

Frauen

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	375	Anthea Klingelhöfer	SV Werder Bremen	AK 25 (w)	1	0:12:16 (15)	2:54	0:37:10 (10)	3:03	0:21:14 (2)	1:16:36
2	327	Nicole Letford	ERDINGER Active TEAM	AK 30 (w)	1	0:13:28 (37)	3:16	0:35:32 (6)	3:17	0:21:09 (1)	1:16:42
3	255	Katrin Kroschinski	ERDINGER Active TEAM	AK 40 (w)	1	0:11:57 (11)	2:55	0:34:15 (4)	3:14	0:25:02 (8)	1:17:22
4	207	Lisa Marlen Kuhlmann	G.S.T.V. Tritanium	AK 25 (w)	2	0:11:26 (8)	2:40	0:36:49 (9)	2:58	0:23:58 (3)	1:17:51
5	472	Thea Zimmer	TriAs Flensburg e.V.	AK 25 (w)	3	0:12:19 (16)	3:47	0:35:11 (5)	3:37	0:24:38 (7)	1:19:32
6	502	Antje Jacobs	LSF Oldenburg	AK 40 (w)	2	0:14:37 (58)	4:08	0:36:04 (8)	3:13	0:24:17 (5)	1:22:18
7	248	Bianca Nerke		AK 30 (w)	2	0:13:35 (39)	3:34	0:37:39 (11)	2:57	0:25:24 (10)	1:23:09
8	211	Kyra Boxberger		AK 25 (w)	4	0:08:57 (1)	4:13	0:40:55 (46)	3:21	0:26:14 (19)	1:23:40
9	349	Heike Becker		AK 60 (w)	1	0:13:12 (30)	4:19	0:39:50 (38)	3:13	0:24:08 (4)	1:24:41
10	313	Jennifer Zimmermann	SG Stern Bremen	AK 35 (w)	1	0:10:49 (6)	4:25	0:40:41 (44)	3:11	0:25:46 (14)	1:24:51
11	596	Laura Hoffmann		AK 35 (w)	2	0:12:51 (22)	4:03	0:37:48 (12)	2:55	0:27:33 (33)	1:25:11
12	265	Merle Staschen	OSC Bremerhaven	AK 25 (w)	5	0:12:49 (21)	3:27	0:38:53 (25)	3:04	0:27:05 (26)	1:25:17
13	346	Fee Russell	STTV Berne	AK 30 (w)	3	0:12:54 (23)	3:37	0:38:38 (20)	3:34	0:26:44 (20)	1:25:27
14	238	Jessica Sauerwald	Blumenthaler TV	AK 40 (w)	3	0:09:39 (2)	3:44	0:40:35 (43)	3:22	0:28:41 (42)	1:26:01
15	223	Louisa Kramer	Johanniter - Hannoveraner Teamgeist	AK 20 (w)	1	0:12:44 (19)	3:39	0:39:11 (29)	3:37	0:26:53 (23)	1:26:04
16	333	Silke Frambach	Triathlöwen Bremen e.V.	AK 55 (w)	1	0:12:12 (13)	3:59	0:39:22 (32)	3:47	0:26:44 (21)	1:26:05
17	209	Charlotte Kahmen		WJUN	1	0:09:48 (3)	3:53	0:36:00 (7)	3:48	0:32:46 (66)	1:26:13
18	414	Lisa Kruse	Bremen 1860	AK 30 (w)	4	0:14:17 (53)	3:31	0:39:07 (27)	3:24	0:26:10 (18)	1:26:30
19	358	Mareike Demel	HanseWasser	AK 30 (w)	5	0:13:17 (33)	4:03	0:38:27 (18)	3:42	0:27:35 (34)	1:27:04
20	210	Lena Nordhausen		AK 25 (w)	6	0:10:12 (5)	4:31	0:41:20 (51)	3:33	0:27:29 (31)	1:27:05
21	506	Miriam Benz		AK 35 (w)	3	0:14:27 (56)	3:53	0:38:28 (19)	3:31	0:26:50 (22)	1:27:08
22	379	Vanessa Radtke		AK 30 (w)	6	0:12:54 (24)	3:45	0:38:40 (21)	4:00	0:28:06 (39)	1:27:24
23	504	Sonja Kläner	LSF Oldenburg e.V.	AK 50 (w)	1	0:16:22 (79)	4:01	0:37:59 (13)	4:00	0:25:19 (9)	1:27:41
24	395	Ayla Murray		AK 30 (w)	7	0:13:50 (46)	3:11	0:39:51 (39)	3:25	0:27:27 (30)	1:27:45
25	363	Veronika Schlierf		AK 45 (w)	1	0:13:42 (43)	3:21	0:39:12 (30)	3:33	0:28:04 (37)	1:27:53
26	452	Wilma Möller		AK 25 (w)	7	0:13:40 (41)	4:23	0:38:42 (22)	4:05	0:27:24 (29)	1:28:14
27	353	Binke Dürr	Triathlöwen Bremen e.V.	AK 45 (w)	2	0:13:55 (48)	3:33	0:38:11 (15)	3:47	0:28:50 (46)	1:28:15

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
28	397	Pia Lechtenböcker		AK 20 (w)	2	0:12:47 (20)	3:25	0:41:06 (48)	3:28	0:27:39 (35)	1:28:25
29	435	Stefanie Lübben		AK 25 (w)	8	0:13:25 (35)	4:35	0:38:50 (24)	4:29	0:27:33 (32)	1:28:52
30	516	Kristina Dörrenberg		AK 40 (w)	4	0:14:03 (49)	4:26	0:38:03 (14)	3:44	0:28:47 (43)	1:29:03
31	322	Claudia Kroll		AK 30 (w)	8	0:13:08 (28)	3:24	0:39:11 (28)	4:36	0:28:47 (43)	1:29:07
32	476	Karo Busch	Team ZOOT Europe	AK 40 (w)	5	0:15:52 (73)	4:35	0:38:12 (16)	4:40	0:25:51 (15)	1:29:09
33	229	Luca Marie Nestler		AK 20 (w)	3	0:12:24 (17)	3:53	0:40:43 (45)	3:28	0:28:52 (49)	1:29:20
34	340	Diana Schulz	Tri-Speedys Peine	AK 50 (w)	2	0:14:08 (50)	4:27	0:40:12 (40)	3:32	0:27:05 (26)	1:29:23
35	339	Astrid Ullerich	VfL Westercelle	AK 50 (w)	3	0:13:07 (27)	4:06	0:42:01 (57)	3:17	0:27:02 (24)	1:29:33
36	260	Cornelia Cordes		AK 40 (w)	6	0:13:54 (47)	4:17	0:38:47 (23)	4:12	0:28:50 (47)	1:30:01
37	528	Mirjam Kolbeck	LC Hansa Stuhr Tri-Wölfe	AK 30 (w)	9	0:13:18 (34)	3:41	0:44:19 (70)	3:36	0:25:25 (11)	1:30:18
38	283	Hannah Esters		AK 30 (w)	10	0:14:53 (62)	4:34	0:38:55 (26)	3:43	0:28:51 (48)	1:30:56
39	494	Katharina Evers		AK 25 (w)	9	0:14:08 (50)	4:45	0:41:50 (54)	3:43	0:27:08 (28)	1:31:35
40	467	Paula Rauf		AK 25 (w)	10	0:16:00 (74)	4:24	0:39:32 (33)	3:42	0:28:05 (38)	1:31:43
41	468	Martina Rauf		AK 25 (w)	11	0:15:03 (66)	4:56	0:42:37 (61)	3:32	0:25:36 (13)	1:31:43
42	615	Lena Puckhaber		AK 30 (w)	11	0:14:48 (60)	4:05	0:39:16 (31)	3:56	0:28:41 (41)	1:31:46 *
43	388	Maike Hopp		AK 45 (w)	3	0:12:59 (25)	4:27	0:38:24 (17)	4:22	0:31:55 (63)	1:32:07
44	415	Tanja Vogelpohl		AK 30 (w)	12	0:14:09 (52)	4:27	0:39:34 (35)	3:55	0:30:12 (52)	1:32:18
45	328	Antonia Riechers		AK 20 (w)	4	0:11:23 (7)	4:46	0:41:16 (50)	3:18	0:31:41 (60)	1:32:23
46	369	Wiebke Breves		AK 50 (w)	4	0:13:49 (45)	4:05	0:40:55 (47)	5:00	0:28:38 (40)	1:32:27
47	441	Amelie Heidenreich		AK 20 (w)	5	0:12:13 (14)	4:17	0:39:33 (34)	4:45	0:32:08 (64)	1:32:56
48	612	Luisa Bannow	TriAs Flensburg e.V.	AK 30 (w)	13	0:10:09 (4)	3:41	0:43:59 (67)	4:06	0:31:15 (58)	1:33:10
49	364	Mariama Diop		AK 25 (w)	12	0:13:27 (36)	4:30	0:41:51 (55)	3:59	0:29:33 (51)	1:33:20
50	482	Lina Stooß		AK 30 (w)	14	0:15:21 (69)	4:39	0:39:46 (37)	4:47	0:28:48 (45)	1:33:20
51	385	Indra Jacqueline Karl	TRI-JOY-IMMENSEN-ARPKE	AK 35 (w)	4	0:14:23 (54)	4:03	0:41:09 (49)	4:16	0:29:31 (50)	1:33:22
52	445	Melanie Hashagen		AK 30 (w)	15	()	()	()	()	()	1:33:32
53	575	Heike Greis	LSF Oldenburg	AK 55 (w)	2	0:15:33 (70)	5:12	0:42:50 (63)	4:14	0:25:56 (16)	1:33:46
54	348	Corinna Lüdeke		AK 30 (w)	16	0:14:52 (61)	3:33	0:40:27 (42)	3:58	0:31:12 (57)	1:34:02

