

Altena Triathlon 2004

Einlaufliste: **Altenaer Volkstriathlon 2004**

Platz	Nr.	Name, Vorname	Verein/*Ort	Platz	AK	Endzeit	SWIM	BIKE	RUN
1	27	Laudy, Frank	Styrumer TV	1	HK	00:59:11	00:08:47	00:31:16	00:19:06
2	28	Westphal, Abbi	Starlight Team Essen	1	30	01:00:36	00:09:35	00:32:41	00:18:19
3	12	am Orde, Andreas	Starlight Team Essen	1	45	01:01:02	00:09:53	00:31:59	00:19:08
4	52	Thon, Ralf	TSG Valbert	1	35	01:02:21	00:10:47	00:32:13	00:19:19
5	8	Glasow, Andreas	SSG Altena	1	40	01:02:37	00:10:32	00:33:26	00:18:38
6	56	Zerbin, Dieter	TV Rosbach	2	45	01:03:25	00:09:50	00:33:31	00:20:02
7	21	Kaufmann, René	TV Rosbach	2	HK	01:03:59	00:10:00	00:33:17	00:20:40
8	46	Schütz, Uwe	TK Grevenbroich	2	40	01:04:28	00:09:25	00:34:15	00:20:47
9	31	Mokry, Harald	TV Rosbach	3	40	01:06:47	00:12:10	00:35:15	00:19:21
10	14	Cramer, Matthias	SSV Allendorf	2	35	01:07:58	00:10:10	00:36:33	00:21:14
11	17	Halt, Daniel	ITT 1986 e.V.	1	Jun	01:08:09	00:09:04	00:38:03	00:21:01
12	25	Kroner, Sven	Tri Time TV Attendorn	3	HK	01:08:18	00:09:29	00:37:07	00:21:41
13	9	Riese, Jörg	SSG Altena	4	HK	01:09:11	00:10:13	00:35:48	00:23:10
14	18	Dahlmann, Ralf	RCL 98 Lüdenscheid	3	45	01:10:24	00:08:14	00:37:37	00:24:31
15	54	Werner, Karsten	*Witten	4	40	01:10:32	00:09:39	00:37:37	00:23:15
16	51	Schütz, Volker	Pulheimer SC	3	35	01:11:00	00:10:54	00:37:07	00:22:57
17	15	Gollnick, Lars	*Lüdenscheid	5	HK	01:12:09	00:11:59	00:38:35	00:21:34
18	43	Rütz, Peter	VT-Triangel-Kempen	5	40	01:12:49	00:09:19	00:37:41	00:25:48
19	36	Rehbock, Jens	Tri-Team Hagen	2	30	01:13:04	00:10:09	00:39:38	00:23:16
20	7	Wurm-Sönnecken, Andreas	TSV Altena	6	40	01:14:04	00:12:14	00:37:55	00:23:54
21	4	Fröhlich, Thomas	*Altena	7	40	01:15:00	00:10:51	00:38:56	00:25:12
22	19	Kästner,	*Behringen	3	30	01:15:13	00:12:26	00:38:46	00:24:00
23	2	Mangold, Sandra	Bayer Leverkusen	1	30	01:15:20	00:09:13	00:39:33	00:26:33
24	22	Kippels, Wolfgang	RC Lüdenscheid	1	50	01:16:20	00:12:41	00:38:32	00:25:05
25	53	Veelker, Rainer	LAC Veltins TV Herdingen	4	35	01:16:34	00:10:55	00:43:54	00:21:44
26	26	Masling, Franz	Tauchsport TSC Plettenber	8	40	01:16:57	00:09:42	00:43:00	00:24:14
27	16	Hülstrung, Andreas	Mark E-Team	9	40	01:17:06	00:11:07	00:42:30	00:23:28
28	6	Gerland, Dominik	TV Städtisch Rahmede	1	JA	01:17:38	00:10:33	00:41:27	00:25:36
29	34	Paez, Manfred	TG Neuss	4	30	01:18:01	00:10:03	00:40:10	00:27:47

