

# 4. HÜ(WO)MAN

am 10. September 2006 in Hückelhoven  
500 m / 20 km / 5 km

## E R G E B N I S L I S T E / Männer

Plz	SNr	Name	Vorname	Verein	JG	AK	AKPl	Schwimm	Rad	Lauf	Endzeit
1.	318	Kruska	Marco	Triathlon Team TK Grevenbroich	74	TM30	1.	00:00:00	00:00:00	00:58:53	00:58:53
2.	364	Dossow	Uwe	FC Myhl	66	TM40	1.	00:00:00	00:43:46	00:15:50	00:59:36
3.	323	Rademacher	Jens	Dülkener SV 06	76	TM30	2.	00:07:09	00:00:00	00:53:29	01:00:38
4.	367	Fraussen	Noel	t.v.stein	65	TM40	2.	00:00:00	00:43:58	00:16:43	01:00:41
5.	348	Martens	Bob	t..v.stein	88	TM18	1.	00:07:16	00:36:15	00:17:15	01:00:46
6.	399	Laermann	Ralf	Mönchengladbacher TV	58	TM45	1.	00:08:11	00:35:45	00:17:04	01:01:00
7.	305	Darmstadt	Tom	SG Erftstadt	80	MHK	1.	00:07:13	00:00:00	00:53:52	01:01:05
8.	328	Stolberg	Lucas	SC Delphin Eschweiler	86	MHK	2.	00:07:27	00:36:08	00:17:44	01:01:19
9.	301	Behle	Björn	SV Horst 1919 e.V.	80	MHK	3.	00:07:15	00:00:00	00:54:17	01:01:32
10.	314	Jansen	Thomas	SC Delphin Eschweiler	86	MHK	4.	00:07:16	00:36:19	00:18:15	01:01:50
11.	309	Hein	Markus	Kölner Triathlon-Team 01	86	MHK	5.	00:07:03	00:37:21	00:17:36	01:04:00
12.	400	Limburg	Hermann - Josef	Triathlonfreunde Waldfeucht	61	TM45	2.	00:08:58	00:00:00	00:55:14	01:04:12
13.	311	Jacobs	Ralph	T.V. Stein	77	MHK	6.	00:07:08	00:38:48	00:18:19	01:04:15
14.	324	Schmidt	Christian	ASV Rurtal	78	MHK	7.	00:08:31	00:36:38	00:19:43	01:04:52
15.	330	Zander	Ingo	DLC Aachen	77	MHK	8.	00:08:01	00:37:35	00:19:36	01:05:12
16.	410	Steinborn	Uwe		60	TM45	3.	00:09:05	00:36:08	00:20:11	01:05:24
17.	366	Fraussen	Jean-Pierre	t.v.stein	63	TM40	3.	00:08:20	00:35:59	00:21:06	01:05:25
18.	345	Holl	Stefan	TK Grevenbroich	67	TM35	1.	00:07:58	00:38:10	00:19:37	01:05:45
19.	352	Schaefer	Jörg		67	TM35	2.	00:10:37	00:37:41	00:18:22	01:06:40
20.	354	Schwätzler	Volker		67	TM35	3.	00:09:04	00:37:57	00:20:10	01:07:11
21.	384	Windhagen	Marcus	Mönchengladbacher TV 1848	66	TM40	4.	00:08:10	00:39:20	00:19:42	01:07:12
22.	390	Derix	Jac	Triathlon freunde Waldfeucht	58	TM45	4.	00:08:11	00:00:00	00:59:05	01:07:16
23.	343	Höbig	Michael	ASV Rurtal Hückelhoven	68	TM35	4.	00:07:51	00:40:07	00:19:27	01:07:25
24.	322	Op t Broek	Ralf		77	MHK	9.	00:00:00	00:49:02	00:18:28	01:07:30
25.	379	Ruttscheidt	Wolfgang	SSF BONN	62	TM40	5.	00:07:28	00:40:03	00:20:39	01:08:10
26.	416	Zehnpfennig	Herbert	SSK- KERPEN	55	TM50	1.	00:08:28	00:40:07	00:19:51	01:08:26
27.	339	Flöth	Thomas		68	TM35	5.	00:08:05	00:40:19	00:20:40	01:09:04
28.	407	Rütten	Peter	M'Gladbacher TV 1848	56	TM50	2.	00:09:02	00:00:00	01:00:19	01:09:21
29.	317	Klimkeit	Bert	TSV Zabka	79	MHK	10.	00:09:03	00:40:25	00:20:07	01:09:35
30.	351	Sander	Hartmut		67	TM35	6.	00:09:24	00:40:24	00:20:36	01:10:24
31.	363	Dammer	Christian	SV Bergisch Gladbach	66	TM40	6.	00:10:57	00:41:09	00:19:17	01:11:23
32.	374	Meyer	Hans-Leo	DJK Gillrath	63	TM40	7.	00:10:09	00:39:44	00:21:41	01:11:34

