

Results

2nd Race

6.000 + 100 + 1.000 meters

3rd - 5th July 2020



www.alster-ergo-cup.de

Place	Name	Club/Team	Nationality	Class	Distance	Time			Deviation	
						Absolut	Split	Referenz	Single	Average
1	Anna Muehle	Engine by Carson	GER	FHwt30-39	6000	00:22:45,2	00:01:53,8	00:21:41,3	4,91%	12,73%
				FHwt30-39	100	00:00:18,0	00:01:30,0	00:00:15,1	19,21%	
				FHwt30-39	1000	00:03:43,0	00:01:51,5	00:03:15,5	14,07%	
2	Dénia Amon	RC Hansa von 1898 e.V. Dortmund (GER)	GER	FLwt50-59	6000	00:26:44,3	00:02:13,7	00:23:05,7	15,78%	15,41%
				FLwt50-59	100	00:00:20,1	00:01:40,5	00:00:17,8	12,92%	
				FLwt50-59	1000	00:04:06,6	00:02:03,3	00:03:29,8	17,54%	
3	Warren Matthews	SUB 7 IRC Members	GBR	MHwt50-59	6000	00:21:41,9	00:01:48,5	00:19:29,9	11,28%	17,22%
				MHwt50-59	100	00:00:16,2	00:01:21,0	00:00:13,1	23,66%	
				MHwt50-59	1000	00:03:17,5	00:01:38,8	00:02:49,2	16,73%	
4	Axel Zimmermann	Rostocker Ruder-Club von 1885 e.V.	GER	MHwt50-59	6000	00:22:16,6	00:01:51,4	00:19:29,9	14,25%	17,72%
				MHwt50-59	100	00:00:16,1	00:01:20,5	00:00:13,1	22,90%	
				MHwt50-59	1000	00:03:16,3	00:01:38,2	00:02:49,2	16,02%	
5	Peter Heilsberg	Saxonia Allround Rowing Club	GER	MHwt50-59	6000	00:23:11,1	00:01:55,9	00:19:29,9	18,91%	19,83%
				MHwt50-59	100	00:00:15,9	00:01:19,5	00:00:13,1	21,37%	
				MHwt50-59	1000	00:03:21,7	00:01:40,9	00:02:49,2	19,21%	
6	Brigitte Huhn	Ruder-Gesellschaft HANSA e.V.	GER	FHwt60-69	6000	00:26:52,8	00:02:14,4	00:23:54,1	12,46%	20,22%
				FHwt60-69	100	00:00:23,8	00:01:59,0	00:00:18,3	30,05%	
				FHwt60-69	1000	00:04:13,4	00:02:06,7	00:03:34,5	18,14%	
7	Henning Schnell	SUB 7 IRC Members	GER	MHwt50-59	6000	00:21:44,7	00:01:48,7	00:19:29,9	11,52%	20,64%
				MHwt50-59	100	00:00:16,8	00:01:24,0	00:00:13,1	28,24%	
				MHwt50-59	1000	00:03:26,7	00:01:43,4	00:02:49,2	22,16%	
8	Lukas Nitzsche	Bernburger Ruderclub e.V.	GER	MHwt19-29	6000	00:21:45,8	00:01:48,8	00:18:24,4	18,24%	20,65%
				MHwt19-29	100	00:00:15,5	00:01:17,5	00:00:12,8	21,09%	
				MHwt19-29	1000	00:03:15,7	00:01:37,8	00:02:39,6	22,62%	

