

Stadtwerkelauf Niebüll 2019

Ergebnisliste MW Hauptlauf

| MWPI | Startnr. | Name | Jahrg. | m/w | AK | Verein | Zeit |
|------------------|----------|-----------------------|--------|-----|-----------------|--------------------------|---------|
| Hauptlauf | | | | | | | |
| w | | | | | | | |
| 1. | 2 | Natalie Jachmann | 1991 | w | Frauen | TSV Glücksburg 09 | 0:35:20 |
| 2. | 3 | Karen Paysen | 1973 | w | Seniorinnen W45 | TSV Langenhorn | 0:39:08 |
| 3. | 46 | Anne-Mette Grevsen | 1981 | w | Seniorinnen W35 | Bov IF Løb & Motion | 0:42:04 |
| 4. | 38 | Nathalie Fritzke | 1992 | w | Frauen | LG Flensburg | 0:43:30 |
| 5. | 86 | Ines Wünsche | 1979 | w | Seniorinnen W40 | | 0:43:43 |
| 6. | 133 | Kirsten Sellmer | 1968 | w | Seniorinnen W50 | LG Flensburg | 0:43:57 |
| 7. | 68 | Katrin Hammon | 1979 | w | Seniorinnen W40 | STV Sörup | 0:44:48 |
| 8. | 49 | Gunda Nielsen | 1963 | w | Seniorinnen W55 | LG Flensburg | 0:45:20 |
| 9. | 153 | Lisa May | 1991 | w | Frauen | SG Altona | 0:46:02 |
| 10. | 166 | Kirsten Winter | 1985 | w | Seniorinnen W30 | TSV Süderlügum | 0:46:27 |
| 11. | 4 | Bente Rath sack | 1979 | w | Seniorinnen W40 | MTV Leck | 0:47:15 |
| 12. | 62 | Sina Marquardt | 1993 | w | Frauen | 1. Flensburger LT | 0:47:29 |
| 13. | 110 | Leonie Johannsen | 1993 | w | Frauen | | 0:47:30 |
| 14. | 64 | Tina Denker | 1991 | w | Frauen | Webhelp Deutschland GmbH | 0:48:02 |
| 15. | 21 | Friederieke Gertholtz | 1976 | w | Seniorinnen W40 | MTV Leck | 0:48:57 |
| 16. | 114 | Steffi Rost | 1983 | w | Seniorinnen W35 | FC Stinge | 0:50:04 |
| 17. | 170 | Inge Brandts | 1953 | w | Seniorinnen W65 | MTV Leck | 0:51:37 |
| 18. | 130 | Theresa Tächl | 1992 | w | Frauen | | 0:51:57 |
| 19. | 155 | Ricarda Jepsen | 1968 | w | Seniorinnen W50 | STV Sörup | 0:52:18 |
| 20. | 167 | Hanna Thimsen | 1987 | w | Seniorinnen W30 | TSV Lindewitt | 0:52:34 |
| 21. | 115 | Inke Freitag | 1979 | w | Seniorinnen W40 | FC Stinge | 0:53:25 |
| 22. | 109 | Kirsten Dose | 1969 | w | Seniorinnen W50 | | 0:53:55 |
| 23. | 150 | Mona Stapelfeldt | 1988 | w | Seniorinnen W30 | | 0:53:56 |
| 24. | 108 | Martina Kappen | 1977 | w | Seniorinnen W40 | MTV Leck 1889 e.V. | 0:53:57 |
| 25. | 119 | Doreen Petersen | 1973 | w | Seniorinnen W45 | TSV Westerland | 0:54:05 |
| 26. | 87 | Bianca Krusenbaum | 1973 | w | Seniorinnen W45 | TSV Lindewitt | 0:54:22 |
| 27. | 51 | Birte Grünberg Gilgen | 1963 | w | Seniorinnen W55 | Team erdinger | 0:54:51 |
| 28. | 91 | Donjana Jensen | 1978 | w | Seniorinnen W40 | | 0:54:59 |
| 29. | 44 | Brigitte Stelzer | 1953 | w | Seniorinnen W65 | TSV Lindewitt | 0:55:11 |
| 30. | 159 | Eva Duns | 1980 | w | Seniorinnen W35 | TSV Goldebek | 0:57:03 |

