

Trierer Himmelsleiter Treppenlauf - Die Sieger

Veranstalter: Ironman-Club-Trier

8. Gesamtsieger/in 2009

| | | | | | | | |
|---|---------|--------|----------------|---------------|------|-----|------|
| 1 | Duppich | Yannik | LG Vulkaneifel | 4:24,0 | 1990 | MJA | 2009 |
| 1 | Betzler | Linda | PST Trier | 5:22,0 | 1992 | WJB | 2009 |

7. Gesamtsieger/in 2008

| | | | | | | | |
|---|---------|---------|-----------|--------|------|------|------|
| 1 | Klaeren | Philipp | PST Trier | 4:38,0 | 1988 | M 20 | 2008 |
| 1 | Klaeren | Julia | PST Trier | 6:44,0 | 1990 | WJA | 2008 |

6. Gesamtsieger/in 2007

| | | | | | | | |
|---|----------|---------|-----------|---------------|------|---------|------|
| 1 | Klaeren | Philipp | PST Trier | 4:22,0 | 1988 | MJA | 2007 |
| 1 | Lüttiken | Irmgard | PST Trier | 6:10,0 | 1963 | W 40/45 | 2007 |

5. Gesamtsieger/in 2006

| | | | | | | | |
|---|---------|---------|-----------|---------------|------|------|------|
| 1 | Klaeren | Philipp | PST Trier | 4:30,0 | 1988 | MJB | 2006 |
| 1 | Pauer | Nada | LCC Wien | 5:22,0 | 1986 | W 20 | 2006 |

4. Gesamtsieger/in 2005

| | | | | | | | |
|---|------------|-----------|------------------|--------|------|------|------|
| 1 | Baumeister | Thorsten | PST Trier | 4:30,0 | 1988 | MJB | 2005 |
| 1 | Mohr | Christina | Gerolsteiner LGV | 5:35,0 | 1985 | W 20 | 2005 |

3. Gesamtsieger/in 2004

| | | | | | | | |
|---|-----------|---------|----------------------|--------|------|------|------|
| 1 | Haferkamp | Lars | Gerolsteiner LGV | 4:32,0 | 1979 | M 20 | 2004 |
| 1 | Marxen | Kerstin | TSV Bayer Leverkusen | 5:56,0 | 1985 | WJA | 2004 |

2. Gesamtsieger/in 2003

| | | | | | | | |
|---|------------|-----------|------------------|--------|------|------|------|
| 1 | Lazarowicz | Jaroslav | Polen | 4:25,0 | 1970 | M 30 | 2003 |
| 1 | Mohr | Christina | Gerolsteiner LGV | 5:46,0 | 1985 | WJA | 2003 |

1. Gesamtsieger/in 2002

| | | | | | | | |
|---|-----------|---------|-------------------|--------|------|---------|------|
| 1 | Haferkamp | Lars | Gerolsteiner LGV | 4:31,0 | 1979 | M 20 | 2002 |
| 1 | Flesch | Claudia | Spiridon Hochwald | 6:30,0 | 1970 | W 30/35 | 2002 |

