Altstadtlauf Heppenheim 2026

5 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	Brutto	Netto
1	1	265	Rafael Retzer			1991	M30	00:03:46	00:07:40	00:11:43	00:15:43	00:19:31	00:19:32	00:19:31
2	1	314	Simon Hartmann	FALK		2005	MU30	00:04:04	00:07:57	00:12:07	00:16:21	00:20:23	00:20:24	00:20:23
3	2	288	Patrick Pacholczyk			1990	M30	00:04:08	00:08:23	00:12:45	00:17:16	00:21:42	00:21:49	00:21:42
4	1	421	Sven Bleh	HyZone		1976	M50	00:04:07	00:08:37	00:13:15	00:17:58	00:22:41	00:22:51	00:22:41
5	3	286	Jonas van de Loo			1992	M30	00:04:13	00:08:46	00:13:28	00:18:15	00:22:47	00:22:49	00:22:47
6	1	252	Thorsten Kolb	NotFastButFurious		1984	M40	00:04:17	00:08:47	00:13:44	00:18:58	00:23:58	00:24:06	00:23:58
7	2	235	Stefan Brenner			1978	M40	00:04:21	00:09:05	00:14:04	00:19:08	00:24:09	00:24:15	00:24:09
8	2	278	Matthias Boden	FALK		1997	MU30	00:04:37	00:09:08	00:14:08	00:19:20	00:24:14	00:24:29	00:24:14
9	3	316	Jonathan Fertig	NoNames		1982	M40	00:04:24	00:09:01	00:13:58	00:19:10	00:24:16	00:24:21	00:24:16
10	4	256	Dominik Kraus			1986	M40	00:04:42	00:09:33	00:14:42	00:19:57	00:25:14	00:25:22	00:25:14
11	5	305	Michael Östringer	TSG Wilhelmsfeld		1979	M40	00:04:25	00:09:18	00:14:29	00:19:52	00:25:28	00:25:32	00:25:28
12	6	294	Andreas Höly	Dentsply Sirona		1984	M40	00:04:53	00:09:56	00:15:08	00:20:24	00:25:30	00:25:34	00:25:30
13	7	431	Timo Gerbig			1981	M40	00:04:42	00:09:44	00:15:15	00:20:39	00:25:53	00:25:57	00:25:53
14	4	281	Stefan Albert	Oberursel		1990	M30	00:05:18	00:10:33	00:15:51	00:21:24	00:26:35	00:26:44	00:26:35
15	3	243	Ole Wilkening	FDP Heppenheim		2001	MU30	00:05:00	00:10:11	00:15:38	00:21:16	00:26:38	00:26:42	00:26:38
16	8	424	Michael Paschke			1978	M40	00:05:04	00:10:20	00:15:44	00:21:27	00:26:55	00:27:07	00:26:55
17	9	263	Daniele Carta	Sardegna		1980	M40	00:04:39	00:09:46	00:15:16	00:21:06	00:26:56	00:27:18	00:26:56
18	5	257	Adrian Zähringer	Von A bis Z		1994	M30	00:05:13	00:10:18	00:15:45	00:21:38	00:27:32	00:27:46	00:27:32
19	4	429	Luca Rosenberg			1997	MU30	00:05:12	00:10:17	00:15:50	00:21:47	00:27:32	00:27:46	00:27:32
20	10	411	Jörg Avemann			1981	M40	00:04:53	00:10:01	00:15:30	00:21:26	00:27:42	00:27:49	00:27:42
21	11	307	Groß Steven	Starkenburg-Gymnasium		1978	M40	00:05:35	00:10:52	00:16:15	00:22:05	00:27:46	00:27:58	00:27:46
22	12	308	Nickels Jens	Starkenburg-Gymnasium		1980	M40	00:05:36	00:10:53	00:16:16	00:22:06	00:27:47	00:27:58	00:27:47
23	13	302	Volker Störzer	Dentsply Sirona		1981	M40	00:05:27	00:10:52	00:16:30	00:22:18	00:27:57	00:28:02	00:27:57
24	6	300	Sven Bernhard	Dentsply Sirona		1988	M30	00:05:29	00:10:53	00:16:31	00:22:18	00:27:58	00:28:03	00:27:58
25	2	277	Markus Rudolph	InfectoPharm		1969	M50	00:05:21	00:10:45	00:16:20	00:22:13	00:28:10	00:28:23	00:28:10
26	14	260	Andreas Potocnik	Amadeus		1979	M40	00:05:53	00:11:32	00:17:14	00:22:41	00:28:16	00:28:30	00:28:16
27	7	311	Christoph Wagner	Schnaufkommando		1987	M30	00:05:40	00:11:31	00:17:19	00:22:48	00:28:22	00:28:32	00:28:22
28	8	298	Martin Ayasse	Dentsply Sirona		1993	M30	00:05:41	00:11:12	00:16:53	00:22:40	00:28:23	00:28:29	00:28:23
29	15	295	Jan Frank	Dentsply Sirona		1986	M40	00:05:27	00:10:58	00:17:03	00:23:14	00:29:24	00:29:30	00:29:24
30	9	255	Simon D'Arcangelo			1991	M30	00:05:04	00:10:22	00:17:01	00:23:53	00:29:29	00:29:41	00:29:29
31	10	312	Martin Zeiß	Schnaufkommando		1988	M30	00:05:41	00:11:32	00:17:26	00:23:40	00:29:52	00:30:02	00:29:52
32	11	433	Leotrim Smakiqi	Langnese		1991	M30	00:04:57	00:10:24	00:16:38	00:23:03	00:29:55	00:30:12	00:29:55
33	1	310	Peter Roth	TV 1864/91 Heppenheim		1966	M60	00:05:23	00:11:11	00:17:20	00:23:43	00:29:56	00:29:59	00:29:56
34	16	292	Akilaruban Markandu	Dentsply Sirona		1979	M40	00:05:25	00:10:58	00:17:06	00:23:31	00:30:01	00:30:07	00:30:01
35	1	285	Günter SCHUMACHER			1955	M70	00:05:59	00:11:58	00:17:59	00:24:13	00:30:28	00:30:47	00:30:28
36	17	251	Tobias Arnhold	ACT! IT GmbH		1986	M40	00:06:01	00:11:56	00:18:09	00:24:36	00:30:39	00:30:55	00:30:39
37	3	315	Steffen Ahrens	FALK		1970	M50	00:05:46	00:11:48	00:18:13	00:24:42	00:30:49	00:31:04	00:30:49
38	12	423	Eric Jordan			1996	M30	00:05:40	00:11:13	00:17:19	00:24:11	00:30:49	00:31:01	00:30:49

