

# 17. Nordholzer Windmühlenlauf 23.06.2018

## Ergebnisliste AK

| Platz                    | Startnr. | Name                | Jahrg. | m/w | Verein                           | Zeit  |
|--------------------------|----------|---------------------|--------|-----|----------------------------------|-------|
| <b>400 m Bambinilauf</b> |          |                     |        |     |                                  |       |
| Kinder (weiblich) W4     |          |                     |        |     |                                  |       |
| 1.                       | 470      | Leona Kersten       | 2014   | w   |                                  | 2:52  |
| Kinder (weiblich) W5     |          |                     |        |     |                                  |       |
| 1.                       | 463      | Isabel von Twistern | 2013   | w   | TSV Neuenkirchen                 | 2:47  |
| Kinder (weiblich) W6     |          |                     |        |     |                                  |       |
| 1.                       | 479      | Cherine Rau         | 2012   | w   | VFL Wingst                       | 2:07  |
| 2.                       | 466      | Amelie Semmler      | 2012   | w   |                                  | 2:38  |
| 3.                       | 464      | Paula Bösch         | 2012   | w   | TSG Nordholz                     | 2:43  |
| Kinder (weiblich) W7     |          |                     |        |     |                                  |       |
| 1.                       | 465      | Mia Keim            | 2011   | w   | GTV Bremerhaven                  | 1:38  |
| 2.                       | 477      | Kari-Lene Stanke    | 2011   | w   | TSV Geversdorf                   | 2:03  |
| Kinder (männlich) M4     |          |                     |        |     |                                  |       |
| 1.                       | 476      | Lionel Medina       | 2014   | m   |                                  | 2:34  |
| Kinder (männlich) M6     |          |                     |        |     |                                  |       |
| 1.                       | 462      | Frederik Hoffmann   | 2012   | m   | TSG                              | 2:19  |
| 2.                       | 474      | Tjarde Ahrens       | 2012   | m   | TuS Dorum                        | 2:26  |
| 3.                       | 478      | Lion-Luca Schulz    | 2012   | m   | TSV Ihlienworth                  | 2:49  |
| <b>2,6 km</b>            |          |                     |        |     |                                  |       |
| Kinder (weiblich) W8     |          |                     |        |     |                                  |       |
| 1.                       | 320      | Maja Speerbrecher   | 2010   | w   | TSG Nordholz                     | 12:31 |
| 2.                       | 315      | Greta Diggery       | 2010   | w   | symex GmbH & Co. KG              | 17:05 |
| Kinder (weiblich) W10    |          |                     |        |     |                                  |       |
| 1.                       | 325      | Suvi Stanke         | 2008   | w   | TSV Geversdorf                   | 17:33 |
| weibliche Jugend U23     |          |                     |        |     |                                  |       |
| 1.                       | 304      | Stella Peters       | 1998   | w   | Hadler Reitclub Altenbruch e. V. | 11:17 |
| Seniorinnen W30          |          |                     |        |     |                                  |       |
| 1.                       | 309      | Bea Katrin Genz     | 1984   | w   |                                  | 15:36 |
| Seniorinnen W35          |          |                     |        |     |                                  |       |
| 1.                       | 319      | Christiane Voß      | 1979   | w   | TSG Nordholz                     | 12:12 |
| 2.                       | 310      | Britt Kristin Genz  | 1982   | w   |                                  | 15:37 |
| 3.                       | 308      | Tabitha Meinke      | 1979   | w   | Team Omnibus Weghorst            | 16:34 |
| Seniorinnen W40          |          |                     |        |     |                                  |       |
| 1.                       | 327      | Anita Stanke        | 1974   | w   | TSV Geversdorf                   | 17:34 |
| Seniorinnen W45          |          |                     |        |     |                                  |       |
| 1.                       | 311      | Claudia Renken      | 1971   | w   | SFL Bremerhaven                  | 19:39 |
| Seniorinnen W50          |          |                     |        |     |                                  |       |
| 1.                       | 324      | Katrin Dr. Hein     | 1966   | w   | TEA                              | 13:34 |
| Seniorinnen W55          |          |                     |        |     |                                  |       |

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|-------|----------|----------|--------|-----|-----------------|-------|
| 1.    | 322      | Ute Pohl | 1963   | w   | SFL Bremerhaven | 19:22 |

