

# Festival des Ausdauersports am 4. Juli 2004 in Lohne - Volkstriathlon

| AK-<br>Platz | Name, Vorname | Verein oder Ort | Geburts-<br>jahr | Gesamt-<br>zeit | Schwim-<br>men | Wechsel<br>I | Radfah-<br>ren | Wechsel II<br>+ Laufen | Gesamt<br>platz |
|--------------|---------------|-----------------|------------------|-----------------|----------------|--------------|----------------|------------------------|-----------------|
|--------------|---------------|-----------------|------------------|-----------------|----------------|--------------|----------------|------------------------|-----------------|

## 03 - Volkstriathlon der Frauen

### 60 - 64

|   |               |               |    |          |          |          |          |          |    |
|---|---------------|---------------|----|----------|----------|----------|----------|----------|----|
| 1 | Stolle, Hille | TV Wardenburg | 43 | 01:42:19 | 00:15:49 | 00:04:50 | 00:49:51 | 00:31:49 | 11 |
|---|---------------|---------------|----|----------|----------|----------|----------|----------|----|

### 50 - 54

|   |                 |               |    |          |          |          |          |          |   |
|---|-----------------|---------------|----|----------|----------|----------|----------|----------|---|
| 1 | Schultz, Katrin | TV Wardenburg | 52 | 01:28:41 | 00:14:38 | 00:04:26 | 00:39:01 | 00:30:36 | 5 |
|---|-----------------|---------------|----|----------|----------|----------|----------|----------|---|

### 45 - 49

|   |                      |                         |    |          |          |          |          |          |   |
|---|----------------------|-------------------------|----|----------|----------|----------|----------|----------|---|
| 1 | Jaroschek, Rosemarie | TC Köln-Jena            | 58 | 01:35:19 | 00:14:32 | 00:03:03 | 00:47:35 | 00:30:09 | 8 |
| 2 | Bokern, Gertrud      | LT Waldschleicher Lohne | 58 | 01:37:58 | 00:12:33 | 00:04:32 | 00:49:07 | 00:31:46 | 9 |

### 40 - 44

|   |              |              |    |          |          |          |          |          |    |
|---|--------------|--------------|----|----------|----------|----------|----------|----------|----|
| 1 | Lotz, Carola | TC Köln-Jena | 63 | 01:39:55 | 00:14:36 | 00:04:47 | 00:45:19 | 00:35:13 | 10 |
|---|--------------|--------------|----|----------|----------|----------|----------|----------|----|

### 35 - 39

|   |                    |                |    |          |          |          |          |          |   |
|---|--------------------|----------------|----|----------|----------|----------|----------|----------|---|
| 1 | Helmke, Anke       | TVdB Bremen    | 65 | 01:13:44 | 00:08:29 | 00:01:54 | 00:37:17 | 00:26:04 | 1 |
| 2 | Hövelmann, Martina | LC Hansa Stuhr | 67 | 01:26:41 | 00:11:01 | 00:03:13 | 00:43:37 | 00:28:50 | 4 |
| 3 | Reimann, Sylke     | TC Köln-Jena   | 65 | 01:29:01 | 00:11:30 | 00:03:24 | 00:45:01 | 00:29:06 | 6 |

### 21 - 29

|   |                     |                    |    |          |          |          |          |          |   |
|---|---------------------|--------------------|----|----------|----------|----------|----------|----------|---|
| 1 | Eisenhauer, Elke    | Magie Laiens Lohne | 77 | 01:18:03 | 00:08:32 | 00:03:32 | 00:40:18 | 00:25:41 | 2 |
| 2 | Eisenhauer, Martina | Magie Laiens Lohne | 80 | 01:21:43 | 00:10:35 | 00:01:30 | 00:40:57 | 00:28:41 | 3 |
| 3 | Kamps, Melanie      | SV Germania Twist  | 79 | 01:29:57 | 00:10:46 | 00:03:59 | 00:43:54 | 00:31:18 | 7 |

