

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|--------------------------|---------------------------|----|-----|-----|-------|-----|---------|----|-------|----|---------|
| 1 | 105 | Kampkötter, Lukas | | 89 | M25 | 1 | 15:34 | 1 | 34:53 | 3 | 17:14 | 4 | 1:07:41 |
| 2 | 28 | Quoll, Malte | | 81 | M30 | 1 | 15:45 | 2 | 36:44 | 21 | 16:52 | 2 | 1:09:21 |
| 3 | 117 | Breier, Bernd | LG Hopfen Schackensleb | 69 | M45 | 1 | 16:47 | 7 | 35:57 | 8 | 17:06 | 3 | 1:09:50 |
| 4 | 42 | Stock, Peter | | 65 | M45 | 2 | 16:13 | 5 | 36:04 | 13 | 17:38 | 6 | 1:09:55 |
| 5 | 84 | Huth, Kai-Uwe | SV Germania Helmstedt | 64 | M50 | 1 | 15:50 | 3 | 38:17 | 33 | 16:14 | 1 | 1:10:21 |
| 6 | 70 | Lieseke, Mario | Genthiner RC66 | 71 | M40 | 1 | 17:28 | 11 | 34:12 | 1 | 18:50 | 15 | 1:10:30 |
| 7 | 82 | Jacobsen, Thilo | Tri Michels Hamburg | 73 | M40 | 2 | 16:39 | 6 | 36:09 | 15 | 17:49 | 8 | 1:10:37 |
| 8 | 106 | Bernhart, Jens | SV Gemania Helmstedt | 91 | M20 | 1 | 15:51 | 4 | 37:18 | 24 | 17:47 | 7 | 1:10:56 |
| 9 | 34 | Feilhaber, Cjell | Germania | 81 | M30 | 2 | - | - | 52:58 | - | 18:25 | 10 | 1:11:23 |
| 10 | 27 | Bartels, Michael | ESV Eintr. Hameln | 68 | M45 | 3 | 18:13 | 20 | 34:28 | 2 | 19:02 | 17 | 1:11:43 |
| 11 | 9 | Richardt, Alexander | SV Germania Helmstedt/ | 82 | M30 | 3 | 18:12 | 19 | 35:29 | 7 | 18:28 | 11 | 1:12:09 |
| 12 | 94 | Eschment, Karsten | Starworss papierflieger | 74 | M40 | 3 | 17:01 | 8 | 37:43 | 27 | 17:31 | 5 | 1:12:15 |
| 13 | 95 | Florres Correa, Carlos | Starworss papierflieger | 73 | M40 | 4 | 17:26 | 10 | 36:33 | 19 | 18:30 | 12 | 1:12:29 |
| 14 | 98 | Weissbeck, Philip | Triathlon Team Braunsch | 82 | M30 | 4 | 17:25 | 9 | 36:41 | 20 | 18:34 | 13 | 1:12:40 |
| 15 | 74 | Heuck, Thomas | | 62 | M50 | 2 | 17:51 | 16 | 36:02 | 11 | 19:10 | 19 | 1:13:03 |
| 16 | 72 | Quendler, Ingo | Hannover 96 | 74 | M40 | 5 | 17:44 | 13 | 36:01 | 10 | 19:20 | 20 | 1:13:05 |
| 17 | 77 | Manssen, Andrea | VfB Fallersleben | 83 | W30 | 1 | 18:15 | 21 | 36:03 | 12 | 18:50 | 15 | 1:13:08 |
| 18 | 78 | Henne, Gerhard | | 65 | M45 | 4 | 18:32 | 23 | 34:57 | 4 | 19:43 | 23 | 1:13:12 |
| 19 | 58 | Kurth, Nils | | 90 | M20 | 2 | 18:33 | 24 | 37:08 | 23 | 18:24 | 9 | 1:14:05 |
| 20 | 81 | Dill, Thorsten | Triathlon Team Königslutt | 69 | M45 | 5 | 19:19 | 32 | 36:10 | 16 | 18:41 | 14 | 1:14:10 |
| 21 | 52 | Brämer, Stefan | Hasselaner Triathlon Club | 78 | M35 | 1 | 17:43 | 12 | 36:32 | 18 | 19:58 | 25 | 1:14:13 |
| 22 | 37 | Reckemeier, Rebecca | ESV Eintracht Hameln | 79 | W35 | 1 | 19:00 | 28 | 36:05 | 14 | 20:02 | 27 | 1:15:07 |
| 23 | 64 | Tischer, Olaf | | 62 | M50 | 3 | 18:00 | 18 | 38:36 | 34 | 19:06 | 18 | 1:15:42 |
| 24 | 45 | Schwertner, Martin | | 88 | M25 | 2 | 18:57 | 27 | 36:10 | 16 | 20:48 | 35 | 1:15:55 |
| 25 | 109 | Simon, Wolfgang | VfL Wolfsburg | 52 | M60 | 1 | - | - | 56:33 | - | 19:25 | 21 | 1:15:58 |
| 26 | 80 | Lübke, Thorsten | TuS Celle'92 | 63 | M50 | 4 | 19:34 | 36 | 35:57 | 8 | 20:35 | 30 | 1:16:06 |
| 27 | 75 | Blümcke, Niels Bendix | Eintracht Ebendorf | 87 | M25 | 3 | 17:46 | 14 | 37:57 | 30 | 20:34 | 29 | 1:16:17 |
| 28 | 8 | Berndt, Tim-Michael | SV Germania Helmstedt | 93 | M20 | 3 | 17:58 | 17 | 37:41 | 26 | 20:40 | 33 | 1:16:19 |
| 29 | 3 | Wöbking, Jan-Peter | | 71 | M40 | 6 | 20:12 | 43 | 35:08 | 5 | 21:03 | 37 | 1:16:23 |
| 30 | 69 | Tjiang, daniel | Tri Team Königslutter | 64 | M50 | 5 | 18:41 | 25 | 38:01 | 31 | 19:56 | 24 | 1:16:38 |
| 31 | 46 | Weihs, Marcus | | 72 | M40 | 7 | 17:50 | 15 | 39:25 | 38 | 19:30 | 22 | 1:16:45 |
| 32 | 110 | Schmidt, Klaus | SG Eintracht Ebendorf | 46 | M65 | 1 | 19:57 | 39 | 36:54 | 22 | 20:36 | 31 | 1:17:27 |
| 33 | 71 | Lieseke, Torsten | BSC Süd 05 Brandenburg | 69 | M45 | 6 | 19:53 | 37 | 35:17 | 6 | 22:22 | 47 | 1:17:32 |
| 34 | 76 | Hermecke, Marco | LG Hopfen Schackensleb | 71 | M40 | 8 | 18:18 | 22 | 40:00 | 41 | 19:59 | 26 | 1:18:17 |
| 35 | 16 | Kirschke, Manuel | | 82 | M30 | 5 | 20:10 | 41 | 37:49 | 29 | 20:44 | 34 | 1:18:43 |
| 36 | 96 | Domke, Markus | TSV Lelm | 76 | M35 | 2 | 19:33 | 34 | 38:36 | 34 | 20:39 | 32 | 1:18:48 |
| 37 | 100 | Triebel, Dennis | Hasselaner Triathlon Club | 79 | M35 | 3 | 19:28 | 33 | 37:43 | 27 | 22:08 | 44 | 1:19:19 |
| 38 | 97 | Kube, Norman | | 77 | M35 | 4 | 19:56 | 38 | 37:36 | 25 | 22:05 | 43 | 1:19:37 |
| 39 | 50 | Hartmann, Martin | | 71 | M40 | 9 | 19:08 | 29 | 39:29 | 39 | 21:10 | 39 | 1:19:47 |
