

# Berliner Volkstriathlon 2023

## Ergebnisse: Volkstriathlon Männer

Gesamt	Startnr	Name	Verein	AK	Platz AK	Endzeit	Schwimmen	Rad	SchwRad	Lauf	Rückstand
1	170	Gregor Speth		TM35	1	1:11:59	12:01(1)	0:35:36(13)	0:47:37(2)	24:22(38)	
2	95	Stefan Klaue	TriFinisher Berlin	TM35	2	1:12:02	13:13(3)	0:32:50(1)	0:46:03(1)	25:59(77)	0:00:03
3	143	Patrick Riehle	TriFinisher Berlin	TM35	3	1:12:04	15:00(18)	0:33:16(3)	0:48:16(3)	23:48(26)	0:00:05
4	474	Gregor Petsch	LT Bruno	TM50	1	1:13:44	18:01(100)	0:33:08(2)	0:51:09(15)	22:35(10)	0:01:45
5	443	Jens Labenz	Team Rocky Balboa	TM55	1	1:14:05	12:51(2)	0:36:34(24)	0:49:25(4)	24:40(43)	0:02:06
6	110	Kilian Lerch	UCLA Triathlon	TM30	1	1:14:20	17:03(72)	0:34:48(8)	0:51:51(23)	22:29(8)	0:02:21
7	542	Felix Specht	Weltraumjogger	TM35	4	1:14:35	14:48(14)	0:36:17(20)	0:51:05(12)	23:30(22)	0:02:36
8	482	Helmar Rendez	DUC Berlin e.V.	TM60	1	1:15:02	13:53(10)	0:36:59(29)	0:50:52(8)	24:10(33)	0:03:03
9	28	Max Brahms		TM25	1	1:15:05	17:08(77)	0:34:38(7)	0:51:46(22)	23:19(16)	0:03:06
10	61	Fabian Hagedorn		TM30	2	1:15:10	16:48(57)	0:37:08(33)	0:53:56(36)	21:14(3)	0:03:11
11	466	Frank Nickel		TM55	2	1:15:19	13:39(6)	0:36:23(23)	0:50:02(5)	25:17(55)	0:03:20
12	504	Oleg Singer		TM50	2	1:15:24	16:54(62)	0:34:28(5)	0:51:22(18)	24:02(31)	0:03:25
13	192	Leonard Von Helden		TM30	3	1:15:34	17:09(79)	0:35:24(11)	0:52:33(26)	23:01(13)	0:03:35
14	528	Stefan Wagner		TM55	3	1:15:44	15:06(21)	0:35:52(17)	0:50:58(9)	24:46(45)	0:03:45
15	436	Timm Kröger		TM50	3	1:15:51	14:48(14)	0:36:15(19)	0:51:03(10)	24:48(46)	0:03:52
16	185	Christopher Troost		TM30	4	1:15:53	15:24(26)	0:36:44(28)	0:52:08(25)	23:45(25)	0:03:54
17	160	Falk Schubert	TriFinisher Berlin	TM45	1	1:16:02	15:39(29)	0:36:03(18)	0:51:42(20)	24:20(36)	0:04:03
18	176	Juri Stobbe	A3k Berlin	TM45	2	1:16:09	16:06(41)	0:35:01(9)	0:51:07(13)	25:02(50)	0:04:10
19	525	Fritz Von Hardenberg	ironduces	TM50	4	1:16:45	16:21(47)	0:35:01(9)	0:51:22(18)	25:23(59)	0:04:46
20	13	Rami Bader	Kleinanzeigen.de	TM40	1	1:17:13	15:55(35)	0:35:49(15)	0:51:44(21)	25:29(60)	0:05:14
21	406	Thomas Graf		TM50	5	1:17:17	15:59(36)	0:37:03(32)	0:53:02(28)	24:15(35)	0:05:18
22	127	Jens Neuhaus		TM45	3	1:17:35	16:50(59)	0:37:09(34)	0:53:59(38)	23:36(23)	0:05:36
23	180	Daniel Thater	SG Steglitz	TM45	4	1:17:37	15:40(31)	0:36:20(21)	0:52:00(24)	25:37(65)	0:05:38
24	156	Leonard Schmidt		TM30	5	1:17:40	14:59(17)	0:38:47(61)	0:53:46(33)	23:54(29)	0:05:41
25	463	Ingo Müller	Tri-finisher	TM55	4	1:17:47	14:43(12)	0:35:32(12)	0:50:15(6)	27:32(112)	0:05:48
26	153	Bela Schaper		TM25	2	1:17:59	17:08(77)	0:38:19(51)	0:55:27(49)	22:32(9)	0:06:00
27	17	Christopher Bartels		TM30	6	1:18:05	13:18(4)	0:37:45(41)	0:51:03(10)	27:02(105)	0:06:06
28	529	Dennis Walpolski	TriFinisher Berlin	TM60	2	1:18:13	13:35(5)	0:37:42(40)	0:51:17(16)	26:56(104)	0:06:14
29	75	Oliver Hobler		TM35	5	1:18:35	18:12(108)	0:37:56(45)	0:56:08(58)	22:27(7)	0:06:36
30	195	Yannis Wethkamp	Uni Potsdam	TM20	1	1:18:37	16:01(38)	0:40:55(103)	0:56:56(70)	21:41(4)	0:06:38
31	76	Pascal Hobler		TM30	7	1:18:44	19:12(158)	0:36:34(24)	0:55:46(54)	22:58(12)	0:06:45
32	469	Horst Oldehus		TM50	6	1:18:51	13:57(11)	0:37:10(35)	0:51:07(13)	27:44(118)	0:06:52
33	40	Florentin Donges		TM35	6	1:18:54	17:03(72)	0:38:35(59)	0:55:38(52)	23:16(14)	0:06:55
34	523	Fabian Vogel		TM50	7	1:18:55	17:20(89)	0:36:59(29)	0:54:19(41)	24:36(41)	0:06:56
35	404	Jens Fritsche	Flotte Speichen Berlin	TM55	5	1:19:06	15:35(28)	0:37:31(39)	0:53:06(29)	26:00(79)	0:07:07
