

37. Hückeswagen Triathlon am 24. August 2019

Ergebnisliste

NRW Meisterschaft Mitteltriathlon 2000m - 70km - 21km

Männer

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl. AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
1	144	Mittelbach Carl-Daniel	Tri Team Hagen	3:46:57	M30	1	3	0:27:12	1	1:59:35	1	2:26:47	6	1:20:09
2	231	Senger Paul	DLC Aachen	3:47:55	M20	1	23	0:29:21	2	2:00:08	2	2:29:30	2	1:18:24
3	180	Wies Sven	Duisburger SV98	3:50:15	M30	2	2	0:27:04	6	2:02:53	3	2:29:57	7	1:20:18
4	65	Jensch Simon	Mach3 Köln	3:54:37	M25	1	30	0:30:20	25	2:07:47	26	2:38:08	1	1:16:28
5	20	Wunn Henrik	DLC Aachen II	3:55:47	M20	2	37	0:30:52	11	2:04:46	19	2:35:39	5	1:20:08
6	184	Frischkorn Konrad	DLC Aachen	3:56:06	M20	3	4	0:27:33	8	2:04:15	5	2:31:49	17	1:24:17
7	1	Dale Robert	Kölner Triathlon Team	3:56:20	M25	2	26	0:29:47	3	2:01:37	4	2:31:24	20	1:24:55
8	33	Knoepke Daniel	EJOT Team TV	3:56:45	M35	1	1	0:26:24	29	2:08:38	15	2:35:02	11	1:21:42
9	536	Czerny Sebastian	WEICON Tri Finish	3:56:56	M30	3	34	0:30:43	15	2:05:33	22	2:36:16	9	1:20:40
10	7	Lindemann Marius	Tri Geckos Dortmund I	3:57:13	M25	3	12	0:28:06	19	2:06:07	9	2:34:14	12	1:22:59
11	17	Cramer Michael	DLC Aachen II	3:57:19	M30	4	40	0:31:10	7	2:03:00	8	2:34:10	13	1:23:09
12	4	Schmidbauer Florian	Kölner Triathlon Team	3:58:00	M25	4	18	0:28:47	16	2:05:38	11	2:34:26	14	1:23:33
13	32	Seewald Jan	TRC Essen 84 I	3:59:27	M35	2	42	0:31:12	9	2:04:19	17	2:35:31	15	1:23:55
14	8	Zbcona Max	Tri Geckos Dortmund I	3:59:35	M30	5	19	0:28:48	17	2:05:45	12	2:34:34	21	1:25:01
15	42	Gosebrink Jens	SC Bayer 05 Uerdingen	4:00:04	M30	6	9	0:27:58	20	2:06:10	7	2:34:08	23	1:25:56
16	15	Seidel Ronny	Triathlon Witten III	4:00:32	M35	3	108	0:37:07*	10	2:04:35	32	2:41:42	3	1:18:49
17	13	Krusch Sebastian	Triathlon Witten III	4:01:15	M30	7	16	0:28:33	18	2:06:01	13	2:34:35	26	1:26:39
18	164	Reeschke Roman	1. Tri-Club Paderborn	4:02:32	M30	8	24	0:29:38	13	2:05:05	14	2:34:43	30	1:27:48
19	218	Heinzemann Tim	Tri Club Wuppertal	4:03:02	M30	9	49	0:32:28	33	2:09:51	35	2:42:19	10	1:20:42
20	57	Kirch Michael	Team Indeland	4:04:39	M45	1	71	0:33:59	35	2:10:12	45	2:44:12	8	1:20:27
21	60	Kaiser Thomas	Team Indeland	4:05:07	M30	10	36	0:30:47	4	2:02:04	6	2:32:51	49	1:32:16
22	54	Rühlemann Lukas	Triathlon Team	4:05:38	M20	4	8	0:27:55	27	2:08:00	20	2:35:56	38	1:29:41
23	512	Ullrich Domitian	TSVE 1890 Bielefeld II	4:06:19	M35	4	44	0:31:44	5	2:02:36	10	2:34:21	47	1:31:57
