

27. / 28. August 2016

## Ergebnis

### Regionalliga Nord Damen Swim&Run ( 0,5 / 3 )

#### Regionalliga Nord Damen Swim&Run

| Pos | StNr | Gesamt   | Name        | Vorname   | Jg.  | Verein                  | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|-------------|-----------|------|-------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1   | 16   | 00:23:38 | Weber       | Dagmar    | 1991 | SG Lehrte/Anderten      | GER-NIE | 00:09:04 | 6   | 00:00:00 | 11  | 00:09:04 | 6   | 00:14:34 | 13  | 00:23:38 | 1   |
| 2   | 15   | 00:23:38 | Niedung     | Jule      | 1998 | SG Lehrte/Anderten      | GER-NIE | 00:09:02 | 4   | 00:00:00 | 10  | 00:09:02 | 4   | 00:14:35 | 15  | 00:23:38 | 2   |
| 3   | 14   | 00:23:38 | Jendretzki  | Nina      | 1980 | SG Lehrte/Anderten      | GER-NIE | 00:09:03 | 5   | 00:00:00 | 9   | 00:09:03 | 5   | 00:14:35 | 14  | 00:23:38 | 3   |
| 4   | 26   | 00:24:03 | Nissen      | Conny     | 1985 | TriAs Flensburg Frauen  | GER-SH  | 00:10:37 | 19  | 00:00:00 | 13  | 00:10:37 | 19  | 00:13:26 | 3   | 00:24:03 | 4   |
| 5   | 28   | 00:24:03 | Teupke      | Philine   | 1995 | TriAs Flensburg Frauen  | GER-SH  | 00:08:59 | 3   | 00:00:00 | 15  | 00:08:59 | 3   | 00:15:04 | 20  | 00:24:03 | 5   |
| 6   | 27   | 00:24:04 | Nommensen   | Lena      | 1992 | TriAs Flensburg Frauen  | GER-SH  | 00:09:06 | 7   | 00:00:00 | 29  | 00:09:06 | 7   | 00:14:57 | 18  | 00:24:04 | 6   |
| 7   | 2    | 00:24:23 | Schmidt     | Tina      | 1977 | Tri Michels Hamburg     | GER-HAM | 00:10:20 | 15  | 00:00:00 | 24  | 00:10:20 | 15  | 00:14:03 | 6   | 00:24:23 | 7   |
| 8   | 1    | 00:24:23 | Warkocz     | Maria     | 1995 | Tri Michels Hamburg     | GER-HAM | 00:09:57 | 10  | 00:00:00 | 23  | 00:09:57 | 10  | 00:14:26 | 12  | 00:24:23 | 8   |
| 9   | 3    | 00:24:25 | Strehl      | Bettina   | 1974 | Tri Michels Hamburg     | GER-HAM | 00:10:51 | 22  | 00:00:00 | 25  | 00:10:51 | 22  | 00:13:34 | 4   | 00:24:25 | 9   |
| 10  | 19   | 00:24:31 | Maier       | Marleen   | 1985 | Hannover 96 Damen II    | GER-NIE | 00:10:16 | 13  | 00:00:00 | 6   | 00:10:16 | 13  | 00:14:15 | 11  | 00:24:31 | 10  |
| 11  | 18   | 00:24:32 | Küsel-Ernst | Vera      | 1975 | Hannover 96 Damen II    | GER-NIE | 00:10:21 | 17  | 00:00:00 | 5   | 00:10:21 | 17  | 00:14:10 | 9   | 00:24:32 | 11  |
| 12  | 20   | 00:24:32 | Twele       | Lara      | 1988 | Hannover 96 Damen II    | GER-NIE | 00:10:20 | 16  | 00:00:00 | 7   | 00:10:20 | 16  | 00:14:11 | 10  | 00:24:32 | 12  |
| 13  | 12   | 00:24:50 | Sprenger    | Christin  | 1983 | Triabolos Hamburg Damen | GER-HAM | 00:09:49 | 8   | 00:00:00 | 22  | 00:09:49 | 8   | 00:15:01 | 19  | 00:24:50 | 13  |
| 14  | 9    | 00:24:50 | Isenberg    | Verena    | 1981 | Triabolos Hamburg Damen | GER-HAM | 00:10:42 | 21  | 00:00:00 | 20  | 00:10:42 | 21  | 00:14:08 | 7   | 00:24:50 | 14  |
| 15  | 11   | 00:24:50 | Reichert    | Käthe     | 1975 | Triabolos Hamburg Damen | GER-HAM | 00:10:41 | 20  | 00:00:00 | 21  | 00:10:41 | 20  | 00:14:09 | 8   | 00:24:50 | 15  |
| 16  | 13   | 00:24:57 | Hinz        | Katharina | 1997 | SG Lehrte/Anderten      | GER-NIE | 00:10:19 | 14  | 00:00:00 | 8   | 00:10:19 | 14  | 00:14:38 | 16  | 00:24:57 | 16  |

# Ergebnis

## Regionalliga Nord Damen Swim&Run

( 0,5 / 3 )

### Regionalliga Nord Damen Swim&Run

| Pos | StNr | Gesamt   | Name          | Vorname   | Jg.  | Verein                  | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|---------------|-----------|------|-------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 17  | 6    | 00:25:00 | Witsch        | Julia     | 1984 | Kaifu-Tri-Team Damen II | GER-HAM | 00:11:16 | 24  | 00:00:00 | 2   | 00:11:16 | 24  | 00:13:44 | 5   | 00:25:00 | 17  |
| 18  | 8    | 00:25:02 | Helbig        | Léana     | 1981 | Kaifu-Tri-Team Damen II | GER-HAM | 00:11:38 | 26  | 00:00:00 | 3   | 00:11:38 | 26  | 00:13:23 | 2   | 00:25:02 | 18  |
| 19  | 5    | 00:25:03 | Reuschlein    | Katja     | 1978 | Kaifu-Tri-Team Damen II | GER-HAM | 00:11:39 | 27  | 00:00:00 | 14  | 00:11:39 | 27  | 00:13:23 | 1   | 00:25:03 | 19  |
| 20  | 29   | 00:25:39 | Heintz        | Desiree   | 1984 | Bramfelder SV Damen     | GER-HAM | 00:08:50 | 1   | 00:00:00 | 1   | 00:08:50 | 1   | 00:16:48 | 28  | 00:25:39 | 20  |
| 21  | 30   | 00:25:40 | Hettich       | Stephanie | 1985 | Bramfelder SV Damen     | GER-HAM | 00:08:58 | 2   | 00:00:00 | 17  | 00:08:58 | 2   | 00:16:41 | 26  | 00:25:40 | 21  |
| 22  | 32   | 00:25:40 | Windeck       | Susanne   | 1979 | Bramfelder SV Damen     | GER-HAM | 00:10:01 | 12  | 00:00:00 | 19  | 00:10:01 | 12  | 00:15:39 | 22  | 00:25:40 | 22  |
| 23  | 22   | 00:26:09 | Günthner      | Antje     | 1975 | 1. TCO Die Bärinnen     | GER-NIE | 00:11:01 | 23  | 00:00:00 | 27  | 00:11:01 | 23  | 00:15:08 | 21  | 00:26:09 | 23  |
| 24  | 21   | 00:26:10 | Bozic         | Michaela  | 1985 | 1. TCO Die Bärinnen     | GER-NIE | 00:10:00 | 11  | 00:00:00 | 26  | 00:10:00 | 11  | 00:16:09 | 23  | 00:26:10 | 24  |
| 25  | 24   | 00:26:10 | Praeger       | Antje     | 1967 | 1. TCO Die Bärinnen     | GER-NIE | 00:09:55 | 9   | 00:00:00 | 16  | 00:09:55 | 9   | 00:16:14 | 24  | 00:26:10 | 25  |
| 26  | 23   | 00:26:31 | Hornung       | Katja     | 1972 | 1. TCO Die Bärinnen     | GER-NIE | 00:11:37 | 25  | 00:00:00 | 28  | 00:11:37 | 25  | 00:14:54 | 17  | 00:26:31 | 26  |
| 27  | 17   | 00:27:10 | Breitsprecher | Sara      | 1986 | Hannover 96 Damen II    | GER-NIE | 00:10:23 | 18  | 00:00:00 | 4   | 00:10:23 | 18  | 00:16:47 | 27  | 00:27:10 | 27  |
| 28  | 31   | 00:28:23 | Waldow        | Stefanie  | 1981 | Bramfelder SV Damen     | GER-HAM | 00:11:59 | 28  | 00:00:00 | 18  | 00:11:59 | 28  | 00:16:23 | 25  | 00:28:23 | 28  |
| 29  | 25   | 00:30:24 | Jelinek       | Hannah    | 1980 | TriAs Flensburg Frauen  | GER-SH  | 00:13:17 | 29  | 00:00:00 | 12  | 00:13:17 | 29  | 00:17:07 | 29  | 00:30:24 | 29  |