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
55	350	Florencia Lichtenberg geb. Diaz Cano		AK 30 (w)	17	0:13:16 (31)	4:18	0:46:16 (78)	3:20	0:27:03 (25)	1:34:13
56	274	Julia Gaumann		AK 30 (w)	18	0:13:41 (42)	4:24	0:41:35 (52)	4:35	0:30:17 (54)	1:34:32
57	305	Christina Dieckvoß	Sparkasse Bremen	AK 50 (w)	5	0:13:04 (26)	4:22	0:42:06 (58)	4:52	0:31:04 (56)	1:35:28
58	449	Tania Hensing		AK 50 (w)	6	0:18:58 (85)	5:22	0:43:36 (65)	3:24	0:24:25 (6)	1:35:45
59	564	Hanna Steilen		AK 30 (w)	19	0:16:18 (78)	4:05	0:40:16 (41)	4:27	0:31:21 (59)	1:36:26
60	522	Elisabeth Andresen		AK 40 (w)	7	0:14:59 (64)	4:54	0:42:35 (60)	4:09	0:30:17 (53)	1:36:52
61	439	ANGIE WALDISPERG		AK 25 (w)	13	()		()		()	1:37:43
62	567	Sandra Elmers	SV Werder Bremen	AK 40 (w)	8	0:17:48 (83)	5:07	0:44:54 (72)	3:50	0:26:05 (17)	1:37:44
63	457	Birgit Vogel		AK 50 (w)	7	0:11:52 (10)	4:34	0:45:36 (73)	3:44	0:32:46 (67)	1:38:31
64	386	Katrin Höpfner		AK 50 (w)	8	0:12:38 (18)	4:57	0:42:28 (59)	3:40	0:35:28 (78)	1:39:11
65	382	Martina Völkel		AK 50 (w)	9	0:13:44 (44)	5:05	0:41:51 (56)	3:36	0:34:55 (76)	1:39:12
66	484	Maite Sophie Grimm		AK 20 (w)	6	0:16:59 (80)	4:10	0:43:42 (66)	3:52	0:30:52 (55)	1:39:34
67	584	Jana Schöbel		AK 30 (w)	20	0:14:28 (57)	3:54	0:43:23 (64)	3:56	0:33:58 (71)	1:39:39
68	326	Wiebke Kropp-Büttner		AK 35 (w)	5	0:13:32 (38)	3:34	0:41:44 (53)	4:36	0:36:29 (79)	1:39:55
69	579	Ricarda Meineke		AK 35 (w)	6	0:16:15 (77)	4:18	0:44:01 (68)	3:52	0:31:51 (62)	1:40:17
70	518	Sara-Marie Strauß		AK 25 (w)	14	0:18:51 (84)	4:22	0:39:40 (36)	4:59	0:34:25 (74)	1:42:17
71	548	Janine Habbe		AK 55 (w)	3	0:16:05 (75)	5:58	0:44:44 (71)	4:04	0:31:42 (61)	1:42:34
72	497	Alina Nippes		AK 25 (w)	15	0:13:09 (29)	4:16	0:46:01 (75)	4:20	0:35:04 (77)	1:42:51
73	453	Jessica Pawlitschko		AK 20 (w)	7	0:14:43 (59)	5:02	0:46:24 (82)	4:31	0:33:13 (68)	1:43:53
74	480	Louisa Riedl		AK 20 (w)	8	0:15:00 (65)	3:18	0:42:47 (62)	4:58	0:38:00 (81)	1:44:02
75	529	Caroline Urlaub		AK 35 (w)	7	0:17:24 (81)	5:17	0:23:54 (2)	0:26	0:27:47 (36)	1:44:48
76	604	Iris Brünjes		AK 50 (w)	10	0:15:48 (72)	4:45	0:46:05 (76)	4:20	0:34:07 (72)	1:45:05
77	605	Angelika Spallek		AK 45 (w)	4	0:14:57 (63)	5:35	0:46:20 (79)	4:06	0:34:07 (73)	1:45:05
78	563	Jennifer Baden	LC Hansa Stuhr Tri-Wölfe	AK 35 (w)	8	0:17:37 (82)	5:31	0:46:20 (80)	4:30	0:32:21 (65)	1:46:20
79	368	Lisa Trippler		AK 25 (w)	16	0:15:06 (67)	4:35	0:44:15 (69)	4:51	0:38:20 (82)	1:47:06
80	595	Maurilyn Ayon Olivas		AK 30 (w)	21	0:24:07 (88)	5:30	0:22:45 (1)	0:02	0:25:29 (12)	1:47:54
81	481	Renate Witting	Triathlon Club Bremen	AK 70 (w)	1	0:14:27 (55)	5:21	0:45:45 (74)	4:32	0:38:35 (83)	1:48:39

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
82	526	Esther Homburg	PSV Oldenburg	AK 60 (w)	2	0:15:44 (71)	8:16	0:46:23 (81)	5:11	0:33:32 (70)	1:49:06
82	616	Erin Cold		AK 25 (w)	17	0:13:40 (40)	5:44	0:51:27 (86)	4:46	0:33:30 (69)	1:49:06
84	460	Jennifer Weber		AK 30 (w)	22	0:13:17 (32)	5:43	0:46:16 (77)	4:45	0:40:20 (85)	1:50:20
85	307	Irene Maria Borgardt		AK 55 (w)	4	0:15:14 (68)	6:40	0:49:11 (85)	4:56	0:34:38 (75)	1:50:38
86	589	Waltraud Bernau	Triat	AK 70 (w)	2	0:19:26 (86)	5:58	0:47:47 (84)	4:36	0:38:45 (84)	1:56:33
87	524	Sarah Klußmann		AK 25 (w)	18	0:16:14 (76)	5:24	0:46:55 (83)	5:50	0:44:46 (86)	1:59:09
88	565	Nina Schorling		AK 45 (w)	5	0:21:29 (87)	6:58	0:54:21 (87)	5:04	0:37:58 (80)	2:05:51

Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	619	Timo Kuhlmann		AK 30 (m)	1	0:09:12 (5)	2:18	0:29:22 (4)	2:16	0:16:38 (1)	0:59:47
2	202	Carsten Jaekel		AK 50 (m)	1	0:08:42 (2)	2:44	0:31:53 (9)	2:42	0:20:12 (9)	1:06:13
3	206	Ole Broehldick		AK 30 (m)	2	0:09:47 (10)	2:42	0:32:17 (13)	2:23	0:19:35 (4)	1:06:43
4	205	Jonas Czwikla	Bremer Sport-Club	AK 30 (m)	3	0:09:50 (11)	2:32	0:31:34 (8)	2:26	0:20:44 (13)	1:07:06
5	289	Maximilian Alber		AK 20 (m)	1	0:11:22 (33)	2:31	0:33:08 (21)	2:21	0:18:33 (2)	1:07:55
6	373	Julian von Gronefeld	RSV 23	AK 20 (m)	2	0:13:28 (125)	2:40	0:30:06 (5)	3:08	0:20:26 (10)	1:09:48
7	620	Jannik Sander		AK 25 (m)	1	0:10:12 (14)	4:31	0:31:12 (6)	3:44	0:20:42 (12)	1:10:21
8	208	Tobias Weimer	TRC Essen 1984 eV	AK 45 (m)	1	0:08:53 (4)	3:46	0:33:52 (29)	2:48	0:21:03 (15)	1:10:22
9	243	Benjamin Brogsch		AK 25 (m)	2	0:09:43 (9)	2:44	0:32:37 (15)	2:39	0:22:45 (49)	1:10:27
10	212	Robert Fuchs	LAV Verden	AK 45 (m)	2	0:09:52 (12)	2:52	0:31:54 (10)	2:56	0:23:00 (55)	1:10:33
11	242	Erik Schlemmer		AK 20 (m)	3	0:10:43 (22)	3:00	0:33:02 (20)	2:58	0:21:07 (18)	1:10:49
12	318	Maurice Harr		AK 20 (m)	4	0:11:01 (25)	3:06	0:34:29 (41)	2:36	0:20:01 (8)	1:11:12
13	221	Hendrik Naatz		AK 35 (m)	1	0:11:28 (38)	2:39	0:32:04 (12)	2:59	0:22:12 (35)	1:11:22
14	361	Thomas Keller		AK 30 (m)	4	0:12:02 (51)	2:22	0:33:08 (22)	3:02	0:21:11 (20)	1:11:45
15	338	Jonas Kamermann		AK 25 (m)	3	0:11:21 (32)	3:12	0:33:57 (32)	2:44	0:20:32 (11)	1:11:45
16	224	Dennis Wedekin	Johanniter - Hannoveraner Teamgeist	AK 35 (m)	2	0:11:14 (27)	2:31	0:34:50 (51)	2:53	0:21:04 (16)	1:12:31

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17	241	Mathis Kröger	ERDINGER Active TEAM	AK 30 (m)	5	0:12:16 (60)	3:04	0:32:56 (18)	3:18	0:21:05 (17)	1:12:39
18	222	Pascal Kromm	RRC Rockin Rats Hameln e.V.	AK 35 (m)	3	0:10:23 (16)	2:59	0:34:05 (35)	2:59	0:22:20 (38)	1:12:46
19	213	Nono Weinzierl	Triabolos Triathlon Hamburg e.V.	AK 30 (m)	6	0:09:21 (6)	2:48	0:34:32 (43)	2:49	0:23:27 (60)	1:12:58
20	278	Slawomir Deren	Triabolos Hamburg	AK 40 (m)	1	0:12:05 (53)	3:00	0:32:37 (14)	3:09	0:22:07 (34)	1:12:58
21	218	Alexander Albrecht	Hannover 96 Triathlon	AK 50 (m)	2	0:10:33 (20)	3:01	0:31:22 (7)	3:18	0:24:55 (91)	1:13:09
22	423	Paul Bomke	Team Synera	AK 35 (m)	4	0:11:31 (40)	3:24	0:32:57 (19)	3:03	0:22:22 (39)	1:13:17
23	309	Henning Engelhardt		AK 35 (m)	5	0:12:45 (89)	3:35	0:32:00 (11)	3:21	0:21:42 (27)	1:13:22
24	293	Tim Veith	MTV Aurich Triathlon	MJUN	1	0:11:27 (36)	3:49	0:36:43 (103)	2:51	0:18:42 (3)	1:13:32
25	332	Nick Hauptvogel	Tri4 Danmark	AK 20 (m)	5	0:11:17 (29)	3:21	0:33:31 (25)	3:14	0:22:24 (42)	1:13:47
26	334	Thomas Menke	Boogie-Unicorns	AK 35 (m)	6	0:11:45 (46)		()		()	1:13:58
27	257	Jonas Bock	Triathlon Club Bremen	AK 25 (m)	4	0:10:00 (13)	2:52	0:34:24 (37)	2:57	0:24:00 (70)	1:14:12
28	613	Yannick Braun		AK 30 (m)	7	0:11:41 (44)	4:03	0:34:07 (36)	3:34	0:21:09 (19)	1:14:33
29	246	Marco Solari		AK 30 (m)	8	0:10:58 (23)	3:34	0:34:42 (48)	3:20	0:22:06 (33)	1:14:39
30	323	Philip Buchholz	Triathlöwen Bremen e.V.	AK 35 (m)	7	0:11:28 (37)	3:50	0:34:33 (44)	2:55	0:21:56 (28)	1:14:41
31	252	Jörg Fischer	VfL Jesteburg	AK 45 (m)	3	0:10:26 (17)	3:40	0:34:25 (38)	3:03	0:23:10 (56)	1:14:43
32	556	Frederik Dönch	Borussia Dortmund	AK 20 (m)	6	0:13:32 (129)	4:17	0:34:55 (56)	2:38	0:19:41 (5)	1:15:03
33	551	Joscha Knobloch		AK 25 (m)	5	0:13:07 (108)	3:05	0:34:45 (49)	2:44	0:21:37 (25)	1:15:18
34	404	Jens Borchers		AK 40 (m)	2	0:12:40 (84)	3:34	0:34:26 (40)	3:13	0:21:30 (22)	1:15:22
35	291	Alexander Algermissen		AK 20 (m)	7	0:13:00 (104)	3:12	0:32:50 (16)	3:41	0:22:42 (48)	1:15:24
36	298	Pogorzalski Liam		AK 20 (m)	8	0:11:47 (47)	4:30	0:35:11 (62)	3:33	0:20:44 (14)	1:15:44
37	443	Nils Landwehr	LETS RUN Bremen	AK 45 (m)	4	0:13:22 (119)	4:01	0:34:25 (39)	2:43	0:21:18 (21)	1:15:51
38	317	Aaron Krumdick		AK 20 (m)	9	0:12:14 (58)	2:47	0:36:07 (89)	2:39	0:22:24 (41)	1:16:12
39	422	Christian Tessarek	SVGO Bremen	AK 45 (m)	5	0:11:36 (42)	3:43	0:34:59 (58)	3:15	0:22:51 (53)	1:16:23
40	537	Janick Schulze	Kein Verein	AK 25 (m)	6	0:12:28 (69)	4:23	0:36:51 (107)	3:10	0:19:46 (6)	1:16:39
41	270	Jonathan Paul Reschke		AK 20 (m)	10	0:12:33 (74)	2:42	0:33:41 (28)	3:07	0:24:41 (82)	1:16:43
42	267	Andreas Ludolph	HNT-Triathlon	AK 50 (m)	3	0:12:04 (52)	5:11	0:36:33 (99)	3:16	0:19:51 (7)	1:16:55
43	219	Yannic Nerke		AK 30 (m)	9	0:11:51 (48)	4:07	0:35:14 (66)	2:58	0:22:47 (51)	1:16:56

