

# 12. Indeland Triathlon am 16. Juni 2019

# Ergebnisliste

## Volksdistanz 0,5km - 20km - 5km

## Männer

| Platz | Nr.  | Name Vorname         | Verein/*Ort              | Endzeit | AK   | Pl. AKPl. | S   | Schwimmen | Wechsel | Pl. R | Rad     | Wechsel | Pl. L | Laufen  |
|-------|------|----------------------|--------------------------|---------|------|-----------|-----|-----------|---------|-------|---------|---------|-------|---------|
| 1     | 4417 | Dickheuer Niko       | 1.FC Kaiserslautern      | 0:58:26 | M30  | 1         | 2   | 0:07:37   | 0:03:00 | 2     | 0:29:03 | 0:00:55 | 1     | 0:17:50 |
| 2     | 4465 | Küpper Jonas         | Tri Finish Münster       | 0:58:39 | M20  | 1         | 1   | 0:05:45   | 0:03:50 | 6     | 0:30:21 | 0:00:48 | 4     | 0:17:53 |
| 3     | 4298 | Brüll Freddy         | Tri Team Eupen           | 0:59:41 | M45  | 1         | 18  | 0:08:30   | 0:03:07 | 1     | 0:28:54 | 0:01:02 | 5     | 0:18:06 |
| 4     | 4500 | Henz Olivier         | Tri TEam Eupen           | 1:02:43 | M45  | 2         | 24  | 0:09:12   | 0:03:00 | 7     | 0:30:30 | 0:00:58 | 9     | 0:19:02 |
| 5     | 4430 | Laaf Dominic         | *Langerwehe              | 1:02:57 | M25  | 1         | 10  | 0:08:19   | 0:03:37 | 4     | 0:29:46 | 0:01:04 | 18    | 0:20:09 |
| 6     | 4436 | Rauw Francis         | Tri Team Eupen           | 1:04:15 | M25  | 2         | 8   | 0:08:16   | 0:03:39 | 20    | 0:33:02 | 0:01:24 | 3     | 0:17:52 |
| 7     | 4265 | Mobertz Norbert      | Tri Team Eupen           | 1:05:08 | M50  | 1         | 6   | 0:08:01   | 0:03:37 | 24    | 0:33:23 | 0:01:22 | 7     | 0:18:43 |
| 8     | 4443 | Connotte Fabian      | Triathlon Team Eupen     | 1:05:12 | M25  | 3         | 78  | 0:11:05   | 0:03:54 | 10    | 0:31:10 | 0:01:09 | 2     | 0:17:52 |
| 9     | 4501 | Billig Rainer        | Tri Team Eupen           | 1:05:38 | M55  | 1         | 45  | 0:10:00   | 0:03:56 | 5     | 0:30:04 | 0:01:14 | 21    | 0:20:22 |
| 10    | 4435 | Amann Cedric         | Tri Team Eupen           | 1:05:51 | M25  | 4         | 3   | 0:07:38   | 0:03:22 | 16    | 0:32:38 | 0:01:10 | 26    | 0:21:01 |
| 11    | 4246 | Dittrich Kai         | TriTeam MAXMO LG         | 1:06:09 | M50  | 2         | 20  | 0:08:40   | 0:03:22 | 11    | 0:31:13 | 0:01:31 | 32    | 0:21:22 |
| 12    | 4342 | Wahl Guido           | Heroes Club              | 1:06:09 | M40  | 1         | 53  | 0:10:23   | 0:03:58 | 12    | 0:31:23 | 0:01:09 | 11    | 0:19:14 |
| 13    | 4351 | Schwaninger Herbert  | Tri Team Steinfurt       | 1:06:16 | M40  | 2         | 17  | 0:08:28   | 0:04:52 | 3     | 0:29:27 | 0:02:04 | 35    | 0:21:24 |
| 14    | 4483 | Esser Sebastian      | KTT 01                   | 1:06:17 | MJun | 1         | 27  | 0:09:26   | 0:03:23 | 22    | 0:33:07 | 0:01:09 | 10    | 0:19:10 |
| 15    | 4350 | Cerfontaine Philippe | Tri Team Eupen           | 1:06:55 | M40  | 3         | 31  | 0:09:33   | 0:03:19 | 26    | 0:33:26 | 0:01:36 | 8     | 0:19:00 |
| 16    | 4032 | Hanf Kim             | Tri Team Eupen           | 1:07:06 | M50  | 3         | 21  | 0:08:42   | 0:03:17 | 31    | 0:33:53 | 0:01:13 | 14    | 0:20:00 |
| 17    | 4338 | Wüppen Jochen        | DLC                      | 1:07:16 | M40  | 4         | 16  | 0:08:27   | 0:03:43 | 13    | 0:31:39 | 0:01:21 | 51    | 0:22:03 |
| 18    | 4310 | Hennes Frank         | Tri Team Eupen           | 1:07:46 | M45  | 3         | 26  | 0:09:24   | 0:03:34 | 21    | 0:33:03 | 0:01:35 | 17    | 0:20:08 |
| 19    | 4309 | Richter Jörg         | *Stolberg                | 1:07:54 | M45  | 4         | 33  | 0:09:37   | 0:04:10 | 14    | 0:31:44 | 0:01:23 | 25    | 0:20:58 |
| 20    | 4480 | Brambeer Marcel      | Tri-team Merzbach        | 1:08:25 | M20  | 2         | 13  | 0:08:25   | 0:03:31 | 51    | 0:35:14 | 0:01:10 | 16    | 0:20:04 |
| 21    | 4308 | Trispel Holger       | ohne                     | 1:08:26 | M45  | 5         | 11  | 0:08:21   | 0:03:53 | 8     | 0:30:38 | 0:01:17 | 90    | 0:24:15 |
| 22    | 4324 | Schreuer Christof    | Tri Team Eupen           | 1:08:28 | M40  | 5         | 42  | 0:09:51   | 0:03:43 | 17    | 0:32:42 | 0:01:05 | 27    | 0:21:05 |
| 23    | 4422 | Klösters Lukas       | TV Goch                  | 1:08:37 | M25  | 5         | 7   | 0:08:14   | 0:03:31 | 40    | 0:34:27 | 0:01:26 | 24    | 0:20:57 |
| 24    | 4268 | Sobotta Lothar       | PSV Brühl                | 1:08:43 | M50  | 4         | 100 | 0:11:42   | 0:03:41 | 9     | 0:30:59 | 0:01:03 | 30    | 0:21:16 |
| 25    | 4459 | Feltes Johannes      | DLC Aachen               | 1:09:16 | M25  | 6         | 35  | 0:09:40   | 0:03:46 | 37    | 0:34:17 | 0:01:19 | 19    | 0:20:11 |
| 26    | 4212 | Derix Jac            | Triathlon Waldfeucht     | 1:09:39 | M60  | 1         | 23  | 0:08:49   | 0:03:39 | 23    | 0:33:23 | 0:01:15 | 59    | 0:22:31 |
| 27    | 4241 | Sündermann Hans      | DSSC 09/20               | 1:10:04 | M50  | 5         | 37  | 0:09:43   | 0:04:10 | 29    | 0:33:48 | 0:01:11 | 28    | 0:21:10 |
| 28    | 4497 | Valdor Jonas         | *Niederzier              | 1:10:35 | MJA  | 1         | 19  | 0:08:39   | 0:03:58 | 52    | 0:35:16 | 0:00:56 | 45    | 0:21:45 |
| 29    | 4434 | Mingenbach Steffen   | Koma Kommando            | 1:10:59 | M25  | 7         | 119 | 0:12:14   | 0:03:32 | 25    | 0:33:25 | 0:01:55 | 13    | 0:19:51 |
| 30    | 4287 | Bosten Manfred       | Tri Team Eupen           | 1:11:32 | M45  | 6         | 51  | 0:10:14   | 0:04:08 | 48    | 0:35:10 | 0:01:44 | 20    | 0:20:13 |
| 31    | 4276 | Brunhuber Oliver     | DLC Aachen               | 1:12:21 | M50  | 6         | 123 | 0:12:18   | 0:03:07 | 34    | 0:34:06 | 0:01:18 | 37    | 0:21:30 |
| 32    | 4491 | Bleimann Steffen     | Brander SV Tri-Team      | 1:12:34 | MJA  | 2         | 25  | 0:09:12   | 0:04:24 | 50    | 0:35:13 | 0:01:16 | 56    | 0:22:27 |
| 33    | 4230 | Moser Jörg           | Ausdauerschule by bunert | 1:12:35 | M55  | 2         | 22  | 0:08:46   | 0:04:06 | 49    | 0:35:13 | 0:01:37 | 64    | 0:22:52 |
| 34    | 4244 | Carmanns Markus      | Dr. Babor GmbH           | 1:12:47 | M50  | 7         | 90  | 0:11:21   | 0:04:50 | 18    | 0:32:45 | 0:01:08 | 61    | 0:22:40 |
| 35    | 4249 | Steffens Peter       | Tri Team Eupen           | 1:12:49 | M50  | 8         | 71  | 0:10:57   | 0:04:04 | 19    | 0:32:46 | 0:01:31 | 77    | 0:23:28 |
| 36    | 4467 | Huke Philipp         | *Marienrachdorf          | 1:12:50 | M20  | 3         | 132 | 0:12:38   | 0:03:58 | 44    | 0:34:54 | 0:01:16 | 15    | 0:20:02 |
| 37    | 4448 | Belke Manuel         | *Aachen                  | 1:12:52 | M25  | 8         | 59  | 0:10:34   | 0:04:30 | 42    | 0:34:47 | 0:01:36 | 34    | 0:21:24 |
| 38    | 4293 | Gelück Rüdiger       | privat                   | 1:12:56 | M45  | 7         | 40  | 0:09:45   | 0:03:36 | 46    | 0:35:02 | 0:01:26 | 71    | 0:23:05 |
| 39    | 4440 | Nyssen Mirko         | *Aachen                  | 1:12:58 | M25  | 9         | 54  | 0:10:26   | 0:04:27 | 86    | 0:37:03 | 0:01:12 | 12    | 0:19:47 |
| 40    | 4302 | Maus Dietmar E.A.    | F.I.S.-Rheinland         | 1:13:00 | M45  | 8         | 74  | 0:11:00   | 0:05:05 | 27    | 0:33:27 | 0:01:52 | 39    | 0:21:34 |
| 41    | 4447 | Schulze-Ardey Jan    | *Aachen                  | 1:13:07 | M25  | 10        | 117 | 0:12:12   | 0:03:47 | 39    | 0:34:23 | 0:01:12 | 38    | 0:21:32 |
| 42    | 4307 | Schilling Thomas     | *Bonn                    | 1:13:31 | M45  | 9         | 50  | 0:10:13   | 0:04:52 | 36    | 0:34:13 | 0:02:29 | 42    | 0:21:41 |
| 43    | 4390 | Mitschke Johannes    | TPSK                     | 1:13:41 | M30  | 2         | 43  | 0:09:54   | 0:04:37 | 41    | 0:34:43 | 0:01:44 | 60    | 0:22:39 |
| 44    | 4253 | Klöcker Martin       | Triathlon Team Eupen     | 1:13:52 | M50  | 9         | 47  | 0:10:04   | 0:04:31 | 68    | 0:36:12 | 0:01:48 | 29    | 0:21:15 |
| 45    | 4426 | Huppertz Stefan      | Fc Germania Vossenack    | 1:13:54 | M25  | 11        | 160 | 0:13:11   | 0:05:13 | 33    | 0:33:57 | 0:01:00 | 22    | 0:20:31 |
| 46    | 4421 | Kurtenbach Paul      | *Bergisch Gladbach       | 1:14:09 | M25  | 12        | 70  | 0:10:56   | 0:05:12 | 57    | 0:35:29 | 0:00:54 | 41    | 0:21:35 |
| 47    | 4481 | Esser Lukas          | *Dortmund                | 1:14:12 | M20  | 4         | 32  | 0:09:35   | 0:03:48 | 38    | 0:34:21 | 0:01:23 | 110   | 0:25:03 |
| 48    | 4294 | Hoffmann Wolfgang    | *Aachen                  | 1:14:13 | M45  | 10        | 52  | 0:10:15   | 0:04:44 | 28    | 0:33:42 | 0:01:30 | 87    | 0:23:59 |
| 49    | 4408 | Jörres Patrick       | Marathon-Club            | 1:14:15 | M30  | 3         | 29  | 0:09:30   | 0:04:40 | 62    | 0:35:48 | 0:01:17 | 68    | 0:22:59 |
| 50    | 4382 | Winkelhaus Bernd     | *Erkelenz                | 1:14:20 | M35  | 1         | 140 | 0:12:48   | 0:03:29 | 55    | 0:35:24 | 0:01:20 | 31    | 0:21:17 |
| 51    | 4300 | Haas Oliver          | *Bergisch Gladbach       | 1:14:37 | M45  | 11        | 30  | 0:09:31   | 0:04:09 | 115   | 0:37:58 | 0:01:23 | 40    | 0:21:34 |
| 52    | 4347 | Dörner Kai           | Triathlon Team           | 1:14:53 | M40  | 6         | 63  | 0:10:38   | 0:03:11 | 54    | 0:35:22 | 0:01:11 | 97    | 0:24:31 |
| 53    | 4457 | Kantelberg Lennart   | DLC Aachen               | 1:15:10 | M25  | 13        | 38  | 0:09:44   | 0:03:56 | 35    | 0:34:08 | 0:01:32 | 130   | 0:25:49 |

