

Results

5th Race

10.000 + 500 + 2.000 meters

2nd - 4th Oct 2020



www.alster-ergo-cup.de

Place	Name	Club/Team	Nationality	Class	Distance	Time			Deviation	
						Absolut	Split	Referenz	Single	Average
1	Dénia Amon	RC Hansa von 1898 e.V. Dortmund (GER)	GER	FLwt50-59	10000	00:45:35,9	00:02:16,8	00:38:54,7	17,18%	17,82%
				FLwt50-59	500	00:01:59,0	00:01:59,0	00:01:39,4	19,72%	
				FLwt50-54	2000	00:08:30,9	00:02:07,7	00:07:18,3	16,56%	
2	Warren Matthews	SUB 7 IRC Members	GBR	MHwt50-59	10000	00:36:53,3	00:01:50,7	00:33:17,1	10,83%	17,92%
				MHwt50-59	500	00:01:33,8	00:01:33,8	00:01:13,7	27,27%	
				MHwt50-54	2000	00:06:58,3	00:01:44,6	00:06:01,7	15,65%	
3	Axel Zimmermann	Rostocker Ruder-Club von 1885 e.V.	GER	MHwt50-59	10000	00:37:49,4	00:01:53,5	00:33:17,1	13,63%	18,84%
				MHwt50-59	500	00:01:34,2	00:01:34,2	00:01:13,7	27,82%	
				MHwt50-54	2000	00:06:56,2	00:01:44,1	00:06:01,7	15,07%	
4	Pierre Clement	French Indoor Rowers Team	FRA	MHwt60-69	10000	00:39:15,0	00:01:57,8	00:34:47,8	12,80%	19,65%
				MHwt60-69	500	00:01:43,9	00:01:43,9	00:01:22,0	26,71%	
				MHwt60-64	2000	00:07:34,7	00:01:53,7	00:06:20,7	19,44%	
5	Laura Ghioldi	Anderer / other Sporting Life Mentana	ITA	FLwt30-39	10000	00:43:00,8	00:02:09,0	00:37:43,9	14,00%	19,90%
				FLwt30-39	500	00:01:58,0	00:01:58,0	00:01:33,2	26,61%	
				FLwt30-39	2000	00:08:16,2	00:02:04,1	00:06:56,7	19,08%	
6	Dirk Pfaffe	Neuruppiner Ruder Club e.V.	GER	MLwt40-49	10000	00:39:06,1	00:01:57,3	00:34:18,2	13,99%	20,04%
				MLwt40-49	500	00:01:46,6	00:01:46,6	00:01:22,7	28,90%	
				MLwt40-49	2000	00:07:18,5	00:01:49,6	00:06:14,0	17,25%	
7	Benjamin Reuter	SG Athletico Büdelsdorf e.V.	GER	MHwt30-39	10000	00:34:24,7	00:01:43,2	00:31:05,2	10,70%	21,04%
				MHwt30-39	500	00:01:34,5	00:01:34,5	00:01:10,5	34,04%	
				MHwt30-39	2000	00:06:38,5	00:01:39,6	00:05:36,6	18,39%	

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8	Jörg Oppor	Freiherr-vom-Stein-Yacht-Club e.V.	GER	MHwt60-69	10000	00:39:57,1	00:01:59,9	00:34:47,8	14,81%	
				MHwt60-69	500	00:01:42,1	00:01:42,1	00:01:22,0	24,51%	21,48%
				MHwt60-64	2000	00:07:56,3	00:01:59,1	00:06:20,7	25,11%	
9*	Berend van Wachem	USC Magdeburg	NED	MHwt40-49	10000	00:36:53,9	00:01:50,7	00:32:49,8	12,39%	
				MHwt40-49	500	00:01:39,1	00:01:39,1	00:01:13,7	34,46%	21,60%*
				MHwt40-49	2000	00:06:50,2	00:01:42,6	00:05:47,8	17,94%	
10	Peter Heilsberg	Saxonia Allround Rowing Club	GER	MHwt50-59	10000	00:39:32,2	00:01:58,6	00:33:17,1	18,78%	
				MHwt50-59	500	00:01:35,4	00:01:35,4	00:01:13,7	29,44%	22,31%
				MHwt50-54	2000	00:07:09,3	00:01:47,3	00:06:01,7	18,69%	
11	Lukas Nitzsche	Bernburger Ruderclub e.V.	GER	MHwt19-29	10000	00:37:58,0	00:01:53,9	00:31:24,3	20,89%	
				MHwt19-29	500	00:01:28,8	00:01:28,8	00:01:10,5	25,96%	24,18%
				MHwt19-29	2000	00:07:02,1	00:01:45,5	00:05:35,8	25,70%	
12	Malte Hein	Ruderclub Allemannia von 1866 e. V.	GER	MLwt19-29	10000	00:37:54,3	00:01:53,7	00:33:07,1	14,45%	
				MLwt19-29	500	00:01:44,3	00:01:44,3	00:01:19,8	30,70%	24,37%
				MLwt19-29	2000	00:07:36,4	00:01:54,1	00:05:56,7	27,95%	
13	Henning Schnell	SUB 7 IRC Members	GER	MHwt50-59	10000	00:37:55,7	00:01:53,8	00:33:17,1	13,95%	
				MHwt50-59	500	00:01:37,3	00:01:37,3	00:01:13,7	32,02%	24,90%
				MHwt50-54	2000	00:07:45,6	00:01:56,4	00:06:01,7	28,73%	
14	Frank Raschke	Auriol Kensington Rowing Club	GER	MHwt50-59	10000	00:38:28,2	00:01:55,4	00:33:17,1	15,58%	
				MHwt50-59	500	00:01:45,5	00:01:45,5	00:01:13,7	43,15%	26,04%
				MHwt50-59	2000	00:07:24,9	00:01:51,2	00:06:12,6	19,40%	

