

Herscheider Triathlon

30.08.2015

Landesliga - Mitte

500 m / 20 km / 5 km

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
1.	1072	Grund, Bastian	Herner Triathlon Team 11 II	00:07:48	00:47:02	00:20:10	01:15:00
2.	1012	Ninck, Christian	TRC Essen 84 III	00:08:24	00:46:01	00:21:35	01:16:00
3.	1011	Jung, Phillip	TRC Essen 84 III	00:07:36	00:46:47	00:21:41	01:16:04
4.	1008	Kowalke, Jörg	Iserlohner Triathlon Team	00:10:10	00:45:21	00:21:07	01:16:38
5.	1007	Sülberg, Rainer	Iserlohner Triathlon Team	00:10:27	00:45:11	00:21:56	01:17:34
6.	1022	Zippert, Jürgen	Hildener AT - Triathlon II	00:09:38	00:47:15	00:22:39	01:19:32
7.	1003	Künsken, Carsten	SV Hullern 68	00:00:00	00:56:33	00:23:49	01:20:22
8.	1024	Möllenhoff, Klaus	Hildener AT - Triathlon II	00:08:33	00:50:05	00:21:54	01:20:32
8.	1059	Pitzke, Till	TuS Breitscheid	00:08:20	00:50:26	00:21:46	01:20:32
10.	1070	Müller, Jan-Kristof	Herner Triathlon Team 11 II	00:09:10	00:49:08	00:22:34	01:20:52
11.	1041	Elfert, Reinhart	TuS 09 Erkenschwick II	00:09:12	00:49:30	00:22:14	01:20:56
11.	1077	Hetkamp, Fabian	Sportgemeinschaft t Borken	00:08:15	00:50:48	00:21:53	01:20:56
13.	1093	Busenius, Aljoscha	RC Lüdenscheid II	00:07:17	00:50:25	00:23:15	01:20:57
14.	1095	Becker, Moritz	RC Lüdenscheid II	00:07:21	00:49:57	00:23:45	01:21:03

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
15.	1032	Kern, Johannes	Bocholter WSV III	00:06:57	00:00:00	01:14:18	01:21:15
16.	1096	Glörfeld, Lars	RC Lüdenscheid II	00:08:07	00:52:14	00:21:00	01:21:21
17.	1014	Müller, Peter	TRI-TEAM HAGEN III	00:10:09	00:49:42	00:21:46	01:21:37
18.	1002	Wachenfeld, Thorben	SV Hullern 68	00:00:00	00:58:02	00:23:36	01:21:38
19.	1071	Gniffke, Michael	Herner Triathlon Team 11 II	00:08:55	00:49:24	00:23:24	01:21:43
20.	1091	Esser, Björn	Nordtriathleten Oberhausen I	00:09:52	00:49:57	00:22:03	01:21:52
21.	1027	Lettmayer, Lars	Schwelmer SC	00:09:32	00:48:27	00:24:08	01:22:07
21.	1088	Becker, Julian	Tri Speed Herscheid II	00:12:25	00:47:22	00:22:20	01:22:07
23.	1036	Smietana, Sören	Triathlon Team Witten VI	00:10:11	00:47:07	00:25:03	01:22:21
24.	1062	Rühlemann, Lukas	Triathlon Team Ratingen 08 III	00:08:15	00:51:47	00:23:02	01:23:04
25.	1031	Kern, Ralf	Bocholter WSV III	00:06:51	00:51:07	00:25:22	01:23:20
26.	1016	Möller, Sepp	TRI-TEAM HAGEN III	00:10:16	00:49:31	00:24:09	01:23:56
27.	1050	Zobel, Florian	TSG Sprockhövel	00:08:44	00:50:33	00:24:46	01:24:03
28.	1001	Hassenkamp, Ralf	SV Hullern 68	00:09:06	00:51:28	00:24:04	01:24:38
29.	1009	Nassar, Najib	TRC Essen 84 III	00:08:36	00:50:58	00:25:06	01:24:40
30.	1020	Döring, Falko	SG Welper	00:08:07	00:52:14	00:24:25	01:24:46
31.	1005	Iwanowski, Thorsten	Iserlohner Triathlon Team	00:08:42	00:51:07	00:25:59	01:25:48
32.	1058	Presser, Lysander	TuS Breitscheid	00:10:29	00:52:43	00:22:45	01:25:57
33.	1064	Loskyll, Maurice	Triathlon Team Ratingen 08 III	00:07:21	00:55:23	00:23:15	01:25:59
34.	1021	Schmidt, Lars	Hildener AT - Triathlon II	00:09:45	01:18:22	00:00:00	01:26:22

