



## 11. VVL-Stadtparktriathlon

13. Juni 2010

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### Ergebnis M / W - Gesamt

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#### Sprinttriathlon ( 0,5 / 20 / 5 ) *Hamburger Meisterschaft*

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#### Sprinttriathlon TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Rad	Sch+Rad	Lauf	Ziel	Pos
1	17	00:57:42	Fiedler	Thilo	1983	Tri Michels Hamburg e.V.	GER-HAM	00:07:23	00:32:34	00:39:58	00:17:43	00:57:42	1
2	95	00:58:15	Stübs	Andre	1975	Triabolos Hamburg e.V.	GER-HAM	00:06:40	00:32:58	00:39:39	00:18:36	00:58:15	2
3	27	00:58:50	Heineke	Matthias	1972	AMTV Triathlon Hamburg	GER-HAM	00:06:52	00:33:13	00:40:05	00:18:44	00:58:50	3
4	85	00:59:35	Schuster	Jens	1970	Kaifu Tri Team e. V.	GER-HAM	00:08:29	00:33:07	00:41:37	00:17:58	00:59:35	4
5	28	01:00:43	Heller	Hauke	1989	Triabolos Hamburg e.V.	GER-HAM	00:06:37	00:35:27	00:42:05	00:18:37	01:00:43	5
6	1	01:01:31	Ahrens	Hans-Björn	1979	Team Triathlon Hamburger Hochschulen	GER-HAM	00:08:38	00:34:24	00:43:02	00:18:28	01:01:31	6
7	108	01:01:34	Weßling	Bengt	1978	Kaifu Tri Team e. V.	GER-HAM	00:07:49	00:34:15	00:42:04	00:19:30	01:01:34	7
8	23	01:03:04	Griem	Stefan	1986	Wandsbeker Turnerbund von 1861	GER-HAM			00:44:37	00:18:27	01:03:04	8
9	99	01:03:14	Völkel	Benjamin	1979	Triabolos Hamburg e.V.	GER-HAM	00:09:31	00:34:10	00:43:41	00:19:33	01:03:14	9
10	15	01:03:15	Dohse	Michael	1978	Triabolos Hamburg e.V.	GER-HAM	00:08:28	00:35:10	00:43:39	00:19:35	01:03:15	10
11	31	01:03:28	Jacobsen	Thilo	1973	Tri Michels Hamburg	GER-HAM	00:09:08	00:35:09	00:44:18	00:19:09	01:03:28	11

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## Sprinttriathlon ( 0,5 / 20 / 5 ) Hamburger Meisterschaft

### Sprinttriathlon TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Rad	Sch+Rad	Lauf	Ziel	Pos
12	47	01:03:31	Kuhl	Christian	1969	Mach3Sportzentrum	GER-HAM	00:08:25	00:35:20	00:43:45	00:19:45	01:03:31	12
13	32	01:03:38	Jahn	Christian	1976	Tri Michels Hamburg e.V.	GER-HAM	00:08:21	00:35:22	00:43:43	00:19:54	01:03:38	13
14	74	01:04:17	Haberstock	Philipp	1971	Triabolos Hamburg e.V.	GER-HAM					01:04:17	14
15	105	01:04:49	Walther	Hendrik	1981	Triabolos Hamburg e.V.	GER-HAM	00:08:33	00:36:31	00:45:04	00:19:44	01:04:49	15
16	51	01:05:14	Küsel	Thimo	1981	Triabolos Hamburg e.V.	GER-HAM	00:08:07	00:36:26	00:44:34	00:20:40	01:05:14	16
17	83	01:05:17	Schultchen	Olaf	1972	Tri-Michels Hamburg	GER-HAM	00:08:12	00:36:04	00:44:17	00:20:59	01:05:17	17
18	146	01:05:27	Hinterberg	Dominik	1965	Triabolos Hamburg e.V.	GER-HAM	00:08:46	00:35:31	00:44:17	00:21:10	01:05:27	18
19	110	01:05:41	Wetzel	Sebastian	1983	TT HSU Hamburg	GER-HAM	00:09:21	00:35:38	00:45:00	00:20:41	01:05:41	19
20	40	01:05:48	Kankel	Aron	1980	Tri Michels Hamburg e.V.	GER-HAM	00:08:40	00:35:38	00:44:19	00:21:28	01:05:48	20
21	96	01:05:50	Titze	Rene	1968	TT HSU Hamburg	GER-HAM	00:08:57	00:36:08	00:45:05	00:20:44	01:05:50	21
22	56	01:05:55	Menk	Christopher-Herms	1985	Triabolos Hamburg e.V.	GER-HAM	00:06:31	00:37:09	00:43:40	00:22:15	01:05:55	22
23	24	01:06:05	Hamer	Steffen	1974	Triabolos Hamburg e.V.	GER-HAM	00:09:17	00:35:54	00:45:12	00:20:52	01:06:05	23
24	5	01:06:12	Bergau	Lars	1978	Triathlon Team Hamburg	GER-HAM	00:09:50	00:36:12	00:46:03	00:20:09	01:06:12	24
25	18	01:06:52	Fries	Carsten	1985	Triabolos Hamburg e.V.	GER-HAM	00:08:43				01:06:52	25
26	202	01:06:55	Reinhardt	Andreas	1978	Vfl Oldesloe	GER-SH	00:08:34	00:37:16	00:45:50	00:21:04	01:06:55	26
27	150	01:07:03	lhns	Thomas	1962	Tri Michels Hamburg e.V.	GER-SH	00:08:55	00:37:04	00:45:59	00:21:04	01:07:03	27
28	10	01:07:32	Bruszauskas	Ralf	1980	Triabolos Hamburg e.V.	GER-HAM	00:09:25	00:37:37	00:47:03	00:20:29	01:07:32	28
29	29	01:07:42	Hencke	Folkhard	1966	HT16 Hamburg Triathlon-Team	GER-HAM			00:47:30	00:20:11	01:07:42	29
30	75	01:07:52	Rommersbach	Andreas	1978	Triabolos Hamburg e.V.	GER-HAM	00:09:28	00:37:34	00:47:02	00:20:50	01:07:52	30

