

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.
M	1 Ferner, Fritz	86	RADPACK	0:18:16 h	1	0:49:41 h	1	1:07:57 h	1	0:37:10 h	1	1:45:07 h	M 35	140
M	2 von Schmeling, Finn	98	Tri Michels Hamburg	0:19:49 h	4	0:52:03 h	2	1:11:52 h	2	0:42:07 h	6	1:53:59 h	M 20	172
	3 Kampa, Pawel	80	SV Großshansdorf	0:19:37 h	2	0:54:26 h	6	1:14:03 h	6	0:40:55 h	2	1:54:58 h	M 40	114
B	4 Martin Amat, Sergio	82	BSG C.D. TRIATLON EL EJIL	0:20:27 h	9	0:53:00 h	3	1:13:27 h	3	0:41:58 h	3	1:55:25 h	M 40	126
M	5 Krug, Christian	84	Triabolos Hamburg	0:19:44 h	3	0:54:11 h	5	1:13:55 h	4	0:42:48 h	8	1:56:43 h	M 35	133
M	6 Gayer, Sören	88	Kaifu Tri Team	0:19:50 h	5	0:56:42 h	16	1:16:32 h	7	0:43:00 h	10	1:59:32 h	M 30	145
M	7 Paulus, Marvin	90	Triathlon Team Hamburg	0:21:36 h	30	0:55:40 h	9	1:17:16 h	10	0:42:35 h	7	1:59:51 h	M 30	153
	8 Bick, Ralf	80	Tri Fun Güstrow	0:19:54 h	7	0:54:01 h	4	1:13:55 h	4	0:46:24 h	24	2:00:19 h	M 40	117
M	9 Biermann, Christian	73	TuS Holstein Quickborn	0:21:04 h	12	0:56:23 h	15	1:17:27 h	12	0:43:22 h	11	2:00:49 h	M 45	76
	10 Steinke, Philipp	79	SG Wasserratten Nordersted	0:20:45 h	10	0:56:22 h	14	1:17:07 h	9	0:44:00 h	14	2:01:07 h	M 40	105
	11 Sass, Fabian	81	BSG STILL	0:21:08 h	14	0:58:19 h	33	1:19:27 h	27	0:42:02 h	4	2:01:29 h	M 40	119
M	12 Dannehl, Jan	69	Triabolos Hamburg	0:21:31 h	25	0:57:41 h	27	1:19:12 h	24	0:43:39 h	12	2:02:51 h	M 50	56
B	13 Leidecker, Ingo	74	BSG Commerzbank	0:21:29 h	21	0:56:10 h	11	1:17:39 h	14	0:45:17 h	18	2:02:56 h	M 45	83
B	14 Wienecke, Dennis	79	BSG NDR	0:21:39 h	32	0:57:16 h	20	1:18:55 h	20	0:44:07 h	15	2:03:02 h	M 40	106
	15 Sedelmaier, Frank	77	Triathlon Team Hamburger H	0:21:58 h	41	0:58:12 h	30	1:20:10 h	35	0:42:58 h	9	2:03:08 h	M 45	95
M	16 Bergau, Lars	78	Triathlon Team Hamburg	0:21:30 h	23	0:57:17 h	21	1:18:47 h	17	0:44:37 h	16	2:03:24 h	M 40	100
	17 Klok, Gerrit-Jan	73	MC Pirate	0:21:22 h	17	0:56:13 h	13	1:17:35 h	13	0:46:46 h	29	2:04:21 h	M 45	77
M	18 Arndt, Sebastian	85	Triathlon Team Hamburg	0:20:06 h	8	1:00:26 h	53	1:20:32 h	38	0:43:59 h	13	2:04:31 h	M 35	134
	19 Warneck, Marco	78	Tri Endurance Germany	0:21:11 h	15	0:57:37 h	26	1:18:48 h	18	0:46:06 h	21	2:04:54 h	M 40	104
M	20 Friedrichs, Torben	92	Triathlon Team Hamburg	0:21:35 h	28	0:56:57 h	19	1:18:32 h	15	0:47:52 h	37	2:06:24 h	M 30	161
