

#### Männer

| Pl. | St Nr | Name                    | Verein                          | AK   | Pl.<br>(AK) | Schwimmen | Radfahren  | Laufen     | Gesamt  |
|-----|-------|-------------------------|---------------------------------|------|-------------|-----------|------------|------------|---------|
| 1   | 1617  | Jonathan Homberg        |                                 | TM20 | 1           | 5:33 (3)  | 32:37 (1)  | 17:40 (1)  | 55:50   |
| 2   | 1598  | Jannis Grewing          |                                 | TM25 | 1           | 6:45 (15) | 35:41 (3)  | 21:00 (5)  | 1:03:26 |
| 3   | 1576  | Michael Vogel           |                                 | TM30 | 1           | 7:11 (25) | 36:51 (7)  | 20:21 (3)  | 1:04:24 |
| 4   | 1489  | Sascha Severin          | LT Starlight Team Essen         | TM50 | 1           | 6:41 (14) | 35:24 (2)  | 22:24 (12) | 1:04:29 |
| 5   | 1608  | Niklas Ehlert           |                                 | TM20 | 2           | 7:25 (31) | 37:01 (8)  | 21:07 (7)  | 1:05:33 |
| 6   | 1490  | Markus Gelbarth         | LT Lukas                        | TM50 | 2           | 7:28 (32) | 36:13 (4)  | 23:17 (18) | 1:06:57 |
| 7   | 1460  | Uwe Bandmann            | TVK Essen                       | TM55 | 1           | 6:51 (19) | 36:41 (6)  | 23:32 (23) | 1:07:05 |
| 8   | 1527  | Dirk Mithammer          | Triandertaler - ME sport        | TM50 | 3           | 7:44 (42) | 36:21 (5)  | 24:13 (28) | 1:08:19 |
| 9   | 1546  | Oliver Ganick           | TriTeam Hagen                   | TM40 | 1           | 7:32 (34) | 37:54 (10) | 22:55 (15) | 1:08:20 |
| 10  | 1556  | Marc Bengler            | Crefelder Ruder-Club 1883       | TM35 | 1           | 9:04 (85) | 39:21 (18) | 20:05 (2)  | 1:08:29 |
| 11  | 1640  | Marco Hunte             | DSV98 Triathlon                 | TM60 | 1           | 6:22 (7)  | 37:11 (9)  | 25:07 (44) | 1:08:40 |
| 12  | 1612  | Max Pocha               |                                 | TM20 | 3           | 7:43 (40) | 40:05 (22) | 21:00 (5)  | 1:08:48 |
| 13  | 1482  | Joachim Wehmeyer        | Triathlon Team Düsseldorf       | TM50 | 4           | 8:33 (70) | 38:18 (12) | 22:00 (11) | 1:08:51 |
| 14  | 1585  | Nikola Jadranski        | TPSK                            | TM30 | 2           | 5:45 (5)  | 39:09 (14) | 23:59 (25) | 1:08:54 |
| 15  | 1544  | Hendrik Hilpert         | Duisburger SV 98 Triathlon Team | TM40 | 2           | 7:12 (27) | 39:16 (17) | 22:46 (13) | 1:09:14 |
| 16  | 1534  | Dr. Christian Dan Pascu | Triathlon Team Düsseldorf       | TM40 | 3           | 8:09 (55) | 40:14 (23) | 21:39 (9)  | 1:10:02 |
| 17  | 1627  | Piotr Schnerr           | Freie Schwimmer Düsseldorf      | MJA  | 1           | 5:26 (2)  | 40:25 (24) | 24:14 (29) | 1:10:05 |
| 18  | 1538  | Torsten Ebert           |                                 | TM40 | 4           | 8:24 (59) | 39:11 (15) | 22:47 (14) | 1:10:23 |
| 19  | 1621  | Christian Müller        | SV Poseidon Triathlon           | MJA  | 2           | 6:36 (11) | 38:13 (11) | 26:00 (53) | 1:10:49 |
| 20  | 1541  | Jonathan Riedl          |                                 | TM40 | 5           | 7:40 (39) | 41:22 (32) | 21:53 (10) | 1:10:56 |
| 21  | 1570  | Jakob Richert           |                                 | TM35 | 2           | 8:26 (64) | 39:12 (16) | 23:31 (21) | 1:11:10 |
| 22  | 1573  | Timothy Nußbaumer       |                                 | TM35 | 3           | 7:46 (45) | 39:55 (20) | 24:05 (27) | 1:11:47 |
| 23  | 1433  | Christoph Möller        | PSV Bonn Triathlon              | TM60 | 2           | 7:11 (23) | 38:38 (13) | 26:00 (53) | 1:11:49 |
| 24  | 1529  | Andreas Keutz           | Triathlon Team Düsseldorf       | TM40 | 6           | 8:16 (57) | 40:29 (25) | 23:16 (17) | 1:12:01 |
| 25  | 1613  | Laurin Mückshoff        |                                 | TM20 | 4           | 8:26 (62) | 39:30 (19) | 24:29 (35) | 1:12:25 |
| 26  | 1537  | Gregor Gaffke           | Triathlon Team Hagen e.V.       | TM40 | 7           | 6:25 (8)  | 42:35 (40) | 24:38 (37) | 1:13:38 |
| 27  | 1596  | Julian Dietze           |                                 | TM25 | 2           | 9:01 (83) | 44:02 (53) | 20:38 (4)  | 1:13:41 |
| 28  | 1594  | Tim Milinski            | me-Sport TRlandertaler          | TM30 | 3           | 7:35 (35) | 40:32 (27) | 25:45 (50) | 1:13:52 |
| 29  | 1495  | Uwe Perkams             | Tri-Team Hagen                  | TM50 | 5           | 6:46 (16) | 41:03 (29) | 26:05 (55) | 1:13:54 |
| 30  | 1626  | Martin Elbe             | TV Ratingen                     | MJA  | 3           | 5:24 (1)  | 42:06 (36) | 26:25 (58) | 1:13:56 |
| 31  | 1536  | Friedrich Kammerlander  |                                 | TM40 | 8           | 7:59 (48) | 41:59 (35) | 24:02 (26) | 1:14:00 |
| 32  | 1518  | Boris Hullmann          | Power and Pace                  | TM45 | 1           | 8:07 (53) | 40:56 (28) | 25:01 (41) | 1:14:04 |
| 33  | 1646  | Lukkas Rosenthal        | LTV Lippstadt Triathlon         | MJUN | 1           | 6:48 (17) | 42:11 (37) | 25:18 (46) | 1:14:18 |
| 34  | 1624  | Miklas Noell            | SV Poseidon Triathlon           | MJA  | 4           | 5:34 (4)  | 44:46 (58) | 24:18 (31) | 1:14:37 |
| 35  | 1601  | Jan Roskosch            |                                 | TM25 | 3           | 7:15 (28) | 46:01 (68) | 21:24 (8)  | 1:14:40 |

