

# 5.000m Bestenliste seit 2006(Top 50)

LaufdatenSaar.de

## Bestzeiten

| Pl.           | Zeit     | Name                   | Verein                       | Saison |
|---------------|----------|------------------------|------------------------------|--------|
| <b>Männer</b> |          |                        |                              |        |
| 1.            | 00:17:36 | Diemann, Noah          | LLG Wustweiler               | 2019   |
| 2.            | 00:17:41 | Erdorf, Manuel         | LTF Marpingen                | 2013   |
| 3.            | 00:17:46 | Gebhard, Maximilian    | SC Illingen                  | 2017   |
| 4.            | 00:18:12 | Maurer, Hagen          | Sv Schlau com saar 05        | 2012   |
| 5.            | 00:18:24 | Schmidt, Alexander     | LSG Saarbrücken-Sulzbachtal  | 2015   |
| 6.            | 00:18:27 | Volz Harald            | ohne Verein                  | 2008   |
| 7.            | 00:18:38 | Radowski Cezary        |                              | 2006   |
| 8.            | 00:18:42 | Hesch Christopher      | SW Stennweiler               | 2007   |
| 9.            | 00:18:43 | Holweck Andreas        | Grojo´s LTF Elversberg       | 2008   |
| 10.           | 00:18:45 | Huckert Rainer         | LG Saar 70                   | 2006   |
| 11.           | 00:19:03 | Konrad, Julian         | LG Filder                    | 2016   |
| 12.           | 00:19:05 | Gry, Nicolas           | CAN SARREGUEMINES            | 2013   |
| 13.           | 00:19:07 | Oster, Laurent         | Sarreguemines Triathlon Club | 2013   |
| 14.           | 00:19:08 | Oehling, Philipp       | TV Illingen                  | 2015   |
| 15.           | 00:19:19 | Heinrich, Kai          | LSG Saarbrücken              | 2012   |
| 16.           | 00:19:28 | Guthörl, Moritz        | Schwimmclub Illingen         | 2018   |
| 17.           | 00:19:32 | Schreiner, Stefan      | LTF Marpingen                | 2017   |
| 18.           | 00:19:34 | Woll Peter             |                              | 2011   |
| 19.           | 00:19:35 | Heinrich Kai           | LTF Marpingen                | 2009   |
| 20.           | 00:19:35 | Speicher, Thomas       | LTF Köllertal                | 2014   |
| 21.           | 00:19:57 | Ulrich, Karsten        | LTF Marpingen                | 2019   |
| 22.           | 00:19:59 | Sardo, Giuseppe        | ReckRunners                  | 2015   |
| 23.           | 00:20:00 | Mueller Bernd          | LTF Koellertal               | 2011   |
| 24.           | 00:20:01 | Braß, Knut             | TV Lebach                    | 2013   |
| 25.           | 00:20:03 | Müller, Daniel         | SC Illingen                  | 2014   |
| 26.           | 00:20:12 | Müller, Sascha         | DLRG Dillingen               | 2013   |
| 27.           | 00:20:14 | Klein Ralph            | SC Friedrichsthal            | 2007   |
| 28.           | 00:20:15 | Müller Marco           | LTF Marpingen                | 2008   |
| 29.           | 00:20:30 | Ewen Thorsten          | RV Tempo Hirzweiler          | 2008   |
| 30.           | 00:20:36 | Keller Philipp         | TV Elm                       | 2007   |
| 31.           | 00:20:37 | Heinrich Stefan        | Karate Dojo Marpingen        | 2006   |
| 32.           | 00:20:42 | Schneider, Fabio       |                              | 2017   |
| 33.           | 00:20:44 | Prianon, Frank         | Max von der Grün-Schule      | 2012   |
| 34.           | 00:20:49 | Schorr Stefan          | LT Phoenix Dudweiler         | 2011   |
| 35.           | 00:21:01 | Sosnovskis, Viktoras   | Saarnhölzbach                | 2013   |
| 36.           | 00:21:01 | Schütz Stefan          | Hirzweiler                   | 2006   |
| 37.           | 00:21:04 | Busch, Marco           | LSG 98 Köllertal             | 2012   |
| 38.           | 00:21:05 | Haben Oliver           | SC Illingen                  | 2007   |
| 39.           | 00:21:08 | Kirsch Henning         | SC Illingen                  | 2010   |
| 40.           | 00:21:11 | Dörr Tobias            | FC Uchtelfangen              | 2010   |
| 41.           | 00:21:14 | Hinsberger Andre       | SC Illingen                  | 2007   |
| 42.           | 00:21:18 | Mohr, Simon            |                              | 2017   |
| 43.           | 00:21:20 | Malzanini, Lukas       |                              | 2013   |
| 44.           | 00:21:21 | Mailaender Franz/Peter | RV Tempo Hirzweiler          | 2008   |
| 45.           | 00:21:22 | Mohr Markus            | Schwimmclub Illingen         | 2011   |
| 46.           | 00:21:26 | Zenner, Bastian        | SC Illingen                  | 2018   |
| 47.           | 00:21:28 | Müller, Dennis         |                              | 2015   |
| 48.           | 00:21:31 | Pyanon, Frank          | Max von der Grün Schule      | 2014   |
| 49.           | 00:21:36 | Gebal, Pascal          | TV Lebach                    | 2019   |
| 50.           | 00:21:37 | Maurer, Michael        | Kickboxing Klinger           | 2015   |
| Pl.           | Zeit     | Name                   | Verein                       | Saison |
| <b>Frauen</b> |          |                        |                              |        |