	21 Befuß, Björn	88	Hamburg	0:21:48 h	34	0:57:29 h	24	1:19:17 h	26	0:47:11 h	32	2:06:28 h	M 30	147
	22 Rathjen, Christian	86	Buxtehuder SV	0:22:08 h	43	0:57:59 h	29	1:20:07 h	33	0:46:23 h	23	2:06:30 h	M 35	143
	23 Mireisz, Bernhard	78	Tri-Sport Lübeck	0:21:58 h	41	0:57:52 h	28	1:19:50 h	30	0:46:42 h	28	2:06:32 h	M 40	99
M	24 Claudius, Stephan	59	MC Pirate	0:21:49 h	35	0:58:27 h	37	1:20:16 h	36	0:46:22 h	22	2:06:38 h	M 60	35
	25 Friedrichsen, Nils	78	SG Wasserratten Nordersted	0:21:32 h	26	0:58:13 h	32	1:19:45 h	29	0:47:03 h	31	2:06:48 h	M 40	102
M	26 Pätzold, Ingo	68	FC St. Pauli Triathlon / BSG T	0:21:53 h	36	0:56:51 h	17	1:18:44 h	16	0:48:07 h	38	2:06:51 h	M 50	52
	27 LEGEAI, Bruno	71	Tiger Team Fassberg	0:21:55 h	37	0:57:21 h	23	1:19:16 h	25	0:47:47 h	36	2:07:03 h	M 50	67
	28 Uhl, Peter	62	Buxtehuder SV	0:21:28 h	20	0:59:56 h	46	1:21:24 h	42	0:45:40 h	19	2:07:04 h	M 60	38
	29 Wiedenhofer, Marco	70	Tri Endurance Germany	0:21:45 h	33	0:58:23 h	36	1:20:08 h	34	0:47:13 h	33	2:07:21 h	M 50	62
	30 Frick, Axel	62	Trimaniacs	0:21:29 h	21	0:58:36 h	38	1:20:05 h	32	0:47:29 h	35	2:07:34 h	M 60	36
	31 Reimann, Mirko	77	Team Erdinger Alkoholfrei	0:19:51 h	6	1:05:53 h	86	1:25:44 h	60	0:42:05 h	5	2:07:49 h	M 45	94
	32 Röschmann, Niels	94	VfL Hamburg 93	0:23:16 h	59	0:58:40 h	39	1:21:56 h	44	0:46:24 h	24	2:08:20 h	M 20	167
	33 Wilde, Mike	70	Hamburg	0:23:30 h	63	0:55:26 h	7	1:18:56 h	21	0:49:32 h	48	2:08:28 h	M 50	61
	33 Kassner, Ulrich	80	Hamburg	0:21:30 h	23	0:55:31 h	8	1:17:01 h	8	0:51:27 h	65	2:08:28 h	M 40	112
	35 Detlefs, Mirko	70	Tru Team Eisenhart Hamburg	0:22:16 h	46	0:58:12 h	30	1:20:28 h	37	0:48:10 h	39	2:08:38 h	M 50	75
	36 Jakobs, Gerrit	78	Hanseatic Tri Team	0:21:33 h	27	0:57:18 h	22	1:18:51 h	19	0:50:25 h	53	2:09:16 h	M 40	101
	37 Brell, Michael	65	SG Wasserratten Nordersted	0:23:29 h	62	0:56:00 h	10	1:19:29 h	28	0:50:15 h	52	2:09:44 h	M 55	42
M	38 Meyer, Björn	69	Tri-Bandits TSG Bergedorf	0:20:50 h	11	0:58:21 h	34	1:19:11 h	23	0:50:34 h	54	2:09:45 h	M 50	59
	39 Bruhn, Marc	75	SG Wasserratten Nordersted	0:22:08 h	43	0:56:53 h	18	1:19:01 h	22	0:50:47 h	56	2:09:48 h	M 45	87
	40 Blase, Danny	88	SG Athletico Büdelsdorf	0:22:19 h	47	1:01:33 h	59	1:23:52 h	50	0:45:59 h	20	2:09:51 h	M 30	146

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.	
