

7. heroal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Verbandsliga 1200 m / 40 km / 10 km

| SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----|----------------------|-----|------|---------------------------|---------|-------|---------|-------|
| 533 | 1. | Bock, Niclas | 1. | M 20 | Triathlon Team Ratingen 0 | 1:47:09 | 18:00 | 56:11 | 32:58 |
| 549 | 2. | Ganser, Markus | 1. | M 35 | Brander SV-Tri Team I | 1:50:34 | 20:14 | 54:32 | 35:48 |
| 539 | 3. | Winnemöller, Tobias | 1. | M 30 | DLC Aachen | 1:51:22 | 19:08 | 57:42 | 34:32 |
| 545 | 4. | Veldhius, Jan | 2. | M 20 | SC Altenrheine | 1:52:33 | 20:09 | 56:42 | 35:42 |
| 541 | 5. | Menn, Felix | 3. | M 20 | EJOT Team TV Buschhütten | 1:52:40 | 19:10 | 58:44 | 34:46 |
| 550 | 6. | Esser, Olivier | 4. | M 20 | Brander SV-Tri Team I | 1:53:00 | 19:05 | 57:47 | 36:08 |
| 538 | 7. | Grauel, Tobias | 2. | M 30 | DLC Aachen | 1:53:25 | 19:23 | 57:50 | 36:12 |
| 540 | 8. | Schulte, Thomas | 5. | M 20 | DLC Aachen | 1:54:01 | 19:28 | 57:50 | 36:44 |
| 537 | 9. | Häger, Daniel | 6. | M 20 | DLC Aachen | 1:54:27 | 18:03 | 1:01:27 | 34:57 |
| 543 | 10. | Rohleder, Manuel | 7. | M 20 | EJOT Team TV Buschhütten | 1:54:42 | 20:23 | 58:59 | 35:20 |
| 502 | 11. | Neuhörl, Udo | 2. | M 35 | RWE Starlight Team Essen | 1:54:47 | 19:18 | 57:30 | 37:59 |
| 542 | 12. | Hesse, Daniel | 8. | M 20 | EJOT Team TV Buschhütten | 1:55:11 | 19:03 | 58:36 | 37:31 |
| 564 | 13. | Stüllgens, Kai-Uwe | 1. | M 45 | Krefelder Kanu Klub | 1:55:31 | 20:41 | 59:30 | 35:20 |
| 551 | 14. | Logen, Stefan | 9. | M 20 | Brander SV-Tri Team I | 1:55:50 | 19:50 | 59:29 | 36:31 |
| 552 | 15. | Sittig, Jörg | 10. | M 20 | Brander SV-Tri Team I | 1:56:16 | 19:52 | 59:31 | 36:53 |
| 565 | 16. | Hohmann, Falk | 3. | M 30 | SG Tri Power Rhein Sieg | 1:57:01 | 21:26 | 59:34 | 36:01 |
| 520 | 17. | Grübbel, Jan-Ulrich | 11. | M 20 | SC Aquarius Löhne | 1:57:48 | 21:16 | 59:24 | 37:08 |
| 508 | 19. | Gems, Christian | 12. | M 20 | Bayer 05 Uerdingen IV | 1:58:14 | 23:05 | 58:56 | 36:13 |
| 535 | 18. | Kiczynski, Marcel | 3. | M 35 | Triathlon Team Ratingen 0 | 1:58:14 | 21:48 | 59:24 | 37:02 |
| 544 | 20. | Prigge, Oliver | 1. | M 40 | EJOT Team TV Buschhütten | 1:58:47 | 20:39 | 1:00:05 | 38:02 |
| 518 | 21. | Mohrman, Niko | 13. | M 20 | SC Aquarius Löhne | 1:59:05 | 20:59 | 59:41 | 38:25 |
| 505 | 22. | Oppenberg, Jörg | 2. | M 40 | Bayer 05 Uerdingen IV | 1:59:22 | 21:51 | 1:01:04 | 36:27 |
| 506 | 23. | Hakes, Fritz | 14. | M 20 | Bayer 05 Uerdingen IV | 2:00:01 | 21:21 | 59:54 | 38:46 |
| 529 | 24. | Hinske, Berthold | 3. | M 40 | W + F Münster II | 2:00:16 | 20:27 | 1:00:20 | 39:29 |
| 525 | 25. | Thiesmeyer, Benjamin | 15. | M 20 | PSV Bonn Triathlon III | 2:00:22 | 19:13 | 1:01:33 | 39:36 |
| 524 | 26. | Gerdhenrichs, Stefan | 4. | M 35 | Tri Speed Marienfeld III | 2:00:34 | 23:04 | 1:00:41 | 36:49 |
| 534 | 27. | Fuchs, Michael | 4. | M 40 | Triathlon Team Ratingen 0 | 2:00:45 | 23:04 | 1:01:39 | 36:01 |
| 566 | 28. | Fischer, Jan | 1. | M JU | SG Tri Power Rhein Sieg | 2:01:15 | 18:07 | 1:03:00 | 40:08 |
| 556 | 29. | Strothkamp, Dirk | 5. | M 40 | Triathlon Team Witten | 2:01:19 | 21:38 | 1:03:38 | 36:03 |
| 503 | 30. | Gelbarth, Markus | 5. | M 35 | RWE Starlight Team Essen | 2:01:53 | 24:26 | 59:46 | 37:41 |
| 557 | 31. | Schaaf, Walter | 2. | M JU | PSV Brühl | 2:01:58 | 22:03 | 1:02:27 | 37:28 |
| 558 | 32. | Zimmer, Karl | 6. | M 40 | PSV Brühl | 2:02:14 | 20:58 | 1:02:01 | 39:15 |
| 512 | 33. | Volmer, Rolf | 7. | M 40 | TRICITY 2001 e.V. | 2:02:43 | 21:30 | 1:02:28 | 38:45 |
| 504 | 34. | Bloch, Markus | 4. | M 30 | RWE Starlight Team Essen | 2:03:03 | 19:37 | 1:02:55 | 40:31 |
| 568 | 35. | Fetting, Stefan | 2. | M 45 | SG Tri Power Rhein Sieg | 2:03:24 | 23:35 | 1:02:14 | 37:35 |
| 554 | 36. | Bierey, Dietmar | 8. | M 40 | Triathlon Team Witten | 2:03:31 | 28:13 | 57:42 | 37:36 |
| 555 | 37. | Moldenhauer, Kai | 1. | M 50 | Triathlon Team Witten | 2:03:46 | 25:45 | 59:30 | 38:31 |
| 546 | 38. | Brinkmann, Jürgen | 3. | M 45 | SC Altenrheine | 2:04:01 | 25:21 | 1:00:19 | 38:21 |

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| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-------------------------------|-----|--------------------------------|---------|-------|---------|-------|
| 531 | 39. Thomsen, Arne | 5. | M 30 W + F Münster II | 2:04:07 | 20:17 | 1:00:11 | 43:39 |
| 509 | 40. Grundmeier, Hans-Georg | 4. | M 45 TRICITY 2001 e.V. | 2:04:50 | 23:20 | 1:03:33 | 37:56 |
| 519 | 41. Westerholz, Thorsten | 6. | M 30 SC Aquarius Löhne | 2:04:52 | 24:36 | 58:06 | 42:10 |
| 567 | 42. Hoßbach, Markus | 9. | M 40 SG Tri Power Rhein Sieg | 2:04:58 | 24:27 | 1:01:23 | 39:08 |
| 527 | 43. Wenzel, Arne | 16. | M 20 PSV Bonn Triathlon III | 2:05:01 | 19:07 | 1:04:54 | 41:01 |
| 510 | 44. Hoppe-Biermeyer, Bernhard | 5. | M 45 TRICITY 2001 e.V. | 2:05:14 | 25:17 | 58:47 | 41:10 |
| 561 | 45. Backus, Klaus | 6. | M 45 Krefelder Kanu Klub | 2:05:21 | 22:04 | 1:02:17 | 41:00 |
| 536 | 46. Bernhard, Michael | 6. | M 35 Triathlon Team Ratingen 0 | 2:05:26 | 21:54 | 1:03:41 | 39:52 |
| 562 | 47. Bauhaus, Frank | 2. | M 50 Krefelder Kanu Klub | 2:05:55 | 23:33 | 1:01:45 | 40:37 |
| 560 | 48. Woreech, Ralf | 7. | M 45 PSV Brühl | 2:06:10 | 24:01 | 1:01:26 | 40:43 |
| 563 | 49. Mehtieff, Alexander | 10. | M 40 Krefelder Kanu Klub | 2:06:19 | 25:28 | 1:01:34 | 39:17 |
| 521 | 50. Peters, Uwe | 8. | M 45 Tri Speed Marienfeld III | 2:06:57 | 23:19 | 1:01:34 | 42:04 |
| 526 | 51. Thiesmeyer, Jonathan | 17. | M 20 PSV Bonn Triathlon III | 2:07:11 | 21:57 | 1:03:20 | 41:54 |
| 530 | 52. Uphoff, Dirk | 7. | M 35 W + F Münster II | 2:07:54 | 22:19 | 1:06:06 | 39:29 |
| 572 | 53. Leipold, Ralf | 3. | M 50 SV Sterkrade Nord II | 2:08:20 | 25:04 | 1:02:21 | 40:55 |
| 559 | 54. Meister, Thomas | 18. | M 20 PSV Brühl | 2:08:21 | 22:08 | 1:04:10 | 42:03 |
| 523 | 55. Welki, Peter | 1. | M 55 Tri Speed Marienfeld III | 2:08:23 | 23:25 | 1:02:57 | 42:01 |
| 569 | 56. Wieschemann, Frank | 9. | M 45 SV Sterkrade Nord II | 2:09:56 | 24:46 | 1:02:36 | 42:34 |
| 553 | 57. Lischka, Jan Timo | 7. | M 30 Triathlon Team Witten | 2:11:07 | 25:02 | 1:06:15 | 39:49 |
| 501 | 58. Barbian, Simon | 8. | M 35 RWE Starlight Team Essen | 2:11:18 | 23:02 | 1:02:11 | 46:05 |
| 528 | 59. Röhrig, Jörg | 9. | M 35 PSV Bonn Triathlon III | 2:11:55 | 19:36 | 1:01:17 | 51:02 |
| 522 | 60. Osthus, Jens | 11. | M 40 Tri Speed Marienfeld III | 2:12:17 | 23:40 | 1:03:31 | 45:07 |
| 507 | 61. Gems, Tobias | 19. | M 20 Bayer 05 Uerdingen IV | 2:12:36 | 21:59 | 1:04:33 | 46:04 |
| 548 | 62. Watta, Matthias | 12. | M 40 SC Altenrheine | 2:13:23 | 24:13 | 1:05:38 | 43:32 |
| 532 | 63. Geers, Manfred | 10. | M 45 W + F Münster II | 2:14:00 | 21:30 | 1:04:17 | 48:13 |
| 570 | 64. Wieschemann, Armin | 11. | M 45 SV Sterkrade Nord II | 2:15:28 | 24:21 | 1:02:48 | 48:18 |
| 547 | 65. Brandhorst, Lars | 13. | M 40 SC Altenrheine | 2:16:35 | 28:50 | 1:07:40 | 40:05 |
| 571 | 66. Fileccia, Marco | 12. | M 45 SV Sterkrade Nord II | 2:16:39 | 25:37 | 1:07:32 | 43:29 |
| 511 | 67. Pilot, Ajosha | 20. | M 20 TRICITY 2001 e.V. | 2:22:38 | 26:37 | | |
| 517 | 68. Götting, Christian Dr. | 14. | M 40 SC Aquarius Löhne | 2:26:22 | 28:56 | 1:07:34 | 49:53 |
| 513 | 72. Laumen, Richard | 0. | M 40 Triathlon Waldfeucht e.V. | n.a. | | | |
| 514 | 72. Dohlen, Michael | 0. | M 30 Triathlon Waldfeucht e.V. | n.a. | | | |
| 515 | 72. Tetz, Dieter | 0. | M 40 Triathlon Waldfeucht e.V. | n.a. | | | |
| 516 | 72. Derix, Jac | 0. | M 50 Triathlon Waldfeucht e.V. | n.a. | | | |

