

## Übersicht der Ergebnisse

### 38. Heinz-Lenfert-Pokal

am 09./10.09.2023 in Ahlen

Name	Jg	M/W	Strecke	Zeit	Platz	Rek
Aaron Seitz	2008	M	200 F	02:32,51	6	PBZ
			200 S	03:11,79	2	PBZ
			50 F	00:31,82	6	PBZ
			100 R	01:26,49	3	PBZ
			100 F	01:09,74	7	PBZ
Anja Rybka	2012	W	200 F	03:04,60	2	PBZ
			100 B	01:36,18	2	PBZ
			200 B	03:24,11	2	PBZ
Ben Polanski	2011	M	200 F	02:37,52	3	PBZ
			100 L	01:23,19	4	PBZ
			100 S	01:29,52	1	PBZ
			200 R	02:58,76	3	PBZ
			100 R	01:24,12	4	PBZ
			100 F	01:13,97	2	PBZ
Cem Herdemerten	2014	M	200 F	04:16,06	3	PBZ
			200 B	04:50,03	2	PBZ
Devin Maksak	2015	M	200 F	03:59,12	1	PBZ
			50 R	00:52,79	1	PBZ
			200 R	04:07,10	1	PBZ
			50 F	00:52,36	2	PBZ
Erik Kretschmer	2013	M	200 F	03:24,98	3	PBZ
			100 B	02:01,72	3	PBZ
			50 B	00:55,67	3	PBZ
			200 R	03:48,46	1	PBZ
			100 R	01:52,30	2	PBZ
			100 F	01:38,33	2	PBZ
Felix Grundmann	2013	M	200 F	03:11,13	2	PBZ
			100 L	01:44,22	3	PBZ
			50 R	00:50,56	1	
Fiona Schneider	2013	W	200 F	02:55,92	1	PBZ
			100 L	01:30,32	1	PBZ
			100 B	01:43,28	1	PBZ
Frederike Stubbe	2012	W	50 B	00:43,68	2	
			200 B	03:39,84	4	PBZ
			200 L	03:40,19	4	PBZ
			100 F	01:38,63	5	
			50 B	00:42,98	3	PBZ

Gideon Seitz	2008	M	200 F	02:33,89	7	PBZ
			200 S	03:14,70	3	PBZ
			200 R	02:50,19	2	PBZ
			50 F	00:30,64	5	PBZ
			100 R	01:20,58	2	PBZ
			100 F	01:11,17	8	PBZ
Greta Freck	2010	W	100 S	01:40,81	5	PBZ
			200 B	03:22,99	2	PBZ
			100 R	01:31,88	6	PBZ
			100 F	01:21,27	7	PBZ
Helen Freck	2007	W	200 R	02:43,15	3	PBZ
			50 F	00:29,44	4	PBZ
			100 R	01:16,12	3	
			100 F	01:03,76	3	
Isabell Gesing	2012	W	100 S	01:36,26	2	PBZ
			200 R	03:22,98	1	PBZ
			100 R	01:36,94	1	PBZ
			100 F	01:24,25	2	PBZ
Jan Kapica	2010	M	200 F	02:50,75	7	PBZ
			100 L	01:27,74	4	PBZ
			100 B	01:35,13	3	PBZ
Johannes Elfert	2007	M	200 F	02:23,81	3	PBZ
			50 R	00:32,55	2	
			100 S	01:17,72	1	PBZ
			50 F	00:29,01	2	
			100 R	01:11,37	2	PBZ
			100 F	01:03,40	3	PBZ
			50 R	00:32,57	6	
Jolina Maksak	2012	W	200 F	03:25,25	4	PBZ
			100 B	01:58,55	5	PBZ
			50 B	00:53,44	4	PBZ
			200 B	04:15,06	5	PBZ
Jorina Czechleba	2011	W	200 F	02:52,06	5	PBZ
			100 L	01:30,66	4	PBZ
			100 S	01:34,10	2	PBZ
			50 F	00:34,35	5	
			100 R	01:33,15	7	PBZ
			100 F	01:19,15	3	
			50 F	00:33,95	4	PBZ
Lara Kapica	2013	W	200 F	03:34,54	5	PBZ
			100 L	01:37,18	2	PBZ
			50 R	00:44,44	1	PBZ

Leeven Hartmeyer	2010	M	200 F	02:49,59	5	PBZ
			100 L	01:28,21	5	PBZ
			100 S	01:38,43	3	PBZ
			50 F	00:34,03	7	PBZ
			100 R	01:29,04	4	PBZ
Lena Gesing	2009	W	100 S	01:34,10	5	SBZ
			200 R	02:59,17	4	PBZ
			100 R	01:24,68	7	SBZ
			100 F	01:15,72	9	SBZ
Leona Fenske	2009	W	200 F	02:43,88	7	PBZ
			100 B	01:33,37	4	
			100 S	01:24,52	1	PBZ
			100 R	01:23,34	5	PBZ
			100 F	01:11,99	6	PBZ
Mats Ruppel	2015	M	200 F	04:59,70	3	PBZ
			100 B	02:22,14	4	PBZ
			50 B	01:02,65	3	PBZ
			50 F	01:08,83	8	
Max Henrik Preuß	2006	M	100 L	01:02,64	1	
			50 R	00:28,50	1	
			200 R	02:16,51	1	VR
			50 F	00:25,66	2	PBZ
			100 R	01:01,62	1	VR
			100 F	00:55,12	1	VR
			50 R	00:28,65	1	
			50 F	00:25,72	2	
Mika Nillmaier	2014	M	100 R	02:03,10	3	
			100 F	01:44,47	2	PBZ
Nela Freitag	2015	W	200 F	03:41,59	2	PBZ
			100 B	02:13,79	3	PBZ
			100 R	01:59,44	1	PBZ
			100 F	01:44,82	1	PBZ
Nina Hantrop	2008	W	200 F	02:28,61	1	PBZ
			100 B	01:30,77	2	
			100 S	01:17,23	2	PBZ
			50 F	00:30,90	1	PBZ
			200 L	02:49,58	2	SR
			100 F	01:09,22	2	
Sirina Adam	2015	W	200 F	03:39,53	1	PBZ
			100 B	02:04,55	1	PBZ
			200 R	04:01,25	1	PBZ

Paul Stöveken	2009	M	200 F	03:17,96	7	PBZ
			100 B	01:36,79	5	PBZ
			50 B	00:43,82	4	PBZ
			200 B	03:24,78	5	PBZ
			100 R	01:33,72	4	PBZ
			100 F	01:30,63	6	PBZ
Shawn Makowski	2008	M	200 F	02:30,12	5	PBZ
			100 B	01:21,97	4	
			100 S	01:13,51	1	PBZ
			200 B	02:59,35	2	PBZ
			100 R	01:16,93	1	
			100 F	01:04,28	5	
Simon Kühler	2013	M	200 F	03:51,05	5	PBZ
			50 R	01:00,77	4	PBZ
			100 B	02:09,29	4	
Zoé Polanski	2011	W	200 F	02:43,08	1	PBZ
			100 B	01:34,74	2	PBZ
			100 S	01:41,69	4	PBZ
			200 B	03:24,25	2	PBZ
			100 R	01:32,35	6	PBZ
			100 F	01:20,81	4	