



## 13. Lebensfitness-Vierlanden-Triathlon

28. Juni 2008



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### Ergebnis M / W - Gesamt

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Triathlon  
( 1,5 / 44 / 10 )

#### Hamburger Meisterschaft (Triathlon)

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Triathlon  
TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Rad	Sch+Rad	Lauf	Ziel	Pos
1	599	02:02:38	Bergmann	Oliver	1967	BSG Radsportzentrum Hamburg	GER-HAM	00:19:01	01:05:02	01:24:04	00:38:34	02:02:38	1
2	1019	02:06:01	Uwarow	Alexej	1977	TT HSU Hamburg		00:22:19	01:05:44	01:28:03	00:37:57	02:06:01	2
3	788	02:06:42	Heineke	Matthias	1972	AMTV Triathlon Hamburg	GER-HAM	00:18:57				02:06:42	3
4	1017	02:09:34	Langfeld	Peter	1972	TT HSU Hamburg		00:25:23	01:06:47	01:32:11	00:37:23	02:09:34	4
5	1011	02:10:22	Tychsen	Frederik	1975	Tri Michels Hamburg		00:20:46	01:09:20	01:30:06	00:40:15	02:10:22	5
6	1043	02:11:43	Schuster	Jens	1970	Kaifu Tri Team		00:22:48	01:11:39	01:34:28	00:37:14	02:11:43	6
7	673	02:11:58	Bück	Christian	1981	TSH Team Bergamont	GER-HAM	00:19:03	01:10:11	01:29:15	00:42:42	02:11:58	7
8	733	02:13:28	Ahrens	Hans-Björn	1979	Team Triathlon Hamburger Hochschulen	GER-HAM	00:24:32	01:10:54	01:35:26	00:38:02	02:13:28	8
9	684	02:13:44	Kummer	Christoph	1975	RSG Blankenese	GER-SH	00:21:12	01:12:21	01:33:33	00:40:11	02:13:44	9
10	1015	02:14:11	Houtrouw	Enno	1971	Tri Michels Hamburg		00:20:49	01:12:13	01:33:02	00:41:08	02:14:11	10
11	1006	02:14:43	Jahn	Christian	1976	Tri Michels Hamburg		00:21:44	01:11:39	01:33:24	00:41:19	02:14:43	11
12	695	02:15:38	Mueller	Ekkehard	1976	HT16 Hamburg Triathlon-Team	GER-HAM	00:24:14	01:10:23	01:34:38	00:40:59	02:15:38	12