7. heroyal Triathlon Ver1 - 18. Juli 2010
Mannschaftsergebnisliste - Verbandsliga 1200 m / 40 km / 10 km

| Pl. | KL | Verein (ges. Zeit) | PN |
|-----|----|--|-----|
| 1. | M | DLC Aachen 3. Tobias Winnemöller - 1:51:22 7. Tobias Grauel - 1:53:25 8. Thomas Schulte - 1:54:01 9. Daniel Häger - 1:54:27 | 27 |
| 2. | M | Brander SV-Tri Team I 2. Markus Ganser - 1:50:34 6. Olivier Esser - 1:53:00 14. Stefan Logen - 1:55:50 15. Jörg Sittig - 1:56:16 | 37 |
| 3. | M | EJOT Team TV Buschhütten III 5. Felix Menn - 1:52:40 10. Manuel Rohleder - 1:54:42 12. Daniel Hesse - 1:55:11 20. Oliver Prigge - 1:58:47 | 47 |
| 4. | M | Triathlon Team Ratingen 08 1. Niclas Bock - 1:47:09 18. Marcel Kiczynski - 1:58:14 27. Michael Fuchs - 2:00:45 46. Michael Bernhard - 2:05:26 | 92 |
| 5. | M | SG Tri Power Rhein Sieg 16. Falk Hohmann - 1:57:01 28. Jan Fischer - 2:01:15 35. Stefan Fetting - 2:03:24 42. Markus Hoßbach - 2:04:58 | 121 |
| 6. | M | Bayer 05 Uerdingen IV 19. Christian Gems - 1:58:14 22. Jörg Oppenberg - 1:59:22 23. Fritz Hakes - 2:00:01 61. Tobias Gems - 2:12:36 | 125 |
| 7. | M | RWE Starlight Team Essen 11. Udo Neuhörl - 1:54:47 30. Markus Gelbarth - 2:01:53 34. Markus Bloch - 2:03:03 58. Simon Barbian - 2:11:18 | 133 |
| 8. | M | SC Aquarius Löhne 17. Jan-Ulrich Grübbel - 1:57:48 21. Niko Mohrmann - 1:59:05 41. Thorsten Westerholz - 2:04:52 68. Christian Dr. Götting - 2:26:22 | 147 |
| 9. | M | Krefelder Kanu Klub 13. Kai-Uwe Stüllgens - 1:55:31 45. Klaus Backus - 2:05:21 47. Frank Bauhaus - 2:05:55 49. Alexander Mehtieff - 2:06:19 | 154 |

7. heraal Triathlon Ver1 - 18. Juli 2010
Mannschaftsergebnisliste - Verbandsliga 1200 m / 40 km / 10 km

| Pl. | KL | Verein (ges. Zeit) | PN |
|-----|----|---|-----|
| 10. | M | Triathlon Team Witten 29. Dirk Strothkamp - 2:01:19 36. Dietmar Bierey - 2:03:31 37. Kai Moldenhauer - 2:03:46 57. Jan Timo Lischka - 2:11:07 | 159 |
| 11. | M | PSV Brühl 31. Walter Schaaf - 2:01:58 32. Karl Zimmer - 2:02:14 48. Ralf Woreech - 2:06:10 54. Thomas Meister - 2:08:21 | 165 |
| 12. | M | SC Altenrheine 4. Jan Veldhius - 1:52:33 38. Jürgen Brinkmann - 2:04:01 62. Matthias Watta - 2:13:23 65. Lars Brandhorst - 2:16:35 | 169 |
| 13. | M | W + F Münster II 24. Berthold Hinske - 2:00:16 39. Arne Thomsen - 2:04:07 52. Dirk Uphoff - 2:07:54 63. Manfred Geers - 2:14:00 | 178 |
| 13. | M | PSV Bonn Triathlon III 25. Benjamin Thiesmeyer - 2:00:22 43. Arne Wenzel - 2:05:01 51. Jonathan Thiesmeyer - 2:07:11 59. Jörg Röhrig - 2:11:55 | 178 |
| 15. | M | TRICITY 2001 e.V. 33. Rolf Volmer - 2:02:43 40. Hans-Georg Grundmeier - 2:04:50 44. Bernhard Hoppe-Biermeyer - 2:05:14 67. Ajosha Pilot - 2:22:38 | 184 |
| 16. | M | Tri Speed Marienfeld III 26. Stefan Gerdhenrichs - 2:00:34 50. Uwe Peters - 2:06:57 55. Peter Welki - 2:08:23 60. Jens Osthus - 2:12:17 | 191 |
| 17. | M | SV Sterkrade Nord II 53. Ralf Leipold - 2:08:20 56. Frank Wieschemann - 2:09:56 64. Armin Wieschemann - 2:15:28 66. Marco Fileccia - 2:16:39 | 239 |
| 18. | M | Triathlon Waldfeucht e.V. 72. Richard Laumen - n.a. 72. Michael Dohlen - n.a. 72. Dieter Tetz - n.a. 72. Jac Derix - n.a. | 288 |

7. heroyal Triathlon Verl - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Landesliga Nord 1200 m / 40 km / 10 km

| SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|---------|-----|----------------------|----|------|---------------------------|---------|-------|---------|-------|
| 808 | 1. | Güths, Marius | 1. | M JU | Tri Team TG Lage II | 1:55:19 | 20:37 | 59:15 | 35:28 |
| 810 | 2. | Klawitter, Markus | 1. | M 30 | SV Kutenhausen Toddenhaus | 1:57:22 | 19:44 | 59:54 | 37:44 |
| 811 | 3. | Krietenstein, Sascha | 1. | M 35 | SV Kutenhausen Toddenhaus | 1:58:01 | 21:30 | 59:48 | 36:44 |
| 809 | 4. | Funken, Jens | 2. | M 35 | SV Kutenhausen Toddenhaus | 2:00:23 | 19:50 | 1:02:52 | 37:41 |
| 839 | 5. | Heibel, Sebastian | 1. | M 20 | 1.Tri Club Paderborn II | 2:00:41 | 21:29 | 1:02:10 | 37:02 |
| 840 | 6. | Schuster, Andreas | 1. | M 50 | 1.Tri Club Paderborn II | 2:02:08 | 22:17 | 1:01:20 | 38:30 |
| 801 | 7. | Steuer, Holger | 1. | M 40 | LC Solbad Ravensberg | 2:02:18 | 22:23 | 58:50 | 41:05 |
| 822 | 8. | Gerken, Michael | 3. | M 35 | TSVE Bielefeld III | 2:03:05 | 26:15 | 59:53 | 36:57 |
| 812 | 9. | Methfessel, Jan | 2. | M 40 | SV Kutenhausen Toddenhaus | 2:03:14 | 20:09 | 59:31 | 43:34 |
| 873 | 10. | Reick, Alexander | 2. | M 30 | DJK Dülmen Tri Team I | 2:03:32 | 22:46 | 1:02:28 | 38:18 |
| 874 | 11. | Steiner, Guido | 1. | M 45 | DJK Dülmen Tri Team I | 2:04:20 | 25:26 | 1:00:38 | 38:16 |
| 838 | 12. | Rossmannith, Tim | 2. | M 20 | 1.Tri Club Paderborn II | 2:04:36 | 23:47 | 1:02:22 | 38:27 |
| 814 | 13. | Radstaak, Jens | 3. | M 30 | Nordenia Tri Finish Münst | 2:05:18 | 24:29 | 1:00:22 | 40:27 |
| 803 | 14. | Esselmann, Tim | 4. | M 30 | LC Solbad Ravensberg | 2:06:16 | 23:10 | 1:00:31 | 42:35 |
| 805 | 15. | Schlepper, Jan | 3. | M 20 | Tri Team TG Lage II | 2:06:46 | 23:35 | 1:05:20 | 37:51 |
| 813 | 16. | Klotz, Stefan | 4. | M 35 | Nordenia Tri Finish Münst | 2:06:48 | 24:40 | 1:02:25 | 39:44 |
| 875 | 17. | Münch, Manuel | 4. | M 20 | DJK Dülmen Tri Team I | 2:07:58 | 27:08 | 1:02:22 | 38:27 |
| 876 | 18. | Duda, Thomas | 5. | M 35 | DJK Dülmen Tri Team I | 2:09:12 | 25:42 | 1:00:21 | 43:09 |
| 821 | 19. | Merten, Frank | 3. | M 40 | TSVE Bielefeld III | 2:09:24 | 26:29 | 1:03:00 | 39:56 |
| 866 | 20. | Greiner, Frank | 2. | M 45 | SC Aquarius Löhne II | 2:09:33 | 24:44 | 1:02:20 | 42:29 |
| 855 | 21. | Ricklin, Manfred | 2. | M 50 | SC Altenrheine | 2:09:41 | 30:08 | 58:34 | 40:59 |
| 807 | 22. | Schmitt, Volker | 3. | M 45 | Tri Team TG Lage II | 2:10:22 | 24:18 | 1:04:30 | 41:34 |
| 861 | 23. | Becker, Dirk | 4. | M 40 | TSG Sprockhövel II | 2:10:31 | 23:14 | 1:03:06 | 44:11 |
| 818 | 24. | Diekjürgen, Werner | 4. | M 45 | 1.Tri Team Gütersloh | 2:10:40 | 26:07 | 1:00:13 | 44:20 |
| 864 | 25. | Buchmüller, Thimo | 5. | M 40 | TSG Sprockhövel II | 2:11:20 | 22:41 | 1:09:24 | 39:16 |
| 802 | 26. | Bischof, Juergen | 5. | M 45 | LC Solbad Ravensberg | 2:11:23 | 29:15 | 1:05:18 | 36:50 |
| 852 | 27. | Kuper, Klaus | 3. | M 50 | W + F Münster III | 2:11:25 | 22:44 | 1:06:02 | 42:39 |
| 823 | 28. | Bahr, Oliver | 6. | M 35 | TSVE Bielefeld III | 2:11:38 | 26:32 | 1:03:03 | 42:03 |
| 850 | 29. | Mitschker, Sebastian | 5. | M 30 | W + F Münster III | 2:11:55 | 28:42 | 1:06:01 | 37:12 |
| + 2 829 | 30. | Koch, Christian | 6. | M 45 | TSG Sprockhövel I | 2:12:15 | 23:37 | 1:03:23 | 43:15 |
| 831 | 31. | Preuß, Katrin | 1. | W 20 | TSG Sprockhövel I | 2:12:38 | 20:22 | 1:07:54 | 44:21 |
| 815 | 32. | Lübbert, Oliver | 7. | M 45 | Nordenia Tri Finish Münst | 2:12:42 | 26:39 | 1:07:30 | 38:33 |
| 817 | 33. | Langner, Eckhard | 4. | M 50 | 1.Tri Team Gütersloh | 2:13:06 | 25:32 | 1:03:58 | 43:36 |
| 819 | 34. | Delker, Helmut | 6. | M 40 | 1.Tri Team Gütersloh | 2:13:06 | 25:07 | 1:07:14 | 40:45 |
| 806 | 35. | Roche, Jan-Philipp | 5. | M 20 | Tri Team TG Lage II | 2:13:14 | 27:05 | 1:08:45 | 37:24 |
| 830 | 36. | Zobel, Florian | 2. | M JU | TSG Sprockhövel I | 2:13:21 | 22:38 | 1:06:45 | 43:58 |
| 857 | 37. | Von Hagen, Uli | 7. | M 40 | TVE Greven III | 2:13:38 | 22:28 | 1:05:34 | 45:36 |
| 836 | 38. | Jagnow, Marcel | 6. | M 20 | Tri Team TG Lage III | 2:14:08 | 21:09 | 1:05:59 | 47:00 |

