

28. Hückeswagener Triathlon am 14. August 2010

Ergebnisliste

NRW Meisterschaft Mitteltriathlon 2000m - 74km - 21km

Männer

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl. AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
1	9	Grandke Thorsten	Nordenia Tri Finish	3:44:32	M40	1	25	0:29:12	2	2:00:33	2	2:29:46	1	1:14:45
2	2	Kappelhoff Uwe	Bayer 05 Uerdingen II	3:48:37	M30	1	1	0:26:22	9	2:02:45	1	2:29:07	6	1:19:29
3	62	Busche Christoph	AWD Team TVE	3:50:18	M25	1	37	0:30:37	13	2:03:50	12	2:34:27	3	1:15:51
4	8	Lundström Ingmar	TSVE Active Team	3:51:49	M35	1	9	0:27:52	4	2:02:25	6	2:30:18	18	1:21:31
5	25	Dörmbach Rene	RC Lüdenscheid	3:51:49	M25	2	11	0:27:57	3	2:01:52	4	2:29:49	24	1:22:00
6	16	Elskamp Gregor	ASV Köln	3:52:45	M35	2	12	0:27:57	6	2:02:26	8	2:30:24	28	1:22:21
7	234	Kimberley James	ASV Köln II	3:54:08	M30	2	4	0:27:38	34	2:06:39	11	2:34:17	7	1:19:51
8	211	Kramp Uwe	Tri Team TG Lage	3:54:50	M35	3	20	0:28:29	26	2:06:00	13	2:34:30	11	1:20:19
9	12	Reimer Manuel	Nordenia Tri Finish	3:54:53	M30	3	16	0:28:15	36	2:06:44	20	2:35:00	8	1:19:53
10	6	Ullrich Domitian	TSVE Active Team	3:55:46	M25	3	26	0:29:21	22	2:05:38	19	2:34:59	13	1:20:46
11	3	Epping Matthias	Bayer 05 Uerdingen II	3:56:11	M20	1	6	0:27:47	24	2:05:45	9	2:33:32	33	1:22:38
12	216	Röpstorf Uwe	Bayer 05 Uerdingen III	3:56:15	M45	1	34	0:30:24	18	2:04:44	24	2:35:09	16	1:21:06
13	233	Groneuer Christoph	ASV Köln II	3:56:36	M30	4	52	0:31:42	10	2:02:54	15	2:34:37	23	1:21:59
14	246	Schertel Thomas	Kölner Triathlon Team	3:56:53	M20	2	38	0:30:39	15	2:04:14	18	2:34:54	22	1:21:59
15	59	Nagel Niels	Krefelder Kanu Klub	3:57:05	M40	2	53	0:31:48*	11	2:03:27	25	2:35:15	21	1:21:49
16	45	Kriege Markus	TRC Essen 84	3:57:21	M40	3	19	0:28:25	35	2:06:40	22	2:35:06	27	1:22:15
17	204	Brünink Johannes	TVE Greven	3:57:28	M40	4	50	0:31:34	12	2:03:28	21	2:35:03	29	1:22:24
18	64	Müller Frank	AWD Team TVE	3:58:14	M30	5	59	0:32:04	20	2:05:24	33	2:37:28	12	1:20:46
19	266	Breer Robin	Nordenia Tri Finish	3:58:58	M25	4	45	0:31:12	43	2:07:42	39	2:38:54	10	1:20:03
20	49	Schlumbohm Steffen	Tri Club Wuppertal	3:59:32	M30	6	83	0:33:37*	17	2:04:41	34	2:38:19	17	1:21:13
21	72	Lakemper Henner	LV Tristar Oelde	3:59:53	M25	5	56	0:32:00*	38	2:07:04	42	2:39:04	14	1:20:48
22	229	Bossow Christian	TSVE Active Team	4:00:08	M50	1	41	0:30:52	14	2:04:14	23	2:35:06	41	1:25:01
23	10	Hoffmann Sascha	Nordenia Tri Finish	4:01:16	M25	6	5	0:27:43	8	2:02:36	7	2:30:19	76	1:30:56
24	268	Nosthoff Ulf	Nordenia Tri Finish	4:01:26	M30	7	54	0:31:52	40	2:07:06	41	2:38:58	30	1:22:27
25	70	Janta Sebastian	LV Tristar Oelde	4:01:29	M35	4	90	0:34:16*	21	2:05:36	47	2:39:53	20	1:21:36
26	38	Schnell Uwe	Tri Sport Team Verl	4:01:43	M40	5	17	0:28:18	55	2:08:38	29	2:36:56	37	1:24:46
