

# 12. TV Aldekerk Triathlon am 13. Juli 2019

# Ergebnisliste

## Sprinttriathlon 500m - 20km - 5km

## Männer

| Platz | Nr. | Name Vorname           | Verein/*Ort           | Endzeit | AK   | Pl. AKPl. | S   | Schwimmen | Pl. R | Rad     | Pl.n.R | nach Rad | Pl. L | Laufen  |
|-------|-----|------------------------|-----------------------|---------|------|-----------|-----|-----------|-------|---------|--------|----------|-------|---------|
| 1     | 210 | Seelen Thomas          | Reeser SC Triathlon   | 0:55:03 | M55  | 1         | 7   | 0:06:59   | 8     | 0:30:25 | 4      | 0:37:25  | 3     | 0:17:37 |
| 2     | 434 | Wanders Philipp        | Kölner Triathlon Team | 0:55:48 | M20  | 1         | 22  | 0:07:51   | 3     | 0:29:45 | 6      | 0:37:37  | 4     | 0:18:10 |
| 3     | 251 | Milobinski Kolja       | TriFinish Münster     | 0:56:08 | M30  | 1         | 8   | 0:07:08   | 11    | 0:30:47 | 8      | 0:37:55  | 5     | 0:18:12 |
| 4     | 395 | Ossendorf Daniel       | TK Grevenbroich       | 0:56:27 | M35  | 1         | 25  | 0:07:54   | 16    | 0:31:00 | 13     | 0:38:54  | 2     | 0:17:32 |
| 5     | 385 | Rademacher Jens        | Triathlon Waldfeucht  | 0:56:52 | M40  | 1         | 5   | 0:06:52   | 6     | 0:30:11 | 1      | 0:37:03  | 21    | 0:19:48 |
| 6     | 416 | Lindner Patrick        | DLC Aachen            | 0:56:55 | M30  | 2         | 15  | 0:07:45   | 5     | 0:29:59 | 7      | 0:37:44  | 12    | 0:19:10 |
| 7     | 322 | Limburg Hermann        | Triathlon Waldfeucht  | 0:57:17 | M55  | 2         | 27  | 0:07:59   | 2     | 0:29:33 | 5      | 0:37:32  | 18    | 0:19:44 |
| 8     | 413 | Mosters Bastian        | Triathlon Team        | 0:57:25 | M30  | 3         | 3   | 0:06:37   | 10    | 0:30:31 | 3      | 0:37:08  | 30    | 0:20:16 |
| 9     | 239 | Strümpel Jörn          | VT Triangel Kempen    | 0:58:08 | M40  | 2         | 39  | 0:08:14   | 13    | 0:30:54 | 14     | 0:39:09  | 9     | 0:18:59 |
| 10    | 345 | Bandmann Uwe           | Feuerwehrverein Essen | 0:58:25 | M50  | 1         | 12  | 0:07:42   | 7     | 0:30:20 | 9      | 0:38:02  | 32    | 0:20:22 |
| 11    | 206 | Röpstorf Uwe           | SC Bayer 05 Uerdingen | 0:58:59 | M55  | 3         | 61  | 0:09:07   | 9     | 0:30:29 | 21     | 0:39:37  | 14    | 0:19:22 |
| 12    | 359 | Kintzel Marcus         | Triathlon Mülheim     | 0:59:19 | M50  | 2         | 111 | 0:10:15   | 1     | 0:28:04 | 11     | 0:38:19  | 42    | 0:20:59 |
| 13    | 419 | Schuchardt Rouven      | Triathlon Mülheim     | 0:59:23 | M30  | 4         | 35  | 0:08:10   | 18    | 0:31:15 | 19     | 0:39:26  | 24    | 0:19:57 |
| 14    | 442 | Eckert Jan Jonah       | SC Bayer 05 Uerdingen | 0:59:27 | MJun | 1         | 6   | 0:06:54   | 30    | 0:31:51 | 12     | 0:38:46  | 36    | 0:20:41 |
| 15    | 222 | Eppink Ralf            | Triathlon Team        | 0:59:30 | M50  | 3         | 10  | 0:07:24   | 12    | 0:30:53 | 10     | 0:38:18  | 47    | 0:21:12 |
| 16    | 233 | Müller Thomas          | TuS Xanten            | 0:59:32 | M45  | 1         | 30  | 0:08:05   | 26    | 0:31:41 | 23     | 0:39:47  | 19    | 0:19:45 |
| 17    | 445 | Engel Gerrit           |                       | 0:59:45 | M30  | 5         | 17  | 0:07:48   | 49    | 0:33:09 | 31     | 0:40:58  | 7     | 0:18:46 |
| 18    | 433 | Dirnberger Robert      | TV 1848               | 0:59:47 | M20  | 2         | 13  | 0:07:43   | 24    | 0:31:37 | 18     | 0:39:21  | 33    | 0:20:25 |
| 19    | 405 | Rottstegge Sebastian   | Hamminkeler SV        | 0:59:53 | M35  | 2         | 86  | 0:09:56   | 15    | 0:30:57 | 30     | 0:40:53  | 10    | 0:18:59 |
| 20    | 375 | Birkenfeld Gero        | geobiz.de             | 0:59:57 | M45  | 2         | 9   | 0:07:10   | 4     | 0:29:55 | 2      | 0:37:06  | 89    | 0:22:51 |
| 21    | 357 | Heyer-Hillen Christoph | KKKKrefeld            | 1:00:25 | M50  | 4         | 4   | 0:06:51   | 36    | 0:32:24 | 16     | 0:39:15  | 46    | 0:21:10 |
| 22    | 411 | Thiel Daniel           | Tri-Team Nettetal     | 1:00:28 | M30  | 6         | 18  | 0:07:49   | 31    | 0:31:56 | 22     | 0:39:46  | 37    | 0:20:42 |
| 23    | 381 | Korsten Christian      | Korsties              | 1:00:33 | M45  | 3         | 81  | 0:09:50   | 19    | 0:31:17 | 37     | 0:41:07  | 15    | 0:19:25 |
| 24    | 243 | Marek Sebastian        | SV 19 Straelen        | 1:00:42 | M40  | 3         | 26  | 0:07:56   | 21    | 0:31:24 | 17     | 0:39:21  | 51    | 0:21:20 |
| 25    | 238 | Kättner Alexander      | VT Triangel Kempen    | 1:00:42 | M40  | 4         | 16  | 0:07:47   | 32    | 0:32:06 | 24     | 0:39:54  | 39    | 0:20:48 |
| 26    | 208 | Faulstich Rainer       | ATV Aldekerk          | 1:00:51 | M55  | 4         | 62  | 0:09:10   | 17    | 0:31:02 | 26     | 0:40:12  | 35    | 0:20:39 |
