

## 4. actimonda Duathlon

**SPRINT-DUATHLON (5,3 KM / 22 KM / 2,3 KM) WERTUNG NACH GESCHLECHT**

RG (NR)	RG AK	NAME, VORNAME	TEAM / VEREIN	LAUF 1	WECHSEL	RAD	WECHSEL	LAUF 2	ZEIT
<b>WEIBLICH</b>									
1 (14)	1. W AK35	BÜCKEN, Simone	Djk Armada Euchen-Würselen	0:23:36.74	0:00:53.69	0:50:29.94	0:00:56.93	0:10:08.16	<b>1:26:05.48</b>
2 (9)	1. W AK40	BLEIMANN, Petra	Brandner SV TrinTeam	0:24:31.35	0:01:04.38	0:50:16.33	0:01:06.84	0:10:26.88	<b>1:27:25.78</b>
3 (62)	1. W AK20	RECKTER, Jana	Alemannia Aachen	0:26:02.01	0:01:17.34	0:50:26.53	0:01:13.03	0:10:56.45	<b>1:29:55.38</b>
4 (52)	2. W AK35	MEYER, Catharine Tamara	Lustlauf mein Verein	0:27:12.53	0:01:01.52	0:51:24.16	0:01:04.51	0:11:46.17	<b>1:32:28.90</b>
5 (17)	2. W AK20	CONRADS, Carolin	SG Sparkasse Aachen	0:25:10.48	0:00:43.19	0:54:38.96	0:00:49.26	0:11:11.26	<b>1:32:33.16</b>
6 (25)	2. W AK40	ESCHWEILER, Marion	Sightrunning-Cologne	0:23:30.08	0:02:01.51	0:56:57.72	0:01:43.65	0:10:04.04	<b>1:34:17.01</b>
7 (47)	1. W AK55	KURSCHILDGEN, Monika	Triathlon Team Eupen	0:27:32.87	0:00:44.94	0:55:40.76	0:00:41.44	0:11:14.19	<b>1:35:54.21</b>
8 (16)	3. W AK35	CHAMMAE, Nora		0:26:26.68	0:01:06.12	0:57:00.41	0:01:28.36	0:11:14.77	<b>1:37:16.35</b>
9 (24)	1. W JUN	ERVENS, Elisabeth	TC Breinig	0:26:37.59	0:00:57.53	0:58:19.89	0:00:41.78	0:12:10.49	<b>1:38:47.28</b>
10 (27)	1. W AK50	FICHTNER, Sabine		0:28:04.25	0:01:20.35	0:59:53.71	0:00:53.61	0:12:56.82	<b>1:43:08.76</b>
11 (84)	3. W AK40	WONNEBERGER, Nicola		0:30:14.19	0:01:28.51	1:00:00.59	0:02:04.31	0:14:20.48	<b>1:48:08.10</b>
<b>MÄNNLICH</b>									
1 (74)	1. M AK25	SORGE, Julian	RSC Krähe Kornelimünster	0:19:17.68	0:00:35.16	0:36:45.59	0:00:40.17	0:07:57.30	<b>1:05:15.92</b>
2 (69)	2. M AK25	SCHOLZ, Swen	Brander SV Tri Team	0:19:27.24	0:00:36.60	0:39:33.77	0:00:34.52	0:08:18.67	<b>1:08:30.82</b>
3 (107)	1. M AK20	HACKENBRUCH, Yves		0:19:05.45	0:00:36.03	0:40:31.99	0:00:34.09	0:08:08.90	<b>1:08:56.48</b>
4 (33)	1. M AK30	HENNINGER, Tristan	Brander SV Tri Team	0:19:33.30	0:00:40.23	0:41:38.65	0:00:40.76	0:08:28.34	<b>1:11:01.30</b>
5 (85)	1. M AK35	ZANDER, Ingo	TSV Frickenhausen	0:20:19.02	0:00:55.60	0:40:45.12	0:00:49.54	0:08:25.02	<b>1:11:14.31</b>
6 (75)	2. M AK30	SPANU, Andrea	Marathon-Club Eschweiler	0:20:15.91	0:01:04.77	0:42:12.28	0:00:46.70	0:09:43.31	<b>1:14:02.99</b>
7 (32)	2. M AK20	HAMACHER, Fritz	DJK Gillrath	0:22:17.77	0:00:58.06	0:43:11.17	0:00:43.58	0:09:04.85	<b>1:16:15.45</b>
8 (12)	1. M AK45	BRUNHUBER, Oliver	DLC Aachen	0:21:30.04	0:00:57.73	0:44:12.41	0:00:46.92	0:09:18.97	<b>1:16:46.07</b>
9 (37)	3. M AK25	JÖRRES, Patrick	Marathon-Club Eschweiler	0:21:59.66	0:00:49.82	0:45:36.70	0:00:57.29	0:10:09.02	<b>1:19:32.50</b>
10 (109)	1. M AK50	FEILEN, Heinz	Marathon-Club Eschweiler	0:21:31.16	0:00:55.61	0:47:36.68	0:00:50.89	0:09:17.17	<b>1:20:11.51</b>
11 (63)	2. M AK50	SCHAFFRATH, Andreas	Triathlon Team Indeland	0:23:04.14	0:00:46.61	0:45:43.60	0:00:59.78	0:10:12.83	<b>1:20:46.98</b>
12 (26)	4. M AK25	EXNER, Benjamin	RC Pfälzerwald e.V.	0:22:31.85	0:01:04.92	0:45:45.15	0:00:50.78	0:10:35.22	<b>1:20:47.93</b>
13 (82)	3. M AK50	WIRTZ, Mike	AS Neukirchen-Vluyn	0:21:11.91	0:01:14.56	0:47:35.23	0:00:56.00	0:09:59.75	<b>1:20:57.46</b>
14 (67)	3. M AK30	SCHMITZ, Tobias		0:24:11.31	0:01:06.74	0:44:28.07	0:00:58.10	0:10:39.42	<b>1:21:23.64</b>