© 2026 - SAS-Zeitmesssysteme GmbH

Altstadtlauf Heppenheim 2026

5 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	Brutto	Netto
39	18	232	Christian Leichtweiß	Hillstreet Runners		1985	M40	00:07:16	00:14:18	00:21:29	00:27:05	00:31:50	00:32:10	00:31:50
40	13	407	Julian Keim	Hillstreet Runners		1991	M30	00:06:10	00:12:31	00:19:43	00:27:11	00:31:50	00:32:09	00:31:50
41	2	417	Manfred Silbermann	Segel-und Jachtschule Bergstraße		1964	M60	00:05:41	00:11:59	00:18:33	00:25:19	00:31:58	00:32:08	00:31:58
42	5	274	Linus Vossebein	InfectoPharm		1999	MU30	00:05:36	00:11:59	00:19:00	00:26:11	00:32:52	00:33:05	00:32:52
43	1	269	Adrian Trifanescu	Hillstreet Runners		2018	MJUG	00:06:37	00:13:05	00:20:15	00:26:58	00:32:57	00:33:14	00:32:57
44	14	415	Sebastien Guisan			1989	M30	00:06:36	00:13:06	00:20:13	00:26:58	00:32:57	00:33:15	00:32:57
45	3	287	Martin Fraune			1957	M60	00:05:56	00:12:26	00:19:03	00:25:58	00:33:02	00:33:11	00:33:02
46	15	323	Ioan Zugravu			1987	M30	00:06:19	00:12:45	00:19:16	00:25:49	00:33:14	00:33:32	00:33:14
47	19	267	Alexandru Trifanescu	Hillstreet Runners		1986	M40	00:06:50	00:13:52	00:20:54	00:28:15	00:34:43	00:35:00	00:34:43
48	20	234	Mihai Popa			1983	M40	00:06:34	00:13:27	00:20:45	00:28:26	00:35:59	00:36:18	00:35:59
49	4	242	Markus Kuhl	Amadeus		1962	M60	00:06:41	00:13:46	00:21:01	00:28:30	00:36:04	00:36:20	00:36:04
50	1	279	Hans-Wilhelm Kanold	Sportabzeichen-Team		1946	M80	00:06:54	00:14:20	00:22:10	00:30:13	00:37:55	00:38:05	00:37:55
51	21	254	Timo Thomas			1980	M40	00:06:55	00:14:03	00:21:53	00:30:21	00:39:10	00:39:22	00:39:10
52	22	239	Tim Wiengarten	A Amizade		1980	M40	00:05:20	00:11:14	00:17:33	00:24:07	00:41:04	00:41:12	00:41:04
53	2	264	Wilhelm Schreyer			1942	M80	00:07:46	00:16:44	00:26:23	00:36:04	00:45:38	00:45:53	00:45:38
1	1	313	Ana Carsi	TSG 78 Heidelberg		2001	WU30	00:04:15	00:08:28	00:12:52	00:17:18	00:21:29	00:21:31	00:21:29
2	1	318	Franziska Haas	Goldbeck		1988	W30	00:04:06	00:08:30	00:13:03	00:17:44	00:22:18	00:22:18	00:22:18
3	2	247	Christine Huck			2004	WU30	00:04:25	00:08:57	00:13:42	00:18:29	00:23:14	00:23:16	00:23:14
4	3	282	Lilli Eidher	TSV Gomaringen		2003	WU30	00:04:23	00:09:05	00:14:12	00:19:29	00:24:37	00:24:38	00:24:37
5	1	250	Natascha Junge-Wilhelm	Sportpark Heppenheim		1980	W40	00:04:34	00:09:46	00:15:13	00:20:43	00:26:15	00:26:16	00:26:15
6	4	325	Alina Tiller			2006	WU30	00:04:59	00:10:12	00:15:38	00:21:16	00:26:47	00:26:50	00:26:47
7	2	284	Denise Neubauer			1989	W30	00:05:13	00:10:35	00:16:17	00:22:06	00:27:56	00:28:02	00:27:56
8	2	248	Emma Hedges			1982	W40	00:05:15	00:10:40	00:16:25	00:22:42	00:28:28	00:28:29	00:28:28
