

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde1	Platz	Runde2	Platz	Runde3	Platz	Verein
1	KOLITSCKUS OLE		952	1 HKM	00:22:09.96	00:22:09.96	1	00:06:52.55	2	00:07:27.54	1	00:07:49.87	1	keine Angabe
2	GROß Calvin		888	2 HKM	00:22:49.28	00:22:49.28	2	00:06:35.88	1	00:08:07.62	9	00:08:05.78	5	THG Normalien GmbH
3	SCHLAU Andre		878	1 M40M	00:22:56.44	00:22:56.44	3	00:07:09.19	3	00:07:56.53	5	00:07:50.72	2	SV Oelsberg
4	LOPASS Sven		864	1 M45M	00:23:11.38	00:23:11.38	4	00:07:16.99	4	00:07:47.73	2	00:08:06.66	6	Running Bad Ems
5	GRAHN Dennis		813	3 HKM	00:23:21.84	00:23:21.84	5	00:07:19.66	6	00:07:54.81	3	00:08:07.37	7	Friedenswarte Running Team
6	WENDLAND Frank		897	1 M50M	00:23:23.55	00:23:23.55	6	00:07:28.71	9	00:07:56.46	4	00:07:58.38	3	Wir sind Du
7	HEINZ Ralf		942	2 M50M	00:23:27.98	00:23:27.98	7	00:07:28.11	7	00:07:57.01	6	00:08:02.86	4	TV Bad Ems
8	SPRIESTERSBACH Pascal		843	4 HKM	00:23:35.84	00:23:35.84	8	00:07:19.34	5	00:07:57.05	7	00:08:19.45	11	Lahntalklinik Bad Ems
9	JAX DIETER		948	1 M60M	00:23:40.84	00:23:40.84	9	00:07:28.21	8	00:07:59.69	8	00:08:12.94	8	TV Bad Ems
10	ALBERTI Marko		865	2 M45M	00:24:28.24	00:24:28.24	10	00:07:47.76	10	00:08:13.04	11	00:08:27.44	15	Running Team Bad Ems
11	HAPPE Sascha		820	2 M40M	00:24:32.71	00:24:32.71	11	00:08:05.59	15	00:08:09.69	10	00:08:17.43	10	Fritz Stephan GmbH
12	BRAUNER Tilo		938	1 M30M	00:25:25.64	00:25:25.64	12	00:07:55.28	12	00:08:41.13	14	00:08:49.23	17	keine Angabe
13	RUECH Carsten		828	2 M30M	00:25:29.42	00:25:29.42	13	00:08:07.46	17	00:08:35.60	12	00:08:46.36	16	Fritz Stephan GmbH
14	WEIDENFELLER Manuel		833	5 HKM	00:25:37.77	00:25:37.77	14	00:08:07.41	16	00:08:37.39	13	00:08:52.97	19	Fritz Stephan GmbH
15	STOCKSCHLÄDER Julian		930	1 U14M	00:26:40.76	00:26:40.76	15	00:08:49.77	25	00:09:26.03	21	00:08:24.96	14	DiLaGru
16	ABBAS Joschua		928	1 U12M	00:26:44.67	00:26:44.67	16	00:09:04.19	32	00:09:23.63	18	00:08:16.85	9	keine Angabe
17	MERZ Marlon		839	2 U14M	00:26:46.87	00:26:46.87	17	00:08:05.50	14	00:09:29.33	22	00:09:12.04	20	Lahntalklinik Bad Ems
18	BRANDSTÄTTER LARS OLE		950	2 U12M	00:26:48.65	00:26:48.65	18	00:09:04.13	31	00:09:24.16	20	00:08:20.36	12	keine Angabe
19	RENGER Marvin		840	6 HKM	00:26:49.46	00:26:49.46	19	00:08:39.88	24	00:09:17.50	17	00:08:52.08	18	Lahntalklinik Bad Ems
20	ABBAS Klaid		929	3 M40M	00:26:50.98	00:26:50.98	20	00:09:04.61	33	00:09:24.05	19	00:08:22.32	13	keine Angabe
21	GERLIZ Eduard		882	3 M30M	00:27:01.26	00:27:01.26	21	00:08:03.35	13	00:09:40.04	28	00:09:17.87	22	THG Normalien GmbH
