

# 11. Wasserstadt Triathlon Hannover-Limmer

## vorl. Ergebnisliste MW+AK Quadrathlon

MWPI	AK	SNR	Name	Verein	GESAMT	SWIM	BIKE	RUN	PADDLE	Strafzeit
<b>Quadrathlon</b>										
<b>w</b>										
1.	1.ELITEw	574	Lisa Teichert	Quad-Team WSC Heidelberg	<b>01:35:09</b>	00:11:56 (1.)	00:34:38 (2.)	0:20:53 (2.)	00:27:42 (1.)	
2.	2.ELITEw	571	Laura Jansen	Quad-Team WSC Heidelberg	<b>01:37:17</b>	00:13:26 (3.)	00:34:37 (1.)	0:20:04 (1.)	00:29:08 (2.)	
3.	1.M40w	586	Susanne Walter	KCH Berlin	<b>01:48:31</b>	00:15:07 (6.)	00:37:55 (4.)	0:25:42 (5.)	00:29:45 (3.)	
4.	2.M40w	584	Dörte Dammann	TRI LIZARDS	<b>01:52:19</b>	00:15:27 (8.)	00:38:17 (5.)	0:23:00 (3.)	00:35:33 (9.)	
5.	1.M50w	572	Claudia Kreuzberg	Tri Finisher Berlin	<b>01:53:05</b>	00:14:57 (5.)	00:37:55 (3.)	0:26:32 (7.)	00:33:40 (5.)	
6.	3.ELITEw	582	Gisa Fähnrich	KC Limmer	<b>01:53:20</b>	00:12:38 (2.)	00:43:34 (7.)	0:24:36 (4.)	00:32:31 (4.)	
7.	1.U23w	581	Annika Oetjens	Quad-Team WSC Heidelberg	<b>01:55:35</b>	00:15:12 (7.)	00:38:27 (6.)	0:26:38 (8.)	00:35:17 (7.)	
8.	4.ELITEw	595	Judith Gartmann	Hannoverscher Kanu Club	<b>01:58:49</b>	00:13:37 (4.)	00:43:43 (8.)	0:26:07 (6.)	00:35:20 (8.)	
9.	3.M40w	576	Anja Tews	TSV Schönberg	<b>02:04:39</b>	00:15:55 (9.)	00:45:14 (9.)	0:28:55 (10.)	00:34:33 (6.)	
10.	5.ELITEw	567	Aika Katharina Diesch		<b>02:12:33</b>	00:18:43 (10.)	00:47:51 (10.)	0:26:59 (9.)	00:38:58 (10.)	
<b>m</b>										
1.	1.ELITEm	575	Stefan Teichert	Quad-Team WSC Heidelberg	<b>01:31:06</b>	00:11:03 (1.)	00:32:50 (1.)	0:21:10 (4.)	00:26:02 (1.)	
2.	2.ELITEm	570	Matthias Grünwald	Hannover 96 Triathlon / KG List	<b>01:38:31</b>	00:13:57 (5.)	00:33:16 (2.)	0:19:44 (2.)	00:31:32 (10.)	
3.	3.ELITEm	594	Nik Mende	ECST 2000	<b>01:39:47</b>	00:11:56 (2.)	00:38:14 (12.)	0:22:39 (8.)	00:26:57 (2.)	
