

9. Friesathlon, 26. Juni 2016, ca. 11 km Rad, 500 m Schwimmen, ca. 9 km Lauf: Einzel, Einlaufliste

| Start-Nr. | Name | Verein/ Team | Jahrgang | Klasse | Zeit | Platz Klasse | Platz Geschl. | Platz gesamt | Rad-Zeit | Schwimm-Zeit | Lauf - Zeit |
|-----------|----------------------|----------------------------|----------|--------------|----------|--------------|---------------|--------------|----------|--------------|-------------|
| 24 | Gero Sieberger | Seaburgers | 1973 | Masters-M | 01.06.15 | 1 | 1 | 1 | 00.22.18 | 00.10.32 | 00.33.25 |
| 1 | Rolf Didjurgies | SSF Bonn Triathlon | 1961 | Senior-M | 01.07.15 | 1 | 2 | 2 | 00.22.53 | 00.08.26 | 00.35.56 |
| 78 | Jakob Kube | | 1991 | Norm-M | 01.10.02 | 1 | 3 | 3 | 00.24.51 | 00.11.43 | 00.33.28 |
| 11 | Ralf Pütz | Hängende Zunge | 1972 | Masters-M | 01.11.00 | 2 | 4 | 4 | 00.22.33 | 00.10.43 | 00.37.44 |
| 79 | Tobias Maschke | | 1987 | Norm-M | 01.12.05 | 2 | 5 | 5 | 00.24.05 | 00.10.33 | 00.37.27 |
| 51 | Christian Boehning | Sparta Beuel | 1985 | Masters-M | 01.13.12 | 3 | 6 | 6 | 00.26.14 | 00.11.36 | 00.35.22 |
| 48 | Holger Klein | Trinkender Elch | 1966 | Senior-M | 01.13.12 | 2 | 6 | 6 | 00.25.31 | 00.11.55 | 00.35.46 |
| 86 | Alexander Thelen | Polizei Köln | 1986 | Masters-M | 01.13.41 | 4 | 8 | 8 | 00.24.20 | 00.12.57 | 00.36.24 |
| 42 | Lutz Fischer | Bonn | 1984 | Masters-M | 01.13.48 | 5 | 9 | 9 | 00.22.27 | 00.11.24 | 00.39.57 |
| 13 | Michael Dankers | RVB Bonn | 1967 | Senior-M | 01.14.17 | 3 | 10 | 10 | 00.23.46 | 00.11.50 | 00.38.41 |
| 70 | Sebastian Bade | Radtreff Campus Bonn | 1981 | Masters-M | 01.14.32 | 6 | 11 | 11 | 00.24.38 | 00.10.17 | 00.39.37 |
| 40 | Jonathan Zell | | 1999 | Norm-M | 01.16.46 | 3 | 12 | 12 | 00.23.00 | 00.15.47 | 00.37.59 |
| 38 | Vincent Poller | | 1999 | Norm-M | 01.16.46 | 3 | 12 | 12 | 00.25.07 | 00.11.55 | 00.39.44 |
| 37 | Bastiaan Soppe | | 1984 | Masters-M | 01.17.03 | 7 | 14 | 14 | 00.25.56 | 00.13.41 | 00.37.26 |
| 45 | Dietmar Panzer | Ulis Racing Team | 1970 | Senior-M | 01.17.11 | 4 | 15 | 15 | 00.25.17 | 00.10.50 | 00.41.04 |
| 65 | Elmar Joerger | Obstläufer Nierendorf | 1958 | Senior-M | 01.17.40 | 5 | 16 | 16 | 00.25.34 | 00.00.00 | 00.52.06 |
| 66 | Leonard Richter | | 1997 | Norm-M | 01.18.11 | 5 | 17 | 17 | 00.25.05 | 00.13.33 | 00.39.33 |
