

Ergebnisse

gedruckt 12.06.2009, 13:09

Männer

| Platz | Startnr. | Name | JG | NAT | Verein | PI | AK | Endzeit | PI | Schwimmen | PI | Rad | PI | nach Rad | PI | Lauf |
|-------|----------|------------------------|----|-----|-------------------------|----|-----|---------|----|-----------|----|---------|----|----------|----|---------|
| 1 | 2091 | Heinrichs, Daniel | 88 | DEU | TV Lemgo | 1 | MHK | 1:53:35 | 1 | 0:13:38 | 3 | 1:04:03 | 3 | 1:17:41 | 1 | 0:35:53 |
| 2 | 2046 | Caruso, Thomas | 71 | | TriFinish Münster | 1 | M35 | 1:54:13 | 4 | 0:16:14 | 2 | 1:01:19 | 2 | 1:17:33 | 2 | 0:36:39 |
| 3 | 2080 | Steinberger, Rainer | 76 | | ASV Cham / Pflüger | 1 | M30 | 1:56:12 | 10 | 0:17:23 | 1 | 0:59:46 | 1 | 1:17:10 | 4 | 0:39:02 |
| 4 | 2037 | Niedergriese, Marc | 89 | | Tri Team Hagen | 2 | MHK | 2:02:06 | 3 | 0:16:13 | 4 | 1:04:42 | 4 | 1:20:55 | 11 | 0:41:10 |
| 5 | 2048 | Mayer, Claude | 74 | | Iserlohner Tri Team | 2 | M35 | 2:03:54 | 13 | 0:17:40 | 7 | 1:06:48 | 9 | 1:24:28 | 5 | 0:39:25 |
| 6 | 2051 | Banick, Norman | 87 | | RC Endspurt Herford | 3 | MHK | 2:04:03 | 8 | 0:16:59 | 5 | 1:05:00 | 5 | 1:21:59 | 17 | 0:42:03 |
| 7 | 2058 | Grüter, Andreas | 65 | | TV Gronau Triathlon | 1 | M40 | 2:04:51 | 5 | 0:16:18 | 10 | 1:07:45 | 8 | 1:24:04 | 9 | 0:40:47 |
| 8 | 2052 | Schönbohm, Jens | 64 | | RC Endspurt Herford | 1 | M45 | 2:05:03 | 9 | 0:17:05 | 6 | 1:06:18 | 7 | 1:23:23 | 15 | 0:41:39 |
| 9 | 2073 | Minke, Sebastian | 77 | | ASC Rosellen/Neuss | 2 | M30 | 2:08:02 | 43 | 0:20:46 | 14 | 1:09:28 | 23 | 1:30:15 | 3 | 0:37:46 |
| 10 | 2102 | Lutze, Matthias | 63 | | TV Kettwig | 2 | M45 | 2:08:20 | 7 | 0:16:43 | 18 | 1:10:15 | 10 | 1:26:58 | 13 | 0:41:21 |
| 11 | 2039 | Schmidt, Heiko | 80 | | Ejot Team TV Buschhüt | 4 | MHK | 2:09:46 | 2 | 0:15:07 | 8 | 1:07:24 | 6 | 1:22:32 | 51 | 0:47:14 |
| 12 | 2100 | Wischniewski, Simon | | DEU | SC Bayer 05 Uerdinge | 5 | MHK | 2:09:51 | 24 | 0:19:03 | 11 | 1:08:11 | 12 | 1:27:15 | 21 | 0:42:36 |
| 13 | 2067 | Schröer, Sebastian | 81 | | ASC Ahlen | 6 | MHK | 2:10:00 | 29 | 0:19:22 | 16 | 1:10:07 | 21 | 1:29:30 | 8 | 0:40:29 |
| 14 | 2066 | Geilenberg, Mark | 76 | | Hildener AT | 3 | M30 | 2:10:25 | 25 | 0:19:05 | 27 | 1:11:15 | 25 | 1:30:21 | 6 | 0:40:03 |
| Z 15 | 2056 | Nikulla, Ulrich | 54 | | TG Lage | 1 | M55 | 2:11:49 | 27 | 0:19:11 | 17 | 1:10:09 | 19 | 1:29:21 | 20 | 0:42:28 |
