

## Kleiner Triathlon am 01.09.2019

### Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim	Bike	Run	Endzeit				
1	370	Horlbeck, Dominique	TRIRAMISU	99	M1	1	6:47	3	31:20	1	20:21	2	58:28
2	281	Kitzki, Louis	Toppenstedt	03	JM	1	8:33	10	34:26	7	20:25	3	1:03:24
3	316	Merkert, Harry	Tri Team Ummel	62	M3	1	8:36	13	33:00	3	22:02	8	1:03:38
4	318	Röhrs, Michael	TV Jahn Schneverdingen	63	M3	2	8:34	12	35:34	13	20:19	1	1:04:27
5	341	Knittler, Oliver	Scheeßel-Westeresch	72	M2	1	9:49	34	33:18	5	21:29	5	1:04:36
6	338	Wiederhold, Bertold	Ahausen	80	M2	2	10:08	38	32:05	2	22:24	14	1:04:37
7	307	Halatsch, Michael	TuS Rotenburg	68	M3	3	7:55	5	33:11	4	23:52	26	1:04:58
8	220	Winker, Felix	IGS Buchholz (Sport LK)	00	JM	2	8:04	8	34:18	6	23:01	19	1:05:23
9	204	Bleich, Tim Ole	IGS Buchholz (Sport LK)	01	JM	3	8:33	10	35:20	12	22:37	15	1:06:30
10	213	Meister, Nils	IGS Buchholz (Sport LK)	00	JM	4	9:05	24	34:39	8	22:53	18	1:06:37
11	376	Steffens, Niklas	Göttingen	94	M1	2	8:27	9	35:50	16	22:51	17	1:07:08
12	371	Corleis, Johannes	Hannover	98	M1	3	10:02	36	36:48	24	20:28	4	1:07:18
13	279	Dunker, Mathis-Fynn	Syke Steimke	03	JM	5	6:58	4	37:46	35	23:57	27	1:08:41
14	250	Reinhold, Andrea	Sittensen	68	W3	1	10:01	35	35:12	11	23:34	22	1:08:47
15	339	Precht, Olaf	Rotenburg	73	M2	3	9:46	33	36:17	20	22:47	16	1:08:50
16	320	Studt, Oliver	Flexitarier Schneverdinge	69	M3	4	10:38	48	36:33	23	21:48	6	1:08:59
17	374	Fuchs, Yannic	Magdeburg	95	M1	4	8:55	20	36:14	18	24:05	28	1:09:14
18	402	Pietzsch, Karsten	Team Wildfang	79	M2	4	9:01	21	34:57	10	25:54	46	1:09:52
19	240	Veller, Johanna	TRI LIZARDS	93	W1	1	9:09	25	36:16	19	24:45	36	1:10:10
20	303	Dierkes, Frank	Friedeburg	63	M3	5	11:05	51	37:19	30	22:03	9	1:10:27
21	201	Beecken, Fabian	IGS Buchholz (Sport LK)	00	JM	6	7:58	6	36:10	17	26:30	49	1:10:38
22	375	Jung, Juri	Aachen	95	M1	5	9:03	22	34:53	9	26:45	53	1:10:41
23	328	Junker, Uwe	Bad Fallingbostal	63	M3	6	8:37	14	37:08	27	25:22	40	1:11:07
24	215	Off, Ben	IGS Buchholz (Sport LK)	01	JM	7	11:16	57	37:51	37	22:05	10	1:11:12
25	334	Gückel, Martin	Göttingen	74	M2	5	11:30	70	36:27	22	23:27	21	1:11:24
26	254	Rosebrock, Kim Nikola	Fintel	98	W1	2	8:38	15	37:15	28	25:33	41	1:11:26
27	210	Kraus, Moritz	IGS Buchholz (Sport LK)	01	JM	8	9:15	26	38:57	45	23:25	20	1:11:37
28	284	Viebrock, Fritz	TuS Zeven	02	JM	9	8:01	7	38:28	43	25:43	43	1:12:12
29	381	Lohmann, Lukas	Schneverdingen	89	M1	6	11:01	49	39:06	47	22:06	11	1:12:13
30	283	Timm, Frederick	Bülstedt	02	JM	10	6:31	1	37:40	34	28:05	65	1:12:16
31	360	Dijks, Sebastian	Berlin	83	M2	6	9:45	32	36:17	20	26:43	51	1:12:45
32	380	Kremer, Marcel	Tostedt	89	M1	7	8:45	17	40:22	64	23:39	24	1:12:46
33	280	Glinmann, Timo	SV Hepstedt / Breddorf	02	JM	11	6:37	2	43:59	104	22:17	12	1:12:53
34	261	Burmester, Bianca	Schneverdingen	73	W2	1	9:37	30	38:51	44	24:32	34	1:13:00
35	365	von Frieling, Marco	Vahlde	82	M2	7	9:31	29	37:34	33	25:56	47	1:13:01
36	315	Lange, André	TuS Fintel	69	M3	7	11:17	59	38:20	42	23:35	23	1:13:12
37	353	Herter, Alexander	Tostedt	79	M2	8	11:02	50	38:17	40	24:09	30	1:13:28
38	277	Wilkens, Annika	Rotenburg	84	W2	2	9:20	27	39:26	49	24:47	37	1:13:33
39	366	Warnken, Jonas	Hamburg	82	M2	9	12:08	89	35:35	14	26:48	55	1:14:31
40	207	Fleischer, Lucas	IGS Buchholz (Sport LK)	01	JM	12	11:17	59	38:17	40	25:16	39	1:14:50
41	368	Blenck, Johannes	TV Jahn Schneverdingen	99	M1	8	11:58	82	40:53	71	22:00	7	1:14:51
42	322	Turau, Volker	TV Welle	57	M3	8	11:15	56	37:00	26	26:46	54	1:15:01
43	344	Bellmann, Jürgen	TuS Fintel	64	M3	9	10:16	43	37:16	29	27:46	62	1:15:18
44	372	Boger, Niklas	MTV Tostedt Handball	96	M1	9	12:21	93	40:44	70	22:21	13	1:15:26
45	314	Krause, Chris	Westeresch	61	M3	10	11:53	80	39:31	51	24:05	28	1:15:29
46	305	Frese, Thomas	Neuenkirchen	69	M3	11	11:29	68	35:40	15	28:41	73	1:15:50
47	362	Schröder, Patrick	TV Jahn Schneverdingen	83	M2	10	11:49	76	39:50	55	24:14	31	1:15:53
48	363	Slama, Michael	Hamburg	83	M2	11	10:11	41	38:08	38	27:37	59	1:15:56
49	332	Wellen, Matthias	Team Wümmetal	78	M2	12	12:24	96	37:25	32	26:22	48	1:16:11
50	378	Behrens, Sönke	Münster	93	M1	10	12:06	87	37:49	36	27:05	57	1:17:00
51	343	Hansen, Carsten	Winsen (Luhe)	71	M2	13	11:17	59	40:06	60	25:48	44	1:17:11
52	212	Maaß, Jakob	IGS Buchholz (Sport LK)	00	JM	13	12:43	105	39:59	57	24:31	33	1:17:13
53	118	Feil, René	TSV Todtglüsing	73	M2	14	10:16	43	42:38	88	24:27	32	1:17:21
54	237	Schmoe, Carlotta	Tus Klein Meckelsen	99	W1	3	11:59	84	41:44	80	23:41	25	1:17:24
55	302	Crone, Peter	Schneverdingen	66	M3	12	11:16	57	41:03	72	25:09	38	1:17:28
56	300	Bauer, Armin	Schwanewede	67	M3	13	12:44	106	37:19	30	27:39	60	1:17:42
57	209	Klostermann, Anna Lara	IGS Buchholz (Sport LK)	01	JW	1	9:20	27	39:44	53	29:38	84	1:18:42
57	248	Plesse, Claudia	SV Kirchboitzen	67	W3	2	8:53	18	42:03	84	27:46	62	1:18:42
59	252	Tödter, Elke	TV Jahn Schneverdingen	63	W3	3	12:00	85	40:31	67	26:33	50	1:19:04
60	369	Fligge, Jannik	Team Wümmetal	99	M1	11	12:52	109	39:40	52	26:43	51	1:19:15

