

# 32. Sassenberger Triathlon

## 04.08.2019

### Ergebnisse Männer/Frauen

**NRW Meisterschaft Kurz**  
UNOFFICIAL RESULT

10:22:36 / 05.08.2019

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#### Results Men

Pos.	BIB	Name	NAT	YoB	Club/City	SWIM	BIKE	RUN	Finish	Diff.
1	2279	Mittelbach, Carl-Daniel	DEU	89	Tri Team Hagen/Kassel	0:21:12 (1.)	1:06:27 (15.)	0:37:49 (2.)	<b>2:07:42</b>	
2	224	Schmidtbauer, Florian	DEU	92	Kölner Triathlon Team 01 IV/-	0:21:53 (2.)	1:07:54 (36.)	0:39:21 (4.)	<b>2:11:17</b>	+0:03:43
3	201	Reeschke, Roman	DEU	88	1.Tri-Club Paderborn/-	0:22:13 (7.)	1:05:05 (4.)	0:42:10 (15.)	<b>2:12:00</b>	+0:04:12
4	259	Jablonski, Kamil	DEU	86	TV Werne 03 Wasserfreunde	0:25:13 (40.)	1:02:53 (1.)	0:41:00 (9.)	<b>2:12:15</b>	+0:05:07
5	252	Bitschinski, Kai	DEU	91	Triathlon Team Rheinberg I/-	0:22:10 (5.)	1:04:03 (3.)	0:43:41 (30.)	<b>2:12:27</b>	+0:04:44
6	256	Hallebach, Tobias	DEU	97	Starlight Team Essen/-	0:22:13 (8.)	1:07:49 (34.)	0:40:37 (7.)	<b>2:13:05</b>	+0:05:22
7	217	Cramer, Michael	DEU	86	DLC Aachen III/-	0:25:06 (38.)	1:05:35 (6.)	0:40:05 (5.)	<b>2:13:18</b>	+0:05:44
8	271	Raulf, Stefan	DEU	73	LV Tristar Oelde/-	0:25:44 (49.)	1:05:36 (8.)	0:40:17 (6.)	<b>2:14:07</b>	+0:07:08
9	218	Hackenbruch, Yves	DEU	94	DLC Aachen III/-	0:22:09 (4.)	1:08:09 (38.)	0:41:50 (13.)	<b>2:14:23</b>	+0:06:35
10	236	van Gulik, Tom	DEU	84	TV Hülsenbusch I/-	0:24:01 (23.)	1:07:36 (31.)	0:41:21 (11.)	<b>2:16:00</b>	+0:08:36
11	205	Elskamp, Gregor	DEU	71	ASV Köln I/-	0:23:29 (15.)	1:05:59 (10.)	0:43:25 (27.)	<b>2:16:06</b>	+0:08:33
12	221	Elshorst, Simon	DEU	95	Kölner Triathlon Team 01 IV/-	0:23:38 (17.)	1:06:15 (12.)	0:43:57 (33.)	<b>2:16:18</b>	+0:08:44
13	219	Schulte, Thomas	DEU	85	DLC Aachen III/-	0:23:40 (18.)	1:07:20 (28.)	0:43:01 (22.)	<b>2:16:18</b>	+0:08:40
14	263	Wienken, Maximilian	DEU	85	TuS Breitscheid/-	0:23:32 (16.)	1:07:32 (30.)	0:43:16 (25.)	<b>2:16:56</b>	+0:09:37
15	227	Jobb, Benedikt	DEU	91	TuS Xanten/-	0:25:03 (36.)	1:06:52 (21.)	0:42:23 (17.)	<b>2:17:07</b>	+0:09:43
16	239	Smyrek, David	DEU	88	Tri Sport Team Verl/-	0:25:41 (47.)	1:06:28 (16.)	0:42:54 (21.)	<b>2:17:19</b>	+0:09:37
17	2286	Cramer, Eric	DEU	99	SV Bergisch Gladbach 1920/71	0:22:16 (9.)	1:06:30 (17.)	0:46:16 (57.)	<b>2:17:32</b>	+0:09:49
18	250	Concha, Fernando	ESP	84	Triathlon Team Rheinberg I/-	0:26:38 (65.)	1:07:14 (27.)	0:40:57 (8.)	<b>2:17:43</b>	+0:10:30
19	261	Welsch, Rüdiger	DEU	63	TuS Breitscheid/-	0:23:22 (11.)	1:06:27 (14.)	0:45:37 (49.)	<b>2:17:49</b>	+0:10:25
20	253	Bartkowiak, Jens	DEU	73	Starlight Team Essen/-	0:23:28 (13.)	1:07:11 (26.)	0:44:26 (39.)	<b>2:17:50</b>	+0:10:21
21	246	Lohmann, Peter	DEU	65	SC Bayer 05 Uerdingen III/-	0:25:24 (43.)	1:06:40 (19.)	0:43:35 (29.)	<b>2:18:30</b>	+0:11:16
22	260	Nieberg, Sebastian	DEU	83	TV Werne 03 Wasserfreunde	0:26:00 (55.)	1:07:02 (23.)	0:42:20 (16.)	<b>2:18:33</b>	+0:11:49
23	233	Zoll, Frieder	DEU	82	TV Hülsenbusch I/-	0:24:54 (34.)	1:06:10 (11.)	0:45:02 (47.)	<b>2:19:08</b>	+0:12:09
24	237	Nöthling, Thorsten	DEU	76	Tri Sport Team Verl/-	0:25:21 (42.)	1:06:59 (22.)	0:44:34 (41.)	<b>2:19:13</b>	+0:11:25
25	240	Selker, Torsten	DEU	75	Tri Sport Team Verl/-	0:25:35 (46.)	1:06:38 (18.)	0:44:53 (44.)	<b>2:19:36</b>	+0:11:58
26	646	Ölmaier, Tobias	DEU	67	TV Köln-Rodenkirchen III/-	0:23:25 (12.)	1:08:52 (45.)	0:44:45 (42.)	<b>2:19:44</b>	+0:11:56
27	209	Günnigmann, Stefan	DEU	84	WEICON Tri Finish Münster III/-	0:26:47 (68.)	1:07:02 (24.)	0:43:12 (24.)	<b>2:19:47</b>	+0:12:49
28	245	Gajewski, Merlin	DEU	86	SC Bayer 05 Uerdingen III/-	0:24:39 (28.)	1:07:26 (29.)	0:45:38 (52.)	<b>2:20:13</b>	+0:13:10
29	202	Bruns, Malte	DEU	91	1.Tri-Club Paderborn/-	0:22:00 (3.)	1:06:20 (13.)	0:49:15 (91.)	<b>2:20:16</b>	+0:12:28
30	210	Klute, Marcel	DEU	92	WEICON Tri Finish Münster III/-	0:25:16 (41.)	1:05:36 (7.)	0:46:32 (62.)	<b>2:20:17</b>	+0:12:29
31	619	Kempmann, Raoul	DEU	66	TSVE 1890 Bielefeld Masters/-	0:25:07 (39.)	1:09:24 (50.)	0:43:17 (26.)	<b>2:20:29</b>	+0:12:51
32	222	Geimer, Christian	DEU	92	Kölner Triathlon Team 01 IV/-	0:23:16 (10.)	1:08:28 (43.)	0:45:37 (50.)	<b>2:20:42</b>	+0:13:13
33	206	Elskamp, Matthias	DEU	70	ASV Köln I/-	0:23:43 (20.)	1:07:41 (33.)	0:46:01 (55.)	<b>2:20:47</b>	+0:13:19
34	262	Gobrecht, Friedemann	DEU	87	TuS Breitscheid/-	0:24:44 (31.)	1:07:08 (25.)	0:46:33 (63.)	<b>2:20:50</b>	+0:13:31
35	216	Borgmann, Achim	DEU	71	Brander SV Tri Team I/-	0:28:19 (86.)	1:08:11 (39.)	0:41:18 (10.)	<b>2:21:14</b>	+0:14:11
36	258	Rengeling, Stephan	DEU	82	TV Werne 03 Wasserfreunde	0:25:56 (50.)	1:09:03 (47.)	0:44:25 (38.)	<b>2:21:48</b>	+0:14:40
37	636	Ehl, Markus	DEU	68	Tri Geckos Dortmund I/-	0:26:09 (58.)	1:09:40 (53.)	0:42:52 (19.)	<b>2:21:51</b>	+0:14:37
38	690	Pabich, André	DEU	69	DJK Armada Euchen-Würselen/-	0:24:05 (25.)	1:08:17 (41.)	0:46:47 (67.)	<b>2:22:01</b>	+0:14:12

