



37. Lauf durch den Warmer Lohn 2022

37. Lauf durch den Warmer Lohn 2022 - 10.09.2022

Ergebnisliste AK

Anzahl: 127

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------|------|------|-----|-----|--------|-------|--------|
|------|------|------|-----|-----|--------|-------|--------|

800m-Lauf (U8)

MÄNNER

Kinder (männlich) U8

| | | | | | | | |
|-----|------|-----------------------|------|---|----------------------|--|-------|
| 1. | 3031 | Haverkamp, Mattis | 2015 | m | Lauf Team Unna | | 03:44 |
| 2. | 3100 | Schwarz, Miko | 2016 | m | VfL Fröndenberg | | 03:44 |
| 3. | 3128 | Wanke, Leon | 2015 | m | VfL Fröndenberg | | 03:46 |
| 4. | 3039 | Hirschberg, Erik | 2015 | m | SVB | | 03:49 |
| 5. | 3016 | Deuter, Lutz | 2015 | m | Marathon-Club Menden | | 03:59 |
| 6. | 3097 | Schulte, Timo | 2015 | m | TG Heeren | | 04:01 |
| 7. | 3056 | Kretzschmar, Linus | 2015 | m | SG Eintracht Ergste | | 04:03 |
| 8. | 3009 | Brügge, Julian | 2015 | m | VfL Fröndenberg | | 04:06 |
| 9. | 3137 | Connor, Tyler | 2015 | m | Fröndenberg/Ruhr | | 04:13 |
| 10. | 3106 | Siekierka, Leon | 2016 | m | Marathon-Club Menden | | 04:14 |
| 11. | 3038 | Hetzmann, David | 2015 | m | Marathon-Club Menden | | 04:16 |
| 12. | 3068 | Mexner, Simon | 2016 | m | SG Eintracht Ergste | | 04:25 |
| 13. | 3076 | Ohrmann, Milan | 2015 | m | Marathon-Club Menden | | 04:33 |
| 14. | 3045 | Huf, Thiago | 2016 | m | Marathon-Club Menden | | 04:34 |
| 15. | 3051 | Kessopoulos, Achileas | 2016 | m | Marathon-Club Menden | | 04:43 |

FRAUEN

Kinder (weiblich) U8

| | | | | | | | |
|----|------|--------------------|------|---|----------------------|--|-------|
| 1. | 3206 | Hermanns, Emma | 2015 | w | RW Mellen | | 03:34 |
| 2. | 3202 | Pagel, Emilia | 2015 | w | VfL Fröndenberg | | 03:39 |
| 3. | 3132 | Werny, Annabel | 2015 | w | Marathon-Club Menden | | 03:51 |
| 4. | 3025 | Glambeck, Laura | 2015 | w | Marathon-Club Menden | | 04:15 |
| 5. | 3121 | Uecker, Helene | 2015 | w | VfL Fröndenberg | | 04:23 |
| 6. | 3094 | Schneider, Karla | 2015 | w | Marathon-Club Menden | | 04:33 |
| 7. | 3093 | Schlinkmann, Wolke | 2016 | w | VfL Fröndenberg | | 05:14 |
| 8. | 3014 | Cascio, Alena | 2016 | w | Marathon-Club Menden | | 05:34 |



37. Lauf durch den Warmer Lohn 2022

37. Lauf durch den Warmer Lohn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------|------|------|-----|-----|--------|-------|--------|
|------|------|------|-----|-----|--------|-------|--------|

1200m-Lauf (U10/U12)

MÄNNER

Kinder (männlich) U10

| | | | | | | | |
|----|------|---------------------|------|---|----------------------|--|-------|
| 1. | 3040 | Hörster, Ben | 2013 | m | Marathon-Club Menden | | 04:35 |
| 2. | 3034 | Heckmann, Linus | 2013 | m | Marathon-Club Menden | | 04:59 |
| 3. | 3119 | Timmermann, Fabian | 2014 | m | VfL Fröndenberg | | 05:00 |
| 4. | 3099 | Schürmann, Lutz | 2013 | m | Marathon-Club Menden | | 05:20 |
| 5. | 3204 | Huf, Leandro | 2013 | m | Marathon-Club Menden | | 05:33 |
| 6. | 3107 | Smollich, Lennard | 2014 | m | VfL Fröndenberg | | 06:03 |
| 7. | 3063 | Liebehenschel, Falk | 2014 | m | VfL Fröndenberg | | 07:02 |
| 8. | 3065 | Maaßen, Mats | 2014 | m | Marathon-Club Menden | | 12:13 |

