



34. Fürstenwalder Cross-Duathlon



Rauen - 28.03.2026

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 | 13 | | Graupe, Sven | BB / Run and Bike Bernau | 1973mAK50 (1) | 00:24:49 (1) | 00:46:59 (1) | 01:11:48 (1) | 00:13:36 (2) | 01:25:25 | 00:00:00 |
| 2 | 2 | 16 | | Heinowsky, Enrico | BE / Sisu Berlin | 1979mAK45 (1) | 00:26:09 (3) | 00:47:48 (3) | 01:13:57 (2) | 00:14:21 (6) | 01:28:19 | 00:02:54 |
| 3 | 3 | 8 | | Faustmann, Michael | BB / Tri Team Senftenberg | 1977mAK45 (2) | 00:26:46 (5) | 00:47:55 (4) | 01:14:42 (3) | 00:14:58 (11) | 01:29:40 | 00:04:15 |
| 4 | 4 | 53 | | Von Lipinski, Florian | BE / Radteam Coepenick e.V. | 1980mAK45 (3) | 00:27:24 (7) | 00:47:28 (2) | 01:14:52 (4) | 00:15:04 (14) | 01:29:57 | 00:04:32 |
| 5 | 5 | 3 | | Angelmi, Sebastian | BB / LG-Oberhavel | 1982mAK40 (1) | 00:25:16 (2) | 00:52:56 (10) | 01:18:13 (7) | 00:13:16 (1) | 01:31:29 | 00:06:04 |
| 6 | 6 | 11 | | Gothe, Hansjoachim | BB / SSV Hohen Neuendorf e.V. | 1973mAK50 (2) | 00:27:54 (10) | 00:49:21 (5) | 01:17:15 (5) | 00:14:21 (7) | 01:31:37 | 00:06:12 |
| 7 | 7 | 36 | | Schneeweiß, Jens | BB / Multisport-LOS e.V. | 1980mAK45 (4) | 00:26:27 (4) | 00:51:35 (8) | 01:18:02 (6) | 00:13:56 (3) | 01:31:59 | 00:06:34 |
| 8 | 8 | 5 | | Berger, René | BB / Triathlon Potsdam | 1973mAK50 (3) | 00:28:21 (13) | 00:51:03 (7) | 01:19:24 (9) | 00:15:01 (12) | 01:34:26 | 00:09:01 |
| 9 | 9 | 19 | | Hoffmann, Ralf | BE / Cycling Collective Berlin | 1971mAK55 (1) | 00:29:47 (22) | 00:49:33 (6) | 01:19:21 (8) | 00:15:31 (19) | 01:34:52 | 00:09:27 |
| 10 | 10 | 55 | | Arnhold, Oliver | BB / Fürstenw. Schwimmverein | 1982mAK40 (2) | 00:29:34 (20) | 00:51:36 (9) | 01:21:10 (10) | 00:15:50 (22) | 01:37:01 | 00:11:36 |
| 11 | 11 | 4 | | Aulich, Frank | BB / TV Fürstenwalde 1990 e.V. | 1975mAK50 (4) | 00:27:06 (6) | 00:54:36 (12) | 01:21:43 (11) | 00:15:53 (24) | 01:37:37 | 00:12:12 |
| 12 | 12 | 35 | | Schmidtschen, Andre | BB / Multisport-LOS E.V. | 1974mAK50 (5) | 00:28:36 (14) | 00:54:24 (11) | 01:23:00 (12) | 00:15:03 (13) | 01:38:04 | 00:12:39 |
| 13 | 13 | 40 | | Steffen, Rene | BB / TV Fürstenwalde 1990 e.V. | 1981mAK45 (5) | 00:28:19 (12) | 00:57:04 (17) | 01:25:24 (13) | 00:14:17 (5) | 01:39:42 | 00:14:17 |
