

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	Lenz, Philipp	95	Triathlon Team Braunschweig	0:08:33 h	4	0:30:30 h	1	0:39:03 h	1	0:20:19 h	4	0:59:22 h	MAK 20	6
2	Teegen, Sven	80	SV Wiking Kiel	0:06:36 h	1	0:33:55 h	11	0:40:31 h	3	0:19:58 h	3	1:00:29 h	MAK 35	62
3	Lünnemann, Kurt	73	Itzehoe	0:07:27 h	3	0:33:42 h	7	0:41:09 h	4	0:20:21 h	5	1:01:30 h	MAK 45	3
4	Friedrich, Marco	87	SG Elbmarsch	0:09:40 h	14	0:32:17 h	3	0:41:57 h	5	0:21:35 h	11	1:03:32 h	MAK 30	43
5	Losch, Sören	89	Brunsbüttel	0:08:36 h	6	0:34:28 h	14	0:43:04 h	8	0:20:47 h	6	1:03:51 h	MAK 30	66
6	Schreiber, Andreas	73	TRIDATORS	0:08:33 h	4	0:31:26 h	2	0:39:59 h	2	0:24:11 h	28	1:04:10 h	MAK 45	29
7	Bischoff, Ole	88	Kiel	0:10:09 h	23	0:34:53 h	15	0:45:02 h	15	0:19:47 h	2	1:04:49 h	MAK 30	4
8	Schröder, Arne	87	Vereinigung orientierungslauf	0:11:42 h	59	0:33:26 h	5	0:45:08 h	17	0:19:42 h	1	1:04:50 h	MAK 30	28
9	Ermer, Alexander	82	Marner TV	0:09:42 h	15	0:33:54 h	10	0:43:36 h	10	0:21:48 h	12	1:05:24 h	MAK 35	15
10	Flechsigt, Maximilian	89	Tus Holtenau Kiel	0:10:33 h	31	0:34:06 h	13	0:44:39 h	14	0:20:53 h	7	1:05:32 h	MAK 30	77
11	Stampniok, Frank	83	Roots of compassion	0:10:12 h	24	0:32:49 h	4	0:43:01 h	7	0:22:50 h	15	1:05:51 h	MAK 35	68
12	Lorenzen, Gyde	87	Bargenstedt	0:11:38 h	57	0:33:36 h	6	0:45:14 h	19	0:21:01 h	9	1:06:15 h	W AK 30	81
13	Brütt, Nikolas	95	Team Sunshine	0:10:01 h	17	0:34:04 h	12	0:44:05 h	11	0:23:18 h	22	1:07:23 h	MAK 20	227
14	Zofka, Christian	72	Imsbach	0:09:15 h	11	0:33:51 h	9	0:43:06 h	9	0:24:22 h	31	1:07:28 h	MAK 45	13
15	Schönfelder, Christian	78	Barmstedter MTV	0:08:46 h	7	0:36:26 h	28	0:45:12 h	18	0:22:52 h	17	1:08:04 h	MAK 40	63
16	Radschun, Mathias	76	Kuden	0:10:52 h	37	0:36:37 h	29	0:47:29 h	29	0:20:54 h	8	1:08:23 h	MAK 40	2
17	Stadler, Jürgen	66	Post SV Uelzen	0:10:49 h	35	0:33:46 h	8	0:44:35 h	13	0:23:52 h	26	1:08:27 h	MAK 50	19
18	Hargesheimer, Jan	81	Hamburg	0:10:03 h	18	0:35:04 h	16	0:45:07 h	16	0:23:35 h	24	1:08:42 h	MAK 35	18
19	Ley, Björn	71	Meldorf	0:07:20 h	2	0:35:23 h	19	0:42:43 h	6	0:26:36 h	43	1:09:19 h	MAK 45	5
20	Skoczynski, Patryk	87	Tus Holtenau Kiel	0:11:02 h	39	0:35:18 h	17	0:46:20 h	22	0:23:13 h	20	1:09:33 h	MAK 30	64
21	Steinhardt, Marc	71	Sport-Club Itzehoe	0:10:17 h	25	0:35:20 h	18	0:45:37 h	21	0:24:23 h	32	1:10:00 h	MAK 45	47
