

21. Knesebecker Einhornlauf 2023

Ergebnisliste AK

| Platz | Startnr. | Name | Jg. | Verein | Zeit |
|------------|----------|-------------------|------|---------------------------------------|---------|
| 10 km Lauf | | | | | |
| WJ U18 | | | | | |
| 1. | 314 | Kostrewa, Maeva | 2006 | VfL Wolfsburg | 1:06:51 |
| WJ U23 | | | | | |
| 1. | 322 | Zierenberg, Malin | 2001 | VfL Wolfsburg | 42:15 |
| 2. | 225 | Carulli, Chiara | 2001 | Intro Wolfsburg | 55:08 |
| W | | | | | |
| 1. | 201 | Evenblij, Joke | 1997 | LC BlueLiner | 41:00 |
| 2. | 237 | Tilk, Lena-Sophie | 1996 | KRAFT Runners | 46:47 |
| 3. | 241 | Höfermann, Leonie | 1994 | Team Waggumer Holz | 47:58 |
| 4. | 224 | Kiehne, Franziska | 1997 | | 55:06 |
| W30 | | | | | |
| 1. | 335 | List, Svenja | 1993 | VfL Knesbeck | 44:12 |
| 2. | 296 | Blank, Marina | 1990 | | 52:26 |
| 3. | 213 | Quinten, Judith | 1990 | Hoitlinger SV | 55:41 |
| 4. | 355 | Jörgens, Alina | 1992 | SV Jembke | 59:13 |
| W35 | | | | | |
| 1. | 328 | Wellmann, Dorit | 1988 | Team Waggumer Holz | 41:54 |
| 2. | 245 | Stempel, Ines | 1985 | | 52:53 |
| 3. | 301 | Otte, Maren | 1986 | VfR Wilsche-Neubokel | 52:53 |
| 4. | 227 | Onigkeit, Nelly | 1985 | SV Jembke | 54:27 |
| 5. | 366 | Hölter, Kaisu | 1988 | VfR Wilsche-Neubokel | 58:45 |
| W40 | | | | | |
| 1. | 239 | Götting, Peggy | 1982 | MTV Müden/ Örtze | 43:28 |
| 2. | 273 | Fromholz, Daniela | 1979 | Hoitlinger SV | 47:11 |
| 3. | 226 | Wojahn, Sabrina | 1982 | LG Ultralauf | 48:50 |
| 4. | 229 | Lenz, Sandra | 1979 | VfB Fallersleben | 52:50 |
| 5. | 278 | Kolibal, Eva | 1983 | Barnstorfer SV | 58:43 |
| 6. | 247 | Soltau, Stefanie | 1979 | | 1:02:35 |
| W45 | | | | | |
| 1. | 206 | Nickel, Kathrin | 1974 | Bergziegen Fallersleben | 43:15 |
| 2. | 288 | Naumann, Nadine | 1978 | --- | 55:20 |
| 3. | 291 | Hartmann, Kathrin | 1977 | VfB Fallersleben | 56:46 |
| W50 | | | | | |
| 1. | 306 | Genzler, Tina | 1971 | VfR Wilsche-Neubokel | 55:46 |
| 2. | 356 | Gruß, Katja | 1972 | LT Bietigheim | 57:34 |
| 3. | 281 | Herdegen, Nicky | 1971 | sportTREND Ultralaufteam Braunschweig | 58:47 |
| 4. | 238 | Milatz, Anke | 1972 | Hoitlinger SV | 1:00:14 |
| 5. | 274 | Krieghoff, Anja | 1969 | VfL Wolfsburg | 1:00:22 |
| W55 | | | | | |
| 1. | 255 | Roeßler, Ines | 1968 | VfB Fallersleben | 47:29 |
| 2. | 332 | Becker, Karin | 1964 | VfB Fallersleben | 51:10 |
| 3. | 298 | Scheibner, Ulrike | 1968 | VfB Fallersleben | 56:08 |

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|-------|----------|--------------|------|-----------------------------|---------|
| 4. | 293 | Brand, Heidi | 1966 | MODO RUNNERS TSV Grußendorf | 1:08:44 |

W60

| | | | | | |
|----|-----|-----------------|------|----------------------------|---------|
| 1. | 207 | Scharke, Simone | 1961 | Team Waggumer Holz | 49:09 |
| 2. | 285 | Manzeck, Karin | 1959 | VfB Fallersleben | 57:02 |
| 3. | 368 | Mitulla, Uta | 1959 | Die Selbstläufer Wolfsburg | 1:29:28 |

