



- ☒ Ratinger Neujahrslauf (RN)
- ☒ Hildener Winterlaufserie (WLS)
- ☒ Mettmanner Bachlauf (MB)
- ☒ Breitscheider Nacht Ratingen (BNR)
- Schweinelauf Wülfrath (SLW)
- LaminatDEPOT Lauf Velbert (LDV)
- Panoramaweglauf Heiligenhaus (PWH)
- ASV-Lhoist-Eignerbachlauf Velbert (LEV)
- Neandertallauf Erkrath

Rang	Name	RN	WLS	MB	BNR	SLW	LDV	PWH	LEV	NLE	Gesamt
			(bestes Ergebnis)								
1	Herbst, Sandra		32	38	36	26					132
2	Eißmann, Mareike		0	40	40	34					114
3	Schilling, Nora Charlotte		24	19	28	15					86
4	Hillebrecht, Sabina		0	28	30	22					80
5	Hinte, Franziska		38	0	0	38					76
6	Stelte, Isabell		0	36	0	20					56
7	Schneeweiss, Sabrina		26	28	0	0					54
8	Tymiec, Aneta		0	12	26	10					48
9	Gertler, Vanessa		30	0	0	16					46
10	Böger, Nadine		0	40	0	0					40
10	Winterstein, Franziska		0	40	0	0					40
10	Vernikov, Sonja		40	0	0	0					40
10	Keil, Tanja		22	0	0	18					40
14	Sun, Lu		0	38	0	0					38
14	Schneemann, Mia		0	0	38	0					38
16	Kellendonk, Heike		0	36	0	0					36
16	Köhn, Ingrid		19	17	0	0					36
16	Zebri, Halima		0	36	0	0					36
16	Römer, Lisa		0	36	0	0					36
16	Dörschel, Christl		36	0	0	0					36
16	Mumm, Nicole		0	18	18	0					36
22	Schwartze, Alexandra		0	34	0	0					34
22	Wedel, Tina		0	34	0	0					34
22	Jaschke, Lisa		34	0	0	0					34
22	Bannert, Birte		0	0	34	0					34
26	Sawallich, Anette		15	18	0	0					33
27	Kashikar, Linda		0	32	0	0					32
27	Brachthäuser, Katharina		0	32	0	0					32
27	Dicks, Sarah		0	32	0	0					32

27 Nowodworski, Paula	0	0	32	0	32
31 Oppermann, Andrea	0	19	12	0	31
31 Falke, Helen	20	0	0	11	31
33 Roeder, Nadine	0	30	0	0	30
33 Schober-Kestel, Julia	0	30	0	0	30
33 Richter, Désirée	0	30	0	0	30
33 Metzner, Verena	17	0	0	13	30
37 Kemper, Janina	0	28	0	0	28
37 Wietscher, Antje	0	28	0	0	28
37 Von Czerniewicz, Maya	0	28	0	0	28
37 Adam, Andrea	28	0	0	0	28
41 Stempin, Angelika	0	0	19	8	27
42 Rentergent, Carola	0	26	0	0	26
42 Martiny, Friederike	0	26	0	0	26
42 Lennartz, Birgit	4	22	0	0	26
42 Dicks, Hannah	0	26	0	0	26
42 Hebrant, Gisela	14	0	0	12	26
47 Danscheidt, Nicole	0	24	0	0	24
47 Toxanbayeva, Aizhan	12	12	0	0	24
47 Stefaniak, Nikola	0	24	0	0	24
47 Braasch, Martina	0	24	0	0	24
47 Bartnick, Norina	0	24	0	0	24
47 Lefringhausen, Lore	0	0	24	0	24
53 Brüggershemke, Sandra	0	22	0	0	22
53 Gassner, Merle	0	22	0	0	22
53 Drusenheimer, Nadja	0	22	0	0	22
53 Niederstenschée, Luisa	0	0	22	0	22
57 Guthmann, Jasmin	10	11	0	0	21
57 Arnold, Tanja	1	0	20	0	21
59 Hoth, Mirjam Aglaja	0	20	0	0	20
59 Thomsen, Nicole	0	20	0	0	20
59 Caspers, Romina	0	20	0	0	20
62 Grötschel, Lenja	0	19	0	0	19
62 Waterboer, Karen	0	19	0	0	19
62 Picard, Christina	0	19	0	0	19
65 Tschampel, Nina	0	18	0	0	18
65 Kohrs, Silke	18	0	0	0	18
67 Theile, Annika	0	17	0	0	17

