

# 15. TriBühne Triathlon Norderstedt am 04.09.2022

## Ergebnisliste Landesliga Schleswig-Holstein Olympischer Triathlon

| Pl                           | Snr.  | Name                | Mannschaft                      | Schwim | T1   | Rad     | T2   | nach Rad | Lauf    | Zeit           | zurück |
|------------------------------|-------|---------------------|---------------------------------|--------|------|---------|------|----------|---------|----------------|--------|
| <b>Olympischer Triathlon</b> |       |                     |                                 |        |      |         |      |          |         |                |        |
| <b>Damen</b>                 |       |                     |                                 |        |      |         |      |          |         |                |        |
| 1.                           | 1305  | BRANDT Tatjana      | Borener SV                      | 28:41  | 3:36 | 59:41   | 1:20 | 1:33:19  | 44:14   | <b>2:17:33</b> |        |
| 2.                           | 1329  | LANGE Bettina       | TSV Bargteheide Tri II          | 21:42  | 2:31 | 1:07:24 | 1:11 | 1:32:48  | 47:16   | <b>2:20:05</b> | 2:31   |
| 3.                           | 1326  | STEINBACH Karla     | Tri-Sport Lübeck                | 24:48  | 2:29 | 1:08:56 | 1:36 | 1:37:49  | 43:58   | <b>2:21:48</b> | 4:14   |
| 4.                           | 1322  | BRÜGGE Nele         | Tri-Sport Lübeck                | 29:00  | 2:42 | 1:08:02 | 1:34 | 1:41:19  | 41:34   | <b>2:22:53</b> | 5:19   |
| 5.                           | 1315  | SENNEWALD Ariane    | TG triZack Rostock e.V.         | 24:40  | 3:00 | 1:11:31 | 1:26 | 1:40:39  | 44:05   | <b>2:24:44</b> | 7:10   |
| 6.                           | 1318  | RITZMANN Katja      | TRI EMTV Elmshorn               | 23:16  | 3:08 | 1:11:11 | 1:19 | 1:38:55  | 47:41   | <b>2:26:36</b> | 9:03   |
| 7.                           | 1167  | GÜNTHER Paula       | Vodies Athletico Büdelsdorf     | 25:10  | 2:58 | 1:07:40 | 1:18 | 1:37:07  | 50:46   | <b>2:27:53</b> | 10:19  |
| 8.                           | 1313  | RICHTER Anja        | TG triZack Rostock e.V.         | 28:47  | 3:03 | 1:08:06 | 1:17 | 1:41:14  | 49:25   | <b>2:30:39</b> | 13:05  |
| 9.                           | 1306  | DAHL Regina         | Borener SV                      | 30:03  | 3:13 | 1:10:20 | 1:43 | 1:45:20  | 45:51   | <b>2:31:11</b> | 13:37  |
| 10.                          | 11169 | SIEGMEYER Nele      | Vodies Athletico Büdelsdorf     | 28:19  | 3:09 | 1:12:11 | 1:51 | 1:45:31  | 49:29   | <b>2:35:00</b> | 17:26  |
| 11.                          | 1316  | FINKE Julia         | TRI EMTV Elmshorn               | 25:37  | 2:30 | 1:14:41 | 1:16 | 1:44:05  | 51:06   | <b>2:35:12</b> | 17:38  |
| 12.                          | 1321  | BRADTKE Alegra      | Tri-Sport Lübeck                | 26:24  | 2:52 | 1:10:23 | 1:30 | 1:41:10  | 54:04   | <b>2:35:15</b> | 17:41  |
| 13.                          | 1170  | WASMUNDT Stefanie   | Vodies Athletico Büdelsdorf     | 31:00  | 3:35 | 1:06:38 | 1:45 | 1:42:58  | 52:44   | <b>2:35:43</b> | 18:09  |
| 14.                          | 1308  | PRÜß Daniela        | Borener SV                      | 30:49  | 3:56 | 1:11:02 | 1:57 | 1:47:46  | 49:10   | <b>2:36:56</b> | 19:22  |
| 15.                          | 1332  | BÄHR Ulrike         | USC Kiel                        | 28:55  | 4:22 | 1:09:33 | 2:03 | 1:44:54  | 52:57   | <b>2:37:51</b> | 20:18  |
| 16.                          | 1314  | SCHULDT Stefanie    | TG triZack Rostock e.V.         | 30:36  | 3:53 | 1:10:55 | 1:52 | 1:47:18  | 51:07   | <b>2:38:25</b> | 20:51  |
| 17.                          | 1325  | GARLING Franziska   | Tri-Sport Lübeck                | 26:40  | 2:47 | 1:11:14 | 1:37 | 1:42:20  | 56:15   | <b>2:38:35</b> | 21:02  |
| 18.                          | 1343  | MÄHLMANN Laura      | Team B&H Sport SC Itzehoe Damen | 22:47  | 3:08 | 1:16:03 | 1:24 | 1:43:22  | 55:15   | <b>2:38:38</b> | 21:04  |
| 19.                          | 1311  | SCHÖNBECK Susanne   | Team B&H Sport SC Itzehoe Damen | 30:46  | 3:15 | 1:13:12 | 1:34 | 1:48:48  | 50:28   | <b>2:39:17</b> | 21:43  |
| 20.                          | 1317  | GÜNTHER Britt       | TRI EMTV Elmshorn               | 26:27  | 2:49 | 1:15:18 | 1:30 | 1:46:05  | 53:33   | <b>2:39:38</b> | 22:04  |
| 21.                          | 1307  | DELLIUS Inke        | Borener SV                      | 33:49  | 3:08 | 1:13:08 | 1:29 | 1:51:35  | 50:25   | <b>2:42:01</b> | 24:27  |
| 22.                          | 1328  | ANDERSEN Elke       | TSV Bargteheide Tri II          | 31:59  | 3:33 | 1:16:33 | 1:35 | 1:53:41  | 55:20   | <b>2:49:02</b> | 31:28  |
| 23.                          | 1168  | LANG Alexa          | Vodies Athletico Büdelsdorf     | 31:30  | 3:01 | 1:17:00 | 1:25 | 1:52:57  | 56:46   | <b>2:49:43</b> | 32:09  |
| 24.                          | 1319  | SCHÄNING Emma       | TRI EMTV Elmshorn               | 29:11  | 2:31 | 1:23:36 | 1:12 | 1:56:32  | 53:38   | <b>2:50:11</b> | 32:37  |
| 25.                          | 1331  | TACK Andrea         | TSV Bargteheide Tri II          | 25:46  | 3:40 | 1:17:02 | 1:50 | 1:48:19  | 1:02:16 | <b>2:50:36</b> | 33:02  |
| 26.                          | 1324  | DÖRING Martina      | Tri-Sport Lübeck II             | 40:54  | 4:01 | 1:13:00 | 2:26 | 2:00:22  | 51:14   | <b>2:51:36</b> | 34:02  |
| 27.                          | 1309  | EICHHOLZ Jacqueline | Team B&H Sport SC Itzehoe Damen | 35:49  | 4:36 | 1:15:14 | 2:16 | 1:57:56  | 1:06:31 | <b>3:04:27</b> | 46:53  |
| 28.                          | 1320  | ANDRES Katja        | Tri-Sport Lübeck II             | 33:10  | 3:09 | 1:18:56 | 1:48 | 1:57:04  | 1:09:13 | <b>3:06:17</b> | 48:44  |
| 29.                          | 1310  | JENSEN Leonie       | Team B&H Sport SC Itzehoe Damen | 34:56  | 2:32 | 1:21:38 | 1:26 | 2:00:33  | 1:09:28 | <b>3:10:01</b> | 52:28  |
| 30.                          | 1323  | DECKER Svenja       | Tri-Sport Lübeck II             | 36:25  | 4:35 | 1:26:11 | 2:18 | 2:09:31  | 1:13:32 | <b>3:23:04</b> | 65:30  |
| DNF                          | 1327  | MEHLHORN Katja      | Tri-Sport Lübeck II             | 39:03  | 4:35 |         |      |          |         | <b>DNF</b>     |        |
| <b>Herren</b>                |       |                     |                                 |        |      |         |      |          |         |                |        |
| 1.                           | 1218  | SURMONT Jean        | MTV Dänischenhagen              | 24:18  | 2:19 | 56:52   | 1:18 | 1:24:48  | 34:57   | <b>1:59:46</b> |        |
| 2.                           | 1304  | HÖFT Lars           | USC Kiel                        | 24:17  | 2:47 | 57:32   | 1:23 | 1:26:00  | 38:22   | <b>2:04:22</b> | 4:36   |
| 3.                           | 1219  | WICHMANN Leif       | MTV Dänischenhagen              | 24:05  | 2:16 | 56:49   | 1:04 | 1:24:15  | 40:47   | <b>2:05:03</b> | 5:17   |
| 4.                           | 1286  | FINK Leif-Erik      | TriVelos Flensburg              | 22:43  | 2:08 | 1:00:38 | 1:04 | 1:26:35  | 39:23   | <b>2:05:58</b> | 6:12   |
| 5.                           | 1285  | BOLDT Yannic        | TriVelos Flensburg              | 22:41  | 2:28 | 1:01:51 | 0:59 | 1:27:59  | 38:39   | <b>2:06:39</b> | 6:53   |
| 6.                           | 1272  | JÜRCHOTT Tobias     | TriAs Flensburg e.V.            | 26:35  | 3:01 | 1:01:21 | 1:33 | 1:32:30  | 36:10   | <b>2:08:41</b> | 8:55   |
| 7.                           | 1220  | JENSEN Jan          | Ratzeburger S.V.Triathlon       | 23:25  | 2:23 | 59:24   | 1:28 | 1:26:41  | 42:36   | <b>2:09:17</b> | 9:31   |

