

# 37. Hückeswagen Triathlon am 24. August 2019

# Ergebnisliste

## Mitteltriathlon 2000m - 70km - 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	239	Dels, Chris	Böhnlein Sports	3:46:19	M35	1	25	0:29:23	7	2:02:53	6	2:32:17	1	1:14:01	
2	144	Mittelbach, Carl-Daniel	Tri Team Hagen	3:46:57	M30	1	3	0:27:12	1	1:59:35	1	2:26:47	7	1:20:09	
3	231	Senger, Paul	DLC Aachen	3:47:55	M20	1	24	0:29:21	2	2:00:08	2	2:29:30	3	1:18:24	
4	180	Wies, Sven	Duisburger SV98	3:50:15	M30	2	2	0:27:04	6	2:02:53	3	2:29:57	8	1:20:18	
5	65	Jensch, Simon	Mach3 Köln	3:54:37	M25	1	32	0:30:20	26	2:07:47	27	2:38:08	2	1:16:28	
6	20	Wunn, Henrik	DLC Aachen II	3:55:47	M20	2	39	0:30:52	12	2:04:46	20	2:35:39	6	1:20:08	
7	184	Frischkorn, Konrad	DLC Aachen	3:56:06	M20	3	4	0:27:33	9	2:04:15	5	2:31:49	19	1:24:17	
8	1	Dale, Robert	Kölner Triathlon Team	3:56:20	M25	2	28	0:29:47	3	2:01:37	4	2:31:24	22	1:24:55	
9	33	Knoepke, Daniel	EJOT Team TV	3:56:45	M35	2	1	0:26:24	30	2:08:38	16	2:35:02	12	1:21:42	
10	536	Czerny, Sebastian	WEICON Tri Finish	3:56:56	M30	3	36	0:30:43	16	2:05:33	23	2:36:16	10	1:20:40	
11	7	Lindemann, Marius	Tri Geckos Dortmund I	3:57:13	M25	3	12	0:28:06	20	2:06:07	10	2:34:14	13	1:22:59	
12	17	Cramer, Michael	DLC Aachen II	3:57:19	M30	4	42	0:31:10	8	2:03:00	9	2:34:10	14	1:23:09	
13	4	Schmidbauer, Florian	Kölner Triathlon Team	3:58:00	M25	4	18	0:28:47	17	2:05:38	12	2:34:26	15	1:23:33	
14	32	Seewald, Jan	TRC Essen 84 I	3:59:27	M35	3	44	0:31:12	10	2:04:19	18	2:35:31	17	1:23:55	
15	8	Zbcona, Max	Tri Geckos Dortmund I	3:59:35	M30	5	19	0:28:48	18	2:05:45	13	2:34:34	23	1:25:01	
16	42	Gosebrink, Jens	SC Bayer 05 Uerdingen II	4:00:04	M30	6	9	0:27:58	21	2:06:10	8	2:34:08	26	1:25:56	
17	15	Seidel, Ronny	Triathlon Witten III	4:00:32	M35	4	122	0:37:07*	11	2:04:35	33	2:41:42	4	1:18:49	
18	13	Krusch, Sebastian	Triathlon Witten III	4:01:15	M30	7	16	0:28:33	19	2:06:01	14	2:34:35	29	1:26:39	
19	164	Reeschke, Roman	1. Tri-Club Paderborn	4:02:32	M30	8	26	0:29:38	14	2:05:05	15	2:34:43	33	1:27:48	
20	218	Heinzemann, Tim	Tri Club Wuppertal	4:03:02	M30	9	51	0:32:28	34	2:09:51	37	2:42:19	11	1:20:42	
21	57	Kirch, Michael	Team Indeland	4:04:39	M45	1	78	0:33:59	36	2:10:12	47	2:44:12	9	1:20:27	
22	60	Kaiser, Thomas	Team Indeland	4:05:07	M30	10	38	0:30:47	4	2:02:04	7	2:32:51	54	1:32:16	
23	54	Rühlemann, Lukas	Triathlon Team Ratingen	4:05:38	M20	4	8	0:27:55	28	2:08:00	21	2:35:56	42	1:29:41	
24	512	Ullrich, Domitian	TSVE 1890 Bielefeld II	4:06:19	M35	5	46	0:31:44	5	2:02:36	11	2:34:21	52	1:31:57	
25	534	Arnold, Matthias	WEICON Tri Finish	4:07:06	M25	5	60	0:32:52	27	2:07:58	32	2:40:51	27	1:26:14	
26	35	Nagel, Rainer	EJOT Team TV	4:07:21	M50	1	56	0:32:47	35	2:09:51	41	2:42:39	21	1:24:42	
