



Volkstriathlon

(Altersklassenwertung)

Bremen, den 13. August 2023

Mit freundlicher Unterstützung von:



MJA

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	295	Boran Yozdinch		MJA	1	0:09:31 (1)	5:36	1:07:41 (1)	3:40	0:27:52 (1)	1:54:20

WJUN

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	209	Charlotte Kahmen		WJUN	1	0:09:48 (1)	3:53	0:36:00 (1)	3:48	0:32:46 (1)	1:26:13

MJUN

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	293	Tim Veith	MTV Aurich Triathlon	MJUN	1	0:11:27 (1)	3:49	0:36:43 (1)	2:51	0:18:42 (1)	1:13:32
2	593	Tim Steffen		MJUN	2	0:16:09 (2)	4:08	0:41:32 (2)	3:33	0:30:24 (2)	1:35:46

AK 20 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	223	Louisa Kramer	Johanniter - Hannoveraner Teamgeist	AK 20 (w)	1	0:12:44 (5)	3:39	0:39:11 (1)	3:37	0:26:53 (1)	1:26:04
2	397	Pia Lechtenböcker		AK 20 (w)	2	0:12:47 (6)	3:25	0:41:06 (4)	3:28	0:27:39 (2)	1:28:25
3	229	Luca Marie Nestler		AK 20 (w)	3	0:12:24 (4)	3:53	0:40:43 (3)	3:28	0:28:52 (3)	1:29:20
4	328	Antonia Riechers		AK 20 (w)	4	0:11:23 (1)	4:46	0:41:16 (5)	3:18	0:31:41 (5)	1:32:23
5	441	Amelie Heidenreich		AK 20 (w)	5	0:12:13 (3)	4:17	0:39:33 (2)	4:45	0:32:08 (6)	1:32:56
6	484	Maite Sophie Grimm		AK 20 (w)	6	0:16:59 (9)	4:10	0:43:42 (7)	3:52	0:30:52 (4)	1:39:34
7	453	Jessica Pawlitschko		AK 20 (w)	7	0:14:43 (7)	5:02	0:46:24 (8)	4:31	0:33:13 (7)	1:43:53
8	480	Louisa Riedl		AK 20 (w)	8	0:15:00 (8)	3:18	0:42:47 (6)	4:58	0:38:00 (8)	1:44:02

AK 20 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	289	Maximilian Alber		AK 20 (m)	1	0:11:22 (5)	2:31	0:33:08 (4)	2:21	0:18:33 (1)	1:07:55
2	373	Julian von Gronefeld	RSV 23	AK 20 (m)	2	0:13:28 (12)	2:40	0:30:06 (1)	3:08	0:20:26 (4)	1:09:48
3	242	Erik Schlemmer		AK 20 (m)	3	0:10:43 (1)	3:00	0:33:02 (3)	2:58	0:21:07 (6)	1:10:49
4	318	Maurice Harr		AK 20 (m)	4	0:11:01 (2)	3:06	0:34:29 (7)	2:36	0:20:01 (3)	1:11:12
5	332	Nick Hauptvogel	Tri4 Danmark	AK 20 (m)	5	0:11:17 (3)	3:21	0:33:31 (5)	3:14	0:22:24 (9)	1:13:47
6	556	Frederik Dönch	Borussia Dortmund	AK 20 (m)	6	0:13:32 (13)	4:17	0:34:55 (8)	2:38	0:19:41 (2)	1:15:03
7	291	Alexander Algermissen		AK 20 (m)	7	0:13:00 (11)	3:12	0:32:50 (2)	3:41	0:22:42 (10)	1:15:24
8	298	Pogorzalski Liam		AK 20 (m)	8	0:11:47 (6)	4:30	0:35:11 (9)	3:33	0:20:44 (5)	1:15:44
9	317	Aaron Krumdiek		AK 20 (m)	9	0:12:14 (8)	2:47	0:36:07 (10)	2:39	0:22:24 (8)	1:16:12
10	270	Jonathan Paul Reschke		AK 20 (m)	10	0:12:33 (10)	2:42	0:33:41 (6)	3:07	0:24:41 (13)	1:16:43
11	250	Louis Rittmeier	SC Langenhagen	AK 20 (m)	11	0:11:19 (4)	2:24	0:36:14 (11)	2:58	0:24:05 (12)	1:17:01
12	408	Daniel Lübben		AK 20 (m)	12	0:12:13 (7)	4:46	0:38:40 (14)	2:48	0:21:39 (7)	1:20:04
13	602	Lars Pöhler		AK 20 (m)	13	0:12:26 (9)	3:38	0:36:45 (12)	3:40	0:23:54 (11)	1:20:23
14	458	Jannik Sklorz		AK 20 (m)	14	0:14:38 (20)	3:41	0:40:03 (17)	2:54	0:24:50 (14)	1:26:07
15	331	Ian Luk Kitchenham		AK 20 (m)	15	0:13:58 (17)	3:26	0:40:07 (18)	3:10	0:26:54 (17)	1:27:35
16	454	Lasse Schönke	FC Brome	AK 20 (m)	16	0:14:14 (18)	4:27	0:41:11 (19)	3:06	0:25:16 (15)	1:28:13
17	292	Jost Linkogel		AK 20 (m)	17	0:13:51 (16)	5:33	0:39:03 (15)	4:01	0:26:26 (16)	1:28:54
18	478	Paul Freuchen		AK 20 (m)	18	0:13:36 (14)	4:25	0:37:41 (13)	5:32	0:28:09 (19)	1:29:24
19	594	Mark Steffen	Hannover 96 Triathlon	AK 20 (m)	19	0:13:48 (15)	4:09	0:39:22 (16)	4:41	0:30:43 (21)	1:32:42
20	509	Jan Speiser		AK 20 (m)	20	0:14:25 (19)	4:34	0:48:09 (21)	3:22	0:27:29 (18)	1:37:59
21	535	Jan-Ole Meinders		AK 20 (m)	21	0:15:54 (21)	5:07	0:46:49 (20)	3:03	0:28:15 (20)	1:39:08

AK 25 (w)

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 (4)	2:54	0:37:10 (3)	3:03	0:21:14 (1)	1:16:36
2	207	Lisa Marlen Kuhlmann	G.S.T.V. Tritanium	AK 25 (w)	2	0:11:26 (3)	2:40	0:36:49 (2)	2:58	0:23:58 (2)	1:17:51

AK 25 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
3	472	Thea Zimmer	TriAs Flensburg e.V.	AK 25 (w)	3	0:12:19 (5)	3:47	0:35:11 (1)	3:37	0:24:38 (3)	1:19:32
4	211	Kyra Boxberger		AK 25 (w)	4	0:08:57 (1)	4:13	0:40:55 (9)	3:21	0:26:14 (5)	1:23:40
5	265	Merle Staschen	OSC Bremerhaven	AK 25 (w)	5	0:12:49 (6)	3:27	0:38:53 (6)	3:04	0:27:05 (6)	1:25:17
6	210	Lena Nordhausen		AK 25 (w)	6	0:10:12 (2)	4:31	0:41:20 (10)	3:33	0:27:29 (9)	1:27:05
7	452	Wilma Möller		AK 25 (w)	7	0:13:40 (11)	4:23	0:38:42 (4)	4:05	0:27:24 (8)	1:28:14
8	435	Stefanie Lübben		AK 25 (w)	8	0:13:25 (8)	4:35	0:38:50 (5)	4:29	0:27:33 (10)	1:28:52
9	494	Katharina Evers		AK 25 (w)	9	0:14:08 (12)	4:45	0:41:50 (11)	3:43	0:27:08 (7)	1:31:35
10	467	Paula Rauf		AK 25 (w)	10	0:16:00 (15)	4:24	0:39:32 (7)	3:42	0:28:05 (11)	1:31:43
11	468	Martina Rauf		AK 25 (w)	11	0:15:03 (13)	4:56	0:42:37 (13)	3:32	0:25:36 (4)	1:31:43
12	364	Mariama Diop		AK 25 (w)	12	0:13:27 (9)	4:30	0:41:51 (12)	3:59	0:29:33 (12)	1:33:20
13	439	ANGIE WALDISPERG		AK 25 (w)	13	()		()		()	1:37:43
14	518	Sara-Marie Strauß		AK 25 (w)	14	0:18:51 (17)	4:22	0:39:40 (8)	4:59	0:34:25 (14)	1:42:17
15	497	Alina Nippes		AK 25 (w)	15	0:13:09 (7)	4:16	0:46:01 (15)	4:20	0:35:04 (15)	1:42:51
16	368	Lisa Tripler		AK 25 (w)	16	0:15:06 (14)	4:35	0:44:15 (14)	4:51	0:38:20 (16)	1:47:06
17	616	Erin Cold		AK 25 (w)	17	0:13:40 (10)	5:44	0:51:27 (17)	4:46	0:33:30 (13)	1:49:06
18	524	Sarah Klußmann		AK 25 (w)	18	0:16:14 (16)	5:24	0:46:55 (16)	5:50	0:44:46 (17)	1:59:09

