

10 x 650 m Adventsstaffel am 16.12.2017

Platz	Vorname Name	Jg.	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde	Gesamtzeit	Teamzeit
1.	Sören Otten	94	01:53	01:58	02:00	02:05	01:56	9:52	21:08
	Lasse Brudek	95	02:02	02:18	02:18	02:22	02:16	11:16	
2.	Heere Eilers	90	01:59	02:08	02:11	02:13	02:11	10:42	21:25
	Paul Kaden	88	02:06	02:11	02:09	02:09	02:08	10:43	
3.	Thomas Klingenberg	71	02:12	02:20	02:20	02:18	02:16	11:26	22:33
	Salmaan Ibrahim Salad	00	01:57	02:16	02:23	02:19	02:12	11:07	
4.	Carsten Piotrowski	79	02:07	02:09	02:12	02:10	02:10	10:48	22:45
	Dr. Heike Piotrowski	82	02:20	02:24	02:22	02:24	02:27	11:57	
5.	Andreas Fieger	64	02:30	02:29	02:34	02:34	02:34	12:41	24:01
	Pascal Pflüger	97	02:12	02:15	02:19	02:19	02:15	11:20	
6.	Philipp Hoell	85	02:14	02:19	02:21	02:23	02:22	11:39	24:35
	Horst Schröder	56	02:30	02:33	02:38	02:38	02:37	12:56	
7.	Robin Helling *	01	02:02	02:15	02:19	02:19	02:16	11:11	25:11
	Michael Klemm	68	03:01	03:04	02:49	02:53	02:53	14:40	
8.	Robin Helling *	01	02:12	02:24	02:28	02:29	02:24	11:57	26:04
	Thomas Ahrens	71	02:31	02:49	02:56	02:53	02:58	14:07	
9.	Manuela Schulz	70	02:28	02:31	02:34	02:35	02:37	12:45	26:10
	Tanja Schröder	70	02:37	02:43	02:41	02:42	02:42	13:25	
10.	Henning Schütte	80	02:32	02:39	02:51	02:52	02:49	13:43	26:15
	Mirko Albrecht	78	02:27	02:26	02:30	02:36	02:33	12:32	
11.	Horst Becker	66	02:29	02:36	02:34	02:40	02:41	13:00	27:17
	Thomas Schöndube-Schäfer	68	02:35	02:49	02:57	03:00	02:56	14:17	
12.	Max Junge	04	02:45	02:57	02:58	03:09	03:08	14:57	27:24
	Mario Thies	67	02:27	02:30	02:30	02:30	02:30	12:27	
13.	Ulla Paga	52	02:53	02:59	03:00	02:58	02:59	14:49	27:50
	Samantha Horn	97	02:26	02:35	02:37	02:41	02:42	13:01	
14.	Jens Zählke	64	02:44	02:49	02:51	02:56	02:57	14:17	28:24
	Detlef Otten	62	02:47	02:49	02:50	02:50	02:51	14:07	
15.	Lena Baller	95	02:53	02:59	03:01	02:59	03:03	14:55	32:12
	Sandra Junge	72	03:13	03:22	03:27	03:36	03:39	17:17	
16.	Friederieke Runde	08	02:58	03:03	03:12	03:19	03:01	15:33	35:24
	Rhea Junge	07	03:30	04:24	04:20	04:01	03:36	19:51	

4er-Teams

Platz	Vorname Name	Jg	1. Runde	2. Runde	3. Runde	Gesamtzeit	Teamzeit
1.	Caetano Cruz	07	02:48	02:49	02:51	08:28	30:28
	Lykka Klingenberg	05	02:40	02:59	03:07	08:46	
	Ramon Lemle	07	03:31	03:44		07:15	
	Christiene Runz	07	03:00	02:59		05:59	

2.	Alexander König	10	03:34	03:25	03:41	10:40	
	Paul Janssen	10	03:20	03:32	03:20	10:12	
	Selena Kobal	10	03:42	05:05		08:47	
	Jolina Cebula	09	03:23	03:54		07:17	36:56

5er-Teams

Platz	Vorname Name	Jg	1. Runde	2. Runde	Gesamtzeit	Teamzeit
1.	Alina Degirmen	09	02:43	03:06	05:49	
	Georgios Theocharis	09	02:55	03:02	05:57	
	Daniel Eksberg	09	03:12	03:14	06:26	
	Leo Fröhlich	09	02:46	03:09	05:55	
	Malin Olbrich	08	02:47	02:49	05:36	29:43
2.	Vanessa Ahlers	11	03:01	03:12	06:13	
	Laura Ahlers	11	03:14	03:21	06:35	
	Simon Ellerhorst	08	03:49	04:36	08:25	
	Björn Keraudren	09	03:21	03:44	07:05	
	Leif Keraudren	09	03:18	03:29	06:47	35:05

Einzelwertung

1.	Sören Otten	9:52	Min.
2.	Heere Eilers	10:42	"
3.	Paul Kaden	10:43	"
4.	Carsten Piotrowski	10:48	"
5.	Salmaan Ibrahim Salad	11:07	"
6.	Robin Helling *	11:11	"
7.	Lasse Brudek	11:16	"
8.	Pascal Pflüger	11:20	"
9.	Thomas Klingenberg	11:26	"
10.	Philipp Hoell	11:39	"
11.	Dr. Heike Piotrowski	11:57	"
	Robin Helling *	11:57	"
13.	Mario Thies	12:27	"
14.	Mirko Albrecht	12:32	"
15.	Andreas Fieger	12:41	"
16.	Manuela Schulz	12:45	"
17.	Horst Schröder	12:56	"
18.	Horst Becker	13:00	"
19.	Samantha Horn	13:01	"
20.	Tanja Schröder	13:25	"
21.	Henning Schütte	13:43	"
22.	Detlef Otten	14:07	"
	Thomas Ahrens	14:07	"
24.	Jens Zählke	14:17	"
	Thomas Schöndube-Schäfer	14:17	"
26.	Michael Klemm	14:40	"
27.	Ulla Paga	14:49	"
28.	Lena Baller	14:55	"
29.	Max Junge	14:57	"
30.	Friederieke Runde	15:33	"
31.	Sandra Junge	17:17	"
32.	Rhea Junge	19:51	"

* Robin Helling ist in beiden Läufen gestartet.