4.	1.M50m	569	Oliver Fritzius	Triathlon-Team-Wallernhausen	<b>01:42:31</b>	00:13:20 (4.)	00:33:43 (3.)	0:22:12 (6.)	00:33:15 (14.)	
5.	1.M40m	598	Henning Lahr	KVB Rheinsheim	<b>01:43:02</b>	00:13:10 (3.)	00:36:27 (5.)	0:22:00 (5.)	00:31:23 (8.)	
6.	2.M50m	982	Peter Hoßbach	MBSV/RTC Bernburger Bären	<b>01:44:45</b>	00:14:46 (7.)	00:37:19 (9.)	0:24:50 (14.)	00:27:49 (3.)	
7.	2.M40m	587	Frank Kälble		<b>01:45:53</b>	00:16:14 (10.)	00:37:16 (8.)	0:23:31 (9.)	00:28:50 (5.)	
8.	4.ELITEm	590	Marcus Demmler	WSV Osnabrück	<b>01:47:01</b>	00:17:56 (15.)	00:38:22 (13.)	0:19:11 (1.)	00:31:31 (9.)	
9.	3.M40m	589	Stefan Telschow	Köpenicker Kanusportclub	<b>01:47:27</b>	00:17:41 (14.)	00:36:58 (6.)	0:24:11 (11.)	00:28:36 (4.)	
10.	3.M50m	592	Kai-Dieter Rudolf	Preussen-Kanu Potsdam	<b>01:48:44</b>	00:18:55 (17.)	00:37:29 (10.)	0:20:09 (3.)	00:32:10 (11.)	
11.	4.M40m	573	Sven Michel	TriAs Hildesheim	<b>01:52:17</b>	00:15:05 (8.)	00:35:59 (4.)	0:24:25 (12.)	00:36:46 (18.)	
12.	5.M40m	580	Mike Smidt	Team Erdinger Alkoholfrei	<b>01:54:54</b>	00:17:07 (12.)	00:39:08 (14.)	0:24:30 (13.)	00:34:08 (17.)	
13.	4.M50m	579	Kai-Uwe Drews	Plön bewegt e.V.	<b>01:54:54</b>	00:14:29 (6.)	00:40:22 (19.)	0:26:25 (19.)	00:33:37 (15.)	
14.	5.M50m	599	Bernd Scheller	Radclub Wehretal	<b>01:55:50</b>	00:20:12 (18.)	00:36:59 (7.)	0:26:20 (18.)	00:32:17 (12.)	
15.	1.M60m	596	Detlef Kietzmann	LG Hückeswagen	<b>01:56:42</b>	00:17:57 (16.)	00:39:46 (17.)	0:25:57 (17.)	00:33:00 (13.)	
16.	6.M50m	577	Frederic Vartanian	Tri-Finisher Berlin	<b>01:58:00</b>	00:16:20 (11.)	00:39:54 (18.)	0:23:57 (10.)	00:37:47 (19.)	
17.	1.U23m	568	Max Hinz	KC Limmer	<b>02:00:37</b>	00:22:18 (20.)	00:39:34 (15.)	0:28:15 (20.)	00:30:29 (7.)	
18.	2.M60m	591	Heinz Grohmann	RTC "Bernburger Bären" e. V	<b>02:01:14</b>	00:21:24 (19.)	00:39:42 (16.)	0:29:56 (21.)	00:30:10 (6.)	