27	31	Ehl Markus	Rückenwind Dortmund	4:02:02	M40	6	89	0:34:15*	23	2:05:41	49	2:39:57	25	1:22:04
28	58	Metzger Christian	Krefelder Kanu Klub	4:02:03	M25	7	7	0:27:48	5	2:02:26	5	2:30:14	84	1:31:49
29	11	Günnigmann Stefan	Nordenia Tri Finish	4:02:26	M35	5	48	0:31:29	7	2:02:32	10	2:34:01	58	1:28:25
30	473	Menn Felix	EJOT Team TV	4:02:32	M25	8	69	0:32:17	58	2:09:14	61	2:41:32	15	1:20:59
31	15	Naundorf Lars	ASV Köln	4:02:37	M35	6	60	0:32:04*	45	2:07:55	50	2:40:00	31	1:22:36
32	68	Dirksmeier Patrick	W + F Münster	4:02:49	M25	9	33	0:30:18*	32	2:06:19	27	2:36:38	50	1:26:11
33	50	Petri Stavro	Tri Club Wuppertal	4:03:15	M40	7	30	0:30:13	64	2:10:53	56	2:41:06	26	1:22:08
34	245	Jungbluth Uwe	Kölner Triathlon Team	4:03:24	M25	10	118	0:36:41	66	2:11:05	89	2:47:46	2	1:15:37
35	57	Becker Jan-Matti	Krefelder Kanu Klub	4:03:40	M30	8	80	0:33:00*	46	2:07:56	55	2:40:57	34	1:22:43
36	47	Ninck Christian	TRC Essen 84	4:03:54	M25	11	72	0:32:21	29	2:06:11	38	2:38:33	42	1:25:21
37	65	Keijzers Martijn	W + F Münster	4:03:55	M30	9	36	0:30:34	80	2:13:20	65	2:43:55	9	1:20:00
38	48	Seewald Jan	TRC Essen 84	4:04:23	M25	12	44	0:31:04	44	2:07:51	40	2:38:56	44	1:25:26
39	21	Goraus Stephan	Dülkener SV 06	4:04:59	M35	7	29	0:30:06	65	2:11:04	58	2:41:11	36	1:23:48
40	51	Suderow Silvio	Tri Club Wuppertal	4:05:08	M45	2	31	0:30:13	16	2:04:20	14	2:34:34	72	1:30:33
41	23	Schrörs Michael	Dülkener SV 06	4:05:43	M40	8	35	0:30:28	70	2:12:20	62	2:42:49	35	1:22:54
42	208	Ziemann Markus	ASV Duisburg	4:05:45	M40	9	51	0:31:41	57	2:09:04	54	2:40:45	40	1:25:00
43	7	Beinke Kai	TSVE Active Team	4:05:51	M30	10	24	0:28:57	47	2:08:03	31	2:37:01	59	1:28:49
44	26	Maul Christian	RC Lüdenscheid	4:06:21	M40	10	67	0:32:16	86	2:14:42	79	2:46:58	5	1:19:23
45	13	Hauser Michael	ASV Köln	4:06:38	M35	8	62	0:32:09	56	2:08:59	57	2:41:08	45	1:25:29
46	265	Wessel Florian	Nordenia Tri Finish	4:06:52	M25	13	75	0:32:31	68	2:11:43	68	2:44:14	32	1:22:37
47	4	Huster Daniel	Bayer 05 Uerdingen II	4:06:58	M30	11	28	0:29:44	1	2:00:04	3	2:29:48	119	1:37:10
48	1	Greeven Niklas	Bayer 05 Uerdingen II	4:06:58	M20	3	2	0:27:27	61	2:09:32	30	2:36:59	67	1:29:59
49	251	Brämer Alexander	1.Tri Club Paderborn I	4:07:31	M25	14	66	0:32:15	81	2:13:41	73	2:45:56	19	1:21:34
50	219	Köhns Thomas	TSV Bayer 04	4:07:32	M40	11	63	0:32:10	37	2:07:02	43	2:39:12	57	1:28:20
51	238	Welsch Rüdiger	TuS Breitscheid	4:07:33	M45	3	15	0:28:14	52	2:08:24	28	2:36:39	75	1:30:54
52	46	Leggewie Christian	TRC Essen 84	4:07:33	M40	12	18	0:28:21	33	2:06:25	17	2:34:47	92	1:32:45
53	247	Raatz Sebastian	Kölner Triathlon Team	4:07:50	M25	15	139	0:40:10	53	2:08:31	91	2:48:42	4	1:19:07
54	220	Kufner Marco	TSV Bayer 04	4:07:50	M35	9	40	0:30:50	42	2:07:41	37	2:38:32	62	1:29:17

