

32. Helenese Triathlon

Frankfurt (Oder) - 21.08.2016

Übersicht der Auswertung - Olymp. Distanz - 1,6km / 37km / 10km

Platz	Plw	Plm	StNr.	Name, Vorname	Bundesland / Verein	Geb. AK	Schw.	Rad	Sch./Rad	Lauf	Endzeit	Rückst.
1	1	104	Thomschke, Markus	SN / OSSV Kamenz	1984mAK3 (1)	00:20:26 (1)	00:53:24 (1)	01:13:51 (1)	00:34:34 (1)	01:48:26	00:00:00	
2	2	99	Werner, Marc	SN / LFV Oberholz	1977mAK4 (1)	00:24:41 (19)	00:57:05 (3)	01:21:47 (5)	00:35:27 (2)	01:57:14	00:08:48	
3	3	95	Böge, Florian	BB / MSV TRIPOINT Ffo.	1991mAK2 (1)	00:24:15 (9)	00:55:32 (2)	01:19:47 (2)	00:38:00 (5)	01:57:48	00:09:22	
4	4	20	Rueß, Dominik	BE / Triathlon Verein Berlin	1982mAK3 (2)	00:21:27 (2)	00:59:38 (5)	01:21:06 (3)	00:37:06 (3)	01:58:12	00:09:46	
5	5	74	Hellstab, Andreas	BE / Tri Team Berlin	1983mAK3 (3)	00:21:53 (4)	00:59:39 (6)	01:21:33 (4)	00:37:18 (4)	01:58:51	00:10:25	
6	6	48	Gawlik, Marcus	BE / Team DOWE Sportswear	1988mAK2 (2)	00:24:38 (17)	0	0	0	02:02:45	00:14:18	
7	7	78	Rutkowski, Frank	BE / Tri Team Berlin	1965mSEN3 (1)	00:24:35 (15)	00:59:56 (7)	01:24:32 (8)	00:40:20 (13)	02:04:52	00:16:26	
8	8	109	Lipinsky, Goetz	BB / MSV TRIPOINT Ffo.	1969mSEN2 (1)	00:24:33 (14)	01:01:49 (18)	01:26:23 (10)	00:39:09 (7)	02:05:33	00:17:06	
9	9	117	Zepik, Mike	/ TG 1848 Bad Waldsee	1970mSEN2 (2)	0	0	01:24:27 (7)	00:41:14 (17)	02:05:42	00:17:15	
10	10	81	Schulze, Sebastian	BB / KSV Ajax-Neptun Berlin	1985mAK3 (4)	00:24:31 (13)	0	0	0	02:06:31	00:18:05	
11	11	65	Leindecker, Frank	BE / Sisu Berlin	1959mSEN4 (1)	00:22:10 (6)	01:00:35 (10)	01:22:45 (6)	00:44:05 (35)	02:06:51	00:18:24	
12	12	28	Hartz, Ronny	BE / Laktat ³	1983mAK3 (5)	00:27:28 (37)	01:00:19 (8)	01:27:47 (19)	00:39:35 (10)	02:07:23	00:18:56	
13	13	105	Saremba, Andreas	BB / Eberswalder Schwimmverein	1969mSEN2 (3)	00:25:54 (26)	01:00:43 (11)	01:26:38 (12)	00:41:09 (16)	02:07:48	00:19:21	
14	14	100	Lehnert, Thomas	BE / Tri Team Berlin	1967mSEN2 (4)	00:27:20 (35)	01:00:20 (9)	01:27:40 (18)	00:40:10 (12)	02:07:51	00:19:24	
15	15	1	Foerster, Tim	BB / MSV TRIPOINT Ffo.	1982mAK3 (6)	00:28:34 (53)	00:59:04 (4)	01:27:38 (17)	00:40:30 (14)	02:08:09	00:19:43	
16	16	27	Hertzsch, Ingo	BE / Sisu Berlin	1975mSEN1 (1)	00:25:23 (24)	01:01:13 (13)	01:26:36 (11)	00:42:03 (22)	02:08:40	00:20:13	
