



## 19. Silbersee Triathlon



29. Juli 2012

### Ergebnis

#### Regionalliga-Nord Damen ( 1,5 / 40 / 10 )

#### Regionalliga-Nord Damen

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
1	123	02:14:48	Ley	Pia	1984	Triabolos Hamburg e.V.			0		0	01:33:10	1	00:41:38	2	02:14:48	1
2	122	02:15:30	Helbig	Leana	1981	Triabolos Hamburg e.V.		00:22:57	5	01:12:17	12	01:35:15	6	00:40:15	1	02:15:30	2
3	108	02:15:38	Winkler	Carla	1982	Hannover 96 Damen I		00:25:22	15	01:08:26	1	01:33:49	3	00:41:49	3	02:15:38	3
4	118	02:18:23	Weber	Dagmar	1991	Lehrter SV		00:22:47	4	01:11:59	10	01:34:46	5	00:43:36	9	02:18:23	4
5	133	02:18:53	Hahn	Tanja	1967	Triathlon Team Buxtehude Damen 1		00:21:18	1	01:12:10	11	01:33:28	2	00:45:25	18	02:18:53	5
6	114	02:19:10	Roer	Katharina	1984	KEB Tri Team Schwarme Ladies		00:23:23	6	01:13:37	18	01:37:00	13	00:42:09	6	02:19:10	6
7	106	02:19:29	Jansen	Kerstin	1972	Hannover 96 Damen I		00:26:35	27	01:09:25	2	01:36:00	8	00:43:29	8	02:19:29	7
8	121	02:20:15	Füllbrandt	Annalena	1982	Triabolos Hamburg e.V.		00:25:23	17	01:10:01	3	01:35:25	7	00:44:50	14	02:20:15	8
9	149	02:20:20	Tegtmeier	Scarlett	1991	TSV Bokeloh			0		0	01:34:23	4	00:45:56	20	02:20:20	9
10	134	02:20:59	Zielke	Uta	1971	Triathlon Team Buxtehude Damen 1		00:25:55	25	01:10:49	5	01:36:45	11	00:44:14	11	02:20:59	10
11	153	02:21:41	Hennecke	Anke	1976	TTHH		00:28:02	29	01:11:30	8	01:39:32	21	00:42:08	5	02:21:41	11
12	146	02:21:44	Ahrbecker	Clara Sophia	1994	TSV Bokeloh		00:22:46	3	01:14:32	19	01:37:18	15	00:44:25	13	02:21:44	12
13	124	02:21:46	Meyer	Juliane	1980	Triabolos Hamburg e.V.		00:25:58	26	01:10:49	6	01:36:48	12	00:44:58	16	02:21:46	13
14	147	02:22:42	Göing	Jennifer	1986	TSV Bokeloh		00:25:37	21	01:12:45	14	01:38:23	18	00:44:19	12	02:22:42	14
15	101	02:23:35	Sachtleber	Kai	1971	1. TCO Die Bärinnen			0		0	01:36:19	9	00:47:16	21	02:23:35	15

LC Hansa Stuhr Tri-Wölfe Yorckstr. 40 28201 Bremen

Telefon: Fax: 03212-13 14 214 info@silbersee-triathlon.de http://www.silbersee-triathlon.de

# Ergebnis

## Regionalliga-Nord Damen

( 1,5 / 40 / 10 )

