

Altstadtlauf Heppenheim 2025

10 km - Sportpark-Altstadtlauf - 13.06.2025 - Heppenheim



Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	Runde 8	Runde 9	Runde	Brutto	Netto
1	1	576	Laurenz Reiling			2007	MJUG	00:03:29	00:07:01	00:10:44	00:14:29	00:18:17	00:22:09	00:26:00	00:30:02	00:34:04	00:37:55	00:37:57	00:37:55
2	1	325	Vinicius dos Santos	Lauftreff #Runwoinem		1998	MU30	00:03:28	00:07:00	00:10:44	00:14:28	00:18:22	00:22:22	00:26:27	00:30:29	00:34:24	00:38:09	00:38:11	00:38:09
3	1	543	Simon Bertsch	IBB Brandschutzplaner		1985	M40	00:03:34	00:07:20	00:11:06	00:14:58	00:18:51	00:22:53	00:26:58	00:31:02	00:35:10	00:39:07	00:39:07	00:39:07
4	1	513	Thomas Wolf	#bergziegenHD Bergsträßer Kaffeerösterei		1991	M30	00:03:31	00:07:15	00:11:17	00:15:20	00:19:24	00:23:32	00:27:41	00:31:54	00:36:00	00:40:03	00:40:04	00:40:03
5	1	570	Edwin Monninger			1973	M50	00:03:55	00:08:03	00:12:15	00:16:27	00:20:42	00:24:57	00:29:14	00:33:36	00:37:55	00:42:09	00:42:12	00:42:09
6	2	584	Leon Stoiber			2006	MJUG	00:03:59	00:08:17	00:12:43	00:17:16	00:21:56	00:26:38	00:31:21	00:35:54	00:40:34	00:44:48	00:44:54	00:44:48
7	2	554	Sebastian Steger			1983	M40	00:04:04	00:08:18	00:12:43	00:17:14	00:21:49	00:26:26	00:31:05	00:35:48	00:40:32	00:45:05	00:45:08	00:45:05
8	2	444	Jens Schaffner	LG BEC		1995	M30	00:04:03	00:08:15	00:12:32	00:17:01	00:21:53	00:26:54	00:32:18	00:37:37	00:42:30	00:47:19	00:47:28	00:47:19
9	2	342	Sandro Bahr			2003	MU30	00:04:46	00:09:35	00:14:04	00:18:42	00:23:37	00:28:36	00:33:32	00:38:14	00:43:09	00:47:35	00:47:46	00:47:35
10	3	517	Josua Klaus			1989	M30	00:03:55	00:08:16	00:12:52	00:17:42	00:22:40	00:27:44	00:32:56	00:38:09	00:43:26	00:48:22	00:48:24	00:48:22
11	3	356	Emil Glos	seithetrans		2005	MU30	00:04:24	00:08:48	00:13:31	00:18:22	00:23:19	00:28:20	00:33:32	00:38:45	00:44:01	00:49:03	00:49:18	00:49:03
12	4	344	Andris Vondung	Bergsträßer Kaffeerösterei		2002	MU30	00:03:50	00:08:03	00:12:38	00:17:41	00:23:10	00:28:35	00:34:00	00:39:18	00:44:37	00:49:30	00:49:30	00:49:30
13	4	332	Rafael Retzer			1991	M30	00:04:32	00:09:01	00:13:49	00:18:40	00:23:37	00:28:54	00:34:02	00:39:43	00:44:57	00:49:35	00:49:42	00:49:35
14	5	326	Johannes Lohmann	Heartbeat Ultra		1989	M30	00:04:46	00:09:24	00:14:05	00:18:56	00:23:53	00:28:55	00:34:04	00:39:14	00:44:33	00:49:40	00:50:01	00:49:40
15	2	585	Mirko Konrad			1967	M50	00:04:45	00:09:29	00:14:20	00:19:18	00:24:21	00:29:30	00:34:35	00:39:47	00:44:59	00:49:54	00:50:13	00:49:54
16	6	340	Marco Keller	Dentsply Sirona		1992	M30	00:04:24	00:08:51	00:13:37	00:18:29	00:23:28	00:28:43	00:33:59	00:39:23	00:44:49	00:49:56	00:49:59	00:49:56
