

Gesundheitstriathlon für Jedermann

Ergebnisse vom 29. August 2015

Lfd Nr.	Name	Vorname	200m Schwimmen	12km Radfahren	5km Laufen/Walken	Gesamte Aktivzeit	Gesamtzeit
1	Prettenhofer	Adam	00:05:27	00:28:45	00:30:00	01:04:12	01:13:00
2	Reitmeier	Ina	00:05:42	00:35:31	00:35:00	01:16:13	02:02:00
3	Wehrmann	Detlev	00:05:29	00:30:22	00:27:00	01:02:51	01:21:00
4	Ahlers	Gerit	00:04:01	00:26:40	00:23:00	00:53:41	01:14:00
5	Alhusen	Beatrix	00:07:56	00:37:35	00:43:00	01:28:31	01:52:35
6	Heitmann	Heike	00:05:39	00:35:32	00:35:00	01:16:11	01:52:00
7	Güsen	Elke	00:05:13	00:35:00	00:29:00	01:09:13	01:38:00
8	Güsen	Rainer	00:06:24	00:32:40	00:28:00	01:07:04	01:39:00
9	Bruns	Steffen	00:05:41	00:29:00	00:28:00	01:02:41	01:21:00
10	Rolf	Martina	00:07:12	00:34:59	00:29:00	01:11:11	01:33:00
11	Rolf	Detlev	00:06:21	00:32:41	00:49:00	01:28:02	01:51:00
12	Rolf	Fabian	00:05:11	00:30:25	00:35:00	01:10:36	01:21:00
13	Boße	Heike	00:06:06	00:30:13	00:45:00	01:21:19	03:15:00
14	Baish	Chris	00:05:04	00:25:40	00:28:00	00:58:44	01:18:00
15	Stelter	Tanja	00:06:04	00:33:00	00:36:00	01:15:04	02:05:00
16	Kern	Christine	00:04:29	00:29:50	00:45:00	01:19:19	02:04:50
17	Flade	Marion	00:05:01	00:27:40	00:45:00	01:17:41	02:02:40
18	Meyer	Wilhelm	00:04:43	00:27:40	00:45:00	01:17:23	02:02:40
19	Labudda	Sigrun	00:05:04	00:40:00	00:40:00	01:25:04	01:35:00
20	Labudda	Dieter	00:05:06	00:29:00	00:32:00	01:06:06	01:17:00
21	Raschdorf	Jürgen	00:04:54	00:27:10	00:26:00	00:58:04	01:08:00
22	Gerking	Hartwig	00:07:56	00:42:30	00:38:00	01:28:26	02:27:00
23	Masemann	Resi	00:06:20	00:42:30	00:39:00	01:27:50	02:27:00
24	Masemann	Viktoria	00:07:56	00:42:30	00:39:00	01:29:26	02:27:00
25	Masemann	Michael	00:06:20	00:39:20	00:38:00	01:23:40	02:27:00
26	Puvogel	Thorsten	00:06:06	00:30:13	00:40:00	01:16:19	02:04:00
27	Lühmann	Fritz	00:04:43	00:34:20	00:35:00	01:14:03	01:48:00
28	Benesch	René	00:05:24	00:34:20	00:44:00	01:23:44	01:37:00
29	Ricklefs	Ingo	00:05:21	00:28:24	00:28:00	01:01:45	01:21:24
30	Koppermann	Marion	00:05:31	00:32:30	00:32:00	01:10:01	01:31:00
31	Prettenhofer	Marja	00:04:57	00:31:45	00:32:00	01:08:42	01:31:00
32	Görler	Petra	00:05:47	00:39:29	00:45:00	01:30:16	02:10:29
33	Görler	Annika	00:06:39	00:39:29	00:44:00	01:30:08	02:10:29