Kinder (männlich) U12

| | | | | | | | |
|-----|------|------------------------|------|---|----------------------|--|-------|
| 1. | 3061 | Lakrabi, Ilias | 2011 | m | Fröndenberg | | 04:35 |
| 2. | 3096 | Schulte-Filthaut, Karl | 2011 | m | Marathon-Club Menden | | 04:42 |
| 3. | 3209 | Bodach, Justus | 2011 | m | Tri-Geckos Dortmund | | 04:43 |
| 4. | 3087 | Rygala, Bartek | 2012 | m | VfL Fröndenberg | | 04:48 |
| 5. | 3210 | Bodach, Ilian | 2012 | m | Tri-Geckos Dortmund | | 05:10 |
| 6. | 3010 | Buse, Matis | 2011 | m | Marathon-Club Menden | | 05:21 |
| 7. | 3080 | Rautert, Mitja | 2012 | m | VfL Fröndenberg | | 05:27 |
| 8. | 3011 | Camonita, Alessio | 2012 | m | VfL Fröndenberg | | 05:53 |
| 9. | 3024 | Glambeck, Fabian | 2012 | m | Marathon-Club Menden | | 05:59 |
| 10. | 3008 | Brügge, Adrian | 2012 | m | VfL Fröndenberg | | 06:06 |

FRAUEN

Kinder (weiblich) U10

| | | | | | | | |
|----|------|----------------------|------|---|----------------------|--|-------|
| 1. | 3036 | Herbst, Mirja | 2014 | w | VfL Fröndenberg | | 04:52 |
| 2. | 3028 | Hammerschmidt, Luisa | 2013 | w | Marathon-Club Menden | | 05:20 |
| 3. | 3042 | Hörster, Madita | 2014 | w | Marathon-Club Menden | | 05:42 |
| 4. | 3205 | Theresa, Werny | 2013 | w | Menden | | 05:55 |



37. Lauf durch den Warmer Löhn 2022

37. Lauf durch den Warmer Löhn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------|------|------------------|------|-----|-----------------|-------|--------|
| 5. | 3122 | Uecker, Jana | 2013 | w | VfL Fröndenberg | | 06:21 |
| 6. | 3037 | Heseler, Maja | 2013 | w | Wickede | | 06:40 |
| 7. | 3012 | Camonita, Emilia | 2014 | w | VfL Fröndenberg | | 07:22 |

Kinder (weiblich) U12

| | | | | | | | |
|----|------|-------------------|------|---|-----------------|--|-------|
| 1. | 3207 | Franken, Svea | 2011 | w | Werl | | 05:02 |
| 2. | 3086 | Rüschbaum, Annike | 2011 | w | VfL Fröndenberg | | 06:38 |



37. Lauf durch den Warmer Lohn 2022

37. Lauf durch den Warmer Lohn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------|------|------|-----|-----|--------|-------|--------|
|------|------|------|-----|-----|--------|-------|--------|

5 km-Straßenlauf

MÄNNER

männliche Jugend U14

| | | | | | | | |
|----|------|-------------|------|---|-----------------|--------------|-------|
| 1. | 3123 | Vogt, Henri | 2009 | m | VfL Fröndenberg | 21:58 | 21:58 |
|----|------|-------------|------|---|-----------------|--------------|-------|

männliche Jugend U18

| | | | | | | | |
|----|------|-------------|------|---|-----------------|--------------|-------|
| 1. | 3218 | Haefs, Nils | 2005 | m | TV Deilinghofen | 19:49 | 19:50 |
|----|------|-------------|------|---|-----------------|--------------|-------|

männliche Jugend U20

| | | | | | | | |
|----|------|---------------------|------|---|-----------------|--------------|-------|
| 1. | 3103 | Schwermann, Theodor | 2003 | m | VfL Fröndenberg | 22:40 | 22:42 |
|----|------|---------------------|------|---|-----------------|--------------|-------|

