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Pfg.	Name	Verein / Ort	AK	Pos	Wasser	min/100m	Rnk	Rad	km/h	Rnk	Lauf	min/km	Rnk	Zielzeit	Jg	Stnr.	Urkunde
1.	Britz, Mario	SC DHfK Leipzig	mnl. AK40	1	14:23	1:55	(1)	33:53	37,19	(1)	19:43	3:57	(3)	1:07:59	1975	152	
2.	Burghardt, Alexander	Radmitte-trimagos	mnl. AK30	1	15:03	2:00	(2)	35:20	35,66	(3)	19:41	3:56	(2)	1:10:04	1985	154	
3.	Damboldt, Christian	USC Magdeburg	mnl. AK35	1	15:19	2:03	(3)	35:22	35,63	(4)	20:56	4:11	(10)	1:11:37	1978	206	
4.	Gustedt, Christian	LG Göttingen	mnl. AK35	2	20:44	2:46	(23)	34:04	36,99	(2)	18:51	3:46	(1)	1:13:39	1980	207	
5.	Kahl, Torsten	SC DHfK Leipzig	mnl. AK40	2	16:25	2:11	(5)	37:12	33,87	(8)	20:46	4:09	(9)	1:14:23	1973	169	
6.	Hofer, Marco	Tri Team Hofer	mnl. AK35	3	18:42	2:30	(11)	35:59	35,02	(5)	20:06	4:01	(4)	1:14:47	1977	167	
7.	Hamsch-Friske, Oliver	USV Erfurt	mnl. AK45	1	18:32	2:28	(10)	36:54	34,15	(6)	20:08	4:02	(5)	1:15:34	1967	162	
8.	Krawczyk, Steffen	TV Dessau 92	mnl. AK30	2	19:08	2:33	(13)	37:21	33,73	(10)	20:19	4:04	(7)	1:16:48	1983	177	
9.	Janele, Alexander	RunArtist Holzminden	mnl. AK30	3	19:20	2:35	(16)	38:02	33,13	(11)	20:12	4:02	(6)	1:17:34	1982	168	
10.	Kluge, Uwe	Halle/Reideburg	mnl. AK45	2	19:17	2:34	(15)	37:10	33,90	(7)	21:47	4:21	(11)	1:18:14	1967	172	
11.	Kluge, Volker	LC Dübener Heide	mnl. AK55	1	19:05	2:33	(12)	37:17	33,80	(9)	23:47	4:45	(20)	1:20:09	1959	173	
12.	Heinemann, Lorenz	Magdeburg	JugAm	1	18:31	2:28	(9)	39:42	31,74	(15)	22:12	4:26	(13)	1:20:25	1999	165	
13.	Messerschmidt, Lutz	Magdeburg	mnl. AK50	1	18:18	2:26	(6)	40:09	31,38	(19)	22:04	4:25	(12)	1:20:31	1962	184	
14.	Hartmann, Ralf	Mountain Tigers Wernigerode	mnl. AK35	4	19:25	2:35	(18)	39:44	31,71	(16)	23:19	4:40	(19)	1:22:28	1979	164	
15.	Köder, Lea	TV Dessau 92	wbl. AK30	1	15:46	2:06	(4)	39:52	31,61	(17)	27:05	5:25	(35)	1:22:43	1982	174	
16.	Nowak, Stefanie	Gaensefurther Sportbewegung	wbl. AK45	1	20:08	2:41	(20)	39:53	31,59	(18)	23:03	4:37	(18)	1:23:04	1967	185	
16.	Godulla, Alexander	Diesdorfer Six-Pack	mnl. AK40	3	18:20	2:27	(7)	40:45	30,92	(22)	23:59	4:48	(22)	1:23:04	1976	159	
18.	Willberg, Steffen	Black Swarm Magdeburg	mnl. AK40	4	21:22	2:51	(28)	40:24	31,19	(20)	22:45	4:33	(15)	1:24:31	1976	204	
19.	Hartleib, Stefan	Diesdorfer Sixpack	mnl. AK40	5	21:14	2:50	(26)	40:56	30,78	(24)	22:36	4:31	(14)	1:24:46	1976	163	
