

Sprint-/Volksdistanz (JEDERMANN)

Mettmann, 23. April 2023

(Altersklassenwertung)

WHK

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|-----------------------------|--------------------|-----|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 330 | Elisa Milz | Dymance | WHK | 1 | 0:21:43 (1) | 0:52 | 0:49:32 (1) | 0:42 | 0:11:03 (1) | 1:23:52 |
| 2 | 150 | Celina Stöppler | Marathon Steinfurt | WHK | 2 | 0:22:38 (2) | 1:13 | 0:55:59 (2) | 0:41 | 0:11:24 (2) | 1:31:55 |
| 3 | 119 | Julia Katharina Moldenhauer | | WHK | 3 | 0:33:47 (3) | 1:27 | 1:12:50 (3) | 1:27 | 0:21:45 (3) | 2:11:16 |

MHK

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|------------------|--------------------|-----|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 118 | Fabian Michaelis | | MHK | 1 | 0:17:13 (1) | 0:42 | 0:41:46 (3) | 0:36 | 0:09:36 (2) | 1:09:54 |
| 2 | 110 | Sebastian Handke | | MHK | 2 | 0:17:13 (1) | 1:05 | 0:43:35 (4) | 1:29 | 0:09:14 (1) | 1:12:36 |
| 3 | 357 | Adrian Wegner | Tri-Club Wuppertal | MHK | 3 | 0:24:17 (6) | 0:45 | 0:32:39 (2) | 0:41 | 0:15:41 (8) | 1:14:04 |
| 4 | 140 | Paul d'Avoine | HairTeam Witte | MHK | 4 | 0:20:48 (3) | 0:58 | 0:47:41 (5) | 0:47 | 0:11:10 (3) | 1:21:25 |
| 5 | 368 | Marcel Neuhaus | | MHK | 5 | 0:21:42 (4) | 0:46 | 0:53:27 (7) | 0:51 | 0:11:36 (4) | 1:28:22 |
| 6 | 141 | Jens Dathe-Kloke | | MHK | 6 | 0:22:06 (5) | 1:25 | 0:58:01 (8) | 1:24 | 0:14:50 (6) | 1:37:45 |
| 7 | 344 | Sven Schneider | | MHK | 7 | 0:28:55 (8) | 2:20 | 0:53:05 (6) | 2:25 | 0:15:00 (7) | 1:41:45 |
| 8 | 340 | Caspar Rosiepen | | MHK | 8 | 0:26:43 (7) | 1:25 | 0:31:34 (1) | 7:15 | 0:14:02 (5) | 1:50:58 |

TW30

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|------------------------|-------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 316 | Christina Hoffmann | PV Triathlon TG Wlitten | TW30 | 1 | 0:21:33 (1) | 0:38 | 0:47:34 (1) | 0:42 | 0:11:15 (1) | 1:21:41 |
| 2 | 103 | Anne Becker | | TW30 | 2 | 0:22:24 (2) | 1:01 | 0:49:36 (2) | 0:58 | 0:12:32 (2) | 1:26:31 |
| 3 | 303 | Katharina Brachthäuser | Avanti Bottrop | TW30 | 3 | 0:23:36 (3) | 1:29 | 0:50:14 (3) | 1:10 | 0:12:43 (3) | 1:29:12 |