### Seniorinnen W75

|    |     |               |      |   |                    |       |
|----|-----|---------------|------|---|--------------------|-------|
| 1. | 329 | Karin Toetzke | 1939 | w | VGH Versicherungen | 25:40 |
|----|-----|---------------|------|---|--------------------|-------|

### Kinder (männlich) M8

|    |     |                |      |   |           |       |
|----|-----|----------------|------|---|-----------|-------|
| 1. | 316 | Dennis Schmidt | 2010 | m | TuS Dorum | 12:30 |
| 2. | 305 | Lian Krempel   | 2010 | m | TV Langen | 14:17 |

### Kinder (männlich) M9

|    |     |               |      |   |  |       |
|----|-----|---------------|------|---|--|-------|
| 1. | 303 | Nils Giesbers | 2009 | m |  | 12:12 |
|----|-----|---------------|------|---|--|-------|

### Kinder (männlich) M10

|    |     |               |      |   |                 |       |
|----|-----|---------------|------|---|-----------------|-------|
| 1. | 301 | Niklas Keim   | 2008 | m | GTV Bremerhaven | 13:00 |
| 2. | 328 | Matthes Bösch | 2008 | m | TuS Dorum       | 13:18 |

### männliche Jugend M12

|    |     |                 |      |   |              |       |
|----|-----|-----------------|------|---|--------------|-------|
| 1. | 313 | Lauris Poschnar | 2006 | m | JSG Albatros | 12:24 |
|----|-----|-----------------|------|---|--------------|-------|

### männliche Jugend M13

|    |     |                 |      |   |                |       |
|----|-----|-----------------|------|---|----------------|-------|
| 1. | 314 | Paul thom Suden | 2005 | m | TSV Otterndorf | 12:06 |
| 2. | 323 | Fritz Hein      | 2005 | m |                | 12:24 |
| 3. | 312 | Moritz Frey     | 2005 | m | JSG Albatros   | 14:05 |
| 4. | 326 | Finn Stanke     | 2005 | m | TSV Geversdorf | 14:05 |

### Senioren M35

|    |     |           |      |   |              |       |
|----|-----|-----------|------|---|--------------|-------|
| 1. | 321 | Rocco Voß | 1980 | m | TSG Nordholz | 13:26 |
|----|-----|-----------|------|---|--------------|-------|

### Senioren M45

|    |     |               |      |   |                           |       |
|----|-----|---------------|------|---|---------------------------|-------|
| 1. | 307 | Falko Toetzke | 1971 | m | Team ERDINGER Alkoholfrei | 25:41 |
|----|-----|---------------|------|---|---------------------------|-------|

### Senioren M50

|    |     |                  |      |   |  |       |
|----|-----|------------------|------|---|--|-------|
| 1. | 302 | Stephan Giesbers | 1965 | m |  | 13:22 |
|----|-----|------------------|------|---|--|-------|

## 5 km

### Kinder (weiblich) W11

|    |     |                  |      |   |           |       |
|----|-----|------------------|------|---|-----------|-------|
| 1. | 272 | Carlotta Schmidt | 2007 | w | TV Langen | 24:27 |
| 2. | 218 | Charlotte Lepek  | 2007 | w |           | 29:23 |
| 3. | 261 | Antonia Ahrens   | 2007 | w | TuS Dorum | 29:54 |

### weibliche Jugend W12

|    |     |            |      |   |           |       |
|----|-----|------------|------|---|-----------|-------|
| 1. | 259 | Jana Heyen | 2006 | w | TuS Dorum | 23:39 |
|----|-----|------------|------|---|-----------|-------|

### weibliche Jugend W13

|    |     |            |      |   |              |       |
|----|-----|------------|------|---|--------------|-------|
| 1. | 269 | Alina Doss | 2005 | w | TSG Nordholz | 23:59 |
|----|-----|------------|------|---|--------------|-------|

### weibliche Jugend W14

|    |     |                   |      |   |              |       |
|----|-----|-------------------|------|---|--------------|-------|
| 1. | 268 | Emma Speerbrecher | 2004 | w | TSG Nordholz | 25:56 |
|----|-----|-------------------|------|---|--------------|-------|