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15	Thomas Fuß	ohne Verein - "Glückstadt"	GER	MLwt50-59	10000	00:41:24,2	00:02:04,2	00:34:23,0	20,42%	
				MLwt50-59	500	00:01:54,9	00:01:54,9	00:01:22,3	39,61%	27,24%
				MLwt50-54	2000	00:07:48,5	00:01:57,1	00:06:25,0	21,69%	
16	Laura Gnotke	Ruder-Gesellschaft HANSA e.V.	GER	FLwt30-39	10000	00:44:13,6	00:02:12,7	00:37:43,9	17,21%	
				FLwt30-39	500	00:02:04,8	00:02:04,8	00:01:33,2	33,91%	28,26%
				FLwt30-39	2000	00:09:17,0	00:02:19,3	00:06:56,7	33,67%	
17	Michael Königs	Silent Water Neufeld	GER	MLwt50-59	10000	00:42:53,3	00:02:08,7	00:34:23,0	24,74%	
				MLwt50-59	500	00:01:54,1	00:01:54,1	00:01:22,3	38,64%	28,98%
				MLwt55-59	2000	00:08:01,4	00:02:00,4	00:06:29,6	23,56%	
18	Andrew Morrison	Anderer / other No club	GBR	MHwt60-69	10000	00:41:58,9	00:02:05,9	00:34:47,8	20,65%	
				MHwt60-69	500	00:01:57,8	00:01:57,8	00:01:22,0	43,66%	31,02%
				MHwt65-69	2000	00:08:29,0	00:02:07,2	00:06:35,3	28,76%	
19	Hannes Schwarz	Anderer / other Schachfreunde Bischofswerda e.V.	GER	MHwt30-39	10000	00:37:30,8	00:01:52,5	00:31:05,2	20,67%	
				MHwt30-39	500	00:01:43,8	00:01:43,8	00:01:10,5	47,23%	32,44%
				MHwt30-39	2000	00:07:15,6	00:01:48,9	00:05:36,6	29,41%	
20	Hannes Hase-Bergen	Stuttgarter Rudergesellschaft von 1899 e.V.	GER	MHwt50-59	10000	00:37:56,5	00:01:53,8	00:33:17,1	13,99%	
				MHwt50-59	500	00:01:53,3	00:01:53,3	00:01:13,7	53,73%	32,82%
				MHwt50-54	2000	00:07:52,9	00:01:58,2	00:06:01,7	30,74%	
21	Jan Borkenstein	Gesund durch Rudern (Facebook)	GER	MHwt40-49	10000	00:41:23,2	00:02:04,2	00:32:49,8	26,06%	
				MHwt40-49	500	00:01:41,3	00:01:41,3	00:01:13,7	37,45%	33,08%
				MHwt40-49	2000	00:07:52,1	00:01:58,0	00:05:47,8	35,74%	