30	3 Reuter, Vera	Mark-E	1	35	01:19:07	00:12:24	00:41:50	00:24:52
31	5 Benz, Helmut	SSG Altena	4	45	01:19:23	00:10:37	00:40:44	00:28:01
32	20 Kowasch, Fred		5	35	01:19:46	00:10:14	00:41:15	00:28:15
33	11 Friedrich, Tobias	*Hagen	6	35	01:19:53	00:11:45	00:45:02	00:23:05
34	32 Morlock, Bernd	LAC Veltins TV Herdingen	5	45	01:21:22	00:12:29	00:43:50	00:25:01
35	33 Musalf, Albert	*Meinerzhagen	6	HK	01:21:54	00:15:00	00:44:46	00:22:07
36	1 Flusche, Gundula	TSV Altena	1	HK	01:24:07	00:12:33	00:44:03	00:27:30

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Altena Triathlon 2004

Einlaufliste: **Ligawertung**

Platz	Nr.	Name, Vorname	Verein/*Ort	Endzeit	SWIM	BIKE	RUN
1	416	Paesler, Thomas	Asics Team Witten III	01:48:55	00:16:21	00:57:53	00:34:40
2	453	Becker, Jan-Matti	Nonstop Köln	01:49:04	00:16:11	00:57:32	00:35:20
3	1059	Schmale, Dirk	RC Lüdenscheid	01:50:35	00:15:25	01:01:06	00:34:03
4	430	Kersten, Tobias	TSVE Bielefeld II	01:50:39	00:16:57	00:56:20	00:37:21
5	1057	Hanakam, Florian	RC Lüdenscheid	01:50:53	00:17:18	00:59:12	00:34:23
6	1025	Reinders, Yves	Tus Xanten	01:50:55	00:14:27	00:59:47	00:36:40
7	408	Schaefer, Till	SG Spröckhovel TT Witten	01:51:21	00:14:45	00:59:45	00:36:49
8	443	Krietenstein, Sascha	Kutenhausen Todtenhausen	01:51:27	00:16:09	00:58:25	00:36:52
9	414	Pauls, Peter	Asics Team Witten III	01:51:33	00:14:48	01:01:35	00:35:08
10	422	Logen, Stefan	Armada Würselen	01:52:04	00:15:11	00:59:17	00:37:35
11	433	Burghardt, Günther	SV Blau Weiß Bochum	01:52:19	00:16:28	00:58:31	00:37:19
12	1083	Glogau, Christopher	Kölner Triathlon Team	01:52:21	00:16:25	01:00:36	00:35:20
13	455	Meyke, Thomas	Nonstop Köln	01:52:34	00:17:43	00:58:47	00:36:04
14	431	Nickel, Thomas	TSVE Bielefeld II	01:52:41	00:16:50	01:00:29	00:35:21
15	1065	Laermann, Ralf	Mönchengladbacher TV	01:53:14	00:16:39	01:00:58	00:35:36
16	404	Martin, Frederik	Rückenwind Dortmund II	01:53:23	00:17:04	01:00:21	00:35:57
17	1099	Schroers, Michael	Dülkener SV 06	01:53:27	00:17:18	00:59:09	00:36:59