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Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim	Bike	Run	Endzeit				
61	361	König, Johannes	Rotenburg (Wümme)	83	M2	15	11:52	79	42:52	90	24:32	34	1:19:16
62	263	Henning, Alexandra	Rotenburg	73	W2	3	11:18	62	42:18	87	25:48	44	1:19:24
62	337	Vapiano, Vilfredo	Winsen	74	M2	16	13:35	115	40:08	62	25:41	42	1:19:24
64	214	Meyer, Mika	IGS Buchholz (Sport LK)	01	JM	14	10:02	36	39:21	48	30:15	91	1:19:38
65	244	Kahrs, Andrea	SV Heppstedt / Breddorf	67	W3	4	11:25	64	41:33	77	27:01	56	1:19:59
66	312	Kees, Gerhard	TuS Brockel	63	M3	14	11:49	76	39:01	46	29:18	82	1:20:08
67	351	Brüggemann, Claas	Scheeßel	70	M2	17	11:41	73	40:23	66	28:11	67	1:20:15
68	327	Zorn, Rolf	SC Klecken	63	M3	15	11:30	70	40:07	61	29:14	81	1:20:51
69	377	Vollmers, Jan	Rotenburg (Wümme)	94	M1	12	13:03	111	40:04	59	28:03	64	1:21:10
70	335	Holste, Karsten	Lauenbrück	74	M2	18	12:25	97	39:51	56	28:56	75	1:21:12
71	239	Wahlers, Pia-Katharina	TV Stemmen	96	W1	4	9:42	31	43:24	97	28:10	66	1:21:16
72	304	Fredrich, Bernd	Lauenbrück	60	M3	16	10:08	38	38:12	39	33:14	110	1:21:34
73	262	Cordes, Nicole	SV Heppstedt / Breddorf	74	W2	4	11:07	52	41:33	77	29:03	77	1:21:43
74	364	Hauke, Hendrik	Hamburz	82	M2	19	11:58	82	39:46	54	30:21	92	1:22:05
75	348	Rieck, Andreas	Drestedt	71	M2	20	12:07	88	40:00	58	30:05	88	1:22:12
76	219	Viercke, Tim	IGS Buchholz (Sport LK)	00	JM	15	10:12	42	43:04	92	29:12	80	1:22:28
77	216	Stora, Paul	IGS Buchholz (Sport LK)	01	JM	16	12:22	94	41:56	83	28:13	69	1:22:31
78	206	Fivas, Leon	IGS Buchholz (Sport LK)	01	JM	17	12:41	102	40:09	63	29:42	85	1:22:32
79	234	Holzappel, Tabea	Magdeburg	99	W1	5	8:42	16	41:41	79	32:12	103	1:22:35
80	230	Bade, Pauline	Aachen	96	W1	6	11:12	55	44:20	106	27:23	58	1:22:55
81	317	Poludniok, Karl-Heinz	TV Scheeßel	52	M3	17	11:27	66	43:50	100	27:41	61	1:22:58
82	325	Weber, Heiko	Hollenstedt	69	M3	18	8:53	18	36:50	25	37:33	120	1:23:16
83	231	Glinzmann, Anne	SV Heppstedt / Breddorf	95	W1	7	11:26	65	41:28	76	30:28	93	1:23:22
83	232	Glinzmann, Rieke	SV Heppstedt / Breddorf	99	W1	7	11:21	63	43:48	99	28:13	69	1:23:22
85	350	Böttcher, Tim	Lauenbrück	70	M2	21	12:42	104	41:46	81	29:03	77	1:23:31
86	346	Niedernostheide, Sven	Hannover	71	M2	22	12:51	108	42:06	85	29:03	77	1:24:00
87	308	Holtermann, Dirk	Hemslingen	62	M3	19	12:01	86	41:22	75	30:43	96	1:24:06
88	235	Nicolai, Anika	Scheeßel / Westervesede	86	W1	9	10:32	47	41:21	74	32:23	106	1:24:16
89	384	Zorn, Sven	Cold Hawaii	86	M1	13	9:04	23	42:12	86	33:16	111	1:24:32
90	208	Helm, Chiara	IGS Buchholz (Sport LK)	01	JW	2	11:45	74	43:55	101	28:59	76	1:24:39
91	211	Lang, Jonathan	IGS Buchholz (Sport LK)	01	JM	18	12:23	95	43:29	98	28:49	74	1:24:41
92	242	Corleis, Katrin	TSV Bötersen	68	W3	5	11:29	68	42:44	89	30:45	97	1:24:58
93	253	Turau, Maria	VfL Jesteburg	60	W3	6	11:48	75	43:12	94	30:34	94	1:25:34
94	382	Cordes, Marcus	Rotenburg	86	M1	14	15:27	123	39:26	49	30:54	99	1:25:47
95	251	Schröder, Ulrike	SHV Wesseloh	65	W3	7	11:08	53	41:55	82	32:45	108	1:25:48
96	342	Corleis, Wilken	Schneverdingen	71	M2	23	11:57	81	45:19	111	28:34	71	1:25:50
97	247	Klipp, Ilona	Schneverdingen	63	W3	8	13:18	112	43:58	103	28:39	72	1:25:55
98	310	Hübers, Axel	Munster	67	M3	20	13:50	118	43:55	101	28:12	68	1:25:57
99	276	Weiß-Indorf, Annabelle	TSV Heidenau	83	W2	5	14:21	120	42:53	91	29:22	83	1:26:36
100	268	Koch, Manuela	Winsen	80	W2	6	12:55	110	40:22	64	33:35	113	1:26:52
101	272	Rauch, Melina	Schneverdingen	70	W2	7	13:22	113	43:16	95	30:38	95	1:27:16
102	274	Tietje, Astrid	TV Scheeßel	71	W2	8	10:28	46	46:57	116	29:54	86	1:27:19
103	217	Ufer, Theresa	IGS Buchholz (Sport LK)	01	JW	3	10:09	40	43:04	92	34:47	116	1:28:00
104	233	Hein, Verena	Rosengarten	85	W1	10	12:45	107	44:12	105	31:45	101	1:28:42
105	203	Bertram, Raymond	IGS Buchholz (Sport LK)	00	JM	19	11:30	70	47:05	118	30:10	89	1:28:45
106	333	Braun, Christian	Munster	76	M2	24	12:33	99	44:32	107	32:22	104	1:29:27
107	255	Baumann, Anja	VfL Jesteburg	69	W3	9	13:24	114	43:23	96	33:07	109	1:29:54
108	326	Winkler, Alexander	Buchholz	69	M3	21	12:36	100	44:59	109	32:32	107	1:30:07
109	241	Brunkhorst, Petra	SV Heppstedt / Breddorf	66	W3	10	12:13	91	45:36	114	32:22	104	1:30:11
110	275	Vogel, Maren	Unterstedt	79	W2	9	11:11	54	41:14	73	38:02	121	1:30:27
111	267	Knoop, Meike	SV Heppstedt / Breddorf	74	W2	10	13:38	116	45:20	113	31:52	102	1:30:50
112	282	Mattlin, Fabian	Team Wümmetal	00	JM	20	15:30	124	44:34	108	31:16	100	1:31:20
113	379	Kieslich, Patric	Rotenburg (Wümme)	92	M1	15	11:49	76	49:47	123	30:13	90	1:31:49
114	264	Herter, Nelli	Tostedt	83	W2	11	11:28	67	47:03	117	33:20	112	1:31:51
115	352	Dietsch, Markus	Hamburg	70	M2	25	13:40	117	40:39	69	39:09	123	1:33:28
116	271	Otzipka, Susanne	Team Eggi	71	W2	12	12:41	102	50:53	125	30:46	98	1:34:20
117	260	Broocks, Heidi	Reinfeld	77	W2	13	14:16	119	46:10	115	34:38	115	1:35:04
118	202	Bernhard, Adrian	IGS Buchholz (Sport LK)	01	JM	21	12:10	90	45:05	110	38:14	122	1:35:29
119	249	Preuß, Renate	Todtglüsinger Sportverein	53	W3	11	15:21	122	45:19	111	37:02	118	1:37:42
120	221	Vos, Sarah	Hollenstedt	00	JW	4	12:25	97	51:37	126	34:18	114	1:38:20

