

# Ergebnisliste

## 18. POCO-Domäne Jedermann - Zehnkampf - Schwerin 4./5. 9. 2010

### Männer

Pl.	St.-Nr.	Riege	Vorname	Name	mw	G-J	Wohnort	Gesamt Punkte	100m	Weit	Kugel	Hoch	400m	110 H	Diskus	Stab	Speer	1500 m
1.	42	5	Matti	Herrmann	Männer	83	Frankenberg	<b>6.940</b>	11,41s	6,66m	12,30m	1,95m	52,93s	14,80s	38,27m	4,30m	44,25m	4: 43,59min.
2.	123	7	Daniel	Tschentscher	Männer	89	Freiberg	<b>5.055</b>	12,36s	5,86m	12,96m	1,70m	59,36s	17,85s	39,45m	3,10m	40,80m	6: 04,51min.
3.	15	8	Michael	Schröder	Männer	76	Güstrow	<b>4.908</b>	12,06s	5,10m	12,30m	1,55m	56,53s	19,92s	36,44m	2,70m	40,77m	4: 55,03min.
4.	13	8	Jan	Kawelke	m 35	72	München	<b>4.815</b>	12,85s	5,60m	8,75m	1,75m	59,67s	16,98s	26,94m	3,50m	40,62m	5: 22,83min.
5.	68	4	Vincent	Krötke	m15	95	Magdeburg	<b>4.553</b>	12,68s	5,50m	11,38m	1,45m	60,50s	20,63s	33,30m	3,10m	42,87m	5: 04,10min.
6.	124	7	Martin	Lohse	Männer	88	Freiberg	<b>4.501</b>	11,89s	5,48m	9,68m	1,45m	54,72s	17,59s	27,40m	1,90m	29,63m	5: 05,21min.
7.	67	4	Lukas	Schulze	mJB	93	Magdeburg	<b>4.304</b>	12,26s	4,86m	9,73m	1,60m	55,82s	17,79s	19,78m	1,90m	33,79m	4: 59,57min.
8.	93	10	Felix	Benthin	mJB	93	Lübstorf	<b>4.199</b>	12,37s	5,34m	9,73m	1,60m	57,77s	19,51s	23,16m	2,30m	28,82m	5: 03,03min.
9.	94	10	Tim	Kerpa	Männer	89	Groß Trebbow	<b>3.805</b>	13,27s	5,31m	11,36m	1,60m	64,32s	20,58s	33,96m	2,70m	30,22m	6: 18,74min.
10.	57	3	Martin	Warning	Männer	77	Zeppelin	<b>3.801</b>	13,17s	5,48m	9,58m	1,60m	62,72s	19,26s	28,94m	1,90m	29,55m	5: 36,39min.
11.	21	7	Maik	Schwinger	Männer	86	Neu-Premslin	<b>3.774</b>	12,80s	4,94m	9,90m	1,45m	59,55s	20,94s	26,43m	1,70m	30,42m	4: 57,37min.
12.	43	5	Frank	Hecker	mJB	94	Wittgensdorf	<b>3.737</b>	12,79s	5,40m	9,92m	1,50m	61,71s	19,41s	21,29m	2,30m	32,83m	5: 48,17min.
13.	101	1	Johannes	Bade	m15	95	Lübesse	<b>3.731</b>	12,73s	5,15m	11,50m	1,70m	63,51s	19,87s	22,65m	1,90m	26,00m	5: 43,20min.
14.	14	8	Jens	Rosenstock	Männer	85	Güstrow	<b>3.718</b>	13,04s	5,15m	8,98m	1,55m	64,57s	18,14s	24,80m	2,70m	31,14m	6: 03,77min.
15.	10	6	Robert	Pfitzner	Männer	76	Schwerin	<b>3.709</b>	13,38s	5,28m	8,76m	1,50m	62,96s	17,92s	22,04m	2,70m	27,66m	5: 39,45min.
16.	29	1	Michael	Helms	Männer	87	Schwerin	<b>3.621</b>	13,26s	4,75m	9,75m	1,60m	62,70s	20,45s	30,70m	1,30m	38,06m	5: 36,76min.