36	441	Thomas Kurowski	TriFinisher Berlin	TM60	3	1:19:15	13:44(7)	0:36:34(24)	0:50:18(7)	28:57(151)	0:07:16
37	82	Christian Instenberg	Rennfretchen	TM40	2	1:19:23	17:02(71)	0:35:46(14)	0:52:48(27)	26:35(96)	0:07:24
37	116	Florian Lorenzen	BSV Friesen 1895	TM40	2	1:19:23	18:58(148)	0:34:29(6)	0:53:27(32)	25:56(73)	0:07:24
37	386	Axel Deider	Bergtiger	TM55	6	1:19:23	18:03(101)	0:36:41(27)	0:54:44(44)	24:39(42)	0:07:24
40	512	Paul Stoop	Saunafreunde Berlin	TM65	1	1:19:42	16:25(48)	0:37:56(45)	0:54:21(42)	25:21(57)	0:07:43
41	371	Jörg Beinlich	Krabbelgruppe Berlin Rudow	TM55	7	1:19:50	15:23(25)	0:37:48(43)	0:53:11(31)	26:39(97)	0:07:51
42	114	Vincent Lohner		TM35	7	1:19:54	19:06(152)	0:37:23(38)	0:56:29(64)	23:25(20)	0:07:55
43	71	Kolja Henke		TM20	2	1:20:15	16:49(58)	0:39:50(79)	0:56:39(68)	23:36(23)	0:08:16
44	58	Ralf Grubert		TM45	5	1:20:17	18:51(141)	0:38:00(47)	0:56:51(69)	23:26(21)	0:08:18
45	174	David Stein		TM30	8	1:20:18	18:39(132)	0:37:19(36)	0:55:58(56)	24:20(36)	0:08:19
46	509	Raimund Stammeier		TM60	4	1:20:20	16:38(53)	0:37:19(36)	0:53:57(37)	26:23(91)	0:08:21
47	425	Olaf Kessler		TM55	8	1:20:27	19:14(161)	0:36:21(22)	0:55:35(50)	24:52(47)	0:08:28
48	47	Johannes Franz		TM25	3	1:20:52	17:13(82)	0:36:59(29)	0:54:12(39)	26:40(101)	0:08:53
49	18	Sebastian Baum		TM30	9	1:20:59	17:14(84)	0:39:15(66)	0:56:29(64)	24:30(40)	0:09:00
50	66	Moritz Harenberg		TM30	10	1:21:00	18:55(144)	0:38:01(48)	0:56:56(70)	24:04(32)	0:09:01
51	12	Maurice Baars		TM30	11	1:21:04	19:23(166)	0:39:16(67)	0:58:39(93)	22:25(6)	0:09:05
52	162	Manuel Schwerdfeger		TM30	12	1:21:12	19:10(154)	0:40:58(106)	1:00:08(119)	21:04(1)	0:09:13
53	532	Jürgen Werksnies	Dreizack Spandau	TM50	8	1:21:20	14:44(13)	0:38:26(52)	0:53:10(30)	28:10(128)	0:09:21
54	481	Roger Reinke	Flotte Speichen Berlin	TM55	9	1:21:29	18:06(104)	0:38:30(56)	0:56:36(67)	24:53(48)	0:09:30
55	141	Lasse Richter	mJugA	1	1:21:45	17:01(69)	0:40:55(103)	0:57:56(86)	0:57:56(86)	23:49(27)	0:09:46
56	378	Jan Bünnemeyer		TM50	9	1:21:57	16:14(45)	0:39:11(65)	0:55:25(47)	26:32(94)	0:09:58
57	428	Frank Kleinert		TM50	10	1:22:03	16:41(54)	0:39:03(64)	0:55:44(53)	26:19(89)	0:10:04
58	447	Fabian Lemmel		TM50	11	1:22:10	16:06(41)	0:38:39(60)	0:54:45(45)	27:25(111)	0:10:11
59	382	Christian Dahlheim		TM55	10	1:22:14	15:01(19)	0:39:31(73)	0:54:32(43)	27:42(116)	0:10:15
60	520	Gerald Uhlenberg		TM50	12	1:22:15	15:02(20)	0:38:52(62)	0:53:54(34)	28:21(137)	0:10:16
60	88	Steve Jürgens	Sg Steglitz	TM40	4	1:22:15	16:12(44)	0:39:53(81)	0:56:05(57)	26:10(83)	0:10:16
62	191	Sven Volland		TM40	5	1:22:31	13:51(9)	0:45:22(189)	0:59:13(101)	23:18(15)	0:10:32
63	422	Peter Jüngling		TM60	5	1:22:39	17:09(79)	0:39:49(78)	0:56:58(73)	25:41(68)	0:10:40
64	148	Karl Sandoval	Vegan Runners	TM45	6	1:22:44	16:17(46)	0:40:10(86)	0:56:27(63)	26:17(88)	0:10:45
65	152	Simon Schäfer		TM40	6	1:22:46	15:59(36)	0:37:55(44)	0:53:54(34)	28:52(149)	0:10:47
66	188	Jelle Visser		TM25	4	1:22:53	20:05(190)	0:39:29(72)	0:59:34(108)	23:19(16)	0:10:54
67	98	Tim Komorowski		TM20	3	1:23:00	19:12(158)	0:40:29(93)	0:59:41(110)	23:19(16)	0:11:01
68	96	Björn Kleinod		TM40	7	1:23:01	17:12(81)	0:39:52(80)	0:57:04(76)	25:57(75)	0:11:02
69	34	Luca Criscuolo		TM45	7	1:23:12	18:04(102)	0:39:32(74)	0:57:36(82)	25:36(62)	0:11:13
70	118	Luca Markus		TM25	5	1:23:13	18:48(139)	0:41:29(113)	1:00:17(123)	22:56(11)	0:11:14
71	103	Magnus Krusenotto		TM30	13	1:23:19	17:33(93)	0:41:48(124)	0:59:21(105)	23:58(30)	0:11:20
