

23. Iserlohner IKZ Jedermann Triathlon
Volkstriathlon (500 m / 22 km / 5 km)
Frauen / Männer

Platz Gesamt	Platz Geschlecht	Startnr.	Name	Vorname	Verein	Geschlecht	AK	Platz AK	Swim	Bike	Run	Endzeit
1	1	151	Seifert	Lukas	Tri-Geckos Dortmund	M	25	1	00:06:59	00:40:10	00:17:35	01:04:44
2	2	82	Kalmes	Oliver	SV Bergisch Gladbach	M	40	1	00:07:28	00:41:07	00:16:40	01:05:15
3	3	111	Hörstemeier	Martin	Tri-Geckos Dort-mund e. V.	M	40	2	00:07:29	00:41:57	00:18:08	01:07:34
4	4	105	Künsken	Carsten	SV Hullern 68 e.V.	M	45	1	00:07:08	00:42:32	00:18:40	01:08:20
4	4	97	Lenz	Jörg	W+F Münster e.V.	M	45	1	00:07:42	00:42:23	00:18:15	01:08:20
6	6	88	Gelberg	Gerrit	Trianhas VfL	M	20	1	00:07:15	00:44:51	00:17:13	01:09:19
7	7	87	Meyer	Kevin	Trianhas VfL Bad Arolsen	M	30	1	00:08:27	00:43:31	00:17:27	01:09:25
7	7	83	Weber	Andreas	SV Bergisch Gladbach	M	40	3	00:00:00	00:00:00	01:09:25	01:09:25
9	9	145	Pulla	Friedemann	TuS Breitscheid	M	25	2	00:07:56	00:44:31	00:18:53	01:11:20
10	10	84	Mekkioui	Ramsi	SV Bergisch Gladbach	M	40	4	00:10:04	00:43:15	00:18:04	01:11:23
11	11	147	Köhne	Lars	BF Hamm	M	25	3	00:08:32	00:44:02	00:18:55	01:11:29
12	12	113	Janzen	Berthold	SG Welper Triathlon	M	40	5	00:09:37	00:45:05	00:18:21	01:13:03
13	13	78	Gattinger	Carsten	TriForce-Vital RS	M	50	1	00:08:51	00:45:51	00:18:32	01:13:14
14	1	42	Dettmar	Sabine	Triathlon Team TG Witten	W	25	1	00:07:48	00:45:48	00:19:51	01:13:27
15	14	134	Müller	Jan-Kristof	HTT11 / Go Vegan	M	35	1	00:09:09	00:47:23	00:19:09	01:15:41
16	15	107	Eden	Matthias	sam-racing	M	45	3	00:10:25	00:46:17	00:20:02	01:16:44
17	16	81	Groß	Michael	SV Bergisch Gladbach 1920/71 e	M	45	4	00:08:48	00:47:36	00:20:31	01:16:55
18	2	36	Huhn	Carina	Triathlon Team TG Witten	W	25	2	00:09:12	00:47:29	00:20:36	01:17:17
19	17	66	Klein	Ernst	TVAttendorf TRI-TIME	M	50	2	00:08:48	00:46:33	00:22:14	01:17:35
20	18	92	Dammer	Christian	SV Bergisch Gladbach	M	45	5	00:10:24	00:47:28	00:19:55	01:17:47
21	19	74	Hassenkamp	Ralf	SV Hullern 68	M	50	3	00:08:57	00:48:12	00:20:39	01:17:48
21	19	106	Grüner	Christian	RC Lüdenscheid 98	M	45	6	00:07:40	00:50:25	00:19:43	01:17:48
23	21	63	Engel	Hans	CEMEX	M	50	4	00:10:17	00:47:46	00:20:01	01:18:04
24	22	57	Gabel	Hans-Jürgen	TSV Bayer 04 Leverkusen	M	55	1	00:09:12	00:46:06	00:23:01	01:18:19
25	23	80	Wagner	Thomas	SG Welper Triathlon	M	45	7	00:08:37	00:48:55	00:20:51	01:18:23
26	3	31	Jeleniowski	Sarah	SV Blau-Weiß Bochum	W	30	1	00:08:02	00:49:59	00:20:43	01:18:44
27	24	120	Nottebohm	Michael		M	35	2	00:10:54	00:50:37	00:17:24	01:18:55
28	25	153	Wagener	Marvin	RC Lüdenscheid '98	M	20	2	00:10:44	00:47:55	00:20:21	01:19:00
29	26	142	Schmidt	Markus	Triathlon Mülheim	M	30	2	00:09:54	00:50:11	00:19:06	01:19:11
30	27	100	Welsch	Tom	bikebuzz	M	45	8	00:10:14	00:49:16	00:20:03	01:19:33
31	4	26	Ernst	Kathrin	Triathlon-TEAM-TG Witten	W	45	1	00:10:32	00:50:03	00:19:03	01:19:38