	41	Toussaint, Sebastien	74	Tiger Team Fassberg	0:21:26 h	18	0:59:34 h	43	1:21:00 h	40	0:49:23 h	47	2:10:23 h	M 45	85
	42	Iampietro, Nicolas	82	Tiger Team Fassberg	0:22:36 h	52	1:03:29 h	69	1:26:05 h	62	0:44:41 h	17	2:10:46 h	M 40	125
M	43	Lützen, Lea	00	FC St. Pauli Triathlon	0:22:25 h	50	0:57:34 h	25	1:19:59 h	31	0:50:58 h	59	2:10:57 h	W 20	30
	44	Kreis, Kristian	89	Hamburg	0:23:23 h	60	1:01:17 h	57	1:24:40 h	56	0:46:26 h	26	2:11:06 h	M 30	148
M	45	Haberstock, Philipp	71	Triabolos Hamburg	0:22:15 h	45	0:59:13 h	41	1:21:28 h	43	0:50:55 h	58	2:12:23 h	M 50	68
M	46	Sturm, Volker	65	Kaifu Tri Team	0:21:07 h	13	1:00:00 h	48	1:21:07 h	41	0:51:24 h	64	2:12:31 h	M 55	43
	47	Klewer, Michael	77	Tri Fun Güstrow	0:24:07 h	71	0:59:47 h	45	1:23:54 h	52	0:48:44 h	41	2:12:38 h	M 45	93
	48	Kock, Lars	70	TC Fiko Rostock	0:21:55 h	37	1:01:48 h	61	1:23:43 h	46	0:49:06 h	44	2:12:49 h	M 50	60
	49	Schwärzel, Ricky	79	BSG NDR	0:21:26 h	18	0:59:26 h	42	1:20:52 h	39	0:52:17 h	70	2:13:09 h	M 40	107
	50	Raming, Jan	83	Kaifu Tri Team	0:21:38 h	31	1:04:48 h	81	1:26:26 h	66	0:46:57 h	30	2:13:23 h	M 35	128
B	51	Femerling, Lisa	93	BSG OTTO / Triathlon Team I	0:23:46 h	65	1:02:25 h	64	1:26:11 h	63	0:47:24 h	34	2:13:35 h	W 20	25
	52	Escudero, Miguel	79	Hamburg	0:22:34 h	51	1:04:35 h	79	1:27:09 h	73	0:46:32 h	27	2:13:41 h	M 40	108
M	53	Hildebrandt, Dirk	63	Verein Aktive Freizeit	0:24:06 h	70	0:59:41 h	44	1:23:47 h	49	0:51:04 h	61	2:14:51 h	M 55	41
	54	Becker, Kaya	92	Hamburg	0:21:57 h	39	1:01:48 h	61	1:23:45 h	48	0:51:21 h	63	2:15:06 h	W 30	23
	55	Cox, Daniel	90	Norderstedt	0:21:35 h	28	1:04:38 h	80	1:26:13 h	64	0:48:56 h	42	2:15:09 h	M 30	150
	55	Lomberg, Malte	90	Erdinger Active Team	0:25:02 h	81	0:58:21 h	34	1:23:23 h	45	0:51:46 h	66	2:15:09 h	M 30	155
M	57	Weller, Mats	93	FC St. Pauli Triathlon	0:23:06 h	54	1:02:27 h	65	1:25:33 h	58	0:49:38 h	49	2:15:11 h	M 20	164
	58	Feidieker, Thomas	82	Bönningstedt	0:24:12 h	72	1:00:23 h	52	1:24:35 h	54	0:51:16 h	62	2:15:51 h	M 40	127
	59	Hecht, Stephen	71	Hamburg	0:23:46 h	65	0:59:57 h	47	1:23:43 h	46	0:52:35 h	73	2:16:18 h	M 50	63
	60	Rheker, Maximilian	92	Hamburg	0:24:44 h	77	1:01:46 h	60	1:26:30 h	67	0:49:52 h	50	2:16:22 h	M 30	162
