

18. Werfertag von RKS Phoenix Mutterstadt am 05.12.2015 im Sportpark Mutterstadt

Hammerwerfen

M 12 (3,00 kg):

- | | | |
|----|------------------------------|-------------------------------|
| 1. | Heger, Tobias (03) | 27,71 m |
| | USC Mainz | |
| | <i>Dazu mit 2-kg-Hammer:</i> | <i>33,32 m (ohne Wertung)</i> |
| 2. | Braun, Yanik (03) | 17,94 m |
| | TSG Haßloch | |

M 14 (4,00 kg):

- | | | |
|----|---------------------------|---------|
| 1. | Karakatsanis, Marios (01) | 42,72 m |
| | CSL Luxembourg | |

M 15 (4,00 kg):

- | | | |
|----|-------------------------|---------|
| 1. | Sauerwein, Theodor (00) | 43,16 m |
| | TV Weisel | |

U 18 – m JB (5,00 kg):

- | | | |
|----|-----------------------|---------|
| 1. | Reinhart, Cedrik (99) | 39,61 m |
| | USC Mainz | |

U 20 (6,00 kg):

- | | | |
|----|----------------------|---------|
| 1. | Alqawati, Yosef (98) | 48,86 m |
| | MTG Mannheim | |
| 2. | Loew, Ruben | 33,70 m |
| | TuS Weilmünster | |
| 3. | Klein, Steffen (97) | 31,32 m |
| | Phoenix Mutterstadt | |

Männerklasse (7,26 kg):

- | | | |
|----|------------------------|---------|
| 1. | Tonizzo, Stephane (71) | 42,12 m |
| | CA Dudelange | |
| 2. | Giehl, Udo (59) | 40,50 m |
| | TV Alzey | |
| 3. | Zil, Jurij (92) | 37,05 m |
| | TV Alzey | |
| 4. | Veit, Marc (85) | 30,86 m |
| | LG Rüsselsheim | |

M 40 (7,26 kg):

- | | | |
|----|------------------------|---------|
| 1. | Tonizzo, Stephane (71) | 42,09 m |
| | CA Dudelange | |

M 55 (6,00 kg):

- | | | |
|----|-----------------|---------|
| 1. | Rhaue, Reinhard | 25,64 m |
| | SSC Altensteig | |

M 60 (5,00 kg):

- | | | |
|----|---------------------|---------|
| 1. | Krämer, Dieter (51) | 23,49 m |
| | TG Wallertheim | |

M 70 (4,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Lange, Torsten (45) | 37,70 m |
| | TV Sinzig | |
| 2. | Oppermann, Harald (42) | 34,51 m |
| | Phoenix Mutterstadt | |

M 75 (4,00 kg):

- | | | |
|----|-------------------------|---------|
| 1. | Albrecht, Herrmann (40) | 44,69 m |
| | SpVgg Satteldorf | |

W 13 (3,00 kg):

- | | | |
|----|---------------------------|---------|
| 1. | Hatzenbühler, Emelie (02) | 19,58 m |
| | TV Alzey | |

W 15 (3,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Borutta, Samantha (00) | 44,36 m |
| | TSG Mutterstadt | |

Damen offene Klasse (4,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Kosmala, Mireille (68) | 40,51 m |
| | CA Dudelange | |
| 2. | Debra, Sandy (81) | 31,58 m |
| | CAEG Grevenmacher | |

W 45 (4,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Kosmala, Mireille (68) | 40,17 m |
| | CA Dudelange | |

W 50 (3,00 kg):

- | | | |
|----|-------------------------------|---------|
| 1. | Ernst-Offermann, Claudia (62) | 36,30 m |
| | TV Abenheim | |

W 55 (3,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Oppermann, Katrin (56) | 33,00 m |
| | Phoenix Mutterstadt | |

W 60 (3,00 kg):

- | | | |
|----|---------------------|---------|
| 1. | Müller, Ishild (40) | 18,90 m |
| | TGS Niederrodenbach | |

