

Herbstwaldlauf 2020 – Sololauf

Lauf 5km				
Stnr	Name	Vorname	Verein	Leistung
3	Schmitt	Michael	SC Fretter	00:25:20,0
4	Kramer	Sabine	SC Fretter	00:26:24,0
5	Kramer	Stefan	SC Fretter	00:24:30,0
7	Cremer	Kilian	SV Serkenrode 1955 e.V.	00:20:47,0
14	Rupp	Monika	SCC Scharmede	00:39:24,0
15	Rupp	Harald	SCC Scharmede	00:25:40,0
19	Kramer-Silberg	Christin	SC Fretter	00:33:07,0
36	Klauke	Nicolas	SC Fretter	00:32:00,0
74	Sommerhoff-Hümmler	Friederike	Skiclub Fretter	00:37:13,0
86	Wicker	Lars	SV BW Hülschotten	00:25:06,0
92	Kranauge	Clara	Skiclub Fretter	00:24:57,0
93	König	Sophie	Skiclub Fretter	00:26:17,0
94	Hirschäuser	Steffen	Skiclub Fretter	00:26:25,0
96	Österreicher	Michelle		00:38:00,0
97	Wagener Österreicher	Sabine		00:38:00,0
114	Alexander	Stephanie		00:30:00,0
116	Schürmann	Anna		00:37:00,0
129	Windisch	Elias		00:33:25,0
133	Czichon	Aaron	SV Fretter	00:39:18,0
134	Feldmann	Tim	SV Serkenrode	00:39:18,0
135	Heimann	David	SV Serkenrode	00:29:58,0
136	Jonas	Martin	SV Fretter	00:38:06,0
137	König	Andre	SV Serkenrode	00:39:18,0
138	König	Julius	SV Fretter	00:26:08,0
139	Kranauge	Luis	SV Fretter	00:28:00,0
140	Küthe	Matthis	SV Fretter	00:28:58,0
141	Poggel	Marc	RW Ostentrop	00:30:54,0
142	Pohl	Jonathan	RW Ostentrop	00:30:01,0
143	Ramadani	Lennart	SV Serkenrode	00:26:24,0
144	Rohrmann	Adam	SV Fretter	00:29:54,0
145	Sattler	Simon	RW Ostentrop	00:29:50,0
146	Seara	Diogo	SV Serkenrode	00:39:18,0
147	Wichert	Felix	RW Ostentrop	00:28:05,0
148	Heinzelmeier	Justin	RW Ostentrop	00:39:18,0
149	Tenhaken	Luis	RW Ostentrop	00:26:30,0
176	Kranauge	Clara	Ski-Club Fretter	00:23:40,0
177	König	Sophie	Ski-Club Fretter	00:25:35,0
178	Tolle	Ida	Ski-Club Fretter	00:30:56,0
179	Cremer	Marie	Ski-Club Fretter	00:30:56,0
180	Mack	Zoe	Ski-Club Fretter	00:46:20,0
181	Fleper	Julia	Ski-Club Fretter	00:28:22,0
182	Rettler	Thilo	Ski-Club Fretter	00:25:24,0
183	Hoberg	Fabian	Ski-Club Fretter	00:27:25,0
184	Schmitt-Degenhardt	Lara	Ski-Club Fretter	00:30:56,0
185	Schulte	Josefine	Ski-Club Fretter	00:29:26,0
186	Gödde	Lina	Ski-Club Fretter	00:46:20,0
187	Korte	Romy	Ski-Club Fretter	00:42:00,0
188	vom Orde	Jonas	Ski-Club Fretter	00:42:00,0

