

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde1	Platz	Runde2	Platz	Runde3	Platz	Brutto	Platz	Verein
1	GROS Benjamin		703	1 M35M	00:18:14.67	00:18:14.67	1	00:05:50.07	1	00:06:04.09	1	00:06:20.51	1	00:18:17.37	1	running team Bad Ems
2	OTTEN Luca		733	1 HKM	00:18:42.80	00:18:42.80	2	00:05:50.69	2	00:06:26.31	2	00:06:25.80	2	00:18:45.37	2	TC Rot Weiss Limburg
3	VON LOJEWSKI Karsten		753	1 M50M	00:19:38.83	00:19:38.83	3	00:06:23.32	3	00:06:43.27	3	00:06:32.24	3	00:19:42.17	3	Koblenz Westerwald
4	LOSERT Ronja		723	1 HKF	00:21:30.94	00:21:30.94	4	00:06:55.21	6	00:07:11.37	4	00:07:24.36	4	00:21:33.83	4	Hartfussler Trail e.V.
5	ROSE Fabian		743	2 HKM	00:21:57.22	00:21:57.22	5	00:06:56.04	7	00:07:33.67	6	00:07:27.51	6	00:22:02.25	5	Haale Open Air
6	METZKER Heinrich		726	1 M40M	00:22:21.13	00:22:21.13	6	00:07:25.78	9	00:07:28.65	5	00:07:26.70	5	00:22:23.72	6	keine Angabe
7	SANCHEZ Rodrigo	SPA	744	2 M40M	00:23:17.44	00:23:17.44	7	00:07:08.13	8	00:08:00.66	9	00:08:08.65	10	00:23:20.14	7	TC Rot Weiss Limburg
8	BURAT Marvin		694	3 HKM	00:23:39.67	00:23:39.67	8	00:06:50.45	4	00:08:00.64	8	00:08:48.58	19	00:23:46.01	8	Haale Open Air
9	KÜPPERS Benjamin		775	1 U12M	00:23:46.09	00:23:46.09	9	00:08:25.01	24	00:07:35.10	7	00:07:45.98	7	00:24:08.04	9	keine Angabe
10	RAMIREZ Armando	EL	740	1 M30M	00:24:04.18	00:24:04.18	10	00:07:52.36	13	00:08:04.91	10	00:08:06.91	9	00:24:25.42	11	Paracelsus Klinik
11	EBERLE Holger-Carsten		699	1 M45M	00:24:04.49	00:24:04.49	11	00:07:48.09	11	00:08:16.51	11	00:07:59.89	8	00:24:26.32	12	Paracelsus Klinik
12	MOSHREFI Magboll		729	2 M35M	00:24:16.91	00:24:16.91	12	00:06:51.14	5	00:09:07.56	22	00:08:18.21	12	00:24:21.90	10	keine Angabe
13	ABBAS Walid		686	3 M40M	00:24:18.81	00:24:18.81	13	00:07:27.16	10	00:08:27.85	15	00:08:23.80	14	00:24:29.13	13	keine Angabe
14	SCHÖNING Kay		746	4 HKM	00:25:02.46	00:25:02.46	14	00:08:18.77	22	00:08:26.26	13	00:08:17.43	11	00:25:27.53	15	Fritz Stephan GmbH
15	JAX Dieter		772	1 M60M	00:25:03.64	00:25:03.64	15	00:08:25.71	25	00:08:17.50	12	00:08:20.43	13	00:25:25.31	14	keine Angabe