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
35.	1026	Eckert, Jörg	Schwelmer SC	00:09:12	00:54:47	00:22:30	01:26:29
36.	1078	Kössler, Jürgen	Sportgemeinschaft t Borken	00:11:25	00:52:14	00:22:54	01:26:33
37.	1042	Siepermann, Peter	TuS 09 Erkenschwick II	00:13:03	00:49:28	00:24:05	01:26:36
38.	1033	Prünzte, Kai	Triathlon Team Witten VI	00:09:29	00:54:06	00:23:12	01:26:47
39.	1079	Osterholt, Tanja	Sportgemeinschaft t Borken	00:10:11	00:52:15	00:24:33	01:26:59
40.	1035	Fehrs, Jan	Triathlon Team Witten VI	00:08:13	00:54:03	00:24:46	01:27:02
41.	1085	Lachnitt, Frank	Tri Speed Herscheid II	00:08:53	00:51:44	00:26:27	01:27:04
42.	1055	Sadrozinski, Axel	RWE Starlight Team Essen III	00:09:53	00:53:28	00:23:44	01:27:05
43.	1034	Kliem, Holger	Triathlon Team Witten VI	00:10:05	00:51:34	00:25:38	01:27:17
44.	1004	Kösters, Markus	SV Hullern 68	00:07:43	00:51:50	00:28:20	01:27:53
45.	1069	Chill, Jan	Herner Triathlon Team 11 II	00:09:35	00:53:32	00:25:04	01:28:11
46.	1019	Trilling, Oliver	SG Welper	00:11:34	00:51:16	00:25:48	01:28:38
47.	1086	Richter, Dietmar	Tri Speed Herscheid II	00:10:36	00:53:42	00:24:38	01:28:56
48.	1089	Wieschemann, Frank	Nordtriathleten Oberhausen I	00:09:20	00:53:02	00:26:36	01:28:58
49.	1023	Kadach, Christian	Hildener AT - Triathlon II	00:08:36	00:56:32	00:23:55	01:29:03
50.	1092	Kuschewski, Niklas	Nordtriathleten Oberhausen I	00:11:34	00:52:50	00:24:55	01:29:19
51.	1094	Jacobs, Frank	RC Lüdenscheid II	00:09:18	00:49:57	00:30:16	01:29:31
52.	1061	Von der Mark, Leon	Triathlon Team Ratingen 08 III	00:08:28	00:55:29	00:25:36	01:29:33

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
53.	1046	Junker, Andreas	tri.SI (Triathlon Siegen)	00:09:03	00:57:45	00:23:36	01:30:24
53.	1018	Trilling, Anke	SG Welper	00:09:24	00:57:45	00:23:15	01:30:24
55.	1045	Schneider, Detlef	tri.SI (Triathlon Siegen)	00:10:27	00:53:09	00:26:58	01:30:34
55.	1090	Hänel, Dominik	Nordtriathleten Oberhausen I	01:09:39	00:00:00	00:26:16	01:30:34
57.	1066	Börmann, Jutta	Tri Ducks Dorsten III	00:12:35	00:52:41	00:25:21	01:30:37
58.	1053	Maerz, Christian	RWE Starlight Team Essen III	00:11:42	00:54:29	00:24:36	01:30:47
59.	1054	Seegenschmiedt, Dr. Heinrich	RWE Starlight Team Essen III	00:10:35	00:54:40	00:25:35	01:30:50
60.	1010	Meisa, Kerstin	TRC Essen 84 III	00:10:29	00:55:55	00:24:41	01:31:05
61.	1057	Balicki, Robin	TuS Breitscheid	00:08:04	00:56:57	00:26:09	01:31:10
62.	1075	Hoffmann, Carsten	Nordtriathleten Oberhausen II	00:09:56	00:54:08	00:27:22	01:31:26
63.	1082	Schuba, Markus	SV Blau-Weiß Bochum	00:09:15	00:56:20	00:26:02	01:31:37
64.	1056	Zupan, Achim	RWE Starlight Team Essen III	00:10:15	00:56:12	00:25:25	01:31:52
65.	1017	Klein, Ralf	SG Welper	00:11:38	00:53:49	00:26:45	01:32:12
66.	1084	Gabriel, Jakob	SV Blau-Weiß Bochum	00:08:01	00:57:26	00:27:09	01:32:36
67.	1043	Thiel, Markus	TuS 09 Erkenschwick II	00:09:28	00:55:48	00:27:24	01:32:40
68.	1028	Middeldorf, Helge	Schwelmer SC	00:08:38	00:57:40	00:26:45	01:33:03
69.	1049	Karge, Ulrich	TSG Sprockhövel	00:09:36	00:57:39	00:26:11	01:33:26
70.	1015	Friedrich-Heyking, Marc	TRI-TEAM HAGEN III	00:10:21	00:56:22	00:27:17	01:34:00
71.	1038	Knowlden, James	TV Werne 03 Wasserfreunde e.V	00:09:24	00:56:21	00:28:22	01:34:07

