

Ergebnisliste Crosslauf Friedrichsruh 21.09.24 mit Kreismeisterschaft KLV Cuxhaven

U8 500m RWK

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit |
|----------------------|----------|--------------|-------------|-------------|---------|---------|
| Marla Keller | | 2019 W5 | TuS Tossens | #39 | 1 | 2:47min |
| Nino Aurelius Lustig | | 2020 M4 | TV Spaden | #38 | 2 | 3:08min |
| Ahmad Haider | | 2018 M6 | TV Langen | #37 | 3 | 3:59min |
| Maryam Haider | | 2023 W3 | TV Langen | #33 | 4 | 7:02min |

U8 500m KM Cross

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|-----------------|----------|--------------|----------------|-------------|---------|---------|-------|
| Frieda Müller | | 2018 W6 | TV Langen | #26 | 10 | 2:25min | 1. |
| Greta Müller | | 2018 W6 | TV Langen | #27 | 12 | 2:29min | 2. |
| Elli von Glahn | | 2018 W6 | TV Langen | #28 | 13 | 2:30min | 3. |
| Mira Seelig | | 2018 W6 | TSV Altenwalde | #30 | 14 | 2:32min | 4. |
| Maie Heinemeyer | | 2018 W6 | TSV Neuenwalde | #29 | 16 | 2:39min | 5. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|------------------|----------|--------------|-----------|-------------|---------|---------|-------|
| Friedrich Conrad | | 2018 M6 | TV Langen | #36 | 17 | 2:48min | 1. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|-------------------|----------|--------------|----------------|-------------|---------|---------|-------|
| Madina El-Mohamad | | 2017 W7 | TSV Wehdel | #131 | 1 | 2:07min | 1. |
| Malina Kersten | | 2017 W7 | TSV Altenwalde | #136 | 5 | 2:21min | 2. |
| Jamina Taube | | 2017 W7 | TSV Altenwalde | #138 | 7 | 2:22min | 3. |
| Paulina Verheyen | | 2017 W7 | TSV Altenwalde | #137 | 8 | 2:23min | 4. |
| Juna Pilgram | | 2017 W7 | TV Langen | #129 | 9 | 2:24min | 5. |
| Beke Kück | | 2017 W7 | TV Langen | #130 | 11 | 2:28min | 6. |
| Holly Sanken | | 2017 W7 | TV Langen | #133 | 15 | 2:34min | 7. |
| Hannah Keller | | 2017 W7 | TuS Tossens | #128 | 2 | 2:12min | aW |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|-------------------|----------|--------------|-----------|-------------|---------|-----------|-------|
| Anton Pilgram | | 2017 M7 | TV Langen | #139 | | 3 2:18min | 1. |
| Julius Zimmermann | | 2017 M7 | TV Langen | #144 | | 4 2:19min | 2. |
| Rune de Buhr | | 2017 M7 | TV Langen | #142 | | 6 2:22min | 3. |

Mannschaftstitel U8

Mädchen U8

| | | Jahrgang | Altersklasse | Zeit | Platz |
|----------------|------------------|----------|--------------|---------|-------|
| TSV Altenwalde | Malina Kersten | 2017 | U8 | 2:21min | |
| | Jamina Taube | 2017 | U8 | 2:22min | |
| | Paulina Verheyen | 2017 | U8 | 2:23min | |
| | | | | 7:06min | 1. |
| TV Langen I | Juna Pilgram | 2017 | U8 | 2:24min | |
| | Frieda Müller | 2018 | U8 | 2:25min | |
| | Beke Kück | 2017 | U8 | 2:28min | |
| | | | | 7:17min | 2. |
| TV Langen II | Greta Müller | 2018 | U8 | 2:29min | |
| | Elli von Glahn | 2018 | U8 | 2:30min | |
| | Holly Sanken | 2018 | U8 | 2:34min | |
| | | | | 7:33min | 3. |

Jungen U8

| | | Jahrgang | Altersklasse | Zeit | Platz |
|-------------|-------------------|----------|--------------|---------|-------|
| TV Langen 1 | Anton Pilgram | 2017 | U8 | 2:18min | |
| | Julius Zimmermann | 2017 | U8 | 2:19min | |
| | Rune de Buhr | 2017 | U8 | 2:22min | |
| | | | | 6:59min | 1. |

