

Lebach, 28. Juni 2019

Frauen

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
1	209	Julia Keck-Brengel	LA Team Saar	W45	1	09:42	09:58	10:03	09:56	0:39:39 (1)	0:39:39
2	261	Martina Schumacher	LC Rehlingen	W40	1	09:47	10:08	10:10	09:54	0:39:59 (2)	0:39:59
3	343	Claudia Seel	TV Kirkel	W45	2	10:03	10:20	10:25	10:29	0:41:17 (3)	0:41:17
4	272	Laura Fries	LLG Wustweiler	W	1	10:20	10:31	10:48	10:42	0:42:21 (4)	0:42:21
5	313	Sarah Kronberg	LTF Theeltal	W30	1	10:47	11:04	11:10	11:15	0:44:16 (5)	0:44:16
6	270	Stephanie Dörr	LLG Wustweiler	W30	2	10:40	11:08	11:17	11:19	0:44:24 (6)	0:44:24
7	279	Lisa-Maria Kipper	LSG Sbr.-Sulzbachtal	W30	3	10:50	11:19	11:32	11:09	0:44:50 (7)	0:44:50
8	255	Bettina Bopp	LC Rehlingen	W50	1	11:03	11:18	11:21	11:18	0:45:00 (8)	0:45:00
9	340	Susanne Trenz	SV schlau.com Saar 05 SBR.	W50	2	11:01	11:48	11:44	11:45	0:46:18 (9)	0:46:18
11	336	Evi Klahm	SV schlau.com Saar 05 SBR.	W50	3	11:04	11:44	11:55	12:03	0:46:46 (11)	0:46:46
10	256	Gabriele Celette	LC Rehlingen	W60	1	11:14	11:37	11:55	11:43	0:46:29 (10)	0:46:29
12	334	Sybille Becker-Oehm	SV schlau.com Saar 05 SBR.	W40	2	11:23	11:42	12:04	12:04	0:47:13 (12)	0:47:13
13	349	Jolina Schmitt	TV Ludweiler	WJ U18	1	11:15	11:50	12:21	12:17	0:47:43 (13)	0:47:43
15	289	Elisa Holz	LSG Schmelz-Hüttersdorf	W	2	11:49	12:01	12:47	12:56	0:49:33 (15)	0:49:33
14	230	Sabine König	LAG Saarbrücken	W55	1	11:51	12:19	12:28	12:05	0:48:43 (14)	0:48:43
16	260	Judith Krauß	LC Rehlingen	W35	1	12:07	12:33	12:59	12:41	0:50:20 (16)	0:50:20
17	324	Simone Kerber	LTF Theeltal	W	3	12:21	12:46	13:07	12:41	0:50:55 (17)	0:50:55
17	325	Viola Stras	LTF Theeltal	W45	3	12:21	12:44	13:09	12:41	0:50:55 (17)	0:50:55
19	337	Sabine Köhler	SV schlau.com Saar 05 SBR.	W45	4	12:23	12:45	13:17	12:59	0:51:24 (19)	0:51:24
20	235	Mariko Masuda	LAG Saarbrücken	W50	4	12:24	12:51	13:19	13:20	0:51:54 (20)	0:51:54
21	306	Christina Detzen	LTF Theeltal	W40	3	12:43	13:28	13:40	13:40	0:53:31 (21)	0:53:31
24	252	Anna Zawadzka	LAG Saarbrücken	W40	5	12:39	13:28	14:04	14:16	0:54:27 (24)	0:54:27
22	331	Nicole Leinenbach	SV Habach	W40	4	12:42	13:39	13:51	13:46	0:53:58 (22)	0:53:58
23	271	Stefanie Fichtel	LLG Wustweiler	W30	4	12:48	13:22	14:08	13:47	0:54:05 (23)	0:54:05
25	329	Monika Hoffmann	SV Habach	W55	2	12:52	13:33	14:07	13:58	0:54:30 (25)	0:54:30
25	333	Margit Schneider	SV Habach	W55	2	12:54	13:31	14:07	13:58	0:54:30 (25)	0:54:30
27	346	Ann-Kathrin Bach	TV Ludweiler	W30	5	13:18	14:01	14:35	14:43	0:56:37 (27)	0:56:37
28	328	Jana Busch	SV Habach	W45	5	13:02	14:03	14:55	14:51	0:56:51 (28)	0:56:51
30	228	Margarete Kaufmann	LAG Saarbrücken	W55	4	14:11	14:17	14:25	14:20	0:57:13 (30)	0:57:13
29	267	Petra Helfen	LG Run N Ride Bexbach	W60	2	14:10	14:27	14:32	14:03	0:57:12 (29)	0:57:12
31	335	Rungtong Hertel	SV schlau.com Saar 05 SBR.	W45	6	14:13	14:25	14:39	14:37	0:57:54 (31)	0:57:54
32	316	Katharina Mark	LTF Theeltal	W50	5	13:57	14:32	14:55	14:35	0:57:59 (32)	0:57:59
33	258	Carmen Kling	LC Rehlingen	W55	5	14:09	14:33	14:59	15:10	0:58:51 (33)	0:58:51
34	264	Anke Braun	LG Run N Ride Bexbach	W55	6	14:20	14:41	14:57	15:04	0:59:02 (34)	0:59:02
36	332	Daniela Rosso	SV Habach	W50	6	13:26	14:49	15:55	16:46	1:00:56 (36)	1:00:56
35	218	Beatrice Deimel	LAG Saarbrücken	W55	7	15:07	15:04	15:03	14:28	0:59:42 (35)	0:59:42
37	246	Ludmila Schmidt	LAG Saarbrücken	W60	3	14:38	15:18	15:40	15:25	1:01:01 (37)	1:01:01
38	351	Heike Emser	LG Run N Ride Bexbach	W55	8	14:28	15:23	16:02	16:03	1:01:56 (38)	1:01:56