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TM30

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|--------------------|---------------------------|------|-----|--------------|------|--------------|------|--------------|---------|
| 1 | 142 | Lars Wenzel | PV Triathlon TG Witten | TM30 | 1 | 0:18:44 (4) | 0:40 | 0:40:00 (1) | 0:36 | 0:09:26 (1) | 1:09:26 |
| 2 | 117 | Marvin Luhmann | | TM30 | 2 | 0:17:45 (1) | 1:02 | 0:40:01 (2) | 0:47 | 0:09:59 (4) | 1:09:34 |
| 3 | 106 | Christian Dühren | LSF Recke | TM30 | 3 | 0:18:05 (2) | 1:03 | 0:42:55 (4) | 1:02 | 0:09:33 (2) | 1:12:39 |
| 4 | 122 | Florian Overberg | LSF Recke | TM30 | 4 | 0:18:26 (3) | 0:43 | 0:43:26 (5) | 0:43 | 0:10:07 (5) | 1:13:26 |
| 5 | 128 | Marco Sansalone | Triathlon Team Düsseldorf | TM30 | 5 | 0:19:27 (6) | 0:45 | 0:41:24 (3) | 1:16 | 0:10:43 (6) | 1:13:33 |
| 6 | 126 | Yanni Roofthoof | Go Dare Triathlon Team | TM30 | 6 | 0:18:58 (5) | 1:12 | 0:44:12 (6) | 1:03 | 0:09:43 (3) | 1:15:08 |
| 7 | 102 | Thomas Bauch | | TM30 | 7 | 0:21:48 (7) | 1:09 | 0:46:10 (7) | 1:00 | 0:11:36 (8) | 1:21:43 |
| 8 | 114 | Simon Knittel | Hairteam Witte | TM30 | 8 | 0:22:08 (10) | 1:01 | 0:48:10 (10) | 0:44 | 0:11:40 (9) | 1:23:43 |
| 9 | 346 | Lars Selkmann | | TM30 | 9 | 0:21:58 (8) | 1:29 | 0:47:11 (8) | 1:06 | 0:12:27 (10) | 1:24:11 |
| 10 | 364 | Pascal John | | TM30 | 10 | 0:22:01 (9) | 1:52 | 0:49:37 (12) | 1:39 | 0:11:21 (7) | 1:26:29 |
| 11 | 367 | André Albrecht | trishirtclothing | TM30 | 11 | 0:23:59 (11) | 1:37 | 0:47:36 (9) | 1:37 | 0:13:30 (13) | 1:28:19 |
| 12 | 358 | Max Wittig | | TM30 | 12 | 0:24:47 (13) | 0:55 | 0:49:35 (11) | 0:55 | 0:13:09 (11) | 1:29:20 |
| 13 | 139 | Alexander d'Avoine | HairTeam Witte | TM30 | 13 | 0:24:27 (12) | 1:55 | 0:56:30 (13) | 1:40 | 0:13:13 (12) | 1:37:44 |

TW35

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|------------------|---------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 132 | Saskia Stemmler | | TW35 | 1 | 0:20:19 (1) | 1:18 | 0:52:50 (1) | 1:17 | 0:11:16 (1) | 1:27:01 |
| 2 | 336 | Teresa Pierlings | TTD -RCB | TW35 | 2 | 0:22:55 (2) | 1:18 | 0:54:46 (2) | 1:06 | 0:12:00 (2) | 1:32:04 |
| 3 | 322 | Jasmin Klose | Triathlon Team Düsseldorf | TW35 | 3 | 0:23:48 (3) | 1:42 | 0:56:20 (4) | 1:22 | 0:12:05 (3) | 1:35:18 |
| 4 | 333 | Kathrin Oertel | | TW35 | 4 | 0:25:22 (4) | 1:02 | 0:56:00 (3) | 1:17 | 0:13:48 (4) | 1:37:29 |

TM35

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|-------------------|----------------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 127 | Clemens Rühlemann | Avanti Bottrop / Neander Runners | TM35 | 1 | 0:18:37 (1) | 1:10 | 0:42:26 (1) | 1:01 | 0:09:57 (1) | 1:13:10 |
| 2 | 105 | Ivo Dobos | Triathlon Team Düsseldorf | TM35 | 2 | 0:19:21 (3) | 0:35 | 0:43:57 (2) | 0:38 | 0:10:24 (3) | 1:14:54 |
| 3 | 16 | Michael Jasper | Triathlon Team Düsseldorf | TM35 | 3 | 0:18:42 (2) | 0:56 | 0:44:25 (3) | 0:53 | 0:10:01 (2) | 1:14:57 |

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TM35

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|----------------|-----------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 4 | 318 | Julius Jacoby | Tri Force Fulda | TM35 | 4 | 0:22:19 (6) | 1:18 | 0:44:51 (4) | 1:04 | 0:11:29 (4) | 1:20:59 |
| 5 | 331 | Michael Müller | | TM35 | 5 | 0:21:31 (4) | 1:04 | 0:49:05 (5) | 0:59 | 0:12:06 (5) | 1:24:45 |
| 6 | 116 | Torben Kutz | Avanti Bottrop | TM35 | 6 | 0:21:49 (5) | 1:21 | 0:50:08 (6) | 1:08 | 0:13:05 (6) | 1:27:31 |

