

## AK-Wertung HALF ICAN Nordhausen Germany

### - Thüringer Meisterschaft -

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	T1	Bike	km/h	Rnk	T2	Run	min/km	Rnk	Total	Diff.	Jg	Stnr.
1.	Zwirmann, Hans	Orthim-Triathlon-Team	AK2 mnl.	29:39	1:34	(2)	2:06	2:21:44	38,10	(3)	2:02	1:45:47	5:02	(5)	<b>4:41:18</b>		1993	014
1.	Beck, Henry	HSV Weimar Triathlon / VCT Elements	AK3 mnl.	23:40	1:15	(1)	1:47	2:07:22	42,40	(4)	1:24	1:21:25	3:53	(4)	<b>3:55:38</b>		1985	150
2.	Altstadt, Christian	LTV Erfurt	AK3 mnl.	25:32	1:21	(4)	2:14	2:07:49	42,25	(5)	1:24	1:20:50	3:51	(3)	<b>3:57:49</b>	+2:11	1987	001
3.	Willgosch, Aljoscha	Triathlon Jena e.V.	AK3 mnl.	25:33	1:21	(5)	2:06	2:14:19	40,20	(7)	1:07	1:25:11	4:03	(7)	<b>4:08:16</b>	+12:38	1988	015
4.	Quellmalz, Eric	Triathlon Verein Jena e.V.	AK3 mnl.	29:14	1:32	(8)	2:19	2:14:41	40,09	(8)	1:50	1:34:07	4:29	(11)	<b>4:22:11</b>	+26:33	1988	108
1.	Knape, Karsten	Triathlon Nordhausen	AK4 mnl.	31:25	1:39	(3)	1:54	2:17:24	39,30	(3)	1:21	1:28:52	4:14	(2)	<b>4:20:56</b>		1980	008
2.	Hill, Andreas	TV Barchfeld e.V.	AK4 mnl.	32:40	1:43	(6)	3:27	2:30:46	35,82	(8)	1:26	1:33:57	4:28	(6)	<b>4:42:16</b>	+21:20	1982	071
3.	Saul, Sebastian	LTV OBEREICHFELD	AK4 mnl.	37:28	1:58	(14)	3:52	2:35:51	34,65	(12)	1:30	1:30:35	4:19	(4)	<b>4:49:16</b>	+28:20	1982	113
4.	Bachmann, Michael	LTV Obereichsfeld e.V.	AK4 mnl.	45:11	2:23	(19)	3:32	2:45:18	32,67	(17)	1:56	1:47:03	5:06	(13)	<b>5:23:00</b>	+62:04	1983	035
5.	Rudolf, Bernhard	Triathlon Jena e.V.	AK4 mnl.	47:30	2:30	(20)	2:25	2:50:39	31,64	(20)	1:52	1:55:05	5:29	(16)	<b>5:37:31</b>	+76:35	1981	112
6.	Garz, Christian	VfB Torpedo Ictershausen	AK4 mnl.	44:10	2:19	(17)	3:40	3:08:21	28,67	(21)	1:42	1:59:42	5:42	(19)	<b>5:57:35</b>	+96:39	1983	064
1.	Winter, Torsten	VfB Torpedo Ictershausen	Sen.1 mnl.	32:25	1:42	(2)	2:25	2:34:22	34,98	(7)	1:23	1:34:50	4:31	(2)	<b>4:45:25</b>		1974	137
2.	Hengelhaupt, Thorsten	VfB Torpedo Ictershausen	Sen.1 mnl.	40:31	2:08	(12)	3:18	2:47:26	32,25	(11)	1:53	2:03:52	5:54	(12)	<b>5:37:00</b>	+51:35	1978	070
DNF	Korsawi, Rick	Triathlon Friedrichroda e.V.	Sen.1 mnl.	33:23	1:45	(3)	3:37	0:00:00	0,00	-		0:00:00	0:00	-	DNF		1975	085
1.	Mackensen, Sylvester	Orthim-Triathlon-Team	Sen.2 mnl.	39:19	2:04	(12)	2:12	2:16:45	39,49	(1)	1:30	1:36:57	4:37	(5)	<b>4:36:43</b>		1973	010
2.	Drößmar, Sven	Triathlon Friedrichroda e.V.	Sen.2 mnl.	34:54	1:50	(5)	3:00	2:27:18	36,66	(7)	1:38	1:35:42	4:33	(3)	<b>4:42:32</b>	+5:49	1971	054
3.	Fricke, Markus	LTV Obereichsfeld e.V.	Sen.2 mnl.	35:39	1:53	(9)	3:27	2:51:48	31,43	(13)	1:52	1:47:24	5:07	(9)	<b>5:20:10</b>	+43:27	1969	061
1.	Bauer, Volker	RC Schloßbike Greiz	Sen.3 mnl.	34:15	1:48	(3)	3:11	2:37:41	34,25	(5)	1:41	2:00:37	5:45	(12)	<b>5:17:25</b>		1966	037
2.	Margraf, Uwe	TC Suhl	Sen.3 mnl.	44:28	2:20	(14)	3:28	2:41:39	33,41	(8)	2:03	1:50:05	5:15	(7)	<b>5:21:43</b>	+4:18	1966	093
3.	Jäger, Heinz-Peter	TV Barchfeld	Sen.3 mnl.	44:45	2:21	(15)	3:07	3:08:48	28,60	(16)	2:38	2:07:23	6:04	(15)	<b>6:06:41</b>	+49:16	1967	143
1.	Windolph, Peter	LTV Obereichsfeld e.V.	Sen.4 mnl.	41:09	2:10	(7)	5:40	2:44:10	32,89	(6)	2:39	1:54:13	5:26	(6)	<b>5:27:51</b>		1961	136
2.	Kaiser, Andreas	LTV Obereichsfeld e.V.	Sen.4 mnl.	41:01	2:10	(6)	4:14	2:48:32	32,04	(7)	2:12	2:04:25	5:55	(8)	<b>5:40:24</b>	+12:33	1961	081
1.	Frohl, Jochen	Triathlon Friedrichroda e.V.	Sen.5 mnl.	38:37	2:02	(1)	4:51	2:55:04	30,85	(2)	2:12	1:57:37	5:36	(2)	<b>5:38:21</b>		1955	062