

## 5-16-5 Strong am 13.03.2016

### Ergebnisliste

| Rng | Snr | Name, Vorname       | Verein/Ort        | Jg | Ak  | Run | Bike  | Run | Endzeit |    |       |    |         |
|-----|-----|---------------------|-------------------|----|-----|-----|-------|-----|---------|----|-------|----|---------|
| 1   | 518 | Wittkowski, Marcel  | Zens & Friends RT | 91 | M25 | 1   | 19:11 | 1   | 35:55   | 1  | 22:03 | 2  | 1:17:09 |
| 2   | 511 | Wolff, Andi         | TV Lemgo          | 67 | M45 | 1   | 20:34 | 3   | 38:47   | 4  | 21:35 | 1  | 1:20:56 |
| 3   | 515 | Rietze, Thorsten    | TRI Team Fuldata  | 78 | M35 | 1   | 21:31 | 6   | 38:16   | 3  | 22:22 | 5  | 1:22:09 |
| 4   | 514 | Cloodt, Stefan      | TRI Team Fuldata  | 66 | M50 | 1   | 21:51 | 7   | 38:01   | 2  | 22:25 | 6  | 1:22:17 |
| 5   | 519 | Steinkopf, Andreas  | Zens & Friends RT | 69 | M45 | 2   | 20:45 | 5   | 39:29   | 5  | 22:19 | 4  | 1:22:33 |
| 6   | 516 | Lingk, Christoph    | TPSK Köln         | 66 | M50 | 2   | 20:32 | 2   | 41:13   | 6  | 22:11 | 3  | 1:23:56 |
| 7   | 513 | Reuter, Axel        | TUSKachtenhausen  | 68 | M45 | 3   | 23:35 | 11  | 42:30   | 8  | 25:04 | 7  | 1:31:09 |
| 8   | 520 | Stockmann, Reinhold | keiner            | 80 | M35 | 2   | 22:22 | 8   | 41:38   | 7  | 27:30 | 11 | 1:31:30 |
| 9   | 506 | Fanslau, Tobias     | Hameln            | 67 | M45 | 4   | 23:55 | 12  | 43:12   | 9  | 25:08 | 8  | 1:32:15 |
| 10  | 507 | Köhler, Tobias      | Aerzen            | 71 | M45 | 5   | 22:55 | 9   | 46:23   | 10 | 25:48 | 9  | 1:35:06 |
| 11  | 510 | Gilster, Matthias   | TRI LIZARDS       | 67 | M45 | 6   | 25:58 | 15  | 46:34   | 11 | 30:32 | 13 | 1:43:04 |
| 12  | 521 | Wolff, Markus       | SC Altenrheine    | 74 | M40 | 1   | 23:20 | 10  | 53:37   | 16 | 27:05 | 10 | 1:44:02 |
| 13  | 508 | Artner, Andreas     | Holtorfer SV      | 63 | M50 | 3   | 26:41 | 18  | 47:03   | 12 | 30:41 | 14 | 1:44:25 |
| 14  | 509 | Dammann, Dörte      | TRI LIZARDS       | 72 | W40 | 1   | 24:59 | 13  | 51:39   | 15 | 28:27 | 12 | 1:45:05 |
| 15  | 504 | Lucashen, Marcus    | Jobware TriTeam   | 69 | M45 | 7   | 26:36 | 17  | 50:38   | 13 | 32:48 | 15 | 1:50:02 |
| 16  | 502 | Hartmann, Hannes    | Kein Verein       | 94 | M20 | 1   | 26:09 | 16  | 51:38   | 14 | 33:01 | 16 | 1:50:48 |
| 17  | 505 | Große, Dennis       | Kein              | 88 | M25 | 2   | 25:42 | 14  | 58:02   | 17 | 33:21 | 17 | 1:57:05 |
| 18  | 501 | Müller, Saskia      | Harzer Keiler     | 84 | W30 | 1   | 36:24 | 19  | 1:04:05 | 18 | 41:31 | 18 | 2:22:00 |