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### vorl. Ergebnisliste MW+AK Quadrathlon

MWPI	AK	SNR	Name	Verein	GESAMT	SWIM	BIKE	RUN	PADDLE	Strafzeit
19.	5.ELITEm	983	Patrick Marek		<b>02:05:16</b>	00:15:30 (9.)	00:37:57 (11.)	0:25:09 (16.)	00:46:39 (21.)	
20.	6.ELITEm	588	Sebastian Huhn		<b>02:10:05</b>	00:17:29 (13.)	00:41:41 (20.)	0:22:21 (7.)	00:48:32 (22.)	
21.	3.M60m	597	Peter Appelt	LGV Marathon Giessen/ECST	<b>02:13:04</b>	00:24:26 (21.)	00:42:01 (21.)	0:32:35 (22.)	00:34:01 (16.)	
22.	7.ELITEm	585	Aaron Koch	LC Hansa Stuhr Tri-Wölfe	<b>02:20:22</b>	00:24:48 (22.)	00:44:32 (22.)	0:25:09 (15.)	00:45:51 (20.)	

## 11. Wasserstadt Triathlon Hannover-Limmer

### vorl. Ergebnisliste MW+AK Wasserstadtdistanz Quadrathlon

MWPI	AK	SNR	Name	Verein	GESAMT	SWIM	BIKE	RUN	PADDLE	Strafzeit
<b>Wasserstadtdistanz Quadrathlon</b>										
<b>w</b>										
1.	1.ELITEw	1069	Lisa Teichert	Quad-Team WSC Heidelberg	<b>04:26:41</b>	00:30:10 (1.)	01:53:37 (1.)	0:51:50 (1.)	01:11:02 (1.)	
2.	1.M40w	1077	Susanne Walter	KCH Berlin	<b>05:15:27</b>	00:38:29 (2.)	02:05:27 (2.)	1:10:36 (2.)	01:20:54 (2.)	
<b>m</b>										
1.	1.ELITEm	1068	Dennis Möller	Preetzer TSV	<b>03:53:31</b>	00:27:46 (1.)	01:35:54 (1.)	0:50:48 (2.)	00:59:03 (1.)	
2.	2.ELITEm	1067	Björn Heeser	Triabolos Hamburg / BWS Hamburg	<b>04:09:52</b>	00:32:42 (3.)	01:41:19 (2.)	0:45:52 (1.)	01:09:57 (3.)	
3.	1.M40m	1075	Tomas Kälble		<b>04:26:44</b>	00:36:41 (4.)	01:52:22 (4.)	0:50:59 (3.)	01:06:42 (2.)	
4.	1.M50m	1072	Frank Lange	TTB	<b>04:54:18</b>	00:28:45 (2.)	01:59:56 (5.)	1:02:33 (6.)	01:23:02 (5.)	
5.	2.M50m	1073	Jan Zierenberg		<b>05:04:27</b>	00:39:41 (5.)	01:46:09 (3.)	0:53:14 (4.)	01:45:22 (7.)	
6.	2.M40m	1076	Stefan Telschow	Köpenicker Kanusportclub	<b>05:20:33</b>	00:43:02 (7.)	02:16:13 (7.)	1:02:24 (5.)	01:18:53 (4.)	
7.	1.M60m	1071	Uwe Wallat	VFL-Wolfsburg	<b>05:37:11</b>	00:41:55 (6.)	02:08:12 (6.)	1:03:39 (7.)	01:43:24 (6.)	

## 11. Wasserstadt Triathlon Hannover-Limmer

### Ergebnisliste Staffeln Wasserstadtdistanz Quadrathlon - Staffel

Pl	Startnr	Name		Zeit	Schwimmen	Radfahren	Laufen	Paddeln
<b>Wasserstadtdistanz Quadrathlon - Staffel</b>								
1.	1070	<b>Quad-Team WSC Heidelberg</b>	Teichert Stefan	<b>03:56:41</b>	00:27:07 (1.)	01:41:38 (1.)	0:42:49 (1.)	01:05:06 (1.)
		Teichert Stefan						
		Teichert Stefan						
		Raddatz Alexandra						
2.	1064	<b>DLRG OG BS e.V.</b>	Steffen Sonntag	<b>04:07:34</b>	00:31:10 (2.)	01:45:19 (2.)	0:45:56 (3.)	01:05:07 (2.)
		Johanna Gronewold						
		Jens Helberg						
		Prisca Alt						
3.	1061	<b>Quad-Team WSC Heidelberg</b>	Annika Öetgens	<b>04:24:56</b>	00:31:53 (3.)	01:54:09 (3.)	0:45:22 (2.)	01:13:31 (3.)
		Laura Jansen						
		Benjamin Weiland						
		Annika Öetgens						
4.	1065	<b>Quadrathlon macht Spaß!</b>	Gabriele Immendorff	<b>04:30:55</b>	00:34:50 (5.)	01:54:10 (4.)	0:48:00 (4.)	01:13:53 (4.)
		Gabriele Immendorff						
		Kai-Dieter Rudolf						
		Kai-Dieter Rudolf						
5.	1063	<b>Soltauener Sport Club</b>	Bernd Wyrowski	<b>04:43:44</b>	00:32:44 (4.)	01:57:31 (5.)	0:50:13 (5.)	01:23:14 (6.)
		Helge Kurzweil						
		Stefan Winning						
		Bernd Lindhorst						
6.	1062	<b>Paddel Klub Hannover</b>		<b>04:47:22</b>	00:37:51 (7.)	02:01:52 (6.)	0:51:03 (6.)	01:16:35 (5.)
		Volker Meyer						
		Oliver Schröder						
7.	1060	<b>Nordrhein Freaks</b>	Maike Ebeling	<b>05:18:01</b>	00:35:07 (6.)	02:18:53 (7.)	0:54:04 (7.)	01:29:55 (7.)
		Sabrina Welters						
		Julius Simon						
		Gisa Fähnrich						