### weibliche Jugend U18

|    |     |               |      |   |                |       |
|----|-----|---------------|------|---|----------------|-------|
| 1. | 266 | Louisa Junker | 2002 | w | TSV Otterndorf | 21:22 |
| 2. | 318 | Amelie Rettig | 2002 | w | TSG Nordholz   | 32:54 |

### weibliche Jugend U23

|    |     |            |      |   |  |       |
|----|-----|------------|------|---|--|-------|
| 1. | 228 | Luzie Götz | 1996 | w |  | 29:11 |
|----|-----|------------|------|---|--|-------|

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|------------------------------|----------|-----------------------|--------|-----|--|-------|
| 2.                           | 229      | Anika Huhle           | 1996   | w   |  | 29:59 |
| <b>Frauen</b>                |          |                       |        |     |  |       |
| 1.                           | 235      | Joanna Meyer          | 1991   | w   |  | 25:16 |
| 2.                           | 216      | Nicole Von Morandell  | 1992   | w   |  | 29:23 |
| <b>Seniorinnen W30</b>       |          |                       |        |     |  |       |
| 1.                           | 280      | Maria Dr. Heller      | 1986   | w   | SV Rotterode/pacepackrunners             | 26:44 |
| 2.                           | 239      | Janina Fischer        | 1985   | w   | Sport in Bremerhaven                     | 30:27 |
| 3.                           | 276      | Lena Canehl           | 1987   | w   | TSG Nordholz                             | 35:35 |
| <b>Seniorinnen W35</b>       |          |                       |        |     |  |       |
| 1.                           | 204      | Imke Rehm             | 1980   | w   | TSV Bülkau                               | 28:26 |
| 2.                           | 211      | Bianca Papke          | 1982   | w   | TSV Flögeln                              | 28:26 |
| 3.                           | 257      | Rebekka Diggery       | 1983   | w   | symex GmbH & Co. KG                      | 28:37 |
| 4.                           | 275      | Ines Weber            | 1981   | w   | TSG Nordholz                             | 35:35 |
| <b>Seniorinnen W40</b>       |          |                       |        |     |  |       |
| 1.                           | 237      | Sandra Sahlmann       | 1978   | w   | TSV Neuenwalde                           | 19:21 |
| 2.                           | 208      | Carina Richert        | 1977   | w   |  | 28:45 |
| 3.                           | 248      | Tina Kaßner           | 1974   | w   | Volksbank eG Bremerhaven-Cuxland Run&Fun | 29:49 |
| 4.                           | 232      | Corinna von der Reith | 1974   | w   |  | 32:46 |
| <b>Seniorinnen W45</b>       |          |                       |        |     |  |       |
| 1.                           | 242      | Anke Schmitz-Elvenich | 1971   | w   | OSC Bremerhaven Triathlon                | 20:17 |
| 2.                           | 285      | Birgit Czudnochski    | 1969   | w   | TSV Neuhaus Oste                         | 27:19 |
| 3.                           | 258      | Martina Heyen         | 1969   | w   | TuS Dorum                                | 31:01 |
| 4.                           | 282      | Bianca Bösch          | 1969   | w   | TuS Dorum                                | 31:02 |
| <b>Seniorinnen W50</b>       |          |                       |        |     |  |       |
| 1.                           | 249      | Katrin Toetzke        | 1968   | w   | VGH Versicherungen                       | 24:52 |
| <b>Seniorinnen W55</b>       |          |                       |        |     |  |       |
| 1.                           | 225      | Bianca Lingerski      | 1963   | w   | Bremerhaven                              | 29:15 |
| 2.                           | 267      | Bärbel König          | 1963   | w   |  | 30:07 |
| 3.                           | 236      | Marita von Barga      | 1961   | w   |  | 33:00 |
| 4.                           | 264      | Gesa Ruser            | 1961   | w   |  | 33:07 |
| 5.                           | 256      | Petra Hanke           | 1963   | w   | symex GmbH & Co. KG                      | 33:34 |
| <b>Seniorinnen W70</b>       |          |                       |        |     |  |       |
| 1.                           | 277      | Ilona Huwald          | 1947   | w   |  | 29:01 |
| <b>Kinder (männlich) M10</b> |          |                       |        |     |  |       |
| 1.                           | 271      | Emil Piekatz          | 2008   | m   | TSG Nordholz                             | 25:28 |
| <b>männliche Jugend M12</b>  |          |                       |        |     |  |       |
| 1.                           | 230      | Timon Keim            | 2006   | m   | GTV Bremerhaven                          | 21:19 |
| 2.                           | 270      | Sean Phillipp Voß     | 2006   | m   | TSG Nordholz                             | 22:01 |
| 3.                           | 245      | Jonte Renken          | 2006   | m   | SFL Bremerhaven                          | 24:10 |
| 4.                           | 262      | Finn Sonnberg         | 2006   | m   | TuS Dorum                                | 26:10 |
| <b>männliche Jugend M13</b>  |          |                       |        |     |  |       |
| 1.                           | 219      | Marten Anderson       | 2005   | m   | TSV Otterndorf                           | 23:30 |
| 2.                           | 279      | Veit Kuberski         | 2005   | m   | TSV Bederkesa                            | 33:27 |