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
	72. 1044	von Garrel, Detlef	TuS 09 Erkenschwick II	00:09:25	00:56:42	00:28:08	01:34:15
	73. 1074	Thiel, Marcus	Nordtriathleten Oberhausen II	00:12:31	00:55:42	00:26:14	01:34:27
	74. 1080	Bruns, Stephan	Sportgemeinschaft t Borken	00:11:07	00:55:38	00:27:52	01:34:37
	75. 1060	Walter, Jonas	TuS Breitscheid	00:08:12	00:57:42	00:29:39	01:35:33
	76. 1073	Stammen, Jens	Nordtriathleten Oberhausen II	00:07:17	00:58:09	00:30:17	01:35:43
	77. 1040	Gährken, Michael	TV Werne 03 Wasserfreunde e.V	00:10:13	01:00:22	00:27:22	01:37:57
	78. 1087	Gräser, Ralf	Tri Speed Herscheid II	00:07:55	00:58:57	00:31:10	01:38:02
	79. 1067	Broders - Arentz, Sabine	Tri Ducks Dorsten III	00:12:34	00:58:54	00:27:18	01:38:46
	80. 1025	Bentmann, Thorsten	Schwelmer SC	00:10:36	00:57:21	00:31:07	01:39:04
	81. 1037	Obrikat, Guido	TV Werne 03 Wasserfreunde e.V	00:08:34	01:03:36	00:27:35	01:39:45
	82. 1068	Rasmußen, Jörn	Tri Ducks Dorsten III	00:11:24	00:58:56	00:30:25	01:40:45
	83. 1029	Emming, Sonja-Christin	Bocholter WSV III	00:09:33	01:01:24	00:29:56	01:40:53
	84. 1083	Hoolt, Esther	SV Blau-Weiß Bochum	00:10:53	01:02:26	00:27:38	01:40:57
+2	85. 1047	Hering, Markus	tri.SI (Triathlon Siegen)	00:12:18	00:59:50	00:29:00	01:41:08
	86. 1076	Drost, Maik	Nordtriathleten Oberhausen II	00:10:01	01:03:36	00:27:39	01:41:16
	87. 1051	Dresel, Volker	TSG Sprockhövel	00:12:44	00:59:04	00:29:39	01:41:27
	88. 1063	Müller, Maurice	Triathlon Team Ratingen 08 III	00:08:53	01:01:49	00:30:51	01:41:33
+2	89. 1030	Rosenberger, Nicola	Bocholter WSV III	00:12:15	01:06:43	00:26:46	01:45:44

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
90.	1039	Obrikat, Kerstin	TV Werne 03 Wasserfreunde e.V	00:09:41	01:05:59	00:30:53	01:46:33
91.	1048	Valdmanis, Ivars	tri.SI (Triathlon Siegen)	00:10:13	01:09:27	00:28:37	01:48:17
92.	1081	Friedrich, Rainer	SV Blau-Weiß Bochum	00:08:24	01:22:57	00:27:18	01:58:39
93.	1065	Berkel, Christiane	Tri Ducks Dorsten III	00:11:24	01:11:28	00:37:08	02:00:00
	1013	Kay, Sven	TRI-TEAM HAGEN III	00:10:09	01:01:42	00:00:00	Aufgabe - Laufen
	1006	Ketzer, Christoph	Iserlohner Triathlon Team	00:08:46	00:00:00	00:00:00	Aufgabe - Rad

Strafen

1030	Rosenberger, Nicola	Strecke abgekürzt
1047	Hering, Markus	Windschatten fahren

Herscheider Triathlon

30.08.2015

Landesliga - Mitte

Plz	Verein						
1.	75	Herner Triathlon Team 11 II					
	1.	1072 Grund, Bastian	00:07:48	00:47:02	00:20:10	01:15:00	
	10.	1070 Müller, Jan-Kristof	00:09:10	00:49:08	00:22:34	01:20:52	
	19.	1071 Gniffke, Michael	00:08:55	00:49:24	00:23:24	01:21:43	
	45.	1069 Chill, Jan	00:09:35	00:53:32	00:25:04	01:28:11	
2.	94	RC Lüdenscheid II					
	13.	1093 Busenius, Aljoscha	00:07:17	00:50:25	00:23:15	01:20:57	
	14.	1095 Becker, Moritz	00:07:21	00:49:57	00:23:45	01:21:03	
	16.	1096 Glörfeld, Lars	00:08:07	00:52:14	00:21:00	01:21:21	
	51.	1094 Jacobs, Frank	00:09:18	00:49:57	00:30:16	01:29:31	
2.	94	TRC Essen 84 III					
	2.	1012 Ninck, Christian	00:08:24	00:46:01	00:21:35	01:16:00	
	3.	1011 Jung, Phillip	00:07:36	00:46:47	00:21:41	01:16:04	
	29.	1009 Nassar, Najib	00:08:36	00:50:58	00:25:06	01:24:40	
	60.	1010 Meisa, Kerstin	00:10:29	00:55:55	00:24:41	01:31:05	
4.	97	SV Hullern 68					
	7.	1003 Künsken, Carsten	00:00:00	00:56:33	00:23:49	01:20:22	
	18.	1002 Wachenfeld, Thorben	00:00:00	00:58:02	00:23:36	01:21:38	
	28.	1001 Hassenkamp, Ralf	00:09:06	00:51:28	00:24:04	01:24:38	
	44.	1004 Kösters, Markus	00:07:43	00:51:50	00:28:20	01:27:53	