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
44	250	Louis Rittmeier	SC Langenhagen	AK 20 (m)	11	0:11:19 (30)	2:24	0:36:14 (92)	2:58	0:24:05 (72)	1:17:01
45	432	Lutz Albers		AK 40 (m)	3	0:13:35 (132)	3:47	0:33:33 (26)	3:24	0:22:45 (50)	1:17:04
46	203	Martin Goldstein		AK 35 (m)	8	0:12:53 (95)	3:11	0:35:54 (83)	3:06	0:22:17 (37)	1:17:20
47	403	Tom Kreyenhop		AK 45 (m)	6	0:11:29 (39)	3:31	0:36:57 (111)	3:31	0:22:24 (40)	1:17:52
48	204	Matthias Michaelsen		AK 45 (m)	7	0:08:38 (1)	3:44	0:35:22 (68)	3:20	0:27:08 (153)	1:18:11
49	232	Alexis-Nikolas Krafczyk		AK 30 (m)	10	0:08:45 (3)	2:30	0:39:04 (167)	3:09	0:25:13 (103)	1:18:40
50	261	Kamil Adiloglu	Bremer Sport Club	AK 45 (m)	8	0:10:59 (24)	3:18	0:35:37 (76)	3:42	0:25:12 (101)	1:18:47
51	362	Thorsten Kammeier	Triathlöwen Bremen e.V.	AK 60 (m)	1	0:11:08 (26)	3:54	0:35:12 (65)	3:45	0:24:52 (90)	1:18:51
52	234	Timo Engel		AK 40 (m)	4	0:11:15 (28)	4:55	0:37:40 (127)	2:36	0:22:28 (44)	1:18:53
53	421	Kevin Schüler		AK 30 (m)	11	0:12:37 (77)	4:26	0:34:57 (57)	3:13	0:24:00 (69)	1:19:12
54	240	David Beckmann		AK 25 (m)	7	0:12:39 (81)	3:21	0:35:31 (74)	2:51	0:24:57 (93)	1:19:18
55	611	Julian Krause		AK 40 (m)	5	0:13:53 (145)	3:27	0:33:33 (26)	3:35	0:24:51 (87)	1:19:19
56	406	Jan Ahrens		AK 35 (m)	9	0:13:52 (144)	4:21	0:35:29 (73)	2:45	0:22:53 (54)	1:19:21
57	500	Marcel Grashoff	MTV Riede	AK 30 (m)	12	0:14:00 (151)	4:12	0:34:31 (42)	3:17	0:23:21 (58)	1:19:21
58	225	Marc Plenge	Triathlöwen Bremen e.V.	AK 45 (m)	9	0:10:42 (21)	3:40	0:34:54 (55)	3:33	0:26:33 (140)	1:19:23
59	233	Julian Cordes		AK 30 (m)	13	0:09:38 (8)	3:47	0:34:49 (50)	3:26	0:27:45 (167)	1:19:25
60	451	Benno Masemann		AK 35 (m)	10	0:14:12 (162)	3:41	0:35:12 (64)	3:03	0:23:19 (57)	1:19:27
61	495	Simon Reinhardt	SV Werder Bremen	AK 25 (m)	8	0:14:10 (159)	4:05	0:36:12 (91)	3:00	0:22:01 (30)	1:19:28
62	508	Stefan Brinkers		AK 40 (m)	6	0:14:22 (168)	4:42	0:35:43 (78)	3:19	0:21:31 (23)	1:19:37
63	273	Matthes Jünke		AK 25 (m)	9	0:11:32 (41)	3:49	0:36:47 (106)	2:52	0:24:40 (81)	1:19:39
64	285	Frank Klöcker	TV 01 Bohmte	AK 55 (m)	1	0:12:22 (66)	4:04	0:35:09 (61)	3:24	0:24:42 (83)	1:19:41
65	237	Oliver Brunhuber	FC St. Pauli Triathlon	AK 50 (m)	4	0:12:58 (101)	3:17	0:34:40 (46)	3:08	0:25:49 (122)	1:19:51
66	459	Ronny Arnoldt		AK 35 (m)	11	0:12:56 (97)	4:20	0:35:22 (69)	3:06	0:24:14 (75)	1:19:57
67	408	Daniel Lübben		AK 20 (m)	12	0:12:13 (56)	4:46	0:38:40 (153)	2:48	0:21:39 (26)	1:20:04
68	617	Miklas Bengsch		AK 30 (m)	14	0:11:56 (49)	4:13	0:36:45 (105)	3:27	0:23:48 (65)	1:20:09
69	258	Heiko Bross	VFL Jesteburg	AK 55 (m)	2	0:11:42 (45)	4:21	0:33:54 (30)	3:35	0:26:49 (147)	1:20:21
70	393	Timothy Weiß	Gäde Container Spedition	AK 25 (m)	10	0:14:31 (174)	3:34	0:33:09 (23)	3:40	0:25:28 (107)	1:20:22

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
71	602	Lars Pöhler		AK 20 (m)	13	0:12:26 (67)	3:38	0:36:45 (104)	3:40	0:23:54 (67)	1:20:23
72	245	Finn Bergmann	Triathlöwen Bremen e.V.	AK 30 (m)	15	0:12:51 (92)	3:16	0:35:36 (75)	3:08	0:25:46 (119)	1:20:37
73	310	Kai Kutzki	Delmenhorster Schwimm-Verein von 1905 e.V.	AK 30 (m)	16	0:12:38 (79)	3:36	0:34:52 (54)	3:19	0:26:14 (134)	1:20:39
74	355	Holger Lühr	FLIB Bremen e. V.	AK 55 (m)	3	0:13:08 (109)	3:28	0:34:50 (52)	3:14	0:26:12 (133)	1:20:52
75	337	Marcel Kropp	swb-runners	AK 40 (m)	7	0:12:42 (86)	4:15	0:36:39 (102)	3:11	0:24:13 (74)	1:21:00
76	410	David Burmester		AK 30 (m)	17	0:13:24 (122)	4:01	0:36:28 (96)	3:13	0:24:01 (71)	1:21:06
77	553	Carsten Berg	1860 Bremen	AK 55 (m)	4	0:14:11 (161)	5:20	0:35:11 (62)	4:29	0:22:02 (31)	1:21:12
78	296	Torsten Klieme	Triathlöwen Bremen e.V.	AK 55 (m)	5	0:12:29 (70)	4:37	0:34:51 (53)	3:52	0:25:26 (106)	1:21:15
79	405	Leonard Praetorius		AK 30 (m)	18	0:13:16 (114)	4:32	0:36:05 (88)	3:11	0:24:15 (76)	1:21:20
80	302	Ralf Brummerloh		AK 40 (m)	8	0:12:37 (78)	3:47	0:35:07 (60)	3:13	0:26:41 (145)	1:21:25
81	251	Eduardo Ferreira		AK 45 (m)	10	0:12:32 (73)	3:12	0:37:57 (135)	4:00	0:23:48 (66)	1:21:29
82	308	Martin Eickhoff	TV Lilienthal	AK 50 (m)	5	0:12:40 (84)	4:23	0:36:03 (87)	3:36	0:24:52 (89)	1:21:34
83	343	Felix Tessarek		AK 25 (m)	11	0:13:01 (105)	3:33	0:37:01 (114)	3:35	0:24:37 (80)	1:21:46
84	399	Jan Kulla		AK 35 (m)	12	0:13:33 (130)	3:54	0:36:38 (101)	3:48	0:23:59 (68)	1:21:52
85	391	Anreas Waage		AK 30 (m)	19	0:12:02 (50)	4:13	0:38:01 (138)	2:55	0:24:43 (84)	1:21:54
86	314	Jasper Schumann	TSV Krofdorf-Gleiberg	AK 30 (m)	20	0:12:19 (64)	3:48	0:39:40 (192)	3:42	0:22:27 (43)	1:21:56
87	560	Dominik Willen		AK 25 (m)	12	0:14:09 (157)	3:41	0:38:38 (152)	2:41	0:22:50 (52)	1:21:57
88	418	Alexander Raaz		AK 40 (m)	9	0:12:16 (62)	3:40	0:37:06 (118)	2:53	0:26:06 (131)	1:22:01
89	610	Björn Schröder		AK 40 (m)	10	0:16:06 (216)	3:40	0:35:06 (59)	3:36	0:23:33 (61)	1:22:02
90	272	Jelde Grundmann		AK 25 (m)	13	0:13:23 (121)	4:17	0:37:53 (131)	3:14	0:23:21 (59)	1:22:08
91	437	Benjamin Verstegen	GSV Bremen	AK 40 (m)	11	0:12:57 (99)	3:32	0:36:19 (94)	3:44	0:25:39 (114)	1:22:10
92	374	Lukas Gädke		AK 30 (m)	21	0:14:10 (160)	3:48	0:35:45 (79)	3:20	0:25:10 (99)	1:22:13
93	269	Marten Seegers		AK 25 (m)	14	0:13:46 (138)	4:02	0:37:26 (123)	2:52	0:24:10 (73)	1:22:15
94	413	Schwengsbier Kilian		AK 30 (m)	22	0:11:39 (43)	4:29	0:36:53 (108)	4:25	0:25:03 (95)	1:22:29
95	279	José Alfredo Maces		AK 30 (m)	23	0:13:29 (128)	3:41	0:38:41 (155)	2:53	0:23:46 (64)	1:22:30
96	425	Sönke Alfken		AK 30 (m)	24	0:13:45 (137)	4:36	0:39:20 (171)	2:42	0:22:14 (36)	1:22:38
97	335	Marc Piaszek		AK 45 (m)	11	0:12:42 (86)	3:52	0:37:39 (126)	3:34	0:24:56 (92)	1:22:43

