

7. Friesathlon, 22. Juni 2014, ca. 11 km Rad, 500 m Schwimmen, ca. 8 km Lauf: Einzel, Einlaufliste

| Start-Nr. | Name | Verein/ Team | Jahrgang | Klasse | Zeit | Platz Klasse | Platz Geschl. | Platz gesamt | Rad-Zeit | Schwimm-Zeit | Lauf - Zeit |
|-----------|--------------------------|---------------------------|----------|--------|----------|--------------|---------------|--------------|----------|--------------|-------------|
| 16 | Gero Sieberger | Seaburgers | 1973 | MstM | 01.07.38 | 1 | 1 | 1 | 00.22.52 | 00.11.33 | 00.33.13 |
| 63 | Jannik Lammersmann | SSF Bonn TriathlonArtegic | 1995 | NrmM | 01.08.03 | 1 | 2 | 2 | 00.23.25 | 00.08.40 | 00.35.58 |
| 12 | Rolf Didjurgies | SSF Bonn Triathlon | 1961 | SenM | 01.08.40 | 1 | 3 | 3 | 00.24.22 | 00.08.24 | 00.35.54 |
| 80 | Sebastian Bade | | 1981 | MstM | 01.12.06 | 2 | 4 | 4 | 00.24.02 | 00.09.55 | 00.38.09 |
| 17 | Peter Sieberger | Seaburgers | 1975 | MstM | 01.12.42 | 3 | 5 | 5 | 00.23.02 | 00.12.23 | 00.37.17 |
| 2 | Thurid Buch | Alfterer SC | 1971 | MstW | 01.13.24 | 1 | 1 | 6 | 00.26.39 | 00.12.22 | 00.34.23 |
| 5 | Michael Dankers | RCB | 1967 | SenM | 01.13.50 | 2 | 6 | 7 | 00.23.16 | 00.11.48 | 00.38.46 |
| 54 | Deté Papendieck | Imkerei im Melbtal | 1967 | SenM | 01.14.07 | 3 | 7 | 8 | 00.23.14 | 00.13.46 | 00.37.07 |
| 76 | Lutz Fischer | | 1984 | MstM | 01.15.28 | 4 | 8 | 9 | 00.24.47 | 00.11.37 | 00.39.04 |
| 29 | Uli Gahl | sg berufsfeuerwehr bonn | 1960 | SenM | 01.15.41 | 4 | 9 | 10 | 00.24.31 | 00.10.49 | 00.40.21 |
| 37 | Jörg Weidner | | 1964 | SenM | 01.16.52 | 5 | 10 | 11 | 00.25.10 | 00.11.58 | 00.39.44 |
| 20 | Kristof Niese | | 1985 | NrmM | 01.17.00 | 2 | 11 | 12 | 00.26.36 | 00.11.59 | 00.38.25 |
| 49 | Claude Faber | Luxembourg | 1982 | MstM | 01.17.43 | 5 | 12 | 13 | 00.26.06 | 00.10.43 | 00.40.54 |
| 85 | Nicole Welkenhuyzen | | 1988 | NrmW | 01.17.48 | 1 | 2 | 14 | 00.28.10 | 00.11.20 | 00.38.18 |
| 28 | Uli Schaaf | | 1960 | SenM | 01.18.30 | 6 | 13 | 15 | 00.26.23 | 00.12.08 | 00.39.59 |
| 83 | Frank Riedel | | 1980 | MstM | 01.18.34 | 6 | 14 | 16 | 00.26.54 | 00.14.13 | 00.37.27 |
| 43 | Sven Hering | | 1981 | MstM | 01.18.48 | 7 | 15 | 17 | 00.28.46 | 00.13.37 | 00.36.25 |
| 84 | Sabine Korz | | 1980 | MstW | 01.18.54 | 2 | 3 | 18 | 00.27.23 | 00.12.54 | 00.38.37 |
| 44 | Robert Reifenberg | SSF Bonn Triathlon | 1997 | NrmM | 01.19.04 | 3 | 16 | 19 | 00.26.01 | 00.08.28 | 00.44.35 |
