

# 9. Mönchengladbacher Nordpark Duathlon am 1. Mai 2018

Ergebnisliste

## Volksduathlon 5km Laufen - 20km Radfahren - 2.5km Laufen

Männer

| Platz | Nr. | Name Vorname          | Verein/*Ort           | Endzeit | AK  | Pl. AK | Pl. L1 | Laufen 1 | Pl. R | Rad     | Pl.n.R | nach Rad | Pl. L2 | Laufen2 |
|-------|-----|-----------------------|-----------------------|---------|-----|--------|--------|----------|-------|---------|--------|----------|--------|---------|
| 1     | 2   | Eckers Sven           | KTT 01                | 0:56:03 | M20 | 1      | 2      | 0:16:21  | 3     | 0:30:54 | 1      | 0:47:15  | 1      | 0:08:48 |
| 2     | 3   | Imhoff Sven           | Tri Team Maxmo        | 0:56:24 | M35 | 1      | 5      | 0:16:58  | 1     | 0:30:23 | 2      | 0:47:22  | 5      | 0:09:01 |
| 3     | 200 | Hoydens Simon         | Tri Team Witten       | 0:56:26 | M30 | 1      | 3      | 0:16:46  | 2     | 0:30:42 | 3      | 0:47:29  | 3      | 0:08:57 |
| 4     | 4   | Roegiers Jens         | T3 Squad              | 0:58:23 | M30 | 2      | 1      | 0:16:20  | 7     | 0:33:07 | 5      | 0:49:27  | 2      | 0:08:56 |
| 5     | 165 | Sievers Holger        | * Stolberg            | 0:58:41 | M50 | 1      | 9      | 0:17:16  | 4     | 0:32:04 | 4      | 0:49:20  | 9      | 0:09:20 |
| 6     | 15  | Siemes Bastian        | Tri Team Nettetal     | 0:59:25 | M30 | 3      | 4      | 0:16:58  | 8     | 0:33:21 | 6      | 0:50:19  | 6      | 0:09:06 |
| 7     | 189 | Beaury Steffen        | SC Bayer 05 Uerding   | 0:59:52 | M30 | 4      | 10     | 0:17:48  | 5     | 0:32:31 | 7      | 0:50:19  | 15     | 0:09:33 |
| 8     | 5   | Dinraths Christian    | Tri Geckos Dortmund   | 1:00:16 | M25 | 1      | 7      | 0:16:59  | 11    | 0:33:50 | 9      | 0:50:50  | 13     | 0:09:26 |
| 9     | 13  | Köhne Lars            | Tri-As Hamm           | 1:00:24 | M30 | 5      | 17     | 0:18:07  | 6     | 0:32:34 | 8      | 0:50:42  | 18     | 0:09:42 |
| 10    | 21  | Krüll Dennis          | Team Erdinger Alkoh   | 1:00:54 | M30 | 6      | 8      | 0:17:14  | 13    | 0:34:40 | 12     | 0:51:54  | 4      | 0:08:59 |
| 11    | 56  | Kirschbaum Arne       | Moerser TV Triathlon  | 1:01:18 | M40 | 1      | 15     | 0:18:06  | 10    | 0:33:38 | 11     | 0:51:45  | 14     | 0:09:32 |
| 12    | 27  | Ohls Gerriet          | Tri Finish Münster    | 1:01:40 | M30 | 7      | 19     | 0:18:09  | 9     | 0:33:30 | 10     | 0:51:40  | 21     | 0:09:59 |
| 13    | 33  | Wösthoff Philipp      | Tri Team Prime Time   | 1:02:35 | M35 | 2      | 20     | 0:18:09  | 17    | 0:35:02 | 14     | 0:53:12  | 12     | 0:09:23 |
| 14    | 54  | Strümpel Jörn         | VT Kempen             | 1:02:48 | M40 | 2      | 12     | 0:18:01  | 21    | 0:35:13 | 16     | 0:53:14  | 16     | 0:09:33 |
| 15    | 57  | Pütz Stephan          | RRC Merken            | 1:02:51 | M40 | 3      | 11     | 0:18:00  | 19    | 0:35:11 | 15     | 0:53:12  | 17     | 0:09:39 |
| 16    | 37  | Bullermann Tim        | Moerser TV Triathlon  | 1:02:55 | M35 | 3      | 13     | 0:18:02  | 18    | 0:35:09 | 13     | 0:53:11  | 19     | 0:09:44 |
| 17    | 35  | Tempesta Michael      | AS Neukirchen-Vluyn   | 1:03:50 | M35 | 4      | 29     | 0:19:17  | 12    | 0:34:23 | 17     | 0:53:41  | 23     | 0:10:09 |
| 18    | 26  | Woinowski Benjamin    | SC Bayer 05 Uerding   | 1:04:09 | M30 | 8      | 28     | 0:19:16  | 25    | 0:35:35 | 23     | 0:54:52  | 8      | 0:09:17 |
| 19    | 19  | Gajewski Merlin       | SC Bayer 05 Uerding   | 1:04:33 | M30 | 9      | 26     | 0:19:15  | 15    | 0:34:57 | 18     | 0:54:13  | 28     | 0:10:20 |
| 20    | 22  | Henninger Tristan     | Brander SV            | 1:04:56 | M30 | 10     | 16     | 0:18:07  | 35    | 0:36:36 | 22     | 0:54:43  | 26     | 0:10:12 |
