



## 2. GHI Tri

20. Juni 2010

### Ergebnis M / W - Altersklassen

#### Volksdistanz ( 0,5 / 20 / 5 )

##### Volksdistanz TM-16

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	357	01:03:04	Elfers	Julian	1994	Stader Schwimmverein v. 1920 e.V.	GER-NIE	00:07:47	1	00:36:00	1	00:43:48	1	00:19:16	1	01:03:04	6	01:03:04	1
2	356	01:10:13	String	Fridolin	1994	Stader Schwimmverein v. 1920 e.V.	GER-NIE	00:09:27	2	00:39:49	2	00:49:17	2	00:20:56	2	01:10:13	23	01:10:13	2
3	407	01:18:13	Worm	Colin	1993	Johannes-Brahms-Schule	GER-SH	00:11:50	3	00:42:30	3	00:54:20	3	00:23:52	4	01:18:13	56	01:18:13	3
4	395	01:18:15	Berlin	Dominik	1993	Johannes-Brahms-Schule	GER-SH	00:11:59	4	00:44:05	4	00:56:04	4	00:22:11	3	01:18:15	57	01:18:15	4
5	402	01:20:38	Kuhlmann	Lasse	1993	Johannes-Brahms-Schule	GER-SH	00:12:20	5	00:44:18	5	00:56:39	5	00:23:59	5	01:20:38	65	01:20:38	5
6	408	01:24:26	Wulf	Nils	1993	Johannes-Brahms-Schule	GER-SH					00:57:03	6	00:27:23	6	01:24:26	79	01:24:26	6

##### Volksdistanz TM-18

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	384	01:09:47	Süßmann	Frederic	1992	TSV LoLa	GER-SH	00:08:15	2	00:42:02	3	00:50:17	1	00:19:30	1	01:09:47	22	01:09:47	1
2	271	01:11:37	Lüders	Tim	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:09:57	3	00:40:58	2	00:50:55	2	00:20:41	2	01:11:37	28	01:11:37	2
3	394	01:15:22	Behrens	Tim	1992	Johannes-Brahms-Schule	GER-SH	00:11:43	5	00:39:51	1	00:51:35	3	00:23:47	6	01:15:22	42	01:15:22	3

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## Ergebnis M / W - Altersklassen

### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TM-18

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
4	275	01:17:48	Schmidt	Oliver	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:11:01	4	00:45:08	4	00:56:10	4	00:21:38	3	01:17:48	54	01:17:48	4
5	276	01:21:49	Lipp	Sebastian	1992	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:12:57	6	00:46:14	6	00:59:11	6	00:22:37	4	01:21:49	70	01:21:49	5
6	296	01:22:15	Anger	Niklas	1992	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:12:58	7	00:45:44	5	00:58:42	5	00:23:32	5	01:22:15	71	01:22:15	6
7	294	01:32:45	Krause	Oliver	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:16:21	11	00:46:25	7	01:02:47	7	00:29:58	8	01:32:45	97	01:32:45	7
8	291	01:32:45	Becken	Lasse	1992	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:13:53	8	00:49:42	8	01:03:36	8	00:29:09	7	01:32:45	98	01:32:45	8
9	287	01:42:25	Engel	Lasse	1992	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:15:05	9	00:52:32	9	01:07:38	9	00:34:47	10	01:42:25	106	01:42:25	9
10	289	01:46:12	Bundel	Michel	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:15:56	10	00:59:28	10	01:15:24	10	00:30:47	9	01:46:12	109	01:46:12	10

#### Volksdistanz TM-20

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	337	01:16:55	Donder	Steffen	1986	MTV Itzehoe	GER-	00:12:10	2	00:42:06	1	00:54:17	1	00:22:38	1	01:16:55	49	01:16:55	1
2	339	01:23:16	Rheinländer	Jonathan	1990	MTV Itzehoe	GER-SH	00:14:11	3	00:45:45	2	00:59:57	3	00:23:19	2	01:23:16	77	01:23:16	2
3	215	01:28:20	Fuchs	Finn	1988		GER-SH	00:09:41	1	00:49:29	3	00:59:10	2	00:29:09	5	01:28:20	89	01:28:20	3
4	281	01:33:35	Braasch	Timo	1990	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:17:36	7	00:50:02	4	01:07:39	5	00:25:56	3	01:33:35	100	01:33:35	4
5	278	01:34:59	Willkomm	Matthias	1990	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:15:24	4	00:50:43	5	01:06:07	4	00:28:52	4	01:34:59	102	01:34:59	5
6	270	01:39:57	Kanisius	Janosch	1990	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:15:52	6	00:54:34	6	01:10:26	6	00:29:31	6	01:39:57	105	01:39:57	6

