



# 31. Fürstenwalder Cross-Duathlon



## Rauen - 25.03.2023

### Übersicht der Auswertung - U23, Elite, Senioren - 6-18-3 km

Platz	Plw	Plm	StNr.	Name, Vorname	Bundesland / Verein	Geb. AK	Lauf 1	Rad	Lauf+Rad	Lauf 2	Endzeit	Rückst.
1	1	5		Graupe, Sven	BB / Run and Bike Bernau	1973mAK50 (1)	00:25:44 (1)	00:47:30 (1)	01:13:14 (1)	00:12:27 (1)	01:25:41	00:00:00
2	2	22		Achnitz, Christoph	BB / Volkssport Luckenwalde	1991mAK30 (1)	00:26:49 (4)	00:49:05 (2)	01:15:55 (3)	00:12:53 (3)	01:28:48	00:03:07
3	3	30		Daßler, Ingmar	BB / TSV Cottbus	1985mAK35 (1)	()	()	01:15:53 (2)	00:12:58 (6)	01:28:51	00:03:10
4	4	20		Freidank, Andreas	BB / ASV Zeuthen	1979mAK40 (1)	00:26:47 (3)	00:49:35 (3)	01:16:22 (4)	00:12:49 (2)	01:29:12	00:03:30
5	5	43		Hackmann, Martin	/LTC-Berlin	1967mAK55 (1)	()	()	()	()	01:30:28	00:04:47
6	6	42		Uhthoff, Bernd	BE / Berlin	1978mAK45 (1)	()	()	01:18:36 (5)	00:12:57 (4)	01:31:33	00:05:52
7	7	11		Mohr, Toni	BB / TSV Cottbus	1983mAK40 (2)	00:25:50 (2)	00:54:30 (6)	01:20:20 (6)	00:12:57 (5)	01:33:18	00:07:36
8	8	26		Uhthoff, Thomas	BB / Neuenhagen	1978mAK45 (2)	00:30:12 (10)	00:50:28 (4)	01:20:40 (7)	00:13:34 (10)	01:34:15	00:08:33
9	9	41		Drusia, Frank	BE / TV 06 Thalmässing	1970mAK50 (2)	()	()	01:22:39 (8)	00:13:34 (11)	01:36:13	00:10:32
10	10	13		Lorke, Frank	BE / TVB 09	1979mAK40 (3)	()	()	01:23:59 (10)	00:13:13 (8)	01:37:12	00:11:31
11	11	28		Reinwald, Jens	BB / TV Fürstenwalde	1972mAK50 (3)	00:30:31 (13)	00:53:03 (5)	01:23:35 (9)	00:14:38 (15)	01:38:13	00:12:31
12	12	6		Tschendel, Michael	BB / Run and Bike Bernau	1980mAK40 (4)	00:29:29 (5)	00:55:40 (9)	01:25:09 (11)	00:13:56 (12)	01:39:06	00:13:24
13	13	39		Hell, Andreas	BB / MSV TRIPOINT Ffo.	1971mAK50 (4)	00:30:30 (12)	00:55:38 (8)	01:26:09 (12)	00:14:07 (13)	01:40:16	00:14:35
14	14	44		Wiechert, Michael	BB / Zeppelin Team OSC Potsdam	1974mAK45 (3)	()	()	01:27:04 (14)	00:13:22 (9)	01:40:27	00:14:45
15	15	24		Hertrampf, Maximilian	BB / Triathlon Spreewald e. V.	1989mAK30 (2)	()	()	01:27:24 (15)	00:13:08 (7)	01:40:33	00:14:51
16	16	37		Haby, Dirk Markus	BB / TV Fürstenwalde	1970mAK50 (5)	00:30:18 (11)	00:57:15 (12)	01:27:33 (16)	00:14:08 (14)	01:41:42	00:16:00
17	17	3		Pippel, Jan	BB / Müncheberg	1984mAK35 (2)	00:29:55 (7)	00:57:46 (14)	01:27:41 (18)	00:15:13 (17)	01:42:55	00:17:14
18	18	27		Altenkirch, Volker	BB / DLRG-Luckenwalde	1967mAK55 (2)	00:31:41 (15)	00:54:33 (7)	01:26:15 (13)	00:16:47 (27)	01:43:02	00:17:20