W 75 (2,00 kg):

- | | | |
|----|--|---------|
| 1. | Müller, Ishild (40)
TGS Niederrodenbach | 23,43 m |
|----|--|---------|

Kugelstoßen

M 12 (3,00 kg):

- | | | |
|----|----------------------------------|---------|
| 1. | Heger, Tobias (03)
USC Mainz | 11,25 m |
| 2. | Braun, Yanik (03)
TSG Haßloch | 7,48 m |

M 14 (4,00 kg):

- | | | |
|----|--|--------|
| 1. | Basile, Nicola (01)
Phoenix Mutterstadt | 9,15 m |
|----|--|--------|

M 15 (4,00 kg):

- | | | |
|----|---|---------|
| 1. | Sauerwein, Theodor (00)
TV Weisel | 11,52 m |
| 2. | Hergen, Robin (00)
Phoenix Mutterstadt | 9,10 m |

U 20 (6,00 kg):

- | | | |
|----|--|---------|
| 1. | Loew, Ruben (96)
TuS Weilmünster | 11,96 m |
| 2. | Klein, Steffen (97)
Phoenix Mutterstadt | 11,77 m |

Männerklasse (7,26 kg):

- | | | |
|----|-----------------------------------|---------|
| 1. | Veit, Marc (85)
LG Rüsselsheim | 12,35 m |
|----|-----------------------------------|---------|

M 50 (6,00 kg):

- | | | |
|----|---|---------|
| 1. | Welke, Christian (61)
Sportfreunde Forchheim | 12,50 m |
|----|---|---------|

M 55 (6,00 kg):

- | | | |
|----|--|--------|
| 1. | Rhaue, Reinhard (52)
SSC Altensteig | 7,88 m |
|----|--|--------|

M 60 (5,00 kg):

- | | | |
|----|--|--------|
| 1. | Dittrich, Gottfried (54)
LG Offenburg | 9,71 m |
|----|--|--------|

M 70 (4,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Lange, Torsten (45) | 11,74 m |
| | TV Sinzig | |
| 2. | Oppermann, Harald (42) | 10,18 m |
| | Phoenix Mutterstadt | |

W 15 (3,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Borutta, Samantha (00) | 11,02 m |
| | TSG Mutterstadt | |

W 50 (3,00 kg):

- | | | |
|----|-------------------------------|--------|
| 1. | Ernst-Offermann, Claudia (62) | 9,18 m |
| | TV Abenheim | |

W 55 (3,00 kg):

- | | | |
|----|------------------------|--------|
| 1. | Oppermann, Katrin (56) | 7,42 m |
| | Phoenix Mutterstadt | |

W 75 (2,00 kg):

- | | | |
|----|---------------------|--------|
| 1. | Müller, Ishild (40) | 6,79 m |
| | TGS Niederrodenbach | |

Diskuswerfen

M 12 (0,75 kg):

- | | | |
|----|--------------------|---------|
| 1. | Heger, Tobias (03) | 28,76 m |
| | USC Mainz | |
| 2. | Braun, Yanik (03) | 20,37 m |
| | TSG Haßloch | |

M 14 (1,00 kg):

- | | | |
|----|---------------------------|---------|
| 1. | Karakatsanis, Marios (01) | 39,58 m |
| | CSL Luxembourg | |

M 15 (1,00 kg):

- | | | |
|----|-------------------------|---------|
| 1. | Sauerwein, Theodor (00) | 46,62 m |
| | TV Weisel | |

U 20 (1,75 kg):

- | | | |
|----|---------------------|---------|
| 1. | Loew, Ruben (96) | 31,76 m |
| | TuS Weilmünster | |
| 2. | Klein, Steffen (97) | 30,46 m |
| | Phoenix Mutterstadt | |

Männerklasse (2,00 kg):

- | | | |
|----|-----------------|---------|
| 1. | Zil, Jurij (92) | 42,25 m |
| | TV Alzey | |
| 2. | Veit, Marc (85) | 36,85 m |
| | LG Rüsselsheim | |