|     |          |                           |                        |      |
|-----|----------|---------------------------|------------------------|------|
| 1.  | 00:21:29 | Müller Julia              | SW Stennweiler         | 2007 |
| 2.  | 00:21:33 | Threm, Julia              | LAF Merchweiler        | 2015 |
| 3.  | 00:21:38 | De Maeyer, Rieke          |                        | 2013 |
| 4.  | 00:22:14 | Scherer Jana              | Biathlon Team Saarland | 2010 |
| 5.  | 00:22:32 | Hartmann, Bärbel          | Fribi Fun Runners      | 2012 |
| 6.  | 00:22:45 | Schwarz, Michelle         | LG Saar 70             | 2014 |
| 7.  | 00:23:22 | Bickelmann, Mona          | LG Rehlingen           | 2013 |
| 8.  | 00:23:45 | Busch, Katrin             | LLG Wustweiler         | 2015 |
| 9.  | 00:23:45 | Mailaender Laura          | LTF Marpingen          | 2008 |
| 10. | 00:23:52 | Wilhelm, Louisa           | Lauftreff Hirzweiler   | 2018 |
| 11. | 00:23:57 | Denzer, Alexandra         | Hirzweiler             | 2014 |
| 12. | 00:24:05 | Hartz, Sandra             | LLG Wustweiler         | 2018 |
| 13. | 00:24:22 | Kühn, Sarah               | LTF Theeltal           | 2016 |
| 14. | 00:24:33 | Hansen, Anna-Lena         |                        | 2016 |
| 15. | 00:24:35 | Martin Nadine             |                        | 2007 |
| 16. | 00:24:46 | Theobald Petra            | Illingen               | 2011 |
| 17. | 00:24:49 | Schirra, Sarah            | Lauftreff Hirzweiler   | 2014 |
| 18. | 00:25:07 | Ludewig, Eva Maria        | LC Rehlingen           | 2013 |
| 19. | 00:25:15 | Bolzert, Rebana           | Tv Köllerbach          | 2016 |
| 20. | 00:25:17 | Spaniol, Martina          | Ltf Marpingen          | 2015 |
| 21. | 00:25:20 | Hartmann, Heidi           | Fribi Fun Runners      | 2012 |
| 22. | 00:25:25 | Becker, Nicole            | LLG Wustweiler         | 2018 |
| 23. | 00:25:35 | Threm, Lara               |                        | 2016 |
| 24. | 00:25:43 | Bechtel, Nicole           | Phönix Dudweiler       | 2013 |
| 25. | 00:25:53 | Hering, Svenja            | SC Illingen            | 2019 |
| 26. | 00:26:02 | Kraß, Heike               | GS Hüttigweiler        | 2010 |
| 27. | 00:26:03 | Brill, Angela             | LFT Theeltal           | 2018 |
| 28. | 00:26:06 | Ames, Kim-Anika           | RV Tempo Hirzweiler    | 2014 |
| 29. | 00:26:15 | Ewen Kerstin              | RV Tempo Hirzweiler    | 2008 |
| 30. | 00:26:28 | Schmidt Annette           | Illingen               | 2011 |
| 31. | 00:26:33 | Burger, Alexandra         | OTW für Benin          | 2019 |
| 32. | 00:26:39 | Auweiler, Annalena        | LG Rehlingen           | 2013 |
| 33. | 00:26:40 | Balzert, Katinka          | TV Köllerbach          | 2012 |
| 34. | 00:26:40 | Molaen, Sabina            | Illingen               | 2013 |
| 35. | 00:26:42 | Koster, Mara              | Team Drecksäue         | 2016 |
| 36. | 00:26:45 | Meiser Magdalena-Victoria | ohne Verein            | 2009 |
| 37. | 00:26:54 | Ferch Nina                | SC Illingen            | 2010 |
| 38. | 00:27:02 | Schirra, Janine           | Lauftreff Hirzweiler   | 2014 |
| 39. | 00:27:03 | Hoffmann-Glaser Dagmar    | LTF Marpingen          | 2007 |
| 40. | 00:27:10 | Linnerbach Melanie        |                        | 2008 |
| 41. | 00:27:14 | Groß, Monika              | LTF Theeltal           | 2016 |
| 42. | 00:27:16 | Vièl, Katharina           |                        | 2017 |
| 43. | 00:27:22 | Scherschel, Michaela      | Aktion Palca           | 2019 |
| 44. | 00:27:27 | Meiser, Simone            | Llg Wustweiler         | 2019 |
| 45. | 00:27:28 | Ames, Maike               | RV Tempo Hirzweiler    | 2013 |
| 46. | 00:27:33 | Lamnek, Melissa           | Klarenthal             | 2012 |
| 47. | 00:27:36 | Schneider Elke            |                        | 2011 |
| 48. | 00:27:38 | Faber, Michelle           | LLG Wustweiler         | 2019 |
| 49. | 00:27:50 | Angel, Lara               | LTF Theeltal           | 2019 |
| 50. | 00:27:50 | Both, Leonie              | LSG 98 Köllertal       | 2013 |