Trierer Himmelsleiter Treppenlauf - Die schnellsten Zeiten

Veranstalter: Ironman-Club-Trier

Männer

| | NACHNAME | VORNAME | VEREIN | ZEIT | JAHRG. | KLASSEN | JAHR |
|----|------------|--------------|------------------------|--------|--------|---------|-------------|
| 1 | Klaeren | Philipp | PST Trier | 4:22,0 | 1988 | MJA | 2007 |
| 2 | Duppich | Yannik | Gerolsteiner LGV | 4:24,0 | 1990 | MJB | 2009 |
| 3 | Lazarowicz | Jaroslav | Polen | 4:25,0 | 1970 | M 30 | 2003 |
| 4 | Baumeister | Thorsten | PST Trier | 4:30,0 | 1988 | MJB | 2005 |
| 5 | Haferkamp | Lars | Gerolsteiner LGV | 4:31,0 | 1979 | M 20 | 2002 |
| 6 | Zenzen | Enrico | PST Trier | 4:34,0 | 1988 | MJA | 2007 |
| 7 | Wyroba | Pjotra | Polen | 4:35,0 | 1977 | M 20 | 2003 |
| 8 | Schuff | Carlo | PST Trier | 4:38,0 | 1980 | M 20 | 2007 |
| 9 | Heinen | Lukas | PST Trier | 4:40,0 | 1981 | M 20 | 2006 |
| 10 | Koch | Thomas | LC Asics Rehlingen | 4:45,0 | 1983 | M 20 | 2004 |
| 11 | Kowalinski | Marc | PST Trier | 4:48,0 | 1978 | M 20 | 2007 |
| 12 | Schedler | Martin | LTF Marpingen | 4:48,0 | 1980 | M 20 | 2004 |
| 13 | Klaeren | Klaus | PST Trier | 4:49,0 | 1957 | M 40/45 | 2002 |
| 14 | Wallebohr | Martin | Gerolsteiner LGV | 5:02,0 | 1983 | M 20 | 2003 |
| 15 | Bock | Alexander | PST Trier | 5:02,0 | 1992 | MJB | 2009 |
| 16 | Ercan | Abdullah | PST Trier | 5:04,0 | 1981 | M 20 | 2002 |
| 17 | Ott | Franz-Josef | LF-TV Hermeskeil | 5:05,0 | 1967 | M 30/35 | 2002 |
| 18 | Hoffmann | Till | TV Refrath | 5:05,0 | 1981 | M 20 | 2005 |
| 19 | Bernard | Michael | LG Bernkastel-Wittlich | 5:06,0 | 1973 | M 20 | 2002 |
| 20 | Mohr | Matthias | Gerolsteiner LGV | 5:08,0 | 1982 | M 20 | 2003 |
| 21 | Nagel | Jens | Getfit-online.de | 5:08,0 | 1976 | M 20 | 2005 |
| 22 | Koch | Thomas | LG Bernkastel-Wittlich | 5:14,0 | 1976 | M 20 | 2005 |
| 23 | Zenzen | Mirco | Gerolsteiner LGV | 5:15,0 | 1993 | MJB | 2009 |
| 24 | Dietzen | Raimund | RVG Trier-Zewen | 5:20,0 | 1959 | M 45 | 2006 |
| 25 | Rieger | Jörg | Gerolsteiner LGV | 5:23,0 | 1982 | M20 | 2002 |
| 26 | Herrmann | Markus | TV Hermeskeil | 5:23,0 | 1988 | MJB | 2005 |
| 27 | Kilian | Andreas | TG Konz | 5:30,0 | 1961 | M 40/45 | 2002 |
| 28 | Huberti | Karl-Heinz | LT Schweich | 5:32,0 | 1962 | M 40/45 | 2002 |
| 29 | Raskopf | Marc | Berufsfeuerwehr Trier | 5:33,0 | 1978 | M 20 | 2006 |
| 30 | Seewald | Mike | LC Asics Rehlingen | 5:33,0 | 1984 | M 20 | 2004 |
| 31 | Elsen | Achim | TG Konz | 5:34,0 | 1978 | M 20 | 2004 |
| 32 | Oster | Pascal | PST Trier | 5:37,0 | 1992 | MSB | 2005 |
| 33 | Howest | Jan | o.V. | 5:37,0 | | M 20 | 2008 |
| 34 | Jäger | Stefan | PST Trier | 5:40,0 | 1963 | M 40/45 | 2007 |
| 35 | Nau | Oliver | DJK Helenenberg | 5:40,0 | 1961 | M 40/45 | 2004 |
| 36 | Madert | Gerd | LT Mehring | 5:41,0 | 1955 | M 40/45 | 2002 |
| 37 | Klaeren | Alexander | PST Trier | 5:42,0 | 1996 | MSB | 2009 |
| 38 | Werland | Philipp | PST Trier | 5:45,0 | 1990 | MJA | 2008 |
| 39 | Teusch | Holger | TG Konz | 5:45,0 | 1971 | M 30 | 2003 |
| 40 | Betzler | Hagen | PST Trier | 5:45,0 | 1996 | MSB | 2009 |
| 41 | Theobald | Andreas | Tri-Post Trier | 5:46,0 | 1993 | MSA | 2008 |
| 42 | Berg | Marvin | PST Trier | 5:47,0 | 1991 | MJB | 2007 |
| 43 | Werhan | Dominik | PST Trier | 5:48,0 | 1993 | MJB | 2009 |
| 44 | Sinning | Thomas | SSV Trier | 5:53,0 | 1967 | M 30/35 | 2004 |
| 45 | Beucher | Franz-Jürgen | LGM Leiwen | 5:54,0 | 1965 | M 30/35 | 2004 |
| 46 | Uhren | Gerd | Gerolsteiner LGV | 5:57,0 | 1964 | M 30/35 | 2002 |
| 47 | Ernsdorf | Johannes | TV Hermeskeil | 6:01,0 | 1984 | MSA | 2002 |
| 48 | Sommer | Guido | Tri-Post Trier | 6:02,0 | 1973 | M 20 | 2002 |
| 49 | Duppich | Gerrit | Gerolsteiner LGV | 6:03,0 | 1992 | MSC | 2006 |
| 50 | Theis | Jörg | Lauftreff Mertesdorf | 6:06,0 | 1970 | M 30/35 | 2007 |

