

9. Steinfurter VR-Bank Triathlon 2018

Volksdistanz (500 m - 20 km - 5 km) am 27.05.2018

Ergebnisliste

| Rang | R-M | R-W | Snr | Name | Verein | AK | Jg | R-AK | Zwischenzeiten | | | Endzeit | Rückstand |
|------|-----|-----|-----|---------------------|----------------------------|-------|------|------|----------------|-------------------------|------------|------------|------------|
| | | | | | | | | | Schwimmer | Wechsel - Rad - Wechsel | Lauf | | |
| 1 | 1 | | 702 | Marvin Beckemper | Lc Nordhorn | AK 20 | 1998 | 1 | 00:07:10.1 | 00:34:58.1 | 00:18:49.7 | 01:00:57.9 | 00:00:00.0 |
| 2 | 2 | | 643 | Jens Spinneker | Westfalia Hopsten | AK 25 | 1991 | 1 | 00:09:46.5 | 00:34:05.7 | 00:17:39.0 | 01:01:31.2 | 00:00:33.3 |
| 3 | 3 | | 728 | Nicholas Lembcke | LC Nordhorn | AK 30 | 1984 | 1 | 00:07:48.7 | 00:35:37.7 | 00:18:29.9 | 01:01:56.3 | 00:00:58.4 |
| 4 | 4 | | 748 | Frank Wiedenhöfer | SV Gladbeck 13 | AK 50 | 1966 | 1 | 00:08:00.2 | 00:33:58.2 | 00:20:32.2 | 01:02:30.6 | 00:01:32.7 |
| 5 | 5 | | 729 | Eike Lindemann | SuS Darne Triathlon | AK 25 | 1993 | 2 | 00:08:46.9 | 00:34:36.5 | 00:19:11.0 | 01:02:34.4 | 00:01:36.5 |
| 6 | 6 | | 743 | Jürgen Telahr | LSF Münster | AK 45 | 1972 | 1 | 00:09:31.7 | 00:32:37.5 | 00:21:44.9 | 01:03:54.1 | 00:02:56.2 |
| 7 | 7 | | 719 | Simon Hilt | LG Emsdetten Tri-Team | AK 20 | 1995 | 2 | 00:08:51.4 | 00:36:42.1 | 00:18:27.9 | 01:04:01.4 | 00:03:03.5 |
| 8 | 8 | | 626 | Stefan Lindner | Die Post | AK 35 | 1979 | 1 | 00:08:44.3 | 00:35:04.1 | 00:20:40.0 | 01:04:28.4 | 00:03:30.5 |
| 9 | 9 | | 750 | Giuseppe Zuddas | SV Gladbeck 13 | AK 45 | 1969 | 2 | 00:08:58.3 | 00:35:54.5 | 00:20:04.4 | 01:04:57.2 | 00:03:59.3 |
| 10 | 10 | | 713 | Ralf Eppink | Freie Schwimmer Düsseldorf | AK 50 | 1968 | 2 | 00:07:59.0 | 00:35:22.3 | 00:21:38.9 | 01:05:00.2 | 00:04:02.3 |
| 11 | 11 | | 708 | Peter Bockholt | SV Gladbeck 13 | AK 50 | 1966 | 3 | 00:08:59.1 | 00:34:27.8 | 00:21:43.7 | 01:05:10.6 | 00:04:12.7 |
| 12 | 12 | | 734 | Sebastian Paetzke | SV Teuto Riesenbeck | AK 35 | 1983 | 2 | 00:10:09.7 | 00:39:32.0 | 00:17:49.0 | 01:07:30.7 | 00:06:32.8 |
| 13 | 13 | | 703 | Ingo Beckemper | Lc Nordhorn | AK 50 | 1968 | 4 | 00:11:07.7 | 00:36:17.5 | 00:20:09.1 | 01:07:34.3 | 00:06:36.4 |
