

# Steinhart500 Bestenlisten nach Alterklassen ab 2015 (finale Strecke)



| 14 km Streckenrekord männl.: |                      | Luca Heerdt          | 1995               | 00:47:53             | Weicon Tri Finish Münster | 08. Steinhart500; 10.11.2019 |                              |                              |                  |
|------------------------------|----------------------|----------------------|--------------------|----------------------|---------------------------|------------------------------|------------------------------|------------------------------|------------------|
| 14 km Streckenrekord weibl.: |                      | Sandra Lehmkuhl      | 1988               | 00:54:51             | LSF Münster               | 05. Steinhart500; 06.11.2016 |                              |                              |                  |
| Wertungslauf                 |                      | Steinhart500 (14 Km) |                    |                      |                           |                              |                              |                              |                  |
| Altersklasse                 | AKPL                 | St.-Nr.              | Name               | Jahrgang             | Zeit Netto                | Verein                       | Veranstaltungsjahr           | Bemerkung                    |                  |
| Männer                       | männliche Jugend U14 | 1.                   | 1349               | Valentin Lenzen      | 2002                      | 01:21:14                     | Tus Altenberge 09            | 04. Steinhart500; 08.11.2015 |                  |
|                              |                      | 2.                   |                    |                      |                           |                              |                              |                              |                  |
|                              |                      | 3.                   |                    |                      |                           |                              |                              |                              |                  |
|                              | männliche Jugend U16 | 1.                   | 1242               | Erik Rolfes          | 2002                      | 01:25:34                     | Run4Fun Greven e. V.         | 05. Steinhart500; 06.11.2016 |                  |
|                              |                      | 2.                   |                    |                      |                           |                              |                              |                              |                  |
|                              |                      | 3.                   |                    |                      |                           |                              |                              |                              |                  |
|                              | männliche Jugend U18 | 1.                   | 1346               | Melese Tagel         | 2001                      | 00:54:45                     | (Rheine)                     | 07. Steinhart500; 11.11.2018 |                  |
|                              |                      | 2.                   | 1524               | Carl van Gen Hassend | 2002                      | 00:58:51                     | LSF Münster                  | 08. Steinhart500; 10.11.2019 |                  |
|                              |                      | 3.                   | 1165               | Jesko Schmerse       | 2002                      | 01:06:29                     | Tus Breckerfeld              | 07. Steinhart500; 11.11.2018 |                  |
|                              | männliche Jugend U20 | 1.                   | 1181               | Tobias Middendorf    | 1997                      | 00:53:32                     | TB Burgsteinfurt 1862 e V.   | 05. Steinhart500; 06.11.2016 |                  |
|                              |                      | 2.                   | 1345               | Bihon Alemu          | 2000                      | 00:58:19                     | (Rheine)                     | 06. Steinhart500; 12.11.2017 |                  |
|                              |                      | 3.                   | 1018               | Luc Gogrew           | 1997                      | 00:59:52                     | LG Emsdetten                 | 04. Steinhart500; 08.11.2015 | Pascal Stenzel = |
|                              | männliche Jugend U23 | 1.                   | 1047               | Tobias Middendorf    | 1997                      | 00:49:38                     | TB Burgsteinfurt 1862 e V.   | 08. Steinhart500; 10.11.2019 |                  |
|                              |                      | 2.                   | 1001               | Tobias Middendorf    | 1997                      | 00:50:43                     | TB Burgsteinfurt 1862 e V.   | 06. Steinhart500; 12.11.2017 |                  |
|                              |                      | 3.                   | 1474               | Marvin Beckemper     | 1998                      | 00:52:59                     | LC Nordhorn                  | 07. Steinhart500; 11.11.2018 |                  |
|                              | Männer               | 1.                   | 1461               | Luca Heerdt          | 1995                      | 00:47:53                     | Weicon Tri Finish Münster    | 08. Steinhart500; 10.11.2019 |                  |
|                              |                      | 2.                   | 1015               | Tobias Middendorf    | 1997                      | 00:48:45                     | Hamburg Running              | 10. Steinhart500; 07.11.2021 |                  |
|                              |                      | 3.                   | 1138               | Thomas Uebel         | 1991                      | 00:52:06                     | AusdauerTeam.de              | 06. Steinhart500; 12.11.2017 |                  |
|                              | Senioren 30          | 1.                   | 1477               | Thomas Otting        | 1987                      | 00:52:25                     | SV Concordia Emsbüren        | 08. Steinhart500; 11.11.2018 |                  |
|                              |                      | 2.                   | 1566               | Thomas Otting        | 1987                      | 00:52:27                     | SV Concordia Emsbüren        | 07. Steinhart500; 10.11.2019 |                  |
| 3.                           |                      | 1164                 | Jürgen Berghaus    | 1988                 | 00:53:33                  | Tri Team Steinfurt           | 07. Steinhart500; 11.11.2018 |                              |                  |
| Senioren 35                  | 1.                   | 1224                 | Sebastian Heymann  | 1981                 | 00:52:51                  | SV Concordia Emsbüren        | 07. Steinhart500; 11.11.2018 |                              |                  |
|                              | 2.                   | 1162                 | Sebastian Heymann  | 1981                 | 00:53:35                  | SV Concordia Emsbüren        | 06. Steinhart500; 12.11.2017 |                              |                  |
|                              | 3.                   | 1312                 | Nico Grünke        | 1983                 | 00:53:49                  | SuS Darne Triathlon          | 07. Steinhart500; 11.11.2018 |                              |                  |
| Senioren 40                  | 1.                   | 1019                 | Michael Prott      | 1977                 | 00:53:19                  | LSF Münster                  | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 2.                   | 1305                 | Michael Prott      | 1977                 | 00:53:52                  | LSF Münster                  | 07. Steinhart500; 11.11.2018 |                              |                  |
|                              | 3.                   | 1031                 | Jonas Schlieckmann | 1980                 | 00:55:58                  | Tri Team Steinfurt           | 11. Steinhart500; 06.11.2022 |                              |                  |
| Senioren 45                  | 1.                   | 1031                 | Leander Stumme     | 1974                 | 00:54:48                  | Laufftreff Hohenholte        | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 2.                   | 1423                 | Udo Kotten         | 1974                 | 00:55:35                  | TV Hohne                     | 08. Steinhart500; 10.11.2019 |                              |                  |
|                              | 3.                   | 1072                 | Claus Hofschulte   | 1975                 | 00:55:52                  | (Münster)                    | 10. Steinhart500; 07.11.2021 |                              |                  |
| Senioren 50                  | 1.                   | 1028                 | Karsten Suwelack   | 1970                 | 00:56:16                  | Run4Fun Greven e. V.         | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 2.                   | 1198                 | Oliver Prinz       | 1967                 | 00:57:31                  | (Nordwalde)                  | 06. Steinhart500; 12.11.2017 |                              |                  |
|                              | 3.                   | 1431                 | Hubert Gehling     | 1967                 | 00:58:24                  | (Stadtlohn)                  | 08. Steinhart500; 10.11.2019 |                              |                  |
