

Volkstriathlon am 21.06.2009

Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Schwimmen | | Rad | | Lauf | | Endzeit | |
|-----|-----|------------------------|---------------------------|----|--------|-----------|-------|-----|-------|------|-------|---------|---------|
| 1 | 682 | Teegen, Sven | MTV Itzehoe | 80 | M25 | 1 | 7:06 | 1 | 35:42 | 2 | 19:17 | 1 | 1:02:05 |
| 2 | 678 | Geßner, Malte | Ellerau | 76 | M30 | 1 | 9:49 | 4 | 34:57 | 1 | 23:06 | 11 | 1:07:52 |
| 3 | 640 | van Rossum, Koos | Hamburg | 65 | M40 | 1 | 9:59 | 6 | 37:18 | 4 | 22:07 | 5 | 1:09:24 |
| 4 | 517 | Janßen, Harald | BSG Beiersdorf | 68 | M40 | 2 | 11:08 | 17 | 37:48 | 10 | 21:25 | 3 | 1:10:21 |
| 5 | 681 | Stenzel, Matthias | Team Triathlon Hamburg | 81 | M25 | 2 | 11:07 | 16 | 36:44 | 3 | 22:49 | 8 | 1:10:40 |
| 6 | 625 | Neumann, Uwe | Team ERDINGER Alkohol | 73 | M35 | 1 | 12:42 | 55 | 37:21 | 5 | 21:39 | 4 | 1:11:42 |
| 7 | 597 | Acker, Johannes | VFL Oldelse | 89 | M20 | 1 | - | - | 47:31 | - | 24:12 | 24 | 1:11:43 |
| 8 | 706 | Götze, Stefan | MONSTER AG | 81 | M25 | 3 | 11:45 | 28 | 37:32 | 7 | 22:47 | 7 | 1:12:04 |
| 9 | 618 | Krzykowski, André | GOSPORTS Elmshorn | 80 | M25 | 4 | 13:14 | 83 | 38:50 | 17 | 21:15 | 2 | 1:13:19 |
| 10 | 709 | Müller, Karsten | Alveslohe | 69 | M40 | 3 | 11:32 | 22 | 37:56 | 11 | 23:53 | 20 | 1:13:21 |
| 11 | 566 | Kock, Thorsten | SV Rhen-Triathlon | 69 | M40 | 4 | 9:57 | 5 | 37:35 | 8 | 25:50 | 50 | 1:13:22 |
| 12 | 521 | Kolpatzik, Knut | Hamburg | 67 | M40 | 5 | 12:13 | 40 | 37:27 | 6 | 24:06 | 22 | 1:13:46 |
| 13 | 680 | Stapel, Sönke | DLRG Norderstedt | 79 | M30 | 2 | 8:52 | 2 | 41:33 | 43 | 23:23 | 14 | 1:13:48 |
| 14 | 677 | Fügner, Oliver | Neumünster | 68 | M40 | 6 | 11:36 | 24 | 38:21 | 15 | 24:16 | 26 | 1:14:13 |
| 15 | 712 | Sieckmann, Martin | Muschi design | 74 | M35 | 2 | 11:03 | 14 | 38:47 | 16 | 24:24 | 27 | 1:14:14 |
| 16 | 522 | Krieger, Andreas | BSG Jungheinrich | 62 | M45 | 1 | 12:51 | 62 | 37:57 | 12 | 23:38 | 16 | 1:14:26 |
| 17 | 772 | Precht, Steffen | Norderstedt | 63 | M45 | 2 | 11:18 | 19 | 39:53 | 26 | 23:35 | 15 | 1:14:46 |
| 18 | 664 | Leifeld, Jürgen | Eppendorf AG | 68 | M40 | 7 | 11:49 | 32 | 39:35 | 22 | 23:53 | 20 | 1:15:17 |
| 19 | 514 | Gierke, Toni | Elmshorn | 83 | M25 | 5 | 10:12 | 9 | 39:57 | 27 | 25:26 | 44 | 1:15:35 |
| 20 | 660 | Grzonka, Achim | trizebs Barsbüttel | 64 | M45 | 3 | 11:52 | 33 | 37:36 | 9 | 26:16 | 55 | 1:15:44 |
| 21 | 539 | Semmelhaack, Kai | Norderstedt | 83 | M25 | 6 | 13:59 | 102 | 39:39 | 23 | 22:16 | 6 | 1:15:54 |
| 22 | 510 | Diekmann, Dennis | Hamburg | 82 | M25 | 7 | 11:01 | 13 | 42:21 | 54 | 23:03 | 10 | 1:16:25 |
| 23 | 684 | Wulf, Gunnar | Hamburg | 71 | M35 | 3 | 11:12 | 18 | 40:36 | 34 | 24:48 | 37 | 1:16:36 |