17	17	107	Dreher, Timon	BB / Teltow	1994mAK1 (1)	00:26:33 (29)	01:01:30 (15)	01:28:03 (21)	00:40:43 (15)	02:08:47	00:20:20	
18	18	31	Watzke, Jan	BE / SCC Berlin Triathlon	1987mAK2 (3)	00:21:57 (5)	01:02:37 (24)	01:24:34 (9)	00:44:19 (38)	02:08:54	00:20:27	
19	19	80	Schulz, Stefan	BB / Ruppiner Triathlon Verein	1983mAK3 (7)	00:27:23 (36)	01:02:29 (21)	01:29:52 (30)	00:39:02 (6)	02:08:55	00:20:28	
20	20	61	Rieger, Frank	BB / TV Fürstenwalde 1990 e.V.	1962mSEN3 (2)	00:24:18 (10)	01:02:25 (20)	01:26:43 (13)	00:42:28 (25)	02:09:11	00:20:45	
21	21	58	Bartusch, Jörn	BB / TV-Fürstenwalde 1990 e.V.	1969mSEN2 (5)	00:28:18 (46)	01:01:41 (16)	01:30:00 (31)	00:39:27 (8)	02:09:27	00:21:01	
22	22	25	Hädicke, Mario	BB / Luckauer Läuferbund	1981mAK4 (2)	00:27:38 (38)	01:02:35 (23)	01:30:13 (33)	00:39:32 (9)	02:09:46	00:21:20	
23	23	94	Behrens, Marko	BB / Potsdam	1973mSEN1 (2)	0	0	01:29:06 (24)	00:41:20 (18)	02:10:27	00:22:00	
24	24	116	Voigtländer, Thoralf	BE / TVB 09	1963mSEN3 (3)	00:24:40 (18)	01:03:28 (29)	01:28:09 (22)	00:42:25 (24)	02:10:34	00:22:08	
25	25	111	Vogel, Ronny	BB / Zeppelin-Team OSC Potsdam	1974mSEN1 (3)	00:24:19 (11)	01:02:56 (26)	01:27:15 (15)	00:43:27 (31)	02:10:43	00:22:16	
26	26	106	Gärtner, Olaf	BB / MSV TRIPOINT Ffo.	1971mSEN2 (6)	00:24:37 (16)	01:04:48 (33)	01:29:25 (26)	00:41:29 (19)	02:10:55	00:22:28	
27	27	57	Hertrampf, Maximilian	BB / Triathlon Spreewald	1989mAK2 (4)	00:26:25 (28)	01:03:24 (28)	01:29:50 (28)	00:41:40 (20)	02:11:30	00:23:03	
28	28	77	Schulz, Thomas	BB / TV Fürstenwalde 1990 e.V.	1966mSEN3 (4)	00:24:24 (12)	01:02:31 (22)	01:26:55 (14)	00:44:54 (40)	02:11:50	00:23:24	
29	29	46	Marktl, Bernd	BE / TriCity	1981mAK4 (3)	0	0	01:29:09 (25)	00:42:47 (27)	02:11:57	00:23:30	
30	30	18	Allum, Stephen	BB / Berlin British School	1965mSEN3 (5)	0	0	01:29:51 (29)	00:42:53 (29)	02:12:45	00:24:19	
31	31	62	Struebing, Tobias	BE / Berlin	1978mAK4 (4)	00:28:22 (49)	01:01:49 (17)	01:30:11 (32)	00:42:50 (28)	02:13:02	00:24:35	
32	32	15	Preiß, Jörg	BE / Tri Team Berlin	1959mSEN4 (2)	00:26:34 (30)	01:01:25 (14)	01:28:00 (20)	00:45:18 (42)	02:13:18	00:24:52	
33	33	10	Haferkorn, Henry	BB / MSV TRIPOINT Ffo.	1963mSEN3 (6)	00:26:39 (32)	01:03:03 (27)	01:29:43 (27)	00:43:50 (33)	02:13:34	00:25:07	
34	34	114	Schulz, David	BB / MSV TRIPOINT Ffo.	1982mAK3 (8)	00:30:19 (63)	01:02:38 (25)	01:32:57 (40)	00:42:07 (23)	02:15:04	00:26:38	
