

Bestzeiten 5km / 10km / Halbmarathon / Marathon

Bestenlistefähig	x
Hilfsspalte 5_10_HM_M	X

Name,Vorname	Bestzeit			
	5	10	21,097	42,195
Adam,Katja	00:34:09	01:02:53		
Aldabbas,Abdullah		00:42:28	01:35:00	
Alles,Ingrid			02:11:53	
Alqutaifani,MahamadAkramm	00:32:50			
Alt,Christian	00:17:11	00:35:02	01:17:54	02:56:14
Alt,Katrin	00:23:24	00:48:16	01:53:10	
Altenhofer,Roman			01:26:20	
Altmeier,Günter		00:35:36		
Andler,Julia	00:46:56			
Angel,Jürgen			01:54:08	
Anschütz,JonathanRaphael	00:19:21	00:40:48	01:31:12	
Appel,Jürgen	00:39:07			
Bach,Melanie	00:44:30			
Backes,Joel	00:18:59	00:36:39	01:20:46	02:56:31
Backhaus,Erwin		00:36:48		
Baltes,Christian	00:19:47	00:39:02	01:29:43	03:21:54
Baltes,Marco		00:36:54	01:27:23	
Bär,Anneliese	00:22:15	00:46:56	01:42:26	03:56:31
Barrois,Hannah	00:32:07	00:57:23		
Barth,Angelique	00:28:49	00:59:13		
Barth,Patrick	00:19:55	00:39:46	01:31:43	03:23:16
Bastian,Michael	00:21:33	00:43:47	01:39:05	03:34:53
Baus,Dennis	00:16:48	00:35:48	01:17:57	02:46:56
Baus,Werner		00:49:15	01:52:43	04:21:30
Becker,Anna	00:42:22			
Becker,Claudia	00:33:26	01:09:47	02:42:10	
Becker,Heinrich	00:21:49	00:41:14	01:31:18	03:16:38
Becker,Karsten	00:31:15			
Becker,Nicole	00:25:20	00:49:09	01:48:59	
Becker,Nicole2	00:42:37			
Becker,Simon	00:45:15			
Benz,Belinda	00:27:42			
Berwian,Petra		00:52:25		04:00:38
Bickler,Frank		00:39:06	01:35:28	03:24:38
Biehler,Herbert	00:15:56	00:31:44		02:33:53
Biehler,Toni		00:36:09		02:56:37
Blass,Dirk		00:40:40	01:28:02	
Blaß,Hanno	00:27:42	00:37:42	01:22:15	02:58:02
Blass,Stefanie	00:26:24	01:00:36		
Blaumeiser-Görgen,Marion	00:26:16	00:54:21	01:47:55	03:48:10
Bohn,Tobias	00:18:00	00:37:12		
Bost,Maria	00:33:40			
Bost,Ulrich	00:27:10			

