

Regionalliga Nord (Damen) am 13.08.2011

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Klasse | Swim | | Bike | | Run | | Endzeit |
|-----|-----|-----------------------|---------------------------|------|----|--------|-------|----|---------|----|---------|----|---------|
| 1 | 102 | Fuchs, Franca | Kaifu-Tri-Team D | SH | 82 | W25 1 | 21:16 | 1 | 1:12:39 | 1 | 39:01 | 5 | 2:12:56 |
| 2 | 104 | Trukenmüller, Rebekka | Kaifu-Tri-Team D | HH | 82 | W25 2 | 23:35 | 7 | 1:14:04 | 4 | 38:34 | 4 | 2:16:13 |
| 3 | 137 | Ernst, Maren | SG TriDW - USC Kiel | SH | 84 | W25 3 | 24:21 | 11 | 1:14:31 | 5 | 38:19 | 2 | 2:17:11 |
| 4 | 101 | Berndt, Sarah | Kaifu-Tri-Team D | HH | 84 | W25 4 | 25:05 | 16 | 1:13:09 | 2 | 39:01 | 5 | 2:17:15 |
| 5 | 114 | Tegtmeier, Scarlett | SG TSV Bokeloh - TSV | NDS | 91 | W20 1 | - | - | 1:37:26 | - | 40:09 | 8 | 2:17:35 |
| 6 | 103 | Kleidon, Peggy | Kaifu-Tri-Team D | NDSE | 75 | W35 1 | - | - | 1:40:37 | - | 37:36 | 1 | 2:18:13 |
| 7 | 110 | Cotterell, Maike | KEB Tri Team Schwarm | NDS | 73 | W35 2 | 24:00 | 9 | 1:16:38 | 8 | 38:32 | 3 | 2:19:10 |
| 8 | 112 | Freiwald, Grit | KEB Tri Team Schwarm | NDS | 81 | W30 1 | 23:03 | 5 | 1:18:32 | 15 | 39:07 | 7 | 2:20:42 |
| 9 | 126 | Zielke, Uta | Triathlon Team Buxtehude | NDS | 71 | W40 1 | 26:12 | 19 | 1:13:54 | 3 | 41:41 | 12 | 2:21:47 |
| 10 | 118 | Sachtleber, Kai | 1. TCO "Die Bärinnen" | NDS | 71 | W40 2 | 22:11 | 3 | 1:17:35 | 12 | 42:14 | 14 | 2:22:00 |
| 11 | 105 | Füllbrandt, Annalena | Triabolos Multipower acti | HH | 82 | W25 5 | 25:15 | 17 | 1:15:58 | 6 | 42:12 | 13 | 2:23:25 |
| 12 | 125 | Hahn, Tanja | Triathlon Team Buxtehude | NDS | 67 | W40 3 | - | - | 1:41:00 | - | 42:43 | 15 | 2:23:43 |
| 13 | 133 | Bartels, Kirstin | Eintracht Hildesheim Da | NDS | 70 | W40 4 | 24:05 | 10 | 1:17:30 | 11 | 43:26 | 17 | 2:25:01 |
| 14 | 109 | Rösner, Gesine | KEB Tri Team Schwarm | NDS | 61 | W50 1 | 26:16 | 21 | 1:18:02 | 13 | 40:55 | 10 | 2:25:13 |
| 15 | 119 | Hinrichs, Britta | 1. TCO "Die Bärinnen" | NDS | 67 | W40 5 | 23:05 | 6 | - | - | 2:02:39 | - | 2:25:44 |
| 16 | 108 | Ley, Pia | Triabolos Multipower acti | HH | 84 | W25 6 | - | - | 1:38:52 | - | 46:58 | 25 | 2:25:50 |
| 17 | 116 | Jennifer, Göing | SG TSV Bokeloh - TSV | NDS | 86 | W25 7 | 26:15 | 20 | 1:19:10 | 17 | 40:27 | 9 | 2:25:52 |
| 18 | 111 | Rieck, Julia | KEB Tri Team Schwarm | NDS | 76 | W35 3 | 26:29 | 22 | 1:16:29 | 7 | 43:48 | 19 | 2:26:46 |
| 19 | 134 | Göpfert, Melanie | Eintracht Hildesheim Da | NDS | 81 | W30 2 | 28:00 | 30 | 1:16:52 | 9 | 43:37 | 18 | 2:28:29 |