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39	204	Kiene, Nils	DEU	86	1.Tri-Club Paderborn/-	0:26:05 (56.)	1:11:29 (70.)	0:41:40 (12.)	<b>2:22:01</b>	+0:14:23
40	228	Kootstra, Niclas	NLD	92	TuS Xanten/-	0:27:49 (80.)	1:09:06 (48.)	0:42:04 (14.)	<b>2:22:09</b>	+0:14:50
41	614	Siepe, Volker	DEU	74	Hildener AT - Triathlon/-	0:28:50 (92.)	1:06:40 (20.)	0:42:49 (18.)	<b>2:22:12</b>	+0:15:07
42	2270	Zarges, Tim	DEU	01	Mw1 Tri Team TG Lage/Lage	0:23:53 (21.)	1:08:56 (46.)	0:46:37 (65.)	<b>2:22:12</b>	+0:14:24
43	225	Schürmann, Ingo	DEU	85	TuS Xanten/-	0:26:13 (59.)	1:07:53 (35.)	0:45:21 (48.)	<b>2:22:12</b>	+0:14:53
44	241	Vogel, Detlef	DEU	65	Pulheimer SC/-	0:23:28 (14.)	1:07:39 (32.)	0:48:56 (86.)	<b>2:22:59</b>	+0:15:21
45	249	Knauff, Marcel	DEU	79	Triathlon Team Rheinberg I/-	0:27:39 (78.)	1:05:24 (5.)	0:47:13 (75.)	<b>2:23:14</b>	+0:16:10
46	266	Bröhenhorst, Malte	DEU	89	SC Aquarius Löhne I/-	0:25:59 (53.)	1:11:27 (69.)	0:43:08 (23.)	<b>2:23:18</b>	+0:16:29
47	207	Hochheim, Matthias	DEU	88	ASV Köln I/-	0:26:35 (64.)	1:10:37 (59.)	0:42:53 (20.)	<b>2:23:25</b>	+0:16:11
48	264	Ifang, Malte	DEU	83	TuS Breitscheid/-	0:25:58 (52.)	1:05:49 (9.)	0:49:23 (96.)	<b>2:23:41</b>	+0:16:22
49	213	Wolf, Alexander	NLD	68	Brander SV Tri Team I/-	0:26:05 (57.)	1:10:30 (58.)	0:43:57 (34.)	<b>2:23:56</b>	+0:16:47
50	603	Rave, Rob	DEU	66	SSF Bonn I/-	0:26:39 (66.)	1:09:24 (51.)	0:44:18 (37.)	<b>2:23:59</b>	+0:16:26
51	272	Simm, Hendrik	DEU	86	LV Tristar Oelde/-	0:22:11 (6.)	1:09:37 (52.)	0:49:38 (98.)	<b>2:24:17</b>	+0:16:34
52	238	Schnell, Uwe	DEU	68	Tri Sport Team Verl/-	0:24:24 (26.)	1:11:54 (73.)	0:45:38 (51.)	<b>2:24:48</b>	+0:17:05
53	211	Donnermeyer, Julian	DEU	93	WEICON Tri Finish Münster III/-	0:24:58 (35.)	1:10:29 (56.)	0:47:21 (78.)	<b>2:25:34</b>	+0:18:00
54	265	Mohrmann, Niko	DEU	83	SC Aquarius Löhne I/-	0:26:32 (63.)	1:11:21 (68.)	0:44:47 (43.)	<b>2:25:40</b>	+0:18:41
55	680	Janning, Matthias	DEU	63	Tri-Team Hagen I/-	0:25:25 (45.)	1:10:29 (57.)	0:47:13 (76.)	<b>2:25:55</b>	+0:18:06
56	616	Röpstorf, Uwe	DEU	63	SC Bayer 05 Uerdingen/-	0:29:52	1:08:36 (44.)	0:44:58 (46.)	<b>2:26:04</b>	+0:19:02
57	226	Müller, Thomas	DEU	74	TuS Xanten/-	0:26:39 (67.)	1:10:18 (55.)	0:45:59 (54.)	<b>2:26:12</b>	+0:19:03
58	234	Rudolph, David	DEU	91	TV Hülsenbusch I/-	0:29:16 (98.)	1:13:34 (89.)	0:39:18 (3.)	<b>2:26:15</b>	+0:19:22
59	269	Karwinkel, Helmut	DEU	69	LV Tristar Oelde/-	0:27:30 (75.)	1:12:02 (75.)	0:44:10 (36.)	<b>2:26:19</b>	+0:19:30
60	203	Meene, Florian	DEU	82	1.Tri-Club Paderborn/-	0:24:39 (27.)	1:12:42 (83.)	0:46:20 (60.)	<b>2:26:25</b>	+0:18:56
61	2281	Handwerk, Peter	DEU	83	Hildener AT - Triathlon/Solingen	0:25:43 (48.)	1:11:00 (65.)	0:46:21 (61.)	<b>2:26:37</b>	+0:19:14
62	235	Raatz, Marcus	DEU	83	TV Hülsenbusch I/-	0:28:13 (85.)	1:11:13 (67.)	0:44:27 (40.)	<b>2:26:44</b>	+0:19:46
63	208	Heuwerth, Matthias	DEU	74	ASV Köln I/-	0:28:21 (87.)	1:08:16 (40.)	0:47:11 (74.)	<b>2:27:14</b>	+0:20:05
64	255	Neuhörl, Udo	DEU	72	Starlight Team Essen/-	0:23:41 (19.)	1:10:48 (61.)	0:49:56	<b>2:27:14</b>	+0:19:51
65	609	Holthausen, Manfred	DEU	68	SSF Bonn II/-	0:26:31 (62.)	1:07:59 (37.)	0:49:09 (87.)	<b>2:27:23</b>	+0:19:55
66	251	Panknin, Alexander	DEU	70	Triathlon Team Rheinberg I/-	0:27:18 (72.)	1:09:47 (54.)	0:46:17 (58.)	<b>2:27:24</b>	+0:20:30
67	2283	Kaiser, Marcus	DEU	69	TSV Bayer 04	0:29:18	1:08:26 (42.)	0:46:35 (64.)	<b>2:28:00</b>	+0:20:42
68	2277	Kemper, Andre	DEU	98	LG Emsdetten	0:24:50 (33.)	1:12:25 (78.)	0:47:11 (73.)	<b>2:28:02</b>	+0:20:24
69	254	Dickerboom, Yannik	DEU	92	Starlight Team Essen/-	0:24:00 (22.)	1:17:50	0:43:27 (28.)	<b>2:28:28</b>	+0:20:59
70	223	Kreitner, Jan	DEU	94	Kölner Triathlon Team 01 IV/-	0:28:28 (88.)	1:13:54 (95.)	0:43:53 (32.)	<b>2:28:50</b>	+0:21:32
71	268	König, Dirk	DEU	69	SC Aquarius Löhne I/-	0:27:13 (71.)	1:09:06 (49.)	0:49:19 (93.)	<b>2:29:05</b>	+0:22:17
72	2287	Schwaninger, Herbert	DEU	79	Triteam Steinfurt/Horstmar	0:30:07	1:03:46 (2.)	0:49:51	<b>2:29:07</b>	+0:23:04
73	601	Fuchs, Thomas	DEU	61	SSF Bonn I/-	0:24:39 (29.)	1:12:41 (81.)	0:49:23 (95.)	<b>2:29:35</b>	+0:21:52
74	672	Stollenwerk, Norbert	DEU	64	TV Erkelenz/-	0:42:20	1:15:35	0:27:23 (1.)	<b>2:29:40</b>	+0:23:17
75	602	Klippert, Helmut	DEU	60	SSF Bonn I/-	0:24:41 (30.)	1:11:49 (72.)	0:50:24	<b>2:29:58</b>	+0:22:15
76	270	Koch, Christian	DEU	73	LV Tristar Oelde/-	0:33:26	1:10:45 (60.)	0:43:59 (35.)	<b>2:30:43</b>	+0:23:50