| 53 | Caterina Schneider | Imkerei im Melbtal | 1971 | MstW | 01.19.38 | 3 | 4 | 20 | 00.28.18 | 00.13.29 | 00.37.51 |
| 59 | Olaf Lübke | ESC-Wachtberg | 1969 | SenM | 01.19.47 | 7 | 17 | 21 | 00.26.34 | 00.12.36 | 00.40.37 |
| 27 | Didi Panzer | der weiÙe kenianer | 1970 | MstM | 01.20.14 | 8 | 18 | 22 | 00.26.20 | 00.12.04 | 00.41.50 |
| 78 | Karsten Hippe | | 1973 | MstM | 01.20.54 | 9 | 19 | 23 | 00.28.25 | 00.11.41 | 00.40.48 |
| 56 | Raúl Fornet | | 1970 | MstM | 01.22.18 | 10 | 20 | 24 | 00.27.20 | 00.12.36 | 00.42.22 |
| 15 | Stefan Zumbeck | | 1964 | SenM | 01.22.19 | 8 | 21 | 25 | 00.28.03 | 00.14.15 | 00.40.01 |
| 68 | Jan Sodoge | | 1996 | NrmM | 01.22.36 | 4 | 22 | 26 | 00.29.01 | 00.13.53 | 00.39.42 |
| 51 | Artur Glogowski | SSF Bonn | 1975 | MstM | 01.22.43 | 11 | 23 | 27 | 00.27.36 | 00.12.38 | 00.42.29 |
| 34 | Niklas von Öhsen | | 1971 | MstM | 01.22.51 | 12 | 24 | 28 | 00.25.37 | 00.12.30 | 00.44.44 |
| 86 | Uwe Wallasch | | 1973 | MstM | 01.22.51 | 12 | 24 | 28 | 00.29.27 | 00.09.48 | 00.43.36 |
| 46 | Lars Meyer | | 1970 | MstM | 01.24.25 | 14 | 26 | 30 | 00.25.42 | ??? | ??? |
| 62 | Ralph Thomas | Triathlon Mülheim-Kärlich | 1966 | SenM | 01.24.26 | 9 | 27 | 31 | 00.27.14 | 00.10.50 | 00.46.22 |
| 23 | Horst Heck | LAV Bad Godesberg | 1956 | SenM | 01.24.29 | 10 | 28 | 32 | 00.28.38 | 00.16.09 | 00.39.42 |
| 39 | Benjamin Bleek | | 1981 | MstM | 01.24.56 | 15 | 29 | 33 | 00.26.53 | 00.15.22 | 00.42.41 |
| 64 | Arne Schoenenberg | | 1996 | NrmM | 01.25.32 | 5 | 30 | 34 | 00.29.16 | 00.12.54 | 00.43.22 |
| 3 | Joachim Dung | TryTeam Bonn | 1960 | SenM | 01.25.34 | 11 | 31 | 35 | 00.27.27 | 00.16.08 | 00.41.59 |
| 9 | Günther Töpel | | 1965 | SenM | 01.25.39 | 12 | 32 | 36 | 00.28.10 | 00.15.07 | 00.42.22 |
| 82 | Jens Mäncher | | 1973 | MstM | 01.25.42 | 16 | 33 | 37 | 00.28.43 | ??? | ??? |
| 81 | Christoph Amediek | | 1967 | SenM | 01.25.59 | 13 | 34 | 38 | 00.26.49 | 00.12.08 | 00.47.02 |
| 14 | Frank Däschle | | 1968 | SenM | 01.26.15 | 14 | 35 | 39 | 00.26.49 | 00.12.43 | 00.46.43 |
| 58 | Carsten Quast | CQT | 1966 | SenM | 01.26.17 | 15 | 36 | 40 | 00.26.47 | 00.14.27 | 00.45.03 |
| 31 | Georg Verhoeven | Uedemer Tennis Club | 1965 | SenM | 01.27.35 | 16 | 37 | 41 | 00.30.15 | 00.14.55 | 00.42.25 |
| 48 | Stephan Münch | | 1971 | MstM | 01.28.13 | 17 | 38 | 42 | 00.28.07 | 00.19.56 | 00.40.10 |
