

# 4. ITH Hennesee Triathlon

27. August 2011

Volkstriathlon

700 m / 20 km / 5 km

## Frauen / Männer

Platz Gesamt	Platz Geschlecht	Start -Nr.	Name	Vorname	Verein	JG	AK	AKV-Platz	Schwimmen	Rad	Lauf	Endzeit
1.	1.	740	Martin	Frederik	Kölner Triathlon Team	80	30	1.	00:09:45	00:37:32	00:18:14	01:05:31
2.	2.	637	Wetzel	David	TriFun Hennesee	90	20	1.	00:09:04	00:38:22	00:18:12	01:05:38
3.	3.	763	May	Tobias	SV Würzburg 05	84	25	1.	00:11:29	00:38:21	00:19:45	01:09:35
4.	4.	613	Hagen	Jörg	TUS Valmetal	70	40	1.	00:11:32	00:39:26	00:18:43	01:09:41
5.	5.	770	Zilcher	Oliver		72	35	1.	00:11:27	00:39:38	00:18:46	01:09:51
6.	6.	771	Gerhard	Schlüter	Tri-Sport Verl	55	55	1.	00:12:04	00:39:37	00:18:58	01:10:39
7.	7.	696	Maiworm	Christian	Horst-Fans-Deutschland	83	25	2.	00:09:34	00:40:50	00:20:51	01:11:15
8.	8.	712	Dauber	Mario	SC Willingen/ dassportwerk.de	75	35	2.	00:12:30	00:39:31	00:19:42	01:11:43
9.	9.	685	Kramer	Thorsten	LG Eder	67	40	2.	00:10:51	00:43:33	00:17:22	01:11:46
10.	10.	675	Behlau	Thorsten	LG Deiringsen	67	40	3.	00:13:39	00:40:33	00:17:59	01:12:11
11.	11.	732	Strunz	Dirk	Tri Sport Team Verl	72	35	3.	00:11:51	00:39:44	00:21:04	01:12:39
12.	12.	716	Fraune	Christoph	1. Tri Club Paderborn	81	30	2.	00:15:18	00:38:15	00:19:08	01:12:41
13.	13.	715	Wohlmeier	Stephan	Tri-Cops Warstein	64	45	1.	00:12:37	00:40:54	00:19:39	01:13:10
14.	14.	658	Haupt	Heinz-Holger	Tritus Sv Neptun Neheim- Hüsten	61	50	1.	00:11:50	00:41:00	00:20:36	01:13:26
15.	15.	672	Sengenberger	Ralf		82	25	3.	00:12:16	00:41:46	00:20:26	01:14:28
16.	16.	624	Sellerberg	Matthias	Tri-Cops Warstein	91	20	2.	00:11:30	00:42:31	00:21:39	01:15:40
17.	17.	748	Borchers	Max	Wasserfreunde-Bielefeld	94	Jugend A	1.	00:11:02	00:43:31	00:21:15	01:15:48
18.	18.	606	Montecchio	Andreas	TSVE 1890 Bielefeld	71	40	4.	00:12:36	00:42:53	00:20:40	01:16:09
19.	19.	615	Bergmann	Helmut	Marathon Soest eV	55	55	2.	00:12:21	00:44:11	00:20:13	01:16:45
20.	1.	713	Jüngst-Dauber	Birgit	SC Willingen/ dassportwerk.de	67	40	1.	00:14:34	00:42:46	00:19:34	01:16:54
21.	2.	681	Weber	Cinthia	WVC Kassel	79	30	1.	00:11:13	00:43:12	00:22:33	01:16:58