| 40 | 73 | Artner, Andreas | TRI LIZARDS | 63 | M50 | 6 | 20:28 | 46 | 38:13 | 32 | 21:39 | 41 | 1:20:20 |
| 41 | 35 | Körner, Andreas | | 63 | M50 | 7 | 19:10 | 31 | 40:48 | 45 | 20:48 | 35 | 1:20:46 |
| 42 | 92 | Berger, Marcel | SV Germania Helmstedt | 96 | M18 | 1 | 18:52 | 26 | 41:33 | 51 | 21:15 | 40 | 1:21:40 |
| 43 | 89 | Greite, Jörg | MTV Schöningen | 63 | M50 | 8 | 20:01 | 40 | 39:58 | 40 | 22:08 | 44 | 1:22:07 |
| 44 | 44 | Sachse, Evelyn | Braintec Wolfsburg | 71 | W40 | 1 | 20:27 | 45 | 40:03 | 43 | 22:08 | 44 | 1:22:38 |
| 45 | 14 | Gerlach, Ralph | Sportics Team Schließer- | 67 | M45 | 7 | 21:32 | 51 | 38:50 | 36 | 23:14 | 53 | 1:23:36 |
| 46 | 111 | Krüger, Marcus | SV Family and Friends | 68 | M45 | 8 | 19:09 | 30 | 43:25 | 59 | 21:05 | 38 | 1:23:39 |
| 47 | 6 | Tiller, Cleif | SV-Germania Helmstedt | 61 | M50 | 9 | 20:10 | 41 | 42:26 | 58 | 21:48 | 42 | 1:24:24 |
| 48 | 33 | Heyer, Thomas | WSV 21 Wolfenbüttel | 69 | M45 | 9 | 19:33 | 34 | 41:45 | 52 | 23:19 | 55 | 1:24:37 |
| 49 | 13 | Richardt, Beate | SV Germania Helmstedt | 82 | W30 | 2 | 20:32 | 47 | 44:11 | 64 | 20:12 | 28 | 1:24:55 |
| 50 | 115 | Wegener, Ralf | SG Eintracht Ebendorf | 54 | M60 | 2 | - | - | 1:03:05 | - | 22:45 | 51 | 1:25:50 |
| 51 | 116 | Arendt, Nicole | WSV 21 Wolfenbüttel | 77 | W35 | 2 | 23:05 | 64 | 40:01 | 42 | 23:42 | 57 | 1:26:48 |
| 52 | 20 | Kricheldorf, Hans-Ulrich | | 64 | M50 | 10 | 22:29 | 56 | 41:18 | 48 | 23:13 | 52 | 1:27:00 |
| 53 | 104 | Fritzsche, Lutz | WSV 21 Wolfenbüttel | 60 | M50 | 11 | 22:26 | 55 | 41:08 | 46 | 23:51 | 59 | 1:27:25 |
| 54 | 22 | Ahlers, Oliver | MTV Weferlingen | 69 | M45 | 10 | 20:15 | 44 | 44:32 | 67 | 22:44 | 50 | 1:27:31 |
| 55 | 40 | Elsner, Wolfgang | VfB Fallersleben | 57 | M55 | 1 | 22:45 | 59 | 42:18 | 55 | 23:53 | 60 | 1:28:56 |
| 56 | 7 | Diedrich, Hartmut | Triathlon Team Königslutt | 68 | M45 | 11 | 21:43 | 53 | 44:04 | 63 | 23:14 | 53 | 1:29:01 |
| 57 | 48 | Bretschneider, Lutz | TSV Germania Helmstedt | 48 | M65 | 2 | 23:15 | 66 | 42:09 | 54 | 23:48 | 58 | 1:29:12 |
| 58 | 83 | Geißler, Rolf | South Lake Runners TT | 78 | M35 | 5 | 23:13 | 65 | 41:23 | 49 | 25:43 | 69 | 1:30:19 |
| 59 | 31 | Gawehn, Martin | Tri Team Königslutter | 64 | M50 | 12 | 23:22 | 68 | 41:09 | 47 | 26:05 | 72 | 1:30:36 |
| 60 | 99 | Weinkopf, Paula | | 96 | W18 | 1 | 21:38 | 52 | 44:18 | 65 | 24:48 | 63 | 1:30:44 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | | Bike | | Run | | Endzeit | |
|-----|-----|-----------------------|---------------------------|----|-----|-----|-------|------|---------|-----|---------|---------|---------|
| 61 | 25 | Thiele, Joachim | intro Wolfsburg | 59 | M55 | 2 | 23:34 | 69 | 41:52 | 53 | 25:20 | 67 | 1:30:46 |
| 62 | 108 | Lickfett, Rudolf | Triathlon Team Königslutt | 55 | M55 | 3 | 22:21 | 54 | 43:36 | 61 | 24:56 | 64 | 1:30:53 |
| 63 | 1 | Basler, Jürgen | WSV 21 Wolfenbüttel | 49 | M65 | 3 | 24:32 | 75 | 40:21 | 44 | 26:30 | 74 | 1:31:23 |
| 64 | 118 | Rahn, Hans-Peter | Team Bunter Hund | 56 | M55 | 4 | 23:21 | 67 | 42:21 | 56 | 25:44 | 70 | 1:31:26 |
| 65 | 87 | Luptak, Rudolf | | 85 | M25 | 4 | 20:54 | 48 | 45:16 | 69 | 25:26 | 68 | 1:31:36 |
| 66 | 85 | Ulrich, Axel | SV Germania Helmstedt | 59 | M55 | 5 | 22:33 | 57 | 42:21 | 56 | 27:03 | 76 | 1:31:57 |
| 67 | 10 | Zimmermann, Meik | Velpker SV 1928 e.V. | 67 | M45 | 12 | 21:29 | 50 | 44:20 | 66 | 26:34 | 75 | 1:32:23 |
| 68 | 19 | Dabowski, David | TSV Fichte Helmstedt | 89 | M25 | 5 | 22:36 | 58 | 45:06 | 68 | 25:02 | 65 | 1:32:44 |
| 69 | 63 | Ruhm, Pamela | Vegan Tripam | 66 | W45 | 1 | 23:57 | 72 | 45:58 | 71 | 24:14 | 62 | 1:34:09 |
| 70 | 17 | Knieke, Thomas | | 64 | M50 | 13 | 22:50 | 61 | 49:07 | 76 | 22:22 | 47 | 1:34:19 |
| 70 | 18 | Schimmelpfennig, Jörn | | 66 | M45 | 13 | 22:49 | 60 | 49:08 | 77 | 22:22 | 47 | 1:34:19 |
| 72 | 112 | Holenburg, Barbara | Völsener Laufmasche | 72 | W40 | 2 | 23:49 | 70 | 45:33 | 70 | 25:05 | 66 | 1:34:27 |
| 73 | 15 | Dabrowski, Grzegorz | TSV Fichte Helmstedt | 65 | M45 | 14 | 22:50 | 61 | 46:01 | 72 | 26:27 | 73 | 1:35:18 |
| 74 | 91 | Walter, Claus | | 67 | M45 | 15 | 26:02 | 79 | 41:26 | 50 | 28:50 | 81 | 1:36:18 |
| 75 | 60 | Kahlfeldt, Andrea | | 69 | W45 | 2 | 23:52 | 71 | 46:32 | 74 | 25:58 | 71 | 1:36:22 |
| 76 | 90 | Schaper, Heiko | VfB Fallersleben | 61 | M50 | 14 | 25:33 | 78 | 44:03 | 62 | 27:15 | 78 | 1:36:51 |
