



25. KN Förde Triathlon Kiel 2013

11. August 2013

Ergebnis

Landesliga SH Damen
(0,75 / 20 / 5)

Landesliga SH Damen

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
1	368	01:13:30	Grube	Josefine	1997	SG Wasserratten Norderstedt	GER-SH	00:11:45	5		0		0		0	01:13:30	1
2	379	01:14:10	Olivier	Jeanette	1977	SG TriDW-USC Kiel	GER-SH	00:11:35	4	00:41:13	1	00:52:48	1	00:21:21	4	01:14:10	2
3	361	01:16:50	Dr. Röwer	Tanja	1968	Triathlon Team Südtondern	GER-SH	00:12:22	8	00:43:14	8	00:55:37	4	00:21:13	3	01:16:50	3
4	353	01:17:13	Rothsack	Bente	1979	Triathlon Team Südtondern	GER-SH	00:13:07	15	00:42:16	3	00:55:24	3	00:21:49	7	01:17:13	4
5	364	01:17:59	Dahl	Regina	1978	Borener SV	GER-SH	00:14:16	22	00:43:02	6	00:57:19	8	00:20:40	1	01:17:59	5
6	381	01:18:03	Nissen	Cornelia	1985	TriAs Flensburg	GER-SH	00:14:04	20	00:43:08	7	00:57:12	7	00:20:50	2	01:18:03	6
7	354	01:18:03	Iversen	Kristina	1981	TriAs Flensburg	GER-SH	00:11:25	3	00:42:09	2	00:53:35	2	00:24:28	23	01:18:03	7
8	357	01:18:24	Günter	Kerstin	1978	TriAs Flensburg	GER-SH	00:12:41	11	00:43:00	5	00:55:42	5	00:22:42	10	01:18:24	8
9	375	01:19:38	Sprenger	Christin	1983	TriAs Flensburg	GER-SH	00:12:18	7	00:44:19	9	00:56:37	6	00:23:00	13	01:19:38	9
10	360	01:20:31	Lehmann	Christina	1969	Tri-Sport Lübeck	GER-SH	00:13:02	14	00:44:38	10	00:57:40	10	00:22:50	11	01:20:31	10
11	378	01:21:06	Zenthöfer	Marion	1980	SG TriDW-USC Kiel	GER-SH	00:13:48	18	00:45:06	13	00:58:54	14	00:22:11	9	01:21:06	11
12	385	01:21:11	Lentfer	Janina	1986	SG TriDW-USC Kiel	GER-SH	00:14:36	24	00:45:01	12	00:59:37	16	00:21:33	5	01:21:11	12
13	383	01:21:12	Mattiesen	Levke	1988	Triathlon Team Südtondern	GER-SH	00:12:28	9	00:44:59	11	00:57:27	9	00:23:44	16	01:21:12	13
14	371	01:21:24	Will	Sina	1986	Borener SV	GER-SH	00:13:40	17	00:46:05	18	00:59:46	17	00:21:37	6	01:21:24	14
15	363	01:21:24	Dembny	Frauke	1964	Borener SV	GER-SH	00:15:44	28	00:42:47	4	00:58:32	12	00:22:52	12	01:21:24	15
16	373	01:21:27	Stölting	Alicia	1997	SC Itzehoe	GER-SH	00:13:52	19	00:45:26	14	00:59:19	15	00:22:08	8	01:21:27	16
17	362	01:21:51	Dietzel	Camille	1996	SG Wasserratten Norderstedt	GER-SH	00:11:13	1	00:46:33	19	00:57:47	11	00:24:04	20	01:21:51	17

