



18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

Schülerinnen D

50m Schwimmen - 400m Laufen

2008 und jünger

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|-----------------|----------|--------|---------|-----|---------------------|------|--------|
| 1 | 3,58 | 2 | Uelzen | Emma | w | Tria Team Buxtehude | 2008 | 50 |
| 2 | 4,14 | 4 | Macht | Ida | w | VTB Vareel | 2008 | 45 |
| 3 | 5,15 | 5 | Berg | Rieke | w | Stade | 2009 | 40 |
| 4 | 6,28 | 6 | Lang | Liya | w | Tria Team Schwarme | 2010 | 35 |

Schüler D

50m Schwimmen - 400m Laufen

2008 und jünger

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|-----------------|----------|------------|----------|-----|---------------------|------|--------|
| 1 | 3,53 | 13 | Schröder | Julian | m | TuS Rotenburg | 2008 | 50 |
| 2 | 4,18 | 10 | Klensang | Lasse | m | Tria Team Buxtehude | 2008 | 45 |
| 3 | 4,28 | 16 | Griemsmann | Joris | m | VfL Wingst | 2008 | 40 |
| 4 | 5,02 | 12 | Arechaga | Kai | m | Jork | 2009 | 35 |
| 5 | 5,18 | 17 | Brase | Benjamin | m | SC Seevetal | 2008 | 30 |
| 6 | 5,21 | 15 | Domagala | Ian | m | Tria Team Buxtehude | 2009 | 25 |



AXA - Versicherungsbüro
Gerd Brudermann, Stade



Kfz. - Team May, Stade





18. Swim u. Run

am 23. Mai 2015 in Stade

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Ergebnisliste

Schülerinnen C

100m Schwimmen - 400m Laufen

2007/2006

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|-----------------|----------|-------------|---------------|-----|---------------------|------|--------|
| 1 | 4,17 | 26 | Haase | Pauline | w | Tria Team Buxtehude | 2006 | 50 |
| 2 | 4,31 | 32 | Radtke | Greta | w | Tria Team Buxtehude | 2007 | 45 |
| 3 | 4,35 | 24 | Saß | Josephine | w | Tria Team Buxtehude | 2007 | 40 |
| 4 | 4,44 | 36 | Hanke | Vivien Sophie | w | Blau-Weiss Buchholz | 2006 | 35 |
| 5 | 4,47 | 38 | Reiser | Siiri | w | TSR Olympia WH | 2006 | 30 |
| 6 | 4,51 | 31 | Lang | Ayleen | w | Tri Team Schwarme | 2007 | 25 |
| 7 | 4,53 | 34 | Macht | Maja | w | VTB Varel | 2006 | 20 |
| 8 | 4,56 | 22 | Lewerenz | Greta | w | Tria Team Buxtehude | 2006 | 18 |
| 9 | 5,14 | 21 | Fahrbach | Alisa | w | LG Nordheide | 2007 | 16 |
| 10 | 5,21 | 37 | Junge | Rhea | w | TSR Olympia WH | 2007 | 14 |
| 11 | 5,26 | 35 | Stelter | Lilly | w | VTB Varel | 2006 | 12 |
| 12 | 5,31 | 23 | Uelzen | Lilly | w | Tria Team Buxtehude | 2006 | 10 |
| 13 | 5,35 | 25 | Donau | Leni | w | DLRG | 2006 | 9 |
| 14 | 5,36 | 41 | Block | Lena | w | Tria Team Buxtehude | 2006 | 8 |
| 15 | 5,54 | 33 | Smidt | Martje | w | VTB Varel | 2006 | 7 |
| 16 | 6,01 | 28 | Schlichting | Ida | w | VfL Wingst | 2007 | 6 |
| 17 | 6,12 | 40 | Murdfeld | Sara | w | 1.TCO "Die Bären" | 2006 | 5 |
| 18 | 6,16 | 30 | Arechaga | Kyra | w | Jork | 2007 | 4 |
| 19 | 6,18 | 29 | Cyplik | Aziza | w | VfL Wingst | 2007 | 3 |
| 20 | 6,24 | 27 | de Vries | Lina | w | VfL Wingst | 2007 | 2 |
| 21 | 6,41 | 39 | van Beek | Louisa | w | OT-Bremen | 2007 | 1 |

