

**4. Volkslauf des TuS St. Sebastian, 12. Mai 2013: 150 m Bambinilauf**

| Start-Nr. | Name              | Verein/Ort           | Jahrgang | Klasse | Endzeit  | Platz Klasse | Platz Geschl. | Platz gesamt |
|-----------|-------------------|----------------------|----------|--------|----------|--------------|---------------|--------------|
| 87        | Vogt, Christoph   | SV Urmitz            | 2006     | MBam   | 00.00.30 | 1            | 1             | 1            |
| 96        | Schäfer, Joellina | TuS St. Sebastian    | 2006     | WBam   | 00.00.31 | 1            | 1             | 2            |
| 95        | Küchler, Tina     |                      | 2006     | WBam   | 00.00.33 | 2            | 2             | 3            |
| 86        | Milde, Fabian     | SV Urmitz            | 2006     | MBam   | 00.00.35 | 2            | 2             | 4            |
| 84        | Harig, Jule       |                      | 2006     | WBam   | 00.00.37 | 3            | 3             | 5            |
| 91        | Schlinke, Anna    |                      | 2006     | WBam   | 00.00.39 | 4            | 4             | 6            |
| 90        | Schlinke, Tobias  | SV Urmitz            | 2008     | MBam   | 00.00.40 | 3            | 3             | 7            |
| 89        | Kohlhaas, Mathias | SV Urmitz            | 2007     | MBam   | 00.00.48 | 4            | 4             | 8            |
| 82        | Badstübner, Elias | TuS St. Sebastian    | 2008     | MBam   | 00.00.49 | 5            | 5             | 9            |
| 83        | Doetsch, Maddie   | LT TuS St. Sebastian | 2008     | WBam   | 00.00.51 | 5            | 5             | 10           |

| <b>4. Volkslauf des TuS St. Sebastian, 12. Mai 2013: 500 m Kinderlauf</b> |                   |                   |          |        |          |              |               |              |
|---------------------------------------------------------------------------|-------------------|-------------------|----------|--------|----------|--------------|---------------|--------------|
| Start-Nr.                                                                 | Name              | Verein/Ort        | Jahrgang | Klasse | Endzeit  | Platz Klasse | Platz Geschl. | Platz gesamt |
| 92                                                                        | Schäfer, Steven   | TuS St. Sebastian | 2003     | MU12   | 00.02.33 | 1            | 1             | 1            |
| 100                                                                       | Huber, Jonas      | SV Urmitz         | 2003     | MU12   | 00.02.35 | 2            | 2             | 2            |
| 98                                                                        | Wittebock, Marcel | SV Urmitz         | 2005     | MU10   | 00.03.07 | 1            | 3             | 3            |
| 99                                                                        | Milde, Sarah      | SV Urmitz         | 2003     | WU12   | 00.03.13 | 1            | 1             | 4            |

**4. Volkslauf des TuS St. Sebastian, 12. Mai 2013: 1.000 m Jugendlauf**

| Start-Nr. | Name            | Verein/Ort           | Jahrgang | Klasse | Endzeit  | Platz Klasse | Platz Geschl. | Platz gesamt |
|-----------|-----------------|----------------------|----------|--------|----------|--------------|---------------|--------------|
| 156       | Schäfer, Steven | TuS St. Sebastian    | 2003     | MU14   | 00.03.45 | 1            | 1             | 1            |
| 94        | Günther, Joey   | TuS St. Sebastian    | 2001     | MU14   | 00.03.49 | 2            | 2             | 2            |
| 93        | Bachtler, Nils  |                      | 2002     | MU14   | 00.04.06 | 3            | 3             | 3            |
| 200       | Doetsch, Kilian | LT TuS St. Sebastian | 2002     | MU14   | 00.04.37 | 4            | 4             | 4            |

| 4. Volkslauf des TuS St. Sebastian, 12. Mai 2013: 10 km Hauptlauf, Altersklassensortierung |                            |                              |        |        |          |              |               |              |
|--------------------------------------------------------------------------------------------|----------------------------|------------------------------|--------|--------|----------|--------------|---------------|--------------|
| Start-Nr.                                                                                  | Name                       | Verein/Ort                   | Jahrg. | Klasse | Endzeit  | Platz Klasse | Platz Geschl. | Platz gesamt |
| 151                                                                                        | Klein, Thomas              | LG Alsbach                   | 1992   | M20    | 00.38.06 | 1            | 1             | 1            |
| 162                                                                                        | Scholz, Christian          | Meddys LWT Koblenz           | 1997   | M20    | 00.40.54 | 2            | 5             | 5            |
| 130                                                                                        | Gutheil, Fabian            | HV Vallendar                 | 1995   | M20    | 00.46.36 | 3            | 12            | 12           |
| 122                                                                                        | Thönnies, Philipp          |                              | 1992   | M20    | 00.48.23 | 4            | 18            | 22           |
| 154                                                                                        | Franke, Sascha             |                              | 1981   | M30    | 00.46.11 | 1            | 10            | 10           |
