

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.	
	1	Schröder-Groeneveld, Leif	89	Wittenseer Aktiv Team	0:17:29 h	1	0:51:45 h	1	1:09:14 h	1	0:38:02 h	2	1:47:16 h	M 30	870
	2	Best, Ruben	90	Triabolos Hamburg	0:18:29 h	5	0:52:58 h	6	1:11:27 h	5	0:38:00 h	1	1:49:27 h	M 20	873
	3	Schnetger, Patrick	87	Kaifu Tri Team	0:18:28 h	4	0:52:47 h	4	1:11:15 h	4	0:38:24 h	3	1:49:39 h	M 30	869
	4	Brüschke, Steven	87	Nils Goerke Training	0:17:58 h	3	0:53:58 h	9	1:11:56 h	7	0:38:41 h	5	1:50:37 h	M 30	852
M	5	Secker, Matthias	82	Triabolos Hamburg	0:18:30 h	6	0:53:42 h	7	1:12:12 h	8	0:38:37 h	4	1:50:49 h	M 35	847
M	6	Werle, Niels	90	TTS Tri Team Hamburg	0:18:34 h	10	0:52:55 h	5	1:11:29 h	6	0:39:38 h	8	1:51:07 h	M 20	887
M	7	Jolmes, Johannes	84	Triathlon Team Hamburg	0:17:46 h	2	0:55:36 h	17	1:13:22 h	9	0:39:07 h	7	1:52:29 h	M 35	835
M	8	Röhrken, Golo	88	Tri Team Hamburg	0:18:35 h	11	0:52:35 h	2	1:11:10 h	3	0:41:50 h	18	1:53:00 h	M 30	867
M	9	Siegmund, Alexander	90	TTS Tri Team Hamburg	0:18:30 h	6	0:52:38 h	3	1:11:08 h	2	0:41:57 h	20	1:53:05 h	M 20	885
M	10	Hempfling, Niklas	96	Triabolos Hamburg	0:18:31 h	8	0:56:11 h	20	1:14:42 h	15	0:39:52 h	9	1:54:34 h	M 20	879
S	11	Sportfreunde Wigger		Precht, Wigger, Anselment	0:20:11 h	30	0:54:19 h	12	1:14:30 h	13	0:40:16 h	11	1:54:46 h	Staffel-M	444
	12	Ziegenbein, Timo	79	SV Großhansdorf	0:18:31 h	8	0:56:36 h	26	1:15:07 h	17	0:41:03 h	14	1:56:10 h	M 40	829
B	13	Langfeld, Peter	72	BSG Siemens	0:19:08 h	15	0:55:59 h	18	1:15:07 h	17	0:41:22 h	16	1:56:29 h	M 45	378
M	14	Koch, Fabian	81	Triabolos Hamburg	0:19:43 h	25	0:56:09 h	19	1:15:52 h	19	0:41:11 h	15	1:57:03 h	M 35	838
M	15	Bacmeister, Lucas	90	FC St. Pauli Triathlon	0:20:12 h	31	0:54:23 h	13	1:14:35 h	14	0:42:31 h	21	1:57:06 h	M 20	871
M	16	Huber, Alexander	88	TTS Tri Team Hamburg	0:18:47 h	14	0:57:09 h	30	1:15:56 h	21	0:41:25 h	17	1:57:21 h	M 30	860
M	17	Schick, Enrico	84	FC St. Pauli Triathlon / ELB F	0:19:38 h	19	0:54:06 h	11	1:13:44 h	12	0:44:18 h	27	1:58:02 h	M 35	846
M	17	Exner, Christian	85	FC St. Pauli Triathlon	0:19:19 h	16	0:56:52 h	27	1:16:11 h	22	0:41:51 h	19	1:58:02 h	M 30	854
M	19	Kores, Robert	86	TTS Tri Team Hamburg	0:19:38 h	19	0:54:03 h	10	1:13:41 h	11	0:45:41 h	39	1:59:22 h	M 30	863
M	20	Lobeda, Alexander	88	FC St. Pauli-Triathlon / Rocke	0:19:42 h	24	0:55:12 h	15	1:14:54 h	16	0:44:47 h	31	1:59:41 h	M 30	865
S	21	Josh & Caro		Garmatter, Pein	0:19:44 h	27	1:02:22 h	65	1:22:06 h	39	0:39:01 h	6	2:01:07 h	Staffel-M	405
	22	Jaschik, Jannis	90	Tri-Sport Lübeck	0:21:09 h	42	0:55:26 h	16	1:16:35 h	23	0:44:59 h	35	2:01:34 h	M 20	881
	23	Gehse, Frank	67	SG Wasserratten Nordersted	0:19:35 h	18	0:56:19 h	24	1:15:54 h	20	0:45:47 h	44	2:01:41 h	M 50	334
	24	Steinke, Philipp	79	SG Wasserratten Nordersted	0:21:02 h	40	0:56:11 h	20	1:17:13 h	25	0:44:56 h	33	2:02:09 h	M 40	825