| 21    | 197 | Ehrich Florian        | RV Möwe Lürrip        | 1:05:15 | M35 | 5      | 31     | 0:19:18  | 20    | 0:35:12 | 19     | 0:54:30  | 43     | 0:10:44 |
| 22    | 67  | Vohsen Christian      | Adler Hochneukirch    | 1:05:16 | M45 | 1      | 24     | 0:18:59  | 26    | 0:35:42 | 21     | 0:54:42  | 35     | 0:10:34 |
| 23    | 9   | Pulido Jimenez Carlos | Brander SV            | 1:05:22 | M25 | 2      | 18     | 0:18:08  | 50    | 0:37:52 | 29     | 0:56:00  | 11     | 0:09:21 |
| 24    | 66  | Assmann Manfred       | SC Bayer 05 Uerding   | 1:05:24 | M45 | 2      | 39     | 0:19:44  | 14    | 0:34:52 | 20     | 0:54:36  | 46     | 0:10:47 |
| 25    | 119 | Vogel Tilman          | TV Aldekerk           | 1:05:43 | M55 | 1      | 38     | 0:19:38  | 27    | 0:35:53 | 28     | 0:55:31  | 25     | 0:10:12 |
| 26    | 195 | Weyers Kai            | TuRa Brügggen         | 1:05:45 | M20 | 2      | 6      | 0:16:59  | 68    | 0:39:24 | 32     | 0:56:24  | 10     | 0:09:21 |
| 27    | 29  | Beckmann Martin       | * Mönchengladbach     | 1:05:49 | M30 | 11     | 32     | 0:19:19  | 28    | 0:35:57 | 25     | 0:55:16  | 34     | 0:10:33 |
| 28    | 97  | Lemken Frank          | SC Bayer 05 Uerding   | 1:06:02 | M50 | 2      | 44     | 0:19:57  | 23    | 0:35:20 | 26     | 0:55:18  | 43     | 0:10:44 |
| 29    | 86  | Offizier Hardy E.     | Brühler TV 1879       | 1:06:02 | M50 | 3      | 22     | 0:18:45  | 32    | 0:36:16 | 24     | 0:55:02  | 55     | 0:11:00 |
| 30    | 84  | Eppink Ralf           | FS Düsseldorf         | 1:06:15 | M50 | 4      | 51     | 0:20:24  | 16    | 0:34:58 | 27     | 0:55:23  | 50     | 0:10:52 |
| 31    | 36  | Gilleßen Markus       | Marathon-Club Eschw   | 1:06:36 | M35 | 6      | 30     | 0:19:18  | 36    | 0:36:48 | 30     | 0:56:06  | 32     | 0:10:30 |
| 32    | 106 | Wessel Lukas          | SC Bayer 05 Uerding   | 1:06:42 | M20 | 3      | 23     | 0:18:46  | 53    | 0:38:00 | 36     | 0:56:47  | 20     | 0:09:55 |
| 33    | 159 | Mayntzhusen Moritz    | SC Bayer 05 Uerding   | 1:06:44 | M35 | 7      | 27     | 0:19:15  | 40    | 0:37:11 | 34     | 0:56:26  | 27     | 0:10:17 |
| 34    | 40  | Zingsem Christian     | LG Mönchengladbach    | 1:06:53 | M35 | 8      | 14     | 0:18:03  | 71    | 0:39:39 | 44     | 0:57:43  | 7      | 0:09:10 |
| 35    | 55  | Knebel Christoph      | SV 19 Straelen        | 1:07:05 | M40 | 4      | 41     | 0:19:55  | 34    | 0:36:28 | 31     | 0:56:23  | 39     | 0:10:41 |
| 36    | 156 | Buchwald Daniel       | Tri Team Maxmo        | 1:07:09 | M35 | 9      | 43     | 0:19:56  | 37    | 0:37:02 | 39     | 0:56:59  | 24     | 0:10:09 |
| 37    | 23  | Thiel Daniel          | Tri Team Nettetal     | 1:07:14 | M30 | 12     | 33     | 0:19:19  | 41    | 0:37:12 | 35     | 0:56:31  | 40     | 0:10:42 |
| 38    | 38  | Reinecke Dominik      | Moerser TV Triathlon  | 1:07:20 | M35 | 10     | 25     | 0:19:05  | 51    | 0:37:53 | 38     | 0:56:59  | 29     | 0:10:21 |
| 39    | 99  | Mueller Dirk          | TV Rodenkirchen Tri   | 1:07:27 | M50 | 5      | 49     | 0:20:23  | 33    | 0:36:26 | 37     | 0:56:49  | 38     | 0:10:37 |
| 40    | 146 | Schlüter Gerhard      | Tri-Sport-Team TV Ve  | 1:07:40 | M60 | 1      | 36     | 0:19:31  | 49    | 0:37:44 | 42     | 0:57:15  | 30     | 0:10:25 |
| 41    | 88  | Alscher Christian     | TV Witzhelden Tria    | 1:07:45 | M50 | 6      | 40     | 0:19:55  | 39    | 0:37:07 | 41     | 0:57:02  | 41     | 0:10:43 |
| 42    | 110 | Daemen Oliver         | SC Bayer 05 Uerding   | 1:08:20 | M50 | 7      | 46     | 0:20:11  | 43    | 0:37:14 | 43     | 0:57:25  | 51     | 0:10:54 |
| 43    | 92  | Tetz Dieter           | Triathlon Waldfeucht  | 1:08:40 | M50 | 8      | 62     | 0:21:09  | 22    | 0:35:16 | 33     | 0:56:25  | 88     | 0:12:14 |