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|----------------------|----------|-----------------------|--------|-----|--|---------|
| männliche Jugend M14 |          |                       |        |     |  |         |
| 1.                   | 247      | Thies Meyer           | 2004   | m   | VFL Wingst                               | 22:42   |
| männliche Jugend U18 |          |                       |        |     |  |         |
| 1.                   | 243      | Leon Schmitz-Elvenich | 2002   | m   | Rot-Weiss Cuxhaven                       | 19:49   |
| männliche Jugend U20 |          |                       |        |     |  |         |
| 1.                   | 273      | Bjarne Testorf        | 2000   | m   | TSV Sievern                              | 19:47   |
| Männer               |          |                       |        |     |  |         |
| 1.                   | 252      | Nico Sahr             | 1992   | m   | symex GmbH & Co. KG                      | 20:59   |
| 2.                   | 244      | Pascal Grüne          | 1990   | m   | TSV Otterndorf - Running Team            | 23:10   |
| Senioren M35         |          |                       |        |     |  |         |
| 1.                   | 253      | Sascha Seebeck        | 1981   | m   | symex GmbH & Co. KG                      | 21:01   |
| 2.                   | 265      | Andreas Tiedemann     | 1980   | m   | TSV Otterndorf                           | 24:33   |
| 3.                   | 233      | Philipp von der Reith | 1981   | m   |  | 32:49   |
| Senioren M45         |          |                       |        |     |  |         |
| 1.                   | 284      | Andre Scheidt         | 1970   | m   |  | 20:34   |
| 2.                   | 246      | Michael Renken        | 1969   | m   | SFL Bremerhaven                          | 22:21   |
| 3.                   | 254      | Wolfgang Richert      | 1972   | m   | symex GmbH & Co. KG                      | 23:48   |
| 4.                   | 231      | Carsten Kruschka      | 1972   | m   | SG Freiburg Oederquart                   | 26:24   |
| 5.                   | 260      | Sven Schmidt          | 1969   | m   | TuS Dorum                                | 27:41   |
| 6.                   | 278      | Thomas Kuberski       | 1973   | m   | TSV Bederkesa                            | 33:28   |
| Senioren M50         |          |                       |        |     |  |         |
| 1.                   | 240      | Torsten Rehm          | 1964   | m   | Radsportverein Hemmoor e.V.              | 27:59   |
| Senioren M55         |          |                       |        |     |  |         |
| 1.                   | 226      | Stefan Knoche         | 1963   | m   | TuS Spenge                               | 20:59   |
| 2.                   | 274      | Kurt Engelmann        | 1963   | m   | TSV Sievern                              | 21:16   |
| 3.                   | 255      | Frank Bodenhagen      | 1963   | m   | symex GmbH & Co. KG                      | 21:54   |
| 4.                   | 217      | Carsten Wille         | 1963   | m   | Lokomotive Duhnen                        | 23:27   |
| 5.                   | 283      | Hans Rhombert         | 1962   | m   | TV Spaden                                | 26:49   |
| 6.                   | 281      | Torsten Fink          | 1961   | m   | TSV Drangstedt                           | 28:37   |
| Senioren M60         |          |                       |        |     |  |         |
| 1.                   | 251      | Rüdiger Härtel        | 1956   | m   | OSC Bremerhaven Triathlon                | 27:11   |
| 2.                   | 263      | Mike Hesse            | 1954   | m   |  | 32:05   |
| <b>10 km</b>         |          |                       |        |     |  |         |
| weibliche Jugend U20 |          |                       |        |     |  |         |
| 1.                   | 71       | Marie Stoppkotte      | 2000   | w   | TSV Otterndorf                           | 40:40   |
| 2.                   | 78       | Ann-Kristin Lange     | 2000   | w   | TSG Nordholz                             | 42:14   |
| Frauen               |          |                       |        |     |  |         |
| 1.                   | 37       | Miriam Seifert        | 1993   | w   | Sport in Bremerhaven                     | 48:55   |
| 2.                   | 51       | Stephanie Zwanzig     | 1990   | w   | Volksbank eG Bremerhaven-Cuxland Run&Fun | 1:04:41 |
| Seniorinnen W30      |          |                       |        |     |  |         |
| 1.                   | 31       | Denise Kersten        | 1988   | w   |  | 58:00   |
| 2.                   | 62       | Kathrin Wink          | 1985   | w   |  | 1:00:28 |

