

## 22.Triathlon Thülsfelder Talsperre am 04.08.2019

### Ergebnisliste Triathlon

Platz	M/W	Name, Vorname	JG	Verein	Klasse	KP	Zeit
1	1	Niederberger, Carsten	79	1. Triathlon Club Oldenburg e	TM40	1	1:53:45
		Schwim = 00:17:13 (1) - Rad = 00:56:40 (3) - Lauf = 00:39:52 (5)					
2	2	Günther, Jakob	86	Hannover 96	TM30	1	1:54:18
		Schwim = 00:18:29 (4) - Rad = 00:59:50 (5) - Lauf = 00:35:59 (1)					
3	3	Lembcke, Nicholas	84	Leichtathletik Club Nordhorn	TM35	1	1:55:44
		Schwim = 00:17:27 (2) - Rad = 00:59:39 (4) - Lauf = 00:38:38 (2)					
4	4	Brinkmann, Thorsten	72	Tri-Speed Marienfeld	TM45	1	2:00:35
		Schwim = 00:18:27 (3) - Rad = 00:59:59 (6) - Lauf = 00:42:09 (8)					
5	5	Sebrantke, Oliver	76	LC Hansa Stuhr e.V. - Tri-Wöl	TM40	2	2:02:21
		Schwim = 00:20:40 (9) - Rad = 01:03:01 (14) - Lauf = 00:38:40 (3)					
6	6	Schulze-Finkenburg, Michael	72	WSP Emden	TM45	2	2:06:07
		Schwim = 00:19:39 (5) - Rad = 01:02:59 (13) - Lauf = 00:43:29 (9)					
7	7	Bittner, Thorsten	66	TSG 07 Burg Gretesch e.V.	TM50	1	2:08:51
		Schwim = 00:20:53 (10) - Rad = 01:01:25 (8) - Lauf = 00:46:33 (23)					
8	8	Kudlinski, Jakob	81	ELB RUN CREW	TM35	2	2:09:35
		Schwim = 00:23:03 (23) - Rad = 01:02:42 (12) - Lauf = 00:43:50 (10)					
9	9	Oetjen, Volker	71	DLRG Bad Zwischenahn	TM45	3	2:09:59
		Schwim = 00:20:26 (6) - Rad = 01:01:49 (10) - Lauf = 00:47:44 (29)					
10	10	Scheele, Sören	93	Top-Tri-Team-Hamburg e.V.	TM25	1	2:10:54
		Schwim = 00:23:23 (26) - Rad = 01:06:27 (29) - Lauf = 00:41:04 (6)					
11	11	Schulan, Anatolij	79		TM40	3	2:11:32
		Schwim = 00:22:01 (16) - Rad = 01:03:38 (17) - Lauf = 00:45:53 (19)					
12	12	Schwarting, Malte	87	Team Erdinger Alkoholfrei	TM30	2	2:11:39
		Schwim = 00:26:13 (55) - Rad = 01:03:50 (18) - Lauf = 00:41:36 (7)					
13	13	Hemeltjen, Jürgen	62	SuS Darne 1926 e.V. - Triathl	TM55	1	2:12:17
		Schwim = 00:23:45 (33) - Rad = 01:01:20 (7) - Lauf = 00:47:12 (26)					
14	14	Teipen, Bernd	66	SV Hansa Friesoythe - Tri-Fre	TM50	2	2:12:56
		Schwim = 00:24:04 (35) - Rad = 01:03:20 (15) - Lauf = 00:45:32 (17)					
15	15	Zurfähr, Johannes	81	SuS Darne 1926 e.V.	TM35	3	2:13:47
		Schwim = 00:23:29 (27) - Rad = 01:05:56 (24) - Lauf = 00:44:22 (11)					
16	1	Kaiser, Janine	79	Triathlöwen Bremen	TW40	1	2:14:13
		Schwim = 00:23:46 (34) - Rad = 01:06:04 (26) - Lauf = 00:44:23 (13)					
17	16	Miholics, Imre	79		TM40	4	2:14:50
		Schwim = 00:22:38 (18) - Rad = 01:05:40 (23) - Lauf = 00:46:32 (22)					
18	2	Reeb, Katrin	79		TW40	2	2:15:00
		Schwim = 00:20:58 (11) - Rad = 01:07:12 (33) - Lauf = 00:46:50 (25)					
19	17	Jungeblut, Jens	73	VfL Lingen e.V.	TM45	4	2:15:12
		Schwim = 00:24:24 (38) - Rad = 01:04:32 (19) - Lauf = 00:46:16 (20)					
20	18	Siemens, Mark-Oliver	71	MTV Aurich von 1862 e.V.	TM45	5	2:15:23
		Schwim = 00:21:27 (14) - Rad = 01:06:38 (31) - Lauf = 00:47:18 (27)					