| 36 | Tom Shields | | 1974 | Masters-M | 01.18.54 | 8 | 18 | 18 | 00.23.07 | 00.16.08 | 00.39.39 |
| 23 | Uli Gahl | Berufs-FW Bonn Triathlon | 1968 | Senior-M | 01.19.23 | 6 | 19 | 19 | 00.26.22 | 00.00.00 | 00.53.01 |
| 16 | Niklas von Öhsen | | 1971 | Senior-M | 01.19.45 | 7 | 20 | 20 | 00.25.43 | 00.11.41 | 00.42.21 |
| 75 | Oliver Ast | 4 my family | 1972 | Masters-M | 01.20.37 | 9 | 21 | 21 | 00.26.13 | 00.14.15 | 00.40.09 |
| 76 | Linda Bingener | Daaden | 1992 | Norm-W | 01.21.50 | 1 | 1 | 22 | 00.30.23 | 00.12.41 | 00.38.46 |
| 35 | Sabine Korz | | 1980 | Masters-W | 01.22.51 | 1 | 2 | 23 | 00.27.26 | 00.13.57 | 00.41.28 |
| 53 | Raúl Fornet | | 1970 | Senior-M | 01.24.04 | 8 | 22 | 24 | 00.28.21 | 00.12.13 | 00.43.30 |
| 73 | Frank Simon | | 1974 | Masters-M | 01.24.53 | 10 | 23 | 25 | 00.31.00 | 00.13.42 | 00.40.11 |
| 26 | Matthias Ecke | Hennefer TV | 1961 | Senior-M | 01.25.14 | 9 | 24 | 26 | 00.26.42 | 00.14.34 | 00.43.58 |
| 81 | André Kasiske | | 1973 | Masters-M | 01.25.28 | 11 | 25 | 27 | 00.31.09 | 00.13.34 | 00.40.45 |
| 14 | Anja Bongard | Obstläufer Nierendorf | 1969 | Senior-W | 01.25.39 | 1 | 3 | 28 | 00.29.43 | 00.12.30 | 00.43.26 |
| 43 | Barbora Kohoutova | | 1989 | Norm-W | 01.26.13 | 2 | 4 | 29 | 00.27.35 | 00.13.10 | 00.45.28 |
| 83 | Jens Piontek | Alfterer SC | 1968 | Senior-M | 01.26.13 | 10 | 26 | 29 | 00.30.16 | 00.13.34 | 00.42.23 |
| 20 | Frank Däschle | | 1968 | Senior-M | 01.26.21 | 11 | 27 | 31 | 00.26.39 | 00.12.31 | 00.47.11 |
| 57 | Karsten Hippe | Happy Hipples running team | 1973 | Masters-M | 01.26.26 | 12 | 28 | 32 | 00.00.00 | 00.43.09 | 00.43.17 |
| 56 | Klaus Baumann | | 1969 | Senior-M | 01.26.29 | 12 | 29 | 33 | 00.28.23 | 00.12.46 | 00.45.20 |
| 64 | Frank Lehser | FFF | 1965 | Senior-M | 01.27.02 | 13 | 30 | 34 | 00.27.33 | 00.13.55 | 00.45.34 |
| 82 | Sarah Twardella | | 1990 | Norm-W | 01.27.02 | 3 | 5 | 34 | 00.30.02 | 00.12.47 | 00.44.13 |
| 58 | Lars Meyer | Uni-Bonn | 1970 | Senior-M | 01.27.11 | 14 | 31 | 36 | 00.00.00 | 00.43.54 | 00.43.17 |
| 77 | Joachim Dung | TryTeam Bonn | 1960 | Senior-M | 01.27.13 | 15 | 32 | 37 | 00.28.35 | 00.16.49 | 00.41.49 |
| 62 | Horst Heck | LAV Bad Godesberg | 1956 | Senior-M | 01.27.14 | 16 | 33 | 38 | 00.27.44 | 00.16.24 | 00.43.06 |
| 60 | Torsten Darmstädter | Uni-Bonn | 1972 | Masters-M | 01.27.16 | 13 | 34 | 39 | 00.00.00 | 00.40.46 | 00.46.30 |
