

7. Koenen-Benefizlauf in Langen-Debstedt am 1. September 2013

Ergebnisse

5 Kilometer:

| Platz | Name, Vorname | | Klasse | Verein | Leistung |
|-------|---------------------------|----|--------|---------------------------|----------|
| 1. | Skusa, Christian | 1. | M | SFL Bremerhaven | 00:18:33 |
| 2. | Schmidt, Moritz | 1. | MJ U16 | LG Wesermünde | 00:19:07 |
| 3. | Brunkhorst, Holger | 1. | M40 | TSR Ahrenswohldede | 00:19:08 |
| 4. | Toetzke, Falko | 2. | M40 | VGH Versicherungen | 00:20:06 |
| 5. | Menger, Loris | 2. | MJ U16 | TSV Debstedt Panther | 00:20:24 |
| 6. | Velden, Bernd | 1. | M35 | Velden Clan | 00:20:28 |
| 7. | Rosenbrock, Lennart | 3. | MJ U16 | SG Beverstedt | 00:20:38 |
| 8. | Sahlmann, Sandra | 1. | W35 | TSV Neuenwalde | 00:20:43 |
| 9. | Siebeck, Wolfgang | 1. | M60 | OSC Bremerhaven | 00:21:56 |
| 10. | Stecking, Christian | 4. | MJ U16 | TSV Debstedt Panther | 00:22:05 |
| 11. | Teute, Sebastian | 1. | MJ U18 | TSV Debstedt Panther | 00:22:50 |
| 12. | Tötheider, Timo | 2. | MJ U18 | TSV Debstedt Panther | 00:22:53 |
| 13. | Voltmer, Gerhard | 1. | M55 | OSC Bremerhaven | 00:22:55 |
| 14. | Bruns, Lennart | 5. | MJ U16 | TSV Debstedt Panther | 00:22:56 |
| 15. | Arendt, Tomasz | 1. | M45 | | 00:23:30 |
| 16. | Weber, Janik | 3. | MJ U18 | TSV Debstedt Panther | 00:23:36 |
| 17. | Gottschalk, Nico | 4. | MJ U18 | TSV Debstedt Panther | 00:23:54 |
| 18. | Costa, Carlos | 2. | M35 | TSV Debstedt Panther | 00:23:55 |
| 19. | Pahlke, Thomas | 3. | M35 | TSV Neuenwalde | 00:24:03 |
| 20. | Schmiedt-Brockbalz, Silke | 1. | W40 | | 00:24:05 |
| 21. | Hinrichs, Kjell-Marcel | 1. | MJ U14 | TSV Debstedt Panther | 00:24:10 |
| 22. | Lassmann, Jorim | 2. | MJ U14 | TSV Debstedt Panther | 00:24:16 |
| 23. | Kasper, Bjarne | 3. | MJ U14 | TSV Debstedt Panther | 00:24:40 |
| 24. | Arendt, Maximilian | 6. | MJ U16 | | 00:24:55 |
| 25. | Härtel, Rüdiger | 2. | M55 | OSC Bremerhaven Triathlon | 00:25:12 |
| 26. | Ahlf, Sandra | 2. | W40 | TSV Debstedt | 00:25:14 |
| 27. | Michalski, Klaus | 1. | M65 | TSV Bremervörde | 00:25:20 |
| 28. | Pape, Jonas | 4. | MJ U14 | TSV Debstedt Panther | 00:25:37 |
| 29. | Coldewey, Eric | 2. | M | | 00:25:45 |
| 30. | Radzwill, Rick | 5. | MJ U18 | TSV Debstedt Panther | 00:25:56 |
| 31. | Dordel, Karin | 1. | W50 | | 00:25:56 |
| 32. | Hoeder, Maurice | 7. | MJ U16 | TSV Debstedt Panther | 00:25:58 |
| 33. | Toetzke, Katrin | 1. | W45 | VGH Versicherungen | 00:25:59 |
| 34. | Böttjer, Dieter | 1. | M50 | | 00:26:08 |
| 35. | Lischka, Lisa | 1. | WJ U20 | TSV Debstedt | 00:26:44 |
| 36. | Groth, Matthias | 3. | M | TSV Neuenwalde | 00:26:45 |
| 37. | Skusa, Peter | 2. | M60 | SFL Bremerhaven | 00:26:46 |
| 38. | Lebenhagen, Kay | 2. | M50 | TV Langen | 00:27:19 |
| 39. | Krauß, Thomas | 3. | M50 | OSC Bremerhaven | 00:27:25 |
| 40. | Rohmeyer, Dennis | 8. | MJ U16 | TSV Debstedt Panther | 00:27:30 |
| 41. | Siefken, Wiebke | 1. | W30 | | 00:27:31 |
| 42. | Tietjen, Ron | 5. | MJ U14 | TSV Debstedt Panther | 00:27:31 |
| 43. | Stürcken, Rouven | 6. | MJ U14 | TSV Debstedt Panther | 00:27:32 |

