

## AK-Wertung ICAN 64 Nordhausen Germany

Pfg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	T1	Bike	km/h	Rnk	T2	Run	min/km	Rnk	Total	Diff.	Jg	Strn.
1.	Pohle, Caroline	Triathlon Club Leipzig	AK1 wbl.	12:26	1:15	(1)	1:53	1:30:50	35,01	(1)	1:21	0:40:22	4:02	(1)	2:26:52		1995	196
1.	Ickert, Fenja		AK2 wbl.	17:23	1:44	(1)	2:43	1:44:55	30,31	(1)	1:45	1:01:36	6:10	(1)	3:08:22		1993	186
1.	Seidel, Peter	ORTHIM Triathlon Team	AK2 mnl.	13:26	1:21	(1)	1:35	1:17:18	41,14	(1)	1:01	0:38:38	3:52	(1)	2:11:58		1989	274
2.	Huhn, Sebastian	LG eXa Leipzig e.V.	AK2 mnl.	17:25	1:45	(2)	2:30	1:31:34	34,73	(3)	1:16	0:39:04	3:54	(2)	2:31:49	+19:51	1989	240
3.	Schuchardt, Markus	LAC Eichsfeld	AK2 mnl.	17:29	1:45	(3)	3:08	1:29:19	35,60	(2)	1:22	0:46:00	4:36	(3)	2:37:18	+25:20	1991	306
4.	Unger, Lars	Team Erdinger Alkoholfrei	AK2 mnl.	23:43	2:22	(4)	4:29	1:41:40	31,28	(4)	1:36	1:01:22	6:08	(4)	3:12:50	+60:52	1989	293
1.	Dörre, Katja		AK3 wbl.	17:18	1:44	(1)	3:01	1:38:59	32,13	(1)	1:20	0:44:42	4:28	(1)	2:45:20		1985	181
2.	Waage, Maike		AK3 wbl.	17:19	1:44	(2)	3:35	1:54:06	27,87	(3)	2:22	1:10:00	7:00	(3)	3:27:22	+42:02	1987	205
3.	Hennicke, Anne-Kathleen	Team Kyffhäuser	AK3 wbl.	24:16	2:26	(4)	2:58	2:00:44	26,34	(4)	1:42	0:58:15	5:49	(2)	3:27:55	+42:35	1988	185
4.	Mackensen, Claudia	Triathlon Nordhausen	AK3 wbl.	21:34	2:09	(3)	3:20	1:48:35	29,29	(2)	1:32	1:15:21	7:32	(4)	3:30:22	+45:02	1986	190
1.	Dresler, Jörg	LG eXa Triathlon	AK3 mnl.	18:20	1:50	(4)	2:49	1:32:46	34,28	(2)	1:11	0:47:47	4:47	(3)	2:42:53		1985	227
2.	Sperlich, David		AK3 mnl.	16:31	1:39	(2)	2:56	1:35:33	33,28	(4)	1:33	0:47:25	4:45	(2)	2:43:58	+1:05	1988	277
3.	Godehardt, Björn	SVW Eisenach Triathlon	AK3 mnl.	16:30	1:39	(1)	3:23	1:31:40	34,69	(1)	1:35	0:51:27	5:09	(5)	2:44:35	+1:42	1986	234
4.	Ludwig, Gerd	Stadtwerke Team Merseburg	AK3 mnl.	19:09	1:55	(5)	2:41	1:34:29	33,66	(3)	1:13	0:50:25	5:03	(4)	2:47:57	+5:04	1984	255
5.	Kube, Tom		AK3 mnl.	17:37	1:46	(3)	3:20	1:37:50	32,50	(6)	1:35	0:51:33	5:09	(6)	2:51:55	+9:02	1988	251
6.	Friedrichs, Falko	Sartorius TriTeam	AK3 mnl.	22:00	2:12	(8)	2:38	1:35:50	33,18	(5)	2:07	0:56:58	5:42	(7)	2:59:33	+16:40	1986	230