24	534	Arnold Matthias	WEICON Tri Finish	4:07:06	M25	5	55	0:32:52	26	2:07:58	31	2:40:51	24	1:26:14
25	35	Nagel Rainer	EJOT Team TV	4:07:21	M50	1	52	0:32:47	34	2:09:51	39	2:42:39	19	1:24:42
26	16	Güths Marius	Triathlon Witten III	4:07:41	M25	6	39	0:31:06	12	2:04:55	21	2:36:01	45	1:31:39
27	29	Krölller Stephan	TRC Essen 84 I	4:08:40	M30	11	10	0:28:02	36	2:10:28	28	2:38:31	40	1:30:08
28	55	Gossmann Alexander	Triathlon Team	4:08:48	M30	12	67	0:33:13	14	2:05:29	29	2:38:42	39	1:30:06
29	5	Dinraths Christian	Tri Geckos Dortmund I	4:09:31	M25	7	11	0:28:04	22	2:07:12	16	2:35:16	60	1:34:15
30	521	Buschkühl Aloys	TRITANS Lippstadt	4:09:39	M45	2	104	0:36:46	49	2:13:08	60	2:49:55	4	1:19:44
31	213	Borgmann Achim	Brander SV Tri Team	4:09:42	M45	3	85	0:35:08	23	2:07:16	37	2:42:24	28	1:27:17
32	237	Hanakam Dr. Florian	RC Lüdenscheid	4:11:27	M45	4	66	0:33:13	43	2:12:22	51	2:45:35	22	1:25:51
33	2	Lohmann Felix	Kölner Triathlon Team	4:11:56	M20	5	29	0:29:55	50	2:13:10	40	2:43:05	33	1:28:51
34	50	Weier Peter	PSV Bonn Triathlon I	4:12:30	M35	5	14	0:28:17	24	2:07:16	18	2:35:33	72	1:36:57
35	19	Schulte Thomas	DLC Aachen II	4:12:58	M30	13	33	0:30:42*	21	2:06:45	25	2:37:28	62	1:35:30
36	10	Vernooij Marco	W + F Münster II	4:14:03	M30	14	35	0:30:44	30	2:09:29	30	2:40:14	58	1:33:49
37	71	Busenius Aljoscha	Tri-Team Selimed	4:14:13	M20	6	15	0:28:24	54	2:14:12	38	2:42:37	43	1:31:35
38	120	Röpstorff Uwe	SC Bayer 05 Uerdingen	4:14:56	M55	1	74	0:34:32	38	2:10:51	49	2:45:23	36	1:29:33
39	58	Salentin Uli	Team Indeland	4:15:08	M45	5	72	0:34:08*	47	2:12:57	53	2:47:06	32	1:28:02
40	25	Busch Aaron	Tri Team Hagen II	4:15:13	M20	7	17	0:28:44	81	2:18:48	55	2:47:32	29	1:27:40
41	220	Mussehl Valentin	DLC Aachen	4:15:39	M20	8	5	0:27:40	31	2:09:37	24	2:37:17	78	1:38:22
42	43	Königs Jan	SC Bayer 05 Uerdingen	4:15:40	M20	9	6	0:27:52	56	2:14:18	34	2:42:11	55	1:33:29
43	34	Menn Felix	EJOT Team TV	4:15:44	M30	15	46	0:32:01	41	2:11:47	41	2:43:48	46	1:31:55
44	36	Fricke Lars Erik	EJOT Team TV	4:15:47	M35	6	21	0:28:52	28	2:08:05	23	2:36:57	81	1:38:49
45	509	Gerkens Michael	TSVE 1890 Bielefeld II	4:16:26	M45	6	99	0:35:49	40	2:11:41	54	2:47:30	35	1:28:55
46	69	Gärtner Markus	Tri-Team Selimed	4:16:52	M45	7	91	0:35:26	32	2:09:51	48	2:45:17	42	1:31:34
47	70	Faust Robin	Tri-Team Selimed	4:17:04	M25	8	62	0:33:04	39	2:11:05	44	2:44:09	53	1:32:54
48	72	Hoffmann Fabian	Tri-Team Selimed	4:17:27	M30	16	60	0:32:59	58	2:14:51	56	2:47:50	37	1:29:36