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| 44. | Hoeder, Chris | 7. | MJ U14 | TSV Debstedt Panther | 00:27:39 |
| 45. | Ahlf, Svea | 1. | WJ U18 | TSV Debstedt | 00:27:59 |
| 46. | Franzkowiak, Maurice | 8. | MJ U14 | TSV Debstedt Panther | 00:28:13 |
| 47. | Stegmann-Katt, Jan-Luca | 9. | MJ U16 | TSV Debstedt Panther | 00:28:15 |
| 48. | Engelken, Christine | 3. | W40 | TSV Neuenwalde | 00:28:15 |
| 49. | Meyer, Petra | 2. | W50 | | 00:28:25 |
| 50. | Grevesmühl, Heiner | 3. | M55 | | 00:28:36 |
| 51. | Beister, Uwe | 3. | M60 | Deichläufer Bremerhaven | 00:29:03 |
| 52. | Renken, Thies | 9. | MJ U14 | OSC Bremerhaven | 00:29:11 |
| 53. | Fink, Anja | 2. | W45 | TSV Neuenwalde | 00:29:22 |
| 54. | Böttjer, Dagmar | 3. | W50 | | 00:29:24 |
| 55. | Obst, Ole | 10. | MJ U14 | TV Langen | 00:29:25 |
| 56. | Wöhlbrand, Heinz | 1. | M70 | SFL Bremerhaven | 00:29:29 |
| 57. | Zahab, Ella | 1. | WK U10 | | 00:29:30 |
| 58. | Geißler-Grimme, Anja | 3. | W45 | Jobcenter Bremerhaven | 00:29:37 |
| 59. | Bocksz, Anna | 1. | WK U12 | LAV Bokel | 00:29:40 |
| 60. | Eden, Luisa Marie | 1. | WJ U14 | LAV Bokel | 00:29:43 |
| 61. | Werner, Julia | 2. | WK U12 | TSV Lunestedt | 00:29:44 |
| 62. | Haesche, Kirstin | 4. | W40 | TV-Sievern | 00:29:50 |
| 63. | Itner, Claudia | 4. | W50 | TSV-Holßel | 00:29:51 |
| 64. | Itner, Rolf | 4. | M50 | TSV-Holßel | 00:29:51 |
| 65. | Schröder, Melina Karola | 1. | WJ U16 | LAV Bokel | 00:30:07 |
| 66. | Knippenberg, Bärbel | 5. | W50 | Hymendorfer Sportverein | 00:30:08 |
| 67. | Pawlik, Dieter | 2. | M70 | Leher Turnerschaft von 1898 | 00:30:13 |
| 68. | Lüdders, Simone | 5. | W40 | GuSC Bremerhaven | 00:30:21 |
| 69. | Gjikolli, Fat | 11. | MJ U14 | TSV Debstedt Panther | 00:30:22 |
| 70. | Sauermilch, Justin | 12. | MJ U14 | TSV Debstedt Panther | 00:30:23 |
| 71. | Bruns, Marius | 13. | MJ U14 | TSV Debstedt Panther | 00:30:23 |
| 72. | da Costa, Ricardo | 10. | MJ U16 | TSV Debstedt Panther | 00:30:24 |
| 73. | Katarius, Lukas | 11. | MJ U16 | TSV Debstedt Panther | 00:30:24 |
| 74. | Weber, Niklas | 14. | MJ U14 | TSV Debstedt Panther | 00:30:24 |
| 75. | Mandemlis, Giorgos | 15. | MJ U14 | TSV Debstedt Panther | 00:30:25 |
| 76. | Maatz, Fabius | 16. | MJ U14 | TSV Debstedt Panther | 00:30:26 |
| 77. | Lemke, Phil | 17. | MJ U14 | TSV Debstedt Panther | 00:30:26 |
| 78. | Brümmer, Finn Torge | 18. | MJ U14 | TSV Debstedt Panther | 00:30:27 |
| 79. | Voß, Luka | 19. | MJ U14 | TSV Debstedt Panther | 00:30:27 |
| 80. | Sengstaken, Hauke | 20. | MJ U14 | TSV Debstedt Panther | 00:30:28 |
| 81. | Weber, Ralf | 2. | M45 | TSV Debstedt Panther | 00:30:28 |
| 82. | Schmick, Martina | 6. | W50 | Jobcenter Bremerhaven | 00:30:32 |
| 83. | Buschhardt, Axel | 4. | M55 | | 00:30:47 |
| 84. | Buhlmann, Jörg | 2. | M65 | Hymendorfer Sportverein | 00:31:26 |
| 85. | Lingerski, Bianca | 7. | W50 | Lauftreff Bremerhaven | 00:31:27 |
| 86. | Zahab, Bernd | 3. | M40 | | 00:31:38 |
| 87. | Döscher, Thomas | 3. | M45 | | 00:32:08 |
| 88. | Hirland, Lars | 4. | M40 | | 00:32:12 |
| 89. | Hirland, Andrea | 6. | W40 | | 00:32:13 |
| 90. | Cornelius, Kevin | 1. | MK U12 | SFL Bremerhaven | 00:32:14 |
| 91. | Cornelius, Holger | 5. | M50 | SFL Bremerhaven | 00:32:25 |
| 92. | Wagner, Ulrich | 6. | M50 | | 00:32:29 |