Braun,Daniela	00:23:12	00:42:46	01:34:15	04:41:13
Brehm,Vera	00:38:34			
Breit,Marco	00:18:34	00:37:42	01:22:15	03:10:52
Brill,Rainer	00:25:23		02:05:05	03:42:47
Broschart,Eva			02:30:47	
Busch,Andreas	00:26:33	00:47:24	01:33:37	03:49:07
Busch,Louisa	00:30:50			
Busch,Peter				02:52:24
Busche,Manfred	00:22:07	00:44:45	01:31:16	03:25:51
Busche,Sandra	00:23:42	00:47:33	01:41:05	03:36:45
Büttner,Jasmine	00:26:00	00:46:01	01:40:01	
Concannon,Kevin			03:44:11	
Diemann,Noah	00:17:36			
Dietz,Andreas		00:41:20	01:21:07	02:50:51
Dietz,Melanie	00:30:51	00:59:29	02:17:17	
Dittmann,Kai	00:20:05	00:40:50		
Dolmis,Necdet	00:21:13	00:39:59	01:28:13	
Dörr,Dominik		00:39:22	01:30:04	03:36:13
Dörr,Fabian	00:19:10	00:41:04	01:28:12	
Dörr,Joanna	00:29:12			
Dörr,Sophie	00:31:00			
Dörr,Stephanie	00:19:56	00:39:31	01:27:51	03:05:13
Dresen,Elias	00:22:56	00:46:52		
Dresen,Jörg	00:22:08	00:43:00	01:36:33	03:29:44
Dresen,Lukas	00:28:06			
Dresen,Simone	00:26:27	00:54:27	02:04:26	
Drokur,KlausWerner		01:04:17		
Dubiel,Hans-Peter	00:28:34			
Duckstein,Volker		00:42:17	01:33:39	03:27:37
Eckstein,Marion		00:49:33	01:50:49	
Edler,Thomas	00:30:11			
Egger,Marco	00:18:27	00:36:56	01:19:27	02:49:11
Egler,Bettina	00:37:10			
Ehl,Heike	00:20:20	00:42:59	01:44:35	03:34:24
Ehr,Sabrina	00:22:50	00:46:02		
Ehwein,NainaChristin	00:33:47	00:59:00	02:17:42	05:49:56
Engel,Nina	00:28:03	00:54:36	01:58:10	
Entinger,Christian	00:23:47	00:44:29	01:43:21	03:50:49
Entinger,Katrin	00:32:03			
ErbachSchuh,Angelika	00:28:31		02:05:17	04:41:54
Erberich,Nicol	00:47:11			
Faber,Maurice	00:21:36			
Faber,Michelle	00:24:47	00:51:23	01:58:11	
Feit,Bernd		01:06:35	01:52:25	03:58:44
Fichtel,Stefanie	00:24:46	00:51:41	01:51:53	
Flormann,Elke	00:30:05	01:06:18	02:42:10	
Forster,Michael		00:45:03		03:45:11
Freiermuth,Nadine	00:26:49	00:50:53	01:55:24	03:59:45
Fries,Christiane	00:31:52			
Fries,Kornelia	00:48:52			

Fries,Laura	00:20:13	00:40:21	01:27:59	03:18:40
Fries,Lisa	00:39:27			
Fuchs,Stefan	00:24:20	00:45:16	01:38:55	03:57:59
Gebhard,Maximilian	00:16:02	00:32:48	01:20:53	
Gehlen,Birgit	00:24:32	00:49:36	01:50:14	03:55:27
Gesellchen,Michael		00:44:40	01:37:15	03:27:23
Giesen,Stefan	00:22:17	00:47:27		
Gindorf,Alexander	00:24:41	00:48:40	01:58:57	
Göck,Oliver				03:28:37
Gorges,KlausDieter	00:18:41	00:39:11	01:26:57	03:13:20
Grabovac,Robert		00:40:47	01:26:38	03:17:46
Grewenig-Czarny,Simone		00:47:27	01:51:51	
Groß,Jennifer	00:30:51			
Groß,Jürgen		00:52:40		
Groß,Katrin	00:23:27	00:46:18		
Groß,Klara	00:34:25			
Groß,Markus	00:17:33	00:36:32	01:20:22	02:51:17
Groß,Matthias	00:24:31			
Guthörl,Melanie	00:41:42			
Guthörl,Moritz		00:39:22		
Guthörl,Sandra	00:29:54	01:05:51		
Guthörl,Steve	00:30:17	00:42:55	01:41:23	
Haas,Markus	00:17:06	00:36:59	01:20:46	03:26:33
Hassdenteufel,Cordula		00:50:30	01:53:58	04:13:17
Hassdenteufel,Michael	00:23:42	00:43:47	01:31:27	03:25:17
Heer,Elmar		00:47:58		
Heinrich,Friedel		00:35:20		02:58:59
Heinrich,Stefan			01:20:00	
Hellbrück,Bernhard	00:20:58	00:44:40	01:42:17	03:49:03
Helmes,Patricia	00:29:47	00:55:59	02:13:50	
Helmes,Tanja	00:25:49	00:50:24	01:46:28	03:49:41
Hemgesberg,Tanja	00:33:25			
Hennes,Felix	00:23:25	00:45:53		
Herth,Jürgen	00:28:25			
Hinsberger,Guido		00:52:35		
Hinterweller,Frank	00:21:10	01:43:26		03:26:55
Hinterweller,Hannah	00:49:02			
Hinterweller,Sabine	00:32:52	00:59:12	02:20:16	05:15:36
Hochreiter,Marco	00:33:29			
Hoffmann,Christian		00:47:32	01:41:33	
Hoffmann,Maike	00:27:48			
Holderbaum,Sophie		00:54:05		
Holweck,Andreas	00:18:50	00:36:29	01:23:52	
Honecker,Martina		00:53:46	01:58:03	
Hossein,Kawa	00:25:23	00:51:38		
Hotz,Ina	00:33:37			
Houy,Nicole	00:29:12	01:03:26	02:17:12	
Idrisu,Samira			02:02:33	04:35:24
Jäcker,Bastian	00:17:25	00:35:36	01:19:09	02:43:31
Jacob,Joachim			01:55:18	

