

10. Mönchengladbacher Nordpark Duathlon am 1. Mai 2019

Ergebnisliste

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

Männer

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl. AK	Pl. L1	Laufen 1	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L2	Laufen2
1	1	Eckers Sven	KTT 01	0:53:56	M25	1	1	0:16:14	1	0:29:06	1	0:45:21	1	0:08:35
2	2	Imhoff Sven	TriTeam Maxmo	0:54:12	M40	1	1	0:16:14	1	0:29:06	1	0:45:21	5	0:08:50
3	25	Neumann Dominik	Team Erdinger Alkoh	0:56:25	M30	1	7	0:17:09	3	0:30:36	5	0:47:45	2	0:08:39
4	44	Müller Christoph	TRC Essen 84	0:56:37	M35	1	4	0:16:57	6	0:30:51	6	0:47:49	4	0:08:47
5	80	Kramp Uwe	TriTeam Maxmo	0:56:42	M45	1	6	0:17:06	4	0:30:39	4	0:47:45	6	0:08:56
6	214	Van Nieuwenhuysse Jesse	Graveline Triathlon	0:57:06	M35	2	3	0:16:47	5	0:30:48	3	0:47:35	17	0:09:30
7	36	Wösthoff Philipp	Tri Team Werner-Ker	0:58:36	M35	3	12	0:17:36	13	0:31:55	9	0:49:32	7	0:09:04
8	26	Gajewski Merlin	SC Bayer 05 Uerding	0:58:48	M30	2	21	0:18:08	8	0:31:20	7	0:49:28	10	0:09:19
9	118	Meden Volker	Brander SV Tri Team	0:58:57	M50	1	10	0:17:19	15	0:32:10	8	0:49:30	14	0:09:26
10	34	Raatz Marcus	TV Hülsenbusch	0:59:02	M35	4	15	0:17:50	10	0:31:47	10	0:49:38	12	0:09:23
11	209	Dehos Fabian	TC Speicher	0:59:12	M30	3	11	0:17:23	21	0:32:32	13	0:49:56	9	0:09:16
12	98	Penno Winni	SSF Bonn	0:59:15	M50	2	18	0:17:55	11	0:31:52	11	0:49:48	13	0:09:26
13	20	Pulido Jimenez Carlos	Brander SV	0:59:25	M30	4	14	0:17:42	19	0:32:27	16	0:50:10	8	0:09:14
14	134	Diepolder Oliver	SC Bayer 05 Uerding	0:59:28	M50	3	28	0:18:48	7	0:31:06	12	0:49:54	19	0:09:33
15	13	Hamacher Fritz	Triathlon Waldfeucht	0:59:37	M25	2	13	0:17:37	22	0:32:38	17	0:50:15	11	0:09:22
16	12	Michaelis Fabian	ASV Wesseling	0:59:39	M25	3	9	0:17:13	24	0:32:44	14	0:49:57	22	0:09:41
17	88	Pesch Claus	PSV Brühl Tri Team	0:59:51	M45	2	19	0:18:05	12	0:31:54	15	0:49:59	25	0:09:51
18	6	Jakobs Maximilian	TuSpo Huckingen	1:00:32	M20	1	8	0:17:10	48	0:34:40	28	0:51:51	3	0:08:41
19	57	Franek Florian	Giant Cyclingworld D	1:00:37	M40	2	25	0:18:38	20	0:32:32	22	0:51:10	16	0:09:27
20	8	Pohl Moritz	SC Bayer 05 Uerding	1:00:47	M20	2	24	0:18:22	18	0:32:27	19	0:50:50	30	0:09:56
