

#### AK 20 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	97	Sarah Schönfelder	Triathlon Grassau e.V.	AK 20 (w)	1	0:32:57 (1)	04:05	1:56:43 (1)	2:13	1:19:18 (1)	3:55:16
2	72	Isabell Baumann	Triathlon Team Göppingen	AK 20 (w)	2	0:33:24 (2)		( )	2:23	1:37:13 (2)	4:39:11
3	710	Emma Dörr		AK 20 (w)	3	0:44:20 (3)	05:01	2:18:40 (2)	2:54	1:43:31 (3)	4:54:26

#### AK 20 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	91	Stefan Betz	TG 48 Schweinfurt	AK 20 (m)	1	0:27:23 (2)	03:14	1:44:47 (1)	1:41	1:10:45 (1)	3:27:50
2	22	Jesse Hinrichs	1.TCO Die Bären	AK 20 (m)	2	0:26:50 (1)	03:08	1:48:06 (2)	2:42	1:12:01 (2)	3:32:47
3	35	Noah Diemann	Eintracht Frankfurt Triathlon	AK 20 (m)	3	0:30:18 (3)	03:06	1:57:43 (4)	2:01	1:14:53 (3)	3:48:01
4	71	Daniel Kieselbach	Triathlon Team Düsseldorf	AK 20 (m)	4	0:32:53 (4)	04:05	2:03:46 (6)	3:01	1:20:11 (4)	4:03:56
5	385	Luis Noah Stahl	SC Alemannia Dreikirchen	AK 20 (m)	5	0:35:53 (7)	05:12	1:55:32 (3)	2:07	1:27:32 (10)	4:06:15
6	57	Nico Hemmer	Spiridon Frankfurt	AK 20 (m)	6	0:33:02 (5)	04:06	2:00:25 (5)	2:58	1:27:51 (11)	4:08:22
7	88	Tom Koula		AK 20 (m)	7	0:35:08 (6)	05:41	2:07:01 (8)	1:50	1:21:25 (5)	4:11:05
8	742	Tim Klugesherz	SSC Karlsruhe	AK 20 (m)	8	0:36:25 (8)	04:53	2:09:41 (10)	2:59	1:26:11 (8)	4:20:10
9	79	Yassin Hajjam		AK 20 (m)	9	0:42:02 (12)	04:07	2:07:35 (9)	3:01	1:23:55 (6)	4:20:40
10	452	Richard Wilsenack	Team REWE Wietasch/Baguettkov Halle	AK 20 (m)	10	0:40:18 (9)	05:18	2:04:32 (7)	3:25	1:33:22 (12)	4:26:55
11	365	Leo Katz	Ohne Verein	AK 20 (m)	11	0:40:29 (10)	05:54	2:14:44 (12)	3:29	1:24:56 (7)	4:29:33
12	503	Marius Herrmann	TSV Ebersgöns	AK 20 (m)	12	0:45:20 (14)	06:31	2:13:33 (11)	3:08	1:33:46 (13)	4:42:19
13	144	Kilian Cremer	SV Serkenrode	AK 20 (m)	13	0:49:27 (15)	07:04	2:28:36 (13)	3:08	1:27:02 (9)	4:55:16
14	711	Jan Weber		AK 20 (m)	14	0:41:45 (11)		( )	2:35	1:56:48 (15)	5:06:46
15	190	Lukas Schnell		AK 20 (m)	15	0:49:40 (16)	08:38	2:37:48 (14)	2:36	1:49:37 (14)	5:28:18
16	64	Benjamin Suermann	Team Lauch	AK 20 (m)	16	0:56:09 (17)	06:58	3:25:45 (17)	2:15	1:57:33 (16)	6:28:40
17	586	Dominik Mönch		AK 20 (m)	17	0:43:34 (13)	07:42	3:06:13 (15)	2:33	2:44:18 (18)	6:44:20
18	299	LUIS DAVID CARO WAGNER	EINTRACHT TRIATHLON	AK 20 (m)	18	1:25:12 (18)	20:49	3:18:26 (16)	4:22	2:09:06 (17)	7:17:55

#### AK 25 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	6	Lisa Gerß	MTV Bad Pyrmont	AK 25 (w)	1	0:31:41 (4)	03:48	2:03:46 (1)	1:55	1:17:12 (1)	3:58:22
2	76	Friederike Willoughby	TuS Griesheim	AK 25 (w)	2	0:29:57 (2)	03:31	2:11:12 (3)	2:21	1:25:42 (3)	4:12:44
3	149	Charlotte Lang	team-naunheim.de	AK 25 (w)	3	0:29:20 (1)	05:42	2:11:38 (4)	2:16	1:25:10 (2)	4:14:05
4	56	Franziska Hinte	SC Bayer 05 Uerdingen	AK 25 (w)	4	0:34:08 (5)	03:47	2:16:16 (6)	2:53	1:29:00 (4)	4:26:03
5	36	Tami Stützel	Eintracht Frankfurt Triathlon	AK 25 (w)	5	0:31:41 (3)	04:35	2:13:08 (5)	2:09	1:47:47 (12)	4:39:20
6	38	Paulina Wolf	EOSC Offenbach	AK 25 (w)	6	0:41:46 (9)	00:04	2:30:40 (12)	1:54	1:30:17 (5)	4:44:42
7	490	Carolin Lappöhn	TriTeam Gießen	AK 25 (w)	7	0:34:45 (7)	04:19	2:07:47 (2)	2:21	1:53:18 (13)	4:47:30 *
8	3232	Jacqueline Lippenmeyer	EOSC Offenbach	AK 25 (w)	8	0:45:36 (13)	05:21	2:21:32 (9)	3:01	1:34:25 (6)	4:49:54
9	744	Eva Pfeiffer		AK 25 (w)	9	0:40:08 (8)	07:43	2:20:44 (8)	3:43	1:41:42 (8)	4:53:59
10	333	Marlen Hacker	IronFLexfit	AK 25 (w)	10	0:44:55 (12)	06:43	2:17:11 (7)	2:52	1:46:19 (11)	4:58:00
11	3201	Sandra Kick		AK 25 (w)	11	0:34:23 (6)	05:46	2:27:00 (11)	2:28	1:59:20 (16)	5:08:58
12	563	Anna Bruder		AK 25 (w)	12	0:45:51 (14)	07:47	2:25:48 (10)	3:26	1:46:10 (10)	5:09:01
13	441	Ann-Kathrin Urban	Team Erdinger Alkoholfrei	AK 25 (w)	13	0:47:13 (15)		( )	3:16	1:41:16 (7)	5:11:05
14	422	Franziska Gimbel	SV Tri City Darmstadt	AK 25 (w)	14	0:49:08 (16)	05:08	2:34:29 (14)	2:12	1:41:44 (9)	5:12:41
15	648	Tanja Bäumel		AK 25 (w)	15	0:44:03 (11)	06:52	2:30:49 (13)	3:13	1:56:00 (14)	5:20:56
16	673	Katharina Schuchmann		AK 25 (w)	16	0:58:08 (18)		( )	4:22	1:57:09 (15)	5:57:19
17	622	Ashleigh Lingham		AK 25 (w)	17	0:56:19 (17)	07:40	3:06:44 (16)	3:50	2:05:22 (17)	6:19:55
18	588	Anja Mönch		AK 25 (w)	18	0:43:14 (10)	08:08	3:03:28 (15)	3:56	2:45:39 (18)	6:44:25

#### AK 25 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	14	Gregor Schreiner	LLG Wonnegau	AK 25 (m)	1	0:26:45 (1)	03:09	1:45:29 (2)	1:44	1:10:21 (1)	3:27:28
2	53	Vincent Größer	Sisu-Training	AK 25 (m)	2	0:30:10 (3)	03:10	1:44:31 (1)	1:43	1:13:19 (2)	3:32:52
3	5	Pavel Wohl	PW TriCoaching/Frydl Servis	AK 25 (m)	3	0:28:45 (2)	04:10	1:49:21 (3)	2:18	1:14:32 (4)	3:39:06
4	98	Michi Windbichler	Triathlon Grassau e.V	AK 25 (m)	4	0:32:57 (5)	03:52	1:56:03 (4)	2:09	1:14:55 (5)	3:49:55
5	13	Florian Weyerhäuser	LAZ Saarbrücken	AK 25 (m)	5	0:32:56 (4)	03:31	1:57:00 (7)	2:33	1:13:58 (3)	3:49:58

#### AK 25 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
6	29	Simon Klump	DB/VDES	AK 25 (m)	6	0:37:52 (18)	03:40	1:57:52 (8)	2:32	1:18:01 (8)	3:59:57
7	46	De Witt Wolff	POST-SV Tübingen	AK 25 (m)	7	0:34:01 (8)	04:21	2:00:20 (10)	2:24	1:21:41 (10)	4:02:48
8	351	Timo Schmidt	LT Florstadt	AK 25 (m)	8	0:42:54 (31)	04:00	1:56:54 (5)	2:51	1:17:35 (6)	4:04:14
9	405	Ruben Auer	SIG Koblenz Racing	AK 25 (m)	9	0:38:28 (19)	04:42	1:58:58 (9)	2:20	1:20:52 (9)	4:05:21
10	3222	Yannick Friese	Omni-Biotic-Powerteam	AK 25 (m)	10	0:33:48 (7)	04:00	2:04:32 (14)	3:17	1:22:02 (11)	4:07:40
11	336	Jan Söder	Karlsruher Lemminge	AK 25 (m)	11	0:39:06 (21)	05:55	2:07:12 (18)	2:39	1:17:38 (7)	4:12:30
12	23	Eric Harloff	ADAC Triathlon-Club Main-Kinzig	AK 25 (m)	12	0:35:23 (11)	04:00	2:06:16 (17)	3:01	1:25:51 (13)	4:14:31
13	508	Julian Schröer	TuS Haren Triathlon	AK 25 (m)	13	0:39:39 (23)	04:49	2:00:55 (11)	2:40	1:27:10 (15)	4:15:12
14	34	Marc Obermeier	Eintracht Frankfurt Triathlon	AK 25 (m)	14	0:35:55 (13)	05:33	2:08:18 (19)	2:56	1:27:12 (16)	4:19:55
15	606	Max Schott		AK 25 (m)	15	0:33:30 (6)	04:59	2:02:40 (12)	2:14	1:36:38 (28)	4:20:01
16	61	Philipp Abel	swimbikerun24	AK 25 (m)	16	0:37:51 (17)	06:25	2:04:10 (13)	3:09	1:30:01 (23)	4:21:36
17	420	André Lukas	SV Gelnhausen	AK 25 (m)	17	0:39:56 (24)	05:04	2:05:07 (16)	2:07	1:29:32 (21)	4:21:44
18	390	Niklas Taft	SC Wörthsee	AK 25 (m)	18	0:37:26 (16)	05:36	2:08:37 (21)	2:59	1:27:09 (14)	4:21:46
19	68	Phillip Eichhorn	Tri Team Giessen	AK 25 (m)	19	0:34:22 (10)	04:18	2:12:23 (24)	2:09	1:28:46 (19)	4:21:58
20	655	Alexander Bruns		AK 25 (m)	20	0:34:07 (9)	04:27	1:56:58 (6)	2:39	1:43:50 (38)	4:22:02
21	202	Jan-Philipp Schwick	19ELF	AK 25 (m)	21	0:39:19 (22)	06:57	2:04:52 (15)	3:18	1:28:36 (18)	4:23:01
22	722	Wolfgang Schwab	MRRRC	AK 25 (m)	22	0:44:30 (36)		( )	3:12	1:25:37 (12)	4:25:39
23	689	Jan Schafmeister		AK 25 (m)	23	0:35:44 (12)	06:26	2:09:26 (22)	3:01	1:33:04 (26)	4:27:40
24	354	Torsten Salm	LTF Theeltal	AK 25 (m)	24	0:41:21 (29)	05:00	2:13:43 (28)	2:18	1:27:28 (17)	4:29:51
25	660	Jerome von Schoen		AK 25 (m)	25	0:41:12 (28)	06:46	2:13:03 (25)	3:10	1:30:54 (24)	4:35:06
26	727	Patrick Tiefel	SKG Bauschheim / Stenger Bike Team	AK 25 (m)	26	0:44:00 (34)	05:40	2:08:33 (20)	2:09	1:38:46 (33)	4:39:08
27	657	Riedel Jannis		AK 25 (m)	27	0:46:09 (39)	05:37	2:15:19 (30)	2:46	1:29:44 (22)	4:39:34
28	705	David Mojzis		AK 25 (m)	28	0:39:00 (20)	04:52	2:16:25 (34)	1:54	1:37:35 (30)	4:39:46
29	348	Marcus Löhnert	LGV Marathon Gießen	AK 25 (m)	29	0:43:42 (33)	05:52	2:13:25 (27)	2:28	1:34:26 (27)	4:39:53
30	580	Kevin Kaidasch		AK 25 (m)	30	0:41:28 (30)	04:20	2:16:40 (35)	2:58	1:39:07 (34)	4:44:34
31	363	Sebastian von Jutrzenka	Nicos Knechte	AK 25 (m)	31	0:45:34 (38)	04:59	2:21:50 (38)	3:10	1:29:22 (20)	4:44:55
32	153	Frederik Beyer	Tria-Team-Bruchköbel	AK 25 (m)	32	0:46:44 (41)	04:38	2:13:15 (26)	2:56	1:38:30 (32)	4:46:03