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## Ergebnis M / W - Altersklassen

### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TM-20

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
7	283	01:51:25	Hamel	Finn	1990	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:15:30	5	01:02:56	8	01:18:26	7	00:32:58	8	01:51:25	110	01:51:25	7
8	277	01:51:25	Sellerberg	Michael	1990	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:19:31	8	01:00:40	7	01:20:11	8	00:31:13	7	01:51:25	111	01:51:25	8

#### Volksdistanz TM-25

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	622	00:58:57	Dicke	Benjamin	1983	Tri-Michels Hamburg	GER-HAM	00:08:42	4	00:32:15	1	00:40:58	1	00:17:59	1	00:58:57	1	00:58:57	1
2	370	01:04:17	Behrens	Christopher	1984	Tri Michels Hamburg e.V.	GER-HAM	00:08:13	3	00:35:27	2	00:43:41	2	00:20:36	4	01:04:17	7	01:04:17	2
3	346	01:06:10	Haberfelder	Fabian	1982	Ratzeburger Ruderclub	GER-HAM	00:08:07	2	00:37:23	4	00:45:31	3	00:20:39	5	01:06:10	12	01:06:10	3
4	501	01:07:30	Ramírez Wong	Régulo Miguel	1983	FC St. Pauli	MEX	00:10:00	8	00:37:03	3	00:47:04	5	00:20:26	3	01:07:30	16	01:07:30	4
5	240	01:07:48	Diekmann	Dennis	1982		GER-HAM	00:09:06	6	00:38:26	5	00:47:32	6	00:20:15	2	01:07:48	18	01:07:48	5
6	380	01:08:22	Hamann	Thorben	1983	TS Harburg	GER-SH	00:06:55	1	00:39:23	6	00:46:19	4	00:22:03	6	01:08:22	19	01:08:22	6
7	372	01:11:12	Fitzl	Nils-Peter	1985	Tri Seppels	GER-HAM	00:09:03	5	00:39:39	7	00:48:43	7	00:22:29	7	01:11:12	27	01:11:12	7
8	251	01:15:13	Schwardt	Matthias	1983		GER-SH	00:09:25	7	00:40:43	8	00:50:08	8	00:25:04	8	01:15:13	41	01:15:13	8
9	415	01:27:00	Rogge	Finn	1981	TSV Bordesholm	GER-SH	00:11:59	9	00:47:37	9	00:59:37	9	00:27:22	9	01:27:00	87	01:27:00	9

#### Volksdistanz TM-30

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	375	01:00:56	Dohse	Michael	1978	Triabolos Hamburg e.V.	GER-SH	00:08:11	4	00:33:34	1	00:41:45	2	00:19:10	2	01:00:56	3	01:00:56	1
2	336	01:00:58	Teegen	Sven	1980	MTV Itzehoe	GER-SH	00:06:41	1	00:35:56	4	00:42:38	3	00:18:20	1	01:00:58	4	01:00:58	2

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## Volksdistanz ( 0,5 / 20 / 5 )