18	413	Fehrs, Jan	Asics Team Witten III	01:53:39	00:14:52	01:01:41	00:37:06
19	415	Sittart, Thomas	Asics Team Witten III	01:53:48	00:17:31	00:59:05	00:37:12
20	417	Dieckheuer, Dirk	TV Germania Kaiserau	01:53:55	00:17:36	00:59:39	00:36:39
21	423	Thele, Marc	Armada Würselen	01:53:58	00:15:08	01:00:28	00:38:20
22	444	Robin, Marcel	Kutenhausen Todtenhausen	01:53:58	00:16:10	01:00:23	00:37:24
23	402	Mandel, Michael	Rückenwind Dortmund II	01:54:04	00:16:03	01:01:46	00:36:14
24	1081	Pietrek, Thomas	Kölner Triathlon Team	01:54:20	00:17:18	00:59:14	00:37:46
25	1087	Kumpe, Rüdiger	TG Neuss	01:54:29	00:17:17	01:00:32	00:36:39
26	442	Klawitter, Markus	Kutenhausen Todtenhausen	01:54:35	00:15:08	01:01:23	00:38:03
27	1082	Leins, Sebastian	Kölner Triathlon Team	01:55:13	00:18:18	01:01:01	00:35:53
28	1058	Franke, Lars	RC Lüdenscheid	01:55:28	00:16:51	01:02:50	00:35:47
29	426	Hauser, Michael	TSV Bayer Dormagen	01:55:37	00:16:59	01:00:42	00:37:54
30	1064	Rexhausen, Thorsten	Wuppertal III	01:55:45	00:14:22	01:02:42	00:38:41
31	405	Roeder, Oliver	SG Spröckhovel TT Witten	01:55:46	00:16:05	01:00:18	00:39:22
32	1026	Haupt, Ringo	Tus Xanten	01:55:54	00:15:32	01:02:49	00:37:32
33	447	Uhlenbruch, Ralf	SC Altenrheine	01:55:58	00:17:05	01:00:31	00:38:21
34	1033	Weimann, Uwe	ASV Duisburg	01:56:00	00:16:32	01:01:11	00:38:16
35	1030	Bauser, Marcus	Wuppertal II	01:56:12	00:16:35	01:01:19	00:38:17
36	449	Henn, Frank	Tri Minators Voerde	01:56:24	00:16:58	00:59:55	00:39:30
37	436	Kroniger, Jürgen	SV Blau Weiß Bochum	01:56:46	00:14:51	01:01:42	00:40:12
38	409	Bätzel, Torsten	EifelSan Team TVE Netphen	01:56:49	00:17:03	01:00:25	00:39:21
39	1088	Neumann, Burkhard	TG Neuss	01:57:04	00:16:37	01:03:36	00:36:50
40	1029	Eggert, Jan	Wuppertal II	01:57:13	00:16:36	01:05:01	00:35:35
41	432	Leising, Willi	TSVE Bielefeld II	01:57:27	00:16:59	01:02:09	00:38:18
42	1070	Mittelstädt, Ralf	RTC Frechen 80	01:57:32	00:16:49	01:03:15	00:37:27
43	1034	Kwiatkowski, Michael	ASV Duisburg	01:57:45	00:16:37	01:03:13	00:37:55
44	438	Pfaff, Björn	TRIandertaler Mettmann II	01:57:51	00:16:36	01:02:58	00:38:16
45	457	Hawig, Oliver	Tri Sport Team Verl II	01:57:54	00:15:44	01:03:55	00:38:15
46	454	Hüllen, Jan	Nonstop Köln	01:58:02	00:19:11	01:02:58	00:35:52
47	441	Funken, Jens	Kutenhausen Todtenhausen	01:58:07	00:15:34	01:03:38	00:38:54
48	434	Frisch, Frank	SV Blau Weiß Bochum	01:58:17	00:16:11	01:05:08	00:36:57
49	406	Klein, Oliver	SG Spröckhovel TT Witten	01:58:38	00:19:35	01:02:27	00:36:35
50	407	Hoter, Otto	SG Spröckhovel TT Witten	01:58:38	00:17:56	01:01:54	00:38:47
51	1061	Anger, Chris	Wuppertal III	01:58:43	00:16:38	01:03:31	00:38:33

