

| Platz                      | Name, Vorname         | Jg | Verein / BSG / Ort         | Laufen    | Pos<br>L | Rad       | Pos<br>R | Zwischen-<br>zeit | Pos<br>ZZ | Laufen    | Pos<br>L | Gesamtzeit | Alters-<br>klasse | Start-<br>Nr. |
|----------------------------|-----------------------|----|----------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| <b>Altersklasse M AK1</b>  |                       |    |                            |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Nothbaar, Jan Hendrik | 91 | LAV Husum                  | ---       |          | ---       |          | 1:11:33 h         | 1         | 0:22:05 h | 1        | 1:33:38 h  | M AK1             | 76            |
| 2                          | Süßmann, Frederic     | 92 | Sportclub Itzehoe          | ---       |          | ---       |          | 1:15:51 h         | 2         | 0:23:13 h | 2        | 1:39:04 h  | M AK1             | 119           |
| <b>Altersklasse M AK2</b>  |                       |    |                            |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Steindorf, Niels      | 88 | Radsport Zentrum Hamburg   | ---       |          | ---       |          | 1:07:22 h         | 1         | 0:22:42 h | 4        | 1:30:04 h  | M AK2             | 160           |
| 2                          | Sievers, Benjamin     | 86 | SC Itzehoe                 | ---       |          | ---       |          | 1:11:43 h         | 3         | 0:20:09 h | 1        | 1:31:52 h  | M AK2             | 154           |
| 3                          | Bürkner, Marvin       | 85 | Hamburg                    | ---       |          | ---       |          | 1:11:38 h         | 2         | 0:21:54 h | 3        | 1:33:32 h  | M AK2             | 118           |
| 4                          | Wille, Niklas         | 85 | Team Erdinger Alkoholfrei  | ---       |          | ---       |          | 1:12:37 h         | 4         | 0:21:35 h | 2        | 1:34:12 h  | M AK2             | 10            |
| 5                          | Blase, Danny          | 88 | SG Athletico Büdelsdorf    | 0:22:24 h | 1        | 0:54:16 h | 1        | 1:16:40 h         | 5         | 0:22:54 h | 5        | 1:39:34 h  | M AK2             | 40            |
| <b>Altersklasse M AK3</b>  |                       |    |                            |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Andersen, Klaus       | 79 | Rødekro Tri                | 0:21:34 h | 1        | 0:54:07 h | 1        | 1:15:41 h         | 1         | 0:22:39 h | 1        | 1:38:20 h  | M AK3             | 146           |
| 2                          | Semdner, Martin       | 81 | TSV Empor Zarrentin Triath | ---       |          | ---       |          | 1:21:14 h         | 2         | 0:28:16 h | 2        | 1:49:30 h  | M AK3             | 2             |
| <b>Altersklasse M AK4</b>  |                       |    |                            |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Sengstock, Marco      | 77 | USC Kiel                   | ---       |          | ---       |          | 1:05:27 h         | 1         | 0:20:45 h | 2        | 1:26:12 h  | M AK4             | 131           |
| 2                          | Nahnsen, Björn        | 77 | SV Enge Sande              | ---       |          | ---       |          | 1:11:27 h         | 2         | 0:20:38 h | 1        | 1:32:05 h  | M AK4             | 95            |
| 3                          | De Vries, Steffen     | 76 | SC Itzehoe                 | 0:27:00 h | 3        | 0:55:44 h | 1        | 1:22:44 h         | 3         | 0:28:13 h | 5        | 1:50:57 h  | M AK4             | 147           |
| 4                          | Mönnich, Daniel       | 74 | Oldenburg                  | 0:26:41 h | 2        | 0:58:43 h | 2        | 1:25:24 h         | 4         | 0:27:50 h | 4        | 1:53:14 h  | M AK4             | 124           |