## AK 25 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
33	715	Martin Reichert		AK 25 (m)	33	0:36:26 (14)	05:00	2:09:35 (23)	2:01	1:55:04 (45)	4:48:05
34	3226	Luca Mannhardt		AK 25 (m)	34	0:46:13 (40)	05:45	2:17:32 (36)	2:54	1:39:27 (36)	4:51:51
35	472	Dennis Ruffer	Triateam Rodheim	AK 25 (m)	35	0:40:22 (25)	06:49	2:15:49 (33)	2:53	1:46:49 (41)	4:52:42
36	547	Mauritz Wilkes		AK 25 (m)	36	0:51:59 (48)	06:44	2:21:36 (37)	2:55	1:31:46 (25)	4:54:59
37	603	Florian Stuhlmann		AK 25 (m)	37	0:52:02 (49)	06:24	2:15:08 (29)	2:39	1:39:16 (35)	4:55:28
38	708	Patrick Riemenschneider		AK 25 (m)	38	0:47:20 (44)		( )	2:57	1:46:00 (40)	4:55:52
39	611	Tim Stutzmann		AK 25 (m)	39	0:46:59 (42)	05:56	2:25:37 (39)	3:22	1:36:47 (29)	4:58:40
40	695	Yannis Frek		AK 25 (m)	40	0:48:35 (45)		( )	3:05	1:40:36 (37)	5:00:12
41	253	Maximilian Gutwein	Eintracht Frankfurt Triathlon	AK 25 (m)	41	0:56:47 (52)	07:34	2:15:39 (32)	3:29	1:38:13 (31)	5:01:42
42	679	Tizian Erckens		AK 25 (m)	42	0:37:01 (15)	08:39	2:27:48 (41)	4:06	1:45:04 (39)	5:02:38
43	520	Tim Schott	TV Alzey	AK 25 (m)	43	0:52:16 (50)		( )	3:29	1:55:38 (46)	5:06:30
44	635	Jan-Philipp Wächter		AK 25 (m)	44	0:43:25 (32)		( )	1:57	1:47:03 (42)	5:08:24
45	293	Philipp Niemeyer	Eintracht Frankfurt Triathlon	AK 25 (m)	45	0:45:24 (37)	08:56	2:25:48 (40)	6:40	1:50:20 (44)	5:17:06
46	198	Filip Thomas		AK 25 (m)	46	0:48:50 (46)	09:11	2:15:23 (31)	3:22	2:06:40 (49)	5:23:27
47	391	Philipp Hau	Schobbe in de Kopp	AK 25 (m)	47	0:44:30 (35)	05:32	2:29:07 (43)	3:13	2:02:56 (47)	5:25:18
48	662	Tobias Füge		AK 25 (m)	48	0:47:16 (43)	07:37	2:27:54 (42)	3:14	2:07:52 (50)	5:33:53
49	364	Severin Popp	NuS	AK 25 (m)	49	0:49:04 (47)	24:00	2:44:51 (44)	3:46	1:50:17 (43)	5:51:58
50	194	Julius Röder		AK 25 (m)	50	0:55:58 (51)	07:56	2:47:41 (45)	3:46	2:05:24 (48)	6:00:44

## AK 30 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	3	Laura Chacon Biebach	Eintracht Frankfurt Triathlon	AK 30 (w)	1	0:37:20 (1)	04:22	2:03:25 (1)	2:21	1:19:58 (1)	4:07:26
2	84	Gillian Jakob		AK 30 (w)	2	0:39:44 (3)	05:56	2:10:39 (2)	2:39	1:26:06 (2)	4:25:05
3	45	Carmen Ohr	MTG Mannheim Triathlon	AK 30 (w)	3	0:41:58 (6)	04:05	2:16:45 (3)	2:24	1:42:08 (6)	4:47:20
4	42	Johanna Woll	LaufLeben Running Crew e.V.	AK 30 (w)	4	0:39:18 (2)	06:42	2:23:53 (7)	3:20	1:34:41 (5)	4:47:53
5	487	Lisa Ratz	TriLux	AK 30 (w)	5	0:43:35 (9)	05:31	2:30:59 (11)	2:28	1:27:28 (3)	4:50:00

**AK 30 (w)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
6	745	Luisa Müller	Triteam Heuchelberg	AK 30 (w)	6	0:45:40 (11)	05:50	2:22:04 (5)	3:00	1:34:18 (4)	4:50:52
7	20	Janine Kosel		AK 30 (w)	7	0:42:33 (7)	05:00	2:19:26 (4)	3:07	1:47:58 (8)	4:58:02
8	373	Anna Scheffold	Radteam Neu-Isenburg 1980 e.V. // Team beveg.de	AK 30 (w)	8	0:47:03 (14)	07:04	2:23:49 (6)	3:15	1:47:00 (7)	5:08:12
9	41	Michelle Gerlach	FC St. Pauli Triathlon	AK 30 (w)	9	0:40:55 (4)	06:34	2:26:20 (8)	2:55	1:51:53 (10)	5:08:38
10	450	Nadine Markowski	Team Naunheim	AK 30 (w)	10	0:42:35 (8)	07:40	2:26:30 (9)	3:17	1:57:16 (12)	5:17:18
11	522	Teresa Sack	TV Herxheim	AK 30 (w)	11	0:41:02 (5)	06:07	2:37:26 (13)	3:21	1:50:22 (9)	5:18:18
12	665	Lisa Ferbert		AK 30 (w)	12	0:46:05 (12)	07:29	2:36:21 (12)	3:27	1:57:05 (11)	5:30:27
13	3224	Ella Fuchs		AK 30 (w)	13	0:50:32 (15)	07:42	2:28:20 (10)	3:28	2:10:07 (14)	5:40:09
14	618	Julia Beuthien		AK 30 (w)	14	0:45:26 (10)		( )	3:56	2:04:44 (13)	5:44:10
15	316	Christine Theurer	FTV 1860	AK 30 (w)	15	0:46:55 (13)	10:30	2:48:26 (14)	4:47	2:13:30 (15)	6:04:08

**AK 30 (m)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	75	Philipp Rhein	TSV Amicitia 1906/09 Viernheim e.V.	AK 30 (m)	1	0:37:26 (18)	03:29	1:49:07 (1)	1:51	1:12:05 (1)	3:43:57
2	4	MARCO Koch		AK 30 (m)	2	0:23:57 (1)	03:52	1:58:57 (12)	2:12	1:26:21 (19)	3:55:18
3	44	Sascha Petermann		AK 30 (m)	3	0:30:12 (3)	03:54	1:59:02 (13)	2:09	1:21:07 (7)	3:56:23
4	644	Mathias Waldschmitt		AK 30 (m)	4	0:32:50 (6)	05:03	1:54:54 (3)	2:13	1:23:36 (12)	3:58:36
5	85	Mathieu Pohl		AK 30 (m)	5	0:37:26 (17)	04:05	1:58:03 (8)	3:03	1:17:23 (2)	3:59:59
6	52	Niklas Geiss	SISU Training	AK 30 (m)	6	0:37:23 (16)	04:41	1:56:09 (4)	2:34	1:20:01 (4)	4:00:48
7	60	Jan Streblov	SV Nikar Heidelberg	AK 30 (m)	7	0:37:51 (22)	04:38	1:56:55 (6)	2:47	1:20:05 (5)	4:02:15
8	86	Fabian Schmitt		AK 30 (m)	8	0:32:46 (5)	04:18	2:00:27 (15)	3:03	1:22:37 (11)	4:03:11
9	82	Benjamin Döring		AK 30 (m)	9	0:34:45 (9)	04:01	1:56:14 (5)	2:23	1:27:30 (24)	4:04:54
10	3202	Moritz Kordes		AK 30 (m)	10	0:29:06 (2)	04:08	2:01:10 (17)	2:46	1:28:33 (25)	4:05:44
11	131	Jannik Geiss	Race worx	AK 30 (m)	11	0:38:33 (25)	05:11	1:54:47 (2)	2:05	1:26:21 (19)	4:06:57
12	83	Konstantin Lotz		AK 30 (m)	12	0:33:29 (8)	04:00	1:58:10 (10)	3:10	1:30:43 (31)	4:09:32

Altersklassenwertung

### AK 30 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
13	67	Dominik Walter	TG48 Schweinfurt	AK 30 (m)	13	0:44:45 (53)	03:49	2:00:46 (16)	2:30	1:17:45 (3)	4:09:36
14	3238	Mike März	RC Vorwärts Speyer / United Runners of Pfalz	AK 30 (m)	14	0:38:19 (23)	04:19	1:58:57 (11)	2:07	1:26:32 (21)	4:10:14
15	90	Julian Albert		AK 30 (m)	15	0:37:19 (15)	03:56	1:58:10 (9)	2:31	1:28:49 (26)	4:10:45
16	54	Felix Tober	Soprema Team TSV Mannheim	AK 30 (m)	16	0:37:31 (19)	04:03	2:06:52 (25)	2:47	1:22:12 (9)	4:13:24
17	517	Alexander Laloj	TV 1862 Langen / SISU Training	AK 30 (m)	17	0:30:34 (4)	04:07	2:05:05 (21)	3:02	1:34:01 (37)	4:16:48
18	235	Emre Birgül	Dentsply Sirona	AK 30 (m)	18	0:35:34 (10)	05:05	1:57:01 (7)	2:54	1:36:34 (46)	4:17:07
19	243	Christian Geimer	Die MANNschaft e.V.	AK 30 (m)	19	0:33:04 (7)	04:31	2:08:33 (30)	1:54	1:30:41 (30)	4:18:43
20	356	Schwäbe Carsten	LTV Obereichsfeld	AK 30 (m)	20	0:38:49 (27)	05:11	2:09:08 (31)	3:16	1:24:12 (14)	4:20:36
21	621	Chris Breitbarth		AK 30 (m)	21	0:39:25 (29)	05:09	2:05:12 (22)	1:56	1:30:20 (29)	4:22:01
22	581	Martin Schricker		AK 30 (m)	22	0:41:10 (38)	05:43	2:01:11 (18)	2:07	1:33:04 (36)	4:23:15
23	37	Florian Lippenmeyer	EOSC Offenbach	AK 30 (m)	23	0:42:34 (44)	02:55	2:13:37 (45)	2:32	1:21:50 (8)	4:23:28
24	470	Alexander Schlamann	Tria Team Bruchköbel	AK 30 (m)	24	0:37:44 (21)	04:25	2:06:57 (26)	2:55	1:32:07 (32)	4:24:08
25	171	Lorenz Merle		AK 30 (m)	25	0:40:20 (34)	04:15	2:11:52 (40)	2:54	1:25:09 (15)	4:24:31
26	110	Johannes Gerhäuser	CdGvK	AK 30 (m)	26	0:43:50 (50)	04:56	2:11:54 (41)	2:43	1:22:22 (10)	4:25:44
27	33	Christoph Kempf	Eintracht Frankfurt Triathlon	AK 30 (m)	27	0:38:48 (26)	06:48	2:06:12 (23)	2:45	1:32:10 (33)	4:26:42
28	717	Nicola Innocenti	Trilux	AK 30 (m)	28	0:43:41 (48)	04:44	2:16:15 (50)	2:16	1:20:29 (6)	4:27:25
29	3229	Benedikt Echaust		AK 30 (m)	29	0:43:41 (49)	05:43	2:09:40 (33)	2:41	1:25:53 (17)	4:27:39
30	434	Thomas Schober	Team Erdinger Alkoholfrei	AK 30 (m)	30	0:43:23 (46)	04:49	1:59:37 (14)	4:31	1:35:45 (44)	4:28:06
31	239	Tim-Philip Sixel	d-fine GmbH	AK 30 (m)	31	0:35:35 (11)	06:23	2:07:19 (27)	2:35	1:37:01 (47)	4:28:52
32	268	Yannic-Manuel Granzer	Eintracht Frankfurt Triathlon	AK 30 (m)	32	0:37:13 (14)	04:59	2:17:53 (54)	2:51	1:26:04 (18)	4:29:00
33	714	Henning Walter		AK 30 (m)	33	0:39:58 (31)	05:14	2:16:25 (51)	2:12	1:27:24 (23)	4:31:14
34	263	Philip Wagner	Eintracht Frankfurt Triathlon	AK 30 (m)	34	0:35:52 (12)	07:54	2:08:11 (29)	2:50	1:37:45 (50)	4:32:31
35	506	Jan Roßel	TTLL \ #crewlove Mz-Wi	AK 30 (m)	35	0:40:51 (36)	08:35	2:11:15 (38)	2:36	1:29:41 (28)	4:32:58
36	3234	Dirk Bansner		AK 30 (m)	36	0:45:00 (54)	04:55	2:10:13 (35)	2:59	1:25:20 (16)	4:33:27 *
37	106	Sebastian Müller	Asphalt Racer Hochwald e.V.	AK 30 (m)	37	0:46:28 (61)	05:01	2:06:51 (24)	3:03	1:32:46 (34)	4:34:09
38	3204	Max Brüderl	Laufshop Leder	AK 30 (m)	38	0:47:31 (67)	05:37	2:12:43 (43)	2:27	1:28:49 (26)	4:37:07

