

33. Spreewald Triathlon 2023

Ergebnisse: Große Spreewaldfrau

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	LaufR3	LaufR4	Lauf	Rückstand
1	1	Anja Leuendorff	A3K Berlin	wAK45	1	4:44:33	41:05(1)	2:22:42(1)	3:03:47(1)	24:16(3)	25:01(2)	25:38(2)	25:51(2)	1:40:46(2)	
2	26	Kati Franke	A3K Berlin	wAK40	1	4:58:59	48:00(7)	2:33:29(3)	3:21:29(5)	23:28(2)	24:25(1)	24:53(1)	24:44(1)	1:37:30(1)	0:14:26
3	44	Cornelia Hiller	LTV Erfurt	wAK45	2	5:00:57	41:48(2)	2:31:17(2)	3:13:05(2)	24:34(5)	27:09(6)	28:09(6)	28:00(6)	1:47:52(6)	0:16:24
4	63	Denise Kottwitz	Sisu Berlin	wAK45	3	5:07:03	00:00(00)	3:15:11(13)	3:15:11(3)	26:00(9)	28:00(8)	29:25(9)	28:27(9)	1:51:52(9)	0:22:30
5	29	Ada Freese	TriFinisher Berlin	wAK45	4	5:09:17	43:41(5)	2:36:19(4)	3:20:00(4)	25:15(7)	27:41(7)	28:18(7)	28:03(7)	1:49:17(7)	0:24:44
6	115	Christiane Wermann	Trisport Schwerin	wAK50	1	5:12:23	49:15(10)	2:40:15(7)	3:29:30(11)	25:08(6)	25:50(4)	25:42(4)	26:13(3)	1:42:53(4)	0:27:50
7	89	Christiane Radatz	A3K Berlin	wAK35	1	5:14:34	48:23(8)	2:40:21(8)	3:28:44(10)	24:17(4)	26:52(5)	27:36(5)	27:05(4)	1:45:50(5)	0:30:01
8	2	Sybille Liepner	Bernauer Lauffreunde/ Erdinger Alkoholfrei	wAK50	2	5:16:00	42:04(3)	2:42:52(10)	3:24:56(6)	25:53(8)	28:09(9)	28:41(8)	28:21(8)	1:51:04(8)	0:31:27
9	49	Elisa Jankowski	A3K Berlin	wAK25	1	5:25:03	43:04(4)	2:42:20(9)	3:25:24(7)	26:45(10)	30:35(10)	31:11(10)	31:08(10)	1:59:39(10)	0:40:30
10	37	Paula Gredig	SC DHfK Leipzig	wAK25	2	5:26:08	48:48(9)	2:55:32(11)	3:44:20(12)	23:21(1)	25:40(3)	25:40(3)	27:07(5)	1:41:48(3)	0:41:35
11	58	Anke Klewer	TSV Quellenhaupt Bornhöved	wAK40	2	5:29:41	45:54(6)	2:39:56(6)	3:25:50(8)	27:53(11)	31:37(11)	32:51(12)	31:30(12)	2:03:51(11)	0:45:08
12	77	Michaela Meyer	SCC Berlin	wAK35	2	5:32:30	49:59(11)	2:37:57(5)	3:27:56(9)	29:12(12)	31:49(12)	32:06(11)	31:27(11)	2:04:34(12)	0:47:57
13	81	Sonja Palm	Berlin Heinersdorf	wAK45	5	5:37:30	52:35(12)	0:00:00(00)	0:00:00(00)	00:00(00)	00:00(00)	00:00(00)	00:00(00)	4:44:55(14)	0:52:57
14	40	Maren Handschug	Ullersdorf	wAK50	3	6:14:01	56:38(13)	3:02:19(12)	3:58:57(13)	29:51(13)	34:09(13)	35:13(13)	35:51(13)	2:15:04(13)	1:29:28

33. Spreewald Triathlon 2023

Ergebnisse: Großer Spreewaldmann

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	LaufR3	LaufR4	Lauf	Rückstand
1	92	Stefan Rauschenbach	TriTeam Berlin	mAK35	1	3:57:47	0:36:24(8)	2:03:24(1)	2:39:48(2)	19:24(1)	19:50(1)	19:17(1)	19:28(1)	1:17:59(1)	
2	20	Lukas Determann	BSV Friesen	mAK30	1	4:10:31	0:34:45(2)	2:07:54(7)	2:42:39(4)	21:39(18)	22:18(12)	22:19(7)	21:36(5)	1:27:52(10)	0:12:44
3	70	Kimmo Kurzbach	A3K Berlin	mAK30	2	4:10:58	0:31:54(1)	2:04:43(2)	2:36:37(1)	20:58(11)	22:38(13)	25:21(23)	25:24(27)	1:34:21(18)	0:13:11
4	8	Florian Baetke	SG Brieselang	mAK40	1	4:10:59	0:35:57(3)	2:07:17(5)	2:43:14(6)	20:47(10)	22:13(10)	22:53(11)	21:52(6)	1:27:45(8)	0:13:12
5	34	Thomas Gogolin	MSV Tripoint Ffo.	mAK45	1	4:11:24	0:43:45(39)	2:07:39(6)	2:51:24(13)	19:33(3)	20:11(2)	20:08(2)	20:08(2)	1:20:00(2)	0:13:37
6	60	Norbert Kocsis	Berliner Wasserratten	mAK40	2	4:11:46	0:38:29(14)	2:08:20(8)	2:46:49(8)	20:21(7)	21:29(6)	22:00(4)	21:07(4)	1:24:57(5)	0:13:59
7	591	Danny Hannover	Tri Team Berlin	mAK45	2	4:14:34	0:37:39(12)	2:10:23(10)	2:48:02(9)	20:06(5)	22:02(9)	22:20(8)	22:04(8)	1:26:32(7)	0:16:47
8	55	Sebastian Kestner	Fahrrad Magdeburg Trimagos	mAK35	2	4:16:55	0:38:27(13)	2:10:38(11)	2:49:05(10)	20:25(8)	21:23(5)	22:30(9)	23:32(19)	1:27:50(9)	0:19:08
9	84	Gernot Poerner	TC Merseburg e.V.	mAK45	3	4:17:08	0:36:23(7)	2:06:25(4)	2:42:48(5)	21:27(16)	24:26(22)	25:05(21)	23:22(14)	1:34:20(17)	0:19:21
10	51	Jendrik Jördening	A3K Berlin	mAK30	3	4:17:59	0:36:09(5)	2:04:51(3)	2:41:00(3)	21:15(14)	23:49(19)	25:36(26)	26:19(31)	1:36:59(23)	0:20:12
11	93	Michael Richter	LTC Berlin	mAK50	1	4:18:06	0:37:28(11)	2:12:06(13)	2:49:34(11)	21:07(12)	22:15(11)	22:36(10)	22:34(11)	1:28:32(12)	0:20:19
12	116	Cornelius Wermann	TriSport Schwerin	mAK45	4	4:18:28	0:36:18(6)	2:08:33(9)	2:44:51(7)	21:57(19)	24:25(21)	23:51(17)	23:24(15)	1:33:37(16)	0:20:41
13	75	Joshua Meinke	Division BPM	mAK25	1	4:22:48	0:40:16(25)	2:20:03(22)	3:00:19(24)	19:53(4)	20:45(3)	21:10(3)	20:41(3)	1:22:29(3)	0:25:01
14	10	Matthias Baranowski	Team actreme	mAK40	3	4:23:22	0:39:14(20)	2:18:09(19)	2:57:23(16)	20:16(6)	21:32(7)	22:17(6)	21:54(7)	1:25:59(6)	0:25:35
15	73	Oleg Mazurov	OMY! Sports	mAK45	5	4:24:33	0:41:56(33)	2:17:44(18)	2:59:40(23)	19:26(2)	21:18(4)	22:03(5)	22:06(9)	1:24:53(4)	0:26:46
16	102	Markus Schuchardt	LTV Obereichsfeld	mAK30	4	4:27:02	0:41:50(31)	2:16:59(16)	2:58:49(22)	20:26(9)	21:54(8)	23:22(12)	22:31(10)	1:28:13(11)	0:29:15
17	64	Marco Krätsch	TSV Cottbus	mAK45	6	4:27:16	0:39:03(18)	2:17:00(17)	2:56:03(15)	21:25(15)	23:11(16)	23:32(15)	23:05(13)	1:31:13(13)	0:29:29
18	7	Frank Aulich	power & pace	mAK45	7	4:29:41	0:38:36(16)	2:19:14(21)	2:57:50(18)	21:29(17)	23:09(14)	23:44(16)	23:29(18)	1:31:51(14)	0:31:54
19	3	Christian Kittler	SV Turbine NB	mAK50	2	4:33:18	0:37:24(10)	2:20:09(23)	2:57:33(17)	24:29(38)	23:54(20)	24:24(18)	22:58(12)	1:35:45(21)	0:35:31
20	27	Dustin Franz	DLRG Luckenwalde	mAK35	3	4:33:23	0:39:35(22)	2:19:00(20)	2:58:35(21)	22:09(20)	23:29(17)	24:48(20)	24:22(21)	1:34:48(19)	0:35:36
21	42	Daniel Heinath	A3K Berlin	mAK40	4	4:33:48	0:40:03(23)	2:15:19(15)	2:55:22(14)	23:06(25)	24:33(23)	25:26(24)	25:21(26)	1:38:26(25)	0:36:01
22	106	Michael Sommer	Team Erdinger Alkoholfrei	mAK45	8	4:41:58	0:43:57(41)	2:21:50(24)	3:05:47(27)	23:27(27)	24:52(25)	24:26(19)	23:26(17)	1:36:11(22)	0:44:11
23	25	Dennis Fiedler	A3K Berlin	mAK40	5	4:42:06	0:36:08(4)	2:22:21(26)	2:58:29(20)	23:51(30)	26:31(36)	27:05(35)	26:10(30)	1:43:37(30)	0:44:19
24	110	Thomas Thiemer	Team BUFO	mAK45	9	4:47:20	0:37:20(9)	2:23:45(27)	3:01:05(25)	22:15(21)	25:10(26)	29:02(47)	29:48(49)	1:46:15(35)	0:49:33
25	85	Holger Pohle	TVB 09	mAK55	1	4:52:53	0:00:00(00)	3:13:31(77)	3:13:31(38)	24:13(35)	26:04(32)	25:40(28)	23:25(16)	1:39:22(27)	0:55:06
26	72	Klaus Lips	Berlin	mAK60	1	4:53:23	0:53:43(71)	2:26:21(31)	3:20:04(46)	22:18(22)	23:34(18)	23:23(13)	24:04(20)	1:33:19(15)	0:55:36
27	100	Toni Schmitt	SpreeRadio	mAK55	2	4:53:28	0:39:11(19)	2:30:16(36)	3:09:27(29)	24:09(34)	26:02(30)	26:54(32)	26:56(34)	1:44:01(31)	0:55:41
28	66	Jeremy Krstic	Berliner Wasserratten e.V.	mAK45	10	4:55:46	0:45:03(47)	2:24:50(29)	3:09:53(31)	25:11(42)	27:31(45)	27:19(38)	25:52(28)	1:45:53(34)	0:57:59
29	39	Henry Haferkorn	MSV Tripoint FFO	mAK60	2	4:56:52	0:43:23(37)	2:25:20(30)	3:08:43(28)	25:34(45)	27:42(46)	27:26(39)	27:27(37)	1:48:09(40)	0:59:05
30	57	Alexander Klemm	LfV Oberholz	mAK40	6	4:58:14	0:41:47(30)	2:31:42(41)	3:13:29(37)	23:42(29)	26:18(34)	27:05(35)	27:40(38)	1:44:45(32)	1:00:27
31	76	Stefan Meissner	TuS Neukölln Berlin	mAK35	4	4:58:28	0:50:31(66)	2:29:50(35)	3:20:21(47)	21:07(12)	25:39(28)	26:20(31)	25:01(23)	1:38:07(24)	1:00:41
32	105	Oleg Singer	Berlin	mAK50	3	4:58:42	0:42:48(35)	2:22:15(25)	3:05:03(26)	22:58(24)	26:04(32)	29:22(52)	35:15(64)	1:53:39(52)	1:00:55
33	22	Alex Dreyer	Dirty Berlin	mAK30	5	4:58:51	0:49:24(62)	2:34:31(47)	3:23:55(52)	23:12(26)	23:10(15)	23:27(14)	25:07(24)	1:34:56(20)	1:01:04
34	88	Michael Postel	A3K Berlin	mAK50	4	4:59:00	0:39:22(21)	2:30:55(39)	3:10:17(34)	24:20(37)	26:03(31)	27:15(37)	31:05(56)	1:48:43(41)	1:01:13
35	96	Ulrich Schatz	Triathlon Team Berlin	mAK55	3	4:59:22	0:44:07(42)	2:32:09(43)	3:16:16(43)	24:29(38)	25:37(27)	26:16(29)	26:44(33)	1:43:06(28)	1:01:35
36	14	Matthias Brandt	Neptun 08 Finsterwalde e.V.	mAK45	11	4:59:58	0:41:52(32)	2:28:14(33)	3:10:06(33)	24:54(40)	29:56(55)	27:46(41)	27:16(35)	1:49:52(43)	1:02:11
37	11	Dirk Bartels	Tri Team Berlin	mAK60	3	5:02:25	0:00:00(00)	3:10:05(75)	3:10:05(32)	25:56(49)	27:20(44)	29:02(47)	30:02(50)	1:52:20(47)	1:04:38
38	56	Ivo Kille	Triathlon Potsdam e.V.	mAK30	6	5:04:11	0:45:21(48)	2:13:03(14)	2:58:24(19)	32:46(71)	32:08(62)	31:13(58)	29:40(48)	2:05:47(60)	1:06:24
39	111	Andreas Thude		mAK40	7	5:04:28	0:48:32(58)	2:30:25(37)	3:18:57(45)	23:51(30)	30:06(57)	25:36(26)	25:58(29)	1:45:31(33)	1:06:41
40	28	Roman Pascal Franz	Ridin Dirty Berlin	mAK30	7	5:06:52	0:45:02(46)	2:35:35(48)	3:20:37(48)	25:59(50)	26:57(37)	26:56(33)	26:23(32)	1:46:15(35)	1:09:05

