

19. Altenaer Triathlon am 13. August 2006**Ergebnisliste***Landesliga Süd*

| | <u>Total.</u> | <u>Nr.</u> | <u>Name Vorname</u> | <u>Mannschaft</u> | <u>Endzeit</u> | | <u>Pl. S</u> | <u>Schwimmen</u> | <u>Pl. R</u> | <u>Rad</u> | <u>Pl.n.Rnach Rad</u> | <u>Pl. L Laufen</u> |
|----------|---------------------------------|------------|---------------------|--------------------------|----------------|------|--------------|------------------|--------------|------------|-----------------------|---------------------|
| 1 | Starlight Team Essen III | | | Platzziffer: 80 | | | | | | | | |
| | 11 | 907 | Am Orde Andreas | Starlight Team Essen III | 1:58:52 | 1959 | | 0:19:33 | | 1:02:42 | 1:22:15 | 0:36:37 |
| | 16 | 908 | Bloch Marcus | Starlight Team Essen III | 2:00:29 | 1977 | | 0:15:00 | | 1:05:42 | 1:20:43 | 0:39:46 |
| | 19 | 905 | Brake Carsten | Starlight Team Essen III | 2:00:59 | 1979 | | 0:15:55 | | 1:02:49 | 1:18:44 | 0:42:15 |
| | 34 | 906 | Zupan Achim | Starlight Team Essen III | 2:03:56 | 1962 | | 0:17:49 | | 1:06:16 | 1:24:05 | 0:39:51 |
| 2 | Delphin Eschweiler II | | | Platzziffer: 87 | | | | | | | | |
| | 7 | 955 | Lürken Franz-Josef | Delphin Eschweiler II | 1:57:18 | 1964 | | 0:17:59 | | 1:03:12 | 1:21:11 | 0:36:06 |
| | 20 | 954 | Kochs Achim | Delphin Eschweiler II | 2:01:30 | 1969 | | 0:15:57 | | 1:05:26 | 1:21:23 | 0:40:06 |
| | 25 | 953 | Jansen Thomas | Delphin Eschweiler II | 2:02:05 | 0 | | 0:16:13 | | 1:05:29 | 1:21:43 | 0:40:22 |
| | 35 | 956 | Stollberg Lukas | Delphin Eschweiler II | 2:03:58 | 1986 | | 0:17:05 | | 1:06:31 | 1:23:37 | 0:40:21 |
| 3 | Tri Team TK Grevenbroich | | | Platzziffer: 96 | | | | | | | | |
| | 4 | 917 | Kruska Marco | Tri Team TK | 1:55:22 | 1974 | | 0:15:47 | | 1:00:33 | 1:16:20 | 0:39:01 |
| | 8 | 918 | Jungbluth Torsten | Tri Team TK | 1:58:24 | 1973 | | 0:18:40 | | 1:02:53 | 1:21:34 | 0:36:49 |
| | 31 | 919 | Holl Stefan | Tri Team TK | 2:02:57 | 1967 | | 0:17:51 | | 1:03:49 | 1:21:40 | 0:41:16 |
| | 53 | 920 | Schütz Uwe | Tri Team TK | 2:09:08 | 1964 | | 0:19:05 | | 1:09:07 | 1:28:12 | 0:40:55 |
| 4 | ATV Hückeswagen | | | Platzziffer: 102 | | | | | | | | |
| | 12 | 930 | Dörmbach Rene | ATV Hückeswagen | 1:59:08 | 1982 | | 0:15:51 | | 1:05:12 | 1:21:04 | 0:38:04 |
| | 17 | 931 | Stelzer Gunnar | ATV Hückeswagen | 2:00:33 | 1968 | | 0:15:26 | | 1:07:25 | 1:22:51 | 0:37:42 |
| | 32 | 929 | Stoffel Holger | ATV Hückeswagen | 2:03:16 | 1970 | | 0:18:17 | | 1:04:35 | 1:22:53 | 0:40:22 |
| | 41 | 932 | Sudhoff-Greger | ATV Hückeswagen | 2:06:11 | 1965 | | 0:18:39 | | 1:05:54 | 1:24:34 | 0:41:37 |