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# Ergebnis M / W - Gesamt

## Triathlon ( 1,5 / 44 / 10 ) Hamburger Meisterschaft (Triathlon)

### Triathlon TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos
13	689	02:15:40	Lohmann	Jonas	1979	Tri Michels Hamburg	GER-HAM	00:24:19	01:12:04	01:36:23	00:39:17	02:15:40	13
14	765	02:15:59	Raissis	Marc-Alex	1971	Triabolos Hamburg e.V.	FRA	00:26:36	01:08:00	01:34:37	00:41:21	02:15:59	14
15	1013	02:16:06	Jacobsen	Thilo	1973	Tri Michels Hamburg		00:24:11	01:11:37	01:35:49	00:40:16	02:16:06	15
16	487	02:16:58	Oettinger	Christian	1967	Triabolos Hamburg e.V.	GER-HAM	00:26:22	01:10:52	01:37:15	00:39:43	02:16:58	16
17	795	02:17:01	Wagner	Ingo	1970	Tri Michels Hamburg	GER-HAM	00:23:33	01:13:09	01:36:42	00:40:18	02:17:01	17
18	693	02:17:45	Schütze	Matthias	1976	werk3 Triathlon Hamburg	GER-HAM	00:25:04	01:14:12	01:39:16	00:38:29	02:17:45	18
19	1044	02:18:05	Patrascheswki	Thomas	1979	Kaifu Tri Team		00:23:05	01:16:36	01:39:41	00:38:23	02:18:05	19
20	710	02:19:09	Zeise	René	1976	RSG Blankenese	GER-HAM	00:22:26	01:14:33	01:37:00	00:42:09	02:19:09	20
21	492	02:19:17	Schön	Christian	1964	Lebensfitness e.V.	GER-HAM	00:26:14	01:11:11	01:37:26	00:41:50	02:19:17	21
22	1040	02:19:36	Hoffmann	Lennart	1981	Kaifu Tri Team		00:25:22	01:14:52	01:40:15	00:39:21	02:19:36	22
23	539	02:19:59	Carl	Christian	1968	BSG FA Blankenese	GER-HAM	00:21:35	01:14:58	01:36:33	00:43:26	02:19:59	23
24	711	02:20:17	Büttner	Patrick	1976	Tri-Michels Hamburg	GER-HAM	00:24:56	01:13:42	01:38:39	00:41:38	02:20:17	24
25	1016	02:20:47	Glück	Christian	1981	TT HSU Hamburg		00:30:36	01:13:44	01:44:20	00:36:27	02:20:47	25
26	626	02:21:16	Wetzel	Ingo	1964	Triabolos Hamburg e.V.	GER-HAM	00:25:23	01:11:52	01:37:16	00:44:00	02:21:16	26
27	793	02:22:13	Friedrichs	Hendrik	1977	Tri Michels Hamburg	GER-HAM	00:20:39	01:13:27	01:34:06	00:48:07	02:22:13	27
28	748	02:22:14	Stoermer	Florian	1977	Lebensfitness e.V.	GER-HAM	00:28:44	01:13:10	01:41:55	00:40:19	02:22:14	28
29	1018	02:22:15	Kretschmar	Carsten	1965	TT HSU Hamburg		00:22:03	01:17:37	01:39:40	00:42:34	02:22:15	29
30	545	02:22:26	Fischer	Michael	1968	Team Triathlon Hamburger Hochschulen	GER-HAM	00:28:21	01:12:50	01:41:11	00:41:15	02:22:26	30
31	701	02:22:26	Peppel	Andreas	1978	werk3 Triathlon Hamburg	GER-HAM	00:22:46	01:14:53	01:37:40	00:44:46	02:22:26	31

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# Ergebnis M / W - Gesamt

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### Triathlon TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos
32	534	02:22:39	Klingemann	Werner	1959	Triabolos Hamburg e.V.	GER-HAM	00:27:39	01:14:22	01:42:02	00:40:36	02:22:39	32
33	721	02:22:51	Putnings	Thomas	1974	Triabolos Hamburg e.V.	GER-HAM	00:23:28	01:17:15	01:40:43	00:42:07	02:22:51	33
34	1041	02:23:22	Zaher	Nichlas	1973	Kaifu Tri Team		00:28:30	01:12:04	01:40:35	00:42:47	02:23:22	34
35	734	02:23:31	Kleinert	Andreas	1969	HT16 Hamburg Triathlon-Team	GER-HAM	00:24:26	01:16:13	01:40:39	00:42:52	02:23:31	35
36	776	02:23:50	Kutschka	Gregor	1970	Team Erdinger	GER-HAM	00:26:41	01:13:47	01:40:29	00:43:21	02:23:50	36
37	729	02:24:00	Münster	Till	1984	werk3 Triathlon Hamburg	GER-HAM	00:25:33	01:17:08	01:42:42	00:41:17	02:24:00	37
38	737	02:24:01	Boknecht	Thorsten	1970	TSG Bergedorf	GER-NIE	00:25:40	01:18:47	01:44:28	00:39:32	02:24:01	38
39	743	02:24:33	Asbeck	Gunther	1969	SV Polizei Hamburg	GER-HAM	00:24:36	01:17:44	01:42:21	00:42:11	02:24:33	39
40	604	02:24:36	lhns	Thomas	1962	Tri Michels Hamburg	GER-HAM	00:24:21	01:16:29	01:40:50	00:43:46	02:24:36	40
41	678	02:24:49	Menk	Christopher-Herms	1985	Triabolos Hamburg e.V.	GER-HAM	00:18:11	01:17:12	01:35:23	00:49:26	02:24:49	41
42	509	02:25:00	Rösemeier	Jörg	1962	Triabolos Hamburg e.V.	GER-HAM	00:24:56	01:14:15	01:39:11	00:45:48	02:25:00	42
43	713	02:27:02	Kulenkamp	Jens Kurt Gustav	1977		GER-HAM	00:22:52	01:17:50	01:40:42	00:46:20	02:27:02	43
44	498	02:27:17	Rapp	Wolfram	1956	Tri Michels Hamburg	GER-HAM	00:24:13	01:21:04	01:45:18	00:41:59	02:27:17	44
45	741	02:28:15	Schmidt-Tazir	David	1970	Lebensfitness e.V.	GER-HAM	00:25:59	01:17:03	01:43:03	00:45:12	02:28:15	45
46	777	02:28:18	Schultchen	Olaf	1972	HT16 Hamburg Triathlon-Team	GER-HAM	00:25:05	01:13:33	01:38:38	00:49:40	02:28:18	46
47	735	02:28:33	Ehlers	Kay	1970	werk3 Triathlon Hamburg	GER-HAM	00:24:34	01:18:56	01:43:31	00:45:02	02:28:33	47
48	736	02:28:36	vom Hofe	Björn	1979	Tri Michels Hamburg	GER-HAM	00:28:04	01:15:55	01:44:00	00:44:35	02:28:36	48
49	542	02:28:44	Paragnik	Thomas	1958	Lebensfitness e.V.	GER-HAM	00:26:07	01:16:32	01:42:39	00:46:04	02:28:44	49
50	522	02:28:48	Timmann	Dirk	1968	TSH Team Bergamont	GER-HAM	00:26:10	01:16:04	01:42:14	00:46:33	02:28:48	50