| 5                          | Sachtler, Michael     | 74 | Borener SV                 | 0:28:36 h | 4        | 1:02:51 h | 3        | 1:31:27 h         | 5         | 0:29:42 h | 6        | 2:01:09 h  | M AK4             | 53            |
| 6                          | Klenk, Christian      | 77 |                            | 0:26:14 h | 1        | 1:08:51 h | 4        | 1:35:05 h         | 6         | 0:27:00 h | 3        | 2:02:05 h  | M AK4             | 151           |
| <b>Altersklasse M Sen1</b> |                       |    |                            |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Petz, Andreas         | 72 | Team Novonordisk - Rødek   | ---       |          | ---       |          | 1:07:28 h         | 1         | 0:19:29 h | 1        | 1:26:57 h  | M Sen1            | 128           |
| 2                          | Lünnemann, Kurt       | 73 | SC Itzehoe                 | ---       |          | ---       |          | 1:14:21 h         | 2         | 0:22:17 h | 2        | 1:36:38 h  | M Sen1            | 100           |
| 3                          | Poppe, Peter          | 69 | SC Itzehoe                 | 0:22:47 h | 2        | 0:52:33 h | 1        | 1:15:20 h         | 3         | 0:25:03 h | 4        | 1:40:23 h  | M Sen1            | 116           |
| 4                          | Röckendorf, Niels     | 72 | TSV Bargteheide Tri        | 0:21:59 h | 1        | 0:56:39 h | 5        | 1:18:38 h         | 4         | 0:24:49 h | 3        | 1:43:27 h  | M Sen1            | 65            |
| 5                          | Nissen, Thorsten      | 71 | Lauftreff Wedel            | 0:24:09 h | 3        | 0:59:14 h | 6        | 1:23:23 h         | 7         | 0:25:18 h | 5        | 1:48:41 h  | M Sen1            | 134           |
| 6                          | Koy, Torben           | 71 | Lauftreff Wedel            | 0:26:24 h | 5        | 0:55:55 h | 4        | 1:22:19 h         | 5         | 0:27:04 h | 6        | 1:49:23 h  | M Sen1            | 133           |
| 7                          | Biermann, Christian   | 73 |                            | 0:28:04 h | 6        | 0:55:16 h | 3        | 1:23:20 h         | 6         | 0:28:12 h | 8        | 1:51:32 h  | M Sen1            | 74            |
| 8                          | Behrmann, Sven        | 70 | Supreme Triathlon          | 0:29:23 h | 8        | 0:55:02 h | 2        | 1:24:25 h         | 8         | 0:30:44 h | 9        | 1:55:09 h  | M Sen1            | 158           |
| 9                          | Hillebrand, Ralph     | 71 | TuS Holstein Quickborn     | 0:25:16 h | 4        | 1:03:52 h | 7        | 1:29:08 h         | 9         | 0:27:41 h | 7        | 1:56:49 h  | M Sen1            | 15            |
| 10                         | Pahl, Nico            | 72 | TuS Holstein Quickborn     | 0:28:09 h | 7        | 1:10:40 h | 8        | 1:38:49 h         | 10        | 0:31:50 h | 10       | 2:10:39 h  | M Sen1            | 14            |
| <b>Altersklasse M Sen2</b> |                       |    |                            |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Rohde, Holger         | 68 | DLRG Elmshorn              | 0:22:03 h | 3        | 0:56:19 h | 3        | 1:18:22 h         | 2         | 0:22:21 h | 1        | 1:40:43 h  | M Sen2            | 77            |
| 2                          | Grundmann, Jörg       | 68 |                            | 0:21:35 h | 2        | 0:55:57 h | 2        | 1:17:32 h         | 1         | 0:23:23 h | 2        | 1:40:55 h  | M Sen2            | 28            |

| Platz                      | Name, Vorname           | Jg | Verein / BSG / Ort        | Laufen    | Pos<br>L | Rad       | Pos<br>R | Zwischen-<br>zeit | Pos<br>ZZ | Laufen    | Pos<br>L | Gesamtzeit | Alters-<br>klasse | Start-<br>Nr. |