33. Spreewald Triathlon 2023

Ergebnisse: Großer Spreewaldmann

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	LaufR3	LaufR4	Lauf	Rückstand
41	118	Stephan Wollschläger	BSV Friesen	mAK45	12	5:06:54	0:44:24(44)	2:26:36(32)	3:11:00(35)	25:20(44)	30:15(58)	29:19(51)	31:00(54)	1:55:54(53)	1:09:07
42	91	Mark Ramsey	Tri Team Berlin	mAK55	4	5:07:29	0:43:56(40)	2:30:59(40)	3:14:55(39)	24:56(41)	26:58(38)	29:37(53)	31:03(55)	1:52:34(49)	1:09:42
43	65	Thilo Krause	MSV TRIPOINT Frankfurt (Oder)	mAK55	5	5:08:06	0:42:44(34)	2:33:22(45)	3:16:06(42)	27:24(58)	28:27(50)	27:39(40)	28:30(41)	1:52:00(46)	1:10:19
44	82	Michael Perlhofer	SC DHfK Leipzig	mAK45	13	5:08:57	0:42:53(36)	2:32:45(44)	3:15:38(41)	27:02(56)	28:06(47)	29:06(49)	29:05(43)	1:53:19(50)	1:11:10
45	46	Philip Hinze	DreiZack Spandau	mAK35	5	5:10:18	0:51:37(68)	2:29:05(34)	3:20:42(49)	25:54(48)	27:18(43)	28:06(43)	28:18(39)	1:49:36(42)	1:12:31
46	87	Thomas Posner	Berlin Heinersdorf	mAK45	14	5:11:14	0:40:34(27)	2:47:13(63)	3:27:47(59)	27:33(59)	26:21(35)	25:05(21)	24:28(22)	1:43:27(29)	1:13:27
47	30	Olaf Gärtner	MSV TRIPOINT Ffo	mAK50	5	5:12:00	0:41:34(28)	2:43:24(59)	3:24:58(53)	23:51(30)	25:46(29)	27:50(42)	29:35(47)	1:47:02(38)	1:14:13
48	18	Götz Dastis		mAK60	4	5:13:19	0:46:49(53)	2:38:25(51)	3:25:14(54)	26:07(51)	27:12(41)	26:19(30)	28:27(40)	1:48:05(39)	1:15:32
49	5	Stefan Alberti	Weltraumjogger	mAK55	6	5:13:26	0:47:29(54)	2:47:29(64)	3:34:58(64)	22:54(23)	24:46(24)	25:31(25)	25:17(25)	1:38:28(26)	1:15:39
50	45	Gerald Hiller	Tri Team Berlin	mAK55	7	5:14:04	0:44:12(43)	2:37:22(49)	3:21:34(51)	26:11(52)	28:55(52)	28:26(44)	28:58(42)	1:52:30(48)	1:16:17
51	104	Danny Silva	LG eXa e.V.	mAK50	6	5:15:08	0:40:28(26)	2:41:02(55)	3:21:30(50)	25:46(46)	28:26(49)	28:57(46)	30:29(52)	1:53:38(51)	1:17:21
52	99	Torsten Schmidt	Dresden	mAK35	6	5:15:28	0:38:48(17)	2:30:48(38)	3:09:36(30)	30:11(67)	32:45(64)	31:04(57)	31:52(57)	2:05:52(61)	1:17:41
53	80	Justus Muster		mAK30	8	5:16:25	0:52:09(69)	2:37:52(50)	3:30:01(61)	25:11(42)	27:00(40)	26:57(34)	27:16(35)	1:46:24(37)	1:18:38
54	15	Jens Bremer	Bergholz-Rehbrücke	mAK45	15	5:24:15	0:45:45(49)	2:40:33(53)	3:26:18(57)	26:53(55)	30:45(59)	30:08(54)	30:11(51)	1:57:57(55)	1:26:28
55	21	Robert Döring-Strohscheer		mAK45	16	5:28:12	0:48:53(59)	2:40:14(52)	3:29:07(60)	27:59(61)	29:24(53)	30:53(56)	30:49(53)	1:59:05(56)	1:30:25
56	78	Felix Morczinek		mAK35	7	5:30:05	0:48:25(57)	2:51:33(69)	3:39:58(69)	24:19(36)	27:14(42)	29:18(50)	29:16(46)	1:50:07(44)	1:32:18
57	16	Steffen Brendler	Waldsiefersdorf	mAK50	7	5:31:49	0:50:13(64)	2:45:07(62)	3:35:20(65)	26:50(54)	29:58(56)	30:26(55)	29:15(45)	1:56:29(54)	1:34:02
58	592	Matthias Barke	Bernauer Lauffreunde e.V.	mAK45	17	5:32:26	0:53:50(72)	2:24:47(28)	3:18:37(44)	27:57(60)	34:51(66)	34:29(66)	37:02(67)	2:14:19(66)	1:34:39
59	4	Domenic Achterberg	Sisu Berlin	mAK30	9	5:34:36	0:49:52(63)	2:42:18(57)	3:32:10(63)	27:13(57)	29:46(54)	31:39(60)	33:48(61)	2:02:26(58)	1:36:49
60	101	Stefan Schmoranzer		mAK50	8	5:34:44	0:58:55(76)	2:44:04(61)	3:42:59(71)	25:48(47)	28:15(48)	28:35(45)	29:07(44)	1:51:45(45)	1:36:57
61	6	Volker Altenkirch	DLRG Luckenwalde	mAK55	8	5:35:15	0:44:49(45)	2:41:21(56)	3:26:10(56)	28:37(63)	31:49(61)	34:13(65)	34:26(63)	2:09:05(63)	1:37:28
62	79	Edison Gustavo Muenz	Sisu Berlin	mAK35	8	5:37:05	0:45:52(51)	2:40:45(54)	3:26:37(58)	28:34(62)	35:28(70)	32:16(61)	34:10(62)	2:10:28(64)	1:39:18
63	109	Oliver Thiem	6er Kette	mAK45	18	5:37:54	0:46:42(52)	2:43:26(60)	3:30:08(62)	30:01(66)	32:20(63)	32:55(63)	32:30(58)	2:07:46(62)	1:40:07
64	35	Stefan Gohlke	DreiZack Spandau e.V.	mAK40	8	5:39:55	0:48:19(56)	2:50:21(67)	3:38:40(67)	26:25(53)	28:48(51)	32:21(62)	33:41(60)	2:01:15(57)	1:42:08
65	43	Jens Henneberg	SSV Hohen Neuendorf	mAK40	9	5:44:07	0:43:33(38)	2:42:36(58)	3:26:09(55)	31:05(68)	35:09(68)	36:04(67)	35:40(66)	2:17:58(67)	1:46:20
66	48	Andreas Janke	Berlin	mAK60	5	5:48:13	0:50:25(65)	2:52:53(71)	3:43:18(72)	29:31(64)	31:10(60)	31:38(59)	32:36(59)	2:04:55(59)	1:50:26
67	19	Derek Gimpel	TVB 09	mAK55	9	5:56:17	0:51:29(67)	2:52:54(72)	3:44:23(73)	29:45(65)	33:06(65)	33:30(64)	35:33(65)	2:11:54(65)	1:58:30
68	68	Frank Kulack	Trifinisher Berlin	mAK65	1	6:02:46	0:47:46(55)	2:47:57(65)	3:35:43(66)	33:35(73)	35:57(72)	38:28(70)	39:03(69)	2:27:03(70)	2:04:59
69	112	Andreas Vogel	LSV Delfin	mAK60	6	6:07:14	0:49:04(60)	2:50:24(68)	3:39:28(68)	32:47(72)	34:59(67)	38:42(71)	41:18(72)	2:27:46(71)	2:09:27
70	41	Thomas Handschug	Ullersdorf	mAK55	10	6:15:02	0:56:35(74)	2:54:05(73)	3:50:40(75)	31:45(70)	35:12(69)	37:07(68)	40:18(70)	2:24:22(69)	2:17:15
71	94	Lee-Roy Rietze	Braunschweig	mAK25	2	6:27:32	0:54:51(73)	2:52:33(70)	3:47:24(74)	37:54(75)	41:16(74)	41:04(72)	40:24(71)	2:40:38(72)	2:29:45
72	90	Wolf-Ulrich Raffel	Lichtenrader Löwen	mAK45	19	6:32:25	0:57:18(75)	3:11:09(76)	4:08:27(77)	31:14(69)	35:52(71)	38:23(69)	38:29(68)	2:23:58(68)	2:34:38
73	17	Michael Buntins	SSF Bonn	mAK70	1	6:48:44	1:01:05(77)	3:06:54(74)	4:07:59(76)	37:49(74)	39:45(73)	41:18(73)	41:53(73)	2:40:45(73)	2:50:57
DNF	31	Martin Gärtner		mAK35			0:40:15(24)	2:31:59(42)	3:12:14(36)	23:57(33)	26:59(39)				
DNF	59	Michael Klewer	Tri Fun Güstrow	mAK45			0:41:37(29)	2:33:45(46)	3:15:22(40)	23:36(28)					
DNF	36	Stephan Golatowski	Team Golle	mAK40			0:38:35(15)	2:11:10(12)	2:49:45(12)						
DNF	108	Murat Taskiran		mAK50			0:53:33(70)	2:48:50(66)	3:42:23(70)						
DNF	62	Dieter Konieczny	TLV Rangsdorf	mAK60			0:45:46(50)								
DNF	13	Mike Kowaloff	MSV Tripoint Frankfurt (Oder)	mAK50			0:49:15(61)								

