

# Ergebnisse Nordwestfälische Meisterschaften Lange Strecke und SMK 2024

17.02.2024 - 18.02.2024, Langbahn, Gladbeck

Name	Jg	M/F	WkNr	Strecke	Typ	Abs.	Zeit	Platz	Rek	Bemerkung
Brüggenhorst, Inga	1996	W	3	400 F	E	2	05:17,17	5	SBZ	
Essmann, Adrian	2013	M	2	1500 F	E	1	24:47,84	6	PBZ	
Essmann, Adrian	2013	M	4	400 F	E	2	06:22,17	7	PBZ	
Essmann, Adrian	2013	M	409	200 B	E	1	03:45,16	2		
Essmann, Adrian	2013	M	414	25 X	E	1	00:24,94	9		
Essmann, Adrian	2013	M	418	25 X	E	2	00:28,46	8		
Essmann, Adrian	2013	M	427	100 B	E	3	01:42,86	1	SBZ	
Essmann, Adrian	2013	M	435	50 BB	E	3	00:55,50	1	PBZ	
Essmann, Adrian	2013	M	443	200 L	E	4	03:28,27	3	PBZ	
Gerasch, Justus Bennet	2010	M	6	800 F	E	3	10:41,43	4	PBZ	
Gerling, Franka	2013	W	3	400 F	E	2	05:59,44	4	PBZ	
Gerling, Franka	2013	W	5	800 F	E	3	12:45,84	3	PBZ	
Gerling, Franka	2013	W	403	200 R	E	1	03:05,18	1		
Gerling, Franka	2013	W	412	25 X	E	1	00:19,74	3		
Gerling, Franka	2013	W	416	25 X	E	2	00:20,12	2		
Gerling, Franka	2013	W	421	100 R	E	3	01:25,97	1		
Gerling, Franka	2013	W	430	50 RB	E	3	00:49,20	1	PBZ	
Gerling, Franka	2013	W	438	200 L	E	4	03:13,58	1	SBZ	
Gerling, Ronja	2009	W	1	1500 F	E	1	18:56,00	2	PBZ	
Gerling, Ronja	2009	W	3	400 F	E	2	04:51,85	2	SR	
Gerling, Ronja	2009	W	5	800 F	E	3	09:53,89	3	PBZ	
Gerling, Ronja	2009	W	7	400 L	E	4	05:34,27	3	PBZ	
Grund, Tilda-Constanze	2013	W	3	400 F	E	2	05:55,28	2	PBZ	
Grund, Tilda-Constanze	2013	W	5	800 F	E	3	12:07,95	2	PBZ	
Grund, Tilda-Constanze	2013	W	405	200 F	E	1	02:45,80	1	PBZ	
Grund, Tilda-Constanze	2013	W	412	25 X	E	1	00:20,30	5		
Grund, Tilda-Constanze	2013	W	416	25 X	E	2	00:21,94	6		
Grund, Tilda-Constanze	2013	W	423	100 F	E	3	01:15,87	1	PBZ	
Grund, Tilda-Constanze	2013	W	432	50 KB	E	3	00:52,49	3	PBZ	
Grund, Tilda-Constanze	2013	W	440	200 L	E	4	03:12,72	2	PBZ	
Honemann, Emma	2011	W	1	1500 F	E	1	23:15,62	7	PBZ	
Honemann, Emma	2011	W	3	400 F	E	2	05:54,12	12	PBZ	
Honemann, Emma	2011	W	5	800 F	E	3	11:58,50	13	PBZ	
Honemann, Emma	2011	W	7	400 L	E	4	06:47,00	11	PBZ	

