



# Seeuferlauf 2023

## 5 km - Lauf - Männer / Frauen Wertung

Ratingen, den 27. August 2023

### Frauen

| Pl. | St Nr | Name                 | Verein                        | AK     | Pl. | Zeit    |
|-----|-------|----------------------|-------------------------------|--------|-----|---------|
| 1   | 131   | Tanja Keil           | Hot Runners Ratingen e.V.     | W40    | 1   | 0:21:25 |
| 2   | 49    | Lara Voss            |                               | W      | 1   | 0:22:51 |
| 3   | 126   | Hanna Fiedler        | Hot Runners Ratingen e.V.     | W40    | 2   | 0:22:57 |
| 4   | 210   | Celina Baranger      | SSBW                          | W      | 2   | 0:23:48 |
| 5   | 50    | Diana Waldorf        |                               | W40    | 3   | 0:24:27 |
| 6   | 170   | Jil Idems            | Liebfrauenschule              | WJ U16 | 1   | 0:24:41 |
| 7   | 161   | Helena Berens        | Liebfrauenschule              | WJ U16 | 2   | 0:25:01 |
| 8   | 181   | Sarah Ulken          | Liebfrauenschule              | WJ U14 | 1   | 0:25:18 |
| 9   | 14    | Cathrin Fiedler      |                               | W40    | 4   | 0:25:34 |
| 10  | 178   | Emilia Rauter        | Liebfrauenschule              | WK U12 | 1   | 0:25:42 |
| 11  | 179   | Nina Stolte          | Liebfrauenschule              | WJ U14 | 2   | 0:25:46 |
| 12  | 215   | Marion Krämer        | Tachyonen                     | W55    | 1   | 0:26:04 |
| 13  | 195   | Tanja Goodall        | QITS GmbH                     | W40    | 5   | 0:27:20 |
| 14  | 314   | Annika Neumann       |                               | W      | 3   | 0:27:46 |
| 15  | 60    | Jette Kempe          | Carl Friedrich von Weizsäcker | WJ U18 | 1   | 0:27:51 |
| 16  | 63    | Michaela Kleinfeldt  | DBG Ratingen                  | W40    | 6   | 0:28:17 |
| 17  | 163   | Alexandra Block      | Liebfrauenschule              | W45    | 1   | 0:28:34 |
| 18  | 319   | Zaneta Wojtczak      |                               | W45    | 2   | 0:28:46 |
| 19  | 53    | Katharina Wladarz    |                               | W40    | 7   | 0:28:50 |
| 20  | 146   | Natascha Weibert     | Hot Runners Ratingen e.V.     | W40    | 8   | 0:28:50 |
| 21  | 246   | Stefanie Schneider   | Triathlon Team Ratingen 08    | W35    | 1   | 0:28:52 |
| 22  | 141   | Olga Romanowski      | Hot Runners Ratingen e.V.     | W40    | 9   | 0:28:57 |
| 23  | 325   | Diana Glärer         |                               | W45    | 3   | 0:29:20 |
| 24  | 158   | Melanie Rude         | Laufgut Schmitz Analytics     | W40    | 10  | 0:29:23 |
| 25  | 45    | Cornelia Tautenhahn  |                               | W40    | 11  | 0:30:03 |
| 26  | 157   | Sabrina Querforth    | Laufgut Schmitz Analytics     | W45    | 4   | 0:30:15 |
| 27  | 136   | Alexandra Langer     | Hot Runners Ratingen e.V.     | W40    | 12  | 0:30:17 |
| 28  | 42    | Sylvia Sensenbrenner |                               | W50    | 1   | 0:30:26 |
| 29  | 134   | Christina Kulesa     | Hot Runners Ratingen e.V.     | W30    | 1   | 0:31:27 |
| 30  | 18    | Vanessa Freudenberg  |                               | W40    | 13  | 0:31:35 |
| 31  | 6     | Julia Bink           |                               | W35    | 2   | 0:31:36 |
| 32  | 154   | Yvonne Goldmann      | Laufgut Schmitz Analytics     | W35    | 3   | 0:33:10 |
| 33  | 247   | Sandra Sowa          | Triathlon Team Ratingen 08    | W45    | 5   | 0:33:10 |
| 34  | 51    | Yanjie Wang          |                               | W40    | 14  | 0:35:23 |
| 35  | 153   | Anja Bassewitz       | Laufgut Schmitz Analytics     | W55    | 2   | 0:36:16 |
| 36  | 335   | Lin Gao              |                               | W35    | 4   | 0:36:30 |

