

# 36. Spreewald Triathlon 2026

## Ergebnisse: Große Spreewaldfrau

Platz	Stnr	Name	Verein	AK	Platz AK	Endzeit	Schwimm	Rad	SchwRad	LaufR1	LaufR2	LaufR3	LaufR4	Lauf	Rück.
1	9	Anna-Lena Jahn	TV 1848 Schwabach e. V.	wAK30	1	4:47:30	0:42:12(5)	2:26:20(1)	3:08:32(1)	24:21(5)	24:34(2)	24:54(2)	25:09(2)	1:38:58(2)	
2	6	Ada Freese	Tri-Finisher Berlin e. V.	wAK50	1	4:55:51	0:42:59(6)	2:29:14(2)	3:12:13(4)	24:05(3)	26:06(5)	26:36(5)	26:51(6)	1:43:38(5)	0:08:21
3	4	Lara-Isabell Franz	SCC Berlin Triathlon	wAK25	1	4:58:13	0:41:39(4)	2:36:10(5)	3:17:49(5)	23:53(2)	25:15(3)	25:33(3)	25:43(4)	1:40:24(3)	0:10:43
4	8	Marie Harder	MTC München	wAK30	2	5:07:49	0:50:28(13)	2:34:48(4)	3:25:16(7)	24:45(6)	25:44(4)	26:29(4)	25:35(3)	1:42:33(4)	0:20:19
5	3	Emma Ertel	TV 1848 Schwabach	wAK30	3	5:09:45	0:40:49(2)	2:31:05(3)	3:11:54(2)	27:27(11)	28:30(9)	31:40(12)	30:14(11)	1:57:51(10)	0:22:15
6	17	Sabine Pfaffinger	TuS Neukölln	wAK50	2	5:10:38	0:43:38(7)	2:39:35(7)	3:23:13(6)	24:47(7)	26:54(8)	28:15(8)	27:29(8)	1:47:25(8)	0:23:08
7	1	Pauline Boldt	SSV Ostring	wAK25	2	5:15:41	0:34:52(1)	2:37:15(6)	3:12:07(3)	28:03(14)	31:25(14)	33:15(13)	30:51(14)	2:03:34(13)	0:28:11
8	19	Christiane Radatz	A3K Berlin	wAK40	1	5:19:03	0:45:20(8)	2:48:05(11)	3:33:25(8)	24:18(4)	26:19(6)	27:55(7)	27:06(7)	1:45:38(6)	0:31:33
9	12	Sandra Lubert	Multisport - LOS	wAK45	1	5:21:18	0:52:23(16)	2:42:06(8)	3:34:29(9)	26:32(8)	26:47(7)	27:15(6)	26:15(5)	1:46:49(7)	0:33:48
10	23	Lizbeth Tinajero	Tiderunners	wAK35	1	5:22:51	0:58:23(20)	2:47:49(10)	3:46:12(14)	23:30(1)	24:07(1)	24:31(1)	24:31(1)	1:36:39(1)	0:35:21
11	11	Madelyn Lines		wAK30	4	5:43:33	0:53:42(18)	2:51:21(13)	3:45:03(13)	29:21(15)	29:33(11)	29:50(10)	29:46(9)	1:58:30(11)	0:56:03
12	20	Viola Rohde	Berlin	wAK40	2	5:47:48	0:47:45(10)	2:52:31(15)	3:40:16(12)	27:23(10)	36:04(20)	33:35(14)	30:30(12)	2:07:32(15)	1:00:18
13	13	Jessica Maiwald	Tri Team Berlin	wAK20	1	5:48:42	0:49:20(12)	2:50:23(12)	3:39:43(11)	27:45(13)	34:57(19)	33:42(16)	32:35(15)	2:08:59(16)	1:01:12
14	5	Marion Franz	SCC Berlin Triathlon	wAK55	1	5:49:04	0:58:12(19)	2:54:08(16)	3:52:20(16)	27:15(9)	29:16(10)	30:01(11)	30:12(10)	1:56:44(9)	1:01:34
15	605	Isabel Eger	Moritzburger Triathlonverein e.V.	wAK40	3	5:49:49	0:51:01(14)	2:45:34(9)	3:36:35(10)	31:20(20)	34:11(18)	34:35(19)	33:08(17)	2:13:14(18)	1:02:19
16	22	Nele Senftleben	Potsdam	wAK20	2	6:08:16	0:52:51(17)	3:10:06(19)	4:02:57(18)	27:38(12)	30:53(13)	33:38(15)	33:10(18)	2:05:19(14)	1:20:46
17	14	Steffi Möhring		wAK45	2	6:10:29	0:58:41(21)	3:11:48(20)	4:10:29(23)	29:36(16)	30:01(12)	29:47(9)	30:36(13)	2:00:00(12)	1:22:59
18	10	Carola Kannengießler	Am Mellensee	wAK55	2	6:15:08	1:01:04(22)	2:52:30(14)	3:53:34(17)	31:31(21)	36:04(20)	37:23(21)	36:36(20)	2:21:34(21)	1:27:38
19	24	Katharina Wallerer	Berlin	wAK40	4	6:21:00	0:49:08(11)	3:21:10(23)	4:10:18(22)	31:01(18)	33:13(17)	33:42(16)	32:46(16)	2:10:42(17)	1:33:30
20	25	Madita Zunker		wAK20	3	6:22:36	0:51:34(15)	3:14:55(21)	4:06:29(20)	29:57(17)	32:09(15)	35:15(20)	38:46(21)	2:16:07(20)	1:35:06
21	15	Juliane Nisse	Team ibs	wAK40	5	6:23:13	1:07:50(23)	3:01:59(17)	4:09:49(21)	31:40(22)	32:31(16)	34:25(18)	34:48(19)	2:13:24(19)	1:35:43
22	18	Ann-Christin Proppe	1. Tri Club Paderborn	wAK30	5	6:29:35	0:40:55(3)	3:07:11(18)	3:48:06(15)	36:04(23)	36:59(22)	44:33(22)	43:53(22)	2:41:29(22)	1:42:05
DNF	21	Janina Schulz		wAK30			0:47:10(9)	3:17:46(22)	4:04:56(19)	31:15(19)	37:51(23)				