

Frauen

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
1	79	Julia Keck	LA Team Saar	W45	1	10:22	10:25	10:12	09:56	0:40:55 (1)	0:40:58
2	291	Olena Kuchai	LAG Saarbrücken	W40	1	10:35	10:59	11:27	11:31	0:44:33 (2)	0:44:36
3	72	Sabrina Kallenborn		W	1	10:32	11:14	11:22	11:30	0:44:38 (3)	0:44:47
4	96	Anne Lindner	Eintracht Frankfurt Triathlon	W35	1	10:55	11:27	11:47	11:39	0:45:48 (4)	0:45:52
5	303	Luisa Bonenberger	TC Löstertal	W35	2	11:11	11:50	12:03	11:57	0:47:00 (5)	0:47:11
6	287	Katrin Groß	Lauftreff CDU Saar	W35	3	11:46	11:58	12:19	12:18	0:48:20 (6)	0:48:26
7	300	Elisa Holz	LTF Theeltal	W	2	12:26	12:35	12:28	12:28	0:49:57 (7)	0:50:07
8	285	Saskia Kupsch	LTF Theeltal	W30	1	12:25	12:49	12:47	12:49	0:50:50 (8)	0:51:00
9	296	Cordelia Manger		W45	2	12:36	13:12	13:42	13:49	0:53:19 (9)	0:53:23
10	195	Stephanie Valentin	LSG Schmelz-Hüttersdorf	W50	1	12:54	13:20	13:42	13:51	0:53:47 (10)	0:53:54
14	83	Rosa Kölsch	Lauftreff CDU Saar	W35	4	12:48	13:53	14:26	14:05	0:55:12 (14)	0:55:23
11	164	Folke Schmitt		W40	2	13:03	13:57	14:16	13:39	0:54:55 (12)	0:54:59
13	14	Cordula Bai	LC Völklingen	W50	2	13:13	13:56	14:06	13:57	0:55:11 (13)	0:55:19
12	64	Monika Hoffmann	Mittelpunktläufer SV Habach	W60	1	13:26	13:49	14:09	13:26	0:54:51 (11)	0:55:00
15	167	Margit Schneider	Mittelpunktläufer SV Habach	W60	2	13:26	13:49	14:09	13:56	0:55:20 (15)	0:55:29
16	100	Steffi Meiers	LAG Saarbrücken	W50	3	13:55	14:34	14:44	14:11	0:57:23 (16)	0:57:27
17	66	Sophie Holderbaum	Lauftreff CDU Saar	W	3	13:50	14:48	14:46	14:24	0:57:49 (17)	0:57:59
18	194	Darleen Uhl		W	4	13:42	15:05	15:45	16:40	1:01:11 (18)	1:01:20
20	215	Anna Wolf	Lauftreff Saarlouis Eidenborn	W35	5	14:22	15:43	16:26	16:32	1:03:04 (20)	1:03:09
19	129	Simone Priesnitz		W45	3	14:56	15:39	16:18	15:59	1:02:52 (19)	1:03:07
21	50	Lilo Hartenberger	LAZ Birkenfeld	W70	1	14:44	15:46	16:33	16:42	1:03:44 (21)	1:03:54
22	33	Selina Ernst	Ernstes Team	W30	2	16:18	16:15	16:28	16:20	1:05:20 (22)	1:05:36
23	32	Andrea Ernst	Ernstes Team	W60	3	16:18	16:15	16:28	16:20	1:05:21 (23)	1:05:37
24	130	Julia Quinten		W30	3	17:31	19:21	20:16	20:06	1:17:14 (24)	1:17:20

Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
1	171	Sammy Schu	LTF Marpingen	M30	1	08:34	08:51	08:51	08:32	0:34:48 (1)	0:34:50
2	294	Akigi Akifi Mohamad	FMAC	M50	1	08:34	08:51	08:52	09:02	0:35:20 (2)	0:35:22
3	283	Benny Irsch	LSG Schmelz-Hüttersdorf	M40	1	09:04	09:20	09:25	09:17	0:37:06 (3)	0:37:08
4	22	Tobias Bohn		M	1	09:14	09:21	09:32	09:21	0:37:28 (4)	0:37:31
5	301	Jean-Marc Burg	LC Rehlingen	M	2	09:04	09:30	09:44	09:51	0:38:09 (5)	0:38:12
6	275	Jan Mende	SG Lebach-Landsweiler	M	3	09:05	09:39	09:53	09:38	0:38:15 (6)	0:38:22
7	168	Timo Schöndorf	LA Team Saar	M45	1	09:37	09:51	10:10	10:07	0:39:44 (7)	0:39:47
8	305	Philipp Schmidt	SCF	M35	1	09:24	10:07	10:42	10:27	0:40:41 (8)	0:40:47
10	288	Markus Groß	Lauftreff CDU Saar	M45	2	09:54	10:15	10:45	10:42	0:41:36 (10)	0:41:40
9	99	Timo Maurer	LTF Theeltal	M50	2	10:46	10:45	09:50	10:02	0:41:23 (9)	0:41:28
13	78	Manuel Kattler	LAG Saarbrücken	M30	2	10:29	10:49	10:56	10:42	0:42:55 (13)	0:42:58

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Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
12	43	Nico Göttelmann	Firma: STEELIKONE	M45	3	10:23	10:53	10:56	10:39	0:42:52 (12)	0:42:56
11	186	Jan Thewes	LSG Schmelz-Hüttersdorf	M	4	10:57	11:21	10:29	09:50	0:42:37 (11)	0:42:42
14	125	Carsten Petry	SG Saubach	M30	3	10:31	10:54	11:28	11:10	0:44:03 (14)	0:44:16
15	304	Nico Fontaine	LTF Theeltal	M30	4	11:11	11:16	11:01	11:13	0:44:41 (15)	0:44:47
16	154	Dennis Scherer	LuMoNaDe	M40	2	11:10	11:17	11:17	11:08	0:44:52 (16)	0:44:55
17	41	Marlon Gärtner		M	5	10:45	11:22	11:31	11:17	0:44:55 (17)	0:45:05
18	95	Christoph Lindner	Eintracht Frankfurt Triathlon	M35	2	10:50	11:22	11:31	11:23	0:45:05 (18)	0:45:10
19	292	Oleksandre Tovstopiatevko		M30	5	10:13	11:34	11:57	11:36	0:45:20 (19)	0:45:23
21	8	Benjamin Angel	Bundeswehr	M40	3	10:50	11:23	11:55	11:55	0:46:03 (21)	0:46:06
20	289	Markus Sauer	LAG Saarbrücken	M55	1	11:18	11:17	11:36	11:21	0:45:32 (20)	0:45:36