33. Spreewald Triathlon 2023

Ergebnisse: LM Berlin Berlin

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	LaufR3	LaufR4	Lauf	Rückstand
1	92	Stefan Rauschenbach	TriTeam Berlin	mAK35	1	3:57:47	36:24(5)	2:03:24(1)	2:39:48(2)	19:24(1)	19:50(1)	19:17(1)	19:28(1)	1:17:59(1)	
2	20	Lukas Determann	BSV Friesen	mAK30	1	4:10:31	34:45(2)	2:07:54(4)	2:42:39(4)	21:39(8)	22:18(5)	22:19(4)	21:36(4)	1:27:52(5)	0:12:44
3	70	Kimmo Kurzbach	A3K Berlin	mAK30	2	4:10:58	31:54(1)	2:04:43(2)	2:36:37(1)	20:58(5)	22:38(6)	25:21(7)	25:24(11)	1:34:21(6)	0:13:11
4	60	Norbert Kocsis	Berliner Wasserratten	mAK40	1	4:11:46	38:29(7)	2:08:20(5)	2:46:49(5)	20:21(4)	21:29(3)	22:00(3)	21:07(3)	1:24:57(3)	0:13:59
5	591	Danny Hannover	Tri Team Berlin	mAK45	1	4:14:34	37:39(6)	2:10:23(6)	2:48:02(6)	20:06(3)	22:02(4)	22:20(5)	22:04(5)	1:26:32(4)	0:16:47
6	51	Jendrik Jördening	A3K Berlin	mAK30	3	4:17:59	36:09(4)	2:04:51(3)	2:41:00(3)	21:15(7)	23:49(7)	25:36(10)	26:19(15)	1:36:59(7)	0:20:12
7	75	Joshua Meinke	Division BPM	mAK25	1	4:22:48	40:16(10)	2:20:03(8)	3:00:19(9)	19:53(2)	20:45(2)	21:10(2)	20:41(2)	1:22:29(2)	0:25:01
8	42	Daniel Heinath	A3K Berlin	mAK40	2	4:33:48	40:03(9)	2:15:19(7)	2:55:22(7)	23:06(10)	24:33(9)	25:26(8)	25:21(10)	1:38:26(10)	0:36:01
9	25	Dennis Fiedler	A3K Berlin	mAK40	3	4:42:06	36:08(3)	2:22:21(9)	2:58:29(8)	23:51(12)	26:31(16)	27:05(15)	26:10(14)	1:43:37(15)	0:44:19
10	1	Anja Leuendorff	A3K Berlin	wAK45	1	4:44:33	41:05(11)	2:22:42(10)	3:03:47(10)	24:16(14)	25:01(11)	25:38(11)	25:51(12)	1:40:46(13)	0:46:46
11	85	Holger Pohle	TVB 09	mAK55	1	4:52:53	00:00(00)	3:13:31(29)	3:13:31(15)	24:13(13)	26:04(15)	25:40(12)	23:25(6)	1:39:22(12)	0:55:06
12	66	Jeremy Krstic	Berliner Wasserratten e.V.	mAK45	2	4:55:46	45:03(18)	2:24:50(11)	3:09:53(11)	25:11(19)	27:31(21)	27:19(17)	25:52(13)	1:45:53(17)	0:57:59
13	76	Stefan Meissner	TuS Neukölln Berlin	mAK35	2	4:58:28	50:31(24)	2:29:50(14)	3:20:21(20)	21:07(6)	25:39(13)	26:20(14)	25:01(8)	1:38:07(9)	1:00:41
14	26	Kati Franke	A3K Berlin	wAK40	1	4:58:59	48:00(21)	2:33:29(18)	3:21:29(22)	23:28(11)	24:25(8)	24:53(6)	24:44(7)	1:37:30(8)	1:01:12
15	88	Michael Postel	A3K Berlin	mAK50	1	4:59:00	39:22(8)	2:30:55(15)	3:10:17(13)	24:20(16)	26:03(14)	27:15(16)	31:05(25)	1:48:43(18)	1:01:13
16	96	Ulrich Schatz	Triathlon Team Berlin	mAK55	2	4:59:22	44:07(15)	2:32:09(17)	3:16:16(18)	24:29(17)	25:37(12)	26:16(13)	26:44(16)	1:43:06(14)	1:01:35
17	11	Dirk Bartels	Tri Team Berlin	mAK60	1	5:02:25	00:00(00)	3:10:05(28)	3:10:05(12)	25:56(23)	27:20(20)	29:02(22)	30:02(22)	1:52:20(22)	1:04:38
18	118	Stephan Wollschläger	BSV Friesen	mAK45	3	5:06:54	44:24(17)	2:26:36(12)	3:11:00(14)	25:20(21)	30:15(26)	29:19(23)	31:00(23)	1:55:54(25)	1:09:07
19	63	Denise Kottwitz	Sisu Berlin	wAK45	2	5:07:03	00:00(00)	3:15:11(30)	3:15:11(17)	26:00(24)	28:00(23)	29:25(24)	28:27(20)	1:51:52(21)	1:09:16
20	91	Mark Ramsey	Tri Team Berlin	mAK55	3	5:07:29	43:56(14)	2:30:59(16)	3:14:55(16)	24:56(18)	26:58(18)	29:37(25)	31:03(24)	1:52:34(24)	1:09:42
21	29	Ada Freese	TriFinisher Berlin	wAK45	3	5:09:17	43:41(13)	2:36:19(19)	3:20:00(19)	25:15(20)	27:41(22)	28:18(20)	28:03(18)	1:49:17(19)	1:11:30
22	46	Philip Hinze	DreiZack Spandau	mAK35	3	5:10:18	51:37(26)	2:29:05(13)	3:20:42(21)	25:54(22)	27:18(19)	28:06(19)	28:18(19)	1:49:36(20)	1:12:31
23	5	Stefan Alberti	Weltraumjogger	mAK55	4	5:13:26	47:29(20)	2:47:29(25)	3:34:58(28)	22:54(9)	24:46(10)	25:31(9)	25:17(9)	1:38:28(11)	1:15:39
24	45	Gerald Hiller	Tri Team Berlin	mAK55	5	5:14:04	44:12(16)	2:37:22(20)	3:21:34(23)	26:11(25)	28:55(24)	28:26(21)	28:58(21)	1:52:30(23)	1:16:17
25	89	Christiane Radatz	A3K Berlin	wAK35	1	5:14:34	48:23(22)	2:40:21(21)	3:28:44(26)	24:17(15)	26:52(17)	27:36(18)	27:05(17)	1:45:50(16)	1:16:47
26	49	Elisa Jankowski	A3K Berlin	wAK25	1	5:25:03	43:04(12)	2:42:20(24)	3:25:24(24)	26:45(26)	30:35(27)	31:11(26)	31:08(26)	1:59:39(26)	1:27:16
27	4	Domenic Achterberg	Sisu Berlin	mAK30	4	5:34:36	49:52(23)	2:42:18(23)	3:32:10(27)	27:13(27)	29:46(25)	31:39(27)	33:48(27)	2:02:26(27)	1:36:49
28	79	Edison Gustavo Muenz	Sisu Berlin	mAK35	4	5:37:05	45:52(19)	2:40:45(22)	3:26:37(25)	28:34(28)	35:28(29)	32:16(28)	34:10(28)	2:10:28(28)	1:39:18
29	19	Derek Gimpel	TVB 09	mAK55	6	5:56:17	51:29(25)	2:52:54(27)	3:44:23(30)	29:45(29)	33:06(28)	33:30(29)	35:33(29)	2:11:54(29)	1:58:30
DNF	108	Murat Taskiran		mAK50			53:33(27)	2:48:50(26)	3:42:23(29)						

