32. Jedermann-Zehnkampf

12./13.09.2026 Waldstadion - Bad Nauheim

Riege 3 **Zehnkampf**

Platz	StNr	Vorname Nachnam	Verein	Jg.	Punkte
1		**Paar 202626 Klemens Grißmer & Daniela Eisfeld**	TSG Oberursel		5710
		DE: 14,06s (+0.0 / 595) - DE: 4,27m (+0,1 / 371) - KG: 10,91m (832) - KG: 1,25m (714) - DE: 65,56 (493)			
		KG: 21,49s (+0.0 / 225) - KG: 31,91m (708) - KG: 2,00m (482) - KG: 31,53m (676) - DE: 5:34,34 (614)			
2	3	**Jan Mörler**	LSC Bad Nauheim	08	4807
		12,55s (+0.0 / 547) - 5,44m (-0,3 / 469) - 7,87m (359) - 1,50m (389) - 54,29 (628)			
		16,89s (-0,1 / 636) - 25,70m (381) - 3,10m (381) - 37,71m (409) - 4:51,70 (608)			
3	1	**Jonas Wintershoff**	LSC Bad Nauheim	01	4599
		11,81s (+0.0 / 689) - 5,50m (+0.0 / 481) - 7,06m (311) - 1,50m (389) - 54,78 (608)			
		16,52s (+0.0 / 675) - 22,34m (316) - 2,50m (242) - 28,51m (278) - 4:51,46 (610)			
4	10	**Sarah Pompetzki**	LSC Bad Nauheim	13	4437
		14,28s (+0.0 / 561) - 4,41m (+0.0 / 406) - 7,31m (355) - 1,40m (512) - 66,64 (457)			
		14,34s (+0.0 / 931) - 23,56m (343) - 1,70m (136) - 17,25m (238) - 5:55,42 (498)			
5	49	**Monir Dahhan**	LG Kreis Ahrweiler	11	4071
		12,31s (+0.0 / 591) - 5,09m (+0,2 / 400) - 10,64m (524) - 1,50m (389) - 61,05 (378)			
		18,01s (+0.0 / 523) - 27,50m (416) - 2,60m (264) - 26,60m (252) - 5:43,76 (334)			
6		**Paar 202622 André Miebes & Johannes Koutsos**	TV 1886 Okriftel		4054
		JK: 12,02s (+0.0 / 647) - JK: 6,17m (+0.0 / 624) - JK: 9,05m (429) - AM: 1,50m (404) - JK: 65,51 (245)			
		AM: 18,27s (+0.0 / 505) - JK: 27,43m (414) - AM: 2,50m (248) - AM: 28,72m (299) - AM: 6:11,80 (239)			
7	110	**Felix Siegenthaler**	LSC Bad Nauheim	10	3927
		12,47s (+0.0 / 562) - 5,37m (+0.0 / 455) - 7,70m (349) - 1,50m (389) - 58,97 (449)			
		18,13s (-0,1 / 512) - 18,44m (243) - 2,70m (286) - 29,27m (289) - 5:31,31 (393)			
8	6	**Hannah Wintershoff**	LSC Bad Nauheim	99	3761
		14,77s (+0.0 / 489) - 4,01m (+0.0 / 310) - 6,39m (296) - 1,35m (460) - 67,85 (418)			
		19,76s (-0,5 / 322) - 22,67m (326) - 2,20m (282) - 22,04m (327) - 5:49,32 (531)			
9	29	**Andreas Creutz**	LG Rosbach-Rodheim	79	3727
		13,69s (+0.0 / 502) - 4,60m (-0,3 / 447) - 9,21m (541) - 1,30m (352) - 75,49 (148)			
		20,32s (-0,1 / 451) - 28,14m (475) - 2,60m (345) - 28,66m (366) - 7:24,29 (100)			
10		**Paar 202619 Sabina Bodirsky & Manuel Steinbrink**			3612
		MS: 12,63s (+0.0 / 532) - MS: 5,59m (+0.0 / 544) - MS: 10,17m (524) - SB: 1,25m (359) - MS: 57,37 (545)			
		SB: 24,94s (+0.0 / 178) - MS: 30,77m (480) - SB: 1,50m (86) - SB: 16,60m (226) - SB: 7:24,24 (138)			
11		**Paar 202627 Oskar Weyrauch & Ian Schmidt**			3593
		OW: 14,10s (+0.0 / 298) - OW: 4,57m (-0,4 / 303) - OW: 9,03m (428) - OW: 1,45m (352) - OW: 66,09 (230)			
		IS: 14,31s (/ 935) - IS: 23,17m (332) - IS: 1,70m (86) - OW: 34,37m (361) - IS: 5:59,09 (268)			
12	30	**Marius Creutz**	LG Rosbach-Rodheim	08	3579
		13,06s (+0.0 / 458) - 4,73m (+0.0 / 332) - 9,47m (454) - 1,35m (283) - 63,95 (289)			
		20,06s (-0,1 / 344) - 26,64m (399) - 2,40m (220) - 42,03m (472) - 5:45,13 (328)			
13	10	**Sarah Pompetzki**	LSC Bad Nauheim	13	3506
		14,28s (+0.0 / 561) - 4,41m (+0.0 / 406) - 7,31m (355) - 1,40m (512) - 66,64 (457)			
		s (/ 0) - 23,56m (343) - 1,70m (136) - 17,25m (238) - 5:55,42 (498)			
14	132	**Torsten Legler**	TuS Rot-Weiss Koblen	72	3471
		16,00s (+0.0 / 251) - 4,16m (-0,1 / 404) - 8,13m (449) - 1,30m (404) - 71,78 (289)			
		aufg.s (/ 1) - 20,79m (290) - 2,60m (389) - 35,65m (498) - 5:50,91 (496)			
15		**Paar 202621 Lena Werner & Nino Plaue**	LSC Bad Nauheim		3004
		NP: 14,41s (+0.0 / 257) - LW: 4,45m (+0.0 / 416) - LW: 8,69m (444) - LW: 1,35m (460) - NP: 65,20 (253)			
		NP: 25,48s (+0.0 / 47) - LW: 26,15m (390) - NP: o.g.v.m (1) - LW: 27,73m (434) - NP: 5:50,91 (302)			
16	103	**Mona Bodirsky**	TSG Oberursel	94	2955
		15,41s (+0.0 / 402) - 4,30m (-0,1 / 379) - 6,38m (295) - 1,25m (359) - 70,72 (331)			
		22,48s (-0,1 / 321) - 18,53m (251) - 1,70m (136) - 18,84m (267) - 7:00,36 (214)			

