

AK 20 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	678	Minja Joy Newe		AK 20 (w)	1	0:30:56 (1)	4:29	1:27:37 (2)	1:35	0:53:10 (1)	2:57:48
2	840	Ella Sudmann		AK 20 (w)	2	0:37:13 (2)	5:15	1:15:55 (1)	1:47	1:00:56 (2)	3:01:06

AK 20 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	706	Jannes-Lino Heise	SCC Berlin	AK 20 (m)	1	0:27:42 (2)	3:18	1:06:38 (2)	1:17	0:45:18 (1)	2:24:13
2	726	Maximilian Rösemeier		AK 20 (m)	2	0:30:45 (4)	2:50	1:06:10 (1)	1:15	0:47:43 (2)	2:28:42
3	719	Nick Scharf		AK 20 (m)	3	0:26:18 (1)	3:32	1:15:23 (4)	0:58	0:53:21 (3)	2:39:31
4	733	Marlon Kaib		AK 20 (m)	4	0:27:47 (3)	3:31	1:12:56 (3)	1:31	0:57:12 (4)	2:42:57
5	786	Lukas Grundmann	SV Untrainiert	AK 20 (m)	5	0:33:42 (5)	4:07	1:20:15 (5)	1:40	0:59:49 (5)	2:59:32

AK 25 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	756	Lara Slavik	Triathlöwen Bremen e.V.	AK 25 (w)	1	0:31:50 (3)	2:52	1:09:57 (1)	1:09	0:42:46 (1)	2:28:33
2	748	Finja Tietjen		AK 25 (w)	2	0:29:50 (2)	3:41	1:13:48 (3)	1:30	0:50:16 (3)	2:39:05
3	787	Lena Schröder	ATS Buntentor	AK 25 (w)	3	0:34:04 (6)	3:49	1:12:56 (2)	2:03	0:48:22 (2)	2:41:15
4	828	Alisa Cantauw		AK 25 (w)	4	0:31:54 (4)	3:28	1:16:26 (5)	1:00	0:52:11 (4)	2:44:58
5	826	WIEBKE Ohrenberg	Triabolos Hamburg e.V.	AK 25 (w)	5	0:32:58 (5)	3:58	1:15:30 (4)	1:14	0:53:33 (5)	2:47:13
6	860	Alina Linke		AK 25 (w)	6	0:36:14 (7)	5:08	1:17:54 (6)	1:02	0:55:45 (6)	2:56:02
7	753	Annalena Haack		AK 25 (w)	7	0:29:11 (1)	4:15	1:21:43 (9)	1:16	1:00:17 (8)	2:56:42
8	861	Nina Mannschott		AK 25 (w)	8	0:44:15 (10)	5:19	1:18:12 (7)	2:07	0:56:36 (7)	3:08:28 *
9	856	Kristin Busse		AK 25 (w)	9	0:38:53 (8)	3:41	1:19:41 (8)	2:14	1:12:08 (9)	3:16:39
10	863	Sara Mannschott		AK 25 (w)	10	0:41:19 (9)	6:00	1:39:38 (10)	2:21	1:13:37 (10)	3:42:56