49	18	Höfler Matthias	DLC Aachen II	4:17:39	M30	17	31	0:30:42	51	2:13:21	43	2:44:03	56	1:33:35
50	562	Kade Martin	SuS Stadtlohn	4:18:12	M30	18	6	0:27:52	37	2:10:32	27	2:38:25	83	1:39:47
51	221	Schneider Tim	*Lohmar	4:18:39	M25	9	123	0:38:41	65	2:15:45	76	2:54:27	16	1:24:11
52	14	Lötz Jarit	Triathlon Witten III	4:18:39	M25	10	51	0:32:45	55	2:14:15	52	2:47:01	44	1:31:37
53	21	Heddendorp Daniel	Team Roseversand	4:19:01	M30	19	27	0:29:52	42	2:11:51	33	2:41:44	73	1:37:16
54	41	Gajewski Merlin	SC Bayer 05 Uerdingen	4:19:07	M30	20	56	0:32:53	45	2:12:31	50	2:45:24	57	1:33:42

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Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
55	514	Hoffmann Patrick	W + F Münster III	4:20:18	M35	7	122	0:38:41	61	2:15:14	75	2:53:55	25	1:26:22	
56	236	Welsch Rüdiger	TuS Breitscheid	4:20:42	M55	2	38	0:31:06	46	2:12:56	42	2:44:02	70	1:36:40	
57	9	Stroick Stefan	W + F Münster II	4:21:18	M25	11	28	0:29:53	44	2:12:31	36	2:42:24	82	1:38:54	
58	507	Müller Jan-Kristof	SC Westfalia 04 Herne	4:22:22	M40	1	111	0:37:46	52	2:14:05	68	2:51:51	41	1:30:30	
59	53	Böge Lennard	Triathlon Team	4:23:12	MJun	1	20	0:28:49	69	2:16:28	47	2:45:17	76	1:37:54	
60	538	Evermann Lars	TuS 09 Erkenschwick I	4:23:19	M30	21	54	0:32:52	67	2:16:19	59	2:49:11	59	1:34:07	
61	541	Holzmann Frank	Tri-Team Selimed	4:23:22	M45	8	57	0:32:53	117	2:26:00	94	2:58:54	18	1:24:27	
62	531	Rayer Benjamin	Tri Ducks Dorsten I	4:25:11	M30	22	47	0:32:03	85	2:20:06	69	2:52:10	54	1:33:01	
63	503	Jazbec Tobias	ASV Duisburg	4:26:21	M35	8	45	0:31:54	96	2:21:59	74	2:53:53	51	1:32:27	
64	26	Janning Matthias	Tri Team Hagen II	4:27:41	M55	3	64	0:33:09	71	2:17:08	62	2:50:18	75	1:37:23	
65	51	Komes Max	PSV Bonn Triathlon I	4:27:49	M20	10	41	0:31:12	89	2:20:38	67	2:51:51	66	1:35:58	
66	505	Esser Björn	SC Westfalia 04 Herne	4:27:53	M35	9	120	0:38:39	86	2:20:21	96	2:59:00	34	1:28:52	
67	177	Kalender Lars	SV Blau-Weiß Bochum	4:28:29	M35	10	101	0:35:54	68	2:16:27	71	2:52:22	67	1:36:07	
68	31	Laschet Christian	TRC Essen 84 I	4:31:03	M40	2	73	0:34:31	53	2:14:08	57	2:48:40	95	1:42:23	
69	103	Dunkel Thomas	TSVE 1890 Bielefeld	4:31:09	M40	3	139	0:40:37	60	2:15:09	79	2:55:46	61	1:35:23	
70	49	Nett Markus	PSV Bonn Triathlon I	4:31:10	M35	11	151	0:43:32	59	2:14:54	93	2:58:26	52	1:32:44	
71	565	Dirkes Christoph	SC Altenrheine I	4:31:39	M40	4	77	0:34:40	63	2:15:36	61	2:50:16	88	1:41:22	
