

## RL Damen am 07.08.2010

## Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Land	Jg	Klasse	Swim	Bike	Run	Endzeit	
1	16	Trukenmüller, Rebekka	Kaifu-Tri-Team Damen	HH	82	W25 1	-	-	1:37:40	3	2:20:09
2	28	Winkler, Carla	Hannover 96 Damen I	NDS	82	W25 2	26:09	32	1:12:35	2	2:21:06
3	26	Jansen, Kerstin	Hannover 96 Damen I	NDS	72	W35 1	26:08	31	1:12:59	5	2:21:41
4	18	Kühner, Lucia	Triabolas Multipower acti	HH	74	W35 2	22:15	8	1:16:09	6	2:21:50
5	10	Cotterell, Maike	Expeditionsteam	HH	73	W35 3	23:03	14	-	-	2:22:32
6	5	Berndt, Sarah	TSH Team Bergamont /	HH	84	W25 3	24:22	21	1:16:17	11	2:22:35
7	21	Orlieb, Levke	TuS Holtenau Kiel D	SH	91	W18 1	22:40	12	1:14:22	4	2:22:38
8	27	Küsel, Vera	Hannover 96 Damen I	NDS	75	W35 4	23:11	16	1:13:58	3	2:22:57
9	14	Kleidon, Peggy	Kaifu-Tri-Team Damen	HH	75	W35 5	22:41	13	1:17:54	16	2:23:07
10	13	Fuchs, Franka	Kaifu-Tri-Team Damen	HH	82	W25 4	21:45	3	1:15:56	9	2:23:50
11	37	Huckfeld, Marit	Tri-Sport Lübeck D	SH	84	W25 5	22:11	7	1:15:17	8	2:24:26
12	12	Rieck, Julia	Expeditionsteam	HH	76	W30 1	24:45	27	1:14:29	6	2:24:59
13	25	Jakubowski, Kristin	Hannover 96 Damen I	NDS	87	W20 1	26:12	34	1:16:18	12	2:27:06
14	34	Zielke, Uta	Triathlon Team Buxtehud	NDS	71	W35 6	25:31	30	1:14:22	4	2:27:21
15	7	Rau, Verena	TSH Team Bergamont /	HH	87	W20 2	24:33	26	1:16:34	13	2:27:26
16	40	Roths, Jana	Tri-Sport Lübeck D	SH	84	W25 6	24:31	25	1:17:27	15	2:27:41
17	41	Köck, Kaatje Lisa	TriDW Team Lubinus	SH	91	W18 2	22:30	10	-	-	2:28:09
18	22	Schreyer, Simone	TuS Holtenau Kiel D	SH	66	W40 1	24:25	22	1:19:36	22	2:28:21
19	15	Uhlig, Vanessa	Kaifu-Tri-Team Damen	HH	78	W30 2	22:20	9	1:18:12	18	2:29:21
20	1	Janßen, Elena	TriAs Flensburg	SH	86	W20 3	22:31	11	1:21:57	28	2:29:38
21	20	Meyer, Juliane	Triabolas Multipower acti	HH	80	W30 3	25:19	29	1:17:14	14	2:29:46
22	33	Hahn, Tanja	Triathlon Team Buxtehud	NDS	67	W40 2	21:52	4	1:20:36	23	2:31:09
23	19	Füllbrandt, Annalena	Triabolas Multipower acti	HH	82	W25 7	25:15	28	1:18:25	20	2:32:31