| 5 | ASV Köln II | | | Platzziffer: 103 | | | | | | | | |
| | 10 | 991 | Keil Marius | ASV Köln II | 1:58:49 | 1959 | | 0:17:55 | | 1:00:16 | 1:18:12 | 0:40:36 |
| | 14 | 989 | Kings Simon | ASV Köln II | 1:59:36 | 1977 | | 0:17:03 | | 1:04:44 | 1:21:48 | 0:37:48 |
| | 28 | 992 | Slupina Manuel | ASV Köln II | 2:02:48 | 1979 | | 0:14:26 | | 1:07:50 | 1:22:16 | 0:40:32 |
| | 51 | 990 | Mieß Volker | ASV Köln II | 2:09:03 | 1976 | | 0:18:57 | | 1:10:38 | 1:29:35 | 0:39:27 |
| 6 | Schwelmer SC | | | Platzziffer: 114 | | | | | | | | |
| | 6 | 903 | Kunz Guido | Schwelmer SC | 1:57:14 | 1978 | | 0:15:54 | | 1:03:33 | 1:19:27 | 0:37:46 |
| | 29 | 901 | Fuchs Markus | Schwelmer SC | 2:02:51 | 1981 | | 0:15:11 | | 1:06:44 | 1:21:56 | 0:40:54 |
| | 37 | 902 | Zarges Max | Schwelmer SC | 2:04:13 | 1976 | | 0:15:46 | | 1:07:10 | 1:22:56 | 0:41:17 |
| | 42 | 904 | Beckmann Andrik | Schwelmer SC | 2:06:36 | 1967 | | 0:15:27 | | 1:09:33 | 1:25:01 | 0:41:35 |
| 7 | SG Welper I | | | Platzziffer: 140 | | | | | | | | |
| | 5 | 925 | Moch Andreas | SG Welper I | 1:55:54 | 1967 | | 0:17:52 | | 1:01:01 | 1:18:53 | 0:37:00 |
| | 15 | 928 | Meding Jörg | SG Welper I | 2:00:18 | 1959 | | 0:18:46 | | 1:02:50 | 1:21:37 | 0:38:41 |
| | 49 | 927 | Becker Marco | SG Welper I | 2:08:23 | 1980 | | 0:14:39 | | 1:10:20 | 1:24:59 | 0:43:23 |
| | 71 | 926 | Ziemen Norbert | SG Welper I | 2:13:41 | 1967 | | 0:17:53 | | 1:16:28 | 1:34:21 | 0:39:20 |
| 8 | Kölner Triathlon Team II | | | Platzziffer: 143 | | | | | | | | |
| | 1 | 982 | Hein Markus | Kölner Triathlon Team II | 1:52:27 | 1986 | | 0:15:18 | | 1:01:31 | 1:16:49 | 0:35:37 |
| | 21 | 983 | Seidel Christian | Kölner Triathlon Team II | 2:01:40 | 1977 | | 0:17:57 | | 1:05:25 | 1:23:22 | 0:38:17 |
| | 58 | 981 | Bartscher Philipp | Kölner Triathlon Team II | 2:10:22 | 1986 | | 0:16:23 | | 1:09:17 | 1:25:41 | 0:44:41 |
| | 63 | 984 | Effertz René | Kölner Triathlon Team II | 2:11:29 | 1975 | | 0:15:17 | | 1:09:06 | 1:24:24 | 0:47:05 |
| 9 | RC Lüdenscheid II | | | Platzziffer: 154 | | | | | | | | |
| | 3 | 948 | Zimmermann Michael | RC Lüdenscheid II | 1:55:06 | 1972 | | 0:17:51 | | 1:00:03 | 1:17:55 | 0:37:11 |
| | 24 | 946 | Franke Lars | RC Lüdenscheid II | 2:02:03 | 1977 | | 0:21:20 | | 1:03:56 | 1:25:17 | 0:36:46 |
| | 44 | 947 | Ellermann Jens | RC Lüdenscheid II | 2:07:11 | 1976 | | 0:19:24 | | 1:05:56 | 1:25:20 | 0:41:50 |
| | 83 | 945 | Bräuer Andreas | RC Lüdenscheid II | 2:20:26 | 1967 | | 0:18:32 | | 1:12:22 | 1:30:55 | 0:49:31 |

* = enthält 2 Minuten Zeitstrafe d=disqualifizier

timing & results: Frielingsdorf - Datenservice - <http://www.frielingsdorf-datenservice.de>