21	7	Godoy David	SC Bayer 05 Uerding	1:00:59	M20	3	22	0:18:16	26	0:32:50	21	0:51:06	26	0:09:53
22	27	Classen Michael	TriTeam Maxmo	1:01:04	M30	5	5	0:17:04	45	0:34:32	25	0:51:37	15	0:09:26
23	56	Schierbaum Matthias	Triathlon Team TG Wi	1:01:15	M40	3	17	0:17:55	28	0:33:32	24	0:51:27	24	0:09:47
24	177	Klümper Rolf	SC Bayer 05 Uerding	1:01:19	M50	4	42	0:19:18	14	0:32:02	23	0:51:21	31	0:09:58
25	50	Misera Thomas	Ute Mückel Triathlon	1:01:21	M40	4	37	0:19:12	17	0:32:26	26	0:51:38	23	0:09:42
26	38	Tempesta Michael	AS Neukirchen-Vluyn	1:01:24	M35	5	41	0:19:14	9	0:31:35	18	0:50:49	55	0:10:34
27	77	Vohsen Christian	Adler Hochneukirch	1:01:40	M45	3	31	0:18:58	25	0:32:46	27	0:51:45	29	0:09:55
28	4	Königs Jan	SC Bayer 05 Uerding	1:01:41	M20	4	23	0:18:17	23	0:32:42	20	0:50:59	65	0:10:41
29	9	Piertzik Louis	IAMSPORT	1:02:01	M20	5	16	0:17:55	43	0:34:28	29	0:52:24	21	0:09:37
30	33	Beckmann Martin	* Mönchengladbach	1:02:28	M35	6	29	0:18:48	32	0:33:39	30	0:52:28	32	0:09:59
31	54	Pütz Stephan	RRC Merken	1:03:07	M40	5	20	0:18:05	42	0:34:28	31	0:52:34	53	0:10:32
32	201	Wahab Noah	TV Schiefbahn	1:03:25	MJA	1	26	0:18:43	56	0:35:05	44	0:53:48	20	0:09:37
33	205	Kempkes Niklas	RSC Stadtlohn 1968	1:03:30	M25	4	46	0:19:22	29	0:33:36	33	0:52:58	49	0:10:31
34	42	Ohrmann Christoph	Triathlon Team Düssel	1:03:31	M35	7	33	0:19:06	44	0:34:30	39	0:53:37	28	0:09:54
35	74	Assmann Manfred	SC Bayer 05 Uerding	1:03:34	M45	4	43	0:19:19	33	0:33:43	34	0:53:03	50	0:10:31
36	143	Vogel Tilman	TV Aldekerk	1:03:36	M55	1	45	0:19:21	40	0:34:20	42	0:53:41	27	0:09:54
37	39	Junge Fabian	* Mettmann	1:03:45	M35	8	50	0:19:42	34	0:33:49	37	0:53:32	37	0:10:12
38	41	Fort Diego	TriTeam Maxmo	1:03:45	M35	9	64	0:20:15	27	0:33:22	40	0:53:38	35	0:10:06
39	158	Schwarz Harald	VT Kempen	1:03:58	M55	2	44	0:19:20	35	0:34:05	35	0:53:26	52	0:10:32
40	28	Thiel Daniel	Tri Team Nettetal	1:04:00	M30	6	39	0:19:13	38	0:34:15	36	0:53:29	48	0:10:30
41	106	Bloch-Strumberg Oliver	SC Bayer 05 Uerding	1:04:08	M50	5	57	0:20:01	31	0:33:38	41	0:53:39	47	0:10:29
42	105	Alscher Christian	TV Witzhelden Tria	1:04:12	M50	6	53	0:19:57	30	0:33:37	38	0:53:34	58	0:10:37
43	21	Jussen Alexander	RSV Düren	1:04:17	M30	7	70	0:20:26	16	0:32:19	32	0:52:46	85	0:11:31