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| Pl. | St Nr | Name                 | Verein                                  | AK   | Pl. (AK) | Schwimmen   | Radfahren   | Laufen      | Gesamt  |
|-----|-------|----------------------|---|------|----------|-------------|-------------|-------------|---------|
| 36  | 13037 | Jonas Gerzar         | Triathlon Team Düsseldorf               | TM20 | 5        | 7:30 (33)   | 44:19 (56)  | 23:20 (19)  | 1:15:09 |
| 37  | 1591  | Linus Holtmann       | Luftpumpen                              | TM30 | 4        | 8:57 (80)   | 43:06 (46)  | 23:32 (22)  | 1:15:35 |
| 38  | 1651  | Ludger Feyen         |   | TM40 | 9        | 7:35 (36)   | 41:23 (33)  | 26:47 (62)  | 1:15:44 |
| 39  | 1493  | Michael Alipaß       | BSG Sparkasse HRV                       | TM50 | 6        | 8:58 (81)   | 42:50 (45)  | 24:20 (32)  | 1:16:08 |
| 40  | 1431  | Achim Krings         |   | TM60 | 3        | 7:39 (38)   | 41:16 (31)  | 27:17 (66)  | 1:16:12 |
| 41  | 1483  | Jens-Uwe Spoo        |   | TM50 | 7        | 7:52 (46)   | 41:16 (30)  | 27:05 (64)  | 1:16:13 |
| 42  | 1464  | Ulrich Hinnenthal    | Tri-Team Hagen                          | TM55 | 2        | 8:46 (74)   | 42:44 (43)  | 24:47 (39)  | 1:16:17 |
| 43  | 1532  | Andreas Ballof       |   | TM40 | 10       | 8:59 (82)   | 42:26 (39)  | 25:06 (43)  | 1:16:31 |
| 44  | 1438  | Roger Müller         | TRI-Team Hagen                          | TM60 | 4        | 9:41 (111)  | 40:30 (26)  | 26:47 (63)  | 1:16:58 |
| 45  | 1643  | Scott Fenna          | Computacenter                           | TM55 | 3        | 7:46 (44)   | 40:00 (21)  | 29:15 (89)  | 1:17:00 |
| 46  | 1466  | Guido Niermann       | Lt Starlight Team Essen                 | TM55 | 4        | 6:50 (18)   | 44:38 (57)  | 25:37 (49)  | 1:17:05 |
| 47  | 1519  | Michael Simons       | Team Drensteinfurt                      | TM45 | 2        | 9:15 (92)   | 43:18 (49)  | 24:43 (38)  | 1:17:16 |
| 48  | 1604  | Max Weber            |   | TM20 | 6        | 7:56 (47)   | 45:01 (60)  | 24:29 (34)  | 1:17:26 |
| 49  | 1603  | Leonard Hanfgarn     | No Free Lunch                           | TM25 | 4        | 6:57 (20)   | 46:04 (72)  | 24:33 (36)  | 1:17:35 |
| 50  | 1457  | Reiner Schulz        | Union Biesfeld Triathlon                | TM55 | 5        | 7:35 (37)   | 42:25 (38)  | 27:57 (77)  | 1:17:58 |
| 51  | 1462  | Mark von Cyrsohn     | Marathon Triathlon MH                   | TM40 | 11       | 9:07 (87)   | 44:51 (59)  | 24:15 (30)  | 1:18:13 |
| 52  | 1514  | Adam Schnerr         | VfL Benrath                             | TM45 | 3        | 6:40 (13)   | ( )         | ( )         | 1:18:18 |
| 53  | 1481  | Rene Schmidt         | LG Schnecke Düsseldorf                  | TM50 | 8        | 9:59 (120)  | 44:01 (52)  | 24:27 (33)  | 1:18:28 |
| 54  | 1523  | Michael Url          | Moerser TV Triathlon                    | TM45 | 4        | 8:46 (75)   | 41:48 (34)  | 28:02 (79)  | 1:18:36 |
| 55  | 1633  | Tim Grütter          | runnershealth.de                        | TM50 | 9        | 8:43 (73)   | 43:27 (50)  | 26:29 (59)  | 1:18:38 |
| 56  | 1513  | Konrad Rybacki       |   | TM45 | 5        | 8:29 (65)   | 45:24 (63)  | 25:03 (42)  | 1:18:56 |
| 57  | 1635  | Stefan Kampshoff     |   | TM50 | 10       | 7:11 (24)   | 43:16 (48)  | 29:19 (92)  | 1:19:46 |
| 58  | 1545  | Manuel Goldmann      |   | TM40 | 12       | 8:00 (49)   | 44:06 (55)  | 27:43 (73)  | 1:19:49 |
| 59  | 1472  | Peter Konietzko      |   | TM55 | 6        | 9:15 (93)   | 42:49 (44)  | 27:45 (74)  | 1:19:50 |
| 60  | 1628  | Ingo Stadthaus       | SV Poseidon Triathlon                   | TM40 | 13       | 9:34 (107)  | 43:58 (51)  | 26:18 (56)  | 1:19:51 |
| 61  | 1554  | Maximilian Jatzlau   | SSF Bonn Triathlon                      | TM35 | 4        | 9:56 (118)  | 42:44 (42)  | 27:17 (67)  | 1:19:56 |
| 62  | 1450  | Dieter Milz          | Sg Sportfreunde 69 Marmagen/Nettersheim | TM60 | 5        | 9:40 (110)  | 42:38 (41)  | 27:42 (72)  | 1:20:01 |
| 63  | 1597  | Lucas Müller         | No Free Lunch                           | TM25 | 5        | 8:15 (56)   | 46:43 (78)  | 25:47 (51)  | 1:20:45 |
| 64  | 1625  | Paul Kenkmann        | SV Poseidon Triathlon                   | MJA  | 5        | ( )         | ( )         | 32:13 (116) | 1:21:01 |
| 65  | 1648  | Alexander Palm       | Laufgut Schmitz                         | TM50 | 11       | 7:24 (30)   | 50:10 (104) | 23:44 (24)  | 1:21:17 |
| 66  | 1540  | Stephan Müller       |   | TM40 | 14       | 9:27 (101)  | 46:02 (69)  | 26:18 (56)  | 1:21:47 |
| 67  | 1429  | Andreas Hillebrand   | Angerland LT Lintorf                    | TM60 | 6        | 8:26 (63)   | 46:13 (73)  | 27:33 (70)  | 1:22:13 |
| 68  | 1589  | Christian Pauwels    |   | TM45 | 6        | 8:29 (67)   | 48:58 (97)  | 24:50 (40)  | 1:22:17 |
| 69  | 1637  | Konstantin Krawinkel |   | TM60 | 7        | 10:30 (133) | 45:21 (62)  | 26:42 (61)  | 1:22:33 |
| 70  | 1586  | Philip von Platen    |   | TM30 | 5        | 6:25 (9)    | 48:25 (92)  | 27:49 (75)  | 1:22:39 |
| 71  | 1467  | Stefan Preuß         | Vodastecher Tri-Team                    | TM55 | 7        | 7:43 (41)   | 46:04 (71)  | 29:02 (86)  | 1:22:49 |
| 72  | 1599  | Luca Wendel          |   | TM25 | 6        | 9:24 (99)   | 45:52 (66)  | 28:14 (81)  | 1:23:30 |