| 14 | 14 | | 735 | Wolfgang Probst | Marathon Steinfurt | AK 50 | 1968 | 5 | 00:09:01.1 | 00:36:52.4 | 00:22:10.7 | 01:08:04.2 | 00:07:06.3 |
| 15 | 15 | | 731 | Daniel Lüttkemöller | LG Emsdetten Tri Team | AK 30 | 1984 | 2 | 00:08:18.6 | 00:37:27.1 | 00:23:38.0 | 01:09:23.7 | 00:08:25.8 |
| 16 | 16 | | 701 | Lennart Aschermann | LC Nordhorn | AK 25 | 1991 | 3 | 00:09:45.3 | 00:37:27.5 | 00:22:45.7 | 01:09:58.5 | 00:09:00.6 |
| 17 | | 1 | 506 | Andrea Claßen | Freie Schwimmer Düsseldorf | AK 30 | 1986 | 1 | 00:09:17.7 | 00:39:52.9 | 00:20:54.7 | 01:10:05.3 | 00:09:07.4 |
| 18 | 17 | | 711 | Jonas Ebbecke | SpoHo Köln | AK 20 | 1997 | 3 | 00:09:04.8 | 00:37:33.3 | 00:23:29.1 | 01:10:07.2 | 00:09:09.3 |
| 19 | 18 | | 610 | Steve Figur | TV Gronau Triathlon | AK 35 | 1979 | 3 | 00:10:50.7 | 00:37:50.6 | 00:21:37.4 | 01:10:18.7 | 00:09:20.8 |
| 20 | 19 | | 736 | Manfred Ricklin | SC Altenrheine | AK 60 | 1956 | 1 | 00:12:17.8 | 00:36:12.0 | 00:22:56.7 | 01:11:26.5 | 00:10:28.6 |
| 21 | 20 | | 722 | Michael Hübers | | AK 30 | 1985 | 3 | 00:07:17.0 | 00:40:23.0 | 00:23:55.4 | 01:11:35.4 | 00:10:37.5 |
| 22 | 21 | | 725 | Nils Krämer | | AK 20 | 1996 | 4 | 00:09:14.8 | 00:42:12.3 | 00:21:06.4 | 01:12:33.5 | 00:11:35.6 |
| 23 | 22 | | 706 | Thorsten Bittner | TSG 07 Burg Gretesch | AK 50 | 1966 | 6 | 00:09:57.9 | 00:37:13.2 | 00:25:33.0 | 01:12:44.1 | 00:11:46.2 |
| 24 | 23 | | 641 | Torben Söller | | AK 30 | 1986 | 4 | 00:10:48.8 | 00:40:23.0 | 00:21:41.5 | 01:12:53.3 | 00:11:55.4 |
| 25 | 24 | | 603 | Johannes Arndt | HSP Münster | AK 25 | 1991 | 4 | 00:10:57.6 | 00:41:32.0 | 00:20:32.8 | 01:13:02.4 | 00:12:04.5 |
| 26 | 25 | | 630 | Kai Milbradt | Captain Morgan Pokerteam | AK 35 | 1983 | 4 | 00:10:11.4 | 00:43:04.4 | 00:19:50.6 | 01:13:06.4 | 00:12:08.5 |
| 27 | 26 | | 720 | Jan Hinkers | Marathon Steinfurt | AK 30 | 1985 | 5 | 00:09:22.1 | 00:40:09.1 | 00:23:38.2 | 01:13:09.4 | 00:12:11.5 |
| 28 | 27 | | 732 | Carsten Meyer | TRI-OSC Osnabrück | AK 45 | 1971 | 3 | 00:08:40.9 | 00:40:24.8 | 00:24:18.5 | 01:13:24.2 | 00:12:26.3 |
| 29 | | 2 | 537 | Miriam Schröder | LSF Münster | AK 40 | 1977 | 1 | 00:12:52.6 | 00:40:54.7 | 00:19:46.6 | 01:13:33.9 | 00:12:36.0 |

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|----|----|-----|--------------------|--------------------------|-------|------|----|------------|------------|------------|------------|------------|