44	69	Mahmens Timo	RSG-Ford Köln	1:04:21	M35	10	47	0:19:29	37	0:34:13	43	0:53:43	60	0:10:37
45	62	Esser Jörg	Tri Team Indeland	1:04:22	M40	6	56	0:20:00	36	0:34:07	47	0:54:08	38	0:10:14
46	121	Mehtieff Alexander	Krefelder Kanu Klub	1:04:27	M50	7	49	0:19:38	41	0:34:28	45	0:54:07	41	0:10:20
47	228	Wirtz Mike	AS Neukirchen-Vluyn	1:04:39	M50	8	30	0:18:52	58	0:35:15	46	0:54:08	51	0:10:31
48	15	Zucker Jan	GID Running	1:04:52	M25	5	36	0:19:11	55	0:35:04	48	0:54:15	56	0:10:36
49	10	Rodriguez Parés Alex	TRC Essen 84	1:04:54	M20	6	40	0:19:14	68	0:36:07	55	0:55:21	18	0:09:32
50	11	Wessel Lukas	SC Bayer 05 Uerding	1:05:24	M20	7	38	0:19:13	65	0:35:43	50	0:54:56	46	0:10:28
51	138	Wenzel Bernd	TuS Oedt	1:05:33	M55	3	67	0:20:20	46	0:34:34	49	0:54:55	62	0:10:38
52	91	Fischer Steffen	TG Neuss	1:05:36	M45	5	48	0:19:36	63	0:35:40	53	0:55:17	40	0:10:19
53	111	Dr. Fischer Jens	Trinitas Dortmund	1:05:41	M50	9	27	0:18:47	71	0:36:30	54	0:55:17	42	0:10:24
54	132	Daemen Oliver	SC Bayer 05 Uerding	1:05:44	M50	10	65	0:20:17	52	0:34:49	52	0:55:06	59	0:10:37
55	219	Heer Christian	* Viersen	1:05:44	M45	6	63	0:20:14	50	0:34:45	51	0:54:59	67	0:10:44
56	18	Klösters Lukas	TV Goch	1:06:24	M25	6	34	0:19:07	78	0:37:11	60	0:56:19	34	0:10:05
57	175	Bredol Peter	*	1:06:32	M35	11	74	0:20:53	49	0:34:42	57	0:55:35	70	0:10:56
58	122	Lohman Christoph	SC Bayer 05 Uerding	1:06:44	M50	11	71	0:20:35	54	0:34:51	56	0:55:27	76	0:11:17
59	84	Hünseler Holger	Team Erdinger Alkoh	1:06:45	M45	7	54	0:19:58	67	0:35:54	58	0:55:52	68	0:10:52
60	124	Dittrich Kai	TriTeam Maxmo	1:07:02	M50	12	82	0:21:17	47	0:34:35	59	0:55:53	72	0:11:09
61	87	Schmidt René	LG Schnecke Dssdf	1:07:19	M45	8	55	0:19:58	77	0:37:03	66	0:57:02	39	0:10:17
62	104	Hilgers Uwe	AS Neukirchen-Vluyn	1:07:37	M50	13	78	0:21:08	59	0:35:17	61	0:56:26	74	0:11:11
63	148	Schmitz Rolf	DMSG	1:07:42	M55	4	73	0:20:47	64	0:35:42	62	0:56:30	75	0:11:11
64	101	Schubbert Michael	Moerser TV Triathlon	1:07:46	M50	14	68	0:20:23	76	0:36:54	69	0:57:18	45	0:10:28
65	233	Paffrath Rüdiger	* Schwalmthal	1:07:53	M55	5	62	0:20:10	73	0:36:47	63	0:56:58	69	0:10:55
66	210	Horn Hendrik	* Düsseldorf	1:08:07	M30	8	0	0:00:00	0	0:00:00	0	0:00:00	0	0:00:00