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RG (NR)	RG AK	NAME, VORNAME	TEAM / VEREIN	LAUF 1	WECHSEL	RAD	WECHSEL	LAUF 2	ZEIT
<b>MÄNNLICH</b>									
15 (10)	1. M AK40	BLUMBACH, Michael	Brander SV Tri Team	0:22:40.66	0:00:47.77	0:46:41.69	0:00:58.44	0:10:26.42	<b>1:21:34.99</b>
16 (30)	4. M AK50	GREFF, Joachim	1. Budo Club Eschweiler e.V. Kendo	0:23:51.78	0:01:18.65	0:46:56.63	0:01:05.18	0:09:59.07	<b>1:23:11.32</b>
17 (50)	3. M AK20	LÜTGEN, Patrick	FC Keldenich	0:22:15.50	0:01:11.20	0:48:10.74	0:00:58.00	0:10:50.25	<b>1:23:25.70</b>
18 (7)	5. M AK50	BERGS, Ralf	LT Goldener Hase	0:24:37.56	0:00:55.88	0:46:12.39	0:00:56.60	0:10:46.42	<b>1:23:28.87</b>
19 (86)	5. M AK25	ZANDERS, Fabian		0:23:02.13	0:01:25.80	0:48:43.97	0:01:18.51	0:09:55.56	<b>1:24:25.99</b>
20 (79)	6. M AK50	TOSCH, Michael	Brander SV Tri Team	0:23:05.92	0:01:07.35	0:49:47.63	0:01:09.91	0:09:27.26	<b>1:24:38.07</b>
21 (106)	1. M JA	DA COSTA, Luca Juan	RC Zugvogel 09 Aachen e.V.	0:24:58.10	0:00:49.38	0:47:46.42	0:01:00.66	0:10:33.26	<b>1:25:07.84</b>
22 (3)	2. M AK45	SCHRAPPS, Andre	BSG EWV/ENWOR eV	0:24:07.11	0:01:22.12	0:47:51.58	0:01:07.18	0:10:40.77	<b>1:25:08.78</b>
23 (59)	1. M AK55	OEBEL, Gregor	Marathon-Club Eschweiler	0:25:32.15	0:01:10.39	0:46:40.55	0:01:07.84	0:11:11.24	<b>1:25:42.19</b>
24 (66)	4. M AK20	SCHLÖMER, Armin		0:24:27.42	0:00:54.14	0:50:24.65	0:01:02.50	0:10:27.99	<b>1:27:16.72</b>
25 (108)	7. M AK50	BECKE, Ralf		0:22:21.68	0:01:13.85	0:53:54.58	0:01:19.80	0:09:24.37	<b>1:28:14.29</b>
26 (6)	4. M AK30	BELLMANN, Waldemar		0:24:20.74	0:00:59.40	0:50:35.01	0:01:01.43	0:11:21.20	<b>1:28:17.79</b>
27 (43)	2. M AK35	KOLL, Markus		0:25:01.56	0:01:10.17	0:49:08.26	0:01:24.24	0:11:34.52	<b>1:28:18.76</b>