### Regionalliga-Nord Damen

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
16	111	02:23:54	Cotterell	Maike	1973	KEB Tri Team Schwarme Ladies		00:25:31	19		0		0		0	02:23:54	16
17	100	02:24:16	Hinrichs	Britta	1967	1. TCO Die Bärinnen		00:24:29	8	01:14:54	21	01:39:24	20	00:44:52	15	02:24:16	17
18	137	02:25:44	Wittwer	Anja	1985	TriElfen Schwerin		00:28:54	31	01:13:33	17	01:42:28	30	00:43:16	7	02:25:44	18
19	152	02:25:50	Grethe	Inga	1980	TTHH		00:24:46	11	01:15:32	25	01:40:19	23	00:45:30	19	02:25:50	19
20	126	02:26:11	Günter	Kerstin	1978	TriAs Flensburg Frauen		00:24:42	10	01:12:32	13	01:37:14	14	00:48:56	29	02:26:11	20
21	105	02:26:14	Jakubowski	Kristin	1987	Hannover 96 Damen I		00:25:23	16	01:13:02	16	01:38:25	19	00:47:48	23	02:26:14	21
22	129	02:27:32	Rathsack	Bente	1979	TriAs Flensburg Frauen		00:25:15	14	01:14:38	20	01:39:53	22	00:47:39	22	02:27:32	22
23	112	02:27:49	Freiwald	Grit	1981	KEB Tri Team Schwarme Ladies		00:24:40	9	01:19:09	34	01:43:49	32	00:43:59	10	02:27:49	23
24	148	02:28:17	Rodewald	Vanessa	1991	TSV Bokeloh		00:22:13	2	01:15:21	24	01:37:34	17	00:50:42	34	02:28:17	24
25	143	02:29:48	Michel	Laura	1993	TriTeam FIKO Rostock		00:29:59	36	01:17:45	31	01:47:45	37	00:42:02	4	02:29:48	25
26	102	02:30:00	Wessels	Elke	1975	1. TCO Die Bärinnen		00:25:45	23	01:15:41	27	01:41:26	25	00:48:34	27	02:30:00	26
27	151	02:30:27	Goldberg	Monika	1973	TTHH		00:29:13	34	01:13:00	15	01:42:13	28	00:48:14	26	02:30:27	27
28	154	02:30:39	Hoyer	Daniela	1986	TTHH		00:25:12	13	01:16:19	28	01:41:32	26	00:49:07	30	02:30:39	28
29	103	02:31:06	Vossig	Tatjana	1967	1. TCO Die Bärinnen		00:25:30	18	01:11:57	9	01:37:27	16	00:53:38	37	02:31:06	29
30	119	02:31:18	Wiemer	Nadine	1984	Lehrter SV		00:25:51	24	01:17:29	30	01:43:21	31	00:47:57	24	02:31:18	30
31	128	02:31:19	Ommen	Ilse	1969	TriAs Flensburg Frauen		00:31:18	37	01:10:24	4	01:41:42	27	00:49:37	32	02:31:19	31
32	131	02:32:04	Felgentreu	Marion	1966	Triathlon Team Buxtehude Damen 1		00:25:34	20	01:15:19	23	01:40:54	24	00:51:09	35	02:32:04	32
33	136	02:32:09	Willhöft	Andrea	1972	TriElfen Schwerin		00:25:44	22	01:10:59	7	01:36:44	10	00:55:25	38	02:32:09	33
34	142	02:32:49	Høyland	Maria	1985	TriTeam FIKO Rostock		00:29:04	33	01:15:06	22	01:44:11	33	00:48:38	28	02:32:49	34
35	144	02:33:05	Roger	Jennifer	1984	TriTeam FIKO Rostock		00:24:57	12	01:17:28	29	01:42:26	29	00:50:39	33	02:33:05	35
36	141	02:35:03	Flögel	Katja	1979	TriTeam FIKO Rostock		00:27:40	28	01:18:14	33	01:45:54	35	00:49:09	31	02:35:03	36
37	132	02:35:25	Schröter	Ellen	1967	Triathlon Team Buxtehude Damen 1		00:29:03	32	01:18:08	32	01:47:11	36	00:48:13	25	02:35:25	37
38	107	02:35:44	Lamken	Maren	1979	Hannover 96 Damen I		00:28:47	30	01:21:44	35	01:50:32	39	00:45:12	17	02:35:44	38

LC Hansa Stuhr Tri-Wölfe Yorckstr. 40 28201 Bremen

Telefon: Fax: 03212-13 14 214 info@silbersee-triathlon.de http://www.silbersee-triathlon.de