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
98	505	Janek Piontek	ErgoPack Deutschland	AK 30 (m)	25	0:13:28 (124)	4:22	0:37:20 (122)	3:07	0:24:30 (79)	1:22:45
99	448	Marc Niehaus		AK 30 (m)	26	0:14:39 (184)	4:31	0:34:00 (34)	3:54	0:25:43 (116)	1:22:47
100	402	Tobias Lentz		AK 25 (m)	15	0:16:25 (227)	3:15	0:35:53 (81)	3:47	0:23:41 (63)	1:22:59
101	390	Claas Krause	SG Stern Bremen	AK 45 (m)	12	0:14:10 (158)	3:59	0:33:09 (23)	4:07	0:27:37 (164)	1:23:03
102	277	Frederic Riechers		AK 25 (m)	16	0:12:18 (63)	5:12	0:36:21 (95)	3:43	0:25:31 (110)	1:23:04
103	471	Robert Ciomber	Team Synera	AK 30 (m)	27	0:14:26 (171)	3:29	0:35:53 (82)	3:42	0:25:42 (115)	1:23:12
104	412	Malte Figger		AK 30 (m)	28	0:16:59 (238)	3:49	0:36:59 (112)	2:59	0:22:31 (45)	1:23:17
105	539	Markus Heuer		AK 35 (m)	13	0:16:14 (222)	3:23	0:38:19 (146)	3:49	0:21:33 (24)	1:23:17
106	300	Andreas Bertram	Keep on moving	AK 50 (m)	6	0:12:22 (65)	4:00	0:38:00 (136)	3:53	0:25:12 (102)	1:23:26
107	515	Christian Schmidt		AK 40 (m)	12	0:14:38 (181)	4:31	0:34:34 (45)	3:51	0:25:53 (126)	1:23:27
108	230	Ibrahima Diop		AK 30 (m)	29	0:11:20 (31)	3:33	0:38:44 (156)	2:58	0:26:57 (150)	1:23:33
109	424	Wilken Seemann		AK 25 (m)	17	0:12:09 (54)	3:38	0:38:46 (158)	3:21	0:25:46 (119)	1:23:41
110	436	Jürgen Buschmann		AK 70 (m)	1	0:13:20 (118)	3:30	0:35:23 (70)	3:21	0:28:08 (180)	1:23:41
111	474	Sebastian Vetter		AK 30 (m)	30	0:13:14 (112)	3:17	0:36:33 (98)	3:11	0:27:33 (161)	1:23:47
112	217	Matthias Jetschke	TSV Lesum	AK 55 (m)	6	0:10:33 (19)	3:31	0:35:27 (72)	3:27	0:30:53 (231)	1:23:50
113	598	Jens Husmann		AK 40 (m)	13	0:17:26 (242)	4:39	0:33:59 (33)	3:40	0:24:19 (78)	1:24:02
114	284	Luis Pinzón		AK 35 (m)	14	0:14:39 (185)	4:41	0:35:52 (80)	3:51	0:25:04 (96)	1:24:06
115	367	Stefan Töws		AK 50 (m)	7	0:12:51 (93)	3:59	0:37:06 (119)	4:23	0:26:15 (135)	1:24:35
116	477	Malte Langosz		AK 40 (m)	14	0:16:56 (236)	4:32	0:33:55 (31)	3:45	0:25:39 (113)	1:24:47
117	253	Florian Schumacher	MTV Riede	AK 40 (m)	15	0:12:56 (97)	3:10	0:39:29 (181)	3:13	0:26:03 (130)	1:24:50
118	236	Michael Proy	Two Unterstedt	AK 50 (m)	8	0:15:29 (202)	4:00	0:34:40 (47)	4:02	0:26:43 (146)	1:24:54
119	444	Felix Albers		AK 25 (m)	18	0:14:56 (194)	4:32	0:39:16 (169)	4:27	0:21:57 (29)	1:25:07
120	597	Felix Hoffmann	Butter bei die Fische	AK 35 (m)	15	0:13:29 (127)	3:20	0:37:09 (121)	3:37	0:27:35 (163)	1:25:11
121	493	Christopher Decker		AK 30 (m)	31	0:14:55 (193)	4:39	0:38:55 (161)	3:06	0:23:37 (62)	1:25:11
122	281	Tim Osterbrink		AK 25 (m)	19	0:13:24 (122)	4:39	0:39:36 (189)	2:54	0:24:46 (85)	1:25:19
123	396	Hannes Zerbin		AK 40 (m)	16	0:12:46 (90)	4:29	0:38:37 (151)	3:35	0:25:54 (127)	1:25:21
124	549	Norman Machner	TC Fiko Rostock	AK 45 (m)	13	0:17:13 (240)	5:15	0:35:24 (71)	4:52	0:22:37 (46)	1:25:21