# 12. Indeland Triathlon am 16. Juni 2019

# Ergebnisliste

## Volksdistanz 0,5km - 20km - 5km

## Männer

| Platz | Nr.  | Name Vorname          | Verein/*Ort            | Endzeit | AK   | Pl. | AKPl. | S       | Schwimmen | Wechsel | Pl. R   | Rad     | Wechsel | Pl. L   | Laufen |
|-------|------|-----------------------|------------------------|---------|------|-----|-------|---------|-----------|---------|---------|---------|---------|---------|--------|
| 54    | 4266 | Godesar Patrick       | Tri Team Eupen         | 1:15:16 | M50  | 10  | 5     | 0:07:57 | 0:03:42   | 180     | 0:40:57 | 0:01:09 | 36      | 0:21:30 |        |
| 55    | 4418 | Hecht Sebastian       | *Köln                  | 1:15:32 | M30  | 4   | 34    | 0:09:37 | 0:04:38   | 57      | 0:35:29 | 0:01:24 | 92      | 0:24:22 |        |
| 56    | 4320 | Bünten Oliver         | *Nideggen              | 1:15:52 | M45  | 12  | 56    | 0:10:27 | 0:04:06   | 66      | 0:36:00 | 0:01:26 | 85      | 0:23:52 |        |
| 57    | 4381 | Heers Dr. Helge       | IAC Düren              | 1:15:55 | M50  | 11  | 178   | 0:13:51 | 0:06:06   | 73      | 0:36:35 | 0:01:10 | 6       | 0:18:12 |        |
| 58    | 4496 | Braun Peter           | *Jülich                | 1:16:38 | MJA  | 3   | 9     | 0:08:17 | 0:04:18   | 128     | 0:38:13 | 0:01:11 | 100     | 0:24:37 |        |
| 59    | 4462 | Bülte Luca            | DLC Aachen             | 1:16:38 | M20  | 5   | 64    | 0:10:41 | 0:04:49   | 88      | 0:37:08 | 0:02:14 | 44      | 0:21:44 |        |
| 60    | 4464 | Kohl Michael          | *Kyllburg              | 1:16:39 | M20  | 6   | 62    | 0:10:36 | 0:04:54   | 117     | 0:37:59 | 0:01:24 | 43      | 0:21:44 |        |
| 61    | 4475 | Stöcker Lennard       | *Bonn                  | 1:16:41 | M20  | 7   | 69    | 0:10:53 | 0:04:27   | 94      | 0:37:18 | 0:01:00 | 70      | 0:23:02 |        |
| 62    | 4485 | Lüttgens Markus       | *Stolberg              | 1:17:11 | MJun | 2   | 14    | 0:08:26 | 0:04:19   | 91      | 0:37:12 | 0:01:07 | 136     | 0:26:04 |        |
| 63    | 4316 | Lüttgens Thomas       | *Köln                  | 1:17:11 | M45  | 13  | 75    | 0:11:01 | 0:04:30   | 83      | 0:36:49 | 0:01:54 | 66      | 0:22:55 |        |
| 64    | 4378 | Feldhoff Tobias       | *Nordrhein-Westfalen - | 1:17:15 | M35  | 2   | 77    | 0:11:04 | 0:04:31   | 81      | 0:36:47 | 0:02:09 | 62      | 0:22:42 |        |
| 65    | 4248 | Henkes Patrick        | Tri Team Eupen         | 1:17:28 | M50  | 12  | 81    | 0:11:09 | 0:07:12   | 56      | 0:35:27 | 0:02:15 | 33      | 0:21:23 |        |
| 66    | 4361 | Van Lishout Francois  | Tri Team Eupen         | 1:17:33 | M35  | 3   | 82    | 0:11:09 | 0:05:07   | 131     | 0:38:17 | 0:00:56 | 52      | 0:22:03 |        |
| 67    | 4428 | Scholz Christoph      | Massephase war gestern | 1:17:49 | M25  | 14  | 94    | 0:11:34 | 0:05:47   | 67      | 0:36:01 | 0:01:56 | 57      | 0:22:28 |        |
| 68    | 4369 | Kang Bo-Min           | *Baesweiler            | 1:17:55 | M35  | 4   | 193   | 0:14:12 | 0:04:44   | 84      | 0:36:49 | 0:01:35 | 23      | 0:20:34 |        |
| 69    | 4290 | Rensinghoff Patrick   | EcoRunner              | 1:18:11 | M45  | 14  | 88    | 0:11:20 | 0:04:50   | 100     | 0:37:28 | 0:01:31 | 69      | 0:22:59 |        |
| 70    | 4445 | Krychowski Sebastian  | *Bergheim              | 1:18:19 | M25  | 15  | 41    | 0:09:49 | 0:04:18   | 129     | 0:38:14 | 0:01:08 | 106     | 0:24:48 |        |
| 71    | 4227 | Bongers Achim         | *Bornheim              | 1:18:23 | M55  | 3   | 83    | 0:11:10 | 0:06:15   | 63      | 0:35:51 | 0:01:55 | 74      | 0:23:10 |        |
| 72    | 4479 | Krause Jakob          | *Jülich                | 1:18:29 | M20  | 8   | 4     | 0:07:50 | 0:05:10   | 166     | 0:40:03 | 0:01:10 | 91      | 0:24:15 |        |
| 73    | 4476 | Isenmann Mattis       | *Würzburg              | 1:18:32 | M20  | 9   | 57    | 0:10:28 | 0:04:55   | 93      | 0:37:18 | 0:01:05 | 105     | 0:24:46 |        |
| 74    | 4379 | Kaulartz Pascal       | *Düren                 | 1:18:34 | M35  | 5   | 104   | 0:11:51 | 0:05:15   | 74      | 0:36:35 | 0:02:27 | 54      | 0:22:25 |        |
| 75    | 4304 | Göbbels Bernd         | BG Silver Racer        | 1:18:35 | M45  | 15  | 92    | 0:11:29 | 0:05:25   | 78      | 0:36:41 | 0:01:50 | 73      | 0:23:07 |        |
| 76    | 4328 | Klotz Sven            | *Koblenz               | 1:18:39 | M40  | 7   | 39    | 0:09:45 | 0:04:12   | 60      | 0:35:37 | 0:02:00 | 152     | 0:27:04 |        |
| 77    | 4407 | Pottgiesser Dominic   | NiersRunners           | 1:18:43 | M30  | 5   | 126   | 0:12:23 | 0:05:30   | 96      | 0:37:22 | 0:01:28 | 50      | 0:21:58 |        |
| 78    | 4343 | Theiner Boris         | Team RunVicht          | 1:18:45 | M40  | 8   | 89    | 0:11:21 | 0:05:13   | 143     | 0:39:12 | 0:01:04 | 47      | 0:21:53 |        |
| 79    | 4297 | Burgers Eric          | *Plombieres            | 1:19:02 | M45  | 16  | 152   | 0:13:01 | 0:04:36   | 72      | 0:36:33 | 0:01:23 | 76      | 0:23:28 |        |
| 80    | 4493 | Krieg Steffen         | *Bonn                  | 1:19:05 | MJA  | 4   | 36    | 0:09:42 | 0:04:09   | 104     | 0:37:36 | 0:01:42 | 132     | 0:25:54 |        |
| 81    | 4410 | Von Wirth Dominik     | Friederich W. Löbbe    | 1:19:06 | M30  | 6   | 156   | 0:13:03 | 0:05:44   | 95      | 0:37:18 | 0:01:07 | 46      | 0:21:52 |        |
| 82    | 4231 | Greven Jürgen         | Team Erdinger          | 1:19:08 | M55  | 4   | 134   | 0:12:40 | 0:04:15   | 53      | 0:35:21 | 0:01:43 | 113     | 0:25:07 |        |
| 83    | 4289 | Neumann Mathias       | TSV Bayer Dormagen     | 1:19:22 | M45  | 17  | 60    | 0:10:35 | 0:04:24   | 98      | 0:37:25 | 0:01:48 | 115     | 0:25:09 |        |
| 84    | 4325 | Wittig Nicolas        | TSV Bayer Dormagen     | 1:19:22 | M40  | 9   | 101   | 0:11:42 | 0:04:24   | 30      | 0:33:50 | 0:01:29 | 164     | 0:27:55 |        |
| 85    | 4251 | Woito Lothar          | *Nordrhein-Westfalen - | 1:19:32 | M50  | 13  | 128   | 0:12:30 | 0:05:21   | 43      | 0:34:48 | 0:02:25 | 95      | 0:24:26 |        |
| 86    | 4286 | Bergmann Peter        | *gelsenkirchen         | 1:19:32 | M50  | 14  | 148   | 0:12:56 | 0:04:40   | 82      | 0:36:48 | 0:02:42 | 55      | 0:22:26 |        |
| 87    | 4478 | Krumm Ian             | *Aachen                | 1:19:55 | M20  | 10  | 28    | 0:09:29 | 0:05:50   | 136     | 0:38:35 | 0:02:11 | 84      | 0:23:48 |        |
| 88    | 4471 | Röhrig Jan            | *Eschweiler            | 1:20:13 | M20  | 11  | 15    | 0:08:26 | 0:05:26   | 153     | 0:39:32 | 0:01:12 | 124     | 0:25:35 |        |
| 89    | 4327 | Kappes Stephan        | *Alsdorf               | 1:20:25 | M40  | 10  | 99    | 0:11:41 | 0:04:35   | 71      | 0:36:30 | 0:01:50 | 129     | 0:25:48 |        |
| 90    | 4405 | Weiß Moritz           | *Jülich                | 1:20:30 | M30  | 7   | 49    | 0:10:10 | 0:06:08   | 125     | 0:38:10 | 0:01:35 | 93      | 0:24:24 |        |
| 91    | 4399 | Meyer Moritz          | *Aachen                | 1:20:32 | M30  | 8   | 138   | 0:12:46 | 0:04:43   | 97      | 0:37:24 | 0:01:50 | 82      | 0:23:47 |        |
| 91    | 4416 | Fox Robert            | *Aachen                | 1:20:32 | M30  | 8   | 72    | 0:10:58 | 0:06:19   | 105     | 0:37:37 | 0:01:49 | 82      | 0:23:47 |        |
| 93    | 4441 | Strang Damien         | Tri Team Eupen         | 1:20:46 | M25  | 16  | 12    | 0:08:23 | 0:04:27   | 156     | 0:39:43 | 0:01:11 | 150     | 0:27:00 |        |
| 94    | 4455 | Jaeger Joscha         | Mach3 Köln e.V.        | 1:21:10 | M25  | 17  | 66    | 0:10:48 | 0:05:25   | 182     | 0:41:01 | 0:01:43 | 53      | 0:22:11 |        |
| 95    | 4489 | Johnen Jakob          | LSG -Eschweiler        | 1:21:19 | MJun | 3   | 102   | 0:11:44 | 0:04:49   | 142     | 0:39:11 | 0:01:34 | 87      | 0:23:59 |        |
| 96    | 4413 | Milobara Alexander    | *Düsseldorf            | 1:21:20 | M30  | 10  | 157   | 0:13:04 | 0:05:04   | 132     | 0:38:20 | 0:01:30 | 75      | 0:23:21 |        |
| 97    | 4257 | Jonek Michael         | Gamma Racer            | 1:21:27 | M50  | 15  | 135   | 0:12:41 | 0:04:51   | 65      | 0:35:55 | 0:01:51 | 138     | 0:26:08 |        |
| 98    | 4404 | Winkens Christian     | *Alsdorf               | 1:21:46 | M30  | 11  | 216   | 0:16:23 | 0:04:35   | 32      | 0:33:57 | 0:01:42 | 114     | 0:25:07 |        |
| 99    | 4458 | Freyaldenhoven Heiner | *Inden                 | 1:22:02 | M25  | 18  | 87    | 0:11:14 | 0:04:24   | 191     | 0:41:42 | 0:01:41 | 67      | 0:22:58 |        |
| 100   | 4255 | Dörstel Markus        | *Brühl                 | 1:22:27 | M50  | 16  | 110   | 0:12:04 | 0:06:34   | 76      | 0:36:37 | 0:02:46 | 93      | 0:24:24 |        |
| 101   | 4235 | Schiffer Friedel      | Team Speedy Juelich    | 1:22:32 | M55  | 5   | 159   | 0:13:07 | 0:05:16   | 77      | 0:36:37 | 0:02:08 | 119     | 0:25:22 |        |
| 102   | 4470 | Vogel Frederik        | *Aachen                | 1:22:37 | M20  | 12  | 55    | 0:10:26 | 0:07:00   | 141     | 0:39:10 | 0:03:12 | 63      | 0:22:47 |        |
| 103   | 4424 | Wüst Rene             | Amphos                 | 1:22:39 | M25  | 19  | 185   | 0:13:59 | 0:05:15   | 61      | 0:35:42 | 0:01:54 | 127     | 0:25:45 |        |
| 104   | 4243 | Vobis Andreas         | TG Neuss               | 1:22:43 | M50  | 17  | 105   | 0:11:52 | 0:06:53   | 79      | 0:36:44 | 0:02:27 | 104     | 0:24:45 |        |
| 105   | 4237 | Warnke Jörg           | LC Nordhorn            | 1:22:50 | M55  | 6   | 136   | 0:12:42 | 0:04:37   | 113     | 0:37:44 | 0:02:08 | 126     | 0:25:37 |        |
| 106   | 4204 | Paffrath Adam         | Tri Team MAXMO LG      | 1:23:22 | M65  | 1   | 209   | 0:15:05 | 0:05:24   | 69      | 0:36:14 | 0:02:04 | 98      | 0:24:34 |        |