| 24 | 686 | Eggers, Michael | Norderstedt | 65 | M40 | 8 | 13:09 | 77 | 39:05 | 18 | 24:33 | 31 | 1:16:47 |
| 25 | 679 | Paul, Tobias | IDAA | 66 | M40 | 9 | 11:43 | 26 | 41:06 | 38 | 24:13 | 25 | 1:17:02 |
| 26 | 598 | Aschenbrenner, Frank | SC Vierhöfen | 71 | M35 | 4 | 11:35 | 23 | 40:31 | 31 | 25:01 | 38 | 1:17:07 |
| 27 | 629 | Pinnau, Jens | Laufftreff / Norderstedt | 64 | M45 | 4 | 10:54 | 11 | 42:24 | 56 | 23:51 | 19 | 1:17:09 |
| 28 | 628 | Pinnau, Ralf | Kiel | 57 | M50 | 1 | 13:10 | 79 | 38:10 | 14 | 25:50 | 50 | 1:17:10 |
| 29 | 626 | Peintinger, Ralf | Hamburg | 68 | M40 | 10 | 13:09 | 77 | 38:00 | 13 | 26:24 | 57 | 1:17:33 |
| 30 | 530 | Naeder, Marco | Hamburg | 71 | M35 | 5 | 12:14 | 42 | 42:07 | 51 | 23:19 | 12 | 1:17:40 |
| 31 | 707 | Wegner, Torsten | MONSTER AG | 74 | M35 | 6 | 11:48 | 30 | 39:51 | 25 | 26:06 | 52 | 1:17:45 |
| 32 | 513 | Ganzer, Dennis | Hamburg | 79 | M30 | 3 | 12:35 | 51 | 41:33 | 43 | 23:40 | 17 | 1:17:48 |
| 33 | 617 | Koß, Nils | Norderstedt | 82 | M25 | 8 | 15:37 | 116 | 39:19 | 19 | 22:56 | 9 | 1:17:52 |
| 34 | 532 | Ott, Gunnar | Ellerau | 78 | M30 | 4 | 11:43 | 26 | 41:30 | 42 | 25:14 | 41 | 1:18:27 |
| 35 | 663 | Kessner, Christian | Tri-EMTV Elmshorn | 63 | M45 | 5 | 12:27 | 47 | 41:40 | 45 | 24:24 | 27 | 1:18:31 |
| 36 | 695 | Nielsen, Holger | Heede | 57 | M50 | 2 | 13:45 | 96 | 40:59 | 37 | 23:49 | 18 | 1:18:33 |
| 37 | 546 | Wolanski, Andreas | Hamburg | 67 | M40 | 11 | 11:27 | 21 | 42:23 | 55 | 24:47 | 36 | 1:18:37 |
| 38 | 755 | Dehlwes, Stephan | Norderstedt | 65 | M40 | 12 | 12:31 | 48 | 39:31 | 21 | 26:59 | 67 | 1:19:01 |
| 39 | 753 | Borchardt, Harald | Hamburg | 63 | M45 | 6 | 12:32 | 50 | 41:55 | 47 | 24:37 | 33 | 1:19:04 |
| 40 | 518 | Jobst, Volker | Hamburg | 80 | M25 | 9 | 10:54 | 11 | 43:36 | 77 | 24:41 | 34 | 1:19:11 |
| 41 | 782 | Quistorf, Andreas | Reinbek | 66 | M40 | 13 | 12:53 | 65 | 40:48 | 36 | 25:44 | 48 | 1:19:25 |
| 42 | 525 | Rümmler, Markus | BSG Orthopädie Norderst | 76 | M30 | 5 | 11:45 | 28 | 42:11 | 53 | 25:42 | 46 | 1:19:38 |
| 43 | 634 | Schröder, Stefan | Norderstedt | 63 | M45 | 7 | 12:37 | 53 | 43:52 | 84 | 23:19 | 12 | 1:19:48 |
| 44 | 785 | Wessel, Andreas | Reit- und Fahrverein Raus | 64 | M45 | 8 | 13:02 | 70 | 40:32 | 33 | 26:28 | 61 | 1:20:02 |
| 45 | 563 | Holm, Gregor | TC-Ellerau | 69 | M40 | 14 | 12:00 | 36 | 40:15 | 29 | 28:05 | 82 | 1:20:20 |
| 46 | 535 | Riedel, Patrick | BSG Hamburg Wasser | 64 | M45 | 9 | 10:01 | 8 | 43:05 | 64 | 27:20 | 70 | 1:20:26 |
| 47 | 536 | Scherf, Sven Oliver | Hamburg | 76 | M30 | 6 | 13:16 | 86 | 43:06 | 66 | 24:08 | 23 | 1:20:30 |
| 47 | 596 | Wirtz, Philipp | TC Ellerau | 76 | M30 | 6 | 12:16 | 43 | 43:42 | 81 | 24:32 | 30 | 1:20:30 |
