



2. Trierer BMW-Cloppenburg X-Duathlon Ergebnisse Cross der Asse - 8. März 2009

GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES ZEIT	LAUF1	L1RG	Rad	RRG	LAUF2	L2RG
1	91	Langer	Thorsten	SC Elsenborn	TM30		1 01:39:08	00:16:31	1	01:05:02	1	00:17:35	1
2	3	Goncalves	Paulo	Trilux	TM30		2 01:40:54	00:16:38	2	01:06:13	3	00:18:03	2
3	96	Delepine	Romarc	Metz-Triathlon	TM30		3 01:41:42	00:17:17	4	01:05:09	2	00:19:16	8
4	1	Blumentritt	Sebastian	Tri Post Trier	TM20		1 01:42:49	00:17:28	6	01:07:17	4	00:18:04	3
5	6	Heim	Patrick	SIRONA Sports-Club	TM30		4 01:45:55	00:17:43	8	01:09:52	7	00:18:20	5
6	9	Bier	Dietmar	Tri Post Trier	TM30		5 01:47:22	00:16:50	3	01:12:19	10	00:18:13	4
7	22	Bentener	Paul	Celtic	TM30		6 01:48:12	00:19:32	25	01:07:49	5	00:20:51	20
8	61	Mund	Jan Philipp	Proficoaching.net	TM20		2 01:48:25	00:18:01	10	01:11:43	9	00:18:41	7
9	72	Schmidt	Peter	Vfa Neunkirchen	TM40		1 01:50:20	00:18:15	13	01:11:39	8	00:20:26	13
10	31	Döhnert	Rudi	Fahrrad Heidemann	TM40		2 01:51:00	00:18:33	18	01:12:50	11	00:19:37	9
11	93	Kersten	Markus	Wittlich	TM20		3 01:51:18	00:20:48	45	01:08:51	6	00:21:39	30
12	7	Ziegler	Matthias	LTF Marpingen	TM40		3 01:52:16	00:18:29	15	01:13:14	12	00:20:33	15
13	2	Bielen	Markus	DJK Tri Andernach	TM40		4 01:52:45	00:17:21	5	01:16:53	20	00:18:31	6
14	81	Uhren	Gerd	TuS Ahrweiler Tri	TM40		5 01:53:40	00:18:04	11	01:15:20	16	00:20:16	12
15	70	Rhein	Ralf	RV Schwalbe Trier	TM40		6 01:55:15	00:19:45	28	01:15:20	16	00:20:10	10
16	67	Recktenwald	Frank	Tri Post Trier	TM30		7 01:55:24	00:17:56	9	01:16:30	19	00:20:58	21
17	12	Kuhn	Nina	Proficoaching.net	TW20		1 01:55:32	00:19:29	24	01:15:30	18	00:20:33	15
18	8	Sinning	Thomas	SSV-Trier	TM40		7 01:55:34	00:19:59	31	01:14:10	14	00:21:25	25
19	95	Ricloux	Olivier	Metz-Triathlon	TM30		8 01:57:17	00:20:24	37	01:14:27	15	00:22:26	41
20	69	Reinemann	Ralph	Uni Trier	TM20		4 02:00:11	00:19:11	21	01:19:38	23	00:21:22	24
21	5	Bernard	Christopher	Phönix Trilux	TM20		5 02:00:41	00:18:05	12	01:17:41	21	00:24:55	56
22	39	Hennes	Frank	Team Independent	TM30		9 02:02:04	00:21:03	51	01:19:05	22	00:21:56	33
23	44	Jung	Peter	VFA Neunkirchen	TM50		1 02:02:08	00:00:00		01:41:07	64	00:21:01	22
24	36	Friedrich	Olaf	bikes-and-more.com	TM30		10 02:02:18	00:20:39	44	01:20:02	24	00:21:37	29
25	24	Biehl	Mario	Tri Team Saarlouis	TM30		11 02:02:23	00:18:38	19	01:23:05	31	00:20:40	17
26	71	Riedl	Jens	PSV Pirmasens	TM30		12 02:02:27	00:19:08	20	01:22:50	30	00:20:29	14
27	59	Mergner	Armin	Team Erdinger	TM40		8 02:02:52	00:20:04	34	01:20:59	25	00:21:49	31
28	64	Oberweis	Werner	RRE	TM40		9 02:03:28	00:19:42	27	01:21:48	28	00:21:58	35
29	4	Koch	Thomas	AusdauerTEAM.de	TM30		13 02:04:37	00:17:42	7	01:24:40	35	00:22:15	37
30	52	Laeven	Herbert	RSC Krähe Triathlo	TM50		2 02:05:05	00:19:56	30	01:23:37	32	00:21:32	27
31	33	Ehre	Patrick	LC Saucony Saar	TM30		14 02:05:37	00:18:31	17	01:26:54	45	00:20:12	11
32	86	Zimmer	Elmar	Tri Post Trier	TM40		10 02:05:59	00:20:01	32	01:25:13	40	00:20:45	19
33	82	Urbany	Guido	LT Ferschweiler	TM40		11 02:06:20	00:20:03	33	01:24:20	33	00:21:57	34
34	66	Peterschmitt	Alfred	WSF Zweibrücken	TM40		12 02:06:26	00:19:27	23	01:24:32	34	00:22:27	42