72	559	Pietsch Marco	Tri Speed Marienfeld II	4:31:50	M20	11	90	0:35:23	64	2:15:42	64	2:51:06	86	1:40:44	
73	139	Edelbroich Matthias	Tritus SV Neptun	4:32:07	M40	5	97	0:35:47	88	2:20:35	81	2:56:23	65	1:35:44	
74	510	Pfaffendorf Julian	TSVE 1890 Bielefeld II	4:32:30	M30	23	118	0:38:26	74	2:17:19	80	2:55:46	71	1:36:43	
75	30	Krahl Matt	TRC Essen 84 I	4:32:31	M30	24	93	0:35:33	128	2:29:56	118	3:05:29	27	1:27:02	
76	6	Hagedorn Dean	Tri Geckos Dortmund I	4:32:58	M25	12	135	0:39:40	75	2:17:47	90	2:57:27	63	1:35:30	
77	230	Holthausen Manfred	SSF Bonn Triathlon	4:33:03	M50	2	107	0:37:02	62	2:15:30	72	2:52:33	84	1:40:30	
78	67	Reiß Björn	Mach3 Köln	4:33:31	M40	6	164	0:48:21	73	2:17:19	120	3:05:40	31	1:27:50	
79	516	Weissner Martin	W + F Münster III	4:33:51	M40	7	87	0:35:10	101	2:22:31	91	2:57:42	68	1:36:09	
80	24	Crisan Andrei	Team Roseversand	4:34:54	M35	12	69	0:33:27	104	2:23:04	82	2:56:31	79	1:38:23	
81	542	Henseler Marcel	Tri-Team Selimed	4:35:06	M40	8	138	0:40:31*	99	2:22:21	111	3:02:52	48	1:32:13	
82	535	Bitz Lothar	WEICON Tri Finish	4:35:09	M35	13	142	0:41:41	92	2:21:12	112	3:02:53	50	1:32:16	
83	524	Arens Sebastian	TRITANS Lippstadt	4:35:41	M25	13	117	0:38:19	79	2:18:34	86	2:56:54	80	1:38:47	
84	519	Schnafel Martin	ASC Ahlen	4:35:59	M50	3	94	0:35:34	76	2:17:58	73	2:53:32	96	1:42:26	
85	63	Wagner Jörg	Tri AS Hamm	4:36:08	M45	9	61	0:33:01	77	2:18:09	65	2:51:10	108	1:44:57	
86	560	Kerwien Torsten	Tri Speed Marienfeld II	4:36:14	M35	14	43	0:31:16	91	2:20:59	70	2:52:16	105	1:43:58	
87	28	Rehm Tobias	Tri Team Hagen II	4:36:38	M25	14	25	0:29:44	57	2:14:29	46	2:44:13	129	1:52:24	
88	517	Diecksmeier Oliver	ASC Ahlen	4:36:50	M40	9	58	0:32:58	98	2:22:15	77	2:55:13	89	1:41:37	
89	109	Kölsch Tim-Oliver	ASC Weißbachtal e.V.	4:37:54	M30	25	105	0:36:47	84	2:19:59	84	2:56:46	87	1:41:07	
90	188	Stolecki Stephan	Tri-Geckos Dortmund	4:37:57	M50	4	125	0:38:15	94	2:21:49	104	3:00:40	74	1:37:17	
91	59	Königs Lars	Team Indeland	4:38:41	M40	10	115	0:38:15	72	2:17:16	78	2:55:31	99	1:43:10	
92	156	Haschke Markus	Triathlon Team	4:38:49	M20	12	103	0:36:12	87	2:20:35	85	2:56:47	90	1:42:02	
93	66	Meulemann Jan	Mach3 Köln	4:41:07	M35	15	127	0:38:55	106	2:23:58	113	3:02:54	77	1:38:13	
94	513	Strathaus Nils	W + F Münster III	4:41:08	M20	13	83	0:35:01	66	2:16:13	66	2:51:15	123	1:49:53	
95	150	Baum Gregor	SSF Bonn Triathlon	4:41:28	M25	15	133	0:39:12	83	2:19:45	95	2:58:58	97	1:42:30	
