

Nachname	Vorname	Q1/2020			Q3/2020		
		400	100/200	CSS	400	100/200	CSS
Adam	Alexander				5:24,8	2:33,3	1:25,8
Anders	Marc				11:38,0		
Auerswald	Diana				6:14,7	3:03,1	1:35,8
Baab	Irma				8:16,0		
Bäuerle	Jürgen				9:39,0	4:35,0	2:32,0
Baux	Jerome				6:27,0		
Beckmann	Svenja				5:47,3	2:47,8	1:29,8
Binder	Cordula				7:31,0	1:45,0	1:55,0
Binus	Michael				9:42,0		
Bourros	Georg				8:00,0	3:44,0	2:08,0
Braun	Maxi				6:22,4	1:23,4	1:39,7
Braun	Alexander				6:42,5	1:27,0	1:45,2
Brauner	Frank				8:31,5*		
Brockmeyer	Sebastian				7:21,0		
Bühler	Marco				8:46,0		
Bunse	Christopher				6:46,0	1:24,0	1:47,0
Chacon	Laura				6:49,7	3:21,1	1:43,3
Cord to Krax	Rita				9:31,0		
Costa	Pedro				6:55,0	1:33,0	1:47,3
Costa	Kerstin				8:26,0	2:08,0	:)
Dahmen	Dieter				7:06,0	1:36,0	1:50,0
Dahmen	Ronja				6:49,4	1:30,6	1:46,3
Dankenbring	Meri				7:28,0	1:39,0	1:56,0
Dembowski	Christian				6:28,3	1:24,3	1:41,3
Dix	Anja				8:16,0	1:51,0	2:08,0
Domke	Michael				7:03,0		
Donner	Eva				8:05,0		
Drachsler	Moritz				8:42,0		
Durus	Constantin				9:21,0		
Eckhardt	Wiebke				8:31,0		
Eichler	Simon				5:53,5	2:50,1	1:31,7
El-Arnaouty	Monika				8:12,0	4:06,0	2:03,0
Elsweiler	Dennis				6:54,0	1:27,0	1:49,0
Freundlieb	Alexander				7:37,0	1:34,0	2:01,0
Friehmlet	Sonja				9:30,0		
Fritzkowski	Dorothee				7:54,4*		
Gavira Luardo	Ovidio				6:46,6	1:33,7	1:44,3
Gentner	Jasmin				10:40,0*		
Göbel	Jürgen				7:28,0	1:43,0	1:55,0
Goldbach	Sarah				9:41,0		
Grabinski-Friehmelt	Stefan				6:59,8	1:34,0	1:48,6
Granzer	Yannic				6:57,0	1:27,0	1:50,0
Grundmann	Sven				5:47,0	2:39,0	1:34,0
Habenicht	Ilka				10:37,0		
Hacker	Marlen				9:48,0		
Harder	Anne				8:23,0		
Hart	Beate				10:40,0		
Hebebrand	Lukas				6:28,2	3:03,8	1:42,2
Heerd	Ramona				8:51,0	1:50,0	2:20,0
Heinzmann	Ina				8:40,0	2:04,0	2:12,0
Heitchen	Dirk				6:29,8	3:05,6	1:42,1
Hennig	Kay				9:51,0		
Hermann	Christian				7:24,0	1:30,0	1:58,0
Hermann	Valerie				8:57,0		
Hesemann	Lars				6:01,0	2:51,0	1:35,0
Hofmann	Philipp				4:59,8	2:24,4	1:17,7
Huber	Daphne				8:24,0	1:56,0	2:09,0
Huntscha	Mathias				10:14,0*		
Jagau	Imke				6:04,5	2:51,0	1:36,8
Jäger	Eric				5:06,3	2:29,9	1:18,2
Jandt	Maik				5:44,0	2:48,0	1:28,0
Johnsdorf	Henrik				8:15,0		
Jost	Claus				6:55,0	1:26,0	1:49,0
Jüngst	Johannes				8:25,1	1:58,6	2:08,8
Jurczek	Alexander				10:43,0		
Kirchenmajer	Stefan				Abbruch	-	-
Kirschhöfer	Max				10:05,0		
Klein	Pascal				7:37,0	1:34,0	2:01,0
Kober	Stefan				10:50,0		