| 14 | 14 | 17 | | Hell, Andreas | BB / MSV Tripoint Ffo e.V. | 1971mAK55 (2) | 00:30:44 (26) | 00:54:43 (13) | 01:25:27 (14) | 00:15:13 (16) | 01:40:41 | 00:15:16 |
| 15 | 1 | 42 | | Tittel, Pia | BB / Bernauer Lauffreunde | 2006wAK20 (1) | 00:29:30 (19) | 00:56:44 (16) | 01:26:15 (15) | 00:15:50 (23) | 01:42:06 | 00:16:41 |
| 16 | 15 | 18 | | Henneberg, Jens | BB / SSV Hohen Neuendorf e.V. | 1980mAK45 (6) | 00:27:39 (9) | 00:59:28 (20) | 01:27:08 (16) | 00:15:10 (15) | 01:42:18 | 00:16:53 |
| 17 | 16 | 45 | | Zimmer, Marco | BB / TSV Cottbus | 1979mAK45 (7) | 00:29:41 (21) | 00:58:37 (18) | 01:28:19 (18) | 00:15:24 (17) | 01:43:43 | 00:18:18 |
| 18 | 17 | 21 | | Linke, Falk | BB / TLV Rangsdorf e.V. | 1981mAK45 (8) | 00:29:10 (16) | 00:59:28 (19) | 01:28:39 (20) | 00:15:41 (20) | 01:44:20 | 00:18:55 |
| 19 | 18 | 2 | | Altenkirch, Volker | BB / DLRG-Luckenwalde | 1967mAK55 (3) | 00:31:03 (28) | 00:56:24 (15) | 01:27:27 (17) | 00:17:01 (33) | 01:44:28 | 00:19:03 |
| 20 | 19 | 12 | | Götz, Thomas | BB / I.RLV Eisenhüttenstadt | 1981mAK45 (9) | 00:32:16 (34) | 00:56:11 (14) | 01:28:28 (19) | 00:16:28 (29) | 01:44:56 | 00:19:31 |
| 21 | 20 | 27 | | Pippel, Jan | BB / Müncheberg | 1984mAK40 (3) | 00:29:13 (17) | 01:00:05 (23) | 01:29:19 (21) | 00:16:16 (27) | 01:45:35 | 00:20:10 |
| 22 | 21 | 15 | | Hädicke, Mario | BB / Luckauer-Läuferbund | 1981mAK45 (10) | 00:29:03 (15) | 01:01:53 (28) | 01:30:57 (23) | 00:14:50 (8) | 01:45:47 | 00:20:22 |
| 23 | 2 | 51 | | Brandt, Marit | BB / Neptun 08 Finsterwalde | 1976wAK50 (1) | 00:29:15 (18) | 01:01:44 (26) | 01:31:00 (24) | 00:14:56 (10) | 01:45:56 | 00:20:31 |
| 24 | 22 | 54 | | Kolbow, Kevin | BB / Erdinger Aktiv Team | 1986mAK40 (4) | 00:30:17 (25) | 01:00:02 (22) | 01:30:20 (22) | 00:16:16 (26) | 01:46:36 | 00:21:11 |
| 25 | 23 | 25 | | Paul, Torsten | BB / TLV Rangsdorf e.V. | 1969mAK55 (4) | 00:28:18 (11) | 01:04:42 (33) | 01:33:00 (27) | 00:14:12 (4) | 01:47:13 | 00:21:48 |
| 26 | 3 | 34 | | Saremba, Luise | BB / Eberswalder Schwimmverein | 2008wJUN (1) | 00:30:08 (23) | 01:02:46 (29) | 01:32:54 (26) | 00:15:26 (18) | 01:48:21 | 00:22:56 |
| 27 | 4 | 52 | | Fiebig, Antje | SN / Athletico Leipzig | 1971wAK55 (1) | 00:33:08 (37) | 00:59:55 (21) | 01:33:04 (28) | 00:16:17 (28) | 01:49:22 | 00:23:57 |