## 03 - Volkstriathlon der Männer

### 65 - 69

|   |                 |                    |    |          |          |          |          |          |    |
|---|-----------------|--------------------|----|----------|----------|----------|----------|----------|----|
| 1 | Helmes, Manfred | AOK LT Ganderkesee | 39 | 01:17:08 | 00:11:26 | 00:03:49 | 00:37:25 | 00:24:28 | 21 |
|---|-----------------|--------------------|----|----------|----------|----------|----------|----------|----|

### 60 - 64

|   |                   |                         |    |          |          |          |          |          |    |
|---|-------------------|-------------------------|----|----------|----------|----------|----------|----------|----|
| 1 | Huntke, Helmut    | Ahlhorner SV            | 42 | 01:31:29 | 00:14:42 | 00:03:29 | 00:40:25 | 00:32:53 | 42 |
| 2 | Wunsch, Alexander | LT Waldschleicher Lohne | 43 | 01:32:05 | 00:14:39 | 00:03:07 | 00:48:12 | 00:26:07 | 44 |

### 55 - 59

|   |                    |                         |    |          |          |          |          |          |    |
|---|--------------------|-------------------------|----|----------|----------|----------|----------|----------|----|
| 1 | Mesterheide, Erwin | OTSV Preuß. Oldendorf   | 46 | 01:23:39 | 00:16:41 | 00:04:54 | 00:37:15 | 00:24:49 | 33 |
| 2 | Kauß, Gernot       | AOK LT Ganderkesee      | 47 | 01:28:30 | 00:13:44 | 00:05:53 | 00:39:03 | 00:29:50 | 40 |
| 3 | Steinke, Werner    | LT Waldschleicher Lohne | 49 | 01:34:59 | 00:16:45 | 00:04:55 | 00:42:50 | 00:30:29 | 45 |

### 50 - 54

|   |                       |              |    |          |          |          |          |          |    |
|---|-----------------------|--------------|----|----------|----------|----------|----------|----------|----|
| 1 | Fischer, Dr. Bernhard | SC Bakum     | 51 | 01:18:26 | 00:13:02 | 00:02:37 | 00:37:09 | 00:25:38 | 23 |
| 2 | Dahms, Hans-Hermann   | Ahlhorner SV | 51 | 01:25:21 | 00:14:50 | 00:03:08 | 00:39:50 | 00:27:33 | 36 |

### 45 - 49

|   |                      |                         |    |          |          |          |          |          |    |
|---|----------------------|-------------------------|----|----------|----------|----------|----------|----------|----|
| 1 | Westerkamp, Reinhard | Tri Team Dissen         | 58 | 01:13:20 | 00:11:22 | 00:02:05 | 00:36:53 | 00:23:00 | 12 |
| 2 | Schlärmann, Reinhold | LT Waldschleicher Lohne | 55 | 01:16:47 | 00:12:01 | 00:03:44 | 00:37:52 | 00:23:10 | 20 |

