

Regionalliga Nord (Herren) am 10.08.2013

Mannschaftswertung

| Rng | Mannschaft | Punkte | Snr | Name, Vorname | Jg | Ak | Rng |
|-----|-------------------------------|--------|-----|------------------------|----|-----|-----|
| 1 | Hannover 96 II | 58 | 1 | Steen Olesen, Allan | 83 | M30 | 1 |
| | | | 4 | Reckemeier, Nils | 94 | M18 | 5 |
| | | | 2 | Kuhlmann, Timo | 90 | M20 | 16 |
| | | | 5 | Rottig, Steve | 81 | M30 | 36 |
| | | | | | | | |
| 2 | VfL Wolfsburg | 72 | 91 | Wienbreier, Daniel | 79 | M30 | 2 |
| | | | 94 | Hübenthal, Eike | 83 | M30 | 11 |
| | | | 95 | Kaminsky, Carlo | 85 | M25 | 25 |
| | | | 92 | Bock, Fabian | 75 | M35 | 34 |
| 3 | Tri Endurance Germany | 76 | 46 | de Lannoy, Marcel | 90 | M20 | 4 |
| | | | 47 | Pohle, Andreas | 90 | M20 | 12 |
| | | | 48 | Nimczemski, Nils | 85 | M25 | 28 |
| | | | 49 | Langfeld, Peter | 72 | M40 | 32 |
| 4 | Team TSV Bargteheide Tri | 86 | 41 | Bergermann, Stephan | 77 | M35 | 3 |
| | | | 43 | van Stevendaal, Udo | 68 | M45 | 8 |
| | | | 44 | Heineke, Matthias | 72 | M40 | 19 |
| | | | 42 | Stahnke, Johann Jakob | 92 | M20 | 56 |
| 5 | TSV Bokeloh | 90 | 83 | Hages, Marc Andre | 85 | M25 | 13 |
| | | | 82 | Weber, Sven | 84 | M25 | 20 |
| | | | 84 | Sokolowski, Sascha | 81 | M30 | 27 |
| | | | 81 | Scharf, Henrik | 84 | M25 | 30 |
| 6 | LC Hansa Stuhr Tri-Alpha-Wölf | 134 | 26 | Fahrenholz, Phillip | 91 | M20 | 7 |
| | | | 28 | Neubauer, Jan | 79 | M30 | 37 |
| | | | 29 | Lawendel, Mario | 83 | M30 | 44 |
| | | | 27 | Walz, Christian | 71 | M40 | 46 |
| 7 | Triathlon Team Buxtehude | 136 | 76 | Schröter, Max | 93 | M20 | 17 |
| | | | 79 | Heinßen, Erk | 62 | M50 | 26 |
| | | | 77 | Horst, Lukas | 92 | M20 | 42 |
| | | | 78 | Hadler, Olaf | 69 | M40 | 51 |
| 8 | Triabolos Hamburg Herren | 144 | 64 | Schuler, Martin | 78 | M35 | 15 |
| | | | 63 | Oranienburg, Kim | 89 | M20 | 24 |
| | | | 61 | Trocha, Benjamin | 80 | M30 | 50 |
| | | | 62 | Döbler, Sascha | 80 | M30 | 55 |
| 9 | 1. TCO Die Bären | 151 | 6 | Geserick, Olaf | 68 | M45 | 9 |
| | | | 8 | Thomas, Stoll | 76 | M35 | 33 |
| | | | 7 | Franke, Ulrich | 69 | M40 | 41 |
| | | | 9 | Grotelüschen, Wolfgang | 66 | M45 | 68 |
| 10 | Tri Team Lüneburg | 156 | 56 | Reimann, Frank | 79 | M30 | 6 |
| | | | 60 | Trettin, Stephan | 86 | M25 | 18 |
| | | | 59 | Lübke, Kay | 76 | M35 | 58 |
| | | | 58 | Krohn, Andreas | 77 | M35 | 74 |
| 11 | WSV 21 Wolfenbüttel | 161 | 96 | Barkschat, Tobias | 91 | M20 | 10 |
| | | | 98 | Becker, Hendrik | 80 | M30 | 14 |
| | | | 99 | Pelz, Guido | 69 | M40 | 54 |
| | | | 97 | Gerhardt, Georg | 79 | M30 | 83 |
| 12 | Brooks Tri Michels Hamburg II | 174 | 11 | Woloszyn, Arthur | 82 | M30 | 35 |
| | | | 14 | Dicke, Benjamin | 83 | M30 | 38 |
| | | | 12 | Houtrouw, Enno | 77 | M35 | 48 |
| | | | 15 | Baas, Frank | 75 | M35 | 53 |
| 13 | USC Kiel | 175 | 87 | Adlung, Dominic | 84 | M25 | 21 |
| | | | 88 | Kratzenstein, Stefan | 80 | M30 | 23 |
| | | | 90 | Mühmel, Mathias | 83 | M30 | 61 |
| | | | 89 | Michaelis, Malte | 89 | M20 | 70 |
| 14 | Stader SV Team | 205 | 37 | Tiedemann, Morten | 86 | M25 | 39 |
| | | | 36 | Straube, Konrad | 84 | M25 | 43 |
| | | | 38 | Elfers, Julian | 94 | M18 | 59 |
| | | | 39 | Elfers, Jonas | 95 | M18 | 64 |
| 15 | Tri Team FIKO Rostock II | 206 | 51 | Winkemann, Thomas | 82 | M30 | 22 |
| | | | 52 | Quest, Stephan | 81 | M30 | 52 |
| | | | 55 | Kluck, Steffen | 80 | M30 | 63 |
| | | | 54 | Gierer, Philip | 71 | M40 | 69 |

| Regionalliga Nord (Herren) am 10.08.2013 | | | | | | | |
|--|-----------------------------|--------|-----|---------------------|----|-----|-----|
| Mannschaftswertung | | | | | | | |
| Rng | Mannschaft | Punkte | Snr | Name, Vorname | Jg | Ak | Rng |
| 16 | Triathlon Team Braunschweig | 209 | 72 | Marquardt, Matthias | 88 | M25 | 29 |
| | | | 71 | Martens, Till | 83 | M30 | 31 |
| | | | 73 | Fischer, Felix | 80 | M30 | 72 |
| | | | 75 | Henke, Hauke | 89 | M20 | 77 |
| 17 | Lehrter SV Triathlon | 264 | 33 | Weis, Fjordor | 93 | M20 | 45 |
| | | | 31 | Hartmann, Patrick | 86 | M25 | 67 |
| | | | 32 | Kollosky, Nils | 94 | M18 | 71 |
| | | | 35 | Wörmann, Marc | 93 | M20 | 81 |
| 18 | TriAs Hildesheim II | 271 | 68 | Michel, Jonas | 94 | M18 | 49 |
| | | | 70 | Neumann, Christian | 73 | M40 | 65 |
| | | | 66 | Dammann, Raphael | 72 | M40 | 78 |
| | | | 67 | Hillmann, Sven | 82 | M30 | 79 |

* Endzeit beinhaltet Zeitstrafe

Regionalliga Nord (Herren) am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | | | | |
|-----|-----|------------------------|-----------------------------|------|----|-----|------|-------|-----|---------|----|---------|----|----------|
| 1 | 1 | Steen Olesen, Allan | Hannover 96 II | NI | 83 | M30 | 1 | 20:35 | 2 | 1:02:04 | 4 | 33:30 | 3 | 1:56:09 |
| 2 | 91 | Wienbreier, Daniel | VfL Wolfsburg | NI | 79 | M30 | 2 | 21:50 | 12 | 1:01:51 | 3 | 32:49 | 2 | 1:56:30 |
| 3 | 41 | Bergermann, Stephan | Team TSV Bargteheide | SH | 77 | M35 | 1 | 21:10 | 5 | 1:03:03 | 8 | 32:43 | 1 | 1:56:56 |
| 4 | 46 | de Lannoy, Marcel | Tri Endurance Germany | SH | 90 | M20 | 1 | 22:20 | 16 | 1:02:35 | 6 | 34:11 | 5 | 1:59:06 |
| 5 | 4 | Reckemeier, Nils | Hannover 96 II | NI | 94 | M18 | 1 | 21:27 | 9 | 1:02:49 | 7 | 34:59 | 9 | 1:59:15 |
| 6 | 56 | Reimann, Frank | Tri Team Lüneburg | NI | 79 | M30 | 3 | 23:00 | 22 | 1:02:20 | 5 | 34:19 | 6 | 1:59:39 |
| 7 | 26 | Fahrenholz, Phillip | LC Hansa Stuhr Tri-Alpha | NI | 91 | M20 | 2 | 24:43 | 38 | 59:55 | 1 | 35:10 | 10 | 1:59:48 |
| 8 | 43 | van Stevendaal, Udo | Team TSV Bargteheide | SH | 68 | M45 | 1 | 24:32 | 37 | - | - | 1:36:00 | - | 2:00:32 |
| 9 | 6 | Geserick, Olaf | 1. TCO Die Bären | NI | 68 | M45 | 2 | 21:13 | 6 | 1:03:54 | 10 | 35:55 | 12 | 2:01:02 |
| 10 | 96 | Barkschat, Tobias | WSV 21 Wolfenbüttel | NI | 91 | M20 | 3 | 23:45 | 30 | 1:00:22 | 2 | 37:11 | 21 | 2:01:18 |
| 11 | 94 | Hübenthal, Eike | VfL Wolfsburg | NI | 83 | M30 | 4 | 23:51 | 32 | - | - | 1:35:34 | - | 2:01:25* |
| 12 | 47 | Pohle, Andreas | Tri Endurance Germany | SH | 90 | M20 | 4 | 21:44 | 11 | 1:04:36 | 13 | 36:03 | 13 | 2:02:23 |
| 13 | 83 | Hages, Marc Andre | TSV Bokeloh | NI | 85 | M25 | 1 | - | - | - | - | 2:02:27 | - | 2:02:27 |
| 14 | 98 | Becker, Hendrik | WSV 21 Wolfenbüttel | NI | 80 | M30 | 5 | - | - | - | - | 2:00:39 | - | 2:02:39* |
| 15 | 64 | Schuler, Martin | Triabolos Hamburg Herre | HH | 78 | M35 | 2 | - | - | - | - | 2:02:50 | - | 2:02:50 |
| 16 | 2 | Kuhlmann, Timo | Hannover 96 II | NI | 90 | M20 | 5 | - | - | 1:27:22 | - | 33:33 | 4 | 2:02:55* |
| 17 | 76 | Schröter, Max | Triathlon Team Buxtehude | NI | 93 | M20 | 6 | 24:25 | 36 | 1:04:26 | 12 | 34:31 | 8 | 2:03:22 |
| 18 | 60 | Trettin, Stephan | Tri Team Lüneburg | NI | 86 | M25 | 2 | - | - | 1:28:13 | - | 35:52 | 11 | 2:04:05 |
| 19 | 44 | Heineke, Matthias | Team TSV Bargteheide | SH | 72 | M40 | 1 | 20:37 | 3 | 1:05:57 | 20 | 37:38 | 23 | 2:04:12 |
| 20 | 82 | Weber, Sven | TSV Bokeloh | NI | 84 | M25 | 3 | - | - | - | - | 2:04:13 | - | 2:04:13 |
| 21 | 87 | Adlung, Dominic | USC Kiel | SH | 84 | M25 | 4 | - | - | - | - | 2:04:29 | - | 2:04:29 |
| 22 | 51 | Winkelmann, Thomas | Tri Team FIKO Rostock I | MV | 82 | M30 | 6 | 21:19 | 7 | 1:05:01 | 14 | 36:17 | 14 | 2:04:37* |
| 23 | 88 | Kratzenstein, Stefan | USC Kiel | SH | 80 | M30 | 7 | 22:20 | 16 | 1:05:23 | 16 | 37:05 | 19 | 2:04:48 |
| 24 | 63 | Oranienburg, Kim | Triabolos Hamburg Herre | HH | 89 | M20 | 7 | 22:47 | 20 | 1:05:33 | 18 | 36:29 | 16 | 2:04:49 |
| 25 | 95 | Kaminsky, Carlo | VfL Wolfsburg | NI | 85 | M25 | 5 | 20:19 | 1 | - | - | 1:44:32 | - | 2:04:51 |
| 26 | 79 | Heinßen, Erk | Triathlon Team Buxtehude | NI | 62 | M50 | 1 | 22:18 | 15 | - | - | 1:42:34 | - | 2:04:52 |
| 27 | 84 | Sokolowski, Sascha | TSV Bokeloh | NI | 81 | M30 | 8 | 23:29 | 29 | - | - | 1:39:46 | - | 2:05:15* |
| 28 | 48 | Nimczemski, Nils | Tri Endurance Germany | SH | 85 | M25 | 6 | - | - | 1:29:40 | - | 36:17 | 14 | 2:05:57 |
| 29 | 72 | Marquardt, Matthias | Triathlon Team Braunschweig | NI | 88 | M25 | 7 | - | - | - | - | 2:06:11 | - | 2:06:11 |
| 30 | 81 | Scharf, Henrik | TSV Bokeloh | NI | 84 | M25 | 8 | 21:24 | 8 | 1:05:03 | 15 | 40:02 | 38 | 2:06:29 |
| 31 | 71 | Martens, Till | Triathlon Team Braunschweig | NI | 83 | M30 | 9 | - | - | 1:29:47 | - | 36:47 | 17 | 2:06:34 |
| 32 | 49 | Langfeld, Peter | Tri Endurance Germany | SH | 72 | M40 | 2 | 25:37 | 43 | 1:04:16 | 11 | 36:52 | 18 | 2:06:45 |
| 33 | 8 | Thomas, Stoll | 1. TCO Die Bären | NI | 76 | M35 | 3 | 23:25 | 28 | 1:06:17 | 23 | 37:06 | 20 | 2:06:48 |
| 34 | 92 | Bock, Fabian | VfL Wolfsburg | NI | 75 | M35 | 4 | - | - | 1:28:48 | - | 38:02 | 26 | 2:06:50 |
| 35 | 11 | Woloszyn, Arthur | Brooks Tri Michels Hamburg | HH | 82 | M30 | 10 | 23:50 | 31 | - | - | 1:43:16 | - | 2:07:06 |
| 36 | 5 | Rottig, Steve | Hannover 96 II | NI | 81 | M30 | 11 | 26:25 | 47 | 1:03:20 | 9 | 38:30 | 29 | 2:08:15 |
| 37 | 28 | Neubauer, Jan | LC Hansa Stuhr Tri-Alpha | NI | 79 | M30 | 12 | 24:24 | 35 | - | - | 1:44:05 | - | 2:08:29 |
| 38 | 14 | Dicke, Benjamin | Brooks Tri Michels Hamburg | HH | 83 | M30 | 13 | - | - | - | - | 2:08:50 | - | 2:08:50 |
| 39 | 37 | Tiedemann, Morten | Stader SV Team | NI | 86 | M25 | 9 | - | - | 1:28:39 | - | 38:19 | 27 | 2:08:58* |
| 40 | 50 | de Lannoy, Jean-Pierre | Tri Endurance Germany | SH | 89 | M20 | 8 | - | - | 1:30:47 | - | 38:29 | 28 | 2:09:16 |
| 41 | 7 | Franke, Ulrich | 1. TCO Die Bären | NI | 69 | M40 | 3 | 22:24 | 18 | 1:05:27 | 17 | 41:35 | 48 | 2:09:26 |
| 42 | 77 | Horst, Lukas | Triathlon Team Buxtehude | NI | 92 | M20 | 9 | 23:00 | 22 | - | - | 1:46:46 | - | 2:09:46 |
| 43 | 36 | Straube, Konrad | Stader SV Team | NI | 84 | M25 | 10 | - | - | - | - | 2:10:02 | - | 2:10:02 |
| 44 | 29 | Lawendel, Mario | LC Hansa Stuhr Tri-Alpha | NI | 83 | M30 | 14 | - | - | - | - | 2:10:21 | - | 2:10:21 |
| 45 | 33 | Weis, Fjodor | Lehrter SV Triathlon | NI | 93 | M20 | 10 | 20:41 | 4 | 1:07:22 | 28 | 42:37 | 54 | 2:10:40 |
| 46 | 27 | Walz, Christian | LC Hansa Stuhr Tri-Alpha | NI | 71 | M40 | 4 | 21:30 | 10 | 1:10:16 | 39 | 39:31 | 34 | 2:11:17 |
| 47 | 93 | Koch, Andreas | VfL Wolfsburg | NI | 74 | M35 | 5 | - | - | 1:28:49 | - | 42:35 | 53 | 2:11:24 |
| 48 | 12 | Houtrouw, Enno | Brooks Tri Michels Hamburg | HH | 77 | M35 | 6 | 21:55 | 13 | 1:06:59 | 26 | 42:42 | 55 | 2:11:36 |
| 49 | 68 | Michel, Jonas | TriAs Hildesheim II | NI | 94 | M18 | 2 | 23:12 | 26 | 1:08:40 | 30 | 39:49 | 37 | 2:11:41 |
| 50 | 61 | Trocha, Benjamin | Triabolos Hamburg Herre | HH | 80 | M30 | 15 | 26:24 | 46 | 1:05:59 | 21 | 39:37 | 36 | 2:12:00 |
| 51 | 78 | Hadler, Olaf | Triathlon Team Buxtehude | NI | 69 | M40 | 5 | 26:07 | 44 | 1:08:45 | 31 | 37:44 | 24 | 2:12:36 |
| 52 | 52 | Quest, Stephan | Tri Team FIKO Rostock I | MV | 81 | M30 | 16 | 23:10 | 25 | 1:09:58 | 38 | 39:34 | 35 | 2:12:42 |
| 53 | 15 | Baas, Frank | Brooks Tri Michels Hamburg | HH | 75 | M35 | 7 | 26:34 | 49 | 1:05:48 | 19 | 40:25 | 42 | 2:12:47 |
| 54 | 99 | Pelz, Guido | WSV 21 Wolfenbüttel | NI | 69 | M40 | 6 | 23:06 | 24 | 1:09:31 | 36 | 40:18 | 41 | 2:12:55 |
| 55 | 62 | Döbler, Sascha | Triabolos Hamburg Herre | HH | 80 | M30 | 17 | 27:12 | 53 | 1:06:24 | 24 | 39:20 | 33 | 2:12:56 |
| 56 | 42 | Stahnke, Johann Jakob | Team TSV Bargteheide | SH | 92 | M20 | 11 | - | - | 1:30:46 | - | 40:12 | 40 | 2:12:58* |
| 57 | 13 | Kankel, Aron | Brooks Tri Michels Hamburg | HH | 80 | M30 | 18 | 25:14 | 40 | 1:07:15 | 27 | 40:33 | 43 | 2:13:02 |
| 58 | 59 | Lübke, Kay | Tri Team Lüneburg | NI | 76 | M35 | 8 | 27:15 | 54 | 1:06:43 | 25 | 39:09 | 32 | 2:13:07 |
| 59 | 38 | Elfers, Julian | Stader SV Team | NI | 94 | M18 | 3 | 22:39 | 19 | 1:09:51 | 37 | 41:32 | 47 | 2:14:02 |
| 60 | 65 | Peppel, Andreas | Triabolos Hamburg Herre | HH | 78 | M35 | 9 | 25:23 | 42 | 1:08:06 | 29 | 40:36 | 44 | 2:14:05 |