| 27    | 207 | Vogel Tilman           | TV Aldekerk           | 1:00:53 | M55  | 5         | 41  | 0:08:15   | 53    | 0:33:16 | 41     | 0:41:31  | 13    | 0:19:21 |
| 28    | 396 | Mayntzhusen Moritz     | SC Bayer 05 Uerdingen | 1:01:01 | M35  | 3         | 32  | 0:08:06   | 46    | 0:32:58 | 35     | 0:41:04  | 22    | 0:19:56 |
| 29    | 314 | Laermann Ralf          | ETV                   | 1:01:06 | M60  | 1         | 46  | 0:08:33   | 38    | 0:32:31 | 36     | 0:41:05  | 26    | 0:20:00 |
| 30    | 254 | Unbekannt              |                       | 1:01:07 | M20  | 3         | 19  | 0:07:49   | 51    | 0:33:13 | 33     | 0:41:03  | 27    | 0:20:03 |
| 31    | 326 | Kemper Hermann         | TV Goch               | 1:01:12 | M55  | 6         | 55  | 0:08:49   | 41    | 0:32:43 | 42     | 0:41:32  | 17    | 0:19:40 |
| 32    | 325 | Hunte Marco            | ASV Duisburg          | 1:01:19 | M55  | 7         | 14  | 0:07:44   | 29    | 0:31:46 | 20     | 0:39:30  | 61    | 0:21:48 |
| 33    | 246 | Tempesta Michael       | AS Neukirchen-Vluyn   | 1:01:21 | M35  | 4         | 11  | 0:07:36   | 23    | 0:31:33 | 15     | 0:39:10  | 74    | 0:22:11 |
| 34    | 253 | Maaßen Patrick         |                       | 1:01:46 | M45  | 4         | 64  | 0:09:22   | 14    | 0:30:55 | 27     | 0:40:17  | 55    | 0:21:29 |
| 35    | 232 | Fritsch Jörg Michael   | AS Neukirchen-Vluyn   | 1:01:52 | M45  | 5         | 36  | 0:08:10   | 42    | 0:32:48 | 32     | 0:40:58  | 41    | 0:20:53 |
| 36    | 229 | Floeth Markus          | SV 19 Straelen        | 1:02:12 | M45  | 6         | 131 | 0:10:46   | 25    | 0:31:38 | 51     | 0:42:24  | 20    | 0:19:48 |
| 37    | 228 | Cerfontaine Bernd      | Issum                 | 1:02:30 | M45  | 7         | 43  | 0:08:24   | 27    | 0:31:45 | 25     | 0:40:09  | 77    | 0:22:20 |
| 38    | 342 | Lohmann Christoph      | SC Bayer 05 Uerdingen | 1:02:34 | M50  | 5         | 80  | 0:09:49   | 22    | 0:31:30 | 39     | 0:41:20  | 49    | 0:21:14 |
| 39    | 378 | Von der Ruhren Rene    | Triathlon Waldfeucht  | 1:02:36 | M45  | 8         | 82  | 0:09:51   | 20    | 0:31:24 | 38     | 0:41:15  | 51    | 0:21:20 |
| 40    | 225 | Schieder Mike          | AS Neukirchen-Vluyn   | 1:02:40 | M50  | 6         | 73  | 0:09:33   | 33    | 0:32:07 | 45     | 0:41:40  | 43    | 0:20:59 |
| 41    | 390 | Göbser Christian       | Walbeck               | 1:02:57 | M40  | 5         | 50  | 0:08:40   | 45    | 0:32:55 | 44     | 0:41:35  | 53    | 0:21:22 |
| 42    | 387 | Kästner Markus         | Schmueckelaeufer      | 1:03:03 | M40  | 6         | 72  | 0:09:33   | 43    | 0:32:51 | 52     | 0:42:24  | 34    | 0:20:38 |
| 43    | 255 | Mitzner Gunnar         | Athletic Waldniel     | 1:03:04 | M55  | 8         | 38  | 0:08:13   | 98    | 0:35:54 | 73     | 0:44:08  | 8     | 0:18:56 |
| 44    | 401 | Bors André             | TriFUN Kleve e.V.     | 1:03:57 | M35  | 5         | 79  | 0:09:47   | 28    | 0:31:46 | 43     | 0:41:33  | 78    | 0:22:24 |
| 45    | 425 | Klösters Lukas         | TV Goch               | 1:04:00 | M20  | 4         | 20  | 0:07:50   | 101   | 0:36:00 | 68     | 0:43:50  | 29    | 0:20:10 |
| 46    | 412 | Van Rens Markus        | Bedburg-Hau           | 1:04:04 | M30  | 7         | 112 | 0:10:16   | 64    | 0:33:51 | 73     | 0:44:08  | 23    | 0:19:56 |
| 47    | 408 | Van Hüüt Martin        | Alpen                 | 1:04:17 | M30  | 8         | 95  | 0:10:03   | 52    | 0:33:14 | 64     | 0:43:17  | 44    | 0:21:00 |
| 48    | 230 | Hölscher Mathias       | PV Triathlon Witten   | 1:04:20 | M45  | 9         | 60  | 0:09:01   | 37    | 0:32:27 | 40     | 0:41:29  | 87    | 0:22:50 |
| 49    | 403 | Röskens Jens           | LAZ Puma Rhein-Sieg   | 1:04:26 | M35  | 6         | 157 | 0:11:32   | 97    | 0:35:53 | 119    | 0:47:26  | 1     | 0:17:00 |
| 50    | 362 | Rücker Dr. Matthias    | Ratingen              | 1:04:31 | M45  | 10        | 156 | 0:11:29   | 57    | 0:33:30 | 85     | 0:44:59  | 16    | 0:19:31 |
| 51    | 260 | Vloet Michael          |                       | 1:04:31 | M35  | 7         | 58  | 0:08:54   | 70    | 0:34:18 | 62     | 0:43:13  | 50    | 0:21:18 |
| 52    | 261 | Schneider Michael      |                       | 1:04:40 | M20  | 5         | 52  | 0:08:45   | 54    | 0:33:22 | 49     | 0:42:08  | 84    | 0:22:32 |
| 53    | 360 | Kawelke Thomas         | SPASS IM SPORT E.V.   | 1:04:48 | M50  | 7         | 94  | 0:10:01   | 72    | 0:34:24 | 78     | 0:44:26  | 31    | 0:20:22 |
| 54    | 223 | Molderings Klemens     | TV Aldekerk           | 1:04:50 | M50  | 8         | 28  | 0:08:05   | 39    | 0:32:37 | 29     | 0:40:42  | 112   | 0:24:08 |

