

| Jedermann(3-15-3) am 30.04.2017 | | | | | | |
|---------------------------------|-----|------------------------|----------------------------------|----|-------|---------|
| Ergebnisliste - Männer | | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Endzeit |
| 1 | 184 | Gonzales, Montes David | Borener SV | 90 | M25 1 | 49:53 |
| 2 | 179 | Almeida, Luis | Tri-Team-Neumünster | 65 | M50 1 | 50:12 |
| 3 | 183 | Müller, Jens | Eckernförder MTV | 79 | M35 1 | 50:35 |
| 4 | 187 | Wüstefeld, Tim | Tri-Team-Neumünster | 93 | M20 1 | 51:38 |
| 5 | 195 | Brüning, Toralf | SC Delphin Bad Schwartau | 73 | M40 1 | 53:44 |
| 6 | 180 | Kietzmann, Sebastian | Team ERDINGER Alkoholfrei | 88 | M25 2 | 53:47 |
| 7 | 154 | Meinert, Heiko | Tri-Team-Neumünster | 79 | M35 2 | 53:48 |
| 8 | 153 | Blase, Danny | SG Athletico Büdelsdorf | 88 | M25 3 | 53:51 |
| 9 | 148 | Hanke, Torsten | USC Kiel | 68 | M45 1 | 54:19 |
| 10 | 134 | Lenz, Stefan | Vfl Bad Oldesloe | 71 | M45 2 | 54:39 |
| 11 | 162 | Pfeiffer, Malte | Triabolos Triathlon Hamburg e.V. | 88 | M25 4 | 55:08 |
| 12 | 197 | Prinz, Matthias | SG Athletico Büdelsdorf | 64 | M50 2 | 55:18 |
| 13 | 182 | Stoltenberg, Andreas | TSV Quellenhaupt Bornhöved | 68 | M45 3 | 55:38 |
| 14 | 176 | Harder, Arne | LAV Husum | 72 | M45 4 | 56:28 |
| 15 | 172 | Weidmann, Jannik | TSV Bargtheide | 98 | M18 1 | 56:47 |
| 16 | 149 | Hanke, Nick | USC Kiel | 99 | M18 2 | 56:54 |
| 17 | 133 | Kallies, Rainer | TSV Quellenhaupt Bornhöved | 73 | M40 2 | 57:06 |
| 18 | 178 | Lange, Bernd | USC Kiel | 53 | M60 1 | 58:14 |
| 19 | 181 | Hagemann, Sascha | SSC Skating Berlin/ TONI CARB | 79 | M35 3 | 59:20 |
| 20 | 138 | Siedler, Mike | 1 .Flensburger LT | 74 | M40 3 | 1:00:20 |
| 21 | 147 | Spross, Jürgen | Team ERDINGER Alkoholfrei | 66 | M50 3 | 1:00:33 |
| 22 | 145 | Blodau, Marco | USC Kiel | 74 | M40 4 | 1:00:53 |
| 23 | 185 | Jaster, Sven | Team Velocenter Kiel | 70 | M45 5 | 1:01:06 |
| 24 | 157 | Schöttner, Axel | Triabolos Triathlon Hamburg e.V. | 68 | M45 6 | 1:01:16 |
| 25 | 166 | Sondermeier, Lars | Gettorf | 77 | M40 5 | 1:01:30 |
| 26 | 164 | Krause, Andreas | SG Tantalus Kiel | 62 | M55 1 | 1:01:49 |
| 27 | 196 | Pahl, Sönke | SG Athletico Büdelsdorf | 90 | M25 5 | 1:01:56 |
| 28 | 142 | Weiß, Andreas | Team ERDINGER Alkoholfrei | 66 | M50 4 | 1:02:17 |
| 29 | 171 | Kubillus, Fynn | TSV Bargtheide | 99 | M18 3 | 1:02:56 |
| 30 | 140 | Tietje, Lars | Radclub Kiel 2015 e.V. | 69 | M45 7 | 1:03:07 |
| 31 | 135 | Rühmann, Moritz | MTSV Hohenwestedt | 96 | M20 2 | 1:03:38 |
| 32 | 155 | Rudies, Bernd | Borener SV | 63 | M50 5 | 1:04:21 |
| 33 | 136 | Schlüter, Martin | SG Athletico Büdelsdorf | 86 | M30 1 | 1:04:50 |
| 34 | 156 | Lührs, Sven | LTV Kiel Ost | 64 | M50 6 | 1:05:31 |
| 35 | 169 | Thun, Peter | SpVg Eidertal Molfsee | 56 | M60 2 | 1:05:37 |
| 36 | 151 | Rusch, Bernd | TuS Felde | 67 | M50 7 | 1:05:38 |
| 37 | 165 | Biehl, Jörg | Noer | 62 | M55 2 | 1:06:21 |
| 38 | 175 | Jacobsen, Uwe-Jens | Schwedeneck | 69 | M45 8 | 1:07:00 |

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| Ergebnisliste - Frauen | | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Endzeit |
| 1 | 161 | Kohls, Simone | Gettorfer TV | 80 | W35 1 | 55:45 |
| 2 | 152 | Kalthoff, Lena | Triabolos Triathlon Hamburg e.V. | 87 | W30 1 | 58:27 |
| 3 | 132 | Hey, Julia | TSV Bargtheide | 99 | W18 1 | 1:04:40 |
| 4 | 198 | Schneider, Leonie | SV Felm | 99 | W18 2 | 1:11:21 |
| 5 | 131 | Diehl, Kerstin | SG Athletico Büdelsdorf | 68 | W45 1 | 1:15:53 |
| 6 | 174 | Andresen-Christ, Anja | Eckernförder MTV | 68 | W45 2 | 1:16:46 |