Ergebnisliste 13.05.2007
16. Iserlohner Jedermann Triathlon

| Platz | Startnr. | Nachname | Vorname | AK | Verein | Schwimmen | Rad | Lauf | Gesamt | Platz AK |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 176 | Bergermann | Matthias | M25 | SC Bayer 05 Uerdingen | 0:00:00 | 0:44:08 | 0:16:38 | 1:00:46 | 1 |
| 2 | 192 | Ackermann | Johann | M20 | TuS Griesheim | 0:06:12 | 0:38:01 | 0:17:27 | 1:01:40 | 1 |
| 3 | 158 | Hörstemeier | Martin | M30 | Tri-Geckos Dortmund | 0:07:35 | 0:39:20 | 0:17:28 | 1:04:23 | 1 |
| 4 | 181 | Mannweiler | Daniel | M25 | SSF Bonn Triathlon | 0:07:53 | 0:39:49 | 0:17:08 | 1:04:50 | 2 |
| 5 | 182 | Milobinski | Simon | M20 | Triathlon Team Witten | 0:07:13 | 0:40:37 | 0:17:57 | 1:05:47 | 2 |
| 6 | 251 | Staffel | Vormann,Kaspe | Staffel | | 0:07:18 | 0:40:56 | 0:17:35 | 1:05:49 | 1 |
| 7 | 151 | Hanakam | Florian | M35 | RC Lüdenscheid 98 | 0:08:19 | 0:39:28 | 0:18:04 | 1:05:51 | 1 |
| 8 | 156 | Ohme | Holger | M30 | Delphin Eschweiler | 0:00:00 | 0:48:37 | 0:18:03 | 1:06:40 | 2 |
| 9 | 129 | Laermann | Ralf | M45 | Mönchengladbacher TV | 0:08:14 | 0:40:50 | 0:18:21 | 1:07:25 | 1 |
| 10 | 126 | Ehl | Markus | M35 | Tri-Geckos Dortmund | 0:08:09 | 0:41:02 | 0:18:20 | 1:07:31 | 2 |
| 11 | 37 | Ackermann | Jakob | MJUN | StartNet Team Darmstadt | 0:06:41 | 0:42:11 | 0:18:50 | 1:07:42 | 1 |
| 12 | 66 | Schlüter | Gerhard | M50 | Tri-Sport Team Verl | 0:08:32 | 0:41:34 | 0:17:52 | 1:07:58 | 1 |
| 13 | 71 | Dünner | Joachim | M45 | SV Bergisch Gladbach | 0:07:50 | 0:41:25 | 0:18:58 | 1:08:13 | 2 |
| 14 | 193 | Bachmayr | Stefan | M40 | Tri-Geckos Dortmund | 0:00:00 | 0:49:02 | 0:19:29 | 1:08:31 | 1 |
| 15 | 164 | Dinklage | Hardy | M30 | Asics Team Witten | 0:07:41 | 0:41:24 | 0:19:40 | 1:08:45 | 3 |
| 16 | 185 | Werner | Tobias | M20 | Tri-Sport Menden | 0:07:14 | 0:42:11 | 0:19:24 | 1:08:49 | 3 |
| 17 | 253 | Staffel | Fuchs,Ley,Krau | Staffel | Just for Fun | 0:07:14 | 0:44:24 | 0:17:13 | 1:08:51 | 2 |
| 18 | 178 | Koske | Stefan | M25 | TVG Kaiserau | 0:07:49 | 0:41:11 | 0:19:58 | 1:08:58 | 3 |
| 19 | 88 | Wilken | Arne | M40 | TRIandertaler Mettmann | 0:08:35 | 0:41:36 | 0:19:10 | 1:09:21 | 2 |
| 20 | 145 | Rexhausen | Thorsten | M35 | Tri-Club Wuppertal | 0:07:31 | 0:42:13 | 0:19:42 | 1:09:26 | 3 |
| 21 | 194 | Krüger | Olaf | M35 | SG Eintracht Ergste - Tripple Hippos | 0:08:38 | 0:41:46 | 0:19:07 | 1:09:31 | 4 |
| 22 | 165 | Roth | Andreas | M30 | ASV Köln Triathlon | 0:08:52 | 0:41:09 | 0:19:33 | 1:09:34 | 4 |
| 23 | 146 | Grabowski | Lars | MJUN | Tri-Geckos Dortmund | 0:06:35 | 0:42:28 | 0:20:41 | 1:09:44 | 2 |
