

Schüler U8 (400m) - 09:30

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|------------------|------|----------------------|------|------|-----------------|
| 1. | 428 | Meder, Sörren | 2011 | MTSV Helmarshausen | 1:47 | | 1 M7 |
| | 408 | Scheffer, Julius | 2011 | MTV Vernawahlshausen | n.a. | | |

Schülerinnen U8 (400m) - 09:30

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|------------------------|------|------------------|------|------|-----------------|
| 1. | 411 | Schröder, Klara | 2011 | TSV Deisel | 2:01 | | 1 W7 |
| 2. | 412 | Koch, Lara | 2011 | TSV Deisel | 2:05 | + 4 | 2 W7 |
| 3. | 426 | Kusch, Annika | 2012 | SV Helmarshausen | 2:06 | + 5 | 3 W7 |
| 4. | 427 | Taggeselle, Mia Sophie | 2012 | SV Helmarshausen | 2:11 | + 10 | 4 W7 |

Schülerinnen U10 (1000m) - 09:40

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-----------------------|------|-------------------------|------|--------|-----------------|
| 1. | 401 | Hennemann, Stine | 2009 | TSV Lippoldsberg | 4:14 | | 1 W9 |
| 2. | 430 | Bönning, Laura | 2009 | MTSV Helmarshausen | 4:21 | + 7 | 2 W9 |
| 3. | 439 | Jordan, Josefin | 2009 | Minimarathon Hofgeismar | 4:26 | + 12 | 3 W9 |
| 4. | 446 | Schmidt, Lee-Ann | 2009 | Minimarathon Hofgeismar | 4:27 | + 13 | 4 W9 |
| 5. | 425 | Hahn, Nele | 2009 | SV Helmarshausen | 4:36 | + 22 | 5 W9 |
| 6. | 432 | Roseiro-Schwab, Rieke | 2009 | MTSV Helmarshausen | 4:46 | + 32 | 6 W9 |
| 7. | 402 | Stüber, Hanna | 2010 | TSV Lippoldsberg | 4:48 | + 34 | 1 W8 |
| 8. | 451 | Lück, Josephine | 2009 | MTSV Helmarshausen | 5:00 | + 46 | 7 W9 |
| 9. | 431 | Roseiro-Schwab, Maike | 2009 | MTSV Helmarshausen | 5:02 | + 48 | 8 W9 |
| 10. | 424 | Daeder, Liana | 2010 | SV Helmarshausen | 5:20 | + 1:06 | 2 W8 |
| 11. | 413 | Koch, Ronja | 2010 | TSV Deisel | 5:33 | + 1:19 | 3 W8 |
| 12. | 423 | Kusch, Ronja | 2010 | SV Helmarshausen | 5:52 | + 1:38 | 4 W8 |

Schüler U10 (1000m) - 09:40

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|------------------|------|---------------------------|------|--------|-----------------|
| 1. | 400 | Möckel, Benjamin | 2009 | Health Angels Grebenstein | 4:14 | | 1 M9 |
| 2. | 410 | Klinge, Linus | 2009 | MTV Vernawahlshausen | 4:23 | + 9 | 2 M9 |
| 3. | 409 | Dönicke, Aaron | 2010 | MTV Vernawahlshausen | 4:33 | + 19 | 1 M8 |
| 4. | 415 | Süssmann, Justin | 2009 | TSV Deisel | 4:44 | + 30 | 3 M9 |
| 5. | 429 | Löschner, Lasse | 2009 | MTSV Helmarshausen | 4:48 | + 34 | 4 M9 |
| 6. | 444 | Müller, Fynn | 2010 | TSV Niedermeiser | 4:57 | + 43 | 2 M8 |
| 7. | 414 | Hesse, Felix | 2010 | TSV Deisel | 5:18 | + 1:04 | 3 M8 |