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Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim	Bike	Run	Endzeit
121	200	Barnowsky, Meret	IGS Buchholz (Sport LK)	00	JW 5	10:22 45	48:57 121	40:24 124	1:39:43
122	246	Kleinties, Caroline	Flexitarier Schneverdinge	66	W3 12	15:32 125	48:58 122	35:20 117	1:39:50
123	278	Winkler, Daniela	Buchholz	82	W2 14	12:36 100	50:46 124	37:04 119	1:40:26
124	266	Joost, Relyn	SV Heppstedt / Breddorf	79	W2 15	14:56 121	58:33 127	30:04 87	1:43:33
125	309	Homfeldt, Arne	Lauenbrück	69	M3 22	17:19 126	48:13 120	40:53 125	1:46:25
125	319	Schwarz, Markus	Lauenbrück	64	M3 22	17:20 127	48:12 119	40:53 125	1:46:25
127	401	Heinig, Volker	Rotenburg	39	M3 24	28:30 128	1:12:18 128	59:59 127	2:40:47

## Kleiner Triathlon am 01.09.2019

### Ergebnisliste - Männer

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim	Bike	Run	Endzeit				
1	370	Horlbeck, Dominique	TRIRAMISU	99	M1	1	6:47	3	31:20	1	20:21	2	58:28
2	281	Kitzki, Louis	Toppenstedt	03	JM	1	8:33	10	34:26	7	20:25	3	1:03:24
3	316	Merkert, Harry	Tri Team Ummel	62	M3	1	8:36	13	33:00	3	22:02	8	1:03:38
4	318	Röhrs, Michael	TV Jahn Schneverdingen	63	M3	2	8:34	12	35:34	12	20:19	1	1:04:27
5	341	Knittler, Oliver	Scheeßel-Westeresch	72	M2	1	9:49	26	33:18	5	21:29	5	1:04:36
6	338	Wiederhold, Bertold	Ahausen	80	M2	2	10:08	29	32:05	2	22:24	14	1:04:37
7	307	Halatsch, Michael	TuS Rotenburg	68	M3	3	7:55	5	33:11	4	23:52	24	1:04:58
8	220	Winker, Felix	IGS Buchholz (Sport LK)	00	JM	2	8:04	8	34:18	6	23:01	19	1:05:23
9	204	Bleich, Tim Ole	IGS Buchholz (Sport LK)	01	JM	3	8:33	10	35:20	11	22:37	15	1:06:30
10	213	Meister, Nils	IGS Buchholz (Sport LK)	00	JM	4	9:05	21	34:39	8	22:53	18	1:06:37
11	376	Steffens, Niklas	Göttingen	94	M1	2	8:27	9	35:50	15	22:51	17	1:07:08
12	371	Corleis, Johannes	Hannover	98	M1	3	10:02	27	36:48	22	20:28	4	1:07:18
13	279	Dunker, Mathis-Fynn	Syke Steimke	03	JM	5	6:58	4	37:46	32	23:57	25	1:08:41
14	339	Precht, Olaf	Rotenburg	73	M2	3	9:46	25	36:17	18	22:47	16	1:08:50
15	320	Studt, Oliver	Flexitarier Schneverdinge	69	M3	4	10:38	35	36:33	21	21:48	6	1:08:59
16	374	Fuchs, Yannic	Magdeburg	95	M1	4	8:55	17	36:14	17	24:05	26	1:09:14
17	402	Pietzsch, Karsten	Team Wildfang	79	M2	4	9:01	18	34:57	10	25:54	39	1:09:52
18	303	Dierkes, Frank	Friedeburg	63	M3	5	11:05	38	37:19	27	22:03	9	1:10:27
19	201	Beecken, Fabian	IGS Buchholz (Sport LK)	00	JM	6	7:58	6	36:10	16	26:30	42	1:10:38
20	375	Jung, Juri	Aachen	95	M1	5	9:03	19	34:53	9	26:45	45	1:10:41
21	328	Junker, Uwe	Bad Fallingbostel	63	M3	6	8:37	14	37:08	25	25:22	35	1:11:07
22	215	Off, Ben	IGS Buchholz (Sport LK)	01	JM	7	11:16	40	37:51	34	22:05	10	1:11:12
23	334	Gückel, Martin	Göttingen	74	M2	5	11:30	47	36:27	20	23:27	21	1:11:24
24	210	Kraus, Moritz	IGS Buchholz (Sport LK)	01	JM	8	9:15	22	38:57	41	23:25	20	1:11:37
25	284	Viebrock, Fritz	TuS Zeven	02	JM	9	8:01	7	38:28	40	25:43	37	1:12:12
26	381	Lohmann, Lukas	Schneverdingen	89	M1	6	11:01	36	39:06	43	22:06	11	1:12:13
27	283	Timm, Frederick	Bülstedt	02	JM	10	6:31	1	37:40	31	28:05	54	1:12:16
28	360	Dijks, Sebastian	Berlin	83	M2	6	9:45	24	36:17	18	26:43	43	1:12:45
29	380	Kremer, Marcel	Tostedt	89	M1	7	8:45	15	40:22	58	23:39	23	1:12:46
30	280	Glinzmann, Timo	SV Hepstedt / Breddorf	02	JM	11	6:37	2	43:59	76	22:17	12	1:12:53
31	365	von Frieling, Marco	Vahlde	82	M2	7	9:31	23	37:34	30	25:56	40	1:13:01
32	315	Lange, André	TuS Fintel	69	M3	7	11:17	42	38:20	39	23:35	22	1:13:12
33	353	Herter, Alexander	Tostedt	79	M2	8	11:02	37	38:17	37	24:09	28	1:13:28
34	366	Warnken, Jonas	Hamburg	82	M2	9	12:08	62	35:35	13	26:48	47	1:14:31
35	207	Fleischer, Lucas	IGS Buchholz (Sport LK)	01	JM	12	11:17	42	38:17	37	25:16	34	1:14:50
36	368	Blenck, Johannes	TV Jahn Schneverdingen	99	M1	8	11:58	57	40:53	63	22:00	7	1:14:51
37	322	Turau, Volker	TV Welle	57	M3	8	11:15	39	37:00	24	26:46	46	1:15:01
38	344	Bellmann, Jürgen	TuS Fintel	64	M3	9	10:16	33	37:16	26	27:46	52	1:15:18
39	372	Boger, Niklas	MTV Tostedt Handball	96	M1	9	12:21	65	40:44	62	22:21	13	1:15:26
40	314	Krause, Chris	Westeresch	61	M3	10	11:53	55	39:31	46	24:05	26	1:15:29
41	305	Frese, Thomas	Neuenkirchen	69	M3	11	11:29	46	35:40	14	28:41	59	1:15:50
42	362	Schröder, Patrick	TV Jahn Schneverdingen	83	M2	10	11:49	51	39:50	49	24:14	29	1:15:53
43	363	Slama, Michael	Hamburg	83	M2	11	10:11	31	38:08	35	27:37	49	1:15:56
44	332	Wellen, Matthias	Team Wümmetal	78	M2	12	12:24	68	37:25	29	26:22	41	1:16:11
45	378	Behrens, Sönke	Münster	93	M1	10	12:06	60	37:49	33	27:05	48	1:17:00
46	343	Hansen, Carsten	Winsen (Luhe)	71	M2	13	11:17	42	40:06	54	25:48	38	1:17:11
47	212	Maaß, Jakob	IGS Buchholz (Sport LK)	00	JM	13	12:43	74	39:59	51	24:31	31	1:17:13
48	118	Feil, René	TSV Todtglüsingern	73	M2	14	10:16	33	42:38	70	24:27	30	1:17:21
49	302	Crone, Peter	Schneverdingen	66	M3	12	11:16	40	41:03	64	25:09	33	1:17:28
50	300	Bauer, Armin	Schwanewede	67	M3	13	12:44	75	37:19	27	27:39	50	1:17:42
51	369	Fligge, Jannik	Team Wümmetal	99	M1	11	12:52	77	39:40	47	26:43	43	1:19:15
52	361	König, Johannes	Rotenburg (Wümme)	83	M2	15	11:52	54	42:52	71	24:32	32	1:19:16
53	337	Vapiano, Vilfredo	Winsen	74	M2	16	13:35	79	40:08	56	25:41	36	1:19:24
54	214	Meyer, Mika	IGS Buchholz (Sport LK)	01	JM	14	10:02	27	39:21	44	30:15	71	1:19:38
55	312	Kees, Gerhard	TuS Brockel	63	M3	14	11:49	51	39:01	42	29:18	66	1:20:08
56	351	Brüggemann, Claas	Scheeßel	70	M2	17	11:41	50	40:23	59	28:11	55	1:20:15
57	327	Zorn, Rolf	SC Klecken	63	M3	15	11:30	47	40:07	55	29:14	65	1:20:51
58	377	Vollmers, Jan	Rotenburg (Wümme)	94	M1	12	13:03	78	40:04	53	28:03	53	1:21:10
59	335	Holste, Karsten	Lauenbrück	74	M2	18	12:25	69	39:51	50	28:56	61	1:21:12
60	304	Fredrich, Bernd	Lauenbrück	60	M3	16	10:08	29	38:12	36	33:14	78	1:21:34

