

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Schwimmen	Pos S	Rad	Pos R	Zwischen- zeit	Pos ZZ	Laufen	Pos L	Gesamtzeit	Alters- klasse	Start- Nr.
1	Johannsen, Leif	97	Schleswig-Holstein Netz Triat	0:08:09 h	2	0:36:50 h	1	0:44:59 h	1	0:19:23 h	9	1:04:22 h	M AK 20	783
2	Schnödewind, Lukas	96	Rendsburger BC	0:07:35 h	1	---	---	---	---	---	---	1:05:30 h	M AK 20	777
3	Siegmund, Alexander	90	TTS Tri Team Hamburg	0:08:51 h	8	0:39:16 h	2	0:48:07 h	3	0:17:51 h	2	1:05:58 h	M AK 25	823
4	Wichmann, Frank	75	SG Athletico Büdelsdorf	0:08:29 h	6	0:39:34 h	3	0:48:03 h	2	0:18:27 h	3	1:06:30 h	M AK 40	780
5	Schuldt, Niels	78	strongerlab.com	0:08:15 h	3	0:40:16 h	6	0:48:31 h	4	0:19:40 h	12	1:08:11 h	M AK 40	741
6	Rath, Domenik	86	Schleswig-Holstein Netz Triat	0:10:17 h	26	0:39:42 h	4	0:49:59 h	7	0:19:14 h	6	1:09:13 h	M AK 30	805
7	Hünnefeld, Heiko	72	Triabolos Hamburg	0:08:26 h	5	0:41:21 h	7	0:49:47 h	6	0:19:42 h	13	1:09:29 h	M AK 45	800
8	Schluricke, Sebastian	80	TriAs Flensburg	0:09:23 h	16	0:40:12 h	5	0:49:35 h	5	0:20:19 h	20	1:09:54 h	M AK 35	825
9	Lankau, Tim	78	Athletico Büdelsdorf	0:09:15 h	12	0:42:50 h	9	0:52:05 h	9	0:19:51 h	16	1:11:56 h	M AK 40	803
10	Götsch, Thomas	79	LTV Kiel-Ost	0:10:59 h	40	0:41:50 h	8	0:52:49 h	10	0:19:23 h	9	1:12:12 h	M AK 40	729
11	Benecke, Torben	75	Trias Flensburg	---	---	---	---	0:50:17 h	8	0:22:08 h	34	1:12:25 h	M AK 40	782
12	Gerster, Tim	91	TSV Jahn Freising 1861	0:08:19 h	4	0:44:51 h	21	0:53:10 h	14	0:19:49 h	15	1:12:59 h	M AK 25	802
13	Meinke, Lennart	00		0:09:22 h	15	0:43:49 h	14	0:53:11 h	15	0:20:05 h	18	1:13:16 h	M JUN	827
14	Breidenbicher, Daniel	72	Sparkasse Mittelholstein	0:09:29 h	19	0:43:22 h	11	0:52:51 h	11	0:20:55 h	23	1:13:46 h	M AK 45	753
15	Reiter, Arvid	94	TSV Schleswig	0:09:51 h	20	0:44:29 h	19	0:54:20 h	19	0:19:44 h	14	1:14:04 h	M AK 25	822
16	Sticken, Gunnar	74		0:09:28 h	18	0:43:30 h	12	0:52:58 h	12	0:21:22 h	27	1:14:20 h	M AK 45	755
17	Claessen, Holger	65	TriStars Felm	0:09:01 h	10	0:43:58 h	15	0:52:59 h	13	0:21:52 h	31	1:14:51 h	M AK 50	786
18	Blase, Danny	88	SG Athletico Büdelsdorf	0:12:50 h	72	0:43:16 h	10	0:56:06 h	27	0:19:11 h	5	1:15:17 h	M AK 30	797
19	Rusch, Philipp	96	SG TSV Kronshagen/ Kieler 1	0:12:08 h	55	0:45:35 h	26	0:57:43 h	38	0:17:37 h	1	1:15:20 h	M AK 20	819
20	Gaasch, Bernd	62	Borener SV	0:10:33 h	34	0:44:59 h	22	0:55:32 h	20	0:20:04 h	17	1:15:36 h	M AK 55	809