	25	Rath, Marcel	82	Hamburg	0:20:20 h	34	0:57:02 h	28	1:17:22 h	26	0:44:58 h	34	2:02:20 h	M 35	843
	26	Krüger, Daniel	92	LG Nordheide	0:19:39 h	22	1:00:09 h	42	1:19:48 h	32	0:42:41 h	23	2:02:29 h	M 20	882
	27	Rotariu, Iulian	86	Tri EMTV Elmshorn	0:20:24 h	35	0:56:35 h	25	1:16:59 h	24	0:45:37 h	38	2:02:36 h	M 30	868
M	28	Biermann, Christian	73	TuS Holstein Quickborn	0:20:44 h	37	0:57:15 h	31	1:17:59 h	27	0:44:42 h	29	2:02:41 h	M 45	364
M	29	Thiessen, Mathias	80	HNT Triathlon	0:19:20 h	17	1:03:41 h	78	1:23:01 h	45	0:40:08 h	10	2:03:09 h	M 35	848
M	30	Jakubowski, Dawid	87	TTS Tri Team Hamburg	0:19:43 h	25	0:58:26 h	35	1:18:09 h	28	0:45:19 h	37	2:03:28 h	M 30	862
M	31	Hennecke, Anke	76	Kaifu Tri Team	0:20:57 h	39	0:58:15 h	32	1:19:12 h	30	0:45:07 h	36	2:04:19 h	W 40	272
S	32	SG Wara Norderstedt		Schröter, Pirwitz, Dietzel	0:19:40 h	23	0:53:47 h	8	1:13:27 h	10	0:51:43 h	98	2:05:10 h	Staffel-M	443
S	33	HEV Hamburg		Otto, Meyer	0:19:51 h	28	1:03:22 h	76	1:23:13 h	47	0:42:33 h	22	2:05:46 h	Staffel-M	407
	34	Mireisz, Bernhard	78	Tri-Sport Lübeck	0:20:56 h	38	1:01:29 h	54	1:22:25 h	40	0:43:24 h	26	2:05:49 h	M 40	814
	35	Lorbacher, David	84	Triabolos Hamburg	0:18:44 h	13	1:01:40 h	59	1:20:24 h	34	0:45:46 h	43	2:06:10 h	M 35	841
S	36	DaSaMa		Blockus, Döbler, Kirchhoff	0:28:28 h	167	0:57:07 h	29	1:25:35 h	67	0:40:44 h	12	2:06:19 h	Staffel-M	436
	37	Werner, André	92	Hamburg	0:21:12 h	44	1:02:23 h	67	1:23:35 h	54	0:43:06 h	24	2:06:41 h	M 20	888
S	38	SG Wasserratten Norderste		Neuefeind, Dietzel, Springer	0:21:28 h	51	0:59:27 h	37	1:20:55 h	35	0:47:09 h	52	2:08:04 h	Staffel-M	449
	39	Kock, Lars	70	FIKO Rostock	0:21:30 h	52	1:00:15 h	44	1:21:45 h	36	0:46:26 h	47	2:08:11 h	M 45	375
M	40	Schlüter, Bernd	63	Triabolos Hamburg	0:21:06 h	41	1:02:15 h	64	1:23:21 h	49	0:44:51 h	32	2:08:12 h	M 55	324

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.
41	Gebauer, Sebastian	97	Tri EMTV Elmshorn	0:20:15 h	32	1:03:20 h	75	1:23:35 h	54	0:44:45 h	30	2:08:20 h	M 20	876
42	Zachert, Mario	72	SG Wasserratten Norderstedt	0:21:54 h	59	1:01:05 h	47	1:22:59 h	44	0:45:45 h	42	2:08:44 h	M 45	803
43	Rülke, Christian	70	FC St. Pauli Triathlon	0:22:05 h	63	0:59:50 h	40	1:21:55 h	38	0:47:38 h	56	2:09:33 h	M 45	389
44	Möller, Ringo	74	Team Erdinger Alkoholfrei	0:23:07 h	89	1:00:00 h	41	1:23:07 h	46	0:46:34 h	48	2:09:41 h	M 45	384
45	Bruhn, Marc	75	SG Wasserratten Norderstedt	0:21:20 h	48	0:58:23 h	34	1:19:43 h	31	0:50:10 h	84	2:09:53 h	M 40	805
M 46	Günther, Sina	98	TTS Tri Team Hamburg	0:22:33 h	71	1:01:13 h	51	1:23:46 h	57	0:46:12 h	45	2:09:58 h	W 20	286
47	Reimann, Mirko	77	Team Erdinger Alkoholfrei	0:19:38 h	19	1:07:09 h	110	1:26:47 h	73	0:43:17 h	25	2:10:04 h	M 40	820
48	Rheker, Maximilian	92	Hamburg	0:21:31 h	53	1:01:08 h	50	1:22:39 h	41	0:47:28 h	54	2:10:07 h	M 20	884
