

# 31. Staustufenlauf 2023

Staustufenlauf - 14.01.2023 - Karlstadt



| Platz | PlatzAK | StartNr | Name                | Team / Verein / Firma                   | Nat. | JG   | AK   | Zeit     |
|-------|---------|---------|---------------------|-----------------------------------------|------|------|------|----------|
| 1     | 1       | 262     | Laura Zimmermann    | SV Würzburg 05                          |      | 1990 | W30  | 00:54:31 |
| 2     | 1       | 8       | Delia Schmitt       | Absolute Run Crew Würzburg              |      | 1994 | WU30 | 00:58:14 |
| 3     | 1       | 222     | Silvia Duro         |                                         |      | 1979 | W40  | 01:06:30 |
| 4     | 1       | 156     | Karina Steffan      | TSV Karlstadt Triathlon                 |      | 1977 | W45  | 01:08:13 |
| 5     | 2       | 46      | Silke Faller        | Lauftreff TG Höchberg                   |      | 1976 | W45  | 01:08:24 |
| 6     | 1       | 270     | Laura Stauder       | Laufwerk WÜ                             |      | 1987 | W35  | 01:09:12 |
| 7     | 3       | 227     | Petra Guck          |                                         |      | 1974 | W45  | 01:09:20 |
| 8     | 2       | 17      | Sarah Springer      | BARTEC                                  |      | 1996 | WU30 | 01:09:52 |
| 9     | 2       | 150     | Julia Binner        | TSV Karlbürg                            |      | 1986 | W35  | 01:10:39 |
| 10    | 3       | 224     | Tamina Preuß        |                                         |      | 1986 | W35  | 01:14:31 |
| 11    | 2       | 144     | Susanne Geiling     | TSV Güntersleben                        |      | 1981 | W40  | 01:15:28 |
| 12    | 1       | 57      | Nathalie Klaußen    | LG Lohr-Rechtenbach                     |      | 1968 | W55  | 01:15:32 |
| 13    | 1       | 126     | Tanja König-Deeg    | TG 48 Schweinfurt                       |      | 1971 | W50  | 01:16:09 |
| 14    | 3       | 236     | Susanne Bettin      | TSV Karlstadt-Triathlon                 |      | 1979 | W40  | 01:16:29 |
| 15    | 4       | 143     | Anja Dresch         | TSV Güntersleben                        |      | 1975 | W45  | 01:16:48 |
| 16    | 5       | 203     | Julia Süßner        |                                         |      | 1978 | W45  | 01:19:01 |
| 17    | 2       | 125     | Elke Huhn           | TG 48 Schweinfurt                       |      | 1970 | W50  | 01:22:07 |
| 18    | 2       | 215     | Romina Schatke      |                                         |      | 1992 | W30  | 01:22:32 |
| 19    | 4       | 142     | Simone Mennig       | TSV Güntersleben                        |      | 1981 | W40  | 01:27:26 |
| 20    | 5       | 145     | Marlies Barone      | TSV Güntersleben                        |      | 1982 | W40  | 01:27:26 |
| 21    | 6       | 149     | Sonja Scheurich     | TSV Homburg                             |      | 1981 | W40  | 01:29:37 |
| 22    | 7       | 231     | Isabel Schneider    | TSV Homburg                             |      | 1980 | W40  | 01:33:35 |
| 23    | 1       | 146     | Lydia Keck          | TSV Güntersleben Ausdauersportabteilung |      | 1956 | W65  | 01:44:03 |
| 1     | 1       | 35      | Paul Weigand        | ESV Gemünden                            |      | 2002 | MU30 | 00:49:23 |
| 2     | 1       | 211     | Philipp Karpeles    |                                         |      | 1990 | M30  | 00:49:55 |
| 3     | 2       | 261     | Stefan Betz         | TG 48 Schweinfurt                       |      | 1999 | MU30 | 00:50:46 |