Saarländische Straßenlauf-Meisterschaften - 10km

(Männer / Frauen Wertung)

Lebach, 28. Juni 2019



Lebach, 28. Juni 2019

Frauen

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
39	330	Gertrud Klein	SV Habach	W65	1	14:57	15:25	16:13	16:18	1:02:53 (39)	1:02:53
40	319	Elke Müller	LTF Theeltal	W50	7	15:18	15:55	16:34	16:41	1:04:28 (40)	1:04:28
41	232	Ute Kuhlgatz	LAG Saarbrücken	W55	9	15:46	16:15	16:22	16:11	1:04:34 (41)	1:04:34
43	339	Gisela Mellmann	SV schlau.com Saar 05 SBR.	W70	1	15:46	16:14	16:56	17:05	1:06:01 (43)	1:06:01
42	248	Stephanie Thielebörger	LAG Saarbrücken	W30	6	15:13	16:18	17:33	16:30	1:05:34 (42)	1:05:34
44	348	Helene Bach	TV Ludweiler	W60	4	15:56	16:33	17:08	17:21	1:06:58 (44)	1:06:58
45	212	Lilo Baderschneider	LAG Saarbrücken	W60	5	18:25	18:08	18:23	18:49	1:13:45 (45)	1:13:45

Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
1	302	Samuel Schu	LTF Marpingen	M	1	08:02	08:18	08:28	08:32	0:33:20 (1)	0:33:20
2	326	Michael Wüschner	SC Friedrichsthal	M35	1	08:12	08:26	08:31	08:35	0:33:44 (2)	0:33:44
3	263	Dennis Zimmer	LC Rehlingen	M	2	08:16	08:35	08:43	08:39	0:34:13 (3)	0:34:13
4	353	Christopher Klesen	LLG Wustweiler	M	3	08:23	08:42	08:42	08:35	0:34:22 (4)	0:34:22
5	290	Benjamin Irsch	LSG Schmelz- Hüttersdorf	M35	2	08:25	09:16	09:20	09:09	0:36:10 (5)	0:36:10
5	286	Thomas Weber	LSG Sbr.-Sulzbachtal	M40	1	08:50	09:01	09:11	09:08	0:36:10 (5)	0:36:10
7	320	Mustafa Okyay	LTF Theeltal	M45	1	09:03	09:24	09:30	09:21	0:37:18 (7)	0:37:18
10	307	Thomas Detzen	LTF Theeltal	M40	2	08:54	09:23	09:45	10:06	0:38:08 (10)	0:38:08
8	262	Reiner Zender	LC Rehlingen	M50	1	09:21	09:21	09:34	09:13	0:37:29 (8)	0:37:29
9	347	Christoph Bach	TV Ludweiler	M35	3	09:08	09:24	09:44	09:46	0:38:02 (9)	0:38:02
12	282	Matthias Müller	LSG Sbr.-Sulzbachtal	M45	3	09:03	09:28	09:51	10:23	0:38:45 (12)	0:38:45
11	204	Stefan Harig	Grojos LTF Elversberg	M45	2	09:19	09:31	09:44	09:38	0:38:12 (11)	0:38:12
13	321	Joachim Oster	LTF Theeltal	M40	3	09:21	09:34	09:55	10:03	0:38:53 (13)	0:38:53
14	203	Marco Baltes	Grojos LTF Elversberg	M40	4	09:28	10:00	10:06	09:47	0:39:21 (14)	0:39:21
16	295	Jan Thewes	LSG Schmelz- Hüttersdorf	MJ U18	1	09:21	09:58	10:17	09:59	0:39:35 (16)	0:39:35
15	206	Eric Lorenz	Grojos LTF Elversberg	M45	4	09:16	09:47	10:35	09:51	0:39:29 (15)	0:39:29
18	278	Peter Honsel	LSG Sbr.-Sulzbachtal	M45	5	09:42	09:56	10:19	10:11	0:40:08 (18)	0:40:08
17	253	Norbert Baldauf	LC Rehlingen	M50	2	09:49	10:02	10:09	10:02	0:40:02 (17)	0:40:02
19	277	Paul Groß	LSG Sbr.-Sulzbachtal	MJ U20	1	09:50	10:13	10:28	10:32	0:41:03 (19)	0:41:03
21	273	Andreas Holweck	LLG Wustweiler	M40	5	09:28	10:02	11:03	10:53	0:41:26 (21)	0:41:26
21	312	André Kronberg	LTF Theeltal	M40	5	09:55	10:21	10:37	10:33	0:41:26 (21)	0:41:26
20	345	Sascha Kammer	TV Lebach	M35	4	10:15	10:22	10:31	10:11	0:41:19 (20)	0:41:19
23	205	Andreas Klein	Grojos LTF Elversberg	M35	5	10:15	10:41	11:00	10:49	0:42:45 (23)	0:42:45
25	257	Jörg Dietrich	LC Rehlingen	M65	1	10:06	10:37	11:14	11:31	0:43:28 (25)	0:43:28
24	222	Horst Duttlinger	LAG Saarbrücken	M45	6	10:20	10:44	11:00	10:58	0:43:02 (24)	0:43:02
26	338	Nihat Kont	SV schlau.com Saar 05 SBR.	M55	1	10:15	10:56	11:08	11:21	0:43:40 (26)	0:43:40

Saarländische Straßenlauf-Meisterschaften - 10km

(Männer / Frauen Wertung)

