

12. Steinbecker Tritathlon

am 29 Juni 2003

Volksdistanz

600 m / 22 km / 5 km

ERGEBNISLISTE

Plz	SNr	Name	Vorname	Verein	JG	AK	AKPl	Schwimm	Rad	Lauf	Endzeit
1.	439	Czysch	Boris	Lubig Team PSV Bonn	79	TM20	1.	00:08:38	00:34:58	00:18:44	01:02:20
2.	417	Dirker	Olaf	TVE-Greven	69	TM30	1.	00:10:20	00:36:48	00:21:06	01:08:14
3.	427	Ottmann	Jens	Northland Team	78	TM25	1.	00:11:11	00:39:09	00:19:34	01:09:54
4.	433	Schmidt	Michael	SC Altenrheine	68	TM35	1.	00:10:23	00:40:06	00:19:37	01:10:06
5.	493	Büscher	Andreas	Tri Team Dissen	61	TM40	1.	00:11:46	00:40:49	00:19:21	01:11:56
6.	431	Flatau	Martin	Osnabrück	70	TM30	2.	00:11:20	00:41:03	00:20:27	01:12:50
7.	434	Hofmann	Matthias	SC Falke Saerbeck	65	TM35	2.	00:10:58	00:39:34	00:22:26	01:12:58
8.	471	Möller	Björn	TV Mettingen	75	TM25	2.	00:00:00	00:00:00	01:13:25	01:13:25
9.	407	Rohleder	Manuel	EifelSan Team TVE Netphen	86	TM16	1.	00:12:36	00:40:01	00:20:53	01:13:30
9.	404	Sonntag	Mike	Pirate-Team Rheine	65	TM35	3.	00:12:28	00:40:07	00:20:55	01:13:30
11.	474	Stelthove	Thomas	Grün-Weiß Steinbeck	71	TM30	3.	00:13:16	00:39:21	00:22:04	01:14:41
12.	495	Schubert	Frank	TV Lohnde	62	TM40	2.	00:12:56	00:40:28	00:22:06	01:15:30
13.	399	Bedner	Michael	Tri Team Hagen	61	TM40	3.	00:12:26	00:40:31	00:22:49	01:15:46
14.	416	Tutino	Michael	SV Teuto Riesenbeck	77	TM25	3.	00:14:38	00:40:44	00:20:31	01:15:53
15.	437	Schmidt	Oliver	VFR Büttgen	70	TM30	4.	00:14:35	00:41:27	00:20:25	01:16:27
16.	396	Weslau	Johannes	Schinkel04	60	TM40	4.	00:13:45	00:39:01	00:23:45	01:16:31
17.	420	Frieling	Martin	Schwarz-Weiß Havixbeck	73	TM30	5.	00:11:25	00:41:11	00:24:16	01:16:52
18.	497	Hübel	Jörg	Uni Triathlöwen Bremen	67	TM35	4.	00:11:01	00:42:13	00:23:42	01:16:56
19.	425	Abdorf	Marcel	TVD Bremen	62	TM40	5.	00:13:17	00:41:18	00:22:29	01:17:04
20.	486	Singer	Marco	SC Falke Saerbeck	70	TM30	6.	00:14:04	00:41:53	00:21:23	01:17:20
21.	494	Schmerer	Boto	TV Lohnde	63	TM40	6.	00:14:10	00:41:37	00:21:35	01:17:22
22.	414	Brinkschröder	Michael	Recke	80	TM20	2.	00:13:09	00:43:15	00:21:09	01:17:33
23.	409	Reeker	Timo	Stella Bevergern	77	TM25	4.	00:14:31	00:42:33	00:20:37	01:17:41
24.	412	Cramer	Thorsten	GM-Hütte	74	TM25	5.	00:13:46	00:41:21	00:22:39	01:17:46
25.	447	Rexhausen	Marcel	Wülfrath	68	TM35	5.	00:13:34	00:42:52	00:21:37	01:18:03
26.	500	Rieke	Alfred	Grün-Weiß Steinbeck	59	TM40	7.	00:15:10	00:41:29	00:21:50	01:18:29
26.	480	Penning	Stefan	Grün-Weiß Steinbeck	87	TM16	2.	00:12:23	00:44:18	00:21:48	01:18:29
28.	423	Severin	Josef	Münster	60	TM40	8.	00:12:30	00:40:48	00:25:36	01:18:54
29.	466	Schnieders	Markus	SV Dickenberg	76	TM25	6.	00:12:42	00:44:53	00:21:48	01:19:23