Platz Gesamt	Platz Geschlecht	Start -Nr.	Name	Vorname	Verein	JG	AK	AKV-Platz	Schwimmen	Rad	Lauf	Endzeit
22.	3.	673	Aufmkolk	Sarah	SV Würzburg 05	86	25	1.	00:11:39	00:44:11	00:21:37	01:17:27
23.	20.	704	Stratmann	Christian		88	20	3.	00:14:08	00:43:04	00:20:32	01:17:44
24.	21.	766	Temming	Benedikt	LG Bauerkamp Warburg	79	30	3.	00:13:45	00:43:09	00:20:54	01:17:48
25.	22.	746	Sperber	Maximilian	KTT01	86	25	4.	00:13:08	00:42:03	00:24:36	01:19:47
26.	23.	719	Nolte	Stefan	Tri Fun Hennesee	74	35	4.	00:18:56	00:40:43	00:20:34	01:20:13
27.	4.	722	Bienstein	Heike	LG Olympia Dortmund	86	25	2.	00:14:29	00:46:30	00:19:44	01:20:43
28.	24.	731	Haselhoff	Julian		94	Jugend A	2.	00:10:30	00:49:24	00:20:56	01:20:50
29.	25.	757	Brüggemann	Christoph		69	40	5.	00:13:52	00:43:51	00:23:14	01:20:57
30.	26.	623	Vogt	Volker	TriFun Hennesee	69	40	6.	00:13:03	00:46:15	00:21:43	01:21:01
31.	27.	764	Kummert	Johannes		92	Junioren	1.	00:11:54	00:47:21	00:22:10	01:21:25
32.	28.	723	Vollmer	Christoph	HSC Tri Team Hamm	83	25	5.	00:14:58	00:46:25	00:20:03	01:21:26
33.	29.	773	Becker	Michael	Tritus SV Neptun Neheim	66	45	2.	00:13:49	00:44:01	00:23:38	01:21:28
34.	5.	768	Hissmann	Sonja	1. Tri Club Paderborn	66	45	1.	00:13:56	00:45:50	00:21:49	01:21:35
35.	30.	702	Brenke	Ralf	1. Tri Club Paderborn	64	45	3.	00:14:55	00:41:29	00:25:17	01:21:41
36.	6.	652	Peters	Diana	Tritus Sv Neptun Neheim-Hüsten	76	35	1.	00:12:38	00:47:10	00:22:02	01:21:50
37.	31.	664	Stomber	Sebastian	TSV Ebergötzen	77	30	4.	00:18:05	00:43:36	00:21:08	01:22:49
38.	32.	741	Legge	Frank	Tri-Cops Warstein	65	45	4.	00:13:37	00:47:01	00:23:28	01:24:06
39.	7.	735	Pielsticker	Nina	Lauftreff Bluthusten	89	20	1.	00:14:34	00:45:57	00:23:37	01:24:08
40.	33.	775	Rodehuiser	Klaus	Tri-Cops Warstein	65	45	5.	00:13:09	00:47:52	00:23:09	01:24:10
41.	8.	772	Kotthoff	Judith	Lokomotive Sagschonwas	78	30	2.	00:15:35	00:45:28	00:23:11	01:24:14
42.	34.	698	Harren	Jan Bernd	TriFun Hennesee	64	45	6.	00:13:38	00:00:00	01:10:45	01:24:23
43.	35.	769	Berghoff	Thomas	RC Sorpesee Tri Team	86	25	6.	00:17:15	00:45:43	00:21:29	01:24:27
44.	36.	691	Schmiedel	Martin		74	35	5.	00:18:02	00:45:49	00:20:50	01:24:41
45.	37.	776	Volker	Gerold	TuS Velemede-Bestwig	69	40	7.	00:13:59	00:47:00	00:23:43	01:24:42
46.	38.	690	Liersch	Andreas Christian	IFK Mora	60	50	2.	00:16:57	00:46:02	00:21:52	01:24:51
47.	39.	642	Hoffmann	Jörg	RC Gugge Austria	66	45	7.	00:13:39	00:46:02	00:25:14	01:24:55