AK 25 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	677	Jesse Hinrichs	1.TCO Die Bären	AK 25 (m)	1	0:18:55 (1)	2:13	0:54:54 (1)	1:22	0:37:18 (3)	1:54:42
2	695	Sven Zabel	Triathlon Club Bremen	AK 25 (m)	2	0:25:46 (4)	2:19	0:59:22 (2)	0:48	0:37:11 (2)	2:05:25
3	692	Tobias Jürchott	TriAs Flensburg e.V.	AK 25 (m)	3	0:24:39 (2)	3:07	1:01:04 (3)	1:08	0:35:48 (1)	2:05:46
4	703	Lukas Eberwein	CF Victoria Bremen '05	AK 25 (m)	4	0:26:39 (5)	3:04	1:02:54 (4)	1:14	0:40:15 (4)	2:14:06
5	722	Niklas Wendt	Triathlöwen Bremen e.V.	AK 25 (m)	5	0:27:55 (7)	2:19	1:03:36 (5)	0:58	0:41:10 (5)	2:15:58
6	718	Moritz Rüter	Hannover Teamgeist	AK 25 (m)	6	0:24:44 (3)	3:12	1:09:47 (10)	1:18	0:43:33 (7)	2:22:33
7	760	Emil Stock		AK 25 (m)	7	0:29:09 (8)	3:19	1:04:43 (6)	1:28	0:49:06 (11)	2:27:44
8	705	Lukas Schmidt	TV Scheeßel Triathlon	AK 25 (m)	8	0:31:57 (10)	3:34	1:08:59 (8)	1:07	0:42:07 (6)	2:27:44
9	782	Nils Klinge	Triabolos Hamburg e.V.	AK 25 (m)	9	0:30:41 (9)	3:14	1:05:51 (7)	0:49	0:47:25 (8)	2:28:00
10	824	Johann Ems		AK 25 (m)	10	0:27:37 (6)	3:35	1:09:55 (11)	1:21	0:47:50 (9)	2:30:18
11	754	Alexander Zimmermann		AK 25 (m)	11	0:32:57 (11)	3:44	1:09:28 (9)	1:44	0:49:28 (13)	2:37:21
12	755	Anton Schlör		AK 25 (m)	12	0:33:15 (13)	3:23	1:11:03 (12)	0:56	0:48:44 (10)	2:37:21
13	836	David Brodbeck		AK 25 (m)	13	0:37:37 (15)	4:31	1:13:20 (13)	1:35	0:49:07 (12)	2:46:19 *
14	808	Hannes Laslo	Tri-Sexuals	AK 25 (m)	14	0:33:07 (12)	4:15	1:16:19 (18)	1:26	0:53:17 (15)	2:48:23
15	818	Matthias Timmermann		AK 25 (m)	15	0:34:13 (14)	3:57	1:16:10 (17)	1:11	0:56:03 (16)	2:51:34
16	777	Maximilian Stamme		AK 25 (m)	16	0:41:29 (18)	5:00	1:15:01 (15)	2:52	0:51:19 (14)	2:55:41
17	883	Joshua Henning	SV Eintracht Hepstedt / Breddorf	AK 25 (m)	17	0:38:03 (16)	4:07	1:15:48 (16)	1:46	0:58:46 (18)	2:58:29
18	827	Martin Kenner		AK 25 (m)	18	0:38:15 (17)	4:40	1:14:21 (14)	4:38	0:57:09 (17)	2:59:03
19	862	Jan-Paul Horn		AK 25 (m)	19	0:44:34 (19)	6:41	1:40:29 (19)	2:00	1:26:42 (19)	4:00:24

AK 30 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	882	Miriam Warnke	Triathlöwen Bremen	AK 30 (w)	1	0:33:06 (2)	3:39	1:10:52 (1)	1:15	0:47:06 (1)	2:35:57
2	778	Maire Osmers	SG Stern Bremen	AK 30 (w)	2	0:27:41 (1)	3:41	1:22:48 (2)	1:18	1:01:50 (2)	2:57:17