72	104	Paul Krusenotto		TM30	14	1:23:23	19:06(152)	0:40:27(92)	0:59:33(107)	23:50(28)	0:11:24
73	370	Ralf Behnke	BSG Berlin Hyp e. V.	TM50	13	1:23:26	17:24(90)	0:39:32(74)	0:56:56(70)	26:30(92)	0:11:27
74	57	Christopher Groos		TM20	4	1:23:38	20:01(188)	0:39:27(70)	0:59:28(106)	24:10(33)	0:11:39
75	43	Oliver Eichenauer		TM45	8	1:23:49	18:06(104)	0:38:28(53)	0:56:34(66)	27:15(108)	0:11:50
76	151	Andre Sawahn		TM40	8	1:23:51	21:49(243)	0:35:49(15)	0:57:38(84)	26:13(85)	0:11:52
77	23	Pascal Bentata		TM35	8	1:23:57	17:38(95)	0:41:24(111)	0:59:02(98)	24:55(49)	0:11:58
78	456	Ravin Mehta		TM55	11	1:24:08	18:20(115)	0:39:48(77)	0:58:08(87)	26:00(79)	0:12:09
79	459	Kai Mielsch	LT Bruno	TM55	12	1:24:18	18:30(123)	0:38:33(57)	0:57:03(75)	27:15(108)	0:12:19
80	401	Alexis Figeac	Sport Club International Nelson Mandela Schule	TM55	13	1:24:24	18:26(119)	0:41:32(116)	0:59:58(115)	24:26(39)	0:12:25

# Berliner Volkstriathlon 2023

## Ergebnisse: Volkstriathlon Männer

Gesamt	Startnr	Name	Verein	AK	Platz AK	Endzeit	Schwimmen	Rad	SchwRad	Lauf	Rückstand
81	369	Guido Barth		TM50	14	1:24:25	20:45(208)	0:38:29(55)	0:59:14(103)	25:11(52)	0:12:26
82	144	Lutz Rippe		TM40	9	1:24:29	16:03(40)	0:40:17(88)	0:56:20(61)	28:09(127)	0:12:30
83	37	Juri De Oliveira Schlüssel		TM30	15	1:24:33	19:20(165)	0:39:37(76)	0:58:57(97)	25:36(62)	0:12:34
84	106	Benjamin Kummer		TM40	10	1:24:34	16:55(63)	0:41:54(126)	0:58:49(96)	25:45(69)	0:12:35
85	166	Martin Skarabis		TM30	16	1:25:17	17:49(96)	0:38:28(53)	0:56:17(60)	29:00(153)	0:13:18
85	53	Pascal Goddemeier		TM30	16	1:25:17	18:46(136)	0:41:29(113)	1:00:15(121)	25:02(50)	0:13:18
87	59	Anton Günther		mJun	1	1:25:18	17:13(82)	0:42:06(133)	0:59:19(104)	25:59(77)	0:13:19
88	134	Till Pisch		TM25	6	1:25:27	16:53(61)	0:38:33(57)	0:55:26(48)	30:01(176)	0:13:28
89	427	Matthias Klatt	GKK	TM55	14	1:25:40	17:58(98)	0:38:11(49)	0:56:09(59)	29:31(161)	0:13:41
89	30	Stefan Broda		TM40	11	1:25:40	19:54(183)	0:38:54(63)	0:58:48(95)	26:52(103)	0:13:41
91	138	Stefan Rau		TM40	12	1:25:47	18:20(115)	0:39:17(68)	0:57:37(83)	28:10(128)	0:13:48
92	408	Norbert Grube		TM50	15	1:25:53	17:17(86)	0:42:21(135)	0:59:38(109)	26:15(87)	0:13:54
93	206	Björn Zirkel	Team Erdinger Active	TM45	9	1:26:03	20:21(197)	0:40:20(90)	1:00:41(129)	25:22(58)	0:14:04
94	83	Peter Isele	Weltraumjogger	mJun	2	1:26:04	19:24(167)	0:40:29(93)	0:59:53(113)	26:11(84)	0:14:05
95	129	Kevin Nofz		TM35	9	1:26:10	17:26(91)	0:42:36(142)	1:00:02(116)	26:08(81)	0:14:11
96	458	Tobias Micke		TM55	15	1:26:14	19:39(175)	0:38:11(49)	0:57:50(85)	28:24(138)	0:14:15
97	526	Julian Voßkamp	ironduces	TM50	16	1:26:16	18:04(102)	0:37:45(41)	0:55:49(55)	30:27(183)	0:14:17
98	400	Sven Fiedrich	SGS Schöneberg	TM55	16	1:26:17	14:48(14)	0:39:28(71)	0:54:16(40)	32:01(212)	0:14:18
98	101	Christoph Kreienbrink	SCC	TM40	13	1:26:17	18:24(117)	0:46:43(212)	1:05:07(186)	21:10(2)	0:14:18
100	157	Leonhard Schmitt		TM25	7	1:26:19	18:13(110)	0:46:03(199)	1:04:16(180)	22:03(5)	0:14:20
101	15	Sven Bagger		TM30	18	1:26:29	15:39(29)	0:40:41(100)	0:56:20(61)	30:09(180)	0:14:30
102	121	Matthias Meyr		TM35	10	1:26:38	18:55(144)	0:41:12(108)	1:00:07(118)	26:31(93)	0:14:39
103	397	Norbert Erfkamp		TM55	17	1:26:45	19:41(179)	0:40:56(105)	1:00:37(125)	26:08(81)	0:14:46
104	517	Dave Tiedmann	Team Erdinger Alkoholfrei - KLG Malle	TM50	17	1:26:51	13:48(8)	0:41:47(123)	0:55:35(50)	31:16(200)	0:14:52
104	62	Joern Hagenguth		TM45	10	1:26:51	18:45(135)	0:42:21(135)	1:01:06(136)	25:45(69)	0:14:52