| 24 | 187 | Steber | Tim | M20 | | 0:11:25 | 0:00:00 | 1:09:57 | 1:09:57 | 4 |
| 25 | 113 | Dämmer | Rudolf | M40 | LV Tristar Oelde | 0:08:29 | 0:42:05 | 0:19:32 | 1:10:06 | 3 |
| 26 | 122 | Pfaff | Björn | M35 | TRiandertaler Mettmann | 0:07:48 | 0:43:31 | 0:18:48 | 1:10:07 | 5 |
| 27 | 163 | Christophliemke | Dirk | M30 | Tri-Sport Team Verl | 0:08:19 | 0:40:47 | 0:21:09 | 1:10:15 | 5 |
| 28 | 169 | Schmitt | Christoph | M25 | Tri-Geckos Dortmund | 0:08:17 | 0:42:37 | 0:20:03 | 1:10:57 | 4 |
| 29 | 36 | Niedergriese | Marc | MJUN | Tri-Team Hagen | 0:08:30 | 0:41:16 | 0:21:15 | 1:11:01 | 3 |
| 30 | 121 | Woloszyn | Arthur | M25 | SG Eintracht Ergste - Tripple Hippos | 0:08:22 | 0:42:01 | 0:20:54 | 1:11:17 | 5 |
| **31** | **16** | **Hamacher** | **Silke** | **W35** | **TRIandertaler Mettmann** | **0:07:38** | **0:43:44** | **0:19:59** | **1:11:21** | **1** |
| 32 | 173 | Mück | Philip | M25 | TVG Kaiserau | 0:06:53 | 0:43:37 | 0:21:01 | 1:11:31 | 6 |
| 33 | 132 | Keil | Marius | M45 | ASV Köln Triathlon | 0:08:44 | 0:42:30 | 0:20:19 | 1:11:33 | 3 |
| 34 | 148 | Beimel | Christian | M35 | Hildener AT | 0:07:03 | 0:44:32 | 0:20:06 | 1:11:41 | 6 |
| 35 | 90 | Krippenstapel | Holger | M40 | TVG Kaiserau | 0:09:28 | 0:42:35 | 0:19:50 | 1:11:53 | 4 |
| 36 | 120 | Bürger | Arne | M25 | SG Eintracht Ergste - Tripple Hippos | 0:07:41 | 0:44:51 | 0:19:23 | 1:11:55 | 7 |
| 37 | 133 | Fischer | Stefan | M40 | ASV Köln Triathlon | 0:08:51 | 0:44:31 | 0:18:37 | 1:11:59 | 5 |
| 38 | 104 | Messerschmidt | Jörg | M40 | Triathlon-Club Essen 84 | 0:09:04 | 0:43:21 | 0:19:39 | 1:12:04 | 6 |
| 39 | 40 | Möller | Hendrik | MJA | Tri-Team Hagen | 0:08:21 | 0:42:50 | 0:21:22 | 1:12:33 | 1 |
| **40** | **33** | **Doose** | **Kathrin** | **W20** | | **0:08:04** | **0:45:17** | **0:19:14** | **1:12:35** | **1** |
| 41 | 186 | Höhn | Felix | M20 | Tri-Geckos Dortmund | 0:06:33 | 0:45:06 | 0:21:27 | 1:13:06 | 5 |
| 42 | 34 | Seifert | Lukas | MJUN | Tri-Geckos Dortmund | 0:08:11 | 0:44:44 | 0:20:22 | 1:13:17 | 4 |
| 43 | 96 | Borges | Martin | M40 | Tri-Club Wuppertal | 0:09:42 | 0:43:24 | 0:20:14 | 1:13:20 | 7 |
| 44 | 143 | Bennemann | Andreas | M35 | Bocholter-WSV | 0:08:40 | 0:45:37 | 0:19:34 | 1:13:51 | 7 |
| 45 | 119 | Biermann | Stephan | M35 | TV Werne 03 | 0:09:41 | 0:44:52 | 0:19:47 | 1:14:20 | 8 |
| 46 | 100 | Weingarten | Peter | M40 | SG Eintracht Ergste - Tripple Hippos | 0:08:02 | 0:43:52 | 0:22:47 | 1:14:41 | 8 |
| 47 | 168 | Kleinemas | Martin | M25 | ASV Köln Triathlon | 0:09:07 | 0:44:55 | 0:20:51 | 1:14:53 | 8 |
| 48 | 184 | Oruzio | Remy | M20 | ASV Köln Triathlon | 0:00:00 | 0:53:53 | 0:21:01 | 1:14:54 | 6 |
