

**27. Nanstein-Berglauf am 15.03.2025 über 7,1 km / 350 Hm****Frauen**

| <b>Pl.</b> | <b>w</b> | <b>Pl. ges</b> | <b>Name, Vorname</b>    | <b>Verein oder Wohnort</b> | <b>Jahrg.</b> | <b>AK</b> | <b>Rg.</b> | <b>Zeit</b> | <b>Punkte</b> | <b>StNr.</b> |
|------------|----------|----------------|-------------------------|----------------------------|---------------|-----------|------------|-------------|---------------|--------------|
| 1          | 8        |                | Lösel, Hannah           | Eintracht Frankfurt e.V.   | 2007          | WJ U20    | 1          | 0:29:47     | 264,14        | 55           |
| 2          | 14       |                | Raatz, Simone           | asc Darmstadt              | 1976          | W45       | 1          | 0:30:31     | 258,40        | 21           |
| 3          | 17       |                | Eckhardt, Lara Elea     | LAC Frankenthal            | 1999          | W20       | 1          | 0:31:01     | 254,39        | 67           |
| 4          | 25       |                | Schrader, Fransika      | TV Hinterweidenthal        | 1992          | W30       | 1          | 0:31:57     | 247,01        | 194          |
| 5          | 28       |                | Hartl, Natascha         |                            | 1988          | W35       | 1          | 0:32:45     | 240,69        | 168          |
| 6          | 40       |                | Raab, Marion            | VT Contwig                 | 1974          | W50       | 1          | 0:33:56     | 231,28        | 29           |
| 7          | 49       |                | Hadasch, Alexandra      | SUN Triathlon              | 1977          | W45       | 2          | 0:34:44     | 224,91        | 84           |
| 8          | 50       |                | Rieger, Regina          | TV Maikammer               | 1984          | W40       | 1          | 0:34:55     | 223,48        | 111          |
| 9          | 57       |                | Schirra Bour, Silke     | Bodymed Center Ramstein    | 1969          | W55       | 1          | 0:35:57     | 215,24        | 128          |
| 10         | 62       |                | Herbold, Eva            | LCO Edenkoben              | 1984          | W40       | 2          | 0:36:17     | 212,68        | 62           |
| 11         | 66       |                | Edel, Laura             | 1. FC Kaiserslautern       | 1993          | W30       | 2          | 0:36:31     | 210,86        | 150          |
| 12         | 69       |                | Barg, Katerina          | BSG Bausparkasse SHA AG    | 1992          | W30       | 3          | 0:36:40     | 209,60        | 109          |
| 13         | 71       |                | Gabelmann, Katrin       | Steinbach                  | 1978          | W45       | 3          | 0:37:00     | 207,04        | 25           |
| 14         | 75       |                | Giffhorn, Angelina      | TuS Schleiden 1908         | 1997          | W20       | 2          | 0:37:19     | 204,53        | 192          |
| 15         | 76       |                | Boldorf, Julia          | TV Rodenbach               | 1984          | W40       | 3          | 0:37:23     | 203,96        | 81           |
| 16         | 97       |                | Yoshinaga, Misaki       | LT Rheinhessen-Pfalz       | 1984          | W40       | 4          | 0:38:35     | 194,48        | 28           |
| 17         | 99       |                | Teeven, Cindy           | Mila Rheintal Schweiz      | 1988          | W35       | 2          | 0:39:04     | 190,63        | 193          |
| 18         | 102      |                | Deiß, Sonja             | TSG Eisenberg              | 1978          | W45       | 4          | 0:39:21     | 188,35        | 164          |
| 19         | 104      |                | Groch, Andrea           | LG Ohmbachsee              | 1979          | W45       | 5          | 0:39:42     | 185,66        | 159          |
| 20         | 112      |                | Weber, Natalie          | Sandbox Warriors           | 1975          | W50       | 2          | 0:40:28     | 179,57        | 199          |
| 21         | 115      |                | Velten, Sonja           | 1. FC Kaiserslautern       | 1984          | W40       | 5          | 0:40:39     | 178,06        | 117          |
| 22         | 117      |                | Lassueur, Caroline      | TSG Kaiserslautern         | 1982          | W40       | 6          | 0:40:49     | 176,82        | 20           |
| 23         | 121      |                | Ashcroft, Jennifer Jane | BSC Erftstadt              | 1990          | W35       | 3          | 0:40:56     | 175,81        | 53           |
| 24         | 123      |                | Schirra, Christina      | TV Rodenbach               | 1986          | W35       | 4          | 0:41:09     | 174,13        | 172          |
| 25         | 127      |                | Gay, Dana               | TuS 06 Heltersberg         | 1975          | W50       | 3          | 0:41:42     | 169,76        | 190          |