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31	28	75	Wiecha	Rufin	Tri-Team Hagen	M	50	5	00:11:35	00:48:36	00:19:27	01:19:38
33	29	91	Chill	Jan	Herner Triathlon Team 11	M	45	9	00:09:40	00:49:50	00:20:32	01:20:02
34	30	95	Wohlfahrt	Olaf	SV Hemer 1921	M	45	10	00:07:39	00:51:41	00:20:58	01:20:18
35	31	148	Unkhoff	Jan		M	25	4	00:09:20	00:51:07	00:20:08	01:20:35
36	32	114	Roesner	Timon		M	40	6	00:10:57	00:47:49	00:21:52	01:20:38
37	5	33	Antweiler	Anna	PSV Bonn Triathlon	W	30	2	00:09:22	00:49:10	00:22:25	01:20:57
38	33	149	Allgaier	Markus	RG Paderborn	M	25	5	00:11:40	00:48:08	00:21:40	01:21:28
39	34	73	Fischer	Alex	Herner Triathlon Team 11	M	50	6	00:10:11	00:51:48	00:21:00	01:22:59
40	35	138	Bendik	Marcel		M	30	3	00:10:47	00:50:31	00:21:52	01:23:10
41	36	55	Böhne-Hasenclever	Reinhard	PV-Triathlon Witten	M	55	2	00:11:06	00:48:06	00:24:07	01:23:19
42	37	77	Kasten	Thomas		M	50	7	00:09:49	00:50:19	00:23:37	01:23:45
43	6	25	Schulz	Anja	SV Bergisch Gladbach 1920/71	W	45	2	00:09:12	00:51:59	00:22:35	01:23:46
44	38	69	Westermeier	Andreas	LT Wischlingen Dortmund	M	50	8	00:10:21	00:52:40	00:20:55	01:23:56
45	39	72	Pixberg	Dr. Martin	SV Bergisch Gladbach	M	50	9	00:09:59	00:52:57	00:21:09	01:24:05
46	40	104	Krüll	Dietmar	FTV Fischeln 1905	M	45	11	00:09:05	00:52:18	00:22:46	01:24:09
47	41	110	Rachni	Christian	Herner Triathlon Team 11	M	40	7	00:11:11	00:52:18	00:20:42	01:24:11
48	42	94	Theil	Michael	Team Erdinger Alkoholfrei/ LT	M	45	12	00:10:55	00:52:53	00:20:42	01:24:30
49	43	58	Schmeichel	Armin	Trifix Kamen	M	55	3	00:09:00	00:51:59	00:23:36	01:24:35
50	44	109	Stammen	Markus	Tri Team Ettlingen	M	40	8	00:10:49	00:52:00	00:21:55	01:24:44
51	45	85	Zimmer	Marc		M	35	3	00:10:03	00:52:31	00:22:36	01:25:10
52	46	137	Schneider	Tobias		M	30	4	00:11:20	00:52:44	00:21:42	01:25:46
53	47	155	Eikermann	Nils	ITT 1986 e.V.	M	Jugend A	1	00:07:36	00:56:47	00:21:33	01:25:56
54	48	65	Höwekenmeier	Thomas	SV Hullern 68 eV	M	50	10	00:09:17	00:53:19	00:23:23	01:25:59
55	7	35	Steinhage	Johanna	MTG Mannheim Triathlon	W	25	3	00:10:34	00:52:49	00:23:26	01:26:49
56	49	96	Tebrün	Jürgen	Tri-Geckos Dortmund	M	45	13	00:08:08	00:49:52	00:29:04	01:27:04
57	50	62	Wilhelm	Joachim	Schwelmer SC	M	50	11	00:09:28	00:54:09	00:24:01	01:27:38
58	51	60	Kasper	Ralf	Triathlon-Team Hagen	M	55	4	00:10:13	00:52:19	00:25:27	01:27:59
59	52	116	Schürmann	Stefan	PV Triathlon Witten	M	35	4	00:11:17	00:53:26	00:23:26	01:28:09
60	53	133	Münster	Heiko	Team Erdinger Alkoholfrei	M	35	5	00:13:39	00:54:49	00:20:00	01:28:28
61	54	103	Menn	Martin	Ultra Team Cronenberg	M	45	14	00:09:45	00:56:34	00:22:27	01:28:46
62	55	53	Groer	Bert	Tri Team Hagen	M	60	1	00:08:45	00:53:28	00:26:51	01:29:04
63	56	98	Schlüter	Jörg	Tri-Team Hagen	M	45	15	00:10:22	00:56:28	00:24:09	01:30:59
64	57	56	von Wurmb	Dietmar	Tri-Geckos	M	55	5	00:11:02	00:56:04	00:24:23	01:31:29

