

11. SCI Triathlon am 23.06.2019

Regionalliga Team Relay Frauen (200m - 6,0km - 2,0km)

1 Tri-Team Osnabrück Mädels I	1:35:29 Std.							
Wiebke Krone	4:56	0:49	11:03	0:43	6:45	24:15	1	
Kimberly Miller	5:01	0:52	10:24	0:46	7:07	24:09	2	
Carmen Otten	4:53	0:54	10:21	0:45	6:52	23:43	3	
Elisabeth Erwig	5:11	1:05	10:16	0:39	6:15	23:24	4 10	
2 TuS BW Lohne Triathlon Damen	1:36:25 Std.							
Inga Hintze	5:13	0:44	10:36	0:44	6:41	23:56	5	
Charlotte Friedrich	5:06	0:43	10:47	0:49	7:03	24:26	6	
Christine Becker	4:49	0:44	10:29	0:51	7:07	23:59	7	
Lina Schuchmann	4:57	0:46	10:35	0:43	7:06	24:06	8 26	
3 TTS-Tri Team Hamburg	1:39:01 Std.							
Jana Löhden	4:37	0:55	10:51	0:51	7:43	24:54	9	
Anne Lottmann	4:44	0:57	11:16	0:56	7:35	25:25	10	
Bettina Strehl	5:21	0:49	10:41	0:56	6:49	24:33	11	
Lydia Schuster	4:13	0:42	11:22	0:45	7:08	24:09	12 42	
4 Hannover 96 Damen II	1:40:02 Std.							
Roja Forßmann	4:14	0:44	11:23	0:46	7:26	24:30	13	
Judith Orilski	5:00	0:48	11:36	0:55	7:24	25:40	14	
Nia Carstensen	4:34	0:56	11:33	0:37	7:23	25:01	15	
Dorothee Polte	5:05	0:49	11:28	0:40	6:52	24:52	16 58	
5 SV Tungendorf Neumünster	1:41:13 Std.							
Jette Glage	4:14	0:45	11:05	0:46	7:26	24:14	17	
Andrea Sandau	5:13	0:50	12:19	0:47	6:40	25:47	18	
Celine Stockrahm	4:51	1:22	12:38	0:57	8:21	28:07	19	
Leonie Johanna Wilke	4:43	0:40	10:32	0:43	6:31	23:06	20 74	

6 Kaifu-Tri-Team Damen I	1:41:34 Std.	Z						
Tina Schmidt	5:04	0:54	11:05	0:55	7:20	25:16	21	
Marit Schröder	5:00	0:46	11:09	0:50	8:06	25:50	22	
Cordula Neudörffer	5:30	1:00	10:40	0:57	7:09	25:14	23	
Nathalie Frähmcke	5:35	1:00	10:58	0:46	6:49	25:05	24	90
7 Triathlon Team Hamburg Damen	1:41:43 Std.							
Frederike Kiep	4:50	0:57	11:18	0:45	7:04	24:53	25	
Insa Wente	5:06	0:58	11:15	0:46	7:23	25:26	26	
Ariane Hassfurther	5:28	0:53	10:58	0:53	7:45	25:55	27	
Lisa Femerling	5:11	0:52	11:35	0:50	7:05	25:30	28	106
8 Triathlon Team Buxtehude Damen I	1:42:27 Std.							
Katharina Zeidler	4:11	0:47	11:59	0:46	9:06	26:47	29	
Josephine Noack	5:01	0:51	10:34	0:48	7:02	24:15	30	
Andrea Oprotkowitz	5:13	0:51	11:49	0:58	7:10	25:59	31	
Lisa Colberg	4:56	0:52	11:03	0:56	7:44	25:28	32	122
9 Team B&H Intersport SC Itzehoe	1:42:48 Std.							
Caroline Heese	4:25	0:48	11:07	0:47	7:43	24:47	33	
Malin Heese	4:53	0:47	11:19	0:46	7:38	25:20	34	
Nina Emmermann	5:05	1:05	11:20	0:46	8:28	26:41	35	
Johanna Grell	5:52	0:53	11:15	0:40	7:23	26:01	36	138
10 USC Kiel	1:44:11 Std.							
Nina Landsberger	5:08	0:59	11:57	0:47	7:21	26:11	37	
Ilka Plöhn	5:31	1:08	11:53	0:40	7:14	26:25	38	
Lisa Schnoor	5:34	1:04	12:02	0:51	7:54	27:22	39	
Sarah Dohse	4:48	0:45	11:19	0:47	6:37	24:13	40	154
11 1. TCO "Die Bärinnen" I	1:45:17 Std.							
Nantke Bonsack	4:18	0:52	11:15	0:51	8:09	25:23	41	
Helen Eichholz							42	
Anna Brockmeier							43	
Pauline Lenartz							44	170