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| 3.    | 64       | Ann-Katrin Hoffmann | 1986   | w   |        | 1:05:30 |

### Seniorinnen W35

|    |    |                 |      |   |                      |         |
|----|----|-----------------|------|---|----------------------|---------|
| 1. | 38 | Ulrike Engel    | 1982 | w | Sport in Bremerhaven | 50:41   |
| 2. | 28 | Deborah Bösch   | 1983 | w | TSG Nordholz         | 1:00:28 |
| 3. | 45 | Nathalie Balkay | 1979 | w | -                    | 1:02:58 |
| 4. | 41 | Jennifer Ratjen | 1980 | w |                      | 1:07:38 |

### Seniorinnen W40

|    |    |                 |      |   |  |       |
|----|----|-----------------|------|---|--|-------|
| 1. | 63 | Herdis Kuberski | 1977 | w | TSV Bederkesa                            | 54:45 |
| 2. | 50 | Claudia Obst    | 1975 | w | Volksbank eG Bremerhaven-Cuxland Run&Fun | 55:19 |
| 3. | 56 | Marita Schröder | 1974 | w | TSV Otterndorf                           | 59:13 |

### Seniorinnen W45

|    |    |             |      |   |                 |       |
|----|----|-------------|------|---|-----------------|-------|
| 1. | 72 | Heike Lubes | 1973 | w | TSV Gnarrenburg | 54:34 |
|----|----|-------------|------|---|-----------------|-------|

### Seniorinnen W50

|    |    |                 |      |   |                |         |
|----|----|-----------------|------|---|----------------|---------|
| 1. | 40 | Sabine Heinrich | 1966 | w | CUX-DU-Runners | 48:01   |
| 2. | 66 | Barbara Schult  | 1966 | w | TSV Otterndorf | 1:02:42 |

### Männer

|    |    |                      |      |   |  |       |
|----|----|----------------------|------|---|--|-------|
| 1. | 33 | Marco Julian Schäfer | 1992 | m | LG Ostfriesland                          | 42:52 |
| 2. | 49 | Rick Flore           | 1992 | m | Volksbank eG Bremerhaven-Cuxland Run&Fun | 51:38 |

### Senioren M30

|    |    |                 |      |   |     |         |
|----|----|-----------------|------|---|-----|---------|
| 1. | 55 | Martin Feller   | 1988 | m |     | 41:38   |
| 2. | 32 | Benjamin Seelig | 1984 | m |     | 50:23   |
| 3. | 52 | Patrick Hermann | 1985 | m |     | 50:55   |
| 4. | 24 | Sven Hoffmann   | 1986 | m | TSG | 1:05:29 |

### Senioren M35

|    |    |                  |      |   |              |       |
|----|----|------------------|------|---|--------------|-------|
| 1. | 25 | Marco Schumacher | 1981 | m | TSG Nordholz | 54:27 |
| 2. | 70 | Lars Frey        | 1983 | m | TSV Kappeln  | 57:05 |