	61	Rotariu, Iulian	86	Tri EMTV Elmshorn	0:21:16 h	16	0:56:10 h	11	1:17:26 h	11	0:59:15 h	106	2:16:41 h	M 35	142
	62	Tietgen, Thomas	79	Hanseatic Tri Team	0:24:13 h	73	1:00:22 h	51	1:24:35 h	54	0:52:20 h	72	2:16:55 h	M 40	110
	63	Draak, Christian	75	Team Erdinger Alkoholfrei	0:23:32 h	64	1:01:28 h	58	1:25:00 h	57	0:52:13 h	68	2:17:13 h	M 45	90
	64	Laurisch, Wolf	72	Tri Michels Hamburg	0:22:56 h	53	1:03:48 h	72	1:26:44 h	68	0:50:47 h	56	2:17:31 h	M 50	73
	65	Hildebrandt, Maximilian	94	Hamburg	0:23:13 h	58	1:05:34 h	85	1:28:47 h	75	0:49:13 h	46	2:18:00 h	M 20	166
	66	Weiß, Dennis	77	Tri EMTV Elmshorn	0:25:10 h	82	1:00:42 h	55	1:25:52 h	61	0:52:18 h	71	2:18:10 h	M 45	96
	67	Mühling, Tobias	97	Hamburg	0:25:26 h	85	1:00:09 h	50	1:25:35 h	59	0:52:41 h	74	2:18:16 h	M 20	171
	68	Mathias, Laura	95	Hamburg	0:22:21 h	48	1:07:58 h	96	1:30:19 h	82	0:48:37 h	40	2:18:56 h	W 20	27
	69	Rudolf, Bernhard	81	Weyhe	0:22:24 h	49	1:04:32 h	77	1:26:56 h	69	0:52:13 h	68	2:19:09 h	M 40	121
	70	Radtke, Holger	71	SV Großhansdorf	0:24:47 h	78	1:05:11 h	83	1:29:58 h	78	0:49:12 h	45	2:19:10 h	M 50	66
	71	Hohaus, Roman	66	Hamburg	0:24:47 h	78	1:04:14 h	75	1:29:01 h	76	0:50:13 h	51	2:19:14 h	M 55	46
	72	Henkel, Patrick	71	Hamburg	0:23:25 h	61	1:06:59 h	89	1:30:24 h	83	0:48:56 h	42	2:19:20 h	M 50	69
M	73	Löhden, Jana	94	Heikotel Tri Team Hamburg	0:23:46 h	65	1:00:06 h	49	1:23:52 h	50	0:55:56 h	91	2:19:48 h	W 20	26
M	74	Kwasny, Miriam	65	Triathlon Team Hamburg	0:24:13 h	73	1:02:48 h	68	1:27:01 h	71	0:52:58 h	75	2:19:59 h	W 55	2
	75	Suhling, Sven	71	Tornesch	0:24:33 h	76	1:02:37 h	67	1:27:10 h	74	0:53:17 h	76	2:20:27 h	M 50	64
	76	Düker, Marie	96	Hamburg	0:21:57 h	39	1:08:03 h	97	1:30:00 h	79	0:50:38 h	55	2:20:38 h	W 20	29
	77	Laude, Niels	75	Tangstedt	0:23:48 h	68	1:02:29 h	66	1:26:17 h	65	0:54:25 h	81	2:20:42 h	M 45	88
M	78	Rooseboom, Markus	65	Tri Michels Hamburg	0:23:10 h	55	1:07:24 h	92	1:30:34 h	86	0:51:02 h	60	2:21:36 h	M 55	45
	79	Wesche, Henning	86	Tangstedt	0:25:31 h	87	0:58:41 h	40	1:24:12 h	53	0:58:11 h	100	2:22:23 h	M 35	139
	80	Martens, Henning	72	Tri-Sport Lübeck	0:26:33 h	96	1:00:30 h	54	1:27:03 h	72	0:55:52 h	89	2:22:55 h	M 50	71

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischenzeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Altersklasse	Start-Nr.