| 20 | 121 | Roths, Jana | Tri-Sport Lübeck Damen | SH | 84 | W25 8 | 26:30 | 23 | 1:18:18 | 14 | 43:51 | 20 | 2:28:39 |
| 21 | 107 | Dake, Swantje | Triabolos Multipower acti | HH | 78 | W30 3 | 26:46 | 24 | 1:17:17 | 10 | 45:02 | 21 | 2:29:05 |
| 22 | 113 | Rodewald, Vanessa | SG TSV Bokeloh - TSV | NDS | 91 | W20 2 | 21:22 | 2 | 1:21:16 | 20 | 47:32 | 27 | 2:30:10 |
| 23 | 141 | Steffenhagen, Diana | Wasserratten D | SH | 85 | W25 9 | 24:42 | 14 | - | - | 2:05:58 | - | 2:30:40 |
| 24 | 138 | Timme, Sinika | SG TriDW - USC Kiel | SH | 92 | W18 1 | 27:59 | 29 | 1:22:36 | 24 | 41:13 | 11 | 2:31:48 |
| 25 | 131 | Jodat, Regina | Lebensfitness- St. Pauli- | HH | 70 | W40 6 | 26:46 | 24 | 1:22:25 | 23 | 43:10 | 16 | 2:32:21 |
| 26 | 128 | Felgentreu, Marion | Triathlon Team Buxtehude | NDS | 66 | W45 1 | 25:00 | 15 | 1:20:54 | 18 | 47:17 | 26 | 2:33:11 |
| 27 | 123 | Lehmann, Christina | Tri-Sport Lübeck Damen | SH | 69 | W40 7 | 24:26 | 12 | 1:21:27 | 21 | 47:57 | 28 | 2:33:50 |
| 28 | 129 | Denke, Kristina | Lebensfitness- St. Pauli- | HH | 79 | W30 4 | 27:26 | 28 | 1:21:03 | 19 | 46:25 | 23 | 2:34:54 |
| 29 | 139 | Wrobel, Bente | SG TriDW - USC Kiel | SH | 92 | W18 2 | 23:43 | 8 | 1:22:41 | 25 | 48:45 | 30 | 2:35:09 |
| 30 | 140 | Zenthöfer, Marion | SG TriDW - USC Kiel | SH | 80 | W30 5 | 27:16 | 27 | 1:21:52 | 22 | 46:04 | 22 | 2:35:12 |
| 31 | 115 | Swiatlon, Marta | SG TSV Bokeloh - TSV | NDS | 91 | W20 3 | 22:59 | 4 | 1:23:42 | 27 | 48:38 | 29 | 2:35:19 |
| 32 | 117 | Vossig, Tatjana | 1. TCO "Die Bärinnen" | NDS | 67 | W40 8 | 24:35 | 13 | 1:18:42 | 16 | 52:04 | 32 | 2:35:21 |
| 33 | 106 | Brudler, Ulrike | Triabolos Multipower acti | HH | 83 | W25 10 | 27:02 | 26 | - | - | 2:08:24 | - | 2:35:26 |
| 34 | 135 | Kasper, Nadine | Eintracht Hildesheim Da | NDS | 81 | W30 6 | 31:14 | 32 | 1:23:03 | 26 | 49:18 | 31 | 2:43:35 |
| 35 | 127 | Radtke, Antje | Triathlon Team Buxtehude | NDS | 69 | W40 9 | 25:53 | 18 | 1:33:12 | 28 | 46:26 | 24 | 2:45:31 |
| 36 | 122 | Dahlmann, Julia | Tri-Sport Lübeck Damen | SH | 82 | W25 11 | - | - | - | - | 2:46:30 | - | 2:46:30 |
| 37 | 142 | Hirschner, Diana | Wasserratten D | SH | 79 | W30 7 | 29:17 | 31 | 1:34:39 | 29 | 53:16 | 33 | 2:57:12 |
| dnf | 124 | Quellhorst, Anna | Tri-Sport Lübeck Damen | SH | 82 | W25 - | 27:05 | - | 1:21:45 | - | - | - | - |
| dnf | 130 | Sigmund, Katherina | Lebensfitness- St. Pauli- | HH | 69 | W40 - | 27:14 | - | 1:26:12 | - | - | - | - |
| dnf | 143 | Reimers, Wiebke | Wasserratten D | SH | 65 | W45 - | 31:20 | - | 1:26:04 | - | - | - | - |
| dnf | 144 | Spingler, Kati | Wasserratten D | SH | 65 | W45 - | 32:37 | - | - | - | - | - | - |