21	19	Niehüser, Wilfried	72	Laufftreff Ramsloh Team Erding	TM45	6	2:16:17
		Schwim = 00:24:25 (39) - Rad = 01:03:25 (16) - Lauf = 00:48:27 (32)					
22	20	Nuss, Christian	90	OSC Bremerhaven	TM25	2	2:16:25
		Schwim = 00:21:56 (15) - Rad = 01:04:51 (20) - Lauf = 00:49:38 (39)					
23	21	Fulle, Remo	77	Olympischer Sport-Club Bremer	TM40	5	2:17:41
		Schwim = 00:23:01 (22) - Rad = 01:06:17 (28) - Lauf = 00:48:23 (31)					
24	22	Westerholt, Philipp	84		TM35	4	2:17:50
		Schwim = 00:21:19 (13) - Rad = 01:06:36 (30) - Lauf = 00:49:55 (42)					
25	23	Meier, HenkJan	63	NTB	TM55	2	2:18:19
		Schwim = 00:22:45 (19) - Rad = 01:04:56 (21) - Lauf = 00:50:38 (45)					
26	24	Hastedt, Frank	74	TSV Otterndorf Traithlon Team	TM45	7	2:18:21
		Schwim = 00:21:07 (12) - Rad = 01:01:26 (9) - Lauf = 00:55:48 (62)					

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Platz	M/W	Name, Vorname	JG	Verein	Klasse	KP	Zeit
27	25	Kessing, Thomas	92	BV Garrel e.V.	TM25	3	2:18:23
		Schwim = 00:24:16 (37) - Rad = 01:09:45 (47) - Lauf = 00:44:22 (12)					
28	26	Hülskamp, Christoph	72	SV Molbergen e.V. von 1921	TM45	8	2:18:33
		Schwim = 00:23:41 (31) - Rad = 01:08:24 (40) - Lauf = 00:46:28 (21)					
29	27	Gödiker, Magnus	74		TM45	9	2:18:38
		Schwim = 00:31:25 (78) - Rad = 01:07:49 (38) - Lauf = 00:39:24 (4)					
30	28	Schoolmann, Ralf	65	TV Norden	TM50	3	2:18:44
		Schwim = 00:23:42 (32) - Rad = 01:07:23 (36) - Lauf = 00:47:39 (28)					
31	3	Sumbeck, Imke	84	Leichtathletik Club Nordhorn	TW35	1	2:18:56
		Schwim = 00:20:34 (7) - Rad = 01:09:16 (45) - Lauf = 00:49:06 (35)					
32	29	Büssing, Frank	69	SG Voßberg-Lohne	TM50	4	2:19:54
		Schwim = 00:22:48 (20) - Rad = 01:12:16 (61) - Lauf = 00:44:50 (14)					
33	30	ter Haseborg, Bodo	80	TV Apen von 1893 e.V.	TM35	5	2:20:12
		Schwim = 00:23:10 (24) - Rad = 01:07:13 (34) - Lauf = 00:49:49 (41)					
34	31	Bruske, Detlef	66	Turnverein Concordia von 1864	TM50	5	2:20:19
		Schwim = 00:24:13 (36) - Rad = 01:10:58 (52) - Lauf = 00:45:08 (16)					
35	32	Voss, Bernd	66	Team Schokoladenhotel	TM50	6	2:20:25
		Schwim = 00:23:36 (28) - Rad = 01:06:13 (27) - Lauf = 00:50:36 (44)					
36	33	Redenius, Andre	84	FC St. Pauli Triathlon	TM35	6	2:21:06
		Schwim = 00:25:17 (48) - Rad = 01:10:03 (49) - Lauf = 00:45:46 (18)					
37	34	Nehmer, Daniel	91	DLRG OG Uelsen e.V.	TM25	4	2:22:33
		Schwim = 00:24:55 (43) - Rad = 01:12:45 (65) - Lauf = 00:44:53 (15)					
38	35	Kersten, Frank	67		TM50	7	2:23:51
		Schwim = 00:20:34 (8) - Rad = 01:12:11 (60) - Lauf = 00:51:06 (47)					
39	36	Thelken, Heinz-Hermann	62	SV Hansa Friesoythe - Tri-Fre	TM55	3	2:23:55
		Schwim = 00:23:38 (29) - Rad = 01:06:01 (25) - Lauf = 00:54:16 (57)					
40	37	Uelzen, Julian	78		TM40	6	2:24:14
		Schwim = 00:24:56 (44) - Rad = 01:08:51 (43) - Lauf = 00:50:27 (43)					
41	38	Niemöller, Edgar	69		TM50	8	2:24:30