### Männer

| Pl. | St Nr | Name             | Verein                               | AK     | Pl. | Zeit    |
|-----|-------|------------------|--------------------------------------|--------|-----|---------|
| 1   | 138   | Robin Langer     | Hot Runners Ratingen e.V.            | M30    | 1   | 0:17:16 |
| 2   | 226   | Leroy Mabikounou | Team Ratingen                        | M30    | 2   | 0:18:53 |
| 3   | 338   | Uwe Dossow       |                                      | M55    | 1   | 0:19:01 |
| 4   | 214   | Joshua Seipel    | Suitbertus Lauf-Team                 | MJ U16 | 1   | 0:19:34 |
| 5   | 107   | Guido Krähahn    | Einbrunger Sport- und Freizeitverein | M40    | 1   | 0:19:55 |
| 6   | 27    | Andreas Keutz    | Triathlon Team Düsseldorf            | M40    | 2   | 0:19:57 |



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|-----|-------|----------------------|-------------------------------|--------|-----|---------|
| 7   | 152   | Yannik Simbeck       | Angerland Lauftreff Lintorf   | M      | 1   | 0:20:21 |
| 8   | 122   | Linus Egenberger     | Hot Runners Ratingen e.V.     | MJ U14 | 1   | 0:20:25 |
| 9   | 116   | Marc Heupel          | Happy Running Family          | M45    | 1   | 0:20:30 |
| 10  | 193   | Marc Dräbing         | QITS GmbH                     | M45    | 2   | 0:20:31 |
| 11  | 312   | Peter Wassmuth       | DBG                           | M55    | 2   | 0:20:37 |
| 12  | 313   | Oliver Köllges       | DBG                           | M40    | 3   | 0:20:53 |
| 13  | 26    | Thorsten Hornscheidt |                               | M40    | 4   | 0:21:01 |
| 14  | 15    | Max Fleischer        |                               | M35    | 1   | 0:21:06 |
| 15  | 67    | Metin Akbaba         | Dietrich-Bonhoeffer-Gymnasium | M45    | 3   | 0:21:24 |
| 16  | 140   | Frank Guffler        | Hot Runners Ratingen e.V.     | M55    | 3   | 0:21:24 |
| 17  | 156   | Alexander Palm       | Laufgut Schmitz Analytics     | M50    | 1   | 0:21:28 |
| 18  | 172   | Christoph Jakobowski | Liebfrauenschule              | M55    | 4   | 0:21:33 |
| 19  | 216   | Sven Krämer          | Tachyonen                     | M      | 2   | 0:21:47 |
| 20  | 176   | Nick Münzberg        | Liebfrauenschule              | MJ U14 | 2   | 0:21:53 |
| 21  | 52    | Luca Wendel          |                               | M      | 3   | 0:22:24 |
| 22  | 109   | Markus Siebert       | Fortuna per sempre            | M40    | 5   | 0:22:29 |
| 23  | 66    | Sami Akbaba          | Dietrich-Bonhoeffer-Gymnasium | MJ U18 | 1   | 0:22:33 |
| 24  | 169   | Jan Hufmüller        | Liebfrauenschule              | MJ U16 | 2   | 0:22:34 |
| 25  | 254   | Meinolf Runte        | TuS Breitscheid 1972/89 e. V. | M60    | 1   | 0:22:52 |
| 26  | 303   | Matthias Tull        | gute-beine.de                 | M55    | 5   | 0:22:54 |
| 27  | 78    | Leopold Kaup         | Dietrich-Bonhoeffer-Gymnasium | MJ U14 | 3   | 0:23:00 |
| 28  | 155   | Marcel Hoffmann      | Laufgut Schmitz Analytics     | M30    | 3   | 0:23:20 |
| 29  | 79    | Tobias Kleinfeldt    | Dietrich-Bonhoeffer-Gymnasium | MJ U16 | 3   | 0:23:21 |
| 30  | 11    | Sakir Canikoglu      |                               | M50    | 2   | 0:23:23 |
| 31  | 330   | Marius Podolak       |                               | M40    | 6   | 0:23:30 |
| 32  | 114   | Oliver Kohlmann      | gute-beine.de                 | M55    | 6   | 0:23:46 |
| 33  | 101   | Maxi Weinling        | Dietrich-Bonhoeffer-Gymnasium | MJ U16 | 4   | 0:23:49 |
| 34  | 44    | Finn Stockebrand     |                               | MJ U18 | 2   | 0:23:51 |
| 35  | 76    | Sören Hebrant        | Dietrich-Bonhoeffer-Gymnasium | MJ U16 | 5   | 0:23:59 |
| 36  | 175   | Maximilian Meißner   | Liebfrauenschule              | MJ U14 | 4   | 0:24:26 |
| 37  | 23    | Kai Hoffmann         |                               | M55    | 7   | 0:24:28 |
| 38  | 80    | Joris Dargel         | DBG                           | MJ U14 | 5   | 0:24:52 |
| 39  | 29    | Thomas Lischka       |                               | M40    | 7   | 0:25:01 |
| 40  | 128   | Alexander Föll       | Hot Runners Ratingen e.V.     | M35    | 2   | 0:25:09 |
| 41  | 164   | Alexander Duwe       | Liebfrauenschule              | MJ U14 | 6   | 0:25:16 |
| 42  | 259   | Conrad Kempe         | TV Ratingen                   | MJ U14 | 7   | 0:25:18 |
| 43  | 257   | Lothar Freudenberg   | TV Herbeck                    | M70    | 1   | 0:25:18 |
| 44  | 94    | Ben Schleicher       | Dietrich-Bonhoeffer-Gymnasium | MJ U14 | 8   | 0:25:31 |
| 45  | 137   | Adam Langer          | Hot Runners Ratingen e.V.     | M35    | 3   | 0:25:41 |
| 46  | 253   | Bernd Krayser        | TuS Breitscheid               | M60    | 2   | 0:25:51 |
| 47  | 120   | Adrian Bastron       | Hot Runners Ratingen e.V.     | MJ U20 | 1   | 0:26:00 |
| 48  | 115   | Thomas Winter        | gute-beine.de                 | M50    | 3   | 0:26:13 |
| 49  | 145   | Juri Weibert         | Hot Runners Ratingen e.V.     | M40    | 8   | 0:26:26 |
| 50  | 17    | Andrew Ford          |                               | M      | 4   | 0:26:39 |
| 51  | 168   | Leo Herber           | Liebfrauenschule              | MJ U14 | 9   | 0:27:00 |
| 52  | 103   | Maximilian Yu        | Dietrich-Bonhoeffer-Gymnasium | MJ U14 | 10  | 0:27:04 |