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## Sprinttriathlon ( 0,5 / 20 / 5 ) Hamburger Meisterschaft

### Sprinttriathlon TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Rad	Sch+Rad	Lauf	Ziel	Pos
31	7	01:07:56	Borsutzky	Georg	1970	Tri Michels Hamburg e.V.	GER-HAM	00:08:45	00:38:18	00:47:04	00:20:51	01:07:56	31
32	33	01:07:58	Jähnig	Maxi	1989	TuS Holstein Quickborn	GER-HAM	00:09:47				01:07:58	32
33	41	01:08:36	Kassner	Ulrich	1980	Triabolos Hamburg e.V.	GER-HAM	00:09:22	00:36:57	00:46:20	00:22:15	01:08:36	33
34	80	01:08:41	Schlegel	Sebastian	1979	Triabolos Hamburg e.V.	GER-HAM	00:08:39	00:38:07	00:46:46	00:21:55	01:08:41	34
35	21	01:08:47	Görke	Jan	1977	Triabolos Hamburg e.V.	GER-HAM	00:09:04				01:08:47	35
36	52	01:08:52	Lewerenz	Stephan	1977	Triabolos Hamburg e.V.	GER-HAM	00:09:07	00:37:56	00:47:04	00:21:48	01:08:52	36
37	20	01:09:17	Gerlach	Marc Daniel	1987	TuS Holstein Quickborn	GER-HAM	00:10:11	00:37:23	00:47:35	00:21:41	01:09:17	37
38	39	01:09:21	Kaessens	Gert	1967	Kaifu Tri Team e. V.	GER-HAM	00:09:32	00:36:24	00:45:57	00:23:23	01:09:21	38
39	14	01:09:43	Dierks	Sebastian	1978	TuS Holstein Quickborn	GER-HAM	00:10:31	00:38:15	00:48:46	00:20:56	01:09:43	39
40	106	01:09:58	Weiß	Dennis	1977	Triabolos Hamburg e.V.	GER-SH	00:09:35	00:38:02	00:47:38	00:22:20	01:09:58	40
41	93	01:10:04	Strecker	Ulrich	1970	werk3 Triathlon Hamburg	GER-HAM	00:08:47	00:38:12	00:47:00	00:23:04	01:10:04	41
42	86	01:10:14	Seemann	Gunar	1977	TuS Holstein Quickborn	GER-HAM	00:10:22	00:38:34	00:48:57	00:21:16	01:10:14	42
43	2	01:10:42	Alberts	Hendrik	1978	Triabolos Hamburg e.V.	GER-HAM	00:09:45	00:39:01	00:48:47	00:21:54	01:10:42	43
44	147	01:11:06	Hojabri	Dr. Kurosch	1963	MSV Hamburg Ärzte	GER-HAM	00:08:46	00:39:25	00:48:12	00:22:53	01:11:06	44
45	42	01:11:13	Kaufmann	Sebastian	1980	Triabolos Hamburg e.V.	GER-HAM	00:09:21	00:37:57	00:47:19	00:23:53	01:11:13	45
46	64	01:11:46	Ross	Patrick	1981	BSG Lufthansa	GER-HAM	00:09:19	00:39:38	00:48:58	00:22:48	01:11:46	46
47	58	01:11:48	Naumann	Helge	1969	TT HSU Hamburg	GER-SH	00:10:40	00:38:29	00:49:10	00:22:37	01:11:48	47
48	68	01:11:50	Probst	Benjamin	1977	Triabolos Hamburg e.V.	GER-HAM	00:10:48	00:39:54	00:50:42	00:21:07	01:11:50	48
49	13	01:11:57	Deppe	Nils Christian	1990	AMTV Triathlon Hamburg	GER-HAM	00:08:06	00:40:11	00:48:17	00:23:40	01:11:57	49