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#### Results Men

Pos.	BIB	Name	NAT	YoB	Club/City	SWIM	BIKE	RUN	Finish	Diff.
77	634	Stolecki, Stephan	DEU	68	Tri Geckos Dortmund I/-	0:29:15 (97.)	1:12:37 (79.)	0:46:08 (56.)	<b>2:31:12</b>	+0:24:07
78	683	Riep, Arnim	DEU	65	Tri-Team Hagen II/-	0:25:57 (51.)	1:12:17 (76.)	0:49:40 (99.)	<b>2:31:32</b>	+0:23:50
79	2285	Uhlenbruch, Ralf	DEU	65	Sc Altenrheine/Rheine	0:27:23 (73.)	1:13:05 (86.)	0:47:48 (80.)	<b>2:31:40</b>	+0:24:36
80	612	Hegemann, Karsten	DEU	67	Triathlon Team Ratingen 08 I/-	0:29:16 (99.)	1:12:38 (80.)	0:46:38 (66.)	<b>2:32:01</b>	+0:24:52
81	621	Terstesse, Christian	DEU	66	TSVE 1890 Bielefeld Masters/-	0:30:58	1:11:10 (66.)	0:47:14 (77.)	<b>2:32:08</b>	+0:24:35
82	622	Bitzer, Axel	DEU	62	Tri Club Wuppertal I/-	0:30:22	1:12:20 (77.)	0:46:48 (68.)	<b>2:32:27</b>	+0:24:49
83	611	Drenker, Ditmar	DEU	67	Triathlon Team Ratingen 08 I/-	0:27:56 (83.)	1:14:00 (97.)	0:47:04 (70.)	<b>2:32:31</b>	+0:24:49
84	613	Zippert, Jürgen	DEU	60	Hildener AT - Triathlon/-	0:29:35	1:13:14 (87.)	0:45:52 (53.)	<b>2:32:44</b>	+0:25:25
85	607	Balg, Berthold	DEU	69	SSF Bonn II/-	0:29:35	1:10:57 (64.)	0:49:12 (88.)	<b>2:33:07</b>	+0:25:44
86	628	Ridderskamp, Michael	DEU	74	TuS Breitscheid/-	0:29:05 (94.)	1:11:57 (74.)	0:48:52 (85.)	<b>2:33:10</b>	+0:25:51
87	248	Assmann, Manfred	DEU	73	SC Bayer 05 Uerdingen III/-	0:30:03	1:13:03 (85.)	0:47:22 (79.)	<b>2:33:10</b>	+0:26:28
88	681	Höfling, Michael	DEU	72	Tri-Team Hagen I/-	0:24:45 (32.)	1:16:03	0:49:13 (90.)	<b>2:33:35</b>	+0:25:47
89	247	Nadrowski, Bernfried	DEU	67	SC Bayer 05 Uerdingen III/-	0:30:55	1:14:24 (99.)	0:44:57 (45.)	<b>2:33:51</b>	+0:26:58
90	626	Königs, Ralf	DEU	68	ASV Köln I/-	0:29:07 (96.)	1:11:49 (71.)	0:49:12 (89.)	<b>2:33:51</b>	+0:27:07
91	212	Radstaak, Frank	DEU	73	WEICON Tri Finish Münster III/-	0:29:37	1:15:00	0:47:05 (71.)	<b>2:34:35</b>	+0:27:32
92	676	Effertz, Norbert	DEU	64	Team Indeland Eschweiler/-	0:24:05 (24.)	1:16:42	0:50:18	<b>2:34:44</b>	+0:27:01
93	2288	Zander, Christoph	DEU	67	PSV Bonn Triathlon/Bonn	0:26:17 (61.)	1:14:41	0:49:31 (97.)	<b>2:35:11</b>	+0:27:38
94	635	Birkendorf, Klaus	DEU	71	Tri Geckos Dortmund I/-	0:27:54 (82.)	1:12:52 (84.)	0:52:22	<b>2:36:12</b>	+0:28:54
95	624	Hens, Andreas	DEU	70	Tri Club Wuppertal I/-	0:27:33 (77.)	1:14:50	0:50:12	<b>2:36:21</b>	+0:28:43
96	220	Trenn, Matthias	DEU	92	DLC Aachen III/-	0:25:25 (44.)	1:12:42 (82.)	0:55:34	<b>2:37:06</b>	+0:29:52
97	610	Jaross, Christoph	DEU	68	Triathlon Team Ratingen 08 I/-	0:28:57 (93.)	1:10:53 (62.)	0:52:54	<b>2:37:07</b>	+0:30:02
98	604	Blasey, Frank	DEU	71	SG Triathlon Witten/-	0:29:46	1:13:35 (90.)	0:49:55	<b>2:37:13</b>	+0:30:13
99	620	Motycka, Hans	DEU	70	TSVE 1890 Bielefeld Masters/-	0:34:09	1:15:28	0:43:46 (31.)	<b>2:37:16</b>	+0:30:22
100	2278	Hölz, Marcus	DEU	70	Tri-Team Tv Schiefbahn/Willich	0:31:25	1:14:46	0:47:09 (72.)	<b>2:37:28</b>	+0:31:31
101	652	Schieferstein, Burkhard	DEU	66	Triathlon Team Ratingen 08 II/-	0:31:12	1:13:43 (91.)	0:49:16 (92.)	<b>2:37:50</b>	+0:30:31
102	661	Beltermann, Hubertus	DEU	64	RC Sorpesee/-	0:29:30	1:13:48 (93.)	0:50:54	<b>2:38:00</b>	+0:30:32
103	615	Moryson, Sven	DEU	71	Hildener AT - Triathlon/-	0:29:26	1:15:32	0:49:22 (94.)	<b>2:38:18</b>	+0:31:22
104	608	Buhs, Jörg	DEU	56	SSF Bonn II/-	0:28:41 (90.)	1:13:44 (92.)	0:51:32	<b>2:38:41</b>	+0:31:17
105	653	Schmidt, Burkhard	DEU	60	Triathlon Team Ratingen 08 II/-	0:29:28	1:14:41	0:51:15	<b>2:38:45</b>	+0:31:36
106	617	Wächtler, Thomas	DEU	57	SC Bayer 05 Uerdingen/-	0:33:49	1:15:36	0:46:19 (59.)	<b>2:38:53</b>	+0:32:14
107	623	Czernik, Martin	DEU	68	Tri Club Wuppertal I/-	0:29:07 (95.)	1:13:52 (94.)	0:52:21	<b>2:39:18</b>	+0:32:09
108	243	Kloss, Mehmet	DEU	69	Pulheimer SC/-	0:25:05 (37.)	1:18:37	0:52:11	<b>2:39:27</b>	+0:32:03
109	640	Gotthold, Patrick	DEU	62	SSF Bonn III/-	0:27:30 (74.)	1:13:21 (88.)	0:54:50	<b>2:39:55</b>	+0:32:27
110	606	Brücher Pastor, Nils	DEU	69	SG Triathlon Witten/-	0:30:16	1:18:26	0:48:32 (84.)	<b>2:40:13</b>	+0:33:35
111	244	Kaiser, Jörn	DEU	75	Pulheimer SC/-	0:29:35	1:20:19	0:46:52 (69.)	<b>2:40:33</b>	+0:33:29
112	689	Müller, Christian	DEU	71	DJK Armada Euchen-Würselen/-	0:27:08 (70.)	1:18:47	0:51:04	<b>2:40:52</b>	+0:33:04
113	647	Grunewald, Ralf	DEU	65	TV Köln-Rodenkirchen III/-	0:30:14	1:10:54 (63.)	0:56:34	<b>2:41:21</b>	+0:34:32
114	679	Friedrich-Heyking, Marc	DEU	74	Tri-Team Hagen I/-	0:28:12 (84.)	1:15:59	0:53:39	<b>2:41:47</b>	+0:34:15

DSQ:

# 32. Sassenberger Triathlon

## 04.08.2019

### Ergebnisse Männer/Frauen

NRW Meisterschaft Kurz  
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#### Results Men