| Senioren 55                  | 1.                   | 1030                 | Ansgar Fels        | 1965                 | 00:57:20                  | Lauffreunde Emsland          | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 2.                   | 1104                 | Johannes Kleine    | 1963                 | 00:58:16                  | Marathon Ibbenbüren          | 07. Steinhart500; 11.11.2018 |                              |                  |
|                              | 3.                   | 1212                 | Werner Schüring    | 1958                 | 01:00:28                  | (Bocholt)                    | 04. Steinhart500; 08.11.2015 |                              |                  |
| Senioren 60                  | 1.                   | 1262                 | Detlef Runde       | 1951                 | 01:02:38                  | Marathon Ibbenbüren          | 04. Steinhart500; 08.11.2015 |                              |                  |
|                              | 2.                   | 2004                 | Michael Mittelberg | 1960                 | 01:03:11                  | SC Altenrheine               | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 3.                   | 1505                 | Manfred Ricklin    | 1956                 | 01:03:16                  | SC Altenrheine               | 08. Steinhart500; 10.11.2019 |                              |                  |
| Senioren 65                  | 1.                   | 1013                 | Josef Grond        | 1953                 | 00:56:47                  | Marathon Steinfurt           | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 2.                   | 1378                 | Ernst Klus         | 1951                 | 01:02:35                  |                              | 06. Steinhart500; 12.11.2017 |                              |                  |
|                              | 3.                   | 1180                 | Josef Grond        | 1953                 | 01:04:51                  | Marathon Steinfurt           | 08. Steinhart500; 10.11.2019 |                              |                  |
| Senioren 70                  | 1.                   | 1109                 | Bernd Brinkhues    | 1949                 | 01:13:59                  | SC Altenrheine               | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 2.                   | 1303                 | Chris Voll         | 1944                 | 01:15:14                  | Laufftreff Hohenholte        | 05. Steinhart500; 06.11.2016 |                              |                  |
|                              | 3.                   | 1042                 | Fulvio Quattrocchi | 1950                 | 01:21:16                  | LSF vegan                    | 10. Steinhart500; 07.11.2021 |                              |                  |
| Senioren 75                  | 1.                   | 1012                 | Gottfried Schäfers | 1938                 | 01:20:57                  | LSF Münster                  | 04. Steinhart500; 08.11.2015 |                              |                  |
|                              | 2.                   | 1201                 | Gottfried Schäfers | 1938                 | 01:25:28                  | LSF Münster                  | 05. Steinhart500; 06.11.2016 |                              |                  |
|                              | 3.                   | 1209                 | Gottfried Schäfers | 1938                 | 01:30:59                  | LSF Münster                  | 06. Steinhart500; 12.11.2017 |                              |                  |
| Senioren 80                  | 1.                   | 1328                 | Gottfried Schäfers | 1938                 | 01:41:32                  | (Altenberge)                 | 07. Steinhart500; 11.11.2018 |                              |                  |
|                              | 2.                   | 1500                 | Gottfried Schäfers | 1938                 | 02:16:42                  | (Altenberge)                 | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 3.                   |                      |                    |                      |                           |                              |                              |                              |                  |
| Frauen                       | weibliche Jugend U14 | 1.                   |                    |                      |                           |                              |                              |                              |                  |
|                              |                      | 2.                   |                    |                      |                           |                              |                              |                              |                  |
|                              |                      | 3.                   |                    |                      |                           |                              |                              |                              |                  |
|                              | weibliche Jugend U16 | 1.                   |                    |                      |                           |                              |                              |                              |                  |
|                              |                      | 2.                   |                    |                      |                           |                              |                              |                              |                  |
|                              |                      | 3.                   |                    |                      |                           |                              |                              |                              |                  |
|                              | weibliche Jugend U18 | 1.                   | 2072               | Ihmke Burmeister     | 1999                      | 01:15:16                     | Heidmühler FC                | 05. Steinhart500; 06.11.2016 |                  |
|                              |                      | 2.                   | 1310               | Nele Ida Bunte       | 2000                      | 01:15:30                     | Marathon Steinfurt           | 06. Steinhart500; 12.11.2017 |                  |
|                              |                      | 3.                   | 1151               | Nele Ida Bunte       | 2000                      | 01:16:52                     | Marathon Steinfurt           | 05. Steinhart500; 06.11.2016 |                  |
|                              | weibliche Jugend U20 | 1.                   | 1067               | Marie Sommer         | 2001                      | 00:59:40                     | TuS Germania Horstmar        | 08. Steinhart500; 10.11.2019 |                  |
|                              |                      | 2.                   | 1478               | Nele Ida Bunte       | 2000                      | 01:13:17                     | Marathon Steinfurt           | 08. Steinhart500; 10.11.2019 |                  |
|                              |                      | 3.                   | 1361               | Nele Ida Bunte       | 2000                      | 01:17:52                     | Marathon Steinfurt           | 07. Steinhart500; 11.11.2018 |                  |
|                              | weibliche Jugend U23 | 1.                   | 1010               | Marie Sommer         | 2001                      | 00:57:39                     | LSF Münster                  | 10. Steinhart500; 07.11.2021 |                  |
|                              |                      | 2.                   | 1008               | Marie Sommer         | 2001                      | 01:00:13                     | LSF Münster                  | 11. Steinhart500; 06.11.2022 |                  |
|                              |                      | 3.                   | 1170               | Luisa Altegoer       | 1998                      | 01:01:33                     | HSP Münster                  | 10. Steinhart500; 11.11.2018 |                  |
|                              | Frauen               | 1.                   | 1365               | Sandra Lehmkuhl      | 1988                      | 00:54:51                     | LSF Münster                  | 05. Steinhart500; 06.11.2016 |                  |
|                              |                      | 2.                   | 1245               | Anika Fels           | 1995                      | 00:55:34                     | LG Coesfeld                  | 08. Steinhart500; 10.11.2019 |                  |
|                              |                      | 3.                   | 1420               | Monique Siegel       | 1989                      | 00:56:05                     | (Kurort Oberwiesenthal)      | 07. Steinhart500; 11.11.2018 |                  |
|                              | Seniorinnen 30       | 1.                   | 1011               | Sandra Lehmkuhl      | 1988                      | 01:01:02                     | (Lotte)                      | 10. Steinhart500; 07.11.2021 |                  |
|                              |                      | 2.                   | 1424               | Sandra Lehmkuhl      | 1988                      | 01:02:23                     | LSF Münster                  | 08. Steinhart500; 10.11.2019 |                  |