| 150                                                                                        | Klöckner, Dennis           |                              | 1980   | M30    | 00.47.28 | 2            | 16            | 18           |
| 113                                                                                        | Neuburger, Matthias        | LG Bambule WW                | 1974   | M35    | 00.38.35 | 1            | 3             | 3            |
| 121                                                                                        | Strödter, Christian        | SV Weitersburg               | 1976   | M35    | 00.46.43 | 2            | 13            | 13           |
| 116                                                                                        | Ringel, Michael            | LG Laacher See               | 1974   | M35    | 00.54.00 | 3            | 26            | 30           |
| 123                                                                                        | Völlmeke, Christoph        | LG Laacher See               | 1977   | M35    | 00.56.49 | 4            | 30            | 36           |
| 108                                                                                        | Ginschel, Jens             | TV Kärlich                   | 1969   | M40    | 00.39.02 | 1            | 4             | 4            |
| 101                                                                                        | Baumgart, Ivo              | LG HSC GAMLEN-RSC UNTERMOSEL | 1970   | M40    | 00.43.21 | 2            | 9             | 9            |
| 128                                                                                        | Milde, Jürgen              | LT TuS St. Sebastian         | 1972   | M40    | 01.05.25 | 3            | 33            | 44           |
| 149                                                                                        | Engel, Bernd               | LG Laacher See               | 1966   | M45    | 00.38.32 | 1            | 2             | 2            |
| 102                                                                                        | Becker, Markus             |                              | 1966   | M45    | 00.41.22 | 2            | 6             | 6            |
| 163                                                                                        | Scholz, Wolfgang           | Meddys LWT Koblenz           | 1965   | M45    | 00.46.17 | 3            | 11            | 11           |
| 145                                                                                        | Kuche, Rene                | Red Rock Runners             | 1967   | M45    | 00.47.49 | 4            | 17            | 21           |
| 159                                                                                        | Stephan, Frank             | LT Untermosel                | 1967   | M45    | 00.48.37 | 5            | 19            | 23           |
| 115                                                                                        | Reith, Wolfgang            | Meddys LWT Koblenz           | 1965   | M45    | 00.49.36 | 6            | 23            | 27           |
| 126                                                                                        | Völlmeke, Stefan           | LG Laacher See               | 1965   | M45    | 00.51.14 | 7            | 25            | 29           |
| 148                                                                                        | Ciritoglu, Erol            |                              | 1966   | M45    | 01.05.25 | 8            | 33            | 44           |
| 160                                                                                        | Karbach, Joachim           | SV Weitersburg               | 1961   | M50    | 00.42.08 | 1            | 7             | 7            |
| 103                                                                                        | Berke, Martin              | LG HSC GAMLEN-RSC UNTERMOSEL | 1963   | M50    | 00.43.05 | 2            | 8             | 8            |
| 112                                                                                        | Mohrs, Achim               |                              | 1960   | M50    | 00.48.55 | 3            | 20            | 24           |
| 143                                                                                        | Mandel, Ulrich             | TuS St. Sebastian            | 1959   | M50    | 00.54.51 | 4            | 28            | 32           |
| 124                                                                                        | Wald, Thomas               | SV Urmitz                    | 1961   | M50    | 01.05.06 | 5            | 32            | 43           |
| 158                                                                                        | Wieck, Michael             |                              | 1954   | M55    | 00.46.44 | 1            | 14            | 14           |
| 105                                                                                        | Ehrmann, Dieter            | LT TuS St. Sebastian         | 1955   | M55    | 00.49.00 | 2            | 21            | 25           |
| 157                                                                                        | Bocklet, Bernd             | TuS St. Sebastian            | 1951   | M60    | 00.47.05 | 1            | 15            | 15           |
