

Einzel-Trimmathlon am 22.07.2011
Ergebnisliste - U18 männlich

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|---------------|----|--------|---------|---------|---------|
| 1 | 152 | Zimmermann, René | SF Nordvelen | 96 | 6:05,4 | 20:31,1 | 16:26,8 | 43:03,3 |
| 2 | 147 | Taube, Ole | Rapid Ramirez | 99 | 5:59,8 | 25:06,0 | 15:39,2 | 46:45,0 |

Einzel-Trimmathlon am 22.07.2011
Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Swim | Bike | Run | Endzeit |
|-----|-----|-----------------------|---------------------------|----|--------|---------|---------|---------|
| 1 | 163 | Kappelhoff, Uwe | SV Adler Weseke | 76 | 2:25,1 | 15:02,3 | 12:16,3 | 29:43,7 |
| 2 | 159 | Hesterwerth, Kai | DLRG Reken | 91 | 2:29,4 | 15:33,0 | 12:57,3 | 30:59,7 |
| 3 | 146 | Späker, Dieter | Adler Weseke | 67 | 2:27,7 | 15:50,9 | 13:35,4 | 31:54,0 |
| 4 | 140 | Malmei, Björn | Rapid Ramirez | 90 | 3:16,1 | 16:23,6 | 13:26,2 | 33:05,9 |
| 5 | 144 | Schmeier, Roman | Auto Schmeier | 88 | 2:39,6 | 16:30,1 | 14:13,5 | 33:23,2 |
| 6 | 145 | Scott, Dave | | 83 | 3:20,1 | 16:44,8 | 13:22,4 | 33:27,3 |
| 7 | 164 | Damm, Helmut | Rapid Ramirez | 65 | 2:49,0 | 17:16,8 | 14:27,7 | 34:33,5 |
| 8 | 149 | Wohlgemuth, Christian | TSG Dülmen | 73 | 3:22,7 | 16:56,5 | 14:46,5 | 35:05,7 |
| 9 | 168 | Bischoff, Joachim | Team Erdinger Alkoholfrei | 64 | 3:17,3 | 17:33,6 | 14:20,7 | 35:11,6 |
| 10 | 172 | Meier, Enrico | SV Gescher 08 | 76 | 3:12,4 | 18:20,4 | 14:35,4 | 36:08,2 |
| 11 | 173 | Krinke, Reinhard | TV Borken | 53 | 5:25,1 | 16:53,1 | 14:43,7 | 37:01,9 |
| 12 | 154 | Drieschner, Thomas | Rapid Ramirez | 73 | 4:15,9 | 18:42,3 | 15:08,2 | 38:06,4 |
| 13 | 141 | Nienhaus, Jens | SV Gescher 08 | 74 | 3:20,9 | 19:06,8 | 15:56,0 | 38:23,7 |
| 14 | 143 | Rieken, Christof | | 66 | 4:33,2 | 18:50,8 | 16:27,5 | 39:51,5 |
| 15 | 160 | Rduck, Christian | | 69 | 3:55,1 | 21:04,1 | 14:55,1 | 39:54,3 |
| 16 | 174 | Vens, Thomas | | 73 | 4:05,9 | 19:42,0 | 17:14,8 | 41:02,7 |
| 17 | 162 | Bruns, Stephan | SG Borken | 66 | 4:27,7 | 19:37,5 | 17:38,1 | 41:43,3 |
| 18 | 166 | Kreilkamp, Josef | SF Nordvelen | 65 | 4:30,3 | 19:19,8 | 18:17,7 | 42:07,8 |
| 19 | 108 | Bachorski, Manfred | SC Südlohn | 62 | 4:12,5 | 18:49,5 | 19:11,5 | 42:13,5 |
| 20 | 156 | Wiesweg, Bernhard | SF Nordvelen | 62 | 5:32,5 | 20:22,1 | 16:28,0 | 42:22,6 |
| 21 | 169 | Holdschlag, Bernd | SF Nordvelen | 60 | 4:34,9 | 23:46,1 | 14:41,3 | 43:02,3 |
| 22 | 171 | Hirschmann, Udo | | 73 | 5:27,7 | 21:09,5 | 16:27,3 | 43:04,5 |
| 23 | 161 | Greven, Volker | TV Borken | 48 | 4:54,9 | 19:23,2 | 18:51,0 | 43:09,1 |
| 24 | 167 | Ricklin, Manfred | SC Altenrheine | 56 | 5:14,6 | 19:50,0 | 18:24,4 | 43:29,0 |
| 25 | 109 | Becker, Josef | Böllerkommando Heiden | 56 | 6:09,5 | 19:17,9 | 18:03,6 | 43:31,0 |
| 26 | 126 | Diekenbrock, Manfred | SV-Lembeck | 50 | 5:17,7 | 21:45,2 | 16:30,3 | 43:33,2 |
| 27 | 138 | Osterkamp, Josef | DJK Coesfeld | 38 | 6:51,5 | 18:41,7 | 18:11,1 | 43:44,3 |
| 28 | 165 | Bone, Norbert | | 67 | 4:45,2 | 20:39,6 | 18:24,7 | 43:49,5 |
| 29 | 151 | Zerressen, Dirk | Rapid Ramirez | 66 | 4:06,8 | 19:03,5 | 21:02,2 | 44:12,5 |
| 30 | 170 | Nießer, Michael | SUS Stadtlohn | 54 | 7:14,9 | 23:36,6 | 17:14,2 | 48:05,7 |

Einzel-Trimmathlon am 22.07.2011
Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------|------------------|----|--------|---------|---------|---------|
| 1 | 155 | Osterholt, Tanja | SG Borken | 71 | 4:19,5 | 17:44,3 | 16:08,9 | 38:12,7 |
| 2 | 139 | Kornath, Christine | Hochmoor - Velen | 69 | 4:31,9 | 18:16,7 | 15:44,0 | 38:32,6 |
| 3 | 158 | Greven, Mechtild | TV Borken | 50 | 4:56,7 | 20:14,3 | 17:49,3 | 43:00,3 |
| 4 | 116 | Bölker, Birgit | SG Borken | 66 | 5:21,4 | 19:48,5 | 18:18,9 | 43:28,8 |
| 5 | 153 | Drischner, Monique | Rapid Ramirez | 74 | 3:57,4 | 21:24,4 | 19:17,9 | 44:39,7 |
| 6 | 106 | Aragon, Annette | Rapid Ramirez | 74 | 4:23,7 | 22:05,0 | 20:49,0 | 47:17,7 |
| 7 | 157 | Heinze, Magdalena | | 58 | 6:25,3 | 26:34,3 | 23:55,5 | 56:55,1 |