

Ergebnis – Training 25_1

2025-07-20

A	(12 / 12)	Zeit	Rücksta	Zeit verloren
1. Michel Bastin	ARDOC	41:03		0:00
2. Corentin Tonneau	OLVE	46:14	+5:11	0:59
3. Daniel Steiger	Hansa Simmerath	47:29	+6:26	3:03
4. Luca Lenges	OLVE	52:50	+11:47	2:40
5. Olivier Chatelain	ARDOC	55:57	+14:54	5:08
6. William Tonneau	OLVE	59:07	+18:04	5:50
7. Jürgen Loo	ARDOC	59:18	+18:15	2:39
8. Thorsten Cremer	Hansa Simmerath	1:00:06	+19:03	2:29
9. Andreas Mohren	Hansa Simmerath	1:35:24	+54:21	10:59
Guido Lenges	NSV Amel	Fehlst.		
Serge Baert	OLVE	Fehlst.		
Dirk Hartmann	ARDOC	Nicht Ang.		
B	(9 / 9)	Zeit	Rücksta	Zeit verloren
1. Maksim Feldmann		39:47		1:33
2. Noah Backes	ARDOC	44:02	+4:15	2:04
3. Werner Hoffmann	ARDOC	48:36	+8:49	3:48
4. Michael Zwicke	DJK Adler 07 Bottrop	55:49	+16:02	6:18
5. Rainer Brandt	Hansa Simmerath	1:00:21	+20:34	9:52
6. Michael Margolin	Kölner OL-Team	1:07:27	+27:40	11:08
7. Nicole Goenen	OLVE	1:07:47	+28:00	6:30
8. Jan Bouwmann	Hansa Simmerath	1:22:39	+42:52	13:33
Caroline Margreve		Fehlst.		
C	(8 / 8)	Zeit	Rücksta	Zeit verloren
1. Sandra Furkert	Hansa Simmerath	47:06		3:35
2. LucienTonneau	OLVE	1:01:42	+14:36	6:29
3. ColienTonneau	OLVE	1:06:53	+19:47	6:10
4. Walter+Celina	ARDOC	1:15:12	+28:06	12:00
5. Celina Henkes		1:15:31	+28:25	12:40
6. Olga Margolina	Kölner OL-Team	1:15:42	+28:36	14:50
7. Carmen Brandt	Hansa Simmerath	1:16:08	+29:02	15:01
Moritz Heinfeldner	Hansa Simmerath	Fehlst.		
D	(5 / 6)	Zeit	Rücksta	Zeit verloren
1. Lena Heinfeldner	Hansa Simmerath	29:21		2:33
2. Estelle Chatelain	ARDOC	34:48	+5:27	7:17
3. Johann Steiger	Hansa Simmerath	47:31	+18:10	6:09
4. Jakob Steiger	Hansa Simmerath	47:39	+18:18	5:58
Leroy		Fehlst.		