20.	Priese, Florian	Magdeburg	mnl. AK30	4	21:23	2:51	(29)	40:36	31,03	(21)	22:54	4:35	(17)	1:24:53	1982	189	
21.	Lindner, Denis	Burg	mnl. AK35	5	18:22	2:27	(8)	40:45	30,92	(22)	26:03	5:13	(31)	1:25:10	1979	182	
22.	Toepke, Patrick	Halberstadt	mnl. AK40	6	23:00	3:04	(40)	38:45	32,52	(12)	24:44	4:57	(25)	1:26:29	1976	200	
23.	Messerschmidt, Jacqueline	Magdeburg	wbl. AK50	1	21:21	2:51	(27)	43:29	28,98	(37)	22:50	4:34	(16)	1:27:40	1964	183	
24.	Rummert, Matthias	Halberstadt	mnl. AK45	3	19:41	2:37	(19)	39:23	31,99	(13)	28:54	5:47	(42)	1:27:58	1971	192	
25.	Straub, Steffen	Schwalmtal	mnl. AK45	4	20:29	2:44	(22)	42:04	29,95	(27)	25:53	5:11	(30)	1:28:26	1968	198	
26.	Göres, Silvia	Black Swarm Magdeburg	wbl. AK35	1	21:58	2:56	(31)	46:15	27,24	(43)	20:38	4:08	(8)	1:28:51	1978	160	
27.	Sauerhering, Jens	Team Erdinger Alkoholfrei	mnl. AK50	2	19:24	2:35	(17)	41:57	30,04	(26)	27:40	5:32	(39)	1:29:01	1965	193	
28.	Labudde, Stefan	Förderstedt	mnl. AK40	7	19:15	2:34	(14)	43:06	29,23	(34)	27:17	5:27	(37)	1:29:38	1976	179	
29.	Wagner, Marion	Lauf-und Triathlonverein Genthin	wbl. AK60	1	22:19	2:59	(34)	42:47	29,45	(31)	24:41	4:56	(24)	1:29:47	1955	202	
30.	Pankrath, Michael	Hadmersleben	mnl. AK55	2	20:54	2:47	(24)	43:21	29,07	(36)	25:43	5:09	(29)	1:29:58	1959	186	
31.	Kowalzik, Frank	Staßfurt	mnl. AK40	8	21:11	2:49	(25)	45:08	27,92	(41)	23:56	4:47	(21)	1:30:15	1972	176	
32.	Gericke, Helmut	SG Eintracht Ebandorf	mnl. AK55	3	23:02	3:04	(41)	42:29	29,66	(28)	25:11	5:02	(26)	1:30:42	1958	158	
33.	Börner, Sabine	Gaensefurther Sportbewegung	wbl. AK50	2	22:10	2:57	(33)	43:32	28,94	(38)	25:25	5:05	(27)	1:31:07	1966	151	
33.	Thüne, Paul	Gutsmuths Rennsteiglaufverein	mnl. AK60	1	21:38	2:53	(30)	43:05	29,25	(33)	26:24	5:17	(32)	1:31:07	1953	199	




















1. Salzlandsparkassen-Triathlon am 31.07.2016

Plg.	Name	Verein / Ort	AK	Pos	Wasser	min/100m	Rnk	Rad	km/h	Rnk	Lauf	min/km	Rnk	Zielzeit	Jg	Strn.	Urkunde
35.	Rokohl, Matthias	Staßfurt	mnl. AK35	6	22:50	3:03	(39)	41:20	30,48	(25)	27:05	5:25	(35)	<b>1:31:15</b>	1979	191	
36.	Kluge, Susanne	LC Dübener Heide	wbl. AK55	1	22:34	3:01	(37)	39:35	31,83	(14)	29:53	5:59	(44)	<b>1:32:02</b>	1961	171	
37.	Wernsdorf, Eckhard	LTV Genthin	mnl. AK60	2	22:30	3:00	(36)	42:34	29,60	(29)	27:48	5:34	(40)	<b>1:32:52</b>	1953	203	
38.	Ebers, Hans-Jörg	Halberstadt	mnl. AK40	9	23:05	3:05	(42)	42:40	29,53	(30)	27:24	5:29	(38)	<b>1:33:09</b>	1972	155	
