

## 10 x 650 m Adventsstaffel am 18.12.1999

Platz	Vorname Name	Jg	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde	Gesamt- zeit	Team- zeit
1.	Christiane Spallek	65	02:10	02:18	02:17	02:16	02:11	11:12	
	Niklas Kuhnert	74	01:51	01:51	01:54	01:50	01:52	09:18	<b>20:30</b>
2.	Eike Steinbrück	79	02:05	02:07	02:13	02:18	02:13	10:56	
	Matthias Pirschel	78	01:54	01:59	01:58	01:56	02:00	09:47	<b>20:43</b>
3.	Martin Budweg	84	02:07	02:05	02:05	02:11	02:13	10:41	
	Nils-Henning Seidel	84	02:08	02:09	02:07	02:05	02:01	10:30	<b>21:11</b>
4.	Christian Kellerer	69	02:10	02:16	02:24	02:27	02:22	11:39	
	Martin Kohlwes	78	01:54	01:57	01:58	01:58	01:56	09:43	<b>21:22</b>
5.	Thomas Braje	67	02:12	02:10	02:12	02:13	02:12	10:59	
	Uwe Rohlfs	69	02:05	02:10	02:13	02:12	02:15	10:55	<b>21:54</b>
6.	Verena Kreuzburg	78	02:31	02:27	02:32	02:26	02:24	12:20	
	Jürgen Reents	71	02:02	02:03	01:56	01:58	02:10	10:09	<b>22:29</b>
7.	Helmut Neudecker	52	02:15	02:23	02:27	02:20	02:33	11:58	
	Klaus Heidner	48	02:08	02:13	02:12	02:14	02:14	11:01	<b>22:59</b>
8.	Conny Pfaffenroth	79	02:35	02:42	02:44	02:48	02:51	13:40	
	Natascha Ivanova	78	02:19	02:31	02:28	02:31	02:38	12:27	<b>26:07</b>

### Einzelwertung

#### Männer:

1.	Niklas Kuhnert	9:18	Min.
2.	Martin Kohlwes	9:43	"
3.	Matthias Pirschel	9:47	"
4.	Jürgen Reents	10:09	"
5.	Nils-Henning Seidel	10:30	"
6.	Martin Budweg	10:41	"
7.	Uwe Rohlfs	10:55	"
8.	Eike Steinbrück	10:56	"
9.	Thomas Braje	10:59	"
10.	Klaus Heidner	11:01	"
11.	Christian Kellerer	11:39	"
12.	Helmut Neudecker	11:58	"

#### Frauen:

1.	Christiane Spallek	11:12	Min.
2.	Verena Kreuzburg	12:20	"
3.	Natascha Ivanova	12:27	"
4.	Conny Pfaffenroth	13:40	"

### Bestleistungen:

Männer-Team:	Georg Diettrich / Malte Abraham	18:47	Min.	1998
Frauen-Team:	Victoria Willcox / Beatrix Sandstede	23:38	"	1995
Mixed-Team:	Victoria Willcox / Jürgen Reents	20:16	"	1998
Männer-Einzel:	Lars Hunsche	8:57	Min.	1988
Frauen-Einzel:	Victoria Willcox	10:24	"	1994
650 m-Runde Mä:	Niklas Kuhnert	1:34	Min.	1998
650 m-Runde Fr:	Victoria Willcox	2:02	"	1994