33. Spreewald Triathlon 2023

Ergebnisse: Kleine Spreewaldfrau

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	Lauf	Rückstand
1	489	Hella Haak	Erdinger	wAK20	1	2:24:16	29:31(4)	1:10:12(1)	1:39:43(1)	21:34(1)	22:59(3)	0:44:33(2)	
2	95	Laura Rotter	Tri Finisher Berlin	wAK40	1	2:31:18	28:08(3)	1:16:22(6)	1:44:30(3)	22:41(4)	24:07(4)	0:46:48(4)	0:07:02
3	426	Manon Peters	MTG Mannheim	wAK35	1	2:35:28	33:15(11)	1:15:00(3)	1:48:15(5)	22:43(5)	24:30(5)	0:47:13(5)	0:11:12
4	467	Ines Uhlig	Skiklub Dresden-Niedersedlitz	wAK50	1	2:38:46	34:31(15)	1:16:19(5)	1:50:50(6)	23:06(6)	24:50(6)	0:47:56(6)	0:14:30
5	402	Claudia Lipinsky	MSV Tripoint Frankfurt (Oder)	wAK40	2	2:40:01	27:06(2)	1:16:14(4)	1:43:20(2)	26:41(13)	30:00(17)	0:56:41(16)	0:15:45
6	490	Stefanie von Mechow	SCC Berlin	wAK50	2	2:42:44	39:10(27)	1:18:27(9)	1:57:37(13)	22:30(3)	22:37(1)	0:45:07(3)	0:18:28
7	451	Lisa Schulz	MSV Tripoint / triZonegoal	wAK20	2	2:44:41	31:56(7)	1:14:39(2)	1:46:35(4)	27:43(18)	30:23(19)	0:58:06(19)	0:20:25
8	406	Heike Mangelsdorff	DreiZack Spandau	wAK55	1	2:45:11	36:11(18)	1:16:39(7)	1:52:50(7)	25:01(10)	27:20(9)	0:52:21(10)	0:20:55
9	432	Hannah Reinke	Tri Team Berlin	wAK20	3	2:46:00	30:32(6)	1:25:24(14)	1:55:56(12)	23:32(8)	26:32(8)	0:50:04(8)	0:21:44
10	450	Anke Schulte-Rosier	Yeahsport	wAK50	3	2:50:37	38:50(26)	1:16:47(8)	1:55:37(11)	27:28(16)	27:32(11)	0:55:00(14)	0:26:21
11	429	Diana Rada	A3K	wAK50	4	2:51:13	34:06(12)	1:19:02(10)	1:53:08(8)	27:53(19)	30:12(18)	0:58:05(18)	0:26:57
12	482	Sandy Woythe	Neptun 08 Finsterwalde	wAK45	1	2:51:53	36:47(20)	1:25:48(15)	2:02:35(19)	23:16(7)	26:02(7)	0:49:18(7)	0:27:37
13	408	Tenia Meisel	Dezemberclub	wAK30	1	2:53:24	26:51(1)	1:32:00(26)	1:58:51(15)	26:17(12)	28:16(13)	0:54:33(11)	0:29:08
14	351	Jessica Gottschalk	Tri-Finischer Berlin	wAK30	2	2:53:54	30:14(5)	1:23:39(13)	1:53:53(10)	27:41(17)	32:20(24)	1:00:01(21)	0:29:38
15	466	Ines Trampel	VfV Spandau	wAK50	5	2:54:07	34:23(14)	1:27:24(18)	2:01:47(18)	24:59(9)	27:21(10)	0:52:20(9)	0:29:51
16	453	Franziska Schulze	Triathlon Potsdam e.V.	wAK35	2	2:55:01	43:06(32)	1:27:24(18)	2:10:30(25)	21:37(2)	22:54(2)	0:44:31(1)	0:30:45
17	393	Susanne Kugelmann	HSG Uni Greifswald	wAK40	3	2:55:27	37:10(22)	1:20:45(11)	1:57:55(14)	27:56(20)	29:36(16)	0:57:32(17)	0:31:11
18	461	Saskia Stichel	ASV Zeuthen	wAK40	4	2:58:43	33:14(10)	1:25:52(16)	1:59:06(16)	28:30(22)	31:07(20)	0:59:37(20)	0:34:27
19	357	Ute Haferkorn	MSV Tripoint FFO	wAK55	2	2:59:06	35:00(16)	1:29:07(22)	2:04:07(20)	26:52(14)	28:07(12)	0:54:59(13)	0:34:50
20	445	Michaela Schmidt	DreiZack Spandau e. V.	wAK50	6	3:00:15	37:32(24)	1:27:33(20)	2:05:05(21)	26:52(14)	28:18(14)	0:55:10(15)	0:35:59
21	24	Esther Ehle	TSVE 1890 Bielefeld	wAK50	7	3:00:35	32:08(8)	1:21:28(12)	1:53:36(9)	31:07(28)	35:52(29)	1:06:59(29)	0:36:19
22	443	Mandy Scheetz	FLG Spremberg	wAK45	2	3:01:46	34:22(13)	1:26:32(17)	2:00:54(17)	28:13(21)	32:39(25)	1:00:52(23)	0:37:30
23	355	Antje Großmann		wAK40	5	3:05:50	40:02(28)	1:30:50(23)	2:10:52(26)	26:12(11)	28:46(15)	0:54:58(12)	0:41:34
24	395	Andrea Kuschan	Neptun 08 Finsterwalde	wAK50	8	3:07:35	38:30(25)	1:28:04(21)	2:06:34(23)	28:57(24)	32:04(23)	1:01:01(24)	0:43:19
25	331	Sophie Carls	TVB09	wAK40	6	3:11:04	36:31(19)	1:31:57(25)	2:08:28(24)	29:37(26)	32:59(26)	1:02:36(26)	0:46:48
26	422	Mariam Omar	Triathloncrew Berlin	wAK50	9	3:16:24	41:13(31)	1:34:04(29)	2:15:17(28)	29:34(25)	31:33(22)	1:01:07(25)	0:52:08
27	421	Antje Oelschlägel	VfV Spandau	wAK25	1	3:18:36	41:07(30)	1:37:12(30)	2:18:19(31)	28:52(23)	31:25(21)	1:00:17(22)	0:54:20
28	338	Kathrin Dunkel	TSVE 1890 Bielefeld	wAK40	7	3:19:15	32:42(9)	1:33:35(27)	2:06:17(22)	35:54(33)	37:04(31)	1:12:58(32)	0:54:59
29	464	Anke Töpfer	Triathlon Team Berlin e.V.	wAK50	10	3:19:25	36:51(21)	1:39:09(32)	2:16:00(30)	29:58(27)	33:27(28)	1:03:25(27)	0:55:09
30	440	Cornelia Rülke	DreiZack Spandau e.V.	wAK70	1	3:24:07	37:23(23)	1:38:14(31)	2:15:37(29)	32:21(30)	36:09(30)	1:08:30(30)	0:59:51
31	382	Ulrike Kluttig	TUS Coswig 1920	wAK50	11	3:24:45	49:37(33)	1:30:51(24)	2:20:28(33)	31:10(29)	33:07(27)	1:04:17(28)	1:00:29
32	113	Anne Wendler	Tri Team Berlin	wAK55	3	3:27:41	40:31(29)	1:33:39(28)	2:14:10(27)	34:15(32)	39:16(33)	1:13:31(33)	1:03:25
33	378	Edith Kiesewetter	SSF Bonn	wAK65	1	3:31:01	35:23(17)	1:44:03(33)	2:19:26(32)	33:55(31)	37:40(32)	1:11:35(31)	1:06:45

33. Spreewald Triathlon 2023

Ergebnisse: Kleiner Spreewaldmann

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	Lauf	Rückstand	ZS
1	53	Conrad Kebelmann	ALOHA-KALLE-Podcast	mAK40	1	2:07:03	23:42(3)	1:04:03(2)	1:27:45(2)	19:15(4)	20:03(1)	0:39:18(2)		
2	433	Christian Riedrich	TVB09 e.V. / Team Berlin	mAK30	1	2:08:01	22:03(1)	1:03:23(1)	1:25:26(1)	20:29(10)	22:06(13)	0:42:35(11)	0:00:58	
3	439	Erik Rudel	power & pace	mAK35	1	2:12:19	26:07(5)	1:07:00(6)	1:33:07(3)	19:01(1)	20:11(2)	0:39:12(1)	0:05:16	
4	320	Oliver Bolm	LTC Berlin	mAK35	2	2:15:07	29:52(26)	1:05:55(3)	1:35:47(6)	19:06(2)	20:14(4)	0:39:20(3)	0:08:04	
5	447	Jens Schneeweiß	MSV Tripoint Frankfurt (Oder)	mAK40	2	2:16:46	29:35(22)	1:06:22(4)	1:35:57(7)	20:07(7)	20:42(6)	0:40:49(7)	0:09:43	
6	379	Stefan Klause	Tri-Finisher Berlin e.V.	mAK35	3	2:17:17	28:12(14)	1:06:48(5)	1:35:00(5)	20:42(12)	21:35(11)	0:42:17(10)	0:10:14	
7	397	Severin Lask		mAK25	1	2:18:18	22:11(2)	1:11:48(26)	1:33:59(4)	22:47(38)	21:32(10)	0:44:19(23)	0:11:15	
8	403	Goetz Lipinsky	MSV Tripoint Frankfurt (Oder)	mAK50	1	2:18:36	28:59(19)	1:09:53(14)	1:38:52(12)	19:22(5)	20:22(5)	0:39:44(5)	0:11:33	
9	303	Jozsef Arnoth	Berliner Wasserratten	mAK45	1	2:19:28	32:13(50)	1:07:55(8)	1:40:08(16)	19:09(3)	20:11(2)	0:39:20(3)	0:12:25	
10	404	Jason Lord	TuS Neukölln	mAK40	3	2:20:30	28:15(15)	1:07:45(7)	1:36:00(8)	21:07(17)	23:23(32)	0:44:30(27)	0:13:27	
11	474	Jan Watzke	SCC Berlin Triathlon	mAK35	4	2:21:31	26:20(6)	1:10:49(20)	1:37:09(9)	21:09(18)	23:13(28)	0:44:22(26)	0:14:28	
12	465	James Towe	Rolls-Royce	mAK40	4	2:22:13	28:16(16)	1:13:26(34)	1:41:42(24)	19:47(6)	20:44(7)	0:40:31(6)	0:15:10	
13	350	Ben Gläser	Berlin	mAK30	2	2:23:17	28:41(18)	1:10:30(18)	1:39:11(14)	21:35(23)	22:31(20)	0:44:06(20)	0:16:14	
14	476	Matthias Weiland	Sisu Berlin	mAK40	5	2:23:40	30:24(31)	1:09:23(12)	1:39:47(15)	21:13(20)	22:40(23)	0:43:53(18)	0:16:37	
15	470	Karsten von der Waydbrink	Triathlon Potsdam e.V.	mAK40	6	2:24:30	28:09(13)	1:12:03(27)	1:40:12(17)	22:11(30)	22:07(14)	0:44:18(21)	0:17:27	
16	302	Stephan Aris	Kleinmachnower Lauf Club	mAK55	1	2:24:34	30:10(28)	1:11:09(23)	1:41:19(23)	20:49(13)	22:26(19)	0:43:15(14)	0:17:31	
17	369	Sven Huschke	Triathlon Potsdam e.V.	mAK45	2	2:25:09	29:29(21)	1:11:22(24)	1:40:51(20)	22:02(28)	22:16(16)	0:44:18(21)	0:18:06	
18	438	Niklas Rosbach	TuS Neukölln	mAK25	2	2:25:29	29:38(23)	1:14:36(46)	1:44:14(36)	20:16(9)	20:59(8)	0:41:15(8)	0:18:26	
19	323	Reiner Braun	scc berlin	mAK55	2	2:25:44	34:50(75)	1:09:23(12)	1:44:13(35)	20:07(7)	21:24(9)	0:41:31(9)	0:18:41	
20	342	Jano Espenhahn	Triathlon Potsdam	mAK30	3	2:25:50	28:04(12)	1:14:22(40)	1:42:26(27)	20:51(14)	22:33(21)	0:43:24(16)	0:18:47	
21	479	Thomas Witke	Dresden	mAK55	3	2:26:19	30:49(37)	1:10:17(16)	1:41:06(22)	21:51(27)	23:22(31)	0:45:13(29)	0:19:16	
22	347	Sören Gehne	Sisu Berlin	mAK35	5	2:26:31	30:25(32)	1:13:30(35)	1:43:55(32)	20:39(11)	21:57(12)	0:42:36(12)	0:19:28	
23	313	Sven Bergmann	Tri Team Berlin	mAK35	6	2:26:44	31:58(43)	1:10:27(17)	1:42:25(26)	21:35(23)	22:44(24)	0:44:19(23)	0:19:41	
24	383	Kai Knegendorf	Comrunners Berlin	mAK35	7	2:26:55	30:16(30)	1:10:03(15)	1:40:19(18)	22:42(37)	23:54(37)	0:46:36(36)	0:19:52	
25	328	Jens Burger	Rheinische Rover	mAK55	4	2:28:02	29:26(20)	1:08:50(11)	1:38:16(11)	24:22(54)	25:24(44)	0:49:46(50)	0:20:59	
26	456	Nicolas Speeck	Triathlon Potsdam e.V.	mAK45	3	2:28:11	26:58(9)	1:12:03(27)	1:39:01(13)	23:45(49)	25:25(46)	0:49:10(48)	0:21:08	
27	427	Antonio Prietz	ASV Zeuthen	mAK30	4	2:29:01	31:57(42)	1:11:46(25)	1:43:43(31)	22:34(33)	22:44(24)	0:45:18(31)	0:21:58	
28	469	Andreas Vogel		mAK40	7	2:29:58	30:45(36)	1:15:18(52)	1:46:03(40)	21:21(21)	22:34(22)	0:43:55(19)	0:22:55	
29	418	Frank Nickel	LC Stolpertruppe Berlin	mAK55	5	2:30:08	27:12(10)	1:13:35(36)	1:40:47(19)	23:01(41)	26:20(56)	0:49:21(49)	0:23:05	
30	359	Tony Hallmann	FALKENSEE	mAK40	8	2:30:48	32:23(51)	1:12:13(30)	1:44:36(37)	22:30(32)	23:42(35)	0:46:12(34)	0:23:45	
31	434	Patrick Riehle	Tri-Finisher Berlin e.V.	mAK35	8	2:31:00	34:04(62)	1:08:20(9)	1:42:24(25)	23:04(42)	25:32(47)	0:48:36(42)	0:23:57	
32	384	Mike Köhler	TV Dresden	mAK50	2	2:31:06	29:40(24)	1:08:30(10)	1:38:10(10)	24:49(62)	28:07(70)	0:52:56(66)	0:24:03	
33	481	Dirk Wollgast	Team Vielfalt und Respekt	mAK50	3	2:31:32	31:47(39)	1:10:51(21)	1:42:38(28)	23:09(43)	25:45(50)	0:48:54(45)	0:24:29	
34	308	Silvio Bail	LFV Oberholz e. V.	mAK50	4	2:31:38	29:43(25)	1:13:25(33)	1:43:08(29)	23:35(46)	24:55(41)	0:48:30(41)	0:24:35	
35	371	Carl Isaac	Sisu Berlin	mAK50	5	2:31:44	33:34(60)	1:12:54(31)	1:46:28(41)	21:43(25)	23:33(33)	0:45:16(30)	0:24:41	
36	312	Rochus Bergmann	Springende Frösche	mAK60	1	2:31:55	31:54(41)	1:16:14(56)	1:48:08(46)	21:25(22)	22:22(18)	0:43:47(17)	0:24:52	
37	462	Juri Stobbe	a3k Berlin	mAK45	4	2:32:00	30:31(33)	1:10:30(18)	1:41:01(21)	25:15(67)	25:44(48)	0:50:59(53)	0:24:57	
38	413	Sebastian Möller	Triathlon Verein Berlin 09	mAK30	5	2:32:38	31:59(44)	1:12:03(27)	1:44:02(33)	22:38(34)	25:58(52)	0:48:36(42)	0:25:35	
39	415	Felix Müller	Tri Team Berlin	mAK35	9	2:33:06	28:40(17)	1:16:57(60)	1:45:37(39)	22:39(35)	24:50(40)	0:47:29(38)	0:26:03	
40	324	Michael Bräunlich	STV Limbach Oberfrohna	mAK40	9	2:34:23	35:10(82)	1:14:54(47)	1:50:04(57)	21:12(19)	23:07(27)	0:44:19(23)	0:27:20	
41	392	Thomas Kuba	ASV Zeuthen	mAK45	5	2:34:41	34:20(65)	1:13:57(38)	1:48:17(47)	22:40(36)	23:44(36)	0:46:24(35)	0:27:38	