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Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
18	359	01:23:49	Giesenberg	Kimberly	1994	Tri-Sport Lübeck	GER-SH	00:14:17	23	00:45:38	15	00:59:55	19	00:23:53	17	01:23:49	18
19	365	01:23:52	Carstensen	Kerrin	1988	Triathlon Team Südtondern	GER-SH	00:12:48	13	00:47:06	20	00:59:55	18	00:23:56	18	01:23:52	19
20	380	01:24:10	Nommensen	Lena	1992	TriVelos Flensburg	GER-SH	00:12:43	12	00:46:02	17	00:58:46	13	00:25:23	26	01:24:10	20
21	352	01:25:17	Blunk	Nicole	1966	Tri Team Neumünster	GER-SH	00:14:42	25	00:47:12	22	01:01:54	22	00:23:22	14	01:25:17	21
22	367	01:25:30	Böhme	Mia	1997	SG Wasserratten Norderstedt	GER-SH	00:12:10	6	00:48:19	25	01:00:30	20	00:25:00	24	01:25:30	22
23	355	01:26:26	Hollstein	Christina	1987	Tri-Sport Lübeck	GER-SH	00:16:27	30	00:46:01	16	01:02:29	24	00:23:57	19	01:26:26	23
24	358	01:26:41	Kracht	Miriam	1977	SC Itzehoe	GER-SH	00:15:07	26	00:47:09	21	01:02:17	23	00:24:24	21	01:26:41	24
25	351	01:28:23	Dwinger	Ilka	1970	Tri Team Neumünster	GER-SH	00:15:43	27	00:48:57	27	01:04:40	27	00:23:42	15	01:28:23	25
26	384	01:28:23	Liber	Antonia	1995	SG Wasserratten Norderstedt	GER-SH	00:12:37	10	00:48:18	24	01:00:56	21	00:27:27	30	01:28:23	26
27	370	01:28:47	Wittenburg	Sabine	1972	Tri Team Neumünster	GER-SH	00:16:35	32	00:47:44	23	01:04:20	26	00:24:27	22	01:28:47	27
28	386	01:30:54	Sievers	Susanne	1967	SC Itzehoe	GER-SH	00:16:32	31	00:48:47	26	01:05:20	28	00:25:34	27	01:30:54	28
29	377	01:31:12	Reimann	Karen Skov	1965	TriVelos Flensburg	GER-SH	00:16:11	29	00:49:17	28	01:05:29	29	00:25:43	28	01:31:12	29
30	372	01:33:25	Weingardt	Yvonne	1986	TriVelos Flensburg	GER-SH	00:13:28	16	00:50:38	29	01:04:07	25	00:29:17	31	01:33:25	30
31	369	01:38:56	Petter	Ulla	1962	SG TriDW-USC Kiel	GER-SH	00:17:22	33	00:54:24	30	01:11:47	30	00:27:09	29	01:38:56	31
32	356	01:45:56	Heisig	Britta	1970	TriVelos Flensburg	GER-SH	00:17:42	34	01:02:57	31	01:20:40	31	00:25:15	25	01:45:56	32

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Shtu-Landesliga 11.08.2013 Kiel Frauen

1.	3	01:16:50	Dr. Röwer	Tanja	Triathlon Team Südtondern	
	4	01:17:13	Rathsack	Bente	Triathlon Team Südtondern	
	13	01:21:12	Mattiesen	Levke	Triathlon Team Südtondern	20
	19	01:23:52	Carstensen	Kerrin	Triathlon Team Südtondern	
2.	6	01:18:03	Nissen	Cornelia	TriAs Flensburg	
	7	01:18:03	Iversen	Kristina	TriAs Flensburg	
	8	01:18:24	Günter	Kerstin	TriAs Flensburg	21
	9	01:19:38	Sprenger	Christin	TriAs Flensburg	
3.	2	01:14:10	Olivier	Jeanette	SG TriDW-USC Kiel	
	11	01:21:06	Zenthöfer	Marion	SG TriDW-USC Kiel	
	12	01:21:11	Lentfer	Janina	SG TriDW-USC Kiel	25
	31	01:38:56	Petter	Ulla	SG TriDW-USC Kiel	
4.	5	01:17:59	Dahl	Regina	Borener SV	
	14	01:21:24	Will	Sina	Borener SV	
	15	01:21:24	Dembny	Frauke	Borener SV	34
5.	1	01:13:30	Grube	Josefine	SG Wasserratten Norderstedt	
	17	01:21:51	Dietzel	Camille	SG Wasserratten Norderstedt	
	22	01:25:30	Böhme	Mia	SG Wasserratten Norderstedt	40
	26	01:28:23	Liber	Antonia	SG Wasserratten Norderstedt	
6.	10	01:20:31	Lehmann	Christina	Tri-Sport Lübeck	
	18	01:23:49	Giesenberg	Kimberly	Tri-Sport Lübeck	
	23	01:26:26	Hollstein	Christina	Tri-Sport Lübeck	51
7.	16	01:21:27	Stölting	Alicia	SC Itzehoe	
	24	01:26:41	Kracht	Miriam	SC Itzehoe	
	28	01:30:54	Sievers	Susanne	SC Itzehoe	68
8.	21	01:25:17	Blunk	Nicole	Tri Team Neumünster	
	25	01:28:23	Dwinger	Ilka	Tri Team Neumünster	
	27	01:28:47	Wittenburg	Sabine	Tri Team Neumünster	73
9.	20	01:24:10	Nommensen	Lena	TriVelos Flensburg	
	29	01:31:12	Reimann	Karen Skov	TriVelos Flensburg	
	30	01:33:25	Weingardt	Yvonne	TriVelos Flensburg	79
	32	01:45:56	Heisig	Britta	TriVelos Flensburg	