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|-----|-------|------------------------|-------------------------------|--------|-----|---------|
| 53  | 70    | Mattis Arnold          | Dietrich-Bonhoeffer-Gymnasium | MJ U14 | 11  | 0:27:21 |
| 54  | 119   | Eugen Bastron          | Hot Runners Ratingen e.V.     | M40    | 9   | 0:28:24 |
| 55  | 162   | Maximilian Block       | Liebfrauenschule              | MJ U14 | 12  | 0:28:26 |
| 56  | 165   | Tim Füsgen             | Liebfrauenschule              | MK U12 | 1   | 0:28:29 |
| 57  | 217   | Robert Messer          | Tachyonen                     | M      | 5   | 0:28:44 |
| 58  | 48    | Marcus von Reth        |                               | M50    | 4   | 0:28:46 |
| 59  | 106   | Andreas Egemann        | Egemänner@Always Running      | M30    | 4   | 0:28:48 |
| 60  | 180   | Ole Surmann            | Liebfrauenschule              | MJ U16 | 6   | 0:30:06 |
| 61  | 192   | Önder Dislioglu        | QITS GmbH                     | M40    | 10  | 0:30:39 |
| 62  | 159   | Rolf-Guenter Fleischer | Leichterlaufen                | M65    | 1   | 0:30:59 |
| 63  | 64    | Martin Winter          | Die Eiszapfen                 | M60    | 3   | 0:32:49 |
| 64  | 191   | Dennis Clahsen         | QITS GmbH                     | M40    | 11  | 0:33:44 |