



# 28. Fürstenwalder Cross-Duathlon



## Rauen - 30.03.2019

### Übersicht der Auswertung - U23, Elite, Senioren - 6,5-19,5-3 km

Platz	Plw	Plm	StNr.	Name, Vorname	Bundesland / Verein	Geb. AK	Lauf 1	Rad	Lauf+Rad	Lauf 2	Endzeit	Rückst.
1		1	28	Lehmann, Ronald	BB / Team ERDINGER Alkoholfre	1993mAK25 (1)	00:26:37 (2)	00:50:34 (2)	01:17:11 (1)	00:12:12 (2)	01:29:23	00:00:00
2		2	40	Heinowsky, Enrico	BB / MRC Berlin	1979mAK40 (1)	00:28:01 (5)	00:49:40 (1)	01:17:42 (3)	00:12:32 (3)	01:30:14	00:00:51
3		3	32	Mittelstädt, Martin	BB / SV Neptun 08	1986mAK30 (1)	00:25:59 (1)	00:51:31 (4)	01:17:30 (2)	00:13:56 (16)	01:31:27	00:02:04
4		4	8	Hümbert, Martin	BB / Zeppelin-Team OSC Potsdam	1982mAK35 (1)	00:27:57 (4)	00:51:20 (3)	01:19:17 (4)	00:13:21 (11)	01:32:39	00:03:15
5		5	26	Uhthoff, Thomas	BB / Neuenhagen	1978mAK40 (2)	00:29:47 (11)	00:52:05 (5)	01:21:52 (5)	00:13:10 (8)	01:35:03	00:05:40
6		6	52	Druska, Frank	BE / TV 06 Thalmissing	1970mAK45 (1)	00:29:54 (12)	00:53:12 (6)	01:23:07 (7)	00:12:09 (1)	01:35:16	00:05:53
7		7	22	Uhthoff, Bernd	BE / Berlin	1978mAK40 (3)	00:29:29 (7)	00:53:27 (7)	01:22:57 (6)	00:12:44 (5)	01:35:41	00:06:18
8		8	49	Berger, René	BB / Triathlon Potsdam e.V.	1973mAK45 (2)	00:30:33 (16)	00:54:29 (8)	01:25:03 (8)	00:13:16 (10)	01:38:19	00:08:56
9		9	4	Baethge, Steve	BB / SV Stahl Hennigsdorf	1983mAK35 (2)	00:29:32 (8)	00:55:37 (10)	01:25:10 (9)	00:14:18 (20)	01:39:28	00:10:05
10		10	9	Mistareck, Olaf	BB / TLV Rangsdorf	1964mAK55 (1)	00:30:28 (15)	00:58:13 (14)	01:28:42 (11)	00:13:15 (9)	01:41:58	00:12:35
11		11	48	Zabothens, Arturs	BB / TSV Cottbus	1999mAK20 (1)	00:29:20 (6)	00:59:58 (17)	01:29:19 (14)	00:13:04 (6)	01:42:23	00:13:00
12		12	25	Hädicke, Mario	BB / Luckauer Läuferbund	1981mAK35 (3)	00:29:41 (10)	01:00:20 (19)	01:30:02 (15)	00:12:42 (4)	01:42:44	00:13:20
13		13	30	Altenkirch, Volker	BB / DLRG Luckenwalde	1967mAK50 (1)	00:32:22 (24)	00:55:45 (11)	01:28:07 (10)	00:15:16 (26)	01:43:24	00:14:00
14		14	7	Brunck, Clemens	BE / Berlin	1987mAK30 (2)	00:31:01 (17)	00:58:06 (13)	01:29:08 (13)	00:15:12 (25)	01:44:20*	00:14:56
15		15	13	Krause, Stuart	BB / Joachimsthal	1975mAK40 (4)	00:34:07 (28)	00:54:41 (9)	01:28:48 (12)	00:16:08 (34)	01:44:57	00:15:33
16		16	23	Koch, Dirk	BB / MULTISPORT-LOS e.V.	1970mAK45 (3)	00:32:24 (25)	00:58:20 (15)	01:30:45 (16)	00:14:34 (22)	01:45:19	00:15:56
17		17	69	Bartusch, Jörn	BB / TV Fürstenwalde 1990 e.V.	1969mAK50 (2)	00:29:39 (9)	01:02:03 (24)	01:31:42 (18)	00:14:07 (17)	01:45:49	00:16:26
18		18	33	Gieske, Jörg	BB / Asphalt schleifer Heidesee	1988mAK30 (3)	00:30:01 (14)	01:02:32 (27)	01:32:34 (20)	00:13:32 (14)	01:46:06	00:16:43
19		19	31	Pysiak, Damian	-- / Slubice	1980mAK35 (4)	00:32:17 (22)	01:00:28 (20)	01:32:46 (21)	00:13:37 (15)	01:46:23	00:17:00
20		20	58	Zimmermann, Jörg	BB / Bernauer Lauffreunde	1972mAK45 (4)	00:32:19 (23)	01:00:07 (18)	01:32:26 (19)	00:14:12 (18)	01:46:39	00:17:16
21		21	54	Reinwald, Jens	BB / TV Fürstenwalde 1990 e.V.	1972mAK45 (5)	00:34:28 (29)	00:56:40 (12)	01:31:08 (17)	00:15:44 (28)	01:46:53	00:17:29
22		22	45	Vanselow, Thomas	BB / Luckauer Läuferbund	1975mAK40 (5)	00:29:56 (13)	01:04:29 (32)	01:34:26 (24)	00:13:04 (7)	01:47:31	00:18:07
23		23	39	Hell, Andreas	BB / OSV HOLZINGER FFO	1971mAK45 (6)	00:31:50 (19)	01:03:35 (29)	01:35:25 (25)	00:13:29 (13)	01:48:55	00:19:32
24		24	15	Friese, Andreas	BB / Triathlon Michendorf	1967mAK50 (3)	00:33:08 (27)	01:00:31 (21)	01:33:40 (22)	00:16:03 (33)	01:49:43*	00:20:19