Schüler C

100m Schwimmen - 400m Laufen

2007/2006

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|-----------------|----------|-----------|---------|-----|---------------------|------|--------|
| 1 | 4,28 | 50 | Maywald | Keno | m | TSR Olympia WH | 2007 | 50 |
| 2 | 4,49 | 46 | Koß | Collin | m | 1.TCO "Die Bären" | 2006 | 45 |
| 3 | 5,16 | 49 | Schwarz | Oliver | m | VTB Varel | 2007 | 40 |
| 4 | 5,29 | 44 | Schreiber | Linus | m | TuS Rotenburg | 2007 | 35 |
| 5 | 5,41 | 42 | Domagala | Mads | m | Tria Team Buxtehude | 2006 | 30 |
| 6 | 5,43 | 48 | Valvidia | Jonas | m | VTB Varel | 2006 | 25 |
| 7 | 5,56 | 45 | Brey | Anton | m | Stader SV | 2006 | 20 |
| 8 | 6,05 | 43 | Hammann | Philipp | m | VfL Wingst | 2007 | 18 |



AXA - Versicherungsbüro
Gerd Brudermann, Stade



Kfz. - Team May, Stade





18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

Schülerinnen B

200m Schwimmen - 1 Km Laufen

2005/2004

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|-----------------|----------|------------|--------------|-----|---------------------|------|--------|
| 1 | 7,14 | 63 | Radtko | Ellen | w | Tria Team Buxtehude | 2004 | 50 |
| 2 | 7,39 | 66 | Thees | Jara | w | Blau-Weiss Buchholz | 2005 | 45 |
| 3 | 8,07 | 64 | Monert | Luisa | w | 1. TCO "Die Bären" | 2004 | 40 |
| 4 | 8,33 | 56 | Uelzen | Hannah | w | Tria Team Buxtehude | 2004 | 35 |
| 5 | 8,51 | 57 | Brehmer | Finja | w | Tria Team Buxtehude | 2005 | 30 |
| 6 | 8,56 | 65 | Wetzel | Ronja | w | Blau-Weiss Buchholz | 2004 | 25 |
| 7 | 9,05 | 62 | Pfeiffer | Leonie | w | Tria Team Buxtehude | 2004 | 20 |
| 8 | 9,15 | 58 | Schulz | Fabienne | w | Tria Team Buxtehude | 2005 | 18 |
| 9 | 9,38 | 67 | Maywald | Lara-Sophie | w | TSR Olympia WH | 2004 | 16 |
| 10 | 9,39 | 59 | Griemsmann | Kim-Charline | w | VfL Wingst | 2004 | 14 |

Schüler B

200m Schwimmen - 1 Km Laufen

2005/2004

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|-----------------|----------|----------|-----------------|-----|--------------------------|------|--------|
| 1 | 7,22 | 83 | Wefer | Lenny | m | 1.TCO "Die Bären" | 2004 | 50 |
| 2 | 7,26 | 74 | Schröder | Jasper | m | TuS Rotenburg | 2004 | 45 |
| 3 | 7,31 | 86 | Bruns | Tobias | m | TSR Olympia WH | 2005 | 40 |
| 4 | 7,52 | 75 | Hagenah | Luis | m | VfL Wingst | 2004 | 35 |
| 4 | 7,52 | 88 | Zählcke | Jarik | m | TSR Olympia WH | 2004 | 35 |
| 6 | 8,01 | 71 | Kebbel | Paul | m | VSK Osterholz-Scharmbeck | 2005 | 25 |
| 7 | 8,05 | 87 | Junge | Max | m | TSR Olympia WH | 2004 | 20 |
| 8 | 8,15 | 82 | Brey | Simon | m | Stader SV | 2004 | 18 |
| 9 | 8,16 | 89 | Holtrup | Michel | m | TSR Olympia WH | 2004 | 16 |
| 10 | 8,35 | 81 | Cyrol | Luis | m | VfL Wingst | 2005 | 14 |
| 11 | 8,41 | 80 | Katt | Jakob | m | VfL Wingst | 2004 | 12 |
| 12 | 8,46 | 73 | Hübenet | Fynn | m | Tria Team Buxtehude | 2004 | 10 |
| 13 | 8,55 | 72 | Bruhn | Justus | m | Tria Team Buxtehude | 2004 | 9 |
| 14 | 9,11 | 76 | Buck | Erik | m | VfL Wingst | 2005 | 8 |
| 15 | 9,18 | 90 | Hentze | Sebastian | m | Stader SV | 2005 | 7 |
| 16 | 9,34 | 85 | Eivazeh | Michael Jeffrey | m | Blau-Weiss Buchholz | 2005 | 6 |
| 17 | 9,51 | 77 | Wichers | Simon | m | VfL Wingst | 2005 | 5 |





