



33. Fürstenwalder Cross-Duathlon



Rauen - 22.03.2025

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	3		Graupe, Sven	BB / Run and Bike Bernau	1973mAK50 (1)	00:23:28 (3)	00:41:27 (2)	01:04:56 (1)	00:00:00 (0)	01:04:56	00:00:00
2	2	22		Heinowsky, Enrico	BE / Sisu Berlin	1979mAK45 (1)	00:24:52 (5)	00:40:42 (1)	01:05:35 (2)	00:00:00 (0)	01:05:35	00:00:39
3	3	13		Freidank, Andreas	BE / ASV Zeuthen	1979mAK45 (2)	00:25:15 (6)	00:43:05 (3)	01:08:20 (3)	00:00:00 (0)	01:08:20	00:03:24
4	4	12		Pölzing, Björn	BB / Groß Kreuz	2001mAK20 (1)	00:22:34 (1)	00:47:28 (12)	01:10:02 (4)	00:00:00 (0)	01:10:02	00:05:06
5	5	10		Aulich, Frank	BB / TV Fürstenwalde 1990 e.V.	1975mAK50 (2)	00:25:20 (7)	00:44:55 (4)	01:10:15 (5)	00:00:00 (0)	01:10:15	00:05:19
6	6	28		Hackmann, Martin	BB / LTC Berlin	1967mAK55 (1)	(0)	(0)	01:10:19 (6)	00:00:00 (0)	01:10:19	00:05:23
7	7	4		Krüger, Carsten	NI / TSV Anderten	1984mAK40 (1)	00:23:03 (2)	00:47:23 (10)	01:10:26 (7)	00:00:00 (0)	01:10:26	00:05:30
8	8	23		Angelmi, Sebastian	BB / SV Stahl Hennigsdorf	1982mAK40 (2)	00:24:11 (4)	00:47:22 (8)	01:11:34 (8)	00:00:00 (0)	01:11:34	00:06:38
9	9	9		Druska, Frank	BB / TV 06 Thalmässing	1970mAK55 (2)	00:26:13 (9)	00:46:56 (7)	01:13:10 (9)	00:00:00 (0)	01:13:10	00:08:14
10	10	1		Tschendel, Michael	BB / Run and Bike Bernau	1980mAK45 (3)	00:26:25 (10)	00:47:59 (14)	01:14:24 (10)	00:00:00 (0)	01:14:24	00:09:28
11	11	16		Redlich, Sebastian	BB / TV Fürstenwalde 1990 e.V.	1986mAK35 (1)	00:26:45 (11)	00:48:08 (15)	01:14:53 (11)	00:00:00 (0)	01:14:53	00:09:57
12	12	55		Haschtmann, Felix	BE / Berlin	1983mAK40 (3)	00:28:23 (17)	00:46:31 (5)	01:14:55 (12)	00:00:00 (0)	01:14:55	00:09:59
13	13	32		Mirbach, Frank	BB / RTS Luckenwalde	1961mAK60 (1)	00:29:01 (21)	00:46:35 (6)	01:15:37 (13)	00:00:00 (0)	01:15:37	00:10:41
14	14	27		Hell, Andreas	BB / MSV TRIPOINT Ffö.	1971mAK50 (3)	00:28:04 (14)	00:47:44 (13)	01:15:49 (14)	00:00:00 (0)	01:15:49	00:10:53
15	15	26		Hussock, Linus	BB / TSV Cottbus	2007mJUN (1)	00:25:57 (8)	00:49:56 (21)	01:15:53 (15)	00:00:00 (0)	01:15:53	00:10:57
16	16	20		Friese, Andreas	BB / Zeppelin Team OSC Potsdam	1967mAK55 (3)	00:28:35 (18)	00:47:27 (11)	01:16:02 (16)	00:00:00 (0)	01:16:02	00:11:06
17	17	34		Arnhold, Oliver	BB / Fürstenw. Schwimmverein	1982mAK40 (4)	00:29:51 (26)	00:47:23 (9)	01:17:15 (17)	00:00:00 (0)	01:17:15	00:12:19