35	35	71	Montag, Andreas	BB / AVUS Automobile Berlin	1969mSEN2 (7)	00:28:10 (44)	01:02:10 (19)	01:30:20 (34)	00:45:29 (44)	02:15:50	00:27:23	
36	36	101	Schröter, Bodo	BB / Ruppiner Triathlon Verein	1956mSEN5 (1)	00:27:57 (41)	01:04:10 (31)	01:32:07 (38)	00:44:15 (37)	02:16:23	00:27:57	
37	37	91	Fuhs, Ronny	BY / SCW MÜNCHEN	1970mSEN2 (8)	00:24:50 (22)	01:05:55 (36)	01:30:46 (36)	00:45:45 (46)	02:16:32	00:28:05	
38	38	6	Gramsch, Matthias	BE / SCC Berlin	1967mSEN2 (9)	00:27:01 (34)	01:03:31 (30)	01:30:32 (35)	00:46:27 (50)	02:17:00	00:28:33	
39	39	29	Hartz, Steffen	BE / Laktat ³	1980mAK4 (5)	00:24:45 (21)	01:06:10 (38)	01:30:55 (37)	00:46:26 (49)	02:17:22	00:28:55	
40	40	52	Koch, Steven	BE / Sv Berolina	1987mAK2 (5)	00:21:35 (3)	01:05:56 (37)	01:27:32 (16)	00:49:53 (72)	02:17:25	00:28:58	
41	41	23	Grüneberg, Steffen	BB / RSC Großbeeren 05 e.V.	1975mSEN1 (4)	00:32:14 (77)	01:00:59 (12)	01:33:13 (42)	00:44:58 (41)	02:18:12	00:29:45	
42	42	68	Lefebvre, Jean-Philip	BE / Tri Team Berlin	1990mAK2 (6)	00:28:26 (50)	01:04:36 (32)	01:33:03 (41)	00:45:40 (45)	02:18:43	00:30:17	
43	43	67	Schulz, Felix	BB / Victoria Seelow	1996mAK1 (2)	00:28:14 (45)	01:07:53 (50)	01:36:08 (49)	00:42:36 (26)	02:18:45	00:30:19	
44	44	9	Krause, Thilo	BB / MSV TRIPOINT Ffo.	1966mSEN3 (7)	00:29:41 (58)	01:05:34 (35)	01:35:15 (44)	00:43:46 (32)	02:19:01	00:30:35	
45	45	93	Vanselow, Thomas	BB / Luckauer Läuferbund	1975mSEN1 (5)	00:30:44 (65)	01:06:54 (44)	01:37:39 (54)	00:41:58 (21)	02:19:37	00:31:10	
46	46	75	Gramsch, Florian	BE / SCC Berlin	1993mAK1 (3)	00:27:58 (42)	01:07:35 (49)	01:35:33 (45)	00:44:10 (36)	02:19:44	00:31:18	
47	47	32	Seiler, Heiko	BB / TSG Seelow	1971mSEN2 (10)	00:30:52 (66)	01:05:22 (34)	01:36:14 (50)	00:44:34 (39)	02:20:49	00:32:23	
48	1	53	Eggler, Livia	BE / TiB	1994wAK1 (1)	00:31:06 (68)	01:09:43 (55)	01:40:50 (64)	00:40:10 (11)	02:21:00	00:32:33	
49	48	87	Wolf, Alexander	BE / TRIATHLON - SG Bund	1986mAK3 (9)	00:26:16 (27)	01:07:54 (51)	01:34:10 (43)	00:49:00 (69)	02:23:11	00:34:45	
50	49	17	Jährlich, Dennis	BY / Laktat ³ / SV Pinnow	1983mAK3 (10)	00:30:25 (64)	01:06:30 (40)	01:36:56 (52)	00:46:37 (52)	02:23:33	00:35:06	

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Platz	Plw	Plm	StNr.	Name, Vorname	Bundesland / Verein	Geb. AK	Schw.	Rad	Sch./Rad	Lauf	Endzeit	Rückst.
