

Ergebnisliste Frauen

ALV Nikolauslauf

12km

07.12.2019

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|------------------|----------------|------------------------|-----------|-----------------|----------------|
| 1 | 293 | Zimons | Kristina | LC Olympia Wiesbaden | W35 | 00:46:33 | 1 |
| 2 | 265 | Trassas Rugaking | Adelina | HopHopHop Ingelheim | W30 | 00:47:21 | 1 |
| 3 | 289 | Buchholz | Eva | SC Wiesbaden | W30 | 00:48:08 | 2 |
| 4 | 176 | Hßtte | Kerstin | | W30 | 00:51:48 | 3 |
| 5 | 395 | Lehr | Jutta | | W40 | 00:54:02 | 1 |
| 6 | 294 | Wiegmann | Victoria | LC Olympia Wiesbaden | W19 | 00:57:26 | 1 |
| 7 | 43 | Huf | Barbara | HopHopHop Ingelheim | W40 | 00:57:30 | 2 |
| 8 | 174 | Hofheinz | Hanja | Kreyßig-Crew | W1 | 00:57:44 | 1 |
| 9 | 297 | Yano-Ringler | Tatiana | | W35 | 00:58:16 | 2 |
| 10 | 292 | Königshaus | Felicitas | LC Olympia Wiesbaden | W1 | 00:58:39 | 2 |
| 11 | 202 | Mayer-Krug | Simone | Crossfit Mainz | W45 | 00:59:28 | 1 |
| 12 | 227 | Raschke | Stefanie | Kreyßig-Crew | W30 | 00:59:52 | 4 |
| 13 | 250 | Schwemer | Corina | HopHopHop | W45 | 01:00:59 | 2 |
| 14 | 200 | Marte | Florian | | W40 | 01:01:36 | 3 |
| 15 | 138 | Bierschenk | Lisa | Rheingau Runners | W1 | 01:02:11 | 3 |
| 16 | 140 | Bitz | Katja | | W1 | 01:02:22 | 4 |
| 17 | 182 | Koch | Maren | SV Rhinos Wiesbaden | W30 | 01:03:07 | 5 |
| 18 | 233 | Ruppert | Jenny | | W1 | 01:03:55 | 5 |
| 19 | 179 | Jung | Damaris | | W1 | 01:04:30 | 6 |
| 20 | 149 | El Mallouki | Laila | | W19 | 01:05:02 | 2 |
| 21 | 212 | Neumaier | Maria | Lauftraining Karlsruhe | W30 | 01:05:30 | 6 |
| 22 | 157 | Fitzsimmons | Kathryn | | W35 | 01:05:59 | 3 |
| 23 | 219 | Pflüger | Lisa | | W1 | 01:06:35 | 7 |
| 24 | 226 | Raschke | Isabell | Kreyßig-Crew | W30 | 01:07:42 | 7 |
| 25 | 224 | Praszick | Stefanie | | W35 | 01:07:50 | 4 |
| 26 | 273 | Zimmermann | Sophie | | W1 | 01:07:55 | 8 |
| 27 | 230 | Reintgen | Franziska | | W30 | 01:08:23 | 8 |
| 28 | 153 | Erbelding | Sarah | | W35 | 01:08:30 | 5 |
| 29 | 193 | Lehmann | Sabine | | W55 | 01:08:35 | 1 |
| 30 | 214 | Palmes | Petra | Julia Rumpf Sports | W45 | 01:08:52 | 3 |
| 31 | 269 | Wieser | Astrid | TV Nieder Olm | W55 | 01:11:38 | 2 |
| 32 | 249 | Schulz | Irina | - | W40 | 01:11:56 | 4 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|-------------------|----------------|-------------------------|-----------|-----------------|----------------|
| 33 | 203 | Mertens | Jutta | | W45 | 01:12:30 | 4 |
| 34 | 270 | Wilhelmi | Stephanie | | W30 | 01:13:55 | 9 |
| 35 | 198 | Mandler | Alexandra | - | W35 | 01:14:36 | 6 |
| 36 | 235 | Schäfer | Lisa | Crossfit Mainz | W30 | 01:15:49 | 10 |
| 37 | 159 | Friedrich - Rÿbsa | Ramona | | W40 | 01:16:16 | 5 |
| 38 | 389 | Majeska | Nina | | W40 | 01:17:04 | 6 |
| 39 | 387 | Hoffmann | Agnes | | W40 | 01:17:11 | 7 |
| 40 | 231 | Ritzheim | Christiane | HopHopHop Ingelheim | W50 | 01:17:37 | 1 |
| 41 | 397 | Arbues | Paula | | W40 | 01:17:40 | 8 |
| 42 | 221 | Pohl | Vanessa | | W35 | 01:18:42 | 7 |
| 43 | 189 | Küber | Nicole | | W35 | 01:20:07 | 8 |
| 44 | 145 | Dames | Miriam | Triathlon Team Eltville | W30 | 01:23:13 | 11 |
| 45 | 165 | Hartmann | Sabine | | W45 | 01:26:15 | 5 |
| 46 | 210 | Müller | Stephanie | Lauf-Elite 2.0 | W1 | 01:28:47 | 9 |
| 47 | 281 | Weizacker | Veronika | | W50 | 01:34:23 | 2 |
| 48 | 462 | Schieler | Regina | | W60 | 01:37:57 | 1 |