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### Ergebnisliste - Männer

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim	Bike	Run	Endzeit				
61	364	Hauke, Hendrik	Hamburz	82	M2	19	11:58	57	39:46	48	30:21	72	1:22:05
62	348	Rieck, Andreas	Drestedt	71	M2	20	12:07	61	40:00	52	30:05	68	1:22:12
63	219	Viercke, Tim	IGS Buchholz (Sport LK)	00	JM	15	10:12	32	43:04	72	29:12	64	1:22:28
64	216	Stora, Paul	IGS Buchholz (Sport LK)	01	JM	16	12:22	66	41:56	67	28:13	57	1:22:31
65	206	Fivas, Leon	IGS Buchholz (Sport LK)	01	JM	17	12:41	72	40:09	57	29:42	67	1:22:32
66	317	Poludniok, Karl-Heinz	TV Scheeßel	52	M3	17	11:27	45	43:50	74	27:41	51	1:22:58
67	325	Weber, Heiko	Hollenstedt	69	M3	18	8:53	16	36:50	23	37:33	80	1:23:16
68	350	Böttcher, Tim	Lauenbrück	70	M2	21	12:42	73	41:46	66	29:03	62	1:23:31
69	346	Niedernostheide, Sven	Hannover	71	M2	22	12:51	76	42:06	68	29:03	62	1:24:00
70	308	Holtermann, Dirk	Hemslingen	62	M3	19	12:01	59	41:22	65	30:43	73	1:24:06
71	384	Zorn, Sven	Cold Hawaii	86	M1	13	9:04	20	42:12	69	33:16	79	1:24:32
72	211	Lang, Jonathan	IGS Buchholz (Sport LK)	01	JM	18	12:23	67	43:29	73	28:49	60	1:24:41
73	382	Cordes, Marcus	Rotenburg	86	M1	14	15:27	82	39:26	45	30:54	74	1:25:47
74	342	Corleis, Wilken	Schneverdingen	71	M2	23	11:57	56	45:19	81	28:34	58	1:25:50
75	310	Hübers, Axel	Munster	67	M3	20	13:50	81	43:55	75	28:12	56	1:25:57
76	203	Bertram, Raymond	IGS Buchholz (Sport LK)	00	JM	19	11:30	47	47:05	82	30:10	69	1:28:45
77	333	Braun, Christian	Munster	76	M2	24	12:33	70	44:32	77	32:22	76	1:29:27
78	326	Winkler, Alexander	Buchholz	69	M3	21	12:36	71	44:59	79	32:32	77	1:30:07
79	282	Mattlin, Fabian	Team Wümmetal	00	JM	20	15:30	83	44:34	78	31:16	75	1:31:20
80	379	Kieslich, Patric	Rotenburg (Wümme)	92	M1	15	11:49	51	49:47	85	30:13	70	1:31:49
81	352	Dietsch, Markus	Hamburg	70	M2	25	13:40	80	40:39	61	39:09	82	1:33:28
82	202	Bernhard, Adrian	IGS Buchholz (Sport LK)	01	JM	21	12:10	63	45:05	80	38:14	81	1:35:29
83	309	Homfeldt, Arne	Lauenbrück	69	M3	22	17:19	84	48:13	84	40:53	83	1:46:25
83	319	Schwarz, Markus	Lauenbrück	64	M3	22	17:20	85	48:12	83	40:53	83	1:46:25
85	401	Heinig, Volker	Rotenburg	39	M3	24	28:30	86	1:12:18	86	59:59	85	2:40:47

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### Ergebnisliste - Frauen

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	250	Reinhold, Andrea	Sittensen	68	W3	1	10:01	9	35:12	1	23:34	1	1:08:47
2	240	Veller, Johanna	TRI LIZARDS	93	W1	1	9:09	4	36:16	2	24:45	4	1:10:10
3	254	Rosebrock, Kim Nikola	Fintel	98	W1	2	8:38	1	37:15	3	25:33	6	1:11:26
4	261	Burmester, Bianca	Schneverdingen	73	W2	1	9:37	7	38:51	4	24:32	3	1:13:00
5	277	Wilkens, Annika	Rotenburg	84	W2	2	9:20	5	39:26	5	24:47	5	1:13:33
6	237	Schmöe, Carlotta	Tus Klein Meckelsen	99	W1	3	11:59	26	41:44	15	23:41	2	1:17:24
7	209	Klostermann, Anna Lara	IGS Buchholz (Sport LK)	01	JW	1	9:20	5	39:44	6	29:38	18	1:18:42