17.	90	3	Jens-Peter	Wüffel	m 45	62	Oeffingen	<b>3.600</b>	13,53s	4,69m	9,85m	1,45m	63,56s	19,59s	29,47m	2,50m	30,30m	5: 33,21min.
18.	112	9	Friedrich	Hüttner	Männer	90	Schwerin	<b>3.599</b>	13,62s	5,34m	9,66m	1,60m	63,83s	21,70s	25,15m	2,90m	25,02m	5: 29,76min.
19.	104	3	Fred	Hacker	m 40	70	Zeppelin	<b>3.552</b>	13,29s	4,79m	10,05m	1,55m	66,70s	20,72s	30,53m	2,30m	41,05m	6: 07,61min.
20.	45	1	Matthias	Dietrich	Männer	82	Schwerin	<b>3.551</b>	13,26s	5,00m	9,90m	1,45m	59,92s	21,62s	23,30m	1,90m	29,30m	5: 07,00min.
21.	30	1	Tobias	Helms	Männer	88	Schwerin	<b>3.545</b>	13,10s	4,70m	9,15m	1,50m	62,23s	20,31s	31,20m	2,30m	27,20m	5: 44,23min.
22.	24	6	Martin	Luther	Männer	84	Kl-Rogahn	<b>3.522</b>	12,91s	4,90m	10,44m	1,45m	64,81s	19,77s	25,63m	2,30m	32,65m	5: 59,66min.
23.	37	10	Bill	Parsczenski	m 40	69	Goldberg	<b>3.456</b>	13,05s	5,65m	8,35m	1,50m	64,85s	19,56s	21,91m	2,50m	27,02m	6: 02,44min.
24.	46	1	Thomas	Müller	m 35	74	Schwerin	<b>3.414</b>	12,79s	4,85m	9,50m	1,50m	65,02s	19,10s	24,20m	1,90m	24,84m	5: 44,92min.
25.	106	8	Johannes	Janker	Männer	89	Brüel	<b>3.396</b>	13,35s	5,10m	8,07m	1,55m	66,55s	19,44s	22,42m	2,90m	26,61m	5: 58,10min.
26.	69	6	Bernd	Schulze	m 50	57	Halsbrücke	<b>3.288</b>	14,16s	4,50m	10,66m	1,40m	64,31s	20,34s	26,28m	2,10m	35,25m	5: 42,58min.
27.	12	8	Steffen	Stübe	m 40	68	Güstrow	<b>3.252</b>	13,84s	5,15m	9,83m	1,50m	72,82s	19,79s	29,66m	2,70m	34,50m	6: 55,29min.
28.	86	6	Björn	Weckmann	m 40	68	Rostock	<b>3.194</b>	13,79s	4,50m	8,29m	1,45m	66,37s	19,05s	24,17m	2,30m	28,80m	5: 41,91min.
29.	3	9	Hannes	Mandler	m15	95	Poppendorf	<b>3.131</b>	13,04s	4,73m	8,91m	1,45m	63,91s	20,92s	20,51m	1,90m	28,27m	5: 47,32min.
30.	65	4	Alexander	Dahl	Männer	81	Crivitz	<b>3.116</b>	13,63s	5,21m	8,78m	1,40m	66,11s	22,52s	26,93m	2,50m	32,02m	6: 12,52min.
31.	91	3	Manuel	Selent	Männer	90	Wittenburg	<b>3.111</b>	13,28s	4,75m	9,34m	1,50m	65,00s	21,24s	25,72m	1,70m	31,41m	6: 12,18min.
32.	76	1	Jörg	Sündermann	Männer	79	Heringsdorf	<b>3.045</b>	13,27s	4,80m	10,60m	1,50m	66,10s	22,49s	21,60m	1,90m	32,17m	6: 15,42min.
33.	11	6	Thomas	Gehrke	Männer	76	Parchim	<b>3.045</b>	13,47s	4,92m	9,10m	1,50m	69,54s	21,93s	27,05m	2,10m	41,17m	6: 56,52min.

