



20. SC Delphin e.V. Triathlon

am 17. Juli 2004

Staffel-Triathlon

500 m / 20 km / 5,0 km

ERGEBNISLISTE / DLC Aachen



Plz	SNr	Name	Vorname	Verein	AK	AKPl	Schwimm	Rad	Lauf	Endzeit
1.	307	Winnemöller	Tobias	DLC Aachen	TM30	1.	00:07:47	00:34:44	00:18:57	01:01:28
2.	306	Spiegel	Holger	DLC Aachen	TM30	2.	00:07:46	00:36:00	00:20:02	01:03:48
3.	293	Hecke	Ralf	DLC Aachen	TM35	1.	00:08:15	00:35:52	00:20:33	01:04:40
4.	297	Zander	Ingo	DLC Aachen	TM30	3.	00:08:34	00:36:57	00:20:14	01:05:45
5.	315	Günster	Andreas	DLC Aachen	TM40	1.	00:08:39	00:36:18	00:21:22	01:06:19
6.	308	Stormanns	Uli	DLC Aachen	TM30	4.	00:07:39	00:36:52	00:23:29	01:08:00
7.	302	Vorwerk	Marc	DLC Aachen	TM30	5.	00:08:05	00:36:49	00:23:21	01:08:15
8.	295	Kuypers	Dirk	DLC Aachen	TM35	2.	00:10:14	00:38:15	00:20:54	01:09:23
9.	305	Fuessl	Frank	DLC Aachen	TM35	3.	00:08:27	00:39:59	00:22:00	01:10:26
10.	309	Wassenberg	Beate	DLC Aachen	TW30	1.	00:08:45	00:41:01	00:21:29	01:11:15
11.	303	Weidemann	Meik	DLC Aachen	TM30	6.	00:08:39	00:38:46	00:24:09	01:11:34
12.	290	Spennes	Ralf	DLC Aachen	TM30	7.	00:09:52	00:39:53	00:22:22	01:12:07
13.	312	Klinkenberg	Christof	DLC Aachen	TM35	4.	00:07:45	00:41:22	00:23:08	01:12:15
14.	299	Gusinde	Frank	DLC Aachen	TM30	8.	00:07:59	00:39:42	00:25:18	01:12:59
15.	292	Siidra	Georg	DLC Aachen	TM35	5.	00:08:12	00:36:49	00:28:23	01:13:24
15.	298	Bastian	Robert	DLC Aachen	TM30	9.	00:08:14	00:36:30	00:28:40	01:13:24
17.	300	Wieder	Philipp	DLC Aachen	TM30	10.	00:10:28	00:40:14	00:23:52	01:14:34
18.	289	Schwarz	Judith	DLC Aachen	TW30	2.	00:08:18	00:40:48	00:26:35	01:15:41
19.	301	Thiele	Frank	DLC Aachen	TM30	11.	00:10:02	00:43:03	00:24:14	01:17:19
20.	296	Kemper	Andreas	DLC Aachen	TM30	12.	00:13:15	00:41:23	00:25:23	01:20:01
21.	313	Ohme	Frauke	DLC Aachen	TW30	3.	00:10:07	00:43:49	00:26:22	01:20:18
22.	311	Ammenwerth	Imke	DLC Aachen	TW30	4.	00:10:25	00:46:17	00:24:52	01:21:34
23.	294	Kramer	Stefan	DLC-Aachen	TM30	13.	00:08:38	00:43:16	00:31:11	01:23:05
24.	314	Kadri	Susanne	DLC Aachen	TW35	1.	00:10:22	00:45:08	00:28:21	01:23:51
25.	310	Gerhards	Otto	DLC Aachen	TM45	1.	00:10:59	00:41:36	00:31:38	01:24:13
26.	316	Kutzborsky	Ute	DLC Aachen	TW35	2.	00:10:28	00:46:19	00:28:58	01:25:45
27.	291	Fels	Janina	DLC Aachen	TW30	5.	00:10:10	00:44:59	00:31:34	01:26:43
28.	317	Loeber	Katharina	DLC Aachen	TW30	6.	00:12:14	00:46:31	00:34:14	01:32:59