### Volksdistanz TM-30

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
3	621	01:01:45	Friedrichs	Hendrik	1977	Tri-Michels Hamburg	GER-HAM	00:06:58	2	00:33:51	2	00:40:50	1	00:20:54	4	01:01:45	5	01:01:45	3
4	371	01:04:21	Manske	Rene	1979	Tri Michels Hamburg e.V.	GER-HAM	00:08:07	3	00:35:31	3	00:43:38	4	00:20:43	3	01:04:21	8	01:04:21	4
5	225	01:06:46	Geßner	Malte	1976		GER-SH	00:09:13	5	00:36:13	5	00:45:26	5	00:21:20	6	01:06:46	14	01:06:46	5
6	388	01:08:24	Anger	Gunnar	1978	Versorgungsbetriebe Kronshagen	GER-SH	00:10:25	10	00:36:54	7	00:47:19	8	00:21:05	5	01:08:24	20	01:08:24	6
7	367	01:09:44	Bunk	Björn	1980	Tri EMTV Elmshorn	GER-SH	00:09:50	7	00:37:28	8	00:47:18	7	00:22:25	7	01:09:44	21	01:09:44	7
8	319	01:10:16	De Vries	Steffen	1976	Gut Heil Itzehoe	GER-SH	00:10:18	9	00:36:14	6	00:46:33	6	00:23:43	12	01:10:16	24	01:10:16	8
9	350	01:12:05	Klein	Mario	1979	RVB-Hamburg e.V.	GER-HAM	00:09:38	6	00:39:41	9	00:49:20	9	00:22:45	8	01:12:05	30	01:12:05	9
10	244	01:15:12	Wyhnanek	Peter	1979		GER-SH	00:10:51	11	00:40:48	11	00:51:39	10	00:23:32	11	01:15:12	40	01:15:12	10
11	218	01:17:28	Schäpe	Timo	1980		GER-HAM	00:10:16	8	00:43:42	12	00:53:58	12	00:23:29	10	01:17:28	51	01:17:28	11
12	335	01:17:31	Schulz	Sven	1976	MTV Ashausen	GER-NIE	00:12:22	13	00:40:30	10	00:52:52	11	00:24:38	13	01:17:31	52	01:17:31	12
13	263	01:20:30	Duric	Goran	1980		GER-HAM	00:13:00	14	00:44:23	14	00:57:24	14	00:23:06	9	01:20:30	64	01:20:30	13
14	321	01:21:32	Voigt	Mark	1977	Gut- Heil- Itzehoe	GER-SH	00:11:57	12	00:43:54	13	00:55:52	13	00:25:40	14	01:21:32	69	01:21:32	14

### Volksdistanz TM-35

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	416	01:00:24	Wessel	Phillip	1972	Kaifu Tri Team	GER-HAM	00:06:39	1	00:35:01	1	00:41:40	1	00:18:43	1	01:00:24	2	01:00:24	1
2	411	01:05:41	Reimer	Gerd	1974	TriAs Flensburg	GER-SH	00:08:39	2	00:35:30	2	00:44:10	2	00:21:31	4	01:05:41	11	01:05:41	2
3	260	01:10:40	Sachse	Ulli	1975		GER-HAM	00:10:01	4	00:39:36	4	00:49:38	3	00:21:01	3	01:10:40	26	01:10:40	3
4	412	01:13:13	Soder	Patrick	1974		GER-SH	00:11:25	10	00:40:50	8	00:52:16	8	00:20:56	2	01:13:13	35	01:13:13	4
5	334	01:13:45	Ropers	Frank	1972	MTV Ahlerstedt	GER-NIE	00:10:55	9	00:40:10	5	00:51:05	6	00:22:39	5	01:13:45	36	01:13:45	5
6	352	01:14:12	Meyer	Jörg	1974	SG Wasserratten Norderstedt	GER-SH	00:10:11	5	00:40:25	6	00:50:37	5	00:23:35	6	01:14:12	37	01:14:12	6

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### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TM-35

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
7	361	01:16:15	Augustin	Björn	1972	Team Erdinger Alkoholfrei	GER-NIE	00:09:03	3	00:40:38	7	00:49:41	4	00:26:34	11	01:16:15	45	01:16:15	7
8	333	01:16:18	Schwarze	Marc	1971	MTV Ahlerstedt	GER-NIE	00:10:31	6	00:41:43	9	00:52:14	7	00:24:03	7	01:16:18	46	01:16:18	8
9	202	01:17:25	Urbatzka	Tom	1972		GER-SH	00:14:02	15	00:38:47	3	00:52:49	9	00:24:35	8	01:17:25	50	01:17:25	9
10	387	01:19:08	Blodau	Marco	1974	USC Kiel	GER-SH	00:10:44	7	00:43:19	10	00:54:04	10	00:25:04	9	01:19:08	59	01:19:08	10
11	203	01:22:45	Stahmann	Sven	1975		GER-SH	00:10:49	8	00:45:01	11	00:55:50	11	00:26:54	13	01:22:45	76	01:22:45	11
12	241	01:24:30	Bünz	Ole	1972		GER-SH	00:12:32	13	00:46:09	13	00:58:41	13	00:25:48	10	01:24:30	80	01:24:30	12
13	360	01:27:08	Pottrick	Tobi	1974	Steinbeis Papier Glückstadt	GER-SH	00:11:41	11	00:45:43	12	00:57:24	12	00:29:44	15	01:27:08	88	01:27:08	13
14	297	01:28:34	Mehlert	Wulf	1973	BSG Haspa	GER-SH	00:11:48	12	00:50:02	14	01:01:51	14	00:26:43	12	01:28:34	90	01:28:34	14
15	323	01:31:16	Hollm	Thies	1973	Hobby-Runner	GER-SH	00:12:56	14	00:51:00	15	01:03:56	15	00:27:19	14	01:31:16	96	01:31:16	15