21	Trampenau, Marvin	78	MTV Herzhorn	---	---	---	---	0:55:51 h	25	0:20:12 h	19	1:16:03 h	M AK 40	750
22	Semmler, Bjarne	99	ALG-VfL Bokel	0:13:37 h	82	0:43:42 h	13	0:57:19 h	34	0:19:20 h	8	1:16:39 h	M AK 20	740
23	Mrugalla, Martin	60	MARE-Klinikum.de	0:08:56 h	9	0:44:28 h	18	0:53:24 h	16	0:23:40 h	51	1:17:04 h	M AK 55	727
24	Thiede, Frank	71	TSV Bargteheide Tri	0:09:19 h	13	0:44:09 h	16	0:53:28 h	17	0:24:05 h	53	1:17:33 h	M AK 45	762
25	Schrum, Stefan	69	SG Athletico Büdelsdorf	0:10:19 h	27	0:45:20 h	24	0:55:39 h	23	0:22:36 h	37	1:18:15 h	M AK 50	829
26	Frahm, Tobias	88	Schauwellensittiche-Frahm	0:12:36 h	66	0:46:40 h	34	0:59:16 h	45	0:19:16 h	7	1:18:32 h	M AK 30	766
27	Marcussen, Timo	74	Schleswig-Holstein Netz Triat	0:10:39 h	36	0:45:09 h	23	0:55:48 h	24	0:22:49 h	43	1:18:37 h	M AK 45	730
28	Hornig, Thorsten	68	Westerrönfeld	0:10:36 h	35	0:45:48 h	29	0:56:24 h	28	0:22:37 h	38	1:19:01 h	M AK 50	728
29	Gehler, Stefan	85	Schleswig-Holstein Netz Triat	0:12:26 h	65	0:45:39 h	27	0:58:05 h	39	0:20:57 h	25	1:19:02 h	M AK 30	745
30	Voigt, Jan	66	Schleswig Holstein Netz Triat	0:11:37 h	46	0:45:55 h	30	0:57:32 h	36	0:21:40 h	28	1:19:12 h	M AK 50	710
30	Berndt, Elena	90	Lehrter SV Triathlon	0:10:19 h	27	0:46:55 h	35	0:57:14 h	33	0:21:58 h	32	1:19:12 h	W AK 25	817
32	Balzer, Sven	72	Schleswig-Holstein Netz Triat	0:10:02 h	22	0:45:32 h	25	0:55:34 h	21	0:24:05 h	53	1:19:39 h	M AK 45	712
33	Fabig, Sigurd	61	LAV Husum	0:09:21 h	14	0:44:17 h	17	0:53:38 h	18	0:26:15 h	69	1:19:53 h	M AK 55	810
34	Lahann, Thomas	83	Schleswig-Holstein Netz Triat	0:11:10 h	41	0:45:45 h	28	0:56:55 h	31	0:23:13 h	45	1:20:08 h	M AK 35	713
35	Radau, Stefan	67	Schleswig-Holstein Netz Triat	0:10:13 h	25	0:47:14 h	37	0:57:27 h	35	0:22:43 h	39	1:20:10 h	M AK 50	757
36	Peters, Kay	73		0:11:50 h	50	0:47:45 h	44	0:59:35 h	48	0:20:56 h	24	1:20:31 h	M AK 45	700
37	Gosch, Tom	59	Clown team	0:12:04 h	54	0:44:43 h	20	0:56:47 h	30	0:23:54 h	52	1:20:41 h	M AK 60	702
38	Schreber, Merle	00	SG Athletico Büdelsdorf	0:08:44 h	7	0:47:15 h	38	0:55:59 h	26	0:24:59 h	58	1:20:58 h	W JUN	752
39	Böhme, Ralf	69	Schleswig-Holstein-Netz Triat	0:11:14 h	42	0:47:34 h	41	0:58:48 h	42	0:22:23 h	35	1:21:11 h	M AK 50	731
40	Günther, Paula	99	SG Athletico Büdelsdorf	0:09:25 h	17	0:46:11 h	31	0:55:36 h	22	0:25:49 h	67	1:21:25 h	W AK 20	784

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41	Staack, Alexander	85	EMTV Triathlon	0:11:41 h	47	0:47:23 h	39	0:59:04 h	44	0:22:35 h	36	1:21:39 h	MAK 30	826