51	2		103	Winter, Anja	BE / Tri Team Berlin	1988wAK2 (1)	00:25:24 (25)	01:11:59 (67)	01:37:24 (53)	00:46:11 (48)	02:23:35	00:35:09
52	50	43	Noack, Jens	BB / Triathlon Spreewald e.V.	1968mSEN2 (11)	00:28:20 (47)	01:07:26 (46)	01:35:47 (46)	00:47:55 (59)	02:23:42	00:35:15	
53		51	112	Rabeler, Joachim	BE / Weltraumjogger Berlin e.V	1962mSEN3 (8)	00:26:35 (31)	01:09:24 (52)	01:36:00 (48)	00:47:45 (58)	02:23:46	00:35:19
54	52	64	Pasik, Marcin	-- / Poznan	1988mAK2 (7)	00:28:21 (48)	01:12:22 (71)	01:40:44 (62)	00:43:08 (30)	02:23:52	00:35:26	
55	3		110	Lipinsky, Claudia	BB / MSV TRIPOINT Ffo.	1983wAK3 (1)	00:25:14 (23)	01:07:24 (45)	01:32:38 (39)	00:52:01 (80)	02:24:40	00:36:14
56	4		97	Piechocki, Alexandra	BE / Berlin	1974wSEN1 (1)	00:31:13 (69)	01:07:26 (47)	01:38:40 (55)	00:46:41 (54)	02:25:22	00:36:55
57		53	12	Duda, Hubert	-- / GT RAT	1970mSEN2 (12)	()	()	01:38:51 (56)	00:47:08 (55)	02:26:00	00:37:33
58	54	69	Kergel, Uli	BE / Rocky Balboa 2	1962mSEN3 (9)	00:28:33 (52)	01:12:27 (72)	01:41:01 (66)	00:45:22 (43)	02:26:24	00:37:57	
59		55	45	Stobbe, Juri	BE / a3k Berlin	1978mAK4 (6)	00:29:00 (55)	01:06:54 (43)	01:35:54 (47)	00:51:11 (78)	02:27:05	00:38:39
60	5		33	Faber, Svea	BE / SCC Berlin	1993wAK1 (2)	00:27:45 (39)	01:12:29 (73)	01:40:15 (60)	00:47:56 (60)	02:28:12	00:39:45
61		56	8	Holtschke, Falko	BB / Eberswalder Schwimmverein	1961mSEN4 (3)	00:35:39 (93)	01:06:34 (41)	01:42:13 (71)	00:46:28 (51)	02:28:42	00:40:16
62	6		39	Treichel, Katja	BE / SCC Berlin Triathlon	1979wAK4 (1)	00:27:54 (40)	01:12:52 (75)	01:40:46 (63)	00:48:41 (67)	02:29:28	00:41:02
63		57	34	Hannemann, Andre	BB / Triathlon Spreewald e.V.	1965mSEN3 (10)	00:32:04 (71)	01:10:20 (58)	01:42:24 (74)	00:47:57 (61)	02:30:21	00:41:55
64		58	115	Dindorf, Danilo	BE / Team Atemnot	1968mSEN2 (13)	00:30:58 (67)	01:11:14 (62)	01:42:12 (70)	00:48:15 (64)	02:30:28	00:42:01
65	7		70	Koss, Nora-Charlott	BE / Tri Team Berlin	1996wAK1 (3)	00:24:43 (20)	01:12:01 (68)	01:36:45 (51)	00:54:12 (85)	02:30:57	00:42:31
66		59	92	Voigt, Marcel	ST / Lostau	1987mAK2 (8)	00:33:58 (89)	01:11:44 (65)	01:45:43 (81)	00:45:46 (47)	02:31:29	00:43:02
67		60	55	Stoyke, Philipp	BE / HRT Racing Team	1982mAK3 (11)	00:33:32 (85)	01:06:16 (39)	01:39:48 (59)	00:51:43 (79)	02:31:32	00:43:06