Jakobs,Udo		00:34:36	01:17:06	02:52:43
Jochum,Thomas		01:02:38		
Jochum,Tino			01:50:53	
Johann,Jörg		00:43:25	01:36:10	03:46:32
Jordy,Desiree	00:37:50			
Jordy,Marco		00:46:30		04:09:31
Jung,Gabriele		00:48:11		
Jung,Hans-Werner	00:38:23			
Kannengießer,Stefan			01:42:03	
Kaup,Andrea	00:41:43			
Keßler,Birgit	00:27:49	00:54:26	02:08:07	04:49:03
Kessler,Oliver			02:26:03	
Kiefer,Kiara			01:56:54	
Kipping,Jana	00:20:02			
Kipping,Nicole	00:25:34			
Klaesner,Stephan	00:23:49	00:50:38		
Kleer,Nicole	00:35:47			
Klein,Isabelle	00:32:06			
Klein,Janina		00:46:35		
Klein,Manuel	00:19:34	00:38:40	01:26:13	
Klein,Stefan	00:20:22	00:43:57	01:39:37	03:50:57
Klein,Tina	00:47:06			
Klesen,Christopher	00:15:21	00:31:30	01:10:03	02:35:15
Klinkner,Alois				02:51:35
Klößner,Thorsten	00:21:56			
Knapp,Carmen	00:33:17			
Köbrich,Nicole	00:24:31	00:48:55	01:45:55	
Kohler,Jörg		00:41:30	01:33:28	
Koleva,Gergana	00:25:21	00:56:05		
Krämer,Carmen	00:29:06			04:28:56
Krämer,Linda	00:24:46	01:01:39		
Krämer,Markus	00:18:40	00:39:29	01:27:34	03:11:08
Krämer,Simon	00:22:23	00:50:20		
Krämer,Torsten			01:53:17	04:25:38
Krämer,Wendelin	00:26:34	00:54:18	01:56:49	
Krass,Christiane	00:30:24			
Kreuter,Joachim	00:22:01			03:27:47
Kuhn,Gottfried		00:46:07	01:46:26	
Kühn,Sarah	00:22:35	00:48:17		
Kunkel,Selina	00:20:25	00:44:44	01:37:39	
Kunkel,Yves		00:44:51	01:43:02	
Kunrath,Sylvia	00:36:13			
Lahmer,Stefan		00:49:42	01:37:53	
Lauer,Stephanie	00:28:46		02:02:00	
Lehnert,Sarah	00:49:45			
Leibrock,Bengt	00:18:56	00:39:07		
Limbach,Natascha	00:39:19			
Linn,Tobias	00:16:12	00:34:17	01:14:27	02:35:55
Linnebach,Bea	00:37:44	01:06:26	02:30:48	
Lorenz,Eric	00:18:40	00:36:49	01:22:17	03:13:14