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GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES ZEIT	LAUF1	L1RG	Rad	RRG	LAUF2	L2RG
35	94	Knippel	Markus	Bodystyle	TM40	13	02:07:04	00:21:07	52	01:22:21	29	00:23:36	50
36	29	Claude	Lucas	Trilux	TM20	6	02:07:10	00:19:38	26	01:21:39	27	00:25:53	62
37	80	Thelen	Edgar	DJK Pellingen	TM30	15	02:07:17	00:20:38	42	01:25:11	39	00:21:28	26
38	28	Seibel	Christian	TV Saarwellingen	TM30	16	02:07:30	00:20:22	36	01:24:45	36	00:22:23	39
39	58	Mendgen	Peter	RSC Wittlich	TM50	3	02:07:39	00:20:38	42	01:24:45	36	00:22:16	38
40	97	Gebhardt	Udo	LTF Marpingen	TM50	4	02:07:58	00:20:27	40	01:25:29	41	00:22:02	36
41	75	Simon	Lothar	Hupperath	TM40	14	02:08:44	00:20:26	39	01:27:01	46	00:21:17	23
42	62	Noll	Lukas	LTF Marpingen	TM20	7	02:09:11	00:20:21	35	01:20:59	25	00:27:51	66
43	98	Bennewart	Gerd	PSV Pirmasens	TM40	15	02:09:19	00:18:30	16	01:30:09	53	00:20:40	17
44	27	Burkowsky	Michael	Team Independent	TM40	16	02:10:05	00:21:01	50	01:26:02	43	00:23:02	48
45	37	Gest	Dieter	RV Schwalbe Trier	TM40	17	02:10:12	00:21:17	55	01:24:53	38	00:24:02	53
46	55	Lettau	Fred	Tri Post Trier	TM30	17	02:10:37	00:20:51	47	01:25:57	42	00:23:49	51
47	84	Warnatz	Uwe	TRI-Team TG Konz	TM40	18	02:10:51	00:20:25	38	01:28:03	47	00:22:23	39
48	89	Scheer	Frank	Team Sockenboy.de	TM30	18	02:11:10	00:21:36	64	01:26:40	44	00:22:54	45
49	40	Hölzle	Fritz	TG Konz	TM40	19	02:12:31	00:20:28	41	01:29:28	50	00:22:35	43
50	45	Jungbluth	Stefan	DBL Team Montabaur	TM40	20	02:13:23	00:21:14	54	01:28:43	48	00:23:26	49
51	63	Nothvogel	Marco	LG-Bernkastel-Witt	TM30	19	02:14:29	00:20:54	48	01:30:41	54	00:22:54	45
52	41	Jaeger	Ralf	zäck-coaching	TM40	21	02:14:44	00:21:33	63	01:29:21	49	00:23:50	52
53	78	Stüber	Torsten	Eintracht Frankfur	TM30	20	02:16:18	00:21:31	60	01:30:06	52	00:24:41	54
54	68	Reh	Gerhard	RV Schwalbe Trier	TM40	22	02:16:32	00:21:31	60	01:29:43	51	00:25:18	57
55	48	Kohl	Timo	TV Bitburg	TM40	23	02:17:50	00:19:46	29	01:36:31	61	00:21:33	28
56	56	Liebe	Lars	TMK	TM30	21	02:18:23	00:21:19	57	01:35:14	57	00:21:50	32
57	74	Schmitt	Peter	VfA-Neunkirchen	TM50	5	02:19:26	00:21:00	49	01:35:40	58	00:22:46	44
58	30	Crames	Ralf-Talkes	Tri TCT / Monz	TM40	24	02:19:41	00:21:18	56	01:32:41	55	00:25:42	60
59	51	Kriegshäuser	Dieter	PSV Pirmasens	TM50	6	02:19:44	00:21:08	53	01:35:41	60	00:22:55	47
60	38	Hartwig	Johannes	Karlsruhe	TM20	8	02:20:03	00:21:24	59	01:33:57	56	00:24:42	55
61	57	Löhnertz	Manuel	Wintrich	TM30	22	02:24:25	00:21:32	62	01:35:40	58	00:27:13	65
62	47	Klei	Timo	AusdauerTEAM.de	TM30	23	02:25:47	00:20:50	46	01:39:12	63	00:25:45	61
63	43	Jarantowski	Manuel	SV Wolsfeld	TM40	25	02:26:21	00:22:03	67	01:38:58	62	00:25:20	58
64	25	Britz	Heinz	Silvesterlauf e.V.	TM50	7	02:34:26	00:21:20	58	01:44:06	66	00:29:00	67
65	11	Kolberg	Swantje	TuS Ahrweiler Tri	TW50	1	02:34:36	00:25:06	70	01:42:39	65	00:26:51	64
66	88	Macholdt	Dieter	SKG Sprendlingen	TM60	1	02:38:20	00:24:20	68	01:48:25	68	00:25:35	59
67	53	Lellinger	Uwe	TRI-Team TG Konz	TM60	2	02:40:59	00:24:29	69	01:49:47	70	00:26:43	63
68	83	Wagner	Andreas	TMK	TM30	24	02:41:44	00:27:20	75	01:44:39	67	00:29:45	68