34.	88	3	Axel	Gast	m 45	62	Zarrentin	<b>3.022</b>	14,69s	4,30m	9,05m	1,30m	63,60s	21,79s	22,74m	2,30m	28,75m	5: 03,35min.
35.	2	9	Thomas	Mandler	m 40	67	Poppendorf	<b>3.016</b>	13,63s	4,27m	9,90m	1,30m	65,57s	20,55s	25,49m	1,90m	28,53m	5: 42,00min.
36.	53	8	Jan	Oldenburg	m14	96	Bargshagen	<b>2.988</b>	14,00s	4,90m	7,75m	1,35m	66,49s	20,90s	19,44m	2,30m	25,98m	5: 15,67min.
37.	58	9	Roland	Weißflog	m 40	68	Schwerin	<b>2.962</b>	13,76s	4,63m	7,27m	1,40m	64,76s	21,00s	18,22m	2,30m	32,90m	5: 41,55min.
38.	9	6	Nico	Albrecht	Männer	77	Friedland	<b>2.871</b>	14,02s	4,34m	9,39m	1,40m	64,86s	22,60s	26,77m	1,50m	32,88m	5: 50,79min.
39.	50	8	Roland	Bull	m 35	71	Rostock	<b>2.867</b>	13,51s	4,80m	7,70m	1,40m	67,20s	20,24s	22,20m	2,30m	26,55m	6: 23,66min.
40.	125	7	Steffen	Kanthack	m 45	63	Niederschöna	<b>2.841</b>	14,00s	4,46m	9,65m	1,40m	69,73s	22,42s	27,30m	2,50m	35,01m	6: 43,78min.
41.	89	3	Karl	Gast	Männer	90	Zarrentin	<b>2.823</b>	13,06s	4,43m	8,83m	1,35m	62,55s	22,43s	20,93m	1,10m	27,65m	5: 48,68min.
42.	61	10	Jan	Schulz	Männer	84	Stralendorf	<b>2.790</b>	13,91s	4,76m	9,75m	1,55m	67,43s		21,75m	2,70m	29,07m	6: 29,03min.
43.	25	6	Tommy	Janzen	Männer	85	Hamburg	<b>2.758</b>	13,92s	4,55m	8,86m	1,50m	68,86s	21,44s	18,49m	1,90m	31,25m	6: 05,81min.
44.	28	3	Uwe	Kremer	m 45	62	Klein Trebbow	<b>2.727</b>	13,90s	4,76m	10,68m	1,45m	72,78s	21,33s	26,08m	2,10m	27,54m	7: 19,63min.
45.	117	8	Maik	Choroba	Männer	84	Schwerin	<b>2.699</b>	13,31s	4,82m	8,47m	1,30m	69,46s	21,05s	19,90m	1,90m	26,79m	6: 10,01min.
46.	26	3	Jörg-Dieter	Laumann	m 50	60	Schwerin	<b>2.641</b>	14,07s	4,41m	10,33m	1,30m	70,29s	21,75s	28,42m	2,30m	29,69m	7: 24,95min.
47.	5	4	Jens	Voigt	m 45	65		<b>2.584</b>	13,83s	5,03m	9,10m	1,40m	64,26s	20,23s	23,61m	2,10m		
48.	83	9	Tim	Stangneth	m14	96	Schwerin	<b>2.566</b>	14,09s	4,94m	6,97m	1,40m	78,66s	20,00s	19,04m	2,30m	26,50m	6: 14,66min.
49.	19	1	Alfred	Kühne	Männer	80	Schwanbeck	<b>2.553</b>	13,76s	4,45m	9,30m	1,40m	73,10s	21,76s	24,20m	1,70m	34,73m	7: 07,51min.
50.	78	3	Gerald	Kolhoff	m 40	69	Pogreß	<b>2.550</b>	14,08s	4,72m	9,23m	1,50m		20,15s	23,09m	2,10m	27,49m	
51.	49	8	Christian	Dirkner	m 35	71	Bargshagen	<b>2.504</b>	13,77s	4,25m	9,46m	1,20m	70,26s	19,75s	20,84m	2,10m	25,67m	6: 55,66min.
52.	102	1	Marc	Pazdzior	mJB	94	Pampow	<b>2.497</b>	14,54s	4,70m	10,90m	1,45m			28,60m	1,90m	30,44m	6: 23,73min.
53.	59	4	Tobias	Dahm	m 35	73	Berlin	<b>2.414</b>	14,21s	4,65m	9,63m	1,45m	70,23s	22,09s	21,82m	1,30m	24,13m	6: 44,43min.