67 Mikulasch, Nicole	0	0	17	0	17
69 Bofferding, Rimma	0	16	0	0	16
69 Mienkotta, Barbara	0	16	0	0	16
69 Wirtz, Antonia	16	0	0	0	16
69 Brombeis, Britta	1	15	0	0	16
69 Harms, Anke	0	0	16	0	16
74 Maus, Katja	0	15	0	0	15
74 König, Marijke	0	15	0	0	15
74 Wachsmann, Laura	1	13	1	0	15
74 Berner, Maren	1	0	14	0	15
74 Edel, Yvonne	0	0	15	0	15
79 Niehaus, Johanna	0	14	0	0	14
79 Pankratz, Julia	0	14	0	0	14
79 Schorzmann, Barbara	0	7	7	0	14
82 Madalinski, Carina	0	13	0	0	13
82 Lehner, Pia-Sofie	0	13	0	0	13
82 Roy, Constanze	1	12	0	0	13
82 Malter, Nelli	0	13	0	0	13
82 Heinrich, Tracy	13	0	0	0	13
82 Richter, Maxi	0	13	0	0	13
82 Eickmann, Sara Xuna	0	0	13	0	13
89 Bieker, Heike	1	11	0	0	12
89 Dung, Jasmin	0	12	0	0	12
89 Gillen, Eva	0	12	0	0	12
92 Damm, Sandra	0	11	0	0	11
92 Tornow, Katja	11	0	0	0	11
92 Quante, Alina	0	0	11	0	11
95 Becherer, Melanie	0	10	0	0	10
95 Riegel, Viktoriia	0	10	0	0	10
95 Schilmann, Verena	0	10	0	0	10
95 Bley, Bianca	0	0	10	0	10
95 Klein, Dominique	1	0	0	9	10
100 Janke, Leonie	0	9	0	0	9
100 Schneider, Vivien	0	9	0	0	9
100 Göbel, Tabea	0	9	0	0	9
100 Kallenberg, Pia Julia	9	0	0	0	9
100 Franz, Syrina	0	9	0	0	9
100 Schneemann, Jana	0	0	9	0	9

106 Klaffl, Patricia	0	8	0	0	8
106 Elgar, Hanna	0	8	0	0	8
106 Singh-Kubke, Pia	8	0	0	0	8
106 Cornelius, Alexa	0	8	0	0	8
106 Quensel, Sylvia	0	7	1	0	8
106 von Langsdorff-Wagner, Mary	0	0	8	0	8
112 Welzel, Katharina	0	7	0	0	7
112 Schuh, Vera	7	0	0	0	7
112 Strahlegger, Tanja	0	7	0	0	7
115 Djalo Reiss, Mariama	0	6	0	0	6
115 Schmidt-Soltan, Claudia	0	6	0	0	6
115 Feucker, Diana	0	6	0	0	6
115 Mirbach, Anna	0	6	0	0	6
115 Waldheim, Sara Maria	6	0	0	0	6
115 Garmann, Claudia	0	0	6	0	6
121 Löhmer, Kira Li	0	5	0	0	5
121 Fischer, Sabine	0	5	0	0	5
121 Klimasara, Johanna	0	5	0	0	5
121 Mundt, Cathrin	5	0	0	0	5
121 Tronel, Laura	0	0	5	0	5
121 Gregert, Nicole	1	0	0	4	5
127 Brunk, Janika	0	4	0	0	4
127 Rings, Sabine	0	4	0	0	4
127 Frychel, Zofia	0	4	0	0	4
127 Bertelsmeier, Petra	0	0	4	0	4
127 Herling, Jelena	0	0	3	1	4
132 Urbschat, Sabrina	0	3	0	0	3
132 Falkenberg, Alina	0	3	0	0	3
132 Kleinschmidt, Sarah	3	0	0	0	3
132 Neumann, Annika	0	1	1	1	3
132 Heß, Michaela	0	1	1	1	3
137 Nenov, Anett	0	2	0	0	2
137 Berghöfer (geb. Weidhaas), Mira	0	2	0	0	2
137 Glaser, Katharina	1	1	0	0	2
137 Pan, Julia	0	2	0	0	2
137 Peters, Katrin	2	0	0	0	2
137 Vom Weg, Katja	0	1	1	0	2
137 Eckgold, Julia	1	0	1	0	2