| 4     | 1       | 129     | Martin Ackermann    | TG 48 Schweinfurt                       |      | 1978 | M45  | 00:52:34 |
| 5     | 3       | 171     | Rene Amtmann        | TSV Thüngersheim                        |      | 1994 | MU30 | 00:53:31 |
| 6     | 1       | 39      | Christoph von Brunn | FuF Laufteam e.V.                       |      | 1988 | M35  | 00:53:51 |
| 7     | 2       | 44      | Julian Geiselhardt  | lauf.modus                              |      | 1991 | M30  | 00:54:18 |
| 8     | 2       | 5       | Benjamin Kost       | Absolute Run Crew Würzburg              |      | 1987 | M35  | 00:54:21 |
| 9     | 2       | 56      | Thomas Schönfeld    | LG Lohr-Rechtenbach                     |      | 1975 | M45  | 00:54:41 |
| 10    | 1       | 131     | Johannes Kroiß      | TG Kitzingen                            |      | 1979 | M40  | 00:54:47 |
| 11    | 1       | 10      | Andreas Lenz        | Absolute Run Crew Würzburg              |      | 1971 | M50  | 00:57:43 |
| 12    | 3       | 130     | David Kiesel        | TG 48 Schweinfurt                       |      | 1984 | M35  | 00:58:02 |
| 13    | 4       | 135     | Ralf Lindner        | TSV Burghaslach                         |      | 1986 | M35  | 00:58:04 |
| 14    | 3       | 7       | Kai Leibfried       | Absolute Run Crew Würzburg              |      | 1989 | M30  | 00:58:14 |
| 15    | 4       | 6       | Alexander Lienemann | Absolute Run Crew Würzburg              |      | 1995 | MU30 | 00:58:17 |

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|-------|---------|---------|------------------------|--------------------------------|------|------|------|----------|
| 16    | 2       | 187     | Jochen Fischer         | Waldbrunn                      |      | 1972 | M50  | 00:58:22 |
| 17    | 4       | 158     | Christian Kriester     | TSV Karlstadt Triathlon        |      | 1991 | M30  | 00:58:47 |
| 18    | 5       | 4       | Sebastian Schmidt      | Absolute Run Crew Würzburg     |      | 1995 | MU30 | 00:59:14 |
| 19    | 5       | 161     | Florian Schönmann      | TSV Langenprozelten            |      | 1985 | M35  | 00:59:18 |
| 20    | 5       | 216     | Maximilian Klundt      |                                |      | 1992 | M30  | 00:59:28 |
| 21    | 1       | 55      | Michael Amann          | LG Lohr-Rechtenbach            |      | 1964 | M55  | 01:00:04 |
| 22    | 2       | 226     | Marcel Gruber          |                                |      | 1979 | M40  | 01:00:07 |
| 23    | 6       | 127     | Markus Seitz           | TG 48 Schweinfurt              |      | 1984 | M35  | 01:00:35 |
| 24    | 3       | 132     | Andreas Reuter         | Theatergruppe Kürnach          |      | 1977 | M45  | 01:02:13 |
| 25    | 2       | 58      | Karsten Roth           | LG Lohr-Rechtenbach            |      | 1967 | M55  | 01:02:37 |
| 26    | 1       | 119     | Martin Groß            | Stadtmarathon Würzburg e.V.    |      | 1963 | M60  | 01:02:44 |
| 27    | 7       | 9       | Matthias Kleffel       | Absolute Run Crew Würzburg     |      | 1985 | M35  | 01:02:56 |
| 28    | 6       | 214     | Andrzej Fuchs          |                                |      | 1989 | M30  | 01:03:09 |
| 29    | 4       | 265     | Steffen Händler        | TSV Karlstadt Triathlon        |      | 1978 | M45  | 01:03:29 |
| 30    | 6       | 258     | Marco Zachrau          | TuS Frammersbach Ausdauersport |      | 1996 | MU30 | 01:04:03 |
| 31    | 5       | 141     | Thomas Stieber         | TSV Güntersleben               |      | 1974 | M45  | 01:04:14 |
