

51. Forstwalder Silvesterlauf 2022

Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|------------------------|---------|-----------------------|---|------|----------------------------|----------|----------|
| Jedermann-Lauf, 4.100m | | | | | | | |
| weibliche Jugend U14 | | | | | | | |
| 1. | 352 | Stoffele, Leni |  | 2009 | Bayer Uerdingen | 20:11,80 | 20:17,60 |
| 2. | 98 | Racz, Greta |  | 2010 | Kein Verein | 24:41,40 | 24:46,90 |
| 3. | 19 | Pohl, Hanna Christine |  | 2009 | Running Gag KK Süd | 24:44,00 | 24:59,10 |
| 4. | 316 | Gellendin, Sophia |  | 2010 | Seidenraupen Krefeld e.V. | 26:43,00 | 26:51,40 |
| 5. | 428 | Blanz, Josefin |  | 2010 | Familie Blanz | 27:19,90 | 27:36,70 |
| 6. | 92 | Johanna, Jansen |  | 2009 | Big Apple Fitness | 29:38,50 | 29:46,50 |
| 7. | 73 | Struck, Emily |  | 2009 | Big Apple Fitness | 29:38,60 | 29:46,60 |
| weibliche Jugend U16 | | | | | | | |
| 1. | 414 | Schwietzke, Marie |  | 2008 | ASV Süchteln | 18:52,30 | 18:54,30 |
| 2. | 223 | Schiffer, Merit |  | 2008 | TV Schiefbahn | 19:07,40 | 19:12,10 |
| 3. | 279 | Sengstock, Lia |  | 2008 | Taiwan Do Akademie Krefeld | 20:36,20 | 20:42,90 |
| 4. | 348 | Lentz, Maxima |  | 2008 | SG Neukirchen-Hülchrath | 21:11,80 | 21:15,20 |
| 5. | 448 | Loheide, Teresa |  | 2007 | | 21:31,90 | 21:50,80 |
| 6. | 235 | Sattler, Lola |  | 2008 | Die Sattlers | 25:38,80 | 25:44,40 |
| 7. | 303 | Spitz, Sarah |  | 2007 | CHTC | 26:11,00 | 26:16,00 |
| 8. | 427 | Blanz, Hannah |  | 2008 | Familie Blanz | 27:57,00 | 28:14,50 |
| weibliche Jugend U18 | | | | | | | |
| 1. | 155 | Odendahl, Hannah |  | 2005 | SC Bayer 05 Uerdingen | 14:46,60 | 14:47,70 |
| 2. | 430 | Wehnen, Julia |  | 2005 | Turnerschaft Grefrath | 20:52,20 | 21:05,60 |
| 3. | 478 | Kroppen, Anna |  | 2006 | SV Thomasstadt Kempen | 24:51,90 | 25:06,70 |
| weibliche Jugend U20 | | | | | | | |
| 1. | 458 | Winzen, Romy |  | 2003 | LAZ Mönchengladbach | 15:02,90 | 15:03,40 |
| 2. | 79 | Sturm, Frida |  | 2004 | Crefelder SV | 22:52,50 | 23:02,50 |
| 3. | 362 | Brüggen, Josefine |  | 2003 | KTSV Preußen Krefeld 1855 | 24:06,70 | 24:15,70 |
| Jedermann Frauen | | | | | | | |
| 1. | 117 | Bauer, Larissa |  | 1998 | SWC Regensburg | 15:10,10 | 15:10,90 |
| 2. | 252 | Wefers, Ulrike |  | 1966 | Mönchengladbacher LG | 15:52,80 | 15:53,40 |
| 3. | 364 | Wilke, Belinda |  | 1960 | TG Neuss | 18:05,90 | 18:06,60 |
| 4. | 361 | Colmie, Elena |  | 2000 | MSHV Manos Maastricht | 18:12,00 | 18:21,50 |
| 5. | 161 | Buchholz, Anne |  | 1993 | Team Kairo | 18:19,00 | 18:22,00 |
| 6. | 116 | Bauer, Martina |  | 1961 | TuS Oedt | 18:32,60 | 18:35,00 |
| 7. | 410 | Hölzl, Rebecca |  | 1993 | Factory Crefeld | 18:39,30 | 18:44,10 |
| 8. | 374 | Seebauer, Lydia |  | 2002 | Schwimmverein Zürileu | 18:43,20 | 18:48,20 |
| 9. | 162 | Everlien, Cora |  | 1999 | CSV Marathon | 19:12,00 | 19:22,00 |
| 10. | 242 | Greverath, Isabell |  | 1994 | kein Verein | 19:28,00 | 19:37,80 |
| 11. | 255 | Kiekhöfel, Daniela |  | 1979 | TuS Oedt | 19:54,30 | 19:58,10 |
| 12. | 119 | Schramm, Irina |  | 1972 | TuS Oedt | 19:55,30 | 19:59,00 |
| 13. | 492 | Schmidt, Maike |  | 1992 | | 20:18,50 | 20:23,70 |
| 14. | 108 | Odrowski, Daniela |  | 1977 | SC Bayer 05 Uerdingen | 20:19,50 | 20:26,00 |
| 15. | 37 | Strahlegger, Tanja |  | 1989 | Keiner | 20:23,80 | 20:30,10 |
| 16. | 21 | Krüger, Helena |  | 1997 | VFL Turbine Keyenberg | 20:32,90 | 20:40,20 |
| 17. | 401 | Ploenes, Nadine |  | 1981 | Djk J S Herzogenrath | 20:40,20 | 20:53,80 |
| 18. | 243 | Ziob, Greta |  | 1990 | SFD 75 Düsseldorf | 20:47,80 | 20:51,10 |
| 19. | 105 | Pautzke, Catrin |  | 1961 | Triathlon Team Ratingen 08 | 20:51,10 | 20:55,50 |
| 20. | 314 | Kölker, Eva |  | 1983 | Seidenraupen Krefeld e.V. | 21:12,50 | 21:18,90 |