M 50 (1,50 kg):

- | | | |
|----|------------------------|---------|
| 1. | Welke, Christian (61) | 42,67 m |
| | Sportfreunde Forchheim | |

M 55 (1,50 kg):

- | | | |
|----|----------------------|---------|
| 1. | Rhaue, Reinhard (52) | 24,95 m |
| | SSC Altensteig | |

M 60 (1,00 kg):

- | | | |
|----|--------------------------|---------|
| 1. | Dittrich, Gottfried (54) | 28,82 m |
| | LG Offenburg | |

M 70 (1,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Oppermann, Harald (42) | 32,17 m |
| | Phoenix Mutterstadt | |
| 2. | Lange, Torsten (45) | 24,82 m |
| | TV Sinzig | |

W 13 (0,75 kg):

- | | | |
|----|---------------------------|---------|
| 1. | Hatzenbühler, Emelie (02) | 19,90 m |
| | TV Alzey | |

W 20 (1,00 kg):

- | | | |
|----|-------------------|---------|
| 1. | Debra, Sandy (81) | 29,01 m |
| | CAEG Grevenmacher | |

W 50 (1,00 kg):

- | | | |
|----|-------------------------------|---------|
| 1. | Ernst-Offermann, Claudia (62) | 18,97 m |
| | TV Abenheim | |

W 55 (1,00 kg):

- | | | |
|----|------------------------|---------|
| 1. | Oppermann, Katrin (56) | 23,20 m |
| | Phoenix Mutterstadt | |

W 75 (0,75 kg):

- | | | |
|----|---------------------|---------|
| 1. | Müller, Ishild (40) | 15,20 m |
| | TGS Niederrodenbach | |

Speerwerfen

M 12 (0,40 kg):

- | | | |
|----|-------------------|---------|
| 1. | Braun, Yanik (03) | 25,45 m |
| | TSG Haßloch | |

U 20 (0,80 kg):

- | | | |
|----|---------------------|---------|
| 1. | Loew, Ruben (96) | 40,52 m |
| | TuS Weilmünster | |
| 2. | Klein, Steffen (97) | 33,70 m |
| | Phoenix Mutterstadt | |

Männerklasse (0,80 kg):

- | | | |
|----|-----------------|---------|
| 1. | Veit, Marc (85) | 44,11 m |
| | LG Rüsselsheim | |

M 50 (0,70 kg):

- | | | |
|----|----------------------|---------|
| 1. | Sauerwein, Jörg (61) | 24,03 m |
| | TV Weisel | |

M 55 (0,70 kg):

- | | | |
|----|----------------------|-------|
| 1. | Rhaue, Reinhard (52) | 28,05 |
|----|----------------------|-------|

M 60 (0,60 kg):

- | | | |
|----|--------------------------|---------|
| 1. | Dittrich, Gottfried (54) | 19,98 m |
| | LG Offenburg | |

M 70 (0,50 kg):

- | | | |
|----|------------------------|---------|
| 1. | Oppermann, Harald (42) | 23,38 m |
| | Phoenix Mutterstadt | |
| 2. | Lange, Torsten (45) | 22,89 m |
| | TV Sinzig | |

W 50 (0,50 kg):

- | | | |
|----|-------------------------------|---------|
| 1. | Ernst-Offermann, Claudia (62) | 16,53 m |
| | TV Abenheim | |

W 55 (0,50 kg):

- | | | |
|----|------------------------|---------|
| 1. | Oppermann, Katrin (56) | 13,20 m |
| | Phoenix Mutterstadt | |

W 75 (0,40 kg):

- | | | |
|----|---------------------|---------|
| 1. | Müller, Ishild (40) | 10,77 m |
| | TGS Niederrodenbach | |

Gewichtwerfen (Heavy-Weight)

U 20 (11,34 kg):

- | | | |
|----|--|---------|
| 1. | Loew, Ruben
TuS Weilmünster | 14,20 m |
| 2. | Klein, Steffen (97)
Phoenix Mutterstadt | 13,75 m |

