

# 2025

|               |                                              |         |         |          |     |
|---------------|----------------------------------------------|---------|---------|----------|-----|
| <b>12.01.</b> | <b>Reporterlauf Neustadt (ca.10km)</b>       |         |         |          |     |
|               | Sven                                         | 40:13   | 11. /   | 1. Pl.   | M45 |
|               | Janne                                        | 48:30   | 31. /   | 8. Pl.   | M40 |
|               | Andreas                                      | 51:20   | 49. /   | 6. Pl.   | M50 |
| <b>19.01.</b> | <b>Winterlauf Ratzeburg (8,3km)</b>          |         |         |          |     |
|               | Silke                                        | 45:00   | 33. /   | 3. Pl.   | W50 |
|               | <b>Lümmellauf Ahrensburg (9,35km)</b>        |         |         |          |     |
|               | Sven                                         | 37:16   | 2. /    | 1. Pl.   | M45 |
| <b>23.03.</b> | <b>Ostseelauf Timmerndorfer Strand (5km)</b> |         |         |          |     |
|               | Silke                                        | 25:17   | 26. /   | 3. Pl.   | W50 |
|               | <b>(10km)</b>                                |         |         |          |     |
|               | Sven                                         | 40:09   | 26. /   | 3. Pl.   | M45 |
|               | Janne                                        | 46:21   | 94. /   | 15. Pl.  | M40 |
|               | Dirk                                         | 46:38   | 98. /   | 9. Pl.   | M50 |
|               | Mannschaft                                   | 2:13:08 |         | 5. Pl.   |     |
|               | Ralf                                         | 57:37   | 263. /  | 25. Pl.  | M50 |
|               | <b>(HM)</b>                                  |         |         |          |     |
|               | Jan                                          | 2:01:46 | 324. /  | 27. Pl.  | M55 |
| <b>30.03.</b> | <b>Travelauf Bad Oldesloe (HM)</b>           |         |         |          |     |
|               | Sven                                         | 1:32:26 | 13. /   | 1. Pl.   | M45 |
| <b>27.04.</b> | <b>Hamburg Marathon</b>                      |         |         |          |     |
|               | Joachim                                      | 5:16:31 | 8363. / | 112. Pl. | M65 |
| <b>09.05.</b> | <b>Lübecker Frauenlauf (10,4km)</b>          |         |         |          |     |
|               | Silke                                        | 56:24   | 35. /   | 1. Pl.   | W50 |
| <b>18.05.</b> | <b>Sun-Run Grömitz (5km)</b>                 |         |         |          |     |
|               | Silke                                        | 25:16   |         | 10. Pl.  | W   |
|               | <b>(10km)</b>                                |         |         |          |     |
|               | Sven                                         | 38:47   | 9. /    | 2. Pl.   | M45 |
|               | <b>(Halbmarathon)</b>                        |         |         |          |     |
|               | Holger                                       | 1:25:05 | 6. /    | 1. Pl.   | M55 |
|               | <b>Büchen Triathlon ( 0,5-21-4,6)</b>        |         |         |          |     |
|               | Janne                                        | 1:17:42 | 27. /   | 6. Pl.   | M40 |
|               | (11:05-1:14-40:25-1:35-23:21)                |         |         |          |     |
|               | Gabor                                        | 1:19:54 | 35. /   | 2. Pl.   | M45 |
|               | (12:44-1:59-39:28-1:46-23:55)                |         |         |          |     |
| <b>24.05.</b> | <b>Brunsbüttel Waltriathlon (0,75-19-5)</b>  |         |         |          |     |
|               | Sven                                         | 1:03:01 | 8. /    | 1. Pl.   | M45 |
|               | (12:15-30:41-20:05)                          |         |         |          |     |
| <b>01.06.</b> | <b>Rund um Ratekau (10km)</b>                |         |         |          |     |
|               | Gabor                                        | 54:02   | 54. /   | 12. Pl.  | M45 |
|               | <b>15km</b>                                  |         |         |          |     |
|               | Sven                                         | 1:02:57 | 5. /    | 3. Pl.   | M45 |
| <b>07.06.</b> | <b>Fjorden Rundt (DK) 105 km</b>             |         |         |          |     |
|               | Markus Hardrath                              | 3:19:56 | 37. /   | 15. Pl.  | M50 |

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| 15.06. | <b>Polizei DM Eutin (1,5-40-10)</b>             |         |         |              |
|        | Sven                                            | 2:20:34 | 42. /   | 3. Pl. M45   |
|        | (23:32-2:05-1:07:31-2:15-45:09)                 |         |         |              |
|        | <b>7tt Lübeck (1,5-36-10)</b>                   |         |         |              |
|        | Janne                                           | 2:41:50 | 127. /  | 10. Pl. M40  |
|        | (36:05-1:43-1:07:48-1:59-54:14)                 |         |         |              |
|        | Gabor                                           | 2:48:02 |         |              |