AK 30 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	691	Marlon Thomas		AK 30 (m)	1	0:23:39 (2)	3:14	1:02:07 (1)	0:59	0:40:04 (1)	2:10:04
2	693	Hendric Gutacker	USC Kiel	AK 30 (m)	2	0:24:42 (5)	2:50	1:02:52 (2)	1:31	0:43:53 (4)	2:15:47
3	834	Krull Simon		AK 30 (m)	3	0:31:37 (13)	3:49	1:03:25 (3)	1:12	0:43:19 (2)	2:23:23
4	716	Christopher Krauß		AK 30 (m)	4	0:24:37 (4)	3:21	1:09:23 (9)	1:00	0:48:17 (9)	2:26:38
5	788	Tobias Markmeyer	RSC Oldenburg	AK 30 (m)	5	0:35:21 (18)	3:02	1:03:43 (4)	1:13	0:44:10 (5)	2:27:29
6	815	Alexander Stange	Sparkasse Bremen	AK 30 (m)	6	0:27:07 (7)	3:19	1:12:41 (12)	0:58	0:44:53 (6)	2:28:57
7	783	Hauke Conradi		AK 30 (m)	7	0:28:56 (8)	4:43	1:04:18 (5)	1:47	0:49:27 (11)	2:29:10
8	704	Stefan Diersmann	Triathlöwen Bremen e.V.	AK 30 (m)	8	0:25:45 (6)	3:26	1:06:46 (7)	1:31	0:52:02 (15)	2:29:31
9	814	Henrik Drewes	ESV TuS 98 Altenbeken e.V.	AK 30 (m)	9	0:38:49 (23)	3:48	1:05:55 (6)	1:32	0:43:48 (3)	2:33:53
10	683	Paul Burzan		AK 30 (m)	10	0:24:23 (3)	3:18	1:13:42 (13)	1:13	0:51:25 (13)	2:34:00
11	857	Sebastian Jurczyk		AK 30 (m)	11	0:34:02 (17)	5:14	1:08:11 (8)	2:12	0:45:42 (7)	2:35:21
12	766	Phil Burzan	Amsterdam Triathlon and Cycling	AK 30 (m)	12	0:30:06 (10)	4:55	1:10:37 (11)	1:18	0:48:54 (10)	2:35:50
13	680	Jörn Wolters		AK 30 (m)	13	0:21:04 (1)	4:56	1:19:20 (21)	0:56	0:52:00 (14)	2:38:16
14	871	Jan Weinmann		AK 30 (m)	14	0:33:18 (16)	4:34	1:15:07 (16)	2:00	0:50:54 (12)	2:46:02 *
15	747	Felix Fingas		AK 30 (m)	15	0:29:02 (9)	5:06	1:18:03 (19)	1:47	0:53:33 (17)	2:47:30
16	829	Florian Steffen		AK 30 (m)	16	0:36:43 (20)	5:39	1:15:51 (17)	3:42	0:46:36 (8)	2:48:31
17	802	Hanno Teiwes		AK 30 (m)	17	0:30:41 (11)	4:36	1:17:31 (18)	1:29	0:55:17 (18)	2:49:35
18	752	Henning Becker		AK 30 (m)	18	0:32:12 (14)	4:51	1:09:58 (10)	1:54	1:01:16 (23)	2:50:11
19	712	Hannes Kröger	ERDINGER Active TEAM	AK 30 (m)	19	0:33:18 (15)	4:03	1:14:57 (15)	1:27	0:56:33 (21)	2:50:18
20	721	Max Hädrich		AK 30 (m)	20	0:36:38 (19)	4:28	1:18:44 (20)	0:56	0:56:21 (20)	2:57:06
21	759	Marco Buck	Vollkornsprudel	AK 30 (m)	21	0:37:22 (22)	4:45	1:23:38 (23)	2:01	0:52:11 (16)	2:59:55
22	875	Maximilian Meyer	TSG Düderode/Oldenrode	AK 30 (m)	22	0:36:58 (21)	6:21	1:20:16 (22)	0:56	0:55:50 (19)	3:00:20
23	817	Jonas Book		AK 30 (m)	23	0:31:32 (12)	4:59	1:14:44 (14)	1:56	1:09:42 (26)	3:02:52
24	775	Nils Reetz		AK 30 (m)	24	0:45:55 (26)	6:14	1:23:54 (24)	1:40	0:59:09 (22)	3:16:52
25	842	Max Leno		AK 30 (m)	25	0:38:49 (24)	5:22	1:26:01 (25)	2:29	1:04:38 (25)	3:17:20
26	865	Steven Kinnard		AK 30 (m)	26	0:44:17 (25)	7:20	()		1:04:20 (24)	3:48:24