| 44    | 28  | Koch Florian          | SC Bayer 05 Uerding   | 1:08:40 | M30 | 13     | 37     | 0:19:34  | 59    | 0:38:21 | 47     | 0:57:56  | 42     | 0:10:44 |
| 45    | 44  | Mahmens Timo          | TriathlonSteckelColog | 1:08:45 | M35 | 11     | 55     | 0:20:29  | 48    | 0:37:43 | 48     | 0:58:13  | 33     | 0:10:32 |
| 46    | 175 | Kraemer Frank         | TV Rodenkirchen Tri   | 1:08:45 | M45 | 3      | 50     | 0:20:23  | 45    | 0:37:30 | 46     | 0:57:54  | 49     | 0:10:51 |
| 47    | 103 | Sandau Andreas        | TSV Bayer 04 Lever    | 1:08:52 | M50 | 9      | 73     | 0:21:33  | 24    | 0:35:28 | 40     | 0:57:01  | 78     | 0:11:51 |
| 48    | 184 | Poser Stefan          | Cycling Team Bochu    | 1:09:03 | M35 | 12     | 47     | 0:20:20  | 56    | 0:38:06 | 49     | 0:58:26  | 37     | 0:10:37 |
| 49    | 104 | Mehtieff Alexander    | Krefelder Kanu Klub   | 1:09:04 | M50 | 10     | 48     | 0:20:21  | 47    | 0:37:32 | 45     | 0:57:54  | 58     | 0:11:10 |
| 50    | 32  | Verrieth Christoph    | TriFUN Kleve          | 1:09:19 | M35 | 13     | 35     | 0:19:30  | 65    | 0:39:02 | 50     | 0:58:32  | 45     | 0:10:46 |
| 51    | 116 | Wenzel Bernd          | TuS Oedt              | 1:09:45 | M50 | 11     | 65     | 0:21:14  | 44    | 0:37:20 | 51     | 0:58:34  | 59     | 0:11:11 |
| 52    | 75  | Valk Oliver           | SC Bayer 05 Uerding   | 1:10:08 | M45 | 4      | 96     | 0:22:59  | 30    | 0:36:09 | 52     | 0:59:09  | 54     | 0:10:59 |
| 53    | 72  | Liebig Sven           | SV Straelen           | 1:10:13 | M45 | 5      | 42     | 0:19:56  | 76    | 0:40:14 | 65     | 1:00:11  | 22     | 0:10:02 |
| 54    | 50  | Stüdtgen Daniel       | TV Witzhelden Tria    | 1:10:23 | M40 | 5      | 82     | 0:22:06  | 42    | 0:37:12 | 55     | 0:59:19  | 57     | 0:11:04 |
| 55    | 122 | Feilen Heinz          | Marathon Club Eschw   | 1:10:24 | M55 | 2      | 54     | 0:20:28  | 64    | 0:38:57 | 57     | 0:59:26  | 52     | 0:10:58 |
| 56    | 41  | Morcinek-Mehlau Thoma | TSV Solingen          | 1:10:33 | M35 | 14     | 83     | 0:22:11  | 38    | 0:37:06 | 54     | 0:59:18  | 60     | 0:11:14 |
| 57    | 42  | Rosenkranz Thomas     | VT Kempen             | 1:10:39 | M35 | 15     | 60     | 0:21:04  | 62    | 0:38:34 | 60     | 0:59:38  | 56     | 0:11:01 |
| 58    | 34  | Sendler Hanno         | Moerser TV Triathlon  | 1:10:49 | M35 | 16     | 69     | 0:21:26  | 55    | 0:38:04 | 59     | 0:59:31  | 63     | 0:11:17 |
| 59    | 45  | Stüdtgen Dirk         | TV Witzhelden Tria    | 1:10:55 | M35 | 17     | 45     | 0:20:04  | 77    | 0:40:15 | 67     | 1:00:19  | 36     | 0:10:35 |
| 60    | 74  | Behrends Philip       | Fortuna Düsseldorf Tr | 1:11:02 | M45 | 6      | 61     | 0:21:07  | 61    | 0:38:23 | 58     | 0:59:31  | 70     | 0:11:30 |
| 61    | 149 | Müllebens Manfred     | Marathon Club Eschw   | 1:11:09 | M65 | 1      | 68     | 0:21:26  | 52    | 0:37:57 | 56     | 0:59:23  | 77     | 0:11:45 |
| 62    | 121 | Schmitz Rolf          | DMSG                  | 1:11:25 | M55 | 3      | 72     | 0:21:30  | 57    | 0:38:13 | 61     | 0:59:44  | 73     | 0:11:41 |
| 63    | 183 | Zajdel Michal         | Socios Silesia        | 1:11:31 | M40 | 6      | 58     | 0:20:58  | 70    | 0:39:33 | 68     | 1:00:32  | 53     | 0:10:58 |
| 64    | 185 | Rosenberger Tim       | * Korschenbroich      | 1:11:39 | M35 | 18     | 34     | 0:19:29  | 80    | 0:40:41 | 64     | 1:00:10  | 69     | 0:11:29 |
| 65    | 111 | Schmitz Jörg          | SC Bayer 05 Uerding   | 1:11:58 | M50 | 12     | 81     | 0:21:45  | 60    | 0:38:21 | 63     | 1:00:06  | 79     | 0:11:51 |
| 66    | 83  | Schubbert Michael     | Moerser TV Triathlon  | 1:11:58 | M45 | 7      | 56     | 0:20:35  | 79    | 0:40:33 | 73     | 1:01:08  | 48     | 0:10:49 |

