

The Rox 2026

Ergebnisse: Single Run Men

| Platz | Startnr | Name | Run1+Burpee B. Jumps | Run2+Weighted Lunges | Run3+Slam Ball G2OH | Run4+Navy Sh. Run | Run5+Push-Ups | Endzeit | Rückstand |
|-------|---------|------------------------|----------------------|----------------------|---------------------|-------------------|---------------|---------|-----------|
| 1 | 17 | Christian Nolde | 3:26(1) | 3:51(1) | 04:56(1) | 04:09(1) | 04:05(1) | 20:27 | |
| 2 | 123 | Patrick Hagen | 3:33(2) | 4:01(2) | 05:11(3) | 04:19(3) | 04:15(2) | 21:19 | 00:52 |
| 3 | 42 | Daniel Ghavami | 3:45(6) | 4:09(3) | 05:16(4) | 04:15(2) | 04:21(4) | 21:46 | 01:19 |
| 4 | 122 | Ron Grundmann | 3:34(3) | 4:10(4) | 05:24(5) | 04:30(4) | 04:23(5) | 22:01 | 01:34 |
| 5 | 71 | Nhan Trang Ky Vo | 3:47(8) | 4:14(6) | 05:29(6) | 04:47(6) | 04:18(3) | 22:35 | 02:08 |
| 6 | 72 | Ho Gia Kinh Le | 3:45(6) | 4:28(7) | 05:37(8) | 04:51(7) | 04:42(7) | 23:23 | 02:56 |
| 7 | 25 | Tankred Krüger | 4:18(12) | 4:32(8) | 05:10(2) | 04:32(5) | 04:57(9) | 23:29 | 03:02 |
| 8 | 124 | Tim Zicz | 3:35(4) | 4:10(4) | 06:21(13) | 05:04(10) | 05:19(15) | 24:29 | 04:02 |
| 9 | 82 | Philip Dohmann | 3:53(9) | 4:49(11) | 06:10(12) | 05:06(11) | 04:40(6) | 24:38 | 04:11 |
| 10 | 84 | Dennis Weikamp | 4:27(15) | 4:37(9) | 06:02(10) | 04:51(7) | 05:09(12) | 25:06 | 04:39 |
| 11 | 73 | Louis Aisosa Omoregbee | 4:22(13) | 4:43(10) | 05:34(7) | 05:27(12) | 05:09(12) | 25:15 | 04:48 |
| 12 | 98 | Jürgen Müller | 4:04(11) | 4:53(13) | 07:05(16) | 04:59(9) | 05:04(10) | 26:05 | 05:38 |
| 13 | 60 | Marcel Dierking | 4:31(17) | 4:49(11) | 05:54(9) | 06:01(18) | 05:06(11) | 26:21 | 05:54 |
| 14 | 53 | Daniel Friedow | 3:37(5) | 5:13(16) | 07:10(18) | 05:45(14) | 04:45(8) | 26:30 | 06:03 |
| 15 | 54 | Marco Müller | 4:42(18) | 5:09(14) | 06:07(11) | 05:40(13) | 05:09(12) | 26:47 | 06:20 |
| 16 | 38 | Kilian Aegerter | 4:24(14) | 5:24(17) | 06:56(15) | 05:47(15) | 06:09(24) | 28:40 | 08:13 |
| 17 | 30 | Marvin Benthin | 4:29(16) | 5:34(19) | 07:10(18) | 06:17(22) | 05:33(17) | 29:42 | 09:15 |
| 18 | 23 | Daniel Brandis | 5:18(23) | 5:33(18) | 06:46(14) | 05:55(16) | 06:12(25) | 29:44 | 09:17 |
| 19 | 139 | Alain-Louis Langer | 5:11(22) | 5:36(20) | 07:38(23) | 05:58(17) | 05:24(16) | 29:47 | 09:20 |
| 20 | 52 | Marco Exel | 4:54(20) | 5:38(21) | 07:12(20) | 06:28(24) | 06:19(29) | 30:31 | 10:04 |
| 21 | 78 | Paul Schmidt | 5:20(24) | 6:03(24) | 07:13(21) | 06:31(27) | 06:00(20) | 31:07 | 10:40 |
| 22 | 83 | Jules Kühner | 4:29(16) | 5:09(14) | 09:36(40) | 06:04(19) | 06:04(22) | 31:22 | 10:55 |