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2025-07-20

A		(12 / 12)	Zeit	Rücksta	Zeit verloren	
1.	Michel Bastin	ARDOC	41:03		0:00	
	2:21 (2:21)	1:06 (3:27)	2:12 (5:39)	2:25 (8:04)	1:37 (9:41)	4:28 (14:09)
	1:55 (16:04)	2:03 (18:07)	6:23 (24:30)	2:16 (26:46)	1:23 (28:09)	3:19 (31:28)
	4:14 (35:42)	1:30 (37:12)	2:24 (39:36)	1:27 (41:03)		
2.	Corentin Tonneau	OLVE	46:14	+5:11	0:59	
	2:43 (2:43)	1:26 (4:09)	2:41 (6:50)	3:38 (10:28)	1:39 (12:07)	4:43 (16:50)
	2:01 (18:51)	2:14 (21:05)	7:02 (28:07)	2:35 (30:42)	1:47 (32:29)	3:32 (36:01)
	4:13 (40:14)	1:37 (41:51)	2:45 (44:36)	1:38 (46:14)		
3.	Daniel Steiger	Hansa Simmerath	47:29	+6:26	3:03	
	2:57 (2:57)	1:08 (4:05)	2:56 (7:01)	2:56 (9:57)	1:58 (11:55)	4:27 (16:22)
	2:03 (18:25)	2:18 (20:43)	6:00 (26:43)	2:29 (29:12)	1:32 (30:44)	4:16 (35:00)
	4:37 (39:37)	1:49 (41:26)	4:34 (46:00)	1:29 (47:29)		
4.	Luca Lenges	OLVE	52:50	+11:47	2:40	
	2:50 (2:50)	1:24 (4:14)	3:13 (7:27)	4:43 (12:10)	1:50 (14:00)	5:37 (19:37)
	2:40 (22:17)	2:32 (24:49)	6:59 (31:48)	2:44 (34:32)	1:59 (36:31)	4:37 (41:08)
	4:54 (46:02)	1:57 (47:59)	3:06 (51:05)	1:45 (52:50)		
5.	Olivier Chattlain	ARDOC	55:57	+14:54	5:08	
	3:19 (3:19)	2:10 (5:29)	2:51 (8:20)	3:35 (11:55)	3:12 (15:07)	5:33 (20:40)
	2:25 (23:05)	2:48 (25:53)	8:04 (33:57)	2:36 (36:33)	1:38 (38:11)	4:40 (42:51)
	6:55 (49:46)	1:58 (51:44)	2:38 (54:22)	1:35 (55:57)		
6.	William Tonneau	OLVE	59:07	+18:04	5:50	
	3:20 (3:20)	1:35 (4:55)	4:11 (9:06)	6:19 (15:25)	2:10 (17:35)	5:46 (23:21)
	4:09 (27:30)	2:24 (29:54)	8:04 (37:58)	2:59 (40:57)	1:40 (42:37)	3:56 (46:33)
	5:41 (52:14)	1:59 (54:13)	3:20 (57:33)	1:34 (59:07)		
7.	Jürgen Loo	ARDOC	59:18	+18:15	2:39	
	3:23 (3:23)	1:12 (4:35)	3:52 (8:27)	3:27 (11:54)	2:06 (14:00)	6:34 (20:34)
	3:16 (23:50)	3:13 (27:03)	7:42 (34:45)	3:33 (38:18)	2:00 (40:18)	4:57 (45:15)
	5:41 (50:56)	2:27 (53:23)	3:50 (57:13)	2:05 (59:18)		
8.	Thorsten Cremer	Hansa Simmerath	1:00:06	+19:03	2:29	
	3:04 (3:04)	1:47 (4:51)	3:19 (8:10)	3:46 (11:56)	2:19 (14:15)	6:10 (20:25)
	2:37 (23:02)	3:09 (26:11)	8:21 (34:32)	4:27 (38:59)	2:17 (41:16)	5:31 (46:47)
	5:44 (52:31)	2:33 (55:04)	3:17 (58:21)	1:45 (1:00:06)		
9.	Andreas Mohren	Hansa Simmerath	1:35:24	+54:21	10:59	
	4:54 (4:54)	3:14 (8:08)	5:49 (13:57)	6:51 (20:48)	4:10 (24:58)	8:15 (33:13)
	4:56 (38:09)	3:42 (41:51)	13:38 (55:29)	6:26 (1:01:55)	3:24 (1:05:19)	7:07 (1:12:26)
	8:52 (1:21:18)	3:34 (1:24:52)	8:20 (1:33:12)	2:12 (1:35:24)		
	Guido Lenges	NSV Amel	Fehlst.			
	2:47 (2:47)	– (–)	– (5:44)	2:35 (8:19)	1:37 (9:56)	5:55 (15:51)
	2:04 (17:55)	2:11 (20:06)	6:00 (26:06)	2:28 (28:34)	1:24 (29:58)	2:56 (32:54)
	4:11 (37:05)	1:52 (38:57)	2:18 (41:15)	1:22 (42:37)		
	Serge Baert	OLVE	Fehlst.			
	3:25 (3:25)	1:37 (5:02)	3:17 (8:19)	– (–)	– (16:44)	6:08 (22:52)
	2:51 (25:43)	9:15 (34:58)	7:44 (42:42)	3:13 (45:55)	2:05 (48:00)	4:32 (52:32)
	7:39 (1:00:11)	2:53 (1:03:04)	3:14 (1:06:18)	2:07 (1:08:25)		
	Dirk Hartmann	ARDOC	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		
B		(9 / 9)	Zeit	Rücksta	Zeit verloren	
1.	Maksim Feldmann		39:47		1:33	
	2:26 (2:26)	0:37 (3:03)	2:21 (5:24)	3:43 (9:07)	1:51 (10:58)	5:12 (16:10)
	2:19 (18:29)	2:02 (20:31)	2:28 (22:59)	2:40 (25:39)	2:10 (27:49)	5:08 (32:57)
	2:04 (35:01)	1:20 (36:21)	2:05 (38:26)	1:21 (39:47)		
2.	Noah Backes	ARDOC	44:02	+4:15	2:04	
	2:47 (2:47)	0:40 (3:27)	2:33 (6:00)	3:11 (9:11)	2:01 (11:12)	6:12 (17:24)
	2:32 (19:56)	2:44 (22:40)	2:09 (24:49)	3:15 (28:04)	2:05 (30:09)	6:24 (36:33)
	2:02 (38:35)	1:29 (40:04)	2:19 (42:23)	1:39 (44:02)		
3.	Werner Hoffmann	ARDOC	48:36	+8:49	3:48	
	4:08 (4:08)	0:46 (4:54)	3:07 (8:01)	4:19 (12:20)	2:34 (14:54)	6:19 (21:13)
	2:32 (23:45)	2:45 (26:30)	2:15 (28:45)	3:54 (32:39)	2:22 (35:01)	4:10 (39:11)
	2:37 (41:48)	1:44 (43:32)	3:17 (46:49)	1:47 (48:36)		
4.	Michael Zwicke	DJK Adler 07 Bottrop	55:49	+16:02	6:18	
	4:05 (4:05)	0:52 (4:57)	4:08 (9:05)	4:32 (13:37)	3:15 (16:52)	7:05 (23:57)
	3:00 (26:57)	2:50 (29:47)	2:35 (32:22)	4:19 (36:41)	2:43 (39:24)	4:17 (43:41)
	4:29 (48:10)	2:12 (50:22)	3:23 (53:45)	2:04 (55:49)		

