

IRONMAN

LOCALITA'	SWIM	BIKE	RUN	TOTAL	POS.
LANZAROTE	01:31:39	06:56:06	04:13:46	12:41:31	332°
KLAGENFURT	01:23:06	05:35:37	04:02:11	11:11:29	57°
MERGOZZO	01:27:53	05:14:26	03:52:12	10:34:31	21°
LANZAROTE	01:49:47	07:06:16	04:22:13	13:18:16	369°
KLAGENFURT	01:22:49	05:20:06	03:56:05	10:50:50	386°
LINZ	01:27:20	05:35:08	03:58:34	11:08:57	34°
MERGOZZO	01:20:18	05:11:07	03:32:28	10:03:53	13°
IBIZA	01:20:45	06:00:20	04:05:14	11:26:19	58°
LANZAROTE	01:25:42	06:10:08	04:05:19	11:54:28	211°
ROTH	01:21:26	05:29:51	04:18:59	11:24:43	1209°
KLAGENFURT	01:12:28	05:10:42	03:53:44	10:26:59	285°
ZURIGO	01:14:40	05:27:45	03:50:17	10:49:03	418°
MERGOZZO	01:17:26	05:03:35	03:54:31	10:23:33	13°
LANZAROTE	01:16:37	06:15:16	03:44:11	11:31:24	145°
ROTH	01:17:18	05:27:33	03:56:25	10:54:10	819°
KLAGENFURT	01:11:44	06:00:20	03:41:31	11:06:42	421°
ZURIGO	01:16:30	05:36:23	03:33:23	10:34:05	223°
LANZAROTE	01:09:27	06:21:29	03:41:37	11:28:42	207°
GERARDMER	01:13:03	06:00:22	03:49:19	11:14:47	117°
KLAGENFURT	01:12:46	05:11:40	03:30:36	10:06:45	275°
ZURIGO	01:28:30	05:39:55	03:44:42	11:06:32	251°
FRANCOFORTE	01:15:06	05:08:25	03:36:03	10:09:20	237°
LANZAROTE	01:20:12	06:11:43	03:34:29	11:18:11	133°
GERARDMER	01:14:55	05:53:57	03:33:11	10:49:52	152°
KLAGENFURT	01:14:29	05:10:54	03:16:34	9:56:07	244°
ZURIGO	01:16:12	05:35:43	03:33:19	10:36:01	246°

POWERMAN ZOFINGEN

ANNO	RUN (10 Km)	BIKE (150 km)	RUN (30 Km)	TOTALE	POS.
2002	38:52	05:08:17	02:29:01	8:20:20	100°
2003	38:03	04:52:26	02:21:42	7:57:37	96°
2004	36:10	04:44:29	02:27:51	7:55:04	68°
2005	35:59	04:55:02	02:36:05	8:15:52	103°
2006	35:59	05:34:36	02:33:38	8:52:09	97°
2007	36:18	04:37:40	02:22:02	7:40:22	54°
2008	36:04	04:52:55	02:32:05	8:09:36	80°
2009	36:22	04:43:58	02:23:58	7:49:14	86°
2010	36:28	04:31:08	02:21:17	7:33:29	53°
2011	36:49	04:42:30	02:16:56	7:41:41	82°
2012	36:54	04:34:55	02:20:43	7:39:10	76°
2013	36:53	04:31:58	02:21:52	7:33:06	75°