Lupp,Michael	00:29:26	00:57:22	02:10:29	
Maaßen,Andrea	00:31:45	01:05:59	02:30:37	
Mannweiler,Simon				02:59:21
Mark,Beate	00:31:57	01:07:28	02:28:02	
Martin,Jenny	00:21:59	00:46:24	01:42:09	
Marx,Michael		00:40:09	01:26:02	02:59:28
Maurer,Rita	00:33:57			
Maurer,Timo	00:18:59			03:39:53
Mechenbier,Stefanie		00:46:28		
Meier,Udo	00:27:08	00:58:58		
Meiser,Andreas		00:41:54		
Meiser,Christina			01:55:18	
Meiser,Christoph				03:55:12
Meiser,Philip		00:36:20		
Meiser,Simone	00:26:03			
Menges-Braun,Tina	00:22:18	00:44:48	01:37:14	03:23:27
Mergner,Armin			01:42:20	
Merz,Jan	00:18:22		01:28:12	03:05:36
Meyer,Mevlüt	00:30:27			04:58:26
Meyer,Thomas		00:56:16		
Michels,Ulrich	00:30:26	01:03:54	02:17:47	
Mildau,Eric	00:22:05	00:46:01	01:38:44	
Mildau,Nicole	00:28:49	00:54:04	02:01:01	
Mohr,Antonia	00:40:55			
Moog,Bernd				04:25:08
Mühlhausen,Thomas	00:23:09			
Müller,Dennis	00:26:10			
Müller,Margit	00:31:16	01:02:58	02:25:07	
Müller,Markus				03:15:20
Müller,Thomas	00:29:26			
Neufeld,Julian	00:18:12	00:36:20	01:30:51	
Ney,Franz-Josef		00:35:40		
Nikolaus,Jennifer	00:32:34			
Nix-Hoffmann,Eva		00:48:18	01:41:53	03:40:00
Noble,Thomas		00:57:05	01:57:29	
Nonnweiler,Silke	00:29:48	01:01:43		05:01:54
Noß,Anna	00:21:45	00:44:16	01:42:55	
Omlor,Mike		00:48:40	01:52:00	
Pelka-Nitzsche,Rene	00:27:39	00:56:04	02:06:26	05:00:41
Penzek,Erhard	00:23:35	00:47:53	01:44:41	
Persch,Peter		00:43:12	01:37:33	
Petry,Florian	00:24:02	00:55:34	02:06:27	
Prinz,Simon		00:55:17		
Raber,Roland	00:18:47	00:36:43	01:22:38	03:01:30
Radtke,Leon	00:32:46			
Rau,Erwin		00:33:47		
Raubuch,Carsten	00:27:08	00:56:45	02:56:32	
Raubuch,Tanja	00:37:18	01:19:38	02:56:31	
Recktenwald,Emily	00:34:26			
Recktenwald,Jan-Philipp		00:39:19	01:25:42	

Recktenwald,Karin	00:27:08	01:08:28		
Rehm,Sarah	00:20:18	00:39:57	01:24:47	
Rein,Björn	00:25:40			
Rein,Louis	00:25:40			
Resch,Barbara	00:22:29	00:47:03	01:44:34	03:53:23
Rickel,Lias	00:29:49			
Rickel,Nadja	00:27:28	00:56:12	01:52:12	
Rickel,Patrick	00:27:36	00:42:29	01:30:22	03:23:39
Riehm,Anna	00:28:09	00:55:59		
Ringeisen,Tanja	00:36:28	01:08:27		
Rodner,Birgit	00:23:30	00:46:38	01:43:32	03:43:02
Rodner,Thomas	00:22:57	00:44:20	01:40:43	03:38:55
Rodner,Yannik	00:23:16			
Rothenbusch,Marlene	00:23:35	00:47:10	01:41:15	03:33:36
Rudig,Frank	00:30:12	00:49:24		04:11:07
Rüll,Gisela	00:34:25			
Saar,Nicolas	00:19:19	00:40:17	01:30:01	03:28:00
Sahner,Andreas	00:24:41			
Salm,Dirk	00:27:29		01:19:28	
Salm,Marvin	00:29:04			
Sardo,Giuseppe	00:17:12	00:34:07	01:13:36	02:47:32
Sauer,Stephen	00:18:54			
Schäfer,Astrid		00:44:15		
Schäfer,Joachim	00:23:33	00:44:43	01:38:01	03:46:21
Scheidhauer,Celine	00:22:20	00:44:05	01:36:30	03:26:42
Scheidhauer,Tobias		00:51:26		
Scheidt,Heiko	00:24:15	00:43:01	01:36:34	03:39:55
Scheidt,Kerstin	00:30:42			
Scheidt,Mechthild	00:39:30			
Scheuermann,Simone	00:23:29	00:44:51	01:45:24	04:06:18
Schikorski,Axel	00:27:20		01:56:57	
Schikorski,Susanne	00:40:09			
Schillo,Heike	00:28:44		01:58:19	
Schirra,Lukas	00:23:12	00:48:51	02:04:20	
Schmidt,Holger		00:40:45	01:31:48	03:29:33
Schmidt,Katrin	00:31:01	01:00:08		
Schmidt,Michael		00:47:25	01:42:45	04:13:35
Schmidt,Peter		00:42:57		
Schmidt,Sandra	00:30:12			
Schmitt,Susanne	00:32:55	01:06:57	02:40:12	
Schmitt,Wiebke	00:30:16			
Schneider,Philipp		00:49:21	01:52:21	
Schönenberger-Trageser,Tanja	00:33:51			
Schreiner,Joachim	00:22:53	00:49:45	01:43:44	
Schröder,Michael	00:18:34	00:39:49	01:37:37	
Schuchter,Christian		00:38:05	01:23:21	
Schuh,Heinz	00:20:19	00:38:14	01:24:51	02:58:25
Schuh,Monika	00:31:48	01:00:43	02:19:33	
Schuh,Reinhold	00:24:44	00:48:35	01:43:56	03:44:13
Schuh,Svea	00:33:32			