Kober	Stefan		10:11,0*		
Koch	Ludwig		7:46,6*		
Kopp	Joachim		6:09,1	1:20,1	1:36,3
Kourebanas	Sara		10:29,0		
Krause	Lisa		7:48,0	1:44,0	2:01,0
Künne	Jan		5:39,8	2:43,7	1:28,1
Kurzrock	Christian		6:37,0	1:31,0	1:42,0
Lampe	Andreas		9:23,0		
Lange	Marcus		8:26,5*		
Lau	Marius		5:18,8	2:32,7	1:23,1
Laube	Michael		8:02,0	1:48,0	2:04,0
Leichthammer	Lorenz		7:10,0	1:25,0	1:55,0
Leidel	Niko				
Leider	Lara		6:24,0	3:05,0	1:39,5
Linsemmeier	Samuel		4:55,3	2:21,8	1:16,8
Linzen	Angela		8:20,0		
Löwer	Dirk		6:29,8	1:27,7	1:40,7
Lucke	Corinna		7:08,2	1:38,1	1:50,0
Lutz	Markus		8:24,0	1:51,0	2:11,0
Matzat	Lothar		6:36,8	3:10,2	1:43,3
Mauritz	Carolin		7:42,0	1:44,0	1:59,3
Neu	Anne-Ladina		11:52,3*		
Neubert	Ralf		8:17,0	1:47,0	2:10,0
Nguyen	Linh		12:18,0*		
Obermann	Sven		Abbruch		
Pötschke	Maik		9:23,0		
Rahner	Annika		5:51,2	2:53,7	1:28,8
Ramershoven	Andreas		6:59,0	1:29,3	1:49,9
Rapp	André		8:30,0		
Rauchholz	Cornelia		7:29,0	1:45,0	1:55,0
Riehl	Jana		8:00,0	1:48,0	2:04,0
Ritter	Jenny		10:03,0*		
Rosas	Luisa		7:23,5	1:31,9	1:57,2
Roth	Daniel		6:40,0	1:21,0	1:46,0
Rudolf	Oliver		7:25,9*	1:40,0	1:55,3
Rux	Louis		8:50,3*		
Sack	Rebecca		6:32,5	1:31,1	1:40,5
Sauer	Guido		6:47,6	1:30,6	1:45,7
Schardt	Sascha		6:22,2	2:59,8	1:41,2
Schelling	Monika		12:07,0*		
Schlicke	Mirko		8:03,0		
Schönbein	Jeanette		8:13,0		
Schönbein	Simone		10:17,0*		
Schöne	Barbara		9:26,0		
Schranz	Anja		9:34,0		
Schulz	Mona		5:29,4	2:34,7	1:27,4
Schweinberger	Martin		6:54,0	1:34,0	1:46,0
Schweinberger	Barbara		7:25,0	1:40,0	1:55,0
Schwendtner	Peter		7:54,0	1:44,0	2:03,0
Sedelky	Pascal		5:52,9	2:48,9	1:32,0
Sehr	Mareike		7:49,0		
Seiboth	Connie		5:58,4	2:54,2	1:32,1
Seidel	Frank		6:52,1	1:30,5	1:47,2
Soppelsa	Luca		7:50,8*		
Sponheimer	Andrea		7:22,0	3:38,0	1:52,0
Stadler	Max		5:52,0	2:59,0	:)
Starck	Sebastian		9:13,0		
Stark	Sebastian		8:47,0		
Stein	Miriam		8:45,0		
Stützel	Tami		5:27,5	2:44,7	:)
Theis	Markus		6:48,0	1:27,0	1:47,0
Thießen	Sven		6:07,9	2:56,7	1:35,6
Torchani	Kais		9:55,0		
Tschesche	Ulrich		7:45,0	1:41,0	2:01,0
Ulbricht	Björn		5:58,5	2:51,8	1:33,4
Wagner	Markus		6:36,2	1:25,4	1:43,6
Wagner	Christian		6:32,0	1:30,7	1:40,4
Watschke	Edel		8:33,0		
Weber	Tanja		6:22,5	3:06,0	1:38,3
Wehle	Christian		6:35,0	1:34,0	1:40,0
Weigelt	Petra		8:43,0	2:07,0	2:12,0