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|---|---------------------------------|-------|-----|-----------------------|----|--------|-----|
| Mannschaftswertung | | | | | | | |
| Rng | Mannschaft | Summe | Snr | Name, Vorname | Jg | Klasse | Rng |
| 1 | Kaifu-Tri-Team D | 7 | 102 | Fuchs, Franca | 82 | W25 | 1 |
| | | | 104 | Trukenmüller, Rebekka | 82 | W25 | 2 |
| | | | 101 | Berndt, Sarah | 84 | W25 | 4 |
| 2 | KEB Tri Team Schwarme | 29 | 110 | Cotterell, Maïke | 73 | W35 | 7 |
| | | | 112 | Freiwald, Grit | 81 | W30 | 8 |
| | | | 109 | Rösner, Gesine | 61 | W50 | 14 |
| 3 | SG TSV Bokeloh - TSV Neutst | 44 | 114 | Tegtmeier, Scarlett | 91 | W20 | 5 |
| | | | 116 | Jennifer, Göing | 86 | W25 | 17 |
| | | | 113 | Rodewald, Vanessa | 91 | W20 | 22 |
| 4 | Triathlon Team Buxtehude Da | 47 | 126 | Zielke, Uta | 71 | W40 | 9 |
| | | | 125 | Hahn, Tanja | 67 | W40 | 12 |
| | | | 128 | Felgentreu, Marion | 66 | W45 | 26 |
| 5 | Triabolos Multipower active Tea | 48 | 105 | Füllbrandt, Annalena | 82 | W25 | 11 |
| | | | 108 | Ley, Pia | 84 | W25 | 16 |
| | | | 107 | Dake, Swantje | 78 | W30 | 21 |
| 6 | SG TriDW - USC Kiel | 56 | 137 | Ernst, Maren | 84 | W25 | 3 |
| | | | 138 | Timme, Sinika | 92 | W18 | 24 |
| | | | 139 | Wrobels, Bente | 92 | W18 | 29 |
| 7 | 1. TCO "Die Bärinnen" | 57 | 118 | Sachtleber, Kai | 71 | W40 | 10 |
| | | | 119 | Hinrichs, Britta | 67 | W40 | 15 |
| | | | 117 | Vossig, Tatjana | 67 | W40 | 32 |
| 8 | Eintracht Hildesheim Damen I | 66 | 133 | Bartels, Kirstin | 70 | W40 | 13 |
| | | | 134 | Göpfert, Melanie | 81 | W30 | 19 |
| | | | 135 | Kasper, Nadine | 81 | W30 | 34 |
| 9 | Tri-Sport Lübeck Damen | 83 | 121 | Roths, Jana | 84 | W25 | 20 |
| | | | 123 | Lehmann, Christina | 69 | W40 | 27 |
| | | | 122 | Dahlmann, Julia | 82 | W25 | 36 |

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Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Klasse | Swim | Bike | Run | Endzeit |
|-----|-----|---------------------|-----------------------------|------|----|--------|-------|---------|---------|---------|
| 1 | 59 | van Stevendaal, Udo | TSH Team Bergamont | HH | 68 | M40 1 | - | 1:22:45 | 32:33 | 1:55:18 |
| 2 | 10 | Weu, Dennis | TriTeam FIKO Rostock | MV | 91 | M20 1 | 18:50 | 1:04:36 | 32:01 | 1:55:27 |
| 3 | 32 | Bartels, Ulf | WSV 1921 Wolfenbüttel | NDS | 72 | M35 1 | 19:06 | - | 1:37:16 | 1:56:22 |
| 4 | 16 | Weber, Sven | TSV Bokeloh I | NDS | 84 | M25 1 | 18:56 | - | 1:37:54 | 1:56:50 |
| 5 | 55 | Thyen, Oltmann | BKK Mobil Oil Ratzeburg | SH | 88 | M20 2 | 20:28 | 1:02:32 | 34:06 | 1:57:06 |
