

20. Dalkeman Gütersloh - 19. Mai 2019
 Ergebnisliste - NRW Liga Frauen 750 m / 20 km / 5 km

| SNR | PZ | Nachname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|----|-----------------------------|-------|----------------------------|---------|--------|-------|-------|
| 121 | 1 | Sauer, Inga | 1. W | EJOT Team TV Buschhütten | 1:04:54 | 12:19 | 31:58 | 20:38 |
| 119 | 2 | Baumgärtel, Theresa | 2. W | EJOT Team TV Buschhütten | 1:04:55 | 11:40 | 32:35 | 20:41 |
| 134 | 3 | Meyer, Carolin | 3. W | Mach3 Köln I | 1:04:56 | 13:13 | 31:41 | 20:03 |
| 113 | 4 | Wachendorff, Johanna | 4. W | SSF Bonn III | 1:05:53 | 12:19 | 31:57 | 21:37 |
| 145 | 5 | Mersmann, Kristin | 5. W | SC Bayer 05 Uerdingen II | 1:05:53 | 11:31 | 32:44 | 21:39 |
| 106 | 6 | Jauch, Kirstin | 6. W | DLC Aachen II | 1:06:31 | 12:34 | 31:48 | 22:09 |
| 129 | 7 | Huhn, Carina | 7. W | SG Triathlon Witten III | 1:06:44 | 13:31 | 31:21 | 21:52 |
| 142 | 8 | Seewald, Katarina | 8. W | TRC Essen 84 | 1:06:50 | 13:15 | 31:37 | 21:59 |
| 137 | 9 | Bartsch, Vanessa | 9. W | SV Blau-weiß Bochum | 1:07:02 | 13:31 | 31:31 | 22:01 |
| 123 | 10 | Steinberg, Steffi | 10. W | SG Tri Power Rhein Sieg | 1:07:02 | 13:30 | 31:22 | 22:12 |
| 135 | 11 | Apushkinskaya, Nina | 11. W | Mach3 Köln I | 1:07:03 | 12:50 | 32:13 | 22:02 |
| 131 | 12 | Lüdorff, Svea | 12. W | Tri Speed Marienfeld | 1:07:08 | 12:37 | 31:46 | 22:46 |
| 111 | 13 | Grünewald, Johanna | 13. W | PSV Bonn Triathlon I | 1:07:08 | 13:27 | 31:27 | 22:15 |
| 112 | 14 | Weier, Sabine | 14. W | PSV Bonn Triathlon I | 1:07:13 | 12:31 | 31:50 | 22:52 |
| 107 | 15 | Busse, Anne | 15. W | Krefelder Kanu Klub II | 1:07:17 | 11:52 | 32:35 | 22:51 |
| 102 | 16 | Mirosław, Marie | 16. W | Kölnener Triathlon Team 01 | 1:07:18 | 12:43 | 32:13 | 22:23 |
| 101 | 17 | Benkowitz, Vera | 17. W | Kölnener Triathlon Team 01 | 1:07:30 | 12:51 | 32:03 | 22:37 |
| 128 | 18 | Wirtz, Vanessa | 18. W | SG Triathlon Witten III | 1:07:53 | 12:49 | 32:14 | 22:51 |
| 136 | 19 | Cornelius, Jana | 19. W | Mach3 Köln I | 1:07:55 | 16:00 | 31:41 | 20:16 |
| 140 | 20 | Bock, Svenja | 20. W | TRC Essen 84 | 1:07:57 | 13:28 | 31:31 | 22:59 |
| 141 | 21 | Hüsken, Isabelle | 21. W | TRC Essen 84 | 1:08:05 | 12:06 | 34:34 | 21:26 |
| 109 | 22 | Quest-Altrogge, Katjana | 22. W | Krefelder Kanu Klub II | 1:08:09 | 14:08 | 32:17 | 21:45 |
| 132 | 23 | Bradler, Vanessa | 23. W | Tri Speed Marienfeld | 1:08:13 | 13:22 | 31:34 | 23:17 |
| 122 | 24 | Hollweg, Leonie | 24. W | SG Tri Power Rhein Sieg | 1:08:38 | 13:41 | 33:13 | 21:45 |
| 144 | 25 | Voß, Christina | 25. W | SC Bayer 05 Uerdingen II | 1:08:40 | 12:31 | 31:44 | 24:25 |
| 133 | 26 | Lewanzik, Stefanie | 26. W | Tri Speed Marienfeld | 1:08:50 | 14:02 | 32:46 | 22:04 |
| 148 | 27 | Terweiden, Christine | 27. W | TV Goch | 1:09:05 | 14:31 | 33:00 | 21:35 |
| 154 | 28 | Schmidt, Steffi | 28. W | Triathlon Team Ratingen 0 | 1:09:15 | 15:18 | 32:19 | 21:39 |
| 116 | 29 | Zöllig, Heike | 29. W | ASV Köln I | 1:09:18 | 12:52 | 32:07 | 24:20 |
| 104 | 30 | Drewell, Celina | 30. W | DLC Aachen II | 1:09:23 | 12:41 | 34:12 | 22:32 |
| 120 | 31 | Sauer, Maren | 31. W | EJOT Team TV Buschhütten | 1:09:34 | 13:37 | 33:12 | 22:46 |
| 146 | 32 | Beaupoil, Karin | 32. W | TV Goch | 1:09:52 | 14:23 | 32:04 | 23:27 |
| 117 | 33 | Schulze-Palstring, Stefanie | 33. W | ASV Köln I | 1:09:56 | 13:50 | 33:00 | 23:07 |
| 103 | 34 | Shahab, Mina | 34. W | Kölnener Triathlon Team 01 | 1:10:15 | 12:40 | 32:16 | 25:19 |
| 115 | 35 | Arndt, Eva-Maria | 35. W | SSF Bonn III | 1:10:25 | 13:39 | 33:09 | 23:38 |
| 139 | 36 | Alsmeyer, Birte | 36. W | SV Blau-weiß Bochum | 1:10:32 | 13:41 | 33:14 | 23:38 |