|        | (39:27-2:11-1:03:06-2:03-1:01:13)               |         |         |              |
|        |                                                 | 154. /  | 17. Pl. | M45          |
|        | <b>(0,5-18-5)</b>                               |         |         |              |
|        | Kerstin                                         | 1:15:34 | 25. /   | 2. Pl. W45   |
|        | (11:33-1:31-33:14-1:51-27:23)                   |         |         |              |
|        |                                                 |         |         |              |
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|        |                                                 |         |         |              |
| 29.06. | <b>Hachede Triathlon Geesthacht (1,5-40-10)</b> |         |         |              |
|        | Janne                                           | 2:54:14 | 47. /   | 3. Pl. M40   |
|        | (35:34-1:19-1:19:03-1:41-56:36)                 |         |         |              |
|        | <b>(0,5-20-5)</b>                               |         |         |              |
|        | Gabor                                           | 1:17:53 | 32. /   | 6. Pl. M45   |
|        | (12:44-1:53-36:52-1:16-25:03)                   |         |         |              |
|        |                                                 |         |         |              |
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|        |                                                 |         |         |              |
| 06.07. | <b>Poggensee Triathlon (0,5-23-5)</b>           |         |         |              |
|        | Sven                                            | 1:03:27 | 1. /    | 1. Pl. M454  |
|        | (9:19-0:47-34:33-0:58-17:50)                    |         |         |              |
| 13.07. | <b>Offendorf Triathlon (0,5-21-5)</b>           |         |         |              |
|        | Kerstin                                         | 1:20:20 | 14. /   | 4. Pl. W45   |
|        | (10:53-1:15-41:22-1:28-25:10)                   |         |         |              |
|        | <b>Hamburg Triathlon (1,5-40-10)</b>            |         |         |              |
|        | Gabor                                           | 2:47:59 | 1382. / | 103. Pl. M45 |
|        | (39:59-6:52-1:06:15-3:421-51:14)                |         |         |              |
|        |                                                 |         |         |              |
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|        |                                                 |         |         |              |
|        |                                                 |         |         |              |
|        | <b>40. Pönitzer Volkslauf (HM)</b>              |         |         |              |
|        | Sven                                            | 1:35:57 | 11. /   | 2. Pl. M45   |
|        |                                                 |         |         |              |
|        |                                                 |         |         |              |
|        |                                                 |         |         |              |
| 25.07. | <b>Heiligenhafen Mitternachtslauf (10km)</b>    |         |         |              |
|        | Holger                                          | 39:19   | 11. /   | 1. Pl. M55   |
|        | Janne                                           | 46:06   | 57. /   | 10. Pl. M40  |
|        |                                                 |         |         |              |
|        |                                                 |         |         |              |
| 26.07. | <b>Waren Müritz-Triathlon (2-80-20)</b>         |         |         |              |
|        | Sven                                            | 4:00:45 | 17. /   | 1. Pl. M45   |
|        | (32:30-1:09-1:58:48-1:31-1:26:49)               |         |         |              |
|        |                                                 | 5. /    | 1. Pl.  | M45 NDM      |
|        |                                                 |         |         |              |
| 27.07. | <b>Hofsee Triathlon (0,5-20-5)</b>              |         |         |              |
|        | Gabor                                           | 1:19:09 | 82. /   | 10. Pl. M45  |
|        | (13:47-1:25-33:40-1:10-29:05)                   |         |         |              |
|        |                                                 |         |         |              |
|        |                                                 |         |         |              |
| 02.08. | <b>Hella Rostock7 (ca. 7km)</b>                 |         |         |              |
|        | Gabor                                           | 35:08   | 60. /   | 6. Pl. M45   |
|        |                                                 |         |         |              |
| 03.08. | <b>Neustadt Europalauf (HM)</b>                 |         |         |              |
|        | Janne                                           | 1:45:01 | 69. /   | 11. Pl. M40  |
|        | <b>(10km)</b>                                   |         |         |              |
|        | Andreas                                         | 54:07   | 54. /   | 6. Pl. M50   |
|        |                                                 |         |         |              |
| 10.08. | <b>Malente Diekseelauf (11,5km)</b>             |         |         |              |