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Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
1	444	01:03:41	Schönrock	Andreas	1980	BKK Mobil Oil Ratzeburger SV	GER-SH	00:09:35	2	00:35:59	3	00:45:34	1	00:18:07	22	01:03:41	1
2	436	01:04:36	Hansen	Nick	1995	Borener SV	GER-SH	00:10:02	4	00:37:19	8	00:47:22	3	00:17:14	7	01:04:36	2
3	416	01:05:21	Voigt	Jakob	1996	SC Itzehoe U23	GER-SH	00:10:08	5	00:38:05	15	00:48:14	8	00:17:07	5	01:05:21	3
4	460	01:05:22	Nothbaar	Jan Hendrik	1991	LAV Husum	GER-SH	00:11:09	17	00:36:57	5	00:48:06	7	00:17:15	9	01:05:22	4
5	451	01:05:46	Tödloff	Sven	1966	Tri Team Neumünster	GER-SH	00:11:40	26	00:35:46	1	00:47:26	4	00:18:20	24	01:05:46	5
6	424	01:05:52	Brehm	Robert	1977	TriAs Flensburg	GER-SH	00:10:51	9	00:36:54	4	00:47:45	5	00:18:06	21	01:05:52	6
7	440	01:06:20	Thyen	Oltmann	1988	BKK Mobil Oil Ratzeburger SV	GER-SH	00:10:54	11	00:36:58	6	00:47:53	6	00:18:27	26	01:06:20	7
8	471	01:06:23	Oestergaard	Dr. Jesko	1974	LAV Husum	GER-SH	00:11:44	29	00:37:23	9	00:49:08	12	00:17:14	8	01:06:23	8
9	462	01:06:48	Kopacz	Tim Ole	1997	SC Itzehoe U23	GER-SH	00:10:38	7	00:38:26	20	00:49:05	11	00:17:42	13	01:06:48	9
10	472	01:06:54	Ollech	Julian	1991	LAV Husum	GER-SH	00:11:14	18	00:38:50	24	00:50:05	19	00:16:49	2	01:06:54	10
11	446	01:07:01	Sievers	Benjamin	1986	SC Itzehoe I.	GER-SH	00:11:21	21	00:38:27	21	00:49:48	16	00:17:13	6	01:07:01	11
12	408	01:07:10	Benecke	Torben	1975	TriAs Flensburg	GER-SH	00:11:33	23	00:35:46	2	00:47:20	2	00:19:49	45	01:07:10	12
13	423	01:07:10	Birmeyer	Stephan	1969	SG TRIAS Bad S./PSV Eutin	GER-SH	00:11:08	16	00:37:07	7	00:48:15	9	00:18:54	31	01:07:10	13
14	407	01:07:33	Köster	Jan	1972	TriAs Flensburg	GER-SH	00:11:38	25	00:37:35	13	00:49:14	13	00:18:19	23	01:07:33	14
15	431	01:07:51	Groen	Frank	1962	SG TRIAS Bad S./PSV Eutin	GER-SH	00:11:01	13	00:37:28	10	00:48:29	10	00:19:21	38	01:07:51	15
16	455	01:08:03	Weber	Matthias	1987	Tri-Sport Lübeck	GER-SH	00:13:35	57	00:37:28	11	00:51:04	29	00:16:59	4	01:08:03	16
17	437	01:08:12	Hansen	Jannek	1989	LAV Husum	GER-SH	00:12:12	37	00:38:36	22	00:50:49	27	00:17:23	11	01:08:12	17