|----------------------------|-------------------------|----|---------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 3                          | Sanders, Karsten        | 66 | Hamburg                   | 0:21:33 h | 1        | 0:58:21 h | 6        | 1:19:54 h         | 4         | 0:23:57 h | 3        | 1:43:51 h  | M Sen2            | 107           |
| 4                          | Fröhling, Thomas        | 68 | BSG Hamburger Laufladen   | 0:22:18 h | 4        | 0:57:28 h | 4        | 1:19:46 h         | 3         | 0:24:06 h | 4        | 1:43:52 h  | M Sen2            | 84            |
| 5                          | Rauser, Markus          | 67 | BSG FA Elmshorn           | 0:24:04 h | 5        | 0:58:20 h | 5        | 1:22:24 h         | 6         | 0:24:55 h | 5        | 1:47:19 h  | M Sen2            | 87            |
| 6                          | Sauer, Dirk             | 65 | Tria Heidekreis           | 0:25:56 h | 7        | 0:55:15 h | 1        | 1:21:11 h         | 5         | 0:27:36 h | 8        | 1:48:47 h  | M Sen2            | 35            |
| 7                          | Kempgens, Hanno         | 68 | Hamburger Laufladen       | ---       |          | ---       |          | 1:24:02 h         | 7         | 0:27:10 h | 7        | 1:51:12 h  | M Sen2            | 144           |
| 8                          | Thomas, Jens            | 66 | Fuuljack                  | 0:24:49 h | 6        | 1:03:23 h | 8        | 1:28:12 h         | 9         | 0:25:52 h | 6        | 1:54:04 h  | M Sen2            | 47            |
| 9                          | Brandt, Hartmut         | 65 | TuS Holstein Quickborn    | 0:27:43 h | 8        | 0:58:57 h | 7        | 1:26:40 h         | 8         | 0:27:59 h | 9        | 1:54:39 h  | M Sen2            | 23            |
| <b>Altersklasse M Sen3</b> |                         |    |                           |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Gaasch, Bernd           | 62 | Borener SV                | 0:21:32 h | 1        | 0:55:24 h | 3        | 1:16:56 h         | 1         | 0:21:37 h | 1        | 1:38:33 h  | M Sen3            | 150           |
| 2                          | Pille, Bernd            | 63 | TSH Triathlon Team        | 0:22:54 h | 4        | 0:55:13 h | 2        | 1:18:07 h         | 2         | 0:24:08 h | 4        | 1:42:15 h  | M Sen3            | 68            |
| 3                          | Ewering, Jens           | 60 | SG Tantalus Kiel          | 0:23:15 h | 5        | 0:55:07 h | 1        | 1:18:22 h         | 3         | 0:24:38 h | 5        | 1:43:00 h  | M Sen3            | 79            |
| 4                          | Krause, Andreas         | 62 | SG Tantalus Kiel          | 0:22:44 h | 3        | 1:03:15 h | 5        | 1:25:59 h         | 4         | 0:23:54 h | 3        | 1:49:53 h  | M Sen3            | 86            |
| 5                          | Ribbeck, Holger         | 63 | VfL Pinneberg             | 0:26:10 h | 6        | 1:00:28 h | 4        | 1:26:38 h         | 5         | 0:26:02 h | 6        | 1:52:40 h  | M Sen3            | 125           |
| 6                          | Naumann, Stefan         | 63 | LG Elmshorn               | 0:22:14 h | 2        | 1:07:14 h | 6        | 1:29:28 h         | 6         | 0:23:18 h | 2        | 1:52:46 h  | M Sen3            | 140           |
| <b>Altersklasse M Sen4</b> |                         |    |                           |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Hansen, Thomas          | 57 | TuS Germania Schnelsen    | ---       |          | ---       |          | 1:16:08 h         | 1         | 0:21:29 h | 1        | 1:37:37 h  | M Sen4            | 109           |
