

## AK-Wertung HALF ICAN Nordhausen Germany

Plg.	Name	Verein / Ort	AK	Swim Rnk	Bike Rnk	T2 Rnk	Run Rnk	Total	Jg	Stnr.
1.	Terörde, Frederic	Triathlon Team Braunschweig	AK1 mnl.	30:30 (1)	2:30:47 (1)	1:09 (1)	1:44:51 (1)	<b>4:47:17</b>	1994	118
1.	Grassmann, Henriette	SSF Bonn	AK2 wbl.	25:40 (1)	2:36:20 (1)	1:04 (1)	1:37:20 (1)	<b>4:40:24</b>	1988	018
1.	Schwarz, Simon	MRRC München	AK2 mnl.	26:18 (2)	2:13:37 (2)	1:15 (2)	1:13:34 (1)	<b>3:54:44</b>	1989	001
2.	Guhr, Sebastian	OSSV Kamenz	AK2 mnl.	31:14 (4)	2:14:39 (3)	1:32 (5)	1:18:57 (2)	<b>4:06:22</b>	1990	003
3.	Wöllner, Marcus	Triathlonfuchse Osterburg	AK2 mnl.	24:10 (1)	2:11:56 (1)	1:15 (2)	1:34:59 (6)	<b>4:12:20</b>	1988	004
4.	Ott, Benjamin	LTV Erfurt	AK2 mnl.	33:19 (8)	2:20:48 (4)	1:06 (1)	1:32:28 (5)	<b>4:27:41</b>	1990	088
5.	Shalawadi, Sujay	HSV Weimar	AK2 mnl.	32:25 (6)	2:39:28 (7)	2:22 (8)	1:26:28 (3)	<b>4:40:43</b>	1992	114
6.	Möller, Christoph	SBR Spangenberg	AK2 mnl.	31:42 (5)	2:39:03 (6)	2:02 (6)	1:30:51 (4)	<b>4:43:38</b>	1988	083
7.	Peterseim, Manuel	Südharzer Laufshop-Team	AK2 mnl.	45:08 (9)	2:52:58 (8)	2:34 (9)	1:51:05 (8)	<b>5:31:45</b>	1988	092
8.	Jahn, Martin	USC Magdeburg	AK2 mnl.	29:56 (3)	2:57:18 (9)	2:10 (7)	2:10:15 (9)	<b>5:39:39</b>	1991	061
Disq.	Möhler, Christoph	Tri Team	AK2 mnl.	32:29 (7)	2:30:08 (5)	1:21 (4)	1:35:38 (7)	(4:39:36)	1989	082
1.	Dwojak, Agata	Hannover 96 Triathlon	AK3 wbl.	34:01 (1)	2:49:30 (1)	3:04 (1)	1:43:45 (1)	<b>5:10:20</b>	1983	016
1.	Kramer, Christian	Bike24 TriTeam	AK3 mnl.	24:08 (2)	2:13:56 (1)	1:19 (2)	1:24:46 (2)	<b>4:04:09</b>	1983	002
2.	Dehne, Nils	SSF Bonn Triathlon	AK3 mnl.	24:05 (1)	2:25:14 (2)	1:10 (1)	1:19:54 (1)	<b>4:10:23</b>	1984	037
3.	Höche, Pascal	1. Eichsfelder Sportclub	AK3 mnl.	32:14 (4)	2:29:53 (3)	1:31 (3)	1:31:56 (5)	<b>4:35:34</b>	1987	055
4.	Kuske, Jan	VfB Fallersleben	AK3 mnl.	31:38 (3)	2:34:05 (4)	3:17 (9)	1:27:06 (3)	<b>4:36:06</b>	1986	074
5.	Raatz, Marcus	TV Hülsenbusch	AK3 mnl.	34:59 (5)	2:37:11 (5)	1:38 (4)	1:27:56 (4)	<b>4:41:44</b>	1983	096
6.	Seckel, Toni	topdev aktiv	AK3 mnl.	41:35 (9)	2:37:38 (6)	1:41 (5)	1:34:38 (7)	<b>4:55:32</b>	1983	131
7.	Nehrdich, Marcus	Triathletenschmiede werratal	AK3 mnl.	41:30 (7)	2:41:18 (7)	2:30 (8)	1:34:17 (6)	<b>4:59:35</b>	1984	085
