



## 30. Renault L&Z Q-TRI Bornhöved

18. August 2024

### Ergebnis M / W - gesamt

Volks-Triathlon Männer  
( 0,5 / 22 / 5 )

#### Volks-Triathlon Männer TM

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
1	173	00:57:35	Lorenzen	Tom	1983		GER-SH	00:06:35	2	00:32:06	1	00:38:41	1	00:18:54	3	00:57:35	1
2	196	01:00:14	Bick	Ralf	1980	Tri-fun güstrow	GER-MVP	00:08:31	13	00:33:23	2	00:41:55	3	00:18:19	1	01:00:14	2
3	141	01:00:39	Kerth	Max Lou	2002	T3-Training.de	GER-SH	00:06:03	1	00:35:29	5	00:41:33	2	00:19:06	4	01:00:39	3
4	159	01:01:51	Krüger	Tommy	1988	USC Kiel	GER-SH	00:08:08	9	00:34:58	3	00:43:07	4	00:18:44	2	01:01:51	4
5	162	01:04:41	Steinberg	Jan	1985	Triabolos Hamburg e.V.	GER-SH	00:08:14	10	00:36:16	6	00:44:30	6	00:20:10	8	01:04:41	5
6	187	01:04:43	Jaekel	Carsten	1970		GER-HAM	00:07:05	4	00:37:42	9	00:44:47	7	00:19:56	6	01:04:43	6
7	149	01:05:17	Semdner	Martin	1981	Variovac PS SystemPack Gmbh	GER-MVP	00:08:53	19	00:35:16	4	00:44:09	5	00:21:07	14	01:05:17	7
8	114	01:06:57	Wiese	Dennis	1982	Tri-Sport Lübeck	GER-SH	00:07:35	7	00:37:16	7	00:44:52	8	00:22:04	21	01:06:57	8
9	124	01:07:53	Nissen	Ron	1991		GER-SH	00:07:14	6	00:38:44	10	00:45:59	9	00:21:54	18	01:07:53	9
10	130	01:08:19	Jürgens	Stefan	1977	Nordlicht Ausdauer Coaching	GER-SH	00:09:05	24	00:37:30	8	00:46:35	11	00:21:44	16	01:08:19	10
11	181	01:09:24	Faber	Nils	1980		GER-SH	00:09:34	32	00:39:25	13	00:48:59	15	00:20:24	10	01:09:24	11
12	177	01:09:50	Köpernick	Sven	1989	Team VOSS Küstenläufer	GER-SH	00:09:54	35	00:39:50	16	00:49:44	20	00:20:06	7	01:09:50	12
13	185	01:10:03	Neumann	Uwe	1973	Erdinger Activ Team	GER-SH	00:09:31	31	00:39:59	17	00:49:30	18	00:20:32	11	01:10:03	13
14	128	01:10:07	Claessen	Holger	1965		GER-SH	00:07:11	5	00:39:40	15	00:46:51	12	00:23:15	28	01:10:07	14