7.	Brömel, Christian	MTK Bad Harzburg	AK3 mnl.	21:02	2:06	(7)	2:34	1:41:10	31,43	(7)	1:26	0:57:25	5:45	(8)	3:03:37	+20:44	1986	218
8.	Simon, Sirko	Kreissparkasse Nordhausen	AK3 mnl.	20:57	2:06	(6)	4:37	1:42:47	30,94	(8)	1:50	0:57:51	5:47	(9)	3:08:02	+25:09	1988	292
9.	Richter, Stefan		AK3 mnl.	24:06	2:25	(10)	3:04	1:47:47	29,50	(10)	1:01	0:58:01	5:48	(10)	3:13:59	+31:06	1985	265
10.	Töpfer, Mario	Mia san Mia	AK3 mnl.	23:11	2:19	(9)	4:51	1:53:37	27,99	(11)	1:45	1:08:24	6:50	(12)	3:31:48	+48:55	1984	279
11.	Albert, Thomas		AK3 mnl.	30:08	3:01	(12)	7:12	2:06:16	25,18	(12)	2:00	1:08:01	6:48	(11)	3:53:37	+70:44	1984	209
DNF	Ziege, Marco	Team Erdinger Alkoholfrei	AK3 mnl.	26:19	2:38	(11)	3:19	1:45:53	30,03	(9)	2:20	0:00:00	0:00	-	DNF		1988	291
1.	Schmidt, Steffi	Triathlon Team Ratingen	AK4 wbl.	17:58	1:48	(1)	2:37	1:38:30	32,28	(2)	1:40	0:49:54	4:59	(1)	2:50:39		1979	198
2.	Schwager, Mara	TGV54	AK4 wbl.	20:16	2:02	(2)	2:32	1:35:34	33,28	(1)	1:20	0:51:55	5:12	(2)	2:51:37	+0:58	1982	200
3.	Teichmann, Beate	Tri Team Selm	AK4 wbl.	20:27	2:03	(3)	4:37	1:53:40	27,98	(3)	2:18	1:02:18	6:14	(4)	3:23:20	+32:41	1981	202
4.	Kremling, Mareike	ASC Göttingen	AK4 wbl.	25:29	2:33	(4)	3:41	2:00:56	26,30	(4)	0:56	0:59:53	5:59	(3)	3:30:55	+40:16	1981	188
1.	Knopf, Stephan	Orthim-Triathlon-Team / Triathlon NDH	AK4 mnl.	16:51	1:41	(3)	1:56	1:22:05	38,74	(2)	1:07	0:40:23	4:02	(2)	2:22:22		1983	246
2.	Ohm, Christoph	Stiftung Wadentest	AK4 mnl.	19:35	1:58	(7)	2:36	1:29:45	35,43	(3)	1:11	0:45:07	4:31	(4)	2:38:14	+15:52	1983	264
3.	Conrad, Marcus	SV Blau-Weiß Farnstädt 1921 e.V.	AK4 mnl.	19:16	1:56	(4)	2:00	1:35:05	33,44	(5)	1:12	0:41:17	4:08	(3)	2:38:50	+16:28	1983	220
4.	Burtz, Enrico	Hannover 96 Triathlon	AK4 mnl.	16:28	1:39	(2)	2:09	1:31:04	34,92	(4)	1:32	0:51:55	5:12	(7)	2:43:08	+20:46	1981	219
5.	Mötzing, Tobias	Feuerwehr Obersuhl	AK4 mnl.	19:47	1:59	(8)	2:46	1:37:49	32,51	(8)	1:22	0:50:26	5:03	(6)	2:52:10	+29:48	1979	261
6.	Diegel, Christoph	TSV Mecklar	AK4 mnl.	23:57	2:24	(11)	3:44	1:36:26	32,98	(6)	1:58	0:46:49	4:41	(5)	2:52:54	+30:32	1980	224

ICAN Nordhausen am 19.08.2018

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	T1	Bike	km/h	Rnk	T2	Run	min/km	Rnk	Total	Diff.	Jg	Strn.