19. Altenaer Triathlon am 13. August 2006**Ergebnisliste**

| | | | | | | | | | |
|-----------|--------------------------------|--------------------|-------------------------|-------------------------|------|---------|---------|---------|---------|
| 10 | Team Essen 99 | | | Platzziffer: 164 | | | | | |
| 2 | 957 | Graute Matthias | Team Essen 99 | 1:52:39 | 1983 | 0:00:00 | 0:00:00 | 1:19:53 | 0:32:45 |
| 38 | 960 | Ocklenburg Marc | Team Essen 99 | 2:04:13 | 1985 | 0:18:38 | 1:10:09 | 1:28:47 | 0:35:26 |
| 48 | 958 | Hardes Martin | Team Essen 99 | 2:08:20 | 1984 | 0:17:03 | 1:07:55 | 1:24:59 | 0:43:21 |
| 76 | 959 | Spicker Ute | Team Essen 99 | 2:15:07 | 1961 | 0:20:11 | 1:15:05 | 1:35:17 | 0:39:49 |
| 11 | LUBIGteam PSV Bonn III | | | Platzziffer: 170 | | | | | |
| 23 | 969 | Göldner René | LUBIGteam PSV Bonn III | 2:01:52 | 1973 | 0:18:39 | 1:06:51 | 1:25:31 | 0:36:21 |
| 36 | 972 | Layendecker Per | LUBIGteam PSV Bonn III | 2:04:11 | 1981 | 0:18:01 | 1:08:41 | 1:26:42 | 0:37:28 |
| 43 | 971 | Jacobs Thorsten | LUBIGteam PSV Bonn III | 2:07:10 | 1974 | 0:18:21 | 1:08:39 | 1:27:00 | 0:40:09 |
| 68 | 970 | Brockschmidt Felix | LUBIGteam PSV Bonn III | 2:13:07 | 1975 | 0:17:01 | 1:07:23 | 1:24:25 | 0:48:42 |
| 12 | Sieger Team Netphen II | | | Platzziffer: 171 | | | | | |
| 22 | 909 | Hansel Martin | Sieger Team Netphen II | 2:01:46 | 1964 | 0:21:11 | 1:03:13 | 1:24:24 | 0:37:21 |
| 30 | 911 | Bleuel Matthias | Sieger Team Netphen II | 2:02:57 | 1979 | 0:17:07 | 1:05:11 | 1:22:19 | 0:40:37 |
| 40 | 910 | Hundhausen Bastian | Sieger Team Netphen II | 2:05:27 | 1981 | 0:19:30 | 1:05:00 | 1:24:31 | 0:40:56 |
| 79 | 912 | Schlechtingen | Sieger Team Netphen II | 2:16:15 | 1964 | 0:18:13 | 1:13:15 | 1:31:28 | 0:44:46 |
| 13 | Bayer 05 Uerdingen IV | | | Platzziffer: 172 | | | | | |
| 13 | 922 | Terbrüggen Konrad | Bayer 05 Uerdingen IV | 1:59:25 | 1960 | 0:17:41 | 1:03:02 | 1:20:43 | 0:38:42 |
| 39 | 923 | Thun Christian | Bayer 05 Uerdingen IV | 2:04:57 | 1962 | 0:17:54 | 1:05:16 | 1:23:11 | 0:41:45 |
| 45 | 924 | Trenn Gerd | Bayer 05 Uerdingen IV | 2:07:21 | 1970 | 0:18:48 | 1:08:50 | 1:27:38 | 0:39:42 |
| 75 | 921 | Godoy Javier | Bayer 05 Uerdingen IV | 2:14:57 | 1961 | 0:17:37 | 1:11:19 | 1:28:57 | 0:45:59 |
| 14 | TuS Breitscheid II | | | Platzziffer: 184 | | | | | |
| 18 | 914 | Hammelmaier Markus | TuS Breitscheid II | 2:00:42 | 1973 | 0:18:53 | 1:01:34 | 1:20:27 | 0:40:14 |
| 50 | 915 | Strohmeier Peter | TuS Breitscheid II | 2:09:00 | 1967 | 0:17:51 | 1:11:16 | 1:29:07 | 0:39:52 |
