


















































7-MEILEN-TRAIL 2023

Zieleinlaufliste











Platz	Name	Nat.	JG	AK	Verein	Netto	alterskorrigierte Leistung
7-MEILEN-TRAIL							
2.	Martin, Marko		1974	M40	TV Hinterweidenthal	00:44:32	83,72%
3.	Barnsteiner, Alexander		1974	M40	LLG Landstuhl	00:44:47	83,23%
12.	Kolb, Freddy		1960	M60	Der Laufladen KL	00:52:31	80,40%
1.	Becker, Jens		1980	M40	TV Lemberg	00:44:13	80,28%
32.	Mosterd, Teunie		1967	W50	Der Laufladen KL	00:57:58	77,29%
7.	Joa, Bernhard		1977	M40	Lauftreff Lambrecht	00:47:40	76,25%
4.	Dupke, Ben		1999	M	TV Alzey	00:45:07	74,20%
5.	Rheinheimer, Lukas		1989	M30	TV Rodenbach	00:45:25	74,07%
48.	Koch, Tina		1965	W50	LTOlympia Ramstein	01:02:36	73,44%
16.	Budell, Gregor		1967	M50		00:54:00	73,33%
36.	Bauser, Ribana		1971	W50	LLG Landstuhl	00:59:04	72,16%
6.	Kass, Benjamin		1989	M30	Pfälzer Blitze	00:46:58	71,63%
31.	Abbott, John		1962	M60		00:57:56	71,50%
17.	Riedel, Peter		1970	M50	1. FC Kaiserslautern	00:54:04	71,32%
24.	Berberich, Hans-Joachim		1967	M50	LLG Landstuhl	00:55:55	70,80%
8.	Sander-Dellbrügge, Till		1987	M30	TV Rodenbach	00:48:42	69,56%
33.	Böcher, Wolfram		1965	M50	LC Donnersberg	00:58:13	69,24%
9.	Wintringer, Sebastian		1988	M30	BSG Biomed Homburg e.V.	00:48:57	68,94%
10.	Gröbert, Timo		1983	M40	LANDAU RUNNING COMPANY	00:50:32	68,59%
22.	Wagner, Markus		1974	M40		00:54:57	67,83%
30.	Olkhovskiy, Dmytro		1969	M50		00:57:23	67,80%
19.	Stahlschmitt, Lena		1998	W		00:54:25	67,68%
38.	Zabanoff, Peter		1965	M50	Fit in Lautern e.V.	00:59:39	67,57%
43.	Gerigk, Michael		1962	M60	LT Olympia Ramstein	01:01:38	67,21%
23.	Diemer, Lisa		1998	W	TSG Kaiserslautern	00:55:03	66,90%
25.	Schmidt, Constanze		1995	W	LC Donnersberg	00:56:05	66,38%
28.	Berg, Isabelle		1983	W40		00:57:09	66,35%
11.	Horbach, André		1994	M	SV Ulmet 1919 e.V.	00:50:50	65,82%
55.	Bannat, Uwe		1954	M60	LC Donnersberg	01:07:52	65,97%
53.	König, Peter		1957	M60		01:06:33	65,95%
18.	Dieter, Andreas		1981	M40	SG Hochspeyer Tischtennis	00:54:12	64,95%
44.	Braun Lambur, Hermann		1966	M50		01:01:58	64,46%
29.	Neben, Diana		1993	W30	TSVE 1890 Bielefeld	00:57:20	64,24%
13.	Hauch, Peter		1985	M30	Hillpower Laufteam	00:53:36	63,83%
27.	Schappert, Jochen		1978	M40		00:56:42	63,59%
14.	Heymann, Murray		1991	M30		00:53:47	62,29%
49.	Fügenschuh, Dieter		1968	M50	Allgäuer Lautrer	01:03:00	62,27%
15.	König, Benjamin		1993	M30		00:53:52	62,12%
41.	Lisius, Michael		1973	M50	TSG Eisenberg	01:00:39	61,97%
60.	Lessmeister, Hardy		1960	M60	1. FC Kaiserslautern	01:08:14	61,86%
50.	Stahl, Ralf		1969	M50		01:03:08	61,61%
20.	Olewczynski, Kevin		1993	M30		00:54:25	61,48%
75.	Tentrup-Tiedje, Corinna		1959	W60	Deutschland	01:21:23	61,30%
40.	Zinsmeister, Marlene		2002	W		01:00:15	61,13%
21.	Kreilaus, Jonathan		1995	M	VT Rockenhausen	00:54:44	61,13%
63.	Imanbaew, Nurlan		1958	M60	TV Maikammer	01:10:26	61,09%
39.	Huber, Manuel		1978	M40	Fit in Lautern e. V.	00:59:40	60,43%
47.	Moser, Sonja		1984	W30	1. FC Kaiserslautern	01:02:33	60,28%
26.	König, Max		1989	M30		00:56:11	59,88%

