

28. Hückeswagen Triathlon am 14. August 2010**Ergebnisliste****NRW Liga Männer**

| Total. | Nr. | Name Vorname | Mannschaft | Endzeit | | Pl. S | Schwimmen | Pl. R | Rad | Pl.n.Rnach Rad | Pl. L | Laufen |
|----------|------------------------------|--------------|-------------------------|-----------------------|---------|-------|-----------|-------|---------|----------------|-------|---------|
| 1 | Tri Finish Münster | | Platzziffer: 43 | | | | | | | | | |
| | 1 | 9 | Grandke Thorsten | Tri Finish Münster | 3:44:32 | 1967 | 0:29:12 | | 2:00:33 | 2:29:46 | | 1:14:45 |
| | 7 | 12 | Reimer Manuel | Tri Finish Münster | 3:54:53 | 1980 | 0:28:15 | | 2:06:44 | 2:35:00 | | 1:19:53 |
| | 15 | 10 | Hoffmann Sascha | Tri Finish Münster | 4:01:16 | 1985 | 0:27:43 | | 2:02:36 | 2:30:19 | | 1:30:56 |
| | 20 | 11 | Günnigmann Stefan | Tri Finish Münster | 4:02:26 | 1974 | 0:31:29 | | 2:02:32 | 2:34:01 | | 1:28:25 |
| 2 | Bayer 05 Uerdingen II | | Platzziffer: 80 | | | | | | | | | |
| | 2 | 2 | Kappelhoff Uwe | Bayer 05 Uerdingen II | 3:48:37 | 1976 | 0:26:22 | | 2:02:45 | 2:29:07 | | 1:19:29 |
| | 9 | 3 | Epping Matthias | Bayer 05 Uerdingen II | 3:56:11 | 1986 | 0:27:47 | | 2:05:45 | 2:33:32 | | 1:22:38 |
| | 34 | 4 | Huster Daniel | Bayer 05 Uerdingen II | 4:06:58 | 1976 | 0:29:44 | | 2:00:04 | 2:29:48 | | 1:37:10 |
| | 35 | 1 | Greeven Niklas | Bayer 05 Uerdingen II | 4:06:58 | 1988 | 0:27:27 | | 2:09:32 | 2:36:59 | | 1:29:59 |
| 3 | Bielefeld I | | Platzziffer: 87 | | | | | | | | | |
| | 4 | 8 | Lundström Ingmar | Bielefeld I | 3:51:49 | 1972 | 0:27:52 | | 2:02:25 | 2:30:18 | | 1:21:31 |
| | 8 | 6 | Ullrich Domitian | Bielefeld I | 3:55:46 | 1982 | 0:29:21 | | 2:05:38 | 2:34:59 | | 1:20:46 |
| | 31 | 7 | Beinke Kai | Bielefeld I | 4:05:51 | 1976 | 0:28:57 | | 2:08:03 | 2:37:01 | | 1:28:49 |
| | 44 | 5 | Ludwig Max | Bielefeld I | 4:12:34 | 1989 | 0:28:42 | | 2:09:39 | 2:38:22 | | 1:34:12 |
| 4 | TRC Essen 84 | | Platzziffer: 99 | | | | | | | | | |
| | 11 | 45 | Kriege Markus | TRC Essen 84 | 3:57:21 | 1966 | 0:28:25 | | 2:06:40 | 2:35:06 | | 1:22:15 |
| | 25 | 47 | Ninck Christian | TRC Essen 84 | 4:03:54 | 1984 | 0:32:21 | | 2:06:11 | 2:38:33 | | 1:25:21 |
| | 27 | 48 | Seewald Jan | TRC Essen 84 | 4:04:23 | 1984 | 0:31:04 | | 2:07:51 | 2:38:56 | | 1:25:26 |
| | 36 | 46 | Leggewie Christian | TRC Essen 84 | 4:07:33 | 1967 | 0:28:21 | | 2:06:25 | 2:34:47 | | 1:32:45 |
| 5 | Krefelder Kanu Klub | | Platzziffer: 100 | | | | | | | | | |
| | 10 | 59 | Nagel Niels | Krefelder Kanu Klub | 3:57:05 | 1970 | 0:31:48* | | 2:03:27 | 2:35:15 | | 1:21:49 |
| | 19 | 58 | Metzger Christian | Krefelder Kanu Klub | 4:02:03 | 1982 | 0:27:48 | | 2:02:26 | 2:30:14 | | 1:31:49 |
| | 24 | 57 | Becker Jan-Matti | Krefelder Kanu Klub | 4:03:40 | 1977 | 0:33:00* | | 2:07:56 | 2:40:57 | | 1:22:43 |
| | 47 | 60 | Strümpel Jörn | Krefelder Kanu Klub | 4:17:09 | 1977 | 0:34:02 | | 2:13:14 | 2:47:16 | | 1:29:52 |
| 6 | ASV Köln | | Platzziffer: 103 | | | | | | | | | |
| | 6 | 16 | Elskamp Gregor | ASV Köln | 3:52:45 | 1971 | 0:27:57 | | 2:02:26 | 2:30:24 | | 1:22:21 |
| | 21 | 15 | Naundorf Lars | ASV Köln | 4:02:37 | 1975 | 0:32:04* | | 2:07:55 | 2:40:00 | | 1:22:36 |
| | 33 | 13 | Hauser Michael | ASV Köln | 4:06:38 | 1974 | 0:32:09 | | 2:08:59 | 2:41:08 | | 1:25:29 |
| | 43 | 14 | Elskamp Matthias | ASV Köln | 4:11:52 | 1970 | 0:32:40* | | 2:07:21 | 2:40:01 | | 1:31:50 |
| 7 | Wuppertal | | Platzziffer: 107 | | | | | | | | | |
| | 13 | 49 | Schlumbohm Steffen | Wuppertal | 3:59:32 | 1979 | 0:33:37* | | 2:04:41 | 2:38:19 | | 1:21:13 |
| | 23 | 50 | Petri Stavro | Wuppertal | 4:03:15 | 1969 | 0:30:13 | | 2:10:53 | 2:41:06 | | 1:22:08 |