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## Sprinttriathlon 500m - 20km - 5km

## Männer

| Platz | Nr. | Name Vorname            | Verein/*Ort             | Endzeit | AK  | Pl. AKPl. | S   | Schwimmen | Pl. R | Rad     | Pl.n.R | nach Rad | Pl. L | Laufen  |
|-------|-----|-------------------------|-------------------------|---------|-----|-----------|-----|-----------|-------|---------|--------|----------|-------|---------|
| 55    | 323 | Schmitz Rolf            | DMSG                    | 1:04:53 | M55 | 9         | 30  | 0:08:05   | 71    | 0:34:20 | 53     | 0:42:26  | 79    | 0:22:27 |
| 56    | 353 | Küppers Herbert         | Triathlon Waldfeucht    | 1:04:56 | M50 | 9         | 70  | 0:09:29   | 34    | 0:32:16 | 46     | 0:41:45  | 95    | 0:23:10 |
| 57    | 349 | Mörtter Norbert         | Krefeld                 | 1:05:08 | M50 | 10        | 53  | 0:08:46   | 67    | 0:34:05 | 56     | 0:42:52  | 75    | 0:22:15 |
| 58    | 440 | Fröber Gideon           | mülheim                 | 1:05:11 | M20 | 6         | 45  | 0:08:33   | 94    | 0:35:48 | 77     | 0:44:22  | 40    | 0:20:48 |
| 59    | 388 | Kempelmann Christian    | ASV Duisburg            | 1:05:30 | M40 | 7         | 23  | 0:07:52   | 50    | 0:33:12 | 34     | 0:41:04  | 116   | 0:24:25 |
| 60    | 209 | Wenzel Bernd            | TuS Oedt                | 1:05:32 | M55 | 10        | 130 | 0:10:45   | 48    | 0:33:09 | 71     | 0:43:54  | 58    | 0:21:37 |
| 61    | 439 | Habermann Tom           | Münster                 | 1:05:32 | M20 | 7         | 47  | 0:08:37   | 66    | 0:34:03 | 55     | 0:42:41  | 88    | 0:22:51 |
| 62    | 220 | Hilgers Uwe             | AS Neukirchen-Vluyn     | 1:05:32 | M50 | 11        | 114 | 0:10:19   | 47    | 0:33:07 | 65     | 0:43:27  | 70    | 0:22:05 |
| 63    | 242 | Beckmann Thomas         | TV Aldekerk             | 1:05:36 | M40 | 8         | 69  | 0:09:27   | 56    | 0:33:29 | 59     | 0:42:56  | 85    | 0:22:39 |
| 64    | 236 | Lenssen Michael         | VT Triangel Kempen      | 1:05:38 | M40 | 9         | 136 | 0:10:55   | 77    | 0:34:45 | 92     | 0:45:40  | 25    | 0:19:58 |
| 65    | 358 | Janssen Hubertus        | Geldern                 | 1:05:56 | M50 | 12        | 33  | 0:08:08   | 65    | 0:33:53 | 48     | 0:42:02  | 106   | 0:23:54 |
| 66    | 301 | Stein Wolfgang          | TVK 1877 Essen          | 1:05:58 | M70 | 1         | 121 | 0:10:30   | 40    | 0:32:41 | 61     | 0:43:12  | 86    | 0:22:46 |
| 67    | 335 | Steidl Bernhard         | Triathlon Team          | 1:06:04 | M55 | 11        | 42  | 0:08:15   | 61    | 0:33:39 | 47     | 0:41:55  | 113   | 0:24:08 |
| 68    | 421 | Honings Matthias        | Triathlon Waldfeucht    | 1:06:11 | M30 | 9         | 44  | 0:08:31   | 102   | 0:36:08 | 80     | 0:44:39  | 57    | 0:21:32 |
| 69    | 235 | Wegers Swen             | Grefrath                | 1:06:13 | M40 | 10        | 75  | 0:09:42   | 74    | 0:34:31 | 75     | 0:44:13  | 68    | 0:21:59 |
| 70    | 389 | Dilkaute Tobias         | Kevelaerer SV           | 1:06:14 | M40 | 11        | 24  | 0:07:52   | 95    | 0:35:50 | 67     | 0:43:43  | 83    | 0:22:31 |
| 71    | 334 | Feja Michael            | kein                    | 1:06:17 | M55 | 12        | 78  | 0:09:46   | 76    | 0:34:35 | 76     | 0:44:21  | 66    | 0:21:56 |
| 72    | 418 | Cleusters Lasse         | Allround Triathlon Team | 1:06:18 | M30 | 10        | 89  | 0:09:59   | 83    | 0:35:06 | 86     | 0:45:05  | 48    | 0:21:12 |
| 73    | 356 | Bröker Markus           | SV Gladbeck 13          | 1:06:19 | M50 | 13        | 66  | 0:09:23   | 59    | 0:33:35 | 60     | 0:42:59  | 100   | 0:23:19 |
| 74    | 227 | Kranke Guido            | SV 19 Straelen          | 1:06:20 | M45 | 11        | 74  | 0:09:36   | 92    | 0:35:43 | 90     | 0:45:19  | 45    | 0:21:00 |
| 75    | 338 | Stollenwerk Norbert     | Heinsberg               | 1:06:24 | M55 | 13        | 168 | 0:12:10   | 35    | 0:32:18 | 79     | 0:44:29  | 65    | 0:21:54 |
| 76    | 241 | Bungart Udo             | AS Neukirchen           | 1:06:26 | M40 | 12        | 57  | 0:08:52   | 62    | 0:33:40 | 54     | 0:42:33  | 105   | 0:23:53 |
| 77    | 330 | Blissenbach Gerd        | SV Bergisch Gladbach    | 1:06:37 | M55 | 14        | 99  | 0:10:07   | 58    | 0:33:34 | 66     | 0:43:41  | 91    | 0:22:55 |
| 78    | 247 | Nörtershäuser Philipp   | Triathlon Mülheim       | 1:06:41 | M35 | 8         | 55  | 0:08:49   | 119   | 0:37:08 | 96     | 0:45:57  | 38    | 0:20:43 |
| 79    | 320 | Vogel Peter             | SRL Triathlon Koblenz   | 1:06:50 | M55 | 15        | 132 | 0:10:49   | 68    | 0:34:07 | 84     | 0:44:57  | 62    | 0:21:52 |
| 80    | 384 | Scherberich Patrick     | Fortuna Düsseldorf      | 1:06:51 | M40 | 13        | 65  | 0:09:22   | 86    | 0:35:22 | 82     | 0:44:45  | 72    | 0:22:05 |
| 81    | 202 | Groß Lothar             | Kerken                  | 1:06:57 | M60 | 2         | 139 | 0:11:03   | 69    | 0:34:09 | 88     | 0:45:13  | 60    | 0:21:43 |
| 82    | 386 | Hammer Mathias          | Krefeld                 | 1:07:15 | M40 | 14        | 151 | 0:11:27   | 90    | 0:35:39 | 117    | 0:47:06  | 28    | 0:20:08 |
| 83    | 216 | Kratz Peter             | TV Aldekerk             | 1:07:23 | M50 | 14        | 68  | 0:09:26   | 55    | 0:33:27 | 57     | 0:42:54  | 117   | 0:24:29 |
| 84    | 213 | Jordan Rainer           | TV Aldekerk             | 1:07:24 | M50 | 15        | 21  | 0:07:50   | 44    | 0:32:51 | 28     | 0:40:42  | 149   | 0:26:41 |
| 85    | 371 | Krause Ralf             | Fortuna Düsseldorf      | 1:07:36 | M45 | 12        | 103 | 0:10:10   | 75    | 0:34:32 | 81     | 0:44:42  | 90    | 0:22:53 |
| 86    | 214 | Garms Christian         | TV Aldekerk             | 1:07:48 | M50 | 16        | 48  | 0:08:37   | 60    | 0:33:38 | 50     | 0:42:16  | 136   | 0:25:32 |
| 87    | 343 | Tomadini Jürgen         | SVBergisch Gladbach     | 1:07:56 | M50 | 17        | 118 | 0:10:26   | 87    | 0:35:31 | 97     | 0:45:58  | 67    | 0:21:57 |
| 88    | 410 | Schmink Patrick         | Allround Triathlon Team | 1:08:01 | M30 | 11        | 34  | 0:08:09   | 84    | 0:35:06 | 63     | 0:43:16  | 121   | 0:24:45 |
| 89    | 369 | Heiartz Karsten         | Köln                    | 1:08:05 | M45 | 13        | 76  | 0:09:43   | 73    | 0:34:24 | 72     | 0:44:07  | 109   | 0:23:57 |
| 90    | 337 | Blasberg Frank          | Monheim am Rhein        | 1:08:19 | M55 | 16        | 107 | 0:10:14   | 88    | 0:35:34 | 95     | 0:45:49  | 81    | 0:22:30 |
| 91    | 311 | Stieg Michael           | TSV Reiffenhausen       | 1:08:23 | M60 | 3         | 97  | 0:10:06   | 63    | 0:33:44 | 69     | 0:43:51  | 118   | 0:24:32 |
| 92    | 257 | Pottgießer Dominic      | SV 19 Straelen          | 1:08:24 | M30 | 12        | 109 | 0:10:14   | 110   | 0:36:29 | 109    | 0:46:44  | 59    | 0:21:40 |
| 93    | 218 | Piasecki Norbert        | VT Triangel Kempen      | 1:08:31 | M50 | 18        | 40  | 0:08:14   | 89    | 0:35:38 | 70     | 0:43:53  | 119   | 0:24:38 |
| 94    | 402 | Verrieth Christoph      | TriFUN Kleve e.V.       | 1:08:39 | M35 | 9         | 87  | 0:09:57   | 91    | 0:35:42 | 93     | 0:45:40  | 93    | 0:22:59 |
| 95    | 324 | Sendler Dietmar         | SC Bayer 05 Uerdingen   | 1:08:45 | M55 | 17        | 85  | 0:09:56   | 80    | 0:34:59 | 83     | 0:44:55  | 104   | 0:23:49 |
| 96    | 350 | Janßen Thomas           | SC Bayer 05 Uerdingen   | 1:08:55 | M50 | 19        | 2   | 0:06:35   | 106   | 0:36:18 | 58     | 0:42:54  | 144   | 0:26:00 |
| 97    | 374 | Tobias-Sutter Christian | SportsAgents Düsseldorf | 1:09:02 | M45 | 14        | 83  | 0:09:51   | 113   | 0:36:39 | 103    | 0:46:31  | 82    | 0:22:30 |
| 98    | 339 | Habermann Kai           | Mülheim a. d. Ruhr      | 1:09:04 | M55 | 18        | 142 | 0:11:09   | 109   | 0:36:26 | 124    | 0:47:36  | 54    | 0:21:27 |
| 99    | 262 | Schweer Oliver          | RC Pommers-Ruhr e.V.    | 1:09:04 | M45 | 15        | 122 | 0:10:31   | 117   | 0:37:01 | 123    | 0:47:33  | 56    | 0:21:31 |
| 100   | 379 | Birkhahn Mike           | SV Tricity Darmstadt    | 1:09:09 | M45 | 16        | 71  | 0:09:31   | 124   | 0:37:32 | 115    | 0:47:04  | 69    | 0:22:04 |
| 101   | 348 | Frimmersdorf Stefan     | Fortuna Düsseldorf      | 1:09:14 | M50 | 20        | 110 | 0:10:14   | 82    | 0:35:04 | 89     | 0:45:19  | 107   | 0:23:55 |
| 102   | 319 | Büsch Heinz             | Moers                   | 1:09:29 | M55 | 19        | 93  | 0:10:01   | 104   | 0:36:13 | 99     | 0:46:15  | 97    | 0:23:14 |
| 103   | 423 | Rosenkranz Till         | Duisburg                | 1:09:36 | M30 | 13        | 104 | 0:10:10   | 157   | 0:40:25 | 152    | 0:50:36  | 11    | 0:19:00 |
| 104   | 367 | Pesch Thomas            | TriFUN Kleve e.V.       | 1:09:43 | M45 | 17        | 164 | 0:11:58   | 85    | 0:35:15 | 118    | 0:47:14  | 80    | 0:22:29 |
| 105   | 437 | Mascia Dennis           | LT Trümmertruppe        | 1:09:49 | M20 | 8         | 128 | 0:10:42   | 96    | 0:35:52 | 105    | 0:46:35  | 98    | 0:23:14 |
| 106   | 429 | Schur Jan               | Die Überschwommenen     | 1:09:59 | M20 | 9         | 100 | 0:10:07   | 127   | 0:37:58 | 125    | 0:48:05  | 64    | 0:21:54 |
| 107   | 409 | Krause Tobias           | Triathlon Mülheim       | 1:10:08 | M30 | 14        | 126 | 0:10:34   | 105   | 0:36:16 | 112    | 0:46:50  | 99    | 0:23:17 |
| 108   | 398 | Löpelmann Sebastian     | FC St. Pauli Triathlon  | 1:10:14 | M35 | 10        | 149 | 0:11:20   | 79    | 0:34:57 | 101    | 0:46:18  | 108   | 0:23:55 |