28 (48)	8. M AK50	KUTSCH, Thomas	triaJONGE Germania Freund	0:25:10.36	0:01:19.17	0:51:02.44	0:01:06.04	0:10:50.89	<b>1:29:28.91</b>
29 (70)	6. M AK25	SCHRUFF, Gero	RSC Staubwolke Dürwiß	0:26:12.49	0:01:24.49	0:49:05.08	0:01:14.09	0:12:06.32	<b>1:30:02.48</b>
30 (35)	2. M AK55	HUPPERTZ, Bernd		0:23:13.14	0:00:48.40	0:56:58.20	0:00:50.43	0:09:39.46	<b>1:31:29.65</b>
31 (54)	3. M AK55	MOLL, Hans	never sports	0:23:48.81	0:01:18.96	0:54:11.60	0:01:33.22	0:10:53.17	<b>1:31:45.77</b>
32 (58)	9. M AK50	NOPPEN, Christoph	triaJONGE Germania Freund	0:25:26.87	0:01:12.48	0:52:50.21	0:01:00.01	0:11:16.39	<b>1:31:45.97</b>
33 (57)	3. M AK45	NOLDEN, Andreas		0:27:34.98	0:01:34.54	0:50:43.30	0:01:39.93	0:11:33.24	<b>1:33:06.01</b>
34 (28)	5. M AK30	GILLESSEN, Christoph	Radspportverband NRW EM	0:25:08.70	0:01:25.68	0:54:21.47	0:01:29.74	0:11:32.68	<b>1:33:58.28</b>
35 (71)	4. M AK45	SIEVEN, Rainer	Physio Therapie Sieven	0:26:25.08	0:01:30.87	0:52:25.50	0:01:18.19	0:12:27.57	<b>1:34:07.23</b>
36 (31)	4. M AK55	HAMACHER, Dieter	DJK Gillrath	0:26:02.77	0:01:26.07	0:55:27.85	0:00:50.47	0:10:36.83	<b>1:34:24.01</b>
37 (36)	10. M AK50	JOHNEN, Heinrich	RRC Düren-Merken	0:29:56.51	0:01:37.25	0:48:46.20	0:01:19.49	0:12:54.81	<b>1:34:34.28</b>
38 (44)	5. M AK45	KREMER, Oliver	triaJONGE Germania Freund	0:29:18.61	0:01:17.36	0:50:53.06	0:01:28.90	0:12:51.12	<b>1:35:49.06</b>
39 (61)	5. M AK55	ORTMANN, Andreas	triaJONGE Germania Freund	0:29:18.01	0:01:31.10	0:50:42.64	0:01:37.39	0:12:39.90	<b>1:35:49.06</b>
40 (55)	11. M AK50	MÜLLER, Olaf	Delta Lauftreff Ahlen	0:28:23.07	0:01:05.95	0:54:13.05	0:01:19.24	0:12:20.35	<b>1:37:21.67</b>
41 (81)	12. M AK50	WINKELER, Lutz	triaJONGE Germania Freund	0:26:59.87	0:01:05.78	0:56:01.39	0:01:10.90	0:12:23.80	<b>1:37:41.76</b>