| 35 | André Grünfeld | | 1966 | SenM | 01.28.16 | 17 | 39 | 43 | 00.28.01 | 00.14.52 | 00.45.23 |
| 74 | Meinert Jacobsen | | 1964 | SenM | 01.28.43 | 18 | 40 | 44 | 00.29.42 | 00.15.41 | 00.43.20 |
| 26 | Caroline Marcon | | 1980 | MstW | 01.28.45 | 4 | 5 | 45 | 00.30.43 | ??? | ??? |
| 25 | Eva Schreich | fronrunner cologne | 1977 | MstW | 01.28.46 | 5 | 6 | 46 | 00.32.40 | 00.15.18 | 00.40.48 |
| 55 | Anja Bongard | Obstläufer Nierendorf | 1969 | SenW | 01.29.00 | 1 | 7 | 47 | 00.30.25 | 00.15.16 | 00.43.19 |
| 36 | Dominique Falloux | | 1961 | SenM | 01.29.15 | 19 | 41 | 48 | 00.29.35 | 00.12.33 | 00.47.07 |
| 70 | Tobias Winand | | 1977 | MstM | 01.29.25 | 18 | 42 | 49 | 00.29.19 | 00.13.48 | 00.46.18 |
| 67 | Sebastian Schuster | | 1981 | MstM | 01.29.52 | 19 | 43 | 50 | 00.27.32 | 00.16.19 | 00.46.01 |
| 6 | Alexandra Dankers | | 1971 | MstW | 01.30.05 | 6 | 8 | 51 | 00.28.19 | 00.15.08 | 00.46.38 |
| 21 | Richard Blum | | 1961 | SenM | 01.31.13 | 20 | 44 | 52 | 00.28.59 | 00.12.49 | 00.49.25 |
| 72 | Bernd Gawrisch | LT Siebengebirge | 1960 | SenM | 01.31.25 | 21 | 45 | 53 | 00.27.29 | 00.17.42 | 00.46.14 |
| 8 | Ulla Schmitz | | 1966 | SenW | 01.31.33 | 2 | 9 | 54 | 00.30.32 | 00.14.20 | 00.46.41 |
| 32 | Simone Baum | Nordstraße Allstars | 1971 | MstW | 01.32.02 | 7 | 10 | 55 | 00.28.48 | 00.14.49 | 00.48.25 |
| 40 | Jannis Warnat | | 1980 | MstM | 01.33.05 | 20 | 46 | 56 | 00.31.03 | 00.16.28 | 00.45.34 |
| 11 | Guido Gast | | 1964 | SenM | 01.34.02 | 22 | 47 | 57 | 00.29.01 | 00.17.12 | 00.47.49 |
| 38 | Michael Weißkirchen | Rekordbrecher | 1966 | SenM | 01.34.58 | 23 | 48 | 58 | 00.28.12 | 00.13.24 | 00.53.22 |
| 79 | Reinhold Ludwig | | 1958 | SenM | 01.36.34 | 24 | 49 | 59 | 00.30.16 | 00.21.23 | 00.44.55 |
| 10 | Gino Gast | | 1990 | NrmM | 01.37.28 | 6 | 50 | 60 | ??? | ??? | 00.48.07 |
| 22 | Tanja Jakovljevic | | 1982 | MstW | 01.39.00 | 8 | 11 | 61 | 00.33.32 | 00.13.57 | 00.51.31 |
| 45 | Stefan Pürner | LT Ennert | 1960 | SenM | 01.40.46 | 25 | 51 | 62 | 00.33.52 | 00.17.11 | 00.49.43 |
| 4 | Arnim Sendler | | 1964 | SenM | 01.41.00 | 26 | 52 | 63 | 00.32.52 | 00.18.04 | 00.50.04 |
| 61 | Timo Sucasny | | 1984 | MstM | 01.41.18 | 21 | 53 | 64 | 00.30.36 | 00.14.46 | 00.55.56 |
| 69 | Thiemo Engel | | 1996 | NrmM | 01.41.49 | 7 | 54 | 65 | 00.32.16 | 00.20.59 | 00.48.34 |