18	18	31		Linke, Falk	BB / TLV Rangsdorf e.V.	1981mAK40 (5)	00:29:17 (22)	00:48:50 (18)	01:18:07 (18)	00:00:00 (0)	01:18:07	00:13:11
19	1	2		Tittel, Pia	BB / Bernauer Lauffreunde e.V.	2006mJUN (1)	00:29:37 (23)	00:48:49 (16)	01:18:27 (19)	00:00:00 (0)	01:18:27	00:13:31
20	19	24		Altenkirch, Volker	BB / DLRG-Luckenwalde	1967mAK55 (4)	(0)	(0)	01:18:29 (20)	00:00:00 (0)	01:18:29	00:13:33
21	2	36		Brandt, Marit	BB / Neptun 08 Finsterwalde	1976wAK45 (1)	00:28:36 (19)	00:50:18 (23)	01:18:54 (21)	00:00:00 (0)	01:18:54	00:13:58
22	20	11		Götz, Thomas	BB / 1.RLV Eisenhüttenstadt	1981mAK40 (6)	00:29:45 (25)	00:49:12 (19)	01:18:58 (22)	00:00:00 (0)	01:18:58	00:14:02
23	21	30		Zahn, Maik	BB / Neptun 08 Finsterwalde	1975mAK50 (4)	00:27:06 (12)	00:52:43 (26)	01:19:50 (23)	00:00:00 (0)	01:19:50	00:14:54
24	22	38		Reinwald, Jens	BB / TV Fürstenwalde	1972mAK50 (5)	00:31:01 (31)	00:48:49 (17)	01:19:51 (24)	00:00:00 (0)	01:19:51	00:14:55
25	23	8		Bock, Daniel	BB / TV Fürstenwalde 1990 e.V.	1989mAK35 (2)	00:29:57 (27)	00:50:00 (22)	01:19:58 (25)	00:00:00 (0)	01:19:58	00:15:02
26	24	29		Haby, Dirk Markus	BB / TV Fürstenwalde 1990 e.V.	1970mAK55 (5)	00:28:19 (15)	00:52:21 (24)	01:20:41 (26)	00:00:00 (0)	01:20:41	00:15:45
27	25	35		Seiler, Karl	BB / TLV Rangsdorf e.V.	1990mAK35 (3)	00:31:23 (32)	00:49:51 (20)	01:21:15 (27)	00:00:00 (0)	01:21:15	00:16:19
28	26	21		Mistareck, Olaf	BB / TLV Rangsdorf e.V.	1964mAK60 (2)	00:28:20 (16)	00:53:19 (27)	01:21:40 (28)	00:00:00 (0)	01:21:40	00:16:44
29	27	37		Brandt, Matthias	BB / Neptun 08 Finsterwalde	1977mAK45 (4)	00:28:51 (20)	00:53:32 (28)	01:22:23 (29)	00:00:00 (0)	01:22:23	00:17:27
30	28	7		Barke, Matthias	BB / Bernauer Lauffreunde e.V.	1976mAK45 (5)	00:30:11 (28)	00:52:35 (25)	01:22:46 (30)	00:00:00 (0)	01:22:46	00:17:50
31	29	54		Hädicke, Mario	BB / Lucker Läuferbund	1981mAK40 (7)	00:27:45 (13)	00:55:51 (30)	01:23:36 (31)	00:00:00 (0)	01:23:36	00:18:40
32	30	5		Höricke, Kay	BB / Rüdersdorf	1974mAK50 (6)	(0)	(0)	01:24:37 (32)	00:00:00 (0)	01:24:37	00:19:41
33	31	25		Oestreich, Thomas	BE / KSV Ajax-Neptun Berlin	1972mAK50 (7)	00:29:42 (24)	00:55:09 (29)	01:24:52 (33)	00:00:00 (0)	01:24:52	00:19:56
34	32	6		Talabudzinow, Olaf	BB / Bernauer Lauffreunde e.V.	1963mAK60 (3)	00:30:11 (29)	00:56:57 (32)	01:27:09 (34)	00:00:00 (0)	01:27:09	00:22:13