| 12 | Alexandra Dankers | RCB Bonn | 1971 | Senior-W | 01.27.40 | 2 | 6 | 40 | 00.27.21 | 00.13.52 | 00.46.27 |
| 49 | Michael Weisskirchen | Trinkender Elch | 1966 | Senior-M | 01.27.46 | 17 | 35 | 41 | 00.27.49 | 00.12.01 | 00.47.56 |
| 22 | Günther Töpel | | 1965 | Senior-M | 01.28.04 | 18 | 36 | 42 | 00.29.10 | 00.13.58 | 00.44.56 |
| 69 | Sven Hering | Sankt Augustin | 1981 | Masters-M | 01.28.45 | 14 | 37 | 43 | 00.35.46 | 00.13.57 | 00.39.02 |
| 41 | Sven Kolibal | Orcas Bonn | 1967 | Senior-M | 01.29.19 | 19 | 38 | 44 | 00.28.16 | 00.15.08 | 00.45.55 |
| 39 | Carsten Quast | CQT | 1966 | Senior-M | 01.29.22 | 20 | 39 | 45 | 00.00.00 | 00.43.36 | 00.45.46 |
| 25 | Sabine Widmaier | Hennefer TV | 1968 | Senior-W | 01.29.30 | 3 | 7 | 46 | 00.29.48 | 00.13.03 | 00.46.39 |
| 72 | Thomas Aumeier | | 1972 | Masters-M | 01.31.39 | 15 | 40 | 47 | 00.27.26 | 00.00.00 | 01.04.13 |
| 54 | Jannis Warnat | | 1980 | Masters-M | 01.31.51 | 16 | 41 | 48 | 00.31.53 | 00.15.22 | 00.44.36 |
| 32 | Robert Zirbes | Bonn | 1961 | Senior-M | 01.31.54 | 21 | 42 | 49 | 00.28.41 | 00.15.18 | 00.47.55 |
| 68 | David Marquardt | Beehive Sports Int'l | 1986 | Masters-M | 01.32.12 | 17 | 43 | 50 | 00.30.14 | 00.18.04 | 00.43.54 |
| 84 | Andreas Stuch | Partypeoplez | 1985 | Masters-M | 01.32.24 | 18 | 44 | 51 | 00.29.41 | 00.14.49 | 00.47.54 |
| 63 | Daniel Bontas | | 1984 | Masters-M | 01.33.04 | 19 | 45 | 52 | 00.31.41 | 00.15.51 | 00.45.32 |
| 74 | Susanne Suchy | | 1986 | Masters-W | 01.34.15 | 2 | 8 | 53 | 00.30.19 | 00.14.27 | 00.49.29 |
| 85 | Ulf Kühn | | 1963 | Senior-M | 01.34.58 | 22 | 46 | 54 | 00.30.49 | 00.15.30 | 00.48.39 |
| 10 | Arnim Sandler | | 1964 | Senior-M | 01.35.27 | 23 | 47 | 55 | 00.29.31 | 00.17.04 | 00.48.52 |
| 30 | Hans Meyer | TTC Lövenich | 1975 | Masters-M | 01.36.22 | 20 | 48 | 56 | 00.29.07 | 00.15.35 | 00.51.40 |
| 55 | Ricarda Gottschling | | 1962 | Senior-W | 01.38.11 | 4 | 9 | 57 | 00.30.22 | 00.15.00 | 00.52.49 |
| 31 | Hanno Kessel | TTC Lövenich | 1964 | Senior-M | 01.40.00 | 24 | 49 | 58 | 00.31.21 | 00.15.53 | 00.52.46 |
| 5 | Wolfram Herkendell | swemman | 1962 | Senior-M | 01.40.16 | 25 | 50 | 59 | 00.30.30 | 00.12.59 | 00.56.47 |
| 29 | Michael Seimetz | TTC Lövenich | 1974 | Masters-M | 01.42.40 | 21 | 51 | 60 | 00.31.09 | 00.15.51 | 00.55.40 |