8.	Ehrhold, Sascha	Nordhausen	AK3 mnl.	41:31 (8)	2:48:14 (8)	1:51 (6)	1:53:36 (9)	<b>5:25:12</b>	1987	040
9.	Richter, Thomas	L5S1 Halle	AK3 mnl.	40:02 (6)	2:56:38 (9)	2:15 (7)	1:52:26 (8)	<b>5:31:21</b>	1983	099
1.	Konschak, Katja	Orthim Triathlon Team	AK4 wbl.	26:58 (1)	2:37:59 (1)	1:51 (2)	1:25:03 (1)	<b>4:31:51</b>	1978	011
2.	Zeh, Katja	TriAs Hildesheim	AK4 wbl.	35:22 (2)	2:57:33 (2)	1:40 (1)	1:44:33 (2)	<b>5:19:08</b>	1981	027
3.	Klie, Gerrit	VCE Duderstadt	AK4 wbl.	41:02 (3)	2:58:30 (3)	3:01 (4)	1:58:48 (3)	<b>5:41:21</b>	1981	134
4.	Schwarz, Stefanie	Bramfelder SV	AK4 wbl.	44:16 (4)	3:22:22 (4)	2:45 (3)	2:16:12 (4)	<b>6:25:35</b>	1980	025
1.	Knape, Martin	Eldorado Nordhausen	AK4 mnl.	35:41 (9)	2:17:05 (1)	1:32 (2)	1:30:54 (5)	<b>4:25:12</b>	1980	005
2.	Knape, Karsten	Südharzer Laufshop Nordhausen	AK4 mnl.	31:43 (1)	2:25:42 (2)	1:58 (11)	1:28:29 (4)	<b>4:27:52</b>	1980	070
3.	Peim, Alex	Team Erdinger Alkoholfrei	AK4 mnl.	33:09 (3)	2:28:46 (3)	1:38 (6)	1:26:30 (1)	<b>4:30:03</b>	1980	089

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4.	Börsch, Christian	Team BSR	AK4 mnl.	34:34 (7)	2:30:30 (5)	1:34 (4)	1:28:15 (3)	<b>4:34:53</b>	1982	032
5.	Brenzel, Daniel	SV Nikar Heidelberg	AK4 mnl.	35:03 (8)	2:34:35 (6)	1:33 (3)	1:28:10 (2)	<b>4:39:21</b>	1978	033
6.	Lisker, Mario	SG Eintracht Ebendorf	AK4 mnl.	35:43 (11)	2:29:42 (4)	1:56 (10)	1:34:03 (8)	<b>4:41:24</b>	1978	133
7.	Thiele, Manuel	Bad Lippspringe	AK4 mnl.	36:00 (12)	2:39:06 (8)	1:45 (7)	1:35:01 (10)	<b>4:51:52</b>	1979	119
8.	Genschmar, Alexander	Halberstadt	AK4 mnl.	41:13 (20)	2:40:15 (9)	2:53 (18)	1:33:32 (7)	<b>4:57:53</b>	1978	049
9.	Jordan, René	TV Dresden	AK4 mnl.	38:12 (14)	2:45:34 (14)	2:10 (12)	1:34:25 (9)	<b>5:00:21</b>	1979	062
10.	Saul, Sebastian	LTV Obereichsfeld	AK4 mnl.	38:32 (15)	2:48:50 (16)	1:34 (4)	1:32:13 (6)	<b>5:01:09</b>	1982	102
11.	Emmer, Alexander	L5S1 Halle	AK4 mnl.	34:19 (6)	2:43:41 (11)	2:27 (14)	1:40:52 (12)	<b>5:01:19</b>	1978	042
12.	Niefer, Jens	Mainz	AK4 mnl.	36:08 (13)	2:49:48 (17)	1:26 (1)	1:35:41 (11)	<b>5:03:03</b>	1982	086
13.	Tillmann, Tobias	SG Stern Gaggenau	AK4 mnl.	33:53 (5)	2:37:04 (7)	3:56 (22)	1:50:49 (17)	<b>5:05:42</b>	1982	120