| 77 | 54 | Scholz, Wolfram | Triathlon Team Königslutt | 45 | M65 | 4 | 24:11 | 73 | 46:11 | 73 | 27:11 | 77 | 1:37:33 |
| 78 | 55 | Schneider, Kirsten | Lehrter SV Triathlon | 59 | W55 | 1 | 22:57 | 63 | 50:45 | 79 | 24:04 | 61 | 1:37:46 |
| 79 | 65 | Günther, Alexander | TTC Beendorf | 65 | M45 | 16 | 24:12 | 74 | 51:14 | 80 | 23:31 | 56 | 1:38:57 |
| 80 | 56 | Thieße, Maria | | 83 | W30 | 3 | 24:45 | 76 | 48:01 | 75 | 28:32 | 79 | 1:41:18 |
| 81 | 11 | Thiele, Benjamin | | 79 | M35 | 6 | 26:15 | 80 | 43:27 | 60 | 33:05 | 83 | 1:42:47 |
| 82 | 103 | Brandes, Viola | Intro Team Braunschweig | 66 | W45 | 3 | 24:52 | 77 | 49:17 | 78 | 28:46 | 80 | 1:42:55 |
| 83 | 88 | Heyne, Eckhard | MTV Schöningen | 56 | M55 | 6 | 27:25 | 81 | 54:01 | 81 | 31:02 | 82 | 1:52:28 |
| 84 | 39 | Elsner, Anne Marie | FC St. Pauli | 58 | W55 | 2 | - | - | - | - | 1:55:54 | - | 1:55:54 |
| 85 | 107 | Elsner, Lydia | | 90 | W20 | 1 | - | - | 1:23:33 | - | 35:46 | 84 | 1:59:19 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | | Bike | | Run | | Endzeit | |
|-----|-----|------------------------|---------------------------|----|-----|-----|-------|------|-------|-----|-------|---------|---------|
| 1 | 105 | Kampkötter, Lukas | | 89 | M25 | 1 | 15:34 | 1 | 34:53 | 3 | 17:14 | 4 | 1:07:41 |
| 2 | 28 | Quoll, Malte | | 81 | M30 | 1 | 15:45 | 2 | 36:44 | 19 | 16:52 | 2 | 1:09:21 |
| 3 | 117 | Breier, Bernd | LG Hopfen Schackensleb | 69 | M45 | 1 | 16:47 | 7 | 35:57 | 8 | 17:06 | 3 | 1:09:50 |
| 4 | 42 | Stock, Peter | | 65 | M45 | 2 | 16:13 | 5 | 36:04 | 12 | 17:38 | 6 | 1:09:55 |
| 5 | 84 | Huth, Kai-Uwe | SV Germania Helmstedt | 64 | M50 | 1 | 15:50 | 3 | 38:17 | 31 | 16:14 | 1 | 1:10:21 |
| 6 | 70 | Lieseke, Mario | Genthiner RC66 | 71 | M40 | 1 | 17:28 | 11 | 34:12 | 1 | 18:50 | 15 | 1:10:30 |
| 7 | 82 | Jacobsen, Thilo | Tri Michels Hamburg | 73 | M40 | 2 | 16:39 | 6 | 36:09 | 13 | 17:49 | 8 | 1:10:37 |
| 8 | 106 | Bernhart, Jens | SV Germania Helmstedt | 91 | M20 | 1 | 15:51 | 4 | 37:18 | 22 | 17:47 | 7 | 1:10:56 |
| 9 | 34 | Feilhaber, Cjell | Germania | 81 | M30 | 2 | - | - | 52:58 | - | 18:25 | 10 | 1:11:23 |
| 10 | 27 | Bartels, Michael | ESV Eintr. Hameln | 68 | M45 | 3 | 18:13 | 20 | 34:28 | 2 | 19:02 | 16 | 1:11:43 |
| 11 | 9 | Richardt, Alexander | SV Germania Helmstedt/ | 82 | M30 | 3 | 18:12 | 19 | 35:29 | 7 | 18:28 | 11 | 1:12:09 |
| 12 | 94 | Eschment, Karsten | Starwors papierflieger | 74 | M40 | 3 | 17:01 | 8 | 37:43 | 25 | 17:31 | 5 | 1:12:15 |
| 13 | 95 | Florres Correa, Carlos | Starwors papierflieger | 73 | M40 | 4 | 17:26 | 10 | 36:33 | 17 | 18:30 | 12 | 1:12:29 |
| 14 | 98 | Weissbeck, Philip | Triathlon Team Braunsch | 82 | M30 | 4 | 17:25 | 9 | 36:41 | 18 | 18:34 | 13 | 1:12:40 |
| 15 | 74 | Heuck, Thomas | | 62 | M50 | 2 | 17:51 | 16 | 36:02 | 11 | 19:10 | 18 | 1:13:03 |
| 16 | 72 | Quendler, Ingo | Hannover 96 | 74 | M40 | 5 | 17:44 | 13 | 36:01 | 10 | 19:20 | 19 | 1:13:05 |
| 17 | 78 | Henne, Gerhard | | 65 | M45 | 4 | 18:32 | 22 | 34:57 | 4 | 19:43 | 22 | 1:13:12 |
| 18 | 58 | Kurth, Nils | | 90 | M20 | 2 | 18:33 | 23 | 37:08 | 21 | 18:24 | 9 | 1:14:05 |
| 19 | 81 | Dill, Thorsten | Triathlon Team Königslutt | 69 | M45 | 5 | 19:19 | 30 | 36:10 | 14 | 18:41 | 14 | 1:14:10 |
| 20 | 52 | Brämer, Stefan | Hasselaner Triathlon Club | 78 | M35 | 1 | 17:43 | 12 | 36:32 | 16 | 19:58 | 24 | 1:14:13 |
| 21 | 64 | Tischer, Olaf | | 62 | M50 | 3 | 18:00 | 18 | 38:36 | 32 | 19:06 | 17 | 1:15:42 |
| 22 | 45 | Schwertner, Martin | | 88 | M25 | 2 | 18:57 | 26 | 36:10 | 14 | 20:48 | 32 | 1:15:55 |
| 23 | 109 | Simon, Wolfgang | VfL Wolfsburg | 52 | M60 | 1 | - | - | 56:33 | - | 19:25 | 20 | 1:15:58 |
| 24 | 80 | Lübke, Thorsten | TuS Celle'92 | 63 | M50 | 4 | 19:34 | 34 | 35:57 | 8 | 20:35 | 27 | 1:16:06 |
| 25 | 75 | Blümcke, Niels Bendix | Eintracht Ebendorf | 87 | M25 | 3 | 17:46 | 14 | 37:57 | 28 | 20:34 | 26 | 1:16:17 |
| 26 | 8 | Berndt, Tim-Michael | SV Germania Helmstedt | 93 | M20 | 3 | 17:58 | 17 | 37:41 | 24 | 20:40 | 30 | 1:16:19 |
| 27 | 3 | Wöbking, Jan-Peter | | 71 | M40 | 6 | 20:12 | 41 | 35:08 | 5 | 21:03 | 34 | 1:16:23 |
| 28 | 69 | Tjiang, daniel | Tri Team Königslutter | 64 | M50 | 5 | 18:41 | 24 | 38:01 | 29 | 19:56 | 23 | 1:16:38 |
| 29 | 46 | Weihs, Marcus | | 72 | M40 | 7 | 17:50 | 15 | 39:25 | 35 | 19:30 | 21 | 1:16:45 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - Männer