| | 29 | 51 | Suderow Silvio | Wuppertal | 4:05:08 | 1965 | 0:30:13 | | 2:04:20 | 2:34:34 | | 1:30:33 |
| | 42 | 52 | Rexhausen Thorsten | Wuppertal | 4:10:55 | 1972 | 0:32:03* | | 2:08:19 | 2:40:22 | | 1:30:33 |
| 8 | AWD Team TVE Netphen | | Platzziffer: 114 | | | | | | | | | |
| | 3 | 62 | Busche Christoph | AWD Team TVE Netphen | 3:50:18 | 1982 | 0:30:37 | | 2:03:50 | 2:34:27 | | 1:15:51 |
| | 12 | 64 | Müller Frank | AWD Team TVE Netphen | 3:58:14 | 1977 | 0:32:04 | | 2:05:24 | 2:37:28 | | 1:20:46 |
| | 45 | 61 | Heitze Georg | AWD Team TVE Netphen | 4:13:45 | 1969 | 0:30:58 | | 2:16:10 | 2:47:08 | | 1:26:36 |
| | 54 | 63 | Neuhaus Torsten | AWD Team TVE Netphen | 4:26:24 | 1982 | 0:32:00 | | 2:15:13 | 2:47:13 | | 1:39:11 |
| 9 | LV Tristar Oelde | | Platzziffer: 125 | | | | | | | | | |
| | 14 | 72 | Lakemper Henner | LV Tristar Oelde | 3:59:53 | 1985 | 0:32:00* | | 2:07:04 | 2:39:04 | | 1:20:48 |
| | 16 | 70 | Janta Sebastian | LV Tristar Oelde | 4:01:29 | 1973 | 0:34:16* | | 2:05:36 | 2:39:53 | | 1:21:36 |
| | 46 | 71 | Kirchhoff Holger | LV Tristar Oelde | 4:14:20 | 1973 | 0:35:09* | | 2:06:13 | 2:41:22 | | 1:32:58 |
| | 49 | 69 | Graw Burkhard | LV Tristar Oelde | 4:19:07 | 1960 | 0:31:01 | | 2:14:37 | 2:45:38 | | 1:33:28 |

28. Hückeswagen Triathlon am 14. August 2010**Ergebnisliste**

| | | | | | | | | | |
|-----------|----------------------------------|--------------------|---------------------------|-------------------------|------|----------|---------|---------|---------|
| 10 | WF Münster | | | Platzziffer: 141 | | | | | |
| 22 | 68 | Dirksmeier Patrick | WF Münster | 4:02:49 | 1984 | 0:30:18* | 2:06:19 | 2:36:38 | 1:26:11 |
| 26 | 65 | Keijsers Martijn | WF Münster | 4:03:55 | 1978 | 0:30:34 | 2:13:20 | 2:43:55 | 1:20:00 |
| 38 | 66 | Kappelhoff Michael | WF Münster | 4:08:56 | 1975 | 0:28:41 | 2:06:04 | 2:34:45 | 1:34:10 |
| 55 | 67 | Späker Dieter | WF Münster | 4:26:40 | 1967 | 0:27:30 | 2:18:59 | 2:46:29 | 1:40:10 |
| 11 | RC Lüdenscheid | | | Platzziffer: 144 | | | | | |
| 5 | 25 | Dörmbach Rene | RC Lüdenscheid | 3:51:49 | 1982 | 0:27:57 | 2:01:52 | 2:29:49 | 1:22:00 |
| 32 | 26 | Maul Christian | RC Lüdenscheid | 4:06:21 | 1970 | 0:32:16 | 2:14:42 | 2:46:58 | 1:19:23 |
| 39 | 28 | Hanakam Florian | RC Lüdenscheid | 4:09:03 | 1972 | 0:35:51 | 2:08:15 | 2:44:06 | 1:24:56 |
| 68 | 27 | Conredel Martin | RC Lüdenscheid | 0:00:00 | 1987 | 0:30:12 | 0:00:00 | 0:00:00 | 0:00:00 |
| 12 | Dülkener SV 06 | | | Platzziffer: 163 | | | | | |
| 28 | 21 | Goraus Stephan | Dülkener SV 06 | 4:04:59 | 1975 | 0:30:06 | 2:11:04 | 2:41:11 | 1:23:48 |
| 30 | 23 | Schrörs Michael | Dülkener SV 06 | 4:05:43 | 1969 | 0:30:28 | 2:12:20 | 2:42:49 | 1:22:54 |
| 37 | 22 | Rademacher Jens | Dülkener SV 06 | 4:08:26 | 1976 | 0:28:06 | 2:11:16 | 2:39:22 | 1:29:04 |
| 68 | 24 | Schuhmachers Jörg | Dülkener SV 06 | 0:00:00 | 1977 | 0:30:30 | 0:00:00 | 0:00:00 | 0:00:00 |
| 13 | Tri Sport Team Verl | | | Platzziffer: 173 | | | | | |
| 17 | 38 | Schnell Uwe | Tri Sport Team Verl | 4:01:43 | 1968 | 0:28:18 | 2:08:38 | 2:36:56 | 1:24:46 |
| 48 | 37 | Pähler Detlef | Tri Sport Team Verl | 4:18:32 | 1968 | 0:28:13 | 2:14:44 | 2:42:57 | 1:35:34 |
| 52 | 39 | Strunz Dirk | Tri Sport Team Verl | 4:24:56 | 1972 | 0:32:19 | 2:20:05 | 2:52:25 | 1:32:31 |
| 56 | 40 | Ventker Sebastian | Tri Sport Team Verl | 4:29:15 | 1983 | 0:42:33 | 2:15:05 | 2:57:39 | 1:31:35 |
| 14 | Rückenwind Dortmund | | | Platzziffer: 174 | | | | | |
| 18 | 31 | Ehl Markus | Rückenwind Dortmund | 4:02:02 | 1969 | 0:34:15* | 2:05:41 | 2:39:57 | 1:22:04 |
| 40 | 29 | Hörstemeier Martin | Rückenwind Dortmund | 4:09:10 | 1973 | 0:33:02* | 2:06:13 | 2:39:16 | 1:29:54 |