Männer

| | | | | | | | |
|----|------|-------------------|------|---|----------------------|--------------|-------|
| 1. | 3104 | Serio, Maximilian | 2001 | m | Marathon-Club Menden | 17:53 | 17:54 |
| 2. | 3117 | Teichmann, Kai | 1996 | m | Marathon-Club Menden | 18:45 | 18:45 |
| 3. | 3023 | Franke, Johannes | 1997 | m | Marathon-Club Menden | 19:40 | 19:40 |
| 4. | 3020 | Feldhaus, Niklas | 1999 | m | TG Westhofen | 20:29 | 20:29 |
| 5. | 3219 | Haefs, Hendrik | 1995 | m | TV Deilinghofen | 30:38 | 30:40 |

M30

| | | | | | | | |
|----|------|-------------------|------|---|----------------------|--------------|-------|
| 1. | 3026 | Große, Dirk | 1990 | m | Marathon-Club Menden | 17:34 | 17:34 |
| 2. | 3044 | Huckschlag, Denis | 1991 | m | Marathon-Club Menden | 29:27 | 29:28 |

M35

| | | | | | | | |
|----|------|---------------|------|---|-------------------------|--------------|-------|
| 1. | 3130 | Weber, Thomas | 1987 | m | Werler Klostertröpfchen | 23:11 | 23:13 |
|----|------|---------------|------|---|-------------------------|--------------|-------|

M40

| | | | | | | | |
|----|------|----------------|------|---|----------------------|--------------|-------|
| 1. | 3139 | Böcker, Daniel | 1980 | m | Marathon-Club Menden | 21:43 | 21:45 |
| 2. | 3110 | Stauß, Michael | 1982 | m | MCM | 22:05 | 22:08 |

M45

| | | | | | | | |
|----|------|-------------------|------|---|-------------|--------------|-------|
| 1. | 3216 | Tobias, Sorge | 1975 | m | | 18:06 | 18:07 |
| 2. | 3043 | Hövelborn, Holger | 1974 | m | Arnsberg | 21:29 | 21:29 |
| 3. | 3083 | Röttger, Ingo | 1974 | m | Fröndenberg | 22:10 | 22:13 |



37. Lauf durch den Warmer Lohn 2022

37. Lauf durch den Warmer Lohn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|-----------------------------|------|-------------------------|------|-----|---------------------------|--------------|--------|
| M50 | | | | | | | |
| 1. | 3002 | Arej, Pietros | 1969 | m | LG Wuppertal | 20:15 | 20:16 |
| 2. | 3030 | Haverkamp, Kai | 1971 | m | Lauf Team Unna | 22:27 | 22:29 |
| 3. | 3062 | Lässig, Jörg | 1969 | m | Marathon-Club Menden | 29:27 | 29:28 |
| M55 | | | | | | | |
| 1. | 3108 | Sommer, André | 1967 | m | Marathon-Club Menden | 24:22 | 24:23 |
| 2. | 3091 | Schiel, Martin | 1964 | m | Viermärker Dortmund | 27:56 | 28:00 |
| M65 | | | | | | | |
| 1. | 3114 | Tank, Dieter | 1955 | m | Dortmund | 28:32 | 28:36 |
| 2. | 3215 | Brack, Heribert | 1955 | m | | 30:34 | 30:37 |
| M70 | | | | | | | |
| 1. | 3201 | Fiolka, Achim | 1952 | m | TGH Wetter | 22:32 | 22:33 |
| 2. | 3212 | Mazurek, Jürgen | 1952 | m | LC Rapid Dortmund | 23:29 | 23:30 |
| 3. | 3213 | Korte, Herbert | 1949 | m | LAC Veltins | 33:44 | 33:48 |
| FRAUEN | | | | | | | |
| weibliche Jugend U14 | | | | | | | |
| 1. | 3021 | Fischer, Kate | 2010 | w | SG Eintracht Ergste | 26:18 | 26:21 |
| 2. | 3120 | Timusk, Zoe | 2011 | w | SG Eintracht Ergste | 26:18 | 26:21 |
| 3. | 3098 | Schürmann, Emma | 2009 | w | Marathon-Club Menden | 28:13 | 28:15 |
| weibliche Jugend U16 | | | | | | | |
| 1. | 3135 | Wöllecke, Antje | 2007 | w | SG Eintracht Ergste | 22:35 | 22:37 |
| 2. | 3118 | Tekhaus, Jule | 2007 | w | SG Eintracht Ergste | 23:47 | 23:50 |
| weibliche Jugend U18 | | | | | | | |
| 1. | 3032 | Haverkamp, Stina | 2006 | w | Lauf Team Unna | 22:27 | 22:29 |
| 2. | 3214 | Lobitz, Luisa | 2006 | w | SV Frömern | 23:00 | 23:02 |
| Frauen | | | | | | | |
| 1. | 3088 | Schäperklaus, Sarah | 2000 | w | LAC Veltins Hochsauerland | 17:57 | 17:57 |
| 2. | 3105 | Severin, Marie-Christin | 1995 | w | Marathon-Club Menden | 20:52 | 20:53 |



