

## Schildkrötenlauf 2025

### Schildkrötenlauf 2025 - 3 Runden

| Startnr.                                | Platz | Name                  | Geschlecht | Runde 1 | Runde 2 | Runde 3 | Gesamtzeit     |
|-----------------------------------------|-------|-----------------------|------------|---------|---------|---------|----------------|
| <b>Schildkrötenlauf 2025 - 3 Runden</b> |       |                       |            |         |         |         |                |
| Männlich                                |       |                       |            |         |         |         |                |
| 282                                     | 1.    | Bernd Frauenfeld      | m          | 14:18   | 14:20   | 13:56   | <b>0:42:35</b> |
| 188                                     | 2.    | Stefan Zimmermann     | m          | 14:19   | 14:21   | 13:56   | <b>0:42:37</b> |
| 284                                     | 3.    | Finn Kröger           | m          | 15:27   | 13:46   | 13:32   | <b>0:42:46</b> |
| 158                                     | 4.    | Christian Günther     | m          | 14:43   | 14:24   | 14:14   | <b>0:43:22</b> |
| 205                                     | 5.    | Volker Blum           | m          | 14:30   | 14:43   | 15:07   | <b>0:44:20</b> |
| 230                                     | 6.    | Felix Schönecker      | m          | 15:11   | 14:45   | 15:46   | <b>0:45:43</b> |
| 139                                     | 7.    | Mika Laier            | m          | 15:12   | 15:11   | 15:34   | <b>0:45:58</b> |
| 146                                     | 8.    | Sascha Leonhardt      | m          | 14:47   | 15:56   | 16:18   | <b>0:47:02</b> |
| 220                                     | 9.    | Michael Sauerzapf     | m          | 15:12   | 15:50   | 16:16   | <b>0:47:19</b> |
| 280                                     | 10.   | Wolfram Leske         | m          | 15:36   | 15:58   | 15:53   | <b>0:47:28</b> |
| 141                                     | 11.   | Julius Graser         | m          | 16:09   | 15:19   | 16:11   | <b>0:47:40</b> |
| 159                                     | 12.   | Patrik Herrmann       | m          | 15:46   | 16:05   | 16:13   | <b>0:48:06</b> |
| 140                                     | 13.   | Jarno Laier           | m          | 16:10   | 16:26   | 15:42   | <b>0:48:18</b> |
| 108                                     | 14.   | Jens Schmitt          | m          | 15:34   | 15:52   | 17:05   | <b>0:48:32</b> |
| 145                                     | 15.   | Wolfgang Braun        | m          | 16:44   | 16:46   | 16:17   | <b>0:49:48</b> |
| 144                                     | 16.   | Steffen Karsch        | m          | 16:37   | 16:26   | 16:47   | <b>0:49:51</b> |
| 285                                     | 17.   | Alexander Schwan      | m          | 17:30   | 16:25   | 15:56   | <b>0:49:52</b> |
| 187                                     | 18.   | Oliver Stengele       | m          | 16:38   | 17:03   | 16:33   | <b>0:50:15</b> |
| 185                                     | 19.   | Heiko Hallatschek     | m          | 17:35   | 18:27   | 14:20   | <b>0:50:23</b> |
| 182                                     | 20.   | Oliver Gerne          | m          | 15:52   | 17:27   | 17:19   | <b>0:50:39</b> |
| 247                                     | 21.   | Patrik Heim           | m          | 17:16   | 17:08   | 16:25   | <b>0:50:51</b> |
| 133                                     | 22.   | Axel Schneckenberger  | m          | 20:08   | 15:23   | 15:34   | <b>0:51:06</b> |
| 211                                     | 23.   | Nico Korbeli          | m          | 17:00   | 16:57   | 17:37   | <b>0:51:35</b> |
| 181                                     | 24.   | Constantin Horter     | m          | 18:27   | 18:58   | 18:31   | <b>0:55:57</b> |
| 277                                     | 25.   | Werner Herzog         | m          | 18:26   | 18:48   | 19:13   | <b>0:56:28</b> |
| 172                                     | 26.   | Sebastian Winterbauer | m          | 18:53   | 18:59   | 19:02   | <b>0:56:54</b> |

