

# 3.Triathlon des TSV Bokeloh

Bokeloh, 31. Mai 2003

## Ergebnisliste - LM Sprint 0,7-21,2-5,4

Plg.	Plm	Plw	St.Nr	Name,Vorname	Verein	Ak	AKm	AKw	Endzeit	Schwimmen	Radzeit	Schw+Rad	Laufzeit	Rückst.
1	1		345	Weber, Sven	TSV Bokeloh	mJun		1	01:02:27	0:09:01( 2)	0:34:11( 4)	0:43:12( 1)	0:19:15( 1)	00:00:00
2	2		362	Thiemann, Frank	Hannover 96	M25		1	01:02:49	0:10:13(21)	0:33:03( 1)	0:43:16( 3)	0:19:33( 2)	00:00:22
3	3		115	Meyer, Carsten	TSG Burg Greteesch	M30		1	01:03:54	0:10:10( 19)	0:33:27( 2)	0:43:37( 4)	0:20:17( 8)	00:01:27
4	4		342	Kuschke, Jonathan	Hannover 96	M20		1	01:04:37	0:09:15( 6)	0:33:58( 3)	0:43:13( 2)	0:21:24( 29)	00:02:10
5	5		118	Frank, Arne	Eintracht Hildesheim	M20		2	01:04:40	0:08:35( 1)	00:00:00	00:00:00	00:00:00	00:02:13
6	6		109	Sonntag, Thomas	SC Langenhagen I.Herren	M40		1	01:04:49	0:10:09( 18)	0:34:12( 5)	0:44:21( 5)	0:20:28( 10)	00:02:22
7	7		338	Pupkes, Eike Carsten	VTB Triathlon Varel	mJun		2	01:05:35	00:00:00	00:00:00	00:00:00	00:00:00	00:03:08
8	8		138	Niepötter, Thomas	TSV Bokeloh	M20		3	01:07:05	0:10:12( 20)	0:36:24( 14)	0:46:36( 11)	0:20:29( 11)	00:04:38
9	9		333	Scharf, Henrik	TSV Bokeloh	mJun		3	01:07:15	0:09:11( 4)	0:36:31( 17)	0:45:42( 8)	0:21:33( 33)	00:04:48
10	10		143	Wellmann, Christian	TSV Bokeloh	M20		4	01:07:23	0:09:56( 11)	0:36:25( 15)	0:46:21( 9)	0:21:02( 22)	00:04:56
11	11		159	Brylack, Frank	Hannover 96	M35		1	01:07:44	0:10:45( 38)	0:35:43( 9)	0:46:28( 10)	0:21:16( 26)	00:05:17
12	12		58	Böger, Frank	Luhdener SV Men	M35		2	01:07:58	0:11:45( 78)	0:36:39( 19)	0:48:24( 30)	0:19:34( 3)	00:05:31
12	12		359	Welzel, Felix	Tri-Team-Braunschweig	M20		5	01:07:58	0:10:32( 31)	0:37:16( 27)	0:47:48( 19)	0:20:10( 6)	00:05:31
14	14		50	Schmidt, Christian	1.TCO Die Bären Oldenburg	M20		6	01:08:01	0:11:25( 60)	00:00:00	00:00:00	00:00:00	00:05:34
15	15		63	Fürle, Fabian	SG Bad Gandersheim/Freiheit	M25		2	01:08:06	0:11:26( 61)	0:36:15( 13)	0:47:41( 16)	0:20:25( 9)	00:05:39
16	16		334	Schütt, Michael	VfL Wingst	mJugA		1	01:08:28	0:10:43( 35)	0:36:46( 22)	0:47:29( 14)	0:20:59( 19)	00:06:01
17	17		131	Hoffmann, Peter	Team Thiemann	M40		2	01:08:32	0:12:14(107)	0:36:13( 11)	0:48:27( 31)	0:20:05( 4)	00:06:05
18	18		34	Seidel, Rüdiger	Lehrter SV / TV Meppen	M35		3	01:08:47	0:12:50(138)	0:35:26( 6)	0:48:16( 26)	0:20:31( 13)	00:06:20
20	20		158	Taube, Siegfried	Tri-Team-Dissen	M40		3	01:08:51	0:11:58( 93)	0:36:13( 11)	0:48:11( 25)	0:20:40( 15)	00:06:24
19	19		354	Schneider, Martin	TSV Bokeloh	mJugA		2	01:08:50	00:00:00	00:00:00	0:47:06( 12)	0:21:44( 40)	00:06:23
21	21		355	Novin, Sören	Tri-Team-Braunschweig	mJugA		3	01:09:00	0:09:59( 14)	0:38:07( 42)	0:48:06( 24)	0:20:54( 17)	00:06:33
22	22		29	Bächle, Wolfgang	SG LindWuRM	M40		4	01:09:13	0:10:02( 15)	0:37:23( 30)	0:47:25( 13)	0:21:48( 45)	00:06:46
23	23		91	Sandek, Dirk	VFB Hannover/SV Altenc.	M25		3	01:09:17	0:12:22(112)	0:35:42( 8)	0:48:04( 23)	0:21:13( 25)	00:06:50
24	24		136	Thois, Andreas	SC Langenhagen I.Herren	M35		4	01:09:19	0:11:50( 85)	0:36:44( 21)	0:48:34( 34)	0:20:45( 16)	00:06:52
25	25		153	Cerowski, Udo	MTV Jahn Schladen	M40		5	01:09:34	0:12:01( 95)	0:36:32( 18)	0:48:33( 33)	0:21:01( 20)	00:07:07
26	26		137	Marhauer, Andre	Eintracht Hildesheim	M30		2	01:09:45	0:11:48( 83)	0:36:41( 20)	0:48:29( 32)	0:21:16( 26)	00:07:18
28	28		40	Neumann, Christian	TriAs Hildesheim II	M30		3	01:09:47	0:12:20(110)	00:00:00	00:00:00	00:00:00	00:07:20