25		25	43	Haby, Dirk Markus	BB / TV Fürstenwalde 1990 e.V.	1970mAK45 (7)	00:31:39 (18)	01:03:49 (30)	01:35:28 (26)	00:14:32 (21)	01:50:01*	00:20:37
26		26	16	Krause, Thilo	BB / MSV TRIPOINT FFO.	1966mAK50 (4)	00:32:13 (21)	01:01:28 (22)	01:33:42 (23)	00:17:23 (42)	01:51:05	00:21:42
27		27	21	Brandt, Matthias	BB / Neptun 08 Finsterwalde	1977mAK40 (6)	00:34:35 (31)	01:02:46 (28)	01:37:21 (28)	00:14:50 (23)	01:52:11	00:22:48
28		28	11	Strickert, Christoph	BB / SV Stahl Hennigsdorf	1986mAK30 (4)	00:32:55 (26)	01:05:10 (36)	01:38:05 (30)	00:14:12 (19)	01:52:18	00:22:55
29		29	91	Gloßmann, Carsten	BB / TSV Cottbus	1978mAK40 (7)	00:34:42 (32)	01:02:27 (25)	01:37:09 (27)	00:15:50 (30)	01:53:00	00:23:36
30		30	35	Kressin, Reiko	BB / SV Stahl Hennigsdorf	1969mAK50 (5)	00:35:23 (34)	01:02:29 (26)	01:37:53 (29)	00:16:18 (35)	01:54:12	00:24:48
31		31	38	Piazena, Jörg	BB / TSV Cottbus	1964mAK55 (2)	00:35:44 (35)	01:05:03 (35)	01:40:48 (32)	00:15:39 (27)	01:56:27	00:27:03
32		32	53	Schmidt, Marko	BB / Rüdersdorf	1970mAK45 (8)	00:35:57 (36)	01:04:42 (34)	01:40:39 (31)	00:17:04 (37)	01:57:44	00:28:20
33		33	24	Talabudzinow, Olaf	BB / Kilometer für Kinder	1963mAK55 (3)	00:35:04 (33)	01:08:07 (37)	01:43:12 (37)	00:14:56 (24)	01:58:08	00:28:45
34		34	18	Giesecke, Michael	BB / Triathlon Potsdam e.V.	1962mAK55 (4)	00:39:06 (48)	01:02:02 (23)	01:41:09 (33)	00:17:06 (38)	01:58:15	00:28:52
35		35	14	Bielzer, Christian	BE / Berlin	1964mAK55 (5)	00:36:50 (39)	01:04:41 (33)	01:41:31 (34)	00:17:27 (43)	01:58:59	00:29:36
36		36	34	Tabbert, Sven	BB / MC Fürstenwalde	1968mAK50 (6)	00:37:43 (43)	01:03:50 (31)	01:41:33 (35)	00:18:45 (48)	02:00:18	00:30:55
37		37	36	Kupka, Raimund	BB / SV Stahl Hennigsdorf	1959mAK60 (1)	00:34:33 (30)	01:12:11 (42)	01:46:45 (38)	00:15:46 (29)	02:02:31	00:33:08
38		38	57	Gärtner, Olaf	BB / MSV TRIPOINT Ffo.	1971mAK45 (9)	00:32:08 (20)	01:17:03 (47)	01:49:12 (42)	00:13:22 (12)	02:02:35	00:33:11
39	1		44	Brandt, Marit	BB / Neptun 08 Finsterwalde	1976wAK40 (1)	00:37:09 (42)	01:10:01 (40)	01:47:11 (39)	00:15:50 (31)	02:03:02	00:33:39
40		39	50	Knappe, Steffen	BB / TV Fürstenwalde 1990 e.V.	1967mAK50 (7)	00:43:29 (52)	00:58:41 (16)	01:42:10 (36)	00:21:42 (51)	02:03:53	00:34:30
41		40	51	Lampe, Dirk	BE / SISU	1963mAK55 (6)	00:37:04 (41)	01:11:28 (41)	01:48:33 (41)	00:16:02 (32)	02:04:35	00:35:12
42		41	20	Apel, Karsten	BB / Luckauer Läuferbund	1960mAK55 (7)	00:38:05 (44)	01:09:44 (39)	01:47:49 (40)	00:18:07 (45)	02:05:57	00:36:34
43		42	29	Junghanns, Robert	BB / Fürstenwalde	1978mAK40 (8)	00:36:48 (38)	01:12:43 (43)	01:49:31 (43)	00:16:53 (36)	02:06:25	00:37:01
44		43	41	Kroschel, Thomas	BB / Schönborn	1969mAK50 (8)	00:36:31 (37)	01:13:49 (45)	01:50:20 (44)	00:17:20 (41)	02:07:41	00:38:17
45		44	3	Hagemann, Christian	BB / SV Stahl Hennigsdorf	1969mAK50 (9)	00:36:59 (40)	01:13:35 (44)	01:50:34 (46)	00:17:18 (40)	02:07:52	00:38:29
46	2		56	Farmand, Sandra	BB / SV Stahl Hennigsdorf	1969wAK50 (1)	00:40:58 (50)	01:09:33 (38)	01:50:32 (45)	00:18:24 (47)	02:08:56	00:39:33
47		3	37	Schulz, Andrea	BB / Luckauer Läuferbund	1974wAK45 (1)	00:38:07 (45)	01:15:22 (46)	01:53:30 (47)	00:17:06 (39)	02:10:36	00:41:13
48		45	19	Nabrat, Gerrit	BB / Luckauer Läuferbund	1969mAK50 (10)	00:38:10 (46)	01:21:54 (49)	02:00:05 (48)	00:17:45 (44)	02:17:50	00:48:27
49		4	42	Sander, Birgit	BB / Luckauer Läuferbund	1976wAK40 (2)	00:39:44 (49)	01:22:10 (50)	02:01:55 (49)	00:18:21 (46)	02:20:16	00:50:53
50		46	59	Engert, Reinhardt	BB / SV Stahl Hennigsdorf	1950mAK65 (1)	00:44:10 (53)	01:21:37 (48)	02:05:47 (50)	00:22:05 (52)	02:27:52	00:58:29



