

20. Helmstedter Stadtlauf "Rund um die Wälle" 2017

Ergebnisliste MW Mittelstrecke 5 km

| MWPI | Name | Jahrg. | m/w | AK | Verein | Zeit |
|---------------------------|---------------------------|--------|-----|------|-------------|-----------|
| Mittelstrecke 5 km | | | | | | |
| w | | | | | | |
| 1. | Heike Heil | 1963 | w | | Polizeikom | 0:24:53,9 |
| 2. | Janine Osteroth | 2000 | w | WJB | Die | 0:25:28,7 |
| 3. | Kirsten Magnus | 1974 | w | | Heesebergl | 0:25:37,5 |
| 4. | Selina Petters | 1985 | w | | Polizeikom | 0:26:04,7 |
| 5. | Gabriele Frommhold | 1957 | w | | | 0:26:22,9 |
| 6. | Laura Fröhlich | 1992 | w | | | 0:27:24,2 |
| 7. | Lisa-Marie Lambrecht | 1991 | w | | Polizeikom | 0:27:57,0 |
| 8. | Katharina Heister-Neumann | 1988 | w | | Team CDU | 0:29:03,9 |
| 9. | Linda Ibishi | 1992 | w | | Easyfitness | 0:29:22,0 |
| 10. | Jasmin Brylla | 1999 | w | WJA | Running | 0:29:24,7 |
| 11. | Kimberly Geber | 1992 | w | | Polizeikom | 0:29:34,7 |
| 12. | Regina Kirchmer | 1961 | w | | TSV | 0:29:57,2 |
| 13. | Julia Tomaschek | 1989 | w | | Easyfitness | 0:30:44,0 |
| 14. | Anna Zeranski | 1998 | w | WJA | Easyfitness | 0:30:45,5 |
| 15. | Miriam Tomaschek | 1994 | w | | Easyfitness | 0:30:48,0 |
| 16. | Sabrina Galluccio | 1985 | w | | Easyfitness | 0:30:52,2 |
| 17. | Nicole Ruffer | 1984 | w | | | 0:32:11,4 |
| 18. | Helena Wezel | 1987 | w | | | 0:32:15,0 |
| 19. | Kathleen Radeck | 1971 | w | | Team CDU | 0:36:25,7 |
| 20. | Veronika Koch | 1972 | w | | Team CDU | 0:42:06,1 |
| 21. | Elisabeth Heister-Neumann | 1955 | w | | Team CDU | 0:42:07,4 |
| m | | | | | | |
| 1. | Louis Hellmuth | 1995 | m | | ULV | 0:17:44,4 |
| 2. | Jean Hellmuth | 1970 | m | | ULV | 0:18:25,5 |
| 3. | Fabian Bretschneider | 1980 | m | | | 0:18:48,4 |
| 4. | Enrico Krebs | 1974 | m | | Heesebergl | 0:20:15,7 |
| 5. | Vincent Hellmuth | 1997 | m | | ULV | 0:20:28,3 |
| 6. | Hamidullah Hosseini | 2000 | m | MJB | | 0:21:27,8 |
| 7. | Philipp Karwacki | 2002 | m | SchA | Running | 0:21:34,2 |
| 8. | Jan Büchsenfuß | 1977 | m | | TSV | 0:21:44,4 |
| 9. | Philipp Mahncke | 2001 | m | MJB | Easyfitness | 0:21:53,1 |
| 10. | Florian Jacobs | 1989 | m | | | 0:22:19,5 |
| 11. | Hamo Hamo | 1998 | m | MJA | Running | 0:22:30,1 |
| 12. | Jan Voth | 1997 | m | | Die | 0:22:54,5 |
| 13. | Medhi Hosseini | 1999 | m | MJA | Schwimme | 0:22:55,8 |
| 14. | Carlo Barbarito | 1976 | m | | TSV | 0:22:58,4 |
| 15. | Sven André Schreinert | 1985 | m | | TSV | 0:23:06,7 |
| 16. | Timo Löffelmann | 1983 | m | | Laufftreff | 0:23:19,2 |
| 17. | Steffen Volkmer | 1980 | m | | | 0:23:34,3 |
| 18. | Thomas Polle | 1989 | m | | Running | 0:24:01,7 |
| 19. | Mark Baumgarten | 1978 | m | | Polizeikom | 0:24:04,8 |
| 20. | Lukas Feuereis | 2006 | m | SchC | Fire & Ice | 0:24:07,7 |
| 21. | Ulrich Feuereis | 1975 | m | | Fire & Ice | 0:24:08,2 |
| 22. | Andreas Schneider-Adamek | 1966 | m | | Team CDU | 0:24:27,3 |
| 23. | Tobias Heißenbüttel | 1974 | m | | Heesebergl | 0:24:38,2 |
| 24. | Volkmar Osteroth | 1964 | m | | Die | 0:25:16,9 |

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|------|----------------------------|--------|-----|-----|--------------|-----------|
| 25. | Murtaza Muhammadi | 1999 | m | MJA | | 0:25:29,9 |
| 26. | Egbert Frommhold | 1948 | m | | | 0:26:21,0 |
| 27. | Detlef Querner | 1969 | m | | Beinhart 7.1 | 0:26:31,8 |
| 28. | Martin Ryll | 1971 | m | | Team CDU | 0:26:55,0 |
| 29. | Lutz Bretschneider | 1948 | m | | TSV | 0:27:02,5 |
| 30. | Philip Sager | 1985 | m | | Team CDU | 0:27:05,0 |
| 31. | Axel Wacker | 1964 | m | | Polizeikom | 0:27:47,7 |
| 32. | Florian Tränkner | 1988 | m | | | 0:29:20,7 |
| 33. | Karl-Heinz Höfel | 1946 | m | | TSV | 0:29:51,8 |
| 34. | Markus Nowotka | 1985 | m | | Easyfitness | 0:30:07,3 |
| 35. | Lorenz Flatt | 1966 | m | | | 0:31:42,6 |
| 36. | Marcus Gerstenberger | 1993 | m | | | 0:32:12,1 |
| 37. | Christoph Scherenberg | 1982 | m | | | 0:32:24,6 |
| 38. | Hans-Joachim Deckmann | 1940 | m | | TV | 0:35:04,8 |
| 39. | Gerhard Radeck | 1959 | m | | Team CDU | 0:36:25,5 |
| 40. | Friedrich-Wilhelm Diedrich | 1956 | m | | Team CDU | 0:36:25,8 |
| 41. | Torsten Scharf | 1971 | m | | Team CDU | 0:36:26,0 |
| 42. | Damien Deolder | 1965 | m | | | 0:42:07,1 |
| 43. | Andreas Weber | 1979 | m | | Team CDU | 0:42:08,0 |

Anzahl Teilnehmer: 64