| 16 | 2065 | Biermann, Stephan | 68 | | TV Werne 03 Wasserf | 2 | M40 | 2:12:16 | 31 | 0:19:33 | 28 | 1:11:33 | 27 | 1:31:07 | 10 | 0:41:09 |
| 17 | 2045 | Liening, Dominik | 83 | | Trifun Hennesee | 7 | MHK | 2:12:23 | 51 | 0:21:21 | 9 | 1:07:35 | 17 | 1:28:57 | 25 | 0:43:25 |
| 18 | 2079 | Nobbe, Markus | 71 | | TVE Greven Triathlon | 3 | M35 | 2:12:25 | 23 | 0:18:59 | 12 | 1:08:18 | 13 | 1:27:17 | 37 | 0:45:07 |
| 19 | 2191 | Döring, Falko | 73 | DEU | SG Welper Triathlon | 4 | M35 | 2:12:29 | 11 | 0:17:24 | 29 | 1:12:12 | 22 | 1:29:36 | 23 | 0:42:52 |
| 20 | 2077 | Müller, Peter | 69 | | Kerpen | 3 | M40 | 2:12:29 | 16 | 0:18:07 | 24 | 1:10:55 | 18 | 1:29:02 | 26 | 0:43:26 |
| 21 | 2127 | Uphoff, Marc | 74 | | Tri Team Lüneburg | 5 | M35 | 2:12:46 | 60 | 0:21:59 | 13 | 1:08:20 | 24 | 1:30:19 | 19 | 0:42:26 |
| 22 | 2059 | Berfeld, Jürgen | 63 | | forza schäl sick | 3 | M45 | 2:13:08 | 15 | 0:18:03 | 19 | 1:10:23 | 14 | 1:28:27 | 31 | 0:44:40 |
| 23 | 2041 | Lüttkemöller, Daniel | 84 | | LG Emsdetten | 8 | MHK | 2:13:47 | 6 | 0:16:19 | 23 | 1:10:41 | 11 | 1:27:00 | 49 | 0:46:46 |
| 24 | 2114 | Lublow, Thomas | 63 | | TSV Bayer 04 Leverk | 4 | M45 | 2:13:50 | 14 | 0:17:46 | 26 | 1:11:01 | 15 | 1:28:48 | 35 | 0:45:01 |
| 25 | 2071 | Vasquez, Jose-Antonio | 70 | | LOS DIABLOS | 6 | M35 | 2:13:52 | 32 | 0:19:35 | 33 | 1:14:11 | 34 | 1:33:47 | 7 | 0:40:05 |
| 26 | 2106 | Günther, Johannes | 66 | | LG Oerlinghausen | 4 | M40 | 2:15:12 | 22 | 0:18:50 | 15 | 1:10:06 | 16 | 1:28:56 | 47 | 0:46:15 |
| 27 | 2092 | Horstmann, Wolfram | 71 | DEU | TSVE 1890 Bielefeld | 7 | M35 | 2:15:13 | 68 | 0:22:50 | 21 | 1:10:36 | 32 | 1:33:26 | 16 | 0:41:46 |
| 28 | 2053 | Lammers, Hans | 63 | | Bocholter WSV | 5 | M45 | 2:15:18 | 12 | 0:17:32 | 43 | 1:15:32 | 31 | 1:33:05 | 18 | 0:42:12 |
| 29 | 2044 | Schlesiger, Alwin | 67 | | ASC Ahlen | 5 | M40 | 2:15:21 | 30 | 0:19:33 | 34 | 1:14:21 | 36 | 1:33:55 | 14 | 0:41:25 |
| 30 | 2069 | Dämmer, Peter | 70 | | UteMüchelSEBAMEDT | 8 | M35 | 2:15:27 | 18 | 0:18:26 | 25 | 1:10:58 | 20 | 1:29:25 | 44 | 0:46:01 |
| 31 | 2133 | Valtinke, Frank | 73 | | SSK Kerpen | 9 | M35 | 2:17:29 | 46 | 0:20:56 | 22 | 1:10:38 | 28 | 1:31:34 | 42 | 0:45:54 |
| 32 | 2109 | Rohne, Wolfgang | 58 | | TVE Dreis - Tiefenbach | 1 | M50 | 2:18:10 | 34 | 0:19:46 | 36 | 1:14:34 | 38 | 1:34:21 | 29 | 0:43:49 |
