



12. Lebensfitness-Vierlanden-Triathlon

30. Juni 2007



Ergebnis M / W - Altersklassen

Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TM-18

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	709	02:25:56	Klindworth	Jan-Hinrich	1988	TuS Finkenwerder	GER-HAM	00:27:43	01:16:57	01:44:40	00:41:15	02:25:56	21	02:25:56	1
2	686	02:39:02	Krahn	Vincent Alexander	1989	TSG Bergedorf	GER-HAM	00:30:51	01:19:46	01:50:37	00:48:24	02:39:02	56	02:39:02	2

Triathlon TM-20

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	685	02:27:50	Klug	Tim	1983	Kaifu Tri Team	GER-HAM	00:22:49	01:17:00	01:39:50	00:48:00	02:27:50	29	02:27:50	1
2	552	02:29:51	Seifert	Maik	1983	TT HSU Hamburg	GER-HAM	00:28:47	01:22:07	01:50:54	00:38:56	02:29:51	34	02:29:51	2
3	708	02:45:21	Lenz	Felix	1987	werk3 Triathlon Hamburg	GER-HAM	00:22:29	01:28:14	01:50:44	00:54:37	02:45:21	60	02:45:21	3

Ergebnis M / W - Altersklassen

Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TM-25

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	589	02:16:42	Becker	Kai	1981	Tri Michels Hamburg	GER-HAM	00:22:49	01:15:20	01:38:10	00:38:32	02:16:42	8	02:16:42	1
2	554	02:18:16	Glück	Christian	1981	TT HSU Hamburg	GER-HAM	00:26:58	01:15:19	01:42:17	00:35:58	02:18:16	11	02:18:16	2
3	671	02:18:32	Ahrens	Hans-Björn	1979	Team Triathlon Hamburger Hochschulen	GER-HAM	00:25:05	01:15:33	01:40:39	00:37:53	02:18:32	13	02:18:32	3
4	648	02:19:35	Pau	Andreas	1980	Tri Michels Hamburg	GER-HAM	00:21:17	01:14:22	01:35:40	00:43:55	02:19:35	14	02:19:35	4
5	598	02:20:04	Bück	Christian	1981	TSH Team Bergamont	GER-HAM	00:19:10	01:14:11	01:33:21	00:46:42	02:20:04	16	02:20:04	5
6	645	02:24:55	Rossmann	Dennis	1981	WVC Kassel	GER-HES	00:24:53	01:19:31	01:44:24	00:40:30	02:24:55	20	02:24:55	6
7	674	02:28:25	vom Hofe	Björn	1979	Tri Michels Hamburg	GER-HAM	00:27:01	01:17:24	01:44:25	00:43:59	02:28:25	31	02:28:25	7
8	658	02:32:54	Schenk	Lutz	1978	werk3 Triathlon Hamburg	GER-HAM	00:27:16	01:20:55	01:48:12	00:44:42	02:32:54	40	02:32:54	8
9	703	02:35:58	Schneider	Peter	1978		GER-HAM	00:30:24	01:19:06	01:49:31	00:46:27	02:35:58	49	02:35:58	9
10	620	02:45:32	Dahms	Andreas	1980	BSG T-Systems / BSV HH	GER-HAM	00:26:52	01:21:49	01:48:41	00:56:51	02:45:32	61	02:45:32	10
11	687	02:47:57	Boy	Andreas	1978	Kaifu Tri Team	GER-HAM	00:32:24	01:24:37	01:57:02	00:50:55	02:47:57	62	02:47:57	11
12	719	02:51:58	Harder	Marcus	1982	TT TUHH	GER-HAM	00:36:38	01:32:29	02:09:08	00:42:50	02:51:58	66	02:51:58	12
13	618	02:54:26	Harke	Sebastian	1980		GER-HAM	00:30:14	01:34:03	02:04:18	00:50:08	02:54:26	72	02:54:26	13
14	704	03:10:14	Wiedemann	Marc	1979	Tri Michels Hamburg	GER-HAM	00:33:29	01:29:50	02:03:20	01:06:53	03:10:14	82	03:10:14	14

Triathlon TM-30

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	550	02:09:33	Uwarow	Alexej	1977	TT HSU Hamburg	GER-HAM	00:22:50	01:09:13	01:32:04	00:37:29	02:09:33	1	02:09:33	1

