

# Results

## 3rd Race

500 + 2.000 + 1.000 + 5.000 meters

6th - 8th August 2021



[www.alster-ergo-cup.de](http://www.alster-ergo-cup.de)

Place	Name	Club/Team	Nationality	Class	Distance	Time			Deviation	
						Absolut	Split	Referenz	Single	Average
1	Laura Ghioldi	Circolo Canottieri Roma	ITA	FLwt30-39	500	00:01:54,4	00:01:54,4	00:01:33,2	22,75%	20,87%
				FLwt30-39	2000	00:08:16,7	00:02:04,2	00:06:56,7	19,20%	
				FLwt30-39	1000	00:04:07,4	00:02:03,7	00:03:18,8	24,45%	
				FLwt30-39	5000	00:21:27,7	00:02:08,8	00:18:19,8	17,08%	
2	Sebastian Prenißl	Kein Verein	GER	MLwt30-39	500	00:01:36,6	00:01:36,6	00:01:19,5	21,51%	21,24%
				MLwt30-39	2000	00:07:25,4	00:01:51,3	00:06:06,4	21,56%	
				MLwt30-39	1000	00:03:36,0	00:01:48,0	00:02:57,9	21,42%	
				MLwt30-39	5000	00:19:04,2	00:01:54,4	00:15:49,6	20,49%	
3	Karl Heinz Arent	Post-Sportverein Koblenz	GER	MHwt60-69	500	00:01:42,6	00:01:42,6	00:01:22,0	25,12%	21,81%
				MHwt60-64	2000	00:07:37,8	00:01:54,5	00:06:20,7	20,25%	
				MHwt60-69	1000	00:03:50,6	00:01:55,3	00:02:59,6	28,40%	
				MHwt60-69	5000	00:19:17,9	00:01:55,8	00:17:00,5	13,46%	
4	Andrea Faganello	TSV Herrsching	GER	FHwt50-59	500	00:01:51,7	00:01:51,7	00:01:34,1	18,70%	23,96%
				FHwt50-54	2000	00:08:46,9	00:02:11,7	00:06:58,0	26,05%	
				FHwt50-59	1000	00:04:20,9	00:02:10,5	00:03:23,6	28,14%	
				FHwt50-59	5000	00:23:00,7	00:02:18,1	00:18:43,2	22,93%	
5	Henning Schnell	Lüneburger Ruderclub WIKING von 1875 e.V.	GER	MHwt50-59	500	00:01:38,0	00:01:38,0	00:01:13,7	32,97%	24,38%
				MHwt55-59	2000	00:07:25,9	00:01:51,5	00:06:12,6	19,67%	
				MHwt50-59	1000	00:03:34,5	00:01:47,3	00:02:49,2	26,77%	
				MHwt50-59	5000	00:19:08,0	00:01:54,8	00:16:11,9	18,12%	

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						Absolut	Split	Referenz	Single	Average
6	Jörg Oppor	Freiherr-vom-Stein-Yacht-Club e.V.	GER	MHwt60-69	500	00:01:40,4	00:01:40,4	00:01:22,0	22,44%	25,16%
				MHwt60-64	2000	00:08:10,9	00:02:02,7	00:06:20,7	28,95%	
				MHwt60-69	1000	00:03:53,9	00:01:57,0	00:02:59,6	30,23%	
				MHwt60-69	5000	00:20:14,8	00:02:01,5	00:17:00,5	19,04%	
7	Steffen Schoenhut	Lufthansa Sportverein Hamburg e.V.	GER	MLwt30-39	500	00:01:38,0	00:01:38,0	00:01:19,5	23,27%	25,78%
				MLwt30-39	2000	00:07:47,9	00:01:57,0	00:06:06,4	27,70%	
				MLwt30-39	1000	00:03:43,5	00:01:51,8	00:02:57,9	25,63%	
				MLwt30-39	5000	00:20:01,2	00:02:00,1	00:15:49,6	26,50%	
8	Susan Young	SUB 7 IRC Members	GBR	FHwt50-59	500	00:02:04,9	00:02:04,9	00:01:34,1	32,73%	28,18%
				FHwt55-59	2000	00:09:04,0	00:02:16,0	00:07:10,1	26,48%	
				FHwt50-59	1000	00:04:24,8	00:02:12,4	00:03:23,6	30,06%	
				FHwt50-59	5000	00:23:06,4	00:02:18,6	00:18:43,2	23,43%	
9	Jennifer Holtermann	Vereinslos	GER	FHwt30-39	500	00:01:50,2	00:01:50,2	00:01:27,9	25,37%	29,88%
				FHwt30-39	2000	00:08:38,4	00:02:09,6	00:06:25,6	34,44%	
				FHwt30-39	1000	00:04:14,0	00:02:07,0	00:03:15,5	29,92%	
				FHwt30-39	5000	00:22:27,3	00:02:14,7	00:17:18,2	29,77%	
10	Tanja Dohse	USC Kiel	GER	FHwt50-59	500	00:02:07,1	00:02:07,1	00:01:34,1	35,07%	31,14%
				FHwt55-59	2000	00:09:16,2	00:02:19,1	00:07:10,1	29,32%	
				FHwt50-59	1000	00:04:29,4	00:02:14,7	00:03:23,6	32,32%	
				FHwt50-59	5000	00:23:56,1	00:02:23,6	00:18:43,2	27,86%	

