

START LIST

PB Day · Saturday, 22 August 2026

5K

HEAT 1				17:00 Uhr · 28 athletes · 1 withdrawn
NO.	BIB	NAME	CLUB	SEED TIME
1	161	Jessica Oenarto	PAUS	00:36:00
2	110	Özge Ünsoy	Malmö Gueriellaloppert	00:30:00
3	67	Maria Dalampeki	CrossFit 40477	00:30:00
4	11	Alexandra Best	BRIDGERUNNERS Düsseldorf	00:30:00
5	139	Natascha Petersilie PACE	BRIDGERUNNERS Düsseldorf	00:30:00
6	69	Pablo Pariente Concejo	CrossFit 40477	00:28:30
7	68	Camila Moreau	CrossFit 40477	00:28:30
8	104	Zijian Hua	Jade Runners	00:28:00
9	144	Matthias Arndt		00:27:30
10	148	Alina Röhrig WITHDRAWN	Jade Runners	00:27:00
11	158	Vinzent Narz		00:26:00
12	100	Katharina Wohlfarth	hy:pe collective	00:25:00
13	137	Nicola Orths PACE	BRIDGERUNNERS Düsseldorf	00:25:00
14	169	Daniel Jäkel	BRIDGERUNNERS Düsseldorf	00:24:59
15	10	Carolin Baumeister	BRIDGERUNNERS Düsseldorf	00:24:59
16	105	Nam Le	Jade Runners	00:24:45
17	59	Reza Taheri	BRIDGERUNNERS Düsseldorf	00:24:30
18	83	Alicia Geyr	hy:pe collective	00:24:30
19	132	Josie Tiemann	MeenzRunners	00:24:00
20	98	Judith Schwegmann	hy:pe collective	00:24:00
21	97	Nicolas Schmölders	hy:pe collective	00:24:00
22	88	Alex Klein	hy:pe collective	00:24:00
23	130	Stephan Herbold	MeenzRunners	00:24:00
24	121	Tjark Heising		00:24:00
25	99	Anca Wasser	hy:pe collective	00:23:30
26	35	Dominik Kronen	BRIDGERUNNERS Düsseldorf	00:23:30

START LIST

PB Day · Saturday, 22 August 2026

NO.	BIB	NAME	CLUB	SEED TIME
27	24	Kira Gross	BRIDGERUNNERS Düsseldorf	00:23:30
28	22	Simone Gleumes	BRIDGERUNNERS Düsseldorf	00:23:20
29	33	Sven Köpke PACE	BRIDGERUNNERS Düsseldorf	00:23:20

START LIST

PB Day · Saturday, 22 August 2026

HEAT 2					17:35 Uhr · 27 athletes · 3 withdrawn
NO.	BIB	NAME	CLUB	SEED	TIME
1	42	Oleksandra Malynych	BRIDGERUNNERS Düsseldorf	00:23:00	
2	124	Simeon Kozulin		00:23:00	
3	149	Dirk Houben	MeenzRunners	00:23:00	
4	85	Isabelle Heinrich	hy:pe collective	00:23:00	
5	136	Kiya Staudt PACE	BRIDGERUNNERS Düsseldorf	00:23:00	
6	89	Julian Krüger	hy:pe collective	00:22:50	
7	54	Andrej Saizew	BRIDGERUNNERS Düsseldorf	00:22:30	
8	119	Christina Borutta		00:22:10	
9	106	Julius von Meien-Vogeler	Jade Runners	00:22:00	
10	128	Jil Rübel	MeenzRunners	00:22:00	
11	129	Philipp Ludwig	MeenzRunners	00:22:00	
12	17	Thomas Elit	BRIDGERUNNERS Düsseldorf	00:22:00	
13	41	Christoph Lux PACE	BRIDGERUNNERS Düsseldorf	00:21:59	
14	151	Mark Malleczek		00:21:35	
15	122	Linda Kleine-Nathland	BRIDGERUNNERS Düsseldorf	00:21:30	
16	28	Niklas Hommel	BRIDGERUNNERS Düsseldorf	00:21:30	
17	77	André Dao	hy:pe collective	00:21:30	
18	102	Dmitrij Helmer WITHDRAWN	Jade Runners	00:21:25	
19	135	Sonja Schloemer		00:21:00	
20	133	Marie Rothenberger		00:21:00	
21	154	Philipp Rohn	hy:pe collective	00:21:00	
22	103	Daniel Högel	Jade Runners	00:21:00	
23	26	Lilia Henkel	BRIDGERUNNERS Düsseldorf	00:21:00	
24	79	Natalie Enkirch	hy:pe collective	00:21:00	
25	73	Ben Bartels WITHDRAWN	hy:pe collective	00:21:00	
26	72	Sarah Angenvoort	hy:pe collective	00:21:00	
27	46	Dominik Müller	BRIDGERUNNERS Düsseldorf	00:20:59	

START LIST

PB Day · Saturday, 22 August 2026

NO.	BIB	NAME	CLUB	SEED TIME
28	45	Jana Mülders WITHDRAWN	BRIDGERUNNERS Düsseldorf	00:20:59
29	38	Paul-Luca Laudage PACE	BRIDGERUNNERS Düsseldorf	00:20:59
30	170	Leonard Alers	BRIDGERUNNERS Düsseldorf	00:22:00