Platz Gesamt	Platz Geschlecht	Start -Nr.	Name	Vorname	Verein	JG	AK	AKV-Platz	Schwimmen	Rad	Lauf	Endzeit
48.	40.	679	Figur	Rainer	Tri-Cops Warstein	63	45	8.	00:14:49	00:47:26	00:23:28	01:25:43
49.	41.	686	Wohlmeier	Niklas	Warstein's Finest	90	20	4.	00:12:44	00:48:40	00:24:27	01:25:51
50.	9.	721	Wecker	Fabienne	1. Tri Club Paderborn	76	35	2.	00:12:52	00:48:57	00:24:06	01:25:55
51.	42.	762	Kröner	Stefan	HSC Tri Team Hamm	63	45	9.	00:15:59	00:47:05	00:22:53	01:25:57
52.	43.	660	Meuth	Ludwig	Tri-Cops Warstein	62	45	10.	00:15:06	00:00:00	01:11:09	01:26:15
53.	44.	765	Walther	Wilhelm	TuS Uentrop	59	50	3.	00:17:49	00:46:25	00:22:11	01:26:25
54.	10.	665	Scheffer	Alexa	Yachtclub Sorpesee	69	40	2.	00:13:30	00:48:08	00:24:48	01:26:26
55.	45.	634	Sprenger	Josef	Marathon Soest	58	50	4.	00:15:59	00:48:26	00:22:09	01:26:34
56.	46.	641	Ricken	Tobias	KC Haufen	79	30	5.	00:14:20	00:48:42	00:23:48	01:26:50
56.	46.	622	Kaiser	Volker	TuS Heinrichsthal Wehrstapel	65	45	11.	00:15:35	00:46:59	00:24:16	01:26:50
58.	48.	683	Krieger	Frederick	Warstein's Finest	90	20	5.	00:17:23	00:46:23	00:23:19	01:27:05
59.	49.	614	Köhler	Holger	Tri-Cops Warstein	60	50	5.	00:13:32	00:49:25	00:24:21	01:27:18
60.	50.	733	Menzel	Wilfried	Tri-Cops Warstein	56	55	3.	00:15:52	00:46:26	00:25:03	01:27:21
61.	51.	619	Knipschild	Christoph		91	20	6.	00:16:27	00:47:23	00:23:49	01:27:39
62.	52.	707	Kriemann	Christian	KG Klein Köln Vorhelm	75	35	6.	00:16:37	00:47:24	00:24:00	01:28:01
63.	53.	633	Cabello	Oliver	LG Kreuzbandriss	78	30	6.	00:15:20	00:48:55	00:24:01	01:28:16
64.	54.	666	Keutz	Andreas	KC Haufen	79	30	7.	00:18:10	00:47:41	00:22:37	01:28:28
65.	55.	687	Teutenberg	Frederik	Warstein's Finest	90	20	7.	00:16:58	00:47:01	00:24:32	01:28:31
66.	56.	759	Liesen	Hubert	LT Olsberg	56	55	4.	00:16:10	00:48:51	00:23:37	01:28:38
67.	11.	728	Wengeler	Lena	Mariengymnasium-Arnsberg	95	Jugend A	1.	00:12:31	00:51:34	00:24:42	01:28:47
68.	57.	602	Franzmann	Uwe	TUS Uentrop	64	45	12.	00:18:00	00:47:40	00:23:08	01:28:48
69.	58.	689	Engel	Werner	LT Dommeltal	65	45	13.	00:16:15	00:50:41	00:22:13	01:29:09
70.	59.	616	Irmiler	Guenther	DLRG Schmallenberg	55	55	5.	00:14:30	00:49:07	00:25:39	01:29:16
70.	59.	729	Grabowski	Tim	Mariengymnasium-Arnsberg	86	25	7.	00:18:10	00:46:19	00:24:47	01:29:16
72.	61.	701	Gerstenköper	Björn		78	30	8.	00:15:46	00:51:06	00:22:31	01:29:23