# Ergebnis

---

## Regionalliga-Nord Damen ( 1,5 / 40 / 10 )

---

### Regionalliga-Nord Damen

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
39	117	02:37:44	Staats	Silke	1969	Lehrter SV		00:29:21	35	01:15:33	26	01:44:54	34	00:52:50	36	02:37:44	39
40	138	02:45:18	Pflücker	Dagmar	1972	TriElfen Schwerin		00:23:43	7	01:25:17	36	01:49:01	38	00:56:17	39	02:45:18	40

Einträge in der Liste: 40

## **Regionalliga-Nord Damen**

1	Triabolos Hamburg e.V.	<b>11</b>
2	Hannover 96 Damen I	<b>31</b>
3	TSV Bokeloh	<b>35</b>
4	KEB Tri Team Schwarme Ladies	<b>45</b>
5	Triathlon Team Buxtehude Damen 1	<b>47</b>
6	TTHH	<b>57</b>
7	1. TCO Die Bärinnen	<b>58</b>
8	Lehrter SV	<b>73</b>
8	TriAs Flensburg Frauen	<b>73</b>
10	TriElfen Schwerin	<b>91</b>
11	TriTeam FIKO Rostock	<b>94</b>
12	Tri-Sport Lübeck	<b>160</b>



## 19. Silbersee Triathlon



29. Juli 2012

### Ergebnis

#### Regionalliga-Nord Herren ( 1,5 / 40 / 10 )

#### Regionalliga-Nord Herren

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
1	92	01:57:53	Bartels	Ulf	1972	WSV 1921 Wolfenbüttel			0		0	01:22:25	4	00:35:27	3	01:57:53	1
2	10	01:58:08	Reckemeier	Nils	1994	ESV Eintracht Hameln		00:20:24	3	01:01:57	5	01:22:21	3	00:35:46	4	01:58:08	2
3	19	01:58:27	Deneke	Tilman	1978	Kaifu Tri Team			0		0	01:23:36	7	00:34:51	2	01:58:27	3
4	20	01:58:59	Kores	Robert	1986	Kaifu Tri Team		00:22:36	25	00:59:36	2	01:22:12	2	00:36:47	9	01:58:59	4
5	44	01:59:06	Körner	Sebastian	1983	Tri Team Lüneburg		00:20:50	7	01:01:47	4	01:22:38	6	00:36:28	7	01:59:06	5
6	38	01:59:36	Dicke	Benjamin	1983	Tri Michels Hamburg II		00:23:30	33	00:58:25	1	01:21:55	1	00:37:40	16	01:59:36	6
7	9	01:59:57	Grabbe	Cordt	1978	ESV Eintracht Hameln			0		0	01:23:56	8	00:36:01	5	01:59:57	7
8	85	02:01:00	Adlung	Dominic	1984	USC Kiel		00:20:52	8	01:03:19	19	01:24:11	10	00:36:48	10	02:01:00	8
9	23	02:01:10	Schuster	Jens	1970	Kaifu Tri Team		00:22:09	17	01:00:26	3	01:22:35	5	00:38:35	23	02:01:10	9
10	45	02:01:16	Pargätzi	Jonathan	1983	Tri Team Lüneburg		00:20:52	9	01:03:25	20	01:24:18	11	00:36:58	12	02:01:16	10
11	14	02:01:22	Kuhlmann	Timo	1990	Hannover 96		00:24:58	54	01:02:06	8	01:27:04	29	00:34:17	1	02:01:22	11
12	87	02:02:35	Kratzenstein	Stefan	1980	USC Kiel		00:21:08	13	01:03:16	17	01:24:24	12	00:38:11	19	02:02:35	12
13	74	02:02:45	Heinßen	Erk	1962	Triathlon Team Buxtehude Herren I			0		0	01:25:20	22	00:37:24	14	02:02:45	13
14	79	02:03:11	Kranz	Daniel	1988	TSV Bokeloh		00:19:33	1	01:04:38	29	01:24:11	9	00:39:00	31	02:03:11	14
15	11	02:03:35	Schwarz	Stefan	1979	ESV Eintracht Hameln		00:22:46	27	01:02:00	7	01:24:47	14	00:38:48	26	02:03:35	15
16	56	02:03:39	Brehm	Robert	1977	TriAs Flensburg Männer		00:22:30	24	01:02:09	9	01:24:40	13	00:38:58	30	02:03:39	16