| 28 | 24 | 31 | | Redlich, Sebastian | BB / TV Fürstenwalde 1990 e.V. | 1986mAK40 (5) | 00:30:11 (24) | 01:01:47 (27) | 01:31:58 (25) | 00:18:40 (38) | 01:50:38 | 00:25:13 |
| 29 | 25 | 22 | | Mistareck, Olaf | BB / TLV Rangsdorf e.V. | 1964mAK60 (1) | 00:30:54 (27) | 01:05:04 (34) | 01:35:59 (31) | 00:15:58 (25) | 01:51:58 | 00:26:33 |
| 30 | 5 | 26 | | Pieper, Silke | BB / Zeppelin-Team OSC Potsdam | 1970wAK55 (2) | 00:31:11 (29) | 01:05:13 (35) | 01:36:25 (34) | 00:15:42 (21) | 01:52:08 | 00:26:43 |
| 31 | 6 | 41 | | Tittel, Nala | BB / Bernauer Lauffreunde | 2008wJUN (2) | 00:32:57 (36) | 01:01:03 (25) | 01:34:01 (29) | 00:18:17 (37) | 01:52:18 | 00:26:53 |
| 32 | 7 | 28 | | Plock, Silvana | BY / TSV Oberstdorf | 1979wAK45 (1) | 00:32:32 (35) | 01:03:01 (30) | 01:35:33 (30) | 00:17:10 (34) | 01:52:44 | 00:27:19 |
| 33 | 26 | 44 | | Warmuth, Uwe | SN / Bautzener LV Rot-Weiß 90 | 1973mAK50 (6) | 00:33:31 (40) | 01:04:21 (32) | 01:37:52 (35) | 00:17:26 (35) | 01:55:19 | 00:29:54 |
| 34 | 27 | 30 | | Rakow, Tino | BB / TSV Cottbus | 1986mAK40 (6) | 00:27:29 (8) | 01:13:12 (39) | 01:40:41 (37) | 00:14:53 (9) | 01:55:34 | 00:30:09 |
| 35 | 28 | 38 | | Seiler, Karl | BB / TLV Rangsdorf e.V. | 1990mAK35 (1) | 00:35:08 (41) | 01:00:58 (24) | 01:36:06 (32) | 00:19:30 (40) | 01:55:37 | 00:30:12 |
| 36 | 29 | 7 | | Ehrecke, Jens | BE / KSV AJAX BERLIN | 1971mAK55 (5) | 00:31:45 (31) | 01:06:44 (36) | 01:38:30 (36) | 00:17:36 (36) | 01:56:07 | 00:30:42 |
| 37 | 30 | 32 | | Römhild, Gregor | BE / Tri Finisher Berlin | 1972mAK50 (7) | 00:32:09 (33) | 01:04:11 (31) | 01:36:20 (33) | 00:21:07 (43) | 01:57:28* | 00:32:03 |
| 38 | 8 | 39 | | Sonnwald, Jenny | BB / Neuhardenberg | 1985wAK40 (1) | 00:32:03 (32) | 01:11:07 (38) | 01:43:10 (38) | 00:16:38 (30) | 01:59:48 | 00:34:23 |
| 39 | 31 | 33 | | Rühmer, Heiko | BE / SV Berlin-Chemie | 1970mAK55 (6) | 00:37:37 (44) | 01:07:34 (37) | 01:45:12 (39) | 00:19:05 (39) | 02:04:17 | 00:38:52 |
| 40 | 9 | 23 | | Mittelstädt, Maria | BB / TSV Germania Massen | 1993wAK30 (1) | 00:33:10 (38) | 01:17:19 (41) | 01:50:30 (40) | 00:16:52 (31) | 02:07:22 | 00:41:57 |
| 41 | 10 | 29 | | Preuß, Nancy | BB / TSV Germania Massen | 1998wAK25 (1) | 00:33:12 (39) | 01:17:19 (42) | 01:50:32 (41) | 00:16:58 (32) | 02:07:31 | 00:42:06 |
