







19. Oelder Triathlon - 21. Mai 2022
 Ergebnisliste - Frauen Volksdistanz 500 m - 20 km - 5 km

SNR	Nachname, Vorname	AK	Verein				Ziel		
581	1. Lüdorff, Svea	1. W25	TRISPEED Marienfeld	7:30	1:10	32:55	0:49	20:15	1:02:37
518	2. Quest-Altrogge, Katjana	1. W55	Krefelder Kanu Klub	8:49	1:25	34:40	0:58	21:31	1:07:21
510	3. Wien, Katharina	2. W25	ASC Ahlen	8:08	1:18	35:35	0:57	22:11	1:08:07
590	4. Laukötter, Carolin	1. W40	1. Tri-Team Gütersloh GTV	10:57	1:41	34:43	1:00	21:14	1:09:32
607	5. Kotte, Julia	3. W25		8:34	2:13	36:36	1:12	21:37	1:10:11
531	6. Dreisbach, Claudia	1. W35	Soester Triteam	10:22	1:37	34:47	1:06	22:42	1:10:33
606	7. Kingma, Jana	1. W20		9:58	1:36	34:36	1:24	23:04	1:10:35
524	8. Cordes, Christine	2. W35	RW Kirchhundem	10:19	1:26	36:09	1:07	21:46	1:10:44
580	9. Selker, Astrid	3. W35	LG Burg Wiedenbrück	9:23	1:21	36:59	0:57	22:13	1:10:52
586	10. Schlüter, Helena	1. W30	Tri-Sport-Team TV Ver1	9:39	1:34	36:49	1:02	22:46	1:11:48
587	11. Schlüter, Stephanie	1. W45	Tri-Sport-Team TV Ver1	9:23	1:30	36:26	0:54	24:06	1:12:17
532	12. Van Gemmern, Antje	4. W35	TRC Essen 84	9:37	1:52	37:25	1:17	22:13	1:12:23
508	13. Knospe, Janin	2. W40	ASC Ahlen	9:57	1:37	35:40	1:08	24:08	1:12:29
585	14. Müller-Döll, Bea	2. W55	Tri-Sport-Team TV Ver1	9:36	1:36	36:49	1:15	23:26	1:12:40
579	15. Stuhldreyer, Laura	2. W30	Paderborn	11:01	2:18	39:12	1:38	19:36	1:13:43
610	16. Maier, Stefanie	4. W25		10:52	2:12	35:49	1:38	23:41	1:14:09
507	17. Diecksmeier, Silke	3. W40	ASC Ahlen	9:30	1:24	39:23	1:04	23:29	1:14:48
582	18. Ortkras, Celine	1. WJU	TRISPEED Marienfeld	8:04	1:37	38:05	1:12	26:10	1:15:07
529	19. Ohlmeier, Marie Christin	5. W35	Ski-Club Beckum	10:30	2:21	37:43	1:21	23:59	1:15:52
593	20. Bülow, Brigitte	6. W35	TV Flerke	12:21	1:48	38:38	1:14	22:16	1:16:15
589	21. Williams, Kerstin	4. W40	Tri-Sport-Team TV Ver1	9:32	1:44	39:54	1:16	24:10	1:16:33
584	22. Mayer, Melanie	7. W35	Tri-Sport-Team TV Ver1	9:58	1:56	39:33	1:11	23:58	1:16:34
537	23. Semella, Karina	5. W40	TriFun Hennesee	11:43	2:18	38:25	1:37	22:51	1:16:52
592	24. Wien, Iris	3. W55	TSV Anderten	8:51	1:42	38:05	1:20	27:30	1:17:25
660	25. Matschulat, Corinne	2. W45		12:15	1:53	38:37	1:34	23:34	1:17:51
603	26. Holm, Lisa	2. WJU		7:04	2:05	44:29	0:51	24:15	1:18:42
533	27. Höfling, Imke	1. W50	Tri Finish Muenster	8:58	1:45	40:47	1:30	25:47	1:18:46
509	28. Kujat, Vera	3. W30	ASC Ahlen	9:45	1:45	40:22	1:32	25:25	1:18:48
612	29. Stoffers, Hannah	2. W20		10:39	2:15	39:04	0:50	26:16	1:19:02
