

| 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     | 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     | Nothbaar, Jan Hendrik  | 91 | LAV Husum               | ---       |          | ---       |          | 1:11:33 h         | 3         | 0:22:05 h | 4        | 1:33:38 h  | M AK1             | 76            |
| 4     | Lünnemann, Kurt        | 73 | SC Itzehoe              | ---       |          | ---       |          | 1:14:21 h         | 4         | 0:22:17 h | 5        | 1:36:38 h  | M Sen1            | 100           |
| 5     | Gaasch, Bernd          | 62 | Borener SV              | 0:21:32 h | 1        | 0:55:24 h | 5        | 1:16:56 h         | 8         | 0:21:37 h | 3        | 1:38:33 h  | M Sen3            | 150           |
| 6     | Hümmecke, Manfred      | 53 | TuS Holtenau Kiel       | 0:22:01 h | 3        | 0:53:29 h | 2        | 1:15:30 h         | 6         | 0:23:07 h | 6        | 1:38:37 h  | M Sen5            | 92            |
| 7     | Süßmann, Frederic      | 92 | Sportclub Itzehoe       | ---       |          | ---       |          | 1:15:51 h         | 7         | 0:23:13 h | 7        | 1:39:04 h  | M AK1             | 119           |
| 8     | Poppe, Peter           | 69 | SC Itzehoe              | 0:22:47 h | 4        | 0:52:33 h | 1        | 1:15:20 h         | 5         | 0:25:03 h | 11       | 1:40:23 h  | M Sen1            | 116           |
| 9     | Ewering, Jens          | 60 | SG Tantalus Kiel        | 0:23:15 h | 5        | 0:55:07 h | 4        | 1:18:22 h         | 9         | 0:24:38 h | 9        | 1:43:00 h  | M Sen3            | 79            |
| 10    | Röckendorf, Niels      | 72 | TSV Bargtheide Tri      | 0:21:59 h | 2        | 0:56:39 h | 6        | 1:18:38 h         | 10        | 0:24:49 h | 10       | 1:43:27 h  | M Sen1            | 65            |
| 11    | Wichmann, Sandra       | 80 | SG Athletico Büdelsdorf | 0:24:48 h | 9        | 0:54:18 h | 3        | 1:19:06 h         | 11        | 0:27:17 h | 17       | 1:46:23 h  | W AK3             | 113           |
| 12    | Dieterich, Fritz       | 47 | Spiridon Oldesloe       | 0:24:40 h | 7        | 0:58:12 h | 7        | 1:22:52 h         | 12        | 0:25:11 h | 13       | 1:48:03 h  | M Sen6            | 80            |
| 13    | Schönebeck, Susanne    | 74 | TSV Kremperheide        | 0:23:17 h | 6        | 1:00:08 h | 9        | 1:23:25 h         | 13        | 0:25:04 h | 12       | 1:48:29 h  | W AK4             | 69            |
| 14    | Schlatter, Elvira      | 66 | Tri Endurance Germany   | 0:24:43 h | 8        | 0:58:44 h | 8        | 1:23:27 h         | 14        | 0:26:05 h | 15       | 1:49:32 h  | W Sen2            | 41            |
| 15    | Oellermann, Wolfgang   | 54 | SV Fortuna Bösdorf      | ---       |          | ---       |          | 1:26:03 h         | 15        | 0:24:07 h | 8        | 1:50:10 h  | M Sen4            | 11            |
| 16    | Ribbeck, Holger        | 63 | VfL Pinneberg           | 0:26:10 h | 10       | 1:00:28 h | 10       | 1:26:38 h         | 16        | 0:26:02 h | 14       | 1:52:40 h  | M Sen3            | 125           |
| 17    | Molero-Membrilla, José | 41 | Borener SV              | 0:26:15 h | 11       | 1:06:52 h | 14       | 1:33:07 h         | 19        | 0:27:01 h | 16       | 2:00:08 h  | M Sen7            | 108           |
| 18    | Sachtler, Michael      | 74 | Borener SV              | 0:28:36 h | 12       | 1:02:51 h | 12       | 1:31:27 h         | 17        | 0:29:42 h | 18       | 2:01:09 h  | M AK4             | 53            |
| 19    | Sievers, Susanne       | 67 | Sport-Club Itzehoe      | 0:29:13 h | 14       | 1:02:17 h | 11       | 1:31:30 h         | 18        | 0:31:12 h | 19       | 2:02:42 h  | W Sen2            | 97            |
| 20    | Hümmecke, Ursula       | 60 | SG Athletico Büdelsdorf | 0:29:08 h | 13       | 1:04:57 h | 13       | 1:34:05 h         | 20        | 0:32:19 h | 20       | 2:06:24 h  | W Sen3            | 93            |