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						Absolut	Split	Referenz	Single	Average
11	Simon Beck	Kein Verein	GER	MLwt30-39	500	00:01:49,2	00:01:49,2	00:01:19,5	37,36%	36,23%
				MLwt30-39	2000	00:08:05,7	00:02:01,4	00:06:06,4	32,56%	
				MLwt30-39	1000	00:04:07,5	00:02:03,8	00:02:57,9	39,12%	
				MLwt30-39	5000	00:21:30,3	00:02:09,0	00:15:49,6	35,88%	
12	Christian Koth	Freiherr-vom-Stein-Yacht-Club e.V.	GER	MHwt40-49	500	00:01:45,2	00:01:45,2	00:01:13,7	42,74%	44,13%
				MHwt40-49	2000	00:08:17,7	00:02:04,4	00:05:47,8	43,10%	
				MHwt40-49	1000	00:04:00,3	00:02:00,2	00:02:41,5	48,79%	
				MHwt40-49	5000	00:21:40,2	00:02:10,0	00:15:16,4	41,88%	
13	Michael Schatt	Segeberger Ruderclub von 1926 e.V.	GER	MHwt50-59	500	00:01:58,2	00:01:58,2	00:01:13,7	60,38%	45,43%
				MHwt55-59	2000	00:08:24,2	00:02:06,1	00:06:12,6	35,32%	
				MHwt50-59	1000	00:04:12,5	00:02:06,2	00:02:49,2	49,23%	
				MHwt50-59	5000	00:22:09,3	00:02:12,9	00:16:11,9	36,77%	
14	Michael Marggraf	CrossFit Bonn	GER	MLwt60-69	500	00:02:09,5	00:02:09,5	00:01:27,5	48,00%	46,27%
				MLwt65-69	2000	00:09:32,5	00:02:23,1	00:06:51,0	39,29%	
				MLwt60-69	1000	00:04:47,5	00:02:23,8	00:03:11,4	50,21%	
				MLwt60-69	5000	00:25:43,9	00:02:34,4	00:17:26,3	47,56%	
15	Sönke Jensen	Ruder-Gesellschaft HANSA e.V.	GER	MHwt40-49	500	00:02:01,4	00:02:01,4	00:01:13,7	64,72%	49,79%
				MHwt40-49	2000	00:08:22,0	00:02:05,5	00:05:47,8	44,34%	
				MHwt40-49	1000	00:03:58,3	00:01:59,2	00:02:41,5	47,55%	
				MHwt40-49	5000	00:21:46,3	00:02:10,6	00:15:16,4	42,55%	

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						Absolut	Split	Referenz	Single	Average
DNS	Andrew Morrison	Tadworth AC	GBR	MHwt60-69	500	X	00:00:00,0	00:01:22,0	X	X
				MHwt65-69	2000		00:00:00,0	00:06:35,3		
				MHwt60-69	1000		00:00:00,0	00:02:59,6		
				MHwt60-69	5000		00:00:00,0	00:17:00,5		
DNS	Benjamin Reuter	SG Athletico Büdelsdorf e.V.	GER	MHwt30-39	500	X	00:00:00,0	00:01:10,5	X	X
				MHwt30-39	2000		00:00:00,0	00:05:36,6		
				MHwt30-39	1000		00:00:00,0	00:02:39,5		
				MHwt30-39	5000		00:00:00,0	00:14:58,3		
DNS	Benjamin Saupe	Crossfit Jena	GER	MHwt30-39	500	X	00:00:00,0	00:01:10,5	X	X
				MHwt30-39	2000		00:00:00,0	00:05:36,6		
				MHwt30-39	1000		00:00:00,0	00:02:39,5		
				MHwt30-39	5000		00:00:00,0	00:14:58,3		
DNS	Bert Langbehn	Segeberger Ruderclub von 1926 e.V.	GER	MHwt50-59	500	X	00:00:00,0	00:01:13,7	X	X
				MHwt55-59	2000		00:00:00,0	00:06:12,6		
				MHwt50-59	1000		00:00:00,0	00:02:49,2		
				MHwt50-59	5000		00:00:00,0	00:16:11,9		
DNS	Björn Schulze-Gülich	Ruderverein Wandsbek e.V.	GER	MHwt40-49	500	X	00:00:00,0	00:01:13,7	X	X
				MHwt40-49	2000		00:00:00,0	00:05:47,8		
				MHwt40-49	1000		00:00:00,0	00:02:41,5		
				MHwt40-49	5000		00:00:00,0	00:15:16,4		

