

## 10. Mettmanner Grundfos-Duathlon

# Ergebnisse: NRW Meisterschaft Duathlon - Sprint

29 Ergebnisse | Inoffizielle Ergebnisse | Frauen

Platz	Pl.AK	Name	Startnr.	AK	Lauf 1	Rad	Lauf 2	Ziel
1	1	Scheffler, Franziska (GER)	1	WH	00:18:41	00:35:21	00:09:28	01:04:27
2	2	Hollendung, Katrin (GER)	4	WH	00:21:53	00:37:42	00:11:21	01:12:17
3	1	Rohs, Birte (GER)	122	30	00:21:20	00:39:51	00:10:44	01:13:05
4	2	Hansch, Vera (GER)	13	30	00:21:20	00:39:46	00:10:59	01:13:18
5	1	Pikos, Julia (GER)	31	35	00:22:20	00:39:37	00:11:28	01:14:52
6	3	Koopmann, Nina (GER)	12	30	00:21:26	00:41:30	00:11:26	01:15:43
7	4	Schillings, Stefanie (GER)	127	30	00:23:59	00:38:38	00:12:14	01:16:55
8	1	Krah, Bianca (GER)	32	40	00:23:07	00:40:53	00:12:04	01:17:01
9	2	Fuchs, Sandra (GER)	353	40	00:23:25	00:40:11	00:11:53	01:17:13
10	3	Koring, Ann-Christin (GER)	416	WH	00:22:31	00:42:14	00:11:49	01:18:54
11	4	Müller, Karolin (GER)	123	WH	00:23:00	00:42:38	00:11:57	01:19:14
12	5	Fehrs, Frauke (GER)	509	WH	00:24:50	00:40:17	00:12:34	01:19:47
13	1	Weber, Ute (GER)	240	50	00:23:33	00:41:46	00:12:24	01:20:25
14	1	Bischoff, Bettina (GER)	103	45	00:23:37	00:43:22	00:12:01	01:21:08
15	6	Huhn, Carina (GER)	169	WH	00:23:41	00:44:00	00:12:28	01:21:32
16	2	Haschke, Melanie (GER)	143	35	00:24:52	00:42:16	00:12:34	01:21:44
17	3	Alscher, Steffie (GER)	194	40	00:24:53	00:42:40	00:12:54	01:22:05
18	2	Cordes, Ulla (GER)	84	50	00:24:21	00:43:40	00:12:26	01:22:24
19	2	Ketzer, Ina (GER)	59	45	00:25:36	00:43:11	00:13:03	01:24:05
20	1	Wietscher, Antje (GER)	192	55	00:23:12	00:47:06	00:12:07	01:24:53
21	3	Minor, Astrid (GER)	15	35	00:24:50	00:45:49	00:12:39	01:25:16
22	4	Lenz, Astrid (GER)	17	40	00:25:22	00:45:16	00:12:53	01:25:23
23	3	Frederking, Annette (GER)	172	50	00:26:22	00:45:16	00:13:57	01:27:02
24	4	Bedner, Sylvia (GER)	426	50	00:26:20	00:45:29	00:13:38	01:28:48
25	5	Kalweit, Heike (GER)	402	40	00:26:12	00:47:03	00:14:02	01:30:22
26	2	Küssner, Ruth (GER)	146	55	00:26:23	00:48:01	00:13:44	01:30:25
27	3	Eicker, Barbara (GER)	423	45	00:29:31	00:47:51	00:15:27	01:35:20
28	5	Eich, Marianne (GER)	471	50	00:28:47	00:48:41	00:15:21	01:35:21
29	4	Strate, Antje (GER)	152	45	00:29:58	00:49:58	00:15:39	01:38:14