37. Lauf durch den Warmer Lohn 2022

37. Lauf durch den Warmer Lohn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------------|------|---------------------|------|-----|-------------------------|--------------|--------|
| W30 | | | | | | | |
| 1. | 3027 | Hafenmayer, Isabel | 1991 | w | TG Westhofen | 20:50 | 20:51 |
| 2. | 3015 | Csigi, Sabrina | 1992 | w | SG Eintracht Ergste | 24:51 | 24:53 |
| 3. | 3129 | Weber, Sabrina | 1989 | w | Werler Klostertröpfchen | 25:38 | 25:41 |
| 4. | 3081 | Rezmer, Marina | 1991 | w | Viermärker Dortmund | 27:19 | 27:23 |
| W35 | | | | | | | |
| 1. | 3041 | Hörster, Christina | 1984 | w | Marathon-Club Menden | 28:30 | 28:33 |
| W40 | | | | | | | |
| 1. | 3067 | Mexner, Sarah | 1981 | w | Marathon-Club Menden | 21:43 | 21:45 |
| 2. | 3029 | Hammerschmidt, Ute | 1979 | w | Marathon-Club Menden | 22:13 | 22:14 |
| W45 | | | | | | | |
| 1. | 3211 | Uecker-Montsch, Ute | 1973 | w | VfL Fröndenberg | 30:23 | 30:25 |
| W50 | | | | | | | |
| 1. | 3082 | Rost, Nicole | 1970 | w | Menden | 28:55 | 29:00 |
| W55 | | | | | | | |
| 1. | 3066 | Marquard, Claudia | 1963 | w | Viermärker | 38:56 | 38:58 |
| W60 | | | | | | | |
| 1. | 3115 | Tank, Regina | 1959 | w | Dortmund | 23:19 | 23:20 |



37. Lauf durch den Warmer Lohn 2022

37. Lauf durch den Warmer Lohn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------|------|------|-----|-----|--------|-------|--------|
|------|------|------|-----|-----|--------|-------|--------|

10 km-Straßenlauf

MÄNNER

männliche Jugend U18

| | | | | | | | |
|----|------|-----------------|------|---|----------------|--------------|-------|
| 1. | 3084 | Röttger, Niklas | 2005 | m | SV Bausenhagen | 34:29 | 34:29 |
|----|------|-----------------|------|---|----------------|--------------|-------|

Männer

| | | | | | | | |
|----|------|-----------------------|------|---|-------|--------------|-------|
| 1. | 3073 | Nowakowski, Christoph | 1994 | m | Essen | 42:35 | 42:36 |
|----|------|-----------------------|------|---|-------|--------------|-------|

M30

| | | | | | | | |
|----|------|----------------------|------|---|----------------------|--------------|-------|
| 1. | 3089 | Schewalje, Andreas | 1988 | m | TuS Breckerfeld | 34:46 | 34:46 |
| 2. | 3035 | Henseleit, Philipp | 1988 | m | Marathon-Club Menden | 35:43 | 35:44 |
| 3. | 3222 | Steinhoff, Christian | 1989 | m | Marathon-Club Menden | 37:39 | 37:39 |
| 4. | 3138 | Albert, Janis | 1990 | m | Fröndenberg | 45:06 | 45:08 |

M35

| | | | | | | | |
|----|------|------------------|------|---|----------------|--------------|-------|
| 1. | 3224 | Daniel, Florian | 1983 | m | Fröndenberg | 37:12 | 37:12 |
| 2. | 3053 | Kramer, Philipp | 1985 | m | Tri Team Hagen | 39:35 | 39:36 |
| 3. | 3101 | Schwarze, Thomas | 1986 | m | Arnsberg | 44:57 | 44:59 |