Name	Jg	M/F	WkNr	Strecke	Typ	Abs.	Zeit	Platz	Rek	Bemerkung
Honemann, Pauline	2013	W	3	400 F	E	2	06:26,68	11	PBZ	
Honemann, Pauline	2013	W	5	800 F	E	3	13:39,92	5	PBZ	
Honemann, Pauline	2013	W	403	200 R	E	1	03:13,73	3	PBZ	
Honemann, Pauline	2013	W	412	25 X	E	1	00:24,26	16		
Honemann, Pauline	2013	W	416	25 X	E	2	00:24,17	10		
Honemann, Pauline	2013	W	421	100 R	E	3	01:31,15	3	PBZ	
Honemann, Pauline	2013	W	430	50 RB	E	3	00:58,05	6	SBZ	
Honemann, Pauline	2013	W	438	200 L	E	4	03:38,84	6		
Hopfinger, Olivia	2008	W	1	1500 F	E	1	20:29,22	1	SBZ	
Hopfinger, Olivia	2008	W	3	400 F	E	2	05:03,18	1	SBZ	
Hopfinger, Olivia	2008	W	5	800 F	E	3	n.a.			
Hopfinger, Olivia	2008	W	7	400 L	E	4	n.a.			
Kassenbrock, Maximilian	2006	M	4	400 F	E	2	04:25,44	2	SR	
Kassenbrock, Maximilian	2006	M	6	800 F	E	3	09:13,03	1	PBZ	
Kock, Darleen	2010	W	1	1500 F	E	1	19:38,76	1	PBZ	
Kock, Darleen	2010	W	3	400 F	E	2	05:09,90	2	SBZ	
Kock, Darleen	2010	W	5	800 F	E	3	10:25,03	1	SBZ	
Kock, Darleen	2010	W	7	400 L	E	4	05:58,62	1	PBZ	
Kock, Kevin	2007	M	2	1500 F	E	1	17:49,22	1	SR	
Kock, Kevin	2007	M	4	400 F	E	2	04:32,83	1	SBZ	
Kock, Kevin	2007	M	6	800 F	E	3	09:16,22	1	SBZ	
Kock, Kevin	2007	M	8	400 L	E	4	05:07,05	2	PBZ	
Kulik, Mira-Lynn	2009	W	1	1500 F	E	1	19:34,38	3	SBZ	
Kulik, Mira-Lynn	2009	W	3	400 F	E	2	04:58,57	3	SBZ	
Kulik, Mira-Lynn	2009	W	5	800 F	E	3	10:15,74	6	SBZ	
Kulik, Mira-Lynn	2009	W	7	400 L	E	4	05:45,59	4	PBZ	
Lampen, Marlene	2009	W	1	1500 F	E	1	20:06,76	4	PBZ	
Lampen, Marlene	2009	W	3	400 F	E	2	05:00,03	4	PBZ	
Lampen, Marlene	2009	W	5	800 F	E	3	10:13,99	5	PBZ	
Lampen, Marlene	2009	W	7	400 L	E	4	05:33,59	2	SR	
Manschulow, Larion	2010	M	6	800 F	E	3	11:50,00	8	SBZ	
Manzek, Leni	2007	W	3	400 F	E	2	05:02,34	1	PBZ	
Manzek, Leni	2007	W	5	800 F	E	3	10:25,97	1	PBZ	
Manzek, Leni	2007	W	7	400 L	E	4	05:48,86	1	PBZ	
Marasus, Elija	2010	M	2	1500 F	E	1	18:56,78	3	PBZ	
Marasus, Elija	2010	M	4	400 F	E	2	04:58,29	3	SBZ	
Marasus, Elija	2010	M	6	800 F	E	3	09:56,35	3	PBZ	
Marasus, Elija	2010	M	8	400 L	E	4	05:35,56	4	SBZ	
Michel, Josefine	2012	W	3	400 F	E	2	05:44,25	5	SBZ	