7. heroa] Triathlon Ver] - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Landesliga Nord 1200 m / 40 km / 10 km

| | SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----|-----|-------------------------|-----|------|---------------------------|---------|-------|---------|---------|
| + 2 | 882 | 39. | Hakenbeck, Jan | 6. | M 30 | DJK Dülmen Tri Team II | 2:14:13 | 26:12 | 1:00:08 | 45:54 |
| | 816 | 40. | Bröcher, Matti | 7. | M 20 | Nordenia Tri Finish Münst | 2:14:15 | 26:06 | 1:00:00 | 48:08 |
| | 859 | 41. | Korte, Ralf | 8. | M 40 | TVE Greven III | 2:14:15 | 24:08 | 1:03:55 | 46:12 |
| | 847 | 42. | Lux, Holger | 9. | M 40 | RC Endspurt Herford II | 2:14:33 | 25:41 | 1:05:12 | 43:40 |
| | 842 | 43. | Möhlmann, Ralf | 7. | M 35 | LV Tristar Oelde III | 2:15:19 | 24:16 | 1:05:20 | 45:43 |
| | 853 | 44. | Krömer, Ricarda | 1. | W 40 | SC Altenrheine | 2:15:29 | 25:04 | 1:07:41 | 42:44 |
| | 881 | 45. | Krüskemper, Markus | 7. | M 30 | DJK Dülmen Tri Team II | 2:16:15 | 26:26 | 1:05:24 | 44:24 |
| | 833 | 46. | Kalkreuter, Matthias | 8. | M 20 | Tri Team TG Lage III | 2:16:23 | 19:22 | 1:10:24 | 46:37 |
| | 804 | 47. | Hinrichs, Jörg | 10. | M 40 | LC Solbad Ravensberg | 2:17:38 | 29:35 | 1:08:08 | 39:55 |
| | 883 | 48. | Masthoff, Clemens | 11. | M 40 | DJK Dülmen Tri Team II | 2:17:43 | 27:01 | 1:07:41 | 43:01 |
| | 854 | 49. | Ricklin, Jens | 9. | M 20 | SC Altenrheine | 2:18:00 | 27:12 | 1:07:48 | 43:00 |
| | 856 | 50. | Vogel, Hubert | 12. | M 40 | SC Altenrheine | 2:18:03 | 29:45 | 1:07:18 | 41:00 |
| | 858 | 51. | Runge, Rico | 8. | M 35 | TVE Greven III | 2:18:07 | 26:49 | 1:06:50 | 44:28 |
| | 824 | 52. | Ehrich, Tim | 10. | M 20 | TSVE Bielefeld III | 2:18:16 | 24:40 | 1:10:27 | 43:09 |
| | 841 | 53. | Kalläne, Sven | 8. | M 30 | LV Tristar Oelde III | 2:18:32 | 26:20 | 1:08:11 | 44:01 |
| | 844 | 54. | Baxheinrich, Sebastian | 9. | M 30 | LV Tristar Oelde III | 2:19:02 | 24:55 | 1:09:30 | 44:37 |
| | 843 | 55. | Hässler, Peter | 13. | M 40 | LV Tristar Oelde III | 2:19:03 | 27:43 | 1:11:28 | 39:52 |
| | 845 | 56. | Altmann, Thomas | 8. | M 45 | RC Endspurt Herford II | 2:19:34 | 29:41 | 1:07:51 | 42:03 |
| | 860 | 57. | Schipmann, Reiner | 9. | M 45 | TVE Greven III | 2:20:38 | 25:05 | 1:08:59 | 46:34 |
| | 851 | 58. | Kuper, Christine | 1. | W 45 | W + F Münster III | 2:21:04 | 30:22 | 1:06:55 | 43:47 |
| | 820 | 59. | Althage, Karsten | 14. | M 40 | 1.Tri Team Gütersloh | 2:22:36 | 27:32 | 1:09:24 | 45:40 |
| | 835 | 60. | Krause, Meik | 15. | M 40 | Tri Team TG Lage III | 2:22:51 | 26:31 | 1:07:31 | 48:49 |
| | 865 | 61. | Spilker, Bernd | 16. | M 40 | SC Aquarius Löhne II | 2:23:12 | 30:29 | 1:06:33 | 46:10 |
| | 834 | 62. | Runte, Karsten | 17. | M 40 | Tri Team TG Lage III | 2:23:37 | 29:14 | 1:09:26 | 44:56 |
| | 846 | 63. | Harodt, Holger | 18. | M 40 | RC Endspurt Herford II | 2:23:48 | 30:03 | 1:09:37 | 44:08 |
| | 848 | 64. | Wolfgramm, Klaus | 5. | M 50 | RC Endspurt Herford II | 2:23:51 | 31:23 | 1:08:18 | 44:10 |
| | 832 | 65. | Czibor, Michael | 10. | M 45 | TSG Sprockhövel I | 2:25:28 | 27:24 | 1:14:23 | 43:40 |
| | 863 | 66. | Wiesmann, Wilhelm-Bernd | 1. | M 55 | TSG Sprockhövel II | 2:25:46 | 32:52 | 1:07:48 | 45:06 |
| | 878 | 67. | Lauströer, Robert | 19. | M 40 | 1.Tri Club Paderborn III | 2:26:01 | 27:33 | 1:12:52 | 45:36 |
| | 849 | 68. | Hupka, Robert | 11. | M 20 | W + F Münster III | 2:26:57 | 22:34 | 1:08:40 | 55:42 |
| | 869 | 69. | Heppner, Markus | 20. | M 40 | SC Altenrheine II | 2:27:26 | 26:47 | 1:11:57 | 48:41 |
| | 862 | 70. | Schmitz, Thomas | 6. | M 50 | TSG Sprockhövel II | 2:32:24 | 27:35 | 1:12:53 | 51:56 |
| | 879 | 71. | Schrör, Jahn | 10. | M 30 | 1.Tri Club Paderborn III | 2:34:32 | 32:08 | 1:11:24 | 51:00 |
| | 880 | 72. | Schumann, Johanna | 1. | W 35 | 1.Tri Club Paderborn III | 2:41:57 | 29:26 | 1:12:43 | 59:48 |
| | 877 | 73. | Cink, Stefan | 21. | M 40 | 1.Tri Club Paderborn III | 2:45:57 | 25:08 | 1:14:59 | 1:05:50 |
| | 837 | 74. | Williams, Edward | 0. | M 40 | 1.Tri Club Paderborn II | n.a. | 19:54 | 1:01:26 | |
| | 872 | 84. | Uhlenbruch, Ralf | 0. | M 45 | SC Altenrheine II | n.a. | | | |
| | 871 | 84. | Bröskamp, Jörg | 0. | M 40 | SC Altenrheine II | n.a. | | | |

7. heroyal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Landesliga Nord 1200 m / 40 km / 10 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|------------------------|----|--------------------------------|-------|-------|-------|-------|
| 868 | 84. Schirmer, Reinhard | 0. | M 55 SC Aquarius Löhne II | n.a. | | | |
| 867 | 84. Wieting, Michael | 0. | M 40 SC Aquarius Löhne II | n.a. | | | |
| 825 | 84. Kammertöns, Hubert | 0. | M 55 TV Einigkeit Langenberg 1 | n.a. | | | |
| 826 | 84. Fichtner, Horst | 0. | M 50 TV Einigkeit Langenberg 1 | n.a. | | | |
| 827 | 84. Funke, Hans Jürgen | 0. | M 45 TV Einigkeit Langenberg 1 | n.a. | | | |
| 884 | 84. Göldner, Frank | 0. | M 40 DJK Dülmen Tri Team II | n.a. | | | |
| 828 | 84. Butzeck, Dietmar | 0. | M 50 TV Einigkeit Langenberg 1 | n.a. | | | |
| 870 | 84. ?, ? | 0. | M 35 SC Altenrheine II | n.a. | | | |

7. heroal Triathlon Ver1 - 18. Juli 2010
Mannschaftsergebnisliste - Landesliga Nord 1200 m / 40 km / 10 km

| Pl. | KL | Verein (ges. Zeit) | PN |
|-----|----|---|-----|
| 1. | M | SV Kutenhausen Todtenhausen 2. Markus Klawitter - 1:57:22 3. Sascha Krietenstein - 1:58:01 4. Jens Funken - 2:00:23 9. Jan Methfessel - 2:03:14 | 18 |
| 2. | M | DJK Dülmen Tri Team I 10. Alexander Reick - 2:03:32 11. Guido Steiner - 2:04:20 17. Manuel Münch - 2:07:58 18. Thomas Duda - 2:09:12 | 56 |
| 3. | M | Tri Team TG Lage II 1. Marius Güths - 1:55:19 15. Jan Schlepper - 2:06:46 22. Volker Schmitt - 2:10:22 35. Jan-Philipp Roche - 2:13:14 | 73 |
| 4. | M | LC Solbad Ravensberg 7. Holger Steuer - 2:02:18 14. Tim Esselmann - 2:06:16 26. Juergen Bischof - 2:11:23 47. Jörg Hinrichs - 2:17:38 | 94 |
| 5. | M | 1.Tri Club Paderborn II 5. Sebastian Heibel - 2:00:41 6. Andreas Schuster - 2:02:08 12. Tim Rossmann - 2:04:36 74. Edward Williams - n.a. | 97 |
| 6. | M | Nordenia Tri Finish Münster 13. Jens Radstaak - 2:05:18 16. Stefan Klotz - 2:06:48 32. Oliver Lübbert - 2:12:42 40. Matti Bröcher - 2:14:15 | 101 |
| 7. | M | TSVE Bielefeld III 8. Michael Gerkens - 2:03:05 19. Frank Merten - 2:09:24 28. Oliver Bahr - 2:11:38 52. Tim Ehrich - 2:18:16 | 107 |
| 8. | M | 1.Tri Team Gütersloh 24. Werner Diekjürgen - 2:10:40 33. Eckhard Langner - 2:13:06 34. Helmut Delker - 2:13:06 59. Karsten Althage - 2:22:36 | 150 |
| 9. | M | TSG Sprockhövel I 30. Christian Koch - 2:12:15 31. Katrin Preuß - 2:12:38 36. Florian Zobel - 2:13:21 65. Michael Czibor - 2:25:28 | 162 |