| 30 | 3 | 502 | Anika Bockholt | SV Gladbeck 13 | AK 40 | 1977 | 2 | 00:09:15.9 | 00:37:58.2 | 00:26:46.2 | 01:14:00.3 | 00:13:02.4 |
| 31 | 4 | 553 | Janna Willemesen | SUS Stadtlohn | AK 20 | 1997 | 1 | 00:08:00.8 | 00:41:39.0 | 00:24:32.3 | 01:14:12.1 | 00:13:14.2 |
| 32 | 28 | 622 | Björn Kuhlmann | VfL Hüls | AK 35 | 1983 | 5 | 00:11:12.8 | 00:40:10.0 | 00:23:04.1 | 01:14:26.9 | 00:13:29.0 |
| 33 | 29 | 717 | Semy Harrathi | SV Gladebeck 1913 | AK 35 | 1981 | 6 | 00:10:09.3 | 00:40:48.8 | 00:23:49.5 | 01:14:47.6 | 00:13:49.7 |
| 34 | 5 | 525 | Daniela Lembeck | SC Nordwalde | AK 35 | 1979 | 1 | 00:09:23.0 | 00:44:02.5 | 00:21:48.1 | 01:15:13.6 | 00:14:15.7 |
| 35 | 30 | 621 | Rolf Kosakowski | | AK 45 | 1969 | 4 | 00:11:04.3 | 00:42:32.5 | 00:21:45.5 | 01:15:22.3 | 00:14:24.4 |
| 36 | 6 | 540 | Jana Spahn | SuS Stadtlohn | AK 20 | 1996 | 2 | 00:08:00.6 | 00:43:52.0 | 00:24:11.7 | 01:16:04.3 | 00:15:06.4 |
| 37 | 7 | 551 | Edna Wenning | TVE Greven Tri | AK 45 | 1973 | 1 | 00:11:01.0 | 00:40:15.7 | 00:24:49.8 | 01:16:06.5 | 00:15:08.6 |
| 38 | 8 | 511 | Shakeljahn Frauke | Marathon Steinfurt | AK 20 | 1997 | 3 | 00:08:36.2 | 00:42:05.5 | 00:25:30.5 | 01:16:12.2 | 00:15:14.3 |
| 39 | 31 | 741 | Reinhard Steins | | AK 55 | 1960 | 1 | 00:09:06.8 | 00:42:44.4 | 00:24:53.4 | 01:16:44.6 | 00:15:46.7 |
| 40 | 32 | 705 | Stephan Beutner | | AK 40 | 1975 | 1 | 00:10:38.1 | 00:40:35.5 | 00:25:37.2 | 01:16:50.8 | 00:15:52.9 |
| 41 | 33 | 721 | Ralf Holtel | | AK 40 | 1976 | 2 | 00:10:55.3 | 00:40:36.3 | 00:25:28.1 | 01:16:59.7 | 00:16:01.8 |
| 42 | 34 | 606 | Michael Clare | Marathon Steinfurt | AK 35 | 1981 | 7 | 00:11:05.2 | 00:38:24.8 | 00:27:44.4 | 01:17:14.4 | 00:16:16.5 |
| 43 | 35 | 638 | Mathias Schmidt | | AK 25 | 1990 | 5 | 00:10:06.7 | 00:42:55.0 | 00:24:28.9 | 01:17:30.6 | 00:16:32.7 |
| 44 | 9 | 543 | Bettina Stüllein | W+F Münster | AK 40 | 1975 | 3 | 00:11:12.5 | 00:41:15.5 | 00:25:03.1 | 01:17:31.1 | 00:16:33.2 |
| 45 | 10 | 521 | Luisa Kempf | Hümmer Schwimmer | AK 40 | 1978 | 4 | 00:09:12.5 | 00:42:51.2 | 00:25:33.1 | 01:17:36.8 | 00:16:38.9 |
| 46 | 36 | 718 | Jens Haubrock | Dülmen | AK 40 | 1977 | 3 | 00:09:44.4 | 00:40:46.8 | 00:27:11.1 | 01:17:42.3 | 00:16:44.4 |