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51	565	02:29:55	Buroh	Nikolai	1967	Triabolos Hamburg e.V.	GER-HAM	00:24:11	01:13:46	01:37:57	00:51:57	02:29:55	51
52	546	02:30:08	Ottow	Heiko	1967	FC St. Pauli Triathlon	GER-HAM	00:25:12	01:17:04	01:42:17	00:47:50	02:30:08	52
53	624	02:30:18	Milewski	Marek	1967	SG Stern	GER-HAM	00:28:00	01:14:01	01:42:02	00:48:15	02:30:18	53
54	785	02:31:21	Borsutzky	Georg	1970	Tri Michels Hamburg	GER-HAM	00:23:18	01:22:11	01:45:30	00:45:51	02:31:21	54
55	592	02:32:54	Von Laar	Heinz-Josef	1968	Triabolos Hamburg e.V.	GER-HAM	00:25:59	01:17:15	01:43:14	00:49:39	02:32:54	55
56	629	02:33:23	Schmutte	Konrad	1965	BSG Beiersdorf	GER-HAM	00:28:23	01:21:47	01:50:11	00:43:12	02:33:23	56
57	491	02:33:40	Zylau	Kai	1965	werk3 Triathlon Hamburg	GER-HAM	00:22:33	01:21:36	01:44:10	00:49:30	02:33:40	57
58	709	02:34:08	Hüppe	Stefan	1969	TS Harburg	GER-NIE	00:35:46	01:19:43	01:55:30	00:38:38	02:34:08	58
59	699	02:34:26	Vuckovic	Edward	1972	Lebensfitness e.V.	GER-HAM	00:27:04	01:19:09	01:46:14	00:48:12	02:34:26	59
60	1042	02:34:34	Stehr	Christian	1978	Kaifu Tri Team		00:21:54	01:24:57	01:46:51	00:47:43	02:34:34	60
61	703	02:34:57	Schütt	Alexander	1984	Triabolos Hamburg e.V.	GER-HAM	00:26:53	01:19:07	01:46:01	00:48:55	02:34:57	61
62	552	02:35:57	Wolf	Dr. Hendrik	1960	Lebensfitness e.V.	GER-HAM	00:29:08	01:21:03	01:50:12	00:45:44	02:35:57	62
63	482	02:36:20	Croissier	René	1950	TuS Holstein Quickborn	GER-HAM	00:28:44	01:21:35	01:50:20	00:46:00	02:36:20	63
64	481	02:38:05	Fennert	Michael	1962	TuS Holstein Quickborn	GER-HAM	00:29:16	01:23:33	01:52:50	00:45:15	02:38:05	64
65	583	02:39:49	Prätsch	Dr. Ulrich	1947	TSG Bergedorf	GER-HAM	00:37:23	01:15:24	01:52:48	00:47:01	02:39:49	65
66	771	02:39:59	Ihne	Markus	1975	Kaifu Tri Team Hamburg e.V.	GER-HAM	00:28:28	01:20:20	01:48:48	00:51:10	02:39:59	66
67	485	02:42:07	Titze	Rene	1968	TT HSU Hamburg	GER-HAM	00:39:35	01:19:03	01:58:39	00:43:28	02:42:07	67
68	493	02:42:18	Graubner	Rolf	1955	Team Triathlon Hamburger Hochschulen	GER-HAM	00:33:32	01:22:06	01:55:39	00:46:39	02:42:18	68
69	760	02:42:38	Halden	Gunnar	1978	ARV Alania	GER-HAM	00:32:05	01:20:08	01:52:13	00:50:25	02:42:38	69