| 55 | 916 | Thom Michael | TuS Breitscheid II | 2:09:22 | 1970 | 0:18:03 | 1:08:42 | 1:26:45 | 0:42:37 |
| 61 | 913 | Fink Markus | TuS Breitscheid II | 2:11:22 | 1967 | 0:23:01 | 1:09:02 | 1:32:03 | 0:39:19 |
| 15 | SV Sterkrade Nord II | | | Platzziffer: 213 | | | | | |
| 27 | 950 | Kawelke Thomas | SV Sterkrade Nord II | 2:02:33 | 1969 | 0:19:19 | 1:03:14 | 1:22:33 | 0:39:59 |
| 33 | 949 | Leipold Ralf | SV Sterkrade Nord II | 2:03:38 | 1959 | 0:17:10 | 1:05:12 | 1:22:22 | 0:41:15 |
| 69 | 951 | Kempf Robert | SV Sterkrade Nord II | 2:13:19 | 1970 | 0:19:32 | 1:12:51 | 1:32:23 | 0:40:55 |
| 84 | 952 | Delveaux Andre | SV Sterkrade Nord II | 2:22:02 | 1977 | 0:20:07 | 1:16:48 | 1:36:56 | 0:45:06 |
| 16 | TSG Sprockhövel I | | | Platzziffer: 218 | | | | | |
| 9 | 943 | Niklaas Kai | TSG Sprockhövel I | 1:58:39 | 1986 | 0:16:11 | 1:04:35 | 1:20:47 | 0:37:52 |
| 54 | 944 | Wiesmann Bernd | TSG Sprockhövel I | 2:09:10 | 1962 | 0:19:47 | 1:05:57 | 1:25:44 | 0:43:25 |
| 67 | 942 | Schmitz Andreas | TSG Sprockhövel I | 2:13:05 | 1958 | 0:16:40 | 1:12:29 | 1:29:09 | 0:43:55 |
| 88 | 941 | Wiesmann Wilhelm | TSG Sprockhövel I | 2:24:03 | 1951 | 0:23:52 | 1:14:08 | 1:38:00 | 0:46:02 |
| 17 | SV Delphin Tria Kettwig | | | Platzziffer: 258 | | | | | |
| 26 | 993 | Seewald Jan | SV Delphin Tria Kettwig | 2:02:18 | 1984 | 0:17:51 | 1:06:39 | 1:24:30 | 0:37:48 |
| 59 | 994 | Hoffmann Tobias | SV Delphin Tria Kettwig | 2:10:56 | 1985 | 0:16:36 | 1:11:58 | 1:28:35 | 0:42:21 |
| 80 | 995 | Longree Paul | SV Delphin Tria Kettwig | 2:16:29 | 1983 | 0:19:02 | 1:13:33 | 1:32:35 | 0:43:53 |
| 93 | 996 | Bennenhei Sven | SV Delphin Tria Kettwig | 2:38:25 | 1973 | 0:18:58 | 1:22:21 | 1:41:19 | 0:57:05 |
| 18 | Bayer 04 Leverkusen II | | | Platzziffer: 281 | | | | | |
| 56 | 975 | Gabel Jürgen | Bayer 04 Leverkusen II | 2:09:53 | 1957 | 0:18:39 | 1:05:39 | 1:24:18 | 0:45:34 |
| 70 | 976 | Wagner Roland | Bayer 04 Leverkusen II | 2:13:41 | 1964 | 0:19:15 | 1:07:18 | 1:26:33 | 0:47:07 |
| 73 | 973 | Stilez Christian | Bayer 04 Leverkusen II | 2:14:30 | 1965 | 0:21:17 | 1:07:28 | 1:28:46 | 0:45:44 |
| 82 | 974 | Billotin Stephan | Bayer 04 Leverkusen II | 2:19:32 | 1967 | 0:20:30 | 1:18:24 | 1:38:55 | 0:40:37 |
| 19 | RC TONARDO REES | | | Platzziffer: 288 | | | | | |
| 57 | 988 | Terfurth Andre | RC TONARDO REES | 2:09:59 | 1966 | 0:20:26 | 1:08:16 | 1:28:43 | 0:41:16 |
| 65 | 986 | Koch Andreas | RC TONARDO REES | 2:12:41 | 1970 | 0:19:57 | 1:12:21 | 1:32:18 | 0:40:22 |
| 66 | 987 | Farber Günter | RC TONARDO REES | 2:12:59 | 1954 | 0:18:29 | 1:08:58 | 1:27:27 | 0:45:31 |