35	33	18		Schmidt, Olaf Totti	BB / Tri-Team Senftenberg	1969mAK55 (6)	00:30:42 (30)	00:57:03 (33)	01:27:46 (35)	00:00:00 (0)	01:27:46	00:22:50
36	34	33		Kulling, Ulf	BB / TV Fürstenwalde 1990 e.V.	1967mAK55 (7)	00:34:22 (33)	00:57:32 (34)	01:31:54 (36)	00:00:00 (0)	01:31:54	00:26:58
37	35	17		Giesecke, Michael	BB / Triathlon Potsdam e.V.	1962mAK60 (4)	00:37:19 (35)	00:56:09 (31)	01:33:29 (37)	00:00:00 (0)	01:33:29	00:28:33
38	36	19		Nabrat, Gerrit	BB / Luckauer Läuferbund	1969mAK55 (8)	00:35:20 (34)	01:03:53 (35)	01:39:13 (38)	00:00:00 (0)	01:39:13	00:34:17



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Rauen - 22.03.2025

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	3		Graupe, Sven	BB / Run and Bike Bernau	1973mAK50 (1)	00:23:28 (3)	00:41:27 (2)	01:04:56 (1)	00:00:00 (0)	01:04:56	00:00:00
2	2	22		Heinowsky, Enrico	BE / Sisu Berlin	1979mAK45 (1)	00:24:52 (5)	00:40:42 (1)	01:05:35 (2)	00:00:00 (0)	01:05:35	00:00:39
3	3	13		Freidank, Andreas	BE / ASV Zeuthen	1979mAK45 (2)	00:25:15 (6)	00:43:05 (3)	01:08:20 (3)	00:00:00 (0)	01:08:20	00:03:24
4	4	12		Pölzing, Björn	BB / Groß Kreuz	2001mAK20 (1)	00:22:34 (1)	00:47:28 (12)	01:10:02 (4)	00:00:00 (0)	01:10:02	00:05:06
5	5	10		Aulich, Frank	BB / TV Fürstenwalde 1990 e.V.	1975mAK50 (2)	00:25:20 (7)	00:44:55 (4)	01:10:15 (5)	00:00:00 (0)	01:10:15	00:05:19
6	6	28		Hackmann, Martin	BB / LTC Berlin	1967mAK55 (1)	(0)	(0)	01:10:19 (6)	00:00:00 (0)	01:10:19	00:05:23
7	7	4		Krüger, Carsten	NI / TSV Anderten	1984mAK40 (1)	00:23:03 (2)	00:47:23 (10)	01:10:26 (7)	00:00:00 (0)	01:10:26	00:05:30
8	8	23		Angelmi, Sebastian	BB / SV Stahl Hennigsdorf	1982mAK40 (2)	00:24:11 (4)	00:47:22 (8)	01:11:34 (8)	00:00:00 (0)	01:11:34	00:06:38
9	9	9		Druska, Frank	BB / TV 06 Thalmässing	1970mAK55 (2)	00:26:13 (9)	00:46:56 (7)	01:13:10 (9)	00:00:00 (0)	01:13:10	00:08:14
10	10	1		Tschendel, Michael	BB / Run and Bike Bernau	1980mAK45 (3)	00:26:25 (10)	00:47:59 (14)	01:14:24 (10)	00:00:00 (0)	01:14:24	00:09:28
11	11	16		Redlich, Sebastian	BB / TV Fürstenwalde 1990 e.V.	1986mAK35 (1)	00:26:45 (11)	00:48:08 (15)	01:14:53 (11)	00:00:00 (0)	01:14:53	00:09:57
12	12	55		Haschtmann, Felix	BE / Berlin	1983mAK40 (3)	00:28:23 (17)	00:46:31 (5)	01:14:55 (12)	00:00:00 (0)	01:14:55	00:09:59