7.	Wilfert, Sebastian	Nordhausen	AK4 mnl.	19:27	1:57	(5)	4:00	1:36:54	32,82	(7)	2:21	0:53:51	5:23	(8)	<b>2:56:33</b>	+34:11	1981	288
8.	Haring, Tino		AK4 mnl.	21:11	2:07	(9)	4:11	1:50:36	28,75	(11)	2:12	1:03:15	6:20	(11)	<b>3:21:25</b>	+59:03	1980	238
9.	Stoller, André		AK4 mnl.	23:19	2:20	(10)	6:11	1:55:56	27,43	(12)	2:08	0:56:56	5:42	(9)	<b>3:24:30</b>	+62:08	1983	296
10.	Waage, Tim		AK4 mnl.	28:12	2:49	(12)	4:04	1:50:34	28,76	(10)	1:51	1:02:41	6:16	(10)	<b>3:27:22</b>	+65:00	1983	282
11.	Perisa, Marc		AK4 mnl.	19:30	1:57	(6)	4:12	1:47:04	29,70	(9)	2:13	1:23:47	8:23	(12)	<b>3:36:46</b>	+74:24	1979	299
DNF	Lorke, Frank	Triathlon Verein Berlin 09	AK4 mnl.	14:45	1:29	(1)		0:00:00	0,00	-		0:00:00	0:00	-	DNF		1979	254
1.	Pflueger, Claudia	SV Eisleben-Sangerhausen	Sen.1 wbl.	20:53	2:05	(1)	3:12	1:51:32	28,51	(2)	1:47	1:01:57	6:12	(2)	<b>3:19:21</b>		1977	195
2.	Hannemann, Bianca	Tri-Sport-Team Verl	Sen.1 wbl.	21:02	2:06	(2)	2:57	1:49:44	28,98	(1)	3:02	1:03:04	6:18	(3)	<b>3:19:49</b>	+0:28	1974	184
3.	Lenk, Susan	Team Outfitim SV Sachsen 90 Werdau	Sen.1 wbl.	26:39	2:40	(3)	5:27	1:53:22	28,05	(3)	2:00	1:01:39	6:10	(1)	<b>3:29:07</b>	+9:46	1975	189
1.	Aschenbrenner, Jörg	SISU Training	Sen.1 mnl.	17:10	1:43	(2)	2:32	1:26:38	36,71	(1)	1:25	0:43:48	4:23	(2)	<b>2:31:33</b>		1978	211
2.	Karbaum, Jens	TV Sangerhausen	Sen.1 mnl.	18:11	1:49	(3)	3:18	1:27:07	36,50	(2)	2:05	0:46:18	4:38	(4)	<b>2:36:59</b>	+5:26	1976	243
3.	Martin, Kai		Sen.1 mnl.	19:49	1:59	(7)	4:10	1:28:21	35,99	(3)	1:40	0:44:52	4:29	(3)	<b>2:38:52</b>	+7:19	1975	258
4.	Duscha, Thomas	Lg eXa Leipzig	Sen.1 mnl.	18:11	1:49	(3)	2:38	1:34:49	33,54	(6)	1:20	0:42:08	4:13	(1)	<b>2:39:06</b>	+7:33	1976	228
5.	Kuba, Thomas	Team-LDS	Sen.1 mnl.	19:37	1:58	(6)	3:30	1:35:35	33,27	(7)	1:48	0:50:55	5:06	(6)	<b>2:51:25</b>	+19:52	1977	250
6.	Brandeis, Ruben	Tri-Ritter	Sen.1 mnl.	16:52	1:41	(1)	3:17	1:38:57	32,14	(9)	1:39	0:52:11	5:13	(7)	<b>2:52:56</b>	+21:23	1976	216
7.	Altmann, Sven	ASV Sangerhausen	Sen.1 mnl.	21:13	2:07	(10)	2:45	1:33:07	34,15	(4)	1:59	0:56:47	5:41	(13)	<b>2:55:51</b>	+24:18	1977	210