7	248	Plesse, Claudia	SV Kirchboitzen	67	W3	2	8:53	3	42:03	17	27:46	11	1:18:42
9	252	Tödter, Elke	TV Jahn Schneverdingen	63	W3	3	12:00	27	40:31	8	26:33	8	1:19:04
10	263	Henning, Alexandra	Rotenburg	73	W2	3	11:18	18	42:18	18	25:48	7	1:19:24
11	244	Kahrs, Andrea	SV Heppstedt / Breddorf	67	W3	4	11:25	20	41:33	12	27:01	9	1:19:59
12	239	Wahlers, Pia-Katharina	TV Stemmen	96	W1	4	9:42	8	43:24	25	28:10	12	1:21:16
13	262	Cordes, Nicole	SV Heppstedt / Breddorf	74	W2	4	11:07	14	41:33	12	29:03	16	1:21:43
14	234	Holzappel, Tabea	Magdeburg	99	W1	5	8:42	2	41:41	14	32:12	28	1:22:35
15	230	Bade, Pauline	Aachen	96	W1	6	11:12	17	44:20	30	27:23	10	1:22:55
16	231	Glinzmann, Anne	SV Heppstedt / Breddorf	95	W1	7	11:26	21	41:28	11	30:28	21	1:23:22
16	232	Glinzmann, Rieke	SV Heppstedt / Breddorf	99	W1	7	11:21	19	43:48	26	28:13	13	1:23:22
18	235	Nicolai, Anika	Scheeßel / Westervesede	86	W1	9	10:32	13	41:21	10	32:23	30	1:24:16
19	208	Helm, Chiara	IGS Buchholz (Sport LK)	01	JW	2	11:45	24	43:55	27	28:59	15	1:24:39
20	242	Corleis, Katrin	TSV Böttersen	68	W3	5	11:29	23	42:44	19	30:45	24	1:24:58
21	253	Turau, Maria	VfL Jesteburg	60	W3	6	11:48	25	43:12	22	30:34	22	1:25:34
22	251	Schröder, Ulrike	SHV Wesseloh	65	W3	7	11:08	15	41:55	16	32:45	31	1:25:48
23	247	Klipp, Ilona	Schneverdingen	63	W3	8	13:18	34	43:58	28	28:39	14	1:25:55
24	276	Weiß-Indorf, Annabelle	TSV Heidenau	83	W2	5	14:21	39	42:53	20	29:22	17	1:26:36
25	268	Koch, Manuela	Winsen	80	W2	6	12:55	33	40:22	7	33:35	34	1:26:52
26	272	Rauch, Melina	Schneverdingen	70	W2	7	13:22	35	43:16	23	30:38	23	1:27:16
27	274	Tietje, Astrid	TV Scheeßel	71	W2	8	10:28	12	46:57	35	29:54	19	1:27:19
28	217	Ufer, Theresa	IGS Buchholz (Sport LK)	01	JW	3	10:09	10	43:04	21	34:47	37	1:28:00
29	233	Hein, Verena	Rosengarten	85	W1	10	12:45	32	44:12	29	31:45	26	1:28:42
30	255	Baumann, Anja	VfL Jesteburg	69	W3	9	13:24	36	43:23	24	33:07	32	1:29:54
31	241	Brunkhorst, Petra	SV Heppstedt / Breddorf	66	W3	10	12:13	28	45:36	33	32:22	29	1:30:11
32	275	Vogel, Maren	Unterstedt	79	W2	9	11:11	16	41:14	9	38:02	41	1:30:27
33	267	Knoop, Meike	SV Heppstedt / Breddorf	74	W2	10	13:38	37	45:20	32	31:52	27	1:30:50
34	264	Herter, Nelli	Tostedt	83	W2	11	11:28	22	47:03	36	33:20	33	1:31:51
35	271	Otzipka, Susanne	Team Eggi	71	W2	12	12:41	31	50:53	40	30:46	25	1:34:20
36	260	Broocks, Heidi	Reinfeld	77	W2	13	14:16	38	46:10	34	34:38	36	1:35:04
37	249	Preuß, Renate	Todtglüsinger Sportverein	53	W3	11	15:21	41	45:19	31	37:02	39	1:37:42
38	221	Vos, Sarah	Hollenstedt	00	JW	4	12:25	29	51:37	41	34:18	35	1:38:20
39	200	Barnowsky, Meret	IGS Buchholz (Sport LK)	00	JW	5	10:22	11	48:57	37	40:24	42	1:39:43
40	246	Kleinties, Caroline	Flexitarier Schneverdinge	66	W3	12	15:32	42	48:58	38	35:20	38	1:39:50
41	278	Winkler, Daniela	Buchholz	82	W2	14	12:36	30	50:46	39	37:04	40	1:40:26
42	266	Joost, Relyn	SV Heppstedt / Breddorf	79	W2	15	14:56	40	58:33	42	30:04	20	1:43:33

