

Ergebnisse Männer: Stadtmeisterschaften Altena

Platz	Nr.	Name, Vorname	Verein/*Ort	Platz	AK	Endzeit	SWIM	BIKE	RUN
1	45	Riese, Jörg	TSV Altena		HK	01:03:55	00:09:48	00:32:52	00:21:14
2	44	Sartory, Markus	TSV Altena	1	35	01:04:14	00:11:12	00:33:07	00:19:54
3	17	Fröhlich, Thomas	*Altena	1	45	01:16:22	00:10:48	00:39:21	00:26:12
4	28	Grüber, Jürgen	TSV Altena	2	45	01:18:55	00:12:05	00:42:22	00:24:28

Ergebnisse Frauen: Stadtmeisterschaften Altena

Platz	Nr.	Name, Vorname	Verein/*Ort	Platz	AK	Endzeit	SWIM	BIKE	RUN
1	1	Flusche, Gundula	TSV Altena	1	HK	01:17:10	00:10:56	00:40:58	00:25:15

Ergebnisse Männer: Altenaer Volkstriathlon

Platz	Nr.	Name, Vorname	Verein/*Ort	Platz	AK	Endzeit	SWIM	BIKE	RUN
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1	63 Hanakam, Florian	RC Lüdenscheid	1 30	00:57:12	00:08:47	00:30:44	00:17:40
2	58 Möller, Arne	ATV Hückeswagen	2 30	00:57:18	00:08:29	00:30:29	00:18:19
3	23 Wieczorek, Dieter	Tri-Pungelscheid	1 45	00:59:18	00:11:26	00:29:43	00:18:08
4	8 Renner, Timo	TVG Kaiserau	1 HK	00:59:52	00:07:18	00:32:58	00:19:35
5	62 Wölke, Thomas	*Dortmund	2 HK	01:00:42	00:09:04	00:32:43	00:18:54
6	56 Schmidt, Paul	SC Plettenberg	1 35	01:01:10	00:08:46	00:33:42	00:18:41
7	9 Thon, Ralf	TSG Valbert	1 40	01:01:14	00:11:04	00:31:27	00:18:43
8	36 Dörmbach, René	SV Frielingsdorf	3 HK	01:01:26	00:08:09	00:33:41	00:19:35
9	52 Berg, Dietmar	Dülkener SV 06	3 30	01:01:39	00:08:41	00:31:57	00:21:01
10	20 Zerbin, Dieter	TV Rosbach	2 45	01:02:51	00:10:06	00:33:15	00:19:29
11	61 Messerschmidt, Jörg	Triathlon Club Essen 84	2 35	01:03:45	00:09:25	00:33:16	00:21:02
12	45 Riese, Jörg	TSV Altena	4 HK	01:03:55	00:09:48	00:32:52	00:21:14
13	57 Freiburg-Sens, Hans	SSV Allendorf	3 35	01:03:58	00:09:25	00:34:31	00:20:01
14	18 Müller, Matthias	Langenholthausen	2 40	01:04:03	00:12:35	00:32:04	00:19:24
15	44 Sartory, Markus	TSV Altena	4 35	01:04:14	00:11:12	00:33:07	00:19:54
16	21 Kaufmann, René	TV Rosbach	5 HK	01:04:33	00:10:13	00:33:07	00:21:13
17	4 Malchow, Reiner	SG Eintracht Ergste	4 30	01:04:38	00:10:54	00:34:11	00:19:32