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|------|----------|----------------------|--------|-----|-----------------------|-------------------------------------|---------|
| 31. | 56 | Nina Clausen | 1976 | w | Seniorinnen W40 | TSV Drelsdorf/Ahrenshöft /Bohmstedt | 0:57:05 |
| 32. | 96 | Erja Nielsen | 2000 | w | weibliche Jugend U 20 | DLRG Süderlügum | 0:57:27 |
| 33. | 24 | Sieglinde Nielsen | 1957 | w | Seniorinnen W60 | TCLANGENHORN | 0:57:29 |
| 34. | 63 | Claudia Pieczonka | 1965 | w | Seniorinnen W50 | | 0:57:54 |
| 35. | 76 | Viktoria Wolfrum | 1995 | w | Frauen | | 0:57:56 |
| 36. | 36 | Katja Andresen | 1980 | w | Seniorinnen W35 | Tsv Ladelund | 0:58:43 |
| 37. | 134 | Michaela Bauer | 1979 | w | Seniorinnen W40 | Alwin Lensch Schule 4d | 0:58:58 |
| 38. | 43 | Renate Thomsen | 1951 | w | Seniorinnen W65 | TSV Lindewitt | 0:59:36 |
| 39. | 27 | Constanze Fösch | 1982 | w | Seniorinnen W35 | TSV Tinum 66 | 1:00:46 |
| 40. | 12 | Annika Nissen | 1999 | w | Juniorinnen U23 | Sv Frisia 03 | 1:01:36 |
| 41. | 20 | Franziska Dobbertin | 1977 | w | Seniorinnen W40 | | 1:02:25 |
| 42. | 112 | Madita Carstensen | 1998 | w | Juniorinnen U23 | TSV RW Niebüll | 1:02:30 |
| 43. | 100 | Sabine Brodersen | 1960 | w | Seniorinnen W55 | | 1:02:42 |
| 44. | 157 | Dörte Watzke | 1965 | w | Seniorinnen W50 | Fri Ööwingsfloose | 1:03:21 |
| 45. | 131 | Anna Brosowski | 1993 | w | Frauen | | 1:03:26 |
| 46. | 142 | Anne-Merle Tiedemann | 1992 | w | Frauen | Amt Südtondern | 1:04:49 |
| 47. | 141 | Silke Tiedemann | 1963 | w | Seniorinnen W55 | Amt Südtondern | 1:04:49 |
| 48. | 127 | Britta Nolte | 1985 | w | Seniorinnen W30 | | 1:06:42 |
| 49. | 126 | Tasja Nolte | 1988 | w | Seniorinnen W30 | | 1:06:42 |
| 50. | 137 | Kirsty Petersen | 1983 | w | Seniorinnen W35 | Nis-Albrecht-Johannsen-Schule | 1:07:21 |
| 51. | 31 | Andrea Röhrborn | 1963 | w | Seniorinnen W55 | Sportfreunde List | 1:07:34 |
| 52. | 138 | Sylvia Jacobsen | 1974 | w | Seniorinnen W45 | Nibøl danske skole | 1:12:43 |

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|-----|-----|---------------------|------|---|--------------|---------------------|---------|
| 1. | 1 | Pascal Dethlefs | 1983 | m | Senioren M35 | TSV Glücksburg 09 | 0:35:21 |
| 2. | 23 | Daniel Rühmann | 1987 | m | Senioren M30 | Bov IF | 0:35:51 |
| 3. | 156 | Oke Hansen | 1977 | m | Senioren M40 | LAV Husum | 0:37:01 |
| 4. | 90 | Philip Paulsen | 1993 | m | Männer | TSV Hürup | 0:37:06 |
| 5. | 71 | Peter Jansen | 1973 | m | Senioren M45 | STV Sörup | 0:37:49 |
| 6. | 80 | Günther Hansen | 1965 | m | Senioren M50 | TSV Goldebek | 0:38:03 |
| 7. | 45 | Nicolai Sønnichsen | 1974 | m | Senioren M45 | Bov IF Løb & Motion | 0:38:06 |
| 8. | 160 | Jan Wilke | 1994 | m | Männer | OTB Osnabrück | 0:38:09 |
| 9. | 9 | Marcel Iborg | 1995 | m | Männer | TSV Ladelund | 0:38:16 |
| 10. | 125 | Volker Friedrichsen | 1971 | m | Senioren M45 | SV Enge-Sande | 0:38:17 |