49	Leidecker, Ingo	74	BSG Commerzbank	0:25:15 h	114	0:58:19 h	33	1:23:34 h	53	0:47:02 h	51	2:10:36 h	M 45	380
50	Ruth, Lothar	73	Hamburg	0:22:22 h	65	0:56:17 h	23	1:18:39 h	29	0:52:36 h	107	2:11:15 h	M 45	390
51	Frick, Axel	62	Trimaniacs	0:21:11 h	43	1:01:38 h	58	1:22:49 h	43	0:48:39 h	67	2:11:28 h	M 55	313
M 52	Gallastegi, Xabier	87	FC St. Pauli Triathlon	0:20:28 h	36	1:01:18 h	53	1:21:46 h	37	0:50:03 h	81	2:11:49 h	M 30	855
M 53	Dierks, Sebastian	78	TuS Holstein Quickborn	0:21:53 h	58	1:01:55 h	62	1:23:48 h	58	0:48:07 h	63	2:11:55 h	M 40	806
54	Borgman, Henrik	76	SV Poseidon	0:21:58 h	62	1:02:22 h	65	1:24:20 h	61	0:47:47 h	59	2:12:07 h	M 40	804
55	Hamann, Heiko	74	BSG EDEKA	0:24:05 h	102	0:56:12 h	22	1:20:17 h	33	0:52:02 h	101	2:12:19 h	M 45	371
M 56	Oettinger, Christian	67	Triabolos Hamburg	0:22:10 h	64	1:01:14 h	52	1:23:24 h	51	0:49:15 h	71	2:12:39 h	M 50	351
M 57	Kolpatzik, Knut	67	Triabolos Hamburg	0:22:35 h	73	1:02:27 h	69	1:25:02 h	64	0:48:00 h	62	2:13:02 h	M 50	343
58	Draak, Christian	75	Team Erdinger Alkoholfrei	0:22:28 h	69	1:01:31 h	55	1:23:59 h	60	0:49:23 h	73	2:13:22 h	M 40	807
M 59	Jähnig, Maximilian	89	TuS Holstein Quickborn	0:24:34 h	106	1:01:07 h	49	1:25:41 h	68	0:47:49 h	60	2:13:30 h	M 30	861
B 60	Milewski, Marek	67	BSG SG Stern Hamburg	0:24:19 h	103	0:58:26 h	35	1:22:45 h	42	0:50:49 h	91	2:13:34 h	M 50	346
M 61	strehl, bettina	74	TTS Tri Team Hamburg	0:22:57 h	83	1:00:31 h	45	1:23:28 h	52	0:50:10 h	84	2:13:38 h	W 45	266
S 62	Old Duo Düsentrieb		Matzen, Schirmer	0:23:34 h	93	0:59:48 h	39	1:23:22 h	50	0:50:34 h	90	2:13:56 h	Staffel-M	439
63	Priester, Tilman	58	SG Wasserratten Norderstedt	0:22:38 h	74	1:01:06 h	48	1:23:44 h	56	0:50:19 h	87	2:14:03 h	M 60	306
M 64	von Laar, Sabine	66	Triabolos Hamburg	0:23:03 h	86	1:01:58 h	63	1:25:01 h	63	0:49:09 h	70	2:14:10 h	W 50	259
M 65	Oediger, Florian	79	FC St. Pauli Triathlon	0:20:19 h	33	1:06:03 h	96	1:26:22 h	72	0:47:51 h	61	2:14:13 h	M 40	815
B 66	Matzke, Herwig	72	BSG Philips LG	0:21:13 h	45	1:08:39 h	121	1:29:52 h	96	0:44:30 h	28	2:14:22 h	M 45	382
67	Domscheit, Nils	91	Triabolos Hamburg	0:21:46 h	57	1:02:53 h	71	1:24:39 h	62	0:49:48 h	79	2:14:27 h	M 20	875
68	Feidieker, Thomas	82	Bönningstedt	0:23:29 h	92	1:01:36 h	57	1:25:05 h	65	0:50:09 h	83	2:15:14 h	M 35	831
M 69	Neudörffer, Cordula	71	TuS Holstein Quickborn	0:22:33 h	71	1:03:17 h	74	1:25:50 h	69	0:49:27 h	74	2:15:17 h	W 45	263
70	Drechsler, Ingmar	69	BSG JCS-Thesdorf	0:22:25 h	67	1:02:54 h	72	1:25:19 h	66	0:50:50 h	92	2:16:09 h	M 50	332
70	von Thienen, Nils	77	Triathlon Team Hamburg	0:22:27 h	68	1:03:51 h	80	1:26:18 h	71	0:49:51 h	80	2:16:09 h	M 40	827
72	Neumann, Uwe	73	Team Erdinger Alkoholfrei	0:21:55 h	60	1:08:36 h	120	1:30:31 h	102	0:45:42 h	40	2:16:13 h	M 45	385
