

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Mitteldistanz Männer 2000 m - 80 km - 20 km

| SNR | | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf |
|----------|-----|-------------------------|-----|-----|---------------------------|---------|--------|---------|---------|
| 1002 | 1. | Schramm, Till | 1. | M30 | Team Alpecin | 3:44:40 | 30:00 | 1:56:05 | 1:18:35 |
| 1006 | 2. | Härtel, Christian | 1. | M35 | Tri-As Hamm | 3:45:52 | 30:18 | 1:58:38 | 1:16:57 |
| 1003 | 3. | Lewanzik, Heiko | 2. | M35 | TRISPEED Marienfeld | 3:50:25 | 30:05 | 2:01:12 | 1:19:09 |
| 1005 | 4. | Schuhmachers, Jörg | 3. | M35 | Dülkener SV 06 | 3:52:46 | 32:37 | 1:59:10 | 1:21:00 |
| 1033 | 5. | Dötsch, Micha | 4. | M35 | SRL Koblenz | 4:00:39 | 35:39 | 2:00:53 | 1:24:08 |
| 1007 | 6. | Minke, Sebastian | 5. | M35 | Krefelder Kanu Klub | 4:00:46 | 36:15 | 2:03:08 | 1:21:24 |
| 1257 | 7. | Dülks, Roman | 1. | M50 | Krefelder Kanu Klub | 4:03:45 | 32:56 | 1:59:51 | 1:30:58 |
| 1008 | 8. | Radevic, Mario | 6. | M35 | Tri Team Maxmo | 4:04:46 | 30:36 | 2:02:30 | 1:31:41 |
| 1026 | 9. | Morgenstern, Dennis | 2. | M30 | ORTHIM Triathlon Team | 4:06:02 | 33:22 | 2:04:23 | 1:28:18 |
| 1035 | 10. | Kreutzenbeck, Christoph | 3. | M30 | SG Welper Triathlon | 4:06:35 | 28:41 | 2:06:25 | 1:31:30 |
| 1009 | 11. | Moch, Andreas | 1. | M45 | SG Welper Triathlon | 4:07:52 | 34:22 | 2:02:56 | 1:30:34 |
| 1019 | 12. | Escher, Philipp | 4. | M30 | SRL Triathlon Koblenz | 4:08:05 | 35:22 | 1:57:48 | 1:34:56 |
| 1037 | 13. | Knopf, Stephan | 5. | M30 | ORTHIM-Triathlon-Team | 4:10:21 | 37:41 | 2:04:45 | 1:27:56 |
| 1020 | 14. | Pingel, Christoph | 6. | M30 | TEAM-Sportona | 4:10:35 | 34:00 | 2:06:24 | 1:30:12 |
| 1024 | 15. | Spurzem, Oliver | 7. | M35 | WSF Zweibrücken | 4:12:39 | 33:31 | 2:08:43 | 1:30:25 |
| 1013 | 16. | Simm, Hendrik | 7. | M30 | 1. Tri-Team Gütersloh GTV | 4:12:48 | 29:05 | 2:05:51 | 1:37:52 |
| 1011 | 17. | Wunderlich, Jens | 1. | M40 | GW Arnsberg | 4:13:16 | 38:06 | 2:05:55 | 1:29:16 |
| 1015 | 18. | Schlenkhoff, Moritz | 8. | M30 | W+F Münster / LSF Münster | 4:13:57 | 35:52 | 2:03:58 | 1:34:09 |
| 1034 | 19. | Lerch-Thies, Jörg | 2. | M40 | WVC Triathlon Kassel | 4:16:07 | 34:41 | 2:11:24 | 1:30:03 |
| 1038 | 20. | Krüger, Dirk | 3. | M40 | M.Gladbacher Turnverein 1 | 4:17:47 | 36:04 | 2:09:53 | 1:31:51 |
| 1018 | 21. | Terstesse, Christian | 2. | M50 | TSVE 1890 Bielefeld | 4:18:59 | 35:52 | 2:06:40 | 1:36:28 |
| 1039 | 22. | Elkmann, Hendrik | 4. | M40 | WSU Tri-Team Warendorf | 4:20:17 | 41:13 | 2:05:26 | 1:33:39 |
| 1023 | 23. | Königs, Lars | 8. | M35 | SG Düren 99 | 4:22:23 | 39:45 | 2:04:15 | 1:38:24 |
| 1016 | 24. | Freckmann, Lukas | 1. | M20 | Tri-Finish Münster | 4:23:12 | 34:04 | 2:09:09 | 1:40:00 |
| 1227 | 25. | Bruch, Jens | 9. | M30 | LTV-Lippstadt | 4:24:11 | 37:31 | 2:16:28 | 1:30:12 |
| 1148 | 26. | Muth, Frank | 9. | M35 | TSVE 1890 Bielefeld e.V. | 4:26:29 | 31:08 | 2:15:09 | 1:40:13 |
| 1032 | 27. | Krampe, Sebastian | 10. | M30 | WSU Tri Team Warendorf | 4:28:25 | 44:12 | 2:07:20 | 1:36:55 |
| + 5 1045 | 28. | Kleinau, Jens | 1. | M55 | Tri-Team FS Düsseldorf | 4:29:11 | 34:08 | 2:14:54 | 1:35:10 |
| 1040 | 29. | Zarth, Michael | 2. | M45 | Tri- As Hamm | 4:30:45 | 43:52 | 2:09:00 | 1:37:54 |
| 1012 | 30. | Burger, Marius | 10. | M35 | Tri-Team-Verl | 4:30:54 | 38:12 | 2:04:06 | 1:48:38 |
| 1121 | 31. | Walzer, André | 11. | M35 | Tri Club Wuppertal | 4:31:20 | 33:23 | 2:21:08 | 1:36:50 |
| 1044 | 32. | Edelbroich, Matthias | 12. | M35 | Tritus SV Neptun Neheim H | 4:31:46 | 36:16 | 2:12:24 | 1:43:08 |
| 1022 | 33. | Lürken, Franz-Josef | 3. | M50 | Triathlon Team Indeland | 4:31:55 | 39:10 | 2:17:05 | 1:35:42 |
| 1102 | 34. | Dietrich, Matthias | 4. | M50 | MTV Hohenkirchen | 4:32:05 | 42:27 | 2:12:03 | 1:37:36 |
| 1049 | 35. | Heidl, Stefan | 3. | M45 | Marathon Steinfurt | 4:33:19 | 41:15 | 2:08:30 | 1:43:35 |
| 1036 | 36. | Maadziarz, Oliver | 4. | M45 | LDT Bochum | 4:33:22 | 37:38 | 2:12:13 | 1:43:32 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Mitteldistanz Männer 2000 m - 80 km - 20 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|------|----------------------------|---------|---------------------------|---------|--------|---------|---------|
| 1025 | 37. Magiera, Joachim | 5. M45 | Tri-City Paderborn | 4:33:32 | 35:51 | 2:07:43 | 1:49:59 |
| 1043 | 38. Bennemann, Andreas | 5. M40 | Bocholter-WSV | 4:34:11 | 36:58 | 2:12:28 | 1:44:46 |
| 1110 | 39. Diestelkamp, Eike | 13. M35 | 1. Tri-Team Gütersloh GTV | 4:36:10 | 45:29 | 2:11:00 | 1:39:41 |
| 1050 | 40. Heyde, Mark | 14. M35 | TV Lemgo | 4:36:22 | 42:31 | 2:09:18 | 1:44:35 |
| 1242 | 41. Seebothe, Thomas | 11. M30 | 1. Tri-Club Paderborn 198 | 4:36:40 | 40:36 | 2:19:15 | 1:36:51 |
| 1107 | 42. Pollmeier, Holger | 6. M45 | Tri-Sport-Team Ver1 | 4:39:20 | 35:28 | 2:20:58 | 1:42:55 |
| 1029 | 43. Radke, Andreas | 7. M45 | Sparkasse Münsterland Ost | 4:39:30 | 40:46 | 2:13:21 | 1:45:24 |
| 1144 | 44. Wirth zur Osten, Frank | 8. M45 | WSU Tri-Team Warendorf | 4:40:01 | 38:49 | | |
| 1047 | 45. Esser, Jörg | 6. M40 | SG GFC Düren 99 | 4:40:22 | 39:25 | 2:14:18 | 1:46:40 |
| 1046 | 46. Decker, Andreas | 9. M45 | Meddys LWT Koblenz | 4:41:38 | 36:09 | 2:14:12 | 1:51:18 |
| 1106 | 47. Schumacher, Ralf | 10. M45 | LV TriStar Oelde | 4:42:19 | 37:01 | 2:25:08 | 1:40:11 |
| 1245 | 48. Wiese, Karsten | 7. M40 | 1.tri Club Paderborn | 4:42:20 | 37:13 | 2:13:41 | 1:51:27 |
| 1041 | 49. Scharfenstein, Sven | 11. M45 | SV Tri City Darmstadt e.V | 4:42:22 | 44:20 | 2:13:23 | 1:44:39 |
| 1252 | 50. Zerrath, Uwe | 12. M45 | Soester Tri Team | 4:45:12 | 35:53 | 2:17:10 | 1:52:10 |
| 1221 | 51. Walhorn, Christoph | 15. M35 | Tri-Team Dissen | 4:45:29 | 39:22 | 2:26:34 | 1:39:34 |
| 1031 | 52. Lübke, Michael | 5. M50 | DJK Coesfeld Triathlon | 4:46:33 | 49:35 | 2:21:23 | 1:35:35 |
| 1244 | 53. Michaelis, Kevin | 2. M20 | Tri-Finish-Münster | 4:49:18 | 39:13 | 2:18:28 | 1:51:38 |
| 1105 | 54. Guth, Karsten | 8. M40 | Marathon Soest | 4:50:07 | 37:14 | 2:15:38 | 1:57:16 |
| 1122 | 55. Braun, Kornej | 16. M35 | Gütersloh | 4:50:20 | 48:35 | 2:23:00 | 1:38:47 |
| 1131 | 56. Bode, Sascha | 17. M35 | Marathon Steinfurt | 4:51:19 | 45:58 | 2:25:04 | 1:40:18 |
| 1017 | 57. Kemper, Christoph | 9. M40 | TRI Sport Menden | 4:52:15 | 39:20 | 2:12:41 | 2:00:14 |
| 1132 | 58. Börsch, Thomas | 6. M50 | DLC Aachen | 4:52:34 | 39:05 | 2:23:50 | 1:49:40 |
| 1243 | 59. Donovan, Liam John | 12. M30 | British Army | 4:52:45 | 44:09 | 2:24:55 | 1:43:42 |
| 1112 | 60. Schwenty, Thomas | 7. M50 | SV 13 Gladbeck | 4:54:03 | 44:48 | 2:28:05 | 1:41:11 |
| 1054 | 61. Nitz, Diethard | 8. M50 | W+F | 4:54:06 | 42:20 | 2:22:20 | 1:49:27 |
| 1124 | 62. Bock, Stephan | 10. M40 | TSVE 1890 Bielefeld | 4:54:12 | 51:35 | 2:17:38 | 1:45:01 |
| 1053 | 63. Kröger, Ansgar | 9. M50 | TriFinsh Münster | 4:57:38 | 38:16 | 2:22:35 | 1:56:48 |
| 1140 | 64. Vocks, Markus | 11. M40 | SV Langenberg - Triathlon | 4:59:48 | 45:52 | 2:20:23 | 1:53:34 |
| 1111 | 65. Müller, Wolfgang | 2. M55 | Krefelder Kanu Klub | 5:00:08 | 43:58 | 2:29:33 | 1:46:38 |
| 1030 | 66. Lohse, Jens | 13. M45 | Superfit | 5:00:57 | 41:41 | 2:28:44 | 1:50:34 |
| 1117 | 67. Rolf, Jorge | 12. M40 | TVDB Hanau | 5:01:09 | 39:43 | 2:20:13 | 2:01:14 |
| 1233 | 68. Höcker, Bernd | 14. M45 | SV Brackwede Turnen | 5:01:29 | 46:38 | 2:28:49 | 1:46:02 |
| 1138 | 69. Hußmann, Jens | 13. M30 | Twittrunnerruhr Dortmund | 5:01:56 | 47:28 | 2:28:22 | 1:46:07 |
| 1129 | 70. Paulig, Karsten | 18. M35 | FC St Pauli Triathlon | 5:02:18 | 37:18 | 2:22:16 | 2:02:45 |
| 1135 | 71. Belting, Thomas | 15. M45 | TV Aldekerk | 5:02:23 | 45:25 | 2:25:08 | 1:51:50 |
| 1222 | 72. Neudorf, Andreas | 14. M30 | Tri-Team Dissen | 5:03:56 | 39:16 | 2:25:45 | 1:58:55 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Mitteldistanz Männer 2000 m - 80 km - 20 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|----------|-----------------------------|---------|---------------------------|---------|---------|---------|---------|
| 1139 | 73. Schubert, Thomas | 3. M55 | SV Tricity Darmstadt | 5:04:18 | 39:52 | 2:23:16 | 2:01:11 |
| 1126 | 74. Thiesmann, Uwe | 16. M45 | LTV Lippstadt Triathlon | 5:04:55 | 47:00 | 2:27:29 | 1:50:27 |
| 1130 | 75. Schmidt, Dominik | 13. M40 | MTV Hohenkirchen | 5:05:18 | 48:41 | 2:16:53 | 1:59:45 |
| 1229 | 76. Kresimon, Johannes | 17. M45 | Team CrazyMoon | 5:07:49 | 48:05 | 2:28:18 | 1:51:27 |
| 1258 | 77. Heinen, Robert | 18. M45 | Triathlon Team Indeland | 5:07:56 | 38:53 | 2:18:18 | 2:10:46 |
| 1114 | 78. Kindermann, Andreas | 19. M35 | Oer-Erkenschwick | 5:09:22 | 45:27 | 2:28:32 | 1:55:25 |
| 1228 | 79. Widera, Sascha | 3. M20 | RSV Concordia Lengerich | 5:09:42 | 40:39 | 2:19:09 | 2:09:55 |
| 1241 | 80. Hotmar, Christian | 14. M40 | Lc Solbad | 5:13:07 | 49:48 | 2:23:36 | 1:59:45 |
| 1051 | 81. Grewe, Uwe | 10. M50 | TRI Sport Menden | 5:14:32 | 37:33 | | |
| 1119 | 82. Bormann, Philipp | 20. M35 | Münster | 5:14:58 | 44:20 | 2:25:14 | 2:05:24 |
| 1246 | 83. Ristau, Dietmar | 4. M55 | Harzgebiergslaufverein | 5:16:16 | 57:34 | 2:25:59 | 1:52:44 |
| 1249 | 84. Osthues, Bernd | 11. M50 | Bierbauch Voraus Oelde | 5:17:00 | 48:47 | 2:31:11 | 1:57:03 |
| 1125 | 85. Beermann, Ludger | 1. M65 | SC Falke Saerbeck | 5:17:06 | 51:37 | 2:31:13 | 1:54:17 |
| 1154 | 86. Dreute, Peter | 12. M50 | Alte Haubergssäcke | 5:19:58 | 41:18 | 2:27:44 | 2:10:58 |
| 1232 | 87. Ennen, Thomas | 19. M45 | Triathlon Team Indeland | 5:21:07 | 40:57 | 2:30:27 | 2:09:43 |
| 1234 | 88. Bailey, Jamie | 4. M20 | Gutersloh | 5:21:52 | 48:22 | 2:28:05 | 2:05:26 |
| 1238 | 89. Hennicken, Manfred | 20. M45 | Kerkrade | 5:22:11 | 58:40 | 2:24:02 | 1:59:30 |
| 1149 | 90. Dörner, Carsten | 15. M40 | LC 70 | 5:23:38 | 45:22 | 2:38:06 | 2:00:10 |
| 1153 | 91. Stöhr, Martin | 13. M50 | RSF Sassenberg | 5:26:44 | 39:56 | 2:39:16 | 2:07:33 |
| 1230 | 92. Liebeck, Jörg | 16. M40 | Paderborn | 5:37:33 | 42:40 | 2:28:58 | 2:25:57 |
| 1147 | 93. Schmidt, Ulrich | 1. M60 | Maria-Hilf Brilon | 5:37:37 | 44:50 | 2:39:28 | 2:13:20 |
| 1151 | 94. Blume, Dietmar | 21. M45 | TriFun Hennesee | 5:38:02 | 45:39 | 2:43:19 | 2:09:04 |
| 1247 | 95. Schrör, Jahn Martin | 21. M35 | 1. Tri-Club Paderborn 198 | 5:38:15 | 46:58 | 2:37:05 | 2:14:12 |
| 1225 | 96. Epke, Maik | 17. M40 | Tri-Team Dissen | 5:40:01 | 51:01 | 2:32:58 | 2:16:03 |
| 1101 | 97. Smith, Gary | 14. M50 | British Army | 5:40:31 | 42:04 | 2:43:24 | 2:15:03 |
| 1251 | 98. Schmidt, Andreas | 22. M45 | TriFun Hennesee | 5:42:14 | 53:23 | 2:31:46 | 2:17:06 |
| 1255 | 99. Fügenschuh, Marco | 23. M45 | Löhne | 5:42:52 | 45:12 | 2:38:53 | 2:18:49 |
| 1226 | 100. Eloo, Jürgen | 5. M55 | ASV Duisburg | 5:45:00 | 45:59 | 2:52:04 | 2:06:59 |
| + 5 1127 | 101. Krause, Jürgen | 18. M40 | Triathlon Heidekreis | 5:45:54 | 47:03 | 2:21:18 | 2:32:34 |
| 1239 | 102. Wächter, Klaus | 15. M50 | TSVE 1890 Bielefeld | 5:52:06 | 45:19 | 2:30:43 | 2:36:06 |
| 1113 | 103. Landwehrjohann, Markus | 24. M45 | TriStar Oelde | 5:56:31 | 49:04 | 2:28:23 | 2:39:04 |
| 1224 | 104. Hupp, Ralf | 6. M55 | LT Gruiten-Neandertal | 6:08:36 | 50:43 | 2:36:07 | 2:41:47 |
| 1250 | 105. Kirberich, Peter | 2. M60 | Dülkener SV | 6:51:18 | 1:02:33 | 2:56:53 | 2:51:53 |
| 1027. | Rolink, Tonnie | M50 | triathlon vereniging de b | aufg. | | | |
| 1042. | Peters, Philip | M35 | TV Werne 03 Wasserfreunde | aufg. | 35:29 | 2:18:59 | |
| 1109. | Gode, Norbert | M50 | WSU Tri Team Warendorf | aufg. | 53:15 | 2:24:51 | |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Ergebnisliste - Mitteldistanz Männer 2000 m - 80 km - 20 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----------|---------------------|-----|---------------------------|-------|--------|---------|---------|
| 1118. | van Westen, Andreas | M50 | 1. Tri-Team Gütersloh GTV | aufg. | 46:02 | 2:32:26 | |
| 1120. | Kruse, Reinhard | M50 | ASC-Ahlen | aufg. | 41:35 | 2:30:58 | |
| + 5 1128. | Dr. Hähnel, Heinz | M60 | Tri-As Hamm | aufg. | 47:16 | 2:20:40 | |
| 1137. | Lüttgen, Jörg | M45 | GFC Düren 99 | aufg. | 34:50 | 2:16:23 | |
| 1143. | Lefort, Lothar | M55 | Triminators Voerde | aufg. | 41:11 | 2:32:02 | |
| 1152. | Williams, Gabriel | M40 | Triathlon Team Indeland | aufg. | 45:19 | 2:30:08 | |
| 1223. | Hupp, Patrick | M20 | LT Gruiten-Neandertal | aufg. | 45:50 | 2:55:15 | |
| 1248. | Schmidt, Jürgen | M55 | SV Germania Dürwiß | aufg. | 49:38 | 2:46:18 | |
| 1028. | Ehrich, Florian | M30 | RV Möwe Lürrip MG 1922 | disq. | 38:31 | 2:06:29 | 1:43:51 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Ergebnisliste - Mitteldistanz Frauen 2000 m - 80 km - 20 km