22	Harder, Jonas	84	Kiel	0:09:35 h	13	0:38:20 h	39	0:47:55 h	32	0:22:51 h	16	1:10:46 h	MAK 35	74
23	Hamkens, Boy-Jens	69	Kotzenbüll	0:13:03 h	68	0:35:56 h	24	0:48:59 h	38	0:22:25 h	13	1:11:24 h	MAK 50	32
24	Jegust, Thomas	68	MTV St.Michel	0:11:13 h	44	0:35:30 h	21	0:46:43 h	24	0:25:00 h	33	1:11:43 h	MAK 50	75
25	Sudmann, Sven	72	Kakenstorf Triathlon	0:08:51 h	8	0:35:27 h	20	0:44:18 h	12	0:27:37 h	51	1:11:55 h	MAK 45	25
26	Leppert, Christine	70	Sport-Club Itzehoe	0:11:10 h	43	0:36:57 h	32	0:48:07 h	33	0:23:55 h	27	1:12:02 h	W AK 45	99
27	Pomykala, Dr. Petra	65	Team Erdinger Alkoholfrei	0:10:46 h	33	0:37:01 h	33	0:47:47 h	31	0:24:17 h	30	1:12:04 h	W AK 50	113
28	Jochims, Ralf	64	SSV Süderdorf	0:10:07 h	21	0:39:05 h	43	0:49:12 h	40	0:23:16 h	21	1:12:28 h	MAK 55	69
29	Stelling, Max	59	SSV Süderdorf	0:10:03 h	18	0:39:19 h	44	0:49:22 h	42	0:23:07 h	19	1:12:29 h	MAK 60	58
30	Dieckmeyer, Oliver	80	Team Erdinger Alkoholfrei	0:11:35 h	54	0:35:45 h	23	0:47:20 h	28	0:25:39 h	38	1:12:59 h	MAK 35	83
31	Burrichter, Kay	67	Sparkasse Westholstein	0:11:14 h	46	0:40:28 h	55	0:51:42 h	51	0:21:22 h	10	1:13:04 h	MAK 50	60
32	Carstensen, Torsten	67	MTV Heide	0:12:56 h	63	0:36:43 h	30	0:49:39 h	43	0:24:12 h	29	1:13:51 h	MAK 50	52
33	Dugaro, Matthias	69	TSV Wedel	0:09:58 h	16	0:35:30 h	21	0:45:28 h	20	0:28:26 h	57	1:13:54 h	MAK 50	14
34	Schümann, Rebecca	92	Hamburg	0:10:22 h	27	0:40:04 h	49	0:50:26 h	46	0:23:36 h	25	1:14:02 h	W AK 25	87
35	Tiedje, Anja	63	Marner TV	0:11:36 h	55	0:36:51 h	31	0:48:27 h	35	0:26:13 h	39	1:14:40 h	W AK 55	104
36	Hunold, Michael	65	Burg	0:10:22 h	27	0:38:08 h	38	0:48:30 h	36	0:26:25 h	42	1:14:55 h	MAK 50	55
37	Bolz, Stefan	65	LAV Husum	0:09:29 h	12	0:38:02 h	36	0:47:31 h	30	0:27:42 h	52	1:15:13 h	MAK 50	53
38	Regehr, Burghard	63	Ahfs-Schule	0:10:47 h	34	0:36:06 h	26	0:46:53 h	25	0:28:28 h	58	1:15:21 h	MAK 55	17
39	Gehrke, Thorsten	69	Meldorf	0:11:05 h	40	0:35:59 h	25	0:47:04 h	26	0:28:29 h	59	1:15:33 h	MAK 50	1
40	Bach, André	69	Norderstedt	0:10:43 h	32	0:37:31 h	35	0:48:14 h	34	0:27:20 h	48	1:15:34 h	MAK 50	23

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41	Hansen, Pia	74	MTV Leck von 1889 e.V	0:08:54 h	9	0:40:11 h	51	0:49:05 h	39	0:26:42 h	44	1:15:47 h	W AK 45	119
42	Bolz, Yasmin	98	LAV Husum	0:09:12 h	10	0:38:04 h	37	0:47:16 h	27	0:28:32 h	60	1:15:48 h	W AK 20	82