22	SICHWART Alex		893	1 M35M	00:27:21.98	00:27:21.98	22	00:07:53.07	11	00:09:50.96	33	00:09:37.95	30	THG Normalien GmbH
23	ALKADOUR Fares		848	7 HKM	00:27:24.90	00:27:24.90	23	00:08:32.64	22	00:09:30.82	24	00:09:21.44	24	REWE Pebler oHG
24	SCHENKING MARTIN		954	3 M50M	00:27:28.63	00:27:28.63	24	00:08:50.80	27	00:09:15.74	16	00:09:22.09	25	FÖRDERVEREIN ST.HOSPIZ
25	KABEL GERHARD		953	1 M55M	00:27:28.84	00:27:28.84	25	00:08:51.30	28	00:09:13.91	15	00:09:23.63	26	TV STATIONÄRES HOSPIZ
26	KOSSACK Axel		905	3 M45M	00:27:36.86	00:27:36.86	26	00:08:24.83	20	00:09:31.10	25	00:09:40.93	31	keine Angabe
27	SCHWINGE David		874	4 M30M	00:27:47.68	00:27:47.68	27	00:08:31.21	21	00:09:51.58	34	00:09:24.89	27	Stiftung Scheuern
28	BIDLINGMEIER Artur		872	4 M50M	00:27:59.04	00:27:59.04	28	00:08:07.99	18	00:09:33.62	27	00:10:17.43	43	Stiftung Scheuern
29	SATSCHKE ELINA		949	1 W30F	00:28:17.20	00:28:17.20	29	00:08:50.56	26	00:09:30.01	23	00:09:56.63	36	keine Angabe
30	MAINUSCH Matthias		826	4 M40M	00:28:19.69	00:28:19.69	30	00:08:53.92	29	00:09:44.37	29	00:09:41.40	32	Fritz Stephan GmbH
31	SCHÖNING Kai		830	8 HKM	00:28:21.65	00:28:21.65	31	00:09:17.70	35	00:09:45.44	31	00:09:18.51	23	Fritz Stephan GmbH
32	GERLIZ Thomas		883	9 HKM	00:28:57.87	00:28:57.87	32	00:08:23.42	19	00:10:26.51	43	00:10:07.94	39	THG Normalien GmbH
33	MERZ Bianca		838	1 W45F	00:29:00.41	00:29:00.41	33	00:09:00.31	30	00:10:00.56	37	00:09:59.54	37	Lahntalklinik Bad Ems
34	ABBAS HUSSEIN		951	5 M40M	00:29:03.85	00:29:03.85	34	00:09:06.07	34	00:09:45.31	30	00:10:12.47	40	keine Angabe
35	HUCKLENBROICH Denis		836	10 HKM	00:29:05.67	00:29:05.67	35	00:08:38.81	23	00:09:33.13	26	00:10:53.73	52	Lahntalklinik Bad Ems
36	FRIEDRICH Volker		880	2 M55M	00:29:10.69	00:29:10.69	36	00:09:35.89	43	00:09:47.81	32	00:09:46.99	33	THG Normalien GmbH
37	BAUM Angela		866	1 W60F	00:29:29.20	00:29:29.20	37	00:09:31.24	38	00:09:53.18	35	00:10:04.78	38	Running Team Bad Ems
38	BRAUN Uwe		900	3 M55M	00:29:33.32	00:29:33.32	38	00:09:41.11	45	00:10:04.54	38	00:09:47.67	34	keine Angabe
39	KRÄMER-GRÄBKE Jörg		941	5 M50M	00:29:48.19	00:29:48.19	39	00:09:29.96	37	00:09:53.32	36	00:10:24.91	45	keine Angabe
40	ANDRE Denk		845	4 M45M	00:30:09.55	00:30:09.55	40	00:10:25.26	55	00:10:16.48	40	00:09:27.81	28	Leifheit
41	MEYER Ralf		847	2 M60M	00:30:32.81	00:30:32.81	41	00:09:46.80	46	00:10:23.55	42	00:10:22.46	44	Leifheit
42	STRACK Ira		931	1 W50F	00:30:44.11	00:30:44.11	42	00:09:49.37	48	00:10:15.55	39	00:10:39.19	49	DiLaGru