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30.	483	Dufils	Gerd	Marathon Ibbenbüren	48	TM55	1.	00:13:12	00:44:42	00:21:38	01:19:32
31.	418	Nienhaber	Günter	TVE-Greven	63	TM40	9.	00:12:15	00:43:29	00:23:58	01:19:42
32.	398	Bedner	Sylvia	Tri Team Hagen	58	TW45	1.	00:12:10	00:44:02	00:23:32	01:19:44
33.	403	Gröger	Uwe	TVE Greven	60	TM40	10.	00:13:43	00:43:00	00:23:05	01:19:48
34.	468	Teigeler	Martin	TB Burgsteinfurt	67	TM35	6.	00:12:23	00:43:50	00:24:29	01:20:42
35.	419	Teutemacher	Tobias	TVE-Greven	62	TM40	11.	00:11:12	00:45:16	00:24:28	01:20:56
36.	443	Unger	Ulrich	TC Köln-Jena	59	TM40	12.	00:14:52	00:42:11	00:24:08	01:21:11
37.	484	Gäbel	Martin	Marathon Ibbenbüren	65	TM35	7.	00:15:39	00:44:15	00:21:37	01:21:31
38.	411	Bader	Herbert	Nordenia	63	TM40	13.	00:11:09	00:45:28	00:25:19	01:21:56
39.	485	Runde	Detlev	Marathon Ibbenbüren	51	TM50	1.	00:16:41	00:44:19	00:21:26	01:22:26
40.	465	Schiefelbein	Sabine	Tri Finish Münster	72	TW30	1.	00:14:51	00:42:32	00:25:15	01:22:38
41.	421	Geiß	Jochen	SV Werder Bremen	61	TM40	14.	00:13:27	00:46:29	00:22:44	01:22:40
42.	400	Stermann	Franz	SV Halverde	62	TM40	15.	00:14:47	00:45:11	00:23:39	01:23:37
43.	462	Dr. Hoffmann	Andrea	TV Fredeburg	59	TW40	1.	00:13:05	00:44:24	00:26:18	01:23:47
44.	489	Beinker	Frank	Freibad Neuenkirchen	72	TM30	7.	00:13:01	00:44:29	00:26:34	01:24:04
45.	424	Bock	Rolf	TuS 1908 Schleiden	59	TM40	16.	00:12:29	00:45:04	00:27:06	01:24:39
46.	451	Westhoff	Klaus	OKE	67	TW35	1.	00:00:00	01:00:03	00:24:43	01:24:46
47.	459	Wagner	Heike	USC Kiel	62	TW40	2.	00:14:52	00:45:51	00:24:18	01:25:01
48.	477	Obermayer	Veronica	Uni Triathlöwen Bremen	81	TW20	1.	00:13:18	00:47:26	00:24:33	01:25:17
49.	429	Osterbrink	Heinz	Cheruskia Laggenbeck	53	TM50	2.	00:14:46	00:45:15	00:25:28	01:25:29
50.	458	Hensel	Simone	TSG Sprockhövel	76	TW25	1.	00:13:43	00:44:13	00:27:50	01:25:46
51.	467	Unnerstall	Ludwig	TC Köln-Jena	62	TM40	17.	00:15:02	00:45:23	00:25:22	01:25:47
52.	475	Stelthove	Michael	Grün-Weiß Steinbeck	75	TM25	7.	00:15:18	00:46:31	00:24:09	01:25:58
53.	488	Lampe	Jürgen	SC Falke Saerbeck	63	TM40	18.	00:14:23	00:47:10	00:25:10	01:26:43
54.	401	Streitberger	Joachim	Münster	45	TM55	2.	00:14:18	00:46:28	00:26:16	01:27:02
55.	490	Neuhaus	Gerrit	Münster	81	TM20	3.	00:14:49	00:46:07	00:26:15	01:27:11
56.	482	Wedderhoff	Heribert	Marathon Ibbenbüren	50	TM50	3.	00:18:20	00:46:24	00:22:29	01:27:13
57.	428	Czysch	Peter	Münster	44	TM55	3.	00:16:43	00:44:47	00:26:06	01:27:36
58.	402	Steinforth	Ewald	Obersteinbeck	58	TM45	1.	00:14:31	00:46:17	00:27:05	01:27:53
59.	435	Visse-Hellmanns	Michael	Recke	58	TM45	2.	00:13:21	00:47:04	00:27:36	01:28:01