106	530	Karsten Wasserberg	TriFinisher Berlin	TM55	18	1:27:03	18:11(107)	0:39:58(82)	0:58:09(88)	28:54(150)	0:15:04
107	139	Marcel Reuter		TM25	8	1:27:24	15:19(23)	0:43:16(150)	0:58:35(92)	28:49(146)	0:15:25
108	453	Marek Makufke		TM50	18	1:27:27	15:14(22)	0:40:07(85)	0:55:21(46)	32:06(215)	0:15:28
109	420	Udo Hummert	LT Bernd Hübner	TM65	2	1:27:34	19:47(181)	0:42:12(134)	1:01:59(149)	25:35(61)	0:15:35
110	171	Raphael Speth		TM40	14	1:27:45	17:17(86)	0:41:16(110)	0:58:33(90)	29:12(156)	0:15:46
111	46	Konstantin Fackeldey		TM40	15	1:27:48	18:42(133)	0:42:27(137)	1:01:09(138)	26:39(97)	0:15:49
112	35	Amanuel Dag		TM45	11	1:27:49	18:34(129)	0:41:15(109)	0:59:49(111)	28:00(123)	0:15:50
113	29	Jens Brand		TM40	16	1:27:50	18:16(112)	0:41:35(118)	0:59:51(112)	27:59(122)	0:15:51
114	73	Patrick Hentschel	Tri Lankwitz	TM45	12	1:27:53	20:11(194)	0:40:37(99)	1:00:48(130)	27:05(107)	0:15:54
115	432	Dieter Konieczny		TM60	6	1:28:03	15:50(34)	0:41:26(112)	0:57:16(77)	30:47(190)	0:16:04
116	84	Jakob Nassler		TM25	9	1:28:05	17:57(97)	0:44:57(180)	1:02:54(161)	25:11(52)	0:16:06
117	16	Christian Baier		TM45	13	1:28:08	15:48(33)	0:41:10(107)	0:56:58(73)	31:10(197)	0:16:09
118	173	Jens Starke		TM45	14	1:28:12	16:41(54)	0:41:33(117)	0:58:14(89)	29:58(174)	0:16:13
119	99	Yannik Kopyciok		TM25	10	1:28:16	15:20(24)	0:44:36(174)	0:59:56(114)	28:20(135)	0:16:17
120	113	Andre Linder		TM45	15	1:28:22	20:05(190)	0:40:35(97)	1:00:40(127)	27:42(116)	0:16:23
121	22	Roberto Behrendt		TM40	17	1:28:39	16:58(66)	0:44:07(167)	1:01:05(135)	27:34(113)	0:16:40
121	42	Thorsten Drieselmann	Active Team Erdinger	TM45	16	1:28:39	19:11(156)	0:42:39(143)	1:01:50(147)	26:49(102)	0:16:40
123	409	Oliver Gulitz		TM50	19	1:28:47	17:03(72)	0:40:30(95)	0:57:33(80)	31:14(198)	0:16:48
124	499	Markus Schwenke		TM50	20	1:28:48	16:27(50)	0:43:38(160)	1:00:05(117)	28:43(143)	0:16:49
125	49	Robert Geissler		TM40	18	1:28:50	19:39(175)	0:40:36(98)	1:00:15(121)	28:35(141)	0:16:51
126	446	Jens Lange		TM55	19	1:28:58	18:46(136)	0:42:34(140)	1:01:20(142)	27:38(115)	0:16:59
127	388	Martin Doblhofer	non	TM50	21	1:29:00	17:07(76)	0:43:48(161)	1:00:55(132)	28:05(125)	0:17:01
128	149	Stefan Sandulescu		TM45	17	1:29:01	15:42(32)	0:41:46(122)	0:57:28(78)	31:33(206)	0:17:02
129	136	Julian Rath		TM30	19	1:29:04	18:43(134)	0:44:25(172)	1:03:08(164)	25:56(73)	0:17:05
130	181	Basti Tillack	Weltraumjogger friends	TM20	5	1:29:08	19:04(150)	0:41:36(120)	1:00:40(127)	28:28(140)	0:17:09
131	2	Simon Tischer	Weltraumjogger	TM20	6	1:29:12	16:59(67)	0:41:42(121)	0:58:41(94)	30:31(185)	0:17:13
132	389	Carsten Dogs		TM50	22	1:29:24	19:11(156)	0:41:55(127)	1:01:06(136)	28:18(133)	0:17:25
133	132	Robert Otys	Skivereinigung Amberg	TM45	18	1:29:31	19:44(180)	0:43:34(158)	1:03:18(170)	26:13(85)	0:17:32
134	172	Alexander Stach		TM30	20	1:29:53	16:32(51)	0:46:05(200)	1:02:37(155)	27:16(110)	0:17:54
135	92	Fabian Keiss		TM30	21	1:30:13	23:31(258)	0:43:18(151)	1:06:49(207)	23:24(19)	0:18:14
136	524	Joachim Von Bülow		TM50	23	1:30:23	21:00(221)	0:41:48(124)	1:02:48(160)	27:35(114)	0:18:24
137	145	David Rösler	Grünau	mJugA	2	1:30:32	21:48(242)	0:43:32(157)	1:05:20(190)	25:12(54)	0:18:33
138	74	Carsten Hille		TM45	19	1:30:52	21:50(244)	0:43:23(153)	1:05:13(188)	25:39(67)	0:18:53
139	142	Markus Richter		TM40	19	1:30:54	17:01(69)	0:40:34(96)	0:57:35(81)	33:19(231)	0:18:55
139	179	Olaf Terbezniak	BYC	TM45	20	1:30:54	19:37(172)	0:42:50(145)	1:02:27(153)	28:27(139)	0:18:55
141	522	Frederic Vartanian	TriFinisher Berlin	TM55	20	1:30:55	17:37(94)	0:45:06(183)	1:02:43(159)	28:12(130)	0:18:56