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GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES ZEIT	LAUF1	L1RG	Rad	RRG	LAUF2	L2RG
	69	50 Krasch	Joachim	Dortmund	TM40	26	02:46:50	00:26:33	72	01:48:58	69	00:31:19	69
	70	60 Mertesdorf	Michael	TCEC Mainz	TM40	27	03:06:25	00:25:30	71	00:00:00		02:40:55	70
dnf		92 Forster	Marco	Team Sockenboy.de	TM30	999		00:18:26	14	01:13:51	13		
dnf		77 Stamm	Thomas	PSV Pirmasens	TM40	999		00:19:19	22	00:00:00			
dnf		79 Thees	Erik	Tri Post Trier	TM30	999		00:21:38	65	00:00:00			
dnf		85 Zatat	Adel	TMK	TM40	999		00:21:49	66	00:00:00			
dnf		15 Theis	Frauke	Team Independent	TW20	999		00:27:03	73	00:00:00			
dnf		34 Eichhorn	Guido	TMK	TM40	999		00:27:19	74	00:00:00			
dns		10 Klünder	Gesine	Tri-Force Fulda	TW20	999		00:00:00		00:00:00			
dns		13 Paulus	Katharina	LC-Bingen	TW20	999		00:00:00		00:00:00			
dns		14 Wydra	Julia	Team Sockenboy.de	TW20	999		00:00:00		00:00:00			
dns		20 Alt	Lucas	Vfr Simmern	TM20	999		00:00:00		00:00:00			
dns		21 Auler	Markus	Neunkirchen	TM30	999		00:00:00		00:00:00			
dns		23 Bergmann	Christoph	Tri Flow Bad Endb.	TM30	999		00:00:00		00:00:00			
dns		26 Brueggemann	Jens	LC Bingen	TM20	999		00:00:00		00:00:00			
dns		32 Dr. med. Endres	Karl-Heinz	TSG Limbach/Bikem.	TM40	999		00:00:00		00:00:00			
dns		35 Filusch	Christof	Pölich	TM30	999		00:00:00		00:00:00			
dns		42 Jakobs	Peter	Losheim am See	TM30	999		00:00:00		00:00:00			
dns		49 Krämer	Stefan	Tri SV Gerolstein	TM40	999		00:00:00		00:00:00			
dns		54 Lessmeister	Hardy	1. FC Kaiserslaut.	TM40	999		00:00:00		00:00:00			
dns		65 Oechsner	Joachim	Tri Post Trier	TM40	999		00:00:00		00:00:00			
dns		76 Stadtfeld	Tobias	Vorwärts Orient Mz	TM20	999		00:00:00		00:00:00			
dns		87 Zimmer	Thomas	Trier	TM30	999		00:00:00		00:00:00			
dns		90 Muller	Georges	Trispeed Mamer	TM30	999		00:00:00		00:00:00			