17	3	331	Usman Mahar			1985	M40	00:04:46	00:09:24	00:14:08	00:19:11	00:25:02	00:30:05	00:35:12	00:40:28	00:45:36	00:50:20	00:50:41	00:50:20
18	4	485	Nicolas Metzger			1985	M40	00:04:57	00:09:55	00:14:55	00:19:54	00:24:56	00:30:02	00:35:13	00:40:32	00:45:40	00:50:28	00:50:33	00:50:28
19	5	447	Kai Friedrich			2001	MU30	00:04:18	00:08:47	00:13:38	00:18:42	00:23:53	00:29:11	00:34:41	00:40:21	00:46:00	00:51:04	00:51:12	00:51:04
20	6	583	Nicholas Curry			1999	MU30	00:04:36	00:09:13	00:14:05	00:18:59	00:24:03	00:29:54	00:35:23	00:40:52	00:46:20	00:51:32	00:51:41	00:51:32
21	3	457	Ralf Ehret	SG Hüttenfeld International		1969	M50	00:05:03	00:09:57	00:14:53	00:19:53	00:25:00	00:30:15	00:35:32	00:40:59	00:46:32	00:52:00	00:52:08	00:52:00
22	7	348	Marcus Clauß			1986	M30	00:05:15	00:10:31	00:15:44	00:21:04	00:26:26	00:31:49	00:37:16	00:42:42	00:48:04	00:52:56	00:53:16	00:52:56
23	4	358	Gerald Fuchs	ZELO Konstruktions und Vertriebs GmbH		1966	M50	00:04:43	00:09:45	00:14:48	00:20:08	00:25:41	00:31:22	00:37:00	00:42:39	00:48:11	00:53:20	00:53:24	00:53:20
24	5	350	Toby Cull			1980	M40	00:04:40	00:09:28	00:14:33	00:19:44	00:25:05	00:30:57	00:36:32	00:42:18	00:47:57	00:53:24	00:53:38	00:53:24
25	8	333	Sascha Duppke	Dentsply Sirona		1991	M30	00:04:52	00:09:54	00:15:06	00:20:24	00:25:58	00:31:26	00:36:59	00:42:44	00:48:37	00:54:16	00:54:23	00:54:16
26	9	456	Patrick Happ			1993	M30	00:05:17	00:10:29	00:15:46	00:21:05	00:26:29	00:31:54	00:37:25	00:43:08	00:48:51	00:54:28	00:54:41	00:54:28
27	6	552	Andreas Mitsch	TV Ober Laudenbach		1979	M40	00:04:57	00:09:58	00:15:09	00:20:28	00:25:54	00:31:31	00:37:07	00:42:58	00:48:58	00:54:52	00:55:02	00:54:52
28	10	336	Marin Englisch	Dentsply Sirona		1990	M30	00:04:53	00:09:55	00:15:06	00:20:33	00:26:41	00:32:21	00:38:25	00:44:02	00:49:36	00:55:00	00:55:05	00:55:00
29	5	526	Markus Schmitt			1972	M50	00:04:56	00:10:07	00:15:15	00:20:29	00:25:55	00:31:22	00:37:08	00:43:14	00:49:35	00:55:18	00:55:24	00:55:18
30	6	530	Sascha Schneider	LLC Marathon Regensburg e.V.		1975	M50	00:05:16	00:10:27	00:15:48	00:21:18	00:26:58	00:32:42	00:38:28	00:44:06	00:49:50	00:55:19	00:55:33	00:55:19
31	11	347	Pascal Pöschl			1995	M30	00:06:06	00:11:49	00:17:14	00:22:22	00:27:47	00:33:26	00:39:09	00:44:51	00:50:18	00:55:42	00:56:00	00:55:42
32	7	578	Michael Schmitt			1978	M40	00:05:12	00:10:27	00:15:54	00:21:31	00:27:14	00:33:04	00:38:55	00:44:59	00:50:59	00:56:47	00:57:04	00:56:47
33	7	539	Nico Menzel	Empor Dranske 52 e.V.		1970	M50	00:05:40	00:11:15	00:17:03	00:22:57	00:28:59	00:34:58	00:41:01	00:46:57	00:53:00	00:58:53	00:59:08	00:58:53