### Senioren M40

|    |    |                |      |   |                         |       |
|----|----|----------------|------|---|-------------------------|-------|
| 1. | 46 | Thomas Walther | 1977 | m | TSV Neuenwalde          | 39:53 |
| 2. | 65 | Markus Krüger  | 1976 | m | Nordenhamer Weserläufer | 44:20 |
| 3. | 13 | Andreas Prehn  | 1974 | m | cuxtown-runner          | 46:05 |
| 4. | 82 | Frank Hastedt  | 1974 | m | TSV Otterndorf          | 46:21 |

### Seniorinnen W40

|    |    |               |      |   |                |       |
|----|----|---------------|------|---|----------------|-------|
| 1. | 81 | Frank Hastedt | 1974 | m | TSV Otterndorf | 49:21 |
|----|----|---------------|------|---|----------------|-------|

### Senioren M45

|    |    |                 |      |   |  |       |
|----|----|-----------------|------|---|--|-------|
| 1. | 35 | Andreas Römhild | 1972 | m | OSC Bremerhaven-Triathlon                | 38:59 |
| 2. | 69 | Matthias Böcker | 1971 | m | TuS Zetel                                | 40:55 |
| 3. | 76 | Heiko Dieckmann | 1970 | m | TSV Otterndorf                           | 43:05 |
| 4. | 80 | Lars Göhmann    | 1973 | m | TSV Otterndorf                           | 47:02 |
| 5. | 42 | Torsten Krempel | 1971 | m | TuS Dorum                                | 47:21 |
| 6. | 36 | Claus Wöbber    | 1969 | m | Lokomotive Duhnen                        | 47:23 |
| 7. | 48 | Kai Lange       | 1970 | m | Volksbank eG Bremerhaven-Cuxland Run&Fun | 53:20 |

### Senioren M50

|    |    |               |      |   |                |       |
|----|----|---------------|------|---|----------------|-------|
| 1. | 39 | Jörg Spillner | 1966 | m | CUX-DU-Runners | 44:16 |
| 2. | 54 | Holger Grasse | 1965 | m | TuS Zetel      | 44:27 |

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| 3.    | 77       | Dietrich Lange   | 1965   | m   | TSG Nordholz   | 45:56 |
| 4.    | 79       | Hauke Harms      | 1965   | m   | T.e.O.F.       | 47:25 |
| 5.    | 74       | Jens Otten       | 1967   | m   |                | 49:01 |
| 6.    | 26       | Torsten Anderson | 1966   | m   | TSV Otterndorf | 49:24 |

#### Senioren M55

|    |    |                |      |   |                            |       |
|----|----|----------------|------|---|----------------------------|-------|
| 1. | 67 | Bernd Gruhm    | 1959 | m | TSV Wanna                  | 48:40 |
| 2. | 27 | Thomas Marx    | 1963 | m | VitalDesigner Running Team | 49:29 |
| 3. | 47 | Harald Brandes | 1961 | m | Laufend besser Bremerhaven | 54:40 |

#### Senioren M60

|    |    |                   |      |   |                    |         |
|----|----|-------------------|------|---|--------------------|---------|
| 1. | 43 | Manuel Lopez      | 1957 | m | Outfit Cuxhaven    | 50:43   |
| 2. | 1  | Jürgen Heinemeyer | 1956 | m | Bad Bederkesa/ TEA | 1:00:03 |
| 3. | 14 | Heinz Kück        | 1955 | m | TSV Bremervörde    | 1:16:51 |

#### Senioren M65

|    |    |                       |      |   |                             |         |
|----|----|-----------------------|------|---|-----------------------------|---------|
| 1. | 44 | Detlef Bleiker        | 1953 | m | LC 93 Delmenhorst           | 48:58   |
| 2. | 2  | Jürgen Kruschka       | 1951 | m | DJK TuS Körne Dortmund      | 52:38   |
| 3. | 68 | Karl-Heinz Ebbinghaus | 1950 | m | Team ERDINGER Alkoholfrei   | 53:43   |
| 4. | 59 | Hans-Jürgen Büse      | 1953 | m | HSG Schwanewede-Neunkirchen | 1:06:26 |