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Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl. AK	Pl. S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
55	249	Wille Markus	1.Tri Club Paderborn I	4:08:07	M45	4	92	0:34:17*	25	2:05:46	52	2:40:03	56	1:28:04
56	22	Rademacher Jens	Dülkener SV 06	4:08:26	M30	12	13	0:28:06	67	2:11:16	45	2:39:22	61	1:29:04
57	66	Kappelhoff Michael	W + F Münster	4:08:56	M35	10	22	0:28:41	27	2:06:04	16	2:34:45	101	1:34:10
58	28	Hanakam Florian	RC Lüdenscheid	4:09:03	M35	11	113	0:35:51	50	2:08:15	67	2:44:06	39	1:24:56
59	29	Hörstemeier Martin	Rückenwind Dortmund	4:09:10	M35	12	81	0:33:02*	31	2:06:13	44	2:39:16	65	1:29:54
60	36	Zywietz Eike	PSV Bonn Triathlon II	4:09:23	M25	16	84	0:33:42*	60	2:09:19	64	2:43:02	51	1:26:21
61	203	Watermeyer Fabian	TVE Greven	4:10:34	M20	4	21	0:28:35	54	2:08:34	32	2:37:10	96	1:33:24
62	52	Rexhausen Thorsten	Tri Club Wuppertal	4:10:55	M35	13	58	0:32:03*	51	2:08:19	53	2:40:22	71	1:30:33
63	214	Gems Christian	Bayer 05 Uerdingen III	4:10:58	M20	5	104	0:35:07*	19	2:04:46	48	2:39:54	79	1:31:04
64	14	Elskamp Matthias	ASV Köln	4:11:52	M40	13	77	0:32:40*	41	2:07:21	51	2:40:01	85	1:31:50
65	475	Hesse Daniel	EJOT Team TV	4:12:17	M20	6	65	0:32:13	59	2:09:17	60	2:41:31	74	1:30:46
66	5	Ludwig Max	TSVE Active Team	4:12:34	M20	7	23	0:28:42	63	2:09:39	35	2:38:22	103	1:34:12
67	224	Quadflieg Achim	Delphin Eschweiler	4:12:55	M40	14	78	0:32:40	89	2:14:51	85	2:47:31	43	1:25:23
68	61	Heitze Georg	AWD Team TVE	4:13:45	M40	15	42	0:30:58	96	2:16:10	80	2:47:08	53	1:26:36
69	228	Krumbe Ralf	SSF Bonn	4:13:53	M40	16	98	0:34:28	75	2:12:51	84	2:47:19	52	1:26:33
70	240	Ifang Malte	TuS Breitscheid	4:14:05	M25	17	68	0:32:17	28	2:06:11	36	2:38:28	114	1:35:37
71	71	Kirchhoff Holger	LV Tristar Oelde	4:14:20	M35	14	105	0:35:09*	30	2:06:13	59	2:41:22	94	1:32:58
72	225	Grosskopf Christoph	SSF Bonn	4:15:55	M30	13	99	0:34:32	71	2:12:22	78	2:46:54	60	1:29:00
73	250	Thra Dustin	1.Tri Club Paderborn I	4:16:10	M25	18	61	0:32:07	69	2:11:55	66	2:44:03	86	1:32:06
74	484	Voll Ulrich	Krefelder Kanu-Klub	4:16:57	M45	5	138	0:40:10	62	2:09:36	93	2:49:46	54	1:27:11
75	257	Jacobs Frank	RC Lüdenscheid II	4:17:08	M30	14	88	0:34:12	72	2:12:38	76	2:46:51	70	1:30:16
76	60	Strümpel Jörn	Krefelder Kanu Klub	4:17:09	M30	15	86	0:34:02	77	2:13:14	83	2:47:16	63	1:29:52
77	258	Sartory Markus	RC Lüdenscheid II	4:17:12	M40	17	115	0:36:07	97	2:16:13	103	2:52:20	38	1:24:51
78	217	Kaiser Marcus	TSV Bayer 04	4:17:17	M40	18	101	0:34:38	98	2:16:28	99	2:51:06	49	1:26:10
79	207	Wächtler Thomas	ASV Duisburg	4:17:52	M50	2	96	0:34:27	78	2:13:16	88	2:47:44	68	1:30:08
80	37	Pähler Detlef	Tri Sport Team Verl	4:18:32	M40	19	14	0:28:13	88	2:14:44	63	2:42:57	113	1:35:34