S 73	Duo Norderstedt / Tangsted		von der Fecht, Liebler	0:23:48 h	100	0:59:32 h	38	1:23:20 h	48	0:52:55 h	111	2:16:15 h	Staffel-W	402
M 74	Laing, Anika	85	FC St. Pauli Triathlon	0:22:23 h	66	1:05:31 h	94	1:27:54 h	80	0:48:26 h	65	2:16:20 h	W 30	283
75	Balg, Jürgen	57	Tri-Sport-Team Verl	0:23:47 h	99	1:04:24 h	85	1:28:11 h	83	0:48:13 h	64	2:16:24 h	M 60	300
76	Cox, Daniel	90	Hamburg	0:23:00 h	85	1:06:17 h	98	1:29:17 h	90	0:47:21 h	53	2:16:38 h	M 20	874
B 77	Wenrich, Alexander	66	BSG Generali	0:23:43 h	97	1:04:21 h	83	1:28:04 h	82	0:48:43 h	68	2:16:47 h	M 50	362
78	Orloff, Sven	81	Triathlon Team Hamburg	0:22:45 h	79	1:06:40 h	105	1:29:25 h	93	0:47:32 h	55	2:16:57 h	M 35	842
79	Grotherr, Christoph	88	Hamburg	0:23:05 h	88	1:07:11 h	111	1:30:16 h	97	0:46:44 h	49	2:17:00 h	M 30	858
80	Adam, Markus	66	merkur-druck.com	0:22:54 h	82	1:06:27 h	100	1:29:21 h	91	0:47:43 h	58	2:17:04 h	M 50	327

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.
S	81 Die Quickborner		Asmussen, Asmussen	0:18:38 h	12	1:17:38 h	181	1:36:16 h	132	0:40:50 h	13	2:17:06 h	Staffel-M	438
M	82 Wolf, Stephan	70	TuS Holstein Quickborn	0:23:44 h	98	1:00:09 h	42	1:23:53 h	59	0:53:20 h	117	2:17:13 h	M 45	399
	82 Grebe, Marco	81	Klein Nordende	0:21:26 h	50	1:08:58 h	126	1:30:24 h	101	0:46:49 h	50	2:17:13 h	M 35	833
	84 Bartram, Lennart	95	Quickborn	0:22:28 h	69	1:04:46 h	89	1:27:14 h	78	0:50:08 h	82	2:17:22 h	M 20	872
	85 Laurisch, Wolf	72	Tri Michels Hamburg	0:22:39 h	75	1:04:23 h	84	1:27:02 h	76	0:50:53 h	93	2:17:55 h	M 45	379
	86 Ludolph, Andreas	69	TS Harburg	0:21:15 h	46	1:10:26 h	138	1:31:41 h	114	0:46:19 h	46	2:18:00 h	M 50	345
S	87 To fast 4 you		Stock, Ischen	0:20:03 h	29	1:12:27 h	153	1:32:30 h	118	0:45:42 h	40	2:18:12 h	Staffel-M	445
M	88 Haberstock, Philipp	71	Triabolos Hamburg	0:21:24 h	49	1:06:32 h	101	1:27:56 h	81	0:50:20 h	88	2:18:16 h	M 45	370
	89 Jakobs, Gerrit	78	Hanseatic Tri Team	0:21:56 h	61	1:04:00 h	81	1:25:56 h	70	0:52:38 h	108	2:18:34 h	M 40	811
M	90 Hoch, Christoph	60	TuS Holstein Quickborn	0:21:33 h	54	1:08:47 h	123	1:30:20 h	99	0:48:43 h	68	2:19:03 h	M 55	316
	91 Stuhr, Isabel	73	SV Kravag	0:22:44 h	77	1:06:52 h	106	1:29:36 h	94	0:49:46 h	77	2:19:22 h	W 45	267
B	92 Wagner, Ingo	70	BSG SG Zoll Hamburg	0:22:42 h	76	1:07:41 h	116	1:30:23 h	100	0:49:43 h	76	2:20:06 h	M 45	397
	93 Schröer, Gunar	65	FC St. Pauli Triathlon	0:25:25 h	118	1:04:54 h	91	1:30:19 h	98	0:50:12 h	86	2:20:31 h	M 50	357
	94 Tietgen, Thomas	79	Team Erdinger Alkoholfrei	0:24:36 h	107	1:02:24 h	68	1:27:00 h	75	0:53:33 h	119	2:20:33 h	M 40	826
	95 Martens, Henning	72	Tri-Sport Lübeck	0:26:28 h	135	1:01:02 h	46	1:27:30 h	79	0:53:05 h	115	2:20:35 h	M 45	381
	95 Grünke, Björn	87	SV TriCity Darmstadt	0:22:49 h	80	1:05:56 h	95	1:28:45 h	85	0:51:50 h	99	2:20:35 h	M 30	891
	97 Klingemann, Werner	59	Triabolos Hamburg	0:23:38 h	94	1:07:31 h	113	1:31:09 h	109	0:49:46 h	77	2:20:55 h	M 60	305