AK 35 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	697	Viktoria Rath	1. Tri-Club Paderborn	AK 35 (w)	1	0:26:24 (2)	3:17	1:10:21 (2)	1:02	0:44:16 (1)	2:25:20
2	750	Linda Neddermann	Triathlon Club Bremen	AK 35 (w)	2	0:31:22 (3)	3:18	1:12:38 (3)	0:57	0:46:55 (2)	2:35:10
3	819	Wiebke Arkenau	Wasser und Freizeit Münster	AK 35 (w)	3	0:33:12 (4)	4:44	1:09:28 (1)	2:15	0:47:31 (3)	2:37:12

AK 35 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	690	Patrick Dekorsi	LET'S RUN Bremen	AK 35 (m)	1	0:23:39 (1)	2:30	1:00:58 (1)	0:57	0:39:08 (2)	2:07:12
2	711	Kim Martin Vlasics	Club zur Vahr	AK 35 (m)	2	0:27:58 (3)	3:27	1:08:08 (5)	0:59	0:46:48 (4)	2:27:20
3	707	Bastian Fraune	Triathlon Club Bremen	AK 35 (m)	3	0:31:52 (7)	2:49	1:08:12 (6)	0:58	0:45:35 (3)	2:29:26
4	841	David Mittelstädt		AK 35 (m)	4	0:32:28 (9)	3:14	1:05:21 (2)	1:23	0:47:24 (6)	2:29:50
5	768	Matthias Amoneit	Team Zoot Europe	AK 35 (m)	5	0:34:34 (14)	2:58	1:13:08 (11)	2:06	0:37:26 (1)	2:30:13
6	740	Nils Straßmann	TriAs Flensburg e.V.	AK 35 (m)	6	0:26:44 (2)	3:03	1:06:00 (3)	1:37	0:54:30 (13)	2:31:54
7	679	Andre Sempf		AK 35 (m)	7	0:33:01 (11)	3:59	1:09:49 (7)	1:47	0:46:57 (5)	2:35:33
8	728	Felix Sonnenschein		AK 35 (m)	8	0:32:03 (8)	4:00	1:10:24 (9)	1:18	0:48:19 (7)	2:36:05
9	844	Sebastian Könemann		AK 35 (m)	9	0:35:08 (15)	5:03	1:08:00 (4)	1:23	0:48:30 (8)	2:38:02
10	743	Bastian Wegner		AK 35 (m)	10	0:33:58 (12)	3:24	1:10:11 (8)	2:01	0:53:35 (11)	2:43:09
11	807	Pawel Sierzputowski		AK 35 (m)	11	0:31:33 (6)	4:08	1:14:28 (13)	1:45	0:51:20 (10)	2:43:15
12	803	Antti Virtaranta	Ohne Verein	AK 35 (m)	12	0:31:09 (4)	3:42	1:14:57 (15)	2:43	0:50:58 (9)	2:43:28
13	879	Henning Schick	Drehmoment e.V.	AK 35 (m)	13	0:31:30 (5)	4:05	1:10:41 (10)	1:55	0:57:58 (16)	2:46:09
14	851	Markus Heseler		AK 35 (m)	14	0:35:21 (16)	5:31	1:14:49 (14)	2:04	0:54:34 (14)	2:52:18
15	870	Mike Schroeder		AK 35 (m)	15	0:37:22 (18)	4:40	1:13:35 (12)	1:35	0:55:54 (15)	2:53:15 *
16	855	Karsten Jeschkies		AK 35 (m)	16	0:34:12 (13)	4:21	1:18:07 (17)	2:25	0:58:08 (17)	2:57:12
17	864	Moritz Vieth		AK 35 (m)	17	0:40:39 (19)	4:14	1:19:15 (18)	1:28	0:53:56 (12)	2:59:31
18	771	Dominik Schelenz		AK 35 (m)	18	0:32:38 (10)	5:18	1:21:06 (19)	1:43	1:04:25 (18)	3:05:09
19	859	Banon Patrick Mutihinda-Bambe	Kijs UVA connexions	AK 35 (m)	19	0:41:05 (20)	5:47	1:17:23 (16)	3:00	1:10:22 (19)	3:17:37