81	221	Lüttgen Jörg	Delphin Eschweiler	4:18:32	M40	20	82	0:33:04	84	2:14:31	87	2:47:35	77	1:30:56
82	69	Graw Burkhard	LV Tristar Oelde	4:19:07	M50	3	43	0:31:01	85	2:14:37	72	2:45:38	97	1:33:28
83	205	Hof Matthias	ASV Duisburg	4:19:26	M40	21	46	0:31:13	95	2:15:58	81	2:47:12	88	1:32:14
84	232	Poetting Timm	TSVE Active Team	4:19:30	M25	19	8	0:27:48	48	2:08:10	26	2:35:59	142	1:43:30
85	318	Elbert Matthias	Hildener AT	4:19:33	M50	4	76	0:32:37	73	2:12:44	71	2:45:21	102	1:34:11
86	323	Austinat Ralf	Iserlohner Triathlon	4:19:47	M50	5	110	0:35:36	83	2:14:17	94	2:49:53	64	1:29:54
87	237	Lutze Matthias	TuS Breitscheid	4:20:06	M45	6	79	0:32:46	79	2:13:17	74	2:46:04	99	1:34:01
88	222	Effertz Norbert	Delphin Eschweiler	4:20:35	M45	7	10	0:27:56	101	2:16:49	69	2:44:46	115	1:35:49
89	54	Dick-Cortmann	Triathlon Team Witten	4:20:56	M35	15	93	0:34:19	100	2:16:42	98	2:51:01	66	1:29:55
90	236	Roth Andreas	ASV Köln II	4:21:40	M30	16	94	0:34:24	76	2:13:10	86	2:47:35	100	1:34:05
91	262	Drewes Martin	TV Germania Kaiserau	4:21:52	M35	16	47	0:31:17	108	2:18:21	92	2:49:38	87	1:32:13
92	17	Sudhoff Burkhard	M.Gladbacher TV 1848	4:22:20	M45	8	55	0:31:57	90	2:14:54	77	2:46:52	112	1:35:27
93	269	Gerdhenrichs Stefan	Tri Speed Marienfeld	4:22:24	M20	8	117	0:36:25	118	2:20:07	114	2:56:33	47	1:25:51
94	445	Minke Sebastian	ASC Rosellen/Neuss	4:22:30	M30	17	132	0:39:28	102	2:17:13	116	2:56:41	46	1:25:48
95	267	Radstaak Jens	Nordenia Tri Finish	4:23:51	M30	18	100	0:34:36	105	2:17:41	102	2:52:17	82	1:31:33
96	376	Bergstein Stefan	TG Neuss	4:24:18	M40	22	103	0:34:42	82	2:13:45	90	2:48:27	116	1:35:50
97	39	Strunz Dirk	Tri Sport Team Verl	4:24:56	M35	17	71	0:32:19	117	2:20:05	104	2:52:25	89	1:32:31
98	53	Bierey Dietmar	Triathlon Team Witten	4:25:04	M45	9	158	0:42:48	39	2:07:06	95	2:49:54	108	1:35:10
99	206	Link Marco	ASV Duisburg	4:25:48	M25	20	142	0:40:26	87	2:14:43	111	2:55:10	73	1:30:37
100	63	Neuhaus Torsten	AWD Team TVE	4:26:24	M25	21	57	0:32:00	93	2:15:13	82	2:47:13	125	1:39:11
101	67	Späker Dieter	W + F Münster	4:26:40	M40	23	3	0:27:30	112	2:18:59	75	2:46:29	128	1:40:10
102	398	Schardt Jörg	TSV Bayer Leverkusen	4:28:07	M40	24	73	0:32:22	104	2:17:36	96	2:49:58	121	1:38:08
103	350	Grünhage Josef	TV Attendorn	4:28:57	M45	10	107	0:35:22	110	2:18:38	108	2:54:00	106	1:34:56
104	239	Reckel Wolfgang	TuS Breitscheid	4:28:59	M50	6	154	0:42:06	94	2:15:29	117	2:57:36	81	1:31:22
105	40	Ventker Sebastian	Tri Sport Team Verl	4:29:15	M25	22	156	0:42:33	92	2:15:05	118	2:57:39	83	1:31:35
106	32	Zellin Jan	Rückenwind Dortmund	4:29:20	M25	23	126	0:38:14	137	2:25:04	136	3:03:18	48	1:26:02
107	202	Zweihaus Markus	TVE Greven	4:29:25	M45	11	70	0:32:18	119	2:20:38	106	2:52:57	118	1:36:27
108	33	Lang Andreas	PSV Bonn Triathlon II	4:29:59	M25	24	49	0:31:29	49	2:08:14	46	2:39:44	162	1:50:15