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|-----|-------|--------------------------|---------------------------|------|----------|-------------|-------------|-------------|---------|
| 73  | 1478  | Jorge Edel Farinha       | EF-Family                 | TM50 | 12       | 10:01 (123) | 48:18 (91)  | 25:15 (45)  | 1:23:34 |
| 74  | 1557  | Marc Limmer              | Mettman-Sport             | TM25 | 7        | 7:46 (43)   | 45:18 (61)  | 30:35 (104) | 1:23:39 |
| 75  | 1642  | Tim Draut                |                           | TM40 | 15       | 8:00 (50)   | 47:00 (79)  | 29:14 (88)  | 1:24:14 |
| 76  | 1639  | Guido Eicheler           | gute-beine.de             | TM55 | 8        | 9:50 (114)  | 47:51 (86)  | 26:34 (60)  | 1:24:15 |
| 77  | 1587  | Jan-Michael Eichler      |                           | TM30 | 6        | 12:17 (161) | 48:41 (94)  | 23:31 (20)  | 1:24:28 |
| 78  | 1434  | Günther Braun            | DLRG                      | TM60 | 8        | 10:36 (136) | 45:24 (64)  | 28:30 (82)  | 1:24:30 |
| 79  | 1511  | Marc Watermann           |                           | TM45 | 7        | 10:07 (126) | 47:05 (81)  | 27:21 (68)  | 1:24:34 |
| 80  | 1645  | Kai Laws                 |                           | TM35 | 5        | 8:48 (76)   | 47:25 (82)  | 28:37 (83)  | 1:24:49 |
| 81  | 1487  | Matthias Elbe            |                           | TM50 | 13       | 6:30 (10)   | 46:18 (75)  | 32:06 (115) | 1:24:54 |
| 82  | 1506  | Ruven Jessler            |                           | TM45 | 8        | 9:09 (89)   | 48:26 (93)  | 27:28 (69)  | 1:25:03 |
| 83  | 1432  | Rainer Markard           |                           | TM60 | 9        | 10:46 (141) | 43:07 (47)  | 31:15 (110) | 1:25:09 |
| 84  | 1528  | Tolga Yilmaz             |                           | TM40 | 16       | 10:22 (129) | 47:47 (85)  | 27:09 (65)  | 1:25:19 |
| 85  | 1588  | Mike Barkmin             |                           | TM30 | 7        | 9:18 (94)   | 47:01 (80)  | 29:05 (87)  | 1:25:23 |
| 86  | 1610  | Denis Schneiders         |                           | TM20 | 7        | 8:17 (58)   | 48:59 (98)  | 28:09 (80)  | 1:25:24 |
| 87  | 1569  | René Schlautmann         | LC Duisburg               | TM35 | 6        | 8:09 (54)   | 47:45 (84)  | 29:33 (95)  | 1:25:26 |
| 88  | 1582  | Sangwook Lee             |                           | TM30 | 8        | 8:53 (78)   | 51:03 (117) | 25:57 (52)  | 1:25:53 |
| 89  | 1428  | Christian Rottlaender    | TV Ratingen               | TM60 | 10       | 10:06 (125) | 46:38 (77)  | 29:22 (93)  | 1:26:06 |
| 90  | 1452  | Dirk Groschwitz          | Angerland LT Lintorf      | TM55 | 9        | 11:57 (159) | 51:27 (121) | 22:55 (16)  | 1:26:19 |
| 91  | 1566  | Markus Vollmerhaus       |                           | TM35 | 7        | 9:53 (116)  | 50:56 (115) | 25:36 (47)  | 1:26:25 |
| 92  | 1568  | Dominic Habenstein       |                           | TM35 | 8        | 8:49 (77)   | 52:06 (127) | 25:36 (48)  | 1:26:31 |
| 93  | 1623  | Alexander Opdam          | SV Neviges                | MJA  | 6        | 6:03 (6)    | 48:09 (89)  | 32:53 (121) | 1:27:05 |
| 94  | 1418  | Wolfgang Philipp         |                           | TM65 | 1        | 9:26 (100)  | 47:25 (82)  | 30:20 (101) | 1:27:10 |
| 95  | 1602  | Muhammed Öztürk          | Tri Team Hagen            | TM25 | 8        | 9:06 (86)   | 44:06 (54)  | 34:04 (127) | 1:27:17 |
| 96  | 1571  | Malte Daniels            |                           | TM35 | 9        | 7:12 (26)   | 45:37 (65)  | 34:44 (130) | 1:27:32 |
| 97  | 1615  | Niklas Kögler            | kögisfreinds              | MJUN | 2        | 10:45 (140) | 46:14 (74)  | 30:54 (106) | 1:27:53 |
| 98  | 1564  | Jan Hintzen              |                           | TM35 | 10       | 8:33 (69)   | 48:56 (96)  | 30:56 (107) | 1:28:24 |
| 99  | 1430  | Ralf Schnepf             |                           | TM60 | 11       | 9:35 (108)  | 45:54 (67)  | 33:07 (124) | 1:28:36 |
| 100 | 1512  | Markus Monßen-Wackerbeck |                           | TM45 | 9        | 9:43 (112)  | 49:58 (102) | 29:00 (85)  | 1:28:41 |
| 101 | 1553  | Sebastian Paolo Kamp     | IGM                       | TM35 | 11       | 9:28 (103)  | 49:17 (99)  | 30:00 (97)  | 1:28:45 |
| 102 | 1492  | Patrick Metzmacher       | Trane Region-West         | TM50 | 14       | 8:03 (52)   | 51:32 (122) | 29:33 (95)  | 1:29:08 |
| 103 | 1446  | Marcus Ferger            | BSG Sparkasse HRV         | TM55 | 10       | 9:29 (105)  | 51:25 (120) | 28:52 (84)  | 1:29:46 |
| 104 | 1522  | Norman Hay               | Team B-Heim               | TM50 | 15       | 11:42 (156) | 48:14 (90)  | 30:02 (98)  | 1:29:58 |
| 105 | 1607  | Sven Krämer              |                           | TM20 | 8        | 10:16 (127) | 51:57 (126) | 27:59 (78)  | 1:30:12 |
| 106 | 1443  | Alexander Görtz          | ME Sport                  | TM55 | 11       | 10:48 (143) | 50:11 (105) | 29:15 (90)  | 1:30:14 |
| 107 | 1516  | Ruffing Alexander        |                           | TM45 | 10       | 11:38 (155) | 51:01 (116) | 27:36 (71)  | 1:30:15 |
| 108 | 1422  | Georg De Brouwer         | Active Team Erdinger      | TM65 | 2        | 9:36 (109)  | 50:34 (108) | 30:29 (102) | 1:30:39 |
| 109 | 1494  | Frank Junglas            | SSK Kerpen Triathlon      | TM50 | 16       | 11:25 (152) | 51:41 (123) | 27:52 (76)  | 1:30:58 |
| 110 | 1421  | Michael Schmidt          | RSG Herne                 | TM65 | 3        | 10:29 (132) | 50:25 (106) | 30:56 (108) | 1:31:51 |
| 111 | 1417  | Ulrich Wiesweg           | WTB - Werdener Turnerbund | TM70 | 1        | 10:58 (145) | 48:52 (95)  | 32:02 (114) | 1:31:52 |
| 112 | 1620  | Frederico Edel Farinha   | EF-Family                 | MJUN | 3        | 9:23 (98)   | 52:07 (128) | 30:45 (105) | 1:32:15 |