34	8	319	Damian Hoffmann			1982	M40	00:05:26	00:10:56	00:16:34	00:22:28	00:28:22	00:34:26	00:40:31	00:46:49	00:53:11	00:59:05	00:59:20	00:59:05
35	1	329	Peter Knapp	Skiclub Heppenheim		1962	M60	00:05:38	00:11:20	00:17:06	00:22:55	00:28:47	00:34:42	00:40:47	00:46:59	00:53:15	00:59:26	00:59:45	00:59:26
36	8	339	Bernhard Kaufmann	Dentsply Sirona		1967	M50	00:05:27	00:10:59	00:16:52	00:22:44	00:28:47	00:34:58	00:41:07	00:47:24	00:53:32	00:59:27	00:59:32	00:59:27
37	12	499	Robert Wiemeyer	FALK GmbH & Co KG		1992	M30	00:05:51	00:11:48	00:17:28	00:23:07	00:29:00	00:34:56	00:41:10	00:47:21	00:53:29	00:59:39	00:59:40	00:59:39

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	Runde 8	Runde 9	Runde	Brutto	Netto
38	9	324	Sascha Niehren			1973	M50	00:05:32	00:11:06	00:16:47	00:22:35	00:28:36	00:34:44	00:40:53	00:47:13	00:53:45	01:00:00	01:00:08	01:00:00
39	13	484	Alexander Lott	Bergsträßer Kaffeerösterei		1990	M30	00:06:02	00:11:36	00:17:31	00:23:09	00:29:12	00:35:15	00:41:38	00:47:43	00:53:59	01:00:27	01:00:52	01:00:27
40	14	349	Sebastian Hoebel			1992	M30	00:06:06	00:12:03	00:18:00	00:23:57	00:30:13	00:36:32	00:42:54	00:49:12	00:55:17	01:00:31	01:00:50	01:00:31
41	9	322	Steffen Schmuttermaier			1982	M40	00:04:55	00:10:18	00:16:07	00:22:16	00:28:24	00:34:58	00:41:26	00:48:00	00:54:38	01:00:33	01:00:44	01:00:33
42	2	577	Manfred Helmling			1965	M60	00:06:05	00:12:04	00:18:00	00:24:01	00:30:06	00:36:17	00:42:26	00:48:41	00:55:16	01:01:09	01:01:27	01:01:09
43	15	313	Daniel Lopez			1990	M30	00:06:14	00:12:39	00:19:14	00:25:57	00:32:16	00:38:14	00:44:13	00:50:06	00:55:46	01:01:20	01:01:32	01:01:20
44	7	602	Alexander Stolz			2001	MU30	00:05:38	00:11:32	00:17:45	00:24:03	00:30:23	00:36:40	00:42:55	00:49:10	00:55:15	01:01:31	01:01:43	01:01:31
45	8	353	Paul Langer			2003	MU30	00:05:48	00:11:42	00:17:56	00:23:57	00:30:19	00:36:53	00:43:41	00:50:52	00:57:13	01:03:13	01:03:30	01:03:13
46	16	478	Nicolai Jäger	InfectoPharm		1994	M30	00:05:24	00:10:32	00:16:26	00:22:39	00:29:09	00:36:38	00:43:59	00:51:10	00:58:06	01:04:56	01:05:08	01:04:56
47	3	479	Christian Verweyen	InfectoPharm		1964	M60	00:05:59	00:11:48	00:17:57	00:24:28	00:31:10	00:37:50	00:44:26	00:51:09	00:58:06	01:04:56	01:05:08	01:04:56
48	17	345	Tobias Waldmann	Bergsträßer Kaffeerösterei		1990	M30	00:06:02	00:12:02	00:18:20	00:25:05	00:31:47	00:38:44	00:45:59	00:53:20	01:00:17	01:06:48	01:07:23	01:06:48
49	4	553	Vasilis Solakis	Mannheim		1964	M60	00:06:10	00:12:35	00:19:17	00:26:07	00:33:09	00:40:06	00:46:59	00:53:57	01:00:48	01:07:07	01:07:21	01:07:07