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## Sprinttriathlon 500m - 20km - 5km

## Männer

| Platz | Nr. | Name Vorname        | Verein/*Ort           | Endzeit | AK  | Pl. AKPl. | S   | Schwimmen | Pl. R | Rad     | Pl.n.R | nach Rad | Pl. L | Laufen  |
|-------|-----|---------------------|-----------------------|---------|-----|-----------|-----|-----------|-------|---------|--------|----------|-------|---------|
| 109   | 244 | Beckers Bastian     | TuS Oedt              | 1:10:21 | M35 | 11        | 134 | 0:10:51   | 121   | 0:37:19 | 127    | 0:48:11  | 73    | 0:22:09 |
| 110   | 377 | Nitsch Lars         | Tri Team Nettetal     | 1:10:23 | M45 | 18        | 84  | 0:09:53   | 108   | 0:36:24 | 100    | 0:46:18  | 110   | 0:24:05 |
| 111   | 368 | Kähler Norman       | Porz                  | 1:10:23 | M45 | 19        | 96  | 0:10:04   | 112   | 0:36:39 | 108    | 0:46:43  | 103   | 0:23:40 |
| 112   | 414 | Lesch Marcel        | Bergheim              | 1:10:27 | M30 | 15        | 127 | 0:10:36   | 128   | 0:37:58 | 129    | 0:48:34  | 62    | 0:21:52 |
| 113   | 204 | Reulecke Bernhard   | VT Triangel Kempen    | 1:10:43 | M60 | 4         | 113 | 0:10:17   | 78    | 0:34:52 | 87     | 0:45:10  | 137   | 0:25:33 |
| 114   | 249 | Hassenpflug Sascha  | SV 19 Straelen        | 1:10:59 | M30 | 16        | 63  | 0:09:21   | 171   | 0:43:08 | 163    | 0:52:30  | 6     | 0:18:28 |
| 115   | 217 | Mannek Michael      | AS Neukirchen-Vluyn   | 1:11:06 | M50 | 21        | 119 | 0:10:28   | 81    | 0:35:04 | 91     | 0:45:32  | 138   | 0:25:34 |
| 116   | 240 | Müller Andreas      | AS Neukirchen-Vluyn   | 1:11:09 | M40 | 15        | 171 | 0:12:54   | 99    | 0:35:58 | 131    | 0:48:53  | 76    | 0:22:16 |
| 117   | 310 | Kietzmann Detlef    | ATV Hückeswagen       | 1:11:15 | M60 | 5         | 105 | 0:10:11   | 100   | 0:35:58 | 98     | 0:46:10  | 126   | 0:25:05 |
| 118   | 219 | Friemel Thomas      | TV Aldekerk           | 1:11:16 | M50 | 22        | 59  | 0:08:58   | 123   | 0:37:32 | 102    | 0:46:30  | 123   | 0:24:45 |
| 119   | 237 | Von der Heyden Ralf | TV Aldekerk           | 1:11:17 | M40 | 16        | 147 | 0:11:16   | 126   | 0:37:55 | 134    | 0:49:12  | 71    | 0:22:05 |
| 120   | 333 | Philipp Frank       | TuS Drevenack         | 1:11:29 | M55 | 20        | 106 | 0:10:12   | 134   | 0:38:11 | 128    | 0:48:24  | 94    | 0:23:04 |
| 121   | 407 | Bresler Jens        | SC Bayer 05 Uerdingen | 1:11:33 | M35 | 12        | 49  | 0:08:38   | 118   | 0:37:01 | 93     | 0:45:40  | 142   | 0:25:52 |
| 121   | 328 | Gorzialka Frank     | SC Bayer 05 Uerdingen | 1:11:33 | M55 | 21        | 91  | 0:10:00   | 115   | 0:36:40 | 107    | 0:46:41  | 124   | 0:24:51 |
| 123   | 420 | Siepe Dominik       | SC Bayer 05 Uerdingen | 1:11:46 | M30 | 17        | 116 | 0:10:21   | 103   | 0:36:10 | 104    | 0:46:31  | 132   | 0:25:15 |
| 124   | 308 | Terhorst Klaus      | Geldern               | 1:12:11 | M60 | 6         | 138 | 0:11:02   | 133   | 0:38:10 | 135    | 0:49:13  | 92    | 0:22:58 |
| 125   | 351 | Janas Josef         | LG Hoppelhase         | 1:12:14 | M50 | 23        | 51  | 0:08:43   | 131   | 0:38:01 | 110    | 0:46:45  | 134   | 0:25:29 |
| 126   | 327 | Ohlert Dr. Peter    | Frau                  | 1:12:35 | M55 | 22        | 37  | 0:08:11   | 149   | 0:39:16 | 120    | 0:47:27  | 128   | 0:25:07 |
| 127   | 302 | Walter Verrieth     | TuS 07 Kranenburg     | 1:12:51 | M65 | 1         | 123 | 0:10:33   | 107   | 0:36:23 | 114    | 0:46:56  | 143   | 0:25:54 |
| 128   | 438 | Prießen Niklas      | Essen                 | 1:13:13 | M20 | 10        | 160 | 0:11:43   | 129   | 0:37:58 | 138    | 0:49:42  | 101   | 0:23:31 |
| 129   | 340 | Römgens Dr. Hanjo   | Athletik Waldniel     | 1:13:21 | M50 | 24        | 88  | 0:09:57   | 114   | 0:36:40 | 106    | 0:46:37  | 150   | 0:26:43 |
| 130   | 221 | Kietzmann Uwe       | Kerken                | 1:13:37 | M50 | 25        | 102 | 0:10:10   | 156   | 0:40:16 | 147    | 0:50:26  | 96    | 0:23:10 |
| 131   | 211 | Funger Uli          | Kerken                | 1:14:22 | M55 | 23        | 146 | 0:11:14   | 132   | 0:38:02 | 136    | 0:49:16  | 127   | 0:25:05 |
| 132   | 252 | Sadow Willi         | Sandstones            | 1:14:32 | MJA | 1         | 1   | 0:06:35   | 163   | 0:41:31 | 126    | 0:48:07  | 146   | 0:26:24 |
| 133   | 205 | Lingenauer Harald   | AS Neukirchen-Vluyn   | 1:14:49 | M60 | 7         | 120 | 0:10:29   | 151   | 0:39:20 | 140    | 0:49:49  | 125   | 0:25:00 |
| 134   | 354 | Knight Winston      | Oberhausen            | 1:15:07 | M50 | 26        | 124 | 0:10:33   | 150   | 0:39:17 | 141    | 0:49:51  | 133   | 0:25:15 |
| 135   | 376 | Ostwald Carsten     | Duisburg              | 1:15:09 | M45 | 20        | 170 | 0:12:29   | 116   | 0:36:59 | 137    | 0:49:28  | 139   | 0:25:41 |
| 136   | 382 | Zimmermann Frank    | Mönchengladbach       | 1:15:14 | M45 | 21        | 129 | 0:10:44   | 161   | 0:40:52 | 159    | 0:51:36  | 102   | 0:23:37 |
| 137   | 226 | Sadow Dr.           | Sandstones            | 1:15:15 | M50 | 27        | 167 | 0:12:07   | 111   | 0:36:35 | 130    | 0:48:43  | 147   | 0:26:32 |
| 138   | 363 | Gudd Andreas        | LT Die Staudertrinker | 1:15:16 | M45 | 22        | 166 | 0:12:00   | 148   | 0:39:09 | 156    | 0:51:09  | 111   | 0:24:06 |
| 139   | 203 | Kästner Eckhard     | SV 19 Straelen        | 1:15:26 | M60 | 8         | 169 | 0:12:19   | 138   | 0:38:42 | 155    | 0:51:01  | 115   | 0:24:24 |
| 140   | 383 | Jansen Sven         | Triathlon Waldfeucht  | 1:15:26 | M45 | 23        | 67  | 0:09:24   | 122   | 0:37:25 | 111    | 0:46:50  | 162   | 0:28:36 |
| 141   | 318 | Eckert Heinz-Dieter | SC Bayer 05 Uerdingen | 1:15:29 | M60 | 9         | 115 | 0:10:19   | 120   | 0:37:12 | 122    | 0:47:32  | 160   | 0:27:57 |
| 142   | 265 | Pinders Marcel      |                       | 1:15:36 | M35 | 13        | 143 | 0:11:10   | 137   | 0:38:37 | 139    | 0:49:48  | 140   | 0:25:48 |
| 143   | 441 | Slickers Marius     | 3XERCISE              | 1:15:46 | M20 | 11        | 133 | 0:10:51   | 145   | 0:39:02 | 142    | 0:49:53  | 141   | 0:25:52 |
| 144   | 215 | Tillmanns Jörg      | TV Aldekerk           | 1:16:05 | M50 | 28        | 141 | 0:11:07   | 93    | 0:35:45 | 113    | 0:46:53  | 163   | 0:29:12 |
| 145   | 391 | Kettner Robert      | Mönchengladbach       | 1:16:06 | M40 | 17        | 144 | 0:11:11   | 130   | 0:37:59 | 133    | 0:49:11  | 152   | 0:26:55 |
| 146   | 315 | Gross Joachim       | RSV BOCKUM            | 1:16:06 | M60 | 10        | 135 | 0:10:52   | 135   | 0:38:14 | 132    | 0:49:06  | 153   | 0:26:59 |
| 147   | 304 | Kölzer Ulli         | Düsseldorf            | 1:16:23 | M65 | 2         | 153 | 0:11:28   | 152   | 0:39:22 | 154    | 0:50:50  | 135   | 0:25:32 |
| 148   | 321 | Pust-Beaupoil Frank | 3XERCISE              | 1:16:23 | M55 | 24        | 137 | 0:11:01   | 155   | 0:40:09 | 157    | 0:51:10  | 131   | 0:25:13 |
| 149   | 397 | Egal Karl           | Tri For Fun Wetten    | 1:17:06 | M35 | 14        | 163 | 0:11:56   | 153   | 0:39:56 | 161    | 0:51:53  | 130   | 0:25:12 |
| 150   | 317 | Finmans Peter       | ASV Duisburg          | 1:17:18 | M60 | 11        | 161 | 0:11:47   | 140   | 0:38:51 | 153    | 0:50:39  | 148   | 0:26:39 |
| 151   | 417 | Gularek Sebastian   | Kempen                | 1:17:18 | M30 | 18        | 92  | 0:10:00   | 170   | 0:43:07 | 165    | 0:53:08  | 114   | 0:24:10 |
| 152   | 422 | Bresler Robert      | SC Bayer 05 Uerdingen | 1:17:19 | M30 | 19        | 77  | 0:09:44   | 125   | 0:37:44 | 121    | 0:47:28  | 168   | 0:29:50 |
| 153   | 347 | Franke Christian    | Kamp-Lintfort         | 1:17:48 | M50 | 29        | 140 | 0:11:07   | 143   | 0:38:59 | 144    | 0:50:07  | 157   | 0:27:41 |
| 154   | 344 | Lazar Olaf          | BSG Volksbank         | 1:18:21 | M50 | 30        | 97  | 0:10:06   | 154   | 0:40:01 | 145    | 0:50:08  | 161   | 0:28:12 |
| 155   | 400 | Schiller Pascal     | Duisburger SV98       | 1:18:41 | M35 | 15        | 54  | 0:08:48   | 136   | 0:38:16 | 116    | 0:47:04  | 173   | 0:31:36 |
| 156   | 366 | Schneider Frank     | TriFUN Kleve          | 1:18:57 | M45 | 24        | 124 | 0:10:33   | 160   | 0:40:46 | 158    | 0:51:20  | 156   | 0:27:36 |
| 157   | 306 | Cascales Miguel     | Voerde                | 1:19:13 | M60 | 12        | 176 | 0:13:51   | 144   | 0:39:02 | 164    | 0:52:53  | 145   | 0:26:19 |
| 158   | 373 | Meintrup Dirk       | TV Goch               | 1:19:20 | M45 | 25        | 173 | 0:13:08   | 146   | 0:39:03 | 162    | 0:52:12  | 154   | 0:27:07 |
| 159   | 258 | Gottwin Sebastian   |                       | 1:19:27 | M45 | 26        | 164 | 0:11:58   | 168   | 0:42:44 | 170    | 0:54:42  | 122   | 0:24:45 |
| 160   | 250 | Jansen Dennis       | Body Check Fitness    | 1:19:28 | M30 | 20        | 145 | 0:11:13   | 172   | 0:43:35 | 171    | 0:54:49  | 120   | 0:24:38 |
| 161   | 331 | Kronwald Jens       | OTV Endurance Team    | 1:19:33 | M55 | 25        | 172 | 0:13:02   | 139   | 0:38:45 | 160    | 0:51:48  | 158   | 0:27:45 |
| 162   | 430 | Haltermann Lutz     | Die Überschwommenen   | 1:19:36 | M20 | 12        | 117 | 0:10:22   | 173   | 0:44:04 | 169    | 0:54:26  | 129   | 0:25:10 |