| 34 | Monika Miggelbrink | | 1961 | Senior-W | 01.43.52 | 5 | 10 | 61 | 00.35.27 | 00.13.36 | 00.54.49 |
| 71 | Rebecca Henke | Godesberger TV | 1993 | Norm-W | 01.45.45 | 4 | 11 | 62 | 00.31.49 | 00.16.38 | 00.57.18 |
| 59 | Andreas Tempel | Uni-Bonn | 1977 | Masters-M | 01.46.50 | 22 | 52 | 63 | 00.30.53 | 00.18.51 | 00.57.06 |
| 27 | Pascal Schubert | | 1986 | Masters-M | 01.47.48 | 23 | 53 | 64 | 00.34.32 | 00.17.28 | 00.55.48 |
| 28 | Stefan Pürner | LT Ennert | 1960 | Senior-M | 01.47.48 | 26 | 53 | 64 | 00.33.18 | 00.00.00 | 01.14.30 |
| 67 | Simone Zell | | 1962 | Senior-W | 01.54.46 | 6 | 12 | 66 | 00.38.47 | 00.19.44 | 00.56.15 |
| 3 | Jonny John | | 1940 | Retirement-M | 02.03.00 | 1 | 55 | 67 | 00.34.59 | 00.21.19 | 01.06.42 |
| 80 | Björn Ganster | | 1976 | Masters-M | 02.10.05 | 24 | 56 | 68 | 00.00.00 | 00.57.19 | 01.12.46 |

9. Friesathlon, 26. Juni 2016, ca. 11 km Rad, 500 m Schwimmen, ca. 9 km Lauf: Einzel, Klassensortierung

| Start-Nr. | Name | Verein/ Team | Jahrgang | Klasse | Zeit | Platz Klasse | Platz Geschl. | Platz gesamt | Rad-Zeit | Schwimm-Zeit | Lauf - Zeit |
|-----------|----------------------|--------------------------|----------|--------------|----------|--------------|---------------|--------------|----------|--------------|-------------|
| 78 | Jakob Kube | | 1991 | Norm-M | 01.10.02 | 1 | 3 | 3 | 00.24.51 | 00.11.43 | 00.33.28 |
| 79 | Tobias Maschke | | 1987 | Norm-M | 01.12.05 | 2 | 5 | 5 | 00.24.05 | 00.10.33 | 00.37.27 |
| 40 | Jonathan Zell | | 1999 | Norm-M | 01.16.46 | 3 | 12 | 12 | 00.23.00 | 00.15.47 | 00.37.59 |
| 38 | Vincent Poller | | 1999 | Norm-M | 01.16.46 | 3 | 12 | 12 | 00.25.07 | 00.11.55 | 00.39.44 |
| 66 | Leonard Richter | | 1997 | Norm-M | 01.18.11 | 5 | 17 | 17 | 00.25.05 | 00.13.33 | 00.39.33 |
| 24 | Gero Sieberger | Seaburgers | 1973 | Masters-M | 01.06.15 | 1 | 1 | 1 | 00.22.18 | 00.10.32 | 00.33.25 |
| 11 | Ralf Pütz | Hängende Zunge | 1972 | Masters-M | 01.11.00 | 2 | 4 | 4 | 00.22.33 | 00.10.43 | 00.37.44 |
| 51 | Christian Boehning | Sparta Beuel | 1985 | Masters-M | 01.13.12 | 3 | 6 | 6 | 00.26.14 | 00.11.36 | 00.35.22 |
| 86 | Alexander Thelen | Polizei Köln | 1986 | Masters-M | 01.13.41 | 4 | 8 | 8 | 00.24.20 | 00.12.57 | 00.36.24 |
| 42 | Lutz Fischer | Bonn | 1984 | Masters-M | 01.13.48 | 5 | 9 | 9 | 00.22.27 | 00.11.24 | 00.39.57 |