| 73 | Markus Rosendahl | LT Ennert Bonn | 1980 | MstM | 01.42.03 | 22 | 55 | 66 | 00.32.48 | 00.18.57 | 00.50.18 |
| 41 | Ilka Schieffer | | 1976 | MstW | 01.42.42 | 9 | 12 | 67 | 00.33.45 | 00.14.15 | 00.54.42 |
| 42 | Heike Schieffer | | 1973 | MstW | 01.42.42 | 9 | 12 | 67 | 00.32.43 | 00.15.16 | 00.54.43 |
| 33 | Albert Brenig | BSG Stadtwerke Bonn | 1952 | SenM | 01.42.56 | 27 | 56 | 69 | 00.31.32 | 00.16.03 | 00.55.21 |
| 71 | Katy Kleffmann | | 1975 | MstW | 01.44.50 | 11 | 14 | 70 | 00.34.01 | 00.17.42 | 00.53.07 |
| 65 | Fee Henrich | | 1979 | MstW | 01.46.46 | 12 | 15 | 71 | 00.38.55 | 00.14.11 | 00.53.40 |
| 52 | Sabine Hubrig-Schaumburg | LT Hennef/Sieg | 1961 | SenW | 01.48.49 | 3 | 16 | 72 | 00.36.44 | 00.16.30 | 00.55.35 |
| 57 | Adolf John | | 1940 | RetM | 02.00.08 | 1 | 57 | 73 | 00.35.18 | 00.19.44 | 01.05.06 |

7. Friesathlon, 22. Juni 2014, ca. 11 km Rad, 500 m Schwimmen, ca. 8 km Lauf: Einzel, Klassensortierung

| Start-Nr. | Name | Verein/ Team | Jahrgang | Klasse | Zeit | Platz Klasse | Platz Geschl. | Platz gesamt | Rad-Zeit | Schwimm-Zeit | Lauf - Zeit |
|-----------|--------------------------|---------------------------|----------|--------|----------|--------------|---------------|--------------|----------|--------------|-------------|
| 16 | Gero Sieberger | Seaburgers | 1973 | MstM | 01.07.38 | 1 | 1 | 1 | 00.22.52 | 00.11.33 | 00.33.13 |
| 80 | Sebastian Bade | | 1981 | MstM | 01.12.06 | 2 | 4 | 4 | 00.24.02 | 00.09.55 | 00.38.09 |
| 17 | Peter Sieberger | Seaburgers | 1975 | MstM | 01.12.42 | 3 | 5 | 5 | 00.23.02 | 00.12.23 | 00.37.17 |
| 76 | Lutz Fischer | | 1984 | MstM | 01.15.28 | 4 | 8 | 9 | 00.24.47 | 00.11.37 | 00.39.04 |
| 49 | Claude Faber | Luxembourg | 1982 | MstM | 01.17.43 | 5 | 12 | 13 | 00.26.06 | 00.10.43 | 00.40.54 |
| 83 | Frank Riedel | | 1980 | MstM | 01.18.34 | 6 | 14 | 16 | 00.26.54 | 00.14.13 | 00.37.27 |
| 43 | Sven Hering | | 1981 | MstM | 01.18.48 | 7 | 15 | 17 | 00.28.46 | 00.13.37 | 00.36.25 |
| 27 | Didi Panzer | der weiße kenianer | 1970 | MstM | 01.20.14 | 8 | 18 | 22 | 00.26.20 | 00.12.04 | 00.41.50 |
| 78 | Karsten Hippe | | 1973 | MstM | 01.20.54 | 9 | 19 | 23 | 00.28.25 | 00.11.41 | 00.40.48 |
| 56 | Raúl Fornet | | 1970 | MstM | 01.22.18 | 10 | 20 | 24 | 00.27.20 | 00.12.36 | 00.42.22 |
| 51 | Artur Glogowski | SSF Bonn | 1975 | MstM | 01.22.43 | 11 | 23 | 27 | 00.27.36 | 00.12.38 | 00.42.29 |