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65	8	41	Höwekenmeier	Kea	SV Hullern 68	W	Jugend A	1	00:10:07	00:58:05	00:23:37	01:31:49
66	58	144	Andres	Sven		M	25	6	00:10:57	00:59:02	00:22:23	01:32:22
67	9	43	Hooft	Esthen	Nutrixion SV Blau-Weiß-Bochum	W	30	3	00:11:06	00:57:41	00:24:13	01:33:00
68	10	24	Ingerfeld	Anett		W	45	3	00:10:31	00:58:59	00:23:33	01:33:03
69	59	112	Paulig	Karsten	FC St Pauli Triathlon	M	40	9	00:09:22	00:59:02	00:24:44	01:33:08
70	60	101	Hemmersbach	Matthias	RSC 77 Schwerte	M	45	16	00:11:06	00:59:32	00:24:54	01:35:32
71	61	143	Pavic	Tomislav		M	25	7	00:11:12	00:58:27	00:26:04	01:35:43
72	11	40	Andrick	Sina	SV Hullern 68	W	Jugend A	2	00:09:01	01:01:47	00:26:27	01:37:15
73	62	99	Saure	Hans-Jörg	TSV Fichte Hagen 1863 e.V.	M	45	17	00:15:23	00:59:34	00:23:51	01:38:48
74	63	135	Wagner	Elmar		M	35	6	00:11:58	01:02:11	00:25:39	01:39:48
75	64	140	Müller	Tim	Besser spät als später	M	30	5	00:16:00	00:59:47	00:24:04	01:39:51
76	65	154	Saure	Mattis	TSV Fichte Hagen 1863 e.V.	M	Jugend A	2	00:12:47	01:03:25	00:23:40	01:39:52
77	66	71	Sicken	Andreas	SK Oestertal Plettenberg 1956	M	50	12	00:11:52	00:57:37	00:31:21	01:40:50
78	67	61	Masling	Franz	Tauchsportclub Plettenberg e.V	M	55	6	00:10:19	01:04:34	00:26:59	01:41:52
79	68	118	Nentwich	Dennis		M	35	7	00:11:15	01:02:08	00:30:04	01:43:27
80	69	102	Hakenberg	Udo	TG Voerde	M	45	18	00:16:55	01:05:09	00:23:12	01:45:16
81	70	86	Faber	Roland		M	30	6	00:12:56	01:08:27	00:23:55	01:45:18
82	12	23	Erber-Savarese	Christine	Mach3 Köln e.V.	W	45	4	00:14:21	01:09:43	00:25:09	01:49:13
83	71	52	Fischer	Bernard	Tri As Hamm	M	60	2	00:14:36	01:06:56	00:27:44	01:49:16
84	13	21	Fienhold-Pape	Edelgard	200PRO GmbH	W	60	1	00:14:19	01:10:59	00:26:47	01:52:05
85	72	119	Teixeira	Tiago	DLRG	M	35	8	00:12:11	01:08:32	00:31:52	01:52:35
86	14	39	Breiningen	Linda	Königsborner SV Volleyball	W	20	1	00:16:23	01:06:32	00:30:30	01:53:25
87	73	79	Haefs	Henrik	TV Deilinghofen	M	50	13	00:14:00	01:13:22	00:29:03	01:56:25
88	74	64	Vonderhagen	Ralf	Triteamkira Düsseldorf	M	50	14	00:13:26	01:12:54	00:31:14	01:57:34
89	75	54	Perge	Petar		M	55	7	00:15:58	01:20:44	00:28:32	02:05:14
90	76	93	Scherer	Thierry		M	45	19	00:10:38	01:28:19	00:37:34	02:16:31
91	15	22	Kaminski	Kirsten	Triteamkira Düsseldorf	W	45	5	00:17:21	01:35:40	00:38:11	02:31:12

