

Name, Vorname	500m Schwimmen	10km Radfahren	5km Laufen	Gesamt - Zeit
9.00 Uhr				
Koch, Thomas	11:51,91	15:45	23:18	50:54'91
Flemming, Mirko	10:20,86	17:20	22:51	50:31'86
Zeller, Lars	11:16,16	17:57	25:41	54:54'16
Hartmann, Jürgen	9:37,32	17:08	21:58	48:43'32
9.30 Uhr				
Schwartz, Julia	11:54,10	19:28	27:47	59:09'10
Gräff, Franca	10:06,65	18:02	23:46	51:54'65
Machoy, Lucie	12:00,39	17:18	21:43	51:01'39
10.00 Uhr				
Meyer, Thommy	10:47,90	17:44	21:41	50:12'90
Pich, Gerhard	14:01,68	21:16	29:51	1h 05:08'68
Krüger, Uta	12:40,92	19:27	31:03	1h 03:10'92
Umland, Nick	11:55,33	20:24	24:15	56:34'33
10.30 Uhr				
Dell, Tino	—	—	—	—
Polzin, Björn	09:40,31	17:49	23:25	50:54'31
Pillasch, Frank	10:40,02	17:36	27:30	55:46'02
Schröder, Andree	10:53,47	17:09	25:23	53:25'47
11.00 Uhr				
Krüger, Stefan	13:58,59	19:20	26:50	60:08'59
Füstring, Antje	11:17,73	19:15	29:19	59:51'73
Gerhard, Hubert	13:02,46	15:36	24:12	52:50'46
Natzius, Sabine	09:54,10	22:17	30:07	1h 02:18'10
11.30 Uhr				
Heiden, Kester	09:57,84	15:53	21:37	47:27'84
Karabinski, Ingo	07:50,69	17:00	28:37	53:27'69
Wormsbächer, Juliane	12:17,09	18:40	24:37	55:34'09
Schuster, Ulrich	09:29,73	17:49	25:11	52:24'73