39.	Schulze, Marlene	SG Eintracht Ebendorf	wbl. AK30	2	20:20	2:43	(21)	43:07	29,22	(35)	30:05	6:01	(45)	<b>1:33:32</b>	1982	196	
40.	Nitz, Karina	SV Halle Triathlon	wbl. AK40	1	22:43	3:02	(38)	45:23	27,76	(42)	26:30	5:18	(33)	<b>1:34:36</b>	1974	209	
41.	Lenz, Heike	Yellow Car Store Staßfurt	wbl. AK45	2	22:28	3:00	(35)	44:23	28,39	(39)	28:53	5:47	(41)	<b>1:35:44</b>	1968	181	
42.	Büchner, Manuela	SV Halle Triathlon	wbl. AK40	2	22:00	2:56	(32)	44:37	28,24	(40)	29:19	5:52	(43)	<b>1:35:56</b>	1976	208	
43.	Dahl, Carsten	SG Salzlandsparkasse	mnl. AK45	5	25:10	3:21	(46)	46:17	27,22	(44)	25:39	5:08	(28)	<b>1:37:06</b>	1971	205	
44.	Prantl, Franz	Freckleben	mnl. AK65	1	23:32	3:08	(43)	42:55	29,36	(32)	31:13	6:15	(46)	<b>1:37:40</b>	1947	188	
45.	Hofer, Detlef	Tri Team Hofer	mnl. AK55	4	24:42	3:18	(45)	46:33	27,07	(45)	26:52	5:22	(34)	<b>1:38:07</b>	1957	166	
46.	Geist, Kirsten	Yellow Car Store Stassfurt	wbl. AK50	3	23:32	3:08	(43)	50:32	24,93	(46)	24:21	4:52	(23)	<b>1:38:25</b>	1965	157	

## AK-Wertung Volks-Sprintdistanz

Pfg.	Name	Verein / Ort	AK	Wasser	min/100m	Rnk	Rad	km/h	Rnk	Lauf	min/km	Rnk	Zielzeit	Jg	Stnr.	Urkunde
1.	Heinemann, Lorenz	Magdeburg	JugAm	18:31	2:28	(9)	39:42	31,74	(15)	22:12	4:26	(13)	<b>1:20:25</b>	1999	165	
1.	Köder, Lea	TV Dessau 92	wbl. AK30	15:46	2:06	(4)	39:52	31,61	(17)	27:05	5:25	(35)	<b>1:22:43</b>	1982	174	
2.	Schulze, Marlene	SG Eintracht Ebendorf	wbl. AK30	20:20	2:43	(21)	43:07	29,22	(35)	30:05	6:01	(45)	<b>1:33:32</b>	1982	196	
1.	Burghardt, Alexander	Radmitte-trimagos	mnl. AK30	15:03	2:00	(2)	35:20	35,66	(3)	19:41	3:56	(2)	<b>1:10:04</b>	1985	154	
2.	Krawczyk, Steffen	TV Dessau 92	mnl. AK30	19:08	2:33	(13)	37:21	33,73	(10)	20:19	4:04	(7)	<b>1:16:48</b>	1983	177	
3.	Janele, Alexander	RunArtist Holzminden	mnl. AK30	19:20	2:35	(16)	38:02	33,13	(11)	20:12	4:02	(6)	<b>1:17:34</b>	1982	168	
4.	Priese, Florian	Magdeburg	mnl. AK30	21:23	2:51	(29)	40:36	31,03	(21)	22:54	4:35	(17)	<b>1:24:53</b>	1982	189	
1.	Göres, Silvia	Black Swarm Magdeburg	wbl. AK35	21:58	2:56	(31)	46:15	27,24	(43)	20:38	4:08	(8)	<b>1:28:51</b>	1978	160	
1.	Damboldt, Christian	USC Magdeburg	mnl. AK35	15:19	2:03	(3)	35:22	35,63	(4)	20:56	4:11	(10)	<b>1:11:37</b>	1978	206	
2.	Gustedt, Christian	LG Göttingen	mnl. AK35	20:44	2:46	(23)	34:04	36,99	(2)	18:51	3:46	(1)	<b>1:13:39</b>	1980	207	