8.	Strien, Uwe	AC Apolda	Sen.1 mnl.	19:17	1:56	(5)	4:12	1:37:13	32,71	(8)	1:58	0:53:27	5:21	(8)	<b>2:56:07</b>	+24:34	1974	278
9.	Lungershausen, Danny	EinzelSportler	Sen.1 mnl.	23:40	2:22	(13)	3:44	1:39:39	31,91	(10)	2:40	0:47:00	4:42	(5)	<b>2:56:43</b>	+25:10	1978	256
10.	Johne, Michael		Sen.1 mnl.	20:04	2:00	(8)	4:22	1:39:54	31,83	(11)	1:48	0:53:36	5:22	(9)	<b>2:59:44</b>	+28:11	1974	242
11.	Zenke, Timo	Triathlon WVC Kassel	Sen.1 mnl.	24:34	2:27	(14)	4:19	1:33:58	33,84	(5)	1:23	0:55:33	5:33	(10)	<b>2:59:47</b>	+28:14	1974	289
12.	Cortenraad, Daniel	Triathlon Vereniging Stein	Sen.1 mnl.	21:06	2:07	(9)	3:45	1:40:12	31,74	(12)	2:35	0:58:53	5:53	(14)	<b>3:06:31</b>	+34:58	1978	221
13.	Schäfer, Gregor	Triathletenschmiede werratal	Sen.1 mnl.	21:30	2:09	(11)	2:28	1:55:29	27,54	(15)	2:21	0:56:23	5:38	(12)	<b>3:18:11</b>	+46:38	1978	236
14.	Hager, Nik	Lipprechterode	Sen.1 mnl.	26:38	2:40	(16)	3:42	1:43:01	30,87	(13)	9:50	0:56:15	5:37	(11)	<b>3:19:26</b>	+47:53	1976	301
15.	Schröder, André	Triabolo's Hamburg	Sen.1 mnl.	22:00	2:12	(12)	2:39	1:50:10	28,87	(14)	2:05	1:09:25	6:57	(15)	<b>3:26:19</b>	+54:46	1977	273
16.	Kiszka, Michael	Erfurt	Sen.1 mnl.	24:52	2:29	(15)	7:04	2:01:09	26,25	(16)	2:42	1:28:20	8:50	(16)	<b>4:04:07</b>	+92:34	1975	304
1.	Süßmann, Andrea	Garbsener SC	Sen.2 wbl.	19:37	1:58	(1)	3:35	1:36:49	32,85	(1)	1:41	0:49:29	4:57	(1)	<b>2:51:11</b>		1969	201
2.	Wackerhage, Tanja	Tri-Speedys Peine	Sen.2 wbl.	21:10	2:07	(3)	3:04	1:50:55	28,67	(2)	1:35	0:59:50	5:59	(3)	<b>3:16:34</b>	+25:23	1971	206
3.	Verkouter, Claudia		Sen.2 wbl.	21:07	2:07	(2)	4:46	1:55:54	27,44	(4)	2:19	0:56:10	5:37	(2)	<b>3:20:16</b>	+29:05	1973	204
4.	Althans, Eileen	Tri-Speedys Peine	Sen.2 wbl.	21:47	2:11	(4)	4:01	1:53:30	28,02	(3)	2:03	1:00:27	6:03	(4)	<b>3:21:48</b>	+30:37	1971	180
1.	Kästner, Daniel	Team Erdinger Alkoholfrei	Sen.2 mnl.	16:36	1:40	(5)	2:00	1:24:46	37,51	(1)	1:09	0:48:10	4:49	(5)	<b>2:32:41</b>		1972	244
2.	Waletzki, Jan-Mark	ZGB Sangerhausen	Sen.2 mnl.	17:32	1:45	(7)	3:05	1:29:09	35,67	(4)	1:20	0:43:50	4:23	(1)	<b>2:34:56</b>	+2:15	1973	283