# 9. Mönchengladbacher Nordpark Duathlon am 1. Mai 2018

Ergebnisliste

## Volksduathlon 5km Laufen - 20km Radfahren - 2.5km Laufen

Männer

| Platz | Nr. | Name Vorname            | Verein/*Ort           | Endzeit | AK  | Pl. AK | Pl. L1 | Laufen 1 | Pl. R | Rad     | Pl.n.R | nach Rad | Pl. L2 | Laufen2 |
|-------|-----|-------------------------|-----------------------|---------|-----|--------|--------|----------|-------|---------|--------|----------|--------|---------|
| 67    | 30  | Foest Andreas           | SV Bayer 08 Uerding   | 1:12:01 | M35 | 19     | 64     | 0:21:11  | 69    | 0:39:26 | 70     | 1:00:38  | 65     | 0:11:23 |
| 68    | 62  | Biedermann Florian      | Marathon Club Eschw   | 1:12:15 | M40 | 7      | 98     | 0:23:10  | 29    | 0:35:58 | 53     | 0:59:09  | 111    | 0:13:06 |
| 69    | 61  | Glatki Jochen           | * Krefeld             | 1:12:31 | M40 | 8      | 85     | 0:22:15  | 58    | 0:38:20 | 69     | 1:00:35  | 81     | 0:11:56 |
| 70    | 158 | Drenker Ditmar          | TTR 08 Ratingen       | 1:12:53 | M50 | 13     | 63     | 0:21:11  | 63    | 0:38:40 | 62     | 0:59:51  | 110    | 0:13:02 |
| 71    | 91  | Hemb Uwe                | TG Neuss              | 1:12:56 | M50 | 14     | 106    | 0:24:02  | 31    | 0:36:14 | 66     | 1:00:16  | 100    | 0:12:40 |
| 72    | 126 | Jakobs Stephan          | Tus Immenstaad        | 1:13:05 | M55 | 4      | 79     | 0:21:42  | 67    | 0:39:19 | 72     | 1:01:02  | 84     | 0:12:03 |
| 73    | 43  | Vahsen Alexander        | Eskalationstruppe MG  | 1:13:08 | M35 | 20     | 70     | 0:21:27  | 74    | 0:39:58 | 74     | 1:01:26  | 74     | 0:11:42 |
| 74    | 169 | Tkotz Michael           | TSG 5 Seasons Brühl   | 1:13:15 | M50 | 15     | 78     | 0:21:40  | 75    | 0:40:07 | 75     | 1:01:48  | 68     | 0:11:27 |
| 75    | 16  | Grysko Michael          | LG Lüdenscheid        | 1:13:26 | M30 | 14     | 21     | 0:18:41  | 114   | 0:44:14 | 83     | 1:02:56  | 31     | 0:10:29 |
| 76    | 24  | Wicking Michael         | * Leverkusen          | 1:13:32 | M30 | 15     | 84     | 0:22:12  | 72    | 0:39:45 | 76     | 1:01:57  | 71     | 0:11:34 |
| 77    | 157 | Japel Jens              | Moerser TV Triathlon  | 1:13:40 | M35 | 21     | 52     | 0:20:26  | 87    | 0:41:49 | 77     | 1:02:16  | 66     | 0:11:24 |
| 78    | 196 | Wahab Noah              | * Mönchengladbach     | 1:13:44 | M20 | 4      | 66     | 0:21:20  | 81    | 0:41:09 | 80     | 1:02:30  | 60     | 0:11:14 |
| 79    | 120 | Wichert Hans-Jürgen     | Marathon Club Eschw   | 1:13:51 | M55 | 5      | 94     | 0:22:54  | 54    | 0:38:04 | 71     | 1:00:58  | 107    | 0:12:52 |
| 80    | 90  | Loh Norbert             | Hildener AT Triathlon | 1:14:11 | M50 | 16     | 71     | 0:21:29  | 82    | 0:41:24 | 82     | 1:02:54  | 63     | 0:11:17 |
| 81    | 123 | Krüger Detlef           | TSV Bayer 04 Lever    | 1:14:22 | M55 | 6      | 90     | 0:22:41  | 73    | 0:39:47 | 79     | 1:02:28  | 80     | 0:11:53 |
| 82    | 53  | Müller Andreas          | AS Neukirchen-Vluyn   | 1:14:50 | M40 | 9      | 86     | 0:22:16  | 78    | 0:40:18 | 81     | 1:02:34  | 90     | 0:12:15 |
| 83    | 133 | Schumacher Michael      | SV Bayer 08 Uerding   | 1:15:35 | M55 | 7      | 118    | 0:24:51  | 46    | 0:37:31 | 78     | 1:02:23  | 112    | 0:13:11 |
| 84    | 46  | Batzdorf Thorsten       | Eskalationstruppe MG  | 1:15:53 | M35 | 22     | 74     | 0:21:33  | 92    | 0:42:16 | 85     | 1:03:50  | 83     | 0:12:02 |
| 85    | 145 | Bierfeld Franz-Josef    | Marathon Club Eschw   | 1:16:32 | M60 | 2      | 92     | 0:22:48  | 86    | 0:41:44 | 86     | 1:04:33  | 82     | 0:11:59 |
| 86    | 48  | Perez Antonio           | * Viersen             | 1:16:36 | M35 | 23     | 59     | 0:21:00  | 109   | 0:43:56 | 89     | 1:04:57  | 72     | 0:11:39 |