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60.	491	Manske	Andreas	Münster	81	TM20	4.	00:13:02	00:47:53	00:27:07	01:28:02
61.	452	Schliephake	Marlies	SV Teuto Riesenbeck	60	TW40	3.	00:16:57	00:45:43	00:25:32	01:28:12
62.	397	Brönstrup	Helmut	Grün-Weiß Steinbeck	59	TM40	19.	00:15:59	00:48:01	00:24:20	01:28:20
63.	476	Boetjer	Carmen	Uni Triathlöwen Bremen	73	TW30	2.	00:14:26	00:47:40	00:26:29	01:28:35
64.	406	Wallmann	Ulrich	JG Ladbergen	66	TM35	8.	00:11:40	00:48:55	00:28:11	01:28:46
65.	415	Rüter	Frank	Hille	78	TM25	8.	00:14:42	00:49:00	00:25:07	01:28:49
66.	422	Wolff	Thomas	BSG-LWL Münster	58	TM45	3.	00:18:07	00:46:56	00:23:49	01:28:52
67.	469	Laudage	Dirk	Münster	77	TM25	9.	00:15:25	00:44:40	00:29:01	01:29:06
68.	455	Rennekamp	Nadine	Hörstel	75	TW25	2.	00:14:44	00:48:14	00:26:19	01:29:17
69.	499	Di Beradino	Antonio	Tri Team Sprockhövel	73	TM30	8.	00:13:24	00:48:54	00:27:01	01:29:19
70.	445	Steinbock	Bernd	TuS Gildehaus	44	TM55	4.	00:15:21	00:45:06	00:29:47	01:30:14
71.	498	Emsmann	Andreas	LAV Rheine	80	TM20	5.	00:17:00	00:49:38	00:23:53	01:30:31
72.	446	Torka	Stephan	GW Steinbeck	66	TM35	9.	00:15:49	00:46:27	00:28:24	01:30:40
73.	460	Wallmann	Petra	JG Ladbergen	69	TW30	3.	00:16:07	00:48:44	00:26:09	01:31:00
74.	440	Reimann	Michael	TC Köln-Jena	60	TM40	20.	00:15:50	00:49:40	00:25:47	01:31:17
75.	413	Neugebauer	Paul	SV Benhausen	54	TM45	4.	00:14:29	00:50:59	00:26:07	01:31:35
76.	487	Bickel	Jürgen	Germania Hauenhorst	70	TM30	9.	00:14:39	00:53:48	00:23:20	01:31:47
77.	430	Zintel	Egon	Emsbüren	39	TM60	1.	00:15:07	00:47:16	00:29:40	01:32:03
78.	478	Haverkamp	Marita	Tri Team Hagen	60	TW40	4.	00:15:28	00:51:44	00:25:20	01:32:32
79.	461	Schmitz	Martina	TuS 1908 Schleiden	64	TW35	2.	00:14:03	00:48:04	00:30:41	01:32:48
80.	448	Hilbers	Martin	Bonn	63	TM40	21.	00:14:27	00:50:35	00:28:22	01:33:24
81.	441	Diekriede	Burkhard	TC Köln-Jena	64	TM35	10.	00:15:42	00:51:50	00:26:39	01:34:11
82.	492	Mesterheide	Erwin	OTSV Preuß. Oldendorf	46	TM55	5.	00:20:36	00:48:16	00:25:39	01:34:31
83.	473	Stelthove	Werner	Grün-Weiß Steinbeck	51	TM50	4.	00:17:21	00:50:11	00:27:06	01:34:38
84.	479	Acktun	Andreas	Tri Team Hagen	60	TM40	22.	00:17:19	00:54:12	00:23:34	01:35:05
85.	432	Hörmann	Manfred	ESV Münster	37	TM65	1.	00:18:15	00:49:19	00:28:13	01:35:47
86.	105	Helling	Dirk		63	TM40	23.	00:00:00	01:09:37	00:27:09	01:36:46
87.	454	Bachmajer	Vera	Hörstel	77	TW25	3.	00:13:31	00:55:36	00:28:08	01:37:15
88.	436	Bergfeld	Helmut	Marathon Ibbenbüren	33	TM70	1.	00:19:30	00:49:47	00:28:13	01:37:30
89.	496	Köhler	Ingo	Köln	69	TM30	10.	00:17:30	00:53:39	00:29:05	01:40:14