# 12. Indeland Triathlon am 16. Juni 2019

# Ergebnisliste

## Volksdistanz 0,5km - 20km - 5km

## Männer

| Platz | Nr.  | Name Vorname        | Verein/*Ort             | Endzeit | AK   | Pl. AKPl. S | Schwimmen | Wechsel | Pl. R   | Rad | Wechsel | Pl. L   | Laufen |         |
|-------|------|---------------------|-------------------------|---------|------|-------------|-----------|---------|---------|-----|---------|---------|--------|---------|
| 107   | 4355 | Peschel Sascha      | Team Erdinger           | 1:23:24 | M40  | 11          | 194       | 0:14:16 | 0:06:01 | 15  | 0:32:17 | 0:05:16 | 121    | 0:25:32 |
| 108   | 4366 | Dietrich Christian  | PSYX Triathlon          | 1:23:24 | M35  | 6           | 195       | 0:14:18 | 0:06:00 | 45  | 0:34:54 | 0:02:38 | 122    | 0:25:32 |
| 109   | 4492 | Walther Samuel      | *Würselen               | 1:23:25 | MJA  | 5           | 147       | 0:12:54 | 0:05:01 | 108 | 0:37:40 | 0:01:46 | 135    | 0:26:01 |
| 110   | 4398 | Müller Bernd        | *Eschweiler             | 1:23:32 | M30  | 12          | 171       | 0:13:38 | 0:05:15 | 150 | 0:39:27 | 0:01:34 | 79     | 0:23:36 |
| 111   | 4432 | Küpper Pascal       | TuS Schmidt             | 1:23:32 | M25  | 20          | 202       | 0:14:33 | 0:05:45 | 162 | 0:39:51 | 0:01:26 | 49     | 0:21:56 |
| 112   | 4225 | Allenstein Randolph | *Köln                   | 1:23:33 | M55  | 7           | 167       | 0:13:26 | 0:05:41 | 103 | 0:37:30 | 0:02:12 | 102    | 0:24:42 |
| 113   | 4284 | Stiegler Tobias     | *Erkrath                | 1:23:38 | M50  | 18          | 61        | 0:10:35 | 0:06:29 | 116 | 0:37:58 | 0:01:42 | 147    | 0:26:51 |
| 114   | 4261 | Eck Bernhard        | IAC Aachen              | 1:23:41 | M50  | 19          | 108       | 0:11:54 | 0:06:10 | 139 | 0:39:01 | 0:01:27 | 111    | 0:25:05 |
| 115   | 4250 | Thomas Jörg         | *Düren                  | 1:23:41 | M50  | 20          | 120       | 0:12:15 | 0:04:59 | 89  | 0:37:10 | 0:01:58 | 155    | 0:27:17 |
| 116   | 4452 | Goffin Dylan        | Tri Nuts Team Bastogne  | 1:23:46 | M25  | 21          | 44        | 0:09:55 | 0:05:18 | 208 | 0:43:31 | 0:01:31 | 78     | 0:23:29 |
| 117   | 4402 | Oedekoven Andreas   | *Stolberg               | 1:23:46 | M30  | 13          | 109       | 0:11:56 | 0:04:47 | 85  | 0:37:02 | 0:02:51 | 153    | 0:27:09 |
| 118   | 4232 | Beccard Dr. Rainer  | *Aachen                 | 1:23:53 | M55  | 8           | 115       | 0:12:07 | 0:04:18 | 102 | 0:37:30 | 0:01:41 | 169    | 0:28:16 |
| 119   | 4469 | Schmitz Florian     | SV Germania Dürwiß      | 1:23:53 | M20  | 13          | 168       | 0:13:29 | 0:05:20 | 155 | 0:39:40 | 0:01:19 | 89     | 0:24:03 |
| 120   | 4252 | Greff Joachim       | 1. Budo Club Eschweiler | 1:23:54 | M50  | 21          | 210       | 0:15:13 | 0:05:26 | 75  | 0:36:36 | 0:01:38 | 109    | 0:24:59 |
| 121   | 4472 | Schmiech Fabian     | *Alsdorf                | 1:23:54 | M20  | 14          | 116       | 0:12:07 | 0:05:31 | 158 | 0:39:50 | 0:01:43 | 103    | 0:24:42 |
| 122   | 4494 | Szangolies Georg    | PSV Brühl               | 1:24:01 | M50  | 22          | 114       | 0:12:07 | 0:05:48 | 64  | 0:35:53 | 0:02:19 | 163    | 0:27:53 |
| 123   | 4468 | Grossmann Max       | *Bonn                   | 1:24:04 | M20  | 15          | 176       | 0:13:49 | 0:05:23 | 148 | 0:39:22 | 0:02:21 | 72     | 0:23:07 |
| 124   | 4412 | Schmitz Dennis      | *Düsseldorf             | 1:24:11 | M30  | 14          | 145       | 0:12:53 | 0:05:10 | 121 | 0:38:06 | 0:01:15 | 146    | 0:26:46 |
| 125   | 4278 | Schmitz Roland      | *Herzogenrath           | 1:24:38 | M50  | 23          | 103       | 0:11:48 | 0:06:28 | 123 | 0:38:09 | 0:02:38 | 123    | 0:25:32 |
| 126   | 4260 | Brambeer Günter     | Tri-team Merzbach       | 1:24:49 | M50  | 24          | 131       | 0:12:38 | 0:05:38 | 190 | 0:41:37 | 0:01:12 | 81     | 0:23:43 |
| 127   | 4349 | Maas Nicolas        | *Viersen                | 1:24:52 | M40  | 12          | 73        | 0:11:00 | 0:05:32 | 175 | 0:40:34 | 0:01:08 | 145    | 0:26:37 |
| 128   | 4442 | Müller Fabian       | #ffRT                   | 1:24:53 | M25  | 22          | 182       | 0:13:55 | 0:04:56 | 146 | 0:39:19 | 0:01:31 | 118    | 0:25:10 |
| 129   | 4292 | Berger Marko u.     | TUS Germania Birgel     | 1:25:04 | M45  | 18          | 144       | 0:12:52 | 0:05:52 | 107 | 0:37:38 | 0:01:48 | 149    | 0:26:52 |
| 130   | 4401 | Korten Jens         | FC Pusslack             | 1:25:08 | M30  | 15          | 158       | 0:13:06 | 0:06:36 | 119 | 0:38:05 | 0:02:50 | 96     | 0:24:29 |
| 131   | 4216 | Hantschel Thomas    | LG Linnich-Ameln        | 1:25:10 | M60  | 2           | 197       | 0:14:25 | 0:04:14 | 114 | 0:37:51 | 0:02:03 | 144    | 0:26:36 |
| 132   | 4219 | Beume Frank         | Marathon-Club           | 1:25:11 | M60  | 3           | 93        | 0:11:30 | 0:05:47 | 47  | 0:35:05 | 0:01:55 | 198    | 0:30:51 |
| 133   | 4299 | Gröne Lars          | *Wachtberg              | 1:25:24 | M45  | 19          | 122       | 0:12:18 | 0:05:43 | 154 | 0:39:33 | 0:01:53 | 133    | 0:25:56 |
| 134   | 4233 | Ant Wolfgang        | Herr                    | 1:25:25 | M55  | 9           | 164       | 0:13:22 | 0:07:00 | 125 | 0:38:10 | 0:02:18 | 98     | 0:24:34 |
| 135   | 4239 | Greif Uwe           | Dürener TV 1847         | 1:25:26 | M50  | 25          | 84        | 0:11:11 | 0:06:48 | 161 | 0:39:50 | 0:02:29 | 112    | 0:25:06 |
| 136   | 4311 | Kwon Eduardo        | *Aachen                 | 1:25:32 | M45  | 20          | 133       | 0:12:39 | 0:04:37 | 87  | 0:37:05 | 0:01:56 | 183    | 0:29:13 |
| 137   | 4373 | Krings Dennis       | *Erfstadt               | 1:25:32 | M35  | 7           | 198       | 0:14:25 | 0:06:30 | 127 | 0:38:12 | 0:01:25 | 108    | 0:24:58 |
| 138   | 4277 | Barthel Jochen      | *Jülich                 | 1:25:40 | M50  | 26          | 137       | 0:12:43 | 0:06:23 | 157 | 0:39:49 | 0:01:52 | 107    | 0:24:51 |
| 139   | 4420 | Alexander Jan       | *                       | 1:25:46 | M25  | 23          | 46        | 0:10:02 | 0:05:28 | 199 | 0:42:22 | 0:01:40 | 139    | 0:26:14 |
| 140   | 4315 | Siegmund Marco      | *Dinslaken              | 1:25:52 | M45  | 21          | 125       | 0:12:22 | 0:06:58 | 120 | 0:38:05 | 0:01:56 | 143    | 0:26:28 |
| 141   | 4487 | Pier Paul           | *Hürth                  | 1:25:54 | MJun | 4           | 205       | 0:14:37 | 0:05:25 | 109 | 0:37:41 | 0:02:33 | 125    | 0:25:36 |
| 142   | 4352 | Heister Johannes    | *Düsseldorf             | 1:26:00 | M40  | 13          | 0         | 0:00:00 | 0:00:00 | 0   | 0:00:00 | 0:00:00 | 0      | 0:00:00 |
| 143   | 4340 | Nelson Wayne        | *Erfstadt               | 1:26:00 | M40  | 14          | 130       | 0:12:36 | 0:06:38 | 122 | 0:38:09 | 0:02:30 | 137    | 0:26:05 |
| 144   | 4283 | Schunk Stefan       | Bundeswehr              | 1:26:21 | M50  | 27          | 68        | 0:10:52 | 0:06:39 | 118 | 0:38:03 | 0:01:47 | 177    | 0:28:57 |
| 145   | 4384 | Bolz Markus         | *Alsdorf                | 1:26:28 | M35  | 8           | 200       | 0:14:26 | 0:04:31 | 213 | 0:44:23 | 0:01:11 | 48     | 0:21:54 |
| 146   | 4498 | Rosarius Felix      | *Niederzier             | 1:26:39 | MJA  | 6           | 149       | 0:12:56 | 0:05:52 | 211 | 0:43:56 | 0:01:23 | 58     | 0:22:29 |
| 147   | 4345 | Klein Sascha        | *Düren                  | 1:26:39 | M40  | 15          | 181       | 0:13:54 | 0:05:15 | 209 | 0:43:33 | 0:01:01 | 65     | 0:22:55 |
| 148   | 4229 | Rapita Rappi        | LGM Mönchengladbach     | 1:27:00 | M55  | 10          | 208       | 0:14:53 | 0:05:37 | 70  | 0:36:19 | 0:02:08 | 167    | 0:28:01 |
| 149   | 4318 | Erben Mirko         | Triathlon Torpedos      | 1:27:05 | M45  | 22          | 79        | 0:11:06 | 0:05:04 | 92  | 0:37:14 | 0:01:36 | 206    | 0:32:04 |
| 150   | 4446 | Franz Tobias        | *Köln                   | 1:27:14 | M25  | 24          | 192       | 0:14:10 | 0:05:48 | 170 | 0:40:06 | 0:01:58 | 117    | 0:25:10 |
| 151   | 4218 | Fuß Volkmar         | *Kreuzau                | 1:27:25 | M55  | 11          | 177       | 0:13:50 | 0:05:39 | 80  | 0:36:45 | 0:02:25 | 175    | 0:28:45 |
| 152   | 4360 | Vonderschmitt Lars  | *Bonn                   | 1:27:29 | M40  | 16          | 85        | 0:11:11 | 0:06:13 | 110 | 0:37:41 | 0:01:36 | 197    | 0:30:46 |
| 153   | 4279 | Jossek Ralf         | *Jülich                 | 1:27:32 | M50  | 28          | 96        | 0:11:36 | 0:06:18 | 99  | 0:37:26 | 0:02:20 | 188    | 0:29:50 |
| 154   | 4322 | Hornemann Daniel    | *Herzogenrath           | 1:27:37 | M45  | 23          | 213       | 0:16:12 | 0:05:53 | 106 | 0:37:37 | 0:01:27 | 142    | 0:26:27 |
| 155   | 4376 | Müller Michael      | Heroes Club             | 1:27:42 | M35  | 9           | 112       | 0:12:06 | 0:06:07 | 159 | 0:39:50 | 0:01:49 | 161    | 0:27:49 |
| 156   | 4358 | Schmiejka Thomas    | *Hürth                  | 1:27:43 | M40  | 17          | 111       | 0:12:06 | 0:06:04 | 140 | 0:39:02 | 0:02:43 | 160    | 0:27:47 |
| 157   | 4213 | De Brouwer Georg    | Team Erdinger           | 1:27:43 | M60  | 4           | 76        | 0:11:03 | 0:05:24 | 195 | 0:41:54 | 0:02:06 | 154    | 0:27:13 |
| 158   | 4444 | Gularek Maximilian  | *Kempen                 | 1:27:44 | M25  | 25          | 165       | 0:13:26 | 0:07:43 | 163 | 0:39:58 | 0:02:38 | 86     | 0:23:58 |
| 159   | 4334 | Bartmann Kosta      | *Hürth                  | 1:27:45 | M40  | 18          | 107       | 0:11:53 | 0:06:59 | 134 | 0:38:27 | 0:02:21 | 168    | 0:28:03 |