| 6 | 8 | Prahl, Robert | TriTeam FIKO Rostock | MV | 85 | M25 2 | - | 1:22:43 | 34:25 | 1:57:08 |
| 7 | 40 | Reimann, Frank | Tri Team Lüneburg | NDS | 79 | M30 1 | 21:05 | 1:02:32 | 33:33 | 1:57:10 |
| 8 | 27 | Dicke, Benjamin | Tri Michels Hamburg II | HH | 83 | M25 3 | 22:41 | 1:01:02 | 33:43 | 1:57:26 |
| 9 | 61 | Melnyk, Tobias | TRIABOLOS MULTIPO | HH | 91 | M20 3 | 21:29 | - | 1:36:10 | 1:57:39 |
| 10 | 9 | Schäfer, Benjamin | TriTeam FIKO Rostock | MV | 87 | M20 4 | - | 1:26:00 | 32:34 | 1:58:34 |
| 11 | 15 | Kores, Robert | Kaifu Tri Team | HH | 86 | M25 4 | 22:15 | - | 1:36:22 | 1:58:37 |
| 12 | 18 | Kranz, Daniel | TSV Bokeloh I | NDS | 88 | M20 5 | 19:04 | 1:05:00 | 34:49 | 1:58:53 |
| 13 | 19 | Tegtmeier, Falco | TSV Bokeloh I | NDS | 85 | M25 5 | 20:19 | 1:03:57 | 34:38 | 1:58:54 |
| 14 | 24 | Schulz, Dennis | Stader SV Team | NDS | 84 | M25 6 | 20:18 | 1:04:39 | 33:58 | 1:58:55 |
| 15 | 64 | Heller, Hauke | TRIABOLOS MULTIPO | HH | 89 | M20 6 | 19:03 | 1:07:06 | 32:54 | 1:59:03 |
| 16 | 14 | Schuster, Jens | Kaifu Tri Team | HH | 70 | M40 2 | 21:04 | - | 1:38:10 | 1:59:14 |
| 17 | 42 | Schönrock, Andreas | Team Gelting Radshop B | SH | 80 | M30 2 | 19:02 | 1:05:11 | 35:46 | 1:59:59 |
| 18 | 62 | Skazidroga, Robert | TRIABOLOS MULTIPO | HH | 86 | M25 7 | 21:54 | - | 1:38:08 | 2:00:02 |
| 19 | 81 | Adlung, Dominic | USC Kiel | SH | 84 | M25 8 | 20:51 | 1:05:39 | 33:34 | 2:00:04 |
| 20 | 65 | Hetmank, Frank | TRIABOLOS MULTIPO | HH | 77 | M30 3 | 20:50 | 1:04:56 | 34:26 | 2:00:12 |
| 21 | 6 | Binger, Martin | TriTeam FIKO Rostock | MV | 90 | M20 7 | 19:22 | 1:04:40 | 36:31 | 2:00:33 |
| 22 | 78 | Lehmann, Jens | Trias Hildesheim II | NDS | 76 | M35 2 | - | 1:27:40 | 33:19 | 2:00:59 |
| 23 | 44 | Apitz, Lars | Team Gelting Radshop B | SH | 68 | M40 3 | 20:55 | 1:04:52 | 35:24 | 2:01:11 |
| 24 | 60 | Langfeld, Peter | TSH Team Bergamont | HH | 72 | M35 3 | 23:45 | 1:04:38 | 33:53 | 2:02:16 |
| 25 | 68 | Heinßen, Erk | Triathlon Team Buxtehude | NDS | 62 | M45 1 | 20:32 | 1:07:22 | 34:40 | 2:02:34 |
| 26 | 23 | Straube, Konrad | Stader SV Team | NDS | 84 | M25 9 | 21:17 | 1:06:33 | 34:48 | 2:02:38 |
| 27 | 72 | Jörgensen, Birger | TriAs Flensburg | SH | 82 | M25 10 | - | 1:26:06 | 36:37 | 2:02:43 |
| 28 | 37 | Pargäzti, Jonathan | Tri Team Lüneburg | NDS | 83 | M25 11 | 21:13 | - | 1:41:36 | 2:02:49 |
| 29 | 63 | Kunze, Christian | TRIABOLOS MULTIPO | HH | 85 | M25 12 | 17:54 | 1:08:13 | 37:03 | 2:03:10 |
| 29 | 13 | Schmitz, Ralph | Kaifu Tri Team | HH | 70 | M40 4 | - | 1:26:29 | 36:41 | 2:03:10 |