| SNR | | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf |
|------|-----|------------------------|----|-----|---------------------------|---------|--------|---------|---------|
| 1202 | 1. | Konschak, Katja | 1. | W35 | Orthim Triathlon Team | 4:08:55 | 31:19 | 2:11:14 | 1:26:22 |
| 1201 | 2. | Schmitz-Elvenich, Anke | 1. | W45 | OSC Bremerhaven Triathlon | 4:19:10 | 33:43 | 2:13:14 | 1:32:14 |
| 1204 | 3. | Winck, Nicole | 2. | W35 | Krefelder Kanu Klub | 4:32:26 | 32:59 | 2:19:05 | 1:40:23 |
| 1205 | 4. | Rohring, Ellen | 1. | W40 | 1. Tri-Club Paderborn | 4:32:36 | 37:30 | 2:17:06 | 1:38:00 |
| 1203 | 5. | Schuhmachers, Daphne | 2. | W40 | Dülkener SV 06 | 4:33:08 | 35:39 | 2:14:15 | 1:43:15 |
| 1256 | 6. | Löbbert, Gloria | 3. | W40 | TRC Essen 84 | 4:42:12 | 37:49 | 2:15:03 | 1:49:21 |
| 1217 | 7. | Mueller, Jennifer | 1. | W20 | Hardtseemafia | 4:42:21 | 44:05 | 2:25:44 | 1:32:32 |
| 1207 | 8. | Terstesse, Stefanie | 4. | W40 | TSVE 1890 Bielefeld | 4:49:20 | 34:59 | 2:25:01 | 1:49:20 |
| 1209 | 9. | Fuchs, sandra | 5. | W40 | PTSV Aachen | 4:59:15 | 37:39 | 2:24:22 | 1:57:14 |
| 1208 | 10. | Lischka, Anne | 3. | W35 | WSU Tri-Team-Warendorf | 4:59:37 | 44:35 | 2:19:04 | 1:55:59 |
| 1216 | 11. | Gerling, Sarah | 2. | W20 | Tri Finish Münster | 5:02:49 | 37:00 | 2:26:56 | 1:58:55 |
| 1211 | 12. | Hoffmeister, Meike | 2. | W45 | PV Witten | 5:05:01 | 42:53 | 2:26:52 | 1:55:17 |
| 1213 | 13. | Sander, Conny | 1. | W30 | WSU TriTeam Warendorf | 5:09:08 | 37:33 | 2:28:25 | 2:03:11 |
| 1206 | 14. | Kleinehans, Kerstin | 4. | W35 | 1. Tri-Club Paderborn | 5:10:03 | 37:33 | 2:27:33 | 2:04:59 |
| 1212 | 15. | Hagen, Katrin | 6. | W40 | Köln | 5:15:08 | 43:59 | 2:33:00 | 1:58:10 |
| 1214 | 16. | Schön, Sylvia | 3. | W45 | Löhne | 5:27:41 | 46:40 | 2:31:27 | 2:09:35 |
| 1220 | 17. | Pleuger, Kornelia | 1. | W50 | SV Westfalia Rhynern | 6:34:22 | 52:19 | 2:56:47 | 2:45:16 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016

Ergebnisliste - Sprint Männer 500 m - 20 km - 5 km

| SNR | | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf | |
|-----|-----|---------------------|------------------------------|-----|---------------------------|---------------------------|---------|-------|-------|-------|
| 408 | 1. | Stefan, Jannis | 1. | MJU | Tri Star Oelde | 57:43 | 7:30 | 30:37 | 19:36 | |
| 478 | 2. | Niedergriese, Marc | 1. | M20 | Die MANNschaft | 59:56 | 8:13 | 28:29 | 23:15 | |
| 433 | 3. | Wenke, Christoph | 1. | M35 | Tri-As Hamm | 1:00:39 | 8:20 | 31:44 | 20:37 | |
| 438 | 4. | Schlieckmann, Jonas | 2. | M35 | TriTeam Steinfurt / Cross | 1:01:38 | 10:04 | 30:34 | 21:00 | |
| 435 | 5. | Bröcher, Matti | 1. | M30 | EquipeRed | 1:02:08 | 10:00 | 29:59 | 22:09 | |
| 444 | 6. | Schlüter, Gerhard | 1. | M60 | Tri-Sport-Team TV Verl | 1:02:34 | 10:06 | 31:33 | 20:57 | |
| 427 | 7. | Ziegler, Marc | 1. | M40 | Tri Finish Münster | 1:02:57 | 10:29 | 32:21 | 20:09 | |
| 423 | 8. | Berghaus, Jürgen | 2. | M20 | Tri Team Steinfurt | 1:03:05 | 10:16 | 32:24 | 20:26 | |
| 476 | 9. | Schröer, Sebastian | 3. | M35 | asc Ahlen | 1:04:01 | 10:28 | 32:06 | 21:29 | |
| 415 | 10. | Ostendorf, Stefan | 3. | M20 | Sv Teuto Riesenbeck | 1:04:19 | 10:13 | 31:18 | 22:49 | |
| 422 | 11. | Nikuilla, Ulrich | 2. | M60 | TSVE Bielefeld | 1:04:26 | 10:56 | 31:41 | 21:50 | |
| + 1 | 442 | 12. | Brandt, Peter | 1. | M50 | Tri-Sport-Team Verl | 1:05:11 | 11:32 | 33:00 | 19:40 |
| | 446 | 13. | Lemper, Bernd | 2. | M30 | Tri Team Dissen | 1:05:18 | 9:59 | 31:43 | 23:38 |
| + 1 | 443 | 14. | Büning, Dominik | 4. | M20 | Tri Team Steinfurt | 1:06:10 | 10:33 | 32:26 | 22:13 |
| | 769 | 15. | Neuhaus, Torsten | 3. | M30 | RC Lüdenscheid 98 | 1:06:57 | 10:14 | 34:04 | 22:39 |
| | 473 | 16. | Ganzer, Bruno | 2. | M50 | Tri-Sport-Team Verl | 1:07:07 | 11:49 | 32:49 | 22:30 |
| | 437 | 17. | Hupka, Robert | 5. | M20 | Wasser+Freizeit Münster | 1:07:46 | 8:35 | 33:23 | 25:49 |
| | 475 | 18. | Hamann, Carsten | 2. | M40 | TRC Essen | 1:08:15 | 10:25 | 32:31 | 25:20 |
| | 420 | 19. | Renners, Georg | 1. | M45 | 1.TriTeamGütersloh | 1:09:19 | 12:10 | 34:06 | 23:04 |
| | 412 | 20. | Hanusek, Andreas | 2. | M45 | Tri Team Lage | 1:09:50 | 11:21 | 35:06 | 23:24 |
| | 418 | 21. | Watty, Dominik | 4. | M35 | LC Solbad Ravensberg | 1:10:07 | 10:46 | 31:52 | 27:30 |
| + 1 | 436 | 22. | flottmann, Wolfgang | 1. | M55 | Triteam-Dissen | 1:11:46 | 11:18 | 35:48 | 23:42 |
| | 411 | 23. | Schlepphorst, Lars | 3. | M40 | 1. Tri-Team Gütersloh GTV | 1:13:26 | 11:11 | 33:46 | 28:31 |
| | 425 | 24. | Wolke, Achim | 3. | M50 | TuS Blau Weiß Lohne | 1:13:32 | 10:38 | 35:53 | 27:03 |
| | 421 | 25. | Greiwe, Peter | 4. | M50 | Tri Team Steinfurt | 1:15:12 | 11:35 | 35:03 | 28:35 |
| | 447 | 26. | Magnus, Dirk | 5. | M35 | LG Emsdetten Tri-Team | 1:15:31 | 13:12 | 35:06 | 27:13 |
| | 448 | 27. | Raddatz, Daniel | 4. | M40 | Triandertaler | 1:15:57 | 11:53 | 36:01 | 28:04 |
| | 432 | 28. | Steller, Michael | 2. | M55 | SSK Kerpen | 1:16:08 | 12:58 | 36:34 | 26:37 |
| | 428 | 30. | Roß, Dietmar | 3. | M45 | SC Altenrheine | 1:19:20 | 13:36 | 37:17 | 28:29 |
| | 424 | 31. | Zembrowski, Krzysztof Tomasz | 4. | M30 | Düsseldorfer SC Triathlon | 1:20:33 | 12:39 | 37:44 | 30:12 |
| | 402 | 32. | Schultheiß, Uwe | 5. | M50 | DJK Coesfeld | 1:23:00 | 13:11 | 37:39 | 32:12 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016

Ergebnisliste - Sprint Frauen 500 m - 20 km - 5 km

| SNR | | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|-----|-----------------------|----|-----|---------------------------|---------|--------|-------|-------|
| 477 | 1. | Kemper, Caroline | 1. | W30 | asc ahlen | 1:06:26 | 11:30 | 33:34 | 21:23 |
| 449 | 2. | Reinl, Anne-Katrin | 2. | W30 | Triandertaler | 1:07:23 | 10:57 | 33:41 | 22:46 |
| 434 | 3. | Schmidt, Nadine | 3. | W30 | Team TVE Netphen | 1:07:42 | 10:46 | 33:45 | 23:12 |
| 439 | 4. | Schlieckmann, Rebecca | 1. | W20 | TriTeam Steinfurt / Cross | 1:11:06 | 10:21 | 34:26 | 26:20 |
| 429 | 5. | Löffler, Heike | 4. | W30 | 1. TCO Die Bären | 1:13:17 | 10:34 | 37:31 | 25:13 |
| 474 | 6. | Diecksmeier, Silke | 1. | W35 | ASC Ahlen | 1:15:18 | 10:28 | 39:25 | 25:26 |
| 417 | 7. | Elle, Nicole | 1. | W40 | TSV solingen 1877 e.V. | 1:16:31 | 13:23 | 36:14 | 26:55 |
| 419 | 8. | Jochem, Linda | 2. | W35 | 1.Tri-Club Paderborn | 1:20:34 | 13:10 | 35:58 | 31:27 |
| 440 | 9. | Lürken-Scholl, Vera | 1. | W50 | Triathlon Team Indeland | 1:21:06 | 13:19 | 38:01 | 29:47 |
| 773 | 10. | Roß, Sabine | 1. | W45 | SC Altenrheine | 1:21:07 | 10:35 | 38:13 | 32:20 |
| 401 | 11. | Strenger, Manuela | 2. | W50 | Styrumer TV | 1:23:10 | 13:38 | 40:38 | 28:55 |
| 410 | 12. | Pöpsel, Iлона | 2. | W45 | Lippe-Vital | 1:27:39 | 15:25 | 41:13 | 31:01 |
| 441 | 13. | Jabeur, Jasmin | 2. | W40 | SC Wiking Herne | 1:46:54 | 16:13 | 46:34 | 44:08 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Volkstriathlon Männer 500 m - 20 km - 5 km