| 49 | 779 | Wagenführer, Daniel | Hamburg | 83 | M25 | 10 | 13:10 | 79 | 42:59 | 62 | 24:27 | 29 | 1:20:36 |
| 50 | 592 | Wagner, Arwed | Norderstedt | 71 | M35 | 7 | 12:04 | 37 | 42:41 | 59 | 26:06 | 52 | 1:20:51 |
| 51 | 696 | Oldenburg, Ronny | Norderstedt | 73 | M35 | 8 | 12:45 | 57 | 40:22 | 30 | 27:46 | 77 | 1:20:53 |
| 52 | 511 | Drieschner, Dr. Oliver | BSG Orthopädie Norderst | 64 | M45 | 10 | 11:25 | 20 | 42:03 | 49 | 27:27 | 72 | 1:20:55 |
| 53 | 537 | Schmidt, Dr. Axel | BSG Orthopädie Norderst | 58 | M50 | 3 | 12:47 | 59 | 43:36 | 77 | 24:33 | 31 | 1:20:56 |
| 54 | 582 | Riel, Thomas | ohne/Kisdorf | 58 | M50 | 4 | 12:48 | 60 | 41:20 | 40 | 27:00 | 68 | 1:21:08 |
| 55 | 692 | Klingenberg, Thomas | Norderstedt | 59 | M50 | 5 | 10:42 | 10 | 42:27 | 57 | 28:01 | 80 | 1:21:10 |
| 56 | 508 | Chevalier, Patrick | Hamburg | 64 | M45 | 11 | 12:16 | 43 | 43:14 | 68 | 25:48 | 49 | 1:21:18 |
| 56 | 590 | Schröder, Detlev | Rhen | 64 | M45 | 11 | 12:55 | 66 | 43:20 | 71 | 25:03 | 39 | 1:21:18 |
| 58 | 669 | Rosenthal, Lars | Ini's Triathleten | 77 | M30 | 8 | 12:42 | 55 | 40:00 | 28 | 28:45 | 92 | 1:21:27 |
| 59 | 697 | Rehefeld, Sascha | Polizei SV Eutin | 74 | M35 | 9 | 15:37 | 116 | 40:42 | 35 | 25:18 | 42 | 1:21:37 |
| 60 | 690 | Horstmann, Uwe | Norderstedt | 59 | M50 | 6 | 13:56 | 101 | 40:31 | 31 | 27:13 | 69 | 1:21:40 |

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| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Schwimmen | | Rad | | Lauf | | Endzeit |
|-----|-----|--------------------------|--------------------------|----|--------|-----------|-----|---------|-----|-------|-----|---------|
| 61 | 627 | Peters, Jörg | Norderstedt | 68 | M40 15 | 16:05 | 123 | 39:26 | 20 | 26:26 | 60 | 1:21:57 |
| 62 | 674 | Burmeister, Holger | Halstenbek | 66 | M40 16 | 12:16 | 43 | 39:50 | 24 | 29:57 | 104 | 1:22:03 |
| 63 | 710 | Müller, Markus | Muschi design | 74 | M35 10 | 11:52 | 33 | 42:05 | 50 | 28:15 | 87 | 1:22:12 |
| 64 | 512 | Evers, Kai | Landesgartenschau | 66 | M40 17 | 13:18 | 89 | 43:30 | 75 | 25:28 | 45 | 1:22:16 |
| 65 | 671 | Rühmann, Henrik | Elmshorn | 69 | M40 18 | 12:05 | 38 | 41:26 | 41 | 28:47 | 94 | 1:22:18 |
| 66 | 603 | Förtsch, Reinhard | Henstedt-Ulzburg | 64 | M45 13 | 12:31 | 48 | 43:42 | 81 | 26:40 | 65 | 1:22:53 |
| 67 | 548 | Block, Hans-Peter | TRI EMTV Elmshorn | 61 | M45 14 | 13:05 | 73 | 43:19 | 69 | 26:52 | 66 | 1:23:16 |
| 68 | 573 | Otten, Jens | Spaden | 67 | M40 19 | 13:29 | 91 | 41:52 | 46 | 28:22 | 89 | 1:23:43 |
| 69 | 577 | Peters, Jürgen | RSC Kattenberg | 51 | M55 1 | 14:34 | 108 | 41:08 | 39 | 28:08 | 84 | 1:23:50 |
| 70 | 599 | Balke, Thorsten | Henstedt-Ulzburg | 68 | M40 20 | 12:57 | 68 | 45:54 | 97 | 25:11 | 40 | 1:24:02 |