27	16	Güths, Marius	Triathlon Witten III	4:07:41	M25	6	41	0:31:06	13	2:04:55	22	2:36:01	50	1:31:39	
28	185	Sundberg, Swen	Böhnlein sports	4:08:00	M45	2	22	0:29:12	47	2:12:55	35	2:42:07	25	1:25:53	
29	29	Kröller, Stephan	TRC Essen 84 I	4:08:40	M30	11	10	0:28:02	37	2:10:28	29	2:38:31	44	1:30:08	
30	55	Gossmann, Alexander	Triathlon Team Ratingen	4:08:48	M30	12	73	0:33:13	15	2:05:29	30	2:38:42	43	1:30:06	
31	5	Dinraths, Christian	Tri Geckos Dortmund I	4:09:31	M25	7	11	0:28:04	23	2:07:12	17	2:35:16	67	1:34:15	
32	521	Buschkühl, Aloys	TRITANS Lippstadt	4:09:39	M45	3	116	0:36:46	51	2:13:08	62	2:49:55	5	1:19:44	
33	213	Borgmann, Achim	Brander SV Tri Team	4:09:42	M45	4	95	0:35:08	24	2:07:16	39	2:42:24	31	1:27:17	
34	237	Hanakam, Dr. Florian	RC Lüdenscheid	4:11:27	M45	5	72	0:33:13	44	2:12:22	53	2:45:35	24	1:25:51	
35	2	Lohmann, Felix	Kölner Triathlon Team	4:11:56	M20	5	31	0:29:55	52	2:13:10	42	2:43:05	37	1:28:51	
36	50	Weier, Peter	PSV Bonn Triathlon I	4:12:30	M35	6	14	0:28:17	25	2:07:16	19	2:35:33	81	1:36:57	
37	19	Schulte, Thomas	DLC Aachen II	4:12:58	M30	13	35	0:30:42*	22	2:06:45	26	2:37:28	70	1:35:30	
38	10	Vernooij, Marco	W + F Münster II	4:14:03	M30	14	37	0:30:44	31	2:09:29	31	2:40:14	64	1:33:49	
39	71	Busenius, Aljoscha	Tri-Team Selimed	4:14:13	M20	6	15	0:28:24	56	2:14:12	40	2:42:37	48	1:31:35	
40	123	Ehmke, Felix	TriForce Vital e.V.	4:14:50	M20	7	66	0:32:59	81	2:18:13	69	2:51:13	16	1:23:37	
41	120	Röpstorf, Uwe	SC Bayer 05 Uerdingen	4:14:56	M55	1	84	0:34:32	39	2:10:51	51	2:45:23	40	1:29:33	
42	58	Salentin, Uli	Team Indeland	4:15:08	M45	6	80	0:34:08*	49	2:12:57	55	2:47:06	36	1:28:02	
43	25	Busch, Aaron	Tri Team Hagen II	4:15:13	M20	8	17	0:28:44	85	2:18:48	57	2:47:32	32	1:27:40	
44	220	Mussehl, Valentin	DLC Aachen	4:15:39	M20	9	5	0:27:40	32	2:09:37	25	2:37:17	89	1:38:22	
45	43	Königs, Jan	SC Bayer 05 Uerdingen II	4:15:40	M20	10	6	0:27:52	58	2:14:18	36	2:42:11	60	1:33:29	
46	34	Menn, Felix	EJOT Team TV	4:15:44	M30	15	48	0:32:01	42	2:11:47	43	2:43:48	51	1:31:55	
47	36	Fricke, Lars Erik	EJOT Team TV	4:15:47	M35	7	21	0:28:52	29	2:08:05	24	2:36:57	93	1:38:49	
48	509	Gerkens, Michael	TSVE 1890 Bielefeld II	4:16:26	M45	7	109	0:35:49	41	2:11:41	56	2:47:30	39	1:28:55	
49	69	Gärtner, Markus	Tri-Team Selimed	4:16:52	M45	8	101	0:35:26	33	2:09:51	50	2:45:17	47	1:31:34	
50	70	Faust, Robin	Tri-Team Selimed	4:17:04	M25	8	68	0:33:04	40	2:11:05	46	2:44:09	58	1:32:54	
51	72	Hoffmann, Fabian	Tri-Team Selimed	4:17:27	M30	16	65	0:32:59	60	2:14:51	58	2:47:50	41	1:29:36	
52	18	Höfler, Matthias	DLC Aachen II	4:17:39	M30	17	33	0:30:42	53	2:13:21	45	2:44:03	61	1:33:35	
53	562	Kade, Martin	SuS Stadtlohn	4:18:12	M30	18	6	0:27:52	38	2:10:32	28	2:38:25	96	1:39:47	
54	102	Robin, Marcel	C:3	4:18:39	M40	1	58	0:32:50	78	2:17:50	66	2:50:40	35	1:27:59	