W65

| | | | | | |
|----|-----|------------------------------|------|----------------------|---------|
| 1. | 223 | Przybylla-Hasenjäger, Gisela | 1956 | VfR Wilsche-Neubokel | 1:13:48 |
|----|-----|------------------------------|------|----------------------|---------|

W70

| | | | | | |
|----|-----|-----------------|------|----------------------|---------|
| 1. | 299 | Backhaus, Helga | 1953 | VfR Wilsche-Neubokel | 1:21:01 |
|----|-----|-----------------|------|----------------------|---------|

MJ U20

| | | | | | |
|----|-----|---------------|------|------------------|-------|
| 1. | 212 | Evers, Melvin | 2004 | VfB Fallersleben | 36:33 |
|----|-----|---------------|------|------------------|-------|

MJ U23

| | | | | | |
|----|-----|-------------------|------|---------------|-------|
| 1. | 313 | Kostrewa, Raphael | 2002 | VfL Wolfsburg | 51:03 |
|----|-----|-------------------|------|---------------|-------|

M

| | | | | | |
|----|-----|-----------------------|------|--------------------|-------|
| 1. | 324 | Hannich, Steffen | 1994 | VfL Wolfsburg | 34:11 |
| 2. | 325 | Paulmann, Georg | 1995 | VfL Wolfsburg | 36:04 |
| 3. | 341 | Schwendenmann, Hannes | 1996 | Team Waggumer Holz | 37:21 |
| 4. | 305 | Schneider, Philipp | 1994 | Team Waggumer Holz | 40:40 |
| 5. | 349 | Gille, Johannes | 1995 | VfL Wolfsburg | 41:42 |
| 6. | 345 | Kostrewa, Cédric | 2000 | VfL Wolfsburg | 44:11 |
| 7. | 266 | Gerdau, Dominik | 1995 | VfL Wolfsburg | 51:51 |

M30

| | | | | | |
|----|-----|----------------------|------|-------------------------|-------|
| 1. | 340 | Boohs, Christian | 1993 | Braunschweiger Laufclub | 35:38 |
| 2. | 265 | Gerdau, Dennis | 1992 | VfL Wolfsburg | 38:16 |
| 3. | 307 | Feuerhelm, Kevin | 1991 | Braunschweiger Laufclub | 40:08 |
| 4. | 331 | Gerlich, Kai Hendrik | 1993 | ULV Wolfsburg | 42:22 |
| 5. | 338 | Schulz, Florian | 1989 | Bonese | 43:09 |
| 6. | 235 | Feuer, Tobias | 1989 | | 48:54 |
| 7. | 323 | Schünke, Steven | 1992 | VfB Fallersleben | 49:18 |
| 8. | 268 | Müller, Aron | 1993 | Hoitlinger SV | 57:28 |
| 9. | 351 | Taeger, Ben | 1992 | | 57:52 |

M35

| | | | | | |
|-----|-----|-----------------------|------|----------------------|-------|
| 1. | 251 | Bennett, Marc Dominik | 1987 | LG Braunschweig | 38:50 |
| 2. | 316 | Wiegmann, David | 1985 | | 39:01 |
| 3. | 310 | Mrva, Marek | 1988 | VW DIKAB | 39:46 |
| 4. | 208 | Haupt, Sebastian | 1985 | | 40:48 |
| 5. | 248 | Fürste, Jürgen | 1984 | Hoitlinger SV | 43:32 |
| 6. | 209 | Thies, Björn | 1987 | | 43:52 |
| 7. | 228 | Lämmerhardt, Nico | 1986 | VfL Wolfsburg | 45:17 |
| 8. | 214 | Quinten, Christian | 1985 | Hoitlinger SV | 46:16 |
| 9. | 317 | Heitmann, Michael | 1987 | Mud Monkeys Mahnburg | 46:28 |
| 10. | 367 | Szalies, Christian | 1986 | VfR Wilsche-Neubokel | 47:24 |
| 11. | 318 | Heitmann, David | 1985 | Mud Monkeys Mahnburg | 50:29 |
| 12. | 292 | Alrajo, Alaa | 1988 | Team Waggumer Holz | 54:27 |