68	8		7	Gramsch, Gabi	BE / SCC Berlin	1967wSEN2 (1)	00:31:20 (70)	01:10:46 (59)	01:42:07 (68)	00:50:01 (73)	02:32:08	00:43:42
69		61	84	Kowalczyk, Maximilian	BE / HAI-Speed	1986mAK3 (12)	00:32:37 (79)	01:09:41 (54)	01:42:19 (72)	00:50:03 (74)	02:32:22	00:43:56
70		62	11	Duda, Dorian	BB / GT RAT	1992mAK1 (4)	00:33:08 (83)	01:11:39 (64)	01:44:48 (80)	00:47:37 (57)	02:32:25	00:43:59
71		63	79	Wannewitz, Helke	BB / TV Fürstenwalde 1990 e.V.	1947mSEN6 (1)	00:33:00 (82)	01:09:48 (56)	01:42:48 (75)	00:49:40 (71)	02:32:29	00:44:02
72		64	50	Breudel, Paul	BE / Berlin	1986mAK3 (13)	00:32:39 (80)	01:11:27 (63)	01:44:06 (76)	00:48:26 (65)	02:32:33	00:44:06
73		65	60	Erbrecht, Jan	SN / Chemnitz	1990mAK2 (9)	00:29:49 (60)	01:12:21 (70)	01:42:10 (69)	00:50:31 (77)	02:32:41	00:44:15
74	9		119	Farmand, Sandra	BB / SV Stahl Hennigsdorf	1969wSEN2 (2)	00:32:04 (72)	01:10:15 (57)	01:42:20 (73)	00:50:31 (76)	02:32:51	00:44:25
75		66	113	Joswig, Kay	BE / Berliner Wasserbetriebe	1963mSEN3 (11)	00:32:41 (81)	01:13:46 (77)	01:46:27 (84)	00:46:40 (53)	02:33:08	00:44:41
76		67	16	Schmoranzler, Stefan	BB / Rosengarten	1970mSEN2 (14)	00:35:31 (92)	01:10:59 (61)	01:46:30 (85)	00:47:12 (56)	02:33:42	00:45:16
77	10		14	Gersbeck, Anette	BE / Tri Team Berlin	1967wSEN2 (3)	00:26:46 (33)	01:13:49 (78)	01:40:35 (61)	00:53:20 (83)	02:33:56	00:45:29
78		68	2	Griewald, Thomas	BE / Burnfit	1969mSEN2 (15)	00:28:30 (51)	01:10:54 (60)	01:39:24 (57)	00:55:20 (88)	02:34:45	00:46:19
79		69	63	Ruge, Joachim	BB / SV Stahl Hennigsdorf	1955mSEN5 (2)	00:33:11 (84)	01:17:47 (87)	01:50:58 (89)	00:43:54 (34)	02:34:52	00:46:26
80		70	24	Muennich, Sebastian	BB / MSV TRIPOINT Ffo.	1978mAK4 (7)	00:29:12 (56)	01:11:44 (66)	01:40:56 (65)	00:54:04 (84)	02:35:01	00:46:35
81		71	83	Schindler, Bodo	BB / Frankfurt Oder	1993mAK1 (5)	00:32:06 (74)	01:14:09 (79)	01:46:16 (83)	00:50:04 (75)	02:36:21	00:47:54
82		72	49	Ulbricht, Arno	BE / SV Berolina	1988mAK2 (10)	00:23:06 (8)	01:16:41 (86)	01:39:47 (58)	00:56:35 (89)	02:36:22	00:47:56
83		73	102	Lampe, Christian	BE / Berlin	1970mSEN2 (16)	00:29:28 (57)	01:16:21 (84)	01:45:49 (82)	00:52:51 (82)	02:38:41	00:50:15