22	261	Mahmoud Sidawi	SG Lebach-Landsweiler	M35	3	10:58	11:25	11:59	11:41	0:46:03 (22)	0:46:13
23	269	Johannes Buchheit	SG Lebach-Landsweiler	M	6	10:45	11:48	11:57	11:46	0:46:16 (23)	0:46:23
29	265	Simon Grohs	SG Lebach-Landsweiler	M	8	10:37	11:37	12:14	12:38	0:47:05 (28)	0:47:14
25	187	Luca Thies	SG Saubach	MJ U20	1	11:08	11:35	11:59	11:48	0:46:30 (25)	0:46:43
24	286	Thomas Morgott	LTF Theeltal	M50	3	11:20	11:37	11:50	11:39	0:46:25 (24)	0:46:35
27	268	Niklas Schulz	SG Lebach-Landsweiler	M	7	11:03	11:40	12:10	11:58	0:46:51 (27)	0:46:59
28	273	Maksimilian Bialas	SG Lebach-Landsweiler	MJ U14	1	11:13	11:50	12:05	11:58	0:47:06 (29)	0:47:14
26	134	Christoph Rau	SG Saubach	M35	4	11:41	11:47	11:59	11:09	0:46:36 (26)	0:46:49
30	128	Jörg Priesnitz		M45	4	11:25	12:04	12:16	12:27	0:48:11 (30)	0:48:17
79	297	Andreas Hauck	LA Team Saar	M55	7	11:09	12:06	12:46	35:37	1:11:37 (79)	1:11:41
33	264	Dennis Kremic	SG Lebach-Landsweiler	M	10	11:11	12:04	12:42	12:31	0:48:28 (33)	0:48:36
36	267	Anton Gretz	SG Lebach-Landsweiler	M	11	10:59	12:03	12:59	13:02	0:49:04 (36)	0:49:14
32	270	Silas Schmitt	SG Lebach-Landsweiler	M	9	11:17	12:13	12:35	12:21	0:48:25 (32)	0:48:36
31	92	Philipp Lang	SG Saubach	MJ U20	2	11:44	12:09	12:24	12:02	0:48:20 (31)	0:48:33
34	89	Jörg Krämer	Laufftreff Saarlouis Eidenborn	M40	4	11:46	12:09	12:32	12:15	0:48:41 (34)	0:48:45
37	299	Jörg Dresen	LLG Wustweiler	M50	4	12:01	12:23	12:27	12:19	0:49:09 (37)	0:49:17
35	277	Nils Flamann	SG Lebach-Landsweiler	MJ U20	3	11:46	12:28	12:37	12:09	0:48:59 (35)	0:49:10
38	281	Niels Proietti	SG Lebach-Landsweiler	M	12	11:41	12:27	12:53	12:44	0:49:44 (38)	0:49:53
40	91	jörg kühn	sleepers	M45	5	12:03	12:27	12:49	13:05	0:50:24 (40)	0:50:31
39	263	Daniel Ali	SG Lebach-Landsweiler	M	13	11:06	13:15	13:08	12:51	0:50:20 (39)	0:50:30
43	160	Lukas Schirra	Laufftreff CDU Saar	M	14	11:58	12:50	13:14	12:49	0:50:51 (43)	0:50:58
41	102	Volker Mertens-Busch	Mittelpunktläufer SV Habach	M55	2	12:23	12:50	12:49	12:36	0:50:38 (41)	0:50:46