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Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
18	433	01:08:15	Grube	Marten	1995	SG Wasserratten Norderstedt	GER-SH	00:10:53	10	00:39:36	35	00:50:30	23	00:17:45	14	01:08:15	18
19	448	01:08:40	Rinkens	Nicola Werner	1971	Eckernförde MTV I.	GER-SH	00:11:43	27	00:39:04	27	00:50:47	26	00:17:52	17	01:08:40	19
20	445	01:08:43	Schreiber	Torsten	1979	Borener SV	GER-SH	00:11:00	12	00:38:58	26	00:49:58	17	00:18:44	30	01:08:43	20
21	425	01:08:44	Diller	Johannes	1989	TriAs Flensburg	GER-SH	00:10:26	6	00:38:51	25	00:49:18	14	00:19:25	40	01:08:44	21
22	427	01:08:50	Eggert	Philipp	1991	SG Wasserratten Norderstedt	GER-SH	00:09:42	3	00:39:47	36	00:49:29	15	00:19:20	37	01:08:50	22
23	402	01:09:03	Jaschik	Jannis	1990	Tri-Sport Lübeck	GER-SH	00:11:57	32	00:38:21	19	00:50:19	21	00:18:44	29	01:09:03	23
24	475	01:09:05	Petersen	Tim-Ole	1980	TriVelos Flensburg	GER-SH	00:11:34	24	00:39:30	31	00:51:04	30	00:18:00	19	01:09:05	24
25	401	01:09:13	Meinert	Heiko	1979	Tri Team Neumünster	GER-SH	00:12:49	45	00:38:19	18	00:51:09	31	00:18:04	20	01:09:13	25
26	452	01:09:22	Van de Bergh	Marc	1976	Borener SV	GER-SH	00:11:06	15	00:39:32	32	00:50:38	25	00:18:44	28	01:09:22	26
27	457	01:09:34	Weller	Jonas	1995	BKK Mobil Oil Ratzeburger SV	GER-SH	00:12:29	42	00:38:08	17	00:50:38	24	00:18:56	32	01:09:34	27
28	443	01:09:38	Schönrock	Stephan	1981	BKK Mobil Oil Ratzeburger SV	GER-SH	00:12:10	35	00:38:05	16	00:50:16	20	00:19:21	39	01:09:38	28
29	466	01:09:45	Nahnsen	Björn	1977	Triathlon Team Südtondern	GER-SH	00:13:34	56	00:38:47	23	00:52:22	39	00:17:23	10	01:09:45	29
30	409	01:09:46	Almeida	Luis	1965	Tri Team Neumünster	GER-SH	00:14:22	66	00:37:33	12	00:51:56	34	00:17:49	15	01:09:46	30
31	478	01:09:59	Reiner	Bodo	1964	TriAs Flensburg	GER-SH	00:11:43	28	00:40:16	43	00:52:00	35	00:17:58	18	01:09:59	31
32	463	01:10:22	Rüter	Maximilian	1995	SC Itzehoe U23	GER-SH	00:12:01	34	00:37:59	14	00:50:00	18	00:20:21	51	01:10:22	32
33	459	01:10:26	Stelzner	Jan Seichi	1986	Tri-Sport Lübeck	GER-SH	00:12:32	43	00:41:08	50	00:53:41	49	00:16:45	1	01:10:26	33
34	426	01:10:37	Dressel	Tobias	1985	SC Itzehoe I.	GER-SH	00:12:12	36	00:40:34	47	00:52:46	45	00:17:51	16	01:10:37	34
35	435	01:10:39	Haack	Malte	1988	TriVelos Flensburg	GER-SH	00:11:17	19	00:39:08	28	00:50:26	22	00:20:13	47	01:10:39	35
36	405	01:10:44	Kirschke	Rene	1972	Eckernförde MTV I.	GER-SH	00:09:33	1	00:42:09	55	00:51:42	33	00:19:01	33	01:10:44	36
37	429	01:11:09	Full	Steven	1979	SG Wasserratten Norderstedt	GER-SH	00:10:43	8	00:40:07	40	00:50:50	28	00:20:18	49	01:11:09	37
38	458	01:11:22	Windbracke	Frank	1982	SC Itzehoe I.	GER-SH	00:12:20	40	00:39:50	38	00:52:10	37	00:19:11	35	01:11:22	38
39	450	01:11:46	Reinhardt	Andreas	1978	Tri-Sport Lübeck	GER-SH	00:11:49	30	00:39:35	34	00:51:25	32	00:20:21	52	01:11:46	39
40	476	01:11:50	Probst	Matthias	1975	Borener SV	GER-SH	00:12:24	41	00:40:16	42	00:52:41	44	00:19:09	34	01:11:50	40
41	430	01:11:53	Hass	Ulrich	1973	Tri Team Neumünster	GER-SH	00:13:16	53	00:39:23	30	00:52:39	42	00:19:13	36	01:11:53	41
42	467	01:12:08	Petschat	Udo	1971	Triathlon Team Südtondern	GER-SH	00:14:03	62	00:40:25	46	00:54:29	51	00:17:39	12	01:12:08	42