| 3.                           |                      | 1129                 | Anne Kittner       | 1989                 | 01:02:50                  | (Greven)                     | 10. Steinhart500; 07.11.2021 |                              |                  |
| Seniorinnen 35               | 1.                   | 1175                 | Lisanne Langerijs  | 1984                 | 00:57:00                  | EAC de Sperwers              | 08. Steinhart500; 10.11.2019 |                              |                  |
|                              | 2.                   | 1116                 | Daniela Lembeck    | 1979                 | 01:02:20                  | SC Nordwalde                 | 04. Steinhart500; 08.11.2015 |                              |                  |
|                              | 3.                   | 1109                 | Daniela Lembeck    | 1979                 | 01:04:54                  | SC Nordwalde                 | 07. Steinhart500; 11.11.2018 |                              |                  |
| Seniorinnen 40               | 1.                   | 1426                 | Anne Bergmann      | 1981                 | 00:55:11                  | Concordia Albachten          | 10. Steinhart500; 07.11.2021 |                              |                  |
|                              | 2.                   | 1020                 | Joey Röttgering    | 1978                 | 00:56:19                  | TriFinish Münster            | 10. Steinhart500; 07.11.2021 |                              |                  |

|                      |                               |                             |      |                        |            |          |                             |                              |  |
|----------------------|-------------------------------|-----------------------------|------|------------------------|------------|----------|-----------------------------|------------------------------|--|
|                      |                               | 3.                          | 1046 | Ramona Schievelkamp    | 1977       | 01:00:44 | SC Altenrheine              | 10. Steinhart500; 07.11.2021 |  |
| Seniorinnen 45       |                               | 1.                          | 1041 | Christiane Postert     | 1974       | 00:56:25 | the Vegans                  | 10. Steinhart500; 07.11.2021 |  |
|                      |                               | 2.                          | 1060 | Judite Campos          | 1973       | 01:05:29 | Laufftreff Hohenholte       | 10. Steinhart500; 07.11.2021 |  |
|                      |                               | 3.                          | 1285 | Petra Romberg          | 1970       | 01:06:01 | SC Altenrheine              | 05. Steinhart500; 06.11.2016 |  |
| Seniorinnen 50       |                               | 1.                          | 1036 | Anke Niehoff           | 1969       | 00:59:18 | (Münster)                   | 10. Steinhart500; 07.11.2021 |  |
|                      |                               | 2.                          | 1435 | Claudia Mordas         | 1966       | 01:01:10 | TUSEM Essen                 | 07. Steinhart500; 11.11.2018 |  |
|                      |                               | 3.                          | 1249 | Cornelia Klemmer-Thorn | 1961       | 01:05:29 | (Coesfeld)                  | 04. Steinhart500; 08.11.2015 |  |
| Seniorinnen 55       |                               | 1.                          | 1448 | Elisabeth Rewer        | 1962       | 01:06:14 | Marathon Steinfurt          | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 2.                          | 1156 | Cornelia Bohnen        | 1964       | 01:12:02 | SC Spelle-Venhaus           | 10. Steinhart500; 07.11.2021 |  |
|                      |                               | 3.                          | 1065 | Petra Gehltoholt       | 1967       | 01:12:35 | Tus Altenberge 09           | 11. Steinhart500; 06.11.2022 |  |
| Seniorinnen 60       |                               | 1.                          | 1037 | Birgit Kruse           | 1961       | 01:00:22 | VfL Lingen                  | 10. Steinhart500; 07.11.2021 |  |
|                      |                               | 2.                          | 1543 | Beate Weith-Hornung    | 1959       | 01:14:03 | TSG 07 Burg Gretsch         | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 3.                          | 1347 | Christa Hemker         | 1960       | 01:17:30 | Marathon Steinfurt          | 10. Steinhart500; 07.11.2021 |  |
| Seniorinnen 65       |                               | 1.                          | 2129 | Christine van Pareren  | 1952       | 01:20:23 | VeganRunnersNL              | 10. Steinhart500; 07.11.2021 |  |
|                      |                               | 2.                          | 1187 | Anne Butt              | 1950       | 01:21:59 | (Gronau)                    | 04. Steinhart500; 08.11.2015 |  |
|                      |                               | 3.                          | 1165 | Petra Aschmoneit-Wach  | 1950       | 01:24:10 | (Rheine)                    | 06. Steinhart500; 12.11.2017 |  |
| Seniorinnen 70       |                               | 1.                          | 1262 | Margret Venker         | 1947       | 01:35:37 | LG Emsdetten                | 07. Steinhart500; 11.11.2018 |  |
|                      |                               | 2.                          | 1121 | Anneliese Korb         | 1943       | 01:50:37 | Marathon Steinfurt          | 04. Steinhart500; 08.11.2015 |  |
|                      |                               | 3.                          | 1214 | Anneliese Korb         | 1943       | 01:53:13 | Marathon Steinfurt          | 06. Steinhart500; 12.11.2017 |  |
| Seniorinnen 75       |                               | 1.                          | 1014 | Annelore Giese         | 1937       | 01:41:40 | Post SV Buxtehude           | 04. Steinhart500; 08.11.2015 |  |
|                      |                               | 2.                          | 2199 | Margret Venker         | 1947       | 01:44:25 | LG Emsdetten                | 11. Steinhart500; 06.11.2022 |  |
|                      |                               | 3.                          | 1228 | Anneliese Korb         | 1943       | 02:09:12 | Marathon Steinfurt          | 07. Steinhart500; 11.11.2018 |  |
| Seniorinnen 80       |                               | 1.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| <b>28 km</b>         | <b>Streckenrekord männl.:</b> |                             |      | Michael Prott          | 1977       | 01:47:31 | LSF Münster                 | 08. Steinhart500; 10.11.2019 |  |
| <b>28 km</b>         | <b>Streckenrekord weibl.:</b> |                             |      | Katja Tegeler          | 1996       | 01:55:53 | Running Crew Münster        | 11. Steinhart500; 06.11.2022 |  |
| <b>Wertungslauf</b>  |                               | <b>Steinhart500 (28 Km)</b> |      |                        |            |          |                             |                              |  |
| Altersklasse         | AKPL                          | St.-Nr.                     | Name | Jahrgang               | Zeit Netto | Verein   | Veranstaltungsjahr          | Bemerkung                    |  |
| männliche Jugend U14 |                               | 1.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| männliche Jugend U16 |                               | 1.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| männliche Jugend U18 |                               | 1.                          | 2020 | Max Meinigmann         | 2000       | 03:20:45 | (Emsdetten)                 | 05. Steinhart500; 06.11.2016 |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| männliche Jugend U20 |                               | 1.                          | 2042 | Mika Wawerzonnek       | 2004       | 02:03:41 | Turnverein Wolbeck von 1962 | 11. Steinhart500; 06.11.2022 |  |
|                      |                               | 2.                          | 2141 | Noah Wiechers          | 2004       | 02:53:55 | Athletico Feldstiege        | 11. Steinhart500; 06.11.2022 |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| männliche Jugend U23 |                               | 1.                          | 2138 | Theo Leuders           | 1996       | 01:48:10 | TV Epe                      | 06. Steinhart500; 12.11.2017 |  |
|                      |                               | 2.                          | 2096 | Guesh Dawit            | 1995       | 01:59:31 | SuS Neuenkirchen            | 05. Steinhart500; 06.11.2016 |  |
|                      |                               | 3.                          | 2146 | Eddi Diepenbrock       | 1997       | 02:13:20 | Northwood Runners           | 08. Steinhart500; 10.11.2019 |  |
| Männer               |                               | 1.                          | 4106 | Marc Außendorf         | 1989       | 01:47:41 | Marathon Steinfurt          | 06. Steinhart500; 12.11.2017 |  |
|                      |                               | 2.                          | 2016 | Phillip Beckmann       | 1989       | 01:50:25 | LSF Münster                 | 04. Steinhart500; 08.11.2015 |  |
|                      |                               | 3.                          | 2119 | Alexander Schill       | 1996       | 01:50:49 | (Steinfurt)                 | 08. Steinhart500; 10.11.2019 |  |
| Senioren 30          |                               | 1.                          | 2066 | Dennis Gläser          | 1985       | 01:55:04 | SV Brackwede                | 04. Steinhart500; 08.11.2015 |  |