512	30. Dresen, Anja	3. W20	BRIDGERUNNERS Düsseldorf	8:46	1:55	44:59	0:56	22:34	1:19:08
594	31. May, Heidrun	4. W55	TV Flerke Tri Team	11:18	2:18	39:12	1:09	25:25	1:19:20
601	32. Cordes, Ursula	1. W60		12:26	1:52	38:47	1:17	25:03	1:19:23
525	33. Kleinschmidt, Gabi	5. W55	Sauerland Sport	12:36	2:04	36:48	2:24	25:51	1:19:41
535	34. Falkenthal-Schoppmeier, Barbara	3. W45	TriFun Hennesee	11:25	1:58	39:21	1:29	25:33	1:19:45
598	35. Brawanski, Eva	6. W40		9:52	1:35	40:46	0:56	26:46	1:19:53
609	36. Lorge, Laura Jeanne	5. W25		11:31	1:39	40:16	0:49	25:53	1:20:06
602	37. Gausepohl, Klara	4. W20		9:20	2:18	41:44	1:17	26:13	1:20:50
542	38. Diecksmeier, Carina	4. W30	ASC Ahlen	11:33	1:56	38:18	1:31	28:00	1:21:16
541	39. Huhn, Carina	5. W30	ASC Ahlen	10:17	2:20	39:27	1:13	28:01	1:21:16




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SNR	Nachname, Vorname	AK	Verein				Ziel		
527	40. Ullrich, Marlene	5. W20	SG Oelde	9:31	2:07	39:58	1:30	28:26	1:21:30
591	41. Steffener, Anna	6. W25	1. Tri-Team Gütersloh GTV	11:37	1:51	42:23	1:37	24:20	1:21:46
614	42. Termeer, Vivian	6. W20		13:04	2:12	40:21	1:32	25:45	1:22:53
613	43. Studinski, Clarissa	7. W40		13:13	2:10	40:46	1:18	25:37	1:23:01
605	44. Hütter, Lena	7. W25		8:27	2:13	42:49	0:58	29:03	1:23:30
505	45. Daft, Katrin	8. W40	ASC Ahlen	11:25	2:06	38:53	1:42	29:36	1:23:40
538	46. Ketterer, Silvia	2. W50	trifun Hennesee	11:42	2:56	44:06	1:42	28:41	1:29:05
597	47. Baum, Andrea	6. W30		9:07	3:34	46:12	0:59	29:21	1:29:12
514	48. Schiebe, Bettina	9. W40	Fräulein Triathlon	14:20	3:00	45:13	1:36	26:48	1:30:55
502	49. Dömer, Silvia	4. W45	1. Tri-Team Gütersloh GTV	11:45	3:00	45:52	1:28	28:56	1:31:00
578	50. Kolar, Miriam	5. W45	W+F Münster	13:49	3:01	45:06	1:25	28:45	1:32:04
526	51. Steinsträter, Rhea	7. W20	SG Oelde	8:36	2:24	44:28	1:51	35:58	1:33:14
516	52. Götz, Mathilda	8. W20		11:34	3:37	44:58	1:04	34:19	1:35:31
519	53. Bock, Catherina	10. W40	Laufen gegen Leiden e.V.	14:35	2:41	44:16	1:57	32:19	1:35:46
521	54. Latza, Stefanie	11. W40	LTV Lippstadt Triathlon	11:26	3:58	48:48	2:29	31:48	1:38:26
600	55. Burholz, Edith	6. W45		15:03	5:37	49:01	1:54	28:36	1:40:10
515	56. Rux, Heike	2. W60	Hartman Tri Team	12:12	3:30	46:26	2:49	36:19	1:41:13




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 Ergebnisliste - Männer Volksdistanz 500 m - 20 km - 5 km

SNR	Nachname, Vorname	AK	Verein				Ziel		
941	1. Roggenland, Daniel	1. M25	TRISPEED Marienfeld	6:21	0:56	29:06	0:39	16:59	54:00