Pos.	BIB	Name	NAT	YoB	Club/City	SWIM	BIKE	RUN	Finish	Diff.
115	654	Ferling, Frank	DEU	65	Triathlon Team Ratingen 08 II/-	0:33:08	1:17:19	0:48:25 (83.)	<b>2:42:15</b>	+0:35:01
116	656	Rausch, Karl Heinz	DEU	62	SSF Bonn IV Grandmasters/-	0:33:16	1:14:21 (98.)	0:50:24	<b>2:42:16</b>	+0:35:16
117	267	Schmalhorst, Hendrik	DEU	99	SC Aquarius Löhne I/-	0:28:50 (91.)	1:20:34	0:49:55	<b>2:42:22</b>	+0:35:34
118	2282	Reckmann, Fabian	DEU	77	Tsve 1890 Bielefeld/Bielefeld	0:33:26	1:15:38	0:49:42	<b>2:42:35</b>	+0:36:47
119	648	Krämer, Frank	DEU	72	TV Köln-Rodenkirchen III/-	0:32:41	1:16:11	0:49:42	<b>2:43:16</b>	+0:36:32
120	2276	Wohak, Matthias	DEU	64	TSV Bayer Dormagen/Dormagen	0:33:29	1:14:43	0:50:37	<b>2:43:51</b>	+0:37:59
121	2290	Kössler, Jürgen	DEU	64	SG Borken/Borken	0:32:10	1:18:39	0:49:44	<b>2:44:47</b>	+0:38:08
122	658	Karger, Ralf	DEU	64	Triathlon Mülheim/-	0:27:45 (79.)	1:19:04	0:50:34	<b>2:44:48</b>	+0:37:20
123	688	Hackenbruch, Frank	DEU	59	DJK Armada Euchen-Würselen/-	0:30:12	1:19:07	0:51:24	<b>2:44:51</b>	+0:37:23
124	2272	Boehm, Alexander	DEU	73	LV Tristar Oelde/Oelde	0:32:12	1:13:55 (96.)	0:55:34	<b>2:46:04</b>	+0:39:06
125	2291	Daniel, Brian	DEU	74	1 Tri-Club Paderborn/Paderborn	0:32:28	1:21:07	0:47:48 (81.)	<b>2:46:23</b>	+0:40:15
126	687	Stabrey, Robert	DEU	67	Pulheimer SC/-	0:25:59 (54.)	1:18:40	0:58:56	<b>2:47:11</b>	+0:39:33
127	630	Köster, Christof	DEU	69	TuS Breitscheid/-	0:33:43	1:18:16	0:51:20	<b>2:48:07</b>	+0:41:02
128	660	Schwerkolt, Torsten	DEU	73	Triathlon Mülheim/-	0:33:10	1:20:44	0:50:33	<b>2:48:10</b>	+0:41:21
129	629	Weiner, Thomas	DEU	65	TuS Breitscheid/-	0:33:33	1:19:12	0:51:25	<b>2:48:29</b>	+0:41:06
130	674	Bürger, Thomas	DEU	64	Tri Club Wuppertal III/-	0:34:01	1:20:33	0:49:44	<b>2:48:35</b>	+0:42:12
131	641	Reifenberg, Stefan	DEU	65	SSF Bonn III/-	0:31:20	1:16:12	0:56:36	<b>2:48:56</b>	+0:41:42
132	605	Prünke, Kai	DEU	69	SG Triathlon Witten/-	0:29:41	1:24:16	0:51:42	<b>2:49:02</b>	+0:41:53
133	644	Kick, Frank	DEU	62	SG Tri Power Rhein Sieg I/-	0:26:14 (60.)	1:21:44	0:59:26	<b>2:50:52</b>	+0:43:14
134	627	Spiess, Stefan	DEU	69	ASV Köln I/-	0:28:37 (89.)	1:19:12	0:59:27	<b>2:50:59</b>	+0:44:03
135	632	Päckmann, Sigggi	DEU	73	SG DJK Armada Würselen /	0:30:42	1:24:01	0:52:22	<b>2:51:10</b>	+0:43:45
136	2284	Wagner, Thomas	DEU	66	Sg Welper/Sprockhövel	0:30:19	1:18:00	0:58:01	<b>2:51:20</b>	+0:44:22
137	638	Baaske, Rolf	DEU	68	Tri Club Wuppertal II/-	0:31:04	1:21:05	0:56:32	<b>2:52:04</b>	+0:45:31
138	642	Unverzagt, Guido	DEU	66	SSF Bonn III/-	0:38:04	1:20:19	0:47:57 (82.)	<b>2:53:13</b>	+0:46:45
139	650	van der Kaaij, Rens	NLD	68	TG Neuss/-	0:34:03	1:19:52	0:55:45	<b>2:54:09</b>	+0:47:40
140	625	Weller, Timm	DEU	73	ASV Köln I/-	0:27:31 (76.)	1:22:43	0:58:49	<b>2:54:41</b>	+0:47:51
141	668	Franke, Norbert	DEU	65	W + F Münster/-	0:35:23	1:22:26	0:52:31	<b>2:55:20</b>	+0:48:47
142	639	Schumacher, Hans Heinz	DEU	54	Tri Club Wuppertal III/-	0:34:05	1:22:04	0:54:28	<b>2:55:22</b>	+0:48:38
143	669	Meinke, Carsten	DEU	70	W + F Münster/-	0:27:50 (81.)	1:19:37	1:04:37	<b>2:57:49</b>	+0:51:16
144	666	Höwer, Peter	DEU	58	WEICON Tri Finish Münster/-	0:35:44	1:20:00	0:56:00	<b>2:58:00</b>	+0:51:32
145	215	Trautmann, Andreas	DEU	62	Brander SV Tri Team I/-	0:33:14	1:25:25	0:54:44	<b>2:58:14</b>	+0:51:31
146	657	Wappelhorst, Michael	DEU	65	SSF Bonn IV Grandmasters/-	0:37:43	1:20:22	0:56:30	<b>2:58:53</b>	+0:52:16
147	682	Müller, Roger	DEU	63	Tri-Team Hagen II/-	0:42:27	1:19:19	0:53:39	<b>2:59:41</b>	+0:53:02
148	655	Burkhardt, Frank	DEU	56	SSF Bonn IV Grandmasters/-	0:31:20	1:20:43	1:04:37	<b>3:00:22</b>	+0:53:12
149	664	Ernst, Michael	DEU	63	WEICON Tri Finish Münster/-	0:29:18	1:17:03	1:09:26	<b>3:00:28</b>	+0:52:55
150	678	Heinen, Robert	DEU	68	Team Indeland Eschweiler/-	0:30:40	1:20:08	1:05:32	<b>3:01:01</b>	+0:53:47
151	2271	Bedner, Michael	DEU	61	Tri-Team Hagen/Iserlohn	0:33:05	1:19:02	1:02:06	<b>3:01:20</b>	+0:55:33
152	643	Walther, Jörg	DEU	62	SG Tri Power Rhein Sieg I/-	0:34:00	1:23:55	0:59:12	<b>3:02:07</b>	+0:55:13