43	PUFKE Herold		917	4 M55M	00:31:10.18	00:31:10.18	43	00:10:49.45	60	00:10:31.77	44	00:09:48.96	35	Stiftung Scheuern
44	JOST Michele		822	1 HKF	00:31:15.89	00:31:15.89	44	00:10:18.95	54	00:10:42.93	45	00:10:14.01	41	Fritz Stephan GmbH
45	LIGUORI Manuel		932	2 M35M	00:31:19.44	00:31:19.44	45	00:09:48.05	47	00:10:57.94	48	00:10:33.45	47	keine Angabe
46	WEINGARTEN Ralf		819	6 M50M	00:31:22.82	00:31:22.82	46	00:10:45.15	58	00:10:21.70	41	00:10:15.97	42	Friedenswarte Running Team
47	RETZEL Andreas		914	6 M40M	00:31:25.99	00:31:25.99	47	00:09:50.68	50	00:10:43.22	46	00:10:52.09	51	keine Angabe
48	PANEK Jedrzej		827	11 HKM	00:31:48.60	00:31:48.60	48	00:09:39.76	44	00:10:50.55	47	00:11:18.29	55	Fritz Stephan GmbH
49	LINSCHIED Gebhard		926	5 M55M	00:31:52.43	00:31:52.43	49	00:10:15.40	53	00:11:02.13	53	00:10:34.90	48	VFR Winden

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results & timing

www.maxx-timing.de



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde1	Platz	Runde2	Platz	Runde3	Platz	Verein
50	BRAUN Magdalena		899	1 W55F	00:31:58.27	00:31:58.27	50	00:09:53.52	51	00:10:57.98	49	00:11:06.77	53	keine Angabe
51	BOEHM Silvia		934	2 W50F	00:32:00.40	00:32:00.40	51	00:09:32.79	40	00:10:59.93	50	00:11:27.68	60	keine Angabe
52	STANDKE Ralf		935	7 M50M	00:32:00.68	00:32:00.68	52	00:09:32.78	39	00:10:59.98	51	00:11:27.92	61	keine Angabe
53	WAGNER Fabian		920	5 M30M	00:32:02.68	00:32:02.68	53	00:11:21.68	76	00:11:07.40	56	00:09:33.60	29	keine Angabe
54	SCHMIDT Sophia		892	2 HKF	00:32:40.84	00:32:40.84	54	00:09:23.74	36	00:11:32.91	59	00:11:44.19	64	THG Normalien GmbH
55	HAYER HANNAH		946	3 HKF	00:32:55.39	00:32:55.39	55	00:11:09.93	68	00:11:04.39	54	00:10:41.07	50	keine Angabe
56	NEFFERDORF Maren		911	1 W40F	00:33:04.64	00:33:04.64	56	00:10:36.89	57	00:11:00.79	52	00:11:26.96	59	keine Angabe
57	BÖTTCHER Kevin		850	12 HKM	00:33:15.98	00:33:15.98	57	00:09:54.15	52	00:11:33.02	60	00:11:48.81	65	REWE Pebler oHG
58	HAYER ULLA		945	3 W50F	00:33:31.18	00:33:31.18	58	00:11:09.98	69	00:11:04.70	55	00:11:16.50	54	keine Angabe
59	GROMIG Claudia		903	1 W35F	00:34:07.70	00:34:07.70	59	00:11:06.36	67	00:11:28.54	58	00:11:32.80	62	keine Angabe
60	LIDER Erik		889	1 U20M	00:34:07.99	00:34:07.99	60	00:09:35.71	42	00:14:03.51	86	00:10:28.77	46	THG Normalien GmbH
61	WILL Eike		863	6 M30M	00:34:09.41	00:34:09.41	61	00:10:47.98	59	00:11:22.48	57	00:11:58.95	66	REWE Pebler oHG
62	GHABRI Mohamed		846	7 M30M	00:34:16.46	00:34:16.46	62	00:09:34.17	41	00:12:29.35	72	00:12:12.94	71	Leifheit
