

Ergebnis Wochenende: 23.11.2024 / 24.11.2024**Läufer im Ziel: Samstag:79, Sonntag:42, Gesamt:121****Datum**

25.11.2024

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| Platz | Name | Vorname | Verein | AK | AK PI | Zeit | Tag |
|-------------------------------------|-----------------|-----------|-----------------------|---------|-------|----------|-----|
| Frauen - 10 Kilometer | | | | | | | |
| 1 | Taube | Imke | PSV Holzminden | W35 | 1 | 00:49:36 | |
| 2 | Campe | Chantal | RunArtist Holzmind | W45 | 1 | 00:50:20 | |
| 3 | Baumgardt-Neßli | Juliane | HLC Höxter | W35 | 2 | 00:50:56 | |
| 4 | Stang | Ina | Symrise | W45 | 2 | 00:53:42 | |
| 5 | Berg | Kristina | LG Höxter | W40 | 1 | 00:58:23 | So. |
| 6 | Vorköper | Dörte | TV Deutsche Eiche | W40 | 1 | 00:59:21 | |
| 7 | Golüke | Michaela | TUS Istrup | W50 | 1 | 01:00:55 | So. |
| 8 | Rotermund | Billie | Nieheim | W30 | 1 | 01:01:06 | |
| 9 | Dreier | Katharina | TSV Rischenau | W45 | 3 | 01:05:55 | |
| Frauen - 20 Kilometer | | | | | | | |
| 1 | Janele | Jennifer | Weserbergland Runn | W30 | 1 | 01:32:51 | |
| 2 | Wagenknecht | Nicole | Symrise | W40 | 1 | 01:54:32 | |
| 3 | Reß | Kerstin | Symrise | W40 | 2 | 02:26:19 | |
| Frauen - 5 Kilometer | | | | | | | |
| 1 | Greiwe | Kerstin | Polle | W50 | 1 | 00:22:46 | |
| 2 | Greiwe | Kerstin | Polle | W50 | 1 | 00:26:06 | So. |
| 3 | Dorusch | Elke | PSV Holzminden | W70 | 1 | 00:27:45 | So. |
| 4 | Bosse | Marietta | Only Fun | W50 | 2 | 00:28:08 | |
| 5 | Schreiber | Sina | Höxter | W40 | 2 | 00:29:25 | |
| 6 | Djak | Melanie | Symrise | W45 | 1 | 00:29:45 | |
| 7 | Mewes | Sarah | Höxter | W35 | 1 | 00:30:14 | |
| 8 | Große | Justine | Weserbergland Runn | W20 | 1 | 00:31:39 | So. |
| 9 | Fenz | Katrin | LG Solling | W45 | 2 | 00:32:08 | |
| 10 | Schliephake | Katrin | MTV Altendorf | W60 | 1 | 00:32:43 | |
| 11 | Behn | Vera | HLC Höxter | W50 | 2 | 00:32:50 | So. |
| 12 | Schreiber | Constanze | HLC Höxter | W55 | 1 | 00:34:52 | So. |
| 13 | Schoppmeier | Annette | Symrise | W50 | 3 | 00:35:06 | |
| 14 | Schoppmeier | Annette | Symrise | W50 | 3 | 00:36:17 | So. |
| Frauen - Walking 5 Kilometer | | | | | | | |
| 1 | Lange | Christina | PSV Holzminden | W50 | 1 | 00:42:14 | |
| 2 | Horstmann | Rita | HLC Höxter | W60 | 1 | 00:42:39 | |
| 3 | Klüver | Maike | Symrise | W50 | 2 | 00:42:45 | |
| 4 | Sprenger | Corinna | PSV Holzminden | W60 | 2 | 00:42:50 | |
| 5 | Lange | Christina | PSV Holzminden | W50 | 1 | 00:43:41 | So. |
| 6 | Ehlers | Ulrike | PSV Holzminden | W65 | 1 | 00:47:16 | |
| 7 | Dörrier | Gisela | MTV Altendorf | W75 | 1 | 00:48:04 | |
| 8 | Hager | Ulrike | FFW Lüerdissen | W45 | 1 | 00:54:54 | So. |
| Schülerinnen - 5 Kilometer | | | | | | | |
| 1 | Fenz | Anna | LG Solling | Schüler | 1 | 00:33:47 | |
| Männer - 10 Kilometer | | | | | | | |
| 1 | Siepler | Carsten | TV Jahn Bad Dribur | M20 | 1 | 00:35:24 | So. |
| 2 | Djak | Marinko | Symrise | M55 | 1 | 00:40:26 | So. |
| 3 | Berkemeier | Matthias | LF Lühtringen | M20 | 1 | 00:40:43 | |
| 4 | Berkemeier | Matthias | LF Lühtringen | M20 | 2 | 00:41:52 | So. |
| 5 | Koschik | Niko | TriTeam SSW | M35 | 1 | 00:45:05 | |
| 6 | Schoppmeier | Martin | SV Brenkhausen/Bos | M50 | 1 | 00:45:14 | |
| 7 | Klaus | Alexander | TriTeam SSW Wehrde | M35 | 2 | 00:45:20 | |