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Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl. AK	Pl. L1	Laufen 1	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L2	Laufen2
67	215	Rosenberger Tim	* Korschenbroich	1:08:27	M35	12	32	0:19:00	112	0:39:15	75	0:58:16	36	0:10:11
68	126	Carmanns Markus	Dr. Babor Running Te	1:08:29	M50	15	89	0:21:42	61	0:35:28	68	0:57:11	78	0:11:18
69	220	Meiners Bernd	* Viersen	1:08:30	M45	9	83	0:21:18	66	0:35:45	67	0:57:04	81	0:11:25
70	117	Dammer Christian	TriCologne	1:08:32	M50	16	61	0:20:10	86	0:37:54	72	0:58:04	44	0:10:27
71	136	Reschke Michael	SC Bayer 05 Uerding	1:08:34	M55	6	86	0:21:23	62	0:35:36	65	0:57:00	87	0:11:34
72	30	Vöge Mario	TV Erkelenz	1:08:42	M30	9	66	0:20:20	72	0:36:39	64	0:56:59	93	0:11:42
73	99	Alder Thomas	TriTeam Maxmo	1:08:43	M50	17	52	0:19:50	95	0:38:16	73	0:58:06	57	0:10:36
74	216	Gessel Alexandr	* Essen	1:09:05	M35	13	69	0:20:26	92	0:38:06	77	0:58:32	54	0:10:33
75	147	van Engelen Huib	Ute Mückel Triathlon	1:09:09	M55	7	100	0:22:37	51	0:34:49	71	0:57:26	92	0:11:42
76	60	Weiner Adam	Team Erdinger Alkoh	1:09:25	M40	7	60	0:20:04	94	0:38:10	74	0:58:15	73	0:11:10
77	238	Schürmert Konrad	DRLG Viersen-Süch	1:09:54	M55	8	51	0:19:49	113	0:39:24	82	0:59:13	63	0:10:40
78	100	Dienst Oliver	TriTeam Maxmo	1:10:02	M50	18	109	0:23:06	39	0:34:16	70	0:57:23	120	0:12:39
79	55	Perez Antonio	* Viersen	1:10:04	M40	8	72	0:20:44	84	0:37:54	78	0:58:38	82	0:11:26
80	149	Josten Olaf	TTR 08 Ratingen	1:10:13	M55	9	77	0:21:08	82	0:37:35	79	0:58:43	84	0:11:29
81	142	Schaffrath Andreas	Tri Team Indeland	1:10:28	M55	10	92	0:22:09	69	0:36:13	76	0:58:23	101	0:12:05
82	14	Severin Florian	* Mönchengladbach	1:10:33	M25	7	79	0:21:10	106	0:38:45	89	0:59:55	60	0:10:37
83	206	Marigó-Sarrión Albert	* Essen	1:10:53	M30	10	90	0:21:47	98	0:38:26	92	1:00:13	64	0:10:40
84	107	Maus Michael	TV Witzhelden Tria	1:11:06	M50	19	76	0:21:07	100	0:38:31	85	0:59:38	83	0:11:27
85	112	Strohmeier Peter	Team Erdinger Alkoh	1:11:17	M50	20	107	0:23:04	75	0:36:53	90	0:59:58	79	0:11:18
86	64	Schaefer Marius	TVK 1877 Essen	1:11:18	M40	9	80	0:21:12	104	0:38:32	86	0:59:45	86	0:11:33
87	157	Müller Heiko	VT Kempen	1:11:18	M55	11	75	0:20:53	114	0:39:26	93	1:00:20	71	0:10:58
88	58	Gawlick Stefan	Tri Team TG Witten	1:11:23	M40	10	126	0:24:09	53	0:34:49	81	0:58:59	112	0:12:24
89	29	Rombey Dennis	Fortuna Düsseldorf Tr	1:11:25	M30	11	59	0:20:03	124	0:40:56	99	1:00:59	43	0:10:25
90	65	Sobczak Lukas	IAMSPORT	1:11:29	M40	11	91	0:21:53	88	0:37:56	88	0:59:50	90	0:11:39
91	230	Kühne Jürgen	TV1848	1:11:38	M50	21	88	0:21:30	103	0:38:32	91	1:00:02	88	0:11:35
92	129	Düren Andreas	* Duisburg	1:11:47	M50	22	85	0:21:20	99	0:38:28	87	0:59:49	98	0:11:58
93	51	Doffek Alexander	Athletik Waldniel	1:11:50	M40	12	58	0:20:01	126	0:41:07	100	1:01:08	66	0:10:41
94	159	Schumacher Michael	SV Bayer 08 Uerding	1:11:54	M60	1	121	0:23:57	60	0:35:20	83	0:59:18	119	0:12:35
95	46	Morcinek-Mehlau Thoma	TSV Solingen	1:12:17	M35	14	118	0:23:40	57	0:35:12	80	0:58:53	135	0:13:24
96	202	Boehnisch Florian	* Bochum	1:12:34	M20	8	103	0:22:49	90	0:38:04	97	1:00:54	91	0:11:39
97	83	Georges Tino	ASV Duisburg	1:12:38	M45	10	108	0:23:05	70	0:36:27	84	0:59:32	129	0:13:05
98	170	Paffrath Adam	TriTeam Maxmo	1:12:50	M65	1	94	0:22:17	93	0:38:09	94	1:00:27	109	0:12:23
99	89	Sobeck Thomas	PSV Brühl Tri Team	1:12:51	M45	11	81	0:21:13	119	0:40:21	106	1:01:34	76	0:11:17