Regionalliga Nord (Herren) am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------------|-----------------------------|------|----|--------|----------|------------|-----------|---------|
| 61 | 90 | Mühmel, Mathias | USC Kiel | SH | 83 | M30 19 | 21:57 14 | 1:10:44 40 | 41:28 46 | 2:14:09 |
| 62 | 80 | Heise, Johannes | Triathlon Team Buxtehude | NI | 95 | M18 4 | - - | 1:33:31 - | 40:57 45 | 2:14:28 |
| 63 | 55 | Kluck, Steffen | Tri Team FIKO Rostock I | MV | 80 | M30 20 | 26:25 47 | 1:09:12 33 | 39:08 31 | 2:14:45 |
| 64 | 39 | Elfers, Jonas | Stader SV Team | NI | 95 | M18 5 | 23:52 33 | - - | 1:51:32 - | 2:15:24 |
| 65 | 70 | Neumann, Christian | TriAs Hildesheim II | NI | 73 | M40 7 | 26:43 50 | 1:10:57 42 | 37:56 25 | 2:15:36 |
| 66 | 30 | Sebrantke, Oliver | LC Hansa Stuhr Tri-Alpha | NI | 76 | M35 10 | - - | 1:41:09 - | 34:28 7 | 2:15:37 |
| 67 | 31 | Hartmann, Patrick | Lehrter SV Triathlon | NI | 86 | M25 11 | 27:15 54 | 1:12:36 45 | 37:25 22 | 2:17:16 |
| 68 | 9 | Grotelüschen, Wolfgang | 1. TCO Die Bären | NI | 66 | M45 3 | 23:17 27 | - - | 1:54:11 - | 2:17:28 |
| 69 | 54 | Gierer, Philip | Tri Team FIKO Rostock I | MV | 71 | M40 8 | 31:51 62 | 1:06:11 22 | 40:07 39 | 2:18:09 |
| 70 | 89 | Michaelis, Malte | USC Kiel | SH | 89 | M20 12 | 29:05 61 | 1:11:06 43 | 38:46 30 | 2:18:57 |
| 71 | 32 | Kollosky, Nils | Lehrter SV Triathlon | NI | 94 | M18 6 | 23:54 34 | 1:13:49 48 | 42:28 52 | 2:20:11 |
| 72 | 73 | Fischer, Felix | Triathlon Team Braunschweig | NI | 80 | M30 21 | 28:50 60 | 1:09:10 32 | 42:13 51 | 2:20:13 |
| 73 | 85 | Lindner, Mario | TSV Bokeloh | NI | 78 | M35 11 | 26:58 52 | - - | 1:53:20 - | 2:20:18 |
| 74 | 58 | Krohn, Andreas | Tri Team Lüneburg | NI | 77 | M35 12 | 25:15 41 | 1:12:51 46 | 43:07 56 | 2:21:13 |
| 75 | 86 | Nagel, Konstantin | USC Kiel | SH | 84 | M25 12 | 28:39 57 | - - | 1:53:22 - | 2:22:01 |
| 76 | 53 | Fischer, Michael | Tri Team FIKO Rostock I | MV | 80 | M30 22 | 25:06 39 | 1:14:56 50 | 43:25 57 | 2:23:27 |
| 77 | 75 | Henke, Hauke | Triathlon Team Braunschweig | NI | 89 | M20 13 | 32:24 64 | 1:09:13 34 | 41:52 50 | 2:23:29 |
| 78 | 66 | Dammann, Raphael | TriAs Hildesheim II | NI | 72 | M40 9 | 26:08 45 | 1:12:56 47 | 45:25 59 | 2:24:29 |
| 79 | 67 | Hillmann, Sven | TriAs Hildesheim II | NI | 82 | M30 23 | 28:47 59 | 1:14:41 49 | 41:35 48 | 2:25:03 |
| 80 | 74 | Flechtner, Olaf | Triathlon Team Braunschweig | NI | 64 | M45 4 | 28:46 58 | 1:09:19 35 | 48:43 63 | 2:26:48 |
| 81 | 35 | Wörmann, Marc | Lehrter SV Triathlon | NI | 93 | M20 14 | 22:52 21 | 1:17:23 53 | 48:01 61 | 2:28:16 |
| 82 | 40 | String, Fridolin | Stader SV Team | NI | 94 | M18 7 | 26:56 51 | 1:16:44 52 | 45:04 58 | 2:28:44 |
| 83 | 97 | Gerhardt, Georg | WSV 21 Wolfenbüttel | NI | 79 | M30 24 | 32:17 63 | 1:11:58 44 | 47:02 60 | 2:31:17 |
| 84 | 57 | Meyer, Dirk | Tri Team Lüneburg | NI | 71 | M40 10 | 34:11 65 | 1:10:56 41 | 48:04 62 | 2:33:11 |
| 85 | 45 | Stüfen, Sönke | Team TSV Bargteheide | SH | 65 | M45 5 | 28:05 56 | 1:15:18 51 | 50:45 64 | 2:34:08 |
| dnf | 3 | Kiene, Sven | Hannover 96 II | NI | 89 | M20 - | 20:39 - | - - | - - | - |

* Endzeit beinhaltet Zeitstrafe

Regionalliga Nord (Damen) am 10.08.2013

Mannschaftswertung

| Rng | Mannschaft | Punkte | Snr | Name, Vorname | Jg | Ak | Rng |
|-----|------------------------------|--------|-----|-------------------------|----|-----|-----|
| 1 | SG TSV Bokeloh-Hannover 96 | 17 | 102 | Essmueller, Rebekka | 80 | W30 | 1 |
| | | | 103 | Göing, Jennifer | 86 | W25 | 3 |
| | | | 104 | Jansen, Kerstin | 72 | W40 | 13 |
| 2 | Team TSV Bargteheide Tri | 29 | 118 | Lange, Bettina | 69 | W40 | 2 |
| | | | 119 | Kubillus, Rike | 94 | W18 | 4 |
| | | | 120 | Schott, Lena | 94 | W18 | 23 |
| 3 | Triabolos Hamburg Damen | 34 | 124 | Schmidt, Katharina | 80 | W30 | 5 |
| | | | 123 | Dake, Swantje | 78 | W35 | 12 |
| | | | 122 | Kastmann, Vanessa | 79 | W30 | 17 |
| 4 | Triathlon Team Buxtehude Da | 41 | 125 | Hahn, Tanja | 67 | W45 | 10 |
| | | | 126 | Zielke, Uta | 71 | W40 | 11 |
| | | | 127 | Klindworth, Alica | 95 | W18 | 20 |
| 5 | TriElfen Schwerin | 44 | 132 | Wittwer, Anja | 85 | W25 | 7 |
| | | | 131 | Willhöft, Andrea | 72 | W40 | 8 |
| | | | 130 | Reichmuth, Anne Kathrin | 83 | W30 | 29 |
| 6 | Lehrter SV | 48 | 112 | Weber, Dagmar | 91 | W20 | 6 |
| | | | 110 | Nieschlag, Nele | 94 | W18 | 14 |
| | | | 111 | Staats, Silke | 69 | W40 | 28 |
| 7 | 1. TCO Die Bärinnen | 54 | 108 | Stoll, Kerstin | 72 | W40 | 9 |
| | | | 105 | Präger, Antje | 67 | W45 | 21 |
| | | | 106 | Vossig, Tatjana | 67 | W45 | 24 |
| 8 | Team Triathlon Hamburger Hoc | 55 | 115 | Konczalle, Leonie | 91 | W20 | 15 |
| | | | 116 | Rau, Verena | 87 | W25 | 18 |
| | | | 114 | Hoyer, Daniela | 86 | W25 | 22 |

Regionalliga Nord (Damen) am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | | |
|-----|-----|-------------------------|--------------------------|------|----|-----|------|-------|-----|---------|----|---------|
| 1 | 102 | Essmueller, Rebekka | SG TSV Bokeloh-Hanno | NI | 80 | W30 | 1 | - | - | 2:09:30 | - | 2:09:30 |
| 2 | 118 | Lange, Bettina | Team TSV Bargteheide | SH | 69 | W40 | 1 | - | - | 42:47 | 5 | 2:17:52 |
| 3 | 103 | Göing, Jennifer | SG TSV Bokeloh-Hanno | NI | 86 | W25 | 1 | 25:50 | 9 | 1:13:16 | 7 | 2:21:00 |
| 4 | 119 | Kubillus, Rike | Team TSV Bargteheide | SH | 94 | W18 | 1 | 22:55 | 2 | 1:15:09 | 12 | 2:21:09 |
| 5 | 124 | Schmidt, Katharina | Triabolos Hamburg Dam | HH | 80 | W30 | 2 | 26:05 | 10 | 1:13:00 | 6 | 2:21:57 |
| 6 | 112 | Weber, Dagmar | Lehrter SV | NI | 91 | W20 | 1 | - | - | 1:38:21 | - | 2:22:09 |
| 7 | 132 | Wittwer, Anja | TriElfen Schwerin | MV | 85 | W25 | 2 | 27:51 | 17 | 1:12:22 | 5 | 2:22:15 |
| 8 | 131 | Willhöft, Andrea | TriElfen Schwerin | MV | 72 | W40 | 2 | 25:47 | 7 | 1:10:56 | 2 | 2:22:36 |
| 9 | 108 | Stoll, Kerstin | 1. TCO Die Bärinnen | NI | 72 | W40 | 3 | 29:02 | 19 | 1:11:12 | 3 | 2:23:26 |
| 10 | 125 | Hahn, Tanja | Triathlon Team Buxtehude | NI | 67 | W45 | 1 | 23:56 | 4 | 1:14:28 | 8 | 2:24:37 |
| 11 | 126 | Zielke, Uta | Triathlon Team Buxtehude | NI | 71 | W40 | 4 | - | - | 1:40:51 | - | 2:24:42 |
| 12 | 123 | Dake, Swantje | Triabolos Hamburg Dam | HH | 78 | W35 | 1 | 26:45 | 12 | 1:11:30 | 4 | 2:25:00 |
| 13 | 104 | Jansen, Kerstin | SG TSV Bokeloh-Hanno | NI | 72 | W40 | 5 | 32:33 | 22 | 1:10:33 | 1 | 2:25:08 |
| 14 | 110 | Nieschlag, Nele | Lehrter SV | NI | 94 | W18 | 2 | 22:30 | 1 | 1:15:38 | 14 | 2:25:25 |
| 15 | 115 | Konczalle, Leonie | Team Triathlon Hamburg | HH | 91 | W20 | 2 | - | - | 1:42:52 | - | 2:25:27 |
| 16 | 101 | Ahrbecker, Clara Sophia | SG TSV Bokeloh-Hanno | NI | 94 | W18 | 3 | - | - | - | - | 2:25:53 |
| 17 | 122 | Kastmann, Vanessa | Triabolos Hamburg Dam | HH | 79 | W30 | 3 | 28:41 | 18 | 1:15:34 | 13 | 2:27:07 |
| 18 | 116 | Rau, Verena | Team Triathlon Hamburg | HH | 87 | W25 | 3 | 27:12 | 15 | 1:14:49 | 10 | 2:27:56 |
| 19 | 121 | Möller, Vibeke | Triabolos Hamburg Dam | HH | 81 | W30 | 4 | 25:09 | 5 | 1:14:41 | 9 | 2:28:39 |
| 20 | 127 | Klindworth, Alica | Triathlon Team Buxtehude | NI | 95 | W18 | 4 | 23:49 | 3 | 1:17:54 | 16 | 2:29:55 |
| 21 | 105 | Präger, Antje | 1. TCO Die Bärinnen | NI | 67 | W45 | 2 | 26:53 | 13 | - | - | 2:30:09 |
| 22 | 114 | Hoyer, Daniela | Team Triathlon Hamburg | HH | 86 | W25 | 4 | 25:16 | 6 | 1:20:51 | 19 | 2:33:25 |
| 23 | 120 | Schott, Lena | Team TSV Bargteheide | SH | 94 | W18 | 5 | - | - | 1:40:20 | - | 2:34:57 |
| 24 | 106 | Vossig, Tatjana | 1. TCO Die Bärinnen | NI | 67 | W45 | 3 | 27:00 | 14 | 1:14:54 | 11 | 2:35:00 |
| 25 | 128 | Felgentreu, Marion | Triathlon Team Buxtehude | NI | 66 | W45 | 4 | 25:49 | 8 | 1:19:08 | 18 | 2:35:16 |
| 26 | 117 | Dreier, Kirsten | Team TSV Bargteheide | SH | 83 | W30 | 5 | 30:13 | 20 | 1:17:11 | 15 | 2:38:01 |
| 27 | 113 | Goldberg, Monika | Team Triathlon Hamburg | HH | 73 | W40 | 6 | 32:55 | 23 | - | - | 2:41:15 |
| 28 | 111 | Staats, Silke | Lehrter SV | NI | 69 | W40 | 7 | 31:59 | 21 | 1:17:55 | 17 | 2:45:04 |
| 29 | 130 | Reichmuth, Anne Kathrin | TriElfen Schwerin | MV | 83 | W30 | 6 | 26:37 | 11 | 1:26:40 | 21 | 2:49:14 |
| 30 | 129 | Dittrich, Michaela | TriElfen Schwerin | MV | 81 | W30 | 7 | 27:21 | 16 | 1:20:55 | 20 | 2:50:30 |
| dnf | 107 | Wessels, Elke | 1. TCO Die Bärinnen | NI | 75 | W35 | - | 28:44 | - | 1:27:17 | - | - |
| dnf | 109 | Fricke, Tabea | Lehrter SV | NI | 95 | W18 | - | - | - | - | - | - |

