

LTSV Forst 1990 e.V.

ERGEBNISSE XXXVIII. Forster Rosen-Pokal-Lauf 1. Juli 2016 - FORST (Lausitz)

Wertungslauf im:
*AusdauerCup Spree-Neiße
*Sparkassen-LaufCup

Streckenführung: Start - Brandenburger Straße (5 km); Keuner Straße (10 km)
Ziel - Freibad Ringstraße
Rundkurs Brandenburger Straße – Keuner Straße – Weg zum
Neißedamm – Neißedamm – Ringstraße
80% asphaltiert / 20% fester Weg

Wetter: sonnig, trocken
Temperatur +27°C

10 km

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|----|--------------------|------|----------|----|-----------------------|-----------|
| 01 | Worlitz, Gordon | 1972 | M40 | 1. | LTSV Forst 1990 | 38:35 min |
| 02 | Rotter, Michael | 1982 | M30 | 1. | SV Wacker Komptendorf | 40:30 |
| 03 | Brunsch, Ingolf | 1960 | M55 | 1. | LTSV Forst 1990 | 40:47 |
| 04 | Reck, Stefan | 1980 | M35 | 1. | SV Döbern | 42:29 |
| 05 | Bär, Steffen | 1975 | M40 | 2. | LTSV Forst 1990 | 42:50 |
| 06 | Bereuter, Mike | 1965 | M50 | 1. | Felixsee | 45:01 |
| 07 | Ludwig, Frank | 1959 | M55 | 2. | Cottbus | 45:34 |
| 08 | Haberland, Daniel | 1983 | M30 | 2. | Spremberger SV 1862 | 46:36 |
| 09 | Tischer, Dietmar | 1952 | M60 | 1. | LTSV Forst 1990 | 47:09 |
| 10 | Heinrich, Jana | 1967 | W45 | 1. | Potsdamer Laufclub | 47:34 |
| 11 | Kunze, Bertram | 1973 | M40 | 3. | Guben | 47:56 |
| 12 | Przychodski, Frank | 1954 | M60 | 2. | LTSV Forst 1990 | 48:46 |
| 13 | Ulrich, Bernd | 1956 | M60 | 3. | LTSV Forst 1990 | 49:17 |
| 14 | Salla, Corinna | 1998 | W18/191. | | Bad Muskau | 52:51 |
| 15 | Heinritze, Doreen | 1974 | W40 | 1. | Forst | 52:59 |
| 16 | Hansel, Andreas | 1959 | M55 | 3. | LTSV Forst 1990 | 54:52 |
| 17 | Pfennig, Dirk | 1948 | M65 | 1. | LTSV Forst 1990 | 56:25 |
| 18 | Schönfeld, Denise | 1998 | W18/192. | | LTSV Forst 1990 | 1:01:07 h |