| 32    | 8       | 242     | Daniel Schlund         |                                |      | 1984 | M35  | 01:04:38 |
| 33    | 7       | 246     | Julian Manske          |                                |      | 1993 | M30  | 01:04:43 |
| 34    | 6       | 152     | Andreas Vicedom        | TSV Karlstadt - Triathlon      |      | 1975 | M45  | 01:04:54 |
| 35    | 9       | 59      | Burkhard Leimeister    | LG Lohr-Rechtenbach            |      | 1985 | M35  | 01:05:17 |
| 36    | 3       | 47      | Timo Vögtle            | Laufwerk WÜ                    |      | 1982 | M40  | 01:05:18 |
| 37    | 3       | 271     | Markus Krammer         |                                |      | 1969 | M50  | 01:05:26 |
| 38    | 1       | 54      | Sebastiano Ilardi      | LG Lohr-Rechtenbach            |      | 1957 | M65  | 01:05:31 |
| 39    | 4       | 263     | Markus Zawierta        | TV Helmstadt                   |      | 1972 | M50  | 01:05:52 |
| 40    | 8       | 45      | Jonas Weissenseel      | Laufen gegen Leiden            |      | 1993 | M30  | 01:06:47 |
| 41    | 7       | 173     | Torsten Weyer          | TV Großlangheim                |      | 1976 | M45  | 01:07:11 |
| 42    | 8       | 210     | Gunther Schamberger    |                                |      | 1978 | M45  | 01:07:19 |
| 43    | 10      | 207     | Sebastian Hüller       |                                |      | 1986 | M35  | 01:07:22 |
| 44    | 9       | 208     | Aleksey Kamenar        |                                |      | 1989 | M30  | 01:07:23 |
| 45    | 5       | 213     | Mark Elsesser          |                                |      | 1973 | M50  | 01:07:26 |
| 46    | 6       | 154     | Stefan Dr. Scherg      | TSV Karlstadt Triathlon        |      | 1969 | M50  | 01:07:47 |
| 47    | 7       | 264     | Tobias Schmid          | TSV Erlabrunn                  |      | 1972 | M50  | 01:07:47 |
| 48    | 3       | 169     | Uwe Kriester           | TSV Retzbach                   |      | 1968 | M55  | 01:08:09 |
| 49    | 4       | 153     | Markus Schönmann       | TSV Karlstadt Triathlon        |      | 1980 | M40  | 01:08:14 |
| 50    | 5       | 121     | Björn Schebler         | SV Birkenfeld AH               |      | 1981 | M40  | 01:08:20 |
| 51    | 6       | 266     | Stefan Münch           | Absolute Run Crew Würzburg     |      | 1982 | M40  | 01:08:38 |
| 52    | 9       | 60      | Thomas Hock            | LG Lohr-Rechtenbach            |      | 1977 | M45  | 01:08:43 |
| 53    | 10      | 2       | Oliver Hilbert-Probeck | 1.FC Bad Brückenau             |      | 1974 | M45  | 01:08:54 |

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|-------|---------|---------|--------------------|-------------------------------|------|------|------|----------|
| 54    | 7       | 37      | Rolf Kaufmann      | ETSV Lauda                    |      | 1981 | M40  | 01:09:16 |
| 55    | 4       | 128     | Christian Mahr     | TG 48 Schweinfurt             |      | 1966 | M55  | 01:09:17 |
| 56    | 2       | 176     | Hermann Nätscher   | TV/DJK Hammelburg             |      | 1957 | M65  | 01:09:22 |
| 57    | 5       | 134     | Michael Schrauth   | TSV 1895 Karlburg e.V.        |      | 1968 | M55  | 01:09:32 |
| 58    | 10      | 259     | Daniel Roth        |                               |      | 1990 | M30  | 01:09:54 |
| 59    | 11      | 11      | Kaleb Ströbel      | Absolute Run Crew Würzburg    |      | 1988 | M35  | 01:10:38 |
| 60    | 6       | 112     | Leo Pototzky       | RV Viktoria Wombach           |      | 1964 | M55  | 01:11:29 |