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|--------------------------|---------------------------|----|-----|-----|-------|-----|---------|----|-------|----|---------|
| 30 | 110 | Schmidt, Klaus | SG Eintracht Ebendorf | 46 | M65 | 1 | 19:57 | 37 | 36:54 | 20 | 20:36 | 28 | 1:17:27 |
| 31 | 71 | Lieseke, Torsten | BSC Süd 05 Brandenburg | 69 | M45 | 6 | 19:53 | 35 | 35:17 | 6 | 22:22 | 43 | 1:17:32 |
| 32 | 76 | Hermecke, Marco | LG Hopfen Schackensleb | 71 | M40 | 8 | 18:18 | 21 | 40:00 | 38 | 19:59 | 25 | 1:18:17 |
| 33 | 16 | Kirschke, Manuel | | 82 | M30 | 5 | 20:10 | 39 | 37:49 | 27 | 20:44 | 31 | 1:18:43 |
| 34 | 96 | Domke, Markus | TSV Lelm | 76 | M35 | 2 | 19:33 | 32 | 38:36 | 32 | 20:39 | 29 | 1:18:48 |
| 35 | 100 | Triebel, Dennis | Hasselaner Triathlon Club | 79 | M35 | 3 | 19:28 | 31 | 37:43 | 25 | 22:08 | 41 | 1:19:19 |
| 36 | 97 | Kube, Norman | | 77 | M35 | 4 | 19:56 | 36 | 37:36 | 23 | 22:05 | 40 | 1:19:37 |
| 37 | 50 | Hartmann, Martin | | 71 | M40 | 9 | 19:08 | 27 | 39:29 | 36 | 21:10 | 36 | 1:19:47 |
| 38 | 73 | Artner, Andreas | TRI LIZARDS | 63 | M50 | 6 | 20:28 | 43 | 38:13 | 30 | 21:39 | 38 | 1:20:20 |
| 39 | 35 | Körner, Andreas | | 63 | M50 | 7 | 19:10 | 29 | 40:48 | 40 | 20:48 | 32 | 1:20:46 |
| 40 | 92 | Berger, Marcel | SV Germania Helmstedt | 96 | M18 | 1 | 18:52 | 25 | 41:33 | 46 | 21:15 | 37 | 1:21:40 |
| 41 | 89 | Greite, Jörg | MTV Schöningen | 63 | M50 | 8 | 20:01 | 38 | 39:58 | 37 | 22:08 | 41 | 1:22:07 |
| 42 | 14 | Gerlach, Ralph | Sportics Team Schließer- | 67 | M45 | 7 | 21:32 | 46 | 38:50 | 34 | 23:14 | 49 | 1:23:36 |
| 43 | 111 | Krüger, Marcus | SV Family and Friends | 68 | M45 | 8 | 19:09 | 28 | 43:25 | 54 | 21:05 | 35 | 1:23:39 |
| 44 | 6 | Tiller, Cleif | SV-Germania Helmstedt | 61 | M50 | 9 | 20:10 | 39 | 42:26 | 53 | 21:48 | 39 | 1:24:24 |
| 45 | 33 | Heyer, Thomas | WSV 21 Wolfenbüttel | 69 | M45 | 9 | 19:33 | 32 | 41:45 | 47 | 23:19 | 51 | 1:24:37 |
| 46 | 115 | Wegener, Ralf | SG Eintracht Ebendorf | 54 | M60 | 2 | - | - | 1:03:05 | - | 22:45 | 47 | 1:25:50 |
| 47 | 20 | Kricheldorf, Hans-Ulrich | | 64 | M50 | 10 | 22:29 | 50 | 41:18 | 43 | 23:13 | 48 | 1:27:00 |
| 48 | 104 | Fritzsche, Lutz | WSV 21 Wolfenbüttel | 60 | M50 | 11 | 22:26 | 49 | 41:08 | 41 | 23:51 | 54 | 1:27:25 |
| 49 | 22 | Ahlers, Oliver | MTV Weferlingen | 69 | M45 | 10 | 20:15 | 42 | 44:32 | 60 | 22:44 | 46 | 1:27:31 |
| 50 | 40 | Elsner, Wolfgang | VfB Fallersleben | 57 | M55 | 1 | 22:45 | 53 | 42:18 | 50 | 23:53 | 55 | 1:28:56 |
| 51 | 7 | Diedrich, Hartmut | Triathlon Team Königslutt | 68 | M45 | 11 | 21:43 | 47 | 44:04 | 58 | 23:14 | 49 | 1:29:01 |
| 52 | 48 | Bretschneider, Lutz | TSV Germania Helmstedt | 48 | M65 | 2 | 23:15 | 58 | 42:09 | 49 | 23:48 | 53 | 1:29:12 |
| 53 | 83 | Geißler, Rolf | South Lake Runners TT | 78 | M35 | 5 | 23:13 | 57 | 41:23 | 44 | 25:43 | 60 | 1:30:19 |
| 54 | 31 | Gawehn, Martin | Tri Team Königslutter | 64 | M50 | 12 | 23:22 | 60 | 41:09 | 42 | 26:05 | 62 | 1:30:36 |
| 55 | 25 | Thiele, Joachim | intro Wolfsburg | 59 | M55 | 2 | 23:34 | 61 | 41:52 | 48 | 25:20 | 58 | 1:30:46 |
| 56 | 108 | Lickfett, Rudolf | Triathlon Team Königslutt | 55 | M55 | 3 | 22:21 | 48 | 43:36 | 56 | 24:56 | 56 | 1:30:53 |