189	Vielhaber	Ida	Ski-Club Fretter	00:42:30,0
190	Heimes	Lotte	Ski-Club Fretter	00:42:30,0
191	Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	00:36:00,0
196	Heimes	Lotte	SC Fretter	00:41:31,0
197	Heimes	Dirk	SC Fretter	00:41:31,0
199	Miederhoff	Phil	SC Fretter	00:22:27,0
200	Wiebke	Lars	TuS Jahn Werdohl	00:23:34,0
206	Siepe	Marion	SC Hagen-Wildewiese	00:47:18,0
210	Schellhas	Julian	Team Schelli	00:20:20,0
211	Freiburg-Senses	Henry	MTB Team Allendorf	00:24:31,0
224	Fleper	Lisa	Ski-Club Fretter	00:28:00,0
225	Fleper	Lisa	Ski-Club Fretter	00:30:36,0
228	Neuhäuser	Steffen	SC Fretter	00:23:52,0
235	Rinscheid	Bettina	RW Ostentrop	00:36:44,0
241	Kranauge	Hanna	SC Fretter	00:32:03,0
243	Roß	Christine		00:34:00,0
251	Ebe	Guido	TV Deilinghofen	00:23:05,0
257	Lübke	Josef		00:24:12,0
260	Klette	Leon		00:35:00,0
265	Kranauge	Thomas	SC Fretter	00:32:03,0

Lauf 10,5km

Stnr	Name	Vorname	Verein	Leistung
1	Finger	Gordian		00:57:04,0
2	Milerski	Christian		00:52:34,0
6	Kramer	Stefan	SC Fretter	00:54:33,0
11	Pullmann	Lutz		00:54:00,0
21	Wiebke	Lars	TuS Jahn Werdohl	00:52:15,0
22	Hoberg	Daniela	SC Fretter	01:03:00,0
23	Korte	Christine	SC Fretter	01:03:00,0
46	Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:18:00,0
49	Schmitt	Michael	SC Fretter	00:57:30,0
50	Bockheim	Lucia		01:15:46,0
51	Roß	Christine		01:16:00,0
55	Schulte	Gerhard		01:03:18,0
57	Unden	Tanja	Non-Stop-Ultra	01:12:58,0
58	Hillebrand	Josef	Non-Stop-Ultra	01:13:03,0
61	Alexander	Stephanie		01:13:00,0
64	König-Hümmeler	Petra	Skiclub Fretter	01:18:00,0
66	Siepe	Marion	SC Hagen-Wildewiese	01:25:32,0
103	Bücker	Jörg	LAC Veltins Hochsauerland	00:53:35,0
107	Engelmann	Dennis	SV Fretter	00:44:51,0
109	Kranauge	Clara	Sc Fretter	00:52:09,0
118	Kramer	Sabine	SC Fretter	00:55:16,0
120	Kranauge	Thomas	Skiclub Fretter	00:55:00,0
124	Österreicher	Michelle		01:30:00,0
125	Wagener Österreicher	Sabine		01:30:00,0
157	Schmitt	Michael	SC Fretter	00:53:33,0
163	Jostes	Christina		01:00:42,0
165	Wicker	Lars	SV BW Hülschotten	00:55:15,0
173	Mester	Jörg	Privat	01:03:00,0
174	Szeder	Maik		00:45:49,0
194	Hüttemann	Marian	SV Serkenrode	00:53:42,0

201	Carsten	Schulte	Ski Club Fretter	00:49:53,0
202	Bender	Matthias	LC Stamm	01:03:31,0
207	Kranauge	Hanna	SC Fretter	01:04:34,0
214	Alexander	Stephanie		01:05:00,0
219	Nolte	Peter	SC Hagen-Wildewiese	00:49:03,0
221	Epe	Michael	Ski-Club Fretter e.V.	00:47:50,0
222	Ebe	Guido	TV Deilinghofen	00:48:42,0
223	Engelbracht	Frank	Schwelmer Jungs	00:45:02,0
226	Borghoff	Dominik	SV Affeln 28	00:49:03,0
227	Gunkel	Leif	LG Olympia Dortmund	00:36:21,0
230	Neuhäuser	Steffen	SC Fretter	00:53:20,0
239	Rinscheid	Bettina	RW Ostentrop	01:24:51,0
247	Kramer	Max	SC Fretter	01:11:00,0
248	Kramer	Stefan	SC Fretter	01:11:00,0
250	Gerken	Sarah		01:06:10,0
256	Lübke	Josef		00:53:59,0
261	Cremer	Kilian	SV Serkenrode	00:53:32,0
264	Schröder	Magnus	SC Hagen-Wildewiese	00:37:13,0

