

# Ewige Bestenliste

Stand: 16. Hågarman Triathlon 2022

Änderung zum Vorjahr: **rot**

Platz	W	M	Name	Verein	Schwimmzeit	Radzeit	Wechsel	Laufzeit	Endzeit	erzielt	Teilnahmen
			<b>1 Luca Heerd</b>	TFM	<b>00:09:27</b>	<b>00:34:03</b>	<b>00:00:24</b>	<b>00:19:34</b>	<b>01:03:24</b>	<b>2022</b>	<b>1</b>
			2 Daniel Mehring	TFM	00:09:26	00:34:05	00:00:24	00:19:58	01:03:53	2016	2
			3 Stefan Günnigmann	TFM	00:10:20	<b>00:32:43</b>	00:00:18	00:21:21	01:04:42	2013	8
			4 Thorsten Grandke	TFM	00:10:09	00:33:07	00:00:29	00:21:18	01:05:03	2010	1
			5 Max Ludwig	TFM	00:09:55	00:36:41	00:00:12	00:20:22	01:07:10	2012	1
			6 Michael Günnigmann	TFM	00:09:43	00:34:35	00:00:17	00:22:36	01:07:11	2009	3
			7 Tim Sievers	TFM	<b>00:09:30</b>	<b>00:36:13</b>	<b>00:00:27</b>	<b>00:21:16</b>	<b>01:07:26</b>	<b>2022</b>	<b>2</b>
			8 Stefan Holtkötter	TFM	00:09:33	00:36:38	<b>00:00:07</b>	00:21:18	01:07:36	2012	1
			9 Sebastian Blumentritt	HSP TriTeam	00:10:08	00:35:12	00:00:44	00:21:50	01:07:54	2008	1
			10 Sascha Hoffmann	TFM	00:10:09	00:36:46	00:00:17	00:21:02	01:08:14	2010	1
			11 Manuel Reimer	TFM	00:10:05	00:34:55	00:00:20	00:23:02	01:08:22	2010	3
			12 Holger Fritze	TFM	00:10:22	00:36:14	00:00:30	00:21:28	01:08:34	2015	2
			13 Johannes Hoffmann	TFM	00:09:44	00:35:22	00:00:23	00:23:19	01:08:48	2010	2
			14 Kai Kukielka	TFM	00:10:28	00:35:32	00:00:35	00:22:14	01:08:49	2014	1
			15 Matthias Arnold	TFM	00:10:58	00:34:54	00:00:18	00:22:53	01:09:03	2019	1
			16 Lukas Kampkötter	TFM	00:09:58	00:36:39	00:00:25	00:22:04	01:09:06	2015	1
			17 Michael Enseling	TFM	00:12:06	00:34:21	00:00:22	00:22:34	01:09:23	2008	1
			18 Lukas Jürgensen	TFM	00:12:17	00:34:04	00:00:20	00:23:01	01:09:42	2019	1
			19 Florian Schmitz	TFM	00:11:00	00:36:05	00:00:19	00:22:20	01:09:44	2005	2
			20 Robin Breer	TFM	00:12:29	00:35:15	00:00:27	00:21:40	01:09:51	2009	3
			21 Burkhard Steinchen	TFM	00:11:09	00:35:41	00:00:37	00:22:26	01:09:53	2006	3
			22 Sascha Flockau	TFM	00:09:25	00:36:43	00:00:23	00:23:25	01:09:56	2007	3
			23 Sebastian Czerny	TFM	00:11:29	00:36:05	00:00:17	00:22:17	01:10:08	2013	2
			24 Sebastian Eggert	TFM	00:11:03	00:36:10	00:00:19	00:22:47	01:10:19	2011	2
			24 Johann Hensel	TFM	00:11:47	00:34:55	00:00:19	00:23:18	01:10:19	2017	<b>5</b>
			26 Florian Wessel	TFM	00:11:51	00:35:38	00:00:15	00:22:40	01:10:24	2008	1
			27 Hans Jörg Kupitz	TFM	00:11:32	00:35:36	00:00:31	00:22:50	01:10:29	2009	2
			28 Pascal Ellmann	TFM	<b>00:09:00</b>	00:38:21	00:00:27	00:23:03	01:10:51	2016	1
			29 Werner Peters	TFM	00:11:09	00:36:08	00:00:20	00:23:40	01:11:17	2008	1