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## Ergebnisliste Landesliga Schleswig-Holstein Olympischer Triathlon

| Pl  | Snr. | Name                 | Mannschaft                            | Schwim | T1   | Rad     | T2   | nach Rad | Lauf  | Zeit    | zurück |
|-----|------|----------------------|---------------------------------------|--------|------|---------|------|----------|-------|---------|--------|
| 8.  | 1289 | SURKUS Torge         | TriVelos Flensburg                    | 25:00  | 2:33 | 1:05:05 | 1:26 | 1:34:05  | 35:22 | 2:09:28 | 9:41   |
| 9.  | 1282 | THOMAS Patrick       | TriTeam Südtondern                    | 26:07  | 2:31 | 1:00:07 | 1:50 | 1:30:36  | 39:06 | 2:09:43 | 9:56   |
| 10. | 1216 | DE VRIES Marc        | MTV Dänischenhagen                    | 25:03  | 2:22 | 59:29   | 1:37 | 1:28:32  | 42:00 | 2:10:32 | 10:46  |
| 11. | 1217 | SALTO Marvin         | MTV Dänischenhagen                    | 23:02  | 2:26 | 1:04:32 | 1:08 | 1:31:09  | 39:41 | 2:10:50 | 11:04  |
| 12. | 1238 | PACHER Daniel        | SV Großhansdorf                       | 25:11  | 2:48 | 1:00:34 | 1:17 | 1:29:50  | 41:24 | 2:11:15 | 11:29  |
| 13. | 1303 | SCHLAUDERBACH Tobias | USC Kiel                              | 21:56  | 2:29 | 1:05:35 | 1:02 | 1:31:03  | 40:16 | 2:11:19 | 11:33  |
| 14. | 1244 | ZIEHE Holger         | Team B&H Sports SC Itzehoe III        | 22:30  | 2:50 | 1:03:56 | 1:05 | 1:30:22  | 41:13 | 2:11:36 | 11:50  |
| 15. | 1228 | TOMUSCHAT Heiko      | SG 03 Ludwigslust/Grabow e.V.         | 26:44  | 2:03 | 1:01:49 | 1:39 | 1:32:15  | 39:23 | 2:11:39 | 11:53  |
| 16. | 1203 | KOCH Ingo            | Borener SV                            | 24:56  | 3:24 | 1:03:40 | 1:20 | 1:33:21  | 39:12 | 2:12:34 | 12:47  |
| 17. | 1278 | WÖLK Stephan         | Triathlon Club Nord e.V.              | 24:31  | 2:59 | 1:03:22 | 1:30 | 1:32:24  | 40:18 | 2:12:42 | 12:56  |
| 18. | 1212 | REITER Arvid         | Eckernförder MTV Sprinter             | 24:35  | 2:37 | 1:03:15 | 1:06 | 1:31:35  | 42:02 | 2:13:37 | 13:51  |
| 19. | 1235 | KLOK Gerrit-Jan      | SV Großhansdorf                       | 28:07  | 2:30 | 58:31   | 1:22 | 1:30:31  | 43:06 | 2:13:37 | 13:51  |
| 20. | 1277 | FLODER Karl          | Triathlon Club Nord e.V.              | 26:59  | 2:14 | 1:04:56 | 1:01 | 1:35:12  | 39:32 | 2:14:44 | 14:58  |
| 21. | 1259 | WIEDENHOFER Marco    | Tri Endurance Germany                 | 25:36  | 2:39 | 1:02:05 | 1:32 | 1:31:53  | 43:09 | 2:15:03 | 15:16  |
| 22. | 1237 | LUKES Daniel         | SV Großhansdorf                       | 25:17  | 2:57 | 1:00:02 | 1:15 | 1:29:32  | 46:07 | 2:15:40 | 15:53  |
| 23. | 1290 | GABERS Noah          | TSV Bargteheide Tri II                | 25:25  | 2:12 | 1:06:17 | 1:20 | 1:35:14  | 41:26 | 2:16:41 | 16:54  |
| 24. | 1270 | BLAUROCK Andre       | TriAs Flensburg e.V.                  | 32:07  | 3:11 | 1:00:33 | 1:47 | 1:37:39  | 39:03 | 2:16:43 | 16:57  |
| 25. | 1222 | THIEM Jandirk        | Ratzeburger S.V.Triathlon             | 24:45  | 2:24 | 1:02:27 | 1:37 | 1:31:14  | 45:35 | 2:16:50 | 17:04  |
| 26. | 1247 | KRÜGER Marcel        | Team B&H Sports Sport-Club Itzehoe II | 27:20  | 3:01 | 1:02:51 | 1:30 | 1:34:43  | 42:24 | 2:17:08 | 17:22  |
| 27. | 1281 | HELDT Max            | TriTeam Südtondern                    | 28:50  | 2:33 | 1:03:33 | 1:14 | 1:36:12  | 41:13 | 2:17:25 | 17:39  |
| 28. | 1249 | SÜßMANN Frederic     | Team B&H Sports Sport-Club Itzehoe II | 22:02  | 2:18 | 1:09:34 | 1:06 | 1:35:02  | 42:27 | 2:17:29 | 17:43  |
| 29. | 1264 | SCHÖNROCK Stephan    | Tri Team Neumünster                   | 24:12  | 2:49 | 1:01:44 | 1:18 | 1:30:05  | 49:11 | 2:19:16 | 19:30  |
| 30. | 1280 | HANSEN Malte         | TriTeam Südtondern                    | 31:07  | 3:14 | 1:02:14 | 1:49 | 1:38:25  | 40:53 | 2:19:19 | 19:33  |
| 31. | 1294 | WEIDMANN Jannik      | TSV Bargteheide Tri II                | 27:21  | 2:16 | 1:12:11 | 0:57 | 1:42:47  | 36:35 | 2:19:22 | 19:35  |
| 32. | 1250 | BÖTTGER Martin       | TRI EMTV Elmshorn                     | 23:35  | 3:38 | 1:08:14 | 1:20 | 1:36:49  | 43:01 | 2:19:50 | 20:04  |
| 33. | 1301 | JANKE Tim            | USC Kiel                              | 24:05  | 2:41 | 1:07:45 | 1:17 | 1:35:48  | 44:02 | 2:19:51 | 20:04  |
| 34. | 1298 | MICHNA Lars          | TSV Quellenhaupt Bornhöved            | 29:45  | 4:19 | 1:04:59 | 1:49 | 1:40:54  | 39:17 | 2:20:11 | 20:25  |
| 35. | 1221 | KÜHNE Michael        | Ratzeburger S.V.Triathlon             | 25:35  | 3:12 | 1:10:59 | 1:05 | 1:40:52  | 39:50 | 2:20:42 | 20:56  |
| 36. | 1275 | BOODEEA Cliff        | Triathlon Club Nord e.V.              | 31:23  | 2:54 | 1:04:15 | 1:35 | 1:40:09  | 40:36 | 2:20:45 | 20:59  |
| 37. | 1202 | BROMBERG Norman      | Borener SV                            | 30:16  | 3:11 | 1:04:01 | 1:17 | 1:38:46  | 42:35 | 2:21:21 | 21:35  |
| 38. | 1239 | RADTKE Holger        | SV Großhansdorf                       | 28:00  | 3:12 | 1:06:08 | 1:32 | 1:38:54  | 42:31 | 2:21:25 | 21:39  |
| 39. | 1271 | BUCHWALD Clemens     | TriAs Flensburg e.V.                  | 26:23  | 3:07 | 1:00:54 | 1:08 | 1:31:34  | 50:27 | 2:22:02 | 22:15  |
| 40. | 1258 | WELLM Bjarne         | Tri Endurance Germany                 | 25:31  | 2:21 | 1:03:56 | 1:02 | 1:32:51  | 49:17 | 2:22:08 | 22:22  |
| 41. | 1214 | STAACK Alexander     | Eckernförder MTV Sprinter             | 29:54  | 2:42 | 1:03:11 | 1:39 | 1:37:26  | 45:14 | 2:22:40 | 22:54  |
| 42. | 1291 | KROHN Jens           | TSV Bargteheide Tri II                | 25:14  | 2:45 | 1:06:06 | 1:20 | 1:35:27  | 47:48 | 2:23:16 | 23:30  |
| 43. | 1261 | MEINERT Heiko        | Tri Team Neumünster                   | 28:13  | 3:06 | 1:04:43 | 1:20 | 1:37:24  | 46:03 | 2:23:27 | 23:41  |
| 44. | 1292 | RAMMINGER Jorrid     | TSV Bargteheide Tri II                | 23:47  | 2:35 | 1:10:22 | 1:22 | 1:38:08  | 45:57 | 2:24:05 | 24:19  |
| 45. | 1241 | MIELING Dirk         | Team B&H Sports SC Itzehoe III        | 28:26  | 3:23 | 1:05:22 | 2:19 | 1:39:31  | 45:44 | 2:25:15 | 25:29  |
| 46. | 1248 | SCHULTZ Michael      | Team B&H Sports Sport-Club Itzehoe II | 27:29  | 3:22 | 1:04:45 | 1:34 | 1:37:11  | 48:16 | 2:25:28 | 25:42  |
| 47. | 1211 | BÖLSCHER Kevin       | Eckernförder MTV Sprinter             | 26:29  | 3:29 | 1:07:11 | 1:31 | 1:38:41  | 46:48 | 2:25:29 | 25:43  |
| 48. | 1263 | RUCK Sven            | Tri Team Neumünster                   | 29:47  | 3:38 | 1:04:37 | 2:00 | 1:40:03  | 46:46 | 2:26:49 | 27:03  |
| 49. | 1230 | BALZER Sven          | SG Athletico Büdelsdorf               | 27:30  | 3:04 | 1:05:09 | 1:35 | 1:37:20  | 49:41 | 2:27:01 | 27:15  |
| 50. | 1300 | HANKE Torsten        | USC Kiel                              | 29:41  | 2:41 | 1:04:42 | 1:10 | 1:38:16  | 48:56 | 2:27:12 | 27:26  |