	98 Schwalbe, Timo	77	Tri-Sport Lübeck	0:26:03 h	135	1:02:32 h	70	1:29:00 h	88	0:52:11 h	103	2:21:11 h	M 40	823
S	99 TuS Holstein Quickborn 1		Seemann, Hartung	0:25:03 h	113	1:03:50 h	79	1:28:53 h	86	0:52:50 h	110	2:21:43 h	Staffel-M	410
	100 Slowik, Joscha	95	Tri Warrior	0:25:44 h	125	1:07:35 h	114	1:33:19 h	122	0:48:28 h	66	2:21:47 h	M 20	886
	101 Weiß, Dennis	77	Haseldorf	0:25:29 h	119	1:04:18 h	82	1:29:47 h	95	0:52:10 h	102	2:21:57 h	M 40	828
	102 Kämpf, Stefan	80	Henstedt-Ulzburg	0:21:45 h	55	1:09:15 h	129	1:31:00 h	108	0:51:18 h	94	2:22:18 h	M 35	837
	103 Reddehase, Alexander	82	Triabolos Hamburg	0:22:52 h	81	1:06:32 h	101	1:29:24 h	92	0:53:03 h	113	2:22:27 h	M 35	844
	104 Lück, Ronald	75	BSG EDEKA	0:24:02 h	101	1:06:55 h	107	1:30:57 h	106	0:52:16 h	104	2:23:13 h	M 40	813
S	105 TuS Holstein Quickborn 4		Hillebrand, Odefey, Harder	0:31:52 h	189	0:55:07 h	14	1:26:59 h	74	0:56:32 h	134	2:23:31 h	Staffel-M	430
	106 Schierhorn, Ingo	70	Team Triathlon Hamburger H	0:24:24 h	104	1:07:37 h	115	1:32:01 h	115	0:51:35 h	96	2:23:36 h	M 45	392
	107 Wandschneider, Dirk	63	SG Wasserratten Nordersted	0:23:04 h	87	1:09:17 h	130	1:32:21 h	117	0:51:25 h	95	2:23:46 h	M 55	326
	108 Hatje, Jendrik	90	Norderstedt	0:25:15 h	114	1:07:03 h	108	1:32:18 h	116	0:51:40 h	97	2:23:58 h	M 20	877
	109 Schultz, Eva	84	FC St. Pauli Triathlon	0:24:46 h	111	1:06:33 h	103	1:31:19 h	110	0:52:40 h	109	2:23:59 h	W 35	280
B	110 Mehring, Robert	74	BSG SG Stern Hamburg	0:26:39 h	141	1:04:47 h	90	1:31:26 h	112	0:53:04 h	114	2:24:30 h	M 45	383
	111 Schmidt, Florian	73	Triabolos Hamburg	0:27:13 h	155	1:01:52 h	61	1:29:05 h	89	0:55:43 h	132	2:24:48 h	M 45	393
M	112 Hassfurter, Ariane	91	Triathlon Team Hamburg	0:26:22 h	133	1:04:24 h	85	1:30:46 h	105	0:54:34 h	122	2:25:20 h	W 20	287
	113 Gräff, Bernd	86	Hamburg	0:26:03 h	129	1:02:56 h	73	1:28:59 h	87	0:56:45 h	136	2:25:44 h	M 30	857
	114 Altmann, Cindy	84	Open Sports Hamburg	0:22:59 h	84	1:12:17 h	151	1:35:16 h	127	0:50:31 h	89	2:25:47 h	W 35	275
M	115 Müller, Karsten	69	Triabolos Hamburg	0:25:32 h	121	1:05:08 h	93	1:30:40 h	103	0:55:28 h	130	2:26:08 h	M 50	348
S	116 TuS Holstein Quickborn 5		Odefey, Möller	0:26:55 h	148	1:01:40 h	59	1:28:35 h	84	0:57:42 h	146	2:26:17 h	Staffel-M	442
	117 Lingelbach, Rainer	60	Triabolos Hamburg	0:25:31 h	120	1:01:34 h	56	1:27:05 h	77	0:59:27 h	161	2:26:32 h	M 55	890
S	118 ED-Team3		Hippenstiel, Doss, Plotzke	0:25:16 h	116	1:12:00 h	148	1:37:16 h	140	0:49:18 h	72	2:26:34 h	Staffel-M	433
M	119 Sturm, Volker	65	Kaifu Tri Team	0:22:44 h	77	1:08:56 h	125	1:31:40 h	113	0:55:10 h	127	2:26:50 h	M 50	358
M	120 Koch, Klaus	68	FC St. Pauli Triathlon	0:23:09 h	90	1:11:47 h	145	1:34:56 h	125	0:52:23 h	105	2:27:19 h	M 50	341

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.