		Schwim = 00:25:03 (46) - Rad = 01:11:30 (56) - Lauf = 00:47:57 (30)					
42	39	Frickhöffer, Peter	64	FC St. Pauli Triathlon	TM55	4	2:24:38
		Schwim = 00:25:29 (51) - Rad = 01:08:30 (42) - Lauf = 00:50:39 (46)					
43	40	Kuper, Wolfgang	70	RadSPORTverein Leer e.V.	TM45	10	2:25:33
		Schwim = 00:29:15 (67) - Rad = 01:02:06 (11) - Lauf = 00:54:12 (56)					
44	41	Meier, Jan	60	NTB	TM55	5	2:25:41
		Schwim = 00:22:28 (17) - Rad = 01:07:27 (37) - Lauf = 00:55:46 (61)					
45	42	Schwarz, Thorsten	67	MTV Aurich von 1862 e.V.	TM50	9	2:25:51
		Schwim = 00:25:10 (47) - Rad = 01:08:26 (41) - Lauf = 00:52:15 (51)					
46	43	Lüken, Aloys	72	BV Garrel e.V.	TM45	11	2:26:00
		Schwim = 00:26:42 (57) - Rad = 01:10:40 (51) - Lauf = 00:48:38 (33)					
47	44	Titz, Bernd	64	SG Stern Bremen	TM55	6	2:26:17
		Schwim = 00:27:47 (65) - Rad = 01:09:31 (46) - Lauf = 00:48:59 (34)					
48	45	Eckholt, Klaus	80	DJK Füchtel Vechta e.V.	TM35	7	2:26:25
		Schwim = 00:24:58 (45) - Rad = 01:11:59 (57) - Lauf = 00:49:28 (37)					
49	46	Sprung, Thomas	71	Harpstedter Turnerbund von 18	TM45	12	2:27:06
		Schwim = 00:24:36 (41) - Rad = 01:08:51 (44) - Lauf = 00:53:39 (55)					
50	47	Hörstmann, Martin	69		TM50	10	2:28:23
		Schwim = 00:24:36 (42) - Rad = 01:11:20 (55) - Lauf = 00:52:27 (52)					
51	4	Westerholt, Jana	92		TW25	1	2:28:28
		Schwim = 00:26:31 (56) - Rad = 01:12:19 (62) - Lauf = 00:49:38 (40)					
52	48	Rohe, Christian	91	BV Varrelbusch e.V.	TM25	5	2:29:17
		Schwim = 00:27:33 (64) - Rad = 01:07:15 (35) - Lauf = 00:54:29 (58)					

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Platz	M/W	Name, Vorname	JG	Verein	Klasse	KP	Zeit
53	49	Böckmann, Reinhold	53	ESV Tri-Team Edewecht	TM65	1	2:29:42
		Schwim = 00:29:21 (69) - Rad = 01:05:12 (22) - Lauf = 00:55:09 (59)					
54	50	Redenius, Folkert	57	LT TuRa 07 e.V. Westrhauderfe	TM60	1	2:30:11
		Schwim = 00:27:52 (66) - Rad = 01:10:27 (50) - Lauf = 00:51:52 (50)					
55	51	Borchers, Andreas	74		TM45	13	2:30:15
		Schwim = 00:30:53 (76) - Rad = 01:10:00 (48) - Lauf = 00:49:22 (36)					
56	52	Knabe, Steffen	87		TM30	3	2:30:42
		Schwim = 00:29:17 (68) - Rad = 01:14:38 (70) - Lauf = 00:46:47 (24)					
57	53	Vonderach, Mirko	65		TM50	11	2:31:36
		Schwim = 00:26:54 (59) - Rad = 01:13:08 (66) - Lauf = 00:51:34 (48)					
58	54	Lübbers, Jann	97	TuS Weener	TM20	1	2:33:38
		Schwim = 00:25:50 (53) - Rad = 01:08:14 (39) - Lauf = 00:59:34 (71)					
59	55	Ostendorf, Stefan	91	SV Teuto Riesenbeck e.V.	TM25	6	2:34:45
		Schwim = 00:22:59 (21) - Rad = 01:07:08 (32) - Lauf = 01:04:38 (79)					
60	56	Feuerhelm, Kevin	91	VfL Lingen e.V.	TM25	7	2:35:16
		Schwim = 00:31:26 (79) - Rad = 01:14:14 (69) - Lauf = 00:49:36 (38)					
61	57	Kramer, Norbert	70	Radsportclub Papenburg e.V.	TM45	14	2:35:33
		Schwim = 00:27:30 (63) - Rad = 01:11:19 (54) - Lauf = 00:56:44 (65)					
62	58	Peters, Carsten	61	Emder Laufgemeinschaft e.V.	TM55	7	2:36:17