944	2. Jakisch, Jann-Paul	1. M30	WSU	7:08	0:58	28:59	0:50	16:30	54:23
907	3. Thiel, Sascha	2. M30	WSU Tri-Team Warendorf	6:35	1:03	30:30	0:40	17:18	56:04
960	4. Hanhart, Patrick	3. M30	TriSpeed Marienfeld	8:06	1:07	28:47	0:41	17:38	56:17
940	5. Nordhoff, Alex	4. M30	DT Swiss Factory Squad	8:07	1:11	28:36	0:45	17:43	56:21
912	6. Sievers, Tim	1. M20	W+F Münster	6:45	0:55	29:52	0:59	18:28	56:57
938	7. Bradler, Claas	1. M35	TRISPEED Marienfeld	7:22	0:58	29:50	0:45	18:25	57:18
889	8. Hörster, Luca	2. M25	Tri-Sport-Team TV Ver1	7:33	1:29	29:24	1:06	18:06	57:37
910	9. Nienhaus, Fabian	5. M30	Eintracht Frankfurt	8:11	1:06	30:15	0:49	17:33	57:52
761	10. Hohenfeld, Christoph	3. M25	SV Mannheim	6:30	1:56	30:40	1:00	18:45	58:49
838	11. Smyrek, David	6. M30	Tri-Sport-Team TV Ver1	8:23	1:09	31:25	0:44	17:33	59:12
958	12. Bitz, Lothar	2. M35	Tri Finish Münster	9:04	1:04	30:01	0:50	18:17	59:14
824	13. Hülsebusch, Jens	3. M35	Tri-Sport-Team TV Ver1	7:54	1:06	31:28	0:49	18:09	59:25
943	14. Pilot, Ajosha	4. M35	Tricity Paderborn-Delbrüc	8:42	1:01	31:55	0:51	17:34	1:00:00
917	15. Rohden, Jannis	2. M20	ASC Ahlen	7:58	1:03	32:05	0:47	18:46	1:00:37
905	16. Sievers, Thomas	1. M50	Tri Finish Münster	9:02	1:18	30:37	0:51	18:58	1:00:43
954	17. Albanus, Dirk	5. M35	TriSpeed Marienfeld	7:56	1:45	29:53	0:57	20:30	1:01:00
749	18. Kleinschmidt, Karl	3. M20	Sauerland Sport	9:07	1:40	31:26	0:56	18:11	1:01:20
955	19. Hellmann, Julian	7. M30	Radrenngemeinschaft Osnab	10:51	1:28	29:06	0:53	19:25	1:01:40
825	20. Illner, Dennie	1. MJA	Tri-Sport-Team TV Ver1	7:25	1:07	33:09	0:50	19:25	1:01:54
836	21. Selker, Torsten	1. M45	Tri-Sport-Team TV Ver1	8:46	1:05	32:22	0:58	18:52	1:02:01
888	22. Long, Joshua	8. M30	TV Ver1	8:55	1:39	32:38	1:14	18:10	1:02:33
846	23. Feldmann, Frank	2. M50	TriTeam SCCappenberger Se	7:16	1:14	32:33	1:09	20:27	1:02:36
923	24. Kuhlbusch, Marian	4. M20	1. Tri-Team Gütersloh GTV	8:34	1:22	31:41	1:08	20:01	1:02:43
832	25. Rein, Thorben	6. M35	Tri-Sport-Team TV Ver1	8:16	1:15	31:28	1:02	20:50	1:02:50
760	26. Behle, Björn	1. M40	SV Horst 1919 e.V.	8:01	1:28	33:01	0:52	19:54	1:03:13
945	27. Diecksmeier, Oliver	2. M45	ASC Ahlen	8:39	1:36	32:05	0:55	20:02	1:03:15
841	28. Williams, Edward Hugh	1. M55	Tri-Sport-Team TV Ver1	7:37	1:13	32:23	0:59	21:29	1:03:38
933	29. Schorr, Moritz	5. M20	LV Tristar Oelde	6:55	1:10	32:14	0:58	23:09	1:04:24
921	30. Birkenfeld, Gero	3. M50	SV Bayer Uerdingen 08 e.V	8:31	1:15	31:54	1:01	22:09	1:04:49