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50	203	01:12:01	Jürgensen	Kay	1965	FC St. Pauli	GER-HAM	00:10:10	00:39:30	00:49:41	00:22:20	01:12:01	50
51	12	01:12:18	Dalecki	Thomas	1975	Triabolos Hamburg e.V.	GER-HAM	00:10:18	00:38:53	00:49:11	00:23:06	01:12:18	51
52	121	01:13:12	Deppe	Volker	1960	AMTV Triathlon Hamburg	GER-HAM	00:09:36	00:39:43	00:49:19	00:23:53	01:13:12	52
53	153	01:13:23	Kiewitt	Dieter	1954	werk3 Triathlon Hamburg	GER-HAM	00:10:55	00:40:10	00:51:05	00:22:17	01:13:23	53
54	200	01:13:47	Hof	Frederik-Jan	1979	Triabolos Hamburg e.V.	GER-HAM	00:11:38	00:39:10	00:50:48	00:22:58	01:13:47	54
55	120	01:14:00	Croissier	René	1950	TuS Holstein Quickborn	GER-HAM	00:10:33	00:39:43	00:50:16	00:23:43	01:14:00	55
56	137	01:14:41	Graubner	Rolf	1955	Team Triathlon Hamburger Hochschulen	GER-HAM	00:12:39	00:39:28	00:52:08	00:22:32	01:14:41	56
57	190	01:16:00	Von Woedtke	Christoph	1945	FC St. Pauli	GER-HAM	00:11:58	00:42:05	00:54:03	00:21:56	01:16:00	57
58	139	01:16:33	Gricksch	Frank-Michael	1960	FC St. Pauli	GER-HAM	00:10:31	00:40:55	00:51:27	00:25:05	01:16:33	58
59	92	01:17:51	StokloBa	Michael	1983	Triabolos Hamburg e.V.	GER-HAM	00:11:36	00:42:34	00:54:10	00:23:41	01:17:51	59
60	173	01:18:22	Neuefeind	Dieter	1948	SG Wasserratten Norderstedt	GER-SH	00:09:33	00:42:58	00:52:31	00:25:50	01:18:22	60
61	107	01:18:23	Weißgerber	Carsten	1979	Triabolos Hamburg e.V.	GER-HAM	00:11:30	00:41:52	00:53:22	00:25:00	01:18:23	61
62	143	01:19:06	Heise	Rolf	1961	Buxtehuder SV	GER-HAM	00:11:48	00:40:45	00:52:33	00:26:32	01:19:06	62
63	158	01:20:25	Kobarg	Bernd	1964	Lebensfitness e.V.	GER-HAM	00:11:36	00:42:58	00:54:35	00:25:50	01:20:25	63
64	161	01:20:27	Kranz	Uwe	1942	TuS Holstein Quickborn	GER-HAM	00:12:50	00:42:32	00:55:22	00:25:04	01:20:27	64
65	94	01:20:43	Strokosch	Michael	1970	Kaifu Tri Team e. V.	GER-HAM	00:15:04	00:42:22	00:57:27	00:23:15	01:20:43	65
66	9	01:21:05	Brömme	Daniel	1977	FC St. Pauli	GER-HAM	00:10:16	00:46:40	00:56:57	00:24:08	01:21:05	66
67	169	01:21:35	Meier	Andreas	1963	Triabolos Hamburg e.V.	GER-HAM	00:12:16	00:45:48	00:58:04	00:23:31	01:21:35	67
68	125	01:23:21	Dohrn	Frank	1958	AMTV Hamburg	GER-HAM	00:14:21	00:42:28	00:56:49	00:26:31	01:23:21	68

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## Sprinttriathlon ( 0,5 / 20 / 5 ) Hamburger Meisterschaft