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### Ergebnisliste - JM

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	281	Kitzki, Louis	Toppenstedt	03	JM	1	8:33	7	34:26	2	20:25	1	1:03:24
2	220	Winker, Felix	IGS Buchholz (Sport LK)	00	JM	2	8:04	6	34:18	1	23:01	6	1:05:23
3	204	Bleich, Tim Ole	IGS Buchholz (Sport LK)	01	JM	3	8:33	7	35:20	4	22:37	4	1:06:30
4	213	Meister, Nils	IGS Buchholz (Sport LK)	00	JM	4	9:05	9	34:39	3	22:53	5	1:06:37
5	279	Dunker, Mathis-Fynn	Syke Steinke	03	JM	5	6:58	3	37:46	7	23:57	8	1:08:41
6	201	Beecken, Fabian	IGS Buchholz (Sport LK)	00	JM	6	7:58	4	36:10	5	26:30	12	1:10:38
7	215	Off, Ben	IGS Buchholz (Sport LK)	01	JM	7	11:16	13	37:51	8	22:05	2	1:11:12
8	210	Kraus, Moritz	IGS Buchholz (Sport LK)	01	JM	8	9:15	10	38:57	11	23:25	7	1:11:37
9	284	Viebrock, Fritz	TuS Zeven	02	JM	9	8:01	5	38:28	10	25:43	11	1:12:12
10	283	Timm, Frederick	Bülstedt	02	JM	10	6:31	1	37:40	6	28:05	13	1:12:16
11	280	Glinzmann, Timo	SV Hepstedt / Breddorf	02	JM	11	6:37	2	43:59	19	22:17	3	1:12:53
12	207	Fleischer, Lucas	IGS Buchholz (Sport LK)	01	JM	12	11:17	14	38:17	9	25:16	10	1:14:50
13	212	Maaß, Jakob	IGS Buchholz (Sport LK)	00	JM	13	12:43	21	39:59	13	24:31	9	1:17:13
14	214	Meyer, Mika	IGS Buchholz (Sport LK)	01	JM	14	10:02	11	39:21	12	30:15	19	1:19:38
15	219	Viercke, Tim	IGS Buchholz (Sport LK)	00	JM	15	10:12	12	43:04	17	29:12	16	1:22:28
16	216	Stora, Paul	IGS Buchholz (Sport LK)	01	JM	16	12:22	18	41:56	16	28:13	14	1:22:31
17	206	Fivas, Leon	IGS Buchholz (Sport LK)	01	JM	17	12:41	20	40:09	14	29:42	17	1:22:32
18	211	Lang, Jonathan	IGS Buchholz (Sport LK)	01	JM	18	12:23	19	43:29	18	28:49	15	1:24:41
19	203	Bertram, Raymond	IGS Buchholz (Sport LK)	00	JM	19	11:30	15	47:05	22	30:10	18	1:28:45
20	282	Mattlin, Fabian	Team Wümmetal	00	JM	20	15:30	22	44:34	20	31:16	20	1:31:20
21	202	Bernhard, Adrian	IGS Buchholz (Sport LK)	01	JM	21	12:10	16	45:05	21	38:14	21	1:35:29

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### Ergebnisliste - M1

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	370	Horlbeck, Dominique	TRIRAMISU	99	M1	1	6:47	1	31:20	1	20:21	1	58:28
2	376	Steffens, Niklas	Göttingen	94	M1	2	8:27	2	35:50	3	22:51	6	1:07:08
3	371	Corleis, Johannes	Hannover	98	M1	3	10:02	7	36:48	5	20:28	2	1:07:18
4	374	Fuchs, Yannic	Magdeburg	95	M1	4	8:55	4	36:14	4	24:05	8	1:09:14
5	375	Jung, Juri	Aachen	95	M1	5	9:03	5	34:53	2	26:45	10	1:10:41
6	381	Lohmann, Lukas	Schneverdingen	89	M1	6	11:01	8	39:06	7	22:06	4	1:12:13
7	380	Kremer, Marcel	Tostedt	89	M1	7	8:45	3	40:22	11	23:39	7	1:12:46
8	368	Blenck, Johannes	TV Jahn Schneverdingen	99	M1	8	11:58	10	40:53	13	22:00	3	1:14:51
9	372	Boger, Niklas	MTV Tostedt Handball	96	M1	9	12:21	12	40:44	12	22:21	5	1:15:26
10	378	Behrens, Sönke	Münster	93	M1	10	12:06	11	37:49	6	27:05	11	1:17:00
11	369	Fligge, Jannik	Team Wümmetal	99	M1	11	12:52	13	39:40	9	26:43	9	1:19:15
12	377	Vollmers, Jan	Rotenburg (Wümme)	94	M1	12	13:03	14	40:04	10	28:03	12	1:21:10
13	384	Zorn, Sven	Cold Hawaii	86	M1	13	9:04	6	42:12	14	33:16	15	1:24:32
14	382	Cordes, Marcus	Rotenburg	86	M1	14	15:27	15	39:26	8	30:54	14	1:25:47
15	379	Kieslich, Patric	Rotenburg (Wümme)	92	M1	15	11:49	9	49:47	15	30:13	13	1:31:49