| 34 | Niklas von Öhsen | | 1971 | MstM | 01.22.51 | 12 | 24 | 28 | 00.25.37 | 00.12.30 | 00.44.44 |
| 86 | Uwe Wallasch | | 1973 | MstM | 01.22.51 | 12 | 24 | 28 | 00.29.27 | 00.09.48 | 00.43.36 |
| 46 | Lars Meyer | | 1970 | MstM | 01.24.25 | 14 | 26 | 30 | 00.25.42 | ??? | ??? |
| 39 | Benjamin Bleek | | 1981 | MstM | 01.24.56 | 15 | 29 | 33 | 00.26.53 | 00.15.22 | 00.42.41 |
| 82 | Jens Mäncher | | 1973 | MstM | 01.25.42 | 16 | 33 | 37 | 00.28.43 | ??? | ??? |
| 48 | Stephan Münch | | 1971 | MstM | 01.28.13 | 17 | 38 | 42 | 00.28.07 | 00.19.56 | 00.40.10 |
| 70 | Tobias Winand | | 1977 | MstM | 01.29.25 | 18 | 42 | 49 | 00.29.19 | 00.13.48 | 00.46.18 |
| 67 | Sebastian Schuster | | 1981 | MstM | 01.29.52 | 19 | 43 | 50 | 00.27.32 | 00.16.19 | 00.46.01 |
| 40 | Jannis Warnat | | 1980 | MstM | 01.33.05 | 20 | 46 | 56 | 00.31.03 | 00.16.28 | 00.45.34 |
| 61 | Timo Sucansky | | 1984 | MstM | 01.41.18 | 21 | 53 | 64 | 00.30.36 | 00.14.46 | 00.55.56 |
| 73 | Markus Rosendahl | LT Ennert Bonn | 1980 | MstM | 01.42.03 | 22 | 55 | 66 | 00.32.48 | 00.18.57 | 00.50.18 |
| 2 | Thurid Buch | Alfterer SC | 1971 | MstW | 01.13.24 | 1 | 1 | 6 | 00.26.39 | 00.12.22 | 00.34.23 |
| 84 | Sabine Korz | | 1980 | MstW | 01.18.54 | 2 | 3 | 18 | 00.27.23 | 00.12.54 | 00.38.37 |
| 53 | Caterina Schneider | Imkerei im Melbtal | 1971 | MstW | 01.19.38 | 3 | 4 | 20 | 00.28.18 | 00.13.29 | 00.37.51 |
| 26 | Caroline Marcon | | 1980 | MstW | 01.28.45 | 4 | 5 | 45 | 00.30.43 | ??? | ??? |
| 25 | Eva Schreich | fronrunner cologne | 1977 | MstW | 01.28.46 | 5 | 6 | 46 | 00.32.40 | 00.15.18 | 00.40.48 |
| 6 | Alexandra Dankers | | 1971 | MstW | 01.30.05 | 6 | 8 | 51 | 00.28.19 | 00.15.08 | 00.46.38 |
| 32 | Simone Baum | Nordstraße Allstars | 1971 | MstW | 01.32.02 | 7 | 10 | 55 | 00.28.48 | 00.14.49 | 00.48.25 |
| 22 | Tanja Jakovljevic | | 1982 | MstW | 01.39.00 | 8 | 11 | 61 | 00.33.32 | 00.13.57 | 00.51.31 |
| 41 | Ilka Schieffer | | 1976 | MstW | 01.42.42 | 9 | 12 | 67 | 00.33.45 | 00.14.15 | 00.54.42 |
| 42 | Heike Schieffer | | 1973 | MstW | 01.42.42 | 9 | 12 | 67 | 00.32.43 | 00.15.16 | 00.54.43 |
| 71 | Katy Kleffmann | | 1975 | MstW | 01.44.50 | 11 | 14 | 70 | 00.34.01 | 00.17.42 | 00.53.07 |
| 65 | Fee Henrich | | 1979 | MstW | 01.46.46 | 12 | 15 | 71 | 00.38.55 | 00.14.11 | 00.53.40 |
| 63 | Jannik Lammersmann | SSF Bonn TriathlonArtegic | 1995 | NrmM | 01.08.03 | 1 | 2 | 2 | 00.23.25 | 00.08.40 | 00.35.58 |