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## Männer

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
54	221	Schneider, Tim	*Lohmar	4:18:39	M25	9	140	0:38:41	67	2:15:45	80	2:54:27	18	1:24:11	
56	14	Lötz, Jarit	Triathlon Witten III	4:18:39	M25	10	54	0:32:45	57	2:14:15	54	2:47:01	49	1:31:37	
57	21	Heddendorp, Daniel	Team Roseversand	4:19:01	M30	19	29	0:29:52	43	2:11:51	34	2:41:44	82	1:37:16	
58	41	Gajewski, Merlin	SC Bayer 05 Uerdingen II	4:19:07	M30	20	61	0:32:53	46	2:12:31	52	2:45:24	63	1:33:42	
59	514	Hoffmann, Patrick	W + F Münster III	4:20:18	M35	8	139	0:38:41	63	2:15:14	79	2:53:55	28	1:26:22	
60	236	Welsch, Rüdiger	TuS Breitscheid	4:20:42	M55	2	40	0:31:06	48	2:12:56	44	2:44:02	79	1:36:40	
61	9	Stroick, Stefan	W + F Münster II	4:21:18	M25	11	30	0:29:53	45	2:12:31	38	2:42:24	94	1:38:54	
62	507	Müller, Jan-Kristof	SC Westfalia 04 Herne	4:22:22	M40	2	125	0:37:46	54	2:14:05	72	2:51:51	46	1:30:30	
63	53	Böge, Lennard	Triathlon Team Ratingen	4:23:12	MJun	1	20	0:28:49	71	2:16:28	49	2:45:17	86	1:37:54	
64	538	Evermann, Lars	TuS 09 Erkenschwick I	4:23:19	M30	21	59	0:32:52	69	2:16:19	61	2:49:11	66	1:34:07	
65	541	Holzmann, Frank	Tri-Team Selimed	4:23:22	M45	9	62	0:32:53	130	2:26:00	102	2:58:54	20	1:24:27	
66	531	Rayer, Benjamin	Tri Ducks Dorsten I	4:25:11	M30	22	49	0:32:03	89	2:20:06	73	2:52:10	59	1:33:01	
67	503	Jazbec, Tobias	ASV Duisburg	4:26:21	M35	9	47	0:31:54	103	2:21:59	78	2:53:53	56	1:32:27	
68	26	Janning, Matthias	Tri Team Hagen II	4:27:41	M55	3	70	0:33:09	73	2:17:08	64	2:50:18	84	1:37:23	
69	51	Komes, Max	PSV Bonn Triathlon I	4:27:49	M20	11	43	0:31:12	94	2:20:38	71	2:51:51	74	1:35:58	
70	505	Esser, Björn	SC Westfalia 04 Herne	4:27:53	M35	10	136	0:38:39	90	2:20:21	104	2:59:00	38	1:28:52	
71	177	Kalender, Lars	SV Blau-Weiß Bochum	4:28:29	M35	11	111	0:35:54	70	2:16:27	75	2:52:22	75	1:36:07	
72	113	Wrzask, Maurice	Team Erdinger	4:28:46	M25	12	79	0:34:03	97	2:21:05	82	2:55:09	62	1:33:37	
73	201	Schmidt, Andreas	NYTri4All	4:29:52	M50	2	52	0:32:29	106	2:22:14	81	2:54:44	68	1:35:08	
74	31	Laschet, Christian	TRC Essen 84 I	4:31:03	M40	3	83	0:34:31	55	2:14:08	59	2:48:40	110	1:42:23	
75	103	Dunkel, Thomas	TSVE 1890 Bielefeld	4:31:09	M40	4	163	0:40:37	62	2:15:09	85	2:55:46	69	1:35:23	
76	49	Nett, Markus	PSV Bonn Triathlon I	4:31:10	M35	12	178	0:43:32	61	2:14:54	101	2:58:26	57	1:32:44	
77	565	Dirkes, Christoph	SC Altenrheine I	4:31:39	M40	5	87	0:34:40	65	2:15:36	63	2:50:16	103	1:41:22	
78	559	Pietsch, Marco	Tri Speed Marienfeld II	4:31:50	M20	12	100	0:35:23	66	2:15:42	67	2:51:06	101	1:40:44	
79	139	Edelbroich, Matthias	Tritus SV Neptun	4:32:07	M40	6	107	0:35:47	93	2:20:35	87	2:56:23	73	1:35:44	
80	510	Pfaffendorf, Julian	TSVE 1890 Bielefeld II	4:32:30	M30	23	133	0:38:26	76	2:17:19	86	2:55:46	80	1:36:43	
81	30	Krahl, Matt	TRC Essen 84 I	4:32:31	M30	24	103	0:35:33	145	2:29:56	131	3:05:29	30	1:27:02	
82	115	Goldschmidt, Achim	Pflanzlich ... vind ich gut!	4:32:53	M30	25	135	0:38:38	91	2:20:23	105	2:59:01	65	1:33:51	
83	6	Hagedorn, Dean	Tri Geckos Dortmund I	4:32:58	M25	13	154	0:39:40	77	2:17:47	98	2:57:27	71	1:35:30	
84	230	Holthausen, Manfred	SSF Bonn Triathlon	4:33:03	M50	3	120	0:37:02	64	2:15:30	76	2:52:33	98	1:40:30	
85	233	Jung, Janosch	*Leverkusen	4:33:11	M30	26	82	0:34:23	105	2:22:10	89	2:56:33	78	1:36:37	
86	67	Reiß, Björn	Mach3 Köln	4:33:31	M40	7	197	0:48:21	75	2:17:19	133	3:05:40	34	1:27:50	
87	516	Weissner, Martin	W + F Münster III	4:33:51	M40	8	97	0:35:10	110	2:22:31	99	2:57:42	76	1:36:09	
88	24	Crisan, Andrei	Team Roseversand	4:34:54	M35	13	75	0:33:27	113	2:23:04	88	2:56:31	90	1:38:23	
89	542	Henseler, Marcel	Tri-Team Selimed	4:35:06	M40	9	161	0:40:31*	108	2:22:21	122	3:02:52	53	1:32:13	
90	535	Bitz, Lothar	WEICON Tri Finish	4:35:09	M35	14	169	0:41:41	98	2:21:12	123	3:02:53	55	1:32:16	
91	524	Arens, Sebastian	TRITANS Lippstadt	4:35:41	M25	14	132	0:38:19	83	2:18:34	93	2:56:54	92	1:38:47	
92	116	Welnhofer, Patrick	*Köln	4:35:45	M25	15	166	0:40:52	120	2:24:25	130	3:05:17	45	1:30:28	
93	519	Schnafel, Martin	ASC Ahlen	4:35:59	M50	4	104	0:35:34	79	2:17:58	77	2:53:32	111	1:42:26	
94	63	Wagner, Jörg	Tri AS Hamm	4:36:08	M45	10	67	0:33:01	80	2:18:09	68	2:51:10	123	1:44:57	
95	560	Kerwien, Torsten	Tri Speed Marienfeld II	4:36:14	M35	15	45	0:31:16	96	2:20:59	74	2:52:16	120	1:43:58	
96	28	Rehm, Tobias	Tri Team Hagen II	4:36:38	M25	16	27	0:29:44	59	2:14:29	48	2:44:13	148	1:52:24	
97	517	Diecksmeier, Oliver	ASC Ahlen	4:36:50	M40	10	63	0:32:58	107	2:22:15	83	2:55:13	104	1:41:37	
98	158	Tüschenböner, Klaus	*Maastricht	4:37:32	M50	5	55	0:32:47	119	2:24:14	94	2:57:01	99	1:40:30	
99	109	Kölsch, Tim-Oliver	ASC Weißbachtal e.V.	4:37:54	M30	27	117	0:36:47	88	2:19:59	91	2:56:46	102	1:41:07	
100	188	Stolecki, Stephan	Tri-Geckos Dortmund	4:37:57	M50	6	143	0:38:51	101	2:21:49	115	3:00:40	83	1:37:17	
101	59	Königs, Lars	Team Indeland	4:38:41	M40	11	130	0:38:15	74	2:17:16	84	2:55:31	114	1:43:10	
102	156	Haschke, Markus	Triathlon Team Ratingen	4:38:49	M45	11	114	0:36:12	92	2:20:35	92	2:56:47	105	1:42:02	
103	142	Conrads, Peter	*Oberlahr	4:40:00	M45	12	121	0:37:03	115	2:23:34	111	3:00:38	95	1:39:22	
104	66	Meulemann, Jan	Mach3 Köln	4:41:07	M35	16	145	0:38:55	116	2:23:58	124	3:02:54	88	1:38:13	
105	513	Strathaus, Nils	W + F Münster III	4:41:08	M20	13	93	0:35:01	68	2:16:13	70	2:51:15	141	1:49:53	
106	150	Baum, Gregor	SSF Bonn Triathlon	4:41:28	M25	17	152	0:39:12	87	2:19:45	103	2:58:58	112	1:42:30	
107	501	Friedhoff, Benjamin	ASV Duisburg	4:42:08	M40	12	131	0:38:19	135	2:27:35	134	3:05:54	77	1:36:13	
108	569	Meyer, Andreas	SV Teuto Riesenbeck	4:42:11	M55	4	91	0:35:00	122	2:24:49	108	2:59:49	109	1:42:22	

