

St. - Nr.	GRang	AKRang	Name	Vorname	Verein	AK	Zeit
303	1	1	Lembcke	Nicholas	LC Nordhorn	M30	00:49:54
422	2	1	Nowak	Peter	TV 01 Bohmte Triathlon	M40	00:51:23
369	3	1	Kottenhahn	Jan-Luca	EJOT Team TV Buschhütten	M18	00:51:49
354	4	2	Keil	Axel	SC Melle 03	M40	00:53:05
462	5	2	Stiegemeyer	Mario	SC Melle 03	M30	00:53:53
382	6	3	Lampe	Konrad	SC Melle 03	M40	00:54:18
495	7	1	Wegener	Olaf	SC Aquarius Löhne	M50	00:54:26
302	8	1	Drucklieb	Constantin	DLC Aachen	M20	00:55:16
496	9	1	Weier	Ralf	Marathon-Club Menden	M60	00:55:18
281	10	4	Böker	Marcus	RC Endspurt Herford	M40	00:56:10
405	11	2	Michael	Carsten	TriTeam Dissen	M50	00:56:52
376	12	5	Kuhlmann	Sören	RC Endspurt Herford	M40	00:57:23
473	13	3	Thenhausen	Maximilian		M30	00:57:28
449	14	3	Schönlau	Roman		M50	00:57:40
488	15	4	Voß	Peter	TSVE 1890 Bielefeld e.V.	M50	00:57:41
505	16	2	Klessner	Sören	SC Melle 03	M20	00:57:44
272	17	4	Blom	Christian	Marathon Ibbenbüren	M30	00:58:06
279	18	5	Böger	Frank	Luhdener SV	M50	00:58:11
400	19	5	Massold	Tobias	SC Melle 03	M30	00:58:25
486	20	6	Rahmatichehkordi	Johannes	Triatlon One Witten	M30	00:58:35
427	21	7	Ort	Andreas		M30	00:59:13
435	22	8	Pollmeier	Patrick		M30	00:59:18
314	23	6	Goldstein	Sven		M40	00:59:25
493	24	7	Walhorn	Christoph	TriTeam Dissen	M40	00:59:26
339	25	8	Hoffmann	Peer	pacerechner.de	M40	00:59:30
470	26	3	Telkemeier	Frederik	SUS Darne Triathlon	M20	00:59:37
503	26	9	Wiemann	Martin		M30	00:59:37
256	28	6	Bärtels	Torsten	Marathon Ibbenbüren	M50	00:59:39
259	28	9	Beck	Andreas		M40	00:59:39
441	30	10	Roch	Janos		M30	00:59:41
452	1	1	Sasse-Liechmann	Miriam		W30	00:59:43
410	31	1	Morkötter	Til	SC Melle 03	M16	00:59:53
265	32	10	Bewermeier	Sebastian	LG Burg Wiedenbrück	M40	00:59:54
482	33	11	Valle Escamilla	Antonio José	-	M30	01:00:05
255	34	12	Asmann	Florian		M30	01:00:13
341	2	1	Hollenberg	Kathleen	Trifinish Münster	W20	01:00:29
345	35	11	Hüntelmann	Henrik	TV Georgsmarienhütte	M40	01:00:38
346	36	2	Igelbrink	Hans Peter	TV Georgsmarienhütte	M60	01:01:09
402	37	13	Klessner	Steffen		M30	01:01:18
420	38	3	Nikulla	Ulrich	TSVE 1890 Bielefeld	M60	01:01:22
344	39	7	Hülskamp	Christoph	SV Molbergen	M50	01:01:32
377	40	8	Strothmann	Jörn	LC Solbad Ravensberg	M50	01:01:33
383	41	12	Landwehr	Arne		M40	01:01:35
290	42	9	Bruske	Dete	TVC Enger	M50	01:01:49
484	43	14	Von Holdt	Aaron		M30	01:02:01
436	44	13	Pontius	Marcel	SG Wüste 98	M40	01:02:02
362	3	2	Holm	Lisa		W20	01:02:05
479	45	15	Touzard	Anthony	TV01 Bohmte Triathlon	M30	01:02:07
260	46	14	Beckering	Johannes	SC Melle 03	M40	01:02:12

433	47	10	Pollmann	Christian	TSG07 Burg Gretesch	M50	01:02:24
391	48	15	Bessel	Dennis	SGE Exter	M40	01:02:25