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Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
109	408	Weber Lars	RWE	4:30:29	M35	18	122	0:37:02	91	2:15:02	100	2:52:04	123	1:38:24	
110	329	Wilner Willi	PV-Triathlon Witten	4:30:35	M50	7	111	0:35:38	130	2:22:14	120	2:57:53	90	1:32:42	
111	454	Friedhoff Benjamin	ASV Duisburg	4:31:17	M30	19	124	0:37:36	109	2:18:23	112	2:55:59	110	1:35:18	
112	235	Walter Torsten	ASV Köln II	4:31:18	M40	25	164	0:43:45	115	2:19:58	137	3:03:44	55	1:27:33	
113	364	Henn Frank	Triminators TV Voerde	4:31:26	M40	26	108	0:35:27	99	2:16:39	101	2:52:07	126	1:39:18	
114	30	Seifert Lukas	Rückenwind Dortmund	4:31:58	M20	9	27	0:29:32	122	2:21:18	97	2:50:50	132	1:41:08	
115	215	Ohlms Hendrik	Bayer 05 Uerdingen III	4:32:23	M30	20	87	0:34:07	144	2:27:11	128	3:01:19	78	1:31:04	
116	399	Sikora Robert	SV Bergisch Gladbach	4:32:26	M40	27	123	0:37:03	127	2:21:52	121	2:58:56	98	1:33:29	
117	226	Penedo Nelson	SSF Bonn	4:32:26	M35	19	74	0:32:27	74	2:12:47	70	2:45:14	155	1:47:11	
118	212	Porath Bernd	Tri Team TG Lage	4:33:36	M45	12	39	0:30:47	135	2:23:54	110	2:54:42	124	1:38:53	
119	272	Wallmeier Thomas	Tri Speed Marienfeld	4:33:42	M45	13	106	0:35:14	136	2:24:08	123	2:59:23	104	1:34:18	
120	415	Mukielka Boris	TSVE 1890 Bielefeld	4:34:21	M35	20	97	0:34:28	113	2:19:21	107	2:53:49	130	1:40:31	
121	55	Moldenhauer Kai	Triathlon Team Witten	4:35:02	M40	28	125	0:37:39	111	2:18:58	115	2:56:38	122	1:38:23	
122	301	Rummler-Kihm Tobias	RTC Frechen 80	4:35:07	M50	8	155	0:42:26*	103	2:17:28	124	2:59:54	109	1:35:13	
123	213	Rohde Markus	Bayer 05 Uerdingen III	4:35:33	M40	29	143	0:40:30	134	2:23:42	139	3:04:12	80	1:31:20	
124	436	Kirschbaum Arne	Krefelder Kanu Klub	4:35:56	M30	21	160	0:42:52	114	2:19:51	134	3:02:43	95	1:33:13	
125	394	Kawelke Thomas	fair gewinnt e.V.	4:37:04	M40	30	141	0:40:17	123	2:21:26	131	3:01:44	111	1:35:20	
126	352	Hansel Martin	AWD Team TVE	4:38:03	M45	14	173	0:46:58	121	2:20:55	143	3:07:53	69	1:30:09	
127	360	Prause Stefan	TriCologne	4:38:07	M45	15	147	0:41:30	131	2:22:17	138	3:03:47	105	1:34:19	
128	375	Hachmann Axel	SSK Kerpen	4:38:19	M40	31	109	0:35:32	120	2:20:45	113	2:56:17	134	1:42:01	
129	252	Berg Frank	1.Tri Club Paderborn I	4:38:48	M45	16	95	0:34:26	107	2:18:13	105	2:52:39	150	1:46:08	
130	35	Wenzel Arne	PSV Bonn Triathlon II	4:38:49	M25	25	32	0:30:16	149	2:29:03	122	2:59:19	127	1:39:29	
131	230	Voß Peter	TSVE Active Team	4:40:50	M40	32	102	0:34:38	116	2:20:02	109	2:54:40	151	1:46:09	
132	231	Ehle Christian	TSVE Active Team	4:40:50	M40	33	114	0:36:06	126	2:21:41	119	2:57:47	140	1:43:03	
133	427	Siepe Volker	TG Neuss	4:41:47	M35	21	135	0:40:04	148	2:29:00	147	3:09:04	91	1:32:42	
134	209	Schlepper Jan	Tri Team TG Lage	4:42:18	M20	10	129	0:38:28	151	2:30:55	148	3:09:24	93	1:32:54	
135	349	Decker Hans-Joachim	Tri Club Wuppertal	4:43:19	M45	17	137	0:40:08	132	2:22:34	133	3:02:42	131	1:40:36	