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90.	472	Stelthove	Ludger	Mettingen	55	TM45	5.	00:17:06	00:56:38	00:28:27	01:42:11
91.	464	Koch-Kolhoff	Ulla	SC Borchten	50	TW50	1.	00:16:15	01:01:14	00:35:31	01:53:00
92.	457	Brinkmann	Mechtild	Marathon Soest	46	TW55	1.	00:15:59	00:58:45	00:42:28	01:57:12
93.	449	Kösters	Heinrich	Recke	62	TM40	24.	00:15:35	01:05:29	00:38:02	01:59:06
94.	453	Schulz	Sylvia	Tecklenburg	66	TW35	3.	00:18:48	01:06:34	00:36:51	02:02:13

12. Steinbecker Tritathlon

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Kurz-Triathlon

1.5 km / 44 km / 10 km

ERGEBNISLISTE

Plz	SNr	Name	Vorname	Verein	JG	AK	AKPl	Schwimm	Rad	Lauf	Endzeit
1.	224	Penno	Winni	SuS Stadtlohn	69	TM30	1.	00:26:46	01:14:55	00:39:02	02:20:43
2.	271	Ponta	Rowil	Hamburg	68	TM35	1.	00:23:37	01:17:02	00:41:13	02:21:52
3.	272	Fischer	Harry	Tri-Club Wuppertal 1969	69	TM30	2.	00:24:47	01:16:29	00:42:11	02:23:27
4.	243	Kröhnert	Andreas	Tri Michels HH	66	TM35	2.	00:29:10	01:12:12	00:42:48	02:24:10
5.	203	Rexhausen	Thorsten	Tri-Club Wuppertal	72	TM30	3.	00:23:34	01:17:53	00:43:09	02:24:36
6.	210	Cramer	Bernd	Tri-Club Wuppertal	60	TM40	1.	00:29:04	01:14:19	00:43:08	02:26:31
7.	212	Mittkowski	Thomas	BSG Springorum-Bochum	63	TM40	2.	00:30:55	01:17:16	00:39:22	02:27:33
8.	237	Janta	Sebastian	LG Burg Wiedenbrück	73	TM30	4.	00:27:31	01:18:38	00:42:21	02:28:30
9.	209	Petri	Stavro	Tri-Club Wuppertal	69	TM30	5.	00:25:36	01:19:17	00:44:16	02:29:09
10.	227	Hagedorn	Ingo	TriRun Ibbenbüren	74	TM25	1.	00:26:57	01:16:11	00:46:05	02:29:13
11.	222	Tiehatten	Tom	Tri Finish Münster	70	TM30	6.	00:23:47	01:19:03	00:46:50	02:29:40
12.	259	Bekhuis	Saskia	Triathlonclub Twente	69	TW30	1.	00:23:08	01:23:27	00:44:05	02:30:40
13.	228	Bruns	Manfred	TriRun Ibbenbüren	60	TM40	3.	00:26:33	01:18:24	00:46:17	02:31:14
14.	240	Simovics	Stefan	Lubig Team PSV Bonn	63	TM40	4.	00:26:17	01:22:10	00:43:42	02:32:09
15.	215	Zweihaus	Markus	TVE-Greven	61	TM40	5.	00:27:16	01:19:45	00:45:57	02:32:58
16.	231	Flatau	Bernd	TSG Burg Gretesch	67	TM35	3.	00:27:39	01:24:03	00:41:17	02:32:59
17.	233	Rummler	Tobias	RTC Frechen 80	59	TM40	6.	00:27:38	01:22:36	00:43:06	02:33:20
18.	263	Prinz	Oliver	Elan Tri Team Steinfurt	67	TM35	4.	00:36:38	01:18:43	00:40:55	02:36:16
19.	213	Emkow	Frank	Tri-Team Dissen	59	TM40	7.	00:26:54	01:24:03	00:45:24	02:36:21
20.	245	Beyer	Andre	SV Teuto Riesenbeck	79	TM20	1.	00:27:12	01:23:53	00:46:56	02:38:01
21.	246	Kellermeier	Rainer	TuS Recke	69	TM30	7.	00:28:12	01:20:46	00:50:17	02:39:15
22.	216	Zupanc	Roland	LT Mattlerbusch	58	TM45	1.	00:27:24	01:28:55	00:44:20	02:40:39
23.	267	Ullrich	Thomas	TuS Velmede-Bestwig	62	TM40	8.	00:26:42	01:28:04	00:46:56	02:41:42
24.	239	Fietzeck	Manfred	Tri-Sport-Team Verl	49	TM50	1.	00:25:49	01:22:31	00:53:48	02:42:08
25.	251	Quecke	Anja	TuS 09 Erkenschwick	73	TW30	2.	00:29:43	01:23:57	00:48:29	02:42:09
26.	218	Krüger	Walter	TuS Drevenack	60	TM40	9.	00:28:51	01:27:06	00:47:28	02:43:25
27.	268	Tittel	Gerd	TuS Velmede-Bestwig	60	TM40	10.	00:27:09	01:28:12	00:48:36	02:43:57
28.	261	Mittelstaedt	Sabine	RTC Frechen 80	65	TW35	1.	00:35:10	01:34:07	00:36:20	02:45:37
29.	230	Nümann	Frank	Tri Team Dissen	60	TM40	11.	00:33:17	01:31:31	00:43:02	02:47:50