| 2                          | Oellermann, Wolfgang    | 54 | SV Fortuna Bösdorf        | ---       |          | ---       |          | 1:26:03 h         | 3         | 0:24:07 h | 2        | 1:50:10 h  | M Sen4            | 11            |
| 3                          | Wollschläger, Ulli      | 57 | LG POWER-Schnecken Kie    | 0:24:36 h | 1        | 1:01:12 h | 1        | 1:25:48 h         | 2         | 0:24:55 h | 3        | 1:50:43 h  | M Sen4            | 25            |
| 4                          | Möller, Wolfgang        | 56 | BSG Der Fahrradladen Alto | 0:26:12 h | 2        | 1:02:40 h | 3        | 1:28:52 h         | 4         | 0:28:26 h | 4        | 1:57:18 h  | M Sen4            | 89            |
| 5                          | Beeck, Peter            | 57 | Lüneburg                  | 0:34:06 h | 4        | 1:02:37 h | 2        | 1:36:43 h         | 5         | 0:35:15 h | 6        | 2:11:58 h  | M Sen4            | 102           |
| 6                          | Behnke, Rolf            | 58 | TuS Holstein Quickborn    | 0:32:05 h | 3        | 1:09:41 h | 4        | 1:41:46 h         | 6         | 0:33:47 h | 5        | 2:15:33 h  | M Sen4            | 12            |
| <b>Altersklasse M Sen5</b> |                         |    |                           |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Hümmecke, Manfred       | 53 | TuS Holtenuau Kiel        | 0:22:01 h | 1        | 0:53:29 h | 1        | 1:15:30 h         | 1         | 0:23:07 h | 1        | 1:38:37 h  | M Sen5            | 92            |
| 2                          | Croissier, René         | 50 | TuS Holstein Quickborn    | 0:25:28 h | 2        | 0:58:21 h | 2        | 1:23:49 h         | 2         | 0:26:18 h | 2        | 1:50:07 h  | M Sen5            | 21            |
| 3                          | Dörwald-Eickelberg, Uli | 52 | Heidgrabener SV           | 0:25:51 h | 3        | 1:01:06 h | 3        | 1:26:57 h         | 3         | 0:26:31 h | 3        | 1:53:28 h  | M Sen5            | 70            |
| <b>Altersklasse M Sen6</b> |                         |    |                           |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Dieterich, Fritz        | 47 | Spiridon Oldesloe         | 0:24:40 h | 1        | 0:58:12 h | 2        | 1:22:52 h         | 2         | 0:25:11 h | 1        | 1:48:03 h  | M Sen6            | 80            |
| 2                          | Praetsch, Ulrich        | 47 | Tri Bandits               | 0:27:05 h | 2        | 0:54:04 h | 1        | 1:21:09 h         | 1         | 0:27:06 h | 2        | 1:48:15 h  | M Sen6            | 145           |
| <b>Altersklasse M Sen7</b> |                         |    |                           |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Molero-Membrilla, José  | 41 | Borener SV                | 0:26:15 h | 1        | 1:06:52 h | 2        | 1:33:07 h         | 2         | 0:27:01 h | 1        | 2:00:08 h  | M Sen7            | 108           |
| 2                          | Kranz, Uwe              | 42 | TuS Holstein Quickborn    | 0:27:59 h | 2        | 1:02:37 h | 1        | 1:30:36 h         | 1         | 0:30:58 h | 2        | 2:01:34 h  | M Sen7            | 17            |

**Altersklasse W AK2**

| Platz                      | Name, Vorname            | Jg | Verein / BSG / Ort      | Laufen    | Pos<br>L | Rad       | Pos<br>R | Zwischen-<br>zeit | Pos<br>ZZ | Laufen    | Pos<br>L | Gesamtzeit | Alters-<br>klasse | Start-<br>Nr. |
|----------------------------|--------------------------|----|-------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 1                          | Möller, Sabine           | 84 | Bredstedter TSV         | 0:30:36 h | 1        | 1:06:01 h | 1        | 1:36:37 h         | 1         | 0:34:19 h | 1        | 2:10:56 h  | W AK2             | 96            |
