

57. Herbstwaldlauf 2021 - Sololauf

Gesamtwertung

1,5km

Platz	Stnr.	Name, Vorname	Geb	Altersklasse	PL	Verein	Leistung
1.	4080	König, Julius	2008	M 13	1	Skiclub Fretter	6:00 min
2.	4067	Sasse, Philipp	2009	M 12	1	Skiclub Fretter	6:01 min
3.	4083	Hilber, Bernhard	2009	M 12	2	Skiclub Fretter	6:03 min
4.	4084	Hoberg, Fabian	2006	M 15	1	Skiclub Fretter	6:04 min
5.	4088	Hirschhäuser, Steffen	2006	M 15	2	Skiclub Fretter	6:05 min
6.	4081	Küthe, Matthis	2007	M 14	1	Skiclub Fretter	6:08 min
7.	4085	Henke, Julia	2007	W 14	1	Skiclub Fretter	6:09 min
8.	4086	Kranauge, Becky	2008	W 13	1	Skiclub Fretter	6:14 min
9.	4054	Melcher, Marie	2011	W 10	1	Skiclub Fretter	6:29 min
10.	4057	Berels, Tom	2012	M 9	1	Skiclub Fretter	6:29 min
11.	4092	Fleper, Julia	2008	W 13	2	Skiclub Fretter	6:30 min
12.	4090	Schulte, Josefine	2009	W 12	1	Skiclub Fretter	6:40 min
13.	4063	Schröder, Mats	2012	M 9	2	Skiclub Fretter	6:45 min
14.	4060	Vom Orde, Jonas	2010	M 11	1	Skiclub Fretter	6:51 min
15.	4064	Korte, Romy	2010	W 11	1	Skiclub Fretter	6:52 min
16.	4061	Mauser, Paul	2012	M 9	3	Skiclub Fretter	6:54 min
17.	4056	Funke, Linn	2010	W 11	2	Skiclub Fretter	6:54 min
18.	4059	Wiethoff, Arne	2013	M 8	1	Skiclub Fretter	6:55 min
19.	4082	Schröder, Lina	2008	W 13	3	Skiclub Fretter	6:58 min
20.	4066	Schulte, Magdalena	2012	W 9	1	Skiclub Fretter	6:59 min
21.	4089	Hirschhäuser, Ida	2009	W 12	2	Skiclub Fretter	6:59 min
22.	4091	Fleper, Lisa	2006	W 15	1	Skiclub Fretter	7:03 min
23.	4052	Sasse, Ida	2012	W 9	2	Skiclub Fretter	7:29 min
24.	4051	Heimes, Lotte	2010	W 11	3	Skiclub Fretter	7:37 min
24.	4087	Hoberg, Katharina	2008	W 13	4	Skiclub Fretter	7:37 min
26.	4050	Heimes, Clara	2008	W 13	5	Skiclub Fretter	7:38 min
27.	4049	Heimes, Nele	2011	W 10	2	Skiclub Fretter	7:43 min
28.	4055	Sommerhoff, Martha	2011	W 10	3	Skiclub Fretter	7:43 min
29.	4053	Bockheim, Marta	2011	W 10	4	Skiclub Fretter	7:55 min
30.	4062	Hohmeister, Melissa	2012	W 9	3	Skiclub Fretter	8:01 min
31.	4058	Kremer, Jakob	2012	M 9	4	Skiclub Fretter	8:02 min
32.	4077	Österreicher, Sophia	2011	W 10	5	Skiclub Fretter	8:21 min
33.	4078	Hesener, Tom	2012	M 9	5	TV Attendorn	9:26 min
34.	4079	Wicker, Luis	2012	M 9	6	TV Attendorn	9:40 min

Bambinilauf

Name, Vorname	Geb	Altersklasse
Bieke, Ben	2018	männlich
Vogelheim, Leni	2018	weiblich
Humpert, Lia	2018	weiblich
Deitenberg, Martha	2018	weiblich
Sasse, Mathilda	2017	weiblich
Janssen, Mara	2018	weiblich
Bender, Emilia	2016	weiblich

