

## 30. Winterlaufserie TSV Ippinghausen Endergebnis 15 km

### Ergebnisliste AK

AKPI	Name	Jahrg.	m/w	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Gesamt
<b>3 x 15km</b>									
<b>w</b>									
<b>Frauen</b>									
1.	Annika Hartmann	1996	w	VFL Bad Arolsen	01:07:45	01:05:18	(01:13:41)	01:06:03	<b>03:19:06</b>
2.	Maleen Bienek	1997	w	SG Chattengau		01:15:13	01:19:04	01:12:21	<b>03:46:39</b>
3.	Mareike Schaaake	1999	w	TSV Niederelsungen	01:16:15		01:25:30	01:15:28	<b>03:57:14</b>
4.	Evamarie Banschbach	1997	w	MT Melsungen		01:21:52	01:23:32	01:19:32	<b>04:04:57</b>
<b>Seniorinnen W30</b>									
1.	Theresa Koch	1993	w	Tuspo Borken	01:09:44	01:07:05	01:14:07	()	<b>03:30:57</b>
2.	Sarah Thalmayr	1988	w	Kassel	01:28:45	01:25:18		01:28:19	<b>04:22:23</b>
3.	Rebecca Thalmayr	1988	w	Kassel	01:30:13	01:29:15		01:29:45	<b>04:29:14</b>
<b>Seniorinnen W40</b>									
1.	Anne Greifelt	1978	w	LG Eder	01:20:38	01:19:54	(01:31:03)	01:21:19	<b>04:01:52</b>
2.	Alicia Torres Minoves	1974	w	TSV Niederelsungen	01:21:00	01:19:55	01:28:10	()	<b>04:09:07</b>
3.	Johanna Alpermann	1975	w	WVC Kassel	01:22:13	01:20:53	01:28:58	()	<b>04:12:04</b>
<b>Seniorinnen W50</b>									
1.	Nicole Ramus	1971	w	TSV 1889 Geismar	01:12:40	01:12:47	01:21:26	()	<b>03:46:53</b>
2.	Melanie Knauf	1973	w	TSV Niederelsungen	01:18:55	01:18:24	(01:30:26)	01:17:21	<b>03:54:42</b>
3.	Heike Kabella	1967	w	FTSV Heckershausen/TEA		01:26:00	01:29:37	01:23:23	<b>04:19:01</b>
4.	Nicole Hobein	1971	w	TV Hessisch Lichtenau	01:25:53	01:23:47	01:29:43	()	<b>04:19:25</b>
5.	Sandra Bennecke	1971	w	LG Kaufungen	(01:43:21)	01:38:04	01:43:06	01:34:25	<b>04:55:36</b>
6.	Claudia Herzberg	1967	w	/	01:37:41	01:36:42	01:48:49	()	<b>05:03:13</b>
7.	Mechthild Koch	1970	w	Warburger SV	01:39:47		01:54:50	01:41:28	<b>05:16:06</b>
<b>Seniorinnen W60</b>									
1.	Conchita Welker	1962	w	SG Stern Kassel	01:31:05		01:47:35	01:31:16	<b>04:49:57</b>

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<b>m</b>									
<b>Männer</b>									
1.	Nils Wolkonski	1997	m	TSV Niederelsungen	00:53:49	00:54:08	(01:03:48)	00:53:02	<b>02:41:00</b>
2.	Manfred Sustrate	1995	m	TSV Niederelsungen		00:56:00	01:01:50	00:55:17	<b>02:53:07</b>
3.	Lukas Pieritz	1997	m	TSV Niederelsungen	00:56:15	00:55:59	01:01:31	( )	<b>02:53:45</b>
4.	Maximilian Apel	1996	m	SG Chattengau		01:09:51	01:15:52	01:06:03	<b>03:31:47</b>
<b>Senioren M30</b>									
1.	Simon Jakob	1991	m	KSV Baunatal Triathlon		00:58:48	00:56:39	00:53:53	<b>02:49:21</b>
2.	Jonas Godduhn	1993	m	TSV Obervorschütz		00:58:18	01:06:26	01:01:00	<b>03:05:45</b>
3.	Tobias Plettenberg	1987	m	TSV Niederelsungen		00:59:55	01:07:04	01:01:37	<b>03:08:36</b>
4.	Kevin Trebing-Hild	1987	m	TSV Niederelsungen	01:02:58	01:02:56	01:07:04	( )	<b>03:12:58</b>
5.	Nico Luchs	1987	m	vereinslos	01:05:37		01:06:28	01:02:03	<b>03:14:09</b>
6.	Raphae_Sc_lehahn	1991	m	SV Blau_Weiß 1983 Werbetal	01:05:08		01:11:02	01:02:35	<b>03:18:46</b>
7.	Marcus Eckardt	1986	m	TSV 1889 Geismar	01:06:00	01:07:08	(01:10:10)	01:07:51	<b>03:21:00</b>
8.	Sven Leitzbach	1990	m	Tsv korbach	01:32:41	01:33:01	01:41:24	( )	<b>04:47:08</b>
<b>Senioren M40</b>									
1.	Andreas Poppe	1982	m	LG Reinhardswald/ TSV Udenhausen	01:01:49	00:57:34	(01:01:51)	00:56:48	<b>02:56:12</b>
2.	Andrej Wolf	1976	m	SCC Scharmede	01:04:05	01:03:16	(01:08:21)	01:01:52	<b>03:09:13</b>
3.	Tobias Kröck	1980	m	Laufteam Kassel	01:04:12	01:03:51	(01:06:57)	01:02:08	<b>03:10:11</b>
4.	Heiner Jatho	1974	m	KSV Baunatal	01:03:18	01:04:11		01:03:18	<b>03:10:48</b>
5.	Michael Koeniger	1981	m	Homburg Ren(n)tiere	(01:15:40)	01:04:28	01:09:23	01:04:18	<b>03:18:10</b>
6.	Christian Meyer	1975	m	KSV Baunatal	01:08:36	01:10:04		01:08:21	<b>03:27:02</b>
7.	Martin Wirwahn	1977	m	SV Blau Weiß Dodenhäusen		01:08:50	01:13:19	01:08:36	<b>03:30:46</b>
8.	Björn Bohne	1980	m	Landwehrhagen	01:15:11	01:15:10	01:18:34	( )	<b>03:48:56</b>
9.	Andreas Prawitt	1983	m		01:22:56	01:19:55	(01:23:12)	01:15:07	<b>03:57:58</b>
10.	Ricky Udtke	1982	m	SVW06 Ahnatal	(01:24:24)	01:21:45	01:23:46	01:20:42	<b>04:06:14</b>