| 47 | 37 | 733 | Stefan Ostendorf | SV Teuto Riesenbeck | AK 25 | 1991 | 6 | 00:08:51.8 | 00:39:55.7 | 00:29:09.9 | 01:17:57.4 | 00:16:59.5 |
| 48 | 38 | 631 | Andreas Möllers | | AK 50 | 1965 | 7 | 00:11:45.9 | 00:41:52.8 | 00:24:48.7 | 01:18:27.4 | 00:17:29.5 |
| 49 | 39 | 609 | Manzur Esskandari | | AK 50 | 1965 | 8 | 00:13:32.5 | 00:42:49.9 | 00:22:31.0 | 01:18:53.4 | 00:17:55.5 |
| 50 | 11 | 550 | Hannah Völkering | SV TriCity Darmstadt | AK 35 | 1981 | 2 | 00:11:45.2 | 00:43:03.8 | 00:24:50.4 | 01:19:39.4 | 00:18:41.5 |
| 51 | 40 | 650 | Kai Wallrabenstein | RCC Osnabrück | AK 35 | 1982 | 8 | 00:09:47.6 | 00:45:05.5 | 00:24:55.2 | 01:19:48.3 | 00:18:50.4 |
| 52 | 41 | 730 | Jörg Lippold | | AK 50 | 1968 | 9 | 00:10:38.9 | 00:43:03.8 | 00:26:11.2 | 01:19:53.9 | 00:18:56.0 |
| 53 | 42 | 739 | Markus Simon | Running Team Senden | | | | 00:11:40.8 | 00:43:00.3 | 00:25:30.7 | 01:20:11.8 | 00:19:13.9 |
| 54 | 43 | 727 | Ralf Kunstleben | | | | | 00:10:19.8 | 00:41:36.7 | 00:28:15.8 | 01:20:12.3 | 00:19:14.4 |
| 55 | 12 | 542 | Dorothee Strücker | | AK 45 | 1970 | 2 | 00:09:02.0 | 00:43:17.4 | 00:26:10.0 | 01:20:29.4 | 00:19:31.5 |
| 56 | 44 | 709 | Oliver Deters | Marathon Steinfurt | AK 35 | 1979 | 9 | 00:12:08.4 | 00:40:35.1 | 00:27:54.7 | 01:20:38.2 | 00:19:40.3 |
| 57 | 45 | 637 | Franz Scheid | Münster | AK 50 | 1967 | 10 | 00:09:28.3 | 00:44:56.1 | 00:26:15.9 | 01:20:40.3 | 00:19:42.4 |
| 58 | 46 | 601 | Ralf Appelt | www.appelt-racing.de | AK 60 | 1958 | 2 | 00:09:41.2 | 00:42:06.2 | 00:28:57.6 | 01:20:45.0 | 00:19:47.1 |
| 59 | 47 | 607 | Jan Dörr | LG Rheine-Elte | AK 30 | 1988 | 6 | 00:09:50.3 | 00:45:43.6 | 00:25:13.8 | 01:20:47.7 | 00:19:49.8 |
| 60 | 13 | 545 | Claudia Tepferd | Sf Nordvelen | | | | 00:09:42.4 | 00:44:32.6 | 00:27:45.0 | 01:22:00.0 | 00:21:02.1 |
| 61 | 48 | 627 | Andreas Masuch | Laufen gegen Leiden e.V. | AK 40 | 1976 | 4 | 00:13:35.8 | 00:42:32.0 | 00:26:01.0 | 01:22:08.8 | 00:21:10.9 |
| 62 | 49 | 605 | Klaus Bockholt | PV Triathlon Witten | AK 45 | 1970 | 5 | 00:11:59.8 | 00:44:23.5 | 00:25:50.9 | 01:22:14.2 | 00:21:16.3 |
| 63 | 50 | 616 | Ralf Hesping | SC Altenrheine | AK 50 | 1968 | 11 | 00:13:38.9 | 00:42:10.5 | 00:26:27.5 | 01:22:16.9 | 00:21:19.0 |