Name	Jg	M/F	WkNr	Strecke	Typ	Abs.	Zeit	Platz	Rek	Bemerkung
Michel, Josefine	2012	W	5	800 F	E	3	n.a.			
Michel, Josefine	2012	W	405	200 F	E	1	02:42,58	2	PBZ	
Michel, Josefine	2012	W	412	25 X	E	1	00:19,41	6		
Michel, Josefine	2012	W	416	25 X	E	2	00:21,86	9		
Michel, Josefine	2012	W	423	100 F	E	3	01:10,17	2	PBZ	
Michel, Josefine	2012	W	432	50 KB	E	3	00:47,52	2	PBZ	
Michel, Josefine	2012	W	440	200 L	E	4	03:03,54	2		
Mollenhauer, Hannes	2014	M	4	400 F	E	2	06:13,56	2	PBZ	
Mollenhauer, Hannes	2014	M	406	100 S	E	1	01:52,07	1	PBZ	
Mollenhauer, Hannes	2014	M	413	15 X	E	1	00:12,44	3		
Mollenhauer, Hannes	2014	M	417	15 X	E	2	00:14,90	4		
Mollenhauer, Hannes	2014	M	424	50 S	E	3	00:48,71	1	PBZ	
Mollenhauer, Hannes	2014	M	433	50 DB	E	3	01:07,90	1	PBZ	
Mollenhauer, Hannes	2014	M	441	200 L	E	4	03:30,68	1	PBZ	
Mukhin, Vladyslav	2009	M	2	1500 F	E	1	17:49,89	1	PBZ	
Mukhin, Vladyslav	2009	M	4	400 F	E	2	04:33,22	2	PBZ	
Mukhin, Vladyslav	2009	M	6	800 F	E	3	09:21,01	2	PBZ	
Mukhin, Vladyslav	2009	M	8	400 L	E	4	05:00,15	1	PBZ	
Nam, Uhyun	2008	M	2	1500 F	E	1	18:08,51	1	PBZ	
Nam, Uhyun	2008	M	4	400 F	E	2	04:34,01	1	SBZ	
Nam, Uhyun	2008	M	6	800 F	E	3	09:24,75	1	SBZ	
Nam, Uhyun	2008	M	8	400 L	E	4	05:30,12	2	SBZ	
Rittstieg, Emma	2012	W	3	400 F	E	2	06:06,88	9	PBZ	
Rittstieg, Emma	2012	W	5	800 F	E	3	12:37,40	4	PBZ	
Rittstieg, Emma	2012	W	403	200 R	E	1	03:17,93	3	PBZ	
Rittstieg, Emma	2012	W	412	25 X	E	1	00:20,96	12		
Rittstieg, Emma	2012	W	416	25 X	E	2	00:20,91	7		
Rittstieg, Emma	2012	W	421	100 R	E	3	01:32,22	3		
Rittstieg, Emma	2012	W	430	50 RB	E	3	00:53,09	1	PBZ	
Rittstieg, Emma	2012	W	438	200 L	E	4	03:13,58	3	PBZ	
Scharlau, Thies	2013	M	2	1500 F	E	1	23:46,78	2	PBZ	
Scharlau, Thies	2013	M	4	400 F	E	2	05:54,68	3		
Scharlau, Thies	2013	M	410	200 F	E	1	02:42,27	2	SBZ	
Scharlau, Thies	2013	M	414	25 X	E	1	00:18,73	1		
Scharlau, Thies	2013	M	418	25 X	E	2	00:19,07	1		
Scharlau, Thies	2013	M	428	100 F	E	3	01:25,65	4		
Scharlau, Thies	2013	M	436	50 KB	E	3	n.a.			
Scharlau, Thies	2013	M	444	200 L	E	4	n.a.			
Schirmeisen, Enda	2011	W	1	1500 F	E	1	n.a.			

Name	Jg	M/F	WkNr	Strecke	Typ	Abs.	Zeit	Platz	Rek	Bemerkung
Schirmeisen, Enda	2011	W	3	400 F	E	2	n.a.			
Schirmeisen, Enda	2011	W	5	800 F	E	3	n.a.			
Schirmeisen, Enda	2011	W	7	400 L	E	4	n.a.			
Schürmann, Lion Telmo	2005	M	4	400 F	E	2	04:40,84	4		SBZ
Schürmann, Lion Telmo	2005	M	6	800 F	E	3	09:46,77	3		SBZ
Siebert, Adrian	2013	M	2	1500 F	E	1	24:43,30	5		PBZ
Siebert, Adrian	2013	M	4	400 F	E	2	06:20,47	6		
Siebert, Adrian	2013	M	410	200 F	E	1	02:59,08	3		
Siebert, Adrian	2013	M	414	25 X	E	1	00:23,27	8		
Siebert, Adrian	2013	M	418	25 X	E	2	00:29,24	9		
Siebert, Adrian	2013	M	428	100 F	E	3	01:20,01	2		PBZ
Siebert, Adrian	2013	M	436	50 KB	E	3	00:57,75	3		PBZ
Siebert, Adrian	2013	M	444	200 L	E	4	03:24,16	2		
Smyla, Juliana	2012	W	3	400 F	E	2	05:53,65	7		PBZ
Smyla, Juliana	2012	W	5	800 F	E	3	12:10,54	2		PBZ
Smyla, Juliana	2012	W	404	200 B	E	1	03:19,55	2		PBZ
Smyla, Juliana	2012	W	412	25 X	E	1	00:18,10	4		
Smyla, Juliana	2012	W	416	25 X	E	2	00:19,75	4		
Smyla, Juliana	2012	W	422	100 B	E	3	01:32,71	2		PBZ
Smyla, Juliana	2012	W	431	50 BB	E	3	00:51,50	1		PBZ
Smyla, Juliana	2012	W	439	200 L	E	4	03:05,66	1		PBZ
Stockel, Anna	2012	W	3	400 F	E	2	05:37,70	3		SBZ
Stockel, Anna	2012	W	5	800 F	E	3	11:41,59	1		PBZ
Stockel, Anna	2012	W	403	200 R	E	1	02:51,32	1		SR
Stockel, Anna	2012	W	412	25 X	E	1	00:19,71	8		
Stockel, Anna	2012	W	416	25 X	E	2	00:19,47	3		
Stockel, Anna	2012	W	421	100 R	E	3	01:20,97	1		
Stockel, Anna	2012	W	430	50 RB	E	3	00:54,58	2		PBZ
Stockel, Anna	2012	W	438	200 L	E	4	02:58,33	1		PBZ
Szabó, Sára	2013	W	3	400 F	E	2	n.a.			
Szabó, Sára	2013	W	5	800 F	E	3	n.a.			
Szabó, Sára	2013	W	405	200 F	E	1	n.a.			
Szabó, Sára	2013	W	412	25 X	E	1	n.a.			
Szabó, Sára	2013	W	416	25 X	E	2	n.a.			
Szabó, Sára	2013	W	423	100 F	E	3	n.a.			
Szabó, Sára	2013	W	432	50 KB	E	3	n.a.			
Szabó, Sára	2013	W	440	200 L	E	4	n.a.			
Teerling, Cosima-Venezia	2013	W	3	400 F	E	2	06:40,00	13		PBZ
Teerling, Cosima-Venezia	2013	W	5	800 F	E	3	13:56,03	6		PBZ