23. Iserlohner IKZ Jedermann Triathlon
Schülertriathlon (100 m / 2 km / 600 m)
Frauen / Männer

Platz Gesamt	Platz Geschlecht	Startnr.	Name	Vorname	Verein	Geschlecht	AK	Platz AK	Swim	Bike	Run	Endzeit
1	1	192	Krüll	David	SV Neptun 1897 e.V. Krefeld	M	Jugend B	1	00:01:36	00:00:00	00:10:43	00:12:19
2	2	196	Höbrink	Nils		M	Jugend B	2	00:01:38	00:00:00	00:10:59	00:12:37
3	3	189	Bläser	Tobias	Viermärker Dortmund	M	Schüler A	1	00:01:51	00:00:00	00:11:01	00:12:52
4	4	187	von Prondzinski	David	TuS Westfalia Hombruch	M	Schüler B	1	00:15:24	00:00:00	00:00:00	00:14:14
5	5	194	Weskamm	Nils	TTV Letmathe	M	Jugend B	3	00:02:31	00:00:00	00:11:54	00:14:25
6	6	195	Dreesen	Tillmann	TTV Letmathe	M	Jugend B	4	00:02:03	00:00:00	00:12:29	00:14:32
7	7	185	Pyykkö	Pry	SK Kangasala / Finnland	M	Schüler C	1	00:02:10	00:00:00	00:12:28	00:14:38
8	8	188	Krüll	Tom	SV Neptun 1897 e.V. Krefeld	M	Schüler B	2	00:02:17	00:00:00	00:13:06	00:15:23
9	1	184	Bruch	Laura	Turnverein Griesenbrauck	W	Jugend B	1	00:02:31	00:00:00	00:13:19	00:15:50
10	9	186	Schürmann	Maximilian	PV Triathlon Witten	M	Schüler B	3	00:03:15	00:00:00	00:12:50	00:16:05
11	2	197	Siekman	Lily	Iserlohner Tri Team	W	Schüler B	1	00:02:38	00:00:00	00:14:15	00:16:53

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Staffelwertung

Platz	Startnr.	Staffel	Swim	Bike	Run	Endzeit
1	12	Ev. Jugendhilfe Iserlohn-Hagen 1	00:07:19	00:42:57	00:18:29	01:08:45
2	10	Powerlands	00:10:12	00:43:58	00:17:28	01:11:38
3	3	Teaching-Team GS Im Wiesengrund	00:08:04	00:45:31	00:18:51	01:12:26
4	9	FahrIn Urlaub Racing Team	00:09:42	00:43:25	00:20:54	01:14:01
5	14	TCT TEAM	00:09:48	00:46:57	00:25:06	01:21:51
6	5	Two and a half men	00:08:48	00:51:58	00:21:38	01:22:24
7	7	Tri Team Merta	00:08:32	00:49:54	00:26:04	01:24:30
8	2	BSG Stadtwerke Iserlohn	00:09:36	00:55:53	00:19:06	01:24:35
9	13	Ev. Jugendhilfe Iserlohn-Hagen 2	00:09:15	00:55:49	00:20:59	01:26:03
10	11	Just4Fun	00:13:33	00:55:26	00:21:19	01:30:18
11	6	MPK Bochum	00:08:30	01:06:09	00:21:39	01:36:18
12	8	Romi	00:14:04	01:01:05	00:26:34	01:41:43
13	15		00:10:52	01:13:00	00:18:57	01:42:49
14	4	TriFunTeam	00:15:47	01:12:12	00:22:49	01:50:48
15	1	Serafini	00:12:47	01:21:59	00:22:39	01:57:25

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Stadtmeisterschaften

Platz Gesamt	Platz Geschlecht	Startnr.	Name	Vorname	Verein	Geschlecht	AK	Platz AK	Swim	Bike	Run	Endzeit
1	1	111	Hörstemeier	Martin	Tri-Geckos Dortmund e. V.	M	40	1	00:07:29	00:41:57	00:18:08	01:07:34
2	2	120	Nottebohm	Michael		M	35	1	00:10:54	00:50:37	00:17:24	01:18:55
3	3	153	Wagener	Marvin	RC Lüdenscheid '98	M	20	1	00:10:44	00:47:55	00:20:21	01:19:00
4	4	100	Welsch	Tom	bikebuzz	M	45	1	00:10:14	00:49:16	00:20:03	01:19:33
5	5	95	Wohlfahrt	Olaf	SV Hemer 1921	M	45	2	00:07:39	00:51:41	00:20:58	01:20:18
6	6	138	Bendik	Marcel		M	30	1	00:10:47	00:50:31	00:21:52	01:23:10
7	7	155	Eikermann	Nils	ITT 1986 e.V.	M	Jugend A	1	00:07:36	00:56:47	00:21:33	01:25:56
8	8	60	Kasper	Ralf	Triathlon-Team Hagen	M	55	1	00:10:13	00:52:19	00:25:27	01:27:59
9	9	101	Hemmersbach	Matthias	RSC 77 Schwerte	M	45	3	00:11:06	00:59:32	00:24:54	01:35:32
10	10	143	Pavic	Tomislav		M	25	1	00:11:12	00:58:27	00:26:04	01:35:43
11	11	86	Faber	Roland		M	30	2	00:12:56	01:08:27	00:23:55	01:45:18
12	12	119	Teixeira	Tiago	DLRG	M	35	2	00:12:11	01:08:32	00:31:52	01:52:35
13	13	79	Haefs	Henrik	TV Deilinghofen	M	50	1	00:14:00	01:13:22	00:29:03	01:56:25
14	14	54	Perge	Petar		M	55	2	00:15:58	01:20:44	00:28:32	02:05:14
15	15	93	Scherer	Thierry		M	45	4	00:10:38	01:28:19	00:37:34	02:16:31