Hauptlauf

(Männer / Frauen Wertung)

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Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
44	271	Marc Willems	SG Lebach-Landsweiler	M30	6	11:46	13:13	13:06	13:07	0:51:13 (44)	0:51:22
42	172	Stefan Schuler	DJK-SG-IGB	M65	1	12:34	12:49	12:53	12:29	0:50:45 (42)	0:50:52
47	282	Michael Wahl	TV Lebach	M45	6	11:46	12:58	13:40	13:40	0:52:03 (47)	0:52:06
48	266	Erik Valtchev	SG Lebach-Landsweiler	MJ U20	4	11:09	12:48	14:27	14:20	0:52:44 (48)	0:52:54
45	274	Jan Herresbach	SG Lebach-Landsweiler	M	15	11:13	13:03	14:10	13:18	0:51:44 (45)	0:51:52
46	272	Dominik Jäckel	SG Lebach-Landsweiler	M30	7	11:46	13:13	13:33	13:12	0:51:44 (46)	0:51:54
50	201	Gilles Wagener		M60	2	12:07	13:08	13:46	13:57	0:52:58 (50)	0:53:04
49	12	Christian Backes	TV Germania Piesbach	M60	1	12:30	13:05	13:35	13:38	0:52:47 (49)	0:52:55
51	279	Lars Feld	SG Lebach-Landsweiler	M	16	12:05	13:54	13:55	13:25	0:53:20 (51)	0:53:27
54	127	Bernd Poth	LTF Theeltal	M55	4	12:19	13:32	14:08	13:54	0:53:53 (54)	0:53:58
52	293	Bernd Ziegler	FC 08 Homburg	M45	7	13:06	13:16	13:37	13:29	0:53:28 (52)	0:53:34
53	178	Markus Sonnhalter		M55	3	13:17	13:34	13:39	13:11	0:53:42 (53)	0:53:52
56	131	Werner Quinten	Lauffreunde Hasborn	M60	4	12:30	13:48	14:26	14:36	0:55:21 (57)	0:55:25
55	302	Hubert Schäfer		M60	3	12:54	13:52	14:11	13:44	0:54:42 (55)	0:54:53
58	21	Timo Bohn		M40	5	12:51	13:49	14:26	14:47	0:55:53 (58)	0:55:57
57	84	Roman Kölsch	Laufftreff CDU Saar	M35	5	12:48	13:53	14:29	14:06	0:55:16 (56)	0:55:27
59	63	Jannis Hoenig	FV Lebach	MJ U18	1	11:52	14:05	16:07	14:12	0:56:17 (59)	0:56:23
63	145	Thomas Ruschel	TTS Lehrerteam	M35	6	13:21	14:09	14:39	15:16	0:57:25 (63)	0:57:38
61	280	Naoum Yosef	SG Lebach-Landsweiler	MJ U20	5	11:51	14:22	16:04	14:38	0:56:55 (61)	0:57:06
60	192	Jürgen Tubbesing	LAG Saarbrücken	M65	2	13:56	14:17	14:23	14:07	0:56:43 (60)	0:56:51
61	162	Torsten Schmidt		M40	6	13:33	14:22	14:44	14:21	0:57:00 (62)	0:57:06
64	196	Bernd Valentin	LSG Schmelz-Hüttersdorf	M60	5	14:11	14:24	14:42	14:31	0:57:48 (64)	0:57:55
66	71	Max Kallenborn		M40	7	13:33	14:36	15:06	15:18	0:58:33 (66)	0:58:45
65	202	Uwe Wagner	TG Reimsbach	M55	5	13:47	14:29	15:29	14:46	0:58:32 (65)	0:58:44
68	93	Horst Längler	LSG Schmelz-Hüttersdorf	M60	6	14:25	15:00	15:16	15:12	0:59:52 (68)	0:59:59
67	88	Daniel Konitz	DEVK Lebach	M45	8	14:14	15:01	15:28	14:39	0:59:23 (67)	0:59:34
71	278	Marcelo Lehmen	SG Lebach-Landsweiler	MJ U20	6	10:57	15:34	18:41	16:08	1:01:20 (71)	1:01:27
69	173	mirko schwartz	sleepers	M45	9	14:22	15:17	15:43	15:45	1:01:07 (69)	1:01:23
69	174	marc schwehm	sleepers	M45	9	14:21	15:18	15:43	15:45	1:01:07 (70)	1:01:23
73	262	Jannis Schemel	SG Lebach-Landsweiler	M	17	12:30	16:19	16:42	16:15	1:01:46 (72)	1:01:55
76	159	André Schillo	LTF Köllertal	M40	8	15:28	15:18	15:32	18:42	1:05:00 (76)	1:05:15
74	85	Steven Kolz	DEVK Lebach	M	18	15:02	15:54	16:55	16:27	1:04:17 (74)	1:04:29
75	170	Sven Schorr	DEVK Lebach	M45	11	15:02	15:54	16:55	16:27	1:04:17 (75)	1:04:29
77	132	Raphael Quinten	Vereinslos	M35	7	14:48	16:55	17:33	17:27	1:06:43 (77)	1:06:49
78	205	Gerald Weis	LLG Wustweiler	M60	7	15:23	16:59	17:23	17:44	1:07:29 (78)	1:07:39
80	298	Gaetano Calcagno		M75	1	17:56	19:14	19:13	19:24	1:15:46 (80)	1:16:00

Hauptlauf

(Männer / Frauen Wertung)

Lebach, 23. Juni 2023



Hauptlauf

(Männer / Frauen Wertung)

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Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
DNF	183	Jürgen Steimer	LSG Schmelz-Hüttersdorf	M55	6	14:33	15:19	15:51	16:10	1:01:52 (73)	1:01:52

Hauptlauf

(Männer / Frauen Wertung)

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