42	Mark, Norden	85		0:13:37 h	82	0:48:35 h	50	1:02:12 h	58	0:19:37 h	11	1:21:49 h	MAK 30	738
43	Redepenning, Stefan	70	TriTeam Neumünster	0:10:23 h	31	0:48:00 h	46	0:58:23 h	40	0:23:28 h	46	1:21:51 h	MAK 45	816
44	Große, Dirk	69	SG Athletico Büdelsdorf	0:10:51 h	39	0:47:35 h	42	0:58:26 h	41	0:23:35 h	49	1:22:01 h	MAK 50	778
45	Vogelgsang, Miguel	82	LAV Husum	0:14:30 h	94	0:49:05 h	55	1:03:35 h	65	0:18:36 h	4	1:22:11 h	MAK 35	833
46	Steinke, Christoph	85		0:12:42 h	70	0:48:19 h	48	1:01:01 h	55	0:21:14 h	26	1:22:15 h	MAK 30	726
47	Beireis, Stephan	81	motion center JHolger Otto G	0:11:34 h	45	0:49:18 h	58	1:00:52 h	53	0:21:40 h	28	1:22:32 h	MAK 35	733
48	Breidenbicher, Nina	99	SV Tungendorf	0:10:43 h	37	0:49:11 h	56	0:59:54 h	49	0:22:43 h	39	1:22:37 h	W AK 20	770
49	Dziobek, Niklas	87		0:13:26 h	79	0:48:50 h	51	1:02:16 h	59	0:20:46 h	22	1:23:02 h	MAK 30	824
50	Marquardt, Andreas	73	Schleswig-Holstein Netz Triat	0:12:16 h	61	0:47:39 h	43	0:59:55 h	50	0:23:33 h	47	1:23:28 h	MAK 45	709
51	Kanczok, Jabin	94	ZIP	0:12:10 h	57	0:50:51 h	61	1:03:01 h	61	0:20:30 h	21	1:23:31 h	MAK 25	790
52	Reher, Sven-Erik	74	SG Athletico Büdelsdorf	0:10:22 h	30	0:46:38 h	33	0:57:00 h	32	0:26:53 h	75	1:23:53 h	MAK 45	835
53	Jensen, Marvin	94	Schleswig-Holstein Netz Triat	0:11:45 h	49	0:47:10 h	36	0:58:55 h	43	0:25:18 h	62	1:24:13 h	MAK 25	769
54	Hahn, Stefan	79		0:10:03 h	23	0:47:30 h	40	0:57:33 h	37	0:27:05 h	77	1:24:38 h	MAK 40	812
55	Sachse, Ulrike	76	SG Athletico Büdelsdorf	0:10:31 h	33	0:49:25 h	59	0:59:56 h	51	0:24:49 h	56	1:24:45 h	W AK 40	788
56	Meinke, Sophie	93	Team Laufrausch Oldenburg	0:12:02 h	52	0:51:15 h	66	1:03:17 h	62	0:21:40 h	28	1:24:57 h	W AK 25	828
57	Jetschke, Matten	64	Clown team	0:10:04 h	24	0:46:32 h	32	0:56:36 h	29	0:28:58 h	88	1:25:34 h	MAK 55	703
58	Marschallek, Mirka	80	Pink Panthers Hamburg	0:13:08 h	77	0:51:07 h	64	1:04:15 h	71	0:21:59 h	33	1:26:14 h	W AK 35	723
59	Bark, Florian	75	USC Kiel	0:12:22 h	64	0:51:21 h	67	1:03:43 h	66	0:22:45 h	41	1:26:28 h	MAK 40	804
60	Meyer, Frank	78	TRI EMTV Elmshorn	0:15:26 h	98	0:48:23 h	49	1:03:49 h	67	0:22:48 h	42	1:26:37 h	MAK 40	779
61	Langmaack, Ole	80	Schleswig-Holstein Netz Triat	0:11:14 h	42	0:48:15 h	47	0:59:29 h	46	0:27:10 h	79	1:26:39 h	MAK 35	708
62	Schukat, René	85		0:12:09 h	56	0:51:41 h	69	1:03:50 h	68	0:22:52 h	44	1:26:42 h	MAK 30	813