481	49	11	Bittner	Thorsten	TSG 07 Burg Gretesch	M50	01:02:33
325	50	16	Hansmeier	Dirk	LG Burg Wiedenbrück	M40	01:02:35
477	51	16	Tilleke	Florian		M30	01:02:38
343	52	12	Hoyer	Andreas	Magic Laiens Lohne	M50	01:02:42
319	53	17	Grothaus	Ole		M40	01:02:43
292	54	17	Buller	Daniel		M30	01:02:50
371	55	18	Krämer	Florian	ERDINGER Active TEAM	M30	01:03:10
329	4	1	Bielefeld	Katja	TuS Bramsche	W40	01:03:19
456	56	4	Simon	Frank	SV Greven Triathlon	M60	01:03:33
318	5	3	Grohmann	Nina	RC Endspurt Herford	W20	01:03:42
323	57	19	Hähnel	Daniel		M30	01:03:44
337	58	18	Hinken	Andreas	TuS Nahne	M40	01:03:47
364	6	1	Holm	Melina		W16	01:03:51
352	59	19	Johannemann	Bernhard		M40	01:03:58
353	60	4	John	Nicolas	HSP Münster Triathlon	M20	01:04:04
271	61	5	Block	Niklas	SC Melle 03	M20	01:04:05
504	62	6	Elbracht	Markus	LG Burg Wiedenbrück	M20	01:04:22
349	63	7	Jakuschona	Nick	Tri Finish Münster	M20	01:04:26
293	64	20	Buschermöhle	Torsten	ACTIVE Sportshop Osnabrück	M40	01:04:34
472	65	13	Terhorst	Dirk	LG-Emsdetten	M50	01:04:51
478	66	14	Hiepel	Thorsten	St. Pauli Triathlon	M50	01:05:01
392	7	2	Bessel	Sonja	SGE Exter	W40	01:05:38
261	8	1	Beinke	Bettina	TG Ennigloh v. 1887 e.V.	W50	01:05:40
499	67	21	Wennekers	Emanuel		M40	01:05:44
375	68	15	Kühhirt	Tom		M50	01:05:46
356	69	22	Kleffmann	Björn	SC Lavelshoh	M40	01:05:48
403	9	2	Mayer	Sonja	SC Melle 03 e.V.	W30	01:05:59
360	70	16	Klocke	Mike	SV Greven Triathlon	M50	01:06:08
447	71	23	Schlimper	Ralf	power & pace	M40	01:06:24
297	72	17	Büttner	Stephan	SV Hellern	M50	01:06:42
421	73	18	Nordmann	Christian		M50	01:06:55
313	10	4	Geisemeier	Janna	LC Solbad Ravensberg e.V	W20	01:07:01
308	74	20	Finster	Jo		M30	01:07:18
333	74	5	Heptner	Jürgen	LiVe-Lauftreff in Versmold	M60	01:07:18
250	76	8	Albrecht	Julian	Hochschulsport Münster	M20	01:07:23
252	77	6	Altmann	Thomas	RC Endspurt Herford	M60	01:07:24
390	78	24	Hannöver	Philipp	SV Bethen Lauftreff	M40	01:07:40
394	79	9	Lührmann	Moritz		M20	01:07:46
425	80	19	Ohm	Olaf	RC Endspurt Herford	M50	01:07:56
338	81	25	Hinnah	Gerhard	SG Wüste 98	M40	01:08:01
469	11	3	Tammen	Kirsten		W40	01:08:04
267	82	20	Biberacher	Arnd	Flossy-Platypus-Running	M50	01:08:12
487	83	21	Bußmann	Martin	SC Melle 03	M30	01:08:19
448	84	26	Schlüter	Jens		M40	01:08:33
429	12	3	Peters	Verena		W30	01:08:34
370	85	21	Kötter	Jochen		M50	01:08:38
332	86	22	Hengemühle	Holger	Haselünner SV	M30	01:08:52
311	87	27	Gebbeken	Ingo		M40	01:08:56

406	13	5	Molina	Camellia	TSV Westerhausen-Föckinghausen	W20	01:09:04
424	14	4	Nußbaum	Kim	Fräulein Triathlon	W40	01:09:15
459	15	2	Dreiling	Sonja		W50	01:09:35
324	16	6	Halfter	Anthea Lotta		W20	01:09:36