7. heroal Triathlon Ver1 - 18. Juli 2010
Mannschaftsergebnisliste - Landesliga Nord 1200 m / 40 km / 10 km

| Pl. | KL | Verein (ges. Zeit) | PN |
|-----|----|---|-----|
| 10. | M | SC Altenrheine 21. Manfred Ricklin - 2:09:41 44. Ricarda Krömer - 2:15:29 49. Jens Ricklin - 2:18:00 50. Hubert Vogel - 2:18:03 | 164 |
| 11. | M | W + F Münster III 27. Klaus Kuper - 2:11:25 29. Sebastian Mitschker - 2:11:55 58. Christine Kuper - 2:21:04 68. Robert Hupka - 2:26:57 | 182 |
| 12. | M | TSG Sprockhövel II 23. Dirk Becker - 2:10:31 25. Thimo Buchmüller - 2:11:20 66. Wilhelm-Bernd Wiesmann - 2:25:46 70. Thomas Schmitz - 2:32:24 | 184 |
| 13. | M | TVE Greven III 37. Uli Von Hagen - 2:13:38 41. Ralf Korte - 2:14:15 51. Rico Runge - 2:18:07 57. Reiner Schipmann - 2:20:38 | 186 |
| 14. | M | LV Tristar Oelde III 43. Ralf Möhlmann - 2:15:19 53. Sven Kalläne - 2:18:32 54. Sebastian Baxheinrich - 2:19:02 55. Peter Hässler - 2:19:03 | 205 |
| 15. | M | Tri Team TG Lage III 38. Marcel Jagnow - 2:14:08 46. Matthias Kalkreuter - 2:16:23 60. Meik Krause - 2:22:51 62. Karsten Runte - 2:23:37 | 206 |
| 16. | M | DJK Dülmen Tri Team II 39. Jan Hakenbeck - 2:14:13 45. Markus Krüskemper - 2:16:15 48. Clemens Masthoff - 2:17:43 84. Frank Göldner - n.a. | 216 |
| 17. | M | RC Endspurt Herford II 42. Holger Lux - 2:14:33 56. Thomas Altmann - 2:19:34 63. Holger Harodt - 2:23:48 64. Klaus Wolfgramm - 2:23:51 | 225 |
| 18. | M | SC Aquarius Löhne II 20. Frank Greiner - 2:09:33 61. Bernd Spilker - 2:23:12 84. Reinhard Schirmer - n.a. 84. Michael Wieting - n.a. | 249 |

7. heroal Triathlon Ver1 - 18. Juli 2010
Mannschaftsergebnisliste - Landesliga Nord 1200 m / 40 km / 10 km

| Pl. | KL | Verein (ges. Zeit) | PN |
|-----|----|---|-----|
| 19. | M | 1.Tri Club Paderborn III 67. Robert Lauströer - 2:26:01 71. Jahn Schrör - 2:34:32 72. Johanna Schumann - 2:41:57 73. Stefan Cink - 2:45:57 | 283 |
| 20. | M | SC Altenrheine II 69. Markus Heppner - 2:27:26 84. Ralf Uhlenbruch - n.a. 84. Jörg Bröskamp - n.a. 84. ? ? - n.a. | 321 |
| 21. | M | TV Einigkeit Langenberg 1923 84. Hubert Kammertöns - n.a. 84. Horst Fichtner - n.a. 84. Hans Jürgen Funke - n.a. 84. Dietmar Butzeck - n.a. | 336 |

7. heroal Triathlon Verl - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Kurzdistanz 1200 m / 40 km / 10 km

| SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----|------------------------|----|------|---------------------------|---------|-------|---------|-------|
| 307 | 1. | Lewanzik, Heiko | 1. | M | STIEBEL ELTRON Obergünzbu | 1:47:37 | 17:36 | 57:44 | 32:17 |
| 388 | 2. | Ruiz, Marcelo | 2. | M | SC Bayer 05 Uerdingen | 1:50:03 | 17:37 | 57:43 | 34:42 |
| 305 | 3. | Jazbec, Tobias | 3. | M | TriSpeed Marienfeld | 1:53:58 | 19:04 | 1:00:58 | 33:56 |
| 311 | 4. | Woloszyn, Arthur | 1. | M 20 | Triathlon Team Witten | 1:57:07 | 20:17 | 58:49 | 38:01 |
| 331 | 5. | Kruska, Marco | 1. | M 35 | Triathlon Team TK Grevenb | 1:57:39 | 20:20 | 57:22 | 39:57 |
| 314 | 6. | Burger, Marius | 1. | M 30 | LC Jeannie 06 | 1:58:12 | 23:09 | 58:34 | 36:30 |
| 315 | 7. | Dunkel, Thomas | 2. | M 30 | Steinhagen | 2:02:30 | 25:54 | 59:04 | 37:32 |
| 303 | 8. | Ebbing, Jan | 2. | M 20 | SG Eintracht Ergste - Tri | 2:02:53 | 21:22 | 1:01:56 | 39:35 |
| 308 | 9. | Linke, Phillip | 3. | M 20 | TSVE 1890 Bielefeld | 2:03:57 | 21:35 | 1:05:22 | 37:00 |
| 327 | 10. | Beneken, Frank | 2. | M 35 | Tri Finish Münster | 2:05:27 | 23:26 | 1:03:21 | 38:40 |
| 355 | 11. | Gotsch, Helmut | 1. | M 45 | ASV Duisburg | 2:05:28 | 21:34 | 1:01:46 | 42:08 |
| 318 | 12. | Jörke, Dennis | 3. | M 30 | ASC Ahlen | 2:06:01 | 24:35 | 1:02:59 | 38:27 |
| 306 | 13. | Kamp, Moritz | 4. | M 20 | TSVE 1890 Bielefeld | 2:06:59 | 23:24 | 1:04:51 | 38:45 |
| 348 | 14. | Mettenmeyer, Michael | 1. | M 40 | 1. Tri-Team Gütersloh GTV | 2:07:41 | 23:28 | 1:02:24 | 41:49 |
| 350 | 15. | Schardt, Jörg | 2. | M 40 | TSV Bayer 04 Leverkusen | 2:08:22 | 22:39 | 1:02:55 | 42:47 |
| 334 | 16. | Stier, Helge | 3. | M 35 | TSVE 1890 Bielefeld | 2:08:38 | 26:40 | 1:02:22 | 39:35 |
| 333 | 17. | Machatik, Peter | 4. | M 35 | SC-Wiking-Herne | 2:08:56 | 26:09 | 1:02:03 | 40:43 |
| 389 | 18. | Kiefer, Marc | 5. | M 20 | Team getFit | 2:10:06 | 25:39 | 1:04:25 | 40:02 |
| 320 | 19. | Kumlehn, Andreas | 4. | M 30 | RTC Frechen 80 | 2:10:44 | 27:26 | 1:02:26 | 40:51 |
| 328 | 20. | Gorn, Michael | 5. | M 35 | Tri-Team-Dissen | 2:11:23 | 24:48 | 1:05:25 | 41:11 |
| 326 | 21. | Artero, Juan | 6. | M 35 | SV Kutenhausen-Todtenhaus | 2:12:15 | 25:38 | 1:05:22 | 41:15 |
| 361 | 22. | Schroeder, Norbert | 2. | M 45 | TK Grevenbroich | 2:12:31 | 26:38 | 1:03:03 | 42:50 |
| 330 | 23. | Horstmann, Ralf | 7. | M 35 | 1. Tri-Club Paderborn | 2:12:56 | | | |
| 324 | 24. | Peters, Kai-Uwe | 5. | M 30 | Tri-4-Fun SVKT | 2:13:28 | 23:38 | 1:06:00 | 43:50 |
| 365 | 25. | Mevenkamp, Bernd | 1. | M 50 | DJK Coesfeld | 2:14:40 | 23:56 | 1:08:07 | 42:38 |
| 352 | 26. | Walter, Michael | 3. | M 40 | SV Gladbeck 13 | 2:14:43 | 23:29 | 1:06:40 | 44:34 |
| 341 | 27. | Ellendt, Rüdiger | 4. | M 40 | DJK Adler 07 Bottrop | 2:15:29 | 27:23 | 1:04:42 | 43:24 |
| 346 | 28. | Kruetzen, Peter | 5. | M 40 | TK-Grevenbroich | 2:15:40 | 25:16 | 1:04:45 | 45:39 |
| 338 | 29. | Andre, Thomas | 6. | M 40 | LDT-Bochum | 2:16:14 | 24:41 | 1:07:58 | 43:34 |
| 339 | 30. | Bärenfänger, Marcus | 7. | M 40 | SV Spexard | 2:16:40 | 24:39 | 1:06:44 | 45:17 |
| 323 | 31. | Müller, Jan-Kristof | 6. | M 30 | Metall.info - Wo Weißwors | 2:16:46 | 28:46 | 1:05:23 | 42:37 |
| 370 | 32. | Schubert, Peter | 1. | M 55 | SG Eintracht Ergste | 2:17:37 | 28:45 | 1:05:28 | 43:24 |
| 342 | 33. | Fischer, Thomas | 8. | M 40 | ASC Ahlen | 2:18:04 | 24:36 | 1:08:32 | 44:56 |
| 387 | 34. | Bock, Stephan | 8. | M 35 | TSVE 1890 Bielefeld | 2:19:25 | 30:22 | 1:06:50 | 42:13 |
| 325 | 35. | Sandschneider, Hajo | 7. | M 30 | | 2:19:39 | 29:37 | 1:06:13 | 43:48 |
| 302 | 36. | Buchwald, Daniel | 6. | M 20 | TSVE 1890 Bielefeld | 2:20:26 | 25:52 | 1:09:46 | 44:48 |
| 343 | 37. | Freitag, Wolfgang | 9. | M 40 | TriStar Oelde | 2:20:37 | 32:33 | 1:11:17 | 36:47 |
| 368 | 38. | Baumhögger, Karl-Heinz | 2. | M 55 | SC Borchen | 2:21:03 | 27:08 | 1:07:08 | 46:47 |