33. Spreewald Triathlon 2023

Ergebnisse: Kleiner Spreewaldmann

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	Lauf	Rückstand	ZS
42	314	Dirk Bettge	Sisu Berlin	mAK55	6	2:34:47	32:23(51)	1:11:08(22)	1:43:31(30)	25:14(66)	26:02(53)	0:51:16(56)	0:27:44	
43	436	Dirk Riemscheid	Triathlonverein Potsdam	mAK55	7	2:37:40	34:10(64)	1:14:31(44)	1:48:41(50)	23:35(46)	25:24(44)	0:48:59(46)	0:30:37	
44	307	Manfred Bäcker	HSG Uni Greifswald	mAK60	2	2:38:11	31:03(38)	1:18:08(63)	1:49:11(52)	23:46(50)	25:14(43)	0:49:00(47)	0:31:08	
45	390	Dirk Kruse	Springende Frösche	mAK50	6	2:39:32	30:10(28)	1:14:27(41)	1:44:37(38)	25:55(75)	27:00(62)	0:52:55(65)	0:32:29	2:00
46	358	Kai Hagenbucher	MTG Mannheim	mAK40	10	2:39:34	30:44(35)	1:18:36(66)	1:49:20(54)	24:30(59)	25:44(48)	0:50:14(51)	0:32:31	
47	401	Rico Linke	Sportfreunde Linke	mAK45	6	2:39:45	36:44(90)	1:15:00(49)	1:51:44(63)	23:49(52)	24:12(38)	0:48:01(40)	0:32:42	
48	452	Lothar Schulz	TVB 09	mAK45	7	2:39:51	30:33(34)	1:13:39(37)	1:44:12(34)	25:54(72)	29:45(82)	0:55:39(81)	0:32:48	
49	485	Stuart Yule	Sisu Berlin	mAK50	7	2:40:49	33:55(61)	1:16:33(57)	1:50:28(58)	24:07(53)	26:14(55)	0:50:21(52)	0:33:46	
50	386	Sascha Köpke	MSV Tripoint FFO	mAK35	10	2:41:05	35:20(83)	1:14:29(42)	1:49:49(56)	26:10(78)	25:06(42)	0:51:16(56)	0:34:02	
51	343	Torsten Paul	TLV Rangsdorf	mAK50	8	2:42:00	41:58(108)	1:14:33(45)	1:56:31(80)	22:25(31)	23:04(26)	0:45:29(33)	0:34:57	
52	365	Björn Hirte	BSV Friesen	mAK35	11	2:42:16	34:45(74)	1:14:29(42)	1:49:14(53)	24:22(54)	28:40(75)	0:53:02(67)	0:35:13	
53	339	Thomas Dunkel	TSVE 1890 Bielefeld	mAK40	11	2:42:23	34:38(72)	1:13:12(32)	1:47:50(44)	23:28(45)	31:05(88)	0:54:33(75)	0:35:20	
54	360	Mirko Hampel	VfV Spandau	mAK25	3	2:42:35	34:26(67)	1:16:45(59)	1:51:11(61)	24:45(61)	26:39(57)	0:51:24(60)	0:35:32	
55	319	Nicolai Bolm	Senzig	mAK30	6	2:42:37	32:38(54)	1:15:00(49)	1:47:38(43)	26:41(82)	28:18(72)	0:54:59(77)	0:35:34	
56	327	Jörg Brüchner	fairplay Berlin	mAK50	9	2:42:38	39:51(103)	1:19:40(73)	1:59:31(88)	20:56(16)	22:11(15)	0:43:07(13)	0:35:35	
57	354	Christian Grochowski	Stahl Hennigsdorf e. V.	mAK35	12	2:43:02	34:55(78)	1:21:17(81)	1:56:12(77)	23:17(44)	23:33(33)	0:46:50(37)	0:35:59	
58	23	Christian Ehle	TSVE 1890 Bielefeld	mAK50	10	2:43:18	32:38(54)	1:15:42(54)	1:48:20(48)	25:41(70)	29:17(78)	0:54:58(76)	0:36:15	
59	399	Stefan Lebelt	RSL TriT3am	mAK40	12	2:43:33	37:00(93)	1:15:14(51)	1:52:14(64)	23:41(48)	27:38(68)	0:51:19(58)	0:36:30	
60	366	Frank Hoffmann	Team Punkt	mAK60	3	2:43:46	30:00(27)	1:19:41(74)	1:49:41(55)	25:40(69)	28:25(73)	0:54:05(73)	0:36:43	
61	423	Andreas Pahnke		mAK40	13	2:43:59	32:53(56)	1:15:30(53)	1:48:23(49)	25:54(72)	29:42(80)	0:55:36(80)	0:36:56	
62	340	Christian Duschek	Erdinger Active Team	mAK40	14	2:44:19	34:29(68)	1:14:20(39)	1:48:49(51)	25:48(71)	29:42(80)	0:55:30(79)	0:37:16	
63	411	Daniel Meyer	Hana Ana Project	mAK40	15	2:45:29	34:33(69)	1:19:22(71)	1:53:55(71)	24:26(56)	27:08(63)	0:51:34(61)	0:38:26	
64	317	Nikolas Böckelmann	SV Berliner Bären Hockey	mAK30	7	2:45:38	37:27(95)	1:14:58(48)	1:52:25(65)	24:34(60)	28:39(74)	0:53:13(68)	0:38:35	
65	325	Thomas Brema		mAK40	16	2:45:54	32:05(45)	1:21:46(83)	1:53:51(70)	25:11(65)	26:52(60)	0:52:03(64)	0:38:51	
66	473	Dennis Walpuski	Tri-Finisher Berlin e.V.	mAK60	4	2:46:34	27:28(11)	1:19:09(69)	1:46:37(42)	28:03(86)	31:54(91)	0:59:57(89)	0:39:31	
66	425	Burkhard Pauli	Berliner TSC	mAK45	8	2:46:34	40:53(106)	1:17:02(61)	1:57:55(83)	22:53(39)	25:46(51)	0:48:39(44)	0:39:31	
68	326	Benjamin Brix		mAK40	17	2:47:17	34:36(71)	1:18:55(67)	1:53:31(68)	26:27(80)	27:19(65)	0:53:46(70)	0:40:14	
69	361	Felix Haschtmann		mAK40	18	2:47:50	35:55(86)	1:17:43(62)	1:53:38(69)	26:14(79)	27:58(69)	0:54:12(74)	0:40:47	
70	363	Robert Hess	GoTo Racing Team	mAK55	8	2:48:00	35:02(79)	1:16:35(58)	1:51:37(62)	28:15(87)	28:08(71)	0:56:23(83)	0:40:57	
71	337	Thomas Drescher-Welk	BSV Friesen	mAK55	9	2:49:19	34:43(73)	1:20:41(79)	1:55:24(75)	24:51(63)	29:04(76)	0:53:55(71)	0:42:16	
72	370	Dietrich Irmner	Triathlon Team Pankow	mAK60	5	2:49:24	32:11(49)	1:25:52(94)	1:58:03(84)	24:29(58)	26:52(60)	0:51:21(59)	0:42:21	
73	483	Paul Wunderlich	Berlin	mAK25	4	2:49:50	33:01(57)	1:23:24(87)	1:56:25(79)	25:56(76)	27:29(66)	0:53:25(69)	0:42:47	
74	488	Stepan Erdmann	TSV Karlshorst	mAK50	11	2:50:26	34:09(63)	1:19:58(76)	1:54:07(73)	25:58(77)	30:21(85)	0:56:19(82)	0:43:23	
75	458	Jens Stegemann	Dauerbrenner Berlin	mAK50	12	2:50:37	39:02(100)	1:20:21(77)	1:59:23(87)	24:27(57)	26:47(58)	0:51:14(55)	0:43:34	
76	389	Rainer Kretschmar	LC Stolpertruppe Berlin	mAK40	19	2:50:40	34:24(66)	1:31:16(105)	2:05:40(100)	21:45(26)	23:15(29)	0:45:00(28)	0:43:37	
77	362	Lukas Heilmann		mAK25	5	2:50:53	35:02(79)	1:24:50(91)	1:59:52(90)	23:48(51)	27:13(64)	0:51:01(54)	0:43:50	
78	396	Manuel Lachmann		mAK35	13	2:51:20	26:32(8)	1:21:30(82)	1:48:02(45)	29:55(96)	33:23(96)	1:03:18(95)	0:44:17	
79	398	Jonas Lauenstein		mAK35	14	2:51:35	33:25(58)	1:19:19(70)	1:52:44(66)	27:53(85)	30:58(86)	0:58:51(87)	0:44:32	
80	315	Christoph Birke		mAK25	6	2:53:34	41:03(107)	1:29:15(101)	2:10:18(105)	20:55(15)	22:21(17)	0:43:16(15)	0:46:31	
81	407	Artur Maruska	Berlin-Lichtenrade	mAK55	10	2:53:35	35:07(81)	1:18:55(67)	1:54:02(72)	29:39(94)	29:54(83)	0:59:33(88)	0:46:32	
82	460	René Stephan	RSL TriT3am	mAK45	9	2:54:56	36:59(92)	1:19:23(72)	1:56:22(78)	27:04(84)	31:30(89)	0:58:34(86)	0:47:53	

