

28. Steinbecker Triathlon 2019



Duathlon am 23.06.2019
Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Zwischenzeiten			Endzeit	Rückstand
									Lauf	Rad	Lauf		
1	1		777	Lars Schmidtke	RSG Emsdetten	AK 35	1980	1	00:07:57.5	00:46:39.0	00:22:12.4	01:16:48.9	00:00:00.0
2	2		761	Jürgen Santel	RSG Steinbeck	AK 45	1973	1	00:08:29.9	00:46:47.4	00:21:45.3	01:17:02.6	00:00:13.7
3	3		766	Maik Lepper	TV Lengerich	AK 25	1992	1	00:07:38.9	00:46:39.5	00:23:31.7	01:17:50.1	00:01:01.2
4	4		752	Jan Isendahl	Drei Fragezeichen	AK 30	1989	1	00:08:08.7	00:50:24.0	00:19:35.1	01:18:07.8	00:01:18.9
5	5		764	Frank Gerdelmann	TuS Haren Triathlon	AK 40	1975	1	00:08:05.8	00:50:01.6	00:20:47.2	01:18:54.6	00:02:05.7
6		1	760	Jasmin Brammert	RC Endspurt Herford	AK 35	1981	1	00:08:44.1	00:50:10.9	00:21:53.1	01:20:48.1	00:03:59.2
7	6		768	Bernd Buchwald	www.laufen-os.de	AK 50	1967	1	00:09:10.1	00:54:06.6	00:23:40.5	01:26:57.2	00:10:08.3
8	7		776	Carlos Sanz	Vechta	AK 30	1985	2	00:09:01.4	00:51:43.1	00:26:21.7	01:27:06.2	00:10:17.3
9		2	753	Sarah Wiegmann	Drei Fragezeichen Tri Team Lübbecke	AK 35	1982	2	00:09:15.6	00:55:25.4	00:23:11.5	01:27:52.5	00:11:03.6
10	8		767	Karl-Heinz Vetter	TV Norden	AK 45	1972	2	00:09:26.6	00:55:45.8	00:24:29.1	01:29:41.5	00:12:52.6
11	9		774	Mario Schroer	Gronau	AK 50	1965	2	00:10:10.7	00:55:28.2	00:27:53.5	01:33:32.4	00:16:43.5
12		3	765	Vera Tölg	TV Georgsmarienhütte	AK 35	1984	3	00:09:56.6	00:58:28.3	00:25:14.6	01:33:39.5	00:16:50.6
13	10		772	Niklas Donnermeyer	Essen	AK 20	1996	1	00:09:52.2	00:53:33.4	00:30:54.0	01:34:19.6	00:17:30.7
14		4	756	Susan Lessander-Brandt	Feminin Aktiv Fitness Osnabrück	AK 45	1973	1	00:09:45.1	00:58:43.8	00:26:10.1	01:34:39.0	00:17:50.1
15	11		771	Gernot Jocksch	Telgte	AK 55	1962	1	00:10:43.4	00:57:26.0	00:26:35.0	01:34:44.4	00:17:55.5
16	12		775	Dirk Grollius	Bremen	AK 50	1969	3	00:09:47.7	00:57:17.1	00:28:27.7	01:35:32.5	00:18:43.6
17		5	754	Béatrice Trécul	ESV Münster	AK 50	1968	1	00:10:53.6	00:57:28.5	00:28:49.1	01:37:11.2	00:20:22.3
18	13		757	Heinz Merse	LSF Münster	AK 60	1959	1	00:10:48.6	01:03:25.8	00:27:42.5	01:41:56.9	00:25:08.0
19	14		773	Alexander Brüssow	Münster	AK 20	1995	2	00:10:28.7	01:01:52.4	00:32:02.8	01:44:23.9	00:27:35.0
20	15		769	Michael Klose	Rahden	AK 55	1964	2	00:10:38.2	00:58:52.4	00:38:03.2	01:47:33.8	00:30:44.9
21	16		759	Frank Sommerkamp	LSF Münster	AK 45	1973	3	00:10:49.5	01:10:24.4	00:32:25.6	01:53:39.5	00:36:50.6
22		6	758	Miriam Kolar	LSF Münster	AK 45	1974	2	00:11:14.8	01:12:49.1	00:30:49.5	01:54:53.4	00:38:04.5