| 71 | 615 | Jasper, Jens | Norderstedt | 70 | M35 11 | 13:12 | 82 | 43:03 | 63 | 27:56 | 79 | 1:24:11 |
| 72 | 675 | Düerkop, Jan | Norderstedt | 83 | M25 11 | 8:58 | 3 | 43:27 | 74 | 31:51 | 116 | 1:24:16 |
| 73 | 547 | Falkenberg, Frank | Norderstedt | 67 | M40 21 | 13:03 | 71 | 42:00 | 48 | 29:26 | 98 | 1:24:29 |
| 74 | 540 | Semmelhaak, Jan | Hamburg | 83 | M25 12 | 13:17 | 88 | 44:37 | 91 | 26:37 | 64 | 1:24:31 |
| 75 | 502 | Behrens, Thies | Hamburg | 75 | M30 9 | 13:26 | 90 | 43:05 | 64 | 28:03 | 81 | 1:24:34 |
| 76 | 569 | Küster, Sigggi | TuS Holstein Quickborn | 48 | M60 1 | 16:32 | 127 | 43:19 | 69 | 24:44 | 35 | 1:24:35 |
| 77 | 506 | Broetzmann, Frank | LYC | 63 | M45 15 | 12:12 | 39 | 43:36 | 77 | 29:20 | 97 | 1:25:08 |
| 78 | 659 | Enderlein, Mark | Norderstedt | 76 | M30 10 | 12:51 | 62 | 42:43 | 60 | 29:40 | 101 | 1:25:14 |
| 79 | 526 | Lilienthal, Andreas | BSG Roadrunners Norder | 67 | M40 22 | - | - | 58:09 | - | 27:29 | 74 | 1:25:38 |
| 80 | 703 | Warrelmann, Lars | Hamburg | 65 | M40 23 | 13:06 | 74 | 43:41 | 80 | 28:52 | 96 | 1:25:39 |
| 81 | 507 | Caschube, Torsten | Hamburg | 68 | M40 24 | 11:56 | 35 | 45:22 | 94 | 28:38 | 91 | 1:25:56 |
| 82 | 760 | Hardie, Nicolas | Hamburg | 89 | M20 2 | 12:49 | 61 | 47:52 | 108 | 25:25 | 43 | 1:26:06 |
| 83 | 543 | van der Meeren, Ulf | BSG Hamburg Airport | 65 | M40 25 | 12:22 | 46 | 46:25 | 101 | 27:26 | 71 | 1:26:13 |
| 84 | 751 | Abendroth, Juergen | Triathlon Trio Tangstedt | 61 | M45 16 | 16:14 | 124 | 43:30 | 75 | 26:32 | 62 | 1:26:16 |
| 85 | 616 | Knutz, Henning | Henstedt-Ulzburg | 67 | M40 26 | 13:06 | 74 | 44:26 | 88 | 28:49 | 95 | 1:26:21 |
| 86 | 641 | Virus, Michael | Norderstedt | 74 | M35 12 | 13:07 | 76 | 43:47 | 83 | 29:28 | 99 | 1:26:22 |
| 87 | 545 | Wittwer, Andreas | Hamburg | 61 | M45 17 | - | - | 59:55 | - | 26:36 | 63 | 1:26:31 |
| 88 | 620 | Loppnow, Reinhard | vereinslos | 48 | M60 2 | 14:02 | 103 | 46:17 | 99 | 26:25 | 59 | 1:26:44 |
| 89 | 588 | Schmid, Ralf | Quickborn | 69 | M40 27 | 12:45 | 57 | 48:23 | 112 | 25:42 | 46 | 1:26:50 |
| 90 | 633 | Schimmel, Ralf | Norderstedt | 61 | M45 18 | 12:51 | 62 | 44:07 | 85 | 29:53 | 102 | 1:26:51 |
| 91 | 622 | Marxmeier-Jonsson, Ralph | VfL-Pinneberg | 67 | M40 28 | 11:04 | 15 | 47:58 | 110 | 27:51 | 78 | 1:26:53 |
| 92 | 505 | Brisch, Thomas | Halsedorf | 76 | M30 11 | 13:42 | 94 | 44:36 | 90 | 28:45 | 92 | 1:27:03 |
| 92 | 621 | Ludwig, Hans-Peter | Laufftreff Norderstedt | 71 | M35 13 | 15:44 | 121 | 43:09 | 67 | 28:10 | 86 | 1:27:03 |
| 94 | 693 | Mähling, Marko | Norderstedt | 79 | M30 12 | 15:40 | 119 | 43:20 | 71 | 28:06 | 83 | 1:27:06 |
| 95 | 611 | Hellmann, Rüdiger | Norderstedt | 69 | M40 29 | 14:32 | 107 | 42:53 | 61 | 29:54 | 103 | 1:27:19 |