TW40

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|-----------------|--------------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 363 | Annette Schulze | Triathlonteam TSV Gruiten 1884 | TW40 | 1 | 0:23:25 (2) | 0:55 | 0:51:26 (1) | 0:57 | 0:12:30 (1) | 1:29:13 |
| 2 | 453 | Nelli Malter | TRlandertaler | TW40 | 2 | 0:22:17 (1) | 1:27 | 1:01:20 (4) | 1:28 | 0:12:35 (2) | 1:39:07 |
| 3 | 309 | Hanna Fiedler | Hot Runners Ratingen eV. | TW40 | 3 | 0:26:33 (3) | 2:13 | 0:57:47 (2) | 2:14 | 0:15:31 (3) | 1:44:19 |
| 4 | 359 | Iris Wolter | PSV Brühl Triathlon Team | TW40 | 4 | 0:29:34 (4) | 1:43 | 1:01:11 (3) | 1:48 | 0:16:26 (4) | 1:50:43 |

TM40

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|-------------------------|-------------------------|------|-----|--------------|------|--------------|------|--------------|---------|
| 1 | 134 | Jesse Van Nieuwenhuysse | Kein | TM40 | 1 | 0:17:27 (1) | 0:31 | 0:39:34 (1) | 0:34 | 0:09:44 (1) | 1:07:51 |
| 2 | 143 | Pascale Pauke | Team TVE Netphen | TM40 | 2 | 0:20:55 (5) | 0:51 | 0:41:00 (2) | 0:49 | 0:11:15 (4) | 1:14:49 |
| 3 | 113 | Thorsten Knierim | RSV Euskirchen | TM40 | 3 | 0:20:14 (4) | 1:18 | 0:43:32 (4) | 0:59 | 0:10:50 (3) | 1:16:53 |
| 4 | 138 | Manuel Steffen | LAUFWERK RUHR | TM40 | 4 | 0:19:32 (3) | 2:11 | 0:44:06 (5) | 0:53 | 0:10:26 (2) | 1:17:08 |
| 5 | 369 | Martin Gliesche | | TM40 | 5 | 0:21:04 (6) | 1:02 | 0:41:58 (3) | 1:17 | 0:11:52 (7) | 1:17:12 |
| 6 | 123 | Markus Paniczek | | TM40 | 6 | 0:18:19 (2) | 1:14 | 0:46:19 (6) | 1:33 | 0:11:28 (5) | 1:18:53 |
| 7 | 302 | Lars Bleibtreu | | TM40 | 7 | 0:24:02 (9) | 0:58 | 0:47:52 (7) | 1:01 | 0:12:13 (8) | 1:26:06 |
| 8 | 308 | Simon Eickhoff | TG Neuss | TM40 | 8 | 0:24:00 (8) | 1:10 | 0:48:22 (8) | 1:17 | 0:13:37 (9) | 1:28:25 |
| 9 | 120 | Marcel Neubauer | Lauftreff Erkrath e.V. | TM40 | 9 | 0:22:17 (7) | 0:47 | 0:54:37 (11) | 0:35 | 0:11:51 (6) | 1:30:08 |
| 10 | 365 | Oliver Hütsch | Ausdauererschule bunert | TM40 | 10 | 0:25:51 (10) | 1:07 | 0:51:59 (9) | 1:04 | 0:14:11 (10) | 1:34:12 |
| 11 | 343 | Gerd Schlüter | | TM40 | 11 | 0:28:11 (13) | 1:28 | 0:53:11 (10) | 1:09 | 0:16:16 (12) | 1:40:15 |
| 12 | 311 | Steven Goodall | | TM40 | 12 | 0:26:27 (11) | 0:51 | 0:57:19 (13) | 0:52 | 0:15:16 (11) | 1:40:44 |
| 13 | 305 | Deniz Dalli | | TM40 | 13 | 0:26:44 (12) | 1:16 | 0:57:00 (12) | 2:00 | 0:18:21 (14) | 1:45:20 |

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TM40

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|----------------|--------|------|-----|--------------|------|--------------|------|--------------|---------|
| 14 | 319 | Michael Kienow | | TM40 | 14 | 0:28:22 (14) | 0:49 | 1:01:39 (14) | 1:07 | 0:17:48 (13) | 1:49:45 |

TW45

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|--------------|----------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 130 | Tanja Bröker | SV Gladbeck 13 | TW45 | 1 | 0:25:13 (1) | 0:57 | 0:53:25 (1) | 0:59 | 0:13:25 (2) | 1:33:58 |
| 2 | 338 | Hinz Randi | Team Gambebene | TW45 | 2 | 0:26:07 (2) | 1:35 | 0:57:45 (2) | 1:32 | 0:13:19 (1) | 1:40:18 |