739	31. Thenhausen, Toni	9. M30		8:22	2:06	33:44	1:11	19:34	1:04:56
833	32. Schlüter, Gerd	1. M65	Tri-Sport-Team TV Ver1	9:12	1:21	33:22	1:13	20:01	1:05:07
830	33. Otto, Carsten	4. M50	Tri-Sport-Team TV Ver1	9:21	1:25	33:29	0:58	20:05	1:05:17
837	34. Settertobulte, Kay	4. M25	Tri-Sport-Team TV Ver1	8:52	1:27	33:19	0:44	20:57	1:05:17
831	35. Pollmeier, Holger	5. M50	Tri-Sport-Team TV Ver1	8:23	1:14	33:50	1:08	20:52	1:05:25
827	36. Schirmer, Kai-Uwe	10. M30	Tri-Sport-Team TV Ver1	7:20	1:10	34:46	0:56	21:31	1:05:41
677	37. Schneider, Patrick	2. M40	ASC Ahlen	8:33	1:22	34:08	0:54	21:08	1:06:04
775	38. Ortkras, Meinolf	6. M50	TRISPEED Marienfeld	8:59	1:39	32:30	1:09	21:49	1:06:05
759	39. Döweling, Niklas	5. M25	SV Gladbeck 13	7:39	1:14	34:11	1:09	22:21	1:06:33




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SNR	Nachname, Vorname	AK	Verein				Ziel		
956	40. Rüschoff, Gregor	2. M55	Tri Speed Marienfeld	8:01	1:15	34:26	0:54	22:08	1:06:42
840	41. Voßhans, Robert	6. M25	Tri-Sport-Team TV Ver1	9:04	1:36	33:16	0:59	21:50	1:06:44
915	42. Bergmeier, Udo	7. M50	TV Langenberg	9:38	1:19	32:21	1:04	22:48	1:07:08
902	43. Portela, Luis	1. M60	LTV Lippstadt	9:52	1:22	33:52	1:07	21:08	1:07:20
913	44. Marienfeld, Markus	8. M50	Jericho Racingteam	10:31	1:38	34:39	0:57	19:43	1:07:26
904	45. Schnafel, Martin	3. M55	ASC Ahlen	8:58	1:27	33:14	1:03	22:59	1:07:39
685	46. Fohrer, Daniel	11. M30	Flynn-Run	10:48	1:44	33:31	1:13	21:04	1:08:19
769	47. Gerwin, Frederick	1. MJU	Trifun Meschede	10:00	2:15	35:45	0:47	19:34	1:08:20
753	48. Stadler, Robin-Tobias	3. M45	Ski-Club Beckum	10:09	2:32	34:48	1:30	19:22	1:08:20
925	49. Ullenbrock, Manfred	4. M55	1. Tri-Team Gütersloh GTV	9:26	1:41	35:35	1:14	20:30	1:08:25
890	50. Müller, Thomas	5. M55	Tri-Sport-Team TV Ver1	11:02	1:52	31:50	1:33	22:33	1:08:49
866	51. Eisenbeil, Kevin	12. M30		8:50	1:19	34:58	1:17	22:35	1:08:57
869	52. Grüneberg, Jan Luca	6. M20		8:05	1:38	36:44	0:50	21:47	1:09:03
914	53. Becker, Robert	6. M55	TRISPEED Marienfeld	8:07	1:30	35:11	1:13	23:04	1:09:03
766	54. Pabst, Dominik	3. M40	TriFinish Münster	10:34	1:55	35:42	1:51	19:09	1:09:09
886	55. Wilkinghoff, Kevin	13. M30		10:36	2:15	34:37	1:16	20:43	1:09:26
698	56. Grünebaum, Axel	14. M30	LV Oelde	11:25	2:12	33:35	1:12	21:12	1:09:34
929	57. Hoheisel, Achim	9. M50	SV Diestedde	11:09	1:32	34:32	1:38	21:13	1:10:02
777	58. Pittig, Oliver	10. M50	TRISPEED Marienfeld	9:41	2:14	33:41	1:24	23:15	1:10:14
