	1.13.31	26-08-07	Vejen		9.07/43.50/20.34						
Lisbeth Smidt	2.44.54	14-06-09	Herning				22.59/1.31/50.09				
Lisbeth Smidt	2.52.34	16-08-09	Åbenrå					37.16/1.20/52.28			

Herrer 45-49 år				SP	1/10	1/6	1/8	SP.	OL	1/2 (70.3)	Ironman.
Navn.	Total.	Dato.	Sted.	400/15/4,2	375/18/4,2	650/30/7	500/18/5	950/45/10,55	1500/40/10	1900/90/21	3800/180/42,195
Esben Lorenzen	1.00.10	02-06-10	Lanzarote	9.38/30.14/20.19							
Esben Lorenzen	2.39.40	14-06-09	Herning					25.37/1.22/52.07			
Steen Aakjær	1.02.41	19-05-08	Sønderborg		7.11/36.07/19.23						
Esben Lorenzen	2.09.25	13-05-10	Holstebro			16.20/1.11/34.32					
Steen Aakjær	1.08.23	27-08-07	Vejen				7.25/40.20/20.37				
John Hansen	2.28.46	16-08-09	Åbenrå						27.52/1.15/45.14		
Esben Lorenzen	5.09.29	12-06-10	Herrenkoog							49.50/2.38./1.33	
Esben Lorenzen	10.45.54	15-08-10	København								1.27/5.21/3.47
Herrer 50-54 år					1/10	1/6	OL		1/2 (70.3)	Nice Distance	Ironman.
Navn.	Total.	Dato.	Sted.		375/18/4,2		1500/40/10		1900/90/21	4000/125/30	3800/180/42,195
Reinhard Nowak	5.39.34	1996	København						??/?.		
Herrer 55-59 år					1/10	1/6	OL		1/2 (70.3)	Nice Distance	Ironman.
Navn.	Total.	Dato.	Sted.		375/18/4,2		1500/40/10		1900/90/21	4000/125/30	3800/180/42,195
Reinhard Nowak	2.59.13	2000	Østrig				??/?.				
Reinhard Nowak	5.32.15	2003	Silkeborg					??/?.			
Reinhard Nowak	11.59.03	2003	Østrig								??/?.
Herrer 60-64 år					1/10	1/6	OL		1/2 (70.3)	Nice Distance	Ironman.
Navn.	Total.	Dato.	Sted.		375/18/4,2		1500/40/10		1900/90/21	4000/125/30	3800/180/42,195
Reinhard Nowak	1.09.56	20-05-07	Sønderborg		8.21/36.38/19.30						

70.3 Series **Swimm** **Bike** **Run**
1,2 miles 56 miles 13,1 miles

1,9 km 90 km 21 km

1 mile: 1,609344