| 20 | Kristof Niese | | 1985 | NrmM | 01.17.00 | 2 | 11 | 12 | 00.26.36 | 00.11.59 | 00.38.25 |
| 44 | Robert Reifenberg | SSF Bonn Triathlon | 1997 | NrmM | 01.19.04 | 3 | 16 | 19 | 00.26.01 | 00.08.28 | 00.44.35 |
| 68 | Jan Sodoge | | 1996 | NrmM | 01.22.36 | 4 | 22 | 26 | 00.29.01 | 00.13.53 | 00.39.42 |
| 64 | Arne Schoenenberg | | 1996 | NrmM | 01.25.32 | 5 | 30 | 34 | 00.29.16 | 00.12.54 | 00.43.22 |
| 10 | Gino Gast | | 1990 | NrmM | 01.37.28 | 6 | 50 | 60 | ??? | ??? | 00.48.07 |
| 69 | Thiemo Engel | | 1996 | NrmM | 01.41.49 | 7 | 54 | 65 | 00.32.16 | 00.20.59 | 00.48.34 |
| 85 | Nicole Welkenhuyzen | | 1988 | NrmW | 01.17.48 | 1 | 2 | 14 | 00.28.10 | 00.11.20 | 00.38.18 |
| 57 | Adolf John | | 1940 | RetM | 02.00.08 | 1 | 57 | 73 | 00.35.18 | 00.19.44 | 01.05.06 |
| 12 | Rolf Didjurgies | SSF Bonn Triathlon | 1961 | SenM | 01.08.40 | 1 | 3 | 3 | 00.24.22 | 00.08.24 | 00.35.54 |
| 5 | Michael Dankers | RCB | 1967 | SenM | 01.13.50 | 2 | 6 | 7 | 00.23.16 | 00.11.48 | 00.38.46 |
| 54 | Dete Papendieck | Imkerei im Melbtal | 1967 | SenM | 01.14.07 | 3 | 7 | 8 | 00.23.14 | 00.13.46 | 00.37.07 |
| 29 | Uli Gahl | sg berufsfeuerwehr bonn | 1960 | SenM | 01.15.41 | 4 | 9 | 10 | 00.24.31 | 00.10.49 | 00.40.21 |
| 37 | Jörg Weidner | | 1964 | SenM | 01.16.52 | 5 | 10 | 11 | 00.25.10 | 00.11.58 | 00.39.44 |
| 28 | Uli Schaaf | | 1960 | SenM | 01.18.30 | 6 | 13 | 15 | 00.26.23 | 00.12.08 | 00.39.59 |
| 59 | Olaf Lübke | ESC-Wachtberg | 1969 | SenM | 01.19.47 | 7 | 17 | 21 | 00.26.34 | 00.12.36 | 00.40.37 |
| 15 | Stefan Zumbeck | | 1964 | SenM | 01.22.19 | 8 | 21 | 25 | 00.28.03 | 00.14.15 | 00.40.01 |
| 62 | Ralph Thomas | Triathlon Mülheim-Kärlich | 1966 | SenM | 01.24.26 | 9 | 27 | 31 | 00.27.14 | 00.10.50 | 00.46.22 |
| 23 | Horst Heck | LAV Bad Godesberg | 1956 | SenM | 01.24.29 | 10 | 28 | 32 | 00.28.38 | 00.16.09 | 00.39.42 |
| 3 | Joachim Dung | TryTeam Bonn | 1960 | SenM | 01.25.34 | 11 | 31 | 35 | 00.27.27 | 00.16.08 | 00.41.59 |
| 9 | Günther Töpel | | 1965 | SenM | 01.25.39 | 12 | 32 | 36 | 00.28.10 | 00.15.07 | 00.42.22 |
| 81 | Christoph Amediek | | 1967 | SenM | 01.25.59 | 13 | 34 | 38 | 00.26.49 | 00.12.08 | 00.47.02 |
| 14 | Frank Däschle | | 1968 | SenM | 01.26.15 | 14 | 35 | 39 | 00.26.49 | 00.12.43 | 00.46.43 |
| 58 | Carsten Quast | CQT | 1966 | SenM | 01.26.17 | 15 | 36 | 40 | 00.26.47 | 00.14.27 | 00.45.03 |