26	26		329	Bäuning, Daniel	TSV Barsinghausen	mJugA		4	01:09:45	0:10:02( 15)	0:37:29( 32)	0:47:31( 15)	0:22:14( 54)	00:07:18
29	29		343	Faulhaber, Jan	TSV Bokeloh	mJugA		5	01:09:51	0:10:20( 24)	0:37:21( 28)	0:47:41( 16)	0:22:10( 52)	00:07:24
30	30		110	Schiereck, Arne	SC Langenhagen I.Herren	M35		5	01:09:56	0:10:58( 43)	0:37:00( 24)	0:47:58( 21)	0:21:58( 49)	00:07:29
31	31		149	Kulbe, Sascha	TSV Bokeloh	M25		4	01:10:06	0:12:22(112)	0:35:33( 7)	0:47:55( 20)	0:22:11( 53)	00:07:39
32	32		25	Markgraf, Bernd	TSV Anderten (Herren)	M40		6	01:10:08	0:11:50( 85)	0:37:10( 26)	0:49:00( 41)	0:21:08( 23)	00:07:41
33	33		90	Kramer, Lars	VFB Hannover/SV Altenc.	M25		5	01:10:11	0:10:50( 40)	0:37:27( 31)	0:48:17( 27)	0:21:54( 47)	00:07:44
34	34		348	Eberhardt, Jan	Tri-Speedys Peine	mJun		4	01:10:26	0:10:26( 28)	0:38:14( 44)	0:48:40( 36)	0:21:46( 43)	00:07:59
35	35		132	Seegers, Tim	BS/WF - Das Team	M30		4	01:10:36	0:10:29( 30)	0:37:30( 33)	0:47:59( 22)	0:22:37( 62)	00:08:09
36	36		346	Tiedemann, Morten	Stader SV	mJugA		6	01:10:38	0:11:13( 52)	0:37:43( 36)	0:48:56( 39)	0:21:42( 38)	00:08:11
37	37		351	Rentschka, Markus	SG Bad Gandersheim/Freiheit	mJun		5	01:10:41	0:11:02( 47)	0:39:07( 67)	0:50:09( 50)	0:20:32( 14)	00:08:14
38	38		111	Butterbrodt, Dr.	Eintracht Hildesheim	M30		5	01:10:44	0:13:00(144)	0:37:39( 35)	0:50:39( 56)	0:20:05( 4)	00:08:17
39	39		129	Schultz, Raimund	SC Langenhagen I.Herren	M50		1	01:10:49	0:11:30( 64)	0:37:21( 28)	0:48:51( 37)	0:21:58( 49)	00:08:22
40		1	192	Wolter, Maren	SVG Gr.-W.Bad Gandersheim	W20		1	01:11:00	0:09:43( 9)	0:38:56( 58)	0:48:39( 35)	0:22:21( 57)	00:08:33
41	40		330	Becker, Lasse	Hannover 96	mJun		6	01:11:00	00:00:00	00:00:00	0:45:02( 7)	0:25:58(147)	00:08:33
42	41		357	Kley, Sören	SG Bad Gandersheim/Freiheit	mJun		7	01:11:01	0:10:48( 39)	0:38:48( 54)	0:49:36( 46)	0:21:25( 30)	00:08:34
43	42		119	Timm, Frank	Team Thiemann	M35		6	01:11:04	0:09:58( 13)	0:38:24( 48)	0:48:22( 28)	0:22:42( 66)	00:08:37
44	43		3	Siebum, Thomas	Lehrter SV / TV Meppen	M30		6	01:11:10	0:10:59( 44)	0:36:47( 23)	0:47:46( 18)	0:23:24( 80)	00:08:43
45	44		55	Gibas, Lutz	Hannover 96 III	M25		6	01:11:15	0:10:56( 42)	0:38:54( 57)	0:49:50( 47)	0:21:25( 30)	00:08:48
46	45		327	Wallenhorst, Marcus	Hannover 96	M40		7	01:11:16	0:10:33( 32)	0:37:50( 38)	0:48:23( 29)	0:22:53( 70)	00:08:49
47	46		331	Lindemann, Patrick	VfL Wolfsburg	mJugA		7	01:11:23	0:09:35( 8)	00:00:00	00:00:00	00:00:00	00:08:56
48	47		114	Schander, Gerd-Peter	VFB Hannover/SV Altenc.	M45		1	01:11:28	0:11:55( 90)	0:37:59( 39)	0:49:54( 48)	0:21:34( 34)	00:09:01
49	48		76	Krohne, Holger	Tri-Speedys Peine	M30		7	01:11:31	0:12:06( 99)	0:39:12( 69)	0:51:18( 68)	0:20:13( 7)	00:09:04
50	49		77	Lange, Marko	Luhdener SV Men	M25		7	01:11:44	0:11:35( 70)	0:37:45( 37)	0:49:20( 42)	0:22:24( 58)	00:09:17
51	50		83	Wrobel, Oliver	Die Herzöge aus Wolfenbüttel	M25		8	01:11:47	0:12:37(126)	0:38:15( 45)	0:50:52( 58)	0:20:55( 18)	00:09:20
52	51		151	Bahnstedt, Sven	BS/WF - Das Team	M30		8	01:12:00	0:11:46( 81)	0:37:08( 25)	0:50:54( 38)	0:23:06( 75)	00:09:33
53	52		99	Sander, Ingo	Hannover 96 III	M45		2	01:12:02	0:10:43( 35)	0:39:17( 71)	0:48:00( 49)	0:22:02( 51)	00:09:35
54	53		128	Thiede, Martin	VfL Wolfsburg 2	M35		7	01:12:28	0:14:50(198)	0:36:28( 16)	0:51:18( 68)	0:21:10( 24)	00:10:01
55	54		140	Saracino, Franco	VfL Wolfsburg 2	M35		8	01:12:35	0:13:11(149)	0:38:06( 41)	0:51:17( 66)	0:21:18( 28)	00:10:08
55	54		361	Hold, Jürgen	TSV Verden	M50		2	01:12:35	0:12:29(120)	0:39:05( 65)	0:51:34( 74)	0:21:01( 20)	00:10:08