52	459	Beckhoff, Reinhard	Tri Sport Team Verl II	01:58:50	00:20:13	01:01:31	00:37:05
53	439	Maag, Michael	TRIandertaler Mettmann II	01:59:00	00:16:31	01:03:06	00:39:22
54	428	Schmitz, Markus	TSV Bayer Dormagen	01:59:06	00:16:58	01:04:20	00:37:48
55	1037	Beimel, Christian	Hildener AT	01:59:07	00:14:18	01:04:21	00:40:27
56	410	Schlabach, Henning	EifelSan Team TVE Netphen	01:59:12	00:17:07	01:02:58	00:39:06
57	1060	Sinderhauf, Jan	RC Lüdenscheid	01:59:27	00:16:40	01:01:52	00:40:54
58	418	Kaschube, Dirk	TV Germania Kaiserau	01:59:35	00:18:25	01:04:42	00:36:27
59	427	Meuter, Marco	TSV Bayer Dormagen	01:59:40	00:16:49	01:03:40	00:39:10
60	1101	Wattler, Wilfried	Post Telekom Köln	01:59:43	00:16:29	01:04:41	00:38:32
61	1014	Steenmann, Ralf	SG Welper I	01:59:44	00:17:40	01:03:50	00:38:13
62	1016	Meding, Jörg	SG Welper I	01:59:44	00:18:20	01:03:17	00:38:06
63	1013	Moch, Andreas	SG Welper I	01:59:45	00:18:20	01:03:14	00:38:10
64	424	Vonnhoege, Adrian	Armada Würselen	01:59:54	00:15:15	01:04:48	00:39:50
65	1001	Siwon, Daniel	Starlight Team Essen III	01:59:56	00:18:16	01:05:24	00:36:15
66	419	Stratmann, Uwe	TV Germania Kaiserau	01:59:57	00:17:28	01:02:28	00:40:00
67	460	Ganzer, Bruno	Tri Sport Team Verl II	02:00:05	00:18:44	01:03:28	00:37:51
68	1086	Karrenberg, Michael	TG Neuss	02:00:13	00:17:55	01:03:37	00:38:39
69	1020	Proff, Volker	SV Blau Weiß Bochum II	02:00:27	00:15:57	01:04:52	00:39:37
70	462	Billig, Gerhard	PV Triathlon Witten IV	02:00:30	00:15:57	01:05:26	00:39:06
71	412	Bleuel, Matthias	EifelSan Team TVE Netphen	02:01:07	00:17:02	01:04:43	00:39:21
72	421	Mohren, Harald	Armada Würselen	02:01:18	00:17:29	01:05:35	00:38:13
73	411	Bleuel, Andreas	EifelSan Team TVE Netphen	02:01:32	00:17:26	01:04:50	00:39:16
74	1062	Cramer, Bernd	Wuppertal III	02:01:47	00:19:37	01:03:32	00:38:38
75	1094	Ifang, Malte	TuS Breitscheid II	02:02:05	00:19:14	01:02:35	00:40:15
76	435	Geß, Marc-Olaf	SV Blau Weiß Bochum	02:02:09	00:15:43	01:03:09	00:43:16
77	1073	Drachenberg, Arnold	Tri Power Aegidienberg II	02:02:27	00:17:58	01:03:31	00:40:57
78	450	Walke, Thomas	Tri Minators Voerde	02:02:37	00:17:08	01:02:11	00:43:17
79	1089	Schnaß, Elmar	Krefelder Kanu Klub II	02:02:59	00:16:43	01:02:47	00:43:28
80	1031	Rexroth, Jan	Wuppertal II	02:03:00	00:16:45	01:05:58	00:40:16
81	429	Ollerdisen, Stefan	TSVE Bielefeld II	02:03:39	00:19:08	01:03:53	00:40:37
82	1036	Hof, Matthias	ASV Duisburg	02:03:51	00:16:26	01:04:44	00:42:40
83	1084	Efferts, Rene'	Kölner Triathlon Team	02:04:05	00:14:39	01:05:16	00:44:10
84	446	Närtker, Ulrich	SC Altenrheine	02:04:09	00:19:18	01:05:38	00:39:12
85	1035	Birkett, Dave	ASV Duisburg	02:04:15	00:16:29	01:05:58	00:41:48