#### Volksdistanz TM-40

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	369	01:04:34	Jesco	Danylo	1968	Tri Michels Hamburg e.V.	GER-HAM	00:08:03	1	00:36:00	3	00:44:03	2	00:20:31	3	01:04:34	9	01:04:34	1
2	392	01:05:15	Au	Thomas	1967	Tri EMTV Elmshorn	GER-SH	00:09:19	3	00:34:27	1	00:43:47	1	00:21:27	4	01:05:15	10	01:05:15	2
3	362	01:06:26	Richters	Andre	1966	Tornesch-Uetersener Triathleten	GER-SH	00:10:16	7	00:34:35	2	00:44:52	3	00:21:33	5	01:06:26	13	01:06:26	3
4	299	01:10:34	Wolter	Sven	1969	Detlefsengymnasium Glückstadt Lauf AG	GER-SH	00:10:45	10	00:39:37	5	00:50:23	6	00:20:11	1	01:10:34	25	01:10:34	4
5	414	01:12:06	Peintinger	Carsten	1970		GER-HAM	00:11:29	15	00:37:44	4	00:49:13	4	00:22:53	6	01:12:06	31	01:12:06	5
6	329	01:12:08	Kühle	Oliver	1970	LTV Kiel-Ost	GER-SH	00:10:47	11	00:40:59	8	00:51:46	9	00:20:21	2	01:12:08	32	01:12:08	6
7	410	01:12:29	Fischbach	Heiko	1967		GER-HAM	00:09:05	2	00:40:22	7	00:49:27	5	00:23:02	7	01:12:29	33	01:12:29	7
8	383	01:14:35	Gabriel	Kurt	1968	TSV LOLA	GER-SH	00:09:58	5	00:41:03	9	00:51:02	7	00:23:33	10	01:14:35	38	01:14:35	8
9	200	01:14:46	Rühmann	Henrik	1969		GER-SH	00:09:23	4	00:42:00	10	00:51:24	8	00:23:22	8	01:14:46	39	01:14:46	9

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# Ergebnis

## M / W - Altersklassen

### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TM-40

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
10	358	01:18:28	Spross	Jürgen	1966	Steinbeis Papier Glückstadt	GER-SH	00:13:40	17	00:39:51	6	00:53:31	10	00:24:56	12	01:18:28	58	01:18:28	10
11	311	01:19:51	Grossmann	Olaf	1966	Gemüse Power	GER-SH	00:10:40	9	00:43:24	11	00:54:04	11	00:25:46	16	01:19:51	60	01:19:51	11
12	309	01:20:09	Marxmeier-Jonsson	Ralph	1967	Flinke füße	GER-SH	00:10:50	13	00:44:16	12	00:55:07	12	00:25:02	13	01:20:09	62	01:20:09	12
13	230	01:20:23	Wolanski	Andreas	1967		GER-SH	00:10:23	8	00:45:57	13	00:56:21	13	00:24:01	11	01:20:23	63	01:20:23	13
14	237	01:22:38	Soyka	Tobias	1968		GER-SH	00:10:50	12	00:46:42	14	00:57:32	14	00:25:05	14	01:22:38	74	01:22:38	14
15	262	01:26:06	Lehmann	Robert	1967		GER-SH	00:10:00	6	00:48:32	15	00:58:32	15	00:27:33	17	01:26:06	83	01:26:06	15
16	345	01:30:12	Lange	Jan	1969	Provinzial Wilster	GER-SH	00:15:34	18	00:49:01	16	01:04:36	17	00:25:36	15	01:30:12	93	01:30:12	16
17	391	01:30:26	Thams-Kurzeya	Eike	1967	Www.imkereike.de	GER-SH	00:11:23	14	00:55:30	18	01:06:54	18	00:23:32	9	01:30:26	95	01:30:26	17
18	201	01:33:45	Duve	Jörg	1967		GER-NIE	00:13:24	16	00:49:22	17	01:02:46	16	00:30:58	18	01:33:45	101	01:33:45	18