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| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|-------|---------|----------------------|---|------|-------------------------|----------|----------|
| 21. | 68 | Struck, Izabela |  | 1983 | Big Apple Fitness | 21:30,50 | 21:38,50 |
| 22. | 57 | Krüll, Johanna |  | 1971 | FTV 1905 | 21:52,70 | 22:03,00 |
| 23. | 394 | Thäsler, Josephine |  | 1998 | Letzte Reserve | 21:57,20 | 22:12,60 |
| 24. | 392 | Steinstraßer, Isabel |  | 1989 | Bayer Uerdingen | 21:57,30 | 22:12,60 |
| 25. | 399 | Heimes, Janine |  | 1992 | Djk J S Herzogenrath | 22:10,10 | 22:23,60 |
| 26. | 381 | Büscher, Sonja |  | 1975 | läuft | 22:17,40 | 22:27,00 |
| 27. | 185 | Neumann, Sarah |  | 1982 | Svamona & friends | 22:47,00 | 22:58,50 |
| 28. | 212 | Pooth, Cecile |  | 2001 | SC Bayer Uerdingen 05 | 23:12,20 | 23:21,10 |
| 29. | 262 | Windolph, Jutta |  | 1966 | ohne | 23:16,00 | 23:33,90 |
| 30. | 164 | Wolverson, Joanne |  | 1999 | CSV Marathon | 23:19,00 | 23:30,10 |
| 31. | 93 | Sauer, Stephanie |  | 1965 | Big Apple Fitness | 23:43,30 | 23:51,60 |
| 32. | 71 | Binning, Bally |  | 1969 | Big Apple Fitness | 23:54,20 | 24:01,40 |
| 33. | 466 | Herwix, Anna |  | 1990 | | 23:57,80 | 24:15,70 |
| 34. | 53 | An Mey, Kim |  | 1984 | DJK Forstwald | 23:58,30 | 24:15,70 |
| 35. | 163 | Everlien, Zita |  | 1997 | CSV Marathon | 24:00,80 | 24:11,60 |
| 36. | 496 | Horn, Kirsten |  | 1980 | | 24:02,70 | 24:20,80 |
| 37. | 497 | Fischer, Anna |  | 1987 | Lauf Team Unna | 24:12,40 | 24:29,60 |
| 38. | 353 | Latour, Tanja |  | 1970 | Speed Laschis | 24:13,00 | 24:16,50 |
| 39. | 411 | Goetzens, Kerstin |  | 1984 | Keiner | 24:16,00 | 24:33,30 |
| 40. | 222 | Schiffer, Trix |  | 1969 | Osterath | 24:26,90 | 24:32,10 |
| 41. | 422 | Friedrich, Annamaria |  | 1980 | Rumelner TV | 24:31,70 | 24:50,80 |
| 42. | 91 | Jansen, Anja |  | 1975 | Big Apple Fitness | 24:47,60 | 24:56,50 |
| 43. | 224 | Primassin, Stephanie |  | 1980 | Swamona& Friends | 25:03,40 | 25:15,80 |
| 44. | 230 | Wazlawik, Gabriele |  | 1954 | TUS Oedt | 25:08,50 | 25:12,20 |
| 45. | 195 | Schlösser, Reina |  | 1982 | VTHC Viersen | 25:47,10 | 25:58,70 |
| 46. | 200 | Carrera Schirmer, |  | 1987 | Kein Verein | 25:48,10 | 25:59,10 |
| 47. | 485 | Lengling, Karin |  | 1972 | TV Vorst | 25:50,40 | 26:03,10 |
| 48. | 486 | Scheuer, Silke |  | 1975 | TV Vorst | 25:50,80 | 26:03,50 |
| 49. | 48 | Banowski, Silke |  | 1971 | Rennen statt Raketen | 25:54,70 | 26:09,00 |
| 50. | 472 | Widdra, Lisa |  | 1984 | | 25:55,50 | 26:10,10 |
| 51. | 471 | Klingen, Sandra |  | 1985 | | 25:55,50 | 26:10,00 |
| 52. | 340 | Mertens, Maren |  | 1963 | VFL Forstwald | 25:58,20 | 26:09,40 |
| 53. | 282 | Assigno, Marlena |  | 1995 | Vegane Küche | 26:00,80 | 26:10,40 |
| 54. | 188 | Manunza, Ramona |  | 1978 | Svamona & friends | 26:37,90 | 26:50,90 |
| 55. | 351 | Lentz, Michaela |  | 1972 | SG Neukirchen-Hülchrath | 26:38,20 | 26:42,20 |
| 56. | 131 | Peters, Julia |  | 1988 | Keiner | 27:04,70 | 27:26,90 |
| 57. | 183 | Beudels, Sandra |  | 1972 | Keinen | 27:52,00 | 28:05,60 |
| 58. | 184 | Kox, Claudia |  | 1981 | Keinen | 27:52,20 | 28:05,40 |
| 59. | 426 | Blanz, Nicole |  | 1978 | Familie Blanz | 28:07,00 | 28:24,10 |
| 60. | 190 | Collmann, Antje |  | 1954 | CTC Krefeld | 28:35,60 | 28:38,60 |
| 61. | 434 | Hahn, Barbara |  | 1961 | DJK VfL Forstwald | 28:36,20 | 28:50,30 |
| 62. | 293 | Gebauer, Susanne |  | 1979 | ohne | 29:14,00 | 29:32,00 |
| 63. | 72 | Brüning, Elke |  | 1978 | Big Apple Fitness | 29:17,30 | 29:33,70 |
| 64. | 7 | Klaus, Nora |  | 1979 | Team Mimi | 30:39,40 | 31:01,60 |
| 65. | 640 | Weintorp, Andrea |  | 1971 | | 30:39,70 | 31:01,70 |
| 66. | 10 | Hörnemann, Nadine |  | 1977 | Team Mimi | 30:40,10 | 31:01,40 |
| 67. | 8 | Rickmers, Catrin |  | 1980 | Team Mimi | 30:40,20 | 31:01,50 |
| 68. | 476 | Mattissen, Edith |  | 1957 | | 38:45,80 | 39:07,50 |
| 69. | 477 | Baum, Ruth |  | 1940 | | 38:47,80 | 39:08,60 |

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Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|----------------------|---------|----------------------|---|------|--------------------------------------|----------|----------|
| männliche Jugend U14 | | | | | | | |
| 1. | 482 | Schiffer, Mika |  | 2010 | SC Plotter Design | 17:26,00 | 17:30,70 |
| 2. | 457 | Winzen, Lian |  | 2010 | LAZ Mönchengladbach | 18:00,50 | 18:01,20 |
| 3. | 408 | Peters, Josef |  | 2010 | KTSV Preussen | 20:31,60 | 20:33,90 |
| 4. | 69 | Struck, Niklas |  | 2010 | Big Apple Fitness | 21:26,20 | 21:32,50 |
| 5. | 412 | Horn, Simon |  | 2010 | ... | 21:59,00 | 22:02,00 |
| 6. | 258 | Brunner, Paul |  | 2009 | Bayer Uerdingen Fussball | 23:35,90 | 23:41,70 |
| 7. | 349 | Lentz, Mika |  | 2010 | SG Neukirchen-Hülchrath | 23:37,20 | 23:40,60 |
| 8. | 481 | Kroppen, Jonas |  | 2010 | SV Thomasstadt Kempen | 25:51,30 | 26:06,50 |
| 9. | 28 | Knuppertz, Cornelius |  | 2009 | Running Gag KK Süd | 28:10,80 | 28:25,80 |
| 10. | 74 | Brüning, Silas |  | 2009 | Big Apple Fitness | 29:17,40 | 29:33,60 |
| männliche Jugend U16 | | | | | | | |
| 1. | 217 | Guzmann-Becker, |  | 2008 | SC Bayer Uerdingen 05 | 14:57,50 | 14:59,20 |
| 2. | 227 | Nicolai, Emil |  | 2008 | SC Bayer Uerdingen 05 | 15:43,00 | 15:44,30 |
| 3. | 229 | Maas, Philipp |  | 2008 | Svamona & friends | 16:44,70 | 16:54,80 |
| 4. | 238 | Zikoll, Luca |  | 2008 | SC Bayer 05 Uerdingen | 16:45,70 | 16:47,40 |
| 5. | 409 | Horn, Lukas |  | 2008 | ... | 17:23,10 | 17:25,00 |
| 6. | 317 | Gellendin, Tim |  | 2008 | Seidenraupen Krefeld e.V. | 18:43,90 | 18:52,00 |
| 7. | 479 | Kroppen, Lukas |  | 2008 | SV Thomasstadt Kempen | 19:29,70 | 19:34,50 |
| 8. | 406 | Peters, Anton |  | 2007 | KTSV Preussen | 29:20,40 | 29:22,60 |
| männliche Jugend U18 | | | | | | | |
| 1. | 371 | Apostel, Philip |  | 2005 | Mönchengladbacher LG | 15:02,30 | 15:02,60 |
| 2. | 296 | Hannappel, Niklas |  | 2006 | DJK VfL Forstwald | 17:55,50 | 17:58,30 |
| 3. | 234 | Sattler, Hanno |  | 2006 | Die Sattlers | 19:14,60 | 19:17,50 |
| 4. | 120 | Schramm, Tobias |  | 2005 | TuS Oedt | 19:53,20 | 19:56,90 |
| männliche Jugend U20 | | | | | | | |
| 1. | 159 | Muty, Kai |  | 2003 | LAV Bayer Uerdingen | 13:38,00 | 13:38,30 |
| 2. | 156 | Heide, Maximilian |  | 2004 | hier könnte ihre Werbung stehen | 14:45,30 | 14:45,60 |
| 3. | 413 | Schoog, Tobias |  | 2003 | ASV Süchteln | 15:48,40 | 15:49,70 |
| 4. | 484 | Nicolai, Till |  | 2004 | | 17:02,80 | 17:07,00 |
| 5. | 94 | Krüll, Tom |  | 2004 | SV Neptun Krefeld | 18:43,20 | 18:53,00 |
| Jedermann Männer | | | | | | | |
| 1. | 433 | Faulhaber, Fabio |  | 2001 | OSC Waldniel | 13:13,10 | 13:13,80 |
| 2. | 247 | Goßmann, Alexander |  | 1985 | SFD75 Düsseldorf | 13:29,50 | 13:30,60 |
| 3. | 431 | Siemes, Bastian |  | 1987 | SC Rot-Weiß-Oberhausen | 13:43,50 | 13:43,70 |
| 4. | 438 | Kartit, Bilal |  | 1986 | SF Brühl | 13:45,30 | 13:45,60 |
| 5. | 275 | Minke, Sebastian |  | 1977 | Preussen Krefeld Leichtathletik | 14:04,20 | 14:05,10 |
| 6. | 375 | Koudsi, Quentin |  | 1997 | DLRG Tönisvorst e.v. | 14:47,30 | 14:52,80 |
| 7. | 359 | Otmani, Lahcen |  | 1976 | Oppum | 14:57,10 | 14:58,70 |
| 8. | 245 | Ziob, Julian |  | 1989 | SFD75 Düsseldorf | 15:19,20 | 15:20,60 |
| 9. | 498 | Behrend, Moritz |  | 2000 | Preussen Krefeld Leichtathletik e.V. | 15:36,80 | 15:39,40 |
| 10. | 221 | Schiffer, Frank |  | 1970 | Osterather TV | 15:37,70 | 15:39,10 |
| 11. | 311 | Hecker, Erik |  | 1971 | Sp Bockum 1981 | 16:03,80 | 16:04,60 |
| 12. | 367 | Prpitsch, Christian |  | 1980 | Rumelner TV | 16:05,10 | 16:09,20 |
| 13. | 218 | Brüggen, Volker |  | 1967 | SC Bayer Uerdingen 05 | 16:07,00 | 16:11,40 |
| 14. | 226 | Klümper, Rolf |  | 1967 | SC Bayer Uerdingen 05 | 16:12,70 | 16:14,00 |
| 15. | 398 | Theves, Tobias |  | 1987 | Djk J S Herzogenrath | 16:13,00 | 16:15,30 |