### Sprinttriathlon TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos
69	111	01:24:44	Wiedemann	Marc	1979	werk3 Triathlon Hamburg	GER-HAM	00:11:15	00:44:30	00:55:46	00:28:57	01:24:44	69
70	157	01:25:23	Klingemann	Werner	1959	Triabolos Hamburg e.V.	GER-HAM	00:11:29	00:45:28	00:56:58	00:28:24	01:25:23	70
71	199	01:27:20	Willeke	Bernd	1955	Speedteam - Elbe	GER-HAM	00:14:51	00:44:30	00:59:21	00:27:58	01:27:20	71
72	113	01:28:47	Aue	Norbert	1946	RVB-Hamburg e.V.	GER-HAM	00:14:09	00:45:11	00:59:21	00:29:26	01:28:47	72
73	25	01:28:47	Hari	Marco	1977	Kaifu Tri Team e. V.	GER-HAM	00:09:16	00:49:14	00:58:31	00:30:16	01:28:47	73
74	114	01:29:36	Bähr	Matthias	1963	FC St. Pauli	GER-HAM	00:15:30	00:45:46	01:01:17	00:28:19	01:29:36	74
75	116	01:30:52	Braun	Friedrich	1946	Lebensfitness e.V.	GER-HAM	00:11:55	00:48:12	01:00:07	00:30:45	01:30:52	75
76	124	01:38:08	Dierkes	Hajo	1943	AMTV Triathlon Hamburg	GER-HAM	00:15:45	00:50:07	01:05:52	00:32:15	01:38:08	76
77	163	01:41:43	Lange	Wolfgang	1942	TuS Holstein Quickborn	GER-HAM	00:15:38	00:52:26	01:08:05	00:33:38	01:41:43	77
78	90	01:52:45	Stenzel	Michael	1967	Triabolos Hamburg e.V.	GER-HAM	00:42:14	00:44:39	01:26:54	00:25:51	01:52:45	78
79	997	02:58:42	Dieg	Michael	1948	werk3 Triathlon Hamburg	GER-HAM	01:54:32	00:41:35	02:36:08	00:22:34	02:58:42	79

### Sprinttriathlon TW

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos
1	149	01:03:17	Hübner	Julia	1982	Mach3Sportzentrum	GER-HAM			00:42:52	00:20:25	01:03:17	1
2	188	01:06:24	von der Fecht	Solveig	1975	Laufwerk Hamburg e.V	GER-HAM	00:10:37	00:35:45	00:46:23	00:20:01	01:06:24	2
3	196	01:08:54	Trukenmüller	Rebeka	1982	Kaifu Tri Team	GER-HAM	00:09:11	00:38:24	00:47:35	00:21:18	01:08:54	3
4	151	01:10:08	Jarren	Sabine	1966	Triabolos Hamburg e.V.	GER-HAM	00:08:59	00:38:53	00:47:53	00:22:14	01:10:08	4

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## Sprinttriathlon ( 0,5 / 20 / 5 ) Hamburger Meisterschaft

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Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Rad	Sch+Rad	Lauf	Ziel	Pos
5	123	01:11:21	Dierkes	Manuela	1978	Tri Michels Hamburg e.V.	GER-HAM	00:08:45	00:39:04	00:47:50	00:23:30	01:11:21	5
6	172	01:12:32	Neudörffer	Cordula	1971	TuS Holstein Quickborn	GER-HAM	00:09:51				01:12:32	6
7	148	01:14:28	Hölzer	Silke	1973	Tri Michels Hamburg e.V.	GER-HAM	00:10:07	00:40:13	00:50:21	00:24:07	01:14:28	7
8	206	01:15:48	Braren	Dr. Ingke	1974	Triabolos Hamburg e.V.	GER-HAM	00:09:58	00:42:14	00:52:13	00:23:35	01:15:48	8
9	138	01:16:13	Grethe	Inga	1980	Team Triathlon Hamburger Hochschulen	GER-HAM	00:09:13	00:43:02	00:52:15	00:23:58	01:16:13	9
10	186	01:16:28	Suckstorff	Anja	1969	Triabolos Hamburg e.V.	GER-HAM	00:10:28	00:42:20	00:52:49	00:23:39	01:16:28	10
11	155	01:17:16	Kippenberger	Regina	1964	Kaifu Tri Team	GER-HAM	00:11:09	00:41:29	00:52:39	00:24:37	01:17:16	11
12	154	01:19:02	Kippenberger	Carola	1964	Kaifu Tri Team	GER-HAM	00:11:05	00:41:41	00:52:46	00:26:16	01:19:02	12
13	205	01:20:47	Windeck	Dr. Susanne	1979	Bramfelder Stportverein von 1945 e.V.	GER-HAM	00:09:07	00:43:11	00:52:18	00:28:29	01:20:47	13
14	159	01:21:41	Korgitta	Stefanie	1973	Tri Michels Hamburg e.V.	GER-HAM	00:10:41	00:42:16	00:52:58	00:28:43	01:21:41	14
15	135	01:22:48	Göhr	Jennifer	1986	Athletic Team Hamburg (ATH)	GER-HAM	00:09:43	00:45:29	00:55:12	00:27:35	01:22:48	15
16	180	01:23:27	Scheffel	Gabriele	1965	Triabolos Hamburg e.V.	GER-HAM	00:10:30	00:46:03	00:56:34	00:26:53	01:23:27	16
17	142	01:23:37	Heise	Sabine	1962	Buxtehuder SV	GER-NIE	00:10:37	00:43:33	00:54:11	00:29:26	01:23:37	17

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