

6. Rodenbacher Lauftag - Lauf für Frieden und Demokratie in Europa - 28.09.2025



Zieleinlaufliste 50km-Harry-Arndt-Lauf

Rang	Name	Verein/Team/*Ort	m/w	Pl.	Jg. AK	Pl.	B-Zeit N-Zeit	GapTime min/km	R-1 R-6	R-2 R-7	R-3 R-8	R-4 R-9	R-5 R-10	StNr.
50km-Harry-Arndt-Lauf														
1	Ehm, Moritz	TV Refrath	m	1	1979 M45	1	3:18:14 3:18:12	-- 3:57,8	20:00 19:37	19:36 19:44	19:51 19:49	19:42 20:02	19:40 20:15	1121
2	Hinze-Thüs, Katja	SG Wenden	w	1	1972 W50	1	3:47:55 3:47:53	+29:41 4:33,4	21:50 22:11	21:57 22:50	21:35 24:13	22:08 24:11	22:03 24:59	1125
3	Späth, Lennart	SSC Hanau-Rodenbach	m	2	1990 M35	1	3:49:37 3:49:29	+31:23 4:35,5	23:26 23:02	23:18 23:01	22:58 23:05	22:56 22:48	23:09 21:59	1102
4	Voigt, Dominik	Lauffeuer Fröttstädt e. V.	m	3	1972 M50	1	3:52:53 3:52:48	+34:39 4:39,4	23:33 23:18	23:38 23:09	23:31 23:21	23:17 23:30	23:16 22:22	1128
5	Nie, Andreas	TV Dieburg	m	4	1971 M50	2	3:53:03 3:52:57	+34:49 4:39,6	24:00 23:06	23:00 23:23	23:05 23:21	23:04 23:31	22:51 23:46	1101
6	Esser, Lothar	Spiridon Frankfurt	m	5	1960 M65	1	3:54:59 3:54:54	+36:45 4:41,9	23:38 23:09	23:36 23:12	23:28 23:21	23:37 23:49	23:20 23:55	1123
7	Zinnow, Ralf	LG Ultralauf	m	6	1977 M45	2	3:58:37 3:58:34	+40:23 4:46,3	23:28 23:43	23:14 23:27	23:00 24:33	23:10 25:10	23:25 25:31	1122
8	Beck, Sabine	RLT Rodgau	w	2	1985 W40	1	4:01:18 4:01:11	+43:04 4:49,5	24:35 24:12	24:22 24:32	24:27 23:40	24:18 23:44	24:03 23:29	1119
9	Herbrik, Katrin	LANDAU RUNNING COMPANY	w	3	1981 W40	2	4:02:57 4:02:50	+44:43 4:51,5	24:33 24:14	24:22 24:27	24:29 24:23	24:36 23:52	24:16 23:49	1117
10	Beck, Andy	RLT Rodgau	m	7	1983 M40	1	4:06:10 4:06:03	+47:56 4:55,3	24:36 24:12	24:22 24:32	24:27 24:40	24:18 25:21	24:03 25:44	1118
11	Basile, Matthias	TV Oberrodenbach	m	8	1977 M45	3	4:14:21 4:14:18	+56:07 5:05,2	23:25 24:30	23:45 24:54	23:45 27:00	23:44 27:57	23:56 31:28	1129
12	Dangmann, Thimo	LG Rüsselsheim	m	9	1996 M	1	4:30:08 4:30:03	+71:54 5:24,1	22:28 24:59	22:50 28:39	23:19 32:16	23:20 34:38	23:47 33:55	1108
13	Koc, Hueseyin	*LANGEN	m	10	1968 M55	1	4:31:02 4:30:49	+72:48 5:25,2	29:24 25:18	25:47 26:02	24:09 28:53	24:59 32:59	24:27 29:07	1126
14	Oestreich-Schuck, Christoph	RLT Rodgau	m	11	1967 M55	2	4:32:56 4:32:48	+74:42 5:27,5	25:12 27:19	26:10 27:50	26:00 28:37	26:25 28:24	28:05 28:57	1116
15	Stöppler, Simone	SSC Hanau-Rodenbach	w	4	1964 W60	1	4:42:14 4:42:08	+84:00 5:38,6	26:54 27:59	26:43 28:14	26:51 29:00	27:02 29:58	27:48 31:47	1120
16	Schneider, Hendrik	ALV Mainz	m	12	1992 M30	1	4:48:24 4:48:20	+90:10 5:46,0	26:59 29:23	27:37 29:29	28:28 30:04	29:08 29:41	28:59 28:41	1107



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Rang	Name	Verein/Team/*Ort	m/w	Pl.	Jg. AK	Pl.	B-Zeit N-Zeit	GapTime min/km	R-1 R-6	R-2 R-7	R-3 R-8	R-4 R-9	R-5 R-10	StNr.
17	Frenzel, Angela	Spiridon Frankfurt	w	5	1969 W55	1	4:55:34 4:55:18	+97:20 5:54,6	29:12 29:32	29:04 29:31	29:47 29:45	29:33 29:57	29:25 29:52	1112
18	Woodrow, Brian	SC Steinberg	m	13	1968 M55	3	5:03:41 5:03:28	+105:27 6:04,4	29:12 29:32	29:04 29:31	29:46 29:45	29:33 30:51	29:25 37:05	1131
19	Sanna, Matteo	Loco Squad	m	14	1997 M	2	5:21:22 5:21:09	+123:08 6:25,6	30:16 30:50	29:40 32:41	29:32 34:17	29:12 37:16	30:12 37:30	1111
20	Glaser, Niklas-Dane	*Wiesbaden	m	15	1999 M	3	5:29:06 5:28:56	+130:52 6:34,9	31:02 34:02	31:16 32:56	31:38 33:56	31:42 36:11	31:53 34:33	1115
21	Grünberg, Jan	Ultra Sport Club Marburg	m	16	1981 M40	2	5:41:03 5:40:56	+142:49 6:49,2	27:16 34:34	27:43 39:17	28:31 41:03	28:55 42:39	31:39 39:30	1130
22	Fornaçon, Petra	Fitnesspark Mühlhausen	w	6	1957 W65	1	5:46:52 5:46:48	+148:38 6:56,2	31:36 34:19	32:37 35:52	32:54 36:53	33:17 38:08	34:13 37:08	1124

Anzahl Teilnehmer: 22

Liste Aushang / UHRZEIT: ____:____