5 km

| | | | | | | |
|----|------------------------|------|-----------|----|---------------------------|-----------|
| 01 | Hörnig, Eric | 1992 | M20 | 1. | LC Cottbus | 16:39 min |
| 02 | Friedrich, Uwe | 1972 | M40 | 1. | Chemnitzer PSV | 16:44 |
| 03 | Seibt, Daniel | 1977 | M35 | 1. | SportFreigang Team | 16:57 |
| 04 | Schrutek, Christian | 1987 | M20 | 2. | SportFreigang Team | 17:14 |
| 05 | Beyer, Sebastian | 1981 | M35 | 2. | FLB Cottbus | 17:56 |
| 06 | Sperling, Leon | 2001 | M14/15 | 1. | SportFreigang Team | 17:58 |
| 07 | Sperling, Andreas | 1971 | M45 | 1. | SportFreigang Team | 18:02 |
| 08 | Kuchta, Alexander | 1989 | M20 | 3. | Cottbuser Parkläufer | 18:08 |
| 09 | Böhrenz, Lars | 1970 | M45 | 2. | SportFreigang Team | 18:30 |
| 10 | Beer, Jasmin | 1998 | W18/19/1. | | SVW Komptendorf / Kumbia | 18:36 |
| 11 | Muth, Marco | 1978 | M35 | 3. | FLB Cottbus | 18:37 |
| 12 | Hendrischk, Carsten | 1964 | M50 | 1. | FLG Spremberg | 18:53 |
| 13 | Jokisch, Georg | 1988 | M20 | 4. | FLB Cottbus | 18:55 |
| 14 | Köhler, Alexander | 1990 | M20 | 5. | FLB Cottbus | 18:57 |
| 15 | Duschka, Kay | 1966 | M50 | 2. | SV Wacker Komptendorf | 19:06 |
| 16 | Lehmann, Sören | 1990 | M20 | 6. | 21run.com Triathlon Team | 19:16 |
| 17 | Freigang, Lea | 2000 | W16/17/1. | | LC Cottbus | 19:18 |
| 18 | Bietrasch, Marko | 1987 | M20 | 7. | BSG Sparkasse SPN | 19:25 |
| 19 | Knapik, Roman | 1966 | M50 | 3. | SportFreigang Team | 19:27 |
| 20 | Malig, Ralf | 1961 | M55 | 1. | Bowlingclub Senftenberg | 19:30 |
| 21 | Dippmann, Manfred | 1967 | M45 | 3. | Cottbuser Parkläufer | 19:57 |
| 22 | Münke, Jean Luis | 2000 | M16/17/1. | | SV Olympia | 19:58 |
| | Sänger, Joshua | 1992 | M20 | 8. | Hamburg | 19:58 |
| 24 | Köhler, Ines | 1985 | W30 | 1. | FLB Cottbus | 20:04 |
| 25 | Gorodetzky, Konstantin | 2002 | M14/15/2. | | FLB Cottbus | 20:06 |
| 26 | Lehmann, Mike | 1973 | M40 | 2. | Cottbuser Parkläufer | 20:08 |
| 27 | Modlich, Steffen | 1974 | M40 | 3. | 94,5 radio Cottbus | 20:12 |
| 28 | Fröscher, Frank | 1955 | M60 | 1. | Turnow-Preilack | 20:19 |
| 29 | Schäfer, Mathias | 1987 | M20 | 9. | BSG Sparkasse SPN | 20:27 |
| 30 | Busse, Ingo | 1962 | M50 | 4. | 94,5 radio Cottbus | 20:29 |
| 31 | Auge, Andreas | 1971 | M45 | 4. | BSG Sparkasse SPN | 20:34 |
| 32 | Grisk, Detlef | 1960 | M55 | 2. | Team Erdinger Alkoholfrei | 20:39 |
| 33 | Habertag, Mathias | 1974 | M40 | 4. | SV Wacker Komptendorf | 20:40 |
| 34 | Kretschmer, Marko | 1985 | M30 | 1. | BSV GenMin Cottbus 06 | 20:48 |
| 35 | Birghan, Benno | 1972 | M40 | 5. | SportFreigang Team | 20:49 |
| | Schulz, Tim | 2003 | M12/13/1. | | LG Vogtland | 20:49 |
| 37 | Mielke, Bert | 1972 | M40 | 6. | BSG Sparkasse SPN | 20:55 |
| 38 | Kanzler, Benito | 1975 | M40 | 7. | SportFreigang Team | 20:57 |
| 39 | Masnik, Carlos | 2003 | M12/13/2. | | LC Cottbus | 20:58 |
| 40 | Bernhard, Ivett | 1971 | W45 | 1. | SV Döbern | 21:00 |
| 41 | Masnik, André | 1970 | M45 | 5. | FLB Cottbus | 21:01 |
| 42 | Laatz, Günter | 1951 | M65 | 1. | FLG Spremberg | 21:05 |
| 43 | Hermann, Diana | 1982 | W30 | 2. | LTSV Forst 1990 | 21:06 |
| | Balzer, Heiko | 1968 | M45 | 6. | Sport-Freigang Team | 21:06 |
| 45 | Lenk, Manuela | 1960 | W55 | 1. | FLG Spremberg | 21:12 |
| 46 | Näther, Ronny | 1979 | M35 | 4. | LTSV Forst 1990 | 21:13 |
| 47 | Rädel, Klemens | 1971 | M45 | 7. | SG Blau-Weiß Schorbus | 21:27 |
| 48 | Toepper, Maik | 1976 | M40 | 8. | BSG Sparkasse SPN | 21:28 |
| 49 | Buchan, Rudolf | 1954 | M60 | 2. | FLG Spremberg | 21:35 |
| 50 | Schieritz, Jens | 1966 | M50 | 5. | SportFreigang Team | 21:44 |
| 51 | Biebrach, Nicole | 1976 | W40 | 1. | Crossfit Cottbus | 21:54 |
| 52 | Wegner, Frank | 1959 | M55 | 3. | HSV Cottbus | 21:56 |
| 53 | Wolf, Anja | 1978 | W35 | 1. | FLG Spremberg | 21:58 |
| 54 | Koal, Gerd | 1952 | M60 | 3. | NLLB Cottbus | 22:14 |
| 55 | Reichel, Uwe | 1972 | M40 | 9. | ASCORi Laufteam | 22:15 |
| 56 | Bayer, Jeannette | 1974 | W40 | 2. | LTSV Forst 1990 | 22:19 |
| 57 | Niepol, Dirk | 1966 | M50 | 6. | SV Döbern | 22:31 |
| 58 | Beer, Carsten | 1967 | M45 | 8. | TSG KW Boxberg/Wsw. | 22:34 |
| | Dr. Biesecke, Tilo | 1977 | M35 | 5. | BSV GenMin Cottbus 06 | 22:34 |