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22	Christian Alm	Ruderverein Erlangen e.V. 1911	GER	MHwt30-39	10000	00:38:07,2	00:01:54,4	00:31:05,2	22,62%	34,53%
				MHwt30-39	500	00:01:46,2	00:01:46,2	00:01:10,5	50,64%	
				MHwt30-39	2000	00:07:18,7	00:01:49,7	00:05:36,6	30,33%	
23	Petra Wingen	Kölner Ruderverein von 1877 e.V.	GER	FLwt50-59	10000	00:53:19,9	00:02:40,0	00:38:54,7	37,06%	34,79%
				FLwt50-59	500	00:02:12,1	00:02:12,1	00:01:39,4	32,90%	
				FLwt50-54	2000	00:09:49,2	00:02:27,3	00:07:18,3	34,43%	
24	Bert Langbehn	Segeberger Ruderclub von 1926 e.V.	GER	MHwt50-59	10000	00:41:11,9	00:02:03,6	00:33:17,1	23,77%	35,25%
				MHwt50-59	500	00:01:48,6	00:01:48,6	00:01:13,7	47,35%	
				MHwt50-54	2000	00:08:06,9	00:02:01,7	00:06:01,7	34,61%	
25	Michael Marggraf	CrossFit Bonn	GER	MLwt60-69	10000	00:45:18,4	00:02:15,9	00:35:54,7	26,16%	36,55%
				MLwt60-69	500	00:02:14,1	00:02:14,1	00:01:27,5	53,26%	
				MLwt65-69	2000	00:08:55,2	00:02:13,8	00:06:51,0	30,22%	
26	Matej Čambal	VK Slávia STU Bratislava	SVK	MHwt30-39	10000	00:38:51,5	00:01:56,6	00:31:05,2	25,00%	37,41%
				MHwt30-39	500	00:01:42,8	00:01:42,8	00:01:10,5	45,82%	
				MHwt30-39	2000	00:07:56,0	00:01:59,0	00:05:36,6	41,41%	
27	Sönke Jensen	Ruder-Gesellschaft HANSA e.V.	GER	MHwt40-49	10000	00:43:05,5	00:02:09,3	00:32:49,8	31,26%	38,76%
				MHwt40-49	500	00:01:44,9	00:01:44,9	00:01:13,7	42,33%	
				MHwt40-49	2000	00:08:16,3	00:02:04,1	00:05:47,8	42,70%	
28	Sascha Mörth	Crossfit Wolfsburg	GER	MHwt40-49	10000	00:41:27,2	00:02:04,4	00:32:49,8	26,27%	41,11%
				MHwt40-49	500	00:01:57,6	00:01:57,6	00:01:13,7	59,57%	
				MHwt40-49	2000	00:07:58,2	00:01:59,6	00:05:47,8	37,49%	

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29	Myriam Langbehn	Segeberger Ruderclub von 1926 e.V.	GER	FHwt50-59	10000	00:52:48,8	00:02:38,4	00:38:33,0	37,00%	
				FHwt50-59	500	00:02:19,4	00:02:19,4	00:01:34,1	48,14%	42,45%
				FHwt50-54	2000	00:09:54,4	00:02:28,6	00:06:58,0	42,20%	
30	Michael Schatt	SG Förde Sparkasse Kiel e.V.	GER	MHwt50-59	10000	00:45:28,4	00:02:16,4	00:33:17,1	36,62%	
				MHwt50-59	500	00:02:05,8	00:02:05,8	00:01:13,7	70,69%	50,33%
				MHwt55-59	2000	00:08:55,3	00:02:13,8	00:06:12,6	43,67%	
31	Max Burger	Heidelberger Ruderklub 1872 e.V.	GER	MHwt40-49	10000	00:41:29,8	00:02:04,5	00:32:49,8	26,40%	
				MHwt40-49	500	00:02:47,1	00:02:47,1	00:01:13,7	126,73%	62,82%
				MHwt40-49	2000	00:07:50,7	00:01:57,7	00:05:47,8	35,34%	
DNS	Anna Muehle	Engine by Carson	GER	FHwt30-39	10000	DNS	DNS	00:35:33,0		
				FHwt30-39	500			00:01:27,9		
				FHwt30-39	2000			00:06:25,6		
DNS	Anne Fournier	Aviron Valentinois	FRA	FHwt40-49	10000	DNS	DNS	00:38:03,1		
				FHwt40-49	500			00:01:28,7		
				FHwt40-49	2000			00:06:48,2		
DNS	Besen Wagen	ohne Verein - "Faulteam"	GER	MLwt30-39	10000	DNS	DNS	00:32:54,2		
				MLwt30-39	500			00:01:19,5		
				MLwt30-39	2000			00:06:06,4		
DNS	Christian Sommer	Anderer / other USV TU Dresden	GER	MHwt70-79	10000	DNS	DNS	00:36:57,4		
				MHwt70-79	500			00:01:27,9		
				MHwt70-79	2000			00:07:13,2		