12 triZack Damen

Finja Hildebrandt
Helena Drüecke
Kezia Meyer
Frieda Dreßler

1:49:39 Std.

5:08	1:07	11:55	1:04	8:32	27:43	45
6:00	0:59	12:15	0:56	9:03	29:11	46
5:35	0:53	12:14	0:48	7:53	27:20	47
5:40	0:52	11:05	0:45	7:06	25:27	48 186

14 Bramfelder SV

48
48
48
48 **192**

11. SCI Triathlon am 23.06.2019

Regionalliga Team Relay Männer (200m - 6,0km - 2,0km)

1 Triathlöwen Bremen	1:47:07 Std.							Pkt	
Niklas Dellke	3:42	0:49	10:10	0:39	6:11	21:30		1	
Oliver Reinicke	4:31	0:42	9:38	0:44	6:13	21:46		2	
Justus Rehkugler	4:18	0:39	10:13	0:41	5:54	21:42		3	
Fabian Günther	3:40	0:44	10:02	0:40	6:18	21:22		4	
Julian Schröder	4:14	0:40	9:33	0:37	5:47	20:49		5	15
2 RSC Lüneburg Triathlon	1:47:34 Std.								
Timo Behrens	3:32	0:35	9:28	0:39	5:52	20:05		6	
Matz Materne	4:38	0:38	10:39	0:47	6:54	23:35		7	
Frank Reimann	4:32	0:47	9:58	0:37	6:03	21:55		8	
Jonathan Pargätzi	4:12	0:39	10:12	0:52	6:05	21:58		9	
Fabian Schönke	3:37	0:41	9:31	0:38	5:39	20:04		10	40
3 TTS Tri Team Hamburg	1:48:12 Std.								
Kim Oranienburg	3:51	0:40	9:39	0:44	6:05	20:57		11	
Robert Kores	4:37	0:41	9:35	0:50	6:04	21:45		12	
Dawid Jakubowski	4:20	0:47	10:03	0:47	6:17	22:11		13	
Julian Stürznickel	4:17	0:42	10:02	0:41	6:21	22:00		14	
Niels Werle	4:18	0:40	9:46	0:44	5:55	21:20		15	65
4 ESV Eintracht Hameln I	1:48:33 Std.								
Claas Reckemeier	3:53	0:39	9:38	0:45	6:14	21:07		16	
Daniel Behrens	4:12	0:45	9:50	0:50	6:46	22:21		17	
Stefan Schwarz	4:34	0:42	9:56	0:47	6:14	22:11		18	
Andreas Winterholler	4:25	0:41	9:54	0:51	5:42	21:32		19	
Garvin Krug	4:24	0:39	10:05	0:43	5:35	21:24		20	90