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## Triathlon ( 1,5 / 44 / 10 ) Hamburger Meisterschaft (Triathlon)

### Triathlon TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos
70	674	02:42:51	Gerritsen	Marco	1972		GER-HAM	00:28:19	01:21:50	01:50:09	00:52:41	02:42:51	70
71	681	02:44:28	Fitzl	Nils-Peter	1985	Tri Seppels	GER-HAM	00:24:21	01:29:08	01:53:29	00:50:58	02:44:28	71
72	732	02:48:00	Kesselring	Mike	1970	Trizeps barsbüttel	GER-HAM	00:32:24	01:26:10	01:58:34	00:49:25	02:48:00	72
73	644	02:55:54	Dohrn	Frank	1958	AMTV Hamburg	GER-HAM	00:33:14	01:29:50	02:03:04	00:52:50	02:55:54	73
74	616	02:58:46	Grebe	Frank	1966	Tri Michels Hamburg	GER-HAM	00:31:54	01:33:28	02:05:22	00:53:23	02:58:46	74
75	611	03:10:24	Wieneke	Reiner	1951	Hamburger Triathlon Verb.	GER-NIE	00:36:24	01:27:09	02:03:34	01:06:50	03:10:24	75
76	577	03:14:34	Pohlmann	Herrmann	1938	TSG Bergedorf	GER-HAM	00:37:08	01:35:10	02:12:19	01:02:14	03:14:34	76
77	571	03:20:23	Ruschmeyer	Ralph	1960		GER-HAM	00:31:28	01:44:16	02:15:45	01:04:38	03:20:23	77

### Triathlon TW

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos
1	585	02:21:02	Mohr	Stefanie	1987	Radsport Zentrum Hamburg	GER-HAM	00:21:40	01:15:29	01:37:10	00:43:52	02:21:02	1
2	586	02:22:59	Mohr	Sabrina	1990	Radsport Zentrum Hamburg	GER-HAM	00:21:36	01:15:10	01:36:46	00:46:13	02:22:59	2
3	560	02:24:13	Siebke	Dörte	1967	Radsportzentrum Hamburg	GER-HAM	00:24:31	01:14:31	01:39:02	00:45:11	02:24:13	3
4	561	02:24:38	Kühner	Dr. Lucia	1974	Triabolos Hamburg e.V.	GER-SH	00:22:25	01:16:50	01:39:16	00:45:22	02:24:38	4
5	570	02:25:45	Hagel	Petra	1977	Triabolos Hamburg e.V.	GER-NIE	00:24:16	01:16:20	01:40:37	00:45:08	02:25:45	5
6	578	02:26:57	Trukenmüller	Rebekka	1982	Kaifu Tri Team	GER-HAM	00:25:09	01:18:02	01:43:12	00:43:44	02:26:57	6
7	1073	02:27:06	Berndt	Sarah	1984	TS Harburg		00:26:36	01:16:46	01:43:22	00:43:43	02:27:06	7