7. heroyal Triathlon Verl - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Kurzdistanz 1200 m / 40 km / 10 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|---------------------------|-----|--------------------------------|---------|-------|---------|---------|
| 310 | 39. Van Lück, Sören | 7. | M 20 TVG Kaiserau | 2:21:48 | 27:11 | 1:10:36 | 44:01 |
| 312 | 40. Ahlheid, Sven | 8. | M 30 | 2:23:41 | 27:44 | 1:12:47 | 43:10 |
| 393 | 41. Wredenhausen, Torsten | 3. | M 45 RC Endspurt Herford | 2:23:43 | | | |
| 322 | 42. Madelenat, Patrik | 9. | M 30 TSVE 1890 Bielefeld | 2:24:56 | 22:45 | 1:11:56 | 50:15 |
| 360 | 43. Schirk, Heiner | 4. | M 45 Marathon Soest | 2:25:31 | 25:47 | 1:11:16 | 48:28 |
| 344 | 44. Ganter, Matthias | 10. | M 40 SK Bayer Uerdingen | 2:26:06 | 28:34 | 1:09:34 | 47:58 |
| 319 | 45. Kindermann, Andreas | 10. | M 30 | 2:26:18 | 31:11 | 1:09:32 | 45:35 |
| 309 | 46. Nabel, Jan | 8. | M 20 | 2:26:34 | 32:47 | 1:07:41 | 46:07 |
| 358 | 47. Rimpler, Thomas | 5. | M 45 Team Erdinger Alkoholfrei | 2:27:10 | 28:02 | 1:10:04 | 49:04 |
| 367 | 48. Suck, Manfred | 2. | M 50 TV Einigkeit Langenberg | 2:27:26 | 28:42 | 1:13:52 | 44:52 |
| 391 | 49. Görnitz, Kalli | 3. | M 50 LV Tristar Oelde | 2:29:21 | 29:24 | 1:12:26 | 47:32 |
| 357 | 50. Hinz, Andreas | 6. | M 45 SCE Hamm | 2:29:55 | 32:37 | 1:09:53 | 47:25 |
| 345 | 51. Hahne, Volker | 11. | M 40 DAV Beckum | 2:29:59 | 29:41 | 1:10:53 | 49:26 |
| 359 | 52. Schild, Stefan | 7. | M 45 ASV Süchteln | 2:33:23 | 32:00 | 1:09:43 | 51:40 |
| 313 | 53. Bayerlein, Stephan | 11. | M 30 OAMC Club | 2:34:14 | 28:42 | 1:13:52 | 51:39 |
| 369 | 54. Kölzer, Ulrich | 3. | M 55 TRIandertaler me-sport | 2:34:17 | 31:24 | 1:15:00 | 47:54 |
| 332 | 55. Link, Mirko | 9. | M 35 Triathlon Team Witten | 2:38:34 | 28:49 | 1:13:09 | 56:36 |
| 354 | 56. Feyka, Joachim | 8. | M 45 RC Endspurt Herford | 2:53:21 | 33:06 | 1:15:26 | 1:04:49 |

7. heroyal Triathlon Verl - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Kurzdistanz 1200 m / 40 km / 10 km

| SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----|-----------------------|----|------|---------------------------|---------|-------|---------|-------|
| 374 | 1. | Gravemeier, Annika | 1. | W | ASC Ahlen | 2:10:16 | 21:57 | 1:05:40 | 42:39 |
| 373 | 2. | Grabengießer, Henrike | 2. | W | SG Eintracht Ergste - Tri | 2:17:24 | 24:03 | 1:08:04 | 45:17 |
| 377 | 3. | Pickhardt, Nadine | 3. | W | Triathlon Team Witten | 2:17:50 | 20:17 | 1:10:49 | 46:44 |
| 392 | 4. | Van Isacker, Laurie | 1. | W 30 | Triathlon Team Eupen | 2:22:04 | 24:00 | 1:09:42 | 48:22 |
| 379 | 5. | Peters, Diana | 2. | W 30 | Tritus SV Neptun Neheim H | 2:25:33 | 26:07 | 1:15:14 | 44:12 |
| 380 | 6. | Rolf, Britta | 3. | W 30 | Tri Finish Münster | 2:25:42 | 28:58 | 1:11:05 | 45:38 |
| 383 | 7. | Walter, Alexandra | 1. | W 40 | 1. Tri-Team Gütersloh GTV | 2:26:55 | 24:39 | 1:09:38 | 52:38 |
| 372 | 8. | Bütow, Julia | 1. | W 20 | 1. Tri-Club Paderborn | 2:27:54 | | | |
| 381 | 9. | Derigs, Renate | 1. | W 35 | PSV Brühl Triathlon Team | 2:29:07 | 31:39 | 1:12:27 | 45:01 |
| 382 | 10. | Heemann-Meyer, Iris | 2. | W 40 | Grün-Weiß-Steinbeck | 2:36:35 | 31:38 | 1:09:55 | 55:02 |
| 376 | 11. | Mucha, Vanessa | 2. | W 20 | Tri Team Lage | 2:37:51 | 31:52 | 1:16:18 | 49:41 |
| 384 | 12. | Henke, Eva | 1. | W 45 | T.C.Büren | 2:43:54 | 30:00 | 1:18:57 | 54:57 |
| 386 | 13. | Rypholz, Monika | 1. | W 50 | ASV Köln Triathlon | 2:47:21 | | | 56:24 |

7. heroal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volksdistanz 600 m / 20 km / 5 km

| SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----|------------------------|-----|------|---------------------------|---------|-------|-------|-------|
| 13 | 1. | Ludwig, Max | 1. | M | TSVE 1890 Bielefeld | 55:48 | 09:37 | 30:03 | 16:08 |
| 52 | 2. | Lundström, Ingmar | 2. | M | TSVE 1890 Bielefeld | 55:50 | 09:51 | 29:49 | 16:10 |
| 27 | 3. | Ulrich, Domitian | 3. | M | TSVE 1890 Bielefeld | 57:33 | 10:16 | 29:19 | 17:58 |
| 68 | 4. | Loose, Nick | 1. | M JA | TSVE 1890 Bielefeld | 1:00:18 | 09:46 | 32:07 | 18:25 |
| 64 | 5. | Terstesse, Christian | 1. | M 40 | TSVE 1890 Bielefeld | 1:00:54 | 11:31 | 30:21 | 19:02 |
| 263 | 6. | Bergstein, Stefan | 2. | M 40 | TG Neuss | 1:02:25 | 11:54 | 30:53 | 19:37 |
| 63 | 7. | Nickel, Thomas | 3. | M 40 | TSVE 1890 Bielefeld | 1:02:28 | 12:02 | 32:01 | 18:25 |
| 54 | 8. | Paul, Thomas | 1. | M 35 | Tri-4-Fun SVKT | 1:03:21 | 11:36 | 32:34 | 19:12 |
| 21 | 9. | Simm, Hendrik | 1. | M 20 | 1. Tri-Team Gütersloh GTV | 1:03:27 | 10:03 | 32:06 | 21:19 |
| 10 | 10. | Hellmann, Daniel | 2. | M 20 | Team erdinger | 1:03:32 | 11:47 | 32:12 | 19:33 |
| 59 | 11. | Severin, Sascha | 2. | M 35 | Quirinus-Team Neuss | 1:03:45 | 13:01 | 30:12 | 20:32 |
| 67 | 12. | Hinze, Dominik | 2. | M JA | TV Lemgo | 1:04:09 | 10:30 | 33:13 | 20:26 |
| 8 | 13. | Feldevert, Christian | 3. | M 20 | Kette links | 1:04:42 | 15:15 | 30:34 | 18:53 |
| 60 | 14. | Tillack, Alexander | 3. | M 35 | Steinfurt | 1:04:44 | 12:14 | 31:15 | 21:16 |
| 256 | 15. | Schoppa, Damian | 4. | M 40 | LKW-SCHOPPA | 1:06:14 | 13:30 | 33:15 | 19:30 |
| 58 | 16. | Schoppa, Kamil A. | 4. | M 35 | | 1:06:33 | 12:34 | 32:59 | 20:59 |
| 31 | 17. | Worm, Daniel | 4. | M 20 | | 1:06:52 | 13:13 | 33:21 | 20:17 |
| 242 | 18. | Miley, Jörg | 1. | M 45 | sc aquarius löhne | 1:07:03 | 16:16 | 31:25 | 19:21 |
| 268 | 19. | Janta, Klaudius | 5. | M 40 | LV-TRI STAR OELDE | 1:07:15 | 14:14 | 32:53 | 20:08 |
| 4 | 20. | Brune, Frederik | 5. | M 20 | AFUH Köln | 1:07:15 | 13:50 | 33:15 | 20:10 |
| 278 | 21. | Vollmer, Heinz | 1. | M 50 | 1. Tri-Club Paderborn | 1:07:52 | 15:54 | 32:06 | 19:52 |
| 272 | 22. | Landwehrjohann, Markus | 6. | M 40 | HSG Gütersloh | 1:07:53 | 47:14 | | |
| 28 | 23. | Voß, Sebastian | 6. | M 20 | DLRG Schloß Holte | 1:07:54 | 12:37 | 34:00 | 21:18 |
| 7 | 24. | Dudek, David | 7. | M 20 | RSV Gütersloh | 1:07:59 | 13:59 | 30:42 | 23:18 |
| 33 | 25. | Zudrop, Tim | 8. | M 20 | Die faulen Socken | 1:08:13 | 13:55 | 33:22 | 20:56 |
| 273 | 26. | Leuteritz, Kay | 7. | M 40 | LC Solbad Ravensberg | 1:08:23 | 14:06 | 35:02 | 19:15 |
| 17 | 27. | Micheel, Alexander | 9. | M 20 | LG Volldampf Clarholz | 1:08:29 | 14:07 | 35:55 | 18:27 |
| 72 | 28. | Lassahn, Daniel | 1. | M JU | Tri-Geckos Dortmund | 1:08:38 | 11:51 | 34:36 | 22:12 |
| 245 | 29. | Ullbrock, Manfred | 2. | M 45 | 1. Tri-Team Gütersloh GTV | 1:08:38 | 13:48 | 34:28 | 20:22 |
| 48 | 30. | Bunte, Thorsten | 5. | M 35 | TuS Friedrichsdorf | 1:08:50 | 14:45 | 32:01 | 22:05 |
| 61 | 31. | Zielinski, Martin | 6. | M 35 | | 1:08:56 | 13:24 | 33:52 | 21:40 |
| 36 | 32. | Hiebing, Sebastian | 1. | M 30 | westfalia neuenkirchen | 1:09:01 | 15:06 | 33:40 | 20:16 |
| 26 | 33. | Thiessen, Eduard | 10. | M 20 | sfs - SuffFreundeSennesta | 1:09:15 | 10:52 | 35:25 | 22:58 |
| 57 | 34. | Schluckebier, Holger | 7. | M 35 | Gütersloh | 1:09:18 | 13:23 | 35:10 | 20:45 |
| 116 | 35. | Dingerdissen, Thomas | 2. | M 50 | LG Oerlinghausen | 1:09:22 | 14:38 | 32:34 | 22:10 |
| 281 | 36. | Kerwien, Torsten | 11. | M 20 | Tri Speed Marienfeld | 1:09:26 | 11:38 | 35:45 | 22:03 |
| 22 | 37. | Sternberg, Michael | 12. | M 20 | TSG Hartsewinkel | 1:09:38 | 15:04 | 31:55 | 22:40 |
| 236 | 38. | Hertz, Arthur | 3. | M 45 | LG Burg Wiedenbrück | 1:09:58 | 16:48 | 32:41 | 20:29 |