63	Bohl, Thorsten	69	Schleswig-Holstein Netz Triat	0:12:38 h	67	0:50:40 h	60	1:03:18 h	63	0:23:35 h	49	1:26:53 h	MAK 50	814
64	Dau, Matthias	80	Schleswig-Holstein Netz Triat	0:09:12 h	11	0:51:44 h	70	1:00:56 h	54	0:26:20 h	70	1:27:16 h	MAK 35	748
65	Naundorf, Jens	64	VfL Börnsen	0:12:20 h	63	0:48:51 h	52	1:01:11 h	57	0:26:10 h	68	1:27:21 h	MAK 55	758
66	Reker, Monika	74	MC Pirate	0:12:43 h	71	0:47:59 h	45	1:00:42 h	52	0:26:44 h	72	1:27:26 h	W AK 45	773
67	Claessen, Mats	95		0:12:02 h	52	0:49:02 h	53	1:01:04 h	56	0:26:24 h	71	1:27:28 h	MAK 20	791
68	Raeker, Tim	89		0:11:53 h	51	0:52:19 h	72	1:04:12 h	70	0:23:34 h	48	1:27:46 h	MAK 30	794
69	Mintrop, Kai	75		0:10:28 h	32	0:49:03 h	54	0:59:31 h	47	0:28:31 h	87	1:28:02 h	MAK 40	830
70	Zagermann, Ulf	62	TRI EMTV Elmshorn	0:13:34 h	80	0:49:16 h	57	1:02:50 h	60	0:25:21 h	63	1:28:11 h	MAK 55	724
71	Dellius, Inke	76		0:12:18 h	62	0:51:52 h	71	1:04:10 h	69	0:25:29 h	64	1:29:39 h	W AK 40	771
72	Kaack, Heike	58	SG Athletico Büdelsdorf	0:11:41 h	47	0:53:04 h	74	1:04:45 h	73	0:25:04 h	59	1:29:49 h	W AK 60	767
73	Adolphsen, Ilja	71	TSV Silberstedt	0:12:15 h	60	0:51:04 h	62	1:03:19 h	64	0:27:30 h	82	1:30:49 h	MAK 45	705
74	Busch, Christian	77	Schleswig-Holstein Netz Triat	0:14:27 h	93	0:51:07 h	64	1:05:34 h	74	0:25:17 h	61	1:30:51 h	MAK 40	711
75	Castex, Elias	01	Schleswig-Holstein Netz Triat	0:14:55 h	96	0:51:27 h	68	1:06:22 h	76	0:24:55 h	57	1:31:17 h	M JUN	787
76	Von Lanken, Svenja	73	TSV Fahrdorf	0:13:36 h	81	0:51:04 h	62	1:04:40 h	72	0:26:47 h	74	1:31:27 h	W AK 45	754
77	Schirmeyer, Dr. Stefan	64	VfL Pinneberg Triathlon	0:10:49 h	38	0:55:35 h	79	1:06:24 h	77	0:26:57 h	76	1:33:21 h	MAK 55	781
78	Harder, Kerstin	69	Schleswig-Holstein Netz Triat	0:14:03 h	85	0:54:07 h	75	1:08:10 h	79	0:25:47 h	65	1:33:57 h	W AK 50	737
79	Steffen, Tom	94	Schleswig-Holstein Netz Triat	0:09:53 h	21	0:56:10 h	81	1:06:03 h	75	0:29:17 h	89	1:35:20 h	MAK 25	774
80	Maurer, Tina	78		0:13:05 h	75	0:55:26 h	77	1:08:31 h	80	0:28:15 h	86	1:36:46 h	W AK 40	706

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81	Petz, Susanne	77		0:13:46 h	84	0:55:48 h	80	1:09:34 h	83	0:27:16 h	81	1:36:50 h	W AK 40	764
82	Rechner, Dennis	82	Schleswig-Holstein Netz Triat	0:15:03 h	97	0:58:12 h	86	1:13:15 h	92	0:24:05 h	53	1:37:20 h	MAK 35	807
83	Berger, Kevin	95		0:12:13 h	58	0:58:54 h	88	1:11:07 h	87	0:26:46 h	73	1:37:53 h	MAK 20	818
84	Nehls, Natalie	96	Triathlon Dänischer Wohld	0:14:14 h	89	0:56:45 h	82	1:10:59 h	86	0:27:14 h	80	1:38:13 h	W AK 20	820