16	HAPPE Sascha		706	2 M45M	00:25:15.52	00:25:15.52	16	00:08:18.21	21	00:08:26.93	14	00:08:30.38	15	00:25:40.98	18	Fritz Stephan GmbH
17	JAX Michelle		773	2 HKF	00:25:27.98	00:25:27.98	17	00:07:50.48	12	00:08:49.20	19	00:08:48.30	18	00:25:39.32	17	keine Angabe
18	BEHNKE Laura		691	3 HKF	00:25:29.08	00:25:29.08	18	00:08:07.99	19	00:08:39.28	17	00:08:41.81	16	00:25:33.90	16	Tritime Women
19	ENGELHART Markus		700	2 M30M	00:25:41.68	00:25:41.68	19	00:07:55.76	17	00:08:36.73	16	00:09:09.19	22	00:26:04.34	19	Paracelsus Klinik
20	MÜLLER Klaus Dieter		730	3 M45M	00:26:01.79	00:26:01.79	20	00:08:23.51	23	00:08:40.20	18	00:08:58.08	20	00:26:13.38	20	LG Laacher See
21	KRAEMER Carsten		717	4 M40M	00:26:10.28	00:26:10.28	21	00:08:09.34	20	00:09:00.20	21	00:09:00.74	21	00:26:17.18	21	Läufer gegen Krebs eV
22	KRONEN Jonas		774	5 HKM	00:26:15.97	00:26:15.97	22	00:08:00.90	18	00:08:58.14	20	00:09:16.93	23	00:26:29.72	22	keine Angabe
23	ABBAS Joshua		685	1 U14M	00:26:41.62	00:26:41.62	23	00:08:48.24	28	00:09:11.21	24	00:08:42.17	17	00:26:51.85	23	keine Angabe
24	KÖHLER Mathias		714	2 M50M	00:27:00.94	00:27:00.94	24	00:08:28.97	26	00:09:13.46	25	00:09:18.51	25	00:27:06.02	24	Gymnastikgruppe Dornholzhausen
25	MEYER Ralph-Thomas		727	2 M60M	00:27:09.69	00:27:09.69	25	00:08:40.87	27	00:09:11.11	23	00:09:17.71	24	00:27:29.14	25	Leifheit AG
26	ALKADOUR Fares		687	6 HKM	00:27:38.11	00:27:38.11	26	00:08:50.84	30	00:09:14.91	26	00:09:32.36	26	00:27:48.20	27	REWE Pebler oHG
27	SPRENGER Hendrik		749	7 HKM	00:27:39.49	00:27:39.49	27	00:07:55.06	15	00:09:42.70	29	00:10:01.73	33	00:27:45.30	26	Haale Open Air
28	MAINUSCH Matthias		724	5 M40M	00:28:11.20	00:28:11.20	28	00:09:03.91	33	00:09:29.77	27	00:09:37.52	27	00:28:33.34	29	Fritz Stephan GmbH
29	OBEL Dennis		732	8 HKM	00:28:13.97	00:28:13.97	29	00:07:54.56	14	00:09:45.53	30	00:10:33.88	39	00:28:20.18	28	Haale Open Air
30	OTTEN Sascha		734	4 M45M	00:28:16.95	00:28:16.95	30	00:08:51.70	31	00:09:42.22	28	00:09:43.03	28	00:28:43.13	30	TC RotWeiß Limburg
31	GUGLIELMINO Bianca		704	1 M45F	00:28:53.06	00:28:53.06	31	00:09:08.92	34	00:09:46.33	31	00:09:57.81	30	00:28:57.55	31	RSV Oranien Nassau e.V.