| SNR | | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|---------|-----|-----------------------|---------|---------------------------|---------|--------|-------|-------|
| 457 | 1. | Borchers, Max | 1. M20 | TSVE 1890 Bielefeld e.V. | 58:44 | 7:36 | 30:09 | 21:00 |
| 613 | 2. | Logemann, Johannes | 2. M20 | Münster | 59:37 | 8:53 | 31:01 | 19:44 |
| 720 | 3. | Rossmann, Tim | 1. M35 | 1. Tri-Club Paderborn | 1:00:32 | 9:17 | 31:23 | 19:53 |
| 725 | 4. | Lüttkemöller, Daniel | 1. M30 | LG Ensdetten Tri-Team | 1:01:07 | 8:22 | 31:10 | 21:35 |
| 471 | 5. | Thiel, Sascha | 3. M20 | Warendorfer SU Abt. Schwi | 1:02:00 | 7:40 | 33:15 | 21:06 |
| 458 | 6. | Pfaffendorf, Julian | 2. M30 | TSVE Bielefeld | 1:02:51 | 10:35 | 31:19 | 20:58 |
| 451 | 7. | Karwinkel, Justin | 1. MJA | Tristar Oelde | 1:03:36 | 8:10 | 31:02 | 24:25 |
| 630 | 8. | Janele, Alexander | 3. M30 | RunArtist | 1:03:48 | 10:54 | 32:02 | 20:53 |
| 765 | 9. | Hauert, Michael | 4. M20 | LG Volldampf Clarholz | 1:04:11 | 9:04 | 33:38 | 21:31 |
| 633 | 10. | Platz, Armin | 1. M45 | SC Bayer Uerdingen 05 | 1:04:46 | 10:02 | 33:22 | 21:24 |
| 452 | 11. | Hanusek, Erik | 2. MJA | Tri Team TG Lage | 1:05:58 | 9:34 | 34:51 | 21:33 |
| + 1 450 | 12. | Aschermann, Lennart | 5. M20 | LC Nordhorn | 1:06:18 | 10:15 | 31:17 | 23:47 |
| 670 | 13. | Heide, Tillmann | 2. M35 | SV AXA Köln | 1:06:42 | 9:33 | 33:09 | 24:02 |
| 748 | 14. | Bühler, Sascha | 4. M30 | Eichen | 1:06:56 | 10:16 | 34:08 | 22:34 |
| 603 | 15. | Faust, Robin | 6. M20 | Lüdenscheid | 1:06:58 | 10:59 | 33:31 | 22:29 |
| 741 | 16. | Pfeiffer, Sven | 5. M30 | Die Brut | 1:07:11 | 11:34 | 33:48 | 21:51 |
| 659 | 17. | Aepfelbach, Tim | 1. M40 | Triathlon TEAM TG Witten | 1:07:33 | 11:08 | 34:28 | 21:57 |
| 625 | 18. | Wagener, Marvin | 7. M20 | RC Lüdenscheid'98 | 1:08:03 | 11:06 | 34:22 | 22:35 |
| 752 | 19. | Meier, Timo | 3. M35 | Gütersloh | 1:09:03 | 10:26 | 35:09 | 23:29 |
| 740 | 20. | Dotz, Sebastian | 8. M20 | Die Brut | 1:09:25 | 11:47 | 35:17 | 22:23 |
| 767 | 21. | Wieting, Michael | 2. M45 | Löhne | 1:10:00 | 9:34 | 34:55 | 25:33 |
| 654 | 22. | Kalkreuter, Matthias | 6. M30 | Tri Team TG Lage | 1:10:04 | 8:30 | 35:10 | 26:25 |
| 667 | 23. | Kreft, Gerald | 2. M40 | Tristar | 1:10:47 | 11:35 | 34:10 | 25:03 |
| 716 | 24. | Instenberg, Robin | 3. MJA | Fit für den Triathlon Har | 1:10:58 | 11:36 | 36:01 | 23:21 |
| 734 | 25. | Heuer, Robert | 3. M40 | Borgholzhausen | 1:11:02 | 10:22 | 34:01 | 26:41 |
| 468 | 26. | Pelster, Martin | 3. M45 | Vorwärts Wettringen | 1:11:09 | 11:37 | 33:12 | 26:22 |
| 762 | 27. | Heidotting, Oliver | 4. M45 | LG Emsdetten Tri-Team | 1:11:12 | 11:11 | 35:39 | 24:22 |
| 729 | 28. | Kraut, Peter | 7. M30 | Bielefeld | 1:11:36 | 12:14 | 35:57 | 23:26 |
| 760 | 29. | Leppersjohann, Frank | 4. M35 | Lepper | 1:11:42 | 10:32 | 36:06 | 25:05 |
| 763 | 30. | Koutsky-Noreikat, Kai | 5. M35 | LG Pipsi | 1:11:51 | 11:04 | 34:51 | 25:56 |
| + 1 461 | 31. | Lammers, Jan-Bernd | 5. M45 | Tus Freckenhorst | 1:12:14 | 12:12 | 36:13 | 22:51 |
| 743 | 32. | Abhoff, Moritz | 9. M20 | Dortmund | 1:12:17 | 11:42 | 35:22 | 25:15 |
| 624 | 33. | Baum, Stephan | 10. M20 | Projekt 25,5 | 1:12:21 | 11:22 | 36:45 | 24:16 |
| 616 | 34. | Mantler, Andreas | 6. M45 | Netphen-Brauersdorf | 1:12:22 | 12:18 | 35:53 | 24:12 |
| 745 | 35. | Kramer, Rene | 4. M40 | DSC 98 Triathlon Team | 1:12:34 | 10:46 | 37:16 | 24:34 |
| 608 | 36. | Rudnik, Marc | 7. M45 | Marathon Club Menden | 1:12:42 | 10:33 | 36:50 | 25:20 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Volkstriathlon Männer 500 m - 20 km - 5 km

| SNR | | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|---------|-----|-----------------------|---------|---------------------------|---------|--------|-------|-------|
| 712 | 37. | Breitkopf, Jürgen | 1. M55 | Fit für den Triathlon Har | 1:13:12 | 14:56 | 33:25 | 24:53 |
| 663 | 38. | Szymiczek, Thomas | 1. M50 | Triminators TV Voerde | 1:13:21 | 11:34 | 34:26 | 27:22 |
| 601 | 39. | Koch, Mathias | 6. M35 | LSF Münster | 1:13:25 | 13:10 | 37:50 | 22:26 |
| 640 | 40. | Groß, Markus | 5. M40 | SSF Bonn | 1:13:33 | 12:44 | 35:54 | 24:56 |
| 631 | 41. | Klaas, Heinz-Bernd | 6. M40 | Sassenberg | 1:14:35 | 11:07 | 34:04 | 29:26 |
| 736 | 42. | Czerwinski, Martin | 2. M55 | Crazy Runners Rieberg | 1:14:47 | 13:00 | 35:38 | 26:10 |
| 609 | 43. | Vahrenbrink, Jürgen | 2. M50 | Marathon Soest | 1:14:53 | 12:20 | 33:42 | 28:52 |
| 626 | 44. | Frisch, Mario | 7. M40 | Rheda-Wiedenbrück | 1:14:57 | 15:07 | 34:41 | 25:10 |
| 766 | 45. | Knoche, Ulrich | 3. M55 | LGOerlinghausen | 1:14:59 | | | |
| 466 | 46. | Wülfrath, Georg | 3. M50 | Velbert | 1:15:34 | 12:11 | 37:48 | 25:36 |
| + 1 733 | 47. | Seifert, Frank | 8. M40 | Blomberg | 1:15:42 | 12:49 | 35:36 | 26:19 |
| 735 | 48. | Göllner, Johannes | 11. M20 | BVB | 1:15:46 | 13:57 | 35:10 | 26:40 |
| 615 | 49. | Schoof, Joachim | 4. M55 | Münster | 1:15:54 | 12:36 | 32:45 | 30:34 |
| 623 | 50. | Aschhoff, Philipp | 12. M20 | Projekt 25,5 | 1:16:04 | 11:11 | 38:08 | 26:46 |
| 759 | 51. | Lonkwitz, Matthias | 9. M40 | LC Jeannie 06 | 1:16:16 | 12:12 | 38:51 | 25:14 |
| 666 | 52. | Harder, Robert | 8. M45 | Tristar | 1:16:44 | 12:56 | 35:25 | 28:24 |
| 706 | 53. | Schubert, Moritz | 1. MJU | Fit für den Triathlon Har | 1:16:52 | 12:47 | 37:55 | 26:11 |
| 726 | 54. | Schneider, Tobias | 5. M55 | Bielefeld | 1:16:54 | 12:07 | 35:32 | 29:16 |
| 746 | 55. | Schumacher, Bjoern | 7. M35 | Düsseldorfer\\\'SC 98 | 1:17:04 | 10:59 | 37:29 | 28:37 |
| 709 | 56. | Ahlers, Stephan | 9. M45 | Fit für den Triathlon Har | 1:17:17 | 12:58 | 37:07 | 27:13 |
| 612 | 57. | Schmidtpeter, Richard | 4. M50 | MSV Duisburg | 1:17:20 | 12:08 | 37:36 | 27:37 |
| 764 | 58. | Schroer, Frank | 5. M50 | LG Rheine-Elte | 1:18:03 | 13:26 | 36:24 | 28:14 |
| 460 | 59. | Olschewski, Ingo | 10. M40 | TuS Alemannia Rösenbeck | 1:19:05 | 12:53 | 39:57 | 26:17 |
| 713 | 60. | Moeller, Gerald | 6. M50 | Fit für den Triathlon Har | 1:19:07 | 13:46 | 38:22 | 26:59 |
| 703 | 61. | Kaup, Alexander | 2. MJU | Fit für den Triathlon Har | 1:19:11 | 14:01 | 39:42 | 25:29 |
| + 1 655 | 62. | Böttcher, Jan | 11. M40 | Tri Team Ver1 | 1:19:24 | 12:16 | 36:10 | 29:59 |
| 646 | 63. | Martens, Bernd | 1. M60 | Team Sogama | 1:20:00 | 12:41 | 38:01 | 29:19 |
| 739 | 64. | Gruben, Matthäus | 8. M35 | Die Brut | 1:20:17 | 20:20 | 38:25 | 21:33 |
| 445 | 65. | Dellori, Klaus | 7. M50 | WSU Tri-Team Warendorf | 1:20:35 | 10:57 | 44:27 | 25:12 |
| 456 | 66. | Ortmann, Andreas | 10. M45 | TSVE 1890 Bielefeld | 1:20:37 | 11:59 | 38:39 | 30:00 |
| 751 | 67. | Jost, Andre | 13. M20 | go4lynx | 1:20:49 | 12:43 | 37:28 | 30:40 |
| 463 | 68. | Hoffbauer, Reinhold | 8. M50 | TV Angermund | 1:21:16 | 14:19 | 34:37 | 32:20 |
| 614 | 69. | Lennarz, Stephan | 2. M60 | Münster | 1:22:36 | 15:51 | 40:55 | 25:51 |
| 639 | 70. | Heidenthal, Carsten | 9. M50 | slow speedie | 1:22:36 | 17:03 | 37:42 | 27:52 |
| 658 | 71. | Kurpierz, Stefan | 8. M30 | Triathlon Team TG Witten | 1:22:51 | 13:13 | 38:06 | 31:34 |
| 632 | 72. | Gode, Marvin | 14. M20 | Sassenberg | 1:23:09 | 12:43 | 37:45 | 32:42 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Ergebnisliste - Volkstriathlon Männer 500 m - 20 km - 5 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|-------------------------------|---------|---------------------------|---------|--------|-------|-------|
| 728 | 73. Kanzok, Manfred | 1. M65 | Bielefeld | 1:23:34 | 13:59 | 39:26 | 30:10 |
| 749 | 74. Mansfeld, Nico | 9. M30 | Essen | 1:24:02 | 16:06 | 38:27 | 29:29 |
| 717 | 75. Völkerling, Chris | 3. MJU | Fit für den Triathlon Har | 1:24:35 | 13:23 | 42:13 | 29:00 |
| 707 | 76. Kleine, Andreas | 10. M50 | Fit für den Triathlon Har | 1:24:39 | 13:22 | 39:07 | 32:10 |
| 750 | 77. Schulte, Ralf | 11. M45 | Fit4Tri Lippstadt | 1:25:03 | 14:15 | 38:29 | 32:21 |
| 465 | 78. Wicknig, Roland | 11. M50 | twinracers | 1:25:13 | 16:38 | 40:06 | 28:29 |
| 668 | 79. Rehberg, Udo | 6. M55 | WSU Tri-Team Warendorf | 1:25:40 | 13:34 | 38:47 | 33:21 |
| 771 | 80. Pähler, Georg | 7. M55 | Super Fit | 1:25:41 | 17:22 | 39:32 | 28:48 |
| 642 | 81. Christopher, Andreas Wolf | 15. M20 | SUS PHÖNIX Bielefeld 09 | 1:26:27 | 15:20 | 39:51 | 31:17 |
| 732 | 82. Druskat, Patrick | 9. M35 | Mannheim | 1:26:33 | 12:16 | 39:29 | 34:49 |
| 628 | 83. Hennig, Maximilian | 4. MJA | Rothaar Aktiv | 1:26:56 | 11:26 | 47:31 | 28:00 |
| 672 | 84. Vogel-Eickhoff, Jürgen | 2. M65 | Cosmos | 1:28:42 | 16:01 | 41:17 | 31:25 |
| 756 | 85. Topornicki, Michael | 16. M20 | HamminkeIn | 1:29:15 | 15:55 | 40:55 | 32:26 |
| 637 | 86. Karas, Wolfgang | 12. M50 | slow speedie | 1:30:15 | 16:44 | 39:23 | 34:09 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Volkstriathlon Frauen 500 m - 20 km - 5 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|---------|------------------------------|---------|---------------------------|---------|--------|-------|-------|
| 648 | 1. Riesmeier, Barbara | 1. W45 | Tri Finish Münster | 1:07:48 | 12:32 | 31:56 | 23:21 |
| 607 | 2. Meyer, Carolin | 1. W20 | MACH3 | 1:08:52 | 10:11 | 35:48 | 22:54 |
| 661 | 3. Lins, Lisa | 2. W20 | Trifinish Münster | 1:10:47 | 10:35 | 37:00 | 23:13 |
| 469 | 4. Keuter, Maria | 3. W20 | W+F Münster | 1:11:10 | 13:04 | 34:36 | 23:31 |
| 605 | 5. Karwinkel, Laura | 1. WJA | Tristar Oelde | 1:11:54 | 10:02 | 36:44 | 25:08 |
| 462 | 6. Hoffbauer, Silke | 1. W35 | TV Angermund | 1:12:42 | 11:35 | 33:23 | 27:45 |
| 651 | 7. Battenfeld, Linn | 4. W20 | Tri Speed Herscheid | 1:12:43 | 10:46 | 36:42 | 25:16 |
| 643 | 8. Lüdorff, Svea | 5. W20 | SV Halle | 1:15:39 | 9:39 | 35:25 | 30:36 |
| 788 | 9. Bieker, Britta | 2. W35 | Trtifun Hennesee | 1:15:44 | 12:44 | 36:03 | 26:57 |
| 647 | 10. Kleinhans, Annika | 1. W30 | Team Ver1 West | 1:16:22 | 12:12 | 36:45 | 27:25 |
| + 1 606 | 11. Krefeld, Zoé | 2. WJA | LV Tristar Oelde | 1:16:45 | 10:16 | 38:55 | 26:36 |
| 602 | 12. Berg, Claudia | 2. W45 | LT Elsen-Wewer | 1:17:10 | 12:10 | 37:59 | 27:02 |
| 453 | 13. Turow-Gaszczak, Michaela | 3. W45 | TriTeamVer1 | 1:18:03 | 13:03 | 39:12 | 25:50 |
| 770 | 14. Lübbert-Horn, Maria | 4. W45 | Fit für den Triathlon Har | 1:18:05 | 14:39 | 39:08 | 24:19 |
| 455 | 15. Risse, Dorothee | 3. W35 | Tritus SV Neptun Neheim-H | 1:19:09 | 10:42 | 38:30 | 29:58 |
| 459 | 16. Sprenger-Becker, Juliane | 6. W20 | TUS Alemannia Roesenbeck | 1:19:41 | 13:19 | 36:15 | 30:08 |
| 722 | 17. Kalivoda, Jasmin | 1. WJU | 1.Tri Team Güterloh GTV | 1:20:11 | 10:11 | 37:46 | 32:15 |
| 747 | 18. Krause, Annika | 7. W20 | Edewecht | 1:20:17 | 12:33 | 40:20 | 27:25 |
| 757 | 19. Leinker, Andrea | 5. W45 | Jericho-Tri-Team | 1:20:25 | 13:25 | 37:31 | 29:29 |
| 649 | 20. Stuhldreier, Miriam | 8. W20 | Tri Finish Münster | 1:20:55 | 12:10 | 37:54 | 30:52 |
| 617 | 21. Hartmann, Annik | 2. WJU | Oelde | 1:22:42 | 10:18 | 39:43 | 32:42 |
| 721 | 22. Wischott, Gisela | 1. W60 | 1. Tri-Team Gütersloh GTV | 1:23:29 | 14:30 | 40:51 | 28:08 |
| 657 | 23. Mette, Verena | 9. W20 | Triathlon Team TG Witten | 1:23:48 | 12:39 | 39:30 | 31:40 |
| 708 | 24. Kleine, Michaela | 1. W40 | Fit für den Triathlon Har | 1:23:57 | 12:05 | 40:26 | 31:27 |
| 620 | 25. Henrich, Carolin | 10. W20 | Paderborn | 1:24:06 | 12:28 | 43:00 | 28:38 |
| 710 | 26. Demmler, Helga | 1. W50 | Fit für den Triathlon Har | 1:24:17 | 14:58 | 37:01 | 32:20 |
| 652 | 27. Landwehr, Lioba | 1. W55 | Tri Sport Team Ver1 | 1:24:20 | 12:45 | 39:00 | 32:35 |
| 470 | 28. Stürznickel, Lisanne | 11. W20 | Warendorf | 1:24:22 | 12:24 | 41:06 | 30:53 |
| 753 | 29. Seelemann, Stephanie | 2. W50 | Gütersloh | 1:24:46 | 13:42 | 41:28 | 29:36 |
| 634 | 30. Grefen, Margret | 3. W50 | Schiltgen | 1:24:59 | 14:03 | 38:33 | 32:25 |
| 669 | 31. Heimann, Ute | 4. W50 | WSU Tri-Team Warendorf | 1:25:39 | 13:39 | 38:44 | 33:17 |
| 744 | 32. Rütten, Conni | 2. W55 | DSC 98 | 1:25:52 | 12:30 | 41:52 | 31:30 |
| 660 | 33. Voß, Julia | 4. W35 | TriFinish Münster | 1:25:52 | 14:53 | 40:49 | 30:11 |
| 653 | 34. Kalkreuter, Miriam | 12. W20 | Tri Team TG Lage | 1:26:03 | 11:52 | 41:16 | 32:56 |
| 738 | 35. Stimming, Sandra | 6. W45 | DiBaRo Triteam Wölfi | 1:26:51 | 13:12 | 42:11 | 31:29 |
| 619 | 36. Bohlen, Ines | 2. W30 | Ostbevern | 1:27:44 | 12:31 | 41:15 | 33:59 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Ergebnisliste - Volkstriathon Frauen 500 m - 20 km - 5 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|------|--------------------------|-----|-------------------------------|---------|--------|---------|-------|
| 636 | 37. Jenke, Alina | 13. | W20 Siegen | 1:27:59 | 13:43 | 42:28 | 31:49 |
| 644 | 38. Bosse, Manuela | 3. | W55 SV warburg 86 | 1:28:41 | 15:01 | 41:01 | 32:40 |
| 641 | 39. Lohse-Bister, Sabine | 5. | W50 Superfit | 1:29:44 | 14:15 | 44:27 | 31:03 |
| 604 | 40. Reimann, Thekla | 6. | W50 LV Oelde | 1:30:26 | 15:11 | 42:42 | 32:35 |
| 621 | 41. Biermann, Anja | 3. | W30 Paderborn | 1:33:15 | 14:39 | 41:09 | 37:29 |
| 662 | 42. Szymiczek, Angelika | 7. | W45 Triminators TV Voerde | 1:33:15 | 14:12 | 39:43 | 39:21 |
| 638 | 43. Heidenthal, Sylvia | 8. | W45 slow speedie | 1:34:57 | 17:32 | 42:48 | 34:38 |
| 711 | 44. Lehmann, Sarah | 14. | W20 Fit für den Triathlon Har | 1:39:50 | 14:29 | 49:30 | 35:52 |
| 665 | 45. Schmidt, Lena | 4. | W30 TRISPEED Marienfeld | 1:41:27 | 13:35 | 46:43 | 41:10 |
| 742. | Michniewicz, Anja | | W20 Die Brut Bielefeld | disq. | 15:13 | 1:20:59 | 23:47 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Ergebnisliste - Volkstriathlon Staffel 500 m - 20 km - 5 km