137 Szameitat, Jonna	0	0	2	0	2
137 Meyer, Kerstin	0	1	0	1	2
137 Kicker, Claudia	0	1	0	1	2
137 Zywietz, Christine	0	1	0	1	2
148 Prenger, Iwona	0	1	0	0	1
148 Weiß, Nicola	0	1	0	0	1
148 Glauner, Birgit	0	1	0	0	1
148 Hensberg, Heike	0	1	0	0	1
148 Biswal, Rhona	0	1	0	0	1
148 Schwickardi, Tabea	0	1	0	0	1
148 Steffens, Julia	0	1	0	0	1
148 Jarosch, Ann-Mareike	0	1	0	0	1
148 Schweizer, Astrid	0	1	0	0	1
148 Düsenberg, Susanne	0	1	0	0	1
148 Thürmann, Petra	0	1	0	0	1
148 Lotz, Ulrike	0	1	0	0	1
148 Holland, Petra	0	1	0	0	1
148 Stamatopoulou, Vicky	0	1	0	0	1
148 Wiezorek, Helen	0	1	0	0	1
148 Heimann, Isabella	0	1	0	0	1
148 Lauferete, Esmeralda	0	1	0	0	1
148 Becher, Anna	0	1	0	0	1
148 Börgel, Nina	0	1	0	0	1
148 Schultz, Petra	0	1	0	0	1
148 Gerth, Wiebke	0	1	0	0	1
148 Meschede, Britta	0	1	0	0	1
148 Vorderwülbecke, Carlotta	0	1	0	0	1
148 Seifert-Preuss, Beate	0	1	0	0	1
148 Keller, Ingeburg	0	1	0	0	1
148 Krause, Monika	0	1	0	0	1
148 Hennig, Lena	0	1	0	0	1
148 Leske, Sandra	0	1	0	0	1
148 Heymann, Caroline	0	1	0	0	1
148 Delhofen, Lena	0	1	0	0	1
148 Ebert, Eva	0	1	0	0	1
148 Kujas, Claudia	0	1	0	0	1
148 Kesting, Jasmin	0	1	0	0	1
148 Bornemann, Catrin	0	1	0	0	1

148 Schlieter, Daniela	0	1	0	0	1
148 Pollerberg, Annette	0	1	0	0	1
148 Gödicke, Antje	0	1	0	0	1
148 Recker, Jutta	0	1	0	0	1
148 Goldner, Tanja	0	1	0	0	1
148 Paasovaara-Aulbach, Sisko	0	1	0	0	1
148 Kapanke, Anne-Katrin	0	1	0	0	1
148 Hilbig, Babsi	0	1	0	0	1
148 Döring, Lisa	0	1	0	0	1
148 Böning, Sarah	0	1	0	0	1
148 Zidek, Laura	0	1	0	0	1
148 Di Mauro Nowak, Miriam	0	1	0	0	1
148 Malorny, Martina	0	1	0	0	1
148 Iske, Claudia	0	1	0	0	1
148 Wilbrand, Ruth	0	1	0	0	1
148 Dietrich-Althoff, Sabine	0	1	0	0	1
148 Unglaube, Luisa	0	1	0	0	1
148 Nelson, Marina	0	1	0	0	1
148 Vieg, Kaja	0	1	0	0	1
148 Gassner, Meike	0	1	0	0	1
148 Gross, Alexandra	0	1	0	0	1
148 Weitkowitz, Claudia	0	1	0	0	1
148 Huffziger, Antonia	0	1	0	0	1
148 Wenske, Gisela	0	1	0	0	1
148 Kriese, Hanna	0	1	0	0	1
148 Tillmanns, Nancy	0	1	0	0	1
148 Becherer, Sabine	0	1	0	0	1
148 Wilcken, Beate	0	1	0	0	1
148 Thasler, Janine	0	1	0	0	1
148 Campagnolo, Claudia	0	1	0	0	1
148 Lindemann, Saskia	0	1	0	0	1
148 Nebelung, Steffi	0	1	0	0	1
148 Liesert, Judith	0	1	0	0	1
148 Kuhl, Christa	0	1	0	0	1
148 Schönenberg, Inken	0	1	0	0	1
148 Spang, Christine	0	1	0	0	1
148 Stuhl, Jessica	0	1	0	0	1
148 Jaek, Tanja	0	1	0	0	1