TSG-Bergedorf von 1860 eV Billwerder-Billdeich 607 21033 Hamburg
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Ergebnis M / W - Altersklassen

Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TM-30

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
2	596	02:09:46	Kauder	Thorsten	1976	TSH Team Bergamont	GER-HAM	00:23:11				02:09:46	2	02:09:46	2
3	642	02:15:05	Jacobsen	Thilo	1973	Tri Michels Hamburg	GER-HAM	00:23:42	01:10:31	01:34:14	00:40:51	02:15:05	6	02:15:05	3
4	588	02:16:06	Jahn	Christian	1976	Tri Michels Hamburg	GER-HAM	00:22:41	01:11:31	01:34:12	00:41:53	02:16:06	7	02:16:06	4
5	551	02:18:04	Stiegler	Björn	1975	TT HSU Hamburg	GER-HAM	00:21:40	01:12:50	01:34:31	00:43:32	02:18:04	10	02:18:04	5
6	585	02:19:52	Friedrichs	Hendrik	1977	Tri Michels Hamburg	GER-HAM	00:21:07	01:13:12	01:34:20	00:45:32	02:19:52	15	02:19:52	6
7	676	02:26:26	Harder	Sebastian	1977	Triathlon Team UniBw-Hamburg	GER-HAM	00:24:35	01:21:39	01:46:15	00:40:11	02:26:26	24	02:26:26	7
8	705	02:27:05	Zaher	Nicholas	1973	Kaifu Tri Team	GER-HAM	00:30:10	01:12:28	01:42:38	00:44:26	02:27:05	27	02:27:05	8
9	698	02:28:18	Berghausen	Florian	1977	werk3 Triathlon Hamburg	GER-HAM	00:24:32	01:18:30	01:43:02	00:45:15	02:28:18	30	02:28:18	9
10	689	02:30:03	Stoermer	Florian	1977	Lebensfitness e.V.	GER-HAM	00:32:42	01:15:32	01:48:15	00:41:47	02:30:03	35	02:30:03	10
11	723	02:34:53	Jobst	Torsten	1975		GER-HAM	00:27:32	01:24:14	01:51:47	00:43:05	02:34:53	46	02:34:53	11
12	623	02:37:21	Hagemann	Tom	1973	TSH Team Bergamont	GER-HAM	00:32:20	01:15:54	01:48:14	00:49:07	02:37:21	53	02:37:21	12
13	393	03:15:31	Seemann	Gunar	1977	TUS Holstein Quickborn	GER-HAM	00:57:55	01:28:42	02:26:37	00:48:53	03:15:31	83	03:15:31	13

Triathlon TM-35

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schw.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	597	02:12:47	Budinger	Tilo	1972	TSH Team Bergamont	GER-HAM	00:21:33	01:11:41	01:33:14	00:39:33	02:12:47	3	02:12:47	1
2	724	02:13:43	Heineke	Matthias	1972	AMTV Triathlon Hamburg	GER-HAM	00:20:47	01:13:33	01:34:20	00:39:23	02:13:43	4	02:13:43	2
3	587	02:14:54	Houtrouw	Enno	1971	Tri Michels Hamburg	GER-HAM			01:34:17	00:40:36	02:14:54	5	02:14:54	3

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Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TM-35

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
4	553	02:21:20	Mosler	Rene	1972	TT HSU Hamburg	GER-HAM	00:25:53	01:10:34	01:36:27	00:44:53	02:21:20	17	02:21:20	4
5	681	02:26:14	Schmidt-Tazir	David	1970	Lebensfitness e.V.	GER-HAM	00:26:56	01:15:51	01:42:47	00:43:26	02:26:14	23	02:26:14	5
6	718	02:29:38	Bley	Stefan	1971	Tri Michels Hamburg	GER-HAM	00:26:00	01:18:09	01:44:10	00:45:28	02:29:38	33	02:29:38	6
7	660	02:30:04	Roters	Stephan	1969	TV kleefeld	GER-HAM	00:30:46	01:19:23	01:50:10	00:39:54	02:30:04	36	02:30:04	7
8	640	02:30:52	Borsutzky	Georg	1970	Tri Michels Hamburg	GER-HAM	00:23:06	01:25:27	01:48:33	00:42:19	02:30:52	37	02:30:52	8
9	666	02:35:04	Krenkler	Markus	1972	TS Harburg	GER-HAM	00:25:09	01:22:47	01:47:57	00:47:07	02:35:04	47	02:35:04	9
10	684	02:35:25	Strecker	Ulrich	1970	werk3 Triathlon Hamburg	GER-HAM	00:23:57	01:21:57	01:45:54	00:49:30	02:35:25	48	02:35:25	10
11	641	02:37:15	Wolthausen	Thorsten	1971	TS Harburg	GER-HAM	00:28:04	01:23:32	01:51:36	00:45:38	02:37:15	52	02:37:15	11
12	717	02:52:46	Konieczny	Gordon	1972	TSH Team Bergamont	GER-HAM	00:26:32	01:29:18	01:55:50	00:56:56	02:52:46	68	02:52:46	12
13	670	02:55:50	Wimmer	Georg	1971	TT HSU Hamburg	GER-HAM	00:33:56	01:34:11	02:08:07	00:47:42	02:55:50	73	02:55:50	13
14	710	03:03:36	Winkelmann	Sven	1970		GER-HAM	00:24:22	01:34:58	01:59:20	01:04:15	03:03:36	77	03:03:36	14