20. Dalkeman Gütersloh - 19. Mai 2019

Ergebnisliste - NRW Liga Frauen 750 m / 20 km / 5 km

| SNR | PZ | Nachname, Vorname | AK | Verein | Zeit | Schwim | Rad | Lauf |
|-----|----|--------------------------------|-------|----------------------------|---------|--------|-------|-------|
| 114 | 37 | Richter, Judith | 37. W | SSF Bonn III | 1:10:52 | 12:04 | 32:19 | 26:30 |
| 108 | 38 | Püthe, Dr. Tina | 38. W | Krefelder Kanu Klub II | 1:11:11 | 15:44 | 32:06 | 23:22 |
| 138 | 39 | Pál, Nicole | 39. W | SV Blau-Weiß Bochum | 1:11:15 | 15:44 | 31:58 | 23:34 |
| 152 | 40 | Heidrich, Anna | 40. W | Triathlon Team Ratingen 0 | 1:11:24 | 13:19 | 35:13 | 22:52 |
| 105 | 41 | Hüsing, Maja | 41. W | DLC Aachen II | 1:11:28 | 13:06 | 34:33 | 23:50 |
| 147 | 42 | Jürgens, Ruth | 42. W | TV Goch | 1:11:36 | 14:33 | 32:25 | 24:38 |
| 130 | 43 | Mann, Lisa | 43. W | SG Triathlon Witten III | 1:11:58 | 13:56 | 33:35 | 24:28 |
| 153 | 44 | Böger, Nadine | 44. W | Triathlon Team Ratingen 0 | 1:12:06 | 15:27 | 35:19 | 21:21 |
| 143 | 45 | Gosebrink, Clara | 45. W | SC Bayer 05 Uerdingen II | 1:12:08 | 14:24 | 33:05 | 24:39 |
| 124 | 46 | Wevelsiep, Lara | 46. W | SG Tri Power Rhein Sieg | 1:12:23 | 11:46 | 32:38 | 28:00 |
| 149 | 47 | Schilling, Daria | 47. W | Team TVE Netphen | 1:12:43 | 12:54 | 34:02 | 25:48 |
| 151 | 48 | Murcak, Petra | 48. W | Team TVE Netphen | 1:20:20 | 15:00 | 35:51 | 29:30 |
| 150 | 49 | Jung, Caroline | 49. W | Team TVE Netphen | 1:23:59 | 16:19 | 39:15 | 28:26 |
| 110 | 57 | x, x | W | PSV Bonn Triathlon I | n.a. | | | |
| 118 | 57 | x, x | W | ASV Köln I | n.a. | | | |
| 125 | 57 | nicht am Start, nicht am Start | W | Freie Schwimmer Düsseldorf | n.a. | | | |
| 126 | 57 | nicht am Start, nicht am Start | W | Freie Schwimmer Düsseldorf | n.a. | | | |
| 127 | 57 | nicht am Start, nicht am Start | W | Freie Schwimmer Düsseldorf | n.a. | | | |