#### AK 30 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
39	174	Manuel Riedel		AK 30 (m)	39	0:47:44 (68)	05:57	2:02:45 (19)	2:21	1:38:44 (51)	4:37:31
40	479	David Freibott	Triathlon Team DSW Darmstadt	AK 30 (m)	40	0:38:19 (23)	05:14	2:11:48 (39)	3:08	1:39:07 (54)	4:37:36
41	362	Fabian Murach	MTV Kronberg	AK 30 (m)	41	0:42:04 (42)	05:08	2:14:17 (48)	2:22	1:34:50 (39)	4:38:42
42	685	Jan-Phillip Seel		AK 30 (m)	42	0:47:14 (63)	06:22	2:18:55 (59)	2:45	1:23:53 (13)	4:39:08
43	3203	Dominik Lorenz	Verkehrsgesellschaft Frankfurt am Main	AK 30 (m)	43	0:45:55 (57)	04:20	2:11:06 (37)	2:50	1:35:24 (41)	4:39:36
44	676	Janick Rehberger		AK 30 (m)	44	0:37:08 (13)	07:09	2:15:29 (49)	2:37	1:37:22 (49)	4:39:44
45	491	Maximilian Kraft	TriTeam Giessen	AK 30 (m)	45	0:40:33 (35)	05:07	2:11:01 (36)	4:07	1:40:03 (57)	4:40:50
46	600	Ingo Rein		AK 30 (m)	46	0:39:17 (28)	06:12	2:07:53 (28)	2:53	1:44:55 (63)	4:41:10
47	675	Alexander Völker		AK 30 (m)	47	0:41:14 (39)	05:41	2:16:42 (52)	2:12	1:35:31 (42)	4:41:20
48	509	Sebastian Wagner	TuS Lindenhofhausen	AK 30 (m)	48	0:43:59 (51)	06:13	2:09:47 (34)	1:55	1:40:15 (58)	4:42:09
49	416	Sergei Vakhturov	SSC	AK 30 (m)	49	0:45:04 (55)	05:39	2:13:50 (46)	3:18	1:35:34 (43)	4:43:25
50	643	Lukas Bauer		AK 30 (m)	50	0:46:10 (58)	06:57	2:04:07 (20)	3:21	1:44:40 (62)	4:45:15
51	424	Franz Schäfer	SV TriCity Darmstadt	AK 30 (m)	51	0:43:41 (47)	06:14	2:14:02 (47)	2:45	1:39:24 (55)	4:46:06
52	699	Hagen Demmerle		AK 30 (m)	52	0:51:21 (73)	07:19	2:12:32 (42)	3:19	1:33:00 (35)	4:47:31
53	271	Patrick Nagl	Eintracht Frankfurt Triathlon	AK 30 (m)	53	0:51:18 (72)	04:28	2:13:20 (44)	3:05	1:38:57 (52)	4:51:06
54	570	Schmalenberg Tim		AK 30 (m)	54	0:48:29 (70)	06:36	2:18:37 (56)	3:08	1:34:18 (38)	4:51:07
55	136	Eric Wappner	Schwimmclub Illingen e.V.	AK 30 (m)	55	0:37:42 (20)	05:38	2:17:40 (53)	2:15	1:48:33 (68)	4:51:48
56	636	Michael Hammer		AK 30 (m)	56	0:39:31 (30)		( )	2:37	1:39:01 (53)	4:51:55 *
57	574	Maurice Görg		AK 30 (m)	57	0:40:52 (37)	06:27	2:22:39 (62)	3:07	1:43:55 (60)	4:57:00
58	302	Pascal Heitel	EOSC Offenbach	AK 30 (m)	58	0:47:06 (62)		( )		1:39:59 (56)	4:57:42
59	624	Muschwitz Christian		AK 30 (m)	59	0:47:18 (65)	10:33	2:18:54 (58)	5:48	1:36:19 (45)	4:58:52
60	273	Christian Wagner	Eintracht Frankfurt Triathlon	AK 30 (m)	60	0:43:19 (45)	05:55	2:18:34 (55)	2:39	1:48:41 (69)	4:59:08
61	543	David García	Woman Balance	AK 30 (m)	61	0:41:15 (40)	09:53	2:18:49 (57)	2:50	1:46:41 (65)	4:59:27
62	440	Mike Bäcker	Team Erdinger Alkoholfrei	AK 30 (m)	62	0:40:11 (32)		( )	3:33	1:50:37 (71)	5:01:12
63	228	Jan Köhler	DB/VDES	AK 30 (m)	63	0:53:47 (75)	07:17	2:30:54 (69)	2:40	1:27:21 (22)	5:01:58
64	3240	Ergün Uzun		AK 30 (m)	64	0:44:44 (52)	08:07	2:19:48 (61)	3:11	1:47:09 (66)	5:02:58
65	579	Pedro Diogo Gomes		AK 30 (m)	65	0:42:24 (43)	06:47	2:19:23 (60)	3:39	1:45:52 (64)	5:03:05 *

#### AK 30 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
66	566	Herbert Falkenbach		AK 30 (m)	66	0:45:47 (56)	04:59	2:27:13 (67)	2:15	1:43:46 (59)	5:03:59
67	105	Matthias Wiesen	Asphalt Racer Hochwald e.V.	AK 30 (m)	67	0:40:18 (33)	05:24	2:09:23 (32)	3:01	2:07:50 (78)	5:05:57
68	614	Sven Schubert		AK 30 (m)	68	0:53:47 (76)		( )	4:17	1:35:17 (40)	5:06:14
69	707	von Schenck Jakob		AK 30 (m)	69	0:52:43 (74)	06:06	2:28:34 (68)	2:40	1:37:07 (48)	5:07:10
70	125	Alexander Fabri	LifePark Max e.V.	AK 30 (m)	70	0:46:11 (59)	06:56	2:25:35 (65)	4:59	1:44:33 (61)	5:08:13
71	594	Tim Kretschmer		AK 30 (m)	71	0:41:31 (41)	07:01	2:23:07 (64)	3:42	1:56:51 (76)	5:12:11
72	328	Stefan Bösch	HORBACH	AK 30 (m)	72	0:50:07 (71)	06:13	2:26:07 (66)	3:02	1:47:59 (67)	5:13:27
73	65	M Gniza	Team-Naunheim Sport e.V.	AK 30 (m)	73	0:47:17 (64)	07:21	2:22:56 (63)	2:38	1:58:11 (77)	5:18:23
74	627	Maximilian Rust		AK 30 (m)	74	0:46:15 (60)		( )	2:42	1:49:04 (70)	5:19:45
75	709	Christian Hausding		AK 30 (m)	75	0:48:27 (69)		( )	3:12	1:55:28 (74)	5:27:35
76	381	Jan Ahlbrand	RSV Heidelberg	AK 30 (m)	76	1:01:04 (79)		( )	2:50	1:56:20 (75)	5:28:00 *
77	664	Steven Hastermann		AK 30 (m)	77	0:47:27 (66)	07:57	2:38:07 (71)	2:56	1:52:40 (72)	5:29:07
78	625	Stefan Schandl		AK 30 (m)	78	1:00:23 (78)	09:42	2:37:54 (70)	5:30	1:54:06 (73)	5:47:35
79	218	Sven Berghaus	Bremthaler TTV	AK 30 (m)	79	0:56:30 (77)	09:16	2:54:36 (72)	6:50	2:20:11 (79)	6:27:24

#### AK 35 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	2	Katharina Grohmann	Fun-Ball Dortelweil e.V.	AK 35 (w)	1	0:34:33 (1)	03:50	1:55:39 (1)	1:56	1:20:56 (1)	3:56:54
2	9	Jenni Paglia	Home of Triathlon St. Moritz	AK 35 (w)	2	0:34:52 (2)	04:50	2:11:34 (2)	2:19	1:28:38 (2)	4:22:13
3	89	Ramona Schwarzmann		AK 35 (w)	3	0:39:03 (4)	06:23	2:14:15 (3)	2:34	1:32:45 (4)	4:35:00
4	3225	KATHARINA Brosch	Team Bad Orb- Gesund im Spessart	AK 35 (w)	4	0:36:15 (3)	04:40	2:14:59 (4)	2:24	1:44:03 (10)	4:42:21
5	497	Marie Schwöppe	TSG Kleinostheim	AK 35 (w)	5	0:40:27 (5)	04:53	2:23:05 (6)	3:13	1:39:43 (6)	4:51:21
6	161	Steffi Bublitz	TuS Fritzlar Triathlon	AK 35 (w)	6	0:42:35 (7)	06:23	2:26:37 (9)	2:06	1:36:06 (5)	4:53:47
7	404	Anja Rubik	SG Stern Stuttgart Triathlon	AK 35 (w)	7	0:42:55 (8)		( )	2:43	1:43:50 (9)	4:55:01
8	454	Jenny Frenzel	Team Zoot Europe	AK 35 (w)	8	0:41:58 (6)		( )	2:48	1:41:45 (7)	4:56:28
9	30	Cornelia Thon	Dreikraft Neunkirchen e.V.	AK 35 (w)	9	0:47:56 (13)	06:36	2:28:03 (10)	3:19	1:31:31 (3)	4:57:25



#### AK 35 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
10	157	Andrea Legge	TriTeam Freiburg	AK 35 (w)	10	0:44:04 (9)		( )	3:08	1:52:16 (15)	5:00:16
11	3223	Gesa Gleue	Sportschule Jüngling	AK 35 (w)	11	0:45:27 (10)	07:22	2:18:53 (5)	2:48	1:48:16 (12)	5:02:46
12	451	Sandra Schubert	Team Naunheim Sport e. V.	AK 35 (w)	12	0:50:08 (15)	06:58	2:30:33 (11)	4:06	1:44:54 (11)	5:16:40
13	306	Kathrin Denise Jessica Schäfers	ErdnussbutterRacingTeam	AK 35 (w)	13	0:47:26 (12)		( )	3:07	1:43:11 (8)	5:17:32
14	3200	Yana Tumakova	TriTatry	AK 35 (w)	14	0:51:16 (16)	04:34	2:26:25 (8)	3:19	1:59:39 (16)	5:25:12
15	3217	Nadine Kraft	SRH CAMPUS SPORTS e.V.	AK 35 (w)	15	0:52:07 (18)	09:40	2:33:03 (12)	3:10	1:51:08 (14)	5:29:08
16	458	Jessica Grebe	Team-Naunheim.de	AK 35 (w)	16	0:51:34 (17)		( )	3:46	1:49:03 (13)	5:35:18
17	456	Carolin Schmidt	team-naunheim.de	AK 35 (w)	17	0:47:16 (11)	09:00	2:23:12 (7)	3:54	2:17:00 (17)	5:40:21
18	572	Saskia Körn	Eintracht Frankfurt Triathlon	AK 35 (w)	18	0:49:48 (14)	07:32	2:37:13 (13)	4:39	2:35:38 (19)	6:14:52
19	613	Julia Martin		AK 35 (w)	19	0:57:43 (20)	05:10	2:58:08 (15)	5:49	2:26:01 (18)	6:32:51
20	530	Jenny Engels	Ute Mückel	AK 35 (w)	20	0:55:32 (19)	09:37	2:38:18 (14)	4:06	3:06:23 (20)	6:53:56

#### AK 35 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	96	Thomas Bosch	TC Backnang	AK 35 (m)	1	0:32:54 (3)	03:10	1:48:01 (1)	2:03	1:11:11 (1)	3:37:20
2	535	Klipp Christoph	VfL Sindelfingen	AK 35 (m)	2	0:32:55 (4)	04:56	1:57:12 (2)	2:21	1:18:48 (3)	3:56:11
3	28	Moritz Weith	DB/VDES	AK 35 (m)	3	0:45:43 (34)	04:04	1:59:59 (3)	2:31	1:20:19 (5)	4:12:36
4	25	Jan Eckhardt	ASC Göttingen Triathlon Team	AK 35 (m)	4	0:37:24 (9)	04:06	2:01:45 (4)	2:26	1:27:51 (9)	4:13:31
5	70	Bastian Liewig	Triathlon Team DSW Darmstadt	AK 35 (m)	5	0:46:05 (38)	04:33	2:05:33 (7)	2:22	1:17:53 (2)	4:16:26
6	107	Nico Hoffmann	ASV Ehningen e.V.	AK 35 (m)	6	0:34:53 (7)	08:10	2:07:38 (8)	3:43	1:26:29 (7)	4:20:53
7	109	Stefan Augustin	BSG MTU Aero Engines	AK 35 (m)	7	0:41:37 (15)	04:02	2:04:46 (6)	3:06	1:32:05 (16)	4:25:35
8	3205	Jonas Scheibchen	Mach 3 Köln e.V.	AK 35 (m)	8	0:33:32 (5)	05:22	2:17:56 (27)	2:56	1:26:05 (6)	4:25:52
9	260	Alexander Eck	Eintracht Frankfurt Triathlon	AK 35 (m)	9	0:42:08 (18)	05:00	2:04:42 (5)	2:39	1:33:00 (17)	4:27:29
10	719	Timo Biedenkapp		AK 35 (m)	10	0:48:24 (42)	07:00	2:12:45 (18)	3:11	1:20:18 (4)	4:31:38
11	203	Michael Burkard	ADAC Triathlonclub Gelnhausen	AK 35 (m)	11	0:45:27 (31)	06:06	2:11:52 (17)	2:46	1:26:42 (8)	4:32:53
12	178	Benjamin Lex		AK 35 (m)	12	0:45:44 (35)	05:38	2:08:11 (10)	2:34	1:31:59 (15)	4:34:06