|                      |                               | 2.                          | 3091 | Frederic Fender        | 1985       | 01:56:32 | ECB Running Section         | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 3.                          | 2018 | Steffen Reinecke       | 1988       | 01:57:15 | Running Crew Münster        | 11. Steinhart500; 06.11.2022 |  |
| Senioren 35          |                               | 1.                          | 2065 | Sebastian Heymann      | 1981       | 01:48:22 | SVA Salzbergen              | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 2.                          | 3001 | Marc Wagemaker         | 1980       | 01:51:37 | SVA Salzbergen              | 05. Steinhart500; 06.11.2016 |  |
|                      |                               | 3.                          | 2145 | Johannes Otte          | 1980       | 01:53:43 | Northwood Runners           | 08. Steinhart500; 10.11.2019 |  |
| Senioren 40          |                               | 1.                          | 2137 | Michael Prott          | 1977       | 01:47:31 | LSF Münster                 | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 2.                          | 3079 | Sascha Weber           | 1976       | 01:51:36 | Marathon Steinfurt          | 05. Steinhart500; 06.11.2016 |  |
|                      |                               | 3.                          | 2029 | Ivar Naustvik          | 1971       | 01:54:31 | I (GE/NL) Corps             | 04. Steinhart500; 08.11.2015 |  |
| Senioren 45          |                               | 1.                          | 2008 | Markus Klose           | 1975       | 01:51:53 | Hobel blasen                | 10. Steinhart500; 07.11.2021 |  |
|                      |                               | 2.                          | 2022 | Michael Prott          | 1977       | 01:52:47 | LSF Münster                 | 11. Steinhart500; 06.11.2022 |  |
|                      |                               | 3.                          | 2009 | Sascha Weber           | 1976       | 01:59:14 | Marathon Steinfurt          | 10. Steinhart500; 07.11.2021 |  |
| Senioren 50          |                               | 1.                          | 2130 | Norbert Feldhaus       | 1964       | 01:59:15 | LCA Rhede                   | 07. Steinhart500; 11.11.2018 |  |
|                      |                               | 2.                          | 2040 | Andre Träger           | 1967       | 02:00:25 | Trail Team Osnabrück        | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 3.                          | 2106 | Jens Wiesenmüller      | 1967       | 02:01:35 | TV Georgsmarienhütte        | 07. Steinhart500; 11.11.2018 |  |
| Senioren 55          |                               | 1.                          | 2001 | Norbert Feldhaus       | 1964       | 01:57:45 | LCA Rhede                   | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 2.                          | 2051 | Ansgar Wissing         | 1965       | 02:05:48 | LG Emsdetten                | 11. Steinhart500; 06.11.2022 |  |
|                      |                               | 3.                          | 2171 | Andree Ferneding       | 1959       | 02:10:56 | Team Laufrausch e. V.       | 07. Steinhart500; 11.11.2018 |  |
| Senioren 60          |                               | 1.                          | 2107 | Robert Großkopf        | 1956       | 02:13:06 | ETuS Rheine                 | 06. Steinhart500; 12.11.2017 |  |
|                      |                               | 2.                          | 2026 | Heinz Stockbrink       | 1959       | 02:19:33 | (Gescher)                   | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 3.                          | 2086 | Gerd Dreisbach         | 1954       | 02:30:58 | Laufftreff Hohenholte       | 07. Steinhart500; 11.11.2018 |  |
| Senioren 65          |                               | 1.                          | 2016 | Carly van Pinxten      | 1951       | 02:21:10 | LAG S.C. PRINS HENDRIK      | 05. Steinhart500; 06.11.2016 |  |
|                      |                               | 2.                          | 2049 | Gerd Dreisbach         | 1954       | 02:26:58 | Laufftreff Hohenholte       | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 3.                          | 2087 | Rainer Lid             | 1952       | 02:29:50 | LSF Münster                 | 10. Steinhart500; 07.11.2021 |  |
| Senioren 70          |                               | 1.                          | 2115 | Wolfgang Neugrewe      | 1949       | 02:38:06 | LC Solbad Ravensburg        | 08. Steinhart500; 10.11.2019 |  |
|                      |                               | 2.                          | 2163 | Eckard Kormann         | 1950       | 03:04:27 | Marathon Steinfurt          | 11. Steinhart500; 06.11.2022 |  |
|                      |                               | 3.                          | 2114 | Eckard Kormann         | 1950       | 03:05:58 | Marathon Steinfurt          | 10. Steinhart500; 07.11.2021 |  |
| Senioren 75          |                               | 1.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| Senioren 80          |                               | 1.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| weibliche Jugend U14 |                               | 1.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 3.                          |      |                        |            |          |                             |                              |  |
| weibliche Jugend U16 |                               | 1.                          |      |                        |            |          |                             |                              |  |
|                      |                               | 2.                          |      |                        |            |          |                             |                              |  |

|                     |                               |                                     |                    |                     |          |                          |                             |                              |                              |  |  |
|---------------------|-------------------------------|-------------------------------------|--------------------|---------------------|----------|--------------------------|-----------------------------|------------------------------|------------------------------|--|--|
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | weibliche Jugend U18          | 1.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | weibliche Jugend U20          | 1.                                  | 2151               | Edda Reis           | 2003     | 02:19:37                 | (Paderborn)                 |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | weibliche Jugend U23          | 1.                                  | 2001               | Christine Greve     | 1999     | 02:03:13                 | LSF Münster                 |                              | 10. Steinhart500; 07.11.2021 |  |  |
|                     |                               | 2.                                  | 2082               | Christine Greve     | 1999     | 02:06:49                 | Hengst filtration           |                              | 08. Steinhart500; 10.11.2019 |  |  |
|                     |                               | 3.                                  | 2103               | Elena Wissing       | 1997     | 02:12:47                 | LG Emsdetten                |                              | 08. Steinhart500; 10.11.2019 |  |  |
|                     | Frauen                        | 1.                                  | 2002               | Katja Tegeler       | 1996     | 01:55:53                 | Running Crew Münster        |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 2.                                  | 2014               | Christine Greve     | 1999     | 02:07:34                 | LSF Münster                 |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 3.                                  | 2020               | Franziska Hagemann  | 1995     | 02:09:09                 | (Münster)                   |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     | Seniorinnen 30                | 1.                                  | 2083               | Sophie Evers        | 1986     | 02:20:20                 | SG Borken                   |                              | 07. Steinhart500; 11.11.2018 |  |  |
|                     |                               | 2.                                  | 2041               | Ina Vennemann       | 1987     | 02:23:26                 | (Münster)                   |                              | 07. Steinhart500; 11.11.2018 |  |  |
|                     |                               | 3.                                  | 2061               | Marion Fladda       | 1984     | 02:26:12                 | Laufen-in-Dortmund.de       |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     | Seniorinnen 35                | 1.                                  | 2072               | Angela Reinke       | 1984     | 02:25:30                 | Westfalia Hopsten           |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 2.                                  | 2074               | Katharina Galla     | 1986     | 02:27:01                 | (Datteln)                   |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 3.                                  | 2020               | Katja Hollensteiner | 1976     | 02:27:19                 | LC 92 Bad Salzuflen         |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     | Seniorinnen 40                | 1.                                  | 2028               | Christiane Postert  | 1974     | 02:09:35                 | LG Ems Warendorf            |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     |                               | 2.                                  | 2088               | Barbara Menßen      | 1976     | 02:21:01                 | Lauffreunde Emsland         |                              | 06. Steinhart500; 12.11.2017 |  |  |