Plz	Verein				
4.	97	Hildener AT - Triathlon II			
6.	1022	Zippert, Jürgen	00:09:38	00:47:15	00:22:39 01:19:32
8.	1024	Möllenhoff, Klaus	00:08:33	00:50:05	00:21:54 01:20:32
34.	1021	Schmidt, Lars	00:09:45	01:18:22	00:00:00 01:26:22
49.	1023	Kadach, Christian	00:08:36	00:56:32	00:23:55 01:29:03
6.	139	Iserlohner Triathlon Team			
4.	1008	Kowalke, Jörg	00:10:10	00:45:21	00:21:07 01:16:38
5.	1007	Sülberg, Rainer	00:10:27	00:45:11	00:21:56 01:17:34
31.	1005	Iwanowski, Thorsten	00:08:42	00:51:07	00:25:59 01:25:48
99.	1006	Ketzer, Christoph	00:08:46	00:00:00	00:00:00 Aufgabe - Rad
7.	144	Triathlon Team Witten VI			
23.	1036	Smietana, Sören	00:10:11	00:47:07	00:25:03 01:22:21
38.	1033	Prünke, Kai	00:09:29	00:54:06	00:23:12 01:26:47
40.	1035	Fehrs, Jan	00:08:13	00:54:03	00:24:46 01:27:02
43.	1034	Kliem, Holger	00:10:05	00:51:34	00:25:38 01:27:17
8.	160	Sportgemeinschaft Borken			
11.	1077	Hetkamp, Fabian	00:08:15	00:50:48	00:21:53 01:20:56
36.	1078	Kössler, Jürgen	00:11:25	00:52:14	00:22:54 01:26:33
39.	1079	Osterholt, Tanja	00:10:11	00:52:15	00:24:33 01:26:59
74.	1080	Bruns, Stephan	00:11:07	00:55:38	00:27:52 01:34:37
9.	173	Nordtriathleten Oberhausen I			
20.	1091	Esser, Björn	00:09:52	00:49:57	00:22:03 01:21:52
48.	1089	Wieschemann, Frank	00:09:20	00:53:02	00:26:36 01:28:58
50.	1092	Kuschewski, Niklas	00:11:34	00:52:50	00:24:55 01:29:19
55.	1090	Hänel, Dominik	01:09:39	00:00:00	00:26:16 01:30:34

Plz	Verein						
10.	176	TuS Breitscheid					
	8.	1059 Pitzke, Till	00:08:20	00:50:26	00:21:46	01:20:32	
	32.	1058 Presser, Lysander	00:10:29	00:52:43	00:22:45	01:25:57	
	61.	1057 Balicki, Robin	00:08:04	00:56:57	00:26:09	01:31:10	
	75.	1060 Walter, Jonas	00:08:12	00:57:42	00:29:39	01:35:33	
11.	187	TuS 09 Erkenschwick II					
	11.	1041 Elfert, Reinhart	00:09:12	00:49:30	00:22:14	01:20:56	
	37.	1042 Siepermann, Peter	00:13:03	00:49:28	00:24:05	01:26:36	
	67.	1043 Thiel, Markus	00:09:28	00:55:48	00:27:24	01:32:40	
	72.	1044 von Garrel, Detlef	00:09:25	00:56:42	00:28:08	01:34:15	
11.	187	Tri Speed Herscheid II					
	21.	1088 Becker, Julian	00:12:25	00:47:22	00:22:20	01:22:07	
	41.	1085 Lachnitt, Frank	00:08:53	00:51:44	00:26:27	01:27:04	
	47.	1086 Richter, Dietmar	00:10:36	00:53:42	00:24:38	01:28:56	
	78.	1087 Gräser, Ralf	00:07:55	00:58:57	00:31:10	01:38:02	
13.	194	SG Welper					
	30.	1020 Döring, Falko	00:08:07	00:52:14	00:24:25	01:24:46	
	46.	1019 Trilling, Oliver	00:11:34	00:51:16	00:25:48	01:28:38	
	53.	1018 Trilling, Anke	00:09:24	00:57:45	00:23:15	01:30:24	
	65.	1017 Klein, Ralf	00:11:38	00:53:49	00:26:45	01:32:12	
14.	197	Triathlon Team Ratingen 08 III					
	24.	1062 Rühlemann, Lukas	00:08:15	00:51:47	00:23:02	01:23:04	
	33.	1064 Loskyll, Maurice	00:07:21	00:55:23	00:23:15	01:25:59	
	52.	1061 Von der Mark, Leon	00:08:28	00:55:29	00:25:36	01:29:33	
	88.	1063 Müller, Maurice	00:08:53	01:01:49	00:30:51	01:41:33	

