

# 3. Temnitzer-Heide-Lauf 2022



WK 5: 400 m (U8) am 03.09.2022

Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1	1		346	Jonathan Schumacher		MK U10	2014	1	00:01:25.7	00:00:00.0
2		1	343	Karlotta Walther		WK U10	2014	1	00:01:40.0	00:00:14.3
3		2	355	Charlotte Holtz		WK U8	2016	1	00:01:44.0	00:00:18.3
4	3		356	Ismail Marjanovic	Stephanus Stiftung	MK U8	2015	2	00:01:47.0	00:00:21.3
5	2		349	Hendrik Lauer		MK U8	2016	1	00:01:47.0	00:00:21.3
6		3	345	Mathea Schumacher		WK U8	2016	2	00:01:53.4	00:00:27.7
7	4		354	Alwin Lehmann		MK U8	2017	3	00:01:57.8	00:00:32.1
8	5		350	Fritz Emil Grothe		MK U8	2017	4	00:01:58.3	00:00:32.6
9		4	340	Charlotte Draeger		WK U8	2015	3	00:01:59.4	00:00:33.7
10		5	344	Hanna Müller	Kita Regenbogen	WK U8	2016	4	00:02:00.3	00:00:34.6
11	6		351	Richard Genz		MK U8	2017	5	00:02:03.7	00:00:38.0
12	7		341	Joris Draeger		MK U8	2016	6	00:02:04.0	00:00:38.3
13		6	352	Leni Zimmer		WK U8	2017	5	00:02:07.3	00:00:41.6
14		7	357	Elsa Beykirch		WK U8	2018	6	00:02:14.8	00:00:49.1
15	8		353	Willi Zimmer		MK U8	2019	7	00:02:47.5	00:01:21.8
16	9		342	Klaas Walther		MK U8	2019	8	00:05:45.3	00:04:19.6

# 3. Temnitzer-Heide-Lauf 2022



WK 4: 2,3 km Lauf (U16) am 03.09.2022

Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1		1	324	Smilla Zweck	LAC Ruppin	WJ U14	2010	1	00:09:40.9	00:00:00.0
2		2	310	Finja Zweck	LAC Ruppin	WJ U16	2007	1	00:10:17.4	00:00:36.5
3	1		305	Nick Kraft		MJ U14	2010	1	00:10:44.3	00:01:03.4
4		3	308	Charlotte Zwahr	LG Oberhavel	WJ U14	2010	2	00:10:44.4	00:01:03.5
5	2		300	Lenny Dubrow	Freiwillige Feuerwehr Kränzlin	MK U12	2011	1	00:11:12.8	00:01:31.9
6	3		316	Fabian Krüger		MJ U16	2008	1	00:11:51.5	00:02:10.6
7	4		318	Gleb Bondarenko		MJ U14	2010	2	00:12:20.1	00:02:39.2
8		4	312	Pauline Jakob		WK U12	2012	1	00:12:33.5	00:02:52.6
9	5		307	Theodor Lauer		MK U12	2011	2	00:12:50.7	00:03:09.8
10	6		323	Anton Lehmann	LAC Neuruppin	MK U10	2013	1	00:12:55.6	00:03:14.7
11	7		302	Leonard Schulz	Feuerwehr kränzlin	MK U12	2012	3	00:12:56.5	00:03:15.6
12	8		306	Pelle Reichwald		MK U10	2013	2	00:13:02.1	00:03:21.2
13	9		313	Ethan Gensch		MK U12	2011	4	00:13:08.5	00:03:27.6
14	10		309	Matheo Schössow	SV Union Neuruppin	MK U8	2015	1	00:13:19.4	00:03:38.5
15	11		322	Max Beldner	Blau-Weiß-Walsleben	MK U12	2012	5	00:13:42.9	00:04:02.0
16	12		315	Dominik Liedke		MJ U18	2006	1	00:13:43.5	00:04:02.6
17	13		321	Emerick Preuß	Schule Walsleben	MK U10	2014	3	00:13:53.6	00:04:12.7
18	14		317	Oscar Hille		MK U12	2011	6	00:14:15.1	00:04:34.2
19		5	319	Polina Bondarenko		WK U12	2012	2	00:16:18.0	00:06:37.1
20	15		301	Moritz Schulz	Feuerwehr kränzlin	MK U8	2015	2	00:16:21.8	00:06:40.9
21	16		314	Alex Neideck		MJ U18	2005	2	00:16:53.1	00:07:12.2
22	17		320	Henrick Radis		MJ U14	2009	3	00:19:07.6	00:09:26.7