## 10. Mettmanner Grundfos-Duathlon

# Ergebnisse: NRW Meisterschaft Duathlon - Sprint

95 Ergebnisse | Inoffizielle Ergebnisse | Männer

Platz	Pl.AK	Name	Startnr.	AK	Lauf 1	Rad	Lauf 2	Ziel
1	1	Güths, Marius (GER)	245	MH	00:17:29	00:33:51	00:09:06	01:01:21
2	2	Kümmeler, Moritz (GER)	16	MH	00:17:27	00:34:30	00:09:04	01:02:06
3	3	Ludwig, Max (GER)	244	MH	00:17:29	00:34:46	00:09:00	01:02:09
4	1	Schlumbohm, Steffen (GER)	132	30	00:18:11	00:33:52	00:09:17	01:02:10
5	4	Heddendorp, Daniel (GER)	112	MH	00:18:07	00:34:04	00:09:22	01:02:47
6	5	Jeckel, David (GER)	65	MH	00:18:20	00:33:40	00:09:46	01:02:49
7	6	Schaus, Michel (GER)	124	MH	00:18:11	00:35:34	00:09:20	01:03:52
8	1	Haarmann, Jörg (GER)	34	45	00:18:11	00:34:37	00:09:13	01:03:54
9	2	Becker, Achim (GER)	387	45	–	00:38:02	–	01:04:01
10	2	Brämer, Alexander (GER)	2	30	00:18:11	00:35:28	00:09:19	01:04:03
11	7	Seewald, Jan (GER)	126	MH	00:19:22	00:34:16	00:09:49	01:04:23
12	3	Rohleder, Michael (GER)	33	30	00:18:54	00:34:23	00:10:07	01:04:25
13	8	Menn, Felix (GER)	29	MH	00:18:40	00:35:16	00:09:53	01:04:47
14	9	Wendt, Steffen (GER)	119	MH	00:18:06	00:35:42	00:09:49	01:05:29
15	10	Diedershagen, Johannes (GER)	24	MH	00:18:38	00:36:19	00:09:47	01:05:47
16	1	Lang, Ludger (GER)	19	35	00:19:34	00:35:13	00:10:11	01:06:01
17	11	Heibel, Sebastian (GER)	5	MH	00:19:28	00:35:23	00:10:07	01:06:13
18	12	Gattwinkel, Nils (GER)	23	MH	00:19:11	00:35:28	00:10:20	01:06:17
19	1	Fehrs, Thomas (GER)	149	50	00:20:16	00:35:04	00:10:06	01:06:50
20	13	Gösmann, Richard (GER)	155	MH	00:19:09	00:36:37	00:10:07	01:07:19
21	14	Milobinski, Kolja (GER)	161	MH	00:19:32	00:36:55	00:10:04	01:07:49
22	1	Petri, Stavro (GER)	163	40	00:19:25	00:37:00	00:10:02	01:07:58
23	15	Kröller, Stephan (GER)	183	MH	00:20:44	00:35:25	00:10:42	01:08:10
24	2	Karrenberg, Michael (GER)	118	40	00:20:20	00:36:10	00:10:22	01:08:17
25	16	Krins, Peter (GER)	94	MH	00:21:12	00:35:39	00:10:23	01:08:22
26	17	Hoffmann, Tobias (GER)	121	MH	00:19:56	00:37:07	00:10:01	01:08:24
27	3	Bandmann, Uwe (GER)	73	45	00:20:54	00:35:44	00:10:30	01:08:29
28	4	Neuhaus, Torsten (GER)	21	30	00:21:01	00:35:51	00:10:33	01:08:37
29	18	Ebert, Benedikt (GER)	22	MH	00:20:35	00:36:25	00:10:45	01:08:41
30	19	Dildrop, Markus (GER)	72	MH	00:20:37	00:36:22	00:10:31	01:09:02
31	5	Friedhoff, Benjamin (GER)	7	30	00:19:53	00:37:58	00:10:13	01:09:09
32	20	Lehmann, Sebastian (GER)	147	MH	00:18:37	00:39:09	00:09:55	01:09:09
33	21	Wenzel, Lars (GER)	159	MH	00:20:09	00:36:52	00:11:27	01:09:23
34	3	Yildiz, Nedim (GER)	93	40	00:21:19	00:35:48	00:11:22	01:09:34