AK 25 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	620	Jannik Sander		AK 25 (m)	1	0:10:12 (3)	4:31	0:31:12 (2)	3:44	0:20:42 (3)	1:10:21
2	243	Benjamin Brogsch		AK 25 (m)	2	0:09:43 (1)	2:44	0:32:37 (3)	2:39	0:22:45 (8)	1:10:27
3	338	Jonas Kamermann		AK 25 (m)	3	0:11:21 (4)	3:12	0:33:57 (5)	2:44	0:20:32 (2)	1:11:45
4	257	Jonas Bock	Triathlon Club Bremen	AK 25 (m)	4	0:10:00 (2)	2:52	0:34:24 (6)	2:57	0:24:00 (12)	1:14:12
5	551	Joscha Knobloch		AK 25 (m)	5	0:13:07 (13)	3:05	0:34:45 (7)	2:44	0:21:37 (4)	1:15:18
6	537	Janick Schulze	Kein Verein	AK 25 (m)	6	0:12:28 (8)	4:23	0:36:51 (15)	3:10	0:19:46 (1)	1:16:39
7	240	David Beckmann		AK 25 (m)	7	0:12:39 (9)	3:21	0:35:31 (8)	2:51	0:24:57 (18)	1:19:18

AK 25 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
8	495	Simon Reinhardt	SV Werder Bremen	AK 25 (m)	8	0:14:10 (24)	4:05	0:36:12 (11)	3:00	0:22:01 (6)	1:19:28
9	273	Matthes Jünke		AK 25 (m)	9	0:11:32 (5)	3:49	0:36:47 (14)	2:52	0:24:40 (16)	1:19:39
10	393	Timothy Weiß	Gäde Container Spedition	AK 25 (m)	10	0:14:31 (27)	3:34	0:33:09 (4)	3:40	0:25:28 (19)	1:20:22
11	343	Felix Tessarek		AK 25 (m)	11	0:13:01 (12)	3:33	0:37:01 (17)	3:35	0:24:37 (15)	1:21:46
12	560	Dominik Willen		AK 25 (m)	12	0:14:09 (23)	3:41	0:38:38 (24)	2:41	0:22:50 (9)	1:21:57
13	272	Jelde Grundmann		AK 25 (m)	13	0:13:23 (16)	4:17	0:37:53 (22)	3:14	0:23:21 (10)	1:22:08
14	269	Marten Seegers		AK 25 (m)	14	0:13:46 (18)	4:02	0:37:26 (20)	2:52	0:24:10 (13)	1:22:15
15	402	Tobias Lentz		AK 25 (m)	15	0:16:25 (40)	3:15	0:35:53 (9)	3:47	0:23:41 (11)	1:22:59
16	277	Frederic Riechers		AK 25 (m)	16	0:12:18 (7)	5:12	0:36:21 (12)	3:43	0:25:31 (20)	1:23:04
17	424	Wilken Seemann		AK 25 (m)	17	0:12:09 (6)	3:38	0:38:46 (25)	3:21	0:25:46 (22)	1:23:41
18	444	Felix Albers		AK 25 (m)	18	0:14:56 (31)	4:32	0:39:16 (26)	4:27	0:21:57 (5)	1:25:07
19	281	Tim Osterbrink		AK 25 (m)	19	0:13:24 (17)	4:39	0:39:36 (29)	2:54	0:24:46 (17)	1:25:19
20	608	Lennard Fischer		AK 25 (m)	20	0:14:37 (29)	4:13	0:37:38 (21)	3:32	0:25:36 (21)	1:25:36
21	312	Söncke Olof Zimmermann		AK 25 (m)	21	0:12:51 (11)	4:38	0:41:45 (35)	3:08	0:24:19 (14)	1:26:41
22	450	Dennis Metzging		AK 25 (m)	22	0:13:47 (19)	4:07	0:39:40 (30)	3:42	0:25:51 (23)	1:27:06
23	329	Janis Pietsch		AK 25 (m)	23	0:13:59 (20)	3:47	0:38:23 (23)	3:37	0:27:41 (27)	1:27:27
24	411	Jesko Edzards		AK 25 (m)	24	0:12:43 (10)	5:14	0:36:29 (13)	4:24	0:28:54 (29)	1:27:44
25	507	Benthien Thiemo		AK 25 (m)	25	0:16:15 (37)	4:56	0:37:04 (19)	3:39	0:25:52 (24)	1:27:45
26	544	Ejnar Luckhardt		AK 25 (m)	26	0:16:13 (36)	4:01	0:37:02 (18)	3:42	0:27:06 (26)	1:28:05
27	475	Jan Prien		AK 25 (m)	27	0:15:59 (33)	3:24	0:36:09 (10)	3:31	0:30:00 (36)	1:29:02
28	407	Joe Rode		AK 25 (m)	28	0:14:18 (25)	4:54	0:39:56 (31)	3:28	0:29:07 (30)	1:31:43
29	574	Niklas Riedel		AK 25 (m)	29	0:17:40 (42)	4:15	0:43:29 (40)	3:42	0:22:39 (7)	1:31:45
30	534	Don Müller		AK 25 (m)	30	0:16:17 (38)	4:05	0:39:30 (27)	3:26	0:29:09 (31)	1:32:27
31	609	Simon Porrmann		AK 25 (m)	31	0:14:24 (26)	4:41	0:39:58 (32)	4:01	0:29:46 (35)	1:32:49
32	588	Marcel Schauer		AK 25 (m)	32	0:17:57 (43)	4:27	0:36:54 (16)	3:13	0:30:42 (39)	1:33:12
33	463	Niklas Bruns	Der harte Kern	AK 25 (m)	33	0:14:33 (28)	5:04	0:39:33 (28)	3:01	0:31:24 (40)	1:33:34
34	461	Christian Narloch	Der harte Kern	AK 25 (m)	34	0:14:08 (22)	4:54	0:40:08 (33)	2:57	0:31:27 (41)	1:33:34