| 57 | 32 | Zellin Jan | Rückenwind Dortmund | 4:29:20 | 1983 | 0:38:14 | 2:25:04 | 3:03:18 | 1:26:02 |
| 59 | 30 | Seifert Lukas | Rückenwind Dortmund | 4:31:58 | 1989 | 0:29:32 | 2:21:18 | 2:50:50 | 1:41:08 |
| 15 | Triathlon Team Witten III | | | Platzziffer: 226 | | | | | |
| 50 | 54 | Dick-Cortmann | Triathlon Team Witten III | 4:20:56 | 1971 | 0:34:19 | 2:16:42 | 2:51:01 | 1:29:55 |
| 53 | 53 | Bierey Dietmar | Triathlon Team Witten III | 4:25:04 | 1965 | 0:42:48 | 2:07:06 | 2:49:54 | 1:35:10 |
| 60 | 55 | Moldenhauer Kai | Triathlon Team Witten III | 4:35:02 | 1970 | 0:37:39 | 2:18:58 | 2:56:38 | 1:38:23 |
| 63 | 56 | Krug Gerrit | Triathlon Team Witten III | 5:12:45 | 1977 | 0:36:56 | 2:34:10 | 3:11:07 | 2:01:38 |
| 16 | PSV Bonn Triathlon II | | | Platzziffer: 228 | | | | | |
| 41 | 36 | Zywietz Eike | PSV Bonn Triathlon II | 4:09:23 | 1982 | 0:33:42* | 2:09:19 | 2:43:02 | 1:26:21 |
| 58 | 33 | Lang Andreas | PSV Bonn Triathlon II | 4:29:59 | 1982 | 0:31:29 | 2:08:14 | 2:39:44 | 1:50:15 |
| 61 | 35 | Wenzel Arne | PSV Bonn Triathlon II | 4:38:49 | 1982 | 0:30:16 | 2:29:03 | 2:59:19 | 1:39:29 |
| 68 | 34 | Sommershof Joachim | PSV Bonn Triathlon II | 0:00:00 | 1963 | 0:27:54 | 2:11:06 | 2:39:01 | 0:00:00 |
| 17 | Mönchengladbacher TV 1848 | | | Platzziffer: 245 | | | | | |
| 51 | 17 | Sudhoff Burkhard | Mönchengladbacher TV | 4:22:20 | 1961 | 0:31:57 | 2:14:54 | 2:46:52 | 1:35:27 |
| 62 | 18 | Krüger Dirk | Mönchengladbacher TV | 4:49:56 | 1974 | 0:46:15 | 2:26:09 | 3:12:24 | 1:37:32 |
| 64 | 19 | Baier Ulli | Mönchengladbacher TV | 5:57:15 | 1950 | 0:47:16 | 3:08:43 | 3:56:00 | 2:01:15 |
| 68 | 20 | Keus Dirk | Mönchengladbacher TV | 0:00:00 | 1969 | 0:51:23 | 2:15:15 | 3:06:39 | 0:00:00 |
| 18 | Tri Express Neuenrade | | | Platzziffer: 288 | | | | | |
| 0 | 0 | | | | | | | | 0 |

28. Hückeswagen Triathlon am 14. August 2010**Ergebnisliste***Regionalliga*

| | <u>Total.</u> | <u>Nr.</u> | <u>Name Vorname</u> | <u>Mannschaft</u> | <u>Endzeit</u> | | <u>Pl. S</u> | <u>Schwimmen</u> | <u>Pl. R</u> | <u>Rad</u> | <u>Pl.n.Rnach Rad</u> | <u>Pl. L Laufen</u> |
|----------|--------------------------------|------------|---------------------|-------------------------|----------------|------|--------------|------------------|--------------|------------|-----------------------|---------------------|
| 1 | Tri Finish Münster | | | Platzziffer: 66 | | | | | | | | |
| | 7 | 266 | Breer Robin | Tri Finish Münster | 3:58:58 | 1983 | | 0:31:12 | | 2:07:42 | 2:38:54 | 1:20:03 |
| | 9 | 268 | Nosthoff Ulf | Tri Finish Münster | 4:01:26 | 1978 | | 0:31:52 | | 2:07:06 | 2:38:58 | 1:22:27 |
| | 12 | 265 | Wessel Florian | Tri Finish Münster | 4:06:52 | 1983 | | 0:32:31 | | 2:11:43 | 2:44:14 | 1:22:37 |
| | 38 | 267 | Radstaak Jens | Tri Finish Münster | 4:23:51 | 1977 | | 0:34:36 | | 2:17:41 | 2:52:17 | 1:31:33 |
| 2 | ASV Köln II | | | Platzziffer: 82 | | | | | | | | |
| | 1 | 234 | Kimberley James | ASV Köln II | 3:54:08 | 1977 | | 0:27:38 | | 2:06:39 | 2:34:17 | 1:19:51 |
| | 4 | 233 | Groneuer Christoph | ASV Köln II | 3:56:36 | 1979 | | 0:31:42 | | 2:02:54 | 2:34:37 | 1:21:59 |
| | 35 | 236 | Roth Andreas | ASV Köln II | 4:21:40 | 1976 | | 0:34:24 | | 2:13:10 | 2:47:35 | 1:34:05 |
| | 42 | 235 | Walter Torsten | ASV Köln II | 4:31:18 | 1968 | | 0:43:45 | | 2:19:58 | 3:03:44 | 1:27:33 |
| 3 | Kölner Tri Team 01 II | | | Platzziffer: 93 | | | | | | | | |
| | 5 | 246 | Schertel Thomas | Kölner Tri Team 01 II | 3:56:53 | 1986 | | 0:30:39 | | 2:04:14 | 2:34:54 | 1:21:59 |
| | 10 | 245 | Jungbluth Uwe | Kölner Tri Team 01 II | 4:03:24 | 1982 | | 0:36:41 | | 2:11:05 | 2:47:46 | 1:15:37 |
| | 16 | 247 | Raatz Sebastian | Kölner Tri Team 01 II | 4:07:50 | 1983 | | 0:40:10 | | 2:08:31 | 2:48:42 | 1:19:07 |