Platz Gesamt	Platz Geschlecht	Start -Nr.	Name	Vorname	Verein	JG	AK	AKV-Platz	Schwimmen	Rad	Lauf	Endzeit
73.	62.	601	Bien	Olaf	Soester Tri Team	67	40	8.	00:15:38	00:48:47	00:25:21	01:29:46
74.	63.	703	Silva	Manuel	1. Tri Club Paderborn	70	40	9.	00:19:07	00:47:47	00:23:02	01:29:56
75.	12.	700	Kotthoff	Ulrike	TriFun Hennesee	70	40	3.	00:15:32	00:48:14	00:26:18	01:30:04
76.	64.	754	Degenhardt	Florian		70	40	10.	00:00:00	00:00:00	01:30:10	01:30:10
77.	65.	717	Jahn	Klaus	HSC Tri Team Hamm	52	55	6.	00:16:08	00:49:00	00:25:05	01:30:13
78.	66.	774	Damm	Matthias	Tri Cologne	60	50	6.	00:16:19	00:49:25	00:24:35	01:30:19
79.	67.	714	Schulze	Matthias	SG Siedlinghausen/Silbach	84	25	8.	00:18:47	00:49:13	00:22:28	01:30:28
80.	68.	726	Heywinkel	Rudolf	Tauchsportgruppe Hellweg Unna	43	65	1.	00:15:29	00:50:11	00:25:10	01:30:50
81.	69.	669	Deckert	Mike	ESC	67	40	11.	00:17:13	00:48:25	00:25:14	01:30:52
82.	70.	671	Fischer	Alex		64	45	14.	00:16:35	00:50:00	00:24:31	01:31:06
83.	13.	684	Westemeier	Judith	Soester Tri Team	68	40	4.	00:13:06	00:52:00	00:26:15	01:31:21
84.	71.	621	Spreyer	Jürgen	Arnsberg	64	45	15.	00:15:51	00:50:11	00:25:40	01:31:42
85.	14.	727	Miederhoff	Franziska	Black Sam	93	Junioren	1.	00:15:21	00:50:37	00:26:08	01:32:06
86.	72.	734	Möhl	Christian	Lauftreff Bluthusten	77	30	9.	00:16:54	00:48:49	00:26:26	01:32:09
87.	73.	718	Morgenroth	Markus	TUS Elmerborg Altenbüren	65	45	16.	00:19:23	00:49:09	00:23:58	01:32:30
88.	74.	708	Franke	Dieter	TriFun Hennesee	67	40	12.	00:18:40	00:46:54	00:27:02	01:32:36
89.	75.	640	Jung	Alexander		73	35	7.	00:17:05	00:51:28	00:24:25	01:32:58
90.	76.	608	Luckey	Michael	TuS Heinrichsthal Wehrstapel	73	35	8.	00:17:40	00:54:01	00:22:10	01:33:51
91.	15.	709	Schütz	Ulrike	TV Flerke Tri Team	62	45	2.	00:15:18	00:53:26	00:25:16	01:34:00
92.	77.	657	Schumeckers	Lukas		91	20	8.	00:15:40	00:54:02	00:24:36	01:34:18
93.	78.	605	Philipp	Peter	TSV Bayer Dormagen	52	55	7.	00:15:15	00:52:06	00:27:18	01:34:39
94.	79.	610	Mishima	Yukio	Trispeed	66	45	17.	00:18:01	00:50:57	00:26:20	01:35:18
95.	80.	663	Kleber	Lothar	Tri-Cops Warstein	63	45	18.	00:16:23	00:51:05	00:28:15	01:35:43
96.	81.	688	Funke	Heinz	SC Borchen	43	65	2.	00:16:34	00:50:41	00:28:32	01:35:47
97.	82.	646	Kienast	Robin	SV Bachum Bergheim	93	Junioren	2.	00:16:00	00:53:32	00:26:29	01:36:01

