



Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Zeit
1	614	Björn Tertünte	Ayyo-Team Essen e.V.	M45	1	0:35:34
2	606	Andreas Schurgacz	TuS 08 Lintorf	M40	1	0:37:07
3	663	Artur Grinvaldt	Hot Runners Ratingen	M30	1	0:37:56
4	588	Stefan Ortjohann	Triathlon Team Ratingen 08	M55	1	0:38:40
5	546	Daniel Held	Triathlon Team Ratingen 08	M30	2	0:40:05
6	549	Frank Idaszek	BSG ABB Ratingen e.V.	M45	2	0:40:43
7	580	Christian Markus	LT Gruiten-Neandertal	M55	2	0:41:14
8	603	Burkhard Schieferstein	Triathlon Team Ratingen 08	M55	3	0:41:54
9	629	Yoichi Yoshizawa	YoYo Brothers	M45	3	0:43:17
10	623	Peter Wendorff	Hot Runners Ratingen e.V.	M45	4	0:43:19
11	596	Andre Röder	Team H.U.L.K.	M45	5	0:44:33
12	514	Marvin Breyer	BSG ABB Ratingen e.V.	M30	3	0:44:39
13	662	Ralf Knauf	LT Gruiten Neandertal	M60	1	0:45:37
14	529	Sven Frede	Ingenieurbüro Heiming	M45	6	0:45:43
15	552	Olaf Josten	Triathlon Team Ratingen 08	M60	2	0:46:35
16	597	Dennis Romanowski	Hot Runners Ratingen e.V.	M35	1	0:47:17
17	556	Alexander Keil	Hot Runners Ratingen e.V.	M40	2	0:47:18
18	551	Simon Jonas	Hot Runners Ratingen e.V.	M35	2	0:47:43
19	598	Maxim Root	Hot Runners Ratingen e.V.	M35	3	0:47:58
20	518	Kai Detlefsen		M30	4	0:48:27
21	664	Stephan Leffler		M50	1	0:50:17
22	600	Meinolf Runte	TuS Breitscheid	M60	3	0:50:18
23	617	Ilja Thierbach	Hot Runners Ratingen e.V.	M40	3	0:50:59
24	632	Achim Wischtukatt	TUS Breitscheid	M55	4	0:51:03
25	587	Thomas Niko		M35	4	0:52:54
26	534	John Gabriel	Hot Runners Ratingen e.V.	MJ U16	1	0:53:57
27	535	Wolf Glockner	GSG-Partner	M60	4	0:54:50
28	625	Sascha Wiederkehr	Hot Runners Ratingen e.V.	M45	7	0:58:13
29	570	Rouven Kuhn	Triathlon Team Ratingen 08	M35	5	0:59:12
30	604	Ralph Schneider		M40	4	0:59:38
31	575	Alexander Maier	Hot Runners Ratingen e.V.	MJ U16	2	1:00:41
32	576	Viktor Maier	Hot Runners Ratingen e.V.	MJ U16	3	1:03:26
33	609	Waldemar Siemens	Haibach	M35	6	1:05:10

Frauen

Pl.	St Nr	Name	Verein	AK	Pl.	Zeit
1	630	Hisako Yoshizawa	YoYo Brothers	W45	1	0:44:57
2	521	Alex Dreyer	Fortuna Düsseldorf	W50	1	0:47:14
3	628	Monika Wolters	ASC Ratingen West	W50	2	0:50:32
4	591	Anja Prätzel	Dietrich-Bonhoeffer-Gymnasium	W40	1	0:51:14
5	586	Cathrin Mundt	Triathlon Team Ratingen 08	W30	1	0:51:19
6	538	Kristina Grinvaldt		W30	2	0:56:43
7	610	Tatjana Siemens	Haibach	W30	3	1:05:09