# 12. TV Aldekerk Triathlon am 13. Juli 2019

# Ergebnisliste

## Sprinttriathlon 500m - 20km - 5km

## Männer

| Platz | Nr. | Name Vorname          | Verein/*Ort               | Endzeit | AK  | Pl. | AKPl. | S       | Schwimmen | Pl. R   | Rad | Pl.n.R  | nach Rad | Pl. L   | Laufen |
|-------|-----|-----------------------|---------------------------|---------|-----|-----|-------|---------|-----------|---------|-----|---------|----------|---------|--------|
| 163   | 404 | Napiwotzki Ole        | Bonn                      | 1:20:04 | M35 | 16  | 150   | 0:11:23 | 142       | 0:38:55 | 146 | 0:50:19 | 166      | 0:29:44 |        |
| 164   | 444 | Antonczik Boris       | Rundendreher e.V.         | 1:20:05 | M40 | 18  | 158   | 0:11:36 | 141       | 0:38:52 | 149 | 0:50:28 | 165      | 0:29:36 |        |
| 165   | 406 | Dohr Rolf-Ingo        | Kempen                    | 1:20:28 | M35 | 17  | 90    | 0:09:59 | 158       | 0:40:27 | 148 | 0:50:26 | 170      | 0:30:01 |        |
| 166   | 313 | Thiel Werner          | team erdinger alkoholfrei | 1:21:23 | M60 | 13  | 154   | 0:11:28 | 147       | 0:39:07 | 150 | 0:50:35 | 171      | 0:30:47 |        |
| 167   | 336 | Karuth Dr. Volker     | Köln                      | 1:22:03 | M55 | 26  | 159   | 0:11:42 | 167       | 0:42:25 | 167 | 0:54:07 | 159      | 0:27:55 |        |
| 168   | 309 | Marquardt Uwe         | Mettmann                  | 1:22:24 | M60 | 14  | 174   | 0:13:35 | 166       | 0:42:01 | 172 | 0:55:37 | 151      | 0:26:47 |        |
| 169   | 352 | Thieme Jens           | TV Jahn Hiesfeld          | 1:23:12 | M50 | 31  | 101   | 0:10:08 | 159       | 0:40:27 | 151 | 0:50:36 | 174      | 0:32:35 |        |
| 170   | 212 | Mehlau Frank          | TV Aldekerk               | 1:23:56 | M55 | 27  | 152   | 0:11:27 | 169       | 0:42:54 | 168 | 0:54:22 | 164      | 0:29:34 |        |
| 171   | 256 | Kleinbongardt Karsten |                           | 1:24:19 | M45 | 27  | 28    | 0:08:05 | 165       | 0:41:53 | 143 | 0:49:59 | 175      | 0:34:20 |        |
| 172   | 329 | Schepers Ludwig       | Duisburg                  | 1:24:48 | M55 | 28  | 162   | 0:11:56 | 162       | 0:41:23 | 166 | 0:53:19 | 172      | 0:31:28 |        |
| 173   | 443 | Janssen Max           | Schlammpringer            | 1:26:17 | M20 | 13  | 148   | 0:11:18 | 174       | 0:44:59 | 173 | 0:56:18 | 169      | 0:29:58 |        |
| 174   | 415 | Stieb Christian       | Die Überschwommenen       | 1:28:19 | M30 | 21  | 175   | 0:13:39 | 175       | 0:47:03 | 175 | 1:00:42 | 155      | 0:27:36 |        |
| 175   | 259 | Kurz Karl-Heinz       | Triathlon Waldfeucht      | 1:31:01 | M65 | 3   | 177   | 0:14:37 | 164       | 0:41:47 | 174 | 0:56:24 | 176      | 0:34:37 |        |
| 176   | 263 | Poormann Lukas        | ATV                       | 1:33:59 | MJA | 2   | 108   | 0:10:14 | 177       | 0:53:55 | 177 | 1:04:10 | 167      | 0:29:49 |        |
| 177   | 224 | Gulatz Heiner         | TV Aldekerk               | 1:39:34 | M50 | 32  | 155   | 0:11:28 | 176       | 0:52:26 | 176 | 1:03:55 | 177      | 0:35:38 |        |

### nicht beendet

| Platz | Nr. | Name Vorname      | Verein/*Ort              | Endzeit | AK  | Pl. | AKPl. | S       | Schwimmen | Pl. R   | Rad | Pl.n.R  | nach Rad | Pl. L   | Laufen |
|-------|-----|-------------------|--------------------------|---------|-----|-----|-------|---------|-----------|---------|-----|---------|----------|---------|--------|
| 0     | 380 | Schubbert Michael | Moers                    | 0:00:00 | M20 | -   | 181   | 0:10:12 | 0         | 0:00:00 | 0   | 0:00:00 | 0        | 0:00:00 |        |
| 0     | 307 | Temme Georg       | SC Westfalia 04 Herne    | 0:00:00 | M60 | -   | 178   | 0:11:46 | 179       | 0:36:23 | 179 | 0:48:09 | 0        | 0:00:00 |        |
| 0     | 365 | Clemens Roland    | Schlammpringer Geldern   | 0:00:00 | M45 | -   | 180   | 0:09:00 | 0         | 0:00:00 | 0   | 0:00:00 | 0        | 0:00:00 |        |
| 0     | 370 | Deckers Frank     | Allround Triathlon Kleve | 0:00:00 | M45 | -   | 179   | 0:11:59 | 178       | 0:35:10 | 178 | 0:47:09 | 0        | 0:00:00 |        |