|        | Sven                                            | 45:38   | 5. /    | 2. Pl. M45   |
|        | Holger                                          | 47:00   | 9. /    | 2. Pl. M55   |
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| <b>30.08.</b> | <b>Dassow Duathlon (23-7)</b>         |         |          |          |     |        |
|               | Jan                                   | 1:29:53 | 22.      | PI.      |     |        |
|               | (53:03-36:49)                         |         |          |          |     |        |
| <b>31.08.</b> | <b>Zell am See (Ironman 70,3)</b>     |         |          |          |     |        |
|               | Janne                                 | 6:22:12 | 1143. /  | 107. PI. | M40 |        |
|               | (44:32-5:19-3:08:25-5:01-2:18:56)     |         |          |          |     |        |
| <b>07.09.</b> | <b>Bad Segeberg (8,5km)</b>           |         |          |          |     |        |
|               | Silke                                 | 42:45   | 15. /    | 2. PI.   | W50 |        |
| <b>14.09.</b> | <b>Fehmarn Triathlon (1,5-43-10)</b>  |         |          |          |     |        |
|               | Jan                                   | 2:44:36 | 56. /    | 2. PI.   | M55 |        |
|               | (27:46-2:08-1:20:40-1:31-52:29)       |         |          |          |     |        |
|               | <b>(0,5-20-5,4)</b>                   |         |          |          |     |        |
|               | Janne                                 | 1:13:29 | 21. /    | 4. PI.   | M40 |        |
|               | (10:05-1:27-37:07-0:56-23:52)         |         |          |          |     |        |
|               | Gabor                                 | 1:18:29 | 41. /    | 6. PI.   | M45 |        |
|               | (11:52-2:04-36:29-1:14-26:48)         |         |          |          |     |        |
| <b>28.09.</b> | <b>Neu Duvenstedt Cyclocross</b>      |         |          |          |     |        |
|               | Silke                                 |         |          | 2. PI.   | F   | Hobby  |
| <b>03.10.</b> | <b>Köhlbrandbrückenlauf (12,3km)</b>  |         |          |          |     |        |
|               | Janne                                 | 56:19   | 89. /    | 17. PI.  | M40 |        |
|               |                                       |         | 295. /   | 52. PI.  | M40 | Gesamt |
| <b>05.10.</b> | <b>Farmsen Cyclocross</b>             |         |          |          |     |        |
|               | Silke                                 |         |          | 1. PI.   | F   | Hobby  |
| <b>12.10.</b> | <b>Chicago Marathon</b>               |         |          |          |     |        |
|               | Holger                                | 3:25:15 | 10718. / | 301. PI. | M55 |        |
| <b>19.10.</b> | <b>Lübeck Marathon</b>                |         |          |          |     |        |
|               | Gabor                                 | 4:55:23 | 512. /   | 48. PI.  | M45 |        |
|               | <b>Halbmarathon</b>                   |         |          |          |     |        |
|               | Janne                                 | 1:40:03 | 239. /   | 22. PI.  | M40 |        |
|               | Jörg                                  | 1:48:21 | 464. /   | 6. PI.   | M60 |        |
| <b>26.10.</b> | <b>Rostock Cyclocross</b>             |         |          |          |     |        |
|               | Silke                                 |         |          | 3. PI.   | F   | Hobby  |
| <b>02.11.</b> | <b>Kaltenkirchen Cyclocross</b>       |         |          |          |     |        |
|               | Silke                                 |         |          | 1. PI.   | F   | Hobby  |
| <b>09.11.</b> | <b>Bad Oldesloe Cyclocross</b>        |         |          |          |     |        |
|               | Silke                                 |         |          | 1. PI.   | F   | Hobby  |
| <b>15.11.</b> | <b>Elmshorn Cyclocross</b>            |         |          |          |     |        |
|               | Silke                                 |         |          | 1. PI.   | F   | Hobby  |
| <b>30.11.</b> | <b>Ratzeburger Adventslauf (26km)</b> |         |          |          |     |        |
|               | Jan                                   | 2:28:21 | 488. /   | 45. PI.  | M45 |        |
|               | Jörg                                  | 2:32:45 | 552. /   | 26. PI.  | M60 |        |
|               | Timo                                  | 2:47:06 | 714. /   | 95. PI.  | M40 |        |
|               | Gabor                                 | 2:50:52 | 731. /   | 102. PI. | M45 |        |

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|        | Joachim                                     | 2:51:10 | 732. /  | 16. Pl.  | M65 |       |
| 30.11. | <b>Wedel Cyclocross</b><br>Silke            |         |         | 7. Pl.   | F   | Hobby |
| 07.12. | <b>Valencia Marathon</b><br>Holger          | 3:17:58 | 9006. / | 252. Pl. | M55 |       |
|        | <b>Ahrensburg Crosslauf (4760m)</b><br>Sven | 17:50   | 4. /    | 1. Pl.   | M45 |       |
| 14.12. | <b>Strandlauf Wismar (12km)</b><br>Jan      | 1:00:53 |         | 23. Pl.  |     |       |
| 21.12. | <b>Hövel Cyclocross</b><br>Silke            |         |         | 1. Pl.   | F   | Hobby |