| 64 | 51 | 608 | Carsten Eftmann | Schnaps hilft immer! | AK 45 | 1969 | 6 | 00:11:14.1 | 00:44:53.0 | 00:26:15.2 | 01:22:22.3 | 00:21:24.4 |
| 65 | 52 | 646 | Michael Ueing | GW Nottuln | AK 55 | 1962 | 2 | 00:10:18.9 | 00:45:02.4 | 00:27:03.8 | 01:22:25.1 | 00:21:27.2 |
| 66 | 14 | 504 | Birgit Bölker | SC Altenrheine | AK 50 | 1966 | 1 | 00:12:25.2 | 00:42:29.5 | 00:27:44.1 | 01:22:38.8 | 00:21:40.9 |

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|-----|----|--------|---------------------|----------------------------------|-------|------|----|------------|------------|------------|------------|------------|
| 67 | 53 | 712 | Hartmut Ebbecke | Boni-Dragons | AK 50 | 1964 | 12 | 00:11:07.0 | 00:43:29.2 | 00:28:24.7 | 01:23:00.9 | 00:22:03.0 |
| 68 | | 15 548 | Hanna van den Berg | Teuto Riesenbeck | AK 35 | 1982 | 3 | 00:12:50.1 | 00:41:23.7 | 00:28:51.0 | 01:23:04.8 | 00:22:06.9 |
| 69 | 54 | 645 | Michael Tottmann | | AK 45 | 1969 | 7 | 00:12:08.2 | 00:45:31.5 | 00:25:25.3 | 01:23:05.0 | 00:22:07.1 |
| 70 | 55 | 629 | Glarmin Michael | | AK 50 | 1967 | 13 | 00:11:21.6 | 00:46:41.2 | 00:25:14.5 | 01:23:17.3 | 00:22:19.4 |
| 71 | 56 | 744 | Ingo Vallböhmer | ASC Schöppingen | AK 50 | 1964 | 14 | 00:11:13.9 | 00:46:26.0 | 00:25:55.3 | 01:23:35.2 | 00:22:37.3 |
| 72 | 57 | 514 | Michael Gloe | | AK 45 | 1973 | 9 | 00:11:39.1 | 00:46:41.5 | 00:25:24.0 | 01:23:44.6 | 00:22:46.7 |
| 73 | 58 | 544 | Johannes Tekath | | AK 45 | 1970 | 8 | 00:12:24.1 | 00:45:49.0 | 00:25:31.5 | 01:23:44.6 | 00:22:46.7 |
| 74 | | 16 547 | Johanna Uphoff | Tri-Team Emsdetten | AK 25 | 1992 | 1 | 00:09:40.6 | 00:46:41.1 | 00:27:36.2 | 01:23:57.9 | 00:23:00.0 |
| 75 | 59 | 634 | Marcel Ruholl | | AK 30 | 1986 | 7 | 00:11:14.0 | 00:46:02.7 | 00:26:46.0 | 01:24:02.7 | 00:23:04.8 |
| 76 | 60 | 541 | marc steltner | triathlon tus Rotenburg | AK 25 | 1990 | 7 | 00:12:51.6 | 00:46:10.4 | 00:25:04.3 | 01:24:06.3 | 00:23:08.4 |
| 77 | 61 | 723 | Florian Kempka | - | AK 40 | 1978 | 5 | 00:09:33.7 | 00:42:34.3 | 00:32:00.5 | 01:24:08.5 | 00:23:10.6 |
| 78 | 62 | 602 | Reinhard Arlom | | AK 60 | 1954 | 3 | 00:11:12.1 | 00:44:04.6 | 00:28:55.9 | 01:24:12.6 | 00:23:14.7 |
| 79 | 63 | 651 | Oliver Weisemoeller | SF Lechtingen | AK 45 | 1973 | 10 | 00:10:39.5 | 00:45:06.9 | 00:28:30.6 | 01:24:17.0 | 00:23:19.1 |