3.	Hofer, Marco	Tri Team Hofer	mnl. AK35	18:42	2:30	(11)	35:59	35,02	(5)	20:06	4:01	(4)	<b>1:14:47</b>	1977	167	
4.	Hartmann, Ralf	Mountain Tigers Wernigerode	mnl. AK35	19:25	2:35	(18)	39:44	31,71	(16)	23:19	4:40	(19)	<b>1:22:28</b>	1979	164	
5.	Lindner, Denis	Burg	mnl. AK35	18:22	2:27	(8)	40:45	30,92	(22)	26:03	5:13	(31)	<b>1:25:10</b>	1979	182	
6.	Rokohl, Matthias	Staßfurt	mnl. AK35	22:50	3:03	(39)	41:20	30,48	(25)	27:05	5:25	(35)	<b>1:31:15</b>	1979	191	
1.	Nitz, Karina	SV Halle Triathlon	wbl. AK40	22:43	3:02	(38)	45:23	27,76	(42)	26:30	5:18	(33)	<b>1:34:36</b>	1974	209	
2.	Büchner, Manuela	SV Halle Triathlon	wbl. AK40	22:00	2:56	(32)	44:37	28,24	(40)	29:19	5:52	(43)	<b>1:35:56</b>	1976	208	
1.	Britz, Mario	SC DHfK Leipzig	mnl. AK40	14:23	1:55	(1)	33:53	37,19	(1)	19:43	3:57	(3)	<b>1:07:59</b>	1975	152	
2.	Kahl, Torsten	SC DHfK Leipzig	mnl. AK40	16:25	2:11	(5)	37:12	33,87	(8)	20:46	4:09	(9)	<b>1:14:23</b>	1973	169	
3.	Godulla, Alexander	Diesdorfer Six-Pack	mnl. AK40	18:20	2:27	(7)	40:45	30,92	(22)	23:59	4:48	(22)	<b>1:23:04</b>	1976	159	
4.	Willberg, Steffen	Black Swarm Magdeburg	mnl. AK40	21:22	2:51	(28)	40:24	31,19	(20)	22:45	4:33	(15)	<b>1:24:31</b>	1976	204	
5.	Hartleib, Stefan	Diesdorfer Sixpack	mnl. AK40	21:14	2:50	(26)	40:56	30,78	(24)	22:36	4:31	(14)	<b>1:24:46</b>	1976	163	
6.	Toepke, Patrick	Halberstadt	mnl. AK40	23:00	3:04	(40)	38:45	32,52	(12)	24:44	4:57	(25)	<b>1:26:29</b>	1976	200	
7.	Labudde, Stefan	Förderstedt	mnl. AK40	19:15	2:34	(14)	43:06	29,23	(34)	27:17	5:27	(37)	<b>1:29:38</b>	1976	179	
8.	Kowalzik, Frank	Staßfurt	mnl. AK40	21:11	2:49	(25)	45:08	27,92	(41)	23:56	4:47	(21)	<b>1:30:15</b>	1972	176	
9.	Ebers, Hans-Jörg	Halberstadt	mnl. AK40	23:05	3:05	(42)	42:40	29,53	(30)	27:24	5:29	(38)	<b>1:33:09</b>	1972	155	
1.	Nowak, Stefanie	Gaensefurter Sportbewegung	wbl. AK45	20:08	2:41	(20)	39:53	31,59	(18)	23:03	4:37	(18)	<b>1:23:04</b>	1967	185	
2.	Lenz, Heike	Yellow Car Store Staßfurt	wbl. AK45	22:28	3:00	(35)	44:23	28,39	(39)	28:53	5:47	(41)	<b>1:35:44</b>	1968	181	

1. Salzlandsparkassen-Triathlon am 31.07.2016

Pfg.	Name	Verein / Ort	AK	Wasser	min/100m	Rnk	Rad	km/h	Rnk	Lauf	min/km	Rnk	Zielzeit	Jg	Stnr.	Urkunde
1.	Hamsch-Friske, Oliver	USV Erfurt	mnf. AK45	18:32	2:28	(10)	36:54	34,15	(6)	20:08	4:02	(5)	<b>1:15:34</b>	1967	162	