# 3. Temnitzer-Heide-Lauf 2022



WK 3.1: 10,5 km Lauf (Ü16) am 03.09.2022

Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1	1		232	Marc Marquardt	LAC Ruppin	M45	1977	1	00:38:24.5	00:00:00.0
2	2		235	Thomas Dröbler	LG Oberhavel	M45	1974	2	00:43:12.9	00:04:48.4
3	3		247	Steffen Nordwig	LC Ronn-Hill Berlin	M45	1973	3	00:43:24.5	00:05:00.0
4	4		215	Henrik Müller	Karl-Friedrich-Schinkel Gymnasium	MJ U18	2006	1	00:47:17.7	00:08:53.2
5		1	234	Kathrin Koczessa- Dröbler	LG Oberhavel	W45	1977	1	00:48:32.2	00:10:07.7
6	5		249	Sascha Weigelt	Kickers Seehausen	M40	1980	1	00:51:00.1	00:12:35.6
7	6		246	Christopher Teschner	EINHEITSLAUF 2022	M35	1984	1	00:51:58.3	00:13:33.8
8		2	205	Juliane Sandow	Kreuz & Quer SimRun e.V	W35	1987	1	00:53:35.7	00:15:11.2
9	7		227	Marco Ganthur	Loofn	M40	1979	2	00:53:36.7	00:15:12.2
10	8		243	Paul Bondarenko	Rägelin Navitas	M40	1979	3	00:53:54.7	00:15:30.2
11	9		216	Andreas Volkmann	Team Laufmäuse	M35	1985	2	00:53:55.5	00:15:31.0
12	10		219	Ronald Roggelin	Prinz-von-Homburg Schule Neustadt(Dosse)	M60	1961	1	00:54:24.3	00:15:59.8
13	11		209	Jürgen Polsfuth		M55	1967	1	00:54:26.2	00:16:01.7
14	12		200	Sebastian Zimmermann	TuS Dabergotz 1929 e.V.	M40	1981	4	00:54:44.6	00:16:20.1
15		3	231	Catherine Gras		W50	1970	1	00:54:59.3	00:16:34.8
16	13		214	Thilo Müller	Ruppiner Wasserbüffel	M45	1977	4	00:56:13.1	00:17:48.6
17	14		222	Christian Draeger		M40	1978	5	00:56:13.3	00:17:48.8
18	15		229	Jan Reußner	Team Laufmäuse	M40	1978	6	00:56:29.3	00:18:04.8
19	16		221	Danilo Köhn	Parchim	M40	1981	7	00:56:39.0	00:18:14.5
20	17		248	Mike Schlenker	Neuruppin	M45	1973	5	00:57:10.1	00:18:45.6
21	18		202	Matthias Renger	Alt Ruppin	M40	1982	8	00:57:46.9	00:19:22.4
22	19		251	Boris Orlob		M55	1967	2	00:57:50.6	00:19:26.1
23	20		226	Holger Lange	Loofn	M65	1957	1	00:59:27.1	00:21:02.6
24	21		237	Tommy Lee Ninnemann		MJ U18	2005	2	00:59:27.4	00:21:02.9
25	22		230	André Schumacher		M40	1981	9	00:59:52.4	00:21:27.9
26		4	213	Yvonne Maltz	UG KKH Perleberg	W50	1970	2	01:00:00.8	00:21:36.3