18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

Schülerinnen A

300m Schwimmen - 2 Km Laufen

2003/2002

| Platz | Zeit | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|---------|----------|-------------|-----------|-----|--------------------------|------|--------|
| | in Min. | | | | | | | |
| 1 | 11,21 | 93 | Kliver | Nadine | w | Tria Team Buxtehude | 2002 | 50 |
| 2 | 12,52 | 92 | Saß | Carolina | w | Tria Team Buxtehude | 2002 | 45 |
| 3 | 12,55 | 103 | Müller | Annika | w | VTB Varel | 2002 | 40 |
| 4 | 13,04 | 105 | Becker | Sarah | w | TSR Olympia WH | 2002 | 35 |
| 5 | 13,11 | 94 | Kliver | Viviane | w | Tria Team Buxtehude | 2003 | 35 |
| 6 | 13,38 | 91 | Kebbel | Moya | w | VSK Osterholz-Scharmbeck | 2003 | 25 |
| 7 | 13,41 | 102 | Fäming | Cora | w | Tria Team Buxtehude | 2002 | 20 |
| 8 | 13,56 | 101 | Fläming | Loona | w | Tria Team Buxtehude | 2002 | 18 |
| 9 | 14,16 | 106 | Reiser | Silja | w | TSR Olympia WH | 2003 | 16 |
| 10 | 14,34 | 3 | Domagala | Cecilia | w | Tria Team Buxtehude | 2003 | 14 |
| 11 | 14,36 | 98 | Katt | Merle | w | VfL Wingst | 2003 | 12 |
| 12 | 14,52 | 99 | Brey | Johanna | w | Stader SV | 2002 | 10 |
| 13 | 14,54 | 100 | Allenberg | Lea | w | Stader SV | 2003 | 9 |
| 14 | 15,04 | 96 | Rudnitskaya | Alexandra | w | Stader SV | 2002 | 8 |
| 15 | 15,55 | 104 | Grube | Lara | w | Buchholz | 2003 | 7 |
| 16 | 18,52 | 107 | Murdfeld | Leia | w | 1.TCO "Die Bären" | 2003 | 6 |

Schüler A

300m Schwimmen - 2 Km Laufen

2003/2002

| Platz | Zeit | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|---------|----------|----------|------------|-----|---------------------|------|--------|
| | in Min. | | | | | | | |
| 1 | 10,29 | 111 | Pilarski | Frederik | m | Tria Team Buxtehude | 2002 | 50 |
| 2 | 11,43 | 124 | Bruns | Timo | m | TSR Olympia WH | 2003 | 45 |
| 3 | 11,53 | 123 | Rabba | Bent | m | VTB Varel | 2002 | 40 |
| 4 | 11,58 | 128 | Dierking | Felix | m | 1.TCO "Die Bären" | 2002 | 35 |
| 5 | 12,38 | 122 | Heinsohn | Joris | m | VfL Wingst | 2003 | 35 |
| 6 | 12,53 | 120 | Neitzel | Max | m | Stader SV | 2002 | 25 |
| 7 | 12,58 | 127 | Pieper | Jannis | m | 1.TCO "Die Bären" | 2002 | 20 |
| 8 | 13,01 | 112 | Hadler | Paul | m | Tria Team Buxtehude | 2003 | 18 |
| 9 | 13,21 | 114 | Block | Janis | m | Tria Team Buxtehude | 2003 | 16 |
| 10 | 13,32 | 118 | Cyrol | Ben | m | VfL Wingst | 2002 | 14 |
| 11 | 14,14 | 116 | Schulz | Maximilian | m | Tria Team Buxtehude | 2002 | 12 |
| 12 | 14,39 | 110 | Diepold | Luis | m | Brechtschule HH | 2003 | 10 |
| 13 | 15,21 | 119 | Kuznecov | Daniel | m | VfL Wingst | 2003 | 9 |
| 14 | 15,32 | 125 | Brase | Jonathan | m | SC Seevetal | 2003 | 8 |
| 15 | 16,07 | 126 | Niebuhr | Tim | m | TSV Schwarme | 2003 | 7 |
| 16 | 17,11 | 121 | Neitzel | Mika | m | Stader SV | 2003 | 6 |