| 87    | 100 | Eisermann Stephan       | Team Erdinger Alkoh   | 1:16:49 | M50 | 17     | 76     | 0:21:38  | 108   | 0:43:56 | 95     | 1:05:34  | 62     | 0:11:14 |
| 88    | 128 | Lachmann Thomas         | * Mönchengladbach     | 1:16:50 | M55 | 8      | 107    | 0:24:03  | 66    | 0:39:12 | 84     | 1:03:16  | 117    | 0:13:34 |
| 89    | 130 | Müller Heiko            | VT Kempen             | 1:17:01 | M55 | 9      | 77     | 0:21:39  | 104   | 0:43:38 | 94     | 1:05:17  | 75     | 0:11:43 |
| 90    | 25  | Vöge Mario              | SC Bayer 05 Uerding   | 1:17:05 | M30 | 16     | 87     | 0:22:18  | 96    | 0:42:26 | 87     | 1:04:44  | 93     | 0:12:21 |
| 91    | 178 | Heer Christian          | * Viersen             | 1:17:25 | M40 | 10     | 67     | 0:21:22  | 103   | 0:43:35 | 90     | 1:04:57  | 94     | 0:12:28 |
| 92    | 31  | Büttner Christoph       | Marathon Club Eschw   | 1:17:31 | M35 | 24     | 97     | 0:23:07  | 89    | 0:41:52 | 91     | 1:05:00  | 95     | 0:12:31 |
| 93    | 69  | Vöge Jochen             | Fortuna Düsseldorf Tr | 1:17:33 | M45 | 8      | 93     | 0:22:52  | 91    | 0:41:58 | 88     | 1:04:50  | 101    | 0:12:43 |
| 94    | 118 | Kesting Jörg            | * Bonn                | 1:17:44 | M50 | 18     | 103    | 0:23:42  | 83    | 0:41:27 | 92     | 1:05:10  | 96     | 0:12:34 |
| 95    | 179 | Nöhles Dirk             | * Mönchengladbach     | 1:18:07 | M40 | 11     | 101    | 0:23:38  | 85    | 0:41:38 | 93     | 1:05:16  | 105    | 0:12:51 |
| 96    | 135 | Landtreter Berthold     | Team Erdinger Alkoh   | 1:18:17 | M55 | 10     | 57     | 0:20:56  | 125   | 0:46:33 | 107    | 1:07:30  | 46     | 0:10:47 |
| 97    | 73  | Koerber Olaf            | Trido                 | 1:18:32 | M45 | 9      | 89     | 0:22:32  | 107   | 0:43:50 | 97     | 1:06:22  | 85     | 0:12:09 |
| 98    | 124 | Wienand Uwe             | Trinitas Dortmund     | 1:18:48 | M55 | 11     | 75     | 0:21:36  | 118   | 0:44:58 | 99     | 1:06:34  | 87     | 0:12:13 |
| 99    | 193 | Robens Johannes         | * Aachen              | 1:18:53 | M25 | 3      | 115    | 0:24:42  | 88    | 0:41:49 | 98     | 1:06:32  | 92     | 0:12:21 |
| 100   | 59  | Schaefer Marius         | SG Asbachtal 2015     | 1:18:56 | M40 | 12     | 95     | 0:22:58  | 105   | 0:43:43 | 101    | 1:06:41  | 89     | 0:12:15 |
| 101   | 7   | Paffrath Adam           | Tri Team Maxmo        | 1:19:10 | M65 | 2      | 105    | 0:24:00  | 94    | 0:42:21 | 96     | 1:06:21  | 104    | 0:12:49 |
| 102   | 85  | Flammang Klaus          | * Duisburg            | 1:19:18 | M50 | 19     | 88     | 0:22:23  | 116   | 0:44:34 | 103    | 1:06:58  | 91     | 0:12:20 |
| 103   | 101 | Frings Andreas          | TV Witzhelden Tria    | 1:19:21 | M50 | 20     | 104    | 0:23:47  | 97    | 0:42:48 | 100    | 1:06:35  | 103    | 0:12:45 |
| 104   | 181 | Lorenz Sascha           | * Kalkar              | 1:19:22 | M40 | 13     | 111    | 0:24:22  | 95    | 0:42:24 | 102    | 1:06:47  | 97     | 0:12:35 |
| 105   | 167 | Peerenboom Klaus        | Doppelkopf Schliche   | 1:20:19 | M55 | 12     | 80     | 0:21:43  | 126   | 0:46:51 | 113    | 1:08:34  | 76     | 0:11:44 |
| 106   | 143 | Peters Piet             | piet spiet tiem       | 1:20:23 | M60 | 3      | 108    | 0:24:11  | 99    | 0:42:51 | 104    | 1:07:02  | 113    | 0:13:20 |
| 107   | 176 | Giepen Oliver Michael J | * Wuppertal           | 1:20:43 | M45 | 10     | 99     | 0:23:21  | 110   | 0:43:57 | 105    | 1:07:19  | 114    | 0:13:24 |
| 108   | 98  | Fehler Dirk             | * Bonn                | 1:20:46 | M50 | 21     | 102    | 0:23:41  | 117   | 0:44:54 | 114    | 1:08:35  | 86     | 0:12:11 |
| 109   | 47  | Doffek Alexander        | Athletik Waldniel     | 1:20:55 | M35 | 25     | 53     | 0:20:28  | 130   | 0:49:02 | 120    | 1:09:30  | 67     | 0:11:24 |