27	23	250	Guido Gerlach	Stadtwerketeam Neuruppin	M50	1970	1	01:01:12.3	00:22:47.8
28	24	220	Wolfgang Schönberg	Lupus Team Zehdenick	M70	1950	1	01:01:27.3	00:23:02.8
29	5	241	Anja Gensch		W40	1982	1	01:02:16.9	00:23:52.4
30	25	245	Ahmed Jama iBrachim	Rägelin Navitas	MJ U18	2005	3	01:02:50.8	00:24:26.3
31	6	233	Anja Köppen	Kein	W35	1985	2	01:03:00.7	00:24:36.2
32	26	204	Clemens Schumacher		M50	1969	2	01:03:32.3	00:25:07.8
33	7	211	Cornelia von Zezschwitz		W50	1968	3	01:06:04.0	00:27:39.5
34	8	212	Anke Sandow		W55	1964	1	01:06:04.5	00:27:40.0
35	27	228	Philipp Krusemark	Freiwillige Feuerwehr Amt Temnitz	M	1998	1	01:08:30.9	00:30:06.4
36	28	201	Nicolas Delaporte		M60	1959	2	01:11:29.6	00:33:05.1
37	9	225	Kerstin Buss		W35	1984	3	01:11:40.5	00:33:16.0
38	10	224	Maria Meschke		W35	1983	4	01:11:40.9	00:33:16.4
39	11	210	Selina Baars		W35	1984	5	01:14:20.1	00:35:55.6
40	12	253	Ariane Boos		W55	1965	2	01:16:18.8	00:37:54.3
41	29	252	Bertolt Flick		M55	1964	3	01:17:02.6	00:38:38.1
42	13	218	Linda Tiede		W30	1989	1	01:17:09.6	00:38:45.1
43	30	217	Mario Tiede		M55	1966	4	01:17:11.4	00:38:46.9
44	31	242	Mario Zimmer	SV Energie Cottbus	M35	1983	3	01:17:20.6	00:38:56.1
45	14	206	Katharina Schulz		W35	1986	6	01:20:44.3	00:42:19.8
46	15	236	Isabel Schössow		W30	1989	2	01:20:50.9	00:42:26.4
47	16	255	Rachel Billod-Mulalic		W50	1969	4	01:22:57.0	00:44:32.5
48	32	254	Amir Mulalic		M50	1969	3	01:22:58.3	00:44:33.8
49	33	244	Mareis Marcel Eilrich	Rägelin Navitas	MJ U18	2006	4	01:23:30.8	00:45:06.3
50	17	238	Stephanie Huhndorf	Team Laufmäuse	W35	1986	7	01:24:25.1	00:46:00.6
51	34	208	Ricardo Puhl		M45	1975	6	01:24:27.9	00:46:03.4

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WK 2.1: 21,1 km Lauf (Ü16) am 03.09.2022  
Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1	1		110	Stefan Schulz	Ruppiner Triathlon Verein	M35	1983	1	01:22:10.1	00:00:00.0
2	2		122	Maik Waldburger	Ruppiner Triathlon Verein	M40	1980	1	01:34:29.5	00:12:19.4
3	3		114	Stefan Scheufler		M40	1981	2	01:38:09.7	00:15:59.6
4	4		119	Martin Weimüller	Pritzwalker Laufftreff 04	M45	1976	1	01:44:43.7	00:22:33.6
5	5		112	Uwe Drößler		M50	1970	1	01:55:22.8	00:33:12.7
6	6		103	Konrad Krause		M35	1986	2	01:56:28.9	00:34:18.8
7	7		121	Thomas Teige	Team Erdinger Alkoholfrei	M60	1958	1	01:59:20.2	00:37:10.1
8	8		123	Tim Mentel		M50	1969	2	02:01:43.4	00:39:33.3
9	9		100	Andreas Tanne	Freizeit Läufer	M55	1963	1	02:02:09.1	00:39:59.0
10		1	120	Swantje Wagner	LG Mauerweg Berlin	W35	1984	1	02:02:13.5	00:40:03.4
11	10		111	Robert Knittel		M	1993	1	02:03:49.7	00:41:39.6
12	11		108	Paul Knittel	SC Kempo Neuruppin	M U23	2000	1	02:03:50.0	00:41:39.9
13		2	104	Anke Schmidt		W55	1967	1	02:05:07.0	00:42:56.9
14	12		102	Rainer Kühne		M55	1966	2	02:08:46.0	00:46:35.9
15		3	105	Frauke Herweg		W50	1968	1	02:09:46.9	00:47:36.8
16	13		113	Hagen Albin Jäger		M50	1970	3	02:09:56.2	00:47:46.1
17	14		109	Martin Holtz	Team schnelle Nummer	M35	1986	3	02:10:58.3	00:48:48.2
18		4	117	Ina Dubrow		W35	1986	2	02:11:43.3	00:49:33.2
19	15		118	Tino Dubrow		M35	1984	4	02:11:43.5	00:49:33.4
20		5	106	Heike Sommerfeld		W50	1972	2	02:30:13.3	01:08:03.2
21	16		107	Ronald Sommerfeld		M55	1966	3	02:30:14.3	01:08:04.2