18	5 Füber, Andreas	SG Eintracht Ergste	5 35	01:05:25 00:09:08 00:35:05 00:21:10
19	53 Clark, Philip Lee	PV Witten	5 30	01:05:33 00:10:25 00:34:20 00:20:47
20	33 Kohtes, Robert	Dülkener SV 06 e.V.	6 HK	01:05:37 00:10:18 00:34:05 00:21:13
20	13 Boye, Jörg	LG Gummersbach	6 35	01:05:37 00:09:01 00:34:50 00:21:45
22	12 Seifert, Lukas	*Iserlohn	1 JA	01:05:45 00:08:19 00:35:33 00:21:52
23	19 Mokry, Harald	TV Rosbach	3 45	01:05:46 00:11:45 00:34:43 00:19:17
24	16 Cramer, Matthias	SSV Allendorf	7 35	01:06:27 00:10:31 00:34:56 00:20:59
25	64 Miletic, Hrvoje	ASV Köln Triathlon	6 30	01:07:35 00:09:20 00:36:07 00:22:08
26	42 Sieler, Philipp	SC Fretter	7 HK	01:08:05 00:09:35 00:36:14 00:22:15
27	11 Granich, Dominik	*Solingen	2 JA	01:08:57 00:11:01 00:37:08 00:20:47
28	54 Arcypowski, Eckhard	Licht-Luft-Sport-Gem	1 50	01:10:20 00:11:11 00:36:32 00:22:36
29	59 Mendelin, Michael	VFB Salzkotten	4 45	01:11:59 00:12:12 00:37:43 00:22:03
30	31 Rütz, Peter	Triangel Kempen	3 40	01:12:17 00:08:46 00:37:00 00:26:29
31	2 Masling, Franz	Tauchsport TSC Plettenber	5 45	01:14:00 00:09:35 00:39:41 00:24:43
32	10 Kovacs, Franz	*Wipperfürth	6 45	01:14:24 00:11:07 00:37:38 00:25:39
33	40 Roß, Christian	SV Fretter	8 HK	01:14:31 00:11:29 00:40:33 00:22:28
34	51 Heimes, Dirk	SC Fretter	1 55	01:15:59 00:13:16 00:41:04 00:21:39
35	17 Fröhlich, Thomas	*Altena	7 45	01:16:22 00:10:48 00:39:21 00:26:12

36	35 Frai, Christian	TV Hemer 1862	8 45	01:18:05	00:13:20	00:41:55	00:22:49
37	28 Grüber, Jürgen	TSV Altena	9 45	01:18:55	00:12:05	00:42:22	00:24:28
38	65 Deiters, Dirk	TSV-Vorhalle	4 40	01:19:58	00:09:24	00:45:10	00:25:23
39	22 Ständer, Gerhard	SV Fühlingen Chorw.	2 55	01:20:53	00:12:06	00:43:24	00:25:22
40	41 Blumenroth, Ulrich	DJK Deutniecke	7 30	01:22:52	00:13:41	00:42:58	00:26:13
41	32 Cramer, Gerd	TUS Jahn Werdohl	3 55	01:24:08	00:12:03	00:42:15	00:29:49
42	34 Völkner, Rainer	Iserlohner Triathlon Team	10 45	01:25:47	00:10:33	00:45:11	00:30:02
43	73 Batroff, Björn Michael		8 30	01:26:47	00:12:44	00:47:28	00:26:34
44	7 Nagel, Andreas	*Sundern	5 40	01:27:23	00:12:04	00:48:07	00:27:11

Ergebnisse Frauen: Altenaer Volkstriathlon

Platz	Nr. Name, Vorname	Verein/*Ort	Platz	AK	Endzeit	SWIM	BIKE	RUN
1	26 Gottwald, Anne-Karen	Iserlohner Triathlon Team	1	HK	01:03:29	00:08:28	00:34:54	00:20:05
2	55 Schmidt, Carola	SC Plettenberg	1	30	01:04:17	00:09:21	00:34:06	00:20:50
3	14 Boye, Julia	LG Gummersbach	2	30	01:05:38	00:08:18	00:35:46	00:21:32
4	6 Asselmann, Annika	Dülkener SV 06 e.V.	2	HK	01:08:22	00:08:39	00:37:40	00:22:02

5	69 Pütz, Andrea	*Köln	3 30	01:12:29	00:10:21	00:37:26	00:24:40
6	1 Flusche, Gundula	TSV Altena	3 HK	01:17:10	00:10:56	00:40:58	00:25:15
7	60 Riebel, Karen	Viermärker Dortmund	1 35	01:17:13	00:10:52	00:45:09	00:21:11
8	68 Scheitza, Ines	*Iserlohn	2 35	01:20:36	00:11:36	00:43:18	00:25:41
9	3 Holthaus, Kristine	Sauerländer LötKolben	4 HK	01:28:53	00:10:49	00:45:31	00:32:31
10	72 Bardy-Zaspel, Birgit		1 40	01:35:21	00:11:14	00:49:54	00:34:13
11	15 Teske, Ute	*Halver	3 35	01:36:32	00:13:19	00:54:20	00:28:52
12	24 Winkel-Katzek, Karin	TS Frechen	1 60	01:38:53	00:15:13	00:47:28	00:36:10