| 129                                                                                        | Becker, August             | DJK Ochtersendung            | 1950   | M60    | 00.49.11 | 2            | 22            | 26           |
| 131                                                                                        | Gutheil, Helmut            | HV Vallendar                 | 1946   | M65    | 00.49.55 | 1            | 24            | 28           |
| 133                                                                                        | Nocker, Edward             | SV Urmitz                    | 1948   | M65    | 00.54.46 | 2            | 27            | 31           |
| 161                                                                                        | Müller, Wolfgang           | LT Andernach                 | 1948   | M65    | 00.56.47 | 3            | 29            | 35           |
| 152                                                                                        | Ehmann, Edgar              | LG Alsbach                   | 1947   | M65    | 00.58.28 | 4            | 31            | 40           |
| 114                                                                                        | Pink, Franz-Josef          | Waldesch-Runner              | 1943   | M70    | 01.06.05 | 1            | 35            | 47           |
| 144                                                                                        | Michel, Helmut             | TV Kastellaun                | 1939   | M70    | 01.13.08 | 2            | 36            | 49           |
| 107                                                                                        | Friedrich, Meike           | TG Oberlahnstein             | 1984   | W20    | 00.56.32 | 1            | 5             | 33           |
| 146                                                                                        | Haase, Kerstin             |                              | 1979   | W30    | 00.47.08 | 1            | 2             | 17           |
| 125                                                                                        | Windheuser-Völlmeke, Sonja | LG Laacher See               | 1976   | W35    | 01.06.29 | 1            | 13            | 48           |
| 132                                                                                        | Kracke, Monika             | SV Urmitz                    | 1973   | W40    | 00.47.38 | 1            | 3             | 19           |
| 117                                                                                        | Schenkenhofer, Sabine      | Running Team Bad Ems         | 1973   | W40    | 00.47.45 | 2            | 4             | 20           |
| 111                                                                                        | Michels, Christina         | LG Laacher See               | 1970   | W40    | 00.56.38 | 3            | 6             | 34           |
| 153                                                                                        | Keller, Ursula             |                              | 1972   | W40    | 01.05.35 | 4            | 12            | 46           |
| 155                                                                                        | Ulbrich, Kerstin           | TuS St. Sebastian            | 1964   | W45    | 00.47.05 | 1            | 1             | 15           |
| 127                                                                                        | Waldorf, Elisabeth         | LG Laacher See               | 1964   | W45    | 00.56.59 | 2            | 7             | 37           |
| 147                                                                                        | Schmitt, Jutta             | LF Brohlthal                 | 1961   | W50    | 00.57.01 | 1            | 8             | 38           |
| 106                                                                                        | Friedrich, Helga           | TV Braubach                  | 1959   | W50    | 00.58.16 | 2            | 9             | 39           |
| 104                                                                                        | Dünchem, Silvia            | LG Laacher See               | 1961   | W50    | 01.02.57 | 3            | 11            | 42           |
| 119                                                                                        | Schon, Christa             | Sparkasse Koblenz            | 1956   | W55    | 01.02.50 | 1            | 10            | 41           |

| 4. Volkslauf des TuS St. Sebastian, 12. Mai 2013: 10 km Hauptlauf, Einlaufliste |                            |                              |        |        |          |              |               |              |
|---------------------------------------------------------------------------------|----------------------------|------------------------------|--------|--------|----------|--------------|---------------|--------------|
| Start-Nr.                                                                       | Name                       | Verein/Ort                   | Jahrg. | Klasse | Endzeit  | Platz Klasse | Platz Geschl. | Platz gesamt |
| 151                                                                             | Klein, Thomas              | LG Alsbach                   | 1992   | M20    | 00.38.06 | 1            | 1             | 1            |
| 149                                                                             | Engel, Bernd               | LG Laacher See               | 1966   | M45    | 00.38.32 | 1            | 2             | 2            |