LC Hansa Stuhr Tri-Wölfe Yorckstr. 40 28201 Bremen

Telefon: Fax: 03212-13 14 214 info@silbersee-triathlon.de http://www.silbersee-triathlon.de

# Ergebnis

## Regionalliga-Nord Herren

( 1,5 / 40 / 10 )

### Regionalliga-Nord Herren

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
17	13	02:03:42	Kiene	Sven	1989	Hannover 96		00:20:37	4	01:04:30	28	01:25:07	18	00:38:34	21	02:03:42	17
18	8	02:03:45	Getz	Richard	1993	ESV Eintracht Hameln		00:24:39	50	01:02:27	10	01:27:06	30	00:36:39	8	02:03:45	18
19	34	02:03:54	Straube	Konrad	1984	Stader SV Team		00:21:42	16	01:03:37	23	01:25:19	21	00:38:35	22	02:03:54	19
20	17	02:04:00	Wildhage	Pascal	1981	Hannover 96		00:23:10	30	01:01:57	6	01:25:07	17	00:38:53	27	02:04:00	20
21	71	02:04:17	Martens	Till	1983	Triathlon Team Braunschweig		00:23:32	34	01:04:22	27	01:27:54	34	00:36:22	6	02:04:17	21
22	81	02:04:37	Scharf	Henrik	1984	TSV Bokeloh		00:20:49	6	01:04:15	25	01:25:05	16	00:39:31	39	02:04:37	22
23	82	02:04:48	Tegtmeier	Falco	1985	TSV Bokeloh		00:20:58	11	01:04:20	26	01:25:18	19	00:39:29	38	02:04:48	23
24	94	02:04:55	Diekmann	Lars	1986	WSV 1921 Wolfenbüttel		00:21:26	14	01:03:27	21	01:24:54	15	00:40:00	41	02:04:55	24
25	1	02:05:01	Dahlmann	Matthias	1970	BKK Mobil Oil Ratzeburger SV		00:23:20	31	01:03:34	22	01:26:55	27	00:38:06	18	02:05:01	25
26	95	02:05:19	Pelz	Guido	1969	WSV 1921 Wolfenbüttel		00:22:20	22	01:02:58	14	01:25:19	20	00:39:59	40	02:05:19	26
27	50	02:05:40	Dohse	Michael	1978	Triabolas Hamburg e.V.		00:22:48	28	01:02:39	11	01:25:27	23	00:40:12	46	02:05:40	27
28	28	02:05:42	Götz	Markus	1972	LC Nordhorn		00:23:35	35	01:04:03	24	01:27:39	33	00:38:02	17	02:05:42	28
29	70	02:05:50	Schier	Sebastian	1984	Triathlon Team Braunschweig		00:22:17	21	01:03:17	18	01:25:34	24	00:40:15	48	02:05:50	29
30	61	02:05:52	Blume	Jörg	1981	TriAs Hildesheim II		00:20:46	5	01:04:55	30	01:25:42	25	00:40:10	43	02:05:52	30
31	21	02:05:55	Radke	Dirk	1968	Kaifu Tri Team		00:24:22	45	01:03:14	16	01:27:37	32	00:38:18	20	02:05:55	31
32	39	02:06:15	Houtrouw	Enno	1977	Tri Michels Hamburg II		00:20:19	2	01:06:35	41	01:26:55	28	00:39:19	35	02:06:15	32
33	31	02:07:18	Elfers	Julian	1994	Stader SV Team		00:21:32	15	01:06:42	43	01:28:14	36	00:39:03	32	02:07:18	33
34	33	02:07:36	Harner	Sebastian	1988	Stader SV Team		00:23:58	39	01:06:43	44	01:30:42	49	00:36:53	11	02:07:36	34
35	88	02:07:40	Lückert	Tobias	1974	USC Kiel		00:22:15	19	01:05:13	31	01:27:28	31	00:40:11	44	02:07:40	35
36	15	02:07:50	Rottig	Steve	1981	Hannover 96		00:25:17	59	01:03:05	15	01:28:22	37	00:39:28	36	02:07:50	36
37	27	02:07:53	Feldschnieders	Mark	1980	LC Nordhorn			0		0	01:28:55	39	00:38:57	29	02:07:53	37
38	53	02:07:59	Werner	Frederic	1980	Triabolas Hamburg e.V.		00:20:54	10	01:08:21	54	01:29:16	40	00:38:42	24	02:07:59	38
39	69	02:08:49	Marquardt	Matthias	1988	Triathlon Team Braunschweig		00:23:26	32	01:02:52	12	01:26:18	26	00:42:31	57	02:08:49	39
40	73	02:08:54	Duden	Olaf	1977	Triathlon Team Buxtehude Herren I		00:22:16	20	01:06:31	40	01:28:47	38	00:40:07	42	02:08:54	40
41	35	02:09:20	Tiedemann	Morten	1986	Stader SV Team		00:24:07	42	01:06:18	39	01:30:26	46	00:38:53	28	02:09:20	41