43	Lau, Ingo	67	NHIL Racing	0:10:25 h	29	0:36:09 h	27	0:46:34 h	23	0:29:35 h	67	1:16:09 h	MAK 50	46
44	Grünberg Gilgen, Birte	63	Team Erdinger alkoholfrei	0:13:18 h	73	0:39:31 h	47	0:52:49 h	56	0:23:29 h	23	1:16:18 h	W AK 55	101
45	Koschek, Holger	69	Wedel	0:13:17 h	71	0:40:22 h	53	0:53:39 h	58	0:22:54 h	18	1:16:33 h	MAK 50	51
46	Hegge, Viola	65	Tri Sport Lübeck	0:11:32 h	52	0:40:06 h	50	0:51:38 h	49	0:25:16 h	36	1:16:54 h	W AK 50	98
47	Suhr, André	82	Meldorf	0:11:31 h	51	0:43:06 h	65	0:54:37 h	61	0:22:26 h	14	1:17:03 h	MAK 35	8
48	Schnegulau, Silvia	76	Sport-Club Itzehoe	0:11:37 h	56	0:40:47 h	57	0:52:24 h	54	0:25:35 h	37	1:17:59 h	W AK 40	85
49	Eickelberg, René	72	Brunsbüttel	0:10:51 h	36	0:38:30 h	40	0:49:21 h	41	0:28:58 h	62	1:18:19 h	MAK 45	20
50	Kohnagel, Steffen	62	MTV Herzhorn	0:11:47 h	60	0:38:30 h	40	0:50:17 h	45	0:28:12 h	56	1:18:29 h	MAK 55	26
51	Jeppsson, Volker	82	Kleve	0:12:20 h	62	0:39:29 h	46	0:51:49 h	52	0:27:14 h	46	1:19:03 h	MAK 35	70
52	Englisch, Ingo	60	Barkenholm	0:10:08 h	22	0:39:45 h	48	0:49:53 h	44	0:29:26 h	66	1:19:19 h	MAK 55	7
53	Goos, Dirk	67	SV Brokdorf	0:10:19 h	26	0:38:39 h	42	0:48:58 h	37	0:31:17 h	78	1:20:15 h	MAK 50	45
54	Goppold, Peter	90	Heide	0:11:34 h	53	0:43:42 h	66	0:55:16 h	66	0:25:02 h	34	1:20:18 h	MAK 25	84
55	Thiedeitz, Kai	62	Eutin	0:13:05 h	69	0:40:59 h	59	0:54:04 h	60	0:26:22 h	41	1:20:26 h	MAK 55	76
56	Steinfeld, Lina-Catharina	96	Polizeiakademie Nienburg	0:11:39 h	58	0:41:06 h	60	0:52:45 h	55	0:27:47 h	53	1:20:32 h	W AK 20	106
57	Schliephake, Katrin	68	BSG Gaden	0:12:58 h	64	0:40:48 h	58	0:53:46 h	59	0:27:21 h	49	1:21:07 h	W AK 50	116
58	Hennings, Manfred	61	Brunsbüttel	0:11:09 h	42	0:40:12 h	52	0:51:21 h	48	0:30:09 h	70	1:21:30 h	MAK 55	10
59	Frauen, Katharina	90	SG ELbmarsch	0:11:19 h	47	0:39:24 h	45	0:50:43 h	47	0:31:27 h	79	1:22:10 h	W AK 25	109
60	Till, Sabine	58	Elsdorf-Westermühlen	0:11:50 h	61	0:42:55 h	64	0:54:45 h	62	0:27:49 h	54	1:22:34 h	W AK 60	111
61	Timm, Michael	71	Team Erdinger Alkoholfrei	0:14:56 h	81	0:37:26 h	34	0:52:22 h	53	0:30:14 h	72	1:22:36 h	MAK 45	50
62	Thaden, Christina	75	Kiel	0:11:28 h	50	0:44:50 h	75	0:56:18 h	69	0:26:58 h	45	1:23:16 h	W AK 40	95
63	Ingrid, Austen	65	Impalas Westküste	0:11:00 h	38	0:42:03 h	61	0:53:03 h	57	0:30:46 h	75	1:23:49 h	W AK 50	120