| 31 | Georg Verhoeven | Uedemer Tennis Club | 1965 | SenM | 01.27.35 | 16 | 37 | 41 | 00.30.15 | 00.14.55 | 00.42.25 |
| 35 | André Grünfeld | | 1966 | SenM | 01.28.16 | 17 | 39 | 43 | 00.28.01 | 00.14.52 | 00.45.23 |
| 74 | Meinert Jacobsen | | 1964 | SenM | 01.28.43 | 18 | 40 | 44 | 00.29.42 | 00.15.41 | 00.43.20 |
| 36 | Dominique Falloux | | 1961 | SenM | 01.29.15 | 19 | 41 | 48 | 00.29.35 | 00.12.33 | 00.47.07 |
| 21 | Richard Blum | | 1961 | SenM | 01.31.13 | 20 | 44 | 52 | 00.28.59 | 00.12.49 | 00.49.25 |
| 72 | Bernd Gawrisch | LT Siebengebirge | 1960 | SenM | 01.31.25 | 21 | 45 | 53 | 00.27.29 | 00.17.42 | 00.46.14 |
| 11 | Guido Gast | | 1964 | SenM | 01.34.02 | 22 | 47 | 57 | 00.29.01 | 00.17.12 | 00.47.49 |
| 38 | Michael Weißkirchen | Rekordbrecher | 1966 | SenM | 01.34.58 | 23 | 48 | 58 | 00.28.12 | 00.13.24 | 00.53.22 |
| 79 | Reinhold Ludwig | | 1958 | SenM | 01.36.34 | 24 | 49 | 59 | 00.30.16 | 00.21.23 | 00.44.55 |
| 45 | Stefan Pürner | LT Ennert | 1960 | SenM | 01.40.46 | 25 | 51 | 62 | 00.33.52 | 00.17.11 | 00.49.43 |
| 4 | Arnim Sandler | | 1964 | SenM | 01.41.00 | 26 | 52 | 63 | 00.32.52 | 00.18.04 | 00.50.04 |
| 33 | Albert Brenig | BSG Stadtwerke Bonn | 1952 | SenM | 01.42.56 | 27 | 56 | 69 | 00.31.32 | 00.16.03 | 00.55.21 |
| 55 | Anja Bongard | Obstläufer Nierendorf | 1969 | SenW | 01.29.00 | 1 | 7 | 47 | 00.30.25 | 00.15.16 | 00.43.19 |
| 8 | Ulla Schmitz | | 1966 | SenW | 01.31.33 | 2 | 9 | 54 | 00.30.32 | 00.14.20 | 00.46.41 |
| 52 | Sabine Hubrig-Schaumburg | LT Hennef/Sieg | 1961 | SenW | 01.48.49 | 3 | 16 | 72 | 00.36.44 | 00.16.30 | 00.55.35 |

7. Friesathlon, 22. Juni 2014, ca. 11 km Rad, 500 m Schwimmen, ca. 8 km Lauf: Staffelwettbewerb

| Start- Nr. | Team | Zeit | Platz | Rad-Zeit | Schwimm-Zeit | Lauf-Zeit | Radfahrer(-in) | Schwimmer(-in) | Läufer(-in) |
|------------|---------------------------|----------|-------|----------|--------------|-----------|--------------------|-----------------------|---------------------|
| 106 | Die Hasskis | 01.10.05 | 1 | 00.21.34 | 00.10.06 | 00.38.25 | Bernd Löhr | Leon Weinelt | Niklas Hass |
| 114 | Kim und die alten Säcke | 01.10.20 | 2 | 00.25.16 | 00.07.04 | 00.38.00 | Thomas Klein | Kim Sülzen | Axel Sülzen |
| 104 | Die BeFles | 01.11.43 | 3 | 00.24.22 | 00.10.48 | 00.36.33 | Axel Beßlich | Anette Flentge | Silas Beßlich |