AK 25 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
35	280	Lars Spiesl		AK 25 (m)	35	0:14:54 (30)	3:33	0:42:16 (37)	3:26	0:29:43 (33)	1:33:51
36	276	Jan Mannheim		AK 25 (m)	36	0:13:18 (14)	4:27	0:42:49 (38)	3:11	0:30:19 (38)	1:34:04
37	606	Borrelli Gianni		AK 25 (m)	37	0:16:48 (41)	5:24	0:41:52 (36)	4:22	0:26:25 (25)	1:34:50
38	420	Jonathan Meinecke		AK 25 (m)	38	0:16:18 (39)	4:02	0:43:39 (42)	3:51	0:29:32 (32)	1:37:22
39	377	Jan Lennart Hey		AK 25 (m)	39	0:14:01 (21)	5:05	0:41:24 (34)	5:27	0:32:07 (42)	1:38:04
40	330	Jon Melnyk	Tennisverein Stadtwerder 1927	AK 25 (m)	40	0:15:33 (32)	5:48	0:43:33 (41)	4:50	0:28:39 (28)	1:38:22
41	603	Canel Calp	/	AK 25 (m)	41	0:16:01 (34)	6:07	0:20:38 (1)	5:59	0:29:44 (34)	1:38:30
42	263	Gerrit Schöne		AK 25 (m)	42	0:13:23 (15)	4:36	0:43:05 (39)	4:54	0:40:25 (44)	1:46:23
43	498	José Garrido		AK 25 (m)	43	0:18:06 (44)	7:42	0:46:23 (44)	5:20	0:30:01 (37)	1:47:31
44	492	Daniel Brock		AK 25 (m)	44	0:16:06 (35)	4:12	0:45:16 (43)	3:56	0:39:11 (43)	1:48:41

AK 30 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	327	Nicole Letford	ERDINGER Active TEAM	AK 30 (w)	1	0:13:28 (9)	3:16	0:35:32 (2)	3:17	0:21:09 (1)	1:16:42
2	248	Bianca Nerke		AK 30 (w)	2	0:13:35 (10)	3:34	0:37:39 (3)	2:57	0:25:24 (2)	1:23:09
3	346	Fee Russell	STTV Berne	AK 30 (w)	3	0:12:54 (2)	3:37	0:38:38 (5)	3:34	0:26:44 (6)	1:25:27
4	414	Lisa Kruse	Bremen 1860	AK 30 (w)	4	0:14:17 (14)	3:31	0:39:07 (8)	3:24	0:26:10 (5)	1:26:30
5	358	Mareike Demel	HanseWasser	AK 30 (w)	5	0:13:17 (7)	4:03	0:38:27 (4)	3:42	0:27:35 (9)	1:27:04
6	379	Vanessa Radtke		AK 30 (w)	6	0:12:54 (3)	3:45	0:38:40 (6)	4:00	0:28:06 (10)	1:27:24
7	395	Ayla Murray		AK 30 (w)	7	0:13:50 (12)	3:11	0:39:51 (13)	3:25	0:27:27 (8)	1:27:45
8	322	Claudia Kroll		AK 30 (w)	8	0:13:08 (4)	3:24	0:39:11 (9)	4:36	0:28:47 (12)	1:29:07
9	528	Mirjam Kolbeck	LC Hansa Stuhr Tri-Wölfe	AK 30 (w)	9	0:13:18 (8)	3:41	0:44:19 (19)	3:36	0:25:25 (3)	1:30:18
10	283	Hannah Esters		AK 30 (w)	10	0:14:53 (18)	4:34	0:38:55 (7)	3:43	0:28:51 (14)	1:30:56
11	615	Lena Puckhaber		AK 30 (w)	11	0:14:48 (16)	4:05	0:39:16 (10)	3:56	0:28:41 (11)	1:31:46 *
12	415	Tanja Vogelpohl		AK 30 (w)	12	0:14:09 (13)	4:27	0:39:34 (11)	3:55	0:30:12 (15)	1:32:18
13	612	Luisa Bannow	TriAs Flensburg e.V.	AK 30 (w)	13	0:10:09 (1)	3:41	0:43:59 (18)	4:06	0:31:15 (18)	1:33:10

AK 30 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
14	482	Lina Stooß		AK 30 (w)	14	0:15:21 (19)	4:39	0:39:46 (12)	4:47	0:28:48 (13)	1:33:20
15	445	Melanie Hashagen		AK 30 (w)	15	()		()		()	1:33:32
16	348	Corinna Lüdeke		AK 30 (w)	16	0:14:52 (17)	3:33	0:40:27 (15)	3:58	0:31:12 (17)	1:34:02
17	350	Florencia Lichtenberg geb. Diaz Cano		AK 30 (w)	17	0:13:16 (5)	4:18	0:46:16 (21)	3:20	0:27:03 (7)	1:34:13
18	274	Julia Gaumann		AK 30 (w)	18	0:13:41 (11)	4:24	0:41:35 (16)	4:35	0:30:17 (16)	1:34:32
19	564	Hanna Steilen		AK 30 (w)	19	0:16:18 (20)	4:05	0:40:16 (14)	4:27	0:31:21 (19)	1:36:26
20	584	Jana Schöbel		AK 30 (w)	20	0:14:28 (15)	3:54	0:43:23 (17)	3:56	0:33:58 (20)	1:39:39
21	595	Maurilyn Ayon Olivas		AK 30 (w)	21	0:24:07 (21)	5:30	0:22:45 (1)	0:02	0:25:29 (4)	1:47:54
22	460	Jennifer Weber		AK 30 (w)	22	0:13:17 (6)	5:43	0:46:16 (20)	4:45	0:40:20 (21)	1:50:20

AK 30 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	619	Timo Kuhlmann		AK 30 (m)	1	0:09:12 (2)	2:18	0:29:22 (1)	2:16	0:16:38 (1)	0:59:47
2	206	Ole Broehldick		AK 30 (m)	2	0:09:47 (5)	2:42	0:32:17 (3)	2:23	0:19:35 (2)	1:06:43
3	205	Jonas Czwikla	Bremer Sport-Club	AK 30 (m)	3	0:09:50 (6)	2:32	0:31:34 (2)	2:26	0:20:44 (3)	1:07:06
4	361	Thomas Keller		AK 30 (m)	4	0:12:02 (14)	2:22	0:33:08 (5)	3:02	0:21:11 (6)	1:11:45
5	241	Mathis Kröger	ERDINGER Active TEAM	AK 30 (m)	5	0:12:16 (15)	3:04	0:32:56 (4)	3:18	0:21:05 (4)	1:12:39
6	213	Nono Weinzierl	Triabolos Triathlon Hamburg e.V.	AK 30 (m)	6	0:09:21 (3)	2:48	0:34:32 (9)	2:49	0:23:27 (14)	1:12:58
7	613	Yannick Braun		AK 30 (m)	7	0:11:41 (10)	4:03	0:34:07 (7)	3:34	0:21:09 (5)	1:14:33
8	246	Marco Solari		AK 30 (m)	8	0:10:58 (7)	3:34	0:34:42 (10)	3:20	0:22:06 (8)	1:14:39
9	219	Yannic Nerke		AK 30 (m)	9	0:11:51 (11)	4:07	0:35:14 (14)	2:58	0:22:47 (12)	1:16:56
10	232	Alexis-Nikolas Krafczyk		AK 30 (m)	10	0:08:45 (1)	2:30	0:39:04 (36)	3:09	0:25:13 (27)	1:18:40
11	421	Kevin Schüler		AK 30 (m)	11	0:12:37 (20)	4:26	0:34:57 (13)	3:13	0:24:00 (18)	1:19:12
12	500	Marcel Grashoff	MTV Riede	AK 30 (m)	12	0:14:00 (37)	4:12	0:34:31 (8)	3:17	0:23:21 (13)	1:19:21
13	233	Julian Cordes		AK 30 (m)	13	0:09:38 (4)	3:47	0:34:49 (11)	3:26	0:27:45 (41)	1:19:25

