

# Ralf Dumann Triathlon - 2010

## Gesamtergebnis

### 500 m Schwimmen, 19,9 km Rad, 5 km Laufen

Platz	Start Nr.	Teilnehmer	Schwimmzeit		1. Wechsel		Radzeit			2. Wechsel		Laufzeit		Ziel		
			Zeit	Platz	Zeit	Platz	Zeit	Platz	km/h	Zeit	Platz	Zeit	Platz	Zeit	Platz	Abstand
1	23	Arne Schiereck	00:07:50	4	0:00:36	8	00:31:36	1	37,78	0:00:28	18	0:21:11	4	1:01:41	1	0:00:00
2	25	Björn Ingo Hetzel	00:08:32	5	0:00:28	6	00:33:07	3	36,05	0:00:40	26	0:21:03	3	1:03:50	2	0:02:09
3	27	Carl-Heinz Meyer-Frese	00:06:53	1	0:00:39	9	00:31:54	2	37,43	0:01:04	33	0:23:47	13	1:04:17	3	0:02:36
4	34	Sascha von der Hellen	00:09:30	10	0:01:02	14	00:35:18	6	33,82	0:01:00	28	0:19:26	1	1:06:16	4	0:04:35
5	32	Michael Lustig	00:07:02	2	0:00:53	12	00:36:19	12	32,88	0:00:11	9	0:23:56	14	1:08:21	5	0:06:40
6	28	Hans-Herbert Diercksen	00:07:40	3	0:01:52	23	00:35:28	7	33,67	0:01:20	37	0:22:13	6	1:08:33	6	0:06:52
7	31	Joachim Hermerding	00:09:02	7	0:01:04	16	00:35:45	9	33,40	0:00:29	19	0:22:24	8	1:08:44	7	0:07:03
8	33	Peter Bogenschütz	00:13:09	34	0:01:08	18	00:33:43	4	35,41	0:00:46	27	0:20:04	2	1:08:50	8	0:07:09
9	24	Aron Kuroпка	00:12:24	28	0:01:04	17	00:35:48	10	33,35	0:00:24	16	0:22:41	11	1:12:21	9	0:10:40
10	37	Thorsten Föhl	00:13:09	35	0:01:02	15	00:36:01	11	33,15	0:01:04	34	0:22:31	9	1:13:47	10	0:12:06
11	8	Andreas Werner	00:11:38	20	0:00:58	13	00:34:04	5	35,05	0:01:37	38	0:25:47	22	1:14:04	11	0:12:23
12	38	Torsten Thiele	00:09:20	9	0:01:10	19	00:35:33	8	33,59	0:01:50	40	0:28:32	32	1:16:25	12	0:14:44
13	35	Stephan Fabig	00:11:28	18	0:02:25	30	00:39:38	16	30,13	0:00:10	7	0:23:06	12	1:16:47	13	0:15:06
14	42	Matthias Kobelt	00:10:30	12	0:02:09	24	00:42:24	30	28,16	0:00:09	6	0:21:50	5	1:17:02	14	0:15:21
15	4	Team: Noah und Heino Lindwedel	00:12:22	26	0:00:34	7	00:39:00	14	30,62	0:00:08	5	0:26:08	24	1:18:12	15	0:16:31
16	22	André Rhode	00:12:24	27	0:02:25	28	00:40:11	18	29,71	0:01:01	30	0:22:23	7	1:18:24	16	0:16:43
17	6	Team: Julia, Karin, Axel	00:09:58	11	0:00:14	3	00:44:13	36	27,00	0:00:03	2	0:24:48	18	1:19:16	17	0:17:35
18	12	Hans-Jürgen Artz	00:12:12	25	0:03:03	35	00:38:55	13	30,68	0:00:36	25	0:24:43	16	1:19:29	18	0:17:48
19	3	Team: Gabi, Zeggi, Olaf	00:08:36	6	0:00:22	5	00:41:22	25	28,86	0:00:02	1	0:29:34	35	1:19:56	19	0:18:15