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RG (NR)	RG AK	NAME, VORNAME	TEAM / VEREIN	LAUF 1	WECHSEL	RAD	WECHSEL	LAUF 2	ZEIT
<b>MÄNNLICH</b>									
<b>42</b> (23)	13. M AK50	ERMISCH, Heinz-Werner	Happy Running Family/Team Erdinger Alkohol	0:26:49.76	0:01:58.58	0:53:49.88	0:02:08.58	0:12:57.29	<b>1:37:44.11</b>
<b>43</b> (2)	14. M AK50	ALT, Josef	actimonda Krankenkasse	0:24:42.97	0:02:04.29	0:58:17.50	0:01:50.44	0:11:05.99	<b>1:38:01.21</b>
<b>44</b> (15)	6. M AK30	BÜTTNER, Christoph		0:27:19.61	0:02:06.75	0:57:18.38	0:01:31.44	0:11:40.56	<b>1:39:56.75</b>
<b>45</b> (4)	6. M AK55	ARETZ, Josef	DJK Gillrath	0:29:46.76	0:01:25.48	0:59:48.00	0:01:18.22	0:13:04.95	<b>1:45:23.43</b>
<b>46</b> (21)	7. M AK30	DROSTE, Florian		0:29:39.16	0:00:55.13	0:59:48.95	0:01:12.05	0:13:53.60	<b>1:45:28.91</b>
<b>47</b> (41)	2. M AK40	KLEIN, Christian		0:29:16.84	0:00:57.10	1:00:43.01	0:01:18.70	0:13:22.03	<b>1:45:37.70</b>
<b>48</b> (56)	8. M AK30	NEITZEL, Gregory		0:29:10.31	0:01:40.49	1:04:22.74	0:01:30.20	0:12:49.71	<b>1:49:33.47</b>
<b>DNF</b> (73)	9. M AK30	SITTIG, Jörg	Brander SV Tri Team	0:20:11.03	0:00:45.69				