86	1091	Wilms, Christian	Krefelder Kanu Klub II	02:04:27	00:16:33	01:02:03	00:45:49
87	401	Fischer, Jan Torben	Rückenwind Dortmund II	02:04:38	00:18:17	01:06:15	00:40:05
88	1038	Wucherpfeffnig, Sven	Hildener AT	02:04:45	00:16:26	01:05:37	00:42:41
89	1027	Müller, Thomas	Tus Xanten	02:04:48	00:16:34	01:09:41	00:38:32
90	452	von Gerkan, Oliver	Tri Minators Voerde	02:04:59	00:22:27	01:02:10	00:40:21
91	1077	Limberg, Andreas	ASV Köln	02:05:02	00:19:40	01:06:48	00:38:32
92	1028	Radusch, Uwe	Tus Xanten	02:05:03	00:19:21	01:07:05	00:38:37
93	1066	Knein, Mario	Mönchengladbacher TV	02:05:20	00:17:02	01:05:23	00:42:54
94	1104	Brunzel, Frank	Post Telekom Köln	02:05:35	00:16:18	01:08:00	00:41:17
95	1096	Samans, Werner	TuS Breitscheid II	02:05:38	00:19:21	01:04:33	00:41:43
96	451	Behnsch, Michael	Tri Minators Voerde	02:05:40	00:18:49	01:07:18	00:39:33
97	458	Nöthling, Thorsten	Tri Sport Team Verl II	02:05:44	00:17:27	01:05:40	00:42:36
98	1103	von Rappard, Gerald	Post Telekom Köln	02:05:50	00:16:29	01:08:16	00:41:03
99	1069	Koopmann, Oliver	RTC Frechen 80	02:05:59	00:18:02	01:07:14	00:40:43
100	1080	Völler, Thorsten	ASV Köln	02:06:33	00:20:22	01:05:42	00:40:28
101	1003	Schnellmann, Jürgen	Starlight Team Essen III	02:07:20	00:20:36	01:02:49	00:43:54
102	456	Schmelz, Börge	Nonstop Köln	02:07:51	00:16:19	01:08:28	00:43:03
103	1032	Bitzer, Axel	Wuppertal II	02:08:03	00:19:59	01:06:38	00:41:24
104	1010	Anhut, Michael	ASV Süchteln II	02:08:04	00:20:23	01:08:01	00:39:39
105	1079	Moses, Wolfgang	ASV Köln	02:08:20	00:20:02	01:07:17	00:41:00
106	1048	van Waasen, Thomas	Bocholter WSV III	02:08:38	00:19:57	01:08:07	00:40:33
107	425	Gehring, Harry	TSV Bayer Dormagen	02:08:41	00:12:54	01:07:39	00:48:07
108	1067	Schulze, Helmut	Mönchengladbacher TV	02:08:47	00:16:48	01:12:37	00:39:22
109	1068	Kremers, Sascha	Mönchengladbacher TV	02:08:47	00:17:52	01:07:55	00:42:59
110	1100	Berg, Dietmar	Dülkener SV 06	02:08:51	00:17:22	01:08:20	00:43:08
111	1072	Kayser, Bernd	RTC Frechen 80	02:09:16	00:18:32	01:08:52	00:41:52
112	464	Thomsen, Arne	PV Triathlon Witten IV	02:09:26	00:17:13	01:08:01	00:44:11
113	448	Walker, Stefan	SC Altenrheine	02:09:35	00:17:06	01:09:01	00:43:27
114	1022	Schultes, Olaf	TSG Sprockhövel II	02:10:17	00:19:40	01:08:17	00:42:19
115	1004	Kirmse, David	Starlight Team Essen III	02:10:17	00:18:10	01:10:05	00:42:02
116	1092	Wimmer, Tanja	Krefelder Kanu Klub II	02:10:18	00:18:23	01:09:18	00:42:36
117	1071	Langer, Christian	RTC Frechen 80	02:10:28	00:18:51	01:10:29	00:41:06
118	1047	Winter, Maic	Bocholter WSV III	02:10:31	00:20:48	01:09:46	00:39:57
119	1024	Kamphaus, Stephan	TSG Sprockhövel II	02:11:30	00:19:46	01:07:25	00:44:18