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| Pl. | St Nr | Name                   | Verein                     | AK   | Pl. (AK) | Schwimmen   | Radfahren   | Laufen      | Gesamt  |
|-----|-------|------------------------|----------------------------|------|----------|-------------|-------------|-------------|---------|
| 113 | 1583  | Markus Drymalla        | Moerser TV Triathlon       | TM30 | 9        | 12:21 (162) | 46:04 (70)  | 34:18 (129) | 1:32:43 |
| 114 | 1521  | Tobias Schirmer        |                            | TM45 | 11       | 6:58 (21)   | 56:11 (150) | 30:15 (99)  | 1:33:23 |
| 115 | 1552  | Eric Uhle              |                            | TM35 | 12       | 11:00 (146) | 50:50 (112) | 31:54 (113) | 1:33:44 |
| 116 | 1605  | Janis Lehmann          |                            | TM20 | 9        | 10:03 (124) | 53:13 (135) | 30:32 (103) | 1:33:48 |
| 117 | 1505  | Klaus Vollmer          | vereinslos                 | TM50 | 17       | 11:46 (157) | 49:58 (103) | 32:15 (117) | 1:33:59 |
| 118 | 1622  | Anton Göke             | T3AM                       | MJA  | 7        | 8:26 (61)   | 56:28 (152) | 29:30 (94)  | 1:34:23 |
| 119 | 1498  | Siro Quijano           |                            | TM50 | 18       | 11:16 (151) | 51:25 (119) | 31:44 (112) | 1:34:25 |
| 120 | 1471  | Tobias Cremer          | S.U.F.                     | TM55 | 12       | 11:36 (154) | 49:52 (101) | 32:59 (123) | 1:34:27 |
| 121 | 1440  | Reinhard Brosch        |                            | TM55 | 13       | 8:29 (65)   | 48:01 (88)  | 38:04 (145) | 1:34:33 |
| 122 | 1507  | Marc Friedrich-Heyking | Tri-Team Hagen             | TM45 | 12       | 7:21 (29)   | 50:36 (109) | 36:45 (141) | 1:34:42 |
| 123 | 1491  | David Ortega           |                            | TM50 | 19       | 12:50 (164) | 50:50 (113) | 31:37 (111) | 1:35:16 |
| 124 | 1420  | Andreas Wanders        | Triathlon Team Düsseldorf  | TM65 | 4        | 10:35 (135) | 52:11 (130) | 32:33 (119) | 1:35:19 |
| 125 | 1419  | Elmar Heinen           |                            | TM65 | 5        | 10:20 (128) | 52:10 (129) | 32:54 (122) | 1:35:24 |
| 126 | 1563  | York Patrick Lübbers   | IGM                        | TM35 | 13       | 8:39 (72)   | 50:54 (114) | 35:57 (137) | 1:35:30 |
| 127 | 1477  | Juan Ignacio Varela    |                            | TM50 | 20       | 8:24 (60)   | 51:42 (124) | 35:47 (136) | 1:35:53 |
| 128 | 1455  | Jörg Kögler            | kögis&friends              | TM55 | 14       | 10:00 (122) | 50:48 (111) | 35:37 (135) | 1:36:25 |
| 129 | 1618  | Ryan Tyler Ast         | SV Poseidon Triathlon      | MJA  | 8        | 6:37 (12)   | 52:19 (131) | 37:47 (144) | 1:36:43 |
| 130 | 1530  | Christoph Müller       | Familie Puma               | TM40 | 17       | 9:08 (88)   | 47:59 (87)  | 39:36 (153) | 1:36:43 |
| 131 | 1572  | Maximilian Müller      | TV Erkelenz                | TM35 | 14       | 9:32 (106)  | 50:33 (107) | 36:44 (140) | 1:36:48 |
| 132 | 1459  | Martin Buchmann        |                            | TM55 | 15       | 11:56 (158) | 55:03 (144) | 30:15 (100) | 1:37:14 |
| 133 | 1504  | Dirk Franzen           | Marathon Mülheim           | TM50 | 21       | 11:03 (148) | 54:03 (138) | 32:27 (118) | 1:37:33 |
| 134 | 1575  | Kai Daniel Kaufhold    | Ohne proben ganz nach oben | TM35 | 15       | 9:47 (113)  | 58:56 (160) | 29:18 (91)  | 1:38:00 |
| 135 | 1526  | Thomas Bleses          | Team Bleses                | TM40 | 18       | 9:52 (115)  | 52:57 (134) | 35:34 (134) | 1:38:23 |
| 136 | 1595  | Tom Theisen            | LG Asphaltfräsen Neuss     | TM25 | 9        | 8:00 (51)   | 57:13 (154) | 33:18 (125) | 1:38:31 |
| 137 | 1456  | Christoph Abel         |                            | TM55 | 16       | 9:18 (95)   | 53:25 (136) | 36:23 (139) | 1:39:06 |
| 138 | 1435  | Peter Jage             | BSG Sparkasse HRV          | TM60 | 12       | 10:47 (142) | 52:20 (132) | 36:05 (138) | 1:39:11 |
| 139 | 1449  | Georg Mantyk           | Schinder Schorsch          | TM55 | 17       | 9:12 (90)   | 51:15 (118) | 39:02 (151) | 1:39:29 |
| 140 | 1510  | Heiko Greifenberg      |                            | TM45 | 13       | 10:40 (139) | 54:14 (140) | 34:44 (131) | 1:39:38 |
| 141 | 1469  | Michael Palkowski      | Triathlon Team Eupen       | TM55 | 18       | 11:30 (153) | 54:05 (139) | 34:05 (128) | 1:39:40 |
| 142 | 1539  | Oliver Steidle         | Team A&O                   | TM40 | 19       | 9:12 (91)   | 55:09 (146) | 35:22 (133) | 1:39:43 |
| 143 | 1581  | Philipp Schmitt        |                            | TM30 | 10       | 10:28 (131) | 52:25 (133) | 36:52 (143) | 1:39:45 |
| 144 | 1641  | Dirk Behring           | WSV 21                     | TM45 | 14       | 8:31 (68)   | 46:28 (76)  | 44:57 (160) | 1:39:56 |
| 145 | 1517  | Danny Schröder         | Team B-Heim                | TM45 | 15       | 10:49 (144) | 54:34 (143) | 35:06 (132) | 1:40:29 |
| 146 | 1502  | Klaus Mahnke           |                            | TM50 | 22       | 11:59 (160) | 57:37 (155) | 31:00 (109) | 1:40:35 |
| 147 | 1454  | Enrique Moreno Espejo  |                            | TM55 | 19       | 9:28 (102)  | 58:08 (156) | 33:25 (126) | 1:41:01 |
| 148 | 1520  | Frank Scheidt          |                            | TM45 | 16       | 10:36 (136) | 58:23 (157) | 32:46 (120) | 1:41:45 |
| 149 | 1485  | Markus Weber           |                            | TM50 | 23       | 11:03 (147) | 51:48 (125) | 38:59 (149) | 1:41:50 |
| 150 | 1550  | Stefan Lübben          |                            | TM35 | 16       | 8:38 (71)   | 54:16 (141) | 39:04 (152) | 1:41:58 |