| SNR | | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|----|--|----|------|------------------------|---------|--------|-------|-------|
| 702 | 1. | Leifer, Peter Schleicher, Rainer - Böckenholt, Thomas | 1. | STAF | WSU Tri-Team Warendorf | 55:55 | 9:35 | 28:26 | 17:55 |
| 704 | 2. | Morris, Ina Morris, Ian - Jacklin, Andy | 2. | STAF | K1 Triathlon Club | 1:02:12 | 11:02 | 31:55 | 19:15 |
| 701 | 3. | Reiling, Christian Kottmeyer, Jörg - Kottmeyer, Sven | 3. | STAF | IN-TEAM | 1:08:48 | 9:43 | 32:50 | 26:16 |
| 772 | 4. | Drewell, Celina Borcherding, Horst - Kramer, Rüdiger | 4. | STAF | Mach den Horst | 1:09:09 | 8:48 | 34:13 | 26:09 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Schülertriathlon 200 m - 10 km - 2 km

| SNR | | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|-----|-----------------------|----|-----|---------------------------|-------|--------|-------|-------|
| 924 | 1. | Hanusek, Thoren | 1. | MJB | Tri Team TG Lage | 28:55 | 5:12 | 14:29 | 9:14 |
| 914 | 2. | Hagedorn, Vincent | 1. | MJA | LTV Lippstadt | 29:25 | 5:08 | 14:40 | 9:38 |
| 925 | 3. | Jüngling, Linus | 2. | MJB | Tri Team TG Lage | 30:11 | 5:06 | 15:56 | 9:11 |
| 928 | 4. | Weiss, Bastian | 3. | MJB | Harveycom.it | 30:46 | 4:48 | 15:34 | 10:25 |
| 919 | 5. | Wippich, Valesca Zoe | 1. | WSA | Tv Lemgo | 31:02 | 4:43 | 16:33 | 9:46 |
| 906 | 6. | Assmann, Magnus | 4. | MJB | Tus 1859 hamm | 31:04 | 4:56 | 16:12 | 9:57 |
| 922 | 7. | Magiera, Florian | 1. | MSA | Tri-City Paderborn | 31:14 | 5:05 | 14:43 | 11:27 |
| 927 | 8. | Praël, Lasse F | 5. | MJB | Medkila Skilag, Harstad (| 31:23 | 6:00 | 15:42 | 9:42 |
| 903 | 9. | Landwehrjohann, Fynn | 2. | MSA | Wiedenbrücker TV | 31:41 | 4:33 | 17:33 | 9:36 |
| 915 | 10. | Baruth, Isabelle | 1. | WJB | TV Lemgo | 31:47 | 4:19 | 16:08 | 11:20 |
| 905 | 11. | Bieker, Ole | 3. | MSA | Tri-As Hamm | 32:22 | 5:03 | 16:57 | 10:23 |
| 917 | 12. | Merta, Lukas | 4. | MSA | SV Albatros Letmathe | 32:25 | 4:37 | 16:35 | 11:13 |
| 911 | 13. | Albert, Henning | 5. | MSA | LTV Triathlon | 33:10 | 4:52 | 17:50 | 10:29 |
| 912 | 14. | Jurasic, Adrijana | 2. | WSA | LTV Lippstadt | 33:12 | 5:23 | 16:42 | 11:08 |
| 923 | 15. | Brinkmeyer, Jonas | 6. | MSA | Tri Team TG Lage | 33:31 | 5:17 | 17:05 | 11:10 |
| 916 | 16. | Frewert, Greta | 2. | WJB | TV-Lemgo | 33:36 | 4:42 | 16:31 | 12:24 |
| 929 | 17. | Heide, Lilian | 3. | WJB | WTV Wermelskirchen | 33:38 | 5:07 | 16:44 | 11:49 |
| 926 | 18. | Praël, Stine F | 4. | WJB | Medkila Skilag, Harstad (| 33:52 | 5:54 | 17:04 | 10:54 |
| 931 | 19. | Waltermann, Luisa | 5. | WJB | TRISPEED Marienfeld | 33:54 | 4:41 | 17:14 | 12:01 |
| 902 | 20. | Landwehrjohann, Marie | 3. | WSA | Wiedenbrücker TV | 34:06 | 4:41 | 17:39 | 11:47 |
| 907 | 21. | Ahlmann, Johannes | 6. | MJB | COR Tennisclub | 34:22 | 6:13 | 17:56 | 10:13 |
| 918 | 22. | Wolke, Wiebke | 6. | WJB | TuS Berge | 35:06 | 5:56 | 17:41 | 11:30 |
| 901 | 23. | Becker, Fleur | 4. | WSA | TRISPEED Marienfeld | 35:30 | 5:26 | 17:17 | 12:48 |
| 904 | 24. | Keil, Louisa | 7. | WJB | Tri-As Hamm | 36:42 | 5:27 | 17:14 | 14:02 |
| 921 | 25. | Jungesblut, Simon | 7. | MJB | Tri Team Selm | 37:30 | 5:08 | 17:11 | 15:12 |
| 909 | 26. | Heidotting, Marie | 8. | WJB | LG Emsdetten Tri-Team | 38:49 | 5:25 | 19:59 | 13:26 |
| 908 | 27. | Heimann, Jakob | 7. | MSA | WSU Tri-Team Warendorf | 39:48 | 6:15 | 20:10 | 13:24 |
| 910 | 28. | Hoppe, Mascha | 1. | WSB | Melle | 55:37 | 9:36 | 23:19 | 22:43 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Kurzdistanz Männer 1000 m - 40 km - 10 km