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<b>Senioren M50</b>									
1.	Michael_Fiess	1966	m	LG_einha_d_wald	01:05:21	01:04:34	(01:08:08)	01:03:07	<b>03:13:03</b>
2.	Johannes Güthoff	1973	m	TSV Breuna	01:04:25	01:05:06	(01:10:32)	01:03:37	<b>03:13:09</b>
3.	Ralf Paulus	1968	m	SV Blau Weiß Dodenhausen	01:08:23	01:10:02	(01:13:07)	01:06:35	<b>03:25:01</b>
4.	Bernd Schneider	1966	m	TSV Niederelsungen	01:10:07	01:09:37	01:15:58	()	<b>03:35:43</b>
5.	Mario Lopez Wismer	1964	m	KSV Baunatal	01:10:58	01:10:55	(01:17:55)	01:15:18	<b>03:37:13</b>
6.	Roland Schröder	1969	m	KSV Baunatal	01:06:39	01:15:07	01:15:45	()	<b>03:37:33</b>
7.	Frank Hansmann	1972	m	Warburger SV	(01:17:39)	01:12:43	01:16:38	01:08:59	<b>03:38:21</b>
8.	Thomas Hensel	1964	m	TSV Niederelsungen	01:15:21		01:18:28	01:15:21	<b>03:49:11</b>
9.	Claus Peter	1967	m	Team Erdinger Alkoholfrei	01:15:42	01:15:51	01:21:06	()	<b>03:52:40</b>
10.	Karsten Ledderhose	1972	m	TSV Deute	01:18:39	01:18:59		01:20:58	<b>03:58:37</b>
11.	Uwe Werner	1966	m	Laufteam Wolfhagen	01:24:21	01:23:11		01:23:24	<b>04:10:58</b>
12.	Markus Klöpfel	1969	m	Homburg Ren(n)tiere	01:26:02	01:28:39	01:34:21	()	<b>04:29:04</b>
13.	Jörg Bennecke	1966	m	LG Kaufungen	01:43:21		01:43:06	01:34:25	<b>05:00:53</b>
<b>Senioren M60</b>									
1.	Jürgen Müller	1963	m	Laufteam Kassel		01:09:31	01:13:55	01:09:28	<b>03:32:54</b>
2.	Gerhard Kupjetz	1963	m	TSV Goddelsheim	01:11:32	01:11:12		01:10:22	<b>03:33:07</b>
3.	Bernhard Coressel	1962	m	Lokomotive Bergpark	01:14:44	01:14:41	01:20:48	()	<b>03:50:14</b>
4.	Norbert Heinicke	1962	m	Laufteam Wolfhagen	01:26:57	01:30:55	(01:43:26)	01:30:22	<b>04:28:15</b>
<b>Senioren M65</b>									
1.	Bernd Mehring	1956	m	SV Blau Weiß Dodenhausen	01:13:32	01:17:00		01:14:18	<b>03:44:50</b>
2.	Esmael Kiani	1955	m	Kassel	01:20:06	01:22:34		01:20:30	<b>04:03:11</b>
3.	Friedhelm Beckmann	1954	m	TG Wehlheiden	01:22:15		01:28:15	01:26:43	<b>04:17:15</b>
4.	Peter Spiekermann	1954	m	LG Vellmar		01:28:01	01:37:45	01:23:00	<b>04:28:47</b>
5.	Johannes Disselhorst	1954	m	ORANJE BOVEN	01:33:50		01:41:35	01:30:12	<b>04:45:37</b>
6.	Werner John	1955	m	TSV Holzhausen/Eder	01:39:57	01:41:53		01:42:04	<b>05:03:56</b>

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<b>Senioren M70</b>									
1.	Hermann-Josef Scholz	1949	m	Warburger SV	01:38:02	01:51:51	02:02:10	()	<b>05:32:04</b>

Anzahl Teilnehmer: 64