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						Absolut	Split	Referenz	Single	Average
DNS	Hannes Hase-Bergen	Stuttgarter Rudergesellschaft von 1899 e.V.	GER	MHwt50-59	500	X	00:00:00,0	00:01:13,7	X	X
				MHwt55-59	2000		00:00:00,0	00:06:12,6		
				MHwt50-59	1000		00:00:00,0	00:02:49,2		
				MHwt50-59	5000		00:00:00,0	00:16:11,9		
DNS <sup>(2)</sup>	Katrin Weber	1. FC Einzelkämpferin	GER	FLwt50-59	500	X	00:00:00,0	00:01:39,4	X	X
				FLwt50-54	2000		00:00:00,0	00:07:18,3		
				FLwt50-59	1000		00:00:00,0	00:03:29,8		
				FLwt50-59	5000		00:00:00,0	00:18:54,9		
DNS	Laura Gnotke	Ruder-Gesellschaft HANSA e.V.	GER	FLwt30-39	500	X	00:00:00,0	00:01:33,2	X	X
				FLwt30-39	2000		00:00:00,0	00:06:56,7		
				FLwt30-39	1000		00:00:00,0	00:03:18,8		
				FLwt30-39	5000		00:00:00,0	00:18:19,8		
DNS	Lora Margerison	Ergomotion	GBR	FHwt30-39	500	X	00:00:00,0	00:01:27,9	X	X
				FHwt30-39	2000		00:00:00,0	00:06:25,6		
				FHwt30-39	1000		00:00:00,0	00:03:15,5		
				FHwt30-39	5000		00:00:00,0	00:17:18,2		
DNS	Matthias Mayer	Rudergesellschaft Wiesbaden-Biebrich	GER	MHwt50-59	500	X	00:00:00,0	00:01:13,7	X	X
				MHwt55-59	2000		00:00:00,0	00:06:12,6		
				MHwt50-59	1000		00:00:00,0	00:02:49,2		
				MHwt50-59	5000		00:00:00,0	00:16:11,9		

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						Absolut	Split	Referenz	Single	Average
DNS	Nathalie Francoise	Kein Verein	FRA	FHwt50-59	500	X	00:00:00,0	00:01:34,1	X	X
				FHwt55-59	2000		00:00:00,0	00:07:10,1		
				FHwt50-59	1000		00:00:00,0	00:03:23,6		
				FHwt50-59	5000		00:00:00,0	00:18:43,2		
DNS	Paul Morton	SUB 7 IRC Members	GBR	MLwt50-59	500	X	00:00:00,0	00:01:22,3	X	X
				MLwt50-54	2000		00:00:00,0	00:06:25,0		
				MLwt50-59	1000		00:00:00,0	00:03:03,0		
				MLwt50-59	5000		00:00:00,0	00:16:46,3		
DNS	Peter Heilsberg	Saxonia Allround Rowing Club	GER	MHwt50-59	500	X	00:00:00,0	00:01:13,7	X	X
				MHwt50-54	2000		00:00:00,0	00:06:01,7		
				MHwt50-59	1000		00:00:00,0	00:02:49,2		
				MHwt50-59	5000		00:00:00,0	00:16:11,9		
DNS	Petra Wingen	Kölner Ruderverein von 1877 e.V.	GER	FLwt50-59	500	X	00:00:00,0	00:01:39,4	X	X
				FLwt50-54	2000		00:00:00,0	00:07:18,3		
				FLwt50-59	1000		00:00:00,0	00:03:29,8		
				FLwt50-59	5000		00:00:00,0	00:18:54,9		
DNS <sup>(1)</sup>	Rocco Hoffmann	ohne Verein	GER	MHwt40-49	500	X	00:00:00,0	00:01:13,7	X	X
				MHwt40-49	2000		00:00:00,0	00:05:47,8		
				MHwt40-49	1000		00:00:00,0	00:02:41,5		
				MHwt40-49	5000		00:00:00,0	00:15:16,4		

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DNS	Ulrike Tschirner	Argo Athletics	GER	FLwt30-39	500	X	00:00:00,0	00:01:33,2	X	X
				FLwt30-39	2000		00:00:00,0	00:06:56,7		
				FLwt30-39	1000		00:00:00,0	00:03:18,8		
				FLwt30-39	5000		00:00:00,0	00:18:19,8		

(1) Augletics Rower      (2) Crivit Rower  
All other participants with Concept2 Rower