| 31 | 22 | Tiedemann, Morten | Stader SV Team | NDS | 86 | M25 13 | 22:12 | - | 1:41:31 | 2:03:43 |
| 32 | 25 | Meyer, Timo | Stader SV Team | NDS | 82 | M25 14 | 22:51 | 1:06:28 | 34:26 | 2:03:45 |
| 33 | 17 | Hages, Marc-Andre | TSV Bokeloh I | NDS | 85 | M25 15 | 20:25 | 1:08:21 | 35:08 | 2:03:54 |
| 34 | 29 | Woloszyn, Arthur | Tri Michels Hamburg II | HH | 82 | M25 16 | 22:45 | 1:05:39 | 35:41 | 2:04:05 |
| 35 | 66 | Hadler, Olaf | Triathlon Team Buxtehude | NDS | 69 | M40 5 | 22:10 | 1:07:16 | 34:43 | 2:04:09 |
| 36 | 11 | Radke, Dirk | Kaifu Tri Team | HH | 68 | M40 6 | 23:47 | 1:06:17 | 34:25 | 2:04:29 |
| 37 | 20 | Scharf, Henrik | TSV Bokeloh I | NDS | 84 | M25 17 | 20:24 | 1:07:27 | 36:45 | 2:04:36 |
| 38 | 75 | Köster, Jan | TriAs Flensburg | SH | 72 | M35 4 | 23:03 | 1:05:33 | 36:22 | 2:04:58 |
| 39 | 96 | Eggert, Philipp | Wasserratten H | SH | 91 | M20 8 | 19:17 | 1:08:37 | 37:27 | 2:05:21 |
| 40 | 38 | Radzinski, Julian | Tri Team Lüneburg | NDS | 91 | M20 9 | 21:51 | - | 1:43:40 | 2:05:31 |
| 41 | 47 | Novin, Sören | Triathlon Team Braunschweig | NDS | 86 | M25 18 | 20:17 | 1:09:43 | 35:38 | 2:05:38 |
| 42 | 51 | Becker, Kai | BKK Mobil Oil Ratzeburg | SH | 81 | M30 4 | 22:54 | 1:07:42 | 35:05 | 2:05:41 |
| 43 | 3 | Raissis, Marc-Alex | TRIABOLOS MULTIPO | HH | 71 | M40 7 | 24:49 | 1:05:26 | 35:43 | 2:05:58 |
| 44 | 1 | Dohse, Michael | TRIABOLOS MULTIPO | HH | 78 | M30 5 | 22:55 | 1:05:48 | 37:34 | 2:06:17 |
| 45 | 34 | Diekmann, Lars | WSV 1921 Wolfenbüttel | NDS | 86 | M25 19 | 20:57 | 1:09:49 | 36:07 | 2:06:53 |
| 46 | 28 | Jacobsen, Thilo | Tri Michels Hamburg II | HH | 73 | M35 5 | 24:26 | 1:07:00 | 36:07 | 2:07:33 |
| 47 | 83 | Burkhard, Sascha | USC Kiel | SH | 75 | M35 6 | - | 1:32:38 | 35:19 | 2:07:57 |
| 48 | 67 | Richter, Dirk | Triathlon Team Buxtehude | NDS | 89 | M20 10 | 22:53 | - | 1:45:47 | 2:08:40 |
| 49 | 49 | Marquart, Matthias | Triathlon Team Braunschweig | NDS | 84 | M25 20 | 22:48 | 1:08:42 | 37:21 | 2:08:51 |
| 50 | 71 | Diller, Johannes | TriAs Flensburg | SH | 89 | M20 11 | 20:34 | 1:10:33 | 37:58 | 2:09:05 |
| 51 | 50 | Wendtländt, Robert | Triathlon Team Braunschweig | NDS | 89 | M20 12 | 25:23 | 1:10:09 | 33:36 | 2:09:08 |
| 52 | 73 | Petersen, Tim-Ole | TriAs Flensburg | SH | 80 | M30 6 | 23:26 | 1:10:53 | 35:02 | 2:09:21 |
| 53 | 35 | Pelz, Guido | WSV 1921 Wolfenbüttel | NDS | 69 | M40 8 | 22:15 | 1:10:33 | 36:38 | 2:09:26 |
| 54 | 30 | Münster, Till | Tri Michels Hamburg II | HH | 84 | M25 21 | 23:36 | 1:09:44 | 36:11 | 2:09:31 |
| 55 | 43 | Schönrock, Stephan | Team Gelting Radshop B | SH | 81 | M30 7 | 22:57 | 1:09:39 | 37:00 | 2:09:36 |