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## Ergebnisliste Landesliga Schleswig-Holstein Olympischer Triathlon

| Pl  | Snr. | Name                         | Mannschaft                          | Schwim | T1   | Rad     | T2   | nach Rad | Lauf    | Zeit           | zurück |
|-----|------|------------------------------|-------------------------------------|--------|------|---------|------|----------|---------|----------------|--------|
| 51. | 1208 | MÜLLER Jens                  | Eckernförder MTV - Team "Masters +" | 31:26  | 3:11 | 1:04:13 | 1:28 | 1:40:18  | 46:56   | <b>2:27:14</b> | 27:28  |
| 52. | 1302 | LÖSCHEN Rune                 | USC Kiel                            | 24:25  | 2:36 | 1:11:51 | 1:19 | 1:40:12  | 47:02   | <b>2:27:15</b> | 27:29  |
| 53. | 1284 | THOMSEN Thorge               | TriTeam Südtondern                  | 31:10  | 3:34 | 1:06:44 | 1:45 | 1:43:15  | 44:20   | <b>2:27:35</b> | 27:49  |
| 54. | 1231 | BLASE Danny                  | SG Athletico Büdelsdorf             | 37:34  | 3:42 | 1:04:26 | 1:40 | 1:47:24  | 40:36   | <b>2:28:00</b> | 28:13  |
| 55. | 1209 | RAMIN Dominik                | Eckernförder MTV - Team "Masters +" | 32:09  | 2:50 | 1:05:56 | 1:33 | 1:42:29  | 45:57   | <b>2:28:26</b> | 28:40  |
| 56. | 1288 | HENNING Marcus               | TriVelos Flensburg                  | 25:32  | 3:07 | 1:06:06 | 1:31 | 1:36:18  | 52:22   | <b>2:28:40</b> | 28:54  |
| 57. | 1276 | ERDMANN Christian            | Triathlon Club Nord e.V.            | 30:27  | 3:23 | 1:05:38 | 1:24 | 1:40:53  | 48:59   | <b>2:29:53</b> | 30:06  |
| 58. | 1262 | REICH Ronald                 | Tri Team Neumünster                 | 26:27  | 3:02 | 1:08:06 | 1:22 | 1:38:58  | 51:02   | <b>2:30:00</b> | 30:14  |
| 59. | 1233 | GROßE Dirk                   | SG Athletico Büdelsdorf             | 28:29  | 3:53 | 1:07:37 | 1:05 | 1:41:05  | 49:47   | <b>2:30:52</b> | 31:05  |
| 60. | 1223 | WAASENER Matti               | Ratzeburger S.V.Triathlon           | 30:02  | 3:47 | 1:03:07 | 1:44 | 1:38:41  | 52:42   | <b>2:31:23</b> | 31:37  |
| 61. | 1232 | DENNENBERG Hans- Peter       | SG Athletico Büdelsdorf             | 29:24  | 3:42 | 1:07:33 | 1:14 | 1:41:54  | 49:47   | <b>2:31:41</b> | 31:55  |
| 62. | 1243 | STEINHARDT Marc              | Team B&H Sports SC Itzehoe III      | 28:10  | 3:30 | 1:08:13 | 1:25 | 1:41:19  | 50:25   | <b>2:31:44</b> | 31:58  |
| 63. | 1256 | FOKS Benjamin                | Tri Endurance Germany               | 29:31  | 3:22 | 1:04:42 | 1:15 | 1:38:52  | 54:02   | <b>2:32:54</b> | 33:08  |
| 64. | 1227 | PINNOW Stefan                | SG 03 Ludwigslust/Grabow e.V.       | 29:37  | 3:45 | 1:10:35 | 2:26 | 1:46:24  | 46:55   | <b>2:33:19</b> | 33:33  |
| 65. | 1274 | STRABMANN Nils               | TriAs Flensburg e.V.                | 29:16  | 3:27 | 1:08:54 | 1:31 | 1:43:10  | 50:16   | <b>2:33:26</b> | 33:40  |
| 66. | 1254 | WEIß Dennis                  | TRI EMTV Elmshorn                   | 27:42  | 3:13 | 1:07:53 | 1:06 | 1:39:56  | 53:57   | <b>2:33:53</b> | 34:07  |
| 67. | 1252 | KOSSAK-GLOWCZEWSKI Christoph | TRI EMTV Elmshorn                   | 31:28  | 4:11 | 1:05:52 | 1:33 | 1:43:06  | 51:00   | <b>2:34:06</b> | 34:20  |
| 68. | 1268 | WAGNER Ingo                  | Tri-Sport Lübeck                    | 28:35  | 5:49 | 1:11:56 | 2:11 | 1:48:33  | 45:38   | <b>2:34:11</b> | 34:25  |
| 69. | 1236 | KÖNIG Florian                | SV Großhansdorf                     | 38:13  | 2:54 | 1:09:28 | 1:25 | 1:52:02  | 43:45   | <b>2:35:47</b> | 36:01  |
| 70. | 1201 | BRAMMER Jürgen               | Borener SV                          | 28:16  | 3:32 | 1:11:51 | 1:32 | 1:45:12  | 50:43   | <b>2:35:55</b> | 36:09  |
| 71. | 1287 | HAACK Malte                  | TriVelos Flensburg                  | 25:54  | 2:57 | 1:03:53 | 1:13 | 1:33:58  | 1:02:17 | <b>2:36:15</b> | 36:29  |
| 72. | 1255 | CLEMENS Steffen              | Tri Endurance Germany               | 33:20  | 3:23 | 1:11:48 | 0:58 | 1:49:31  | 46:58   | <b>2:36:29</b> | 36:43  |
| 73. | 1283 | REIMANN Torsten              | TriTeam Südtondern                  | 29:46  | 3:42 | 1:10:42 | 1:17 | 1:45:29  | 51:04   | <b>2:36:34</b> | 36:47  |
| 74. | 1253 | MEYER Frank                  | TRI EMTV Elmshorn                   | 38:32  | 5:12 | 1:03:04 | 2:36 | 1:49:25  | 47:54   | <b>2:37:19</b> | 37:33  |
| 75. | 1205 | GAASCH Bernd                 | Borener SV                          | 31:26  | 3:22 | 1:14:41 | 1:32 | 1:51:03  | 48:02   | <b>2:39:05</b> | 39:19  |
| 76. | 1265 | FITS Evgeny                  | Tri-Sport Lübeck                    | 31:36  | 3:04 | 1:13:17 | 1:23 | 1:49:22  | 50:38   | <b>2:40:01</b> | 40:14  |
| 77. | 1266 | KUBIK Christian              | Tri-Sport Lübeck                    | 31:45  | 3:28 | 1:15:42 | 2:07 | 1:53:02  | 47:33   | <b>2:40:36</b> | 40:50  |
| 78. | 1297 | MASCHKE Jannis               | TSV Quellenhaupt Bornhöved          | 30:30  | 3:39 | 1:09:12 | 1:37 | 1:44:59  | 55:54   | <b>2:40:53</b> | 41:07  |
| 79. | 1267 | POHL Andreas                 | Tri-Sport Lübeck                    | 31:59  | 4:06 | 1:10:30 | 2:13 | 1:48:49  | 52:56   | <b>2:41:46</b> | 41:59  |
| 80. | 1257 | MEYER Helge                  | Tri Endurance Germany               | 35:20  | 3:19 | 1:06:20 | 1:42 | 1:46:42  | 55:57   | <b>2:42:39</b> | 42:53  |
| 81. | 1226 | GLÖCKNER Michael             | SG 03 Ludwigslust/Grabow e.V.       | 35:38  | 4:13 | 1:11:10 | 2:09 | 1:53:12  | 49:53   | <b>2:43:05</b> | 43:19  |
| 82. | 1224 | ZIERKE Markus                | Ratzeburger S.V.Triathlon           | 32:43  | 3:40 | 1:13:39 | 1:22 | 1:51:25  | 55:14   | <b>2:46:39</b> | 46:53  |
| 83. | 1240 | EICHHOLZ Jörg                | Team B&H Sports SC Itzehoe III      | 31:09  | 5:22 | 1:15:20 | 1:41 | 1:53:33  | 54:30   | <b>2:48:03</b> | 48:17  |
| 84. | 1299 | THOMS Stefan                 | TSV Quellenhaupt Bornhöved          | 34:52  | 4:16 | 1:05:57 | 2:22 | 1:47:28  | 1:00:39 | <b>2:48:07</b> | 48:20  |
| 85. | 1269 | LENZ Martin                  | Tri-Sport Lübeck                    | 37:12  | 4:18 | 1:13:55 | 2:21 | 1:57:47  | 59:19   | <b>2:57:06</b> | 57:20  |
| 86. | 1273 | SCHOLZ Patrick               | TriAs Flensburg e.V.                | 35:00  | 3:51 | 1:14:48 | 1:53 | 1:55:33  | 1:07:06 | <b>3:02:39</b> | 62:52  |
| 87. | 1204 | PRÜß Oliver                  | Borener SV                          | 45:49  | 3:56 | 1:14:48 | 1:47 | 2:06:21  | 57:42   | <b>3:04:03</b> | 64:17  |
| 88. | 1296 | LANGE Torben                 | TSV Quellenhaupt Bornhöved          | 35:45  | 3:53 | 1:25:00 | 1:42 | 2:06:20  | 1:04:15 | <b>3:10:36</b> | 70:50  |
| DNF | 1213 | HEESCH Frederik              | Eckernförder MTV Sprinter           |        |      |         |      |          |         | <b>DNF</b>     |        |
| DNF | 1225 | BINDEMANN Erik               | SG 03 Ludwigslust/Grabow e.V.       | 28:34  | 3:54 | 1:02:58 | 1:50 | 1:37:17  |         | <b>DNF</b>     |        |