| 70 | Sebastian Bade | Radtreff Campus Bonn | 1981 | Masters-M | 01.14.32 | 6 | 11 | 11 | 00.24.38 | 00.10.17 | 00.39.37 |
| 37 | Bastiaan Soppe | | 1984 | Masters-M | 01.17.03 | 7 | 14 | 14 | 00.25.56 | 00.13.41 | 00.37.26 |
| 36 | Tom Shields | | 1974 | Masters-M | 01.18.54 | 8 | 18 | 18 | 00.23.07 | 00.16.08 | 00.39.39 |
| 75 | Oliver Ast | 4 my family | 1972 | Masters-M | 01.20.37 | 9 | 21 | 21 | 00.26.13 | 00.14.15 | 00.40.09 |
| 73 | Frank Simon | | 1974 | Masters-M | 01.24.53 | 10 | 23 | 25 | 00.31.00 | 00.13.42 | 00.40.11 |
| 81 | André Kasiske | | 1973 | Masters-M | 01.25.28 | 11 | 25 | 27 | 00.31.09 | 00.13.34 | 00.40.45 |
| 57 | Karsten Hippe | Happy Hippes runningteam | 1973 | Masters-M | 01.26.26 | 12 | 28 | 32 | 00.00.00 | 00.43.09 | 00.43.17 |
| 60 | Torsten Darmstädter | Uni-Bonn | 1972 | Masters-M | 01.27.16 | 13 | 34 | 39 | 00.00.00 | 00.40.46 | 00.46.30 |
| 69 | Sven Hering | Sankt Augustin | 1981 | Masters-M | 01.28.45 | 14 | 37 | 43 | 00.35.46 | 00.13.57 | 00.39.02 |
| 72 | Thomas Aumeier | | 1972 | Masters-M | 01.31.39 | 15 | 40 | 47 | 00.27.26 | 00.00.00 | 01.04.13 |
| 54 | Jannis Warnat | | 1980 | Masters-M | 01.31.51 | 16 | 41 | 48 | 00.31.53 | 00.15.22 | 00.44.36 |
| 68 | David Marquardt | Beehive Sports Int'l | 1986 | Masters-M | 01.32.12 | 17 | 43 | 50 | 00.30.14 | 00.18.04 | 00.43.54 |
| 84 | Andreas Stuch | Partypeoplez | 1985 | Masters-M | 01.32.24 | 18 | 44 | 51 | 00.29.41 | 00.14.49 | 00.47.54 |
| 63 | Daniel Bontas | | 1984 | Masters-M | 01.33.04 | 19 | 45 | 52 | 00.31.41 | 00.15.51 | 00.45.32 |
| 30 | Hans Meyer | TTC Lövenich | 1975 | Masters-M | 01.36.22 | 20 | 48 | 56 | 00.29.07 | 00.15.35 | 00.51.40 |
| 29 | Michael Seimetz | TTC Lövenich | 1974 | Masters-M | 01.42.40 | 21 | 51 | 60 | 00.31.09 | 00.15.51 | 00.55.40 |
| 59 | Andreas Tempel | Uni-Bonn | 1977 | Masters-M | 01.46.50 | 22 | 52 | 63 | 00.30.53 | 00.18.51 | 00.57.06 |
| 27 | Pascal Schubert | | 1986 | Masters-M | 01.47.48 | 23 | 53 | 64 | 00.34.32 | 00.17.28 | 00.55.48 |
| 80 | Björn Ganster | | 1976 | Masters-M | 02.10.05 | 24 | 56 | 68 | 00.00.00 | 00.57.19 | 01.12.46 |
| 1 | Rolf Didjurgies | SSF Bonn Triathlon | 1961 | Senior-M | 01.07.15 | 1 | 2 | 2 | 00.22.53 | 00.08.26 | 00.35.56 |
| 48 | Holger Klein | Trinkender Elch | 1966 | Senior-M | 01.13.12 | 2 | 6 | 6 | 00.25.31 | 00.11.55 | 00.35.46 |