| 33 | 2101 | Kammertöns, Hubert | 53 | | tv langenberg | 2 | M55 | 2:19:42 | 28 | 0:19:15 | 38 | 1:14:39 | 35 | 1:33:54 | 40 | 0:45:47 |
| 34 | 2103 | Leierendecker, Michael | 54 | | Tri-Team Hagen | 3 | M55 | 2:20:04 | 64 | 0:22:15 | 40 | 1:15:05 | 45 | 1:37:21 | 22 | 0:42:43 |
| 35 | 2110 | Waller, Matthäus | 72 | | TV Attendorn Tri Time | 10 | M35 | 2:20:07 | 20 | 0:18:40 | 30 | 1:12:24 | 26 | 1:31:05 | 58 | 0:49:02 |
| 36 | 2135 | Neuburg, Stephan | 67 | | ASV Köln Triathlon | 6 | M40 | 2:20:13 | 33 | 0:19:45 | 42 | 1:15:07 | 39 | 1:34:52 | 38 | 0:45:20 |
| 37 | 2116 | Westermeier, Andreas | 63 | | LT Wischlingen Dortmu | 6 | M45 | 2:20:31 | 41 | 0:20:44 | 41 | 1:15:05 | 41 | 1:35:50 | 32 | 0:44:41 |
| 38 | 2054 | Beyerinck, Manfred | 55 | | TV Goch | 2 | M50 | 2:21:17 | 62 | 0:22:01 | 39 | 1:14:41 | 43 | 1:36:43 | 30 | 0:44:33 |
| 39 | 2064 | Birnbaum, Oliver | 66 | | Krefelder-Kanu-Klub | 7 | M40 | 2:21:48 | 58 | 0:21:42 | 20 | 1:10:26 | 29 | 1:32:08 | 62 | 0:49:40 |
| 40 | 2113 | Schirk, Heiner | 61 | | Marathon Soest | 7 | M45 | 2:22:00 | 26 | 0:19:08 | 35 | 1:14:32 | 33 | 1:33:41 | 55 | 0:48:18 |
| 41 | 2111 | Tittel, Gerd | 60 | | Tri Fun Hennesee | 8 | M45 | 2:22:45 | 19 | 0:18:38 | 56 | 1:18:08 | 44 | 1:36:47 | 43 | 0:45:57 |
| 42 | 2112 | Dahmen, Marc | 89 | | ASC Ahlen | 9 | MHK | 2:23:10 | 48 | 0:20:57 | 48 | 1:16:44 | 48 | 1:37:42 | 39 | 0:45:28 |
| 43 | 2060 | Aundrup, Christian | | | Warendorf | 10 | MHK | 2:23:11 | 42 | 0:20:45 | 31 | 1:13:26 | 37 | 1:34:12 | 57 | 0:48:58 |
| 44 | 2115 | Kostorz, Ole B. | 82 | | TriSport Menden | 11 | MHK | 2:23:15 | 40 | 0:20:41 | 44 | 1:15:34 | 42 | 1:36:16 | 50 | 0:46:59 |
| 45 | 2152 | Tempel, Dirk | 70 | | Kerpen | 11 | M35 | 2:23:21 | 44 | 0:20:46 | 53 | 1:17:28 | 52 | 1:38:15 | 36 | 0:45:05 |
| 46 | 2178 | Brömmelsick, Oliver | 67 | | 1. Tri-Team Güterslohe | 8 | M40 | 2:23:24 | 50 | 0:21:10 | 61 | 1:19:07 | 57 | 1:40:18 | 24 | 0:43:06 |
| 47 | 2130 | Kleinherme, Stefan | 66 | | Nordenia | 9 | M40 | 2:23:42 | 37 | 0:20:17 | 51 | 1:17:15 | 46 | 1:37:33 | 45 | 0:46:09 |
| 48 | 2121 | Leykum, Günter | 67 | | FV Bad Honnef | 10 | M40 | 2:23:45 | 56 | 0:21:34 | 46 | 1:16:18 | 49 | 1:37:52 | 41 | 0:45:52 |
| 49 | 2076 | Bräuer, Ulrich | 63 | | Tri-Team Hagen | 9 | M45 | 2:24:07 | 72 | 0:24:26 | 45 | 1:16:00 | 59 | 1:40:26 | 27 | 0:43:40 |
| 50 | 2160 | Ricken, Karl-Heinz | 58 | | Marathon Soest | 3 | M50 | 2:25:10 | 69 | 0:23:05 | 50 | 1:17:10 | 56 | 1:40:15 | 34 | 0:44:55 |
