

Altstadtlauf Heppenheim 2025

5 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	Brutto	Netto
1	1	364	Markus Iwanowitsch	Feuerwehr Reisen		1975	M50	00:03:54	00:07:58	00:12:10	00:16:27	00:20:40	00:20:42	00:20:40
2	1	580	Simo Gvero			1993	M30	00:03:52	00:07:56	00:12:17	00:16:48	00:20:55	00:20:58	00:20:55
3	1	568	Felix Jendritza	Soprena Team TSV Mannheim		2004	MU30	00:03:45	00:07:49	00:12:03	00:16:43	00:21:12	00:21:13	00:21:12
4	2	574	Jonas van de Loo			1992	M30	00:04:13	00:08:48	00:13:43	00:18:40	00:23:21	00:23:25	00:23:21
5	2	387	Niklas Schwarz	Bauhof Heppenheim		1996	MU30	00:04:37	00:09:11	00:13:58	00:18:47	00:23:43	00:23:52	00:23:43
6	1	537	Jonathan Fertig	NoNames		1982	M40	00:04:24	00:09:00	00:13:51	00:18:50	00:23:59	00:24:05	00:23:59
7	2	500	Jens Nickels	Starkenbug Gymnasium		1980	M40	00:04:26	00:09:02	00:13:55	00:19:05	00:24:21	00:24:29	00:24:21
8	3	559	Manuel Thomas			1987	M30	00:04:39	00:09:40	00:14:54	00:19:59	00:24:50	00:24:51	00:24:50
9	2	558	Achim Vogel	Hemsbach		1968	M50	00:04:51	00:09:43	00:14:48	00:20:02	00:25:11	00:25:19	00:25:11
10	4	512	Mathias Mahr	FALK GmbH & Co KG		1987	M30	00:04:32	00:09:28	00:14:43	00:20:04	00:25:21	00:25:25	00:25:21
11	3	569	Jakob Hohmann	Athlete Collective		2005	MU30	00:04:48	00:09:47	00:15:30	00:21:04	00:26:03	00:26:15	00:26:03
12	5	564	Patrick Jäger			1995	M30	00:05:27	00:10:39	00:16:00	00:21:28	00:26:41	00:26:56	00:26:41
13	6	579	Wolfgang Morr			1988	M30	00:04:32	00:09:31	00:15:07	00:20:58	00:26:42	00:26:46	00:26:42
14	3	380	Stefan Kraus	Dentsply Sirona		1982	M40	00:05:52	00:11:20	00:16:37	00:21:57	00:27:10	00:27:14	00:27:10
15	3	362	Frank Behrens	Sandbox Warriors		1972	M50	00:05:27	00:10:50	00:16:28	00:22:14	00:28:03	00:28:15	00:28:03
16	1	390	Manuel Markeli			2009	MJUG	00:05:23	00:10:30	00:16:15	00:22:13	00:28:05	00:28:27	00:28:05
17	4	473	Markus Rudolph	InfectoPharm		1969	M50	00:05:18	00:10:46	00:16:31	00:22:25	00:28:07	00:28:18	00:28:07
18	7	575	Matthias Perner			1993	M30	00:05:44	00:11:33	00:17:11	00:22:44	00:28:11	00:28:21	00:28:11
19	4	475	Michael Gilster	InfectoPharm		1983	M40	00:05:34	00:11:04	00:16:50	00:22:43	00:28:13	00:28:25	00:28:13
20	4	369	Marc Stahlheber	TV 1891 Bürstadt		2002	MU30	00:04:52	00:09:56	00:15:18	00:21:30	00:28:27	00:28:32	00:28:27
21	5	474	Philipp Zöllner	InfectoPharm		1984	M40	00:05:18	00:10:49	00:16:47	00:22:52	00:29:09	00:29:21	00:29:09
22	6	383	Marina Münz	Dentsply Sirona		1981	M40	00:05:41	00:11:31	00:17:31	00:23:31	00:29:14	00:29:18	00:29:14
23	5	562	Dirk Braun			1972	M50	00:05:49	00:11:39	00:17:38	00:23:43	00:29:48	00:30:02	00:29:48
24	5	494	Moritz Sohns	FALK GmbH & Co KG		1997	MU30	00:05:19	00:11:08	00:17:28	00:23:59	00:30:27	00:30:28	00:30:27
25	1	511	Günter Schumacher			1955	M70	00:06:01	00:12:03	00:18:11	00:24:35	00:31:05	00:31:30	00:31:05
26	8	385	Frank Jan	Dentsply Sirona		1986	M30	00:05:24	00:11:29	00:18:43	00:25:25	00:31:47	00:31:52	00:31:47
27	9	488	Simon Debus			1994	M30	00:06:08	00:12:39	00:19:25	00:26:03	00:32:12	00:32:19	00:32:12
28	6	523	Peter Roth	TV Heppenheim		1966	M50	00:05:31	00:11:40	00:18:30	00:25:40	00:32:29	00:32:37	00:32:29