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GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES ZEIT	LAUF1	L1RG	RAD	RRG	LAUF2	L2RG
1	138	Kaiser	Jan	Kölner Tri Team 01	TM16		1 00:57:14	00:00:00		00:00:00		00:57:14	57
2	118	Da Costa	Rogério	Terre Rouge Bikers	TM30		1 00:57:36	00:10:44		5 00:35:58		1 00:10:54	3
3	126	Dusemund	Dennis	LG Bernkastel-Witt	TM16		2 00:57:54	00:10:07		1 00:37:40		5 00:10:07	1
4	168	Theobald	Andreas	Tri Post Trier	TM16		3 00:58:14	00:10:28		3 00:36:09		3 00:11:37	6
5	120	Müller	Patrick	Monz2Rad-Shop	TM30		2 00:58:29	00:10:51		6 00:36:07		2 00:11:31	5
6	141	Kockelmann	Johannes	RSC Prüm	TM16		4 00:59:56	00:11:11		8 00:37:04		4 00:11:41	8
7	147	Luck	Dominik	Team 73	TM20		1 01:00:30	00:10:52		7 00:38:00		6 00:11:38	7
8	175	Willger	Christoph	Team getfit	TM20		2 01:01:28	00:11:31		13 00:38:02		7 00:11:55	11
9	139	Keilen	Thomas	Tri-TCT/2Rad Monz	TM30		3 01:01:30	00:10:36		4 00:39:03		9 00:11:51	10
10	169	Thewes	Kevin	TV Hermeskeil	TM16		5 01:01:36	00:10:11		2 00:40:40		13 00:10:45	2
11	167	Stösser	Dominik	Team Stemper/Giant	TM16		6 01:03:12	00:12:06		17 00:38:03		8 00:13:03	18
12	135	Hower	Michael	Signal-Iduna	TM40		1 01:03:33	00:11:19		9 00:40:16		11 00:11:58	13
13	177	Wittpohl	Fabain	TuS Ahrweiler Tri	TM16		7 01:03:34	00:11:22		10 00:40:56		15 00:11:16	4
14	173	Weiland	Sascha	Tri-TCT/2Rad Monz	TM30		4 01:04:54	00:11:39		14 00:40:33		12 00:12:42	16
15	132	Hansen	Steve	Esch/Alzette	TM20		3 01:05:06	00:11:50		16 00:41:09		16 00:12:07	15
16	123	Diendorf	Markus	SV Morscheid	TM30		5 01:05:17	00:12:16		19 00:40:55		14 00:12:06	14
17	136	Igelmund	David	RSC Prüm	TM16		8 01:05:51	00:12:18		20 00:39:13		10 00:14:20	39
18	115	Thome	Benjamin	LAZ Birkenfeld	TM20		4 01:06:58	00:11:22		10 00:41:51		19 00:13:45	33
19	151	Maurer	Andreas	SIRONA Sports-Club	TM30		6 01:07:28	00:12:25		22 00:41:37		17 00:13:26	25
20	179	Schneider	Marco	Trier	TM30		7 01:07:50	00:12:46		27 00:41:41		18 00:13:23	23
21	100	Lütticken	Irmgard	Tri Post Trier	TW40		1 01:07:55	00:11:25		12 00:44:40		23 00:11:50	9
22	129	Gillenkirsch	Patrik	RSC Prüm	TM16		9 01:08:13	00:00:00		00:54:17		53 00:13:56	35
23	182	Seidel	Christian	Trispeed Luxemburg	TM30		8 01:08:55	00:12:20		21 00:43:24		20 00:13:11	21
24	133	Heinz	Herbert	TV Bitburg	TM50		1 01:09:34	00:12:15		18 00:44:28		22 00:12:51	17
25	124	Dixius	Thomas	Naurath/Wald	TM40		2 01:10:42	00:12:46		27 00:46:01		26 00:11:55	11
26	155	Otten	Gerd	Team Get Fit	TM30		9 01:12:04	00:13:35		40 00:45:11		24 00:13:18	22
27	176	Windheuser	Arno	Trier	TM30		10 01:12:05	00:13:23		36 00:45:33		25 00:13:09	20
28	128	Gillenkirsch	Manfred	LG-Pronsfeld-Lüneb	TM40		3 01:12:27	00:12:42		25 00:46:08		27 00:13:37	28
29	178	Wolf	Markus	Team Saarschleife	TM30		11 01:13:30	00:14:24		46 00:44:04		21 00:15:02	46
30	170	Thurn	Andreas	Trier	TM30		12 01:13:55	00:13:36		42 00:46:50		30 00:13:29	26
31	125	Dr. Jäger	Arne-Björn	Farschweiler	TM30		13 01:13:59	00:12:37		23 00:48:18		33 00:13:04	19
32	163	Scherer	Thomas	Team getFit	TM30		14 01:14:22	00:14:16		44 00:46:23		29 00:13:43	31
33	119	Lenz	Thomas	Trier	TM30		15 01:14:27	00:13:35		40 00:46:20		28 00:14:32	41



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	34	127 Escher	Frank	Team Getfit	TM30	16	01:14:38	00:13:24		37 00:47:16	31 00:13:58		36
	35	134 Hoffmann	Jan	Trier	TM30	17	01:15:01	00:12:40		24 00:48:42	36 00:13:39		29
	36	116 Leinen	Frank	MTB-Kammerforst	TM40	4	01:15:11	00:13:16		32 00:48:32	35 00:13:23		23
	37	154 Nilles	Christian	Trier	TM20	5	01:15:54	00:13:00		29 00:48:27	34 00:14:27		40
	38	142 Kohr	Jürgen	Auflauf Trier	TM40	5	01:16:21	00:13:12		30 00:49:37	39 00:13:32		27
	39	183 Marx	Martin	jufofu_09	TM30	18	01:17:01	00:14:28		47 00:47:22	32 00:15:11		47
	40	156 Pais	Paulo	KPMG Luxemburg	TM30	19	01:17:12	00:13:26		38 00:49:42	40 00:14:04		37
	41	161 Schäfer	Martin	Aller(vor)letzten	TM20	6	01:17:28	00:13:51		43 00:48:55	37 00:14:42		43
	42	153 Mieszaniec	Robert	getFit/Tri Post	TM30	20	01:18:06	00:12:45		26 00:51:33	45 00:13:48		34
	43	164 Schmitt	Dieter	Team Getfit	TM40	6	01:18:17	00:13:17		34 00:50:22	41 00:14:38		42
	44	110 Hilger	Beatrice	Koblenbour	TW20	1	01:18:21	00:13:16		32 00:51:21	42 00:13:44		32
	45	181 Hilger	Carlo	Koblenbour	TM50	2	01:18:22	00:13:15		31 00:51:28	43 00:13:39		29
	46	159 Reuter	Sascha	Aller(vor)letzten	TM30	21	01:20:38	00:14:18		45 00:49:34	38 00:16:46		51
	47	184 Horras	Stefan	Trier	TM30	22	01:21:16	00:13:22		35 00:53:45	50 00:14:09		38
	48	148 Ludes	Gerd	Bodystyle Trier	TM40	7	01:21:23	00:15:02		52 00:51:31	44 00:14:50		45
	49	140 Kiefer	Holger	Wasserliesch	TM40	8	01:22:23	00:13:31		39 00:54:07	52 00:14:45		44
	50	174 Westedt	Timm	Trier	TM30	23	01:23:41	00:14:43		48 00:51:46	46 00:17:12		52
	51	106 Merkes	Daniela	Tri SV Gerolstein	TW30	1	01:23:56	00:15:01		51 00:53:07	49 00:15:48		50
	52	102 Grün-Hornberg	Christina	Trier	TW30	2	01:24:40	00:15:31		55 00:53:57	51 00:15:12		48
	53	109 Wehage	Anna	Tri SV Gerolstein	TW20	2	01:26:12	00:15:50		56 00:52:45	48 00:17:37		54
	54	145 Kotzur	Jeremy	Konz	TM30	24	01:27:01	00:15:53		57 00:52:38	47 00:18:30		56
	55	146 Krenn	Veit	Trier	TM40	9	01:28:12	00:14:53		50 00:57:58	54 00:15:21		49
	56	162 Schäfer	Werner	Aller(vor)letzten	TM40	10	01:28:26	00:15:29		54 00:00:00	01:12:57		58
	57	152 Meyer	Marc	Team getFit	TM30	25	01:37:10	00:15:28		53 01:03:27	56 00:18:15		55
	58	104 Krasch	Joanna	Dortmund	TW30	3	01:37:41	00:17:37		58 01:02:38	55 00:17:26		53
dnf		143 Kolberg	Jan	TuS Ahrweiler Tri	TM16	999		00:11:39		14 00:00:00			
dnf		103 Krämer	Anna	Tri SV Gerolstein	TW20	999		00:14:52		49 00:00:00			
dnf		107 Preuschen	Judith	TCEC Mainz	TW30	999		00:17:39		59 00:00:00			
dnf		105 Kreckel	Verena	Köln	TW20	999		00:17:46		60 00:00:00			
dns		101 Krol	Geneviève	Monz2Rad-Shop	TW20	999		00:00:00		00:00:00			
dns		108 Schwan	Andrea	Aachener Runde	TW20	999		00:00:00		00:00:00			
dns		114 Nagel	Jens	Team getFit	TM30	999		00:00:00		00:00:00			
dns		117 Ludwig	Günther	Silvesterlauf e.V.	TM50	999		00:00:00		00:00:00			