### Mixed

|    |      |                 |                  |       |      |         |      |         |       |                |  |
|----|------|-----------------|------------------|-------|------|---------|------|---------|-------|----------------|--|
| 1. | 1345 | SEMMLER Michael | Tri-Sport Lübeck | 30:26 | 3:17 | 1:00:33 | 1:59 | 1:36:16 | 42:52 | <b>2:19:09</b> |  |
|----|------|-----------------|------------------|-------|------|---------|------|---------|-------|----------------|--|

# 15. TriBühne Triathlon Norderstedt am 04.09.2022

## Ergebnisliste Landesliga Schleswig-Holstein Olympischer Triathlon

| Pl  | Snr. | Name                | Mannschaft                       | Schwim | T1   | Rad     | T2   | nach Rad | Lauf  | Zeit           | zurück |
|-----|------|---------------------|----------------------------------|--------|------|---------|------|----------|-------|----------------|--------|
| 2.  | 1340 | FRIEDRICHSEN Nils   | SG Wasserratten Norderstedt e.V. | 26:52  | 2:40 | 1:03:36 | 1:28 | 1:34:37  | 45:01 | <b>2:19:39</b> | 0:30   |
| 3.  | 1344 | BLUHM Henning       | Tri-Sport Lübeck                 | 35:40  | 3:52 | 1:04:56 | 1:52 | 1:46:22  | 42:00 | <b>2:28:22</b> | 9:13   |
| 4.  | 1337 | MÖLLER Kai          | MTV Dänischenhagen               | 33:35  | 3:11 | 1:07:15 | 1:26 | 1:45:28  | 44:00 | <b>2:29:28</b> | 10:19  |
| 5.  | 1347 | WECK Nicole         | Tri-Sport Lübeck                 | 28:12  | 2:45 | 1:07:38 | 1:03 | 1:39:39  | 51:54 | <b>2:31:34</b> | 12:24  |
| 6.  | 1338 | SCHRADER Lisa       | MTV Dänischenhagen               | 28:35  | 2:58 | 1:07:02 | 1:33 | 1:40:08  | 53:37 | <b>2:33:46</b> | 14:36  |
| 7.  | 1346 | STRAATMANN Maren    | Tri-Sport Lübeck                 | 27:59  | 3:39 | 1:13:45 | 1:23 | 1:46:47  | 48:24 | <b>2:35:11</b> | 16:02  |
| 8.  | 1341 | FRIEDRICHSEN Sandra | SG Wasserratten Norderstedt e.V. | 28:42  | 3:06 | 1:12:55 | 1:16 | 1:45:59  | 49:55 | <b>2:35:55</b> | 16:45  |
| 9.  | 1336 | MICHALSCHEK Dieter  | MTV Dänischenhagen               | 30:15  | 3:34 | 1:09:54 | 1:42 | 1:45:27  | 53:38 | <b>2:39:06</b> | 19:57  |
| 10. | 1342 | MÜLLER Sebastian    | SG Wasserratten Norderstedt e.V. | 27:08  | 3:09 | 1:10:45 | 1:33 | 1:42:35  | 59:11 | <b>2:41:47</b> | 22:38  |
| 11. | 1339 | DUNKEL Kristina     | SG Wasserratten Norderstedt e.V. | 33:37  | 2:47 | 1:16:35 | 1:12 | 1:54:14  | 59:08 | <b>2:53:22</b> | 34:12  |