LC Hansa Stuhr Tri-Wölfe Yorckstr. 40 28201 Bremen

Telefon: Fax: 03212-13 14 214 info@silbersee-triathlon.de http://www.silbersee-triathlon.de

# Ergebnis

## Regionalliga-Nord Herren

( 1,5 / 40 / 10 )

### Regionalliga-Nord Herren

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
42	91	02:09:21	Alex	Sven	1991	WSV 1921 Wolfenbüttel			0		0	01:30:10	45	00:39:10	33	02:09:21	42
43	75	02:09:40	Horst	Lukas	1992	Triathlon Team Buxtehude Herren I		00:22:10	18	01:05:45	34	01:27:56	35	00:41:44	51	02:09:40	43
44	25	02:10:10	Böttick	Carsten	1977	LC Nordhorn		00:25:13	56	01:07:36	46	01:32:49	60	00:37:20	13	02:10:10	44
45	49	02:10:18	Göttsche	Sören	1985	Triabolas Hamburg e.V.		00:24:02	40	01:08:40	55	01:32:42	59	00:37:36	15	02:10:18	45
46	5	02:10:52	Becker	Karsten	1981	BKK Mobil Oil Ratzeburger SV		00:24:07	41	01:05:53	36	01:30:00	43	00:40:51	50	02:10:52	46
47	65	02:10:59	Schmidt	Hannes	1989	TriAs Hildesheim II		00:24:55	53	01:05:48	35	01:30:44	50	00:40:15	47	02:10:59	47
48	59	02:11:28	Rainer	Bodo	1964	TriAs Flensburg Männer		00:23:46	37	01:08:55	57	01:32:41	58	00:38:46	25	02:11:28	48
49	64	02:11:58	Neumann	Christian	1973	TriAs Hildesheim II		00:24:11	43	01:08:19	52	01:32:30	56	00:39:28	37	02:11:58	49
50	32	02:12:11	Scholz	Florian	1993	Stader SV Team		00:22:37	26	01:10:14	58	01:32:52	61	00:39:19	34	02:12:11	50
51	37	02:12:13	Danylow	Jesco	1988	Tri Michels Hamburg II		00:22:22	23	01:07:41	47	01:30:04	44	00:42:09	54	02:12:13	51
52	47	02:12:39	von Bresinski	Ronny	1976	Tri Team Lüneburg		00:24:33	48	01:05:59	37	01:30:33	47	00:42:05	53	02:12:39	52
53	93	02:13:30	Wallbaum	Falk	1980	WSV 1921 Wolfenbüttel		00:24:50	51	01:06:00	38	01:30:50	51	00:42:39	58	02:13:30	53
54	52	02:13:48	Völkel	Benjamin	1979	Triabolas Hamburg e.V.		00:28:43	63	01:02:55	13	01:31:38	53	00:42:10	55	02:13:48	54
55	77	02:13:58	Stein	Andreas	1970	Triathlon Team Buxtehude Herren I		00:23:55	38	01:08:03	50	01:31:58	55	00:41:59	52	02:13:58	55
56	58	02:14:52	Kurth	Damien	1984	TriAs Flensburg Männer		00:25:03	55	01:06:40	42	01:31:43	54	00:43:09	59	02:14:52	56