Männerklasse (15,88 kg):

- | | | |
|----|--|---------|
| 1. | Zil, Jurij (92)
TV Alzey | 14,15m |
| 2. | Tonizzo, Stephane (71)
CA Dudelange | 13,26 m |
| 3. | Giehl, Udo (59)
TV Alzey | 11,60 m |
| 4. | Veit, Marc (85)
LG Rüsselsheim | 9,31 m |

M 40 (15,88 kg):

- | | | |
|----|--|---------|
| 1. | Tonizzo, Stephane (71)
CA Dudelange | 12,95 m |
| 2. | Giehl, Udo (59)
TV Alzey | 11,59 m |

M 55 (11,34 kg):

- | | | |
|----|-----------------------------------|--------|
| 1. | Rhaue, Reinhard
SSC Altensteig | 9,88 m |
|----|-----------------------------------|--------|

M 60 (9,08 kg):

- | | | |
|----|---------------------------------------|--------|
| 1. | Krämer, Dieter (51)
TG Wallertheim | 9,60 m |
|----|---------------------------------------|--------|

M 70 (7,26 kg):

- | | | |
|----|---|---------|
| 1. | Lange, Torsten (45)
TV Sinzig | 12,69 m |
| 2. | Oppermann, Harald (42)
Phoenix Mutterstadt | 11,42 m |

M 75 (7,26 kg):

- | | | |
|----|---|---------|
| 1. | Albrecht, Herrmann (40)
SpVgg Satteldorf | 17,45 m |
|----|---|---------|

Damen offene Klasse (9,08 kg):

- | | | |
|----|--|---------|
| 1. | Kosmala, Mireille (68)
CA Dudelange | 14,06 m |
|----|--|---------|

2. Debra, Sandy (81) 10,52 m
CAEG Grevenmacher

W 45 (9,08 kg):

1. Kosmala, Mireille (68) 13,60 m
CA Dudelange

W 50 (7,26 kg):

1. Ernst-Offermann, Claudia (62) 10,15 m
TV Abenheim

W 55 (7,26 kg):

1. Oppermann, Katrin (56) 7,35 m
Phoenix Mutterstadt

W 75 (4,00 kg):

1. Müller, Ishild (40) 9,77 m
TGS Niederrodenbach

Wurf-Fünfkampf (Weight-Pentathlon)

(in Klammer: OHNE AK-Punkte)

U 20 (rein statistisch):

1. Loew, Ruben (96) 2.652 Punkte
TuS Weilmünster (2.652)
33,70+11,96+31,76+40,52+14,20
2. Klein, Steffen (97) 2.453 Punkte
Phoenix Mutterstadt (2.453)
31,32+11,77+30,46+33,70+13,75

Männerklasse (rein statistisch):

1. Veit, Marc (81) 2.509 Punkte
LG Rüsselsheim (2.509)
30,86+12,35+36,85+44,11+9,31

M 55:

1. Rhaue, Reinhard (52) 2.234 Punkte
SSC Altensteig (1.723)
25,64+7,88+24,95+28,05+9,88

M 70:

1. Oppermann, Harald (42) 3.211 Punkte
Phoenix Mutterstadt (2.260)
34,51+10,18+32,17+23,38+11,42

2. Lange, Torsten (45) 3.170 Punkte
 TV Sinzig (2.234)
 $37,70+11,74+24,82+22,89+12,69$

W 50:

1. Ernst-Offermann, Claudia (62) 2.793 Punkte
 TV Abenheim (2.092)
 $36,30+9,18+18,97+16,53+10,15$

W 55:

1. Oppermann, Katrin (56) 2.648 Punkte
 Phoenix Mutterstadt (1.753)
 $33,00+7,42+23,20+13,20+7,35$

W 75:

1. Müller, Ishild (40) 3.100 Punkte
 TGS Niederrodenbach (1.466)
 $23,43+6,79+15,20+10,77+9,77$