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### Regionalliga Nord Damen ( 0,75 / 27 / 5,4 )

#### Regionalliga Nord Damen

| Pos | StNr | Gesamt   | Name        | Vorname   | Jg.  | Verein                  | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|-------------|-----------|------|-------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1   | 8    | 01:27:48 | Helbig      | Léana     | 1981 | Kaifu-Tri-Team Damen II | GER-HAM | 00:16:11 | 8   | 00:46:57 | 5   | 01:03:09 | 2   | 00:24:39 | 3   | 01:27:48 | 1   |
| 2   | 16   | 01:28:42 | Weber       | Dagmar    | 1991 | SG Lehrte/Anderten      | GER-NIE | 00:14:33 | 1   | 00:49:04 | 20  | 01:03:37 | 5   | 00:25:05 | 5   | 01:28:42 | 2   |
| 3   | 18   | 01:28:51 | Küsel-Ernst | Vera      | 1975 | Hannover 96 Damen II    | GER-NIE | 00:16:24 | 10  | 00:47:21 | 9   | 01:03:45 | 7   | 00:25:05 | 4   | 01:28:51 | 3   |
| 4   | 3    | 01:29:01 | Strehl      | Bettina   | 1974 | Tri Michels Hamburg     | GER-HAM | 00:17:46 | 19  | 00:45:08 | 1   | 01:02:54 | 1   | 00:26:07 | 12  | 01:29:01 | 4   |
| 5   | 13   | 01:29:11 | Hinz        | Katharina | 1997 | SG Lehrte/Anderten      | GER-NIE | 00:15:59 | 6   | 00:47:47 | 11  | 01:03:47 | 8   | 00:25:23 | 7   | 01:29:11 | 5   |
| 6   | 26   | 01:29:16 | Nissen      | Conny     | 1985 | TriAs Flensburg Frauen  | GER-SH  | 00:17:23 | 17  | 00:46:17 | 3   | 01:03:40 | 6   | 00:25:36 | 8   | 01:29:16 | 6   |
| 7   | 2    | 01:29:35 | Schmidt     | Tina      | 1977 | Tri Michels Hamburg     | GER-HAM | 00:16:43 | 14  | 00:47:09 | 8   | 01:03:52 | 10  | 00:25:42 | 9   | 01:29:35 | 7   |
| 8   | 28   | 01:29:41 | Teupke      | Philine   | 1995 | TriAs Flensburg Frauen  | GER-SH  | 00:14:56 | 4   | 00:50:52 | 25  | 01:05:48 | 16  | 00:23:53 | 1   | 01:29:41 | 8   |
| 9   | 19   | 01:29:59 | Maier       | Marleen   | 1985 | Hannover 96 Damen II    | GER-NIE | 00:16:10 | 7   | 00:47:01 | 6   | 01:03:12 | 4   | 00:26:47 | 15  | 01:29:59 | 9   |
| 10  | 6    | 01:30:11 | Witsch      | Julia     | 1984 | Kaifu-Tri-Team Damen II | GER-HAM | 00:17:21 | 16  | 00:46:26 | 4   | 01:03:48 | 9   | 00:26:22 | 13  | 01:30:11 | 10  |
| 11  | 27   | 01:30:32 | Nommensen   | Lena      | 1992 | TriAs Flensburg Frauen  | GER-SH  | 00:15:08 | 5   | 00:48:02 | 13  | 01:03:10 | 3   | 00:27:21 | 19  | 01:30:32 | 11  |
| 12  | 11   | 01:30:48 | Reichert    | Käthe     | 1975 | Triabolos Hamburg Damen | GER-HAM | 00:17:58 | 20  | 00:47:01 | 7   | 01:05:00 | 14  | 00:25:48 | 11  | 01:30:48 | 12  |
| 13  | 1    | 01:31:12 | Warkocz     | Maria     | 1995 | Tri Michels Hamburg     | GER-HAM | 00:16:12 | 9   | 00:48:11 | 15  | 01:04:23 | 13  | 00:26:48 | 16  | 01:31:12 | 13  |
| 14  | 14   | 01:31:17 | Jendretzki  | Nina      | 1980 | SG Lehrte/Anderten      | GER-NIE | 00:14:42 | 3   | 00:49:20 | 21  | 01:04:03 | 11  | 00:27:14 | 18  | 01:31:17 | 14  |
| 15  | 9    | 01:32:57 | Isenberg    | Verena    | 1981 | Triabolos Hamburg Damen | GER-HAM | 00:18:11 | 21  | 00:49:03 | 19  | 01:07:15 | 20  | 00:25:42 | 10  | 01:32:57 | 15  |
| 16  | 12   | 01:33:06 | Sprenger    | Christin  | 1983 | Triabolos Hamburg Damen | GER-HAM | 00:16:27 | 11  | 00:49:03 | 18  | 01:05:31 | 15  | 00:27:35 | 21  | 01:33:06 | 16  |

# Ergebnis

## Regionalliga Nord Damen

( 0,75 / 27 / 5,4 )

### Regionalliga Nord Damen

| Pos | StNr | Gesamt   | Name          | Vorname   | Jg.  | Verein                  | Nat.    | Schwi.   | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|---------------|-----------|------|-------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 17  | 21   | 01:33:27 | Bozic         | Michaela  | 1985 | 1. TCO Die Bärinnen     | GER-NIE | 00:18:40 | 22  | 00:47:57 | 12  | 01:06:38 | 17  | 00:26:48 | 17  | 01:33:27 | 17  |
| 18  | 22   | 01:33:58 | Günthner      | Antje     | 1975 | 1. TCO Die Bärinnen     | GER-NIE | 00:20:58 | 27  | 00:47:43 | 10  | 01:08:41 | 23  | 00:25:16 | 6   | 01:33:58 | 18  |
| 19  | 15   | 01:34:07 | Niedung       | Jule      | 1998 | SG Lehrte/Anderten      | GER-NIE | 00:14:41 | 2   | 00:49:23 | 22  | 01:04:04 | 12  | 00:30:03 | 26  | 01:34:07 | 19  |
| 20  | 23   | 01:34:31 | Hornung       | Katja     | 1972 | 1. TCO Die Bärinnen     | GER-NIE | 00:21:18 | 28  | 00:45:41 | 2   | 01:07:00 | 18  | 00:27:31 | 20  | 01:34:31 | 20  |
| 21  | 5    | 01:34:53 | Reuschlein    | Katja     | 1978 | Kaifu-Tri-Team Damen II | GER-HAM | 00:20:08 | 25  | 00:50:07 | 23  | 01:10:15 | 28  | 00:24:37 | 2   | 01:34:53 | 21  |
| 22  | 20   | 01:35:38 | Twele         | Lara      | 1988 | Hannover 96 Damen II    | GER-NIE | 00:17:33 | 18  | 00:51:27 | 26  | 01:09:01 | 25  | 00:26:37 | 14  | 01:35:38 | 22  |
| 23  | 29   | 01:36:39 | Heintz        | Desiree   | 1984 | Bramfelder SV Damen     | GER-HAM | 00:16:28 | 12  | 00:50:47 | 24  | 01:07:16 | 21  | 00:29:23 | 24  | 01:36:39 | 23  |
| 24  | 24   | 01:37:06 | Praeger       | Antje     | 1967 | 1. TCO Die Bärinnen     | GER-NIE | 00:18:47 | 24  | 00:49:03 | 17  | 01:07:50 | 22  | 00:29:15 | 23  | 01:37:06 | 24  |
| 25  | 30   | 01:37:38 | Hettich       | Stephanie | 1985 | Bramfelder SV Damen     | GER-HAM | 00:16:32 | 13  | 00:52:58 | 28  | 01:09:31 | 26  | 00:28:07 | 22  | 01:37:38 | 25  |
| 26  | 32   | 01:38:02 | Windeck       | Susanne   | 1979 | Bramfelder SV Damen     | GER-HAM | 00:18:44 | 23  | 00:48:25 | 16  | 01:07:10 | 19  | 00:30:52 | 27  | 01:38:02 | 26  |
| 27  | 31   | 01:39:06 | Waldow        | Stefanie  | 1981 | Bramfelder SV Damen     | GER-HAM | 00:21:24 | 29  | 00:48:07 | 14  | 01:09:32 | 27  | 00:29:33 | 25  | 01:39:06 | 27  |
| 28  | 17   | 01:41:28 | Breitsprecher | Sara      | 1986 | Hannover 96 Damen II    | GER-NIE | 00:16:52 | 15  | 00:52:06 | 27  | 01:08:58 | 24  | 00:32:30 | 28  | 01:41:28 | 28  |
| 29  | 25   | 01:46:42 | Jelinek       | Hannah    | 1980 | TriAs Flensburg Frauen  | GER-SH  | 00:20:38 | 26  | 00:53:29 | 29  | 01:14:08 | 29  | 00:32:34 | 29  | 01:46:42 | 29  |