TM45

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|----------------------|--------------------------------------|------|-----|--------------|------|--------------|------|--------------|---------|
| 1 | 112 | Jerry Kenbeek | TVS'90, Spijkenisse, Die Niederlande | TM45 | 1 | 0:19:57 (5) | 0:40 | 0:41:03 (1) | 0:44 | 0:10:52 (5) | 1:13:17 |
| 2 | 124 | Lars Pupkes | Triathlon Team TSV Gruiten 1884 e.V. | TM45 | 2 | 0:18:56 (3) | 1:07 | 0:42:22 (2) | 1:53 | 0:10:39 (2) | 1:14:57 |
| 3 | 125 | Stephan Pütz | RRC Düren Merken | TM45 | 3 | 0:18:18 (2) | 1:06 | 0:44:29 (5) | 0:45 | 0:10:40 (3) | 1:15:18 |
| 4 | 111 | Tobias Heidelberg | Triathlon Team TSV Gruiten 1884 e.V. | TM45 | 4 | 0:19:47 (4) | 1:02 | 0:43:33 (3) | 0:57 | 0:10:53 (6) | 1:16:11 |
| 5 | 356 | Marc Walter | LG Wuppertal | TM45 | 5 | 0:17:53 (1) | 1:12 | 0:47:27 (7) | 1:25 | 0:09:00 (1) | 1:16:57 |
| 6 | 109 | Mark Geilenberg | HILDENER AT -Triathlon | TM45 | 6 | 0:20:46 (6) | 0:38 | 0:44:18 (4) | 0:44 | 0:10:47 (4) | 1:17:13 |
| 7 | 366 | Christian Riedel | | TM45 | 7 | 0:21:44 (7) | 1:29 | 0:47:37 (8) | 1:20 | 0:11:00 (7) | 1:23:10 |
| 8 | 313 | Guido Hansonis | PSV Brühl Triathlon Team | TM45 | 8 | 0:22:43 (10) | 1:31 | 0:46:07 (6) | 1:31 | 0:12:04 (8) | 1:23:56 |
| 9 | 137 | Marc Reichling | | TM45 | 9 | 0:22:11 (8) | 1:04 | 0:49:31 (10) | 1:07 | 0:12:08 (9) | 1:26:01 |
| 10 | 370 | Heiko Bach | | TM45 | 10 | 0:22:43 (9) | 1:20 | 0:49:07 (9) | 1:56 | 0:12:26 (10) | 1:27:31 |
| 11 | 354 | Björn-Phil Unverzagt | Team Erdinger Alkoholfrei | TM45 | 11 | 0:25:35 (11) | 1:23 | 0:58:57 (11) | 1:22 | 0:12:35 (11) | 1:39:52 |
| 12 | 326 | Adrian Lange | FunBiker | TM45 | 12 | 0:28:20 (12) | 2:51 | 1:00:47 (12) | 3:41 | 0:17:06 (12) | 1:52:45 |

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TW50

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|---------------|--------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 307 | Renate Derigs | PSV Brühl Triathlon Team | TW50 | 1 | 0:26:29 (1) | 1:21 | 0:56:25 (1) | 1:12 | 0:14:04 (1) | 1:39:31 |

TM50

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|------------------|------------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 304 | Dirk Cürten | Union Biesfeld Triathlon | TM50 | 1 | 0:22:03 (3) | 1:10 | 0:45:08 (1) | 1:12 | 0:11:02 (2) | 1:20:34 |
| 2 | 135 | Guido Witte | LC-Wuppertal | TM50 | 2 | 0:21:37 (2) | 0:43 | 0:47:17 (3) | 0:40 | 0:12:23 (3) | 1:22:39 |
| 3 | 328 | Jens Mewes | Tri Club Wuppertal | TM50 | 3 | 0:19:40 (1) | 1:11 | 0:51:10 (6) | 1:01 | 0:10:04 (1) | 1:23:06 |
| 4 | 136 | Karl Zimmer | PSV Brühl Triathlon Team | TM50 | 4 | 0:22:36 (4) | 0:45 | 0:46:25 (2) | 2:06 | 0:12:44 (5) | 1:24:35 |
| 5 | 351 | Marcus Toelstede | TV Oberbantenberg | TM50 | 5 | 0:24:54 (6) | 1:26 | 0:51:02 (5) | 1:18 | 0:12:25 (4) | 1:31:06 |
| 6 | 341 | Patz Rüdiger | Swim Bike Run - Just for Fun | TM50 | 6 | 0:23:32 (5) | 0:36 | 0:54:46 (8) | 1:56 | 0:13:31 (6) | 1:34:21 |
| 7 | 362 | Frank Gläser | TSV Hochdahl Triathlon | TM50 | 7 | 0:27:25 (8) | 1:23 | 0:49:50 (4) | 1:23 | 0:14:37 (8) | 1:34:38 |
| 8 | 321 | Klaus Klein | M.Gladbacher TV 1848 e.V. | TM50 | 8 | 0:26:05 (7) | 1:14 | 0:54:09 (7) | 2:02 | 0:14:24 (7) | 1:37:53 |
| 9 | 320 | Michael Klapp | | TM50 | 9 | 0:29:44 (9) | 2:24 | 1:09:38 (9) | 2:13 | 0:16:10 (9) | 2:00:10 |