Lauf 20km

Stnr	Name	Vorname	Verein	Leistung
13	Silberberg	Uwe	Clumsys	02:34:59,0
20	Feldmann	Andreas	@short.man.running.up	01:36:24,0
28	Cremer	Kilian	SV Serkenrode 1955 e.V.	01:36:51,0
29	Ebe	Guido	TV Deilinghofen	01:43:56,0
39	Kramer	Stefan	SC Fretter	01:55:27,0
47	Klein	Christian		04:08:00,0
59	Dietz	Hans-Jörg	Bauwagen Böddinghausen	02:17:53,0
67	Bückemeyer	Thomas	TSG Valbert 1894	01:32:27,0
77	Kramer	Sabine	SC Fretter	02:15:26,0
88	Schmitt	Michael	SC Fretter	02:15:24,0
98	Engelmann	Dennis		01:34:33,0
100	Führt	Birgit		02:17:00,0
155	Hoberg	Daniela	SC Fretter	02:11:41,0
156	Korte	Christine	SC Fretter	02:11:41,0
158	Keseberg	Christoph	TV Attendorn	01:50:23,0
162	Quenzer	Ulrich	TuS Jahn Werdohl	02:11:26,0
192	Luig	Martin	LSF Münster	01:56:19,0
205	Siepe	Marion	SC Hagen-Wildewiese	02:48:29,0
218	Mues	Dominic	Kirchhündem-Heinsberg	01:24:53,0
220	Epe	Michael	Ski-Club Fretter	01:48:01,0
229	Neuhäuser	Steffen	SC Fretter	01:59:21,0
232	Schellhas	Julian	Team Schelli	01:35:30,0
252	Vollmers	Sebastian	TV Rönkhausen 1892 e.V.	01:29:51,0
255	Henze	Günter	TV Attendorn	02:04:04,0
271	Führt	Susanne	TUS 08 Bilstein	02:30:00,0

(Nordic-)Walking 5km

Stnr	Name	Vorname	Verein	Leistung
9	Krabbe	Vanessa		00:46:00,0
10	Schröder	Katrin		00:46:00,0
122	Schulte-Rettler	Sandra	TV Attendorn	00:46:25,0
159	Sasse	Sandra		00:54:48,0

160	Schröder	Eva		00:54:48,0
208	Kranauge	Claudia	SC Fretter	00:45:18,0
215	Sasse	Matthias	Skiclub Fretter	00:48:50,0
216	Sasse	Philipp	Skiclub Fretter	00:48:50,0
217	Sasse	Ellen	Skiclub Fretter	00:48:50,0
266	Sasse	Joachim	Ski-Club Fretter	00:35:08,0