| 96 | 503 | Biernat, Sven | Hamburg | 77 | M30 13 | 12:41 | 54 | 43:22 | 73 | 31:17 | 111 | 1:27:20 |
| 97 | 698 | Ringeling, Jens | Norderstedt | 64 | M45 19 | 13:32 | 92 | 46:18 | 100 | 27:39 | 75 | 1:27:29 |
| 98 | 689 | Hilpert, Armin | Norderstedt | 56 | M50 7 | 15:28 | 115 | 44:25 | 86 | 27:40 | 76 | 1:27:33 |
| 99 | 601 | Feit, Stephan | Pinneberg | 67 | M40 30 | 12:36 | 52 | 49:05 | 116 | 26:13 | 54 | 1:27:54 |
| 100 | 520 | Käming, Michael | BSG Vattenfall Hamburg | 58 | M50 8 | 14:50 | 109 | 45:53 | 96 | 27:28 | 73 | 1:28:11 |
| 101 | 528 | Mehlert, Wulf | Hamburg | 73 | M35 14 | 13:14 | 83 | 44:57 | 92 | 30:13 | 105 | 1:28:24 |
| 102 | 666 | Lüth, Florian | Ini's Triathleten | 79 | M30 14 | 12:55 | 66 | 42:35 | 58 | 33:25 | 120 | 1:28:55 |
| 103 | 694 | Metzler, Michael | Norderstedt | 57 | M50 9 | 15:12 | 113 | 42:07 | 51 | 32:15 | 119 | 1:29:34 |
| 104 | 572 | Oswald, Rolf-Detlef | SV-Henstedt-Ulzburg | 58 | M50 10 | 13:49 | 99 | 45:32 | 95 | 30:14 | 106 | 1:29:35 |
| 105 | 553 | Carius, Sven | TC-Ellerau | 69 | M40 31 | 12:13 | 40 | 46:31 | 102 | 30:54 | 108 | 1:29:38 |
| 106 | 700 | Schimmel, Jürgen | Hannover | 64 | M45 20 | 13:34 | 93 | 44:27 | 89 | 31:53 | 117 | 1:29:54 |
| 107 | 519 | Kalinkus, Jan | Hamburg | 78 | M30 15 | 13:46 | 97 | 45:03 | 93 | 31:39 | 114 | 1:30:28 |
| 108 | 571 | Möller, Torsten | TUS Wakendorf -Götzber | 66 | M40 32 | 13:01 | 69 | 49:22 | 119 | 28:19 | 88 | 1:30:42 |
| 109 | 688 | Herre, Klaus | Norderstedt | 59 | M50 11 | 13:16 | 86 | 46:14 | 98 | 31:13 | 110 | 1:30:43 |
| 110 | 676 | Felgow, Markus | Ellerau | 79 | M30 16 | 14:15 | 106 | 48:15 | 111 | 28:29 | 90 | 1:30:59 |
| 111 | 501 | Barnigeroth, Alexander | Hamburg | 83 | M25 13 | 11:41 | 25 | 53:37 | 127 | 26:18 | 56 | 1:31:36 |
| 112 | 704 | Zimmer, Michael | Hamburg | 49 | M60 3 | - | - | 1:01:28 | - | 30:39 | 107 | 1:32:07 |
| 113 | 516 | Huttegger, Dr. Christoph | BSG Orthopädie Norderst | 63 | M45 21 | 13:15 | 85 | 47:21 | 106 | 32:14 | 118 | 1:32:50 |
| 114 | 542 | Thilker, Jörg | Hamburg | 54 | M55 2 | 14:03 | 104 | 47:56 | 109 | 31:03 | 109 | 1:33:02 |
| 115 | 533 | Plöger, Frank | Hamburg | 80 | M25 14 | 10:00 | 7 | 49:50 | 120 | 33:36 | 121 | 1:33:26 |
| 116 | 529 | Meyer, Christoph | Hamburg | 70 | M35 15 | 13:11 | 81 | 46:38 | 103 | 33:38 | 122 | 1:33:27 |
| 117 | 538 | Schulz, Rolf | BSG Hamburg Airport | 59 | M50 12 | 13:48 | 98 | 53:22 | 126 | 26:24 | 57 | 1:33:34 |
| 118 | 600 | Demmler, Ralf | TSV Quellenhaupt Bornhö | 52 | M55 3 | 14:57 | 110 | 48:44 | 114 | 31:37 | 112 | 1:35:18 |
| 119 | 527 | Lügering, Dieter | Hamburg | 57 | M50 13 | 17:57 | 128 | 48:35 | 113 | 29:31 | 100 | 1:36:03 |