| 80 | 64 | 552 | Thorsten Wessling | | AK 40 | 1977 | 6 | 00:11:43.6 | 00:48:56.1 | 00:23:39.7 | 01:24:19.4 | 00:23:21.5 |
| 81 | | 17 517 | Annika Gröning | DJK Eintracht Coesfeld VBRS e.V. | AK 25 | 1990 | 2 | 00:09:21.9 | 00:45:19.0 | 00:29:40.4 | 01:24:21.3 | 00:23:23.4 |
| 82 | 65 | 746 | Erkan Varavir | Tus Altenberge 09 | AK 45 | 1969 | 11 | 00:17:44.0 | 00:43:03.8 | 00:24:17.8 | 01:25:05.6 | 00:24:07.7 |
| 83 | 66 | 620 | Marco Knappmeier | | AK 40 | 1975 | 7 | 00:12:30.4 | 00:43:49.5 | 00:28:51.7 | 01:25:11.6 | 00:24:13.7 |
| 84 | 67 | 614 | Robert Harder | Tristar | AK 45 | 1971 | 12 | 00:12:03.0 | 00:45:11.0 | 00:27:58.3 | 01:25:12.3 | 00:24:14.4 |
| 85 | 68 | 628 | Niklas Meyer | | AK 25 | 1989 | 8 | 00:13:32.4 | 00:46:02.7 | 00:25:48.0 | 01:25:23.1 | 00:24:25.2 |
| 86 | | 18 516 | Birgit Küpper | | AK 50 | 1968 | 2 | 00:14:20.7 | 00:46:42.1 | 00:24:20.6 | 01:25:23.4 | 00:24:25.5 |
| 87 | 69 | 639 | Thomas Schrafen | TRC Essen | AK 55 | 1963 | 3 | 00:14:45.0 | 00:46:03.9 | 00:25:04.0 | 01:25:52.9 | 00:24:55.0 |
| 88 | 70 | 715 | Rainer Hackenfort | DJK Eintracht Coesfeld | AK 40 | 1975 | 8 | 00:12:09.4 | 00:47:50.6 | 00:26:09.5 | 01:26:09.5 | 00:25:11.6 |
| 89 | 71 | 749 | Chris Zоргdrager | Trionysos - Denekamp | AK 50 | 1965 | 15 | 00:09:34.2 | 00:45:58.6 | 00:30:43.9 | 01:26:16.7 | 00:25:18.8 |
| 90 | 72 | 513 | Holger Gessner | | AK 45 | 1973 | 13 | 00:13:20.1 | 00:47:18.2 | 00:25:55.9 | 01:26:34.2 | 00:25:36.3 |
| 91 | | 19 534 | Roß Sabine | SC Altenrheine | AK 45 | 1970 | 3 | 00:08:56.2 | 00:46:45.8 | 00:31:08.5 | 01:26:50.5 | 00:25:52.6 |
| 92 | 73 | 618 | Bodo Kath | PSV Iserlohn | AK 50 | 1965 | 16 | 00:19:48.0 | 00:45:43.2 | 00:21:52.3 | 01:27:23.5 | 00:26:25.6 |
| 93 | 74 | 737 | Dietmar Roß | SC Altenrheine | AK 45 | 1970 | 14 | 00:12:06.4 | 00:47:14.9 | 00:28:05.3 | 01:27:26.6 | 00:26:28.7 |
| 94 | 75 | 604 | Christoph Beenen | SC Nordwalde | AK 50 | 1965 | 17 | 00:13:34.4 | 00:50:46.1 | 00:23:25.7 | 01:27:46.2 | 00:26:48.3 |
| 95 | | 20 546 | Frances Ueing | GW Nottuln | AK 20 | 1995 | 4 | 00:09:42.2 | 00:48:28.4 | 00:29:49.1 | 01:27:59.7 | 00:27:01.8 |
| 96 | 76 | 652 | Uwe Wente | VFL Triathlon Lingen | AK 60 | 1958 | 4 | 00:17:10.2 | 00:42:56.9 | 00:27:54.7 | 01:28:01.8 | 00:27:03.9 |
