

# 1. Externsteine Marathon

Ergebnisliste				Samstag - 24.04.2021	Runden	Zeit
1	Patrick	Kaczynski	M 30	<i>my-marathons.jimdofree.com</i>	6 / Marathon	02:52:29
2	Wolfgang	Wellensiek	M 45	Lübbecker Berglöwen	6 / Marathon	03:38:33
3	Jens	Ulbrich	M 45	Vfl Bückeburg	6 / Marathon	03:41:09
4	Lars	Koppmann	M 50	LG Oerlinghausen	6 / Marathon	03:42:49
5	Alexandra	Dux	W 35	Teuto Runner	6 / Marathon	03:44:16
6	Olaf	Wehmeier	M 50	LG Oerlinghausen	6 / Marathon	03:46:01
7	Thorsten	Habedank	M 45	Warburger SV	6 / Marathon	03:55:31
8	Michael	Kiene	M 50	100 Marathonclub	6 / Marathon	03:59:33
9	Tobias	Breer	M 55	Projekt LebensWert	6 / Marathon	04:13:20
10	Bernhard	Rensmann	M 55	SV Bawinkel	6 / Marathon	04:14:25
11	Detlev	Brönstrup	M 60	Marathon Ibbenbüren	6 / Marathon	04:15:00
12	Holger	Deifuss	M 50	100 Marathonclub / FC Nordkirchen	6 / Marathon	04:19:53
13	Gernot	Lang	M 55	SC Neuenstein / Bad Hersfeld	6 / Marathon	04:20:48
14	Sylke	Kuhn	W 50	100 Marathonclub / LG Vellmar	6 / Marathon	04:21:17
15	Thomas	Berkmann	M 50	100 Marathonclub / Running Riot	6 / Marathon	04:29:12
16	Christian	Storm	M 40	All Black s Hanoi	6 / Marathon	04:29:12
17	Tobias	Flörke	M 45	KSV Baunatal	6 / Marathon	04:32:23
18	Markus	Pitz	M 50	100 Marathonclub / TV Jahn Bad Driburg	6 / Marathon	04:33:17
19	Thomas	Reckmann	M 50	LG Burg Wiedenbrück	6 / Marathon	04:34:10

20	Ulrich	Schilder	M 60	DUV	6 / Marathon	04:40:09
21	Marion	Konradt	W 55	Alte Liebe	6 / Marathon	04:45:31
22	Jochen	Konradt	M 55	Alte Liebe	6 / Marathon	04:45:31
23	Harald	Balz	M 65	Bad Karlshafen	6 / Marathon	04:46:54
24	Frank	Jungclaus	M 50	100 Marathonclub / Waldschleicher	6 / Marathon	04:47:12
25	Heinz	Nagel	M 60	Hannover	6 / Marathon	04:47:24
26	Peter	Martin	M 55	100 Marathonclub / FC St. Pauli Marathon	6 / Marathon	04:49:17
27	Johannes	Disselhorst	M 65	Oranje Boven	6 / Marathon	04:50:35
28	Reinhold	Schwalb	M 55	Antrifftal	6 / Marathon	04:51:13
29	Katja	Pfennigschmidt-Redeker	W 45	SV Brackwede	6 / Marathon	04:52:52
30	Thomas	Redeker	M 50	Bielefeld	6 / Marathon	04:52:25
31	Thomas	Reiter	M 55	LT Hemsbach	6 / Marathon	04:55:00
32	Alexander	Henschel	M 30	Haynröder Carnevalclub 1999 e.V.	6 / Marathon	04:57:12
33	Friedrich	Helle	M 55	Lage	6 / Marathon	04:58:29
34	Detlef	Kley	M 60	Teuto Run & Fun Bielefeld	6 / Marathon	05:12:24
35	Heike	Kabella	W 50	LG Vellmar / TEA	6 / Marathon	05:13:32
36	Peter	Spiekermann	M 65	100 Marathonclub	6 / Marathon	05:13:32
37	Detlef	Schröder	M 60	Teuto Run & Fun Bielefeld	6 / Marathon	05:17:50
38	Helmut	Rosieka	M 70	100 Marathonclub	6 / Marathon	05:24:50
39	Sylvia	Frühauf	W 55	100 Marathonclub	6 / Marathon	05:26:16
40	Frank	Dams	M 55	Ultrafriesen e.V.	6 / Marathon	05:26:16
41	Martina	Pahmeyer	W 50	Teuto Run und Fun Bielefeld	6 / Marathon	05:39:25

42	Liane	Hennigs	W 60	Osnabrück	6 / Marathon	05:45:26
43	Volkmar	Henke	M 75	100 Marathonclub	6 / Marathon	05:45:58
44	Christoph	Wenzel	M 60	100 Marathonclub	6 / Marathon	05:51:04
45	Ute	Karklis	W 50	Teuto Run & Fun Bielefeld	6 / Marathon	05:54:18
46	Uwe	Laig	M 60	100 Marathonclub	6 / Marathon	05:54:18
47	Thomas	Enck	M 60	ComRunners Berlin	6 / Marathon	05:58:00
48	Gerrit	Preine	M 55	100 Marathonclub/Marathonclub Walsrode	6 / Marathon	06:04:01
49	Karl-Wolfgang	Baumgarten	M 65	100 Marathonclub	6 / Marathon	06:05:09
50	Arno	Müller	M 60	Die Ruhrpotts Dortmund	6 / Marathon	06:15:00
51	Ruth	Jäger	W 65	JSK Rodgau	6 / Marathon	06:21:49
52	Sonja	Kley	W 60	Teuto Run & Fun Bielefeld	6 / Marathon	06:31:54
53	Lutz	Horstkotte	M 50	Teuto Run& Fun Bielefeld	6 / Marathon	06:36:21
54	Heiner	Schütte	M 65	100 Marathonclub	6 / Marathon	06:44:19
55	Jürgen	Kuhlmey	M 80	100 Marathonclub	6 / Marathon	06:44:21
56	Bernd	Neumann	M 70	100 Marathonclub / LG Vellmar	6 / Marathon	07:40:40
57	Dietrich	Eberle	M 70	100 Marathonclub/1974MV/Country Club	6 / Marathon	08:15:02
58	Werner	Kater	M 65	100 Marathonclub / TSV Fuhlen	6 / Marathon	08:36:50
1	Astrid	Penner	W 55	Die Besten	4 / 36 km	04:37:00
2	Frank	Schölzchen	M 55	LC Marathon Rotenburg	4 / 28,4 km	04:05:50
3	Andreas	Walendy	M 35	100 Marathonclub / LG Vellmar	3 / 21,3 km	04:22:35
4	Markus	Karklis	M 50	Teuto Run & Fun Bielefeld	1 / 7,1 km	01:17:10