277	17	7	Bocker	Katrin	RC Endspurt Herford	W20	01:09:43
413	88	22	Mülmenstädt	Ingo	Just for fun	M50	01:09:44
442	18	4	Rodríguez Sas	Melissa	TSV Westerhausen-Föckinghausen	W30	01:09:46
411	89	23	Mühlenjost	Mirko	LG Burg Wiedenbrück	M50	01:10:09
389	90	10	Lingert	Marius		M20	01:10:14
491	19	8	Wagemann	Carolin	TriTeam Dissen	W20	01:10:17
483	20	3	Voigt	Heike	TV Lemgo	W50	01:10:18
438	91	24	Preuß	Torsten	BSG KSK Melle	M50	01:10:26
326	92	7	Häusler	Ralf	LiVe-Lauftreff in Versmold	M60	01:10:36
443	93	23	Albersmann	Malte	SC Melle 03	M30	01:10:37
321	21	5	Güven	Ezo		W40	01:10:41
454	94	28	Selent	Henrik		M40	01:10:41
500	22	4	Wenning	Edna	SV Greven 2021 e.V.	W50	01:10:59
485	23	6	Vorndamme	Britta	RC Endspurt Herford	W40	01:11:13
251	95	11	Allery	Christoph		M20	01:11:19
426	96	24	Olbricht	Christian		M30	01:11:25
489	24	9	Schmidt	Lia	Melle	W20	01:11:26
269	25	5	Blasey	Silke		W50	01:11:27
460	97	25	Spieckermann	Rico		M30	01:11:33
331	98	26	Hempel	Dennis		M30	01:12:27
291	26	7	Buddecke	Anja	OSC Osnabrück	W40	01:12:42
418	99	8	Nienaber	Günter	SVG Greven	M60	01:12:43
296	27	10	Büssing	Vivien	SG Voßberg-Lohne	W20	01:12:51
397	100	29	Machner	Christian	TV Georgsmarienhütte	M40	01:12:52
258	101	9	Bartling	Jörg	DLRG Porta Westfalica	M60	01:13:03
282	28	8	Borrmann	Karina	SC Melle 03	W40	01:13:17
475	102	25	Thünemann	Stefan	BSG JVA-Herford	M50	01:13:25
398	103	30	Magnus	Dirk	LG Emsdetten Tri-Team	M40	01:13:34
384	29	9	Lange	Inga	TG Ennigloh	W40	01:13:42
423	30	10	Nowak	Sabine	TV 01 Bohmte Triathlon	W40	01:13:49
336	104	26	Hildebrand	Dietmar	SC Melle 03	M50	01:14:13
276	31	11	Bocker	Julia		W20	01:14:18
316	105	31	Granzow	Michael		M40	01:14:34
263	106	12	Berreiter	Jonas	Kuka WG	M20	01:14:38
381	32	11	Lammers	Christina	TuS Neuenkirchen	W40	01:14:44
351	107	32	Jöckel	Andre	DLRG OG Melle e.V.	M40	01:14:57
508	108	27	Wredenhagen	Torsten	RC Endspurt Herford	M50	01:15:23
305	109	33	Epstein	Heiko		M40	01:15:26
315	33	12	Gradert	Anna-Lena		W40	01:15:36
320	110	34	Grüter	Dennis	ERDINGER Active TEAM	M40	01:15:36
322	34	13	Haferstroh	Stefanie		W40	01:15:41
451	111	13	Schoster	Julian	SC Melle 03	M20	01:15:41
312	112	10	Geisemeier	Fritz	LC-Solbad-Ravensberg	M60	01:15:42
366	35	5	Könemann	Michaela		W30	01:15:45
275	36	12	Bocker	Daike		W20	01:16:00
268	37	13	Bitter	Marleen	SC Melle 03	W20	01:16:01

373	113	27	Krüger	Tim		M30	01:16:06
393	114	28	Lückemeier	Heiko		M50	01:16:17
380	115	28	Lambert	Timothy		M30	01:17:00
363	38	14	Kock	Sabrina		W20	01:17:01
492	116	14	Wagemann	Marvin	TriTeam Dissen	M20	01:17:01
471	117	35	Terbach	René	BSG JVA-Herford	M40	01:17:14
409	118	36	Mönkedieck	Henning		M40	01:17:18