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|-----------------------------------|-------------|------------|--------------------|----------|-------|----------|-----|
| noch Männer - 10 Kilometer | | | | | | | |
| 8 | Bodner | Philipp | RunArtist Holzmind | M40 | 1 | 00:46:47 | |
| 9 | Moeller | Tim | Heiße Hemden Höxte | M20 | 3 | 00:46:56 | So. |
| 10 | Bodner | Philipp | RunArtist Holzmind | M40 | 1 | 00:46:58 | So. |
| 11 | Memis | Ihsan | Team Egger | M50 | 2 | 00:48:22 | |
| 12 | Vatterott | Dirk | Holzminden | M45 | 1 | 00:48:53 | So. |
| 13 | Memis | Ihsan | Team Egger | M50 | 1 | 00:49:03 | So. |
| 14 | Köhne | Michael | TuS Ovenhausen | M45 | 2 | 00:49:29 | So. |
| 15 | Schoppmeier | Martin | SV Brenkhausen/Bos | M50 | 2 | 00:49:30 | So. |
| 16 | Talke | Michael | MTV 49 Holzminden | M55 | 1 | 00:51:26 | |
| 17 | Geese | Rainer | Symrise | M65 | 1 | 00:51:51 | |
| 18 | Wöstefeld | Markus | TUS Lütmarsen | M45 | 1 | 00:52:02 | |
| 19 | Jacek | Janusz | Team Egger | M60 | 1 | 00:54:20 | |
| 20 | Morgenstern | Stefan | TUS Istrup | M45 | 2 | 00:55:28 | |
| 21 | Gittel | Marc | Höxter | M45 | 3 | 00:56:35 | |
| 22 | Jacek | Janusz | Team Egger | M60 | 1 | 00:57:20 | So. |
| 23 | Harsing | Markus | TC Grün-Weiß Stahl | M45 | 4 | 00:57:25 | |
| 24 | Krömeke | Hartmut | TUS Istrup | M60 | 2 | 01:00:56 | So. |
| 25 | Mau | Thomas | Symrise | M55 | 2 | 01:04:22 | So. |
| 26 | Laureyns | Hendrik | Team Egger | M60 | 2 | 01:05:55 | |
| 27 | Fromme | Volker | SV Brenkhausen/Bos | M40 | 2 | 01:06:57 | So. |
| 28 | Fromme | Erich | SV Brenkhausen/Bos | M70 | 1 | 01:09:54 | So. |
| Männer - 20 Kilometer | | | | | | | |
| 1 | Janele | Alexander | Weserbergland Runn | M40 | 1 | 01:29:59 | |
| 2 | Daro | Abdou-Char | Holzminden | M35 | 1 | 01:30:41 | |
| 3 | Traore | Bourama | LG Höxter | M20 | 1 | 01:33:57 | So. |
| 4 | Brüngel | Stefan | PSV Holzminden | M50 | 1 | 01:49:28 | So. |
| 5 | Röder | Frank | Höxter | M45 | 1 | 01:50:42 | So. |
| 6 | Sonnenburg | Christian | Symrise | M45 | 1 | 01:54:32 | |
| 7 | Oppermann | Christoph | Symrise | M35 | 2 | 02:26:18 | |
| Männer - 5 Kilometer | | | | | | | |
| 1 | Leßmann | Simon | TV Jahn Bad Dribur | M20 | 1 | 00:17:08 | So. |
| 2 | Freise | Dennis | LG Solling | M20 | 1 | 00:18:24 | |
| 3 | Djak | Marinko | Symrise | M55 | 1 | 00:19:20 | |
| 4 | Gebreyonas | Debesay | Non Stop Ultra Bra | M35 | 1 | 00:19:40 | |
| 5 | Sium | Meron | Non Stop Ultra Bra | Jugend A | 1 | 00:20:20 | |
| 6 | Sium | Meron | Non Stop Ultra Bra | Jugend A | 1 | 00:21:02 | So. |
| 7 | Djak | Mirko | Holzminden | M20 | 2 | 00:22:19 | |
| 8 | Klie | Bernd | Symrise | M50 | 1 | 00:22:35 | |
| 9 | Klie | Bernd | Symrise | M50 | 1 | 00:22:57 | So. |
| 10 | Fenz | Sascha | LG Solling | M50 | 2 | 00:23:58 | |
| 11 | Klüver | Jörg | Symrise | M55 | 2 | 00:24:07 | |
| 12 | Göllner | Johannes | Non Stop Ultra Bra | M35 | 2 | 00:25:16 | |
| 13 | Kremeyer | Till | TUS 20 Bellersen | M35 | 3 | 00:25:49 | |
| 14 | Herzke | Bernd | SV Heinum | M70 | 1 | 00:26:04 | |
| 15 | Schumann | Dirk | Weserbergland Runn | M55 | 3 | 00:26:15 | |
| 16 | Freise | Hartmut | LG Solling | M60 | 1 | 00:26:18 | |
| 17 | Brandel | Uwe | HLC Höxter | M60 | 2 | 00:27:17 | |
| 18 | Schliephake | Olaf | MTV Altendorf | M60 | 3 | 00:27:21 | |
| 19 | Tewes | Fabian | KC Gude Laune | M40 | 1 | 00:27:24 | |
| 20 | Brandel | Uwe | HLC Höxter | M60 | 1 | 00:27:41 | So. |
| 21 | Versen | Dietmar | Only Fun | M60 | 4 | 00:28:09 | |

