

# The Rox 2026

## Ergebnisse: Single Run Women

Platz	Startnr	Name	Run1+Burpee B. Jumps	Run2+Weighted Lunges	Run3+Slam Ball G2OH	Run4+Navy Sh. Run	Run5+Push-Ups	Endzeit	Rückstand	Zeitstrafe
1	28	Maja Seidel	04:02(1)	04:01(1)	04:49(1)	04:12(1)	03:33(1)	0:20:37		
2	56	Carina Nagrang	04:56(4)	04:49(3)	05:53(3)	04:53(2)	04:24(2)	0:24:55	0:04:18	
3	55	Gabi Mentessidis	04:55(3)	04:40(2)	05:54(4)	05:01(3)	04:36(3)	0:25:06	0:04:29	
4	32	Jenny Bergau	05:16(6)	05:21(6)	06:19(6)	05:30(6)	04:37(4)	0:27:03	0:06:26	
5	33	Alexandra Ulrich	05:24(7)	05:39(8)	06:09(5)	05:23(5)	04:42(5)	0:27:17	0:06:40	
6	44	Franziska Mausolf	06:01(10)	05:02(4)	06:21(7)	05:52(7)	04:46(7)	0:28:02	0:07:25	
7	5	Antonia Lozito-Engel	05:50(8)	05:20(5)	06:56(10)	05:22(4)	04:50(8)	0:28:18	0:07:41	
8	70	Verena Richter	04:47(2)	05:50(11)	07:13(14)	05:56(8)	04:53(9)	0:28:39	0:08:02	
9	65	Nicole Koczar	04:57(5)	05:44(9)	07:07(11)	06:08(11)	05:08(11)	0:29:04	0:08:27	
10	47	Katie Leary	05:59(9)	06:01(14)	06:48(9)	06:00(9)	04:45(6)	0:29:33	0:08:56	
11	18	Carolin Nolde	06:12(14)	06:08(15)	06:36(8)	06:15(12)	05:15(13)	0:30:26	0:09:49	
12	34	Sarah Manske	06:10(13)	05:36(7)	07:09(12)	06:23(15)	05:34(19)	0:30:52	0:10:15	
12	35	Marene Effenberger-Fritz	06:04(11)	05:57(12)	07:18(15)	06:22(14)	05:11(12)	0:30:52	0:10:15	
14	63	Desiree Schäfer	06:12(14)	05:57(12)	07:18(15)	06:49(21)	05:07(10)	0:31:23	0:10:46	
15	57	Sandra Lehmann	06:06(12)	06:11(16)	07:21(17)	06:15(12)	05:33(18)	0:31:26	0:10:49	
16	36	Svenja Rojerm-Wagner	06:40(21)	06:36(21)	07:21(17)	06:42(18)	05:30(16)	0:32:49	0:12:12	
17	37	Karolin Krause	06:42(22)	06:43(22)	05:21(2)	09:01(34)	05:32(17)	0:33:19	0:12:42	
18	115	Bianca Paulick	08:44(32)	05:47(10)	07:10(13)	06:03(10)	05:37(21)	0:33:21	0:12:44	
19	40	Anett Hornemann	06:20(18)	06:31(18)	08:36(23)	06:47(19)	05:17(14)	0:33:31	0:12:54	
20	66	Katharina Von Usedom	06:35(20)	06:56(25)	08:36(23)	06:37(17)	05:40(22)	0:34:24	0:13:47	
21	3	Jessica Döhler	07:04(24)	06:15(17)	09:36(32)	06:24(16)	05:20(15)	0:34:39	0:14:02	
22	67	Luisa Kügler	06:24(19)	07:25(30)	07:52(19)	07:19(23)	05:52(23)	0:34:52	0:14:15	
23	108	July Schulz	06:43(23)	06:31(18)	08:42(26)	07:35(27)	05:34(19)	0:35:05	0:14:28	
24	39	Lizzy Medina	06:13(16)	06:44(23)	08:52(27)	07:51(29)	06:17(27)	0:35:57	0:15:20	
25	12	Monique Kibbieß	08:35(30)	06:34(20)	08:18(20)	06:48(20)	06:12(24)	0:36:27	0:15:50	
26	6	Irene Herdt	07:24(25)	06:44(23)	08:23(21)	07:23(24)	06:44(32)	0:36:38	0:16:01	
27	41	Stephanie Mausolf	06:16(17)	07:08(27)	09:42(33)	08:22(32)	06:31(29)	0:37:59	0:17:22	
28	26	Susann Ludwig	07:32(27)	07:22(29)	08:26(22)	08:11(30)	06:31(29)	0:38:02	0:17:25	
29	22	Benita-Francesca Teichmann	07:25(26)	07:05(26)	08:38(25)	08:19(31)	06:56(33)	0:38:23	0:17:46	
30	9	Nadin Hasse	09:12(34)	07:18(28)	08:56(29)	07:25(25)	06:21(28)	0:39:12	0:18:35	
31	24	Josephine Kraus	08:11(28)	08:17(31)	09:59(34)	07:30(26)	06:15(26)	0:40:12	0:19:35	
32	99	Bettina Beck	08:39(31)	08:18(32)	08:52(27)	08:52(33)	06:37(31)	0:41:18	0:20:41	
33	69	Eleni Dimitriadou	08:58(33)	08:57(33)	09:23(31)	07:36(28)	06:58(34)	0:41:52	0:21:15	
34	96	Jana Adebahr	08:30(29)	10:41(37)	12:55(37)	07:11(22)	06:13(25)	0:45:30	0:24:53	
35	116	Janine-Kr. Scholz	09:13(35)	10:04(35)	11:19(35)	11:49(36)	08:46(35)	0:51:11	0:30:34	
36	118	Nadine Graßmel	09:13(35)	10:04(35)	11:19(35)	11:49(36)	08:46(35)	0:52:11	0:31:34	1:00
DNF	97	Saskia Thiem	11:39(37)	09:14(34)	09:12(30)	10:29(35)	56:11(37)	1:36:45	1:16:08	