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
125	470	Christian Eilermann		AK 30 (m)	32	0:12:27 (68)	5:04	0:38:18 (145)	3:54	0:25:46 (118)	1:25:29
126	256	Matthias Schmidt		AK 50 (m)	9	0:13:00 (103)	3:27	0:37:56 (133)	3:14	0:27:54 (171)	1:25:31
127	608	Lennard Fischer		AK 25 (m)	20	0:14:37 (179)	4:13	0:37:38 (125)	3:32	0:25:36 (112)	1:25:36
128	383	Fabian Buss	Kornschnule	AK 45 (m)	14	0:12:11 (55)	5:54	0:37:43 (129)	3:21	0:26:36 (141)	1:25:55 *
129	381	Janosch Held		AK 30 (m)	33	0:12:36 (76)	3:36	0:40:34 (209)	3:25	0:25:46 (119)	1:25:57
130	458	Jannik Sklorz		AK 20 (m)	14	0:14:38 (183)	3:41	0:40:03 (201)	2:54	0:24:50 (86)	1:26:07
131	523	Daniel Löwen	Team Synera	AK 30 (m)	34	0:13:55 (146)	5:25	0:38:12 (144)	3:38	0:25:07 (97)	1:26:18
132	299	Meik Spallek		AK 50 (m)	10	0:11:26 (34)	4:37	0:38:45 (157)	4:21	0:27:16 (156)	1:26:24
133	351	Torben Rohbeck		AK 45 (m)	15	0:12:38 (80)	4:30	0:38:06 (142)	3:29	0:27:41 (165)	1:26:24
134	341	Lars Planitz		AK 45 (m)	16	0:15:00 (196)	4:30	0:35:41 (77)	4:38	0:26:37 (143)	1:26:25
135	576	Thomas Rohlwing		AK 35 (m)	16	0:16:53 (235)	4:45	0:36:17 (93)	3:39	0:24:52 (88)	1:26:25
136	533	Jannes Limberg		AK 30 (m)	35	0:12:48 (91)	3:41	0:40:05 (203)	4:22	0:25:32 (111)	1:26:29
137	354	Taras Androsiuk		AK 30 (m)	36	0:13:17 (116)	6:06	0:41:15 (214)	3:49	0:22:05 (32)	1:26:32
138	532	Lou Wellendorf		AK 30 (m)	37	0:14:51 (191)	4:03	0:39:32 (186)	2:59	0:25:11 (100)	1:26:36
139	428	Reimund Ameskamp		AK 55 (m)	7	0:13:37 (134)	3:41	0:38:50 (159)	3:54	0:26:36 (142)	1:26:38
140	312	Söncke Olof Zimmermann		AK 25 (m)	21	0:12:51 (94)	4:38	0:41:45 (220)	3:08	0:24:19 (77)	1:26:41
141	259	Thomas Trame		AK 35 (m)	17	0:12:59 (102)	4:14	0:39:36 (188)	3:03	0:26:53 (148)	1:26:45
142	387	Odilon Faivre		AK 45 (m)	17	0:12:16 (61)	3:49	0:38:03 (140)	3:45	0:29:08 (198)	1:27:01
143	581	Son Cao		AK 35 (m)	18	0:16:48 (234)	4:09	0:37:00 (113)	3:37	0:25:28 (108)	1:27:03
144	450	Dennis Metzling		AK 25 (m)	22	0:13:47 (139)	4:07	0:39:40 (191)	3:42	0:25:51 (124)	1:27:06
145	440	Jens Gäde		AK 60 (m)	2	0:16:30 (228)	3:47	0:36:02 (85)	3:02	0:27:59 (176)	1:27:19
146	559	Daniel Köster		AK 30 (m)	38	0:15:16 (199)	3:57	0:38:00 (137)	3:32	0:26:38 (144)	1:27:23
147	329	Janis Pietsch		AK 25 (m)	23	0:13:59 (150)	3:47	0:38:23 (148)	3:37	0:27:41 (166)	1:27:27
148	331	Ian Luk Kitchenham		AK 20 (m)	15	0:13:58 (149)	3:26	0:40:07 (204)	3:10	0:26:54 (149)	1:27:35
149	411	Jesko Edzards		AK 25 (m)	24	0:12:43 (88)	5:14	0:36:29 (97)	4:24	0:28:54 (193)	1:27:44
150	507	Benthien Thiemo		AK 25 (m)	25	0:16:15 (223)	4:56	0:37:04 (117)	3:39	0:25:52 (125)	1:27:45
151	558	Sebastian Köster		AK 30 (m)	39	0:14:33 (175)	3:57	0:40:32 (208)	2:51	0:26:00 (128)	1:27:53

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
152	566	Jasper Giesler		AK 30 (m)	40	0:14:17 (165)	4:44	0:40:18 (207)	2:53	0:25:50 (123)	1:28:02
153	398	Bernd Repenning		AK 40 (m)	17	0:15:21 (200)	3:41	0:35:21 (67)	3:38	0:30:01 (218)	1:28:03
154	392	Sebastian Thews		AK 35 (m)	19	0:12:16 (59)	5:22	0:36:36 (100)	4:06	0:29:44 (210)	1:28:03
155	583	Jören Spitz		AK 30 (m)	41	0:13:06 (107)	3:43	0:39:38 (190)	3:42	0:27:55 (172)	1:28:03
156	544	Ejnar Luckhardt		AK 25 (m)	26	0:16:13 (221)	4:01	0:37:02 (115)	3:42	0:27:06 (151)	1:28:05
157	342	Tim Kroesen-Miescke		AK 40 (m)	18	0:12:57 (100)	3:33	0:39:47 (194)	3:42	0:28:07 (179)	1:28:05
158	220	Vögeding Clas		AK 40 (m)	19	0:11:27 (35)	4:46	0:39:03 (165)	4:43	0:28:10 (183)	1:28:09
159	454	Lasse Schöнке	FC Brome	AK 20 (m)	16	0:14:14 (163)	4:27	0:41:11 (213)	3:06	0:25:16 (104)	1:28:13
160	473	Hans Krüger		AK 45 (m)	18	0:13:42 (136)	6:00	0:39:08 (168)	3:50	0:25:44 (117)	1:28:24
161	465	Michael Riechers		AK 60 (m)	3	0:16:00 (213)	6:09	0:37:53 (132)	3:03	0:25:30 (109)	1:28:35
162	416	Lukas Hoppmann		AK 30 (m)	42	0:14:27 (172)	3:52	0:38:58 (163)	3:36	0:28:00 (177)	1:28:52
163	292	Jost Linkogel		AK 20 (m)	17	0:13:51 (141)	5:33	0:39:03 (166)	4:01	0:26:26 (139)	1:28:54
164	320	Jan Voß	SV Poseidon Hamburg e.V.	AK 40 (m)	20	0:12:32 (72)	5:10	0:38:34 (150)	5:08	0:27:33 (160)	1:28:56
165	475	Jan Prien		AK 25 (m)	27	0:15:59 (212)	3:24	0:36:09 (90)	3:31	0:30:00 (215)	1:29:02
166	514	Sebastian Schönewolf	Sparkasse Bremen	AK 35 (m)	20	0:14:35 (177)	3:52	0:39:25 (177)	4:04	0:27:07 (152)	1:29:03
167	530	Georg Mai		AK 60 (m)	4	0:14:47 (188)	4:17	0:37:45 (130)	4:19	0:27:58 (174)	1:29:05
168	324	Philipp Mück	SG Land unter Schleiüsig	AK 35 (m)	21	0:13:52 (143)	4:47	0:40:04 (202)	4:12	0:26:25 (137)	1:29:20
169	478	Paul Freuchen		AK 20 (m)	18	0:13:36 (133)	4:25	0:37:41 (128)	5:32	0:28:09 (182)	1:29:24
170	306	Christian Klinke		AK 45 (m)	19	0:13:17 (115)	3:39	0:39:25 (179)	3:54	0:29:11 (200)	1:29:26
171	438	Marc Lingemann		AK 55 (m)	8	0:12:39 (83)	4:44	0:38:03 (139)	4:33	0:29:30 (205)	1:29:29
172	315	Sebastian Arends		AK 40 (m)	21	0:13:29 (126)	5:57	0:37:08 (120)	4:02	0:29:01 (195)	1:29:37
173	271	Frank Wöhlbrandt	Bremer Sport Club	AK 55 (m)	9	0:10:30 (18)	4:17	0:40:42 (210)	4:19	0:30:01 (218)	1:29:48
174	531	Thomas Müller		AK 55 (m)	10	0:15:52 (208)	4:21	0:36:53 (109)	3:40	0:29:08 (197)	1:29:54
175	275	Jens Schmidt		AK 45 (m)	20	0:17:43 (247)	5:47	0:37:04 (116)	3:21	0:26:17 (136)	1:30:11
176	433	Andreas Keßler		AK 30 (m)	43	0:13:57 (148)	4:42	0:42:00 (226)	3:30	0:26:07 (132)	1:30:16
177	297	Daniel Grundmann		AK 35 (m)	22	0:13:38 (135)	4:47	0:39:22 (172)	4:42	0:27:56 (173)	1:30:25
178	303	Björn Groß		AK 40 (m)	22	0:17:02 (239)	5:17	0:38:56 (162)	4:05	0:25:09 (98)	1:30:29

Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
179	527	Roman Welzer		AK 50 (m)	11	0:17:24 (241)	4:29	0:36:03 (86)	4:29	0:28:11 (184)	1:30:37
180	568	Malte Koppe		AK 30 (m)	44	0:14:42 (187)	4:23	0:38:40 (154)	3:38	0:28:18 (188)	1:30:41 *
181	376	Karsten Meyer		AK 50 (m)	12	0:14:35 (178)	6:14	0:38:51 (160)	5:03	0:26:01 (129)	1:30:46
182	427	Torsten Bock		AK 30 (m)	45	0:15:57 (211)	4:19	0:38:05 (141)	4:21	0:28:16 (187)	1:30:58
183	316	Maximilian Theiss		AK 40 (m)	23	0:12:33 (74)	5:40	0:42:35 (234)	4:57	0:25:18 (105)	1:31:02
184	600	Daniel Haselbach		AK 40 (m)	24	0:15:27 (201)	3:24	0:41:52 (223)	3:11	0:27:32 (159)	1:31:26
185	431	Jascha Mindermann		AK 30 (m)	46	0:13:12 (111)	5:57	0:40:00 (199)	4:37	0:27:45 (168)	1:31:32
186	407	Joe Rode		AK 25 (m)	28	0:14:18 (166)	4:54	0:39:56 (197)	3:28	0:29:07 (196)	1:31:43
187	574	Niklas Riedel		AK 25 (m)	29	0:17:40 (246)	4:15	0:43:29 (244)	3:42	0:22:39 (47)	1:31:45
188	542	Klaus Golla		AK 60 (m)	5	0:14:49 (189)	3:40	0:39:25 (178)	3:39	0:30:16 (222)	1:31:49
189	534	Don Müller		AK 25 (m)	30	0:16:17 (224)	4:05	0:39:30 (182)	3:26	0:29:09 (199)	1:32:27
190	321	Frank Denkena		AK 55 (m)	11	0:13:02 (106)	5:04	0:42:26 (232)	4:02	0:27:59 (175)	1:32:33
191	311	Carsten Weerth	BDZ OV Bremen (im dbb landesbund bremen)	AK 50 (m)	13	0:13:56 (147)	3:57	0:40:14 (206)	4:11	0:30:21 (224)	1:32:39
192	594	Mark Steffen	Hannover 96 Triathlon	AK 20 (m)	19	0:13:48 (140)	4:09	0:39:22 (173)	4:41	0:30:43 (229)	1:32:42
193	609	Simon Porrmann		AK 25 (m)	31	0:14:24 (169)	4:41	0:39:58 (198)	4:01	0:29:46 (212)	1:32:49
194	573	Jonghong Park	Team Synera	AK 40 (m)	25	0:14:08 (154)	3:41	0:40:02 (200)	3:56	0:31:19 (232)	1:33:05
195	499	Kevin Lausen		AK 30 (m)	47	0:14:15 (164)	4:50	0:42:29 (233)	3:46	0:27:46 (169)	1:33:06
196	588	Marcel Schauer		AK 25 (m)	32	0:17:57 (249)	4:27	0:36:54 (110)	3:13	0:30:42 (228)	1:33:12
197	429	Frank Fischer	RiCon Personallösungen GmbH	AK 50 (m)	14	0:14:49 (190)	4:49	0:39:01 (164)	4:44	0:29:52 (213)	1:33:15
198	487	Rainer Bruns		AK 50 (m)	15	0:18:24 (252)	5:17	0:38:25 (149)	4:11	0:27:08 (154)	1:33:25
199	352	Jens Diekmann		AK 50 (m)	16	0:12:14 (57)	4:48	0:39:17 (170)	4:21	0:32:52 (241)	1:33:32
200	286	Jörg Struß	ohne	AK 60 (m)	6	0:17:34 (245)	5:16	0:39:32 (185)	3:45	0:27:27 (157)	1:33:33
201	462	Michael Koch	Der Harte Kern	AK 30 (m)	48	0:13:34 (131)	5:04	0:42:11 (229)	3:13	0:29:32 (207)	1:33:34
201	463	Niklas Bruns	Der harte Kern	AK 25 (m)	33	0:14:33 (175)	5:04	0:39:33 (187)	3:01	0:31:24 (233)	1:33:34
203	461	Christian Narloch	Der harte Kern	AK 25 (m)	34	0:14:08 (155)	4:54	0:40:08 (205)	2:57	0:31:27 (234)	1:33:34
204	464	Patrick Pajer	Der harte Kern	AK 30 (m)	49	0:14:38 (182)	4:57	0:39:30 (183)	2:58	0:31:31 (235)	1:33:34
205	536	Shubham Vyas		AK 30 (m)	50	0:16:59 (237)	4:50	0:39:30 (184)	3:34	0:28:48 (192)	1:33:40

