

# Ergebnis Samstag 16.12.2023

Läufer im Ziel: 51

Datum

17.12.2023

Seite:

1

| Platz                         | Name            | Vorname    | Verein             | AK       | AK Pl | Zeit     | Tag |
|-------------------------------|-----------------|------------|--------------------|----------|-------|----------|-----|
| Frauen - 10 Kilometer         |                 |            |                    |          |       |          |     |
| 1                             | Stang           | Ina        | Symrise            | W45      | 1     | 00:53:37 |     |
| 2                             | Lindhorst-Göman | Annette    | PSV Holzminden     | W60      | 1     | 01:23:29 |     |
| Frauen - 5 Kilometer          |                 |            |                    |          |       |          |     |
| 1                             | Krog            | Antje      | TriTeam SSW        | W35      | 1     | 00:29:29 |     |
| 2                             | Bosse           | Marietta   | Only Fun           | W50      | 1     | 00:29:32 |     |
| 3                             | Lange           | Christina  | PSV Holzminden     | W50      | 1     | 00:31:42 |     |
| 4                             | Anghel          | Ana Maria  | Non Stop Ultra Bra | W45      | 1     | 00:34:29 |     |
| 5                             | Kopp            | Heidi      | PSV Holzminden     | W60      | 1     | 00:34:35 |     |
| Frauen - Walking 10 Kilometer |                 |            |                    |          |       |          |     |
| 1                             | Struk           | Kerstin    | Nieheim            | W60      | 1     | 01:26:40 |     |
| Frauen - Walking 5 Kilometer  |                 |            |                    |          |       |          |     |
| 1                             | Beismann        | Anna-Carin | Bodenwerder        | W40      | 1     | 00:38:13 |     |
| Männer - 10 Kilometer         |                 |            |                    |          |       |          |     |
| 1                             | Meron           | Sium       | Non Stop Ultra Bra | Jugend A | 1     | 00:36:48 |     |
| 2                             | Berkemeier      | Matthias   | LF Lühtringen      | M20      | 1     | 00:37:42 |     |
| 3                             | Hesse           | Jörn       | Delligser SC       | M45      | 1     | 00:41:02 |     |
| 4                             | Traore          | Bourama    | LG Höxter          | M20      | 2     | 00:43:12 |     |
| 5                             | Schneider       | Johannes   | Non Stop Ultra Bra | M35      | 1     | 00:43:24 |     |
| 6                             | Gebreyonas      | Debesay    | Non Stop Ultra Bra | M35      | 2     | 00:44:39 |     |
| 7                             | Pieper          | Florian    | Non Stop Ultra     | M35      | 3     | 00:44:40 |     |
| 8                             | Memis           | Ihsan      | Team Egger         | M50      | 1     | 00:44:53 |     |
| 9                             | Goytom          | Berhe      | Non Stop Ultra Bra | M35      | 4     | 00:46:01 |     |
| 10                            | Abdalrhaman     | Munesser   | Non Stop Ultra Bra | M30      | 1     | 00:49:05 |     |
| 11                            | Talke           | Michael    | MTV 49 Holzminden  | M55      | 1     | 00:50:33 |     |
| 12                            | Alhamed         | Mohammad   | Non Stop Ultra Bra | M20      | 3     | 00:50:55 |     |
| 13                            | Vatterott       | Dirk       | Holzminden         | M40      | 1     | 00:51:00 |     |
| 14                            | Freise          | Hartmut    | LG Solling         | M60      | 1     | 00:51:24 |     |
| 15                            | Trube           | Mario      | PSV Holzminden     | M55      | 2     | 00:52:54 |     |
| 16                            | Echterling      | Udo        | Team Egger         | M45      | 2     | 00:53:03 |     |
| 17                            | Jafari          | Ali        | Non Stop Ultra Bra | M20      | 4     | 00:53:32 |     |
| 18                            | Seitz           | Dirk       | TSV Arholzen       | M55      | 3     | 00:55:01 |     |
| 19                            | Janusz          | Jarek      | Team Egger         | M60      | 2     | 00:55:06 |     |
| 20                            | Gittel          | Marc       | Höxter             | M40      | 2     | 00:56:57 |     |
| 21                            | Seemann         | Charly     | PSV Holzminden     | M60      | 3     | 00:59:29 |     |
| 22                            | Joppe           | Holger     |                    | M55      | 4     | 00:59:30 |     |
| 23                            | Laureyns        | Hendrik    | Team Egger         | M60      | 4     | 00:59:47 |     |
| 24                            | Ebeling         | Matthias   | PSV Holzminden     | M55      | 5     | 01:00:11 |     |
| 25                            | Hoppe           | Moritz     | Symrise            | M30      | 2     | 01:02:30 |     |
| 26                            | Grüner          | Adalbert   | Non Stop Ultra Bra | M70      | 1     | 01:03:46 |     |
| 27                            | Düweke          | Wilhelm    | Non Stop Ultra Bra | M65      | 1     | 01:04:33 |     |
| Männer - 5 Kilometer          |                 |            |                    |          |       |          |     |
| 1                             | Freise          | Dennis     | LG Solling         | M20      | 1     | 00:18:08 |     |
| 2                             | Versen          | Dietmar    | Only Fun           | M55      | 1     | 00:22:30 |     |
| 3                             | Becker          | Philip     | VfB Negenborn      | M35      | 1     | 00:28:16 |     |
| 4                             | Lange           | Andreas    | PSV Holzminden     | M65      | 1     | 00:30:33 |     |
| 5                             | Ebeling         | Rudolf     | PSV Holzminden     | M80      | 1     | 00:33:27 |     |
| 6                             | Bettermann      | Edgar      | PSV Holzminden     | M85      | 1     | 00:47:51 |     |

| Platz                         | Name     | Vorname    | Verein            | AK      | AK PI | Zeit     | Tag |
|-------------------------------|----------|------------|-------------------|---------|-------|----------|-----|
| noch Männer - 5 Kilometer     |          |            |                   |         |       |          |     |
|                               |          |            |                   |         |       |          |     |
| Männer - Walking 10 Kilometer |          |            |                   |         |       |          |     |
| 1                             | Schüler  | Martin     | LG Solling        | M75     | 1     | 01:16:00 |     |
| 2                             | Struk    | Josef      | Nieheim           | M70     | 1     | 01:27:31 |     |
|                               |          |            |                   |         |       |          |     |
| Männer - Walking 5 Kilometer  |          |            |                   |         |       |          |     |
| 1                             | Nolte    | Eckhard    | MTV Wangelstedt   | M70     | 1     | 00:36:53 |     |
| 2                             | Golüke   | Werner     | PSV Holzminden    | M70     | 2     | 00:39:37 |     |
| 3                             | Görmann  | Tobias     | Grave             | M60     | 1     | 00:40:36 |     |
| 4                             | Micus    | Dr. Thomas | PSV Holzminden    | M70     | 3     | 00:47:32 |     |
| 5                             | Wehrmann | Wilhelm    | PSV Holzminden    | M85     | 1     | 00:48:25 |     |
|                               |          |            |                   |         |       |          |     |
| Schüler - 5 Kilometer         |          |            |                   |         |       |          |     |
| 1                             | Krog     | Anton      | TriTeam SSW       | Schüler | 1     | 00:27:49 |     |
| 2                             | Becker   | Felix      | MTV 49 Holzminden | Schüler | 1     | 00:28:14 |     |
|                               |          |            |                   |         |       |          |     |