| 61    | 3       | 120     | Volker Hemberger   | SV 05 Würzburg                |      | 1957 | M65  | 01:11:40 |
| 62    | 8       | 212     | Armin Staub        |                               |      | 1969 | M50  | 01:11:50 |
| 63    | 11      | 113     | Steffen Wiesner    | RV Viktoria Wombach           |      | 1978 | M45  | 01:13:13 |
| 64    | 7       | 139     | Guido Heger        | TSV Gauaschach                |      | 1968 | M55  | 01:13:16 |
| 65    | 11      | 223     | Benedikt Gutermuth |                               |      | 1990 | M30  | 01:14:07 |
| 66    | 12      | 108     | Dominik Gutermuth  | parkrun Würzburg              |      | 1992 | M30  | 01:14:11 |
| 67    | 9       | 220     | Jürgen Foh         |                               |      | 1969 | M50  | 01:14:24 |
| 68    | 13      | 41      | David Vogel        | FV Karlstadt                  |      | 1993 | M30  | 01:14:39 |
| 69    | 12      | 217     | Alexander Gehrsitz |                               |      | 1988 | M35  | 01:15:10 |
| 70    | 2       | 248     | Michael Dobler     | TSV Karlstadt                 |      | 1959 | M60  | 01:15:10 |
| 71    | 10      | 241     | Alfred Alfred      |                               |      | 1969 | M50  | 01:15:25 |
| 72    | 12      | 157     | Mark Fangerow      | TSV Karlstadt Triathlon       |      | 1974 | M45  | 01:16:23 |
| 73    | 13      | 225     | Gerald Simmert     |                               |      | 1985 | M35  | 01:16:24 |
| 74    | 8       | 251     | Rüdiger Kurz       | TSV Karlstadt                 |      | 1967 | M55  | 01:16:29 |
| 75    | 8       | 209     | Patrick Zink       |                               |      | 1979 | M40  | 01:17:52 |
| 76    | 7       | 219     | Yannick Schreiber  |                               |      | 2000 | MU30 | 01:20:23 |
| 77    | 11      | 151     | Thomas Schreiber   | TSV Karlstadt                 |      | 1972 | M50  | 01:20:24 |
| 78    | 1       | 42      | Reinhold Pfeuffer  | Gambach                       |      | 1953 | M70  | 01:20:27 |
| 79    | 9       | 269     | Klaus Bauerfeind   | TSV Karlstadt Triathlon       |      | 1964 | M55  | 01:20:30 |
| 80    | 3       | 118     | Winfried Braun     | Stadtmarathon Würzburg e.V.   |      | 1963 | M60  | 01:22:05 |
| 81    | 10      | 114     | Norbert Völker     | RV Viktoria Wombach           |      | 1966 | M55  | 01:23:18 |
| 82    | 4       | 160     | Werner Pissulla    | TSV Langenprozelten           |      | 1960 | M60  | 01:23:53 |
| 83    | 9       | 16      | Kevin Rogers       | BARTEC                        |      | 1983 | M40  | 01:24:19 |
| 84    | 4       | 159     | Philipp Dinkel     | TSV Kreuzwertheim             |      | 1956 | M65  | 01:27:10 |
| 85    | 12      | 268     | Mauro Scala        | TSV Karlstadt                 |      | 1973 | M50  | 01:28:03 |
| 86    | 2       | 36      | Elmar Schömig      | ETSV Lauda                    |      | 1950 | M70  | 01:28:15 |
| 87    | 10      | 19      | Patrick Bauer      | BARTEC                        |      | 1979 | M40  | 01:29:12 |
| 88    | 13      | 267     | Rolf Habrik        |                               |      | 1969 | M50  | 01:33:06 |
| 89    | 14      | 38      | Christoph Amthor   | Freiwillige Feuerwehr Stetten |      | 1984 | M35  | 01:33:09 |
| 90    | 11      | 230     | Ricky Böhm-Hennes  | TSV Homburg                   |      | 1980 | M40  | 01:33:37 |
| 91    | 13      | 221     | Stefan Treisch     |                               |      | 1975 | M45  | 01:39:13 |