7. heroal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volksdistanz 600 m / 20 km / 5 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|--------------------------|-----|--------------------------------|---------|-------|-------|-------|
| 12 | 39. Kranzmann, Dennis | 13. | M 20 TSVE 1890 Bielefeld | 1:09:59 | 14:00 | 36:12 | 19:46 |
| 201 | 40. Austermann, Peter | 3. | M 50 Tri As Hamm | 1:10:18 | 14:01 | 31:43 | 24:34 |
| 11 | 41. Krampe, Stefan | 14. | M 20 | 1:10:55 | 15:13 | 35:04 | 20:38 |
| 18 | 42. Oehmichen, Pascal | 15. | M 20 AFUH | 1:10:57 | 14:22 | 34:26 | 22:09 |
| 53 | 43. Machner, Hermann | 8. | M 35 Markt 2000 | 1:10:58 | 15:15 | 35:28 | 20:16 |
| 55 | 44. Rolf, Jorge | 9. | M 35 | 1:11:11 | 47:15 | | |
| 37 | 45. Läufer, Björn | 2. | M 30 TSV 05 Treis | 1:11:28 | 15:07 | 36:17 | 20:04 |
| 62 | 46. Zinn, Jürgen | 10. | M 35 Ver1 | 1:11:41 | 48:56 | | |
| 25 | 47. Teutrine, Philipp | 16. | M 20 | 1:11:49 | 15:17 | 32:30 | 24:02 |
| 218 | 48. Röske, Wolfgang | 1. | M 55 Jeannie2006 | 1:11:58 | 14:52 | 33:42 | 23:24 |
| 240 | 49. Kröger, Jens | 4. | M 45 Aquarius Löhne | 1:12:03 | 13:38 | 32:53 | 25:32 |
| 213 | 50. Schugart, Andreas | 4. | M 50 BSG Schüco | 1:12:04 | 16:23 | 32:31 | 23:10 |
| 235 | 51. Hasler, Uwe | 5. | M 45 1. Tri-Team Gütersloh GTV | 1:12:18 | 13:06 | 34:09 | 25:03 |
| 71 | 52. Goecking, Steffen | 2. | M JU WSV Rheine | 1:12:21 | 14:17 | 36:29 | 21:35 |
| 260 | 53. Tebrün, Jürgen | 8. | M 40 Tri-Geckos Dortmund | 1:12:43 | 12:34 | 32:30 | 27:39 |
| 211 | 54. Schicker, Peter | 5. | M 50 ferrocontrol runnIngs | 1:13:01 | 15:59 | 33:26 | 23:36 |
| 222 | 55. Döbler, Axel | 1. | M 60 DLRG Gütersloh | 1:13:03 | 15:17 | 34:35 | 23:11 |
| 30 | 56. Wedlich, Tristan | 17. | M 20 Tottis Mitläufer | 1:13:24 | 15:06 | 36:54 | 21:24 |
| 32 | 57. Zipter, Jan-Alrik | 18. | M 20 | 1:13:37 | 14:32 | 36:42 | 22:23 |
| 232 | 58. Diekmann, Uwe | 6. | M 45 TSVE 1890 Bielefeld | 1:13:57 | 15:32 | 34:59 | 23:25 |
| 219 | 59. Schnieder, Christian | 2. | M 55 DLRG Rheda-Wiedenbrück | 1:13:57 | 14:28 | 36:11 | 23:18 |
| 254 | 60. Rodehuts Kors, Rene | 9. | M 40 | 1:14:11 | 15:57 | 34:56 | 23:18 |
| 227 | 61. Ballay, Thomas | 7. | M 45 Lauffeuer Paderborn | 1:14:21 | 15:47 | 35:00 | 23:35 |
| 253 | 62. Quandt, Michael | 10. | M 40 Havana Club | 1:14:37 | 16:17 | 36:48 | 21:31 |
| 70 | 63. Schneidt, Jannik | 3. | M JA 1. Tri-Team Gütersloh GTV | 1:14:47 | 13:05 | 39:41 | 22:01 |
| 277 | 64. Klose, Rafael | 19. | M 20 FC Isselhorst | 1:15:06 | 15:42 | 36:34 | 22:51 |
| 207 | 65. Knoche, Ulrich | 6. | M 50 LG Oerlinghausen | 1:15:06 | 16:34 | 32:46 | 25:45 |
| 56 | 66. Schloegl, Marc Falko | 11. | M 35 | 1:15:09 | 15:31 | 33:30 | 26:08 |
| 244 | 67. Schmitz, Konrad | 8. | M 45 PSV Brühl Triathlon team | 1:15:11 | 16:05 | 34:40 | 24:25 |
| 239 | 68. Korzonnek, Jörg | 9. | M 45 RC Endspurt Herford | 1:15:17 | 16:14 | 35:37 | 23:26 |
| 117 | 69. Meyer, Jens | 12. | M 35 LT Bittermark Dortmund | 1:15:40 | 18:27 | 37:17 | 19:56 |
| 206 | 70. Klose, Andreas | 7. | M 50 LC Solbad | 1:15:44 | 16:28 | 34:17 | 25:00 |
| 40 | 71. Noster, Daniel | 3. | M 30 Klaus und Dän | 1:15:53 | 16:18 | 36:28 | 23:07 |
| 259 | 72. Sieber, Stefan | 11. | M 40 | 1:16:00 | 16:07 | 34:14 | 25:39 |
| 215 | 73. Kubarth, Eduard | 3. | M 55 1. Tri-Team Gütersloh GTV | 1:16:08 | 15:49 | 36:25 | 23:54 |
| 246 | 74. Van Westen, Andreas | 10. | M 45 1. Tri-Team Gütersloh GTV | 1:16:21 | 17:04 | 35:21 | 23:55 |
| 274 | 75. Lüke, Thomas | 12. | M 40 SSC90 SH-Stukenbrock | 1:16:24 | 13:19 | 37:36 | 25:30 |
| 15 | 76. Mayer, Alexander | 20. | M 20 Das M-Team | 1:16:42 | 16:47 | 37:24 | 22:31 |

7. heroaal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volksdistanz 600 m / 20 km / 5 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----------------------------|-----|--------------------------------|---------|-------|-------|---------|
| 34 | 77. Baumhöfer, Kay | 4. | M 30 | 1:16:48 | 17:55 | 35:44 | 23:10 |
| 14 | 78. Lübcke, Philipp | 21. | M 20 Dortmund | 1:16:54 | 16:50 | 37:49 | 22:14 |
| 220 | 79. Sonnborn, Arno | 4. | M 55 1. Tri-Team Gütersloh GTV | 1:17:33 | 18:49 | 36:15 | 22:29 |
| 35 | 80. Herud, Stefan | 5. | M 30 | 1:17:41 | 16:16 | 37:31 | 23:55 |
| 237 | 81. Klasmeier, Michael | 11. | M 45 Wiedenbrücker TV | 1:18:06 | 17:26 | 36:23 | 24:17 |
| 249 | 82. Torweihe, Thorsten | 13. | M 40 SV Spexard | 1:18:19 | 17:51 | 36:24 | 24:04 |
| 275 | 83. Meiertoberens, Klaus | 14. | M 40 SV Spexard | 1:18:20 | 20:05 | 35:18 | 22:57 |
| 209 | 84. Martensen, Ralf | 8. | M 50 tri-times-rheda | 1:18:48 | 16:14 | 37:29 | 25:05 |
| 231 | 85. Czerwinski, Martin | 12. | M 45 Crazy Runners Rietberg | 1:19:25 | 17:45 | 37:16 | 24:24 |
| 226 | 86. Drewes, Heribert | 1. | M 70 | 1:19:42 | 17:02 | 37:01 | 25:39 |
| 279 | 87. Harnberg, Hans Peter | 13. | M 45 TV Ver1 | 1:20:00 | 16:59 | 37:05 | 25:56 |
| 241 | 88. Lüking, Bernd | 14. | M 45 FLG Gütersloh | 1:20:09 | 17:28 | 39:07 | 23:34 |
| 216 | 89. Kucharski, Franz-Joseph | 5. | M 55 Gütersloh | 1:20:09 | 17:54 | 34:04 | 28:11 |
| 23 | 90. Stey, Sebastian | 22. | M 20 | 1:20:24 | 16:20 | 38:00 | 26:04 |
| 45 | 91. Barduna, Markus | 13. | M 35 | 1:20:24 | 15:16 | 38:52 | 26:16 |
| 47 | 92. Bernzen, Klaus | 14. | M 35 Beckhoff Racing Team | 1:20:40 | 15:39 | 35:11 | 29:50 |
| 258 | 93. Schulte, Joerg | 15. | M 40 SG Spk Dortmund | 1:20:46 | 15:42 | 36:35 | 28:28 |
| 2 | 94. Allerdings, Arthur | 23. | M 20 sfs - SuffFreundeSennesta | 1:21:10 | 16:22 | 40:18 | 24:30 |
| 250 | 95. Wellenkrüger, Axel | 16. | M 40 | 1:21:30 | 17:22 | 39:11 | 24:57 |
| 16 | 96. Mester, Alexander | 24. | M 20 | 1:22:02 | 16:22 | 39:34 | 26:06 |
| 264 | 97. Christow, Itzko | 17. | M 40 DAV | 1:22:09 | 20:32 | 37:06 | 24:31 |
| 204 | 98. Droll, Elmar | 9. | M 50 LT Lieth Paderborn | 1:22:42 | 17:48 | 37:12 | 27:42 |
| 270 | 99. Kleinschloemer, Norbert | 18. | M 40 Lauftreff Lieth | 1:22:42 | 17:03 | 37:53 | 27:46 |
| 44 | 100. Appl, Markus | 15. | M 35 Beckhoff | 1:22:44 | 17:33 | 36:13 | 28:58 |
| 208 | 101. Kraft, Norbert | 10. | M 50 | 1:22:46 | 16:10 | 40:22 | 26:14 |
| 212 | 102. Schlüter, Bernhard | 11. | M 50 Germania Westerwiehe | 1:22:47 | 20:23 | 37:36 | 24:48 |
| 223 | 103. Lichteblau, Reinhard | 2. | M 60 1. Tri-Team Gütersloh GTV | 1:23:07 | 39:16 | | 1:04:51 |
| 51 | 104. Königs, Jan | 16. | M 35 | 1:24:18 | 17:44 | 38:08 | 28:26 |
| 39 | 105. Lümke, Jan | 6. | M 30 | 1:24:28 | 16:49 | 38:42 | 28:57 |
| 69 | 106. Oesterschlink, Philipp | 4. | M JA | 1:24:46 | 20:50 | 37:47 | 26:10 |
| 1 | 107. Allerdings, Rudi | 25. | M 20 | 1:25:11 | 17:04 | 43:10 | 24:57 |
| 247 | 108. Wicknig, Roland | 15. | M 45 twinracers | 1:25:40 | 18:48 | 41:24 | 25:28 |
| 225 | 109. Rottmann, Ernst | 1. | M 65 TG Lage | 1:25:46 | 21:16 | 39:13 | 25:17 |
| 230 | 110. Müller, Rudi | 2. | M 70 TUS Eidinghausen | 1:25:54 | 20:03 | 35:13 | 30:39 |
| 119 | 111. Zinnen, Christoph | 7. | M 30 TV Ver1 Handball | 1:26:27 | 17:09 | 40:30 | 28:49 |
| 217 | 112. Lohmann, Freddy | 6. | M 55 Die faulen socken Gütersl | 1:27:23 | 20:36 | 40:01 | 26:46 |
| 266 | 113. Dewitt, Klaus | 19. | M 40 Klaus und Dan | 1:27:30 | 17:41 | 41:43 | 28:06 |
| 276 | 114. Letzig, Jens | 8. | M 30 Team Starthilfe | 1:27:41 | 22:00 | 39:14 | 26:27 |

