

## Ergebnisliste Crosslauf Friedrichsrh 07.10.23 mit Kreismeisterschaften KLV Cuxhaven

### Rahmenwettkampf Mini Cross 500m U8

1.	3:00min	#499	Elli von Glahn	*2018	W5	TV Langen
1.	2:56min	#426	Hannes Witt	*2018	M5	TV Langen
2.	3:28min	#496	Friedrich Conrad	*2018	M5	TV Langen
3.	3:34min	#495	Nathan Keuntje	*2018	M5	TSV Otterndorf
4.	3:47min	#497	Lion Ackermann	*2019	M4	TSV Otterndorf
	ab.	#498	Leonhard Beilke	*2019	M4	TV Langen

### Mini Cross KM 500m U8

1.	2:33min	#316	Lisa Sandhop	*2017	W6	TV Langen
2.	2:43min	#315	Juna Pilgram	*2017	W6	TV Langen
3.	2:59min	#317	Malina Kersten	*2017	W6	TSV Altenwalde
1.	2:39min	#326	Bennet Fitter	*2017	M6	TV Langen
	ab.	#325	Anton Pilgram	*2017	M6	TV Langen
1.	2:23min	#401	Pia Sommer	*2016	W7	TV Langen
2.	2:32min	#402	Helena Frerichs	*2016	W7	TV Langen
1.	2:19min	#403	Felix Galczinsky	*2016	M7	TV Langen
2.	2:24min	#404	Younes Benchikha	*2016	M7	TV Langen
3.	2:27min	#406	Jonte Hahl	*2016	M7	TV Langen
4.	2:41min	#408	Jonas Grother	*2016	M7	TSV Otterndorf
5.	2:44min	#407	Bjarne Butt	*2016	M7	TV Langen
6.	3:30min	#405	Thorge Höftmann	*2016	M7	TV Langen

## Mannschaftswertung U8 weiblich

1. und Kreisbeste TV Langen			7:28min
	Pia Sommer	*2016	2:23min
	Helena Frerichs	*2016	2:32min
	Lisa Sandhop	*2017	2:33min

## Mannschaftswertung U8 männlich

1. und Kreisbeste TV Langen I			7:10min
	Felix Galczinsky	*2016	2:19min
	Younes Benchikha	*2016	2:24min
	Jonte Hahl	*2016	2:27min
2. TV Langen II			8:53min
	Bennet Fitter	*2017	2:39min
	Bjarne Butt	*2016	2:44min
	Thorge Höftmann	*2016	3:30min

## 12.30 Uhr Kids-Cross KM 1000m U10

1.	4:41min	#335	Tessa Bernreuther	*2015	W8	TV Langen
2.	4:46min	#329	Lia Baumann	*2015	W8	TV Langen
3.	4:52min	#389	Amalia Beilke	*2015	W8	TV Langen
	ab.	#333	Amelie Basch	*2015	W8	TV Langen
	ab.	#338	Ida Hesse	*2015	W8	TSV Altenwalde
1.	4:09min	#364	Karl Hemmy	*2015	M8	TSV Wehdel
2.	4:35min	#339	Henk von Glahn	*2015	M8	TV Langen
3.	4:54min	#365	Julian Brandt	*2015	M8	TSV Otterndorf
4.	4:55min	#366	Jasper Hünnebeck	*2015	M8	TSV Otterndorf
	aufg.	#343	Luis Brockmann	*2015	M8	TV Langen
1.	4:16min	#410	Lena Makurat	*2014	W9	TV Langen
2.	4:50min	#412	Theda Schmidt	*2014	W9	TV Langen
3.	4:56min	#411	Elisa Bernreuther	*2014	W9	TV Langen
4.	7:12min	#496	Eliane Krüger	*2014	W9	TSV Bederkesa
	ab.	#409	Matilda Lipke	*2014	W9	TV Langen
	ab.	#413	Féline Fauvel	*2014	W9	TSV Otterndorf