# 12. Indeland Triathlon am 16. Juni 2019

# Ergebnisliste

## Volksdistanz 0,5km - 20km - 5km

## Männer

| Platz | Nr.  | Name Vorname           | Verein/*Ort            | Endzeit | AK   | Pl. | AKPl. | S       | Schwimmen | Wechsel | Pl. R   | Rad     | Wechsel | Pl. L   | Laufen |
|-------|------|------------------------|------------------------|---------|------|-----|-------|---------|-----------|---------|---------|---------|---------|---------|--------|
| 160   | 4210 | Gardeick Olaf          | Schäl Sick             | 1:27:45 | M60  | 5   | 161   | 0:13:14 | 0:05:40   | 135     | 0:38:29 | 0:01:49 | 174     | 0:28:31 |        |
| 161   | 4374 | Engelhardt Raik        | *Rheinbach             | 1:27:47 | M35  | 10  | 141   | 0:12:50 | 0:06:16   | 164     | 0:40:00 | 0:01:48 | 147     | 0:26:51 |        |
| 162   | 4242 | Goebel Nils            | stiftung wadentest     | 1:28:11 | M50  | 29  | 86    | 0:11:13 | 0:06:08   | 112     | 0:37:44 | 0:02:40 | 194     | 0:30:25 |        |
| 163   | 4267 | Sehl Jürgen            | five2rats              | 1:28:12 | M50  | 30  | 48    | 0:10:07 | 0:07:13   | 111     | 0:37:42 | 0:02:43 | 195     | 0:30:26 |        |
| 164   | 4429 | Müller Christopher     | *Kerpen                | 1:28:12 | M25  | 26  | 58    | 0:10:31 | 0:06:47   | 168     | 0:40:04 | 0:02:22 | 171     | 0:28:26 |        |
| 165   | 4461 | Körver Nils            | *Inden                 | 1:28:14 | M20  | 16  | 214   | 0:16:18 | 0:04:48   | 159     | 0:39:50 | 0:02:07 | 115     | 0:25:09 |        |
| 166   | 4321 | Linke Thomas           | *Much                  | 1:28:16 | M45  | 24  | 98    | 0:11:40 | 0:06:50   | 138     | 0:39:00 | 0:01:44 | 178     | 0:28:59 |        |
| 167   | 4236 | Gruillich André        | Team Erdinger          | 1:28:19 | M55  | 12  | 196   | 0:14:21 | 0:04:44   | 149     | 0:39:25 | 0:02:06 | 157     | 0:27:41 |        |
| 168   | 4456 | Hohaus Maximilian      | Saunaclub              | 1:28:19 | M25  | 27  | 124   | 0:12:22 | 0:06:23   | 210     | 0:43:45 | 0:01:05 | 101     | 0:24:42 |        |
| 169   | 4451 | Fenkart Lukas          | *Aachen Laurensberg    | 1:28:34 | M25  | 28  | 179   | 0:13:52 | 0:05:29   | 183     | 0:41:03 | 0:02:22 | 128     | 0:25:46 |        |
| 170   | 4214 | Wernerus Rolf          | *Wolfach               | 1:28:56 | M60  | 6   | 67    | 0:10:50 | 0:05:35   | 193     | 0:41:46 | 0:02:47 | 165     | 0:27:56 |        |
| 171   | 4356 | Lentsch Mirko          | *Schophoven            | 1:29:08 | M40  | 19  | 186   | 0:14:01 | 0:06:00   | 194     | 0:41:52 | 0:01:23 | 131     | 0:25:50 |        |
| 172   | 4367 | Muckel Stephan         | *Erkelenz              | 1:29:34 | M35  | 11  | 175   | 0:13:49 | 0:05:25   | 169     | 0:40:06 | 0:02:27 | 158     | 0:27:45 |        |
| 173   | 4270 | Mertens Christian      | *Übach Palenberg       | 1:29:56 | M50  | 31  | 154   | 0:13:02 | 0:05:59   | 165     | 0:40:02 | 0:01:53 | 176     | 0:28:57 |        |
| 174   | 4463 | Dienst Hendrik         | *Wegberg               | 1:30:32 | M20  | 17  | 172   | 0:13:43 | 0:04:36   | 124     | 0:38:09 | 0:01:38 | 207     | 0:32:24 |        |
| 175   | 4220 | Stass Edgar            | 3-Sport Jülich         | 1:30:35 | M55  | 13  | 106   | 0:11:53 | 0:05:33   | 203     | 0:42:56 | 0:02:25 | 159     | 0:27:46 |        |
| 176   | 4336 | Pfeiffer Holger        | *Aachen                | 1:30:42 | M40  | 20  | 190   | 0:14:09 | 0:06:15   | 197     | 0:42:15 | 0:02:38 | 120     | 0:25:23 |        |
| 177   | 4259 | Wolinski Thomas        | *Aachen                | 1:30:42 | M50  | 32  | 155   | 0:13:03 | 0:06:19   | 152     | 0:39:29 | 0:02:21 | 185     | 0:29:28 |        |
| 178   | 4223 | Wernerus Karl-Heinz    | *Aachen                | 1:31:03 | M55  | 14  | 199   | 0:14:26 | 0:06:00   | 207     | 0:43:24 | 0:03:33 | 80      | 0:23:38 |        |
| 179   | 4368 | Zöller Andreas         | Heroes Club            | 1:31:07 | M35  | 12  | 143   | 0:12:51 | 0:05:31   | 179     | 0:40:51 | 0:02:50 | 179     | 0:29:01 |        |
| 180   | 4303 | Wedler Dr. Markus      | Synopsys GmbH          | 1:31:19 | M45  | 25  | 184   | 0:13:59 | 0:05:33   | 147     | 0:39:22 | 0:02:24 | 189     | 0:29:59 |        |
| 181   | 4306 | Isselhorst Ralf        | *Duisburg              | 1:31:20 | M45  | 26  | 146   | 0:12:54 | 0:07:54   | 59      | 0:35:32 | 0:02:20 | 209     | 0:32:38 |        |
| 182   | 4323 | Wolff Mike             | *Linnich               | 1:31:32 | M45  | 27  | 166   | 0:13:26 | 0:05:30   | 101     | 0:37:30 | 0:02:01 | 214     | 0:33:04 |        |
| 183   | 4274 | Hoven Holger           | *Nordrhein-Westfalen - | 1:31:40 | M50  | 33  | 215   | 0:16:19 | 0:06:44   | 176     | 0:40:39 | 0:01:42 | 140     | 0:26:14 |        |
| 184   | 4394 | Balk Robin             | *aachen                | 1:31:44 | M30  | 16  | 112   | 0:12:06 | 0:06:36   | 90      | 0:37:11 | 0:06:27 | 184     | 0:29:22 |        |
| 185   | 4425 | Hamacher Patrick       | *Inden                 | 1:31:57 | M25  | 29  | 189   | 0:14:07 | 0:05:52   | 214     | 0:44:39 | 0:01:21 | 134     | 0:25:57 |        |
| 186   | 4206 | Riesen Ingo            | Klub Kölner            | 1:32:04 | M60  | 7   | 118   | 0:12:14 | 0:06:30   | 185     | 0:41:13 | 0:04:06 | 166     | 0:27:58 |        |
| 187   | 4393 | Emonts Andreas         | 1985                   | 1:32:05 | M30  | 17  | 97    | 0:11:38 | 0:07:43   | 205     | 0:43:21 | 0:02:00 | 156     | 0:27:21 |        |
| 188   | 4226 | Buttkus Ralf           | *Kettenis              | 1:32:15 | M55  | 15  | 95    | 0:11:35 | 0:06:45   | 187     | 0:41:19 | 0:02:18 | 191     | 0:30:14 |        |
| 189   | 4406 | Wiese Thorsten         | *Stolberg              | 1:32:32 | M30  | 18  | 207   | 0:14:43 | 0:05:55   | 184     | 0:41:03 | 0:01:36 | 182     | 0:29:12 |        |
| 190   | 4460 | Bettinger Karsten      | *                      | 1:32:42 | M20  | 18  | 180   | 0:13:53 | 0:06:13   | 192     | 0:41:45 | 0:02:20 | 173     | 0:28:30 |        |
| 191   | 4377 | Laufenberg Sascha      | *Düren                 | 1:33:14 | M35  | 13  | 201   | 0:14:28 | 0:06:12   | 201     | 0:42:38 | 0:01:38 | 170     | 0:28:16 |        |
| 192   | 4281 | Merkens Dietmar        | Brander SV Tri Team    | 1:33:21 | M50  | 34  | 163   | 0:13:19 | 0:06:50   | 189     | 0:41:36 | 0:02:24 | 181     | 0:29:10 |        |
| 193   | 4488 | Gronert Maximilian     | *Stolberg              | 1:33:38 | MJun | 5   | 150   | 0:12:58 | 0:07:06   | 172     | 0:40:20 | 0:01:51 | 203     | 0:31:21 |        |
| 194   | 4209 | Kreus Artur            | Brander SV Tri Team    | 1:33:38 | M60  | 8   | 204   | 0:14:37 | 0:06:20   | 196     | 0:42:10 | 0:02:02 | 172     | 0:28:27 |        |
| 195   | 4247 | HUIJSMAN Wim           | *PURMEREND             | 1:33:40 | M50  | 35  | 91    | 0:11:28 | 0:06:53   | 130     | 0:38:15 | 0:04:17 | 211     | 0:32:46 |        |
| 196   | 4375 | Raab Benedikt          | *Aldenhoven            | 1:33:47 | M35  | 14  | 170   | 0:13:33 | 0:06:27   | 198     | 0:42:17 | 0:01:40 | 187     | 0:29:48 |        |
| 197   | 4240 | Witzel Reiner          | BSG BML Bonn           | 1:33:49 | M50  | 36  | 129   | 0:12:35 | 0:06:48   | 133     | 0:38:23 | 0:03:23 | 210     | 0:32:39 |        |
| 198   | 4272 | Karl Jürgen            | Compressport-Huub      | 1:34:00 | M50  | 37  | 65    | 0:10:45 | 0:06:49   | 204     | 0:43:13 | 0:02:12 | 199     | 0:30:59 |        |
| 199   | 4427 | Schürmann Till         | *Berlin                | 1:34:28 | M25  | 30  | 218   | 0:16:43 | 0:05:16   | 215     | 0:44:44 | 0:01:27 | 141     | 0:26:17 |        |
| 200   | 4431 | Schmitz Markus         | SSV Gevelsdorf         | 1:34:46 | M25  | 31  | 203   | 0:14:34 | 0:05:45   | 145     | 0:39:19 | 0:01:55 | 215     | 0:33:10 |        |
| 201   | 4392 | Elkenhans Markus       | *Alsdorf               | 1:34:55 | M30  | 19  | 162   | 0:13:16 | 0:08:38   | 174     | 0:40:30 | 0:04:40 | 162     | 0:27:49 |        |
| 202   | 4333 | Roncza Stephan         | *Kerpen                | 1:34:55 | M40  | 21  | 139   | 0:12:47 | 0:05:17   | 188     | 0:41:22 | 0:02:41 | 212     | 0:32:47 |        |
| 203   | 4207 | Beume Edgar            | *Langerwehe            | 1:35:00 | M60  | 9   | 183   | 0:13:57 | 0:05:15   | 144     | 0:39:16 | 0:04:05 | 208     | 0:32:25 |        |
| 204   | 4262 | Stulle Prof. Dr. Klaus | *Düsseldorf            | 1:35:09 | M50  | 38  | 212   | 0:15:37 | 0:06:53   | 186     | 0:41:18 | 0:04:18 | 151     | 0:27:01 |        |
| 205   | 4397 | Weichert Tobias        | *Köln                  | 1:35:22 | M30  | 20  | 191   | 0:14:10 | 0:06:07   | 181     | 0:40:59 | 0:02:51 | 201     | 0:31:14 |        |
| 206   | 4403 | Papadopoulos Dimitri   | -                      | 1:36:02 | M30  | 21  | 187   | 0:14:04 | 0:06:11   | 171     | 0:40:19 | 0:02:03 | 216     | 0:33:24 |        |
| 207   | 4215 | Wolf Thomas            | *Kreuzau               | 1:36:05 | M60  | 10  | 141   | 0:12:50 | 0:08:25   | 200     | 0:42:35 | 0:02:06 | 190     | 0:30:07 |        |
| 208   | 4348 | Riehn Peter            | *Kerpen                | 1:36:39 | M40  | 22  | 173   | 0:13:45 | 0:07:47   | 178     | 0:40:45 | 0:02:22 | 204     | 0:31:58 |        |
| 209   | 4354 | Schlich Niklas         | *Bergheim              | 1:36:39 | M40  | 23  | 150   | 0:12:58 | 0:08:31   | 151     | 0:39:27 | 0:03:42 | 205     | 0:31:59 |        |
| 210   | 4371 | Hamacher Thomas        | *jüchen                | 1:36:48 | M35  | 15  | 211   | 0:15:30 | 0:05:03   | 173     | 0:40:25 | 0:02:22 | 217     | 0:33:26 |        |
| 211   | 4203 | Kaulard Herbert        | Skikeller Kaulard &    | 1:37:21 | M65  | 2   | 224   | 0:21:54 | 0:05:34   | 137     | 0:38:47 | 0:02:01 | 180     | 0:29:04 |        |
| 212   | 4221 | Beckmann Volker        | *Erkelenz              | 1:38:20 | M55  | 16  | 153   | 0:13:01 | 0:07:50   | 177     | 0:40:41 | 0:02:52 | 219     | 0:33:54 |        |