Wende	Winfried		7:18,1	1:41,1	1:52,3
Wiedemann	Frank		9:15,0		
Wohlfarth	Lisa		7:11,0	1:39,0	1:51,0
Worobiec	Agata		9:28,0		
yomaki@gmail.com			7:36,0	1:37,0	1:59,7
Zimmer	Birgit		6:54,0	3:18,0	1:48,0
Zuber	Markus		7:38,0	1:46,0	1:57,3
Zwettkow	Alexander		6:43,0	1:38,0	1:42,0
	Annabell		8:30,7*		
	Franziska		9:24,5*		

* Kurzbahn (25m)

Nachname	Vorname	Q1/2020			Q3/2020		
		400	100/200	CSS	400	100/200	CSS
Ritter	Jenny				10:03,0*		
Kirschhöfer	Max				10:05,0		
Kober	Stefan				10:11,0*		
Huntscha	Mathias				10:14,0*		
Schönbein	Simone				10:17,0*		
Kourebanas	Sara				10:29,0		
Habenicht	Ilka				10:37,0		
Hart	Beate				10:40,0		
Jurczek	Alexander				10:43,0		
Kober	Stefan				10:50,0		
Gentner	Jasmin				10.40,0*		
Anders	Marc				11:38,0		
Leidel	Niko						
Schelling	Monika				12:07,0*		
Nguyen	Linh				12:18,0*		
Linsemmeier	Samuel				4:55,3	2:21,8	1:16,8
Hofmann	Philipp				4:59,8	2:24,4	1:17,7
Jäger	Eric				5:06,3	2:29,9	1:18,2
Lau	Marius				5:18,8	2:32,7	1:23,1
Adam	Alexander				5:24,8	2:33,3	1:25,8
Stützel	Tami				5:27,5	2:44,7	:)
Schulz	Mona				5:29,4	2:34,7	1:27,4
Künne	Jan				5:39,8	2:43,7	1:28,1
Jandt	Maik				5:44,0	2:48,0	1:28,0
Grundmann	Sven				5:47,0	2:39,0	1:34,0
Beckmann	Svenja				5:47,3	2:47,8	1:29,8
Rahner	Annika				5:51,2	2:53,7	1:28,8
Stadler	Max				5:52,0	2:59,0	:)
Sedelky	Pascal				5:52,9	2:48,9	1:32,0
Eichler	Simon				5:53,5	2:50,1	1:31,7
Seiboth	Connie				5:58,4	2:54,2	1:32,1
Ulbricht	Björn				5:58,5	2:51,8	1:33,4
Hesemann	Lars				6:01,0	2:51,0	1:35,0
Jagau	Imke				6:04,5	2:51,0	1:36,8
Thießen	Sven				6:07,9	2:56,7	1:35,6
Kopp	Joachim				6:09,1	1:20,1	1:36,3
Auerswald	Diana				6:14,7	3:03,1	1:35,8
Schardt	Sascha				6:22,2	2:59,8	1:41,2
Braun	Maxi				6:22,4	1:23,4	1:39,7
Weber	Tanja				6:22,5	3:06,0	1:38,3
Leider	Lara				6:24,0	3:05,0	1:39,5
Baux	Jerome				6:27,0		
Hebebrand	Lukas				6:28,2	3:03,8	1:42,2
Dembowski	Christian				6:28,3	1:24,3	1:41,3
Heitchen	Dirk				6:29,8	3:05,6	1:42,1
Löwer	Dirk				6:29,8	1:27,7	1:40,7
Wagner	Christian				6:32,0	1:30,7	1:40,4
Sack	Rebecca				6:32,5	1:31,1	1:40,5
Wehle	Christian				6:35,0	1:34,0	1:40,0
Wagner	Markus				6:36,2	1:25,4	1:43,6
Matzat	Lothar				6:36,8	3:10,2	1:43,3
Kurzrock	Christian				6:37,0	1:31,0	1:42,0
Roth	Daniel				6:40,0	1:21,0	1:46,0
Braun	Alexander				6:42,5	1:27,0	1:45,2
Zwettkow	Alexander				6:43,0	1:38,0	1:42,0
Bunse	Christopher				6:46,0	1:24,0	1:47,0
Gavira Luardo	Ovidio				6:46,6	1:33,7	1:44,3
Sauer	Guido				6:47,6	1:30,6	1:45,7
Theis	Markus				6:48,0	1:27,0	1:47,0
Dahmen	Ronja				6:49,4	1:30,6	1:46,3
Chacon	Laura				6:49,7	3:21,1	1:43,3
Seidel	Frank				6:52,1	1:30,5	1:47,2
Elsweiler	Dennis				6:54,0	1:27,0	1:49,0
Schweinberger	Martin				6:54,0	1:34,0	1:46,0
Zimmer	Birgit				6:54,0	3:18,0	1:48,0
Costa	Pedro				6:55,0	1:33,0	1:47,3
Jost	Claus				6:55,0	1:26,0	1:49,0
Granzer	Yannic				6:57,0	1:27,0	1:50,0
Ramershoven	Andreas				6:59,0	1:29,3	1:49,9
Grabinski-Friehmelt	Stefan				6:59,8	1:34,0	1:48,6