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|-----|----------------------|------|--------|-----|------------------------------|-------|
| 60 | Mielke, Lennart | 1999 | M16/17 | 2. | SportFreigang Team | 22:35 |
| 61 | Briesemann, Roland | 1957 | M55 | 4. | LTSV Forst 1990 | 22:36 |
| 62 | Fetsch, Tobias | 1984 | M30 | 2. | Hai Voltage | 22:37 |
| 63 | Wolf, Heiko | 1978 | M35 | 6. | BSV GenMin Cottbus 06 | 22:40 |
| | Klosa, Manfred | 1951 | M65 | 2. | Luckauer Läuferbund | 22:40 |
| 65 | Jordan, Silke | 1978 | W35 | 2. | SV Wacker Komptendorf | 22:41 |
| 66 | Franke, Elke | 1956 | W60 | 1. | FLG Spremberg | 22:46 |
| 67 | Freitag, Sören | 1985 | M30 | 3. | ASCORi Laufteam | 22:57 |
| 68 | Frischke, Nick | 2000 | M16/17 | 3. | SV Döbern | 23:12 |
| | Duschka, Jette | 2000 | W16/17 | 2. | SV Wacker Komptendorf | 23:12 |
| 70 | Drogan, Tilo | 1978 | M35 | 7. | LT Tornado Vestas Cottbus | 23:15 |
| 71 | Bräuer, Jens | 1963 | M50 | 7. | Forst | 23:18 |
| 72 | Vogel, Steffen | 1964 | M50 | 8. | SportFreigang Team | 23:23 |
| 73 | Hoffmann, Uwe | 1957 | M 55 | 5. | SportFreigang Team | 23:26 |
| 74 | Kunze, Pascal | 2001 | M14/15 | 3. | Guben | 23:29 |
| 75 | Sänger, Catharina | 1965 | W 50 | 1. | Sport-Freigang Team | 23:33 |
| 76 | Stenzel, Max | 1997 | M18/19 | 1. | Motor Saspow | 23:39 |
| 77 | Gloduk, Jens-Torsten | 1970 | M 45 | 9. | BSG Sparkasse SPN | 23:42 |
| 78 | Schieritz, Anke | 1966 | W 50 | 2. | SportFreigang Team | 23:51 |
| 79 | Hannusch, Klaus | 1950 | M 65 | 3. | Eintracht Drehnow | 23:54 |
| 80 | Feurich, Maik | 1978 | M 35 | 8. | LT Tornado Vestas Cottbus | 23:56 |
| 81 | Tischner, André | 1977 | M 35 | 9. | LT Tornado Vestas Cottbus | 23:57 |
| 82 | Kloster, Antje | 1976 | W 40 | 3. | SportFreigang Team | 23:58 |
| 83 | Klaus, Ursula | 1979 | W 35 | 3. | BSV GenMIn Cottbus 06 | 24:03 |
| 84 | Wolf, Janina | 1990 | W 20 | 1. | FLG Spremberg | 24:14 |
| | Krüger, Klaus-Stefan | 1950 | M 65 | 4. | MSV Tripoint Frankfurt/O. | 24:14 |
| 86 | Erdmann, Dana | 1988 | W 20 | 2. | SportFreigang Team | 24:15 |
| 87 | Schiemenz, Stephanie | 1975 | W 40 | 4. | Harry-Brot-GmbH | 24:20 |
| 88 | Tuschke, Boris | 1967 | M 45 | 10. | SportFreigang Team | 24:22 |