Schüler U12 (1000m) - 09:50

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|----------------------|------|-------------------------|------|--------|-----------------|
| 1. | 447 | Figueiredo, Miguel | 2007 | MTSV Helmarshausen | 4:05 | | 1 M11 |
| 2. | 405 | Dierks, Tim | 2007 | SV Espenau | 4:06 | + 1 | 2 M11 |
| 3. | 450 | Kandlin, Ilian | 2008 | Minimarathon Hofgeismar | 4:07 | + 2 | 1 M10 |
| 4. | 433 | Dreßler, Ole | 2008 | MTSV Helmarshausen | 4:08 | + 3 | 2 M10 |
| 5. | 434 | Groppe, Philipp | 2007 | MTSV Helmarshausen | 4:10 | + 5 | 3 M11 |
| 6. | 404 | Brede, Noam | 2008 | KSV Baunatal | 4:11 | + 6 | 3 M10 |
| 7. | 441 | Spitzer, Erik | 2007 | Minimarathon Hofgeismar | 4:19 | + 14 | 4 M11 |
| 8. | 437 | Janke, Leo | 2007 | HSG Wesertal | 4:26 | + 21 | 5 M11 |
| 9. | 445 | Rieger, Pascal | 2007 | Minimarathon Hofgeismar | 4:33 | + 28 | 6 M11 |
| 10. | 421 | Chapuy, Maurice | 2008 | TSV Deisel | 4:44 | + 39 | 4 M10 |
| 11. | 440 | Rothenburg, Johannes | 2007 | Minimarathon Hofgeismar | 6:10 | + 2:05 | 7 M11 |
| | 422 | Morell, Lewis | 2008 | TSV Deisel | n.a. | | |

Schülerinnen U12 (1000m) - 09:50

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|--------------------|------|-------------------------|------|--------|-----------------|
| 1. | 435 | Grijsen, Irta | 2007 | MTSV Helmarshausen | 4:19 | | 1 W11 |
| 2. | 416 | Schröder, Lotta | 2008 | TSV Deisel | 4:23 | + 4 | 1 W10 |
| 3. | 443 | Weingarten, Giulia | 2008 | MTSV Helmarshausen | 4:35 | + 16 | 2 W10 |
| 4. | 407 | Fehling, Moa | 2008 | SV Espenau | 4:40 | + 21 | 3 W10 |
| 5. | 417 | Tebbe, Lena | 2008 | TSV Deisel | 4:46 | + 27 | 4 W10 |
| 6. | 452 | Zöltzer, Maja | 2007 | Minimarathon Hofgeismar | 4:51 | + 32 | 2 W11 |
| 7. | 448 | Zöltzer, Lilly | 2007 | Minimarathon Hofgeismar | 4:59 | + 40 | 3 W11 |
| 8. | 438 | Kunze, Finja | 2008 | Minimarathon Hofgeismar | 5:03 | + 44 | 5 W10 |
| 9. | 418 | Tebbe, Hanna | 2008 | TSV Deisel | 5:12 | + 53 | 6 W10 |
| 10. | 419 | Mehreteab, Sinit | 2008 | TSV Deisel | 5:42 | + 1:23 | 7 W10 |
| 11. | 442 | Zeich, Lea | 2008 | Minimarathon Hofgeismar | 5:48 | + 1:29 | 8 W10 |
| | 420 | Eull, Marie | 2007 | TSV Deisel | n.a. | | |

Schülerinnen U14 (1000m) - 10:00

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|----------------|------|-----------------|------|------|-----------------|
| 1. | 406 | Fehling, Noemi | 2006 | TSV Immenhausen | 4:23 | | 1 W12 |

Schüler U14 (1000m) - 10:00

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|---------------|------|--------------------|------|------|-----------------|
| 1. | 436 | Löschner, Ole | 2006 | MTSV Helmarshausen | 4:41 | | 1 M12 |

Schülerinnen U16 (1000m) - 10:10

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|----------------|------|-------------|------|------|-----------------|
| 1. | 403 | Brede, Mai-Ann | 2004 | - | 3:42 | | 1 W14 |