DSQ:

# 32. Sassenberger Triathlon

## 04.08.2019

### Ergebnisse Männer/Frauen

NRW Meisterschaft Kurz  
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#### Results Men

Pos.	BIB	Name	NAT	YoB	Club/City	SWIM	BIKE	RUN	Finish	Diff.
153	637	Pilters, Marcus	DEU	62	Tri Club Wuppertal II/-	0:35:05	1:19:26	1:03:20	<b>3:02:13</b>	+0:55:24
154	671	Bork, Christian	DEU	63	TV Erkelenz/-	0:30:04	1:26:40	1:01:35	<b>3:02:33</b>	+0:55:00
155	663	Baukhage, Michael	DEU	70	RC Sorpesee/-	0:29:28	1:18:42	1:10:15	<b>3:03:02</b>	+0:56:18
156	677	Severin, Gerd	DEU	59	Team Indeland Eschweiler/-	0:32:00	1:27:26	1:02:28	<b>3:06:48</b>	+0:59:48
157	659	Siegler, Frank	DEU	67	Triathlon Mülheim/-	0:37:36	1:25:01	0:59:45	<b>3:07:01</b>	+0:59:57
158	651	Vobis, Andreas	DEU	65	TG Neuss/-	0:42:08	1:25:16	0:58:14	<b>3:12:14</b>	+1:05:51
159	684	Benz, Christian	DEU	70	Tri-Team Hagen II/-	0:32:25	1:31:20	1:06:47	<b>3:14:08</b>	+1:07:24
160	675	Eidmann, Volker	DEU	62	Tri Club Wuppertal III/-	0:35:42	1:31:50	1:01:08	<b>3:16:10</b>	+1:09:42

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# 32. Sassenberger Triathlon

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## Results Women

Pos.	BIB	Name	NAT	YoB	Club/City	SWIM	BIKE	RUN	Finish	Diff.
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# 32. Sassenberger Triathlon

