

# Ergebnisliste

## Werfertag (offen)

Genehm. Nr. 06/01/01/10

17. April 2010 in Sinzig

### Männer Kugel

|     |    |                      |    |                    |         |
|-----|----|----------------------|----|--------------------|---------|
| M30 | 1. | Quirnbach, Michael   | 76 | SV Urmitz          | 12,99 m |
| M30 | 2. | Weißmann, Holger     | 76 | SV Urmitz          | 10,47 m |
| M40 | 1. | Werking, Markus      | 70 | LG Maifeld-Pellenz | 12,96 m |
| M40 | 2. | Mohrmann, Konstantin | 66 | TV Rheinbach       | 10,75 m |
| M40 | 3. | Paasche, Matthias    | 70 | LG Kreis Ahrweiler | 10,65 m |
| M40 | 4. | Kreis, Andreas       | 68 | SV Urmitz          | 9,91 m  |
| M45 | 1. | Geef, Heinz-Werner   | 61 | LT Westum          | 7,23 m  |

### M 50/55 Kugel 6 kg

|     |    |                 |    |                    |         |
|-----|----|-----------------|----|--------------------|---------|
| M50 | 1. | Werking, Rainer | 59 | LG Maifeld-Pellenz | 14,59 m |
| M50 | 2. | Mesloh, Günther | 56 | TV Bad Ems         | 10,94 m |

### M 60/65 Kugel 5 kg

|     |    |                       |    |               |         |
|-----|----|-----------------------|----|---------------|---------|
| M60 | 1. | Stoffels, Walter      | 50 | LG Rhein-Wied | 11,55 m |
| M60 | 2. | Busch, Peter          | 49 | LG Rhein-Wied | 10,98 m |
| M60 | 3. | Brück, Herbert        | 46 | LA TUS Mayen  | 10,17 m |
| M65 | 1. | Herberholz, Siegfried | 41 | TG Neuss      | 8,48 m  |

### M 70/75 Kugel 4 kg

|     |    |                 |    |                       |        |
|-----|----|-----------------|----|-----------------------|--------|
| M75 | 1. | Offermann, Toni | 33 | BSG Sparkasse Koblenz | 9,66 m |
|-----|----|-----------------|----|-----------------------|--------|

### M 80 Kugel 3 kg

|     |    |                    |    |                     |        |
|-----|----|--------------------|----|---------------------|--------|
| M80 | 1. | Schmiedel, Richard | 29 | LG Lahn-Aar-Esterau | 9,57 m |
| M80 | 2. | Adolph, Gottfried  | 29 | Leichlinger TV      | 8,07 m |

### Männer Diskus

|     |    |                      |    |                    |         |
|-----|----|----------------------|----|--------------------|---------|
| M30 | 1. | Quirnbach, Michael   | 76 | SV Urmitz          | 37,52 m |
| M30 | 2. | Weißmann, Holger     | 76 | SV Urmitz          | 27,42 m |
| M40 | 1. | Mohrmann, Konstantin | 66 | TV Rheinbach       | 34,09 m |
| M40 | 2. | Werking, Markus      | 70 | LG Maifeld-Pellenz | 33,79 m |
| M40 | 3. | Kreis, Andreas       | 68 | SV Urmitz          | 25,16 m |
| M40 | 4. | Paasche, Matthias    | 70 | LG Kreis Ahrweiler | 24,41 m |

### M 50/55 Diskus 1,50 kg

|     |    |                 |    |                    |         |
|-----|----|-----------------|----|--------------------|---------|
| M50 | 1. | Werking, Rainer | 59 | LG Maifeld-Pellenz | 42,84 m |
| M50 | 2. | Mesloh, Günther | 56 | TV Bad Ems         | 36,80 m |