506	119	37	Wilmink	Ingo		M40	01:17:26
284	120	29	Brahms	Eike		M30	01:17:32
498	121	29	Weisemöller	Oliver	Sf Lechtingen	M50	01:18:25
283	39	14	Bösing	Brigitte	SG Wüste 98	W40	01:18:26
494	40	15	Wefeler	Sonja	SG Wüste 98	W40	01:18:27
428	122	30	Peppmüller	René	BSG JVA-Herford	M30	01:18:30
401	123	38	Masuch	Andreas	Laufen gegen Leiden e.V. / WSU-Tri-	M40	01:18:36
446	41	16	Sangmeister	Mareike	Trifinish Münster	W40	01:18:53
266	42	6	Biberacher	Sonja	Flossy-Platypus-Running	W50	01:18:54
461	43	7	Spiekermann	Reinhild	Kein Verein	W50	01:19:03
396	124	30	Maasböl	Paul Gerhard	SC Melle 03	M50	01:19:07
404	44	17	Meyer	Melanie	Sensationelle Motivationstiere	W40	01:19:41
501	125	39	Wewers	Stefan		M40	01:19:41
347	45	8	Jackson	Claire	Marathon Ibbenbüren	W50	01:19:58
387	46	15	Lindenschmidt	Annalina	SC Melle 03	W20	01:20:09
317	47	6	Van Eß	Anja		W30	01:20:33
264	126	31	Weber	Wolfgang	GC Varus-Ostercappeln	M50	01:20:46
357	48	1	Kleffmüller	Chrissie	TVC Enger	W60	01:21:07
365	49	18	Kolar	Miriam	W+F Münster	W40	01:21:09
355	50	16	Kisselewski	Lisa	Akademischer Ruder-Club Münster	W20	01:21:24
335	51	9	Heukamp	Birgit	LG Emsdetten Tri-Team	W50	01:21:43
419	52	7	Niepel	Melanie		W30	01:22:05
299	53	8	Deckers	Sonja	VfL Lingen Triathlon	W30	01:22:17
372	54	17	Kroll	Julia		W20	01:22:37
408	54	9	Monhaupt	Christine		W30	01:22:37
388	127	32	Lingert	Eugen		M50	01:22:56
432	128	11	Pleuler	Jürgen	LG Oerlinghausen	M60	01:23:17
467	129	1	Struß	Gerhard	TEA Hannover	M70	01:23:42
294	56	10	Büsching	Heike		W50	01:23:47
273	57	19	Bock	Catherina	Laufen gegen Leiden e.V. / WSU-Tri-	W40	01:24:01
295	130	33	Büssing	Frank	SG Voßberg-Lohne	M50	01:24:42
306	131	2	Fehling	Wolf- Dieter	SC Melle 03	M70	01:25:16
457	58	11	Skowronek	Mary	TSVE 1890 Bielefeld Triathlon	W50	01:26:10
437	132	12	Popski	Harald	TRITEAM Gütersloh GTV	M60	01:26:11
280	59	18	Böhmer	Ulrike		W20	01:26:53
298	60	12	Corazza	Rosalie	Team Steinberg Coaching	W50	01:26:54
342	133	40	Hommel	Sebastian		M40	01:26:58
414	133	40	Neufeld	Harry	BSG JVA-Herford	M40	01:26:58
407	61	10	Möller	Sabrina	BSG JVA-Herford	W30	01:27:02
430	62	19	Pieper	Frauke		W20	01:27:23
399	63	13	Maschmann	Ira		W50	01:27:28
480	64	20	Urner	Julia		W40	01:28:10
434	65	21	Pollmann	Miriam		W40	01:28:15

334	135	34	Herbers	Thomas	VfL Lingen Triathlon	M50	01:29:43
431	136	31	Pläß	Maximilian		M30	01:32:08
468	66	20	Stührenberg	Maria		W20	01:34:50
445	137	13	Sangmeister	Andreas	TriFinish Münster	M60	01:35:08
359	67	2	Klocke	Martha	SC Melle 03	W16	01:40:40
378	67	2	Kuschel	Jana	SC Melle 03	W16	01:40:40
301	138	15	Dirker	Daniel		M20	01:45:47
379	69	21	Lambert	Hannah		W20	01:45:55