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RG (NR)	RG M/W	NAME, VORNAME	TEAM / VEREIN	LAUF 1	WECHSEL	RAD	WECHSEL	LAUF 2	ZEIT
<b>MÄNNER AK20</b>									
1 (107)	3. M	HACKENBRUCH, Yves		0:19:05.45	0:00:36.03	0:40:31.99	0:00:34.09	0:08:08.90	<b>1:08:56.48</b>
2 (32)	7. M	HAMACHER, Fritz	DJK Gillrath	0:22:17.77	0:00:58.06	0:43:11.17	0:00:43.58	0:09:04.85	<b>1:16:15.45</b>
3 (50)	17. M	LÜTGEN, Patrick	FC Keldenich	0:22:15.50	0:01:11.20	0:48:10.74	0:00:58.00	0:10:50.25	<b>1:23:25.70</b>
4 (66)	24. M	SCHLÖMER, Armin		0:24:27.42	0:00:54.14	0:50:24.65	0:01:02.50	0:10:27.99	<b>1:27:16.72</b>
<b>MÄNNER AK25</b>									
1 (74)	1. M	SORGE, Julian	RSC Krähe Kornelimünster	0:19:17.68	0:00:35.16	0:36:45.59	0:00:40.17	0:07:57.30	<b>1:05:15.92</b>
2 (69)	2. M	SCHOLZ, Swen	Brander SV Tri Team	0:19:27.24	0:00:36.60	0:39:33.77	0:00:34.52	0:08:18.67	<b>1:08:30.82</b>
3 (37)	9. M	JÖRRES, Patrick	Marathon-Club Eschweiler	0:21:59.66	0:00:49.82	0:45:36.70	0:00:57.29	0:10:09.02	<b>1:19:32.50</b>
4 (26)	12. M	EXNER, Benjamin	RC Pfälzerwald e.V.	0:22:31.85	0:01:04.92	0:45:45.15	0:00:50.78	0:10:35.22	<b>1:20:47.93</b>
5 (86)	19. M	ZANDERS, Fabian		0:23:02.13	0:01:25.80	0:48:43.97	0:01:18.51	0:09:55.56	<b>1:24:25.99</b>
6 (70)	29. M	SCHRUFF, Gero	RSC Staubwolke Dürwiß	0:26:12.49	0:01:24.49	0:49:05.08	0:01:14.09	0:12:06.32	<b>1:30:02.48</b>
<b>MÄNNER AK30</b>									
1 (33)	4. M	HENNINGER, Tristan	Brander SV Tri Team	0:19:33.30	0:00:40.23	0:41:38.65	0:00:40.76	0:08:28.34	<b>1:11:01.30</b>
2 (75)	6. M	SPANU, Andrea	Marathon-Club Eschweiler	0:20:15.91	0:01:04.77	0:42:12.28	0:00:46.70	0:09:43.31	<b>1:14:02.99</b>
3 (67)	14. M	SCHMITZ, Tobias		0:24:11.31	0:01:06.74	0:44:28.07	0:00:58.10	0:10:39.42	<b>1:21:23.64</b>
4 (6)	26. M	BELLMANN, Waldemar		0:24:20.74	0:00:59.40	0:50:35.01	0:01:01.43	0:11:21.20	<b>1:28:17.79</b>
5 (28)	34. M	GILLESSEN, Christoph	Radsportverband NRW EM	0:25:08.70	0:01:25.68	0:54:21.47	0:01:29.74	0:11:32.68	<b>1:33:58.28</b>
6 (15)	44. M	BÜTTNER, Christoph		0:27:19.61	0:02:06.75	0:57:18.38	0:01:31.44	0:11:40.56	<b>1:39:56.75</b>
7 (21)	46. M	DROSTE, Florian		0:29:39.16	0:00:55.13	0:59:48.95	0:01:12.05	0:13:53.60	<b>1:45:28.91</b>
8 (56)	48. M	NEITZEL, Gregory		0:29:10.31	0:01:40.49	1:04:22.74	0:01:30.20	0:12:49.71	<b>1:49:33.47</b>
DNF (73)	67. M	SITTIG, Jörg	Brander SV Tri Team	0:20:11.03	0:00:45.69				
<b>MÄNNER AK35</b>									
1 (85)	5. M	ZANDER, Ingo	TSV Frickenhausen	0:20:19.02	0:00:55.60	0:40:45.12	0:00:49.54	0:08:25.02	<b>1:11:14.31</b>
2 (43)	27. M	KOLL, Markus		0:25:01.56	0:01:10.17	0:49:08.26	0:01:24.24	0:11:34.52	<b>1:28:18.76</b>