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### Regionalliga Nord Herren Swim&Run ( 0,5 / 3 )

#### Regionalliga Nord Herren Swim&Run

| Pos | StNr | Gesamt   | Name         | Vorname   | Jg.  | Verein                    | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|--------------|-----------|------|---------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1   | 44   | 00:19:46 | Becker       | Stefan    | 1994 | VfL Wolfsburg             | GER-NIE | 00:08:26 | 15  | 00:00:00 | 72  | 00:08:26 | 15  | 00:11:19 | 4   | 00:19:46 | 1   |
| 2   | 46   | 00:19:46 | Mumme        | Julius    | 1995 | VfL Wolfsburg             | GER-NIE | 00:07:52 | 5   | 00:00:00 | 74  | 00:07:52 | 5   | 00:11:53 | 27  | 00:19:46 | 2   |
| 3   | 43   | 00:19:46 | Appel        | Mirko     | 1976 | VfL Wolfsburg             | GER-NIE | 00:07:47 | 4   | 00:00:00 | 11  | 00:07:47 | 4   | 00:11:58 | 29  | 00:19:46 | 3   |
| 4   | 47   | 00:19:46 | Noodt        | Mika      | 2000 | VfL Wolfsburg             | GER-NIE | 00:07:31 | 3   | 00:00:00 | 75  | 00:07:31 | 3   | 00:12:15 | 40  | 00:19:46 | 4   |
| 5   | 57   | 00:19:59 | Winkler      | Benjamin  | 1984 | USC Kiel                  | GER-SH  | 00:08:26 | 16  | 00:00:00 | 24  | 00:08:26 | 16  | 00:11:32 | 11  | 00:19:59 | 5   |
| 6   | 56   | 00:19:59 | Teupke       | Sven      | 1998 | USC Kiel                  | GER-SH  | 00:07:54 | 6   | 00:00:00 | 23  | 00:07:54 | 6   | 00:12:04 | 34  | 00:19:59 | 6   |
| 7   | 54   | 00:19:59 | Dirksen      | Fritjof   | 1989 | USC Kiel                  | GER-SH  | 00:08:39 | 24  | 00:00:00 | 21  | 00:08:39 | 24  | 00:11:19 | 5   | 00:19:59 | 7   |
| 8   | 55   | 00:19:59 | Jörgensen    | Birger    | 1982 | USC Kiel                  | GER-SH  | 00:07:56 | 7   | 00:00:00 | 22  | 00:07:56 | 7   | 00:12:02 | 33  | 00:19:59 | 8   |
| 9   | 34   | 00:20:07 | Mahler       | Sven      | 1989 | ProEnzym Tri Team Hamburg | GER-HAM | 00:08:39 | 23  | 00:00:00 | 28  | 00:08:39 | 23  | 00:11:28 | 8   | 00:20:07 | 9   |
| 10  | 37   | 00:20:09 | Siegmund     | Alexander | 1990 | ProEnzym Tri Team Hamburg | GER-HAM | 00:09:03 | 43  | 00:00:00 | 5   | 00:09:03 | 43  | 00:11:06 | 1   | 00:20:09 | 10  |
| 11  | 36   | 00:20:09 | Oranienburg  | Kim       | 1989 | ProEnzym Tri Team Hamburg | GER-HAM | 00:08:19 | 12  | 00:00:00 | 4   | 00:08:19 | 12  | 00:11:50 | 25  | 00:20:09 | 11  |
| 12  | 35   | 00:20:09 | Kores        | Robert    | 1986 | ProEnzym Tri Team Hamburg | GER-HAM | 00:08:42 | 26  | 00:00:00 | 3   | 00:08:42 | 26  | 00:11:27 | 7   | 00:20:09 | 12  |
| 13  | 39   | 00:20:24 | Bergmann     | Silas     | 1997 | ESV Eintracht Hameln 1    | GER-NIE | 00:08:45 | 32  | 00:00:00 | 47  | 00:08:45 | 32  | 00:11:39 | 16  | 00:20:24 | 13  |
| 14  | 40   | 00:20:25 | Ender        | Björn     | 1985 | ESV Eintracht Hameln 1    | GER-NIE | 00:09:08 | 46  | 00:00:00 | 66  | 00:09:08 | 46  | 00:11:16 | 3   | 00:20:25 | 14  |
| 15  | 38   | 00:20:25 | Winterholler | Andreas   | 1983 | ESV Eintracht Hameln 1    | GER-NIE | 00:09:13 | 53  | 00:00:00 | 49  | 00:09:13 | 53  | 00:11:11 | 2   | 00:20:25 | 15  |
| 16  | 41   | 00:20:25 | Schwarz      | Stefan    | 1979 | ESV Eintracht Hameln 1    | GER-NIE | 00:08:56 | 40  | 00:00:00 | 41  | 00:08:56 | 40  | 00:11:29 | 9   | 00:20:25 | 16  |

# Ergebnis

## Regionalliga Nord Herren Swim&Run

( 0,5 / 3 )