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9	Pierre Clement	French Indoor Rowers Team	FRA	MHwt60-69	6000	00:23:08,1	00:01:55,7	00:20:33,8	12,51%	21,61%
				MHwt60-69	100	00:00:18,8	00:01:34,0	00:00:14,1	33,33%	
				MHwt60-69	1000	00:03:33,7	00:01:46,9	00:02:59,6	18,99%	
10	Laura Ghioldi	Sporting Life Mentana	ITA	FLwt30-39	6000	00:25:10,4	00:02:05,9	00:22:10,0	13,56%	21,65%
				FLwt30-39	100	00:00:22,2	00:01:51,0	00:00:17,6	26,14%	
				FLwt30-39	1000	00:04:09,0	00:02:04,5	00:03:18,8	25,25%	
11	Jörg Oppor	Freiherr-vom-Stein-Yacht-Club e.V.	GER	MHwt60-69	6000	00:23:53,0	00:01:59,4	00:20:33,8	16,15%	22,47%
				MHwt60-69	100	00:00:17,3	00:01:26,5	00:00:14,1	22,70%	
				MHwt60-69	1000	00:03:50,9	00:01:55,4	00:02:59,6	28,56%	
12	Dirk Pfaffe	Neuruppiner Ruder Club e.V.	GER	MLwt40-49	6000	00:22:33,0	00:01:52,8	00:19:45,1	14,17%	23,54%
				MLwt40-49	100	00:00:19,3	00:01:36,5	00:00:14,0	37,86%	
				MLwt40-49	1000	00:03:34,4	00:01:47,2	00:03:00,8	18,58%	
13	Imola Pialla	Apeldoornse Roeivereniging "De Grift"	FRA	FHwt19-29	6000	00:23:17,0	00:01:56,4	00:20:17,7	14,72%	24,19%
				FHwt19-29	100	00:00:21,3	00:01:46,5	00:00:15,7	35,67%	
				FHwt19-29	1000	00:03:45,9	00:01:53,0	00:03:04,9	22,17%	
14	Malte Hein	Ruderclub Allemannia von 1866 e. V.	GER	MLwt19-29	6000	00:22:48,5	00:01:54,0	00:19:16,0	18,38%	24,34%
				MLwt19-29	100	00:00:18,9	00:01:34,5	00:00:14,7	28,57%	
				MLwt19-29	1000	00:03:38,6	00:01:49,3	00:02:53,4	26,07%	
15	Michael Königs	Silent Water Neufeld	GER	MLwt50-59	6000	00:24:35,8	00:02:03,0	00:20:27,4	20,24%	26,46%
				MLwt50-59	100	00:00:19,5	00:01:37,5	00:00:14,4	35,42%	
				MLwt50-59	1000	00:03:46,4	00:01:53,2	00:03:03,0	23,72%	
16	Laura Gnotke	Ruder-Gesellschaft HANSA e.V.	GER	FLwt30-39	6000	00:26:10,8	00:02:10,9	00:22:10,0	18,11%	27,85%
				FLwt30-39	100	00:00:23,3	00:01:56,5	00:00:17,6	32,39%	
				FLwt30-39	1000	00:04:24,5	00:02:12,3	00:03:18,8	33,05%	

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17*	Berend van Wachem	USC Magdeburg	NED	MHwt40-49	6000	00:20:59,7	00:01:45,0	00:19:00,3	10,47%	28,90%*
				MHwt40-49	100	00:00:19,7	00:01:38,5	00:00:12,9	52,71%	
				MHwt40-49	1000	00:03:19,5	00:01:39,7	00:02:41,5	23,53%	
18	Véronique Larmande	Aviron Viviers Montélimar Châteauneuf	FRA	FHwt40-49	6000	00:25:30,7	00:02:07,6	00:22:11,5	14,96%	29,56%
				FHwt40-49	100	00:00:22,3	00:01:51,5	00:00:15,9	40,25%	
				FHwt40-49	1000	00:04:17,2	00:02:08,6	00:03:12,7	33,47%	
19	Daniel Hein	ohne Verein - Frankfurt am Main	GER	MHwt50-59	6000	00:23:03,5	00:01:55,3	00:19:29,9	18,26%	29,70%
				MHwt50-59	100	00:00:18,2	00:01:31,0	00:00:13,1	38,93%	
				MHwt50-59	1000	00:03:43,2	00:01:51,6	00:02:49,2	31,91%	
20	Thomas Fuß	ohne Verein - "Glückstadt"	GER	MLwt50-59	6000	00:24:41,1	00:02:03,4	00:20:27,4	20,67%	31,56%
				MLwt50-59	100	00:00:21,5	00:01:47,5	00:00:14,4	49,31%	
				MLwt50-59	1000	00:03:48,2	00:01:54,1	00:03:03,0	24,70%	
21	Christian Alm	Ruderverein Erlangen e.V. 1911	GER	MHwt30-39	6000	00:21:54,5	00:01:49,5	00:18:16,8	19,85%	32,51%
				MHwt30-39	100	00:00:19,0	00:01:35,0	00:00:12,6	50,79%	
				MHwt30-39	1000	00:03:22,4	00:01:41,2	00:02:39,5	26,90%	
22	Tom Lausen	ohne Verein - "Hamburger Michels"	GER	MHwt50-59	6000	00:22:30,9	00:01:52,6	00:19:29,9	15,47%	32,63%
				MHwt50-59	100	00:00:19,8	00:01:39,0	00:00:13,1	51,15%	
				MHwt50-59	1000	00:03:42,1	00:01:51,1	00:02:49,2	31,26%	
23	Hannes Hase-Bergen	Stuttgarter Rudergesellschaft von 1899 e.V.	GER	MHwt50-59	6000	00:21:59,7	00:01:50,0	00:19:29,9	12,80%	33,04%
				MHwt50-59	100	00:00:19,9	00:01:39,5	00:00:13,1	51,91%	
				MHwt50-59	1000	00:03:47,4	00:01:53,7	00:02:49,2	34,40%	
24	Marie Alina Zedler	RC Hansa von 1898 e.V. Dortmund (GER)	GER	FHwt19-29	6000	00:25:20,9	00:02:06,7	00:20:17,7	24,90%	33,34%
				FHwt19-29	100	00:00:22,8	00:01:54,0	00:00:15,7	45,22%	
				FHwt19-29	1000	00:04:00,2	00:02:00,1	00:03:04,9	29,91%	