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43	454	01:12:21	Walther	Andreas	1968	BKK Mobil Oil Ratzeburger SV	GER-SH	00:12:51	46	00:39:48	37	00:52:40	43	00:19:40	43	01:12:21	43
44	406	01:12:35	Klotz	Tobias	1976	Tri-Sport Lübeck	GER-SH	00:11:04	14	00:42:02	54	00:53:06	47	00:19:28	41	01:12:35	44
45	403	01:12:43	Jepsen	Johannes Peter	1995	Triathlon Team Südtondern	GER-SH	00:13:50	60	00:40:08	41	00:53:59	50	00:18:43	27	01:12:43	45
46	417	01:13:10	Wachter	Dennis	1983	Tri Endurance Germany	GER-SH	00:12:45	44	00:40:04	39	00:52:49	46	00:20:20	50	01:13:10	46
47	414	01:13:13	Müller	Martin	1984	Eckernförde MTV I.	GER-SH		0		0	00:53:37	48	00:19:35	42	01:13:13	47
48	410	01:13:19	Lührs	Jan	1959	Eckernförde MTV I.	GER-SH	00:12:54	48	00:39:33	33	00:52:27	40	00:20:51	57	01:13:19	48
49	477	01:13:20	Radeleff	Merten	1963	Eckernförde MTV II.	GER-SH	00:13:20	54	00:39:16	29	00:52:36	41	00:20:44	53	01:13:20	49
50	420	01:14:02	Gaasch	Bernd	1962	Borener SV	GER-SH	00:14:09	63	00:41:25	52	00:55:34	57	00:18:27	25	01:14:02	50
51	464	01:14:17	Zelmer	Philipp	1995	SC Itzehoe U23	GER-SH	00:11:53	31	00:40:24	45	00:52:17	38	00:21:59	67	01:14:17	51
52	428	01:14:30	Hohberg	Robin	1993	SG Wasserratten Norderstedt	GER-SH	00:12:16	39	00:42:33	57	00:54:49	56	00:19:41	44	01:14:30	52
53	421	01:14:51	Bahr	Andreas	1972	SG TRIAS Bad S./PSV Eutin	GER-SH	00:13:23	55	00:41:10	51	00:54:34	53	00:20:17	48	01:14:51	53
54	404	01:15:15	Ketelsen	Fin	1982	Triathlon Team Südtondern	GER-SH	00:14:12	64	00:40:18	44	00:54:30	52	00:20:44	54	01:15:15	54
55	465	01:15:39	Theilken	Julius	1995	SC Itzehoe U23	GER-SH		0		0	00:54:48	55	00:20:51	56	01:15:39	55
56	438	01:15:43	Wiedenhofer	Marco	1970	Tri Endurance Germany	GER-SH	00:13:43	58	00:42:00	53	00:55:44	58	00:19:58	46	01:15:43	56
57	469	01:16:05	Niebergall	Andreas	1965	Eckernförde MTV I.	GER-SH	00:11:58	33	00:42:43	59	00:54:42	54	00:21:23	61	01:16:05	57
58	432	01:16:14	Grotrian	Philipp	1995	Eckernförde MTV II.	GER-SH	00:15:41	72	00:43:37	64	00:59:19	70	00:16:54	3	01:16:14	58
59	456	01:17:23	Weingardt	Sven	1977	TriVelos Flensburg	GER-SH	00:14:20	65	00:42:13	56	00:56:33	61	00:20:50	55	01:17:23	59
60	418	01:18:38	Foks	Benjamin	1982	Tri Endurance Germany	GER-SH	00:14:33	68	00:42:37	58	00:57:10	63	00:21:27	62	01:18:38	60
61	453	01:18:46	Wagner	Timo	1985	SC Itzehoe I.	GER-SH	00:13:03	51	00:44:31	65	00:57:35	64	00:21:10	59	01:18:46	61
62	461	01:19:24	Zeller	David	1994	SG TRIAS Bad S./PSV Eutin	GER-SH	00:12:56	49	00:42:57	61	00:55:54	60	00:23:30	71	01:19:24	62
63	415	01:19:27	Müller	Egon	1956	Eckernförde MTV II.	GER-SH	00:12:14	38	00:44:36	66	00:56:51	62	00:22:36	70	01:19:27	63
64	439	01:20:01	Fietzeck	Manfred	1949	Eckernförde MTV II.	GER-SH	00:12:54	47	00:42:49	60	00:55:44	59	00:24:16	72	01:20:01	64
65	441	01:20:10	Janz	Bennet	1996	Tri Endurance Germany	GER-SH	00:17:31	74	00:40:40	48	00:58:12	65	00:21:58	66	01:20:10	65
66	411	01:20:15	Hardrath	Markus	1969	SG TRIAS Bad S./PSV Eutin	GER-SH	00:15:51	73	00:43:19	62	00:59:11	68	00:21:04	58	01:20:15	66
67	434	01:20:21	Gulde	Peter	1954	SC Itzehoe II.	GER-SH	00:13:56	61	00:45:08	68	00:59:05	67	00:21:16	60	01:20:21	67

