

40. Rostocker Triathlon

Regionalliga Nord Frauen



Platz	Team Starter	Swim	W1	Rad	W2	Lauf	Ziel	W3	Zeit
1.	1. TC Oldenburg "Die Bärinnen" II								1:10:07
	Budde, Nina	4:47	0:47	9:57	0:35	6:27	22:34	0:27	22:34
	Sitzmann, Rosa	5:08	0:47	10:25	0:38	7:00	23:56	0:26	46:57
	Sitzmann, Malin	4:46	0:52	9:49	0:36	6:44	22:45		1:10:07
2.	Hannover 96 II								1:10:42
	Pfennig, Katja	5:03	1:33	10:49	0:46	6:05	24:17	0:23	24:17
	Bartsch, Frederika Marie	4:24	0:56	11:00	0:37	5:41	22:37	0:24	47:16
	Steffens, Kimberly	4:27	0:45	11:04	0:43	6:06	23:03		1:10:42
3.	Athletico Büdelsdorf								1:11:09
	Günther, Paula Marie	4:31	0:51	10:02	0:42	6:26	22:34	0:24	22:34
	Diederich, Wiebke	5:52	1:22	9:56	0:58	6:55	25:01	0:27	47:58
	Nordmann, Johanna	5:25	0:54	10:28	0:43	5:17	22:45		1:11:09
4.	SG Triathlon Club Bremen Damen								1:11:11
	Gambalat, Lenya Joela	4:15	0:47	10:49	0:36	6:44	23:12	0:25	23:12
	Zimmermann, Eva	4:57	0:51	10:08	0:40	6:35	23:09	0:27	46:46
	Dech Pons, María	5:41	1:02	10:42	0:36	6:01	24:00		1:11:11
5.	USC Kiel								1:12:08
	Stoltenberg, Solveig	4:51	0:51	11:42	0:45	6:27	24:39	0:28	24:39
	Heil, Finja	4:38	0:49	10:15	0:39	6:51	23:10	0:28	48:17
	Littig, Franka	5:09	0:57	10:44	0:36	6:00	23:24		1:12:08
6.	Tri-Sport Lübeck 1. Damen								1:12:25
	Bradtke, Sanni	4:31	0:49	11:05	0:39	6:57	24:03	0:25	24:03
	von Cossart, Sarah	5:23	1:07	11:27	0:39	7:01	25:34	0:25	50:02
	Niemann, Zoey	4:32	0:45	10:33	0:32	5:39	21:59		1:12:25
7.	Team TSV Bargteheide Tri II								1:12:32
	Hoppe, Lara	4:43	1:03	10:57	0:51	7:13	24:50	0:28	24:50
	Hoppe, Anna	4:23	0:58	10:53	0:41	6:45	23:38	0:27	48:55
	Hoffmann, Aili Marie	4:12	0:57	10:57	0:38	6:29	23:11		1:12:32

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Platz	Team Starter	Swim	W1	Rad	W2	Lauf	Ziel	W3	Zeit
8.	Heikotel Tri Team Hamburg								1:12:34
	Löhden, Jana	5:08	1:03	9:53	0:32	6:08	22:46	0:27	22:46
	Ruff, Anne Christin	5:16	0:46	11:43	0:40	6:37	25:00	0:25	48:12
	Kalthoff, Lena	5:17	0:49	10:50	0:42	6:22	23:57		1:12:34
9.	Triathlon Team Buxtehude Damen I								1:15:03
	Martens, Emma Sophie	5:35	1:04	10:31	0:44	6:32	24:26	0:25	24:26
	Pfennig, Viviane	5:47	0:50	11:35	0:40	6:25	25:16	0:25	50:08
	Klass, Sarah	5:11	0:51	10:55	0:39	6:58	24:31		1:15:03
10.	FC St. Pauli Regionalliga Deerns								1:16:31
	Ischebeck, Lisa	5:09	0:49	10:28	0:39	6:20	23:27	0:24	23:27
	Gaudlitz, Johanna	6:32	0:59	11:11	0:48	6:45	26:12	0:25	50:03
	Tüx, Emma Luise	5:59	1:05	11:55	0:44	6:23	26:04		1:16:31
11.	Triathlon Team Hamburg Regionalliga Damen								1:16:40
	Wagner-Arendt, Sarah	6:03	1:26	11:33	0:56	6:38	26:37	0:27	26:37
	Weise, Marieke	5:30	0:51	10:58	0:45	7:07	25:09	0:26	52:13
	Adam, Lena	5:30	0:54	10:52	0:40	6:08	24:02		1:16:40
12.	Triabolos Hamburg								1:17:48
	Ahrendt, Sophie	5:42	1:02	10:58	0:50	6:31	25:04	0:27	25:04
	Dachwitz, Katharina	5:39	1:26	11:13	1:03	6:22	25:42	0:25	51:13
	Johann, Laura	5:11	1:03	11:27	0:48	7:44	26:10		1:17:48