# 12. TV Aldekerk Triathlon am 13. Juli 2019

# Ergebnisliste

## Sprinttriathlon 500m - 20km - 5km

## Frauen

| Platz | Nr. | Name Vorname        | Verein/*Ort               | Endzeit | AK   | Pl. | AKPl. | S       | Schwimmen | Pl. R   | Rad | Pl.n.R  | nach Rad | Pl. L   | Laufen |
|-------|-----|---------------------|---------------------------|---------|------|-----|-------|---------|-----------|---------|-----|---------|----------|---------|--------|
| 1     | 152 | Claßen Andrea       | Triathlon Team            | 1:01:37 | W30  | 1   | 16    | 0:09:19 | 1         | 0:33:19 | 5   | 0:42:38 | 1        | 0:18:58 |        |
| 2     | 147 | Tempesta Angela     | AS Neukirchen-Vluyn       | 1:03:18 | W35  | 1   | 4     | 0:07:08 | 4         | 0:33:50 | 1   | 0:40:59 | 9        | 0:22:19 |        |
| 3     | 149 | Claßen Simone       | Triathlon Waldfeucht      | 1:03:25 | W35  | 2   | 19    | 0:09:23 | 2         | 0:33:21 | 8   | 0:42:45 | 3        | 0:20:39 |        |
| 4     | 166 | Kronwald Lea        | OTV Endurance Team        | 1:04:08 | W20  | 1   | 5     | 0:07:25 | 6         | 0:34:34 | 3   | 0:41:59 | 7        | 0:22:09 |        |
| 5     | 115 | Schmitz Andrea      | DMSG                      | 1:04:42 | W50  | 1   | 7     | 0:08:02 | 5         | 0:34:31 | 4   | 0:42:34 | 6        | 0:22:07 |        |
| 6     | 170 | Godoy Isabel        | SC Bayer 05 Uerdingen     | 1:05:19 | W20  | 2   | 1     | 0:06:26 | 7         | 0:34:34 | 2   | 0:41:00 | 21       | 0:24:19 |        |
| 7     | 174 | Müller Theresa      | Neukirchen-Vluyn          | 1:05:32 | WJA  | 1   | 3     | 0:06:57 | 11        | 0:35:42 | 6   | 0:42:40 | 12       | 0:22:52 |        |
| 8     | 181 | van Hüüt Annika     |                           | 1:06:35 | W20  | 3   | 22    | 0:09:27 | 10        | 0:35:37 | 13  | 0:45:04 | 5        | 0:21:31 |        |
| 9     | 182 | Jansen Stefanie     | ATV                       | 1:07:07 | W20  | 4   | 6     | 0:07:34 | 9         | 0:35:29 | 9   | 0:43:04 | 18       | 0:24:03 |        |
| 10    | 153 | Van Hüüt Christina  | TuS Xanten Triathlon      | 1:07:20 | W30  | 2   | 24    | 0:09:46 | 8         | 0:35:17 | 12  | 0:45:03 | 8        | 0:22:17 |        |
| 11    | 110 | Meyers Steffi       | M.Gladbacher TV 1848      | 1:07:30 | W50  | 2   | 15    | 0:09:12 | 3         | 0:33:30 | 7   | 0:42:43 | 23       | 0:24:46 |        |
| 12    | 107 | Keßler Katja        | AS-Neukirchen-Vluyn       | 1:07:51 | W55  | 1   | 18    | 0:09:22 | 31        | 0:38:04 | 24  | 0:47:26 | 2        | 0:20:25 |        |
| 13    | 129 | Van Haren Simone    | AS Neukirchen-Vluyn       | 1:08:25 | W45  | 1   | 12    | 0:08:57 | 12        | 0:35:44 | 11  | 0:44:42 | 16       | 0:23:43 |        |
| 14    | 167 | Verjans Christine   | Essen                     | 1:09:43 | W20  | 5   | 31    | 0:10:08 | 19        | 0:36:58 | 19  | 0:47:06 | 11       | 0:22:36 |        |
| 15    | 150 | Gumpert Christina   | TuRa Brüggen              | 1:09:47 | W35  | 3   | 45    | 0:11:07 | 13        | 0:36:09 | 21  | 0:47:17 | 10       | 0:22:30 |        |
| 16    | 169 | Graw Alina          | Kölner Triathlon Team     | 1:10:08 | W20  | 6   | 10    | 0:08:45 | 14        | 0:36:21 | 14  | 0:45:06 | 25       | 0:25:01 |        |
| 17    | 171 | Müller Katharina    | AS-Neukirchen-Vluyn       | 1:10:09 | W20  | 7   | 2     | 0:06:43 | 24        | 0:37:36 | 10  | 0:44:20 | 34       | 0:25:49 |        |
| 18    | 164 | Pack Julia          | ASV Duisburg              | 1:10:40 | W20  | 8   | 30    | 0:10:08 | 21        | 0:37:19 | 25  | 0:47:27 | 14       | 0:23:12 |        |
| 19    | 168 | Stang Jule          | TV Goch                   | 1:10:44 | W20  | 9   | 11    | 0:08:45 | 26        | 0:37:49 | 15  | 0:46:35 | 19       | 0:24:08 |        |
| 20    | 175 | Abendroth Michaela  |                           | 1:11:38 | W20  | 10  | 35    | 0:10:34 | 16        | 0:36:24 | 16  | 0:46:58 | 22       | 0:24:39 |        |
| 21    | 101 | Hellenbrand Lilo    | Triathlon Waldfeucht      | 1:11:40 | W60  | 1   | 34    | 0:10:31 | 45        | 0:40:17 | 42  | 0:50:49 | 4        | 0:20:51 |        |
| 22    | 138 | Hauptstueck Claudia | Duisburg                  | 1:12:31 | W40  | 1   | 8     | 0:08:32 | 34        | 0:38:36 | 20  | 0:47:08 | 31       | 0:25:22 |        |
| 23    | 114 | Ohlert Dr. Bärbel   | Frau                      | 1:12:41 | W50  | 3   | 52    | 0:11:25 | 20        | 0:37:15 | 34  | 0:48:40 | 17       | 0:24:01 |        |
| 24    | 151 | Rottstegge Tanja    | Hamminkelter SV           | 1:13:05 | W30  | 3   | 49    | 0:11:19 | 18        | 0:36:26 | 27  | 0:47:45 | 30       | 0:25:19 |        |
| 25    | 123 | Hilgers Birgit      | AS Neukirchen-Vluyn       | 1:13:06 | W50  | 4   | 33    | 0:10:16 | 23        | 0:37:29 | 28  | 0:47:46 | 29       | 0:25:19 |        |
| 26    | 103 | Dorenbeck Cornelia  | TG Neuss                  | 1:13:09 | W60  | 2   | 9     | 0:08:38 | 35        | 0:38:38 | 21  | 0:47:17 | 35       | 0:25:52 |        |
