



20. SC Delphin e.V. Triathlon

am 17. Juli 2004

Staffel-Triathlon

500 m / 20 km / 5,0 km

ERGEBNISLISTE



Plz	SNr	Name_1	Name_2	Nam3_	Verein	Schwimm	Rad	Lauf	Endzeit
1.	226	Britta Zilgens	Tim Jennissen	Carsten Simon	Team bestbike	00:06:51	00:35:33	00:20:56	01:03:20
	242		Hans-Günter Hirsch	Philipp Beitzel	LSG Allstars	00:08:04	00:39:03	00:19:25	01:06:32
2.		Steffi Rewald							
	231		Rene Potzel	Burkhard Hommelsheim	LAKTATJUNKIES	00:09:37	00:36:55	00:22:58	01:09:30
3.		Nicole Potzel							
	236		Norbert Drove	Christoph Bonnie	Die Duschkönige	00:11:37	00:37:51	00:20:25	01:09:53
4.		Franz-Peter Frings							
	239		Oliver Henkenjohann	Sirit Coeppicus		00:08:28	00:37:25	00:24:35	01:10:28
5.		Natascha Bäßler							
	243		Christoph Lentzen	Bejamin Jansen	Die drei Muskeltiere	00:07:27	00:42:28	00:21:24	01:11:19
6.		Sara Schichler							
	222		Oliver Bender	Stephan Kanthak	Die Künstler	00:08:52	00:38:52	00:25:26	01:13:10
7.		Nicola Ueffing							
	221		Daniel Keysers	Sasa Hasan	Die dynamischen Programmierer	00:09:04	00:40:11	00:25:44	01:14:59
8.		Thomas Deselaers							
	220		Jürgen Wichert	Udo Krüger	Turbo Tigerenten	00:14:28	00:38:56	00:22:04	01:15:28
9.		Gabi Ellinghoven							
	229		Andras Zolnay	Björn Hoffmeister	Der Pinguin u. die Elefanten	00:10:11	00:43:34	00:22:32	01:16:17
10.		Jia Xu							
	245		Harald Lange	Andrea Lentzen		00:11:18	00:37:49	00:27:13	01:16:20
11.		Dagmar Fückter							
	244		Claus Wilmes	Georg Hinzen	Dreimal Fünfundfünfzig	00:13:40	00:40:56	00:22:53	01:17:29
12.		Sarah Finkeldei							
	224		Thomas Kraus	Volker Frank	Hansemänner	00:12:07	00:41:53	00:23:39	01:17:39
13.		Sven Bender							
	217		Rolf Burk	Inge Quickstedt	Team Schnuckelchen	00:09:14	00:40:28	00:28:22	01:18:04
14.		Jochem Quickstedt							
	218		Lukas Alshuth	Nils Aßmus	Knippis Boys	00:11:56	00:42:39	00:25:27	01:20:02
15.		Stephan Philippen							
	237	Ingo Tillmann	Gerhard Hendriks	Ludwig Schmalen	Schützentrio	00:08:57	00:44:39	00:27:40	01:21:16



20. SC Delphin e.V. Triathlon

am 17. Juli 2004

Staffel-Triathlon

500 m / 20 km / 5,0 km

ERGEBNISLISTE



16.									
17.	232	Laura Nobis	Fabian Barlé	Florian Schier	Die schnellsten Drei	00:09:58	00:47:53	00:23:57	01:21:49
18.	219	Sarah Bader	Eva Willms	Tanja Döring	SAEVTA	00:08:04	00:46:33	00:28:26	01:23:03
19.	230	Thomas Haase	Werner Haase	Olaf Haase	HAASE	00:09:44	00:47:51	00:27:34	01:25:09
20.	234	Uwe Müller	Bernhard Steindor	Lutz Fabian	Verkehrschauten	00:10:16	00:49:32	00:25:32	01:25:20
21.	228	Marc Nagelschmidt	Arndt Nessel	Axel Zöll	BSG Team Cognex 2	00:12:06	00:49:43	00:23:36	01:25:25
22.	246	Lara Zaft-Schallenberg	Norbert Schallenberg	Lina Zaft-Schallenberg	Staubwolke Burgfeld	00:09:02	00:45:53	00:31:15	01:26:10
23.	225	Ulrich Feiter	Kristen Feiter	Jutta Feiter	TRI-FEITER	00:10:59	00:44:32	00:31:38	01:27:09
24.	238	Kay Johnen	Patrick Frenkel	Julia Wings	Flotte Flitzer	00:11:39	00:43:54	00:31:52	01:27:25
25.	241	Dieter Glasener	Peter Rehfish	Markus Brandt		00:13:12	00:55:41	00:21:26	01:30:19
26.	233	Anne Stephan	Robert Leclair	Dorothea Leclair	2 Claires & Co.	00:10:45	00:51:22	00:28:35	01:30:42
27.	227	Sarah Baser	Laurens Nunnink	Jörg Kesten	BSG Team Cognex 1	00:13:23	00:48:36	00:29:06	01:31:05
28.	235	Heinz-Peter Böhr	Marion André	Anna Zeien	Germania 07 Dürwiss	00:11:54	00:56:14	00:24:43	01:32:51