| 49 | 188 | Nörtershäuser | Philipp | M20 | RRGM | 0:08:53 | 0:45:45 | 0:20:26 | 1:15:04 | 7 |
| 50 | 170 | Schlichter | Stefan | M25 | SSF Bonn Triathlon | 0:08:20 | 0:45:47 | 0:21:11 | 1:15:18 | 9 |
| 51 | 39 | Güth | Alexander | MJA | 1. Tri Team Gütersloh | 0:09:33 | 0:45:46 | 0:20:15 | 1:15:34 | 2 |
| 52 | 53 | Quast | Martin | M50 | CVJM Siegen | 0:09:53 | 0:46:07 | 0:19:38 | 1:15:38 | 2 |
| 53 | 123 | Malchow | Reiner | M35 | SG Eintracht Ergste - Tripple Hippos | 0:10:36 | 0:45:25 | 0:19:40 | 1:15:41 | 9 |
| 54 | 255 | Staffel | Chmielewski, M | Staffel | Ski-Club Hemer 1 | 0:08:28 | 0:43:29 | 0:23:53 | 1:15:50 | 3 |
| 55 | 138 | Sattler | Carsten | M35 | Tri-Sport Menden | 0:09:08 | 0:47:08 | 0:19:46 | 1:16:02 | 10 |
| **56** | **3** | **Naumann** | **Lisanne** | **WJA** | **Tri-Team Hagen** | **0:00:00** | **0:53:53** | **0:22:10** | **1:16:03** | **1** |
| 57 | 155 | Pollmeier | Holger | M35 | | 0:08:28 | 0:46:50 | 0:20:57 | 1:16:15 | 11 |
| 58 | 106 | Behr | Thorsten | M40 | SC Sportler f. d. Frieden Hamm | 0:09:26 | 0:46:57 | 0:20:39 | 1:17:02 | 9 |
| **59** | **17** | **Klippel** | **Sonja** | **W30** | **ASV Köln Triathlon** | **0:10:04** | **0:46:35** | **0:20:24** | **1:17:03** | **1** |
| 60 | 47 | Laacks | Theo | M55 | Tri-Geckos Dortmund | 0:11:22 | 0:44:45 | 0:21:04 | 1:17:11 | 1 |
| 61 | 154 | Sorenkamp | Ingo | M35 | RV Korbach | 0:00:00 | 0:56:05 | 0:21:10 | 1:17:15 | 12 |
| 62 | 92 | Henke | Michael | M40 | Tri-Cops Warstein | 0:09:22 | 0:46:58 | 0:21:09 | 1:17:29 | 10 |
| 63 | 137 | Pehl | Michael | M35 | Tri-Sport Menden | 0:10:08 | 0:47:43 | 0:19:40 | 1:17:31 | 13 |
| 64 | 142 | Meckmann | Frank | M35 | 3athlon.org e.V. | 0:10:22 | 0:46:23 | 0:21:03 | 1:17:48 | 14 |
| 65 | 98 | Füber | Andreas | M40 | SG Eintracht Ergste - Tripple Hippos | 0:08:48 | 0:47:56 | 0:21:27 | 1:18:11 | 11 |
| 66 | 79 | Thun | Christian | M45 | SC Bayer 05 Uerdingen | 0:08:54 | 0:48:16 | 0:21:07 | 1:18:17 | 4 |
| 67 | 83 | Diekjürgen | Werner | M45 | 1. Tri Team Gütersloh | 0:09:37 | 0:46:51 | 0:21:51 | 1:18:19 | 5 |
| 68 | 256 | Staffel | Chmielewski, M | Staffel | Ski-Club Hemer 2 | 0:08:27 | 0:46:03 | 0:23:51 | 1:18:21 | 4 |
| 69 | 52 | Herrmann | Martin | M50 | PV Triathlon Witten | 0:08:42 | 0:48:47 | 0:20:59 | 1:18:28 | 3 |
| 70 | 115 | Schmidt | Christoph | M40 | Tri-Express Neuenrade | 0:09:00 | 0:48:06 | 0:21:53 | 1:18:59 | 12 |
| 71 | 48 | Fickert | Dieter | M55 | Tri-Club Wuppertal | 0:09:21 | 0:48:17 | 0:21:35 | 1:19:13 | 2 |
| 72 | 114 | Meurer | Marcus | M40 | TRIandertaler Mettmann | 0:09:24 | 0:48:40 | 0:21:10 | 1:19:14 | 13 |