100	152	Wienand Uwe	Trinitas Dortmund	1:12:54	M55	12	96	0:22:21	96	0:38:20	95	1:00:41	105	0:12:13
101	22	Anstöss Sebastian	TriTeam Maxmo	1:13:24	M30	12	35	0:19:09	143	0:44:09	120	1:03:18	33	0:10:05
102	235	Klopp Thomas	TV Witzhelden Tria	1:13:32	M55	13	127	0:24:09	74	0:36:49	98	1:00:58	117	0:12:34
103	24	Runkel Sebastian	TV Witzhelden Tria	1:13:33	M30	13	117	0:23:36	87	0:37:55	105	1:01:31	100	0:12:02
104	200	Both Laurenz	* Kaarst	1:13:38	MJB	1	102	0:22:45	110	0:39:05	107	1:01:51	94	0:11:47
105	70	Glatki Jochen	* Krefeld	1:13:43	M40	13	112	0:23:23	89	0:37:58	102	1:01:22	108	0:12:21
106	218	Nöhles Dirk	* Mönchengladbach	1:13:49	M40	14	116	0:23:31	85	0:37:54	103	1:01:25	110	0:12:23
107	243	Kappes Stephan	* Alsdorf	1:13:49	M40	15	95	0:22:19	97	0:38:22	96	1:00:42	130	0:13:07
108	116	Lauritsch Wilhelm-Hendr	* Krefeld	1:13:51	M50	23	123	0:24:03	81	0:37:23	104	1:01:27	111	0:12:24
109	95	Krüll Dietmar	Tri-Team FTV Fische	1:14:06	M50	24	120	0:23:48	80	0:37:23	101	1:01:11	126	0:12:54
110	76	Wierig Thomas	SV Hellas Siegburg	1:14:28	M45	12	113	0:23:27	102	0:38:31	108	1:01:59	114	0:12:29
111	244	Winkler Gottfried	Athletikschule Schrade	1:14:32	M35	15	84	0:21:19	132	0:41:52	117	1:03:11	80	0:11:21
112	139	Keating Jörg	* Bonn	1:14:37	M55	14	114	0:23:28	107	0:38:58	111	1:02:26	102	0:12:11
113	237	Cousin Johannes	TV1848	1:14:51	M55	15	106	0:23:04	115	0:39:28	112	1:02:33	107	0:12:18
114	81	Wuesten Christian	Team Erdinger Alkoh	1:14:56	M45	13	128	0:24:09	91	0:38:06	109	1:02:16	121	0:12:40
115	90	Bockmühl Bernd	TVK 1877 Essen	1:15:09	M45	14	110	0:23:16	116	0:39:53	116	1:03:10	99	0:11:59
116	204	Kürbis Tom	* Köln	1:15:17	M25	8	129	0:24:15	108	0:39:04	121	1:03:20	96	0:11:57
117	242	Bernhardt Joachim	Post SV Düsseldorf	1:15:21	M70	1	99	0:22:27	123	0:40:56	122	1:03:24	97	0:11:57
118	168	Schön Dietmar	Team Erdinger Alkoh	1:15:24	M60	2	115	0:23:30	111	0:39:06	113	1:02:37	122	0:12:47
119	176	Schulze Mario	DJK Löwe Hambach	1:15:25	M50	25	87	0:21:23	134	0:42:23	125	1:03:47	89	0:11:37
120	165	Bender Matthias	Team Erdinger Alkoh	1:15:31	M60	3	131	0:24:42	83	0:37:43	110	1:02:26	128	0:13:05
121	207	Roitzsch Christian	IAMSPORT	1:15:36	M30	14	93	0:22:13	122	0:40:52	115	1:03:06	115	0:12:30
122	150	Godoy Javier	SC Bayer 05 Uerding	1:15:45	M55	16	138	0:25:39	79	0:37:12	114	1:02:52	124	0:12:53
123	127	Vobis Andreas	TG Neuss	1:15:47	M50	26	125	0:24:08	109	0:39:05	118	1:03:13	118	0:12:34
124	82	Pasch Stephan	VfL	1:15:54	M45	15	97	0:22:24	129	0:41:17	124	1:03:42	104	0:12:12
125	167	Van de Bovenkamp Gera av	VN	1:16:30	M60	4	124	0:24:03	117	0:40:08	127	1:04:12	106	0:12:17
126	130	Hedfeld Thorsten	AS Neukirchen-Vluy	1:16:31	M50	27	136	0:25:06	101	0:38:31	123	1:03:37	125	0:12:53
127	208	Müller Maximilian	TV Erkelenz	1:16:56	M30	15	111	0:23:23	121	0:40:28	126	1:03:51	127	0:13:04
128	166	Peters Piet	piet spiet tiem	1:17:03	M60	5	130	0:24:38	105	0:38:37	119	1:03:16	139	0:13:47
129	203	Denker David	* Mönchengladbach	1:17:26	M25	9	101	0:22:38	136	0:42:57	129	1:05:36	95	0:11:50
130	236	Kloeters Michael	Grenzfahrer	1:18:13	M55	17	133	0:24:46	118	0:40:16	128	1:05:03	132	0:13:10
131	160	Landtreter Berthold	Team Erdinger Alkoh	1:18:50	M60	6	98	0:22:26	138	0:43:34	131	1:06:00	123	0:12:50
132	115	Ehrlich Carsten	* Duisburg	1:19:02	M50	28	104	0:22:51	139	0:43:37	134	1:06:29	116	0:12:33

