

# 20. Mendener Crosstriathlon am 28.08.2016



## Ergebnisliste

### Einzelstarter männlich

| Platz | Name         | Vorname   | Verein                       | St.-Nr. | AK  | AK-Pl. | Schwi. | Rad   | Laufen | Gesamt  |
|-------|--------------|-----------|------------------------------|---------|-----|--------|--------|-------|--------|---------|
| 1     | Pöppel       | Swen      | SK Wunderthausen             | 93      | M40 | 1      | 10:31  | 36:03 | 23:09  | 1:09:43 |
| 2     | vom Stein    | Torsten   | Team Campana                 | 82      | M40 | 2      | 08:41  | 37:20 | 24:13  | 1:10:14 |
| 3     | Dinklage     | Hardy     | Triathlon Team Witten        | 49      | M40 | 3      | 07:47  | 38:04 | 25:13  | 1:11:04 |
| 4     | Jeschina     | Lorant    | SG Welper Triathlon          | 6       | M45 | 1      | 07:34  | 35:48 | 28:14  | 1:11:36 |
| 5     | Weier        | Ralf      | Marathon-Club Menden         | 74      | M50 | 1      | 09:06  | 36:00 | 27:19  | 1:12:25 |
| 6     | Zimmermann   | Chris     | Shirtwood WK                 | 39      | M30 | 1      | 09:52  | 37:23 | 26:58  | 1:14:13 |
| 7     | Kraus        | André     | TriFun Hennesee              | 95      | M40 | 4      | 10:33  | 39:59 | 24:08  | 1:14:40 |
| 8     | Eckhoff      | Lukas     | Lauf Team Unna               | 60      | M20 | 1      | 08:08  | 42:16 | 26:04  | 1:16:28 |
| 9     | Krebs        | Marco     | Marathon Soest               | 4       | M40 | 5      | 09:44  | 38:38 | 28:12  | 1:16:34 |
| 9     | Müller       | Krzysztof |                              | 97      | M35 | 1      | 10:42  | 50:09 | 15:43  | 1:16:34 |
| 9     | Severin      | Sascha    | 21run.com/Spiridon Frankfurt | 43      | M45 | 2      | 09:00  | 39:12 | 28:22  | 1:16:34 |
| 12    | Biernatzki   | Ralf      | Tri-Cops Warstein            | 26      | M45 | 3      | 09:21  | 38:45 | 29:36  | 1:17:42 |
| 13    | Wohlmeiner   | Stephan   | Tri-Cops Warstein            | 59      | M50 | 2      | 08:25  | 42:07 | 29:05  | 1:19:37 |
| 14    | Schneider    | Klaus     | TV Attendorn TRI-TIME        | 21      | M45 | 4      | 09:39  | 42:33 | 28:15  | 1:20:27 |
| 15    | Wopker       | Frank     | Prolytik Sport Team          | 98      | M45 | 5      | 09:41  | 41:11 | 30:39  | 1:21:31 |
| 16    | Biermann     | Philipp   | LT Vipe                      | 36      | M25 | 1      | 11:40  | 43:51 | 26:05  | 1:21:36 |
| 17    | Klusmann     | Jens      | Marathon-Club Menden         | 137     | M35 | 2      | 12:11  | 42:49 | 26:37  | 1:21:37 |
| 18    | Biermann     | Stephan   | NRW-Triathlonverband e.V.    | 17      | M45 | 6      | 09:34  | 42:31 | 29:37  | 1:21:42 |
| 19    | Osterhaus    | Frank     | Westfalia Sprockhövel        | 45      | M45 | 7      | 11:52  | 40:14 | 30:04  | 1:22:10 |
| 20    | Winterholler | Arthur    | TV Attendorn Tri-Time        | 69      | M35 | 3      | 11:39  | 40:46 | 30:33  | 1:22:58 |
| 21    | Isenberg     | Andreas   | LT Vipe                      | 44      | M45 | 8      | 11:06  | 43:45 | 28:57  | 1:23:48 |
| 22    | Breiser      | Dennis    |                              | 72      | M20 | 2      | 12:11  | 44:34 | 27:26  | 1:24:11 |