24	32	Kaindl, Kathrin	SG TSV Bokeloh-TSV N	NDS	62	W45 1	26:22	35	1:18:23	19	2:32:47
25	45	Trottenberg, Nicole	Wasserratten I	SH	80	W30 4	20:53	1	1:22:31	29	2:33:00
26	46	Steffenhagen, Diana	Wasserratten I	SH	85	W25 8	24:03	19	-	-	2:33:48
27	11	Jodat, Regina	Expeditionsteam	HH	70	W40 3	24:28	24	1:22:51	30	2:34:49
28	43	Wrobel, Bente	TriDW Team Lubinus	SH	92	W18 3	23:46	17	1:21:00	24	2:35:03
29	38	Koch, Maike	Tri-Sport Lübeck D	SH	85	W25 9	22:07	5	1:21:36	25	2:35:46
30	39	Quellhorst, Anna	Tri-Sport Lübeck D	SH	81	W25 10	26:10	33	1:17:58	17	2:36:10
31	30	Rodewald, Vanessa	SG TSV Bokeloh-TSV N	NDS	91	W18 4	-	-	1:45:21	-	2:37:15
32	44	Zumegen, Anna	TriDW Team Lubinus	SH	92	W18 5	23:54	18	1:23:38	33	2:37:45
33	3	Ommen, Ilse	TriAs Flensburg	SH	69	W40 4	30:28	46	1:14:53	7	2:37:47
34	23	Schütz, Stephanie	TuS Holtenau Kiel D	SH	79	W30 5	26:34	36	1:19:15	21	2:38:51
35	4	Kluge-Credo, Susanne	TriAs Flensburg	SH	62	W45 2	26:47	37	1:25:17	35	2:39:05
36	8	Freckmann, Kathrin	TSH Team Bergamont /	HH	66	W40 5	21:00	2	1:24:54	34	2:39:32
37	29	Grages, Katharina	SG TSV Bokeloh-TSV N	NDS	90	W20 4	22:09	6	1:21:52	26	2:39:38
38	51	Grube, Claudia	Wasserratten II	SH	63	W45 3	28:26	42	1:23:34	32	2:41:01
39	9	Calle Lambach, Inés	Expeditionsteam	HH	74	W35 7	30:00	45	1:27:40	38	2:43:53
40	36	Felgentreu, Marion	Triathlon Team Buxtehud	NDS	66	W40 6	24:12	20	1:25:33	36	2:46:19
41	48	Scheidel, Monika	Wasserratten I	SH	70	W40 7	27:42	39	1:23:31	31	2:46:41
42	2	Petersen, Katharina	TriAs Flensburg	SH	81	W25 11	27:48	41	1:21:56	27	2:47:12
43	31	Swiatlon, Marta	SG TSV Bokeloh-TSV N	NDS	91	W18 6	23:08	15	1:29:02	41	2:48:15
44	17	Kersten, Ines	Triabolas Multipower acti	HH	62	W45 4	27:39	38	1:25:58	37	2:49:29
45	50	Hirschner, Diana	Wasserratten II	SH	79	W30 6	27:42	39	1:28:59	40	2:50:35
45	47	Witte, Kerstin	Wasserratten I	SH	86	W20 5	24:26	23	1:28:31	39	2:50:35
47	42	Petter, Ulla	TriDW Team Lubinus	SH	62	W45 5	29:42	44	1:34:00	43	2:56:29
48	49	Spingler, Kati	Wasserratten II	SH	65	W45 6	29:03	43	1:29:19	42	3:08:41