| 97 | 77 | 613 | Dennis Grüter | Die Grüters | AK 35 | 1979 | 10 | 00:12:33.1 | 00:46:04.6 | 00:29:29.7 | 01:28:07.4 | 00:27:09.5 |
| 98 | | 21 535 | Julia Schäfers | | AK 40 | 1975 | 5 | 00:09:43.3 | 00:45:30.6 | 00:33:13.1 | 01:28:27.0 | 00:27:29.1 |
| 99 | | 22 539 | Yvonne Simon | SV Gladbeck 13 | AK 50 | 1966 | 3 | 00:10:13.8 | 00:48:50.4 | 00:29:24.1 | 01:28:28.3 | 00:27:30.4 |
| 100 | 78 | 623 | Hans Kuhlmann | Tus 09 Erkenschwick e.V. | AK 60 | 1956 | 5 | 00:13:53.4 | 00:48:05.2 | 00:26:37.3 | 01:28:35.9 | 00:27:38.0 |
| 101 | 79 | 726 | Jan Kräuter | | AK 25 | 1993 | 9 | 00:11:46.2 | 00:48:03.6 | 00:28:52.3 | 01:28:42.1 | 00:27:44.2 |
| 102 | | 23 530 | Frauke Reimringer | | AK 30 | 1986 | 2 | 00:12:13.5 | 00:49:02.0 | 00:27:36.3 | 01:28:51.8 | 00:27:53.9 |
| 103 | 80 | 635 | Markus Ruhose | | AK 50 | 1965 | 18 | 00:16:23.6 | 00:46:16.7 | 00:26:36.5 | 01:29:16.8 | 00:28:18.9 |

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|-----|----|--------|----------------------|--------------------|-------|------|----|------------|------------|------------|------------|------------|
| 104 | 81 | 503 | Stefan Bockholt | | AK 40 | 1976 | 9 | 00:12:23.7 | 00:48:32.7 | 00:28:39.4 | 01:29:35.8 | 00:28:37.9 |
| 105 | 82 | 742 | Lars Tekathen | TriFUN Kleve e. V. | AK 40 | 1977 | 10 | 00:13:50.0 | 00:45:14.9 | 00:30:40.7 | 01:29:45.6 | 00:28:47.7 |
| 106 | | 24 523 | Miriam Kolar | LSF Münster | AK 40 | 1974 | 6 | 00:15:13.6 | 00:49:16.2 | 00:27:13.0 | 01:31:42.8 | 00:30:44.9 |
| 107 | | 25 538 | Tanja Schulte | | AK 35 | 1979 | 4 | 00:12:10.3 | 00:49:03.2 | 00:31:04.1 | 01:32:17.6 | 00:31:19.7 |
| 108 | 83 | 615 | Andreas Hennemann | | AK 40 | 1974 | 11 | 00:12:09.0 | 00:46:56.1 | 00:33:22.8 | 01:32:27.9 | 00:31:30.0 |
| 109 | 84 | 505 | Christian Brandner | | AK 35 | 1983 | 11 | 00:13:46.6 | 00:48:14.7 | 00:30:45.9 | 01:32:47.2 | 00:31:49.3 |
| 110 | 85 | 644 | Thomas Thies | | AK 50 | 1968 | 19 | 00:14:10.4 | 00:48:08.0 | 00:30:38.5 | 01:32:56.9 | 00:31:59.0 |
| 111 | | 26 527 | Kristina Lippold | | AK 45 | 1969 | 4 | 00:13:37.3 | 00:46:37.9 | 00:32:45.5 | 01:33:00.7 | 00:32:02.8 |
| 112 | | 27 554 | Wiebke Zumdick | / | AK 35 | 1982 | 5 | 00:11:41.9 | 00:48:54.3 | 00:33:25.7 | 01:34:01.9 | 00:33:04.0 |
| 113 | | 28 526 | Larissa Lippold | | AK 20 | 1996 | 5 | 00:12:10.9 | 00:52:33.3 | 00:30:50.3 | 01:35:34.5 | 00:34:36.6 |