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| 197                                     | 27.   | Thomas Stegemann | m          | 19:04   | 19:11   | 18:51   | <b>0:57:07</b> |
| 191                                     | 28.   | Thomas Claus     | m          | 19:13   | 19:08   | 18:50   | <b>0:57:12</b> |
| 196                                     | 29.   | Jens Tragesser   | m          | 19:50   | 19:46   | 19:53   | <b>0:59:29</b> |
| 244                                     | 30.   | Andreas Wagner   | m          | 20:15   | 20:00   | 19:28   | <b>0:59:44</b> |
| 102                                     | 31.   | Peter Sauer      | m          | 21:55   | 19:00   | 20:20   | <b>1:01:16</b> |
| 125                                     | 32.   | Brian Holz       | m          | 21:11   | 21:23   | 20:28   | <b>1:03:03</b> |
| 245                                     | 33.   | Philipp Mainik   | m          | 22:18   | 20:42   | 20:13   | <b>1:03:14</b> |
| 238                                     | 34.   | Michael Gagel    | m          | 20:47   | 21:49   | 21:27   | <b>1:04:04</b> |
| 106                                     | 35.   | Jörg Klein       | m          | 21:18   | 21:15   | 22:05   | <b>1:04:39</b> |

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| <b>Schildkrötenlauf 2025 - 3 Runden</b> |       |                      |            |         |         |         |                |
| Weiblich                                |       |                      |            |         |         |         |                |
| 242                                     | 1.    | Anna Punstein        | w          | 15:34   | 15:41   | 16:05   | <b>0:47:21</b> |
| 210                                     | 2.    | Berit Rupprecht      | w          | 16:59   | 16:19   | 14:59   | <b>0:48:18</b> |
| 263                                     | 3.    | Rania Georges        | w          | 15:56   | 16:25   | 16:55   | <b>0:49:16</b> |
| 264                                     | 4.    | Ann-Kristin Ebert    | w          | 18:11   | 17:44   | 16:53   | <b>0:52:49</b> |
| 192                                     | 5.    | Nicole Schultis      | w          | 18:12   | 18:24   | 18:12   | <b>0:54:49</b> |
| 109                                     | 6.    | Nathalie Michaeli    | w          | 17:43   | 18:31   | 18:36   | <b>0:54:50</b> |
| 279                                     | 7.    | Julia Gavshyna       | w          | 18:27   | 18:47   | 19:13   | <b>0:56:28</b> |
| 198                                     | 8.    | Mirjam Klees         | w          | 19:03   | 19:12   | 18:50   | <b>0:57:06</b> |
| 213                                     | 9.    | Kerstin Dolz         | w          | 18:47   | 19:09   | 19:10   | <b>0:57:08</b> |
| 164                                     | 10.   | Beate Grunwald       | w          | 18:47   | 19:14   | 19:37   | <b>0:57:38</b> |
| 235                                     | 11.   | Anette Sandmann      | w          | 18:58   | 19:32   | 19:34   | <b>0:58:04</b> |
| 107                                     | 12.   | Katrin Schmitt       | w          | 19:25   | 19:31   | 20:28   | <b>0:59:26</b> |
| 266                                     | 13.   | Nina Ercoskun        | w          | 20:48   | 19:58   | 19:10   | <b>0:59:57</b> |
| 292                                     | 14.   | Sonya Höhne          | w          | 21:42   | 20:14   | 19:42   | <b>1:01:39</b> |
| 124                                     | 15.   | Margit Maly          | w          | 21:11   | 21:23   | 20:28   | <b>1:03:03</b> |
| 120                                     | 16.   | Annette Tomaschewski | w          | 21:07   | 21:39   | 22:22   | <b>1:05:09</b> |
| 156                                     | 17.   | Christel Schwarz     | w          | 22:12   | 22:45   | 23:48   | <b>1:08:46</b> |
| 239                                     | 18.   | Sonja Gagel          | w          | 22:27   | 23:30   | 23:53   | <b>1:09:50</b> |
| 111                                     | 19.   | Laura Siegle         | w          | 24:11   | 23:53   | 24:51   | <b>1:12:56</b> |