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| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|-------|---------|-----------------------|---|------|--------------------------------------|----------|----------|
| 16. | 36 | Strahlegger, Simon |  | 1988 | Keiner | 16:18,60 | 16:24,20 |
| 17. | 276 | Denkel, Alexander |  | 1980 | ohne | 16:19,70 | 16:22,70 |
| 18. | 254 | Kiekhöfel, Andreas |  | 1977 | TuS Oedt | 16:22,00 | 16:24,00 |
| 19. | 639 | Hoenen, Christian |  | 1978 | | 16:28,30 | 16:30,90 |
| 20. | 213 | Gaide, Jonas |  | 1998 | SC Bayer Uerdingen 05 | 17:15,50 | 17:16,60 |
| 21. | 449 | Otto, André |  | 1976 | Team Erdinger Active | 17:26,10 | 17:28,80 |
| 22. | 435 | Kozianka, Thomas |  | 1976 | SC Bayer 05 Uerdingen | 17:32,40 | 17:35,00 |
| 23. | 446 | Küppers, Harald |  | 1959 | | 17:38,30 | 17:40,50 |
| 24. | 404 | Wenzel, Bernd |  | 1964 | TuS Oedt | 17:42,30 | 17:43,90 |
| 25. | 248 | Habel, Spencer |  | 1981 | SFD75 Düsseldorf | 17:43,00 | 17:44,50 |
| 26. | 23 | Krüger, Dirk |  | 1974 | VFL Turbine Keyenberg | 17:47,10 | 17:53,90 |
| 27. | 194 | Reuter, Arne |  | 1983 | ohne Verein | 18:15,20 | 18:18,60 |
| 28. | 47 | Rietschel, Thomas |  | 1984 | Rennen statt Raketen | 18:20,80 | 18:26,00 |
| 29. | 309 | Wolscht, Herbert |  | 1960 | TuS Oedt | 18:22,40 | 18:23,30 |
| 30. | 470 | Aritonovic, Jovica |  | 1978 | ASV Duisburg | 18:22,50 | 18:25,60 |
| 31. | 250 | Beba, Wolfgang |  | 1957 | Rumelner TV | 18:28,10 | 18:29,00 |
| 32. | 638 | Szkopiak, Rafael |  | 1970 | | 18:35,30 | 18:38,50 |
| 33. | 346 | Lentz, Markus |  | 1967 | SG Neukirchen-Hülchrath | 19:00,90 | 19:04,50 |
| 34. | 483 | Nicolai, Andreas |  | 1969 | | 19:06,90 | 19:11,10 |
| 35. | 475 | Bormacher, Dirk |  | 1971 | Dülkener SV | 19:11,20 | 19:14,50 |
| 36. | 315 | Kölker, Manuel |  | 1979 | Seidenraupen Krefeld e.V. | 19:18,00 | 19:25,80 |
| 37. | 56 | Krüll, Dietmar |  | 1969 | FTV 1905 | 19:18,10 | 19:27,70 |
| 38. | 63 | Krüll, David |  | 2001 | SV Neptun Krefeld | 19:33,90 | 19:45,00 |
| 39. | 437 | Paffrath, Adam |  | 1951 | LG.MÖNCHENGLADBACH | 19:41,20 | 19:42,50 |
| 40. | 111 | Haberland, Tim |  | 1968 | vereinslos | 19:48,60 | 19:53,20 |
| 41. | 35 | Heckermann, Kiril |  | 1976 | keine | 19:59,50 | 20:20,50 |
| 42. | 70 | Struck, Michael |  | 1971 | Big Apple Fitness | 20:33,70 | 20:33,70 |
| 43. | 447 | Herbort, Franz |  | 1968 | | 20:37,60 | 20:56,40 |
| 44. | 280 | Sengstock, Tim |  | 1972 | - | 20:43,00 | 20:49,60 |
| 45. | 106 | Dahlem, Matthias |  | 1961 | Triathlon Team Ratingen 08 | 20:52,00 | 20:56,30 |
| 46. | 425 | Faulhaber, Horst |  | 1969 | OSC Waldniel | 21:08,40 | 21:20,00 |
| 47. | 118 | John, Stefan |  | 1995 | Happy Skate Friends | 21:09,20 | 21:22,10 |
| 48. | 259 | Stefan, Brunner |  | 1968 | SC St. Toenis | 21:32,40 | 21:38,60 |
| 49. | 405 | Peters, Sebastian |  | 1978 | KTSV Preussen | 21:54,80 | 22:02,10 |
| 50. | 396 | Steffens, Simon |  | 1994 | Die letzte Reserve | 21:56,30 | 22:12,50 |
| 51. | 393 | Steinstraßer, Marián |  | 1993 | Die letzte Reserve | 21:56,70 | 22:12,70 |
| 52. | 339 | Sommer, Jürgen |  | 1959 | kein Verein | 22:19,60 | 22:24,90 |
| 53. | 241 | Platz, Udo |  | 1972 | Wünsche euch ein erfolgreiches 2023! | 22:43,40 | 23:02,50 |
| 54. | 228 | Maas, Sven |  | 1974 | Svamona & friends | 22:43,50 | 22:55,70 |
| 55. | 360 | Brüggen, Benedikt |  | 1999 | KTSV Preußen Krefeld 1855 | 23:01,10 | 23:10,00 |
| 56. | 15 | Walpurger, Mark |  | 1975 | Walpurger Eleven | 23:10,80 | 23:23,70 |
| 57. | 95 | Rietzler, Klaus |  | 1950 | TV Vorst | 23:20,60 | 23:26,50 |
| 58. | 487 | Scheuer, Jürgen |  | 1972 | TV Vorst | 23:25,80 | 23:38,00 |
| 59. | 216 | Gems, Tobias |  | 1988 | SC Bayer Uerdingen 05 | 23:29,00 | 23:48,20 |
| 60. | 491 | Gems, Lothar |  | 1960 | Bockumer Schützenverein 1611 e.V. | 23:29,20 | 23:48,00 |
| 61. | 251 | Jejkal, Dominik |  | 1992 | SSV Strümp | 23:45,50 | 23:57,50 |
| 62. | 460 | Dillbaum, Wolfgang |  | 1961 | Fun run Korschenbroich | 23:52,60 | 23:59,60 |
| 63. | 499 | Lomanns, Michael |  | 1987 | | 23:58,70 | 24:10,50 |
| 64. | 436 | Pozowski, Wlodzimierz |  | 1952 | Cyklosilesia | 24:00,00 | 24:02,00 |
| 65. | 18 | Pohl, Karsten |  | 1979 | Running Gag KK Süd | 24:00,90 | 24:17,30 |