#### AK 35 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
13	160	Maximilian Lauck	TuS Fritzlari Triathlon	AK 35 (m)	13	0:40:24 (12)	04:34	2:17:34 (26)	2:17	1:29:58 (12)	4:34:47
14	62	Christoph Hartmüller	Team Erdinger Alkoholfrei	AK 35 (m)	14	0:44:28 (27)	06:46	2:10:24 (15)	2:47	1:30:40 (13)	4:35:06
15	747	Martin Blömker	BSG Merck	AK 35 (m)	15	0:50:16 (46)	05:03	2:07:55 (9)	2:16	1:33:40 (18)	4:39:09
16	287	Oliver Krahe	Eintracht Frankfurt Triathlon	AK 35 (m)	16	0:40:32 (14)	06:06	2:20:21 (30)	4:14	1:28:48 (10)	4:40:02
17	593	May-Johann Timo		AK 35 (m)	17	0:41:46 (16)	07:16	2:09:16 (12)	2:42	1:39:25 (28)	4:40:25
18	482	Jan Ripperger	Triathlon Wetterau	AK 35 (m)	18	0:42:24 (20)	05:08	2:10:24 (14)	2:14	1:41:49 (31)	4:41:59
19	139	Leonhard Bölke	SKG Sprendlingen	AK 35 (m)	19	0:33:49 (6)	06:19	2:15:19 (21)	2:19	1:44:46 (37)	4:42:31
20	322	Maximilian Könen	Godfathers of Bball	AK 35 (m)	20	0:54:12 (49)	06:23	2:11:04 (16)	3:11	1:29:10 (11)	4:44:00
21	274	André Groß	Eintracht Frankfurt Triathlon	AK 35 (m)	21	0:46:26 (39)	08:10	2:08:18 (11)	3:06	1:38:39 (24)	4:44:38
22	200	Christian Kraft	team-naunheim.de	AK 35 (m)	22	0:39:33 (10)	08:17	2:16:03 (23)	2:46	1:38:28 (23)	4:45:07
23	542	Maik Grundmann	Whiskylovers Club	AK 35 (m)	23	0:42:33 (21)	05:52	2:16:55 (24)	3:23	1:36:35 (21)	4:45:18
24	191	Samy El-Menshawy		AK 35 (m)	24	0:41:54 (17)	08:18	2:22:58 (33)	2:43	1:31:31 (14)	4:47:23
25	3236	Marco Krause	R+V Triathlon Team	AK 35 (m)	25	0:45:51 (36)	04:59	2:09:26 (13)	3:11	1:43:58 (36)	4:47:24
26	331	Hendrik Gölzer	Hunsrück hilft	AK 35 (m)	26	0:45:03 (30)		( )	3:09	1:41:33 (30)	4:51:41
27	184	Alexander Neth		AK 35 (m)	27	0:44:33 (29)	05:36	2:15:52 (22)	3:39	1:42:50 (33)	4:52:30
28	478	Martin Lindner	Triathlon Team DSW Darmstadt	AK 35 (m)	28	0:40:24 (13)	05:34	2:23:57 (34)	4:21	1:39:20 (27)	4:53:36
29	3221	Steffen Urbansky		AK 35 (m)	29	0:42:22 (19)	06:40	2:28:14 (41)	2:59	1:34:36 (19)	4:54:50
30	222	Olli González	DAV Koblenz	AK 35 (m)	30	0:49:54 (45)	06:35	2:15:16 (20)	4:13	1:39:56 (29)	4:55:54
31	743	Michael Binus	Eintracht Frankfurt Triathlon	AK 35 (m)	31	0:43:47 (25)	06:38	2:24:49 (37)	2:37	1:38:45 (26)	4:56:35
32	729	Roland Carls	Eintracht Frankfurt Triathlon	AK 35 (m)	32	0:48:42 (43)	07:46	2:19:10 (29)	4:56	1:37:21 (22)	4:57:56
33	523	HÖFLE Marvin	TV Langen	AK 35 (m)	33	0:42:47 (23)	08:03	2:22:00 (31)	4:27	1:42:32 (32)	4:59:49
34	713	Tobias Gerigk		AK 35 (m)	34	0:40:13 (11)	06:05	2:29:48 (45)	3:08	1:43:57 (35)	5:03:11
35	469	Lamonte Rommel	Tria Team Bruchköbel	AK 35 (m)	35	0:43:46 (24)	09:47	2:31:47 (46)	3:43	1:35:06 (20)	5:04:10
36	254	Sebastian Hofmann	Eintracht Frankfurt Triathlon	AK 35 (m)	36	0:57:02 (52)	08:22	2:12:47 (19)	2:53	1:43:46 (34)	5:04:50
37	231	Patrick Kirsch	DB/VDES	AK 35 (m)	37	0:44:30 (28)	09:31	2:25:50 (38)	4:27	1:45:18 (38)	5:09:35
38	261	Christian Reuter	Eintracht Frankfurt Triathlon	AK 35 (m)	38	0:47:44 (41)	07:11	2:18:19 (28)	3:52	1:56:49 (43)	5:13:55
39	3239	Nicholas Kene	WVC Kassel	AK 35 (m)	39	0:42:41 (22)		( )	4:20	1:54:17 (40)	5:14:17

#### AK 35 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
40	286	Matthäus Prochownik	Eintracht Frankfurt Triathlon	AK 35 (m)	40	0:51:08 (47)	05:43	2:22:48 (32)	2:17	1:54:01 (39)	5:15:57
41	301	David Muhs	EOSC Offenbach	AK 35 (m)	41	0:46:55 (40)	04:49	2:17:01 (25)	3:05	2:04:20 (50)	5:16:11
42	187	Robert W. Landertinger		AK 35 (m)	42	0:32:29 (2)	11:31	2:29:21 (44)	4:32	2:00:26 (46)	5:18:19
43	394	Nils Giesselmann	Schwimmverein Waiblingen e.V.	AK 35 (m)	43	0:44:11 (26)		( )	4:22	1:38:41 (25)	5:19:07
44	338	Federico Amor	Kein Verein	AK 35 (m)	44	0:36:49 (8)	11:41	2:29:04 (43)	4:06	1:58:44 (45)	5:20:23
45	484	Jens Raisl	Triathlon Wetterau	AK 35 (m)	45	0:55:06 (50)	08:48	2:24:19 (35)	2:54	1:56:04 (42)	5:27:11
46	343	Tobias Thielmann	Lauf Team Unna	AK 35 (m)	46	0:52:33 (48)	05:26	2:28:14 (42)	3:16	1:58:36 (44)	5:28:05
47	690	Christian Päßler		AK 35 (m)	47	0:45:28 (32)	07:55	2:32:39 (47)	4:49	2:00:49 (47)	5:31:41
48	223	Tobias Krick	DB/VDES	AK 35 (m)	48	0:57:36 (54)	07:36	2:28:05 (39)	3:32	1:54:55 (41)	5:31:44
49	3237	Henrik Ziche	Erdinger Alkoholfrei Team	AK 35 (m)	49	0:46:03 (37)	11:05	2:28:07 (40)	3:43	2:03:00 (49)	5:31:57
50	623	Dirk Kleemann		AK 35 (m)	50	0:45:33 (33)	09:20	2:24:27 (36)	4:23	2:14:17 (54)	5:38:00
51	309	Dirk Frerichs	FC St. Pauli Triathlon	AK 35 (m)	51	0:49:13 (44)	08:05	2:44:17 (50)	3:13	2:02:52 (48)	5:47:40
52	631	Rodrigo Carrasco		AK 35 (m)	52	0:56:05 (51)	06:10	2:34:58 (48)	4:02	2:11:26 (53)	5:52:41
53	449	Sebastian Best	Team Moseleck	AK 35 (m)	53	0:57:20 (53)	08:58	2:38:37 (49)	4:21	2:09:51 (52)	5:59:07
54	597	Oskar Siwka		AK 35 (m)	54	1:04:46 (56)	09:01	2:51:56 (52)	4:36	2:07:03 (51)	6:17:22
55	257	Jan Niemeyer	Eintracht Frankfurt Triathlon	AK 35 (m)	55	0:59:24 (55)	12:44	2:46:25 (51)	5:52	2:22:49 (55)	6:27:14
DISQ	73	Christian Nemptut	Triathlon Wetterau	AK 35 (m)		0:38:43 ( )	04:29	2:03:34 ( )	2:53	1:09:05 ( )	3:58:44

#### AK 40 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	94	Stephanie Weiß	TV Bad Orb	AK 40 (w)	1	0:30:01 (1)	03:40	2:04:10 (2)	2:23	1:23:30 (1)	4:03:44
2	8	Verena Walter	Marathon-Club-Menden	AK 40 (w)	2	0:33:35 (3)	04:00	2:01:57 (1)	2:12	1:28:37 (2)	4:10:21
3	49	Katharina Grölz	ReaCard TUS Griesheim	AK 40 (w)	3	0:39:32 (6)	04:30	2:04:36 (3)	2:21	1:30:19 (3)	4:21:18
4	303	Tina Lucas	EOSC Offenbach	AK 40 (w)	4	0:31:29 (2)	04:38	2:15:35 (5)	2:34	1:31:32 (4)	4:25:48
5	92	Jenny Hänseroth	SC Oberursel/ Helaba BSG Triathlon	AK 40 (w)	5	0:37:10 (5)		( )	2:33	1:34:26 (6)	4:34:07
6	196	Kristina Bühler		AK 40 (w)	6	0:49:21 (11)	05:50	2:12:15 (4)	2:14	1:32:43 (5)	4:42:23

#### AK 40 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
7	357	Natascha Braunschläger	LuT Aschaffenburg	AK 40 (w)	7	0:50:17 (12)		( )	3:15	1:40:30 (7)	5:05:38
8	672	Anne Recker		AK 40 (w)	8	0:35:42 (4)	04:51	2:36:00 (8)	2:41	1:55:05 (13)	5:14:19
9	47	Kerstin Schumann	Powerbärs Rednitzhembach e.V.	AK 40 (w)	9	0:50:18 (13)	06:36	2:29:33 (6)	2:35	1:50:44 (10)	5:19:44
10	410	Stefanie Beck	Sparda-Team Rechberghausen	AK 40 (w)	10	0:48:34 (10)		( )	5:11	1:50:16 (9)	5:22:05
11	353	Christina Detzen	LTF Theeltal	AK 40 (w)	11	0:42:16 (7)		( )	3:44	1:57:46 (14)	5:23:09
12	567	Theresa Bennewitz		AK 40 (w)	12	0:46:42 (8)	10:07	2:35:01 (7)	6:14	1:48:15 (8)	5:26:20
13	51	Adrienne Cosey	RSC Pedalo Weiterstadt	AK 40 (w)	13	0:46:59 (9)	05:10	2:39:35 (10)	3:38	1:53:48 (12)	5:29:09
14	313	Regina Kohnke	Frika Triathlon Team	AK 40 (w)	14	0:59:34 (17)		( )	3:37	1:52:10 (11)	5:39:50
15	3212	Karoline Berger		AK 40 (w)	15	0:54:41 (15)	08:51	2:36:26 (9)	4:07	2:12:32 (15)	5:56:37
16	639	Conny Wegner		AK 40 (w)	16	0:50:59 (14)	10:44	2:40:53 (11)	5:36	2:25:48 (16)	6:13:59
17	573	Ilona Meudt		AK 40 (w)	17	0:54:42 (16)		( )	4:19	2:27:30 (17)	6:17:44

#### AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	1	Lukasz Wojt	Pewagracingteam	AK 40 (m)	1	0:23:56 (1)	03:10	1:47:44 (1)	1:52	1:12:11 (1)	3:28:52
2	749	Henrik Apel		AK 40 (m)	2	0:32:38 (4)	03:52	1:54:47 (2)	2:10	1:14:46 (2)	3:48:13
3	154	Oliver Heil	Triathlon Wetterau	AK 40 (m)	3	0:32:24 (3)	04:15	1:55:27 (3)	2:21	1:22:49 (5)	3:57:16
4	389	Fabian Felix	SC Wiesbaden 1911 e.V.	AK 40 (m)	4	0:39:15 (11)	03:56	1:59:32 (5)	2:07	1:17:14 (3)	4:02:03
5	99	Christian Lüders	Team Zoot Europe	AK 40 (m)	5	0:33:28 (5)	04:52	2:01:18 (8)	2:32	1:24:38 (7)	4:06:49
6	414	Frank Ziewers	Spiridon Frankfurt	AK 40 (m)	6	0:36:34 (7)	05:31	1:55:30 (4)	2:39	1:28:36 (16)	4:08:50
7	95	Dominik Herold	SC Oberursel	AK 40 (m)	7	0:30:48 (2)	04:21	2:08:04 (25)	2:04	1:27:02 (12)	4:12:19
8	244	Stefan Marx	Djk Triathlon Andernach	AK 40 (m)	8	0:39:06 (10)	03:57	2:04:54 (14)	2:11	1:26:23 (10)	4:16:29
9	746	Rene Redelberger	RV Concordia Birkenfeld	AK 40 (m)	9	0:43:20 (33)	05:25	2:00:06 (6)	2:35	1:25:09 (8)	4:16:36
10	296	Roland Schmelz	Eintracht Frankfurt Triathlon	AK 40 (m)	10	0:41:40 (24)	04:50	2:02:22 (11)	2:52	1:27:41 (14)	4:19:25
11	680	Knut Seibel		AK 40 (m)	11	0:46:53 (50)	04:58	2:01:52 (9)	3:53	1:22:31 (4)	4:20:07
12	69	Markus Jenzowski	Tri Team Mözowski	AK 40 (m)	12	0:42:36 (29)	05:52	2:02:15 (10)	3:04	1:28:55 (19)	4:22:43