3.	Gumprecht, Tilo	TSG Glauchau TriTeam	Sen.2 mnl.	16:10	1:37	(3)	3:04	1:28:29	35,94	(3)	1:29	0:46:56	4:42	(4)	<b>2:36:08</b>	+3:27	1969	237
4.	Wichmann, Andreas		Sen.2 mnl.	16:28	1:39	(4)	2:28	1:30:39	35,08	(5)	1:38	0:46:25	4:39	(3)	<b>2:37:38</b>	+4:57	1973	287
5.	Zentrich, Michael	VS Roßbach/Hasse	Sen.2 mnl.	14:38	1:28	(1)	2:55	1:31:12	34,87	(6)	1:25	0:51:23	5:08	(7)	<b>2:41:33</b>	+8:52	1970	290
6.	Fuchs, Mathias	RSV Adler Goslar	Sen.2 mnl.	19:15	1:56	(9)	4:01	1:28:26	35,96	(2)	1:31	0:50:34	5:03	(6)	<b>2:43:47</b>	+11:06	1970	231
7.	Goebel, Mark	Tri Team Fuldatal	Sen.2 mnl.	15:35	1:34	(2)	2:16	1:33:02	34,18	(7)	1:22	0:57:24	5:44	(12)	<b>2:49:39</b>	+16:58	1972	235
8.	Ansuhn, Lars	KSV Baunatal	Sen.2 mnl.	16:38	1:40	(6)	2:33	1:41:16	31,40	(11)	1:49	0:52:35	5:15	(8)	<b>2:54:51</b>	+22:10	1972	294
9.	Kochanski, Jörg	LG Ohmbachsee	Sen.2 mnl.	21:58	2:12	(13)	4:27	1:41:49	31,23	(12)	1:48	0:45:05	4:30	(2)	<b>2:55:07</b>	+22:26	1972	247

ICAN Nordhausen am 19.08.2018

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	T1	Bike	km/h	Rnk	T2	Run	min/km	Rnk	Total	Diff.	Jg	Strn.
10.	Haaß, Rinaldo		Sen.2 mnl.	21:39	2:10	(12)	4:05	1:37:14	32,70	(9)	1:38	0:53:04	5:18	(9)	<b>2:57:40</b>	+24:59	1973	297
11.	Schmand, Markus	Team Erdinger Alkoholfrei	Sen.2 mnl.	20:56	2:06	(11)	4:28	1:37:19	32,68	(10)	1:35	1:02:50	6:17	(13)	<b>3:07:08</b>	+34:27	1969	272
12.	Sieberhagen, Ingo		Sen.2 mnl.	24:37	2:28	(14)	3:33	1:41:53	31,21	(13)	1:40	0:57:11	5:43	(11)	<b>3:08:54</b>	+36:13	1971	275
13.	Meywirth, Mike	Eschweger TSV	Sen.2 mnl.	19:15	1:56	(9)	2:17	1:36:50	32,84	(8)	2:22	1:08:34	6:51	(15)	<b>3:09:18</b>	+36:37	1970	260
14.	Schaedel, Volker	SV Bad Berka	Sen.2 mnl.	28:48	2:53	(15)	5:04	1:44:38	30,39	(15)	1:52	0:53:54	5:23	(10)	<b>3:14:16</b>	+41:35	1971	271
15.	Bertram, Dirk	SV Herrmannsacker	Sen.2 mnl.	17:53	1:47	(8)	3:02	1:42:41	30,97	(14)	4:05	1:07:00	6:42	(14)	<b>3:14:41</b>	+42:00	1971	213
1.	Müller, Martina	Waldorfschule Backnang	Sen.3 wbl.	21:28	2:09	(3)	3:07	1:43:34	30,70	(3)	1:33	0:51:23	5:08	(2)	<b>3:01:05</b>		1966	191