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| 11. | 30 | Timo Hansen | 1988 | m | Senioren M30 | MTV Leck | 0:38:20 |
| 12. | 39 | Malte Godbersen | 1993 | m | Männer | SV Enge-Sande | 0:38:41 |
| 13. | 48 | Ron Schwennsen | 1980 | m | Senioren M35 | TSV Oeversee | 0:38:54 |
| 14. | 53 | Benjamin Haas | 1988 | m | Senioren M30 | TSV Süderlügum | 0:39:23 |
| 15. | 102 | Marcel Stock | 1989 | m | Senioren M30 | Küstenläufer | 0:39:50 |
| 16. | 129 | Björn Dau | 1985 | m | Senioren M30 | LG Kfz-Service Dau / TEAM Erdinger Alkoholfrei | 0:40:40 |
| 17. | 40 | Benni Klinge | 2000 | m | männliche Jugend U20 | TSV Goldebek | 0:40:44 |
| 18. | 54 | Max Heldt | 1994 | m | Männer | TSV Süderlügum | 0:40:47 |
| 19. | 171 | Bjarne Jensen | 1996 | m | Männer | SV Enge-Sande | 0:40:48 |
| 20. | 15 | Martin Freitag | 1979 | m | Senioren M40 | TSV Goldebek | 0:40:52 |
| 21. | 113 | Patrick Priewe | 1979 | m | Senioren M40 | | 0:41:34 |
| 22. | 52 | Malte Hansen | 1990 | m | Männer | TSV Süderlügum | 0:41:45 |
| 23. | 162 | Thomas Philippsen | 1973 | m | Senioren M45 | TSV Sankt Peter Ording | 0:41:50 |
| 24. | 149 | Ole Einspannier | 1990 | m | Männer | Concordia Britz | 0:42:01 |
| 25. | 42 | Oliver Prüß | 1976 | m | Senioren M40 | Borener SV | 0:42:19 |
| 26. | 161 | Uffe Madsen | 1965 | m | Senioren M50 | Bov l.f., Dänemark | 0:42:45 |
| 27. | 82 | Gerrit Raasch | 1992 | m | Männer | TSV RW Niebüll - Handball | 0:43:42 |
| 28. | 84 | Niels Carstensen | 1998 | m | Junioren U23 | TSV RW Niebüll - Handball | 0:43:42 |
| 29. | 74 | Stefan Riedel | 1962 | m | Senioren M55 | SV Freie Waldorfschule Flensburg | 0:43:53 |
| 30. | 124 | Abdoulaye Diallo | 2002 | m | männliche Jugend U18 | | 0:44:05 |
| 31. | 55 | Broder Kjer | 1991 | m | Männer | TSV Süderlügum | 0:44:09 |
| 32. | 121 | Christoffer Friedemann | 1963 | m | Senioren M55 | QuälDichDuSau | 0:44:14 |
| 33. | 81 | Fabian Rieck | 2004 | m | männliche Jugend 15 | TSV Lindewitt | 0:44:32 |
| 34. | 29 | Leif-Erik Voß | 1988 | m | Senioren M30 | TSV Goldebek | 0:44:38 |
| 35. | 147 | Marcin Makowiecki | 1981 | m | Senioren M35 | Ploty | 0:44:41 |
| 36. | 34 | Thomas Schneider | 1972 | m | Senioren M45 | STV Sörup | 0:44:45 |
| 37. | 32 | Winfried Stephani | 1958 | m | Senioren M60 | LG Norderbrarup | 0:44:50 |
| 38. | 47 | Volker Petersen | 1965 | m | Senioren M50 | SV Enge-Sande | 0:45:26 |
| 39. | 120 | Mathias Paulsen | 1968 | m | Senioren M50 | SV Enge-Sande | 0:46:06 |
| 40. | 164 | Gunnar Kempe | 1983 | m | Senioren M35 | TSV Wiedingharde | 0:46:14 |
| 41. | 70 | Jörg Karkossa | 1970 | m | Senioren M45 | | 0:46:21 |
| 42. | 16 | Jochen Giebelmann | 1969 | m | Senioren M50 | TSV Ladelund | 0:46:24 |
| 43. | 11 | André Spaude | 1979 | m | Senioren M40 | TSV RW NIEBUELL | 0:46:34 |