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## Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Land	Jg	Klasse	Swim	Bike	Run	Endzeit
1	66	Deneke, Tilmann	Kaifu Tri Team Hamburg	HH	78	M30 1	-	-	1:58:17	1:58:17
2	92	Bartels, Ulf	WSV Wolfenbüttel	NDS	72	M35 1	19:10	2 1:04:46	7 34:55	2 1:58:51
3	80	van Stevendaal, Udo	TSH Team Bergamont	HH	68	M40 1	21:26	25 -	- 1:37:35	- 1:59:01
4	68	Fiedler, Thilo	Tri Michels Hamburg 1	HH	83	M25 1	20:09	11 1:03:02	1 36:41	9 1:59:52
5	99	Kampkötter, Lukas	Hannover 96 Herren II	NDS	89	M20 1	20:33	14 1:04:41	6 35:39	3 2:00:53
6	69	Uhlrich, Christian	Tri Michels Hamburg 1	HH	72	M35 2	-	- 1:26:11	- 34:48	1 2:00:59
7	132	Thyen, Oltmann	Ratzeburger SV Triathlon	SH	88	M20 2	-	- 1:24:54	- 36:26	6 2:01:20
8	65	Herber, Philipp	Kaifu Tri Team Hamburg	HH	89	M20 3	21:33	26 1:03:29	3 36:35	8 2:01:37
9	64	Schmitz, Ralph	Kaifu Tri Team Hamburg	HH	70	M40 2	20:15	13 1:03:12	2 38:36	20 2:02:03
10	67	Tychsen, Frederik	Tri Michels Hamburg 1	HH	75	M35 3	20:09	11 1:04:48	8 38:34	19 2:03:31
11	54	Gehb, David	Team Gelting Radshop B	SH	83	M25 2	21:02	21 1:04:49	9 37:54	16 2:03:45
12	129	Straube, Konrad	Stader SV Team	NDS	84	M25 3	19:47	8 -	- 1:44:16	- 2:04:03
13	75	Skazidroga, Robert	Triabolos Multipower acti	HH	86	M20 4	22:17	38 1:05:57	11 36:30	7 2:04:44
14	127	Zyber, Lucas	Stader SV Team	NDS	91	M18 1	20:42	18 1:08:43	27 36:18	5 2:05:43
15	142	Koglin, Sven	Tri Endurance Germany	B	76	M30 2	22:09	37 -	- 1:44:05	- 2:06:14
16	71	Dicke, Benjamin	Tri Michels Hamburg 1	HH	83	M25 4	23:39	52 1:04:22	5 38:16	18 2:06:17
16	130	Schulz, Dennis	Stader SV Team	NDS	84	M25 4	20:42	18 1:07:33	17 38:02	17 2:06:17
18	70	Houtrouw, Enno	Tri Michels Hamburg 1	HH	77	M30 3	19:35	6 1:07:01	13 39:57	32 2:06:33
19	131	Meyer, Timo	Stader SV Team	NDS	82	M25 6	22:22	40 1:08:09	24 36:03	4 2:06:34
20	60	Herling, Michael	TriAs Flensburg	SH	73	M35 4	24:09	56 1:04:09	4 39:01	24 2:07:19
21	74	Schröder, Björn	Triabolos Multipower acti	HH	81	M25 7	-	- 1:29:47	- 37:41	13 2:07:28
22	62	Radke, Dirk	Kaifu Tri Team Hamburg	HH	68	M40 3	-	- 1:30:40	- 37:15	12 2:07:55
23	98	Gremmel, Hendrik	Hannover 96 Herren II	NDS	62	M45 1	19:43	7 1:09:41	32 38:38	21 2:08:02
24	81	Ahrens, Hans-Björn	TSH Team Bergamont	HH	79	M30 4	23:34	51 1:08:02	22 37:13	11 2:08:49
25	139	Niedieck, Olav	Wasserratten	SH	69	M40 4	23:56	54 1:05:35	10 39:32	26 2:09:03
26	113	Hübener, Swen	Tri-Sport Lübeck H	SH	76	M30 5	21:48	32 1:10:28	34 37:44	15 2:10:00
27	104	Hadler, Olaf	Triathlon Team Buxtehude	NDS	69	M40 5	24:22	61 1:07:05	14 38:48	23 2:10:15
28	79	Schulz, Frank	TSH Team Bergamont	HH	77	M30 6	22:03	36 1:08:47	28 39:40	28 2:10:30
29	52	Schönrock, Andreas	Team Gelting Radshop B	SH	80	M30 7	20:08	10 1:06:07	12 44:29	64 2:10:44
30	87	Adlung, Dominic	USC Kiel	SH	84	M25 8	22:34	41 -	- 1:48:28	- 2:11:02
