Altstadtlauf Heppenheim 2026

10 km - Sportpark-Altstadtlauf - 19.06.2026 - 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	422	Balthasar Sauter	SV Waldkirch		1991	M30	00:03:43	00:07:28	00:11:25	00:15:21	00:19:13	00:23:09	00:27:10	00:31:06	00:34:39	00:38:14	00:38:14	00:38:14
2	2	198	Victor Larisch	SV Waldkirch		1987	M30	00:03:43	00:07:29	00:11:25	00:15:22	00:19:12	00:23:10	00:27:10	00:31:06	00:34:53	00:38:37	00:38:37	00:38:37
3	1	183	Vinicius dos Santos	#Doppelklang		1998	MU30	00:03:43	00:07:29	00:11:25	00:15:22	00:19:21	00:23:32	00:27:50	00:32:04	00:36:23	00:40:26	00:40:26	00:40:26
4	3	187	Thomas Wolf	#KreisBergstraße | #BergsträßerKafferösterei		1991	M30	00:03:47	00:07:39	00:11:43	00:15:50	00:19:59	00:24:15	00:28:31	00:32:50	00:37:10	00:41:21	00:41:22	00:41:21
5	4	189	Ciprian Miron			1988	M30	00:03:49	00:07:45	00:11:45	00:15:54	00:20:01	00:24:24	00:28:49	00:33:15	00:37:43	00:41:49	00:41:55	00:41:49
6	2	169	Philipp Arnold	LCO Lorsch		1997	MU30	00:03:44	00:07:32	00:11:33	00:15:48	00:20:13	00:24:42	00:29:18	00:34:01	00:38:27	00:42:51	00:42:52	00:42:51
7	1	224	Simon Grupp	Hillstreet Runners		1983	M40	00:03:43	00:07:43	00:12:01	00:16:26	00:20:57	00:25:38	00:30:23	00:35:07	00:39:46	00:44:15	00:44:16	00:44:15
8	2	425	Tim Pfeiffer	#bergziegen HD LT Sulzbach West		1985	M40	00:04:03	00:08:29	00:12:57	00:17:31	00:22:08	00:26:51	00:31:33	00:36:17	00:40:55	00:45:17	00:45:18	00:45:17
9	3	204	Heiko Spengler			1978	M40	00:04:27	00:08:46	00:13:15	00:17:44	00:22:16	00:26:53	00:31:31	00:36:13	00:41:01	00:45:22	00:45:33	00:45:22
10	3	215	Corvin Plößer	Dentsply Sirona		1998	MU30	00:04:07	00:08:31	00:13:07	00:17:45	00:22:31	00:27:24	00:32:08	00:36:58	00:41:35	00:45:51	00:45:53	00:45:51
11	4	194	Tobias Ritzert	Hillstreet Runners		1983	M40	00:04:16	00:08:45	00:13:16	00:17:56	00:22:44	00:27:33	00:32:17	00:37:07	00:41:45	00:46:20	00:46:22	00:46:20
12	4	192	Jannik Spurzem	Zeller Buben		2003	MU30	00:04:06	00:08:20	00:12:44	00:17:22	00:22:13	00:26:56	00:31:57	00:37:01	00:41:58	00:46:42	00:46:49	00:46:42
13	1	419	Tobias Schuster	Heppenheimer Skiclub		1968	M50	00:04:07	00:08:36	00:13:07	00:17:47	00:22:36	00:27:32	00:32:28	00:37:30	00:42:30	00:47:07	00:47:08	00:47:07
14	5	435	Dennis Pierre			1998	MU30	00:03:55	00:08:06	00:12:32	00:17:12	00:21:56	00:26:52	00:32:19	00:37:48	00:43:16	00:48:34	00:48:37	00:48:34
15	5	173	Toby Cull			1980	M40	00:04:26	00:09:03	00:13:55	00:18:55	00:23:59	00:29:11	00:34:38	00:39:50	00:44:59	00:49:49	00:49:51	00:49:49
16	5	217	Marco Keller	Dentsply Sirona		1992	M30	00:04:32	00:09:05	00:13:53	00:18:56	00:24:02	00:29:18	00:34:50	00:40:33	00:46:08	00:51:31	00:51:35	00:51:31
17	6	206	David Moses	JWD		1983	M40	00:04:51	00:09:44	00:14:43	00:19:54	00:25:13	00:30:39	00:36:17	00:41:45	00:47:14	00:52:02	00:52:06	00:52:02
18	7	205	Sebastian Schork	JWD		1983	M40	00:04:52	00:09:46	00:14:43	00:19:54	00:25:15	00:30:40	00:36:18	00:41:47	00:47:16	00:52:02	00:52:05	00:52:02