## 04.08.2019

### Ergebnisse Männer/Frauen

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#### Results Women

Pos.	BIB	Name	NAT	YoB	Club/City	SWIM	BIKE	RUN	Finish	Diff.
1	342	Hemmers, Kristin	DEU	95	WEICON Tri Finish Münster I/-	0:23:53 (2.)	1:13:35 (3.)	0:43:22 (2.)	<b>2:23:41</b>	
2	2083	Päffgen, Caroline	DEU	89	Mach3 Köln e.V./Köln	0:31:19 (37.)	1:09:32 (1.)	0:42:33 (1.)	<b>2:26:48</b>	+0:19:33
3	301	Motte, Debby	DEU	89	Tri Club Wuppertal/-	0:25:39 (8.)	1:14:59 (7.)	0:49:53 (15.)	<b>2:33:15</b>	+0:25:32
4	319	Otten, Sylvia	DEU	81	ASV Köln II/-	0:26:28 (14.)	1:14:55 (6.)	0:49:26 (12.)	<b>2:33:46</b>	+0:26:14
5	322	Fell, Friederike	DEU	93	TuS Xanten/-	0:25:10 (3.)	1:18:25 (15.)	0:46:53 (6.)	<b>2:33:50</b>	+0:26:11
6	353	Schauerte, Anna	DEU	86	Tri Team Hagen II/-	0:29:22 (23.)	1:14:51 (5.)	0:46:53 (5.)	<b>2:34:36</b>	+0:27:22
7	350	Pfeiffer, Ilona	DEU	75	1.Tri Team Gütersloh/-	0:25:30 (6.)	1:20:33 (32.)	0:46:57 (7.)	<b>2:35:41</b>	+0:27:52
8	302	Lüdorf, Melanie	DEU	85	Tri Club Wuppertal/-	0:26:18 (12.)	1:16:42 (11.)	0:49:54 (16.)	<b>2:35:57</b>	+0:28:14
9	345	Neveling, Eva-Maria	DEU	92	Mach3 Köln II/-	0:29:52 (25.)	1:17:21 (13.)	0:46:01 (3.)	<b>2:36:11</b>	+0:28:57
10	311	Diawuoh, Annabel	DEU	89	Kölner Triathlon Team 01 IV/-	0:31:41 (42.)	1:11:50 (2.)	0:49:44 (13.)	<b>2:36:12</b>	+0:28:34
11	2090	Bradler, Vanessa	DEU	84	Trispeed Marienfeld/Harsewinkel	0:25:27 (5.)	1:18:36 (16.)	0:50:08 (17.)	<b>2:36:44</b>	+0:28:56
12	2087	Radtke, Inga	DEU	74	PSV Bonn Triathlon/Bonn	0:33:08 (53.)	1:13:49 (4.)	0:47:32 (8.)	<b>2:37:35</b>	+0:30:25
13	310	Dahmen, Anika	DEU	89	Kölner Triathlon Team 01 IV/-	0:31:56 (44.)	1:17:29 (14.)	0:46:47 (4.)	<b>2:39:07</b>	+0:31:35
14	340	Rechter, Insa	DEU	97	WEICON Tri Finish Münster I/-	0:22:36 (1.)	1:24:52 (47.)	0:49:20 (10.)	<b>2:40:03</b>	+0:32:15
15	2081	Knoepke, Ellen	DEU	81	Ejot Team TV	0:27:14 (16.)	1:15:22 (8.)	0:54:58 (35.)	<b>2:40:15</b>	+0:32:29
16	343	Witzke, Melanie	DEU	83	Mach3 Köln II/-	0:26:24 (13.)	1:19:11 (23.)	0:50:59 (19.)	<b>2:40:35</b>	+0:33:08
17	325	Horbach, Franziska	DEU	88	TSV Bayer 04 Leverkusen/-	0:30:31 (28.)	1:15:55 (9.)	0:51:53 (20.)	<b>2:41:36</b>	+0:34:09
18	341	Geise, Svenja	DEU	94	WEICON Tri Finish Münster I/-	0:27:21 (17.)	1:20:04 (27.)	0:52:09 (23.)	<b>2:42:23</b>	+0:35:04
19	324	Schmitz, Bea	DEU	96	TuS Xanten/-	0:25:54 (9.)	1:19:09 (22.)	0:54:22 (32.)	<b>2:43:16</b>	+0:35:38