| 73 | 159 | Grüne | Ansgar | M30 | Bronny.de-Team PSV Bonn | 0:08:54 | 0:51:49 | 0:18:35 | 1:19:18 | 6 |
| 74 | 127 | Zahn | Andre | M35 | Tri-Express Neuenrade | 0:09:10 | 0:48:02 | 0:22:21 | 1:19:33 | 15 |
| 75 | 45 | Schröder | Franz | M55 | Triathlon-Club Essen 84 | 0:10:38 | 0:46:10 | 0:22:52 | 1:19:40 | 3 |
| 76 | 62 | Schubert | Peter | M50 | SG Eintracht Ergste - Tripple Hippos | 0:10:47 | 0:47:37 | 0:21:19 | 1:19:43 | 4 |
| 77 | 35 | Frederking | Martin | M45 | LG Hamm | 0:11:41 | 0:47:52 | 0:20:23 | 1:19:56 | 6 |
| 78 | 171 | Rogoll | Jan | M25 | TVG Kaiserau | 0:07:55 | 0:48:56 | 0:23:06 | 1:19:57 | 10 |
| 79 | 50 | Schröter | Ulrich | M50 | TuS Westfalia Hombruch | 0:09:58 | 0:47:56 | 0:22:06 | 1:20:00 | 5 |
| **80** | **27** | **Ellrichmann** | **Gisa** | **W25** | **Tri-Team Hagen** | **0:08:46** | **0:48:56** | **0:22:24** | **1:20:06** | **1** |

| Platz | Startnr. | Nachname | Vorname | AK | Verein | Schwimmen | Rad | Lauf | Gesamt | Platz AK |
|---|---|---|---|---|---|---|---|---|---|---|
| 81 | 125 | Rabsahl | Tobias | MJUN | Tri-Geckos Dortmund | 0:09:35 | 0:47:35 | 0:23:20 | 1:20:30 | 5 |
| 82 | 86 | Erbil | Kurt | M40 | SF Neckarsulm | 0:10:41 | 0:48:26 | 0:21:37 | 1:20:44 | 14 |
| **83** | **23** | **Sforzin** | **Dunja** | **W25** | **SSF Bonn Triathlon** | **0:00:00** | **0:57:41** | **0:23:25** | **1:21:06** | **2** |
| 84 | 78 | Weiß | Hans-Jörg | M45 | SG Eintracht Ergste - Tripple Hippos | 0:11:14 | 0:49:08 | 0:20:44 | 1:21:06 | 7 |
| 85 | 57 | Hofmann | Pascal | M25 | | 0:09:29 | 0:49:56 | 0:21:49 | 1:21:14 | 11 |
| 86 | 99 | Otte | Uwe | M40 | SG Eintracht Ergste - Tripple Hippos | 0:08:38 | 0:49:21 | 0:23:21 | 1:21:20 | 15 |
| 87 | 81 | Grosse-Holz | Andreas | M40 | TuS Westfalia Hombruch | 0:09:35 | 0:48:22 | 0:23:47 | 1:21:44 | 16 |
| **88** | **9** | **Wolk** | **Bettina** | **W40** | **Tri-Club Wuppertal** | **0:08:17** | **0:51:43** | **0:22:29** | **1:22:29** | **1** |
| 89 | 61 | Classen | Wolfgang | M50 | SC Aquarius Löhne | 0:09:06 | 0:50:43 | 0:22:42 | 1:22:31 | 6 |
| **90** | **12** | **Gutsche-Krüger** | **Steffi** | **W35** | **SG Eintracht Ergste - Tripple Hippos** | **0:08:15** | **0:51:39** | **0:23:10** | **1:23:04** | **2** |
| 91 | 254 | Staffel | Herrmann, Chris | Staffel | Skatclub "18 weg " | 0:12:32 | 0:51:22 | 0:19:23 | 1:23:17 | 5 |
| **92** | **7** | **Frederking** | **Annette** | **W45** | **LG Hamm** | **0:10:01** | **0:50:15** | **0:23:05** | **1:23:21** | **1** |
| 93 | 108 | Ausbüttel | Uli | M40 | Tri-Geckos Dortmund | 0:09:47 | 0:49:44 | 0:23:52 | 1:23:23 | 17 |
| 94 | 124 | Köcher | Roland | M25 | SG Eintracht Ergste - Tripple Hippos | 0:08:44 | 0:52:29 | 0:22:13 | 1:23:26 | 12 |