2.	Kohl, Heike	SV TU Ilmenau	Sen.3 wbl.	20:44	2:04	(2)	4:03	1:40:41	31,58	(2)	1:46	0:56:46	5:41	(3)	<b>3:04:00</b>	+2:55	1968	187
DNF	Gentzel, Margrit	Triathlon Nordhausen	Sen.3 wbl.	16:27	1:39	(1)	2:18	0:00:00	0,00	-		0:00:00	0:00	-	DNF		1967	182
1.	Kohl, Veit	SV TU Ilmenau	Sen.3 mnl.	19:45	1:58	(5)	2:20	1:32:02	34,55	(2)	1:34	0:42:51	4:17	(1)	<b>2:38:32</b>		1968	249
2.	Forthmann, Guido	SG TriFun	Sen.3 mnl.	18:32	1:51	(3)	3:26	1:31:27	34,77	(1)	1:48	0:48:20	4:50	(2)	<b>2:43:33</b>	+5:01	1967	263
3.	Jacob, Sven	TV Barchfeld	Sen.3 mnl.	18:39	1:52	(4)	3:32	1:34:48	33,54	(3)	1:25	0:49:51	4:59	(4)	<b>2:48:15</b>	+9:43	1968	241
4.	Bockisch, Dirk	SC Langenhagen	Sen.3 mnl.	20:44	2:04	(7)	2:40	1:35:40	33,24	(4)	1:43	0:49:25	4:57	(3)	<b>2:50:12</b>	+11:40	1965	214
5.	Kögel, Timo	LG Rudelsburg Bad Kösen	Sen.3 mnl.	20:25	2:02	(6)	3:07	1:37:15	32,70	(5)	1:50	0:51:20	5:08	(5)	<b>2:53:57</b>	+15:25	1967	248
6.	Kühne, Holger	Südharzer Laufshop Team	Sen.3 mnl.	16:56	1:42	(2)	2:45	1:39:20	32,01	(7)	1:30	0:54:58	5:30	(9)	<b>2:55:29</b>	+16:57	1968	252
7.	Werrbach, Jens	TG Wehlheiden Kassel	Sen.3 mnl.	21:55	2:12	(10)	4:38	1:40:46	31,56	(8)	1:49	0:54:25	5:27	(7)	<b>3:03:33</b>	+25:01	1968	286
8.	Rinn, Thomas		Sen.3 mnl.	20:45	2:05	(8)	4:44	1:45:27	30,16	(9)	2:03	0:54:05	5:25	(6)	<b>3:07:04</b>	+28:32	1966	266
9.	Mauksch, Olaf		Sen.3 mnl.	16:28	1:39	(1)	3:16	1:37:16	32,69	(6)	2:52	1:08:00	6:48	(11)	<b>3:07:52</b>	+29:20	1968	257
10.	Runte, Karsten	TriTeam TG Lage	Sen.3 mnl.	20:55	2:06	(9)	5:10	1:45:33	30,13	(10)	2:10	0:54:39	5:28	(8)	<b>3:08:27</b>	+29:55	1968	268
11.	V. Dammann, Wolfram		Sen.3 mnl.	25:12	2:31	(12)	3:57	1:58:09	26,91	(11)	1:00	1:03:57	6:24	(10)	<b>3:32:15</b>	+53:43	1964	281
12.	Daniel, Gunther	SV Germania 1920 Odestadt	Sen.3 mnl.	24:33	2:27	(11)	5:16	2:00:11	26,46	(12)	3:53	1:26:32	8:39	(12)	<b>4:00:25</b>	+81:53	1967	295
1.	Scharke, Simone	Tri-Speedys Peine	Sen.4 wbl.	19:59	2:00	(1)	3:02	1:38:13	32,38	(1)	1:29	0:50:13	5:01	(1)	<b>2:52:56</b>		1961	197