ITU + OPEN

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EMBRUN MAN	01:17:05	07:47:30	03:40:22	12:56:55	278°
LANZAROTE	01:22:53	05:48:55	03:32:31	10:57:31	128°
GERARDMER	01:22:30	05:48:03	03:31:08	10:57:20	173°
KLAGENFURT	01:19:51	05:03:18	03:22:36	9:56:43	172°
ZURIGO	01:19:50	05:18:31	03:24:06	10:11:16	153°
eXtreme MAN	01:17:09	05:13:29	03:29:50	10:12:15	19°
LANZAROTE	01:23:06	06:15:11	03:44:08	11:36:25	142°
NIZZA	01:23:54	05:45:09	03:32:50	10:57:47	122°
ROTH	01:20:25	05:10:45	03:31:04	10:13:14	259°
ZURIGO	01:23:11	05:26:40	03:28:30	10:28:20	234°
BODENSEE-TRI	01:30:46	05:40:53	03:14:55	10:29:09	34°
ELBAMAN	01:36:08	05:53:43	03:18:54	10:48:45	28°
LANZAROTE	01:24:57	06:27:51	03:38:07	11:43:40	256°
IRON SAPIN	01:41:49	06:38:13	03:53:56	12:13:59	32°
ZURIGO	01:25:59	05:25:35	03:38:00	10:39:26	347°
FRANCOFORTE	01:47:24	05:13:27	03:39:30	10:52:20	505°
BODENSEE-TRI	01:37:06	05:59:50	03:29:21	11:09:18	58°
ELBAMAN	01:03:47	06:06:29	07:48:48	15:09:06	90°
LANZAROTE	01:27:15	05:59:22	03:40:00	11:21:33	242°
ZURIGO	01:29:44	05:23:31	03:26:58	10:28:42	311°
KLAGENFURT	01:24:15	05:09:12	03:37:48	10:24:10	326°
BODENSEE-TRI	01:26:55	05:51:24	03:29:35	10:58:07	32°
ELBAMAN	01:32:11	06:22:17	03:31:31	11:35:19	39°
LANZAROTE	01:17:27	05:54:01	03:37:44	11:07:44	232°
NIZZA	01:19:57	05:23:53	03:28:46	10:27:59	155°
KLAGENFURT	01:20:22	05:00:48	03:25:20	10:01:40	366°
VIENNAMAN	01:21:14	05:18:29	03:24:19	10:11:43	8°
ELBAMAN	01:20:57	06:29:18	03:45:57	11:51:30	60°
LANZAROTE	01:31:20	06:24:55	03:42:38	12:04:11	472°
MORAVIAMAN	01:19:24	05:35:30	03:39:34	10:34:29	37°
KLAGENFURT	01:24:44	05:09:23	03:29:53	10:17:38	329°

OSTSEEMAN	01:20:40	05:29:09	03:36:57	10:26:46	96°
ELBAMAN	01:21:40	06:24:21	03:33:17	11:30:44	38°
LANZAROTE	01:19:17	05:51:21	03:35:07	11:03:33	263°
HANNOVER	01:25:38	05:16:59	03:33:29	10:16:07	3°
KLAGENFURT	01:22:00	05:03:50	03:34:12	10:14:56	319°
ELBAMAN	01:21:51	06:23:00	03:28:31	11:24:14	41°
LANZAROTE	01:18:29	05:53:39	03:26:16	10:54:50	189°
TRIATH. DU SUD	01:22:37	05:29:40	03:29:32	10:21:50	5°
KLAGENFURT	01:22:37	04:59:42	03:13:14	9:48:50	345°
ZELEZNAK.CZ	01:14:20	05:53:12	03:32:07	10:50:22	12°
ELBAMAN	01:20:07	06:20:45	03:29:28	11:20:41	18°
LANZAROTE	01:20:27	06:01:36	03:25:33	11:04:38	271°
TRIATH. DU SUD	01:26:15	05:37:32	03:13:15	10:17:03	5°
KLAGENFURT	01:45:45	05:10:02	03:24:27	10:35:06	256°
ZELEZNAK.CZ	01:27:01	05:53:28	03:31:00	11:03:05	11°
ELBAMAN	01:22:55	06:17:20	03:34:05	11:25:16	21°
IRONMAN W.CH.	01:40:23	05:27:00	03:38:52	10:57:57	904°
LANZAROTE	01:24:45	05:47:22	03:31:41	11:01:24	221°
KLAGENFURT	01:20:06	05:00:48	03:15:08	9:48:08	241°
SLOVAKMAN	01:26:59	05:14:28	03:36:57	10:24:26	23°
PODERSDORF	01:11:38	04:58:02	03:35:56	9:54:53	34°