### Regionalliga Nord Herren Swim&Run

| Pos | StNr | Gesamt   | Name         | Vorname      | Jg.  | Verein                    | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|--------------|--------------|------|---------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 17  | 48   | 00:20:30 | Nothaar      | Jan Henrik   | 1991 | Tri Michels Hamburg       | GER-HAM | 00:08:38 | 22  | 00:00:00 | 52  | 00:08:38 | 22  | 00:11:51 | 26  | 00:20:30 | 17  |
| 18  | 50   | 00:20:31 | Mombach      | Jochen       | 1980 | Tri Michels Hamburg       | GER-HAM | 00:08:48 | 36  | 00:00:00 | 54  | 00:08:48 | 36  | 00:11:42 | 20  | 00:20:31 | 18  |
| 19  | 51   | 00:20:31 | Lemaire      | Baptiste     | 1990 | Tri Michels Hamburg       | GER-HAM | 00:08:47 | 34  | 00:00:00 | 55  | 00:08:47 | 34  | 00:11:43 | 22  | 00:20:31 | 19  |
| 20  | 52   | 00:20:31 | Houtrouw     | Enno         | 1977 | Tri Michels Hamburg       | GER-HAM | 00:08:21 | 13  | 00:00:00 | 56  | 00:08:21 | 13  | 00:12:09 | 37  | 00:20:31 | 20  |
| 21  | 121  | 00:20:36 | Niederberger | Carsten      | 1979 | 1. TCO Die Bären          | GER-NIE | 00:07:24 | 1   | 00:00:00 | 62  | 00:07:24 | 1   | 00:13:12 | 62  | 00:20:36 | 21  |
| 22  | 120  | 00:20:37 | Köntje       | Joshua       | 2000 | 1. TCO Die Bären          | GER-NIE | 00:08:59 | 42  | 00:00:00 | 61  | 00:08:59 | 42  | 00:11:37 | 14  | 00:20:37 | 22  |
| 23  | 119  | 00:20:37 | Hannawald    | Finn         | 2000 | 1. TCO Die Bären          | GER-NIE | 00:08:57 | 41  | 00:00:00 | 60  | 00:08:57 | 41  | 00:11:39 | 18  | 00:20:37 | 23  |
| 24  | 118  | 00:20:37 | Fastenau     | Lennart      | 1986 | 1. TCO Die Bären          | GER-NIE | 00:09:05 | 44  | 00:00:00 | 59  | 00:09:05 | 44  | 00:11:32 | 10  | 00:20:37 | 24  |
| 25  | 49   | 00:20:43 | Hansen       | Jannek       | 1989 | Tri Michels Hamburg       | GER-HAM | 00:09:21 | 56  | 00:00:00 | 53  | 00:09:21 | 56  | 00:11:21 | 6   | 00:20:43 | 25  |
| 26  | 122  | 00:20:45 | Schneider    | Mirko        | 1989 | 1. TCO Die Bären          | GER-NIE | 00:09:10 | 49  | 00:00:00 | 63  | 00:09:10 | 49  | 00:11:35 | 12  | 00:20:45 | 26  |
| 27  | 33   | 00:20:55 | Heller       | Hauke        | 1989 | ProEnzym Tri Team Hamburg | GER-HAM | 00:08:00 | 9   | 00:00:00 | 9   | 00:08:00 | 9   | 00:12:55 | 51  | 00:20:55 | 27  |
| 28  | 76   | 00:21:03 | Kessler      | Claudius     | 1992 | Hannover 96 II            | GER-NIE | 00:09:24 | 57  | 00:00:00 | 14  | 00:09:24 | 57  | 00:11:38 | 15  | 00:21:03 | 28  |
| 29  | 73   | 00:21:04 | Hein         | Markus       | 1986 | Hannover 96 II            | GER-NIE | 00:08:05 | 10  | 00:00:00 | 1   | 00:08:05 | 10  | 00:12:59 | 54  | 00:21:04 | 29  |
| 30  | 77   | 00:21:04 | Prenzler     | Jörn         | 1980 | Hannover 96 II            | GER-NIE | 00:08:54 | 39  | 00:00:00 | 15  | 00:08:54 | 39  | 00:12:10 | 38  | 00:21:04 | 30  |
| 31  | 74   | 00:21:05 | Heiden       | Simon        | 1993 | Hannover 96 II            | GER-NIE | 00:08:32 | 19  | 00:00:00 | 12  | 00:08:32 | 19  | 00:12:32 | 44  | 00:21:05 | 31  |
| 32  | 63   | 00:21:20 | Stelzner     | Jan          | 1986 | Tri-Sport Lübeck I        | GER-SH  | 00:09:31 | 61  | 00:00:00 | 68  | 00:09:31 | 61  | 00:11:48 | 24  | 00:21:20 | 32  |
| 33  | 66   | 00:21:20 | Klotz        | Tobias       | 1976 | Tri-Sport Lübeck I        | GER-SH  | 00:09:14 | 54  | 00:00:00 | 76  | 00:09:14 | 54  | 00:12:05 | 35  | 00:21:20 | 33  |
| 34  | 65   | 00:21:20 | Müller       | Simon        | 1996 | Tri-Sport Lübeck I        | GER-SH  | 00:09:43 | 65  | 00:00:00 | 65  | 00:09:43 | 65  | 00:11:37 | 13  | 00:21:20 | 34  |
| 35  | 68   | 00:21:21 | Abeln        | Hendrik      | 1973 | TuS BW Lohne Triathlon    | GER-NIE | 00:08:16 | 11  | 00:00:00 | 16  | 00:08:16 | 11  | 00:13:04 | 57  | 00:21:21 | 35  |
| 36  | 69   | 00:21:21 | Föhse        | Marvin       | 1995 | TuS BW Lohne Triathlon    | GER-NIE | 00:08:49 | 37  | 00:00:00 | 17  | 00:08:49 | 37  | 00:12:32 | 45  | 00:21:21 | 36  |
| 37  | 67   | 00:21:21 | Kutz         | Hanno Magnus | 1999 | Tri-Sport Lübeck I        | GER-SH  |          | 0   |          | 0   |          | 0   |          | 0   | 00:21:21 | 37  |
| 38  | 72   | 00:21:22 | Schlömer     | Malte        | 1994 | TuS BW Lohne Triathlon    | GER-NIE | 00:08:46 | 33  | 00:00:00 | 30  | 00:08:46 | 33  | 00:12:35 | 47  | 00:21:22 | 38  |
| 39  | 71   | 00:21:23 | Hintze       | Benedikt     | 1981 | TuS BW Lohne Triathlon    | GER-NIE | 00:09:44 | 66  | 00:00:00 | 2   | 00:09:44 | 66  | 00:11:39 | 17  | 00:21:23 | 39  |
| 40  | 107  | 00:21:29 | Sahlke       | Max          | 1997 | Stader SV Team            | GER-NIE | 00:09:09 | 47  | 00:00:00 | 29  | 00:09:09 | 47  | 00:12:20 | 41  | 00:21:29 | 40  |
| 41  | 105  | 00:21:30 | Elfers       | Julian       | 1994 | Stader SV Team            | GER-NIE | 00:08:48 | 35  | 00:00:00 | 27  | 00:08:48 | 35  | 00:12:41 | 49  | 00:21:30 | 41  |

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# Ergebnis

## Regionalliga Nord Herren Swim&Run

( 0,5 / 3 )