|                     |                               | 3.                                  | 2034               | Kathy Heskamp       | 1974     | 02:29:13                 | Lauffreunde Emsland         |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     | Seniorinnen 45                | 1.                                  | 2046               | Kerstin Sprinz      | 1967     | 02:18:28                 | TEA / Lauffreunde Harsefeld |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     |                               | 2.                                  | 2071               | Gudrun Kass         | 1968     | 02:21:20                 | SG Borken                   |                              | 06. Steinhart500; 12.11.2017 |  |  |
|                     |                               | 3.                                  | 2097               | Petra Häuser        | 1976     | 02:21:45                 | LG Brechen                  |                              | 10. Steinhart500; 07.11.2021 |  |  |
|                     | Seniorinnen 50                | 1.                                  | 2030               | Gudrun Kass         | 1968     | 02:13:56                 | SG Borken                   |                              | 08. Steinhart500; 10.11.2019 |  |  |
|                     |                               | 2.                                  | 4116               | Ingrid König        | 1963     | 02:21:37                 | SC Altenheine               |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     |                               | 3.                                  | 2079               | Gudrun Kass         | 1968     | 02:22:30                 | SG Borken                   |                              | 07. Steinhart500; 11.11.2018 |  |  |
|                     | Seniorinnen 55                | 1.                                  | 2041               | Anja Wolters        | 1967     | 02:22:29                 | LG Emsdetten                |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 2.                                  | 2095               | Elisabeth Rewer     | 1962     | 02:26:25                 | Marathon Steinfurt          |                              | 06. Steinhart500; 12.11.2017 |  |  |
|                     |                               | 3.                                  | 2091               | Evelyn Rosner       | 1963     | 02:50:15                 | Osnabrücker Sportclub       |                              | 08. Steinhart500; 10.11.2019 |  |  |
|                     | Seniorinnen 60                | 1.                                  | 2085               | Regina Tank         | 1959     | 02:31:31                 | Dortmund                    |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 2.                                  | 4046               | Alida Kranenburg    | 1954     | 03:16:24                 | LSF Münster                 |                              | 05. Steinhart500; 06.11.2016 |  |  |
|                     |                               | 3.                                  | 2159               | Caroline Klett      | 1961     | 03:17:04                 | LustvollLaufenLernen        |                              | 10. Steinhart500; 07.11.2021 |  |  |
|                     | Seniorinnen 65                | 1.                                  | 3145               | Beate Jürgensen     | 1953     | 04:06:03                 | Lauffreunde Emsland         |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | Seniorinnen 70                | 1.                                  | 3034               | Margret Venker      | 1947     | 03:22:51                 | LG Emsdetten                |                              | 08. Steinhart500; 10.11.2019 |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | Seniorinnen 75                | 1.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | Seniorinnen 80                | 1.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               |                                     |                    |                     |          |                          |                             |                              |                              |  |  |
| <b>42 km</b>        | <b>Streckenrekord männl.:</b> |                                     |                    | Markus Scheller     | 1989     | 02:35:15                 | LG Ems Warendorf            |                              | 10. Steinhart500; 07.11.2021 |  |  |
| <b>42 km</b>        | <b>Streckenrekord weibl:</b>  |                                     |                    | Susanne Harz        | 1972     | 03:26:10                 | Team ERDINGER Alkoholfrei   |                              | 11. Steinhart500; 06.11.2022 |  |  |
| <b>Wertungslauf</b> |                               | <b>Steinhart500 (Crossmarathon)</b> |                    |                     |          |                          |                             |                              |                              |  |  |
| Altersklasse        |                               | AKPL                                | St.-Nr.            | Name                | Jahrgang | Zeit Netto               | Verein                      | Veranstaltungsjahr           | Bemerkung                    |  |  |
| Frauen              | männliche Jugend U14          | 1.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | männliche Jugend U16          | 1.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | männliche Jugend U18          | 1.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | männliche Jugend U20          | 1.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 2.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | männliche Jugend U23          | 1.                                  | 3021               | Dennis Eifers       | 1994     | 02:58:57                 | (Steinfurt)                 |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     |                               | 2.                                  | 3032               | Steffen Kreis       | 1996     | 04:13:19                 | LWT Dortmund-Ost            |                              | 06. Steinhart500; 12.11.2017 |  |  |
|                     |                               | 3.                                  | 3014               | Felix Helgers       | 1998     | 04:31:14                 | (Bocholt)                   |                              | 08. Steinhart500; 10.11.2019 |  |  |
|                     | Männer                        | 1.                                  | 3020               | Luca Heerdt         | 1995     | 02:40:33                 | Weicon Tri Finish Münster   |                              | 10. Steinhart500; 07.11.2021 |  |  |
|                     |                               | 2.                                  | 3018               | Moritz Beyer        | 1996     | 03:07:42                 | (Freilassing)               |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 3.                                  | 3052               | Thomas Spitzmann    | 1987     | 03:12:26                 | Tri-Finish Münster          |                              | 05. Steinhart500; 06.11.2016 |  |  |
|                     | Senioren 30                   | 1.                                  | 3001               | Markus Scheller     | 1989     | 02:35:15                 | LG Ems Warendorf            |                              | 10. Steinhart500; 07.11.2021 |  |  |
|                     |                               | 2.                                  | 3092               | Markus Titgemeyer   | 1983     | 02:45:05                 | TV Georgsmarienhütte        |                              | 05. Steinhart500; 06.11.2016 |  |  |
|                     |                               | 3.                                  | 4101               | Marc Außendorf      | 1984     | 02:47:24                 | Marathon Steinfurt          |                              | 07. Steinhart500; 11.11.2018 |  |  |
|                     | Senioren 35                   | 1.                                  | 3043               | Marc Wagemaker      | 1980     | 02:51:08                 | SVA Salzbergen              |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     |                               | 2.                                  | 3094               | Michael Prott       | 1977     | 02:59:44                 | LSF Münster                 |                              | 05. Steinhart500; 06.11.2016 |  |  |
|                     |                               | 3.                                  | 4047               | Armin Hackmann      | 1982     | 03:05:55                 | HelpAge - Jede Oma zählt    |                              | 06. Steinhart500; 12.11.2017 |  |  |
|                     | Senioren 40                   | 1.                                  | 3006               | Marcus Kuhl         | 1981     | 03:05:29                 | Lauffreunde Emsland         |                              | 10. Steinhart500; 07.11.2021 |  |  |
|                     |                               | 2.                                  | 3002               | Markus Gördes       | 1972     | 03:06:18                 | OTV Endurance Team          |                              | 04. Steinhart500; 08.11.2015 |  |  |