**U10 1000m Cross
KM**

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|------------------|-----------------|---------------------|---------------|--------------------|----------------|-------------|--------------|
| Mathilda Wermter | 2016 | W8 | TV Langen | #1 | 8 | 4:34min | 1. |
| Helena Frerichs | 2016 | W8 | TV Langen | #2 | 12 | 5:02min | 2. |
| Sarah Struhalla | 2016 | W8 | TV Langen | #3 | 13 | 5:07min | 3. |
| Valentina Röhler | 2016 | W8 | TSV Wehdel | #6 | 14 | 5:10min | 4. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|---------------|-----------------|---------------------|---------------|--------------------|----------------|-------------|--------------|
| Amalia Beilke | 2015 | W9 | TV Langen | #105 | 9 | 4:35min | 1. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|------------------|-----------------|---------------------|---------------|--------------------|----------------|-------------|--------------|
| Felix Galczinsky | 2016 | M8 | TV Langen | #8 | 5 | 4:18min | 1. |
| Younes Benchikha | 2016 | M8 | TV Langen | #9 | 6 | 4:25min | 2. |
| Fiete von Holten | 2016 | M8 | TV Langen | #7 | 11 | 4:46min | 3. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|------------------|-----------------|---------------------|---------------|--------------------|----------------|-------------|--------------|
| Luis Brockmann | 2015 | M9 | TV Langen | #108 | 1 | 3:43min | 1. |
| Karl Hemmy | 2015 | M9 | TSV Wehdel | #115 | 2 | 3:46min | 2. |
| Henk von Glahn | 2015 | M9 | TV Langen | #107 | 3 | 4:03min | 3. |
| Klaus Grothmann | 2015 | M9 | MTV Lintig | #109 | 4 | 4:04min | 4. |
| Noah Dade | 2015 | M9 | TV Langen | #106 | 7 | 4:27min | 5. |
| Felix van Kempen | 2015 | M9 | TSV Wehdel | #114 | 10 | 4:38min | 6. |

Mannschaftstitel**U10****Mädchen U10**

| | | Jahrgang | Altersklasse | Zeit | Platz |
|-----------|------------------|-----------------|---------------------|-------------|--------------|
| TV Langen | Mathilda Wermter | 2016 | U10 | 4:34min | |
| | Amalia Beilke | 2015 | U10 | 4:35min | |
| | Helena Frerichs | 2016 | U10 | 5:02min | |
| | | | | 14:11min | 1. |

Jungen U10

| | | Jahrgang | Altersklasse | Zeit | Platz |
|-------------|------------------|-----------------|---------------------|-------------|--------------|
| TV Langen I | Luis Brockmann | 2015 | U10 | 3:43min | |
| | Henk von Glahn | 2015 | U10 | 4:03min | |
| | Felix Galczinsky | 2016 | U10 | 4:18min | |
| | | | | 12:04min | 1. |

| | | Jahrgang | Altersklasse | Zeit | Platz |
|--------------|------------------|-----------------|---------------------|-------------|--------------|
| TV Langen II | Younes Benchikha | 2016 | U10 | 4:25min | |
| | Noah Dade | 2015 | U10 | 4:27min | |
| | Fiete von Holten | 2016 | U10 | 4:46min | |
| | | | | 13:38min | 2. |

U12 1000m Cross

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|-------------------|-----------------|---------------------|-----------------|--------------------|----------------|-------------|--------------|
| Lena Makurat | | 2014 W10 | TV Langen | #14 | | 4 3:52min | 1. |
| Matilda Lipke | | 2014 W10 | TV Langen | #15 | | 5 4:02min | 2. |
| Martje Heinemeyer | | 2014 W10 | TSV Neuenwalde | #13 | | 13 5:10min | 3. |
| Maria Goiny | | 2014 W10 | RC Hof Fehrmoor | #16 | | 12 4:49min | aW |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|-------------------|-----------------|---------------------|---------------|--------------------|----------------|-------------|--------------|
| Johanna Gerdes | | 2013 W11 | TV Langen | #118 | | 2 3:48min | 1. |
| Paulina Linnemann | | 2013 W11 | TV Langen | #119 | | 3 3:50min | 2. |
| Luisa Eggers | | 2013 W11 | TV Langen | #120 | | 11 4:48min | 3. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|-------------------|-----------------|---------------------|----------------|--------------------|----------------|-------------|--------------|
| Thede von Holten | | 2014 M10 | TV Langen | #20 | | 1 3:37min | 1. |
| Martell Lambrecht | | 2014 M10 | TSV Wehdel | #25 | | 13 5:03min | 2. |
| Nick Burchardt | | 2014 M10 | TSV Otterndorf | #24 | | 14 5:04min | 3. |
| Luis Keller | | 2014 M10 | TSV Abbehausen | #17 | | 8 4:22min | aW |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|---------------------|-----------------|---------------------|----------------|--------------------|----------------|-------------|--------------|
| Sebastian Struhalla | | 2013 M11 | TV Langen | #123 | | 6 4:07min | 1. |
| Cosmo Meier | | 2013 M11 | TSV Altenwalde | #126 | | 7 4:21min | 2. |
| Raphael Röhler | | 2013 M11 | TSV Wehdel | #124 | | 10 4:36min | 3. |
| Moritz Keller | | 2013 M11 | TSV Abbehausen | #122 | | 9 4:27min | aW |