#### Volksdistanz TM-45

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	348	01:06:49	Hamschmidt	Uwe	1963	Rbz steinburg	GER-SH	00:07:03	1	00:37:34	3	00:44:37	1	00:22:12	6	01:06:49	15	01:06:49	1
2	343	01:07:41	Kröning	Wolfgang	1964	Polizei Hamburg	GER-SH	00:10:03	2	00:36:40	1	00:46:44	2	00:20:57	1	01:07:41	17	01:07:41	2
3	264	01:11:57	Howe	Thomas	1965		GER-SH	00:12:19	11	00:37:32	2	00:49:52	3	00:22:05	4	01:11:57	29	01:11:57	3
4	365	01:13:11	Klein	Andreas	1963	Tri EMTV Elmshorn	GER-SH	00:10:13	3	00:41:30	8	00:51:43	5	00:21:27	3	01:13:11	34	01:13:11	4
5	351	01:15:23	Krause	Andreas	1962	SG Tantalus Kiel	GER-SH	00:10:36	5	00:43:33	10	00:54:09	9	00:21:13	2	01:15:23	43	01:15:23	5
6	302	01:16:11	Labuj	Rüdiger	1964	ETSV Fortuna Glückstadt	GER-SH	00:12:32	12	00:41:09	6	00:53:42	7	00:22:28	7	01:16:11	44	01:16:11	6
7	223	01:16:18	Fisser	Ralf	1965		GER-HAM	00:10:44	6	00:41:27	7	00:52:12	6	00:24:06	9	01:16:18	47	01:16:18	7
8	232	01:16:23	Redmann	Fred	1964		GER-SH					00:51:00	4	00:25:22	12	01:16:23	48	01:16:23	8
9	368	01:17:31	Kus	Andreas	1965	Tri EMTV Elmshorn	GER-SH	00:12:38	14	00:41:04	5	00:53:43	8	00:23:47	8	01:17:31	53	01:17:31	9
10	220	01:19:56	Voigt	Christian	1962		GER-HAM	00:11:38	10	00:46:13	16	00:57:51	16	00:22:05	5	01:19:56	61	01:19:56	10

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## Ergebnis M / W - Altersklassen

### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TM-45

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
11	381	01:21:24	Raap	Volker	1962	TS Schenefeld	GER-SH	00:11:13	8	00:46:00	15	00:57:14	15	00:24:09	10	01:21:24	67	01:21:24	11
12	305	01:21:25	Winter	Dirk	1963	ETSV Gut Heil Itzehoe	GER-SH	00:10:24	4	00:44:05	12	00:54:30	10	00:26:54	14	01:21:25	68	01:21:25	12
13	331	01:22:26	Vietheer	Jan	1965	MS SWAT Hohenfelde	GER-SH	00:16:58	18	00:40:09	4	00:57:07	13	00:25:19	11	01:22:26	72	01:22:26	13
14	313	01:22:34	Kuhn	Dieter	1963	Gettorfer TV	GER-SH	00:11:11	7	00:43:30	9	00:54:41	11	00:27:53	16	01:22:34	73	01:22:34	14
15	354	01:22:43	Radtke	Udo	1961	Sportspaß Hamburg	GER-HAM	00:12:52	15	00:43:34	11	00:56:27	12	00:26:16	13	01:22:43	75	01:22:43	15
16	247	01:25:47	Teetzen	Heiko	1961		GER-	00:12:37	13	00:44:34	14	00:57:11	14	00:28:35	17	01:25:47	82	01:25:47	16
17	229	01:26:19	Seeling	Marc	1963		GER-SH	00:11:32	9	00:47:37	17	00:59:09	17	00:27:10	15	01:26:19	84	01:26:19	17
18	386	01:33:30	Brunke	Sven	1965	TuS Holtenau Kiel	GER-SH	00:14:44	17	00:44:32	13	00:59:17	18	00:34:12	18	01:33:30	99	01:33:30	18
19	245	01:39:51	Clausen	Kay	1962		GER-SH	00:12:55	16	00:51:14	18	01:04:10	19	00:35:41	19	01:39:51	104	01:39:51	19