| 120 | Pössem on Tour | 01.12.11 | 4 | 00.25.31 | 00.08.51 | 00.37.49 | Stefan Heinen | Doris Teschner-Heinen | Stephan Krist |
| 117 | MIB Männer Im Buchengrund | 01.13.46 | 5 | 00.24.29 | 00.10.02 | 00.39.15 | Stefan Hörmann | Claus Starck | Jürgen Scholl |
| 118 | old friends | 01.19.21 | 6 | 00.26.07 | 00.11.03 | 00.42.11 | Christoph Weigeldt | Robert Sassen | Hanna Sassen |
| 115 | Laufsportgruppe Villip | 01.20.43 | 7 | 00.27.27 | 00.10.55 | 00.42.21 | Axel Schäfer | Uli Feierabend | Michael Krause |
| 121 | Rheinland Hessen Baden | 01.20.58 | 8 | 00.25.03 | 00.11.36 | 00.44.19 | Rene Bemmer | Birgit Alexa | Christian Schreiber |
| 109 | Die Reifi`s | 01.21.10 | 9 | 00.31.47 | 00.08.49 | 00.40.34 | Claudia Reifenberg | Katrin Reifenberg | Stefan Reifenberg |
| 108 | Die Markgrafen | 01.21.44 | 10 | 00.29.29 | 00.11.31 | 00.40.44 | Stefan Wrobel | Lutz Emrich | Werner Sodoge |
| 119 | Orcas Bonn | 01.21.53 | 11 | 00.23.18 | 00.13.35 | 00.45.00 | Ronald Sermon | Hanna Weiß | Sven Kolibal |
| 116 | Männerchor Fighters | 01.21.59 | 12 | 00.30.51 | 00.10.34 | 00.40.34 | Klaus Rech | Norbert Nietgen | Hermann Jendro |
| 112 | Hardkohl | 01.23.28 | 13 | 00.32.40 | 00.09.36 | 00.41.12 | Michael Warmbold | Thomas Kohr | Paul Kohr |
| 123 | Talentfrei Plittersdorf | 01.23.42 | 14 | 00.28.20 | 00.10.47 | 00.44.35 | Axel Willeke | Sabine Bendix | Philipp Zaum |
| 111 | GNF Team | 01.25.13 | 15 | 00.29.45 | 00.12.14 | 00.43.14 | Sascha Liese | Linda Pracejus | Tobias Hartmann |
| 124 | Team Awesome | 01.25.45 | 16 | 00.29.39 | ??? | ??? | Lukas Wolf | Timon Riemer | Jimmy Hong |
| 122 | SteLeafan | 01.29.03 | 17 | 00.29.31 | ??? | ??? | Stefan Dürhager | Lea Dürhager | Stefan Dürhager |
| 102 | CH.E.F. | 01.29.34 | 18 | 00.29.35 | 00.12.59 | 00.47.00 | Christine Fuhrmann | Evelyn Simon | Franziska Hadaschik |
| 125 | Tritanium | 01.30.24 | 19 | 00.31.45 | 00.10.37 | 00.48.02 | Talyn Landis | Lisa Gutjahr | Irina Lemm |
| 110 | Gartenschwalben | 01.32.31 | 20 | 00.28.23 | 00.12.54 | 00.51.14 | Helmuth Göbel | Lisa Tsakiris | Reinhard Stemper |
| 103 | Die Bad Fighter | 01.36.01 | 21 | 00.35.00 | 00.13.09 | 00.47.52 | Thomas Gasber | Roland Rudolf | Isabel Rudolf |
| 105 | Die flotten Rödder | 01.40.32 | 22 | 00.32.13 | 00.16.55 | 00.51.24 | Stefanie Specogna | Stefanie Specogna | Silke Radke |
| 113 | Katzenhammer II | 01.45.19 | 23 | 00.35.48 | 00.13.35 | 00.55.56 | Gudrun Schmitz | Petra Link | Anett Colell |