| 89 | Domisch, Steffen | 1978 | M 35 | 10. | SportFreigang Team | 24:26 |
| 90 | Sänger, Jonathan | 2000 | M16/17 | 4. | Werben | 24:40 |
| 91 | Preuhs, Rainer | 1960 | M 55 | 6. | BSV KW Jänschwalde 94 | 24:41 |
| 92 | Koal, Ingrid | 1949 | W 65 | 1. | NLLB Cottbus | 24:48 |
| 93 | Brentzel, Jana | 1974 | W 40 | 5. | Cottbus | 24:51 |
| 94 | Schiemenz, Tobias | 1982 | M 30 | 4. | BSV GenMIn Cottbus 06 | 25:09 |
| 95 | Kleemann, Edgar | 1961 | M 65 | 5. | FLG Spremberg | 25:19 |
| 96 | Schuhart, Sandra | 1980 | W 35 | 4. | 94,5 radio Cottbus | 25:23 |
| 97 | Wolf, Rico | 1965 | M 50 | 9. | FLG Spremberg | 25:24 |
| 98 | Böhrenz, Corinn | 1970 | W 45 | 2. | SportFreigang Team | 25:39 |
| 99 | Stenzel, Gritt | 1968 | W 45 | 3. | Motor Saspow | 25:58 |
| 100 | Erdmann, Dieter | 1949 | M 65 | 6. | Neuhausen | 26:05 |
| 101 | Weiß, Dietmar | 1958 | M 55 | 7. | Cottbus | 26:06 |
| | Jannaschk, Bernd | 1956 | M 60 | 4. | Cottbuser Parkläufer | 26:06 |
| 103 | Katoll, Claus | 1952 | M 60 | 5. | Cottbuser Parkläufer | 26:07 |
| 104 | Schmied, Louise | 2005 | W10/11 | 1. | Kumbia Sport | 26:11 |
| | Handreck, Petra | 1962 | W 50 | 3. | LTSV Forst 1990 | 26:11 |
| 106 | Weiß, Gerald | 1958 | M 55 | 8. | SportFreigang Team | 26:14 |
| 107 | Bär, Vincent | 2007 | M6/9 | 1. | LTSV Forst 1990 | 26:15 |
| 108 | Lax, Susanne | 1979 | W 35 | 5. | Cottbus | 26:16 |
| 109 | Höchsmann, Katja | 1977 | W 35 | 6. | Cottbus | 26:27 |
| 110 | Berneck, Günter | 1941 | M 75 | 1. | rbb-Laufgemeinschaft Cottbus | 26:30 |
| 111 | Thomas, Jens | 1970 | M 45 | 11. | Guben | 26:35 |
| 112 | Doering, Beatrix | 1971 | W 45 | 4. | Forst | 26:36 |
| 113 | Jokisch, Lutz | 1962 | M 50 | 10. | Cottbus | 26:40 |
| 114 | Schwarzlose, Roman | 1980 | M 35 | 11. | LT Tornado Vestas Cottbus | 26:42 |
| 115 | Wu, Katharina | 1994 | W 20 | 3. | Cottbus | 26:43 |
| 116 | Beck, Georg | 1990 | M 20 | 10. | Cottbus | 26:44 |
| 117 | Heinrich, Christian | 1969 | M 45 | 12. | Forster SC 95 | 26:49 |
| 118 | Förster, Ingrid | 1958 | W 55 | 2. | LTSV Forst 1990 | 26:56 |
| 119 | Krüger, Sigrid | 1950 | W 65 | 2. | MSV Tripoint Frankfurt/O. | 27:02 |
| 120 | Sänger, Stefan | 1959 | M 55 | 9. | SportFreigang Team | 27:07 |
| 121 | Gasch, Wolfgang | 1947 | M 65 | 7. | LTSV Forst 1990 | 27:08 |

