

LM Mitteldistanz Altersklassen 11.06.2017 Lübeck

Pl	Snr.	AK	Name		Schw	Lauf S - T1	T1	Rad	T2	nach Rad	Lauf	Zeit
Frauen												
1.	2	W30	SIEGMEIER, Nele	Tri Team Neumünster	32:34	2:30	1:44	2:15:17	1:54	2:54:00	1:56:14	4:50:15
1.	10	W45	OMMEN, Ilse	Trias Flensburg	41:02	2:59	2:47	2:17:54	1:37	3:06:21	1:58:04	5:04:25
2.	8	W45	RIBCKE, Myriam	LTV Kiel-Ost	39:09	3:08	1:41	2:30:08	1:13	3:15:20	2:00:18	5:15:38
3.	6	W45	BOHNENKAMP, Claudia	TRI EMTV Elmshorn	39:56	2:36	2:29	2:44:08	2:03	3:31:11	1:44:58	5:16:10
4.	11	W45	RATH, Anke	TSV Bargteheide Triathlon	37:00	2:52	1:46	2:48:20	1:25	3:31:24	2:07:05	5:38:30
1.	12	W50	GÜNTHER, Britt	TRI EMTV Elmshorn	30:31	2:45	1:08	2:38:18	0:55	3:13:38	2:00:29	5:14:07
2.	13	W50	BÖHM, Helga	SC Itzehoe	42:39	2:55	1:59	2:39:02	1:23	3:27:57	1:54:53	5:22:51
Männer												
1.	14	M20	KÖHN, Silas	USC Kiel	27:07	2:19	1:06	2:14:20	1:04	2:45:57	1:37:55	4:23:52
1.	23	M25	GIESEN, Alexander	Tri Sport Lübeck	29:55	2:14	0:59	2:10:21	1:07	2:44:37	1:37:51	4:22:28
2.	18	M25	JANKE, Maximilian	TriAs Flensburg e.V.	27:05	2:17	0:58	2:08:22	1:16	2:39:58	2:12:39	4:52:37
1.	32	M30	STELZNER, Jan	Tri Sport Lübeck	29:36	1:58	1:05	2:06:07	0:53	2:39:39	1:26:53	4:06:32
1.	55	M35	ZANDER, Malte	SC Itzehoe	31:30	2:16	1:52	2:13:55	1:05	2:50:39	1:24:19	4:14:59
2.	61	M35	MESSERSCHMIDT, Leif	TriVelos Flensburg	36:08	2:29	1:49	2:18:46	1:21	3:00:33	1:33:03	4:33:36
3.	60	M35	FRIEDRICHSEN, Nils	SG Wasserratten Norderstedt e.V.	31:42	2:08	1:31	2:19:19	1:11	2:55:51	1:46:21	4:42:12
1.	79	M40	REINELT, Martin	Bokelholmer SV	31:57	2:36	1:16	2:20:46	1:13	2:57:50	1:52:38	4:50:28
1.	97	M45	BIRNMEYER, Stephan	TRIAS Bad Schwartau	29:31	2:13	1:17	2:11:32	0:50	2:45:23	1:31:02	4:16:26
2.	86	M45	MEIER, Ronald	USC Kiel	32:09	2:27	1:44	2:14:33	1:11	2:52:04	1:41:48	4:33:52
3.	102	M45	HAMANN, Kay	Tri Team Neumünster	34:51	2:22	1:23	2:15:44	1:08	2:55:28	1:56:47	4:52:16
4.	100	M45	SEMMLER, Michael	Tri Sport Lübeck	39:54	2:37	1:46	2:19:17	1:43	3:05:17	1:55:22	5:00:39
5.	85	M45	RÖCKENDORF, Niels	TSV Bargteheide Triathlon	39:36	2:39	1:46	2:26:39	1:42	3:12:23	1:53:36	5:05:59
6.	83	M45	BREIDENBICHER, Daniel	SV Langwedel	36:21	2:37	2:15	2:22:09	1:56	3:05:19	2:11:40	5:16:59

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1.	116	M50	MARSCHALL, Dirk Michael	USC Kiel	36:50	2:48	2:27	2:14:19	1:47	2:58:12	1:33:22	4:31:34
2.	28	M50	SCHLÖMER, Karl-Heinz	MTV Leck	37:56	2:21	2:08	2:29:02	1:08	3:12:36	1:39:58	4:52:35
3.	107	M50	RADAU, Stefan	SC Itzehoe	34:51	2:16	1:52	2:23:38	2:08	3:04:46	1:52:48	4:57:35
4.	121	M50	JOHANNSEN, Henning	sv enge-sande	37:11	2:43	2:03	2:18:50	1:21	3:02:10	1:59:01	5:01:12
5.	119	M50	SANITZ, Tilman	TSV Bargteheide Triathlon	31:54	2:51	1:25	2:29:05	1:45	3:07:01	2:19:22	5:26:23
6.	125	M50	VON BREHM, Karsten	MTV Gelting 08	38:30	2:54	2:55	2:39:35	2:07	3:26:02	2:07:43	5:33:45
1.	126	M55	GILGEN, Jens-Uwe	MTV Leck	38:46	2:41	2:07	2:17:17	1:21	3:02:14	1:47:31	4:49:45
2.	131	M55	KÖCHER, Dietrich	SSV Güster	33:01	2:48	2:12	2:36:55	1:37	3:16:34	2:10:56	5:27:31
1.	136	M60	RIES, Rigobert	TSV Bargteheide Triathlon	42:09	3:01	2:32	2:49:47	1:51	3:39:19	2:21:49	6:01:09
1.	139	M65	MEHL, Wojciech Piotr	Tri Sport Lübeck	48:51	2:35	2:29	2:48:58	2:09	3:45:03	2:12:46	5:57:49