| | | | | | | | |
|----|----------|----------|-----------------------|--------|------|---------|-------------|
| 51 | Ruschel | Norbert | TVG Trier | 6:06,0 | 1965 | M 30/35 | 2002 |
| 52 | Lieser | Bernd | Berufsfeuerwehr Trier | 6:08,0 | 1967 | M 30/35 | 2004 |
| 53 | Seider | Jonathan | PST Trier | 6:10,0 | 1996 | MSC | 2007 |
| 54 | Duppich | Klaus | Gerolsteiner LGV | 6:12,0 | 1956 | M 50/55 | 2006 |
| 55 | Hess | Daniel | DJK Helenenberg | 6:13,0 | 1985 | MJB | 2002 |
| 56 | Müller | Heinrich | Spiridon Hochwald | 6:14,0 | 1943 | M 50/55 | 2002 |
| 57 | Betzler | Elmar | PST Trier | 6:14,0 | 1961 | M 40/45 | 2009 |
| 58 | Witzmann | Frank | Lauftreff Schweich | 6:18,0 | 1961 | M 40/45 | 2007 |

Trierer Himmelsleiter Treppenlauf - Die schellsten Zeiten

Veranstalter: Ironman-Club-Trier

Frauen

| | NACHNAME | VORNAME | VEREIN | ZEIT | JAHRG. | KLASSEN | JAHR |
|----|---------------|------------|----------------------|--------|--------|---------|-------------|
| 1 | Pauer | Nada | LCC Wien | 5:22,0 | 1986 | W 20 | 2006 |
| 2 | Betzler | Linda | PST Trier | 5:22,0 | 1992 | WJB | 2009 |
| 3 | Mohr | Christina | Gerolsteiner LGV | 5:35,0 | 1985 | W 20 | 2005 |
| 4 | Marxen | Kerstin | TSV Bayer Leverkusen | 5:56,0 | 1985 | WJA | 2004 |
| 5 | Marxen | Tina | TSV Bayer Leverkusen | 6:01,0 | 1979 | W 20 | 2005 |
| 6 | Lüttiken | Irmgard | PST Trier | 6:10,0 | 1963 | W 40/45 | 2007 |
| 7 | Klaeren | Catherine | PST Trier | 6:18,0 | 1992 | WSA | 2007 |
| 8 | Heinzen | Viola | Gerolsteiner LGV | 6:21,0 | 1989 | WSA | 2003 |
| 9 | Klaeren | Julia | PST Trier | 6:25,0 | 1990 | WJB | 2007 |
| 10 | Marxen | Anne | Gerolsteiner LGV | 6:27,0 | 1982 | W 20 | 2005 |
| 11 | Flesch | Claudia | Spiridon Hochwald | 6:30,0 | 1970 | W 30/35 | 2002 |
| 12 | Bermes | Chiara | PST Trier | 6:37,0 | 1993 | WJB | 2009 |
| 13 | Weiler | Liz | C.A. Dudelange | 6:43,0 | 1991 | WJB | 2007 |
| 14 | Schmitz-Duppi | Lioba | Gerolsteiner LGV | 6:46,0 | 1964 | W 40/45 | 2004 |
| 15 | Kuhnen | Maja | PST Trier | 6:46,0 | 1991 | WJA | 2009 |
| 16 | Rösner | Nora | PST Trier | 6:55,0 | 1987 | WJB | 2004 |
| 17 | Dahlem | Jana | PST Trier | 6:55,0 | 1991 | WJA | 2009 |