| <b>Altersklasse W AK3</b>  |                          |    |                         |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Wichmann, Sandra         | 80 | SG Athletico Büdelsdorf | 0:24:48 h | 1        | 0:54:18 h | 1        | 1:19:06 h         | 1         | 0:27:17 h | 1        | 1:46:23 h  | W AK3             | 113           |
| <b>Altersklasse W AK4</b>  |                          |    |                         |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Schönebeck, Susanne      | 74 | TSV Kremperheide        | 0:23:17 h | 1        | 1:00:08 h | 1        | 1:23:25 h         | 1         | 0:25:04 h | 1        | 1:48:29 h  | W AK4             | 69            |
| 2                          | Kracht, Miriam           | 77 | SC Itzehoe              | 0:29:14 h | 2        | 1:02:30 h | 2        | 1:31:44 h         | 2         | 0:29:14 h | 2        | 2:00:58 h  | W AK4             | 148           |
| <b>Altersklasse W Sen1</b> |                          |    |                         |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Neudörffer, Cordula      | 71 | TuS Holstein QWuickborn | 0:21:35 h | 1        | 0:54:33 h | 1        | 1:16:08 h         | 1         | 0:22:08 h | 1        | 1:38:16 h  | W Sen1            | 18            |
| 2                          | Stief, Silvana           | 70 | TSV Schleswig           | 0:24:24 h | 2        | 1:03:49 h | 2        | 1:28:13 h         | 2         | 0:26:33 h | 2        | 1:54:46 h  | W Sen1            | 111           |
| <b>Altersklasse W Sen2</b> |                          |    |                         |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Siebke, Dörte            | 67 | M3S Hamburg e.V.        | 0:22:27 h | 1        | 0:52:48 h | 1        | 1:15:15 h         | 1         | 0:23:57 h | 1        | 1:39:12 h  | W Sen2            | 117           |
| 2                          | Schlatter, Elvira        | 66 | Tri Endurance Germany   | 0:24:43 h | 3        | 0:58:44 h | 2        | 1:23:27 h         | 2         | 0:26:05 h | 2        | 1:49:32 h  | W Sen2            | 41            |
| 3                          | Engelbrecht-Hoch, Martin | 64 | TuS Holstein Quickborn  | 0:24:41 h | 2        | 0:59:29 h | 3        | 1:24:10 h         | 3         | 0:27:05 h | 3        | 1:51:15 h  | W Sen2            | 13            |
| 4                          | Parge, Sabine            | 64 | Triabolos Hamburg e. V. | 0:27:49 h | 4        | 1:03:57 h | 5        | 1:31:46 h         | 5         | 0:28:42 h | 4        | 2:00:28 h  | W Sen2            | 5             |
| 5                          | Sievers, Susanne         | 67 | Sport-Club Itzehoe      | 0:29:13 h | 5        | 1:02:17 h | 4        | 1:31:30 h         | 4         | 0:31:12 h | 6        | 2:02:42 h  | W Sen2            | 97            |
| 6                          | Tack, Andrea             | 66 | TSV Bargtheide Tri      | 0:29:36 h | 6        | 1:04:42 h | 6        | 1:34:18 h         | 6         | 0:30:05 h | 5        | 2:04:23 h  | W Sen2            | 159           |
| 7                          | Finnern, Liane           | 66 | BSG Fit im BSV          | 0:34:11 h | 7        | 1:17:45 h | 7        | 1:51:56 h         | 7         | 0:35:10 h | 7        | 2:27:06 h  | W Sen2            | 4             |
| <b>Altersklasse W Sen3</b> |                          |    |                         |           |          |           |          |                   |           |           |          |            |                   |               |
| 1                          | Hümmecke, Ursula         | 60 | SG Athletico Büdelsdorf | 0:29:08 h | 1        | 1:04:57 h | 1        | 1:34:05 h         | 1         | 0:32:19 h | 1        | 2:06:24 h  | W Sen3            | 93            |