57	46	02:15:50	Radzinski	Julian	1991	Tri Team Lüneburg		00:24:30	47	01:05:20	32	01:29:50	42	00:45:59	66	02:15:50	57
58	89	02:15:50	Olivier	Mark	1972	USC Kiel		00:21:04	12	01:08:43	56	01:29:47	41	00:46:02	67	02:15:50	58
59	62	02:15:57	Dammann	Raphael	1972	TriAs Hildesheim II		00:23:02	29	01:07:55	48	01:30:57	52	00:44:59	65	02:15:57	59
60	26	02:16:17	de Nie	Sandy	1980	LC Nordhorn		00:24:25	46	01:08:14	51	01:32:40	57	00:43:37	62	02:16:17	60
61	22	02:16:33	Roeger	Frank	1968	Kaifu Tri Team		00:24:38	49	01:08:21	53	01:32:59	62	00:43:33	61	02:16:33	61
62	2	02:17:47	Dolecki	Martin	1969	BKK Mobil Oil Ratzeburger SV		00:24:20	44	01:11:02	59	01:35:22	64	00:42:24	56	02:17:47	62
63	68	02:18:01	Fischer	Felix	1980	Triathlon Team Braunschweig		00:26:32	61	01:07:57	49	01:34:30	63	00:43:31	60	02:18:01	63
64	40	02:18:43	Sturm	Volker	1965	Tri Michels Hamburg II		00:26:30	60	01:12:02	60	01:38:32	69	00:40:11	45	02:18:43	64
65	29	02:18:59	Wilmink	Heiner	1955	LC Nordhorn		00:30:48	64	01:07:20	45	01:38:08	68	00:40:50	49	02:18:59	65

LC Hansa Stuhr Tri-Wölfe Yorckstr. 40 28201 Bremen

Telefon: Fax: 03212-13 14 214 info@silbersee-triathlon.de http://www.silbersee-triathlon.de

# Ergebnis

---

## Regionalliga-Nord Herren ( 1,5 / 40 / 10 )

---

### Regionalliga-Nord Herren

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
66	80	02:19:41	Lindner	Mario	1978	TSV Bokeloh			0		0	01:35:55	65	00:43:46	64	02:19:41	66
67	86	02:21:38	Klein	Erik	1976	USC Kiel		00:24:55	52	01:13:05	62	01:38:00	67	00:43:37	63	02:21:38	67
68	67	02:23:25	Bähr	Christian	1987	Triathlon Team Braunschweig		00:23:45	36	01:13:04	61	01:36:50	66	00:46:34	68	02:23:25	68

Einträge in der Liste: 68



## Reginolliga Nord Herren

1	ESV Eintracht Hameln	42
2	Kaifu Tri Team	47
3	Hannover 96	84
4	WSV 1921 Wolfenbüttel 1	93
5	USC Kiel	113
6	Tri Team Lüneburg	124
7	TSV Bokeloh	125
8	Stader SV Team	127
9	Triathlon Team Buxtehude Herren I	151
10	Triathlon Team Braunschweig	152
11	Tri Michels Hamburg II	153
12	Triabolos Hamburg	164
13	LC Nordhorn I	169
14	TriAs Hildesheim II	185
15	TriAs Flensburg	198
16	BKK Mobil Oil Ratzeburger SV	211