10. Mönchengladbacher Nordpark Duathlon am 1. Mai 2019

Ergebnisliste

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

Männer

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl. AK	Pl. L1	Laufen 1	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L2	Laufen2
133	97	Meyer Carsten	Stahlross geht auch	1:19:11	M50	29	105	0:23:02	140	0:43:57	135	1:06:59	103	0:12:11
134	53	Kettner Robert	* Mönchengladbach	1:19:20	M40	16	119	0:23:44	135	0:42:25	133	1:06:09	134	0:13:11
135	125	Römgens Hanjo	Athletik Waldniel	1:19:20	M50	30	137	0:25:19	120	0:40:25	130	1:05:44	138	0:13:36
136	120	Bals Gregor	TriTeam Maxmo	1:19:50	M50	31	135	0:25:05	125	0:40:57	132	1:06:03	140	0:13:47
137	221	Mauel Mark	* Kerpen	1:20:28	M45	16	122	0:24:02	141	0:43:59	139	1:08:02	113	0:12:25
138	131	Hess Volker	Bojenschwimmer	1:20:34	M50	32	139	0:25:58	130	0:41:24	136	1:07:22	133	0:13:11
139	43	Ragita Frank	TriTeam Maxmo	1:20:35	M55	18	142	0:26:15	127	0:41:08	137	1:07:24	131	0:13:10
140	231	Warnke Jörg	LC Nordhorn	1:21:48	M55	19	132	0:24:46	137	0:43:30	140	1:08:17	136	0:13:31
141	229	Müllers Udo	Rheydter TV	1:22:22	M50	33	140	0:26:03	131	0:41:44	138	1:07:48	144	0:14:34
142	180	Schmitz Georg	TVK 1877 Essen	1:22:31	M75	1	146	0:27:01	128	0:41:16	141	1:08:18	142	0:14:13
143	156	Vohsen Thomas	LG Mönchengladbach	1:23:15	M55	20	143	0:26:45	133	0:42:16	142	1:09:02	141	0:14:13
144	162	Schiffer Georg	* Mönchengladbach	1:25:40	M60	7	134	0:24:58	147	0:47:09	143	1:12:07	137	0:13:33
145	234	Krahwinkel Berthold	VfL Hinsbeck	1:26:51	M55	21	148	0:28:15	144	0:44:09	144	1:12:24	143	0:14:26
146	239	Carulla Pablo	Carulla Hausverwaltung	1:27:44	M55	22	145	0:26:59	145	0:45:38	145	1:12:38	146	0:15:05
147	174	Seifert Peter	TVK 1877 Essen	1:28:45	M75	2	147	0:27:04	146	0:46:02	146	1:13:06	148	0:15:39
148	68	Nix Oliver	OTV Endurance Team	1:29:45	M40	17	144	0:26:55	148	0:47:44	148	1:14:40	145	0:15:05
149	92	Böddeker Markus	* Mönchengladbach	1:31:05	M45	17	150	0:30:26	142	0:44:02	147	1:14:29	149	0:16:36
150	223	Vrenegor Dirk	OTV Endurance Team	1:35:52	M50	34	149	0:29:13	149	0:49:42	149	1:18:56	150	0:16:56
151	146	Vergosen Ralf	RCM	1:44:35	M55	23	141	0:26:15	150	1:02:49	150	1:29:05	147	0:15:30