Altersklassenwertung

### AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
13	417	Holger Steinhardt	SSF Bonn	AK 40 (m)	13	0:34:13 (6)	05:51	2:03:36 (12)	2:39	1:36:50 (44)	4:23:08
14	324	Sebastian Sandner	Helaba BSG Triathlon	AK 40 (m)	14	0:44:54 (41)	05:09	2:05:12 (15)	3:06	1:27:07 (13)	4:25:28
15	502	Björn Vielberth	TSV Dettingen / Erms Abt. Rad	AK 40 (m)	15	0:42:15 (26)	04:46	2:07:30 (20)	2:02	1:28:59 (20)	4:25:31
16	344	Garbe Lucas	LAZ Saarbrücken	AK 40 (m)	16	0:41:16 (21)	05:42	2:10:11 (32)	2:31	1:26:15 (9)	4:25:56
17	111	Christian Weitert	Danarte Racing	AK 40 (m)	17	0:39:47 (15)	05:35	2:09:50 (29)	3:20	1:28:31 (15)	4:27:02
18	427	Jens Laue	SV TRICITY Darmstadt	AK 40 (m)	18	0:42:29 (28)	04:58	2:15:03 (44)	2:05	1:22:53 (6)	4:27:27
19	195	David Štibr		AK 40 (m)	19	0:42:55 (32)	06:01	2:08:56 (26)	3:24	1:26:58 (11)	4:28:14
20	513	Johannes Jausen	TUS Zeppelinheim	AK 40 (m)	20	0:42:15 (27)	08:24	2:01:12 (7)	3:58	1:34:05 (34)	4:29:54
21	704	Markus Rauch		AK 40 (m)	21	0:41:34 (23)	04:56	2:07:40 (22)	2:03	1:34:56 (38)	4:31:10
22	289	Daniel Hänke	Eintracht Frankfurt Triathlon	AK 40 (m)	22	0:47:23 (53)	07:40	2:07:21 (19)	2:30	1:28:47 (17)	4:33:40
23	15	Timo Möschk	Neles Bodenbealege	AK 40 (m)	23	0:40:52 (19)	05:51	2:12:52 (37)	3:48	1:31:46 (27)	4:35:08
24	601	Jan Feldhaus		AK 40 (m)	24	0:39:17 (12)	05:09	2:13:00 (38)	3:40	1:34:12 (35)	4:35:18
25	723	David Weigert	ReWork	AK 40 (m)	25	0:50:52 (67)	06:56	2:06:09 (17)	2:42	1:28:49 (18)	4:35:28
26	691	Thorsten Stevens		AK 40 (m)	26	0:41:08 (20)	06:11	2:04:45 (13)	3:27	1:40:01 (53)	4:35:33
27	630	Robert König		AK 40 (m)	27	0:43:48 (37)	06:44	2:09:15 (28)	3:05	1:33:50 (32)	4:36:41
28	609	Marcel Ahaus		AK 40 (m)	28	0:48:20 (57)	06:09	2:10:37 (34)	2:57	1:31:02 (23)	4:39:04
29	158	Sven Deger	TRT Remchingen	AK 40 (m)	29	0:38:25 (8)	05:58	2:10:08 (30)	3:51	1:40:47 (57)	4:39:08
30	345	Michael Blum	LC 80 Bad Kreuznach	AK 40 (m)	30	0:41:17 (22)	05:17	2:13:12 (39)	3:52	1:35:50 (42)	4:39:26
31	102	Oliver Kude	Acatenango	AK 40 (m)	31	0:40:47 (18)	04:39	2:19:51 (55)	2:55	1:31:16 (25)	4:39:28
32	640	Alexander Wegner		AK 40 (m)	32	0:39:21 (13)	05:00	2:12:33 (36)	2:26	1:40:12 (54)	4:39:31
33	278	Bastian Nickel	Eintracht Frankfurt Triathlon	AK 40 (m)	33	0:52:46 (72)	06:45	2:07:17 (18)	3:11	1:30:18 (22)	4:40:16
34	264	Stefan Mauer	Eintracht Frankfurt Triathlon	AK 40 (m)	34	0:39:34 (14)	05:52	2:05:16 (16)	3:59	1:46:29 (64)	4:41:10
35	735	Matthias Gilles	magi_c_moments coaching Tri&Trail Rastatt	AK 40 (m)	35	0:43:32 (34)	04:51	2:15:17 (45)	2:13	1:36:58 (45)	4:42:51
36	467	Johannes Gienger	TRI Racing Team Mauchweg	AK 40 (m)	36	0:42:46 (31)	08:55	2:16:41 (47)	3:30	1:31:14 (24)	4:43:06
37	589	Andreas Königstedt		AK 40 (m)	37	0:40:04 (16)	06:06	2:16:23 (46)	3:20	1:37:27 (48)	4:43:20
38	595	Marco Hastenteufel		AK 40 (m)	38	0:43:48 (36)	06:40	2:19:22 (52)	2:48	1:32:27 (29)	4:45:04

#### AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
39	475	Oliver Treusch	Triathlon Team DSW Darmstadt	AK 40 (m)	39	0:47:29 (55)	05:37	2:10:23 (33)	3:21	1:38:57 (52)	4:45:46
40	666	Bastian Bähge		AK 40 (m)	40	0:47:29 (54)	06:57	2:10:10 (31)	3:07	1:38:15 (50)	4:45:58
41	129	Nikolaus Greff	nikolausgreff.consulting	AK 40 (m)	41	0:41:47 (25)	11:19	2:14:40 (43)	3:41	1:35:02 (39)	4:46:28
42	716	Markus Kreis		AK 40 (m)	42	0:46:39 (48)	07:28	2:07:33 (21)	3:16	1:42:16 (58)	4:47:12
43	297	Dirk Motschenbacher	Eintracht Frankfurt Triathlon	AK 40 (m)	43	0:44:51 (40)	04:52	2:18:37 (51)	3:03	1:36:06 (43)	4:47:30
44	634	Samuel Vontobel		AK 40 (m)	44	0:48:45 (61)	05:56	2:17:18 (48)	2:19	1:33:43 (31)	4:48:02
45	300	Dominic Baumgartner	Endurance Tribe	AK 40 (m)	45	0:46:25 (46)	06:35	2:24:35 (64)	2:58	1:29:33 (21)	4:50:06
46	334	Christian Braut	JPra / Die-Tri-Ing	AK 40 (m)	46	0:38:55 (9)	05:40	2:13:35 (40)	4:51	1:47:04 (66)	4:50:06
47	168	Jörn Szepat	United Runners of Pfalz	AK 40 (m)	47	0:45:08 (43)	07:31	2:20:56 (56)	2:30	1:34:16 (36)	4:50:20
48	355	Michael Groß	LTF Theeltal	AK 40 (m)	48	0:47:38 (56)	07:38	2:19:23 (53)	4:32	1:31:18 (26)	4:50:28
49	236	Andreas Taube	Dentsply Sirona	AK 40 (m)	49	0:52:38 (70)	08:13	2:11:36 (35)	4:47	1:35:07 (40)	4:52:21
50	113	Marvin Krüssel	DZ BANK Runners	AK 40 (m)	50	0:50:38 (66)		( )	3:05	1:34:52 (37)	4:52:38
51	135	Christoph Springer	SCC Berlin	AK 40 (m)	51	0:53:14 (74)	09:12	2:07:52 (23)	3:37	1:38:49 (51)	4:52:45
52	688	Jens Urban		AK 40 (m)	52	0:40:41 (17)		( )	3:35	1:44:25 (61)	4:53:10
53	3235	Florian Casel-Aymonetti	TCEC Mainz	AK 40 (m)	53	0:48:24 (59)	06:44	2:24:30 (63)	2:58	1:33:03 (30)	4:55:39
54	358	Manfred Braunschläger	LuT Aschaffenburg	AK 40 (m)	54	0:52:13 (69)	05:24	2:19:38 (54)	3:08	1:35:40 (41)	4:56:03
55	214	Marc Paulick	Berliner TSC	AK 40 (m)	55	0:50:08 (64)	07:36	2:24:00 (61)	3:24	1:32:13 (28)	4:57:21
56	638	Frank Greiser		AK 40 (m)	56	0:48:20 (58)	07:43	2:21:16 (57)	3:04	1:37:03 (46)	4:57:26
57	347	Björn Biegner	LC Bingen	AK 40 (m)	57	0:53:10 (73)	06:49	2:18:21 (50)	2:13	1:37:51 (49)	4:58:23
58	698	Moerler Mirco		AK 40 (m)	58	0:47:22 (52)	08:41	2:23:50 (60)	3:03	1:37:12 (47)	5:00:08
59	632	Wiecha Christian		AK 40 (m)	59	0:50:36 (65)	07:52	2:17:56 (49)	2:55	1:42:43 (59)	5:02:02
60	197	Jochen Gensheimer		AK 40 (m)	60	0:59:34 (80)	11:03	2:08:58 (27)	2:47	1:40:22 (55)	5:02:43
61	319	Alexander Lenz	Fun-Ball Dortelweil	AK 40 (m)	61	0:44:12 (39)	04:59	2:14:07 (42)	3:29	1:56:57 (73)	5:03:45
62	19	Robert Böhm	Triathlon Oftersheim-Schwetzingen	AK 40 (m)	62	0:46:44 (49)	07:31	2:28:34 (71)	3:38	1:40:43 (56)	5:07:10
63	737	Davut Bas	We Run Frankfurt	AK 40 (m)	63	0:57:07 (79)	05:44	2:27:05 (68)	3:48	1:33:52 (33)	5:07:35
64	146	Marcel Kropp	swb-runners	AK 40 (m)	64	0:46:17 (44)	10:30	2:24:47 (65)	3:51	1:44:47 (63)	5:10:12
65	637	Jens Biewald		AK 40 (m)	65	0:46:20 (45)	06:45	2:24:14 (62)	2:24	1:52:20 (71)	5:12:03

#### AK 40 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
66	734	abdeslam bouchreha	Tria Team Bruchköbel	AK 40 (m)	66	0:50:06 (63)	09:19	2:23:07 (59)	2:59	1:46:41 (65)	5:12:11
67	283	Christoph Großmann	Eintracht Frankfurt Triathlon	AK 40 (m)	67	0:43:45 (35)		( )	2:52	1:57:00 (74)	5:12:34
68	730	Frank Schmitt		AK 40 (m)	68	0:51:00 (68)	07:20	2:25:40 (67)	4:45	1:44:05 (60)	5:12:50
69	230	Vitali Barth	DB/VDES	AK 40 (m)	69	0:46:58 (51)		( )	3:30	1:49:52 (67)	5:12:56
70	682	Stefan Lipp		AK 40 (m)	70	0:52:44 (71)	08:07	2:27:57 (70)	4:14	1:44:43 (62)	5:17:45
71	619	Ralf Schlimper		AK 40 (m)	71	0:53:23 (75)	08:45	2:07:55 (24)	2:25	2:12:13 (79)	5:24:40
72	255	Gerald Behrendt	Eintracht Frankfurt Triathlon	AK 40 (m)	72	0:54:28 (77)	06:54	2:29:59 (72)	2:43	1:50:42 (68)	5:24:46
73	147	Soichiro Fuji	Team 639	AK 40 (m)	73	0:48:38 (60)	06:28	2:25:30 (66)	3:09	2:01:14 (77)	5:24:59
74	556	Roland Kübert		AK 40 (m)	74	0:42:41 (30)	09:46	2:38:22 (76)	3:41	1:50:47 (69)	5:25:16
75	237	Meyer René	Dentsply Sirona	AK 40 (m)	75	0:45:06 (42)	06:23	2:30:23 (73)	4:53	1:58:46 (76)	5:25:31
76	558	Frank Kähsler		AK 40 (m)	76	0:46:32 (47)	09:11	2:33:16 (74)	3:22	1:58:41 (75)	5:31:02
77	259	Rene Charbonneau	Eintracht Frankfurt Triathlon	AK 40 (m)	77	0:49:15 (62)	07:26	2:13:42 (41)	2:41	2:21:32 (80)	5:34:35
78	123	Torsten Baur	Hawaii 2023	AK 40 (m)	78	0:53:54 (76)	09:58	2:36:17 (75)	3:30	1:51:52 (70)	5:35:30
79	207	Goetz Posner	Amadeus	AK 40 (m)	79	0:56:51 (78)	08:26	2:38:48 (77)	3:14	1:56:50 (72)	5:44:08
80	126	Markus Bauer	MAKKABI Frankfurt	AK 40 (m)	80	1:03:34 (81)	08:51	2:27:32 (69)	3:57	2:03:09 (78)	5:47:02

#### AK 45 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	26	Katrin Schmuck	Berger Schnecken SG Enkheim	AK 45 (w)	1	0:48:12 (10)	06:05	2:20:38 (3)	2:49	1:41:30 (3)	4:59:13
2	232	Tanja Bauer	DekaBank Sport e.V.	AK 45 (w)	2	0:56:12 (14)	07:28	2:16:25 (1)	3:13	1:39:47 (1)	5:03:04
3	156	Alexandra Ortwein	Tri-Force Fulda	AK 45 (w)	3	0:47:17 (7)	05:04	2:32:38 (7)	2:15	1:40:20 (2)	5:07:33
4	395	Martina Geismar-Steidl	SCOberlahn	AK 45 (w)	4	0:43:27 (2)	07:41	2:17:21 (2)	4:02	1:58:02 (7)	5:10:32
5	170	Katja Kreuter		AK 45 (w)	5	0:44:57 (3)	08:07	2:30:53 (6)	3:28	1:43:41 (4)	5:11:06
6	738	Miriam Siegenger	Erdinger Active Team	AK 45 (w)	6	0:45:38 (4)	05:42	2:24:01 (4)	3:40	2:05:02 (12)	5:24:03
7	116	Verena zu Dohna	Eintracht Frankfurt Triathlon	AK 45 (w)	7	1:03:14 (16)	04:30	2:24:36 (5)	3:37	1:57:30 (6)	5:33:27
8	3219	Sina Becker	RSG Böblingen Triathlon	AK 45 (w)	8	0:47:22 (8)	09:56	2:32:47 (8)	4:56	2:00:40 (10)	5:35:40