54.	74	1	Steffen	Zenker	m 40	70	k.A.	<b>2.368</b>	13,75s	4,10m	7,70m	1,45m	68,02s	21,54s	20,50m	1,50m	19,62m	6: 20,80min.
55.	20	10	Bernd	Nehring	Männer	76	Parchim	<b>2.307</b>	14,54s	4,36m	6,83m	1,35m	68,33s	24,28s	20,22m	2,10m	23,97m	5: 49,98min.
56.	71	1	Frank	Blum	m 40	69	Demmen	<b>2.272</b>	15,65s	4,15m	10,55m	1,40m	73,80s	24,58s	28,65m	1,90m	30,53m	7: 00,04min.
57.	47	8	Olaf	Marnier	m 35	71	Kritzmow	<b>2.248</b>	14,78s	4,04m	8,62m	1,35m	72,88s	20,36s	19,70m	1,50m	26,71m	6: 28,07min.
58.	66	4	Klaus	Dahl	m 50	56	Crivitz	<b>2.144</b>	14,73s	4,09m	7,34m	1,45m	71,34s	22,03s	21,50m	2,10m	21,53m	7: 01,88min.
59.	121	7	Sylvio	Christ	m 40	70	Freiberg	<b>2.094</b>	15,11s	4,42m	11,31m	1,30m			29,82m		34,95m	
60.	84	6	André	Peters	m 45	65	Schwerin	<b>1.979</b>	14,65s	4,26m	9,93m	1,30m	91,51s	36,70s	20,78m	2,10m	32,00m	8: 10,56min.
61.	111	1	Frank	Roeske	Männer	80	Lüneburg	<b>1.939</b>	13,25s	4,40m	9,55m	1,45m	70,29s	26,81s	19,10m	1,30m		
62.	4	9	Tom	Kunkel	m15	95	Vogtshagen	<b>1.837</b>	14,54s	3,86m	7,86m	1,45m	81,11s	22,54s	15,85m	1,30m	21,73m	6: 42,02min.
63.	17	1	Christian	Helms	Männer	80	Schwerin	<b>1.617</b>	14,34s	3,30m	8,55m	1,15m	71,32s		23,20m	1,10m	17,67m	6: 45,02min.
64.	73	1	Mirko	Breitzke	m 35	73	k.A.	<b>1.548</b>	15,13s	3,35m	10,40m		80,54s	22,89s	23,60m		19,65m	6: 48,82min.
65.	6	4	Markus	Sagner	m 35	72	Boitzenburg	<b>1.502</b>	14,30s	4,48m	8,74m	1,40m	66,57s					
66.	77	1	Gerd	Lemke	m 40	70	Heringsdorf	<b>1.495</b>	16,16s	3,35m	9,75m	1,15m			28,20m	1,30m	24,55m	
67.	1	9	Olaf	Czinna	m 40	68	Neubrandenburg	<b>1.431</b>	15,02s	3,81m	8,71m	1,25m	88,34s		17,14m		23,05m	7: 26,92min.
68.	97	10	Karl	Minzlaff	m14	96	Lübstorf MSV	<b>1.307</b>	15,91s	3,64m	6,05m	1,10m	76,24s	23,95s	17,32m	1,50m	10,84m	6: 11,67min.
69.	18	6	Bernhard	Gillhoff	m 50	60	Wolfsburg	<b>1.283</b>	15,43s		8,38m	1,20m			21,50m	1,90m	18,75m	
70.	60	10	Peter	Schulz	m 50	60	Stralendorf	<b>1.177</b>	17,11s	3,18m	8,74m	1,15m	86,55s	30,59s	17,06m	1,90m	18,40m	7: 29,29min.
71.	96	10	Anton	Rudolphie	m13	97	Lübstorf MSV	<b>1.146</b>	16,51s	3,42m	6,70m	1,15m	83,86s	25,47s	10,24m	2,10m	16,21m	6: 44,50min.
72.	99	4	Thomas	Lust	m 40	68	Schwerin	<b>990</b>	12,58s	5,34m								
73.	92	10	Philipp	Münchow	m13	97	Lübstorf MSV	<b>876</b>	16,87s	3,55m	4,57m	1,25m	85,12s	26,78s	9,07m	1,30m	11,25m	6: 29,36min.
74.	22	6	Rolf	Neumann	m 50	59	Zarensdorf	<b>785</b>	17,05s	3,18m	6,46m	1,05m	85,01s	27,20s	14,04m	1,90m		
75.	16	8	Arnim-Gunnar	Rollwitz	m 40	68	Rostock	<b>656</b>			8,67m	1,30m						