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Ergebnisliste

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

Frauen

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl. AK	Pl. L1	Laufen 1	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L2	Laufen2
1	332	Schön Sabine	SV Gladbeck 13	1:04:23	W45	1	2	0:19:34	3	0:34:49	1	0:54:23	2	0:10:00
2	306	Laermann Laura	TriTeam Maxmo	1:06:11	W25	1	1	0:18:56	11	0:37:39	4	0:56:35	1	0:09:35
3	325	Optekamp Silke	TriTeam Maxmo	1:06:29	W40	1	3	0:20:01	5	0:36:14	3	0:56:15	3	0:10:13
4	303	Schnaß Nicole	Krefelder Kanu Klub	1:07:24	W45	2	11	0:21:26	2	0:34:40	2	0:56:07	13	0:11:17
5	302	Dreßler Frida	TG triZack Rostock	1:07:46	W25	2	5	0:20:55	4	0:35:55	5	0:56:51	6	0:10:54
6	345	Schmitz Andrea	DMSG	1:08:43	W50	1	10	0:21:22	6	0:36:25	6	0:57:47	7	0:10:56
7	313	Jabali Larissa	* Düsseldorf	1:09:17	W30	1	6	0:21:02	8	0:37:01	8	0:58:03	10	0:11:13
8	311	Peck Katharina	Pace Pack Runners	1:10:15	W30	2	7	0:21:03	12	0:37:48	9	0:58:51	14	0:11:23
9	342	Alscher Steffie	TV Witzhelden Tria	1:10:35	W50	2	15	0:22:19	7	0:36:38	10	0:58:57	16	0:11:37
10	310	Krings Amelie	Brander SV	1:10:36	W25	3	4	0:20:03	23	0:40:03	12	1:00:06	4	0:10:29
11	324	Mandel Marlen	AS Neukirchen-Vluyn	1:10:46	W35	1	20	0:23:27	1	0:34:30	7	0:57:58	24	0:12:47
12	346	Hünchen Heike	Triathlon Team Düssel	1:10:47	W50	3	13	0:21:54	10	0:37:37	11	0:59:32	11	0:11:14
13	305	Benkenstein Laura	* Wiehl	1:11:35	W25	4	9	0:21:21	19	0:39:12	13	1:00:33	8	0:11:01
14	317	Holzapfel Natalie	FTV Fischeln	1:12:18	W35	2	14	0:22:00	15	0:38:37	14	1:00:37	17	0:11:40
15	308	Lange Talitha	OTV Endurance Team	1:12:40	W25	5	12	0:21:43	21	0:39:41	19	1:01:25	12	0:11:15
16	318	Born Doro	TriTeam Maxmo	1:12:42	W35	3	0	0:00:00	0	0:00:00	20	1:01:32	9	0:11:09
17	338	Maus Katja	TV Witzhelden Tria	1:12:48	W45	3	16	0:22:25	16	0:38:46	16	1:01:11	15	0:11:36
18	316	Beyer Heike	SSF Bonn	1:13:37	W35	4	19	0:23:22	13	0:37:50	17	1:01:13	22	0:12:24
19	330	Laprell Martina	TV Erkelenz	1:13:45	W45	4	17	0:23:02	14	0:38:19	18	1:01:22	21	0:12:23
20	343	Bruns Martina	SC Bayer 05 Uerding	1:13:58	W50	4	22	0:23:32	9	0:37:33	15	1:01:06	26	0:12:52
21	307	Ahle Caroline	Dülkener SV	1:15:54	W25	6	25	0:23:40	20	0:39:25	21	1:03:06	25	0:12:48
22	327	Bormann-Russ Natalie	TV Witzhelden Tria	1:16:20	W40	2	26	0:23:42	24	0:40:19	23	1:04:01	20	0:12:19
23	356	Hellenbrand Lilo	Triathlon Waldfeucht	1:16:43	W60	1	8	0:21:20	39	0:44:29	29	1:05:50	5	0:10:52
24	357	Klewer Sabrina	RV Endspurt 08 Wupp	1:16:58	W30	3	21	0:23:31	26	0:40:34	25	1:04:05	27	0:12:52
25	348	van Engelen Elke	Ute Mückel Triathlon	1:17:01	W50	5	32	0:25:11	18	0:38:49	22	1:04:00	30	0:13:00