### M 60-80 Diskus 1,0 kg

|     |    |                |    |               |         |
|-----|----|----------------|----|---------------|---------|
| M60 | 1. | Busch, Peter   | 49 | LG Rhein-Wied | 37,07 m |
| M60 | 2. | Brück, Herbert | 46 | LA TUS Mayen  | 29,95 m |
| M60 | 3. | Wagner, Rudolf | 46 | TUS Dierdorf  | 28,80 m |

|                              |    |                       |    |                     |         |
|------------------------------|----|-----------------------|----|---------------------|---------|
| M65                          | 1. | Herberholz, Siegfried | 41 | TG Neuss            | 26,36 m |
| M70                          | 1. | Augel, Hugo           | 40 | LA TUS Mayen        | 30,74 m |
| M80                          | 1. | Schmiedel, Richard    | 29 | LG Lahn-Aar-Esterau | 23,10 m |
| M80                          | 2. | Adolph, Gottfried     | 29 | Leichlinger TV      | 22,46 m |
| <b>M 60/65 Hammer 5,0 kg</b> |    |                       |    |                     |         |
| M60                          | 1. | Wagner, Rudolf        | 46 | TUS Dierdorf        | 28,36 m |
| M65                          | 1. | Lange, Torsten        | 45 | TV Bad Ems          | 29,40 m |
| <b>M 70/75 Hammer 4,0 kg</b> |    |                       |    |                     |         |
| M75                          | 1. | Herold, Arthur        | 35 | LG Kreis Ahrweiler  | 33,22 m |
| <b>M 80 Hammer 3 kg</b>      |    |                       |    |                     |         |
| M80                          | 1. | Adolph, Gottfried     | 29 | Leichlinger TV      | 30,16 m |
| <b>M 60/65 Speer 600 g</b>   |    |                       |    |                     |         |
| M60                          | 1. | Brück, Herbert        | 46 | LA TUS Mayen        | 32,57 m |
| M65                          | 1. | Herberholz, Siegfried | 41 | TG Neuss            | 22,58 m |
| <b>M 70/75 Speer 500 g</b>   |    |                       |    |                     |         |
| M70                          | 1. | Augel, Hugo           | 40 | LA TUS Mayen        | 33,56 m |
| <b>M 80 Speer 400 g</b>      |    |                       |    |                     |         |
| M80                          | 1. | Schmiedel, Richard    | 29 | LG Lahn-Aar-Esterau | 25,43 m |
| M80                          | 2. | Adolph, Gottfried     | 29 | Leichlinger TV      | 19,37 m |
| <b>MJA Kugel</b>             |    |                       |    |                     |         |
|                              | 1. | Kazmirek, Kai         | 91 | LG Rhein-Wied       | 13,99 m |
|                              | 2. | Künzler, Janosch      | 92 | LG Lahn-Aar-Esterau | 11,64 m |
| <b>MJA Diskus</b>            |    |                       |    |                     |         |
|                              | 1. | Kazmirek, Kai         | 91 | LG Rhein-Wied       | 43,46 m |
|                              | 2. | Quiring, Christoph    | 92 | TG Konz             | 29,90 m |
|                              | 3. | Weber, Patrick        | 91 | TG Konz             | 26,61 m |
| <b>MJA Hammer</b>            |    |                       |    |                     |         |
|                              | 1. | Weber, Patrick        | 91 | TG Konz             | 57,01 m |
| <b>MJA Speer</b>             |    |                       |    |                     |         |
|                              | 1. | Kazmirek, Kai         | 91 | LG Rhein-Wied       | 54,16 m |
|                              | 2. | Künzler, Janosch      | 92 | LG Lahn-Aar-Esterau | 45,66 m |
|                              | 3. | Quiring, Christoph    | 92 | TG Konz             | 37,02 m |
| <b>MJB Disi Kugel</b>        |    |                       |    |                     |         |
|                              | 1. | Reinhard, Hendrik     | 94 | LG Kreis Ahrweiler  | 9,63 m  |
| <b>MJB Diskus</b>            |    |                       |    |                     |         |
|                              | 1. | Menrath, Matthias     | 93 | LG Kreis Ahrweiler  | 21,45 m |
| <b>MJB Speer</b>             |    |                       |    |                     |         |
|                              | 1. | Menrath, Matthias     | 93 | LG Kreis Ahrweiler  | 29,70 m |