| 95 | 177 | Herzberg | Lars | M25 | SSF Bonn Triathlon | 0:09:34 | 0:53:03 | 0:21:13 | 1:23:50 | 13 |
| 96 | 141 | Jungesblut | Frank | M35 | TuS 09 Erkenschwick | 0:09:06 | 0:51:40 | 0:23:07 | 1:23:53 | 16 |
| 97 | 93 | Jammer | Stefan | M40 | TRIandertaler Mettmann | 0:10:53 | 0:50:47 | 0:22:17 | 1:23:57 | 18 |
| **98** | **15** | **Fuchs** | **Sandra** | **W35** | **VSV Wegberg** | **0:10:26** | **0:51:26** | **0:22:12** | **1:24:04** | **3** |
| **99** | **22** | **Weber** | **Cinthia** | **W25** | **Tri-Cops Warstein** | **0:08:39** | **0:50:52** | **0:24:39** | **1:24:10** | **3** |
| 100 | 116 | Klimkat | Olaf | M40 | Leon 2001 | 0:11:36 | 0:51:14 | 0:21:35 | 1:24:25 | 19 |
| 101 | 84 | Austermann | Peter | M45 | Tri-As Hamm | 0:10:04 | 0:00:00 | 1:24:32 | 1:24:32 | 8 |
| 102 | 257 | Staffel | Wackerbauer | Staffel | ISSV | 0:08:12 | 0:49:59 | 0:26:32 | 1:24:43 | 6 |
| 103 | 77 | Reketat | Werner | M45 | SG Eintracht Ergste - Tripple Hippos | 0:10:42 | 0:50:47 | 0:23:29 | 1:24:58 | 9 |
| 104 | 140 | Gabriel | Ulrich | M35 | FSV Helden | 0:12:10 | 0:53:24 | 0:19:59 | 1:25:33 | 17 |
| 105 | 44 | Laese | Christian | M55 | LK Düsseldorf | 0:09:46 | 0:53:08 | 0:22:45 | 1:25:39 | 4 |
| 106 | 91 | Petersen | Rainer | M40 | RSV Unna | 0:11:19 | 0:52:01 | 0:22:33 | 1:25:53 | 20 |
| 107 | 162 | Kreuger | Heiko | M30 | DJK Blau-Weiß Annen | 0:14:04 | 0:48:35 | 0:23:16 | 1:25:55 | 7 |
| **108** | **5** | **Reuschenbach** | **Gisela** | **W50** | **TRIandertaler Mettmann** | **0:10:00** | **0:51:54** | **0:24:18** | **1:26:12** | **1** |
| 109 | 56 | Gasser | Marc | M35 | | 0:11:09 | 0:52:40 | 0:22:59 | 1:26:48 | 18 |
| **110** | **24** | **Schillings** | **Stefanie** | **W25** | | **0:10:03** | **0:54:40** | **0:22:12** | **1:26:55** | **4** |
| 111 | 80 | Behre | Edgar | M45 | Marathon Soest | 0:08:51 | 0:53:47 | 0:25:34 | 1:28:12 | 10 |
| 112 | 73 | Schweitzer | Frank | M45 | B.S.V. Lössel Sportschützen | 0:12:56 | 0:52:06 | 0:23:17 | 1:28:19 | 11 |
| 113 | 166 | Bodach | Christian | M25 | SV Lüttringen | 0:09:04 | 0:58:12 | 0:21:34 | 1:28:50 | 14 |
| 114 | 75 | Rest | Klaus | M45 | Triathlon-Club Essen 84 | 0:13:01 | 0:52:49 | 0:23:17 | 1:29:07 | 12 |
| 115 | 109 | Dreesen | Dirk | M40 | | 0:10:16 | 0:55:14 | 0:23:46 | 1:29:16 | 21 |
| 116 | 70 | Demme | Jörg | M45 | | 0:11:35 | 0:56:05 | 0:21:43 | 1:29:23 | 13 |
| 117 | 82 | Kovacs | Franz | M45 | | 0:11:38 | 0:52:23 | 0:25:25 | 1:29:26 | 14 |
| 118 | 94 | Dr. Nobis | Frank | M40 | LT TuS Iserlohn | 0:12:33 | 0:46:45 | 0:30:26 | 1:29:44 | 22 |