| 27    | 162 | Sprengart Petra     | TriCologne                | 1:13:28 | W20  | 11  | 23    | 0:09:29 | 36        | 0:38:40 | 29  | 0:48:09 | 28       | 0:25:18 |        |
| 28    | 144 | Grube Linda         | SV Blau-Weiß Bochum       | 1:13:41 | W35  | 4   | 21    | 0:09:26 | 27        | 0:37:50 | 23  | 0:47:17 | 42       | 0:26:23 |        |
| 29    | 158 | Thiel Anke          | Nettetal                  | 1:13:44 | W30  | 4   | 36    | 0:10:35 | 39        | 0:38:56 | 38  | 0:49:32 | 20       | 0:24:12 |        |
| 30    | 136 | Stöckmann Tanja     | SV Gladbeck 13            | 1:14:02 | W40  | 2   | 14    | 0:09:08 | 29        | 0:37:56 | 17  | 0:47:05 | 46       | 0:26:56 |        |
| 31    | 105 | Holland Petra       | Athletik Waldniel         | 1:14:11 | W55  | 2   | 25    | 0:09:47 | 28        | 0:37:52 | 26  | 0:47:39 | 43       | 0:26:32 |        |
| 32    | 0   | unbekannt DT3K5R5   |                           | 1:14:24 | W20  | 12  | 0     | 0:00:00 | 0         | 0:00:00 | 33  | 0:48:26 | 36       | 0:25:57 |        |
| 33    | 131 | Hartmann Sabine     | Maarstreet Runners        | 1:15:17 | W45  | 2   | 32    | 0:10:16 | 38        | 0:38:46 | 36  | 0:49:02 | 39       | 0:26:14 |        |
| 34    | 172 | Sauer Maximiliane   | VT Kempen                 | 1:15:19 | WJun | 1   | 29    | 0:10:07 | 30        | 0:38:03 | 31  | 0:48:10 | 48       | 0:27:08 |        |
| 35    | 132 | Kubin Corinna       | TV Aldekerk               | 1:15:21 | W45  | 3   | 27    | 0:10:00 | 40        | 0:39:01 | 35  | 0:49:01 | 41       | 0:26:20 |        |
| 36    | 122 | Berg Andrea         | OTV ENDURANCE             | 1:15:46 | W50  | 5   | 57    | 0:11:40 | 32        | 0:38:29 | 41  | 0:50:10 | 33       | 0:25:36 |        |
| 37    | 154 | Elspaß Julia        | Wiesbaden                 | 1:16:08 | W30  | 5   | 51    | 0:11:23 | 42        | 0:39:32 | 43  | 0:50:56 | 26       | 0:25:11 |        |
| 38    | 177 | Röskens Susanne     |                           | 1:16:46 | W35  | 5   | 42    | 0:10:52 | 55        | 0:42:35 | 57  | 0:53:28 | 15       | 0:23:18 |        |
| 39    | 179 | Kumbrink Alexandra  |                           | 1:16:48 | W50  | 6   | 44    | 0:11:04 | 37        | 0:38:44 | 39  | 0:49:48 | 47       | 0:27:00 |        |
| 40    | 104 | Puckert Brigitte    | Hamminkelter SV           | 1:16:55 | W60  | 3   | 47    | 0:11:09 | 48        | 0:40:32 | 47  | 0:51:41 | 27       | 0:25:13 |        |
| 41    | 112 | Zikoll Gitte        | SC Bayer 05 Uerdingen     | 1:16:57 | W50  | 7   | 37    | 0:10:41 | 17        | 0:36:24 | 18  | 0:47:05 | 60       | 0:29:51 |        |
| 42    | 160 | Wendland Beate      | SCBayer 05 Uerdingen      | 1:17:15 | W30  | 6   | 59    | 0:11:47 | 15        | 0:36:22 | 30  | 0:48:10 | 57       | 0:29:05 |        |
| 43    | 108 | Winkel Rosa         | TV Aldekerk               | 1:17:17 | W55  | 3   | 43    | 0:10:53 | 22        | 0:37:20 | 32  | 0:48:14 | 56       | 0:29:03 |        |
| 44    | 106 | Thiel Silvia        | team erdinger alkoholfrei | 1:17:51 | W55  | 4   | 50    | 0:11:22 | 47        | 0:40:26 | 48  | 0:51:48 | 37       | 0:26:02 |        |
| 45    | 173 | Seibert Christa     | DLRG OG Kempen            | 1:18:05 | WJun | 2   | 13    | 0:09:06 | 60        | 0:43:31 | 51  | 0:52:37 | 32       | 0:25:27 |        |
| 46    | 127 | Wick Saskia         | TV Schiefbahn             | 1:18:44 | W45  | 4   | 41    | 0:10:49 | 41        | 0:39:14 | 40  | 0:50:03 | 53       | 0:28:40 |        |
| 47    | 126 | Engel Marion        | Köln Triathlon e.V        | 1:18:50 | W45  | 5   | 62    | 0:12:01 | 43        | 0:40:01 | 49  | 0:52:02 | 45       | 0:26:48 |        |
| 48    | 0   | unbekannt DW23VTG   |                           | 1:18:54 | W20  | 13  | 28    | 0:10:06 | 64        | 0:45:39 | 63  | 0:55:45 | 13       | 0:23:09 |        |
| 49    | 145 | Pasch Anja          | Moerser TV Triathlon      | 1:19:22 | W35  | 6   | 68    | 0:14:38 | 33        | 0:38:30 | 54  | 0:53:08 | 38       | 0:26:13 |        |
| 50    | 178 | Bungart Susanne     |                           | 1:19:36 | W35  | 7   | 65    | 0:12:37 | 49        | 0:40:40 | 56  | 0:53:17 | 40       | 0:26:18 |        |
| 51    | 113 | Lohmann Brigitte    | SC Bayer 05 Uerdingen     | 1:20:19 | W50  | 8   | 38    | 0:10:42 | 46        | 0:40:19 | 45  | 0:51:01 | 58       | 0:29:17 |        |
| 52    | 133 | Slickers Veronika   | 3xercise SG-Worringen     | 1:20:34 | W45  | 6   | 40    | 0:10:48 | 50        | 0:41:34 | 50  | 0:52:22 | 50       | 0:28:11 |        |
| 53    | 130 | Weidlich Silvia     | Willich                   | 1:20:43 | W45  | 7   | 56    | 0:11:38 | 25        | 0:37:45 | 37  | 0:49:24 | 64       | 0:31:19 |        |
| 53    | 135 | Scharnigg Karen     | TV Rodenkirchen           | 1:20:43 | W40  | 3   | 48    | 0:11:16 | 63        | 0:44:36 | 64  | 0:55:53 | 24       | 0:24:50 |        |