AXA - Versicherungsbüro
Gerd Brudermann, Stade



Kfz. - Team May, Stade





18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

weibl. Jugend B

400m Schwimmen - 3 Km Laufen

2001/2000

| Platz | Zeit | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|---------|----------|----------|------------|-----|---------------------|------|--------|
| | in Min. | | | | | | | |
| 1 | 17,08 | 133 | Hübenet | Anne | w | Tria Team Buxtehude | 2000 | 50 |
| 2 | 17,29 | 131 | Pilarski | Noria | w | Tria Team Buxtehude | 2000 | 45 |
| 3 | 17,49 | 139 | van Beek | Lea | w | OT-Bremen | 2000 | 40 |
| 4 | 17,51 | 140 | van Beek | Frederike | w | OT-Bremen | 2000 | 35 |
| 5 | 18,01 | 134 | König | Anna | w | 1. TCO "Die Bären" | 2000 | 30 |
| 6 | 18,59 | 132 | Saß | Hanna Lena | w | Tria Team Buxtehude | 2000 | 25 |

männl. Jugend B

400m Schwimmen - 3 Km Laufen

2001/2000

| Platz | Zeit | Startnr. | Name | Vorname | m/w | Verein | JG | Punkte |
|-------|---------|----------|-------------|------------|-----|------------------------|------|--------|
| | in Min. | | | | | | | |
| 1 | 15,16 | 147 | Frenz | Keno | m | TuS Rotenburg | 2000 | 50 |
| 2 | 15,34 | 146 | Voss | Fabian | m | Tria Team Buxtehude | 2001 | 45 |
| 3 | 15,38 | 156 | Winter | Jonas | m | Stader SV | 2000 | 40 |
| 4 | 15,39 | 159 | Hannawald | Finn | m | 1.TCO "Die Bären" | 2000 | 35 |
| 5 | 16,01 | 149 | Feldberg | Jan-Erik | m | VfL Wingst | 2000 | 30 |
| 6 | 16,21 | 155 | Hagenah | Nico | m | Stader SV | 2000 | 25 |
| 7 | 16,23 | 153 | Eversen | Jeroen | m | Stader SV | 2000 | 20 |
| 8 | 16,25 | 148 | Simon | Paul | m | Stader SV | 2001 | 18 |
| 9 | 16,31 | 154 | Eversen | Patrick | m | Stader SV | 2000 | 16 |
| 10 | 16,32 | 162 | Spiekermann | Peter | m | TV 01 Bohmte-Triathlon | 2001 | 14 |
| 11 | 17,01 | 157 | Flämig | Floyd | m | Tria Team Buxtehude | 2000 | 12 |
| 12 | 17,23 | 150 | Sahlke | Louis | m | Stader SV | 2001 | 10 |
| 13 | 17,25 | 145 | Lewerenz | Marten | m | Tria Team Buxtehude | 2001 | 9 |
| 14 | 17,31 | 158 | Föhse | Patrick | m | TV 01 Bohmte-Triathlon | 2000 | 8 |
| 15 | 17,56 | 151 | Haase | Maximilian | m | Tria Team Buxtehude | 2001 | 7 |
| 16 | 18,34 | 164 | Zander | Hendrik | m | Tria Team Buxtehude | 2001 | 6 |
| 17 | 18,47 | 152 | Monert | Lucas | m | 1.TCO "Die Bären" | 2000 | 5 |
| 18 | 19,11 | 163 | Murdfield | Niklas | m | 1.TCO "Die Bären" | 2001 | 4 |
| 19 | 20,51 | 161 | Nethen | Pascal | m | 1.TCO "Die Bären" | 2000 | 3 |