| 51 | 2170 | Wenzel, Andreas | 63 | | Team Trittfrequenz | 10 | M45 | 2:25:49 | 67 | 0:22:38 | 49 | 1:16:45 | 54 | 1:39:23 | 48 | 0:46:25 |
| 52 | 2139 | Finmans, Peter | 59 | | ASV Duisburg | 4 | M50 | 2:25:53 | 47 | 0:20:57 | 37 | 1:14:35 | 40 | 1:35:32 | 64 | 0:50:20 |
| 53 | 2177 | Heudtlass, Jan Hendrik | 57 | | 1. Tri-Team Güterslohe | 5 | M50 | 2:26:18 | 38 | 0:20:18 | 52 | 1:17:19 | 47 | 1:37:37 | 56 | 0:48:40 |
| 54 | 2143 | Waßerburger, Andreas | 63 | | SV Bergisch Gladbach | 11 | M45 | 2:27:03 | 17 | 0:18:23 | 32 | 1:13:59 | 30 | 1:32:22 | 68 | 0:54:41 |
| 55 | 2118 | Neumann, Manfred | 56 | | LG Rheine-Elte | 6 | M50 | 2:28:27 | 77 | 0:25:23 | 68 | 1:21:46 | 72 | 1:47:10 | 12 | 0:41:17 |
| 56 | 2148 | Lenze, Jörg | 72 | | Dortmund | 12 | M35 | 2:28:45 | 39 | 0:20:19 | 58 | 1:18:30 | 53 | 1:38:50 | 63 | 0:49:55 |
| 57 | 2136 | Wolter, Karsten | 56 | | ROTHAAR AKTIV | 7 | M50 | 2:28:46 | 74 | 0:25:09 | 62 | 1:19:51 | 67 | 1:45:01 | 28 | 0:43:44 |
| 58 | 2149 | Tusch, Daniel | 84 | | Tus Valmetal | 12 | MHK | 2:28:47 | 35 | 0:20:13 | 63 | 1:20:35 | 60 | 1:40:48 | 54 | 0:47:59 |
| 59 | 2150 | Wingerath, Ralf | 65 | | fair gewinnt e.V. Essen | 11 | M40 | 2:29:21 | 52 | 0:21:21 | 59 | 1:18:30 | 55 | 1:39:52 | 61 | 0:49:28 |
| 60 | 2132 | Brunstein, Jürgen | 76 | | Marathon Soest | 4 | M30 | 2:29:50 | 55 | 0:21:34 | 60 | 1:18:51 | 58 | 1:40:25 | 60 | 0:49:24 |
| 61 | 2161 | Ebel, Franz-Josef | 63 | | Trisport Menden | 12 | M45 | 2:32:48 | 36 | 0:20:13 | 55 | 1:17:42 | 50 | 1:37:56 | 69 | 0:54:51 |
| 62 | 2140 | Mayer, Sven | 64 | | Verl | 13 | M45 | 2:33:16 | 63 | 0:22:14 | 67 | 1:21:37 | 64 | 1:43:52 | 59 | 0:49:24 |
| 63 | 2137 | Selter, Uli | 57 | | TV Attendorn TRI-TIM | 8 | M50 | 2:33:24 | 59 | 0:21:47 | 47 | 1:16:24 | 51 | 1:38:12 | 70 | 0:55:12 |
| 64 | 2126 | Aßhauer, Frank | 70 | | Goch | 13 | M35 | 2:33:55 | 53 | 0:21:22 | 72 | 1:24:35 | 69 | 1:45:57 | 53 | 0:47:57 |

Ergebnisse

gedruckt 12.06.2009, 13:09

Männer

| Platz | Startnr. | Name | JG | NAT | Verein | Pl | AK | Endzeit | Pl | Schwimmen | Pl | Rad | Pl | nach Rad | Pl | Lauf |
|-------|----------|------------------------|----|-----|----------------------|----|-----|---------|----|-----------|----|---------|----|----------|----|---------|
| 65 | 2124 | Eder, Thomas | 65 | | TLV Rünthe | 12 | M40 | 2:35:00 | 73 | 0:25:01 | 74 | 1:25:04 | 76 | 1:50:06 | 33 | 0:44:54 |