63	SCHNEIDER Christina		918	2 W40F	00:34:27.72	00:34:27.72	63	00:11:15.36	72	00:11:46.80	61	00:11:25.56	57	keine Angabe
64	SCHOLZ Tanja		919	3 W40F	00:34:28.08	00:34:28.08	64	00:11:15.43	73	00:11:46.90	62	00:11:25.75	58	keine Angabe
65	GRINGS Andra		884	4 HKF	00:34:37.79	00:34:37.79	65	00:11:12.55	70	00:11:50.12	64	00:11:35.12	63	THG Normalien GmbH
66	SMYSCHLJAEV Marina		894	5 HKF	00:34:39.00	00:34:39.00	66	00:09:49.54	49	00:12:20.61	71	00:12:28.85	72	THG Normalien GmbH
67	STORK Diana		860	4 W40F	00:35:08.76	00:35:08.76	67	00:11:03.13	64	00:11:53.80	66	00:12:11.83	70	REWE Pebler oHG
68	KLEIN Simone		853	2 W35F	00:35:08.98	00:35:08.98	68	00:11:04.40	66	00:11:52.81	65	00:12:11.77	69	REWE Pebler oHG
69	SCHÜLER Jürgen		831	6 M55M	00:35:35.80	00:35:35.80	69	00:11:30.50	78	00:12:05.96	68	00:11:59.34	67	Fritz Stephan GmbH
70	GRÄBKE Carina		873	5 W40F	00:35:37.24	00:35:37.24	70	00:10:57.22	61	00:12:04.12	67	00:12:35.90	75	Stiftung Scheuern
71	LADWIG Jonathan		927	1 U10M	00:35:48.68	00:35:48.68	71	00:13:03.66	94	00:13:30.07	78	00:09:14.95	21	VFR Winden
72	KREUZER Harold		855	3 M35M	00:36:03.24	00:36:03.24	72	00:10:57.63	62	00:13:44.77	80	00:11:20.84	56	REWE Pebler oHG
73	NORDEN Martina		895	4 W50F	00:36:08.21	00:36:08.21	73	00:11:20.18	74	00:12:17.35	70	00:12:30.68	73	TuS Nassovia Nassau
74	PFUFF Dieter		896	3 M60M	00:36:09.37	00:36:09.37	74	00:11:20.28	75	00:12:17.20	69	00:12:31.89	74	TuS Nassovia Nassau
75	BERTHOLD CLAUS		944	8 M50M	00:37:03.34	00:37:03.34	75	00:11:15.17	71	00:11:47.06	63	00:14:01.11	87	BOTTROP
76	SCHOLZ Lennart		943	1 U16M	00:37:03.56	00:37:03.56	76	00:10:30.12	56	00:13:45.94	82	00:12:47.50	76	SG DACHSENHAUSEN
77	QUIRMBACH Karin		817	2 W45F	00:37:09.38	00:37:09.38	77	00:11:29.14	77	00:12:31.65	73	00:13:08.59	79	Friedenswarte Running Team
78	SPIELMANN Petra		869	5 W50F	00:37:55.83	00:37:55.83	78	00:12:07.79	85	00:13:45.99	83	00:12:02.05	68	Running Team Bad Ems
79	WEBER Annika Alisa		936	6 HKF	00:38:11.90	00:38:11.90	79	00:12:01.65	82	00:13:01.54	77	00:13:08.71	80	keine Angabe
80	PEBLER Felix		858	8 M30M	00:38:14.12	00:38:14.12	80	00:10:57.68	63	00:13:44.65	79	00:13:31.79	81	REWE Pebler oHG
81	FRENZEL Silvana		812	2 W30F	00:38:27.84	00:38:27.84	81	00:12:36.75	89	00:12:52.06	75	00:12:59.03	77	Friedenswarte Running Team
82	SCHWINGE Sarah		818	7 HKF	00:38:27.93	00:38:27.93	82	00:12:36.98	90	00:12:51.57	74	00:12:59.38	78	Friedenswarte Running Team