142	56	Martin Gronemeyer		TM40	20	1:31:02	18:35(130)	0:46:51(213)	1:05:26(192)	25:36(62)	0:19:03
143	391	Ulrich Drohla	PSSC	TM55	21	1:31:07	16:02(39)	0:42:31(139)	0:58:33(90)	32:34(222)	0:19:08
143	395	Mattias Eichenberg		TM50	24	1:31:07	19:55(185)	0:45:17(187)	1:05:12(187)	25:55(72)	0:19:08
145	105	Julian Kuhnert	Tri Lankwitz	TM40	21	1:31:10	18:54(143)	0:43:25(154)	1:02:19(152)	28:51(148)	0:19:11
146	187	Thomas Utech		TM40	22	1:31:19	18:57(147)	0:40:05(83)	0:59:02(98)	32:17(220)	0:19:20
146	78	Johannes Holstein		TM35	11	1:31:19	18:30(123)	0:47:12(219)	1:05:42(196)	25:37(65)	0:19:20
148	154	Thomas Schinagl		TM40	23	1:31:30	16:59(67)	0:44:50(179)	1:01:49(146)	29:41(165)	0:19:31
149	122	Sebastian Mielke		TM35	12	1:31:40	18:25(118)	0:42:29(138)	1:00:54(131)	30:46(189)	0:19:41
149	87	Malte Jungius		TM45	21	1:31:40	20:16(196)	0:40:54(102)	1:01:10(139)	30:30(184)	0:19:41
151	493	Steffen Schmidt		TM55	22	1:31:50	20:04(189)	0:42:01(131)	1:02:05(151)	29:45(166)	0:19:51
152	204	Ole Ziehfreund		TM20	7	1:31:58	20:27(200)	0:46:51(213)	1:07:18(209)	24:40(43)	0:19:59
153	125	Philipp Naake		TM35	13	1:32:27	21:08(228)	0:40:05(83)	1:01:13(140)	31:14(198)	0:20:28
154	430	Bert Klude	SV Stahl Hennigsdorf	TM60	7	1:32:28	17:15(85)	0:41:57(129)	0:59:12(100)	33:16(230)	0:20:29
155	415	Christian Herrmann	TriathlonHelden	TM50	25	1:32:30	18:13(110)	0:45:38(194)	1:03:51(177)	28:39(142)	0:20:31
156	31	Robert Brust		TM20	8	1:32:42	18:26(119)	0:46:14(205)	1:04:40(182)	28:02(124)	0:20:43
157	36	Hans-Christian Danker		TM35	14	1:32:52	21:40(238)	0:41:35(118)	1:03:15(167)	29:37(164)	0:20:53
158	194	Carlo Wallow	TriathlonHelden	TM45	22	1:33:01	20:53(213)	0:43:56(165)	1:04:49(183)	28:12(130)	0:21:02
159	108	Hauke Kuttig		TM25	11	1:33:07	17:29(92)	0:43:56(165)	1:01:25(143)	31:42(209)	0:21:08
160	67	Felix Heck	Die Müßiggänger	TM35	15	1:33:09	19:39(175)	0:41:59(130)	1:01:38(144)	31:31(203)	0:21:10

# Berliner Volkstriathlon 2023

## Ergebnisse: Volkstriathlon Männer

Gesamt	Startnr	Name	Verein	AK	Platz AK	Endzeit	Schwimmen	Rad	SchwRad	Lauf	Rückstand
160	500	Dieter Seiler		TM55	23	1:33:09	20:22(198)	0:42:53(146)	1:03:15(167)	29:54(170)	0:21:10
162	490	Philipp Schlagowski		TM50	26	1:33:10	20:48(209)	0:42:49(144)	1:03:37(174)	29:33(163)	0:21:11
163	115	Christof Loozte		TM40	24	1:33:11	21:44(240)	0:45:33(192)	1:07:17(208)	25:54(71)	0:21:12
164	32	Nicolas Bueno		TM35	16	1:33:16	19:30(169)	0:47:48(223)	1:07:18(209)	25:58(76)	0:21:17
165	137	Jan Ratzlaff		TM30	22	1:33:19	19:16(163)	0:44:13(170)	1:03:29(172)	29:50(169)	0:21:20
166	164	Jahnke Serno		TM30	23	1:33:25	20:24(199)	0:40:15(87)	1:00:39(126)	32:46(228)	0:21:26
167	70	Niklas Hempelmann		TM30	24	1:33:26	19:12(158)	0:43:27(155)	1:02:39(156)	30:47(190)	0:21:27
168	385	Marvin Dehmow		TM55	24	1:33:39	17:19(88)	0:46:08(201)	1:03:27(171)	30:12(181)	0:21:40
169	527	Joachim Wachtlin	Auge	TM55	25	1:33:41	20:32(201)	0:43:14(149)	1:03:46(176)	29:55(171)	0:21:42
170	107	Klaus Kuschnik		TM40	25	1:33:47	20:59(218)	0:44:59(181)	1:05:58(199)	27:49(120)	0:21:48
171	80	Simon Holton		TM45	23	1:33:49	21:02(223)	0:44:49(178)	1:05:51(198)	27:58(121)	0:21:50
172	50	Jens Geppert	TSV Cottbus	TM45	24	1:33:56	18:06(104)	0:39:25(69)	0:57:31(79)	36:25(253)	0:21:57
173	1	Sven Ripsas	Weltraumjogger	TM55	26	1:34:06	18:56(146)	0:43:05(147)	1:02:01(150)	32:05(213)	0:22:07
174	417	Thomas Holtgräfe		TM60	8	1:34:09	20:12(195)	0:43:55(164)	1:04:07(179)	30:02(177)	0:22:10