| 119 | 87 | Saalmann | Christoph | M40 | | 0:09:27 | 0:54:50 | 0:25:31 | 1:29:48 | 23 |
| **120** | **19** | **Gerling** | **Anke** | **W30** | **SSV Allendorf** | **0:08:59** | **0:52:13** | **0:28:47** | **1:29:59** | **2** |
| 121 | 74 | Witthaut | Klaus | M45 | Tri-Sport Menden | 0:12:42 | 0:53:21 | 0:23:58 | 1:30:01 | 15 |
| 122 | 167 | Luley | Jörn | M25 | | 0:10:41 | 0:55:56 | 0:23:39 | 1:30:16 | 15 |
| 123 | 63 | Mund | Ulrich | M50 | Tri-Geckos Dortmund | 0:10:33 | 0:54:06 | 0:26:12 | 1:30:51 | 7 |
| 124 | 103 | Wessel | Bernd | M40 | Bullenkloster | 0:11:16 | 0:54:41 | 0:25:15 | 1:31:12 | 24 |
| 125 | 38 | Glörfeld | Lars | MJA | SSG Altena 08/47 | 0:08:19 | 0:56:16 | 0:27:29 | 1:32:04 | 3 |
| **126** | **1** | **Adelt** | **Emely** | **WJUN** | **ISSV** | **0:07:37** | **0:56:48** | **0:28:29** | **1:32:54** | **1** |
| **127** | **20** | **Dobers** | **Kerstin** | **W30** | **Tri-Geckos Dortmund** | **0:08:16** | **0:55:08** | **0:29:42** | **1:33:06** | **3** |
| 128 | 161 | Meiser | Michael | M30 | Kölner Dreigestirn | 0:09:12 | 0:59:57 | 0:23:59 | 1:33:08 | 8 |
| **129** | **14** | **Becker** | **Katrin** | **W35** | **Tri-Sport Menden** | **0:10:39** | **0:54:14** | **0:28:28** | **1:33:21** | **4** |
| 130 | 172 | Kindermann | Andreas | M25 | Bürgerschützengilde Oer | 0:11:34 | 0:56:23 | 0:25:29 | 1:33:26 | 16 |
| 131 | 42 | Gasser | Peter | M60 | | 0:11:11 | 0:52:36 | 0:29:45 | 1:33:32 | 1 |
| 132 | 107 | Hinzpeter | Jürgen | M40 | BuSV Hüingsen | 0:12:29 | 0:58:29 | 0:23:04 | 1:34:02 | 25 |
| **133** | **6** | **Wilken** | **Elke** | **W45** | **TRIandertaler Mettmann** | **0:10:25** | **0:57:41** | **0:26:20** | **1:34:26** | **2** |
| 134 | 95 | Radojewski | Eckhard | M40 | Marathon Soest | 0:11:15 | 0:58:00 | 0:25:25 | 1:34:40 | 26 |
| 135 | 160 | Myslisch | Frank | M30 | | 0:11:36 | 1:00:28 | 0:22:42 | 1:34:46 | 9 |
| 136 | 189 | Salomon | Christian | M20 | | 0:08:57 | 0:59:29 | 0:26:20 | 1:34:46 | 8 |
| 137 | 97 | Kimm | Uli | M40 | Marathon-Club Menden | 0:12:44 | 0:57:45 | 0:24:26 | 1:34:55 | 27 |
| 138 | 49 | Fischer | Bernard | M55 | Tri-As Hamm | 0:13:19 | 0:57:31 | 0:24:41 | 1:35:31 | 5 |
| **139** | **13** | **Wortelmann** | **Heidi** | **W35** | | **0:09:58** | **1:00:07** | **0:25:29** | **1:35:34** | **5** |
| 140 | 110 | Bewersdorff | Michael | M40 | DJK Grün-Weiß Werl | 0:11:30 | 0:58:46 | 0:25:37 | 1:35:53 | 28 |
| **141** | **32** | **Worth** | **Christine** | **W20** | | **0:08:10** | **0:57:58** | **0:29:55** | **1:36:03** | **2** |
| **142** | **29** | **Nobel** | **Jessica** | **W25** | **SG Eintracht Ergste - Tripple Hippos** | **0:09:15** | **0:57:45** | **0:29:10** | **1:36:10** | **5** |