776	59. Perdun, Martin	4. M45	TRISPEED Marienfeld	10:07	2:10	34:58	1:31	21:37	1:10:20
843	60. Eiben, Holger	4. M40	1. Tri-Team Gütersloh GTV	10:17	2:05	34:18	1:15	22:30	1:10:24
683	61. Ratering, Marcel	15. M30	dtswissfactorysquad	11:15	1:38	34:45	1:29	21:27	1:10:32
774	62. Hartmann, Theo	7. M55	TRISPEED Marienfeld	10:31	1:26	35:37	1:04	21:58	1:10:34
898	63. Jakisch, Thomas	2. M60	WSU Tri-Team Warendorf	9:09	1:44	33:45	1:26	24:33	1:10:35
757	64. Wittelmann, Kai	5. M45	SpVg Oelde90	10:59	1:27	35:33	1:01	21:46	1:10:44
693	65. Hanschmann, Frank	6. M45	LG Oelde/Wadersloh	9:12	1:57	35:51	1:27	22:39	1:11:05
918	66. Vollmer, Heinz	2. M65	1. Tri-Club Paderborn	10:24	1:25	34:41	1:30	23:08	1:11:07
871	67. Hoblitz, Christian	7. M35		8:53	2:07	37:31	1:21	21:29	1:11:19
851	68. Prünzte, René	5. M40	TV Flerke	11:26	1:23	35:36	1:20	21:39	1:11:22
740	69. Horn, Christian	8. M55	1. Tri-Team Gütersloh GTV	11:17	2:27	36:51	1:46	19:08	1:11:28
743	70. Hertle, Daniel	6. M40	Marathon Soest	8:24	2:05	38:03	1:16	22:11	1:11:56
908	71. Tünste, Matthias	7. M40		10:45	1:55	34:32	1:10	23:44	1:12:04
872	72. Katthöfer, Fabian	7. M25		9:23	1:36	37:26	1:05	22:44	1:12:13
674	73. Köth, Jan	7. M20	ASC Ahlen	9:45	2:07	34:45	1:30	24:28	1:12:32
919	74. Nikulla, Ulrich	3. M65	TSVE 1890 Bielefeld	10:47	1:38	34:52	1:13	24:15	1:12:43
927	75. Klos, Sebastian	8. M40	TRI SPEED Marienfeld	9:06	1:47	37:15	1:08	23:59	1:13:14
959	76. Boeckh, Marc	8. M25	LG Oelde/Wadersloh	9:44	1:24	38:10	1:04	23:02	1:13:23
860	77. Zumdieck, Norbert	9. M55	WSU Tri-Team Warendorf	12:09	2:04	36:04	1:33	21:36	1:13:24
930	78. Renners, Georg	11. M50	Tri Team Gütersloh GTV	10:49	2:17	37:20	1:31	21:50	1:13:46

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SNR	Nachname, Vorname	AK	Verein				Ziel		
768	79. Korf, Fabian	16. M30	TriFun Hennesee	12:07	2:15	35:24	1:24	22:39	1:13:47
676	80. Schmidt, Thomas	9. M40	ASC Ahlen	13:24	2:43	35:27	1:29	20:50	1:13:50
899	81. Kramer, Luis	17. M30		11:39	3:15	35:41	1:47	21:58	1:14:19
844	82. Torweihe, Thorsten	10. M55	1. Tri-Team Gütersloh GTV	11:58	2:17	35:47	1:16	23:06	1:14:24
750	83. Pabel, Philipp	8. M20	SC Undine Beckum	7:43	2:15	37:05	1:28	26:00	1:14:29
821	84. Klein, Wolfgang	11. M55	Tri-Sport-Team TV Ver1	11:17	2:21	37:32	1:24	22:24	1:14:57
878	85. Schagowsky, Alexander	9. M25		13:01	2:05	34:08	2:04	23:44	1:15:01
754	86. Neuperger, Edmund	3. M60	Soester Tri Team	12:42	2:12	36:24	1:42	22:10	1:15:07