30	77	Budinger, Tilo	TSH Team Bergamont	HH	72	M35 5	20:41	17 1:11:05	39 39:16	25 2:11:02
30	89	Lückert, Tobias	USC Kiel	SH	74	M35 5	21:38	27 1:08:41	26 40:43	35 2:11:02
33	102	Heinßen, Erk	Triathlon Team Buxtehude	NDS	62	M45 2	19:56	9 1:11:28	43 39:43	29 2:11:07
34	97	Blume, Jörg	Hannover 96 Herren II	NDS	81	M25 9	20:34	15 1:08:02	22 42:33	56 2:11:09
35	122	Schier, Sebastian	Triathlon Team Braunschweig	NDS	84	M25 10	21:53	34 1:07:24	15 41:55	50 2:11:12
36	100	Brylack, Frank	Hannover 96 Herren II	NDS	66	M40 6	21:38	27 1:07:49	19 41:50	49 2:11:17
37	72	Dohse, Michael	Triabolos Multipower acti	HH	78	M30 8	22:40	42 1:07:32	16 41:09	38 2:11:21
38	135	Sonnenburg, Tim	Ratzeburger SV Triathlon	SH	85	M25 11	22:43	45 1:07:51	20 40:53	37 2:11:27
39	78	Bück, Christian	TSH Team Bergamont	HH	81	M25 12	19:16	3 1:08:24	25 44:03	62 2:11:43
40	133	Becker, Kai	Ratzeburger SV Triathlon	SH	81	M25 13	23:06	49 1:09:06	29 39:33	27 2:11:45
41	120	Weiber, Alexander	NTSV Strand 08 Triathlon	S-H	83	M25 14	20:40	16 1:08:01	21 43:12	60 2:11:53
42	124	Zöllner, Jan	Triathlon Team Braunschweig	NDS	84	M25 15	25:14	69 1:10:24	33 36:51	10 2:12:29
43	106	Richters, Dirk	Triathlon Team Buxtehude	NDS	89	M20 5	22:43	45 1:11:08	40 38:41	22 2:12:32
44	59	Maaß, Bastian	TriAs Flensburg	SH	84	M25 16	21:08	22 -	- 1:51:36	- 2:12:44
45	53	Schönrock, Stephan	Team Gelting Radshop B	SH	81	M25 17	21:49	33 -	- 1:51:04	- 2:12:53
46	123	Sander, Benjamin	Triathlon Team Braunschweig	NDS	89	M20 6	21:44	31 1:11:53	44 39:50	31 2:13:27
47	94	Diekmann, Lars	WSV Wolfenbüttel	NDS	86	M20 7	-	- 1:33:50	- 40:11	33 2:14:01
48	76	Woitha, Christian	Triabolos Multipower acti	HH	88	M20 8	19:19	4 1:07:39	18 47:31	74 2:14:29
49	96	Wallbaum, Falk	WSV Wolfenbüttel	NDS	80	M30 9	-	- 1:31:37	- 43:00	58 2:14:37
50	73	Hünefeld, Heiko	Triabolos Multipower acti	HH	72	M35 7	20:48	20 1:11:56	45 42:01	51 2:14:45
51	108	Meishner, Lukas	Tus Holtenau Kiel	SH	91	M18 2	23:45	53 1:10:29	35 40:43	35 2:14:57
52	90	Nagel, Konstantin	USC Kiel	SH	84	M25 18	25:08	67 1:10:30	36 39:43	29 2:15:21
53	112	Holtz, Nico	Tri-Sport Lübeck H	SH	74	M35 8	19:07	1 1:09:37	31 47:04	72 2:15:48
54	109	Müller, Martin	Tus Holtenau Kiel	SH	74	M35 9	21:14	23 1:09:19	30 45:16	66 2:15:49
55	128	Tiedemann, Morten	Stader SV Team	NDS	86	M20 9	21:16	24 1:12:40	47 42:29	55 2:16:25
56	103	Stein, Andreas	Triathlon Team Buxtehude	NDS	70	M40 7	-	- 1:33:54	- 42:36	57 2:16:30
57	110	Friedrich, Jens	Tus Holtenau Kiel	SH	72	M35 10	25:16	70 1:10:59	37 40:19	34 2:16:34
58	145	Prahl, Christian	Tri Endurance Germany	USA	91	M18 3	24:29	63 1:11:04	38 41:18	43 2:16:51
58	143	Wachter, Christian	Tri Endurance Germany	HH	83	M25 19	24:26	62 1:11:09	41 41:16	41 2:16:51
60	116	Wölfel, Marcel	Tri-Sport Lübeck H	SH	86	M20 10	24:19	60 1:11:25	42 41:17	42 2:17:01