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## Mitteltriathlon 2000m - 70km - 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
109	568	Uhlenbruch, Ralf	SC Altenrheine I	4:42:29	M50	7	74	0:33:15	131	2:26:05	107	2:59:20	113	1:43:08	
110	539	Siepermann, Peter	TuS 09 Erkenschwick I	4:42:34	M40	13	172	0:41:53	82	2:18:32	110	3:00:26	106	1:42:07	
111	506	Gniffke, Michael	SC Westfalia 04 Herne	4:43:35	M45	13	112	0:35:55	50	2:13:00	60	2:48:56	154	1:54:39	
112	210	Schuster, Andreas	1. Tri Club Paderborn	4:44:02	M60	1	53	0:32:33	126	2:25:42	100	2:58:15	125	1:45:46	
113	571	Book, Lars Henrik	SV Teuto Riesenbeck	4:44:36	M20	14	157	0:40:06	139	2:28:47	144	3:08:53	72	1:35:42	
114	168	Exner, Benjamin	Triathlon TEAM TG	4:45:17	M30	28	175	0:42:07	86	2:18:59	116	3:01:06	121	1:44:10	
115	527	van Eik, Marcel	SV Hullern 68	4:45:20	M30	29	85	0:34:33	104	2:22:02	90	2:56:35	138	1:48:44	
116	127	Schröder, Norbert	TK Grevenbroich	4:45:32	M55	5	126	0:37:55	117	2:24:00	118	3:01:56	118	1:43:36	
117	515	Knappe, Lucas	W + F Münster III	4:45:37	M30	30	174	0:42:01	112	2:22:57	129	3:04:59	100	1:40:38	
118	544	Franke, Lars	Tri-Team Selimed	4:45:46	M40	14	148	0:39:03	114	2:23:08	120	3:02:11	117	1:43:34	
119	3	Nelle, Leonhard	Kölner Triathlon Team	4:45:57	M25	18	13	0:28:09	141	2:29:12	97	2:57:22	137	1:48:34	
120	126	Teicher, Philipp	TMK Mülheim-Kärlich	4:47:16	M30	31	179	0:43:34	124	2:25:01	142	3:08:35	91	1:38:40	
121	138	Tillmann, Tobias	SG Stern Gaggenau	4:47:26	M35	17	151	0:39:12	100	2:21:27	113	3:00:39	131	1:46:46	
122	107	Pataridis, Anestis	*Herne	4:48:25	M45	14	156	0:40:02	147	2:30:27	151	3:10:29	87	1:37:56	
123	533	Heide, Tobias	WEICON Tri Finish	4:48:52	M30	32	153	0:39:16	95	2:20:44	109	3:00:01	139	1:48:51	
124	56	Jaross, Christoph	Triathlon Team Ratingen	4:48:58	M50	8	127	0:38:03	123	2:24:53	125	3:02:56	127	1:46:02	
125	226	Königs, Ralf	ASV Köln Triathlon	4:49:50	M50	9	113	0:35:59	134	2:27:16	127	3:03:16	129	1:46:34	
126	207	Pesch, Claus	PSV Brühl Triathlon	4:50:24	M45	15	194	0:46:53	84	2:18:39	132	3:05:32	122	1:44:51	
127	61	Langerbein, Lennard	Tri AS Hamm	4:50:28	M20	15	34	0:30:42	165	2:37:26	141	3:08:08	108	1:42:19	
128	224	Wille, Markus	1. Tri-Club Paderborn	4:51:04	M55	6	76	0:33:39	72	2:16:52	65	2:50:31	170	2:00:32	
129	523	Bruch, Jens	TRITANS Lippstadt	4:51:17	M35	18	108	0:35:48	132	2:26:11	119	3:02:00	140	1:49:17	
130	508	Ziemann, Marcus	SC Westfalia 04 Herne	4:51:25	M45	16	124	0:37:45	146	2:30:09	139	3:07:55	116	1:43:30	
131	118	Hoffmann, Rainer	Triathlon Team	4:51:37	M50	10	165	0:40:51	138	2:28:32	145	3:09:23	107	1:42:13	
132	548	Schröder, Tim	LV Tristar Oelde II	4:51:46	M30	33	69	0:33:07	155	2:33:24	135	3:06:32	124	1:45:13	
133	567	Ricklin, Manfred	SC Altenrheine I	4:52:52	M60	2	146	0:38:59	109	2:22:26	117	3:01:26	144	1:51:26	
134	155	Breuer, Marcus	*Hückeswagen	4:53:14	M35	19	180	0:43:43	142	2:29:16	158	3:13:00	97	1:40:14	