26	340	Hilgers Birgit	AS Neukirchen-Vluyn	1:17:16	W50	6	24	0:23:34	31	0:40:58	27	1:04:33	23	0:12:43
27	323	Wendland Beate	SC Bayer 05 Uerding	1:17:25	W35	5	38	0:25:31	17	0:38:47	26	1:04:18	32	0:13:06
28	374	Schulze Carmen	* Nettetel	1:17:35	W40	3	28	0:24:17	22	0:39:45	24	1:04:03	36	0:13:32
29	355	Benkenstein Ilona	* Wipperfürth	1:17:41	W60	2	18	0:23:06	35	0:42:29	28	1:05:36	18	0:12:05
30	347	Eicker Barbara	Tri Club Wuppertal	1:19:25	W50	7	29	0:24:43	32	0:41:21	30	1:06:04	34	0:13:21
31	352	Holland Petra	Athletik Waldniel	1:19:48	W55	1	39	0:25:47	28	0:40:41	34	1:06:29	33	0:13:19
32	326	Junkers Katrin	ASV Duisburg	1:19:54	W40	4	41	0:26:19	27	0:40:35	36	1:06:54	29	0:12:59
33	321	Schaefer Katrin	TVK 1877 Essen	1:19:59	W35	6	30	0:24:44	33	0:41:43	33	1:06:27	35	0:13:32
34	331	Meyer Nicole	Tri Team Hagen	1:20:13	W45	5	35	0:25:25	30	0:40:42	31	1:06:07	41	0:14:06
35	322	Zotova Liliya	Team Erdinger Alkoh	1:20:27	W35	7	40	0:26:18	25	0:40:22	35	1:06:41	39	0:13:46
36	376	Gelsz Sabrina	VfL Hinsbeck	1:20:33	W45	6	23	0:23:33	40	0:44:44	39	1:08:17	19	0:12:15
37	375	Kappes Anne	* Alsdorf	1:20:43	W40	5	36	0:25:28	29	0:40:41	32	1:06:10	45	0:14:33
38	351	Emig Ulla	SV Gladbeck 13	1:20:49	W55	2	34	0:25:24	34	0:41:52	37	1:07:16	38	0:13:33
39	349	Dietrich Sabine	OTV Endurance Team	1:21:20	W50	8	31	0:24:46	38	0:43:27	38	1:08:14	31	0:13:06
40	373	Cortes Almeida Mareike	* Mönchengladbach	1:22:37	W35	8	27	0:23:46	43	0:45:58	41	1:09:44	28	0:12:53
41	309	Ziebarth Maren Nina	* Köln	1:23:30	W25	7	33	0:25:22	37	0:43:20	40	1:08:42	47	0:14:47
42	372	Roy Constanze	* Düsseldorf	1:24:30	W30	4	37	0:25:29	41	0:44:47	42	1:10:16	43	0:14:14
43	377	Voßmann Conny	Tri Team Hagen	1:26:53	W55	3	42	0:26:19	46	0:46:14	43	1:12:33	44	0:14:19
44	329	Bals Kathrin	TriTeam Maxmo	1:26:57	W40	6	44	0:26:41	45	0:46:08	45	1:12:50	42	0:14:07
45	328	Riener Karoline	* Düsseldorf	1:27:06	W40	7	45	0:27:10	44	0:45:59	46	1:13:09	40	0:13:57
46	314	Kampmeier Sabrina	TriTeam Maxmo	1:27:37	W30	5	43	0:26:38	47	0:47:26	47	1:14:04	37	0:13:32
47	378	Voss Monica	TSV Weeze	1:28:43	W65	1	48	0:29:51	36	0:42:57	44	1:12:48	48	0:15:54
48	337	Teitzel Nicole	ASV Duisburg	1:32:41	W45	7	49	0:31:10	42	0:45:13	48	1:16:23	49	0:16:17
49	334	Witkowski Nicole	* Mönchengladbach	1:33:48	W45	8	47	0:28:08	48	0:50:53	49	1:19:01	46	0:14:47
50	350	Meuter Claudia	OTV Endurance Team	1:42:45	W50	9	46	0:27:38	49	0:55:15	50	1:22:53	51	0:19:51
51	353	Ruhrmann Gitti	TriTeam Maxmo	1:53:08	W55	4	50	0:31:39	51	1:04:19	51	1:35:59	50	0:17:09
52	371	Schillers Sarah	SC Westfalia Herne T	1:57:39	W30	6	51	0:33:02	50	1:04:14	52	1:37:17	52	0:20:22