|                      |    |                     |    |                             |
|----------------------|----|---------------------|----|-----------------------------|
| <b>M 15 Kugel</b>    |    |                     |    |                             |
|                      | 1. | Schmitz, Marius     | 95 | LG Kreis Ahrweiler 7,51 m   |
| <b>M15 Diskus</b>    |    |                     |    |                             |
|                      | 1. | Schmitz, Marius     | 95 | LG Kreis Ahrweiler 23,85 m  |
| <b>M 14 Kugel</b>    |    |                     |    |                             |
|                      | 1. | Mesloh, Lars        | 96 | TV Bad Ems 8,58 m           |
| <b>M 14 Diskus</b>   |    |                     |    |                             |
|                      | 1. | Kramp, Lukas        | 96 | TG Konz 31,71 m             |
|                      | 2. | Mesloh, Lars        | 96 | TV Bad Ems 30,10 m          |
|                      | 3. | Benzmüller, Nico    | 96 | TG Konz 24,08 m             |
| <b>M 14 Hammer</b>   |    |                     |    |                             |
|                      | 1. | Kramp, Lukas        | 96 | TG Konz 46,44 m             |
|                      | 2. | Benzmüller, Nico    | 96 | TG Konz 37,16 m             |
|                      | 3. | Mesloh, Lars        | 96 | TV Bad Ems 26,69 m          |
| <b>M 14 Speer</b>    |    |                     |    |                             |
|                      | 1. | Mesloh, Lars        | 96 | TV Bad Ems 32,97 m          |
|                      | 2. | Kramp, Lukas        | 96 | TG Konz 25,95 m             |
|                      | 3. | Benzmüller, Nico    | 96 | TG Konz 18,76 m             |
| <b>M 13 Kugel</b>    |    |                     |    |                             |
|                      | 1. | Schütz, Laurenz     | 97 | LG Kreis Ahrweiler 7,54 m   |
| <b>M 13 Diskus</b>   |    |                     |    |                             |
|                      | 1. | Schütz, Laurenz     | 97 | LG Kreis Ahrweiler 22,00 m  |
| <b>M 13 Speer</b>    |    |                     |    |                             |
|                      | 1. | Schütz, Laurenz     | 97 | LG Kreis Ahrweiler 26,47 m  |
| <b>M 12 Kugel</b>    |    |                     |    |                             |
|                      | 1. | Reinhard, Nils      | 99 | LG Kreis Ahrweiler 6,67 m   |
| <b>M 12 Speer</b>    |    |                     |    |                             |
|                      | 1. | Reinhard, Nils      | 99 | LG Kreis Ahrweiler 19,48 m  |
|                      | 2. | Cocker, Lawrenz     | 99 | LG Kreis Ahrweiler 14,67 m  |
| <b>Frauen Kugel</b>  |    |                     |    |                             |
|                      | 1. | Schiebel, Verena    | 90 | LG Lahn-Aar-Esterau 11,81 m |
|                      | 2. | Haubrich, Marina    | 86 | TUS Roland Brey 11,75 m     |
|                      | 3. | Schiebel, Martina   | 89 | LG Lahn-Aar-Esterau 11,33 m |
|                      | 4. | Vogt, Ramona        | 87 | LG Koblenz-Rhens 8,05 m     |
| W40                  | 1. | Drauzburg, Elke     | 66 | LAF Sinzig 8,97 m           |
| W45                  | 1. | Schönewald, Martina | 63 | LG Kreis Ahrweiler 9,95 m   |
| W45                  | 2. | Junk, Sabine        | 63 | LAF Sinzig 7,90 m           |
| <b>W50 Kugel 3kg</b> |    |                     |    |                             |
| W50                  | 1. | Mesloh, Ellen       | 59 | TV Bad Ems 10,35 m          |
| W50                  | 2. | Michno, Monika      | 59 | LAF Sinzig 9,71 m           |