135	518	Hagedorn, Michael	ASC Ahlen	4:53:56	M30	34	182	0:44:00	111	2:22:42	136	3:06:43	132	1:47:13	
136	545	Hellmann, Daniel	LV Tristar Oelde II	4:54:32	M35	20	89	0:34:54	150	2:32:25	137	3:07:19	132	1:47:13	
137	62	Berger, Christoph	Tri AS Hamm	4:54:42	M30	35	23	0:29:13	156	2:33:34	121	3:02:47	146	1:51:54	
138	504	Kwiatkowski, Michael	ASV Duisburg	4:55:34	M40	15	90	0:34:57	125	2:25:40	112	3:00:38	156	1:54:56	
139	522	Mital, Sebastian	TRITANS Lippstadt	4:55:57	M35	21	94	0:35:03	118	2:24:04	106	2:59:08	161	1:56:49	
140	572	Giesecke, Jürgen	SV Teuto Riesenbeck	4:56:05	M45	17	181	0:43:48	137	2:28:26	155	3:12:14	119	1:43:50	
141	182	Gattinger, Carsten	TriForce-Vital RS	4:57:11	M50	11	160	0:40:24	144	2:29:29	148	3:09:53	134	1:47:18	
142	68	Hoernecke, Joaquim	GiMach3 Köln	4:57:30	M45	18	119	0:36:58	161	2:37:06	160	3:14:04	115	1:43:25	
143	564	Steinhagen, Olaf	SuS Stadtlohn	4:57:30	M50	12	110	0:35:54	99	2:21:15	95	2:57:10	168	2:00:20	
144	136	Schottek, Benjamin	Tritus SV Neptun	4:58:24	M40	16	86	0:34:40	129	2:26:00	114	3:00:40	163	1:57:43	
145	152	Kiene, Andreas	FC St. Pauli-Triathlon	4:58:44	M50	13	159	0:40:22	151	2:32:34	157	3:12:56	126	1:45:48	
146	528	Diekenbrock, Timm	SV Hullern 68	5:00:00	M35	22	92	0:35:00*	154	2:33:07	140	3:08:07	145	1:51:52	
147	557	Herse, Andreas	Tri Speed Marienfeld II	5:01:39	M50	14	64	0:32:58	158	2:34:38	138	3:07:36	152	1:54:02	
148	563	Duret, Didier	SuS Stadtlohn	5:02:23	M40	17	102	0:35:32	174	2:40:16	165	3:15:49	130	1:46:34	
149	225	Brand, Marc	Tri Club Wuppertal	5:02:36	M35	23	196	0:48:18	102	2:21:50	149	3:10:09	149	1:52:27	
150	192	Jago, Andreas	Bechterew Trias	5:03:09	M55	7	137	0:38:40	157	2:33:57	156	3:12:38	143	1:50:31	
151	561	Gehling, Jürgen	SuS Stadtlohn	5:03:33	M45	19	105	0:35:42	152	2:32:55	143	3:08:37	155	1:54:55	
152	200	Bückemeyer, Thomas	TSG Valbert 1894	5:03:39	M50	15	183	0:44:26	178	2:41:29	181	3:25:55	85	1:37:43	
153	537	Dumke, Olaf	TuS 09 Erkenschwick I	5:05:50	M45	20	189	0:44:45	140	2:28:51	159	3:13:37	147	1:52:13	
154	23	Schleuter, Christian	Team Roseversand	5:06:10	M35	24	123	0:37:12	128	2:25:57	126	3:03:10	178	2:02:59	
155	11	Strathaus, Wolfgang	W + F Münster II	5:07:54	M55	8	177	0:42:44	133	2:26:57	147	3:09:42	164	1:58:12	
156	148	Henkel, Arndt	Herner Triathlon Team	5:09:18	M35	25	193	0:46:01	127	2:25:48	153	3:11:50	162	1:57:28	
157	511	Strozyk, Daniel	TSVE 1890 Bielefeld II	5:09:35	M35	26	192	0:45:40	159	2:36:10	174	3:21:50	135	1:47:45	
158	194	Jakob, Thorben	TSV Sülfeld	5:10:37	M30	36	118	0:36:56	166	2:38:00	162	3:14:56	160	1:55:41	
159	558	Stanjek, Christian	Tri Speed Marienfeld II	5:11:37	M20	16	57	0:32:49	121	2:24:28	96	2:57:18	191	2:14:19	
160	154	Morán, Salvador	Team Erdinger	5:12:55	M55	9	200	0:49:02	136	2:28:23	168	3:17:26	158	1:55:28	
161	532	Tewes, Ingo	Tri Ducks Dorsten I	5:13:41	M50	16	50	0:32:15	168	2:39:00	152	3:11:16	176	2:02:25	
162	119	Wiese, Lars	*Düsseldorf	5:14:39	M45	21	77	0:33:53	167	2:38:18	154	3:12:12	177	2:02:27	