Mannschaftstitel U12**Mädchen U12**

| | | Jahrgang | Altersklasse | Zeit | Platz |
|-----------|-------------------|-----------------|---------------------|-------------|--------------|
| TV Langen | Johanna Gerdes | 2013 | U10 | 3:48min | |
| | Paulina Linnemann | 2013 | U10 | 3:50min | |
| | Lena Makurat | 2014 | U10 | 3:52min | |
| | | | | 11:30min | 1. |

U14/U16 1500m Cross KM

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|-------------------|-----------------|---------------------|----------------|--------------------|----------------|-------------|--------------|
| Yanuka Steffens | 2012 | M12 | TSV Altenwalde | #302 | | 1 | 1. |
| Maximilian Conrad | 2012 | M12 | TV Langen | #300 | | 3 | 2. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Einlauf | Zeit | Platz |
|----------------|-----------------|---------------------|---------------|--------------------|----------------|-------------|--------------|
| Tilda Stelling | 2010 | W14 | TSV Bederkesa | #303 | | 2 6:25min | 1. |

U18 2500m Cross KM

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|--------------|-----------------|---------------------|---------------|--------------------|-------------|--------------|
| Emily Prüsch | 2007 | U18 | TV Langen | #200 | 11:44min | 1. |

2500m Cross RWK

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|--------------|-----------------|---------------------|-----------------|--------------------|-------------|--------------|
| Sophia Goiny | 2011 | W13 | RC Hof Fehrmoor | #203 | 13:01min | 1. |
| Alea Greiner | 2010 | W14 | RC Hof Fehrmoor | #202 | 13:00min | 1. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|-------------------|-----------------|---------------------|------------------------------|--------------------|-------------|--------------|
| Rüdiger Härtel | 1956 | M65 | OSC Bremerhaven | #204 | 15:46min | 1. |
| Hans-Jürgen Bürse | 1953 | M70 | HSG Schwanewede-Neuenkirchen | #205 | 23:28min | 1. |

5000m Cross KM

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|----------------|-----------------|---------------------|---------------|--------------------|-------------|--------------|
| Julia Neundorf | 1987 | W35 | TuS Dorum | #404 | 25:01min | 1. |
| Mirjam Keller | 1983 | W40 | TSG Burhave | #405 | 22:43min | aW |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|-----------------|-----------------|---------------------|----------------|--------------------|-------------|--------------|
| Ian Kohls | 2006 | U20 | TSV Neuenwalde | #408 | 19:14min | 1. |
| Patrick Makurat | 1980 | M40 | TV Langen | #411 | 20:18min | 1. |
| Torben Ehlers | 1981 | M40 | TSV Neuenwalde | #410 | 20:57min | 2. |
| Dietrich Lange | 1965 | M55 | TSG Nordholz | #421 | 22:30min | 1. |
| Stefan Bohne | 1966 | M55 | TUS Dorum | #416 | 29:37min | 2. |
| Michael Keller | | | TSV Abbehausen | #422 | 23:05min | aW |
| Adolf Weigelt | 1939 | M85 | | #400 | 47:50min | aW |

7500m Cross RWK

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|-------------------------|-----------------|---------------------|----------------------|--------------------|-------------|--------------|
| Andreas Lustig | 1991 | M30 | Erdinger Active Team | #70 | 38:00min | 1. |
| Antonio Sanchez Benitez | 1992 | M30 | C.D. Indea | #71 | 39:23min | 2. |

10000m Cross RWK

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|---------------|-----------------|---------------------|---------------|--------------------|-------------|--------------|
| Janin Böhlken | 1988 | W35 | LAV Bokel | #103 | 43:56min | 1. |

| Name | Jahrgang | Altersklasse | Verein | Startnummer | Zeit | Platz |
|------------------|-----------------|---------------------|----------------|--------------------|-------------|--------------|
| Kurt Engelmann | 1963 | M60 | TSV Sievern | #100 | 51:33min | 1. |
| Jens Witt-Fiebig | 1975 | M45 | TSV Neuenwalde | #102 | 53:40min | 2. |