175	372	Jürgen Bentlin		TM60	9	1:34:14	19:38(174)	0:46:20(208)	1:05:58(199)	28:16(132)	0:22:15
176	175	Stephen Müller		TM45	25	1:34:23	18:12(108)	0:44:47(175)	1:02:59(163)	31:24(202)	0:22:24
177	193	Max Walkowiak		TM30	25	1:34:24	18:33(128)	0:45:45(195)	1:04:18(181)	30:06(179)	0:22:25
178	120	Alexander Mensch		TM30	26	1:34:26	18:30(123)	0:46:52(216)	1:05:22(191)	29:04(154)	0:22:27
179	503	Stefan Silberberg	A3K Berlin	TM55	27	1:34:28	15:25(27)	0:43:48(161)	0:59:13(101)	35:15(245)	0:22:29
179	471	Mike Palacin Gonzalez	A3K Berlin	TM50	27	1:34:28	16:36(52)	0:45:17(187)	1:01:53(148)	32:35(223)	0:22:29
181	507	Christian Spittler		TM50	28	1:34:30	16:10(43)	0:44:21(171)	1:00:31(124)	33:59(239)	0:22:31
182	375	Christian Buchbauer		TM50	29	1:34:44	20:32(201)	0:40:43(101)	1:01:15(141)	33:29(232)	0:22:45
183	109	David Leider		TM35	17	1:34:49	21:44(240)	0:46:02(198)	1:07:46(217)	27:03(106)	0:22:50
184	487	Andreas Ruck		TM50	30	1:34:52	16:26(49)	0:46:13(204)	1:02:39(156)	32:13(217)	0:22:53
185	470	Boris Otto		TM50	31	1:34:55	19:54(183)	0:42:35(141)	1:02:29(154)	32:26(221)	0:22:56
186	497	Jens Schultz		TM50	32	1:34:58	16:50(59)	0:48:37(229)	1:05:27(193)	29:31(161)	0:22:59
187	434	Jörg Krahnert		TM55	28	1:35:08	19:03(149)	0:44:29(173)	1:03:32(173)	31:36(207)	0:23:09
188	374	Mathias Böttger		TM60	10	1:35:11	19:05(151)	0:44:48(176)	1:03:53(178)	31:18(201)	0:23:12
189	33	Constantin Conradt		TM35	18	1:35:13	23:24(257)	0:42:03(132)	1:05:27(193)	29:46(167)	0:23:14
190	380	Udo Czediwoda		TM55	29	1:35:16	20:48(209)	0:45:16(186)	1:06:04(201)	29:12(156)	0:23:17
191	405	Andreas Geffert		TM55	30	1:35:22	21:42(239)	0:41:30(115)	1:03:12(166)	32:10(216)	0:23:23
192	534	Jan Wiemer		TM55	31	1:35:31	19:37(172)	0:47:49(224)	1:07:26(213)	28:05(125)	0:23:32
193	90	Stefan Karakaya		TM45	26	1:35:34	20:51(211)	0:44:48(176)	1:05:39(195)	29:55(171)	0:23:35
194	516	Werner Thümmeler	AI Titan Team Berlin	TM50	33	1:35:35	21:02(223)	0:45:14(185)	1:06:16(203)	29:19(158)	0:23:36
195	111	Benjamin Leuschner	SC Welle	TM45	27	1:35:47	19:33(171)	0:46:09(203)	1:05:42(196)	30:05(178)	0:23:48
196	510	Jan Stöckigt		TM50	34	1:35:55	19:58(186)	0:43:13(148)	1:03:11(165)	32:44(227)	0:23:56
197	448	Dirk Lesch		TM50	35	1:35:59	19:18(164)	0:46:01(197)	1:05:19(189)	30:40(187)	0:24:00
198	495	Heiko Scholz		TM60	11	1:36:17	24:10(267)	0:43:20(152)	1:07:30(214)	28:47(144)	0:24:18
199	435	Wolf-Peter Kraus		TM65	3	1:36:24	20:35(204)	0:46:00(196)	1:06:35(206)	29:49(168)	0:24:25
200	438	Sebastian Kumm		TM55	32	1:36:32	18:51(141)	0:47:41(221)	1:06:32(205)	30:00(175)	0:24:33
201	477	Markus Pfisterer		TM50	36	1:36:38	19:53(182)	0:45:00(182)	1:04:53(185)	31:45(210)	0:24:39
202	444	Jean Lamborelle		TM55	33	1:36:41	22:26(253)	0:46:31(210)	1:08:57(220)	27:44(118)	0:24:42
203	131	Michael Nöldge	MTvB	TM40	26	1:36:56	20:44(207)	0:40:17(88)	1:01:01(133)	35:55(250)	0:24:57
203	21	Thomas Behnke	MTvB	TM40	26	1:36:56	20:42(206)	0:40:20(90)	1:01:02(134)	35:54(249)	0:24:57
205	393	Wolfgang Dumstrey		TM70	1	1:37:07	18:29(122)	0:44:12(169)	1:02:41(158)	34:26(240)	0:25:08
206	45	Helge Esch		TM30	27	1:37:10	16:56(64)	0:34:24(4)	0:51:20(17)	45:50(275)	0:25:11
206	494	Michael Schneider		TM55	34	1:37:10	22:12(249)	0:44:10(168)	1:06:22(204)	30:48(192)	0:25:11
208	119	Tobias Marquard		TM25	12	1:37:35	21:15(231)	0:49:41(233)	1:10:56(229)	26:39(97)	0:25:36
209	506	Franz Speth		TM65	4	1:37:48	18:17(114)	0:41:56(128)	1:00:13(120)	37:35(264)	0:25:49
210	424	Philipp Kaufhold		TM55	35	1:37:59	20:59(218)	0:43:51(163)	1:04:50(184)	33:09(229)	0:26:00