Anzahl Teilnehmer: 132

**Mannschaftswertung Landesliga Schleswig-Holstein Frauen**

| Platz                                 | Snr.  | Name                  | Schw.       | T1         | Rad           | T2         | nach Rad      | Lauf        | Ziel    |
|---------------------------------------|-------|-----------------------|-------------|------------|---------------|------------|---------------|-------------|---------|
| <b>Olympischer Triathlon</b>          |       |                       |             |            |               |            |               |             |         |
| <b>1. Tri-Sport Lübeck</b>            |       | <b>Platzziffer 19</b> |             |            |               |            |               |             |         |
| 3                                     | 1326  | STEINBACH Karla       | 24:48 (8.)  | 2:29 (2.)  | 1:08:56 (15.) | 1:36 (36.) | 1:37:49 (8.)  | 43:58 (3.)  | 2:21:48 |
| 4                                     | 1322  | BRÜGGE Nele           | 29:00 (28.) | 2:42 (9.)  | 1:08:02 (10.) | 1:34 (33.) | 1:41:19 (16.) | 41:34 (1.)  | 2:22:53 |
| 12                                    | 1321  | BRADTKE Alegra        | 26:24 (16.) | 2:52 (16.) | 1:10:23 (20.) | 1:30 (30.) | 1:41:10 (14.) | 54:04 (42.) | 2:35:15 |
| 17                                    | 1325  | GARLING Franziska     | 26:40 (18.) | 2:47 (13.) | 1:11:14 (24.) | 1:37 (37.) | 1:42:20 (18.) | 56:15 (46.) | 2:38:35 |
| <b>2. Borener SV</b>                  |       | <b>Platzziffer 24</b> |             |            |               |            |               |             |         |
| 1                                     | 1305  | BRANDT Tatjana        | 28:41 (24.) | 3:36 (46.) | 59:41 (1.)    | 1:20 (15.) | 1:33:19 (2.)  | 44:14 (5.)  | 2:17:33 |
| 9                                     | 1306  | DAHL Regina           | 30:03 (33.) | 3:13 (31.) | 1:10:20 (19.) | 1:43 (43.) | 1:45:20 (24.) | 45:51 (7.)  | 2:31:11 |
| 14                                    | 1308  | PRÜß Daniela          | 30:49 (36.) | 3:56 (57.) | 1:11:02 (22.) | 1:57 (56.) | 1:47:46 (32.) | 49:10 (17.) | 2:36:56 |
| 21                                    | 1307  | DELLIUS Inke          | 33:49 (51.) | 3:08 (26.) | 1:13:08 (31.) | 1:29 (28.) | 1:51:35 (38.) | 50:25 (22.) | 2:42:01 |
| <b>3. TG triZack Rostock e.V.</b>     |       | <b>Platzziffer 29</b> |             |            |               |            |               |             |         |
| 5                                     | 1315  | SENNEWALD Ariane      | 24:40 (7.)  | 3:00 (20.) | 1:11:31 (26.) | 1:26 (25.) | 1:40:39 (13.) | 44:05 (4.)  | 2:24:44 |
| 8                                     | 1313  | RICHTER Anja          | 28:47 (26.) | 3:03 (22.) | 1:08:06 (11.) | 1:17 (12.) | 1:41:14 (15.) | 49:25 (18.) | 2:30:39 |
| 16                                    | 1314  | SCHULDT Stefanie      | 30:36 (34.) | 3:53 (54.) | 1:10:55 (21.) | 1:52 (50.) | 1:47:18 (30.) | 51:07 (29.) | 2:38:25 |
| 35                                    | 1312  | HAUER Marie           |             |            |               |            |               |             | n.a.    |
| <b>4. Vodies Athletico Büdelsdorf</b> |       | <b>Platzziffer 30</b> |             |            |               |            |               |             |         |
| 7                                     | 1167  | GÜNTHER Paula         | 25:10 (10.) | 2:58 (18.) | 1:07:40 (9.)  | 1:18 (13.) | 1:37:07 (6.)  | 50:46 (24.) | 2:27:53 |
| 10                                    | 11169 | SIEGMEYER Nele        | 28:19 (22.) | 3:09 (29.) | 1:12:11 (27.) | 1:51 (49.) | 1:45:31 (25.) | 49:29 (19.) | 2:35:00 |
| 13                                    | 1170  | WASMUNDT Stefanie     | 31:00 (37.) | 3:35 (44.) | 1:06:38 (5.)  | 1:45 (44.) | 1:42:58 (20.) | 52:44 (34.) | 2:35:43 |
| 23                                    | 1168  | LANG Alexa            | 31:30 (39.) | 3:01 (21.) | 1:17:00 (48.) | 1:25 (22.) | 1:52:57 (42.) | 56:46 (49.) | 2:49:43 |
| <b>5. TRI EMTV Elmshorn</b>           |       | <b>Platzziffer 37</b> |             |            |               |            |               |             |         |
| 6                                     | 1318  | RITZMANN Katja        | 23:16 (3.)  | 3:08 (27.) | 1:11:11 (23.) | 1:19 (14.) | 1:38:55 (9.)  | 47:41 (12.) | 2:26:36 |
| 11                                    | 1316  | FINKE Julia           | 25:37 (12.) | 2:30 (3.)  | 1:14:41 (38.) | 1:16 (11.) | 1:44:05 (22.) | 51:06 (28.) | 2:35:12 |
| 20                                    | 1317  | GÜNTHER Britt         | 26:27 (17.) | 2:49 (15.) | 1:15:18 (41.) | 1:30 (31.) | 1:46:05 (27.) | 53:33 (38.) | 2:39:38 |
| 24                                    | 1319  | SCHÄNING Emma         | 29:11 (29.) | 2:31 (5.)  | 1:23:36 (68.) | 1:12 (6.)  | 1:56:32 (48.) | 53:38 (40.) | 2:50:11 |
| <b>6. TSV Bargtheide Tri II</b>       |       | <b>Platzziffer 49</b> |             |            |               |            |               |             |         |
| 2                                     | 1329  | LANGE Bettina         | 21:42 (1.)  | 2:31 (4.)  | 1:07:24 (7.)  | 1:11 (3.)  | 1:32:48 (1.)  | 47:16 (11.) | 2:20:05 |
| 22                                    | 1328  | ANDERSEN Elke         | 31:59 (42.) | 3:33 (42.) | 1:16:33 (46.) | 1:35 (35.) | 1:53:41 (43.) | 55:20 (44.) | 2:49:02 |

# 15. TriBühne Triathlon Norderstedt am 04.09.2022

## Mannschaftswertung Landesliga Schleswig-Holstein Frauen

| Platz | Snr. | Name        | Schw.       | T1         | Rad           | T2         | nach Rad      | Lauf          | Ziel    |
|-------|------|-------------|-------------|------------|---------------|------------|---------------|---------------|---------|
| 25    | 1331 | TACK Andrea | 25:46 (13.) | 3:40 (49.) | 1:17:02 (49.) | 1:50 (48.) | 1:48:19 (35.) | 1:02:16 (63.) | 2:50:36 |
| 35    | 1330 | RATH Anke   |             |            |               |            |               |               | n.a.    |

### 7. Team B&H Sport SC Itzehoe Damen Platzziffer 64

|    |      |                     |             |            |               |            |               |               |         |
|----|------|---------------------|-------------|------------|---------------|------------|---------------|---------------|---------|
| 18 | 1343 | MÄHLMANN Laura      | 22:47 (2.)  | 3:08 (25.) | 1:16:03 (45.) | 1:24 (19.) | 1:43:22 (21.) | 55:15 (43.)   | 2:38:38 |
| 19 | 1311 | SCHÖNBECK Susanne   | 30:46 (35.) | 3:15 (33.) | 1:13:12 (32.) | 1:34 (34.) | 1:48:48 (36.) | 50:28 (23.)   | 2:39:17 |
| 27 | 1309 | EICHHOLZ Jacqueline | 35:49 (55.) | 4:36 (68.) | 1:15:14 (40.) | 2:16 (60.) | 1:57:56 (52.) | 1:06:31 (69.) | 3:04:27 |
| 29 | 1310 | JENSEN Leonie       | 34:56 (53.) | 2:32 (6.)  | 1:21:38 (60.) | 1:26 (23.) | 2:00:33 (57.) | 1:09:28 (74.) | 3:10:01 |

### 8. Tri-Sport Lübeck II Platzziffer 84

|    |      |                |             |            |               |            |               |               |         |
|----|------|----------------|-------------|------------|---------------|------------|---------------|---------------|---------|
| 26 | 1324 | DÖRING Martina | 40:54 (70.) | 4:01 (59.) | 1:13:00 (29.) | 2:26 (65.) | 2:00:22 (55.) | 51:14 (30.)   | 2:51:36 |
| 28 | 1320 | ANDRES Katja   | 33:10 (47.) | 3:09 (28.) | 1:18:56 (56.) | 1:48 (45.) | 1:57:04 (50.) | 1:09:13 (73.) | 3:06:17 |
| 30 | 1323 | DECKER Svenja  | 36:25 (57.) | 4:35 (67.) | 1:26:11 (75.) | 2:18 (62.) | 2:09:31 (67.) | 1:13:32 (75.) | 3:23:04 |
| 31 | 1327 | MEHLHORN Katja | 39:03 (80.) | 4:35 (79.) |               |            |               |               | DNF     |

### 9. USC Kiel Platzziffer 85

|    |      |                |             |            |               |            |               |             |         |
|----|------|----------------|-------------|------------|---------------|------------|---------------|-------------|---------|
| 15 | 1332 | BÄHR Ulrike    | 28:55 (27.) | 4:22 (64.) | 1:09:33 (17.) | 2:03 (58.) | 1:44:54 (23.) | 52:57 (35.) | 2:37:51 |
| 35 | 1333 | EICHMEYER Gyde |             |            |               |            |               |             | n.a.    |
| 35 | 1334 | HANSEN Marike  |             |            |               |            |               |             | n.a.    |
| 35 | 1335 | WILKAT Theresa |             |            |               |            |               |             | n.a.    |