	121 Skroblin, Joachim	59	Spiridon Oldesloe	0:26:38 h	138	1:09:13 h	128	1:35:51 h	130	0:51:53 h	100	2:27:44 h	M 60	307
	122 Müller, Dean Tavis	91	Tri Adler Bor. Del.	0:21:16 h	47	1:13:54 h	161	1:35:10 h	126	0:53:07 h	116	2:28:17 h	M 20	883
	123 Hildebrandt, Maximilian	94	Hamburg	0:23:22 h	91	1:17:18 h	180	1:40:40 h	163	0:47:41 h	57	2:28:21 h	M 20	880
S	124 Die Blutigen Anfänger		Hanke, Trinkies, Möllmann	0:28:19 h	166	1:07:04 h	109	1:35:23 h	129	0:53:02 h	112	2:28:25 h	Staffel-M	408
	125 Jensen, Olaf	68	Norderstedt	0:26:52 h	147	1:09:05 h	127	1:35:57 h	131	0:52:34 h	106	2:28:31 h	M 50	338
	126 Quatmann, Frank	75	TSV Eintracht Hittfeld	0:27:13 h	155	1:03:32 h	77	1:30:45 h	104	0:58:06 h	148	2:28:51 h	M 40	819
	127 Fromm, Sandra	79	Team Erdinger Alkoholfrei	0:27:04 h	152	1:06:12 h	97	1:33:16 h	121	0:55:50 h	133	2:29:06 h	W 40	271
	128 Krantz, Georg	81	Hamburg	0:26:22 h	133	1:04:37 h	87	1:30:59 h	107	0:58:39 h	154	2:29:38 h	M 35	839
	129 Henkel, Patrick	71	Dreier Truppe Hamburg	0:24:24 h	104	1:08:42 h	122	1:33:06 h	119	0:57:29 h	141	2:30:35 h	M 45	372
M	130 Jaekel, Sandra	75	Kaifu Tri Team	0:23:40 h	95	1:13:00 h	156	1:36:40 h	134	0:53:58 h	120	2:30:38 h	W 40	273
S	131 ED-Team2		Bergmann, Wallnack, Ramire	0:25:59 h	127	1:15:24 h	172	1:41:23 h	165	0:49:41 h	75	2:31:04 h	Staffel-M	432
	132 Linnhoff, Dagmar	85	Hamburg	0:24:55 h	112	1:13:00 h	156	1:37:55 h	144	0:53:27 h	118	2:31:22 h	W 30	284
	133 Schmidt, Marco	71	Triabolos Hamburg	0:28:10 h	163	1:08:15 h	118	1:36:25 h	133	0:55:07 h	126	2:31:32 h	M 45	394
M	134 Lüders, Kerstin	63	Tri Michels Hamburg	0:24:41 h	110	1:12:14 h	150	1:36:55 h	138	0:54:51 h	123	2:31:46 h	W 55	253
	134 Lischke, Nils	88	Hamburg	0:21:45 h	55	1:15:44 h	175	1:37:29 h	141	0:54:17 h	121	2:31:46 h	M 30	864
	136 Eisenschmidt, Jan-Dierk	67	Hamburg	0:26:43 h	144	1:04:40 h	88	1:31:23 h	111	1:00:33 h	164	2:31:56 h	M 50	333
	137 Vollhardt, Ulli	58	Team Erdinger Alkoholfrei	0:28:02 h	159	1:07:20 h	112	1:35:22 h	128	0:57:09 h	138	2:32:31 h	M 60	310
	138 Puritz, Robert	86	Weekendworrior	0:26:50 h	146	1:06:33 h	103	1:33:23 h	123	0:59:14 h	159	2:32:37 h	M 30	866
S	139 Team Knossos		Hausmann, Hauert, Beckmar	0:24:38 h	109	1:14:03 h	162	1:38:41 h	151	0:55:02 h	125	2:33:43 h	Staffel-M	409
	140 Zabel, Kai	71	LG Elmshorn	0:26:38 h	138	1:12:01 h	149	1:38:39 h	150	0:55:20 h	128	2:33:59 h	M 45	802
	141 Reese, Matthias	66	Team Erdinger Alkoholfrei	0:26:29 h	137	1:10:12 h	136	1:36:41 h	135	0:57:41 h	145	2:34:22 h	M 50	354
	142 Kaletzki, Norbert	53	Laufgruppe Schwerin	0:25:19 h	117	1:12:49 h	154	1:38:08 h	146	0:56:34 h	135	2:34:42 h	M 65	295
	143 tokarek, thomas	59	Team Erdinger Alkoholfrei	0:26:48 h	145	1:09:55 h	131	1:36:43 h	136	0:58:42 h	156	2:35:25 h	M 60	309
S	144 Tri Warriors		Slowik, Zander, Peters	0:26:42 h	143	1:10:18 h	137	1:37:00 h	139	0:58:28 h	149	2:35:28 h	Staffel-M	447