211	479	Kay Pöhler		TM55	36	1:38:11	20:34(203)	0:47:05(218)	1:07:39(216)	30:32(186)	0:26:12
212	379	Casper Casper	SG Steglitz	TM55	37	1:38:15	21:52(245)	0:45:26(191)	1:07:18(209)	30:57(196)	0:26:16
213	130	Patrick Noftz		TM30	28	1:38:16	22:25(252)	0:46:22(209)	1:08:47(219)	29:29(160)	0:26:17
214	135	Bahram Ramez		TM35	19	1:38:29	19:10(154)	0:50:32(239)	1:09:42(224)	28:47(144)	0:26:30
215	418	Jens Holtkamp		TM50	37	1:38:32	18:00(99)	0:51:28(247)	1:09:28(222)	29:04(154)	0:26:33
216	399	Axel Eschrich		TM60	12	1:38:33	20:52(212)	0:51:21(246)	1:12:13(238)	26:20(90)	0:26:34
217	63	Simon Handschuh		TM25	13	1:39:44	21:31(235)	0:52:56(258)	1:14:27(256)	25:17(55)	0:27:45
218	462	Georg Mittag		TM55	38	1:40:00	19:39(175)	0:43:37(159)	1:03:16(169)	36:44(255)	0:28:01
219	440	Olaf Kunde		TM55	39	1:40:02	21:57(247)	0:45:23(190)	1:07:20(212)	32:42(226)	0:28:03
220	414	Ralf Hermanns	Yachtclub Papenburg	TM55	40	1:40:10	21:56(246)	0:45:36(193)	1:07:32(215)	32:38(224)	0:28:11
221	392	Jürgen Drollmann		TM60	13	1:40:17	16:46(56)	0:46:08(201)	1:02:54(161)	37:23(262)	0:28:18
221	483	Rainald Riedel		TM55	41	1:40:17	24:41(270)	0:46:14(205)	1:10:55(228)	29:22(159)	0:28:18
223	20	Alexander Beck		TM45	28	1:40:27	19:32(170)	0:52:35(255)	1:12:07(236)	28:20(135)	0:28:28
224	100	Filip Krajinovic		TM25	14	1:41:02	20:08(192)	0:51:55(250)	1:12:03(235)	28:59(152)	0:29:03
225	94	Tim Kersten		TM25	15	1:41:27	18:26(119)	0:45:12(184)	1:03:38(175)	37:49(266)	0:29:28
226	146	Frank Rösler		mJugA	3	1:41:43	22:24(251)	0:51:01(243)	1:13:25(251)	28:18(133)	0:29:44
227	150	Nathan Saunders		TM45	29	1:41:54	21:02(223)	0:52:02(252)	1:13:04(248)	28:50(147)	0:29:55
228	519	Thorsten Tonndorf		TM60	14	1:41:55	20:58(216)	0:50:31(238)	1:11:29(231)	30:26(182)	0:29:56
229	91	Lars Kargel	SG BMF 07	TM40	28	1:42:18	22:23(250)	0:48:24(227)	1:10:47(227)	31:31(203)	0:30:19
230	476	Michael Pfister		TM50	38	1:42:55	23:38(261)	0:49:22(231)	1:13:00(247)	29:55(171)	0:30:56
231	452	Armin Maier	Jelly Bears Berlin	TM60	15	1:43:01	21:58(248)	0:46:18(207)	1:08:16(218)	34:45(241)	0:31:02
232	454	Jens Margraf	DRK Wasserwacht Berlin Nordost	TM55	42	1:43:07	18:16(112)	0:43:30(156)	1:01:46(145)	41:21(273)	0:31:08
233	177	Sebastian Strohmayer		TM25	16	1:43:09	17:04(75)	0:49:01(230)	1:06:05(202)	37:04(259)	0:31:10
234	364	Parwis Agha-Mir-Salim		TM60	16	1:43:10	21:17(232)	0:47:57(225)	1:09:14(221)	33:56(238)	0:31:11
235	460	Dietmar G. Mirwa	zeughof runners	TM60	17	1:43:24	23:42(263)	0:47:37(220)	1:11:19(230)	32:05(213)	0:31:25
236	485	Thomas Rivet	Potsdamer GC	TM55	43	1:43:53	21:05(227)	0:51:16(245)	1:12:21(240)	31:32(205)	0:31:54
237	531	Alexander Weber	Wandergrupper Kraxlhuber	TM50	39	1:44:15	23:40(262)	0:49:42(234)	1:13:22(250)	30:53(194)	0:32:16
238	518	Andreas Toepfer		TM55	44	1:45:21	21:04(226)	0:50:30(237)	1:11:34(232)	33:47(234)	0:33:22
239	431	Ferdinand Kögler	kein Verein	TM55	45	1:45:32	21:10(229)	0:52:08(253)	1:13:18(249)	32:14(218)	0:33:33
240	201	Chris Yousufzad		TM25	17	1:45:43	23:55(265)	0:47:58(226)	1:11:53(234)	33:50(236)	0:33:44

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## Ergebnisse: Volkstriathlon Männer

Gesamt	Startnr	Name	Verein	AK	Platz AK	Endzeit	Schwimmen	Rad	SchwRad	Lauf	Rückstand
241	167	Christoph Smolorz		TM40	29	1:45:44	24:39(269)	0:49:24(232)	1:14:03(253)	31:41(208)	0:33:45
242	455	Ulrich Marquard		TM60	18	1:45:58	23:45(264)	0:46:51(213)	1:10:36(226)	35:22(246)	0:33:59
243	491	Stefan Schlagowski		TM50	40	1:46:05	18:46(136)	0:53:30(259)	1:12:16(239)	33:49(235)	0:34:06