**Mannschaftswertung Landesliga Schleswig-Holstein Männer**

| Platz                               | Snr. | Name                 | Schw.                  | T1          | Rad            | T2          | nach Rad       | Lauf         | Ziel    |
|-------------------------------------|------|----------------------|------------------------|-------------|----------------|-------------|----------------|--------------|---------|
| <b>1. MTV Dänischenhagen</b>        |      |                      | <b>Platzziffer 25</b>  |             |                |             |                |              |         |
| 1                                   | 1218 | SURMONT Jean         | 24:18 (21.)            | 2:19 (9.)   | 56:52 (5.)     | 1:18 (39.)  | 1:24:48 (3.)   | 34:57 (1.)   | 1:59:46 |
| 3                                   | 1219 | WICHMANN Leif        | 24:05 (16.)            | 2:16 (6.)   | 56:49 (3.)     | 1:04 (13.)  | 1:24:15 (2.)   | 40:47 (29.)  | 2:05:03 |
| 10                                  | 1216 | DE VRIES Marc        | 25:03 (33.)            | 2:22 (11.)  | 59:29 (12.)    | 1:37 (107.) | 1:28:32 (10.)  | 42:00 (42.)  | 2:10:32 |
| 11                                  | 1217 | SALTO Marvin         | 23:02 (8.)             | 2:26 (14.)  | 1:04:32 (58.)  | 1:08 (20.)  | 1:31:09 (20.)  | 39:41 (19.)  | 2:10:50 |
| <b>2. TriVelos Flensburg</b>        |      |                      | <b>Platzziffer 73</b>  |             |                |             |                |              |         |
| 4                                   | 1286 | FINK Leif-Erik       | 22:43 (6.)             | 2:08 (3.)   | 1:00:38 (20.)  | 1:04 (12.)  | 1:26:35 (5.)   | 39:23 (15.)  | 2:05:58 |
| 5                                   | 1285 | BOLDT Yannic         | 22:41 (5.)             | 2:28 (15.)  | 1:01:51 (26.)  | 0:59 (3.)   | 1:27:59 (7.)   | 38:39 (8.)   | 2:06:39 |
| 8                                   | 1289 | SURKUS Torge         | 25:00 (32.)            | 2:33 (20.)  | 1:05:05 (71.)  | 1:26 (67.)  | 1:34:05 (40.)  | 35:22 (2.)   | 2:09:28 |
| 56                                  | 1288 | HENNING Marcus       | 25:32 (41.)            | 3:07 (65.)  | 1:06:06 (86.)  | 1:31 (87.)  | 1:36:18 (57.)  | 52:22 (149.) | 2:28:40 |
| <b>3. SV Großhansdorf</b>           |      |                      | <b>Platzziffer 91</b>  |             |                |             |                |              |         |
| 12                                  | 1238 | PACHER Daniel        | 25:11 (35.)            | 2:48 (37.)  | 1:00:34 (19.)  | 1:17 (35.)  | 1:29:50 (13.)  | 41:24 (38.)  | 2:11:15 |
| 19                                  | 1235 | KLOK Gerrit-Jan      | 28:07 (77.)            | 2:30 (17.)  | 58:31 (7.)     | 1:22 (53.)  | 1:30:31 (16.)  | 43:06 (58.)  | 2:13:37 |
| 22                                  | 1237 | LUKES Daniel         | 25:17 (37.)            | 2:57 (52.)  | 1:00:02 (15.)  | 1:15 (30.)  | 1:29:32 (12.)  | 46:07 (82.)  | 2:15:40 |
| 38                                  | 1239 | RADTKE Holger        | 28:00 (73.)            | 3:12 (75.)  | 1:06:08 (88.)  | 1:32 (89.)  | 1:38:54 (76.)  | 42:31 (48.)  | 2:21:25 |
| <b>4. USC Kiel</b>                  |      |                      | <b>Platzziffer 98</b>  |             |                |             |                |              |         |
| 2                                   | 1304 | HÖFT Lars            | 24:17 (20.)            | 2:47 (36.)  | 57:32 (6.)     | 1:23 (57.)  | 1:26:00 (4.)   | 38:22 (7.)   | 2:04:22 |
| 13                                  | 1303 | SCHLAUDERBACH Tobias | 21:56 (2.)             | 2:29 (16.)  | 1:05:35 (76.)  | 1:02 (10.)  | 1:31:03 (19.)  | 40:16 (25.)  | 2:11:19 |
| 33                                  | 1301 | JANKE Tim            | 24:05 (15.)            | 2:41 (31.)  | 1:07:45 (112.) | 1:17 (33.)  | 1:35:48 (52.)  | 44:02 (64.)  | 2:19:51 |
| 50                                  | 1300 | HANKE Torsten        | 29:41 (101.)           | 2:41 (30.)  | 1:04:42 (62.)  | 1:10 (22.)  | 1:38:16 (70.)  | 48:56 (110.) | 2:27:12 |
| <b>5. TriTeam Sütdondern</b>        |      |                      | <b>Platzziffer 119</b> |             |                |             |                |              |         |
| 9                                   | 1282 | THOMAS Patrick       | 26:07 (47.)            | 2:31 (18.)  | 1:00:07 (16.)  | 1:50 (148.) | 1:30:36 (17.)  | 39:06 (11.)  | 2:09:43 |
| 27                                  | 1281 | HELDT Max            | 28:50 (90.)            | 2:33 (21.)  | 1:03:33 (43.)  | 1:14 (29.)  | 1:36:12 (55.)  | 41:13 (33.)  | 2:17:25 |
| 30                                  | 1280 | HANSEN Malte         | 31:07 (130.)           | 3:14 (81.)  | 1:02:14 (28.)  | 1:49 (147.) | 1:38:25 (71.)  | 40:53 (31.)  | 2:19:19 |
| 53                                  | 1284 | THOMSEN Thorge       | 31:10 (132.)           | 3:34 (114.) | 1:06:44 (98.)  | 1:45 (135.) | 1:43:15 (113.) | 44:20 (65.)  | 2:27:35 |
| <b>6. Ratzeburger S.V.Triathlon</b> |      |                      | <b>Platzziffer 127</b> |             |                |             |                |              |         |
| 7                                   | 1220 | JENSEN Jan           | 23:25 (9.)             | 2:23 (12.)  | 59:24 (11.)    | 1:28 (76.)  | 1:26:41 (6.)   | 42:36 (50.)  | 2:09:17 |
| 25                                  | 1222 | THIEM Jandirk        | 24:45 (30.)            | 2:24 (13.)  | 1:02:27 (30.)  | 1:37 (108.) | 1:31:14 (21.)  | 45:35 (75.)  | 2:16:50 |
| 35                                  | 1221 | KÜHNE Michael        | 25:35 (43.)            | 3:12 (74.)  | 1:10:59 (147.) | 1:05 (15.)  | 1:40:52 (92.)  | 39:50 (21.)  | 2:20:42 |
| 60                                  | 1223 | WAASENER Matti       | 30:02 (111.)           | 3:47 (134.) | 1:03:07 (36.)  | 1:44 (132.) | 1:38:41 (72.)  | 52:42 (152.) | 2:31:23 |

