



## Mini Meile



### Mädchen

#### 1. Platz

|             |                    |       |
|-------------|--------------------|-------|
| <b>2022</b> | Paulin Saße        | 04:46 |
| <b>2021</b> | Paulin Saße        | 04:59 |
| <b>2019</b> | Finia Fräsch       | 04:33 |
| <b>2017</b> | Fiona Flender      | 04:29 |
| <b>2016</b> | Sina Joline Große  | 04:29 |
| <b>2015</b> | Sina Joline Große  | 04:33 |
| <b>2014</b> | Jamie Wruck        | 04:50 |
| <b>2013</b> | Tsianina Langhorst | 04:36 |
| <b>2012</b> | Janina Lindemann   | 04:19 |
| <b>2011</b> | Luca Marie Nestler | 04:20 |
| <b>2010</b> | Elina Dänenkamp    | 04:31 |
| <b>2009</b> | Luise Asmussen     | 04:08 |

#### 2. Platz

|                    |       |
|--------------------|-------|
| Lina Albrecht      | 05:03 |
| Victoria Blanke    | 05:06 |
| Alexa Zundel       | 04:57 |
| Emma Brose         | 04:29 |
| Emma Brose         | 04:23 |
| Tamara Richter     | 04:39 |
| Tamara Richter     | 04:54 |
| Franka Sultan      | 04:40 |
| Tsianina Langhorst | 04:38 |
| Marie Polle        | 04:38 |
| Luca Marie Nestler | 04:33 |
| Mona Rebers        | 04:29 |

#### 3. Platz

|                         |       |
|-------------------------|-------|
| Mathilde Mielke         | 05:04 |
| Lena Krohn              | 05:09 |
| Lotta Meyer             | 04:58 |
| Finia Fräsch            | 04:43 |
| Fiona Flender           | 04:32 |
| Katharina von der Heide | 04:45 |
| Leandra Ahlers          | 05:01 |
| Ronja Teunis            | 04:41 |
| Charlotta Wall          | 04:40 |
| Sarah Lindemann         | 04:40 |
| Karolin Siol            | 04:40 |
| Elina Dähnenkamp        | 04:32 |

### Jungen

#### 1. Platz

|             |                 |       |
|-------------|-----------------|-------|
| <b>2022</b> | Lando Knüppel   | 04:14 |
| <b>2021</b> | Lando Knüppel   | 04:14 |
| <b>2019</b> | Louis Hoppe     | 04:25 |
| <b>2017</b> | Kjell Niggemann | 04:37 |
| <b>2016</b> | Jonte Nickel    | 04:03 |
| <b>2015</b> | Jeremy Knust    | 04:11 |
| <b>2014</b> | Dario Sultan    | 04:18 |
| <b>2013</b> | Jesse Pundt     | 04:10 |
| <b>2012</b> | Paul Pundt      | 04:01 |
| <b>2011</b> | Paul Pundt      | 04:04 |
| <b>2010</b> | Moritz Helmke   | 04:04 |
| <b>2009</b> | Daniel Prigge   | 03:54 |

#### 2. Platz

|                     |       |
|---------------------|-------|
| Louis Hoppe         | 04:17 |
| Maximilian Markfort | 04:36 |
| Kjell Niggemann     | 04:36 |
| Tim Ruhland         | 04:38 |
| Luca Evert          | 04:23 |
| Jonte Nickel        | 04:30 |
| Jonte Nickel        | 04:24 |
| Dario Sultan        | 04:13 |
| Matteo Beck         | 04:03 |
| Eddie Pundt         | 04:08 |
| Paul Pundt          | 04:15 |
| Tobias Böttcher     | 04:06 |

#### 3. Platz

|                      |       |
|----------------------|-------|
| Arik Flender         | 04:21 |
| Arik Flender         | 04:44 |
| Lando Knüppel        | 04:40 |
| Torben Lasse Nistrat | 04:42 |
| Luis Thal            | 04:23 |
| Torben Lindemann     | 04:36 |
| Julius Baumbach      | 04:37 |
| Tim Tockhorn         | 04:13 |
| Jannik Windelband    | 04:08 |
| Florian Honschopp    | 04:15 |
| Lukas Renken         | 04:16 |
| Paul Pundt           | 04:08 |