120	1074	Freiberg, Jürgen	Tri Power Aegidienberg II	02:11:31	00:22:10	01:08:38	00:40:42
121	1023	Willenberg, Olaf	TSG Sprockhövel II	02:11:51	00:19:53	01:08:07	00:43:49
122	403	Siery, David	Rückenwind Dortmund II	02:11:54	00:19:37	01:10:20	00:41:56
123	1093	Brosch, Reinhard	TuS Breitscheid II	02:12:03	00:16:45	01:10:10	00:45:07
124	445	Franke, Klaus	SC Altenrheine	02:12:08	00:22:36	01:09:32	00:39:59
125	1090	Schuster, Maik	Krefelder Kanu Klub II	02:12:41	00:20:10	01:09:19	00:43:12
126	1012	Siemes, Conny	ASV Süchteln II	02:12:44	00:16:57	01:09:52	00:45:54
127	463	Rennefeld, Marc	PV Triathlon Witten IV	02:12:48	00:17:19	01:10:24	00:45:05
128	1002	Holste, Alexander	Starlight Team Essen III	02:13:16	00:17:41	01:13:30	00:42:04
129	1085	Boenisch, Winfried	TG Neuss	02:13:36	00:22:15	01:10:05	00:41:15
130	1078	Taleb, Thomas	ASV Köln	02:14:06	00:21:02	01:04:48	00:48:15
131	1039	Döpfer, Wolfgang	Hildener AT	02:14:29	00:22:28	01:11:34	00:40:25
132	1015	Döring, Falko	SG Welper I	02:14:40	00:17:43	01:11:56	00:45:00
133	1063	Rexhausen, Marc	Wuppertal III	02:14:45	00:17:54	01:13:51	00:42:59
134	1005	Godoy, Javier	Bayer 05 Uerdingen IV	02:15:23	00:18:06	01:10:19	00:46:57
135	1017	Althaus, Frank	SV Blau Weiß Bochum II	02:15:27	00:23:23	01:10:14	00:41:49
136	1042	Lersch, Wilfried	SV Hullern	02:16:19	00:20:46	01:13:37	00:41:55
137	440	OpdeLaak, Peter	TRIandertaler Mettmann II	02:16:29	00:19:55	01:09:28	00:47:05
138	1095	Jerosch, Hans-Jürgen	TuS Breitscheid II	02:16:29	00:19:16	01:12:15	00:44:57
139	1040	Buschmann, Dirk	Hildener AT	02:17:12	00:18:14	01:12:46	00:46:12
140	1098	Mikosch, Georg	Dülkener SV 06	02:17:25	00:26:05	01:08:20	00:42:59
141	1049	Wischmann, Frank	SV Sterkrade Nord II	02:17:42	00:20:49	01:10:39	00:46:13
142	461	Böhm, Andreas	PV Triathlon Witten IV	02:18:15	00:17:33	01:11:46	00:48:55
143	1044	Wasseveld, Jan	SV Hullern	02:18:58	00:19:58	01:08:04	00:50:56
144	1045	Rottstegge, Thomas	Bocholter WSV III	02:18:59	00:19:55	01:14:08	00:44:55
145	1075	Hoffmann, Gerhard	Tri Power Aegidienberg II	02:19:29	00:22:40	01:13:29	00:43:19
146	1011	Heyer, Thomas	ASV Süchteln II	02:20:10	00:20:56	01:13:14	00:46:00
147	1009	Groß, Michael	ASV Süchteln II	02:20:46	00:21:21	01:10:45	00:48:39
148	1006	Wiegand, Harald	Bayer 05 Uerdingen IV	02:21:12	00:20:38	01:15:10	00:45:23
149	1019	Lange, Rainer	SV Blau Weiß Bochum II	02:21:22	00:19:44	01:14:11	00:47:26
150	1043	Rockahr, Matthias	SV Hullern	02:23:00	00:23:52	01:13:25	00:45:42
151	437	Stolte, Wolfgang	TRIandertaler Mettmann II	02:24:18	00:22:22	01:14:20	00:47:35
152	1097	Goetzie, Uwe	Dülkener SV 06	02:28:02	00:17:20	01:15:20	00:55:21
153	1076	Wüster, Bernd	Tri Power Aegidienberg II	02:28:19	00:16:52	01:18:31	00:52:54

154	1046	Tebroke, Stephan	Bocholter WSV III	02:29:31	00:22:27	01:16:37	00:50:26
155	1041	Eckhardt, Rolf	SV Hullern	02:35:20	00:23:49	01:22:43	00:48:47

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