Triathlon TM-40

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	384	02:18:25	Menke	Harald	1967	Lebensfitness e.V.	GER-HAM	00:24:22	01:14:46	01:39:08	00:39:17	02:18:25	12	02:18:25	1
2	446	02:22:20	Teuber	Till	1966	Lebensfitness e.V.	GER-HAM	00:23:30				02:22:20	18	02:22:20	2
3	462	02:24:02	Schön	Christian	1964	Lebensfitness e.V.	GER-HAM	00:28:14	01:13:37	01:41:51	00:42:11	02:24:02	19	02:24:02	3
4	520	02:26:11	Kasper	Matthias	1964	TT HSU Hamburg	GER-HAM	00:24:09	01:15:01	01:39:10	00:47:01	02:26:11	22	02:26:11	4

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Triathlon TM-40

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
5	521	02:26:30	Kretzschmar	Carsten	1965	TT HSU Hamburg	GER-HAM	00:23:53	01:20:36	01:44:30	00:41:59	02:26:30	25	02:26:30	5
6	450	02:28:33	Baur	Gernot	1964	HNT- Triathlon	GER-HAM	00:26:33	01:18:37	01:45:11	00:43:22	02:28:33	32	02:28:33	6
7	515	02:36:38	Schmutte	Konrad	1965	BSG Beiersdorf	GER-HAM	00:28:23	01:25:07	01:53:31	00:43:07	02:36:38	50	02:36:38	7
8	470	02:48:45	Ebert	Andreas	1963	Tri-Michels Hamburg	GER-HAM	00:35:21	01:24:00	01:59:22	00:49:23	02:48:45	63	02:48:45	8
9	395	02:49:04	Koziol	Rüdiger	1965	Lebensfitness e.V.	GER-HAM	00:32:48	01:25:04	01:57:53	00:51:11	02:49:04	64	02:49:04	9
10	460	02:50:41	Petzel	Dirk	1965		GER-SH			02:06:36	00:44:04	02:50:41	65	02:50:41	10
11	452	02:54:19	Karrasch	Dirk	1967		GER-HAM	00:29:21	01:38:03	02:07:25	00:46:53	02:54:19	70	02:54:19	11
12	441	02:54:26	Wehrs	Roman	1965	HNT- Triathlon	GER-HAM	00:34:11	01:32:05	02:06:16	00:48:09	02:54:26	71	02:54:26	12
13	428	03:08:01	Vorlicek	Thomas	1965	TSH Team Bergamont	GER-HAM	00:29:39	01:37:40	02:07:20	01:00:41	03:08:01	78	03:08:01	13
14	489	03:08:44	Bähr	Matthias	1963		GER-HAM	00:32:05	01:35:47	02:07:53	01:00:50	03:08:44	80	03:08:44	14

Triathlon TM-45

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	586	02:16:49	Reher	Peter	1961	Tri Michels Hamburg	GER-HAM	00:21:41	01:10:43	01:32:24	00:44:25	02:16:49	9	02:16:49	1
2	495	02:27:40	lhns	Thomas	1962	Tri Michels Hamburg	GER-HAM	00:24:46	01:19:04	01:43:50	00:43:49	02:27:40	28	02:27:40	2
3	533	02:31:03	Dabelstein	Lutz	1961	Triabolos Hamburg	GER-SH	00:27:38	01:21:31	01:49:10	00:41:53	02:31:03	38	02:31:03	3
4	488	02:33:00	Lingelbach	Rainer	1960	Lebensfitness e.v.	GER-HAM	00:28:22	01:15:15	01:43:37	00:49:22	02:33:00	41	02:33:00	4
5	392	02:33:01	Fennert	Michael	1962	TUS Holstein Quickborn	GER-HAM	00:28:33	01:21:43	01:50:17	00:42:44	02:33:01	42	02:33:01	5