Olympische Distanz am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------------|--------------------------|------|----|-----|----------|------------|-----------|------------|
| 1 | 217 | Michalew, Nikolaj | SC Neubrandenburg | MV | 94 | M18 | 1 18:53 | 1 1:06:17 | 4 36:51 | 1 2:02:01 |
| 2 | 238 | Wermann, Cornelius | TriSport Schwerin | MV | 76 | M35 | 1 23:25 | 6 1:03:10 | 2 37:39 | 2 2:04:14 |
| 3 | 240 | Steindorf, Niels | Enterprise Kaifu Tri Tea | HH | 88 | M25 | 1 23:48 | 7 1:02:50 | 1 38:38 | 5 2:07:16* |
| 4 | 224 | Baalcke, Frank | Tri-Sport Schwerin | MV | 68 | M45 | 1 22:42 | 5 1:06:44 | 6 38:21 | 4 2:07:47 |
| 5 | 159 | Dittberner, Felix | Tri-Sport Schwerin e.V. | MV | 82 | M30 | 1 22:41 | 4 1:06:32 | 5 41:02 | 13 2:10:15 |
| 6 | 143 | Braun, Sven | SKV-Waren | MV | 77 | M35 | 2 26:02 | 10 1:09:22 | 12 40:02 | 9 2:15:26 |
| 7 | 175 | Becker, Alf | TC Fiko Rostock | MV | 70 | M40 | 1 27:31 | 19 1:08:32 | 10 39:44 | 6 2:15:47 |
| 8 | 187 | Hellwig, Raik | Radgiganten | MV | 77 | M35 | 3 29:13 | 40 1:07:05 | 7 40:35 | 11 2:16:53 |
| 9 | 197 | Sokolowski, Kai | Bike Market Team | MV | 76 | M35 | 4 29:13 | 40 1:06:07 | 3 42:38 | 17 2:17:58 |
| 10 | 213 | Hill, Marcus | TG triZACK Rostock | MV | 74 | M35 | 5 - | - 1:34:07 | - 44:59 | 30 2:19:06 |
| 11 | 191 | Keller, Christoph Che | TriSport Stove | MV | 88 | M25 | 2 29:58 | 52 1:08:20 | 9 40:49 | 12 2:19:07 |
| 12 | 199 | Druska, Frank | TV 06 Thalmässing | BE | 70 | M40 | 2 29:50 | 51 1:09:39 | 13 40:03 | 10 2:19:32 |
| 13 | 206 | RUDOLF, Roland | Boxenstop e. V. | MV | 57 | M55 | 1 24:56 | 8 1:10:32 | 16 44:44 | 29 2:20:12 |
| 14 | 168 | Ebeling, Maik | Tri-Bandits | HH | 78 | M35 | 6 26:36 | 12 1:10:00 | 14 44:00 | 25 2:20:36 |
| 15 | 223 | Bick, Ralf | Tri Fun Güstrow | MV | 80 | M30 | 2 33:19 | 70 1:07:37 | 8 39:56 | 8 2:20:52 |
| 16 | 156 | Litzenberg, Anne-Kathrin | TriFun Güstrow | MV | 91 | W20 | 1 28:43 | 31 1:14:36 | 35 37:45 | 3 2:21:04 |
| 17 | 215 | Köhler, Bernd | Tri-Finisher Berlin | BE | 68 | M45 | 2 27:21 | 15 1:10:55 | 18 42:51 | 18 2:21:07 |
| 18 | 196 | Prahl, Norbert | Tri-Sport Schwerin | MV | 58 | M55 | 2 27:42 | 22 1:12:25 | 26 41:27 | 15 2:21:34 |
| 19 | 207 | Stein, Andreas | BSV Buxtehude | NI | 70 | M40 | 3 - | - 1:37:56 | - 43:40 | 23 2:21:36 |
| 20 | 189 | Wall, Thomas | Kassebohrer | MV | 71 | M40 | 4 27:49 | 24 1:08:49 | 11 45:11 | 38 2:21:49 |
| 21 | 212 | Sperling, Philip | HSG Uni Greifswald | MV | 85 | M25 | 3 29:23 | 44 1:13:16 | 29 39:52 | 7 2:22:31 |
| 22 | 201 | Peter, Andreas | Runningmate | MV | 66 | M45 | 3 28:18 | 27 1:10:38 | 17 44:06 | 27 2:23:02 |
| 23 | 137 | Pöhl, Christoffer | SCC Berlin Triathlon | BE | 83 | M30 | 3 25:26 | 9 1:12:44 | 27 45:04 | 33 2:23:14 |
| 24 | 148 | Großer, Antoine | Stader SV | NI | 95 | M18 | 2 27:34 | 20 1:14:32 | 34 41:13 | 14 2:23:19 |
| 25 | 229 | Claus, Robin | TC Fiko Rostock | MV | 97 | M18 | 3 - | - 1:36:40 | - 46:56 | 53 2:23:36 |
| 26 | 174 | Sachtleber, Kai | 1. TCO Die Bären | NI | 71 | W40 | 1 - | - 1:39:00 | - 45:06 | 35 2:24:06 |
| 27 | 160 | Rußbüldt, Gerald | Tri Fun Güstrow | MV | 54 | M55 | 3 30:37 | 58 1:11:15 | 20 42:56 | 19 2:24:48 |
| 28 | 230 | klyszcz-Nasko, Holger | LC Hansa Stuhr Tri Wölf | NI | 64 | M45 | 4 21:31 | 2 1:13:46 | 30 50:13 | 65 2:25:30 |
| 29 | 234 | Albrecht, Alexander | TEA | ST | 70 | M40 | 5 27:38 | 21 1:11:45 | 22 46:18 | 44 2:25:41 |
| 30 | 180 | Last, Torsten | HSG Uni Greifswald | MV | 64 | M45 | 5 29:08 | 38 1:13:13 | 28 43:26 | 22 2:25:47 |
| 31 | 222 | Mayer, Axel | Mistorf OT Käselow | MV | 69 | M40 | 6 30:04 | 53 1:11:52 | 23 43:55 | 24 2:25:51 |
| 32 | 154 | Banczyk, Tobias | Radgiganten | MV | 80 | M30 | 4 29:14 | 42 1:10:13 | 15 46:37 | 49 2:26:04 |
| 33 | 158 | Millat, Andreas | TC Fiko Rostock | MV | 62 | M50 | 1 27:27 | 16 1:13:49 | 31 45:02 | 32 2:26:18 |
| 34 | 194 | Koula, André | Tri Fun Güstrow | MV | 67 | M45 | 6 29:08 | 38 1:11:06 | 19 46:27 | 46 2:26:41 |
| 35 | 162 | Koch, David | Roggentin / OT Kösterbe | MV | 79 | M30 | 5 27:47 | 23 1:13:53 | 32 45:09 | 37 2:26:49 |
| 36 | 185 | Böttcher, Steffen | Rostock | MV | 72 | M40 | 7 26:46 | 13 1:15:02 | 39 45:05 | 34 2:26:53 |
| 37 | 184 | Jänicke, Ralf | HSG UNI Rostock | MV | 61 | M50 | 2 22:05 | 3 1:19:24 | 53 45:35 | 39 2:27:04 |
| 38 | 208 | Ristow, Rolf | HSG/Tri Hgwaii | MV | 78 | M35 | 7 27:29 | 18 1:11:33 | 21 48:09 | 58 2:27:11 |
| 39 | 170 | Plumeyer, Chris | Stralsunder Kanu Club e. | MV | 68 | M45 | 7 33:39 | 74 - | - 1:53:40 | - 2:27:19 |
| 40 | 135 | Martin, Chris | TriSport Schwerin | MV | 72 | M40 | 8 - | - - | - 2:27:24 | - 2:27:24 |
| 41 | 181 | Popke, Jörg | Dlrg Luckenwalde | BB | 56 | M55 | 4 27:08 | 14 1:14:36 | 35 46:09 | 43 2:27:53 |
| 42 | 225 | Nickel, Jens | Rostock | MV | 66 | M45 | 8 28:27 | 28 1:12:17 | 25 47:17 | 54 2:28:01 |
| 43 | 142 | Schmidt, Maik | TC Fiko Rostock | MV | 80 | M30 | 6 28:39 | 29 1:14:41 | 37 46:45 | 50 2:30:05 |
| 44 | 218 | Kohlen, Thomas | Wismar | MV | 68 | M45 | 9 28:49 | 34 1:14:51 | 38 46:53 | 52 2:30:33 |
| 45 | 235 | Hendrych, Ralf | Niendorf (Meckl.) | MV | 66 | M45 | 10 29:43 | 49 1:18:08 | 47 43:09 | 20 2:31:00 |
| 46 | 167 | Müller, Robert | Rostock | MV | 80 | M30 | 7 31:16 | 59 1:14:10 | 33 45:55 | 40 2:31:21 |
| 47 | 161 | Brade, Christian | TriSport Schwerin | MV | 71 | M40 | 9 28:44 | 32 1:12:04 | 24 51:16 | 72 2:32:04 |
| 48 | 141 | Mrosewski, Ingo | Berlin | BE | 87 | M25 | 4 32:18 | 65 1:15:47 | 41 44:24 | 28 2:32:29 |
| 49 | 205 | Ahwerst, Christopher | Triabolos Hamburg | HH | 85 | M25 | 5 27:28 | 17 1:16:59 | 43 48:26 | 61 2:32:53 |
| 50 | 138 | Wessels, Frank | 1.tco die bären | NI | 70 | M40 | 10 29:39 | 47 1:17:49 | 44 45:57 | 41 2:33:25 |
| 51 | 139 | Schütt, Stefan | Sievershagen | MV | 64 | M45 | 11 29:43 | 49 1:17:50 | 45 46:34 | 48 2:34:07 |
| 52 | 155 | Blum, Mareike | Hamburg | HH | 74 | W35 | 1 28:47 | 33 1:20:32 | 58 45:00 | 31 2:34:19 |
| 52 | 173 | Ernst, Frank | SVHK Stralsund | MV | 67 | M45 | 12 32:00 | 64 1:19:08 | 51 43:11 | 21 2:34:19 |
| 54 | 182 | Reder, Daniel | Radgiganten | MV | 71 | M40 | 11 29:40 | 48 1:16:46 | 42 48:24 | 60 2:34:50 |
| 55 | 227 | Münzner, Daniel | Rostock | MV | 84 | M25 | 6 33:21 | 71 1:19:14 | 52 42:35 | 16 2:35:10 |
| 56 | 134 | Malzmüller, Achim | PSV Brühl Triathlon Tea | NRW | 66 | M45 | 13 28:11 | 26 1:20:20 | 57 46:48 | 51 2:35:19 |
| 57 | 140 | Mehlhase, Rainer | Lohmen | MV | 59 | M50 | 3 26:11 | 11 1:18:38 | 50 52:16 | 76 2:37:05 |
| 58 | 209 | Prahl, Anne | Tri-Sport Schwerin | MV | 83 | W30 | 1 29:32 | 46 1:19:37 | 54 48:23 | 59 2:37:32 |
| 59 | 171 | Ansorge, Franz Elias | Springe | NI | 85 | M25 | 7 35:04 | 79 1:18:36 | 49 44:00 | 25 2:37:40 |
| 60 | 221 | Bremer, Frank | Rostock | MV | 79 | M30 | 8 31:26 | 61 1:21:10 | 60 46:33 | 47 2:39:09 |

Olympische Distanz am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|----------------------|--------------------------|------|----|--------|----------|------------|-----------|---------|
| 61 | 153 | Puschinski, Thomas | Kramerhof | MV | 75 | M35 8 | 32:19 66 | 1:17:51 46 | 49:13 63 | 2:39:23 |
| 62 | 219 | Kröhnert, Steffen | Berlin | BE | 69 | M40 12 | 30:20 55 | 1:21:05 59 | 48:00 57 | 2:39:25 |
| 63 | 195 | Neumann, Gritta | SC Neubrandenburg | | 66 | W45 1 | 31:17 60 | 1:18:20 48 | 51:28 73 | 2:41:05 |
| 64 | 178 | Kittner, Julia-Marie | TC Fiko Rostock | MV | 83 | W30 2 | 33:39 74 | 1:23:03 68 | 45:07 36 | 2:41:49 |
| 65 | 200 | Westphal, Dorit | TG triZACK Rostock | | 60 | W50 1 | 28:42 30 | 1:21:32 61 | 51:42 75 | 2:41:56 |
| 66 | 231 | Globke, André | TSV Grün- Weiss Rostoc | MV | 66 | M45 14 | 36:07 81 | 1:15:39 40 | 50:41 68 | 2:42:27 |
| 67 | 177 | Pudschun, Susann | Tri-Sport Schwerin | MV | 68 | W45 2 | 33:29 72 | 1:21:34 62 | 47:52 56 | 2:42:55 |
| 68 | 202 | Dr. Wießner, Reiko | LAV-Rostock | MV | 72 | M40 13 | 32:27 68 | 1:19:54 56 | 50:49 70 | 2:43:10 |
| 69 | 192 | Greiner, Uwe | Waren | MV | 72 | M40 14 | 27:50 25 | - - | 2:15:31 - | 2:43:21 |
| 70 | 147 | Calon-Großer, Claire | Stader SV | NI | 62 | W50 2 | 31:42 62 | 1:24:10 74 | 47:35 55 | 2:43:27 |
| 71 | 228 | Laschewski, Andre | Runningmate | MV | 77 | M35 9 | 29:31 45 | 1:24:17 75 | 50:46 69 | 2:44:34 |
| 72 | 163 | Ridder, Jens | TC Fiko Rostock | MV | 68 | M45 15 | 29:05 36 | 1:23:08 69 | 52:52 78 | 2:45:05 |
| 73 | 166 | Dux, Oliver | Tostedt | NI | 67 | M45 16 | 32:23 67 | 1:22:00 63 | 51:33 74 | 2:45:56 |
| 74 | 239 | Zerbel, Michaela | TC Fiko Rostock | MV | 66 | W45 3 | 29:16 43 | 1:26:27 81 | 50:33 67 | 2:46:16 |
| 75 | 176 | Simiot, Anett | Berlin | BE | 77 | W35 2 | 30:32 57 | 1:22:55 66 | 53:09 79 | 2:46:36 |
| 76 | 190 | Schmidt, Tina | Tri Michels Hamburg | HH | 77 | W35 3 | 28:59 35 | 1:23:48 72 | 54:40 82 | 2:47:27 |
| 77 | 203 | Neumann, Steffen | SC Hoyerswerda | SN | 63 | M50 4 | 30:31 56 | 1:19:49 55 | 57:24 88 | 2:47:44 |
| 78 | 236 | Kreis, Alfred | Gremmelin | MV | 57 | M55 5 | 36:22 84 | 1:23:28 70 | 48:47 62 | 2:48:37 |
| 79 | 193 | Assmus, Susanne | Schwerin | MV | 65 | W45 4 | 31:57 63 | 1:23:02 67 | 53:45 80 | 2:48:44 |
| 80 | 157 | Hett, Bernhard | Tri Fun Güstrow | MV | 58 | M55 6 | 35:31 80 | 1:22:48 65 | 50:31 66 | 2:48:50 |
| 81 | 165 | Schlemp, Elke | TC Fiko Rostock e.V. | MV | 75 | W35 4 | 29:06 37 | 1:27:38 84 | 52:37 77 | 2:49:21 |
| 82 | 237 | Wermann, Christiane | TriSport Schwerin | MV | 72 | W40 2 | 30:14 54 | 1:26:01 78 | 54:22 81 | 2:50:37 |
| 83 | 183 | David, Maik | Wismar | MV | 65 | M45 17 | 40:02 88 | 1:24:49 76 | 46:02 42 | 2:50:53 |
| 84 | 164 | Träger, Mathias | Tostedt | NI | 76 | M35 10 | 36:19 83 | 1:26:06 80 | 49:57 64 | 2:52:22 |
| 85 | 214 | Schliedermann, Jörg | TC Blau Weiss Rostock | | 58 | M55 7 | 33:44 76 | 1:22:37 64 | 56:30 86 | 2:52:51 |
| 86 | 216 | Richter, Ariane | Tri-Finisher Berlin | BE | 74 | W35 5 | 32:35 69 | 1:26:04 79 | 55:50 84 | 2:54:29 |
| 87 | 186 | Hillmann, Thomas | Wismar | MV | 60 | M50 5 | 37:37 85 | 1:26:42 83 | 50:59 71 | 2:55:18 |
| 88 | 188 | Kröger, Maja | LC Stolpertruppe Berlin | BE | 66 | W45 5 | 33:29 72 | 1:26:00 77 | 55:54 85 | 2:55:23 |
| 89 | 172 | Mahnke, Alfred | HSG Uni Greifswald | MV | 49 | M60 1 | 36:17 82 | 1:24:05 73 | 55:16 83 | 2:55:38 |
| 90 | 133 | Winne, Jens | MTV Luhdorf | NI | 63 | M50 6 | 34:26 78 | 1:23:32 71 | 59:06 90 | 2:57:04 |
| 91 | 198 | Hofmann, Manuela | Sparkasse Mecklenburg | MV | 62 | W50 3 | 38:33 87 | 1:32:09 85 | 46:23 45 | 2:57:05 |
| 92 | 169 | Kuhlmann, Frank | Tri Bandits - TSG Berged | HH | 65 | M45 18 | 34:04 77 | 1:26:41 82 | 57:13 87 | 2:57:58 |
| 93 | 220 | Barthel, Stefan | HSG Uni Greifswald | MV | 43 | M70 1 | 38:14 86 | 1:35:38 86 | 58:33 89 | 3:12:25 |

* Endzeit beinhaltet Zeitstrafe

Olympische Distanz am 10.08.2013

Ergebnisliste - Junioren

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-------------------|-------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 217 | Michalew, Nikolaj | SC Neubrandenburg | MV | 94 | M18 1 | 18:53 1 | 1:06:17 1 | 36:51 1 | 2:02:01 |
| 2 | 148 | Großer, Antoine | Stader SV | NI | 95 | M18 2 | 27:34 2 | 1:14:32 2 | 41:13 2 | 2:23:19 |
| 3 | 229 | Claus, Robin | TC Fiko Rostock | MV | 97 | M18 3 | - - | 1:36:40 - | 46:56 3 | 2:23:36 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Alterskl. 1 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------------|----------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 156 | Litzenberg, Anne-Kathrin | TriFun Güstrow | MV | 91 | W20 1 | 28:43 1 | 1:14:36 1 | 37:45 1 | 2:21:04 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Alterskl. 2 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|-----------------------|--------------------------|------|----|-----|------|-------|------|---------|-----|-------|---------|----------|
| 1 | 240 | Steindorf, Niels | Enterprise Kaifu Tri Tea | HH | 88 | M25 | 1 | 23:48 | 1 | 1:02:50 | 1 | 38:38 | 1 | 2:07:16* |
| 2 | 191 | Keller, Christoph Che | TriSport Stove | MV | 88 | M25 | 2 | 29:58 | 4 | 1:08:20 | 2 | 40:49 | 3 | 2:19:07 |
| 3 | 212 | Sperling, Philip | HSG Uni Greifswald | MV | 85 | M25 | 3 | 29:23 | 3 | 1:13:16 | 3 | 39:52 | 2 | 2:22:31 |
| 4 | 141 | Mrosewski, Ingo | Berlin | BE | 87 | M25 | 4 | 32:18 | 5 | 1:15:47 | 4 | 44:24 | 6 | 2:32:29 |
| 5 | 205 | Ahwerst, Christopher | Triabolos Hamburg | HH | 85 | M25 | 5 | 27:28 | 2 | 1:16:59 | 5 | 48:26 | 7 | 2:32:53 |
| 6 | 227 | Münzner, Daniel | Rostock | MV | 84 | M25 | 6 | 33:21 | 6 | 1:19:14 | 7 | 42:35 | 4 | 2:35:10 |
| 7 | 171 | Ansorge, Franz Elias | Springe | NI | 85 | M25 | 7 | 35:04 | 7 | 1:18:36 | 6 | 44:00 | 5 | 2:37:40 |

* Endzeit beinhaltet Zeitstrafe

Olympische Distanz am 10.08.2013

Ergebnisliste - Alterskl. 3 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|-------------------|-------------------------|------|----|-----|------|-------|------|---------|-----|-------|---------|---------|
| 1 | 159 | Dittberner, Felix | Tri-Sport Schwerin e.V. | MV | 82 | M30 | 1 | 22:41 | 1 | 1:06:32 | 1 | 41:02 | 2 | 2:10:15 |
| 2 | 223 | Bick, Ralf | Tri Fun Güstrow | MV | 80 | M30 | 2 | 33:19 | 8 | 1:07:37 | 2 | 39:56 | 1 | 2:20:52 |
| 3 | 137 | Pöhl, Christoffer | SCC Berlin Triathlon | BE | 83 | M30 | 3 | 25:26 | 2 | 1:12:44 | 4 | 45:04 | 3 | 2:23:14 |
| 4 | 154 | Banczyk, Tobias | Radgiganten | MV | 80 | M30 | 4 | 29:14 | 5 | 1:10:13 | 3 | 46:37 | 7 | 2:26:04 |
| 5 | 162 | Koch, David | Roggentin / OT Kösterbe | MV | 79 | M30 | 5 | 27:47 | 3 | 1:13:53 | 5 | 45:09 | 4 | 2:26:49 |
| 6 | 142 | Schmidt, Maik | TC Fiko Rostock | MV | 80 | M30 | 6 | 28:39 | 4 | 1:14:41 | 7 | 46:45 | 8 | 2:30:05 |
| 7 | 167 | Müller, Robert | Rostock | MV | 80 | M30 | 7 | 31:16 | 6 | 1:14:10 | 6 | 45:55 | 5 | 2:31:21 |
| 8 | 221 | Bremer, Frank | Rostock | MV | 79 | M30 | 8 | 31:26 | 7 | 1:21:10 | 8 | 46:33 | 6 | 2:39:09 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Alterskl. 3 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|----------------------|--------------------|------|----|-----|------|-------|------|---------|-----|-------|---------|---------|
| 1 | 209 | Prahl, Anne | Tri-Sport Schwerin | MV | 83 | W30 | 1 | 29:32 | 1 | 1:19:37 | 1 | 48:23 | 2 | 2:37:32 |
| 2 | 178 | Kittner, Julia-Marie | TC Fiko Rostock | MV | 83 | W30 | 2 | 33:39 | 2 | 1:23:03 | 2 | 45:07 | 1 | 2:41:49 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Alterskl. 4 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|--------------------|--------------------|------|----|-----|------|-------|------|---------|-----|-------|---------|---------|
| 1 | 238 | Wermann, Cornelius | TriSport Schwerin | MV | 76 | M35 | 1 | 23:25 | 1 | 1:03:10 | 1 | 37:39 | 1 | 2:04:14 |
| 2 | 143 | Braun, Sven | SKV-Waren | MV | 77 | M35 | 2 | 26:02 | 2 | 1:09:22 | 4 | 40:02 | 2 | 2:15:26 |
| 3 | 187 | Hellwig, Raik | Radgiganten | MV | 77 | M35 | 3 | 29:13 | 5 | 1:07:05 | 3 | 40:35 | 3 | 2:16:53 |
| 4 | 197 | Sokolowski, Kai | Bike Market Team | MV | 76 | M35 | 4 | 29:13 | 5 | 1:06:07 | 2 | 42:38 | 4 | 2:17:58 |
| 5 | 213 | Hill, Marcus | TG triZACK Rostock | MV | 74 | M35 | 5 | - | - | 1:34:07 | - | 44:59 | 6 | 2:19:06 |
| 6 | 168 | Ebeling, Maik | Tri-Bandits | HH | 78 | M35 | 6 | 26:36 | 3 | 1:10:00 | 5 | 44:00 | 5 | 2:20:36 |
| 7 | 208 | Ristow, Rolf | HSG/Tri Hgwaii | MV | 78 | M35 | 7 | 27:29 | 4 | 1:11:33 | 6 | 48:09 | 7 | 2:27:11 |
| 8 | 153 | Puschinski, Thomas | Kramerhof | MV | 75 | M35 | 8 | 32:19 | 8 | 1:17:51 | 7 | 49:13 | 8 | 2:39:23 |
| 9 | 228 | Laschewski, Andre | Runningmate | MV | 77 | M35 | 9 | 29:31 | 7 | 1:24:17 | 8 | 50:46 | 10 | 2:44:34 |
| 10 | 164 | Träger, Mathias | Tostedt | NI | 76 | M35 | 10 | 36:19 | 9 | 1:26:06 | 9 | 49:57 | 9 | 2:52:22 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Alterskl. 4 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|-----------------|----------------------|------|----|-----|------|-------|------|---------|-----|-------|---------|---------|
| 1 | 155 | Blum, Mareike | Hamburg | HH | 74 | W35 | 1 | 28:47 | 1 | 1:20:32 | 1 | 45:00 | 1 | 2:34:19 |
| 2 | 176 | Simiot, Anett | Berlin | BE | 77 | W35 | 2 | 30:32 | 4 | 1:22:55 | 2 | 53:09 | 3 | 2:46:36 |
| 3 | 190 | Schmidt, Tina | Tri Michels Hamburg | HH | 77 | W35 | 3 | 28:59 | 2 | 1:23:48 | 3 | 54:40 | 4 | 2:47:27 |
| 4 | 165 | Schlepp, Elke | TC Fiko Rostock e.V. | MV | 75 | W35 | 4 | 29:06 | 3 | 1:27:38 | 5 | 52:37 | 2 | 2:49:21 |
| 5 | 216 | Richter, Ariane | Tri-Finisher Berlin | BE | 74 | W35 | 5 | 32:35 | 5 | 1:26:04 | 4 | 55:50 | 5 | 2:54:29 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Senioren 1