## 12. Indeland Triathlon am 16. Juni 2019

## Ergebnisliste

### Volksdistanz 0,5km - 20km - 5km

### Männer

| Platz | Nr.  | Name Vorname          | Verein/*Ort            | Endzeit | AK  | Pl. | AKPl. | S | Schwimmen | Wechsel | Pl. R | Rad     | Wechsel | Pl. L | Laufen  |
|-------|------|-----------------------|------------------------|---------|-----|-----|-------|---|-----------|---------|-------|---------|---------|-------|---------|
| 213   | 4477 | Kaiser Christian      | *Eschweiler            | 1:38:48 | M20 | 19  | 80    |   | 0:11:08   | 0:07:27 | 216   | 0:45:18 | 0:02:05 | 213   | 0:32:48 |
| 214   | 4234 | Johnen Anton          | *Aldenhoven            | 1:39:18 | M55 | 17  | 169   |   | 0:13:32   | 0:06:04 | 167   | 0:40:04 | 0:03:08 | 222   | 0:36:28 |
| 215   | 4415 | Geilenkirchen Philipp | *Herzogenrath          | 1:39:28 | M30 | 22  | 221   |   | 0:18:33   | 0:05:56 | 202   | 0:42:47 | 0:02:31 | 186   | 0:29:39 |
| 216   | 4258 | Inderfurth Marc       | *Krefeld               | 1:39:51 | M50 | 39  | 188   |   | 0:14:07   | 0:07:44 | 206   | 0:43:23 | 0:03:31 | 200   | 0:31:04 |
| 217   | 4411 | Hortmann Steffen      | *Aachen                | 1:40:38 | M30 | 23  | 222   |   | 0:18:34   | 0:05:55 | 212   | 0:44:10 | 0:01:33 | 193   | 0:30:24 |
| 218   | 4385 | Huppertz Thomas       | *Köln                  | 1:42:52 | M35 | 16  | 174   |   | 0:13:49   | 0:06:34 | 219   | 0:46:30 | 0:02:09 | 218   | 0:33:49 |
| 219   | 4353 | Klemm Marcel          | *Düren                 | 1:44:37 | M40 | 24  | 217   |   | 0:16:28   | 0:06:39 | 222   | 0:49:06 | 0:02:01 | 192   | 0:30:21 |
| 220   | 4363 | Frantzen Bernd        | *Engelsdorf            | 1:46:18 | M35 | 17  | 206   |   | 0:14:42   | 0:07:15 | 221   | 0:46:45 | 0:02:48 | 221   | 0:34:46 |
| 221   | 4337 | Wiertz Alexander      | *Nordrhein-Westfalen - | 1:47:09 | M40 | 25  | 219   |   | 0:17:10   | 0:09:37 | 218   | 0:45:56 | 0:03:04 | 202   | 0:31:20 |
| 222   | 4312 | Poth Dirk             | TV-Obermaubach         | 1:50:18 | M45 | 28  | 0     |   | 0:00:00   | 0:00:00 | 220   | 0:46:38 | 0:03:07 | 220   | 0:34:29 |
| 223   | 4280 | Einmal Norbert        | *Niederrotterbach      | 1:51:15 | M50 | 40  | 127   |   | 0:12:24   | 0:07:29 | 217   | 0:45:25 | 0:02:57 | 226   | 0:42:59 |
| 224   | 4490 | Kunert Florian        | *Niederzier            | 1:53:24 | MJA | 7   | 223   |   | 0:19:26   | 0:08:18 | 223   | 0:51:26 | 0:03:33 | 196   | 0:30:39 |
| 225   | 4409 | Steininger Sebastian  | *Jülich                | 1:56:08 | M30 | 24  | 220   |   | 0:17:41   | 0:05:39 | 225   | 0:53:56 | 0:01:52 | 223   | 0:36:57 |
| 226   | 4256 | Wollersheim Frank     | *Düren                 | 2:02:51 | M50 | 41  | 121   |   | 0:12:17   | 0:06:25 | 226   | 1:03:39 | 0:02:25 | 224   | 0:38:04 |
| 227   | 4202 | Wilden Heinz-Peter    | Germania Dürboslar     | 2:05:47 | M65 | 3   | 225   |   | 0:22:36   | 0:07:05 | 224   | 0:52:18 | 0:02:04 | 225   | 0:41:42 |

#### nicht beendet

| Platz | Nr.  | Name Vorname       | Verein/*Ort | Endzeit | AK  | Pl. | AKPl. | S | Schwimmen | Wechsel | Pl. R | Rad     | Wechsel | Pl. L | Laufen  |
|-------|------|--------------------|-------------|---------|-----|-----|-------|---|-----------|---------|-------|---------|---------|-------|---------|
| 0     | 4282 | Frantzen Detlef    | *Düren      | 0:00:00 | M50 | -   | 227   |   | 0:12:28   | 0:05:57 | 228   | 0:35:12 | 0:02:02 | 0     | 0:00:00 |
| 0     | 4362 | Zimmerling Joachim | ASV Köln    | 0:00:00 | M35 | -   | 226   |   | 0:07:19   | 0:03:10 | 227   | 0:31:06 | 0:01:48 | 0     | 0:00:00 |

#### disqualifiziert

| Platz | Nr.  | Name Vorname     | Grund              | Endzeit | AK  | Pl. | AKPl. | S | Schwimmen | Wechsel | Pl. R | Rad     | Wechsel | Pl. L | Laufen  |
|-------|------|------------------|--------------------|---------|-----|-----|-------|---|-----------|---------|-------|---------|---------|-------|---------|
| 0     | 4388 | Wasowicz Bartho  | zu wenig Radrunden | 1:23:07 | M30 | 0   | 0     |   | 0:17:06   | 0:08:53 | 0     | 0:21:36 | 0:03:53 | 0     | 0:31:37 |
| 0     | 4450 | Grauke Lukas     | zu wenig Radrunden | 1:03:03 | M25 | 0   | 0     |   | 0:10:31   | 0:04:49 | 0     | 0:15:07 | 0:05:55 | 0     | 0:26:39 |
| 0     | 4305 | Schietinger Marc | zu wenig Radrunden | 0:59:58 | M45 | 0   | 0     |   | 0:11:19   | 0:03:52 | 0     | 0:15:15 | 0:05:52 | 0     | 0:23:38 |
| 0     | 4383 | Hantschel Frank  | zu wenig Radrunden | 1:12:33 | M35 | 0   | 0     |   | 0:15:36   | 0:05:59 | 0     | 0:21:44 | 0:01:20 | 0     | 0:27:52 |
| 0     | 4423 | Stollenwerk Jörg | zu wenig Radrunden | 1:08:01 | M25 | 0   | 0     |   | 0:17:22   | 0:05:34 | 0     | 0:17:53 | 0:03:36 | 0     | 0:23:33 |