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Plz	SNr	Name	Vorname	Verein	JG	AK	AKPl	Schwimm	Rad	Lauf	Endzeit
33.	378	Reuls	Paul	DLC Aachen	65	TM40	8.	00:10:09	00:41:11	00:20:17	01:11:37
34.	310	Jackels	Marc		78	MHK	11.	00:09:23	00:40:58	00:21:40	01:12:01
35.	344	Hoffmann	Johannes		70	TM35	7.	00:08:56	00:00:00	01:03:19	01:12:15
36.	304	Cousin	André		80	MHK	12.	00:00:00	00:52:32	00:19:54	01:12:26
37.	373	Laumen	Richard	Triathlon Freunde Waldfeucht	66	TM40	9.	00:08:44	00:42:19	00:21:38	01:12:41
38.	412	Vanderheiden	Michel		61	TM45	5.	00:10:04	00:42:41	00:20:31	01:13:16
39.	405	Petrow	Uwe	Thriathlonfreunde Waldfeucht	60	TM45	6.	00:09:12	00:43:08	00:21:43	01:14:03
40.	388	Borck	Florian		60	TM45	7.	00:08:26	00:46:20	00:20:05	01:14:51
41.	313	Jakobs	Bartho	ASV Rurtal	76	TM30	3.	00:07:59	00:46:24	00:20:43	01:15:06
42.	411	Stupp	Hans-Peter	TV Witzhelden	55	TM50	3.	00:11:46	00:42:39	00:20:45	01:15:10
43.	375	Oeben	Bernd	VFR Büttgen	64	TM40	10.	00:11:01	00:41:12	00:23:36	01:15:49
44.	302	Biedermann	Florian		75	TM30	4.	00:09:04	00:41:03	00:25:43	01:15:50
45.	321	Nagel	Konstantin		84	MHK	13.	00:12:17	00:42:09	00:21:52	01:16:18
46.	362	Brzoskowski	Robert	Triathlonfreunde Waldfeucht	62	TM40	11.	00:10:36	00:42:18	00:23:30	01:16:24
47.	397	Kozak	Gustav		51	TM55	1.	00:11:17	00:42:14	00:23:10	01:16:41
48.	381	Scholz	Olaf		62	TM40	12.	00:12:28	00:42:57	00:21:27	01:16:52
49.	368	Gattinger	Carsten	SG-Hackenberg	65	TM40	13.	00:10:49	00:44:03	00:22:10	01:17:02
50.	353	Schmitz	Bart		70	TM35	8.	00:10:16	00:44:24	00:22:38	01:17:18
51.	386	Adolph	Werner	VSV Grenzland	51	TM55	2.	00:11:56	00:43:58	00:21:38	01:17:32
52.	319	Meisenberg	Michael		75	TM30	5.	00:10:10	00:44:17	00:23:16	01:17:43
53.	350	Pfannkuche	Bernd	Lauftreff Rot - Weiß Schelsen	67	TM35	9.	00:11:42	00:43:42	00:23:23	01:18:47
54.	401	Lorenz	Andrè	LG Mönchengladbach	59	TM45	8.	00:10:16	00:44:38	00:24:20	01:19:14
55.	387	Böge	Axel		61	TM45	9.	00:11:29	00:43:46	00:24:02	01:19:17
56.	325	Seffner	Andreas	BC-orsbeck	75	TM30	6.	00:10:42	00:44:28	00:24:33	01:19:43
57.	355	Steinbusch	Philippe		88	TM18	2.	00:10:48	00:43:43	00:25:32	01:20:03
58.	337	Busch	Christof	Triathlonfreunde Waldfeucht	69	TM35	10.	00:10:25	00:48:01	00:21:39	01:20:05
59.	332	Zumfeld	Eric		85	MHK	14.	00:10:53	00:44:53	00:24:22	01:20:08
60.	308	Heide	Tillmann		77	MHK	15.	00:09:16	00:45:25	00:25:41	01:20:22
61.	349	Metz	Udo		68	TM35	11.	00:10:49	00:50:27	00:20:20	01:21:36
62.	356	Straßen	Frank	Team Magic Man	68	TM35	12.	00:13:55	00:00:00	01:08:19	01:22:14
63.	385	Winkels	Klaus		65	TM40	14.	00:13:02	00:45:11	00:24:06	01:22:19
64.	316	Kassebeer	Boris	TRIandertaler Mettmann	80	MHK	16.	00:11:26	00:45:17	00:25:58	01:22:41