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Ergebnis

Landesliga SH Herren

(0,75 / 20 / 5)

Landesliga SH Herren

Pos	StNr	Gesamt	Name	Vorname	Jg.	Verein	Nat.	Schwi.	Pos	Rad	Pos	Sch+Rad	Pos	Lauf	Pos	Endzeit	Pos
68	470	01:20:24	Meyer	Helge	1979	Tri Endurance Germany	GER-SH	00:15:11	70	00:43:22	63	00:58:34	66	00:21:50	65	01:20:24	68
69	447	01:20:56	Steffens	Roger	1966	SC Itzehoe II.	GER-SH	00:14:26	67	00:44:51	67	00:59:17	69	00:21:38	63	01:20:56	69
70	473	01:22:08	Pacewicz	Markus	1965	SC Itzehoe II.	GER-SH	00:13:00	50	00:47:03	69	01:00:03	71	00:22:04	68	01:22:08	70
71	413	01:23:00	Mohr	Arne	1979	Tri Team Neumünster	GER-SH	00:13:49	59	00:47:22	70	01:01:11	72	00:21:48	64	01:23:00	71
72	422	01:25:19	Banasch-Warnke	Bernd	1962	SC Itzehoe II.	GER-SH	00:14:46	69	00:48:08	71	01:02:55	74	00:22:24	69	01:25:19	72
73	468	01:30:07	Samland	Torben	1982	TriVelos Flensburg	GER-SH	00:13:13	52	00:48:32	72	01:01:45	73	00:28:22	74	01:30:07	73
74	419	01:33:03	Larsen	Bo	1973	TriVelos Flensburg	GER-SH	00:15:25	71	00:53:07	73	01:08:32	75	00:24:31	73	01:33:03	74