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Regionalliga Nord Männer



Platz	Team								Zeit
	Starter	Swim	W1	Rad	W2	Lauf	Ziel	W3	Gesamt
1.	1. TC Oldenburg Die Bären I								1:21:28
	Grotelüschen, Jan Mikkel	3:35	0:40	9:17	0:35	5:45	19:54	0:25	19:54
	von Schmeling, Leo	4:09	0:41	9:25	0:34	5:26	20:12	0:26	40:31
	von Schmeling, Finn	4:22	0:45	9:20	0:37	5:11	20:13	0:26	1:01:09
	Weber, Alexander	4:07	0:35	9:36	0:29	5:10	19:55		1:21:28
2.	TC FIKO Rostock								1:21:59
	Mier, Jonas	3:24	0:49	9:38	0:29	5:34	19:56	0:24	19:56
	Hansen, Mattis Jona	3:50	0:47	9:40	0:32	5:12	19:58	0:23	40:18
	Blankenberg, Arne	4:14	0:59	9:52	0:38	5:47	21:28	0:25	1:02:08
	Freyhof, Enno	3:49	0:49	9:28	0:33	4:50	19:27		1:21:59
3.	USC Kiel #richtigBock								1:22:01
	Buchheim, Toni	4:06	0:58	9:03	0:33	5:12	19:53	0:24	19:53
	Teupke, Sven Ole	4:15	0:53	9:24	0:25	5:10	20:05	0:25	40:21
	Ernst, Tjorven	4:10	0:53	10:19	0:47	5:23	21:29	0:22	1:02:14
	Timme, Hauke	4:14	0:55	9:13	0:28	4:38	19:27		1:22:01
4.	SG TriAs Hildesheim								1:22:20
	Roweck, Adrian	3:53	0:41	9:46	0:32	4:59	19:51	0:26	19:51
	Hoffmann, Max	4:04	1:07	9:07	0:32	4:51	19:39	0:25	39:56
	Horlbeck, Dominique	4:41	0:43	9:36	0:36	5:42	21:18	0:25	1:01:38
	Au, Alexander	4:43	0:41	9:13	0:37	5:06	20:18		1:22:20
5.	SG TTH-H								1:24:34
	Wulf, Niklas	4:17	0:55	9:13	0:51	5:35	20:53	0:22	20:53
	Paustian, Till	4:57	0:59	9:24	0:37	5:17	21:12	0:21	42:27
	Thode, Malte	4:29	1:00	9:03	0:36	5:36	20:42	0:23	1:03:29
	Kraft, Markus	4:29	0:54	9:27	0:39	5:18	20:44		1:24:34