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| 93. | Terbrack, Ulrich | 5. | M55 | | 00:32:39 |
| 94. | Eggers, Jannik | 21. | MJ U14 | OSC Bremerhaven | 00:32:40 |
| 95. | Preuss, Franziska | 1. | F | | 00:32:56 |
| 96. | Müller, Anna-Lena | 2. | F | | 00:33:49 |
| 97. | Meyer, Anke | 7. | W40 | TSV Neuenwalde | 00:34:16 |
| 98. | Yazici, Jana | 8. | W40 | | 00:34:19 |
| 99. | Koenen, Susanne | 4. | W45 | | 00:34:19 |
| 100. | Zahab, Jana | 9. | W40 | | 00:34:56 |
| 101. | Wohlgemuth, Heike | 5. | W45 | TSV Bramel | 00:34:56 |
| 102. | Durau, Sonja | 10. | W40 | | 00:34:57 |
| 103. | Renken, Jonte | 1. | MK U8 | OSC Bremerhaven | 00:36:50 |
| 104. | Schulz, Claudia | 6. | W45 | | 00:37:20 |
| 105. | Renken, Claudia | 11. | W40 | SFL Bremerhaven | 00:37:21 |
| 106. | Ruemper, Manuela | 2. | W35 | | 00:37:21 |
| 107. | von Döhlen, Martina | 7. | W45 | TSV Neuenwalde | 00:40:52 |
| 108. | Groth, Gabi | 8. | W50 | TSV Neuenwalde | 00:41:34 |
| 109. | Haas, Inka | 8. | W45 | TSV Neuenwalde | 00:41:44 |
| 110. | Itjen, Renate | 9. | W50 | TSV Neuenwalde | 00:41:45 |
| 111. | Toetcke, Karin | 1. | W70 | VGH Versicherungen | 00:43:29 |
| 112. | Behrends, Anke | 9. | W45 | Jobcenter Bremerhaven | 00:51:55 |
| 113. | Behrends, Norbert | 4. | M45 | Jobcenter Bremerhaven | 00:51:58 |

