

Festival des Ausdauersports am 4. Juli 2004 in Lohne-Triathlon

AK- Platz	Name, Vorname	Verein oder Ort	Geburts jahr	Gesamt zeit	Schwim men	Wechsel I	Radfah ren	Wechsel II + Laufen	Gesamt platz
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01 - Triathlon der Männer

50 - 54

1	Renken, Wolfgang	Triathlon Club Bremen	53	02:23:58	00:25:45	00:02:10	01:09:13	00:46:50	4
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1	Nordmann, Albert	Blau-Weiss Lüsche	56	02:41:25	00:34:30	00:02:53	01:15:39	00:48:23	11
2	Ackemann, Gert	Bremen	58	02:45:25	00:30:52	00:04:43	01:19:40	00:50:10	13
3	Cossmann, Michael	TC Köln-Jena	56	02:53:15	00:38:39	00:02:49	01:16:32	00:55:15	16
4	Frilling, Johannes	INJOY Lohne	55	02:58:10	00:36:55	00:04:18	01:20:07	00:56:50	17

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1	Leonard, Peter	Greven	64	02:27:57	00:27:27	00:01:55	01:17:28	00:41:07	6
2	Rundholz, Daniel	Rotenburg	62	02:33:35	00:30:58	00:02:43	01:13:49	00:46:05	9
3	Unnerstall, Ludwig	TC Köln-Jena	62	02:41:43	00:34:37	00:04:34	01:10:33	00:51:59	12
4	Brüning, Jörg	VfL Bückeburg	61	02:47:51	00:35:08	00:03:44	01:19:23	00:49:36	14
5	Smolla, Ralf	VFB Hannover	64	03:38:27	00:47:35	00:06:39	01:30:02	01:14:11	19

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1	Jungenkrüger, Jakob	MTV Aurich	68	02:12:20	00:18:28	00:07:46	01:04:46	00:41:20	3
2	Oltmanns, Klaus	1. TC Oldenburg - Die Bären	68	02:28:11	00:24:28	00:02:16	01:11:23	00:50:04	7
3	Schmedes, Michael	Stadthagen	68	02:30:19	00:26:14	00:02:07	01:13:49	00:48:09	8

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1	Vogel, Frank	TVdB Bremen	70	02:10:03	00:20:05	00:02:41	01:07:34	00:39:43	2
2	Ewald, Jan	1. TC Oldenburg - Die Bären	74	02:25:07	00:25:26	00:00:55	01:11:29	00:47:17	5
3	Runnebohm, Jörg	Mühlen	73	02:48:46	00:32:02	00:02:26	01:11:37	01:02:41	15
4	Fortmann, Frank	Kiel	71	03:06:15	00:39:02	00:02:09	01:19:16	01:05:48	18

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1	Theilmann, Oliver	1. TC Oldenburg - Die Bären	79	02:02:40	00:22:44	00:01:37	01:00:11	00:38:08	1
2	Weiser, Ronny	Dinklage	79	02:37:45	00:28:50	00:05:00	01:14:15	00:49:40	10