Name	Jg	M/F	WkNr	Strecke	Typ	Abs.	Zeit	Platz	Rek	Bemerkung
Teerling, Cosima-Venezia	2013	W	404	200 B	E	1	03:38,52	3		
Teerling, Cosima-Venezia	2013	W	412	25 X	E	1	00:20,23	4		
Teerling, Cosima-Venezia	2013	W	416	25 X	E	2	00:25,92	16		
Teerling, Cosima-Venezia	2013	W	422	100 B	E	3	01:44,86	4		
Teerling, Cosima-Venezia	2013	W	431	50 BB	E	3	00:53,01	2	PBZ	
Teerling, Cosima-Venezia	2013	W	439	200 L	E	4	03:18,70	4	PBZ	
Trenkpohl, Moritz	2010	M	2	1500 F	E	1	20:26,81	6	PBZ	
Trenkpohl, Moritz	2010	M	4	400 F	E	2	05:10,94	4	PBZ	
Trenkpohl, Moritz	2010	M	6	800 F	E	3	10:42,10	5	PBZ	
Trenkpohl, Moritz	2010	M	8	400 L	E	4	05:45,09	5	PBZ	
Weidenhaupt, Laurin	2010	M	2	1500 F	E	1	18:35,77	2	PBZ	
Weidenhaupt, Laurin	2010	M	4	400 F	E	2	04:47,04	2	PBZ	
Weidenhaupt, Laurin	2010	M	6	800 F	E	3	09:40,89	1	PBZ	
Weidenhaupt, Laurin	2010	M	8	400 L	E	4	05:18,84	2	PBZ	
Weidenhaupt, Luis	2013	M	2	1500 F	E	1	24:12,51	4	PBZ	
Weidenhaupt, Luis	2013	M	4	400 F	E	2	06:05,09	4	PBZ	
Weidenhaupt, Luis	2013	M	407	200 S	E	1	03:10,35	1	PBZ	
Weidenhaupt, Luis	2013	M	414	25 X	E	1	00:21,06	5		
Weidenhaupt, Luis	2013	M	418	25 X	E	2	00:20,87	3		
Weidenhaupt, Luis	2013	M	425	100 S	E	3	01:24,15	1	PBZ	
Weidenhaupt, Luis	2013	M	433	50 DB	E	3	00:53,19	1	PBZ	
Weidenhaupt, Luis	2013	M	441	200 L	E	4	03:06,42	1	PBZ	
Wiens, Jakob	2009	M	2	1500 F	E	1	17:57,75	2	SBZ	
Wiens, Jakob	2009	M	4	400 F	E	2	04:27,74	1	SBZ	
Wiens, Jakob	2009	M	6	800 F	E	3	09:13,83	1	PBZ	
Wiens, Jakob	2009	M	8	400 L	E	4	05:09,73	3	PBZ	
Wistuba, Jonas	2013	M	2	1500 F	E	1	25:00,00	7	PBZ	
Wistuba, Jonas	2013	M	4	400 F	E	2	06:29,39	10		
Wistuba, Jonas	2013	M	409	200 B	E	1	03:52,66	3		
Wistuba, Jonas	2013	M	414	25 X	E	1	00:22,70	7		
Wistuba, Jonas	2013	M	418	25 X	E	2	00:24,02	5		
Wistuba, Jonas	2013	M	427	100 B	E	3	01:48,62	3		
Wistuba, Jonas	2013	M	435	50 BB	E	3	00:57,30	2	PBZ	
Wistuba, Jonas	2013	M	443	200 L	E	4	03:27,63	2		