57	56		12	Fest, Joachim	TriAs Hildesheim II	M25		9	01:12:40	0:11:13( 52)	0:40:02( 85)	0:51:15( 64)	0:21:25( 32)	00:10:13
57	56		117	Adolf, Claus	SC Langenhagen I.Herren	M35		9	01:12:40	0:12:23(114)	0:38:03( 40)	0:50:26( 52)	0:22:14( 54)	00:10:13
59	58		18	Lippels, Yves	TriAs Hildesheim II	M40		8	01:12:55	0:12:18(108)	0:39:02( 63)	0:51:20( 72)	0:21:35( 35)	00:10:28
60	59		123	Brunck, Holger	SC Langenhagen I.Herren	M30		9	01:13:00	0:13:13(151)	00:00:00	00:00:00	00:00:00	00:10:33
61	60		23	Majoni, Christian	SG LindWuRM	M35		10	01:13:05	0:12:33(123)	0:38:44( 51)	0:51:17( 66)	0:21:48( 45)	00:10:38
62		2	369	Schwarz, Katharina	Tri-Team-Braunschweig	mJugA		1	01:13:37	0:09:43( 9)	0:39:52( 82)	0:49:35( 45)	0:24:02( 94)	00:11:10
63	61		46	Wortmann, Jens	SG LindWuRM	M35		11	01:13:47	0:11:26( 62)	0:39:00( 60)	0:50:26( 52)	0:23:21( 79)	00:11:20
64	62		360	Fürle, Marcus	VSK-Osterholz Nds.	M30		10	01:13:53	0:11:41( 76)	0:39:25( 74)	0:51:06( 62)	0:22:47( 68)	00:11:26
65	63		124	Störmer, Dag	Eintracht Hildesheim	M20		7	01:13:57	0:11:39( 73)	0:40:42( 97)	0:52:21( 86)	0:21:36( 36)	00:11:30
66	64		350	Schlichting, Björn	Lehrter SV / TV Meppen	mJugA		8	01:13:59	0:09:57( 12)	0:39:02( 63)	0:48:59( 40)	0:25:00(117)	00:11:32
67	65		122	Wegener, Axel	VfL Wolfsburg 2	M35		12	01:14:02	0:10:33( 32)	0:40:05( 86)	0:50:38( 55)	0:23:24( 81)	00:11:35
68	66		152	Haeger, Heinz	TSV Bokeloh	M40		9	01:14:16	0:12:46(136)	0:39:43( 79)	0:52:29( 90)	0:21:47( 44)	00:11:49
69	67		85	Strehlau, Hans-	VFB Hannover/SV Altenc.	M40		10	01:14:18	0:12:44(134)	0:39:54( 83)	0:52:38( 93)	0:21:40( 37)	00:11:51
70	68		135	Behr, Steffen	SC Langenhagen I.Herren	M25		10	01:14:18	0:11:56( 92)	0:40:26( 91)	0:52:22( 88)	0:21:56( 48)	00:11:51
71	69		97	Dannebaum, Uwe	VFB Hannover/SV Altenc.	M40		11	01:14:21	0:13:08(145)	0:38:10( 43)	0:51:18( 68)	0:23:03( 72)	00:11:54
72	70		116	Czornik, Benjamin	VfL Wolfsburg 2	M25		11	01:14:24	0:11:45( 79)	0:38:46( 53)	0:50:31( 54)	0:23:53( 89)	00:11:57
73	71		72	Lorenz, Rolf	Die Herzöge aus Wolfenbüttel	M40		12	01:14:33	0:13:32(160)	0:40:30( 93)	0:54:02(113)	0:20:31( 12)	00:12:06
74	72		95	Wrebel, Dennis	Die Herzöge aus Wolfenbüttel	M20		8	01:14:46	0:13:09(147)	0:38:57( 59)	0:52:06( 79)	0:22:40( 64)	00:12:19
75	73		14	Trushheim, Matthias	SC Langenhagen 2.Herren	M20		9	01:14:47	0:13:20(155)	0:38:48( 54)	0:52:08( 81)	0:22:39( 63)	00:12:20
76	74		88	Forche, Roland	Luhdener SV Men	M40		13	01:14:53	0:12:29(119)	0:39:49( 80)	0:52:18( 85)	0:22:35( 61)	00:12:26
77	75		65	Dobrinsky, Thomas	Luhdener SV Men	M30		11	01:14:54	0:12:56(142)	0:39:18( 73)	0:52:14( 84)	0:22:	

81		4	363	Haul, Dorothea	Hannover 96	wJun		1	01:15:02	0:10:18(22)	00:00:00	00:00:00	00:00:00	00:12:35
82	78		112	Gebensleben, Frank	Team Thiemann	M40	14		01:15:13	0:11:40(74)	0:39:38(78)	0:51:18(68)	0:23:55(90)	00:12:46
82	78		371	Kniese, Konstantin	TRIAS Hildesheim	mJugA	9		01:15:13	0:10:36(34)	0:38:53(56)	0:49:29(44)	0:25:44(142)	00:12:46
84	80		134	Dittrich, Rainer	VfL Wolfsburg 2	M40	15		01:15:38	0:13:14(153)	0:39:07(67)	0:52:21(86)	0:23:17(78)	00:13:11
85	81		64	Hoff, Hinnerk	Tri-Speedys Peine	M30	12		01:15:41	0:13:00(143)	00:00:00	00:00:00	00:00:00	00:13:14
86	82		19	Hellwig, Rainer	TSV Anderten (Herren)	mJun	8		01:15:44	0:12:20(110)	0:41:04(112)	0:53:24(103)	0:22:20(56)	00:13:17
87	83		56	Mackenrodt, Florian	SG Bad Gandersheim/Freiheit	M25	12		01:15:53	0:11:40(74)	0:39:37(77)	0:51:17(65)	0:24:36(107)	00:13:26