### Regionalliga Nord Herren Swim&Run

| Pos | StNr | Gesamt   | Name          | Vorname     | Jg.  | Verein                      | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|---------------|-------------|------|-----------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 42  | 104  | 00:21:30 | Tiedemann     | Morten      | 1986 | Stader SV Team              | GER-NIE | 00:09:28 | 59  | 00:00:00 | 26  | 00:09:28 | 59  | 00:12:02 | 32  | 00:21:30 | 42  |
| 43  | 103  | 00:21:31 | Straube       | Konrad      | 1984 | Stader SV Team              | GER-NIE | 00:09:16 | 55  | 00:00:00 | 25  | 00:09:16 | 55  | 00:12:14 | 39  | 00:21:31 | 43  |
| 44  | 62   | 00:21:34 | Hasenpusch    | Jan         | 1989 | Triathlon Team Braunschweig | GER-NIE | 00:08:00 | 8   | 00:00:00 | 37  | 00:08:00 | 8   | 00:13:33 | 65  | 00:21:34 | 44  |
| 45  | 59   | 00:21:34 | Klindworth    | Jan-Hinrich | 1988 | Triathlon Team Braunschweig | GER-NIE | 00:09:25 | 58  | 00:00:00 | 34  | 00:09:25 | 58  | 00:12:09 | 36  | 00:21:34 | 45  |
| 46  | 61   | 00:21:35 | Schillingmann | Henning     | 1986 | Triathlon Team Braunschweig | GER-NIE | 00:08:34 | 20  | 00:00:00 | 36  | 00:08:34 | 20  | 00:13:00 | 56  | 00:21:35 | 46  |
| 47  | 60   | 00:21:36 | Schier        | Sebastian   | 1984 | Triathlon Team Braunschweig | GER-NIE | 00:08:44 | 30  | 00:00:00 | 35  | 00:08:44 | 30  | 00:12:52 | 50  | 00:21:36 | 47  |
| 48  | 75   | 00:21:44 | Bengfort      | Tobias      | 1987 | Hannover 96 II              | GER-NIE | 00:09:43 | 64  | 00:00:00 | 13  | 00:09:43 | 64  | 00:12:01 | 30  | 00:21:44 | 48  |
| 49  | 90   | 00:21:50 | Wurm          | Johannes    | 1993 | triZack Rostock e.V.        | GER-MVP | 00:08:44 | 29  | 00:00:00 | 69  | 00:08:44 | 29  | 00:13:06 | 59  | 00:21:50 | 49  |
| 50  | 92   | 00:21:50 | Schweder      | Jannes      | 2000 | triZack Rostock e.V.        | GER-MVP | 00:08:44 | 31  | 00:00:00 | 71  | 00:08:44 | 31  | 00:13:05 | 58  | 00:21:50 | 50  |
| 51  | 89   | 00:21:50 | Schütt        | Martin      | 1979 | triZack Rostock e.V.        | GER-MVP | 00:10:09 | 72  | 00:00:00 | 58  | 00:10:09 | 72  | 00:11:40 | 19  | 00:21:50 | 51  |
| 52  | 91   | 00:21:50 | Beckmann      | Lorenz      | 1998 | triZack Rostock e.V.        | GER-MVP | 00:08:23 | 14  | 00:00:00 | 70  | 00:08:23 | 14  | 00:13:27 | 63  | 00:21:50 | 52  |
| 53  | 78   | 00:21:51 | Schröder      | Julian      | 1991 | Triathlöwen Bremen          | GER-BRE | 00:08:43 | 27  | 00:00:00 | 6   | 00:08:43 | 27  | 00:13:08 | 61  | 00:21:51 | 53  |
| 54  | 81   | 00:21:52 | Schumm        | Jörn        | 1974 | Triathlöwen Bremen          | GER-BRE | 00:10:09 | 71  | 00:00:00 | 19  | 00:10:09 | 71  | 00:11:42 | 21  | 00:21:52 | 54  |
| 55  | 80   | 00:21:52 | Rehkugler     | Justus      | 1998 | Triathlöwen Bremen          | GER-BRE | 00:08:43 | 28  | 00:00:00 | 8   | 00:08:43 | 28  | 00:13:08 | 60  | 00:21:52 | 55  |
| 56  | 82   | 00:21:52 | Nowotony      | Niclaas     | 1980 | Triathlöwen Bremen          | GER-BRE | 00:10:08 | 70  | 00:00:00 | 10  | 00:10:08 | 70  | 00:11:43 | 23  | 00:21:52 | 56  |
| 57  | 85   | 00:22:11 | Schulz        | Matthias    | 1982 | Triathlon Team Buxtehude    | GER-NIE | 00:09:13 | 52  | 00:00:00 | 32  | 00:09:13 | 52  | 00:12:58 | 52  | 00:22:11 | 57  |
| 58  | 83   | 00:22:12 | Flämig        | Floyd       | 2000 | Triathlon Team Buxtehude    | GER-NIE | 00:09:12 | 50  | 00:00:00 | 20  | 00:09:12 | 50  | 00:13:00 | 55  | 00:22:12 | 58  |
| 59  | 84   | 00:22:12 | Hahn          | Daniel      | 1998 | Triathlon Team Buxtehude    | GER-NIE | 00:09:48 | 67  | 00:00:00 | 31  | 00:09:48 | 67  | 00:12:24 | 42  | 00:22:12 | 59  |
| 60  | 87   | 00:22:13 | Moritz        | Wanja       | 1985 | Triathlon Team Buxtehude    | GER-NIE | 00:09:34 | 62  | 00:00:00 | 33  | 00:09:34 | 62  | 00:12:39 | 48  | 00:22:13 | 60  |
| 61  | 42   | 00:22:41 | Behrens       | Daniel      | 1986 | ESV Eintracht Hameln 1      | GER-NIE | 00:08:30 | 17  | 00:00:00 | 42  | 00:08:30 | 17  | 00:14:11 | 72  | 00:22:41 | 61  |
| 62  | 106  | 00:22:43 | Tietjen       | Jannes      | 1997 | Stader SV Team              | GER-NIE | 00:09:09 | 48  | 00:00:00 | 38  | 00:09:09 | 48  | 00:13:34 | 66  | 00:22:43 | 62  |
| 63  | 53   | 00:22:45 | Blodau        | Marcel      | 2000 | USC Kiel                    | GER-SH  | 00:08:41 | 25  | 00:00:00 | 18  | 00:08:41 | 25  | 00:14:04 | 71  | 00:22:45 | 63  |
| 64  | 64   | 00:22:50 | Jaschik       | Jannis      | 1990 | Tri-Sport Lübeck I          | GER-SH  | 00:09:06 | 45  | 00:00:00 | 64  | 00:09:06 | 45  | 00:13:44 | 69  | 00:22:50 | 64  |
| 65  | 101  | 00:23:02 | Frank         | Lars        | 1965 | Tri Team Neumünster         | GER-SH  | 00:11:04 | 75  | 00:00:00 | 50  | 00:11:04 | 75  | 00:11:58 | 28  | 00:23:02 | 65  |
| 66  | 88   | 00:23:03 | Berndt        | Julian      | 1995 | triZack Rostock e.V.        | GER-MVP | 00:09:30 | 60  | 00:00:00 | 67  | 00:09:30 | 60  | 00:13:32 | 64  | 00:23:03 | 66  |

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# Ergebnis

## Regionalliga Nord Herren Swim&Run

( 0,5 / 3 )

### Regionalliga Nord Herren Swim&Run

| Pos | StNr | Gesamt   | Name      | Vorname   | Jg.  | Verein                   | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|-----------|-----------|------|--------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 67  | 98   | 00:23:03 | Othmann   | Volker    | 1966 | Tri Team Neumünster      | GER-SH  | 00:10:28 | 73  | 00:00:00 | 57  | 00:10:28 | 73  | 00:12:34 | 46  | 00:23:03 | 67  |
| 68  | 99   | 00:23:03 | Wüstefeld | Tim       | 1993 | Tri Team Neumünster      | GER-SH  | 00:09:13 | 51  | 00:00:00 | 48  | 00:09:13 | 51  | 00:13:50 | 70  | 00:23:03 | 68  |
| 69  | 100  | 00:23:03 | Meinert   | Heiko     | 1979 | Tri Team Neumünster      | GER-SH  | 00:10:05 | 69  | 00:00:00 | 39  | 00:10:05 | 69  | 00:12:58 | 53  | 00:23:03 | 69  |
| 70  | 70   | 00:23:11 | Gärtner   | Christian | 1980 | TuS BW Lohne Triathlon   | GER-NIE | 00:07:30 | 2   | 00:00:00 | 40  | 00:07:30 | 2   | 00:15:40 | 75  | 00:23:11 | 70  |
| 71  | 111  | 00:23:13 | Muehmel   | Matthias  | 1983 | Triabolos Hamburg Herren | GER-NIE | 00:08:49 | 38  | 00:00:00 | 45  | 00:08:49 | 38  | 00:14:23 | 73  | 00:23:13 | 71  |
| 72  | 110  | 00:23:13 | Göttsche  | Sören     | 1985 | Triabolos Hamburg Herren | GER-HAM | 00:10:48 | 74  | 00:00:00 | 46  | 00:10:48 | 74  | 00:12:25 | 43  | 00:23:13 | 72  |
| 73  | 109  | 00:23:14 | Fackler   | Matthias  | 1982 | Triabolos Hamburg Herren | GER-HAM | 00:09:38 | 63  | 00:00:00 | 43  | 00:09:38 | 63  | 00:13:35 | 67  | 00:23:14 | 73  |
| 74  | 112  | 00:23:17 | Jandt     | Maik      | 1975 | Triabolos Hamburg Herren | GER-HAM | 00:08:36 | 21  | 00:00:00 | 44  | 00:08:36 | 21  | 00:14:40 | 74  | 00:23:17 | 74  |
| 75  | 102  | 00:23:33 | Reich     | Ronald    | 1964 | Tri Team Neumünster      | GER-SH  | 00:09:51 | 68  | 00:00:00 | 51  | 00:09:51 | 68  | 00:13:42 | 68  | 00:23:33 | 75  |
| 76  | 79   | 00:24:04 | Blohme    | Thomas    | 1983 | Triathlöwen Bremen       | GER-BRE | 00:12:02 | 76  | 00:00:00 | 7   | 00:12:02 | 76  | 00:12:01 | 31  | 00:24:04 | 76  |

