

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

Hammerwerfen

M 12 (3,00 kg):

- |    |                                  |         |
|----|----------------------------------|---------|
| 1. | Heger, Tobias (03)<br>USC Mainz  | 33,32 m |
| 2. | Braun, Yanik (03)<br>TSG Haßloch | 17,94 m |

M 14 (4,00 kg):

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

M 15 (4,00 kg):

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

U 18 – m JB (5,00 kg):

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

U 20 (6,00 kg):

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

Männerklasse (7,26 kg):

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

M 40 (7,26 kg):

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

## 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) | 23,43 m |
|    | TGS Niederrodenbach |         |

### Kugelstoßen

M 12 (3,00 kg):

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

M 14 (4,00 kg):

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

M 15 (4,00 kg):

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

U 20 (6,00 kg):

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

Männerklasse (7,26 kg):

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

M 50 (6,00 kg):

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

M 55 (6,00 kg):

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

M 60 (5,00 kg):

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

## M 70 (4,00 kg):

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

## W 15 (3,00 kg):

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

## W 50 (3,00 kg):

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

## W 55 (3,00 kg):

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

## W 75 (2,00 kg):

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

Diskuswerfen

## M 12 (0,75 kg):

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

## M 14 (1,00 kg):

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

## M 15 (1,00 kg):

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

## U 18 – m JB (1,50 kg):

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

## U 20 (1,75 kg):

- |    |                                     |         |
|----|-------------------------------------|---------|
| 1. | Loew, Ruben (96)<br>TuS Weilmünster | 31,76 m |
|----|-------------------------------------|---------|

2.	Klein, Steffen (97) Phoenix Mutterstadt	30,46 m
Männerklasse (2,00 kg):		
1.	Zil, Jurij (92) TV Alzey	42,25 m
2.	Veit, Marc (85) LG Rüsselsheim	36,85 m
M 50 (1,50 kg):		
1.	Welke, Christian (61) Sportfreunde Forchheim	42,67 m
M 55 (1,50 kg):		
1.	Rhaue, Reinhard (52) SSC Altensteig	24,95 m
M 60 (1,00 kg):		
1.	Dittrich, Gottfried (54) LG Offenburg	28,82 m
M 70 (1,00 kg):		
1.	Oppermann, Harald (42) Phoenix Mutterstadt	32,17 m
2.	Lange, Torsten (45) TV Sinzig	24,82 m
W 13 (0,75 kg):		
1.	Hatzenbühler, Emelie (02) TV Alzey	19,90 m
W 20 (1,00 kg):		
1.	Debra, Sandy (81) CAEG Grevenmacher	29,01 m
W 50 (1,00 kg):		
1.	Ernst-Offermann, Claudia (62) TV Abenheim	18,97 m
W 55 (1,00 kg):		
1.	Oppermann, Katrin (56) Phoenix Mutterstadt	23,20 m
W 75 (0,75 kg):		
1.	Müller, Ishild (40) TGS Niederrodenbach	15,20 m

## Speerwerfen

M 12 (0,40 kg):

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

U 20 (0,80 kg):

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

Männerklasse (0,80 kg):

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

M 50 (0,70 kg):

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

M 55 (0,70 kg):

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

M 60 (0,60 kg):

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

M 70 (0,50 kg):

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

W 50 (0,50 kg):

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

W 55 (0,50 kg):

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

W 75 (0,40 kg):

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

## Gewichtwerfen (Heavy-Weight)

U 20 (11,34 kg):

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

Männerklasse (15,88 kg):

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

M 40 (15,88 kg):

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

M 55 (11,34 kg):

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

M 60 (9,08 kg):

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

M 70 (7,26 kg):

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

M 75 (7,26 kg):

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

Damen offene Klasse (9,08 kg):

- |    |  |         |
|----|--|---------|
| 1. | Kosmala, Mireille (68)<br>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 Klammern: 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