#### Volksdistanz TM-50

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	208	01:18:12	Pinkerneil	Volker	1959		GER-SH	00:11:51	1	00:40:31	1	00:52:22	1	00:25:49	4	01:18:12	55	01:18:12	1
2	265	01:21:19	Zelmer	Klaus	1956	1.FC LoLa	GER-SH	00:14:54	7	00:42:14	2	00:57:09	2	00:24:10	2	01:21:19	66	01:21:19	2
3	327	01:25:00	Mackeprang	Norbert	1958	LG POWER-Schnecken Kiel e. V.	GER-SH	00:12:42	3	00:47:06	4	00:59:48	4	00:25:11	3	01:25:00	81	01:25:00	3
4	249	01:26:29	Claussen	Holger	1956		GER-SH	00:12:40	2	00:46:33	3	00:59:13	3	00:27:15	6	01:26:29	85	01:26:29	4
5	216	01:26:53	Dirksen	Hans-Dieter	1956		GER-SH	00:14:47	6	00:48:06	5	01:02:53	5	00:23:59	1	01:26:53	86	01:26:53	5
6	259	01:30:05	Breiholz	Arne	1958		GER-SH	00:13:43	4	00:50:15	6	01:03:59	6	00:26:05	5	01:30:05	92	01:30:05	6
7	212	01:42:53	Meinicke	Michael	1957		GER-SH	00:14:40	5	00:54:07	7	01:08:47	7	00:34:05	8	01:42:53	107	01:42:53	7
8	288	01:51:39	Engel	Jürgen	1959	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:17:58	8	01:02:12	8	01:20:11	8	00:31:28	7	01:51:39	112	01:51:39	8

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## M / W - Altersklassen

### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TM-55

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	359	01:24:25	Lembke	Horst	1954	Steinbeis Papier Glückstadt	GER-SH	00:12:21	1	00:47:33	1	00:59:54	1	00:24:31	1	01:24:25	78	01:24:25	1

#### Volksdistanz TM-60

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	256	01:37:01	Rehefeld	Joachim	1947		GER-SH	00:15:03	2	00:48:00	1	01:03:03	2	00:33:57	1	01:37:01	103	01:37:01	1
2	250	01:43:51	Mielke	Rainer	1949		GER-SH	00:13:47	1	00:49:08	2	01:02:55	1	00:40:56	2	01:43:51	108	01:43:51	2

#### Volksdistanz TM-65

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	254	01:29:08	Köpke	Rainer	1944		GER-SH	00:12:57	1	00:46:17	1	00:59:14	1	00:29:53	2	01:29:08	91	01:29:08	1
2	315	01:30:18	Grafmüller	Hermann	1945	Gut Heil Itzehoe	GER-SH	00:14:10	2	00:47:44	2	01:01:54	2	00:28:24	1	01:30:18	94	01:30:18	2

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### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TW-16

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	397	01:21:54	Brüggemann	Nina	1993	Johannes-Brahms-Schule	GER-SH	00:12:56	3	00:46:38	1	00:59:34	2	00:22:19	1	01:21:54	17	01:21:54	1
2	393	01:26:36	Baake	Marit	1993	Johannes-Brahms-Schule	GER-SH	00:12:19	1	00:46:54	3	00:59:14	1	00:27:22	2	01:26:36	25	01:26:36	2
3	398	01:28:40	de Boer	Paula	1993	Johannes-Brahms-Schule	GER-SH	00:12:45	2	00:47:28	4	01:00:14	4	00:28:25	3	01:28:40	30	01:28:40	3
4	396	01:30:27	Bornhöft	Sandra	1993	Johannes-Brahms-Schule	GER-SH	00:13:01	4	00:46:51	2	00:59:52	3	00:30:34	4	01:30:27	35	01:30:27	4

#### Volksdistanz TW-18

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	404	01:29:12	Münster	Maylin	1992	Johannes-Brahms-Schule	GER-SH	00:12:18	3	00:47:06	1	00:59:25	1	00:29:47	2	01:29:12	32	01:29:12	1
2	274	01:31:41	Krohn	Antonia	1992	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:11:55	2	00:51:01	2	01:02:56	2	00:28:45	1	01:31:41	37	01:31:41	2
3	282	01:37:02	Holzfeind	Inga	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:10:43	1	00:54:34	3	01:05:18	3	00:31:44	3	01:37:02	44	01:37:02	3
4	285	01:49:04	Fritsche	Svea	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:15:37	5	00:59:40	4	01:15:18	4	00:33:46	4	01:49:04	46	01:49:04	4
5	292	01:56:54	Asmussen	Katharina	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:15:37	4	00:59:41	5	01:15:19	5	00:41:35	6	01:56:54	48	01:56:54	5
6	280	02:14:31	Raubbach	Imke	1991	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:20:19	6	01:15:24	6	01:35:43	6	00:38:48	5	02:14:31	50	02:14:31	6

#### Volksdistanz TW-20

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	363	01:10:31	Kriech	Beeke	1989	Tri EMTV Elmshorn	GER-SH	00:08:21	1	00:38:44	1	00:47:05	1	00:23:25	1	01:10:31	3	01:10:31	1