35	22	Hein, Philipp (GER)	68	MH	00:19:56	00:38:04	00:10:32	01:09:38
36	6	Burkhardt, Tobias (GER)	197	30	00:20:21	00:37:36	00:10:18	01:09:48
37	2	Eggert, Jan (GER)	130	35	00:19:25	00:39:08	00:10:08	01:09:56
38	23	Klütsch, Andreas (GER)	137	MH	00:19:46	00:38:51	00:10:26	01:10:10
39	4	Holitzka, Patrick (GER)	131	40	00:19:54	00:38:47	00:10:49	01:10:42
40	3	Geilenberg, Mark (GER)	47	35	00:20:57	00:38:08	00:10:34	01:10:50
41	5	Fuchs, Michael (GER)	144	40	00:21:43	00:36:56	00:10:49	01:10:54
42	4	Borges, Martin (GER)	50	45	00:21:07	00:37:50	00:11:15	01:11:04
43	1	Wächtler, Thomas (GER)	92	55	00:20:46	00:38:34	00:10:31	01:11:11
44	4	Nolten, Jens (GER)	51	35	00:21:46	00:37:37	00:10:42	01:11:27
45	5	Sdorra, Michael (GER)	10	35	00:21:03	00:38:27	00:10:47	01:11:33
46	24	Sternberg, Michael (GER)	3	MH	00:22:26	00:37:04	00:11:43	01:12:46
47	6	Lischka, Jan Timo (GER)	153	35	00:21:31	00:39:27	00:10:56	01:13:18
48	5	Ketzer, Christoph (GER)	60	45	00:22:40	00:37:45	00:11:26	01:13:49
49	6	Müller, Achim (GER)	105	40	-	00:40:02	00:10:54	01:13:50
50	7	Sohler, Henning (GER)	177	40	00:22:42	00:38:22	00:11:08	01:14:07
51	8	Böttcher, Jens (GER)	196	40	00:21:38	00:40:01	00:11:00	01:14:12
52	7	Ellermann, Jens (GER)	407	35	00:22:11	00:38:19	00:11:48	01:14:14
53	9	Wucherpennig, Sven (GER)	117	40	00:22:44	00:37:58	00:11:49	01:14:15
54	7	Thünen, Christian (GER)	41	30	00:21:02	00:40:45	00:10:54	01:14:33
55	10	Alscher, Christian (GER)	195	40	00:21:53	00:39:10	00:11:53	01:14:37
56	8	Eiting, Mike (GER)	25	35	00:21:41	00:39:50	00:10:57	01:15:09
57	2	Gabel, Hans-Jürgen (GER)	179	55	00:24:06	00:38:06	00:12:47	01:16:38
58	11	Brouwer, Jörg (GER)	241	40	00:22:55	00:39:52	00:12:09	01:16:44
59	6	Krippenstapel, Holger (GER)	173	45	00:22:35	00:39:47	00:12:24	01:16:48
60	7	Bischoff, Joachim (GER)	104	45	00:21:51	00:41:38	00:11:08	01:16:50
61	8	Heinrichs, Alexander (GER)	379	45	00:22:58	00:39:33	00:12:07	01:17:15
62	3	Benders, Lothar (GER)	368	55	00:20:45	00:42:41	00:10:51	01:17:38
63	9	Froelich, Armin (GER)	188	35	00:23:49	00:40:33	00:11:52	01:17:51
64	9	Dammer, Christian (GER)	102	45	00:22:55	00:41:47	00:11:38	01:17:52
65	10	Decker, Hans-Joachim (GER)	133	45	00:23:22	00:40:21	00:12:06	01:17:56
66	11	Gröber, Rolf (GER)	8	45	00:22:29	00:41:32	00:12:12	01:18:26
67	1	Frößler, Hans (GER)	176	65	00:24:29	00:41:16	00:12:49	01:19:44
68	12	Kurenbach, Andreas (GER)	129	40	00:23:55	00:40:23	00:13:05	01:19:49
69	1	Hopermann, Udo (GER)	40	60	00:24:12	00:41:30	00:12:26	01:20:16
70	4	Raatz, Hans (GER)	101	55	00:23:16	00:41:42	00:11:58	01:20:24
71	25	Gösmann, Josua (GER)	157	MH	00:21:16	00:45:29	00:11:55	01:20:37
72	12	Frings, Andreas (GER)	193	45	00:23:19	00:43:31	00:11:54	01:21:13
73	5	Küssner, Bernd (GER)	145	55	00:24:23	00:42:41	00:12:30	01:21:27
74	13	Pollmann, Uwe (GER)	98	45	00:23:33	00:43:49	00:12:36	01:21:49
75	8	schmidt, heiko (GER)	30	30	00:25:00	00:41:23	00:13:40	01:22:01
76	10	Broders, Volker (GER)	405	35	00:24:39	00:42:33	00:12:43	01:22:20
77	13	Blume, Dietmar (GER)	167	40	00:23:57	00:44:19	00:12:36	01:23:56

78	2	<b>Althaus, Frank (GER)</b>	385	50	00:23:28	00:45:29	00:12:35	01:24:09
79	11	<b>Link, Mirko (GER)</b>	408	35	00:25:40	00:43:43	00:13:07	01:24:39
80	3	<b>Götz, Volker (GER)</b>	398	50	00:24:37	00:44:46	00:12:58	01:25:21
81	4	<b>Bedner, Michael (GER)</b>	425	50	00:25:54	00:42:30	00:13:45	01:25:37
82	5	<b>Schirk, Heiner (GER)</b>	349	50	00:25:27	00:44:40	00:13:13	01:25:54
83	14	<b>Kaiser, Volker (GER)</b>	326	45	00:26:32	00:43:47	00:14:12	01:27:20
84	6	<b>Schroten, Achim (GER)</b>	375	55	00:26:23	00:44:06	00:13:31	01:27:30
85	7	<b>Menn, Meinhard (GER)</b>	178	55	00:27:55	00:41:46	00:15:31	01:27:58
86	6	<b>Fidomski-Rest, Klaus (GER)</b>	400	50	00:25:43	00:45:34	00:13:45	01:28:02
87	15	<b>Wegener, Peter (GER)</b>	168	45	00:23:18	00:49:31	00:12:01	01:29:31
88	14	<b>Kellers, Michael (GER)</b>	324	40	00:28:13	00:45:31	00:14:15	01:29:58
89	1	<b>Funk, Wolfgang (GER)</b>	435	75	00:28:42	00:45:51	00:14:45	01:31:45
90	16	<b>Gülpinari, Kenan (GER)</b>	372	45	00:26:20	00:49:45	00:13:26	01:32:19
91	7	<b>Schild, Stefan (GER)</b>	18	50	00:28:58	00:45:52	00:16:13	01:33:50
92	2	<b>Holthausen, Manfred (GER)</b>	306	65	00:30:09	00:47:42	00:15:27	01:36:40
93	15	<b>Heisterkamp, Thomas (GER)</b>	403	40	00:29:27	00:48:34	00:15:01	01:36:44
94	8	<b>Eicker, Joachim (GER)</b>	422	55	00:32:46	00:51:51	00:18:29	01:46:24
95	2	<b>Behnke, Kurt (GER)</b>	508	60	00:30:17	00:57:16	00:16:35	01:51:20