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### Ergebnisliste - M2

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	341	Knittler, Oliver	Scheeßel-Westeresch	72	M2	1	9:49	5	33:18	2	21:29	1	1:04:36
2	338	Wiederhold, Bertold	Ahausen	80	M2	2	10:08	6	32:05	1	22:24	2	1:04:37
3	339	Precht, Olaf	Rotenburg	73	M2	3	9:46	4	36:17	5	22:47	3	1:08:50
4	402	Pietzsch, Karsten	Team Wildfang	79	M2	4	9:01	1	34:57	3	25:54	11	1:09:52
5	334	Gückel, Martin	Göttingen	74	M2	5	11:30	11	36:27	7	23:27	4	1:11:24
6	360	Dijks, Sebastian	Berlin	83	M2	6	9:45	3	36:17	5	26:43	14	1:12:45
7	365	von Frieling, Marco	Vahlde	82	M2	7	9:31	2	37:34	9	25:56	12	1:13:01
8	353	Herter, Alexander	Tostedt	79	M2	8	11:02	9	38:17	11	24:09	5	1:13:28
9	366	Warnken, Jonas	Hamburg	82	M2	9	12:08	18	35:35	4	26:48	15	1:14:31
10	362	Schröder, Patrick	TV Jahn Schneverdingen	83	M2	10	11:49	13	39:50	13	24:14	6	1:15:53
11	363	Slama, Michael	Hamburg	83	M2	11	10:11	7	38:08	10	27:37	16	1:15:56
12	332	Wellen, Matthias	Team Wümmetal	78	M2	12	12:24	19	37:25	8	26:22	13	1:16:11
13	343	Hansen, Carsten	Winsen (Luhe)	71	M2	13	11:17	10	40:06	16	25:48	10	1:17:11
14	118	Feil, René	TSV Todtglüsing	73	M2	14	10:16	8	42:38	22	24:27	7	1:17:21
15	361	König, Johannes	Rotenburg (Wümme)	83	M2	15	11:52	14	42:52	23	24:32	8	1:19:16
16	337	Vapiano, Vilfredo	Winsen	74	M2	16	13:35	24	40:08	17	25:41	9	1:19:24
17	351	Brüggemann, Claas	Scheeßel	70	M2	17	11:41	12	40:23	18	28:11	17	1:20:15
18	335	Holste, Karsten	Lauenbrück	74	M2	18	12:25	20	39:51	14	28:56	19	1:21:12
19	364	Hauke, Hendrik	Hamburz	82	M2	19	11:58	16	39:46	12	30:21	23	1:22:05
20	348	Rieck, Andreas	Drestedt	71	M2	20	12:07	17	40:00	15	30:05	22	1:22:12
21	350	Böttcher, Tim	Lauenbrück	70	M2	21	12:42	22	41:46	20	29:03	20	1:23:31
22	346	Niedernostheide, Sven	Hannover	71	M2	22	12:51	23	42:06	21	29:03	20	1:24:00
23	342	Corleis, Wilken	Schneverdingen	71	M2	23	11:57	15	45:19	25	28:34	18	1:25:50
24	333	Braun, Christian	Munster	76	M2	24	12:33	21	44:32	24	32:22	24	1:29:27
25	352	Dietsch, Markus	Hamburg	70	M2	25	13:40	25	40:39	19	39:09	25	1:33:28

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### Ergebnisliste - M3

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	316	Merkert, Harry	Tri Team Ummel	62	M3	1	8:36	3	33:00	1	22:02	3	1:03:38
2	318	Röhrs, Michael	TV Jahn Schneverdingen	63	M3	2	8:34	2	35:34	3	20:19	1	1:04:27
3	307	Halatsch, Michael	TuS Rotenburg	68	M3	3	7:55	1	33:11	2	23:52	6	1:04:58
4	320	Studt, Oliver	Flexitarier Schneverdinge	69	M3	4	10:38	8	36:33	5	21:48	2	1:08:59
5	303	Dierkes, Frank	Friedeburg	63	M3	5	11:05	9	37:19	10	22:03	4	1:10:27
6	328	Junker, Uwe	Bad Fallingbostel	63	M3	6	8:37	4	37:08	8	25:22	9	1:11:07
7	315	Lange, André	TuS Fintel	69	M3	7	11:17	12	38:20	13	23:35	5	1:13:12
8	322	Turau, Volker	TV Welle	57	M3	8	11:15	10	37:00	7	26:46	10	1:15:01
9	344	Bellmann, Jürgen	TuS Fintel	64	M3	9	10:16	7	37:16	9	27:46	13	1:15:18
10	314	Krause, Chris	Westeresch	61	M3	10	11:53	17	39:31	15	24:05	7	1:15:29
11	305	Frese, Thomas	Neuenkirchen	69	M3	11	11:29	14	35:40	4	28:41	15	1:15:50
12	302	Crone, Peter	Schneverdingen	66	M3	12	11:16	11	41:03	17	25:09	8	1:17:28
13	300	Bauer, Armin	Schwanewede	67	M3	13	12:44	20	37:19	10	27:39	11	1:17:42
14	312	Kees, Gerhard	TuS Brockel	63	M3	14	11:49	16	39:01	14	29:18	17	1:20:08
15	327	Zorn, Rolf	SC Klecken	63	M3	15	11:30	15	40:07	16	29:14	16	1:20:51
16	304	Fredrich, Bernd	Lauenbrück	60	M3	16	10:08	6	38:12	12	33:14	20	1:21:34
17	317	Poludniok, Karl-Heinz	TV Scheeßel	52	M3	17	11:27	13	43:50	19	27:41	12	1:22:58
18	325	Weber, Heiko	Hollenstedt	69	M3	18	8:53	5	36:50	6	37:33	21	1:23:16
19	308	Holtermann, Dirk	Hemslingen	62	M3	19	12:01	18	41:22	18	30:43	18	1:24:06
20	310	Hübers, Axel	Munster	67	M3	20	13:50	21	43:55	20	28:12	14	1:25:57
21	326	Winkler, Alexander	Buchholz	69	M3	21	12:36	19	44:59	21	32:32	19	1:30:07
22	309	Homfeldt, Arne	Lauenbrück	69	M3	22	17:19	22	48:13	23	40:53	22	1:46:25
22	319	Schwarz, Markus	Lauenbrück	64	M3	22	17:20	23	48:12	22	40:53	22	1:46:25
24	401	Heinig, Volker	Rotenburg	39	M3	24	28:30	24	1:12:18	24	59:59	24	2:40:47