13	13	32		Mirbach, Frank	BB / RTS Luckenwalde	1961mAK60 (1)	00:29:01 (21)	00:46:35 (6)	01:15:37 (13)	00:00:00 (0)	01:15:37	00:10:41
14	14	27		Hell, Andreas	BB / MSV TRIPOINT Ffö.	1971mAK50 (3)	00:28:04 (14)	00:47:44 (13)	01:15:49 (14)	00:00:00 (0)	01:15:49	00:10:53
15	15	26		Hussock, Linus	BB / TSV Cottbus	2007mJUN (1)	00:25:57 (8)	00:49:56 (21)	01:15:53 (15)	00:00:00 (0)	01:15:53	00:10:57
16	16	20		Friese, Andreas	BB / Zeppelin Team OSC Potsdam	1967mAK55 (3)	00:28:35 (18)	00:47:27 (11)	01:16:02 (16)	00:00:00 (0)	01:16:02	00:11:06
17	17	34		Arnhold, Oliver	BB / Fürstenw. Schwimmverein	1982mAK40 (4)	00:29:51 (26)	00:47:23 (9)	01:17:15 (17)	00:00:00 (0)	01:17:15	00:12:19
18	18	31		Linke, Falk	BB / TLV Rangsdorf e.V.	1981mAK40 (5)	00:29:17 (22)	00:48:50 (18)	01:18:07 (18)	00:00:00 (0)	01:18:07	00:13:11
19	1	2		Tittel, Pia	BB / Bernauer Lauffreunde e.V.	2006mJUN (1)	00:29:37 (23)	00:48:49 (16)	01:18:27 (19)	00:00:00 (0)	01:18:27	00:13:31
20	19	24		Altenkirch, Volker	BB / DLRG-Luckenwalde	1967mAK55 (4)	(0)	(0)	01:18:29 (20)	00:00:00 (0)	01:18:29	00:13:33
21	2	36		Brandt, Marit	BB / Neptun 08 Finsterwalde	1976wAK45 (1)	00:28:36 (19)	00:50:18 (23)	01:18:54 (21)	00:00:00 (0)	01:18:54	00:13:58
22	20	11		Götz, Thomas	BB / 1.RLV Eisenhüttenstadt	1981mAK40 (6)	00:29:45 (25)	00:49:12 (19)	01:18:58 (22)	00:00:00 (0)	01:18:58	00:14:02
23	21	30		Zahn, Maik	BB / Neptun 08 Finsterwalde	1975mAK50 (4)	00:27:06 (12)	00:52:43 (26)	01:19:50 (23)	00:00:00 (0)	01:19:50	00:14:54
24	22	38		Reinwald, Jens	BB / TV Fürstenwalde	1972mAK50 (5)	00:31:01 (31)	00:48:49 (17)	01:19:51 (24)	00:00:00 (0)	01:19:51	00:14:55
25	23	8		Bock, Daniel	BB / TV Fürstenwalde 1990 e.V.	1989mAK35 (2)	00:29:57 (27)	00:50:00 (22)	01:19:58 (25)	00:00:00 (0)	01:19:58	00:15:02
26	24	29		Haby, Dirk Markus	BB / TV Fürstenwalde 1990 e.V.	1970mAK55 (5)	00:28:19 (15)	00:52:21 (24)	01:20:41 (26)	00:00:00 (0)	01:20:41	00:15:45
27	25	35		Seiler, Karl	BB / TLV Rangsdorf e.V.	1990mAK35 (3)	00:31:23 (32)	00:49:51 (20)	01:21:15 (27)	00:00:00 (0)	01:21:15	00:16:19
28	26	21		Mistareck, Olaf	BB / TLV Rangsdorf e.V.	1964mAK60 (2)	00:28:20 (16)	00:53:19 (27)	01:21:40 (28)	00:00:00 (0)	01:21:40	00:16:44
29	27	37		Brandt, Matthias	BB / Neptun 08 Finsterwalde	1977mAK45 (4)	00:28:51 (20)	00:53:32 (28)	01:22:23 (29)	00:00:00 (0)	01:22:23	00:17:27