1.	3:50min	#414	Thede von Holten	*2014	M9	TV Langen
2.	4:10min	#416	Thies Pontow	*2014	M9	TV Langen
3.	4:16min	#415	Carlos Möbius	*2014	M9	TV Langen
4.	4:27min	#417	Philipp Lewinski	*2014	M9	TV Langen
	ab.	#418	Martell Lambrecht	*2014	M9	TSV Wehdel

### Mannschaftswertung U10 weiblich

1. und Kreisbester TV Langen I						13:43min
			Lena Makurat	*2014		4:16min
			Tessa Bernreuther	*2015		4:41min
			Lia Baumann	*2015		4:46min
2. TV Langen II						14:38min
			Theda Schmidt	*2014		4:50min
			Amalia Beilke	*2015		4:52min
			Elisa Bernreuther	*2014		4:56min

### Mannschaftswertung U10 männlich

1. und Kreisbeste TV Langen I						12:16min
			Thede von Holten	*2014		3:50min
			Thies Pontow	*2014		4:10min
			Carlos Möbius	*2014		4:16min

### 13.00 Uhr Kids-Cross KM 1000m U12

1.	4:00min	#368	Johanna Gerdes	*2013	W10	TV Langen
2.	4:08min	#370	Paulina Linnemann	*2013	W10	TV Langen
3.	4:20min	#375	Lena Hemme	*2013	W10	TV Langen
4.	4:27min	#374	Isabel Fitter	*2013	W10	TV Langen
5.	4:28min	#373	Lina Benchikha	*2013	W10	TV Langen
6.	4:42min	#377	Martha Heinsohn	*2013	W10	TSV Otterndorf
7.	4:44min	#378	Leandra Zeifang	*2013	W10	TSV Otterndorf
8.	4:52min	#372	Anastasia Torner	*2013	W10	TV Langen
9.	4:54min	#376	Alma Buse	*2013	W10	TSV Otterndorf

10.	5:01min	#371	Luisa Eggers	*2013	W10	TV Langen
11.	5:12min	#369	Ella Brömmer	*2013	W10	TV Langen
	aufg.	#367	Lara Kampe	*2013	W10	TV Langen
1.	3:56min	#429	Philipp Krüger	*2013	M10	TSV Bederkesa
2.	4:25min	#381	Cosmo Meier	*2013	M10	TSV Altenwalde
3.	4:32min	#383	Marlon Rybik	*2013	M10	TSV Altenwalde
4.	5:00min	#380	Raphael Röhler	*2013	M10	TSV Wehdel
1.	4:02min	#419	Maila Schwerdt	*2012	W11	TV Langen
2.	4:05min	#420	Lotta Sandhop	*2012	W11	TV Langen
3.	4:38min	#421	Cherine Rau	*2012	W11	TSV Otterndorf
4.	5:08min		Sophia Weigandt	*2012	W11	TSV Bederkesa
	ab.	#422	Leevke Weber	*2012	W11	TSV Otterndorf
1.	4:15min	#425	Yanuka Steffens	*2012	M11	TSV Altenwalde
2.	4:19min	#423	Maximilian Conrad	*2012	M11	TV Langen
3.	4:51min	#424	Milan Alexander	*2012	M11	TV Langen
4.	6:03min	#430	Erik Riske	*2012	M11	TSV Altenwalde

### Mannschaftswertung weibliche U12

1. und Kreisbeste TV Langen I						12:07min
	Johanna Gerdes	*2013				4:00min
	Maila Schwerdt	*2012				4:02min
	Lotta Sandhop	*2012				4:05min
2. TV Langen II						12:55min
	Paulina Linnemann	*2013				4:08min
	Lena Hemme	*2013				4:20min
	Isabel Fitter	*2013				4:27min
3. TSV Otterndorf						14:04min
	Cherine Rau	*2012				4:38min
	Martha Heinsohn	*2013				4:42min
	Leandra Zeifang	*2013				4:44min

4. TV Langen III				14:21min
	Lina Benchikha	*2013		4:28min
	Anastasia Torner	*2013		4:52min
	Luisa Eggers	*2013		5:01min