| | 62 | 248 | Staggenborg Nick | Kölner Tri Team 01 II | 0:00:00 | 1986 | | 0:26:18 | | 0:00:00 | 0:00:00 | 0:00:00 |
| 4 | Paderborn | | | Platzziffer: 104 | | | | | | | | |
| | 13 | 251 | Brämer Alexander | Paderborn | 4:07:31 | 1982 | | 0:32:15 | | 2:13:41 | 2:45:56 | 1:21:34 |
| | 18 | 249 | Wille Markus | Paderborn | 4:08:07 | 1963 | | 0:34:17* | | 2:05:46 | 2:40:03 | 1:28:04 |
| | 25 | 250 | Thra Dustin | Paderborn | 4:16:10 | 1985 | | 0:32:07 | | 2:11:55 | 2:44:03 | 1:32:06 |
| | 48 | 252 | Berg Frank | Paderborn | 4:38:48 | 1964 | | 0:34:26 | | 2:18:13 | 2:52:39 | 1:46:08 |
| 5 | ASV Duisburg | | | Platzziffer: 110 | | | | | | | | |
| | 11 | 208 | Ziemann Markus | ASV Duisburg | 4:05:45 | 1966 | | 0:31:41 | | 2:09:04 | 2:40:45 | 1:25:00 |
| | 29 | 207 | Wächtler Thomas | ASV Duisburg | 4:17:52 | 1957 | | 0:34:27 | | 2:13:16 | 2:47:44 | 1:30:08 |
| | 31 | 205 | Hof Matthias | ASV Duisburg | 4:19:26 | 1968 | | 0:31:13 | | 2:15:58 | 2:47:12 | 1:32:14 |
| | 39 | 206 | Link Marco | ASV Duisburg | 4:25:48 | 1981 | | 0:40:26 | | 2:14:43 | 2:55:10 | 1:30:37 |
| 6 | TuS Breitscheid | | | Platzziffer: 111 | | | | | | | | |
| | 15 | 238 | Welsch Rüdiger | TuS Breitscheid | 4:07:33 | 1963 | | 0:28:14 | | 2:08:24 | 2:36:39 | 1:30:54 |
| | 23 | 240 | Ifang Malte | TuS Breitscheid | 4:14:05 | 1983 | | 0:32:17 | | 2:06:11 | 2:38:28 | 1:35:37 |
| | 33 | 237 | Lutze Matthias | TuS Breitscheid | 4:20:06 | 1963 | | 0:32:46 | | 2:13:17 | 2:46:04 | 1:34:01 |
| | 40 | 239 | Reckel Wolfgang | TuS Breitscheid | 4:28:59 | 1959 | | 0:42:06 | | 2:15:29 | 2:57:36 | 1:31:22 |
| 7 | Bayer 05 Uerdingen III | | | Platzziffer: 113 | | | | | | | | |
| | 3 | 216 | Röpstorf Uwe | Bayer 05 Uerdingen III | 3:56:15 | 1963 | | 0:30:24 | | 2:04:44 | 2:35:09 | 1:21:06 |
| | 20 | 214 | Gems Christian | Bayer 05 Uerdingen III | 4:10:58 | 1988 | | 0:35:07* | | 2:04:46 | 2:39:54 | 1:31:04 |
| | 43 | 215 | Ohlms Hendrik | Bayer 05 Uerdingen III | 4:32:23 | 1978 | | 0:34:07 | | 2:27:11 | 3:01:19 | 1:31:04 |
| | 47 | 213 | Rohde Markus | Bayer 05 Uerdingen III | 4:35:33 | 1966 | | 0:40:30 | | 2:23:42 | 3:04:12 | 1:31:20 |
| 8 | TSV Bayer 04 Leverkusen | | | Platzziffer: 121 | | | | | | | | |
| | 14 | 219 | Köhns Thomas | TSV Bayer 04 Leverkusen | 4:07:32 | 1969 | | 0:32:10 | | 2:07:02 | 2:39:12 | 1:28:20 |
| | 17 | 220 | Kufner Marco | TSV Bayer 04 Leverkusen | 4:07:50 | 1975 | | 0:30:50 | | 2:07:41 | 2:38:32 | 1:29:17 |
| | 28 | 217 | Kaiser Marcus | TSV Bayer 04 Leverkusen | 4:17:17 | 1969 | | 0:34:38 | | 2:16:28 | 2:51:06 | 1:26:10 |
| | 62 | 218 | Röhrken Golo | TSV Bayer 04 Leverkusen | 0:00:00 | 1988 | | 0:30:40 | | 2:05:10 | 2:35:50 | 0:00:00 |
| 9 | TVE Greven | | | Platzziffer: 138 | | | | | | | | |
| | 6 | 204 | Brünink Johannes | TVE Greven | 3:57:28 | 1969 | | 0:31:34 | | 2:03:28 | 2:35:03 | 1:22:24 |
| | 19 | 203 | Watermeyer Fabian | TVE Greven | 4:10:34 | 1988 | | 0:28:35 | | 2:08:34 | 2:37:10 | 1:33:24 |
| | 41 | 202 | Zweihaus Markus | TVE Greven | 4:29:25 | 1961 | | 0:32:18 | | 2:20:38 | 2:52:57 | 1:36:27 |

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| | | | | | | | | | |
|-----------|-----------------------------|---------------------|----------------------|-------------------------|------|---------|---------|---------|---------|
| 10 | Bielefeld II | | | Platzziffer: 139 | | | | | |
| 8 | 229 | Bossow Christian | Bielefeld II | 4:00:08 | 1960 | 0:30:52 | 2:04:14 | 2:35:06 | 1:25:01 |
| 32 | 232 | Poetting Timm | Bielefeld II | 4:19:30 | 1983 | 0:27:48 | 2:08:10 | 2:35:59 | 1:43:30 |
| 49 | 230 | Voß Peter | Bielefeld II | 4:40:50 | 1968 | 0:34:38 | 2:20:02 | 2:54:40 | 1:46:09 |
| 50 | 231 | Ehle Christian | Bielefeld II | 4:40:50 | 1969 | 0:36:06 | 2:21:41 | 2:57:47 | 1:43:03 |