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|-------|------------|--------------|----------------------|---------|-----|--------|--------|-------|--------|---------|
| 23    | Johnsen    | Wolfgang     | Soest                | 88      | M50 | 3      | 11:08  | 41:57 | 31:16  | 1:24:21 |
| 24    | Decker     | Hans-Joachim | Tri Club Wuppertal   | 85      | M50 | 4      | 11:18  | 43:35 | 31:12  | 1:26:05 |
| 25    | Dahlke     | Jens         |                      | 34      | M25 | 2      | 11:13  | 40:14 | 34:49  | 1:26:16 |
| 26    | Claßen     | Lars Eric    | SC Aquarius Löhne    | 16      | M18 | 1      | 08:54  | 48:02 | 29:45  | 1:26:41 |
| 27    | Loesaus    | Heiko        |                      | 35      | M35 | 4      | 10:02  | 43:58 | 32:46  | 1:26:46 |
| 28    | Rothhöft   | Martin       | LT VIPE              | 11      | M50 | 5      | 12:06  | 42:20 | 32:38  | 1:27:04 |
| 29    | Große      | Frank        | LT VIPE              | 13      | M45 | 9      | 12:11  | 43:16 | 31:55  | 1:27:22 |
| 30    | Pauke      | Pascale      | Stoffwechschmiede    | 101     | M35 | 5      | 10:53  | 45:17 | 31:16  | 1:27:26 |
| 31    | Schlücking | Matthias     | DJK Grün-Weiß Werl   | 84      | M40 | 6      | 10:53  | 45:28 | 31:12  | 1:27:33 |
| 32    | Oelmann    | Heiko        | ROADRUNNER OSTTÜNNEN | 2       | M45 | 10     | 12:47  | 44:46 | 30:31  | 1:28:04 |
| 33    | Richter    | Dietmar      | Trispeed Herscheid   | 58      | M45 | 11     | 10:35  | 46:33 | 30:59  | 1:28:07 |
| 34    | Schlünder  | Thomas       | Marathon-Club Menden | 56      | M50 | 6      | 10:20  | 46:12 | 31:41  | 1:28:13 |
| 35    | Becker     | Uwe          | Feldmühlenwegrunners | 65      | M50 | 7      | 13:24  | 43:16 | 31:55  | 1:28:35 |
| 36    | Wäsch      | Daniel       | Soester Tri Team     | 66      | M50 | 8      | 13:10  | 43:35 | 31:53  | 1:28:38 |
| 37    | May        | Bastian      | Marathon-Club Menden | 67      | M35 | 6      | 12:28  | 48:15 | 28:53  | 1:29:36 |
| 38    | Danneil    | Florian      |                      | 86      | M30 | 2      | 13:00  | 47:15 | 29:34  | 1:29:49 |
| 39    | Ziedorn    | Thorsten     | LT VIPE              | 8       | M45 | 12     | 12:11  | 46:06 | 31:45  | 1:30:02 |
| 40    | Tittel     | Gerd         | Tri Fun Hennesee     | 30      | M55 | 1      | 11:16  | 45:44 | 33:09  | 1:30:09 |
| 41    | Appel      | Dominic      | LT VIPE              | 42      | M20 | 3      | 11:29  | 44:50 | 34:28  | 1:30:47 |
| 42    | Jauer      | Uli          | Lauf Team Unna       | 83      | M55 | 2      | 11:03  | 49:31 | 30:35  | 1:31:09 |
| 43    | Severin    | Stefan       |                      | 61      | M25 | 3      | 13:46  | 45:21 | 32:49  | 1:31:56 |
| 44    | Jesse      | Matthias     | LG Menden            | 77      | M40 | 7      | 11:48  | 47:15 | 33:13  | 1:32:16 |