Lebach, 28. Juni 2019



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Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rnd. 1	Rnd. 2	Rnd. 3	Rnd. 4	Nettozeit	Bruttozeit
29	285	Andreas Vonerden	LSG Sbr.-Sulzbachtal	M40	7	10:11	10:48	11:25	11:45	0:44:09 (29)	0:44:09
27	314	Christian Lamberti	LTF Theeltal	M30	1	09:55	10:46	11:44	11:18	0:43:43 (27)	0:43:43
28	344	Pascal Gebel	TV Lebach	M30	2	10:50	10:40	11:06	11:13	0:43:49 (28)	0:43:49
32	240	Jan Rompczyk	LAG Saarbrücken	M40	8	10:09	11:11	11:35	11:37	0:44:32 (32)	0:44:32
31	309	Marvin Hey-Bernd	LTF Theeltal	M	4	10:15	10:57	11:46	11:27	0:44:25 (31)	0:44:25
30	268	Franz Huether	LG Run N Ride Bexbach	M65	2	10:39	11:01	11:22	11:18	0:44:20 (30)	0:44:20
33	275	Martin Hingsammer	LSG Saarlouis	M50	3	10:54	11:16	11:20	11:17	0:44:47 (33)	0:44:47
34	350	Torsten Hübner	VfR Alemannia 1921 Otzenhausen	M35	6	10:35	11:09	11:46	11:38	0:45:08 (34)	0:45:08
35	202	Gerd Thiry	Bisttal-Runners	M60	1	10:55	11:22	11:32	11:38	0:45:27 (35)	0:45:27
36	293	Andreas Klein	LSG Schmelz-Hüttersdorf	M55	2	11:05	11:19	11:39	11:27	0:45:30 (36)	0:45:30
40	234	Christoph Lunkenheimer	LAG Saarbrücken	M55	4	10:47	11:38	11:54	12:00	0:46:19 (40)	0:46:19
44	341	Peter Baldauf	TV Düppenweiler	M60	2	11:05	11:24	11:50	12:54	0:47:13 (44)	0:47:13
38	254	Michael Blank	LC Rehlingen	M55	3	11:04	11:26	11:51	11:33	0:45:54 (38)	0:45:54
37	318	Thomas Morgott	LTF Theeltal	M45	7	11:17	11:46	11:26	11:18	0:45:47 (37)	0:45:47
39	210	Michael Klahm	LA Team Saar	M50	4	11:03	11:41	11:50	11:42	0:46:16 (39)	0:46:16
41	315	Oliver Ludigs	LTF Theeltal	M45	8	11:07	11:27	12:12	11:51	0:46:37 (41)	0:46:37
42	219	Kai Detemple	LAG Saarbrücken	M40	9	11:20	11:43	12:07	11:50	0:47:00 (42)	0:47:00
43	299	Oliver Gregorius	LTF Marpingen	M40	10	11:39	11:53	11:55	11:41	0:47:08 (43)	0:47:08