| 42 | 32 | 20 | | Krause, Torben | BB / DLRG-Luckenwalde | 1976mAK50 (8) | 00:37:01 (42) | 01:15:14 (40) | 01:52:16 (42) | 00:21:05 (42) | 02:13:21 | 00:47:56 |
| 43 | 33 | 10 | | Fritsche, Volker | BB / TV Fürstenwalde 1990 e.V. | 1966mAK60 (2) | 00:37:21 (43) | 01:25:39 (43) | 02:03:01 (43) | 00:21:01 (41) | 02:24:03 | 00:58:38 |
| | | 6 | | Dr Schulze, Nicole | BB / TV Fürstenwalde 1990 e.V. | 1983wAK40 () | 00:44:50 (45) () | () | () | () | DNF | |
| | | 14 | | Haby, Dirk | BB / TV Fürstenwalde 1990 e.V. | 1970mAK55 () | 00:31:39 (30) () | () | () | () | DNF | |



34. Fürstenwalder Cross-Duathlon



Rauen - 28.03.2026

Altersklassenauswertung - 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. |
|-------|-----|-----|-------|--------------------|--------------------------------|---------------|---------------|---------------|---------------|---------------|----------|---------|
| 38 | | | | Seiler, Karl | BB / TLV Rangsdorf e.V. | 1990mAK35 (1) | 00:35:08 (41) | 01:00:58 (24) | 01:36:06 (32) | 00:19:30 (40) | 01:55:37 | |
| 3 | | | | Angelmi, Sebastian | BB / LG-Oberhavel | 1982mAK40 (1) | 00:25:16 (2) | 00:52:56 (10) | 01:18:13 (7) | 00:13:16 (1) | 01:31:29 | |
| 31 | | | | Redlich, Sebastian | BB / TV Fürstenwalde 1990 e.V. | 1986mAK40 (2) | 00:30:11 (24) | 01:01:47 (27) | 01:31:58 (25) | 00:18:40 (38) | 01:50:38 | |
| 30 | | | | Rakow, Tino | BB / TSV Cottbus | 1986mAK40 (3) | 00:27:29 (8) | 01:13:12 (39) | 01:40:41 (37) | 00:14:53 (9) | 01:55:34 | |
| 8 | | | | Faustmann, Michael | BB / Tri Team Senftenberg | 1977mAK45 (1) | 00:26:46 (5) | 00:47:55 (4) | 01:14:42 (3) | 00:14:58 (11) | 01:29:40 | |
| 36 | | | | Schneeweiß, Jens | BB / Multisport-LOS e.V. | 1980mAK45 (2) | 00:26:27 (4) | 00:51:35 (8) | 01:18:02 (6) | 00:13:56 (3) | 01:31:59 | |
| 40 | | | | Steffen, Rene | BB / TV Fürstenwalde 1990 e.V. | 1981mAK45 (3) | 00:28:19 (12) | 00:57:04 (17) | 01:25:24 (13) | 00:14:17 (5) | 01:39:42 | |
| 18 | | | | Henneberg, Jens | BB / SSV Hohen Neuendorf e.V. | 1980mAK45 (4) | 00:27:39 (9) | 00:59:28 (20) | 01:27:08 (16) | 00:15:10 (15) | 01:42:18 | |
| 45 | | | | Zimmer, Marco | BB / TSV Cottbus | 1979mAK45 (5) | 00:29:41 (21) | 00:58:37 (18) | 01:28:19 (18) | 00:15:24 (17) | 01:43:43 | |
| 21 | | | | Linke, Falk | BB / TLV Rangsdorf e.V. | 1981mAK45 (6) | 00:29:10 (16) | 00:59:28 (19) | 01:28:39 (20) | 00:15:41 (20) | 01:44:20 | |