Domke	Michael		7:03,0		
Dahmen	Dieter		7:06,0	1:36,0	1:50,0
Lucke	Corinna		7:08,2	1:38,1	1:50,0
Leichthammer	Lorenz		7:10,0	1:25,0	1:55,0
Wohlfarth	Lisa		7:11,0	1:39,0	1:51,0
Wende	Winfried		7:18,1	1:41,1	1:52,3
Brockmeyer	Sebastian		7:21,0		
Sponheimer	Andrea		7:22,0	3:38,0	1:52,0
Rosas	Luisa		7:23,5	1:31,9	1:57,2
Hermann	Christian		7:24,0	1:30,0	1:58,0
Schweinberger	Barbara		7:25,0	1:40,0	1:55,0
Dankenbring	Meri		7:28,0	1:39,0	1:56,0
Göbel	Jürgen		7:28,0	1:43,0	1:55,0
Rauchholz	Cornelia		7:29,0	1:45,0	1:55,0
Binder	Cordula		7:31,0	1:45,0	1:55,0
yomaki@gmail.com			7:36,0	1:37,0	1:59,7
Freundlieb	Alexander		7:37,0	1:34,0	2:01,0
Klein	Pascal		7:37,0	1:34,0	2:01,0
Zuber	Markus		7:38,0	1:46,0	1:57,3
Mauritz	Carolin		7:42,0	1:44,0	1:59,3
Tschesche	Ulrich		7:45,0	1:41,0	2:01,0
Krause	Lisa		7:48,0	1:44,0	2:01,0
Sehr	Mareike		7:49,0		
Schwendtner	Peter		7:54,0	1:44,0	2:03,0
Fritzkowski	Dorothee		7:54,4*		
Rudolf	Oliver		7:57,0	1:40,0	2:05,7
Bourros	Georg		8:00,0	3:44,0	2:08,0
Riehl	Jana		8:00,0	1:48,0	2:04,0
Laube	Michael		8:02,0	1:48,0	2:04,0
Schlicke	Mirko		8:03,0		
Donner	Eva		8:05,0		
El-Arnaouty	Monika		8:12,0	4:06,0	2:03,0
Schönbein	Jeanette		8:13,0		
Johnsdorf	Henrik		8:15,0		
Baab	Irma		8:16,0		
Dix	Anja		8:16,0	1:51,0	2:08,0
Neubert	Ralf		8:17,0	1:47,0	2:10,0
Linzen	Angela		8:20,0		
Harder	Anne		8:23,0		
Huber	Daphne		8:24,0	1:56,0	2:09,0
Lutz	Markus		8:24,0	1:51,0	2:11,0
Jüngst	Johannes		8:25,1	1:58,6	2:08,8
Costa	Kerstin		8:26,0	2:08,0	)
Rapp	André		8:30,0		
Eckhardt	Wiebke		8:31,0		
Brauner	Frank		8:31,5*		
Watschke	Edel		8:33,0		
Heinzmann	Ina		8:40,0	2:04,0	2:12,0
Drachsler	Moritz		8:42,0		
Weigelt	Petra		8:43,0	2:07,0	2:12,0
Stein	Miriam		8:45,0		
Bühler	Marco		8:46,0		
Stark	Sebastian		8:47,0		
Heerd	Ramona		8:51,0	1:50,0	2:20,0
Hermann	Valerie		8:57,0		
Starck	Sebastian		9:13,0		
Wiedemann	Frank		9:15,0		
Durus	Constantin		9:21,0		
Lampe	Andreas		9:23,0		
Pötschke	Maik		9:23,0		
Schöne	Barbara		9:26,0		
Worobiec	Agata		9:28,0		
Friehmlet	Sonja		9:30,0		
Cord to Krax	Rita		9:31,0		
Schranz	Anja		9:34,0		
Bäuerle	Jürgen		9:39,0	4:35,0	2:32,0
Goldbach	Sarah		9:41,0		
Binus	Michael		9:42,0		
Hacker	Marlen		9:48,0		
Hennig	Kay		9:51,0		