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WK 1: 41 km Lauf (Ü16) am 03.09.2022

Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1	1		9	Marco Stielow	Diabetikerwarnhunde Rhinluch	M50	1970	1	03:43:41.5	00:00:00.0
2	2		3	Gunnar Kroll	Walsleben/Laufgruppe Helden	M55	1964	1	03:53:12.7	00:09:31.2
3	3		8	Kai-Peter Büttner		M55	1966	2	04:24:24.7	00:40:43.2
4	4		10	Alois Pielok		M55	1967	3	04:53:02.8	01:09:21.3
5		1	6	Silke Gerstmann	Teufel-Team	W55	1964	1	04:53:03.1	01:09:21.6
6	5		7	Thomas Kutsch	Teufel-Team	M55	1964	4	04:53:03.1	01:09:21.6
7	6		2	Marcus Melzer	Kampfsport/SV 90 Fehrbellin e.V.	M40	1980	1	05:15:34.9	01:31:53.4
8	7		1	Thomas Kresse	Amtsdiplomant	M40	1980	2	05:15:36.0	01:31:54.5

# 3. Temnitzer-Heide-Lauf 2022



WK 3.3: 10,5 km Nordic Walking (Ü16) am 03.09.2022  
Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1	1		278	Lutz Richter	lone walker	M65	1953	1	01:27:34.1	00:00:00.0
2		1	274	Kathrin Müller		W35	1984	1	01:40:16.1	00:12:42.0
3		2	279	Mandy Farin		W45	1975	1	01:40:16.4	00:12:42.3
4		3	275	Martina Rumpolt		W50	1972	1	01:40:18.3	00:12:44.2
5	2		273	Oliver Meschke		M35	1987	1	01:40:23.4	00:12:49.3
6		4	270	Steffi Neumann		W35	1986	2	01:41:15.7	00:13:41.6
7		5	272	Mandy Gericke		W35	1984	3	01:41:16.3	00:13:42.2
8		6	280	Anastasia Bondarenko		W40	1981	1	01:42:13.4	00:14:39.3
9		7	276	Manja Büttner		W40	1982	2	01:52:03.6	00:24:29.5
10		8	277	Mandy Ninnemann		W40	1982	3	01:52:04.5	00:24:30.4
11		9	281	Nadezhola Bondarenko		W70	1952	1	01:52:27.2	00:24:53.1

# 3. Temnitzer-Heide-Lauf 2022



WK 2.3: 21,1 km Nordic Walking (Ü16) am 03.09.2022

Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1		1	135	Ramona Urbschat		W45	1974	1	03:07:09.5	00:00:00.0
2		2	136	Steffi Seeliger		W60	1962	1	03:20:51.5	00:13:42.0



# 3. Temnitzer-Heide-Lauf 2022



WK 3.2: 10,5 km Walking (Ü16) am 03.09.2022

Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1		1	262	Nicole Hoffmann	Team Köthke & Hoffmann	W35	1983	1	01:30:16.6	00:00:00.0
2		2	261	Nadine Köthke	Team Köthke & Hoffmann	W40	1979	1	01:40:21.2	00:10:04.6
3	1		260	Manuel Köthke	Team Köthke & Hoffmann	M40	1980	1	01:40:22.2	00:10:05.6
4		3	263	Marino Argunova		W45	1975	1	01:42:13.4	00:11:56.8

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WK 2.2: 21,1 km Walking (Ü16) am 03.09.2022

Ergebnisliste

Rang	R-M	R-W	Snr	Name	Verein	AK	Jg	R-AK	Endzeit	Rückstand
1		1	140	Katja Röhrig-Maass		W50	1970	1	02:59:44.5	00:00:00.0