2. Trierer BMW-Cloppenburg X-Duathlon Ergebnisse Volksduathlon - 8. März 2009

GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES_ZEIT	LAUF1	L1RG	RAD	RRG	LAUF2	L2RG
dns	121	Becker	Rafael	Mertesdorf	TM40	999		00:00:00		00:00:00			
dns	122	Braun	Christopher	Trier	TM20	999		00:00:00		00:00:00			
dns	130	Greis	Burkhard	praying biker	TM40	999		00:00:00		00:00:00			
dns	131	Grunwald	Jürgen	Tri-TCT/2Rad Monz	TM40	999		00:00:00		00:00:00			
dns	137	Jahner	Andreas	TuS Ahrweiler Tri	TM40	999		00:00:00		00:00:00			
dns	144	Konder	Stefan	RV Schwalbe Trier	TM40	999		00:00:00		00:00:00			
dns	149	Lux	Thomas	RSC-Prüm	TM40	999		00:00:00		00:00:00			
dns	150	Martins	José	Esch/Alzette	TM30	999		00:00:00		00:00:00			
dns	157	Portz	Kaspar	SV Bekond Run and	TM50	999		00:00:00		00:00:00			
dns	158	Przewosnik	Ralf	TuS 06 Heltersberg	TM40	999		00:00:00		00:00:00			
dns	160	Rinnen	Michel	CA Bieles	TM20	999		00:00:00		00:00:00			
dns	165	Schmitt	Stefan	Riol	TM40	999		00:00:00		00:00:00			
dns	166	Sprave	Jörg	Trier	TM40	999		00:00:00		00:00:00			
dns	171	Trocha	Thomas	Dürener TV 1847	TM30	999		00:00:00		00:00:00			
dns	172	Wahl	Eric	Konz	TM30	999		00:00:00		00:00:00			
dns	180	Keller	Daniel	Freisen	TM20	999		00:00:00		00:00:00			