Torchani	Kais		9:55,0
Kirchenmajer	Stefan		Abbruch - -
Obermann	Sven		Abbruch

* Kurzbahn (25m)

Luca Soppelsa, 7:50,8
Anne Harder, 8:24,5
Oliver Rudolf, 7:25,9
Edel Watschke - nicht dagewesen
Ludwig Koch, 7:46,6
Annabell, 8:30,7
Marcus Lange, 8:26,5
Franziska.1987, 9:24,5
Anne-Ladina Neu, 11:52,3
Louis Rux, 8:50,3

Nachname	Vorname	Q3/2020			
		800	5K		
Lau	Marius	10:14	15:52	26:06	
Overdick	Marius	10:09	16:19	26:28	
Künne	Jan	10:43	15:55	26:38	
Strohbach	Lars	10:28	16:48	27:16	
Linsenmeier	Samuel	10:14	17:08	27:22	
Eichler	Simon	11:27	16:22	27:49	
Such	Thijs	9:39	18:30	28:09	
Ulbricht	Björn	11:06	17:03	28:09	
Klimczak	Mike	11:32	17:26	28:58	
Grossmann	Alexander	11:54	17:05	28:59	
Hofmann	Philipp	10:04	19:20	29:24	
Jäger	Eric	10:43	19:03	29:46	
Sedelky	Pascal	11:26	19:38	31:04	

Nachname	Vorname	Q3/2020			
		800	5K		
Jagau	Imke	11:30	18:48	30:18	
Rahner	Annika	11:49	19:59	31:48	
Seiboth	Connie	11:49	20:36	32:25	
Nieschlag	Nele	11:20	21:36	32:56	
Stützel	Tami	11:24			