20. Dalkeman Gütersloh - 19. Mai 2019
Mannschaftsergebnisliste - NRW Liga Frauen 750 m / 20 km / 5 km

| Pl. | Verein (ges. Zeit) | PN |
|-----|--|----|
| 1. | Mach3 Köln I 3. Carolin Meyer - 1:04:56 11. Nina Apushkinskaya - 1:07:03 19. Jana Cornelius - 1:07:55 | 33 |
| 2. | EJOT Team TV Buschhütten II 1. Inga Sauer - 1:04:54 2. Theresa Baumgärtel - 1:04:55 31. Maren Sauer - 1:09:34 | 34 |
| 3. | TRC Essen 84 8. Katarina Seewald - 1:06:50 20. Svenja Bock - 1:07:57 21. Isabelle Hüsken - 1:08:05 | 49 |
| 4. | Tri Speed Marienfeld 12. Svea Lüdorff - 1:07:08 23. Vanessa Bradler - 1:08:13 26. Stefanie Lewanzik - 1:08:50 | 61 |
| 5. | Kölner Triathlon Team 01 III 16. Marie Miroslaw - 1:07:18 17. Vera Benkwitz - 1:07:30 34. Mina Shahab - 1:10:15 | 67 |
| 6. | SG Triathlon Witten III 7. Carina Huhn - 1:06:44 18. Vanessa Wirtz - 1:07:53 43. Lisa Mann - 1:11:58 | 68 |
| 7. | Krefelder Kanu Klub II 15. Anne Busse - 1:07:17 22. Katjana Quest-Altrogge - 1:08:09 38. Dr. Tina Püthe - 1:11:11 | 75 |
| 7. | SC Bayer 05 Uerdingen II 5. Kristin Mersmann - 1:05:53 25. Christina Voß - 1:08:40 45. Clara Gosebrink - 1:12:08 | 75 |
| 9. | SSF Bonn III 4. Johanna Wachendorff - 1:05:53 35. Eva-Maria Arndt - 1:10:25 37. Judith Richter - 1:10:52 | 76 |
| 10. | DLC Aachen II 6. Kirstin Jauch - 1:06:31 30. Celina Drewell - 1:09:23 41. Maja Hüsing - 1:11:28 | 77 |
| 11. | SG Tri Power Rhein Sieg 10. Steffi Steinberg - 1:07:02 24. Leonie Hollweg - 1:08:38 46. Lara Wevelsiep - 1:12:23 | 80 |

20. Dalkeman Gütersloh - 19. Mai 2019
Mannschaftsergebnisliste - NRW Liga Frauen 750 m / 20 km / 5 km

| Pl. | Verein (ges. Zeit) | PN |
|-----|--|-----|
| 12. | PSV Bonn Triathlon I 13. Johanna Grünewald - 1:07:08 14. Sabine Weier - 1:07:13 57. x x - n.a. | 84 |
| 12. | SV Blau-Weiß Bochum 9. Vanessa Bartsch - 1:07:02 36. Birte Alsmeyer - 1:10:32 39. Nicole Pál - 1:11:15 | 84 |
| 14. | TV Goch 27. Christine Terweiden - 1:09:05 32. Karin Beaupoil - 1:09:52 42. Ruth Jürgens - 1:11:36 | 101 |
| 15. | Triathlon Team Ratingen 08 28. Steffi Schmidt - 1:09:15 40. Anna Heidrich - 1:11:24 44. Nadine Böger - 1:12:06 | 112 |
| 16. | ASV Köln I 29. Heike Zöllig - 1:09:18 33. Stefanie Schulze-Palstring - 1:09:56 57. x x - n.a. | 119 |
| 17. | Team TVE Netphen 47. Daria Schilling - 1:12:43 48. Petra Murcak - 1:20:20 49. Caroline Jung - 1:23:59 | 144 |
| 18. | Freie Schwimmer Düsseldorf 57. nicht am Start nicht am Start - n.a. 57. nicht am Start nicht am Start - n.a. 57. nicht am Start nicht am Start - n.a. | 171 |