Plz	Verein					
15.	204	Schwelmer SC				
	21.	1027 Lettmayer, Lars	00:09:32	00:48:27	00:24:08	01:22:07
	35.	1026 Eckert, Jörg	00:09:12	00:54:47	00:22:30	01:26:29
	68.	1028 Middeldorf, Helge	00:08:38	00:57:40	00:26:45	01:33:03
	80.	1025 Bentmann, Thorsten	00:10:36	00:57:21	00:31:07	01:39:04
16.	212	TRI-TEAM HAGEN III				
	17.	1014 Müller, Peter	00:10:09	00:49:42	00:21:46	01:21:37
	26.	1016 Möller, Sepp	00:10:16	00:49:31	00:24:09	01:23:56
	70.	1015 Friedrich-Heyking, Marc	00:10:21	00:56:22	00:27:17	01:34:00
	99.	1013 Kay, Sven	00:10:09	01:01:42	00:00:00	Aufgabe - Laufen
16.	212	Bocholter WSV III				
	15.	1032 Kern, Johannes	00:06:57	00:00:00	01:14:18	01:21:15
	25.	1031 Kern, Ralf	00:06:51	00:51:07	00:25:22	01:23:20
	83.	1029 Emming, Sonja-Christin	00:09:33	01:01:24	00:29:56	01:40:53
	89.	1030 Rosenberger, Nicola	00:12:15	01:06:43	00:26:46	01:45:44
18.	223	RWE Starlight Team Essen III				
	42.	1055 Sadrozinski, Axel	00:09:53	00:53:28	00:23:44	01:27:05
	58.	1053 Maerz, Christian	00:11:42	00:54:29	00:24:36	01:30:47
	59.	1054 Seegenschmiedt, Dr. Hein	00:10:35	00:54:40	00:25:35	01:30:50
	64.	1056 Zupan, Achim	00:10:15	00:56:12	00:25:25	01:31:52
19.	282	TSG Sprockhövel				
	27.	1050 Zobel, Florian	00:08:44	00:50:33	00:24:46	01:24:03
	69.	1049 Karge, Ulrich	00:09:36	00:57:39	00:26:11	01:33:26
	87.	1051 Dresel, Volker	00:12:44	00:59:04	00:29:39	01:41:27
	99.	1052 Start1052,	00:00:00	00:00:00	00:00:00	Nicht am Start

Plz	Verein					
20.	284	tri.SI (Triathlon Siegen)				
	53.	1046 Junker, Andreas	00:09:03	00:57:45	00:23:36	01:30:24
	55.	1045 Schneider, Detlef	00:10:27	00:53:09	00:26:58	01:30:34
	85.	1047 Hering, Markus	00:12:18	00:59:50	00:29:00	01:41:08
	91.	1048 Valdmanis, Ivars	00:10:13	01:09:27	00:28:37	01:48:17
21.	297	Nordtriathleten Oberhausen II				
	62.	1075 Hoffmann, Carsten	00:09:56	00:54:08	00:27:22	01:31:26
	73.	1074 Thiel, Marcus	00:12:31	00:55:42	00:26:14	01:34:27
	76.	1073 Stammen, Jens	00:07:17	00:58:09	00:30:17	01:35:43
	86.	1076 Drost, Maik	00:10:01	01:03:36	00:27:39	01:41:16
22.	305	SV Blau-Weiß Bochum				
	63.	1082 Schuba, Markus	00:09:15	00:56:20	00:26:02	01:31:37
	66.	1084 Gabriel, Jakob	00:08:01	00:57:26	00:27:09	01:32:36
	84.	1083 Hoolt, Esther	00:10:53	01:02:26	00:27:38	01:40:57
	92.	1081 Friedrich, Rainer	00:08:24	01:22:57	00:27:18	01:58:39
23.	311	Tri Ducks Dorsten III				
	57.	1066 Börmann, Jutta	00:12:35	00:52:41	00:25:21	01:30:37
	79.	1067 Broders - Arentz, Sabine	00:12:34	00:58:54	00:27:18	01:38:46
	82.	1068 Rasmußen, Jörn	00:11:24	00:58:56	00:30:25	01:40:45
	93.	1065 Berkel, Christiane	00:11:24	01:11:28	00:37:08	02:00:00
24.	319	TV Werne 03 Wasserfreunde e.V				
	71.	1038 Knowlden, James	00:09:24	00:56:21	00:28:22	01:34:07
	77.	1040 Gährken, Michael	00:10:13	01:00:22	00:27:22	01:37:57
	81.	1037 Obrikat, Guido	00:08:34	01:03:36	00:27:35	01:39:45
	90.	1039 Obrikat, Kerstin	00:09:41	01:05:59	00:30:53	01:46:33

Strafen

1030	Rosenberger, Nicola	Strecke abgekürzt
1047	Hering, Markus	Windschatten fahren
502	Grabe, Leonhard	Windschatten fahren
285	Jörg Kohlhage, Uwe Reininghaus, Jörg Kohlhage, Uwe Reininghaus, Ursula Therese Bitzhenner	zu wenig gelaufen

Herscheider Triathlon

30.08.2015

Verbandsliga - Nord

500 m / 20 km / 5 km

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
1.	536	Willemsen, Robin	SuS Stadtlohn	00:06:25	00:43:43	00:22:09	01:12:17
2.	515	Abhoff, Maik	Rückenwind Geckos Dortmund III	00:07:57	00:44:31	00:20:18	01:12:46
3.	505	Gärtner, Markus	Tri Speed Herscheid	00:08:36	00:43:55	00:20:40	01:13:11
4.	504	Jäger, Thomas	SV Blau-Weiß Bochum	00:08:45	00:44:38	00:21:02	01:14:25
5.	510	Burger, Marius	Tri Sport Team Verl II	00:08:39	00:43:56	00:21:56	01:14:31
6.	514	Geißler, Niklas	Rückenwind Geckos Dortmund III	00:07:03	00:45:26	00:22:09	01:14:38
7.	509	Smyrek, David	Tri Sport Team Verl II	00:08:32	00:45:28	00:20:57	01:14:57
8.	532	Hörsken, Michael	TV Werne 03 Wasserfreunde e.V.	00:08:42	00:45:04	00:21:48	01:15:34
9.	555	Seegenschmiedt, Johannes	RWE Starlight Team Essen II	00:09:40	00:46:32	00:19:45	01:15:57
10.	503	Göress, Jörg	SV Blau-Weiß Bochum	00:08:49	00:45:49	00:21:42	01:16:20
11.	513	Schlüter, Thorsten	Rückenwind Geckos Dortmund III	00:07:51	00:46:44	00:22:00	01:16:35
12.	501	Hoppe, Sebastian	SV Blau-Weiß Bochum	00:07:12	00:47:02	00:22:44	01:16:58
13.	534	Bennemann, Eric	SuS Stadtlohn	00:06:50	00:47:22	00:22:50	01:17:02