2.	Kluge, Uwe	Halle/Reideburg	mnf. AK45	19:17	2:34	(15)	37:10	33,90	(7)	21:47	4:21	(11)	<b>1:18:14</b>	1967	172	
3.	Rummert, Matthias	Halberstadt	mnf. AK45	19:41	2:37	(19)	39:23	31,99	(13)	28:54	5:47	(42)	<b>1:27:58</b>	1971	192	
4.	Straub, Steffen	Schwalmtal	mnf. AK45	20:29	2:44	(22)	42:04	29,95	(27)	25:53	5:11	(30)	<b>1:28:26</b>	1968	198	
5.	Dahl, Carsten	SG Salzlandsparkasse	mnf. AK45	25:10	3:21	(46)	46:17	27,22	(44)	25:39	5:08	(28)	<b>1:37:06</b>	1971	205	
1.	Messerschmidt, Jacqueline	Magdeburg	wbl. AK50	21:21	2:51	(27)	43:29	28,98	(37)	22:50	4:34	(16)	<b>1:27:40</b>	1964	183	
2.	Börner, Sabine	Gaensefurther Sportbewegung	wbl. AK50	22:10	2:57	(33)	43:32	28,94	(38)	25:25	5:05	(27)	<b>1:31:07</b>	1966	151	
3.	Geist, Kirsten	Yellow Car Store Stassfurt	wbl. AK50	23:32	3:08	(43)	50:32	24,93	(46)	24:21	4:52	(23)	<b>1:38:25</b>	1965	157	
1.	Messerschmidt, Lutz	Magdeburg	mnf. AK50	18:18	2:26	(6)	40:09	31,38	(19)	22:04	4:25	(12)	<b>1:20:31</b>	1962	184	
2.	Sauerhering, Jens	Team Erdinger Alkoholfrei	mnf. AK50	19:24	2:35	(17)	41:57	30,04	(26)	27:40	5:32	(39)	<b>1:29:01</b>	1965	193	
1.	Kluge, Susanne	LC Dübener Heide	wbl. AK55	22:34	3:01	(37)	39:35	31,83	(14)	29:53	5:59	(44)	<b>1:32:02</b>	1961	171	
1.	Kluge, Volker	LC Dübener Heide	mnf. AK55	19:05	2:33	(12)	37:17	33,80	(9)	23:47	4:45	(20)	<b>1:20:09</b>	1959	173	
2.	Pankrath, Michael	Hadmersleben	mnf. AK55	20:54	2:47	(24)	43:21	29,07	(36)	25:43	5:09	(29)	<b>1:29:58</b>	1959	186	
3.	Gericke, Helmut	SG Eintracht Ebendorf	mnf. AK55	23:02	3:04	(41)	42:29	29,66	(28)	25:11	5:02	(26)	<b>1:30:42</b>	1958	158	
4.	Hofer, Detlef	Tri Team Hofer	mnf. AK55	24:42	3:18	(45)	46:33	27,07	(45)	26:52	5:22	(34)	<b>1:38:07</b>	1957	166	
1.	Wagner, Marion	Lauf-und Triathlonverein Genthin	wbl. AK60	22:19	2:59	(34)	42:47	29,45	(31)	24:41	4:56	(24)	<b>1:29:47</b>	1955	202	
1.	Thüne, Paul	Gutsmuths Rennsteiglaufverein	mnf. AK60	21:38	2:53	(30)	43:05	29,25	(33)	26:24	5:17	(32)	<b>1:31:07</b>	1953	199	
2.	Wernsdorf, Eckhard	LTV Genthin	mnf. AK60	22:30	3:00	(36)	42:34	29,60	(29)	27:48	5:34	(40)	<b>1:32:52</b>	1953	203	
1.	Prantl, Franz	Freckleben	mnf. AK65	23:32	3:08	(43)	42:55	29,36	(32)	31:13	6:15	(46)	<b>1:37:40</b>	1947	188	

## Einlaufliste wbl. / mnl. Volks-Sprintdistanz

Plg.	Name	Verein / Ort	AK	Wasser	min/100m	Rnk	Rad	km/h	Rnk	Lauf	min/km	Rnk	Zielzeit	Jg	Stnr.	Urkunde
1.	Köder, Lea	TV Dessau 92	wbl. AK30	15:46	2:06	(4)	39:52	31,61 (17)	27:05	5:25	(35)	<b>1:22:43</b>	1982	174		