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Riege 3 **Zehnkampf**

Platz	StNr	Vorname Nachnam	Verein	Jg.	Punkte
17	48	**Hani Dahhan**	LG Kreis Ahrweiler	11	2845
		13,87s (+0.0 / 331) - 4,39m (+0.0 / 271) - 8,43m (392) - 1,25m (218) - 61,78 (355)			
		20,84s (+0.0 / 286) - 20,08m (274) - 2,30m (199) - 13,51m (76) - 5:21,44 (443)			
18		**Paar 202620 Pia-Lotta Kratz & Sarina Kratz**	LSC Bad Nauheim		2804
		PK: 15,22s (+0.0 / 427) - SK: 4,13m (+0.0 / 338) - SK: 5,78m (257) - PK: 1,25m (359) - PK: 67,93 (415)			
		SK: abg.s (/ 0) - SK: 14,88m (187) - PK: 1,70m (136) - PK: 14,65m (190) - SK: 5:56,11 (495)			
19		**Paar 202624 Annika Sternberger & Stefanie Jung**	LSC Bad Nauheim		1848
		SJ: 16,82s (+0.0 / 237) - AS: 2,86m (+0,4 / 84) - AS: 6,73m (318) - SJ: 1,15m (266) - AS: 84,96 (42)			
		SJ: 22,05s (-0,5 / 154) - AS: 15,54m (199) - SJ: 1,30m (43) - SJ: 15,94m (214) - AS: 6:39,92 (291)			