|                     |                               | 3.                                  |                    |                     |          |                          |                             |                              |                              |  |  |
|                     | Senioren 45                   | 1.                                  | 3008               | Frank Schulz        | 1977     | 03:09:42                 | (Winsen Iuhe)               |                              | 11. Steinhart500; 06.11.2022 |  |  |
|                     |                               | 2.                                  | 4068               | Markus Löckemann    | 1972     | 03:17:24                 | LG Emsdetten                |                              | 07. Steinhart500; 11.11.2018 |  |  |
|                     |                               | 3.                                  | 3045               | Stephan Herbert     | 1970     | 03:19:00                 | Marathon Steinfurt          |                              | 08. Steinhart500; 10.11.2019 |  |  |
| Senioren 50         | 1.                            | 4031                                | Christof Marquardt | 1968                | 02:57:54 | LG Deiringen             |                             | 07. Steinhart500; 11.11.2018 |                              |  |  |
|                     | 2.                            | 3040                                | Norbert Feldhaus   | 1964                | 03:14:18 | LCA Rhede                |                             | 05. Steinhart500; 06.11.2016 |                              |  |  |
|                     | 3.                            | 3037                                | Norbert Feldhaus   | 1964                | 03:21:21 | LCA Rhede                |                             | 04. Steinhart500; 08.11.2015 |                              |  |  |
| Senioren 55         | 1.                            | 3066                                | Guido Steiner      | 1965                | 03:28:33 | Lauffreunde Lüdinghausen |                             | 10. Steinhart500; 07.11.2021 |                              |  |  |
|                     | 2.                            | 3028                                | Ralf Uffenbrink    | 1966                | 03:29:59 | Tus Wagenfeld            |                             | 11. Steinhart500; 06.11.2022 |                              |  |  |

|                      |                        |                          |                       |                           |          |                            |                                  |                              |           |  |
|----------------------|------------------------|--------------------------|-----------------------|---------------------------|----------|----------------------------|----------------------------------|------------------------------|-----------|--|
|                      | Senioren 60            | 3.                       | 3104                  | Bernhard Rensmann         | 1964     | 03:37:37                   | SV Bawinkel                      | 08. Steinhart500; 10.11.2019 |           |  |
|                      |                        | 1.                       | 3089                  | Jürgen Strathoff          | 1958     | 03:34:37                   | LG Habbeskamp                    | 07. Steinhart500; 11.11.2018 |           |  |
|                      |                        | 2.                       | 3113                  | Jürgen Strathoff          | 1958     | 03:42:28                   | LG Habbeskamp                    | 08. Steinhart500; 10.11.2019 |           |  |
|                      | Senioren 65            | 3.                       | 3060                  | Hans Tillack              | 1959     | 03:45:22                   | LG Emsdetten                     | 11. Steinhart500; 06.11.2022 |           |  |
|                      |                        | 1.                       | 3018                  | Bernd Brinkhues           | 1949     | 03:58:12                   | SC Altenrheine                   | 06. Steinhart500; 12.11.2017 |           |  |
|                      |                        | 2.                       | 3079                  | Dr. Wigbert Rischen       | 1956     | 04:04:40                   | SUS Olfen                        | 11. Steinhart500; 06.11.2022 |           |  |
|                      | Senioren 70            | 3.                       | 3074                  | Clemens Völkert           | 1956     | 04:07:33                   | SV Dickenberg                    | 11. Steinhart500; 06.11.2022 |           |  |
|                      |                        | 1.                       | 3103                  | Peter Wolfrom             | 1949     | 04:43:17                   | LT Schoppenstecher               | 08. Steinhart500; 10.11.2019 |           |  |
|                      |                        | 2.                       | 3128                  | Karl-Walter Decius        | 1949     | 04:44:54                   | Trail Team OWL/100MC             | 08. Steinhart500; 10.11.2019 |           |  |
|                      | Senioren 75            | 3.                       | 3035                  | Paul Venker               | 1947     | 04:53:08                   | LG Emsdetten                     | 08. Steinhart500; 10.11.2019 |           |  |
|                      |                        | 1.                       | 3128                  | Peter Orth                | 1943     | 04:31:17                   | LG Vellmar                       | 07. Steinhart500; 11.11.2018 |           |  |
|                      |                        | 2.                       | 3105                  | Dieter Reich              | 1942     | 05:04:06                   | FTSV Heckershausen               | 07. Steinhart500; 11.11.2018 |           |  |
|                      | Senioren 80            | 3.                       | 3122                  | Ha-We Rehers              | 1947     | 05:40:01                   | OsnabrückerSC/100Marathon        | 11. Steinhart500; 06.11.2022 |           |  |
|                      |                        | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      | Frauen                 | weibliche Jugend U14     | 3.                    |                           |          |                            |                                  |                              |           |  |
|                      |                        |                          | 1.                    |                           |          |                            |                                  |                              |           |  |
|                      |                        |                          | 2.                    |                           |          |                            |                                  |                              |           |  |
|                      |                        | weibliche Jugend U16     | 3.                    |                           |          |                            |                                  |                              |           |  |
| 1.                   |                        |                          |                       |                           |          |                            |                                  |                              |           |  |
| 2.                   |                        |                          |                       |                           |          |                            |                                  |                              |           |  |
| weibliche Jugend U18 |                        | 3.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
| weibliche Jugend U20 |                        | 3.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
| weibliche Jugend U23 |                        | 3.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
| Frauen               |                        | 3.                       | 3058                  | Maike Kantimm             | 1994     | 03:39:50                   | Active Laufteam Münster          | 08. Steinhart500; 10.11.2019 |           |  |
|                      |                        | 1.                       | 3029                  | Melanie Stahn             | 1994     | 03:57:24                   | (Münster)                        | 07. Steinhart500; 11.11.2018 |           |  |
|                      |                        | 2.                       | 3014                  | Stephanie Hardt           | 1988     | 04:05:27                   | Ich schwitze nicht, ich glitzer! | 06. Steinhart500; 12.11.2017 |           |  |
| Seniorinnen 30       |                        | 3.                       | 3045                  | Stefanie Schulze Palstrin | 1990     | 03:30:11                   | Tri Finsih Münster               | 11. Steinhart500; 06.11.2022 |           |  |
|                      | 1.                     | 3063                     | Sara Kaute            | 1983                      | 03:44:12 | Active Laufteam Münster    | 06. Steinhart500; 12.11.2017     |                              |           |  |
|                      | 2.                     | 3005                     | Silvia Sprenger       | 1984                      | 03:57:45 | LSF Münster                | 05. Steinhart500; 06.11.2016     |                              |           |  |
| Seniorinnen 35       | 3.                     | 4109                     | Sandra Weidner        | 1983                      | 03:46:23 | BSG LVM Versicherung Münst | 07. Steinhart500; 11.11.2018     |                              |           |  |