| 11 | Delphin Eschweiler | | | Platzziffer: 141 | | | | | |
| 21 | 224 | Quadflieg Achim | Delphin Eschweiler | 4:12:55 | 1968 | 0:32:40 | 2:14:51 | 2:47:31 | 1:25:23 |
| 30 | 221 | Lüttgen Jörg | Delphin Eschweiler | 4:18:32 | 1968 | 0:33:04 | 2:14:31 | 2:47:35 | 1:30:56 |
| 34 | 222 | Effertz Norbert | Delphin Eschweiler | 4:20:35 | 1964 | 0:27:56 | 2:16:49 | 2:44:46 | 1:35:49 |
| 56 | 223 | Schiewe Norbert | Delphin Eschweiler | 4:57:14 | 1958 | 0:38:44 | 2:31:59 | 3:10:43 | 1:46:31 |
| 12 | SSF Bonn | | | Platzziffer: 152 | | | | | |
| 22 | 228 | Krumbe Ralf | SSF Bonn | 4:13:53 | 1967 | 0:34:28 | 2:12:51 | 2:47:19 | 1:26:33 |
| 24 | 225 | Grosskopf Christoph | SSF Bonn | 4:15:55 | 1979 | 0:34:32 | 2:12:22 | 2:46:54 | 1:29:00 |
| 44 | 226 | Penedo Nelson | SSF Bonn | 4:32:26 | 1973 | 0:32:27 | 2:12:47 | 2:45:14 | 1:47:11 |
| 62 | 227 | Sitta Lukas | SSF Bonn | 0:00:00 | 1987 | 0:34:30 | 2:07:04 | 2:41:34 | 0:00:00 |
| 13 | Tri Team TG Lage | | | Platzziffer: 160 | | | | | |
| 2 | 211 | Kramp Uwe | Tri Team TG Lage | 3:54:50 | 1973 | 0:28:29 | 2:06:00 | 2:34:30 | 1:20:19 |
| 45 | 212 | Porath Bernd | Tri Team TG Lage | 4:33:36 | 1965 | 0:30:47 | 2:23:54 | 2:54:42 | 1:38:53 |
| 51 | 209 | Schlepper Jan | Tri Team TG Lage | 4:42:18 | 1987 | 0:38:28 | 2:30:55 | 3:09:24 | 1:32:54 |
| 62 | 210 | Büker Volker | Tri Team TG Lage | 0:00:00 | 1958 | 0:30:39 | 2:31:34 | 3:02:14 | 0:00:00 |
| 14 | RC Lüdenscheid II | | | Platzziffer: 180 | | | | | |
| 26 | 257 | Jacobs Frank | RC Lüdenscheid II | 4:17:08 | 1977 | 0:34:12 | 2:12:38 | 2:46:51 | 1:30:16 |
| 27 | 258 | Sartory Markus | RC Lüdenscheid II | 4:17:12 | 1968 | 0:36:07 | 2:16:13 | 2:52:20 | 1:24:51 |
| 55 | 259 | Jager Andre | RC Lüdenscheid II | 4:55:01 | 1985 | 0:43:05 | 2:28:06 | 3:11:12 | 1:43:49 |
| 15 | Tri Speed Marienfeld | | | Platzziffer: 192 | | | | | |
| 37 | 269 | Gerdhenrichs Stefan | Tri Speed Marienfeld | 4:22:24 | 1988 | 0:36:25 | 2:20:07 | 2:56:33 | 1:25:51 |
| 46 | 272 | Wallmeier Thomas | Tri Speed Marienfeld | 4:33:42 | 1965 | 0:35:14 | 2:24:08 | 2:59:23 | 1:34:18 |
| 52 | 271 | Peters Uwe | Tri Speed Marienfeld | 4:44:56 | 1965 | 0:32:13 | 2:31:00 | 3:03:13 | 1:41:42 |
| 57 | 270 | Osthus Jens | Tri Speed Marienfeld | 4:58:50 | 1969 | 0:33:46 | 2:31:19 | 3:05:05 | 1:53:44 |
| 16 | TV Germania Kaiserau | | | Platzziffer: 205 | | | | | |
| 36 | 262 | Drewes Martin | TV Germania Kaiserau | 4:21:52 | 1971 | 0:31:17 | 2:18:21 | 2:49:38 | 1:32:13 |
| 53 | 263 | Darenberg Ingo | TV Germania Kaiserau | 4:45:17 | 1965 | 0:39:31 | 2:22:00 | 3:01:32 | 1:43:45 |
| 54 | 261 | Schünemann Arne | TV Germania Kaiserau | 4:50:22 | 1982 | 0:38:33 | 2:23:00 | 3:01:34 | 1:48:48 |
| 62 | 264 | Müller Lennart | TV Germania Kaiserau | 0:00:00 | 1985 | 0:38:11 | 0:00:00 | 0:00:00 | 0:00:00 |
| 17 | SV Sterkrade Nord | | | Platzziffer: 288 | | | | | |
| 0 | 0 | | | | | 0 | | | |
| 0 | 0 | | | | | 0 | | | |

28. Hückeswagen Triathlon am 14. August 2010**Ergebnisliste***Landesliga Mitte*

| | <u>Total.</u> | <u>Nr.</u> | <u>Name Vorname</u> | <u>Mannschaft</u> | <u>Endzeit</u> | <u>Pl. S</u> | <u>Schwimmen</u> | <u>Pl. R</u> | <u>Rad</u> | <u>Pl.n.Rnach Rad</u> | <u>Pl. L Laufen</u> |
|----------|----------------------------------|------------|-----------------------|---------------------------|-------------------------|--------------|------------------|--------------|------------|-----------------------|---------------------|
| 1 | Tri Team Hagen | | | | Platzziffer: 51 | | | | | | |
| | 2 | 1009 | Mittelbach | Tri Team Hagen | 1:00:57 | 1989 | 0:06:36 | | 0:33:27 | 0:40:04 | 0:20:53 |
| | 3 | 1012 | Möller Hendrik | Tri Team Hagen | 1:01:47 | 1992 | 0:06:26 | | 0:33:39 | 0:40:05 | 0:21:41 |