| 57 | 1 | Basler, Jürgen | WSV 21 Wolfenbüttel | 49 | M65 | 3 | 24:32 | 64 | 40:21 | 39 | 26:30 | 64 | 1:31:23 |
| 58 | 118 | Rahn, Hans-Peter | Team Bunter Hund | 56 | M55 | 4 | 23:21 | 59 | 42:21 | 51 | 25:44 | 61 | 1:31:26 |
| 59 | 87 | Luptak, Rudolf | | 85 | M25 | 4 | 20:54 | 44 | 45:16 | 62 | 25:26 | 59 | 1:31:36 |
| 60 | 85 | Ulrich, Axel | SV Germania Helmstedt | 59 | M55 | 5 | 22:33 | 51 | 42:21 | 51 | 27:03 | 66 | 1:31:57 |
| 61 | 10 | Zimmermann, Meik | Velpker SV 1928 e.V. | 67 | M45 | 12 | 21:29 | 45 | 44:20 | 59 | 26:34 | 65 | 1:32:23 |
| 62 | 19 | Dabowski, David | TSV Fichte Helmstedt | 89 | M25 | 5 | 22:36 | 52 | 45:06 | 61 | 25:02 | 57 | 1:32:44 |
| 63 | 17 | Knieke, Thomas | | 64 | M50 | 13 | 22:50 | 55 | 49:07 | 65 | 22:22 | 43 | 1:34:19 |
| 63 | 18 | Schimmelpfennig, Jörn | | 66 | M45 | 13 | 22:49 | 54 | 49:08 | 66 | 22:22 | 43 | 1:34:19 |
| 65 | 15 | Dabowski, Grzegorz | TSV Fichte Helmstedt | 65 | M45 | 14 | 22:50 | 55 | 46:01 | 63 | 26:27 | 63 | 1:35:18 |
| 66 | 91 | Walter, Claus | | 67 | M45 | 15 | 26:02 | 66 | 41:26 | 45 | 28:50 | 69 | 1:36:18 |
| 67 | 90 | Schaper, Heiko | VfB Fallersleben | 61 | M50 | 14 | 25:33 | 65 | 44:03 | 57 | 27:15 | 68 | 1:36:51 |
| 68 | 54 | Scholz, Wolfram | Triathlon Team Königslutt | 45 | M65 | 4 | 24:11 | 62 | 46:11 | 64 | 27:11 | 67 | 1:37:33 |
| 69 | 65 | Günther, Alexander | TTC Beendorf | 65 | M45 | 16 | 24:12 | 63 | 51:14 | 67 | 23:31 | 52 | 1:38:57 |
| 70 | 11 | Thiele, Benjamin | | 79 | M35 | 6 | 26:15 | 67 | 43:27 | 55 | 33:05 | 71 | 1:42:47 |
| 71 | 88 | Heyne, Eckhard | MTV Schöningen | 56 | M55 | 6 | 27:25 | 68 | 54:01 | 68 | 31:02 | 70 | 1:52:28 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|---------------------|-------------------------|----|-----|-----|-------|-----|---------|----|-------|----|---------|
| 1 | 77 | Manssen, Andrea | VfB Fallersleben | 83 | W30 | 1 | 18:15 | 1 | 36:03 | 1 | 18:50 | 1 | 1:13:08 |
| 2 | 37 | Reckemeier, Rebecca | ESV Eintracht Hameln | 79 | W35 | 1 | 19:00 | 2 | 36:05 | 2 | 20:02 | 2 | 1:15:07 |
| 3 | 44 | Sachse, Evelyn | Braintec Wolfsburg | 71 | W40 | 1 | 20:27 | 3 | 40:03 | 5 | 22:08 | 4 | 1:22:38 |
| 4 | 13 | Richardt, Beate | SV Germania Helmstedt | 82 | W30 | 2 | 20:32 | 4 | 44:11 | 6 | 20:12 | 3 | 1:24:55 |
| 5 | 116 | Arendt, Nicole | WSV 21 Wolfenbüttel | 77 | W35 | 2 | 23:05 | 8 | 40:01 | 4 | 23:42 | 5 | 1:26:48 |
| 6 | 99 | Weinkopf, Paula | | 96 | W18 | 1 | 21:38 | 6 | 44:18 | 7 | 24:48 | 8 | 1:30:44 |
| 7 | 63 | Ruhm, Pamela | Vegan Tripam | 66 | W45 | 1 | 23:57 | 11 | 45:58 | 9 | 24:14 | 7 | 1:34:09 |
| 8 | 112 | Holenburg, Barbara | Völkener Laufmasche | 72 | W40 | 2 | 23:49 | 9 | 45:33 | 8 | 25:05 | 9 | 1:34:27 |
| 9 | 60 | Kahlfeldt, Andrea | | 69 | W45 | 2 | 23:52 | 10 | 46:32 | 10 | 25:58 | 10 | 1:36:22 |
| 10 | 55 | Schneider, Kirsten | Lehrter SV Triathlon | 59 | W55 | 1 | 22:57 | 7 | 50:45 | 13 | 24:04 | 6 | 1:37:46 |
| 11 | 56 | Thieß, Maria | | 83 | W30 | 3 | 24:45 | 12 | 48:01 | 11 | 28:32 | 11 | 1:41:18 |
| 12 | 103 | Brandes, Viola | Intro Team Braunschweig | 66 | W45 | 3 | 24:52 | 13 | 49:17 | 12 | 28:46 | 12 | 1:42:55 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - Frauen