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| Platz | Startnr. | Name | Jg. | Verein | Zeit |
|------------|----------|-----------------------|------|------------------------------|---------|
| 13. | 337 | Thies, Sören | 1987 | | 55:19 |
| M40 | | | | | |
| 1. | 348 | Ulrich, Tobias | 1979 | VfB Fallersleben | 36:58 |
| 2. | 353 | Simon, Steffen | 1980 | VfL Wolfsburg | 40:25 |
| 3. | 210 | Glowienko, Robert | 1982 | | 40:53 |
| 4. | 330 | Thies, Sebastian | 1982 | | 42:55 |
| 5. | 320 | Cuerdo, Roberto | 1981 | | 43:58 |
| 6. | 360 | Schmidt, Rudi | 1979 | VfB Fallersleben | 46:38 |
| 7. | 350 | Brandt, Arthur | 1980 | LT Hattorf | 56:34 |
| 8. | 277 | Horstmann, Felix | 1979 | | 58:43 |
| M45 | | | | | |
| 1. | 272 | Harwardt, Valentin | 1977 | VfL Wolfsburg | 33:16 |
| 2. | 203 | Hinze, Jörg | 1976 | Team Waggumer Holz | 42:31 |
| 3. | 304 | Neumann, Jens | 1974 | VfR Wilsche-Neubokel | 43:44 |
| 4. | 359 | Ramli, Lee | 1978 | Team Waggumer Holz | 44:57 |
| 5. | 290 | Hartmann, Lars | 1978 | VfB Fallersleben | 45:26 |
| 6. | 233 | Pella, Carsten | 1977 | VfB Fallersleben | 47:37 |
| 7. | 287 | Leue, Enrico | 1974 | | 48:21 |
| 8. | 219 | Heuschmann, Björn | 1977 | | 48:54 |
| 9. | 326 | Prilop, Timo | 1975 | VfR Wilsche-Neubokel | 49:25 |
| 10. | 236 | Ernst, Oliver | 1974 | SV Jembke | 55:01 |
| 11. | 361 | Schanda, Jens | 1978 | | 58:54 |
| 12. | 297 | Schiller, Stefan | 1976 | VfL Vorhop | 59:24 |
| 13. | 243 | Laghezza, Dennis | 1978 | VfB Fallersleben | 1:05:50 |
| M50 | | | | | |
| 1. | 346 | Balzer, Frank | 1969 | VfB Fallersleben | 40:36 |
| 2. | 240 | Börstler, Boris | 1973 | VfB Fallersleben | 41:48 |
| 3. | 211 | Evers, Karsten | 1971 | VfB Fallersleben | 46:08 |
| 4. | 344 | Dörge, Jens | 1972 | | 49:45 |
| 5. | 342 | Hartig, Matthias | 1970 | SV Tülau / Voitze | 50:18 |
| 6. | 275 | Schmidt, Oliver | 1969 | MODO RUNNERS TSV Grußendorf | 51:32 |
| 7. | 218 | Effe, Roland | 1972 | TSV Bergfeld | 53:23 |
| 8. | 319 | Jahrens, Mike | 1969 | Team Lauffieber | 56:14 |
| 9. | 343 | Neumann, Steffen | 1972 | | 56:28 |
| 10. | 205 | Hänisch, Holger | 1969 | Bergziegen Fallersleben | 56:40 |
| 11. | 249 | Erfurth, Holger | 1971 | LT Diddlese / Neubrück | 57:05 |
| 12. | 284 | Sündermann, Frank | 1970 | TSV1919 Kusey | 57:21 |
| 13. | 246 | Bendokat, Knuth | 1970 | Lauf-Team-Wolfsburg | 59:18 |
| 14. | 354 | Berka, Frank | 1970 | Team Stars&Sternchen / 100MC | 1:01:06 |
| 15. | 254 | Kriegeskorte, Michael | 1970 | LeifRunners | 1:01:12 |
| 16. | 352 | Bösecke, Sven | 1973 | | 1:03:59 |
| 17. | 262 | Riedel, Martin | 1970 | VfB Fallersleben | 1:08:21 |
| M55 | | | | | |
| 1. | 220 | Morgenthal, Rainer | 1964 | VfB Fallersleben | 42:29 |
| 2. | 321 | Plumeier, Erwin | 1964 | VfB Fallersleben | 45:51 |
| 3. | 286 | Bartha, Klaus | 1967 | Team Lauffieber | 47:06 |