| | 16 | 1010 | Flüs Andreas | Tri Team Hagen | 1:04:50 | 1966 | 0:06:51 | | 0:36:45 | 0:43:37 | 0:21:13 |
| | 30 | 1011 | Rehm Tobias | Tri Team Hagen | 1:07:21 | 1993 | 0:08:31* | | 0:36:31 | 0:45:03 | 0:22:18 |
| 2 | RC Sarpesee | | | | Platzziffer: 53 | | | | | | |
| | 4 | 1062 | Gerling Martin | RC Sarpesee | 1:01:48 | 1976 | 0:06:50 | | 0:34:49 | 0:41:39 | 0:20:08 |
| | 5 | 1061 | Beltermann Hubertus | RC Sarpesee | 1:02:11 | 1964 | 0:08:17 | | 0:34:14 | 0:42:31 | 0:19:40 |
| | 15 | 1064 | Klingenstein Frederik | RC Sarpesee | 1:04:36 | 1980 | 0:06:35 | | 0:36:36 | 0:43:11 | 0:21:24 |
| | 29 | 1063 | Freiburg-Senses | RC Sarpesee | 1:07:05 | 1968 | 0:08:12 | | 0:38:15 | 0:46:27 | 0:20:37 |
| 3 | Hildener AT | | | | Platzziffer: 72 | | | | | | |
| | 8 | 1070 | Nolten Jens | Hildener AT | 1:03:21 | 1977 | 0:06:18 | | 0:36:22 | 0:42:40 | 0:20:40 |
| | 10 | 1069 | Scheffler Franziska | Hildener AT | 1:03:45 | 1989 | 0:07:44 | | 0:35:50 | 0:43:35 | 0:20:10 |
| | 18 | 1071 | Geilenberg Mark | Hildener AT | 1:04:54 | 1976 | 0:07:55 | | 0:36:15 | 0:44:11 | 0:20:43 |
| | 36 | 1072 | Barthelmes Hans | Hildener AT | 1:08:33 | 1970 | 0:08:29 | | 0:38:19 | 0:46:49 | 0:21:43 |
| 4 | Triathlon Team Witten V | | | | Platzziffer: 115 | | | | | | |
| | 7 | 1045 | Fahrenson Bernd | Triathlon Team Witten V | 1:02:58 | 1971 | 0:07:27 | | 0:36:01 | 0:43:29 | 0:19:29 |
| | 23 | 1046 | Fabiunke Volker | Triathlon Team Witten V | 1:05:56 | 1969 | 0:09:51 | | 0:35:58 | 0:45:49 | 0:20:07 |
| | 35 | 1048 | Weckelmann Matthias | Triathlon Team Witten V | 1:07:44 | 1983 | 0:08:44 | | 0:37:13 | 0:45:58 | 0:21:46 |
| | 50 | 1047 | Jeppel Carsten | Triathlon Team Witten V | 1:10:53 | 1975 | 0:08:24 | | 0:38:43 | 0:47:07 | 0:23:45 |
| 5 | Rückenwind Dortmund III | | | | Platzziffer: 133 | | | | | | |
| | 12 | 1013 | Wegner Dominik | Rückenwind Dortmund III | 1:03:57 | 1982 | 0:06:49 | | 0:35:43 | 0:42:32 | 0:21:24 |
| | 13 | 1014 | Sen Deniz | Rückenwind Dortmund III | 1:04:09 | 1978 | 0:06:39 | | 0:35:59 | 0:42:39 | 0:21:29 |
| | 48 | 1016 | Wagner Ronny | Rückenwind Dortmund III | 1:10:30 | 1978 | 0:09:58 | | 0:38:58 | 0:48:57 | 0:21:32 |
| | 60 | 1015 | Adams Lee | Rückenwind Dortmund III | 1:12:29 | 1968 | 0:09:44 | | 0:39:00 | 0:48:45 | 0:23:44 |
| 6 | SV Delphin Tria Kettwig | | | | Platzziffer: 145 | | | | | | |
| | 21 | 1024 | Karst Michael | SV Delphin Tria Kettwig | 1:05:17 | 1962 | 0:07:21 | | 0:37:09 | 0:44:30 | 0:20:46 |
| | 27 | 1021 | Karst Fabian | SV Delphin Tria Kettwig | 1:06:49 | 1991 | 0:07:10 | | 0:39:15 | 0:46:25 | 0:20:24 |
| | 31 | 1022 | Loskyll Maurice | SV Delphin Tria Kettwig | 1:07:25 | 1993 | 0:06:00 | | 0:39:26 | 0:45:26 | 0:21:58 |
| | 66 | 1023 | Bennenhei Sven | SV Delphin Tria Kettwig | 1:14:39 | 1973 | 0:07:51 | | 0:41:50 | 0:49:41 | 0:24:57 |
| 7 | Iserlohner Triathlon Team | | | | Platzziffer: 147 | | | | | | |
| | 6 | 1075 | Mayer Claude | Iserlohner Triathlon Team | 1:02:12 | 1974 | 0:07:22 | | 0:34:39 | 0:42:01 | 0:20:10 |
| | 25 | 1076 | Ketzer Christoph | Iserlohner Triathlon Team | 1:06:24 | 1967 | 0:07:37 | | 0:36:30 | 0:44:08 | 0:22:16 |
| | 37 | 1073 | Frigge Daniel | Iserlohner Triathlon Team | 1:08:38 | 1966 | 0:07:40 | | 0:38:50 | 0:46:30 | 0:22:07 |
| | 79 | 1074 | Biermanski Michael | Iserlohner Triathlon Team | 1:21:05 | 1965 | 0:09:01 | | 0:44:19 | 0:53:20 | 0:27:44 |
| 8 | Tri Team Tus Jahn Ohle | | | | Platzziffer: 158 | | | | | | |
| | 9 | 1040 | Wieczorek Dieter | Tri Team Tus Jahn Ohle | 1:03:26 | 1957 | 0:10:10 | | 0:33:24 | 0:43:34 | 0:19:51 |
| | 28 | 1037 | Schmidt Paul | Tri Team Tus Jahn Ohle | 1:07:04 | 1970 | 0:08:08 | | 0:38:43 | 0:46:52 | 0:20:12 |