2.	Nowak, Stefanie	Gaensefurther Sportbewegung	wbl. AK45	20:08	2:41	(20)	39:53	31,59 (18)	23:03	4:37	(18)	<b>1:23:04</b>	1967	185		
3.	Messerschmidt, Jacqueline	Magdeburg	wbl. AK50	21:21	2:51	(27)	43:29	28,98 (37)	22:50	4:34	(16)	<b>1:27:40</b>	1964	183		
4.	Göres, Silvia	Black Swarm Magdeburg	wbl. AK35	21:58	2:56	(31)	46:15	27,24 (43)	20:38	4:08	(8)	<b>1:28:51</b>	1978	160		
5.	Wagner, Marion	Lauf-und Triathlonverein Genthin	wbl. AK60	22:19	2:59	(34)	42:47	29,45 (31)	24:41	4:56	(24)	<b>1:29:47</b>	1955	202		
6.	Börner, Sabine	Gaensefurther Sportbewegung	wbl. AK50	22:10	2:57	(33)	43:32	28,94 (38)	25:25	5:05	(27)	<b>1:31:07</b>	1966	151		
7.	Kluge, Susanne	LC Dübener Heide	wbl. AK55	22:34	3:01	(37)	39:35	31,83 (14)	29:53	5:59	(44)	<b>1:32:02</b>	1961	171		
8.	Schulze, Marlene	SG Eintracht Ebendorf	wbl. AK30	20:20	2:43	(21)	43:07	29,22 (35)	30:05	6:01	(45)	<b>1:33:32</b>	1982	196		
9.	Nitz, Karina	SV Halle Triathlon	wbl. AK40	22:43	3:02	(38)	45:23	27,76 (42)	26:30	5:18	(33)	<b>1:34:36</b>	1974	209		
10.	Lenz, Heike	Yellow Car Store Staßfurt	wbl. AK45	22:28	3:00	(35)	44:23	28,39 (39)	28:53	5:47	(41)	<b>1:35:44</b>	1968	181		
11.	Büchner, Manuela	SV Halle Triathlon	wbl. AK40	22:00	2:56	(32)	44:37	28,24 (40)	29:19	5:52	(43)	<b>1:35:56</b>	1976	208		
12.	Geist, Kirsten	Yellow Car Store Stassfurt	wbl. AK50	23:32	3:08	(43)	50:32	24,93 (46)	24:21	4:52	(23)	<b>1:38:25</b>	1965	157		
1.	Britz, Mario	SC DHfK Leipzig	mnl. AK40	14:23	1:55	(1)	33:53	37,19 (1)	19:43	3:57	(3)	<b>1:07:59</b>	1975	152		
2.	Burghardt, Alexander	Radmitte-trimagos	mnl. AK30	15:03	2:00	(2)	35:20	35,66 (3)	19:41	3:56	(2)	<b>1:10:04</b>	1985	154		
3.	Damboldt, Christian	USC Magdeburg	mnl. AK35	15:19	2:03	(3)	35:22	35,63 (4)	20:56	4:11	(10)	<b>1:11:37</b>	1978	206		
4.	Gustedt, Christian	LG Göttingen	mnl. AK35	20:44	2:46	(23)	34:04	36,99 (2)	18:51	3:46	(1)	<b>1:13:39</b>	1980	207		
5.	Kahl, Torsten	SC DHfK Leipzig	mnl. AK40	16:25	2:11	(5)	37:12	33,87 (8)	20:46	4:09	(9)	<b>1:14:23</b>	1973	169		
6.	Hofer, Marco	Tri Team Hofer	mnl. AK35	18:42	2:30	(11)	35:59	35,02 (5)	20:06	4:01	(4)	<b>1:14:47</b>	1977	167		
7.	Hamsch-Friske, Oliver	USV Erfurt	mnl. AK45	18:32	2:28	(10)	36:54	34,15 (6)	20:08	4:02	(5)	<b>1:15:34</b>	1967	162		
8.	Krawczyk, Steffen	TV Dessau 92	mnl. AK30	19:08	2:33	(13)	37:21	33,73 (10)	20:19	4:04	(7)	<b>1:16:48</b>	1983	177		