Schuh,Till			01:38:11	04:35:24
Schuh,Tim			02:04:30	
Schwarz,Michelle	00:21:15	00:45:25	01:47:14	
Schwarz,Patric	00:23:51	00:44:47	01:41:19	03:39:59
Schweitzer,Armin	00:22:21	00:46:42		
Scierski,Michael	00:29:30	01:00:07		
Simmet,Rebecca	00:27:34			
Simon,Stefan	00:25:14	00:53:45		
Spang,Christina	00:26:45		01:58:01	
Springborn,David	00:27:33	00:53:37	02:01:39	
Springborn,Silke	00:25:56	00:53:37	01:57:22	04:13:34
Steinmetz,Richard		00:36:35		02:49:24
Straß,Melanie		00:46:51	01:43:13	03:35:15
Thewes,Frank	00:26:27	00:57:28		
Thon,Conny	00:20:00	00:38:32	01:24:25	
Thull,Nina	00:25:19			
Thull,Rudi		00:36:43		
Treese,Simon		00:46:33		
Ulrich,Sven	00:28:35			
Valeske,Eva	00:33:37			
Väth,Christian	00:20:37	00:44:59	01:37:52	03:45:28
Volontieri,Thomas	00:21:03			03:18:22
Wachter,Michael	00:25:00	00:48:55	01:48:38	03:46:02
Wagner,Anne	00:37:06			
Wagner,Gabi	00:37:09			
Wagner,Ilsemuth		00:48:13		
Wagner,Manfred	00:17:03	00:34:59	01:15:21	02:50:16
Wagner,Marc		00:41:29	01:33:53	03:33:38
Wagner,Reiner	00:24:59	00:53:22	01:52:59	04:27:23
Wallrich,Michelle		00:42:43		
Wappner,Eric	00:20:35	00:42:48	01:38:11	
Weber,Daniel	00:18:14	00:35:48	01:18:37	02:50:02
Weber,Nicklas	00:26:03	00:47:52	01:50:11	
Weber,Stefan	00:18:41	00:38:59	01:25:09	04:09:46
Weimar-Ehl,Theresia			02:23:47	
Weingarth,Philippe	00:15:57	00:32:58	01:12:12	02:38:48
Weis,Gerald	00:29:39	00:56:17	02:14:47	
Wellner,Christian	00:21:53	00:42:59	01:32:31	03:31:53
Wendels,Susanne		00:55:26	01:58:56	
Wenske,Hermann	00:22:30	00:47:46	01:40:48	
Werth,Josef	00:18:42	00:39:12		
Wiesel,Jens		00:46:23	01:50:38	
Wüstner,Barbara		00:50:36	01:54:23	03:59:44
Zägel,Daniela		00:51:27		
Zeiger,Hendrik	00:18:41	00:38:34	01:25:22	03:00:44
Zewe,Bettina		00:50:32	01:41:29	03:50:57
Ziegler,Bernd	00:27:17			
Zimmer,Bernd		00:36:52	01:22:31	02:56:29
Zimmer,Dorothea	00:28:13	00:51:30	01:56:55	
Zimmer,Markus	00:21:31	00:40:57	01:33:40	03:40:15

Zimmer,Michel			01:49:38	03:43:21
Zimmer,Nike	00:28:54			
Zimmermann,Jasmin	00:34:26			
Gesamtergebnis	00:15:21	00:31:30	01:10:03	02:33:53