| 143 | 252 | Staffel | Neumeyer,Webe | Staffel | | 0:14:34 | 0:58:05 | 0:23:38 | 1:36:17 | 7 |
| **144** | **21** | **Lettau** | **Angela** | **W25** | **TRIandertaler Mettmann** | **0:10:02** | **1:00:15** | **0:26:24** | **1:36:41** | **6** |
| 145 | 118 | Sauve | Paul | M35 | LLG 80 Köln Nordpark | 0:15:45 | 0:56:15 | 0:24:45 | 1:36:45 | 19 |
| **146** | **8** | **Ausbüttel** | **Gisa** | **W45** | **Rapidos Dortmund** | **0:10:54** | **0:58:27** | **0:27:25** | **1:36:46** | **3** |
| 147 | 191 | Adler | Christoffer | M20 | | 0:12:21 | 0:00:00 | 1:36:51 | 1:36:51 | 9 |
| 148 | 135 | Kiesheyer | Torsten | M35 | | 0:12:48 | 1:01:16 | 0:23:18 | 1:37:22 | 20 |
| **149** | **2** | **Adelt** | **Lucy** | **WJA** | **ISSV** | **0:07:40** | **0:58:22** | **0:32:39** | **1:38:41** | **2** |
| 150 | 72 | Stöhr | Uli | M45 | LT BSG Grohe | 0:00:00 | 1:18:06 | 0:21:06 | 1:39:12 | 16 |
| **151** | **10** | **Bellmann** | **Dagmar** | **W40** | | **0:10:09** | **1:00:38** | **0:28:28** | **1:39:15** | **2** |
| **152** | **30** | **Schmedding** | **Lena** | **W20** | **TuS Westfalia Hombruch** | **0:11:17** | **1:03:20** | **0:26:13** | **1:40:50** | **3** |
| 153 | 101 | Nagel | Andreas | M40 | | 0:12:01 | 1:02:47 | 0:26:10 | 1:40:58 | 29 |
| 154 | 153 | Strombach | Olaf | M35 | TC Ohl 78 e.V. | 0:11:15 | 1:05:11 | 0:24:41 | 1:41:07 | 21 |
| 155 | 128 | Wojak | Lars | M35 | FIZ-Team Essen | 0:13:24 | 1:02:55 | 0:25:46 | 1:42:05 | 22 |
| 156 | 150 | Mechow | Markus | M35 | | 0:13:40 | 1:02:04 | 0:26:22 | 1:42:06 | 23 |
| **157** | **25** | **Blume** | **Anna-Cattrina** | **W25** | | **0:08:42** | **1:05:53** | **0:28:56** | **1:43:31** | **7** |
| **158** | **4** | **Gefken** | **Juliane** | **W50** | **Tri-Sport Menden** | **0:11:42** | **1:02:28** | **0:29:29** | **1:43:39** | **2** |
| 159 | 76 | Baumert | Joachim | M45 | SV Blau-Weiss Bochum | 0:11:29 | 1:02:47 | 0:30:09 | 1:44:25 | 17 |
| 160 | 102 | Haefs | Henrik | M40 | TV Deilinghofen | 0:13:19 | 1:02:38 | 0:28:44 | 1:44:41 | 30 |

| Platz | Startnr. | Nachname | Vorname | AK | Verein | Schwimmen | Rad | Lauf | Gesamt | Platz AK |
|---|---|---|---|---|---|---|---|---|---|---|
| 161 | 111 | Rabe | Christian | M40 | | 0:10:32 | 1:03:55 | 0:30:16 | 1:44:43 | 31 |
| 162 | 85 | Kaffenberger | Ralf | M45 | BSG Sparda-Bank West Düsseldorf | 0:11:44 | 1:01:28 | 0:31:49 | 1:45:01 | 18 |
| 163 | 43 | Bönsch | Karl | M60 | | 0:12:13 | 1:00:50 | 0:33:00 | 1:46:03 | 2 |
| 164 | 51 | Steller | Uwe | M50 | LT TuS Iserlohn | 0:13:43 | 1:05:56 | 0:27:03 | 1:46:42 | 8 |
| 165 | 131 | Eifler | Klaus | M40 | KVK Soest | 0:12:12 | 1:01:54 | 0:32:50 | 1:46:56 | 32 |