| 66 | 2107 | Dobbert, Michael | 61 | | Tuss Dobbert | 14 | M45 | 2:35:35 | 65 | 0:22:20 | 78 | 1:27:01 | 75 | 1:49:21 | 46 | 0:46:13 |
| 67 | 2157 | Koch, Guido | 74 | | 1.Tri-Club Paderborn | 14 | M35 | 2:36:56 | 61 | 0:22:00 | 64 | 1:20:38 | 62 | 1:42:39 | 67 | 0:54:16 |
| 68 | 2166 | Rauhuth, Gerhard | 57 | | Neuenkirchen | 9 | M50 | 2:38:48 | 78 | 0:26:35 | 73 | 1:24:45 | 77 | 1:51:21 | 52 | 0:47:26 |
| 69 | 2078 | Bartel, Sascha | 65 | | ASV Köln Triathlon | 13 | M40 | 2:38:50 | 66 | 0:22:27 | 71 | 1:24:14 | 71 | 1:46:42 | 65 | 0:52:07 |
| 70 | 2145 | Andretzke, Helmut | 67 | | TPSG Köln | 14 | M40 | 2:39:00 | 75 | 0:25:17 | 65 | 1:20:46 | 70 | 1:46:04 | 66 | 0:52:56 |
| 71 | 2141 | Neuhaus, Helmut | 48 | | Wasser + Freizeit Ms | 1 | M60 | 2:41:11 | 76 | 0:25:19 | 57 | 1:18:18 | 63 | 1:43:38 | 74 | 0:57:33 |
| 72 | 2151 | Lukas, Andreas | 66 | | Velo Team Sonsbecker | 15 | M40 | 2:41:16 | 83 | 0:28:16 | 54 | 1:17:35 | 68 | 1:45:52 | 71 | 0:55:24 |
| 73 | 2146 | Wolff, Matthias | 70 | | Paderborn | 15 | M35 | 2:41:42 | 49 | 0:20:58 | 66 | 1:20:52 | 61 | 1:41:51 | 78 | 0:59:51 |
| 74 | 2117 | Haller, Andreas | 58 | | SSK Kerpen | 10 | M50 | 2:41:59 | 54 | 0:21:29 | 84 | 1:28:13 | 84 | 1:49:41 | 0 | 0:00:00 |
| 75 | 2125 | Radojewski, Eckhard | 67 | | Marathon Soest | 16 | M40 | 2:42:26 | 57 | 0:21:39 | 69 | 1:22:52 | 65 | 1:44:32 | 75 | 0:57:53 |
| 76 | 2153 | Pagon, Duschan | 66 | | TV Attendorn TRI-TIM | 17 | M40 | 2:42:32 | 21 | 0:18:42 | 76 | 1:26:17 | 66 | 1:45:00 | 73 | 0:57:32 |
| 77 | 2162 | Suhre, Stefan | 60 | | SC Sonnborn 07 | 15 | M45 | 2:47:19 | 82 | 0:28:03 | 70 | 1:23:20 | 78 | 1:51:23 | 72 | 0:55:55 |
| 78 | 2120 | Schmelter, Martin | 60 | | TV Attendorn TRI-TIM | 16 | M45 | 2:47:38 | 45 | 0:20:53 | 77 | 1:26:48 | 73 | 1:47:41 | 79 | 0:59:57 |
| 79 | 2174 | Schönborn, Sven | 80 | | Köln | 13 | MHK | 2:48:53 | 70 | 0:24:02 | 75 | 1:25:17 | 74 | 1:49:20 | 76 | 0:59:33 |
| 80 | 2154 | Glasmacher, Theodor | 36 | | Tri-Team-Hagen | 1 | M70 | 2:56:54 | 81 | 0:28:02 | 81 | 1:29:03 | 81 | 1:57:05 | 77 | 0:59:49 |
| 81 | 2164 | Jung, Reiner | 66 | | TV Germania Buschhü | 18 | M40 | 3:00:50 | 79 | 0:27:33 | 79 | 1:27:08 | 79 | 1:54:42 | 81 | 1:06:08 |
| 82 | 2175 | Schniedermeier, Edmund | 54 | | Salzkotten | 4 | M55 | 3:03:50 | 71 | 0:24:19 | 82 | 1:34:15 | 82 | 1:58:34 | 80 | 1:05:16 |