#### Männer

| Pl. | St Nr | Name                   | Verein                       | AK   | Pl. (AK) | Schwimmen   | Radfahren     | Laufen      | Gesamt  |
|-----|-------|------------------------|------------------------------|------|----------|-------------|---------------|-------------|---------|
| 151 | 1426  | Günter Peters          | peters31558@gmail.com        | TM60 | 13       | 9:20 (96)   | 54:22 (142)   | 38:18 (146) | 1:42:00 |
| 152 | 1437  | Rudolf Dirks           | DFCD Düsseldorf              | TM60 | 14       | 8:54 (79)   | 55:47 (148)   | 38:53 (147) | 1:43:35 |
| 153 | 1442  | Christoph Schäfer      |                              | TM55 | 20       | 9:02 (84)   | 56:09 (149)   | 38:59 (148) | 1:44:09 |
| 154 | 1496  | Markus Rohde           |                              | TM50 | 24       | 9:22 (97)   | 55:05 (145)   | 41:25 (156) | 1:45:52 |
| 155 | 1638  | Holger Schnepf         |                              | TM55 | 21       | 10:24 (130) | 50:47 (110)   | 44:58 (161) | 1:46:08 |
| 156 | 1501  | Stefan Hofer           | SV Hellas Siegburg           | TM50 | 25       | 10:37 (138) | 55:28 (147)   | 41:53 (157) | 1:47:59 |
| 157 | 1555  | Benjamin Kocherscheidt |                              | TM35 | 17       | 9:55 (117)  | 54:01 (137)   | 45:59 (163) | 1:49:55 |
| 158 | 1453  | Nikolaus Nowak         | Xochimilco                   | TM55 | 22       | 10:32 (134) | 58:51 (159)   | 40:33 (155) | 1:49:56 |
| 159 | 1484  | Stephan Meier          |                              | TM50 | 26       | 12:31 (163) | 57:11 (153)   | 40:18 (154) | 1:50:00 |
| 160 | 1524  | Sven Herrmann          |                              | TM45 | 17       | 11:09 (150) | 58:35 (158)   | 42:35 (158) | 1:52:19 |
| 161 | 1445  | Ralf Pagel             |                              | TM55 | 23       | 10:00 (121) | 1:00:56 (161) | 42:36 (159) | 1:53:32 |
| 162 | 1423  | Peter Abraham          | Keinen                       | TM60 | 15       | 15:07 (166) | 1:01:39 (163) | 36:46 (142) | 1:53:33 |
| 163 | 1451  | Ralf Berndgen          |                              | TM55 | 24       | 9:29 (104)  | 56:22 (151)   | 49:01 (164) | 1:54:52 |
| 164 | 1441  | Frederik Walter        |                              | TM55 | 25       | 11:08 (149) | 1:05:14 (164) | 39:00 (150) | 1:55:22 |
| 165 | 1425  | Karl-Bernd Timmer      | LG Asphaltfräsen Neuss       | TM60 | 16       | 9:58 (119)  | 1:01:21 (162) | 44:59 (162) | 1:56:18 |
| DNF | 1415  | Herbert Kaulard        | Skikeller Kaulard & Schroiff | TM70 |          | 14:37 (165) | 49:43 (100)   | ( )         | #Error  |
| DNF | 1503  | Dirk Zilz              |                              | TM50 |          | 7:10 (22)   | ( )           | ( )         | #Error  |

