

Cross-Duathlon "Light" 2,5-8-2,5 km am 09.03.2008

Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	Run1		Bike		Run2		Endzeit	
1	124	Güth, Alexander	1.Tri-Team Gütersloh GT	90	JM	1	9:53	2	19:47	3	10:38	1	40:18
2	118	Hanke, Jan	SV Ahle	91	JM	2	9:45	1	19:57	4	11:21	2	41:03
3	119	Schwepe, Lars	TV Lemgo	67	SM	1	10:03	3	21:11	6	11:43	5	42:57
4	117	Mai, Jannick	TV Lemgo	90	JM	3	10:46	5	20:45	5	11:30	3	43:01
5	123	Müller, Phillip	RC Endspurt Herford	91	JM	4	10:55	8	18:53	1	13:14	11	43:02
6	120	Müller, Steffen	RC Endspurt Herford	93	JM	5	10:58	9	19:00	2	13:35	12	43:33
7	113	Liening, Benjamin	TV Calle	80	HM	1	10:27	4	23:16	9	11:50	6	45:33
8	110	Klein, Wolfgang	Tri-Sport-Team Verl	63	SM	2	10:49	6	23:12	8	11:41	4	45:42
9	125	Diekjürgen, Werner	1.Tri-Team Gütersloh	61	SM	3	11:40	11	22:23	7	12:08	7	46:11
10	116	Mai, Julian	TV Lemgo	92	JM	6	11:06	10	23:28	10	13:13	8	47:47
11	127	Gredner, Frank	Aquarius Löhne	68	SM	4	11:47	12	24:03	11	13:40	13	49:30
12	114	Reimann, Aurica	ASG Teutoburger Wald	90	JW	1	10:52	7	27:00	13	13:13	8	51:05
13	115	Reimann, Matthias	ASG Teutoburger Wald	62	SM	5	11:59	14	25:55	12	13:13	8	51:07
14	126	Linnemann, Michael	Lemgo	63	SM	6	11:49	13	28:50	14	15:07	14	55:46
15	272	Stoll, Kathrin		71	HW	1	16:32	15	35:19	15	17:32	15	1:09:23

Cross-Duathlon "Strong" 5-16-5 km am 09.03.2008

Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	Run1		Bike		Run2		Endzeit	
1	279	Heinrichs, Daniel	TV Lemgo	88	HM	1	17:44	2	35:39	2	19:00	1	1:12:23
2	285	Kropp, Ralf	Entspurt-OWL	62	SM	1	18:10	3	35:19	1	19:29	3	1:12:58
3	270	Manske, Felix	TV Lemgo	84	HM	2	17:41	1	35:54	3	19:40	5	1:13:15
4	265	Limberg, Tobias	LC Solbad Ravensberg	79	HM	3	18:35	4	37:46	6	20:06	7	1:16:27
5	250	Bode, Matthias	KSV Baunatal	85	HM	4	19:38	9	36:24	4	21:50	10	1:17:52
6	268	Diekmann, Sebastian	SC Melle 03	78	HM	5	19:09	5	38:18	7	20:31	8	1:17:58
7	278	Müller, Dietmar	RC Entspurt Herford	65	SM	2	20:16	14	37:06	5	21:37	9	1:18:59
8	255	Siepmann, Stefan	Bike-Sport-Lippe	74	HM	6	19:32	7	39:53	11	19:39	4	1:19:04
9	269	Wolff, Andi	TV Lemgo	67	SM	3	19:51	11	40:05	12	19:41	6	1:19:37
10	276	Pohl, Daniel	Detmold	79	HM	7	19:17	6	39:20	9	22:42	15	1:21:19
11	257	Ebert, Heiko	TSVE 1890 Bielefeld	69	HM	8	20:11	13	39:27	10	22:30	14	1:22:08
12	259	Lambracht, Jens	TV Lemgo	67	SM	4	20:39	15	44:16	24	19:08	2	1:24:03
13	288	Schlüter, Gerhard	Tri-Sport-Team Verl	58	SM	5	19:42	10	42:30	17	22:18	12	1:24:30
14	284	Cierpinski, Hartmut	LC -92 Bad Salzuflen	58	SM	6	21:26	20	41:21	13	21:51	11	1:24:38
15	266	Wilms, Lukas	LC Solbad Ravensberg	84	HM	9	19:35	8	38:29	8	26:57	23	1:25:01
16	254	Lubjuhn, Stefan	VFL 08 Repelen	63	SM	7	20:53	16	43:35	21	22:26	13	1:26:54
17	260	Quest-Altrogge, Katjana	Krefelder Kanu Klub	64	SW	1	21:42	21	42:06	15	24:00	18	1:27:48
18	251	Fuchs, Christian	Triathlon-Team-Witten	73	HM	10	21:11	18	43:29	20	24:11	19	1:28:51
19	286	Brandt, Martin	LG Oerlinghausen	63	SM	8	22:44	24	43:16	19	23:28	17	1:29:28
20	275	Demuth, Kai	LC Solbad Ravensberg	78	HM	11	20:56	17	44:44	25	24:16	20	1:29:56
21	283	Ermshausen, Jörg	LC Solbad Ravensberg	63	SM	9	22:30	23	44:11	23	23:18	16	1:29:59
22	287	Hinz, Edmund	PRODIAC-Sicherheit	68	SM	10	22:19	22	42:55	18	25:16	22	1:30:30
23	277	Bracht, Christoph	1.Tri-Club Paderborn	58	SM	11	23:27	27	43:44	22	24:45	21	1:31:56
24	273	Stockmann, Reinhold	Lage	80	HM	12	23:06	26	41:55	14	28:51	26	1:33:52
25	274	Fenske, Leonard	Lage	81	HM	13	22:51	25	42:06	15	36:08	31	1:41:05
26	271	Dueck, Michael	ohne	63	SM	12	26:41	30	49:57	27	28:24	25	1:45:02
27	253	Dickmann, Stefan	Rheinberg	68	SM	13	24:25	28	54:17	29	27:15	24	1:45:57
28	282	Becker, Stefan	Corda-Running-Team	63	SM	14	26:44	31	49:52	26	30:11	28	1:46:47
29	256	Nachtmann, Norbert	Bad Salzuflen	58	SM	15	26:30	29	52:21	28	28:57	27	1:47:48
30	280	Benisch, Sven	Detmold	70	HM	14	27:47	32	56:22	30	30:28	30	1:54:37
31	281	Schmidt, Lars	Lemgo	78	HM	15	27:50	33	56:22	30	30:26	29	1:54:38