| 83 | 2171 | Mathar, Otto | 65 | | SSK Kerpen | 19 | M40 | 3:09:04 | 80 | 0:27:40 | 80 | 1:28:12 | 80 | 1:55:52 | 82 | 1:13:12 |
| 84 | 2167 | Rasmussen, Florian | 70 | | Bad Salzuflen | 16 | M35 | 3:33:47 | 84 | 0:28:28 | 83 | 1:43:54 | 83 | 2:12:23 | 83 | 1:21:24 |

Ergebnisse

gedruckt 12.06.2009, 13:09

Frauen

| Platz | Startnr. | Name | JG | NAT | Verein | Pl | AK | Endzeit | Pl | Schwimmen | Pl | Rad | Pl | nach Rad | Pl | Lauf |
|-------|----------|------------------------|----|-----|------------------------|----|-----|---------|----|-----------|----|---------|----|----------|----|---------|
| 1 | 2001 | Braken, Christina | 72 | | Tri-4-Fun SVKT | 1 | W35 | 2:09:33 | 3 | 0:18:01 | 1 | 1:08:12 | 2 | 1:26:14 | 3 | 0:43:19 |
| 2 | 2005 | Pikos, Julia | 76 | | EJOT Team TV Busch | 1 | W30 | 2:11:19 | 1 | 0:16:54 | 2 | 1:08:50 | 1 | 1:25:45 | 9 | 0:45:34 |
| 3 | 2047 | Dauben, Conny | 75 | | Tri Team TSG Sprockh | 2 | W30 | 2:12:24 | 2 | 0:17:34 | 4 | 1:12:04 | 3 | 1:29:38 | 2 | 0:42:45 |
| 4 | 2006 | Müller, Angela | 78 | | ASC Rosellen/Neuss | 3 | W30 | 2:15:37 | 15 | 0:19:39 | 7 | 1:14:52 | 7 | 1:34:31 | 1 | 0:41:05 |
| 5 | 2007 | Weßling, Jutta | 82 | | TriRun Ibbenbüren | 1 | WHK | 2:18:06 | 10 | 0:18:47 | 5 | 1:14:36 | 6 | 1:33:23 | 5 | 0:44:42 |
| 6 | 2002 | Neumann, Silke | 79 | | Tricity 2001 | 4 | W30 | 2:18:06 | 4 | 0:18:04 | 6 | 1:14:37 | 4 | 1:32:42 | 8 | 0:45:24 |
| 7 | 2004 | Sommer, Kirsten | 74 | | Tri Sport Menden | 2 | W35 | 2:20:14 | 17 | 0:21:22 | 3 | 1:11:59 | 5 | 1:33:21 | 12 | 0:46:53 |
| 8 | 2003 | Zweihaus, Ruth | 66 | | TVE Greven triathlon | 1 | W40 | 2:22:15 | 20 | 0:22:15 | 8 | 1:14:55 | 9 | 1:37:11 | 6 | 0:45:03 |
| 9 | 2081 | Schedel, Julia | 74 | | TSG 07 Burg Gretesch | 3 | W35 | 2:22:33 | 9 | 0:18:46 | 11 | 1:18:37 | 11 | 1:37:23 | 7 | 0:45:09 |
| 10 | 2011 | Dünner-Waßerburger, Ru | 65 | | SV Bergisch Gladbach | 2 | W40 | 2:24:22 | 5 | 0:18:18 | 14 | 1:19:26 | 12 | 1:37:45 | 10 | 0:46:37 |
| 11 | 2010 | Kemper, Caroline | 85 | | ASC Ahlen | 2 | WHK | 2:28:12 | 29 | 0:24:52 | 15 | 1:19:44 | 21 | 1:44:37 | 4 | 0:43:34 |
| 12 | 2009 | Niermann, Sandra | 70 | | RWE starlight team e | 4 | W35 | 2:29:24 | 11 | 0:18:51 | 17 | 1:21:28 | 14 | 1:40:20 | 17 | 0:49:04 |
| 13 | 2032 | Walter, Alexandra | 73 | | 1. Tri-Team Güterslohe | 5 | W35 | 2:29:29 | 12 | 0:19:01 | 10 | 1:17:55 | 8 | 1:36:56 | 24 | 0:52:33 |
