

Cross-Duathlon "Light" 2,5-8-2,5 km am 15.03.2009

Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	Run1		Bike		Run2		Endzeit
1	111	Wittwer, Stefan	RSV Gütersloh	68	SM 1	9:53	1	21:32	2	10:49	1	42:14
2	103	Hanke, Jan	SV SW Ahle	89	HM 1	10:13	2	22:02	4	11:18	2	43:33
3	104	Braken, Dirk	TRI-4-FUN SVKT	69	SM 2	10:44	6	21:40	3	12:05	4	44:29
4	116	Ilseemann, Maic	RC Endspurt Herford	79	HM 2	11:03	9	21:27	1	12:48	9	45:18
5	120	Klein, Wolfgang	TRI-Sport-TEAM Verl	64	SM 3	10:25	3	25:00	7	11:32	3	46:57
6	102	Hopmann, Dirk	Team Klippe	69	SM 4	11:01	8	24:22	6	12:15	5	47:38
7	115	Weckner, Lars	LG Oetternbach Lage	74	HM 3	10:39	4	25:44	8	12:34	7	48:57
8	107	Schwarze, Felix	Tri Team TG Lage	93	JM 1	10:42	5	26:30	10	12:46	8	49:58
9	110	Goldmann, Wladimir	Tri Team TG Lage	93	JM 2	10:56	7	26:45	11	12:59	10	50:40
10	106	Cierpinski, Hartmut	LC-92 Bad Salzuflen	59	SM 5	12:14	13	26:27	9	13:25	11	52:06
11	119	Stoll, Julian		93	JM 3	15:07	17	22:30	5	14:45	15	52:22
12	113	Elsbury, Manuel	Mikes Sportshop Lemgo	79	HM 4	11:25	10	29:21	15	12:21	6	53:07
13	117	Dettmer, Gabi		79	HW 1	12:38	14	27:05	13	14:00	13	53:43
14	114	Tervoort, Christian		66	SM 6	12:10	12	27:25	14	14:10	14	53:45
15	105	Wiese, Dirk		69	SM 7	11:35	11	29:43	16	13:28	12	54:46
16	112	Daake-Müller, Uschi	RC Endspurt Herford	68	SW 1	13:46	16	27:03	12	15:11	17	56:00
17	121	Grabbe, Janina		89	HW 2	13:28	15	31:22	17	15:02	16	59:52
disq	108	Güths, Marius	Tri Team TG Lage	91	JM -	9:36	-	19:11	-	10:41	-	39:28