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25	Marcus Schug	Basler Ruder-Club	GER	MHwt40-49	6000	00:22:46,7	00:01:53,9	00:19:00,3	19,85%	33,93%
				MHwt40-49	100	00:00:18,3	00:01:31,5	00:00:12,9	41,86%	
				MHwt40-49	1000	00:03:46,2	00:01:53,1	00:02:41,5	40,06%	
26	Petra Wingen	Kölner Ruderverein von 1877 e.V.	GER	FLwt50-59	6000	00:30:51,3	00:02:34,3	00:23:05,7	33,60%	34,36%
				FLwt50-59	100	00:00:23,6	00:01:58,0	00:00:17,8	32,58%	
				FLwt50-59	1000	00:04:47,2	00:02:23,6	00:03:29,8	36,89%	
27	Sönke Rolfs	Million Meter Vikings	GER	MHwt40-49	6000	00:23:46,5	00:01:58,9	00:19:00,3	25,10%	34,84%
				MHwt40-49	100	00:00:19,0	00:01:35,0	00:00:12,9	47,29%	
				MHwt40-49	1000	00:03:33,4	00:01:46,7	00:02:41,5	32,14%	
28	Thomas Heidemann	Neuruppiner Ruder Club e.V. (GER)	GER	MHwt40-49	6000	00:22:23,4	00:01:52,0	00:19:00,3	17,81%	35,09%
				MHwt40-49	100	00:00:19,9	00:01:39,5	00:00:12,9	54,26%	
				MHwt40-49	1000	00:03:35,1	00:01:47,5	00:02:41,5	33,19%	
29	Jan Borkenstein	Gesund durch Rudern (Facebook)	GER	MHwt40-49	6000	00:24:09,1	00:02:00,8	00:19:00,3	27,08%	35,14%
				MHwt40-49	100	00:00:18,1	00:01:30,5	00:00:12,9	40,31%	
				MHwt40-49	1000	00:03:42,9	00:01:51,4	00:02:41,5	38,02%	
30	Matej Čambal	VK Slávia STU Bratislava	SVK	MHwt30-39	6000	00:22:34,1	00:01:52,8	00:18:16,8	23,46%	35,29%
				MHwt30-39	100	00:00:17,5	00:01:27,5	00:00:12,6	38,89%	
				MHwt30-39	1000	00:03:48,9	00:01:54,5	00:02:39,5	43,51%	
31	Lora Margerison	Ergomotion	GBR	FHwt30-39	6000	00:26:06,3	00:02:10,5	00:21:41,3	20,36%	35,44%
				FHwt30-39	100	00:00:23,3	00:01:56,5	00:00:15,1	54,30%	
				FHwt30-39	1000	00:04:17,4	00:02:08,7	00:03:15,5	31,66%	
32	Frank Raschke	Auriol Kensington Rowing Club	GER	MHwt50-59	6000	00:21:59,0	00:01:49,9	00:19:29,9	12,74%	36,21%
				MHwt50-59	100	00:00:20,7	00:01:43,5	00:00:13,1	58,02%	
				MHwt50-59	1000	00:03:53,3	00:01:56,6	00:02:49,2	37,88%	