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timing & results: Frielingsdorf - Datenservice - <http://www.frielingsdorf-datenservice.d>

19. Altenaer Triathlon am 13. August 2006**Ergebnisliste**

| | | | | | | | | | |
|-----------|-------------------------------|--------------------|-------------------------|---------|------|---------|---------|---------|---------|
| 20 | Post Telekom Köln | | Platzziffer: 298 | | | | | | |
| 52 | 935 | Brunzel Frank | Post Telekom Köln | 2:09:04 | 1964 | 0:17:39 | 1:08:23 | 1:26:02 | 0:43:01 |
| 60 | 934 | Von Rappard Gerald | Post Telekom Köln | 2:11:12 | 1973 | 0:17:40 | 1:08:29 | 1:26:10 | 0:45:02 |
| 86 | 933 | Jung Hermann | Post Telekom Köln | 2:23:13 | 1958 | 0:19:36 | 1:17:30 | 1:37:06 | 0:46:07 |
| 21 | TRC Essen 84 II | | Platzziffer: 301 | | | | | | |
| 46 | 980 | Trebing Christoph | TRC Essen 84 II | 2:07:23 | 1967 | 0:18:49 | 1:09:53 | 1:28:42 | 0:38:41 |
| 77 | 977 | Schroeder Franz | TRC Essen 84 II | 2:15:18 | 1952 | 0:21:20 | 1:08:13 | 1:29:33 | 0:45:44 |
| 87 | 978 | Stein Christian | TRC Essen 84 II | 2:23:56 | 1962 | 0:23:54 | 1:16:11 | 1:40:06 | 0:43:50 |
| 91 | 979 | Rest Klaus | TRC Essen 84 II | 2:28:34 | 1960 | 0:24:21 | 1:16:16 | 1:40:37 | 0:47:56 |
| 22 | Tri Ducks Dorsten II | | Platzziffer: 306 | | | | | | |
| 64 | 963 | Reinhardt Martin | Tri Ducks Dorsten II | 2:12:27 | 1963 | 0:16:43 | 1:07:31 | 1:24:15 | 0:48:12 |
| 72 | 962 | Kick Frank | Tri Ducks Dorsten II | 2:14:27 | 1962 | 0:18:17 | 1:11:29 | 1:29:46 | 0:44:40 |
| 81 | 961 | Broders Volker | Tri Ducks Dorsten II | 2:19:24 | 1974 | 0:18:51 | 1:14:47 | 1:33:39 | 0:45:45 |
| 89 | 964 | Schäfler Daniel | Tri Ducks Dorsten II | 2:24:55 | 1974 | 0:19:03 | 1:17:54 | 1:36:57 | 0:47:57 |
| 23 | Dülkener SV 06 | | Platzziffer: 311 | | | | | | |
| 47 | 1.000 | Wey Heiner | Dülkener SV 06 | 2:07:37 | 1957 | 0:17:41 | 1:07:38 | 1:25:20 | 0:42:17 |
| 78 | 999 | Preuß Dirk | Dülkener SV 06 | 2:16:12 | 1973 | 0:20:01 | 1:13:55 | 1:33:56 | 0:42:15 |
| 92 | 998 | Goetzie Uwe | Dülkener SV 06 | 2:34:34 | 1958 | 0:18:37 | 1:20:05 | 1:38:42 | 0:55:51 |
| 94 | 997 | Evers Thomas | Dülkener SV 06 | 0:00:00 | 1958 | 0:27:52 | 0:00:00 | 0:00:00 | 0:00:00 |
| 24 | Tri Power Aegidienberg | | Platzziffer: 349 | | | | | | |
| 74 | 937 | Spieker Mik | Tri Power Aegidienberg | 2:14:47 | 1970 | 0:17:49 | 1:11:34 | 1:29:24 | 0:45:23 |
| 85 | 939 | Helbing Dieter | Tri Power Aegidienberg | 2:22:50 | 1954 | 0:20:01 | 1:11:59 | 1:32:00 | 0:50:50 |
| 90 | 938 | Hansen Gudrun | Tri Power Aegidienberg | 2:24:56 | 1964 | 0:17:30 | 1:15:08 | 1:32:38 | 0:52:17 |
| 25 | DJK Dülmen | | Platzziffer: 362 | | | | | | |
| 62 | 966 | Duda Thomas | DJK Dülmen | 2:11:25 | 1973 | 0:19:58 | 1:09:46 | 1:29:45 | 0:41:39 |