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|-------|----------|-------------------|------|------------------------|---------|
| 4. | 221 | Sieber, Ralph | 1965 | Intro Wolfsburg | 48:42 |
| 5. | 269 | Manske, Jörn | 1965 | VfB Fallersleben | 49:54 |
| 6. | 364 | Bertram, Ralf | 1964 | SSV Neuhaus Triathlon | 52:44 |
| 7. | 303 | Arndt, Heiko | 1966 | LT Didderse / Neubrück | 55:24 |
| 8. | 282 | Röpke, Sven | 1965 | | 55:52 |
| 9. | 280 | Müller, Alexander | 1967 | | 57:21 |
| 10. | 363 | Wagner, Frank | 1964 | | 58:24 |
| 11. | 315 | Kostrewa, Jörg | 1966 | VfL Wolfsburg | 58:56 |
| 12. | 365 | Schulz, Rolf | 1964 | VfL Knesebeck | 1:00:42 |
| 13. | 234 | Bokämper, Frank | 1966 | | 1:02:39 |
| 14. | 362 | Hügel, Jens | 1967 | | 1:04:38 |
| 15. | 258 | Scharke, Thomas | 1965 | Team Waggumer Holz | 1:06:00 |
| 16. | 302 | Stahl, Thomas | 1967 | Sternchensammler | 1:16:17 |

M60

| | | | | | |
|-----|-----|------------------|------|--------------------------|---------|
| 1. | 347 | Hölter, Stefan | 1962 | VfR Wilsche-Neubokel | 51:01 |
| 2. | 256 | Krier, Detlef | 1961 | ULV Wolfsburg | 51:21 |
| 3. | 309 | Bylitz, Thorsten | 1962 | Sternchensammler | 52:34 |
| 4. | 312 | Schacke, Achim | 1963 | LT Isenhagener Land | 53:34 |
| 5. | 279 | Bohnemeyer, Dirk | 1962 | | 53:52 |
| 6. | 215 | Kuschel, Dieter | 1959 | SV Meinersen-Ahnsen-Päse | 56:30 |
| 7. | 308 | Beckner, Jörg | 1962 | Team Waggumer Holz | 56:57 |
| 8. | 270 | Jädi, Klaus | 1961 | VfB Fallersleben | 58:23 |
| 9. | 222 | Harms, Johann | 1961 | VfR Wilsche-Neubokel | 1:02:08 |
| 10. | 311 | Vogel, Julian | 1963 | LT Didderse / Neubrück | 1:03:12 |

M65

| | | | | | |
|----|-----|------------------|------|----------------------|---------|
| 1. | 333 | Gille, Uwe-Jens | 1958 | VfR Wilsche-Neubokel | 45:08 |
| 2. | 357 | Ludwig, Claus | 1956 | | 50:05 |
| 3. | 230 | Radke, Siegfried | 1956 | Vorsfelde Süd | 57:30 |
| 4. | 276 | Thienel, Rainer | 1958 | VfB Fallersleben | 59:43 |
| 5. | 232 | Wegner, Hartmut | 1956 | MTV Gifhorn | 1:00:11 |
| 6. | 250 | Barber, Gary | 1958 | Team Waggumer Holz | 1:00:16 |

M70

| | | | | | |
|----|-----|-----------------------|------|----------------------------|---------|
| 1. | 263 | Parschau, Roland | 1953 | Injoy Wolfsburg | 53:27 |
| 2. | 339 | Simon, Wolfgang | 1952 | ULV Wolfsburg | 53:59 |
| 3. | 300 | Schaffranek, Wolfgang | 1953 | Spvgg Groß Bülten | 54:31 |
| 4. | 216 | Seiler, Udo | 1953 | ULV Wolfsburg | 59:55 |
| 5. | 329 | Wolff, Hans-Günter | 1951 | ULV Wolfsburg | 1:03:44 |
| 6. | 334 | Mitulla, Matthias | 1952 | Die Selbstläufer Wolfsburg | 1:07:49 |

M75

| | | | | | |
|----|-----|----------------|------|--------------------|---------|
| 1. | 259 | Kresse, Rainer | 1945 | Team Waggumer Holz | 1:06:07 |
|----|-----|----------------|------|--------------------|---------|

M80

| | | | | | |
|----|-----|-------------------------|------|-----------------------------|---------|
| 1. | 271 | Radmann, Dietrich | 1943 | Flechtorf | 1:10:11 |
| 2. | 204 | Trautmann, Klaus Dieter | 1942 | VfL Wolfsburg Power-Walking | 1:23:27 |

Anzahl Teilnehmer: 149