			30 Tim Habel	TFM	00:11:26	00:37:12	00:00:19	00:23:06	01:12:03	2016	2
			31 Thomas Sievers	TFM	<b>00:13:12</b>	<b>00:35:18</b>	<b>00:00:27</b>	<b>00:23:26</b>	<b>01:12:23</b>	<b>2022</b>	<b>3</b>
			31 Julian Wolking	TFM	<b>00:11:03</b>	<b>00:37:31</b>	<b>00:00:20</b>	<b>00:23:29</b>	<b>01:12:23</b>	<b>2022</b>	<b>7</b>
			33 Christoph Kreindl	TFM	00:11:40	00:37:22	00:00:16	00:23:44	01:13:02	2013	1
			34 Simon Milobinski	Eutin	00:10:15	00:39:00	00:00:29	00:23:21	01:13:05	2011	1
			35 Malte Meyer	TFM	00:11:16	00:38:10	00:00:24	00:23:47	01:13:37	2011	1
			36 Lars Meyer	TFM	00:11:41	00:38:01	00:00:53	00:23:15	01:13:50	2006	1
			<b>37 Micha Blome</b>	<b>TFM</b>	<b>00:11:38</b>	<b>00:38:18</b>	<b>00:00:38</b>	<b>00:23:26</b>	<b>01:14:00</b>	<b>2022</b>	<b>1</b>
			38 Jens Radstaak	TFM	00:12:40	00:36:12	00:00:38	00:24:34	01:14:04	2008	2
			39 Andreas Jüdiges	TFM	00:12:08	00:36:07	00:00:50	00:25:04	01:14:09	2019	1
			40 Joachim Peyker	TFM	00:12:34	00:36:38	00:01:07	00:23:56	01:14:15	2008	1
			41 Frank Beneken	TFM	00:12:36	00:37:12	00:00:34	00:24:13	01:14:35	2007	1
			42 Daniel Löbbers	TFM	00:12:27	00:37:21	00:00:14	00:24:48	01:14:50	2013	1
			43 Uwe Mende	TFM	00:11:34	00:38:13	00:00:33	00:24:44	01:15:04	2008	1
			44 Tim Habel	TFM	00:12:03	00:38:26	00:00:30	00:24:14	01:15:13	2014	1
			45 Michael Bösing	TFM	00:12:31	00:37:01	00:00:51	00:25:15	01:15:38	2009	4
			46 Tim Neuman	TFM	00:10:34	00:38:18	00:01:04	00:25:58	01:15:54	2008	1
			47 Ulf Nosthoff	TFM	00:13:28	00:35:59	00:00:46	00:25:44	01:15:57	2007	1
			48 Patrick Hoffmann	Saerb. schlanke Waden	00:14:09	00:37:19	00:00:30	00:24:32	01:16:30	2008	1
			49 Thomas Doetkotte	TFM	00:12:04	00:39:54	00:00:54	00:24:00	01:16:52	2006	2
			50 Dieter Rosenbaum	TFM	00:11:09	00:37:25	00:00:53	00:27:30	01:16:57	2007	2

1	51	Tobias Heide	TFM	00:13:36	00:37:55	00:00:23	00:26:01	01:17:55	2019	1
		Teresa Pöpping		00:11:18	<b>00:40:22</b>	00:00:38	00:25:38	<b>01:17:56</b>	2016	1
	52	Marc Meerkamp	TFM	00:13:33	00:38:35	00:00:30	00:25:34	01:18:12	2013	1
	53	Peter Höwer	TFM	00:14:53	00:37:02	00:00:35	00:25:49	01:18:19	2009	4
2		Linda Schücker	TFM	<b>00:12:08</b>	<b>00:39:27</b>	<b>00:00:32</b>	<b>00:26:08</b>	<b>01:18:22</b>	<b>2022</b>	<b>1</b>
	54	Torsten Honemann	TFM	00:14:25	00:38:47	00:00:40	00:24:34	01:18:26	2008	1
	55	Lothar Wißler	HSP TriTeam	00:12:37	00:37:42	00:00:49	00:27:36	01:18:44	2008	1
	56	Joachim Volpert	TFM	00:12:17	00:38:50	00:00:51	00:26:52	01:18:50	2007	1
3		Sophia Salzwedel	TFM	00:11:16	00:43:17	00:00:29	<b>00:24:03</b>	01:19:05	2015	1