TM55

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|-------------------|------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 108 | Lars Friedemann | SG Mülheim | TM55 | 1 | 0:20:01 (1) | 1:23 | 0:47:21 (2) | 1:21 | 0:10:10 (1) | 1:20:16 |
| 2 | 306 | Christian Dammer | TS79 Bergisch Gladbach | TM55 | 2 | 0:23:26 (5) | 0:45 | 0:48:01 (3) | 0:41 | 0:11:56 (3) | 1:24:49 |
| 3 | 324 | Patrick Küpper | "Alt-Eisen Westerwald" | TM55 | 3 | 0:22:41 (2) | 1:18 | 0:49:24 (5) | 0:54 | 0:11:43 (2) | 1:26:01 |
| 4 | 323 | Robert Kowalewski | Hildener AT Triathlon | TM55 | 4 | 0:23:23 (4) | 1:02 | 0:49:10 (4) | 1:06 | 0:12:32 (4) | 1:27:12 |
| 5 | 332 | rolf müller | soimii sibiu | TM55 | 5 | 0:25:01 (7) | 2:15 | 0:46:45 (1) | 1:45 | 0:13:24 (7) | 1:29:11 |
| 6 | 129 | Fredy Schneider | SKF läuft | TM55 | 6 | 0:23:34 (6) | 1:13 | 0:50:20 (6) | 1:20 | 0:13:13 (6) | 1:29:40 |
| 7 | 360 | Wolfgang Wolters | | TM55 | 7 | 0:23:10 (3) | 1:36 | 0:50:49 (8) | 2:06 | 0:12:34 (5) | 1:30:15 |
| 8 | 335 | Jürgen Paur | Team Gambebene | TM55 | 8 | 0:26:06 (9) | 1:02 | 0:50:41 (7) | 1:19 | 0:14:01 (9) | 1:33:09 |
| 9 | 327 | Norbert Loh | | TM55 | 9 | 0:25:35 (8) | 1:21 | 0:52:33 (9) | 1:29 | 0:13:50 (8) | 1:34:48 |

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TM55

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|------------------|----------------|------|-----|--------------|------|--------------|------|--------------|---------|
| 10 | 312 | Bernd Gottschalk | TVK 1877 Essen | TM55 | 10 | 0:28:36 (10) | 1:52 | 0:56:42 (10) | 2:05 | 0:15:37 (10) | 1:44:52 |

TM60

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|------------|--------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 337 | Ralf Polte | | TM60 | 1 | 0:27:24 (1) | 1:12 | 0:53:03 (1) | 1:41 | 0:15:10 (1) | 1:38:31 |

TM65

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|-----------------|-----------------------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 339 | Wolfgang Rose | Laufftreff Alt-Erkrath e.V. | TM65 | 1 | 0:26:13 (1) | 1:37 | 0:57:15 (2) | 1:54 | 0:14:54 (1) | 1:41:54 |
| 2 | 44 | Andreas Wanders | Triathlon Team Düsseldorf | TM65 | 2 | 0:30:45 (2) | 2:01 | 1:03:17 (3) | 1:57 | 0:16:16 (2) | 1:54:16 |
| 3 | 350 | Dietmar Szech | N3-Training | TM65 | 3 | 0:37:28 (3) | 2:38 | 0:54:35 (1) | 2:12 | 0:19:38 (3) | 1:56:31 |

TM70

| Pl. | St Nr | Name | Verein | AK | Pl. | Laufen 1 | W1 | Radfahren | W2 | Laufen 2 | Gesamt |
|-----|-------|-----------------|-------------|------|-----|-------------|------|-------------|------|-------------|---------|
| 1 | 342 | Reinhold Sander | TV Hangelar | TM70 | 1 | 0:31:32 (1) | 0:53 | 1:01:05 (1) | 0:49 | 0:16:05 (1) | 1:50:24 |