# 37. Hückeswagen Triathlon am 24. August 2019

# Ergebnisliste

## Mitteltriathlon 2000m - 70km - 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	547	Mamaikanov, Evgeni	LV Tristar Oelde II	5:14:43	M30	37	98	0:35:17	171	2:39:22	161	3:14:39	167	2:00:04	
164	212	Davids, Erk	TSVE 1890 Bielefeld	5:15:17	M50	17	134	0:38:36	176	2:41:17	173	3:19:53	157	1:55:23	
165	125	Ullенbrock, Manfred	1. Tri-Team Gütersloh	5:15:39	M50	18	144	0:38:55	188	2:48:16	185	3:27:11	136	1:48:27	
166	566	Heckhuis, Michael	SC Altenrheine I	5:15:49	M50	19	176	0:42:17	153	2:33:03	163	3:15:20	169	2:00:28	
167	52	Kugler, Sebastian	PSV Bonn Triathlon I	5:16:12	M40	18	71	0:33:12	149	2:31:20	128	3:04:33	189	2:11:39	
168	12	Arnsberg, Ulrich	W + F Münster II	5:16:16	M50	20	188	0:44:41	164	2:37:23	176	3:22:04	153	1:54:11	
169	502	Herberg, Rainer	ASV Duisburg	5:16:49	M35	27	195	0:47:25	181	2:43:16	188	3:30:41	128	1:46:07	
170	543	Schick, Markus	Tri-Team Selimed	5:17:31	M25	19	191	0:45:25	160	2:36:29	175	3:21:55	159	1:55:36	
171	570	Simon, Karsten	SV Teuto Riesenbeck	5:18:00	M45	22	149	0:39:07	162	2:37:18	167	3:16:26	174	2:01:34	
172	525	Szostak, Malte	SV Hullern 68	5:18:37	M35	28	173	0:42:00	182	2:43:23	180	3:25:23	151	1:53:13	
173	199	Salmen, Dr. Antonius	TV Rodenkirchen	5:19:32	M55	10	88	0:34:43	179	2:41:38	166	3:16:21	179	2:03:11	
174	137	Bily, Alexander	Tri-Geckos Dortmund	5:19:55	M45	23	147	0:39:02	173	2:40:08	171	3:19:11	172	2:00:44	
175	151	Grewe, Uwe	*Witten	5:20:48	M50	21	115	0:36:20	169	2:39:05	164	3:15:25	181	2:05:23	
176	208	Cramer, Dietmar	TS 79 Bergisch Gladbach	5:22:33	M55	11	203	0:49:37	180	2:42:58	192	3:32:35	142	1:49:58	
177	540	Reismann, Frank	TuS 09 Erkenschwick I	5:24:13	M50	22	204	0:50:39	175	2:40:28	190	3:31:08	150	1:53:05	
178	165	Schneider, Patrick	ASC Ahlen	5:24:49	M40	19	138	0:38:41	170	2:39:14	169	3:17:56	183	2:06:52	
179	215	Schmidt, Lars	Hildener AT Triathlon	5:26:05	M45	24	129	0:38:09	148	2:31:14	146	3:09:24	192	2:16:40	
180	130	Schluckebier, Holger	1. Tri-Team Gütersloh	5:27:13	M45	25	142	0:38:46	172	2:39:33	170	3:18:20	184	2:08:52	
181	171	Scherberich, Patrick	Fortuna Düsseldorf	5:30:41	M40	20	170	0:41:46	194	2:50:10	191	3:31:56	165	1:58:45	
182	100	Derks, Josef	TV Goch	5:31:13	M65	1	205	0:52:34	163	2:37:20	187	3:29:55	173	2:01:18	
183	167	Wellander, Andreas	Uschis Lauftreff	5:32:08	M45	26	141	0:38:46	193	2:49:06	186	3:27:52	180	2:04:16	
184	205	Baena, Ildefonso	*Aachen	5:32:24	M35	29	187	0:44:41	189	2:48:17	194	3:32:59	166	1:59:25	
185	232	Helbing, Prof. Dr. Klaus	Die Astros - Uni	5:32:52	M50	23	164	0:40:48	177	2:41:21	177	3:22:10	187	2:10:41	
186	529	Klein-Bösing, Carsten	Tri Ducks Dorsten I	5:33:41	M40	21	99	0:35:22	183	2:44:08	172	3:19:31	190	2:14:10	
187	520	Fischer, Thomas	ASC Ahlen	5:35:27	M50	24	106	0:35:47	195	2:50:24	183	3:26:12	185	2:09:15	
188	546	Kühn, Florian	LV Tristar Oelde II	5:36:00	M25	20	150	0:39:10	186	2:46:00	179	3:25:10	188	2:10:50	
189	234	Kowalewski, Robert	Hildener AT Triathlon	5:36:09	M50	25	171	0:41:46	184	2:44:56	184	3:26:43	186	2:09:25	
190	204	Trautmann, Andreas	Brander SV Tri Team	5:37:47	M55	12	185	0:44:33	187	2:46:25	189	3:30:59	182	2:06:48	
191	228	Barysch, Sebastian	*Köln	5:38:24	M35	30	168	0:41:09	143	2:29:17	150	3:10:26	201	2:27:57	
192	197	Eickhoff, Dirk	*Steinheim	5:40:05	M60	3	128	0:38:08	202	3:00:10	200	3:38:18	175	2:01:46	
193	64	Langerbein, Bernhard	Tri AS Hamm	5:44:14	M50	26	96	0:35:09	190	2:48:20	178	3:23:30	195	2:20:44	
194	159	Siegel, Dr. Jörg	Siegel Tiathlon Team	5:44:24	M65	2	202	0:49:14	200	2:54:29	202	3:43:44	171	2:00:39	
195	222	Schneidewind, Uwe	Tri Club Wuppertal	5:48:16	M50	27	167	0:40:56	185	2:45:12	182	3:26:08	196	2:22:07	
196	173	Klein, Björn	High 5 Düsseldorf	5:53:53	M40	22	162	0:40:32	198	2:54:15	197	3:34:47	193	2:19:05	
197	143	Blondrath, Florian	*Wuppertal	5:55:05	M30	38	158	0:40:15	197	2:52:20	193	3:32:36	197	2:22:29	
198	191	Wilhelm, Joachim	Schwelmer SC	5:59:44	M55	13	155	0:39:53	199	2:54:28	196	3:34:22	199	2:25:21	
199	179	Lennartz, Simon	*Nideggen	6:03:11	M40	23	81	0:34:16	203	3:01:05	198	3:35:21	200	2:27:50	
200	209	Hartmann, Holger	Ute Mückel Triathlon	6:04:43	M50	28	186	0:44:39	201	2:56:27	201	3:41:06	198	2:23:37	
201	229	Wagner, Roger	Triathlon Team	6:06:35	M45	27	199	0:48:52	191	2:48:52	199	3:37:45	203	2:28:50	
202	530	Rasmußen, Jörn	Tri Ducks Dorsten I	6:09:20	M35	31	184	0:44:31	192	2:48:54	195	3:33:25	205	2:35:55	
203	174	Menn, Martin	Ultra Team Cronenberg	6:24:31	M50	29	190	0:45:22	204	3:04:23	204	3:49:46	204	2:34:44	
204	178	Tippmann, Thomas	TV Attendorf 1900 e.V.	6:28:02	M50	30	197	0:48:21	206	3:19:21	206	4:07:42	194	2:20:19	
205	160	Bielenberg, Gerd	Fortuna Düsseldorf	6:29:47	M50	31	201	0:49:04	205	3:12:43	205	4:01:47	202	2:27:59	
206	170	Paul, Thomas	LC Westfalia Herne	6:32:55	M60	4	206	0:55:15	196	2:51:27	203	3:46:43	206	2:46:12	