897	87. Kienast, Stefan	8. M35	Hawaii 2049	11:11	1:56	38:31	1:05	22:44	1:15:25
834	88. Schubert, Felix	9. M20	Tri-Sport-Team TV Ver1	10:05	2:03	38:34	1:06	23:42	1:15:28
771	89. Thölking, Franz-Josef	4. M60	Tri-Geckos Dortmund	9:13	1:54	37:47	1:24	25:34	1:15:50
926	90. Hasler, Uwe	5. M60	1. Tri-Team Gütersloh GTV	9:37	1:42	37:16	1:28	26:32	1:16:33
863	91. Bobowski, Phillip	7. M45		11:19	6:42	36:35	1:17	20:44	1:16:35
884	92. Vahldiek, Mirko	18. M30		9:44	1:32	36:29	1:34	27:22	1:16:39
849	93. Kullik, Oliver	12. M50	TUS 09 Erkenschwick	10:53	1:43	38:50	1:20	24:00	1:16:45
935	94. Schultz, Thomas	12. M55	TTT-Toms Tolle Truppe	12:45	1:44	36:08	1:36	24:38	1:16:48
901	95. Nienhaus, Manfred	6. M60	TV Beckum	10:45	2:00	37:53	1:26	24:54	1:16:57
663	96. Kuhlbusch, Matthias	7. M60	1. Tri-Team Gütersloh GTV	10:32	2:12	35:32	1:25	27:30	1:17:10
932	97. Toepper, Georg	8. M60	WSU_Tri Team	12:22	1:55	37:20	1:44	23:58	1:17:18
758	98. Finnemann, Werner	13. M50	SV DIESTEDDE	11:03	2:44	37:25	1:17	24:57	1:17:23
924	99. Tittel, Gerd	9. M60	Tri Fun Hennesee	10:26	2:47	38:23	1:13	24:45	1:17:32
858	100. Langer, Sven	19. M30	Wsu Tri-Team WAF	9:26	2:03	38:16	1:38	26:15	1:17:37
839	101. Steinberg, Stefan	10. M40	Tri-Sport-Team TV Ver1	11:12	1:49	40:09	1:16	23:18	1:17:42
854	102. Vinnemeier, Ulrich	14. M50	TV Mastholte	13:12	2:06	38:07	1:38	22:46	1:17:48
820	103. Humpe, Thomas	9. M35		10:34	2:15	38:55	1:24	24:44	1:17:51
741	104. Kleinschmidt, Stefan	4. M65	Marathon Soest	11:17	2:19	35:42	1:26	27:09	1:17:52
673	105. Kühnau, Uwe	13. M55	ASC Ahlen	11:25	2:26	38:29	1:16	24:37	1:18:12
856	106. Kurten, Elmar	14. M55	Wasserfreunde Finentrop	10:07	1:32	40:43	1:38	24:14	1:18:13
859	107. Gode, Marvin	10. M25	WSU Tri-Team Warendorf	10:59	1:35	37:24	1:13	27:22	1:18:31
767	108. Droste, André	20. M30	Trifun Hennesee	6:58	1:21	34:02	1:16	35:04	1:18:39
661	109. Zwior, Tobias	21. M30		9:04	2:52	39:46	1:00	26:12	1:18:52
666	110. Thiel, Marvin	11. M25	An der Theke gibt's Freib	12:18	2:33	38:30	1:41	23:52	1:18:52
669	111. Altebockwinkel, Jörg	10. M35	ASC Ahlen	9:59	2:41	40:38	0:59	24:53	1:19:07
690	112. Barnowski, Ralf	15. M55		11:36	2:24	35:55	2:08	27:09	1:19:11
699	113. Katthöfer, Peter	10. M60	LV Oelde	12:00	2:45	37:39	1:06	25:49	1:19:18
896	114. Florian, Stefan	11. M35	Hawaii 2049	12:03	2:00	39:12	1:40	24:27	1:19:21
885	115. Wenig, Stephan	12. M35		10:09	2:50	38:20	1:17	27:14	1:19:48
665	116. Stephan, Dominic	8. M45	1. Tri-Team Gütersloh GTV	10:39	2:40	39:46	1:32	25:30	1:20:05