| 15 | | | | Hädicke, Mario | BB / Luckauer- Läuferbund | 1981mAK45 (7) | 00:29:03 (15) | 01:01:53 (28) | 01:30:57 (23) | 00:14:50 (8) | 01:45:47 | |
| 11 | | | | Gothe, Hansjoachim | BB / SSV Hohen Neuendorf e.V. | 1973mAK50 (1) | 00:27:54 (10) | 00:49:21 (5) | 01:17:15 (5) | 00:14:21 (7) | 01:31:37 | |
| 5 | | | | Berger, René | BB / Triathlon Potsdam | 1973mAK50 (2) | 00:28:21 (13) | 00:51:03 (7) | 01:19:24 (9) | 00:15:01 (12) | 01:34:26 | |
| 4 | | | | Aulich, Frank | BB / TV Fürstenwalde 1990 e.V. | 1975mAK50 (3) | 00:27:06 (6) | 00:54:36 (12) | 01:21:43 (11) | 00:15:53 (24) | 01:37:37 | |
| 35 | | | | Schmidtchen, Andre | BB / Multisport-LOS E.V. | 1974mAK50 (4) | 00:28:36 (14) | 00:54:24 (11) | 01:23:00 (12) | 00:15:03 (13) | 01:38:04 | |
| 20 | | | | Krause, Torben | BB / DLRG-Luckenwalde | 1976mAK50 (5) | 00:37:01 (42) | 01:15:14 (40) | 01:52:16 (42) | 00:21:05 (42) | 02:13:21 | |
| 17 | | | | Hell, Andreas | BB / MSV Tripoint Ffo e.V. | 1971mAK55 (1) | 00:30:44 (26) | 00:54:43 (13) | 01:25:27 (14) | 00:15:13 (16) | 01:40:41 | |
| 2 | | | | Altenkirch, Volker | BB / DLRG-Luckenwalde | 1967mAK55 (2) | 00:31:03 (28) | 00:56:24 (15) | 01:27:27 (17) | 00:17:01 (33) | 01:44:28 | |
| 25 | | | | Paul, Torsten | BB / TLV Rangsdorf e.V. | 1969mAK55 (3) | 00:28:18 (11) | 01:04:42 (33) | 01:33:00 (27) | 00:14:12 (4) | 01:47:13 | |
| 22 | | | | Mistareck, Olaf | BB / TLV Rangsdorf e.V. | 1964mAK60 (1) | 00:30:54 (27) | 01:05:04 (34) | 01:35:59 (31) | 00:15:58 (25) | 01:51:58 | |
| 42 | | | | Tittel, Pia | BB / Bernauer Lauffreunde | 2006wAK20 (1) | 00:29:30 (19) | 00:56:44 (16) | 01:26:15 (15) | 00:15:50 (23) | 01:42:06 | |
| 51 | | | | Brandt, Marit | BB / Neptun 08 Finsterwalde | 1976wAK50 (1) | 00:29:15 (18) | 01:01:44 (26) | 01:31:00 (24) | 00:14:56 (10) | 01:45:56 | |
| 26 | | | | Pieper, Silke | BB / Zeppelin-Team OSC Potsdam | 1970wAK55 (1) | 00:31:11 (29) | 01:05:13 (35) | 01:36:25 (34) | 00:15:42 (21) | 01:52:08 | |
| 34 | | | | Saremba, Luise | BB / Eberswalder Schwimmverein | 2008wJUN (1) | 00:30:08 (23) | 01:02:46 (29) | 01:32:54 (26) | 00:15:26 (18) | 01:48:21 | |
| 41 | | | | Tittel, Nala | BB / Bernauer Lauffreunde | 2008wJUN (2) | 00:32:57 (36) | 01:01:03 (25) | 01:34:01 (29) | 00:18:17 (37) | 01:52:18 | |