	145 Schümann, Rebecca	92	Hamburg	0:24:37 h	108	1:15:31 h	174	1:40:08 h	160	0:55:35 h	131	2:35:43 h	W 20	290
M	146 Renken, Jens	64	HNT Triathlon	0:27:05 h	153	1:11:44 h	144	1:38:49 h	152	0:56:59 h	137	2:35:48 h	M 55	322
	147 Nüske, Andreas	68	BSG DZ HYP	0:23:42 h	96	1:17:13 h	179	1:40:55 h	164	0:54:59 h	124	2:35:54 h	M 50	350
	148 Sievers, Susanne	67	Sport-Club Itzehoe	0:28:08 h	161	1:05:07 h	92	1:33:15 h	120	1:03:10 h	174	2:36:25 h	W 50	258
	149 Kmetsch, Stefan	70	BSG Commerzbank	0:27:00 h	150	1:10:32 h	139	1:37:32 h	142	0:59:00 h	158	2:36:32 h	M 45	374
	150 Eggers, Mathias	70	Schenefeld	0:28:15 h	164	1:09:55 h	131	1:38:10 h	147	0:58:34 h	150	2:36:44 h	M 45	367
B	151 Plönsky, Katja	77	BSG Lufthansa SV	0:28:15 h	164	1:09:58 h	134	1:38:13 h	148	0:58:35 h	152	2:36:48 h	W 40	274
M	152 Prättsch, Dr. Ulrich	47	Triabolos Hamburg	0:27:20 h	158	1:06:25 h	99	1:33:45 h	124	1:03:17 h	175	2:37:02 h	M 70	293
	153 Thun, Peter	56	SpVg Eidertal Molfsee	0:26:02 h	128	1:13:43 h	158	1:39:45 h	154	0:57:23 h	139	2:37:08 h	M 60	308
	154 Steinke, Nadine	83	SG Wasserratten Norderstedt	0:27:02 h	151	1:11:50 h	146	1:38:52 h	153	0:58:42 h	156	2:37:34 h	W 35	281
	155 Plantholz, Christian	69	Hamburg	0:28:52 h	172	1:07:53 h	117	1:36:45 h	137	1:01:47 h	167	2:38:32 h	M 50	352
B	156 Herrmann, Michael	61	BSG Deutsche Bank	0:25:35 h	122	1:15:50 h	176	1:41:25 h	166	0:57:32 h	143	2:38:57 h	M 55	315
	157 Giese, Joerg	69	Rahlstedter SC	0:28:04 h	160	1:13:52 h	160	1:41:56 h	169	0:57:29 h	141	2:39:25 h	M 50	335
M	158 Engelbrecht-Hoch, Martina	64	TuS Holstein Quickborn	0:26:18 h	130	1:13:48 h	159	1:40:06 h	159	0:59:22 h	160	2:39:28 h	W 55	252
S	159 Die Granaten		Möller, Bork	0:25:36 h	123	1:18:44 h	184	1:44:20 h	179	0:55:20 h	128	2:39:40 h	Staffel-W	401
S	160 TuS Holstein Quickborn 3		Croissier, Wolters, Sass	0:28:32 h	168	1:11:29 h	141	1:40:01 h	158	1:00:01 h	162	2:40:02 h	Staffel-M	418

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.
B	161 Lohmann, Rolf Michael	60	BSG SG Stern Hamburg	0:27:11 h	154	1:15:50 h	176	1:43:01 h	171	0:57:23 h	139	2:40:24 h	M 55	320
	162 Granso, Carsten	84	Hamburg	0:29:08 h	174	1:14:17 h	164	1:43:25 h	176	0:57:35 h	144	2:41:00 h	M 35	832
S	163 PiKi		Kröger, Kröger	0:27:18 h	157	1:15:27 h	173	1:42:45 h	170	0:58:39 h	154	2:41:24 h	Staffel-W	448
B	164 Schaumann, Oliver	63	BSG Airbus SG HH	0:29:07 h	173	1:08:26 h	119	1:37:33 h	143	1:04:25 h	178	2:41:58 h	M 55	323
	165 Pfeifer, Ringo	76	Quickborn	0:26:59 h	149	1:12:56 h	155	1:39:55 h	155	1:02:36 h	171	2:42:31 h	M 40	818
S	166 Eco-Drive		Spaja, Kobayashi	0:28:42 h	170	1:09:56 h	133	1:38:38 h	149	1:04:14 h	176	2:42:52 h	Staffel-M	437
	167 Wasikowski, Christian	82	Aukrug	0:26:21 h	132	1:11:39 h	143	1:38:00 h	145	1:04:59 h	183	2:42:59 h	M 35	849
	168 Rohde, Eike	70	BSG Commerzbank	0:26:40 h	142	1:14:49 h	168	1:41:29 h	167	1:01:58 h	168	2:43:27 h	M 45	388