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|---------------------|--------------------|------|----|--------|-------|------------|-----------|------------|
| 1 | 175 | Becker, Alf | TC Fiko Rostock | MV | 70 | M40 1 | 27:31 | 2 1:08:32 | 1 39:44 | 1 2:15:47 |
| 2 | 199 | Druska, Frank | TV 06 Thalmässing | BE | 70 | M40 2 | 29:50 | 9 1:09:39 | 3 40:03 | 2 2:19:32 |
| 3 | 207 | Stein, Andreas | BSV Buxtehude | NI | 70 | M40 3 | - | - 1:37:56 | - 43:40 | 3 2:21:36 |
| 4 | 189 | Wall, Thomas | Kassebohrer | MV | 71 | M40 4 | 27:49 | 4 1:08:49 | 2 45:11 | 6 2:21:49 |
| 5 | 234 | Albrecht, Alexander | TEA | ST | 70 | M40 5 | 27:38 | 3 1:11:45 | 4 46:18 | 8 2:25:41 |
| 6 | 222 | Mayer, Axel | Mistorf OT Käselow | MV | 69 | M40 6 | 30:04 | 10 1:11:52 | 5 43:55 | 4 2:25:51 |
| 7 | 185 | Böttcher, Steffen | Rostock | MV | 72 | M40 7 | 26:46 | 1 1:15:02 | 7 45:05 | 5 2:26:53 |
| 8 | 135 | Martin, Chris | TriSport Schwerin | MV | 72 | M40 8 | - | - - | - 2:27:24 | - 2:27:24 |
| 9 | 161 | Brade, Christian | TriSport Schwerin | MV | 71 | M40 9 | 28:44 | 6 1:12:04 | 6 51:16 | 12 2:32:04 |
| 10 | 138 | Wessels, Frank | 1.tco die bären | NI | 70 | M40 10 | 29:39 | 7 1:17:49 | 9 45:57 | 7 2:33:25 |
| 11 | 182 | Reder, Daniel | Radgiganten | MV | 71 | M40 11 | 29:40 | 8 1:16:46 | 8 48:24 | 10 2:34:50 |
| 12 | 219 | Kröhnert, Steffen | Berlin | BE | 69 | M40 12 | 30:20 | 11 1:21:05 | 11 48:00 | 9 2:39:25 |
| 13 | 202 | Dr. Wießner, Reiko | LAV-Rostock | MV | 72 | M40 13 | 32:27 | 12 1:19:54 | 10 50:49 | 11 2:43:10 |
| 14 | 192 | Greiner, Uwe | Waren | MV | 72 | M40 14 | 27:50 | 5 - | - 2:15:31 | - 2:43:21 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Seniorinnen 1

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|---------------------|-------------------|------|----|-------|-------|-----------|---------|-----------|
| 1 | 174 | Sachtleber, Kai | 1. TCO Die Bären | NI | 71 | W40 1 | - | - 1:39:00 | - 45:06 | 1 2:24:06 |
| 2 | 237 | Wermann, Christiane | TriSport Schwerin | MV | 72 | W40 2 | 30:14 | 1 1:26:01 | 1 54:22 | 2 2:50:37 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Senioren 2

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-----------------------|--------------------------|------|----|--------|-------|------------|-----------|------------|
| 1 | 224 | Baalcke, Frank | Tri-Sport Schwerin | MV | 68 | M45 1 | 22:42 | 2 1:06:44 | 1 38:21 | 1 2:07:47 |
| 2 | 215 | Köhler, Bernd | Tri-Finisher Berlin | BE | 68 | M45 2 | 27:21 | 3 1:10:55 | 3 42:51 | 2 2:21:07 |
| 3 | 201 | Peter, Andreas | Runningmate | MV | 66 | M45 3 | 28:18 | 5 1:10:38 | 2 44:06 | 6 2:23:02 |
| 4 | 230 | klyszcz-Nasko, Holger | LC Hansa Stuhr Tri Wölf | NI | 64 | M45 4 | 21:31 | 1 1:13:46 | 7 50:13 | 13 2:25:30 |
| 5 | 180 | Last, Torsten | HSG Uni Greifswald | MV | 64 | M45 5 | 29:08 | 9 1:13:13 | 6 43:26 | 5 2:25:47 |
| 6 | 194 | Koula, André | Tri Fun Güstrow | MV | 67 | M45 6 | 29:08 | 9 1:11:06 | 4 46:27 | 8 2:26:41 |
| 7 | 170 | Plumeyer, Chris | Stralsunder Kanu Club e. | MV | 68 | M45 7 | 33:39 | 15 - | - 1:53:40 | - 2:27:19 |
| 8 | 225 | Nickel, Jens | Rostock | MV | 66 | M45 8 | 28:27 | 6 1:12:17 | 5 47:17 | 12 2:28:01 |
| 9 | 218 | Kohlen, Thomas | Wismar | MV | 68 | M45 9 | 28:49 | 7 1:14:51 | 8 46:53 | 11 2:30:33 |
| 10 | 235 | Hendrych, Ralf | Niendorf (Meckl.) | MV | 66 | M45 10 | 29:43 | 11 1:18:08 | 11 43:09 | 3 2:31:00 |
| 11 | 139 | Schütt, Stefan | Sievershagen | MV | 64 | M45 11 | 29:43 | 11 1:17:50 | 10 46:34 | 9 2:34:07 |
| 12 | 173 | Ernst, Frank | SVHK Stralsund | MV | 67 | M45 12 | 32:00 | 13 1:19:08 | 12 43:11 | 4 2:34:19 |
| 13 | 134 | Malzmüller, Achim | PSV Brühl Triathlon Tea | NRW | 66 | M45 13 | 28:11 | 4 1:20:20 | 13 46:48 | 10 2:35:19 |
| 14 | 231 | Globke, André | TSV Grün- Weiss Rostoc | MV | 66 | M45 14 | 36:07 | 17 1:15:39 | 9 50:41 | 14 2:42:27 |
| 15 | 166 | Ridder, Jens | TC Fiko Rostock | MV | 68 | M45 15 | 29:05 | 8 1:23:08 | 15 52:52 | 16 2:45:05 |
| 16 | 163 | Dux, Oliver | Tostedt | NI | 67 | M45 16 | 32:23 | 14 1:22:00 | 14 51:33 | 15 2:45:56 |
| 17 | 183 | David, Maik | Wismar | MV | 65 | M45 17 | 40:02 | 18 1:24:49 | 16 46:02 | 7 2:50:53 |
| 18 | 169 | Kuhlmann, Frank | Tri Bandits - TSG Berged | HH | 65 | M45 18 | 34:04 | 16 1:26:41 | 17 57:13 | 17 2:57:58 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Seniorinnen 2

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|-------------------------|------|----|-------|-------|-----------|---------|-----------|
| 1 | 195 | Neumann, Gritta | SC Neubrandenburg | | 66 | W45 1 | 31:17 | 2 1:18:20 | 1 51:28 | 3 2:41:05 |
| 2 | 177 | Pudschun, Susann | Tri-Sport Schwerin | MV | 68 | W45 2 | 33:29 | 4 1:21:34 | 2 47:52 | 1 2:42:55 |
| 3 | 239 | Zerbel, Michaela | TC Fiko Rostock | MV | 66 | W45 3 | 29:16 | 1 1:26:27 | 5 50:33 | 2 2:46:16 |
| 4 | 193 | Assmus, Susanne | Schwerin | MV | 65 | W45 4 | 31:57 | 3 1:23:02 | 3 53:45 | 4 2:48:44 |
| 5 | 188 | Kröger, Maja | LC Stolpertruppe Berlin | BE | 66 | W45 5 | 33:29 | 4 1:26:00 | 4 55:54 | 5 2:55:23 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Senioren 3

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|-----------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 158 | Millat, Andreas | TC Fiko Rostock | MV | 62 | M50 1 | 27:27 3 | 1:13:49 1 | 45:02 1 | 2:26:18 |
| 2 | 184 | Jänicke, Ralf | HSG UNI Rostock | MV | 61 | M50 2 | 22:05 1 | 1:19:24 3 | 45:35 2 | 2:27:04 |
| 3 | 140 | Mehlhase, Rainer | Lohmen | MV | 59 | M50 3 | 26:11 2 | 1:18:38 2 | 52:16 4 | 2:37:05 |
| 4 | 203 | Neumann, Steffen | SC Hoyerswerda | SN | 63 | M50 4 | 30:31 4 | 1:19:49 4 | 57:24 5 | 2:47:44 |
| 5 | 186 | Hillmann, Thomas | Wismar | MV | 60 | M50 5 | 37:37 6 | 1:26:42 6 | 50:59 3 | 2:55:18 |
| 6 | 133 | Winne, Jens | MTV Luhdorf | NI | 63 | M50 6 | 34:26 5 | 1:23:32 5 | 59:06 6 | 2:57:04 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Seniorinnen 3

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|----------------------|-----------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 200 | Westphal, Dorit | TG triZACK Rostock | | 60 | W50 1 | 28:42 1 | 1:21:32 1 | 51:42 3 | 2:41:56 |
| 2 | 147 | Calon-Großer, Claire | Stader SV | NI | 62 | W50 2 | 31:42 2 | 1:24:10 2 | 47:35 2 | 2:43:27 |
| 3 | 198 | Hofmann, Manuela | Sparkasse Mecklenburg | MV | 62 | W50 3 | 38:33 3 | 1:32:09 3 | 46:23 1 | 2:57:05 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Senioren 4

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|---------------------|-----------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 206 | RUDOLF, Roland | Boxenstop e. V. | MV | 57 | M55 1 | 24:56 1 | 1:10:32 1 | 44:44 3 | 2:20:12 |
| 2 | 196 | Prahl, Norbert | Tri-Sport Schwerin | MV | 58 | M55 2 | 27:42 3 | 1:12:25 3 | 41:27 1 | 2:21:34 |
| 3 | 160 | Rußbüldt, Gerald | Tri Fun Güstrow | MV | 54 | M55 3 | 30:37 4 | 1:11:15 2 | 42:56 2 | 2:24:48 |
| 4 | 181 | Popke, Jörg | Dlrg Luckenwalde | BB | 56 | M55 4 | 27:08 2 | 1:14:36 4 | 46:09 4 | 2:27:53 |
| 5 | 236 | Kreis, Alfred | Gremmelin | MV | 57 | M55 5 | 36:22 7 | 1:23:28 7 | 48:47 5 | 2:48:37 |
| 6 | 157 | Hett, Bernhard | Tri Fun Güstrow | MV | 58 | M55 6 | 35:31 6 | 1:22:48 6 | 50:31 6 | 2:48:50 |
| 7 | 214 | Schliedermann, Jörg | TC Blau Weiss Rostock | | 58 | M55 7 | 33:44 5 | 1:22:37 5 | 56:30 7 | 2:52:51 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Senioren 5

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|----------------|--------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 172 | Mahnke, Alfred | HSG Uni Greifswald | MV | 49 | M60 1 | 36:17 1 | 1:24:05 1 | 55:16 1 | 2:55:38 |

Olympische Distanz am 10.08.2013

Ergebnisliste - Senioren 7

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-----------------|--------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 220 | Barthel, Stefan | HSG Uni Greifswald | MV | 43 | M70 1 | 38:14 1 | 1:35:38 1 | 58:33 1 | 3:12:25 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------|-------------------------|------|----|-----|---------|------------|-----------|------------|
| 1 | 217 | Michalew, Nikolaj | SC Neubrandenburg | MV | 94 | M18 | 1 18:53 | 1 1:06:17 | 4 36:51 | 3 2:02:01 |
| 2 | 60 | Trettin, Stephan | Tri Team Lüneburg | NI | 86 | M25 | 1 - | 1:28:13 | - 35:52 | 1 2:04:05 |
| 3 | 238 | Wermann, Cornelius | TriSport Schwerin | MV | 76 | M35 | 1 23:25 | 6 1:03:10 | 1 37:39 | 4 2:04:14 |
| 4 | 51 | Winkelmann, Thomas | Tri Team FIKO Rostock I | MV | 82 | M30 | 1 21:19 | 2 1:05:01 | 2 36:17 | 2 2:04:37* |
| 5 | 224 | Baalcke, Frank | Tri-Sport Schwerin | MV | 68 | M45 | 1 22:42 | 4 1:06:44 | 6 38:21 | 5 2:07:47 |
| 6 | 159 | Dittberner, Felix | Tri-Sport Schwerin e.V. | MV | 82 | M30 | 2 22:41 | 3 1:06:32 | 5 41:02 | 12 2:10:15 |
| 7 | 52 | Quest, Stephan | Tri Team FIKO Rostock I | MV | 81 | M30 | 3 23:10 | 5 1:09:58 | 10 39:34 | 7 2:12:42 |
| 8 | 55 | Kluck, Steffen | Tri Team FIKO Rostock I | MV | 80 | M30 | 4 26:25 | 9 1:09:12 | 9 39:08 | 6 2:14:45 |
| 9 | 175 | Becker, Alf | TC Fiko Rostock | MV | 70 | M40 | 1 27:31 | 12 1:08:32 | 8 39:44 | 8 2:15:47 |
| 10 | 187 | Hellwig, Raik | RADGIGANTEN | MV | 77 | M35 | 2 29:13 | 17 1:07:05 | 7 40:35 | 11 2:16:53 |
| 11 | 54 | Gierer, Philip | Tri Team FIKO Rostock I | MV | 71 | M40 | 2 31:51 | 22 1:06:11 | 3 40:07 | 10 2:18:09 |
| 12 | 213 | Hill, Marcus | TG triZack Rostock | MV | 74 | M35 | 3 - | 1:34:07 | - 44:59 | 18 2:19:06 |
| 13 | 196 | Prahl, Norbert | Tri-Sport Schwerin | MV | 58 | M55 | 1 27:42 | 13 1:12:25 | 17 41:27 | 13 2:21:34 |
| 14 | 212 | Sperling, Philip | HSG Uni Greifswald | MV | 85 | M25 | 2 29:23 | 18 1:13:16 | 19 39:52 | 9 2:22:31 |
| 15 | 53 | Fischer, Michael | Tri Team FIKO Rostock I | MV | 80 | M30 | 5 25:06 | 7 1:14:56 | 21 43:25 | 15 2:23:27 |
| 16 | 160 | Rußbüldt, Gerald | Tri Fun Güstrow | MV | 54 | M55 | 2 30:37 | 21 1:11:15 | 12 42:56 | 14 2:24:48 |
| 17 | 180 | Last, Torsten | HSG Uni Greifswald | MV | 64 | M45 | 2 29:08 | 15 1:13:13 | 18 43:26 | 16 2:25:47 |
| 18 | 222 | Mayer, Axel | Mistorf OT Käselow | MV | 69 | M40 | 3 30:04 | 20 1:11:52 | 14 43:55 | 17 2:25:51 |
| 19 | 158 | Millat, Andreas | TC Fiko Rostock | MV | 62 | M50 | 1 27:27 | 10 1:13:49 | 20 45:02 | 19 2:26:18 |
| 20 | 194 | Koula, André | Tri Fun Güstrow | MV | 67 | M45 | 3 29:08 | 15 1:11:06 | 11 46:27 | 20 2:26:41 |
| 21 | 208 | Ristow, Rolf | HSG/Tri Hgwaii | MV | 78 | M35 | 4 27:29 | 11 1:11:33 | 13 48:09 | 23 2:27:11 |
| 22 | 135 | Martin, Chris | TriSport Schwerin | MV | 72 | M40 | 4 - | - | - 2:27:24 | - 2:27:24 |
| 23 | 97 | Gerhardt, Georg | WSV 21 Wolfenbüttel | NI | 79 | M30 | 6 32:17 | 23 1:11:58 | 15 47:02 | 22 2:31:17 |
| 24 | 161 | Brade, Christian | TriSport Schwerin | MV | 71 | M40 | 5 28:44 | 14 1:12:04 | 16 51:16 | 24 2:32:04 |
| 25 | 139 | Schütt, Stefan | Sievershagen | MV | 64 | M45 | 4 29:43 | 19 1:17:50 | 22 46:34 | 21 2:34:07 |
| 26 | 140 | Mehlhase, Rainer | Lohmen | MV | 59 | M50 | 2 26:11 | 8 1:18:38 | 23 52:16 | 25 2:37:05 |
| 27 | 172 | Mahnke, Alfred | HSG Uni Greifswald | MV | 49 | M60 | 1 36:17 | 24 1:24:05 | 24 55:16 | 26 2:55:38 |
| 28 | 220 | Barthel, Stefan | HSG Uni Greifswald | MV | 43 | M70 | 1 38:14 | 25 1:35:38 | 25 58:33 | 27 3:12:25 |