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Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
15	139	01:10:26	Dahl	Henrik	2008	FTV TriKids Hamburg	GER-HAM	00:07:02	3	00:39:18	12	00:46:21	10	00:24:05	33	01:10:26	15
16	152	01:10:40	Fleck	Joachim	1965	Walddörfer SV	GER-HAM	00:08:50	18	00:39:25	14	00:48:16	14	00:22:24	22	01:10:40	16
17	195	01:10:41	Petersen	Fabian	1990		GER-SH	00:08:42	16	00:40:36	20	00:49:18	16	00:21:22	15	01:10:41	17
18	129	01:10:54	Claessen	Nils	2004	TSV Altenholz	GER-SH	00:10:01	38	00:40:38	21	00:50:39	23	00:20:14	9	01:10:54	18
19	150	01:10:59	Franke	Luca-Kilian	1998		GER-SH	00:07:46	8	00:40:18	19	00:48:05	13	00:22:54	25	01:10:59	19
20	157	01:11:20	Neber	Mads	2004	RSC Lüneburg	GER-NIE	00:09:14	29	00:40:16	18	00:49:30	17	00:21:50	17	01:11:20	20
21	174	01:12:38	Schmiedlein	Detlef	1968	Kieler RV	GER-SH	00:10:24	45	00:39:13	11	00:49:38	19	00:23:00	26	01:12:38	21
22	192	01:14:12	Lange	Frederik	2000		GER-HAM	00:09:06	25	00:41:00	22	00:50:06	21	00:24:05	32	01:14:12	22
23	147	01:14:17	Baumann	Kimi	2003		GER-SH	00:08:14	11	00:43:14	37	00:51:29	27	00:22:48	24	01:14:17	23
24	182	01:14:22	Köhn	Tobias	1998		GER-HAM	00:10:39	49	00:43:59	40	00:54:39	41	00:19:43	5	01:14:22	24
25	145	01:14:26	Paetow	Oliver	1990		GER-SH	00:09:52	34	00:42:02	28	00:51:54	29	00:22:31	23	01:14:26	25
26	127	01:14:45	Vollertsen	Tjark	2002	SWN Stadtwerke Neumünster Beteiligungen GmbH	GER-SH	00:10:03	39	00:43:38	39	00:53:41	38	00:21:03	12	01:14:45	26
27	176	01:15:25	Kaufmann	Sebastian	1980	Triabolos Hamburg e.V.	GER-HAM	00:08:18	12	00:42:24	30	00:50:42	24	00:24:42	35	01:15:25	27
28	133	01:15:31	Cornelius	Stefan	1968		GER-SH	00:10:14	40	00:41:30	24	00:51:44	28	00:23:47	30	01:15:31	28
29	155	01:15:39	Droste-Leiwesmeier	Philipp	1985		GER-SH	00:09:12	28	00:44:29	43	00:53:41	39	00:21:57	19	01:15:39	29
30	158	01:16:06	Frenzel	Daniel	1974	Tri-Sport Lübeck	GER-SH	00:09:08	26	00:41:00	23	00:50:09	22	00:25:57	41	01:16:06	30
31	126	01:16:50	Liekfeldt	Freddy	1992	SWN Stadtwerke Neumünster GmbH	GER-SH	00:08:33	14	00:45:04	46	00:53:38	37	00:23:11	27	01:16:50	31
32	163	01:17:04	Völling	Jens	1966	Tri EMTV Elmshorn	GER-SH	00:09:10	27	00:42:00	27	00:51:11	26	00:25:53	40	01:17:04	32
33	125	01:17:30	Fasel	Jost	2000		GER-HAM	00:09:15	30	00:43:06	34	00:52:22	31	00:25:08	36	01:17:30	33
34	120	01:17:33	Overath	Martin	1971		GER-SH	00:11:10	50	00:42:21	29	00:53:32	35	00:24:01	31	01:17:33	34
35	118	01:18:30	Jantzen	Niklas	2004		GER-SH	00:12:07	64	00:44:24	42	00:56:32	47	00:21:58	20	01:18:30	35
36	122	01:19:12	Rath	Bennit	1991		GER-SH	00:09:42	33	00:42:36	32	00:52:18	30	00:26:53	46	01:19:12	36

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Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
37	134	01:20:24	Geisler	Prof. Dr. Manuel	1987	Polizei SV Eutin	GER-SH	00:08:54	21	00:44:43	44	00:53:38	36	00:26:46	45	01:20:24	37
38	138	01:20:27	Kindl	Niklas	2008	TSB Flensburg von 1865 e.V. Triathlonabteilung	GER-SH	00:10:17	42	00:43:12	35	00:53:30	34	00:26:57	47	01:20:27	38
39	161	01:20:30	Schander	Johann	1960		GER-SH	00:10:23	44	00:42:53	33	00:53:16	33	00:27:13	50	01:20:30	39
40	197	01:20:46	Stock	Marcel	1989	Team Voss Kistentaaler	GER-SH	00:12:28	67	00:47:11	55	00:59:39	57	00:21:07	13	01:20:46	40
41	115	01:20:46	Bernsee	Stefan	1966	TriSport Kiel	GER-SH	00:09:02	22	00:41:52	26	00:50:55	25	00:29:51	62	01:20:46	41
42	184	01:21:03	Manthey	Jonathan	2002		GER-SH	00:12:14	66	00:41:44	25	00:53:58	40	00:27:04	49	01:21:03	42
43	146	01:21:16	Schwaiger	Max	1990	TSV Quellenhaupt	GER-SH	00:11:45	60	00:45:58	49	00:57:43	51	00:23:32	29	01:21:16	43
44	132	01:21:30	Buschke	Wilfried	1957		GER-SH	00:10:34	47	00:42:28	31	00:53:02	32	00:28:27	56	01:21:30	44
45	183	01:22:16	Himm	Thomas	1978	ERDINGER Active TEAM	GER-HAM	00:11:35	57	00:43:13	36	00:54:49	43	00:27:27	53	01:22:16	45
46	191	01:22:28	Mißfeldt	Alexander	1993		GER-NRW	00:11:45	61	00:43:21	38	00:55:07	44	00:27:21	51	01:22:28	46
47	156	01:22:41	Albers	Steffen	1979		GER-SH	00:10:32	46	00:44:13	41	00:54:46	42	00:27:55	54	01:22:41	47
48	136	01:23:09	Jungbluth	Thomas	1967		GER-SH	00:11:57	62	00:45:49	47	00:57:47	52	00:25:22	37	01:23:09	48
49	148	01:23:52	Hergenreder	Viktor	1987		GER-SH	00:11:23	54	00:46:43	54	00:58:07	53	00:25:45	39	01:23:52	49
50	116	01:23:53	Ilinsch	Mark	1984	TuS Garbek	GER-SH	00:09:03	23	00:48:22	58	00:57:26	49	00:26:27	44	01:23:53	50
51	142	01:24:11	Otto	Martin	1965		GER-SH	00:08:54	20	00:46:28	52	00:55:22	46	00:28:49	57	01:24:11	51
52	193	01:24:48	Szczesniak	Filip	1985		GER-HAM	00:10:18	43	00:49:58	61	01:00:17	60	00:24:30	34	01:24:48	52
53	113	01:25:02	Steinhorst	Karsten	1962	Tri Team Neumünster	GER-SH	00:08:38	15	00:50:16	62	00:58:55	56	00:26:07	42	01:25:02	53
54	137	01:25:13	Brüning	Claas	1965	Tauchsportgemeinschaft Bad Segeberg e.V.	GER-SH	00:08:48	17	00:46:32	53	00:55:21	45	00:29:52	63	01:25:13	54
55	166	01:25:16	Böhlein	Ulrich	1993		GER-SH	00:13:14	70	00:46:25	51	00:59:40	58	00:25:36	38	01:25:16	55
56	178	01:25:21	Schander	Natanael	2006		GER-SH	00:10:38	48	00:46:18	50	00:56:57	48	00:28:24	55	01:25:21	56
57	112	01:26:50	Braun	Keena	1968	TSV Bornhöved	GER-SH	00:11:41	58	00:45:56	48	00:57:37	50	00:29:12	58	01:26:50	57
58	190	01:27:10	Koppeschmidt	Stefan	1987		GER-SH	00:11:30	56	00:48:15	57	00:59:45	59	00:27:25	52	01:27:10	58