AK 30 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
14	617	Miklas Bengsch		AK 30 (m)	14	0:11:56 (12)	4:13	0:36:45 (21)	3:27	0:23:48 (17)	1:20:09
15	245	Finn Bergmann	Triathlöwen Bremen e.V.	AK 30 (m)	15	0:12:51 (23)	3:16	0:35:36 (15)	3:08	0:25:46 (32)	1:20:37
16	310	Kai Kutzki	Delmenhorster Schwimm-Verein von 1905 e.V.	AK 30 (m)	16	0:12:38 (21)	3:36	0:34:52 (12)	3:19	0:26:14 (37)	1:20:39
17	410	David Burmester		AK 30 (m)	17	0:13:24 (29)	4:01	0:36:28 (19)	3:13	0:24:01 (19)	1:21:06
18	405	Leonard Praetorius		AK 30 (m)	18	0:13:16 (27)	4:32	0:36:05 (18)	3:11	0:24:15 (20)	1:21:20
19	391	Anreas Waage		AK 30 (m)	19	0:12:02 (13)	4:13	0:38:01 (27)	2:55	0:24:43 (22)	1:21:54
20	314	Jasper Schumann	TSV Krofdorf-Gleiberg	AK 30 (m)	20	0:12:19 (16)	3:48	0:39:40 (42)	3:42	0:22:27 (10)	1:21:56
21	374	Lukas Gädke		AK 30 (m)	21	0:14:10 (39)	3:48	0:35:45 (16)	3:20	0:25:10 (25)	1:22:13
22	413	Schwengsbier Kilian		AK 30 (m)	22	0:11:39 (9)	4:29	0:36:53 (22)	4:25	0:25:03 (23)	1:22:29
23	279	José Alfredo Maces		AK 30 (m)	23	0:13:29 (31)	3:41	0:38:41 (32)	2:53	0:23:46 (16)	1:22:30
24	425	Sönke Alfken		AK 30 (m)	24	0:13:45 (33)	4:36	0:39:20 (37)	2:42	0:22:14 (9)	1:22:38
25	505	Janek Piontek	ErgoPack Deutschland	AK 30 (m)	25	0:13:28 (30)	4:22	0:37:20 (24)	3:07	0:24:30 (21)	1:22:45
26	448	Marc Niehaus		AK 30 (m)	26	0:14:39 (46)	4:31	0:34:00 (6)	3:54	0:25:43 (30)	1:22:47
27	471	Robert Ciomber	Team Synera	AK 30 (m)	27	0:14:26 (42)	3:29	0:35:53 (17)	3:42	0:25:42 (29)	1:23:12
28	412	Malte Figger		AK 30 (m)	28	0:16:59 (58)	3:49	0:36:59 (23)	2:59	0:22:31 (11)	1:23:17
29	230	Ibrahima Diop		AK 30 (m)	29	0:11:20 (8)	3:33	0:38:44 (33)	2:58	0:26:57 (39)	1:23:33
30	474	Sebastian Vetter		AK 30 (m)	30	0:13:14 (26)	3:17	0:36:33 (20)	3:11	0:27:33 (40)	1:23:47
31	493	Christopher Decker		AK 30 (m)	31	0:14:55 (49)	4:39	0:38:55 (34)	3:06	0:23:37 (15)	1:25:11
32	470	Christian Eilermann		AK 30 (m)	32	0:12:27 (17)	5:04	0:38:18 (30)	3:54	0:25:46 (31)	1:25:29
33	381	Janosch Held		AK 30 (m)	33	0:12:36 (19)	3:36	0:40:34 (48)	3:25	0:25:46 (32)	1:25:57
34	523	Daniel Löwen	Team Synera	AK 30 (m)	34	0:13:55 (35)	5:25	0:38:12 (29)	3:38	0:25:07 (24)	1:26:18
35	533	Jannes Limberg		AK 30 (m)	35	0:12:48 (22)	3:41	0:40:05 (45)	4:22	0:25:32 (28)	1:26:29
36	354	Taras Androsiuk		AK 30 (m)	36	0:13:17 (28)	6:06	0:41:15 (50)	3:49	0:22:05 (7)	1:26:32
37	532	Lou Wellendorf		AK 30 (m)	37	0:14:51 (48)	4:03	0:39:32 (40)	2:59	0:25:11 (26)	1:26:36
38	559	Daniel Köster		AK 30 (m)	38	0:15:16 (50)	3:57	0:38:00 (26)	3:32	0:26:38 (38)	1:27:23
39	558	Sebastian Köster		AK 30 (m)	39	0:14:33 (44)	3:57	0:40:32 (47)	2:51	0:26:00 (35)	1:27:53
40	566	Jasper Giesler		AK 30 (m)	40	0:14:17 (41)	4:44	0:40:18 (46)	2:53	0:25:50 (34)	1:28:02

AK 30 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
41	583	Jören Spitz		AK 30 (m)	41	0:13:06 (24)	3:43	0:39:38 (41)	3:42	0:27:55 (44)	1:28:03
42	416	Lukas Hoppmann		AK 30 (m)	42	0:14:27 (43)	3:52	0:38:58 (35)	3:36	0:28:00 (45)	1:28:52
43	433	Andreas Keßler		AK 30 (m)	43	0:13:57 (36)	4:42	0:42:00 (52)	3:30	0:26:07 (36)	1:30:16
44	568	Malte Koppe		AK 30 (m)	44	0:14:42 (47)	4:23	0:38:40 (31)	3:38	0:28:18 (47)	1:30:41 *
45	427	Torsten Bock		AK 30 (m)	45	0:15:57 (53)	4:19	0:38:05 (28)	4:21	0:28:16 (46)	1:30:58
46	431	Jascha Mindermann		AK 30 (m)	46	0:13:12 (25)	5:57	0:40:00 (44)	4:37	0:27:45 (42)	1:31:32
47	499	Kevin Lausen		AK 30 (m)	47	0:14:15 (40)	4:50	0:42:29 (56)	3:46	0:27:46 (43)	1:33:06
48	462	Michael Koch	Der Harte Kern	AK 30 (m)	48	0:13:34 (32)	5:04	0:42:11 (55)	3:13	0:29:32 (52)	1:33:34
49	464	Patrick Pajer	Der harte Kern	AK 30 (m)	49	0:14:38 (45)	4:57	0:39:30 (38)	2:58	0:31:31 (57)	1:33:34
50	536	Shubham Vyas		AK 30 (m)	50	0:16:59 (57)	4:50	0:39:30 (39)	3:34	0:28:48 (50)	1:33:40
51	357	Leo Bermudez Granda		AK 30 (m)	51	0:12:31 (18)	3:56	0:43:39 (58)	3:23	0:30:43 (56)	1:34:12
52	419	Uzgur Umut		AK 30 (m)	52	0:14:08 (38)	4:04	0:37:57 (25)	5:08	0:34:38 (60)	1:35:55
53	569	Philipp Kenkel		AK 30 (m)	53	0:15:36 (52)	6:07	0:42:11 (54)	3:56	0:28:43 (49)	1:36:32
54	561	Jendrik Erichsen		AK 30 (m)	54	0:16:02 (54)	5:13	0:41:04 (49)	4:14	0:30:37 (54)	1:37:10
55	517	David Franzen		AK 30 (m)	55	0:16:08 (55)	4:55	0:43:23 (57)	3:42	0:29:27 (51)	1:37:35
56	503	Nils Riedel	TuS Schwachhausen	AK 30 (m)	56	0:15:35 (51)	4:39	0:42:07 (53)	4:39	0:30:38 (55)	1:37:39
57	360	Christoph Stahn	Bremer Stadtfusikanten	AK 30 (m)	57	0:13:51 (34)	5:39	0:41:50 (51)	4:20	0:32:06 (58)	1:37:46
58	519	Orson-Julian Dräger		AK 30 (m)	58	0:16:10 (56)	4:44	0:46:32 (59)	3:48	0:28:21 (48)	1:39:33
59	214	Shreeram Bhattarai		AK 30 (m)	59	0:24:27 (60)	4:37	0:39:54 (43)	4:30	0:29:59 (53)	1:43:27
60	555	David Walter		AK 30 (m)	60	0:18:45 (59)	4:26	0:50:36 (60)	3:55	0:32:47 (59)	1:50:29
DISQ	521	Jonas Gayhoff		AK 30 (m)		0:18:52 ()	5:42	0:44:58 ()	5:12	0:28:40 ()	1:43:24