| SNR | | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|------|-----|-----------------------------|---------|---------------------------|---------|--------|---------|-------|
| 2002 | 1. | Degenhardt, Oliver | 1. M45 | WVC Kassel | 1:52:16 | 16:39 | 56:59 | 38:39 |
| 2003 | 2. | Lontke, Sören | 1. M20 | Orthim Triathlon Team | 1:54:59 | 16:28 | 57:12 | 41:20 |
| 2007 | 3. | Hoppe, Sebastian | 1. M30 | SV Blau-Weiss Bochum | 1:56:34 | 14:55 | 59:34 | 42:05 |
| 2009 | 4. | Konschak, Ulrich | 2. M45 | ORTHIM TriathlonTeam | 1:57:47 | 16:21 | 1:02:03 | 39:25 |
| 2026 | 5. | Schulze-Finkenburg, Michael | 1. M40 | WSP Emden | 1:59:20 | 16:17 | 1:01:03 | 42:01 |
| 2006 | 6. | Mayer, Claude | 2. M40 | Iserlohner Tri Team | 1:59:25 | 17:47 | 1:01:24 | 40:15 |
| 2004 | 7. | Nübel, Markus | 3. M45 | 1. Tri-Club Paderborn | 2:01:52 | 19:06 | 1:02:24 | 40:23 |
| 2021 | 8. | Haenel, Jan moritz | 2. M30 | PV Triathlon witten | 2:02:19 | 14:41 | 0:59:59 | 47:39 |
| 2019 | 9. | Albanus, Dirk | 2. M20 | DLC Aachen | 2:04:07 | 16:54 | 59:09 | 48:05 |
| 2008 | 10. | Schuster, Andreas | 1. M55 | 1. Tri Club Paderborn | 2:05:21 | 16:53 | 1:04:00 | 44:29 |
| 2020 | 11. | Hereth, Frank | 1. M35 | Tri Speed Herscheid | 2:06:39 | 20:28 | 1:01:35 | 44:37 |
| 2014 | 12. | Gerth, Volker | 4. M45 | TSVE 1890 Bielefeld | 2:07:12 | 19:39 | 1:01:30 | 46:05 |
| 2049 | 13. | Schweiger, Rolf | 2. M55 | TV Gronau | 2:07:36 | 18:28 | 1:01:47 | 47:22 |
| 2001 | 14. | Kaderka, Kevin | 2. M35 | Tri Speed Marienfeld | 2:08:12 | 18:06 | 1:07:11 | 42:55 |
| 2037 | 15. | Kern, Ralf | 5. M45 | Bocholter WSV | 2:09:12 | 14:32 | 1:05:11 | 49:30 |
| 2044 | 16. | Koch, Christian | 3. M40 | Tri Star Oelde | 2:09:17 | 20:51 | 1:03:02 | 45:25 |
| 2039 | 17. | Hennig, Carsten | 6. M45 | Tri-Flow Bad Endbach | 2:09:20 | 16:15 | 1:02:17 | 50:49 |
| 2027 | 18. | Müller, Gerold | 3. M55 | Tri Finish Münster | 2:10:00 | 21:56 | 1:02:27 | 45:38 |
| 2005 | 19. | Bossow, Chris | 4. M55 | TSVE 1890 Bielefeld e.V. | 2:10:02 | 17:32 | 1:08:32 | 44:00 |
| 2033 | 20. | Köhne, Lars | 3. M20 | TriAs Hamm | 2:10:59 | 18:19 | 1:05:26 | 47:15 |
| 2030 | 21. | Pawelutz, Olaf | 7. M45 | Team Trionik | 2:11:05 | 20:53 | 1:06:45 | 43:27 |
| 2183 | 22. | Gattinger, Carsten | 1. M50 | TriForce-Vital RS | 2:11:10 | 19:11 | 1:07:36 | 44:25 |
| 2013 | 23. | Dünner, Joachim | 2. M50 | SV Bergisch Gladbach 1920 | 2:11:14 | 18:14 | 1:03:03 | 49:58 |
| 2141 | 24. | Andreasen, Iain | 8. M45 | British Army | 2:11:38 | 19:34 | 1:07:11 | 44:54 |
| 2010 | 25. | Götz, Markus | 4. M40 | LC Nordhorn | 2:11:55 | 18:00 | 1:12:00 | 41:56 |
| 2038 | 26. | Große Gehling, Jürgen | 9. M45 | RSV Osthelden | 2:12:07 | 20:43 | 1:05:16 | 46:09 |
| 2012 | 27. | Pulla, Friedemann | 4. M20 | TuS Breitscheid | 2:12:25 | 17:22 | 1:08:21 | 46:43 |
| 2017 | 28. | Euler, Marco | 5. M20 | Sportshop-Triathlon Team | 2:12:31 | 18:55 | 1:06:30 | 47:06 |
| 2042 | 29. | Neubauer, Uwe | 3. M50 | Rothaar Aktiv | 2:12:58 | 22:03 | 1:02:17 | 48:40 |
| 2127 | 30. | Günther, Thorsten | 3. M35 | 1 Tri-Club Paderborn | 2:14:13 | 21:36 | 1:09:14 | 43:24 |
| 2078 | 31. | Tünte, Matthias | 4. M35 | Herzebrock-Clarholz | 2:15:45 | 22:53 | 1:06:17 | 46:36 |
| 2035 | 32. | Beugholt, Thorsten | 10. M45 | LG Oerlinghausen | 2:16:24 | 20:56 | 1:07:41 | 47:47 |
| 2053 | 33. | Schäpers, Stefan | 4. M50 | Bocholter WSV | 2:16:58 | 21:08 | 1:07:06 | 48:45 |
| 2150 | 34. | Moresco, Torsten | 5. M55 | HAT Hilden | 2:17:01 | 21:45 | 1:05:43 | 49:34 |
| 2029 | 35. | Fust, Martin | 5. M50 | LV TriStar Oelde | 2:17:34 | 18:52 | 1:10:12 | 48:31 |
| 2054 | 36. | Piening, Bernd | 11. M45 | Ute Mückel Triathlon e.V. | 2:17:52 | 23:20 | 1:06:55 | 47:38 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Kurzdistanz Männer 1000 m - 40 km - 10 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|----------|--------------------------|---------|---------------------------|---------|--------|---------|-------|
| 2023 | 37. Schwarz, Harald | 6. M55 | Moerser TV Triathlon | 2:18:08 | 21:05 | 1:06:58 | 50:05 |
| 2050 | 38. Helmdach, Marcel | 3. M30 | LG Burg Wiedenbrück | 2:18:22 | 21:34 | 1:12:54 | 43:54 |
| 2040 | 39. Idaszek, Frank | 5. M40 | Hildener AT - Triathlon | 2:18:33 | 22:08 | 1:06:42 | 49:45 |
| 2066 | 40. Nieweg, Hendrik | 6. M40 | Team erdinger alkoholfrei | 2:18:34 | 21:54 | 1:10:44 | 45:58 |
| 2179 | 41. Kersten, Sven | 5. M35 | Team Erdinger Alkoholfrei | 2:18:56 | 20:26 | 1:07:52 | 50:39 |
| 2142 | 42. Oßenbrink, Sven | 12. M45 | Bückeberg | 2:19:59 | 22:38 | 1:04:53 | 52:29 |
| 2036 | 43. Koch, Ralf | 6. M50 | TV Werne 03 Wasserfreunde | 2:20:02 | 18:15 | 1:13:49 | 47:59 |
| 2043 | 44. Felderhoff, Martin | 6. M35 | Fulland Racingteam Verl | 2:20:13 | 21:33 | 1:04:35 | 54:06 |
| 2070 | 45. Heitmann, Stefan | 13. M45 | SC Füchtorf | 2:20:28 | 21:31 | 1:09:06 | 49:52 |
| 2079 | 46. Schumacher, Uli | 7. M55 | SV Brackwede | 2:20:34 | 19:49 | 1:12:36 | 48:10 |
| 2075 | 47. Lachetta, Raphael | 7. M40 | 1890 TSVE Bielefeld | 2:20:35 | 22:06 | 1:06:55 | 51:35 |
| 2060 | 48. Horn, Christian | 14. M45 | Fit für den Triathlon Har | 2:20:39 | 24:11 | 1:14:20 | 42:09 |
| 2109 | 49. Ott, Christian | 15. M45 | ETG-Recklinghausen | 2:21:43 | 19:24 | 1:08:16 | 54:04 |
| 2152 | 50. Oestreich, Thomas | 16. M45 | TVC Enger | 2:21:45 | 18:55 | 1:09:35 | 53:15 |
| 2041 | 51. Brochhagen, Yannis | 1. MJU | WWG Bergneustadt | 2:22:07 | 19:54 | 1:10:24 | 51:50 |
| 2031 | 52. Schottek, Benjamin | 7. M35 | Tritus SV Neptun Neheim-H | 2:22:56 | 18:43 | 1:06:05 | 58:10 |
| 2149 | 53. Lammers, Martin | 17. M45 | TV Lengerich | 2:23:52 | 19:51 | 1:10:52 | 53:10 |
| 2074 | 54. Schmand, Markus | 18. M45 | SC Verl | 2:23:53 | 21:33 | 1:04:57 | 57:24 |
| 2144 | 55. Bentmann, Thorsten | 7. M50 | Schwelmer SC | 2:24:09 | 22:18 | 1:06:23 | 55:29 |
| + 1 2056 | 56. Janssen, Andre | 8. M40 | Tri-Team TV-Schiefbahn | 2:24:22 | 20:46 | 1:09:54 | 52:43 |
| 2138 | 57. Brühan, Volkmär | 8. M55 | SV Schermbeck | 2:24:25 | 23:15 | 1:08:27 | 52:43 |
| 2052 | 58. Deitert, Maik | 9. M40 | Sassenberg | 2:25:06 | 22:45 | 1:12:47 | 49:35 |
| 2085 | 59. Langerbein, Bernhard | 19. M45 | Tri-As Hamm | 2:25:13 | 18:48 | 1:07:25 | 59:00 |
| 2047 | 60. Lüdke, Frank | 20. M45 | Tri Finish Münster | 2:25:21 | | | |
| 2160 | 61. Twelkemeier, Udo | 9. M55 | Trio Adria Versmold | 2:25:32 | | | |
| 2068 | 62. Kowald, Ralf | 4. M30 | Tri Finish Münster | 2:25:32 | 21:54 | 1:07:48 | 55:51 |
| 2061 | 63. Steins, Reinhard | 10. M55 | Meerbusch | 2:25:37 | 19:07 | 1:12:37 | 53:53 |
| 2159 | 64. Tittel, Gerd | 11. M55 | Tri Fun Hennesee | 2:25:39 | 22:31 | 1:12:35 | 50:34 |
| 2166 | 65. Thenhausen, Toni | 6. M20 | Uni Paderborn | 2:25:49 | 19:23 | 1:12:23 | 54:04 |
| 2032 | 66. Hahne, Volker | 21. M45 | Tri Star Oelde | 2:26:06 | 20:52 | 1:09:28 | 55:47 |
| 2148 | 67. Schmidt, Thorsten | 10. M40 | Münster | 2:26:15 | 21:36 | 1:08:30 | 56:11 |
| 2156 | 68. Brinkmann, Dirk | 22. M45 | Fit für den Triathlon Har | 2:26:31 | 23:20 | 1:10:55 | 52:17 |
| 2155 | 69. Schneider, Björn | 23. M45 | VfL Jesteburg | 2:26:35 | 20:16 | 1:07:11 | 59:09 |
| 2088 | 70. Voß, Leo | 8. M50 | WSU Tri-Team Warendorf | 2:26:46 | 21:10 | 1:10:23 | 55:13 |
| 2186 | 71. Beerhorst, Achim | 24. M45 | ETG Recklinghausen | 2:27:00 | 23:36 | 1:16:41 | 46:44 |
| 2084 | 72. Gerdes, Jens | 8. M35 | Tri-As Hamm | 2:28:16 | 20:14 | 1:13:42 | 54:21 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Kurzdistanz Männer 1000 m - 40 km - 10 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|----------|------------------------------|---------|---------------------------|---------|--------|---------|---------|
| 2181 | 73. Bieker, Kay | 25. M45 | Tri-As Hamm | 2:29:04 | 19:57 | 1:10:48 | 58:20 |
| 2077 | 74. Miethe, Frank | 11. M40 | SV Teuto Riesenbeck | 2:29:25 | 22:19 | 1:22:19 | 44:48 |
| 2071 | 75. Furtmann, Heiko | 26. M45 | LC Solbad Ravensberg | 2:29:32 | 22:22 | 1:14:40 | 52:32 |
| 2065 | 76. Nowak, Herbert | 12. M55 | Tri Team Selm e.V | 2:29:50 | 19:23 | 1:14:46 | 55:42 |
| 2165 | 77. Schüring, Manfred | 9. M50 | Conc.Emsbüren | 2:30:47 | 25:07 | 1:16:01 | 49:39 |
| 2162 | 78. Drost, Andreas | 27. M45 | 1. Triathlon Club Paderbo | 2:30:53 | 23:04 | 1:11:52 | 55:59 |
| 2048 | 79. Eifler, Andre | 12. M40 | Marathon Soest | 2:31:07 | 21:51 | 1:09:12 | 1:00:04 |
| 2025 | 80. Roy, Reinhard | 10. M50 | LC Solbad Ravensberg | 2:31:12 | 22:12 | 1:07:40 | 1:01:21 |
| 2171 | 81. Jenke, Michael | 11. M50 | Team TVE Netphen | 2:32:11 | 26:22 | 1:09:14 | 56:35 |
| 2087 | 82. Hasler, Uwe | 12. M50 | 1. Tri-Team Gütersloh GTV | 2:32:32 | 20:38 | 1:11:39 | 1:00:16 |
| 2173 | 83. Königs, Lutz | 13. M55 | ASV Köln | 2:32:41 | 21:11 | 1:10:55 | 1:00:36 |
| 2058 | 84. Laufkötter, Dieter | 13. M50 | 1. Tri-Club Paderborn | 2:32:45 | 23:39 | 1:17:57 | 51:10 |
| + 1 2046 | 85. Liedmann, Henning | 9. M35 | Wasser + Freizeit Verein | 2:33:54 | 18:55 | 1:10:50 | 1:03:10 |
| 2151 | 86. Jakob, Bernd | 14. M55 | SC Union 08 Lüdinghausen | 2:34:24 | 21:42 | 1:10:48 | 1:01:56 |
| 2067 | 87. Torweihe, Thorsten | 14. M50 | SV Spexard | 2:34:47 | 25:37 | 1:10:49 | 58:22 |
| 2157 | 88. Reckefuß, Wolfgang | 28. M45 | Fc.Latscho | 2:35:07 | 21:28 | 1:09:33 | 1:04:07 |
| 2080 | 89. Müller, Ralf-Bernhard | 15. M50 | TriClub Wuppertal | 2:35:11 | 22:47 | 1:15:49 | 56:37 |
| 2034 | 90. Ueckert, Sebastian | 10. M35 | TSVE Bielefeld | 2:35:40 | 22:27 | 1:12:40 | 1:00:33 |
| 2153 | 91. HelmoId, Dirk | 16. M50 | TSVE 1860 e.V. | 2:35:40 | 19:41 | 1:14:32 | 1:01:28 |
| 2154 | 92. Baxter, Ronald | 15. M55 | LTV Lippstadt | 2:35:42 | 30:14 | 1:11:31 | 53:58 |
| 2169 | 93. Wortmeier, Marcel | 13. M40 | Gütersloh | 2:36:00 | 26:31 | 1:15:32 | 53:58 |
| 2143 | 94. Schnier, Markus | 17. M50 | TriFun Hennesee | 2:36:13 | 20:35 | 1:08:03 | 1:07:37 |
| 2051 | 95. Hildmann, Marko | 16. M55 | TVE Greven-Triathlon | 2:37:12 | 19:21 | 1:12:21 | 1:05:31 |
| 2024 | 96. Teutrine, Philipp | 5. M30 | Delbrück | 2:37:21 | 22:00 | 1:09:53 | 1:05:28 |
| 2082 | 97. Nicol, Walter | 1. M60 | RSV Daadetal | 2:38:53 | 21:15 | 1:14:31 | 1:03:08 |
| 2011 | 98. Sunder, Dieter | 14. M40 | RSC Rietberg | 2:40:11 | 21:18 | 1:10:06 | 1:08:48 |
| 2062 | 99. Kogge, Thomas | 29. M45 | Tri Finish Münster | 2:41:31 | 22:31 | 1:13:51 | 1:05:10 |
| 2072 | 100. Brockmann, Hubert | 18. M50 | 1. Tri-Team Gütersloh GTV | 2:45:11 | 25:06 | 1:16:57 | 1:03:09 |
| 2147 | 101. Rudzinski, Dominik | 15. M40 | Rothaar Aktiv | 2:45:58 | 23:50 | 1:22:48 | 59:21 |
| 2086 | 102. Schlott, Christoph | 30. M45 | Tri-Geckos Dortmund | 2:46:47 | 25:02 | 1:16:45 | 1:05:01 |
| 2164 | 103. Sudhues, Frank | 31. M45 | TVC Enger | 2:48:14 | 24:52 | 1:17:47 | 1:05:36 |
| 2170 | 104. Niemeier, Frank | 32. M45 | Tri.-Köche-Team-OWL.de | 2:49:19 | 22:52 | 1:12:40 | 1:13:48 |
| 2178 | 105. Dierdorf, Michael | 16. M40 | Willich | 2:54:05 | 25:20 | 1:20:41 | 1:08:05 |
| 2168 | 106. Küsters, Detlev | 19. M50 | Superfit | 2:57:20 | 26:37 | 1:21:08 | 1:09:37 |
| 2180 | 107. Sommerfeld, Frank Uwe | 1. M65 | Bielefeld | 2:59:41 | 23:33 | 1:19:46 | 1:16:23 |
| 2176 | 108. Jürgensmeier, Christoph | 33. M45 | TSVE 1890 Bielefeld | 3:00:42 | 27:40 | 1:22:03 | 1:11:00 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Ergebnisliste - Kurzdistanz Männer 1000 m - 40 km - 10 km

| SNR | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|------|--------------------------|-----|----------------------------|---------|--------|---------|---------|
| 2161 | 109. Jung, Eberhard | 2. | M65 RSV Daadetal | 3:05:42 | 24:59 | 1:24:01 | 1:16:43 |
| 2174 | 110. Hagenbäumer, Jürgen | 20. | M50 Trio Adria Versmold | 3:10:02 | 22:03 | 1:18:56 | 1:29:05 |
| 2177 | 111. Echeilmeyer, Jörg | 17. | M40 Melle | 3:10:02 | 26:01 | 1:16:11 | 1:27:51 |
| 2172 | 112. Jung, Reiner | 21. | M50 TVG Buschhütten 1885 | 3:12:41 | 32:06 | 1:24:27 | 1:16:09 |
| 2182 | 113. Kluck, Thomas | 34. | M45 Tri.-Köche-Team OWL.de | 3:21:44 | 28:54 | 1:25:09 | 1:27:43 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
 Ergebnisliste - Kurzdistanz Frauen 1000 m - 40 km - 10 km

| SNR | | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf |
|----------|-----|------------------------|----|-----|---------------------------|---------|--------|---------|---------|
| 2101 | 1. | Bossow, Franzi | 1. | W20 | TSVE 1890 Bielefeld e.V. | 2:04:05 | 17:42 | 1:03:19 | 43:05 |
| 2103 | 2. | Knoepke, Ellen | 1. | W35 | Ejot Team TV Buschhütten | 2:09:14 | 17:50 | 1:05:41 | 45:45 |
| 2107 | 3. | Günnewig, Ines | 1. | W40 | LV TriStar Oelde | 2:10:34 | 18:13 | 1:07:24 | 44:58 |
| 2105 | 4. | Keil, Daniela | 1. | W45 | Tri-As Hamm | 2:15:27 | 19:17 | 1:07:40 | 48:31 |
| 2184 | 5. | Abratis, Anja | 2. | W45 | SC Bayer 05 Uerdingen | 2:19:06 | 20:53 | 1:09:52 | 48:22 |
| 2110 | 6. | Dienemann, Claudia | 3. | W45 | Triathlon Equipe Elz | 2:20:37 | 20:38 | 1:08:50 | 51:10 |
| 2116 | 7. | Knospe, Janin | 2. | W35 | ASC Ahlen | 2:21:51 | 21:10 | 1:09:40 | 51:02 |
| 2108 | 8. | Reuting, Elke | 4. | W45 | WVC Triathlon Kassel | 2:22:21 | 22:35 | 1:10:03 | 49:45 |
| 2102 | 9. | Alpermann, Johanna | 2. | W40 | WVC Kassel | 2:22:24 | 23:00 | 1:08:16 | 51:09 |
| 2113 | 10. | Beßmann-Werke, Kirsten | 1. | W50 | Tri-As Hamm | 2:26:33 | 19:11 | 1:09:20 | 58:03 |
| 2111 | 11. | Claassen, Martina | 5. | W45 | SC Union 08 Lüdinghausen | 2:26:37 | 20:47 | 1:13:29 | 52:22 |
| 2112 | 12. | Nübel, Heike | 6. | W45 | 1. Tri-Club Paderborn | 2:26:44 | 23:14 | 1:10:11 | 53:19 |
| 2117 | 13. | Wecker, Fabienne | 3. | W40 | Paderborn | 2:27:52 | 18:37 | 1:13:16 | 56:00 |
| 2114 | 14. | Wahl, Patricia | 2. | W20 | Tritus SV Neptun Neheim-H | 2:30:13 | 18:32 | 1:16:28 | 55:14 |
| 2122 | 15. | Lempriere, Tanja | 7. | W45 | Hamilton | 2:30:37 | 20:18 | 1:13:49 | 56:31 |
| 2126 | 16. | Labonte, Madeleine | 3. | W35 | SRL Koblenz | 2:31:18 | 22:50 | 1:14:42 | 53:47 |
| 2124 | 17. | Burger, Andrea | 4. | W35 | LC Jeannie 06 | 2:33:04 | 20:19 | 1:19:50 | 52:56 |
| 2132 | 18. | Arndt, Tine | 5. | W35 | team erdinger alkoholfrei | 2:34:16 | 24:13 | 1:21:04 | 49:00 |
| 2120 | 19. | Böttcher, Yvonne | 6. | W35 | Jedes Training zählt | 2:34:39 | 23:11 | 1:17:29 | 54:00 |
| 2106 | 20. | Derigs, Renate | 8. | W45 | PSV Brühl Triathlon Team | 2:35:16 | 23:42 | 1:14:36 | 56:59 |
| 2119 | 21. | Hannemann, Bianca | 4. | W40 | Ski & Tri Verl | 2:36:19 | 21:32 | 1:13:38 | 1:01:09 |
| 2123 | 22. | Zimmermann, Franka | 5. | W40 | Tri Sport Menden | 2:36:53 | 23:48 | 1:21:12 | 51:54 |
| 2131 | 23. | Meyer, Melanie | 6. | W40 | SC Union 08 Lüdinghausen | 2:37:48 | 22:08 | 1:14:56 | 1:00:45 |
| 2121 | 24. | Melchior, Ly | 7. | W35 | Schwelmer SC | 2:39:17 | 25:13 | 1:14:26 | 59:38 |
| + 1 2129 | 25. | Wollny, Dagmar | 8. | W35 | Rothaar Aktiv | 2:43:25 | 21:50 | 1:18:23 | 1:02:14 |
| 2115 | 26. | Bartsch, Sophie | 1. | WJU | Wasser+Freizeit Münster | 2:47:25 | 18:57 | 1:17:59 | 1:10:31 |
| 2128 | 27. | Dahmen, Sabine | 2. | W50 | ASC Ahlen | 2:47:54 | 24:11 | 1:19:04 | 1:04:39 |
| 2134 | 28. | Drastig, Kristin | 1. | W30 | Team Erdinger Alkoholfrei | 2:48:03 | 22:45 | 1:17:35 | 1:07:44 |
| 2135 | 29. | Baumeister, Tanja | 7. | W40 | LTV Lippstadt Triathlon | 3:04:45 | 26:53 | 1:21:58 | 1:15:55 |
| 2137 | 30. | Rimbert, Elise | 3. | W20 | Marathon Soest | 3:05:32 | 29:12 | 1:21:47 | 1:14:35 |
| 2104. | | Gora, Silvia | | W20 | WSU Tri-Team Warendorf | aufg. | 17:41 | 1:08:44 | |