AXA - Versicherungsbüro
Gerd Brudermann, Stade



Kfz. - Team May, Stade





18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

weibl. Jugend A **400m Schwimmen - 4 Km Laufen** 1999/1998

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG |
|-------|-----------------|----------|-------|---------|-----|---------------|------|
| 1 | 18,49 | 170 | Frenz | Kyra | w | TuS Rotenburg | 1998 |
| 2 | 22,34 | 171 | Suhr | Rebecca | w | Stader SV | 1999 |
| 3 | 24,43 | 172 | Smidt | Louisa | w | VTB Varel | 1998 |

männl. Jugend A **400m Schwimmen - 4 Km Laufen** 1999/1998

| Platz | Zeit in Min. | Startnr. | Name | Vorname | m/w | Verein | JG |
|-------|-----------------|----------|---------------|---------|-----|---------------------|------|
| 1 | 20,12 | 175 | Becker | Felix | m | TSR Olympia WH | 1999 |
| 2 | 20,15 | 176 | Christiansen | Bo | m | Tria Team Buxtehude | 1999 |
| 3 | 22,47 | 177 | Hillmann-Apma | Jonas | m | TSV Schwarme | 1999 |



AXA - Versicherungsbüro
Gerd Brudermann, Stade



Kfz. - Team May, Stade





18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

Frauen

400m Schwimmen - 4 Km Laufen

1997 und älter

| Platz | Zeit | Startnr. | Name | Vorname | m/w | Verein | JG |
|-------|---------|----------|-----------|---------------|-----|------------------------|------|
| | in Min. | | | | | | |
| 1 | 21,41 | 202 | Lichtmess | Celine | w | Stader SV | 1997 |
| 2 | 21,49 | 214 | Zeidler | Katharina | w | Tria Team Buxtehude | 1995 |
| 3 | 22,01 | 205 | Jackel | Sandra | w | Turnverbund HH-Eilbeck | 1975 |
| 4 | 24,12 | 210 | Saß | Dr. Katharina | w | Tria Team Bux. | 1970 |
| 5 | 24,21 | 211 | Schulz | Alexa | w | Tria Team Buxtehude | 1972 |
| 6 | 24,41 | 212 | Suhr | Viktoria | w | Stader SV | 1996 |
| 7 | 24,52 | 209 | Brey | Heidi | w | Stader SV | 1967 |
| 8 | 25,19 | 207 | Fläming | Ulrike | w | Tria Team Buxtehude | 1973 |
| 9 | 26,34 | 213 | Thees | Marina | w | Blau-Weiss Buchholz | 1975 |

