



8. Flensburger Duathlon

18. April 2010

Ergebnis M / W - Altersklassen

LM Schleswig-Holstein (5 / 27 / 2,5)

LM Schleswig-Holstein DM-AK1

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|---------|----------|------|----------------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 23 | 01:11:23 | Ohlsen | Jakob | 1990 | ETSV Gut Heil Itzehoe | GER- | 00:17:42 | 1 | 00:44:10 | 2 | 01:01:53 | 1 | 00:09:30 | 1 | 01:11:23 | 1 | 01:11:23 | 1 |
| 2 | 42 | 01:12:28 | Thyen | Oltmann | 1988 | Ratzeburger SV - Triathlon | GER-SH | 00:18:57 | 3 | 00:43:30 | 1 | 01:02:27 | 2 | 00:10:01 | 2 | 01:12:28 | 2 | 01:12:28 | 2 |
| 3 | 4 | 01:13:17 | Dirksen | Fritjof | 1989 | ETSV Gut-Heil Itzehoe | GER-SH | | | | | | | | | 01:13:17 | 4 | 01:13:17 | 3 |
| 4 | 33 | 01:16:51 | Sievers | Benjamin | 1986 | ETSV Gut-Heil Itzehoe | GER-SH | 00:17:52 | 2 | 00:48:53 | 4 | 01:06:46 | 3 | 00:10:04 | 3 | 01:16:51 | 8 | 01:16:51 | 4 |
| 5 | 17 | 01:19:22 | Haack | Malte | 1988 | TriVelos Flensburg | GER-SH | 00:20:22 | 4 | 00:47:23 | 3 | 01:07:46 | 4 | 00:11:36 | 4 | 01:19:22 | 13 | 01:19:22 | 5 |

LM Schleswig-Holstein DM-AK2

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|------------|------------|------|----------------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 3 | 01:17:27 | Becker | Kai | 1981 | Ratzeburger SV - Triathlon | GER-SH | 00:18:53 | 1 | 00:48:21 | 1 | 01:07:15 | 1 | 00:10:12 | 1 | 01:17:27 | 9 | 01:17:27 | 1 |
| 2 | 47 | 01:19:18 | Sonnenburg | Tim | 1985 | Ratzeburger SV - Triathlon | GER-SH | | | | | 01:07:40 | 2 | 00:11:38 | 4 | 01:19:18 | 12 | 01:19:18 | 2 |
| 3 | 45 | 01:20:46 | Becker | Karsten | 1981 | Ratzeburger SV - Triathlon | GER-SH | 00:20:32 | 2 | 00:48:45 | 2 | 01:09:17 | 3 | 00:11:28 | 3 | 01:20:46 | 15 | 01:20:46 | 3 |
| 4 | 34 | 01:25:46 | Nagel | Konstantin | 1984 | USC Kiel | GER-SH | 00:21:25 | 3 | 00:53:00 | 3 | 01:14:25 | 4 | 00:11:20 | 2 | 01:25:46 | 21 | 01:25:46 | 4 |

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Ergebnis M / W - Altersklassen

LM Schleswig-Holstein (5 / 27 / 2,5)

LM Schleswig-Holstein DM-AK3

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|---------|---------------|------|-----------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 20 | 01:13:10 | Beltz | André | 1979 | ETSV Gut Heil Itzehoe | GER-SH | 00:17:43 | 1 | | | | | | | 01:13:10 | 3 | 01:13:10 | 1 |
| 2 | 22 | 01:16:23 | Schuldt | Niels Asbjörn | 1978 | TriAs Flensburg | GER-SH | 00:19:20 | 3 | 00:46:38 | 1 | 01:05:58 | 1 | 00:10:24 | 2 | 01:16:23 | 6 | 01:16:23 | 2 |
| 3 | 28 | 01:18:24 | Schulze | Sven | 1978 | Polizei SV Eutin | GER-SH | 00:20:12 | 4 | 00:46:42 | 2 | 01:06:55 | 2 | 00:11:28 | 3 | 01:18:24 | 10 | 01:18:24 | 3 |
| 4 | 24 | 01:18:59 | Hübener | Swen | 1976 | Tri-Sport Lübeck | GER-SH | 00:19:18 | 2 | 00:49:40 | 3 | 01:08:59 | 3 | 00:09:59 | 1 | 01:18:59 | 11 | 01:18:59 | 4 |