| 110   | 81  | Meyer Carsten           | Stahlross geht auch   | 1:20:58 | M45 | 11     | 91     | 0:22:46  | 123   | 0:45:33 | 111    | 1:08:20  | 99     | 0:12:38 |
| 111   | 192 | Müller Maximilian       | TV Erkelenz           | 1:21:10 | M30 | 17     | 110    | 0:24:20  | 113   | 0:44:14 | 115    | 1:08:35  | 98     | 0:12:35 |
| 112   | 168 | Klopp Thomas            | TV Witzhelden Tria    | 1:21:21 | M50 | 22     | 120    | 0:25:46  | 98    | 0:42:50 | 116    | 1:08:36  | 102    | 0:12:44 |
| 113   | 190 | Vohsen Maximilian       | * Mönchengladbach     | 1:21:39 | M30 | 18     | 109    | 0:24:15  | 101   | 0:43:05 | 106    | 1:07:21  | 122    | 0:14:18 |
| 114   | 109 | Heß Volker              | Die Bojenschwimmer    | 1:21:43 | M50 | 23     | 122    | 0:26:14  | 90    | 0:41:54 | 110    | 1:08:09  | 116    | 0:13:33 |
| 115   | 142 | Bender Matthias         | Team Erdinger Alkoh   | 1:21:54 | M60 | 4      | 113    | 0:24:37  | 106   | 0:43:46 | 112    | 1:08:23  | 115    | 0:13:31 |
| 116   | 194 | Sokolowski Michael      | * Aachen              | 1:21:59 | M25 | 4      | 114    | 0:24:41  | 115   | 0:44:25 | 119    | 1:09:07  | 106    | 0:12:52 |
| 117   | 186 | Birkenheuer Andre       | * Mönchengladbach     | 1:22:08 | M35 | 26     | 112    | 0:24:34  | 102   | 0:43:06 | 108    | 1:07:41  | 123    | 0:14:27 |
| 118   | 17  | Runkel Sebastian        | * Leverkusen          | 1:22:17 | M30 | 19     | 124    | 0:26:31  | 84    | 0:41:31 | 109    | 1:08:03  | 121    | 0:14:14 |
| 119   | 154 | Schmitz Georg           | TVK 1877 Essen        | 1:22:25 | M75 | 1      | 121    | 0:25:51  | 100   | 0:42:51 | 117    | 1:08:42  | 118    | 0:13:42 |
| 120   | 94  | Frimmersdorf Stefan     | Tri-as                | 1:23:17 | M50 | 24     | 119    | 0:24:55  | 111   | 0:44:10 | 118    | 1:09:05  | 120    | 0:14:12 |
| 121   | 80  | Schulze Mario           | DJK Löwe Hambach      | 1:23:39 | M45 | 12     | 100    | 0:23:36  | 128   | 0:47:03 | 122    | 1:10:40  | 109    | 0:12:59 |
| 122   | 51  | Tekathen Lars           | TriFUN Kleve          | 1:24:20 | M40 | 14     | 126    | 0:27:16  | 93    | 0:42:20 | 121    | 1:09:36  | 126    | 0:14:43 |
| 123   | 139 | Schiffer Georg          | * Mönchengladbach     | 1:25:37 | M60 | 5      | 117    | 0:24:48  | 127   | 0:46:56 | 125    | 1:11:44  | 119    | 0:13:53 |
| 124   | 170 | Müllers Udo             | Rheydter TV           | 1:26:08 | M50 | 25     | 123    | 0:26:29  | 121   | 0:45:11 | 123    | 1:11:40  | 124    | 0:14:28 |
| 125   | 129 | Vohsen Thomas           | LG Mönchengladbach    | 1:26:11 | M55 | 13     | 125    | 0:26:43  | 119   | 0:44:59 | 124    | 1:11:42  | 125    | 0:14:28 |
| 126   | 188 | Vazhayil Dino           | * Köln                | 1:26:32 | M30 | 20     | 116    | 0:24:45  | 129   | 0:48:49 | 127    | 1:13:34  | 108    | 0:12:57 |
| 127   | 138 | Thiel Werner            | Team Erdinger Alkoh   | 1:27:06 | M60 | 6      | 127    | 0:27:36  | 112   | 0:44:14 | 126    | 1:11:51  | 128    | 0:15:15 |
| 128   | 134 | Eckert Dieter           | SC Bayer 05 Uerding   | 1:29:24 | M55 | 14     | 128    | 0:27:52  | 124   | 0:46:11 | 128    | 1:14:03  | 130    | 0:15:20 |
| 129   | 152 | Steuck Siegbert         | FS Düsseldorf         | 1:29:46 | M70 | 1      | 131    | 0:28:50  | 122   | 0:45:25 | 129    | 1:14:16  | 131    | 0:15:30 |
| 130   | 78  | Böddeker Markus         | * Mönchengladbach     | 1:30:10 | M45 | 13     | 132    | 0:29:13  | 120   | 0:45:10 | 130    | 1:14:23  | 132    | 0:15:46 |
| 131   | 174 | Weber Harald            | RV-Vorwärts Bonnen    | 1:35:08 | M45 | 14     | 130    | 0:28:40  | 131   | 0:51:30 | 132    | 1:20:10  | 127    | 0:14:57 |
| 132   | 153 | Seifert Peter           | TVK 1877 Essen        | 1:35:19 | M75 | 2      | 129    | 0:27:57  | 132   | 0:52:06 | 131    | 1:20:03  | 129    | 0:15:15 |