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| 44. | 105 | Steffen Lenk | 1977 | m | Senioren M40 | MTV Leck 1889 e.V. | 0:46:34 |
| 45. | 132 | Ulrich Sellmer | 1968 | m | Senioren M50 | LG Flensburg | 0:46:51 |
| 46. | 73 | René Schukat | 1985 | m | Senioren M30 | | 0:46:59 |
| 47. | 65 | Andreas Rönnau | 1960 | m | Senioren M55 | SV Enge-Sande | 0:47:05 |
| 48. | 168 | Helge Feddersen | 1981 | m | Senioren M35 | | 0:47:22 |
| 49. | 151 | Arne Früchtnicht | 1978 | m | Senioren M40 | TSV Rot-Weiß Niebüll | 0:47:23 |
| 50. | 19 | Henning Nielsen | 1975 | m | Senioren M40 | 1. Flensburger LT | 0:47:43 |
| 51. | 5 | Michael Neimöck | 1973 | m | Senioren M45 | die Neimöckels | 0:47:55 |
| 52. | 10 | Helge Pieczonka | 1970 | m | Senioren M45 | Fahrschule Pieczonka | 0:47:58 |
| 53. | 6 | Rolf Dohme | 1962 | m | Senioren M55 | TC Grün-Gold Schleswig | 0:48:00 |
| 54. | 26 | Bernd Rudies | 1963 | m | Senioren M55 | Borener SV | 0:48:11 |
| 55. | 25 | Carsten Carstensen | 1951 | m | Senioren M65 | ACNF/Team Erdinger Alkoholfrei | 0:48:29 |
| 56. | 59 | Wolfgang Otto | 1972 | m | Senioren M45 | Danish Crown Skærbæk | 0:48:39 |
| 57. | 116 | Frank Strübing | 1974 | m | Senioren M45 | Bundeswehr Husum | 0:48:58 |
| 58. | 72 | Stefan Hahn | 1979 | m | Senioren M40 | | 0:49:00 |
| 59. | 128 | Matze Zedler | 1984 | m | Senioren M35 | LG Kfz-Service Dau | 0:49:11 |
| 60. | 89 | Morten Friedrichsen | 1976 | m | Senioren M40 | MTV Heide | 0:49:14 |
| 61. | 66 | Michael Nissen | 1989 | m | Senioren M30 | | 0:49:15 |
| 62. | 103 | Hans-Christian Davidsen | 1965 | m | Senioren M50 | | 0:49:27 |
| 63. | 117 | Thomas Carstensen | 1964 | m | Senioren M55 | SV Enge-Sande | 0:49:38 |
| 64. | 148 | Mark Carstensen | 1990 | m | Männer | Lauftreff Nord | 0:49:48 |
| 65. | 107 | Claudius Kappen | 1984 | m | Senioren M35 | MTV Leck 1889 e.V. | 0:49:50 |
| 66. | 50 | Jan Knutzen | 1963 | m | Senioren M55 | TSV Lindewitt | 0:49:53 |
| 67. | 93 | Thomas Knöller | 1968 | m | Senioren M50 | Danish Crown Skærbæk | 0:50:18 |
| 68. | 28 | Udo Christiansen | 1969 | m | Senioren M50 | Udo´s Fahrschule | 0:50:26 |
| 69. | 136 | Thomas Lemm | 1964 | m | Senioren M55 | Alwin Lensch Schule 3c | 0:50:34 |
| 70. | 98 | Thomas Schroeter | 1955 | m | Senioren M60 | Running Gag Berlin | 0:50:47 |
| 71. | 152 | Hermann Westphal | 1984 | m | Senioren M35 | | 0:51:03 |
| 72. | 143 | Joachim Wiebecke | 1962 | m | Senioren M55 | Amt Südtondern | 0:51:13 |
| 73. | 99 | Holger Klint | 1967 | m | Senioren M50 | | 0:51:20 |
| 74. | 97 | Mika Matzen | 2005 | m | männliche Jugend 14 | DLRG Süderlügum | 0:51:34 |
| 75. | 83 | Tim-Momme Callsen | 1991 | m | Männer | TSV RW Niebüll - Handball | 0:51:38 |
| 76. | 69 | Helmut Harms | 1951 | m | Senioren M65 | STV Sörup | 0:51:41 |