Sasse, Flora	2017	weiblich
Kramer, Mikael	2015	männlich
Kramer, Matti	2016	männlich
Vogel, Marit	2016	weiblich
Vogel, Lara	2013	weiblich
Kremer, Johannes	2017	männlich
Sommerhoff, Claas	2014	männlich
König, Romy	2015	weiblich
Nolte, Carlo	2016	männlich
Tolle, Tim	2015	männlich
Vogelheim, Lukas	2014	männlich
Schmidt-Holthöfer, Elisa	2016	weiblich
Niegoth, Carmen	2014	weiblich
Missler, Mia	2018	weiblich
Ruhrmann, Jakob	2013	männlich
Hoberg, Michel	2014	männlich
Nolte, Sameena	2014	weiblich
Nolte, Henri	2017	männlich
Bertels, Emma	2015	weiblich
Kramer, Ben	2017	männlich
Niegoth, Jasmin	2017	weiblich
Nöker, Elias	2017	männlich
Nöker, Leonie	2015	weiblich
Schmidt-Holthöfer, Hendrik	2018	männlich
Bertels, Hannes	2017	männlich
Ledwig, Vanessa	2014	weiblich
Ledwig, Milan	2017	männlich
Hesener, Liv	2016	weiblich

Lauf 5 km

Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	00:43:22
Timme	Markus	TV Langenei-Kickenbach	00:23:28
Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	00:36:47
Nather	Corinna	Finnys fleißige Füße	00:31:07
Klette	Leon		00:36:00
Hoberg	Daniela		00:30:56
Hoberg	Georg		00:30:56
Hoberg	Fabian	Sc Fretter	00:29:56
Kramer	Stefan	Ski-Club Fretter	00:23:01
Kranauge	Thomas	Ski Club Fretter	00:27:00
Bücker	Jörg	RW-Wenholthausen	00:27:57
Schmitt	Michael	SC Fretter	00:25:46
Cremer	Kilian	SV Serkenrode	00:19:54
Schellhas	Julian		00:19:19
Österreicher	Michelle		00:32:00
Köhler	Andreas		00:32:00
Rinscheid	Bettina		00:43:33
Nalbantis	Jörg	TuS Jahn Werdohl	00:43:37

Kramer	Margit	Ski-Club Fretter	00:39:20
Kranauge	Hanna	SC Fretter	00:30:29
Kramer-Silberg	Christin	SC Fretter	00:34:15
Wallrafen	Karin	SC MYHL LA	00:26:12
Kranauge	Clara	Ski-Club Fretter	00:24:29

Lauf 10,5 km

Kramer	Stefan	Ski-Club Fretter	00:54:50
Schmitt	Michael	SC Fretter	00:54:59
Wilmes	Michael	TUS 08 Bilstein	00:58:22
Führt	Susanne	TUS 08 Bilstein	01:19:00
Szeder	Maik		00:44:40
Baader	Tobias		01:07:30
Kaiser	Günter	TSV Verein	00:59:08
Salewski	Olaf		00:59:06
Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:23:00
Timme	Markus	TV Langenei-Kickenbach	00:50:15
Wojciechowski	Daniel		00:59:11
Renner	Gudrun	TuS 08 Bilstein	01:04:19
Kramer	Sabine	SC Fretter	00:55:54
Tolle	Mario	SC Fretter	01:06.05
Österreicher	Michelle		01:16:00
Köhler	Andreas		01:16:35
Hanfland	Andreas	TuS 31 Elleringhausen	01:05:42
Blöss	Michael	LG Finentrop	00:55:42
Kiekel	Marcel		00:53:41
Kranauge	Thomas	Ski Club Fetter	00:56:00
Kranauge	Clara	Ski-Club Fretter	00:54:14
König-Hümmeler	Petra	SC Fretter	01:05:00
Dröge	Nicole		01:07:00
Valenthon	Sabine		01:15:00
Henke	Alexandra		01:06:00
Kranauge	Hanna	Ski Club Fretter	01:03:59
Schröder	Katrin		01:26:00
Rinscheid	Bettina		01:23:55
Vollmert	Martin	LA Running	00:51:10
Schneider	Björn	Team#ADRIANLAEUFT Kinderherz Läufe	01:07:00
Guth	Daniela	Lauftreff Herbram	01:21:36
Lindner	Nicole	Lauftreff Herbram	01:18:31
Heupel	Rudolf	Vega Sprinter Hennesee	01:05:43
Ralf	Neumann	Verserunner	00:55:01
Alexander	Stephanie		01:07:00
Struwe	Malin		01:15:00
Hoberg	Daniela		01:04:04
Korte	Christine		01:04:04