### 40 - 44

|   |                        |                             |    |          |          |          |          |          |    |
|---|------------------------|-----------------------------|----|----------|----------|----------|----------|----------|----|
| 1 | Meyer-Heemsoth, Volker | 1. TC Oldenburg - Die Bären | 61 | 01:07:54 | 00:07:58 | 00:02:09 | 00:35:43 | 00:22:04 | 4  |
| 2 | Franke, Uwe            | SG Diepholz                 | 61 | 01:08:25 | 00:09:20 | 00:02:16 | 00:36:04 | 00:20:45 | 6  |
| 3 | Blömer, Johannes       | GW Mühlen                   | 62 | 01:13:23 | 00:10:47 | 00:02:39 | 00:37:14 | 00:22:43 | 13 |
| 4 | Radl, Norbert          | TSV Daverden                | 61 | 01:13:40 | 00:10:47 | 00:02:23 | 00:36:50 | 00:23:40 | 14 |
| 5 | Hermes, Ludger         | RW Visbek                   | 60 | 01:20:43 | 00:14:02 | 00:03:28 | 00:37:20 | 00:25:53 | 27 |
| 6 | Reimann, Michael       | TC Köln-Jena                | 60 | 01:21:17 | 00:12:05 | 00:03:00 | 00:39:35 | 00:26:37 | 28 |
| 7 | Hoy, Ole               | INJOY Lohne                 | 62 | 01:23:30 | 00:12:58 | 00:04:06 | 00:38:58 | 00:27:28 | 32 |
| 8 | Schumacher, Manfred    | INJOY Lohne                 | 62 | 01:27:29 | 00:12:45 | 00:04:59 | 00:39:56 | 00:29:49 | 38 |
| 9 | Zalten, Holger         | Lohne                       | 61 | 01:32:04 | 00:17:59 | 00:05:29 | 00:42:17 | 00:26:19 | 43 |

**35 - 39**

|   |                 |                       |    |                 |          |          |          |          |           |
|---|-----------------|-----------------------|----|-----------------|----------|----------|----------|----------|-----------|
| 1 | Denker, Klaus   | TUS Lemförde          | 68 | <b>01:08:18</b> | 00:11:50 | 00:01:54 | 00:34:01 | 00:20:33 | <b>5</b>  |
| 2 | Thie, Bernhard  | Hemmelte              | 68 | <b>01:12:31</b> | 00:09:00 | 00:02:00 | 00:37:12 | 00:24:19 | <b>10</b> |
| 3 | Masuch, Holger  | Triathlon Club Bremen | 65 | <b>01:13:04</b> | 00:10:40 | 00:02:10 | 00:35:42 | 00:24:32 | <b>11</b> |
| 4 | Dahlqren, Mario | TC Köln-Jena          | 65 | <b>01:15:09</b> | 00:08:36 | 00:01:45 | 00:38:29 | 00:26:19 | <b>16</b> |

**30 - 34**

|    |                  |                    |    |                 |          |          |          |          |           |
|----|------------------|--------------------|----|-----------------|----------|----------|----------|----------|-----------|
| 1  | Reimann, Dirk    | Lohne              | 73 | <b>01:08:37</b> | 00:08:37 | 00:02:14 | 00:35:21 | 00:22:25 | <b>7</b>  |
| 2  | Swat, Niklas     | Lohne              | 71 | <b>01:11:00</b> | 00:10:04 | 00:02:10 | 00:36:58 | 00:21:48 | <b>8</b>  |
| 3  | Hövelmann, Sven  | LC Hansa Stuhr     | 70 | <b>01:14:53</b> | 00:12:00 | 00:01:43 | 00:36:34 | 00:24:36 | <b>15</b> |
| 4  | Hoyer, Andreas   | Magic Laiens Lohne | 71 | <b>01:15:52</b> | 00:10:43 | 00:03:03 | 00:37:20 | 00:24:46 | <b>17</b> |
| 5  | Krüger, Uwe      | TV Hude            | 72 | <b>01:17:30</b> | 00:09:18 | 00:02:52 | 00:38:55 | 00:26:25 | <b>22</b> |
| 6  | Heinke, Alex     | LC Hansa Stuhr     | 71 | <b>01:20:15</b> | 00:10:49 | 00:02:56 | 00:38:25 | 00:28:05 | <b>26</b> |
| 7  | Tölke, Christian | Magic Laiens Lohne | 74 | <b>01:21:59</b> | 00:12:56 | 00:03:10 | 00:40:09 | 00:25:44 | <b>30</b> |
| 8  | Herzog, Stefan   | Magic Laiens Lohne | 70 | <b>01:22:01</b> | 00:14:49 | 00:03:42 | 00:39:29 | 00:24:01 | <b>31</b> |
| 9  | Middendorf, Jens | Magic Laiens Lohne | 70 | <b>01:24:04</b> | 00:11:07 | 00:05:25 | 00:40:38 | 00:26:54 | <b>34</b> |
| 10 | Wilken, Stefan   | SV Germania Twist  | 72 | <b>01:24:17</b> | 00:11:27 | 00:04:53 | 00:42:30 | 00:25:27 | <b>35</b> |