33. Spreewald Triathlon 2023

Ergebnisse: Kleiner Spreewaldmann

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	Lauf	Rückstand	ZS
83	300	Stefan Andert	1. FC UNION BERLIN	mAK40	20	2:55:10	44:04(111)	1:23:37(88)	2:07:41(101)	22:57(40)	24:32(39)	0:47:29(38)	0:48:07	
84	457	Bert Stegemann	Dauerbrenner Berlin	mAK55	11	2:55:37	40:52(105)	1:22:47(85)	2:03:39(98)	25:10(64)	26:48(59)	0:51:58(62)	0:48:34	
85	346	Jörn Friedrichsen		mAK35	15	2:55:48	32:28(53)	1:18:13(64)	1:50:41(59)	31:10(101)	33:57(99)	1:05:07(98)	0:48:45	
86	475	Peter Weber	Springende Frösche	mAK50	13	2:56:06	37:23(94)	1:18:26(65)	1:55:49(76)	29:13(90)	31:04(87)	1:00:17(90)	0:49:03	
87	322	Mario Brauer	Rangsdorf	mAK40	21	2:56:49	39:01(99)	1:20:49(80)	1:59:50(89)	26:55(83)	30:04(84)	0:56:59(84)	0:49:46	
88	388	Juergen Kretschmann	Zeppelin-Team OSC Potsdam	mAK50	14	2:57:37	34:35(70)	1:29:03(100)	2:03:38(97)	26:27(80)	27:32(67)	0:53:59(72)	0:50:34	
89	329	Silvio Buschick		mAK40	22	2:58:10	36:40(89)	1:26:16(95)	2:02:56(96)	25:35(68)	29:39(79)	0:55:14(78)	0:51:07	
90	334	Dennis David	Berlin	mAK35	16	2:58:53	36:29(88)	1:24:28(89)	2:00:57(92)	28:48(88)	29:08(77)	0:57:56(85)	0:51:50	
91	344	Alexis Figeac	Sport Club Interna. Nelson Mandela Schule	mAK55	12	3:00:24	39:26(101)	1:28:59(99)	2:08:25(103)	25:54(72)	26:05(54)	0:51:59(63)	0:53:21	
92	114	André Wendler-Rueß	Tri Team Berlin	mAK65	1	3:01:47	34:51(76)	1:25:33(92)	2:00:24(91)	29:17(91)	32:06(93)	1:01:23(91)	0:54:44	
93	448	Karsten Scholz	Ausdauer-3-Kampftruppe Berlin	mAK50	15	3:03:32	36:56(91)	1:20:35(78)	1:57:31(81)	32:50(104)	33:11(95)	1:06:01(101)	0:56:29	
94	459	Lothar Stephan	TriTeam Berlin	mAK60	6	3:04:22	33:28(59)	1:25:50(93)	1:59:18(86)	30:24(99)	34:40(100)	1:05:04(97)	0:57:19	
95	349	Michael Giesecke	Triathlon Potsdam	mAK60	7	3:04:36	35:22(84)	1:23:23(86)	1:58:45(85)	32:13(103)	33:38(97)	1:05:51(100)	0:57:33	
96	367	Martin Höhn	Team Erdinger Alkoholfrei	mAK45	10	3:06:01	38:00(97)	1:19:43(75)	1:57:43(82)	29:35(93)	38:43(109)	1:08:18(105)	0:58:58	
97	372	Robert Ivkic	BSV.Friesen	mAK50	16	3:06:22	36:28(87)	1:26:27(96)	2:02:55(95)	29:39(94)	33:48(98)	1:03:27(96)	0:59:19	
98	376	Ronald Kakolewicz	Berliner Wasserratten	mAK60	8	3:06:23	25:51(4)	1:27:01(97)	1:52:52(67)	35:02(108)	38:29(108)	1:13:31(109)	0:59:20	
99	364	Frank Hildebrandt	Die Schuckrigen	mAK55	13	3:07:13	39:46(102)	1:24:31(90)	2:04:17(99)	31:03(100)	31:53(90)	1:02:56(94)	1:00:10	
100	381	Mathias Klix	Kallinchen	mAK35	17	3:07:43	32:10(48)	1:22:13(84)	1:54:23(74)	36:12(109)	37:08(105)	1:13:20(108)	1:00:40	
101	368	Matthias Hölzen	fairplay	mAK55	14	3:09:39	32:06(46)	1:30:00(104)	2:02:06(94)	32:00(102)	35:33(104)	1:07:33(102)	1:02:36	
102	373	Martin Jentsch		mAK40	23	3:13:10	42:26(110)	1:28:44(98)	2:11:10(106)	29:58(97)	32:02(92)	1:02:00(93)	1:06:07	
103	352	Werner Göbel	LG Vellmar	mAK65	2	3:14:32	32:06(46)	1:36:45(107)	2:08:51(104)	30:21(98)	35:20(102)	1:05:41(99)	1:07:29	
104	405	Michael Lubisch	TLV Rangsdorf	mAK60	9	3:16:27	38:33(98)	1:29:48(102)	2:08:21(102)	32:53(105)	35:13(101)	1:08:06(104)	1:09:24	
105	463	Benjamin Tanz	Berlin	mAK40	24	3:18:04	46:27(113)	1:29:51(103)	2:16:18(108)	29:08(89)	32:38(94)	1:01:46(92)	1:11:01	
106	478	Thomas Winkler	DLRG-Luckenwalde	mAK65	3	3:25:44	35:30(85)	1:37:59(108)	2:13:29(107)	34:14(107)	38:01(106)	1:12:15(107)	1:18:41	
107	487	Jan Zimmermann	Kornkäfern Luckau	mAK45	11	3:26:34	37:44(96)	1:40:09(110)	2:17:53(109)	33:17(106)	35:24(103)	1:08:41(106)	1:19:31	
108	424	Matthias Patzlaff	Ausdauer-3-Kampftruppe Berlin	mAK55	15	3:27:06	39:59(104)	1:39:28(109)	2:19:27(110)	29:22(92)	38:17(107)	1:07:39(103)	1:20:03	
109	356	Wolfgang Grzeczka	SV Stahl Hennigsdorf	mAK65	4	3:43:27	42:02(109)	1:40:32(111)	2:22:34(111)	39:18(111)	41:35(110)	1:20:53(111)	1:36:24	
110	441	Alexander Savelyev	Berlin	mAK30	8	4:04:50	46:00(112)	1:58:27(112)	2:44:27(112)	37:29(110)	42:54(111)	1:20:23(110)	1:57:47	
DNF	345	Markus Fischer		mAK50			26:22(7)	1:35:41(106)	2:02:03(93)					
DNF	301	Reiner Arbeit	ASV Zeuthen	mAK40			31:50(40)							
DISQ	468	Jens Vandenheede	Tri Team Berlin	mAK35		2:36:14	34:51(76)	1:16:01(55)	1:50:52(60)	22:06(29)	23:16(30)	0:45:22(32)	0:29:11	