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| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|-------|---------|-----------------------|---|------|-----------------------|----------|----------|
| 66. | 165 | Everlien, Manfred |  | 1958 | CSV Marathon | 24:05,40 | 24:16,40 |
| 67. | 636 | Dr. Klöpsch, Volker |  | 1948 | CSV Marathon | 24:28,30 | 24:39,70 |
| 68. | 480 | Kroppen, Oliver |  | 1973 | SV Thomasstadt Kempen | 24:49,40 | 25:05,00 |
| 69. | 263 | Pluntke, Wolfgang |  | 1963 | ohne | 25:38,80 | 25:57,50 |
| 70. | 373 | Herzog, Philipp |  | 1994 | Vereinslos | 25:47,20 | 25:58,20 |
| 71. | 199 | Orlikowski, Malte |  | 1981 | Kein Verein | 25:49,30 | 25:59,30 |
| 72. | 341 | Gobbers, Willi |  | 1955 | KTG Krefeld | 25:58,30 | 26:09,50 |
| 73. | 283 | Assigno, Victor |  | 1995 | Vegane Küche | 26:01,60 | 26:11,20 |
| 74. | 253 | Güzel, Ismail |  | 1975 | / | 26:14,90 | 26:30,50 |
| 75. | 102 | Jeremias, Alexis |  | 1967 | Laufen statt Böller | 26:35,60 | 26:46,60 |
| 76. | 286 | Gellendin, Maik |  | 1982 | Vereinslos | 26:43,90 | 26:52,40 |
| 77. | 132 | Van de Mötter, Jürgen |  | 1975 | Keiner | 27:04,60 | 27:27,00 |
| 78. | 338 | Sommer, Randolph |  | 1990 | SC Unterbach | 28:05,70 | 28:25,60 |
| 79. | 424 | Blanz, Steffen |  | 1969 | Familie Blanz | 28:07,60 | 28:24,30 |
| 80. | 273 | Herten, Manfred |  | 1953 | HTC BW Krefeld | 28:35,40 | 28:38,30 |
| 81. | 294 | Gebauer, Florian |  | 1977 | ohne | 29:13,80 | 29:32,00 |

Top-Lauf, 8.100m


Frauen

| | | | | | | | |
|----|-----|----------------|---|------|--------------|----------|----------|
| 1. | 169 | Seerden, Sarah |  | 2000 | LT DSHS Köln | 31:25,90 | 31:26,60 |
|----|-----|----------------|---|------|--------------|----------|----------|

Seniorinnen W30

| | | | | | | | |
|----|-----|-------------|---|------|--------------------|----------|----------|
| 1. | 249 | Beba, Sonja |  | 1988 | LG Mönchengladbach | 32:30,50 | 32:31,20 |
|----|-----|-------------|---|------|--------------------|----------|----------|


Seniorinnen W35

| | | | | | | | |
|----|-----|------------------|---|------|---|----------|----------|
| 1. | 151 | Köprülü, Sümeyra |  | 1987 | - | 42:42,40 | 42:44,50 |
|----|-----|------------------|---|------|---|----------|----------|

Seniorinnen W40

| | | | | | | | |
|----|-----|--------------|---|------|----------|----------|----------|
| 1. | 345 | Floß, Doreen |  | 1979 | TG Neuss | 34:16,50 | 34:17,70 |
|----|-----|--------------|---|------|----------|----------|----------|


Seniorinnen W45

| | | | | | | | |
|----|-----|-------------------|---|------|-----------|----------|----------|
| 1. | 290 | Yoshizawa, Hisako |  | 1975 | Team yoyo | 38:46,60 | 38:49,70 |
|----|-----|-------------------|---|------|-----------|----------|----------|

Seniorinnen W50

| | | | | | | | |
|----|-----|------------------|---|------|---------------------|----------|----------|
| 1. | 459 | Schmitz, Claudia |  | 1972 | LAZ Mönchengladbach | 36:43,30 | 36:44,70 |
|----|-----|------------------|---|------|---------------------|----------|----------|

Seniorinnen W60

| | | | | | | | |
|----|-----|------------------|---|------|-----------------------|----------|----------|
| 1. | 366 | Blondin, Juliane |  | 1959 | SC Bayer 05 Uerdingen | 40:41,30 | 40:43,60 |
|----|-----|------------------|---|------|-----------------------|----------|----------|

männliche Jugend U18

| | | | | | | | |
|----|-----|------------------|---|------|----------------------------|----------|----------|
| 1. | 215 | Reschke, Mats |  | 2005 | SC Bayer Uerdingen 05 | 35:04,10 | 35:06,10 |
| 2. | 291 | Yoshizawa, Kaito |  | 2005 | Team yoyo | 37:00,70 | 37:03,80 |
| 3. | 365 | Lawrenz, Jakob |  | 2005 | VfR Büttgen | 37:26,00 | 37:26,50 |
| 4. | 489 | Erkens, Felix |  | 2005 | Badaminton Club Tönisvorst | 38:50,10 | 38:54,60 |

Männer







| | | | | | | | |
|----|-----|----------------------|---|------|----------------------------|----------|----------|
| 1. | 387 | Bucher, Lennart |  | 1995 | #runfree Laufftreff Aachen | 32:08,90 | 32:10,70 |
| 2. | 260 | Jacobs, Florian Rolf |  | 1997 | SC Viktoria 07 Anrath | 32:44,10 | 32:45,10 |
| 3. | 103 | Rocha, Jannik |  | 1993 | Erdinger Active Team | 34:43,40 | 34:47,40 |
| 4. | 256 | Gorski, Jeremy |  | 1998 | KSv Pascha Spor | 34:56,50 | 34:57,50 |
| 5. | 67 | Lehnen, Oliver |  | 2001 | TSF Bracht | 36:23,80 | 36:25,30 |
| 6. | 75 | Lehnen, Maximilian |  | 2000 | TSF Bracht | 36:49,20 | 36:50,60 |
| 7. | 354 | Trautmann, Lukas |  | 1996 | CF Grefrath | 37:50,60 | 37:52,30 |

51. Forstwalder Silvesterlauf 2022

Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|-------|---------|----------------|---|------|---------------------------|----------|----------|
| 8. | 13 | Blondin, Robin |  | 1993 | KTK Turnklub Krefeld 1925 | 38:58,30 | 39:00,50 |

Senioren M30

| | | | | | | | |
|----|-----|-------------------|---|------|----------------------|----------|----------|
| 1. | 474 | Kidane, Hagos |  | 1989 | | 27:42,20 | 27:42,70 |
| 2. | 343 | Weenen, Marc |  | 1992 | Lauftreff Kempen | 30:53,00 | 30:55,00 |
| 3. | 372 | Risko, Sebastian |  | 1991 | Mönchengladbacher LG | 31:32,90 | 31:33,60 |
| 4. | 313 | Krebs, Sebastian |  | 1988 | / | 32:27,10 | 32:31,30 |
| 5. | 407 | Diepers, Kai Dave |  | 1991 | Factory Crefeld | 33:14,10 | 33:16,90 |
| 6. | 468 | Breuers, David |  | 1988 | CrossFit Grefrath | 40:49,90 | 40:52,90 |