148 Close, Manuela	0	1	0	0	1
148 Korz, Sabine	0	1	0	0	1
148 Hougardy, Anne	0	1	0	0	1
148 Eggler, Martina	0	1	0	0	1
148 Werner, Ulrike	0	1	0	0	1
148 Henniger, Kirsten	0	1	0	0	1
148 Zientarra, Eliane	0	1	0	0	1
148 Bongardt, Selina	0	1	0	0	1
148 Els, Julia	0	1	0	0	1
148 Hahn, Nina	0	1	0	0	1
148 Hakenberg, Judith	0	1	0	0	1
148 Schlömer, Alena	0	1	0	0	1
148 Hilbig, Marie	0	1	0	0	1
148 Vorbeck, Ines	0	1	0	0	1
148 Böck, Miriam	1	0	0	0	1
148 Baum, Ann-Kathrin	1	0	0	0	1
148 Steinweg, Sarah	1	0	0	0	1
148 Mex, Maren	1	0	0	0	1
148 Ploteau, Marie-Edith	1	0	0	0	1
148 van Elten, Merle	1	0	0	0	1
148 Roderick, Jacqueline	1	0	0	0	1
148 Wagener, Kenny	1	0	0	0	1
148 Lux, Gabriele	1	0	0	0	1
148 Reiss, Mariama Djalo	1	0	0	0	1
148 Krallmann Brüll, Petra	1	0	0	0	1
148 Hallmann, Silvia	1	0	0	0	1
148 Mazzei, Vanessa	1	0	0	0	1
148 Regh, Anna	1	0	0	0	1
148 Bak, Karolina	1	0	0	0	1
148 Goodall, Tanja	1	0	0	0	1
148 Wiegert, Nicole	1	0	0	0	1
148 Engeln, Lisa	1	0	0	0	1
148 Huber, Cathrine	1	0	0	0	1
148 Theil, Jenny	1	0	0	0	1
148 Schönenborn, Evita	1	0	0	0	1
148 Petrilos, Katja	1	0	0	0	1
148 Olivier, Margarete	1	0	0	0	1
148 Sonntag, Alexandra	1	0	0	0	1

148 Chiofalo, Valentina	1	0	0	0	1
148 Ten Freyhaus, Katrin	1	0	0	0	1
148 Tang, Birte	1	0	0	0	1
148 Jansen, Katrin	1	0	0	0	1
148 Ciensky, Rita Michaela	1	0	0	0	1
148 Ellwart, Frederike	1	0	0	0	1
148 Lutz, Nicole	1	0	0	0	1
148 Ricke, Sarah	1	0	0	0	1
148 Rösch, Carmen	1	0	0	0	1
148 Netzel, Lisa	1	0	0	0	1
148 Kratz, Inga	1	0	0	0	1
148 Brettmann, Claudia	1	0	0	0	1
148 Obiols, Leoni	1	0	0	0	1
148 Eberle, Sonja	1	0	0	0	1
148 Lorenz, Isabelle	1	0	0	0	1
148 Linßen, Leonie	1	0	0	0	1
148 Ramos, Lydia	1	0	0	0	1
148 Cyriax, Myriel	1	0	0	0	1
148 Caspari, Julia	1	0	0	0	1
148 In der Strodts, Rebecca	1	0	0	0	1
148 Ampomah, Zina	1	0	0	0	1
148 Vitzer, Davina	1	0	0	0	1
148 Schmidt, Anne	1	0	0	0	1
148 Thies, Leona-Marie	1	0	0	0	1
148 Raeth, Marie	1	0	0	0	1
148 Paaß, Michaela	1	0	0	0	1
148 Shatskaia, Tatiana	1	0	0	0	1
148 Tessarek, Ivonne	1	0	0	0	1
148 Agricola, Leonie	1	0	0	0	1
148 Schüring, Julia	1	0	0	0	1
148 Schäfer, Sarah	1	0	0	0	1
148 Marx, Andrea	1	0	0	0	1
148 Wegmann, Rebekka	1	0	0	0	1
148 Salamon, Fiona	1	0	0	0	1
148 Krüger, Nele	1	0	0	0	1
148 Grabosch, Kathryn	1	0	0	0	1
148 Sereda, Grazyna	1	0	0	0	1
148 Tsagurnis, Katharina	1	0	0	0	1