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Platz	Team								Zeit
	Starter	Swim	W1	Rad	W2	Lauf	Ziel	W3	Gesamt
6.	TriVelos Flensburg								1:25:40
	Issem, Niklas	4:10	0:45	10:05	0:39	5:57	21:38	0:24	21:38
	Finck, Leif-Erik	4:19	0:57	9:23	0:35	5:23	20:35	0:25	42:37
	Sommer, Fabian	4:39	1:04	9:40	0:43	5:17	21:21	0:23	1:04:21
	Widderich, Lucas	4:33	0:47	10:01	0:37	5:00	20:57		1:25:40
7.	3Maniacs Großhansdorf								1:25:46
	Hümmer, Marjan	4:05	0:46	9:20	0:38	5:31	20:21	0:27	20:21
	Heineke, Matthias	4:15	0:51	9:53	0:45	5:40	21:23	0:25	42:10
	Raeder, Martin	4:35	1:01	9:29	0:32	5:50	21:25	0:24	1:04:00
	Stevendaal, Udo van	4:46	1:05	9:38	0:36	5:21	21:24		1:25:46
8.	SG TriTeam Mittelholstein								1:26:44
	Wichmann, Leif Erik	4:12	0:46	9:20	0:31	5:08	19:58	0:27	19:58
	Preußner, Timo	4:51	0:47	9:43	0:44	5:36	21:39	0:28	42:04
	Lange, Clemens	5:33	0:47	9:47	0:48	5:34	22:28	0:23	1:04:59
	Buck, Pascal	4:47	0:42	10:01	0:34	5:20	21:23		1:26:44
9.	Eckernförder MTV								1:27:02
	Stawczynski, Martin	3:49	0:46	9:43	0:34	5:15	20:08	0:24	20:08
	Bogs, Dominique	4:20	0:39	10:53	0:24	5:43	21:58	0:23	42:29
	Müller, Martin	5:26	0:45	10:20	0:35	6:04	23:07	0:29	1:05:59
	Fuckerirer, Jakob	4:09	0:41	9:36	0:32	5:39	20:36		1:27:02
10.	SG Tri-Team Unterelbe								1:27:44
	Eversen, Jeroen	4:18	0:42	9:41	0:33	5:19	20:35	0:25	20:35
	Klensang, Lasse Maximilian	4:13	0:53	10:13	0:37	6:16	22:10	0:25	43:09
	Achtzehn, Sebastian	5:14	1:09	10:20	0:34	6:07	23:22	0:28	1:06:55
	Elfers, Julian	4:12	0:52	9:43	0:30	5:06	20:22		1:27:44

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Platz	Team Starter	Swim	W1	Rad	W2	Lauf	Ziel	W3	Zeit Gesamt
11.	Triabolos Hamburg								1:27:51
	Höfeler, Thormen	4:06	1:02	9:47	0:37	5:54	21:28	0:29	21:28
	Höbler, Felix	4:40	0:54	9:48	0:56	5:25	21:41	0:24	43:37
	Schmarbeck, Tobias	4:28	0:57	9:54	0:41	5:42	21:40	0:23	1:05:41
	Boyle, Peter	4:54	1:07	9:35	0:37	5:37	21:47		1:27:51
12.	FC St. Pauli Triathlon Herren								1:27:59
	Witt, Jonas	4:01	0:59	9:16	0:26	5:41	20:25	0:25	20:25
	Dethlefs, Arne	4:55	1:10	9:32	0:28	5:53	21:57	0:27	42:46
	Elias, Phillip	5:14	1:08	10:02	0:37	5:25	22:25	0:25	1:05:37
	Sprenger, Tom	4:57	0:55	9:55	0:46	5:27	21:58		1:27:59
13.	SG Bremer Triathleten								1:28:13
	Wendt, Niklas	4:58	0:41	10:06	0:35	5:36	21:58	0:25	21:58
	Grube, Marten	4:37	0:47	10:25	0:29	5:26	21:41	0:24	44:04
	Oellrich, Andre	5:05	0:52	10:16	0:36	5:58	22:45	0:25	1:07:12
	Zabel, Sven	4:40	0:43	9:35	0:33	5:08	20:37		1:28:13