# 12. Indeland Triathlon am 16. Juni 2019

# Ergebnisliste

## Volksdistanz 0,5km - 20km - 5km

## Frauen

| Platz | Nr.  | Name Vorname          | Verein/*Ort              | Endzeit | AK   | Pl. AKPL. S | Schwimmen | Wechsel | Pl. R   | Rad | Wechsel | Pl. L   | Laufen |         |
|-------|------|-----------------------|--------------------------|---------|------|-------------|-----------|---------|---------|-----|---------|---------|--------|---------|
| 1     | 4124 | Schafhausen Anne      | SSF Bonn Triathlon       | 1:06:00 | W30  | 1           | 11        | 0:10:14 | 0:03:34 | 1   | 0:32:48 | 0:01:15 | 1      | 0:18:07 |
| 2     | 4153 | Laermann Laura        | TriTeam Maxmo LG         | 1:09:11 | W25  | 1           | 18        | 0:11:00 | 0:02:35 | 4   | 0:35:52 | 0:01:01 | 2      | 0:18:41 |
| 3     | 4156 | Backes Cathy          | Tri Team Eupen           | 1:10:40 | W25  | 2           | 1         | 0:07:30 | 0:03:34 | 5   | 0:36:08 | 0:01:19 | 8      | 0:22:06 |
| 4     | 4133 | Meyer Janina          | KTT01                    | 1:10:43 | W25  | 3           | 3         | 0:08:49 | 0:02:48 | 6   | 0:36:12 | 0:01:02 | 5      | 0:21:51 |
| 5     | 4186 | Franczyk Lina         | PV Triathlon Witten      | 1:11:08 | WJA  | 1           | 2         | 0:08:11 | 0:03:25 | 19  | 0:37:45 | 0:01:06 | 3      | 0:20:40 |
| 6     | 4112 | John Dr. Karen        | Dlc aachen               | 1:14:52 | W30  | 2           | 23        | 0:11:26 | 0:03:46 | 2   | 0:34:38 | 0:01:24 | 14     | 0:23:37 |
| 7     | 4169 | Spahn Jana            | SuS Stadtlohn Triathlon  | 1:15:33 | W20  | 1           | 4         | 0:08:50 | 0:03:48 | 23  | 0:38:47 | 0:01:03 | 11     | 0:23:04 |
| 8     | 4139 | Caramanos Miriam      | *Hannover                | 1:15:59 | W25  | 4           | 20        | 0:11:04 | 0:03:21 | 7   | 0:36:14 | 0:01:00 | 17     | 0:24:19 |
| 9     | 4291 | Konert Tina           | SSK Kerpen               | 1:16:04 | W55  | 1           | 9         | 0:09:55 | 0:04:41 | 10  | 0:37:12 | 0:01:29 | 10     | 0:22:46 |
| 10    | 4063 | Brüll Aline           | Tri Team Eupen           | 1:16:07 | W45  | 1           | 7         | 0:09:50 | 0:04:16 | 3   | 0:35:17 | 0:01:21 | 33     | 0:25:20 |
| 11    | 4140 | Krings Amelie         | Brander SV Tri Team      | 1:17:16 | W25  | 5           | 26        | 0:11:39 | 0:05:11 | 11  | 0:37:12 | 0:01:19 | 6      | 0:21:53 |
| 12    | 4161 | Ni Anita              | OLV Steinberg            | 1:17:18 | W20  | 2           | 92        | 0:13:49 | 0:03:48 | 9   | 0:36:48 | 0:02:09 | 4      | 0:20:42 |
| 13    | 4091 | Hollberg Steffi       | IN FORM Team Bonn        | 1:17:38 | W35  | 1           | 14        | 0:10:41 | 0:04:06 | 26  | 0:39:05 | 0:01:29 | 9      | 0:22:15 |
| 14    | 4131 | Leipertz Kristina     | *Jülich                  | 1:18:32 | W30  | 3           | 99        | 0:14:02 | 0:03:54 | 12  | 0:37:13 | 0:01:24 | 7      | 0:21:56 |
| 15    | 4021 | Krause Christiane     | Casa Ciclista            | 1:19:57 | W55  | 2           | 28        | 0:11:43 | 0:05:34 | 8   | 0:36:19 | 0:01:42 | 21     | 0:24:37 |
| 16    | 4155 | Koch Sophia           | *Aachen                  | 1:20:31 | W25  | 6           | 8         | 0:09:51 | 0:04:31 | 21  | 0:38:20 | 0:01:23 | 50     | 0:26:24 |
| 17    | 4184 | Scherz Maren          | SV Gladbeck 13           | 1:20:39 | WJA  | 2           | 29        | 0:11:45 | 0:03:46 | 13  | 0:37:13 | 0:01:25 | 53     | 0:26:28 |
| 18    | 4036 | Van den Biggelaar     | fusionsteam nl           | 1:20:59 | W50  | 1           | 13        | 0:10:38 | 0:04:17 | 15  | 0:37:16 | 0:02:40 | 44     | 0:26:06 |
| 19    | 4117 | Jung Khira            | *Köln                    | 1:21:02 | W30  | 4           | 44        | 0:12:24 | 0:04:20 | 17  | 0:37:39 | 0:01:43 | 25     | 0:24:55 |
| 20    | 4109 | Botsch Kerstin        | Mach3 e.V.               | 1:22:10 | W35  | 2           | 60        | 0:12:50 | 0:04:06 | 14  | 0:37:16 | 0:02:08 | 40     | 0:25:47 |
| 21    | 4035 | Hernández Rocha Pilar | DLC Aachen               | 1:22:36 | W50  | 2           | 35        | 0:11:57 | 0:04:49 | 49  | 0:40:45 | 0:01:19 | 15     | 0:23:44 |
| 22    | 4145 | Schenk Ricarda        | *Essen                   | 1:22:45 | W25  | 7           | 16        | 0:10:47 | 0:03:53 | 90  | 0:43:43 | 0:01:16 | 12     | 0:23:04 |
| 23    | 4159 | Sperlich Esther       | *Köln                    | 1:23:29 | W25  | 8           | 32        | 0:11:53 | 0:04:46 | 46  | 0:40:33 | 0:01:51 | 18     | 0:24:24 |
| 24    | 4157 | Vieker Anna-Lena      | *Köln                    | 1:23:29 | W25  | 9           | 31        | 0:11:52 | 0:04:53 | 16  | 0:37:36 | 0:01:41 | 67     | 0:27:26 |
| 25    | 4047 | Kinkel Doris          | Brander SV Tri Team      | 1:23:46 | W40  | 1           | 47        | 0:12:27 | 0:06:10 | 20  | 0:38:11 | 0:02:12 | 22     | 0:24:44 |
| 26    | 4185 | Johnen Frieda         | LSG -Eschweiler          | 1:24:12 | WJA  | 3           | 5         | 0:09:37 | 0:03:48 | 76  | 0:42:23 | 0:01:01 | 63     | 0:27:21 |
| 27    | 4130 | Sourli Despina        | PTSV Aachen              | 1:24:29 | W30  | 5           | 53        | 0:12:39 | 0:04:50 | 44  | 0:40:29 | 0:01:43 | 23     | 0:24:46 |
| 28    | 4121 | Hantschel Julia       | LG Linnich-Ameln         | 1:24:30 | W30  | 6           | 95        | 0:13:55 | 0:03:57 | 40  | 0:40:14 | 0:01:18 | 28     | 0:25:03 |
| 29    | 4080 | Gensterblum Nadine    | Tri Team Eupen           | 1:24:47 | W40  | 2           | 62        | 0:12:57 | 0:04:57 | 45  | 0:40:31 | 0:01:25 | 26     | 0:24:56 |
| 30    | 4059 | Dammann Anke          | Tri Team Eupen           | 1:24:47 | W45  | 2           | 43        | 0:12:24 | 0:04:34 | 30  | 0:39:21 | 0:02:00 | 52     | 0:26:26 |
| 31    | 4141 | Löhmman Jacqueline    | *Aachen                  | 1:24:57 | W25  | 10          | 27        | 0:11:42 | 0:04:07 | 74  | 0:42:05 | 0:01:43 | 32     | 0:25:18 |
| 32    | 4077 | Förster Katja         | LG Mützenich             | 1:25:11 | W40  | 3           | 57        | 0:12:45 | 0:04:58 | 35  | 0:39:45 | 0:01:55 | 40     | 0:25:47 |
| 33    | 4086 | Chloubová Lenka       | Triathlon Team           | 1:25:19 | W40  | 4           | 68        | 0:13:08 | 0:05:05 | 25  | 0:39:00 | 0:01:20 | 57     | 0:26:44 |
| 34    | 4100 | Kugelmeier Sonja      | *Merzenich               | 1:25:30 | W35  | 3           | 75        | 0:13:22 | 0:05:12 | 37  | 0:39:55 | 0:01:25 | 37     | 0:25:35 |
| 35    | 4128 | Leist Amelie          | Schwimmverein            | 1:25:43 | W30  | 7           | 63        | 0:12:59 | 0:05:47 | 43  | 0:40:23 | 0:01:39 | 24     | 0:24:53 |
| 36    | 4016 | Telgenbrok Sigrud     | Ausdauerschule by bunert | 1:26:04 | W55  | 3           | 72        | 0:13:13 | 0:04:49 | 52  | 0:40:54 | 0:01:33 | 36     | 0:25:34 |
| 37    | 4138 | Langen Julia          | Schwimmverein            | 1:26:05 | W25  | 11          | 6         | 0:09:48 | 0:05:26 | 33  | 0:39:40 | 0:02:16 | 81     | 0:28:54 |
| 38    | 4132 | Thiele Katrin         | *Köln                    | 1:26:06 | W30  | 8           | 79        | 0:13:30 | 0:05:08 | 50  | 0:40:51 | 0:01:31 | 30     | 0:25:05 |
| 39    | 4083 | Hilger Jenny          | *Ratingen                | 1:26:11 | W40  | 5           | 40        | 0:12:16 | 0:05:28 | 64  | 0:41:28 | 0:01:59 | 27     | 0:24:58 |
| 40    | 3201 | Ploumen Annick        | Stein (NL)               | 1:26:14 | W50  | 3           | 81        | 0:13:36 | 0:05:44 | 28  | 0:39:15 | 0:02:10 | 35     | 0:25:28 |
| 41    | 4076 | Gugenberger Dr.       | PTSV Aachen              | 1:26:14 | W40  | 6           | 67        | 0:13:04 | 0:05:14 | 22  | 0:38:43 | 0:02:14 | 60     | 0:26:56 |
| 42    | 4152 | Hollinger Anna        | *Köln                    | 1:26:21 | W25  | 12          | 110       | 0:14:20 | 0:04:25 | 34  | 0:39:43 | 0:01:43 | 45     | 0:26:08 |
| 43    | 4108 | Hideg Annika          | Laufen einfach laufen    | 1:26:22 | W35  | 4           | 127       | 0:15:43 | 0:04:25 | 18  | 0:37:43 | 0:02:00 | 55     | 0:26:29 |
| 44    | 4093 | Van Endert Ulrike     | LG Mützenich             | 1:26:32 | W35  | 5           | 76        | 0:13:24 | 0:05:23 | 36  | 0:39:50 | 0:02:09 | 39     | 0:25:45 |
| 45    | 4041 | Allenstein Bianca     | *Köln                    | 1:26:37 | W50  | 4           | 39        | 0:12:10 | 0:04:45 | 32  | 0:39:37 | 0:01:58 | 73     | 0:28:05 |
| 46    | 4065 | Bolz Simone           | *Essen                   | 1:26:40 | W45  | 3           | 106       | 0:14:15 | 0:05:15 | 29  | 0:39:18 | 0:01:25 | 51     | 0:26:25 |
| 47    | 4136 | Hadaschik Lena-Marie  | *Aachen                  | 1:26:46 | W25  | 13          | 46        | 0:12:25 | 0:06:15 | 41  | 0:40:20 | 0:01:27 | 47     | 0:26:17 |
| 48    | 4134 | Linnenkamp Dr.        | *Bonn                    | 1:26:49 | W25  | 14          | 77        | 0:13:27 | 0:04:37 | 84  | 0:43:08 | 0:01:24 | 16     | 0:24:11 |
| 49    | 4113 | Fischer Kristin       | *Köln                    | 1:26:50 | W30  | 9           | 19        | 0:11:02 | 0:05:22 | 51  | 0:40:53 | 0:02:10 | 63     | 0:27:21 |
| 50    | 4028 | Lohse-Bister Sabine   | DJK Löwe Hambach         | 1:26:58 | W50  | 5           | 37        | 0:12:00 | 0:05:34 | 54  | 0:41:07 | 0:02:02 | 46     | 0:26:12 |
| 51    | 4116 | Flöter Laura          | *Düren                   | 1:27:07 | W30  | 10          | 10        | 0:09:58 | 0:05:12 | 56  | 0:41:11 | 0:01:40 | 84     | 0:29:04 |
| 52    | 4177 | Fatzaun Alice         | Tri Team Eupen           | 1:27:08 | WJun | 1           | 41        | 0:12:18 | 0:04:40 | 66  | 0:41:34 | 0:02:45 | 42     | 0:25:49 |
| 53    | 4179 | Allenstein Ingalu     | *Köln                    | 1:27:14 | WJun | 2           | 74        | 0:13:22 | 0:05:03 | 81  | 0:42:54 | 0:01:26 | 19     | 0:24:27 |

