



### 3. Einhorn-Triathlon Oyten, am 09. Juni 2019 ERGEBNIS - LISTE

#### Triathlon M - Gesamtzeiten

Ges.Pl.	Pl. M.	Pl. W.	Pl.A-Kl.	St.-Nr.	Name	Verein / Staffel	Alt-Kl.	Swim	Bike	Run	Ges.Zt.
1	1	0	1	58	Simon Heiden		M25	00:06:48.9	00:32:20.4	00:21:41.6	01:00:50.9
2	2	0	1	107	Krzysztof Smiglak		M35	00:07:57.3	00:33:24.1	00:22:39.7	01:04:01.1
3	3	0	1	101	Thomas Walther	TSV Neuenwalde	M40	00:08:11.2	00:33:57.1	00:22:23.3	01:04:31.6
4	4	0	1	124	Viktor Kimmel	Team HARZCORE	M30	00:07:47.3	00:36:02.7	00:21:50.5	01:05:40.5
5	5	0	1	125	Marcus Cords	For Brother	M45	00:08:53.4	00:36:15.8	00:21:52.2	01:07:01.4
6	6	0	1	57	Heiko Märkert	Tri Team Ummel	M55	00:08:49.7	00:34:15.8	00:25:11.4	01:08:16.9
7	7	0	2	166	Thore Günther		M30	00:10:26.6	00:36:54.0	00:21:28.0	01:08:48.6
8	8	0	1	104	Matthias Drews	Harpstedter TB Triathlon	M50	00:07:38.7	00:34:49.7	00:27:25.1	01:09:53.5
9	9	0	2	61	David Tilgner	Laufschule Lauenhagen	M45	00:08:29.2	00:34:05.5	00:27:18.9	01:09:53.6
10	10	0	3	62	Stefan Cordes		M45	00:08:38.5	00:34:30.4	00:27:22.6	01:10:31.5
11	11	0	2	100	Jens Schmidt	Die Beginner	M25	00:08:35.9	00:37:55.7	00:24:56.2	01:11:27.8
12	12	0	2	158	Alexander Heim	ESTEC Triathlon Club	M50	00:09:39.9	00:37:45.8	00:24:26.6	01:11:52.3
13	13	0	1	134	Konrad Gawel		M20	00:07:40.3	00:38:07.3	00:25:10.4	01:11:58.0
14	14	0	3	123	Dean Tavis Müller	Tri Adler Borussia Delmenhorst	M25	00:11:34.5	00:36:59.5	00:23:27.5	01:12:01.5
15	15	0	3	68	Marko Hinrichs	Tri-Sport Burhufe	M30	00:08:30.3	00:36:59.1	00:26:50.0	01:12:19.4
16	16	0	2	99	Erik Henkel		M40	00:08:25.5	00:37:20.9	00:27:02.7	01:12:49.1
17	17	0	4	1225	Kim Vlasics		M30	00:09:49.3	00:38:15.8	00:25:48.9	01:13:54.0
18	18	0	4	94	Fabian Böse	Die Beginner	M25	00:09:21.1	00:39:12.0	00:25:41.7	01:14:14.8
19	19	0	4	111	Marcel Buerschaper		M45	00:09:45.1	00:37:51.0	00:27:06.9	01:14:43.0
20	20	0	2	136	Niklas Wendt		M20	00:10:30.1	00:38:47.2	00:25:35.8	01:14:53.1
21	21	0	3	143	Lasse Pietsch	TCB	M20	00:10:28.2	00:39:23.0	00:25:03.1	01:14:54.3
22	22	0	5	160	Andreas Bertram	LG Kreis Verden	M45	00:10:08.9	00:38:57.0	00:26:11.4	01:15:17.3
23	23	0	6	114	Olaf Erich	TSV Gnarrenburg	M45	00:10:33.0	00:39:54.5	00:25:39.9	01:16:07.4
24	24	0	3	80	Bernd Adelmeyer	Team Erdinger alkoholfrei	M40	00:09:31.9	00:41:06.3	00:26:00.1	01:16:38.3
25	25	0	3	86	Volkmar Führling		M50	00:09:37.1	00:38:20.1	00:28:49.0	01:16:46.2
26	26	0	2	109	Dieter Schwarte	QSC 99 Quakenbrueck	M55	00:09:18.9	00:39:37.7	00:27:54.6	01:16:51.2
27	27	0	4	149	Rüdiger Meyer	OT Bremen	M40	00:07:25.4	00:39:26.7	00:30:19.5	01:17:11.6