88	84		113	Flechtner, Olaf	BS/WF - Das Team	M35	14		01:15:58	0:14:18(186)	0:37:34(34)	0:51:52(75)	0:24:06(97)	00:13:31
89	85		358	Tandler, Roland	TSV Bokeloh	mJun	9		01:16:02	0:11:00(46)	0:41:01(108)	0:52:01(78)	0:24:01(93)	00:13:35
90	86		59	Wüppenhorst,	Die Herzöge aus Wolfenbüttel	M40	16		01:16:07	0:11:50(85)	0:41:47(120)	0:53:37(107)	0:22:30(60)	00:13:40
91	87		335	Soppart, Simon	Tri-Team Königslutter	mJun	10		01:16:15	0:11:20(59)	0:39:00(60)	0:50:20(51)	0:25:55(146)	00:13:48
92		5	176	Broeger, Birgit	Team Thiemann	W25		1	01:16:17	0:13:41(166)	0:40:51(103)	0:54:32(120)	0:21:45(41)	00:13:50
93	88		37	Brower, Dirk	1.TCO Die Bären Oldenburg	M25	13		01:16:24	0:10:23(26)	0:41:06(113)	0:51:29(73)	0:24:55(115)	00:13:57
94	89		126	Köpp, Andreas	BS/WF - Das Team	M25	14		01:16:29	0:13:08(145)	0:39:33(75)	0:52:41(95)	0:23:48(88)	00:14:02
95	90		86	Kehe, Nicholas	Hannover 96 III	M20	11		01:16:30	0:12:32(122)	0:38:23(47)	0:50:55(59)	0:25:35(135)	00:14:03
95		6	322	Cordes, Reintje	TSV Barsinghausen	wJun		2	01:16:30	0:09:27(7)	0:41:41(116)	0:51:08(63)	0:25:22(128)	00:14:03
99	93		60	Vinzelberg, Friedhelm	Die Herzöge aus Wolfenbüttel	M40	17		01:16:34	0:12:43(132)	0:40:47(100)	0:53:30(106)	0:23:04(73)	00:14:07
97	91		339	Seebaß, Kris-Roman	VfL Wingst	mJugA	10		01:16:32	0:10:06(17)	0:39:15(70)	0:49:21(43)	0:27:11(165)	00:14:05
97	91		352	Gerwinn, Marius	Lehrer SV / TV Meppen	mJugA	10		01:16:32	0:11:53(88)	0:40:43(98)	0:52:36(92)	0:23:56(91)	00:14:05
100	94		127	Schlums, Christian	BS/WF - Das Team	M40	18		01:16:42	0:14:26(189)	0:40:32(94)	0:54:58(130)	0:21:44(39)	00:14:15
101	95		147	Baks, Andreas	SC Langenhagen I.Herren	M30	13		01:16:57	0:12:08(101)	0:40:36(95)	0:52:44(97)	0:24:13(99)	00:14:30
102		7	164	Spauld, Kerstin	Tri-Team-Braunschweig	W25		2	01:16:59	0:12:27(118)	0:40:12(87)	0:52:39(94)	0:24:20(101)	00:14:32
103	96		80	Hens, Balthasar	Hannover 96 III	M20	12		01:17:08	0:11:46(81)	0:39:17(71)	0:51:03(61)	0:26:05(153)	00:14:41
104		8	194	Baks, Nadine	SC Langenhagen-Damen	W25		3	01:17:16	0:11:02(47)	0:42:35(133)	0:53:37(107)	0:23:39(84)	00:14:49
105	97		48	Widera, Christian	TSV Anderten (Herren)	M20	13		01:17:20	0:11:30(64)	0:40:22(90)	0:51:52(75)	0:25:28(129)	00:14:53
106	98		84	Sonemann, Dirk	VfB Hannover/SV Altenc.	M40	19		01:17:24	0:12:40(129)	0:40:21(89)	0:53:01(99)	0:24:23(102)	00:14:57
107		9	170	Glage, Silke	Hannover 96 II(Damen)	W30		1	01:17:27	0:12:25(116)	0:41:02(109)	0:53:27(104)	0:24:00(92)	00:15:00
108	99		145	Stürzer, Henning	BS/WF - Das Team	M45	3		01:17:38	0:14:20(187)	0:38:22(46)	0:52:42(96)	0:24:56(116)	00:15:11
109		10	207	Peters, Stefanie	VfL Wolfsburg Damen	W30		2	01:17:41	0:15:02(203)	0:38:35(50)	0:53:37(107)	0:24:04(95)	00:15:14
110	100		61	Clemens, Danny	VfB Hannover/SV Altenc.	M30	14		01:17:44	0:11:08(51)	0:41:02(109)	0:52:10(83)	0:25:34(133)	00:15:17
111	101		150	Franke, Bernd	BS/WF - Das Team	M35	15		01:18:01	0:12:53(139)	0:42:23(130)	0:55:16(137)	0:22:45(67)	00:15:34
112	102		349	Rezo, Jerko	Hannover 96 III	mJugA	12		01:18:09	0:12:23(114)	0:40:57(107)	0:53:20(102)	0:24:49(112)	00:15:42
113	103		66	Wolf, Fabian	Die Herzöge aus Wolfenbüttel	M35	16		01:18:12	0:12:54(140)	0:41:38(115)	0:54:32(120)	0:23:40(85)	00:15:45
114	104		70	Kaiser, Diethard	Tri-Speedys Peine	M35	17		01:18:13	0:13:40(164)	0:38:45(52)	0:52:25(89)	0:25:48(145)	00:15:46
115	105		98	Brandt, Dirk	Hannover 96 III	M30	15		01:18:37	0:12:12(103)	0:40:52(104)	0:53:04(100)	0:25:33(132)	00:16:10