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30.	226	Jürgens	Klaus-Dieter	TV Fredeburg	39	TM60	1.	00:29:47	01:29:58	00:50:14	02:49:59
31.	255	Nobis	Alexandra	Uni Triathlöwen Bremen	68	TW35	2.	00:27:16	01:30:36	00:52:24	02:50:16
32.	232	Schmeider	Friedel	Meppen	65	TM35	5.	00:35:23	01:24:19	00:51:14	02:50:56
33.	269	Ponta	Annikke	Hamburg	74	TW25	1.	00:27:57	01:30:46	00:53:39	02:52:22
34.	219	Bockweg	Jürgen	Mettingen	63	TM40	12.	00:26:31	01:32:29	00:53:23	02:52:23
35.	204	Epkenhans	Martin	Tri Finish Münster	56	TM45	2.	00:30:28	01:29:10	00:52:54	02:52:32
36.	266	Stapke	Carsten	Bielefeld	68	TM35	6.	00:38:31	01:29:48	00:45:24	02:53:43
37.	244	Rösgen	Christian	TRIAS-Schieder	61	TM40	13.	00:32:41	01:31:37	00:51:58	02:56:16
38.	253	Krüger	Elisabeth	TuS Drevenack	64	TW35	3.	00:27:56	01:33:44	00:55:02	02:56:42
39.	235	Matheke	Jürgen	TV Hohne	61	TM40	14.	00:36:04	01:24:23	00:57:19	02:57:46
40.	256	Stöppler	Petra	SVO Borghorst	66	TW35	4.	00:26:02	01:36:42	00:56:00	02:58:44
41.	270	Cojetzki	Lia	Emsdetten	71	TW30	3.	00:29:23	01:30:05	00:59:17	02:58:45
42.	202	Rettenmaier	Thomas	ASV Süchteln	71	TM30	8.	00:39:41	01:28:26	00:51:00	02:59:07
43.	238	Trepohl	Andreas	Emsbüren	72	TM30	9.	00:34:30	01:29:09	00:56:44	03:00:23
44.	247	Heyen	Thomas	Meppen	69	TM30	10.	00:35:56	01:30:54	00:53:47	03:00:37
45.	248	Schmieschek	Chrstoph	SV Sterkrade Nord	69	TM30	11.	00:00:00	00:00:00	03:00:38	03:00:38
46.	258	Brüggen	Cornelia	TriRun Ibbenbüren	61	TW40	1.	00:38:26	01:32:17	00:53:19	03:04:02
47.	229	Muche	Kay	Tri Maniacs SV Großhansdorf	50	TM50	2.	00:37:38	01:32:29	00:57:20	03:07:27
48.	200	Brinkmann	Hans	Marathon Soest	38	TM65	1.	00:39:24	01:36:07	00:53:39	03:09:10
49.	207	Leichert	Jörg	TV Gronau	72	TM30	12.	00:33:18	01:34:57	01:01:56	03:10:11
50.	241	Bürger	Oliver	SC Altenrheine	72	TM30	13.	00:28:01	01:34:00	01:10:03	03:12:04
51.	242	Ohde	Georg	Come on Emsdetten	61	TM40	15.	00:33:16	01:41:16	01:03:49	03:18:21
52.	262	Thalheimer	Susanne	RTC Frechen 80	65	TW35	5.	00:41:12	01:42:56	00:59:13	03:23:21
53.	257	Scholz-Wylezik	Heike	Tri Team Dissen	69	TW30	4.	00:40:33	01:46:19	00:56:36	03:23:28
54.	252	Flemming	Barbara	Mettingen	68	TW35	6.	00:41:58	01:48:50	01:03:17	03:34:05