



8. Flensburger Duathlon

18. April 2010

Ergebnis M / W - gesamt

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

LM Schleswig-Holstein DM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Lauf	Pos	Rad	Pos	LaufRad	Pos	Lauf	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
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
3	20	01:13:10	Beltz	André	1979	ETSV Gut Heil Itzehoe	GER-SH	00:17:43	1		0		0		0	01:13:10	3
4	4	01:13:17	Dirksen	Fritjof	1989	ETSV Gut-Heil Itzehoe	GER-SH		0		0		0		0	01:13:17	4
5	5	01:15:20	Apitz	Lars	1968	MTV Gelting 08	GER-SH		0		0	01:04:27	1	00:10:53	1	01:15:20	5
6	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
7	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
8	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
9	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
10	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
11	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
12	47	01:19:18	Sonnenburg	Tim	1985	Ratzeburger SV - Triathlon	GER-SH		0		0	01:07:40	2	00:11:38	4	01:19:18	12
13	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
14	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
15	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

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Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Lauf	Pos	Rad	Pos	LaufRad	Pos	Lauf	Pos	Endzeit	Pos
16	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
17	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
18	12	01:24:30	Bahr	Andreas	1972	Trias Bad Schwartau	GER-SH	00:21:38	3		0		0		0	01:24:30	18
19	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
20	29	01:25:18	Peter	Nils	1968	Vfl Oldesloe	GER-SH	00:21:50	1	00:50:57	1	01:12:48	2	00:12:30	3	01:25:18	20
21	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
22	8	01:27:21	Timme	Hinnerk	1955	TSV Fahrtdorf	GER-SH	00:21:16	2	00:54:13	2	01:15:30	2	00:11:51	2	01:27:21	22
23	11	01:27:38	Brammer	Jürgen	1960	Borener SV	GER-SH		0		0		0		0	01:27:38	23
24	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
25	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
26	6	01:32:27	Beringer	Hans-Werner	1955	Vfl Oldesloe	GER-SH	00:24:12	3	00:55:05	3	01:19:18	3	00:13:09	3	01:32:27	26
27	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
28	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

LM Schleswig-Holstein DW

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Lauf	Pos	Rad	Pos	LaufRad	Pos	Lauf	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
2	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
3	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
4	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
5	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
6	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

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7	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
8	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
9	39	01:37:04	Dembny	Frauuke	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
10	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
11	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
12	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
13	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

Einträge in der Liste: 41