|                      | 1.                     | 3004                     | Petra Häuser          | 1976                      | 03:47:41 | (Villmar)                  | 04. Steinhart500; 08.11.2015     |                              |           |  |
|                      | 2.                     | 3025                     | Silvia Sprenger       | 1984                      | 04:04:15 | LSF Münster                | 11. Steinhart500; 06.11.2022     |                              |           |  |
| Seniorinnen 40       | 3.                     | 3085                     | Ines Sandbote         | 1974                      | 03:51:34 | TVE Greven/Triathlon       | 05. Steinhart500; 06.11.2016     |                              |           |  |
|                      | 1.                     | 4085                     | Heike Schrant         | 1971                      | 03:57:02 | SV Bokeloh                 | 04. Steinhart500; 08.11.2015     |                              |           |  |
|                      | 2.                     | 4137                     | Iris Vromans          | 1977                      | 04:08:36 | Marathon Plus              | 06. Steinhart500; 12.11.2017     |                              |           |  |
| Seniorinnen 45       | 3.                     | 3004                     | Susanne Harz          | 1972                      | 03:27:34 | Team ERDINGER Alkoholfrei  | 08. Steinhart500; 10.11.2019     |                              |           |  |
|                      | 1.                     | 3002                     | Britta Mergelmeyer    | 1972                      | 03:29:22 | TuS Borgloh                | 08. Steinhart500; 10.11.2019     |                              |           |  |
|                      | 2.                     | 3130                     | Britta Mergelmeyer    | 1972                      | 03:35:04 | TV Georgsmarienhütte       | 07. Steinhart500; 11.11.2018     |                              |           |  |
| Seniorinnen 50       | 3.                     | 3016                     | Susanne Harz          | 1972                      | 03:26:10 | Team ERDINGER Alkoholfrei  | 11. Steinhart500; 06.11.2022     |                              |           |  |
|                      | 1.                     | 3052                     | Silvia Rusche         | 1962                      | 03:42:19 | SUS Olfen                  | 04. Steinhart500; 08.11.2015     |                              |           |  |
|                      | 2.                     | 3103                     | Ingrid König          | 1963                      | 03:43:36 | SC Altenrheine             | 05. Steinhart500; 06.11.2016     |                              |           |  |
| Seniorinnen 55       | 3.                     | 3032                     | Regina Tank           | 1959                      | 03:37:55 | Dortmund                   | 04. Steinhart500; 08.11.2015     |                              |           |  |
|                      | 1.                     | 3041                     | Eva Gaszek            | 1966                      | 03:38:16 | LSF Münster                | 10. Steinhart500; 07.11.2021     |                              |           |  |
|                      | 2.                     | 3060                     | Regina Tank           | 1959                      | 03:47:02 | Dortmund                   | 06. Steinhart500; 12.11.2017     |                              |           |  |
| Seniorinnen 60       | 3.                     | 5060                     | Jutta Voges           | 1954                      | 04:20:57 | TV Georgsmarienhütte       | 04. Steinhart500; 08.11.2015     |                              |           |  |
|                      | 1.                     | 3083                     | Herta de Buhr         | 1960                      | 04:30:40 | Fortuna Logabirum          | 11. Steinhart500; 06.11.2022     |                              |           |  |
|                      | 2.                     | 3134                     | Jutta Voges           | 1954                      | 04:32:59 | (Hasbergen)                | 07. Steinhart500; 11.11.2018     |                              |           |  |
| Seniorinnen 65       | 3.                     | 3074                     | Christine van Pareren | 1952                      | 04:11:57 | Vegan Runners NL           | 07. Steinhart500; 11.11.2018     |                              |           |  |
|                      | 1.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
|                      | 2.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
| Seniorinnen 70       | 3.                     | 3108                     | Julia Suwelack        | 1947                      | 04:42:18 | LSF Münster                | 06. Steinhart500; 12.11.2017     |                              |           |  |
|                      | 1.                     | 3084                     | Julia Suwelack        | 1947                      | 04:51:31 | LSF Münster                | 08. Steinhart500; 10.11.2019     |                              |           |  |
|                      | 2.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
| Seniorinnen 75       | 3.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
|                      | 1.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
|                      | 2.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
| Seniorinnen 80       | 3.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
|                      | 1.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
|                      | 2.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
| 56 km                | Streckenrekord männl.: |                          | Patrick Kaczynski     | 1990                      | 03:50:21 | my-marathons.jimdofree.com | 10. Steinhart500; 07.11.2021     |                              |           |  |
| 56 km                | Streckenrekord weibl:  |                          | Jenny Wehmschulte     | 1986                      | 05:11:04 | LG Emsdetten               | 10. Steinhart500; 07.11.2021     |                              |           |  |
| <b>Wertungslauf</b>  |                        | <b>Ultrasteinhart666</b> |                       |                           |          |                            |                                  |                              |           |  |
|                      | Altersklasse           | AKPL                     | St.-Nr.               | Name                      | Jahrgang | Zeit Netto                 | Verein                           | Veranstaltungsjahr           | Bemerkung |  |
|                      | männliche Jugend U14   | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 3.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      | männliche Jugend U16   | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 3.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      | männliche Jugend U18   | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 3.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      | männliche Jugend U20   | 1.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 2.                       |                       |                           |          |                            |                                  |                              |           |  |
|                      |                        | 3.                       |                       |                           |          |                            |                                  |                              |           |  |
| männliche Jugend U23 | 1.                     |                          |                       |                           |          |                            |                                  |                              |           |  |
|                      | 2.                     |                          |                       |                           |          |                            |                                  |                              |           |  |

|                      |             |                      |      |                     |      |          |                             |                              |  |
|----------------------|-------------|----------------------|------|---------------------|------|----------|-----------------------------|------------------------------|--|
| Männer               |             | 3.                   |      |                     |      |          |                             |                              |  |
|                      | Männer      | 1.                   | 4052 | Patrick Kaczynski   | 1990 | 03:58:21 | my-marathons.jimdo.com      | 07. Steinhart500; 11.11.2018 |  |
|                      |             | 2.                   | 4009 | Felix Mettke        | 1994 | 04:00:07 | Hochschulsport Münster      | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 3.                   | 4004 | Felix Mettke        | 1994 | 04:08:04 | Herkenrather Laufverein     | 11. Steinhart500; 06.11.2022 |  |
|                      | Senioren 30 | 1.                   | 4006 | Patrick Kaczynski   | 1990 | 03:50:21 | my-marathons.jimdo.free.com | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 2.                   | 4005 | Sören Hand          | 1989 | 04:15:32 | LSF Münster                 | 11. Steinhart500; 06.11.2022 |  |
|                      |             | 3.                   | 4081 | Daniel Plugge       | 1984 | 04:19:01 | POWER OF BACON              | 06. Steinhart500; 12.11.2017 |  |
|                      | Senioren 35 | 1.                   | 4023 | Thomas Bonesky      | 1981 | 04:16:31 | Triathlon Club Bremen       | 08. Steinhart500; 10.11.2019 |  |