5.	Rainer Brandt	Hansa Simmerath	1:00:21	+20:34	9:52		
	5:43 (5:43)	0:45 (6:28)	3:13 (9:41)	4:47 (14:28)	3:48 (18:16)	6:36 (24:52)	
	2:55 (27:47)	3:16 (31:03)	2:37 (33:40)	5:10 (38:50)	2:24 (41:14)	7:22 (48:36)	
	2:11 (50:47)	2:08 (52:55)	5:12 (58:07)	2:14 (1:00:21)			
6.	Michael Margolin	Kölner OL-Team	1:07:27	+27:40	11:08		
	4:18 (4:18)	0:46 (5:04)	5:39 (10:43)	6:03 (16:46)	4:40 (21:26)	7:53 (29:19)	
	3:56 (33:15)	3:13 (36:28)	2:56 (39:24)	5:09 (44:33)	3:43 (48:16)	5:00 (53:16)	
	5:53 (59:09)	2:28 (1:01:37)	3:41 (1:05:18)	2:09 (1:07:27)			
7.	Nicole Goenen	OLVE	1:07:47	+28:00	6:30		
	5:30 (5:30)	0:53 (6:23)	3:39 (10:02)	6:36 (16:38)	2:48 (19:26)	9:00 (28:26)	
	3:02 (31:28)	4:01 (35:29)	3:22 (38:51)	4:45 (43:36)	2:50 (46:26)	8:28 (54:54)	
	3:54 (58:48)	2:47 (1:01:35)	3:46 (1:05:21)	2:26 (1:07:47)			
8.	Jan Bouwmann	Hansa Simmerath	1:22:39	+42:52	13:33		
	6:06 (6:06)	0:58 (7:04)	4:04 (11:08)	7:53 (19:01)	4:23 (23:24)	9:42 (33:06)	
	4:05 (37:11)	3:51 (41:02)	4:08 (45:10)	8:23 (53:33)	3:33 (57:06)	7:17 (1:04:23)	
	5:00 (1:09:23)	6:51 (1:16:14)	3:59 (1:20:13)	2:26 (1:22:39)			
	Caroline Margreve		Fehlst.				
	3:23 (3:23)	0:41 (4:04)	3:31 (7:35)	4:01 (11:36)	2:57 (14:33)	7:07 (21:40)	
	3:08 (24:48)	3:23 (28:11)	4:22 (32:33)	4:40 (37:13)	4:55 (42:08)	– (–)	
	– (54:35)	3:41 (58:16)	4:03 (1:02:19)	1:55 (1:04:14)			