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## Triathlon ( 1,5 / 44 / 10 ) Hamburger Meisterschaft (Triathlon)

### Triathlon TW

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos
8	591	02:30:00	Jarren	Sabine	1966	Triabolos Hamburg e.V.	GER-HAM	00:25:00	01:18:12	01:43:13	00:46:46	02:30:00	8
9	525	02:31:22	Helbig	Leana	1981	werk3 Triathlon Hamburg	GER-HAM	00:23:44	01:22:00	01:45:44	00:45:38	02:31:22	9
10	609	02:32:14	Neudörffer	Cordula	1971	SG Stern	GER-SH	00:25:31	01:23:18	01:48:50	00:43:24	02:32:14	10
11	612	02:35:20	Hölzer	Silke	1973	Tri Michels Hamburg	GER-HAM	00:26:13	01:20:45	01:46:59	00:48:21	02:35:20	11
12	557	02:40:40	Suckstorff	Anja	1969	Triabolos Hamburg e.V.	GER-HAM	00:27:55	01:23:08	01:51:03	00:49:37	02:40:40	12
13	603	02:41:33	Kleeberg	Anja	1976	Triabolos Hamburg e.V.	GER-HAM	00:26:11	01:22:15	01:48:26	00:53:06	02:41:33	13
14	1047	02:41:59	Jodat	Regina	1970	Lebensfitness e.V.	GER-HAM	00:25:39	01:26:19	01:51:59	00:50:00	02:41:59	14
15	600	02:45:36	Friedrich	Silke	1971	SG Haspa BSV-HH	GER-HAM	00:28:35	01:27:07	01:55:43	00:49:52	02:45:36	15
16	567	02:46:20	Slomski	Birgit	1975	werk3 Triathlon Hamburg	GER-HAM	00:29:04	01:29:10	01:58:14	00:48:05	02:46:20	16
17	1069	02:48:44	Calle Lambach	Ines	1974	Lebensfitness e.V.	GER-HAM	00:32:19	01:27:04	01:59:24	00:49:20	02:48:44	17
18	635	02:49:08	Geyer	Irmela	1969	TT HSU Hamburg	GER-HAM	00:29:35	01:27:14	01:56:49	00:52:18	02:49:08	18
19	537	02:54:12	Curdts	Wiebke	1980	Team Triathlon Hamburger Hochschulen	GER-HAM	00:29:07	01:30:59	02:00:06	00:54:05	02:54:12	19
20	535	02:57:09	Janneck	Britta	1975	Triabolos Hamburg e.V.	GER-HAM	00:30:53	01:29:03	01:59:56	00:57:13	02:57:09	20
21	618	03:00:33	Lau	Christel	1949	HNT- Triathlon	GER-HAM	00:33:53	01:30:16	02:04:09	00:56:23	03:00:33	21
22	494	03:01:50	Scheffel	Gabriele	1965	Triabolos Hamburg e.V.	GER-HAM	00:27:30	01:34:25	02:01:56	00:59:54	03:01:50	22
23	1062	03:05:45	Glawe	Nicole	1975	Lebensfitness e.V.	GER-HAM	00:32:37	01:33:51	02:06:29	00:59:15	03:05:45	23
24	1072	03:06:54	Pappenberg	Yvonne	1977	TS Harburg		00:31:27	01:43:11	02:14:38	00:52:15	03:06:54	24
25	1075	03:10:05	Haase	Andrea	1984	TS Harburg		00:30:02	01:30:30	02:00:32	01:09:32	03:10:05	25
26	1074	03:16:29	Wolthausen	Elsabe	1974	TS Harburg		00:33:45	01:35:43	02:09:29	01:07:00	03:16:29	26

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**M / W - Gesamt**

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**Triathlon**  
**( 1,5 / 44 / 10 )**

**Hamburger Meisterschaft (Triathlon)**

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Einträge in der Liste: 103