

Ergebnisse *Mittelrhein-Freiwassermeisterschaft 2023*

19.08.2023 - 20.08.2023, Freiwasser, Gummersbach Lantenbach

| Name | Jg | M/F | WkNr | Strecke | Typ | Abs. | Zeit | Platz | Rek | Stammverein | Bemerkung |
|-------------------------|------|-----|------|---------|-----|------|----------|-------|-----|----------------|-----------|
| Bouwkamp, Lukas | 2001 | M | 7 | 2500 F | E | 1 | 37:24,23 | 5 | | Waspo Nordhorn | |
| Ferreira, Olivia | 2006 | W | 8 | 2500 F | E | 1 | 37:42,68 | 3 | VR | Waspo Nordhorn | |
| Helper, Sabrina | 1998 | W | 8 | 2500 F | E | 1 | 41:17,60 | 1 | SB | Waspo Nordhorn | |
| Niehaus, Svenja | 2004 | W | 8 | 2500 F | E | 1 | 40:34,50 | 1 | | Waspo Nordhorn | |
| Plangemann, Christopher | 2000 | M | 7 | 2500 F | E | 1 | 39:16,35 | 7 | | Waspo Nordhorn | |
| Schiebener, Viktoria | 2006 | W | 8 | 2500 F | E | 1 | abgem. | | | Waspo Nordhorn | |
| Snippe, Julia | 2007 | W | 8 | 2500 F | E | 1 | 39:13,98 | 3 | PB | Waspo Nordhorn | |
| Strötter, Ben | 2007 | M | 7 | 2500 F | E | 1 | 39:14,56 | 5 | PB | Waspo Nordhorn | |
| Strötter, Max | 2009 | M | 7 | 2500 F | E | 1 | 41:55,27 | 3 | | Waspo Nordhorn | |