## 12. TV Aldekerk Triathlon am 13. Juli 2019

## Ergebnisliste

### Sprinttriathlon 500m - 20km - 5km

### Frauen

| Platz | Nr. | Name Vorname         | Verein/*Ort           | Endzeit | AK  | Pl. | AKPl. | S       | Schwimmen | Pl. R   | Rad | Pl.n.R  | nach Rad | Pl. L   | Laufen |
|-------|-----|----------------------|-----------------------|---------|-----|-----|-------|---------|-----------|---------|-----|---------|----------|---------|--------|
| 55    | 124 | Kratz Sandra         | Kerken                | 1:21:11 | W45 | 8   | 54    | 0:11:28 | 44        | 0:40:10 | 46  | 0:51:38 | 59       | 0:29:33 |        |
| 56    | 111 | Kreft Birgit         | TV Jahn Hiesfeld      | 1:21:25 | W50 | 9   | 46    | 0:11:09 | 54        | 0:42:00 | 55  | 0:53:09 | 51       | 0:28:15 |        |
| 57    | 134 | Bergermann Nicole    | OTV Endurance Team    | 1:21:30 | W40 | 4   | 39    | 0:10:46 | 61        | 0:44:07 | 59  | 0:54:53 | 44       | 0:26:37 |        |
| 58    | 118 | Mähler Silke         | Fortuna Düsseldorf    | 1:21:40 | W50 | 10  | 53    | 0:11:26 | 51        | 0:41:35 | 53  | 0:53:01 | 52       | 0:28:39 |        |
| 59    | 139 | Riener Karoline      | Düsseldorf            | 1:21:53 | W40 | 5   | 58    | 0:11:41 | 57        | 0:42:53 | 58  | 0:54:34 | 49       | 0:27:18 |        |
| 60    | 121 | Piorkowski Christina | Hürth                 | 1:21:55 | W50 | 11  | 19    | 0:09:23 | 52        | 0:41:37 | 44  | 0:51:00 | 62       | 0:30:54 |        |
| 61    | 155 | Maloczyk Anna        | LT Die Staudertrinker | 1:23:51 | W30 | 7   | 55    | 0:11:38 | 59        | 0:43:22 | 60  | 0:55:01 | 54       | 0:28:50 |        |
| 62    | 176 | Dittert Anna-Lena    |                       | 1:24:04 | W20 | 14  | 26    | 0:09:53 | 56        | 0:42:47 | 52  | 0:52:41 | 65       | 0:31:23 |        |
| 63    | 142 | Kasten Saskia        | Duisburg              | 1:24:12 | W35 | 8   | 66    | 0:13:21 | 53        | 0:41:49 | 61  | 0:55:10 | 55       | 0:29:01 |        |
| 64    | 102 | Stein Andrea         | TVK 1877 Essen        | 1:25:48 | W60 | 4   | 64    | 0:12:16 | 58        | 0:43:10 | 62  | 0:55:27 | 61       | 0:30:21 |        |
| 65    | 116 | Dönni Nicole         | SC Bayer 05 Uerdingen | 1:30:03 | W50 | 12  | 63    | 0:12:07 | 62        | 0:44:09 | 65  | 0:56:17 | 68       | 0:33:46 |        |
| 66    | 141 | Berger Stefanie      | Wetter                | 1:31:32 | W40 | 6   | 61    | 0:11:58 | 66        | 0:48:17 | 68  | 1:00:16 | 63       | 0:31:16 |        |
| 67    | 163 | Ley Saskia           | Köln                  | 1:31:57 | W20 | 15  | 60    | 0:11:51 | 65        | 0:47:58 | 67  | 0:59:50 | 66       | 0:32:06 |        |
| 68    | 119 | Jacobs Yvonne        | Tri Club Wuppertal    | 1:33:57 | W50 | 13  | 17    | 0:09:19 | 67        | 0:48:37 | 66  | 0:57:57 | 69       | 0:35:59 |        |
| 69    | 117 | Melchert Ute         | Hamm                  | 1:35:46 | W50 | 14  | 67    | 0:13:35 | 68        | 0:49:47 | 69  | 1:03:22 | 67       | 0:32:24 |        |

#### nicht beendet

| Platz | Nr. | Name Vorname | Verein/*Ort         | Endzeit | AK  | Pl. | AKPl. | S       | Schwimmen | Pl. R   | Rad | Pl.n.R  | nach Rad | Pl. L   | Laufen |
|-------|-----|--------------|---------------------|---------|-----|-----|-------|---------|-----------|---------|-----|---------|----------|---------|--------|
| 0     | 137 | Pál Nicole   | SV Blau-Weiß Bochum | 0:00:00 | W40 | -   | 69    | 0:09:01 | 69        | 0:33:10 | 70  | 0:42:11 | 0        | 0:00:00 |        |