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Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TM-45

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
6	455	02:34:14	Schwarz	Holger	1959	SV Polizei Hamburg	GER-HAM	00:26:15	01:23:58	01:50:13	00:44:00	02:34:14	44	02:34:14	6
7	409	02:34:16	Dallmann	Rainer	1959	werk3 Triathlon Hamburg	GER-HAM	00:21:30	01:22:34	01:44:04	00:50:12	02:34:16	45	02:34:16	7
8	487	02:37:40	Pfaffe	Andreas	1962	Tri Michels Hamburg	GER-HAM	00:28:59	01:23:05	01:52:04	00:45:35	02:37:40	55	02:37:40	8
9	532	02:52:23	Rumpelt	JOchen	1962		GER-NIE	00:30:20	01:32:19	02:02:40	00:49:43	02:52:23	67	02:52:23	9
10	404	02:52:57	Uhlemann	Frank-Martin	1959	RSG Blankenese	GER-HAM	00:31:39	01:26:00	01:57:39	00:55:18	02:52:57	69	02:52:57	10
11	529	02:57:43	Dohrn	Frank	1958	AMTV Hamburg	GER-HAM	00:33:29	01:33:10	02:06:39	00:51:03	02:57:43	74	02:57:43	11
12	469	03:38:30	Ruschmeyer	Ralph	1960		GER-HAM	00:33:59	01:55:02	02:29:01	01:09:28	03:38:30	84	03:38:30	12

Triathlon TM-50

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	406	02:26:43	Rapp	Wolfram	1956	Tri-Michels Hamburg	GER-HAM	00:24:46	01:19:44	01:44:31	00:42:11	02:26:43	26	02:26:43	1
2	612	02:31:57	Steinkühler	Thomas	1957	TUS Holstein Quickborn	GER-HAM	00:26:32	01:20:22	01:46:55	00:45:02	02:31:57	39	02:31:57	2
3	386	02:33:16	Kiewitt	Dieter	1954	werk3 Triathlon Hamburg	GER-HAM	00:28:35	01:20:31	01:49:07	00:44:09	02:33:16	43	02:33:16	3
4	511	02:37:31	Vogler	Peter	1955	Lebensfitness e.V.	GER-SH	00:31:40	01:18:02	01:49:43	00:47:48	02:37:31	54	02:37:31	4
5	422	02:44:39	Maletzki	Wolfgang	1954	AMTV Triathlon Hamburg	GER-HAM	00:27:40	01:25:04	01:52:45	00:51:53	02:44:39	59	02:44:39	5

Ergebnis M / W - Altersklassen

Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TM-55

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	389	02:37:04	Croissier	René	1950	TUS Holstein Quickborn	GER-HAM	00:29:49	01:22:41	01:52:30	00:44:33	02:37:04	51	02:37:04	1
2	482	02:39:47	Plume	Jürgen	1950	werk3 Triathlon Hamburg	GER-HAM	00:32:50	01:19:37	01:52:27	00:47:19	02:39:47	57	02:39:47	2
3	501	03:03:27	Wieneke	Reiner	1951	Hamburger Triathlon Verb.	GER-NIE	00:37:16	01:29:51	02:07:08	00:56:19	03:03:27	76	03:03:27	3
4	475	03:08:58	Brockmann	Herbert	1950	Walddörfer SV	GER-HAM	00:30:27	01:32:14	02:02:42	01:06:16	03:08:58	81	03:08:58	4

Triathlon TM-60

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	477	02:40:49	Dr.Prätsch	Ulrich	1947	TSG Bergedorf	GER-HAM	00:36:10	01:17:16	01:53:27	00:47:22	02:40:49	58	02:40:49	1
2	390	02:57:50	Bumann	Rolf	1943	TUS Holstein Quickborn	GER-HAM	00:34:55	01:29:48	02:04:44	00:53:06	02:57:50	75	02:57:50	2