	57	Christoph Blisch	TFM	00:12:29	00:37:22	00:01:23	00:27:56	01:19:10	2008	3
	58	Stefan Klotz	TFM	00:12:58	00:39:28	00:01:20	00:25:32	01:19:18	2008	2
	59	Laurenz Meyer	TFM	00:14:23	00:39:38	00:00:40	00:24:40	01:19:21	2011	1
	60	Marc Schrameyer	TFM	00:12:50	00:38:10	00:00:16	00:28:13	01:19:29	2012	2
	61	Wolfgang Verhoeven	TFM	00:14:20	00:38:46	00:01:12	00:25:26	01:19:44	2008	9
	62	Holger Niehaus	TFM	00:12:31	00:39:23	00:01:22	00:26:36	01:19:52	2008	1
4		Katharina Thoma	TFM	<b>00:09:37</b>	<b>00:42:20</b>	<b>00:00:47</b>	<b>00:27:30</b>	<b>01:20:14</b>	<b>2022</b>	<b>2</b>
	63	Wilfried Hiegemann	TFM	00:12:12	00:40:49	00:00:45	00:26:30	01:20:16	2006	1
	64	Stefan Gerdes	TFM	00:11:53	00:39:21	00:00:36	00:28:31	01:20:21	2011	4
	65	Michael Ernst	TFM	00:12:00	00:39:31	00:00:30	00:28:40	01:20:41	2013	14
	66	Maik Scheeren	Triminators Voerde	00:17:46 *	00:37:52	00:00:42	00:24:23	01:20:43	2006	1
5		Lisa Ellmers	TFM	00:10:19	00:41:22	00:00:38	00:28:25	01:20:44	2017	3
	67	Oliver Lübbert	TFM	00:13:45	00:41:41	00:00:31	00:25:05	01:21:02	2009	2
	68	Jan Verhoeven	TFM	00:15:10	00:41:05	00:00:47	00:24:17	01:21:19	2008	1
	69	Michael Benson	TFM	00:13:44	00:40:08	00:00:40	00:27:02	01:21:34	2005	2
6		Anne Hassenjürgen	TFM	00:10:13	00:42:00	00:00:42	00:28:52	01:21:47	2017	2
7		Katja Dörre	HSP TriTeam	00:13:00	00:42:25	00:00:50	00:25:45	01:22:00	2006	1
	70	Rolf Sudmann	TFM	00:12:57	00:40:57	00:00:30	00:27:41	01:22:05	2013	1
	71	Hendrik Schürmann	TFM	00:14:12	00:38:13	00:00:36	00:29:09	01:22:10	2010	2
	72	Martin Meier	TFM	00:10:44	00:43:51	00:00:34	00:27:11	01:22:20	2018	1
	73	Daniel Lütkemöller	TFM	00:11:55	00:40:42	00:00:47	00:28:58	01:22:22	2008	1
8		Marina Günnigmann	TFM	00:12:39	00:40:41	<b>00:00:14</b>	00:28:50	01:22:24	2013	2
	74	Erik Vejvoda*	TFM	00:16:47	00:37:03	00:00:42	00:27:53	01:22:25	2019	1
	75	Michael Lütke-Bockhorn	TFM	00:17:46 *	00:39:32	00:00:52	00:24:17	01:22:27	2006	2
9		Christine Friederici	TFM	00:10:46	00:42:58	00:00:34	00:28:14	01:22:32	2015	1
	76	Thomas Spittmann	TFM	00:13:40	00:43:39	00:00:44	00:24:50	01:22:53	2016	1
10		Kathrin Dette	TFM	<b>00:12:35</b>	<b>00:41:40</b>	<b>00:00:28</b>	<b>00:28:10</b>	<b>01:22:56</b>	<b>2022</b>	<b>3</b>
	77	Max Zbocna	TFM	00:10:42	00:43:30	00:00:49	00:28:19	01:23:20	2010	1
11		Silvana Blisch	TFM	00:12:09	00:41:42	00:00:59	00:28:44	01:23:34	2007	2
12		Sarah Gerling	TFM	00:12:35	00:42:33	00:00:30	00:28:07	01:23:45	2015	2
13		Steffi Michels	TFM	00:13:17	00:43:34	00:00:39	00:26:22	01:23:52	2015	2
14		Joanna Meyer	TFM	00:12:04	00:42:48	00:00:38	00:28:30	01:24:00	2011	3