**AK 45 (w)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
9	387	Miriam Kiefer	SC Steinberg	AK 45 (w)	9	0:47:40 (9)	08:10	2:51:10 (14)	3:54	1:45:33 (5)	5:36:27
10	504	Sabine Nowack	Triathlon Team Gießen	AK 45 (w)	10	0:48:51 (11)	08:05	2:37:00 (10)	3:50	1:59:37 (9)	5:37:22
11	507	Birgit Bär	TUS Efringen-Kirchen	AK 45 (w)	11	0:45:42 (5)	08:57	2:33:40 (9)	3:51	2:11:08 (13)	5:43:18
12	498	Simone Keimel	TSV 1848 Hungen	AK 45 (w)	12	0:45:53 (6)	11:07	2:45:52 (13)	4:36	1:59:34 (8)	5:47:02
13	3216	Kathrin Strelow	SG Arheilgen - Triathlon	AK 45 (w)	13	0:51:23 (12)	06:36	2:38:27 (11)	4:33	2:13:48 (14)	5:54:47
14	150	Dagmar Roos	TG Bornheim	AK 45 (w)	14	0:41:55 (1)	06:53	2:41:22 (12)	5:18	2:20:03 (15)	5:55:31
15	366	Kristina Buhre	power & pace	AK 45 (w)	15	1:00:30 (15)	10:43	2:51:58 (15)	4:09	2:02:41 (11)	6:10:00
16	444	Simone Bickel	Team Fliesen Neufeld	AK 45 (w)	16	0:54:05 (13)	14:17	3:04:12 (16)	6:43	2:38:39 (16)	6:57:56

**AK 45 (m)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	40	Patrick Roos	FC St. Pauli Triathlon	AK 45 (m)	1	0:34:04 (3)	03:50	1:56:12 (2)	1:54	1:14:28 (1)	3:50:27
2	48	Phillip Becker	REA Card Triathlon Team Tus Griesheim	AK 45 (m)	2	0:34:35 (4)	03:10	1:52:30 (1)	2:11	1:23:30 (3)	3:55:55
3	50	David Procházka	ROAD2KONA	AK 45 (m)	3	0:32:55 (1)	03:47	1:58:57 (3)	2:47	1:19:20 (2)	3:57:47
4	476	Sebastian Sauer	Triathlon Team DSW Darmstadt	AK 45 (m)	4	0:35:37 (5)	04:32	2:06:29 (10)	2:02	1:23:38 (4)	4:12:18
5	700	Dennis Herrmann		AK 45 (m)	5	0:35:52 (7)	07:33	2:05:44 (7)	2:21	1:24:43 (6)	4:16:13
6	130	Dr. Wolfgang Daxberger	Pewag Racing Team	AK 45 (m)	6	0:41:38 (14)	04:30	2:04:10 (5)	3:00	1:23:55 (5)	4:17:13
7	295	Yosif Manavski	Eintracht Frankfurt Triathlon	AK 45 (m)	7	0:39:30 (11)	04:21	2:07:26 (12)	1:51	1:27:27 (7)	4:20:35
8	525	Ulrich Klausmann	TV Riegel TriTeam	AK 45 (m)	8	0:35:55 (8)	04:22	2:06:07 (8)	2:28	1:32:24 (10)	4:21:16
9	307	Maciej Michniewicz	EUROVENT ATHLETICS	AK 45 (m)	9	0:37:04 (9)	07:26	2:07:13 (11)	2:06	1:29:31 (8)	4:23:21
10	124	Christian Schmidt	JPRA / Die-Tri-Ing	AK 45 (m)	10	0:42:04 (16)	05:07	2:09:42 (13)	2:54	1:34:29 (12)	4:34:14
11	325	Daniel Romey	herzlich zugewandt	AK 45 (m)	11	0:44:18 (24)	07:03	2:12:02 (16)	2:42	1:30:36 (9)	4:36:41
12	140	Jürgen Konradi	Skiclub Ober-Ramstadt	AK 45 (m)	12	0:44:51 (26)	05:22	2:02:40 (4)	3:59	1:41:03 (21)	4:37:54
13	141	Michael Raß	Soprema Team TSV Mannheim	AK 45 (m)	13	0:44:27 (25)	04:59	2:17:03 (23)	2:41	1:35:34 (15)	4:44:44
14	560	Antonio Grande Matos		AK 45 (m)	14	0:47:26 (35)	05:15	2:11:09 (14)	3:03	1:37:57 (17)	4:44:49



#### AK 45 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
15	575	Heiner Terstiege		AK 45 (m)	15	0:39:16 (10)	06:49	2:15:46 (20)	3:17	1:40:23 (20)	4:45:30
16	276	Benjamin maro	Eintracht Frankfurt Triathlon	AK 45 (m)	16	0:40:56 (12)	05:50	2:14:00 (19)	4:02	1:44:22 (25)	4:49:09
17	565	Dirk Pawlak		AK 45 (m)	17	0:35:50 (6)		( )	2:44	1:43:51 (24)	4:49:12
18	591	Jens Christian		AK 45 (m)	18	0:45:44 (29)		( )	2:19	1:36:50 (16)	4:49:18
19	400	Sascha Prehn	SG Egelsbach Triathlon	AK 45 (m)	19	0:43:41 (21)	06:24	2:22:40 (31)	2:50	1:34:33 (13)	4:50:08
20	686	Steffen Schreiber		AK 45 (m)	20	0:41:44 (15)	08:51	2:19:09 (28)	3:14	1:38:17 (18)	4:51:15
21	318	Sven Schotten	Funball Dortelweil	AK 45 (m)	21	0:42:57 (18)		( )	3:54	1:55:18 (37)	4:51:19
22	3207	Lars Hegert	LTV Erfurt	AK 45 (m)	22	0:46:10 (32)	11:40	2:16:36 (22)	3:43	1:33:31 (11)	4:51:39
23	590	Gullu Evora		AK 45 (m)	23	0:43:07 (19)	06:52	2:18:13 (26)	3:58	1:39:52 (19)	4:52:02
24	225	Christian Bergmann	DB/VDES	AK 45 (m)	24	0:46:06 (30)	06:58	2:11:44 (15)	2:14	1:45:10 (27)	4:52:11
25	576	Björn Thiemann		AK 45 (m)	25	0:48:06 (37)	07:12	2:18:52 (27)	4:01	1:34:54 (14)	4:53:04
26	712	Jens Kühn		AK 45 (m)	26	0:45:29 (28)	08:51	2:12:53 (18)	3:04	1:43:40 (23)	4:53:57
27	238	Jan Klijn	d-fine GmbH	AK 45 (m)	27	0:48:44 (38)	07:37	2:12:19 (17)	3:16	1:43:23 (22)	4:55:19
28	267	Robert Salje	Eintracht Frankfurt Triathlon	AK 45 (m)	28	0:42:10 (17)	07:10	2:21:25 (30)	3:49	1:53:45 (34)	5:08:19
29	380	Michael Nies	RSC Pedalo Weiterstadt	AK 45 (m)	29	0:43:31 (20)		( )	3:45	1:54:12 (35)	5:08:52
30	701	Josip Milakovic		AK 45 (m)	30	0:44:16 (23)		( )	3:38	1:51:53 (33)	5:11:25
31	748	Hagen Ihlefeld		AK 45 (m)	31	0:41:11 (13)	10:09	2:27:58 (33)	3:54	1:49:02 (30)	5:12:14
32	500	Jochen Knorz	TSV 1862 Friedberg Triathlon	AK 45 (m)	32	0:46:11 (33)	06:54	2:20:46 (29)	4:25	1:55:02 (36)	5:13:18
33	291	Tilo Heilmann	Eintracht Frankfurt Triathlon	AK 45 (m)	33	0:56:56 (47)	10:13	2:18:09 (25)	3:47	1:44:28 (26)	5:13:33
34	533	Jens Loehnert	VfB Altenvers	AK 45 (m)	34	0:46:06 (31)	08:57	2:29:52 (34)	4:42	1:48:22 (29)	5:17:59
35	728	Justus Keiluweit		AK 45 (m)	35	1:00:45 (49)	11:10	2:15:48 (21)	3:29	1:46:51 (28)	5:18:03
36	633	Oliver Klamm		AK 45 (m)	36	0:43:54 (22)	09:12	2:35:54 (36)	3:00	1:49:23 (31)	5:21:23
37	346	Hagen Klemm	LC Bingen	AK 45 (m)	37	0:50:49 (39)	08:24	2:22:42 (32)	2:53	1:56:41 (39)	5:21:29
38	557	Niels Drews		AK 45 (m)	38	0:47:54 (36)	07:57	2:31:00 (35)	4:19	1:50:54 (32)	5:22:03
39	252	Martin Mollet	Eintracht Frankfurt Triathlon	AK 45 (m)	39	0:53:46 (42)	07:57	2:06:25 (9)	3:20	2:17:00 (44)	5:28:27
40	234	Schlottke Mirko	Deloitte & Friends	AK 45 (m)	40	0:52:52 (41)	08:24	2:17:42 (24)	3:27	2:08:51 (42)	5:31:15
41	3220	Marco Pintar	SV Neuendorf Triathlon	AK 45 (m)	41	0:54:22 (44)		( )	3:44	2:01:05 (40)	5:34:48

**AK 45 (m)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
42	305	Christian Henneke	Erdinger Alkoholfrei	AK 45 (m)	42	0:46:33 (34)		( )	4:15	2:27:08 (47)	5:56:22
43	439	Jörn Schmalen	Team Erdinger Alkoholfrei/ideeon-Sport	AK 45 (m)	43	0:56:11 (45)	10:30	2:45:30 (40)	2:57	2:05:17 (41)	6:00:25
44	181	Tobias Rethage		AK 45 (m)	44	0:56:36 (46)	09:19	2:38:28 (37)	3:45	2:18:31 (45)	6:06:38
45	541	Joachim Pritzel	Waldseehaie Langen / SG Egelsbach	AK 45 (m)	45	1:07:46 (51)	08:42	2:50:20 (42)	4:12	1:56:35 (38)	6:07:35
46	718	Stefan Gössel		AK 45 (m)	46	0:45:28 (27)	11:37	2:45:51 (41)	4:03	2:23:35 (46)	6:10:34
47	189	Peer Gassen		AK 45 (m)	47	0:51:40 (40)	13:03	2:42:13 (38)	4:58	2:36:25 (49)	6:28:19
48	122	Gerhard Garant	Hawaii 2023	AK 45 (m)	48	0:58:37 (48)	10:41	2:53:10 (43)	5:20	2:33:09 (48)	6:40:58
49	3213	Andreas Riegel		AK 45 (m)	49	1:04:40 (50)	06:32	2:42:40 (39)	5:03	2:42:54 (50)	6:41:49
50	262	Alexandros Tamtelen	Eintracht Frankfurt Triathlon	AK 45 (m)	50	1:34:39 (52)	11:31	3:17:45 (44)	3:36	2:09:50 (43)	7:17:20

**AK 50 (w)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	24	Joanna Tywczynski	ASC Darmstadt	AK 50 (w)	1	0:44:57 (3)	04:52	2:17:08 (2)	3:02	1:30:11 (1)	4:40:10
2	80	Cirstin Caspary		AK 50 (w)	2	0:41:59 (1)	06:31	2:16:10 (1)	3:22	1:50:42 (2)	4:58:44
3	352	Tanja Maring	Ltf Theeltal	AK 50 (w)	3	0:47:09 (4)		( )	3:06	1:55:02 (3)	5:25:58
4	626	Astrid Lenhard		AK 50 (w)	4	0:49:53 (5)	08:35	2:37:19 (3)	5:08	1:58:09 (4)	5:39:04
5	152	Silke Hindennach	TriAs Wernau	AK 50 (w)	5	0:44:48 (2)	09:50	2:58:09 (6)	5:54	2:07:40 (5)	6:06:20
6	376	Sabine Drees	Rennschnecken Siefersheim	AK 50 (w)	6	0:58:53 (7)		( )	3:10	2:32:05 (7)	6:28:39
7	137	Malgorzata Mlynik	SCNeptun Köln Porz	AK 50 (w)	7	0:50:16 (6)	13:15	2:41:25 (4)	4:33	2:39:52 (8)	6:29:22
8	412	Katja Güttler	speedfuchs.de	AK 50 (w)	8	1:04:37 (8)	19:42	2:49:25 (5)	7:46	2:16:03 (6)	6:37:32

**AK 50 (m)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	32	Dirk Löwer	Eintracht Frankfurt Triathlon	AK 50 (m)	1	0:37:49 (4)	04:30	1:57:14 (1)	2:16	1:31:08 (6)	4:12:57
2	27	Alexander Wolf	Brander SV Tri Team	AK 50 (m)	2	0:38:57 (9)	05:29	2:04:03 (5)	2:17	1:22:33 (1)	4:13:20