116	106		5	Karp, Uwe	TriAs Hildesheim II	M40	20		01:18:47	0:14:16(185)	0:41:06(113)	0:55:22(139)	0:23:25(82)	00:16:20
117	107		125	Lemeter, Andreas	Team Thiemann	M40	21		01:18:48	0:11:06(49)	0:41:03(111)	0:52:09(82)	0:26:39(160)	00:16:21
118	108		157	Schulz, Joachim	Einzelmitglied TVN	M55	1		01:18:55	0:14:32(191)	0:40:47(100)	0:55:19(138)	0:23:36(83)	00:16:28
118		11	177	Nowack, Ivonne	Tri-Stone-Girls Hildesh.	W25		4	01:18:55	0:13:56(175)	0:39:51(81)	0:53:47(112)	0:25:08(120)	00:16:28
120	109		81	Perlebach, Andreas	Tri-Speedys Peine	M30	16		01:19:01	0:14:05(178)	0:41:46(117)	0:55:51(148)	0:23:10(76)	00:16:34
121	110		9	Hilmer, Christoph	TSR Olympia Wilhelmshaven	M25	15		01:19:12	0:11:18(58)	0:43:05(143)	0:54:23(118)	0:24:49(112)	00:16:45
122		12	165	Ostermeier, Maren	Luhdener SV Damen	W20		2	01:19:21	0:12:43(132)	0:42:05(126)	0:54:48(124)	0:24:33(105)	00:16:54
123		13	203	Von Oehsen, Inga	Tri-Stone-Girls Hildesh.	W30		3	01:19:25	0:10:20(23)	0:43:20(148)	0:53:40(110)	0:25:45(143)	00:16:58
124	111		71	Bültmann, Andreas	Luhdener SV Men	M25	16		01:19:31	0:13:35(162)	0:40:53(105)	0:54:28(119)	0:25:03(118)	00:17:04
125	112		17	Gärtner, Jens	SG LindWuRM	M40	22		01:19:33	0:16:14(221)	0:39:33(75)	0:55:47(144)	0:23:46(87)	00:17:06
126	113		24	Wittenberg, Kay	TriAs Hildesheim II	M30	17		01:19:44	0:15:04(205)	0:39:05(65)	0:54:09(115)	0:25:35(135)	00:17:17
127		14	213	Peters, Antje	VfL Wolfsburg Damen	W30		4	01:19:51	0:12:06(99)	0:40:49(102)	0:52:55(98)	0:26:56(163)	00:17:24
128	114		89	Becker, Timo	Die Herzöge aus Wolfenbüttel	M20	14		01:19:56	0:10:44(37)	0:42:43(134)	0:53:27(105)	0:26:29(158)	00:17:29
129	115		156	Nacke, Axel	MTV Harsum	M30	18		01:20:05	0:12:49(137)	0:41:46(119)	0:54:35(122)	0:25:30(130)	00:17:38
130	116		141	Munko, Tobias	SC Langenhagen I.Herren	M25	17		01:20:13	0:13:48(170)	0:39:55(84)	0:53:43(111)	0:26:30(159)	00:17:46
130		15	325	Stielow, Kristina	SC Langenhagen-Damen	wJun		3	01:20:13	0:11:17(57)	0:42:51(136)	0:54:08(114)	0:26:05(154)	00:17:46
133	117		20	Straßburger, Gunnar	SC Langenhagen 2.Herren	M35	18		01:20:22	0:12:33(123)	0:44:44(174)	0:57:17(163)	0:23:05(74)	00:17:55
132		16	195	Worgitzki, Ingrid	SG BS/WF/PE - Das Team	W35		1	01:20:21	0:15:22(211)	0:43:14(144)	0:58:36(182)	0:21:45(41)	00:17:54
134	118		49	Früchtenicht, Henning	1.TCO Die Bären Oldenburg	M40	23		01:20:24	0:14:15(184)	0:40:56(106)	0:55:11(134)	0:25:13(122)	00:17:57
135		17	179	Bartels, Kirstin	SC Langenhagen-Damen	W30		5	01:20:26	0:11:28(63)	0:44:11(167)	0:55:39(141)	0:24:47(111)	00:17:59
136	119		130	Kondziela, Andre	Eintracht Hildesheim	M30	19		01:20:30	0:13:16(154)	0:41:54(123)	0:55:10(133)	0:25:20(127)	00:18:03
137	120		120	König, Andreas	BS/WF - Das Team	M30	20		01:20:33	0:13:09(147)	0:41:50(121)	0:54:59(131)	0:25:34(133)	00:18:06
138		18	184	Harenberg, Silke	SG BS/WF/PE - Das Team	W35		2	01:20:38	0:11:32(66)	0:43:24(151)	0:54:56(128)	0:25:42(138)	00:18:11
139		19	367	Kaindl, Kathrin	Fitness Center Althaus	W40		1	01:20:45	0:14:06(179)	0:40:40(96)	0:54:46(123)	0:25:59(149)	00:18:18
140	121		45	Postner, Marc	SG LindWuRM	M35	19		01:20:51	0:14:01(177)	0:42:15(127)	0:56:16(151)	0:24:35(106)	00:18:24
141	122		1	Stephan, Jochen	SC Langenhagen 2.Herren	M35	20		01:21:04	0:13:54(173)	0:41:55(124)	0:55:49(147)	0:25:15(123)	00:18:37
142	123		36	Braumann, Jürgen	TriAs Hildesheim II	M40	24		01:21:12	0:11:37(71)	0:40:29(92)	0:52:06(79)	0:29:06(184)	00:18:45