Einträge in der Liste: 76



27. / 28. August 2016

## Ergebnis

### Regionalliga Nord Herren ( 0,75 / 27 / 5,4 )

#### Regionalliga Nord Herren

| Pos | StNr | Gesamt   | Name         | Vorname    | Jg.  | Verein                    | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|--------------|------------|------|---------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1   | 47   | 01:13:35 | Noodt        | Mika       | 2000 | VfL Wolfsburg             | GER-NIE | 00:12:06 | 1   | 00:42:05 | 28  | 00:54:11 | 3   | 00:19:23 | 2   | 01:13:35 | 1   |
| 2   | 35   | 01:13:59 | Kores        | Robert     | 1986 | ProEnzym Tri Team Hamburg | GER-HAM | 00:13:41 | 12  | 00:40:04 | 6   | 00:53:46 | 2   | 00:20:13 | 6   | 01:13:59 | 2   |
| 3   | 38   | 01:14:00 | Winterholler | Andreas    | 1983 | ESV Eintracht Hameln 1    | GER-NIE | 00:14:39 | 31  | 00:40:06 | 8   | 00:54:46 | 21  | 00:19:14 | 1   | 01:14:00 | 3   |
| 4   | 44   | 01:14:24 | Becker       | Stefan     | 1994 | VfL Wolfsburg             | GER-NIE | 00:13:45 | 13  | 00:40:53 | 16  | 00:54:38 | 14  | 00:19:46 | 3   | 01:14:24 | 4   |
| 5   | 57   | 01:14:46 | Winkler      | Benjamin   | 1984 | USC Kiel                  | GER-SH  | 00:13:19 | 9   | 00:39:47 | 1   | 00:53:07 | 1   | 00:21:38 | 27  | 01:14:46 | 5   |
| 6   | 43   | 01:14:59 | Appel        | Mirko      | 1976 | VfL Wolfsburg             | GER-NIE | 00:12:10 | 2   | 00:42:31 | 37  | 00:54:41 | 15  | 00:20:17 | 7   | 01:14:59 | 6   |
| 7   | 49   | 01:15:04 | Hansen       | Jannek     | 1989 | Tri Michels Hamburg       | GER-HAM | 00:14:21 | 21  | 00:40:21 | 11  | 00:54:43 | 17  | 00:20:21 | 9   | 01:15:04 | 7   |
| 8   | 37   | 01:15:17 | Siegmund     | Alexander  | 1990 | ProEnzym Tri Team Hamburg | GER-HAM | 00:14:44 | 33  | 00:39:59 | 4   | 00:54:43 | 18  | 00:20:34 | 12  | 01:15:17 | 8   |
| 9   | 34   | 01:15:22 | Mahler       | Sven       | 1989 | ProEnzym Tri Team Hamburg | GER-HAM | 00:14:07 | 17  | 00:40:31 | 12  | 00:54:38 | 13  | 00:20:43 | 13  | 01:15:22 | 9   |
| 10  | 118  | 01:15:23 | Fastenau     | Lennart    | 1986 | 1. TCO Die Bären          | GER-NIE | 00:14:19 | 19  | 00:40:13 | 9   | 00:54:32 | 7   | 00:20:50 | 17  | 01:15:23 | 10  |
| 11  | 39   | 01:15:28 | Bergmann     | Silas      | 1997 | ESV Eintracht Hameln 1    | GER-NIE | 00:14:18 | 18  | 00:40:38 | 14  | 00:54:57 | 25  | 00:20:31 | 11  | 01:15:28 | 11  |
| 12  | 48   | 01:15:30 | Nothaar      | Jan Henrik | 1991 | Tri Michels Hamburg       | GER-HAM | 00:13:53 | 16  | 00:40:48 | 15  | 00:54:42 | 16  | 00:20:48 | 15  | 01:15:30 | 12  |
| 13  | 73   | 01:15:31 | Hein         | Markus     | 1986 | Hannover 96 II            | GER-NIE | 00:14:24 | 23  | 00:40:05 | 7   | 00:54:30 | 6   | 00:21:01 | 18  | 01:15:31 | 13  |
| 14  | 120  | 01:15:53 | Köntje       | Joshua     | 2000 | 1. TCO Die Bären          | GER-NIE | 00:14:37 | 30  | 00:39:56 | 2   | 00:54:33 | 8   | 00:21:19 | 23  | 01:15:53 | 14  |
| 15  | 55   | 01:15:58 | Jörgensen    | Birger     | 1982 | USC Kiel                  | GER-SH  | 00:12:56 | 6   | 00:41:38 | 21  | 00:54:34 | 9   | 00:21:23 | 24  | 01:15:58 | 15  |
| 16  | 51   | 01:16:04 | Lemaire      | Baptiste   | 1990 | Tri Michels Hamburg       | GER-HAM | 00:14:34 | 28  | 00:40:03 | 5   | 00:54:37 | 12  | 00:20:26 | 10  | 01:16:04 | 16  |

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# Ergebnis

## Regionalliga Nord Herren

( 0,75 / 27 / 5,4 )