		Schwim = 00:23:17 (25) - Rad = 01:12:21 (63) - Lauf = 01:00:39 (76)					
63	59	Möhlenkamp, Frank	68	SuS Darme 1926 e.V.	TM50	12	2:36:38
		Schwim = 00:25:44 (52) - Rad = 01:11:09 (53) - Lauf = 00:59:45 (74)					
64	60	Eilers, Bernd	59	FC St. Pauli Triathlon	TM60	2	2:37:03
		Schwim = 00:25:26 (49) - Rad = 01:11:59 (58) - Lauf = 00:59:38 (73)					
65	5	Schoeneich, Martina	61	TSR Olympia Wilhelmshaven	TW55	1	2:37:17
		Schwim = 00:25:55 (54) - Rad = 01:13:58 (67) - Lauf = 00:57:24 (66)					
66	61	Kunze, Arne	87		TM30	4	2:37:34
		Schwim = 00:29:23 (71) - Rad = 01:14:48 (73) - Lauf = 00:53:23 (54)					
67	62	Lambers, René	74	SuS Darme 1926 e.V.	TM45	15	2:38:05
		Schwim = 00:29:49 (73) - Rad = 01:12:08 (59) - Lauf = 00:56:08 (64)					
68	6	Weiland, Christina	90	BC Vechta e.V.	TW25	2	2:38:06
		Schwim = 00:23:40 (30) - Rad = 00:00:01 (1) - Lauf = 02:14:25 (82)					
69	63	Dörner, Michael	62	MC Pirate e.V.	TM55	8	2:38:36
		Schwim = 00:24:31 (40) - Rad = 01:14:01 (68) - Lauf = 01:00:04 (75)					
70	64	Goldstein, Sven	81		TM35	8	2:40:45
		Schwim = 00:25:27 (50) - Rad = 01:12:42 (64) - Lauf = 01:02:36 (78)					
71	65	Dalichau, Stefan	65		TM50	13	2:41:01
		Schwim = 00:26:57 (60) - Rad = 01:14:40 (71) - Lauf = 00:59:24 (70)					
72	66	Schröder, Carsten	83	Emder Laufgemeinschaft e.V.	TM35	9	2:41:26
		Schwim = 00:30:19 (74) - Rad = 01:15:14 (74) - Lauf = 00:55:53 (63)					
73	7	Lischewski, Tanja	69	Team Laufrusch Oldenburg	TW50	1	2:41:39
		Schwim = 00:29:22 (70) - Rad = 01:20:36 (80) - Lauf = 00:51:41 (49)					
74	67	Mönnich, Theo	64	SW Osterfeine Triathlon	TM55	9	2:42:56
		Schwim = 00:27:17 (62) - Rad = 01:17:11 (77) - Lauf = 00:58:28 (68)					
75	68	Sippel, Reinhard	48	TuS Clausthal-Zellerfeld von	TM70	1	2:43:23
		Schwim = 00:27:06 (61) - Rad = 01:17:07 (76) - Lauf = 00:59:10 (69)					
76	69	Speldrich, Michael	60	VfR-Voxtrup	TM55	10	2:45:29
		Schwim = 00:29:39 (72) - Rad = 01:16:15 (75) - Lauf = 00:59:35 (72)					
77	70	Neumeister, Clemens	76		TM40	7	2:46:44
		Schwim = 00:30:32 (75) - Rad = 01:23:33 (82) - Lauf = 00:52:39 (53)					
78	71	Krampe, Paul	64		TM55	11	2:48:02
		Schwim = 00:34:29 (81) - Rad = 01:18:19 (78) - Lauf = 00:55:14 (60)					

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Platz	M/W	Name, Vorname	JG	Verein	Klasse	KP	Zeit
79	8	Janßen, Monika	95	LT TuS Aurich-Ost	TW20	1	2:49:47
		Schwim = 01:48:26 (82) - Rad = 00:00:01 (2) - Lauf = 01:01:20 (77)					
80	72	Schröer, Antonius	61	LT SW Osterfeine	TM55	12	2:50:11
		Schwim = 00:31:45 (80) - Rad = 01:20:18 (79) - Lauf = 00:58:08 (67)					
81	73	Janssen, Günter	43	MTV Aurich von 1862 e.V.	TM75	1	3:00:10
		Schwim = 00:31:22 (77) - Rad = 01:14:46 (72) - Lauf = 01:14:02 (80)					
82	74	Nolte, Gerd	46	Regenter overflys	TM70	2	3:12:55
		Schwim = 00:26:48 (58) - Rad = 01:23:13 (81) - Lauf = 01:22:54 (81)					