## 9. Mönchengladbacher Nordpark Duathlon am 1. Mai 2018

*Ergebnisliste*

### Volksduathlon 5km Laufen - 20km Radfahren - 2.5km Laufen

*Männer*

| Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK  | Pl. | AK  | Pl.     | L1  | Laufen 1 | Pl. | R       | Rad | Pl.n.R  | nach Rad | Pl. | L2 | Laufen2 |
|-------|-----|--------------|-------------|---------|-----|-----|-----|---------|-----|----------|-----|---------|-----|---------|----------|-----|----|---------|
| 133   | 182 | Hüber Ralf   | Quirinus    | 1:38:13 | M40 | 15  | 133 | 0:29:23 | 133 | 0:52:54  | 133 | 1:22:17 | 133 | 0:15:55 |          |     |    |         |

nicht beendet

| Platz | Nr. | Name Vorname      | Verein/*Ort | Endzeit | AK  | Pl. | AK  | Pl.     | L1 | Laufen 1 | Pl. | R       | Rad | Pl.n.R  | nach Rad | Pl.     | L2 | Laufen2 |
|-------|-----|-------------------|-------------|---------|-----|-----|-----|---------|----|----------|-----|---------|-----|---------|----------|---------|----|---------|
| 0     | 14  | Triebsees Steffen | * Dinslaken | 0:00:00 | M30 | -   | 134 | 0:23:10 | 0  | 0:00:00  | 0   | 0:00:00 | 0   | 0:00:00 | 0        | 0:00:00 |    |         |