9.	Janele, Alexander	RunArtist Holzminden	mnl. AK30	19:20	2:35	(16)	38:02	33,13 (11)	20:12	4:02	(6)	<b>1:17:34</b>	1982	168		
10.	Kluge, Uwe	Halle/Reideburg	mnl. AK45	19:17	2:34	(15)	37:10	33,90 (7)	21:47	4:21	(11)	<b>1:18:14</b>	1967	172		
11.	Kluge, Volker	LC Dübener Heide	mnl. AK55	19:05	2:33	(12)	37:17	33,80 (9)	23:47	4:45	(20)	<b>1:20:09</b>	1959	173		
12.	Heinemann, Lorenz	Magdeburg	JugAm	18:31	2:28	(9)	39:42	31,74 (15)	22:12	4:26	(13)	<b>1:20:25</b>	1999	165		
13.	Messerschmidt, Lutz	Magdeburg	mnl. AK50	18:18	2:26	(6)	40:09	31,38 (19)	22:04	4:25	(12)	<b>1:20:31</b>	1962	184		
14.	Hartmann, Ralf	Mountain Tigers Wernigerode	mnl. AK35	19:25	2:35	(18)	39:44	31,71 (16)	23:19	4:40	(19)	<b>1:22:28</b>	1979	164		
15.	Godulla, Alexander	Diesdorfer Six-Pack	mnl. AK40	18:20	2:27	(7)	40:45	30,92 (22)	23:59	4:48	(22)	<b>1:23:04</b>	1976	159		
16.	Willberg, Steffen	Black Swarm Magdeburg	mnl. AK40	21:22	2:51	(28)	40:24	31,19 (20)	22:45	4:33	(15)	<b>1:24:31</b>	1976	204		
17.	Hartleib, Stefan	Diesdorfer Sixpack	mnl. AK40	21:14	2:50	(26)	40:56	30,78 (24)	22:36	4:31	(14)	<b>1:24:46</b>	1976	163		
18.	Priese, Florian	Magdeburg	mnl. AK30	21:23	2:51	(29)	40:36	31,03 (21)	22:54	4:35	(17)	<b>1:24:53</b>	1982	189		
19.	Lindner, Denis	Burg	mnl. AK35	18:22	2:27	(8)	40:45	30,92 (22)	26:03	5:13	(31)	<b>1:25:10</b>	1979	182		
20.	Toepke, Patrick	Halberstadt	mnl. AK40	23:00	3:04	(40)	38:45	32,52 (12)	24:44	4:57	(25)	<b>1:26:29</b>	1976	200		
21.	Rummert, Matthias	Halberstadt	mnl. AK45	19:41	2:37	(19)	39:23	31,99 (13)	28:54	5:47	(42)	<b>1:27:58</b>	1971	192		

# 1. Salzlandsparkassen-Triathlon am 31.07.2016

Plg.	Name	Verein / Ort	AK	Wasser	min/100m	Rnk	Rad	km/h	Rnk	Lauf	min/km	Rnk	Zielzeit	Jg	Stnr.	Urkunde
22.	Straub, Steffen	Schwalmtal	mnI. AK45	20:29	2:44	(22)	42:04	29,95 (27)	25:53	5:11 (30)	<b>1:28:26</b>	1968	198			
23.	Sauerhering, Jens	Team Erdinger Alkoholfrei	mnI. AK50	19:24	2:35	(17)	41:57	30,04 (26)	27:40	5:32 (39)	<b>1:29:01</b>	1965	193			
24.	Labudde, Stefan	Förderstedt	mnI. AK40	19:15	2:34	(14)	43:06	29,23 (34)	27:17	5:27 (37)	<b>1:29:38</b>	1976	179			
25.	Pankrath, Michael	Hadmersleben	mnI. AK55	20:54	2:47	(24)	43:21	29,07 (36)	25:43	5:09 (29)	<b>1:29:58</b>	1959	186			
26.	Kowalzik, Frank	Staßfurt	mnI. AK40	21:11	2:49	(25)	45:08	27,92 (41)	23:56	4:47 (21)	<b>1:30:15</b>	1972	176			