| 113                                                                             | Neuburger, Matthias        | LG Bambule WW                | 1974   | M35    | 00.38.35 | 1            | 3             | 3            |
| 108                                                                             | Ginschel, Jens             | TV Kärlich                   | 1969   | M40    | 00.39.02 | 1            | 4             | 4            |
| 162                                                                             | Scholz, Christian          | Meddys LWT Koblenz           | 1997   | M20    | 00.40.54 | 2            | 5             | 5            |
| 102                                                                             | Becker, Markus             |                              | 1966   | M45    | 00.41.22 | 2            | 6             | 6            |
| 160                                                                             | Karbach, Joachim           | SV Weitersburg               | 1961   | M50    | 00.42.08 | 1            | 7             | 7            |
| 103                                                                             | Berke, Martin              | LG HSC GAMLEN-RSC UNTERMOSEL | 1963   | M50    | 00.43.05 | 2            | 8             | 8            |
| 101                                                                             | Baumgart, Ivo              | LG HSC GAMLEN-RSC UNTERMOSEL | 1970   | M40    | 00.43.21 | 2            | 9             | 9            |
| 154                                                                             | Franke, Sascha             |                              | 1981   | M30    | 00.46.11 | 1            | 10            | 10           |
| 163                                                                             | Scholz, Wolfgang           | Meddys LWT Koblenz           | 1965   | M45    | 00.46.17 | 3            | 11            | 11           |
| 130                                                                             | Gutheil, Fabian            | HV Vallendar                 | 1995   | M20    | 00.46.36 | 3            | 12            | 12           |
| 121                                                                             | Strödter, Christian        | SV Weitersburg               | 1976   | M35    | 00.46.43 | 2            | 13            | 13           |
| 158                                                                             | Wieck, Michael             |                              | 1954   | M55    | 00.46.44 | 1            | 14            | 14           |
| 155                                                                             | Ulbrich, Kerstin           | TuS St. Sebastian            | 1964   | W45    | 00.47.05 | 1            | 1             | 15           |
| 157                                                                             | Bocklet, Bernd             | TuS St. Sebastian            | 1951   | M60    | 00.47.05 | 1            | 15            | 15           |
| 146                                                                             | Haase, Kerstin             |                              | 1979   | W30    | 00.47.08 | 1            | 2             | 17           |
| 150                                                                             | Klöckner, Dennis           |                              | 1980   | M30    | 00.47.28 | 2            | 16            | 18           |
| 132                                                                             | Kracke, Monika             | SV Urmitz                    | 1973   | W40    | 00.47.38 | 1            | 3             | 19           |
| 117                                                                             | Schenkenhofer, Sabine      | Running Team Bad Ems         | 1973   | W40    | 00.47.45 | 2            | 4             | 20           |
| 145                                                                             | Kuche, Rene                | Red Rock Runners             | 1967   | M45    | 00.47.49 | 4            | 17            | 21           |
| 122                                                                             | Thönnies, Philipp          |                              | 1992   | M20    | 00.48.23 | 4            | 18            | 22           |
| 159                                                                             | Stephan, Frank             | LT Untermosel                | 1967   | M45    | 00.48.37 | 5            | 19            | 23           |
| 112                                                                             | Mohrs, Achim               |                              | 1960   | M50    | 00.48.55 | 3            | 20            | 24           |
| 105                                                                             | Ehrmann, Dieter            | LT TuS St. Sebastian         | 1955   | M55    | 00.49.00 | 2            | 21            | 25           |
| 129                                                                             | Becker, August             | DJK Ochtersendung            | 1950   | M60    | 00.49.11 | 2            | 22            | 26           |
| 115                                                                             | Reith, Wolfgang            | Meddys LWT Koblenz           | 1965   | M45    | 00.49.36 | 6            | 23            | 27           |
| 131                                                                             | Gutheil, Helmut            | HV Vallendar                 | 1946   | M65    | 00.49.55 | 1            | 24            | 28           |