96	501	Friedhoff Benjamin	ASV Duisburg	4:42:08	M40	11	116	0:38:19	121	2:27:35	121	3:05:54	69	1:36:13	
97	569	Meyer Andreas	SV Teuto Riesenbeck	4:42:11	M55	4	81	0:35:00	110	2:24:49	99	2:59:49	94	1:42:22	
98	568	Uhlenbruch Ralf	SC Altenrheine I	4:42:29	M50	5	68	0:33:15	118	2:26:05	98	2:59:20	98	1:43:08	
99	539	Siepermann Peter	TuS 09 Erkenschwick I	4:42:34	M40	12	145	0:41:53	78	2:18:32	101	3:00:26	91	1:42:07	
100	506	Gniffke Michael	SC Westfalia 04 Herne	4:43:35	M45	10	102	0:35:55	48	2:13:00	58	2:48:56	135	1:54:39	
101	210	Schuster Andreas	1. Tri Club Paderborn	4:44:02	M60	1	50	0:32:33	113	2:25:42	92	2:58:15	110	1:45:46	
102	571	Book Lars Henrik	SV Teuto Riesenbeck	4:44:36	M20	14	136	0:40:06	124	2:28:47	130	3:08:53	64	1:35:42	
103	168	Exner Benjamin	Triathlon TEAM TG	4:45:17	M30	26	148	0:42:07	82	2:18:59	105	3:01:06	106	1:44:10	
104	527	van Eik Marcel	SV Hullern 68	4:45:20	M30	27	75	0:34:33	97	2:22:02	83	2:56:35	120	1:48:44	
105	127	Schröder Norbert	TK Grevenbroich	4:45:32	M55	5	112	0:37:55	107	2:24:00	107	3:01:56	103	1:43:36	
106	515	Knappe Lucas	W + F Münster III	4:45:37	M30	28	147	0:42:01	103	2:22:57	117	3:04:59	85	1:40:38	
107	544	Franke Lars	Tri-Team Selimed	4:45:46	M40	13	130	0:39:03	105	2:23:08	109	3:02:11	102	1:43:34	
108	3	Nelle Leonhard	Kölner Triathlon Team	4:45:57	M25	16	13	0:28:09	126	2:29:12	89	2:57:22	119	1:48:34	

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109	533	Heide Tobias	WEICON Tri Finish	4:48:52	M30	29	134	0:39:16	90	2:20:44	100	3:00:01	121	1:48:51	
110	56	Jaross Christoph	Triathlon Team	4:48:58	M50	6	113	0:38:03	111	2:24:53	114	3:02:56	111	1:46:02	
111	207	Pesch Claus	PSV Brühl Triathlon	4:50:24	M45	11	161	0:46:53	80	2:18:39	119	3:05:32	107	1:44:51	
112	61	Langerbein Lennard	Tri AS Hamm	4:50:28	M20	15	32	0:30:42	145	2:37:26	128	3:08:08	93	1:42:19	
113	224	Wille Markus	1. Tri-Club Paderborn	4:51:04	M55	6	70	0:33:39	70	2:16:52	63	2:50:31	148	2:00:32	
114	523	Bruch Jens	TRITANS Lippstadt	4:51:17	M35	16	98	0:35:48	119	2:26:11	108	3:02:00	122	1:49:17	
115	508	Ziemann Marcus	SC Westfalia 04 Herne	4:51:25	M45	12	110	0:37:45	129	2:30:09	126	3:07:55	101	1:43:30	
116	118	Hoffmann Rainer	Triathlon Team	4:51:37	M50	7	140	0:40:51	123	2:28:32	131	3:09:23	92	1:42:13	
117	548	Schröder Tim	LV Tristar Oelde II	4:51:46	M30	30	63	0:33:07	136	2:33:24	122	3:06:32	109	1:45:13	
118	567	Ricklin Manfred	SC Altenrheine I	4:52:52	M60	2	128	0:38:59	100	2:22:26	106	3:01:26	125	1:51:26	