28	28	0	4	89	Klaus Bödeker	TSV St. Magnus	M50	00:08:46.7	00:38:18.2	00:30:43.3	01:17:48.2
29	29	0	7	90	Sven Weihmann	Triathlon Club Bremen	M45	00:10:14.4	00:39:29.2	00:28:06.6	01:17:50.2
30	30	0	2	88	Frank Hitschke	Team FCOS	M35	00:10:16.3	00:38:11.4	00:29:24.8	01:17:52.5
31	31	0	5	63	Wulf Schwarz	Tri Team Schwarme	M50	00:08:19.1	00:37:25.0	00:32:37.7	01:18:21.8
32	32	0	6	138	Michael Kies		M50	00:10:10.1	00:40:14.3	00:28:08.2	01:18:32.6
33	33	0	7	103	Rainer Brandt	TV Lilienthal	M50	00:10:12.4	00:40:00.7	00:28:31.0	01:18:44.1
34	34	0	5	78	Fabian Sattler		M30	00:10:25.6	00:40:46.0	00:28:10.5	01:19:22.1
35	35	0	8	162	Olaf Scharpf		M50	00:10:39.1	00:38:06.7	00:30:57.4	01:19:43.2
36	36	0	1	157	Franz Walther	Leipzig RB	M60	00:09:58.2	00:39:04.4	00:30:48.6	01:19:51.2
37	37	0	1	55	Anton Bartling	TSV Schwarme	M65	00:10:53.7	00:40:18.8	00:29:08.2	01:20:20.7
38	38	0	5	126	Dirk Bakenhus	Oldenburg	M40	00:11:30.2	00:41:00.9	00:28:04.1	01:20:35.2
39	39	0	8	60	Bernd Keuten		M45	00:09:10.4	00:39:25.4	00:32:02.1	01:20:37.9
40	40	0	4	118	Hani Al Mohraji		M20	00:08:24.1	00:44:48.2	00:27:33.3	01:20:45.6
41	41	0	9	163	Ingo Moss	SC Weyhe -Triathlon-	M45	00:12:01.2	00:40:04.7	00:28:41.2	01:20:47.1
42	42	0	9	73	Franz Gensigk		M50	00:09:02.9	00:40:12.2	00:31:35.6	01:20:50.7
43	43	0	6	1222	Christian Gerken		M40	00:08:43.7	00:42:31.5	00:29:43.3	01:20:58.5
44	44	0	10	102	Marcel Jäschke		M45	00:11:37.4	00:39:40.9	00:29:41.5	01:20:59.8
45	45	0	10	154	Stephan Kusch	TUS WahnbeK	M50	00:12:28.5	00:39:36.0	00:28:57.1	01:21:01.6
46	46	0	5	156	Steven Stürenburg	RWB Essen	M20	00:07:15.6	00:42:39.9	00:31:20.9	01:21:16.4
47	47	0	6	117	Jörn Moser		M30	00:09:59.5	00:42:24.3	00:29:14.7	01:21:38.5
48	48	0	5	153	Kilian Dresbach		M25	00:10:34.0	00:42:41.1	00:28:25.4	01:21:40.5
49	49	0	7	148	Tom Mryka		M40	00:10:06.7	00:43:13.8	00:28:25.0	01:21:45.5
50	50	0	8	116	Stefan Lindstädt		M40	00:10:24.4	00:41:56.7	00:29:40.5	01:22:01.6
51	51	0	3	127	Sebastian Döring		M35	00:09:28.6	00:39:05.8	00:33:58.5	01:22:32.9
52	52	0	4	92	Sven Hinrichs	Irre Papas	M35	00:11:16.3	00:40:15.8	00:31:01.5	01:22:33.6
53	53	0	11	119	Frank Schmidt		M45	00:10:28.0	00:43:41.2	00:28:26.5	01:22:35.7
54	54	0	5	133	Steffen Krappitz		M35	00:11:29.3	00:42:18.5	00:28:57.5	01:22:45.3
55	55	0	12	155	Tom Ossinski	TSV Etelsen	M45	00:12:21.9	00:45:18.1	00:25:06.1	01:22:46.1
56	56	0	6	69	Christian Cyriacks		M35	00:11:11.5	00:40:35.0	00:31:36.1	01:23:22.6
57	57	0	7	137	Jens Ollrogge	RCB	M35	00:10:52.9	00:38:33.0	00:34:10.5	01:23:36.4
58	58	0	3	65	Ralph Krämer	SWB Runner	M55	00:11:56.7	00:44:27.7	00:27:15.8	01:23:40.2