START LIST

PB Day · Saturday, 22 August 2026

HEAT 3				18:05 Uhr · 24 athletes · 2 withdrawn	
NO.	BIB	NAME	CLUB	SEED	TIME
1	80	Christian Fabritius	hy:pe collective	00:20:45	
2	70	Volker Stinshoff	CrossFit 40477	00:20:00	
3	52	Celine Rudolph	BRIDGERUNNERS Düsseldorf	00:20:00	
4	116	Philipp Kitta	TRU	00:20:00	
5	86	Alina Joostberends	hy:pe collective	00:20:00	
6	142	Jeremias Clausing	MeenzRunners	00:20:00	
7	120	Jan Christ		00:20:00	
8	75	Joshua Caputo	hy:pe collective	00:20:00	
9	61	Cuong Tran	BRIDGERUNNERS Düsseldorf	00:19:59	
10	167	Jonathan Rödel		00:19:59	
11	49	Raoul Reiß	BRIDGERUNNERS Düsseldorf	00:19:59	
12	153	Jan Peiniger WITHDRAWN	MeenzRunners	00:19:59	
13	164	Yuan Yao Lum	PAUS	00:19:59	
14	37	Marcel Kurzawiak	BRIDGERUNNERS Düsseldorf	00:19:59	
15	90	Gian Luca Kuchler	hy:pe collective	00:19:59	
16	84	Gilberto Granados	hy:pe collective	00:19:59	
17	111	Joshua Blum WITHDRAWN	Milers Colonia	00:19:59	
18	126	Fiona Bänder PACE	TSV Bayer 04 Leverkusen	00:19:59	
19	157	Lisa Knab	hy:pe collective	00:19:50	
20	159	Marc Dräbing		00:19:50	
21	160	Gereon Spielhoff	BRIDGERUNNERS Düsseldorf	00:19:30	
22	165	Axel Meunier	BRIDGERUNNERS Düsseldorf	00:19:30	
23	91	Yasmina Lichtinger	hy:pe collective	00:19:30	
24	138	Fabiane Meyer PACE	TSV Bayer 04 Leverkusen	00:19:30	
25	171	Fabian Bos		00:20:00	
26	27	Nils Krücken	hy:pe collective		

START LIST

PB Day · Saturday, 22 August 2026

HEAT 4

18:35 Uhr · 21 athletes

NO.	BIB	NAME	CLUB	SEED TIME
1	123	Rewas Elias	BRIDGERUNNERS Düsseldorf	00:19:00
2	108	Oleksandr Borodai	LGM	00:19:00
3	131	Jonathan Bienemann	hy:pe collective	00:19:00
4	56	Henning Schmidt	BRIDGERUNNERS Düsseldorf	00:18:59
5	143	Anna Florl		00:18:59
6	41	Christoph Lux PACE	BRIDGERUNNERS Düsseldorf	00:18:59
7	19	Radha Fiedler	BRIDGERUNNERS Düsseldorf	00:18:45
8	14	Thilo Brune	BRIDGERUNNERS Düsseldorf	00:18:45
9	134	Jan Bölts		00:18:45
10	30	Philipp Hüsgen	BRIDGERUNNERS Düsseldorf	00:18:40
11	156	Michael Strauß	hy:pe collective	00:18:30
12	57	Holger Schumacher	BRIDGERUNNERS Düsseldorf	00:18:30
13	53	Yukino Ryogen	BRIDGERUNNERS Düsseldorf	00:18:30
14	43	Isabell Mayer	BRIDGERUNNERS Düsseldorf	00:18:30
15	32	Fabian Koehle	BRIDGERUNNERS Düsseldorf	00:18:30
16	168	Azib Hamidi	BRIDGERUNNERS Düsseldorf	00:18:30
17	145	Rafael Gonzalez		00:18:30
18	3	Shirley Forde	Berlin Track Club	00:18:30
19	81	Arne Faust	hy:pe collective	00:18:30
20	25	Sebastian Happel PACE	BRIDGERUNNERS Düsseldorf	00:18:30
21	9	Joel Baptista Pereira	BRIDGERUNNERS Düsseldorf	00:18:00