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98.	83.	767	Erb	Daniel	Tus Westfalia Neuenkirchen	86	25	9.	00:15:55	00:54:35	00:25:51	01:36:21
99.	84.	651	König	Tobias	basis-wissen.net	78	30	10.	00:19:02	00:52:08	00:25:23	01:36:33
100.	16.	761	Knäpper	Inka	HSC Tri Team Hamm	79	30	3.	00:16:20	00:54:21	00:26:17	01:36:58
101.	85.	720	Wrede	Matthias		67	40	13.	00:17:32	00:55:04	00:24:48	01:37:24
102.	86.	739	Belke	Johannes	TSC Eintracht	72	35	9.	00:15:30	00:56:30	00:26:20	01:38:20
103.	87.	758	Heite	Meinolf	TUS Wallenstein	92	Junioren	3.	00:17:37	00:52:31	00:29:14	01:39:22
104.	88.	645	Strüning	Thomas		55	55	8.	00:14:07	00:54:23	00:31:01	01:39:31
105.	17.	670	Galter	Margarete		77	30	4.	00:16:49	00:57:57	00:24:53	01:39:39
106.	89.	692	Hübner	Tobias		77	30	11.	00:15:21	00:57:56	00:26:29	01:39:46
107.	90.	626	Schlickmann	Dirk		65	45	19.	00:16:14	00:55:17	00:29:30	01:41:01
108.	91.	632	Schulte	Martin		60	50	7.	00:16:03	00:59:19	00:25:42	01:41:04
109.	18.	662	Hermes	Sabine	TriFun Hennesee	74	35	3.	00:15:03	00:55:52	00:30:55	01:41:50
110.	92.	749	Behne	Ingo		68	40	14.	00:19:09	00:53:25	00:29:21	01:41:55
111.	93.	647	Kienast	Stephan	SV Bachum Bergheim	65	45	20.	00:16:10	00:55:59	00:29:56	01:42:05
112.	94.	705	Sauer	Thomas	TVG Buschhütten	66	45	21.	00:16:12	01:02:41	00:23:44	01:42:37
113.	95.	644	Villwock	Dominik		80	30	12.	00:18:40	00:58:28	00:26:35	01:43:43
114.	96.	667	Droste	André		89	20	9.	00:11:35	00:58:35	00:35:48	01:45:58
115.	97.	724	Heywinkel	Dirk	DLRG Dortmund	72	35	10.	00:16:42	01:03:09	00:27:20	01:47:11
116.	98.	711	Hoffmann	Sebastian	Haxter Lauffreunde Paderborn	69	40	15.	00:18:10	01:00:01	00:29:29	01:47:40
117.	99.	710	Erdmann	Dirk	TSVE 1890 Bielefeld	62	45	22.	00:21:15	00:59:14	00:27:21	01:47:50
118.	19.	650	Frantzen	Katharina		87	20	2.	00:18:51	01:01:25	00:27:56	01:48:12
119.	100.	625	Arens	Thomas	Tri-Fun Hennesee	63	45	23.	00:18:03	01:00:59	00:29:30	01:48:32
120.	20.	648	Gauder	Janina		92	Junioren	2.	00:16:47	01:04:47	00:28:52	01:50:26
121.	101.	656	Canarius	Wolfgang		69	40	16.	00:23:15	00:57:18	00:31:13	01:51:46
122.	21.	659	Meuth	Angelika	Tri-Cops Warstein	62	45	3.	00:19:41	00:58:51	00:33:21	01:51:53
123.	102.	695	Struening	David		91	20	10.	00:21:28	00:58:57	00:31:56	01:52:21

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124.	103.	676	Villwock	Rudolf		51	60	1.	00:18:51	01:04:57	00:29:12	01:53:00
125.	104.	725	Kleinschnittger	Karsten	SGH Männerballett	72	35	11.	00:18:08	01:02:00	00:34:16	01:54:24
126.	105.	753	Hübner	Kay		72	35	12.	00:18:28	01:02:30	00:40:46	02:01:44
.	.	697	Enste	Norbert	Tri-Cops Warstein	65	45	.	00:00:00	00:00:00	00:00:00	Aufgabe - Sc