81	Seevaldt, Robert	84	Hamburg	0:23:12 h	57	1:07:05 h	90	1:30:17 h	81	0:53:27 h	77	2:23:44 h	M 35	132
82	Heiligtag, Michael	63	Bramfelder SV	0:25:43 h	89	1:04:26 h	76	1:30:09 h	80	0:53:50 h	79	2:23:59 h	M 55	39
83	Stelzen, Maximilian	92	Hamburg	0:25:27 h	86	1:03:57 h	73	1:29:24 h	77	0:55:01 h	85	2:24:25 h	M 30	163
84	Lück, Ronald	75	BSG EDEKA	0:23:11 h	56	1:07:21 h	91	1:30:32 h	85	0:54:53 h	83	2:25:25 h	M 45	89
85	Kasper, Thomas	68	BSG Commerzbank	0:26:44 h	99	1:05:27 h	84	1:32:11 h	91	0:53:44 h	78	2:25:55 h	M 50	53
86	Klauck, David	91	Hamburg	0:25:59 h	92	1:04:32 h	77	1:30:31 h	84	0:55:55 h	90	2:26:26 h	M 30	157
87	Straatmann, Maren	77	Tri-Sport Lübeck	0:25:32 h	88	1:08:59 h	100	1:34:31 h	95	0:52:11 h	67	2:26:42 h	W 45	8
88	Rother, Thomas	62	AMTV Hamburg	0:28:40 h	112	1:01:56 h	63	1:30:36 h	87	0:56:46 h	95	2:27:22 h	M 60	37
89	Völling, Jens	66	Tri EMTV Elmshorn	0:26:25 h	95	1:05:06 h	82	1:31:31 h	88	0:56:19 h	93	2:27:50 h	M 55	47
90	Drestler, Philip	85	Triathlon Team Hamburg	0:23:56 h	69	1:10:39 h	108	1:34:35 h	96	0:54:23 h	80	2:28:58 h	M 35	137
91	Kossak-Glowczewski, Chris	84	Tri EMTV Elmshorn	0:25:59 h	92	1:01:00 h	56	1:26:59 h	70	1:03:17 h	113	2:30:16 h	M 35	131
92	Reinecke, Tim	76	Henstedt Ulzburg	0:24:25 h	75	1:07:30 h	94	1:31:55 h	90	0:58:46 h	104	2:30:41 h	M 45	91
93	Steinke, Nadine	83	SG Wasserratten Nordersted	0:26:33 h	96	1:09:45 h	104	1:36:18 h	102	0:54:37 h	82	2:30:55 h	W 35	16
94	Gansen, Stefan	96	Triathlon Team Hamburg	0:26:43 h	98	1:09:19 h	101	1:36:02 h	101	0:54:59 h	84	2:31:01 h	M 20	169
M 95	Beise, Daniel	80	FC St. Pauli Triathlon	0:25:57 h	91	1:09:33 h	102	1:35:30 h	98	0:55:38 h	87	2:31:08 h	M 40	111
96	Kröger, Daniel	87	Wakendorf 2	0:28:50 h	114	1:04:06 h	74	1:32:56 h	92	0:58:39 h	103	2:31:35 h	M 35	144
M 97	Wiese, Michael	57	Triabolos Hamburg	0:29:28 h	120	1:03:47 h	70	1:33:15 h	93	0:59:31 h	107	2:32:46 h	M 65	34
98	Görllich, Thomas	74	TuS Hasloh	0:26:52 h	102	1:10:00 h	106	1:36:52 h	105	0:56:27 h	94	2:33:19 h	M 45	82
99	Seydlitz, Janek	95	Hamburg	0:27:51 h	108	1:03:47 h	70	1:31:38 h	89	1:02:50 h	112	2:34:28 h	M 20	168
100	Werdermann, Tobias	76	#norderstedtläuft	0:26:54 h	104	1:08:49 h	98	1:35:43 h	100	0:58:51 h	105	2:34:34 h	M 45	92
M 101	Brauer, Steffen	86	FC St. Pauli Triathlon / #burni	0:24:51 h	80	1:13:43 h	113	1:38:34 h	110	0:56:04 h	92	2:34:38 h	M 35	141
B 102	Jacobsen, Svenja	66	BSG Phorms Hamburg	0:26:45 h	100	1:09:50 h	105	1:36:35 h	104	0:58:30 h	102	2:35:05 h	W 55	5