Frauen

Pl.	St.-Nr.	Riege	Vorname	Name	mw	G-J	Wohnort	Punkte	100m	Weit	Kugel	Hoch	400m	110 H	Diskus	Stab	Speer	1500 m
1.	120	7	Jennifer	Ufer	wJB	93	Freiberg	<b>3.055</b>	13,63s	4,98m	7,53m	1,45m	69,75s	19,76s	21,58m	3,10m	31,73m	6: 48,61min.
2.	103	1	Juliane	Teschner	wJB	94	Schwerin	<b>2.769</b>	13,99s	4,75m	8,65m	1,40m	71,70s	20,66s	21,30m	2,50m	33,01m	6: 43,57min.
3.	109	1	Lisa	Haering	wJB	94	Wittenberge	<b>2.614</b>	13,18s	5,05m	8,45m	1,40m	69,57s	20,12s	16,40m	1,50m	26,31m	6: 56,80min.
4.	110	1	Lisa	Borrasch	w15	95	Schwerin	<b>2.520</b>	13,47s	4,65m	7,05m	1,50m	67,13s	20,65s	16,10m	2,10m	18,75m	6: 46,54min.
5.	56	4	Anika	Werner	Frauen	88	Mühlen Eichsen	<b>2.519</b>	14,12s	4,47m	8,01m	1,35m	68,39s	21,07s	22,62m	2,10m	26,03m	6: 41,14min.
6.	27	3	Nadine	Restorff	Frauen	85	Klein Trebbow	<b>2.027</b>	15,01s	4,26m	10,00m	1,25m	88,78s	22,34s	22,75m	1,50m	31,73m	8: 30,36min.
7.	44	5	Ria	Resch	Frauen	85	Chemnitz	<b>1.830</b>	15,69s	3,85m	6,74m	1,25m	74,11s	23,45s	19,30m	1,90m	18,33m	5: 48,79min.
8.	75	1	Vivien	Blum	w13	97	Venzkow	<b>1.168</b>	15,28s	3,60m	6,10m	1,30m	77,64s	23,87s	11,40m	1,30m	14,56m	8: 11,26min.
9.	72	1	Julia	Kirsch	w13	97	k.A.	<b>1.166</b>	15,21s	3,80m	6,50m	1,20m	78,16s	24,40s	9,70m	1,70m	13,09m	7: 32,23min.
10.	62	10	Bärbel	Schulz	w 50	57	Stralendorf	<b>980</b>	17,43s	3,42m	7,52m	1,15m	88,31s	25,51s	12,39m	1,10m	20,55m	7: 54,27min.
11.	52	8	Katharina	Oldenburg	wJB	94	Bargshagen	<b>958</b>	16,59s	3,54m	6,20m	1,20m	83,41s	26,97s	11,07m	1,70m	13,93m	7: 18,45min.
12.	81	3	Sabine	Stadtaus	Frauen	77	Hamburg	<b>939</b>	17,67s	3,38m	6,39m	1,20m	93,99s		15,70m	1,10m	16,96m	7: 15,25min.
13.	87	6	Gesine	Weckmann	w 35	75	Rostock	<b>854</b>	17,40s	3,50m	6,42m	1,00m	99,38s	30,70s	14,20m	1,50m	18,10m	7: 47,46min.
14.	113	9	Ronja	Mothes	wJA	91	Schwerin	<b>822</b>	17,83s	3,37m	7,01m	1,05m	99,43s	30,58s	14,50m	1,50m	13,14m	8: 46,95min.
15.	23	1	Anne	Räthel	Frauen	82	Troisdorf	<b>798</b>	16,15s	3,35m	5,90m	1,20m	91,57s	27,28s	10,15m	1,10m	13,12m	9: 20,23min.
16.	79	3	Ramona	Winterfeldt	Frauen	77	Schwerin	<b>781</b>	16,31s	3,24m	5,62m	1,15m			12,90m		12,27m	7: 21,48min.
17.	51	8	Alina Marie	Dirkner	w12	98	Bargshagen	<b>726</b>	16,16s	3,50m	5,56m	1,00m	82,44s	28,07s	11,40m	1,30m	10,07m	7: 17,64min.
18.	80	3	Nicole	Schulz	Frauen	77	Schwerin	<b>624</b>	19,52s	2,62m	6,39m	1,05m	107,89s		12,21m	1,10m	14,18m	8: 17,87min.
19.	114	9	Kathrein	Hüttner	w 50	60	Schwerin	<b>448</b>	18,29s	2,43m	6,20m	0,80m			12,73m		9,78m	