64	Ratzmer, Paul	98	Bokel	0:14:44 h	80	0:44:02 h	72	0:58:46 h	79	0:25:12 h	35	1:23:58 h	MAK 20	16
65	Sielaff, Dr. Steffen	61	Elmshorner MTV	0:11:25 h	49	0:43:46 h	69	0:55:11 h	65	0:29:04 h	63	1:24:15 h	MAK 55	78
66	Till, Thomas	56	Elsdorf-Westermühlen	0:11:05 h	40	0:44:24 h	74	0:55:29 h	67	0:29:21 h	65	1:24:50 h	MAK 60	34
67	Lucht, Mona	95	Turtle Power	0:10:05 h	20	0:45:03 h	78	0:55:08 h	64	0:29:48 h	69	1:24:56 h	W AK 20	100
68	Knuth, Beate	59	Bosauer SV	0:12:59 h	65	0:44:55 h	76	0:57:54 h	74	0:27:17 h	47	1:25:11 h	W AK 60	105
69	Wagener, Horst	61	BSG Gaden	0:16:19 h	84	0:42:47 h	63	0:59:06 h	80	0:26:21 h	40	1:25:27 h	MAK 55	41
70	Dugaro, Jonah	96	TSV Wedel	0:14:28 h	78	0:40:31 h	56	0:54:59 h	63	0:30:42 h	74	1:25:41 h	MAK 20	39
71	Reinhold, Dirk	64	Glückstadt	0:13:50 h	75	0:44:01 h	71	0:57:51 h	73	0:27:54 h	55	1:25:45 h	MAK 55	61
72	Eckart, Jan Hendrik	72	Team Dickhäuter	0:11:13 h	44	0:40:26 h	54	0:51:39 h	50	0:34:24 h	83	1:26:03 h	MAK 45	59
73	Goral, Kimberley-Sarah	90	Wedel	0:13:07 h	70	0:43:56 h	70	0:57:03 h	71	0:29:18 h	64	1:26:21 h	W AK 25	86
74	Schmidt, Bettina	78	Kiel	0:11:21 h	48	0:46:34 h	81	0:57:55 h	75	0:28:43 h	61	1:26:38 h	W AK 40	92
75	Burmeister, Andrea	64	Malente	0:15:55 h	83	0:43:45 h	68	0:59:40 h	81	0:27:35 h	50	1:27:15 h	W AK 55	94
76	Lappert, Evelyn	50	TSV Sankt Peter-Ording	0:13:17 h	71	0:44:59 h	77	0:58:16 h	76	0:29:37 h	68	1:27:53 h	W AK 65	110
77	Kulesa, Christian	65	TriOH	0:13:25 h	74	0:45:04 h	79	0:58:29 h	78	0:30:11 h	71	1:28:40 h	MAK 50	22
78	Soltau, Hauke	64	SG Dithmarschen Süd	0:15:51 h	82	0:42:36 h	62	0:58:27 h	77	0:30:52 h	76	1:29:19 h	MAK 55	67
79	Meier, Sinje	77	RBS - TRI-TEACHERS	0:10:29 h	30	0:45:23 h	80	0:55:52 h	68	0:33:47 h	81	1:29:39 h	W AK 40	103
80	Hoffmann, Christian	80	Pinneberg	0:13:02 h	66	0:43:44 h	67	0:56:46 h	70	0:33:03 h	80	1:29:49 h	MAK 35	30

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81	Otremba, Kristin	81	Impalas Westküste	0:13:02 h	66	0:44:08 h	73	0:57:10 h	72	0:34:14 h	82	1:31:24 h	W AK 35	108
82	Rademacher, Thomas	64	HSG Marne/Brunsbüttel	0:14:43 h	79	0:46:41 h	82	1:01:24 h	82	0:30:22 h	73	1:31:46 h	M AK 55	11
83	Asmussen, Gina	63	LG Seestermühe	0:14:01 h	77	0:50:09 h	83	1:04:10 h	83	0:31:05 h	77	1:35:15 h	W AK 55	96
84	Knudsen, Blanka	73	RBS TRI-TEACHERS	0:13:57 h	76	0:50:55 h	84	1:04:52 h	84	0:37:56 h	84	1:42:48 h	W AK 45	114