# 9. Mönchengladbacher Nordpark Duathlon am 1. Mai 2018

Ergebnisliste

## Volksduathlon 5km Laufen - 20km Radfahren - 2.5km Laufen

Frauen

| Platz | Nr. | Name Vorname          | Verein/*Ort          | Endzeit | AK  | Pl. AK | Pl. L1 | Laufen 1 | Pl. R | Rad     | Pl.n.R | nach Rad | Pl. L2 | Laufen2 |
|-------|-----|-----------------------|----------------------|---------|-----|--------|--------|----------|-------|---------|--------|----------|--------|---------|
| 1     | 364 | Dahmen Anika          | TG triZack Rostock   | 1:05:18 | W25 | 1      | 1      | 0:18:41  | 2     | 0:36:50 | 1      | 0:55:31  | 1      | 0:09:47 |
| 2     | 365 | Dreßler Frida         | TG triZack Rostock   | 1:08:22 | W25 | 2      | 3      | 0:20:32  | 4     | 0:37:13 | 3      | 0:57:45  | 3      | 0:10:36 |
| 3     | 350 | Schnaß Nicole         | Krefelder Kanu Klub  | 1:08:35 | W45 | 1      | 5      | 0:21:09  | 1     | 0:36:20 | 2      | 0:57:30  | 6      | 0:11:04 |
| 4     | 301 | Optekamp Silke        | Tri Team Maxmo       | 1:08:46 | W40 | 1      | 2      | 0:19:53  | 6     | 0:38:29 | 5      | 0:58:23  | 2      | 0:10:23 |
| 5     | 338 | Voß Laura             | SC Bayer 05 Uerding  | 1:08:49 | W20 | 1      | 4      | 0:20:38  | 3     | 0:37:08 | 4      | 0:57:47  | 5      | 0:11:01 |
| 6     | 343 | Reckemeier Rebecca    | RRV Hameln           | 1:12:20 | W35 | 1      | 9      | 0:22:07  | 5     | 0:38:18 | 6      | 1:00:26  | 12     | 0:11:54 |
| 7     | 326 | Schmitz Andrea        | DMSG                 | 1:12:52 | W50 | 1      | 8      | 0:21:35  | 10    | 0:40:16 | 7      | 1:01:52  | 4      | 0:11:00 |
| 8     | 315 | Kower Katja           | * Mühlheim an der Ru | 1:13:41 | W35 | 2      | 13     | 0:22:21  | 7     | 0:39:39 | 8      | 1:02:00  | 9      | 0:11:40 |
| 9     | 307 | Alscher Steffie       | TV Witzhelden Tria   | 1:13:47 | W45 | 2      | 10     | 0:22:17  | 8     | 0:39:45 | 9      | 1:02:03  | 11     | 0:11:44 |
| 10    | 306 | Althoff Kerstin       | SSK Kerpen           | 1:14:33 | W45 | 3      | 7      | 0:21:25  | 12    | 0:41:47 | 11     | 1:03:12  | 7      | 0:11:20 |
| 11    | 309 | Casimir Sabine        | AS Neukirchen-Vluyn  | 1:15:37 | W50 | 2      | 6      | 0:21:10  | 14    | 0:43:02 | 12     | 1:04:12  | 8      | 0:11:25 |
| 12    | 324 | Karmanns Sabine       | Dülkener SV 06       | 1:15:51 | W40 | 2      | 15     | 0:23:15  | 9     | 0:39:51 | 10     | 1:03:07  | 16     | 0:12:44 |
| 13    | 313 | Bruns Martina         | SC Bayer 05 Uerding  | 1:17:06 | W45 | 4      | 18     | 0:23:33  | 11    | 0:41:07 | 13     | 1:04:41  | 13     | 0:12:25 |
| 14    | 320 | Maus Katja            | TV Witzhelden Tria   | 1:17:41 | W45 | 5      | 14     | 0:23:07  | 13    | 0:42:04 | 14     | 1:05:12  | 14     | 0:12:29 |
| 15    | 339 | Peck Katharina        | Pace Pack Runners    | 1:18:13 | W30 | 1      | 11     | 0:22:18  | 17    | 0:43:13 | 15     | 1:05:32  | 15     | 0:12:41 |
| 16    | 316 | Engels Jessy          | * Mönchengladbach    | 1:21:10 | W35 | 3      | 17     | 0:23:27  | 21    | 0:44:55 | 17     | 1:08:22  | 17     | 0:12:48 |
| 17    | 321 | Zotova Liliya         | Team Erdinger Alkoh  | 1:21:52 | W35 | 4      | 21     | 0:24:45  | 15    | 0:43:10 | 16     | 1:07:55  | 26     | 0:13:56 |
| 18    | 327 | Goldberg Sierra       | * Düsseldorf         | 1:21:59 | W25 | 3      | 12     | 0:22:19  | 27    | 0:47:58 | 22     | 1:10:17  | 10     | 0:11:41 |
| 19    | 363 | Ligot Stephanie       | T3 Squad             | 1:22:33 | W25 | 4      | 23     | 0:25:03  | 19    | 0:44:32 | 19     | 1:09:35  | 20     | 0:12:58 |
| 20    | 314 | Bornmann-Russ Natalie | TV Witzhelden Tria   | 1:22:35 | W40 | 3      | 19     | 0:24:31  | 22    | 0:45:08 | 20     | 1:09:39  | 19     | 0:12:55 |
| 21    | 330 | Holland Petra         | Athletik Waldniel    | 1:23:25 | W55 | 1      | 30     | 0:26:11  | 18    | 0:43:42 | 21     | 1:09:53  | 24     | 0:13:31 |
| 22    | 329 | Meyer Nicole          | Tri Team Hagen       | 1:23:39 | W40 | 4      | 29     | 0:26:05  | 16    | 0:43:10 | 18     | 1:09:15  | 32     | 0:14:23 |
| 23    | 305 | Klever Sabrina        | RV Endspurt 08 Wupp  | 1:25:01 | W30 | 2      | 20     | 0:24:43  | 23    | 0:46:23 | 23     | 1:11:07  | 25     | 0:13:53 |
| 24    | 304 | Rogall Anna           | Team Erdinger Alkoh  | 1:25:58 | W20 | 2      | 27     | 0:25:31  | 24    | 0:47:06 | 24     | 1:12:37  | 22     | 0:13:20 |
| 25    | 356 | Roy Constanze         | * Düsseldorf         | 1:27:14 | W30 | 3      | 28     | 0:25:51  | 25    | 0:47:14 | 26     | 1:13:05  | 29     | 0:14:08 |
| 26    | 335 | Weidlich Silvia       | Tri Team TV Schiefb  | 1:27:56 | W45 | 6      | 39     | 0:28:04  | 20    | 0:44:36 | 25     | 1:12:40  | 37     | 0:15:15 |
| 27    | 344 | Blödorn Britta        | Team Timmi           | 1:28:28 | W45 | 7      | 22     | 0:24:47  | 30    | 0:50:45 | 28     | 1:15:33  | 18     | 0:12:54 |
| 28    | 349 | Nolden Dorothee       | *                    | 1:28:59 | W40 | 5      | 35     | 0:27:27  | 26    | 0:47:26 | 27     | 1:14:53  | 28     | 0:14:05 |
| 29    | 328 | Kuhn Janine           | Moerser TV Triathlon | 1:29:32 | W30 | 4      | 25     | 0:25:17  | 29    | 0:50:43 | 29     | 1:16:01  | 23     | 0:13:31 |
| 30    | 347 | Riener Karoline       | * Düsseldorf         | 1:30:06 | W40 | 6      | 36     | 0:27:32  | 28    | 0:48:29 | 30     | 1:16:01  | 27     | 0:14:04 |
| 31    | 334 | Wagner Anja           | Paleo 360            | 1:31:54 | W25 | 5      | 24     | 0:25:11  | 33    | 0:52:26 | 32     | 1:17:37  | 31     | 0:14:16 |
| 32    | 341 | Schaefer Katrin       | SG Asbachtal 2015    | 1:32:20 | W35 | 5      | 31     | 0:26:12  | 32    | 0:51:23 | 31     | 1:17:35  | 34     | 0:14:44 |
| 33    | 322 | Lopez Cano Tina       | * Nettetal           | 1:32:24 | W35 | 6      | 32     | 0:26:26  | 31    | 0:51:21 | 33     | 1:17:47  | 33     | 0:14:37 |
| 34    | 358 | Bitterling Simone     | * Dortmund           | 1:32:27 | W40 | 7      | 16     | 0:23:23  | 38    | 0:55:49 | 35     | 1:19:12  | 21     | 0:13:15 |
| 35    | 311 | Thiel Silvia          | Team Erdinger Alkoh  | 1:33:02 | W55 | 2      | 26     | 0:25:20  | 35    | 0:52:40 | 34     | 1:18:00  | 36     | 0:15:01 |
| 36    | 366 | Deckers Sonja         | * Neuss              | 1:34:08 | W25 | 6      | 33     | 0:27:24  | 34    | 0:52:30 | 36     | 1:19:55  | 30     | 0:14:13 |
| 37    | 361 | Stock Aline           | * Mönchengladbach    | 1:35:33 | W25 | 7      | 38     | 0:27:35  | 36    | 0:53:03 | 38     | 1:20:38  | 35     | 0:14:55 |
| 38    | 357 | Eckhardt Sonja        | * Viersen            | 1:35:58 | W40 | 8      | 34     | 0:27:25  | 37    | 0:53:04 | 37     | 1:20:29  | 38     | 0:15:29 |
| 39    | 355 | Drenker Heike         | * Viersen            | 1:45:39 | W45 | 8      | 37     | 0:27:33  | 39    | 1:02:07 | 39     | 1:29:40  | 39     | 0:15:59 |