

10 x 650 m Adventsstaffel am 16.12.2000

Platz	Vorname Name	Jg	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde	Gesamt- zeit	Team- zeit
1.	Martin Kohlwes	78	02:02	01:57	01:58	02:01	01:56	09:54	
	Lars Gronewold	73	01:47	01:55	01:54	01:55	01:51	09:22	19:16
2.	Uwe Rohlfs	69	02:07	02:10	02:11	02:14	02:12	10:54	
	Jürgen Reents	71	02:05	02:07	02:08	02:09	02:08	10:37	21:31
3.	Gerriet Ohls	85	02:10	02:05	02:05	02:06	02:02	10:28	
	Christian Kellerer	69	02:14	02:20	02:22	02:21	02:12	11:29	21:57
4.	Friedhelm Henze	52	02:08	02:19	02:19	02:21	02:18	11:25	
	Klaus Heidner	48	02:11	02:14	02:12	02:13	02:11	11:01	22:26
5.	Silke Haiber	71	02:11	02:28	02:34	02:34	02:35	12:22	
	Philipp Hainzinger		02:12	02:09	02:19	02:21	02:15	11:16	23:38
6.	Sandra Schuster	69	02:12	02:30	02:27	02:32	02:27	12:08	
	Natalja Ivanova	78	02:16	02:29	02:32	02:33	02:24	12:14	24:22
7.	Frank Dahms	65	02:24	02:41	02:40	02:40	02:43	13:08	
	Helmut Neudecker	52	02:18	02:22	02:24	02:22	02:23	11:49	24:57

Einzelwertung

Männer:

1.	Lars Gronewold	9:22	Min.
2.	Martin Kohlwes	9:54	"
3.	Gerriet Ohls	10:28	"
4.	Jürgen Reents	10:37	"
5.	Uwe Rohlfs	10:54	"
6.	Klaus Heidner	11:01	"
7.	Philipp Hainzinger	11:16	"
8.	Friedhelm Henze	11:25	"
9.	Christian Kellerer	11:29	"
10.	Helmut Neudecker	11:49	"
11.	Frank Dams	13:08	"

Frauen:

1.	Sandra Schuster	12:08	Min.
2.	Natalja Ivanova	12:14	"
3.	Silke Haiber	12:22	"

Bestleistungen:

Männer-Team:	Georg Diettrich / Malte Abraham	18:47	Min.	1998
Frauen-Team:	Victoria Willcox / Beatrix Sandstede	23:38	"	1995
Mixed-Team:	Victoria Willcox / Jürgen Reents	20:16	"	1998
Männer-Einzel:	Lars Hunsche	8:57	Min.	1988
Frauen-Einzel:	Victoria Willcox	10:24	"	1994
650 m-Runde Mä:	Niklas Kuhnert	1:34	Min.	1998
650 m-Runde Fr:	Victoria Willcox	2:02	"	1994

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Platz	Vorname Name	Jg	1. Runde	2. Runde	3. Runde	Gesamt- zeit	Team- zeit
1.	Florian Eits	92	02:58	02:50	02:54	08:42	
	Lars Böner	92	02:42	02:54	02:47	08:23	17:05
2.	Nicole Oelrichs	93	03:08	03:23	03:10	09:41	
	Christine Oelrichs	90	02:38	02:55	02:52	08:25	18:06
3.	Christian Dieling	90	03:09	03:28	03:49	10:26	
	Martin Alder	91	03:01	03:07	03:07	09:15	19:41
4.	Patric Liedtke	90	03:09	03:33	03:49	10:31	
	Anna Carina Franzmeier	91	02:59	03:06	03:12	09:17	19:48

Einzelwertung

Jungen:

1.	Lars Böner	8:23	Min.
2.	Florian Eits	8:42	"
3.	Martin Alder	9:15	"
4.	Christian Dieling	10:26	"
5.	Patric Liedtke	10:31	"

Mädchen:

1.	Christine Oelrichs	8:25	Min.
2.	Anna Carina Franzmeier	9:17	"
3.	Nicole Oelrichs	9:41	"