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| 77. | 163 | José Malevo Membrilla | 1941 | m | Senioren M75 | Borener SV | 0:52:07 |
| 78. | 165 | Heiner Thimsen | 1961 | m | Senioren M55 | TSV Lindewitt | 0:52:34 |
| 79. | 60 | Ralf Behrendt | 1959 | m | Senioren M60 | DLRG Süderlügum | 0:52:49 |
| 80. | 13 | Allan Hemmingsen | 1987 | m | Senioren M30 | Bov IF/DEN | 0:53:21 |
| 81. | 122 | Markus Wladasch | 1970 | m | Senioren M45 | | 0:53:42 |
| 82. | 123 | Harald Martensen | 1964 | m | Senioren M55 | | 0:53:42 |
| 83. | 14 | Nis Negel | 1989 | m | Senioren M30 | Bov IF/DEN | 0:53:46 |
| 84. | 118 | Volker Nissen | 1975 | m | Senioren M40 | Team Erdinger Alkoholfrei | 0:54:07 |
| 85. | 172 | Willi Johannsen | 1957 | m | Senioren M60 | TSV Dagebüll-Ockholm | 0:54:14 |
| 86. | 146 | Dierk Morschhäuser | 1964 | m | Senioren M55 | 1. Flensburger LT | 0:54:18 |
| 87. | 75 | Siegfried Wolfrum | 1964 | m | Senioren M55 | | 0:54:31 |
| 88. | 94 | Dirk Köpke | 1973 | m | Senioren M45 | DLRG Süderlügum | 0:54:57 |
| 89. | 58 | Malte Münchow | 2001 | m | männliche Jugend U20 | | 0:55:00 |
| 90. | 135 | Aleksandar Prcic | 1972 | m | Senioren M45 | Alwin Lensch Schule 4d | 0:55:07 |
| 91. | 95 | Nico Klärman | 2000 | m | männliche Jugend U20 | DLRG Süderlügum | 0:55:21 |
| 92. | 37 | Stefan Dumstrei | 1970 | m | Senioren M45 | TSV RW Niebüll | 0:56:36 |
| 93. | 158 | Maik Duns | 1977 | m | Senioren M40 | TSV Goldebek | 0:57:03 |
| 94. | 169 | Kevin Beck | 1995 | m | Männer | TSV Goldebek | 0:57:44 |
| 95. | 104 | Piotr Gozdz | 1971 | m | Senioren M45 | Metoda Buteyko | 0:58:03 |
| 96. | 57 | Jürgen Zachau | 1961 | m | Senioren M55 | | 0:59:15 |
| 97. | 17 | Stefan Callsen | 1966 | m | Senioren M50 | | 0:59:51 |
| 98. | 139 | Marc Rohwer | 1974 | m | Senioren M45 | Nibøl danske skole | 1:00:12 |
| 99. | 61 | Erwin Görrissen | 1948 | m | Senioren M70 | TSV Lindewitt | 1:00:16 |
| 100. | 67 | Ernst-Rudolf Mochner | 1952 | m | Senioren M65 | DLRG Süderlügum | 1:00:16 |
| 101. | 18 | Sönke Bartlefsen | 1958 | m | Senioren M60 | SV Frisia 03 | 1:00:27 |
| 102. | 35 | Dustin Kronefeld | 2000 | m | männliche Jugend U20 | LG Geltinger Bucht | 1:00:39 |
| 103. | 79 | Wolfgang Borchardt | 1956 | m | Senioren M60 | | 1:00:40 |
| 104. | 140 | Ingo Böhm | 1954 | m | Senioren M65 | Amt Südtondern | 1:07:34 |

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