	169 Schetzsch, Arwed	73	Rosengarten	0:28:35 h	169	1:14:34 h	167	1:43:09 h	173	1:00:30 h	163	2:43:39 h	M 45	391
	170 Gräff, Arnold	88	Nidda	0:29:57 h	180	1:11:51 h	147	1:41:48 h	168	1:02:29 h	170	2:44:17 h	M 30	856
	171 Knuth, Günther	51	Reinbek	0:31:10 h	185	1:08:48 h	124	1:39:58 h	156	1:04:31 h	179	2:44:29 h	M 65	296
S	172 BSG Gaden		Schliephake, Wagener	0:28:09 h	162	1:15:15 h	171	1:43:24 h	175	1:01:12 h	166	2:44:36 h	Staffel-M	404
	173 Petersen, Johanna	81	Hamburg	0:25:41 h	124	1:20:33 h	188	1:46:14 h	181	0:58:36 h	153	2:44:50 h	W 35	279
B	174 Warnecke-Jerol, Margret	61	SV Polizei / BSG SG Stern	0:28:50 h	171	1:11:38 h	142	1:40:28 h	161	1:04:34 h	181	2:45:02 h	W 55	255
	175 Ahrendt, Sophie	97	Hamburg	0:29:21 h	177	1:14:22 h	166	1:43:43 h	178	1:02:26 h	169	2:46:09 h	W 20	285
	175 Müller, Hans-Werner	51	SG Stern	0:31:45 h	187	1:11:18 h	140	1:43:03 h	172	1:03:06 h	173	2:46:09 h	M 65	297
	177 Baumert, Sandra	77	Hamburg	0:26:38 h	138	1:16:50 h	178	1:43:28 h	177	1:02:51 h	172	2:46:19 h	W 40	268
	178 Weigmann, Carsten	73	BSG Johann-Comenius-Schu	0:25:50 h	126	1:14:08 h	163	1:39:58 h	156	1:07:58 h	186	2:47:56 h	M 45	398
	179 Garbrecht, Nadine	83	Tri EMTV Elmshorn	0:30:31 h	181	1:10:06 h	135	1:40:37 h	162	1:07:42 h	185	2:48:19 h	W 35	277
	180 Graupner, Jens	63	TZM	0:30:31 h	181	1:19:51 h	187	1:50:22 h	187	0:58:01 h	147	2:48:23 h	M 55	314
S	181 Turjenter		Grabowsky, Cordes, Thiele	0:29:10 h	176	1:18:56 h	185	1:48:06 h	184	1:00:38 h	165	2:48:44 h	Staffel-W	403
B	182 Jerol, Peter	58	SV Polizei / BSG SG Stern	0:29:31 h	178	1:14:57 h	169	1:44:28 h	180	1:04:20 h	177	2:48:48 h	M 60	303
	183 Janßen, Uwe	60	TuS Holstein Quickborn	0:26:19 h	131	1:25:39 h	192	1:51:58 h	189	0:58:34 h	150	2:50:32 h	M 55	318
S	184 TuS Holstein Quickborn 2		Bumann, Behnke, Behnke	0:33:31 h	190	1:14:18 h	165	1:47:49 h	183	1:04:57 h	182	2:52:46 h	Staffel-M	413
	185 Dahl, Olaf	74	TS Harburg	0:31:22 h	186	1:14:58 h	170	1:46:20 h	182	1:09:14 h	188	2:55:34 h	M 45	366
	186 Neufeind, Dieter	48	SG Wasserratten Nordersted	0:29:08 h	174	1:19:40 h	186	1:48:48 h	185	1:08:36 h	187	2:57:24 h	M 70	292
	186 Bartl, Thomas	65	SG Wasserratten Nordersted	0:30:55 h	184	1:12:26 h	152	1:43:21 h	174	1:14:03 h	190	2:57:24 h	M 50	328
	188 Baier, Christine	84	Team Pirate MC Pirate	0:29:31 h	178	1:23:55 h	191	1:53:26 h	190	1:04:31 h	179	2:57:57 h	W 35	276
	189 Rieger, Michael	65	SG Wasserratten Nordersted	0:30:54 h	183	1:23:44 h	190	1:54:38 h	191	1:06:08 h	184	3:00:46 h	M 50	355
B	190 Kamrad, Hubert	55	HNT-Triathlon / BSG SG Ster	0:31:48 h	188	1:17:54 h	182	1:49:42 h	186	1:16:22 h	191	3:06:04 h	M 60	304
	191 Rogge, Sarah	90	Tri-Sport Lübeck	0:33:50 h	192	1:21:33 h	189	1:55:23 h	192	1:11:13 h	189	3:06:36 h	W 20	288
	192 Dahl, Kerstin	74	TS Harburg	0:33:45 h	191	1:17:59 h	183	1:51:44 h	188	1:19:25 h	192	3:11:09 h	W 45	261