| | 40 | 1038 | Gabor Peter | Tri Team Tus Jahn Ohle | 1:08:57 | 1960 | 0:09:57 | | 0:37:25 | 0:47:22 | 0:21:34 |
| | 81 | 1039 | Gödde Thorsten | Tri Team Tus Jahn Ohle | 1:23:21 | 1963 | 0:07:41 | | 0:45:25 | 0:53:07 | 0:30:13 |
| 9 | Wuppertal II | | | | Platzziffer: 165 | | | | | | |
| | 14 | 1053 | Schrick Tommy | Wuppertal II | 1:04:31 | 1981 | 0:06:25 | | 0:36:44 | 0:43:10 | 0:21:21 |
| | 19 | 1056 | Holitzka Patrick | Wuppertal II | 1:04:57 | 1971 | 0:07:03 | | 0:37:08 | 0:44:12 | 0:20:44 |
| | 52 | 1054 | Becker Michael | Wuppertal II | 1:11:05 | 1969 | 0:08:26 | | 0:38:28 | 0:46:54 | 0:24:10 |
| | 80 | 1055 | Schubert Robin | Wuppertal II | 1:21:18 | 1985 | 0:10:19 | | 0:41:34 | 0:51:53 | 0:29:24 |

28. Hückeswagen Triathlon am 14. August 2010**Ergebnisliste**

| | | | | | | | | | |
|-----------|----------------------------------|----------------------|------------------------|-------------------------|------|----------|---------|---------|---------|
| 10 | SC Wiking Herne II | | | Platzziffer: 173 | | | | | |
| 26 | 1026 | Machatik Peter | SC Wiking Herne II | 1:06:39 | 1972 | 0:07:59 | 0:37:07 | 0:45:06 | 0:21:33 |
| 43 | 1025 | Ratberg Torsten | SC Wiking Herne II | 1:09:15 | 1973 | 0:08:33 | 0:38:51 | 0:47:24 | 0:21:51 |
| 46 | 1027 | Jäger Marcus | SC Wiking Herne II | 1:10:01 | 1985 | 0:09:06 | 0:40:03 | 0:49:10 | 0:20:50 |
| 58 | 1028 | Langner Benjamin | SC Wiking Herne II | 1:12:11 | 1981 | 0:07:12 | 0:42:26 | 0:49:38 | 0:22:32 |
| 11 | SG Welper | | | Platzziffer: 176 | | | | | |
| 17 | 1036 | Hänel Moritz | SG Welper | 1:04:52 | 1986 | 0:08:34* | 0:36:01 | 0:44:36 | 0:20:15 |
| 45 | 1033 | Döring Falko | SG Welper | 1:09:58 | 1973 | 0:07:43 | 0:39:37 | 0:47:20 | 0:22:37 |
| 49 | 1035 | Wagner Thomas | SG Welper | 1:10:44 | 1966 | 0:07:20 | 0:39:18 | 0:46:38 | 0:24:05 |
| 65 | 1034 | Löhken Bernd | SG Welper | 1:14:02 | 1969 | 0:07:44 | 0:40:32 | 0:48:16 | 0:25:45 |
| 12 | RC Lüdenscheid | | | Platzziffer: 187 | | | | | |
| 22 | 1083 | Franke Lars | RC Lüdenscheid | 1:05:51 | 1977 | 0:09:04 | 0:36:55 | 0:46:00 | 0:19:51 |
| 38 | 1082 | Ellermann Jens | RC Lüdenscheid | 1:08:48 | 1976 | 0:07:47 | 0:38:14 | 0:46:01 | 0:22:46 |
| 57 | 1084 | Fache Michael | RC Lüdenscheid | 1:12:08 | 1961 | 0:09:23 | 0:39:07 | 0:48:31 | 0:23:36 |
| 70 | 1081 | Zimmermann Michael | RC Lüdenscheid | 1:16:02 | 1972 | 0:08:46 | 0:39:54 | 0:48:40 | 0:27:22 |
| 13 | SV Hullern | | | Platzziffer: 203 | | | | | |
| 33 | 1017 | Sander Michael | SV Hullern | 1:07:39 | 1979 | 0:07:54 | 0:37:37 | 0:45:31 | 0:22:08 |
| 53 | 1020 | Demes Lasse | SV Hullern | 1:11:32 | 1994 | 0:07:05 | 0:38:25 | 0:45:30 | 0:26:02 |
| 56 | 1019 | Rockahr Jan | SV Hullern | 1:12:07 | 1990 | 0:07:48 | 0:39:12 | 0:47:00 | 0:25:06 |
| 61 | 1018 | Kösters Markus | SV Hullern | 1:12:59 | 1979 | 0:06:50 | 0:38:38 | 0:45:28 | 0:27:30 |
| 14 | RWE Starlight Team Essen | | | Platzziffer: 213 | | | | | |
| 39 | 1041 | Kirmse David | RWE Starlight Team | 1:08:49 | 1975 | 0:07:25 | 0:39:24 | 0:46:50 | 0:21:59 |
| 41 | 1042 | Zupan Achim | RWE Starlight Team | 1:09:10 | 1962 | 0:08:02 | 0:39:06 | 0:47:09 | 0:22:00 |
| 64 | 1044 | Lenk Steffen | RWE Starlight Team | 1:13:36 | 1967 | 0:08:49 | 0:42:42 | 0:51:31 | 0:22:04 |
| 69 | 1043 | Kowalski Jörg | RWE Starlight Team | 1:15:59 | 1964 | 0:08:52 | 0:43:07 | 0:52:00 | 0:23:58 |
| 15 | Schwelmer SC II | | | Platzziffer: 215 | | | | | |
| 11 | 1029 | Kunz Guido | Schwelmer SC II | 1:03:56 | 1978 | 0:06:59 | 0:37:16 | 0:44:16 | 0:19:40 |
| 44 | 1031 | Lettmayer Lars | Schwelmer SC II | 1:09:40 | 1967 | 0:08:16 | 0:37:46 | 0:46:03 | 0:23:36 |
| 68 | 1030 | Kannegießer Oliver | Schwelmer SC II | 1:15:46 | 1968 | 0:08:22 | 0:42:47 | 0:51:09 | 0:24:36 |