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#### Triathlon M - Gesamtzeiten

Ges.Pl.	Pl. M.	Pl. W.	Pl.A-Kl.	St.-Nr.	Name	Verein / Staffel	Alt-Kl.	Swim	Bike	Run	Ges.Zt.
59	59	0	11	141	Claus Beninga		M50	00:12:54.7	00:40:50.4	00:29:57.9	01:23:43.0
60	60	0	9	85	Marc Tietjen		M40	00:12:10.7	00:41:50.5	00:29:48.8	01:23:50.0
61	61	0	4	95	Thomas Knode		M55	00:11:26.2	00:41:58.1	00:31:03.3	01:24:27.6
62	62	0	6	59	Jonathan Heiden		M20	00:11:17.6	00:39:52.9	00:33:33.7	01:24:44.2
63	63	0	10	159	Kevin Riedemann		M40	00:11:03.5	00:43:13.2	00:30:55.0	01:25:11.7
64	64	0	11	112	Daniel Tschochow	TV Scheeßel	M40	00:11:24.1	00:43:32.2	00:30:46.5	01:25:42.8
65	65	0	5	113	Klaus Hahn	FC. St.Pauli	M55	00:11:07.5	00:43:28.3	00:31:41.6	01:26:17.4
66	66	0	6	142	Thorsten Lewerentz		M55	00:11:59.1	00:44:13.6	00:30:26.7	01:26:39.4
67	67	0	12	97	Tom Meinke	FC St. Pauli Triathlon	M50	00:12:13.1	00:39:39.1	00:35:37.0	01:27:29.2
68	68	0	13	71	Sascha Einhorn	DreiZack Spandau	M45	00:10:20.3	00:43:08.9	00:34:10.4	01:27:39.6
69	69	0	2	56	Wolfgang Renken	TCB	M65	00:10:59.2	00:44:43.9	00:32:10.2	01:27:53.3
70	70	0	7	164	Konstantin Gaber		M20	00:12:41.8	00:46:37.9	00:29:16.6	01:28:36.3
71	71	0	13	110	Frank Rietbrock	TV Scheeßel	M50	00:11:35.6	00:40:26.1	00:36:49.3	01:28:51.0
72	72	0	12	150	Jan Meding		M40	00:11:36.6	00:47:12.2	00:30:23.2	01:29:12.0
73	73	0	14	64	Stefan Heine		M50	00:10:50.3	00:41:56.0	00:36:40.0	01:29:26.3
74	74	0	8	145	Christian Link		M20	00:13:02.3	00:46:18.2	00:30:07.2	01:29:27.7
75	75	0	15	130	Volker Herrmann		M50	00:11:48.7	00:43:42.3	00:34:29.3	01:30:00.3
76	76	0	13	152	Henrik Streso	TCB / Racebooker	M40	00:11:43.8	00:47:38.2	00:30:44.0	01:30:06.0
77	77	0	8	91	Florian Weinheimer	Die irren Papas	M35	00:13:16.9	00:45:52.4	00:31:01.2	01:30:10.5
78	78	0	7	129	Thorsten Böse		M55	00:12:16.8	00:40:47.3	00:37:12.0	01:30:16.1
79	79	0	2	98	Jürgen Kettler		M60	00:13:58.0	00:46:15.8	00:31:43.3	01:31:57.1
80	80	0	16	144	Richard Zuurbier		M50	00:12:33.3	00:48:04.4	00:32:00.8	01:32:38.5
81	81	0	17	82	Ulrich Vergin	24 Stundenlauf Fleestedt	M50	00:11:40.4	00:46:19.2	00:34:51.3	01:32:50.9
82	82	0	3	54	Hans-Dieter Nibbe		M65	00:11:10.0	00:46:09.9	00:36:17.4	01:33:37.3
83	83	0	9	93	Niclas Bischoff	Daverdener Runners	M35	00:13:28.9	00:48:01.1	00:32:09.2	01:33:39.2
84	84	0	18	67	Frank von Lehmden	FC St. Pauli Triathlon	M50	00:12:53.1	00:43:28.4	00:37:58.7	01:34:20.2
85	85	0	3	128	Uwe Tuchel	TV Bremen Walle 1875	M60	00:15:39.7	00:48:53.7	00:35:22.1	01:39:55.5
86	86	0	9	122	Hendrik Hebart		M20	00:14:43.9	00:49:20.7	00:42:06.6	01:46:11.2
87	87	0	14	75	Frank Limberg		M40	00:11:25.2	00:49:40.4	00:46:05.7	01:47:11.3
88	88	0	4	147	Jürgen Lewerentz		M60	00:12:09.3	00:52:19.2	00:45:26.2	01:49:54.7
89	89	0	15	53	Fotios Karalivanos		M40	00:17:53.9	00:52:08.9	00:40:52.9	01:50:55.7
90	90	0	1	140	Gernot Kauß	Lauftreff Ganderkese	M70	00:14:21.7	00:58:25.5	00:50:02.2	02:02:49.4