27.	Gericke, Helmut	SG Eintracht Ebendorf	mnI. AK55	23:02	3:04	(41)	42:29	29,66 (28)	25:11	5:02 (26)	<b>1:30:42</b>	1958	158			
28.	Thüne, Paul	Gutsmuths Rennsteiglaufverein	mnI. AK60	21:38	2:53	(30)	43:05	29,25 (33)	26:24	5:17 (32)	<b>1:31:07</b>	1953	199			
29.	Rokohl, Matthias	Staßfurt	mnI. AK35	22:50	3:03	(39)	41:20	30,48 (25)	27:05	5:25 (35)	<b>1:31:15</b>	1979	191			
30.	Wernsdorf, Eckhard	LTV Genthin	mnI. AK60	22:30	3:00	(36)	42:34	29,60 (29)	27:48	5:34 (40)	<b>1:32:52</b>	1953	203			
31.	Ebers, Hans-Jörg	Halberstadt	mnI. AK40	23:05	3:05	(42)	42:40	29,53 (30)	27:24	5:29 (38)	<b>1:33:09</b>	1972	155			
32.	Dahl, Carsten	SG Salzlandsparkasse	mnI. AK45	25:10	3:21	(46)	46:17	27,22 (44)	25:39	5:08 (28)	<b>1:37:06</b>	1971	205			
33.	Prantl, Franz	Freckleben	mnI. AK65	23:32	3:08	(43)	42:55	29,36 (32)	31:13	6:15 (46)	<b>1:37:40</b>	1947	188			
34.	Hofer, Detlef	Tri Team Hofer	mnI. AK55	24:42	3:18	(45)	46:33	27,07 (45)	26:52	5:22 (34)	<b>1:38:07</b>	1957	166			

## Einlaufliste Volks-Sprintdistanz Staffeln

Plg.	Staffelname	Schwimmer / Radfahrer / Läufer	Wasser	min/100m	Rnk	Rad	km/h	Rnk	Lauf	min/km	Rnk	Zielzeit	Strn.	Urkunde
1.	Your Resource	Mario Foltis / Bernhard Möhwald / Ben Reszel	15:56	2:07	(2)	32:29	38,79	(1)	18:20	3:40	(1)	<b>1:06:45</b>	286	
2.	das Team, das ich am besten finde	Maria Weber / Daniel Dietrich / Anne Wittig	17:43	2:22	(4)	39:44	31,71	(2)	21:11	4:14	(2)	<b>1:18:38</b>	288	
3.	SG Salzlandsparkasse	Frank Blischke / Helmut Ibsch / Katrin Winkler-Hindricks	17:54	2:23	(5)	48:01	26,24	(7)	21:14	4:15	(3)	<b>1:27:09</b>	283	
4.	Team Fun	Matthias Kupke / Matthias Kupke / Claudia Geist	16:16	2:10	(3)	44:51	28,09	(4)	28:39	5:44	(9)	<b>1:29:46</b>	289	
5.	SPARTiaten	Linda Ertmer / Oliver Jacobi / Jeanette Wartmann	22:20	2:59	(6)	46:53	26,88	(5)	26:05	5:13	(7)	<b>1:35:18</b>	285	
6.	Plan B	Edith Ackermann / Dirk Hischke / Jacqueline Wilke	25:19	3:23	(8)	47:23	26,59	(6)	26:45	5:21	(8)	<b>1:39:27</b>	281	
7.	Saspa Ladys Aschersleben	Simone Rockmann / Helke Wiesemes / Jana Bräuer-Fischer	25:33	3:24	(9)	53:12	23,68	(8)	23:58	4:48	(5)	<b>1:42:43</b>	282	
8.	Bode runners	Renate Liedtke / Sylvia Köhn / Lutz Klauß	22:45	3:02	(7)	55:52	22,55	(9)	25:58	5:12	(6)	<b>1:44:35</b>	287	
Disq.	SieKu	Steffen Kuse / Günter Siebold / Silvana Kuse	15:51	2:07	(1)	40:01	31,49	(3)	23:23	4:41	(4)	(1:19:15)	284	