#### Frauen

| Pl. | St Nr | Name                   | Verein                         | AK   | Pl. (AK) | Schwimmen | Radfahren  | Laufen     | Gesamt  |
|-----|-------|------------------------|--------------------------------|------|----------|-----------|------------|------------|---------|
| 1   | 1644  | Jana Reiter            | Mettmann-Sport                 | WJUN | 1        | 7:17 (9)  | 39:42 (2)  | 21:31 (1)  | 1:08:30 |
| 2   | 1650  | Daniela Wiethoff       |                                | TW25 | 1        | 7:02 (8)  | 38:48 (1)  | 25:02 (6)  | 1:10:52 |
| 3   | 13093 | Larissa Gröger         | TV Hülsenbusch                 | TW25 | 2        | 6:50 (4)  | 41:55 (3)  | 25:34 (8)  | 1:14:19 |
| 4   | 13032 | Hisako Yoshizawa       |                                | TW45 | 1        | 6:52 (5)  | 44:47 (15) | 23:38 (2)  | 1:15:17 |
| 5   | 13051 | Wiebke Buch            | Marathon und Triathlon Mülheim | TW40 | 1        | 8:31 (22) | 42:37 (6)  | 24:45 (4)  | 1:15:53 |
| 6   | 13022 | Linda Gellert          | SV Blau-Weiß Bochum            | TW50 | 1        | 9:17 (38) | 43:27 (8)  | 24:00 (3)  | 1:16:44 |
| 7   | 13081 | Mara Woermann          |                                | TW30 | 1        | 8:36 (23) | 43:10 (7)  | 25:11 (7)  | 1:16:58 |
| 8   | 13039 | Katerina Keunecke      | TPSK 1925 e. V.                | TW45 | 2        | 8:11 (16) | 42:07 (4)  | 26:54 (13) | 1:17:12 |
| 9   | 1412  | Ilka Leygraf           | SV Poseidon Triathlon          | WJA  | 1        | 6:03 (1)  | 42:19 (5)  | 28:52 (22) | 1:17:14 |
| 10  | 1636  | Judith van Oepen       |                                | TW30 | 2        | 9:04 (32) | 44:02 (9)  | 26:26 (10) | 1:19:32 |
| 11  | 13047 | Lisa Maren Kückels     |                                | TW40 | 2        | 8:27 (20) | 44:31 (10) | 26:53 (12) | 1:19:50 |
| 12  | 13038 | Randi- Katrin Hinz     | Marathon Triathlon Mülheim     | TW45 | 3        | 8:48 (26) | 45:14 (17) | 25:56 (9)  | 1:19:58 |
| 13  | 13092 | Laura Benkenstein      |                                | TW25 | 3        | 8:08 (15) | 44:33 (11) | 27:51 (18) | 1:20:32 |
| 14  | 1407  | Franziska Edel Farinha | EF-Family                      | TW20 | 1        | 8:15 (19) | 46:07 (19) | 27:20 (14) | 1:21:42 |
| 15  | 1632  | Nadine Ader            | ERDINGER Active TEAM           | TW45 | 4        | 8:58 (29) | 45:42 (18) | 27:28 (15) | 1:22:08 |