(Nordic-)Walking 10,5km

Stnr	Name	Vorname	Verein	Leistung
8	Sasse	Joachim	Ski-Club Fretter	01:42:12,0
37	Kremer	Bettina	Sc Fretter	01:38:31,0
38	Kremer	Andreas	SC Fretter	01:38:29,0
43	Ermes	Steffi		02:05:00,0
48	Heisig	Pia	SC Fretter	01:33:30,0
52	Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:26:00,0
54	Rostek	Lukas		01:19:55,0
56	Bertels	Christina		01:33:35,0
60	Dietz	Gudula	Bauwagen Böddinghausen	02:20:00,0
68	Lißek	René	Wasserfreunde Finnentrop 1974 e.V.	01:42:48,0
81	Stapf	Holger	TuS Jahn Ohle	01:54:04,0
82	Stapf	Kerstin	TuS Jahn Ohle	01:54:04,0
102	Kramer	Nicola		01:22:53,0
106	Kranauge	Claudia	SC Fretter	01:44:30,0
112	Klinkhammer	Sigrid		01:44:30,0
127	Kremer	Cornelia	Fretter	01:33:00,0
161	Schröder	Katrin		01:32:00,0
164	Meier	Bernadette		01:22:53,0
168	Pohl	Nadine		01:32:00,0
203	Schulte	Marie	Ski-Club Fretter	01:38:57,0
204	Franke	Luisa	Sc Fretter	01:38:57,0
233	Sasse	Matthias	Skiclub Fretter	01:28:55,0
237	Schellhas	Sylvia	Team Schelli	01:42:53,0
267	Brill	Hubert	TuS 08 Bilstein	01:50:00,0
268	Renner	Gudrun	TuS 08 Bilstein	01:50:00,0
269	Steinberg	Antonius	TuS 08 Bilstein	01:50:00,0

(Nordic-)Walking 20km

Stnr	Name	Vorname	Verein	Leistung
171	Kramer	Nicola		02:44:35,0
244	Baumeister	Thomas	Lenne- Walker	02:55:06,0
246	Ebermann	Günter	Lenne-Walker	02:55:06,0
249	Alexander	Stephanie		03:15:00,0
101	Schellhas	Sylvia	Team Schelli	03:39:57,0
69	Sasse	Matthias	Skiclub Fretter	03:50:00,0
70	Sasse	Joachim	Skiclub Fretter	03:50:00,0
71	Schröder	Elmar	SV Serkenrode	03:50:00,0
72	Senoner	Michael		03:50:00,0
35	Berg	Jennifer		03:51:00,0
131	Ebel	Norbert	TV Flerke	03:53:21,0
132	Mielke	Susanne	TV Flerke	03:53:21,0

Mountainbike 20km

Stnr	Name	Vorname	Verein	Leistung
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12	Klauke	Nicolas	SC Fretter	00:54:00,0
16	Schulte	Janik	TV Rönkhausen e. V.	00:54:53,0
17	Schulte	Frank	TV Rönkhausen e. V.	01:06:00,0
18	Schulte	Patricia	TV Rönkhausen	01:06:00,0
25	Freiburg-Senses	Henry	MTB Team Allendorf	00:59:15,0
26	Heuel	Meinolf	Rot-Weiss Lennestadt	00:57:29,0
30	Schulte	Regina	MTB Team Allendorf	01:35:00,0
31	Schulte	Thorsten	MTB Team Allendorf	01:35:00,0
34	Nennstiel	Frank	Sparkasse Mitten im Sauerland	01:05:06,0
41	Freiburg-Senses	Henry	MTB Team Allendorf	00:59:33,0
42	Adam	Luise	Ski-Club Fretter	01:13:00,0
44	Sasse	Joachim	Ski-Club Fretter	00:59:48,0
45	Sasse	Matthias	Ski-Club Fretter	00:59:48,0
63	Kremer	Marvin		01:06:03,0
75	Heimes	Emma	SC Fretter	01:49:42,0
76	Heimes	Dirk	SC Fretter	01:49:42,0
78	Lütke Brinkhaus	Katrin		01:22:20,0
79	Vetter	Frederik	Burkina Faso	00:55:00,0
80	Vetter	Justus	Burkina Faso	01:06:00,0
83	Albers	Bastian	TV Rönkhausen	00:45:37,0
84	Schmitte	Christian	Burkina Faso	01:07:00,0
85	Vetter	Mareike		01:16:00,0
87	Haite	Tobias		01:10:00,0
89	Schmitt	Michael	SC Fretter	01:32:55,0
90	Bress	Fabian		01:45:00,0
91	Bress	Christoph		01:45:00,0
95	Köring	Udo	Mtb Team Allendorf	01:03:30,0
99	Bertels	Matthias	SV Serkenrode	00:57:34,0
104	Kathol	Björn	SV Serkenrode	00:54:40,0
108	Rettler	Matthias	Tv Attendorn	01:00:14,0
111	Boike	Bernd	Tv Attendorn	01:00:14,0
113	Rettler	Matthias	Tv Attendorn	00:50:35,0
115	Bertels	Andreas	SV Serkenrode	01:08:00,0
117	Funke	Daniel		01:02:00,0
119	Pape	Georg	SC Fretter	00:58:52,0
123	Schulte-Rettler	Sandra	TV Attendorn	01:05:40,0
126	Kremer	Uli	SC Fretter	01:05:09,0
130	Schmitt-Degendardt	Frank	SV Serkenrode	01:08:00,0
150	Funke	Noah		01:48:00,0
151	Ochel	Oliver	Wasserfreunde Finnentrop	01:16:00,0
153	Neuhäuser	Bernhard	SC Fretter	01:15:00,0
170	Neuhäuser	Heinz	Ski-Club Fretter	01:02:15,0
172	Schulte	Andre	SC Fretter	01:02:56,0
175	Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	00:54:00,0
193	Luig	Martin	LSF Münster	01:15:01,0
195	Wojciechowski	Daniel		00:49:54,0
198	Brutscheid	Rolf	SC Fretter	01:32:18,0
209	Gerke	Jörg	MTB Team Allendorf	01:12:33,0
231	Klose	Stefan	MTB Team Allendorf	01:06:05,0
234	Schellhas	Lena	Team Schelli	01:41:27,0
236	Schulte	Thorsten	SV Serkenrode	01:02:12,0
238	Schellhas	Gina	Team Schelli	01:36:00,0
240	Schellhas	Daniel & Fiete	Team Schelli	01:39:10,0