| 120 | 584 | Rönnfeld, Frank | Quickborn | 69 | M40 33 | 14:07 | 105 | 50:42 | 122 | 31:45 | 115 | 1:36:34 |

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Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Schwimmen | | Rad | | Lauf | | Endzeit |
|-----|-----|---------------------|---------------------|----|--------|-----------|-----|-------|-----|-------|-----|---------|
| 121 | 691 | Kasner, Norbert | Norderstedt | 65 | M40 34 | 15:03 | 112 | 44:25 | 86 | 37:28 | 132 | 1:36:56 |
| 122 | 570 | Möller, Michael | SV Henstedt Ulzburg | 65 | M40 35 | 16:18 | 126 | 49:20 | 118 | 31:38 | 113 | 1:37:16 |
| 123 | 623 | millnitz, wolfgang | Henstedt-Ulzburg | 57 | M50 14 | 13:03 | 71 | 49:16 | 117 | 35:30 | 127 | 1:37:49 |
| 124 | 509 | Coers, Frank | Ellerbeek | 66 | M40 36 | 15:37 | 116 | 47:12 | 105 | 35:03 | 126 | 1:37:52 |
| 125 | 565 | Kawa, Andreas | Henstedt-Ulzburg | 59 | M50 15 | 15:40 | 119 | 48:47 | 115 | 34:13 | 123 | 1:38:40 |
| 126 | 713 | Beyer-Rogée, Dirk | Henstedt-Ulzburg | 60 | M45 22 | 13:55 | 100 | 47:47 | 107 | 37:10 | 130 | 1:38:52 |
| 127 | 523 | Kurbangulov, Viktor | Hamburg | 52 | M55 4 | 18:44 | 129 | 52:06 | 124 | 28:08 | 84 | 1:38:58 |
| 128 | 541 | steinkamp, jörg | Quickborn | 63 | M45 23 | 11:48 | 30 | 46:57 | 104 | 40:20 | 134 | 1:39:05 |
| 129 | 579 | Pollmächer, Hendrik | Norderstedt | 88 | M20 3 | 13:43 | 95 | 49:54 | 121 | 37:19 | 131 | 1:40:56 |
| 130 | 564 | Kalinkus, Joachim | Berlin | 50 | M55 5 | 15:19 | 114 | 50:58 | 123 | 36:35 | 129 | 1:42:52 |
| 131 | 754 | Bruhn, Rainer | Hamburg | 58 | M50 16 | 15:00 | 111 | 55:40 | 130 | 34:59 | 125 | 1:45:39 |
| 132 | 711 | Schröder, Carsten | Warder | 62 | M45 24 | 15:56 | 122 | 55:37 | 129 | 34:45 | 124 | 1:46:18 |
| 133 | 549 | Behrens, Ulrich | Alveslohe | 46 | M60 4 | 16:16 | 125 | 54:40 | 128 | 35:48 | 128 | 1:46:44 |
| 134 | 544 | Walter, Volker | Norderstedt | 42 | M65 1 | 19:48 | 130 | 52:16 | 125 | 38:45 | 133 | 1:50:49 |

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Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | Schwimmen | | Rad | | Lauf | | Endzeit | |
|-----|-----|--------------------------|--------------------------|----|--------|-----------|-------|-----|---------|------|-------|---------|---------|
| 1 | 650 | Neumann, Tanja | LG Alsternord | 85 | W20 | 1 | 11:26 | 14 | 42:23 | 10 | 21:00 | 1 | 1:14:49 |
| 2 | 657 | Breitfeld , Marit | Hamburger Schwimm-Clu | 75 | W30 | 1 | 8:03 | 1 | 40:05 | 5 | 27:06 | 13 | 1:15:14 |
| 3 | 662 | Heß, Rebecca | Hamburg | 80 | W25 | 1 | 10:29 | 6 | 39:40 | 2 | 25:37 | 4 | 1:15:46 |
| 4 | 673 | WARNECKE-JEROL, Mar | Wellfit | 61 | W45 | 1 | 10:18 | 5 | 38:52 | 1 | 26:54 | 11 | 1:16:04 |
| 5 | 643 | Westerfeld, Sabine | BSG ESW&STN | 66 | W40 | 1 | 12:33 | 22 | 40:16 | 6 | 23:42 | 2 | 1:16:31 |