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						Absolut	Split	Referenz	Single	Average
33	Tim Holzäpfel	HOLZÄPFEL DIE FITNESSTRAINER	GER	MHwt40-49	6000	00:23:18,0	00:01:56,5	00:19:00,3	22,60%	37,29%
				MHwt40-49	100	00:00:19,0	00:01:35,0	00:00:12,9	47,29%	
				MHwt40-49	1000	00:03:49,3	00:01:54,6	00:02:41,5	41,98%	
34	Sönke Jensen	Ruder-Gesellschaft HANSA e.V.	GER	MHwt40-49	6000	00:25:10,9	00:02:05,9	00:19:00,3	32,50%	38,14%
				MHwt40-49	100	00:00:18,3	00:01:31,5	00:00:12,9	41,86%	
				MHwt40-49	1000	00:03:46,2	00:01:53,1	00:02:41,5	40,06%	
35	Karl Zander	Bernburger Ruderclub e.V.	GER	MHwt19-29	6000	00:23:15,3	00:01:56,3	00:18:24,4	26,34%	38,77%
				MHwt19-29	100	00:00:17,3	00:01:26,5	00:00:12,8	35,16%	
				MHwt19-29	1000	00:04:07,1	00:02:03,6	00:02:39,6	54,82%	
36	Michael Marggraf	CrossFit Bonn	GER	MLwt60-69	6000	00:27:29,7	00:02:17,5	00:21:24,6	28,42%	38,82%
				MLwt60-69	100	00:00:22,0	00:01:50,0	00:00:15,0	46,67%	
				MLwt60-69	1000	00:04:30,6	00:02:15,3	00:03:11,4	41,38%	
37	Bert Langbehn	Segeberger Ruderclub von 1926 e.V.	GER	MHwt50-59	6000	00:23:58,7	00:01:59,9	00:19:29,9	22,98%	39,61%
				MHwt50-59	100	00:00:20,7	00:01:43,5	00:00:13,1	58,02%	
				MHwt50-59	1000	00:03:53,2	00:01:56,6	00:02:49,2	37,83%	
38	Christoph Plaas	RC Hansa von 1898 e.V. Dortmund (GER)	GER	MHwt40-49	6000	00:23:07,1	00:01:55,6	00:19:00,3	21,64%	41,03%
				MHwt40-49	100	00:00:20,9	00:01:44,5	00:00:12,9	62,02%	
				MHwt40-49	1000	00:03:45,2	00:01:52,6	00:02:41,5	39,44%	
39	Marie-Ellen Wein	RC Hansa von 1898 e.V. Dortmund	GER	FHwt19-29	6000	00:26:41,1	00:02:13,4	00:20:17,7	31,49%	41,90%
				FHwt19-29	100	00:00:24,6	00:02:03,0	00:00:15,7	56,69%	
				FHwt19-29	1000	00:04:14,3	00:02:07,2	00:03:04,9	37,53%	
40	Holger Meier	ohne Verein	GER	MHwt40-49	6000	00:23:33,4	00:01:57,8	00:19:00,3	23,95%	42,86%
				MHwt40-49	100	00:00:20,9	00:01:44,5	00:00:12,9	62,02%	
				MHwt40-49	1000	00:03:50,3	00:01:55,1	00:02:41,5	42,60%	