AK 35 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
20	805	Tobias Sulz	Hansefit	AK 35 (m)	20	0:36:38 (17)	6:46	1:30:00 (21)	2:16	1:13:47 (20)	3:29:26
21	874	Michael Cordes		AK 35 (m)	21	0:41:07 (21)	6:19	1:21:26 (20)	4:41	1:26:48 (21)	3:40:20

AK 40 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	720	Tanja Elmers	Triathlöwen Bremen e.V.	AK 40 (w)	1	0:28:09 (1)	2:54	1:06:51 (1)	1:07	0:46:27 (1)	2:25:28

AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	684	Benedikt Hintze	BW Lohne Leichtathletik	AK 40 (m)	1	0:23:31 (1)	2:15	1:01:53 (2)	1:11	0:38:01 (1)	2:06:52
2	698	Henning Austerschmidt	1. Tri-Club Paderborn	AK 40 (m)	2	0:24:33 (2)	2:36	1:04:03 (6)	1:04	0:40:20 (2)	2:12:36
3	745	Jan Askamp	Capital Rouleurs	AK 40 (m)	3	0:29:17 (4)	3:18	0:58:26 (1)	1:24	0:44:36 (4)	2:17:01
4	735	Andre Köppen		AK 40 (m)	4	0:27:10 (3)	3:40	1:03:48 (5)	1:26	0:46:09 (5)	2:22:13
5	776	Christian Meyer	Kabarett ROhrSTOCK e.V.	AK 40 (m)	5	0:30:04 (5)	3:09	1:02:59 (4)	1:35	0:46:14 (6)	2:24:01
6	724	Dirk Wahn	TriCologne	AK 40 (m)	6	0:33:12 (9)	3:27	1:02:46 (3)	1:26	0:43:35 (3)	2:24:27
7	761	Christian Schnack		AK 40 (m)	7	0:32:01 (7)	3:46	1:11:23 (9)	1:52	0:51:32 (8)	2:40:34
8	812	Lars Petershagen		AK 40 (m)	8	0:34:13 (10)	4:38	1:11:46 (10)	2:04	0:52:30 (9)	2:45:11
9	798	Markus Herwig	TSV Giesen / Oberdorf	AK 40 (m)	9	0:31:25 (6)	4:20	1:17:20 (14)	1:11	0:51:15 (7)	2:45:31
10	849	Fabian Zinser	LAV Bokel	AK 40 (m)	10	0:36:59 (12)	4:45	1:07:33 (7)	2:19	1:00:34 (13)	2:52:09
11	878	Marco Schimpf	PIH Bremerhaven	AK 40 (m)	11	0:36:23 (11)	3:53	1:13:01 (11)	2:26	0:57:48 (11)	2:53:30
12	762	Thomas Baumgarten	Triathlöwen Bremen e.V.	AK 40 (m)	12	0:37:52 (14)	4:56	1:14:55 (12)	1:23	0:56:19 (10)	2:55:25
13	869	Jack Smaavik		AK 40 (m)	13	0:38:39 (15)	8:29	1:08:26 (8)	2:23	0:58:34 (12)	2:56:31
14	810	Dierk Kersten		AK 40 (m)	14	0:33:05 (8)	4:53	1:15:42 (13)	1:37	1:06:20 (15)	3:01:38

AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
15	799	Bastian Biermann	TSV Giesen	AK 40 (m)	15	0:37:47 (13)	4:54	1:27:50 (15)	1:02	1:04:26 (14)	3:15:59