15		Maike Poppinga	TFM	00:13:58	00:41:49	00:00:47	00:27:37	01:24:11	2008	3
	78	Anton Pigge	TFM	00:11:48	00:45:15	00:00:34	00:27:03	01:24:40	2011	2
16		Lisa Richter	TFM	00:12:54	00:44:17	00:00:52	00:26:41	01:24:44	2019	1
17		Antje van Gemmen	TFM	00:13:14	00:43:00	00:00:41	00:27:58	01:24:53	2012	3
18		Imke Höfling	TFM	00:11:11	00:45:24	00:00:42	00:27:39	01:24:56	2007	1
19		Nora Kästle	TFM	00:14:33	00:40:46	00:00:50	00:29:36	01:25:45	2009	1
	79	Martin Epkenhans	TFM	00:14:24	00:41:39	00:00:28	00:29:20	01:25:51	2013	15
20		Theresa Heller	HSP TriTeam	00:13:35	00:43:27	00:00:47	00:28:28	01:26:17	2008	1
	80	Thomas Köhler	TFM	00:15:45	00:41:45	00:00:50	00:27:58	01:26:18	2013	1
21		Lena Jörgens	TFM	00:12:55	00:42:56	00:00:25	00:30:11	01:26:27	2012	1
22		Nina Flockau	TFM	00:12:31	00:42:37	00:00:50	00:30:33	01:26:31	2007	1
	81	Jochen Letang	TFM	00:15:21 *	00:42:34	00:00:44	00:28:51	01:27:30	2012	1
23		Svenja Geise	TFM	00:13:06	00:44:39	00:00:54	00:28:57	01:27:36	2019	1
24		Martina Radstaak	TFM	00:10:51	00:43:32	00:00:36	00:33:03	01:28:02	2010	2
25		Sabine Benson	TFM	00:13:36	00:44:33	00:00:45	00:29:11	01:28:05	2005	1

	82	Ronald Spaedtke		00:17:46 *	00:40:22	00:01:40	00:28:21	01:28:09	2006	1
26		Anne Bays	TFM	00:14:30	00:43:46	00:00:29	00:29:25	01:28:10	2009	1
	83	Roderic*	NLD	00:16:47 *	00:40:43	00:01:19	00:30:33	01:29:22	2019	1
	84	Thomas Eißing	TFM	00:13:55	00:45:51	00:00:31	00:30:04	01:30:21	2012	1
27		Doris Höwer	TFM	00:15:15	00:44:45	00:00:50	00:29:38	01:30:28	2013	4
	85	Wilfried Denz	TFM	00:16:44	00:44:56	00:00:57	00:28:36	01:31:13	2005	2
	86	Jürgen Hegemann	TFM	00:15:12 *	00:43:17	00:01:06	00:31:52	01:31:27	2007	1
28		Barbara Resch	TFM	00:10:59	00:45:45	00:00:30	00:34:23	01:31:37	2005	2
29		Gaby Breitmeier	TFM	00:15:15	00:42:20	00:01:24	00:33:18	01:32:17	2006	1
30		Insa Rechter	TFM	00:10:01	00:51:34	00:01:10	00:30:28	01:33:13	2018	1
31		Nina Sinthofen	HSP TriTeam	00:12:05	00:47:04	00:00:47	00:34:39	01:34:35	2008	1
32		Jasmin Geißler	HT16 Triathlon Hamburg	00:16:31	00:49:18	00:00:47	00:30:02	01:36:38	2008	1
33		Tanja Menke	TFM	00:15:38 *	00:45:25	00:01:09	00:35:25	01:37:37	2015	1
34		Anna Zobel	TFM	00:16:07	00:48:41	00:01:04	00:35:58	01:41:50	2022	1
	87	Christian Luttermann		00:14:53	00:50:28	00:00:17	00:37:38	01:43:16	2011	1
	88	Martin Hemmelgarn	TFM	00:14:16	00:47:44	00:00:40	00:41:34	01:44:14	2013	1
	89	Klaus Jörg Tribold	TFM	00:16:34	00:52:57	00:01:32	00:35:23	01:46:26	2006	1
35		Bettina Heüveldorp	TFM	00:15:34	00:51:22	00:01:39	00:39:21	01:47:56	2006	2