C		(8 / 8)	Zeit	Rücksta	Zeit verloren		
1.	Sandra Furkert	Hansa Simmerath	47:06	3:35			
	4:29 (4:29)	3:31 (8:00)	5:56 (13:56)	1:30 (15:26)	11:12 (26:38)	5:03 (31:41)	
	2:37 (34:18)	4:43 (39:01)	2:20 (41:21)	3:21 (44:42)	2:24 (47:06)		
2.	LucienTonneau	OLVE	1:01:42	+14:36	6:29		
	6:41 (6:41)	5:47 (12:28)	8:53 (21:21)	3:17 (24:38)	7:56 (32:34)	7:55 (40:29)	
	4:13 (44:42)	6:14 (50:56)	3:10 (54:06)	4:55 (59:01)	2:41 (1:01:42)		
3.	ColienTonneau	OLVE	1:06:53	+19:47	6:10		
	5:12 (5:12)	5:36 (10:48)	10:48 (21:36)	3:13 (24:49)	11:16 (36:05)	10:21 (46:26)	
	4:28 (50:54)	5:46 (56:40)	2:56 (59:36)	4:38 (1:04:14)	2:39 (1:06:53)		
4.	Walter+Celina	ARDOC	1:15:12	+28:06	12:00		
	6:45 (6:45)	7:57 (14:42)	8:16 (22:58)	3:25 (26:23)	10:29 (36:52)	10:09 (47:01)	
	6:51 (53:52)	7:18 (1:01:10)	4:35 (1:05:45)	6:13 (1:11:58)	3:14 (1:15:12)		
5.	Celina Henkes		1:15:31	+28:25	12:40		
	6:47 (6:47)	8:07 (14:54)	8:15 (23:09)	3:37 (26:46)	10:31 (37:17)	9:43 (47:00)	
	6:51 (53:51)	7:18 (1:01:09)	4:46 (1:05:55)	6:45 (1:12:40)	2:51 (1:15:31)		
6.	Olga Margolina	Kölner OL-Team	1:15:42	+28:36	14:50		
	6:57 (6:57)	7:08 (14:05)	15:48 (29:53)	3:15 (33:08)	9:36 (42:44)	10:34 (53:18)	
	5:48 (59:06)	5:57 (1:05:03)	3:25 (1:08:28)	4:26 (1:12:54)	2:48 (1:15:42)		
7.	Carmen Brandt	Hansa Simmerath	1:16:08	+29:02	15:01		
	6:07 (6:07)	4:47 (10:54)	14:49 (25:43)	8:28 (34:11)	8:43 (42:54)	10:22 (53:16)	
	4:45 (58:01)	6:32 (1:04:33)	3:33 (1:08:06)	5:17 (1:13:23)	2:45 (1:16:08)		
	Moritz Heinfeldner	Hansa Simmerath	Fehlst.				
	4:24 (4:24)	3:13 (7:37)	8:42 (16:19)	– (–)	– (24:16)	6:48 (31:04)	
	9:25 (40:29)	5:29 (45:58)	2:20 (48:18)	3:23 (51:41)	2:17 (53:58)		

D		(5 / 6)	Zeit	Rücksta	Zeit verloren		
1.	Lena Heinfeldner	Hansa Simmerath	29:21	2:33			
	2:00 (2:00)	1:24 (3:24)	4:18 (7:42)	2:45 (10:27)	5:21 (15:48)	2:22 (18:10)	
	3:09 (21:19)	5:46 (27:05)	2:16 (29:21)				
2.	Estelle Chatelain	ARDOC	34:48	+5:27	7:17		
	2:00 (2:00)	1:15 (3:15)	4:03 (7:18)	2:43 (10:01)	12:16 (22:17)	3:14 (25:31)	
	3:31 (29:02)	3:56 (32:58)	1:50 (34:48)				
3.	Johann Steiger	Hansa Simmerath	47:31	+18:10	6:09		
	5:48 (5:48)	2:12 (8:00)	7:01 (15:01)	5:23 (20:24)	8:07 (28:31)	5:13 (33:44)	
	4:57 (38:41)	5:58 (44:39)	2:52 (47:31)				
4.	Jakob Steiger	Hansa Simmerath	47:39	+18:18	5:58		
	5:45 (5:45)	2:11 (7:56)	7:01 (14:57)	5:23 (20:20)	8:12 (28:32)	5:09 (33:41)	
	4:58 (38:39)	5:58 (44:37)	3:02 (47:39)				
	Leroy		Fehlst.				
	1:22 (1:22)	0:54 (2:16)	4:11 (6:27)	29:10 (35:37)	– (–)	– (40:55)	
	3:59 (44:54)	3:29 (48:23)	1:37 (50:00)				