**Mannschaftswertung Landesliga Schleswig-Holstein Männer**

| Platz  | Snr. | Name              | Schw.                  | T1          | Rad            | T2          | nach Rad       | Lauf         | Ziel    |
|--|------|-------------------|------------------------|-------------|----------------|-------------|----------------|--------------|---------|
| <b>7. Triathlon Club Nord e.V.</b>                   |      |                   | <b>Platzziffer 130</b> |             |                |             |                |              |         |
| 17   | 1278 | WÖLK Stephan      | 24:31 (26.)            | 2:59 (53.)  | 1:03:22 (42.)  | 1:30 (80.)  | 1:32:24 (32.)  | 40:18 (26.)  | 2:12:42 |
| 20   | 1277 | FLODER Karl       | 26:59 (62.)            | 2:14 (5.)   | 1:04:56 (68.)  | 1:01 (5.)   | 1:35:12 (46.)  | 39:32 (18.)  | 2:14:44 |
| 36   | 1275 | BOODEEA Cliff     | 31:23 (134.)           | 2:54 (46.)  | 1:04:15 (54.)  | 1:35 (100.) | 1:40:09 (86.)  | 40:36 (28.)  | 2:20:45 |
| 57   | 1276 | ERDMANN Christian | 30:27 (119.)           | 3:23 (93.)  | 1:05:38 (78.)  | 1:24 (60.)  | 1:40:53 (93.)  | 48:59 (111.) | 2:29:53 |
| <b>8. TriAs Flensburg e.V.</b>                       |      |                   | <b>Platzziffer 134</b> |             |                |             |                |              |         |
| 6  | 1272 | JÜRCHOTT Tobias   | 26:35 (53.)            | 3:01 (54.)  | 1:01:21 (23.)  | 1:33 (93.)  | 1:32:30 (33.)  | 36:10 (3.)   | 2:08:41 |
| 24   | 1270 | BLAUROCK Andre    | 32:07 (146.)           | 3:11 (69.)  | 1:00:33 (18.)  | 1:47 (142.) | 1:37:39 (66.)  | 39:03 (10.)  | 2:16:43 |
| 39   | 1271 | BUCHWALD Clemens  | 26:23 (48.)            | 3:07 (66.)  | 1:00:54 (21.)  | 1:08 (21.)  | 1:31:34 (24.)  | 50:27 (130.) | 2:22:02 |
| 65   | 1274 | STRAßMANN Nils    | 29:16 (94.)            | 3:27 (99.)  | 1:08:54 (123.) | 1:31 (85.)  | 1:43:10 (112.) | 50:16 (127.) | 2:33:26 |
| <b>9. TSV Bargteheide Tri II</b>                     |      |                   | <b>Platzziffer 140</b> |             |                |             |                |              |         |
| 23   | 1290 | GABERS Noah       | 25:25 (38.)            | 2:12 (4.)   | 1:06:17 (92.)  | 1:20 (43.)  | 1:35:14 (47.)  | 41:26 (39.)  | 2:16:41 |
| 31   | 1294 | WEIDMANN Jannik   | 27:21 (67.)            | 2:16 (7.)   | 1:12:11 (167.) | 0:57 (1.)   | 1:42:47 (109.) | 36:35 (4.)   | 2:19:22 |
| 42   | 1291 | KROHN Jens        | 25:14 (36.)            | 2:45 (34.)  | 1:06:06 (87.)  | 1:20 (46.)  | 1:35:27 (50.)  | 47:48 (100.) | 2:23:16 |
| 44   | 1292 | RAMMINGER Jorrid  | 23:47 (13.)            | 2:35 (23.)  | 1:10:22 (138.) | 1:22 (54.)  | 1:38:08 (68.)  | 45:57 (79.)  | 2:24:05 |
| <b>10. Tri Team Neumünster</b>                       |      |                   | <b>Platzziffer 178</b> |             |                |             |                |              |         |
| 29   | 1264 | SCHÖNROCK Stephan | 24:12 (17.)            | 2:49 (41.)  | 1:01:44 (24.)  | 1:18 (38.)  | 1:30:05 (14.)  | 49:11 (113.) | 2:19:16 |
| 43   | 1261 | MEINERT Heiko     | 28:13 (80.)            | 3:06 (63.)  | 1:04:43 (63.)  | 1:20 (45.)  | 1:37:24 (64.)  | 46:03 (81.)  | 2:23:27 |
| 48   | 1263 | RUCK Sven         | 29:47 (105.)           | 3:38 (120.) | 1:04:37 (60.)  | 2:00 (167.) | 1:40:03 (84.)  | 46:46 (85.)  | 2:26:49 |
| 58   | 1262 | REICH Ronald      | 26:27 (50.)            | 3:02 (57.)  | 1:08:06 (114.) | 1:22 (55.)  | 1:38:58 (77.)  | 51:02 (136.) | 2:30:00 |
| <b>11. Team B&amp;H Sports Sport-Club Itzehoe II</b> |      |                   | <b>Platzziffer 189</b> |             |                |             |                |              |         |
| 26   | 1247 | KRÜGER Marcel     | 27:20 (66.)            | 3:01 (55.)  | 1:02:51 (32.)  | 1:30 (79.)  | 1:34:43 (44.)  | 42:24 (44.)  | 2:17:08 |
| 28   | 1249 | SÜßMANN Frederic  | 22:02 (3.)             | 2:18 (8.)   | 1:09:34 (129.) | 1:06 (17.)  | 1:35:02 (45.)  | 42:27 (46.)  | 2:17:29 |
| 46   | 1248 | SCHULTZ Michael   | 27:29 (68.)            | 3:22 (89.)  | 1:04:45 (64.)  | 1:34 (97.)  | 1:37:11 (61.)  | 48:16 (105.) | 2:25:28 |
| 89   | 1245 | BELTZ André       |                        |             |                |             |                |              | n.a.    |
| <b>12. Eckernförder MTV Sprinter</b>                 |      |                   | <b>Platzziffer 195</b> |             |                |             |                |              |         |
| 18   | 1212 | REITER Arvid      | 24:35 (28.)            | 2:37 (25.)  | 1:03:15 (40.)  | 1:06 (19.)  | 1:31:35 (25.)  | 42:02 (43.)  | 2:13:37 |
| 41   | 1214 | STAACK Alexander  | 29:54 (109.)           | 2:42 (33.)  | 1:03:11 (38.)  | 1:39 (113.) | 1:37:26 (65.)  | 45:14 (73.)  | 2:22:40 |
| 47   | 1211 | BÖLSCHER Kevin    | 26:29 (52.)            | 3:29 (101.) | 1:07:11 (103.) | 1:31 (83.)  | 1:38:41 (73.)  | 46:48 (86.)  | 2:25:29 |
| 89   | 1213 | HEESCH Frederik   |                        |             |                |             |                |              | DNF     |

**Mannschaftswertung Landesliga Schleswig-Holstein Männer**

| Platz   | Snr. | Name                         | Schw.                  | T1          | Rad            | T2          | nach Rad       | Lauf         | Ziel    |
|---|------|------------------------------|------------------------|-------------|----------------|-------------|----------------|--------------|---------|
| <b>13. Tri Endurance Germany</b>              |      |                              | <b>Platzziffer 196</b> |             |                |             |                |              |         |
| 21  | 1259 | WIEDENHOFER Marco            | 25:36 (44.)            | 2:39 (27.)  | 1:02:05 (27.)  | 1:32 (88.)  | 1:31:53 (27.)  | 43:09 (59.)  | 2:15:03 |
| 40  | 1258 | WELLM Bjarne                 | 25:31 (40.)            | 2:21 (10.)  | 1:03:56 (50.)  | 1:02 (7.)   | 1:32:51 (34.)  | 49:17 (115.) | 2:22:08 |
| 63  | 1256 | FOKS Benjamin                | 29:31 (98.)            | 3:22 (87.)  | 1:04:42 (61.)  | 1:15 (31.)  | 1:38:52 (75.)  | 54:02 (168.) | 2:32:54 |
| 72  | 1255 | CLEMENS Steffen              | 33:20 (161.)           | 3:23 (94.)  | 1:11:48 (161.) | 0:58 (2.)   | 1:49:31 (147.) | 46:58 (91.)  | 2:36:29 |
| <b>14. Borener SV</b>                         |      |                              | <b>Platzziffer 198</b> |             |                |             |                |              |         |
| 16  | 1203 | KOCH Ingo                    | 24:56 (31.)            | 3:24 (95.)  | 1:03:40 (47.)  | 1:20 (47.)  | 1:33:21 (36.)  | 39:12 (13.)  | 2:12:34 |
| 37  | 1202 | BROMBERG Norman              | 30:16 (115.)           | 3:11 (73.)  | 1:04:01 (51.)  | 1:17 (34.)  | 1:38:46 (74.)  | 42:35 (49.)  | 2:21:21 |
| 70  | 1201 | BRAMMER Jürgen               | 28:16 (81.)            | 3:32 (110.) | 1:11:51 (162.) | 1:32 (90.)  | 1:45:12 (120.) | 50:43 (133.) | 2:35:55 |
| 75  | 1205 | GAASCH Bernd                 | 31:26 (135.)           | 3:22 (88.)  | 1:14:41 (195.) | 1:32 (92.)  | 1:51:03 (157.) | 48:02 (103.) | 2:39:05 |
| <b>15. Team B&amp;H Sports SC Itzehoe III</b> |      |                              | <b>Platzziffer 204</b> |             |                |             |                |              |         |
| 14  | 1244 | ZIEHE Holger                 | 22:30 (4.)             | 2:50 (44.)  | 1:03:56 (49.)  | 1:05 (14.)  | 1:30:22 (15.)  | 41:13 (35.)  | 2:11:36 |
| 45  | 1241 | MIELING Dirk                 | 28:26 (83.)            | 3:23 (91.)  | 1:05:22 (75.)  | 2:19 (195.) | 1:39:31 (79.)  | 45:44 (77.)  | 2:25:15 |
| 62  | 1243 | STEINHARDT Marc              | 28:10 (78.)            | 3:30 (104.) | 1:08:13 (116.) | 1:25 (61.)  | 1:41:19 (96.)  | 50:25 (129.) | 2:31:44 |
| 83  | 1240 | EICHHOLZ Jörg                | 31:09 (131.)           | 5:22 (219.) | 1:15:20 (201.) | 1:41 (123.) | 1:53:33 (178.) | 54:30 (174.) | 2:48:03 |
| <b>16. SG Athletico Büdelsdorf</b>            |      |                              | <b>Platzziffer 223</b> |             |                |             |                |              |         |
| 49  | 1230 | BALZER Sven                  | 27:30 (70.)            | 3:04 (58.)  | 1:05:09 (72.)  | 1:35 (103.) | 1:37:20 (63.)  | 49:41 (119.) | 2:27:01 |
| 54  | 1231 | BLASE Danny                  | 37:34 (214.)           | 3:42 (130.) | 1:04:26 (57.)  | 1:40 (119.) | 1:47:24 (136.) | 40:36 (27.)  | 2:28:00 |
| 59  | 1233 | GROßE Dirk                   | 28:29 (84.)            | 3:53 (142.) | 1:07:37 (110.) | 1:05 (16.)  | 1:41:05 (95.)  | 49:47 (121.) | 2:30:52 |
| 61  | 1232 | DENNENBERG Hans- Peter       | 29:24 (95.)            | 3:42 (129.) | 1:07:33 (109.) | 1:14 (28.)  | 1:41:54 (100.) | 49:47 (122.) | 2:31:41 |
| <b>17. TRI EMTV Elmshorn</b>                  |      |                              | <b>Platzziffer 239</b> |             |                |             |                |              |         |
| 32  | 1250 | BÖTTGER Martin               | 23:35 (10.)            | 3:38 (121.) | 1:08:14 (118.) | 1:20 (42.)  | 1:36:49 (59.)  | 43:01 (55.)  | 2:19:50 |
| 66  | 1254 | WEIß Dennis                  | 27:42 (71.)            | 3:13 (80.)  | 1:07:53 (113.) | 1:06 (18.)  | 1:39:56 (81.)  | 53:57 (167.) | 2:33:53 |
| 67  | 1252 | KOSSAK-GLOWCZEWSKI Christoph | 31:28 (137.)           | 4:11 (164.) | 1:05:52 (80.)  | 1:33 (95.)  | 1:43:06 (111.) | 51:00 (135.) | 2:34:06 |
| 74  | 1253 | MEYER Frank                  | 38:32 (219.)           | 5:12 (216.) | 1:03:04 (35.)  | 2:36 (213.) | 1:49:25 (146.) | 47:54 (101.) | 2:37:19 |
| <b>18. SG 03 Ludwigslust/Grabow e.V.</b>      |      |                              | <b>Platzziffer 249</b> |             |                |             |                |              |         |
| 15  | 1228 | TOMUSCHAT Heiko              | 26:44 (56.)            | 2:03 (1.)   | 1:01:49 (25.)  | 1:39 (114.) | 1:32:15 (30.)  | 39:23 (16.)  | 2:11:39 |
| 64  | 1227 | PINNOW Stefan                | 29:37 (99.)            | 3:45 (132.) | 1:10:35 (142.) | 2:26 (202.) | 1:46:24 (129.) | 46:55 (89.)  | 2:33:19 |
| 81  | 1226 | GLÖCKNER Michael             | 35:38 (193.)           | 4:13 (170.) | 1:11:10 (151.) | 2:09 (182.) | 1:53:12 (174.) | 49:53 (123.) | 2:43:05 |
| 89  | 1225 | BINDEMANN Erik               | 28:34 (239.)           | 3:54 (239.) | 1:02:58 (237.) | 1:50 (239.) | 1:37:17 (238.) |              | DNF     |