148 Rosen, Nadine	1	0	0	0	1
148 Kohnen, Daniela	1	0	0	0	1
148 Meier, Rebecca	1	0	0	0	1
148 Preuss, Stephanie	1	0	0	0	1
148 Wunderwald, Mareike	1	0	0	0	1
148 Hess, Patricia	1	0	0	0	1
148 Kruse, Lea	1	0	0	0	1
148 Dethe, Madhuri	1	0	0	0	1
148 Scherbarth, Doro	1	0	0	0	1
148 Fattah, Zahar	1	0	0	0	1
148 Wildeshaus, Kathrin	0	1	0	0	1
148 Lange, Dagmar	0	1	0	0	1
148 Gediga, Lilia	0	1	0	0	1
148 Eickelmann, Laura	0	1	0	0	1
148 Löffler, Silvia	0	1	0	0	1
148 Schulz, Heidi	0	1	0	0	1
148 Bieker, Isabel	0	1	0	0	1
148 Winkel, Ellen	0	1	0	0	1
148 Hermann, Andrea	0	1	0	0	1
148 Paff, Lorena	0	1	0	0	1
148 Kuhlmann, Friederike	0	1	0	0	1
148 Pfeifer, Anke	0	1	0	0	1
148 Ostertag, Martha	0	1	0	0	1
148 Volberg, Sonia	0	1	0	0	1
148 Freitag, Jennifer	0	1	0	0	1
148 Moltrecht, Angelika	0	1	0	0	1
148 Reckzeh, Hannah	0	1	0	0	1
148 Kühne, Marie-Nicole	0	1	0	0	1
148 Korekt, Alexia	0	0	1	0	1
148 Westerteiger, Silke	0	0	1	0	1
148 Hellebrandt, Anita	0	0	1	0	1
148 Palm, Friederike	0	0	1	0	1
148 Lurweg, Maren	0	0	1	0	1
148 Kroner, Sophie	0	0	1	0	1
148 Szameitat, Britta	0	0	1	0	1
148 Paslawski, Anna	0	0	1	0	1
148 von Roda, Michael	0	0	1	0	1
148 Schipull, Uta	0	0	1	0	1

148 Walker, Corinna	0	0	1	0	1
148 Lange, Julia	0	0	1	0	1
148 Lindemann, Lara	0	0	1	0	1
148 Thürnagel, Nicola	0	0	1	0	1
148 Raeth, Marie Joice	0	0	1	0	1
148 Henseler, Beatrix	0	0	1	0	1
148 Herbers, Julia	0	0	1	0	1
148 Heile, Janina	0	0	1	0	1
148 Bianco, Nicole	0	0	1	0	1
148 Thiel, Christine	0	0	1	0	1
148 Schreiber, Verena	0	0	1	0	1
148 Kausche, Agnes	0	0	1	0	1
148 Meder-Claire, Escarle	0	0	1	0	1
148 Arndt, Astrid	0	0	1	0	1
148 Oeker, Akira	0	0	1	0	1
148 Altenbokum, Barbara	0	0	1	0	1
148 Seibel, Dorothee	0	0	1	0	1
148 Ockenfels, Magdalena	0	0	1	0	1
148 Buchmann, Silvia	0	0	1	0	1