* Endzeit beinhaltet Zeitstrafe

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------------|----------------------|------|----|-----|---------|------------|-----------|------------|
| 1 | 156 | Litzenberg, Anne-Kathrin | TriFun Güstrow | MV | 91 | W20 | 1 28:43 | 5 1:14:36 | 3 37:45 | 1 2:21:04 |
| 2 | 132 | Wittwer, Anja | TriElfen Schwerin | MV | 85 | W25 | 1 27:51 | 4 1:12:22 | 2 42:02 | 2 2:22:15 |
| 3 | 131 | Willhöft, Andrea | TriElfen Schwerin | MV | 72 | W40 | 1 25:47 | 1 1:10:56 | 1 45:53 | 3 2:22:36 |
| 4 | 209 | Prahl, Anne | Tri-Sport Schwerin | MV | 83 | W30 | 1 29:32 | 8 1:19:37 | 4 48:23 | 5 2:37:32 |
| 5 | 177 | Pudschun, Susann | Tri-Sport Schwerin | MV | 68 | W45 | 1 33:29 | 11 1:21:34 | 6 47:52 | 4 2:42:55 |
| 6 | 239 | Zerbel, Michaela | TC Fiko Rostock | MV | 66 | W45 | 2 29:16 | 7 1:26:27 | 9 50:33 | 6 2:46:16 |
| 7 | 193 | Assmus, Susanne | Schwerin | MV | 65 | W45 | 3 31:57 | 10 1:23:02 | 7 53:45 | 8 2:48:44 |
| 8 | 130 | Reichmuth, Anne Kathrin | TriElfen Schwerin | MV | 83 | W30 | 2 26:37 | 2 1:26:40 | 10 55:57 | 10 2:49:14 |
| 9 | 165 | Schlemp, Elke | TC Fiko Rostock e.V. | MV | 75 | W35 | 1 29:06 | 6 1:27:38 | 11 52:37 | 7 2:49:21 |
| 10 | 129 | Dittrich, Michaela | TriElfen Schwerin | MV | 81 | W30 | 3 27:21 | 3 1:20:55 | 5 1:02:14 | 11 2:50:30 |
| 11 | 237 | Wermann, Christiane | TriSport Schwerin | MV | 72 | W40 | 2 30:14 | 9 1:26:01 | 8 54:22 | 9 2:50:37 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Junioren

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-------------------|-------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 217 | Michalew, Nikolaj | SC Neubrandenburg | MV | 94 | M18 | 1 18:53 | 1 1:06:17 | 1 36:51 | 1 2:02:01 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Alterskl. 1 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------------|----------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 156 | Litzenberg, Anne-Kathrin | TriFun Güstrow | MV | 91 | W20 | 1 28:43 | 1 1:14:36 | 1 37:45 | 1 2:21:04 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Alterskl. 2 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|--------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 60 | Trettin, Stephan | Tri Team Lüneburg | NI | 86 | M25 | 1 - - | 1:28:13 - | 35:52 1 | 2:04:05 |
| 2 | 212 | Sperling, Philip | HSG Uni Greifswald | MV | 85 | M25 | 2 29:23 | 1 1:13:16 | 1 39:52 | 2 2:22:31 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Alterskl. 2 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|---------------|-------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 132 | Wittwer, Anja | TriElfen Schwerin | MV | 85 | W25 | 1 27:51 | 1 1:12:22 | 1 42:02 | 1 2:22:15 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Alterskl. 3 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------|-------------------------|------|----|-----|---------|-----------|---------|------------|
| 1 | 51 | Winkelmann, Thomas | Tri Team FIKO Rostock I | MV | 82 | M30 | 1 21:19 | 1 1:05:01 | 1 36:17 | 1 2:04:37* |
| 2 | 159 | Dittberner, Felix | Tri-Sport Schwerin e.V. | MV | 82 | M30 | 2 22:41 | 2 1:06:32 | 2 41:02 | 4 2:10:15 |
| 3 | 52 | Quest, Stephan | Tri Team FIKO Rostock I | MV | 81 | M30 | 3 23:10 | 3 1:09:58 | 4 39:34 | 3 2:12:42 |
| 4 | 55 | Kluck, Steffen | Tri Team FIKO Rostock I | MV | 80 | M30 | 4 26:25 | 5 1:09:12 | 3 39:08 | 2 2:14:45 |
| 5 | 53 | Fischer, Michael | Tri Team FIKO Rostock I | MV | 80 | M30 | 5 25:06 | 4 1:14:56 | 6 43:25 | 5 2:23:27 |
| 6 | 97 | Gerhardt, Georg | WSV 21 Wolfenbüttel | NI | 79 | M30 | 6 32:17 | 6 1:11:58 | 5 47:02 | 6 2:31:17 |

* Endzeit beinhaltet Zeitstrafe

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Alterskl. 3 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-------------------------|--------------------|------|----|-----|---------|-----------|-----------|-----------|
| 1 | 209 | Prahl, Anne | Tri-Sport Schwerin | MV | 83 | W30 | 1 29:32 | 3 1:19:37 | 1 48:23 | 1 2:37:32 |
| 2 | 130 | Reichmuth, Anne Kathrin | TriElfen Schwerin | MV | 83 | W30 | 2 26:37 | 1 1:26:40 | 3 55:57 | 2 2:49:14 |
| 3 | 129 | Dittrich, Michaela | TriElfen Schwerin | MV | 81 | W30 | 3 27:21 | 2 1:20:55 | 2 1:02:14 | 3 2:50:30 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Alterskl. 4 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------|--------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 238 | Wermann, Cornelius | TriSport Schwerin | MV | 76 | M35 | 1 23:25 | 1 1:03:10 | 1 37:39 | 1 2:04:14 |
| 2 | 187 | Hellwig, Raik | RADGIGANTEN | MV | 77 | M35 | 2 29:13 | 3 1:07:05 | 2 40:35 | 2 2:16:53 |
| 3 | 213 | Hill, Marcus | TG triZack Rostock | MV | 74 | M35 | 3 - - | 1:34:07 - | 44:59 | 3 2:19:06 |
| 4 | 208 | Ristow, Rolf | HSG/Tri Hgwaii | MV | 78 | M35 | 4 27:29 | 2 1:11:33 | 3 48:09 | 4 2:27:11 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Alterskl. 4 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|----------------|----------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 165 | Schlempp, Elke | TC Fiko Rostock e.V. | MV | 75 | W35 | 1 29:06 | 1 1:27:38 | 1 52:37 | 1 2:49:21 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Senioren 1

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|-------------------------|------|----|-----|---------|-----------|-----------|-----------|
| 1 | 175 | Becker, Alf | TC Fiko Rostock | MV | 70 | M40 | 1 27:31 | 1 1:08:32 | 2 39:44 | 1 2:15:47 |
| 2 | 54 | Gierer, Philip | Tri Team FIKO Rostock I | MV | 71 | M40 | 2 31:51 | 4 1:06:11 | 1 40:07 | 2 2:18:09 |
| 3 | 222 | Mayer, Axel | Mistorf OT Käselow | MV | 69 | M40 | 3 30:04 | 3 1:11:52 | 3 43:55 | 3 2:25:51 |
| 4 | 135 | Martin, Chris | TriSport Schwerin | MV | 72 | M40 | 4 - | - | - 2:27:24 | - 2:27:24 |
| 5 | 161 | Brade, Christian | TriSport Schwerin | MV | 71 | M40 | 5 28:44 | 2 1:12:04 | 4 51:16 | 4 2:32:04 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Seniorinnen 1

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|---------------------|-------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 131 | Willhöft, Andrea | TriElfen Schwerin | MV | 72 | W40 | 1 25:47 | 1 1:10:56 | 1 45:53 | 1 2:22:36 |
| 2 | 237 | Wermann, Christiane | TriSport Schwerin | MV | 72 | W40 | 2 30:14 | 2 1:26:01 | 2 54:22 | 2 2:50:37 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Senioren 2

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|----------------|--------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 224 | Baalcke, Frank | Tri-Sport Schwerin | MV | 68 | M45 | 1 22:42 | 1 1:06:44 | 1 38:21 | 1 2:07:47 |
| 2 | 180 | Last, Torsten | HSG Uni Greifswald | MV | 64 | M45 | 2 29:08 | 2 1:13:13 | 3 43:26 | 2 2:25:47 |
| 3 | 194 | Koula, André | Tri Fun Güstrow | MV | 67 | M45 | 3 29:08 | 2 1:11:06 | 2 46:27 | 3 2:26:41 |
| 4 | 139 | Schütt, Stefan | Sievershagen | MV | 64 | M45 | 4 29:43 | 4 1:17:50 | 4 46:34 | 4 2:34:07 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Seniorinnen 2

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|--------------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 177 | Pudschun, Susann | Tri-Sport Schwerin | MV | 68 | W45 | 1 33:29 | 3 1:21:34 | 1 47:52 | 1 2:42:55 |
| 2 | 239 | Zerbel, Michaela | TC Fiko Rostock | MV | 66 | W45 | 2 29:16 | 1 1:26:27 | 3 50:33 | 2 2:46:16 |
| 3 | 193 | Assmus, Susanne | Schwerin | MV | 65 | W45 | 3 31:57 | 2 1:23:02 | 2 53:45 | 3 2:48:44 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Senioren 3

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|-----------------|------|----|-----|---------|-----------|---------|-----------|
| 1 | 158 | Millat, Andreas | TC Fiko Rostock | MV | 62 | M50 | 1 27:27 | 2 1:13:49 | 1 45:02 | 1 2:26:18 |
| 2 | 140 | Mehlhase, Rainer | Lohmen | MV | 59 | M50 | 2 26:11 | 1 1:18:38 | 2 52:16 | 2 2:37:05 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Senioren 4

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|--------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 196 | Prahl, Norbert | Tri-Sport Schwerin | MV | 58 | M55 1 | 27:42 1 | 1:12:25 2 | 41:27 1 | 2:21:34 |
| 2 | 160 | Rußbüldt, Gerald | Tri Fun Güstrow | MV | 54 | M55 2 | 30:37 2 | 1:11:15 1 | 42:56 2 | 2:24:48 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Senioren 5

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|----------------|--------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 172 | Mahnke, Alfred | HSG Uni Greifswald | MV | 49 | M60 1 | 36:17 1 | 1:24:05 1 | 55:16 1 | 2:55:38 |

Landesmeisterschaft TVMV am 10.08.2013

Ergebnisliste - Senioren 7

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-----------------|--------------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 220 | Barthel, Stefan | HSG Uni Greifswald | MV | 43 | M70 1 | 38:14 1 | 1:35:38 1 | 58:33 1 | 3:12:25 |

Jedermann Distanz am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-----------------------|-------------------------|------|----|-----|----------|-----------|----------|-------------|
| 1 | 380 | Weu, Dennis | TriTeam FIKO Rostock | MV | 91 | M20 | 1 10:20 | 1 34:28 | 1 17:31 | 1 1:02:19 |
| 2 | 354 | Schulenburg, Jan | Rostocker Jumpy | MV | 68 | M45 | 1 13:00 | 4 35:56 | 9 20:39 | 6 1:09:35 |
| 3 | 297 | Haacker, Martin | Tri-Fighters | MV | 80 | M30 | 1 14:44 | 18 34:52 | 2 20:02 | 3 1:09:38 |
| 4 | 301 | Winkelmann, Olaf | BSG Hamburg Wasser e | HH | 70 | M40 | 1 14:35 | 13 - - | - 55:10 | - 1:09:45 |
| 5 | 334 | Wurm, Johannes | LSV Güstrow | MV | 93 | M20 | 2 12:42 | 3 37:12 | 15 20:45 | 8 1:10:39 |
| 6 | 296 | Hagemeister, André | Rostock | MV | 84 | M25 | 1 15:00 | 24 - - | - 55:44 | - 1:10:44 |
| 7 | 347 | Schommler, Sascha | TriSport Schwerin e.V. | MV | 78 | M35 | 1 13:30 | 9 35:31 | 5 22:15 | 24 1:11:16 |
| 8 | 251 | Kinder, Matthias | Neubrandenburg | MV | 70 | M40 | 2 15:25 | 34 34:57 | 3 21:18 | 14 1:11:40 |
| 9 | 282 | Kleinloff, Sebastian | Team Erdinger Alkoholfr | MV | 79 | M30 | 2 14:18 | 12 36:34 | 13 21:16 | 13 1:12:08 |
| 10 | 353 | Dose, Joachim | Fortuna Bösdorf | SH | 68 | M45 | 2 13:26 | 8 36:28 | 12 22:18 | 25 1:12:12 |
| 11 | 355 | Tesch, Ronny | TC Fiko Rostock e.V. | MV | 78 | M35 | 2 14:38 | 15 37:07 | 14 20:53 | 9 1:12:38 |
| 12 | 277 | Pötsch, Rinaldo | Fiko Rostock | MV | 70 | M40 | 3 14:52 | 21 35:52 | 8 22:25 | 26 1:13:09 |
| 13 | 290 | Kalkbrenner, Ingo | Neubrandenburg | MV | 68 | M45 | 3 15:00 | 24 37:34 | 16 20:43 | 7 1:13:17 |
| 14 | 294 | Nehring, Madlen | SV Turbine Neubranden | MV | 76 | W35 | 1 15:12 | 30 35:29 | 4 22:41 | 31 1:13:22 |
| 15 | 299 | Haack, Christoph | Güstrow | MV | 82 | M30 | 3 15:44 | 43 38:34 | 26 19:45 | 2 1:14:03 |
| 16 | 247 | Greiner, Frank | SC Aquarius Löhne | NRW | 64 | M45 | 4 15:25 | 34 35:38 | 6 23:09 | 38 1:14:12 |
| 17 | 315 | Boden, Michael | SV Teterow 90 | MV | 71 | M40 | 4 15:40 | 40 38:00 | 20 20:33 | 5 1:14:13 |
| 18 | 345 | Musilinski, Jan | Berufsfeuerwehr Rostock | MV | 79 | M30 | 4 14:49 | 19 37:36 | 17 22:02 | 20 1:14:27 |
| 19 | 341 | Sator, Daniel | Tri-Sport Schwerin eV | MV | 76 | M35 | 3 13:10 | 6 39:09 | 30 22:10 | 23 1:14:29 |
| 20 | 267 | Eckermann, Christian | Rostock | MV | 76 | M35 | 4 15:01 | 27 39:22 | 31 20:31 | 4 1:14:54 |
| 21 | 362 | Deißler, Alexander | Schwerin | MV | 73 | M40 | 5 15:44 | 43 36:03 | 10 23:27 | 45 1:15:14 |
| 22 | 265 | Tautz, Thilo | | MV | 74 | M35 | 5 15:12 | 30 38:08 | 21 21:58 | 19 1:15:18 |
| 23 | 336 | Wurm, Andreas | LSV Güstrow | MV | 69 | M40 | 6 14:54 | 23 38:28 | 24 22:04 | 22 1:15:26 |
| 24 | 387 | Zimmermann, Axel | Rostocker Ruderclub | MV | 68 | M45 | 5 16:04 | 52 38:23 | 23 21:19 | 15 1:15:46 |
| 25 | 258 | Lierow, Wolfgang | TriFun Güstrow | MV | 42 | M70 | 1 17:09 | 73 35:49 | 7 23:12 | 39 1:16:10 |
| 26 | 270 | Truckenbrodt, Frank | Berlin | BE | 70 | M40 | 7 16:07 | 54 38:22 | 22 21:49 | 17 1:16:18 |
| 27 | 276 | Petersen, Axel | just4fun | MV | 65 | M45 | 6 15:21 | 32 39:36 | 33 21:48 | 16 1:16:45 |
| 28 | 364 | Kretlow, André | TriFun Güstrow | MV | 73 | M40 | 8 14:40 | 16 37:59 | 19 24:30 | 54 1:17:09 |
| 29 | 388 | Jabs, Andreas | Sarmstorf | MV | 74 | M35 | 6 15:50 | 47 38:59 | 28 22:29 | 27 1:17:18 |
| 30 | 337 | Rambow, Stephan | Groß Wüstenfelde | MV | 75 | M35 | 7 - - | - 54:14 | - 23:05 | 37 1:17:19 |
| 31 | 295 | Köhler, Christian | Röbel | MV | 78 | M35 | 8 18:43 | 109 36:09 | 11 22:39 | 30 1:17:31 |
| 32 | 342 | Kowalk, Fred | SVHK Stralsund | MV | 63 | M50 | 1 14:51 | 20 37:57 | 18 25:00 | 59 1:17:48 |
| 33 | 259 | Schweitzer, Jan | DLRG Rostock | HH | 85 | M25 | 2 13:02 | 5 40:44 | 47 24:27 | 53 1:18:13 |
| 34 | 254 | Pütz, Frank | PSV Brühl | NRW | 68 | M45 | 7 16:48 | 69 38:52 | 27 22:51 | 33 1:18:31 |
| 35 | 307 | Braatz, Bernd | PSV Rostock | MV | 62 | M50 | 2 16:57 | 71 39:52 | 39 22:02 | 20 1:18:51 |
| 36 | 324 | Bloß, Hans-Ulrich | TG triZACK Rostock | MV | 65 | M45 | 8 15:11 | 29 39:40 | 37 24:36 | 57 1:19:27 |
| 37 | 305 | Wendler, Christian | Greifswald | MV | 83 | M30 | 5 16:55 | 70 41:27 | 61 21:13 | 12 1:19:35 |
| 38 | 316 | Richter, Hartmut | Retgendorf | MV | 68 | M45 | 9 16:30 | 66 39:04 | 29 24:16 | 50 1:19:50 |
| 39 | 269 | Stangenberg, Stefan | Rostock | MV | 73 | M40 | 9 16:08 | 55 40:53 | 51 23:04 | 36 1:20:05 |
| 40 | 361 | Beyer, Sven | Schwerin | MV | 74 | M35 | 9 16:25 | 65 40:38 | 45 23:14 | 40 1:20:17 |
| 41 | 385 | Erleben, Jens | Pastin | MV | 81 | M30 | 6 18:01 | 86 39:47 | 38 22:56 | 34 1:20:44 |
| 42 | 260 | Fischer, Sophie | TC Fiko Rostock | | 97 | W16 | 1 11:03 | 2 40:31 | 43 29:17 | 109 1:20:51 |
| 43 | 283 | Schwartz, Ingolf | Güstrow | MV | 65 | M45 | 10 18:34 | 103 40:00 | 40 22:29 | 27 1:21:03 |
| 44 | 335 | Hitzbleck, Henrik | Berlin | BE | 60 | M50 | 3 16:18 | 58 39:28 | 32 25:22 | 64 1:21:08 |
| 45 | 356 | Schierz, Petra | Rostock | MV | 73 | W40 | 1 15:51 | 48 41:27 | 61 23:54 | 47 1:21:12 |
| 46 | 313 | Schätz, Rainer | Mühl Rosin | MV | 63 | M50 | 4 16:16 | 57 40:40 | 46 24:20 | 51 1:21:16 |
| 47 | 377 | Porthun, André | TriSport Schwerin | MV | 68 | M45 | 11 16:18 | 58 40:25 | 42 24:34 | 56 1:21:17 |
| 48 | 275 | Köster, Gerold | TriFun | MV | 54 | M55 | 1 17:25 | 80 39:39 | 35 24:20 | 51 1:21:24 |
| 49 | 368 | Komm, Mario | TriSport Stove | MV | 90 | M20 | 3 18:32 | 102 42:12 | 70 21:03 | 10 1:21:47 |
| 50 | 327 | Starck, Birgit | Doberaner SV | MV | 66 | W45 | 1 16:22 | 62 41:41 | 64 23:55 | 48 1:21:58 |
| 51 | 323 | Baumert, Bettina | TC Fiko | MV | 70 | W40 | 2 18:14 | 95 41:10 | 55 22:45 | 32 1:22:09 |
| 52 | 381 | Martens, Bertold | lav rostock | MV | 57 | M55 | 2 19:35 | 118 40:02 | 41 22:35 | 29 1:22:12 |
| 53 | 330 | Wohlatz, Torsten | FHSG Stralsund | MV | 71 | M40 | 10 18:28 | 99 42:50 | 75 21:04 | 11 1:22:22 |
| 54 | 311 | Meibauer, Matthias | Schmarsow | MV | 64 | M45 | 12 19:24 | 116 39:37 | 34 23:25 | 44 1:22:26 |
| 55 | 253 | Rottschäfer, Thorsten | TriSport Schwerin | MV | 61 | M50 | 5 17:28 | 82 38:30 | 25 26:44 | 82 1:22:42 |
| 56 | 293 | Otto, Teresa | LC Padderborn | MV | 90 | W20 | 1 15:45 | 45 40:55 | 52 26:03 | 73 1:22:43 |
| 57 | 386 | Katzenski, Julia | tri team berlin | BE | 90 | W20 | 2 15:00 | 24 42:33 | 73 25:28 | 67 1:23:01 |
| 58 | 357 | Oswald, Thomas | TC Fiko Rostock | MV | 68 | M45 | 13 17:10 | 74 40:44 | 47 25:12 | 61 1:23:06 |
| 59 | 333 | Brümmer, Klaus | Rostock | MV | 58 | M55 | 3 18:17 | 96 41:15 | 57 23:40 | 46 1:23:12 |
| 60 | 303 | Losch, Michael | Tri-Fun-Güstrow | MV | 59 | M50 | 6 17:14 | 75 40:46 | 50 25:15 | 62 1:23:15 |