119	518	Hagedorn Michael	ASC Ahlen	4:53:56	M30	31	153	0:44:00	102	2:22:42	123	3:06:43	114	1:47:13	
120	545	Hellmann Daniel	LV Tristar Oelde II	4:54:32	M35	17	79	0:34:54	132	2:32:25	124	3:07:19	114	1:47:13	
121	62	Berger Christoph	Tri AS Hamm	4:54:42	M30	32	22	0:29:13	137	2:33:34	110	3:02:47	127	1:51:54	
122	504	Kwiatkowski Michael	ASV Duisburg	4:55:34	M40	14	80	0:34:57	112	2:25:40	102	3:00:38	137	1:54:56	
123	522	Mital Sebastian	TRITANS Lippstadt	4:55:57	M35	18	84	0:35:03	108	2:24:04	97	2:59:08	140	1:56:49	
124	572	Giesecke Jürgen	SV Teuto Riesenbeck	4:56:05	M45	13	152	0:43:48	122	2:28:26	138	3:12:14	104	1:43:50	
125	182	Gattinger Carsten	TriForce-Vital RS	4:57:11	M50	8	137	0:40:24	127	2:29:29	134	3:09:53	116	1:47:18	
126	68	Hoernecke Joaquim Gil	Mach3 Köln	4:57:30	M45	14	106	0:36:58	141	2:37:06	140	3:14:04	100	1:43:25	
127	564	Steinhagen Olaf	SuS Stadtlohn	4:57:30	M50	9	100	0:35:54	93	2:21:15	87	2:57:10	146	2:00:20	
128	136	Schottek Benjamin	Tritus SV Neptun	4:58:24	M40	15	76	0:34:40	116	2:26:00	103	3:00:40	142	1:57:43	
129	528	Diekenbrock Timm	SV Hullern 68	5:00:00	M35	19	82	0:35:00*	135	2:33:07	127	3:08:07	126	1:51:52	
130	557	Herse Andreas	Tri Speed Marienfeld II	5:01:39	M50	10	59	0:32:58	138	2:34:38	125	3:07:36	133	1:54:02	
131	563	Duret Didier	SuS Stadtlohn	5:02:23	M40	16	92	0:35:32	151	2:40:16	143	3:15:49	113	1:46:34	
132	225	Brand Marc	Tri Club Wuppertal	5:02:36	M35	20	163	0:48:18	95	2:21:50	135	3:10:09	130	1:52:27	
133	561	Gehling Jürgen	SuS Stadtlohn	5:03:33	M45	15	95	0:35:42	133	2:32:55	129	3:08:37	136	1:54:55	
134	537	Dumke Olaf	TuS 09 Erkenschwick I	5:05:50	M45	16	157	0:44:45	125	2:28:51	139	3:13:37	128	1:52:13	
135	23	Schleuter Christian	Team Roseversand	5:06:10	M35	21	109	0:37:12	115	2:25:57	115	3:03:10	153	2:02:59	
136	11	Strathaus Wolfgang	W + F Münster II	5:07:54	M55	7	150	0:42:44	120	2:26:57	133	3:09:42	143	1:58:12	
137	148	Henkel Arndt	Herner Triathlon Team	5:09:18	M35	22	160	0:46:01	114	2:25:48	137	3:11:50	141	1:57:28	
138	511	Strozyk Daniel	TSVE 1890 Bielefeld II	5:09:35	M35	23	159	0:45:40	139	2:36:10	151	3:21:50	117	1:47:45	
139	558	Stanjek Christian	Tri Speed Marienfeld II	5:11:37	M20	16	53	0:32:49	109	2:24:28	88	2:57:18	163	2:14:19	
140	532	Tewes Ingo	Tri Ducks Dorsten I	5:13:41	M50	11	48	0:32:15	146	2:39:00	136	3:11:16	152	2:02:25	
141	547	Mamaikanov Evgeni	LV Tristar Oelde II	5:14:43	M30	33	88	0:35:17	148	2:39:22	141	3:14:39	145	2:00:04	