Altersklassenwertung

### AK 50 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
3	3206	Martin Malleier		AK 50 (m)	3	0:38:38 (7)	06:14	2:00:35 (3)	3:22	1:32:08 (9)	4:20:57
4	3208	Falk Mueller		AK 50 (m)	4	0:39:40 (12)	06:21	2:04:00 (4)	2:58	1:35:32 (13)	4:28:31
5	317	António Miranda	Fun-Ball dortelweil	AK 50 (m)	5	0:36:33 (3)	05:30	2:06:52 (10)	2:44	1:37:52 (17)	4:29:30
6	368	Marcus Schaffer	Powersports e.V.	AK 50 (m)	6	0:45:15 (32)	05:16	2:06:02 (8)	2:36	1:30:32 (5)	4:29:41
7	468	Steffen Schuhmann	Tria Echterdingen	AK 50 (m)	7	0:45:36 (35)	05:10	2:08:06 (13)	2:29	1:29:21 (4)	4:30:42
8	3231	Knud Schneider	TV 1883 Bischofsheim	AK 50 (m)	8	0:39:31 (11)	05:47	2:06:41 (9)	4:38	1:36:02 (15)	4:32:40
9	138	Jürgen Kircher	SG Stern Stuttgart	AK 50 (m)	9	0:44:18 (29)	05:10	2:12:26 (19)	3:22	1:28:05 (2)	4:33:19
10	342	Stephan Bormann	La Carrera Triteam Rothsee e.V.	AK 50 (m)	10	0:39:26 (10)	05:00	2:12:28 (20)	2:34	1:35:22 (10)	4:34:50
11	282	Stefan Kirchenmajer	Eintracht Frankfurt Triathlon	AK 50 (m)	11	0:46:57 (45)	04:48	2:07:31 (11)	2:45	1:35:30 (12)	4:37:31
12	321	Martin Frerichs	Fun-Ball-Dortelweil	AK 50 (m)	12	0:42:15 (16)	05:17	2:18:46 (33)	3:00	1:28:21 (3)	4:37:38
13	499	Heiko Fröhlich	TSV 1862 Friedberg Triathlon	AK 50 (m)	13	0:42:32 (17)	06:11	2:11:25 (17)	2:35	1:38:02 (18)	4:40:45
14	398	Uwe Geiselhart	SF Dornstadt	AK 50 (m)	14	0:46:08 (39)	06:40	2:04:44 (6)	3:55	1:39:18 (20)	4:40:45
15	270	Karsten Meinders	Eintracht Frankfurt Triathlon	AK 50 (m)	15	0:51:15 (58)	07:57	2:05:31 (7)	4:40	1:31:57 (7)	4:41:19
16	332	Thomas Sandmann	Impuls Triathlon Bülach	AK 50 (m)	16	0:42:38 (19)	08:00	2:09:13 (15)	4:30	1:39:45 (22)	4:44:05
17	501	Frank Sievert	TSV 1880 Wasserburg/Inn	AK 50 (m)	17	0:46:24 (41)	05:00	2:08:43 (14)	3:47	1:43:07 (28)	4:47:00
18	206	Joachim Wölke	ALV Mainz	AK 50 (m)	18	0:41:15 (14)	06:02	2:09:45 (16)	2:55	1:47:41 (37)	4:47:38
19	518	Simon Müller	TV 1862 Langen e.V. /Waldseehaie Langen	AK 50 (m)	19	0:43:45 (26)	07:47	2:14:31 (23)	2:57	1:38:44 (19)	4:47:43
20	641	Frank Mayer		AK 50 (m)	20	0:37:53 (5)	06:39	2:15:20 (26)	4:25	1:43:44 (29)	4:48:01
21	281	Christian Günther	Eintracht Frankfurt Triathlon	AK 50 (m)	21	0:38:18 (6)	05:14	2:13:11 (22)	4:49	1:46:59 (34)	4:48:30
22	216	Harald Englert	Bikestore Race Worx / PeKaFIT / TSG Kleinostheim	AK 50 (m)	22	0:49:53 (53)	04:37	2:14:41 (25)	3:51	1:35:29 (11)	4:48:31
23	435	Matthias Bauer	Team Erdinger Alkoholfrei	AK 50 (m)	23	0:39:47 (13)		( )	2:18	1:42:33 (27)	4:49:06
24	246	Andreas Brenner	DZ BANK runners	AK 50 (m)	24	0:47:03 (46)	07:44	2:16:37 (29)	3:41	1:35:45 (14)	4:50:50
25	142	Kurtz Oliver	SRH Campus Sports	AK 50 (m)	25	0:41:28 (15)	05:31	2:14:34 (24)	3:01	1:47:21 (35)	4:51:55
26	205	Sven Layher	ALV Mainz	AK 50 (m)	26	0:44:47 (31)	07:26	2:11:44 (18)	3:22	1:45:36 (32)	4:52:55
27	39	MARKUS WEBER	Erdinger Alkoholfrei	AK 50 (m)	27	0:42:55 (20)	05:00	2:16:02 (27)	3:45	1:46:54 (33)	4:54:37

Altersklassenwertung

### AK 50 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
28	279	Andreas Fahr-ideeon	Eintracht Frankfurt Triathlon/ideeon Sport	AK 50 (m)	28	0:44:12 (27)	07:15	2:12:30 (21)	3:30	1:47:25 (36)	4:54:52
29	121	James Walsh	GOPA	AK 50 (m)	29	0:44:15 (28)		( )	4:22	1:45:35 (31)	4:56:55
30	457	Jens Wolfram	team-naunheim.de	AK 50 (m)	30	0:49:23 (51)	04:22	2:20:50 (38)	2:25	1:40:15 (24)	4:57:14
31	233	Achim Hauer	DekaBank Sport e.V.	AK 50 (m)	31	1:16:00 (74)	07:39	1:58:58 (2)	4:18	1:32:02 (8)	4:58:56
32	428	Sven Pfeiffer	SV TriCity Darmstadt	AK 50 (m)	32	0:46:18 (40)	07:46	2:07:46 (12)	3:55	1:54:38 (49)	5:00:24
33	561	Michael Krämer		AK 50 (m)	33	0:44:28 (30)	08:17	2:16:38 (30)	3:24	1:48:37 (39)	5:01:25
34	294	Baris Karagöz	Eintracht Frankfurt Triathlon	AK 50 (m)	34	0:45:49 (37)	05:33	2:16:23 (28)	3:48	1:51:01 (44)	5:02:34
35	185	Patrick Müller		AK 50 (m)	35	0:53:42 (62)		( )	2:48	1:39:48 (23)	5:03:14
36	212	Jens Alinski	Behringpower	AK 50 (m)	36	0:42:37 (18)		( )	3:32	1:44:15 (30)	5:03:42
37	445	Jochen Schroth	Team Hollandse Frietjes	AK 50 (m)	37	0:43:03 (22)		( )	3:22	1:55:07 (50)	5:04:16
38	485	Thomas Mülitze	Triathlon Wetterau Friedberg e.V.	AK 50 (m)	38	0:31:44 (1)		( )	3:29	2:03:43 (60)	5:04:21
39	725	Jörg Weidenauer		AK 50 (m)	39	0:46:25 (42)	10:12	2:22:02 (41)	3:53	1:42:04 (26)	5:04:36
40	396	Siegfried Krentz	Segeltaucher	AK 50 (m)	40	0:47:39 (47)	06:33	2:18:29 (32)	2:39	1:50:59 (43)	5:06:18
41	654	Michael Menger		AK 50 (m)	41	0:52:15 (59)	06:59	2:27:33 (46)	3:02	1:36:49 (16)	5:06:37
42	221	Jochen Doll	BSG HP Böblingen	AK 50 (m)	42	0:43:24 (24)		( )	3:08	1:57:24 (52)	5:09:07
43	425	Thomas Langer	SV Tricity Darmstadt	AK 50 (m)	43	0:45:30 (33)	08:30	2:22:37 (42)	3:47	1:49:29 (42)	5:09:52
44	369	Hami Sultan	PTSV Aachen	AK 50 (m)	44	0:50:47 (56)	07:32	2:20:39 (37)	3:20	1:48:48 (41)	5:11:06
45	133	Gerhard Reutzel	RSC Niddatal	AK 50 (m)	45	0:53:05 (60)	05:51	2:21:14 (39)	2:37	1:48:41 (40)	5:11:28
46	266	Andreas Gierschner	Eintracht Frankfurt Triathlon	AK 50 (m)	46	0:43:45 (25)	06:50	2:17:06 (31)	3:52	2:02:54 (56)	5:14:25
47	466	Thomas Hopp	Tri City Darmstadt	AK 50 (m)	47	0:49:11 (50)	08:26	2:21:54 (40)	4:41	1:53:31 (47)	5:17:42
48	265	Christian Wehle	Eintracht Frankfurt Triathlon	AK 50 (m)	48	0:36:26 (2)	08:58	2:29:08 (48)	5:55	2:01:38 (55)	5:22:04
49	471	Bernd Rechel	Tri-Anglia Triathlon Club	AK 50 (m)	49	0:49:41 (52)	04:35	2:43:40 (59)	3:28	1:41:20 (25)	5:22:43
50	280	Stephan Huhn	Eintracht Frankfurt Triathlon	AK 50 (m)	50	0:50:34 (55)	09:33	2:20:28 (36)	4:51	1:57:52 (53)	5:23:19
51	288	Andreas Stilger	Eintracht Frankfurt Triathlon	AK 50 (m)	51	0:53:57 (63)	09:07	2:28:33 (47)	3:49	1:48:25 (38)	5:23:50
52	443	Thomas Mally	Team Erdinger Alkoholfrei	AK 50 (m)	52	0:45:32 (34)	08:08	2:19:45 (35)	4:13	2:07:44 (63)	5:25:22
53	702	Stefan Wegner		AK 50 (m)	53	0:58:06 (68)	08:12	2:36:09 (53)	3:43	1:39:40 (21)	5:25:49

#### AK 50 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
54	227	Frank Simon	DB/VDES	AK 50 (m)	54	0:38:47 (8)	09:33	2:30:37 (50)	4:21	2:02:54 (57)	5:26:12
55	493	Eric Manier	Tri-Team Heuchelberg	AK 50 (m)	55	0:48:07 (48)	07:25	2:31:53 (51)	4:17	2:03:38 (59)	5:35:20
56	529	Ramon Barral Farto	Ute Mückel	AK 50 (m)	56	0:45:45 (36)	08:06	2:25:58 (44)	3:27	2:12:07 (65)	5:35:22
57	568	Matthias Förster		AK 50 (m)	57	0:59:33 (69)	08:55	2:27:21 (45)	5:09	1:57:03 (51)	5:38:01
58	569	Michael Baum		AK 50 (m)	58	0:43:12 (23)		( )	3:28	2:29:36 (70)	5:39:37
59	393	Stephan Brink	Schwimm Club Oberursel	AK 50 (m)	59	0:48:44 (49)		( )	4:17	2:07:14 (62)	5:40:39
60	629	Sven Arens		AK 50 (m)	60	0:57:52 (67)	06:05	2:23:15 (43)	3:29	2:10:06 (64)	5:40:45
61	408	Martin Kohm	SKV Mörfelden Team MöWathlon	AK 50 (m)	61	0:53:33 (61)	08:48	2:29:15 (49)	3:44	2:06:06 (61)	5:41:27
62	247	Udo Richter	EFC Inglewood	AK 50 (m)	62	0:57:18 (66)	08:04	2:40:48 (56)	3:33	1:54:06 (48)	5:43:49
63	539	Jörg Mayer	Waldsee Haie	AK 50 (m)	63	1:03:18 (70)	10:04	2:37:18 (55)	5:26	1:51:27 (45)	5:47:32
64	461	Ralf Murken	TG Rüsselsheim	AK 50 (m)	64	0:55:33 (65)	06:58	2:51:09 (62)	3:11	1:51:45 (46)	5:48:35
65	3211	Michael Keim	ADAC Triathlonclub Main-Kinzig	AK 50 (m)	65	0:46:48 (44)	07:55	2:37:10 (54)	4:09	2:26:57 (68)	6:02:59
66	650	Schüpke Oliver		AK 50 (m)	66	0:46:07 (38)	09:20	2:59:00 (64)	5:25	2:03:34 (58)	6:03:26
67	311	Werner Schröck	FKP_Hackmesserseite	AK 50 (m)	67	0:55:19 (64)	08:20	2:33:05 (52)	5:12	2:24:15 (66)	6:06:10
68	464	Martin Pape	TreeFriends Winnigstedt	AK 50 (m)	68	0:46:29 (43)	07:39	2:42:50 (58)	3:36	2:26:08 (67)	6:06:42
69	119	Brian Woodrow	Fuerwehr Dietzenbach	AK 50 (m)	69	1:07:34 (72)	09:17	2:48:17 (61)	4:36	1:59:29 (54)	6:09:13
70	599	Joachim Pieper		AK 50 (m)	70	1:06:37 (71)	08:14	2:40:52 (57)	5:25	2:28:47 (69)	6:29:54
71	516	Rainer Löffler	TV 1862 Langen	AK 50 (m)	71	0:50:00 (54)		( )	6:46	2:44:11 (72)	6:34:38
72	169	Thorsten Lesemann	VfL Lingen	AK 50 (m)	72	1:08:18 (73)	09:32	2:43:56 (60)	5:34	2:41:00 (71)	6:48:19
73	337	Dirk Hartmann	KCR-Sindlingen/Triathlon	AK 50 (m)	73	0:51:01 (57)	08:58	2:53:01 (63)	5:47	3:02:54 (73)	7:01:41

#### AK 55 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	740	Michaela Zeiss	Spiridon Frankfurt	AK 55 (w)	1	0:56:16 (7)	06:39	2:28:05 (1)	2:45	1:44:40 (1)	5:18:24
2	386	Martina Spreer	SC Neukirchen 1864 e.V.	AK 55 (w)	2	0:40:01 (1)		( )	4:06	1:57:46 (4)	5:26:42
3	462	Andrea Tietz	TGO - Lahnstein	AK 55 (w)	3	0:49:07 (4)	09:18	2:33:56 (2)	4:05	1:50:50 (2)	5:27:16

**AK 55 (w)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
4	341	Petra Kühl	Kur Royal aktiv Bad Homburg	AK 55 (w)	4	0:48:09 (3)	06:54	2:36:39 (3)	2:49	2:07:30 (5)	5:42:01
5	512	Cornelia Schrade	TuS Norderney	AK 55 (w)	5	1:04:02 (11)	08:52	2:46:36 (5)	4:02	1:50:54 (3)	5:54:25
6	736	Andrea Hick	ASG Tria Hockenheim	AK 55 (w)	6	0:59:57 (9)		( )	4:28	2:08:25 (6)	5:54:32
7	210	Elke Heinbuch	ASV Triathlon Kulmbach	AK 55 (w)	7	0:44:08 (2)	06:46	2:52:55 (7)	5:05	2:18:12 (8)	6:07:07
8	145	Claudia Fabri	SV05 Würzburg Triathlon	AK 55 (w)	8	0:51:03 (5)	09:13	2:45:57 (4)	4:20	2:21:14 (9)	6:11:47
9	463	Heike Böhme	TMK Triathlon Mülheim Kärlich	AK 55 (w)	9	0:53:26 (6)	08:39	2:53:11 (9)	5:21	2:25:18 (10)	6:25:55
10	616	Luitgard knoblauch		AK 55 (w)	10	1:12:25 (12)	08:40	2:50:35 (6)	2:56	2:17:24 (7)	6:31:59
11	134	Tine Hieronimus-Voosen	RSC Untermosel	AK 55 (w)	11	1:02:13 (10)	08:02	2:52:56 (8)	3:57	2:29:13 (11)	6:36:21