136	395	Kaap Jurij	TSVE 1890 Bielefeld	4:44:03	M40	34	134	0:39:41	124	2:21:33	127	3:01:15	136	1:42:48	
137	320	Hermes Peter	Tri-4-Fun SVKT	4:44:30	M50	9	127	0:38:14	129	2:22:09	125	3:00:24	145	1:44:06	
138	271	Peters Uwe	Tri Speed Marienfeld	4:44:56	M45	18	64	0:32:13	152	2:31:00	135	3:03:13	133	1:41:42	
139	263	Darenberg Ingo	TV Germania Kaiserau	4:45:17	M45	19	133	0:39:31	128	2:22:00	129	3:01:32	143	1:43:45	
140	340	Klein Ernst	TV Attendorf TRI -	4:47:53	M45	20	136	0:40:04	125	2:21:41	132	3:01:45	149	1:46:07	
141	366	Möller Hans-Christoph	Schwelmer SC	4:48:30	M40	35	91	0:34:16	142	2:26:20	126	3:00:37	157	1:47:53	
142	18	Krüger Dirk	M.Gladbacher TV 1848	4:49:56	M35	22	171	0:46:15	141	2:26:09	155	3:12:24	120	1:37:32	
143	261	Schünemann Arne	TV Germania Kaiserau	4:50:22	M25	26	130	0:38:33	133	2:23:00	130	3:01:34	159	1:48:48	
144	481	Wieland Markus	TSV Bayer 04	4:50:22	M35	23	181	0:49:52	106	2:17:43	142	3:07:35	135	1:42:47	
145	357	Schwiegerhaus Horst	TSV Bayer 04	4:51:18	M45	21	144	0:40:36	163	2:35:39	163	3:16:15	107	1:35:03	
146	314	Steckel Manfred	TriathlonSteckelCologn	4:51:45	M55	1	112	0:35:45	153	2:31:11	141	3:06:57	148	1:44:48	
147	477	Dobos Ivo	ASC Rosellen/Neuss	4:51:52	M20	11	150	0:41:38	159	2:34:08	162	3:15:46	117	1:36:05	
148	426	Paffrath Arndt	Tri Club Wuppertal	4:54:29	M35	24	162	0:43:06	138	2:25:12	145	3:08:19	152	1:46:09	
149	435	Prangs Oliver	SuS Stadtlohn e.V. -	4:54:45	M30	22	119	0:36:42	161	2:34:49	153	3:11:32	141	1:43:12	
150	259	Jäger Andre	RC Lüdenscheid II	4:55:01	M25	27	161	0:43:05	147	2:28:06	151	3:11:12	144	1:43:49	
151	223	Schiewe Norbert	Delphin Eschweiler	4:57:14	M50	10	131	0:38:44	156	2:31:59	149	3:10:43	153	1:46:31	
152	322	Mevenkamp Bernd	DJK Coesfeld	4:57:15	M50	11	120	0:36:50	169	2:37:32	159	3:14:22	138	1:42:53	
153	338	Weigel Michael	1.Tri-Club Paderborn	4:58:30	M45	22	128	0:38:24	168	2:37:15	161	3:15:39	137	1:42:50	
154	270	Osthus Jens	Tri Speed Marienfeld	4:58:50	M40	36	85	0:33:46	154	2:31:19	140	3:05:05	164	1:53:44	
155	304	Beermann Ludger	SC Falke Saerbeck	4:59:57	M60	1	163	0:43:42	166	2:35:54	166	3:19:37	129	1:40:20	
156	333	Müller Lothar	SC Gelsenkirchen 04	5:02:12	M45	23	170	0:46:02	146	2:27:24	157	3:13:27	158	1:48:44	
157	311	Koppelberg Horst	Hildener AT	5:02:45	M55	2	116	0:36:13	164	2:35:41	154	3:11:54	163	1:50:50	
158	327	Bittermann	Schwelmer RSC	5:02:52	M50	12	177	0:47:38	140	2:25:40	156	3:13:19	161	1:49:33	
159	479	Matzner Thomas	ATV	5:03:00	M40	37	149	0:41:33	145	2:27:17	146	3:08:51	166	1:54:08	
160	413	Waller Matthäus	TV Attendorf	5:03:59	M35	25	157	0:42:33	139	2:25:40	144	3:08:14	168	1:55:44	
161	368	Milden Siegfried	W+F Münster	5:04:30	M40	38	152	0:41:45	162	2:35:08	164	3:16:54	156	1:47:36	
162	367	Dilk Christian	LTV TriForce	5:05:48	M40	39	165	0:44:10	171	2:38:42	168	3:22:52	139	1:42:56	