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DNS	Christoph Plaas	RC Hansa von 1898 e.V. Dortmund (GER)	GER	MHwt40-49	10000	DNS	DNS	00:32:49,8		
				MHwt40-49	500			00:01:13,7		
				MHwt40-49	2000			00:05:47,8		
DNS	Daniel Hein	ohne Verein - Frankfurt am Main	GER	MHwt50-59	10000	DNS	DNS	00:33:17,1		
				MHwt50-59	500			00:01:13,7		
				MHwt50-59	2000			00:06:01,7		
DNS	Hannah Bornschein	ohne Verein - "Faulteam"	GER	FHwt19-29	10000	DNS	DNS	00:35:55,0		
				FHwt19-29	500			00:01:24,5		
				FHwt19-29	2000			00:06:22,8		
DNS	Holger Meier	ohne Verein	GER	MHwt40-49	10000	DNS	DNS	00:32:49,8		
				MHwt40-49	500			00:01:13,7		
				MHwt40-49	2000			00:05:47,8		
DNS	Imola Pialla	Apeldoornse Roeivereniging "De Grift"	FRA	FHwt19-29	10000	DNS	DNS	00:35:55,0		
				FHwt19-29	500			00:01:24,5		
				FHwt19-29	2000			00:06:22,8		
DNS	Jennifer Hejtmankova	Anderer / other Hrubysport	USA	FHwt50-59	10000	DNS	DNS	00:38:33,0		
				FHwt50-59	500			00:01:34,1		
				FHwt50-54	2000			00:06:58,0		
DNS	Jochen Stoewahse	Der Hamburger und Germania Ruder Club e. V.	GER	MHwt50-59	10000	DNS	DNS	00:33:17,1		
				MHwt50-59	500			00:01:13,7		
				MHwt55-59	2000			00:06:12,6		

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DNS	Karl Zander	Bernburger Ruderclub e.V.	GER	MHwt19-29	10000	DNS	DNS	00:31:24,3		
				MHwt19-29	500			00:01:10,5		
				MHwt19-29	2000			00:05:35,8		
DNS	Lars Hill	Anderer / other Privat	GER	MHwt40-49	10000	DNS	DNS	00:32:49,8		
				MHwt40-49	500			00:01:13,7		
				MHwt40-49	2000			00:05:47,8		
DNS	Lora Margerison	Ergomotion	GBR	FHwt30-39	10000	DNS	DNS	00:35:33,0		
				FHwt30-39	500			00:01:27,9		
				FHwt30-39	2000			00:06:25,6		
DNS	Marcus Schug	Basler Ruder-Club	GER	MHwt40-49	10000	DNS	DNS	00:32:49,8		
				MHwt40-49	500			00:01:13,7		
				MHwt40-49	2000			00:05:47,8		
DNS	Marie Alina Zedler	RC Hansa von 1898 e.V. Dortmund (GER)	GER	FHwt19-29	10000	DNS	DNS	00:35:55,0		
				FHwt19-29	500			00:01:24,5		
				FHwt19-29	2000			00:06:22,8		
DNS	Marie-Ellen Wein	RC Hansa von 1898 e.V. Dortmund	GER	FHwt30-39	10000	DNS	DNS	00:35:33,0		
				FHwt30-39	500			00:01:27,9		
				FHwt30-39	2000			00:06:25,6		
DNS	Pascal Moniac	ohne Verein - "Für mich"	GER	MHwt30-39	10000	DNS	DNS	00:31:05,2		
				MHwt30-39	500			00:01:10,5		
				MHwt30-39	2000			00:05:36,6		

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DNS	Sam Tieben	ohne Verein - "Faulteam"	GER	MHwt30-39	10000	DNS	DNS	00:31:05,2		
				MHwt30-39	500			00:01:10,5		
				MHwt30-39	2000			00:05:36,6		
DNS	Sönke Rolfs	Million Meter Vikings	GER	MHwt40-49	10000	DNS	DNS	00:32:49,8		
				MHwt40-49	500			00:01:13,7		
				MHwt40-49	2000			00:05:47,8		
DNS	Thomas Barembruch	Million Meter Vikings	GER	MHwt50-59	10000	DNS	DNS	00:33:17,1		
				MHwt50-59	500			00:01:13,7		
				MHwt50-54	2000			00:06:01,7		
DNS	Thomas Heidemann	Neuruppiner Ruder Club e.V. (GER)	GER	MHwt40-49	10000	DNS	DNS	00:32:49,8		
				MHwt40-49	500			00:01:13,7		
				MHwt40-49	2000			00:05:47,8		
DNS	Tim Holzäpfel	HOLZÄPFEL DIE FITNESSTRAINER	GER	MHwt40-49	10000	DNS	DNS	00:32:49,8		
				MHwt40-49	500			00:01:13,7		
				MHwt40-49	2000			00:05:47,8		
DNS	Tom Lausen	ohne Verein - "Hamburger Michels"	GER	MHwt50-59	10000	DNS	DNS	00:33:17,1		
				MHwt50-59	500			00:01:13,7		
				MHwt50-54	2000			00:06:01,7		
DNS	Véronique Larmande	Aviron Viviers Montélimar Châteauneuf	FRA	FHwt40-49	10000	DNS	DNS	00:38:03,1		
				FHwt40-49	500			00:01:28,7		
				FHwt40-49	2000			00:06:48,2		

* RP3 Rower

All other participants with Concept2 Rower