## 5-16-5 NRW-Meisterschaft am 13.03.2016

### Ergebnisliste

| Rng | Snr | Name, Vorname          | Verein/Ort               | Jg | Ak  | Run | Bike  | Run | Endzeit |    |       |    |         |
|-----|-----|------------------------|--------------------------|----|-----|-----|-------|-----|---------|----|-------|----|---------|
| 1   | 623 | Anderson, Scott        | SC Bayer 05 Uerdingen    | 96 | M20 | 1   | 17:36 | 1   | 35:18   | 4  | 18:47 | 1  | 1:11:41 |
| 2   | 618 | Frohn, Mathias         | TuS Schleiden 1908       | 85 | M30 | 1   | 18:56 | 3   | 32:45   | 1  | 20:21 | 3  | 1:12:02 |
| 3   | 617 | Franzky, Johannes      | ASV Köln                 | 81 | M35 | 1   | 17:46 | 2   | 35:14   | 3  | 19:12 | 2  | 1:12:12 |
| 4   | 624 | Ruiz, Marcelo          | TSVE 1890 Bielefeld      | 69 | M45 | 1   | 19:13 | 6   | 35:09   | 2  | 20:39 | 4  | 1:15:01 |
| 5   | 632 | Gerkens, Michael       | TSVE 1890 Bielefeld      | 74 | M40 | 1   | 20:16 | 9   | 38:28   | 6  | 20:41 | 5  | 1:19:25 |
| 6   | 614 | Nikulla, Jan           | TSVE Bielefeld           | 98 | M18 | 1   | 19:16 | 7   | 39:32   | 9  | 22:02 | 6  | 1:20:50 |
| 7   | 629 | Strothmann, Jörn       | LC Solbad Ravensberg     | 73 | M40 | 2   | 20:28 | 11  | 38:57   | 7  | 22:04 | 7  | 1:21:29 |
| 8   | 610 | Dinklage, Hardy        | Triathlon Team Witten    | 75 | M40 | 3   | 20:02 | 8   | 40:21   | 10 | 22:24 | 10 | 1:22:47 |
| 9   | 628 | Selker, Torsten        | TRI-Sport-Team Verl      | 75 | M40 | 4   | 20:20 | 10  | 40:32   | 11 | 22:04 | 7  | 1:22:56 |
| 10  | 625 | Sitta, Lukas           | TuS Schleiden 1908       | 87 | M25 | 1   | 20:49 | 13  | 40:59   | 13 | 22:48 | 11 | 1:24:36 |
| 11  | 611 | Jeschina, Lorant       | SG Welper Triathlon      | 69 | M45 | 2   | 22:12 | 17  | 39:26   | 8  | 23:46 | 15 | 1:25:24 |
| 12  | 620 | Christmann, Ulrich     | 1.Tri-Club-Paderborn     | 65 | M50 | 1   | 19:03 | 5   | 45:04   | 18 | 22:06 | 9  | 1:26:13 |
| 13  | 600 | Saßerath, Anna Pauline | SC Bayer 05 Uerdingen    | 98 | W18 | 1   | 21:54 | 16  | 40:47   | 12 | 24:09 | 17 | 1:26:50 |
| 14  | 601 | Meier, Sebastian       | RC Olympia Bünde         | 75 | M40 | 5   | 21:21 | 14  | 41:27   | 14 | 24:13 | 18 | 1:27:01 |
| 15  | 616 | Uhlenbruch, Ralf       | SC Altenrheine           | 65 | M50 | 2   | 20:42 | 12  | 43:39   | 17 | 23:12 | 13 | 1:27:33 |
| 16  | 604 | Wesendahl, Christian   | SC Altenrheine           | 78 | M35 | 2   | 21:48 | 15  | 43:16   | 16 | 22:58 | 12 | 1:28:02 |
| 17  | 606 | Romberg, Petra         | SC Altenrheine           | 70 | W45 | 1   | 22:39 | 20  | 43:15   | 15 | 25:19 | 20 | 1:31:13 |
| 18  | 602 | Schmidt, Andree        | TSVE 1890 Bielefeld      | 68 | M45 | 3   | 22:17 | 18  | 47:32   | 22 | 23:52 | 16 | 1:33:41 |
| 19  | 630 | Brammert, Jasmin       | RC Endspurt Herford      | 81 | W35 | 1   | 22:36 | 19  | 47:43   | 24 | 23:27 | 14 | 1:33:46 |
| 20  | 622 | König, Ingrid          | SC Altenrheine           | 63 | W50 | 1   | 23:48 | 23  | 46:39   | 21 | 24:55 | 19 | 1:35:22 |
| 21  | 621 | Nikulla, Ulrich        | TSVE 1890 Bielefeld e.V. | 54 | M60 | 1   | 22:45 | 21  | 47:37   | 23 | 26:18 | 21 | 1:36:40 |
| 22  | 631 | Bitter, Ingo           | ASV Köln                 | 74 | M40 | 6   | 24:11 | 26  | 46:27   | 20 | 26:55 | 22 | 1:37:33 |
| 23  | 603 | Pieper, Tobias         | RC Olympia Bünde e.V.    | 80 | M35 | 3   | 23:05 | 22  | 45:40   | 19 | 31:55 | 25 | 1:40:40 |
| 24  | 619 | Tepe, Raphael          | SC Altenrheine           | 96 | M20 | 2   | 24:04 | 24  | 51:52   | 26 | 27:42 | 23 | 1:43:38 |
| 25  | 627 | Dobrzinski, Sebastian  | SC Altenrheine           | 81 | M35 | 4   | 24:08 | 25  | 51:21   | 25 | 31:11 | 24 | 1:46:40 |