AK 35 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	313	Jennifer Zimmermann	SG Stern Bremen	AK 35 (w)	1	0:10:49 (1)	4:25	0:40:41 (4)	3:11	0:25:46 (1)	1:24:51
2	596	Laura Hoffmann		AK 35 (w)	2	0:12:51 (2)	4:03	0:37:48 (2)	2:55	0:27:33 (3)	1:25:11

AK 35 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
3	506	Miriam Benz		AK 35 (w)	3	0:14:27 (5)	3:53	0:38:28 (3)	3:31	0:26:50 (2)	1:27:08
4	385	Indra Jacqueline Karl	TRI-JOY-IMMENSEN-ARPKE	AK 35 (w)	4	0:14:23 (4)	4:03	0:41:09 (5)	4:16	0:29:31 (5)	1:33:22
5	326	Wiebke Kropp-Büttner		AK 35 (w)	5	0:13:32 (3)	3:34	0:41:44 (6)	4:36	0:36:29 (8)	1:39:55
6	579	Ricarda Meineke		AK 35 (w)	6	0:16:15 (6)	4:18	0:44:01 (7)	3:52	0:31:51 (6)	1:40:17
7	529	Caroline Urlaub		AK 35 (w)	7	0:17:24 (7)	5:17	0:23:54 (1)	0:26	0:27:47 (4)	1:44:48
8	563	Jennifer Baden	LC Hansa Stuhr Tri-Wölfe	AK 35 (w)	8	0:17:37 (8)	5:31	0:46:20 (8)	4:30	0:32:21 (7)	1:46:20

AK 35 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	221	Hendrik Naatz		AK 35 (m)	1	0:11:28 (5)	2:39	0:32:04 (3)	2:59	0:22:12 (5)	1:11:22
2	224	Dennis Wedekin	Johanniter - Hannoveraner Teamgeist	AK 35 (m)	2	0:11:14 (3)	2:31	0:34:50 (8)	2:53	0:21:04 (1)	1:12:31
3	222	Pascal Kromm	RRC Rockin Rats Hameln e.V.	AK 35 (m)	3	0:10:23 (2)	2:59	0:34:05 (6)	2:59	0:22:20 (7)	1:12:46
4	423	Paul Bomke	Team Synera	AK 35 (m)	4	0:11:31 (6)	3:24	0:32:57 (5)	3:03	0:22:22 (8)	1:13:17
5	309	Henning Engelhardt		AK 35 (m)	5	0:12:45 (9)	3:35	0:32:00 (2)	3:21	0:21:42 (3)	1:13:22
6	334	Thomas Menke	Boogie-Unicorns	AK 35 (m)	6	0:11:45 (7)		()		()	1:13:58
7	323	Philip Buchholz	Triathlöwen Bremen e.V.	AK 35 (m)	7	0:11:28 (4)	3:50	0:34:33 (7)	2:55	0:21:56 (4)	1:14:41
8	203	Martin Goldstein		AK 35 (m)	8	0:12:53 (10)	3:11	0:35:54 (13)	3:06	0:22:17 (6)	1:17:20
9	406	Jan Ahrens		AK 35 (m)	9	0:13:52 (18)	4:21	0:35:29 (11)	2:45	0:22:53 (9)	1:19:21
10	451	Benno Masemann		AK 35 (m)	10	0:14:12 (19)	3:41	0:35:12 (9)	3:03	0:23:19 (10)	1:19:27
11	459	Ronny Arnoldt		AK 35 (m)	11	0:12:56 (11)	4:20	0:35:22 (10)	3:06	0:24:14 (12)	1:19:57
12	399	Jan Kulla		AK 35 (m)	12	0:13:33 (15)	3:54	0:36:38 (16)	3:48	0:23:59 (11)	1:21:52
13	539	Markus Heuer		AK 35 (m)	13	0:16:14 (23)	3:23	0:38:19 (20)	3:49	0:21:33 (2)	1:23:17
14	284	Luis Pinzón		AK 35 (m)	14	0:14:39 (21)	4:41	0:35:52 (12)	3:51	0:25:04 (15)	1:24:06
15	597	Felix Hoffmann	Butter bei die Fische	AK 35 (m)	15	0:13:29 (14)	3:20	0:37:09 (18)	3:37	0:27:35 (20)	1:25:11
16	576	Thomas Rohlwing		AK 35 (m)	16	0:16:53 (26)	4:45	0:36:17 (14)	3:39	0:24:52 (13)	1:26:25
17	259	Thomas Trame		AK 35 (m)	17	0:12:59 (12)	4:14	0:39:36 (23)	3:03	0:26:53 (18)	1:26:45

AK 35 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
18	581	Son Cao		AK 35 (m)	18	0:16:48 (25)	4:09	0:37:00 (17)	3:37	0:25:28 (16)	1:27:03
19	392	Sebastian Thews		AK 35 (m)	19	0:12:16 (8)	5:22	0:36:36 (15)	4:06	0:29:44 (24)	1:28:03
20	514	Sebastian Schönewolf	Sparkasse Bremen	AK 35 (m)	20	0:14:35 (20)	3:52	0:39:25 (22)	4:04	0:27:07 (19)	1:29:03
21	324	Philipp Mück	SG Land unter Schleiüßig	AK 35 (m)	21	0:13:52 (17)	4:47	0:40:04 (24)	4:12	0:26:25 (17)	1:29:20
22	297	Daniel Grundmann		AK 35 (m)	22	0:13:38 (16)	4:47	0:39:22 (21)	4:42	0:27:56 (21)	1:30:25
23	572	Ralf Gatzweiler		AK 35 (m)	23	0:14:41 (22)	4:04	0:37:38 (19)	4:28	0:34:08 (27)	1:34:59
24	372	Artjom Dick		AK 35 (m)	24	0:17:31 (27)	5:01	0:43:10 (26)	3:34	0:30:11 (25)	1:39:26
25	554	Lars Brinkmann		AK 35 (m)	25	0:19:04 (28)	5:32	0:43:15 (27)	4:42	0:32:54 (26)	1:45:26
26	264	Christoph Korittke		AK 35 (m)	26	0:16:40 (24)	8:06	0:51:29 (29)	4:20	0:28:14 (22)	1:48:48
27	249	Marcus Wertz		AK 35 (m)	27	0:22:07 (31)	4:37	0:49:33 (28)	4:07	0:29:25 (23)	1:49:48
28	607	Sahin Ertan	TSV Imsum	AK 35 (m)	28	0:20:15 (30)	6:54	0:26:40 (1)	1:24	0:24:58 (14)	1:50:10
29	490	Simon Ronstedt		AK 35 (m)	29	0:19:49 (29)	5:42	0:41:38 (25)	4:40	0:40:11 (28)	1:52:01

AK 40 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	255	Katrin Kroschinski	ERDINGER Active TEAM	AK 40 (w)	1	0:11:57 (2)	2:55	0:34:15 (2)	3:14	0:25:02 (2)	1:17:22
2	502	Antje Jacobs	LSF Oldenburg	AK 40 (w)	2	0:14:37 (6)	4:08	0:36:04 (3)	3:13	0:24:17 (1)	1:22:18
3	238	Jessica Sauerwald	Blumenthaler TV	AK 40 (w)	3	0:09:39 (1)	3:44	0:40:35 (7)	3:22	0:28:41 (5)	1:26:01
4	516	Kristina Dörrenberg		AK 40 (w)	4	0:14:03 (5)	4:26	0:38:03 (4)	3:44	0:28:47 (6)	1:29:03
5	476	Karo Busch	Team ZOOT Europe	AK 40 (w)	5	0:15:52 (8)	4:35	0:38:12 (5)	4:40	0:25:51 (3)	1:29:09
6	260	Cornelia Cordes		AK 40 (w)	6	0:13:54 (4)	4:17	0:38:47 (6)	4:12	0:28:50 (7)	1:30:01
7	522	Elisabeth Andresen		AK 40 (w)	7	0:14:59 (7)	4:54	0:42:35 (8)	4:09	0:30:17 (8)	1:36:52
8	567	Sandra Elmers	SV Werder Bremen	AK 40 (w)	8	0:17:48 (9)	5:07	0:44:54 (9)	3:50	0:26:05 (4)	1:37:44

AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	278	Slawomir Deren	Triabolos Hamburg	AK 40 (m)	1	0:12:05 (3)	3:00	0:32:37 (1)	3:09	0:22:07 (3)	1:12:58
2	404	Jens Borchers		AK 40 (m)	2	0:12:40 (8)	3:34	0:34:26 (6)	3:13	0:21:30 (1)	1:15:22
3	432	Lutz Albers		AK 40 (m)	3	0:13:35 (15)	3:47	0:33:33 (2)	3:24	0:22:45 (5)	1:17:04
4	234	Timo Engel		AK 40 (m)	4	0:11:15 (1)	4:55	0:37:40 (16)	2:36	0:22:28 (4)	1:18:53
5	611	Julian Krause		AK 40 (m)	5	0:13:53 (16)	3:27	0:33:33 (2)	3:35	0:24:51 (9)	1:19:19
6	508	Stefan Brinkers		AK 40 (m)	6	0:14:22 (18)	4:42	0:35:43 (11)	3:19	0:21:31 (2)	1:19:37
7	337	Marcel Kropp	swb-runners	AK 40 (m)	7	0:12:42 (9)	4:15	0:36:39 (13)	3:11	0:24:13 (7)	1:21:00
8	302	Ralf Brummerloh		AK 40 (m)	8	0:12:37 (7)	3:47	0:35:07 (9)	3:13	0:26:41 (18)	1:21:25
9	418	Alexander Raaz		AK 40 (m)	9	0:12:16 (4)	3:40	0:37:06 (14)	2:53	0:26:06 (17)	1:22:01
10	610	Björn Schröder		AK 40 (m)	10	0:16:06 (23)	3:40	0:35:06 (8)	3:36	0:23:33 (6)	1:22:02
11	437	Benjamin Verstegen	GSV Bremen	AK 40 (m)	11	0:12:57 (12)	3:32	0:36:19 (12)	3:44	0:25:39 (13)	1:22:10
12	515	Christian Schmidt		AK 40 (m)	12	0:14:38 (20)	4:31	0:34:34 (7)	3:51	0:25:53 (14)	1:23:27
13	598	Jens Husmann		AK 40 (m)	13	0:17:26 (27)	4:39	0:33:59 (5)	3:40	0:24:19 (8)	1:24:02
14	477	Malte Langosz		AK 40 (m)	14	0:16:56 (25)	4:32	0:33:55 (4)	3:45	0:25:39 (12)	1:24:47
15	253	Florian Schumacher	MTV Riede	AK 40 (m)	15	0:12:56 (11)	3:10	0:39:29 (22)	3:13	0:26:03 (16)	1:24:50
16	396	Hannes Zerbin		AK 40 (m)	16	0:12:46 (10)	4:29	0:38:37 (18)	3:35	0:25:54 (15)	1:25:21
17	398	Bernd Repenning		AK 40 (m)	17	0:15:21 (21)	3:41	0:35:21 (10)	3:38	0:30:01 (26)	1:28:03
18	342	Tim Kroesen-Miescke		AK 40 (m)	18	0:12:57 (13)	3:33	0:39:47 (23)	3:42	0:28:07 (21)	1:28:05
19	220	Vögeding Clas		AK 40 (m)	19	0:11:27 (2)	4:46	0:39:03 (20)	4:43	0:28:10 (22)	1:28:09
20	320	Jan Voß	SV Poseidon Hamburg e.V.	AK 40 (m)	20	0:12:32 (5)	5:10	0:38:34 (17)	5:08	0:27:33 (20)	1:28:56
21	315	Sebastian Arends		AK 40 (m)	21	0:13:29 (14)	5:57	0:37:08 (15)	4:02	0:29:01 (24)	1:29:37
22	303	Björn Groß		AK 40 (m)	22	0:17:02 (26)	5:17	0:38:56 (19)	4:05	0:25:09 (10)	1:30:29
23	316	Maximilian Theiss		AK 40 (m)	23	0:12:33 (6)	5:40	0:42:35 (27)	4:57	0:25:18 (11)	1:31:02
24	600	Daniel Haselbach		AK 40 (m)	24	0:15:27 (22)	3:24	0:41:52 (26)	3:11	0:27:32 (19)	1:31:26
25	573	Jonghong Park	Team Synera	AK 40 (m)	25	0:14:08 (17)	3:41	0:40:02 (24)	3:56	0:31:19 (27)	1:33:05
26	545	Markus Frank	Route 16 TRI Road	AK 40 (m)	26	0:16:44 (24)	3:08	0:39:23 (21)	3:47	0:31:58 (28)	1:35:00
27	601	Tim Jablovski		AK 40 (m)	27	0:14:28 (19)	4:10	0:46:04 (28)	3:40	0:29:30 (25)	1:37:51

AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
28	552	Frank Plönnigs		AK 40 (m)	28	0:19:30 (28)	4:32	0:41:37 (25)	3:30	0:28:55 (23)	1:38:04

AK 45 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	363	Veronika Schlierf		AK 45 (w)	1	0:13:42 (2)	3:21	0:39:12 (3)	3:33	0:28:04 (1)	1:27:53
2	353	Binke Dürr	Triathlöwen Bremen e.V.	AK 45 (w)	2	0:13:55 (3)	3:33	0:38:11 (1)	3:47	0:28:50 (2)	1:28:15
3	388	Maike Hopp		AK 45 (w)	3	0:12:59 (1)	4:27	0:38:24 (2)	4:22	0:31:55 (3)	1:32:07
4	605	Angelika Spallek		AK 45 (w)	4	0:14:57 (4)	5:35	0:46:20 (4)	4:06	0:34:07 (4)	1:45:05
5	565	Nina Schorling		AK 45 (w)	5	0:21:29 (5)	6:58	0:54:21 (5)	5:04	0:37:58 (5)	2:05:51

AK 45 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	208	Tobias Weimer	TRC Essen 1984 eV	AK 45 (m)	1	0:08:53 (2)	3:46	0:33:52 (3)	2:48	0:21:03 (1)	1:10:22
2	212	Robert Fuchs	LAV Verden	AK 45 (m)	2	0:09:52 (3)	2:52	0:31:54 (1)	2:56	0:23:00 (6)	1:10:33
3	252	Jörg Fischer	VfL Jesteburg	AK 45 (m)	3	0:10:26 (4)	3:40	0:34:25 (4)	3:03	0:23:10 (7)	1:14:43
4	443	Nils Landwehr	LETS RUN Bremen	AK 45 (m)	4	0:13:22 (15)	4:01	0:34:25 (5)	2:43	0:21:18 (2)	1:15:51
5	422	Christian Tessarek	SVGO Bremen	AK 45 (m)	5	0:11:36 (8)	3:43	0:34:59 (7)	3:15	0:22:51 (5)	1:16:23
6	403	Tom Kreyenhop		AK 45 (m)	6	0:11:29 (7)	3:31	0:36:57 (12)	3:31	0:22:24 (3)	1:17:52
7	204	Matthias Michaelsen		AK 45 (m)	7	0:08:38 (1)	3:44	0:35:22 (8)	3:20	0:27:08 (16)	1:18:11
8	261	Kamil Adiloglu	Bremer Sport Club	AK 45 (m)	8	0:10:59 (6)	3:18	0:35:37 (10)	3:42	0:25:12 (10)	1:18:47
9	225	Marc Plenge	Triathlöwen Bremen e.V.	AK 45 (m)	9	0:10:42 (5)	3:40	0:34:54 (6)	3:33	0:26:33 (13)	1:19:23
10	251	Eduardo Ferreira		AK 45 (m)	10	0:12:32 (11)	3:12	0:37:57 (16)	4:00	0:23:48 (8)	1:21:29
11	335	Marc Piaszek		AK 45 (m)	11	0:12:42 (13)	3:52	0:37:39 (14)	3:34	0:24:56 (9)	1:22:43