143	124		7	Marineße, Brian	1.TCO Die Bären Oldenburg	M30	21		01:21:19	0:13:56(175)	0:41:52(122)	0:55:48(145)	0:25:31(131)	00:18:52
144	125		93	Schönefelder, Andre	Hannover 96 III	M25	18		01:21:27	0:13:11(149)	0:42:17(128)	0:55:28(140)	0:25:59(149)	00:19:00
145	126		356	Gujarro, Luis	Tri-Team-Braunschweig	mJun	11		01:21:27	0:10:22(25)	0:43:48(156)	0:54:10(116)	0:27:17(168)	00:19:00
146	127		68	Grüner, Thomas	Hannover 96 III	M25	19		01:21:34	0:12:30(121)	0:38:31(49)	0:51:01(60)	0:30:33(198)	00:19:07
147		20	214	Wegener, Ulrike	Tri-Team-Braunschweig	W30		6	01:21:43	0:11:54(89)	0:43:48(155)	0:55:42(142)	0:26:01(151)	00:19:16
148		21	323	Goldstein, Kristin	VfL Wingst	wJugA		3	01:21:43	0:11:14(55)	0:42:58(140)	0:54:12(117)	0:27:31(169)	00:19:16
149	128		73	Eulberg, Michael	Die Herzöge aus Wolfenbüttel	M20	15		01:21:48	0:14:08(181)	0:42:34(132)	0:56:42(159)	0:25:06(119)	00:19:21
150	129		27	Ruchay, Martin	TSR Olympia Wilhelmshaven	M35	21		01:21:54	0:12:19(109)	0:44:18(169)	0:56:37(155)	0:25:17(124)	00:19:27
151		22	186	Silver, Sabine	SC Langenhagen-Damen	W30		7	01:22:08	0:13:43(168)	0:43:47(154)	0:57:30(167)	0:24:38(109)	00:19:41
152	130		96	Beinhoff, Gunter	VfB Hannover/SV Altenc.	M35	22		01:22:10	0:15:17(210)	0:42:22(129)	0:57:39(168)	0:24:31(104)	00:19:43
153	131		142	Richers, Jürgen	Eintracht Hildesheim	M40	25		01:22:21	0:14:31(190)	0:44:39(171)	0:59:10(187)	0:23:11(77)	00:19:54
154	132		148	Van Hove, Derk	Eintracht Hildesheim	M20	16		01:22:23	00:00:00	00:00:00	0:59:35(190)	0:22:48(69)	00:19:56
155	133		22	Paulus, Jens	Lehrer SV / TV Meppen	M25	20		01:22:28	0:11:07(50)	0:44:06(164)	0:55:13(135)	0:27:15(167)	00:20:01
156		23	198	Brandes, Alexandra	SG BS/WF/PE - Das Team	W30		8	01:22:29	0:11:34(68)	0:43:24(149)	0:54:58(129)	0:27:31(169)	00:20:02
157	134		32	Hüter, Ehrenfried	SC Langenhagen 2.Herren	M50	3		01:22:31	0:12:04(96)	0:44:42(172)	0:56:46(160)	0:25:45(144)	00:20:04
158	135		16	Scheibe, Bastian	Lehrer SV / TV Meppen	M20	17		01:22:35	0:16:31(226)				

171	143		21	Müller-Deck, Andreas	TSR Olympia Wilhelmshaven	M40	27	01:24:18	0:14:43(194)	0:43:53(160)	0:58:36(184)	0:25:42(139)	00:21:51	
172	144		87	Reinsch, Hans-	Tri-Speedys Peine	M45	6	01:24:32	0:14:45(196)	0:43:49(157)	0:58:34(180)	0:25:58(147)	00:22:05	
173		29	364	Schlenke, Johann-	VFB Fallersleben	wJugA		5	01:24:36	0:11:38( 72 )	0:43:16(146)	0:54:54(127)	0:29:42(190)	00:22:09
174		30	190	Ristau, Elke	SG BS/WF/PE - Das Team	W30		9	01:24:38	0:14:35(192)	0:44:01(163)	0:58:36(182)	0:26:02(152)	00:22:11
175	145		75	Barkow, Torsten	SG Bad Gandersheim/Freiheit	M40	28	01:24:43	0:15:29(212)	0:44:06(164)	0:59:35(189)	0:25:08(120)	00:22:16	
175		31	175	Baehr, Katy	Hannover 96 II(Damen)	W30		10	01:24:43	0:12:13(105)	0:42:54(138)	0:55:07(132)	0:29:36(189)	00:22:16
177	146		4	Beermann, Frank	SG LindWuRM	M40	29	01:25:22	0:16:13(220)	0:44:42(172)	1:00:55(197)	0:24:27(103)	00:22:55	
178	147		155	John, Detlef	TSV Barsinghausen	M45	7	01:25:27	0:15:42(215)	0:42:51(136)	0:58:33(179)	0:26:54(162)	00:23:00	
179	148		146	Zenke, Eike Björn	Eintracht Hildesheim	M25	21	01:25:39	0:11:13( 52 )	0:45:03(178)	0:56:16(151)	0:29:23(187)	00:23:12	
180		32	205	Struck, Sieglinde	VfL Wolfsburg Damen	W35		4	01:25:49	0:14:53(200)	0:46:07(191)	1:01:00(198)	0:24:49(112)	00:23:22
181		33	197	Parrer, Nicole	VfL Wolfsburg Damen	W30		11	01:25:56	0:12:40(129)	0:44:49(176)	0:57:29(166)	0:28:27(178)	00:23:29
182	149		2	Bormann, Robert	TSR Olympia Wilhelmshaven	M55	2	01:26:07	0:14:07(180)	0:44:23(170)	0:58:30(178)	0:27:37(172)	00:23:40	
