

31. AOK Altstadtlauf Ottweiler

Gesamtergebnisliste SPORT-HOFFMANN Lauf 10km

Platz	MW Platz	AK Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit	Lap	Lap	Lap	Lap
SPORT-HOFFMANN Lauf 10km													
1.	1.M	1.M30	14	Weingarth, Philippe	1984	m	Senioren M30	LLG Wustweiler	36:27	8:49	9:03	9:13	9:23
2.	2.M	2.M30	551	Leibrock, Bengt	1985	m	Senioren M30	Dreikraft Neunkirchen e.V.	37:24	9:00	9:15	9:31	9:39
3.	3.M	1.M50	567	Hooß, Jörg	1964	m	Senioren M50	LTF Marpingen	37:55	9:29	9:32	9:30	9:26
4.	4.M	3.M30	99	Sokoll, Marco	1982	m	Senioren M30	Lauftreff TV Ottweiler	38:09	9:04	9:32	9:49	9:46
5.	5.M	4.M30	570	Baltes, Benjamin	1983	m	Senioren M30	ReckRunners	38:20	9:29	9:32	9:36	9:44
6.	6.M	1.MHK	510	Luck, Dominik	1987	m	Männer MHK	DJK SG St. Ingbert	38:27	9:02	9:34	9:52	9:59
7.	7.M	2.MHK	65	Maurer, Julian	1991	m	Männer MHK		38:49	9:27	9:32	9:48	10:04
8.	1.F	1.W40	555	Kohler, Heike	1974	w	Seniorinnen W40	Sport Jochum	40:05	9:54	10:02	10:08	10:03
9.	8.M	1.M45	552	Lorenz, Eric	1971	m	Senioren M45	Grojos LTF Elversberg	40:05	9:54	10:03	10:07	10:03
10.	9.M	1.M40	11	Scherer, Sascha	1972	m	Senioren M40	LTF Köllertal	40:58	9:57	10:05	10:25	10:33
11.	10.M	2.M50	198	Ritter, Stephan	1965	m	Senioren M50	Run 4 Fun Bübingen	42:55	10:30	10:46	10:51	10:49
12.	11.M	1.M35	519	Steinbach, Thomas	1979	m	Senioren M35		42:57	10:26	10:52	10:57	10:43
13.	2.F	1.W45	560	Ruschel, Nike	1969	w	Seniorinnen W45	LSG Schmelz Hüttersdorf	43:10	10:30	10:49	10:58	10:55
14.	12.M	3.M50	126	Welter, Markus	1966	m	Senioren M50	LTF Marpingen	44:09	10:38	10:54	11:11	11:27
15.	13.M	5.M30	562	Lüdemann, Alexander	1982	m	Senioren M30	Grojos LTF Elversberg	44:18	10:41	10:55	11:20	11:23
16.	14.M	6.M30	19	Beer, Dennis	1983	m	Senioren M30		44:32	11:33	10:59	11:00	11:01
17.	15.M	4.M50	556	Kohler, Jörg	1964	m	Senioren M50	Grojos LTF Elversberg	44:36	10:55	11:07	11:16	11:19
18.	3.F	1.W30	487	Feld, Verena	1983	w	Seniorinnen W30	LAZ Saar 05 Saarbrücken	44:48	10:54	11:21	11:20	11:15
19.	16.M	2.M45	561	Schmidt, Andreas	1968	m	Senioren M45	1. FC Kaiserslautern	45:06	10:50	11:20	11:31	11:26
20.	17.M	2.M40	535	Müller, Hendrik	1974	m	Senioren M40	TV Limbach	45:09	10:57	11:21	11:29	11:24
21.	18.M	7.M30	433	Trampert, Andreas	1984	m	Senioren M30		45:32	10:40	11:24	11:56	11:33
22.	19.M	1.M60	220	Hüther, Franz	1952	m	Senioren M60	SV Niederbexbach	45:35	11:07	11:31	11:37	11:21
23.	4.F	2.W45	566	Hooß, Tanja	1967	w	Seniorinnen W45	LTF Marpingen	45:40	11:21	11:27	11:28	11:25