## RL Herren am 07.08.2010

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Rng	Snr	Name, Vorname	Verein/Ort	Land	Jg	Klasse	Swim	Bike	Run	Endzeit
61	126	Jung, Guido	Triathlon Team Braunsch	NDS	71	M35 11	19:21 5	1:12:14 46	45:53 68	2:17:28
62	55	Levsen, Lars	Team Gelting Radshop B	SH	88	M20 11	22:00 35	1:14:07 58	41:28 45	2:17:35
63	88	Gießel, Stefan	USC Kiel	SH	75	M35 12	22:18 39	1:13:35 54	41:48 48	2:17:41
64	117	Ahlgrimm, Jens	NTSV Strand 08 Triathlo	S-H	66	M40 8	22:47 47	1:12:55 50	42:20 54	2:18:02
65	95	Pelz, Guido Michael	WSV Wolfenbüttel	NDS	69	M40 9	21:40 29	1:15:58 63	41:11 39	2:18:49
66	119	Tybussek, Boris	NTSV Strand 08 Triathlo	S-H	78	M30 10	24:38 65	1:13:08 52	41:14 40	2:19:00
67	101	Gondermann, Jörg	Hannover 96 Herren II	NDS	61	M45 3	24:10 57	1:13:59 57	41:20 44	2:19:29
68	140	Poppitz, Steffen	Wasserratten	SH	67	M40 10	24:16 59	1:14:47 60	42:13 52	2:21:16
69	86	Jeworek, Pascal	Erdinger Alkoholfrei Tea	SH	91	M18 4	23:12 50	1:16:44 66	41:40 47	2:21:36
70	61	Eggers, Dirk	TriAs Flensburg	SH	72	M35 13	22:42 44	1:15:11 61	44:17 63	2:22:10
70	146	Wachter, Dennis	Tri Endurance Germany	HH	83	M25 20	25:57 74	1:13:01 51	43:12 60	2:22:10
72	107	Meishner, Holger	Tus Holtenau Kiel	SH	63	M45 4	28:21 77	1:16:31 65	37:42 14	2:22:34
73	105	Gerlach, Thomas	Triathlon Team Buxtehud	NDS	73	M35 14	24:04 55	1:15:49 62	43:09 59	2:23:02
74	136	Dolecki, Martin	Ratzeburger SV Triathlon	SH	69	M40 11	24:37 64	1:13:41 56	45:30 67	2:23:48
75	137	Liber, Jörg	Wasserratten	SH	63	M45 5	21:43 30	1:20:28 71	41:39 46	2:23:50
76	91	Weiss, Hans	USC Kiel	SH	73	M35 15	24:14 58	1:17:27 67	42:17 53	2:23:58
77	138	Reimer, Jörg	Wasserratten	SH	68	M40 12	23:03 48	1:13:19 53	48:15 76	2:24:37
78	134	Becker, Karsten	Ratzeburger SV Triathlon	SH	81	M25 21	24:57 66	1:14:27 59	46:08 69	2:25:32
79	58	Radtke, Torben	TriAs Flensburg	SH	90	M20 12	25:13 68	1:13:36 55	47:03 71	2:25:52
80	84	Steffens, Roger	Erdinger Alkoholfrei Tea	SH	66	M40 13	25:38 71	1:15:58 63	45:15 65	2:26:51
81	111	Wellbrock, Thorsten	Tus Holtenau Kiel	SH	62	M45 6	28:34 78	1:12:46 48	46:41 70	2:28:01
82	93	Tiedeken, Jens	WSV Wolfenbüttel	NDS	68	M40 14	22:41 43	1:12:49 49	54:18 79	2:29:48
83	125	Vespermann, Nils	Triathlon Team Braunsch	NDS	84	M25 22	26:36 75	1:18:58 69	47:06 73	2:32:40
84	114	Kaben, Marcus	Tri-Sport Lübeck H	SH	70	M40 15	27:01 76	1:17:55 68	50:18 78	2:35:14
85	83	Mehlert, Jan	Erdinger Alkoholfrei Tea	SH	79	M30 11	29:08 79	1:19:48 70	47:42 75	2:36:38
86	85	Krüger, Heiko	Erdinger Alkoholfrei Tea	SH	73	M35 16	25:55 73	1:23:01 72	48:49 77	2:37:45
87	118	Brechtel, Udo	NTSV Strand 08 Triathlo	S-H	64	M45 7	25:50 72	1:32:47 73	1:06:27 80	3:05:04

**Teamwertung Regionalliga Nord**  
3. Wertungslauf Damen  
18. Güstrower Triathlon (07.08.2010)

Platz	Team	Platzziffer
1.	Hannover 96 Damen I	13
2.	Kaifu-Tri-Team Damen	20
3.	Expeditionsteam	44
4.	Triabolos Multipower activ Team	48
5.	Tri-Sport Lübeck D	56
6.	TSH Team Bergamont / Tri Team Hamburger Hochs	57
7.	TuS Holtenau Kiel D	59
8.	Triathlon Team Buxtehude Damen I	76
9.	TriDW Team Lubinus	77
10.	TriAs Flensburg	88
11.	SG TSV Bokeloh-TSV Neustadt	92
11.	Wasserratten I	92
13.	Wasserratten II	131

**Teamwertung Regionalliga Nord**  
3. Wertungslauf Herren  
18. Güstrower Triathlon (07.08.2010)

Platz	Team	Platzziffer
1.	Tri Michels Hamburg 1	36
2.	Kaifu Tri Team Hamburg	40
3.	Stader SV Team	61
4.	TSH Team Bergamont	85
5.	Hannover 96 Herren II	98
6.	Triabolos Multipower activ Team	119
7.	Team Gelting Radshop Brunner	147
8.	Ratzeburger SV Triathlon	159
8.	Triathlon Team Buxtehude Herren I	159
10.	WSV Wolfenbüttel	163
11.	USC Kiel	175
12.	Triathlon Team Braunschweig	184
13.	Tri Endurance Germany	201
14.	TriAs Flensburg	213
15.	Tri-Sport Lübeck H	223
16.	Tus Holtenau Kiel	234
17.	Wasserratten	245
18.	NTSV Strand 08 Triathlon	258
19.	Erdinger Alkoholfrei Team Gut Heil Itzehoe II	320