AK 45 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
12	390	Claas Krause	SG Stern Bremen	AK 45 (m)	12	0:14:10 (18)	3:59	0:33:09 (2)	4:07	0:27:37 (18)	1:23:03
13	549	Norman Machner	TC Fiko Rostock	AK 45 (m)	13	0:17:13 (23)	5:15	0:35:24 (9)	4:52	0:22:37 (4)	1:25:21
14	383	Fabian Buss	Kornschule	AK 45 (m)	14	0:12:11 (9)	5:54	0:37:43 (15)	3:21	0:26:36 (14)	1:25:55 *
15	351	Torben Rohbeck		AK 45 (m)	15	0:12:38 (12)	4:30	0:38:06 (18)	3:29	0:27:41 (19)	1:26:24
16	341	Lars Planitz		AK 45 (m)	16	0:15:00 (20)	4:30	0:35:41 (11)	4:38	0:26:37 (15)	1:26:25
17	387	Odilon Faivre		AK 45 (m)	17	0:12:16 (10)	3:49	0:38:03 (17)	3:45	0:29:08 (20)	1:27:01
18	473	Hans Krüger		AK 45 (m)	18	0:13:42 (16)	6:00	0:39:08 (21)	3:50	0:25:44 (11)	1:28:24
19	306	Christian Klinke		AK 45 (m)	19	0:13:17 (14)	3:39	0:39:25 (23)	3:54	0:29:11 (21)	1:29:26
20	275	Jens Schmidt		AK 45 (m)	20	0:17:43 (25)	5:47	0:37:04 (13)	3:21	0:26:17 (12)	1:30:11
21	510	Andres Kanitz		AK 45 (m)	21	0:14:58 (19)	5:25	0:38:10 (19)	3:54	0:32:36 (22)	1:35:02
22	488	Thorsten Siegert		AK 45 (m)	22	0:15:54 (22)	5:45	0:42:17 (25)	5:07	0:27:35 (17)	1:36:38
23	501	Mario Ellert		AK 45 (m)	23	0:14:05 (17)	4:48	0:39:23 (22)	4:59	0:35:06 (23)	1:38:19
24	479	Christoph Destrée		AK 45 (m)	24	0:15:11 (21)	4:08	0:39:48 (24)	4:13	0:35:13 (24)	1:38:33
25	614	Christian Koch		AK 45 (m)	25	0:17:29 (24)	4:57	0:38:21 (20)	4:44	0:39:25 (26)	1:44:57
26	491	Sven Boog		AK 45 (m)	26	0:20:29 (27)	4:26	0:42:37 (26)	4:56	0:38:11 (25)	1:50:39
27	489	Frank Lindhorst		AK 45 (m)	27	0:18:01 (26)	4:36	0:43:00 (27)	5:00	0:41:58 (27)	1:52:35

AK 50 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	504	Sonja Kläner	LSF Oldenburg e.V.	AK 50 (w)	1	0:16:22 (9)	4:01	0:37:59 (1)	4:00	0:25:19 (2)	1:27:41
2	340	Diana Schulz	Tri-Speedys Peine	AK 50 (w)	2	0:14:08 (7)	4:27	0:40:12 (2)	3:32	0:27:05 (4)	1:29:23
3	339	Astrid Ullerich	VfL Westercelle	AK 50 (w)	3	0:13:07 (4)	4:06	0:42:01 (5)	3:17	0:27:02 (3)	1:29:33
4	369	Wiebke Breves		AK 50 (w)	4	0:13:49 (6)	4:05	0:40:55 (3)	5:00	0:28:38 (5)	1:32:27
5	305	Christina Dieckvoß	Sparkasse Bremen	AK 50 (w)	5	0:13:04 (3)	4:22	0:42:06 (6)	4:52	0:31:04 (6)	1:35:28
6	449	Tania Hessing		AK 50 (w)	6	0:18:58 (10)	5:22	0:43:36 (8)	3:24	0:24:25 (1)	1:35:45
7	457	Birgit Vogel		AK 50 (w)	7	0:11:52 (1)	4:34	0:45:36 (9)	3:44	0:32:46 (7)	1:38:31

AK 50 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
8	386	Katrin Höpfner		AK 50 (w)	8	0:12:38 (2)	4:57	0:42:28 (7)	3:40	0:35:28 (10)	1:39:11
9	382	Martina Völkel		AK 50 (w)	9	0:13:44 (5)	5:05	0:41:51 (4)	3:36	0:34:55 (9)	1:39:12
10	604	Iris Brünjes		AK 50 (w)	10	0:15:48 (8)	4:45	0:46:05 (10)	4:20	0:34:07 (8)	1:45:05

AK 50 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	202	Carsten Jaekel		AK 50 (m)	1	0:08:42 (1)	2:44	0:31:53 (2)	2:42	0:20:12 (2)	1:06:13
2	218	Alexander Albrecht	Hannover 96 Triathlon	AK 50 (m)	2	0:10:33 (2)	3:01	0:31:22 (1)	3:18	0:24:55 (4)	1:13:09
3	267	Andreas Ludolph	HNT-Triathlon	AK 50 (m)	3	0:12:04 (4)	5:11	0:36:33 (7)	3:16	0:19:51 (1)	1:16:55
4	237	Oliver Brunhuber	FC St. Pauli Triathlon	AK 50 (m)	4	0:12:58 (10)	3:17	0:34:40 (3)	3:08	0:25:49 (6)	1:19:51
5	308	Martin Eickhoff	TV Lilienthal	AK 50 (m)	5	0:12:40 (8)	4:23	0:36:03 (6)	3:36	0:24:52 (3)	1:21:34
6	300	Andreas Bertram	Keep on moving	AK 50 (m)	6	0:12:22 (6)	4:00	0:38:00 (10)	3:53	0:25:12 (5)	1:23:26
7	367	Stefan Töws		AK 50 (m)	7	0:12:51 (9)	3:59	0:37:06 (8)	4:23	0:26:15 (8)	1:24:35
8	236	Michael Proy	Two Unterstedt	AK 50 (m)	8	0:15:29 (16)	4:00	0:34:40 (4)	4:02	0:26:43 (9)	1:24:54
9	256	Matthias Schmidt		AK 50 (m)	9	0:13:00 (11)	3:27	0:37:56 (9)	3:14	0:27:54 (12)	1:25:31
10	299	Meik Spallek		AK 50 (m)	10	0:11:26 (3)	4:37	0:38:45 (12)	4:21	0:27:16 (11)	1:26:24
11	527	Roman Welzer		AK 50 (m)	11	0:17:24 (17)	4:29	0:36:03 (5)	4:29	0:28:11 (13)	1:30:37
12	376	Karsten Meyer		AK 50 (m)	12	0:14:35 (13)	6:14	0:38:51 (13)	5:03	0:26:01 (7)	1:30:46
13	311	Carsten Weerth	BDZ OV Bremen (im dbb landesbund bremen)	AK 50 (m)	13	0:13:56 (12)	3:57	0:40:14 (17)	4:11	0:30:21 (17)	1:32:39
14	429	Frank Fischer	RiCon Personallösungen GmbH	AK 50 (m)	14	0:14:49 (14)	4:49	0:39:01 (14)	4:44	0:29:52 (16)	1:33:15
15	487	Rainer Bruns		AK 50 (m)	15	0:18:24 (18)	5:17	0:38:25 (11)	4:11	0:27:08 (10)	1:33:25
16	352	Jens Diekmann		AK 50 (m)	16	0:12:14 (5)	4:48	0:39:17 (15)	4:21	0:32:52 (18)	1:33:32
17	426	Knut Johannsen	TIAH	AK 50 (m)	17	0:15:13 (15)	5:12	0:42:59 (18)	4:02	0:29:41 (15)	1:37:06
18	547	Marko Schade	Kommando Fischfrikadelle	AK 50 (m)	18	0:18:37 (19)	5:38	0:39:29 (16)	4:31	0:29:25 (14)	1:37:39
19	483	Timo Seggermann		AK 50 (m)	19	0:12:39 (7)	5:13	0:43:24 (19)	4:49	0:33:55 (19)	1:39:59