**Frauen Diskus**

|     |    |                     |    |                        |         |
|-----|----|---------------------|----|------------------------|---------|
|     | 1. | Schiebel, Martina   | 89 | LG Lahn-Aar-Esterau    | 37,65 m |
|     | 2. | Schiebel, Verena    | 90 | LG Lahn-Aar-Esterau    | 36,95 m |
|     | 3. | Haubrich, Marina    | 86 | TUS Roland Brey        | 33,64 m |
|     | 4. | Vogt, Ramona        | 87 | LG Koblenz-Rhens       | 30,54 m |
| W30 | 1. | Reetz, Nicole       | 78 | SV Urmitz              | 31,13 m |
| W40 | 1. | Drauzburg, Elke     | 66 | LAF Sinzig             | 26,53 m |
| W45 | 1. | Schönewald, Martina | 63 | LG Kreis Ahrweiler     | 30,07 m |
| W45 | 2. | Johannes, Maria     | 62 | LG Bernkastel-Wittlich | 24,00 m |
| W50 | 1. | Mesloh, Ellen       | 59 | TV Bad Ems             | 29,41 m |

**Frauen Hammer**

|  |    |                   |    |                     |         |
|--|----|-------------------|----|---------------------|---------|
|  | 1. | Schiebel, Martina | 89 | LG Lahn-Aar-Esterau | 39,71 m |
|--|----|-------------------|----|---------------------|---------|

**W50 Hammer 3kg**

|     |    |               |    |            |         |
|-----|----|---------------|----|------------|---------|
| W50 | 1. | Mesloh, Ellen | 59 | TV Bad Ems | 36,24 m |
|-----|----|---------------|----|------------|---------|

**Frauen Speer**

|        |    |                     |    |                        |         |
|--------|----|---------------------|----|------------------------|---------|
| Frauen | 1. | Kreis, Debora       | 90 | TSV Freinsheim         | 36,87 m |
| Frauen | 2. | Schiebel, Verena    | 90 | LG Lahn-Aar-Esterau    | 33,91 m |
| W30    | 1. | Reetz, Nicole       | 78 | SV Urmitz              | 40,62 m |
| W45    | 1. | Schönewald, Martina | 63 | LG Kreis Ahrweiler     | 22,43 m |
| W45    | 2. | Johannes, Maria     | 62 | LG Bernkastel-Wittlich | 20,67 m |
| W45    | 3. | Junk, Sabine        | 63 | LAF Sinzig             | 17,90 m |

**W50/55 Speer 500g**

|     |    |                |    |            |         |
|-----|----|----------------|----|------------|---------|
| W50 | 1. | Michno, Monika | 59 | LAF Sinzig | 28,67 m |
|-----|----|----------------|----|------------|---------|

**WJA Kugel**

|  |    |                   |    |                    |        |
|--|----|-------------------|----|--------------------|--------|
|  | 1. | Zargus, Tabita    | 91 | SV Windhagen       | 8,19 m |
|  | 2. | Schönewald, Tanja | 91 | LG Kreis Ahrweiler | 8,14 m |
|  | 3. | Schmitz, Valerie  | 92 | LG Kreis Ahrweiler | 6,60 m |

**WJA Diskus**

|  |    |                   |    |                    |         |
|--|----|-------------------|----|--------------------|---------|
|  | 1. | Zargus, Tabita    | 91 | SV Windhagen       | 26,88 m |
|  | 2. | Schmitz, Valerie  | 92 | LG Kreis Ahrweiler | 20,25 m |
|  | 3. | Schönewald, Tanja | 91 | LG Kreis Ahrweiler | 17,48 m |

**WJA Hammer**

|  |    |                |    |              |         |
|--|----|----------------|----|--------------|---------|
|  | 1. | Zargus, Tabita | 91 | SV Windhagen | 31,88 m |
|--|----|----------------|----|--------------|---------|

**WJA Speer**

|  |    |                   |    |                    |         |
|--|----|-------------------|----|--------------------|---------|
|  | 1. | Schönewald, Tanja | 91 | LG Kreis Ahrweiler | 21,20 m |
|  | 2. | Schmitz, Valerie  | 92 | LG Kreis Ahrweiler | 19,40 m |
|  |    | Zargus, Tabita    | 91 | SV Windhagen       | kgV m   |

**WJB Kugel**

|    |                   |    |                    |         |
|----|-------------------|----|--------------------|---------|
| 1. | Mesloh, Sarah     | 94 | TV Bad Ems         | 11,99 m |
| 2. | Boos, Rabea       | 94 | LG Maifeld-Pellenz | 11,55 m |
| 3. | Plag, Sabrina     | 94 | SV Windhagen       | 9,72 m  |
| 4. | Müller, Stefanie  | 94 | LG Kreis Ahrweiler | 6,82 m  |
| 5. | Becker, Katharina | 94 | LG Kreis Ahrweiler | 5,77 m  |