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Ergebnisliste - Regionalliga Frauen

| SNR | PZ | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|----|-----------------------------|-------|---------------------------|---------|--------|-------|-------|
| 301 | 1 | Diawuoh, Annabel | 1. W | Kölner Triathlon Team 01 | 1:02:48 | 11:07 | 30:39 | 21:04 |
| 368 | 2 | Krause, Carolin | 2. W | TRC Essen 84 II | 1:05:07 | 9:07 | 33:23 | 22:38 |
| 367 | 3 | Schillings, Stefanie | 3. W | TRC Essen 84 II | 1:05:16 | 10:27 | 32:29 | 22:21 |
| 302 | 4 | Schau, Stefanie | 4. W | Kölner Triathlon Team 01 | 1:05:28 | 9:15 | 33:14 | 22:59 |
| 303 | 5 | Schmitter, Rabea | 5. W | Kölner Triathlon Team 01 | 1:06:24 | 9:31 | 32:56 | 23:58 |
| 320 | 6 | Schwalbe, Melanie | 6. W | PV Triathlon Witten II | 1:07:03 | 9:36 | 33:42 | 23:46 |
| 334 | 7 | Busche, Andrea | 7. W | 1.Tri Team Gütersloh | 1:07:37 | 10:34 | 33:41 | 23:23 |
| 362 | 8 | Lindner, Katja | 8. W | DSC 98 Düsseldorf | 1:07:46 | 10:33 | 33:58 | 23:15 |
| 326 | 9 | Suderow, Vivian | 9. W | SSF Bonn III | 1:07:58 | 10:34 | 34:33 | 22:52 |
| 311 | 10 | Forero, Narda | 10. W | TSVE 1890 Bielefeld I | 1:08:11 | 9:14 | 35:30 | 23:28 |
| 375 | 11 | Bennek, Eveline | 11. W | DLC Aachen III | 1:08:20 | 10:40 | 33:52 | 23:49 |
| 307 | 12 | Mancini, Angela | 12. W | Triathlon Team TG Witten | 1:08:29 | 9:39 | 34:26 | 24:24 |
| 332 | 13 | Gosebrink, Clara | 13. W | Bayer 05 Uerdingen I | 1:08:32 | 9:55 | 33:06 | 25:32 |
| 350 | 14 | Pfitzner, Vera | 14. W | Mach3 Köln | 1:08:44 | 10:51 | 35:53 | 22:01 |
| 373 | 15 | Noll, Inga | 15. W | DLC Aachen III | 1:09:10 | 10:48 | 35:52 | 22:30 |
| 372 | 16 | Scholz, Ellen | 16. W | Starlight Team Essen II | 1:09:10 | 10:13 | 33:32 | 25:26 |
| 313 | 17 | Grünewald, Johanna | 17. W | PSV Bonn Triathlon II | 1:09:47 | 10:18 | 34:32 | 24:58 |
| 315 | 18 | Pflug, Jeanette | 18. W | PSV Bonn Triathlon II | 1:09:47 | 12:04 | 33:14 | 24:31 |
| 314 | 19 | Jensen, Tina | 19. W | PSV Bonn Triathlon II | 1:09:48 | 10:28 | 35:17 | 24:04 |
| 305 | 20 | Schulze Palstring, Stefanie | 20. W | ASV Köln III | 1:09:57 | 10:31 | 34:43 | 24:44 |
| 312 | 21 | Floer, Ulla | 21. W | TSVE 1890 Bielefeld I | 1:10:08 | 11:05 | 31:55 | 27:08 |
| 325 | 22 | Eick, Constanze | 22. W | SSF Bonn III | 1:10:30 | 10:59 | 34:49 | 24:43 |
| 376 | 23 | Große Gehling, Heidi | 23. W | RSV Osthelden | 1:10:34 | 10:58 | 35:36 | 24:02 |
| 309 | 24 | Steinke, Lisa | 24. W | Triathlon Team TG Witten | 1:10:38 | 11:19 | 34:29 | 24:51 |
| 308 | 25 | Schöder, Patrizia | 25. W | Triathlon Team TG Witten | 1:10:52 | 10:02 | 34:16 | 26:35 |
| 317 | 26 | Michels, Stephanie | 26. W | Weicon Tri Finish Münster | 1:10:57 | 11:12 | 36:44 | 23:03 |
| 324 | 27 | Klaffl, Sarah Vivian | 27. W | Hildener AT - Triathlon | 1:11:04 | 11:09 | 35:00 | 24:56 |
| 358 | 28 | Kleine, Milena | 28. W | Tri Speed Marienfeld | 1:11:12 | 8:21 | 38:31 | 24:21 |
| 346 | 29 | Brodgers - Arentz, Sabine | 29. W | Tri Duck Dorsten | 1:11:42 | 12:45 | 34:08 | 24:50 |
| 363 | 30 | Pfaff, Angela | 30. W | DSC 98 Düsseldorf | 1:11:47 | 10:50 | 35:46 | 25:12 |
| 340 | 31 | Schubert, Christiane | 31. W | TSV Solingen | 1:11:52 | 11:29 | 35:46 | 24:38 |
| 336 | 32 | Runschke-Simm, Christina | 32. W | 1.Tri Team Gütersloh | 1:12:34 | 9:59 | 37:25 | 25:11 |
| 369 | 33 | Buth, Katarina | 33. W | TRC Essen 84 II | 1:12:34 | 10:51 | 33:54 | 27:50 |
| 338 | 34 | Schulze, Jasmin | 34. W | TG Neuss | 1:12:50 | 11:06 | 36:59 | 24:46 |
| 365 | 35 | Kern, Regine | 35. W | Bocholter WSV | 1:13:03 | 9:29 | 37:18 | 26:17 |
| 327 | 36 | Pithan, Isabella | 36. W | SSF Bonn III | 1:13:15 | 10:05 | 35:08 | 28:03 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016

Ergebnisliste - Regionalliga Frauen

| SNR | PZ | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf | |
|-----|----|-----------------------------|-----|--------|---------------------------|---------|-------|-------|-------|
| 310 | 37 | Bonus, Kathrin | 37. | W | TSVE 1890 Bielefeld I | 1:13:17 | 10:34 | 35:46 | 26:58 |
| 319 | 38 | Rudack, Julia | 38. | W | PV Triathlon Witten II | 1:13:19 | 10:42 | 37:33 | 25:05 |
| 366 | 39 | Emming, Sonja-Christin | 39. | W | Bocholter WSV | 1:13:53 | 10:47 | 36:45 | 26:23 |
| 364 | 40 | Stinjek, Heike | 40. | W | Bocholter WSV | 1:13:54 | 13:05 | 34:27 | 26:23 |
| 330 | 41 | Impekoven, Claudia | 41. | W | ASV Köln IV | 1:13:59 | 11:39 | 34:22 | 27:59 |
| 321 | 42 | Wilner, Anne | 42. | W | PV Triathlon Witten II | 1:14:03 | 10:48 | 33:41 | 29:34 |
| 348 | 43 | Stanberger, Dorthé | 43. | W | Tri Duck Dorsten | 1:14:08 | 9:46 | 35:29 | 28:53 |
| 342 | 44 | Krause-Kassebeer, Alexandra | 44. | W | TSV Solingen | 1:14:10 | 13:09 | 38:23 | 22:39 |
| 359 | 45 | Thoms, Daniela | 45. | W | Tri Speed Marienfeld | 1:14:13 | 10:01 | 35:56 | 28:17 |
| 304 | 46 | Kaiser, Christina | 46. | W | ASV Köln III | 1:14:14 | 11:40 | 36:02 | 26:33 |
| 374 | 47 | Kollmeier, Alina | 47. | W | DLC Aachen III | 1:15:08 | 12:39 | 37:57 | 24:33 |
| 322 | 48 | Von der Ahe, Andrea | 48. | W | Hildener AT - Triathlon | 1:15:25 | 12:33 | 35:06 | 27:48 |
| 318 | 49 | Wagner, Vera | 49. | W | Weicon Tri Finish Münster | 1:15:38 | 10:07 | 36:20 | 29:11 |
| 306 | 50 | Kreienkamp, Ingrid | 50. | W | ASV Köln III | 1:15:38 | 12:50 | 36:50 | 25:59 |
| 353 | 51 | Meyer, Christine | 51. | W | TriFUN Kleve e.V. | 1:16:23 | 11:29 | 35:37 | 29:18 |
| 329 | 52 | Schönwälder, Susanne | 52. | W | ASV Köln IV | 1:17:54 | 12:56 | 35:39 | 29:20 |
| 316 | 53 | Janetzki, Janina | 53. | W | Weicon Tri Finish Münster | 1:18:29 | 12:28 | 36:19 | 29:44 |
| 370 | 54 | Kauffmann, Inga | 54. | W | Starlight Team Essen II | 1:18:31 | 11:52 | 40:51 | 25:49 |
| 331 | 55 | Blondin, Juliane | 55. | W | Bayer 05 Uerdingen I | 1:19:14 | 14:32 | 39:45 | 24:58 |
| 371 | 56 | Bartkowiak, Petra | 56. | W | Starlight Team Essen II | 1:19:16 | 11:34 | 38:59 | 28:44 |
| 354 | 57 | ter Bekke, Angelique | 57. | W | TriFUN Kleve e.V. | 1:20:16 | 12:52 | 36:36 | 30:49 |
| 360 | 58 | Lohmann, Inga | 58. | W | Tri Speed Marienfeld | 1:20:43 | 11:08 | 37:38 | 31:58 |
| 355 | 59 | Masseck, Olivia | 59. | W | SC Westfalia 04 Herne | 1:21:03 | 12:15 | 36:37 | 32:12 |
| 328 | 60 | Rulf, Ellen | 60. | W | ASV Köln IV | 1:21:42 | 12:24 | 41:25 | 27:53 |
| 341 | 61 | Schuster, Yvonne | 61. | W | TSV Solingen | 1:22:01 | 10:33 | 40:32 | 30:57 |
| 337 | 62 | Poth-Thadewald, Anja | 62. | W | TG Neuss | 1:22:09 | 14:31 | 39:53 | 27:45 |
| 356 | 63 | Janeck, Sandra | 63. | W | SC Westfalia 04 Herne | 1:23:19 | 13:23 | 38:53 | 31:04 |
| 323 | 64 | Fries, Vanessa | 64. | W | Hildener AT - Triathlon | 1:23:22 | 10:26 | 38:40 | 34:17 |
| 333 | 65 | Weltermann, Prisca | 65. | W | Bayer 05 Uerdingen I | 1:23:52 | 14:13 | 38:37 | 31:02 |
| 378 | 66 | Weber, Sonja | 66. | W | RSV Osthelden | 1:23:58 | 12:54 | 40:25 | 30:40 |
| 357 | 67 | Deppe, Birgit | 67. | W | SC Westfalia 04 Herne | 1:24:51 | 13:40 | 38:41 | 32:31 |
| 335 | 68 | Kaffitz, Dagmar | 68. | W | 1.Tri Team Gütersloh | 1:24:59 | 14:33 | 40:58 | 29:29 |
| 352 | 69 | Derksen, Martina | 69. | W | TriFUN Kleve e.V. | 1:25:12 | 13:09 | 40:33 | 31:32 |
| 377 | 70 | Giebeler, Meike | 70. | W | RSV Osthelden | 1:25:36 | 11:11 | 42:21 | 32:05 |
| 347 | 71 | Küper, Bernadette | 71. | W | Tri Duck Dorsten | 1:28:32 | 12:11 | 42:10 | 34:11 |
| 349 | 72 | Triebel, Eva | 72. | W | Mach3 Köln | 1:32:23 | 15:24 | 42:05 | 34:55 |

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Ergebnisliste - Regionalliga Frauen

| SNR | PZ | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|----|-------------------|-----|------------------------|---------|--------|-------|-------|
| 339 | 73 | Freund, Emily | 73. | W TG Neuss | 1:32:56 | 13:22 | 45:51 | 33:43 |
| 361 | 74 | Leuwer, Kathrin | 74. | W DSC 98 Düsseldorf | 1:36:05 | 12:20 | 44:00 | 39:47 |
| 351 | 75 | Manzi, Patricia | 75. | W Mach3 Köln | 1:36:07 | 16:34 | 43:43 | 35:51 |
| 343 | 81 | nn, nn | | W Moerser TV Triathlon | n.a. | | | |
| 344 | 81 | nn, nn | | W Moerser TV Triathlon | n.a. | | | |
| 345 | 81 | nn, nn | | W Moerser TV Triathlon | n.a. | | | |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Mannschaftsergebnisliste - Regionalliga Frauen

| Pl. | Verein (ges. Zeit) | PN |
|-----|---|-----|
| 1. | Kölner Triathlon Team 01 III 1. Annabel Diawuoh - 1:02:48 4. Stefanie Schau - 1:05:28 5. Rabea Schmitter - 1:06:24 | 10 |
| 2. | TRC Essen 84 II 2. Carolin Krause - 1:05:07 3. Stefanie Schillings - 1:05:16 33. Katarina Buth - 1:12:34 | 38 |
| 3. | PSV Bonn Triathlon II 17. Johanna Grünewald - 1:09:47 18. Jeanette Pflug - 1:09:47 19. Tina Jensen - 1:09:48 | 54 |
| 4. | Triathlon Team TG Witten IV 12. Angela Mancini - 1:08:29 24. Lisa Steinke - 1:10:38 25. Patrizia Schöder - 1:10:52 | 61 |
| 5. | SSF Bonn III 9. Vivian Suderow - 1:07:58 22. Constanze Eick - 1:10:30 36. Isabella Pithan - 1:13:15 | 67 |
| 6. | TSVE 1890 Bielefeld I 10. Narda Forero - 1:08:11 21. Ulla Floer - 1:10:08 37. Kathrin Bonus - 1:13:17 | 68 |
| 7. | DLC Aachen III 11. Eveline Bennek - 1:08:20 15. Inga Noll - 1:09:10 47. Alina Kollmeier - 1:15:08 | 73 |
| 8. | PV Triathlon Witten II 6. Melanie Schwalbe - 1:07:03 38. Julia Rudack - 1:13:19 42. Anne Wilner - 1:14:03 | 86 |
| 9. | 1.Tri Team Gütersloh 7. Andrea Busche - 1:07:37 32. Christina Runschke-Simm - 1:12:34 68. Dagmar Kaffitz - 1:24:59 | 107 |
| 10. | DSC 98 Düsseldorf 8. Katja Lindner - 1:07:46 30. Angela Pfaff - 1:11:47 74. Kathrin Leuwer - 1:36:05 | 112 |
| 11. | Bocholter WSV 35. Regine Kern - 1:13:03 39. Sonja-Christin Emming - 1:13:53 40. Heike Stinjek - 1:13:54 | 114 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Mannschaftsergebnisliste - Regionalliga Frauen

| Pl. | Verein (ges. Zeit) | PN |
|-----|---|-----|
| 12. | ASV Köln III 20. Stefanie Schulze Palstring - 1:09:57 46. Christina Kaiser - 1:14:14 50. Ingrid Kreienkamp - 1:15:38 | 116 |
| 13. | Starlight Team Essen II 16. Ellen Scholz - 1:09:10 54. Inga Kauffmann - 1:18:31 56. Petra Bartkowiak - 1:19:16 | 126 |
| 14. | Weicon Tri Finish Münster II 26. Stephanie Michels - 1:10:57 49. Vera Wagner - 1:15:38 53. Janina Janetzki - 1:18:29 | 128 |
| 15. | Tri Speed Marienfeld 28. Milena Kleine - 1:11:12 45. Daniela Thoms - 1:14:13 58. Inga Lohmann - 1:20:43 | 131 |
| 16. | Bayer 05 Uerdingen I 13. Clara Gosebrink - 1:08:32 55. Juliane Blondin - 1:19:14 65. Prisca Weltermann - 1:23:52 | 133 |
| 17. | TSV Solingen 31. Christiane Schubert - 1:11:52 44. Alexandra Krause-Kassebeer - 1:14:10 61. Yvonne Schuster - 1:22:01 | 136 |
| 18. | Hildener AT - Triathlon 27. Sarah Vivian Klaffl - 1:11:04 48. Andrea Von der Ahe - 1:15:25 64. Vanessa Fries - 1:23:22 | 139 |
| 19. | Tri Duck Dorsten 29. Sabine Broders - Arentz - 1:11:42 43. Dorthe Stanberger - 1:14:08 71. Bernadette Küper - 1:28:32 | 143 |
| 20. | ASV Köln IV 41. Claudia Impekoven - 1:13:59 52. Susanne Schönwälder - 1:17:54 60. Ellen Rulf - 1:21:42 | 153 |
| 21. | RSV Osthelden 23. Heidi Große Gehling - 1:10:34 66. Sonja Weber - 1:23:58 70. Meike Giebeler - 1:25:36 | 159 |
| 22. | Mach3 Köln 14. Vera Pfitzner - 1:08:44 72. Eva Triebel - 1:32:23 75. Patricia Manzi - 1:36:07 | 161 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Mannschaftsergebnisliste - Regionalliga Frauen

| Pf. | Verein (ges. Zeit) | PN |
|-----|--|-----|
| 23. | TG Neuss 34. Jasmin Schulze - 1:12:50 62. Anja Poth-Thadewald - 1:22:09 73. Emily Freund - 1:32:56 | 169 |
| 24. | TriFUN Kleve e.V. 51. Christine Meyer - 1:16:23 57. Angelique ter Bekke - 1:20:16 69. Martina Derksen - 1:25:12 | 177 |
| 25. | SC Westfalia 04 Herne 59. Olivia Maseck - 1:21:03 63. Sandra Janeck - 1:23:19 67. Birgit Deppe - 1:24:51 | 189 |
| 26. | Moerser TV Triathlon 81. nn nn - n.a. 81. nn nn - n.a. 81. nn nn - n.a. | 243 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016