AK 50 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
DISQ	511	Frank Steffen		AK 50 (m)		0:19:29 ()	5:04	0:39:58 ()	3:45	0:31:03 ()	1:39:19

AK 55 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	333	Silke Frambach	Triathlöwen Bremen e.V.	AK 55 (w)	1	0:12:12 (1)	3:59	0:39:22 (1)	3:47	0:26:44 (2)	1:26:05
2	575	Heike Greis	LSF Oldenburg	AK 55 (w)	2	0:15:33 (3)	5:12	0:42:50 (2)	4:14	0:25:56 (1)	1:33:46
3	548	Janine Habbe		AK 55 (w)	3	0:16:05 (4)	5:58	0:44:44 (3)	4:04	0:31:42 (3)	1:42:34
4	307	Irene Maria Borgardt		AK 55 (w)	4	0:15:14 (2)	6:40	0:49:11 (4)	4:56	0:34:38 (4)	1:50:38

AK 55 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	285	Frank Klöcker	TV 01 Bohmte	AK 55 (m)	1	0:12:22 (4)	4:04	0:35:09 (5)	3:24	0:24:42 (2)	1:19:41
2	258	Heiko Bross	VFL Jesteburg	AK 55 (m)	2	0:11:42 (3)	4:21	0:33:54 (2)	3:35	0:26:49 (6)	1:20:21
3	355	Holger Lühr	FLIB Bremen e. V.	AK 55 (m)	3	0:13:08 (8)	3:28	0:34:50 (3)	3:14	0:26:12 (4)	1:20:52
4	553	Carsten Berg	1860 Bremen	AK 55 (m)	4	0:14:11 (11)	5:20	0:35:11 (6)	4:29	0:22:02 (1)	1:21:12
5	296	Torsten Klieme	Triathlöwen Bremen e.V.	AK 55 (m)	5	0:12:29 (5)	4:37	0:34:51 (4)	3:52	0:25:26 (3)	1:21:15
6	217	Matthias Jetschke	TSV Lesum	AK 55 (m)	6	0:10:33 (2)	3:31	0:35:27 (7)	3:27	0:30:53 (15)	1:23:50
7	428	Reimund Ameskamp		AK 55 (m)	7	0:13:37 (10)	3:41	0:38:50 (11)	3:54	0:26:36 (5)	1:26:38
8	438	Marc Lingemann		AK 55 (m)	8	0:12:39 (6)	4:44	0:38:03 (10)	4:33	0:29:30 (11)	1:29:29
9	271	Frank Wöhlbrandt	Bremer Sport Club	AK 55 (m)	9	0:10:30 (1)	4:17	0:40:42 (12)	4:19	0:30:01 (13)	1:29:48
10	531	Thomas Müller		AK 55 (m)	10	0:15:52 (13)	4:21	0:36:53 (9)	3:40	0:29:08 (10)	1:29:54
11	321	Frank Denkena		AK 55 (m)	11	0:13:02 (7)	5:04	0:42:26 (15)	4:02	0:27:59 (8)	1:32:33
12	550	Bernd Lewandowski		AK 55 (m)	12	0:16:45 (14)	5:53	0:35:59 (8)	5:14	0:30:00 (12)	1:33:52

AK 55 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
13	599	Jens Brockmann		AK 55 (m)	13	0:14:20 (12)	5:00	0:41:06 (13)	3:57	0:30:06 (14)	1:34:29
14	570	Michael Strehlau	Maverick	AK 55 (m)	14	0:17:46 (16)	4:12	0:41:48 (14)	4:06	0:27:09 (7)	1:35:00
15	592	Jan Steffen	CVJM Hannover	AK 55 (m)	15	0:16:47 (15)	5:40	0:20:22 (1)	6:04	0:28:00 (9)	1:36:53
16	226	Frank Köhne		AK 55 (m)	16	0:13:11 (9)	4:28	0:44:24 (16)	5:10	0:37:41 (16)	1:44:54

AK 60 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	349	Heike Becker		AK 60 (w)	1	0:13:12 (1)	4:19	0:39:50 (1)	3:13	0:24:08 (1)	1:24:41
2	526	Esther Homburg	PSV Oldenburg	AK 60 (w)	2	0:15:44 (2)	8:16	0:46:23 (2)	5:11	0:33:32 (2)	1:49:06

AK 60 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	362	Thorsten Kammeier	Triathlöwen Bremen e.V.	AK 60 (m)	1	0:11:08 (1)	3:54	0:35:12 (1)	3:45	0:24:52 (1)	1:18:51
2	440	Jens Gäde		AK 60 (m)	2	0:16:30 (7)	3:47	0:36:02 (2)	3:02	0:27:59 (5)	1:27:19
3	465	Michael Riechers		AK 60 (m)	3	0:16:00 (6)	6:09	0:37:53 (4)	3:03	0:25:30 (2)	1:28:35
4	530	Georg Mai		AK 60 (m)	4	0:14:47 (4)	4:17	0:37:45 (3)	4:19	0:27:58 (4)	1:29:05
5	542	Klaus Golla		AK 60 (m)	5	0:14:49 (5)	3:40	0:39:25 (5)	3:39	0:30:16 (6)	1:31:49
6	286	Jörg Struß	ohne	AK 60 (m)	6	0:17:34 (8)	5:16	0:39:32 (6)	3:45	0:27:27 (3)	1:33:33
7	618	Alexander Frenzel		AK 60 (m)	7	0:14:37 (3)	3:09	0:39:46 (7)	5:10	0:34:02 (7)	1:36:45
8	446	Uwe Ritter	Park links der Weser e.V.	AK 60 (m)	8	0:12:55 (2)	5:21	0:44:42 (8)	5:23	0:36:56 (8)	1:45:17

AK 65 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	365	Jürgen Lewerentz		AK 65 (m)	1	0:16:21 (1)	7:44	0:41:44 (1)	6:30	0:34:51 (1)	1:47:09
2	512	Uwe Tuchel	MTV Schweringen	AK 65 (m)	2	0:20:38 (2)	4:04	0:41:57 (2)	6:24	0:36:31 (2)	1:49:34

AK 70 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	481	Renate Witting	Triathlon Club Bremen	AK 70 (w)	1	0:14:27 (1)	5:21	0:45:45 (1)	4:32	0:38:35 (1)	1:48:39
2	589	Waltraud Bernau	Triat	AK 70 (w)	2	0:19:26 (2)	5:58	0:47:47 (2)	4:36	0:38:45 (2)	1:56:33

AK 70 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	436	Jürgen Buschmann		AK 70 (m)	1	0:13:20 (1)	3:30	0:35:23 (1)	3:21	0:28:08 (1)	1:23:41
2	356	Wolfgang Renken	Triathlon Club Bremen	AK 70 (m)	2	0:15:34 (2)	6:44	0:39:23 (2)	4:19	0:28:09 (2)	1:34:09
3	344	Horst Battig	LT TV Schwanewede	AK 70 (m)	3	0:15:34 (3)	4:44	0:43:44 (3)	5:48	0:35:10 (3)	1:44:59