14.	Ullman, Rikard	SV Aegir 09 Hannover	AK4 mnl.	32:30 (2)	2:42:00 (10)	2:42 (17)	1:50:14 (16)	<b>5:07:26</b>	1982	122
15.	Kahlert, Daniel	1. Eichsfelder Sportclub	AK4 mnl.	40:41 (19)	2:45:51 (15)	1:48 (8)	1:41:37 (13)	<b>5:09:57</b>	1982	063
16.	Brettschneider, Frank	Stahl-Walzwerk-Hettstedt	AK4 mnl.	38:50 (16)	2:45:05 (13)	2:11 (13)	1:46:05 (15)	<b>5:12:11</b>	1978	034
17.	Schwarz, Daniel	Bramfelder SV	AK4 mnl.	39:56 (18)	2:51:02 (18)	1:49 (9)	1:41:51 (14)	<b>5:14:38</b>	1979	110
18.	Schilling, Lars	EOSC Offenbach	AK4 mnl.	33:38 (4)	2:44:17 (12)	2:41 (16)	1:58:52 (20)	<b>5:19:28</b>	1978	105
19.	Kästner, Markus	LSG 80 Schmückeläufer	AK4 mnl.	41:29 (21)	3:04:08 (19)	3:28 (19)	1:55:49 (18)	<b>5:44:54</b>	1978	066
20.	Grimmer, Matthias	Leipzig	AK4 mnl.	43:24 (22)	3:06:21 (20)	5:19 (24)	2:00:44 (21)	<b>5:55:48</b>	1978	051
21.	Zydek, Janusch	BSG Sparkasse HGP	AK4 mnl.	35:41 (9)	3:09:57 (22)	5:13 (23)	2:06:51 (23)	<b>5:57:42</b>	1982	128
22.	Karrasch, Markus	Schwarmstedt	AK4 mnl.	43:35 (23)	3:25:33 (23)	3:35 (20)	2:04:30 (22)	<b>6:17:13</b>	1980	065
23.	Haring, Tino	Merseburg	AK4 mnl.	45:19 (24)	3:46:56 (24)	3:49 (21)	2:16:44 (24)	<b>6:52:48</b>	1980	053
Disq.	Pust, Alexander	1. Eichsfelder Sportclub / Team TriSicherung	AK4 mnl.	39:32 (17)	3:08:35 (21)	2:34 (15)	1:57:14 (19)	(5:47:55)	1981	094
1.	Hennecke, Anke	Kaifu Tri Team	Sen.1 wbl.	32:52 (1)	2:36:55 (1)	1:08 (1)	1:33:57 (1)	<b>4:44:52</b>	1976	021
2.	Alpermann, Johanna	WVC Triathlon Kassel	Sen.1 wbl.	41:12 (2)	2:59:11 (2)	2:22 (2)	1:51:17 (3)	<b>5:34:02</b>	1975	013
3.	Fieker, Janet	RadUnion Halle	Sen.1 wbl.	56:58 (3)	3:13:48 (3)	2:35 (3)	1:49:04 (2)	<b>6:02:25</b>	1976	017
1.	Mackensen, Sylvester	SV Nordhausen 90	Sen.1 mnl.	37:58 (17)	2:21:51 (1)	1:25 (1)	1:32:49 (2)	<b>4:34:03</b>	1973	009
2.	Lindert, Jörg	MTV Förste am Harz	Sen.1 mnl.	31:57 (4)	2:30:37 (2)	2:02 (13)	1:35:24 (5)	<b>4:40:00</b>	1973	077
3.	Lechten, Ingo	ASC Göttingen	Sen.1 mnl.	30:10 (1)	2:39:27 (6)	1:26 (2)	1:35:11 (4)	<b>4:46:14</b>	1973	076
4.	Niehusen, Gunnar	TSG 08 Roth	Sen.1 mnl.	33:47 (11)	2:36:57 (3)	2:16 (17)	1:33:57 (3)	<b>4:46:57</b>	1976	087
5.	Seeber, Stefan	LTV Erfurt	Sen.1 mnl.	32:02 (5)	2:37:12 (4)	1:31 (3)	1:45:10 (12)	<b>4:55:55</b>	1973	112