84	11		47	Blanke, Dorit	BB / Triathlon Spreewald e.V.	1971wSEN2 (4)	00:32:05 (73)	01:12:14 (69)	01:44:19 (78)	00:54:24 (86)	02:38:44	00:50:17
85		74	35	Weber, Ingo	BE / VS-Berlin	1960mSEN4 (4)	00:37:19 (95)	01:12:50 (74)	01:50:09 (88)	00:48:57 (68)	02:39:07	00:50:41
86		75	44	Graupner, Christoph	BE / Berlin	1989mAK2 (11)	00:42:19 (99)	01:09:31 (53)	01:51:51 (91)	00:48:38 (66)	02:40:29	00:52:02
87		76	3	Weichbrodt, Uwe	BE / Berlin	1965mSEN3 (12)	00:38:21 (96)	01:13:02 (76)	01:51:23 (90)	00:49:12 (70)	02:40:36	00:52:09
88		77	5	Bock, Harald	BB / KDH-FRC 90	1958mSEN4 (5)	00:34:22 (90)	01:07:35 (48)	01:41:58 (67)	00:58:53 (92)	02:40:51	00:52:25
89		78	108	Nieber, Fred	SN / DHfK	1963mSEN3 (13)	00:30:06 (61)	01:14:11 (80)	01:44:18 (77)	00:57:20 (91)	02:41:39	00:53:12
90		79	54	Kliesch, Stefan	BE / Berlin	1964mSEN3 (14)	00:32:17 (78)	01:15:26 (82)	01:47:43 (87)	00:54:52 (87)	02:42:36	00:54:09
91		80	118	Vöck, Andrzej	BE / Berlin	1976mSEN1 (6)	00:37:16 (94)	01:15:27 (83)	01:52:43 (92)	00:52:22 (81)	02:45:06	00:56:40
92	12		98	Werner, Diana	SN / Beucha	1981wAK4 (2)	00:29:47 (59)	01:14:52 (81)	01:44:39 (79)	01:00:46 (94)	02:45:25	00:56:59
93		81	41	Kruschke, Thomas	BE / Berlin	1992mAK1 (6)	00:35:05 (91)	01:23:52 (93)	01:58:58 (96)	00:48:03 (63)	02:47:01	00:58:35
94		82	22	Nelius, Dirk	BB / SMV Eisenhüttenstadt	1970mSEN2 (17)	00:43:17 (100)	01:16:38 (85)	01:59:56 (97)	00:47:58 (62)	02:47:55	00:59:28
95	13		88	Windel, Annika	SH / Lübeck	1987wAK2 (2)	00:33:45 (86)	()	()	()	02:49:45	01:01:18
96		83	89	Büttner, Dennis	SH / Lübeck	1987mAK2 (12)	00:33:46 (87)	01:19:23 (89)	01:53:10 (93)	00:56:35 (90)	02:49:45	01:01:19
97	14		72	Much, Ariane	BE / SCC Berlin Triathlon	1982wAK3 (2)	00:32:09 (75)	01:23:06 (92)	01:55:16 (95)	00:59:46 (93)	02:55:02	01:06:35
98	15		85	Block, Sabine	BE / Team Erdinger Alkoholfrei	1977wAK4 (3)	00:33:54 (88)	01:21:19 (91)	01:55:13 (94)	01:02:42 (95)	02:57:56	01:09:29
99		84	19	Mennicken, Jörg	BE / Tri Team Berlin	1971mSEN2 (18)	00:28:09 (43)	01:18:31 (88)	01:46:41 (86)	01:13:30 (100)	03:00:11	01:11:44
100		85	40	Weingart, Thomas	ST / Hansestadt Seehausen	1987mAK2 (13)	00:42:01 (98)	01:23:54 (94)	02:05:55 (100)	01:05:25 (97)	03:11:21	01:22:54

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