



Statistik der Plätze 1-3



Mini-Meile

Mädchen

1. Platz

| | | |
|-------------|--------------------|-------|
| 2024 | Paulin Saße | 04:32 |
| 2023 | Paulin Saße | 04:39 |
| 2022 | Paulin Saße | 04:46 |
| 2021 | Paulin Saße | 04:59 |
| 2019 | Finia Frasch | 04:33 |
| 2017 | Fiona Flender | 04:29 |
| 2016 | Sina Joline Große | 04:29 |
| 2015 | Sina Joline Große | 04:33 |
| 2014 | Jamie Wruck | 04:50 |
| 2013 | Tsianina Langhorst | 04:36 |
| 2012 | Janina Lindemann | 04:19 |
| 2011 | Luca Marie Nestler | 04:20 |
| 2010 | Elina Dänenkamp | 04:31 |
| 2009 | Luise Asmussen | 04:08 |

2. Platz

| | |
|--------------------|-------|
| Mathilda Mielke | 04:44 |
| Greta Zahn | 04:49 |
| 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

| | |
|-------------------------|-------|
| Leona Krause | 04:46 |
| Mathilda Mielke | 05:08 |
| Mathilde Mielke | 05:04 |
| Lena Krohn | 05:09 |
| Lotta Meyer | 04:58 |
| Finia Frasch | 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

| | | |
|-------------|-----------------|-------|
| 2024 | Elias Lepschy | 03:47 |
| 2023 | Elias Lepschy | 04:06 |
| 2022 | Lando Knüppel | 04:14 |
| 2021 | Lando Knüppel | 04:14 |
| 2019 | Louis Hoppe | 04:25 |
| 2017 | Kjell Niggemann | 04:37 |
| 2016 | Jonte Nickel | 04:03 |
| 2015 | Jeremy Knust | 04:11 |
| 2014 | Dario Sultan | 04:18 |
| 2013 | Jesse Pundt | 04:10 |
| 2012 | Paul Pundt | 04:01 |
| 2011 | Paul Pundt | 04:04 |
| 2010 | Moritz Helmke | 04:04 |
| 2009 | Daniel Prigge | 03:54 |

2. Platz

| | |
|---------------------|-------|
| Julian Mattfeld | 03:59 |
| Arik Flender | 04:16 |
| 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

| | |
|----------------------|-------|
| Lasse Meyer | 04:02 |
| Julian Mattfeld | 04:17 |
| 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

Frauen

1. Platz

| | | |
|-------------|--------------------|-------|
| 2024 | Marlo Frick | 26:58 |
| 2023 | Johanna Baumbach | 26:57 |
| 2022 | Maike Angermann | 25:46 |
| 2021 | Maren Huckschlag | 25:47 |
| 2019 | Klara Zidlicky | 22:31 |
| 2017 | Annika Peters | 23:40 |
| 2016 | Lea van Beek | 23:06 |
| 2015 | Lea van Beek | 23:43 |
| 2014 | Moya Kebbel | 28:06 |
| 2013 | Martina Pundt | 21:58 |
| 2012 | Luca Marie Nestler | 24:15 |
| 2011 | Alina Reich | 26:47 |
| 2010 | Karolin Tockhorn | 25:39 |
| 2009 | Lisa Sauerwald | 23:18 |

2. Platz

| | |
|---------------------|-------|
| Annika Bahr | 28:54 |
| Fiona Flender | 28:49 |
| 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 Püsch | 26:01 |
| Gabriele Laudan | 24:27 |

3. Platz

| | |
|--------------------|-------|
| Henriette Brehme | 29:39 |
| Smilla Meyer | 29:26 |
| 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

| | | |
|-------------|----------------------|-------|
| 2024 | Michael Rachold | 20:19 |
| 2023 | Julius Baumbach | 19:49 |
| 2022 | Manuel Alvarez Gordo | 21:06 |
| 2021 | Robin Neumann | 21:54 |
| 2019 | Moritz Marciniak | 18:39 |
| 2017 | Tim Tockhorn | 22:04 |
| 2016 | Eddie Pundt | 19:15 |
| 2015 | Lorenz Könken | 19:23 |
| 2014 | Eddie Pundt | 20:15 |
| 2013 | Martin Petzold | 19:48 |
| 2012 | Lars Sonnberg | 19:34 |
| 2011 | Thomas Langhorst | 20:23 |
| 2010 | Martin Petzold | 20:21 |
| 2009 | Marco Lange | 20:14 |

2. Platz

| | |
|------------------|-------|
| Robin Neumann | 20:46 |
| Frank Themsen | 20:14 |
| 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

| | |
|-------------------|-------|
| Timo Meyer | 22:51 |
| Finn-Luca Schmitz | 21:45 |
| 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 MeilenLauf

Frauen

1. Platz

| | | |
|-------------|----------------------|-------|
| 2024 | Maren Huckschlag | 51:34 |
| 2023 | Malgorzata Tuwalska | 47:48 |
| 2022 | Alina Reich | 47:14 |
| 2021 | Vivien Heiringhoff | 48:34 |
| 2019 | Lena Schröder | 44:10 |
| 2017 | Alina Reich | 44:26 |
| 2016 | Alina Reich | 51:30 |
| 2015 | Rebecka Weise-Jung | 48:09 |
| 2014 | Charlotte Hasselmann | 47:01 |
| 2013 | Maren Huckschlag | 48:12 |
| 2012 | Anja Bahr | 49:19 |
| 2011 | Maren Huckschlag | 47:57 |
| 2010 | Hanna Schumacher | 51:54 |
| 2009 | Martina Pundt | 47:53 |

2. Platz

| | |
|-----------------|-------|
| Janet Wodäge | 57:02 |
| Alexa Fislage | 54:33 |
| Simone Wempe | 51:59 |
| Julia Budach | 53:03 |
| Kelly Bebendorf | 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

| | |
|------------------|-------|
| Meike Helmke | 57:15 |
| Bianca Große | 55:44 |
| 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

| | | |
|-------------|-------------------|-------|
| 2024 | Frank Themsen | 41:35 |
| 2023 | Timo Reich | 41:38 |
| 2022 | Timo Reich | 38:29 |
| 2021 | Timo Reich | 38:35 |
| 2019 | Matteo Beck | 38:54 |
| 2017 | Frank Themsen | 39:04 |
| 2016 | Frank Themsen | 39:58 |
| 2015 | Frank Themsen | 38:34 |
| 2014 | Torsten Naue | 41:05 |
| 2013 | Dominic Dieckmann | 37:19 |
| 2012 | Christian Pundt | 39:05 |
| 2011 | Frank Themsen | 38:16 |
| 2010 | Christian Pundt | 38:34 |
| 2009 | Jens Pter Suckow | 42:26 |

2. Platz

| | |
|------------------|-------|
| Dennet Kück | 42:25 |
| Lars Sonnberg | 43:07 |
| 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

| | |
|-------------------|-------|
| Moritz Helmke | 42:52 |
| Jannick Lohmann | 43:35 |
| 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 |