

## Cross-Duathlon "Strong" 5-16-5 km am 15.03.2009

## Ergebnisliste

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	Run1	Bike	Run2	Endzeit
1	224	Neumann, Flemming	Mikes Sportshop Lemgo	79	HM 1	18:11 1	39:43 2	19:24 1	1:17:18
2	222	Heinrichs, Daniel	TV Lemgo	88	HM 2	18:13 2	39:42 1	20:55 3	1:18:50
3	227	Strothmann, Jörn	LC Solbad Ravensberg	73	HM 3	- -	59:03 -	20:02 2	1:19:05
4	223	Coenen, Clemens	Mikes Sportshop Lemgo	79	HM 4	18:32 3	- -	1:00:52 -	1:19:24
5	215	Pithan, Ralf	Wilnsdorf	69	SM 1	19:34 6	41:42 4	21:24 5	1:22:40
6	220	Bode, Matthias	KSV Braunatal	85	HM 5	20:02 7	41:05 3	22:10 6	1:23:17
7	218	Grotendiek, Thomas	Endspurt OWL	69	SM 2	19:07 4	- -	1:04:24 -	1:23:31
8	213	Wolff, Andi	TV Lemgo	67	SM 3	20:15 8	- -	1:06:28 -	1:26:43
9	212	Terstesse, Christian	TSVE 1890 Bielefeld	66	SM 4	21:00 9	44:07 5	22:24 7	1:27:31
10	205	Siepmann, Stefan	bike sport lippe	74	HM 6	19:18 5	47:41 9	21:07 4	1:28:06
11	214	Ambrosius, Sven	Team TuS Schwarz-Weis	74	HM 7	21:53 11	44:57 6	23:35 9	1:30:25
12	208	Schweppe, Lars	TV Lemgo	67	SM 5	21:41 10	- -	1:09:51 -	1:31:32
13	226	Dobrinsky, Thomas	BSG Schüco	79	HM 8	22:07 13	46:53 7	24:08 10	1:33:08
14	211	Quest-Altrogge, Katjana	Krefelder Kanu Klub	64	SW 1	21:55 12	49:22 11	23:27 8	1:34:44
15	221	Hinz, Edmund	PRODIAC-Sicherhit	65	SM 6	22:31 14	- -	1:14:25 -	1:36:56
16	217	Braken, Christina	TRI-4-FUN SVKT	79	HW 1	23:44 19	49:09 10	25:21 11	1:38:14
17	210	Knoke, Thomas	TSVE 1890 Bielefeld	68	SM 7	25:25 22	47:22 8	25:44 13	1:38:31
18	201	Stier, Helge	BSG - Schüco	72	HM 9	23:10 15	50:15 14	25:34 12	1:38:59
19	202	Lewecke, Dieter	VfL Lüerdissen	61	SM 8	23:31 18	50:31 15	26:17 15	1:40:19
20	228	Wredenhagen, Torsten	RC Endspurt Herford	64	SM 9	25:06 21	49:29 12	26:12 14	1:40:47
21	225	Meyer, Jens	BSG Schüco	79	HM 10	23:29 17	49:58 13	27:44 17	1:41:11
22	203	Möbius, Dirk	VfL Lüerdissen	61	SM 10	24:04 20	- -	1:18:11 -	1:42:15
23	209	Rodenberg, Daniel	Non Stop Ultra	68	SM 11	23:25 16	52:59 19	26:43 16	1:43:07
24	204	Dr. Hübner, August-Eric	Detmold	53	SM 12	25:48 23	52:54 17	29:18 19	1:48:00
25	206	Becker, Stefan		60	SM 13	27:31 27	52:42 16	30:02 23	1:50:15
26	229	Dueck, Michael		63	SM 14	28:18 28	52:55 18	29:14 18	1:50:27
27	230	Behnisch, Sven		74	HM 11	26:51 26	58:51 20	29:38 20	1:55:20
28	231	Klocke, Oliver		79	HM 12	26:46 25	58:56 21	29:42 21	1:55:24
29	216	Schmidt, Lars	Mikes Sportshop	79	HM 13	26:44 24	58:58 22	29:44 22	1:55:26