6.	Larsen, Kai	Breidenbach	Sen.1 mnl.	34:29 (13)	2:39:48 (7)	1:39 (7)	1:43:13 (10)	<b>4:59:09</b>	1977	075
7.	Cabanillas Garcia, Francisco	SC Langenhagen	Sen.1 mnl.	38:14 (18)	2:49:11 (11)	1:44 (8)	1:31:27 (1)	<b>5:00:36</b>	1975	035
8.	Kiedel, Andre	SV Gladbeck 13	Sen.1 mnl.	35:45 (15)	2:41:40 (8)	4:17 (22)	1:40:38 (8)	<b>5:02:20</b>	1973	068
9.	Mischok, Stefan	VHV Versicherungen	Sen.1 mnl.	31:18 (2)	2:56:15 (18)	1:31 (3)	1:35:27 (6)	<b>5:04:31</b>	1975	080
10.	Hoffmann, Karsten	Südharzer Laufladen	Sen.1 mnl.	33:12 (10)	2:45:51 (10)	1:49 (9)	1:44:06 (11)	<b>5:04:58</b>	1976	056
11.	Hauck, Thomas	TG Tria Rüsselsheim	Sen.1 mnl.	33:07 (9)	2:37:39 (5)	1:35 (5)	1:54:16 (17)	<b>5:06:37</b>	1975	054
12.	Wichmann, Andreas	Harztor	Sen.1 mnl.	32:20 (6)	2:50:09 (13)	2:31 (18)	1:41:48 (9)	<b>5:06:48</b>	1973	124

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13.	Straub, Karl-Heinz	HardtseeMafia	Sen.1 mnl.	38:52 (19)	2:49:53 (12)	2:02 (13)	1:37:03 (7)	<b>5:07:50</b>	1977	117
14.	Jaap, Marco	Bramfelder SV	Sen.1 mnl.	34:31 (14)	2:42:50 (9)	1:36 (6)	1:52:05 (16)	<b>5:11:02</b>	1975	059
15.	Prott, Berthold	Tri Team Selm	Sen.1 mnl.	33:55 (12)	2:50:49 (15)	1:50 (10)	1:48:36 (14)	<b>5:15:10</b>	1974	093
16.	Stang, Rene	LTV Erfurt	Sen.1 mnl.	37:54 (16)	2:50:25 (14)	2:14 (16)	1:51:39 (15)	<b>5:22:12</b>	1976	115
17.	Reimuth, Felix	Wichmannshausen	Sen.1 mnl.	44:57 (22)	2:54:10 (16)	3:21 (20)	1:46:20 (13)	<b>5:28:48</b>	1973	097
18.	Schaub, Andreas	Triathletenschmiede Werratal	Sen.1 mnl.	32:56 (8)	2:56:03 (17)	2:01 (12)	1:59:28 (18)	<b>5:30:28</b>	1973	103
19.	Hoppe, Enrico	ASC Kronach Frankenwald	Sen.1 mnl.	39:54 (20)	3:03:26 (20)	1:50 (10)	2:02:18 (20)	<b>5:47:28</b>	1974	057
20.	Hunger, Marco	MTV Förste am Harz	Sen.1 mnl.	44:19 (21)	3:02:30 (19)	2:33 (19)	2:00:01 (19)	<b>5:49:23</b>	1976	058
21.	Uhl, Andreas	Team Oberpfalz	Sen.1 mnl.	32:54 (7)	3:05:51 (21)	3:25 (21)	2:21:15 (21)	<b>6:03:25</b>	1973	132
DNF	Mühlenhaupt, Henning	Triathlon Heidekreis	Sen.1 mnl.	31:55 (3)	-	2:08 (15)	-	DNF	1976	084
1.	Lischke, Nadine	Birkenstein	Sen.2 wbl.	38:59 (1)	3:14:22 (3)	2:14 (1)	1:53:12 (1)	<b>5:48:47</b>	1972	023
2.	Kohl, Heike	Die flinken Gerataler	Sen.2 wbl.	45:55 (2)	3:08:33 (1)	2:32 (2)	2:06:57 (3)	<b>6:03:57</b>	1968	019