# 12. Indeland Triathlon am 16. Juni 2019

# Ergebnisliste

## Volksdistanz 0,5km - 20km - 5km

## Frauen

| Platz | Nr.  | Name Vorname         | Verein/*Ort               | Endzeit | AK   | Pl. | AKPl. | S       | Schwimmen | Wechsel | Pl. R   | Rad     | Wechsel | Pl. L   | Laufen |
|-------|------|----------------------|---------------------------|---------|------|-----|-------|---------|-----------|---------|---------|---------|---------|---------|--------|
| 54    | 4074 | Abbing Ingrun        | *Köln                     | 1:27:26 | W40  | 7   | 64    | 0:13:01 | 0:05:22   | 77      | 0:42:37 | 0:01:21 | 29      | 0:25:03 |        |
| 55    | 4137 | Laaf Elena           | *Langerwehe               | 1:27:34 | W25  | 15  | 59    | 0:12:46 | 0:05:25   | 71      | 0:41:55 | 0:01:28 | 43      | 0:25:59 |        |
| 56    | 4107 | Diruf Antonia        | *Köln                     | 1:27:35 | W35  | 6   | 33    | 0:11:53 | 0:06:04   | 67      | 0:41:36 | 0:02:46 | 31      | 0:25:14 |        |
| 57    | 4147 | Gerlach Michelle     | FC St. Pauli Triathlon    | 1:28:16 | W25  | 16  | 73    | 0:13:20 | 0:04:40   | 63      | 0:41:27 | 0:01:05 | 70      | 0:27:42 |        |
| 58    | 4084 | Kappes Anne          | *Alsdorf                  | 1:28:26 | W40  | 8   | 25    | 0:11:37 | 0:05:16   | 42      | 0:40:22 | 0:02:10 | 82      | 0:28:59 |        |
| 59    | 4053 | Bauhaus Angela       | *Heinsberg                | 1:28:32 | W45  | 4   | 36    | 0:11:59 | 0:05:27   | 86      | 0:43:23 | 0:02:01 | 38      | 0:25:39 |        |
| 60    | 4115 | Masurek Nicole       | *Titz                     | 1:28:39 | W30  | 11  | 101   | 0:14:06 | 0:04:50   | 38      | 0:40:05 | 0:02:11 | 66      | 0:27:25 |        |
| 61    | 4105 | Schneider Stefanie   | Mach 3 e.V. Köln          | 1:28:45 | W35  | 7   | 17    | 0:10:58 | 0:06:03   | 59      | 0:41:16 | 0:02:05 | 74      | 0:28:21 |        |
| 62    | 4023 | Beckmann-Hunker      | *Dorsten                  | 1:29:09 | W55  | 4   | 94    | 0:13:54 | 0:05:20   | 27      | 0:39:14 | 0:02:40 | 71      | 0:27:59 |        |
| 63    | 4168 | Beccard Frauke       | *Leipzig                  | 1:29:10 | W20  | 3   | 88    | 0:13:47 | 0:04:32   | 65      | 0:41:33 | 0:02:05 | 62      | 0:27:12 |        |
| 64    | 4095 | Elsner Claudia       | *Kerpen                   | 1:29:22 | W35  | 8   | 34    | 0:11:54 | 0:05:23   | 75      | 0:42:13 | 0:01:26 | 75      | 0:28:24 |        |
| 65    | 4048 | Barthel Susanne      | *Jülich                   | 1:29:31 | W45  | 5   | 80    | 0:13:31 | 0:06:39   | 53      | 0:41:07 | 0:01:30 | 56      | 0:26:42 |        |
| 66    | 4144 | Vaccaro Julia        | Organspende rettet Leben! | 1:30:12 | W25  | 17  | 83    | 0:13:39 | 0:05:16   | 55      | 0:41:08 | 0:01:36 | 77      | 0:28:30 |        |
| 67    | 4020 | Dorner Judith        | *Aachen                   | 1:30:19 | W55  | 5   | 112   | 0:14:22 | 0:06:34   | 31      | 0:39:28 | 0:02:17 | 68      | 0:27:37 |        |
| 68    | 4224 | Fatzaun Danielle     | Tri Team Eupen            | 1:30:49 | W50  | 6   | 108   | 0:14:18 | 0:05:42   | 57      | 0:41:13 | 0:02:41 | 59      | 0:26:52 |        |
| 69    | 4029 | Bodden Ute           | Skikeller Kaulard &       | 1:31:14 | W50  | 7   | 42    | 0:12:22 | 0:05:09   | 58      | 0:41:15 | 0:02:00 | 98      | 0:30:26 |        |
| 70    | 4015 | Bayer Ingeborg       | *Rheinbach                | 1:31:19 | W55  | 6   | 78    | 0:13:28 | 0:05:34   | 24      | 0:38:58 | 0:02:24 | 102     | 0:30:54 |        |
| 71    | 4154 | Renkens Julia        | Talentlos                 | 1:31:28 | W25  | 18  | 87    | 0:13:45 | 0:06:12   | 79      | 0:42:43 | 0:01:58 | 58      | 0:26:47 |        |
| 72    | 4129 | Krause Julia         | *Stuttgart                | 1:31:29 | W30  | 12  | 107   | 0:14:18 | 0:06:33   | 48      | 0:40:42 | 0:03:35 | 48      | 0:26:18 |        |
| 73    | 4151 | Pastor Pia           | *Aachen                   | 1:31:51 | W25  | 19  | 100   | 0:14:06 | 0:06:49   | 68      | 0:41:37 | 0:01:17 | 72      | 0:28:01 |        |
| 74    | 4079 | Naujoks Britta       | FSE                       | 1:31:51 | W40  | 9   | 50    | 0:12:32 | 0:07:55   | 60      | 0:41:16 | 0:01:37 | 76      | 0:28:28 |        |
| 75    | 4037 | Holzke Angelika      | *Jülich                   | 1:31:57 | W50  | 8   | 104   | 0:14:14 | 0:05:05   | 72      | 0:41:55 | 0:01:29 | 87      | 0:29:13 |        |
| 76    | 4149 | Leimbach Kathrin     | *Engelsdorf               | 1:32:13 | W25  | 20  | 119   | 0:14:57 | 0:04:13   | 114     | 0:46:19 | 0:01:16 | 34      | 0:25:26 |        |
| 77    | 4118 | Schovenberg Vanessa  | MACH3 Köln e.V.           | 1:32:42 | W30  | 13  | 58    | 0:12:45 | 0:06:15   | 73      | 0:41:58 | 0:02:11 | 90      | 0:29:30 |        |
| 78    | 4288 | Frantzen Andrea      | *Dueren                   | 1:32:53 | W45  | 6   | 123   | 0:15:16 | 0:05:51   | 78      | 0:42:40 | 0:02:01 | 61      | 0:27:03 |        |
| 79    | 4031 | Mössner Anke         | *Köln                     | 1:34:06 | W50  | 9   | 49    | 0:12:32 | 0:05:44   | 70      | 0:41:55 | 0:02:01 | 108     | 0:31:52 |        |
| 80    | 4174 | Wolters Beverley     | TV Derichsweiler          | 1:34:23 | W20  | 4   | 126   | 0:15:32 | 0:06:27   | 83      | 0:42:58 | 0:02:00 | 65      | 0:27:24 |        |
| 81    | 4064 | Wolinski Hanna       | *Aachen                   | 1:34:28 | W45  | 7   | 96    | 0:13:56 | 0:05:32   | 95      | 0:44:19 | 0:01:21 | 89      | 0:29:18 |        |
| 82    | 4419 | Halbe Dr. Luisa      | *Bonn                     | 1:35:06 | W30  | 14  | 93    | 0:13:53 | 0:06:11   | 93      | 0:44:02 | 0:01:46 | 86      | 0:29:12 |        |
| 83    | 4024 | Tenorth Karin        | *Bergischen Gladbach      | 1:35:09 | W50  | 10  | 122   | 0:15:08 | 0:06:50   | 47      | 0:40:39 | 0:02:21 | 95      | 0:30:10 |        |
| 84    | 4073 | Braun Silvia         | *Düren                    | 1:35:09 | W40  | 10  | 132   | 0:16:35 | 0:05:49   | 117     | 0:46:28 | 0:01:40 | 20      | 0:24:35 |        |
| 85    | 4103 | Seeberg Stephanie    | Wasserfreunde Delphin     | 1:35:17 | W35  | 9   | 12    | 0:10:27 | 0:06:27   | 124     | 0:47:25 | 0:02:15 | 80      | 0:28:41 |        |
| 86    | 4056 | Esser Sabine         | *Herzogenrath             | 1:35:19 | W45  | 8   | 69    | 0:13:09 | 0:05:48   | 105     | 0:45:25 | 0:01:50 | 85      | 0:29:05 |        |
| 87    | 4051 | De Bache Klaudia     | *Alsdorf                  | 1:35:52 | W45  | 9   | 86    | 0:13:44 | 0:05:11   | 121     | 0:47:00 | 0:01:23 | 78      | 0:28:33 |        |
| 88    | 4050 | Göbbels Tina         | BG Silver Racer           | 1:35:53 | W45  | 10  | 121   | 0:15:00 | 0:06:31   | 62      | 0:41:23 | 0:02:42 | 96      | 0:30:16 |        |
| 89    | 4071 | Wünsch Nina          | *Aachen                   | 1:36:11 | W40  | 11  | 102   | 0:14:12 | 0:06:04   | 96      | 0:44:34 | 0:02:39 | 79      | 0:28:40 |        |
| 90    | 4018 | Klassen Gabriele     | *Eschweiler               | 1:36:12 | W55  | 7   | 97    | 0:14:00 | 0:05:27   | 99      | 0:44:54 | 0:01:59 | 94      | 0:29:49 |        |
| 91    | 4143 | Benkert Carolin      | Massephase war gesern     | 1:36:12 | W25  | 21  | 45    | 0:12:24 | 0:06:11   | 108     | 0:45:35 | 0:02:28 | 91      | 0:29:31 |        |
| 92    | 4164 | Gleißert Melina      | *Gummersbach              | 1:36:33 | W20  | 5   | 15    | 0:10:45 | 0:03:32   | 137     | 0:57:23 | 0:01:24 | 13      | 0:23:27 |        |
| 93    | 4014 | Ekberg Monika        | *Eschweiler               | 1:37:07 | W60  | 1   | 70    | 0:13:11 | 0:06:55   | 97      | 0:44:38 | 0:01:25 | 103     | 0:30:55 |        |
| 94    | 4052 | Krause-Scholte Tina  | *Jülich                   | 1:37:09 | W45  | 11  | 105   | 0:14:15 | 0:07:47   | 115     | 0:46:21 | 0:02:17 | 54      | 0:26:28 |        |
| 95    | 4060 | Rosarius Vera        | *Niederzier               | 1:37:10 | W45  | 12  | 117   | 0:14:46 | 0:06:03   | 109     | 0:45:39 | 0:01:39 | 83      | 0:29:01 |        |
| 96    | 4173 | Schwanitz Franziska  | Die Rennschweine          | 1:37:34 | W20  | 6   | 24    | 0:11:26 | 0:05:38   | 120     | 0:46:36 | 0:01:35 | 109     | 0:32:17 |        |
| 97    | 4120 | Ise Katharina        | Mach3 Köln                | 1:37:39 | W30  | 15  | 55    | 0:12:42 | 0:06:57   | 92      | 0:43:47 | 0:03:03 | 105     | 0:31:09 |        |
| 98    | 4045 | Trepels-Kottek Sonja | *Aachen                   | 1:37:57 | W45  | 13  | 120   | 0:14:58 | 0:05:16   | 39      | 0:40:13 | 0:02:16 | 125     | 0:35:13 |        |
| 99    | 4166 | Wolff Anne           | *Eschweiler               | 1:38:05 | W20  | 7   | 115   | 0:14:25 | 0:04:53   | 69      | 0:41:49 | 0:01:45 | 124     | 0:35:11 |        |
| 100   | 4180 | Koopmans Sophie      | TVP                       | 1:38:29 | WJun | 3   | 22    | 0:11:25 | 0:07:19   | 87      | 0:43:30 | 0:02:22 | 119     | 0:33:52 |        |
| 101   | 4038 | Popall Sabine        | *Alsdorf                  | 1:38:30 | W50  | 11  | 130   | 0:15:53 | 0:05:30   | 61      | 0:41:19 | 0:02:18 | 117     | 0:33:28 |        |
| 102   | 4094 | Buers Sandra         | *Linnich                  | 1:38:52 | W35  | 10  | 131   | 0:16:02 | 0:07:08   | 91      | 0:43:45 | 0:02:39 | 88      | 0:29:17 |        |
| 103   | 4162 | Großek Kerstin       | DJK Löwe Hambach          | 1:39:16 | W20  | 8   | 30    | 0:11:50 | 0:07:17   | 100     | 0:44:56 | 0:02:53 | 110     | 0:32:18 |        |
| 104   | 4057 | Witkowski Nicole     | *Mönchengladbach          | 1:39:17 | W45  | 14  | 51    | 0:12:33 | 0:08:04   | 88      | 0:43:35 | 0:02:07 | 115     | 0:32:55 |        |
| 105   | 4030 | Viethen Katrin       | Düren 99                  | 1:39:26 | W50  | 12  | 116   | 0:14:37 | 0:07:37   | 104     | 0:45:21 | 0:01:23 | 99      | 0:30:27 |        |
| 106   | 4089 | Kremer Andrea        | *Düren                    | 1:39:26 | W40  | 12  | 109   | 0:14:19 | 0:05:36   | 111     | 0:45:59 | 0:01:54 | 106     | 0:31:37 |        |