83	PFEIFER Viktoria		937	8 HKF	00:38:38.52	00:38:38.52	83	00:12:01.98	83	00:13:00.84	76	00:13:35.70	84	keine Angabe
84	GRETSCH Elisa		851	3 W30F	00:38:49.54	00:38:49.54	84	00:11:03.56	65	00:13:45.30	81	00:14:00.68	86	REWE Pebler oHG
85	GRINGS Carolin		885	2 W55F	00:39:53.47	00:39:53.47	85	00:11:58.91	80	00:14:18.90	91	00:13:35.66	83	THG Normalien GmbH
86	GRINGS Gloria		886	4 W30F	00:39:56.61	00:39:56.61	86	00:12:01.29	81	00:14:16.47	90	00:13:38.85	85	THG Normalien GmbH
87	RUNDLINGER Mario		916	7 M55M	00:40:10.34	00:40:10.34	87	00:12:45.72	92	00:13:50.66	85	00:13:33.96	82	Stiftung Scheuern
88	SPIELMANN Michael		868	9 M50M	00:40:42.23	00:40:42.23	88	00:12:07.59	84	00:13:46.42	84	00:14:48.22	91	Running Team Bad Ems
89	SALTENBERGER Wulf		870	8 M55M	00:40:52.19	00:40:52.19	89	00:11:31.22	79	00:14:24.81	92	00:14:56.16	95	Stiftung Scheuern
90	OSTER-VOELZ Gabriele		923	3 W55F	00:41:02.63	00:41:02.63	90	00:12:23.55	87	00:14:13.29	88	00:14:25.79	89	keine Angabe
91	SCHÖNFELD Sina		922	9 HKF	00:41:03.03	00:41:03.03	91	00:12:23.47	86	00:14:13.41	89	00:14:26.15	90	keine Angabe
92	FLEISCHER Sascha		835	9 M30M	00:41:45.50	00:41:45.50	92	00:12:39.82	91	00:14:11.20	87	00:14:54.48	94	Lahntalklinik Bad Ems
93	LENZ Anna-Lena		825	10 HKF	00:42:06.96	00:42:06.96	93	00:13:07.41	95	00:14:52.42	94	00:14:07.13	88	Fritz Stephan GmbH
94	LIGUORI Cathrin		933	3 W35F	00:43:33.96	00:43:33.96	94	00:13:02.68	93	00:15:02.64	96	00:15:28.64	98	keine Angabe
95	LENZ Hannelore		925	1 W65F	00:43:39.04	00:43:39.04	95	00:13:47.47	100	00:14:46.25	93	00:15:05.32	96	Grüne Dame Nastätten
96	RETZEL Denise		915	5 W30F	00:43:47.72	00:43:47.72	96	00:13:10.20	96	00:14:59.42	95	00:15:38.10	100	keine Angabe
97	WALLSTEIN Sabine		877	3 W45F	00:44:15.39	00:44:15.39	97	00:13:25.52	99	00:15:06.75	97	00:15:43.12	101	Stiftung Scheuern
98	PÄTZOLD Randi		857	11 HKF	00:45:16.59	00:45:16.59	98	00:13:18.33	97	00:15:23.38	99	00:16:34.88	105	REWE Pebler oHG

Legend:
 -n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results & timing  www.maxx-timing.de



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde1	Platz	Runde2	Platz	Runde3	Platz	Verein
99	KIZILTOPRAK Melek		852	12 HKF	00:45:26.45	00:45:26.45	99	00:13:18.67	98	00:15:22.98	98	00:16:44.80	111	REWE Pebler oHG
100	KORN Renate		854	2 W65F	00:45:28.21	00:45:28.21	100	00:14:25.49	101	00:15:33.23	102	00:15:29.49	99	REWE Pebler oHG
101	SCHÄFER Magdalena		859	6 W30F	00:45:30.73	00:45:30.73	101	00:15:09.02	103	00:15:32.79	100	00:14:48.92	92	REWE Pebler oHG