183	150		47	Söhle, Jan	TriAs Hildesheim II	M20	18	01:26:09	0:14:09(182)	0:42:30(131)	0:56:39(157)	0:29:30(188)	00:23:42	
184	151		292	Roesner, Peter	TSV Schwarme	M40	30	01:26:19	0:16:56(228)	0:45:19(181)	1:02:15(207)	0:24:04( 96 )	00:23:52	
185	152		133	Diekmann, Lars	BS/WF - Das Team	mJugA	14	01:26:29	0:12:05( 97 )	0:45:07(179)	0:57:12(162)	0:29:17(186)	00:24:02	
186	153		92	Stüber, Bernd	Hannover 96 III	M50	4	01:26:34	0:15:32(213)	0:46:25(195)	1:01:57(205)	0:24:37(108)	00:24:07	
187	154		41	Wahrenholz, Enno	TSV Anderten (Herren)	M30	24	01:26:42	0:11:33( 67 )	0:44:10(166)	0:55:43(143)	0:30:59(204)	00:24:15	
188		34	163	Goeman, Evelien	Tri-Stone-Girls Hildesh.	W45		1	01:26:48	0:12:26(117)	0:45:22(183)	0:57:48(171)	0:29:00(182)	00:24:21
189	155		28	Ahrens, Hans	Lehrer SV / TV Meppen	M50	5	01:26:54	0:15:08(206)	0:45:41(186)	1:00:49(195)	0:26:05(153)	00:24:27	
190	156		347	Jantzen, Tim	VfL Wingst	mJugA	15	01:26:58	0:12:45(135)	0:43:24(149)	0:56:09(150)	0:30:49(202)	00:24:31	
191		35	181	Rubehn, Birthe	Hannover 96 II(Damen)	W20		5	01:27:10	0:12:05( 97 )	0:45:20(182)	0:57:25(165)	0:29:45(192)	00:24:43
193	158		39	Meyer, Uwe	SG LindWuRM	M45	8	01:27:12	0:14:51(199)	0:44:49(176)	0:59:40(191)	0:27:32(171)	00:24:45	
192	157		344	Wolf, Dennis	Die Herzöge aus Wolfenbüttel	mJugA	16	01:27:11	0:12:37(126)	0:44:47(175)	0:57:24(164)	0:29:47(193)	00:24:44	
194		36	188	Siggelkow, Sabine	Hannover 96 II(Damen)	W35		5	01:27:20	0:12:42(131)	0:43:55(161)	0:56:37(155)	0:30:43(200)	00:24:53
195	159		101	Ruf, Kai	Die Herzöge aus Wolfenbüttel	M40	31	01:27:31	0:15:01(202)	0:47:13(202)	1:02:14(206)	0:25:17(124)	00:25:04	
196		37	189	Vollrath, Vera	Tri-Stone-Girls Hildesh.	W25		5	01:28:03	0:10:59( 44 )	0:45:30(185)	0:56:29(153)	0:31:34(209)	00:25:36
197		38	166	Altrogge, Annette	SC Langenhagen-Damen	W35		6	01:28:25	0:12:00( 94 )	0:45:45(187)	0:57:45(170)	0:30:40(199)	00:25:58
198		39	180	Staats, Silke	TSV Anderten(Damen)	W30		12	01:28:49	0:15:10(207)	0:45:45(187)	1:00:55(196)	0:27:54(173)	00:26:22
199	160		332	Makulik, Jascha	Tri-Team-Braunschweig	mJugA	17	01:28:49	0:11:48( 83 )	0:43:27(152)	0:55:15(136)	0:33:34(216)	00:26:22	
200	161		69	Quint, Volker	SG Bad Gandersheim/Freiheit	M30	25	01:29:07	0:13:49(171)	0:44:00(162)	0:57:49(172)	0:31:18(205)	00:26:40	
201	162		26	Schultz, Helmut	SC Langenhagen 2.Herren	M40	32	01:29:16	0:15:02(203)	0:45:22(183)	1:00:24(194)	0:28:52(179)	00:26:49	
202		40	173	Kettentzsch, Karina	SC Langenhagen-Damen	W30		13	01:29:27	0:14:40(193)	0:46:24(194)	1:01:04(199)	0:28:23(177)	00:27:00
203	163		6	Abmeyer, Cord	TSV Anderten (Herren)	M30	26	01:29:45	0:11:55( 90 )	0:42:54(138)	0:54:49(125)	0:34:56(219)	00:27:18	
204		41	319	Schulze, Julia	Tri-Team-Königslutter	wJun		4	01:29:51	0:12:12(103)	0:46:06(190)	0:58:18(176)	0:31:33(208)	00:27:24
205		42	208	Tandler, Bianca	VfL Wolfsburg Damen	W35		7	01:30:03	0:15:16(208)	0:45:50(189)	1:01:06(200)	0:28:57(180)	00:27:36
206		43	201	Hoffmann, Nicole	VFB Fallersleben	wJugA		6	01:30:05	0:11:41( 76 )	0:46:54(200)	0:58:35(181)	0:31:30(207)	00:27:38
207	164		103	Funke, Carsten	VFB Hannover/SV Altenc.	M40	33	01:30:43	0:14:43(194)	0:46:47(197)	1:01:30(204)	0:29:13(185)	00:28:16	
207		44	193	Hauenschild, Julia	Tri-Stone-Girls Hildesh.	W20		6	01:30:43	0:13:26(159)	0:49:00(213)	1:02:26(209)	0:28:17(175)	00:28:16
209	165		78	Kurtz, Oliver	Die Herzöge aus Wolfenbüttel	M30	27	01:31:38	0:15:52(218)	0:46:49(198)	1:02:41(210)	0:28:57(180)	00:29:11	