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
14.	547	Thra, Dustin	Triathlon Team Witten V	00:08:23	00:46:53	00:21:54	01:17:10
15.	507	Holzmann, Frank	Tri Speed Herscheid	00:08:28	00:48:21	00:20:28	01:17:17
16.	567	Feder, Jannik	W + F Münster III	00:08:36	00:47:55	00:21:06	01:17:37
17.	522	Dunkel, Thomas	TSVE 1890 Bielefeld IV	00:09:41	00:45:52	00:22:16	01:17:49
18.	549	Heinen, Daniel	TSV Solingen	00:07:54	00:50:17	00:19:42	01:17:53
19.	561	Burkhardt, Tobias	Hartman Team TVG Kaiserau	00:09:37	00:47:37	00:20:53	01:18:07
20.	568	Peine, Sebastian	W + F Münster III	00:07:58	00:46:59	00:23:12	01:18:09
21.	557	Döring, Tobias	Triathlon Team ALTE/Jahn Ohle	00:08:06	00:47:37	00:22:31	01:18:14
22.	512	Selker, Torsten	Tri Sport Team Verl II	00:08:39	00:47:55	00:21:45	01:18:19
22.	506	Hereth, Frank	Tri Speed Herscheid	00:08:59	00:46:21	00:22:59	01:18:19
24.	560	Wieczorek, Dieter	Triathlon Team ALTE/Jahn Ohle	00:11:56	00:46:02	00:20:22	01:18:20
25.	535	Seggewiß, Jens	SuS Stadtlohn	00:08:16	00:48:02	00:22:21	01:18:39
26.	564	Böttcher, Jens	Hartman Team TVG Kaiserau	00:08:46	00:48:21	00:21:47	01:18:54
27.	517	Ellermann, Jens	TriFit Lüdenscheid	00:08:12	00:47:16	00:23:34	01:19:02
28.	511	Schnell, Uwe	Tri Sport Team Verl II	00:08:25	00:49:19	00:22:47	01:20:31
29.	516	Spinczyk, Niklas	Rückenwind Geckos Dortmund III	00:07:59	00:50:25	00:22:16	01:20:40
30.	518	Zimmermann, Michael	TriFit Lüdenscheid	00:08:53	00:48:18	00:23:48	01:20:59
31.	553	Eißmann, Jens	RWE Starlight Team Essen II	00:10:02	00:50:08	00:21:37	01:21:47

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
+2	32. 502	Grabe, Leonhard	SV Blau-Weiß Bochum	00:08:49	00:48:50	00:24:09	01:21:48
	33. 562	Renner, Timo	Hartman Team TVG Kaiserau	00:07:30	00:51:26	00:22:59	01:21:55
	34. 548	Keim, Adrian	Triathlon Team Witten V	00:08:18	00:50:18	00:23:31	01:22:07
	35. 508	Reinecke, Michael	Tri Speed Herscheid	00:09:28	00:49:51	00:22:57	01:22:16
	36. 550	Humberg, Patrick	TSV Solingen	00:09:11	00:49:08	00:24:22	01:22:41
	37. 569	Damnitz, Marvin	Tri Ducks Dorsten II	00:08:17	00:51:42	00:22:43	01:22:42
	38. 546	Lehmann, Sebastian	Triathlon Team Witten V	00:08:25	00:51:37	00:22:45	01:22:47
	39. 558	Möscheid, Max Frederik	Triathlon Team ALTE/Jahn Ohle	00:09:28	00:50:19	00:23:01	01:22:48
	40. 559	Schmidt, Paul	Triathlon Team ALTE/Jahn Ohle	00:09:01	00:51:44	00:22:06	01:22:51
	41. 565	Weissner, Martin	W + F Münster III	00:09:54	00:50:28	00:22:54	01:23:16
	42. 556	Knauff, Matthias	RWE Starlight Team Essen II	00:08:43	00:54:03	00:21:15	01:24:01
	43. 531	Peters, Philip	TV Werne 03 Wasserfreunde e.V	00:08:34	00:51:24	00:24:10	01:24:08
	44. 533	Kappelhoff, Michael	SuS Stadtlohn	00:07:20	00:52:04	00:25:38	01:25:02
	45. 527	Poppki, Harald	1. Tri Team Gütersloh II	00:09:51	00:51:44	00:23:31	01:25:06
	46. 523	Linke, Phillip	TSVE 1890 Bielefeld IV	00:09:43	00:52:09	00:23:20	01:25:12
	47. 521	Tiekemeier, Thomas	TSVE 1890 Bielefeld IV	00:09:13	00:51:26	00:24:38	01:25:17
	48. 545	Heldt, Janosch	Triathlon Team Witten V	00:07:22	00:52:38	00:25:20	01:25:20
	48. 530	Koch, Ralf	TV Werne 03 Wasserfreunde e.V	00:08:47	00:52:26	00:24:07	01:25:20