Senioren M35

| | | | | | | | |
|-----|-----|--------------------|---|------|---------------------------|----------|----------|
| 1. | 441 | Vehling, Lucas |  | 1984 | Mönchengladbacher LG | 28:44,80 | 28:45,20 |
| 2. | 440 | Kartit, Bilal |  | 1986 | SF Brühl | 29:37,00 | 29:37,50 |
| 3. | 304 | Kamps, Michael |  | 1985 | Viersen | 29:50,00 | 29:50,60 |
| 4. | 181 | Schmitz, Roland |  | 1984 | Triathlon Team Düsseldorf | 29:58,40 | 30:03,00 |
| 5. | 432 | Siemes, Bastian |  | 1987 | SC Rot-Weiß-Oberhausen | 30:14,40 | 30:15,00 |
| 6. | 369 | Steins, Martin |  | 1986 | VT Kempen | 31:23,80 | 31:25,90 |
| 7. | 320 | Borst, Florian |  | 1985 | Seidenraupen Krefeld e.V. | 32:48,50 | 32:50,30 |
| 8. | 305 | Kaul, Tim |  | 1984 | CrossFit Grefrath | 34:59,00 | 35:01,40 |
| 9. | 389 | Kallibekow, Ruslan |  | 1986 | Lauftreff Kempen | 35:23,50 | 35:26,10 |
| 10. | 187 | Bürki, Thierry |  | 1984 | keinen | 36:25,20 | 36:31,30 |
| 11. | 236 | Goeritz, Klas |  | 1983 | kein | 37:15,80 | 37:18,70 |

Senioren M40

| | | | | | | | |
|-----|-----|---------------------|---|------|---------------------------|----------|----------|
| 1. | 494 | Dichans, Fabian |  | 1982 | Ayyo Team Essen | 27:44,70 | 27:45,00 |
| 2. | 370 | Boyxen, Benedikt |  | 1982 | OSC Berlin | 29:32,90 | 29:33,20 |
| 3. | 154 | Demirkiran, Hakan |  | 1978 | Ayyo Team Essen | 30:36,40 | 30:36,50 |
| 4. | 321 | Kölker, Manuel |  | 1979 | Seidenraupen Krefeld e.V. | 30:46,20 | 30:47,90 |
| 5. | 203 | Fenneken, Kai |  | 1979 | TomKaiRacing | 32:48,30 | 32:52,40 |
| 6. | 175 | Westphal, Norman |  | 1981 | SC Bayer 05 Uerdingen | 33:31,50 | 33:33,90 |
| 7. | 469 | Aritonovic, Jovica |  | 1978 | ASV Duisburg | 34:30,60 | 34:32,40 |
| 8. | 418 | Heckershoff, Oliver |  | 1981 | LT-Uerdingen.de | 34:36,90 | 34:40,40 |
| 9. | 388 | Scherder, René |  | 1981 | RSV Aachen | 35:13,50 | 35:18,30 |
| 10. | 170 | Hein, Alexander |  | 1982 | DJK VfL Forstwald | 35:36,10 | 35:40,70 |
| 11. | 231 | Böttcher, Henning |  | 1981 | Willich | 35:42,50 | 35:46,90 |
| 12. | 323 | Mayntzhusen, Moritz |  | 1980 | Seidenraupen Krefeld e.V. | 37:16,20 | 37:19,30 |
| 13. | 322 | Noack, Marcus |  | 1979 | Seidenraupen Krefeld e.V. | 37:17,40 | 37:19,80 |
| 14. | 85 | Vincke, Christian |  | 1979 | Athletik Waldniel | 38:02,50 | 38:08,00 |
| 15. | 318 | Khader, Aki |  | 1981 | Seidenraupen Krefeld e.V. | 38:58,70 | 39:00,50 |

Senioren M45

| | | | | | | | |
|-----|-----|-------------------|---|------|---------------------------|----------|----------|
| 1. | 376 | Goraus, Stephan |  | 1975 | ASV Süchteln | 31:19,90 | 31:21,00 |
| 2. | 32 | Kölven, Ludger |  | 1976 | Team Erdinger Alkoholfrei | 32:21,90 | 32:24,60 |
| 3. | 208 | Assmann, Manfred |  | 1973 | SC Bayer Uerdingen 05 | 34:08,50 | 34:11,10 |
| 4. | 490 | Erkens, Andreas |  | 1973 | Badminton Club Tönisvorst | 34:14,30 | 34:17,90 |
| 5. | 289 | Yoshizawa, Yoichi |  | 1977 | Team yoyo | 34:24,60 | 34:27,80 |
| 6. | 488 | Hammer, Mathias |  | 1977 | | 34:47,80 | 34:52,70 |
| 7. | 266 | Csire, Norman |  | 1973 | Fechtclub Krefeld | 36:51,30 | 36:56,90 |
| 8. | 385 | Pribyl, Holger |  | 1973 | Rumelner TV | 36:59,60 | 37:03,30 |
| 9. | 319 | Löb, Fabian |  | 1975 | Seidenraupen Krefeld e.V. | 38:57,60 | 39:00,60 |
| 10. | 34 | Heckermann, Kiril |  | 1976 | keine | 46:25,50 | 46:31,50 |



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Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|----------------------------|---------|---------------------|---|------|---------------------------------|------------|------------|
| Senioren M50 | | | | | | | |
| 1. | 121 | Schramm, Frank |  | 1972 | TuS Oedt | 30:18,60 | 30:18,60 |
| 2. | 281 | Arei, Pietros |  | 1969 | LG Wuppertal | 34:13,90 | 34:15,40 |
| 3. | 99 | Bormacher, Dirk |  | 1971 | Dülkener SV | 36:01,30 | 36:02,50 |
| 4. | 382 | Hummitzsch, Jörg |  | 1969 | LT-Uerdingen.de | 38:49,20 | 38:52,90 |
| 5. | 500 | Frenzel, Stephan |  | 1969 | Vorster Frösche | 39:12,80 | 39:17,90 |
| Senioren M55 | | | | | | | |
| 1. | 347 | Lawrenz, Wolfgang |  | 1963 | TG Neuss | 34:00,70 | 34:01,90 |
| 2. | 210 | Nadowski, Bernd |  | 1967 | SC Bayer Uerdingen 05 | 35:10,10 | 35:12,50 |
| 3. | 363 | Trapp, Michael |  | 1967 | LT-Uerdingen.de | 35:51,10 | 35:55,30 |
| 4. | 219 | Gregoric, Detlev |  | 1967 | Rumelner TV | 36:43,50 | 36:46,80 |
| 5. | 209 | Daemen, Oliver |  | 1965 | SC Bayer Uerdingen 05 | 37:18,10 | 37:21,80 |
| 6. | 44 | Seuthe, Andreas |  | 1966 | DJK Ewaldi Aplerbeck 1930 e. V. | 39:17,80 | 39:22,70 |
| 7. | 39 | Wingerath, Ralf |  | 1965 | Tri-Team TV Schiefbahn | 39:32,00 | 39:36,10 |
| 8. | 207 | Wiedelbach, Frank |  | 1964 | Rumelner TV | 40:50,70 | 40:53,90 |
| Senioren M60 | | | | | | | |
| 1. | 637 | Beckmanns, Ralf |  | 1962 | LT Krefeld Oppum | 37:04,80 | 37:07,60 |
| Genuss-Lauf, 8.100m | | | | | | | |
| Frauen | | | | | | | |
| 1. | 325 | Laschet, Jenny |  | 1996 | Seidenraupen Krefeld e.V. | 37:37,70 | 37:38,90 |
| 2. | 97 | Ye, Zhi Ya |  | 1994 | Zhiranni | 39:43,40 | 39:45,70 |
| 3. | 301 | Heisters, Luisa |  | 1995 | . | 40:32,90 | 40:36,10 |
| 4. | 152 | Köhler, Jule |  | 1998 | Rehazentrum Come Back | 41:25,50 | 41:28,20 |
| 5. | 386 | Presch, Katharina |  | 1994 | Budberg | 41:28,70 | 41:32,30 |
| 6. | 145 | Vieten, Laura |  | 1995 | Rehazentrum Come Back | 43:29,60 | 43:31,90 |
| 7. | 198 | Iseke, Hannah |  | 1999 | Mönchengladbacher TV 1848 | 43:48,00 | 43:58,30 |
| 8. | 96 | Bornat, Marleen |  | 1994 | Kraftrunners | 43:51,80 | 43:54,10 |
| 9. | 157 | Herrmann, Laura |  | 1994 | Keinen | 44:20,60 | 44:38,10 |
| 10. | 109 | Feldtmann, Elena |  | 1993 | - | 49:30,60 | 49:39,00 |
| Seniorinnen W30 | | | | | | | |
| 1. | 330 | Hölters, Nici |  | 1991 | Seidenraupen Krefeld e.V. | 38:35,50 | 38:36,80 |
| 2. | 390 | Bockholt, Mareike |  | 1988 | 1.FC Kaiserslautern | 42:39,10 | 42:49,20 |
| 3. | 327 | Femers, Lisa Milena |  | 1990 | Seidenraupen Krefeld e.V. | 43:07,60 | 43:14,00 |
| 4. | 326 | Rohrmeier, Leonie |  | 1991 | Seidenraupen Krefeld e.V. | 44:31,80 | 44:36,70 |
| 5. | 400 | Vollmann, Anna |  | 1989 | kein Verein | 47:20,60 | 47:31,90 |
| 6. | 113 | Danzke, Madelaine |  | 1990 | Keiner | 47:49,60 | 48:09,70 |
| 7. | 264 | Smacka, Bianca |  | 1991 | ohne | 48:15,40 | 48:26,10 |
| 8. | 27 | Ehlers, Barbara |  | 1989 | Ohne Verein | 50:08,70 | 50:16,30 |
| 9. | 167 | Weste, Larissa |  | 1992 | Rumelner TV | 54:41,00 | 54:58,60 |
| 10. | 176 | Westphal, Sabrina |  | 1989 | ohne | 1:04:05,20 | 1:04:19,90 |
| Seniorinnen W35 | | | | | | | |
| 1. | 285 | Dahmen, Julia |  | 1983 | Vereinslos | 43:00,00 | 43:02,90 |
| 2. | 220 | Kolanus, Britta |  | 1985 | Team Kolanus | 43:43,70 | 43:53,00 |
| 3. | 473 | Bissling, Jenny |  | 1985 | | 44:03,40 | 44:09,10 |
| 4. | 324 | Gellendin, Diana |  | 1983 | Seidenraupen Krefeld e.V. | 45:23,90 | 45:29,00 |
| 5. | 453 | Meyer, Aylin |  | 1987 | LT Krefeld Oppum | 50:01,60 | 50:10,40 |