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24.	20.M	1.M55	549	Drumm, Gisbert	1959	m	Senioren M55	RSC Zweibrücken	45:46	10:39	11:29	11:53	11:47
25.	21.M	5.M50	554	Braun, Jörg	1966	m	Senioren M50	TV Limbach	45:49	11:21	11:28	11:34	11:27
26.	22.M	3.MHK	575	Lutzi, Marc Oliver	1999	m	Männer MHK	FCK Running	45:56	10:43	11:19	12:23	11:33
27.	23.M	6.M50	569	Nieweling, Stefan	1965	m	Senioren M50	Grojos LTF Elversberg	46:14	11:30	11:31	11:32	11:41
28.	24.M	4.MHK	484	Geid, Tobias	1987	m	Männer MHK		46:34	11:05	11:35	12:07	11:48
29.	25.M	2.M35	90	Buljan, Patrick	1978	m	Senioren M35		46:41	11:04	11:52	12:00	11:46
30.	26.M	8.M30	531	Walter, Christian	1984	m	Senioren M30	2 Exercise	46:43	12:04	11:44	11:41	11:15
31.	27.M	1.	101	Funke, Andreas	2001	m		LA Team Saar	46:45	10:46	11:35	12:07	12:18
32.	28.M	3.M40	584	Duttlinger, Horst	1974	m	Senioren M40	LAG Saarbrücken	47:07	12:11	11:38	11:41	11:39
33.	29.M	5.MHK	450	Beres, Milan	1995	m	Männer MHK	ReckRunners	47:09	10:13	11:48	12:40	12:30
34.	5.F	1.WHK	545	Müller, Maike	1991	w	Frauen WHK	Grojos LTF Elversberg	47:14	11:15	11:45	12:05	12:11
35.	30.M	7.M50	568	Groß, Joachim	1965	m	Senioren M50	Grojos LTF Elversberg	47:15	11:15	11:45	12:05	12:12
36.	31.M	2.M55	572	Schu, Dirk	1961	m	Senioren M55	LTF Marpingen	47:56	11:00	11:53	12:22	12:43
37.	32.M	4.M40	564	Klug, Matthias	1972	m	Senioren M40	LAZ Saar 05 Saarbrücken	48:05	12:12	11:47	12:01	12:06
38.	33.M	9.M30	104	Mark, Dominic	1986	m	Senioren M30	Grojos LTF Elversberg	48:24	12:10	12:06	12:03	12:07
39.	34.M	3.M55	182	Gabelmann, Wolfgang	1960	m	Senioren M55	Spesbach	48:28	11:30	12:10	12:24	12:25
40.	35.M	6.MHK	21	Andres, Tobias	1997	m	Männer MHK	Die Entdeckung der Langsamkeit	48:51	11:52	12:14	12:26	12:21
41.	6.F	2.WHK	18	Schierl, Frederike	1996	w	Frauen WHK		49:50	11:40	12:27	12:54	12:51
42.	36.M	3.M35	58	Riedel, Frank	1977	m	Senioren M35		49:54	12:51	12:12	12:26	12:26
43.	37.M	4.M35	528	Okantah, Kofi	1980	m	Senioren M35	ReckRunners	50:09	12:50	12:32	12:33	12:15
44.	38.M	3.M45	77	Saar, Volker	1967	m	Senioren M45	Team Erdinger Alkoholfrei	50:10	12:19	12:06	13:04	12:43
45.	39.M	7.MHK	229	Volz, Pascal	1999	m	Männer MHK	Gymnasium Ottweiler	50:13	12:12	12:18	12:32	13:12
46.	40.M	4.M55	421	Gitzhofer, Freddy	1961	m	Senioren M55	Grojos LTF Elversberg	50:30	12:37	12:28	12:34	12:51
47.	41.M	4.M45	194	Heinz, Johannes	1970	m	Senioren M45	LG Saar 70	50:46	11:23	12:53	13:25	13:07

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48.	42.M	2.M60	441	Germann, Franz	1952	m	Senioren M60	Grojos LTF Elversberg	50:56	12:42	12:37	12:41	12:57
49.	43.M	3.M60	442	Schreyer, Klaus - Dieter	1956	m	Senioren M60	LTF Mauscbach	50:57	12:28	12:49	12:51	12:51
50.	44.M	8.MHK	228	Wenzler, Lukas	1999	m	Männer MHK	Gymnasium Ottweiler	51:06	12:17	12:40	13:10	13:01
51.	45.M	9.MHK	94	Herding, Nick	1999	m	Männer MHK	LT Hirzweiler	51:42	12:59	12:50	12:55	13:00
52.	7.F	1.W55	115	Berthon, Monique	1958	w	Seniorinnen W55	SJA BHR	51:48	12:20	12:55	13:17	13:18
53.	46.M	5.M55	435	Woll, Jürgen	1961	m	Senioren M55		52:02	12:54	13:06	13:10	12:54
54.	8.F	1.W50	553	Klein, Claudia	1962	w	Seniorinnen W50	LSG Schmelz Hüttersdorf	52:14	12:24	12:57	13:27	13:26
55.	9.F	3.WHK	432	Hans, Christin	1990	w	Frauen WHK		52:53	12:26	13:19	13:34	13:35
56.	47.M	10.MHK	225	Steinriede, Theo	1999	m	Männer MHK	Gymnasium Ottweiler	52:55	12:09	11:50	14:15	14:43
57.	48.M	5.M45	125	Raber, Jörg	1971	m	Senioren M45	TTC Illingen	53:32	13:17	13:07	13:31	13:38
58.	49.M	11.MHK	214	Naumann, Tobias	1991	m	Männer MHK	WZB	53:33	13:25	12:38	13:34	13:58
59.	50.M	6.M45	478	Steinmetz, Tim	1969	m	Senioren M45		53:42	13:20	13:40	13:36	13:08
60.	51.M	5.M40	574	Marioneck, Michael	1975	m	Senioren M40	FCK Running Kaiserslautern	54:19	12:51	13:22	14:05	14:02
61.	52.M	1.M65	563	Hoffmeister, Klaus	1950	m	Senioren M65		54:20	12:55	13:31	13:51	14:05
62.	53.M	6.M40	139	Rindone, Pino	1976	m	Senioren M40	TuS Wiebelskirchen	54:33	12:56	13:33	14:03	14:02
63.	54.M	5.M35	124	Titze, Marc	1978	m	Senioren M35		55:09	13:27	13:49	13:46	14:07
64.	55.M	6.M55	557	Kittler, Rolf	1958	m	Senioren M55	LAG Saarbrücken	55:30	13:50	13:51	13:53	13:56
65.	10.F	1.W	188	Schmidt, Simone	1982	w	Frauen	LTF Mauscbach	55:39	13:16	13:39	14:18	14:27
66.	56.M	12.MHK	227	Spalt, Domenic	1998	m	Männer MHK	Gymnasium Ottweiler	56:16	13:00	14:33	14:27	14:17
67.	57.M	7.M55	186	Zipfler, Werner	1959	m	Senioren M55	LSG-Schmelz	56:16	13:12	13:55	14:24	14:46
68.	58.M	8.M50	485	Petry, Nikolaus	1964	m	Senioren M50		57:41	14:25	14:10	14:36	14:31
69.	59.M	1.M70	543	Nieder, Rudi	1943	m	Senioren M70	Team Erdinger Alkoholfrei	57:54	14:17	14:15	14:38	14:46
70.	60.M	7.M40	196	Lüdecke, Stefan	1974	m	Senioren M40	KWS	57:58	13:32	14:43	15:01	14:44
71.	11.F	2.W40	537	Braun, Silke	1972	w	Seniorinnen W40		58:03	14:40	14:34	14:51	14:00