| 26         | 128      |                | Lattke, Nathalie        | TSG 1849 Deidesheim e. V   | 1978          | W45       | 6          | 0:41:49     | 168,85        | 42           |
| 27         | 136      |                | Scheller, Angelika      | TSG Maxdorf                | 1959          | W65       | 1          | 0:42:27     | 163,84        | 27           |
| 28         | 139      |                | Bremer, Marny           |                            | 1993          | W30       | 4          | 0:42:44     | 161,57        | 196          |
| 29         | 140      |                | Meitzler, Marie         | Alzey-Weinheim             | 1987          | W35       | 5          | 0:42:46     | 161,37        | 11           |
| 30         | 143      |                | Erler, Anke             | LT Olympia Ramstein        | 1979          | W45       | 7          | 0:43:00     | 159,43        | 9            |
| 31         | 145      |                | Balzulat, Vera          | TFC Kaiserslautern         | 2006          | WJ U20    | 2          | 0:43:31     | 155,34        | 102          |
| 32         | 147      |                | Böhler, Sabine          | LANDAU RUNNING COMPANY     | 1974          | W50       | 4          | 0:43:45     | 153,57        | 157          |
| 33         | 148      |                | Sauerland, Christine    | LG MuLi                    | 1965          | W60       | 1          | 0:43:47     | 153,29        | 135          |
| 34         | 151      |                | Zepke, Ulrike           | Mannheim                   | 1997          | W20       | 3          | 0:44:02     | 151,23        | 66           |
| 35         | 153      |                | Jerg, Karin             | LG MuLi                    | 1968          | W55       | 2          | 0:44:29     | 147,77        | 113          |
| 36         | 154      |                | Hodapp-Malle, Ute       | TSG Kaiserslautern         | 1960          | W65       | 2          | 0:44:43     | 145,85        | 58           |
| 37         | 162      |                | Galler, Petra           | TV 1886 Bexbach            | 1968          | W55       | 3          | 0:46:19     | 133,20        | 205          |
| 38         | 163      |                | Ferara, Natascha        | -                          | 1975          | W50       | 5          | 0:46:36     | 130,90        | 24           |
| 39         | 164      |                | Aja, Holmes             | 000                        | 1992          | W30       | 5          | 0:46:40     | 130,47        | 82           |
| 40         | 173      |                | Förster, Christine      |                            | 1966          | W55       | 4          | 0:49:16     | 109,87        | 179          |
| 41         | 174      |                | Skrzypek, Lena          | Bodymed Center Ramstein    | 2012          | WJ U16    | 1          | 0:49:33     | 107,55        | 132          |
| 42         | 176      |                | Born, Ingrid            | Bodymed Center Ramstein    | 1971          | W50       | 6          | 0:49:42     | 106,45        | 129          |
| 43         | 177      |                | Rielinger, Sabine       | Kaiserslautern             | 1953          | W70       | 1          | 0:51:07     | 95,12         | 152          |
| 44         | 178      |                | Weimer, Ruth            | TSG Wiesloch               | 1952          | W70       | 2          | 0:51:47     | 89,95         | 34           |
| 45         | 179      |                | Braun, Regine           | SV Rohrbach/S              | 1948          | W75       | 1          | 0:51:50     | 89,49         | 49           |
| 46         | 180      |                | Dieringer, Maria        | LC Bad Dürkheim            | 1960          | W65       | 3          | 0:52:07     | 87,29         | 85           |
| 47         | 182      |                | Jensen, Angelina        | Relsberg                   | 2003          | W20       | 4          | 0:52:37     | 83,32         | 13           |
| 48         | 183      |                | Brödel, Charlotte       | Relsberg                   | 1996          | W20       | 5          | 0:52:37     | 83,30         | 1            |
| 49         | 185      |                | Schenk, Angie           | Ramsen                     | 1992          | W30       | 6          | 0:53:06     | 79,53         | 56           |
| 50         | 188      |                | Müller, Marliese        | Edelweiß Steinwenden Sobi  | 1953          | W70       | 3          | 0:55:28     | 60,79         | 31           |
| 51         | 189      |                | Christmann, Ingrid      | SV Kottweiler-Schwanden    | 1967          | W55       | 5          | 0:56:53     | 49,54         | 181          |
| 52         | 192      |                | Schwehm, Sonja          | LG Ohmbachsee              | 1958          | W65       | 4          | 1:03:32     | 0,00          | 161          |