| 13 | Michael Dankers | RVB Bonn | 1967 | Senior-M | 01.14.17 | 3 | 10 | 10 | 00.23.46 | 00.11.50 | 00.38.41 |
| 45 | Dietmar Panzer | Ulis Racing Team | 1970 | Senior-M | 01.17.11 | 4 | 15 | 15 | 00.25.17 | 00.10.50 | 00.41.04 |
| 65 | Elmar Joerger | Obstläufer Nierendorf | 1958 | Senior-M | 01.17.40 | 5 | 16 | 16 | 00.25.34 | 00.00.00 | 00.52.06 |
| 23 | Uli Gahl | Berufs-FW Bonn Triathlon | 1968 | Senior-M | 01.19.23 | 6 | 19 | 19 | 00.26.22 | 00.00.00 | 00.53.01 |
| 16 | Niklas von Öhsen | | 1971 | Senior-M | 01.19.45 | 7 | 20 | 20 | 00.25.43 | 00.11.41 | 00.42.21 |
| 53 | Raúl Fornet | | 1970 | Senior-M | 01.24.04 | 8 | 22 | 24 | 00.28.21 | 00.12.13 | 00.43.30 |
| 26 | Matthias Ecke | Hennefer TV | 1961 | Senior-M | 01.25.14 | 9 | 24 | 26 | 00.26.42 | 00.14.34 | 00.43.58 |
| 83 | Jens Piontek | Alfterer SC | 1968 | Senior-M | 01.26.13 | 10 | 26 | 29 | 00.30.16 | 00.13.34 | 00.42.23 |
| 20 | Frank Däschle | | 1968 | Senior-M | 01.26.21 | 11 | 27 | 31 | 00.26.39 | 00.12.31 | 00.47.11 |
| 56 | Klaus Baumann | | 1969 | Senior-M | 01.26.29 | 12 | 29 | 33 | 00.28.23 | 00.12.46 | 00.45.20 |
| 64 | Frank Lehser | FFF | 1965 | Senior-M | 01.27.02 | 13 | 30 | 34 | 00.27.33 | 00.13.55 | 00.45.34 |
| 58 | Lars Meyer | Uni-Bonn | 1970 | Senior-M | 01.27.11 | 14 | 31 | 36 | 00.00.00 | 00.43.54 | 00.43.17 |
| 77 | Joachim Dung | TryTeam Bonn | 1960 | Senior-M | 01.27.13 | 15 | 32 | 37 | 00.28.35 | 00.16.49 | 00.41.49 |
| 62 | Horst Heck | LAV Bad Godesberg | 1956 | Senior-M | 01.27.14 | 16 | 33 | 38 | 00.27.44 | 00.16.24 | 00.43.06 |
| 49 | Michael Weisskirchen | Trinkender Elch | 1966 | Senior-M | 01.27.46 | 17 | 35 | 41 | 00.27.49 | 00.12.01 | 00.47.56 |
| 22 | Günther Töpel | | 1965 | Senior-M | 01.28.04 | 18 | 36 | 42 | 00.29.10 | 00.13.58 | 00.44.56 |
| 41 | Sven Kolibal | Orcas Bonn | 1967 | Senior-M | 01.29.19 | 19 | 38 | 44 | 00.28.16 | 00.15.08 | 00.45.55 |
| 39 | Carsten Quast | CQT | 1966 | Senior-M | 01.29.22 | 20 | 39 | 45 | 00.00.00 | 00.43.36 | 00.45.46 |
| 32 | Robert Zirbes | Bonn | 1961 | Senior-M | 01.31.54 | 21 | 42 | 49 | 00.28.41 | 00.15.18 | 00.47.55 |
| 85 | Ulf Kühn | | 1963 | Senior-M | 01.34.58 | 22 | 46 | 54 | 00.30.49 | 00.15.30 | 00.48.39 |
| 10 | Arnim Sendler | | 1964 | Senior-M | 01.35.27 | 23 | 47 | 55 | 00.29.31 | 00.17.04 | 00.48.52 |
| 31 | Hanno Kessel | TTC Lövenich | 1964 | Senior-M | 01.40.00 | 24 | 49 | 58 | 00.31.21 | 00.15.53 | 00.52.46 |