#### Senioren M70

|    |    |                 |      |   |                 |         |
|----|----|-----------------|------|---|-----------------|---------|
| 1. | 60 | Reinhard Roloff | 1946 | m | TSG Nordholz    | 46:41   |
| 2. | 73 | Helmuth Böttjer | 1946 | m | TSV Gnarrenburg | 1:00:50 |
| 3. | 23 | Kurt Nass       | 1948 | m |                 | 1:04:55 |

#### Senioren M75

|    |    |               |      |   |  |         |
|----|----|---------------|------|---|--|---------|
| 1. | 30 | Adolf Weigelt | 1939 | m |  | 1:06:01 |
|----|----|---------------|------|---|--|---------|

#### Senioren M80

|    |    |                  |      |   |           |         |
|----|----|------------------|------|---|-----------|---------|
| 1. | 11 | Harald Kirchner  | 1935 | m | TV Langen | 1:35:20 |
| 2. | 75 | Helmut Schriefer | 1937 | m |           | 1:40:07 |

### Halbmarathon

#### Frauen

|    |     |              |      |   |  |         |
|----|-----|--------------|------|---|--|---------|
| 1. | 113 | Karina Krapf | 1995 | w |  | 2:02:59 |
|----|-----|--------------|------|---|--|---------|

#### Seniorinnen W40

|    |     |                |      |   |                           |         |
|----|-----|----------------|------|---|---------------------------|---------|
| 1. | 112 | Camilla Suchan | 1974 | w | Team Erdinger alkoholfrei | 1:55:39 |
|----|-----|----------------|------|---|---------------------------|---------|

#### Seniorinnen W45

|    |     |              |      |   |                |         |
|----|-----|--------------|------|---|----------------|---------|
| 1. | 115 | Birgit Grewe | 1970 | w | TSV Neuenwalde | 1:54:01 |
|----|-----|--------------|------|---|----------------|---------|

#### Männer

|    |     |                 |      |   |  |         |
|----|-----|-----------------|------|---|--|---------|
| 1. | 114 | Enrique Celemin | 1992 | m |  | 2:02:59 |
|----|-----|-----------------|------|---|--|---------|

#### Senioren M30

|    |     |                      |      |   |                 |         |
|----|-----|----------------------|------|---|-----------------|---------|
| 1. | 116 | Thorsten Unruh       | 1987 | m | TSV Ihlienworth | 1:21:56 |
| 2. | 172 | Linton George Ingram | 1988 | m |                 | 1:48:01 |
| 3. | 167 | Sebastian Meier      | 1985 | m |                 | 1:53:33 |

#### Senioren M35

|    |     |             |      |   |                          |         |
|----|-----|-------------|------|---|--------------------------|---------|
| 1. | 170 | Tino Weber  | 1980 | m | Triathlon Spreewald e.V. | 1:38:58 |
| 2. | 137 | Danilo Zech | 1982 | m |                          | 1:55:54 |

## 17. Nordholzer Windmühlenlauf 23.06.2018

### Ergebnisliste AK

| Platz | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|-------|----------|------|--------|-----|--------|------|
|-------|----------|------|--------|-----|--------|------|

#### Senioren M40

|    |     |             |      |   |              |         |
|----|-----|-------------|------|---|--------------|---------|
| 1. | 168 | Björn Domke | 1975 | m | Lübbs Lopers | 1:35:18 |
|----|-----|-------------|------|---|--------------|---------|

#### Senioren M45

|    |     |              |      |   |                          |         |
|----|-----|--------------|------|---|--------------------------|---------|
| 1. | 104 | Ralf Dembeck | 1970 | m | Loomster Pain Tour / TEA | 1:51:41 |
| 2. | 166 | Jürgen Frey  | 1971 | m | Ultrafriesen e.V. /TEA   | 1:51:41 |

#### Senioren M50

|    |     |                |      |   |                |         |
|----|-----|----------------|------|---|----------------|---------|
| 1. | 173 | Thomas Bark    | 1967 | m | MTV Selsingen  | 1:41:39 |
| 2. | 175 | Bernd Haderler | 1967 | m | TSV Mehedorf   | 1:45:07 |
| 3. | 143 | Murilo Matos   | 1967 | m |                | 1:46:39 |
| 4. | 174 | Björn Poutner  | 1968 | m | MTSV Selsingen | 1:50:33 |