10 Kilometer:

| Platz | Name, Vorname | | Klasse | Verein | Leistung |
|-------|------------------------|----|--------|-----------------------------|----------|
| 1. | Schult, Mario | 1. | M35 | TSV Wanna | 00:37:22 |
| 2. | Rosenbrock, David | 1. | MJ U18 | SG Beverstedt | 00:38:38 |
| 3. | Roloff, Reinhard | 1. | M65 | TSG Nordholz | 00:40:33 |
| 4. | Scheidt, Andre | 1. | M40 | OSC Bremerhaven | 00:41:56 |
| 5. | Lehnacker, Marco | 1. | M45 | SFL Bremerhaven | 00:43:10 |
| 6. | Bodenhagen, Frank | 1. | M50 | | 00:43:14 |
| 7. | Schröter, Jörg | 2. | M45 | | 00:44:40 |
| 8. | Schade, Gerrit | 3. | M45 | | 00:44:46 |
| 9. | Otten, Peter | 2. | M50 | TV Langen/Das grüne Ballett | 00:44:56 |
| 10. | Martens, Thorge Magnus | 1. | MJ U16 | | 00:47:06 |
| 11. | Heinemeyer, Ulrike | 1. | F | Bad Bederkesa/TEA | 00:48:29 |
| 12. | Barkhorn, Heiko | 3. | M50 | TSV Debstedt | 00:48:45 |
| 13. | Beyer, Ralf | 4. | M45 | TSV Neuenwalde | 00:48:53 |
| 14. | Polzin, Andrea | 1. | W45 | | 00:48:54 |
| 15. | Knitter, Heiko | 2. | M35 | Jobcenter Bremerhaven | 00:49:13 |
| 16. | Hoppe, Ralf | 4. | M50 | TC Capitol Brhv. | 00:49:40 |
| 17. | Krone, Mathias | 2. | M40 | Langen | 00:49:46 |
| 18. | Oetting, Andre | 5. | M45 | Jobcenter Bremerhaven | 00:50:15 |
| 19. | Kruse, Bernd | 3. | M40 | Düringer Laufelite DLE | 00:50:16 |
| 20. | Wittek, Matthias | 5. | M50 | | 00:50:17 |
| 21. | Renken, Michael | 4. | M40 | SFL Bremerhaven | 00:50:31 |
| 22. | Hinrichs, Thomas | 5. | M40 | TSV Debstedt Panther | 00:50:35 |
| 23. | Wittek, Soenke | 1. | M | HSG Geestemünde | 00:50:43 |
| 24. | Schultz, Susanne | 1. | W40 | | 00:50:45 |

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| 25. | Rüschmann, Uwe | 6. | M40 | | 00:50:56 |
| 26. | Warode, Ralph | 1. | M55 | SFL Bremerhaven | 00:52:23 |
| 27. | Lange, Kai | 7. | M40 | TSV Sievern | 00:52:44 |
| 28. | Haesche, Volker | 8. | M40 | TV-Sievern | 00:52:54 |
| 29. | Vetter, Günter | 6. | M45 | | 00:52:55 |
| 30. | Lebenhagen, Kay | 6. | M50 | TV Langen | 00:53:02 |
| 31. | Gerken, Andreas | 7. | M50 | DRK Wohnstätten Langen | 00:53:14 |
| 32. | Otten, Björn | 9. | M40 | DRK-Laufteam Wesermünde | 00:53:59 |
| 33. | Schult, Barbara | 2. | W45 | TSV Otterndorf | 00:54:04 |
| 34. | Reichert, Ralf | 8. | M50 | TV Langen | 00:54:57 |
| 35. | Jakimow, Maria | 1. | W30 | | 00:55:48 |
| 36. | Rohde, Frank | 3. | M35 | | 00:55:49 |
| 37. | Reichelt, Adele | 2. | W40 | TSV Drangstedt | 00:56:44 |
| 38. | Beyer, Petra | 3. | W45 | Dorka Sports | 00:58:07 |
| 39. | Simon, Michael | 9. | M50 | | 01:00:26 |
| 40. | Tuchtenhagen, Torsten | 7. | M45 | TSV Neuenwalde | 01:00:30 |
| 41. | Schuster, Regina | 1. | W55 | | 01:03:52 |
| 42. | Seedorf, Reinhard | 2. | M65 | TV Langen | 01:06:45 |
| 43. | Kirchner, Harald | 1. | M75 | TV Langen | 01:20:39 |
| 44. | Reglin, Marlene | 1. | W65 | OSC Bremerhaven | 01:22:49 |