# 15. TriBühne Triathlon Norderstedt am 04.09.2022

## Mannschaftswertung Landesliga Schleswig-Holstein Männer



| Platz  | Snr. | Name                 | Schw.                  | T1          | Rad            | T2          | nach Rad       | Lauf           | Ziel    |
|--|------|----------------------|------------------------|-------------|----------------|-------------|----------------|----------------|---------|
| <b>19. Eckernförder MTV - Team "Masters +"</b> |      |                      | <b>Platzziffer 284</b> |             |                |             |                |                |         |
| 51   | 1208 | MÜLLER Jens          | 31:26 (136.)           | 3:11 (70.)  | 1:04:13 (53.)  | 1:28 (71.)  | 1:40:18 (88.)  | 46:56 (90.)    | 2:27:14 |
| 55   | 1209 | RAMIN Dominik        | 32:09 (147.)           | 2:50 (42.)  | 1:05:56 (82.)  | 1:33 (96.)  | 1:42:29 (105.) | 45:57 (78.)    | 2:28:26 |
| 89   | 1206 | FRIEDRICH Jens       |                        |             |                |             |                |                | n.a.    |
| 89   | 1207 | MALLETSCHKEK Andreas |                        |             |                |             |                |                | n.a.    |
| <b>19. TSV Quellenhaupt Bornhöved</b>          |      |                      | <b>Platzziffer 284</b> |             |                |             |                |                |         |
| 34   | 1298 | MICHNA Lars          | 29:45 (103.)           | 4:19 (179.) | 1:04:59 (70.)  | 1:49 (145.) | 1:40:54 (94.)  | 39:17 (14.)    | 2:20:11 |
| 78   | 1297 | MASCHKE Jannis       | 30:30 (120.)           | 3:39 (122.) | 1:09:12 (126.) | 1:37 (109.) | 1:44:59 (119.) | 55:54 (190.)   | 2:40:53 |
| 84   | 1299 | THOMS Stefan         | 34:52 (182.)           | 4:16 (173.) | 1:05:57 (83.)  | 2:22 (199.) | 1:47:28 (137.) | 1:00:39 (214.) | 2:48:07 |
| 88   | 1296 | LANGE Torben         | 35:45 (195.)           | 3:53 (140.) | 1:25:00 (234.) | 1:42 (125.) | 2:06:20 (225.) | 1:04:15 (224.) | 3:10:36 |
| <b>21. Tri-Sport Lübeck</b>                    |      |                      | <b>Platzziffer 300</b> |             |                |             |                |                |         |
| 68   | 1268 | WAGNER Ingo          | 28:35 (87.)            | 5:49 (226.) | 1:11:56 (165.) | 2:11 (185.) | 1:48:33 (141.) | 45:38 (76.)    | 2:34:11 |
| 76   | 1265 | FITS Evgeny          | 31:36 (138.)           | 3:04 (60.)  | 1:13:17 (177.) | 1:23 (58.)  | 1:49:22 (145.) | 50:38 (132.)   | 2:40:01 |
| 77   | 1266 | KUBIK Christian      | 31:45 (140.)           | 3:28 (100.) | 1:15:42 (204.) | 2:07 (178.) | 1:53:02 (171.) | 47:33 (97.)    | 2:40:36 |
| 79   | 1267 | POHL Andreas         | 31:59 (143.)           | 4:06 (156.) | 1:10:30 (141.) | 2:13 (190.) | 1:48:49 (143.) | 52:56 (154.)   | 2:41:46 |

**Mannschaftswertung Landesliga Schleswig-Holstein Mixed**

| Platz                                      | Snr. | Name                | Schw.                  | T1          | Rad            | T2          | nach Rad       | Lauf         | Ziel    |
|--|------|---------------------|------------------------|-------------|----------------|-------------|----------------|--------------|---------|
| <b>1. Tri-Sport Lübeck</b>                 |      |                     | <b>Platzziffer 16</b>  |             |                |             |                |              |         |
| 1  | 1345 | SEMMLER Michael     | 30:26 (118.)           | 3:17 (82.)  | 1:00:33 (17.)  | 1:59 (165.) | 1:36:16 (56.)  | 42:52 (52.)  | 2:19:09 |
| 3  | 1344 | BLUHM Henning       | 35:40 (194.)           | 3:52 (139.) | 1:04:56 (69.)  | 1:52 (151.) | 1:46:22 (128.) | 42:00 (41.)  | 2:28:22 |
| 5  | 1347 | WECK Nicole         | 28:12 (21.)            | 2:45 (11.)  | 1:07:38 (8.)   | 1:03 (2.)   | 1:39:39 (11.)  | 51:54 (31.)  | 2:31:34 |
| 7  | 1346 | STRAATMANN Maren    | 27:59 (20.)            | 3:39 (48.)  | 1:13:45 (35.)  | 1:23 (16.)  | 1:46:47 (29.)  | 48:24 (14.)  | 2:35:11 |
| <b>2. SG Wasserratten Norderstedt e.V.</b> |      |                     | <b>Platzziffer 31</b>  |             |                |             |                |              |         |
| 2  | 1340 | FRIEDRICHSEN Nils   | 26:52 (57.)            | 2:40 (28.)  | 1:03:36 (45.)  | 1:28 (75.)  | 1:34:37 (43.)  | 45:01 (69.)  | 2:19:39 |
| 8  | 1341 | FRIEDRICHSEN Sandra | 28:42 (25.)            | 3:06 (23.)  | 1:12:55 (28.)  | 1:16 (10.)  | 1:45:59 (26.)  | 49:55 (21.)  | 2:35:55 |
| 10   | 1342 | MÜLLER Sebastian    | 27:08 (64.)            | 3:09 (68.)  | 1:10:45 (145.) | 1:33 (94.)  | 1:42:35 (106.) | 59:11 (207.) | 2:41:47 |
| 11   | 1339 | DUNKEL Kristina     | 33:37 (50.)            | 2:47 (12.)  | 1:16:35 (47.)  | 1:12 (7.)   | 1:54:14 (44.)  | 59:08 (55.)  | 2:53:22 |
| <b>3. MTV Dänischenhagen</b>               |      |                     | <b>Platzziffer 108</b> |             |                |             |                |              |         |
| 4  | 1337 | MÖLLER Kai          | 33:35 (166.)           | 3:11 (72.)  | 1:07:15 (104.) | 1:26 (64.)  | 1:45:28 (124.) | 44:00 (63.)  | 2:29:28 |
| 6  | 1338 | SCHRADER Lisa       | 28:35 (23.)            | 2:58 (19.)  | 1:07:02 (6.)   | 1:33 (32.)  | 1:40:08 (12.)  | 53:37 (39.)  | 2:33:46 |
| 9  | 1336 | MICHALSCHEK Dieter  | 30:15 (114.)           | 3:34 (113.) | 1:09:54 (134.) | 1:42 (130.) | 1:45:27 (123.) | 53:38 (164.) | 2:39:06 |
| 89   | 2001 | --                  |                        |             |                |             |                |              | n.a.    |