**WJB Diskus**

|    |                  |    |                    |         |
|----|------------------|----|--------------------|---------|
| 1. | Mesloh, Sarah    | 94 | TV Bad Ems         | 38,20 m |
| 2. | Boos, Rabea      | 94 | LG Maifeld-Pellenz | 32,12 m |
| 3. | Plag, Sabrina    | 94 | SV Windhagen       | 29,65 m |
| 4. | Müller, Stefanie | 94 | LG Kreis Ahrweiler | 21,86 m |

**WJB Hammer**

|    |               |    |              |         |
|----|---------------|----|--------------|---------|
| 1. | Plag, Sabrina | 94 | SV Windhagen | 42,88 m |
|----|---------------|----|--------------|---------|

**WJB Speer**

|    |                   |    |                    |         |
|----|-------------------|----|--------------------|---------|
| 1. | Plag, Sabrina     | 94 | SV Windhagen       | 33,73 m |
| 2. | Mesloh, Sarah     | 94 | TV Bad Ems         | 29,80 m |
| 3. | Becker, Katharina | 94 | LG Kreis Ahrweiler | 16,06 m |
| 4. | Müller, Stefanie  | 94 | LG Kreis Ahrweiler | 15,88 m |

**W 15 Kugel**

|    |                  |    |                    |        |
|----|------------------|----|--------------------|--------|
| 1. | Löhndorf, Jana   | 95 | LG Rhein-Wied      | 8,55 m |
| 2. | Vornhagen, Maike | 95 | SV Windhagen       | 7,63 m |
| 3. | Menrath, Carolin | 95 | LG Kreis Ahrweiler | 6,46 m |

**W 15 Diskus**

|    |                  |    |                    |         |
|----|------------------|----|--------------------|---------|
| 1. | Vornhagen, Maike | 95 | SV Windhagen       | 19,84 m |
| 2. | Menrath, Carolin | 95 | LG Kreis Ahrweiler | 15,43 m |

**W 15 Hammer**

|    |                  |    |              |         |
|----|------------------|----|--------------|---------|
| 1. | Vornhagen, Maike | 95 | SV Windhagen | 17,55 m |
|----|------------------|----|--------------|---------|

**W 15 Speer**

|    |                  |    |                    |         |
|----|------------------|----|--------------------|---------|
| 1. | Löhndorf, Jana   | 95 | LG Rhein-Wied      | 29,71 m |
| 2. | Vornhagen, Maike | 95 | SV Windhagen       | 21,83 m |
| 3. | Menrath, Carolin | 95 | LG Kreis Ahrweiler | 14,08 m |

**W 14 Disl Kugel**

|    |                 |    |                    |        |
|----|-----------------|----|--------------------|--------|
| 1. | Baur, Charlotte | 96 | LG Kreis Ahrweiler | 7,40 m |
|----|-----------------|----|--------------------|--------|

**W 14 Diskus**

|    |                 |    |                    |         |
|----|-----------------|----|--------------------|---------|
| 1. | Baur, Charlotte | 96 | LG Kreis Ahrweiler | 16,83 m |
|----|-----------------|----|--------------------|---------|

**W 14 Speer**

|    |              |    |            |         |
|----|--------------|----|------------|---------|
| 1. | Sauer, Julia | 96 | TV Mülheim | 27,82 m |
|----|--------------|----|------------|---------|

**W 12 Kugel**

|    |                |    |                    |        |
|----|----------------|----|--------------------|--------|
| 1. | Schnause, Anna | 98 | LG Kreis Ahrweiler | 4,62 m |
|----|----------------|----|--------------------|--------|

**W 12 Diskus**

|    |                |    |                    |         |
|----|----------------|----|--------------------|---------|
| 1. | Schnause, Anna | 98 | LG Kreis Ahrweiler | 14,72 m |
|----|----------------|----|--------------------|---------|