| 56 | 39 | Garbers, Hendrik | Tri Team Lüneburg | NDS | 76 | M35 7 | 24:03 | 1:09:29 | 36:23 | 2:09:55 |
| 57 | 2 | Kulenkamp, Jens | TRIABOLOS MULTIPO | HH | 77 | M30 8 | 21:43 | 1:11:50 | 36:32 | 2:10:05 |
| 58 | 79 | Neumann, Christian | Trias Hildesheim II | NDS | 73 | M35 8 | 24:13 | 1:12:06 | 35:09 | 2:11:28 |
| 59 | 4 | Hinterberg, Dominik | TRIABOLOS MULTIPO | HH | 65 | M45 2 | 24:51 | 1:07:44 | 39:15 | 2:11:50 |
| 60 | 31 | Peppel, Andreas | WSV 1921 Wolfenbüttel | HH | 78 | M30 9 | 22:38 | 1:10:00 | 40:12 | 2:12:50 |

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| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Klasse | Swim | | Bike | | Run | | Endzeit |
|-----|-----|--------------------|--------------------------|------|----|--------|-------|----|---------|----|---------|----|---------|
| 61 | 69 | Stein, Andreas | Triathlon Team Buxtehude | NDS | 70 | M40 9 | 23:54 | 56 | 1:11:16 | 44 | 38:20 | 51 | 2:13:30 |
| 62 | 58 | Gabalda, Vincent | TSH Team Bergamont | HH | 85 | M25 22 | 18:45 | 2 | 1:16:10 | 56 | 38:42 | 53 | 2:13:37 |
| 63 | 100 | Full, Steven | Wasserratten H | SH | 79 | M30 10 | 22:45 | 38 | - | - | 1:51:25 | - | 2:14:10 |
| 64 | 52 | Becker, Karsten | BKK Mobil Oil Ratzeburg | SH | 81 | M30 11 | 25:07 | 65 | 1:10:39 | 42 | 38:31 | 52 | 2:14:17 |
| 65 | 56 | Budinger, Tilo | TSH Team Bergamont | HH | 72 | M35 9 | 22:53 | 44 | 1:14:12 | 51 | 37:14 | 46 | 2:14:19 |
| 66 | 74 | Reiner, Bodo | TriAs Flensburg | SH | 64 | M45 3 | 22:48 | 40 | 1:13:32 | 50 | 38:43 | 54 | 2:15:03 |
| 67 | 33 | Alex, Sven | WSV 1921 Wolfenbüttel | NDS | 91 | M20 13 | 22:54 | 46 | 1:15:48 | 55 | 36:43 | 42 | 2:15:25 |
| 68 | 45 | Grajetzky, Bodo | Team Gelting Radshop B | SH | 60 | M50 1 | 22:50 | 42 | 1:11:52 | 47 | 40:58 | 61 | 2:15:40 |
| 69 | 46 | Fischer, Felix | Triathlon Team Braunsch | NDS | 80 | M30 12 | 25:39 | 68 | 1:11:21 | 45 | 38:45 | 55 | 2:15:45 |
| 70 | 85 | Olivier, Mark | USC Kiel | SH | 72 | M35 10 | 21:05 | 24 | 1:14:14 | 53 | 41:45 | 63 | 2:17:04 |
| 71 | 36 | Meyer, Dirk | Tri Team Lüneburg | NDS | 71 | M40 10 | 27:57 | 70 | 1:09:30 | 33 | 40:11 | 57 | 2:17:38 |
| 72 | 77 | Dammann, Raphael | Trias Hildesheim II | NDS | 72 | M35 11 | 23:25 | 51 | 1:14:12 | 51 | 40:39 | 60 | 2:18:16 |
| 73 | 21 | Scholz, Peter | Stader SV Team | NDS | 63 | M45 4 | 24:28 | 60 | 1:12:24 | 49 | 42:44 | 66 | 2:19:36 |
| 74 | 84 | Ziems, Alexander | USC Kiel | SH | 81 | M30 13 | 28:08 | 72 | 1:14:15 | 54 | 42:12 | 64 | 2:24:35 |