691	117. Masuch, Andreas	9. M45	Laufen gegen Leiden e.V.	12:31	3:18	37:17	2:03	25:17	1:20:24

19. Oelder Triathlon - 21. Mai 2022
 Ergebnisliste - Männer Volksdistanz 500 m - 20 km - 5 km

SNR	Nachname, Vorname	AK	Verein				Ziel		
845	118. Klose, Rafael	13. M35	Steinhagen	11:20	1:44	40:56	0:59	25:31	1:20:28
763	119. Legge, Frank	16. M55	Tricops Warstein	10:30	2:36	39:14	1:34	26:42	1:20:33
679	120. Tripp, Norbert	10. M45	ASC Ahlen	10:06	2:17	39:10	1:34	27:33	1:20:37
946	121. Jakuschona, Karsten	17. M55	Team Erdinger Alkoholfrei	10:27	5:19	36:08	1:34	27:12	1:20:38
667	122. Holtrup, Sven	14. M35	ASC Ahlen	11:13	3:20	40:56	1:59	23:19	1:20:46
875	123. Körner, Gunther	15. M50		13:10	2:11	38:27	1:48	25:12	1:20:47
862	124. Beumker, Paul	10. M20		10:57	2:28	39:08	1:35	27:12	1:21:18
881	125. Stappen, Ole	2. MJU		8:32	3:08	42:45	0:53	26:38	1:21:56
752	126. Kalisch, Stephan	11. M60	SGE Exter	12:56	1:48	39:22	1:34	26:40	1:22:17
870	127. Gäb, Rolf	12. M60		12:06	1:59	38:55	1:37	27:57	1:22:32
682	128. Brameier, Matthias	11. M45	DLRG Warendorf	11:20	3:25	39:04	1:26	27:30	1:22:42
936	129. Kleber, Lothar	18. M55	TriCops Warstein	10:52	2:29	38:42	1:52	29:19	1:23:13
680	130. Czerwinski, Martin	13. M60	Crazy Runners Rietberg	11:50	2:25	40:27	1:08	28:28	1:24:16
877	131. Sacher, Florian	15. M35		11:43	3:32	42:53	1:06	25:40	1:24:51
826	132. Knoche, Ulrich	5. M65	Tri-Sport-Team TV Ver1	11:54	3:08	40:25	1:57	27:38	1:25:01
864	133. Bruns, Florian	12. M25		11:01	3:05	40:33	1:34	29:55	1:26:06
850	134. Klose, Andreas	14. M60	TUS Borgholzhausen	11:48	2:55	40:14	1:22	30:02	1:26:19
671	135. Daft, Carsten	12. M45	ASC Ahlen	12:36	2:43	40:42	1:23	29:18	1:26:41
874	136. Kramer, Rüdiger	15. M60		11:38	4:41	43:25	2:17	26:32	1:28:32
662	137. Nickholz, Jörg	16. M50	1. FC Tönnishäuschen	12:13	2:52	44:59	1:06	29:19	1:30:26
868	138. Grüne, Maximilian	3. MJU		13:34	2:24	40:46	2:47	31:35	1:31:03
697	139. Holt, Ralf	19. M55	LTV Lippstadt Triathlon	13:44	2:54	43:10	1:25	35:01	1:36:12
745	140. Brand, Alois	16. M60	nix wie weg	12:39	2:12	44:30	1:48	37:08	1:38:15
756	141. Lahme, Gerrit	16. M35	Sport Wien	16:39	3:56	49:31	1:42	33:32	1:45:18
689	142. Kiewert, Volker	13. M45	Jet-Porn-Racing Team	11:59	5:06	52:39	1:35	36:08	1:47:24
855.	Schmedes, Andy	M35	W+F Münster	8:35	1:40				aufg.
880.	Stammnitz, Florian	M25		9:42	1:28				aufg.
900.	Moré, Pascal	MJU	SG Oelde	7:40	2:23	8:57	-	-	aufg.
911.	Barwinski, Jonas	M25	ASC Ahlen	8:41	1:06				aufg.