244	502	Christoph Siegmann		TM55	46	1:46:21	22:40(255)	0:46:57(217)	1:09:37(223)	36:44(255)	0:34:22
245	54	Rico Golz		TM35	20	1:46:33	20:59(218)	0:51:41(248)	1:12:40(244)	33:53(237)	0:34:34
246	365	Lars Albrecht		TM55	47	1:46:40	18:35(130)	0:57:15(273)	1:15:50(259)	30:50(193)	0:34:41
247	457	Sven Michelmichel		TM50	41	1:46:43	25:07(271)	0:46:39(211)	1:11:46(233)	34:57(243)	0:34:44
248	468	Marco Öhring		TM55	48	1:47:21	24:28(268)	0:47:41(221)	1:12:09(237)	35:12(244)	0:35:22
249	461	Ferdinand Mittag		TM60	19	1:48:08	18:49(140)	0:53:49(261)	1:12:38(243)	35:30(247)	0:36:09
250	514	Tibor Szabo		TM55	49	1:48:11	20:57(214)	0:56:34(268)	1:17:31(265)	30:40(187)	0:36:12
251	373	Harald Berghoff	GKK	TM55	50	1:48:25	19:59(187)	0:49:54(235)	1:09:53(225)	38:32(268)	0:36:26
252	26	Benjamin-Paul Böttger		TM30	29	1:48:38	20:58(216)	0:51:49(249)	1:12:47(245)	35:51(248)	0:36:39
253	186	Kent Troutman		TM35	21	1:49:12	34:02(280)	0:48:36(228)	1:22:38(273)	26:34(95)	0:37:13
254	407	Günter Groos		TM50	42	1:49:14	21:36(237)	0:50:56(241)	1:12:32(242)	36:42(254)	0:37:15
254	465	Ulrich Netzel		TM55	51	1:49:14	22:44(256)	0:54:15(263)	1:16:59(264)	32:15(219)	0:37:15
256	387	Michael Dietrich		TM50	43	1:49:15	21:32(236)	0:50:59(242)	1:12:31(241)	36:44(255)	0:37:16
257	51	Marc Glawogger		TM30	30	1:49:37	21:14(230)	0:54:45(264)	1:15:59(262)	33:38(233)	0:37:38
258	394	Bernd Eckert	Füchse Berlin	TM55	52	1:51:06	21:29(234)	0:56:58(272)	1:18:27(266)	32:39(225)	0:39:07
259	539	Felix Zemlin		TM50	44	1:51:37	20:39(205)	0:52:52(257)	1:13:31(252)	38:06(267)	0:39:38
260	416	Josef Herz	SCC	TM60	20	1:51:43	23:35(260)	0:51:04(244)	1:14:39(257)	37:04(259)	0:39:44
261	537	Gilbert Wilk		TM55	53	1:51:44	23:31(258)	0:52:11(254)	1:15:42(258)	36:02(251)	0:39:45
262	11	Philip Allolio		TM35	22	1:51:47	20:57(214)	0:51:58(251)	1:12:55(246)	38:52(269)	0:39:48
263	442	Jörg Kuttig		TM55	54	1:51:53	20:10(193)	0:54:04(262)	1:14:14(255)	37:39(265)	0:39:54
264	473	Bernd Peters		TM65	5	1:52:44	25:08(272)	0:56:40(271)	1:21:48(271)	30:56(195)	0:40:45
265	124	Benjamin Myk		TM40	30	1:53:48	26:22(276)	0:50:32(239)	1:16:54(263)	36:54(258)	0:41:49
265	38	Germán Dector-Vega		TM45	30	1:53:48	28:38(277)	0:50:14(236)	1:18:52(268)	34:56(242)	0:41:49
267	85	Johannes Schöppach		TM40	31	1:53:53	16:56(64)	1:10:18(277)	1:27:14(275)	26:39(97)	0:41:54
268	189	Leonid Vogel		TM35	23	1:54:20	26:19(275)	0:56:08(267)	1:22:27(272)	31:53(211)	0:42:21
269	396	Michael Eickfeld		TM55	55	1:54:47	18:32(126)	0:57:23(274)	1:15:55(260)	38:52(269)	0:42:48
270	464	Karsten Müller		TM50	45	1:55:07	21:01(222)	0:57:49(275)	1:18:50(267)	36:17(252)	0:43:08
271	521	Norman Unger	Wunder von Zehlendorf	TM50	46	1:56:04	22:26(253)	0:53:32(260)	1:15:58(261)	40:06(271)	0:44:05
272	112	Lewin Link	studiowerkstatt	TM25	18	1:56:41	23:59(266)	0:55:38(265)	1:19:37(269)	37:04(259)	0:44:42
273	72	Moritz Henning		TM40	32	1:59:15	25:55(274)	0:55:49(266)	1:21:44(270)	37:31(263)	0:47:16
274	52	Philipp Glawogger		TM35	24	1:59:42	21:21(233)	0:52:50(256)	1:14:11(254)	45:31(274)	0:47:43
275	41	Sascha Draht		TM35	25	2:04:34	25:13(273)	0:58:13(276)	1:23:26(274)	41:08(272)	0:52:35
276	535	Jens Wilck		TM60	21	2:17:47	31:04(278)	0:56:35(269)	1:27:39(276)	50:08(277)	1:05:48
277	699	Jörg Stargardt		TM55	56	2:18:01	31:25(279)	0:56:36(270)	1:28:01(277)	50:00(276)	1:06:02
DNF	184	Ole Treckmann		TM45			18:32(126)				
DNF	449	Stephan Lockl		TM55			19:15(162)				
DNF	159	Eric Schnelle		TM35			19:28(168)				