Triathlon TM-65

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	474	03:08:01	Pohlmann	Hermann	1938	TSG Bergedorf	GER-HAM	00:38:17	01:32:35	02:10:53	00:57:08	03:08:01	79	03:08:01	1

Ergebnis M / W - Altersklassen

Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TW-25

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	418	02:32:44	Helbig	Leana	1981	werk3 Triathlon Hamburg	GER-HAM	00:24:25	01:26:22	01:50:47	00:41:56	02:32:44	3	02:32:44	1
2	382	02:37:35	Lobach	Bente	1981	Triabolos Hamburg	GER-HAM	00:28:40	01:21:18	01:49:58	00:47:37	02:37:35	4	02:37:35	2
3	448	02:53:45	Hartenberger	Agnes	1979	Walddörfer SV	GER-HAM	00:25:25	01:30:29	01:55:55	00:57:49	02:53:45	10	02:53:45	3
4	398	02:58:09	März	Annette	1980	Team Triathlon Hamburger Hochschulen	GER-HAM	00:25:39	01:33:57	01:59:37	00:58:32	02:58:09	13	02:58:09	4

Triathlon TW-30

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	534	02:29:38	Kühner	Dr. Lucia	1974	Triabolos Hamburg		00:23:59	01:21:13	01:45:13	00:44:25	02:29:38	1	02:29:38	1
2	426	02:32:08	Simon	Daniela	1974	Team Triathlon Hamburger Hochschulen	GER-HAM	00:24:48	02:07:12	02:32:00	00:00:08	02:32:08	2	02:32:08	2
3	497	02:50:58	Jung	Daniela	1977	Team Triathlon Hamburger Hochschulen	GER-HAM	00:27:54	01:27:26	01:55:21	00:55:37	02:50:58	8	02:50:58	3
4	424	02:52:58	Neumann	Maike	1973	Kaifu Tri Team	GER-HAM	00:29:28	01:29:29	01:58:57	00:54:00	02:52:58	9	02:52:58	4
5	499	02:55:19	Anguiano	Andrea	1974	werk3 Triathlon Hamburg	GER-HAM	00:31:48	01:32:48	02:04:36	00:50:43	02:55:19	11	02:55:19	5
6	461	02:57:03	Calle Lambach	Dr. Inés	1974	Lebensfitness e.V.	GER-HAM	00:34:41	01:34:31	02:09:12	00:47:50	02:57:03	12	02:57:03	6

Triathlon TW-35

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
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Ergebnis M / W - Altersklassen

Triathlon (1,5 / 40 / 10) Hamburger Meisterschaft

Triathlon TW-35

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	451	02:59:16	Röper	Jaana	1968	TS Harburg	GER-HAM	00:33:22	01:33:30	02:06:52	00:52:23	02:59:16	14	02:59:16	1
2	491	03:07:36	Friedrich	Silke	1971	SG Haspa	GER-HAM	00:30:50	01:45:37	02:16:27	00:51:08	03:07:36	16	03:07:36	2

Triathlon TW-40

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	391	02:42:23	Engelbrecht-Hoch	Martina	1964	TUS Holstein Quickborn	GER-HAM	00:28:10	01:25:29	01:53:40	00:48:42	02:42:23	6	02:42:23	1
2	457	02:48:27	Garrelts	Svenja	1963	Walddörfer SV	GER-HAM	00:25:17	01:36:55	02:02:12	00:46:14	02:48:27	7	02:48:27	2

Triathlon TW-45

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	498	02:39:01	Kersten	Ines	1962	Laufwerk Hamburg e.V. Hamburg e.V.	GER-HAM	00:29:32	01:22:20	01:51:53	00:47:07	02:39:01	5	02:39:01	1
2	435	03:09:26	Grabowski	Dagmar	1959	RVB-Hamburg e.V.	GER-HAM	00:24:40	01:34:02	01:58:42	01:10:44	03:09:26	17	03:09:26	2

Triathlon TW-55

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Rad	Sch+Rad	Lauf	Ziel	Pos	Endzeit	Pos
1	506	03:05:27	Lau	Christel	1949	HNT- Triathlon	GER-HAM	00:34:35	01:31:49	02:06:25	00:59:01	03:05:27	15	03:05:27	1

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Ergebnis
M / W - Altersklassen

Triathlon
(1,5 / 40 / 10)
Hamburger Meisterschaft

Ergebnis
M / W - Altersklassen

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Hamburger Meisterschaft

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