#### Frauen

| Pl. | St Nr | Name                    | Verein                             | AK   | Pl. (AK) | Schwimmen  | Radfahren  | Laufen     | Gesamt  |
|-----|-------|-------------------------|------------------------------------|------|----------|------------|------------|------------|---------|
| 16  | 1410  | Alina Knorr             | SV Blau-Weiß Bochum                | WJUN | 2        | 6:45 (3)   | 47:01 (22) | 29:02 (23) | 1:22:48 |
| 17  | 13061 | Nadine Kammerlander     |                                    | TW40 | 3        | 10:28 (61) | 45:08 (16) | 27:30 (16) | 1:23:05 |
| 18  | 1413  | Carlotta Vogt           | Marathon und Triathlon Mülheim     | WJA  | 2        | 7:18 (10)  | 47:36 (26) | 28:36 (20) | 1:23:30 |
| 19  | 13086 | Tanja von Platen        |                                    | TW30 | 3        | 6:55 (6)   | 49:01 (31) | 27:47 (17) | 1:23:43 |
| 20  | 13015 | Andrea Pütz             | Rainbow Sports                     | TW50 | 2        | 9:05 (33)  | 44:44 (12) | 30:03 (27) | 1:23:51 |
| 21  | 1461  | Lisa Nelles             |                                    | TW40 | 4        | 8:02 (14)  | 51:00 (46) | 24:54 (5)  | 1:23:56 |
| 22  | 1408  | Lara Krzizek            |                                    | TW20 | 2        | 6:37 (2)   | 46:19 (20) | 31:17 (37) | 1:24:13 |
| 23  | 1649  | Dominique Schubert      | Laufgut Schmitz                    | TW45 | 5        | 10:42 (67) | 47:33 (24) | 26:52 (11) | 1:25:08 |
| 24  | 13020 | Ina Grewe               | Union Biesfeld Triathlon 2019 e.V. | TW50 | 3        | 8:59 (30)  | 44:46 (14) | 31:38 (42) | 1:25:23 |
| 25  | 1509  | Johanna Göke            | Marathon und Triathlon Mülheim     | WJB  | 1        | 7:22 (11)  | 47:35 (25) | 30:29 (31) | 1:25:26 |
| 26  | 13080 | Laura Hayen             | Mettman-Sport                      | TW35 | 1        | 7:53 (13)  | 44:46 (13) | 32:59 (50) | 1:25:37 |
| 27  | 13073 | Julia Silva Cordovil    |                                    | TW35 | 2        | 8:53 (27)  | 48:44 (28) | 28:36 (21) | 1:26:13 |
| 28  | 13040 | Christiane Lindenthal   |                                    | TW45 | 6        | 8:30 (21)  | 47:49 (27) | 30:07 (28) | 1:26:26 |
| 29  | 1634  | Katharina Quante        |                                    | TW25 | 4        | 8:14 (17)  | 47:18 (23) | 31:18 (38) | 1:26:50 |
| 30  | 13074 | Sandra Boschmann        | Duisburger SV 98 Triathlon Team    | TW30 | 4        | 10:15 (58) | 46:48 (21) | 30:27 (30) | 1:27:30 |
| 31  | 1406  | Kathrin Woidt           |                                    | TW20 | 3        | 8:37 (24)  | 49:08 (34) | 31:00 (35) | 1:28:44 |
| 32  | 1629  | Kaja Grewe              | Union Biesfeld Triathlon 2019 e.V. | TW20 | 4        | ( )        | ( )        | 39:33 (79) | 1:28:49 |
| 33  | 13097 | Carina Ameling          | SV Blau-Weiß Bochum                | TW25 | 5        | 8:14 (17)  | 48:51 (29) | 31:48 (43) | 1:28:53 |
| 34  | 1414  | Ronja Nowak             | SV Blau-Weiß Bochum                | WJA  | 3        | 6:59 (7)   | 51:44 (50) | 30:11 (29) | 1:28:55 |
| 35  | 13053 | Cindy Biernacki         | TuS 09 Erkenschwick                | TW40 | 5        | 9:15 (34)  | 48:53 (30) | 30:55 (34) | 1:29:02 |
| 36  | 13033 | Christina Antachopoulos |                                    | TW45 | 7        | 9:22 (40)  | 50:13 (43) | 30:02 (26) | 1:29:38 |
| 37  | 13023 | Petra Pilske            |                                    | TW50 | 4        | 9:16 (37)  | 49:46 (38) | 30:41 (33) | 1:29:43 |
| 38  | 13058 | Debbie Schepers         |                                    | TW40 | 6        | 9:33 (41)  | 49:05 (33) | 31:33 (41) | 1:30:10 |
| 39  | 13094 | Sabine Timmer           | LG Asphaltfräsen Neuss             | TW25 | 6        | 10:19 (60) | 51:15 (47) | 29:17 (24) | 1:30:51 |
| 40  | 13088 | Nicole Wiegert          | Die drei Faultiere                 | TW25 | 7        | 9:34 (42)  | 50:43 (45) | 31:32 (40) | 1:31:49 |
| 41  | 13002 | Cornelia Dorenbeck      | TG Neuss                           | TW65 | 1        | 7:46 (12)  | 52:16 (51) | 31:51 (44) | 1:31:52 |
| 42  | 13078 | Jutta-Verena Schulze    | ETG Recklinghausen                 | TW30 | 5        | 11:00 (72) | 49:27 (36) | 32:01 (46) | 1:32:28 |
| 43  | 13089 | Lea Nagel               | Die 3 Faultiere                    | TW25 | 8        | 10:00 (55) | 49:51 (39) | 33:13 (52) | 1:33:03 |
| 44  | 13079 | Meike Bojarra           | TuS 09 Erkenschwick                | TW30 | 6        | 9:01 (31)  | 52:54 (57) | 31:17 (36) | 1:33:13 |
| 45  | 13054 | Kristina Keymel         |                                    | TW40 | 7        | 10:41 (66) | 54:32 (62) | 28:06 (19) | 1:33:19 |
| 46  | 13006 | Hannelore Ruhrmann      | Essen                              | TW60 | 1        | 9:47 (47)  | 49:24 (35) | 34:15 (58) | 1:33:25 |
| 47  | 13031 | Ulrike Hauck            | PV Triathlon TG Witten             | TW45 | 8        | 9:15 (34)  | 49:56 (40) | 34:35 (60) | 1:33:45 |
| 48  | 13041 | Stefanie Keymel         |                                    | TW45 | 9        | 10:41 (64) | 52:16 (52) | 31:29 (39) | 1:34:26 |
| 49  | 13028 | Ina Winner              |                                    | TW45 | 10       | 10:52 (71) | 49:44 (37) | 34:00 (55) | 1:34:36 |