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timing & results: Frielingsdorf - Datenservice - <http://www.frielingsdorf-datenservice.d>

19. Altenaer Triathlon am 13. August 2006**Ergebnisliste****Frauen Regionalliga**

| | <u>Total.</u> | <u>Nr.</u> | <u>Name Vorname</u> | <u>Mannschaft</u> | <u>Endzeit</u> | | <u>Pl. S</u> | <u>Schwimmen</u> | <u>Pl. R</u> | <u>Rad</u> | <u>Pl.n.Rnach Rad</u> | <u>Pl. L</u> | <u>Laufen</u> |
|-----------|---------------|------------|-----------------------|--------------------------------|----------------|------------------------|--------------|------------------|--------------|------------|-----------------------|--------------|---------------|
| 1 | | | | Starlight Team Essen | | Platzziffer: 22 | | | | | | | |
| | 2 | 307 | Rengers Katja | Starlight Team Essen | 2:12:04 | 1978 | | 0:16:20 | | 1:14:16 | | 1:30:37 | 0:41:27 |
| | 4 | 308 | Paulukat Cora | Starlight Team Essen | 2:17:03 | 1986 | | 0:18:07 | | 1:10:34 | | 1:28:42 | 0:48:21 |
| | 16 | 309 | Hüging Petra | Starlight Team Essen | 2:27:13 | 1976 | | 0:19:51 | | 1:16:53 | | 1:36:45 | 0:50:28 |
| 2 | | | | PV Triathlon Witten II | | Platzziffer: 23 | | | | | | | |
| | 3 | 305 | Halbach Anke | PV Triathlon Witten II | 2:12:20 | 1979 | | 0:16:43 | | 1:12:25 | | 1:29:09 | 0:43:10 |
| | 5 | 304 | Berke Katharina | PV Triathlon Witten II | 2:17:23 | 1985 | | 0:19:50 | | 1:17:43 | | 1:37:33 | 0:39:50 |
| | 15 | 306 | Weirich Bettina | PV Triathlon Witten II | 2:26:54 | 1973 | | 0:24:43 | | 1:18:15 | | 1:42:58 | 0:43:55 |
| 3 | | | | SG Paderborn Lemgo Lage | | Platzziffer: 30 | | | | | | | |
| | 9 | 316 | Körner-Downes | SG Paderborn Lemgo | 2:23:40 | 1958 | | 0:23:43 | | 1:16:44 | | 1:40:27 | 0:43:12 |
| | 10 | 318 | Wecker Fabienne | SG Paderborn Lemgo | 2:23:46 | 1976 | | 0:17:16 | | 1:19:59 | | 1:37:15 | 0:46:30 |
| | 11 | 317 | Samland Yvonne | SG Paderborn Lemgo | 2:23:58 | 1979 | | 0:18:06 | | 1:17:21 | | 1:35:27 | 0:48:30 |
| 4 | | | | RTC Frechen 80 | | Platzziffer: 32 | | | | | | | |
| | 1 | 328 | Kaulen Vanessa | RTC Frechen 80 | 2:10:32 | 1981 | | 0:17:17 | | 1:12:14 | | 1:29:32 | 0:41:00 |
| | 13 | 329 | Sokolowska | RTC Frechen 80 | 2:25:41 | 1976 | | 0:25:10 | | 1:16:01 | | 1:41:11 | 0:44:30 |
| | 18 | 330 | Borchert Annett | RTC Frechen 80 | 2:27:51 | 1971 | | 0:18:42 | | 1:21:50 | | 1:40:33 | 0:47:18 |
| 5 | | | | Tri Speed Marienfeld | | Platzziffer: 40 | | | | | | | |
| | 6 | 333 | Ahlke Christiane | Tri Speed Marienfeld | 2:21:42 | 1962 | | 0:21:01 | | 1:13:48 | | 1:34:49 | 0:46:53 |