| 5 | Wolfram Herkendell | swemman | 1962 | Senior-M | 01.40.16 | 25 | 50 | 59 | 00.30.30 | 00.12.59 | 00.56.47 |
| 28 | Stefan Pürner | LT Ennert | 1960 | Senior-M | 01.47.48 | 26 | 53 | 64 | 00.33.18 | 00.00.00 | 01.14.30 |
| 3 | Jonny John | | 1940 | Retirement-M | 02.03.00 | 1 | 55 | 67 | 00.34.59 | 00.21.19 | 01.06.42 |
| 76 | Linda Bingener | Daaden | 1992 | Norm-W | 01.21.50 | 1 | 1 | 22 | 00.30.23 | 00.12.41 | 00.38.46 |
| 43 | Barbora Kohoutova | | 1989 | Norm-W | 01.26.13 | 2 | 4 | 29 | 00.27.35 | 00.13.10 | 00.45.28 |
| 82 | Sarah Twardella | | 1990 | Norm-W | 01.27.02 | 3 | 5 | 34 | 00.30.02 | 00.12.47 | 00.44.13 |
| 71 | Rebecca Henke | Godesberger TV | 1993 | Norm-W | 01.45.45 | 4 | 11 | 62 | 00.31.49 | 00.16.38 | 00.57.18 |
| 35 | Sabine Korz | | 1980 | Masters-W | 01.22.51 | 1 | 2 | 23 | 00.27.26 | 00.13.57 | 00.41.28 |
| 74 | Susanne Suchy | | 1986 | Masters-W | 01.34.15 | 2 | 8 | 53 | 00.30.19 | 00.14.27 | 00.49.29 |
| 14 | Anja Bongard | Obstläufer Nierendorf | 1969 | Senior-W | 01.25.39 | 1 | 3 | 28 | 00.29.43 | 00.12.30 | 00.43.26 |
| 12 | Alexandra Dankers | RCB Bonn | 1971 | Senior-W | 01.27.40 | 2 | 6 | 40 | 00.27.21 | 00.13.52 | 00.46.27 |
| 25 | Sabine Widmaier | Hennefer TV | 1968 | Senior-W | 01.29.30 | 3 | 7 | 46 | 00.29.48 | 00.13.03 | 00.46.39 |
| 55 | Ricarda Gottschling | | 1962 | Senior-W | 01.38.11 | 4 | 9 | 57 | 00.30.22 | 00.15.00 | 00.52.49 |
| 34 | Monika Miggelbrink | | 1961 | Senior-W | 01.43.52 | 5 | 10 | 61 | 00.35.27 | 00.13.36 | 00.54.49 |
| 67 | Simone Zell | | 1962 | Senior-W | 01.54.46 | 6 | 12 | 66 | 00.38.47 | 00.19.44 | 00.56.15 |

9. Friesathlon, 26. Juni 2016, ca. 11 km Rad, 500 m Schwimmen, ca. 9 km Lauf: Staffel, Einlaufliste

| Start- Nr. | Team | Zeit | Platz | Rad-Zeit | Schwimm-Zeit | Lauf-Zeit | Radfahrer(-in) | Schwimmer(-in) | Läufer(-in) |
|---|----------------------------|----------|-------|----------|--------------|-----------|---------------------|-----------------------|--------------------|
| 126 | Friestyle | 01.02.21 | 1 | 00.22.38 | 00.08.13 | 00.31.30 | Benedikt Waldvogel | Nils Rosenkranz | Jakob Macke |
| 132 | Brambeer | 01.05.30 | 2 | 00.23.10 | 00.08.11 | 00.34.09 | Lasse Clarenbach | Marcel Brambeer | Nils Bues |
| 125 | Rheingold | 01.05.31 | 3 | 00.22.36 | 00.09.51 | 00.33.04 | Thomas Klein | Katy Kleffmann | Norman Fögen |