29	1	497	Gerhard Meyer	FALK GmbH & Co KG		1957	M60	00:05:51	00:12:32	00:19:29	00:26:28	00:33:04	00:33:09	00:33:04
30	7	510	Ralf Stumppernagel			1975	M50	00:06:41	00:13:11	00:19:50	00:26:31	00:33:07	00:33:25	00:33:07
31	6	373	Kay Schäfer	Dentsply Sirona		1997	MU30	00:05:53	00:12:22	00:19:22	00:26:42	00:33:32	00:33:37	00:33:32
32	10	374	Faik Bujupaj	Dentsply Sirona		1986	M30	00:06:20	00:13:13	00:20:32	00:27:19	00:34:24	00:34:31	00:34:24
33	11	503	Max Stamer			1994	M30	00:06:30	00:13:14	00:20:13	00:27:48	00:34:45	00:35:02	00:34:45
34	7	502	René Schiefelbein			1996	MU30	00:06:31	00:13:14	00:20:13	00:27:48	00:34:46	00:35:02	00:34:46
35	2	515	Hans-Wilhelm Kanold			1946	M70	00:06:46	00:14:04	00:21:26	00:28:48	00:35:51	00:35:59	00:35:51
36	8	368	Oliver Lang			1971	M50	00:06:49	00:13:48	00:21:05	00:28:44	00:36:19	00:36:34	00:36:19
37	2	521	Michael Fischer			1963	M60	00:06:55	00:14:01	00:21:19	00:29:06	00:36:51	00:37:10	00:36:51
38	12	382	Jonas Thurn	Dentsply Sirona		1993	M30	00:05:56	00:13:51	00:22:06	00:30:28	00:38:26	00:38:31	00:38:26

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39	13	560	Leander Jakob			1994	M30	00:07:40	00:15:29	00:23:31	00:31:29	00:39:22	00:39:35	00:39:22
40	14	378	Johannes Kaltwasser	Dentsply Sirona		1987	M30	00:05:53	00:14:08	00:22:57	00:31:46	00:40:06	00:40:10	00:40:06
41	1	399	Wilhelm Schreyer			1942	M80	00:07:27	00:15:35	00:24:36	00:34:11	00:43:31	00:43:50	00:43:31
1	1	391	Claudia Knack	DSW12		1988	W30	00:04:34	00:09:24	00:14:19	00:19:19	00:24:15	00:24:22	00:24:15
2	2	360	Vanessa Pfeifer			1991	W30	00:04:33	00:09:29	00:14:44	00:20:00	00:25:16	00:25:17	00:25:16
3	1	272	Antonina Stumpfarnagel			1984	W40	00:04:52	00:09:51	00:15:02	00:20:17	00:25:22	00:25:37	00:25:22
4	2	361	Kristin Sierig			1976	W40	00:05:29	00:10:44	00:15:55	00:21:15	00:26:09	00:26:20	00:26:09
5	3	556	Janina Lembke-Mohr			1984	W40	00:05:11	00:10:29	00:15:58	00:21:54	00:27:54	00:28:00	00:27:54
6	1	467	Ena Tissen			2005	WU30	00:05:17	00:10:28	00:16:32	00:22:40	00:28:16	00:28:34	00:28:16
7	3	504	Elena Potocnik			1987	W30	00:05:11	00:10:39	00:16:27	00:22:37	00:28:28	00:28:45	00:28:28
8	4	566	Manon Huberti			1978	W40	00:04:56	00:10:27	00:16:29	00:22:33	00:28:36	00:28:49	00:28:36
9	2	480	Nele Struss			2003	WU30	00:05:53	00:11:44	00:17:45	00:23:53	00:29:35	00:29:45	00:29:35
10	1	529	Rahel Klein			2007	WJUG	00:05:26	00:11:10	00:17:21	00:23:48	00:29:36	00:29:43	00:29:36
11	3	393	Joelle Tiesch			2004	WU30	00:05:51	00:11:45	00:17:46	00:23:53	00:29:38	00:29:46	00:29:38
12	2	306	Nela Diel	Starkenbug Gymnasium		2007	WJUG	00:05:45	00:11:38	00:17:45	00:23:52	00:29:47	00:29:55	00:29:47
13	5	561	Kathrin Braun			1977	W40	00:05:49	00:11:40	00:17:39	00:23:43	00:29:49	00:30:02	00:29:49
14	6	565	Milena Alexiev			1978	W40	00:05:41	00:11:37	00:17:49	00:24:11	00:30:21	00:30:34	00:30:21
15	4	486	Louisa Bechtloff			2003	WU30	00:05:52	00:11:38	00:17:48	00:24:09	00:30:22	00:30:29	00:30:22
16	5	359	Sandra Schlier			2000	WU30	00:05:23	00:11:23	00:17:56	00:24:52	00:31:09	00:31:20	00:31:09
17	7	398	Emma Hedges			1982	W40	00:05:26	00:11:10	00:18:12	00:24:53	00:31:22	00:31:35	00:31:22