| | 12 | 332 | Reckord Ute | Tri Speed Marienfeld | 2:24:08 | 1973 | | 0:20:28 | | 1:15:55 | | 1:36:23 | 0:47:44 |
| | 22 | 331 | Waltermann Birgit | Tri Speed Marienfeld | 2:32:03 | 1966 | | 0:23:11 | | 1:18:59 | | 1:42:10 | 0:49:52 |
| 6 | | | | TuS Breitscheid | | Platzziffer: 45 | | | | | | | |
| | 7 | 313 | Bohris-Jäggi Beatrice | TuS Breitscheid | 2:21:57 | 1964 | | 0:23:31 | | 1:13:36 | | 1:37:08 | 0:44:49 |
| | 17 | 315 | Wolff Tammy | TuS Breitscheid | 2:27:39 | 1982 | | 0:16:50 | | 1:18:47 | | 1:35:37 | 0:52:01 |
| | 21 | 314 | Coenen Bärbel | TuS Breitscheid | 2:30:25 | 1968 | | 0:18:25 | | 1:21:09 | | 1:39:35 | 0:50:50 |
| 7 | | | | Wuppertal | | Platzziffer: 57 | | | | | | | |
| | 14 | 311 | Oppermann Andrea | Wuppertal | 2:26:35 | 1976 | | 0:21:13 | | 1:19:10 | | 1:40:24 | 0:46:11 |
| | 19 | 310 | Melcher Alrun | Wuppertal | 2:28:51 | 1977 | | 0:18:47 | | 1:21:02 | | 1:39:49 | 0:49:02 |
| | 24 | 312 | Nicole Hackenberg | Wuppertal | 2:33:50 | 1980 | | 0:20:24 | | 1:24:03 | | 1:44:27 | 0:49:23 |
| 8 | | | | Bayer 05 Uerdingen | | Platzziffer: 64 | | | | | | | |
| | 8 | 320 | Rohmann Daniela | Bayer 05 Uerdingen | 2:22:34 | 1977 | | 0:19:19 | | 1:14:56 | | 1:34:15 | 0:48:18 |
| | 26 | 321 | Blondin Juliane | Bayer 05 Uerdingen | 2:34:52 | 1959 | | 0:24:39 | | 1:26:32 | | 1:51:11 | 0:43:41 |
| | 30 | 319 | Budde Anja | Bayer 05 Uerdingen | 2:45:57 | 1963 | | 0:21:13 | | 1:26:02 | | 1:47:16 | 0:58:41 |
| 9 | | | | TRI As Hamm | | Platzziffer: 74 | | | | | | | |
| | 20 | 327 | Wagner Bettina | TRI As Hamm | 2:29:06 | 1976 | | 0:19:17 | | 1:16:22 | | 1:35:39 | 0:53:26 |
| | 25 | 325 | Hoffmeister Meike | TRI As Hamm | 2:33:55 | 1969 | | 0:24:23 | | 1:22:45 | | 1:47:08 | 0:46:46 |
| | 29 | 326 | Nordmann Jessica | TRI As Hamm | 2:40:36 | 1979 | | 0:24:40 | | 1:24:29 | | 1:49:09 | 0:51:26 |
| 10 | | | | RC Endspurt Herford | | Platzziffer: 78 | | | | | | | |
| | 23 | 324 | Daake-Müller Ursula | RC Endspurt Herford | 2:33:41 | 1968 | | 0:23:41 | | 1:19:12 | | 1:42:54 | 0:50:47 |
| | 27 | 323 | Herholz Nicole | RC Endspurt Herford | 2:35:13 | 1968 | | 0:27:48 | | 1:18:24 | | 1:46:13 | 0:49:00 |
| | 28 | 322 | Klein Anje-Katharina | RC Endspurt Herford | 2:36:05 | 1966 | | 0:24:57 | | 1:22:49 | | 1:47:46 | 0:48:18 |
| 11 | | | | Rückenwind Dortmund II | | Platzziffer: 99 | | | | | | | |
| | 0 | 0 | | | | 0 | | | | | | | |

* = enthält 2 Minuten Zeitstrafe d=disqualifizier

timing & results: Frielingsdorf - Datenservice - <http://www.frielingsdorf-datenservice.de>