|                      |             | 2.                   | 4039 | Benjamin Lubert     | 1981 | 04:22:47 | Team Erdinger Alkoholfrei   | 05. Steinhart500; 06.11.2016 |  |
|                      |             | 3.                   | 4082 | Toni Hecker         | 1983 | 04:24:42 | Ultra Sport Club Marburg    | 08. Steinhart500; 10.11.2019 |  |
|                      | Senioren 40 | 1.                   | 4006 | Eugen Efremow       | 1980 | 04:19:07 | (Senden)                    | 11. Steinhart500; 06.11.2022 |  |
|                      |             | 2.                   | 4014 | Thomas Bonesky      | 1981 | 04:25:32 | Triathlon Club Bremen       | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 3.                   | 4078 | Marcel Pelgrim      | 1977 | 04:33:16 | Team Bergblut - Loikum      | 08. Steinhart500; 10.11.2019 |  |
|                      | Senioren 45 | 1.                   | 5050 | Christof Marquardt  | 1968 | 03:56:56 | LG Deiringsen/BSG Sparkasse | 04. Steinhart500; 08.11.2015 |  |
|                      |             | 2.                   | 4001 | Christof Marquardt  | 1968 | 04:05:03 | LG Deiringsen/BSG Sparkasse | 05. Steinhart500; 06.11.2016 |  |
|                      |             | 3.                   | 4003 | Markus Löckemann    | 1972 | 04:42:12 | LG Emsdetten                | 08. Steinhart500; 10.11.2019 |  |
|                      | Senioren 50 | 1.                   | 4004 | Michael Sting       | 1968 | 04:14:14 | VfL Wehbach                 | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 2.                   | 4003 | Thomas Bardtke      | 1967 | 04:14:44 | BSG LVM Versicherung Münst  | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 3.                   | 4064 | Thomas Bardtke      | 1967 | 04:19:02 | BSG LVM Versicherung Münst  | 07. Steinhart500; 11.11.2018 |  |
|                      | Senioren 55 | 1.                   | 4113 | Bernhard Munz       | 1961 | 04:37:18 | LG Allgäu/Kempten           | 06. Steinhart500; 12.11.2017 |  |
|                      |             | 2.                   | 4085 | Reinhard Zumdick    | 1963 | 04:39:11 | LSF Münster                 | 08. Steinhart500; 10.11.2019 |  |
|                      |             | 3.                   | 4044 | Jürgen Bultmann     | 1961 | 04:39:33 | VC Nienburg                 | 05. Steinhart500; 06.11.2016 |  |
|                      | Senioren 60 | 1.                   | 4049 | Josef Hölscher      | 1952 | 04:36:52 | (Meppen)                    | 05. Steinhart500; 06.11.2016 |  |
|                      |             | 2.                   | 4042 | Gerd Kischke        | 1956 | 04:49:22 | Freaks Of Nature            | 07. Steinhart500; 11.11.2018 |  |
|                      |             | 3.                   | 4086 | Karl Berndstrotmann | 1957 | 05:15:18 | Lauftreff Lüdinghausen      | 07. Steinhart500; 11.11.2018 |  |
|                      | Senioren 65 | 1.                   | 4036 | Norbert Madry       | 1954 | 05:34:49 | SF Blau-Gelb Marburg        | 11. Steinhart500; 06.11.2022 |  |
|                      |             | 2.                   | 4114 | Peter Böhm          | 1952 | 05:54:29 | LG Kreis Vreden             | 06. Steinhart500; 12.11.2017 |  |
|                      |             | 3.                   | 5036 | Rolf Ebbing         | 1950 | 05:56:24 | Marathon Steinfurt          | 04. Steinhart500; 08.11.2015 |  |
|                      | Senioren 70 | 1.                   | 4047 | Ha-We-Rehers        | 1947 | 06:45:45 | OsnabrückerSC/100Marathon   | 07. Steinhart500; 11.11.2018 |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
|                      | Senioren 75 | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
|                      | Senioren 80 | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
|                      | Frauen      | weibliche Jugend U14 | 1.   |                     |      |          |                             |                              |  |
|                      |             |                      | 2.   |                     |      |          |                             |                              |  |
|                      |             |                      | 3.   |                     |      |          |                             |                              |  |
|                      |             | weibliche Jugend U16 | 1.   |                     |      |          |                             |                              |  |
|                      |             |                      | 2.   |                     |      |          |                             |                              |  |
| 3.                   |             |                      |      |                     |      |          |                             |                              |  |
| weibliche Jugend U18 |             | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| weibliche Jugend U20 |             | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| weibliche Jugend U23 |             | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| Frauen               |             | 1.                   | 4122 | Katharina Bey       | 1990 | 05:34:18 | LG Ultralauf                | 06. Steinhart500; 12.11.2017 |  |
|                      |             | 2.                   | 4035 | Ronja Zerbst        | 1997 | 06:20:12 | (Münster)                   | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| Seniorinnen 30       |             | 1.                   | 4131 | Stefania Makiola    | 1983 | 05:15:13 | Ultrafriesen e. V.          | 06. Steinhart500; 12.11.2017 |  |
|                      |             | 2.                   | 4107 | Mareike Sültz       | 1985 | 05:29:08 | TV Urbar                    | 06. Steinhart500; 12.11.2017 |  |
|                      |             | 3.                   | 4102 | Jenny Wehmschulte   | 1986 | 05:57:41 | Mali Crew e. V.             | 06. Steinhart500; 12.11.2017 |  |
| Seniorinnen 35       |             | 1.                   | 4002 | Jenny Wehmschulte   | 1986 | 05:11:04 | LG Emsdetten                | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 2.                   | 4080 | Jasmin Schmerfeld   | 1982 | 05:30:59 | (Castrop-Rauxel)            | 06. Steinhart500; 12.11.2017 |  |
|                      |             | 3.                   | 4033 | Sara Kaute          | 1983 | 05:47:23 | (Coesfeld)                  | 10. Steinhart500; 07.11.2021 |  |
| Seniorinnen 40       |             | 1.                   | 4075 | Dunja Plesnik       | 1976 | 05:20:06 | TuS Breckerfeld             | 06. Steinhart500; 12.11.2017 |  |
|                      |             | 2.                   | 4075 | Dunja Plesnik       | 1976 | 05:21:58 | TuS Breckerfeld             | 07. Steinhart500; 11.11.2018 |  |
|                      |             | 3.                   | 5057 | Tanja Niedick       | 1975 | 05:25:14 | Team Erdinger Alkoholfrei   | 04. Steinhart500; 08.11.2015 |  |
| Seniorinnen 45       |             | 1.                   | 4023 | Ute Erdenberger     | 1973 | 05:22:23 | Marathon Steinfurt          | 10. Steinhart500; 07.11.2021 |  |
|                      |             | 2.                   | 4017 | Ute Erdenberger     | 1973 | 05:28:23 | Marathon Steinfurt          | 08. Steinhart500; 10.11.2019 |  |
|                      |             | 3.                   | 4050 | Melanie Hübschen    | 1977 | 05:35:54 | (Düsseldorf)                | 11. Steinhart500; 06.11.2022 |  |
| Seniorinnen 50       |             | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| Seniorinnen 55       |             | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| Seniorinnen 60       |             | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| Seniorinnen 65       |             | 1.                   |      |                     |      |          |                             |                              |  |
|                      |             | 2.                   |      |                     |      |          |                             |                              |  |
|                      |             | 3.                   |      |                     |      |          |                             |                              |  |
| Seniorinnen 70       | 1.          |                      |      |                     |      |          |                             |                              |  |
|                      | 2.          |                      |      |                     |      |          |                             |                              |  |
|                      | 3.          |                      |      |                     |      |          |                             |                              |  |
| Seniorinnen 75       | 1.          |                      |      |                     |      |          |                             |                              |  |
|                      | 2.          |                      |      |                     |      |          |                             |                              |  |
|                      | 3.          |                      |      |                     |      |          |                             |                              |  |
| Seniorinnen 80       | 1.          |                      |      |                     |      |          |                             |                              |  |
|                      | 2.          |                      |      |                     |      |          |                             |                              |  |

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|  |  | 3. |  |  |  |  |  |  |  |
|--|--|----|--|--|--|--|--|--|--|