30	28	7		Barke, Matthias	BB / Bernauer Lauffreunde e.V.	1976mAK45 (5)	00:30:11 (28)	00:52:35 (25)	01:22:46 (30)	00:00:00 (0)	01:22:46	00:17:50
31	29	54		Hädicke, Mario	BB / Lucker Läuferbund	1981mAK40 (7)	00:27:45 (13)	00:55:51 (30)	01:23:36 (31)	00:00:00 (0)	01:23:36	00:18:40
32	30	5		Höricke, Kay	BB / Rüdersdorf	1974mAK50 (6)	(0)	(0)	01:24:37 (32)	00:00:00 (0)	01:24:37	00:19:41
33	31	25		Oestreich, Thomas	BE / KSV Ajax-Neptun Berlin	1972mAK50 (7)	00:29:42 (24)	00:55:09 (29)	01:24:52 (33)	00:00:00 (0)	01:24:52	00:19:56
34	32	6		Talabudzinow, Olaf	BB / Bernauer Lauffreunde e.V.	1963mAK60 (3)	00:30:11 (29)	00:56:57 (32)	01:27:09 (34)	00:00:00 (0)	01:27:09	00:22:13
35	33	18		Schmidt, Olaf Totti	BB / Tri-Team Senftenberg	1969mAK55 (6)	00:30:42 (30)	00:57:03 (33)	01:27:46 (35)	00:00:00 (0)	01:27:46	00:22:50
36	34	33		Kulling, Ulf	BB / TV Fürstenwalde 1990 e.V.	1967mAK55 (7)	00:34:22 (33)	00:57:32 (34)	01:31:54 (36)	00:00:00 (0)	01:31:54	00:26:58
37	35	17		Giesecke, Michael	BB / Triathlon Potsdam e.V.	1962mAK60 (4)	00:37:19 (35)	00:56:09 (31)	01:33:29 (37)	00:00:00 (0)	01:33:29	00:28:33
38	36	19		Nabrat, Gerrit	BB / Luckauer Läuferbund	1969mAK55 (8)	00:35:20 (34)	01:03:53 (35)	01:39:13 (38)	00:00:00 (0)	01:39:13	00:34:17



33. Fürstenwalder Cross-Duathlon



Rauen - 22.03.2025

Übersicht der Auswertung - LM Brb. 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	10	Aulich, Frank	BB / TV Fürstenwalde 1990 e.V.	1975mAK50 (1)	00:25:20 (7)	00:44:55 (4)	01:10:15 (5)	00:00:00 (0)	01:10:15	00:00:00
2		2	23	Angelmi, Sebastian	BB / SV Stahl Hennigsdorf	1982mAK40 (1)	00:24:11 (4)	00:47:22 (8)	01:11:34 (8)	00:00:00 (0)	01:11:34	00:01:18
3		3	16	Redlich, Sebastian	BB / TV Fürstenwalde 1990 e.V.	1986mAK35 (1)	00:26:45 (11)	00:48:08 (15)	01:14:53 (11)	00:00:00 (0)	01:14:53	00:04:38
4		4	27	Hell, Andreas	BB / MSV TRIPOINT Ffo.	1971mAK50 (2)	00:28:04 (14)	00:47:44 (13)	01:15:49 (14)	00:00:00 (0)	01:15:49	00:05:33
5		5	26	Hussock, Linus	BB / TSV Cottbus	2007mJUN (1)	00:25:57 (8)	00:49:56 (21)	01:15:53 (15)	00:00:00 (0)	01:15:53	00:05:38
6		6	20	Friese, Andreas	BB / Zeppelin Team OSC Potsdam	1967mAK55 (1)	00:28:35 (18)	00:47:27 (11)	01:16:02 (16)	00:00:00 (0)	01:16:02	00:05:46