#### Senioren M55

|    |     |                |      |   |  |         |
|----|-----|----------------|------|---|--|---------|
| 1. | 169 | Thomas Siemann | 1963 | m |  | 1:43:59 |
|----|-----|----------------|------|---|--|---------|

#### Senioren M65

|    |     |                 |      |   |                |         |
|----|-----|-----------------|------|---|----------------|---------|
| 1. | 171 | Martin Hoffmann | 1949 | m | LG Vulkaneifel | 1:56:03 |
|----|-----|-----------------|------|---|----------------|---------|

#### Senioren M70

|    |     |                      |      |   |              |         |
|----|-----|----------------------|------|---|--------------|---------|
| 1. | 176 | Klaus-Detlev Schmidt | 1948 | m | ATS Cuxhaven | 1:56:42 |
|----|-----|----------------------|------|---|--------------|---------|

### 2,6 km Walken

#### Seniorinnen W45

|    |     |                |      |   |  |       |
|----|-----|----------------|------|---|--|-------|
| 1. | 390 | Maike Giesbers | 1973 | w |  | 00:01 |
|----|-----|----------------|------|---|--|-------|

#### Seniorinnen W75

|    |     |                   |      |   |  |       |
|----|-----|-------------------|------|---|--|-------|
| 1. | 391 | Monika Weißenborn | 1943 | w |  | 00:01 |
|----|-----|-------------------|------|---|--|-------|

### 5 km Walken

#### Seniorinnen W35

|    |     |                  |      |   |  |       |
|----|-----|------------------|------|---|--|-------|
| 1. | 399 | Mireille Eichele | 1979 | w |  | 00:01 |
|----|-----|------------------|------|---|--|-------|

#### Seniorinnen W40

|    |     |                      |      |   |            |       |
|----|-----|----------------------|------|---|------------|-------|
| 1. | 396 | Christina Dick       | 1978 | w | VFL Wingst | 00:01 |
| 2. | 397 | Maike Kierstein      | 1977 | w |            | 00:01 |
| 3. | 394 | Sabine Menke-Hädrich | 1977 | w |            | 00:01 |

#### Seniorinnen W45

|    |     |              |      |   |  |       |
|----|-----|--------------|------|---|--|-------|
| 1. | 395 | Andrea Finck | 1972 | w |  | 00:01 |
|----|-----|--------------|------|---|--|-------|

#### Senioren M40

|    |     |                  |      |   |  |       |
|----|-----|------------------|------|---|--|-------|
| 1. | 398 | Thomas Kierstein | 1976 | m |  | 00:01 |
|----|-----|------------------|------|---|--|-------|

### 10 km Walken

#### Seniorinnen W40

|    |     |                  |      |   |  |       |
|----|-----|------------------|------|---|--|-------|
| 1. | 497 | Jeannine Semmler | 1975 | w |  | 00:01 |
|----|-----|------------------|------|---|--|-------|

#### Senioren M45

|    |     |                   |      |   |                 |       |
|----|-----|-------------------|------|---|-----------------|-------|
| 1. | 415 | Holger Brunkhorst | 1969 | m | TSR Ahrenswohle | 00:01 |
|----|-----|-------------------|------|---|-----------------|-------|

## 17. Nordholzer Windmühlenlauf 23.06.2018

### **Ergebnisliste AK**

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| <b>Platz</b> | <b>Startnr.</b> | <b>Name</b> | <b>Jahrg.</b> | <b>m/w</b> | <b>Verein</b> | <b>Zeit</b> |
|--------------|-----------------|-------------|---------------|------------|---------------|-------------|
|--------------|-----------------|-------------|---------------|------------|---------------|-------------|

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#### Wandern

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##### Senioren M75

|    |     |                    |      |   |  |       |
|----|-----|--------------------|------|---|--|-------|
| 1. | 424 | Hermann Staffhorst | 1940 | m |  | 00:01 |
|----|-----|--------------------|------|---|--|-------|

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#### Tretroller Halbmarathon

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##### Senioren M65

|    |     |            |      |   |           |         |
|----|-----|------------|------|---|-----------|---------|
| 1. | 428 | Uwe Fiebig | 1949 | m | TV Langen | 1:07:04 |
|----|-----|------------|------|---|-----------|---------|

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Anzahl Teilnehmer: 191