| 14 | 2035 | Lettau, Angela | 79 | | TRlandertaler me-sport | 5 | W30 | 2:31:31 | 16 | 0:20:07 | 13 | 1:19:16 | 13 | 1:39:24 | 22 | 0:52:07 |
| 15 | 2014 | Schnucklake, Anne | 85 | | Bocholter WSV | 3 | WHK | 2:32:09 | 7 | 0:18:24 | 12 | 1:18:48 | 10 | 1:37:12 | 27 | 0:54:56 |
| 16 | 2012 | Dopheide, Esther | 75 | | Mainz | 6 | W30 | 2:32:56 | 14 | 0:19:38 | 22 | 1:23:36 | 16 | 1:43:15 | 19 | 0:49:40 |
| 17 | 2017 | Kraus, Gudrun | 58 | | ASC-Ahlen | 1 | W50 | 2:33:31 | 27 | 0:24:25 | 19 | 1:21:52 | 24 | 1:46:17 | 14 | 0:47:13 |
| 18 | 2018 | Reker, Steffi | 71 | | LG Oerlinghausen | 6 | W35 | 2:33:34 | 24 | 0:23:38 | 20 | 1:23:12 | 25 | 1:46:50 | 11 | 0:46:44 |
| 19 | 2029 | Sieger, Claudia | 65 | | 1. Tri-Team Güterslohe | 3 | W40 | 2:34:24 | 26 | 0:23:54 | 16 | 1:20:24 | 20 | 1:44:18 | 20 | 0:50:05 |
| 20 | 2015 | Sandbote, Ines | 74 | | TVE-Greven Triathlon | 7 | W35 | 2:35:28 | 13 | 0:19:37 | 23 | 1:23:39 | 17 | 1:43:16 | 23 | 0:52:11 |
| 21 | 2023 | Schoenfeldt, Isolde | 64 | | TV Goch | 1 | W45 | 2:35:41 | 30 | 0:26:19 | 9 | 1:17:43 | 18 | 1:44:02 | 21 | 0:51:38 |
| 22 | 2016 | Kemper, Ursula | 60 | | ASC Ahlen | 2 | W45 | 2:35:42 | 25 | 0:23:48 | 26 | 1:24:29 | 26 | 1:48:18 | 15 | 0:47:23 |
| 23 | 2013 | Stein, Marianne | 62 | | TV Werne 03 Wasserf | 3 | W45 | 2:35:46 | 23 | 0:23:35 | 27 | 1:25:14 | 27 | 1:48:50 | 13 | 0:46:56 |
| 24 | 2033 | Schmidt, Anja | 76 | | SSV Allendorf | 7 | W30 | 2:38:09 | 21 | 0:22:28 | 18 | 1:21:36 | 19 | 1:44:04 | 26 | 0:54:04 |
| 25 | 2028 | Wischoff, Gisela | 60 | | 1. Tri-Team Güterslohe | 4 | W45 | 2:38:52 | 19 | 0:22:05 | 25 | 1:24:06 | 22 | 1:46:11 | 25 | 0:52:40 |
| 26 | 2025 | Kirchhoff, Diane | 85 | | Bielefeld | 4 | WHK | 2:40:38 | 6 | 0:18:21 | 24 | 1:23:58 | 15 | 1:42:19 | 30 | 0:58:18 |
| 27 | 2022 | Haverkamp, Marita | 60 | | Tri-Team Hagen | 5 | W45 | 2:40:41 | 28 | 0:24:27 | 29 | 1:27:18 | 30 | 1:51:45 | 16 | 0:48:55 |
| 28 | 2019 | Olszewski, Anja | 70 | | LGO Bochum | 8 | W35 | 2:41:00 | 31 | 0:26:27 | 28 | 1:25:19 | 31 | 1:51:46 | 18 | 0:49:13 |
| 29 | 2024 | Steffens, Marion | 64 | | SSK Kerpen | 6 | W45 | 2:47:36 | 8 | 0:18:30 | 31 | 1:32:02 | 28 | 1:50:32 | 28 | 0:57:03 |
| 30 | 2020 | Dahmen, Sabine | 64 | | ASC Ahlen | 7 | W45 | 2:48:38 | 18 | 0:21:35 | 30 | 1:29:21 | 29 | 1:50:56 | 29 | 0:57:42 |
| 31 | 2026 | Bernauer, Elke | 69 | | Tri Sport Mendem | 4 | W40 | 2:57:06 | 22 | 0:22:57 | 21 | 1:23:13 | 22 | 1:46:11 | 31 | 1:10:54 |