AK 45 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	881	Katrin Fricke		AK 45 (w)	1	0:40:44 (2)	3:57	1:12:44 (1)	1:55	0:52:27 (1)	2:51:47
2	816	Evelin Lückerath		AK 45 (w)	2	0:37:05 (1)	6:11	1:21:18 (2)	1:51	1:03:19 (2)	3:09:43

AK 45 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	702	Gerrit Jacobs	Triathlöwen Bremen e.V.	AK 45 (m)	1	0:26:17 (2)	2:44	0:56:29 (1)	1:22	0:41:00 (2)	2:07:51
2	725	Daniel Schulze	Triathlon Club Bremen	AK 45 (m)	2	0:26:20 (3)	2:38	1:04:58 (5)	0:57	0:40:46 (1)	2:15:38
3	730	Nils Kosemund	RSC Vegesack	AK 45 (m)	3	0:26:41 (5)	3:24	1:04:25 (3)	1:06	0:42:49 (3)	2:18:25
4	689	Ingo Starke	Triathlöwen Bremen e.V.	AK 45 (m)	4	0:25:41 (1)	3:11	1:01:11 (2)	1:27	0:48:30 (7)	2:20:00
5	746	Dr. Paul Janicki	SC Langenhagen	AK 45 (m)	5	0:29:16 (9)	3:36	1:04:52 (4)	0:59	0:44:51 (4)	2:23:34
6	729	Erik Henkel	DICTIONARY OF FUNK	AK 45 (m)	6	0:26:51 (6)	3:34	1:08:05 (7)	1:11	0:45:57 (5)	2:25:39
7	789	Björn Barjenbruch	power & pace	AK 45 (m)	7	0:29:51 (10)	3:16	1:08:30 (8)	1:11	0:50:55 (8)	2:33:43
8	809	Mathias Hammer		AK 45 (m)	8	0:30:49 (11)	3:39	1:12:45 (16)	1:10	0:46:01 (6)	2:34:23
9	687	Konrad Moors	1.TCO Die Bären	AK 45 (m)	9	0:26:40 (4)	4:30	1:07:52 (6)	1:33	0:55:26 (15)	2:36:01
10	723	Mirko Haaser	TuS Fintel e.V.	AK 45 (m)	10	0:27:00 (7)	3:59	1:09:45 (10)	1:39	0:53:52 (12)	2:36:14
11	837	Jens Stöckel	LFV Oberholz	AK 45 (m)	11	0:34:59 (14)	3:44	1:09:06 (9)	1:44	0:51:07 (9)	2:40:40
12	825	Timo Hasselberg	Triathlon Team Bremen e.V.	AK 45 (m)	12	0:33:16 (13)	5:04	1:11:27 (14)	2:57	0:52:21 (11)	2:45:04
13	781	Florian Fröhlich	Triathlöwen Bremen e.V.	AK 45 (m)	13	0:35:45 (16)	4:47	1:12:11 (15)	1:19	0:51:37 (10)	2:45:38
14	858	Wolfgang Schäfer	TUS Obenstrohe	AK 45 (m)	14	0:38:35 (18)	4:17	1:10:44 (12)	1:27	0:54:38 (13)	2:49:41

AK 45 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
15	708	Harms Christel	Sttv Berne	AK 45 (m)	15	0:27:35 (8)	6:12	1:13:42 (17)	2:12	1:03:13 (17)	2:52:54
16	794	Ilja El-Tawil	SRL Triathlon Koblenz	AK 45 (m)	16	0:35:08 (15)	4:30	1:10:14 (11)	2:26	1:01:03 (16)	2:53:21
17	765	Sebastian Bertram	Triabolos Hamburg e.V.	AK 45 (m)	17	0:31:56 (12)	4:06	1:11:15 (13)	2:36	1:10:23 (18)	3:00:15
18	876	Georg Dole	TriCologne e.V.	AK 45 (m)	18	0:38:52 (19)	6:13	1:20:38 (18)	1:55	0:55:16 (14)	3:02:54
19	852	Björn Rackoll	FC St. Pauli Triathlon	AK 45 (m)	19	0:37:02 (17)	7:40	1:25:26 (19)	3:28	1:17:22 (19)	3:30:58