32	PETERSILIE Jasmin		737	1 M30F	00:29:33.33	00:29:33.33	32	00:09:41.37	41	00:09:52.70	32	00:09:59.26	31	00:29:50.51	32	keine Angabe
33	PALACIOS Ivan	ECU	735	9 HKM	00:29:33.62	00:29:33.62	33	00:07:55.13	16	00:10:25.40	40	00:11:13.09	47	00:29:54.38	34	Paracelsus Klinik
34	ERLEWEIN Philipp		701	6 M40M	00:29:36.37	00:29:36.37	34	00:08:59.53	32	00:10:02.44	34	00:10:34.40	40	00:29:52.55	33	keine Angabe
35	MICHEL Markus		728	3 M30M	00:29:46.11	00:29:46.11	35	00:09:28.79	37	00:09:58.66	33	00:10:18.66	36	00:30:12.71	37	Fritz Stephan GmbH
36	RENGER Philipp		742	10 HKM	00:29:50.09	00:29:50.09	36	00:08:50.77	29	00:10:26.15	41	00:10:33.17	38	00:29:59.74	35	REWE Pebler oHG
37	BECKER Julia		690	1 U20F	00:29:51.28	00:29:51.28	37	00:09:32.07	38	00:10:15.45	37	00:10:03.76	34	00:30:00.70	36	REWE Pebler oHG
38	SCHWIND Anika		748	1 M35F	00:29:53.82	00:29:53.82	38	00:09:36.86	40	00:10:16.90	38	00:10:00.06	32	00:30:14.24	38	REWE Pebler oHG
39	WAGNER Thorsten		755	4 M30M	00:30:05.64	00:30:05.64	39	00:10:04.74	46	00:10:14.05	36	00:09:46.85	29	00:30:18.38	39	Gymnastikgruppe Dornholzhausen
40	KÖHLER Anna		713	4 HKF	00:30:50.16	00:30:50.16	40	00:09:47.16	43	00:10:13.23	35	00:10:49.77	41	00:31:03.11	40	Gymnastikgruppe Dornholzhausen
41	GHABRI Mohamed		702	5 M30M	00:30:54.31	00:30:54.31	41	00:09:16.39	35	00:10:24.74	39	00:11:13.18	48	00:31:15.64	41	keine Angabe
42	KREUZER Harold		718	3 M35M	00:31:01.98	00:31:01.98	42	00:09:50.19	44	00:10:45.12	44	00:10:26.67	37	00:31:21.59	42	REWE Pebler oHG
43	GÜLLERING Jens		705	7 M40M	00:31:28.62	00:31:28.62	43	00:09:28.14	36	00:10:57.99	47	00:11:02.49	42	00:31:43.98	43	keine Angabe
44	POTT Mario		738	3 M50M	00:31:43.20	00:31:43.20	44	00:10:56.38	54	00:10:36.02	42	00:10:10.80	35	00:32:14.53	44	Förderverein Malbergbahn Bad Ems
45	KLOS Matthias		712	3 M60M	00:31:54.40	00:31:54.40	45	00:09:46.78	42	00:11:00.32	48	00:11:07.30	44	00:32:21.59	45	Fritz Stephan GmbH
46	WAGENER Kay		754	5 M45M	00:31:58.94	00:31:58.94	46	00:09:59.20	45	00:10:51.86	45	00:11:07.88	45	00:32:27.15	46	Fritz Stephan GmbH
47	MUNIZ Juliana	BRA	731	5 HKF	00:32:09.76	00:32:09.76	47	00:09:35.79	39	00:10:43.05	43	00:11:50.92	53	00:32:33.34	47	Paracelsus Klinik
48	DAWSON Guy		697	1 M55M	00:32:19.35	00:32:19.35	48	00:10:05.37	47	00:10:55.50	46	00:11:18.48	49	00:32:48.30	48	Covidioten
49	LIGUORI Manuel		722	8 M40M	00:32:40.72	00:32:40.72	49	00:10:17.22	50	00:11:13.69	51	00:11:09.81	46	00:33:07.70	49	Stadt Nassau

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	Brutto	Platz	Verein
50	LENZ Anna-Lena		721	6 HKF	00:33:08.65	00:33:08.65	50	00:10:25.23	51	00:11:36.35	53	00:11:07.07	43	00:33:34.14	50	Fritz Stephan GmbH
51	BAUER Ina		689	2 M35F	00:33:22.32	00:33:22.32	51	00:10:14.96	48	00:11:03.44	50	00:12:03.92	57	00:33:35.68	51	Gymnastikgruppe Dornholzhausen