51. Forstwalder Silvesterlauf 2022

Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|-------|---------|----------------|---|------|-----------|----------|----------|
| 6. | 377 | Räder, Meike |  | 1984 | Rundumfit | 57:19,70 | 57:39,70 |
| 7. | 378 | Ditges, Sandra |  | 1987 | Rundumfit | 57:21,20 | 57:39,80 |




Seniorinnen W40

| | | | | | | | |
|----|-----|---------------------|---|------|----------------------------------|------------|------------|
| 1. | 329 | Thomassen, Meike |  | 1979 | Seidenraupen Krefeld e.V. | 42:23,80 | 42:29,90 |
| 2. | 350 | May, Nicole |  | 1979 | TG Neuss | 42:31,60 | 42:35,60 |
| 3. | 333 | Schnock, Kristina |  | 1980 | Flat Land Runners Korschenbroich | 42:39,60 | 42:46,00 |
| 4. | 189 | Hermes, Silvia |  | 1981 | Rehazentrum Come Back | 43:21,80 | 43:24,40 |
| 5. | 288 | Weitkowitz, Claudia |  | 1978 | W | 46:37,10 | 46:52,60 |
| 6. | 284 | Zrenner, Katharina |  | 1982 | Ohne | 47:11,20 | 47:19,80 |
| 7. | 452 | Rohde, Uta |  | 1978 | LT Krefeld Oppum | 49:57,90 | 50:06,70 |
| 8. | 270 | Meyer, Martina |  | 1979 | Keinen | 52:57,60 | 53:11,00 |
| 9. | 300 | Asche, Kerstin |  | 1978 | Stadtwaldrennschnecken | 1:00:02,20 | 1:00:17,50 |






Seniorinnen W45

| | | | | | | | |
|-----|-----|---------------------|---|------|----------------|------------|------------|
| 1. | 380 | Hackel, Maren |  | 1973 | Ohne Verein | 39:29,90 | 39:37,00 |
| 2. | 45 | Rase, Sigrun |  | 1974 | KEINER | 44:29,20 | 44:37,30 |
| 3. | 107 | Bonde-Schmidt, Nina |  | 1974 | Rennradmädel's | 47:11,20 | 47:19,80 |
| 4. | 493 | Rohmann, Daniela |  | 1977 | | 48:12,60 | 48:19,30 |
| 5. | 462 | Grabek, Katrin |  | 1974 | Grabderich EV | 51:19,50 | 51:40,90 |
| 6. | 384 | Bruns, Sandra |  | 1976 | Rumelner TV | 54:41,70 | 54:58,70 |
| 7. | 50 | Simon, Gülcin |  | 1975 | Run for Beer | 1:02:03,90 | 1:02:18,20 |
| 8. | 178 | Schumacher, Sabine |  | 1975 | - | 1:02:04,10 | 1:02:18,10 |
| 9. | 38 | Hoener, Sabine |  | 1974 | TC Ladies | 1:04:33,90 | 1:04:57,00 |
| 10. | 137 | Plumhoff, Steffi |  | 1974 | DieHappy | 1:04:33,90 | 1:04:57,10 |




Seniorinnen W50

| | | | | | | | |
|----|-----|---------------------|---|------|----------------------------------|----------|----------|
| 1. | 331 | Jenner, Nicole |  | 1970 | Seidenraupen Krefeld e.V. | 40:05,70 | 40:13,10 |
| 2. | 439 | Persigehl-Hauses, |  | 1970 | TV Schiefbahn | 41:18,50 | 41:21,80 |
| 3. | 78 | Haefs-Louven, Jutta |  | 1972 | - | 41:28,20 | 41:30,00 |
| 4. | 139 | Wingerath, Mona |  | 1969 | Tri-Team TV Schiefbahn | 41:37,20 | 41:48,20 |
| 5. | 641 | Liebig, Katrin |  | 1972 | SC Bayer 05 Uerdingen | 44:15,60 | 44:22,80 |
| 6. | 54 | Drenker, Heike |  | 1969 | ohne Verein | 49:08,00 | 49:24,00 |
| 7. | 90 | Herrmann, Susanne |  | 1968 | Rumelner TV | 50:52,30 | 51:09,00 |
| 8. | 307 | Brintrup, Angelika |  | 1968 | Flat Land Runners Korschenbroich | 51:30,00 | 51:40,40 |
| 9. | 25 | Deserno, Christiane |  | 1968 | Lauf-Duo-Vorst | 55:09,40 | 55:22,20 |



Seniorinnen W55

| | | | | | | | |
|----|-----|--------------------|---|------|------------------------------|----------|----------|
| 1. | 110 | Buttenbruch, Ellen |  | 1967 | LT Hülser Bruch | 43:02,00 | 43:07,40 |
| 2. | 62 | Böhmer, Anke |  | 1967 | ohne | 43:02,70 | 43:08,00 |
| 3. | 455 | Bongers, Dorothea |  | 1963 | LT Krefeld Oppum | 51:32,70 | 51:40,50 |
| 4. | 24 | Haupt, Andrea |  | 1966 | Lauf-Duo-Vorst | 55:09,50 | 55:23,00 |
| 5. | 274 | Becherer, Sabine |  | 1965 | Stadtwaldrennschnecken Neuss | 55:32,70 | 55:48,20 |

Seniorinnen W60

| | | | | | | | |
|----|-----|-------------------|---|------|-----------------------|------------|------------|
| 1. | 265 | Smacka, Andrea |  | 1961 | ohne | 48:15,90 | 48:26,40 |
| 2. | 642 | Schroten, Susanne |  | 1960 | SC Bayer 05 Uerdingen | 55:17,70 | 55:32,20 |
| 3. | 135 | Pfalz, Heike |  | 1959 | Kein Verein | 1:03:00,10 | 1:03:21,80 |

männliche Jugend U18

| | | | | | | | |
|----|-----|----------------|---|------|---------------|----------|----------|
| 1. | 463 | Grabek, Mattes |  | 2006 | Grabderich EV | 40:30,20 | 40:48,40 |
| 2. | 464 | Aksel, Timur |  | 2006 | Grabderich EV | 41:57,90 | 42:16,30 |