## 3,3 Meilen-Lauf

**7MeilenLauf**  
rund um Platjenwerbe

### Frauen

#### 1. Platz

|             |                    |       |
|-------------|--------------------|-------|
| <b>2022</b> | Maike Angermann    | 25:46 |
| <b>2021</b> | Maren Huckschlag   | 25:47 |
| <b>2019</b> | Klara Zidlicky     | 22:31 |
| <b>2017</b> | Annika Peters      | 23:40 |
| <b>2016</b> | Lea van Beek       | 23:06 |
| <b>2015</b> | Lea van Beek       | 23:43 |
| <b>2014</b> | Moya Kebbel        | 28:06 |
| <b>2013</b> | Martina Pundt      | 21:58 |
| <b>2012</b> | Luca Marie Nestler | 24:15 |
| <b>2011</b> | Alina Reich        | 26:47 |
| <b>2010</b> | Karolin Tockhorn   | 25:39 |
| <b>2009</b> | Lisa Sauerwald     | 23:18 |

#### 2. Platz

|                        |       |
|------------------------|-------|
| Anja Jung              | 29:10 |
| Amelie Nobel           | 25:51 |
| Mai-Brit Schulte       | 26:51 |
| Viola Kloas            | 25:13 |
| Frederike van Beek     | 23:07 |
| Luca Marie Nestler     | 23:48 |
| Viola Kloas            | 28:34 |
| Karolin Tockhorn       | 24:31 |
| Berit Gamradt          | 25:24 |
| Katharina Nehlsen      | 26:57 |
| Stella-Marike Püschner | 26:01 |
| Gabriele Laudan        | 24:27 |

#### 3. Platz

|                    |       |
|--------------------|-------|
| Angeles Brock      | 39:13 |
| Jule Pfister       | 27:14 |
| Johanna Baumbach   | 27:22 |
| Anja Bahr          | 25:21 |
| Martina Pundt      | 23:57 |
| Nina Blau          | 23:59 |
| Marianne Rösemann  | 30:06 |
| Luca Marie Nestler | 25:22 |
| Karolin Tockhorn   | 26:28 |
| Elke Hoffmann      | 29:59 |
| Alina Reich        | 26:42 |
| Katharina Nehlsen  | 26:43 |

### Männer

#### 1. Platz

|             |                      |       |
|-------------|----------------------|-------|
| <b>2022</b> | Manuel Alvarez Gordo | 21:06 |
| <b>2021</b> | Robin Neumann        | 21:54 |
| <b>2019</b> | Moritz Marciniak     | 18:39 |
| <b>2017</b> | Tim Tockhorn         | 22:04 |
| <b>2016</b> | Eddie Pundt          | 19:15 |
| <b>2015</b> | Lorenz Könken        | 19:23 |
| <b>2014</b> | Eddie Pundt          | 20:15 |
| <b>2013</b> | Martin Petzold       | 19:48 |
| <b>2012</b> | Lars Sonnberg        | 19:34 |
| <b>2011</b> | Thomas Langhorst     | 20:23 |
| <b>2010</b> | Martin Petzold       | 20:21 |
| <b>2009</b> | Marco Lange          | 20:14 |

#### 2. Platz

|                  |       |
|------------------|-------|
| Robin Neumann    | 21:37 |
| Philipp Wode     | 21:55 |
| Paul Pundt       | 19:39 |
| Yannik Bastian   | 22:30 |
| Martin Petzold   | 19:29 |
| Martin Petzold   | 19:36 |
| Falko Toetzke    | 21:36 |
| Thomas Langhorst | 19:50 |
| Hans Luhrmann    | 19:34 |
| Tim Brunßen      | 22:39 |
| Stefan Zielinski | 20:53 |
| Philipp Thielen  | 21:01 |

#### 3. Platz

|                  |       |
|------------------|-------|
| Sebastian Loeper | 22:33 |
| Sebastian Loeper | 21:58 |
| Matze Hübner     | 21:38 |
| Rainer Hohmann   | 23:00 |
| Lorenz Könken    | 19:39 |
| Eddie Pundt      | 19:46 |
| Sheperd Takawira | 21:50 |
| Eddie Pundt      | 21:11 |
| Martin Petzold   | 19:48 |
| Gregory Fock     | 22:53 |
| Ronny Paduch     | 21:11 |
| Martin Petzold   | 21:17 |