103	Bennett, Annalies	82	TuS Hasloh	0:26:51 h	101	1:10:43 h	109	1:37:34 h	108	0:57:58 h	98	2:35:32 h	W 40	15
104	Dorenburg, Simone	74	KAIFU TRI TEAM	0:26:11 h	94	1:13:40 h	112	1:39:51 h	113	0:55:50 h	88	2:35:41 h	W 45	24
105	Moss, Ingo	74	SC Weyhe -Triathlon-	0:25:46 h	90	1:13:09 h	111	1:38:55 h	111	0:57:16 h	97	2:36:11 h	M 45	81
106	Spitzkofski, Thomas	82	TuS Hasloh	0:26:53 h	103	1:07:35 h	95	1:34:28 h	94	1:02:27 h	111	2:36:55 h	M 40	122
107	Plantholz, Christian	69	Hamburg	0:29:00 h	117	1:06:30 h	88	1:35:30 h	98	1:02:24 h	110	2:37:54 h	M 50	58
108	Krause, Niklas	93	Kiel	0:25:16 h	83	1:14:16 h	116	1:39:32 h	112	0:58:29 h	101	2:38:01 h	M 20	165
109	Ruhlig, Thorsten	73	#teamsteinbergcoachin	0:27:32 h	107	1:09:41 h	103	1:37:13 h	107	1:01:00 h	109	2:38:13 h	M 45	14
110	Gaudlitz, Johanna	90	TuS Holstein Quickborn	0:28:05 h	109	1:14:11 h	115	1:42:16 h	115	0:57:08 h	96	2:39:24 h	W 30	20
111	Sterling, Achim	71	Team media@home Sterling	0:25:22 h	84	1:19:25 h	120	1:44:47 h	118	0:55:11 h	86	2:39:58 h	M 50	65
112	Bartl, Thomas	65	SG Wasserratten Nordersted	0:28:57 h	115	1:07:28 h	93	1:36:25 h	103	1:03:42 h	115	2:40:07 h	M 55	44
M 113	Prätsch, Dr. Ulrich	47	Triabolos Hamburg	0:28:58 h	116	1:06:22 h	87	1:35:20 h	97	1:04:56 h	117	2:40:16 h	M 75	31
M 114	Selent, Jan	72	NDR Triathlon	0:28:11 h	110	1:08:52 h	99	1:37:03 h	106	1:03:39 h	114	2:40:42 h	M 50	74
115	Schuller, Imke	81	Triathlon Team Hamburg	0:30:06 h	122	1:14:10 h	114	1:44:16 h	117	0:58:07 h	99	2:42:23 h	W 40	12
M 116	Suchy, Eva	65	TuS Holstein Quickborn	0:29:42 h	121	1:10:33 h	107	1:40:15 h	114	1:03:47 h	116	2:44:02 h	W 55	3
117	Baier, Christine	84	MC Pirate	0:27:31 h	106	1:19:56 h	121	1:47:27 h	121	1:00:40 h	108	2:48:07 h	W 35	18
118	Reese, Matthias	66	LTV Kiel-Ost	0:26:55 h	105	1:11:07 h	110	1:38:02 h	109	1:11:51 h	119	2:49:53 h	M 55	48
119	Herrmann, Michael	61	Deutsche Bank	0:28:18 h	111	1:21:31 h	122	1:49:49 h	122	1:06:46 h	118	2:56:35 h	M 60	10
120	Kregeloh, Antje	81	#norderstedtläuft	0:29:26 h	119	1:14:17 h	117	1:43:43 h	116	1:13:18 h	121	2:57:01 h	W 40	11

Platz	Name, Vorname	Jg	Verein / BSG / Ort	1. Lauf	Pos L1	Rad	Pos Rad	Zwischen- zeit	Pos ZZ	2. Lauf	Pos L2	Gesamtzeit	Alters- klasse	Start- Nr.
121	Plantholz, Daniela	73	Hamburg	0:29:01 h	118	1:16:48 h	118	1:45:49 h	119	1:13:27 h	122	2:59:16 h	W 45	6
122	Hempfl, Andreas	67	Genußsportler	0:28:47 h	113	1:24:34 h	123	1:53:21 h	123	1:11:52 h	120	3:05:13 h	M 55	51
122	Schuller, Ole	82	Bremen	0:30:07 h	123	1:17:19 h	119	1:47:26 h	120	1:17:47 h	123	3:05:13 h	M 40	124