45	296	Martin Dietz	LTF Köllertal	M55	5	11:34	11:49	12:15	11:58	0:47:36 (45)	0:47:36
46	208	Stefan Hunsicker	LA Team Saar	M60	3	11:22	12:10	12:21	11:46	0:47:39 (46)	0:47:39
47	274	Burkhard Claes	LSG Saarlouis	M60	4	11:39	12:09	12:38	12:25	0:48:51 (47)	0:48:51
48	323	Bernd Poth	LTF Theeltal	M50	5	11:26	12:07	12:57	12:48	0:49:18 (48)	0:49:18
50	327	Dirk Aschenbrenner	SV Habach	M45	9	12:02	12:11	12:36	12:44	0:49:33 (50)	0:49:33
49	300	Gerhard Jungmann	LTF Marpingen	M70	1	12:23	12:13	12:26	12:17	0:49:19 (49)	0:49:19
51	217	Tibor Csepregi	LAG Saarbrücken	M55	6	11:53	12:26	12:44	12:41	0:49:44 (51)	0:49:44
53	259	Hans-Dieter Köhl	LC Rehlingen	M50	7	12:03	12:33	13:11	12:53	0:50:40 (53)	0:50:40
52	225	Marko Groß	LAG Saarbrücken	M50	6	12:25	12:40	12:45	12:11	0:50:01 (52)	0:50:01
56	303	Stefan Zubiller	LTF Rennschnecke Dudweiler	M40	11	12:16	12:38	13:23	13:16	0:51:33 (56)	0:51:33
60	292	Udo Kämpfer	LSG Schmelz-Hüttersdorf	M55	8	12:03	12:45	13:29	14:16	0:52:33 (60)	0:52:33
54	215	Angelo Gino Crispi	LAG Saarbrücken	M55	7	12:39	12:59	12:42	12:55	0:51:15 (54)	0:51:15
55	237	Wolfgang Paulus	LAG Saarbrücken	M60	5	12:34	12:37	13:16	13:01	0:51:28 (55)	0:51:28
58	311	Rafael Kowollik	LTF Theeltal	M40	12	12:33	12:33	13:21	13:15	0:51:42 (58)	0:51:42
57	305	Peter Brachmann	LTF Theeltal	M35	7	12:33	12:35	13:20	13:13	0:51:41 (57)	0:51:41
59	245	Albert Schmidt	LAG Saarbrücken	M70	2	12:29	12:51	13:19	13:07	0:51:46 (59)	0:51:46
64	211	Peter Ackermann	LAG Saarbrücken	M60	6	12:33	13:07	13:31	13:33	0:52:44 (64)	0:52:44
61	269	Rüdiger Threm	LG Run N Ride Bexbach	M50	8	12:51	13:03	13:20	13:20	0:52:34 (61)	0:52:34
61	226	Jens Holtzmann	LAG Saarbrücken	M50	8	12:52	13:16	13:17	13:09	0:52:34 (61)	0:52:34
65	322	Otto Penkhues	LTF Theeltal	M55	10	13:05	13:20	13:07	13:31	0:53:03 (65)	0:53:03
63	223	Dirk Eichler-Uebel	LAG Saarbrücken	M55	9	12:16	13:50	13:42	12:50	0:52:38 (63)	0:52:38