142	212	Davids Erk	TSVE 1890 Bielefeld	5:15:17	M50	12	119	0:38:36	153	2:41:17	150	3:19:53	138	1:55:23	
143	125	Ullенbrock Manfred	1. Tri-Team Gütersloh	5:15:39	M50	13	126	0:38:55	163	2:48:16	160	3:27:11	118	1:48:27	
144	566	Heckhuis Michael	SC Altenrheine I	5:15:49	M50	14	149	0:42:17	134	2:33:03	142	3:15:20	147	2:00:28	
145	52	Kugler Sebastian	PSV Bonn Triathlon I	5:16:12	M40	17	65	0:33:12	131	2:31:20	116	3:04:33	161	2:11:39	
146	12	Arnsberg Ulrich	W + F Münster II	5:16:16	M50	15	156	0:44:41	144	2:37:23	153	3:22:04	134	1:54:11	
147	502	Herberg Rainer	ASV Duisburg	5:16:49	M35	24	162	0:47:25	156	2:43:16	162	3:30:41	112	1:46:07	
148	543	Schick Markus	Tri-Team Selimed	5:17:31	M25	17	158	0:45:25	140	2:36:29	152	3:21:55	139	1:55:36	
149	570	Simon Karsten	SV Teuto Riesenbeck	5:18:00	M45	17	131	0:39:07	142	2:37:18	145	3:16:26	151	2:01:34	
150	525	Szostak Malte	SV Hullern 68	5:18:37	M35	25	146	0:42:00	157	2:43:23	156	3:25:23	132	1:53:13	
151	199	Salmen Dr. Antonius	TV Rodenkirchen	5:19:32	M55	8	78	0:34:43	154	2:41:38	144	3:16:21	154	2:03:11	
152	137	Bily Alexander	Tri-Geckos Dortmund	5:19:55	M45	18	129	0:39:02	150	2:40:08	148	3:19:11	149	2:00:44	
153	208	Cramer Dietmar	TS 79 Bergisch	5:22:33	M55	9	168	0:49:37	155	2:42:58	166	3:32:35	124	1:49:58	
154	540	Reismann Frank	TuS 09 Erkenschwick I	5:24:13	M50	16	169	0:50:39	152	2:40:28	164	3:31:08	131	1:53:05	
155	165	Schneider Patrick	ASC Ahlen	5:24:49	M40	18	121	0:38:41	147	2:39:14	146	3:17:56	156	2:06:52	
156	215	Schmidt Lars	Hildener AT Triathlon	5:26:05	M45	19	114	0:38:09	130	2:31:14	132	3:09:24	164	2:16:40	
157	130	Schluckebier Holger	1. Tri-Team Gütersloh	5:27:13	M45	20	124	0:38:46	149	2:39:33	147	3:18:20	157	2:08:52	
158	171	Scherberich Patrick	Fortuna Düsseldorf	5:30:41	M40	19	143	0:41:46	167	2:50:10	165	3:31:56	144	1:58:45	
159	100	Derks Josef	TV Goch	5:31:13	M65	1	170	0:52:34	143	2:37:20	161	3:29:55	150	2:01:18	
160	529	Klein-Bösing Carsten	Tri Ducks Dorsten I	5:33:41	M40	20	89	0:35:22	158	2:44:08	149	3:19:31	162	2:14:10	
161	520	Fischer Thomas	ASC Ahlen	5:35:27	M50	17	96	0:35:47	168	2:50:24	158	3:26:12	158	2:09:15	
162	546	Kühn Florian	LV Tristar Oelde II	5:36:00	M25	18	132	0:39:10	161	2:46:00	155	3:25:10	160	2:10:50	

37. Hückeswagen Triathlon am 24. August 2019

Ergebnisliste

NRW Meisterschaft Mitteltriathlon 2000m - 70km - 21km

Männer

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