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|--------------------|--------------|----|-----|-----|---------|-------|---------|
| 13 | 39 | Elsner, Anne Marie | FC St. Pauli | 58 | W55 | 2 | - | - | 1:55:54 |
| 14 | 107 | Elsner, Lydia | | 90 | W20 | 1 | 1:23:33 | 35:46 | 1:59:19 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 18-19

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|----------------|-----------------------|----|-----|-----|-------|-------|---------|
| 1 | 92 | Berger, Marcel | SV Germania Helmstedt | 96 | M18 | 1 | 18:52 | 41:33 | 1:21:40 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - W 18-19

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|-----------------|------------|----|-----|-----|-------|-------|---------|
| 1 | 99 | Weinkopf, Paula | | 96 | W18 | 1 | 21:38 | 44:18 | 1:30:44 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 20-24

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|---------------------|-----------------------|----|-----|-----|-------|-------|---------|
| 1 | 106 | Bernhart, Jens | SV Gemania Helmstedt | 91 | M20 | 1 | 15:51 | 37:18 | 1:10:56 |
| 2 | 58 | Kurth, Nils | | 90 | M20 | 2 | 18:33 | 37:08 | 1:14:05 |
| 3 | 8 | Berndt, Tim-Michael | SV Germania Helmstedt | 93 | M20 | 3 | 17:58 | 37:41 | 1:16:19 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - W 20-24

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|---------------|------------|----|-----|-----|------|---------|---------|
| 1 | 107 | Elsner, Lydia | | 90 | W20 | 1 | - | 1:23:33 | 1:59:19 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 25-29

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|-----------------------|----------------------|----|-----|-----|-------|-------|---------|
| 1 | 105 | Kampkötter, Lukas | | 89 | M25 | 1 | 15:34 | 34:53 | 1:07:41 |
| 2 | 45 | Schwertner, Martin | | 88 | M25 | 2 | 18:57 | 36:10 | 1:15:55 |
| 3 | 75 | Blümcke, Niels Bendix | Eintracht Ebendorf | 87 | M25 | 3 | 17:46 | 37:57 | 1:16:17 |
| 4 | 87 | Luptak, Rudolf | | 85 | M25 | 4 | 20:54 | 45:16 | 1:31:36 |
| 5 | 19 | Dabowski, David | TSV Fichte Helmstedt | 89 | M25 | 5 | 22:36 | 45:06 | 1:32:44 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 30-34

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|---------------------|-------------------------|----|-----|-----|-------|-------|---------|
| 1 | 28 | Quoll, Malte | | 81 | M30 | 1 | 15:45 | 36:44 | 1:09:21 |
| 2 | 34 | Feilhaber, Cjell | Germania | 81 | M30 | 2 | - | 52:58 | 1:11:23 |
| 3 | 9 | Richardt, Alexander | SV Germania Helmstedt/ | 82 | M30 | 3 | 18:12 | 35:29 | 1:12:09 |
| 4 | 98 | Weissbeck, Philip | Triathlon Team Braunsch | 82 | M30 | 4 | 17:25 | 36:41 | 1:12:40 |
| 5 | 16 | Kirschke, Manuel | | 82 | M30 | 5 | 20:10 | 37:49 | 1:18:43 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - W 30-34

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|-----------------|-----------------------|----|-----|-----|-------|-----|---------|---|-------|---|---------|
| 1 | 77 | Manssen, Andrea | VfB Fallersleben | 83 | W30 | 1 | 18:15 | 1 | 36:03 | 1 | 18:50 | 1 | 1:13:08 |
| 2 | 13 | Richardt, Beate | SV Germania Helmstedt | 82 | W30 | 2 | 20:32 | 2 | 44:11 | 2 | 20:12 | 2 | 1:24:55 |
| 3 | 56 | Thieß, Maria | | 83 | W30 | 3 | 24:45 | 3 | 48:01 | 3 | 28:32 | 3 | 1:41:18 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 35-39

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|------------------|---------------------------|----|-----|-----|-------|-----|---------|---|-------|---|---------|
| 1 | 52 | Brämer, Stefan | Hasselaner Triathlon Club | 78 | M35 | 1 | 17:43 | 1 | 36:32 | 1 | 19:58 | 1 | 1:14:13 |
| 2 | 96 | Domke, Markus | TSV Lelm | 76 | M35 | 2 | 19:33 | 3 | 38:36 | 4 | 20:39 | 2 | 1:18:48 |
| 3 | 100 | Triebel, Dennis | Hasselaner Triathlon Club | 79 | M35 | 3 | 19:28 | 2 | 37:43 | 3 | 22:08 | 4 | 1:19:19 |
| 4 | 97 | Kube, Norman | | 77 | M35 | 4 | 19:56 | 4 | 37:36 | 2 | 22:05 | 3 | 1:19:37 |
| 5 | 83 | Geißler, Rolf | South Lake Runners TT | 78 | M35 | 5 | 23:13 | 5 | 41:23 | 5 | 25:43 | 5 | 1:30:19 |
| 6 | 11 | Thiele, Benjamin | | 79 | M35 | 6 | 26:15 | 6 | 43:27 | 6 | 33:05 | 6 | 1:42:47 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - W 35-39