#### Frauen

| Pl. | St Nr | Name                     | Verein                                    | AK   | Pl.<br>(AK) | Schwimmen  | Radfahren    | Laufen     | Gesamt  |
|-----|-------|--------------------------|---|------|-------------|------------|--------------|------------|---------|
| 50  | 1409  | Hedda Niemann            |   | TW20 | 5           | 11:30 (76) | 49:03 (32)   | 34:08 (56) | 1:34:41 |
| 51  | 13082 | Lara Pietzsch            | FG Edelgrün<br>Hochdahl                   | TW30 | 7           | 11:12 (73) | 51:27 (48)   | 32:02 (47) | 1:34:42 |
| 52  | 1405  | Nina Näckel              |   | TW20 | 6           | 8:38 (25)  | 56:29 (67)   | 30:01 (25) | 1:35:08 |
| 53  | 13063 | Nina Bleses              | Team Bleses                               | TW35 | 3           | 11:27 (74) | 53:08 (58)   | 30:37 (32) | 1:35:12 |
| 54  | 13044 | Sabrina Poprawe          | ERDINGER Active<br>TEAM                   | TW40 | 8           | 10:39 (63) | 50:11 (42)   | 34:43 (61) | 1:35:34 |
| 55  | 13035 | Marion Sugg              |   | TW45 | 11          | 10:41 (65) | 52:17 (53)   | 33:06 (51) | 1:36:05 |
| 56  | 13085 | Stefanie Morath          | Die 3 Faultiere ?                         | TW30 | 8           | 9:56 (51)  | 53:18 (60)   | 32:53 (49) | 1:36:07 |
| 57  | 13019 | Stephanie Tekook         | Personal Training<br>Andrea von Horn      | TW50 | 5           | 9:21 (39)  | 50:01 (41)   | 37:56 (74) | 1:37:18 |
| 58  | 13052 | Antje Niemeyer           |   | TW40 | 9           | 12:07 (83) | 50:28 (44)   | 35:13 (64) | 1:37:48 |
| 59  | 13011 | Ute Kaulard-Bodden       | Skikeller Kaulard &<br>Schroiff           | TW55 | 1           | 8:57 (28)  | 52:49 (56)   | 36:09 (67) | 1:37:56 |
| 60  | 13068 | Eva-Lisa Finzi           |   | TW35 | 4           | 10:51 (70) | 53:45 (61)   | 34:08 (57) | 1:38:44 |
| 61  | 13026 | Steffi Frevert           |   | TW50 | 6           | 9:45 (45)  | 52:33 (54)   | 36:29 (69) | 1:38:47 |
| 62  | 13024 | Maria Cepeda             |   | TW50 | 7           | 11:51 (82) | 55:10 (63)   | 31:58 (45) | 1:38:58 |
| 63  | 13071 | Johanna Teloh-<br>Benger |   | TW35 | 5           | 10:18 (59) | 55:58 (66)   | 33:25 (53) | 1:39:41 |
| 64  | 13025 | Sandra<br>Bovensiepen    | SV Neviges                                | TW50 | 8           | 9:35 (44)  | 57:21 (74)   | 32:52 (48) | 1:39:48 |
| 65  | 1647  | Dagmar Saurf             | TSV Auf der Höhe<br>Sauerland Team        | TW55 | 2           | 11:35 (79) | 51:34 (49)   | 37:33 (72) | 1:40:42 |
| 66  | 13069 | Vanessa Nickel           |   | TW35 | 6           | 9:56 (50)  | 55:17 (64)   | 35:46 (66) | 1:40:59 |
| 67  | 13045 | Christine Giantsios      |   | TW40 | 10          | 10:32 (62) | 55:20 (65)   | 35:08 (63) | 1:41:00 |
| 68  | 13021 | Eva Lepperhoff           |   | TW50 | 9           | 11:30 (77) | 52:48 (55)   | 36:44 (70) | 1:41:02 |
| 69  | 13046 | Annette van de<br>Sandt  | ASC Ratingen                              | TW40 | 11          | 9:56 (52)  | 53:12 (59)   | 37:58 (75) | 1:41:06 |
| 70  | 13059 | Veronique Müller         | Rettungshundestaffel<br>des DRK MH a.d.R. | TW40 | 12          | 9:59 (53)  | 58:20 (77)   | 33:39 (54) | 1:41:58 |
| 71  | 13016 | Isabell Böer             | DJK-VFR Saarn                             | TW50 | 10          | 9:59 (54)  | 56:46 (70)   | 35:35 (65) | 1:42:19 |
| 72  | 13076 | Nadja Jungbeck           | Ohne proben ganz<br>nach oben             | TW30 | 9           | 10:12 (56) | 59:02 (78)   | 34:18 (59) | 1:43:32 |
| 73  | 13072 | Marina Eichholz          |   | TW35 | 7           | 10:15 (57) | 56:37 (69)   | 37:46 (73) | 1:44:38 |
| 74  | 13049 | Tanja Ackemann           |   | TW40 | 13          | 9:47 (48)  | 56:58 (72)   | 38:30 (76) | 1:45:15 |
| 75  | 13013 | Sophie Renault           |   | TW50 | 11          | 10:43 (68) | 57:29 (75)   | 37:32 (71) | 1:45:44 |
| 76  | 13001 | Marion Mundt             |   | TW65 | 2           | 11:28 (75) | 56:32 (68)   | 38:52 (77) | 1:46:53 |
| 77  | 13091 | Nina Pirschtat           | Marathon und<br>Triathlon Mülheim         | TW25 | 9           | 9:35 (43)  | 57:17 (73)   | 41:12 (83) | 1:48:04 |
| 78  | 13007 | Claudia Bartsch          |   | TW60 | 2           | 11:33 (78) | 58:14 (76)   | 39:09 (78) | 1:48:56 |
| 79  | 13055 | Antje Steidle            | Team A&O                                  | TW40 | 14          | 11:43 (80) | 56:47 (71)   | 40:35 (80) | 1:49:05 |
| 80  | 13008 | Manuela Deutscher        | RTG                                       | TW55 | 3           | 12:31 (85) | 1:03:17 (81) | 34:46 (62) | 1:50:34 |
| 81  | 13018 | Julia Keidel             |   | TW20 | 7           | 9:48 (49)  | 1:02:03 (80) | 40:44 (81) | 1:52:35 |
| 82  | 13060 | Mareike Lanzrath         |   | TW40 | 15          | 9:47 (46)  | 1:06:38 (83) | 36:18 (68) | 1:52:43 |
| 83  | 13083 | Nadja Schöck             |   | TW30 | 10          | 10:46 (69) | 1:01:14 (79) | 40:45 (82) | 1:52:45 |
| 84  | 13030 | Sonja Dey                |   | TW45 | 12          | 12:20 (84) | 1:03:34 (82) | 49:44 (84) | 2:05:37 |
| 85  | 13070 | Christina Kaiser         |   | TW35 | 8           | 9:15 (36)  | 1:07:37 (84) | 55:41 (85) | 2:12:33 |

#### Frauen

| Pl. | St Nr | Name        | Verein | AK   | Pl.<br>(AK) | Schwimmen  | Radfahren | Laufen | Gesamt |
|-----|-------|-------------|--------|------|-------------|------------|-----------|--------|--------|
| DNF | 13066 | Sonja Ebert |        | TW35 |             | 11:51 (81) | ( )       | ( )    | #Error |