5 USC Kiel Herren	1:49:22 Std.							
Florian Plambeck	3:50	0:43	9:35	0:41	5:57	20:44	21	
Franz Schöps	4:21	0:40	10:05	0:43	6:22	22:09	22	
Lars Dahlkämper	4:31	0:48	10:20	0:41	5:56	22:14	23	
Jan Hinrich Klindworth	4:23	0:43	9:41	0:42	6:08	21:35	24	
Fritjof Dirksen	4:39	0:40	10:16	0:47	6:22	22:42	25	115
6 Intersport B&H Sportclub Itzehoe	1:50:05 Std.							
Holger Ziehe	4:13	0:42	10:07	0:49	6:24	22:13	26	
Robin Salto	4:29	0:46	10:16	0:44	6:30	22:43	27	
Thies Heinrichs	4:01	0:42	10:03	0:39	5:54	21:18	28	
Jakob Radau	4:33	0:41	9:54	0:43	6:38	22:27	29	
Thilo Köhnke	4:28	0:40	9:43	0:45	5:52	21:26	30	140
7 Team TSV Bargtheide	1:50:07 Std.							
Lukas Stüfen	3:58	0:40	9:31	0:42	5:53	20:42	31	
Jonas Schott	4:15	0:44	10:07	0:45	7:06	22:54	32	
Lukas Schott	4:13	0:45	10:11	0:50	7:10	23:07	33	
Patrick Raabe	4:20	0:43	10:21	0:43	5:55	21:59	34	
Jan Stelzner	4:33	0:49	9:47	0:43	5:36	21:26	35	165
8 Triathlon Team Braunschweig	1:51:18 Std.							
Lars Wolter	4:09	0:41	9:51	0:40	5:57	21:16	36	
Konstantin Kniese	4:21	0:43	10:01	0:43	6:30	22:15	37	
Nils Schiwiora	3:57	1:00	10:14	0:40	6:27	22:16	38	
Niklas Heise	4:20	1:04	10:09	0:42	6:04	22:16	39	
Sebastian Schier	4:39	0:49	10:02	0:49	6:59	23:16	40	190
9 TriAs Hildesheim I	1:51:46 Std.							
Florian Braumann	3:37	0:48	9:47	0:43	6:57	21:50	41	
Lars Kaiser	4:03	0:47	10:13	0:49	7:21	23:12	42	
Juliaus Mumme	4:11	0:45	9:47	0:43	6:56	22:21	43	
Felix Schattmann	4:36	0:43	9:53	0:42	6:22	22:15	44	
Dominique Horlbeck	4:43	0:47	10:01	0:41	6:00	22:10	45	215

10 Triabolos Hamburg e.V.	1:52:23 Std.						
Niklas Radü	4:14	0:51	10:40	0:46	6:12	22:42	46
Etienne Junot	4:27	0:42	10:04	0:41	6:11	22:04	47
Thormen Höfeler	4:29	0:42	9:50	0:47	6:04	21:50	48
Malte Pfeiffer	4:33	0:43	10:46	0:45	7:51	24:36	49
Niklas Hempfling	4:12	0:41	9:58	0:39	5:46	21:14	50 240
11 TriTeam triZack II	1:52:24 Std.						
Stephan Reis	3:44	0:45	9:42	0:44	6:13	21:07	51
Moritz Stader	4:07	0:42	9:56	0:44	6:24	21:52	52
Jannik Meier	4:09	0:43	11:48	0:43	7:46	25:07	53
Finn Luca Lauck	4:12	0:44	10:15	0:42	6:11	22:01	54
Jan-Niklas Dahmen	4:37	0:46	10:06	0:46	6:08	22:21	55 265
12 ASC Göttingen Tri Team I	1:53:03 Std.						
Niels Uhde	3:56	0:49	9:56	0:35	6:09	21:23	56
Mirko Witte	4:24	0:51	9:44	0:37	5:59	21:33	57
Bastian Grieme	4:59	0:45	9:58	0:47	5:54	22:21	58
Ingo Lechten	4:53	1:02	11:07	0:39	7:05	24:44	59
Franz Bayer	4:46	0:44	10:02	0:48	6:45	23:04	60 290
13 SG Atletico Büdelsdorf	1:53:21 Std.						
Jonathan Herzig	4:10	0:44	10:13	0:56	7:15	23:17	61
Pascal Buck	4:28	0:46	10:25	0:37	6:11	22:27	62
Leif Johannsen	4:08	0:52	9:26	0:45	6:18	21:28	63
Tim Lankau	4:40	0:48	10:31	0:42	6:52	23:31	64
Frank Wichmann	4:56	0:50	9:50	0:48	6:20	22:41	65 315
14 Stader SV Team	1:53:29 Std.						
Jonas Winter	4:19	0:39	10:05	0:44	6:34	22:19	66
Jeroen Eversen	4:26	0:45	10:16	0:46	6:35	22:46	67
Louis Sahlke	4:40	0:48	10:26	0:53	7:15	24:00	68
Julian Elfers	4:35	0:50	10:19	0:40	5:59	22:20	69
Max Sahlke	4:27	0:50	9:58	0:35	6:20	22:07	70 340