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Rauen - 30.03.2019

## Übersicht der Auswertung - U23, Elite, Senioren - 6,5-19,5-3 km

Platz	Plw	Plm	StNr.	Name, Vorname	Bundesland / Verein	Geb. AK	Lauf 1	Rad	Lauf+Rad	Lauf 2	Endzeit	Rückst.
51		47	5	Manzel, Andreas	BE / Teamwork Berlin e.V.	1958mAK60 (2)	00:44:50 (54)	01:22:21 (51)	02:07:12 (51)	00:21:01 (50)	02:28:14	00:58:50
52	5		55	Blanke, Dorit	BB / Triathlon Spreewald e.V.	1971wAK45 (2)	00:41:00 (51)	01:30:26 (53)	02:11:27 (52)	00:18:51 (49)	02:30:18	01:00:55
53		48	2	Reisig, Lars	BE / Engel J.J.	1973mAK45 (10)	00:48:46 (55)	01:29:09 (52)	02:17:55 (53)	00:25:53 (54)	02:43:48	01:14:25
54		49	60	Scheder, Peer	BB / Kulturbanausen Oberhavel	1968mAK50 (11)	00:53:11 (56)	01:38:46 (54)	02:31:57 (54)	00:25:03 (53)	02:57:00	01:27:37
			6	Konieczny, Dieter	BB / TLV Rangsdorf	1963mAK55 ()	00:39:01 (47)	()	()	()	DNF	
			10	Graupe, Sven	BB / PIANALA Radsport Bernau	1973mAK45 ()	00:27:26 (3)	0	0	0	DNF	