| 23 | 81 | Elias Nassall | 5:58(29) | 6:28(29) | 07:44(24) | 06:27(23) | 05:57(19) | 32:34 | 12:07 |
| 24 | 51 | Jörg Beinlich | 6:06(33) | 6:12(26) | 07:59(28) | 06:04(19) | 06:26(31) | 32:47 | 12:20 |
| 25 | 64 | Leonardo Mau | 5:31(26) | 6:30(30) | 08:49(37) | 06:30(26) | 06:13(26) | 33:33 | 13:06 |
| 26 | 88 | Martin Bruchno | 6:10(34) | 6:00(22) | 08:03(30) | 07:35(39) | 06:00(20) | 33:48 | 13:21 |
| 27 | 117 | Guido Graßmel | 6:47(40) | 6:04(25) | 07:48(25) | 06:28(24) | 06:42(33) | 33:49 | 13:22 |
| 28 | 49 | Ron Grothe | 6:04(30) | 6:59(38) | 07:59(28) | 06:33(28) | 06:15(28) | 33:50 | 13:23 |
| 29 | 43 | Patric Kuchling | 4:48(19) | 6:34(32) | 09:21(39) | 07:03(32) | 06:14(27) | 34:00 | 13:33 |
| 30 | 75 | Chris Müller | 6:04(30) | 6:55(37) | 08:20(32) | 07:05(33) | 05:56(18) | 34:20 | 13:53 |
| 31 | 61 | Sandro Giese | 6:13(35) | 6:46(34) | 08:20(32) | 06:56(31) | 06:06(23) | 34:21 | 13:54 |
| 32 | 46 | Maurice Rothe | 6:04(30) | 6:12(26) | 07:51(27) | 06:34(29) | 07:41(40) | 34:22 | 13:55 |
| 33 | 48 | Jan Schumacher | 6:32(38) | 6:32(31) | 07:50(26) | 06:07(21) | 07:35(36) | 34:36 | 14:09 |
| 34 | 125 | Friedrich Schneider | 6:54(41) | 6:01(23) | 07:35(22) | 07:33(36) | 07:26(35) | 35:29 | 15:02 |
| 35 | 8 | Daniel Fischer | 6:32(38) | 7:24(39) | 08:47(36) | 07:15(34) | 06:37(32) | 36:35 | 16:08 |
| 36 | 31 | Sven Beier | 6:15(36) | 6:47(35) | 08:35(34) | 07:33(36) | 07:37(38) | 36:47 | 16:20 |
| 36 | 62 | Florian Dreier | 6:15(36) | 6:47(35) | 08:36(35) | 07:33(36) | 07:36(37) | 36:47 | 16:20 |
| 38 | 114 | Mike Dgbowski | 4:02(10) | 6:42(33) | 10:35(44) | 08:18(43) | 07:39(39) | 37:16 | 16:49 |
| 39 | 79 | Yazan Alasiri | 5:28(25) | 6:24(28) | 07:05(16) | 10:15(47) | 08:13(43) | 37:25 | 16:58 |
| 40 | 74 | Alexander Klauenberg | 7:51(44) | 7:31(40) | 09:13(38) | 06:50(30) | 06:20(30) | 37:45 | 17:18 |
| 41 | 137 | Max Voigtländer | 7:37(43) | 8:39(45) | 08:14(31) | 07:18(35) | 07:50(41) | 39:38 | 19:11 |
| 42 | 50 | Alexander Behrendt | 7:13(42) | 8:01(41) | 10:11(43) | 07:43(42) | 08:52(45) | 42:00 | 21:33 |
| 43 | 126 | Christian Broßseit | 8:29(47) | 8:25(44) | 10:03(42) | 08:30(44) | 08:20(44) | 43:47 | 23:20 |
| 44 | 58 | Oskar Szczesny | 5:39(27) | 8:09(42) | 13:27(45) | 07:35(39) | 10:18(46) | 45:08 | 24:41 |
| 44 | 59 | Borys Szczesny | 5:39(27) | 8:09(42) | 13:27(45) | 07:35(39) | 10:18(46) | 45:08 | 24:41 |
| 46 | 10 | Roberto Hasse | 9:16(48) | 9:41(48) | 09:50(41) | 08:30(44) | 07:59(42) | 45:16 | 24:49 |
| 47 | 68 | Florian Marx | 8:16(45) | 9:07(46) | 14:34(48) | 08:38(46) | 07:08(34) | 47:43 | 27:16 |
| DNF | 45 | Merlin John Fillsack | 8:16(45) | 9:10(47) | 14:31(47) | | | | |