50	10	357	Achim Glos	seithetrans		1971	M50	00:06:09	00:12:34	00:19:07	00:25:47	00:32:48	00:39:52	00:46:49	00:54:01	01:01:07	01:07:53	01:08:08	01:07:53
1	1	542	Kerstin Bertsch	IBB Brandschutzplaner		1988	W30	00:03:46	00:07:36	00:11:31	00:15:24	00:19:22	00:23:22	00:27:25	00:31:26	00:35:26	00:39:26	00:39:27	00:39:26
2	2	581	Grozda Gvero			1993	W30	00:04:13	00:08:39	00:13:16	00:18:07	00:23:07	00:28:10	00:33:19	00:38:33	00:43:44	00:48:44	00:48:47	00:48:44
3	1	445	Frieda Wilkens	LG BEC		2004	WU30	00:05:02	00:10:17	00:15:43	00:21:23	00:27:01	00:32:55	00:38:48	00:44:35	00:50:18	00:55:40	00:55:49	00:55:40
4	3	341	Corinna Gable	SKV Sandhofen		1988	W30	00:04:58	00:09:56	00:15:09	00:20:43	00:26:29	00:32:19	00:38:14	00:44:18	00:50:23	00:55:44	00:55:50	00:55:44
5	1	527	Mia Kempe			2008	WJUG	00:04:59	00:10:21	00:15:59	00:21:48	00:27:40	00:33:37	00:39:37	00:45:44	00:51:46	00:57:22	00:57:24	00:57:22
6	1	540	Stefanie Ludwig-Fuchs	Alles fürs Läuferherz		1970	W50	00:05:39	00:11:15	00:17:03	00:22:57	00:28:59	00:34:58	00:41:01	00:46:57	00:53:00	00:58:53	00:59:08	00:58:53
7	4	572	Annika Fehr			1989	W30	00:05:29	00:10:57	00:16:40	00:22:23	00:28:11	00:34:18	00:40:43	00:47:52	00:53:51	00:59:29	00:59:43	00:59:29
8	5	571	Kathrin Wiegand			1986	W30	00:05:28	00:10:58	00:16:42	00:22:38	00:28:42	00:34:56	00:41:15	00:47:35	00:53:52	00:59:30	00:59:44	00:59:30
9	2	601	Emma Heinzmann			2002	WU30	00:05:37	00:11:31	00:17:44	00:24:03	00:30:22	00:36:39	00:42:54	00:49:09	00:55:14	01:01:30	01:01:43	01:01:30
10	6	355	Andrea Kloth			1993	W30	00:05:59	00:11:37	00:17:18	00:23:07	00:29:06	00:35:16	00:41:48	00:48:44	00:55:37	01:02:06	01:02:26	01:02:06
11	3	354	Carolin Dörsam			2005	WU30	00:06:00	00:11:38	00:17:19	00:23:08	00:29:07	00:35:17	00:41:49	00:48:44	00:55:38	01:02:08	01:02:27	01:02:08
12	7	351	Mirela Tadic			1986	W30	00:06:10	00:12:12	00:18:19	00:24:34	00:31:04	00:37:44	00:44:13	00:50:36	00:57:08	01:03:12	01:03:31	01:03:12
13	1	555	Dietlinde Schneider	LLC Regensburg		1965	W60	00:05:55	00:11:51	00:17:51	00:23:54	00:30:44	00:37:07	00:43:31	00:50:49	00:57:13	01:03:17	01:03:31	01:03:17
14	4	314	Sara Weisenstein			1996	WU30	00:06:12	00:12:33	00:19:08	00:25:59	00:33:10	00:40:23	00:47:26	00:54:36	01:01:32	01:08:06	01:08:22	01:08:06
15	5	315	Judit Weisenstein			1998	WU30	00:06:11	00:12:33	00:19:08	00:25:58	00:33:10	00:40:22	00:47:26	00:54:35	01:01:31	01:08:06	01:08:22	01:08:06
16	8	334	Alina-Andreea Andrei	Dentsply Sirona		1992	W30	00:05:56	00:12:42	00:19:33	00:26:45	00:33:55	00:40:53	00:48:04	00:55:25	01:02:51	01:09:48	01:09:53	01:09:48