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|---------------------|----------------------|----|-----|-----|-------|-----|---------|---|-------|---|---------|
| 1 | 37 | Reckemeier, Rebecca | ESV Eintracht Hameln | 79 | W35 | 1 | 19:00 | 1 | 36:05 | 1 | 20:02 | 1 | 1:15:07 |
| 2 | 116 | Arendt, Nicole | WSV 21 Wolfenbüttel | 77 | W35 | 2 | 23:05 | 2 | 40:01 | 2 | 23:42 | 2 | 1:26:48 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 40-44

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|------------------------|-------------------------|----|-----|-----|-------|-----|---------|---|-------|---|---------|
| 1 | 70 | Lieseke, Mario | Genthiner RC66 | 71 | M40 | 1 | 17:28 | 4 | 34:12 | 1 | 18:50 | 4 | 1:10:30 |
| 2 | 82 | Jacobsen, Thilo | Tri Michels Hamburg | 73 | M40 | 2 | 16:39 | 1 | 36:09 | 4 | 17:49 | 2 | 1:10:37 |
| 3 | 94 | Eschment, Karsten | Starworss papierflieger | 74 | M40 | 3 | 17:01 | 2 | 37:43 | 6 | 17:31 | 1 | 1:12:15 |
| 4 | 95 | Florres Correa, Carlos | Starworss papierflieger | 73 | M40 | 4 | 17:26 | 3 | 36:33 | 5 | 18:30 | 3 | 1:12:29 |
| 5 | 72 | Quendler, Ingo | Hannover 96 | 74 | M40 | 5 | 17:44 | 5 | 36:01 | 3 | 19:20 | 5 | 1:13:05 |
| 6 | 3 | Wöbking, Jan-Peter | | 71 | M40 | 6 | 20:12 | 9 | 35:08 | 2 | 21:03 | 8 | 1:16:23 |
| 7 | 46 | Weihs, Marcus | | 72 | M40 | 7 | 17:50 | 6 | 39:25 | 7 | 19:30 | 6 | 1:16:45 |
| 8 | 76 | Hermecke, Marco | LG Hopfen Schackensleb | 71 | M40 | 8 | 18:18 | 7 | 40:00 | 9 | 19:59 | 7 | 1:18:17 |
| 9 | 50 | Hartmann, Martin | | 71 | M40 | 9 | 19:08 | 8 | 39:29 | 8 | 21:10 | 9 | 1:19:47 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - W 40-44

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit | | | | |
|-----|-----|--------------------|---------------------|----|-----|-----|-------|-----|---------|---|-------|---|---------|
| 1 | 44 | Sachse, Evelyn | Braintec Wolfsburg | 71 | W40 | 1 | 20:27 | 1 | 40:03 | 2 | 22:08 | 1 | 1:22:38 |
| 2 | 112 | Holenburg, Barbara | Völkener Laufmasche | 72 | W40 | 2 | 23:49 | 3 | 45:33 | 3 | 25:05 | 2 | 1:34:27 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 45-49

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|-----------------------|---------------------------|----|--------|----------|----------|----------|---------|
| 1 | 117 | Breier, Bernd | LG Hopfen Schackensleb | 69 | M45 1 | 16:47 2 | 35:57 4 | 17:06 1 | 1:09:50 |
| 2 | 42 | Stock, Peter | | 65 | M45 2 | 16:13 1 | 36:04 5 | 17:38 2 | 1:09:55 |
| 3 | 27 | Bartels, Michael | ESV Eintr. Hameln | 68 | M45 3 | 18:13 3 | 34:28 1 | 19:02 4 | 1:11:43 |
| 4 | 78 | Henne, Gerhard | | 65 | M45 4 | 18:32 4 | 34:57 2 | 19:43 5 | 1:13:12 |
| 5 | 81 | Dill, Thorsten | Triathlon Team Königslutt | 69 | M45 5 | 19:19 6 | 36:10 6 | 18:41 3 | 1:14:10 |
| 6 | 71 | Lieseke, Torsten | BSC Süd 05 Brandenburg | 69 | M45 6 | 19:53 8 | 35:17 3 | 22:22 7 | 1:17:32 |
| 7 | 14 | Gerlach, Ralph | Sportics Team Schließer- | 67 | M45 7 | 21:32 11 | 38:50 7 | 23:14 10 | 1:23:36 |
| 8 | 111 | Krüger, Marcus | SV Family and Friends | 68 | M45 8 | 19:09 5 | 43:25 10 | 21:05 6 | 1:23:39 |
| 9 | 33 | Heyer, Thomas | WSV 21 Wolfenbüttel | 69 | M45 9 | 19:33 7 | 41:45 9 | 23:19 12 | 1:24:37 |
| 10 | 22 | Ahlers, Oliver | MTV Weferlingen | 69 | M45 10 | 20:15 9 | 44:32 13 | 22:44 9 | 1:27:31 |
| 11 | 7 | Diedrich, Hartmut | Triathlon Team Königslutt | 68 | M45 11 | 21:43 12 | 44:04 11 | 23:14 10 | 1:29:01 |
| 12 | 10 | Zimmermann, Meik | Velpker SV 1928 e.V. | 67 | M45 12 | 21:29 10 | 44:20 12 | 26:34 15 | 1:32:23 |
| 13 | 18 | Schimmelpfennig, Jörn | | 66 | M45 13 | 22:49 13 | 49:08 15 | 22:22 7 | 1:34:19 |
| 14 | 15 | Dabrowski, Grzegorz | TSV Fichte Helmstedt | 65 | M45 14 | 22:50 14 | 46:01 14 | 26:27 14 | 1:35:18 |
| 15 | 91 | Walter, Claus | | 67 | M45 15 | 26:02 16 | 41:26 8 | 28:50 16 | 1:36:18 |
| 16 | 65 | Günther, Alexander | TTC Beendorf | 65 | M45 16 | 24:12 15 | 51:14 16 | 23:31 13 | 1:38:57 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - W 45-49