18	1	468	Helene Enzinger			1973	W50	00:05:52	00:12:08	00:18:36	00:25:18	00:31:49	00:32:07	00:31:49
19	6	487	Benita Debus			1999	WU30	00:06:07	00:12:43	00:19:32	00:26:23	00:32:42	00:32:49	00:32:42
20	7	396	Ayleen Häse			2000	WU30	00:06:09	00:12:34	00:19:16	00:26:18	00:33:14	00:33:22	00:33:14
21	8	563	Chiara Lima			1997	WU30	00:06:51	00:13:32	00:20:22	00:27:00	00:33:22	00:33:38	00:33:22
22	4	363	Laura-Rebecca Scherschel			1993	W30	00:06:29	00:12:50	00:19:43	00:26:46	00:33:31	00:33:51	00:33:31
23	5	483	Jasmin Gerbert			1988	W30	00:06:22	00:12:54	00:19:46	00:26:47	00:33:37	00:33:57	00:33:37
24	9	472	Lea Gunderjahn	InfectoPharm		1996	WU30	00:06:57	00:13:46	00:20:35	00:27:15	00:33:43	00:34:05	00:33:43
25	6	567	Jasmin Kugler			1994	W30	00:06:50	00:13:33	00:20:22	00:27:24	00:34:08	00:34:24	00:34:08
26	2	392	Sabine Richter			1972	W50	00:06:09	00:12:59	00:20:06	00:27:28	00:34:26	00:34:36	00:34:26
27	8	381	Claudia Dürrwang	Dentsply Sirona		1985	W40	00:06:04	00:12:51	00:19:58	00:27:24	00:34:31	00:34:34	00:34:31
28	1	375	Kerstin Buchner	Dentsply Sirona		1965	W60	00:06:04	00:12:51	00:19:58	00:27:25	00:34:32	00:34:35	00:34:32
29	7	446	Haydee Vela Yanac	LG BEC		1993	W30	00:06:21	00:13:09	00:20:11	00:27:28	00:34:35	00:34:44	00:34:35
30	9	389	Hélène Morineau			1982	W40	00:06:29	00:13:28	00:20:31	00:27:40	00:34:51	00:35:08	00:34:51
31	10	476	Jana Klassen	InfectoPharm		1980	W40	00:06:56	00:13:47	00:20:38	00:27:46	00:35:02	00:35:25	00:35:02
32	8	379	Carina Wolf	Dentsply Sirona		1989	W30	00:06:23	00:13:24	00:20:35	00:28:03	00:35:26	00:35:30	00:35:26
33	3	367	Petra Lang			1973	W50	00:06:47	00:13:48	00:21:05	00:28:45	00:36:18	00:36:34	00:36:18
34	4	522	Tina Fischer			1975	W50	00:06:55	00:14:01	00:21:20	00:29:07	00:36:51	00:37:10	00:36:51
35	11	388	Saskia Eberts			1983	W40	00:06:56	00:14:03	00:21:43	00:29:31	00:37:19	00:37:38	00:37:19

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36	12	455	judith Jurczyk			1976	W40	00:06:57	00:14:02	00:21:45	00:29:33	00:37:21	00:37:39	00:37:21
37	5	376	Simone Brodt	Dentsply Sirona		1974	W50	00:06:45	00:14:04	00:21:48	00:29:39	00:37:36	00:37:42	00:37:36
38	10	582	Miljana Popoui			2002	WU30	00:06:16	00:13:57	00:22:08	00:30:20	00:37:47	00:37:51	00:37:47
39	11	495	Pia Stumpp	FALK GmbH & Co KG		1996	WU30	00:07:45	00:15:23	00:23:10	00:30:38	00:37:53	00:38:03	00:37:53
40	9	496	Christina Bormuth	FALK GmbH & Co KG		1995	W30	00:07:45	00:15:23	00:23:10	00:30:37	00:37:53	00:38:03	00:37:53
41	10	557	Andrea Müller			1990	W30	00:07:41	00:15:30	00:23:32	00:31:29	00:39:23	00:39:36	00:39:23
42	12	491	Leoni Grudszus	FALK GmbH & Co KG		1999	WU30	00:07:45	00:16:07	00:25:12	00:33:33	00:41:47	00:41:58	00:41:47
43	13	573	Alexandra Benikowa			1999	WU30	00:07:00	00:15:36	00:24:41	00:33:12	00:41:56	00:42:03	00:41:56
44	13	518	Anja Dostert			1977	W40	00:07:35	00:16:13	00:25:43	00:35:38	00:45:22	00:45:45	00:45:22
45	6	547	Antje Freudenberger			1974	W50	00:07:35	00:16:12	00:25:43	00:35:36	00:45:22	00:45:46	00:45:22
46	7	477	Tanja Ruh	InfectoPharm		1975	W50	00:09:02	00:18:17	00:27:52	00:37:50	00:48:04	00:48:27	00:48:04