# 12. Indeland Triathlon am 16. Juni 2019

# Ergebnisliste

## Volksdistanz 0,5km - 20km - 5km

## Frauen

| Platz | Nr.  | Name Vorname         | Verein/*Ort         | Endzeit | AK   | Pl. | AKPl. | S       | Schwimmen | Wechsel | Pl. R   | Rad     | Wechsel | Pl. L   | Laufen |
|-------|------|----------------------|---------------------|---------|------|-----|-------|---------|-----------|---------|---------|---------|---------|---------|--------|
| 107   | 4104 | Trump Tina           | *Düren              | 1:39:42 | W35  | 11  | 82    | 0:13:37 | 0:08:26   | 106     | 0:45:26 | 0:02:38 | 92      | 0:29:33 |        |
| 108   | 4019 | Müller Birgit        | *Köln               | 1:39:52 | W55  | 8   | 65    | 0:13:02 | 0:08:42   | 102     | 0:45:04 | 0:03:18 | 93      | 0:29:44 |        |
| 109   | 4182 | Lang Katharina       | *Erkrath            | 1:40:26 | WJun | 4   | 91    | 0:13:48 | 0:07:28   | 134     | 0:51:15 | 0:01:35 | 49      | 0:26:19 |        |
| 110   | 4111 | Trajcev Cathrin      | *Jülich             | 1:40:52 | W30  | 16  | 113   | 0:14:22 | 0:06:59   | 122     | 0:47:15 | 0:01:26 | 100     | 0:30:47 |        |
| 111   | 4101 | Göttel Christina     | SV Germania Dürwiss | 1:41:19 | W35  | 12  | 114   | 0:14:23 | 0:06:37   | 103     | 0:45:15 | 0:02:00 | 116     | 0:33:03 |        |
| 112   | 4085 | Leisten Verena       | *Düren              | 1:41:42 | W40  | 13  | 129   | 0:15:49 | 0:05:31   | 123     | 0:47:17 | 0:01:17 | 107     | 0:31:45 |        |
| 113   | 4061 | Elkenhans Dr. Britta | *Alsdorf            | 1:41:43 | W45  | 15  | 135   | 0:17:11 | 0:07:54   | 98      | 0:44:41 | 0:04:18 | 69      | 0:27:37 |        |
| 114   | 4110 | Schniewind Svenja    | *Berlin             | 1:42:13 | W30  | 17  | 128   | 0:15:49 | 0:05:10   | 82      | 0:42:58 | 0:02:11 | 127     | 0:36:03 |        |
| 115   | 4146 | Bergmann Jacqueline  | *Gelsenkirchen      | 1:42:29 | W25  | 22  | 125   | 0:15:30 | 0:07:32   | 118     | 0:46:29 | 0:02:39 | 97      | 0:30:17 |        |
| 116   | 4119 | Kamphausen Birgit    | *Heinsberg          | 1:42:40 | W30  | 18  | 71    | 0:13:12 | 0:06:00   | 127     | 0:49:09 | 0:01:54 | 111     | 0:32:23 |        |
| 117   | 4122 | Wüst Nadine          | *Geilenkirchen      | 1:43:21 | W30  | 19  | 54    | 0:12:40 | 0:07:21   | 107     | 0:45:30 | 0:03:07 | 121     | 0:34:42 |        |
| 118   | 4040 | Schumacher Alice     | Go! Do Sports!      | 1:43:41 | W50  | 13  | 137   | 0:18:45 | 0:08:36   | 85      | 0:43:21 | 0:02:08 | 101     | 0:30:49 |        |
| 119   | 4135 | Ekberg Inga          | *Aachen             | 1:44:01 | W25  | 23  | 48    | 0:12:29 | 0:05:42   | 110     | 0:45:55 | 0:02:33 | 131     | 0:37:21 |        |
| 120   | 4126 | Giertz Angela        | Marathon-Club       | 1:44:42 | W30  | 20  | 118   | 0:14:53 | 0:05:42   | 131     | 0:50:12 | 0:01:24 | 112     | 0:32:29 |        |
| 121   | 4078 | Raab Tamara          | *Aldenhoven         | 1:44:44 | W40  | 14  | 38    | 0:12:05 | 0:06:35   | 116     | 0:46:27 | 0:02:44 | 130     | 0:36:51 |        |
| 122   | 4148 | Hinz Elena           | *Aachen             | 1:44:51 | W25  | 24  | 84    | 0:13:40 | 0:06:44   | 119     | 0:46:32 | 0:01:33 | 128     | 0:36:21 |        |
| 123   | 4043 | Hahne Andrea         | TV Hülsenbusch      | 1:45:01 | W50  | 14  | 66    | 0:13:03 | 0:06:14   | 80      | 0:42:46 | 0:02:59 | 134     | 0:39:57 |        |
| 124   | 4181 | Stiegler Anna        | *Erkrath            | 1:45:10 | WJun | 5   | 98    | 0:14:02 | 0:07:16   | 133     | 0:51:14 | 0:01:33 | 104     | 0:31:03 |        |
| 125   | 4058 | Lieshout van Sandra  | TVP                 | 1:45:27 | W45  | 16  | 21    | 0:11:23 | 0:07:20   | 128     | 0:49:24 | 0:04:23 | 114     | 0:32:55 |        |
| 126   | 4183 | Breckheimer Cornelia | *Eschweiler         | 1:46:05 | WJA  | 4   | 0     | 0:00:00 | 0:00:00   | 113     | 0:46:17 | 0:01:51 | 126     | 0:35:44 |        |
| 127   | 4013 | Halbe Ilona          | ASV Köln            | 1:46:50 | W60  | 2   | 85    | 0:13:43 | 0:08:47   | 112     | 0:46:13 | 0:03:15 | 123     | 0:34:51 |        |
| 128   | 4055 | Dörstel Martina      | *Brühl              | 1:47:05 | W45  | 17  | 61    | 0:12:53 | 0:08:33   | 94      | 0:44:07 | 0:03:35 | 133     | 0:37:53 |        |
| 129   | 4087 | Wende Angela         | *Düren              | 1:47:18 | W40  | 15  | 103   | 0:14:13 | 0:06:13   | 89      | 0:43:36 | 0:02:40 | 135     | 0:40:34 |        |
| 130   | 4127 | Bernards Katharina   | *Düren              | 1:47:35 | W30  | 21  | 56    | 0:12:43 | 0:06:01   | 135     | 0:52:33 | 0:01:31 | 122     | 0:34:46 |        |
| 131   | 4171 | Emmel Sarah          | *Aachen             | 1:47:35 | W20  | 9   | 89    | 0:13:47 | 0:06:56   | 129     | 0:49:28 | 0:03:37 | 118     | 0:33:45 |        |
| 132   | 4033 | Reinecke Britta      | *Würselen           | 1:48:20 | W50  | 15  | 134   | 0:17:04 | 0:06:14   | 132     | 0:50:34 | 0:01:56 | 113     | 0:32:30 |        |
| 133   | 4081 | Zipperle Madeleine   | *Elsdorf            | 1:48:45 | W40  | 16  | 52    | 0:12:35 | 0:09:37   | 130     | 0:49:47 | 0:02:34 | 120     | 0:34:10 |        |
| 134   | 4034 | Schwiegelshohn       | KTT 01              | 1:56:32 | W50  | 16  | 136   | 0:18:11 | 0:07:48   | 101     | 0:45:03 | 0:03:06 | 137     | 0:42:23 |        |
| 135   | 4097 | Loevenich Andrea     | *Jülich             | 1:56:32 | W35  | 13  | 111   | 0:14:20 | 0:06:38   | 125     | 0:48:59 | 0:02:36 | 138     | 0:43:57 |        |
| 136   | 4011 | Rehfish Helene       | *Eschweiler         | 1:58:44 | W65  | 1   | 138   | 0:19:39 | 0:09:08   | 126     | 0:49:03 | 0:03:02 | 132     | 0:37:50 |        |
| 137   | 4170 | Hennicken Lale       | *Aachen             | 1:59:40 | W20  | 10  | 90    | 0:13:47 | 0:07:26   | 139     | 0:59:01 | 0:02:33 | 129     | 0:36:51 |        |
| 138   | 4027 | Gasper Dorothea      | *Niederzier         | 2:06:50 | W50  | 17  | 124   | 0:15:29 | 0:09:04   | 138     | 0:57:32 | 0:03:04 | 136     | 0:41:39 |        |
| 139   | 4114 | Rausch Christina     | *Aldenhoven         | 2:09:51 | W30  | 22  | 133   | 0:16:58 | 0:07:48   | 136     | 0:55:30 | 0:02:32 | 139     | 0:47:00 |        |

### nicht beendet

| Platz | Nr.  | Name Vorname   | Verein/*Ort     | Endzeit | AK  | Pl. | AKPl. | S       | Schwimmen | Wechsel | Pl. R   | Rad     | Wechsel | Pl. L   | Laufen |
|-------|------|----------------|-----------------|---------|-----|-----|-------|---------|-----------|---------|---------|---------|---------|---------|--------|
| 0     | 4172 | Quervel Céline | *Köln           | 0:00:00 | W20 | -   | 140   | 0:13:36 | 0:05:22   | 141     | 1:32:03 | 0:00:00 | 0       | 0:00:00 |        |
| 0     | 4017 | Dikta Renate   | Dürener TV 1847 | 0:00:00 | W55 | -   | 139   | 0:09:58 | 0:05:31   | 140     | 0:41:54 | 0:01:51 | 0       | 0:00:00 |        |

### disqualifiziert

| Platz | Nr.  | Name Vorname       | Grund              | Endzeit | AK  | Pl. | AKPl. | S       | Schwimmen | Wechsel | Pl. R   | Rad     | Wechsel | Pl. L   | Laufen |
|-------|------|--------------------|--------------------|---------|-----|-----|-------|---------|-----------|---------|---------|---------|---------|---------|--------|
| 0     | 4175 | Schietinger Mara   | zu wenig Radrunden | 1:19:42 | W20 | 0   | 0     | 0:11:00 | 0:03:32   | 0       | 0:16:53 | 0:24:37 | 0       | 0:23:38 |        |
| 0     | 4072 | Wagelmans Clarisse | zu wenig Radrunden | 0:49:09 | W40 | 0   | 0     | 0:09:05 | 0:03:51   | 0       | 0:15:28 | 0:01:27 | 0       | 0:19:16 |        |