### Regionalliga Nord Herren

| Pos | StNr | Gesamt   | Name          | Vorname  | Jg.  | Verein                      | Nat.    | Schwi.   | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|---------------|----------|------|-----------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 17  | 36   | 01:16:23 | Oranienburg   | Kim      | 1989 | ProEnzym Tri Team Hamburg   | GER-HAM | 00:13:14 | 7   | 00:41:30 | 20  | 00:54:44 | 19  | 00:21:39 | 28  | 01:16:23 | 17  |
| 18  | 33   | 01:16:35 | Heller        | Hauke    | 1989 | ProEnzym Tri Team Hamburg   | GER-HAM | 00:13:15 | 8   | 00:41:09 | 19  | 00:54:24 | 4   | 00:22:11 | 42  | 01:16:35 | 18  |
| 19  | 50   | 01:16:53 | Mombach       | Jochen   | 1980 | Tri Michels Hamburg         | GER-HAM | 00:14:25 | 24  | 00:40:20 | 10  | 00:54:45 | 20  | 00:22:07 | 40  | 01:16:53 | 19  |
| 20  | 42   | 01:16:59 | Behrens       | Daniel   | 1986 | ESV Eintracht Hameln 1      | GER-NIE | 00:14:20 | 20  | 00:40:32 | 13  | 00:54:53 | 23  | 00:22:05 | 39  | 01:16:59 | 20  |
| 21  | 52   | 01:17:10 | Houtrouw      | Enno     | 1977 | Tri Michels Hamburg         | GER-HAM | 00:13:48 | 15  | 00:41:06 | 17  | 00:54:54 | 24  | 00:22:16 | 45  | 01:17:10 | 21  |
| 22  | 74   | 01:17:14 | Heiden        | Simon    | 1993 | Hannover 96 II              | GER-NIE | 00:14:36 | 29  | 00:39:58 | 3   | 00:54:35 | 10  | 00:21:38 | 26  | 01:17:14 | 22  |
| 23  | 121  | 01:17:19 | Niederberger  | Carsten  | 1979 | 1. TCO Die Bären            | GER-NIE | 00:12:38 | 4   | 00:41:57 | 26  | 00:54:36 | 11  | 00:21:43 | 29  | 01:17:19 | 23  |
| 24  | 61   | 01:17:43 | Schillingmann | Henning  | 1986 | Triathlon Team Braunschweig | GER-NIE | 00:15:43 | 45  | 00:41:38 | 22  | 00:57:22 | 28  | 00:20:21 | 8   | 01:17:43 | 24  |
| 25  | 45   | 01:18:05 | Bock          | Fabian   | 1975 | VfL Wolfsburg               | GER-NIE | 00:13:39 | 11  | 00:41:08 | 18  | 00:54:47 | 22  | 00:22:17 | 46  | 01:18:05 | 25  |
| 26  | 54   | 01:18:06 | Dirksen       | Fritjof  | 1989 | USC Kiel                    | GER-SH  | 00:14:26 | 25  | 00:42:52 | 42  | 00:57:18 | 26  | 00:20:48 | 14  | 01:18:06 | 26  |
| 27  | 78   | 01:18:08 | Schröder      | Julian   | 1991 | Triathlößen Bremen          | GER-BRE | 00:16:19 | 50  | 00:41:43 | 24  | 00:58:02 | 33  | 00:20:06 | 5   | 01:18:08 | 27  |
| 28  | 46   | 01:18:50 | Mumme         | Julius   | 1995 | VfL Wolfsburg               | GER-NIE | 00:12:40 | 5   | 00:41:44 | 25  | 00:54:25 | 5   | 00:23:24 | 59  | 01:18:50 | 28  |
| 29  | 40   | 01:19:04 | Ender         | Björn    | 1985 | ESV Eintracht Hameln 1      | GER-NIE | 00:14:45 | 34  | 00:43:03 | 45  | 00:57:49 | 30  | 00:21:14 | 21  | 01:19:04 | 29  |
| 30  | 41   | 01:19:21 | Schwarz       | Stefan   | 1979 | ESV Eintracht Hameln 1      | GER-NIE | 00:14:47 | 35  | 00:42:31 | 38  | 00:57:19 | 27  | 00:22:02 | 38  | 01:19:21 | 30  |
| 31  | 56   | 01:19:53 | Teupke        | Sven     | 1998 | USC Kiel                    | GER-SH  | 00:12:38 | 3   | 00:45:24 | 65  | 00:58:03 | 34  | 00:21:50 | 31  | 01:19:53 | 31  |
| 32  | 63   | 01:20:07 | Stelzner      | Jan      | 1986 | Tri-Sport Lübeck I          | GER-SH  | 00:16:31 | 54  | 00:42:44 | 40  | 00:59:16 | 46  | 00:20:50 | 16  | 01:20:07 | 32  |
| 33  | 107  | 01:20:23 | Sahlke        | Max      | 1997 | Stader SV Team              | GER-NIE | 00:15:36 | 42  | 00:43:17 | 47  | 00:58:53 | 40  | 00:21:29 | 25  | 01:20:23 | 33  |
| 34  | 122  | 01:20:35 | Schneider     | Mirko    | 1989 | 1. TCO Die Bären            | GER-NIE | 00:14:41 | 32  | 00:43:39 | 50  | 00:58:20 | 36  | 00:22:14 | 44  | 01:20:35 | 34  |
| 35  | 76   | 01:20:49 | Kessler       | Claudius | 1992 | Hannover 96 II              | GER-NIE | 00:16:26 | 52  | 00:43:05 | 46  | 00:59:31 | 51  | 00:21:18 | 22  | 01:20:49 | 35  |
| 36  | 69   | 01:20:52 | Föhse         | Marvin   | 1995 | TuS BW Lohne Triathlon      | GER-NIE | 00:15:40 | 44  | 00:42:09 | 31  | 00:57:50 | 31  | 00:23:02 | 54  | 01:20:52 | 36  |
| 37  | 104  | 01:20:55 | Tiedemann     | Morten   | 1986 | Stader SV Team              | GER-NIE | 00:16:45 | 56  | 00:42:19 | 35  | 00:59:04 | 42  | 00:21:50 | 32  | 01:20:55 | 37  |
| 38  | 72   | 01:21:02 | Schlömer      | Malte    | 1994 | TuS BW Lohne Triathlon      | GER-NIE | 00:15:44 | 46  | 00:42:29 | 36  | 00:58:13 | 35  | 00:22:49 | 51  | 01:21:02 | 38  |
| 39  | 92   | 01:21:12 | Schweder      | Jannes   | 2000 | triZack Rostock e.V.        | GER-MVP | 00:15:07 | 37  | 00:44:11 | 56  | 00:59:18 | 48  | 00:21:53 | 34  | 01:21:12 | 39  |
| 40  | 68   | 01:21:13 | Abeln         | Hendrik  | 1973 | TuS BW Lohne Triathlon      | GER-NIE | 00:14:29 | 26  | 00:43:24 | 49  | 00:57:53 | 32  | 00:23:19 | 57  | 01:21:13 | 40  |
| 41  | 91   | 01:21:19 | Beckmann      | Lorenz   | 1998 | triZack Rostock e.V.        | GER-MVP | 00:15:09 | 38  | 00:44:10 | 54  | 00:59:19 | 49  | 00:21:59 | 36  | 01:21:19 | 41  |

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# Ergebnis

## Regionalliga Nord Herren

( 0,75 / 27 / 5,4 )