### **Mannschaftswertung männliche U12**

1. und Kreisbeste TSV Altenwalde				13:12min
	Yanuka Steffens	*2012		4:15min
	Cosmo Meier	*2013		4:25min
	Marlon Rybik	*2013		4:32min

### **Maxi-Cross KM 1500m U14**

1.	7:40min	#384	Lina Kamphausen	*2011	W12	TSV Otterndorf
2.	7:41min	#386	Isabella Dell'Erba	*2011	W12	TSV Otterndorf
1.	8:02min	#387	Ben Stolberg	*2011	M12	TSV Otterndorf

### **KM 2500m U18**

1.	11:05min	#505	Emily Prüsch	*2007	wU18	TV Langen
1.	8:52min	#506	Ian Kohls	*2006	mU18	TSV Neuenwalde

### **KM 2500m U23**

1.	9:40min	#547	Lars Christian Henning	*2003	U23	TSV Wehdel
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### **KM 5000m**

1.	22:00min	#997	Caroline Stolle	*1996	Frauen	SC Hemmoor
1.	20:19min	#903	Sandra Sahlmann	*1978	W45	TSV Neuenwalde

1.	30:42min	#906	Anna Herrmann	*1972	W50	TV Langen
1.	26:33min	#909	Andrea Kuhlmann	*1966	W55	TV Langen
1.	36:12min	#904	Andre Herrmann	*1978	M45	TV Langen
1.	22:37min	#907	Falko Toetzke	*1971	M50	ATS Cuxhaven
1.	23:58min	#911	Kurt Engelmann	*1963	M60	TSV Sievern
2.	26:34min	#912	Helmut Stein	*1962	M60	TV Langen
1.	33:28min	#914	Heiner Zierenberg	*1956	M65	TV Langen

### Rahmenwettkampf 2500m

1.	18:23min	#549	Angeles Brock	*1968	W55	
1.	11:39min	#910	Renato Gnech	*1965	M55	HUK's Kitchen
2.	23:11min	#917	Adolf Weigelt	*1939	M80	
	n.a.	#558	Jens Kuhlmann	*1965	M55	

### Rahmenwettkampf 5000m

1.	18:39min	#918	Jule Prins	*1989	W30	LG Bremen Nord
1.	20:26min	#998	Hannah Schäfer	*1994	Frauen	SSF Bonn
1.	25:57min	#996	Julia Neundorf	*1987	W35	
1.	28:16min	#908	Katrin Toetzke	*1968	W55	
	n.a.	#902	Theresa Goetz	*1986	W35	

1.	23:14min	#901	Noah Gente	*2008	M15	TV Langen
1.	21:22min	#999	Ole Pinner	*1994	Männer	SG Rhein Sieg
1.	21:46min	#905	Jens Ahlers	*1972	M50	
1.	26:04min	#913	Onno Hessenius	*1962	M60	TSV Wulsdorf
1.	22:07min	#915	Peter Bünting	*1956	M65	TSV Wulsdorf
1.	41:09min	#916	Hans-Joachim Büse	*1953	M70	

### Rahmenwettkampf 7500m

1.	41:19min	#14	Christian Braun	*1978	M45	Alte Säcke
1.	27:04min	#18	Marc Prins LG Bremen Nord	*1973	M50	
2.	33:13min	#16	Manuel Alvarez Gordo	*1973	M50	Cuxhaven
3.	41:19min	#15	Marco Rühlkötter	*1973	M50	Alte Säcke
1.	43:16min	#17	Stefan Bohne	*1966	M55	TuS Dorum

### Rahmenwettkampf 10.000m

1.	37:09min	#1991	David Strunck SC Hemmoor	*1995	Männer	
2.	41:00min	#1989	Vincent Rigulleuea	*1996	Männer	
3.	48:52min	#1982	Nathan Beech	*1997	Männer	

1.	36:24min	#1571	Antonio Sánchez Benítez Califas-Univ. de Cordoba	*1992	M30	
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n.a. #1975 Gerhard Voltmer \*1957 M65 LG Wesermünde