AK 50 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	823	Anja Marzinek	SportFreigang	AK 50 (w)	1	0:38:30 (2)	3:43	1:10:08 (1)	1:27	0:52:02 (1)	2:45:49
2	751	Bettina LechtenböRger		AK 50 (w)	2	0:28:58 (1)	4:31	1:18:50 (2)	1:02	0:57:56 (2)	2:51:18

AK 50 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	772	Björn Grommisch	Tri Team Schwarme	AK 50 (m)	1	0:32:38 (2)	2:54	1:02:00 (1)	0:58	0:43:48 (1)	2:22:18
2	742	Albert Block		AK 50 (m)	2	0:35:00 (8)	3:59	1:02:00 (1)	1:15	0:44:10 (2)	2:26:24
3	820	Sven Weihmann	TC Bremen	AK 50 (m)	3	0:33:00 (4)	4:05	1:07:49 (3)	1:08	0:48:20 (3)	2:34:23
4	769	Alexander Beuing		AK 50 (m)	4	0:28:07 (1)	4:44	1:09:42 (4)	1:43	0:50:32 (4)	2:34:48
5	801	Falk LechtenböRger		AK 50 (m)	5	0:33:07 (5)	4:48	1:13:06 (6)	2:14	0:53:38 (7)	2:46:53
6	749	Jens Bodenstein	Power & Pace	AK 50 (m)	6	0:34:51 (7)	4:13	1:14:22 (7)	1:47	0:52:24 (6)	2:47:37
7	800	Mirco Kureck	Knisteraale & Friends	AK 50 (m)	7	0:36:54 (9)	4:46	1:14:27 (8)	1:34	0:51:07 (5)	2:48:48
8	741	Harm Tietje	LAV Verden	AK 50 (m)	8	0:33:36 (6)	6:34	1:11:22 (5)	2:18	0:55:53 (8)	2:49:43
9	738	Joachim Grahl	ERDINGER Active TEAM	AK 50 (m)	9	0:32:43 (3)	5:52	1:15:22 (9)	2:12	1:06:24 (9)	3:02:32
10	884	Stephan Stitterich	TC Bären	AK 50 (m)	10	0:37:34 (10)	4:44	1:15:33 (10)	1:48	1:10:36 (10)	3:10:15