163	234	Kowalewski Robert	Hildener AT Triathlon	5:36:09	M50	18	144	0:41:46	159	2:44:56	159	3:26:43	159	2:09:25	
164	204	Trautmann Andreas	Brander SV Tri Team	5:37:47	M55	10	155	0:44:33	162	2:46:25	163	3:30:59	155	2:06:48	
165	64	Langerbein Bernhard	Tri AS Hamm	5:44:14	M50	19	86	0:35:09	164	2:48:20	154	3:23:30	166	2:20:44	
166	222	Schneidewind Uwe	Tri Club Wuppertal	5:48:16	M50	20	141	0:40:56	160	2:45:12	157	3:26:08	167	2:22:07	
167	229	Wagner Roger	Triathlon Team	6:06:35	M45	21	166	0:48:52	165	2:48:52	168	3:37:45	169	2:28:50	
168	530	Rasmußen Jörn	Tri Ducks Dorsten I	6:09:20	M35	26	154	0:44:31	166	2:48:54	167	3:33:25	170	2:35:55	
169	178	Tippmann Thomas	TV Attendorn 1900	6:28:02	M50	21	164	0:48:21	170	3:19:21	170	4:07:42	165	2:20:19	
170	160	Bielenberg Gerd	Fortuna Düsseldorf	6:29:47	M50	22	167	0:49:04	169	3:12:43	169	4:01:47	168	2:27:59	

37. Hückeswagen Triathlon am 24. August 2019**Ergebnisliste****NRW Meisterschaft Mitteltriathlon 2000m - 70km - 21km***Frauen*

Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Pl.	AKPl.	S	Schwimmen	Pl. R	Rad	Pl.n.R	nach Rad	Pl. L	Laufen
1	242	Hufe Mareen	Trimimators TV Voerde	4:15:45	W40	1	2	0:31:06	3	2:15:38	2	2:46:44	1	1:29:00	
2	195	Naumann Lisanne	DLC Aachen	4:16:45	W25	1	1	0:29:32	2	2:15:10	1	2:44:43	4	1:32:02	
3	145	Görtz Beate	ASV Köln Triathlon	4:19:11	W50	1	3	0:34:37	1	2:12:40	3	2:47:17	3	1:31:54	
4	146	Pfister Andrea	Bunert's Tri Team	4:36:15	W35	1	6	0:38:09	5	2:27:21	5	3:05:31	2	1:30:43	
5	169	Rath Viktoria	1. Tri-Club Paderborn	4:37:36	W30	1	4	0:36:23	4	2:25:23	4	3:01:47	5	1:35:48	
6	198	Schmidt Steffi	Triathlon Team	4:50:06	W40	2	5	0:38:03	6	2:29:47	6	3:07:51	7	1:42:15	
7	235	Schröer Caroline	ASC Ahlen	5:02:18	W30	2	10	0:42:11	7	2:40:05	7	3:22:16	6	1:40:01	
8	166	Ute Spicker	Team-Essen 1999 e.V.	5:24:43	W55	1	11	0:44:48	9	2:48:05	8	3:32:53	9	1:51:49	
9	238	Schäfer Yvonne	TSVE Bielfeld / radroo	5:28:10	W40	3	12	0:44:58	10	2:52:17	11	3:37:15	8	1:50:54	
10	162	Otten Simone	DJK Armada Euchen	5:33:27	W50	2	9	0:40:45	11	2:53:45	10	3:34:31	10	1:58:56	
11	128	Handl Christina	DJK Armada Würselen	5:59:25	W25	2	7	0:39:07	13	2:58:48	12	3:37:55	12	2:21:30	
12	206	Güven Ezo	TG Witten	6:05:54	W35	2	14	0:50:31	12	2:55:39	14	3:46:10	11	2:19:43	
13	203	Scherberich Uschi	Brander SV Tri Team	6:09:54	W55	2	8	0:40:39	14	3:03:01	13	3:43:41	13	2:26:13	
14	112	Berei Simone	*Attendom	6:14:51	W40	4	13	0:50:04	8	2:43:54	9	3:33:59	14	2:40:52	