Schüler U16 (1000m) - 10:10

11 km Lauf Frauen (11 km) - 10:15

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|------------------------|------|---------------------------|---------|---------|-----------------|
| 1. | 7 | Gerland, Lea | 1992 | Hassia 04 Gottsbüren | 55:47 | | 1 W20 |
| 2. | 30 | Müller, Sabrina | 1982 | TSV Niedermeiser | 55:47 | + 0 | 1 W30 |
| 3. | 32 | Neunteufel, Christiane | 1964 | TSG Bad Karlshafen | 1:02:23 | + 6:36 | 1 W50 |
| 4. | 9 | Hertkorn-Möckel, Amrei | 1980 | Health Angels Grebenstein | 1:06:43 | + 10:56 | 2 W30 |
| 5. | 12 | Mathe, Anja | 1988 | Health Angels Grebenstein | 1:09:32 | + 13:45 | 3 W30 |
| 6. | 41 | Hengstmann, Stefanie | 1987 | TV 08 Bergheim | 1:13:16 | + 17:29 | 4 W30 |
| 7. | 24 | Nitzbon, Julia | 1987 | - | 1:16:20 | + 20:33 | 5 W30 |
| 8. | 22 | Kaur, Charandeep | 1965 | LT Hofgeismar | 1:21:09 | + 25:22 | 2 W50 |
| 9. | 33 | Janowsky, Bärbel | 1956 | - | 1:23:19 | + 27:32 | 1 W60 |
| 10. | 36 | Janson, Doris | 1957 | LT Hofgeismar | 1:23:20 | + 27:33 | 2 W60 |

Halbmarathon Frauen (21 km) - 10:15

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-----------------|------|----------------|---------|---------|-----------------|
| 1. | 59 | Rudolff, Heidi | 1980 | LT Hofgeismar | 1:57:04 | | 1 W30 |
| 2. | 53 | Fräßdorf, Elke | 1974 | TSV Udenhausen | 2:00:40 | + 3:36 | 1 W40 |
| 3. | 50 | Lensky, Susanne | 1962 | LT Hofgeismar | 2:04:43 | + 7:39 | 1 W50 |
| 4. | 65 | Graf, Corinna | 1982 | LG Vellmar | 2:14:27 | + 17:23 | 2 W30 |
| 5. | 66 | Schenk, Mareike | 1984 | LG Vellmar | 2:14:27 | + 17:23 | 3 W30 |
| | 63 | Knobel, Martina | 1969 | LT Hofgeismar | disq. | | |

Halbmarathon Männer (21 km) - 10:15

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-----------------------|------|--|---------|---------|-----------------|
| 1. | 52 | Carlos, Matos | 1973 | Portusuiesser Kulturverein Bad Karlsha | 1:20:18 | | 1 M40 |
| 2. | 68 | Bergmann, Nils | 1998 | PSV Grün-Weiß Kassel | 1:20:53 | + 35 | 1 M20 |
| 3. | 74 | Fiess, Michael | 1966 | LAG Wesertal | 1:27:34 | + 7:16 | 1 M50 |
| 4. | 54 | Meder, Jörg | 1975 | Warmlopers.de | 1:27:35 | + 7:17 | 2 M40 |
| 5. | 73 | Thonemann, Markus | 1975 | Warburg SV | 1:27:49 | + 7:31 | 3 M40 |
| 6. | 70 | Figueiredo, Rui | 1978 | TSG Bad Karlshafen | 1:32:32 | + 12:14 | 4 M40 |
| 7. | 69 | Feld, Markus | 1964 | Jahn Calden | 1:35:18 | + 15:00 | 2 M50 |
| 8. | 55 | Disselhorst, Johannes | 1954 | Oranje boven | 1:55:26 | + 35:08 | 1 M60 |
| 9. | 62 | Koch, Fritz | 1953 | LT Hofgeismar | 1:57:05 | + 36:47 | 2 M60 |
| 10. | 56 | Schellknecht, Silvio | 1968 | LT Hofgeismar | 1:58:01 | + 37:43 | 3 M50 |
| 11. | 71 | Orth, Peter | 1943 | LG Vellmar | 1:58:01 | + 37:43 | 1 M70 |

Halbmarathon Männer (21 km) - 10:15

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-------------------|------|-------------------|---------|-----------|-----------------|
| 12. | 57 | Prescher, Gerhard | 1968 | LT Hofgeismar | 2:02:46 | + 42:28 | 4 M50 |
| 13. | 72 | Strampp, Walter | 1949 | Laufschule Kassel | 2:23:26 | + 1:03:08 | 3 M60 |

11 km Nordic Walking (11 km) - 10:15

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|------------------------|------|---------------|---------|---------|-----------------|
| 1. | 192 | Zimmermann, Ralf | 1961 | / | 1:16:07 | | 1 M50 |
| 2. | 191 | Heußner, Petra | 1966 | / | 1:34:23 | + 18:16 | 1 W50 |
| 3. | 193 | Gründer, Gabor | 1960 | LT Hofgeismar | 1:37:30 | + 21:23 | 2 M50 |
| 4. | 190 | Parotat-Kouril, Sascha | 1977 | LT Hofgeismar | 1:38:41 | + 22:34 | 1 M40 |