AK 55 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	709	Rainer Koschke	Triathlöwen Bremen e.V.	AK 55 (m)	1	0:26:03 (1)	3:35	1:02:58 (1)	1:02	0:42:47 (1)	2:16:25
2	764	Matthias Berulla	TV Scheessel Triathlon	AK 55 (m)	2	0:26:55 (6)	4:07	1:03:19 (2)	2:11	0:43:44 (2)	2:20:15
3	763	Stephan Plate	Triathlöwen Bremen e.V.	AK 55 (m)	3	0:26:05 (2)	3:19	1:08:04 (5)	1:18	0:46:01 (3)	2:24:45
4	727	Ralf Gellert	ESC Eintracht Hameln	AK 55 (m)	4	0:26:26 (3)	4:30	1:04:10 (3)	1:24	0:49:46 (7)	2:26:16
5	758	Volkmar Führling		AK 55 (m)	5	0:26:34 (5)	3:19	1:05:03 (4)	1:44	0:49:50 (8)	2:26:29
6	736	Martin Topf	ATSV Kirchseeon	AK 55 (m)	6	0:31:53 (10)	3:32	1:09:56 (10)	1:33	0:46:20 (4)	2:33:13
7	734	Dirk Smula	SIGNAL IDUNA	AK 55 (m)	7	0:29:34 (8)	5:16	1:08:49 (6)	1:58	0:47:46 (5)	2:33:22
8	790	Holger Hilken	Triathlöwen Bremen e.V.	AK 55 (m)	8	0:32:07 (11)	3:34	1:09:20 (7)	1:14	0:48:06 (6)	2:34:22
9	822	Folkert Krey	ERDINGER Active TEAM	AK 55 (m)	9	0:26:29 (4)	4:11	1:09:34 (9)	1:18	0:53:08 (10)	2:34:39
10	831	Ralph Sieber	Intro Wolfsburg	AK 55 (m)	10	0:31:18 (9)	3:09	1:09:22 (8)	1:30	0:53:51 (12)	2:39:09
11	737	Roman Knapik	SportFreigang	AK 55 (m)	11	0:33:04 (13)	4:37	1:14:37 (13)	1:53	0:50:01 (9)	2:44:12
12	795	Jochen Landwehr	VSK-Triathlon OHZ	AK 55 (m)	12	0:28:49 (7)	3:51	1:12:54 (11)	1:53	1:02:27 (16)	2:49:55
13	796	Gerhard Heese		AK 55 (m)	13	0:33:41 (14)	6:11	1:18:06 (14)	1:44	0:53:11 (11)	2:52:52
14	779	Jörn Ehmke	GEWOBA	AK 55 (m)	14	0:32:22 (12)	3:16	1:19:46 (15)	2:03	0:57:15 (15)	2:54:42
15	843	Rainer Brandt	TV Lilienthal	AK 55 (m)	15	0:35:55 (16)	6:41	1:20:52 (16)	1:54	0:55:08 (14)	3:00:30
16	830	Maik Brünjes		AK 55 (m)	16	0:35:21 (15)	7:06	1:20:52 (16)	2:08	0:55:06 (13)	3:00:33
17	850	Veit Sorge	Triathlöwen Bremen e.V.	AK 55 (m)	17	0:38:13 (17)	6:09	1:14:18 (12)	3:07	1:11:12 (17)	3:12:59

AK 60 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	696	Peter Sokoll	SC Weyhe-Triathlon	AK 60 (m)	1	0:27:52 (1)	2:45	1:08:07 (1)	1:16	0:52:03 (1)	2:32:04
2	767	Peter Van den Beuken		AK 60 (m)	2	0:29:44 (2)		()		0:53:52 (2)	2:45:26
3	832	Heiko Wittje	1. TC Oldenburg	AK 60 (m)	3	0:31:49 (3)	5:05	1:19:58 (4)	1:04	0:56:41 (3)	2:54:37
4	839	Thomas Knode	Bremen	AK 60 (m)	4	0:42:32 (7)	4:50	1:14:21 (2)	1:43	0:57:13 (4)	3:00:38
5	880	Jan Greune	Tri Team Schwarme	AK 60 (m)	5	0:32:37 (4)	5:49	1:17:13 (3)	3:14	1:03:31 (7)	3:02:23
6	793	Thomas Trotno	Triathlöwen Bremen e.V.	AK 60 (m)	6	0:34:06 (5)	4:54	1:23:08 (6)	1:53	1:03:28 (6)	3:07:28



Olympic Triathlon

(Altersklassenwertung)

Bremen, den 13. August 2023

Mit freundlicher Unterstützung von:



AK 60 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
7	813	Thorsten Lewerentz		AK 60 (m)	7	0:38:30 (6)	6:32	1:20:29 (5)	3:17	1:03:22 (5)	3:12:10

AK 65 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	847	Brigitte Keller		AK 65 (w)	1	0:37:55 (1)	4:47	1:23:05 (1)	1:06	1:07:22 (1)	3:14:15

AK 65 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	846	Werner Keller		AK 65 (m)	1	0:39:57 (1)	4:39	1:19:26 (1)	1:52	1:06:40 (1)	3:12:34