2.	Scholz, Sigrid		Sen.4 wbl.	26:34	2:39	(2)	7:45	2:04:38	25,51	(2)	3:03	1:13:01	7:18	(2)	<b>3:55:01</b>	+62:05	1963	298
1.	Meister, Frank	Triathlon Friedrichroda e.V.	Sen.4 mnl.	22:30	2:15	(6)	3:02	1:34:35	33,62	(1)	1:46	0:46:25	4:39	(2)	<b>2:48:18</b>		1962	259
2.	Born, Reimund	BSFG Porsche Triathlon	Sen.4 mnl.	21:09	2:07	(2)	3:27	1:35:49	33,19	(2)	2:05	0:52:27	5:15	(3)	<b>2:54:57</b>	+6:39	1960	215
3.	Schädler, Jens		Sen.4 mnl.	22:15	2:13	(5)	4:42	1:38:16	32,36	(3)	1:51	0:53:08	5:19	(4)	<b>3:00:12</b>	+11:54	1960	270
4.	Gresecke, Frank	TC Merseburg	Sen.4 mnl.	24:04	2:24	(7)	3:52	1:40:11	31,74	(4)	2:27	1:00:24	6:02	(5)	<b>3:10:58</b>	+22:40	1963	307
5.	Ackermann, Thomas		Sen.4 mnl.	21:07	2:07	(1)	3:48	1:41:49	31,23	(5)	1:42	1:05:42	6:34	(8)	<b>3:14:08</b>	+25:50	1963	207
6.	Dörre, Jochen		Sen.4 mnl.	21:24	2:08	(3)	4:19	1:43:01	30,87	(6)	2:24	1:05:13	6:31	(7)	<b>3:16:21</b>	+28:03	1960	225
7.	Pföse, Jörg	SV TRICITY Darmstadt	Sen.4 mnl.	27:17	2:44	(8)	3:26	1:52:06	28,37	(8)	1:27	1:04:22	6:26	(6)	<b>3:28:38</b>	+40:20	1962	302
8.	Albert, Rainer		Sen.4 mnl.	22:05	2:12	(4)	8:55	2:16:22	23,32	(9)	6:49	1:31:14	9:07	(9)	<b>4:25:25</b>	+97:07	1959	208
DNF	Peppler, Stephan	LTV Obereichsfeld e.V.	Sen.4 mnl.	28:55	2:54	(9)	5:09	1:43:35	30,70	(7)		0:00:00	0:00	-	DNF		1959	303
1.	Graf, Winni	Triathlon Friedrichroda	Sen.5 mnl.	25:45	2:34	(1)	4:28	1:45:00	30,29	(1)	2:15	1:02:30	6:15	(1)	<b>3:19:58</b>		1955	305
1.	Onißeit, Elisabeth	AC Apolda	Sen.6 wbl.	21:00	2:06	(1)	5:14	1:52:53	28,17	(1)	2:15	1:06:36	6:40	(1)	<b>3:27:58</b>		1944	193
1.	Dr. Henne, Klaus-Dieter	SV 1899 Mühlhausen	Sen.6 mnl.	23:14	2:19	(3)	5:10	1:43:42	30,67	(2)	2:15	1:14:05	7:24	(2)	<b>3:28:26</b>		1948	226

ICAN Nordhausen am 19.08.2018

Plg.	Name	Verein / Ort	AK	Swim	min/100m	Rnk	T1	Bike	km/h	Rnk	T2	Run	min/km	Rnk	Total	Diff.	Jg	Strn.
2.	Gebert, Roland	ASV Cham	Sen.6 mnl.	21:46	2:11	(2)	3:45	1:52:22	28,30	(3)	2:53	1:14:26	7:27	(3)	3:35:12	+6:46	1943	233
DNF	Herold, Walter	LTV Obereichsfeld	Sen.6 mnl.	18:23	1:50	(1)	3:48	1:40:28	31,65	(1)	1:48	0:00:00	0:00	-	DNF		1952	300