7-MEILEN-TRAIL 2023

Zieleinlaufliste

Platz	Name	Nat.	JG	AK	Verein	Netto	alterskorrigierte Leistung
52.	Bauer, Benjamin		1991	M30	TSG Kaiserslautern	01:06:18	59,88%
51.	Kreißelmeyer, Ingo		1969	M50	Bodyweight-Runners	01:05:07	59,72%
64.	Dielschneider, Ralf		1963	M60	Barfußlaufschule	01:11:22	57,50%
66.	Malle, Gunter		1960	M60	TSG Kaiserslautern	01:13:27	57,47%
34.	Weygand, Marcus		1990	M30	BacktoNature Fitness Laufteam	00:58:33	57,32%
35.	Stahl, Paul		2002	M		00:58:43	56,98%
46.	De Castro, Rui Miguel		1980	M40	Deutschland	01:02:18	56,95%
37.	Neumann, Marc		1989	M30	TSG Grünstadt	00:59:05	56,93%
54.	Höning, Jennifer		1982	W40		01:07:32	56,50%
68.	Wunn, Carmen		1971	W50	1. FC Kaiserslautern	01:15:48	56,22%
42.	Straßer, Sebastian		1985	M30	1. FC Kaiserslautern	01:01:26	55,70%
62.	Doesken, Norman		1971	M50	TV Rodenbach	01:09:32	54,97%
57.	Berio, Leda		1991	W30		01:07:53	54,31%
45.	Emde, Michael		1990	M30	Eh net	01:02:02	54,09%
67.	Resas, Dieter		1965	M50	Bürstadt	01:15:14	53,56%
71.	Vollmar, Maike		1975	W40	Fit in Lautern e. V.	01:16:12	53,34%
65.	Bachmann, Matthias		1971	M50	SV Altenglan	01:13:05	52,29%
61.	Doesken, Tiberius		2010	MJ U20	TV Rodenbach	01:09:31	51,98%
72.	Schappert, Monika		1979	W40		01:16:14	51,21%
58.	Erbach, Kurt		1987	M30		01:07:53	49,89%
59.	Fögen, Markus		1989	M30	Eh net	01:08:07	49,37%
56.	Crespi, Giulio		1991	M30		01:07:53	49,35%
77.	Kunz, Eva		1981	W40	Fit in Lautern e. V.	01:21:49	46,95%
74.	Breitbach, Inga		1984	W30		01:21:06	46,48%
73.	Schön, Sebastian		1976	M40		01:18:57	46,41%
69.	Wessoly, Thomas		1984	M30	Betriebssportgemeinschaft sparkasse	01:15:48	45,40%
76.	Moser, Sina		1990	W30		01:21:38	45,21%
70.	Sergeev, Andreas		1988	M30		01:16:09	44,31%
79.	Okindo, Marie		2010	WJ U20		01:33:21	43,42%
78.	Abaschin, Viktor		1989	M30	SV Sambach	01:22:33	40,73%
80.	Okindo, Raymond		1976	M40		01:33:33	39,16%

4-MEILEN-TRAIL

3.	Becker, Emilia		2012	W	TV Lemberg	00:31:32	74,91%
1.	Al-Kweish, Ibrahim		1994	M	NGD	00:28:59	69,56%
5.	Gries, Karin		1959	W		00:35:53	66,97%
2.	Adam, Janis		2007	M		00:31:23	59,84%
4.	Budell, Janina		1998	W		00:35:43	57,23%
6.	Hector, Dana		2004	W	FKP Endurance	00:36:56	55,46%
7.	Seemann, Joshua		2000	M		00:36:57	55,31%
9.	Pongratz, Regina		1971	W		00:46:44	50,22%
8.	Herrlinger, Joerg		1966	M	Outdoornation Homburg	00:46:44	47,18%
10.	Stahl, Dagmar		1969	W		00:51:03	47,06%

Anzahl: 90