Plz	SNr	Name	Verein	Swim	Bike	Run	Endzeit
50.	525	Schluckebier, Holger	1. Tri Team Gütersloh II	00:09:16	00:51:35	00:24:34	01:25:25
51.	563	Delbrügge, Martin	Hartman Team TVG Kaiserau	00:09:39	00:53:34	00:22:20	01:25:33
52.	520	Krause, Norbert	TriFit Lüdenscheid	00:09:58	00:50:57	00:24:57	01:25:52
53.	526	Langner, Eckhard	1. Tri Team Gütersloh II	00:10:31	00:51:13	00:24:39	01:26:23
54.	551	Wölke, Alexander	TSV Solingen	00:09:50	00:54:08	00:22:34	01:26:32
55.	566	Seifert, Tim	W + F Münster III	00:08:54	00:53:16	00:25:16	01:27:26
56.	571	Kick, Frank	Tri Ducks Dorsten II	00:08:55	00:53:25	00:25:36	01:27:56
57.	554	Wind, Andreas	RWE Starlight Team Essen II	00:08:43	00:55:32	00:23:46	01:28:01
58.	572	Tewes, Ingo	Tri Ducks Dorsten II	00:08:20	00:56:45	00:25:28	01:30:33
59.	524	Kiel, Felix	TSVE 1890 Bielefeld IV	00:08:02	00:55:50	00:28:11	01:32:03
60.	570	Honsel, Ralf	Tri Ducks Dorsten II	00:08:58	01:00:27	00:25:41	01:35:06
61.	528	Schlepphorst, Lars	1. Tri Team Gütersloh II	00:08:52	00:58:43	00:29:08	01:36:43
62.	552	Wetzel, Andre	TSV Solingen	00:10:59	00:59:52	00:27:01	01:37:52
63.	519	Loß, Klaus-Peter	TriFit Lüdenscheid	00:14:02	00:57:26	00:27:03	01:38:31

Strafen

502 Grabe, Leonhard

Windschatten fahren

Herscheider Triathlon

30.08.2015

Verbandsliga - Nord

Plz	Verein				
1.	48	Rückenwind Geckos Dortmund III			
	2.	515 Aßhoff, Maik	00:07:57	00:44:31	00:20:18 01:12:46
	6.	514 Geißler, Niklas	00:07:03	00:45:26	00:22:09 01:14:38
	11.	513 Schlüter, Thorsten	00:07:51	00:46:44	00:22:00 01:16:35
	29.	516 Spinczyk, Niklas	00:07:59	00:50:25	00:22:16 01:20:40
2.	58	SV Blau-Weiß Bochum			
	4.	504 Jäger, Thomas	00:08:45	00:44:38	00:21:02 01:14:25
	10.	503 Göress, Jörg	00:08:49	00:45:49	00:21:42 01:16:20
	12.	501 Hoppe, Sebastian	00:07:12	00:47:02	00:22:44 01:16:58
	32.	502 Grabe, Leonhard	00:08:49	00:48:50	00:24:09 01:21:48
3.	62	Tri Sport Team Verl II			
	5.	510 Burger, Marius	00:08:39	00:43:56	00:21:56 01:14:31
	7.	509 Smyrek, David	00:08:32	00:45:28	00:20:57 01:14:57
	22.	512 Selker, Torsten	00:08:39	00:47:55	00:21:45 01:18:19
	28.	511 Schnell, Uwe	00:08:25	00:49:19	00:22:47 01:20:31
4.	75	Tri Speed Herscheid			
	3.	505 Gärtner, Markus	00:08:36	00:43:55	00:20:40 01:13:11
	15.	507 Holzmann, Frank	00:08:28	00:48:21	00:20:28 01:17:17
	22.	506 Hereth, Frank	00:08:59	00:46:21	00:22:59 01:18:19
	35.	508 Reinecke, Michael	00:09:28	00:49:51	00:22:57 01:22:16

Plz	Verein					
5.	83	SuS Stadtlohn				
	1.	536 Willemsen, Robin	00:06:25	00:43:43	00:22:09	01:12:17
	13.	534 Bennemann, Eric	00:06:50	00:47:22	00:22:50	01:17:02
	25.	535 Seggewiß, Jens	00:08:16	00:48:02	00:22:21	01:18:39
	44.	533 Kappelhoff, Michael	00:07:20	00:52:04	00:25:38	01:25:02
6.	124	Triathlon Team ALTE/Jahn Ohle				
	21.	557 Döring, Tobias	00:08:06	00:47:37	00:22:31	01:18:14
	24.	560 Wieczorek, Dieter	00:11:56	00:46:02	00:20:22	01:18:20
	39.	558 Möscheid, Max Frederik	00:09:28	00:50:19	00:23:01	01:22:48
	40.	559 Schmidt, Paul	00:09:01	00:51:44	00:22:06	01:22:51
7.	129	Hartman Team TVG Kaiserau				
	19.	561 Burkhardt, Tobias	00:09:37	00:47:37	00:20:53	01:18:07
	26.	564 Böttcher, Jens	00:08:46	00:48:21	00:21:47	01:18:54
	33.	562 Renner, Timo	00:07:30	00:51:26	00:22:59	01:21:55
	51.	563 Delbrügge, Martin	00:09:39	00:53:34	00:22:20	01:25:33
8.	132	W + F Münster III				
	16.	567 Feder, Jannik	00:08:36	00:47:55	00:21:06	01:17:37
	20.	568 Peine, Sebastian	00:07:58	00:46:59	00:23:12	01:18:09
	41.	565 Weissner, Martin	00:09:54	00:50:28	00:22:54	01:23:16
	55.	566 Seifert, Tim	00:08:54	00:53:16	00:25:16	01:27:26
9.	134	Triathlon Team Witten V				
	14.	547 Thra, Dustin	00:08:23	00:46:53	00:21:54	01:17:10
	34.	548 Keim, Adrian	00:08:18	00:50:18	00:23:31	01:22:07
	38.	546 Lehmann, Sebastian	00:08:25	00:51:37	00:22:45	01:22:47
	48.	545 Heldt, Janosch	00:07:22	00:52:38	00:25:20	01:25:20