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|-------|--------------|-------------|--------------------------------|---------|-----|--------|--------|-------|--------|---------|
| 45    | Krutmann     | Andreas     | SSK Kerpen                     | 55      | M55 | 3      | 09:23  | 48:13 | 34:49  | 1:32:25 |
| 46    | Schwartzpaul | Jan         |                                | 62      | M20 | 4      | 12:11  | 46:02 | 34:41  | 1:32:54 |
| 47    | Lucashen     | Marcus      | MiW - Man in White             | 29      | M45 | 13     | 11:47  | 46:40 | 34:30  | 1:32:57 |
| 48    | Hansen       | Heiko       |                                | 53      | M50 | 9      | 12:02  | 47:00 | 33:58  | 1:33:00 |
| 49    | Leifert      | Stefan      | Marathon Soest                 | 33      | M40 | 8      | 14:17  | 47:01 | 32:05  | 1:33:23 |
| 50    | Salmen       | Antonius    | TV Rodenkirchen                | 71      | M55 | 4      | 08:47  | 47:46 | 36:54  | 1:33:27 |
| 51    | Obst         | Christofer  |                                | 47      | M55 | 5      | 12:04  | 47:29 | 34:03  | 1:33:36 |
| 52    | Kissing      | Hans Martin | Marathon-Club Menden           | 150     | M60 | 1      | 12:57  | 43:53 | 36:48  | 1:33:38 |
| 53    | Wergen       | Philipp     | Sparkasse Märkisches Sauerland | 90      | M20 | 5      | 16:04  | 46:01 | 32:45  | 1:34:50 |
| 54    | Gräser       | Ralf        | TriSpeed Herscheid             | 57      | M45 | 14     | 08:09  | 49:39 | 37:25  | 1:35:13 |
| 55    | Gördes       | Pablo       | LT VIPE                        | 25      | M30 | 3      | 11:35  | 51:19 | 32:46  | 1:35:40 |
| 56    | Schröter     | Ulrich      | Viermärker Dortmund            | 38      | M60 | 2      | 10:40  | 48:14 | 37:27  | 1:36:21 |
| 57    | Ludwig       | Torsten     | Alte Speichen                  | 94      | M45 | 15     | 11:08  | 46:49 | 38:30  | 1:36:27 |
| 58    | Nies         | Jörg        |                                | 89      | M40 | 9      | 12:33  | 46:24 | 37:36  | 1:36:33 |
| 59    | Garlipp      | Jörn        | LT Vipe                        | 46      | M45 | 16     | 15:49  | 47:00 | 34:03  | 1:36:52 |
| 60    | Schawag      | Ralf        | TuS Neuenrade                  | 100     | M45 | 17     | 09:48  | 49:27 | 38:23  | 1:37:38 |
| 61    | Kißmer       | Thomas      | TuS Rammersweier               | 18      | M55 | 6      | 12:47  | 48:55 | 36:06  | 1:37:48 |
| 62    | Meyer        | Michael     | RWE Running Team               | 31      | M40 | 10     | 08:58  | 50:02 | 38:59  | 1:37:59 |
| 63    | Böhmer       | Christian   | Lc menden                      | 96      | M50 | 10     | 10:59  | 50:22 | 37:06  | 1:38:27 |
| 64    | Muhr         | Andre       | Tus Istrup                     | 54      | M25 | 4      | 09:51  | 48:56 | 39:54  | 1:38:41 |
| 65    | Fast         | Torsten     |                                | 81      | M45 | 18     | 14:35  | 48:56 | 35:16  | 1:38:47 |