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(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
66	266	Michael Helfen	LG Run N Ride Bexbach	M60	7	13:17	13:37	13:49	13:30	0:54:13 (66)	0:54:13
67	236	Joachim Meiser	LAG Saarbrücken	M60	8	13:48	13:38	13:40	13:26	0:54:32 (67)	0:54:32
68	250	Wolfgang Wagner	LAG Saarbrücken	M55	11	13:23	14:50	13:19	14:25	0:55:57 (68)	0:55:57
70	287	Johannes Herrmann	LSG Schmelz- Hüttersdorf	M75	1	13:22	14:10	14:22	14:45	0:56:39 (70)	0:56:39
72	221	Stephan Durst	LAG Saarbrücken	M55	12	12:51	14:20	15:11	15:05	0:57:27 (72)	0:57:27
69	249	Jürgen Tubbesing	LAG Saarbrücken	M65	3	13:54	14:08	14:23	14:02	0:56:27 (69)	0:56:27
71	216	Peter Crolla	LAG Saarbrücken	M50	10	13:36	14:22	14:52	14:30	0:57:20 (71)	0:57:20
73	352	Bernhard Kurtze	LT Hirzweiler	M65	4	14:11	14:16	14:35	14:46	0:57:48 (73)	0:57:48
74	297	Werner Mootz	LTF Köllertal	M75	2	14:08	14:35	14:57	14:49	0:58:29 (74)	0:58:29
75	298	Klaus Zender	LTF Köllertal	M80+	1	14:45	15:52	16:00	16:20	1:02:57 (75)	1:02:57
76	317	Markus Meiser	LTF Theeltal	M50	11	15:18	15:55	16:34	16:41	1:04:28 (76)	1:04:28
77	301	Hans Peter Klein	LTF Marpingen	M65	5	15:21	16:35	16:57	15:42	1:04:35 (77)	1:04:35

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