2. Trierer BMW-Cloppenburg X-Duathlon Ergebnisse Staffelduathlon - 8. März 2009

GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES_ZEIT	LAUF1	L1RG	RAD	RRG	LAUF2	L2RG
1	222	M. Kowalinski	M. Wilms	PST & Physiodom Te	M	1	00:46:13	00:00:00		00:38:07	15	00:08:06	1
2	189	P. Klaeren	A. Benoit	Klaeren&Benoit	M	2	00:46:28	00:08:49	1	00:29:12	1	00:08:27	3
3	197	R. Berrnadon	D. Metzger	Team sockenboy.de	M	3	00:50:53	00:09:13	3	00:32:41	2	00:08:59	5
4	220	S. Schmitt	C. Knöppel	SIRONA Sportsclub4	M	4	00:51:41	00:09:36	5	00:32:42	3	00:09:23	7
5	235	L. Kohlhaas	C. Wiesemann	SIRONA SportsClub3	M	5	00:53:20	00:09:05	2	00:35:23	8	00:08:52	4
6	209	T. Ernsdorf	C. Blang	Blang Ernsdorf Duo	M	6	00:54:13	00:09:50	7	00:34:53	5	00:09:30	8
7	233	M. Kiefer	J. Nagel	Team getFit 1	M	7	00:55:38	00:10:21	9	00:35:16	7	00:10:01	11
8	187	M. Plaul	N. Ruschel	PST Plan B	M	8	00:55:47	00:00:00		00:47:24	41	00:08:23	2
9	214	P. Heim	R. Döhnert	SIRONA SportsClub1	M	9	00:56:02	00:09:39	6	00:36:45	10	00:09:38	10
10	219	T. Houet	M. Stösser	Gymnasium Saarburg	M	10	00:56:05	00:10:05	8	00:36:30	9	00:09:30	8
11	198	M. Reuter	T. Krecken	Team PST/Strassack	G	1	00:56:06	00:10:44	13	00:34:51	4	00:10:31	15
12	210	D. Werhan	J. Ernst	Gröber /Ernst	M	11	00:58:53	00:09:15	4	00:40:20	25	00:09:18	6
13	249	K. Huckemann	H. Spanier	Spanier-Wiedemann	M	12	00:59:28	00:10:23	10	00:38:39	19	00:10:26	14
14	206	C. Weidler	N. Borell	Fantastic 2	G	2	00:59:48	00:11:30	19	00:36:56	11	00:11:22	21
15	221	M. Knürr	C. Welsch	Team Stemper	M	13	01:00:15	00:11:25	17	00:37:38	13	00:11:12	19
16	203	K. Pflugrath	J. Becker	Team Fahrrad Stemp	M	14	01:01:59	00:11:57	23	00:38:23	17	00:11:39	24
17	225	G. Hahn	E. Lehmann	Grundbaulabor 1	M	15	01:02:29	00:12:24	26	00:37:58	14	00:12:07	30
18	228	S. Littbarski	J. Wittschier	Pitjones	M	16	01:03:36	00:11:44	21	00:40:03	22	00:11:49	27
19	244	M. Schieffer	J. Roth	just4fun	M	17	01:03:48	00:10:36	11	00:43:00	32	00:10:12	12
20	223	D. Theobald	S. Kubicki	Theobick	M	18	01:03:55	00:12:50	30	00:38:57	20	00:12:08	31
21	226	R. Knecht	I. Leonhard	Grundbaulabor 2	F	1	01:04:02	00:12:59	32	00:38:28	18	00:12:35	33
22	245	K. Glinke	S. Sausen	Orangenhaut	M	19	01:04:09	00:11:57	23	00:40:27	26	00:11:45	25
23	208	J. Ernsdorf	T. Gaziulla	Silvesterlauf e.V.	M	20	01:04:31	00:10:44	13	00:43:32	34	00:10:15	13
24	237	M. Rahl	F. Rahl	Die großen Rahls	M	21	01:05:12	00:11:59	25	00:41:44	29	00:11:29	22
25	236	V. Pikan	L. Dassinger	Grundbaulabor 3	M	22	01:05:16	00:13:28	40	00:38:17	16	00:13:31	40
26	200	K. Laake	S. Schmit	Fit for Fun	M	23	01:05:49	00:12:58	31	00:40:04	23	00:12:47	34
27	212	M. Grundhöfer	M. Musiol	Isstas+Thees 1	M	24	01:05:59	00:13:10	33	00:39:24	21	00:13:25	39
28	216	P. Hoffmann	N. Hoffmann	Nico & Paul	M	25	01:06:11	00:11:48	22	00:42:35	31	00:11:48	26