Jedermann Distanz am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|-------------------------|--------------------------|------|----|-----|------|-------|------|---------|-----|---------|---------|---------|
| 61 | 329 | Marklein, Steffen | Gemeinde Bröbberow | MV | 61 | M50 | 7 | 17:15 | 76 | 41:42 | 65 | 24:33 | 55 | 1:23:30 |
| 62 | 291 | Kelm, Michael | sv groß wokern | MV | 61 | M50 | 8 | 18:10 | 92 | 40:34 | 44 | 24:53 | 58 | 1:23:37 |
| 63 | 372 | Keller, Gerald | TriSport Stove | MV | 59 | M50 | 9 | 18:42 | 107 | 39:39 | 35 | 25:20 | 63 | 1:23:41 |
| 64 | 379 | Liefke, Eike | HSP Uni Rostock | MV | 92 | W20 | 3 | 15:41 | 41 | 41:25 | 60 | 26:44 | 82 | 1:23:50 |
| 65 | 272 | Reinke, Joern | team jornsens | BY | 70 | M40 | 11 | 13:58 | 10 | 41:43 | 66 | 28:21 | 100 | 1:24:02 |
| 66 | 328 | Berndt, Silke | TG triZACK Rostock | MV | 68 | W45 | 2 | 16:04 | 52 | 41:20 | 59 | 26:39 | 80 | 1:24:03 |
| 67 | 384 | Kühl, Agnes | Wasserwacht Demmin | MV | 71 | W40 | 3 | 15:48 | 46 | 41:11 | 56 | 27:06 | 86 | 1:24:05 |
| 68 | 331 | Jonas-Brockhausen, Katr | lav rostock | MV | 77 | W35 | 2 | 16:03 | 51 | 41:00 | 54 | 27:25 | 90 | 1:24:28 |
| 69 | 248 | Friedrich, Cora | Hamburg | HH | 76 | W35 | 3 | 16:09 | 56 | 42:17 | 71 | 26:04 | 74 | 1:24:30 |
| 69 | 346 | Krüger, Gesine | Tri-Sport Schwerin | MV | 70 | W40 | 4 | 18:07 | 91 | 42:20 | 72 | 24:03 | 49 | 1:24:30 |
| 71 | 373 | Dahl, Olaf | TS Harburg | HH | 74 | M35 | 10 | 15:55 | 49 | 42:11 | 69 | 26:26 | 77 | 1:24:32 |
| 72 | 352 | Dose, Carmen | Fortuna Bösdorf | SH | 72 | W40 | 5 | 17:08 | 72 | 41:18 | 58 | 26:30 | 78 | 1:24:56 |
| 73 | 287 | Kessel, Jan | Dreisport HP | MV | 73 | M40 | 12 | 18:35 | 104 | 40:45 | 49 | 25:56 | 72 | 1:25:16 |
| 74 | 358 | Wöstenberg, Paul | FFF Lüssow | MV | 88 | M25 | 3 | 14:41 | 17 | 44:23 | 82 | 26:19 | 75 | 1:25:23 |
| 75 | 319 | Kiel, Bernd | Krakow am See | MV | 70 | M40 | 13 | 15:33 | 37 | 43:20 | 80 | 26:40 | 81 | 1:25:33 |
| 76 | 249 | Schannewitzky, Uta | psychoflitzer | BE | 69 | W40 | 6 | 16:41 | 68 | 43:06 | 76 | 25:48 | 70 | 1:25:35 |
| 77 | 359 | Schönicke, Paul | Neubrandenburg | MV | 82 | M30 | 7 | 15:41 | 41 | 42:03 | 68 | 27:53 | 94 | 1:25:37 |
| 78 | 279 | Papendieck, Ralf | Schwedter Hasen | BB | 65 | M45 | 14 | 18:30 | 101 | 45:47 | 92 | 21:56 | 18 | 1:26:13 |
| 79 | 325 | Beier, Christian | Berlin | BE | 82 | M30 | 8 | 16:21 | 60 | 46:49 | 97 | 23:17 | 41 | 1:26:27 |
| 80 | 339 | Dr. Kühne, Jürgen | HSG Uni Greifswald | MV | 49 | M60 | 1 | 17:18 | 78 | 41:50 | 67 | 27:30 | 91 | 1:26:38 |
| 81 | 371 | Meißner, Martin | TriSport Stove | NI | 86 | M25 | 4 | 20:27 | 125 | 40:57 | 53 | 25:33 | 68 | 1:26:57 |
| 82 | 375 | Ludewigs, Mandy | Berlin | BE | 81 | W30 | 1 | 13:14 | 7 | 45:05 | 87 | 28:58 | 108 | 1:27:17 |
| 83 | 349 | Paschens, Juliane | JC Uni Rostock | MV | 87 | W25 | 1 | 18:06 | 90 | 43:11 | 78 | 26:20 | 76 | 1:27:37 |
| 84 | 382 | Wendtland, Thomas | Olympia e.V. | MV | 71 | M40 | 14 | 18:05 | 89 | 43:13 | 79 | 26:36 | 79 | 1:27:54 |
| 85 | 351 | Schulz, Rüdiger | Güstrow | MV | 70 | M40 | 15 | 14:36 | 14 | 44:57 | 86 | 28:31 | 102 | 1:28:04 |
| 86 | 340 | Sauer, Christoph | Groß Wüstenfelde | MV | 90 | M20 | 4 | 18:42 | 107 | - | - | 1:09:24 | - | 1:28:06 |
| 87 | 310 | Beese, Knut | Güstrow | MV | 68 | M45 | 15 | 18:20 | 97 | 46:40 | 95 | 23:19 | 42 | 1:28:19 |
| 88 | 312 | Bannier, Jörg | SV Einheit Güstrow | MV | 66 | M45 | 16 | 17:24 | 79 | 45:05 | 87 | 25:51 | 71 | 1:28:20 |
| 89 | 366 | Sauritz, mathias | | MV | 80 | M30 | 9 | 19:10 | 114 | 47:14 | 100 | 22:58 | 35 | 1:29:22 |
| 90 | 306 | Lindow, Margitta | SV Turbine Neubranden | MV | 61 | W50 | 1 | 18:37 | 105 | 45:28 | 91 | 25:26 | 66 | 1:29:31 |
| 91 | 383 | Scholz, Sebastian | Lauf- und Radtreff Bützo | MV | 84 | M25 | 5 | 19:25 | 117 | 46:48 | 96 | 23:20 | 43 | 1:29:33 |
| 92 | 262 | Schmidt, Holger | Sundhagen | MV | 66 | M45 | 17 | 15:30 | 36 | 47:27 | 103 | 26:48 | 84 | 1:29:45 |
| 93 | 376 | Johannisson, Dirk | Freizeitsportler | HH | 63 | M50 | 10 | - | - | 1:04:23 | - | 25:24 | 65 | 1:29:47 |
| 94 | 250 | Kinder, Birte | Neubrandenburg | MV | 71 | W40 | 7 | 19:50 | 123 | 43:07 | 77 | 27:12 | 87 | 1:30:09 |
| 95 | 318 | Rückert, Holger | Jatznick | MV | 63 | M50 | 11 | - | - | - | - | 1:30:32 | - | 1:30:32 |
| 96 | 326 | Bromund, Bianka | SV Turbine Neubranden | MV | 66 | W45 | 3 | 18:00 | 85 | 44:37 | 83 | 27:57 | 95 | 1:30:34 |
| 97 | 338 | Beckhoff, Norbert | Groß Wüstenfelde | MV | 69 | M40 | 16 | 23:31 | 132 | 41:40 | 63 | 25:38 | 69 | 1:30:49 |
| 98 | 320 | Jähning, Andre | | BE | 85 | M25 | 6 | 15:37 | 38 | - | - | 1:15:14 | - | 1:30:51 |
| 99 | 378 | Bußmann, Jörg | Tri Fun Güstrow | MV | 57 | M55 | 4 | 20:46 | 128 | 45:10 | 89 | 25:03 | 60 | 1:30:59 |
| 100 | 360 | Lange, Marcel | Neubrandenburg | MV | 81 | M30 | 10 | 20:25 | 124 | 42:38 | 74 | 27:59 | 96 | 1:31:02 |
| 101 | 242 | Sprögel, Maren | Psycho-Flitzer | MV | 68 | W45 | 4 | 18:11 | 93 | 44:50 | 85 | 28:16 | 99 | 1:31:17 |
| 102 | 322 | Vegetahn, Dirk | Neuprenalleriger | BE | 69 | M40 | 17 | 18:04 | 88 | 44:49 | 84 | 28:38 | 105 | 1:31:31 |
| 103 | 284 | Nath, Andreas | Güstrow | MV | 71 | M40 | 18 | 15:22 | 33 | 47:48 | 106 | 28:28 | 101 | 1:31:38 |
| 104 | 343 | Hansen, Kristina | Hamburg | HH | 83 | W30 | 2 | 17:51 | 84 | 43:43 | 81 | 30:32 | 116 | 1:32:06 |
| 105 | 314 | Schaetz, Henning | Mühelos Rosin | MV | 97 | M16 | 1 | 14:52 | 21 | 49:14 | 113 | 28:12 | 98 | 1:32:18 |
| 106 | 332 | Harms, Stefanie | Güstrow | MV | 80 | W30 | 3 | 15:38 | 39 | 50:16 | 116 | 27:18 | 89 | 1:33:12 |
| 107 | 304 | Harbrecht, Ina | Rostocker Kanu Club e. | MV | 64 | W45 | 5 | 15:04 | 28 | 47:35 | 105 | 30:45 | 118 | 1:33:24 |
| 108 | 241 | Hübener, Christoph | Psycho-Flitzer/Trifun | MV | 56 | M55 | 5 | 17:50 | 83 | 46:00 | 93 | 29:38 | 112 | 1:33:28 |
| 109 | 246 | Hübener, Martin | Psycho-Flitzer | SN | 53 | M60 | 2 | 16:21 | 60 | 48:31 | 112 | 28:37 | 104 | 1:33:29 |
| 110 | 257 | Richter, Katrin | Potsdam | BB | 74 | W35 | 4 | 16:02 | 50 | 47:30 | 104 | 30:12 | 115 | 1:33:44 |
| 111 | 274 | Gehrmann, H.R. | Tri Schwerin | BB | 62 | M50 | 12 | 16:32 | 67 | 46:15 | 94 | 30:59 | 119 | 1:33:46 |
| 112 | 321 | Beier, Martin | Dresden | SN | 68 | M45 | 18 | 14:07 | 11 | 48:15 | 108 | 32:19 | 122 | 1:34:41 |
| 113 | 286 | Busch, Karsten | | MV | 72 | M40 | 19 | 19:36 | 119 | 48:16 | 110 | 27:12 | 87 | 1:35:04 |
| 113 | 264 | Fischer, Nannett | | MV | 71 | W40 | 8 | - | - | 1:06:30 | - | 28:34 | 103 | 1:35:04 |
| 115 | 266 | Engel, Maren | Berlin | BE | 73 | W40 | 9 | 18:11 | 93 | 48:21 | 111 | 28:39 | 106 | 1:35:11 |
| 116 | 271 | Neumann, Cornelia | VfL Burg Stargard | MV | 77 | W35 | 5 | 18:51 | 112 | 49:38 | 115 | 28:10 | 97 | 1:36:39 |
| 117 | 261 | Robers, Josef | VfL Börnsen | SH | 43 | M70 | 2 | 19:48 | 122 | 46:52 | 98 | 30:34 | 117 | 1:37:14 |
| 118 | 350 | Bargel, Dieter | LSV Teterow | MV | 46 | M65 | 1 | 23:28 | 131 | 45:25 | 90 | 29:19 | 110 | 1:38:12 |
| 119 | 309 | Reemer, Reinhard | Team Erdinger Alkoholfr | MV | 61 | M50 | 13 | 18:52 | 113 | 51:03 | 117 | 28:45 | 107 | 1:38:40 |
| 120 | 268 | Wehrle, Gerry | Tri Fun Güstrow | MV | 59 | M50 | 14 | 18:29 | 100 | 47:59 | 107 | 32:40 | 123 | 1:39:08 |