5 km Nordic Walking (5 km) - 10:20

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-----------------------|------|--------------------|-------|---------|-----------------|
| 1. | 158 | Werner, Rolf | 1965 | Burghasungen | 37:07 | | 1 M50 |
| 2. | 152 | Hartmann-Leck, Nicole | 1973 | TSV Niedermeiser | 39:06 | + 1:59 | 1 W40 |
| 3. | 153 | Dressler, Simone | 1972 | MTSV Helmarshausen | 47:28 | + 10:21 | 2 W40 |
| 4. | 154 | Geschonke, Silke | 1970 | MTSV Helmarshausen | 47:28 | + 10:21 | 3 W40 |
| 5. | 157 | Spatz, Nicole | 1974 | MTSV Helmarshausen | 47:28 | + 10:21 | 4 W40 |
| 6. | 166 | Illner, Claudia | 1985 | MTSV Helmarshausen | 47:28 | + 10:21 | 1 W30 |
| 7. | 151 | Klapp, Tania | 1972 | LT Hofgeismar | 49:17 | + 12:10 | 5 W40 |
| 8. | 163 | Klein, Kerstin | 1962 | / | 49:17 | + 12:10 | 1 W50 |
| 9. | 165 | Wiegand, Brigitte | 1950 | MTSV Helmarshausen | 49:17 | + 12:10 | 1 W60 |
| 10. | 150 | Brede, Petra | 1959 | - | 49:25 | + 12:18 | 2 W50 |

5 km Lauf Frauen (5 km) - 10:20

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-------------------------|------|---------------------------|-------|---------|-----------------|
| 1. | 139 | Herrmann, Alena | 1991 | LG Reinhardswald | 24:47 | | 1 W20 |
| 2. | 118 | Bergmann, Cora | 2001 | PSV Grün-Weiß Kassel | 26:07 | + 1:20 | 1 WJ18 |
| 3. | 133 | Lange, Manuela | 1965 | Warburg SV | 26:20 | + 1:33 | 1 W50 |
| 4. | 111 | Schildknecht, Madeline | 1992 | TSV Deisel | 26:28 | + 1:41 | 2 W20 |
| 5. | 104 | Betker, Caroline | 1968 | MTV Vernawahlshausen | 28:59 | + 4:12 | 2 W50 |
| 6. | 116 | Bergmann, Sabine | 1966 | immo runners | 29:52 | + 5:05 | 3 W50 |
| 7. | 134 | Blank-Rothenburg, Helga | 1975 | / | 29:56 | + 5:09 | 1 W40 |
| 8. | 132 | Strohenger, Daniela | 1978 | - | 30:44 | + 5:57 | 2 W40 |
| 9. | 100 | Weidemann, Gitta | 1958 | VfB Viktoria Bettenhausen | 33:30 | + 8:43 | 1 W60 |
| 10. | 126 | Weingaten, Guilia | 2008 | MTSV Helmarshausen | 35:54 | + 11:07 | 1 W10 |
| 11. | 136 | Zinn, Astrid | 1957 | TSG Wehleiden | 42:15 | + 17:28 | 2 W60 |
| | 127 | Illes, Eva | 1988 | - | n.a. | | |