### Kinderriege Jungen AK 10/11

Pl.	Nr.	R	Vorname	Name	m w	G-J	Wohnort	Punkte	60 m	Weit	Hoch	Ball 80g	60m Hü	2x15m Schläng ellauf	Stabweit	800m
1.	107	k	Marvin	Runge	m10	00	Wittenförden	<b>2.323</b>	9,33s	3,75m	1,20m	38,50m	11,39s	12,26s	2,54m	181,14s
2.	108	k	Lukas	Kölling	m10	00	Grambow	<b>2.013</b>	9,49s	3,59m	0,95m	24,50m	11,77s	12,78s	2,66m	169,63s
3.	98	k	Paul	Minzlaff	m10	00	Lübstorf MSV	<b>1.558</b>	10,94s	2,83m	1,05m	20,00m	12,47s	14,76s	2,37m	195,01s
<b>Kinderriege Jungen AK 8/9</b>								<b>Punkte</b>	<b>60 m</b>	<b>Weit</b>	<b>Hoch</b>	<b>Ball 80g</b>	<b>60m Hü</b>	<b>2x15m Schläng ellauf</b>	<b>Stabweit</b>	<b>800m</b>
1.	105	k	Felix	Aßmann	m9	01	Gadebusch	<b>1.911</b>	9,74s	3,37m	0,95m	34,00m	12,05s	12,65s	2,45m	200,19s
2.	55	k	Jonas Michel	Dirkner	m8	02	Bargshagen	<b>1.525</b>	10,98s	3,06m	1,00m	21,50m	13,56s	14,16s	2,27m	194,99s
3.	130	k	Dan-Joel	Deuringer	m7	03	Schwerin	<b>1.393</b>	10,79s	2,90m	0,90m	19,50m	14,18s	14,40s	2,30m	193,11s
4.	54	k	Ole Niklas	Marner	m8	02	Kritzow	<b>1.154</b>	11,48s	2,78m		20,00m	13,83s	14,01s	1,40m	208,94s

**Kinderriege Mädchen AK 10/11**

								<i>Punkte</i>	<i>60 m</i>	<i>Weit</i>	<i>Hoch</i>	<i>Ball 80g</i>	<i>60m Hü</i>	<i>2x15m Schläng ellauf</i>	<i>Stabweit</i>	<i>800m</i>
1.	82	k	Clarissa	Herklotz	w11	99	Hagenow	<b>2.591</b>	8,83s	4,61m	1,35m	30,50m	11,07s	12,29s	3,40m	173,42s
2.	116	k	Sophia Leonie	Stüwe	w11	99	Schwerin	<b>2.537</b>	8,98s	4,48m	1,35m	34,00m	10,93s	13,14s	2,99m	170,14s
3.	115	k	Luisa	Kubisch	w11	99	Schwerin	<b>1.675</b>	10,11s	3,18m	1,05m	28,50m	13,10s	14,36s	2,28m	206,87s

**Kinderriege Mädchen AK 8/9**

								<i>Punkte</i>	<i>60 m</i>	<i>Weit</i>	<i>Hoch</i>	<i>Ball 80g</i>	<i>60m Hü</i>	<i>2x15m Schläng ellauf</i>	<i>Stabweit</i>	<i>800m</i>
1.	<b>31</b>	k	Yasmin	Geßner	w9	01	Raddingsdorf	<b>1.787</b>	10,31s	3,59m	1,05m	23,00m	12,20s	13,61s	2,26m	198,18s
2.	<b>119</b>	k	Leoni	Bechthold	w8	02	Schwerin	<b>1.704</b>	10,19s	3,62m	0,95m	19,00m	12,45s	13,94s	1,75m	177,74s
3.	<b>63</b>	k	Michelle	Sternkiker	w9	01	Wittenförden	<b>1.683</b>	10,12s	3,31m	1,05m	25,50m	14,87s	12,22s	1,90m	203,71s
4.	<b>118</b>	k	Anna	Conrad	w9	01	Schwerin	<b>1.459</b>	10,43s	3,18m	0,90m	19,00m	12,48s	14,58s	2,10m	216,97s
5.	<b>64</b>	k	Lilli	Ehrenberg	w9	01	Schwerin	<b>1.385</b>	10,64s	3,18m	1,00m	14,00m	13,29s	15,41s	2,11m	208,73s

*Auf Wiedersehen zum 19. POCO-Domäne Jedermann - Zehnkampf  
Schwerin 3./4. 09. 2011*