20	21	Wolfgang Behl	00:11:00	16	0:03:22	38	00:41:43	27	28,62	0:00:22	15	0:24:09	15	1:20:36	20	0:18:55
21	15	Susanne Diercksen	00:14:05	38	0:00:49	11	00:39:39	17	30,11	0:00:31	20	0:26:03	23	1:21:07	21	0:19:26
22	30	Jeff Barber	00:11:48	22	0:00:48	10	00:40:46	21	29,29	0:00:35	23	0:27:18	26	1:21:15	22	0:19:34
23	1	Team: Hannah, Henri, Lotta	00:09:12	8	0:00:16	4	00:43:00	33	27,77	0:00:04	3	0:28:45	33	1:21:17	23	0:19:36
24	39	Uwe Gläser	00:14:20	40	0:03:20	37	00:40:28	20	29,51	0:00:33	21	0:22:38	10	1:21:19	24	0:19:38
25	19	Uwe Koppelman	00:14:12	39	0:02:48	33	00:39:34	15	30,18	0:00:15	11	0:24:47	17	1:21:36	25	0:19:55
26	5	Team: Petra und Kai	00:12:27	31	0:00:13	2	00:41:45	28	28,60	0:00:19	14	0:27:26	28	1:22:10	26	0:20:29
27	16	Sven-Erik Timm	00:11:40	21	0:02:37	32	00:40:16	19	29,65	0:00:15	13	0:27:25	27	1:22:13	27	0:20:32
28	40	Volker Schaller	00:12:24	29	0:03:52	39	00:41:15	23	28,95	0:00:35	24	0:26:19	25	1:24:25	28	0:22:44
29	11	Christoph Stratmann	00:10:32	13	0:02:11	25	00:44:44	37	26,69	0:00:13	10	0:27:34	30	1:25:14	29	0:23:33
30	13	Mandy Krause	00:12:08	24	0:02:32	31	00:45:02	38	26,51	0:00:24	17	0:25:09	19	1:25:15	30	0:23:34
31	17	Thomas Bansch	00:12:43	33	0:02:18	26	00:40:59	22	29,13	0:00:10	8	0:30:29	37	1:26:39	31	0:24:58
32	7	Alf Jürgensen	00:11:11	17	0:01:50	22	00:41:30	26	28,77	0:01:05	36	0:31:03	38	1:26:39	32	0:24:58
33	2	Team: Kirsten, Lukas und Nikola Föhl	00:12:26	30	0:00:10	1	00:48:36	40	24,57	0:00:04	4	0:25:33	20	1:26:49	33	0:25:08
34	29	Jan-Erik Vöckler	00:12:08	23	0:03:01	34	00:41:19	24	28,90	0:01:00	29	0:29:43	36	1:27:11	34	0:25:30
35	14	Manfred Holzki	00:13:42	37	0:04:19	40	00:42:18	29	28,23	0:01:45	39	0:25:35	21	1:27:39	35	0:25:58
38	20	Virginie Rovet	00:12:35	32	0:02:25	29	00:44:00	35	27,14	0:00:33	22	0:28:24	31	1:27:57	36	0:26:16
36	41	Ingo Lange	00:13:22	36	0:03:14	36	00:42:57	32	27,80	0:01:01	32	0:27:26	29	1:28:00	37	0:26:19
37	10	Britta Graß	00:10:53	15	0:01:26	21	00:46:11	39	25,85	0:00:15	12	0:29:27	34	1:28:12	38	0:26:31
39	9	Annika Majewski	00:10:48	14	0:01:10	20	00:43:03	34	27,74	0:01:04	35	0:36:27	40	1:32:32	39	0:30:51
40	18	Ursula Ruppenstein	00:11:30	19	0:02:25	27	00:42:30	31	28,09	0:01:01	31	0:35:22	39	1:32:48	40	0:31:07