LM Schleswig-Holstein DM-AK4

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|----------|------------|------|---------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 13 | 01:16:45 | Werner | Dr. Markus | 1974 | Tri-Sport Lübeck | GER-SH | 00:19:19 | 1 | 00:47:02 | 1 | 01:06:21 | 1 | 00:10:23 | 1 | 01:16:45 | 7 | 01:16:45 | 1 |
| 2 | 31 | 01:24:01 | Benecke | Torben | 1975 | TriAs Flensburg | GER-SH | 00:21:50 | 4 | 00:49:23 | 2 | 01:11:14 | 2 | 00:12:46 | 2 | 01:24:01 | 17 | 01:24:01 | 2 |
| 3 | 12 | 01:24:30 | Bahr | Andreas | 1972 | Trias Bad Schwartau | GER-SH | 00:21:38 | 3 | | | | | | | 01:24:30 | 18 | 01:24:30 | 3 |
| 4 | 18 | 01:36:07 | Sachtler | Michael | 1974 | Borener SV | GER-SH | 00:24:00 | 5 | 00:58:34 | 3 | 01:22:35 | 3 | 00:13:32 | 3 | 01:36:07 | 27 | 01:36:07 | 4 |

LM Schleswig-Holstein DM-S1

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|----------|---------|------|------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 5 | 01:15:20 | Apitz | Lars | 1968 | MTV Gelting 08 | GER-SH | | | | | 01:04:27 | 1 | 00:10:53 | 1 | 01:15:20 | 5 | 01:15:20 | 1 |
| 2 | 29 | 01:25:18 | Peter | Nils | 1968 | VfI Oldesloe | GER-SH | 00:21:50 | 1 | 00:50:57 | 1 | 01:12:48 | 2 | 00:12:30 | 3 | 01:25:18 | 20 | 01:25:18 | 2 |
| 3 | 19 | 01:31:02 | Steffens | Roger | 1966 | Gut-Heil Itzehoe | GER-SH | 00:23:06 | 2 | 00:55:32 | 2 | 01:18:38 | 3 | 00:12:23 | 2 | 01:31:02 | 24 | 01:31:02 | 3 |

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LM Schleswig-Holstein DM-S2

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|----------|---------|------|-----------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 9 | 01:20:00 | Reiner | Bodo | 1964 | TriAs Flensburg | GER-SH | 00:19:40 | 1 | 00:49:25 | 2 | 01:09:05 | 1 | 00:10:54 | 1 | 01:20:00 | 14 | 01:20:00 | 1 |
| 2 | 41 | 01:22:43 | Schröder | Michael | 1965 | Möllner SV | GER-SH | 00:22:10 | 2 | 00:48:38 | 1 | 01:10:48 | 2 | 00:11:54 | 2 | 01:22:43 | 16 | 01:22:43 | 2 |

LM Schleswig-Holstein DM-S3

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|---------|---------|------|------------|--------|------|-----|-----|-----|---------|-----|------|-----|----------|-----|----------|-----|
| 1 | 11 | 01:27:38 | Brammer | Jürgen | 1960 | Borener SV | GER-SH | | | | | | | | | 01:27:38 | 23 | 01:27:38 | 1 |

LM Schleswig-Holstein DM-S4

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|----------|-------------|------|-------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 21 | 01:24:40 | Hümmecke | Manfred | 1953 | TuS Holtenau Kiel | GER-SH | 00:20:20 | 1 | 00:53:05 | 1 | 01:13:25 | 1 | 00:11:14 | 1 | 01:24:40 | 19 | 01:24:40 | 1 |
| 2 | 8 | 01:27:21 | Timme | Hinnerk | 1955 | TSV Fehrdorf | GER-SH | 00:21:16 | 2 | 00:54:13 | 2 | 01:15:30 | 2 | 00:11:51 | 2 | 01:27:21 | 22 | 01:27:21 | 2 |
| 3 | 6 | 01:32:27 | Beringer | Hans-Werner | 1955 | VfI Oldesloe | GER-SH | 00:24:12 | 3 | 00:55:05 | 3 | 01:19:18 | 3 | 00:13:09 | 3 | 01:32:27 | 26 | 01:32:27 | 3 |

LM Schleswig-Holstein DM-S6

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|------------------|---------|------|------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 14 | 01:32:22 | Wagner | Renaldo | 1942 | USC Kiel | GER-SH | 00:23:17 | 1 | 00:56:28 | 1 | 01:19:46 | 1 | 00:12:35 | 1 | 01:32:22 | 25 | 01:32:22 | 1 |
| 2 | 16 | 01:40:55 | Molero-Membrilla | José | 1941 | Borener SV | GER-SH | 00:23:21 | 2 | 01:03:05 | 2 | 01:26:26 | 2 | 00:14:28 | 2 | 01:40:55 | 28 | 01:40:55 | 2 |

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LM Schleswig-Holstein (5 / 27 / 2,5)