85	Tiessen, Oliver	71	Schleswig Holstein Netz Triat	0:12:14 h	59	0:57:54 h	85	1:10:08 h	85	0:28:12 h	85	1:38:20 h	MAK 45	718
86	Klein, Tobias	87		0:10:21 h	29	0:58:27 h	87	1:08:48 h	81	0:29:56 h	91	1:38:44 h	MAK 30	793
87	Schönfeld, Frank	57	Clown team	0:12:39 h	68	0:55:24 h	76	1:08:03 h	78	0:31:22 h	95	1:39:25 h	MAK 60	704
88	Wobser, Thomas	69		0:16:40 h	101	0:52:48 h	73	1:09:28 h	82	0:31:00 h	92	1:40:28 h	MAK 50	717
89	Sacher, Katja	89		0:13:07 h	76	0:59:36 h	89	1:12:43 h	90	0:27:54 h	83	1:40:37 h	W AK 30	759
90	Roth, Wolfgang	66	LTV-Kiel Ost	0:18:33 h	102	0:57:25 h	83	1:15:58 h	96	0:25:15 h	60	1:41:13 h	MAK 50	744
91	Behnisch, Leander	00		0:13:01 h	73	1:01:46 h	93	1:14:47 h	94	0:27:09 h	78	1:41:56 h	M JUN	799
92	Möckelmann, Nils	89	Schleswig-Holstein Netz Triat	0:14:23 h	91	0:55:28 h	78	1:09:51 h	84	0:32:44 h	99	1:42:35 h	MAK 30	756
93	Benkwitz, Levka	81		0:14:11 h	88	0:57:49 h	84	1:12:00 h	89	0:31:00 h	92	1:43:00 h	W AK 35	831
94	Schmidt, Anja	82	Bierkneipe Wubbke Kiel	0:14:24 h	92	1:00:06 h	90	1:14:30 h	93	0:29:28 h	90	1:43:58 h	W AK 35	719
95	Müller, Jan	93		0:11:33 h	44	1:00:06 h	90	1:11:39 h	88	0:35:58 h	101	1:47:37 h	MAK 25	701
96	Möller, Mareike	82		0:16:16 h	99	1:03:34 h	97	1:19:50 h	100	0:27:58 h	84	1:47:48 h	W AK 35	725
97	Augustin, Oliver	67	Die Dithmarscher	0:12:41 h	69	1:00:26 h	92	1:13:07 h	91	0:34:47 h	100	1:47:54 h	MAK 50	734
98	Groffmann, Silvia	77	SVT Neumünster	0:16:31 h	100	1:06:02 h	101	1:22:33 h	102	0:25:48 h	66	1:48:21 h	W AK 40	815
99	Trampenau, Jennifer	79	MTV Herzhorn	0:14:19 h	90	1:02:25 h	95	1:16:44 h	97	0:32:00 h	96	1:48:44 h	W AK 40	749
100	Alcaide, Roseanne	91		0:14:33 h	95	1:05:17 h	100	1:19:50 h	100	0:32:33 h	98	1:52:23 h	W AK 25	792
101	Rühter, Jens	64	Schleswig-Holstein Netz Triat	0:19:49 h	104	1:02:51 h	96	1:22:40 h	103	0:32:13 h	97	1:54:53 h	MAK 55	772
102	Behnisch, Alfred	62		0:13:01 h	73	1:10:33 h	102	1:23:34 h	104	0:31:20 h	94	1:54:54 h	MAK 55	798
103	Steffen, Andreas	60		0:13:14 h	78	1:01:48 h	94	1:15:02 h	95	0:40:16 h	103	1:55:18 h	MAK 55	834
104	Parnow, Jürgen	65	Bredenbeker Renntiere	0:14:10 h	86	1:04:42 h	98	1:18:52 h	98	0:37:06 h	102	1:55:58 h	MAK 50	715
105	Höft, Sonja	84	Schleswig-Holstein Netz Triat	0:14:10 h	86	1:04:51 h	99	1:19:01 h	99	0:40:32 h	104	1:59:33 h	W AK 35	716
106	Puls, Henry	38	Kein	0:19:21 h	103	1:13:08 h	103	1:32:29 h	105	0:53:45 h	105	2:26:14 h	MAK 80	776