

# 5km Volkslauf Geislarer Sportwoche 2026

17.07.2026

## Ergebnisliste - Gesamt

| Ankunftszeit | Laufzeit | Rang | Rang M/W | Rang AK | Starter | AK   | Name             | Vorname    | Verein                       |
|--------------|----------|------|----------|---------|---------|------|------------------|------------|------------------------------|
| 19:18:56     | 0:18:58  | 1    | 1        | 1       | 349     | MJA  | Ben Amar         | Isam       |                              |
| 19:19:05     | 0:19:07  | 2    | 2        | 1       | 312     | M 40 | Gerke            | Malte      | SSF Bonn Triathlon           |
| 19:19:59     | 0:20:01  | 3    | 3        | 2       | 730     | M 40 | Englert          | Norbert    | LT Ennert                    |
| 19:20:28     | 0:20:30  | 4    | 4        | 3       | 755     | M 40 | Pohl             | David      | AST-Süßen                    |
| 19:20:35     | 0:20:37  | 5    | 5        | 1       | 759     | M    | Ben Amar         | Oualid     |                              |
| 19:20:45     | 0:20:47  | 6    | 6        | 1       | 762     | MJ   | Baser            | Noah       |                              |
| 19:21:45     | 0:21:47  | 7    | 7        | 1       | 756     | M 50 | El Bouhali Dipoy | Abdelillah | Eintracht Geislar            |
| 19:22:31     | 0:22:33  | 8    | 8        | 2       | 757     | M 50 | Braun            | Thomas     | LT Siebengebirge             |
| 19:23:38     | 0:23:40  | 9    | 9        | 1       | 763     | MSB  | Birkendahl       | Gustav     |                              |
| 19:24:06     | 0:24:08  | 10   | 1        | 1       | 751     | W 60 | Lennartz         | Birgit     | LLG St. Augustin             |
| 19:24:56     | 0:24:58  | 11   | 10       | 2       | 743     | MSB  | Jeske            | Jonas      | HSG                          |
| 19:25:10     | 0:25:12  | 12   | 11       | 1       | 767     | M 30 | Scheid           | Frederik   |                              |
| 19:25:10     | 0:25:12  | 12   | 2        | 1       | 768     | W 30 | Kosiolek         | Karolina   |                              |
| 19:25:51     | 0:25:53  | 14   | 3        | 1       | 749     | WSA  | Kuhr             | Silja      | SSF Bonn                     |
| 19:26:01     | 0:26:03  | 15   | 12       | 3       | 760     | M 50 | Brandt           | Karsten    |                              |
| 19:26:12     | 0:26:14  | 16   | 13       | 4       | 342     | M 50 | Sauerborn        | Martin     | M2B Musikbahnhof Beuel       |
| 19:26:41     | 0:26:43  | 17   | 14       | 3       | 739     | MSB  | Günther          | Leo        | HSG                          |
| 19:26:44     | 0:26:46  | 18   | 15       | 4       | 742     | MSB  | Horstmann        | Jonathan   | HSG                          |
| 19:27:00     | 0:27:02  | 19   | 16       | 1       | 753     | M 60 | Färber           | Wolfgang   |                              |
| 19:27:42     | 0:27:44  | 20   | 17       | 2       | 761     | M    | Meffert          | Julian     |                              |
| 19:28:00     | 0:28:02  | 21   | 18       | 5       | 736     | MSB  | auf der Mauer    | Carlo      | HSG                          |
| 19:28:23     | 0:28:25  | 22   | 19       | 6       | 748     | MSB  | Sharma           | Benet      | TV Geislar                   |
| 19:29:01     | 0:29:03  | 23   | 4        | 1       | 770     | W    | Lutz             | Louisa     |                              |
| 19:29:17     | 0:29:19  | 24   | 5        | 2       | 214     | W    | Uhlig            | Celina     |                              |
| 19:29:26     | 0:29:28  | 25   | 20       | 4       | 746     | M 40 | Redix            | Julian     | TV Geislar                   |
| 19:29:26     | 0:29:28  | 25   | 6        | 1       | 745     | W 40 | Redix            | Kristina   | TV Geislar                   |
| 19:30:09     | 0:30:11  | 27   | 21       | 2       | 752     | M 60 | Brüll            | Stefan     |                              |
| 19:30:18     | 0:30:20  | 28   | 22       | 7       | 741     | MSB  | Pepping          | Justus     | HSG                          |
| 19:30:26     | 0:30:28  | 29   | 23       | 8       | 735     | MSB  | Langen           | Mats       | HSG                          |
| 19:30:39     | 0:30:41  | 30   | 24       | 9       | 740     | MSB  | Fechler          | Jonathan   | HSG                          |
| 19:30:40     | 0:30:42  | 31   | 25       | 3       | 733     | M    | Esser            | Johannes   | HSG                          |
| 19:30:40     | 0:30:42  | 31   | 25       | 1       | 734     | MJB  | Schlecht         | Julian     | HSG                          |
| 19:31:26     | 0:31:28  | 33   | 7        | 2       | 744     | W 30 | Palm             | Pat Kako   | DK Die Bunten Beueler Möhnen |
| 19:31:53     | 0:31:55  | 34   | 27       | 5       | 769     | M 50 | Pruhs            | Sonja      |                              |
| 19:32:48     | 0:32:50  | 35   | 28       | 2       | 750     | M 30 | Diegel           | Dennis     |                              |
| 19:33:19     | 0:33:21  | 36   | 29       | 2       | 731     | MJ   | Sieberger        | Theo       | HSG                          |
| 19:33:20     | 0:33:22  | 37   | 8        | 1       | 764     | W 50 | Schüßler         | Bettina    |                              |

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|--------------|----------|------|----------|---------|---------|------|---------|---------|-----------------------|
| 19:33:35     | 0:33:37  | 38   | 9        | 2       | 758     | W 50 | Braun   | Nicole  | Rheinaue Parkrun Bonn |
| 19:34:25     | 0:34:27  | 39   | 30       | 3       | 307     | M 30 | Becker  | Manuel  |                       |
| 19:42:58     | 0:43:00  | 40   | 31       | 10      | 747     | MSB  | Halfen  | Milan   |                       |
| 19:46:05     | 0:46:07  | 41   | 32       | 4       | 766     | M    | Ohne    | Name    |                       |
| 19:48:44     | 0:48:46  | 42   | 10       | 2       | 754     | W 40 | Kaßmann | Vera    |                       |