102	CLARKE Ilona		924	6 W40F	00:45:30.85	00:45:30.85	102	00:15:09.03	104	00:15:32.87	101	00:14:48.95	93	nassauer für nassau
103	JÄGER Jürgen		871	7 M40M	00:46:59.68	00:46:59.68	103	00:12:23.96	88	00:16:37.07	108	00:17:58.65	118	Stiftung Scheuern
104	KLOS Marion		837	6 W50F	00:48:23.18	00:48:23.18	104	00:16:32.51	113	00:16:31.45	103	00:15:19.22	97	Lahntalklinik Bad Ems
105	WAGNER Achim		861	1 M65M	00:48:45.43	00:48:45.43	105	00:16:18.66	111	00:16:37.13	109	00:15:49.64	102	REWE Pebler oHG
106	WAGNER Jutta		862	4 W55F	00:48:45.63	00:48:45.63	106	00:16:18.00	110	00:16:37.20	110	00:15:50.43	103	REWE Pebler oHG
107	BONN Ralf		849	9 M55M	00:49:07.18	00:49:07.18	107	00:16:22.90	112	00:16:39.46	111	00:16:04.82	104	REWE Pebler oHG
108	GABEL ANNEMARIE		901	5 W55F	00:49:30.66	00:49:30.66	108	00:16:16.22	108	00:16:35.07	107	00:16:39.37	106	keine Angabe
109	KOSSACK Umek	NIG	907	13 HKF	00:49:30.81	00:49:30.81	109	00:16:15.79	107	00:16:34.64	106	00:16:40.38	107	keine Angabe
110	WEBER JUTTA		947	6 W55F	00:49:32.35	00:49:32.35	110	00:16:16.42	109	00:16:34.57	105	00:16:41.36	108	keine Angabe
111	KOSSACK Jens		906	10 M30M	00:49:33.66	00:49:33.66	111	00:16:15.53	106	00:16:34.29	104	00:16:43.84	110	keine Angabe
112	SCHWARZ Nadine		842	4 W45F	00:49:50.36	00:49:50.36	112	00:15:32.15	105	00:17:11.94	113	00:17:06.27	112	Lahntalklinik Bad Ems
113	MOLL Walter		940	4 M60M	00:50:13.58	00:50:13.58	113	00:15:05.55	102	00:17:24.95	114	00:17:43.08	117	Stiftung Scheuern
114	OBEL Renate		856	2 W60F	00:50:24.44	00:50:24.44	114	00:16:35.06	115	00:17:07.17	112	00:16:42.21	109	REWE Pebler oHG
115	ROßTÄUSCHER Dietmar		841	10 M55M	00:51:23.71	00:51:23.71	115	00:16:32.59	114	00:17:41.70	116	00:17:09.42	114	Lahntalklinik Bad Ems
116	WIEMANN Karl-Heinz		844	10 M50M	00:51:24.60	00:51:24.60	116	00:16:42.98	116	00:17:32.43	115	00:17:09.19	113	Lahntalklinik Bad Ems
117	BÄR Martina		898	5 W45F	00:53:50.00	00:53:50.00	117	00:17:57.65	117	00:18:17.17	117	00:17:35.18	115	keine Angabe
118	NOETZEL Sigrid		912	3 W65F	00:53:50.76	00:53:50.76	118	00:17:57.81	118	00:18:17.67	118	00:17:35.28	116	keine Angabe
119	STOCKMEIER Katharina		876	14 HKF	00:55:24.52	00:55:24.52	119	00:18:08.79	119	00:18:43.77	119	00:18:31.96	119	Stiftung Scheuern
DNF	OEST Erika		913	0 W60F	00:34:53.02	00:34:53.02	-	00:20:23.03	-	00:14:29.99	-	-	-	Stiftung Scheuern
DNF	SCHRÖDER Horst		939	0 M75M	00:41:42.63	00:41:42.63	-	00:20:14.68	-	00:21:27.95	-	-	-	Stiftung Scheuern

Legend:
 -n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

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