Männer

400m Schwimmen - 4 Km Laufen

1997 und älter

| Platz | Zeit | Startnr. | Name | Vorname | m/w | Verein | JG |
|-------|---------|----------|----------|-----------|-----|--------------------------|------|
| | in Min. | | | | | | |
| 1 | 17,56 | 231 | Sahlke | Max | m | Stader SV | 1997 |
| 2 | 18,34 | 233 | Elfers | Julian | m | Stader SV | 1994 |
| 3 | 19,26 | 235 | Wetzel | Steffen | m | Blau-Weiss Buchholz | 1975 |
| 4 | 19,32 | 247 | Heinssen | Erk | m | Buxtehude | 1962 |
| 5 | 19,41 | 224 | Sturm | Volker | m | Turnverbund HH-Eilbeck | 1965 |
| 6 | 19,51 | 223 | Tietjen | Jannes | m | Stader SV | 1997 |
| 7 | 20,11 | 248 | Lang | Daniel | m | Tria Team Schwarme | 1983 |
| 8 | 20,25 | 244 | Voss | Olaf | m | Tria Team Buxtehude | 1967 |
| 9 | 20,46 | 232 | Großer | Antoine | m | Stader SV | 1995 |
| 10 | 21,04 | 228 | Domagala | Dirk | m | Tria Team Bux. | 1971 |
| 11 | 22,11 | 246 | Rauba | Sebastian | m | Stade | 1983 |
| 12 | 22,15 | 243 | Kebbel | Markus | m | VSK Osterholz-Scharmbeck | 1969 |
| 13 | 22,26 | 221 | Saß | Jens | m | Tria Team Bux. | 1964 |
| 14 | 22,33 | 230 | Weiß | Georg | m | Tria Team Buxtehude | 1966 |
| 15 | 22,35 | 229 | Fläming | Peter | m | Tria Team Bux. | 1968 |
| 16 | 23,18 | 227 | Schulz | Markus | m | Tria Team Buxtehude | 1970 |
| 17 | 23,46 | 237 | Großer | Matthias | m | Stader SV | 1958 |
| 18 | 23,53 | 249 | Stättner | Sven | m | Tria Team Buxtehude | 1967 |
| 19 | 24,07 | 245 | Hadler | Carsten | m | Tria Team Buxtehude | 1968 |
| 20 | 25,29 | 222 | Lohmann | Hinnerk | m | TuS Rotenburg | 1996 |
| 21 | 25,49 | 241 | Eversen | Jan | m | Stader SV | 1965 |
| 22 | 26,27 | 239 | Plenge | Erik | m | TSV Schwarme | 1965 |
| 23 | 26,51 | 220 | Arechaga | Joaquin | m | Jork | 1972 |
| 24 | 30,35 | 240 | Greb | Horst | m | TSR Olympia WH | 1938 |



AXA - Versicherungsbüro
Gerd Brudermann, Stade



Kfz. - Team May, Stade





18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

Staffel 4x 100m Schwimmen - 500 m Laufen 2001 und älter

| Platz | Zeit in Min. | Startnr. | Name | Team |
|-------|-----------------|----------|---|--------------------------------|
| 1 | 15,28 | 5 | Jonas Winter Nico Hagenah Jeroen Eversen Patrick Eversen | Triathlon Deluxe |
| 2 | 15,51 | 14 | Matthias Großer Max Sahlke Jannes Tietjen Antoine Großer | Unsere Lieblingsstaffel |
| 3 | 15,51 | 16 | Marten Lewerenz Floyd Flämig Maximilian Haase Fabian Voss | FFF Maxi |
| 4 | 16,34 | 13 | Noria Pilarski Hanna Lena Saß Anne Hubenet Katharina Zeidler | Mutti und ihre 3 jungen Hüpfen |
| 5 | 17,33 | 17 | Marie Fischer Jenna Brühl Romina Brors Lina Fischer | Die schnellen Schnecken |
| 6 | 18,46 | 3 | Viktoria Suhr Hannah Ney Rebecca Suhr Celine Lichtmess | Wasserläufer |
| 7 | 19,51 | 9 | Sandra Junge Sven Reiser Stephan Maywald Rainer Becker | Lachmöwen |



AXA - Versicherungsbüro
Gerd Brudermann, Stade



Kfz. - Team May, Stade





18. Swim u. Run

am 23. Mai 2015 in Stade

Veranstalter: Stader Schwimmverein



Ergebnisliste

| | | | | |
|----|-------|----|--|--------------------------------|
| 8 | 20,41 | 12 | Lucas Tietjen Paul Simon Louis Sahlke Heidi Brey | Gemischtes Team Stade 2 |
| 9 | 21,17 | 2 | Wolfgang Mücke Kerstin Mücke Jörg Straube Uta Elfers | Oldies but Goldies |
| 10 | 23,38 | 6 | Olaf Tietjen Klaus-Peter Mieviel Cord Schofeld Harald Simon | Da kommt noch was |
| 11 | 23,41 | 7 | Manfred Zyber Iris Sahlke Martina Neumann Jan Eversen | Gemischtes Team Stade 1 |