LM Schleswig-Holstein DW-AK1

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|--------|---------|------|-----------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 114 | 01:29:32 | Janßen | Elena | 1986 | TriAs Flensburg | GER-SH | 00:21:46 | 1 | 00:56:01 | 1 | 01:17:47 | 1 | 00:11:45 | 1 | 01:29:32 | 2 | 01:29:32 | 1 |

LM Schleswig-Holstein DW-AK2

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|------------|---------|------|------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 37 | 01:32:18 | Gädert | Manuela | 1982 | Tri Sport Lübeck | GER-SH | 00:22:40 | 1 | 00:57:34 | 2 | 01:20:14 | 1 | 00:12:03 | 1 | 01:32:18 | 4 | 01:32:18 | 1 |
| 2 | 40 | 01:35:27 | Quellhorst | Anna | 1981 | Tri-Sport Lübeck | GER-SH | 00:24:50 | 2 | 00:56:42 | 1 | 01:21:33 | 2 | 00:13:54 | 2 | 01:35:27 | 7 | 01:35:27 | 2 |
| 3 | 35 | 01:41:07 | Breuer | Sarah | 1984 | USC Kiel | GER-SH | 00:26:19 | 3 | 01:00:43 | 3 | 01:27:03 | 3 | 00:14:04 | 3 | 01:41:07 | 10 | 01:41:07 | 3 |

LM Schleswig-Holstein DW-AK3

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|----------|---------|------|-------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 10 | 01:32:39 | Plöhn | Ilka | 1976 | USC Kiel | GER-SH | 00:23:28 | 1 | 00:57:17 | 1 | 01:20:46 | 1 | 00:11:53 | 1 | 01:32:39 | 5 | 01:32:39 | 1 |
| 2 | 26 | 01:42:08 | Diezmann | Verena | 1977 | TUS Holtenau Kiel | GER-SH | 00:24:09 | 2 | 01:04:38 | 2 | 01:28:48 | 2 | 00:13:20 | 2 | 01:42:08 | 11 | 01:42:08 | 2 |
| 3 | 27 | 01:46:18 | Beringer | Sibylle | 1976 | Vfl Oldesloe | GER-SH | 00:25:34 | 3 | 01:06:45 | 3 | 01:32:19 | 3 | 00:13:59 | 3 | 01:46:18 | 12 | 01:46:18 | 3 |

LM Schleswig-Holstein DW-S1

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|--------|-----------|------|-----------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 7 | 01:25:42 | Lakies | Anke | 1967 | Vfl Oldesloe | GER-SH | 00:21:25 | 1 | 00:53:13 | 1 | 01:14:39 | 1 | 00:11:03 | 1 | 01:25:42 | 1 | 01:25:42 | 1 |
| 2 | 32 | 01:29:47 | Mull | Dr. Diana | 1967 | Tri Team Vfl Oldesloe | GER-SH | 00:22:41 | 2 | 00:55:04 | 3 | 01:17:45 | 2 | 00:12:01 | 2 | 01:29:47 | 3 | 01:29:47 | 2 |

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LM Schleswig-Holstein (5 / 27 / 2,5)

LM Schleswig-Holstein DW-S1

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|-------|---------|------|-----------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 3 | 46 | 01:33:15 | Ommen | Ilse | 1969 | TriAs Flensburg | GER-SH | 00:25:33 | 3 | 00:53:32 | 2 | 01:19:05 | 3 | 00:14:09 | 3 | 01:33:15 | 6 | 01:33:15 | 3 |

LM Schleswig-Holstein DW-S2

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|----------|---------|------|-----------------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 39 | 01:37:04 | Dembny | Frauke | 1964 | Borener SV | GER-SH | 00:23:21 | 1 | 01:00:18 | 1 | 01:23:39 | 1 | 00:13:25 | 1 | 01:37:04 | 9 | 01:37:04 | 1 |
| 2 | 43 | 01:47:07 | Spingler | Kati | 1965 | SG Wasserratten Norderstedt | GER-SH | 00:28:30 | 2 | 01:01:56 | 2 | 01:30:27 | 2 | 00:16:39 | 2 | 01:47:07 | 13 | 01:47:07 | 2 |

LM Schleswig-Holstein DW-S4

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein | Nat. | Lauf | Pos | Rad | Pos | LaufRad | Pos | Lauf | Pos | Ziel | Pos | Endzeit | Pos |
|-----|------|----------|---------|---------|------|-------------------------|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | 36 | 01:36:43 | Bartsch | Margit | 1954 | SG Athletico Büdelsdorf | GER-SH | 00:23:04 | 1 | 01:00:31 | 1 | 01:23:36 | 1 | 00:13:07 | 1 | 01:36:43 | 8 | 01:36:43 | 1 |

Ergebnis

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(5 / 27 / 2,5)

Einträge in der Liste: 41