9	3	261	Elena Potocnik	Amadeus		1987	W30	00:05:50	00:11:30	00:17:21	00:23:29	00:29:20	00:29:36	00:29:20
10	3	241	Meike Skriboleit	Amadeus		1981	W40	00:05:51	00:11:32	00:17:33	00:23:45	00:30:04	00:30:20	00:30:04
11	4	273	Stefanie Binz	Hillstreet Runners		1987	W30	00:04:56	00:11:05	00:17:15	00:23:36	00:30:09	00:30:12	00:30:09
12	5	324	Leonie Vogler			2002	WU30	00:06:07	00:12:12	00:18:19	00:24:43	00:31:01	00:31:11	00:31:01
13	5	253	Sina DeGennaro	NotFastButFurious		1989	W30	00:05:21	00:11:20	00:17:44	00:24:37	00:31:17	00:31:25	00:31:17
14	1	317	Julie Bethke			2011	WJUG	00:05:17	00:11:12	00:18:11	00:25:14	00:32:01	00:32:12	00:32:01
15	2	249	Dalila Amara Junge			2012	WJUG	00:06:22	00:12:50	00:19:08	00:25:42	00:32:04	00:32:15	00:32:04
16	6	262	Laura Staben			2002	WU30	00:06:07	00:12:36	00:19:18	00:26:19	00:33:06	00:33:14	00:33:06
17	6	322	Catrinel Zugravu			1987	W30	00:06:21	00:12:47	00:19:18	00:25:51	00:33:16	00:33:33	00:33:16
18	3	268	Eva Trifanescu	Hillstreet Runners		2013	WJUG	00:06:36	00:13:06	00:20:16	00:28:14	00:34:32	00:34:49	00:34:32
19	7	406	Sarah Keim	Hillstreet Runners		1988	W30	00:06:11	00:12:32	00:19:45	00:27:14	00:34:34	00:34:53	00:34:34
20	8	266	Adina Trifanescu	Hillstreet Runners		1987	W30	00:06:47	00:13:50	00:20:47	00:27:57	00:34:39	00:34:57	00:34:39
21	9	270	Corina Tofeni			1994	W30	00:06:50	00:13:51	00:20:48	00:27:58	00:34:41	00:34:58	00:34:41
22	10	271	Alexandra Gheorghiu			1988	W30	00:06:49	00:13:50	00:20:53	00:27:57	00:34:41	00:34:59	00:34:41
23	4	275	Jana Klassen	InfectoPharm		1980	W40	00:06:41	00:13:18	00:20:26	00:27:49	00:35:09	00:35:23	00:35:09

© 2026 - SAS-Zeitmesssysteme GmbH

Altstadtlauf Heppenheim 2026

5 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	Brutto	Netto
24	5	233	Sinziana Barbu			1984	W40	00:06:34	00:13:27	00:20:45	00:28:25	00:35:58	00:36:17	00:35:58
25	11	326	Christina Juchum	Hillstreet Runners		1987	W30	00:07:15	00:14:23	00:21:44	00:29:16	00:36:19	00:36:39	00:36:19
26	4	426	Anna Huber	Team René		2007	WJUG	00:06:34	00:14:41	00:23:05	00:31:19	00:38:48	00:38:55	00:38:48
27	6	258	Helene Morineau	Amadeus		1982	W40	00:07:17	00:14:44	00:22:30	00:30:37	00:39:09	00:39:26	00:39:09
28	12	306	Barton Hanna	Starkenburg-Gymnasium		1987	W30	00:07:54	00:14:42	00:22:30	00:30:40	00:39:16	00:39:27	00:39:16
29	13	236	Jessica Mitschke			1989	W30	00:06:57	00:14:57	00:23:55	00:33:03	00:42:10	00:42:20	00:42:10
30	7	280	Evamarie Storch - Korrell	Starkenburg Gymnasium		1981	W40	00:07:53	00:16:42	00:26:06	00:35:49	00:45:33	00:45:44	00:45:33
31	14	321	Caroline Branco			1994	W30	00:07:59	00:16:59	00:26:34	00:36:10	00:45:42	00:45:57	00:45:42

© 2026 - SAS-Zeitmesssysteme GmbH