| 130 | Familie Schneider Janowitz | 01.09.13 | 4 | 00.24.08 | 00.12.43 | 00.32.22 | Frank Schneider | Fenja Janowitz | Thomas Schneider |
| 112 | Imkerei im Melbtal | 01.10.53 | 5 | 00.22.42 | 00.08.41 | 00.39.30 | Dete Papendieck | Melanie Riedel | Stefan Heidl |
| 115 | Kessenicher | 01.11.04 | 6 | 00.24.34 | 00.09.20 | 00.37.10 | Bernd Valkyser | Kim Sülzen | Jörg Weidner |
| 121 | Spaß an der Freud | 01.12.33 | 7 | 00.21.31 | 00.12.03 | 00.38.59 | Manfred Kaus | Sonja Kaus | Stephan Wald |
| 116 | Alte Herren Friesdorf | 01.13.07 | 8 | 00.24.53 | 00.10.20 | 00.37.54 | Stefan Behr | Andreas Lohmueller | Frank Bendix |
| 118 | Pössem on Tour | 01.13.49 | 9 | 00.25.41 | 00.09.36 | 00.38.32 | Stefan Heinen | Doris Teschner-Heinen | Theo Bodes |
| 129 | Samstagsmänner Godesberg | 01.15.22 | 10 | 00.23.53 | 00.10.00 | 00.41.29 | Marc Eichborn | Felix Wunderer | Christoph Kurpiers |
| 113 | Hardkohl | 01.15.41 | 11 | 00.24.50 | 00.14.11 | 00.36.40 | Jürgen Wilbertz | Thomas Kohr | Kevin Mael |
| 127 | Schnappatmung | 01.18.12 | 12 | 00.26.41 | 00.11.16 | 00.40.15 | Sebastian Heider | Christine Siefer | Christopher Woywod |
| 131 | Rudertrio | 01.19.18 | 13 | 00.30.31 | 00.09.15 | 00.39.32 | Paula Rossen | Hannah Sassen | Laura Kussl |
| 123 | 49ers | 01.22.22 | 14 | 00.30.08 | 00.15.10 | 00.37.04 | Robin Meskendahl | Alev Erisöz Reinke | Dirk Fehler |
| 114 | Männerchor Fighters | 01.23.27 | 15 | 00.30.04 | 00.11.28 | 00.41.55 | Klaus Rech | Norbert Nietgen | Hermann Jendro |
| 120 | Bertie | 01.26.34 | 16 | 00.29.36 | 00.11.08 | 00.45.50 | Ingo Bernard | Jan Tiemann | Simon Bernard |
| 119 | Bridge Family | 01.26.34 | 16 | 00.23.47 | 00.10.19 | 00.52.28 | Jens Behnke | Oona Agert | Jan-Paul Laarmann |
| 117 | Team Basecamp | 01.28.47 | 18 | 00.34.23 | 00.08.34 | 00.45.50 | Katrin Nelskamp | Erik Naumburger | Marc Gärtner |
| 128 | Der Friesi-Vorstand | 01.38.05 | 19 | 00.32.29 | 00.10.11 | 00.55.25 | Helmuth Göbel | Boris Krickow | Angelika Prauß |
| Nicht in der Wertung, weil nicht drei verschiedene Personen: | | | | | | | | | |
| 124 | Team JJ | 01.21.45 | --- | 00.26.18 | 00.13.54 | 00.41.33 | Jens Jäckering | Julian Jäckering | Jens Jäckering |
| 122 | Die Kurzentschlossenen | 01.24.47 | --- | 00.30.29 | 00.13.24 | 00.40.54 | Johannes Leidheiser | Johannes Leidheiser | Adris Atkhar |