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Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|----------------------|---------|------------------------|---|------|--------------------------------------|----------|----------|
| männliche Jugend U20 | | | | | | | |
| 1. | 297 | Hannappel, Jonas |  | 2004 | DJK VfL Forstwald | 37:06,40 | 37:07,20 |
| 2. | 461 | Grabek, Kalle |  | 2004 | Grabderich EV | 39:32,40 | 39:50,60 |
| 3. | 172 | Kreher, Maximilian |  | 2003 | keiner | 44:45,40 | 45:04,20 |
| Männer | | | | | | | |
| 1. | 287 | Krüger-Sprengel, |  | 1997 | Preussen Krefeld Leichtathletik e.V. | 34:14,00 | 34:15,40 |
| 2. | 423 | Garcia Kilian, Miguel |  | 1998 | Segel-Surf-Club-Kempen | 36:19,40 | 36:25,00 |
| 3. | 402 | Hafels, Fabian |  | 1994 | Skating Bears | 40:01,30 | 40:05,50 |
| 4. | 358 | Blaschzyk, Marcel |  | 1993 | DJK OLYMPIA FISCHELN | 40:01,70 | 40:05,50 |
| 5. | 419 | Flöth, Paul |  | 1998 | TSV Grombühl | 41:49,60 | 42:00,00 |
| 6. | 415 | Rouchi, Elias |  | 2000 | ASV Süchteln | 43:28,70 | 43:36,60 |
| 7. | 416 | Weyers, Kai |  | 1994 | ASV Süchteln | 43:28,90 | 43:36,30 |
| Senioren M30 | | | | | | | |
| 1. | 336 | Köhler, Benedict |  | 1992 | Plattfuß | 38:27,00 | 38:29,00 |
| 2. | 65 | Thommessen, Andre |  | 1988 | SV St.Tönis | 40:48,70 | 40:58,10 |
| 3. | 150 | Alex, Patrick |  | 1992 | Rehazentrum Come Back | 44:25,00 | 44:28,20 |
| 4. | 66 | Scheurenberg, |  | 1992 | Meiner | 48:41,40 | 48:58,00 |
| 5. | 88 | Ditges, Marc |  | 1989 | vereinslos | 50:31,20 | 50:49,70 |
| Senioren M35 | | | | | | | |
| 1. | 391 | Westerkamp, Michael |  | 1987 | 1.FC Kaiserslautern | 30:06,90 | 30:07,40 |
| 2. | 292 | Wolf, Thomas |  | 1983 | SV St.Tönis | 36:18,40 | 36:27,30 |
| 3. | 29 | Kremer, Fabian |  | 1986 | Laufftreff-Uerdingen.de | 37:17,80 | 37:23,60 |
| 4. | 186 | Bürki, Thierry |  | 1984 | keinen | 39:12,40 | 39:23,90 |
| 5. | 191 | Pohl, Richard |  | 1984 | SV St. Tönis | 39:40,00 | 39:43,90 |
| 6. | 12 | Wilms, Simon |  | 1985 | Immer weiter laufen | 40:08,80 | 40:16,10 |
| 7. | 174 | Reinbold, Ronny |  | 1983 | ohne | 40:50,40 | 41:10,10 |
| 8. | 278 | Kampa, David |  | 1987 | xxx | 41:06,70 | 41:18,80 |
| 9. | 193 | Reuter, Peter |  | 1983 | KFC Uerdingen 05 e.V. | 42:01,90 | 42:06,10 |
| 10. | 158 | Krettek, Tobias |  | 1987 | Keiner | 44:20,20 | 44:37,80 |
| 11. | 379 | Räder, Philipp |  | 1984 | Rundumfit | 45:38,80 | 45:58,10 |
| 12. | 298 | Gläser, Jan |  | 1985 | Feuerwehr Tönisvorst | 45:54,60 | 46:11,70 |
| Senioren M40 | | | | | | | |
| 1. | 64 | Pearson, James |  | 1981 | BREXIT | 36:41,10 | 36:42,00 |
| 2. | 495 | Rossmann, Roman |  | 1979 | Mafri Running | 37:41,70 | 37:50,20 |
| 3. | 445 | Dittrich, Sebastian |  | 1978 | | 38:11,60 | 38:24,20 |
| 4. | 356 | Mertens, Jan |  | 1982 | Flatland Runners - LT Marathon | 38:19,50 | 38:21,70 |
| 5. | 395 | Erdmann, Florian |  | 1980 | Naturschutzbund Deutschland e.V. | 38:53,00 | 38:53,30 |
| 6. | 334 | Schnock, Stefan |  | 1979 | Flat Land Runners Korschenbroich | 39:02,30 | 39:04,40 |
| 7. | 397 | Besten, Florian |  | 1978 | TC Blau-Weiß Moers | 39:22,20 | 39:24,10 |
| 8. | 244 | Gärtner, Michael |  | 1978 | - | 39:30,40 | 39:39,90 |
| 9. | 192 | Thißen, Sebastian |  | 1981 | KFC Uerdingen 05 e.V. | 40:23,40 | 40:26,80 |
| 10. | 269 | Lübke, Nils |  | 1979 | Alte Männer laufen | 42:00,00 | 42:03,80 |
| 11. | 84 | van der Koelen, Martin |  | 1979 | Nur der MSV | 42:15,70 | 42:19,70 |
| 12. | 328 | Kölker, Manuel |  | 1979 | Seidenraupen Krefeld e.V. | 43:11,30 | 43:17,90 |
| 13. | 14 | Wolters, Markus |  | 1979 | Schöööööne Schmerzen | 43:28,70 | 43:35,60 |
| 14. | 30 | Holtsteger, Bernhard |  | 1979 | Meiner | 43:37,60 | 43:53,90 |
| 15. | 271 | Hoogen, Christian |  | 1979 | Alte Männer laufen | 44:35,70 | 44:39,40 |

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Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|-------|---------|-------------------|---|------|------------------------|------------|------------|
| 16. | 60 | Plenker, Torsten |  | 1981 | ohne Verein | 45:12,20 | 45:16,30 |
| 17. | 201 | Schäfer, Thomas |  | 1978 | Vereinslos | 45:53,50 | 45:58,10 |
| 18. | 403 | Vollmann, Michael |  | 1982 | kein Verein | 47:20,60 | 47:31,80 |
| 19. | 467 | Saborowski, Roman |  | 1978 | Tri-Team TV Schiefbahn | 51:50,50 | 52:10,60 |
| 20. | 51 | Bartel, Andreas |  | 1978 | Run for Beer | 1:02:03,90 | 1:02:18,80 |
| 21. | 177 | Westphal, Norman |  | 1981 | SC Bayer 05 Uerdingen | 1:04:04,90 | 1:04:19,90 |

Senioren M45

| | | | | | | | |
|-----|-----|-----------------------|---|------|--------------------------------------|------------|------------|
| 1. | 332 | Schrörs-Runo, |  | 1973 | Seidenraupen Krefeld e.V. | 38:35,50 | 38:36,70 |
| 2. | 82 | Hansel, Ralph |  | 1973 | Kellergeister Schiefbahn | 40:14,90 | 40:20,20 |
| 3. | 133 | Van de Mötter, Jürgen |  | 1975 | Keiner | 41:06,10 | 41:20,20 |
| 4. | 383 | Esch, Mirko |  | 1976 | Tri-Team TV Schiefbahn | 41:17,10 | 41:28,50 |
| 5. | 80 | Thiele, Marc |  | 1974 | - | 43:01,20 | 43:02,20 |
| 6. | 240 | Sich, Burkhard |  | 1974 | Preussen Krefeld Leichtathletik e.V. | 44:23,30 | 44:26,20 |
| 7. | 100 | Lorenzen, Markus |  | 1974 | Kellergeister Schiefbahn | 44:25,80 | 44:32,20 |
| 8. | 86 | Saerbeck, Marc |  | 1976 | nn | 45:33,70 | 45:46,10 |
| 9. | 180 | Schroeter, Lars |  | 1974 | - | 47:04,70 | 47:06,20 |
| 10. | 52 | Königs, Jan |  | 1975 | Tri- Team TV Schiefbahn | 47:41,90 | 47:54,90 |
| 11. | 368 | Schoer, Bernd |  | 1975 | Spaß am Laufen | 51:50,80 | 52:10,90 |
| 12. | 182 | Kriewald, Markus |  | 1976 | Rumelner TV | 54:41,90 | 54:58,80 |
| 13. | 11 | Klein, Marcus |  | 1975 | Come Back Willich | 1:01:18,50 | 1:01:43,50 |