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| Platz | Name        | Vorname     | Verein                              | St.-Nr. | AK  | AK-Pl. | Schwi. | Rad   | Laufen | Gesamt  |
|-------|-------------|-------------|-------------------------------------|---------|-----|--------|--------|-------|--------|---------|
| 66    | Rademacher  | Martin      | Sparkasse Märkisches Sauerland      | 64      | M40 | 11     | 12:42  | 51:13 | 35:11  | 1:39:06 |
| 67    | Rommewinkel | Peter       | SV 13 Gladbeck                      | 37      | M35 | 7      | 12:00  | 50:00 | 37:25  | 1:39:25 |
| 68    | Lüke        | Philipp     |                                     | 51      | M40 | 12     | 12:11  | 49:12 | 39:11  | 1:40:34 |
| 69    | Kleinkes    | Andreas     |                                     | 87      | M45 | 19     | 12:11  | 51:25 | 37:27  | 1:41:03 |
| 70    | Schmidt     | Andreas     | TriFun Hennesee                     | 32      | M45 | 20     | 12:09  | 50:42 | 38:40  | 1:41:31 |
| 71    | Wiegand     | Tim         |                                     | 91      | M25 | 5      | 13:15  | 52:38 | 35:40  | 1:41:33 |
| 72    | Küppers     | Eckhard     | LT VIPE                             | 1       | M50 | 11     | 15:05  | 51:59 | 34:59  | 1:42:03 |
| 73    | Monecke     | Frank       |                                     | 80      | M45 | 21     | 12:11  | 55:45 | 34:24  | 1:42:20 |
| 74    | Grote       | Michael     | DJK Grün-Weiß Werl                  | 76      | M45 | 22     | 15:26  | 50:23 | 37:07  | 1:42:56 |
| 75    | Gerling     | Klaus       | SV Menden Volleyball                | 22      | M50 | 12     | 14:13  | 48:48 | 39:56  | 1:42:57 |
| 76    | Röber       | Hans-Martin |                                     | 52      | M50 | 13     | 13:43  | 51:03 | 38:47  | 1:43:33 |
| 77    | Lüke        | Thomas      | Tri-Team Ahlenberg                  | 20      | M45 | 23     | 12:15  | 55:55 | 37:10  | 1:45:20 |
| 78    | Schöler     | Uwe         |                                     | 78      | M50 | 14     | 13:28  | 53:46 | 38:22  | 1:45:36 |
| 79    | Bruchmann   | Burkhard    | Marathon-Club Menden                | 48      | M50 | 15     | 16:20  | 55:52 | 33:27  | 1:45:39 |
| 80    | Kluczka     | Volker      | HOHAGE                              | 102     | M45 | 24     | 20:38  | 51:02 | 34:53  | 1:46:33 |
| 81    | Stöhr       | Uli         | Hansa Hemberg                       | 24      | M55 | 7      | 16:15  | 55:52 | 35:58  | 1:48:05 |
| 82    | Rumpf       | Stefan      | HARTMAN TRIATHLON-TEAM TVG KAISERAU | 14      | M45 | 25     | 11:30  | 53:44 | 43:08  | 1:48:22 |
| 83    | Piepenstock | Ulf         |                                     | 99      | M35 | 8      | 14:52  | 49:50 | 43:43  | 1:48:25 |
| 84    | Claßen      | Wolfgang    | SC Aquarius Löhne                   | 15      | M55 | 8      | 10:37  | 55:21 | 44:07  | 1:50:05 |
| 85    | Dolla       | Mathias     |                                     | 63      | M40 | 13     | 18:17  | 55:26 | 40:19  | 1:54:02 |
| 86    | Schelte     | Jens        |                                     | 75      | M45 | 26     | 15:52  | 58:19 | 40:48  | 1:54:59 |

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| Platz | Name     | Vorname  | Verein | St.-Nr. | AK  | AK-Pl. | Schw. | Rad     | Laufen | Gesamt  |
|-------|----------|----------|--------|---------|-----|--------|-------|---------|--------|---------|
| 87    | Coßmann  | Clemens  |        | 73      | M18 | 2      | 14:07 | 1:03:21 | 44:45  | 2:02:13 |
| 88    | Willecke | Matthias |        | 40      | M25 | 6      | 11:31 | 1:03:14 | 48:00  | 2:02:45 |
| 89    | Klein    | Dominik  |        | 79      | M35 | 9      | 12:11 | 1:07:37 | 43:44  | 2:03:32 |

