

10 x 650 m Adventsstaffel am 14.12.2019

Platz	Vorname Name	Jg.	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde	Gesamtzeit	Teamzeit
1.	Sören Otten	94	01:57	02:06	02:00	01:59	02:05	10:08	21:13
	Salmaan Ibrahim Salad	00	01:57	02:19	02:14	02:17	02:18	11:05	
2.	Timo Bruns	03	02:08	02:03	02:08	02:13	02:12	10:44	22:51
	Marcus Kröpelin	87	02:18	02:25	02:27	02:27	02:30	12:07	
3.	Philipp Hoell	85	02:15	02:20	02:28	02:29	02:28	12:00	23:32
	Thomas Klingenberg	71	02:10	02:22	02:22	02:21	02:17	11:32	
4.	Dr. Heike Piotrowski	82	02:13	02:25	02:34	02:37	02:37	12:26	24:20
	Solveig Thoß	06	02:10	02:25	02:30	02:26	02:23	11:54	
5.	Olaf Gärtner	76	02:25	02:31	02:32	02:34	02:31	12:33	24:24
	Dag Lehmann	85	02:19	02:20	02:22	02:25	02:25	11:51	
6.	Christian Bruns	80	02:22	02:24	02:28	02:27	02:26	12:07	24:53
	Hauke Theiler	65	02:24	02:37	02:35	02:35	02:35	12:46	
7.	Claas Kraft	84	02:17	02:25	02:32	02:34	02:32	12:20	25:35
	Patrick Kasig	88	02:24	02:36	02:49	02:49	02:37	13:15	
8.	Julian Josephs	88	02:16	02:22	02:24	02:24	02:24	11:50	26:30
	Thomas Flöer	57	02:41	03:04	03:03	03:02	02:50	14:40	
9.	Max Junge	03	02:21	02:24	02:23	02:25	02:26	11:59	26:40
	Elisabeth Ruf	99	02:43	02:59	03:03	03:03	02:53	14:41	
10.	Kirsten Sievers	75	03:14	03:31	03:38	03:36	03:36	17:35	29:19
	Richard Frühmann	80	02:20	02:20	02:21	02:22	02:21	11:44	
11.	Ulla Paga	52	02:59	03:01	03:02	03:02	03:03	15:07	29:40
	Jürgen Armonies	54	02:53	02:57	02:56	02:55	02:52	14:33	
12.	Michael Klemm	68	02:30	02:36	02:37	02:37	02:33	12:53	31:09
	Wolfgang Pößiger	48	03:21	03:40	03:41	03:47	3:47	18:16	
13.	Thomas Ahrens	71	02:42	02:43	02:51	02:54	02:53	14:03	32:22
	Detlef Kasig	63	03:24	03:39	03:48	03:42	03:46	18:19	
14.	Friderike Runde	08	02:49	03:03	03:33	03:26	03:18	16:09	33:00
	Reha Junge	07	03:13	03:32	03:22	03:29	03:15	16:51	
15.	Sandra Junge	72	02:57	03:10	03:16	03:13	03:14	15:50	35:43
	Stefanie Perschel	86	03:44	03:56	04:02	04:05	04:06	19:53	

Teams

Platz	Vorname Name	Jg.	Teamzeit
1.	Carina Ceronio	07	31:20
	Melanit Mattfelft	08	
	Georgios Theocharis	12	
	Ben Allies	13	
	Max Zipperling	05	
2.	Vanessa Ahlers	11	
	Fenja Hütter	09	

	Laura Ahlers	11	
	Julian Müller	12	
	Fynn Laeger	11	31:40
3.	Clara Trarbach	10	
	Matvey Legler	10	
	Aihma Amir Shamo	10	
	Emma Beetz	10	
	Thoren Gutmann	10	34:16
4.	Marta Ahlers	77	
	Anne Lehmann	84	
	Birte Kühnhold	80	
	Isabelle Ceronio	78	34:27
5.	Alexander König	10	
	Emma Lehmann	12	
	Marianna Theocharis	14	
	Elena Gutmann	11	
	Mats Jaeger	14	
	Leon König	13	41:17

Einzelwertung

1.	Sören Otten	10:08	Min.
2.	Timo Bruns	10:44	"
3.	Salmaan Ibrahim Salad	11:05	"
4.	Thomas Klingenberg	11:32	"
5.	Richard Frühmann	11:44	"
6.	Julian Josephs	11:50	"
7.	Dag Lehmann	11:51	"
8.	Solveig Thoß	11:54	"
9.	Max Junge	11:59	"
10.	Philipp Hoell	12:00	"
11.	Christian Bruns	12:07	"
	Marcus Kröpelin	12:07	"
13.	Claas Kraft	12:20	"
14.	Dr. Heike Piotrowski	12:26	"
15.	Olaf Gärtner	12:46	"
16.	Hauke Theiler	12:33	"
17.	Michael Klemm	12:53	"
18.	Patrick Kasig	13:15	"
19.	Thomas Ahrens	14:03	"
20.	Jürgen Armonies	14:33	"
21.	Thomas Flör	14:40	"
22.	Elisabeth Ruf	14:41	"
23.	Ulla Paga	15:07	"
24.	Sandra Junge	15:50	"
25.	Friederieke Runde	16:09	"
26.	Rhea Junge	16:51	"
27.	Kirsten Sievers	17:35	"
28.	Wolfgang Pößiger	18:18	"
29.	Detlef Kasig	18:19	"
30.	Stefanie Perschel	19:53	"