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41	Pascal Moniac	ohne Verein - "Für mich"	GER	MHwt30-39	6000	00:23:45,9	00:01:58,8	00:18:16,8	30,01%	45,06%
				MHwt30-39	100	00:00:20,0	00:01:40,0	00:00:12,6	58,73%	
				MHwt30-39	1000	00:03:53,6	00:01:56,8	00:02:39,5	46,46%	
42	Besen Wagen	ohne Verein - "Faulteam"	GER	MLwt30-39	6000	00:25:42,2	00:02:08,5	00:19:34,9	31,26%	45,98%
				MLwt30-39	100	00:00:22,3	00:01:51,5	00:00:13,4	66,42%	
				MLwt30-39	1000	00:04:09,5	00:02:04,8	00:02:57,9	40,25%	
43	Max Burger	Heidelberger Ruderklub 1872 e.V.	GER	MHwt40-49	6000	00:23:06,8	00:01:55,6	00:19:00,3	21,62%	50,72%
				MHwt40-49	100	00:00:24,1	00:02:00,5	00:00:12,9	86,82%	
				MHwt40-49	1000	00:03:52,1	00:01:56,1	00:02:41,5	43,72%	
44	Lars Hill	ohne Verein - "Privat"	GER	MHwt40-49	6000	00:24:40,7	00:02:03,4	00:19:00,3	29,85%	53,95%
				MHwt40-49	100	00:00:23,1	00:01:55,5	00:00:12,9	79,07%	
				MHwt40-49	1000	00:04:07,0	00:02:03,5	00:02:41,5	52,94%	
45	Michael Schatt	SG Förde Sparkasse Kiel e.V.	GER	MHwt50-59	6000	00:26:47,9	00:02:14,0	00:19:29,9	37,44%	55,26%
				MHwt50-59	100	00:00:23,2	00:01:56,0	00:00:13,1	77,10%	
				MHwt50-59	1000	00:04:15,9	00:02:08,0	00:02:49,2	51,24%	
DNS	Anne Fournier	Aviron Valentinois	FRA	FHwt40-49	6000			00:22:11,5		
				FHwt40-49	100	DNS		00:00:15,9		
				FHwt40-49	1000			00:03:12,7		
DNS	Hannah Bornschein	ohne Verein - "Faulteam"	GER	FHwt19-29	6000			00:20:17,7		
				FHwt19-29	100	DNS		00:00:15,7		
				FHwt19-29	1000			00:03:04,9		
DNS	Sam Tieben	ohne Verein - "Faulteam"	GER	MHwt19-29	6000			00:18:24,4		
				MHwt19-29	100	DNS		00:00:12,8		
				MHwt19-29	1000			00:02:39,6		

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DNS	Jochen Stoewahse	Der Hamburger und Germania Ruder Club e. V.	GER	MHwt50-59	6000	DNS		00:19:29,9		
				MHwt50-59	100			00:00:13,1		
				MHwt50-59	1000			00:02:49,2		
DNS	Sascha Mörth	Crossfit Wolfsburg	GER	MHwt40-49	6000	DNS		00:19:00,3		
				MHwt40-49	100			00:00:12,9		
				MHwt40-49	1000			00:02:41,5		
DNS	Thomas Barembruch	Million Meter Vikings	GER	MHwt50-59	6000	DNS		00:19:29,9		
				MHwt50-59	100			00:00:13,1		
				MHwt50-59	1000			00:02:49,2		
DNS	Benjamin Reuter	SG Athletico Büdelsdorf e.V.	GER	MHwt30-39	6000	DNS		00:18:16,8		
				MHwt30-39	100			00:00:12,6		
				MHwt30-39	1000			00:02:39,5		
DNS	Myriam Langbehn	Segeberger Ruderclub von 1926 e.V.	GER	FHwt50-59	6000	DNS		00:22:42,4		
				FHwt50-59	100			00:00:16,5		
				FHwt50-59	1000			00:03:23,6		
DNS	Christian Sommer	Anderer / other USV TU Dresden	GER	MHwt70-79	6000	DNS		00:21:46,9		
				MHwt70-79	100			00:00:15,5		
				MHwt70-79	1000			00:03:13,6		
DNS	Marcelo Celin	Anderer / other Cadence Rowing Club	BRA	MHwt30-39	6000	DNS		00:18:16,8		
				MHwt30-39	100			00:00:12,6		
				MHwt30-39	1000			00:02:39,5		
DNS	Jennifer Hejtmankova	Anderer / other Hrubysport	USA	FHwt50-59	6000	DNS		00:22:42,4		
				FHwt50-59	100			00:00:16,5		
				FHwt50-59	1000			00:03:23,6		

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						Absolut	Split	Referenz	Single	Average

* RP3 Rower
All other participants with Concept2 Rower