# 37. Hückeswagen Triathlon am 24. August 2019

# Ergebnisliste

## Mitteltriathlon 2000m - 70km - 21km

## Männer

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	104	Junk, Thomas	Triathlon Team	0:00:00	M50	-	216	0:49:17	217	3:07:04	216	3:56:22	0	0:00:00	
0	114	Reiß, Christopher	Team Erdinger	0:00:00	M20	-	211	0:35:19	213	2:37:30	213	3:12:49	0	0:00:00	
0	141	Uteß, Martin	*Wuppertal	0:00:00	M30	-	207	0:29:44	211	2:28:05	210	2:57:49	0	0:00:00	
0	149	Leidig, Peter	*Castrop-Rauxel	0:00:00	M50	-	215	0:42:08	214	2:41:03	215	3:23:11	0	0:00:00	
0	163	Jaeger, Frederik	1. Tri-Club Paderborn	0:00:00	M30	-	208	0:32:19	208	2:19:23	207	2:51:42	0	0:00:00	
0	181	Austerschmidt, Henning	1. Tri-Club Paderborn	0:00:00	M35	-	209	0:33:10	207	2:18:48	208	2:51:58	0	0:00:00	
0	202	Berfeld, Jürgen	vfl engelskirchen	0:00:00	M55	-	213	0:38:16	215	2:41:47	214	3:20:04	0	0:00:00	
0	211	Plätzer, Stefan	*Eggolsheim	0:00:00	M45	-	217	0:56:05	216	3:01:01	217	3:57:07	0	0:00:00	
0	216	Borges, Martin	Hildener AT Triathlon	0:00:00	M50	-	214	0:38:50	209	2:20:38	211	2:59:29	0	0:00:00	
0	27	Jochum, Rüdiger	Tri Team Hagen II	0:00:00	M55	-	218	0:31:59	0	0:00:00	0	0:00:00	0	0:00:00	
0	44	Lohmann, Peter	SC Bayer 05 Uerdingen	0:00:00	M50	-	210	0:34:02	210	2:22:27	209	2:56:30	0	0:00:00	
0	526	Kösters, Markus	SV Hullern 68	0:00:00	M40	-	212	0:35:51	212	2:32:11	212	3:08:03	0	0:00:00	

