

Cross-Duathlon "Light" 2,5-8-2,5 km am 18.03.2007

Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	Run1		Bike		Run2		Endzeit
1	105	Coenen, Clemens	Korda Running Team	80	HM 1	9:18	1	20:24	1	10:35	1	40:17
2	108	Schaal, Jörg-Christoph	TSVE 1890 Bielefeld	72	HM 2	9:57	2	21:44	2	11:29	2	43:10
3	104	Lambracht, Jens	RC Sprintax Bielefeld	67	SM 1	10:39	3	22:16	3	12:20	5	45:15
4	100	Diekjürgen, Werner	1. Tri Team GTV Güterslo	62	SM 2	11:28	5	24:40	5	12:00	3	48:08
5	103	Lambracht, Bettina	RC Sprintax Bielefeld	82	HW 1	11:31	6	24:16	4	12:32	6	48:19
6	101	Klein, Wolfgang	1. Tri Club Paderborn	67	SM 3	10:48	4	26:14	6	12:18	4	49:20
7	102	Körner, Roland	LC-92 Bad Salzuflen	52	SM 4	13:07	9	29:28	7	14:28	7	57:03
8	106	Fechtig, Stefen	Lichtenau	74	HM 3	13:05	7	32:04	8	16:11	8	1:01:20
8	107	Kleine, Arne	kein	79	HM 3	13:05	7	32:04	8	16:11	8	1:01:20

Cross-Duathlon "Strong" 5-16-5 km am 18.03.2007

Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	Run1		Bike		Run2		Endzeit	
1	24	Strothmann, Jörn	LC Solbad Ravensberg	73	HM	1	18:19	1	40:19	3	19:37	1	1:18:15
2	12	Müller, Dietmar	RC Endspurt Herford	72	HM	2	19:38	2	39:15	1	21:19	2	1:20:12
3	25	Wilms, Lukas	LC Solbad Ravensberg	84	HM	3	19:56	3	40:04	2	22:26	6	1:22:26
4	18	Wolff, Andi	TV Lemgo	67	SM	1	20:20	4	43:55	4	21:22	3	1:25:37
5	3	Cierpinski, Hartmut	LC-92 Bad Salzuflen	56	SM	2	21:11	7	46:39	7	21:57	5	1:29:47
6	19	Krause, Manfred	TSVE 1890 Bielefeld	62	SM	3	20:36	5	47:41	9	21:46	4	1:30:03
7	7	Güth, Alexander	1. Tri Team GTV Güterslo	90	JM	1	21:51	9	45:25	5	23:22	7	1:30:38
8	14	Quest-Altrogge, Katjana	Krefelder Kanu Klub	64	SW	1	21:45	8	46:34	6	23:23	8	1:31:42
9	23	Schwarze, Oliver	TV Lemgo	80	HM	4	20:58	6	48:42	12	23:30	9	1:33:10
10	22	Schweppe, Lars	TV Lemgo	67	SM	4	21:53	10	47:01	8	25:01	12	1:33:55
11	20	Boguschewski, Frank	TV Lemgo	80	HM	5	23:14	11	49:15	13	24:26	10	1:36:55
12	5	Gittner, Ludger	Oelde	62	SM	5	24:30	14	47:59	10	24:45	11	1:37:14
13	17	Strauch, Heinz	SV Teuto Riesenbeck	57	SM	6	23:49	12	49:30	14	26:21	13	1:39:40
14	8	Hollensteiner, Katja	RC Endspurt Herford	77	HW	1	24:42	15	48:30	11	29:09	15	1:42:21
15	21	Beinke, Thorsten	kein	80	HM	6	24:22	13	51:55	15	29:17	16	1:45:34
16	16	Sieger, Claudia	1. Tri Team GTV Güterslo	61	SW	2	25:25	16	59:07	18	28:07	14	1:52:39
17	1	Becker, Stefan	Mikes Sport Shop	62	SM	7	26:44	17	57:30	17	30:13	17	1:54:27
18	13	Pooth, Hermann	Detmold	52	SM	8	28:11	18	56:59	16	30:46	18	1:55:56