M40

| | | | | | | | |
|----|------|---------------------|------|---|----------------|--------------|-------|
| 1. | 3124 | von der Heide, Nils | 1978 | m | Marathon Soest | 36:17 | 36:18 |
| 2. | 3223 | Wozny, Stefan | 1981 | m | LSF-Unna-2000 | 42:13 | 42:14 |
| 3. | 3013 | Can, Fikri | 1980 | m | LAZ Iserlohn | 44:10 | 44:11 |

M45

| | | | | | | | |
|----|------|--------------------------|------|---|---------------|--------------|-------|
| 1. | 3221 | Westers-Dieckmann, Mario | 1975 | m | LSF-Unna-2000 | 49:15 | 49:18 |
|----|------|--------------------------|------|---|---------------|--------------|-------|

M55

| | | | | | | | |
|----|------|-----------------|------|---|---------------------------|--------------|-------|
| 1. | 3048 | Huskotte, Jörg | 1963 | m | Viermärker Dortmund | 44:58 | 44:59 |
| 2. | 3064 | Lindner, Peter | 1966 | m | MCM | 45:36 | 45:37 |
| 3. | 3131 | Wegener, Peter | 1967 | m | LAC Veltins Hochsauerland | 46:24 | 46:26 |
| 4. | 3225 | Röttger, Dieter | 1966 | m | Fröndenberg | 52:34 | 52:35 |
| 5. | 3220 | Homann, Andreas | 1965 | m | GSV Fröndenberg | 54:19 | 54:21 |



37. Lauf durch den Warmer Löhn 2022

37. Lauf durch den Warmer Löhn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------------|------|--------------------------|------|-----|----------------------|----------------|---------|
| M60 | | | | | | | |
| 1. | 3060 | Kuhlhüser, Wilfried | 1962 | m | DAV Beckum | 47:51 | 47:55 |
| M75 | | | | | | | |
| 1. | 3050 | Kemper, Erhard | 1946 | m | Marathon-Club Menden | 51:41 | 51:41 |
| M80 | | | | | | | |
| 1. | 3077 | Pollok, Prof. Dr. Ernest | 1942 | m | MC-Menden | 1:19:08 | 1:19:11 |

FRAUEN

| | | | | | | | |
|------------|------|-----------------|------|---|---------------|----------------|---------|
| W30 | | | | | | | |
| 1. | 3095 | Schreier, Laura | 1988 | w | LSF-Unna-2000 | 1:04:19 | 1:04:22 |
| W60 | | | | | | | |
| 1. | 3116 | Tank, Regina | 1959 | w | Dortmund | 49:17 | 49:18 |



37. Lauf durch den Warmer Lohn 2022

37. Lauf durch den Warmer Lohn 2022 - 10.09.2022

Ergebnisliste AK

| AKPI | Snr. | Name | Jg. | m/w | Verein | Netto | Brutto |
|------|------|------|-----|-----|--------|-------|--------|
|------|------|------|-----|-----|--------|-------|--------|

5 km Walking

MÄNNER

NW Männer

| | | | | | | | |
|--|------|-----------------|------|---|----------------------|--|-------|
| | 3054 | Krause, Ulrich | 1956 | m | Physiozentrum Menden | | 44:52 |
| | 3072 | Nophut, Michael | 1968 | m | VfL Fröndenberg | | 51:18 |

FRAUEN

NW Frauen

| | | | | | | | |
|--|------|--------------------------|------|---|-----------------|--|-------|
| | 3003 | Becker, Astrid | 1970 | w | VfL Fröndenberg | | 51:17 |
| | 3070 | Montsch, Susanna | 1947 | w | VfL Fröndenberg | | 48:38 |
| | 3078 | Prillwitz, Bettina | 1961 | w | VfL Fröndenberg | | 45:59 |
| | 3112 | Stute, Monika | 1966 | w | Fröndenberg | | 42:56 |
| | 3113 | Swoboda-Marquardt, Lydia | 1959 | w | VfL Fröndenberg | | 45:59 |
| | 3134 | Willems, Birgit | 1973 | w | VfL Fröndenberg | | 45:29 |