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RG (NR)	RG M/W	NAME, VORNAME	TEAM / VEREIN	LAUF 1	WECHSEL	RAD	WECHSEL	LAUF 2	ZEIT
<b>SENIOREN AK40</b>									
<b>1</b> <sup>(10)</sup>	15. M	BLUMBACH, Michael	Brander SV Tri Team	0:22:40.66	0:00:47.77	0:46:41.69	0:00:58.44	0:10:26.42	<b>1:21:34.99</b>
<b>2</b> <sup>(41)</sup>	47. M	KLEIN, Christian		0:29:16.84	0:00:57.10	1:00:43.01	0:01:18.70	0:13:22.03	<b>1:45:37.70</b>
<b>SENIOREN AK45</b>									
<b>1</b> <sup>(12)</sup>	8. M	BRUNHUBER, Oliver	DLC Aachen	0:21:30.04	0:00:57.73	0:44:12.41	0:00:46.92	0:09:18.97	<b>1:16:46.07</b>
<b>2</b> <sup>(3)</sup>	22. M	SCHRAPPS, Andre	BSG EWV/ENWOR eV	0:24:07.11	0:01:22.12	0:47:51.58	0:01:07.18	0:10:40.77	<b>1:25:08.78</b>
<b>3</b> <sup>(57)</sup>	33. M	NOLDEN, Andreas		0:27:34.98	0:01:34.54	0:50:43.30	0:01:39.93	0:11:33.24	<b>1:33:06.01</b>
<b>4</b> <sup>(71)</sup>	35. M	SIEVEN, Rainer	Physio Therapie Sieven	0:26:25.08	0:01:30.87	0:52:25.50	0:01:18.19	0:12:27.57	<b>1:34:07.23</b>
<b>5</b> <sup>(44)</sup>	38. M	KREMER, Oliver	triaJONGE Germania Freund	0:29:18.61	0:01:17.36	0:50:53.06	0:01:28.90	0:12:51.12	<b>1:35:49.06</b>
<b>SENIOREN AK50</b>									
<b>1</b> <sup>(109)</sup>	10. M	FEILEN, Heinz	Marathon-Club Eschweiler	0:21:31.16	0:00:55.61	0:47:36.68	0:00:50.89	0:09:17.17	<b>1:20:11.51</b>
<b>2</b> <sup>(63)</sup>	11. M	SCHAFFRATH, Andreas	Triathlon Team Indeland	0:23:04.14	0:00:46.61	0:45:43.60	0:00:59.78	0:10:12.83	<b>1:20:46.98</b>
<b>3</b> <sup>(82)</sup>	13. M	WIRTZ, Mike	AS Neukirchen-Vluyn	0:21:11.91	0:01:14.56	0:47:35.23	0:00:56.00	0:09:59.75	<b>1:20:57.46</b>
<b>4</b> <sup>(30)</sup>	16. M	GREFF, Joachim	1. Budo Club Eschweiler e.V. Kendo	0:23:51.78	0:01:18.65	0:46:56.63	0:01:05.18	0:09:59.07	<b>1:23:11.32</b>
<b>5</b> <sup>(7)</sup>	18. M	BERGS, Ralf	LT Goldener Hase	0:24:37.56	0:00:55.88	0:46:12.39	0:00:56.60	0:10:46.42	<b>1:23:28.87</b>
<b>6</b> <sup>(79)</sup>	20. M	TOSCH, Michael	Brander SV Tri Team	0:23:05.92	0:01:07.35	0:49:47.63	0:01:09.91	0:09:27.26	<b>1:24:38.07</b>
<b>7</b> <sup>(108)</sup>	25. M	BECKE, Ralf		0:22:21.68	0:01:13.85	0:53:54.58	0:01:19.80	0:09:24.37	<b>1:28:14.29</b>
<b>8</b> <sup>(48)</sup>	28. M	KUTSCH, Thomas	triaJONGE Germania Freund	0:25:10.36	0:01:19.17	0:51:02.44	0:01:06.04	0:10:50.89	<b>1:29:28.91</b>
<b>9</b> <sup>(58)</sup>	32. M	NOPPEN, Christoph	triaJONGE Germania Freund	0:25:26.87	0:01:12.48	0:52:50.21	0:01:00.01	0:11:16.39	<b>1:31:45.97</b>
<b>10</b> <sup>(36)</sup>	37. M	JOHNEN, Heinrich	RRC Düren-Merken	0:29:56.51	0:01:37.25	0:48:46.20	0:01:19.49	0:12:54.81	<b>1:34:34.28</b>
<b>11</b> <sup>(55)</sup>	40. M	MÜLLER, Olaf	Delta Lauftreff Ahlen	0:28:23.07	0:01:05.95	0:54:13.05	0:01:19.24	0:12:20.35	<b>1:37:21.67</b>
<b>12</b> <sup>(81)</sup>	41. M	WINKELER, Lutz	triaJONGE Germania Freund	0:26:59.87	0:01:05.78	0:56:01.39	0:01:10.90	0:12:23.80	<b>1:37:41.76</b>
<b>13</b> <sup>(23)</sup>	42. M	ERMISCH, Heinz-Werner	Happy Running Family/Team Erdinger Alkohol	0:26:49.76	0:01:58.58	0:53:49.88	0:02:08.58	0:12:57.29	<b>1:37:44.11</b>
<b>14</b> <sup>(2)</sup>	43. M	ALT, Josef	actimonda Krankenkasse	0:24:42.97	0:02:04.29	0:58:17.50	0:01:50.44	0:11:05.99	<b>1:38:01.21</b>
<b>SENIOREN AK55</b>									
<b>1</b> <sup>(59)</sup>	23. M	OEBEL, Gregor	Marathon-Club Eschweiler	0:25:32.15	0:01:10.39	0:46:40.55	0:01:07.84	0:11:11.24	<b>1:25:42.19</b>