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## Volksdistanz ( 0,5 / 20 / 5 )

### Volksdistanz TW-20

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
2	304	01:16:31	Stäcker	Ina	1989	ETSV Gut Heil Itzehoe	GER-SH	00:10:22	2	00:42:07	3	00:52:30	2	00:24:01	2	01:16:31	9	01:16:31	2
3	238	01:18:51	Törber	Cindy	1986		GER-HAM	00:12:43	3	00:41:32	2	00:54:15	3	00:24:35	3	01:18:51	14	01:18:51	3
4	272	02:14:30	Öztas	Sema	1990	Auguste-Viktoria-Schule Itzehoe	GER-SH	00:20:18	4	01:15:25	4	01:35:43	4	00:38:46	4	02:14:30	49	02:14:30	4

### Volksdistanz TW-25

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	366	01:15:39	Thiel	Birgit	1983	Tri EMTV Elmshorn	GER-SH	00:11:09	2	00:42:08	1	00:53:18	1	00:22:21	1	01:15:39	7	01:15:39	1
2	382	01:27:00	Raap	Sabrina	1984	TSV Kronshagen	GER-SH	00:11:21	3	00:48:49	3	01:00:11	3	00:26:49	2	01:27:00	27	01:27:00	2
3	252	01:29:38	Hessing	Nicole	1982		GER-SH	00:10:06	1	00:47:55	2	00:58:01	2	00:31:36	3	01:29:38	33	01:29:38	3
4	214	01:40:30	Holst	Tina	1985		GER-SH	00:11:52	4	00:52:46	4	01:04:39	4	00:35:51	4	01:40:30	45	01:40:30	4

### Volksdistanz TW-30

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	378	01:07:42	Meyer	Juliane	1980	Triabolos MULTIPOWER active Team	GER-SH	00:08:47	1	00:36:54	2	00:45:42	2	00:22:00	1	01:07:42	1	01:07:42	1
2	316	01:09:07	Wasmundt	Stefanie	1978	Gut Heil Itzehoe	GER-SH	00:10:31	4	00:34:53	1	00:45:25	1	00:23:41	4	01:09:07	2	01:09:07	2
3	236	01:14:15	Gäbert	Jana Lisa	1980		GER-HAM	00:09:47	3	00:40:50	3	00:50:37	4	00:23:37	3	01:14:15	5	01:14:15	3
4	347	01:15:07	Gottschalk	Sandra	1978	Ratzeburger SV - Triathlon	GER-SH	00:09:08	2	00:41:14	4	00:50:22	3	00:24:44	5	01:15:07	6	01:15:07	4
5	341	01:18:45	Eicke	Katrin	1978	Münsterdorfer SV	GER-SH	00:11:53	7	00:43:16	5	00:55:09	5	00:23:36	2	01:18:45	13	01:18:45	5
6	409	01:23:55	Schmidt	Tina	1977	Tri-Michels Hamburg	GER-HAM	00:11:26	5	00:45:06	6	00:56:32	6	00:27:22	6	01:23:55	20	01:23:55	6

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### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TW-30

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
7	224	01:30:00	Goldbaum	Magdalene	1976		GER-SH	00:11:52	6	00:49:05	7	01:00:57	7	00:29:03	7	01:30:00	34	01:30:00	7
8	342	01:32:36	Stadali	Jessica	1979	Münsterdorfer SV	GER-SH	00:12:42	8	00:50:17	8	01:03:00	8	00:29:36	8	01:32:36	38	01:32:36	8

#### Volksdistanz TW-35

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	379	01:11:41	Longatti	Alima	1975	Triabols MULTIPOWER active Team	GER-SH	00:09:17	3	00:39:16	1	00:48:33	1	00:23:07	1	01:11:41	4	01:11:41	1
2	226	01:15:40	Kurtz	Christina	1972		GER-HAM	00:07:46	1	00:41:53	2	00:49:39	2	00:26:01	3	01:15:40	8	01:15:40	2
3	330	01:17:51	Albers	Reika	1975	Lufthansa SV	GER-HAM	00:10:26	4	00:43:14	4	00:53:41	3	00:24:09	2	01:17:51	11	01:17:51	3
4	349	01:23:23	Wolanski	Claudia	1974	RSG Blankenese	GER-SH	00:09:11	2	00:47:50	6	00:57:02	6	00:26:20	4	01:23:23	19	01:23:23	4
5	211	01:25:42	Nuttelmann	Sandra	1975		GER-HAM	00:12:11	6	00:43:02	3	00:55:14	4	00:30:27	6	01:25:42	24	01:25:42	5
6	210	01:27:34	Schneider	Dagmar	1972		GER-SH	00:11:24	5	00:45:01	5	00:56:25	5	00:31:08	7	01:27:34	28	01:27:34	6
7	221	01:29:00	Wittenburg	Sabine	1972		GER-SH	00:12:20	7	00:48:12	7	01:00:33	7	00:28:27	5	01:29:00	31	01:29:00	7