Richter	Dietmar	TriSpeed Herscheid	00:55:08
Schütte	Birgit		01:10:18
Schütte	Iris	55:55:55	01:13:29
Kurz	Jörg	Crazy animals	01:02:00
Neuhäuser	Steffen	SC Fretter	00:54:26
Brüseken	Kathrin	LA Running	00:52:59
Vollmert	Michael	TV Rönkhausen	00:53:52
Epe	Michael	Skiclub Fretter	01:02:04
Epe	Michael	Skiclub Fretter	00:56:33
Epe	Michael	Skiclub Fretter	00:52:14
Klauke	Nicolas	Ski-Club Fretter	00:52:34
Klauke	Nicolas	Ski-Club Fretter	01:04:13
Henze	Günter	TV Attendorn	00:57:04
Lipinski	Thomas	Sololaufclub	00:57:05
Krüger	Angelika	Soest	01:10:35
Krüger	Andreas	Soest	01:10:34

Lauf 20 km

Wilmes	Michael	TUS 08 Bilstein	02:08:39
Nather	Corinna	Finnys fleißige Füße	02:06:00
Herrmann	Achim	TV Attendorn	02:16:53
Schumacher	Jens	---	01:53:20
Boog	Pascal	TV Attendorn	02:04:59
Szeder	Maik		01:34:32
Köhler	Andreas		02:32:49
Cremer	Kilian	SV Serkenrode	01:41:45
Schmitt	Michael	SC Fretter	02:08:05
Kramer	Sabine	SC Fretter	02:08:05
Schellhas	Julian		01:27:45
Führt	Susanne	TUS 08 Bilstein	02:20:00
Brack	Heribert	LG Olympia Dortmund	01:54:09
Epe	Michael	Skiclub Fretter	01:47:56
Wieczorek	Alba	Endorphinjunkies Dortmund	03:05:37
Kramer	Stefan	Ski-Club Fretter	01:53:16
Henze	Günter	TV Attendorn	01:56:44
Ebe	Guido	TV Deilinghofen	01:41:02
Dietz	Hans-Jörg	Bauwagen Bödinghausen	02:19:16

(Nordic-) Walking 5 km

Rostek	Lukas	Tus Müsen	00:33:23
Schulte-Rettler	Sandra	TV Attendorn	00:46:28
Heisig	Pia	SC Fretter	00:53:22
Sasse	Philipp	Skiclub Fretter	00:56:12
Sasse	Tom	Skiclub Fretter	00:56:12
Sasse	Matthias	Skiclub Fretter	00:56:12

Sasse	Ellen	Skiclub Fretter	00:56:12
Bertels	Christina		00:53:24
Heimes	Eva	SC Fretter	00:46:54
Kremer	Cornelia	SC Fretter	00:40:50
Kranauge	Claudia	Ski - Club Fretter	00:45:09
Alexander	Stephanie		00:50:00

(Nordic-) Walking 10,5 km

Sasse	Joachim	Ski-Club Fretter	01:13:23
Baader	Bernd		01:28:00
Hülsmann	Ingrid		01:58:00
Kranauge	Claudia	Ski-Club Fretter	01:48:00
Bönninghoff	Alexandra		01:48:00
Renner	Gudrun	TuS 08 Bilstein	01:59:05
Pape	Beate	Skiclub Fretter	01:31:05
Rameil	Birgit		01:44:00
Scheermann	Sonja		01:44:00
Miederhoff	Anke		01:44:00
Hatzfeld	Silvia		01:44:00
Aumann	Johannes	FCN	01:22:00
Berghoff	Marita	ohne	01:55:00
Kirchhoff	Maliese	ohne	01:55:00
Stapf	Kerstin	TuS Jahn Ohle	02:06:51
Timme	Markus	TV Langenei-Kickenbach	00:58:41
Rostek	Lukas	Tus Müsen	01:10:01
Heimes	Eva	SC Fretter	01:38:06
Dietz	Gudula	Bauwagen Böttinghausen	02:06:42
Schellhas	Gina		01:45:23
Schellhas	Sylvia		01:46:00
Schumacher	Dieter	Sorpe-Trio AHA	01:38:55
Schmidt	Hans-Gerhard	Sorte-Trio AHA	01:38:55
Blome	Uwe	Sorpe-TrioAHA	01:38:55
Braach	Ortwin	Kenne- Walker	01:36:02
Baumeister	Thomas	Lenne- Walker	01:35:27
Ebermann	Günter	Lenne Walker	01:35:30

(Nordic-) Walking 20 km

Bender	Matthias	LC Stamm	02:31:59
Pape	Beate	Skiclub Fretter	03:06:59
Sasse	Matthias	Skiclub Fretter	03:25:00
Sasse	Philipp	Skiclub Fretter	03:25:00
Soehngen	Anja		03:52:00
Sasse	Joachim	Ski-Club Fretter	02:39:58