19	19	33		Zimmer, Marco	BB / TSV Cottbus	1979mAK40 (5)	00:30:01 (8)	00:57:34 (13)	01:27:36 (17)	00:15:26 (20)	01:43:03*	00:17:21
20	20	40		Wiedemann, Frank	BB / TV Spreewald	1960mAK60 (1)	00:30:54 (14)	00:58:31 (15)	01:29:25 (19)	00:15:24 (18)	01:44:49	00:19:08
21	21	38		Negrea, Felix	BB / TV Fürstenwalde	2005mJUN (1)	00:29:46 (6)	01:00:48 (21)	01:30:35 (20)	00:16:42 (26)	01:47:17	00:21:35
22	1	36		Janeck, Maria	BB / LKK Racing Team	1990wAK30 (1)	00:34:24 (19)	00:57:12 (11)	01:31:36 (21)	00:15:46 (22)	01:47:23	00:21:41
23	22	2		Talabudzinow, Olaf	BB / Bernauer Lauffreunde	1963mAK60 (2)	00:32:43 (17)	01:00:26 (19)	01:33:09 (23)	00:14:40 (16)	01:47:50	00:22:08
24	23	25		Jagomast, Mike	BE / Team Multisport	1967mAK55 (3)	00:36:59 (26)	00:56:45 (10)	01:33:45 (24)	00:15:41 (21)	01:49:26	00:23:44
25	24	15		Bock, Daniel	BB / Bad Saarow	1989mAK30 (3)	00:30:06 (9)	01:02:59 (23)	01:33:06 (22)	00:16:23 (24)	01:49:29	00:23:47
26	25	7		Stegemann, Bert	BE / Dauerbrenner Berlin	1968mAK55 (4)	00:34:05 (18)	01:00:12 (17)	01:34:18 (25)	00:15:26 (19)	01:49:44	00:24:02
27	26	14		Piazena, Jörg	BB / TSV Cottbus	1964mAK55 (5)	00:35:59 (23)	00:59:39 (16)	01:35:38 (26)	00:16:21 (23)	01:51:59	00:26:18
28	2	29		Syp, Peggy	BB / TV Fürstenwalde	1975wAK45 (1)	00:35:22 (21)	01:00:46 (20)	01:36:09 (27)	00:16:50 (28)	01:52:59	00:27:18
29	27	4		Nestler, Thomas	BB / RadTeam Seidel	1975mAK45 (4)	00:36:07 (25)	01:00:16 (18)	01:36:23 (28)	00:17:03 (30)	01:53:27	00:27:45
30	3	23		Lengert, Sabine	BE / Team Multisport	1968wAK55 (1)	00:37:19 (27)	01:01:30 (22)	01:38:50 (29)	00:17:19 (31)	01:56:09	00:30:27
31	28	1		Rühmer, Heiko	BB / SV Berlin-Chemie Ahof	1970mAK50 (6)	00:36:02 (24)	01:06:16 (25)	01:42:18 (30)	00:16:53 (29)	01:59:11	00:33:29
32	29	21		Schmidt, André	ST / SV Einheit Wittenberg	1976mAK45 (5)	00:38:25 (28)	01:04:09 (24)	01:42:35 (31)	00:19:20 (32)	02:01:55	00:36:13
33	4	32		Kaiser, Patricia	BB / Prenzlau	1982wAK40 (1)	00:35:11 (20)	01:12:19 (26)	01:47:30 (32)	00:16:40 (25)	02:04:10	00:38:28
		19		Beck, Benedikt	BB / TV Fürstenwalde	2005mJUN ()	00:35:25 (22)	()	()	()	DNF	
		34		Henneberg, Jens	BB / SVV Hohen Neuendorf	1980mAK40 ()	00:32:30 (16)	()	()	()	DNF	



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Platz	Plw	Plm	StNr.	Name, Vorname	Bundesland / Verein	Geb. AK	Lauf 1	Rad	Lauf+Rad	Lauf 2	Endzeit	Rückst.
38				Negrea, Felix	BB / TV Fürstenwalde	2005mJUN (1)	00:29:46 (6)	01:00:48 (21)	01:30:35 (20)	00:16:42 (26)	01:47:17	
19				Beck, Benedikt	BB / TV Fürstenwalde	2005mJUN (0)	00:35:25 (22)	(0)	(0)	(0)	DNF	