

Report of the Running Group SG Bramsche „EL-CUP 2018“

The EL-CUP is an annual running series, which includes seven running events in the Emsland region: Papenburg, Haselünne, Lingen, Haren, Spelle, Salzbergen and Meppen. Running is done on the 10 km route (EL-CUP) or on the 5 km route (EL-CUP Hobby).

In order to be included in the EL-CUP ranking, the participant must complete at least four of the seven running events successfully. This year, three of the seven ranking runs were completed, as the run in Haren was retrospectively cancelled. In more than four/three completed ranking runs, the fastest four/three will be included in the ranking.

The EL-CUP is offered in the route lengths 10 km and 5 km.

EL-CUP (10 km) » Result List EL-CUP - AK

Platz	Name	Jahrg.	Verein	Läufe	Ges. Zeit	Papenburg	Lingen	Haren	Spelle	Salzbergen	Meppen
Frauen											
W55											
1.	Maria Ritzkat	1960	SG Bramsche	6	2:27:07	52:37	51:02	49:37	49:33	49:06	48:29
Finer Kommentar hinterlassen											
Alle 4 Teilnehmer anzeigen											
Männer											
M60											
2.	Manfred Ritzkat	1956	SG Bramsche	6	2:48:47	59:55	57:45	57:19	56:46	56:35	55:27
Alle 3 Teilnehmer anzeigen											

Number of participants: 187

EL-CUP Hobby (5 km) » Result List EL-CUP Hobby - AK

Platz	Name	Jahrg.	Verein	Läufe	Ges. Zeit	Papenburg	Lingen	Haren	Spelle	Salzbergen	Meppen
Männer											
Männer											
5.	Frank Schneke	1991	SG Bramsche	4	59:24	---	19:58	19:44	19:43	20:07	---
Alle 6 Teilnehmer anzeigen											
M40											
2.	Dieter Boeker	1970	SG Bramsche	4	1:04:50	22:16	22:10	---	21:09	21:31	---
3.	Jens Dittmann	1978	SG Bramsche	3	1:13:39	---	24:58	---	24:49	---	23:53
Alle 4 Teilnehmer anzeigen											

Number of participants: 151

The running group of SG Bramsche achieved outstanding placements in their respective age classes (AK).

1. Platz Maria Ritzkat in der AK W55
2. Platz Manfred Ritzkat in der AK M60
5. Platz Frank Schneke in der AK Männer
2. Platz Dieter Boeker in der AK M40

3. Platz Jens Ortmann in der AK M40

Die Laufgruppe wird am 07. Oktober 2018 mit ca. 10 Personen am Halbmarathon in Bremen teilnehmen.