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## Ergebnisliste

### Einzelstarter weiblich

| Platz | Name            | Vorname   | Verein                         | St.-Nr. | AK  | AK-Pl. | Schwi. | Rad     | Laufen | Gesamt  |
|-------|-----------------|-----------|--------------------------------|---------|-----|--------|--------|---------|--------|---------|
| 1     | Harnischmacher  | Katrin    | PV Triathlon Witten            | 119     | W18 | 1      | 06:57  | 48:37   | 32:46  | 1:28:20 |
| 2     | Wahl            | Patricia  | Tritus SV Neptun Neheim-Hüsten | 128     | W25 | 1      | 09:13  | 52:41   | 31:13  | 1:33:07 |
| 3     | Berei           | Simone    | TV Attendorn TRI-TIME          | 110     | W35 | 1      | 11:19  | 44:59   | 38:44  | 1:35:02 |
| 4     | Marth           | Tanja     | SuS Oberaden                   | 113     | W40 | 1      | 11:53  | 50:32   | 33:55  | 1:36:20 |
| 5     | Otto            | Martina   | Reiterverein Langenhagen       | 133     | W45 | 1      | 10:10  | 49:41   | 37:21  | 1:37:12 |
| 6     | Schawag         | Petra     | TuS Neuenrade                  | 136     | W45 | 2      | 11:13  | 47:58   | 38:29  | 1:37:40 |
| 7     | Ring            | Dunja     | Tri-cops Warstein              | 111     | W45 |        | 12:08  | 51:52   | 35:39  | 1:39:39 |
| 7     | Schoppe         | Alexandra | Marathon-Club Menden           | 122     | W45 | 3      | 13:00  | 49:57   | 36:42  | 1:39:39 |
| 9     | Petri           | Sonja     | Tritus SV Neptun Neheim-Hüsten | 103     | W40 | 2      | 10:42  | 55:24   | 36:47  | 1:42:53 |
| 10    | Kulik           | Sabine    | SuS Oberaden                   | 112     | W45 | 5      | 13:44  | 53:22   | 35:57  | 1:43:03 |
| 11    | Drischmann      | Antja     | Tritus Neptun                  | 104     | W30 | 1      | 11:26  | 50:47   | 41:37  | 1:43:50 |
| 12    | Baranski        | Maike     | Tri-Team Ahlenberg             | 109     | W35 | 2      | 12:12  | 59:47   | 33:01  | 1:45:00 |
| 13    | Schütte         | Daniela   |                                | 123     | W25 | 2      | 12:11  | 1:01:35 | 32:54  | 1:46:40 |
| 14    | Reisloh         | Verena    |                                | 131     | W35 | 3      | 12:32  | 59:07   | 35:10  | 1:46:49 |
| 15    | Krause          | Silke     | Marathon-Club Menden           | 127     | W50 | 1      | 10:23  | 55:49   | 41:45  | 1:47:57 |
| 16    | Gaberle         | Alexandra |                                | 116     | W40 | 3      | 13:50  | 53:27   | 41:01  | 1:48:18 |
| 17    | Claßen          | Yvonne    | SC Aquarius Löhne              | 107     | W55 | 1      | 12:00  | 54:46   | 43:27  | 1:50:13 |
| 18    | Hansen          | Claudia   |                                | 132     | W45 | 6      | 12:43  | 57:50   | 40:01  | 1:50:34 |
| 19    | Vollmer-Thielen | Anna      |                                | 118     | W35 | 4      | 12:11  | 55:51   | 44:35  | 1:52:37 |
| 20    | Biehs           | Ursula    |                                | 120     | W45 | 7      | 12:11  | 1:01:18 | 40:04  | 1:53:33 |
| 21    | Scheppmann      | Kerstin   |                                | 115     | W50 | 2      | 15:09  | 58:54   | 39:58  | 1:54:01 |

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|-------|------------------|----------|-------------|---------|-----|--------|--------|---------|--------|---------|
| 22    | Amtmann-Kathöfer | Simone   | SV Neuenhof | 106     | W45 | 8      | 10:28  | 1:04:41 | 47:02  | 2:02:11 |
| 23    | Klein            | Sabrina  | FV Wallau   | 129     | W35 | 5      | 15:40  | 1:04:40 | 43:08  | 2:03:28 |
| 24    | Mertens          | Louisa   | Hönnevital  | 126     | W18 | 2      | 12:11  | 1:05:36 | 48:01  | 2:05:48 |
| 25    | Mertens          | Sabine   | Hönnevital  | 125     | W45 | 9      | 14:43  | 1:03:09 | 47:57  | 2:05:49 |
| 26    | Ernst            | Katja    |             | 135     | W40 | 4      | 15:02  | 1:04:39 | 46:42  | 2:06:23 |
| 27    | Wiehle           | Michaela |             | 134     | W40 | 5      | 13:13  | 1:06:22 | 46:54  | 2:06:29 |