Jedermann Distanz am 10.08.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|------|-----|------------------------|-----------------------|------|----|--------|-----------|-------------|-----------|---------|
| 121 | 256 | Taubert, Hans Georg | Stralsund | MV | 46 | M65 2 | 19:45 120 | 51:56 119 | 27:37 93 | 1:39:18 |
| 122 | 365 | Langschwager, Wolfgang | TC Fiko Rostock | MV | 39 | M70 3 | 21:57 130 | 47:23 102 | 30:00 113 | 1:39:20 |
| 123 | 244 | Dickel, Ina | Berlin | BE | 69 | W40 10 | 18:02 87 | 48:15 108 | 33:08 124 | 1:39:25 |
| 124 | 363 | Lüdeke, Kai | Die Neoprenallergiker | MV | 79 | M30 11 | 18:44 110 | 51:31 118 | 29:31 111 | 1:39:46 |
| 125 | 298 | Zech, Claudia | SV HK Stralsund | MV | 69 | W40 11 | 18:40 106 | 54:57 123 | 26:53 85 | 1:40:30 |
| 126 | 288 | Diederich, Antje | Neustadt-Glewe | MV | 70 | W40 12 | 17:16 77 | 47:20 101 | 35:59 128 | 1:40:35 |
| 127 | 243 | Eckert, Inka | Boldebeck | MV | 71 | W40 13 | 16:24 64 | 52:36 121 | 31:51 121 | 1:40:51 |
| 128 | 308 | Geske, Nadine | Berlin | BE | 83 | W30 4 | 17:25 80 | 47:09 99 | 38:09 131 | 1:42:43 |
| 129 | 280 | Schilf, Helge | Privat | MV | 62 | M50 15 | 19:47 121 | 55:44 125 | 27:35 92 | 1:43:06 |
| 130 | 281 | Sander, Charlotte | TC Fiko Rostock | MV | 89 | W20 4 | 18:47 111 | 49:34 114 | 34:54 127 | 1:43:15 |
| 131 | 289 | Strenziok, Rolf | SV Warnemünde | MV | 44 | M65 3 | 19:16 115 | 52:08 120 | 34:07 126 | 1:45:31 |
| 132 | 278 | Wolff, Guenter | LSV Güstrow | MV | 46 | M65 4 | 21:21 129 | 55:12 124 | 30:09 114 | 1:46:42 |
| 133 | 263 | Ruppin, Olaf | Güstrow | MV | 56 | M55 6 | 23:58 133 | 54:26 122 | 31:35 120 | 1:49:59 |
| 134 | 245 | Hübener, Karin | psychoflitzer | MV | 56 | W55 1 | 20:30 126 | 57:46 127 | 33:21 125 | 1:51:37 |
| 135 | 317 | Nath, Iris | GSC 09 | MV | 70 | W40 14 | 20:42 127 | 55:48 126 | 37:30 130 | 1:54:00 |
| 136 | 302 | Frank-Werner, Annett | Rheinberg | NRW | 76 | W35 6 | 16:23 63 | 59:38 128 | 39:50 132 | 1:55:51 |
| 137 | 344 | Kopp, Johanna Sophia | Kirch Rosin | MV | 96 | W16 2 | 18:24 98 | 1:01:17 129 | 36:46 129 | 1:56:27 |
| disq | 300 | Thomas, Annetkatrin | ASV Köln | BY | 57 | W55 - | 21:53 - | 49:43 - | 28:45 - | 1:40:21 |
| dnf | 374 | Dahl, Kerstin | TS Harburg | HH | 74 | W35 - | 17:23 - | 44:38 - | - - | - |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Jugend A männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|---------------|------|----|-------|---------|---------|---------|---------|
| 1 | 314 | Schaetz, Henning | Mühelos Rosin | MV | 97 | M16 1 | 14:52 1 | 49:14 1 | 28:12 1 | 1:32:18 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Jugend A weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|----------------------|-----------------|------|----|-------|---------|-----------|---------|---------|
| 1 | 260 | Fischer, Sophie | TC Fiko Rostock | | 97 | W16 1 | 11:03 1 | 40:31 1 | 29:17 1 | 1:20:51 |
| 2 | 344 | Kopp, Johanna Sophia | Kirch Rosin | MV | 96 | W16 2 | 18:24 2 | 1:01:17 2 | 36:46 2 | 1:56:27 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 1 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|----------------------|------|----|-------|---------|---------|-----------|---------|
| 1 | 380 | Weu, Dennis | TriTeam FIKO Rostock | MV | 91 | M20 1 | 10:20 1 | 34:28 1 | 17:31 1 | 1:02:19 |
| 2 | 334 | Wurm, Johannes | LSV Güstrow | MV | 93 | M20 2 | 12:42 2 | 37:12 2 | 20:45 2 | 1:10:39 |
| 3 | 368 | Komm, Mario | TriSport Stove | MV | 90 | M20 3 | 18:32 3 | 42:12 3 | 21:03 3 | 1:21:47 |
| 4 | 340 | Sauer, Christoph | Groß Wüstenfelde | MV | 90 | M20 4 | 18:42 4 | - - | 1:09:24 - | 1:28:06 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 1 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-------------------|-----------------|------|----|-------|---------|---------|---------|---------|
| 1 | 293 | Otto, Teresa | LC Padderborn | MV | 90 | W20 1 | 15:45 3 | 40:55 1 | 26:03 2 | 1:22:43 |
| 2 | 386 | Katzenski, Julia | tri team berlin | BE | 90 | W20 2 | 15:00 1 | 42:33 3 | 25:28 1 | 1:23:01 |
| 3 | 379 | Liefke, Eike | HSP Uni Rostock | MV | 92 | W20 3 | 15:41 2 | 41:25 2 | 26:44 3 | 1:23:50 |
| 4 | 281 | Sander, Charlotte | TC Fiko Rostock | MV | 89 | W20 4 | 18:47 4 | 49:34 4 | 34:54 4 | 1:43:15 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 2 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | |
|-----|-----|--------------------|--------------------------|------|----|-----|---------|---------|---------|---------|---------|
| 1 | 296 | Hagemeister, André | Rostock | MV | 84 | M25 | 1 15:00 | 3 - | 55:44 | - | 1:10:44 |
| 2 | 259 | Schweitzer, Jan | DLRG Rostock | HH | 85 | M25 | 2 13:02 | 1 40:44 | 24:27 | 2 | 1:18:13 |
| 3 | 358 | Wöstenberg, Paul | FFF Lüssow | MV | 88 | M25 | 3 14:41 | 2 44:23 | 26:19 | 4 | 1:25:23 |
| 4 | 371 | Meißner, Martin | TriSport Stove | NI | 86 | M25 | 4 20:27 | 6 40:57 | 25:33 | 3 | 1:26:57 |
| 5 | 383 | Scholz, Sebastian | Lauf- und Radtreff Bützo | MV | 84 | M25 | 5 19:25 | 5 46:48 | 23:20 | 1 | 1:29:33 |
| 6 | 320 | Jähning, Andre | | BE | 85 | M25 | 6 15:37 | 4 - | 1:15:14 | - | 1:30:51 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 2 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | |
|-----|-----|------------------|----------------|------|----|-----|---------|---------|-------|---------|---------|
| 1 | 349 | Paschen, Juliane | JC Uni Rostock | MV | 87 | W25 | 1 18:06 | 1 43:11 | 26:20 | 1 | 1:27:37 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 3 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | |
|-----|-----|----------------------|-------------------------|------|----|-----|----------|----------|-------|---------|---------|
| 1 | 297 | Haacker, Martin | Tri-Fighters | MV | 80 | M30 | 1 14:44 | 2 34:52 | 20:02 | 2 | 1:09:38 |
| 2 | 282 | Kleinloff, Sebastian | Team Erdinger Alkoholfr | MV | 79 | M30 | 2 14:18 | 1 36:34 | 21:16 | 4 | 1:12:08 |
| 3 | 299 | Haack, Christoph | Güstrow | MV | 82 | M30 | 3 15:44 | 5 38:34 | 19:45 | 1 | 1:14:03 |
| 4 | 345 | Musilinski, Jan | Berufsfeuerwehr Rostock | MV | 79 | M30 | 4 14:49 | 3 37:36 | 22:02 | 5 | 1:14:27 |
| 5 | 305 | Wendler, Christian | Greifswald | MV | 83 | M30 | 5 16:55 | 7 41:27 | 21:13 | 3 | 1:19:35 |
| 6 | 385 | Erleben, Jens | Pastin | MV | 81 | M30 | 6 18:01 | 8 39:47 | 22:56 | 6 | 1:20:44 |
| 7 | 359 | Schönicke, Paul | Neubrandenburg | MV | 82 | M30 | 7 15:41 | 4 42:03 | 27:53 | 9 | 1:25:37 |
| 8 | 325 | Beier, Christian | Berlin | BE | 82 | M30 | 8 16:21 | 6 46:49 | 23:17 | 8 | 1:26:27 |
| 9 | 366 | Sauritz, mathias | | MV | 80 | M30 | 9 19:10 | 10 47:14 | 22:58 | 7 | 1:29:22 |
| 10 | 360 | Lange, Marcel | Neubrandenburg | MV | 81 | M30 | 10 20:25 | 11 42:38 | 27:59 | 10 | 1:31:02 |
| 11 | 363 | Lüdeke, Kai | Die Neoprenallergiker | MV | 79 | M30 | 11 18:44 | 9 51:31 | 29:31 | 11 | 1:39:46 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 3 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | |
|-----|-----|------------------|------------|------|----|-----|---------|---------|-------|---------|---------|
| 1 | 375 | Ludewigs, Mandy | Berlin | BE | 81 | W30 | 1 13:14 | 1 45:05 | 28:58 | 2 | 1:27:17 |
| 2 | 343 | Hansen, Kristina | Hamburg | HH | 83 | W30 | 2 17:51 | 4 43:43 | 30:32 | 3 | 1:32:06 |
| 3 | 332 | Harms, Stefanie | Güstrow | MV | 80 | W30 | 3 15:38 | 2 50:16 | 27:18 | 1 | 1:33:12 |
| 4 | 308 | Geske, Nadine | Berlin | BE | 83 | W30 | 4 17:25 | 3 47:09 | 38:09 | 4 | 1:42:43 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 4 männl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | |
|-----|-----|----------------------|------------------------|------|----|-----|----------|---------|-------|---------|---------|
| 1 | 347 | Schommler, Sascha | TriSport Schwerin e.V. | MV | 78 | M35 | 1 13:30 | 2 35:31 | 22:15 | 5 | 1:11:16 |
| 2 | 355 | Tesch, Ronny | TC Fiko Rostock e.V. | MV | 78 | M35 | 2 14:38 | 3 37:07 | 20:53 | 2 | 1:12:38 |
| 3 | 341 | Sator, Daniel | Tri-Sport Schwerin eV | MV | 76 | M35 | 3 13:10 | 1 39:09 | 22:10 | 4 | 1:14:29 |
| 4 | 267 | Eckermann, Christian | Rostock | MV | 76 | M35 | 4 15:01 | 4 39:22 | 20:31 | 1 | 1:14:54 |
| 5 | 265 | Tautz, Thilo | | MV | 74 | M35 | 5 15:12 | 5 38:08 | 21:58 | 3 | 1:15:18 |
| 6 | 388 | Jabs, Andreas | Sarmstorf | MV | 74 | M35 | 6 15:50 | 6 38:59 | 22:29 | 6 | 1:17:18 |
| 7 | 337 | Rambow, Stephan | Groß Wüstenfelde | MV | 75 | M35 | 7 - | - 54:14 | 23:05 | 8 | 1:17:19 |
| 8 | 295 | Köhler, Christian | Röbel | MV | 78 | M35 | 8 18:43 | 9 36:09 | 22:39 | 7 | 1:17:31 |
| 9 | 361 | Beyer, Sven | Schwerin | MV | 74 | M35 | 9 16:25 | 8 40:38 | 23:14 | 9 | 1:20:17 |
| 10 | 373 | Dahl, Olaf | TS Harburg | HH | 74 | M35 | 10 15:55 | 7 42:11 | 26:26 | 10 | 1:24:32 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Alterskl. 4 weibl.

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|-------------------------|-----------------------|------|----|-----|------|-------|------|-------|-----|-------|---------|---------|
| 1 | 294 | Nehring, Madlen | SV Turbine Neubranden | MV | 76 | W35 | 1 | 15:12 | 1 | 35:29 | 1 | 22:41 | 1 | 1:13:22 |
| 2 | 331 | Jonas-Brockhausen, Katr | lav rostock | MV | 77 | W35 | 2 | 16:03 | 3 | 41:00 | 2 | 27:25 | 3 | 1:24:28 |
| 3 | 248 | Friedrich, Cora | Hamburg | HH | 76 | W35 | 3 | 16:09 | 4 | 42:17 | 3 | 26:04 | 2 | 1:24:30 |
| 4 | 257 | Richter, Katrin | Potsdam | BB | 74 | W35 | 4 | 16:02 | 2 | 47:30 | 4 | 30:12 | 5 | 1:33:44 |
| 5 | 271 | Neumann, Cornelia | VfL Burg Stargard | MV | 77 | W35 | 5 | 18:51 | 6 | 49:38 | 5 | 28:10 | 4 | 1:36:39 |
| 6 | 302 | Frank-Werner, Annett | Rheinberg | NRW | 76 | W35 | 6 | 16:23 | 5 | 59:38 | 6 | 39:50 | 6 | 1:55:51 |
| dnf | 374 | Dahl, Kerstin | TS Harburg | HH | 74 | W35 | - | 17:23 | - | 44:38 | - | - | - | - |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Senioren 1

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|---------------------|----------------------|------|----|-----|------|-------|------|-------|-----|-------|---------|---------|
| 1 | 301 | Winkelmann, Olaf | BSG Hamburg Wasser e | HH | 70 | M40 | 1 | 14:35 | 2 | - | - | 55:10 | - | 1:09:45 |
| 2 | 251 | Kinder, Matthias | Neubrandenburg | MV | 70 | M40 | 2 | 15:25 | 8 | 34:57 | 1 | 21:18 | 3 | 1:11:40 |
| 3 | 277 | Pötsch, Rinaldo | Fiko Rostock | MV | 70 | M40 | 3 | 14:52 | 5 | 35:52 | 2 | 22:25 | 6 | 1:13:09 |
| 4 | 315 | Boden, Michael | SV Teterow 90 | MV | 71 | M40 | 4 | 15:40 | 10 | 38:00 | 5 | 20:33 | 1 | 1:14:13 |
| 5 | 362 | Deißler, Alexander | Schwerin | MV | 73 | M40 | 5 | 15:44 | 11 | 36:03 | 3 | 23:27 | 8 | 1:15:14 |
| 6 | 336 | Wurm, Andreas | LSV Güstrow | MV | 69 | M40 | 6 | 14:54 | 6 | 38:28 | 7 | 22:04 | 5 | 1:15:26 |
| 7 | 270 | Truckenbrodt, Frank | Berlin | BE | 70 | M40 | 7 | 16:07 | 12 | 38:22 | 6 | 21:49 | 4 | 1:16:18 |
| 8 | 364 | Kretlow, André | TriFun Güstrow | MV | 73 | M40 | 8 | 14:40 | 4 | 37:59 | 4 | 24:30 | 9 | 1:17:09 |
| 9 | 269 | Stangenberg, Stefan | Rostock | MV | 73 | M40 | 9 | 16:08 | 13 | 40:53 | 9 | 23:04 | 7 | 1:20:05 |
| 10 | 330 | Wohlatz, Torsten | FHSG Stralsund | MV | 71 | M40 | 10 | 18:28 | 16 | 42:50 | 12 | 21:04 | 2 | 1:22:22 |
| 11 | 272 | Reinke, Joern | team jornsens | BY | 70 | M40 | 11 | 13:58 | 1 | 41:43 | 11 | 28:21 | 15 | 1:24:02 |
| 12 | 287 | Kessel, Jan | Dreisport HP | MV | 73 | M40 | 12 | 18:35 | 17 | 40:45 | 8 | 25:56 | 11 | 1:25:16 |
| 13 | 319 | Kiel, Bernd | Krakow am See | MV | 70 | M40 | 13 | 15:33 | 9 | 43:20 | 14 | 26:40 | 13 | 1:25:33 |
| 14 | 382 | Wendtland, Thomas | Olympia e.V. | MV | 71 | M40 | 14 | 18:05 | 15 | 43:13 | 13 | 26:36 | 12 | 1:27:54 |
| 15 | 351 | Schulz, Rüdiger | Güstrow | MV | 70 | M40 | 15 | 14:36 | 3 | 44:57 | 16 | 28:31 | 17 | 1:28:04 |
| 16 | 338 | Beckhoff, Norbert | Groß Wüstenfelde | MV | 69 | M40 | 16 | 23:31 | 19 | 41:40 | 10 | 25:38 | 10 | 1:30:49 |
| 17 | 322 | Vegetahn, Dirk | Neuprenalleringer | BE | 69 | M40 | 17 | 18:04 | 14 | 44:49 | 15 | 28:38 | 18 | 1:31:31 |
| 18 | 284 | Nath, Andreas | Güstrow | MV | 71 | M40 | 18 | 15:22 | 7 | 47:48 | 17 | 28:28 | 16 | 1:31:38 |
| 19 | 286 | Busch, Karsten | | MV | 72 | M40 | 19 | 19:36 | 18 | 48:16 | 18 | 27:12 | 14 | 1:35:04 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Seniorinnen 1

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | | Bike | | Run | | Endzeit | |
|-----|-----|--------------------|--------------------|------|----|-----|------|-------|------|---------|-----|-------|---------|---------|
| 1 | 356 | Schierz, Petra | Rostock | MV | 73 | W40 | 1 | 15:51 | 2 | 41:27 | 4 | 23:54 | 2 | 1:21:12 |
| 2 | 323 | Baumert, Bettina | TC Fiko | MV | 70 | W40 | 2 | 18:14 | 10 | 41:10 | 1 | 22:45 | 1 | 1:22:09 |
| 3 | 384 | Kühl, Agnes | Wasserwacht Demmin | MV | 71 | W40 | 3 | 15:48 | 1 | 41:11 | 2 | 27:06 | 7 | 1:24:05 |
| 4 | 346 | Krüger, Gesine | Tri-Sport Schwerin | MV | 70 | W40 | 4 | 18:07 | 8 | 42:20 | 5 | 24:03 | 3 | 1:24:30 |
| 5 | 352 | Dose, Carmen | Fortuna Bösdorf | SH | 72 | W40 | 5 | 17:08 | 5 | 41:18 | 3 | 26:30 | 5 | 1:24:56 |
| 6 | 249 | Schannewitzky, Uta | psychoflitzer | BE | 69 | W40 | 6 | 16:41 | 4 | 43:06 | 6 | 25:48 | 4 | 1:25:35 |
| 7 | 250 | Kinder, Birte | Neubrandenburg | MV | 71 | W40 | 7 | 19:50 | 12 | 43:07 | 7 | 27:12 | 8 | 1:30:09 |
| 8 | 264 | Fischer, Nannett | | MV | 71 | W40 | 8 | - | - | 1:06:30 | - | 28:34 | 9 | 1:35:04 |
| 9 | 266 | Engel, Maren | Berlin | BE | 73 | W40 | 9 | 18:11 | 9 | 48:21 | 10 | 28:39 | 10 | 1:35:11 |
| 10 | 244 | Dickel, Ina | Berlin | BE | 69 | W40 | 10 | 18:02 | 7 | 48:15 | 9 | 33:08 | 12 | 1:39:25 |
| 11 | 298 | Zech, Claudia | SV HK Stralsund | MV | 69 | W40 | 11 | 18:40 | 11 | 54:57 | 12 | 26:53 | 6 | 1:40:30 |
| 12 | 288 | Diederich, Antje | Neustadt-Glewe | MV | 70 | W40 | 12 | 17:16 | 6 | 47:20 | 8 | 35:59 | 13 | 1:40:35 |
| 13 | 243 | Eckert, Inka | Boldebeck | MV | 71 | W40 | 13 | 16:24 | 3 | 52:36 | 11 | 31:51 | 11 | 1:40:51 |
| 14 | 317 | Nath, Iris | GSC 09 | MV | 70 | W40 | 14 | 20:42 | 13 | 55:48 | 13 | 37:30 | 14 | 1:54:00 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Senioren 2

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | | | | |
|-----|-----|--------------------|---------------------|------|----|-----|------|-------|-----|---------|----|-------|----|---------|
| 1 | 354 | Schulenburg, Jan | Rostocker Jumpy | MV | 68 | M45 | 1 | 13:00 | 1 | 35:56 | 2 | 20:39 | 1 | 1:09:35 |
| 2 | 353 | Dose, Joachim | Fortuna Bösdorf | SH | 68 | M45 | 2 | 13:26 | 2 | 36:28 | 3 | 22:18 | 6 | 1:12:12 |
| 3 | 290 | Kalkbrenner, Ingo | Neubrandenburg | MV | 68 | M45 | 3 | 15:00 | 4 | 37:34 | 4 | 20:43 | 2 | 1:13:17 |
| 4 | 247 | Greiner, Frank | SC Aquarius Löhne | NRW | 64 | M45 | 4 | 15:25 | 7 | 35:38 | 1 | 23:09 | 9 | 1:14:12 |
| 5 | 387 | Zimmermann, Axel | Rostocker Ruderclub | MV | 68 | M45 | 5 | 16:04 | 9 | 38:23 | 5 | 21:19 | 3 | 1:15:46 |
| 6 | 276 | Petersen, Axel | just4fun | MV | 65 | M45 | 6 | 15:21 | 6 | 39:36 | 8 | 21:48 | 4 | 1:16:45 |
| 7 | 254 | Pütz, Frank | PSV Brühl | NRW | 68 | M45 | 7 | 16:48 | 12 | 38:52 | 6 | 22:51 | 8 | 1:18:31 |
| 8 | 324 | Bloß, Hans-Ulrich | TG triZACK Rostock | MV | 65 | M45 | 8 | 15:11 | 5 | 39:40 | 10 | 24:36 | 14 | 1:19:27 |
| 9 | 316 | Richter, Hartmut | Retgendorf | MV | 68 | M45 | 9 | 16:30 | 11 | 39:04 | 7 | 24:16 | 12 | 1:19:50 |
| 10 | 283 | Schwartz, Ingolf | Güstrow | MV | 65 | M45 | 10 | 18:34 | 17 | 40:00 | 11 | 22:29 | 7 | 1:21:03 |
| 11 | 377 | Porthun, André | TriSport Schwerin | MV | 68 | M45 | 11 | 16:18 | 10 | 40:25 | 12 | 24:34 | 13 | 1:21:17 |
| 12 | 311 | Meibauer, Matthias | Schmarsow | MV | 64 | M45 | 12 | 19:24 | 18 | 39:37 | 9 | 23:25 | 11 | 1:22:26 |
| 13 | 357 | Oswald, Thomas | TC Fiko Rostock | MV | 68 | M45 | 13 | 17:10 | 13 | 40:44 | 13 | 25:12 | 15 | 1:23:06 |
| 14 | 279 | Papendieck, Ralf | Schwedter Hasen | BB | 65 | M45 | 14 | 18:30 | 16 | 45:47 | 15 | 21:56 | 5 | 1:26:13 |
| 15 | 310 | Beese, Knut | Güstrow | MV | 68 | M45 | 15 | 18:20 | 15 | 46:40 | 16 | 23:19 | 10 | 1:28:19 |
| 16 | 312 | Bannier, Jörg | SV Einheit Güstrow | MV | 66 | M45 | 16 | 17:24 | 14 | 45:05 | 14 | 25:51 | 16 | 1:28:20 |
| 17 | 262 | Schmidt, Holger | Sundhagen | MV | 66 | M45 | 17 | 15:30 | 8 | 47:27 | 17 | 26:48 | 17 | 1:29:45 |
| 18 | 321 | Beier, Martin | Dresden | SN | 68 | M45 | 18 | 14:07 | 3 | 48:15 | 18 | 32:19 | 18 | 1:34:41 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Seniorinnen 2