15 Tri-Michels Hamburg	1:53:35 Std.						
Max Kordes	4:20	0:55	10:34	0:52	7:05	23:44	71
Alexis Andritsos	4:20	0:38	10:10	0:39	6:13	21:59	72
Felix Eickhoff	4:19	0:48	11:21	0:51	7:00	24:18	73
Jan Hendrik Nothbaar	4:16	0:38	10:04	0:43	6:06	21:45	74
Ben Bay	4:16	0:42	9:56	0:44	6:15	21:51	75 365
16 TuS BW Lohne Triathlon	1:53:54 Std.						
Benedikt Hintze	4:47	0:41	10:16	0:42	6:14	22:38	76
Jamal Frerichs	4:32	0:48	10:37	0:47	6:23	23:06	77
Malte Schlömer	4:11	0:46	10:17	0:51	6:20	22:22	78
Marvin Föhse	4:21	0:44	10:30	0:40	6:30	22:43	79
Patrick Föhse	4:35	0:44	10:29	0:43	6:38	23:07	80 390
17 FC St. Pauli Triathlon Regionalliga Team	1:54:29 Std.						
Josh Pein	4:49	0:44	10:16	0:43	6:08	22:39	81
Guillermo Navarrete	4:48	0:46	10:42	0:46	6:39	23:39	82
Xabi Gallastegui	4:32	0:43	10:05	0:44	6:40	22:43	83
Philipp Blohm	5:19	0:41	10:07	0:38	5:52	22:35	84
Lucas Bacmeister	5:16	0:46	9:50	0:44	6:20	22:56	85 415
18 1. TCO die bären	1:54:42 Std.						
Finn Hannawald	4:03	0:36	9:59	0:41	6:15	21:33	86
Mathis Pottebaum	4:23	0:41	10:10	0:39	6:24	22:14	87
Knut, Volkens	4:24	0:46	10:56	0:56	6:57	23:56	88
Erik Rosenau	4:43	0:47	10:21	0:51	6:50	23:30	89
Paul, Burow	5:05	0:41	10:28	0:48	6:31	23:30	90 440
19 Triathlon Team Buxtehude	1:58:19 Std.						
Fabian Puller	4:17	0:47	10:46	0:55	7:07	23:50	91
Wanja Moritz	4:32	0:47	9:58	0:50	6:32	22:37	92
Floyd Flämig	4:26	0:46	10:28	0:47	7:10	23:34	93
Vincent Huppertz	4:52	0:57	11:06	0:41	6:27	24:01	94
Marten Lewerenz	4:37	0:48	11:45	0:45	6:27	24:20	95 465

20 Startgemeinschaft HT16 / Triathlon Team Hamburg

Oliver Obenaus	3:51	0:52	10:21	0:44	6:35	22:21	96
Marco Frommholz	4:32	0:48	10:54	0:50	6:44	23:46	97
Markus Rühlmann	4:48	0:49	10:05	0:44	6:13	22:37	98
Sascha Döbler	5:26	0:57	11:08	0:49	6:30	24:48	99
Sebastian Heider	5:12	0:51	11:42	0:47	6:24	24:54	100 490

21 Hannover 96 II

Gregory Krug	4:16	1:05	10:27	0:39	7:17	23:43	101
Tobias Bengfort	4:49	0:45	9:47	0:41	6:09	22:08	102
Johannes Netter	4:35	0:42	10:18	0:42	6:27	22:42	103
Olaf Friedrichs	6:47	0:47	11:20	0:48	8:06	27:47	104
Claudius Kessler	4:50	0:55	10:12	0:33	6:21	22:49	105 515