3.	Lindert, Kathrin	MTV Förste am Harz	Sen.2 wbl.	52:11 (3)	3:13:11 (2)	3:34 (3)	2:01:59 (2)	<b>6:10:55</b>	1972	022
1.	Heise, Dirk	Eberswalder Schwimm Verein	Sen.2 mnl.	34:08 (4)	2:29:37 (1)	1:22 (2)	1:30:04 (1)	<b>4:35:11</b>	1969	008
2.	Drößmar, Sven	Triathlon Friedrichroda	Sen.2 mnl.	34:57 (5)	2:32:58 (2)	1:38 (5)	1:31:33 (2)	<b>4:41:06</b>	1971	135
3.	Kostka, Jiri	Triathlon Club Bremen	Sen.2 mnl.	39:04 (9)	2:33:57 (3)	1:36 (4)	1:33:05 (3)	<b>4:47:42</b>	1970	072
4.	Lochner, Steffen	Südharzer Laufshop Team	Sen.2 mnl.	32:58 (2)	2:36:58 (4)	2:24 (13)	1:40:31 (7)	<b>4:52:51</b>	1969	130
5.	Fricke, Markus	Ltv Obereichsfeld	Sen.2 mnl.	36:19 (6)	2:49:23 (9)	1:57 (10)	1:40:54 (8)	<b>5:08:33</b>	1969	047
6.	Kohl, Veit	Die flinken Gerataler	Sen.2 mnl.	46:04 (16)	2:48:35 (8)	2:05 (12)	1:34:10 (4)	<b>5:10:54</b>	1968	071
7.	Fink, Olaf	Triathlon-Treff Sassenburg	Sen.2 mnl.	46:14 (17)	2:47:47 (7)	1:21 (1)	1:36:50 (5)	<b>5:12:12</b>	1969	046
8.	Eichentopf, Torsten	Südharzer Laufshop Team	Sen.2 mnl.	40:46 (10)	2:40:11 (5)	1:40 (6)	1:50:05 (10)	<b>5:12:42</b>	1968	041
9.	Mannich, Rene	Team Iron Mind	Sen.2 mnl.	38:11 (8)	2:43:45 (6)	1:52 (9)	1:52:07 (12)	<b>5:15:55</b>	1971	079
10.	Sander, Dirk	MTV Vorsfelde	Sen.2 mnl.	29:01 (1)	2:57:07 (14)	2:03 (11)	1:56:27 (13)	<b>5:24:38</b>	1970	101
11.	Rivinius, Viktor	Herbstein	Sen.2 mnl.	44:13 (13)	3:02:29 (15)	2:25 (14)	1:37:40 (6)	<b>5:26:47</b>	1972	010
12.	Richert, Dirk	Triathlon Treff Sassenburg	Sen.2 mnl.	44:19 (14)	2:54:48 (11)	3:07 (16)	1:49:49 (9)	<b>5:32:03</b>	1969	098
13.	Krentz, Siegfried	TG-Tria-Rüsselsheim	Sen.2 mnl.	43:19 (12)	2:56:53 (13)	1:23 (3)	1:51:51 (11)	<b>5:33:26</b>	1971	073
14.	von Dammann, Sascha		Sen.2 mnl.	36:26 (7)	2:54:30 (10)	1:43 (7)	2:02:05 (16)	<b>5:34:44</b>	1971	129
15.	Feige, Jens	Nordhausen	Sen.2 mnl.	40:53 (11)	2:55:20 (12)	1:50 (8)	1:59:00 (15)	<b>5:37:03</b>	1969	045
16.	Kleinschmidt, Frank	Nidda	Sen.2 mnl.	44:49 (15)	3:10:44 (17)	2:59 (15)	1:56:56 (14)	<b>5:55:28</b>	1970	069
17.	Peschel, Markus	Südharzer Laufshop Team	Sen.2 mnl.	33:00 (3)	3:07:15 (16)	4:18 (17)	2:12:43 (17)	<b>5:57:16</b>	1971	091