210		45	211	Wohlfahrt, Carmen	Hannover 96 II(Damen)	W25		6	01:31:39	0:12:37(126)	0:48:47(212)	1:01:24(201)	0:30:15(195)	00:29:12
211		46	199	Kallenbach, Nicole	VfL Wolfsburg Damen	W30		14	01:31:49	0:16:29(224)	0:48:39(211)	1:05:08(220)	0:26:41(161)	00:29:22
212		47	169	Dumke, Caren	VfL Wolfsburg Damen	W45		2	01:31:55	0:15:41(214)	0:48:15(207)	1:03:56(214)	0:27:59(174)	00:29:28
213		48	187	Tiedtke-Crede, T	TSV Anderten(Damen)	W45		3	01:32:20	0:13:37(163)	0:46:20(193)	0:59:57(193)	0:32:23(213)	00:29:53
214		49	212	Grützmann, Ines	Hannover 96 II(Damen)	W20		7	01:32:36	0:12:35(125)	0:43:14(144)	0:55:49(146)	0:36:47(222)	00:30:09
215		50	182	Kosanke, Ina	SG BS/WF/PE - Das Team	W30		15	01:32:49	0:15:44(216)	0:46:35(196)	1:02:19(208)	0:30:30(196)	00:30:22
216		51	171	Leseberg, Julia	Tri-Stone-Girls Hildesh.	W25		7	01:33:00	0:13:45(169)	0:47:41(204)	1:01:26(202)	0:31:34(209)	00:30:33
217	166		15	Kasig, Detlef	TSR Olympia Wilhelmshaven	M40	34	01:33:03	0:16:05(219)	0:48:36(209)	1:04:41(217)	0:28:22(176)	00:30:36	
218		52	196	Kiel, Jennifer	Tri-Team-Braunschweig	W20		8	01:33:08	0:16:31(225)	0:46:49(198)	1:03:20(213)	0:29:48(194)	00:30:41
219	167		38	Reinhardt, Dietmar	SC Langenhagen 2.Herren	M45	9	01:33:31	0:14:53(200)	0:47:53(205)	1:02:46(211)	0:30:45(210)	00:31:04	
220		53	174	Rode, Simone	TSV Anderten(Damen)	W20		9	01:34:24	0:12:09(102)	0:47:10(201)	0:59:19(188)	0:35:05(220)	00:31:57
221		54	320	Sporn, Jana	TSV Barsinghausen	wJugA		7	01:34:32	0:13:25(157)	0:48:04(206)	1:01:29(203)	0:33:03(214)	00:32:05
222	168		353	Klinge, Jonas	Die Herzöge aus Wolfenbüttel	mJugA	18	01:34:38	0:13:25(157)	0:46:19(192)	0:59:44(192)	0:34:54(218)	00:32:11	
223		55	200	Oks, Stefanie	Tri-Stone-Girls Hildesh.	wJugA		8	01:34:42	00:00:00	00:00:00	1:02:55(212)	0:31:47(211)	00:32:15
224		56	368	Nickolaus, Sabine	VfL Wingst	W35		8	01:34:57	0:15:51(217)	0:48:34(208)	1:04:25(216)	0:30:32(197)	00:32:30
225		57	167	Beckmann, Barbara	TSV Anderten(Damen)	W35		9	01:36:05	0:16:27(223)	0:48:39(210)	1:05:06(219)	0:30:59(203)	00:33:38
226	169		82	Feldner, Knut	Luhdener SV Men	M60	1	01:36:26	0:17:26(229)	0:47:36(203)	1:05:02(218)	0:31:24(206)	00:33:59	
227	170		100	Winter, Jürgen	Tri-Speedys Peine	M45	10	01:37:18	0:13:21(156)	0:50:44(214)	1:04:05(215)	0:33:13(215)	00:34:51	
228		58	204	Lorenz, Gesine	SG BS/WF/PE - Das Team	wJugA		9	01:42:12	0:14:21(188)	0:52:10(215)	1:06:31(221)	0:35:41(221)	00:39:45
229		59	206	Homann, Carolin	SG BS/WF/PE - Das Team	wJugA		10	01:42:26	0:14:09(182)	0:55:57(217)	1:10:06(222)	0:32:20(212)	00:39:59
230		60	185	Giesecke, Gaby	SC Langenhagen-Damen	W35		10	01:44:36	00:00:00	00:00:00	1:10:12(223)	0:34:24(217)	00:42:09
231		61	209	Böttcher, Roswitha	SC Langenhagen-Damen	W40		3	01:47:40	0:16:22(222)	0:53:57(216)	1:10:19(224)	0:37:21(223)	00:45:13
			30	Emmel, Christian	TriAs Hildesheim II	M35			00:00:00	0:13:55(174)	00:00:00	00:00:00	00:00:00	00:00:00
			202	Wagner, Dana	Hannover 96 II(Damen)	W20			00:00:00	0:11:34( 68 )	00:00:00	00:00:00	00:00:00	00:00:00
			328	Bachor, Konstantin	VfL Wolfsburg	mJun			00:00:00	0:09:07( 3 )	0:35:43( 9 )	0:44:50( 6 )	00:00:00	00:00:00
			336	Wiesner, Mark	Tri-Team Königslutter	mJun			00:00:00	0:10:53( 41 )	00:00:00	00:00:00	00:00:00	00:00:00
			337	Lohrberg, Daniel	SG Bad Gandersheim/Freiheit	mJun			00:00:00	0:10:23( 26 )	00:00:00	00:00:00	00:00:00	00:00:00
			340	Tegtmeier, Falco	TSV Bokeloh	mJun			00:00:00	0:09:13( 5 )	00:00:00	00:00:00	00:00:00	00:00:00