

Altena Triathlon

Ergebnisse Frauen: Volkstriathlon 500m - 18km - 4,5km

Platz	Nr.	Name, Vorname	Verein/*Ort	Platz	AK	Endzeit	SWIM	BIKE	RUN
1	6	Schwartz, Bettina	SC Delphin Eschweiler	1	30	01:12:55	00:10:23	00:38:51	00:23:41
2	1	Gudra, Stephanie	*Altena	1	JunA	01:13:08	00:09:34	00:39:52	00:23:42
3	4	Dierkes, Anja	Tri Sport Menden	2	30	01:19:14	00:12:08	00:40:10	00:26:56
4	7	Radder, Heike	*Wipperfürth	1	40	01:19:41	00:09:39	00:43:03	00:26:59
5	5	Paulukat, Cora	LT Starlight Team Essen	1	Jug	01:22:07	00:08:49	00:42:57	00:30:21
6	3	Scheitza, Ines	*Iserlohn	3	30	01:22:32	00:11:54	00:43:34	00:27:04
7	2	Derer, Marion	fragen	1	35	01:34:13	00:12:48	00:50:40	00:30:45

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Ergebnisse Männer: Volkstriathlon 500m - 18km - 4,5km

Platz	Nr.	Name, Vorname	Verein/*Ort	Platz	AK	Endzeit	SWIM	BIKE	RUN
1	49	Schmale, Dirk	RC Lüdenscheid	1	JunA	00:57:08	00:07:29	00:31:43	00:17:56
2	13	Glasow, Andreas	SSG Altena	1	40	00:58:29	00:08:50	00:32:12	00:17:27
3	14	Riese, Maik	Tri-Team-Riese	1	30	00:59:11	00:08:41	00:31:08	00:19:22
4	48	Kuck, Hans-Jörg	Troisdorfer LG	2	40	01:00:03	00:08:19	00:32:14	00:19:30
5	41	Zerbin, Dieter	TV Rossbach	3	40	01:02:21	00:09:53	00:33:56	00:18:32
6	16	Riese, Bert	Tri-Team-Riese	2	JunA	01:02:43	00:08:39	00:33:39	00:20:25
7	27	Mühlwinkel, Marco	*Kreuztal	1	Jug	01:04:44	00:07:32	00:33:53	00:23:19
8	8	Hymmen, Bernhard	SSG Altena	4	40	01:05:13	00:08:32	00:36:10	00:20:31
9	21	Horn, Andreas	SSG Altena	1	21	01:06:11	00:09:03	00:35:37	00:21:31
10	28	Broch, Tobias	*Duisburg	1	35	01:06:27	00:09:05	00:35:26	00:21:56
11	23	Klung, Gabor	Tus Jahn Werdohl	1	JunB	01:06:52	00:11:11	00:34:41	00:21:00
12	33	Anger, Chris	Anger Racing	2	30	01:06:58	00:10:33	00:35:55	00:20:30
13	39	Mokry, Harald	TV Rossbach	5	40	01:07:28	00:11:26	00:36:40	00:19:22
14	43	Berthold, Markus	Tri Sport Menden	3	30	01:07:31	00:09:46	00:36:14	00:21:31

15	37 Godglück, Hans-Jürgen	Holzheimer SG	1	45	01:07:43	00:09:23	00:36:43	00:21:37
16	34 Ganß, Detlef	SV GW Vernum	2	45	01:08:01	00:11:12	00:35:25	00:21:24
17	35 Wegrzinek, Adrian	*Wuppertal	2	21	01:08:42	00:10:08	00:36:23	00:22:11
18	38 Hundhausen, Bastian	TV Rossbach	3	JunA	01:08:55	00:10:25	00:38:32	00:19:58
19	42 Kebeck, Rüdiger	*Niederkrüchten	4	30	01:09:31	00:09:51	00:35:43	00:23:57
20	12 Schönberg, Udo	SSG Altena	3	45	01:10:06	00:12:35	00:37:12	00:20:19
21	40 Kaufmann, René	TV Rossbach	4	JunA	01:10:11	00:11:19	00:37:35	00:21:17
22	50 Cordes, Rainer	*Witten	2	35	01:10:19	00:09:32	00:37:27	00:23:20
23	22 Hell, Benjamin	TS Evingsen	2	Jug	01:10:59	00:12:19	00:37:58	00:20:42
24	45 Hohmann, Joachim	Wasserfreunde Lüdenscheid	1	50	01:11:18	00:09:09	00:38:55	00:23:14
25	9 Benz, Helmut	SSG Altena	4	45	01:11:28	00:10:26	00:37:22	00:23:40
26	44 Rasel, Matthias	*Lüdenscheid	6	40	01:12:04	00:10:48	00:37:27	00:23:49
27	11 Fröhlich, Thomas	*Altena	7	40	01:12:33	00:10:52	00:37:51	00:23:50
28	32 Masling, Franz	Tauchsport TSV Plettenber	8	40	01:13:24	00:09:26	00:40:55	00:23:03
29	36 Salterberg, Klaus	*Hennef	5	45	01:13:34	00:11:28	00:38:47	00:23:19
30	10 Wurm-Sönnecken, Andreas	TSV Altena	9	40	01:13:39	00:12:38	00:38:26	00:22:35
31	30 Einhaus, Torsten	*Köln	3	21	01:14:55	00:10:39	00:40:40	00:23:36
32	46 Huth, Heinrich	SV Niedererbach	6	45	01:15:44	00:11:34	00:39:18	00:24:52
33	18 Rollfing, Andreas	TuS Mühlenthalmede	10	40	01:15:52	00:10:55	00:40:41	00:24:16
34	19 Leinweber, Hendrik	fragen	4	21	01:16:57	00:11:06	00:39:48	00:26:03
35	26 Meyer, Stefan	DLRG Lippstadt	5	21	01:17:04	00:10:38	00:41:00	00:25:26
36	15 Riese, Heinz	Tri-Team-Riese	1	60	01:18:52	00:12:38	00:40:03	00:26:11
37	25 Heike, Rainer	*Troisdorf	11	40	01:18:59	00:08:57	00:41:51	00:28:11
38	47 Baumert, Joachim	Blau Weiß Bochum	12	40	01:19:12	00:11:17	00:40:23	00:27:32
39	24 Ständer, Gerhard	SV Fühlungen-Chorweiler	2	50	01:20:17	00:11:38	00:42:29	00:26:10

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**Landesliga Süd:**