7. heroal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volksdistanz 600 m / 20 km / 5 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-------------------------|-----|--------------------------------|---------|-------|-------|-------|
| 280 | 115. Kreft, Lukas | 5. | M JA Starthilfe Recklinghausen | 1:27:41 | 22:01 | 39:14 | 26:26 |
| 9 | 116. Funke, Thomas | 26. | M 20 | 1:27:48 | 19:28 | 37:24 | 30:55 |
| 120 | 117. Müller, Jörg | 17. | M 35 TV Ver1 Handball | 1:29:06 | 18:39 | 37:10 | 33:18 |
| 252 | 118. Niemeier, Frank | 20. | M 40 Tri.-Köche-Team-OWL | 1:29:08 | 16:11 | 39:15 | 33:41 |
| 221 | 119. Wegner, Heinz | 7. | M 55 LG Oerlinghausen | 1:29:39 | 20:46 | 39:49 | 29:03 |
| 261 | 120. Barking, Peter | 21. | M 40 Laufspass SW Sende | 1:29:43 | 16:41 | 39:59 | 33:03 |
| 203 | 121. Mohrmann, Jürgen | 12. | M 50 SC Aquarius Löhne | 1:30:49 | 18:48 | 38:10 | 33:51 |
| 233 | 122. Erdmann, Dirk | 16. | M 45 | 1:32:02 | 22:08 | 43:53 | 26:01 |
| 210 | 123. Mayer, Klaus-Peter | 13. | M 50 Das M-Team | 1:32:06 | 21:18 | 41:24 | 29:24 |
| 269 | 124. Kalisch, Reiner | 22. | M 40 DLRG OG Senne | 1:33:11 | 16:01 | 40:14 | 36:56 |
| 228 | 125. Brake1, Andrew | 17. | M 45 TV-Ver1 | 1:35:49 | 19:50 | 42:24 | 33:34 |
| 271 | 126. Kluck, Thomas | 23. | M 40 Tri. Köche Team OWL.de | 1:36:45 | 17:52 | 40:19 | 38:34 |
| 121 | 127. Gottwald, Lars | 9. | M 30 TV Ver1 Handball | 1:37:49 | 18:29 | 37:54 | 41:26 |

7. heroal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volksdistanz 600 m / 20 km / 5 km

| SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----|------------------------|----|------|---------------------------|---------|-------|-------|-------|
| 111 | 1. | Honke, Nora | 1. | W | DLC Aachen | 1:05:48 | 11:38 | 34:41 | 19:29 |
| 90 | 2. | Günnewig, Ines | 2. | W | LV TriStar Oelde | 1:08:17 | 11:48 | 34:40 | 21:49 |
| 92 | 3. | Terstesse, Stefanie | 3. | W | TSVE 1890 Bielefeld | 1:09:34 | 11:50 | 35:06 | 22:39 |
| 77 | 4. | Kurtz, Corinna | 1. | W 20 | Non-Stop-Ultra | 1:11:49 | 13:15 | 34:56 | 23:37 |
| 95 | 5. | Janta, Claudia | 1. | W 40 | Tri Star Oelde | 1:13:03 | 11:56 | 37:15 | 23:51 |
| 82 | 6. | Warneke, Nina | 2. | W 20 | Wasserfreunde Bielefeld | 1:14:29 | 10:29 | 37:53 | 26:07 |
| 115 | 7. | Engel-Majer, Hilke | 2. | W 40 | Physiotherapie Werther | 1:14:59 | 16:12 | 35:56 | 22:51 |
| 79 | 8. | Schulte, Annika | 3. | W 20 | SG Eintracht Ergste-Tripp | 1:15:02 | 11:05 | 39:48 | 24:10 |
| 109 | 9. | Rimpel, Pia Melina | 1. | W JA | PVT Witten | 1:15:30 | 10:42 | 37:45 | 27:04 |
| 118 | 10. | Falkenstein, Britta | 3. | W 40 | LT Sun Planet Dorsten | 1:15:39 | 17:18 | 36:09 | 22:12 |
| 103 | 11. | Tappmeier, Beatrice | 1. | W 45 | BellZett Bielefeld | 1:17:27 | 18:18 | 37:36 | 21:33 |
| 112 | 12. | Wischott, Gisela | 1. | W 50 | 1. Tri-Team Gütersloh GTV | 1:18:38 | 16:26 | 37:55 | 24:16 |
| 73 | 13. | Diekmann, Sandra | 4. | W 20 | Tus Brake | 1:18:54 | 14:08 | 39:20 | 25:26 |
| 98 | 14. | Waltermann, Birgit | 4. | W 40 | TriSpeed Marienfeld | 1:18:54 | 15:20 | 38:53 | 24:42 |
| 106 | 15. | Baumhögger, Cornelia | 1. | W 55 | SC Borchon | 1:19:12 | 15:24 | 37:08 | 26:40 |
| 75 | 16. | Heberlein, Gina | 5. | W 20 | | 1:20:07 | 18:03 | 38:48 | 23:17 |
| 102 | 17. | Schmitz, Claudia | 2. | W 45 | PSV Brühl Triathlon team | 1:20:40 | 19:04 | 36:06 | 25:30 |
| 80 | 18. | Strathmann, Nadine | 6. | W 20 | TuS Brake | 1:21:28 | 16:19 | 37:57 | 27:13 |
| 96 | 19. | Mense, Andrea | 5. | W 40 | | 1:21:31 | 14:31 | 38:38 | 28:23 |
| 85 | 20. | Kemp, Ingrid | 1. | W 30 | Team Norway | 1:21:41 | 15:01 | 42:11 | 24:29 |
| 97 | 21. | Rimpler, Cornelia | 6. | W 40 | Team Erdinger Alkoholfrei | 1:22:10 | 16:45 | 37:54 | 27:30 |
| 88 | 22. | Severin, Verena | 2. | W 30 | Commerzbank Team | 1:22:39 | 16:09 | 38:24 | 28:06 |
| 89 | 23. | Dölwes, Nicole | 1. | W 35 | TV Ver1 | 1:22:46 | 16:21 | 40:48 | 25:36 |
| 91 | 24. | Herrmann, Claudia | 2. | W 35 | Team Struppi | 1:23:56 | 16:37 | 38:06 | 29:13 |
| 76 | 25. | Hohenkirch, Tanja | 7. | W 20 | Aachen | 1:24:37 | 18:06 | 38:01 | 28:30 |
| 99 | 26. | Altgeld, Myriam | 3. | W 45 | TriSpeed Marienfeld | 1:24:41 | 18:00 | 39:25 | 27:16 |
| 114 | 27. | Gräbner, Maria | 3. | W 30 | Los Marmelinos | 1:25:45 | 16:39 | 42:12 | 26:55 |
| 86 | 28. | Peterhanwahr, Stefanie | 4. | W 30 | DLRG | 1:26:47 | 15:57 | 40:10 | 30:40 |
| 81 | 29. | Velgosha, Olga | 8. | W 20 | 1. Tri-Team Gütersloh GTV | 1:28:46 | 17:30 | 40:52 | 30:24 |
| 94 | 30. | Herzog, Heike | 7. | W 40 | GTV Gütersloh | 1:29:22 | 16:17 | 43:10 | 29:55 |
| 101 | 31. | Kranzmann, Simone | 4. | W 45 | Tus Jöllenbeck | 1:29:49 | 16:52 | 42:29 | 30:29 |
| 104 | 32. | Nottbrock, Martina | 2. | W 50 | FLG Gütersloh | 1:31:25 | 18:26 | 46:14 | 26:45 |
| 78 | 33. | Resa, Asih Muliani | 9. | W 20 | | 1:31:31 | 18:03 | 46:00 | 27:28 |
| 105 | 34. | Suck, Elvira | 3. | W 50 | | 1:32:26 | 19:35 | 44:55 | 27:56 |
| 107 | 35. | Freund, Emily | 2. | W 55 | TG-Neuss | 1:39:04 | 19:24 | 47:50 | 31:51 |
| 108 | 36. | Sommer, Barbara | 3. | W 55 | 1. Tri-Team Gütersloh GTV | 1:41:20 | 19:16 | 43:39 | 38:24 |

7. heraal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volks-Staffel 600 m / 20 km / 5 km

| SNR | | Hausname, Vorname | | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-----|--|-----|------|-----------------------|---------|-------|-------|-------|
| 161 | 1. | Schübeler, Christian Müller, Rainer - Starke, Sebastian | 1. | STAF | Tus 13 Hembsen 1 | 57:16 | 10:31 | 27:59 | 18:46 |
| 159 | 2. | LAUSTRÖER, VOLKER WENSLAFF, ANKE - ERLEI, INGO | 2. | STAF | HOTEL PAPENBREER | 1:03:57 | 13:31 | 33:24 | 17:02 |
| 165 | 3. | Stückerjürgen, Karl-Heinz Schmolke, Heike - Blankenstein, Andreas | 3. | STAF | Violett Stars | 1:04:25 | 13:07 | 33:48 | 17:30 |
| 175 | 4. | Masur, Gisela Leppersjohann, Frank - Walhorn, Christoph | 4. | STAF | DLRG Ver1 | 1:06:42 | 12:15 | 34:22 | 20:05 |
| 164 | 5. | Schlüter, Daniel Busch, Marvin - Humann, Jonas | 5. | STAF | Germania Westerwiehe | 1:09:10 | 11:31 | 37:46 | 19:53 |
| 183 | 6. | Hörster, Michael Wenzel, Dirk - Hörster, Luca | 6. | STAF | SC Ver1 | 1:09:28 | 16:18 | 33:58 | 19:12 |
| 167 | 7. | Brakel, Jens Brakel, Lennart - Böwingloh, Daniel | 7. | STAF | Die Lifeguards | 1:09:39 | 11:47 | 38:26 | 19:26 |
| 163 | 8. | Scheifhacken, Dennis Bölke, Marius - Müller, Inge | 8. | STAF | TuS 13 Hembsen | 1:10:46 | 14:34 | 36:32 | 19:40 |
| 158 | 9. | Heidmeier, Andre Schlangenotto, Frank - Isaak, Jakob | 9. | STAF | Borussia | 1:11:12 | | | |
| 152 | 10. | Reckersdrees, Gabi Reckersdrees, Malte - Reckersdrees, Olaf | 10. | STAF | Tri-Team Reckersdrees | 1:11:45 | 14:30 | 37:44 | 19:30 |
| 157 | 11. | Echterhoff, Thomas Großeschallau, Rainer - Kellner, Markus | 11. | STAF | RaMaTho-Team | 1:12:34 | 13:58 | 35:32 | 23:04 |
| 174 | 12. | Seifferth, Reinhard Laupheimer, Peter - Seifferth, Gabi | 12. | STAF | TRIO-Link | 1:12:50 | 14:30 | 34:30 | 23:50 |
| 154 | 13. | Kleinhans, Kerstin Kleinhans, Annika - Hinzmann, Aline | 13. | STAF | DLRG Ver1 | 1:13:18 | 14:34 | 34:32 | 24:12 |