| 75 | 54 | Dolecki, Martin | BKK Mobil Oil Ratzeburg | SH | 69 | M40 11 | 25:04 | 64 | 1:20:28 | 61 | 41:23 | 62 | 2:26:55 |
| 76 | 5 | Dabelstein, Lutz | TRIABOLOS MULTIPO | HH | 61 | M50 2 | 26:08 | 69 | 1:18:29 | 59 | 43:17 | 67 | 2:27:54 |
| 77 | 80 | Michel, Sven | Trias Hildesheim II | NDS | 69 | M40 12 | 28:42 | 73 | 1:18:01 | 57 | 42:20 | 65 | 2:29:03 |
| 78 | 98 | Fitz, Manfred | Wasserratten H | SH | 67 | M40 13 | 24:31 | 61 | 1:18:27 | 58 | 46:41 | 69 | 2:29:39 |
| 79 | 82 | Budnick, Heiko | USC Kiel | SH | 74 | M35 12 | 25:09 | 66 | 1:24:51 | 62 | 40:38 | 59 | 2:30:38 |
| 80 | 99 | Riedel, Sven | Wasserratten H | SH | 63 | M45 5 | 28:03 | 71 | 1:20:02 | 60 | 44:26 | 68 | 2:32:31 |
| dnf | 7 | Blum, Oliver | TriTeam FIKO Rostock | MV | 92 | M18 - | 18:29 | - | - | - | - | - | - |
| dnf | 53 | Dahlmann, Matthias | BKK Mobil Oil Ratzeburg | SH | 70 | M40 - | 26:25 | - | - | - | - | - | - |

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|--|-------------------------------|-------|-----|---------------------|----|--------|-----|
| Mannschaftswertung | | | | | | | |
| Rng | Mannschaft | Summe | Snr | Name, Vorname | Jg | Klasse | Rng |
| 1 | TriTeam FIKO Rostock | 39 | 10 | Weu, Dennis | 91 | M20 | 2 |
| | | | 8 | Prahl, Robert | 85 | M25 | 6 |
| | | | 9 | Schäfer, Benjamin | 87 | M20 | 10 |
| | | | 6 | Binger, Martin | 90 | M20 | 21 |
| 2 | TRIABOLOS MULTIPOWER a | 62 | 61 | Melnyk, Tobias | 91 | M20 | 9 |
| | | | 64 | Heller, Hauke | 89 | M20 | 15 |
| | | | 62 | Skazidroga, Robert | 86 | M25 | 18 |
| | | | 65 | Hetmank, Frank | 77 | M30 | 20 |
| 2 | TSV Bokeloh I | 62 | 16 | Weber, Sven | 84 | M25 | 4 |
| | | | 18 | Kranz, Daniel | 88 | M20 | 12 |
| | | | 19 | Tegtmeier, Falco | 85 | M25 | 13 |
| | | | 17 | Hages, Marc-Andre | 85 | M25 | 33 |
| 4 | Kaifu Tri Team | 92 | 15 | Kores, Robert | 86 | M25 | 11 |
| | | | 14 | Schuster, Jens | 70 | M40 | 16 |
| | | | 13 | Schmitz, Ralph | 70 | M40 | 29 |
| | | | 11 | Radke, Dirk | 68 | M40 | 36 |
| 5 | Stader SV Team | 103 | 24 | Schulz, Dennis | 84 | M25 | 14 |
| | | | 23 | Straube, Konrad | 84 | M25 | 26 |
| | | | 22 | Tiedemann, Morten | 86 | M25 | 31 |
| | | | 25 | Meyer, Timo | 82 | M25 | 32 |
| 6 | Tri Team Lüneburg | 131 | 40 | Reimann, Frank | 79 | M30 | 7 |
| | | | 37 | Pargätzi, Jonathan | 83 | M25 | 28 |
| | | | 38 | Radzinski, Julian | 91 | M20 | 40 |
| | | | 39 | Garbers, Hendrik | 76 | M35 | 56 |
| 7 | Tri Michels Hamburg II | 142 | 27 | Dicke, Benjamin | 83 | M25 | 8 |
| | | | 29 | Woloszyn, Arthur | 82 | M25 | 34 |
| | | | 28 | Jacobsen, Thilo | 73 | M35 | 46 |
| | | | 30 | Münster, Till | 84 | M25 | 54 |