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59	186	01:27:23	Körner	Jan-Felix	1994		GER-HAM	00:11:16	53	00:49:08	59	01:00:25	62	00:26:58	48	01:27:23	59
60	172	01:28:40	Baumgart	Christian	2001		GER-HAM	00:13:16	71	00:45:01	45	00:58:18	54	00:30:22	66	01:28:40	60
61	160	01:29:52	Hutsch	Stefan	1971		GER-BAW	00:09:54	36	00:50:30	63	01:00:24	61	00:29:27	60	01:29:52	61
62	188	01:30:56	Buchholz	Ingo	1978		GER-SH	00:11:28	55	00:49:23	60	01:00:52	63	00:30:03	65	01:30:56	62
63	154	01:31:56	Egge	Peer	1996		GER-SH	00:12:11	65	00:53:32	70	01:05:44	67	00:26:12	43	01:31:56	63
64	194	01:32:13	Kolb	Torsten	1965		GER-NIE	00:11:11	51	00:47:25	56	00:58:37	55	00:33:36	71	01:32:13	64
65	167	01:32:41	Freese	Timo	1985		GER-SH	00:12:37	68	00:50:49	64	01:03:26	64	00:29:14	59	01:32:41	65
66	144	01:34:15	Thiedeitz	Kai	1962		GER-SH	00:12:00	63	00:52:44	67	01:04:44	65	00:29:31	61	01:34:15	66
67	165	01:35:25	Petersen-Wendt	Jens-Uwe	1976	LIBS Laufen in Bad Segeberg	GER-SH	00:14:41	74	00:50:51	65	01:05:32	66	00:29:53	64	01:35:25	67
68	164	01:37:14	Sichon	Yannick	1991		GER-SH	00:13:12	69	00:53:22	69	01:06:35	70	00:30:39	67	01:37:14	68
69	119	01:40:25	Will	Noah	2004	Tauchsportgemeinschaft Bad Segeberg eV	GER-SH	00:10:17	41	00:56:48	73	01:07:05	71	00:33:19	70	01:40:25	69
70	121	01:40:33	Müller	Hauke	1989		GER-SH	00:11:12	52	00:57:40	75	01:08:53	74	00:31:40	68	01:40:33	70
71	123	01:41:01	Hutsch	Sönke	1967	Preetzer TSV	GER-SH	00:14:23	73	00:52:01	66	01:06:24	69	00:34:37	73	01:41:01	71
72	111	01:41:26	Kruse	Ansgar	1959	TSV Bornhöved	GER-SH	00:15:36	75	00:53:53	71	01:09:30	75	00:31:56	69	01:41:26	72
73	171	01:42:08	Demmler	Ralf	1952	TSV Bornhöved	GER-SH	00:13:25	72	00:52:56	68	01:06:21	68	00:35:46	74	01:42:08	73
74	175	01:42:08	Kulessa	Christian	1965	TriOH	GER-SH	00:11:42	59	00:56:02	72	01:07:44	73	00:34:24	72	01:42:08	74
75	153	01:50:15	NiB	Oliver	1997		GER-SH	00:09:59	37	00:57:06	74	01:07:05	72	00:43:10	75	01:50:15	75

Einträge in der Liste: 75