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Plz	SNr	Name	Vorname	Verein	JG	AK	AKPl	Schwimm	Rad	Lauf	Endzeit
65.	329	Wacker	Michael	LG Mönchengladbach	72	TM30	7.	00:11:11	00:48:34	00:23:00	01:22:45
66.	331	Zincirkiran	Atilla	Vodafone Hamm	72	TM30	8.	00:10:40	00:49:36	00:22:37	01:22:53
67.	383	Thissen	Hermann		62	TM40	15.	00:11:01	00:48:44	00:23:15	01:23:00
68.	371	Knauer	Stefan		62	TM40	16.	00:10:12	00:00:00	01:13:38	01:23:50
69.	359	Becker	Ulli	Rheingold Düsseldorf	63	TM40	17.	00:12:20	00:47:37	00:24:05	01:24:02
70.	340	Gierlings	Michael	Eintracht Kempen	74	TM30	9.	00:13:22	00:47:36	00:23:06	01:24:04
71.	406	Rosow	Horst	Polizei Heinsberg	59	TM45	10.	00:08:05	00:48:39	00:27:22	01:24:06
72.	320	Merz	Christian		74	TM30	10.	00:08:41	00:47:53	00:27:52	01:24:26
73.	342	Hilgers	Paul	VFR Unterbruch LG	70	TM35	13.	00:14:06	00:47:42	00:22:56	01:24:44
74.	402	Meuser	Jürgen	TUS Jahn Hilfarth	60	TM45	11.	00:11:22	00:48:34	00:25:12	01:25:08
75.	380	Schnitzler	Markus		62	TM40	18.	00:11:00	00:52:25	00:21:58	01:25:23
76.	413	Vieten	Heinz		61	TM45	12.	00:15:19	00:46:48	00:23:42	01:25:49
77.	391	Deters	Theodor	SC Barmen (Jülich)	47	TM55	3.	00:11:39	00:47:07	00:27:22	01:26:08
78.	370	Jansen	Stefan		64	TM40	19.	00:13:42	00:47:12	00:25:39	01:26:33
79.	377	Pricken	Markus		64	TM40	20.	00:10:14	00:48:30	00:27:54	01:26:38
80.	394	Fronk	Franz-Josef	JVSV-Heinsberg	54	TM50	4.	00:12:46	00:50:40	00:23:31	01:26:57
81.	347	Lukowsky	Jan		70	TM35	14.	00:10:22	00:47:53	00:28:44	01:26:59
82.	327	Stein	Rene		75	TM30	11.	00:09:47	00:00:00	01:17:35	01:27:22
83.	408	Sachsenhausen	Willi	Der sich auf den Weg machte	48	TM55	4.	00:13:37	00:46:23	00:27:38	01:27:38
84.	372	Latour	Uli	TV Hückelhoven/Ratheim	63	TM40	21.	00:10:21	00:48:00	00:30:06	01:28:27
85.	414	Vohsen	Thomas	LG Mönchengladbach	61	TM45	13.	00:10:46	00:52:42	00:25:59	01:29:27
86.	360	Bierbaums	Michael		64	TM40	22.	00:10:57	00:53:58	00:24:38	01:29:33
87.	357	Thiemann	Henning		69	TM35	15.	00:09:40	00:54:49	00:26:08	01:30:37
88.	398	Kurz	Karl-Heinz		54	TM50	5.	00:12:11	00:51:13	00:29:05	01:32:29
89.	393	Feiter	Jak	TV Hückelhoven-Ratheim	52	TM50	6.	00:11:59	00:53:27	00:28:09	01:33:35
90.	346	Keller	Stefan		68	TM35	16.	00:10:52	00:51:48	00:31:07	01:33:47
91.	404	Nielen	Christoph	Kornblumenritter ä. Vau.	59	TM45	14.	00:13:01	00:50:01	00:30:46	01:33:48
92.	338	Courbiere	Renaud		69	TM35	17.	00:12:02	00:56:03	00:26:52	01:34:57
93.	358	Zincirkiran	Mehmet Akif	Vodafone Hamm	69	TM35	18.	00:12:27	00:56:44	00:27:08	01:36:19
94.	395	Funken	Helmut	JVSV-Heinsberg	51	TM55	5.	00:12:32	00:57:44	00:26:36	01:36:52
95.	396	Knoben	Mannfred		46	TM60	1.	00:13:33	00:51:11	00:32:35	01:37:19
96.	306	Fegus	Manuel		79	MHK	17.	00:12:32	01:06:29	00:19:45	01:38:46

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	334	Beumers	Stephan	TUS Rheinland Dremmen	69	TM35		00:00:00	00:00:00	00:00:00	Aufgabe