| 6 | 668 | Pustowka, Katja | TVV Neu Wulmstorf | 77 | W30 | 2 | 9:56 | 3 | 40:04 | 4 | 27:57 | 20 | 1:17:57 |
| 7 | 583 | Röhrs, Simone | Triabolos Hamburg e.V. | 76 | W30 | 3 | 13:05 | 29 | 40:18 | 7 | 25:50 | 5 | 1:19:13 |
| 8 | 665 | Löwe, Doreen | HSC | 81 | W25 | 2 | 8:21 | 2 | 42:00 | 9 | 28:53 | 23 | 1:19:14 |
| 9 | 652 | Schroeter, Katja | Hamburg | 66 | W40 | 2 | 10:09 | 4 | 43:11 | 14 | 26:22 | 7 | 1:19:42 |
| 10 | 639 | van der Pluijm, Michaela | ESW&STN | 73 | W35 | 1 | 12:44 | 25 | 40:54 | 8 | 26:14 | 6 | 1:19:52 |
| 11 | 776 | Storm, Kerstin | Norderstedt | 67 | W40 | 3 | 10:51 | 9 | 42:42 | 11 | 26:50 | 9 | 1:20:23 |
| 12 | 661 | Hänlein, Susanne | TVV Neu Wulmstorf | 64 | W45 | 2 | 11:22 | 13 | 39:58 | 3 | 29:08 | 27 | 1:20:28 |
| 13 | 658 | Drews, Imke | Wasserratten Norderstedt | 72 | W35 | 2 | 10:34 | 7 | 43:26 | 16 | 27:11 | 14 | 1:21:11 |
| 14 | 574 | Ottow, Alexandra | Team OMO | 70 | W35 | 3 | 12:27 | 21 | 42:45 | 12 | 26:33 | 8 | 1:21:45 |
| 15 | 630 | Pruns, Regine | BSG Beiersdorf | 69 | W40 | 4 | 11:59 | 16 | 43:25 | 15 | 27:42 | 18 | 1:23:06 |
| 16 | 769 | Neumann, Olivia | Norderstedt | 69 | W40 | 5 | 10:59 | 11 | 45:11 | 21 | 27:11 | 14 | 1:23:21 |
| 17 | 670 | Rosenthal, Ines | Ini's Triathleten | 78 | W30 | 4 | 10:52 | 10 | 43:01 | 13 | 29:41 | 31 | 1:23:34 |
| 18 | 649 | Mewes, Sasonya | Kaltenkirchen | 71 | W35 | 4 | 12:19 | 19 | 44:18 | 18 | 27:04 | 12 | 1:23:41 |
| 19 | 655 | Thilker, Janina | Team Triathlon Hamburg | 80 | W25 | 3 | - | - | 55:58 | - | 27:55 | 19 | 1:23:53 |
| 20 | 638 | Törber, Cindy | GOSPORTS Elmshorn | 86 | W20 | 2 | 13:28 | 36 | 43:53 | 17 | 27:29 | 16 | 1:24:50 |
| 21 | 651 | Rademann, Anne | NSV | 69 | W40 | 6 | 12:43 | 24 | 47:02 | 31 | 25:08 | 3 | 1:24:53 |
| 22 | 654 | Tews, Kerstin | Lentförden | 65 | W40 | 7 | 10:37 | 8 | 45:53 | 25 | 28:54 | 24 | 1:25:24 |
| 23 | 562 | Hoffmann, Kristina | TeamSeeschwalbe | 77 | W30 | 5 | 13:13 | 32 | 44:37 | 20 | 27:59 | 21 | 1:25:49 |
| 24 | 591 | Sieke, Conni | USC-Kiel | 53 | W55 | 1 | 12:46 | 26 | 44:23 | 19 | 29:28 | 29 | 1:26:37 |
| 25 | 558 | Goldbaum, Magdalene | Norderstedt | 76 | W30 | 6 | 12:26 | 20 | 47:04 | 32 | 27:39 | 17 | 1:27:09 |
| 26 | 708 | Hering, Tessa | Hamburg | 81 | W25 | 4 | 12:57 | 27 | 45:34 | 23 | 29:29 | 30 | 1:28:00 |
| 27 | 606 | Hammer, Silke | Henstedt-Ulzburg | 68 | W40 | 8 | 12:58 | 28 | 46:14 | 26 | 29:13 | 28 | 1:28:25 |
| 28 | 635 | Schumacher, Andrea | Hamburg | 59 | W50 | 1 | 13:19 | 34 | 48:16 | 36 | 26:53 | 10 | 1:28:28 |
| 29 | 578 | Poetzsch, Tanja | Quickborn | 66 | W40 | 9 | 12:41 | 23 | 46:21 | 27 | 30:53 | 34 | 1:29:55 |
| 30 | 667 | Pankow-Kock, Jutta | Ellerau | 57 | W50 | 2 | 13:22 | 35 | 45:15 | 22 | 31:46 | 38 | 1:30:23 |