20	344	Lumperda, Jenny	DEU	87	Mach3 Köln II/-	0:31:29 (38.)	1:18:40 (17.)	0:49:22 (11.)	<b>2:43:32</b>	+0:36:22
21	320	Hochheim, Jennifer	DEU	88	ASV Köln II/-	0:29:54 (26.)	1:16:52 (12.)	0:54:39 (34.)	<b>2:44:29</b>	+0:37:01
22	312	Wicker, Pamela	DEU	79	Kölner Triathlon Team 01 IV/-	0:26:06 (11.)	1:19:16 (24.)	0:56:55 (41.)	<b>2:46:27</b>	+0:39:03
23	309	Kunde, Sabrina	DEU	77	TV Hülsenbusch/-	0:30:54 (33.)	1:18:56 (20.)	0:53:29 (29.)	<b>2:47:02</b>	+0:39:39
24	306	Schölch, Linda	DEU	89	Tri Geckos Dortmund/-	0:27:01 (15.)	1:24:26 (45.)	0:52:43 (24.)	<b>2:47:07</b>	+0:39:35
25	323	Bentrup, Ann-Cathrin	DEU	92	TuS Xanten/-	0:31:32 (40.)	1:19:19 (25.)	0:52:52 (25.)	<b>2:47:12</b>	+0:39:53
26	314	Schlüter, Stephanie	DEU	75	Tri Sport Team Verl/-	0:28:22 (20.)	1:20:14 (28.)	0:55:02 (36.)	<b>2:47:13</b>	+0:39:36
27	332	Schalkamp, Sarah	DEU	94	LV Tristar Oelde/-	0:28:42 (21.)	1:22:23 (38.)	0:53:28 (28.)	<b>2:47:21</b>	+0:39:47
28	315	Schwalm, Lisa	DEU	95	Tri Sport Team Verl/-	0:25:32 (7.)	1:16:33 (10.)	1:02:06 (59.)	<b>2:47:24</b>	+0:39:36
29	2088	Cordes, Christine	DEU	83	Rot-Weiß Kirchhündem e	0:32:26 (49.)	1:22:33 (40.)	0:49:50 (14.)	<b>2:48:08</b>	+0:40:27
30	335	Seifen, Anne	DEU	93	DLC Aachen III/-	0:30:40 (30.)	1:21:48 (35.)	0:52:09 (22.)	<b>2:48:50</b>	+0:41:31
31	305	Wegner, Sabrina	DEU	90	Tri Geckos Dortmund/-	0:31:52 (43.)	1:20:32 (30.)	0:53:12 (27.)	<b>2:49:22</b>	+0:42:00
32	328	Grüger, Claudia	DEU	66	W + F Münster I/-	0:31:29 (39.)	1:26:28 (51.)	0:47:54 (9.)	<b>2:49:44</b>	+0:42:35
33	307	Gröger, Larissa	DEU	95	TV Hülsenbusch/-	0:26:04 (10.)	1:22:12 (36.)	0:58:36 (47.)	<b>2:50:35</b>	+0:43:12
34	618	Bruns, Martina	DEU		SC Bayer 05 Uerdingen/-	0:32:47 (50.)	1:18:42 (18.)	0:55:30 (37.)	<b>2:51:32</b>	+0:44:37
35	304	Tenbrink, Imke	DEU	82	Tri Geckos Dortmund/-	0:38:41 (67.)	1:19:04 (21.)	0:50:12 (18.)	<b>2:51:45</b>	+0:44:27
36	329	Keuter, Maria	DEU	87	W + F Münster I/-	0:32:15 (46.)	1:22:56 (42.)	0:53:09 (26.)	<b>2:51:46</b>	+0:44:38
37	331	Hahne, Ruth	DEU	73	LV Tristar Oelde/-	0:30:52 (32.)	1:25:23 (48.)	0:52:06 (21.)	<b>2:52:31</b>	+0:45:02
38	2085	Erdmann, Sabine	DEU	60	1 Tri-Club Paderborn/Paderborn	0:30:47 (31.)	1:20:19 (29.)	0:58:52 (49.)	<b>2:54:19</b>	+0:47:03
DSQ:	349	Brommann, Ellen	DEU	89	1.Tri Team Gütersloh/-	0:31:00 (34.)	1:18:54 (19.)	1:00:07 (52.)	<b>2:54:22</b>	+0:47:13