2. Trierer BMW-Cloppenburg X-Duathlon Ergebnisse Staffelduathlon - 8. März 2009

GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES_ZEIT	LAUF1	L1RG	RAD	RRG	LAUF2	L2RG
29	188	J. Heinz	D. Böhm	Heinz & Böhm	G	3	01:07:00	00:13:20	38	00:40:31	27	00:13:09	37
30	239	S. Rahl	F. Rahl	Die alten Rahls	G	4	01:07:25	00:14:59	47	00:37:22	12	00:15:04	47
31	215	T. Schröder	P. Bauer	SIRONA SportsClub2	G	5	01:07:26	00:13:32	41	00:40:10	24	00:13:44	41
32	202	H. Seimetz	M. Alten	Team ALROTEC 101	M	26	01:07:34	00:12:46	28	00:42:19	30	00:12:29	32
33	213	M. Pott	U. Hager	Tour der Hoffnung	M	27	01:07:57	00:11:34	20	00:44:33	38	00:11:50	28
34	196	S. Feinauer	O. Warken	Team Saarschleife	G	6	01:08:34	00:16:30	52	00:35:05	6	00:16:59	51
35	243	A. Grimm	U. Zander	DBE 3 Speed Team	M	28	01:08:35	00:13:15	36	00:44:21	36	00:10:59	18
36	247	K. Tegethoff	N. Köhler	Isstas+Thees 2	M	29	01:09:11	00:12:28	27	00:45:11	39	00:11:32	23
37	204	S. Grünen	M. Begon	Isstas+Thees 3	M	30	01:09:23	00:12:47	29	00:43:36	35	00:13:00	35
38	194	E. Alt	J. Isenberg	Bodystyle II	M	31	01:09:24	00:10:43	12	00:48:05	44	00:10:36	16
39	227	D. Lieser	G. Lieser	Team Lieser	M	32	01:10:21	00:11:26	18	00:46:59	40	00:11:56	29
40	207	W. Engel	B. Regnery	Engel-Regnery Team	M	33	01:10:30	00:11:04	15	00:48:35	45	00:10:51	17
41	238	P. Rahl	P. Rahl	Die kleinen Rahls	M	34	01:11:04	00:14:07	43	00:43:13	33	00:13:44	41
42	193	S. Karg	M. Fiegler	Bodystyle I	M	35	01:11:56	00:11:15	16	00:49:22	46	00:11:19	20
43	201	C. Richter	R. Tonner	Provinzial Ruwer T	G	7	01:12:24	00:15:17	49	00:41:43	28	00:15:24	48
44	240	M. Schätzle	H.Röhl	Don Bosco Express1	M	36	01:12:28	00:13:46	42	00:44:28	37	00:14:14	43
45	230	A. Barthen	M. Michels	Team ALMA	M	37	01:14:13	00:13:20	38	00:47:49	43	00:13:04	36
46	248	T. Schmitz	A. Müller	Grundbaulabor 4	M	38	01:17:41	00:14:44	45	00:47:32	42	00:15:25	49
47	234	I. Paul	M. Paul	Die Pauls	G	8	01:20:15	00:13:14	35	00:53:50	49	00:13:11	38
48	241	B. Arnold	P. Kirstein	Don Bosco Express4	M	39	01:21:58	00:14:14	44	00:53:28	48	00:14:16	45
49	250	A. Schilling	M. Zahren	Isstas+Thees 4	M	40	01:24:30	00:16:21	51	00:50:32	47	00:17:37	52
50	192	M. Dolecka	J. Schank	DSH III	M	41	01:31:45	00:16:05	50	01:00:05	50	00:15:35	50
51	231	S. B. Ertel	N. Müller	Lauf/Skatefreunde	G	9	01:32:59	00:15:16	48	01:03:28	51	00:14:15	44
52	191	V. Gük	S. Krämer	DSH II	M	42	01:53:26	00:13:13	34	01:25:23	52	00:14:50	46
dnf	242	J. Stenzel	J. Mathoral	DBE 2 Nachsitzer	M			00:13:15	36	00:00:00			
dnf	199	U. Harig	O. Wilbertz	DSH I	M			00:14:46	46	00:00:00			
dns	190	E. Zenzen	T. Wegener	Team Sierra	M			00:00:00		00:00:00			
dns	195	H. Konder	Eichens-Keilen	Bodystyle III	G			00:00:00		00:00:00			



2. Trierer BMW-Cloppenburg X-Duathlon Ergebnisse Staffelduathlon - 8. März 2009

GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES_ZEIT	LAUF1	L1RG	RAD	RRG	LAUF2	L2RG
dns	205	A. Klinkhammer	L. Birkel	Team Praxis Birkel	G			00:00:00		00:00:00			
dns	211	R. Franke	M. Franke	Vati und Mutti	G			00:00:00		00:00:00			
dns	217	F. Kaufmann	E. Kaufmann	Die Kaufmänner	M			00:00:00		00:00:00			
dns	218	L. Kaufmann	M. Clüsserath	The New York Dions	M			00:00:00		00:00:00			
dns	224	V. Mohsmann	M. Kutschke	Rad&Fun/SV Bekond	G			00:00:00		00:00:00			
dns	229	A. Meyer	R. Meyer	Post-Schwalben	G			00:00:00		00:00:00			
dns	232	D. Rasbach	T. Näckel	Eifelracer	G			00:00:00		00:00:00			
dns	246	C. Schaaf	J. Both	Team Getfit 2	G			00:00:00		00:00:00			