**21 - 29**

|   |                   |                    |    |                 |          |          |          |          |           |
|---|-------------------|--------------------|----|-----------------|----------|----------|----------|----------|-----------|
| 1 | Siegmund, Andreas | Hannover 96        | 75 | <b>01:02:07</b> | 00:09:35 | 00:01:11 | 00:32:34 | 00:18:47 | <b>3</b>  |
| 2 | Bienert, Lars     | Wilhelmshaven      | 75 | <b>01:11:49</b> | 00:09:52 | 00:02:47 | 00:37:01 | 00:22:09 | <b>9</b>  |
| 3 | Bokern, Ingo      | Magic Laiens Lohne | 79 | <b>01:16:13</b> | 00:11:40 | 00:02:43 | 00:39:47 | 00:22:03 | <b>19</b> |
| 4 | Finke, Helge      | Loy                | 76 | <b>01:18:28</b> | 00:12:24 | 00:03:06 | 00:38:42 | 00:24:16 | <b>24</b> |
| 5 | Sieve, Hubertus   | Magic Laiens Lohne | 77 | <b>01:21:38</b> | 00:11:59 | 00:02:11 | 00:40:52 | 00:26:36 | <b>29</b> |
| 6 | Fischer, Markus   | Magic Laiens Lohne | 79 | <b>01:54:50</b> | 00:14:24 | 00:03:52 | 01:01:28 | 00:35:06 | <b>46</b> |

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|   |                |                    |    |                 |          |          |          |          |           |
|---|----------------|--------------------|----|-----------------|----------|----------|----------|----------|-----------|
| 1 | Arkenau, Bernd | Magic Laiens Lohne | 84 | <b>01:16:10</b> | 00:11:54 | 00:03:14 | 00:38:57 | 00:22:05 | <b>18</b> |
|---|----------------|--------------------|----|-----------------|----------|----------|----------|----------|-----------|

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|   |                      |                      |    |                 |          |          |          |          |           |
|---|----------------------|----------------------|----|-----------------|----------|----------|----------|----------|-----------|
| 1 | Fuhrmeister, Michael | Hannover 96          | 87 | <b>01:00:44</b> | 00:08:08 | 00:01:07 | 00:32:25 | 00:19:04 | <b>1</b>  |
| 2 | Rezo, Jerko          | Hannover 96          | 87 | <b>01:01:03</b> | 00:07:13 | 00:01:03 | 00:33:14 | 00:19:33 | <b>2</b>  |
| 3 | Knospe, Fabian       | TuS Blau-Weiss Lohne | 86 | <b>01:19:55</b> | 00:10:52 | 00:03:13 | 00:42:13 | 00:23:37 | <b>25</b> |
| 4 | Buß, Ralph           | Lohne                | 87 | <b>01:28:07</b> | 00:13:38 | 00:03:36 | 00:43:26 | 00:27:27 | <b>39</b> |

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|   |                |                      |    |                 |          |          |          |          |           |
|---|----------------|----------------------|----|-----------------|----------|----------|----------|----------|-----------|
| 1 | Förster, Lukas | Magic Laiens Lohne   | 88 | <b>01:25:52</b> | 00:12:45 | 00:03:31 | 00:45:04 | 00:24:32 | <b>37</b> |
| 2 | Becker, Tobias | TuS Blau-Weiss Lohne | 88 | <b>01:29:14</b> | 00:14:28 | 00:04:12 | 00:48:05 | 00:22:29 | <b>41</b> |