## 7 Meilen-Lauf



### Frauen

#### 1. Platz

|             |                      |       |
|-------------|----------------------|-------|
| <b>2022</b> | Alina Reich          | 47:14 |
| <b>2021</b> | Vivien Heiringhoff   | 48:34 |
| <b>2019</b> | Lena Schröder        | 44:10 |
| <b>2017</b> | Alina Reich          | 44:26 |
| <b>2016</b> | Alina Reich          | 51:30 |
| <b>2015</b> | Rebecka Weise-Jung   | 48:09 |
| <b>2014</b> | Charlotte Hasselmann | 47:01 |
| <b>2013</b> | Maren Huckschlag     | 48:12 |
| <b>2012</b> | Anja Bahr            | 49:19 |
| <b>2011</b> | Maren Huckschlag     | 47:57 |
| <b>2010</b> | Hanna Schumacher     | 51:54 |
| <b>2009</b> | Martina Pundt        | 47:53 |

#### 2. Platz

|                |       |
|----------------|-------|
| Simone Wempe   | 51:59 |
| Julia Budach   | 53:03 |
| Kelly Beendorf | 46:48 |
| Katja Nestler  | 53:34 |
| Anja Bahr      | 52:26 |
| Anja Bahr      | 49:28 |
| Katrin Kieffer | 49:20 |
| Larissa Sicke  | 48:59 |
| Nina Blau      | 52:14 |
| Martina Pundt  | 48:32 |
| Ulrike Reich   | 52:40 |
| Ulrike Reich   | 49:38 |

#### 3. Platz

|                  |       |
|------------------|-------|
| Julia Budach     | 58:06 |
| Meike Helmke     | 57:36 |
| Simone Wempe     | 53:26 |
| Anja Glawion     | 54:23 |
| Svenja Seelen    | 52:36 |
| Katja Nestler    | 51:53 |
| Maren Huckschlag | 50:24 |
| Milena Brinkmann | 53:09 |
| Sonja Eden       | 53:13 |
| Anja Bahr        | 50:37 |
| Sonja Eden       | 53:28 |
| Maren Huckschlag | 51:43 |

### Männer

#### 1. Platz

|             |                   |       |
|-------------|-------------------|-------|
| <b>2022</b> | Timo Reich        | 38:29 |
| <b>2021</b> | Timo Reich        | 38:35 |
| <b>2019</b> | Matteo Beck       | 38:54 |
| <b>2017</b> | Frank Themsen     | 39:04 |
| <b>2016</b> | Frank Themsen     | 39:58 |
| <b>2015</b> | Frank Themsen     | 38:34 |
| <b>2014</b> | Torsten Naue      | 41:05 |
| <b>2013</b> | Dominic Dieckmann | 37:19 |
| <b>2012</b> | Christian Pundt   | 39:05 |
| <b>2011</b> | Frank Themsen     | 38:16 |
| <b>2010</b> | Christian Pundt   | 38:34 |
| <b>2009</b> | Jens Pter Suckow  | 42:26 |

#### 2. Platz

|                  |       |
|------------------|-------|
| Moritz Helmke    | 41:08 |
| Frank Themsen    | 41:07 |
| Frank Themsen    | 39:11 |
| Matteo Beck      | 39:53 |
| Marcus Kohlhase  | 41:18 |
| Ingo Jagdhuber   | 39:37 |
| Lars Sonnberg    | 41:50 |
| Gerrit Lubitz    | 39:20 |
| Ingo Jagdhuber   | 39:31 |
| Gerrit Lubitz    | 41:08 |
| Hikmet Ciftci    | 40:22 |
| Thomas Langhorst | 43:31 |

#### 3. Platz

|                   |       |
|-------------------|-------|
| Frank Themsen     | 41:15 |
| Moritz Helmke     | 42:59 |
| Roland Preussner  | 43:47 |
| Timo Reich        | 40:05 |
| Matteo Beck       | 41:31 |
| Holger Bannies    | 40:37 |
| Nils Kosemund     | 44:18 |
| Ingo Jagdhuber    | 39:45 |
| Gerrit Lubitz     | 40:03 |
| Jens Peter Suckow | 42:16 |
| Jens Peter Suckow | 41:38 |
| Arne Wiese        | 44:25 |