| 31 | 614 | Hornung, Kerstin | Bönningstedt | 89 | W20 | 3 | 13:38 | 38 | 48:07 | 35 | 28:42 | 22 | 1:30:27 |
| 32 | 595 | Wiethe, Iris | Kaltenkirchen | 66 | W40 | 10 | 12:02 | 17 | 45:52 | 24 | 33:10 | 42 | 1:31:04 |
| 33 | 619 | Lindner, Jenny | Hamburg | 86 | W20 | 4 | 14:26 | 45 | 46:44 | 29 | 31:08 | 35 | 1:32:18 |
| 34 | 642 | von Brevern, Ute | Hamburg | 65 | W40 | 11 | 12:08 | 18 | 49:03 | 37 | 31:34 | 37 | 1:32:45 |
| 35 | 580 | Radzuweit, Anne | Norderstedt | 69 | W40 | 12 | 14:48 | 48 | 49:17 | 39 | 29:02 | 25 | 1:33:07 |
| 36 | 602 | Feit, Jutta | Pinneberg | 69 | W40 | 13 | 11:15 | 12 | 51:34 | 45 | 30:35 | 33 | 1:33:24 |
| 37 | 605 | Göttsche, Mirja | Göttingen | 80 | W25 | 5 | 13:49 | 39 | 49:37 | 42 | 29:59 | 32 | 1:33:25 |
| 38 | 552 | Lejeune, Flavien | BSG Orthopädie Norderst | 79 | W30 | 7 | 14:24 | 44 | 50:14 | 43 | 29:03 | 26 | 1:33:41 |
| 39 | 631 | Reese, Irina | BSG Eon Hanse | 72 | W35 | 5 | 13:51 | 41 | 46:40 | 28 | 33:25 | 45 | 1:33:56 |
| 40 | 646 | Broetzmann, Katja | Tura | 63 | W45 | 3 | - | - | 1:02:10 | - | 33:14 | 43 | 1:35:24 |
| 41 | 608 | Hartmann, Anette | Hamburg | 71 | W35 | 6 | 17:25 | 53 | 47:15 | 33 | 31:29 | 36 | 1:36:09 |
| 42 | 589 | Schmid, Silke | Quickborn | 72 | W35 | 7 | 14:50 | 49 | 49:32 | 41 | 33:27 | 46 | 1:37:49 |
| 43 | 557 | Elmgren, Doris | Hasloh | 48 | W60 | 1 | 17:06 | 52 | 46:50 | 30 | 33:56 | 47 | 1:37:52 |
| 44 | 612 | Holl, Tina | Hamburg | 82 | W25 | 6 | 14:19 | 43 | 52:34 | 47 | 32:04 | 39 | 1:38:57 |
| 45 | 604 | Friede, Bettina | BSG TK Triathlon | 65 | W40 | 14 | 13:52 | 42 | 48:03 | 34 | 37:05 | 51 | 1:39:00 |
| 46 | 561 | Herwig, Daniela | Henstedt-Ulzburg | 80 | W25 | 7 | 13:18 | 33 | 53:20 | 49 | 33:14 | 43 | 1:39:52 |
| 47 | 554 | Clausen, Manuela | Norderstedt | 53 | W55 | 2 | 15:00 | 50 | 52:16 | 46 | 32:40 | 40 | 1:39:56 |
| 48 | 593 | Warrelmann, Anette | Hamburg | 68 | W40 | 15 | 13:32 | 37 | 53:57 | 50 | 32:50 | 41 | 1:40:19 |
| 49 | 624 | Mollenhauer, Brigitte | Hamburg | 78 | W30 | 8 | 14:27 | 46 | 50:34 | 44 | 36:08 | 48 | 1:41:09 |
| 50 | 581 | Reimer, Tanja | KGS Tornesch | 68 | W40 | 16 | 14:46 | 47 | 49:08 | 38 | 38:25 | 53 | 1:42:19 |
| 51 | 653 | Steinbrunn, Katja | Philips LG | 75 | W30 | 9 | 13:09 | 30 | 52:36 | 48 | 36:41 | 50 | 1:42:26 |
| 52 | 637 | Tenhaeff, Corinna | BSG TK | 62 | W45 | 4 | 13:11 | 31 | 49:19 | 40 | 40:09 | 55 | 1:42:39 |
| 53 | 610 | Heath, Angelika | Bönningstedt | 58 | W50 | 3 | 13:50 | 40 | 54:32 | 51 | 36:38 | 49 | 1:45:00 |
| 54 | 648 | lühje, sandra | 24558 henstedt-ulzburg | 72 | W35 | 8 | 11:47 | 15 | 56:44 | 52 | 40:05 | 54 | 1:48:36 |
| 55 | 585 | Sack, Vera | Manusports | 40 | W65 | 1 | 16:12 | 51 | 58:00 | 53 | 37:43 | 52 | 1:51:55 |