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| noch Männer - 5 Kilometer | | | | | | | |
| 22 | Grüner | Adalbert | Non Stop Ultra Bra | M70 | 1 | 00:30:18 | So. |
| 23 | Raabe | Heribert | LG Höxter | M70 | 2 | 00:30:53 | So. |
| 24 | Grüner | Adalbert | Non Stop Ultra Bra | M70 | 2 | 00:30:59 | |
| 25 | Temme | Daniel | Non Stop Ultra Bra | M35 | 4 | 00:32:06 | |
| 26 | Hoppe | Michael | HLC Höxter | M70 | 3 | 00:32:49 | So. |
| 27 | Hofmann | Wolfgang | PSV Holzminden | M75 | 1 | 00:36:32 | |
| 28 | Broensen | Matthias | Weserbergland Runn | M60 | 2 | 00:36:45 | So. |
| 29 | Broensen | Matthias | Weserbergland Runn | M60 | 5 | 00:36:56 | |
| 30 | Braunsdorf | Jens | Polle | M40 | 3 | 00:37:15 | |
| 31 | Moeller | Joelina | Heiße Hemden Höxte | M20 | 2 | 00:40:22 | So. |
| 32 | Bettermann | Edgar | PSV Holzminden | M85 | 1 | 00:52:25 | |
| Männer - Walking 10 Kilometer | | | | | | | |
| 1 | Ott | Rafael | SSV Germania Wehrd | M55 | 1 | 01:02:53 | |
| 2 | Drüke | Franz | SV Brenkhausen/Bos | M60 | 1 | 01:19:40 | So. |
| 3 | Weinholz | Dieter | SV Brenkhausen/Bos | M60 | 2 | 01:19:42 | So. |
| 4 | Drüke | Franz | SV Brenkhausen/Bos | M60 | 1 | 01:21:08 | |
| 4 | Weinholz | Dieter | SV Brenkhausen/Bos | M60 | 1 | 01:21:08 | |
| Männer - Walking 5 Kilometer | | | | | | | |
| 1 | Dörrier | Willi | MTV Altendorf | M75 | 1 | 00:41:16 | |
| 2 | Winter | Gerd | PSV Holzminden | M75 | 2 | 00:41:57 | |
| 3 | Lange | Andreas | PSV Holzminden | M65 | 1 | 00:42:38 | |
| 4 | Horstmann | Gerd Olaf | Taekwon-Do Satori | M70 | 1 | 00:43:40 | |
| 5 | Golüke | Werner | PSV Holzminden | M70 | 2 | 00:44:24 | |
| 6 | Lange | Andreas | PSV Holzminden | M65 | 1 | 00:47:31 | So. |
| 7 | Schulze | Ulrich | Hameln | M70 | 3 | 00:48:05 | |
| 8 | Wehrmann | Wilhelm | PSV Holzminden | M90 | 1 | 00:51:42 | |
| 9 | Hager | Michael | FFW Lüerdissen | M65 | 2 | 00:54:54 | So. |
| Schüler - 5 Kilometer | | | | | | | |
| 1 | Spieker | Fiete | TuS Ovenhausen | Schüler | 1 | 00:20:13 | So. |
| 2 | Helpenstein | Moritz | LF Lühtringen | Schüler | 2 | 00:23:39 | So. |
| 3 | Kremeyer | Linus | TuS 13 Hembsen | Schüler | 1 | 00:23:48 | |
| 4 | Daro | Amir Feysa | Deutsche Eiche | Schüler | 1 | 00:27:08 | |
| 5 | Greiwe | Nils Rocky | RunArtist Holzmind | Schüler | 1 | 00:27:36 | |