28. Hückeswagener Triathlon am 14. August 2010

Ergebnisliste

NRW Meisterschaft Mitteltriathlon 2000m - 74km - 21km

Männer

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
163	325	Ufer Andreas	TV Attendorn	5:08:10	M50	13	146	0:41:29	176	2:42:15	171	3:23:44	147	1:44:26	
164	353	Moran Salvador	ATV Hückeswagen	5:09:29	M45	24	183	0:55:13	150	2:30:06	175	3:25:20	146	1:44:08	
165	309	Schubert Peter	SG Eintracht Ergste	5:11:31	M55	3	179	0:48:24	167	2:35:58	174	3:24:22	154	1:47:08	
166	56	Krug Gerrit	Triathlon Team Witten	5:12:45	M30	23	121	0:36:56	160	2:34:10	150	3:11:07	177	2:01:38	
167	451	Potthoff Sebastian	Tri-Geckos Dortmund	5:12:59	M30	24	151	0:41:43	177	2:42:22	173	3:24:06	160	1:48:53	
168	337	Kruse Reinhard	ASC Ahlen	5:18:56	M45	25	153	0:41:46	172	2:38:44	167	3:20:31	171	1:58:25	
169	470	Swoboda Stefan	SC Gelsenkirchen 04	5:19:05	M25	28	148	0:41:33	157	2:32:03	158	3:13:36	180	2:05:29	
170	331	Kovacs Franz	ATV-Hückeswagen	5:19:16	M50	14	169	0:45:51	158	2:33:11	165	3:19:03	173	2:00:13	
171	343	Rudnik Christian	RWE Starlight Team	5:19:31	M45	26	167	0:44:32	170	2:38:36	169	3:23:09	169	1:56:21	
172	307	Seibert Olaf	SC-Olpe Triathlon	5:25:41	M55	4	178	0:47:53	165	2:35:48	170	3:23:41	178	2:01:59	
173	457	Thomas Martin	Bayer Leverkusen	5:26:10	M30	25	174	0:47:15	179	2:44:56	179	3:32:11	165	1:53:58	
174	313	Schramm Jürgen	SV Gladbeck 13	5:28:39	M55	5	172	0:46:45	175	2:41:19	176	3:28:05	175	2:00:33	
175	303	Grande Fritz	LSV Tri-Team Lennep	5:29:59	M60	2	182	0:52:52	173	2:39:24	180	3:32:16	170	1:57:43	
176	482	Rechlin Bernd	TV Witzhelden 1884	5:30:06	M60	3	145	0:41:19	181	2:48:21	177	3:29:40	174	2:00:26	
177	416	Brüning Robert	ATV Hückeswagen	5:30:39	M35	26	166	0:44:19	143	2:27:05	152	3:11:25	183	2:19:13	
178	363	Janko Hans-Jörg	VFB Erfstadt	5:30:41	M40	40	176	0:47:21	180	2:47:56	182	3:35:18	167	1:55:23	
179	359	Kinzel Thomas	SV Sterkrade Nord	5:30:48	M45	27	180	0:49:44	174	2:41:02	178	3:30:47	172	2:00:00	
180	348	Hübenthal Götz	SCGutNassAltena	5:30:57	M45	28	159	0:42:51	155	2:31:56	160	3:14:47	182	2:16:09	
181	324	Sturm Ralf	BSG Stadt Köln	5:31:21	M50	15	140	0:40:17	178	2:43:34	172	3:23:51	181	2:07:29	
182	380	Fretschen Christian	AS Neukirchen-Vluyn	5:36:19	M40	41	168	0:45:22	182	2:48:43	181	3:34:06	179	2:02:13	
183	19	Baier Ulli	M.Gladbacher TV 1848	5:57:15	M60	4	175	0:47:16	183	3:08:43	183	3:56:00	176	2:01:15	

nicht beendet

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
0	319	Frederking Martin	OSC 01 Hamm	0:00:00	M50	-	191	0:47:09	192	2:41:45	192	3:28:54	0	0:00:00	
0	429	Ast Karol	*leverkusen	0:00:00	M35	-	199	0:47:44	0	0:00:00	0	0:00:00	0	0:00:00	
0	474	Janiszewski Thorsten	Feuerwehr SV	0:00:00	M20	-	198	0:46:29	0	0:00:00	0	0:00:00	0	0:00:00	
0	334	Herbrandt Volker	SV Bergisch Gladbach	0:00:00	M45	-	189	0:35:44	189	2:25:39	188	3:01:24	0	0:00:00	
0	420	Kumpir Oğün	Triathlon Team	0:00:00	M35	-	196	0:34:50	0	0:00:00	0	0:00:00	0	0:00:00	
0	379	Graf André	bike attack oberberg	0:00:00	M40	-	187	0:32:28	188	2:15:34	187	2:48:02	0	0:00:00	
0	316	Reulecke Bernhard	VT Triangel Kempen	0:00:00	M50	-	190	0:44:31	191	2:40:15	191	3:24:46	0	0:00:00	
0	20	Keus Dirk	M.Gladbacher TV 1848	0:00:00	M40	-	192	0:51:23	187	2:15:15	190	3:06:39	0	0:00:00	
0	24	Schuhmachers Jörg	Dülkener SV 06	0:00:00	M30	-	195	0:30:30	0	0:00:00	0	0:00:00	0	0:00:00	
0	27	Conredel Martin	RC Lüdenscheid	0:00:00	M20	-	194	0:30:12	0	0:00:00	0	0:00:00	0	0:00:00	
0	34	Sommershof Joachim	PSV Bonn Triathlon II	0:00:00	M45	-	184	0:27:54	186	2:11:06	185	2:39:01	0	0:00:00	
0	210	Büker Volker	Tri Team TG Lage	0:00:00	M50	-	185	0:30:39	190	2:31:34	189	3:02:14	0	0:00:00	
0	218	Röhrken Golo	TSV Bayer 04	0:00:00	M20	-	186	0:30:40	184	2:05:10	184	2:35:50	0	0:00:00	
0	227	Sitta Lukas	SSF Bonn	0:00:00	M20	-	188	0:34:30	185	2:07:04	186	2:41:34	0	0:00:00	
0	248	Staggenborg Nick	Kölner Triathlon Team	0:00:00	M20	-	193	0:26:18	0	0:00:00	0	0:00:00	0	0:00:00	
0	264	Müller Lennart	TV Germania Kaiserau	0:00:00	M25	-	197	0:38:11	0	0:00:00	0	0:00:00	0	0:00:00	