# 32. Sassenberger Triathlon

## 04.08.2019

### Ergebnisse Männer/Frauen

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#### Results Women

Pos.	BIB	Name	NAT	YoB	Club/City	SWIM	BIKE	RUN	Finish	Diff.
40	359	Haverkamp, Nina	DEU	89	SC Bayer 05 Uerdingen III/-	0:27:27 (18.)	1:27:31 (56.)	0:56:11 (40.)	<b>2:55:19</b>	+0:48:02
41	358	Kreisel, Petra	DEU	71	SC Bayer 05 Uerdingen III/-	0:31:35 (41.)	1:22:18 (37.)	0:57:40 (44.)	<b>2:55:27</b>	+0:48:13
42	355	Klaffl, Claudia	DEU	71	Hildener AT - Triathlon/-	0:33:44 (59.)	1:19:38 (26.)	0:58:39 (48.)	<b>2:56:10</b>	+0:49:06
43	317	Loll, Isabelle	DEU	83	PSV Bonn Triathlon II/-	0:33:09 (54.)	1:21:37 (34.)	0:58:35 (46.)	<b>2:56:43</b>	+0:49:01
44	308	Dwars-Friedrichs, Kerstin	DEU	72	TV Hülsenbusch/-	0:33:16 (56.)	1:24:29 (46.)	0:53:51 (31.)	<b>2:56:58</b>	+0:49:58
45	327	Michel, Anne	DEU	85	TSV Bayer 04 Leverkusen/-	0:33:58 (60.)	1:22:29 (39.)	0:54:37 (33.)	<b>2:57:17</b>	+0:50:13
46	326	Bloomenkamp, Astrid	DEU	83	TSV Bayer 04 Leverkusen/-	0:25:17 (4.)	1:27:38 (58.)	1:01:37 (58.)	<b>2:58:00</b>	+0:50:17
47	303	Bitzer, Nadine	DEU	91	Tri Club Wuppertal/-	0:28:54 (22.)	1:24:16 (44.)	1:00:49 (55.)	<b>2:58:07</b>	+0:50:30
48	2089	Cordes, Ursula	DEU	60	Rw Kirchhundem/Lennestadt	0:37:03 (66.)	1:23:03 (43.)	0:55:46 (39.)	<b>3:00:03</b>	+0:52:44
49	686	Quandt, Karina	DEU	73	Pulheimer SC/-	0:39:12 (69.)	1:20:32 (31.)	0:55:34 (38.)	<b>3:00:56</b>	+0:54:23
50	631	Otten, Simone	DEU	69	SG DJK Armada Würselen /	0:30:19 (27.)	1:29:08 (63.)	0:57:31 (42.)	<b>3:01:17</b>	+0:53:53
51	673	Ellenrieder, Monika	DEU	64	Tri Club Wuppertal III/-	0:35:54 (63.)	1:27:41 (59.)	0:53:49 (30.)	<b>3:01:23</b>	+0:54:54
52	334	Kollmeier, Alina	DEU	94	DLC Aachen III/-	0:27:33 (19.)	1:32:39 (67.)	0:58:01 (45.)	<b>3:01:47</b>	+0:54:19
53	670	Fuchs, Sandra	DEU	70	TV Erkelenz/-	0:33:22 (57.)	1:26:33 (52.)	0:59:23 (51.)	<b>3:03:07</b>	+0:55:53
54	330	Sauerland, Eike	DEU	69	W + F Münster I/-	0:31:15 (36.)	1:26:18 (50.)	1:01:24 (57.)	<b>3:03:13</b>	+0:56:00
55	339	Krings, Amelie	DEU	90	Brander SV Tri Team/-	0:34:33 (61.)	1:27:26 (55.)	0:57:32 (43.)	<b>3:03:51</b>	+0:56:53
56	685	Knebel, Karina	DEU	73	Pulheimer SC/-	0:29:38 (24.)	1:22:50 (41.)	1:07:35 (65.)	<b>3:05:10</b>	+0:57:51
57	321	Impekoven, Claudia	DEU	64	ASV Köln II/-	0:32:16 (47.)	1:21:26 (33.)	1:07:40 (66.)	<b>3:05:41</b>	+0:58:18
58	316	Jakovljevic, Tanja	HRV	82	PSV Bonn Triathlon II/-	0:32:25 (48.)	1:25:38 (49.)	1:04:00 (62.)	<b>3:07:00</b>	+0:59:18
59	337	Scherberich, Uschi	DEU	61	Brander SV Tri Team/-	0:33:01 (51.)	1:28:04 (60.)	1:02:07 (60.)	<b>3:08:35</b>	+1:01:38
60	313	Hannemann, Bianca	DEU	74	Tri Sport Team Verl/-	0:31:58 (45.)	1:26:40 (53.)	1:05:57 (63.)	<b>3:08:47</b>	+1:01:14
61	356	Zade, Miriam	DEU	92	Hildener AT - Triathlon/-	0:33:06 (52.)	1:30:19 (65.)	1:01:19 (56.)	<b>3:09:15</b>	+1:02:17
62	2080	Bedner, Sylvia	DEU	58	Tri-Team Hagen/Iserlohn	0:38:52 (68.)	1:28:09 (61.)	0:59:01 (50.)	<b>3:10:56</b>	+1:04:05
63	338	Kinkel-Schlachter, Doris	DEU	79	Brander SV Tri Team/-	0:33:14 (55.)	1:29:20 (64.)	1:00:39 (54.)	<b>3:11:45</b>	+1:04:48
64	360	Rohmann, Daniela	DEU	77	SC Bayer 05 Uerdingen III/-	0:35:19 (62.)	1:26:46 (54.)	1:06:22 (64.)	<b>3:12:13</b>	+1:05:04
65	333	Westemeier, Judith	DEU	68	LV Tristar Oelde/-	0:30:39 (29.)	1:27:36 (57.)	1:09:33 (68.)	<b>3:12:16</b>	+1:05:02
66	2091	Körner-Downes, Monika	DEU	58	Mw1 Tri Team TG Lage/Lage	0:44:08 (70.)	1:28:47 (62.)	1:00:15 (53.)	<b>3:17:29</b>	+1:10:33
67	351	Kaffitz, Dagmar	DEU	63	1.Tri Team Gütersloh/-	0:36:33 (65.)	1:34:49 (68.)	1:03:38 (61.)	<b>3:20:25</b>	+1:13:21
68	665	Höwer, Doris	DEU	67	WEICON Tri Finish Münster/-	0:35:57 (64.)	1:31:34 (66.)	1:08:00 (67.)	<b>3:21:03</b>	+1:14:14
69	645	Loss, Britta	DEU	71	SG Tri Power Rhein Sieg I/-	0:33:25 (58.)	1:35:20 (70.)	1:16:40 (69.)	<b>3:29:44</b>	+1:23:11
70	357	Pappert, Lena	DEU	93	Hildener AT - Triathlon/-	0:31:08 (35.)	1:35:14 (69.)	1:24:13 (70.)	<b>3:35:54</b>	+1:28:46

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