## 4. actimonda Duathlon

**SPRINT-DUATHLON (5,3 KM / 22 KM / 2,3 KM) WERTUNG NACH ALTERSKLASSEN**

RG (NR)	RG M/W	NAME, VORNAME	TEAM / VEREIN	LAUF 1	WECHSEL	RAD	WECHSEL	LAUF 2	ZEIT
<b>SENIOREN AK55</b>									
2	(35) 30. M	HUPPERTZ, Bernd		0:23:13.14	0:00:48.40	0:56:58.20	0:00:50.43	0:09:39.46	<b>1:31:29.65</b>
3	(54) 31. M	MOLL, Hans	never sports	0:23:48.81	0:01:18.96	0:54:11.60	0:01:33.22	0:10:53.17	<b>1:31:45.77</b>
4	(31) 36. M	HAMACHER, Dieter	DJK Gillrath	0:26:02.77	0:01:26.07	0:55:27.85	0:00:50.47	0:10:36.83	<b>1:34:24.01</b>
5	(61) 39. M	ORTMANN, Andreas	triaJONGE Germania Freund	0:29:18.01	0:01:31.10	0:50:42.64	0:01:37.39	0:12:39.90	<b>1:35:49.06</b>
6	(4) 45. M	ARETZ, Josef	DJK Gillrath	0:29:46.76	0:01:25.48	0:59:48.00	0:01:18.22	0:13:04.95	<b>1:45:23.43</b>
<b>MÄNNL. JUGEND A</b>									
1	(106) 21. M	DA COSTA, Luca Juan	RC Zugvogel 09 Aachen e.V.	0:24:58.10	0:00:49.38	0:47:46.42	0:01:00.66	0:10:33.26	<b>1:25:07.84</b>
<b>FRAUEN AK20</b>									
1	(62) 3. W	RECKTER, Jana	Alemannia Aachen	0:26:02.01	0:01:17.34	0:50:26.53	0:01:13.03	0:10:56.45	<b>1:29:55.38</b>
2	(17) 5. W	CONRADS, Carolin	SG Sparkasse Aachen	0:25:10.48	0:00:43.19	0:54:38.96	0:00:49.26	0:11:11.26	<b>1:32:33.16</b>
<b>FRAUEN AK35</b>									
1	(14) 1. W	BÜCKEN, Simone	Djk Armada Euchen-Würselen	0:23:36.74	0:00:53.69	0:50:29.94	0:00:56.93	0:10:08.16	<b>1:26:05.48</b>
2	(52) 4. W	MEYER, Catharine Tamara	Lustlauf mein Verein	0:27:12.53	0:01:01.52	0:51:24.16	0:01:04.51	0:11:46.17	<b>1:32:28.90</b>
3	(16) 8. W	CHAMMAE, Nora		0:26:26.68	0:01:06.12	0:57:00.41	0:01:28.36	0:11:14.77	<b>1:37:16.35</b>
<b>SENIORINNEN AK40</b>									
1	(9) 2. W	BLEIMANN, Petra	Brandner SV TrinTeam	0:24:31.35	0:01:04.38	0:50:16.33	0:01:06.84	0:10:26.88	<b>1:27:25.78</b>
2	(25) 6. W	ESCHWEILER, Marion	Sightrunning-Cologne	0:23:30.08	0:02:01.51	0:56:57.72	0:01:43.65	0:10:04.04	<b>1:34:17.01</b>
3	(84) 11. W	WONNEBERGER, Nicola		0:30:14.19	0:01:28.51	1:00:00.59	0:02:04.31	0:14:20.48	<b>1:48:08.10</b>
<b>SENIORINNEN AK50</b>									
1	(27) 10. W	FICHTNER, Sabine		0:28:04.25	0:01:20.35	0:59:53.71	0:00:53.61	0:12:56.82	<b>1:43:08.76</b>
<b>SENIORINNEN AK55</b>									
1	(47) 7. W	KURSCHILDGEN, Monika	Triathlon Team Eupen	0:27:32.87	0:00:44.94	0:55:40.76	0:00:41.44	0:11:14.19	<b>1:35:54.21</b>

## 4. actimonda Duathlon

### SPRINT-DUATHLON (5,3 KM / 22 KM / 2,3 KM) WERTUNG NACH ALTERSKLASSEN

RG (NR)	RG M/W	NAME, VORNAME	TEAM / VEREIN	LAUF 1	WECHSEL	RAD	WECHSEL	LAUF 2	ZEIT
<b>JUNIORINNEN</b>									
1 (24)	9. W	ERVENS, Elisabeth	TC Breinig	0:26:37.59	0:00:57.53	0:58:19.89	0:00:41.78	0:12:10.49	<b>1:38:47.28</b>