2. Trierer BMW-Cloppenburg X-Duathlon Ergebnisse RLP-Meisterschaft - 8. März 2009

GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES ZEIT	LAUF1	L1RG	RAD	RRG	LAUF2	L2RG
	1	Blumentritt	Sebastian	Tri Post Trier	TM20	1	01:42:49	00:17:28	2	01:07:17	1	00:18:04	1
	2	Mund	Jan Philipp	ALV Mainz	TM20	2	01:48:25	00:18:01	5	01:11:43	2	00:18:41	3
	3	Bielen	Markus	DJK Tri Andernach	TM40	1	01:52:45	00:17:21	1	01:16:53	7	00:18:31	2
	4	Uhren	Gerd	TuS Ahrweiler Tri	TM40	2	01:53:40	00:18:04	6	01:15:20	4	00:20:16	4
	5	Recktenwald	Frank	Tri Post Trier	TM30	1	01:55:24	00:17:56	4	01:16:30	6	00:20:58	8
	6	Kuhn	Nina	ALV Mainz	TW20	1	01:55:32	00:19:29	12	01:15:30	5	00:20:33	6
	7	Sinning	Thomas	SSV-Trier	TM40	3	01:55:34	00:19:59	13	01:14:10	3	00:21:25	10
	8	Riedl	Jens	PSV Pirmasens	TM30	2	02:02:27	00:19:08	8	01:22:50	9	00:20:29	5
	9	Koch	Thomas	TV 09 Morbach	TM30	3	02:04:37	00:17:42	3	01:24:40	11	00:22:15	12
	10	Peterschmitt	Alfred	WSF Zweibrücken	TM40	4	02:06:26	00:19:27	11	01:24:32	10	00:22:27	14
	11	Bennewart	Gerd	PSV Pirmasens	TM40	5	02:09:19	00:18:30	7	01:30:09	17	00:20:40	7
	12	Burkowsky	Michael	TSV Bullay/Alf	TM40	6	02:10:05	00:21:01	17	01:26:02	13	00:23:02	17
	13	Lettau	Fred	Tri Post Trier	TM30	4	02:10:37	00:20:51	16	01:25:57	12	00:23:49	19
	14	Warnatz	Uwe	TRI-Team TG Konz	TM40	7	02:10:51	00:20:25	14	01:28:03	14	00:22:23	13
	15	Hölzle	Fritz	TG Konz	TM40	8	02:12:31	00:20:28	15	01:29:28	16	00:22:35	15
	16	Jungbluth	Stefan	DBL Team Montabaur	TM40	9	02:13:23	00:21:14	19	01:28:43	15	00:23:26	18
	17	Liebe	Lars	TMK	TM30	5	02:18:23	00:21:19	20	01:35:14	18	00:21:50	11
	18	Kriegshäuser	Dieter	PSV Pirmasens	TM50	1	02:19:44	00:21:08	18	01:35:41	19	00:22:55	16
	19	Kolberg	Swantje	TuS Ahrweiler Tri	TW50	1	02:34:36	00:25:06	23	01:42:39	20	00:26:51	21
	20	Lellinger	Uwe	TRI-Team TG Konz	TM60	1	02:40:59	00:24:29	22	01:49:47	22	00:26:43	20
	21	Wagner	Andreas	TMK	TM30	6	02:41:44	00:27:20	26	01:44:39	21	00:29:45	22
dnf	77	Stamm	Thomas	PSV Pirmasens	TM40	999		00:19:19	10	00:00:00			
dnf	79	Thees	Erik	Tri Post Trier	TM30	999		00:21:38	21	00:00:00			
dnf	60	Mertesdorf	Michael	TCEC Mainz	TM40	999		00:25:30	24	00:00:00			
dnf	34	Eichhorn	Guido	TMK	TM40	999		00:27:19	25	00:00:00			
dnf	49	Krämer	Stefan	Tri SV Gerolstein	TM40	999		00:00:00		00:00:00			
dns	13	Paulus	Katharina	LC-Bingen	TW20	999		00:00:00		00:00:00			
dns	20	Alt	Lucas	Vfr Simmern	TM20	999		00:00:00		00:00:00			
dns	26	Brueggemann	Jens	LC Bingen	TM20	999		00:00:00		00:00:00			
dns	54	Lessmeister	Hardy	1. FC Kaiserslaut.	TM40	999		00:00:00		00:00:00			
dns	65	Oechsner	Joachim	Tri Post Trier	TM40	999		00:00:00		00:00:00			
dns	76	Stadtfeld	Tobias	Vorwärts Orient Mz	TM20	999		00:00:00		00:00:00			



2. Trierer BMW-Cloppenburg X-Duathlon Ergebnisse Firmenstaffeln - 8. März 2009

GESAMT	START_NR	NAME	VORNAME	VEREIN	AK	AK_PL	GES_ZEIT	LAUF1	L1RG	RAD	RRG	LAUF2	L2RG
1	249	K. Huckemann	H. Spanier	Spanier-Wiedemann			00:59:28	00:10:23	1	00:38:39	4	00:10:26	1
2	225	G. Hahn	E. Lehmann	Grundbaulabor 1			01:02:29	00:12:24	2	00:37:58	1	00:12:07	3
3	226	R. Knecht	I. Leonhard	Grundbaulabor 2			01:04:02	00:12:59	6	00:38:28	3	00:12:35	5
4	236	V. Pikan	L. Dassinger	Grundbaulabor 3			01:05:16	00:13:28	8	00:38:17	2	00:13:31	8
5	212	M. Grundhöfer	M. Musiol	Isstas+Thees 1			01:05:59	00:13:10	7	00:39:24	5	00:13:25	7
6	202	H. Seimetz	M. Alten	Team ALROTEC 101			01:07:34	00:12:46	4	00:42:19	7	00:12:29	4
7	247	K. Tegethoff	N. Köhler	Isstas+Thees 2			01:09:11	00:12:28	3	00:45:11	9	00:11:32	2
8	204	S. Grünen	M. Begon	Isstas+Thees 3			01:09:23	00:12:47	5	00:43:36	8	00:13:00	6
9	201	C. Richter	R. Tonner	Provinzial Ruwer T			01:12:24	00:15:17	10	00:41:43	6	00:15:24	9
10	248	T. Schmitz	A. Müller	Grundbaulabor 4			01:17:41	00:14:44	9	00:47:32	10	00:15:25	10
11	250	A. Schilling	M. Zahren	Isstas+Thees 4			01:24:30	00:16:21	11	00:50:32	11	00:17:37	11
dns	205	A. Klinkhammer	L. Birkel	Team Praxis Birkel				00:00:00		00:00:00			