Ergebnisliste - Verbandsliga Nord

| | SNR | PZ | Hausname, Vorname | | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|-----|----|---------------------|-----|----|---------------------------|---------|--------|---------|-------|
| | 541 | 1 | Morwaski, Stephan | 1. | M | TV Werne 03 Wasserfreunde | 1:56:22 | 16:40 | 58:53 | 40:50 |
| | 542 | 2 | Hörsken, Michael | 2. | M | TV Werne 03 Wasserfreunde | 2:00:02 | 18:10 | 1:00:00 | 41:52 |
| | 555 | 3 | Hegebarth, Amadeus | 3. | M | LC Solbad Ravensberg | 2:00:25 | 16:41 | 58:01 | 45:44 |
| | 518 | 4 | Holzmann, Frank | 4. | M | Tri Speed Herscheid | 2:00:58 | 17:37 | 1:03:53 | 39:29 |
| | 549 | 5 | Hüren, Andreas | 5. | M | TSV Solingen | 2:01:11 | 15:52 | 1:01:35 | 43:45 |
| | 509 | 6 | Berg, Torsten | 6. | M | TuS 09 Erkenschwick | 2:01:18 | 19:19 | 59:33 | 42:27 |
| + 2 | 562 | 7 | Künsken, Carsten | 7. | M | SV Hullern 68 | 2:01:18 | 15:14 | 1:00:25 | 43:40 |
| | 520 | 8 | Meyer, Chris | 8. | M | Tri Speed Herscheid | 2:01:35 | 15:38 | 1:00:32 | 45:26 |
| + 2 | 519 | 9 | Ellermann, Jens | 9. | M | Tri Speed Herscheid | 2:01:39 | 17:03 | 1:00:23 | 42:15 |
| | 508 | 10 | Tewes, Heiko | 10. | M | Tri Duck Dorsten I | 2:01:44 | 16:06 | 57:42 | 47:57 |
| | 553 | 11 | Steuer, Holger | 11. | M | LC Solbad Ravensberg | 2:02:11 | 18:46 | 55:48 | 47:37 |
| + 2 | 529 | 12 | Philipp, Norbert | 12. | M | SC Altenrheine | 2:03:30 | 17:57 | 1:01:54 | 41:41 |
| | 514 | 13 | Pfeffer, Thomas | 13. | M | 1. Tri Team Gütersloh I | 2:03:47 | 17:04 | 1:01:27 | 45:17 |
| | 506 | 14 | Ratajczak, Rainer | 14. | M | Tri Duck Dorsten I | 2:04:10 | 19:20 | 1:00:25 | 44:26 |
| | 544 | 15 | Nieberg, Sebastian | 15. | M | TV Werne 03 Wasserfreunde | 2:04:10 | 18:11 | 1:02:49 | 43:12 |
| | 531 | 16 | Uhlenbruch, Ralf | 16. | M | SC Altenrheine | 2:04:42 | 18:04 | 1:02:37 | 44:02 |
| + 4 | 538 | 17 | Seggwiß, Jens | 17. | M | SuS Stadtlohn | 2:04:45 | 17:24 | 1:01:42 | 41:39 |
| | 503 | 18 | Dahmen, Marc | 18. | M | ASC Ahlen | 2:04:46 | 17:39 | 1:02:09 | 44:58 |
| + 2 | 565 | 19 | Damm, Simon | 19. | M | Triathlon Team Witten VI | 2:04:51 | 18:22 | 1:04:20 | 40:11 |
| | 556 | 20 | Korte, Andreas | 20. | M | LC Solbad Ravensberg | 2:04:53 | 17:01 | 59:34 | 48:18 |
| | 510 | 21 | Elfert, Reinhard | 21. | M | TuS 09 Erkenschwick | 2:05:08 | 17:38 | 1:02:44 | 44:47 |
| | 558 | 22 | Probst, Wolfgang | 22. | M | Marathon Steinfurt | 2:05:33 | 18:27 | 1:01:07 | 45:59 |
| + 2 | 507 | 23 | Rayher, Benjamin | 23. | M | Tri Duck Dorsten I | 2:06:10 | 16:38 | 1:02:25 | 45:08 |
| | 540 | 24 | Schniedertöns, Dirk | 24. | M | SuS Stadtlohn | 2:06:12 | 16:12 | 1:04:38 | 45:23 |
| | 504 | 25 | Diecksmeier, Oliver | 25. | M | ASC Ahlen | 2:06:34 | 19:07 | 1:04:40 | 42:48 |
| | 526 | 26 | Hoppe, Marco | 26. | M | W + F Münster III | 2:06:40 | 18:54 | 1:05:19 | 42:27 |
| | 505 | 27 | Haberkorn, Niko | 27. | M | Tri Duck Dorsten I | 2:08:04 | 18:25 | 1:03:44 | 45:55 |
| | 513 | 28 | Krauß, Alexander | 28. | M | 1. Tri Team Gütersloh I | 2:08:26 | 17:09 | 1:02:34 | 48:45 |
| | 530 | 29 | Dudek, Christian | 29. | M | SC Altenrheine | 2:09:09 | 19:05 | 1:04:14 | 45:51 |
| | 527 | 30 | Weissner, Martin | 30. | M | W + F Münster III | 2:10:01 | 18:14 | 1:06:00 | 45:47 |
| | 561 | 31 | Hassenkamp, Ralf | 31. | M | SV Hullern 68 | 2:10:29 | 18:17 | 1:03:49 | 48:24 |
| | 502 | 32 | Nieländer, Andreas | 32. | M | ASC Ahlen | 2:11:00 | 17:59 | 1:07:05 | 45:57 |
| | 533 | 33 | Wind, Andreas | 33. | M | Starlight Team Essen II | 2:11:06 | 19:37 | 1:04:03 | 47:28 |
| + 2 | 525 | 34 | Wagner, Björn | 34. | M | W + F Münster III | 2:11:25 | 18:07 | 1:04:09 | 47:09 |
| | 548 | 35 | Tiekemeier, Thomas | 35. | M | TSVE 1890 Bielefeld II | 2:11:29 | 18:56 | 1:04:15 | 48:19 |
| + 4 | 528 | 36 | Lammers, Dominik | 36. | M | W + F Münster III | 2:11:42 | 18:56 | 1:01:56 | 52:46 |

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Ergebnisliste - Verbandsliga Nord

| SNR | PZ | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|-----|-------------------------|-----|-----------------------------|---------|--------|---------|---------|
| 521 | 37 | Häcker, Jan | 37. | M Hartman Team TVG Kaiserau | 2:11:47 | 17:05 | 1:03:51 | 50:51 |
| 517 | 38 | Gärtner, Markus | 38. | M Tri Speed Herscheid | 2:11:57 | | 1:15:22 | 46:35 |
| 537 | 39 | Brüning, Thomas | 39. | M SuS Stadtlohn | 2:12:18 | 22:03 | 1:04:49 | 45:28 |
| 566 | 40 | Dettmar, Thomas | 40. | M Triathlon Team Witten VI | 2:12:36 | 16:30 | 1:08:37 | 47:30 |
| 512 | 41 | Siepermann, Peter | 41. | M TuS 09 Erkenschwick | 2:13:05 | 21:49 | 1:02:57 | 48:20 |
| 545 | 42 | Kamp, Moritz | 42. | M TSVE 1890 Bielefeld II | 2:13:25 | 19:17 | 1:10:00 | 44:10 |
| 534 | 43 | Knauff, Matthias | 43. | M Starlight Team Essen II | 2:13:36 | 19:26 | 1:07:17 | 46:54 |
| 524 | 44 | Burkhardt, Tobias | 44. | M Hartman Team TVG Kaiserau | 2:13:43 | 18:34 | 1:02:00 | 53:10 |
| 551 | 45 | Bünting, Alexander | 45. | M TSV Solingen | 2:14:13 | 17:43 | 1:09:44 | 46:47 |
| 559 | 46 | Wienefoet, Torsten | 46. | M Marathon Steinfurt | 2:14:24 | 19:23 | 1:05:51 | 49:11 |
| 516 | 47 | Oldenburg, Julian | 47. | M 1. Tri Team Gütersloh I | 2:14:47 | 17:58 | 1:07:05 | 49:45 |
| 557 | 48 | Goßling, Dominik | 48. | M Marathon Steinfurt | 2:15:10 | 20:04 | 1:03:57 | 51:10 |
| 568 | 49 | Keim, Adrian | 49. | M Triathlon Team Witten VI | 2:15:23 | 17:41 | 1:08:41 | 49:03 |
| 546 | 50 | Bergtold, Marcel | 50. | M TSVE 1890 Bielefeld II | 2:15:33 | 17:52 | 1:08:15 | 49:28 |
| + 2 | 563 | 51 | 51. | M SV Hullern 68 | 2:15:34 | 18:05 | 1:05:22 | 50:07 |
| 543 | 52 | Rohe, Wolfgang | 52. | M TV Werne 03 Wasserfreunde | 2:16:16 | 20:40 | 1:06:28 | 49:08 |
| 550 | 53 | Faber, Oliver | 53. | M TSV Solingen | 2:16:50 | 20:17 | 1:07:53 | 48:40 |
| 539 | 54 | Steinhagen, Olaf | 54. | M SuS Stadtlohn | 2:17:03 | 18:55 | 1:07:23 | 50:45 |
| 501 | 55 | Link, Stefan | 55. | M ASC Ahlen | 2:17:43 | 19:17 | 1:10:21 | 48:06 |
| 522 | 56 | Renner, Timo | 56. | M Hartman Team TVG Kaiserau | 2:18:53 | 16:24 | 1:10:04 | 52:26 |
| 515 | 57 | Schluckebier, Holger | 57. | M 1. Tri Team Gütersloh I | 2:19:13 | 18:28 | 1:06:51 | 53:54 |
| 535 | 58 | Maerz, Christian | 58. | M Starlight Team Essen II | 2:19:45 | 23:14 | 1:09:30 | 47:03 |
| 547 | 59 | Reimann, Björn | 59. | M TSVE 1890 Bielefeld II | 2:20:00 | 19:57 | 1:07:14 | 52:49 |
| 523 | 60 | Kirschberger, Tobias | 60. | M Hartman Team TVG Kaiserau | 2:20:12 | 23:25 | 1:09:12 | 47:37 |
| 567 | 61 | Weber, Carsten | 61. | M Triathlon Team Witten VI | 2:21:37 | 19:31 | 1:12:15 | 49:52 |
| 564 | 62 | Hassenkamp, Hendrik | 62. | M SV Hullern 68 | 2:23:22 | 14:35 | 1:11:30 | 57:18 |
| 536 | 63 | Seiler, Björn | 63. | M Starlight Team Essen II | 2:24:07 | 21:11 | 1:08:02 | 54:55 |
| 560 | 64 | Deters, Oliver | 64. | M Marathon Steinfurt | 2:24:37 | 22:54 | 1:05:14 | 56:30 |
| 552 | 65 | Morcinek-Mehlau, Thomas | 65. | M TSV Solingen | 2:32:36 | 19:28 | 1:11:13 | 1:01:55 |
| 554 | 66 | Keil, Axel | 66. | M LC Solbad Ravensberg | 2:42:56 | 20:56 | 1:41:42 | 40:19 |
| 511 | 68 | Kästner, Hans | | M TuS 09 Erkenschwick | aufg. | 31:35 | | |
| 532 | 71 | Wesendahl, Christian | | M SC Altenrheine | n.a. | | | |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Mannschaftsergebnisliste - Verbandsliga Nord

| Pl. | Verein (ges. Zeit) | PN |
|-----|---|-----|
| 1. | Tri Speed Herscheid 4. Frank Holzmann - 2:00:58 8. Chris Meyer - 2:01:35 9. Jens Ellermann - 2:01:39 38. Markus Gärtner - 2:11:57 | 59 |
| 2. | TV Werne 03 Wasserfreunde e.V. 1. Stephan Morwaski - 1:56:22 2. Michael Hörsken - 2:00:02 15. Sebastian Nieberg - 2:04:10 52. Wolfgang Rohe - 2:16:16 | 70 |
| 3. | Tri Duck Dorsten I 10. Heiko Tewes - 2:01:44 14. Rainer Ratajczak - 2:04:10 23. Benjamin Rayher - 2:06:10 27. Niko Haberkorn - 2:08:04 | 74 |
| 4. | LC Solbad Ravensberg 3. Amadeus Hegenbarth - 2:00:25 11. Holger Steuer - 2:02:11 20. Andreas Korte - 2:04:53 66. Axel Keil - 2:42:56 | 100 |
| 5. | W + F Münster III 26. Marco Hoppe - 2:06:40 30. Martin Weissner - 2:10:01 34. Björn Wagner - 2:11:25 36. Dominik Lammers - 2:11:42 | 126 |
| 6. | SC Altenrheine 12. Norbert Philipp - 2:03:30 16. Ralf Uhlenbruch - 2:04:42 29. Christian Dudek - 2:09:09 71. Christian Wesendahl - n.a. | 128 |
| 7. | ASC Ahlen 18. Marc Dahmen - 2:04:46 25. Oliver Diecksmeier - 2:06:34 32. Andreas Nieländer - 2:11:00 55. Stefan Link - 2:17:43 | 130 |
| 8. | SuS Stadtlohn 17. Jens Seggewiß - 2:04:45 24. Dirk Schniedertöns - 2:06:12 39. Thomas Brüning - 2:12:18 54. Olaf Steinhagen - 2:17:03 | 134 |
| 9. | TuS 09 Erkenschwick 6. Torsten Berg - 2:01:18 21. Reinhard Elfert - 2:05:08 41. Peter Siepermann - 2:13:05 68. Hans Kästner - aufg. | 136 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016
Mannschaftsergebnisliste - Verbandsliga Nord

| Pl. | Verein (ges. Zeit) | PN |
|-----|---|-----|
| 10. | 1. Tri Team Gütersloh I 13. Thomas Pfeffer - 2:03:47 28. Alexander Krauß - 2:08:26 47. Julian Oldenburg - 2:14:47 57. Holger Schluckebier - 2:19:13 | 145 |
| 11. | SV Hullern 68 7. Carsten Künsken - 2:01:18 31. Ralf Hassenkamp - 2:10:29 51. Timm Diekenbrock - 2:15:34 62. Hendrik Hassenkamp - 2:23:22 | 151 |
| 12. | TSV Solingen 5. Andreas Hüren - 2:01:11 45. Alexander Bünting - 2:14:13 53. Oliver Faber - 2:16:50 65. Thomas Morcinek-Mehlau - 2:32:36 | 168 |
| 13. | Triathlon Team Witten VI 19. Simon Damm - 2:04:51 40. Thomas Dettmar - 2:12:36 49. Adrian Keim - 2:15:23 61. Carsten Weber - 2:21:37 | 169 |
| 14. | Marathon Steinfurt 22. Wolfgang Probst - 2:05:33 46. Torsten Wienefoet - 2:14:24 48. Dominik Goßling - 2:15:10 64. Oliver Deters - 2:24:37 | 180 |
| 15. | TSVE 1890 Bielefeld II 35. Thomas Tiekemeier - 2:11:29 42. Moritz Kamp - 2:13:25 50. Marcel Bergtold - 2:15:33 59. Björn Reimann - 2:20:00 | 186 |
| 16. | Starlight Team Essen II 33. Andreas Wind - 2:11:06 43. Matthias Knauff - 2:13:36 58. Christian Maerz - 2:19:45 63. Björn Seiler - 2:24:07 | 197 |
| 16. | Hartman Team TVG Kaiserau 37. Jan Häcker - 2:11:47 44. Tobias Burkhardt - 2:13:43 56. Timo Renner - 2:18:53 60. Tobias Kirschberger - 2:20:12 | 197 |