disqualifiziert

Platz	Nr.	Name Vorname	Grund	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
0	186	Mühlenstädt, Gunnar	Umweltverschmutzung	4:35:33	M45	0	0	0:38:00	0	2:24:52	0	3:02:52	0	1:32:40	
0	189	Rohlfing, Jörg	Umweltverschmutzung	4:35:20	M50	0	0	0:37:30	0	2:19:46	0	2:57:16	0	1:38:03	

# 37. Hückeswagen Triathlon am 24. August 2019

# Ergebnisliste

## Mitteltriathlon 2000m - 70km - 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	242	Hufe, Mareen	Triminators TV Voerde	4:15:45	W40	1	2	0:31:06	3	2:15:38	2	2:46:44	1	1:29:00	
2	195	Naumann, Lisanne	DLC Aachen	4:16:45	W25	1	1	0:29:32	2	2:15:10	1	2:44:43	4	1:32:02	
3	145	Görtz, Beate	ASV Köln Triathlon	4:19:11	W50	1	5	0:34:37	1	2:12:40	3	2:47:17	3	1:31:54	
4	146	Pfister, Andrea	Bunert's Tri Team HADI	4:36:15	W35	1	8	0:38:09	7	2:27:21	7	3:05:31	2	1:30:43	
5	169	Rath, Viktoria	1. Tri-Club Paderborn	4:37:36	W30	1	6	0:36:23	6	2:25:23	4	3:01:47	6	1:35:48	
6	193	Rübsteck, Gillian	1. TCO Die Bären	4:37:40	W25	2	9	0:38:22	4	2:23:46	5	3:02:08	5	1:35:32	
7	198	Schmidt, Steffi	Triathlon Team Ratingen	4:50:06	W40	2	7	0:38:03	8	2:29:47	10	3:07:51	8	1:42:15	
8	227	Rohlfing, Silja	TRI-EMTV-Elmshorn	4:50:47	W45	1	10	0:38:43	5	2:25:20	6	3:04:04	9	1:46:43	
9	147	Brandenburger, Kirsten	*Solingen	4:52:43	W45	2	4	0:34:31	9	2:31:04	8	3:05:35	10	1:47:07	
10	235	Schröer, Caroline	ASC Ahlen	5:02:18	W30	2	14	0:42:11	11	2:40:05	11	3:22:16	7	1:40:01	
11	110	Winter, Mariska	TC Twente	5:04:44	W30	3	3	0:33:10	10	2:33:14	9	3:06:25	14	1:58:19	
12	166	Ute, Spicker	Team-Essen 1999 e.V.	5:24:43	W55	1	17	0:44:48	14	2:48:05	13	3:32:53	12	1:51:49	
13	108	Paul, Sarah	*Marl	5:26:50	W30	4	16	0:44:16	15	2:50:15	16	3:34:31	13	1:52:19	
14	238	Schäfer, Yvonne	TSVE Bielfeld / radroo	5:28:10	W40	3	18	0:44:58	17	2:52:17	17	3:37:15	11	1:50:54	
15	157	Beyer, Heike	SSF Bonn Triathlon	5:32:06	W35	2	15	0:44:07	13	2:47:17	12	3:31:24	16	2:00:42	
16	162	Otten, Simone	DJK Armada Euchen	5:33:27	W50	2	13	0:40:45	18	2:53:45	15	3:34:31	15	1:58:56	
17	128	Handl, Christina	DJK Armada Würselen	5:59:25	W25	3	11	0:39:07	20	2:58:48	18	3:37:55	19	2:21:30	
18	206	Güven, Ezo	TG Witten	6:05:54	W35	3	20	0:50:31	19	2:55:39	20	3:46:10	18	2:19:43	
19	223	Schneidewind, Gundula	*Wuppertal	6:06:22	W50	3	21	0:56:07	16	2:50:34	21	3:46:42	17	2:19:40	
20	203	Scherberich, Uschi	Brander SV Tri Team	6:09:54	W55	2	12	0:40:39	21	3:03:01	19	3:43:41	20	2:26:13	
21	112	Berei, Simone	*Attendorn	6:14:51	W40	4	19	0:50:04	12	2:43:54	14	3:33:59	21	2:40:52	

### 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	175	Caspers, Rebecca	DLC Aachen	0:00:00	W30	-	23	0:29:32	0	0:00:00	0	0:00:00	0	0:00:00	
0	183	Schneider, Silke	SSF Bonn Triathlon	0:00:00	W40	-	24	0:40:57	0	0:00:00	0	0:00:00	0	0:00:00	
0	217	Diecksmeier, Silke	ASC Ahlen	0:00:00	W35	-	22	0:39:01	22	2:58:40	22	3:37:41	0	0:00:00	