19	8	197	Christian Weiß	Hillstreet Runners		1982	M40	00:04:48	00:09:45	00:14:49	00:20:06	00:25:24	00:30:44	00:36:11	00:41:38	00:47:04	00:52:25	00:52:38	00:52:25
20	6	176	Mattheo Bender			2001	MU30	00:04:51	00:09:49	00:15:09	00:20:38	00:26:28	00:32:04	00:37:33	00:43:01	00:48:33	00:53:33	00:53:40	00:53:33
21	9	200	Malte Köhlmann	FALK		1985	M40	00:05:08	00:10:05	00:15:06	00:20:17	00:25:44	00:31:05	00:36:41	00:42:21	00:48:09	00:53:42	00:53:57	00:53:42
22	6	184	Marco Vendrasco	CTF		1988	M30	00:04:41	00:09:01	00:13:51	00:18:57	00:24:15	00:29:56	00:35:55	00:41:48	00:48:02	00:54:00	00:54:07	00:54:00
23	7	180	Chris Geymeier	Chaosgrupp		1994	M30	00:05:19	00:10:07	00:15:21	00:20:31	00:26:01	00:31:37	00:37:26	00:43:17	00:48:58	00:54:28	00:54:38	00:54:28
24	7	216	Jonathan van Kempen	Dentsply Sirona		1998	MU30	00:04:48	00:09:50	00:15:06	00:20:35	00:26:07	00:32:02	00:37:40	00:43:48	00:49:44	00:55:09	00:55:14	00:55:09
25	1	163	Sebastian Heck	JFV Bürstadt		2016	MJUG	00:05:20	00:10:44	00:16:18	00:21:55	00:27:29	00:33:08	00:38:51	00:44:38	00:50:24	00:55:50	00:55:51	00:55:50
26	2	427	Ralf Ehret	SG- Hüttenfeld International		1969	M50	00:05:30	00:10:48	00:16:13	00:21:44	00:27:19	00:32:59	00:38:41	00:44:29	00:50:19	00:55:56	00:56:08	00:55:56
27	10	162	Christian Heck	JFV Bürstadt		1981	M40	00:05:20	00:10:44	00:16:19	00:21:54	00:27:30	00:33:08	00:38:51	00:44:38	00:50:25	00:55:57	00:55:58	00:55:57
28	1	229	Alexander Priebe			1962	M60	00:05:23	00:10:37	00:16:03	00:21:39	00:27:24	00:33:09	00:38:58	00:44:55	00:50:52	00:56:12	00:56:18	00:56:12
29	11	203	Nicolas Metzger			1985	M40	00:05:13	00:10:33	00:16:06	00:21:48	00:27:37	00:33:21	00:39:12	00:45:03	00:51:00	00:56:35	00:56:41	00:56:35
30	8	228	Marco Scheunemann			1987	M30	00:05:48	00:11:31	00:17:12	00:22:58	00:28:59	00:35:04	00:41:10	00:47:20	00:53:27	00:59:21	00:59:33	00:59:21
31	9	177	Fabian Kaffenberger	Chaosgrupp		1994	M30	00:05:24	00:10:36	00:16:03	00:21:54	00:28:02	00:34:05	00:40:24	00:46:51	00:53:23	00:59:45	00:59:56	00:59:45
32	10	418	Felix Behm			1993	M30	00:05:11	00:10:37	00:16:17	00:22:06	00:28:15	00:34:27	00:40:44	00:47:18	00:54:06	01:00:14	01:00:25	01:00:14
33	8	190	Floris van het Kaar	Zeller Buben		2003	MU30	00:04:39	00:09:57	00:15:33	00:21:40	00:28:00	00:34:40	00:41:16	00:47:48	00:54:13	01:00:39	01:00:47	01:00:39
34	11	185	Torbjörn Müller	CTF		1989	M30	00:04:46	00:10:11	00:15:49	00:22:16	00:29:13	00:35:49	00:42:31	00:48:56	00:55:01	01:01:04	01:01:12	01:01:04
35	12	196	Henning Münstermann	Hillstreet Runners		1985	M40	00:06:10	00:11:56	00:17:40	00:23:37	00:29:59	00:36:17	00:42:57	00:49:24	00:55:45	01:01:56	01:02:14	01:01:56
36	2	171	Peter Knapp	Skiclub Heppenheim		1962	M60	00:05:31	00:11:16	00:17:10	00:23:11	00:29:19	00:35:34	00:42:15	00:49:10	00:55:39	01:02:12	01:02:21	01:02:12
37	9	164	Joshua Gauger			2001	MU30	00:05:35	00:10:57	00:16:27	00:22:41	00:29:17	00:36:38	00:43:46	00:50:31	00:57:18	01:03:04	01:03:20	01:03:04