| 18 | Fusaro | Claudia | PST Trier | 6:56,0 | 1968 | W 30/35 | 2007 |
| 19 | Kuhnen | Lea | Trier | 6:59,0 | 1984 | W 20 | 2005 |
| 20 | Klaeren | Antoinette | PST Trier | 7:01,0 | 1962 | W 40/45 | 2004 |
| 21 | Olinger | Judith | PST Trier | 7:04,0 | 1984 | W 20 | 2009 |
| 22 | Madert | Anna | LT Mehring | 7:14,0 | 1991 | WSB | 2004 |
| 23 | Dahlem | Claudia | LT Hetzerath | 7:15,0 | 1964 | W 40/45 | 2009 |
| 24 | Weber | Nicole | TG Konz | 7:19,0 | 1995 | WSB | 2007 |
| 25 | Leonhardt | Jule | PST Trier | 7:20,0 | 1998 | WSC | 2008 |
| 26 | Simon | Marie | DBG Schweich | 7:21,0 | 1993 | WSB | 2005 |
| 27 | John | Veronika | PST Trier | 7:26,0 | 1984 | W 20 | 2008 |
| 28 | Marxen | Anne | Gerolsteiner LGV | 7:28,0 | 1982 | W 20 | 2003 |
| 29 | Mauren | Melina | Team Finkenweg | 7:29,0 | 1997 | WSB | 2009 |
| 30 | Elfers | Eva-Maria | LT Mertesdorf | 7:36,0 | 1993 | WSB | 2006 |
| 31 | Staudt | Alwine | TV Hermeskeil | 7:40,0 | 1959 | W 40/45 | 2002 |
| 32 | Kappes | Diana | Peters Sport Trier | 7:40,0 | 1981 | W20 | 2002 |
| 33 | Bellaire | Nathalie | PST Trier | 7:40,0 | 1986 | WJA | 2005 |
| 34 | Franke | Dominique | PST Trier | 7:42,0 | 1988 | WJB | 2005 |
| 35 | Flies | Anne | C.A. Dudelange | 7:50,0 | 1991 | WJB | 2007 |
| 36 | Hermann | Julia | TV Germania Trier | 7:56,0 | 1993 | WSB | 2005 |
| 37 | Staudt | Sarah | TV Hermeskeil | 7:59,0 | 1988 | WSA | 2002 |
| 38 | Reuter | Mona | PST Trier | 8:03,0 | 1989 | WJA | 2007 |
| 39 | Bach | Karin | LTF Marpingen | 8:10,0 | 1962 | W 40/45 | 2004 |
| 40 | Federmann | Frederike | TV Germania Trier | 8:12,0 | 1995 | WSC | 2004 |
| 41 | Derber | Lisa | TVG Trier | 8:18,0 | 1991 | WSB | 2004 |

| | | | | | | | |
|-----------|-------------|---------|-------------------|--------|------|---------|------|
| 42 | Blehschmitt | Nadine | o.V. | 8:23,0 | 1990 | WSB | 2002 |
| 43 | Maes | Elise | C.A. Dudelange | 8:27,0 | 1992 | WSA | 2007 |
| 44 | Strzykala | Mara | C.A. Dudelange | 8:27,0 | 1992 | WSA | 2007 |
| 45 | Homburg | Johanna | TV Germania Trier | 8:30,0 | 1970 | W30 | 2004 |
| 46 | Portz | Lydia | Bekond Aktiv | 8:31,0 | 1964 | W 30/35 | 2002 |
| 47 | Haferkamp | Gabi | Gerolsteiner LGV | 8:32,0 | 1951 | W50 | 2004 |