Plz	Verein						
10.	139	RWE Starlight Team Essen II					
	9.	555 Seegenschmiedt, Johannes	00:09:40	00:46:32	00:19:45	01:15:57	
	31.	553 Eißmann, Jens	00:10:02	00:50:08	00:21:37	01:21:47	
	42.	556 Knauff, Matthias	00:08:43	00:54:03	00:21:15	01:24:01	
	57.	554 Wind, Andreas	00:08:43	00:55:32	00:23:46	01:28:01	
11.	169	TSVE 1890 Bielefeld IV					
	17.	522 Dunkel, Thomas	00:09:41	00:45:52	00:22:16	01:17:49	
	46.	523 Linke, Phillip	00:09:43	00:52:09	00:23:20	01:25:12	
	47.	521 Tiekemeier, Thomas	00:09:13	00:51:26	00:24:38	01:25:17	
	59.	524 Kiel, Felix	00:08:02	00:55:50	00:28:11	01:32:03	
12.	170	TSV Solingen					
	18.	549 Heinen, Daniel	00:07:54	00:50:17	00:19:42	01:17:53	
	36.	550 Humberg, Patrick	00:09:11	00:49:08	00:24:22	01:22:41	
	54.	551 Wölke, Alexander	00:09:50	00:54:08	00:22:34	01:26:32	
	62.	552 Wetzels, Andre	00:10:59	00:59:52	00:27:01	01:37:52	
13.	172	TriFit Lüdenscheid					
	27.	517 Ellermann, Jens	00:08:12	00:47:16	00:23:34	01:19:02	
	30.	518 Zimmermann, Michael	00:08:53	00:48:18	00:23:48	01:20:59	
	52.	520 Krause, Norbert	00:09:58	00:50:57	00:24:57	01:25:52	
	63.	519 Loß, Klaus-Peter	00:14:02	00:57:26	00:27:03	01:38:31	
14.	174	TV Werne 03 Wasserfreunde e.V					
	8.	532 Hörsken, Michael	00:08:42	00:45:04	00:21:48	01:15:34	
	43.	531 Peters, Philip	00:08:34	00:51:24	00:24:10	01:24:08	
	48.	530 Koch, Ralf	00:08:47	00:52:26	00:24:07	01:25:20	
	75.	529 Naber, Stefan	00:08:05	00:00:00	00:00:00	Nicht am Start	

Plz	Verein					
15.	209	1. Tri Team Gütersloh II				
	45.	527 Poppki, Harald	00:09:51	00:51:44	00:23:31	01:25:06
	50.	525 Schluckebier, Holger	00:09:16	00:51:35	00:24:34	01:25:25
	53.	526 Langner, Eckhard	00:10:31	00:51:13	00:24:39	01:26:23
	61.	528 Schlepphorst, Lars	00:08:52	00:58:43	00:29:08	01:36:43
16.	211	Tri Ducks Dorsten II				
	37.	569 Damnitz, Marvin	00:08:17	00:51:42	00:22:43	01:22:42
	56.	571 Kick, Frank	00:08:55	00:53:25	00:25:36	01:27:56
	58.	572 Tewes, Ingo	00:08:20	00:56:45	00:25:28	01:30:33
	60.	570 Honsel, Ralf	00:08:58	01:00:27	00:25:41	01:35:06
17.	288	SC Altenrheine				
	72.	543 Klaps, Achim	00:00:00	00:00:00	00:00:00	Nicht am Start
	72.	544 Kocks, Ulli	00:00:00	00:00:00	00:00:00	Nicht am Start
	72.	541 Hoffmann, Hans Georg	00:00:00	00:00:00	00:00:00	Nicht am Start
	72.	542 Holthaus, Frank	00:00:00	00:00:00	00:00:00	Nicht am Start

Strafen

1030	Rosenberger, Nicola	Strecke abgekürzt
1047	Hering, Markus	Windschatten fahren
502	Grabe, Leonhard	Windschatten fahren
285	Jörg Kohlhage, Uwe Reininghaus, Jörg Kohlhage, Uwe Reininghaus, Ursula Therese Bitzhenner	zu wenig gelaufen