52	MAY Claudia		725	3 M35F	00:33:22.33	00:33:22.33	52	00:10:15.72	49	00:11:02.82	49	00:12:03.79	56	00:33:35.74	52	Gymnastikgruppe Dornholzhausen
53	SPRENGER Renate		750	1 M55F	00:34:06.03	00:34:06.03	53	00:10:45.47	53	00:11:31.91	52	00:11:48.65	52	00:34:20.34	53	Haale Open Air
54	KRUG Wilfried		720	1 M70M	00:35:06.47	00:35:06.47	54	00:11:35.91	57	00:11:50.80	54	00:11:39.76	50	00:35:30.73	54	keine Angabe
55	REISINGER Thomas		741	2 M55M	00:35:19.50	00:35:19.50	55	00:11:28.58	56	00:11:53.43	55	00:11:57.49	54	00:35:51.75	55	Paracelsus Klinik
56	SCHÜLER Jürgen		747	3 M55M	00:35:25.52	00:35:25.52	56	00:11:28.37	55	00:11:56.57	56	00:12:00.58	55	00:35:55.67	57	Fritz Stephan GmbH
57	KLEIN Tanja		711	2 M45F	00:35:34.00	00:35:34.00	57	00:11:41.48	58	00:12:10.51	57	00:11:42.01	51	00:35:53.90	56	keine Angabe
58	BÖTTCHER Kevin		693	11 HKM	00:36:44.21	00:36:44.21	58	00:10:39.18	52	00:13:02.15	61	00:13:02.88	59	00:36:53.14	58	REWE Pebler oHG
59	WENNRICH Joachim		756	1 M75M	00:36:53.29	00:36:53.29	59	00:11:47.36	60	00:12:20.58	58	00:12:45.35	58	00:37:09.82	59	RSV Oranien Nassau
60	KÖHLER Simone		715	3 M45F	00:38:28.66	00:38:28.66	60	00:11:55.94	63	00:13:11.50	62	00:13:21.22	62	00:38:46.48	60	Gymnastikgruppe Dornholzhausen
61	STEUER Felix		751	12 HKM	00:38:55.40	00:38:55.40	61	00:12:16.38	67	00:13:30.08	63	00:13:08.94	60	00:39:20.41	63	REWE Pebler oHG
62	STORK Diana		752	1 M40F	00:39:06.84	00:39:06.84	62	00:11:48.89	62	00:12:40.53	59	00:14:37.42	67	00:39:20.11	61	REWE Pebler oHG
63	KLEIN Simone		710	2 M40F	00:39:07.00	00:39:07.00	63	00:11:48.83	61	00:12:40.68	60	00:14:37.49	68	00:39:20.36	62	REWE Pebler oHG
64	CAMPOS Lorena	EL	695	2 M30F	00:39:17.88	00:39:17.88	64	00:11:43.89	59	00:14:19.38	68	00:13:14.61	61	00:39:42.32	64	Paracelsus Klinik
65	KASNITZ Charlotte		709	1 U14F	00:40:17.98	00:40:17.98	65	00:12:07.08	65	00:13:35.05	64	00:14:35.85	65	00:40:32.06	66	Einzelperson
66	DAUBACH-METZ Saskia		696	3 M40F	00:40:18.42	00:40:18.42	66	00:12:07.45	66	00:13:35.10	65	00:14:35.87	66	00:40:32.01	65	Einzelperson
67	KRIMMEL Annette		719	4 M45F	00:40:20.56	00:40:20.56	67	00:12:04.36	64	00:13:42.89	66	00:14:33.31	64	00:40:48.22	67	keine Angabe
68	BAUER Claudia		688	5 M45F	00:41:21.30	00:41:21.30	68	00:12:50.20	68	00:14:10.15	67	00:14:20.95	63	00:41:40.38	68	Gymnastikgruppe Dornholzhausen
69	WEIRICH Isolde		776	2 M55F	00:43:35.51	00:43:35.51	69	00:13:48.25	69	00:14:41.01	69	00:15:06.25	69	00:44:06.19	69	keine Angabe
70	BETHCKE Andreas		692	4 M50M	00:49:29.51	00:49:29.51	70	00:16:04.42	70	00:15:53.27	70	00:17:31.82	70	00:50:03.83	70	keine Angabe
DNF	PUFKE Herold		739	- M55M			-	00:10:18.99	-		-		-		-	running team Bad Ems

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

results & timing ■ www.maxx-timing.de