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|-----|---------------------------|------|--------|-----|----------------------------|-------|
| 122 | Kühnel, Peggy | 1971 | W 45 | 5. | LTSV Forst 1990 | 27:22 |
| 123 | Heinig, Tilo | 1965 | M 50 | 11. | FLB Cottbus | 27:23 |
| 124 | Hoffmann, Claudia | 1976 | W 40 | 6. | Cottbus | 27:52 |
| 125 | Bogs, Jürgen | 1941 | M 75 | 2. | MSV Tripoint Frankfurt/O. | 28:05 |
| 126 | Büdner, Siegmar | 1961 | M 55 | 10. | LT Vetschau 2010 | 28:06 |
| 127 | Wagner, Ronald | 1957 | M 55 | 11. | Cottbuser Parkläufer | 28:14 |
| 128 | Kirchhoff, Katrin | 1970 | W 45 | 6. | SportFreigang Team | 28:35 |
| | Scheffer, Katja | 1979 | W 35 | 7. | SV Chemie Guben | 28:35 |
| 130 | Gölkel, Norbert | 1945 | M 70 | 1. | Cottbuser Parkläufer | 28:44 |
| | Blumrich, Grit | 1963 | W 50 | 4. | BSV KW Jänschwalde 94 | 28:44 |
| 132 | Hintz, Renè | 1963 | M 50 | 12. | Cottbuser Parkläufer | 28:50 |
| 133 | Vogt, Petra | 1964 | W 50 | 5. | SportFreigang Team | 28:51 |
| 134 | Schulz, Annett | 1969 | W 45 | 7. | OTB Ihre Gesundheitsprofis | 28:56 |
| 135 | Zosel, Hans | 1939 | M 75 | 3. | OSC Löbau | 29:00 |
| 135 | Krätsch, Marlies | 1950 | W 65 | 3. | Kolkwitz | 29:31 |
| 136 | Schneider, Tina | 1964 | W 50 | 6. | Cottbus | 29:37 |
| 137 | Auls, Olaf | 1962 | M 50 | 13. | 94,5 radio Cottbus | 29:45 |
| 138 | Krowitzky, Heiner | 1942 | M 70 | 2. | NLLB Cottbus | 29:46 |
| 139 | Vogel, Heike | 1968 | W 45 | 8. | SportFreigang Team | 30:41 |
| 140 | Lischke, Carola | 1971 | W 45 | 9. | Spremberg | 31:06 |
| 141 | Noack, Antje | 1978 | W 35 | 8. | LTSV Forst 1990 | 31:10 |
| 142 | Schulz, Dieter | 1937 | M 75 | 4. | LTSV Forst 1990 | 31:35 |
| 143 | Schulz, Yvette | 1973 | W 40 | 7. | 94,5 radio Cottbus | 32:27 |
| 144 | Heyn-Dittbrenner, Manuela | 1974 | W 40 | 8. | Hai Voltage | 32:42 |
| 145 | Schindler, Hartmut | 1945 | M 70 | 3. | OSC Löbau | 32:47 |
| 146 | Nattke, Gisela | 1945 | W 70 | 1. | LTSV Forst 1990 | 32:48 |
| 147 | Auls, Evelyn | 1984 | W 30 | 3. | 94,5 radio Cottbus | 33:09 |
| 148 | Wolf, Manfred | 1940 | M 75 | 5. | Studio 1 Guben | 33:39 |
| 149 | Krowitzky, Regina | 1945 | W 70 | 2. | NLLB Cottbus | 33:59 |
| 150 | König, Inka | 1978 | W 35 | 9. | Weißwasser | 35:04 |
| 151 | Bassy, Jan | 2003 | M12/13 | 3. | SV Lausitz | 37:19 |
| 152 | Otto, Klaus | 1938 | M 75 | 6. | NLLB Cottbus | 37:45 |

9. 17

Wettkampfleitung/Auswertung