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | | | | |
|-----|-----|-----------------|------------------------|------|----|-----|------|-------|-----|---------|---|-------|---|---------|
| 1 | 327 | Starck, Birgit | Doberaner SV | MV | 66 | W45 | 1 | 16:22 | 3 | 41:41 | 2 | 23:55 | 1 | 1:21:58 |
| 2 | 328 | Berndt, Silke | TG triZACK Rostock | MV | 68 | W45 | 2 | 16:04 | 2 | 41:20 | 1 | 26:39 | 2 | 1:24:03 |
| 3 | 326 | Bromund, Bianka | SV Turbine Neubranden | MV | 66 | W45 | 3 | 18:00 | 4 | 44:37 | 3 | 27:57 | 3 | 1:30:34 |
| 4 | 242 | Sprögel, Maren | Psycho-Flitzer | MV | 68 | W45 | 4 | 18:11 | 5 | 44:50 | 4 | 28:16 | 4 | 1:31:17 |
| 5 | 304 | Harbrecht, Ina | Rostocker Kanu Club e. | MV | 64 | W45 | 5 | 15:04 | 1 | 47:35 | 5 | 30:45 | 5 | 1:33:24 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Senioren 3

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit | | | | |
|-----|-----|-----------------------|-------------------------|------|----|-----|------|-------|-----|---------|----|---------|----|---------|
| 1 | 342 | Kowalk, Fred | SVHK Stralsund | MV | 63 | M50 | 1 | 14:51 | 1 | 37:57 | 1 | 25:00 | 5 | 1:17:48 |
| 2 | 307 | Braatz, Bernd | PSV Rostock | MV | 62 | M50 | 2 | 16:57 | 5 | 39:52 | 5 | 22:02 | 1 | 1:18:51 |
| 3 | 335 | Hitzbleck, Henrik | Berlin | BE | 60 | M50 | 3 | 16:18 | 3 | 39:28 | 3 | 25:22 | 8 | 1:21:08 |
| 4 | 313 | Schätz, Rainer | Mühl Rosin | MV | 63 | M50 | 4 | 16:16 | 2 | 40:40 | 7 | 24:20 | 2 | 1:21:16 |
| 5 | 253 | Rottschäfer, Thorsten | TriSport Schwerin | MV | 61 | M50 | 5 | 17:28 | 8 | 38:30 | 2 | 26:44 | 10 | 1:22:42 |
| 6 | 303 | Losch, Michael | Tri-Fun-Güstrow | MV | 59 | M50 | 6 | 17:14 | 6 | 40:46 | 8 | 25:15 | 6 | 1:23:15 |
| 7 | 329 | Marklein, Steffen | Gemeinde Bröbberow | MV | 61 | M50 | 7 | 17:15 | 7 | 41:42 | 9 | 24:33 | 3 | 1:23:30 |
| 8 | 291 | Kelm, Michael | sv groß wokern | MV | 61 | M50 | 8 | 18:10 | 9 | 40:34 | 6 | 24:53 | 4 | 1:23:37 |
| 9 | 372 | Keller, Gerald | TriSport Stove | MV | 59 | M50 | 9 | 18:42 | 11 | 39:39 | 4 | 25:20 | 7 | 1:23:41 |
| 10 | 376 | Johannisson, Dirk | Freizeitsportler | HH | 63 | M50 | 10 | - | - | 1:04:23 | - | 25:24 | 9 | 1:29:47 |
| 11 | 318 | Rückert, Holger | Jatznick | MV | 63 | M50 | 11 | - | - | - | - | 1:30:32 | - | 1:30:32 |
| 12 | 274 | Gehrmann, H.R. | Tri Schwerin | BB | 62 | M50 | 12 | 16:32 | 4 | 46:15 | 10 | 30:59 | 13 | 1:33:46 |
| 13 | 309 | Reemer, Reinhard | Team Erdinger Alkoholfr | MV | 61 | M50 | 13 | 18:52 | 12 | 51:03 | 12 | 28:45 | 12 | 1:38:40 |
| 14 | 268 | Wehrle, Gerry | Tri Fun Güstrow | MV | 59 | M50 | 14 | 18:29 | 10 | 47:59 | 11 | 32:40 | 14 | 1:39:08 |
| 15 | 280 | Schilf, Helge | Privat | MV | 62 | M50 | 15 | 19:47 | 13 | 55:44 | 13 | 27:35 | 11 | 1:43:06 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Seniorinnen 3

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------|-----------------------|------|----|-----|---------|---------|---------|-----------|
| 1 | 306 | Lindow, Margitta | SV Turbine Neubranden | MV | 61 | W50 | 1 18:37 | 1 45:28 | 1 25:26 | 1 1:29:31 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Senioren 4

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|--------------------|-----------------------|------|----|-----|---------|---------|---------|-----------|
| 1 | 275 | Köster, Gerold | TriFun | MV | 54 | M55 | 1 17:25 | 1 39:39 | 3 24:20 | 1:21:24 |
| 2 | 381 | Martens, Bertold | lav rostock | MV | 57 | M55 | 2 19:35 | 4 40:02 | 2 22:35 | 1 1:22:12 |
| 3 | 333 | Brümmer, Klaus | Rostock | MV | 58 | M55 | 3 18:17 | 3 41:15 | 3 23:40 | 2 1:23:12 |
| 4 | 378 | Bußmann, Jörg | Tri Fun Güstrow | MV | 57 | M55 | 4 20:46 | 5 45:10 | 4 25:03 | 4 1:30:59 |
| 5 | 241 | Hübener, Christoph | Psycho-Flitzer/Trifun | MV | 56 | M55 | 5 17:50 | 2 46:00 | 5 29:38 | 5 1:33:28 |
| 6 | 263 | Ruppig, Olaf | Güstrow | MV | 56 | M55 | 6 23:58 | 6 54:26 | 6 31:35 | 6 1:49:59 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Seniorinnen 4

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|------|-----|-------------------|---------------|------|----|-----|---------|---------|---------|-----------|
| 1 | 245 | Hübener, Karin | psychoflitzer | MV | 56 | W55 | 1 20:30 | 1 57:46 | 1 33:21 | 1 1:51:37 |
| disq | 300 | Thomas, Annkatrin | ASV Köln | BY | 57 | W55 | - 21:53 | - 49:43 | - 28:45 | - 1:40:21 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Senioren 5

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|-------------------|--------------------|------|----|-----|---------|---------|---------|-----------|
| 1 | 339 | Dr. Kühne, Jürgen | HSG Uni Greifswald | MV | 49 | M60 | 1 17:18 | 2 41:50 | 1 27:30 | 1 1:26:38 |
| 2 | 246 | Hübener, Martin | Psycho-Flitzer | SN | 53 | M60 | 2 16:21 | 1 48:31 | 2 28:37 | 2 1:33:29 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Senioren 6

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|---------------------|---------------|------|----|-----|---------|---------|---------|-----------|
| 1 | 350 | Bargel, Dieter | LSV Teterow | MV | 46 | M65 | 1 23:28 | 4 45:25 | 1 29:19 | 2 1:38:12 |
| 2 | 256 | Taubert, Hans Georg | Stralsund | MV | 46 | M65 | 2 19:45 | 2 51:56 | 2 27:37 | 1 1:39:18 |
| 3 | 289 | Strenziok, Rolf | SV Warnemünde | MV | 44 | M65 | 3 19:16 | 1 52:08 | 3 34:07 | 4 1:45:31 |
| 4 | 278 | Wolff, Guenter | LSV Güstrow | MV | 46 | M65 | 4 21:21 | 3 55:12 | 4 30:09 | 3 1:46:42 |

Jedermann Distanz am 10.08.2013

Ergebnisliste - Senioren 7

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Bike | Run | Endzeit |
|-----|-----|------------------------|-----------------|------|----|-----|---------|---------|---------|-----------|
| 1 | 258 | Lierow, Wolfgang | TriFun Güstrow | MV | 42 | M70 | 1 17:09 | 1 35:49 | 1 23:12 | 1 1:16:10 |
| 2 | 261 | Robers, Josef | VfL Börnsen | SH | 43 | M70 | 2 19:48 | 2 46:52 | 2 30:34 | 3 1:37:14 |
| 3 | 365 | Langschwager, Wolfgang | TC Fiko Rostock | MV | 39 | M70 | 3 21:57 | 3 47:23 | 3 30:00 | 2 1:39:20 |

Staffel am 10.08.2013

Ergebnisliste Staffel

| Rng | Snr | Verein/Ort | Teilnehmer 1 | Swim | Teilnehmer 2 | Bike | Teilnehmer 3 | Run | Endzeit |
|-----|-----|--------------------------|-----------------------|-------|-----------------------|-------|-----------------------|---------|---------|
| 1 | 252 | TEAM FIKO | Bauschmann,Andre | - | Seidel,Marcel | 40:26 | Gröschel,Tom | 14:43 | 55:09 |
| 2 | 255 | City-Sport Rostock | Werth,Nicola | 12:26 | Merchel,Stefan | 36:05 | Schmidt,Paul | 15:39 | 1:04:10 |
| 3 | 397 | Die Hobbyathleten | Benedict,Alexander | 12:01 | Berth,Tobias | 31:31 | Lehmann,Enrico | 22:17 | 1:05:49 |
| 4 | 369 | Rohde/Kuntermann/Reinhol | Rohde,Marvin | 15:14 | Kuntermann,Lukas | 33:34 | Reinhold,Ole | 18:30 | 1:07:18 |
| 5 | 398 | Familie Block | Bachmayer,Paul | 12:04 | Block,Albert | 33:47 | Zorbas,Alexander | 22:54 | 1:08:45 |
| 6 | 393 | Just for fun! | Purwin,Lina | 14:47 | Nietiedt,Ole | - | Glasenapp,Jörg | 54:10 | 1:08:57 |
| 7 | 396 | AC / DC | Limbach,Hannes | 15:13 | Schwanz,Heiko | 34:10 | Matschulla,Raik | 21:15 | 1:10:38 |
| 8 | 367 | TriSport Stove | Keller,Brun | 16:05 | Meyer,Wiebke | 36:14 | Keller,Brun | 19:17 | 1:11:36 |
| 9 | 390 | HHBerConnection | Möllmann,Jörg | 15:22 | Wolter,Lars | 36:18 | Möllmann,Jörg | 21:10 | 1:12:50 |
| 10 | 395 | Dabei sein ist alles | Schwarz,Stefanie | 15:39 | Schwarz,Maik | 41:15 | Schwarz,Daniel | 20:23 | 1:17:17 |
| 11 | 370 | Die Easserradläufer | Schmidt,Axel | 14:42 | Brümmer,Kurt | 41:02 | Schmidt,Axel | 24:26 | 1:20:10 |
| 12 | 391 | Die R'zottis | Schade,Manuela | 15:42 | Gabriel,Torsten | 40:08 | Schade,Ulf | 24:31 | 1:20:21 |
| 13 | 389 | Die 3 Schildkröten | Knospe,Marko | 15:34 | Reinhold,Bernhard | 36:51 | Knospe,Kathleen | 28:29 | 1:20:54 |
| 14 | 399 | Die Einsammler | Börger,Christian | 20:57 | Sudbrock,Carolin | 41:30 | Stein,Christian | 19:35 | 1:22:02 |
| 15 | 394 | GPS-Doktors | Dr.med, Maß, Frank-Mi | 15:20 | Dr. med. Hecht,Stefan | - | Fr,Dr. med. Bentzel,S | 1:07:15 | 1:22:35 |
| 16 | 392 | Groß Grabower Cow Girls | Purwin,Jette | 14:25 | Purwin,Jule | 48:09 | Purwin,Ronja | 22:30 | 1:25:04 |
| 17 | 400 | Tri Martolod | Kruse,Svenja | 16:55 | Sellnau,Saskia | 45:25 | Stegmann,Tom | 23:41 | 1:26:01 |
| 18 | 292 | Sattelquatschen | Schätz,Hendrikje | 17:02 | Schätz,Cindy | 45:13 | Gabriel,Simone | 28:55 | 1:31:10 |

Schüler A (400m / 2.500m) am 10.08.2013

Ergebnisliste - Schüler A

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Swim | Run | Endzeit |
|-----|-----|---------------------|-------------------|------|----|------|---------|---------|
| 1 | 11 | Duske, Lennard | SC Neubrandenburg | | 00 | - - | 17:40 - | 17:40 |
| 2 | 13 | Buschow, Hans | | | 00 | - - | 18:57 - | 18:57 |
| 3 | 6 | Schütt, Paul Niklas | TC FiKo Rostock | | 01 | - - | 20:25 - | 20:25 |
| 4 | 2 | Kiel, Oliver | Güstrow | | 01 | - - | 23:53 - | 23:53 |

Schüler A (400m / 2.500m) am 10.08.2013

Ergebnisliste - W 12-13

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Swim | Run | Endzeit |
|-----|-----|-----------------|-------------------|------|----|------|---------|---------|
| 1 | 4 | Millat, Jana | TC FiKo Rostock | | 01 | - - | 17:19 - | 17:19 |
| 2 | 9 | Kühl, Heidi | SC Neubrandenburg | | 00 | - - | 19:47 - | 19:47 |
| 3 | 8 | Richter, Nele | Retgendorf | | 01 | - - | 20:44 - | 20:44 |
| 4 | 3 | Litty, Lucia | LAC Mühl-Rosin | | 01 | - - | 23:15 - | 23:15 |
| 5 | 7 | Schwanz, Saskia | Güstrow | | 00 | - - | 23:37 - | 23:37 |
| 6 | 1 | Gabriel, Emma | | | 00 | - - | 23:41 - | 23:41 |
| 7 | 5 | Schade, Jule | | | 01 | - - | 25:41 - | 25:41 |

Schüler B (200m / 1.000m) am 10.08.2013

Ergebnisliste - Schüler B

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Run | Endzeit |
|-----|-----|----------------------------|----------------------|------|----|--------|------|-------|---------|
| 1 | 31 | Kuntermann, Hannes | DRK Wasserwacht | | 02 | M10 1 | - - | 10:16 | - 10:16 |
| 2 | 28 | Buchfink, Max | TC FiKo Rostock | | 03 | M10 2 | - - | 10:43 | - 10:43 |
| 3 | 32 | Litty, Niklas | LAC Mühl-Rosin | | 02 | M10 3 | - - | 10:57 | - 10:57 |
| 4 | 44 | Peters, Christian | | | 02 | M10 4 | - - | 11:00 | - 11:00 |
| 5 | 43 | Kammin, Iven | | | 02 | M10 5 | - - | 11:19 | - 11:19 |
| 6 | 29 | Kuntermann, Mattes | DRK Wasserwacht | | 03 | M10 6 | - - | 11:25 | - 11:25 |
| 7 | 41 | Kitzmann, Tom | | | 02 | M10 7 | - - | 11:31 | - 11:31 |
| 8 | 34 | Deißler, Florian Alexander | Schweriner Jachtclub | | 02 | M10 8 | - - | 11:52 | - 11:52 |
| 9 | 42 | Müller, Max | | | 02 | M10 9 | - - | 12:04 | - 12:04 |
| 10 | 40 | Krause, Sven | | | 02 | M10 10 | - - | 12:07 | - 12:07 |
| 11 | 37 | Kiel, Julian | Güstrow | | 03 | M10 11 | - - | 12:14 | - 12:14 |
| 12 | 46 | Buschow, Karl | | | 02 | M10 12 | - - | 13:46 | - 13:46 |

Schüler B (200m / 1.000m) am 10.08.2013

Ergebnisliste - W 10-11

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Run | Endzeit |
|-----|-----|-------------------|--------------------|------|----|-------|------|-------|---------|
| 1 | 38 | Duske, Natascha | SC Neubrandenburg | | 02 | W10 1 | - - | 9:35 | - 9:35 |
| 2 | 33 | Krummel, Hannah | Teutonia Lippstadt | | 03 | W10 2 | - - | 10:50 | - 10:50 |
| 3 | 26 | Mais, Miriam | DLRG Rostock | | 02 | W10 3 | - - | 11:03 | - 11:03 |
| 4 | 36 | Rambow, Felicitas | Groß Wüstenfelde | | 02 | W10 4 | - - | 11:33 | - 11:33 |
| 5 | 30 | Weber, Vanessa | KWSV | | 02 | W10 5 | - - | 12:23 | - 12:23 |
| 6 | 35 | Claves, Emma | Schwetzin | | 03 | W10 6 | - - | 12:50 | - 12:50 |
| 7 | 48 | Voung, Michaela | | | 02 | W10 7 | - - | 13:15 | - 13:15 |

Schüler C (100m / 400m) am 10.08.2013

Ergebnisliste - Schüler C

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Run | Endzeit |
|-----|-----|--------------------------|-------------------|------|----|-------|------|--------|---------|
| 1 | 55 | Winkelmann, Lucca, Leand | Winkelmann&Frinds | | 04 | M08 1 | - - | 6:01 - | 6:01 |
| 2 | 57 | Kahl, Max | | | 04 | M08 2 | - - | 6:21 - | 6:21 |
| 3 | 51 | Schade, Ole | | | 04 | M08 3 | - - | 7:23 - | 7:23 |
| 4 | 53 | Schwanz, Maximilian | Güstrow | | 05 | M08 4 | - - | 7:58 - | 7:58 |
| 5 | 52 | Gabriel, Mika | | | 05 | M08 5 | - - | 8:52 - | 8:52 |

Schüler C (100m / 400m) am 10.08.2013

Ergebnisliste - W 08-09

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Run | Endzeit |
|-----|-----|----------------------|------------------------|------|----|-------|------|--------|---------|
| 1 | 54 | Neumärker, Mina | Dresden | | 04 | W08 1 | - - | 6:54 - | 6:54 |
| 2 | 56 | Rosenstiel, Viktoria | GSC 09 | | 04 | W08 2 | - - | 7:12 - | 7:12 |
| 3 | 61 | Rodenhagen, Nele | Laage | | 04 | W08 3 | - - | 7:46 - | 7:46 |
| 4 | 59 | Golombek, Lena | Handballverein Güstrow | | 04 | W08 4 | - - | 9:15 - | 9:15 |

Schüler D (50m / 200m) am 10.08.2013

Ergebnisliste - Schüler D

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Run | Endzeit |
|-----|-----|---------------------------|--------------------|------|----|-------|------|--------|---------|
| 1 | 78 | Krummel, Moritz | Teutonia Lippstadt | | 06 | M06 1 | - - | 3:49 - | 3:49 |
| 2 | 79 | Deißler, Fiete Maximilian | PSV Schwerin | | 06 | M06 2 | - - | 4:12 - | 4:12 |
| 3 | 77 | Winkelmann, Bela, Nicolai | Winkelmann&Frinds | | 06 | M06 3 | - - | 4:41 - | 4:41 |
| 4 | 76 | Porthun, Julius | Trisport Schwerin | | 07 | M06 4 | - - | 5:15 - | 5:15 |

Schüler D (50m / 200m) am 10.08.2013

Ergebnisliste - W 06-07

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Swim | Run | Endzeit |
|-----|-----|-----------------------|------------|------|----|-------|------|--------|---------|
| 1 | 80 | Rosenstiel, Henriette | GSC 09 | | 06 | W06 1 | - - | 4:57 - | 4:57 |