Senioren M50

| | | | | | | | |
|-----|-----|------------------|---|------|--------------------------|------------|------------|
| 1. | 87 | Hoersch, Andreas |  | 1972 | Forstwalder | 37:19,50 | 37:20,60 |
| 2. | 444 | Born, Dirk |  | 1972 | | 40:02,30 | 40:08,80 |
| 3. | 101 | Nideggen, Jan |  | 1969 | TV Schiefbahn | 40:55,90 | 41:01,70 |
| 4. | 429 | March, Ralf |  | 1969 | SG Neukirchen/Hülchrath | 41:02,00 | 41:11,60 |
| 5. | 214 | Jansen, Thomas |  | 1968 | SC Bayer Uerdingen 05 | 41:33,10 | 41:42,70 |
| 6. | 268 | Masuch-Schmidt, |  | 1970 | Vereinslos | 42:26,20 | 42:35,50 |
| 7. | 46 | Sonnen, Arno |  | 1970 | KEINER | 44:28,20 | 44:37,20 |
| 8. | 312 | Klein, Klaus |  | 1971 | M.Gladbacher TV 1848 e.V | 46:00,00 | 46:11,00 |
| 9. | 233 | Sattler, Jens |  | 1970 | Die Sattlers | 46:09,30 | 46:16,40 |
| 10. | 58 | Beudels, Guido |  | 1971 | Die Tartan Boys | 47:45,90 | 47:59,40 |
| 11. | 171 | Gröger, Norbert |  | 1969 | keiner | 48:26,90 | 48:47,30 |
| 12. | 335 | Genz, Klaus |  | 1968 | VTHC | 48:54,00 | 49:16,20 |
| 13. | 465 | Tenderich, Klaus |  | 1971 | Grabderich EV | 51:19,20 | 51:40,70 |
| 14. | 112 | Kutzka, Stefan |  | 1971 | Rumelner TV | 54:41,10 | 54:58,30 |
| 15. | 450 | Thiele, Markus |  | 1968 | Staubwolke Wekeln | 1:01:15,90 | 1:01:44,20 |
| 16. | 138 | Roeßing, Rolf |  | 1971 | DieHappy | 1:04:33,20 | 1:04:57,50 |

Senioren M55









| | | | | | | | |
|-----|-----|---------------------|---|------|---------------------------|----------|----------|
| 1. | 454 | Bongers, Jörn |  | 1965 | LT Krefeld Oppum | 37:13,00 | 37:20,80 |
| 2. | 337 | Harbig, Stefan |  | 1965 | Warme Socke | 38:49,30 | 38:51,30 |
| 3. | 451 | Thomas, Ingo |  | 1966 | | 41:57,80 | 42:06,50 |
| 4. | 76 | Meiners, Josef |  | 1963 | [L/S]aufgruppe RE7/10 | 42:15,20 | 42:19,60 |
| 5. | 49 | Abbas, Samir |  | 1963 | - | 42:34,00 | 42:47,30 |
| 6. | 205 | Wingerath, Ralf |  | 1965 | Tri-Team TV Schiefbahn | 42:54,70 | 42:57,80 |
| 7. | 261 | Masuch, Maic |  | 1966 | VTK | 43:50,90 | 44:00,00 |
| 8. | 115 | Küppers, Thomas |  | 1964 | GWR Büderich | 44:03,20 | 44:08,90 |
| 9. | 197 | Iseke, Stephan |  | 1967 | Mönchengladbacher TV 1848 | 44:25,40 | 44:36,30 |
| 10. | 83 | Debener, Martin |  | 1964 | ohne | 44:41,60 | 44:47,80 |
| 11. | 126 | Kyriakopoulos, Nick |  | 1966 | Hülser Bruch LT | 44:48,80 | 44:54,70 |

51. Forstwalder Silvesterlauf 2022

Ergebnisliste AK

| Platz | Startnr | Name | Nat. | Jg. | Verein | Netto | Brutto |
|-------|---------|---------------------|---|------|------------------------|------------|------------|
| 12. | 225 | Mueller, Klaus Kurt |  | 1967 | Rehazentrum Come Back | 47:39,70 | 47:42,70 |
| 13. | 357 | Radojewski, Marko |  | 1965 | Ohne | 49:47,70 | 50:03,10 |
| 14. | 257 | Moll, Rainer |  | 1964 | Privat | 50:37,30 | 50:55,30 |
| 15. | 272 | Böhm, Alfons |  | 1963 | TC Grün Weiß St. Tönis | 50:51,80 | 51:08,90 |
| 16. | 59 | Tyralla, Thomas |  | 1963 | ohne | 52:46,80 | 53:00,70 |
| 17. | 77 | Griese, Bodo |  | 1963 | Keiner | 1:01:15,30 | 1:01:43,30 |



Senioren M60

| | | | | | | | |
|----|-----|----------------------|---|------|----------------------------------|----------|----------|
| 1. | 277 | Hanslik Dr., Romuald |  | 1961 | Romi50 | 38:09,80 | 38:10,10 |
| 2. | 89 | Henning, Rainer |  | 1961 | Rumelner TV | 39:20,30 | 39:27,40 |
| 3. | 308 | Brintrup, Robert |  | 1961 | Flat Land Runners Korschenbroich | 44:59,70 | 45:06,10 |
| 4. | 140 | De Brouwer, Georg |  | 1958 | Activ Team Erdinger | 47:13,10 | 47:18,10 |
| 5. | 306 | Wildenberg, Armin |  | 1961 | Ohne | 47:50,80 | 48:09,90 |
| 6. | 144 | Pilz, Jürgen |  | 1958 | Rehazentrum Come Back | 50:46,30 | 50:49,30 |
| 7. | 134 | Tervooren, Uwe |  | 1959 | Kein Verein | 52:32,50 | 52:53,10 |
| 8. | 136 | Brauer, Jürgen |  | 1959 | Rumelner TV | 54:41,40 | 54:58,50 |


Senioren M65

| | | | | | | | |
|----|-----|---------------------|---|------|------------------------|----------|----------|
| 1. | 211 | Schroten, Achim |  | 1954 | SC Bayer Uerdingen 05 | 39:56,80 | 40:06,90 |
| 2. | 168 | Hümbts, Wolfgang |  | 1953 | LC Duisburg | 44:34,90 | 44:43,00 |
| 3. | 114 | Caspers, Dieter |  | 1955 | Lauftreff Hülser Bruch | 44:48,60 | 44:54,60 |
| 4. | 239 | Pitschmann, Manfred |  | 1954 | DJK VfL Willich | 50:02,60 | 50:07,50 |

Senioren M70

| | | | | | | | |
|----|-----|----------------------|---|------|-------------------|----------|----------|
| 1. | 421 | Bendlage, Hans-Jakob |  | 1949 | TSV Kaldenkirchen | 44:11,30 | 44:14,10 |
| 2. | 81 | Markowsky, Günter |  | 1952 | Rumelner TV | 45:12,30 | 45:20,20 |

Senioren M80

| | | | | | | | |
|----|-----|-----------------|---|------|-------------------|------------|------------|
| 1. | 443 | Krechel, Jürgen |  | 1939 | DJK VfL Forstwald | 1:15:24,40 | 1:15:33,10 |
|----|-----|-----------------|---|------|-------------------|------------|------------|

Anzahl Teilnehmer: 447