**AK 55 (m)**

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	515	Joachim Söder	TV 1862 Langen	AK 55 (m)	1	0:42:09 (8)	05:07	2:10:48 (6)	3:24	1:33:24 (4)	4:34:52
2	251	Lothar Matzat	Eintracht Frankfurt Triathlon	AK 55 (m)	2	0:36:46 (1)	06:22	2:16:32 (13)	3:08	1:33:09 (3)	4:35:58
3	429	Stefan Schubert	SV TRICITY DARMSTADT - Team Waldsee Haie	AK 55 (m)	3	0:40:53 (7)	06:25	2:12:06 (8)	2:56	1:40:44 (11)	4:43:04
4	3210	Volker Keim	EOSC Offenbach	AK 55 (m)	4	0:44:32 (13)	05:50	2:03:58 (2)	2:37	1:46:18 (19)	4:43:15
5	211	uli lerch	Bad Homburger Schwimm-Club	AK 55 (m)	5	0:39:34 (4)	05:22	2:14:21 (12)	3:44	1:42:05 (15)	4:45:05
6	741	Gerd Asel	LLG Wonnegau	AK 55 (m)	6	0:43:48 (11)	06:59	2:12:35 (9)	3:26	1:38:54 (9)	4:45:43
7	465	Uwe Martin	TreeTops TSG Neuenhain	AK 55 (m)	7	0:43:52 (12)	06:24	2:18:45 (17)	2:12	1:35:06 (6)	4:46:19
8	3233	Matthias Kuhn		AK 55 (m)	8	0:51:05 (28)	05:35	2:10:44 (5)	4:23	1:35:52 (7)	4:47:38
9	671	Steffen Pech		AK 55 (m)	9	0:47:30 (18)	07:04	2:13:47 (10)	2:30	1:41:33 (13)	4:52:25
10	697	Reinhold Langner		AK 55 (m)	10	0:43:39 (10)	06:36	2:11:13 (7)	3:52	1:47:27 (20)	4:52:47
11	460	Henning Beuscher	TG Neuss	AK 55 (m)	11	0:46:31 (14)	07:04	2:22:21 (22)	3:21	1:33:31 (5)	4:52:48
12	663	Achim Peters		AK 55 (m)	12	0:47:57 (23)	08:16	2:14:13 (11)	2:24	1:41:53 (14)	4:54:43
13	397	Jürgen Kolb	Semper Aquila	AK 55 (m)	13	0:39:28 (3)	07:26	2:10:01 (4)	3:28	1:54:39 (30)	4:55:01
14	329	Silvester Koziollek	Hot runner	AK 55 (m)	14	0:47:25 (17)	08:31	2:18:07 (16)	5:34	1:36:38 (8)	4:56:15

#### AK 55 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
15	510	Meinhard Rompel	TuS Lindenhofhausen	AK 55 (m)	15	0:51:25 (31)	06:25	2:51:04 (43)	3:06	1:06:54 (1)	4:58:53
16	104	Stefan Lochbühler	Amici	AK 55 (m)	16	0:39:23 (2)	06:53	2:21:26 (20)	3:36	1:47:53 (21)	4:59:11
17	436	Andreas Bayerlein	Team Erdinger Alkoholfrei	AK 55 (m)	17	0:51:16 (29)	06:54	2:23:22 (25)	5:21	1:32:32 (2)	4:59:24
18	3215	Robert Haustein		AK 55 (m)	18	0:40:34 (5)		( )	4:04	1:48:09 (22)	5:03:07
19	419	Stefan Rheindorf	SV Fun-Ball Dortelweil	AK 55 (m)	19	0:49:31 (27)	07:34	2:26:55 (27)	2:46	1:40:29 (10)	5:07:15
20	112	Olaf Schwiers	DSV Dülken	AK 55 (m)	20	0:48:36 (24)	09:27	2:26:10 (26)	3:04	1:40:54 (12)	5:08:11
21	292	Gerald Thomas	Eintracht Frankfurt Triathlon	AK 55 (m)	21	0:53:02 (35)	09:40	2:08:06 (3)	3:30	1:54:45 (31)	5:09:04
22	459	Uwe Neumeyer	TG Hanau	AK 55 (m)	22	0:47:42 (20)	07:53	2:17:47 (15)	4:36	1:52:27 (27)	5:10:24
23	349	Oliver Harsy	LGV Marathon Gießen / Schwanenteich parkrun	AK 55 (m)	23	0:51:21 (30)		( )	4:15	1:51:12 (24)	5:12:32
24	411	Gerhard Klose	speedfuchs.de	AK 55 (m)	24	0:54:00 (36)	08:12	2:23:18 (24)	3:59	1:45:53 (18)	5:15:22
25	608	Martin Pfeiffer		AK 55 (m)	25	0:47:38 (19)	07:43	2:20:12 (19)	3:54	1:57:00 (35)	5:16:28
26	432	Christian Hafner	TCEC Mainz	AK 55 (m)	26	0:51:37 (32)	09:15	2:28:18 (30)	3:39	1:44:53 (16)	5:17:41
27	646	Dirk Muehlhahn		AK 55 (m)	27	0:57:49 (41)	05:57	2:18:51 (18)	4:38	1:52:34 (28)	5:19:48
28	602	Werner Stuhlmann		AK 55 (m)	28	0:52:38 (33)	06:58	2:32:39 (36)	2:57	1:44:56 (17)	5:20:08
29	3209	Georg Frieze	Triathlon-Team Gießen	AK 55 (m)	29	0:47:04 (16)	04:00	2:28:34 (31)	3:33	1:59:03 (36)	5:22:14
30	128	Matthias Martin	NB Rhein Main	AK 55 (m)	30	0:42:33 (9)	07:38	2:32:40 (37)	2:40	1:56:44 (34)	5:22:14
31	652	Thilo Barth		AK 55 (m)	31	0:54:57 (37)	07:37	2:21:48 (21)	4:03	1:55:22 (32)	5:23:46
32	220	Mathias Stief	BSG Hamburg Wasser	AK 55 (m)	32	0:47:51 (21)	09:10	2:30:30 (33)	4:52	1:51:47 (25)	5:24:10
33	151	Andre Hilker	Tri Post Trier	AK 55 (m)	33	0:56:28 (39)	08:39	2:22:58 (23)	4:28	1:52:49 (29)	5:25:22
34	453	Andreas Meder	Team Running Wolf	AK 55 (m)	34	0:53:00 (34)	08:38	2:32:18 (35)	4:19	1:56:18 (33)	5:34:32
35	620	John Linnett		AK 55 (m)	35	1:05:54 (45)	06:37	2:28:08 (29)	2:53	1:52:26 (26)	5:35:58
36	201	Michael Gartz	:-)	AK 55 (m)	36	0:59:57 (43)	09:45	2:17:39 (14)	3:58	2:07:49 (37)	5:39:08
37	226	Ralf Löffelsend	DB/VDES	AK 55 (m)	37	0:46:38 (15)	11:03	2:49:53 (41)	4:22	1:51:12 (23)	5:43:07
38	114	Marco Rasper	EFSC	AK 55 (m)	38	0:48:43 (25)	17:28	2:27:34 (28)	8:05	2:20:45 (39)	6:02:34
39	399	Joachim Magen	SG Arheilgen-Triathlon	AK 55 (m)	39	0:47:55 (22)	11:04	2:41:54 (40)	4:49	2:21:39 (40)	6:07:20
40	514	Jürgen Binder	TV 1860 Immenstadt	AK 55 (m)	40	0:59:14 (42)	09:51	2:36:45 (38)	6:15	2:23:31 (41)	6:15:35

#### AK 55 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
41	585	Dirk Köhlers		AK 55 (m)	41	0:56:48 (40)	08:38	2:39:35 (39)	6:42	2:27:24 (43)	6:19:07
42	674	Schuchmann Horst		AK 55 (m)	42	1:05:59 (46)		( )	4:20	2:09:56 (38)	6:24:48
43	537	Fernando Carnicero	Vodafone United	AK 55 (m)	43	1:03:16 (44)	12:05	2:50:02 (42)	7:33	2:26:53 (42)	6:39:48
44	407	Uwe Gelbke	SKV Mörfelden 1879 e.V.	AK 55 (m)	44	1:09:40 (47)	10:18	2:31:07 (34)	3:58	2:54:51 (44)	6:49:54
45	562	Heiko Maaß		AK 55 (m)	45	0:55:20 (38)		( )	5:59	3:04:11 (45)	6:57:08

#### AK 60 (w)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	272	Bettina Dr. Behning	Eintracht Frankfurt Triathlon	AK 60 (w)	1	0:50:44 (1)	07:56	2:31:27 (1)	3:22	1:58:51 (1)	5:32:20
2	314	Silvana Kothe	Frika Triathlon Team Bad Vilbel	AK 60 (w)	2	0:59:35 (2)		( )	3:24	2:05:47 (2)	6:04:48

#### AK 60 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	304	Jürgen Hertrich	EOSC Offenbach	AK 60 (m)	1	0:42:08 (1)	10:35	2:26:38 (10)	3:28	1:39:50 (1)	5:02:37
2	370	Rosemann Michael	R+V Triathlon Team	AK 60 (m)	2	0:51:59 (12)	07:38	2:19:30 (3)	3:45	1:46:42 (3)	5:09:33
3	693	Frank Treuß		AK 60 (m)	3	0:50:23 (11)	10:28	2:25:39 (9)	4:10	1:40:45 (2)	5:11:26
4	455	Thomas Lang	team-naunheim SPORT e.V.	AK 60 (m)	4	0:53:00 (13)	06:59	2:12:16 (1)	4:03	1:55:50 (5)	5:12:08
5	245	Edgar Strauß	DLRG Bad Bodenteich	AK 60 (m)	5	0:43:21 (4)	05:44	2:22:02 (5)	4:47	1:58:31 (8)	5:14:25
6	164	Jürgen Schmitt	tv kostheim 1877	AK 60 (m)	6	0:47:42 (7)	09:15	2:24:15 (7)	5:10	1:48:47 (4)	5:15:09
7	617	Bernd Autenrieth		AK 60 (m)	7	0:42:46 (2)	08:08	2:18:41 (2)	3:15	2:05:13 (14)	5:18:04
8	486	Wolfgang Schmidt	TRICON Schwäbisch Hall	AK 60 (m)	8	0:43:02 (3)	05:47	2:24:19 (8)	5:30	2:11:27 (15)	5:30:05
9	3227	Thomas Fischer		AK 60 (m)	9	0:48:55 (9)	10:33	2:30:05 (12)	4:41	1:57:32 (7)	5:31:46
10	215	Andreas Fichelscher	Bike Riite	AK 60 (m)	10	0:47:58 (8)	07:24	2:32:20 (13)	3:28	2:01:42 (10)	5:32:51
11	256	Peter Weißenseel	Eintracht Frankfurt Triathlon	AK 60 (m)	11	0:47:36 (6)	08:07	2:29:06 (11)	4:24	2:03:59 (13)	5:33:11
12	330	Thomas Rath	HotRunner	AK 60 (m)	12	0:45:27 (5)	07:29	2:19:42 (4)	4:24	2:17:36 (16)	5:34:37



## AK 60 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
13	213	Alex Caspary	Berger Schnecken SG Enkheim	AK 60 (m)	13	0:49:24 (10)	05:45	2:22:10 (6)	5:03	2:23:40 (18)	5:46:00
14	165	Dieter Regenthal	TV Lauterbach	AK 60 (m)	14	0:59:13 (14)		( )	5:32	1:57:00 (6)	5:46:31
15	528	Ulrich Bonnaire	TV Sindlingen	AK 60 (m)	15	1:06:17 (16)	11:14	2:39:32 (16)	3:40	2:00:39 (9)	6:01:22
16	284	Thomas Köhler	Eintracht Frankfurt Triathlon	AK 60 (m)	16	1:00:50 (15)	10:11	2:45:20 (17)	4:35	2:02:22 (11)	6:03:17
17	694	Klaus WIEMANN		AK 60 (m)	17	( )		( )		2:20:50 (17)	6:13:39 *
18	536	Jörg Pöse	vital&aktiv	AK 60 (m)	18	1:54:36 (18)	06:53	2:32:57 (14)	2:43	2:03:59 (12)	6:41:08
19	277	Niko Leidel	Eintracht Frankfurt Triathlon	AK 60 (m)	19	1:22:47 (17)	10:03	2:38:47 (15)	6:45	2:41:09 (19)	6:59:31

## AK 65 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	426	Willi Zimmermann	SV Tricity Darmstadt	AK 65 (m)	1	0:50:11 (2)		( )	3:43	2:26:07 (3)	5:55:35
2	692	Viktor Karpelev		AK 65 (m)	2	0:49:22 (1)	10:47	2:46:36 (1)	5:36	2:20:47 (1)	6:13:08
3	415	Walter Schirra	SRL Triathlon Koblenz	AK 65 (m)	3	1:10:01 (3)	09:57	2:47:41 (2)	3:41	2:25:05 (2)	6:36:25

## AK 75 (m)

Pl.	St Nr	Name	Verein	AK	Pl.	Schwimmen	W1	Radfahren	W2	Laufen	Gesamt
1	340	Wolfgang Weigand	KSV Baunatal	AK 75 (m)	1	1:10:20 (1)	10:21	3:09:03 (1)	5:09	2:14:12 (1)	6:49:05