1.	Schmitt, Volker	TSVE 1890 Bielefeld	Sen.3 mnl.	33:49 (3)	2:43:43 (2)	1:54 (3)	1:39:50 (1)	<b>4:59:16</b>	1963	106
2.	Bauer, Volker	RC-Schlossbike Greiz	Sen.3 mnl.	33:16 (2)	2:41:28 (1)	1:30 (2)	1:57:14 (6)	<b>5:13:28</b>	1966	030
3.	Seibold, Henry	TG Biberach	Sen.3 mnl.	36:31 (5)	2:47:20 (4)	5:01 (11)	1:46:35 (3)	<b>5:15:27</b>	1963	113
4.	Schnappauf, Thomas	ASC Kronach Frankenwald	Sen.3 mnl.	41:26 (9)	2:45:08 (3)	1:54 (3)	1:47:44 (4)	<b>5:16:12</b>	1964	107
5.	Antonides, Robert	Mödling	Sen.3 mnl.	33:07 (1)	2:51:03 (5)	2:51 (6)	2:00:35 (9)	<b>5:27:36</b>	1964	028

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6.	Zimmermann, Meik	MTV 1862 Vorsfelde	Sen.3 mnl.	39:02 (7)	2:53:16 (7)	1:26 (1)	2:06:50 (10)	<b>5:40:34</b>	1967	127
7.	Scheibler, Gregor	PSV Braunschweig	Sen.3 mnl.	42:01 (10)	2:59:22 (8)	3:38 (9)	1:57:35 (7)	<b>5:42:36</b>	1966	104
8.	Gilbert, Oliver	Spiridon Frankfurt	Sen.3 mnl.	48:04 (12)	3:04:38 (9)	3:48 (10)	1:49:12 (5)	<b>5:45:42</b>	1964	050
9.	Eder, Thomas	ASK München Süd	Sen.3 mnl.	46:02 (11)	3:14:28 (12)	2:46 (5)	1:44:52 (2)	<b>5:48:08</b>	1965	039
10.	Sedey, Uwe	Tri-Team Selm	Sen.3 mnl.	34:48 (4)	3:09:19 (10)	3:22 (8)	2:10:43 (11)	<b>5:58:12</b>	1966	111
11.	Bähr, Detlef	sportTREND Ultralauf & Triathlonteam Braunschweig	Sen.3 mnl.	40:31 (8)	3:14:05 (11)	5:03 (12)	1:58:59 (8)	<b>5:58:38</b>	1964	029
12.	Christensen, René	TSV 1880 Gera-Zwötzen	Sen.3 mnl.	38:05 (6)	2:53:11 (6)	3:12 (7)	2:39:58 (12)	<b>6:14:26</b>	1964	036
1.	Mödebeck, René	Bad Doberaner SV'90	Sen.4 mnl.	47:37 (4)	2:57:23 (1)	2:00 (1)	1:49:33 (1)	<b>5:36:33</b>	1958	081
2.	Kaiser, Andreas	LTV Obereichsfeld	Sen.4 mnl.	42:02 (2)	3:00:19 (2)	2:16 (2)	1:55:30 (3)	<b>5:40:07</b>	1961	064
3.	Windolph, Peter	LTV Obereichsfeld	Sen.4 mnl.	44:53 (3)	3:05:14 (3)	2:53 (4)	1:50:24 (2)	<b>5:43:24</b>	1961	125
4.	Dörre, Jochen	Mühlhausen	Sen.4 mnl.	41:00 (1)	3:10:10 (4)	2:45 (3)	2:16:29 (4)	<b>6:10:24</b>	1960	038
1.	Quendt, Wolfgang	TV Obersuhl	Sen.5 mnl.	41:43 (2)	3:00:41 (2)	2:54 (2)	1:41:56 (1)	<b>5:27:14</b>	1954	095
2.	Pelzer, Wolfgang	Spiridon Frankfurt	Sen.5 mnl.	38:07 (1)	2:54:10 (1)	2:10 (1)	2:08:44 (2)	<b>5:43:11</b>	1957	090
3.	Kästner, Eckhard	SV Straelen Tri 19	Sen.5 mnl.	49:38 (3)	3:19:35 (3)	3:37 (3)	2:16:00 (3)	<b>6:28:50</b>	1956	067