242	Funke	Daniel		01:09:00,0
245	Schellhas	Frank	Team Schelli	01:36:54,0
253	Simon	Guido		01:10:35,0
259	Luke	Alexandra		01:44:36,0
262	Müsse	Thomas		01:25:00,0
263	Klauke	Nicolas	SC Fretter	01:01:00,0
270	Küthe	Christoph	SC Fretter	01:29:00,0
272	Schulte	Thorsten	MTB Team Allendorf	01:06:00,0

Mountainbike 40km

Stnr	Name	Vorname	Verein	Leistung
24	Albers	Bastian	TV Rönkhausen	01:34:05,0
32	Seiffert	Andre	SC Sönnern	02:26:55,0
33	MELNIK	Sebastian		02:01:52,0
166	Friedrich	Stefan	Skiclub Oestertal 1956 e.V.	01:32:52,0
212	Kochanek	Thomas	Kapelle lass gehen	02:30:11,0
213	Vogt	Henning		02:28:43,0

E-Bike 20km

Stnr	Name	Vorname	Verein	Leistung
27	Heuel	Barbara	TSG Lennestadt	00:49:07,0
40	Hoffmann	Wera	MTB Team Allendorf	00:55:00,0
62	Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:03:00,0
65	König-Hümmeler	Petra	Skiclub Fretter	01:03:00,0
105	Wunstorf	Michaela		00:56:00,0
110	Hennes	Frank	Tv Attendorn	01:00:14,0
121	Meyer	Lena		00:50:46,0
128	Reuter	Alfrede	SC Fretter	00:48:00,0
152	Rademacher	Julian		00:46:00,0
154	Kappen	Christina		01:07:00,0
169	Deimel	Kathrin	SV Fretter	00:54:00,0
254	Günter	Henze	TV Attendorn	00:43:57,0

E-Bike 40km

Stnr	Name	Vorname	Verein	Leistung
53	Krabbe	Sebastian		01:30:46,0
73	Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:53:00,0
167	Deimel	Kathrin	SV Fretter	01:53:00,0
258	Henze	Günter	TV Attendorn	01:30:06,0