## Kleiner Triathlon am 01.09.2019

### Ergebnisliste - JW

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	209	Klostermann, Anna Lara	IGS Buchholz (Sport LK)	01	JW	1	9:20	1	39:44	1	29:38	2	1:18:42
2	208	Helm, Chiara	IGS Buchholz (Sport LK)	01	JW	2	11:45	4	43:55	3	28:59	1	1:24:39
3	217	Ufer, Theresa	IGS Buchholz (Sport LK)	01	JW	3	10:09	2	43:04	2	34:47	4	1:28:00
4	221	Vos, Sarah	Hollenstedt	00	JW	4	12:25	5	51:37	5	34:18	3	1:38:20
5	200	Barnowsky, Meret	IGS Buchholz (Sport LK)	00	JW	5	10:22	3	48:57	4	40:24	5	1:39:43

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### Ergebnisliste - W1

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	240	Veller, Johanna	TRI LIZARDS	93	W1	1	9:09	3	36:16	1	24:45	2	1:10:10
2	254	Rosebrock, Kim Nikola	Fintel	98	W1	2	8:38	1	37:15	2	25:33	3	1:11:26
3	237	Schmöe, Carlotta	Tus Klein Meckelsen	99	W1	3	11:59	9	41:44	6	23:41	1	1:17:24
4	239	Wahlers, Pia-Katharina	TV Stemmen	96	W1	4	9:42	4	43:24	7	28:10	5	1:21:16
5	234	Holzapfel, Tabea	Magdeburg	99	W1	5	8:42	2	41:41	5	32:12	9	1:22:35
6	230	Bade, Pauline	Aachen	96	W1	6	11:12	6	44:20	10	27:23	4	1:22:55
7	231	Glinsmann, Anne	SV Heppstedt / Breddorf	95	W1	7	11:26	8	41:28	4	30:28	7	1:23:22
7	232	Glinsmann, Rieke	SV Heppstedt / Breddorf	99	W1	7	11:21	7	43:48	8	28:13	6	1:23:22
9	235	Nicolai, Anika	Scheeßel / Westervesede	86	W1	9	10:32	5	41:21	3	32:23	10	1:24:16
10	233	Hein, Verena	Rosengarten	85	W1	10	12:45	10	44:12	9	31:45	8	1:28:42

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### Ergebnisliste - W2

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	261	Burmester, Bianca	Schneverdingen	73	W2	1	9:37	2	38:51	1	24:32	1	1:13:00
2	277	Wilkens, Annika	Rotenburg	84	W2	2	9:20	1	39:26	2	24:47	2	1:13:33
3	263	Henning, Alexandra	Rotenburg	73	W2	3	11:18	6	42:18	6	25:48	3	1:19:24
4	262	Cordes, Nicole	SV Heppstedt / Breddorf	74	W2	4	11:07	4	41:33	5	29:03	4	1:21:43
5	276	Weiß-Indorf, Annabelle	TSV Heidenau	83	W2	5	14:21	14	42:53	7	29:22	5	1:26:36
6	268	Koch, Manuela	Winsen	80	W2	6	12:55	10	40:22	3	33:35	12	1:26:52
7	272	Rauch, Melina	Schneverdingen	70	W2	7	13:22	11	43:16	8	30:38	8	1:27:16
8	274	Tietje, Astrid	TV Scheeßel	71	W2	8	10:28	3	46:57	11	29:54	6	1:27:19
9	275	Vogel, Maren	Unterstedt	79	W2	9	11:11	5	41:14	4	38:02	15	1:30:27
10	267	Knoop, Meike	SV Heppstedt / Breddorf	74	W2	10	13:38	12	45:20	9	31:52	10	1:30:50
11	264	Herter, Nelli	Tostedt	83	W2	11	11:28	7	47:03	12	33:20	11	1:31:51
12	271	Otzipka, Susanne	Team Eggi	71	W2	12	12:41	9	50:53	14	30:46	9	1:34:20
13	260	Broocks, Heidi	Reinfeld	77	W2	13	14:16	13	46:10	10	34:38	13	1:35:04
14	278	Winkler, Daniela	Buchholz	82	W2	14	12:36	8	50:46	13	37:04	14	1:40:26
15	266	Joost, Relyn	SV Heppstedt / Breddorf	79	W2	15	14:56	15	58:33	15	30:04	7	1:43:33

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### Ergebnisliste - W3

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Ak	Swim		Bike		Run		Endzeit	
1	250	Reinhold, Andrea	Sittensen	68	W3	1	10:01	2	35:12	1	23:34	1	1:08:47
2	248	Plesse, Claudia	SV Kirchboitzen	67	W3	2	8:53	1	42:03	5	27:46	4	1:18:42
3	252	Tödter, Elke	TV Jahn Schneverdingen	63	W3	3	12:00	7	40:31	2	26:33	2	1:19:04
4	244	Kahrs, Andrea	SV Heppstedt / Breddorf	67	W3	4	11:25	4	41:33	3	27:01	3	1:19:59
5	242	Corleis, Katrin	TSV Böttersen	68	W3	5	11:29	5	42:44	6	30:45	7	1:24:58
6	253	Turau, Maria	VfL Jesteburg	60	W3	6	11:48	6	43:12	7	30:34	6	1:25:34
7	251	Schröder, Ulrike	SHV Wesseloh	65	W3	7	11:08	3	41:55	4	32:45	9	1:25:48
8	247	Klipp, Ilona	Schneverdingen	63	W3	8	13:18	9	43:58	9	28:39	5	1:25:55
9	255	Baumann, Anja	VfL Jesteburg	69	W3	9	13:24	10	43:23	8	33:07	10	1:29:54
10	241	Brunkhorst, Petra	SV Heppstedt / Breddorf	66	W3	10	12:13	8	45:36	11	32:22	8	1:30:11
11	249	Preuß, Renate	Todtglüsinger Sportverein	53	W3	11	15:21	11	45:19	10	37:02	12	1:37:42
12	246	Kleinties, Caroline	Flexitarier Schneverdinge	66	W3	12	15:32	12	48:58	12	35:20	11	1:39:50