33. Spreewald Triathlon 2023

Ergebnisse: Schnuppertriathlon Frauen

Platz	Stnr	Name	Verein	Ak	Platz AK	Endzeit	Schwimm	Rad	SchwRad	Lauf	Rückstand
1	180	Franziska Bernhard	Zeppelin Team OSC Potsdam	wAK20	1	1:02:46	09:36(3)	32:57(1)	0:42:33(1)	20:13(1)	
2	287	Marianne Kullig	TV Fürstenwalde	wAK25	1	1:06:15	11:41(12)	33:54(2)	0:45:35(4)	20:40(2)	03:29
3	157	Susanne Bucher	SUKO Österreich	wAK40	1	1:08:08	09:28(2)	35:32(6)	0:45:00(2)	23:08(4)	05:22
3	174	Katharina Groß	BSV Friesen	wAK25	2	1:08:08	09:12(1)	35:59(7)	0:45:11(3)	22:57(3)	05:22
5	140	Sabine Pfaffinger	TuS Neukölln	wAK50	1	1:09:16	11:06(7)	35:01(5)	0:46:07(5)	23:09(5)	06:30
6	515	Irina Berenfeld	SCC Berlin	wAK50	2	1:12:31	14:38(41)	34:15(3)	0:48:53(8)	23:38(7)	09:45
7	146	Daniela Tóth	TSV Bad Endorf	wAK45	1	1:14:03	09:48(4)	38:24(12)	0:48:12(7)	25:51(10)	11:17
8	171	Schirin Senger	Berlin	wAK30	1	1:15:07	13:19(23)	36:55(9)	0:50:14(9)	24:53(8)	12:21
9	137	Hannah Lewin	Team Vielfalt und Respekt	wAK50	3	1:15:37	14:47(44)	37:27(10)	0:52:14(17)	23:23(6)	12:51
10	168	Marta Wojtasik	Tri-Finisher Berlin e.V.	wAK30	2	1:16:40	13:55(30)	37:50(11)	0:51:45(15)	24:55(9)	13:54
11	514	Andrea Krahl	Zeppelin-Team OSC Potsdam	wAK55	1	1:16:58	14:11(33)	36:46(8)	0:50:57(11)	26:01(11)	14:12
12	148	Doreen Gremmel	A3K Berlin	wAK45	2	1:16:59	11:31(10)	38:52(15)	0:50:23(10)	26:36(14)	14:13
13	176	Pauline Bade		wAK25	3	1:17:33	13:05(18)	38:27(13)	0:51:32(13)	26:01(11)	14:47
14	158	Anne Meischeder	Zeesen	wAK35	1	1:19:38	11:40(11)	40:01(16)	0:51:41(14)	27:57(17)	16:52
15	129	Silke Reichert	Berlin	wAK55	2	1:19:57	11:13(8)	34:56(4)	0:46:09(6)	33:48(49)	17:11
16	184	Liv Signe Weigel	SSV Hohen Neuendorf	wAK20	2	1:20:21	12:21(16)	38:40(14)	0:51:01(12)	29:20(26)	17:35
17	127	Corona Verleih		wAK60	1	1:20:44	11:00(5)	41:23(23)	0:52:23(18)	28:21(19)	17:58
18	182	Meret Kalkbrenner	fairplay	wAK20	3	1:21:30	11:41(12)	40:09(19)	0:51:50(16)	29:40(29)	18:44
19	138	Sabine Beuthe		wAK50	4	1:21:50	13:28(25)	41:45(25)	0:55:13(26)	26:37(15)	19:04
20	516	Sophie Riemscheid		wAK40	2	1:21:51	12:56(17)	40:40(22)	0:53:36(20)	28:15(18)	19:05
21	153	Nadine Graßmel	Kornkäfer Luckau	wAK40	3	1:23:56	13:06(19)	40:02(17)	0:53:08(19)	30:48(37)	21:10
22	126	Carmen Meinke	Familie Meinke	wAK60	2	1:24:14	15:00(45)	40:05(18)	0:55:05(25)	29:09(25)	21:28
23	173	Johanna Adams		wAK25	4	1:24:32	13:06(19)	44:59(40)	0:58:05(35)	26:27(13)	21:46
24	154	Perrine Chanceler	Jelly Bears Berlin	wAK40	4	1:24:36	12:03(15)	43:39(35)	0:55:42(27)	28:54(22)	21:50
25	178	Mareike Wendenburg		wAK25	5	1:25:52	13:26(24)	41:23(23)	0:54:49(23)	31:03(38)	23:06
26	136	Miriam Dr Oczipka	BT	wAK50	5	1:26:20	13:12(21)	42:51(27)	0:56:03(28)	30:17(33)	23:34
27	135	Anja Kloß	Sproitz	wAK50	6	1:27:05	13:34(27)	40:29(21)	0:54:03(21)	33:02(44)	24:19
28	130	Hilke Sohr		wAK55	3	1:27:18	15:41(49)	43:10(28)	0:58:51(37)	28:27(20)	24:32
29	156	Tanja Matthias	Brüssel	wAK40	5	1:27:20	13:37(28)	43:31(32)	0:57:08(29)	30:12(31)	24:34
30	170	Natalie Noiman		wAK30	3	1:27:21	11:59(14)	45:51(42)	0:57:50(32)	29:31(28)	24:35
31	150	Nicole Büttner	Ruderclub Turbine Grünau e.V	wAK45	3	1:27:56	14:17(37)	40:18(20)	0:54:35(22)	33:21(46)	25:10
32	141	Antje Seiler	TSG Seelow	wAK50	7	1:28:04	14:36(40)	43:13(30)	0:57:49(31)	30:15(32)	25:18
33	139	Katja Müller	Trisport Schwerin	wAK50	8	1:28:20	14:15(35)	43:44(37)	0:57:59(33)	30:21(34)	25:34
34	161	Gerlind Krüger	run4fun	wAK35	2	1:28:21	15:40(48)	43:11(29)	0:58:51(37)	29:30(27)	25:35
34	169	Katja Vogt	BSC Berlin	wAK30	4	1:28:21	14:45(42)	44:38(38)	0:59:23(41)	28:58(23)	25:35
36	175	Ayelen Behrens	Berlin	wAK25	6	1:28:58	13:48(29)	45:06(41)	0:58:54(39)	30:04(30)	26:12
37	149	Nadine Kerl	Feldhasen	wAK45	4	1:29:13	16:41(53)	43:34(34)	1:00:15(42)	28:58(23)	26:27
38	186	Isabella Ramsey	Sport-Club John F. Kennedy Schule Berlin	wJugA	1	1:30:39	11:01(6)	47:03(44)	0:58:04(34)	32:35(42)	27:53
39	183	Rosalie Stäritz	Berlin	wAK20	4	1:30:58	14:09(32)	43:33(33)	0:57:42(30)	33:16(45)	28:12
40	163	Sandra Altenfeld	Potsdam	wAK35	3	1:32:15	14:24(38)	44:53(39)	0:59:17(40)	32:58(43)	29:29
41	185	Lena Johanna Riegenring	DieTurnmaeuse.de	wJugA	2	1:32:16	11:30(9)	43:27(31)	0:54:57(24)	37:19(54)	29:30
42	128	Kristin Ponikewski		wAK55	4	1:32:35	13:29(26)	47:25(46)	1:00:54(44)	31:41(40)	29:49
43	132	Ute Feldmann	Ausdauer-3-Kampftruppe Berlin	wAK55	5	1:32:55	14:16(36)	46:42(43)	1:00:58(45)	31:57(41)	30:09
44	151	Isabel Knorr		wAK45	5	1:34:10	16:56(55)	48:26(49)	1:05:22(53)	28:48(21)	31:24
45	167	Sarah Ott		wAK30	5	1:34:40	14:12(34)	49:21(52)	1:02:33(48)	31:07(39)	31:54
46	166	Dominique Weimann	Berlin Lichtenberg	wAK30	6	1:35:36	16:41(53)	48:10(48)	1:04:51(50)	30:45(36)	32:50
47	145	Daniela Schwarz	Berlin	wAK45	6	1:35:42	17:10(56)	48:05(47)	1:05:15(52)	30:27(35)	32:56
48	296	Amelie Gierth	fairplay	wJugA	3	1:36:15	13:17(22)	49:06(51)	1:02:23(47)	33:52(50)	33:29
49	143	Sabine Köhler	N/A	wAK50	9	1:36:19	14:32(39)	47:10(45)	1:01:42(46)	34:37(51)	33:33
50	165	Franziska Neumann	Berlin	wAK35	4	1:37:54	17:32(59)	53:08(58)	1:10:40(58)	27:14(16)	35:08
51	133	Gabriele Schmidt	VfV Spandau	wAK55	6	1:38:24	14:03(31)	50:58(56)	1:05:01(51)	33:23(47)	35:38
52	134	Kerstin Schmieder	Aue-Bad Schlema	wAK55	7	1:38:48	16:07(51)	42:33(26)	0:58:40(36)	40:08(57)	36:02
53	144	Dörte Bettermann	Bekele Racingteam	wAK50	10	1:39:50	16:06(50)	50:11(54)	1:06:17(56)	33:33(48)	37:04
54	125	Gabriele Richter	SSV Hoyerswerda	wAK60	3	1:43:13	15:36(47)	48:40(50)	1:04:16(49)	38:57(56)	40:27
55	160	Maryna Samolyuk van rooyen		wAK35	5	1:43:20	17:12(57)	50:10(53)	1:07:22(57)	35:58(53)	40:34
56	162	Andrea Krönke		wAK35	6	1:44:02	15:08(46)	50:35(55)	1:05:43(54)	38:19(55)	41:16
57	152	Romy Schneider	Fräulein Triathlon	wAK45	7	1:44:48	16:34(52)	43:43(36)	1:00:17(43)	44:31(59)	42:02
58	172	Alicia Linz	Leipzig	wAK30	7	1:47:16	17:14(58)	54:41(59)	1:11:55(59)	35:21(52)	44:30
59	147	Katrin Hüttl	Auslaufmodelle.tv	wAK45	8	1:49:13	14:45(42)	51:18(57)	1:06:03(55)	43:10(58)	46:27