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Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
206	280	Lars Spiesl		AK 25 (m)	35	0:14:54 (192)	3:33	0:42:16 (230)	3:26	0:29:43 (209)	1:33:51
207	550	Bernd Lewandowski		AK 55 (m)	12	0:16:45 (231)	5:53	0:35:59 (84)	5:14	0:30:00 (216)	1:33:52
208	276	Jan Mannheim		AK 25 (m)	36	0:13:18 (117)	4:27	0:42:49 (236)	3:11	0:30:19 (223)	1:34:04
209	356	Wolfgang Renken	Triathlon Club Bremen	AK 70 (m)	2	0:15:34 (204)	6:44	0:39:23 (176)	4:19	0:28:09 (181)	1:34:09
210	357	Leo Bermudez Granda		AK 30 (m)	51	0:12:31 (71)	3:56	0:43:39 (247)	3:23	0:30:43 (230)	1:34:12
211	599	Jens Brockmann		AK 55 (m)	13	0:14:20 (167)	5:00	0:41:06 (212)	3:57	0:30:06 (220)	1:34:29
212	606	Borrelli Gianni		AK 25 (m)	37	0:16:48 (233)	5:24	0:41:52 (223)	4:22	0:26:25 (138)	1:34:50
213	572	Ralf Gatzweiler		AK 35 (m)	23	0:14:41 (186)	4:04	0:37:38 (124)	4:28	0:34:08 (245)	1:34:59
214	570	Michael Strehlau	Maverick	AK 55 (m)	14	0:17:46 (248)	4:12	0:41:48 (221)	4:06	0:27:09 (155)	1:35:00
214	545	Markus Frank	Route 16 TRI Road	AK 40 (m)	26	0:16:44 (230)	3:08	0:39:23 (175)	3:47	0:31:58 (236)	1:35:00
216	510	Andres Kanitz		AK 45 (m)	21	0:14:58 (195)	5:25	0:38:10 (143)	3:54	0:32:36 (239)	1:35:02
217	593	Tim Steffen		MJUN	2	0:16:09 (219)	4:08	0:41:32 (216)	3:33	0:30:24 (225)	1:35:46
218	419	Uzgur Umut		AK 30 (m)	52	0:14:08 (156)	4:04	0:37:57 (134)	5:08	0:34:38 (246)	1:35:55
219	569	Philipp Kenkel		AK 30 (m)	53	0:15:36 (207)	6:07	0:42:11 (228)	3:56	0:28:43 (191)	1:36:32
220	488	Thorsten Siegert		AK 45 (m)	22	0:15:54 (210)	5:45	0:42:17 (231)	5:07	0:27:35 (162)	1:36:38
221	618	Alexander Frenzel		AK 60 (m)	7	0:14:37 (180)	3:09	0:39:46 (193)	5:10	0:34:02 (244)	1:36:45
222	592	Jan Steffen	CVJM Hannover	AK 55 (m)	15	0:16:47 (232)	5:40	0:20:22 (1)	6:04	0:28:00 (177)	1:36:53
223	426	Knut Johannsen	TIAH	AK 50 (m)	17	0:15:13 (198)	5:12	0:42:59 (237)	4:02	0:29:41 (208)	1:37:06
224	561	Jendrik Erichsen		AK 30 (m)	54	0:16:02 (215)	5:13	0:41:04 (211)	4:14	0:30:37 (226)	1:37:10
225	420	Jonathan Meinecke		AK 25 (m)	38	0:16:18 (225)	4:02	0:43:39 (246)	3:51	0:29:32 (206)	1:37:22
226	517	David Franzen		AK 30 (m)	55	0:16:08 (218)	4:55	0:43:23 (242)	3:42	0:29:27 (203)	1:37:35
227	503	Nils Riedel	TuS Schwachhausen	AK 30 (m)	56	0:15:35 (206)	4:39	0:42:07 (227)	4:39	0:30:38 (227)	1:37:39
228	547	Marko Schade	Kommando Fischfrikadelle	AK 50 (m)	18	0:18:37 (253)	5:38	0:39:29 (180)	4:31	0:29:25 (202)	1:37:39
229	360	Christoph Stahn	Bremer Stadtfusikanten	AK 30 (m)	57	0:13:51 (142)	5:39	0:41:50 (222)	4:20	0:32:06 (237)	1:37:46
230	601	Tim Jablovski		AK 40 (m)	27	0:14:28 (173)	4:10	0:46:04 (252)	3:40	0:29:30 (204)	1:37:51
231	509	Jan Speiser		AK 20 (m)	20	0:14:25 (170)	4:34	0:48:09 (256)	3:22	0:27:29 (158)	1:37:59
232	377	Jan Lennart Hey		AK 25 (m)	39	0:14:01 (152)	5:05	0:41:24 (215)	5:27	0:32:07 (238)	1:38:04

Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
233	552	Frank Plönnigs		AK 40 (m)	28	0:19:30 (256)	4:32	0:41:37 (217)	3:30	0:28:55 (194)	1:38:04
234	501	Mario Ellert		AK 45 (m)	23	0:14:05 (153)	4:48	0:39:23 (174)	4:59	0:35:06 (248)	1:38:19
235	330	Jon Melnyk	Tennisverein Stadtwerder 1927	AK 25 (m)	40	0:15:33 (203)	5:48	0:43:33 (245)	4:50	0:28:39 (190)	1:38:22
236	603	Canel Calp	/	AK 25 (m)	41	0:16:01 (214)	6:07	0:20:38 (2)	5:59	0:29:44 (211)	1:38:30
237	479	Christoph Destrée		AK 45 (m)	24	0:15:11 (197)	4:08	0:39:48 (195)	4:13	0:35:13 (250)	1:38:33
238	535	Jan-Ole Meinders		AK 20 (m)	21	0:15:54 (209)	5:07	0:46:49 (255)	3:03	0:28:15 (186)	1:39:08
239	372	Artjom Dick		AK 35 (m)	24	0:17:31 (244)	5:01	0:43:10 (240)	3:34	0:30:11 (221)	1:39:26
240	519	Orson-Julian Dräger		AK 30 (m)	58	0:16:10 (220)	4:44	0:46:32 (254)	3:48	0:28:21 (189)	1:39:33
241	483	Timo Seggermann		AK 50 (m)	19	0:12:39 (82)	5:13	0:43:24 (243)	4:49	0:33:55 (243)	1:39:59
242	214	Shreeram Bhattarai		AK 30 (m)	59	0:24:27 (262)	4:37	0:39:54 (196)	4:30	0:29:59 (214)	1:43:27
243	226	Frank Köhne		AK 55 (m)	16	0:13:11 (110)	4:28	0:44:24 (249)	5:10	0:37:41 (253)	1:44:54
244	614	Christian Koch		AK 45 (m)	25	0:17:29 (243)	4:57	0:38:21 (147)	4:44	0:39:25 (256)	1:44:57
245	344	Horst Battig	LT TV Schwanewede	AK 70 (m)	3	0:15:34 (205)	4:44	0:43:44 (248)	5:48	0:35:10 (249)	1:44:59
246	446	Uwe Ritter	Park links der Weser e.V.	AK 60 (m)	8	0:12:55 (96)	5:21	0:44:42 (250)	5:23	0:36:56 (252)	1:45:17
247	554	Lars Brinkmann		AK 35 (m)	25	0:19:04 (255)	5:32	0:43:15 (241)	4:42	0:32:54 (242)	1:45:26
248	263	Gerrit Schöne		AK 25 (m)	42	0:13:23 (120)	4:36	0:43:05 (239)	4:54	0:40:25 (258)	1:46:23
249	365	Jürgen Lewerentz		AK 65 (m)	1	0:16:21 (226)	7:44	0:41:44 (219)	6:30	0:34:51 (247)	1:47:09
250	498	José Garrido		AK 25 (m)	43	0:18:06 (251)	7:42	0:46:23 (253)	5:20	0:30:01 (217)	1:47:31
251	492	Daniel Brock		AK 25 (m)	44	0:16:06 (216)	4:12	0:45:16 (251)	3:56	0:39:11 (255)	1:48:41
252	264	Christoph Korittke		AK 35 (m)	26	0:16:40 (229)	8:06	0:51:29 (259)	4:20	0:28:14 (185)	1:48:48
253	512	Uwe Tuchel	MTV Schweringen	AK 65 (m)	2	0:20:38 (260)	4:04	0:41:57 (225)	6:24	0:36:31 (251)	1:49:34
254	249	Marcus Wertz		AK 35 (m)	27	0:22:07 (261)	4:37	0:49:33 (257)	4:07	0:29:25 (201)	1:49:48
255	607	Sahin Ertan	TSV Imsum	AK 35 (m)	28	0:20:15 (258)	6:54	0:26:40 (3)	1:24	0:24:58 (94)	1:50:10
256	555	David Walter		AK 30 (m)	60	0:18:45 (254)	4:26	0:50:36 (258)	3:55	0:32:47 (240)	1:50:29
257	491	Sven Boog		AK 45 (m)	26	0:20:29 (259)	4:26	0:42:37 (235)	4:56	0:38:11 (254)	1:50:39
258	490	Simon Ronstedt		AK 35 (m)	29	0:19:49 (257)	5:42	0:41:38 (218)	4:40	0:40:11 (257)	1:52:01
259	489	Frank Lindhorst		AK 45 (m)	27	0:18:01 (250)	4:36	0:43:00 (238)	5:00	0:41:58 (259)	1:52:35



Volkstriathlon

(Männer / Frauen Wertung)

Bremen, den 13. August 2023

Mit freundlicher Unterstützung von:



Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
260	295	Boran Yozdinch		MJA	1	0:09:31 (7)	5:36	1:07:41 (260)	3:40	0:27:52 (170)	1:54:20
DISQ	511	Frank Steffen		AK 50 (m)		0:19:29 ()	5:04	0:39:58 ()	3:45	0:31:03 ()	1:39:19
DISQ	521	Jonas Gayhoff		AK 30 (m)		0:18:52 ()	5:42	0:44:58 ()	5:12	0:28:40 ()	1:43:24