28. Hückeswagener Triathlon am 14. August 2010

Ergebnisliste

NRW Meisterschaft Mitteltriathlon 2000m - 74km - 21km

Frauen

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
1	462	Walter Verena	Iserlohner Tri Team	4:17:46	W25	1	2	0:34:29	1	2:15:25	1	2:49:54	1	1:27:51	
2	483	Görtz Beate	ASV Köln	4:29:55	W40	1	4	0:36:25	3	2:23:12	3	2:59:38	2	1:30:17	
3	381	Orgeldinger Micaela	SSF Bonn	4:34:49	W40	2	1	0:34:14	4	2:23:44	2	2:57:58	7	1:36:51	
4	452	Schwalbe Melanie	Ejot Team TV	4:35:41	W30	1	3	0:34:44	7	2:28:00	6	3:02:45	5	1:32:55	
5	431	Wittler Dr. Marion	TSVE 1890 Bielefeld	4:36:11	W35	1	18	0:41:06	2	2:21:38	5	3:02:44	6	1:33:26	
6	467	Weßling Jutta	TriRun Ibbenbüren	4:42:31	W25	2	15	0:40:05	8	2:30:01	8	3:10:06	4	1:32:24	
7	472	Von Hubatius Ilka	EJOT Team TV	4:44:39	W25	3	5	0:37:35	5	2:24:34	4	3:02:10	10	1:42:28	
8	448	Müller Angela	ASC Rosellen/Neuss	4:49:00	W30	2	12	0:39:47	11	2:37:47	12	3:17:35	3	1:31:24	
9	428	Fuchs Sandra	TV 1848	4:50:45	W40	3	10	0:39:27	6	2:27:20	7	3:06:48	11	1:43:57	
10	410	Floryszczak Melanie	Tri Club Wuppertal	4:58:36	W35	2	7	0:37:59	13	2:38:17	10	3:16:16	9	1:42:19	
11	406	Zweihaus Ruth	TVE Greven 1898	5:04:32	W40	4	14	0:40:01	15	2:42:15	14	3:22:16	8	1:42:16	
12	464	Schillings Stefanie	TuS 09 Erkenschwick	5:07:04	W25	4	17	0:40:42	9	2:35:30	9	3:16:13	14	1:50:50	
13	480	Schubert Christiane	ATV	5:13:15	W45	1	9	0:39:19	16	2:44:28	15	3:23:47	13	1:49:27	
14	390	Bauer Inga	LTV TriForce	5:14:53	W40	5	8	0:38:28	12	2:38:00	11	3:16:29	18	1:58:23	
15	432	Osterkamp Andrea	Dülkener SV	5:18:47	W35	3	6	0:37:38	19	2:46:38	16	3:24:17	16	1:54:29	
16	447	Kunde Sabrina	bikeattackoberberg	5:21:19	W30	3	22	0:56:13	10	2:36:38	20	3:32:51	12	1:48:28	
17	403	Wienforth Silke	PV-Triathlon Witten	5:22:12	W40	6	13	0:39:58	18	2:45:46	17	3:25:44	17	1:56:27	
18	409	Vörkel Kirstin	SSF Bonn Triathlon	5:25:28	W35	4	20	0:46:08	17	2:45:00	18	3:31:09	15	1:54:18	
19	370	Wilner Anne	PV-Triathlon Witten	5:25:52	W40	7	11	0:39:41	14	2:39:52	13	3:19:34	21	2:06:17	
20	369	Skudlarek-Seibert Petra	SC-Olpe Triathlon	5:31:55	W40	8	19	0:45:49	20	2:46:52	19	3:32:41	19	1:59:13	
21	302	Beermann Rita	Sportclub Falke	5:34:30	W50	1	21	0:46:59	21	2:47:22	21	3:34:21	20	2:00:09	
22	433	Schäfer Kristin	Tri Club Wuppertal	5:57:01	W30	4	16	0:40:32	22	2:54:42	22	3:35:15	22	2:21:45	

nicht beendet

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
0	332	Frederking Annette	Tri-Geckos Dortmund	0:00:00	W50	-	23	0:41:27	24	2:49:08	24	3:30:36	0	0:00:00	
0	400	Jakob Heike	RG Haldern	0:00:00	W40	-	24	0:42:26	23	2:14:44	23	2:57:11	0	0:00:00	