

## 10 x 650 m Adventsstaffel am 14.12.2013

Platz	Vorname Name	Jg.	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde	Gesamtzeit	Teamzeit
1.	Thomas Klingenberg	71	02:19	02:27	02:25	02:26	02:23	12:00	
	Morten Otten	97	02:08	02:17	02:15	02:18	02:14	11:12	<b>23:12</b>
2.	Robin Helling	01	02:19	02:29	02:30	02:26	02:23	12:07	
	Jonathan Stephan	95	02:11	02:19	02:19	02:18	02:11	11:18	<b>23:25</b>
3.	Felix Becker	99	02:19	02:24	02:22	02:24	02:20	11:49	
	Tom Tornow	98	02:15	02:20	02:22	02:25	02:31	11:53	<b>23:42</b>
4.	Frank Dams	63	02:28	02:39	02:38	02:40	02:39	13:04	
	Matthias Körn	76	02:10	02:21	02:22	02:23	02:21	11:37	<b>24:41</b>
5.	Sven Meinen	89	02:01	02:00	02:06	02:02	02:02	10:11	
	Wilfried Meinen	53	02:55	02:57	03:01	03:00	02:57	14:50	<b>25:01</b>
6.	Pascal Pflüger	97	02:26	02:28	02:32	02:36	02:23	12:25	
	Andreas Fieger	64	02:27	02:33	02:32	02:36	02:29	12:37	<b>25:02</b>
7.	Thomas Lockowandt	67	02:24	02:29	02:32	02:35	02:35	12:35	
	Heiko Lockowandt	66	02:28	02:31	02:33	02:35	02:32	12:39	<b>25:14</b>
8.	Benjamin Horn	94	02:11	02:55	03:23	02:56	02:38	14:03	
	Chris-Manuel Horn	96	02:10	02:25	02:50	02:22	02:47	12:34	<b>26:37</b>
9.	Malte Thumann	92	02:36	02:40	02:46	02:59	02:49	13:50	
	Roberto Drockenmüller	62	02:31	02:35	02:35	02:35	02:33	12:49	<b>26:39</b>
10.	Ulla Paga	52	02:36	02:46	02:48	02:45	02:45	13:40	
	Jürgen Armonies	54	02:36	02:42	02:42	02:41	02:35	13:16	<b>26:56</b>
11.	Lena Baller	95	02:39	02:46	02:50	02:59	02:59	14:13	
	Annika Seibt	93	02:13	02:40	02:40	02:35	02:39	12:47	<b>27:00</b>
12.	Astrid Ahrendt	57	03:12	03:13	03:21	03:17	03:18	16:21	
	Manuela Schulz	70	02:21	02:22	02:24	02:25	02:20	11:52	<b>28:13</b>
13.	Thomas Ahrens	70	02:35	02:38	02:42	02:45	02:48	13:28	
	Detlef Kasig	63	02:54	03:01	03:07	03:06	03:06	15:14	<b>28:42</b>
14.	Mario Kretschmer	75	02:42	02:50	02:59	02:58	02:58	14:27	
	Thomas Beier	72	02:40	02:50	03:01	03:09	03:04	14:44	<b>29:11</b>
15.	Anna Gutjahr	96	02:41	03:00	02:59	02:57	02:53	14:30	
	Nyzette Born	96	02:56	03:08	03:26	03:21	03:15	16:06	<b>30:36</b>
16.	Michael Klemm	68	02:38	02:53	02:57	02:59	02:41	14:08	
	Kathrin Körn	82	03:31	03:35	03:40	03:44	03:45	18:15	<b>32:23</b>
17.	Sandra Junge	72	03:12	03:29	03:35	03:38	03:42	17:36	
	Melanie Otte	72	03:02	03:01	03:00	02:59	02:59	15:01	<b>32:37</b>

## 3er-Teams

Platz	Vorname Name	Jg	1. Runde	2. Runde	3. Runde	4. Runde	Gesamtzeit	Teamzeit
1.	Timo Bruns	03	02:26	02:29	02:31	02:23	09:49	<b>25:51</b>
	Tobias Bruns	05	02:33	02:55	02:40		08:08	
	Eske Riedel	01	02:34	02:42	02:38		07:54	
2.	Saskia Bischoff	98	02:29	02:35	02:36	02:29	10:09	<b>28:27</b>
	Hannah Lisa Kapischke	00	02:55	03:06	03:07		09:08	
	Leoni-Jill Hohmann	01	02:49	03:05	03:16		09:10	
3.	Moritz Junge	03	03:05	03:10	03:27	03:33	13:15	<b>35:17</b>
	Max Junge	04	03:24	03:33	03:34	03:35	14:06	
	Rhea Junge	07	03:57	03:59			07:56	

## 4er-Teams

Platz	Vorname Name	Jg	1. Runde	2. Runde	3. Runde	Gesamtzeit	Teamzeit
1.	Keno Meywald	07	02:51	02:53	02:49	08:33	<b>36:52</b>
	Lara Meywald	04	03:24	03:39	04:00	11:03	
	Rieke Gruber	00	04:01	04:30	04:33	13:04	
	Friederike Runde	08	04:12			04:12	

## Einzelwertung

1.	Sven Meinen	10:11	Min.	21.	Malte Thumann	13:50	Min.
2.	Morten Otten	11:12	"	22.	Benjamin Horn	14:03	"
3.	Jonathan Stephan	11:18	"	23.	Michael Klemm	14:08	"
4.	Matthias Körn	11:37	"	24.	Lena Baller	14:13	"
5.	Felix Becker	11:49	"	25.	Mario Kretschmer	14:27	"
6.	Manuela Schulz	11:52	"	26.	Anna Gutjahr	14:30	"
7.	Tom Tornow	11:53	"	27.	Thomas Beyer	14:44	"
8.	Thomas Klingenberg	12:00	"	28.	Wilfried Meinen	14:50	"
9.	Robin Helling	12:07	"	29.	Melanie Otte	15:01	"
10.	Pascal Pflüger	12:25	"	30.	Detlef Kasig	15:14	"
11.	Chris-Manuel Horn	12:34	"	31.	Nyzette Born	16:06	"
12.	Thomas Lockowandt	12:35	"	32.	Astrid Ahrendt	16:21	"
13.	Andreas Fieger	12:37	"	33.	Sandra Junge	17:37	"
14.	Heiko Lockowandt	12:39	"	34.	Kathrin Körn	18:15	"
15.	Annika Seibt	12:47	"				
16.	Roberto Drockenmüller	12:49	"				
17.	Fank Dams	13:04	"				
18.	Jürgen Armonies	13:16	"				
19.	Thomas Ahrens	13:28	"				
20.	Ulla Paga	13:40	"				