| 166 | 117 | Kux | Thomas | M40 | FIZ-Team Essen | 0:12:40 | 1:12:24 | 0:22:12 | 1:47:16 | 33 |
| 167 | 190 | Von Ganski | Philipp | M20 | | 0:11:48 | 1:08:33 | 0:29:59 | 1:50:20 | 10 |
| 168 | 41 | Glasmacher | Theodor | M70 | Tri-Team Hagen | 0:13:31 | 1:07:18 | 0:29:34 | 1:50:23 | 1 |
| 169 | 144 | Rabe | Holger | M35 | | 0:10:45 | 1:11:50 | 0:31:37 | 1:54:12 | 24 |
| 170 | 55 | Groer | Bert | M50 | Tri-Team Hagen | 0:38:33 | 0:48:06 | 0:29:33 | 1:56:12 | 9 |

* Startnummer 46 disq. nur eine Radrunde gefahren
* Startnummer 134,163,164,178 Zeitstrafe 1 Minute wegen Windschatten fahren

| Platz | Startnr. | Nachname | Vorname | AK | Verein | Schwimmen | Rad | Lauf | Gesamt | Platz AK |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 407 | Sax | Eva | W12 | SuS Stadtlohn | 0:00:00 | 0:00:00 | 0:10:46 | 0:10:46 | 1 |
| 2 | 419 | Mauritz | Marvin | M12 | SuS Stadtlohn | 0:00:00 | 0:00:00 | 0:10:56 | 0:10:56 | 1 |
| 3 | 417 | Sax | Jonas | M10 | SuS Stadtlohn | 0:00:00 | 0:00:00 | 0:11:05 | 0:11:05 | 1 |
| 4 | 409 | Ausbüttel | Tim | M14 | Tri-Geckos Dortmund | 0:00:00 | 0:00:00 | 0:11:11 | 0:11:11 | 1 |
| 5 | 420 | Roth | Maik | M13 | SuS Stadtlohn | 0:00:00 | 0:00:00 | 0:11:21 | 0:11:21 | 1 |
| 6 | 422 | Völker | Lina | W9 | SuS Stadtlohn | 0:00:00 | 0:00:00 | 0:11:34 | 0:11:34 | 1 |
| 7 | 421 | Both | Alexander | M14 | | 0:00:00 | 0:00:00 | 0:11:58 | 0:11:58 | 2 |
| 8 | 418 | Frieling | Sven | M11 | SuS Stadtlohn | 0:00:00 | 0:00:00 | 0:12:00 | 0:12:00 | 1 |
| 9 | 413 | Mund | Reyes Fabio | M10 | TSC Eintracht Dortmund | 0:00:00 | 0:00:00 | 0:12:04 | 0:12:04 | 2 |
| 10 | 412 | Adelt | Paul | MJB | ISSV | 0:00:00 | 0:00:00 | 0:12:07 | 0:12:07 | 1 |
| 11 | 401 | Ausbüttel | Eva | W12 | Tri-Geckos Dortmund | 0:00:00 | 0:00:00 | 0:12:36 | 0:12:36 | 2 |
| 12 | 410 | Ausbüttel | Fritz | M11 | Tri-Geckos Dortmund | 0:00:00 | 0:00:00 | 0:12:37 | 0:12:37 | 2 |
| 13 | 411 | Wortelmann | Mats | M10 | Tri-Geckos Dortmund | 0:00:00 | 0:00:00 | 0:12:55 | 0:12:55 | 3 |
| 14 | 404 | Mauritz | Dania | W10 | SuS Stadtlohn | 0:00:00 | 0:00:00 | 0:13:39 | 0:13:39 | 1 |
| 15 | 402 | Wortelmann | Pauline | W12 | Tri-Geckos Dortmund | 0:00:00 | 0:00:00 | 0:13:42 | 0:13:42 | 3 |
| 16 | 414 | Stechert | David | M10 | TSV Kirchlinde 1889 | 0:00:00 | 0:00:00 | 0:14:30 | 0:14:30 | 4 |
| 17 | 415 | Fidler | Dennis | M11 | TV Deilinghofen | 0:00:00 | 0:00:00 | 0:14:56 | 0:14:56 | 3 |
| 18 | 424 | Meisel | Frederika | W10 | | 0:00:00 | 0:00:00 | 0:15:28 | 0:15:28 | 2 |
| 19 | 403 | Arndt | Lisa | W13 | LAC-Dortmund | 0:00:00 | 0:00:00 | 0:15:48 | 0:15:48 | 1 |