#### Volksdistanz TW-40

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	355	01:16:48	Rösch	Claudia	1969	SSG Sottmann	GER-SH	00:11:49	3	00:41:52	1	00:53:42	1	00:23:06	2	01:16:48	10	01:16:48	1
2	300	01:18:02	Westerfeld	Sabine	1966	Elbe-Sport	GER-SH	00:11:58	5	00:43:22	2	00:55:20	3	00:22:42	1	01:18:02	12	01:18:02	2
3	413	01:22:35	Hoppe	Silke	1969		GER-SH	00:10:20	1	00:44:27	3	00:54:48	2	00:27:47	4	01:22:35	18	01:22:35	3
4	219	01:24:21	Meier	Ilona	1968		GER-HAM	00:13:48	7	00:45:52	4	00:59:40	4	00:24:41	3	01:24:21	21	01:24:21	4
5	318	01:30:36	Feldmann	Martina	1968	Gut Heil Itzehoe	GER-SH	00:11:35	2	00:48:59	5	01:00:34	5	00:30:01	5	01:30:36	36	01:30:36	5

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### Volksdistanz ( 0,5 / 20 / 5 )

#### Volksdistanz TW-40

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
6	310	01:33:17	Jonsson	Britta	1968	Flinke füÙe	GER-SH	00:11:54	4	00:49:25	6	01:01:19	6	00:31:58	7	01:33:17	40	01:33:17	6
7	253	01:35:09	Heymann	Silke	1966		GER-SH	00:12:37	6	00:52:06	7	01:04:44	7	00:30:24	6	01:35:09	43	01:35:09	7

#### Volksdistanz TW-45

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	314	01:19:25	Böhm	Helga	1965	GHI	GER-	00:12:09	2	00:43:33	2	00:55:42	2	00:23:42	1	01:19:25	15	01:19:25	1
2	328	01:19:53	Mackeprang	Kerstin	1962	LG POWER-Schnecken Kiel e. V.	GER-SH	00:12:12	3	00:43:23	1	00:55:35	1	00:24:17	2	01:19:53	16	01:19:53	2
3	332	01:25:05	Woyan	Catrin	1965	MTSV Hohenwestedt	GER-SH	00:13:13	7	00:47:07	5	01:00:20	5	00:24:44	3	01:25:05	22	01:25:05	3
4	258	01:25:12	Hellmig	Heike	1965		GER-NIE	00:12:30	5	00:45:58	3	00:58:29	3	00:26:43	5	01:25:12	23	01:25:12	4
5	373	01:26:52	Müller-Meernach	Eva	1961	Tri Team Neumünster	GER-SH	00:13:05	6	00:47:40	6	01:00:46	6	00:26:06	4	01:26:52	26	01:26:52	5
6	306	01:28:20	Meissner	Winni	1964	Etsv Gut-Heil-Itzehoe	GER-SH	00:12:17	4	00:46:13	4	00:58:31	4	00:29:49	6	01:28:20	29	01:28:20	6
7	308	01:33:17	Herzog	Heike	1964	Flinke füÙe	GER-SH	00:12:00	1	00:49:17	7	01:01:18	7	00:31:59	8	01:33:17	39	01:33:17	7
8	312	01:34:15	Kuhn	Beate	1965	Gettorfer TV	GER-SH	00:14:00	8	00:50:11	8	01:04:11	8	00:30:04	7	01:34:15	42	01:34:15	8
9	266	01:49:07	Kruse	Anne	1965	Anna Montana Club	GER-SH	00:14:41	9	01:01:20	9	01:16:01	9	00:33:05	9	01:49:07	47	01:49:07	9

#### Volksdistanz TW-55

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Ziel	Pos	Endzeit	Pos
1	374	01:33:59	Welzel	Gabi	1954	Tri-Sport Lübeck	GER-SH	00:13:28	1	00:51:09	1	01:04:38	1	00:29:21	1	01:33:59	41	01:33:59	1

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