7. heraal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volks-Staffel 600 m / 20 km / 5 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|---|-----|--------------------------------|---------|-------|-------|-------|
| 176 | 14. Schubert, Simon Schleuning, Viktor - Siebert, Edgar | 14. | STAF SC Ver1 II Team 1 | 1:14:35 | 15:45 | 38:56 | 19:55 |
| 156 | 15. Balsfulland, Klaus Pohle, Andreas - Schurig, Sven | 15. | STAF Das Ost/West Team | 1:15:05 | 15:58 | 34:13 | 24:54 |
| 160 | 16. Henkenjohann, Robert Zeunert, Michael - Brüggemann, Thomas | 16. | STAF Henkenjohann Industrie-El | 1:15:23 | 13:18 | 39:01 | 23:04 |
| 172 | 17. Frickenstein, Dieter Kleinegesse, Jörg - Wullengerd, Uwe | 17. | STAF Billard extrem | 1:15:42 | 16:12 | 35:54 | 23:36 |
| 171 | 18. Koors, Uwe Illies, Reinhard - ?, Mr. | 18. | STAF Handballfreundeskreis Ver | 1:15:55 | 15:35 | 35:30 | 24:51 |
| 153 | 19. Polkläsener, Andreas Wewer, Thorsten - Gievers, Jürgen | 19. | STAF NoKai | 1:16:07 | 16:20 | 37:20 | 22:26 |
| 173 | 20. Wicknig, Florian Hübe, Jochen - Bitter, Andreas | 20. | STAF Steini-Speed | 1:18:01 | 15:40 | 40:02 | 22:18 |
| 182 | 21. Borowski, Jessica Czapp, Witold - Czapp, Natalia | 21. | STAF | 1:18:03 | 15:04 | 39:00 | 23:58 |
| 177 | 22. Frenz, Marvin Düm, Ilkay - Fentroß, Simon | 22. | STAF SC Ver1 II Team 2 | 1:18:22 | 18:45 | 41:30 | 18:06 |
| 180 | 23. Diekotto, Martin Barthelmeus, Patrick - Earl, Francis | 23. | STAF SC Ver1 II Team 5 | 1:18:26 | 18:59 | 38:19 | 21:08 |
| 166 | 24. Barking, Susanne Sielemann, Ulrike - Enskat, Sabine | 24. | STAF Ensiba | 1:18:50 | 14:29 | 39:39 | 24:42 |
| 179 | 25. Brummel, Marius Berkemeier, Marcel - Pähler, Björn | 25. | STAF SC Ver1 II Team 4 | 1:22:44 | 19:45 | 39:36 | 23:23 |
| 178 | 26. Ganser, Andrej Fuhsy, Martin - Klegraf, Florian | 26. | STAF SC Ver1 II Team 3 | 1:23:15 | 21:34 | 41:06 | 20:35 |

7. heroal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Volks-Staffel 600 m / 20 km / 5 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|--|-----|--------------------------------|---------|-------|-------|-------|
| 169 | 27. Becker, Jan-Hendrik ?, ? - ?, ? | 27. | STAF Studienseminar Bielefeld | 1:24:03 | 12:43 | 42:27 | 28:53 |
| 181 | 28. Biehl, Jan Bröskamp, Lukas - Kordistos, Kosta | 28. | STAF SC Ver1 II Team 6 | 1:24:15 | 19:02 | 44:48 | 20:25 |
| 151 | 29. Hansmeier, Georg Blanke, Astrid - Otterpohl, Dirk | 29. | STAF Team Tastkopf | 1:24:37 | 15:29 | 38:21 | 30:47 |
| 168 | 30. Becker, Jan-Hendrik ?, ? - ?, ? | 30. | STAF Studienseminar Bielefeld | 1:28:46 | 15:20 | 45:05 | 28:20 |
| 170 | 31. Ullenbrock, Andrea Lehmann, Katinka - Walther, Katrin | 31. | STAF Wir gewinnen nächstes Jah | 1:38:23 | 17:52 | 51:37 | 28:54 |

7. heroyal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Schüler 200 m / 10 km / 2,5 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|----------------------------|---------|---------------------------|-------|-------|-------|-------|
| 405 | 1. Steinnagel, Leander | 1. M SA | TV Lemgo | 39:34 | 10:52 | 19:40 | 09:01 |
| 426 | 2. Rarbach, Maximilian | 1. M JB | TSVE 1890 Bielefeld | 40:40 | 11:31 | 19:37 | 09:32 |
| 424 | 3. Stefan, Jannis | 2. M SA | LV Tristar Oelde | 40:55 | 10:05 | 20:33 | 10:16 |
| 401 | 4. Gießelmann, Michel | 3. M SA | TSVE 1890 Bielefeld | 41:50 | 12:07 | 19:50 | 09:53 |
| 425 | 5. Rarbach, Jonas | 4. M SA | TSVE 1890 Bielefeld | 41:50 | 11:28 | 21:02 | 09:21 |
| 414 | 6. Fischer, Yannick | 2. M JB | Realschule Schloß Holte | 42:31 | 11:46 | 20:13 | 10:32 |
| 406 | 7. Konnerth, Julian | 5. M SA | TV Lemgo | 42:55 | 10:37 | 21:07 | 11:11 |
| 418 | 8. Brock, Lukas | 3. M JB | Realschule Schloß Holte | 43:31 | 11:40 | 20:15 | 11:36 |
| 422 | 9. Büchner, Mario | 4. M JB | VFL Theesen, GC Ravensber | 47:03 | 12:20 | 19:38 | 15:05 |
| 420 | 10. Wagener, Jonas | 5. M JB | Wasserfreunde Bielefeld | 47:36 | 12:14 | 21:31 | 13:51 |
| 410 | 11. Epkenhans, Thomas | 6. M JB | Realschule Schloß Holte | 48:39 | 13:30 | 22:38 | 12:31 |
| 416 | 12. Galus, Alexander | 7. M JB | Realschule Schloß Holte | 49:10 | 12:57 | 23:38 | 12:36 |
| 408 | 13. Eberdwalbesloh, Fabian | 6. M SA | Realschule Schloß Holte | 50:13 | 12:20 | 24:29 | 13:24 |
| 407 | 14. Rottmann, Rainer | 7. M SA | TG Lage | 54:04 | 13:54 | 26:46 | 13:24 |

7. heroal Triathlon Ver1 - 18. Juli 2010 - Ergebnisliste mit Zwischenzeiten - Schüler 200 m / 10 km / 2,5 km

| SNR | Hausname, Vorname | AK | Verein | GZeit | SZeit | RZeit | LZeit |
|-----|-------------------------|----|--------------------------------|-------|-------|-------|-------|
| 419 | 1. Lambracht, Jessica | 1. | W JB TV Lemgo | 35:48 | 09:23 | 17:51 | 08:34 |
| 411 | 2. Hülsmann, Lisa | 2. | W JB Velodrom-Team Wasser+Frei | 38:48 | 09:53 | 19:32 | 09:24 |
| 404 | 3. Schneider, Meggie | 1. | W SA TV Lemgo | 39:32 | 10:13 | 19:49 | 09:30 |
| 412 | 4. Hülsmann, Anna | 3. | W JB Velodrom-Team Wasser+Frei | 39:59 | 09:56 | 19:59 | 10:04 |
| 417 | 5. Rimpel, Alea Rebecca | 4. | W JB PVT Witten | 40:47 | 09:46 | 19:27 | 11:34 |
| 402 | 6. Bartsch, Sophie | 2. | W SA Velodrom-Team Wasser + Fr | 41:08 | 10:36 | 19:55 | 10:38 |
| 413 | 7. Paulsen, Louisa | 5. | W JB TV Lemgo | 41:22 | 10:00 | 19:46 | 11:37 |
| 421 | 8. Heidenhöfer, Lisa | 3. | W SA Ver1 | 50:32 | 12:29 | 22:34 | 15:29 |

7. heroal Triathlon Ver1 - 18. Juli 2010

Kindertriathlon

| ZS | SNR | Hausname. Vorname | JG | G | AK | Verein | Zeit |
|----|-----|----------------------------|------|-----|----|---------------------|-------|
| | 452 | 1. Andermann, Duncan | 2000 | 1. | M | TV Lemgo | 10:07 |
| | 470 | 2. Wittwer, David | ? | 2. | M | | 10:19 |
| | 468 | 3. Fischer, Melina | ? | 1. | W | | 11:19 |
| | 469 | 4. Hörster, Noa | ? | 3. | M | | 11:19 |
| | 467 | 5. Gehrman, Jannick-Steven | 2000 | 4. | M | Bielefeld | 11:42 |
| | 457 | 6. Ahaus, Viktoria | 2000 | 2. | W | TV Lemgo | 11:47 |
| | 456 | 7. Oberteicher, Marco | 2000 | 5. | M | Schloß Holte | 12:00 |
| | 459 | 8. Herzog, Moritz | 2000 | 6. | M | HSG Gütersloh | 12:19 |
| | 453 | 9. Weidlich, Luise | 2000 | 7. | M | Bergkamen | 12:33 |
| | 465 | 10. Breimann, Leon | 2000 | 8. | M | Ver1 | 12:50 |
| | 451 | 11. Dingerdissen, Bastian | 2000 | 9. | M | TSV Oerlinghausen | 13:04 |
| | 455 | 12. Oberteicher, Mateo | 2000 | 10. | M | Schloß Holte | 13:33 |
| | 472 | 13. Nickel, Leon | ? | 11. | M | TSVE 1890 Bielefeld | 14:17 |
| | 462 | 14. Pollmeier, Carlo | 2000 | 12. | M | Ver1 | 14:24 |
| | 460 | 15. Dölwes, Marit | 2000 | 13. | M | TV Ver1 | 15:19 |
| | 461 | 16. Dölwes, Jeanne | 2000 | 3. | W | TV Ver1 | 16:07 |