15 Kilometer:

| Platz | Name, Vorname | | Klasse | Verein | Leistung |
|-------|------------------------|----|--------|----------------------------------|----------|
| 1. | Ratje, Markus | 1. | M | | 00:58:15 |
| 2. | Lehmann, Stephan | 1. | M30 | D+S | 00:58:59 |
| 3. | Rohde, Bastian | 2. | M | Premium Aerotec Nordenham | 00:59:46 |
| 4. | Heller, Andreas | 1. | M45 | LAV Bokel | 01:07:21 |
| 5. | Weber, Olaf | 1. | M50 | Laufend besser Bremerhaven | 01:07:26 |
| 6. | Wittschieben, Matthias | 2. | M30 | TSV Debstedt | 01:07:48 |
| 7. | Heins, Thomas | 2. | M45 | Cuxland Runner | 01:08:34 |
| 8. | Ehlers, Torben | 3. | M30 | TSV Bederkesa & TEA | 01:09:00 |
| 9. | Grewe, Birgit | 1. | W40 | TSV Neuenwalde | 01:09:22 |
| 10. | Lenga, Norbert | 3. | M45 | TEA & Laufend Besser Bremerhaven | 01:09:36 |
| 11. | Schloßhauer, Felix | 4. | M45 | | 01:12:13 |
| 12. | Peuker, Thomas | 2. | M50 | Agentur für Arbeit Bremerhaven | 01:12:19 |
| 13. | Gente, Björn | 1. | M40 | | 01:12:48 |
| 14. | Anders, Gerd | 1. | M55 | Laufend besser Bremerhaven | 01:13:46 |
| 15. | Simon, Raimund | 2. | M55 | Vitalclub | 01:13:57 |
| 16. | Weber, Sabine | 1. | W45 | Laufend besser Bremerhaven | 01:13:58 |
| 17. | Ebbinghaus, Karl-Heinz | 1. | M60 | Team Erdinger Alkoholfrei | 01:14:04 |
| 18. | Henschel, Frank | 5. | M45 | TSV Neuenwalde | 01:15:13 |
| 19. | Traub, Jürgen | 3. | M55 | | 01:16:01 |
| 20. | Zalewski, Roland | 6. | M45 | Lara + Mia | 01:16:46 |
| 21. | Groth, Heike | 2. | W45 | TSV Neuenwalde | 01:17:16 |
| 22. | Groth, Manfred | 7. | M45 | TSV Neuenwalde | 01:17:17 |
| 23. | Moreau, Annie | 1. | W50 | Hymendorfer Sportverein | 01:18:21 |
| 24. | Deppe, Stefan | 2. | M40 | Hymendorfer Sportverein | 01:20:30 |
| 25. | Heinemeyer, Jürgen | 4. | M55 | Bad Bederkesa/TEA | 01:21:38 |

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| 26. | Heimrath, Frank | 3. | M50 | Lauftreff Bürgerpark | 01:22:08 |
| 27. | Figger, Thomas | 4. | M50 | Lauftreff Bürgerpark | 01:22:09 |
| 28. | Weigelt-Böltes, Claudia | 2. | W40 | Hymendorfer Sportverein | 01:28:02 |
| 29. | Weigelt, Tobias | 3. | M40 | | 01:28:03 |
| 30. | Götting, Doreen | 1. | W55 | | 01:36:04 |

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