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	8	01:06:23	Oestergaard	Dr. Jesko	LAV Husum	
	10	01:06:54	Ollech	Julian	LAV Husum	
	17	01:08:12	Hansen	Jannek	LAV Husum	
2.	6	01:05:52	Brehm	Robert	TriAs Flensburg	53
	12	01:07:10	Benecke	Torben	TriAs Flensburg	
	14	01:07:33	Köster	Jan	TriAs Flensburg	
	21	01:08:44	Diller	Johannes	TriAs Flensburg	
	31	01:09:59	Reiner	Bodo	TriAs Flensburg	
3.	1	01:03:41	Schönrock	Andreas	BKK Mobil Oil Ratzeburger SV	63
	7	01:06:20	Thyen	Oltmann	BKK Mobil Oil Ratzeburger SV	
	27	01:09:34	Weller	Jonas	BKK Mobil Oil Ratzeburger SV	
	28	01:09:38	Schönrock	Stephan	BKK Mobil Oil Ratzeburger SV	
	43	01:12:21	Walther	Andreas	BKK Mobil Oil Ratzeburger SV	
4.	2	01:04:36	Hansen	Nick	Borener SV	88
	20	01:08:43	Schreiber	Torsten	Borener SV	
	26	01:09:22	Van de Bergh	Marc	Borener SV	
	40	01:11:50	Probst	Matthias	Borener SV	
	50	01:14:02	Gaasch	Bernd	Borener SV	
5.	3	01:05:21	Voigt	Jakob	SC Itzehoe U23	95
	9	01:06:48	Kopacz	Tim Ole	SC Itzehoe U23	
	32	01:10:22	Rüter	Maximilian	SC Itzehoe U23	
	51	01:14:17	Zelmer	Philipp	SC Itzehoe U23	
	55	01:15:39	Theilken	Julius	SC Itzehoe U23	
6.	5	01:05:46	Tödloff	Sven	Tri Team Neumünster	101
	25	01:09:13	Meinert	Heiko	Tri Team Neumünster	
	30	01:09:46	Almeida	Luis	Tri Team Neumünster	
	41	01:11:53	Hass	Ulrich	Tri Team Neumünster	
	71	01:23:00	Mohr	Arne	Tri Team Neumünster	
7.	16	01:08:03	Weber	Matthias	Tri-Sport Lübeck	111
	23	01:09:03	Jaschik	Jannis	Tri-Sport Lübeck	
	33	01:10:26	Stelzner	Jan Seiichi	Tri-Sport Lübeck	
	39	01:11:46	Reinhardt	Andreas	Tri-Sport Lübeck	
	44	01:12:35	Klotz	Tobias	Tri-Sport Lübeck	
8.	18	01:08:15	Grube	Marten	SG Wasserratten Norderstedt	129
	22	01:08:50	Eggert	Philipp	SG Wasserratten Norderstedt	
	37	01:11:09	Full	Steven	SG Wasserratten Norderstedt	
	52	01:14:30	Hohberg	Robin	SG Wasserratten Norderstedt	
9.	13	01:07:10	Birnmeier	Stephan	SG TRIAS Bad S./PSV Eutin	143
	15	01:07:51	Groen	Frank	SG TRIAS Bad S./PSV Eutin	
	53	01:14:51	Bahr	Andreas	SG TRIAS Bad S./PSV Eutin	
	62	01:19:24	Zeller	David	SG TRIAS Bad S./PSV Eutin	
	66	01:20:15	Hardrath	Markus	SG TRIAS Bad S./PSV Eutin	
10.	11	01:07:01	Sievers	Benjamin	SC Itzehoe I.	144
	34	01:10:37	Dressel	Tobias	SC Itzehoe I.	
	38	01:11:22	Windbracke	Frank	SC Itzehoe I.	
	61	01:18:46	Wagner	Timo	SC Itzehoe I.	
11.	19	01:08:40	Rinkens	Nicola Werner	Eckernförde MTV I.	150
	36	01:10:44	Kirschke	Rene	Eckernförde MTV I.	
	47	01:13:13	Müller	Martin	Eckernförde MTV I.	
	48	01:13:19	Lührs	Jan	Eckernförde MTV I.	
	57	01:16:05	Niebergall	Andreas	Eckernförde MTV I.	
12.	29	01:09:45	Nahnsen	Björn	Triathlon Team Südtondern	170
	42	01:12:08	Petschat	Udo	Triathlon Team Südtondern	
	45	01:12:43	Jepsen	Johannes Peter	Triathlon Team Südtondern	
	54	01:15:15	Ketelsen	Fin	Triathlon Team Südtondern	

13.	24	01:09:05	Petersen	Tim-Ole	TriVelos Flensburg	
	35	01:10:39	Haack	Malte	TriVelos Flensburg	
	59	01:17:23	Weingardt	Sven	TriVelos Flensburg	
	73	01:30:07	Samland	Torben	TriVelos Flensburg	191
	74	01:33:03	Larsen	Bo	TriVelos Flensburg	
14.	46	01:13:10	Wachter	Dennis	Tri Endurance Germany	
	56	01:15:43	Wiedenhofer	Marco	Tri Endurance Germany	
	60	01:18:38	Foks	Benjamin	Tri Endurance Germany	
	65	01:20:10	Janz	Bennet	Tri Endurance Germany	227
	68	01:20:24	Meyer	Helge	Tri Endurance Germany	
15.	49	01:13:20	Radeleff	Merten	Eckernförde MTV II.	
	58	01:16:14	Grotrian	Philipp	Eckernförde MTV II.	
	63	01:19:27	Müller	Egon	Eckernförde MTV II.	
	64	01:20:01	Fietzeck	Manfred	Eckernförde MTV II.	234
16.	67	01:20:21	Gulde	Peter	SC Itzehoe II.	
	69	01:20:56	Steffens	Roger	SC Itzehoe II.	
	70	01:22:08	Pacewicz	Markus	SC Itzehoe II.	
	72	01:25:19	Banasch-Warnke	Bernd	SC Itzehoe II.	278