### Regionalliga Nord Herren

| Pos | StNr | Gesamt   | Name       | Vorname     | Jg.  | Verein                      | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|------------|-------------|------|-----------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 42  | 60   | 01:21:22 | Schier     | Sebastian   | 1984 | Triathlon Team Braunschweig | GER-NIE | 00:15:27 | 39  | 00:42:13 | 32  | 00:57:40 | 29  | 00:23:41 | 64  | 01:21:22 | 42  |
| 43  | 59   | 01:21:34 | Klindworth | Jan-Hinrich | 1988 | Triathlon Team Braunschweig | GER-NIE | 00:16:29 | 53  | 00:42:15 | 33  | 00:58:45 | 38  | 00:22:49 | 52  | 01:21:34 | 43  |
| 44  | 87   | 01:21:39 | Moritz     | Wanja       | 1985 | Triathlon Team Buxtehude    | GER-NIE | 00:17:30 | 62  | 00:42:15 | 34  | 00:59:45 | 52  | 00:21:53 | 33  | 01:21:39 | 44  |
| 45  | 80   | 01:21:50 | Rehkugler  | Justus      | 1998 | Triathlöwen Bremen          | GER-BRE | 00:15:32 | 41  | 00:43:40 | 51  | 00:59:12 | 45  | 00:22:37 | 49  | 01:21:50 | 45  |
| 46  | 81   | 01:21:52 | Schumm     | Jörn        | 1974 | Triathlöwen Bremen          | GER-BRE | 00:18:37 | 66  | 00:42:01 | 27  | 01:00:38 | 53  | 00:21:14 | 20  | 01:21:52 | 46  |
| 47  | 77   | 01:21:54 | Prenzler   | Jörn        | 1980 | Hannover 96 II              | GER-NIE | 00:15:37 | 43  | 00:43:21 | 48  | 00:58:59 | 41  | 00:22:55 | 53  | 01:21:54 | 47  |
| 48  | 109  | 01:22:05 | Fackler    | Matthias    | 1982 | Triabolas Hamburg Herren    | GER-HAM | 00:19:15 | 70  | 00:41:38 | 23  | 01:00:54 | 57  | 00:21:11 | 19  | 01:22:05 | 48  |
| 49  | 62   | 01:22:08 | Hasenpusch | Jan         | 1989 | Triathlon Team Braunschweig | GER-NIE | 00:14:24 | 22  | 00:44:18 | 58  | 00:58:42 | 37  | 00:23:25 | 60  | 01:22:08 | 49  |
| 50  | 71   | 01:23:22 | Hintze     | Benedikt    | 1981 | TuS BW Lohne Triathlon      | GER-NIE | 00:16:58 | 58  | 00:44:10 | 55  | 01:01:09 | 59  | 00:22:12 | 43  | 01:23:22 | 50  |
| 51  | 75   | 01:23:31 | Bengfort   | Tobias      | 1987 | Hannover 96 II              | GER-NIE | 00:17:16 | 61  | 00:44:13 | 57  | 01:01:30 | 62  | 00:22:01 | 37  | 01:23:31 | 51  |
| 52  | 90   | 01:23:32 | Wurm       | Johannes    | 1993 | triZack Rostock e.V.        | GER-MVP | 00:15:28 | 40  | 00:43:42 | 52  | 00:59:11 | 44  | 00:24:20 | 66  | 01:23:32 | 52  |
| 53  | 119  | 01:23:34 | Hannawald  | Finn        | 2000 | 1. TCO Die Bären            | GER-NIE | 00:14:31 | 27  | 00:44:37 | 59  | 00:59:08 | 43  | 00:24:25 | 67  | 01:23:34 | 53  |
| 54  | 82   | 01:23:43 | Nowotony   | Niclaas     | 1980 | Triathlöwen Bremen          | GER-BRE | 00:18:33 | 65  | 00:42:32 | 39  | 01:01:05 | 58  | 00:22:38 | 50  | 01:23:43 | 54  |
| 55  | 89   | 01:23:46 | Schütt     | Martin      | 1979 | triZack Rostock e.V.        | GER-MVP | 00:18:47 | 69  | 00:42:05 | 30  | 01:00:53 | 56  | 00:21:53 | 35  | 01:23:46 | 55  |
| 56  | 85   | 01:23:52 | Schulz     | Matthias    | 1982 | Triathlon Team Buxtehude    | GER-NIE | 00:17:11 | 60  | 00:44:52 | 61  | 01:02:03 | 63  | 00:21:49 | 30  | 01:23:52 | 56  |
| 57  | 99   | 01:24:10 | Wüstefeld  | Tim         | 1993 | Tri Team Neumünster         | GER-SH  | 00:18:39 | 67  | 00:42:05 | 29  | 01:00:45 | 55  | 00:23:25 | 61  | 01:24:10 | 57  |
| 58  | 112  | 01:24:14 | Jandt      | Maik        | 1975 | Triabolas Hamburg Herren    | GER-HAM | 00:16:59 | 59  | 00:43:42 | 53  | 01:00:42 | 54  | 00:23:31 | 62  | 01:24:14 | 58  |
| 59  | 88   | 01:24:39 | Berndt     | Julian      | 1995 | triZack Rostock e.V.        | GER-MVP | 00:16:32 | 55  | 00:42:57 | 44  | 00:59:29 | 50  | 00:25:10 | 70  | 01:24:39 | 59  |
| 60  | 101  | 01:24:43 | Frank      | Lars        | 1965 | Tri Team Neumünster         | GER-SH  | 00:19:42 | 72  | 00:42:50 | 41  | 01:02:33 | 66  | 00:22:10 | 41  | 01:24:43 | 60  |
| 61  | 64   | 01:24:43 | Jaschik    | Jannis      | 1990 | Tri-Sport Lübeck I          | GER-SH  | 00:16:24 | 51  | 00:42:54 | 43  | 00:59:18 | 47  | 00:25:25 | 72  | 01:24:43 | 61  |
| 62  | 84   | 01:25:00 | Hahn       | Daniel      | 1998 | Triathlon Team Buxtehude    | GER-NIE | 00:18:40 | 68  | 00:46:19 | 72  | 01:04:59 | 71  | 00:20:01 | 4   | 01:25:00 | 62  |
| 63  | 53   | 01:25:14 | Blodau     | Marcel      | 2000 | USC Kiel                    | GER-SH  | 00:13:45 | 14  | 00:45:00 | 62  | 00:58:46 | 39  | 00:26:28 | 74  | 01:25:14 | 63  |
| 64  | 66   | 01:25:43 | Klotz      | Tobias      | 1976 | Tri-Sport Lübeck I          | GER-SH  | 00:16:02 | 47  | 00:46:29 | 73  | 01:02:31 | 65  | 00:23:11 | 55  | 01:25:43 | 64  |
| 65  | 105  | 01:26:15 | Elfers     | Julian      | 1994 | Stader SV Team              | GER-NIE | 00:16:05 | 48  | 00:45:16 | 63  | 01:01:21 | 60  | 00:24:54 | 69  | 01:26:15 | 65  |
| 66  | 111  | 01:26:17 | Muehmel    | Matthias    | 1983 | Triabolas Hamburg Herren    | GER-NIE | 00:17:38 | 64  | 00:46:04 | 71  | 01:03:43 | 69  | 00:22:34 | 48  | 01:26:17 | 66  |

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# Ergebnis

## Regionalliga Nord Herren

( 0,75 / 27 / 5,4 )

### Regionalliga Nord Herren

| Pos | StNr | Gesamt   | Name     | Vorname      | Jg.  | Verein                   | Nat.    | Schw.    | Pos | Rad      | Pos | Sch+Rad  | Pos | Lauf     | Pos | Endzeit  | Pos |
|-----|------|----------|----------|--------------|------|--------------------------|---------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 67  | 497  | 01:26:42 | Kutz     | Hanno Magnus | 1999 | Tri-Sport Lübeck I       | GER-SH  | 00:15:00 | 36  | 00:48:23 | 74  | 01:03:23 | 67  | 00:23:18 | 56  | 01:26:42 | 67  |
| 68  | 103  | 01:26:50 | Straube  | Konrad       | 1984 | Stader SV Team           | GER-NIE | 00:16:47 | 57  | 00:44:40 | 60  | 01:01:27 | 61  | 00:25:22 | 71  | 01:26:50 | 68  |
| 69  | 83   | 01:26:58 | Flämig   | Floyd        | 2000 | Triathlon Team Buxtehude | GER-NIE | 00:17:30 | 63  | 00:45:55 | 68  | 01:03:25 | 68  | 00:23:32 | 63  | 01:26:58 | 69  |
| 70  | 110  | 01:29:00 | Göttsche | Sören        | 1985 | Triabolos Hamburg Herren | GER-HAM | 00:20:18 | 75  | 00:45:21 | 64  | 01:05:40 | 73  | 00:23:19 | 58  | 01:29:00 | 70  |
| 71  | 100  | 01:29:25 | Meinert  | Heiko        | 1979 | Tri Team Neumünster      | GER-SH  | 00:19:40 | 71  | 00:45:48 | 67  | 01:05:28 | 72  | 00:23:56 | 65  | 01:29:25 | 71  |
| 72  | 79   | 01:29:52 | Blohme   | Thomas       | 1983 | Triathlöwen Bremen       | GER-BRE | 00:21:35 | 76  | 00:45:56 | 69  | 01:07:31 | 76  | 00:22:21 | 47  | 01:29:52 | 72  |
| 73  | 70   | 01:30:04 | Gärtner  | Christian    | 1980 | TuS BW Lohne Triathlon   | GER-NIE | 00:13:31 | 10  | 00:48:55 | 76  | 01:02:26 | 64  | 00:27:37 | 75  | 01:30:04 | 73  |
| 74  | 102  | 01:30:42 | Reich    | Ronald       | 1964 | Tri Team Neumünster      | GER-SH  | 00:19:48 | 73  | 00:46:00 | 70  | 01:05:48 | 75  | 00:24:54 | 68  | 01:30:42 | 74  |
| 75  | 108  | 01:31:19 | Döbler   | Sascha       | 1982 | Triabolos Hamburg Herren | GER-NIE | 00:20:05 | 74  | 00:45:42 | 66  | 01:05:47 | 74  | 00:25:31 | 73  | 01:31:19 | 75  |
| 76  | 106  | 01:32:33 | Tietjen  | Jannes       | 1997 | Stader SV Team           | GER-NIE | 00:16:10 | 49  | 00:48:44 | 75  | 01:04:54 | 70  | 00:27:38 | 76  | 01:32:33 | 76  |

Einträge in der Liste: 76