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72.	61.M	6.M35	105	Deichmann, Matthias	1977	m	Senioren M35		58:07	14:28	14:35	14:38	14:27
73.	62.M	7.M45	582	Stephan, Ralf	1967	m	Senioren M45	LSD Cool Runnings	58:17	14:43	14:31	14:22	14:42
74.	63.M	10.M30	151	Niesler, Matthäus	1985	m	Senioren M30		58:57	13:52	14:27	15:26	15:15
75.	64.M	8.M40	536	Ohliger, Bernd	1973	m	Senioren M40	FriBi Funrunners e.v.	59:05	14:40	14:34	14:54	14:58
76.	12.F	1.W60	550	Kapp, Karin	1954	w	Seniorinnen W60	TV Lebach	59:06	14:44	14:32	14:47	15:05
77.	65.M	9.M40	24	Klaesner, Stephan	1972	m	Senioren M40	LLG Wustweiler	59:26	14:51	14:29	14:52	15:16
78.	66.M	8.M45	443	Gees, Ingo	1967	m	Senioren M45		59:42	14:17	14:55	15:22	15:09
79.	67.M	8.M55	440	Maurer, Heinz-Jürgen	1960	m	Senioren M55		1:00:01	14:15	14:56	15:23	15:28
80.	68.M	7.M35	100	Peters, Steve	1981	m	Senioren M35		1:00:09	14:30	15:07	15:45	14:48
81.	69.M	9.M50	129	Nonnengardt, Udo	1966	m	Senioren M50		1:00:38	14:34	15:05	15:23	15:37
82.	70.M	9.M45	103	Ott, Torsten	1971	m	Senioren M45		1:00:48	16:16	15:37	15:06	13:50
83.	71.M	10.M45	193	Tiedt, Uwe	1968	m	Senioren M45		1:01:02	15:04	15:08	15:14	15:39
84.	13.F	1.W35	142	Büll, Ina	1977	w	Seniorinnen W35		1:01:02	15:04	15:07	15:14	15:38
85.	72.M	13.MHK	226	Herz, Jonas	1998	m	Männer MHK	Gymnasium Ottweiler	1:01:13	13:32	15:15	16:01	16:26
86.	73.M	10.M40	133	Schindler, Markus	1974	m	Senioren M40		1:03:35	19:23	14:25	14:43	15:04
87.	14.F	3.W40	580	Paulus, Heike	1972	w	Seniorinnen W40	tri tronic team St. Wendel	1:06:33	16:08	16:32	16:43	17:12
88.	15.F	4.W40	533	Buschauer, Meike	1976	w	Seniorinnen W40	LTF Bosenberg	1:06:34	16:39	15:56	16:58	17:02
89.	74.M	1.M75	180	Dorscheid, Gilbert	1938	m	Senioren M75	TV 1861 St. Wendel	1:09:19	16:31	16:57	17:45	18:07
90.	16.F	2.W60	548	Henri, Irmgard	1954	w	Seniorinnen W60		1:09:42	16:42	16:45	17:18	18:58
91.	75.M	11.M45	68	Messina, Sandro	1969	m	Senioren M45		1:11:37	17:51	18:13	18:30	17:04
92.	17.F	4.WHK	67	Mau, Julia	1990	w	Frauen WHK		1:11:37	17:51	18:14	18:30	17:04
93.	18.F	3.W60	181	Posse, Ingrid	1953	w	Seniorinnen W60	TV 1861 St. Wendel	1:11:58	17:55	17:51	18:11	18:02

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