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|-------------------|-------------------------|----|-------|---------|---------|---------|---------|
| 1 | 63 | Ruhm, Pamela | Vegan Tripam | 66 | W45 1 | 23:57 2 | 45:58 1 | 24:14 1 | 1:34:09 |
| 2 | 60 | Kahlfeldt, Andrea | | 69 | W45 2 | 23:52 1 | 46:32 2 | 25:58 2 | 1:36:22 |
| 3 | 103 | Brandes, Viola | Intro Team Braunschweig | 66 | W45 3 | 24:52 3 | 49:17 3 | 28:46 3 | 1:42:55 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 50-54

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|--------------------------|-----------------------|----|--------|----------|----------|----------|---------|
| 1 | 84 | Huth, Kai-Uwe | SV Germania Helmstedt | 64 | M50 1 | 15:50 1 | 38:17 5 | 16:14 1 | 1:10:21 |
| 2 | 74 | Heuck, Thomas | | 62 | M50 2 | 17:51 2 | 36:02 2 | 19:10 3 | 1:13:03 |
| 3 | 64 | Tischer, Olaf | | 62 | M50 3 | 18:00 3 | 38:36 6 | 19:06 2 | 1:15:42 |
| 4 | 80 | Lübke, Thorsten | TuS Celle'92 | 63 | M50 4 | 19:34 6 | 35:57 1 | 20:35 5 | 1:16:06 |
| 5 | 69 | Tjiang, daniel | Tri Team Königslutter | 64 | M50 5 | 18:41 4 | 38:01 3 | 19:56 4 | 1:16:38 |
| 6 | 73 | Artner, Andreas | TRI LIZARDS | 63 | M50 6 | 20:28 9 | 38:13 4 | 21:39 7 | 1:20:20 |
| 7 | 35 | Körner, Andreas | | 63 | M50 7 | 19:10 5 | 40:48 8 | 20:48 6 | 1:20:46 |
| 8 | 89 | Greite, Jörg | MTV Schöningen | 63 | M50 8 | 20:01 7 | 39:58 7 | 22:08 9 | 1:22:07 |
| 9 | 6 | Tiller, Cleif | SV-Germania Helmstedt | 61 | M50 9 | 20:10 8 | 42:26 12 | 21:48 8 | 1:24:24 |
| 10 | 20 | Kricheldorf, Hans-Ulrich | | 64 | M50 10 | 22:29 11 | 41:18 11 | 23:13 11 | 1:27:00 |
| 11 | 104 | Fritzsche, Lutz | WSV 21 Wolfenbüttel | 60 | M50 11 | 22:26 10 | 41:08 9 | 23:51 12 | 1:27:25 |
| 12 | 31 | Gawehn, Martin | Tri Team Königslutter | 64 | M50 12 | 23:22 13 | 41:09 10 | 26:05 13 | 1:30:36 |
| 13 | 17 | Knieke, Thomas | | 64 | M50 13 | 22:50 12 | 49:07 14 | 22:22 10 | 1:34:19 |
| 14 | 90 | Schaper, Heiko | VfB Fallersleben | 61 | M50 14 | 25:33 14 | 44:03 13 | 27:15 14 | 1:36:51 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 55-59

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|------------------|---------------------------|----|-------|---------|---------|---------|---------|
| 1 | 40 | Elsner, Wolfgang | VfB Fallersleben | 57 | M55 1 | 22:45 3 | 42:18 2 | 23:53 1 | 1:28:56 |
| 2 | 25 | Thiele, Joachim | intro Wolfsburg | 59 | M55 2 | 23:34 5 | 41:52 1 | 25:20 3 | 1:30:46 |
| 3 | 108 | Lickfett, Rudolf | Triathlon Team Königslutt | 55 | M55 3 | 22:21 1 | 43:36 5 | 24:56 2 | 1:30:53 |
| 4 | 118 | Rahn, Hans-Peter | Team Bunter Hund | 56 | M55 4 | 23:21 4 | 42:21 3 | 25:44 4 | 1:31:26 |
| 5 | 85 | Ulrich, Axel | SV Germania Helmstedt | 59 | M55 5 | 22:33 2 | 42:21 3 | 27:03 5 | 1:31:57 |
| 6 | 88 | Heyne, Eckhard | MTV Schöningen | 56 | M55 6 | 27:25 6 | 54:01 6 | 31:02 6 | 1:52:28 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - W 55-59

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|--------------------|----------------------|----|-------|---------|---------|-----------|---------|
| 1 | 55 | Schneider, Kirsten | Lehrter SV Triathlon | 59 | W55 1 | 22:57 1 | 50:45 1 | 24:04 1 | 1:37:46 |
| 2 | 39 | Elsner, Anne Marie | FC St. Pauli | 58 | W55 2 | - - | - - | 1:55:54 - | 1:55:54 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 60-64

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|-----------------|-----------------------|----|-------|-----|-----------|---------|---------|
| 1 | 109 | Simon, Wolfgang | VfL Wolfsburg | 52 | M60 1 | - - | 56:33 - | 19:25 1 | 1:15:58 |
| 2 | 115 | Wegener, Ralf | SG Eintracht Ebendorf | 54 | M60 2 | - - | 1:03:05 - | 22:45 2 | 1:25:50 |

Duathlon/Hauptwettkampf // 4,4km/17km/4,4km am 06.04.2014

Ergebnisliste - M 65-69

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Run | Bike | Run | Endzeit |
|-----|-----|---------------------|---------------------------|----|-------|---------|---------|---------|---------|
| 1 | 110 | Schmidt, Klaus | SG Eintracht Ebendorf | 46 | M65 1 | 19:57 1 | 36:54 1 | 20:36 1 | 1:17:27 |
| 2 | 48 | Bretschneider, Lutz | TSV Germania Helmstedt | 48 | M65 2 | 23:15 2 | 42:09 3 | 23:48 2 | 1:29:12 |
| 3 | 1 | Basler, Jürgen | WSV 21 Wolfenbüttel | 49 | M65 3 | 24:32 4 | 40:21 2 | 26:30 3 | 1:31:23 |
| 4 | 54 | Scholz, Wolfram | Triathlon Team Königslutt | 45 | M65 4 | 24:11 3 | 46:11 4 | 27:11 4 | 1:37:33 |