| 15 | TuS 09 Erkenschwick II | | | Platzziffer: 215 | | | | | |
| 24 | 1050 | Von Garrel Detlef | TuS 09 Erkenschwick II | 1:06:03 | 1967 | 0:06:38 | 0:38:01 | 0:44:40 | 0:21:23 |
| 42 | 1051 | Kimbl Christian | TuS 09 Erkenschwick II | 1:09:11 | 1969 | 0:08:01 | 0:38:57 | 0:46:59 | 0:22:11 |
| 74 | 1052 | Von Garrel Anja | TuS 09 Erkenschwick II | 1:16:51 | 1973 | 0:08:42 | 0:43:24 | 0:52:06 | 0:24:44 |
| 75 | 1049 | Bross Alexander | TuS 09 Erkenschwick II | 1:17:45 | 1972 | 0:11:26 | 0:38:59 | 0:50:25 | 0:27:19 |
| 17 | TRlandertaler Mettmann II | | | Platzziffer: 222 | | | | | |
| 32 | 1060 | Oezarslan Mehmet | TRlandertaler Mettmann | 1:07:37 | 1979 | 0:10:01 | 0:35:40 | 0:45:42 | 0:21:55 |
| 55 | 1059 | Newrzella Dirk | TRlandertaler Mettmann | 1:12:03 | 1971 | 0:09:32 | 0:38:34 | 0:48:07 | 0:23:56 |
| 59 | 1057 | Bennemann Rolf | TRlandertaler Mettmann | 1:12:28 | 1971 | 0:07:46 | 0:39:46 | 0:47:32 | 0:24:55 |
| 76 | 1058 | Kölzer Ulrich | TRlandertaler Mettmann | 1:19:55 | 1951 | 0:10:41 | 0:44:15 | 0:54:56 | 0:24:58 |
| 18 | PV Triathlon Witten II | | | Platzziffer: 223 | | | | | |
| 1 | 1005 | Klauke Tim | PV Triathlon Witten II | 0:58:18 | 1989 | 0:05:52 | 0:34:14 | 0:40:07 | 0:18:11 |
| 34 | 1006 | Bergner Nils | PV Triathlon Witten II | 1:07:41 | 1982 | 0:07:55 | 0:36:37 | 0:44:32 | 0:23:09 |
| 94 | 1008 | Bandmann Uwe | PV Triathlon Witten II | 1:01:23 | 1967 | 0:07:00 | 0:33:57 | 0:40:58 | 0:20:25 |
| 94 | 1007 | Loeff Jonas | PV Triathlon Witten II | 1:01:39 | 1992 | 0:06:23 | 0:34:41 | 0:41:04 | 0:20:34 |
| 19 | SG Eintracht Ergste | | | Platzziffer: 257 | | | | | |
| 51 | 1001 | Eigen Oliver | SG Eintracht Ergste | 1:11:02 | 1965 | 0:08:55 | 0:39:05 | 0:48:01 | 0:23:01 |
| 62 | 1002 | Grabengießer Henrike | SG Eintracht Ergste | 1:13:09 | 1989 | 0:08:03 | 0:40:15 | 0:48:19 | 0:24:50 |
| 71 | 1004 | Neugebauer Andreas | SG Eintracht Ergste | 1:16:12 | 1976 | 0:09:00 | 0:44:45 | 0:53:45 | 0:22:26 |
| 73 | 1003 | Otto Uwe | SG Eintracht Ergste | 1:16:19 | 1964 | 0:08:40 | 0:41:09 | 0:49:50 | 0:26:28 |

28. Hückeswagen Triathlon am 14. August 2010**Ergebnisliste**

| | | | | | | | | | |
|-----------|--------------------------------|-------------------|-------------------------|---------|-------------------------|---------|---------|---------|---------|
| 20 | SC Wiking Herne III | | | | Platzziffer: 272 | | | | |
| 54 | 1092 | Kosfeld Friedhelm | SC Wiking Herne III | 1:11:40 | 1959 | 0:08:58 | 0:39:26 | 0:48:25 | 0:23:14 |
| 63 | 1090 | Zirolies Edgar | SC Wiking Herne III | 1:13:32 | 1968 | 0:07:45 | 0:40:34 | 0:48:20 | 0:25:11 |
| 72 | 1089 | Stadthaus Ulrich | SC Wiking Herne III | 1:16:17 | 1956 | 0:07:57 | 0:43:41 | 0:51:38 | 0:24:38 |
| 83 | 1091 | Noll Siegfried | SC Wiking Herne III | 1:26:13 | 1959 | 0:11:50 | 0:45:27 | 0:57:17 | 0:28:56 |
| 21 | TV Germania Kaiserau II | | | | Platzziffer: 273 | | | | |
| 47 | 1078 | Lewald André | TV Germania Kaiserau II | 1:10:02 | 1977 | 0:09:54 | 0:38:11 | 0:48:06 | 0:21:56 |
| 67 | 1080 | Van Lück Sören | TV Germania Kaiserau II | 1:15:04 | 1987 | 0:08:27 | 0:42:50 | 0:51:18 | 0:23:45 |
| 77 | 1079 | Heimers Tanja | TV Germania Kaiserau II | 1:20:19 | 1976 | 0:08:26 | 0:45:07 | 0:53:34 | 0:26:45 |
| 82 | 1077 | Mandt Ulrike | TV Germania Kaiserau II | 1:24:07 | 1965 | 0:08:53 | 0:46:41 | 0:55:34 | 0:28:33 |
| 22 | Pulheimer SC | | | | Platzziffer: 282 | | | | |
| 20 | 1086 | Vogel Detlef | Pulheimer SC | 1:05:11 | 1965 | 0:06:33 | 0:37:00 | 0:43:33 | 0:21:37 |
| 78 | 1085 | Stabrey Robert | Pulheimer SC | 1:20:26 | 1967 | 0:07:50 | 0:47:40 | 0:55:30 | 0:24:56 |
| 23 | Soester Tri Team | | | | Platzziffer: 368 | | | | |
| 0 | 0 | | | | | | | | 0 |