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Ergebnisliste - Regionalliga Männer

| SNR | PZ | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|---------|----|--------------------------|-------|---------------------------|---------|--------|---------|-------|
| 235 | 1 | Epping, Matthias | 1. M | Bayer 05 Uerdingen III | 1:47:02 | 14:18 | 55:28 | 37:17 |
| 252 | 2 | Wies, Sven | 2. M | ASV Duisburg | 1:51:15 | 14:00 | 59:05 | 38:11 |
| 257 | 3 | Imhoff, Sven | 3. M | Tri Team MAXMO Mönchengla | 1:51:26 | 15:00 | 56:47 | 39:39 |
| 259 | 4 | Kramp, Uwe | 4. M | Tri Team MAXMO Mönchengla | 1:51:37 | 16:59 | 57:09 | 37:29 |
| 258 | 5 | Eckers, Sven | 5. M | Tri Team MAXMO Mönchengla | 1:51:37 | 15:44 | 58:08 | 37:46 |
| 217 | 6 | Kaiser, Thomas | 6. M | Team Indeland Eschweiler | 1:53:04 | 16:04 | 55:35 | 41:26 |
| 221 | 7 | Elshorst, Simon | 7. M | PSV Brühl | 1:53:11 | 16:00 | 57:24 | 39:48 |
| 233 | 8 | Gems, Christian | 8. M | Bayer 05 Uerdingen III | 1:53:42 | 16:02 | 58:26 | 39:16 |
| 226 | 9 | Elskamp, Gregor | 9. M | ASV Köln II | 1:53:44 | 15:38 | 56:20 | 41:47 |
| 225 | 10 | Buhs, Andreas | 10. M | ASV Köln II | 1:54:22 | 16:21 | 57:20 | 40:42 |
| 214 | 11 | Friedhoff, Pascal | 11. M | TVE Netphen II | 1:55:00 | 15:27 | 58:20 | 41:14 |
| 266 | 12 | Gösmann, Richard Raphael | 12. M | RC Lüdenscheid | 1:55:10 | 16:13 | 58:34 | 40:24 |
| 213 | 13 | Brückhof, Timo | 13. M | TVE Netphen II | 1:55:17 | 19:21 | 57:36 | 38:20 |
| 237 | 14 | Seidel, Stephan | 14. M | Triathlon Team Witten IV | 1:55:26 | 16:26 | 58:19 | 40:41 |
| 263 | 15 | Maron, Patrick | 15. M | Weicon Tri Finish Münster | 1:55:39 | 16:22 | 57:21 | 41:57 |
| + 2 234 | 16 | Schaffeld, Timo | 16. M | Bayer 05 Uerdingen III | 1:55:40 | 15:57 | 1:01:10 | 36:34 |
| 211 | 17 | Smyrek, David | 17. M | Tri Sport Team Verl | 1:56:00 | 16:23 | 1:00:31 | 39:07 |
| 224 | 18 | Britz, Timo | 18. M | PSV Brühl | 1:56:17 | 15:49 | 1:01:39 | 38:50 |
| 240 | 19 | Sturm, Jannis | 19. M | Triathlon Team Witten IV | 1:56:23 | 16:24 | 59:49 | 40:11 |
| + 2 245 | 20 | Gossmann, Alexander | 20. M | Triathlon Team Ratingen 0 | 1:56:30 | 16:48 | 58:37 | 39:06 |
| 270 | 21 | Winterstein, Florian | 21. M | Tri Team Hagen II | 1:56:45 | 15:59 | 59:31 | 41:15 |
| 236 | 22 | Gosebrink, Jens | 22. M | Bayer 05 Uerdingen III | 1:56:52 | 15:03 | 1:01:40 | 40:10 |
| 242 | 23 | Kreutzer, Daniel | 23. M | Brander SV Tri Team II | 1:57:05 | 16:18 | 1:00:03 | 40:44 |
| 250 | 24 | Jazbec, Tobias | 24. M | ASV Duisburg | 1:57:30 | 16:17 | 1:01:09 | 40:05 |
| 253 | 25 | Mettlach, Jörg | 25. M | Starlight Team Essen | 1:57:40 | 16:05 | 59:46 | 41:50 |
| 220 | 26 | Pabich, Andre | 26. M | Team Indeland Eschweiler | 1:57:44 | 15:17 | 58:04 | 44:23 |
| 262 | 27 | Habel, Tim | 27. M | Weicon Tri Finish Münster | 1:57:46 | 17:23 | 1:00:43 | 39:41 |
| 243 | 28 | Scholz, Swen | 28. M | Brander SV Tri Team II | 1:57:51 | 19:08 | 58:10 | 40:34 |
| 267 | 29 | Hanakam, Florian | 29. M | RC Lüdenscheid | 1:58:06 | 16:54 | 1:00:08 | 41:05 |
| 201 | 30 | Heinzemann, Tim | 30. M | Tri Club Wuppertal | 1:58:10 | 17:04 | 59:54 | 41:12 |
| 227 | 31 | Elskamp, Matthias | 31. M | ASV Köln II | 1:58:14 | 15:33 | 58:07 | 44:35 |
| 264 | 32 | Sievers, Thomas | 32. M | Weicon Tri Finish Münster | 1:58:34 | 18:15 | 59:22 | 40:58 |
| 208 | 33 | Hesterwerth, Kai | 33. M | W + F Münster II | 1:59:09 | 15:14 | 1:02:40 | 41:16 |
| 269 | 34 | Hillebrand, Yannik | 34. M | Tri Team Hagen II | 1:59:30 | 16:01 | 1:00:38 | 42:52 |
| 218 | 35 | Neumann, Dominik | 35. M | Team Indeland Eschweiler | 1:59:35 | 16:57 | 1:00:38 | 42:01 |
| 244 | 36 | Keuchen, Erich | 36. M | Brander SV Tri Team II | 1:59:39 | 21:12 | 58:26 | 40:02 |

Pflüger - Trispeed - Triathlon Harsewinkel - 5. Juni 2016

Ergebnisliste - Regionalliga Männer

| SNR | PZ | Hausname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf | |
|-----|-----|--------------------------|-----|--------|----------------------------|---------|-------|---------|---------|
| 272 | 37 | Rehm, Tobias | 37. | M | Tri Team Hagen II | 1:59:46 | 14:19 | 1:01:46 | 43:41 |
| 232 | 38 | Von Zepelin, Leon | 38. | M | Rückenwind Geckos Dortmund | 1:59:52 | 14:10 | 1:03:57 | 41:46 |
| 256 | 39 | Ammenwerth, Jan | 39. | M | Starlight Team Essen | 1:59:53 | 16:09 | 1:02:26 | 41:20 |
| 248 | 40 | Mussehl, Valentin | 40. | M | Triathlon Team Ratingen 0 | 2:00:24 | 14:58 | 1:02:17 | 43:10 |
| 247 | 41 | Wunn, Henrik | 41. | M | Triathlon Team Ratingen 0 | 2:00:50 | 16:33 | 1:02:05 | 42:13 |
| 255 | 42 | Seegenschmiedt, Johannes | 42. | M | Starlight Team Essen | 2:01:14 | 20:32 | 59:41 | 41:01 |
| 260 | 43 | Bohnen, Christoph | 43. | M | Tri Team MAXMO Mönchengla | 2:01:24 | 20:09 | 57:08 | 44:09 |
| 251 | 44 | Sdorra, Michael | 44. | M | ASV Duisburg | 2:01:39 | 17:22 | 1:01:10 | 43:08 |
| 241 | 45 | Henninger, Tristan | 45. | M | Brander SV Tri Team II | 2:01:42 | 17:54 | 1:02:38 | 41:11 |
| 222 | 46 | Schaaf, Walter | 46. | M | PSV Brühl | 2:02:46 | 17:50 | 1:02:57 | 42:00 |
| 202 | 47 | Vorsteher, Lars | 47. | M | Tri Club Wuppertal | 2:02:50 | 15:46 | 1:05:15 | 41:50 |
| 230 | 48 | Hörstemeier, Martin | 48. | M | Rückenwind Geckos Dortmund | 2:03:04 | 16:10 | 1:01:42 | 45:12 |
| 254 | 49 | Eißmann, Jens | 49. | M | Starlight Team Essen | 2:04:33 | 20:11 | 1:01:05 | 43:17 |
| 231 | 50 | Schlüter, Thorsten | 50. | M | Rückenwind Geckos Dortmund | 2:04:50 | 16:20 | 1:04:00 | 44:30 |
| 271 | 51 | Pohlmann, Rene | 51. | M | Tri Team Hagen II | 2:04:54 | 16:12 | 1:04:10 | 44:34 |
| 238 | 52 | Lehmann, Sebastian | 52. | M | Triathlon Team Witten IV | 2:04:59 | 17:23 | 1:05:21 | 42:16 |
| 216 | 53 | Grabolle, Felix | 53. | M | TVE Netphen II | 2:05:03 | 18:52 | 1:04:10 | 42:02 |
| 206 | 54 | Schmeier, Roman | 54. | M | W + F Münster II | 2:05:28 | 15:14 | 1:02:08 | 48:07 |
| 229 | 55 | Vallender, Max | 55. | M | Rückenwind Geckos Dortmund | 2:05:30 | 18:33 | 1:04:55 | 42:03 |
| 265 | 56 | Busenius, Aljoscha | 56. | M | RC Lüdenscheid | 2:06:42 | 15:40 | 1:04:43 | 46:19 |
| + 2 | 212 | Selker, Torsten | 57. | M | Tri Sport Team Ver1 | 2:07:13 | 18:19 | 59:12 | 47:43 |
| | 207 | Peine, Sebastian | 58. | M | W + F Münster II | 2:07:17 | 17:11 | 1:03:27 | 46:40 |
| | 210 | Pähler, Detlef | 59. | M | Tri Sport Team Ver1 | 2:07:53 | 15:55 | 1:01:56 | 50:03 |
| + 2 | 209 | Meiertoberens, Ralf | 60. | M | Tri Sport Team Ver1 | 2:08:15 | 16:41 | 1:04:51 | 44:44 |
| | 228 | Friedel, Jörg | 61. | M | ASV Köln II | 2:08:28 | 17:48 | 1:04:52 | 45:49 |
| + 2 | 223 | Zimmer, Karl | 62. | M | PSV Brühl | 2:08:38 | 16:13 | 1:01:20 | 49:06 |
| | 215 | Kuschina, Thorsten | 63. | M | TVE Netphen II | 2:08:43 | 18:50 | 1:03:47 | 46:07 |
| | 203 | Drees, Julius | 64. | M | Tri Club Wuppertal | 2:09:16 | 19:38 | 1:06:20 | 43:19 |
| | 246 | Schmidt, Morten | 65. | M | Triathlon Team Ratingen 0 | 2:09:25 | 14:40 | 1:03:04 | 51:42 |
| | 204 | Brand, Marc | 66. | M | Tri Club Wuppertal | 2:10:02 | 19:50 | 1:03:21 | 46:51 |
| | 261 | Donnermeyer, Julian | 67. | M | Weicon Tri Finish Münster | 2:10:26 | 16:42 | 1:03:40 | 50:05 |
| | 249 | Friedhoff, Benjamin | 68. | M | ASV Duisburg | 2:10:46 | 18:39 | 1:04:01 | 48:06 |
| | 268 | Kleinschmidt, Oliver | 69. | M | RC Lüdenscheid | 2:11:35 | 20:16 | 1:06:41 | 44:39 |
| | 239 | Wenzel, Lars | 70. | M | Triathlon Team Witten IV | 2:12:31 | 14:37 | 1:05:49 | 52:06 |
| | 219 | Frauenrath, Tom | 71. | M | Team Indeland Eschweiler | 2:12:39 | 18:54 | 1:08:35 | 45:12 |
| | 205 | Goarewe, Luc | 72. | M | W + F Münster II | 2:32:09 | 17:06 | 1:10:34 | 1:04:30 |

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Mannschaftsergebnisliste - Regionalliga Männer

| Pl. | Verein (ges. Zeit) | PN |
|-----|--|-----|
| 1. | Bayer 05 Uerdingen III 1. Matthias Epping - 1:47:02 8. Christian Gems - 1:53:42 16. Timo Schaffeld - 1:55:40 22. Jens Gosebrink - 1:56:52 | 47 |
| 2. | Tri Team MAXMO Mönchengladbach 3. Sven Imhoff - 1:51:26 4. Uwe Kramp - 1:51:37 5. Sven Eckers - 1:51:37 43. Christoph Bohnen - 2:01:24 | 55 |
| 3. | ASV Köln II 9. Gregor Elskamp - 1:53:44 10. Andreas Buhs - 1:54:22 31. Matthias Elskamp - 1:58:14 61. Jörg Friedel - 2:08:28 | 111 |
| 4. | Brander SV Tri Team II 23. Daniel Kreuzer - 1:57:05 28. Swen Scholz - 1:57:51 36. Erich Keuchen - 1:59:39 45. Tristan Henninger - 2:01:42 | 132 |
| 5. | PSV Brühl 7. Simon Elshorst - 1:53:11 18. Timo Britz - 1:56:17 46. Walter Schaaf - 2:02:46 62. Karl Zimmer - 2:08:38 | 133 |
| 6. | ASV Duisburg 2. Sven Wies - 1:51:15 24. Tobias Jazbec - 1:57:30 44. Michael Sdorra - 2:01:39 68. Benjamin Friedhoff - 2:10:46 | 138 |
| 6. | Team Indeland Eschweiler I 6. Thomas Kaiser - 1:53:04 26. Andre Pabich - 1:57:44 35. Dominik Neumann - 1:59:35 71. Tom Frauenrath - 2:12:39 | 138 |
| 8. | TVE Netphen II 11. Pascal Friedhoff - 1:55:00 13. Timo Brückhof - 1:55:17 53. Felix Grabolle - 2:05:03 63. Thorsten Kuschina - 2:08:43 | 140 |
| 9. | Weicon Tri Finish Münster IV 15. Patrick Maron - 1:55:39 27. Tim Habel - 1:57:46 32. Thomas Sievers - 1:58:34 67. Julian Donnermeyer - 2:10:26 | 141 |

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Mannschaftsergebnisliste - Regionalliga Männer

| Pl. | Verein (ges. Zeit) | PN |
|-----|---|-----|
| 10. | Tri Team Hagen II 21. Florian Winterstein - 1:56:45 34. Yannik Hillebrand - 1:59:30 37. Tobias Rehm - 1:59:46 51. Rene Pohlmann - 2:04:54 | 143 |
| 11. | Starlight Team Essen 25. Jörg Mettlach - 1:57:40 39. Jan Ammenwerth - 1:59:53 42. Johannes Seegenschmiedt - 2:01:14 49. Jens Eißmann - 2:04:33 | 155 |
| 11. | Triathlon Team Witten IV 14. Stephan Seidel - 1:55:26 19. Jannis Sturm - 1:56:23 52. Sebastian Lehmann - 2:04:59 70. Lars Wenzel - 2:12:31 | 155 |
| 13. | RC Lüdenscheid 12. Richard Raphael Gösmann - 1:55:10 29. Florian Hanakam - 1:58:06 56. Aljoscha Busenius - 2:06:42 69. Oliver Kleinschmidt - 2:11:35 | 166 |
| 13. | Triathlon Team Ratingen 08 20. Alexander Gossmann - 1:56:30 40. Valentin Mussehl - 2:00:24 41. Henrik Wunn - 2:00:50 65. Morten Schmidt - 2:09:25 | 166 |
| 15. | Rückenwind Geckos Dortmund II 38. Leon Von Zepelin - 1:59:52 48. Martin Hörstemeier - 2:03:04 50. Thorsten Schlüter - 2:04:50 55. Max Vallender - 2:05:30 | 191 |
| 16. | Tri Sport Team Verl 17. David Smyrek - 1:56:00 57. Torsten Selker - 2:07:13 59. Detlef Pähler - 2:07:53 60. Ralf Meiertoberens - 2:08:15 | 193 |
| 17. | Tri Club Wuppertal 30. Tim Heinzemann - 1:58:10 47. Lars Vorsteher - 2:02:50 64. Julius Drees - 2:09:16 66. Marc Brand - 2:10:02 | 207 |
| 18. | W + F Münster II 33. Kai Hesterwerth - 1:59:09 54. Roman Schmeier - 2:05:28 58. Sebastian Peine - 2:07:17 72. Luc Gogrewé - 2:32:09 | 217 |