33. Spreewald Triathlon 2023

Ergebnisse: Schnuppertriathlon Männer

Platz	Stnr	Name	Verein	Ak	Platz AK	Endzeit	Schwimm	Rad	SchwRad	Lauf	Rückstand
1	291	Jannik Thieme	TuS Neukölln Berlin	mAK20	1	0:59:56	09:13(4)	32:43(10)	0:41:56(7)	18:00(1)	
2	293	Oliver Schilling	TuS Neukölln Berlin	mAK20	2	1:00:16	08:44(2)	32:10(7)	0:40:54(2)	19:22(2)	00:20
3	553	Johannes Geiler	LFV Oberholz	mAK25	1	1:01:52	09:20(6)	31:17(2)	0:40:37(1)	21:15(6)	01:56
4	225	Uwe Czesnat	Zeppelin Team - OSC Potsdam	mAK50	1	1:03:11	10:17(13)	31:12(1)	0:41:29(3)	21:42(7)	03:15
5	221	Ingo Dziedzick	Berliner TSC	mAK50	2	1:03:40	10:21(14)	31:30(3)	0:41:51(4)	21:49(11)	03:44
6	258	Benjamin Pause		mAK35	1	1:04:03	10:03(8)	32:13(8)	0:42:16(9)	21:47(9)	04:07
7	197	René Landgraf	TuS Neukölln Berlin	mAK60	1	1:04:08	10:16(12)	31:38(4)	0:41:54(6)	22:14(15)	04:12
8	552	Jan Nicklaus	Zeppelin-Team OSC Potsdam	mAK45	1	1:04:39	08:43(1)	33:33(13)	0:42:16(9)	22:23(16)	04:43
9	278	Jonas Chromik	Zeppelin Team OSC Potsdam	mAK25	2	1:04:59	10:15(11)	34:19(18)	0:44:34(12)	20:25(5)	05:03
10	512	Jens Labenz	Team Rocky Balboa	mAK55	1	1:05:18	09:16(5)	32:37(9)	0:41:53(5)	23:25(21)	05:22
11	292	Phillip Dinter	SV Burkhardtgrün	mAK20	3	1:06:26	08:53(3)	33:05(11)	0:41:58(8)	24:28(34)	06:30
12	513	Andreas Friese	Zeppelin Team Potsdam	mAK55	2	1:07:07	11:08(20)	31:52(5)	0:43:00(11)	24:07(28)	07:11
13	242	Tino Schütte	Familie Schütte Dresden	mAK45	2	1:07:32	11:34(26)	33:47(15)	0:45:21(18)	22:11(13)	07:36
14	223	Guido Stolle	BSV Friesen	mAK50	3	1:08:10	11:49(29)	33:43(14)	0:45:32(19)	22:38(19)	08:14
15	241	Sascha Riegenring	DieTurnmaeuse.de	mAK45	3	1:08:37	11:44(28)	33:24(12)	0:45:08(15)	23:29(23)	08:41
16	238	Henri Leuschner	Lfv- Oberholz	mAK45	4	1:09:08	12:54(45)	31:54(6)	0:44:48(14)	24:20(31)	09:12
17	202	Jörg Beinlich	Krabbelgruppe Berlin Rudow	mAK55	3	1:09:49	11:02(18)	34:12(17)	0:45:14(17)	24:35(35)	09:53
18	273	Robert Abromeit	Rüpelradler	mAK30	1	1:10:27	10:46(16)	35:28(24)	0:46:14(21)	24:13(30)	10:31
19	217	Heiko Kauert	TriFriBer	mAK50	4	1:11:06	14:29(77)	34:00(16)	0:48:29(27)	22:37(18)	11:10
20	260	Florian Rost	SV Werben	mAK35	2	1:11:15	12:47(42)	38:23(50)	0:51:10(48)	20:05(4)	11:19
21	227	Andreas Harth	Triathlon Borkheide	mAK50	5	1:11:20	11:53(31)	35:31(25)	0:47:24(22)	23:56(26)	11:24
22	551	Christian Reichert	Berlin	mAK55	4	1:11:34	10:05(9)	35:08(22)	0:45:13(16)	26:21(49)	11:38
23	205	Winfried Schumann	TUS Neukölln Berlin	mAK55	5	1:11:46	13:23(55)	38:22(49)	0:51:45(50)	20:01(3)	11:50
24	286	Adrian Ziegler		mAK25	3	1:11:55	13:35(60)	36:34(35)	0:50:09(41)	21:46(8)	11:59
25	195	Viktor Ulmer		mAK60	2	1:11:58	13:18(54)	36:28(33)	0:49:46(36)	22:12(14)	12:02
26	244	Denny Krüger	run4fun	mAK45	5	1:12:23	13:58(67)	34:57(20)	0:48:55(30)	23:28(22)	12:27
27	204	Thomas Schulz	tri2onegoal	mAK55	6	1:13:02	10:14(10)	34:33(19)	0:44:47(13)	28:15(71)	13:06
28	228	Daniel Brandis	Erdinger Active Team	mAK50	6	1:13:04	13:33(59)	35:21(23)	0:48:54(29)	24:10(29)	13:08
29	192	Thomas Birkenbeul		mAK60	3	1:13:08	11:26(23)	36:22(32)	0:47:48(23)	25:20(39)	13:12
30	290	Ansgar Henze	Berlin-Grünau	mAK25	4	1:13:17	12:32(37)	37:15(38)	0:49:47(37)	23:30(24)	13:21
31	271	Christian Bunke	Zeppelin-Team OSC Potsdam	mAK30	2	1:13:48	13:12(50)	37:39(41)	0:50:51(44)	22:57(20)	13:52
32	252	Martin Lange	SV Stahl Hennigsdorf eV	mAK40	1	1:14:25	10:45(15)	41:08(70)	0:51:53(51)	22:32(17)	14:29
33	282	Sascha Lehmann	SV Thekentriathleten 96	mAK25	5	1:14:36	11:41(27)	38:15(47)	0:49:56(38)	24:40(36)	14:40
34	234	Marco Schütte	Familie Schütte Dresden	mAK45	6	1:14:44	12:11(34)	37:53(43)	0:50:04(39)	24:40(36)	14:48
35	235	Markus Büttner		mAK45	7	1:14:46	09:58(7)	35:37(26)	0:45:35(20)	29:11(78)	14:50
36	196	Jens-Uwe Gutsche	MSV TRIPOINT Frankfurt (Oder)	mAK60	4	1:15:14	11:28(24)	36:59(36)	0:48:27(26)	26:47(58)	15:18
37	191	Detlef Schneider	Berliner TSC	mAK60	5	1:15:21	10:59(17)	37:20(40)	0:48:19(25)	27:02(60)	15:25
37	249	Marcel Müller	Zeesen	mAK40	2	1:15:21	12:37(39)	38:21(48)	0:50:58(45)	24:23(33)	15:25
39	211	Jens Tebner	LC Michendorf	mAK55	7	1:15:25	12:35(38)	36:06(27)	0:48:41(28)	26:44(57)	15:29
40	219	Gerrit Nabrat	LLB	mAK50	7	1:15:31	13:08(49)	36:17(28)	0:49:25(31)	26:06(47)	15:35
41	281	Juri Jung		mAK25	6	1:15:34	11:20(22)	38:13(46)	0:49:33(32)	26:01(45)	15:38
42	188	Gerald Schulz	Mittenwalde	mAK70	1	1:15:55	11:51(30)	37:45(42)	0:49:36(34)	26:19(48)	15:59
43	237	Jens Kochanski	Rahnsdorf	mAK45	8	1:16:01	13:15(52)	36:20(31)	0:49:35(33)	26:26(50)	16:05
44	270	Piet Sowik		mAK30	3	1:16:02	14:00(68)	38:04(44)	0:52:04(53)	23:58(27)	16:06
45	285	Bastian König	Berlin	mAK25	7	1:16:06	14:30(78)	39:34(59)	0:54:04(63)	22:02(12)	16:10
46	208	Bernd Heinrich	Kirchengemeinde Lipten	mAK55	8	1:16:12	14:01(69)	36:18(29)	0:50:19(43)	25:53(44)	16:16
47	229	Jörg Elias		mAK50	8	1:17:02	14:42(82)	36:18(29)	0:51:00(46)	26:02(46)	17:06
48	298	Vincent Günther	fairplay	mJugA	1	1:17:47	14:18(73)	41:41(75)	0:55:59(75)	21:48(10)	17:51
49	230	Gunnar Gruß		mAK45	9	1:18:48	13:16(53)	39:03(54)	0:52:19(55)	26:29(52)	18:52
50	297	Jannik Menz	run4fun	mJun	1	1:18:50	14:37(80)	36:32(34)	0:51:09(47)	27:41(63)	18:54
51	193	Dirk Bening	SV Turbine Neubrandenburg	mAK60	6	1:18:54	15:00(86)	38:27(51)	0:53:27(60)	25:27(40)	18:58
52	259	Braina Claudio		mAK35	3	1:18:55	11:32(25)	41:34(74)	0:53:06(59)	25:49(42)	18:59
53	250	Martin Kranich	Berlin	mAK40	3	1:19:00	12:50(43)	37:16(39)	0:50:06(40)	28:54(77)	19:04
53	277	Felix Schmalenbach		mAK30	4	1:19:00	11:05(19)	39:07(55)	0:50:12(42)	28:48(75)	19:04
55	240	Gordon Perske		mAK45	10	1:19:03	13:04(47)	39:16(56)	0:52:20(56)	26:43(56)	19:07
56	246	Kai Großmann	Welxande	mAK45	11	1:19:05	11:14(21)	38:31(52)	0:49:45(35)	29:20(79)	19:09
57	220	Matthias Mutschen	Lübben	mAK50	9	1:19:49	15:58(90)	39:31(57)	0:55:29(74)	24:20(31)	19:53
58	206	Jens-Peter Löffler	1. FC Union Berlin	mAK55	9	1:19:53	12:52(44)	35:06(21)	0:47:58(24)	31:55(90)	19:57
59	231	Markus Schrödter	RSC Cottbus Veloteam	mAK45	12	1:20:11	14:51(85)	37:08(37)	0:51:59(52)	28:12(69)	20:15
60	556	Michael Roeder	Wadenbeißer	mAK40	4	1:20:15	15:03(88)	38:45(53)	0:53:48(62)	26:27(51)	20:19
61	280	Nico Scordialo	Berlin	mAK25	8	1:20:17	12:27(36)	42:53(77)	0:55:20(71)	24:57(38)	20:21
62	215	Thomas Kerl	Feldhasen	mAK50	10	1:20:19	12:09(33)	40:16(63)	0:52:25(57)	27:54(67)	20:23
63	517	Andreas Schmitz	Berlin	mAK55	10	1:20:30	13:04(47)	39:33(58)	0:52:37(58)	27:53(66)	20:34
64	276	Elias Linz	Spreewald triathlon e.V.	mAK30	5	1:21:30	12:16(35)	41:16(71)	0:53:32(61)	27:58(68)	21:34
65	295	Hauke Kalkbrenner	fairplay	mJun	2	1:21:32	11:54(32)	39:48(61)	0:51:42(49)	29:50(85)	21:36

33. Spreewald Triathlon 2023

Ergebnisse: Schnuppertriathlon Männer

Platz	Stnr	Name	Verein	Ak	Platz AK	Endzeit	Schwimm	Rad	SchwRad	Lauf	Rückstand
66	284	Erik Berstorff	SV Thekentrithleten 96	mAK25	9	1:21:44	14:05(71)	38:05(45)	0:52:10(54)	29:34(82)	21:48
67	511	Ingo Löbner	TSV Karlshorst	mAK60	7	1:21:50	13:57(65)	40:54(68)	0:54:51(67)	26:59(59)	21:54
68	200	Wolfram v.Dammann	Harzer Luchser	mAK55	11	1:22:58	14:35(79)	40:36(65)	0:55:11(70)	27:47(64)	23:02
69	216	Gero Franzke		mAK50	11	1:23:07	12:59(46)	41:20(72)	0:54:19(65)	28:48(75)	23:11
69	236	David Grahl	Zeesen	mAK45	13	1:23:07	13:32(58)	40:48(67)	0:54:20(66)	28:47(74)	23:11
71	263	Haitthem Jeljeli		mAK35	4	1:23:26	16:39(93)	43:14(78)	0:59:53(86)	23:33(25)	23:30
72	265	Jonas Steffen	Berlin	mAK35	5	1:23:39	14:25(76)	40:39(66)	0:55:04(69)	28:35(73)	23:43
73	224	Matthias Knorr		mAK50	12	1:23:46	13:14(51)	42:11(76)	0:55:25(73)	28:21(72)	23:50
74	222	Björn Nowak		mAK50	13	1:24:00	14:04(70)	40:08(62)	0:54:12(64)	29:48(84)	24:04
75	255	Thomas Heim	Berlin-Neukölln	mAK40	5	1:24:31	14:43(83)	43:58(81)	0:58:41(84)	25:50(43)	24:35
76	266	Miguel Tomas		mAK35	6	1:24:50	12:43(41)	45:36(89)	0:58:19(81)	26:31(54)	24:54
76	257	Christian Schuster		mAK35	6	1:24:50	12:42(40)	45:38(90)	0:58:20(82)	26:30(53)	24:54
78	294	Alexander Tebner	LC Michendorf	mAK20	4	1:25:32	17:35(94)	40:31(64)	0:58:06(79)	27:26(61)	25:36
79	279	Leo Ott		mAK25	10	1:25:49	14:45(84)	45:17(86)	1:00:02(87)	25:47(41)	25:53
80	268	Christoph Kluge	Berlin	mAK30	6	1:26:50	13:30(57)	41:31(73)	0:55:01(68)	31:49(89)	26:54
81	218	Jens Eisenbacher	OSC Berlin	mAK50	14	1:27:00	13:54(63)	43:44(79)	0:57:38(77)	29:22(80)	27:04
82	283	Joshua Dörge	SV Thekentrithleten 96	mAK25	11	1:27:34	15:42(89)	45:14(85)	1:00:56(90)	26:38(55)	27:38
83	261	David Rosin	idealo MLE	mAK35	8	1:27:43	13:27(56)	44:40(83)	0:58:07(80)	29:36(83)	27:47
84	254	Ingo König	Zglic Boyz	mAK40	6	1:28:07	13:57(65)	46:21(92)	1:00:18(88)	27:49(65)	28:11
85	247	Alexander Dietz		mAK40	7	1:28:43	13:51(62)	45:30(87)	0:59:21(85)	29:22(80)	28:47
86	189	Klaus Runkewitz		mAK65	1	1:28:58	17:45(97)	39:37(60)	0:57:22(76)	31:36(88)	29:02
87	251	René Wawzyniak		mAK40	8	1:29:48	15:02(87)	47:10(94)	1:02:12(94)	27:36(62)	29:52
88	203	Matthias Rudolph	Chemnitz	mAK55	12	1:29:51	14:07(72)	43:46(80)	0:57:53(78)	31:58(91)	29:55
89	554	Jens Zacher	Wadenbeißer	mAK40	9	1:32:02	14:18(73)	41:06(69)	0:55:24(72)	36:38(95)	32:06
90	253	Christian Siebart	Zglic Boys	mAK40	10	1:33:16	13:56(64)	47:49(96)	1:01:45(92)	31:31(87)	33:20
91	187	Manfred Schütte	Familie Schütte Dresden	mAK75	1	1:33:26	16:30(91)	44:19(82)	1:00:49(89)	32:37(93)	33:30
92	274	Deniz Dilek		mAK30	7	1:33:46	14:19(75)	47:16(95)	1:01:35(91)	32:11(92)	33:50
93	262	Jacob Noon		mAK35	9	1:37:01	14:40(81)	54:08(98)	1:08:48(98)	28:13(70)	37:05
94	233	Mathias Krohn	Krohnbande	mAK45	14	1:38:49	17:41(96)	49:47(97)	1:07:28(97)	31:21(86)	38:53
95	190	Michael Wojahn	Erdinger Active Team	mAK60	8	1:40:14	13:49(61)	44:43(84)	0:58:32(83)	41:42(99)	40:18
96	209	Gerald Risse	Einhorn Triathlon Meißen	mAK55	13	1:40:17	16:38(92)	45:33(88)	1:02:11(93)	38:06(97)	40:21
97	201	Torsten Slotosch	Königs Wusterhausen	mAK55	14	1:42:32	18:49(98)	45:50(91)	1:04:39(96)	37:53(96)	42:36
98	198	Thomas Sohr		mAK55	15	1:43:06	17:36(95)	46:48(93)	1:04:24(95)	38:42(98)	43:10
99	288	Kerem Dalgali	SV Thekentrithleten 96	mAK25	12	1:55:41	21:43(99)	59:53(99)	1:21:36(99)	34:05(94)	55:45