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## Ergebnisliste

### Staffeln

| Platz | Name                           | Vorname | Verein | St.-Nr. | AK | AK-Pl. | Schwi. | Rad   | Laufen | Gesamt  |
|-------|--------------------------------|---------|--------|---------|----|--------|--------|-------|--------|---------|
| 1     | Die Cocacoliker                |         |        | 218     |    |        | 06:33  | 40:16 | 28:23  | 1:15:12 |
| 2     | Team eXtreme                   |         |        | 201     |    |        | 06:27  | 42:45 | 27:30  | 1:16:42 |
| 3     | Feuerwehr Menden               |         |        | 203     |    |        | 08:50  | 42:58 | 27:07  | 1:18:55 |
| 4     | MSV 03                         |         |        | 221     |    |        | 07:25  | 41:06 | 31:59  | 1:20:30 |
| 5     | Sparkasse Märk.<br>Sauerland   |         |        | 219     |    |        | 13:33  | 36:33 | 31:33  | 1:21:39 |
| 6     | Team Life Kinetik<br>Schirp    |         |        | 204     |    |        | 13:13  | 39:16 | 29:25  | 1:21:54 |
| 7     | Schwimmfreunde<br>Unna Mädels  |         |        | 206     |    |        | 07:11  | 44:09 | 31:35  | 1:22:55 |
| 8     | Mendens letzte<br>Reserve      |         |        | 222     |    |        | 11:22  | 46:45 | 28:17  | 1:26:24 |
| 9     | Sportfreunde Oesbern           |         |        | 214     |    |        | 13:58  | 43:07 | 32:39  | 1:29:44 |
| 10    | DK-Connection MTD              |         |        | 213     |    |        | 12:06  | 45:12 | 33:13  | 1:30:31 |
| 11    | Asphaltfräsen                  |         |        | 205     |    |        | 13:17  | 44:40 | 34:01  | 1:31:58 |
| 12    | Sparkasse Märk.<br>Sauerland 1 |         |        | 216     |    |        | 08:02  | 48:55 | 35:19  | 1:32:16 |
| 13    | Bürgerbad Leitmecke I          |         |        | 220     |    |        | 13:49  | 40:36 | 38:06  | 1:32:31 |
| 14    | Tus Istrup                     |         |        | 212     |    |        | 09:21  | 45:47 | 37:52  | 1:33:00 |
| 15    | SPENDEN SPEED &<br>Friends     |         |        | 208     |    |        | 11:02  | 46:23 | 35:49  | 1:33:14 |
| 16    | Dabei ist alles!               |         |        | 215     |    |        | 12:20  | 49:01 | 34:50  | 1:36:11 |
| 17    | Jugendfeuerwehr<br>Menden 1    |         |        | 210     |    |        | 10:06  | 56:24 | 32:00  | 1:38:30 |



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| Platz | Name                           | Vorname | Verein | St.-Nr. | AK | AK-Pl. | Schw. | Rad   | Laufen | Gesamt  |
|-------|--------------------------------|---------|--------|---------|----|--------|-------|-------|--------|---------|
| 18    | Jugendfeuerwehr<br>Menden 2    |         |        | 209     |    |        | 13:54 | 46:48 | 39:12  | 1:39:54 |
| 19    | Die 3 vonna Tanke              |         |        | 207     |    |        | 13:39 | 47:27 | 38:56  | 1:40:02 |
| 20    | Fuchsteufelswild               |         |        | 202     |    |        | 10:53 | 53:46 | 38:23  | 1:43:02 |
| 21    | ATS                            |         |        | 224     |    |        | 11:49 | 53:07 | 40:43  | 1:45:39 |
| 22    | CrossRett MK                   |         |        | 223     |    |        | 11:34 | 49:58 | 47:01  | 1:48:33 |
| 23    | Girlz-4-FUN                    |         |        | 211     |    |        | 11:14 | 56:55 | 40:36  | 1:48:45 |
| 24    | Sparkasse Märk.<br>Sauerland 2 |         |        | 217     |    |        | 13:28 | 43:20 | 52:00  | 1:48:48 |