| 126                                                                             | Völlmeke, Stefan           | LG Laacher See               | 1965   | M45    | 00.51.14 | 7            | 25            | 29           |
| 116                                                                             | Ringel, Michael            | LG Laacher See               | 1974   | M35    | 00.54.00 | 3            | 26            | 30           |
| 133                                                                             | Nocker, Edward             | SV Urmitz                    | 1948   | M65    | 00.54.46 | 2            | 27            | 31           |
| 143                                                                             | Mandel, Ulrich             | TuS St. Sebastian            | 1959   | M50    | 00.54.51 | 4            | 28            | 32           |
| 107                                                                             | Friedrich, Meike           | TG Oberlahnstein             | 1984   | W20    | 00.56.32 | 1            | 5             | 33           |
| 111                                                                             | Michels, Christina         | LG Laacher See               | 1970   | W40    | 00.56.38 | 3            | 6             | 34           |
| 161                                                                             | Müller, Wolfgang           | LT Andernach                 | 1948   | M65    | 00.56.47 | 3            | 29            | 35           |
| 123                                                                             | Völlmeke, Christoph        | LG Laacher See               | 1977   | M35    | 00.56.49 | 4            | 30            | 36           |
| 127                                                                             | Waldorf, Elisabeth         | LG Laacher See               | 1964   | W45    | 00.56.59 | 2            | 7             | 37           |
| 147                                                                             | Schmitt, Jutta             | LF Brohlthal                 | 1961   | W50    | 00.57.01 | 1            | 8             | 38           |
| 106                                                                             | Friedrich, Helga           | TV Braubach                  | 1959   | W50    | 00.58.16 | 2            | 9             | 39           |
| 152                                                                             | Ehmann, Edgar              | LG Alsbach                   | 1947   | M65    | 00.58.28 | 4            | 31            | 40           |
| 119                                                                             | Schon, Christa             | Sparkasse Koblenz            | 1956   | W55    | 01.02.50 | 1            | 10            | 41           |
| 104                                                                             | Dünchem, Silvia            | LG Laacher See               | 1961   | W50    | 01.02.57 | 3            | 11            | 42           |
| 124                                                                             | Wald, Thomas               | SV Urmitz                    | 1961   | M50    | 01.05.06 | 5            | 32            | 43           |
| 128                                                                             | Milde, Jürgen              | LT TuS St. Sebastian         | 1972   | M40    | 01.05.25 | 3            | 33            | 44           |
| 148                                                                             | Ciritoglu, Erol            |                              | 1966   | M45    | 01.05.25 | 8            | 33            | 44           |
| 153                                                                             | Keller, Ursula             |                              | 1972   | W40    | 01.05.35 | 4            | 12            | 46           |
| 114                                                                             | Pink, Franz-Josef          | Waldesch-Runner              | 1943   | M70    | 01.06.05 | 1            | 35            | 47           |
| 125                                                                             | Windheuser-Völlmeke, Sonja | LG Laacher See               | 1976   | W35    | 01.06.29 | 1            | 13            | 48           |
| 144                                                                             | Michel, Helmut             | TV Kastellaun                | 1939   | M70    | 01.13.08 | 2            | 36            | 49           |

| <b>4. Volkslauf des TuS St. Sebastian, 12. Mai 2013: 5 km Nordic-/ Walking</b> |                |                    |          |        |          |              |               |              |
|--------------------------------------------------------------------------------|----------------|--------------------|----------|--------|----------|--------------|---------------|--------------|
| Start-Nr.                                                                      | Name           | Verein/Ort         | Jahrgang | Klasse | Endzeit  | Platz Klasse | Platz Geschl. | Platz gesamt |
| 142                                                                            | Alexy, Silvia  | TuS St. Sebastian  | 1958     | F      | 00.48.14 | 1            | 1             | 1            |
| 141                                                                            | Klass, Klemens | TV Eitelborn       | 1932     | M      | 00.50.16 | 1            | 1             | 2            |
| 139                                                                            | Reith, Elvira  | Meddys LWT Koblenz | 1967     | F      | 00.57.15 | 2            | 2             | 3            |