7		7	31	Linke, Falk	BB / TLV Rangsdorf e.V.	1981mAK40 (2)	00:29:17 (22)	00:48:50 (18)	01:18:07 (18)	00:00:00 (0)	01:18:07	00:07:52
8	1		2	Tittel, Pia	BB / Bernauer Lauffreunde e.V.	2006wJUN (1)	00:29:37 (23)	00:48:49 (16)	01:18:27 (19)	00:00:00 (0)	01:18:27	00:08:11
9		8	24	Altenkirch, Volker	BB / DLRG-Luckenwalde	1967mAK55 (2)	(0)	(0)	01:18:29 (20)	00:00:00 (0)	01:18:29	00:08:14
10	2		36	Brandt, Marit	BB / Neptun 08 Finsterwalde	1976wAK45 (1)	00:28:36 (19)	00:50:18 (23)	01:18:54 (21)	00:00:00 (0)	01:18:54	00:08:38
11		9	38	Reinwald, Jens	BB / TV Fürstenwalde	1972mAK50 (3)	00:31:01 (31)	00:48:49 (17)	01:19:51 (24)	00:00:00 (0)	01:19:51	00:09:36
12		10	8	Bock, Daniel	BB / TV Fürstenwalde 1990 e.V.	1989mAK35 (2)	00:29:57 (27)	00:50:00 (22)	01:19:58 (25)	00:00:00 (0)	01:19:58	00:09:43
13		11	29	Haby, Dirk Markus	BB / TV Fürstenwalde 1990 e.V.	1970mAK55 (3)	00:28:19 (15)	00:52:21 (24)	01:20:41 (26)	00:00:00 (0)	01:20:41	00:10:25
14		12	35	Seiler, Karl	BB / TLV Rangsdorf e.V.	1990mAK35 (3)	00:31:23 (32)	00:49:51 (20)	01:21:15 (27)	00:00:00 (0)	01:21:15	00:10:59
15		13	21	Mistareck, Olaf	BB / TLV Rangsdorf e.V.	1964mAK60 (1)	00:28:20 (16)	00:53:19 (27)	01:21:40 (28)	00:00:00 (0)	01:21:40	00:11:25
16		14	37	Brandt, Matthias	BB / Neptun 08 Finsterwalde	1977mAK45 (1)	00:28:51 (20)	00:53:32 (28)	01:22:23 (29)	00:00:00 (0)	01:22:23	00:12:08
17		15	7	Barke, Matthias	BB / Bernauer Lauffreunde e.V.	1976mAK45 (2)	00:30:11 (28)	00:52:35 (25)	01:22:46 (30)	00:00:00 (0)	01:22:46	00:12:31
18		16	54	Hädicke, Mario	BB / Lucker Läuferbund	1981mAK40 (3)	00:27:45 (13)	00:55:51 (30)	01:23:36 (31)	00:00:00 (0)	01:23:36	00:13:20
19		17	6	Talabudzinow, Olaf	BB / Bernauer Lauffreunde e.V.	1963mAK60 (2)	00:30:11 (29)	00:56:57 (32)	01:27:09 (34)	00:00:00 (0)	01:27:09	00:16:54
20		18	18	Schmidt, Olaf Totti	BB / Tri-Team Senftenberg	1969mAK55 (4)	00:30:42 (30)	00:57:03 (33)	01:27:46 (35)	00:00:00 (0)	01:27:46	00:17:30
21		19	33	Kulling, Ulf	BB / TV Fürstenwalde 1990 e.V.	1967mAK55 (5)	00:34:22 (33)	00:57:32 (34)	01:31:54 (36)	00:00:00 (0)	01:31:54	00:21:39
22		20	17	Giesecke, Michael	BB / Triathlon Potsdam e.V.	1962mAK60 (3)	00:37:19 (35)	00:56:09 (31)	01:33:29 (37)	00:00:00 (0)	01:33:29	00:23:13
23		21	19	Nabrat, Gerrit	BB / Luckauer Läuferbund	1969mAK55 (6)	00:35:20 (34)	01:03:53 (35)	01:39:13 (38)	00:00:00 (0)	01:39:13	00:28:58