START LIST

PB Day · Saturday, 22 August 2026

HEAT 5				19:00 Uhr · 19 athletes · 1 withdrawn	
NO.	BIB	NAME	CLUB	SEED	TIME
1	48	Tom Pflugbeil	BRIDGERUNNERS Düsseldorf	00:18:00	
2	152	Yuta Okuno	Absolute Run Düsseldorf Crew	00:18:00	
3	21	Lennart Gierke	BRIDGERUNNERS Düsseldorf	00:18:00	
4	74	Julien Bock	hy:pe collective	00:18:00	
5	125	Sven Wiesemann		00:17:59	
6	93	Steffen Nagel	hy:pe collective	00:17:59	
7	44	Manuel Möbes	BRIDGERUNNERS Düsseldorf	00:17:59	
8	109	Frans Dahlstedt	Malmö Gueriellaloppert	00:17:59	
9	55	Jens Scherer PACE	BRIDGERUNNERS Düsseldorf	00:17:59	
10	40	Marie-Therese Linne	BRIDGERUNNERS Düsseldorf	00:17:50	
11	147	TAKAAKI KOYAMA	TRU	00:17:50	
12	18	Anandbileg Enkhjargal	BRIDGERUNNERS Düsseldorf	00:17:50	
13	31	Robby Kirsten	BRIDGERUNNERS Düsseldorf	00:17:40	
14	64	Benjamin Wulf	BRIDGERUNNERS Düsseldorf	00:17:30	
15	58	Fabian Spinrath	BRIDGERUNNERS Düsseldorf	00:17:30	
16	50	Sebastian Rösch	BRIDGERUNNERS Düsseldorf	00:17:30	
17	94	Felix Niehoff WITHDRAWN	hy:pe collective	00:17:30	
18	20	Rustam Franzmann	BRIDGERUNNERS Düsseldorf	00:17:30	
19	34	Niklas Krause	BRIDGERUNNERS Düsseldorf	00:17:25	
20	118	Kathi Pesendorfer PACE	TSV Bayer 04 Leverkusen	00:17:25	

START LIST

PB Day · Saturday, 22 August 2026

HEAT 6

19:25 Uhr · 23 athletes

NO.	BIB	NAME	CLUB	SEED TIME
1	15	Lennart Bucher	BRIDGERUNNERS Düsseldorf	00:17:20
2	8	Hendryk Adam	BRIDGERUNNERS Düsseldorf	00:17:15
3	162	Benjamin Yates	BRIDGERUNNERS Düsseldorf	00:17:10
4	25	Sebastian Happel	BRIDGERUNNERS Düsseldorf	00:17:00
5	4	Mateo González	Berlin Track Club	00:17:00
6	78	Josh Eggermann	hy:pe collective	00:17:00
7	76	Moritz Christmann	hy:pe collective	00:17:00
8	13	Gianluca Bitelli	BRIDGERUNNERS Düsseldorf	00:16:59
9	33	Sven Köpke PACE	BRIDGERUNNERS Düsseldorf	00:16:59
10	87	Nils Kaulen	hy:pe collective	00:16:50
11	29	Oleksandr Hryhoriev	BRIDGERUNNERS Düsseldorf	00:16:50
12	155	Benedikt Vieten	Milers Colonia	00:16:45
13	6	Ludwig Sämann	Berlin Track Club	00:16:40
14	92	Alexandros Mnimatidis	Sunday Running Club	00:16:30
15	141	Merlin Dörner	BRIDGERUNNERS Düsseldorf	00:16:30
16	163	Felix Wedig	MeenzRunners	00:16:15
17	107	Harry Dexter	Kent AC	00:16:00
18	112	Luis Pusewey	Milers Colonia	00:15:50
19	150	Christian Kaatz		00:15:50
20	1	Flo Beck	Berlin Track Club	00:15:45
21	166	Gerald Ketchi Salum	Berlin Track Club	00:15:00
22	2	Moritz Ehrke	Berlin Track Club	00:14:50
23	140	Torben Flatemersch PACE	BRIDGERUNNERS Düsseldorf	00:14:50

START LIST

PB Day · Saturday, 22 August 2026

6X400M

HEAT 1

20:45 Uhr · 9 teams

NO. TEAM

1 #pempelforce

Sven Brabender
Anastasia Tsami
Julia Strömer
André Abts
Simon Thome
Aileen Rauchmann

2 hy:pe collective 2

Lara Bergmann
André Dao
Philipp Rempfer
Jill Peters
Marie Gantikow
Semion Kozulin

3 hy:pe collective

Hannah Feldschen
Anne-Catherine Wasser
Nils Krücken
Nils Kaulen
Belén Rossenbach
Benjamin Bartels

4 MeenzRunners

Jeremias Clausing
Josie Tiemann
Stephan Herbold
Jil Rübel
Philipp Ludwig
Dirk Houben

5 THEN'N'THERE Runningclub by Afew

Alicia Ullrich
Nana Gather-Lambert
Zina Ben Salem
Gian-Luca Uhrmann
Raoul Reiss
Yuta Maruyama

6 BRIDGERUNNERS Düsseldorf

Pablo Fook
Kiya Staudt
Florian Busch
Lili Henkel
Radha Fiedler
Fabian Spinrath

7 BRIDGERUNNERS Düsseldorf 2

Sven Köpke
Marie-Therese Linne
Celine Rudolf
Sebastian Happel
Joel Baptista Pereira
Benjamin Wulff

START LIST

PB Day · Saturday, 22 August 2026

NO. TEAM	
8	TRU
	Sabrina Espey
	Jascha Hoffmann
	Dorothea Allzeit
	Ramech Ram
	Maximilian Zaleski
	Florian Stolle
9	Berlin Track Club
	Shirley Forde
	Caroline Schenk
	Moritz Ehrke
	Ludwig Sämann
	Flo Beck
	Gerald Salum