© 2026 - SAS-Zeitmesssysteme GmbH

Altstadtlauf Heppenheim 2026

10 km - Sportpark-Altstadtlauf - 19.06.2026 - 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
38	13	195	Tim Frömbsdorff	Hillstreet Runners		1982	M40	00:05:45	00:11:23	00:17:34	00:24:08	00:30:46	00:38:06	00:45:04	00:51:44	00:58:28	01:04:36	01:04:49	01:04:36
39	12	226	Alexander Lott	Bergsträßer Kaffeerösterei		1990	M30	00:06:25	00:12:26	00:18:15	00:24:12	00:31:27	00:38:41	00:45:30	00:52:50	01:00:26	01:07:05	01:07:12	01:07:05
40	3	170	Morris Wende-Merten			1976	M50	00:06:35	00:13:15	00:19:56	00:26:45	00:33:46	00:41:04	00:48:41	00:56:13	01:03:39	01:10:37	01:10:50	01:10:37
1	1	432	Thora Werner	LT Rheinhessen-Pfalz		1988	W30	00:04:22	00:08:43	00:13:11	00:17:43	00:22:25	00:27:01	00:31:37	00:36:20	00:41:03	00:45:24	00:45:34	00:45:24
2	1	181	Kimberly Winkler			1998	WU30	00:04:34	00:09:18	00:14:20	00:19:21	00:24:26	00:29:48	00:35:07	00:40:22	00:45:28	00:50:10	00:50:13	00:50:10
3	2	201	Tanja Maurer	FALK		1996	W30	00:05:18	00:10:44	00:16:22	00:22:31	00:28:49	00:35:06	00:40:55	00:46:59	00:53:09	00:57:37	00:57:52	00:57:37
4	1	168	Kirstin Schwinn			1971	W50	00:05:29	00:10:54	00:16:31	00:22:10	00:27:54	00:33:49	00:39:45	00:45:45	00:51:47	00:57:39	00:57:57	00:57:39
5	2	227	Julia Sachs	Bergsträßer Kaffeerösterei		2003	WU30	00:05:07	00:10:30	00:15:59	00:21:42	00:27:40	00:33:41	00:39:53	00:46:06	00:52:09	00:57:52	00:57:58	00:57:52
6	3	202	Sofia Winter	FALK		2000	WU30	00:05:53	00:11:53	00:18:13	00:24:30	00:30:51	00:37:20	00:43:39	00:49:57	00:56:15	01:02:15	01:02:30	01:02:15
7	1	225	Mia Kempe			2008	WJUG	00:05:42	00:11:38	00:17:43	00:24:05	00:30:24	00:36:44	00:43:08	00:49:52	00:56:56	01:02:32	01:02:40	01:02:32
8	2	222	Amelie Auer			2008	WJUG	00:06:42	00:13:21	00:19:56	00:26:24	00:32:46	00:39:12	00:45:29	00:51:52	00:58:18	01:04:01	01:04:09	01:04:01
9	1	214	Claudia Dürrwang	Dentsply Sirona		1985	W40	00:05:47	00:12:09	00:18:48	00:25:24	00:31:51	00:38:43	00:45:17	00:52:02	00:58:37	01:04:38	01:04:42	01:04:38
10	4	172	Louisa Bechtloff			2003	WU30	00:06:01	00:12:13	00:19:08	00:25:45	00:32:42	00:40:18	00:46:49	00:53:26	01:00:26	01:07:05	01:07:11	01:07:05
11	3	191	Lisa Kämpf			1989	W30	00:05:44	00:12:05	00:18:51	00:25:54	00:33:06	00:40:23	00:47:34	00:54:32	01:01:36	01:08:17	01:08:20	01:08:17
12	4	213	Alina Andrei	Dentsply Sirona		1992	W30	00:05:45	00:12:05	00:18:52	00:25:53	00:33:06	00:40:22	00:47:34	00:54:32	01:01:36	01:08:17	01:08:20	01:08:17
13	2	430	Olena Bohdan			1968	W50	00:07:01	00:13:58	00:21:02	00:28:27	00:35:57	00:43:31	00:50:59	00:58:35	01:06:13	01:13:44	01:14:01	01:13:44

© 2026 - SAS-Zeitmesssysteme GmbH