| 8 | TSH Team Bergamont | 152 | 59 | van Stevendaal, Udo | 68 | M40 | 1 |
| | | | 60 | Langfeld, Peter | 72 | M35 | 24 |
| | | | 58 | Gabalda, Vincent | 85 | M25 | 62 |
| | | | 56 | Budinger, Tilo | 72 | M35 | 65 |
| 9 | WSV 1921 Wolfenbüttel 1 | 161 | 32 | Bartels, Ulf | 72 | M35 | 3 |
| | | | 34 | Diekmann, Lars | 86 | M25 | 45 |
| | | | 35 | Pelz, Guido | 69 | M40 | 53 |
| | | | 31 | Peppel, Andreas | 78 | M30 | 60 |
| 10 | Team Gelting Radshop Brunne | 163 | 42 | Schönrock, Andreas | 80 | M30 | 17 |
| | | | 44 | Apitz, Lars | 68 | M40 | 23 |
| | | | 43 | Schönrock, Stephan | 81 | M30 | 55 |
| | | | 45 | Grajetzky, Bodo | 60 | M50 | 68 |
| 11 | TriAs Flensburg | 167 | 72 | Jørgensen, Birger | 82 | M25 | 27 |
| | | | 75 | Köster, Jan | 72 | M35 | 38 |
| | | | 71 | Diller, Johannes | 89 | M20 | 50 |
| | | | 73 | Petersen, Tim-Ole | 80 | M30 | 52 |
| 12 | Triathlon Team Buxtehude Herr | 169 | 68 | Heinßen, Erk | 62 | M45 | 25 |
| | | | 66 | Hadler, Olaf | 69 | M40 | 35 |
| | | | 67 | Richter, Dirk | 89 | M20 | 48 |
| | | | 69 | Stein, Andreas | 70 | M40 | 61 |
| 13 | BKK Mobil Oil Ratzeburger SV | 186 | 55 | Thyen, Oltmann | 88 | M20 | 5 |
| | | | 51 | Becker, Kai | 81 | M30 | 42 |
| | | | 52 | Becker, Karsten | 81 | M30 | 64 |
| | | | 54 | Dolecki, Martin | 69 | M40 | 75 |
| 14 | TRIABOLOS MULTIPOWER a | 203 | 3 | Raissy, Marc-Alex | 71 | M40 | 43 |
| | | | 1 | Dohse, Michael | 78 | M30 | 44 |
| | | | 2 | Kulenkamp, Jens | 77 | M30 | 57 |
| | | | 4 | Hinterberg, Dominik | 65 | M45 | 59 |
| 15 | Triathlon Team Braunschweig | 210 | 47 | Novin, Sören | 86 | M25 | 41 |
| | | | 49 | Marquart, Matthias | 84 | M25 | 49 |
| | | | 50 | Wendtlandt, Robert | 89 | M20 | 51 |
| | | | 46 | Fischer, Felix | 80 | M30 | 69 |

| Regionalliga Nord (Herren) am 13.08.2011 | | | | | | | |
|--|---------------------|-------|-----|--------------------|----|--------|-----|
| Mannschaftswertung | | | | | | | |
| Rng | Mannschaft | Summe | Snr | Name, Vorname | Jg | Klasse | Rng |
| 15 | USC Kiel | 210 | 81 | Adlung, Dominic | 84 | M25 | 19 |
| | | | 83 | Burkhard, Sascha | 75 | M35 | 47 |
| | | | 85 | Olivier, Mark | 72 | M35 | 70 |
| | | | 84 | Ziems, Alexander | 81 | M30 | 74 |
| 17 | Trias Hildesheim II | 229 | 78 | Lehmann, Jens | 76 | M35 | 22 |
| | | | 79 | Neumann, Christian | 73 | M35 | 58 |
| | | | 77 | Dammann, Raphael | 72 | M35 | 72 |
| | | | 80 | Michel, Sven | 69 | M40 | 77 |
| 18 | Wasserratten H | 260 | 96 | Eggert, Philipp | 91 | M20 | 39 |
| | | | 100 | Full, Steven | 79 | M30 | 63 |
| | | | 98 | Fitz, Manfred | 67 | M40 | 78 |
| | | | 99 | Riedel, Sven | 63 | M45 | 80 |