| 114 | 86 | 624 | Willi Langemann | | | | | 00:13:56.1 | 00:48:08.9 | 00:33:32.0 | 01:35:37.0 | 00:34:39.1 |
| 115 | | 29 522 | Eva Klein | | AK 30 | 1986 | 3 | 00:12:14.6 | 00:53:33.7 | 00:29:52.7 | 01:35:41.0 | 00:34:43.1 |
| 116 | | 30 528 | Lorena Margraf | | AK 20 | 1997 | 6 | 00:17:22.8 | 00:50:01.7 | 00:28:32.2 | 01:35:56.7 | 00:34:58.8 |
| 117 | 87 | 612 | Marco Gottwald | | AK 45 | 1972 | 15 | 00:11:53.5 | 00:50:31.4 | 00:33:45.3 | 01:36:10.2 | 00:35:12.3 |
| 118 | 88 | 640 | Dietmar Schulz | GW Albersloh | AK 45 | 1969 | 16 | 00:14:30.6 | 00:48:53.7 | 00:34:27.3 | 01:37:51.6 | 00:36:53.7 |
| 119 | | 31 524 | Lisa La Pillo | | AK 30 | 1987 | 4 | 00:12:39.1 | 00:53:12.7 | 00:32:17.3 | 01:38:09.1 | 00:37:11.2 |
| 120 | 89 | 745 | Erik van der STRAAT | | AK 50 | 1967 | 20 | 00:09:57.6 | 00:48:05.4 | 00:40:53.6 | 01:38:56.6 | 00:37:58.7 |
| 121 | | 32 532 | Lisa Richter | | AK 30 | 1986 | 5 | 00:13:27.1 | 00:54:59.4 | 00:32:16.2 | 01:40:42.7 | 00:39:44.8 |
| 122 | 90 | 704 | Simon Berlage | LT Wettringen | AK 25 | 1990 | 10 | 00:10:38.7 | 00:50:52.6 | 00:39:27.8 | 01:40:59.1 | 00:40:01.2 |
| 123 | 91 | 714 | Björn Gödde | Gödde Racing Team | AK 35 | 1980 | 12 | 00:11:34.4 | 00:48:38.4 | 00:40:46.3 | 01:40:59.1 | 00:40:01.2 |
| 124 | | 33 510 | Kerstin Ebbecke | Boni-Dragons | AK 50 | 1967 | 4 | 00:13:49.2 | 00:51:54.0 | 00:36:29.7 | 01:42:12.9 | 00:41:15.0 |
| 125 | 92 | 509 | Georg Felix Dües | Barfuss Bethlehem | AK 25 | 1989 | 11 | 00:17:04.9 | 00:55:20.0 | 00:32:25.6 | 01:44:50.5 | 00:43:52.6 |
| 126 | | 34 536 | Vanessa Schröder | | AK 20 | 1996 | 7 | 00:17:23.0 | 00:51:02.7 | 00:37:01.7 | 01:45:27.4 | 00:44:29.5 |
| 127 | 93 | 653 | Thomas Wiggering | | AK 50 | 1966 | 21 | 00:18:36.2 | 00:50:33.5 | 00:36:54.9 | 01:46:04.6 | 00:45:06.7 |
| 128 | 94 | 619 | Mohamed Selim Khalil | | AK 35 | 1980 | 13 | 00:15:33.2 | 00:52:10.4 | 00:38:26.4 | 01:46:10.0 | 00:45:12.1 |
| 129 | | 35 507 | Dorina Danners | | AK 35 | 1983 | 6 | 00:14:28.2 | 00:53:07.7 | 00:40:10.6 | 01:47:46.5 | 00:46:48.6 |
| 130 | 95 | 518 | Paul Hantke | Team Erdinger | AK 75 | 1943 | 1 | 00:15:28.0 | 00:54:08.9 | 00:41:10.8 | 01:50:47.7 | 00:49:49.8 |
| 131 | 96 | 549 | Peter Vogel | | | | | 00:22:00.5 | 00:57:41.1 | 00:36:04.0 | 01:55:45.6 | 00:54:47.7 |