Rad 20 km

Luke	Alexandra		01:57:00
Kleine	Tom	Team André Attendorn	01:15:00
Kramer	Stefan	Ski-Club Fretter	01:06:25
Heuel	Meinolf	RW Lennestadt	01:02:40
Muskala	Rafal		01:07:41
Sommerhoff	Christian	Skiclub Fretter	01:16:00
Wojciechowski	Daniel		01:02:16
Rettler	Matthias	Tv Attendorn	00:59:43
Boike	Bernd	TV Attendorn	01:00:00
Kathol	Björn	SV Serkenrode	00:57:20
Kranauge	Thomas	Ski-Club Fretter	01:11:00
Jostes	Michael	SV Serkenrode	00:57:11
Haite	Tobias		01:07:00
Schulte-Rettler	Sandra	TV Attendorn	01:04:51
Wojciechowski	Daniel		00:55:05
Adam	Luise	Ski-Club Fretter	01:22:00
Freiburg-Senses	Henry	MTB Team Allendorf	00:58:20
Funke	Daniel	SC Fretter	01:05:00
Pape	Georg	Ski-Club Fretter	01:02:23
Stell	Marvin	RW Ostentrop Schönholthausen	01:01:09
Kranauge	Becky	SC Fretter	01:21:34
Kathol	Martina		01:05:00
Broichhaus	Phil	TV Rönkhausen	01:00:16
Schulte	Janik	TV Rönkhausen	00:52:36
Sommerhoff	Christian	Skiclub Fretter	01:11:00
Bockheim	Volker	SC Fretter	01:08:00
Kranauge	Thomas	Ski Club	01:01:00
Burghaus	Michael		01:06:00
Schmitte	Christian	Burkina Faso	01:03:00
Vetter	Justus	Burkina Faso	01:00:00
Vetter	Frederik	Burkina Faso	00:56:00
Vielhaber	Dirk	Sc Fretter	02:00:00
Schulte	Regina	MTB Team Allendorf	01:20:00
Schulte	Thorsten	MTB Team Allendorf	01:20:00
Nennstiel	Frank	Sparkasse Mitten im Sauerland	01:08:46
Schulte	Christian	Ski-Club Fretter	01:01:00

Rad 40 km

Timme	Markus	TV Langenei-Kickenbach	02:02:12
Freiburg-Senses	Henry	MTB Team Allendorf	02:08:15
Biggeleben	Rainer	Ski-Club Sundern	02:12:25
Göbel	Dirk	level307.biggesee	01:41:15
Dehmel	Tobias		02:08:08
Carsten	Schulte	SC Fretter	02:18:00
Spanke	Markus		01:39:15

Rosenbaum	Benjamin		01:40:10
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E-Bike 20 km

Schulte	Jan		01:07:00
Heimes	Eva	SC Fretter	00:59:42
Wunstorf	Michaela		01:10:00
Heuel	Barbara	TSG Lennestadt	01:02:40
Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:16:00
Hogrebe	Werner	SG Finentrop - Bamenohl	00:59:03
Heimes	Eva	SC Fretter	00:54:40
Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	00:54:40
Wojciechowski	Vanessa		01:02:06
Vogelheim	Jörg	SC Fretter	00:47:18
Janssen	Barry		00:45:16
Kranaue	Claudia	Ski-Club Fretter	01:11:00
Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	00:55:23
Wunstorf	Michaela		00:55:00
Hogrebe	Werner	SG Finentrop - Bamenohl	00:55:13
Kramer	Margit	Ski-Club Fretter	01:06:00
Hoffmann	Wera	MTB Team Allendorf	00:58:20
Bouachir	Kais		00:44:14
Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:11:00
Wilmesmeiers-Bockhei	Vera	SC Fretter	01:23:00
Vielhaber	Britta	Sc Fretter	02:00:00
Hoberg	Daniela		00:58:48
Hoberg	Fabian	SC Fretter	00:49:17
Ebermann	Günter	Lenne Walker	00:54:44

E-Bike 40 km

Schulte	Jan		02:13:00
Funke	Oliver	SC Fretter	02:13:00
Sommerhoff-Hümmeler	Friederike	Skiclub Fretter	01:45:00
Krabbe	Sebastian		01:33:00
Henze	Günter	TV Attendorf	01:32:52

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