5 km Lauf Männer (5 km) - 10:20

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|--------------------|------|----------------------------|-------|---------|-----------------|
| 1. | 138 | Kühnel, Sven | 1986 | LG Vellmar | 21:51 | | 1 M30 |
| 2. | 105 | Bock, Daniel | 1993 | Team Zwanzig Achtzehn #SPD | 25:32 | + 3:41 | 1 M20 |
| 3. | 102 | Ehring, Manfred | 1955 | LG Vellmar | 27:04 | + 5:13 | 1 M60 |
| 4. | 112 | Feuerstack, Ole | 2003 | TSV Deisel | 27:16 | + 5:25 | 1 M15 |
| 5. | 109 | Ulloth, Oliver | 1983 | Team Zwanzig Achtzehn #SPD | 29:33 | + 7:42 | 2 M30 |
| 6. | 106 | Meckbach, Heiko | 1990 | Team Zwanzig Achtzehn #SPD | 29:34 | + 7:43 | 2 M20 |
| 7. | 140 | Wenzel, Manuel | 1979 | - | 30:38 | + 8:47 | 3 M30 |
| 8. | 129 | Imann, Heiner | 1971 | - | 30:46 | + 8:55 | 1 M40 |
| 9. | 125 | Dittmer, Erich | 1955 | MTSV Helmarshausen | 30:49 | + 8:58 | 2 M60 |
| 10. | 101 | Allschinger, Achim | 1955 | Habichtswald | 32:28 | + 10:37 | 3 M60 |
| 11. | 117 | Bergmann, Lars | 1964 | immo runners | 34:33 | + 12:42 | 1 M50 |
| 12. | 137 | Weingarten, Rouven | 1973 | / | 35:55 | + 14:04 | 2 M40 |
| | 122 | Meder, Fynn | 2000 | MTSV Helmarshausen | n.a. | | |
| | 120 | Meder, Robin | 2005 | MTSV Helmarshausen | n.a. | | |

11 km Lauf Männer (11 km) - 10:15

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|--------------------------|------|----------------------------|---------|---------|-----------------|
| 1. | 13 | Herbold, Martin | 1987 | Tuspo 1896 Borken | 41:46 | | 1 M30 |
| 2. | 8 | Menke, Lukas | 1993 | TSV Deisel | 42:17 | + 31 | 1 M20 |
| 3. | 6 | Hansen, Dirk | 1966 | LAG Wesertal | 50:43 | + 8:57 | 1 M50 |
| 4. | 37 | Hansmann, Frank | 1972 | Warburg SV | 52:15 | + 10:29 | 1 M40 |
| 5. | 16 | Jung, Christoph | 1970 | Vellmar | 53:38 | + 11:52 | 2 M40 |
| 6. | 26 | Haber, Jeroen | 1995 | MTSV Helmarshausen | 55:47 | + 14:01 | 2 M20 |
| 7. | 45 | Wagner, Oliver | 1973 | - | 56:40 | + 14:54 | 3 M40 |
| 8. | 35 | Siebrecht, Hans | 1979 | Lauftreff BeSte Stadtwerke | 57:13 | + 15:27 | 2 M30 |
| 9. | 38 | Matthias, Frank | 1970 | WSV Beverungen | 57:14 | + 15:28 | 4 M40 |
| 10. | 25 | Nagel, Aaron | 1995 | MTSV Helmarshausen | 57:53 | + 16:07 | 3 M20 |
| 11. | 20 | Singh, Gurbhajan | 1953 | LT Hofgeismar | 59:03 | + 17:17 | 1 M60 |
| 12. | 27 | Wecker, Christoph | 1980 | Trail Woodrunners | 59:54 | + 18:08 | 3 M30 |
| 13. | 40 | Rabe, Thomas | 1970 | TSG Bad Karlshafen | 1:01:00 | + 19:14 | 5 M40 |
| 14. | 43 | Meier, Bernd | 1956 | / | 1:01:00 | + 19:14 | 2 M60 |
| 15. | 18 | Schütz, Rainer | 1954 | LT Hofgeismar | 1:03:07 | + 21:21 | 3 M60 |
| 16. | 31 | Ebbrecht, Markus | 1969 | Warmlopers.de | 1:04:29 | + 22:43 | 6 M40 |
| 17. | 23 | Franzmann, Marcel | 1983 | - | 1:05:30 | + 23:44 | 4 M30 |
| 18. | 44 | Titzmann, Enrico | 1982 | Lauftreff Grebenstein | 1:07:46 | + 26:00 | 5 M30 |
| 19. | 39 | Schmitt, Helge | 1966 | Lauftreff Grebenstein | 1:09:09 | + 27:23 | 2 M50 |
| 20. | 42 | Kurte, Manfred | 1954 | TV 08 Bergheim | 1:13:17 | + 31:31 | 4 M60 |
| 21. | 28 | Köhler, Holger | 1965 | Trail Woodrunners | 1:14:22 | + 32:36 | 3 M50 |
| 22. | 19 | Bernhardt, Frithjof-Hans | 1937 | LT Hofgeismar | 1:23:20 | + 41:34 | 1 M80 |
| 23. | 34 | Janowsky, Achim | 1955 | DLRG Hofgeismar | 1:23:21 | + 41:35 | 5 M60 |

