

10km - Gesamtwertung

5. Abteilaufl Brauweiler - 11.07.2010

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	1070	Raatz Sebastian	Köln Triathlon Team 01	0:34:54	0:34:56	1	MHK	83	08:05 08:58 09:05 08:44
2	1476	di Dio Salvatore	LKD Düsseldorf	0:35:31	0:35:32	1	M35	72	08:04 08:59 09:06 09:21
3	553	Orthen Johannes	TuS Brauweiler	0:38:00	0:38:02	1	M45	62	08:47 09:35 09:49 09:47
4	1016	Kuchendorf Andreas	*Langenfeld	0:38:18	0:38:20	2	M45	65	08:55 09:38 09:53 09:50
5	754	Szüts Marlo	*Köln	0:38:40	0:38:42	2	MHK	85	08:47 09:36 10:23 09:53
6	680	Schommers Lukas	ASV Köln	0:39:54	0:39:55	1	MJB	93	08:56 09:56 10:17 10:44
7	1470	Petschellies Harald	www.der-fahrradmister.de	0:40:50	0:40:52	2	M35	74	09:14 10:03 10:41 10:51
8	190	Engelhardt Kai	www.laufmonster.de	0:40:52	0:40:54	1	M40	67	09:10 10:12 10:40 10:49
9	627	Salewska Boris	Team park inn Deutschland	0:41:07	0:41:11	3	M35	73	09:31 10:16 10:43 10:35
10	942	Görner Felix	*Brauweiler	0:41:27	0:41:29	2	M40	66	09:13 10:28 10:58 10:48
11	802	Wannig Holger	*Köln	0:41:37	0:41:40	1	M30	77	09:32 10:15 10:49 11:00
12	402	Körbs Joe	www.laufen-im-rheinland.de	0:42:19	0:42:20	3	M40	68	09:27 10:43 11:14 10:54
13	846	Zentner Markus	*Erkrath	0:42:35	0:42:39	3	MHK	82	09:41 10:47 11:14 10:52
14	510	Möres Frank	*Köln	0:42:36	0:42:41	4	M35	74	10:00 10:42 11:01 10:51
15	641	Schiedmayer Axel	cast.ing	0:42:49	0:42:53	3	M45	65	09:42 10:42 11:18 11:06
16	1982	Schuster Fabian	*Köln	0:43:05	0:43:10	4	MHK	82	09:13 10:57 11:30 11:24
17	193	Ploeger Peter	Eiscafe Deluna Pulheim	0:43:16	0:43:20	5	M35	71	09:34 10:41 11:34 11:25
18	778	Vaaßen Peter	*Frechen	0:43:19	0:43:33	4	M45	65	10:16 10:58 11:02 11:01
19	867	Beil David	LG Faulpelz	0:43:19	0:43:25	5	MHK	83	09:44 10:53 11:22 11:19
20	803	Wassong Thomas	Sparkasse KölnBonn	0:43:42	0:43:48	5	M45	64	10:08 10:56 11:17 11:21
21	558	Papst Lutz Stephan	*Köln	0:43:46	0:43:52	1	M50	59	09:46 10:58 11:27 11:35
22	89	Boenisch Winfried	Triathlon Neuss	0:43:58	0:44:01	2	M50	59	10:00 10:58 11:25 11:34
23	301	Herrera Felix	KTT 01	0:44:37	0:44:41	6	MHK	89	09:53 11:41 12:00 11:01
24	467	Lightwood DR Matthew	*Koeln	0:44:41	0:44:43	2	M30	76	09:39 11:06 12:02 11:52
25	969	Heukamp Michael	ERGO sports Köln Langlauf	0:44:47	0:44:50	4	M40	67	09:29 11:30 11:58 11:48
26	1128	Staschko Peter	Team Handelshof	0:45:04	0:45:10	6	M45	65	10:27 11:15 11:44 11:37
27	1176	Zemek Bohdan	*Köln	0:45:06	0:45:09	6	M35	72	09:56 11:29 12:01 11:38
28	91	Luding Mario	*Bergheim	0:45:07	0:45:23	3	M30	76	10:24 11:04 11:54 11:43
29	1468	Wildförster Heinz-Dieter	SSK Kerpen	0:45:11	0:45:14	7	M45	62	10:15 11:20 11:46 11:48
30	220	Freiberg Karsten	*Neuss	0:45:14	0:45:17	7	M35	71	09:48 11:32 12:03 11:50
31	755	Tatje Julian	*Köln	0:45:17	0:45:28	7	MHK	84	10:31 11:09 11:53 11:43
32	1034	Lersch Daniel	*Köln	0:45:25	0:45:39	8	MHK	83	10:55 11:20 11:32 11:37
33	949	Gudermann Joachim	LG Donatus Erftstadt	0:45:32	0:45:37	5	M40	68	10:18 11:44 11:43 11:45
34	993	Kanditt Stephan	Mönchengladbacher LG	0:45:34	0:45:40	8	M35	73	10:35 11:45 11:47 11:26
35	790	Voigt Alexander	SG KSK Koeln	0:45:38	0:45:49	9	M35	71	10:39 11:33 11:45 11:40
36	1050	Müller Wolfgang	Vfl Engelskirchen	0:46:15	0:46:21	3	M50	56	10:33 11:38 12:00 12:03
37	1309	Bartels Björn	*Pulheim	0:46:26	0:46:38	9	MHK	81	11:03 11:28 11:58 11:56
38	731	Stark Patrick	*Bonn	0:46:40	0:46:56	10	M35	72	10:38 11:45 12:08 12:08
39	1111	Schulz Daniel	*Köln	0:46:51	0:47:08	4	M30	77	10:25 11:39 12:19 12:27
40	890	Dannenhauer Felix	Lucky Stars	0:46:52	0:47:00	5	M30	79	10:50 12:03 12:04 11:54
41	1124	Sperle Anton	Pulheim Vipers	0:46:53	0:47:10	11	M35	72	10:30 11:48 12:29 12:06
42	1152	Voosen Ralf	*Pulheim	0:46:58	0:47:10	6	M40	67	11:15 11:47 12:00 11:54
43	254	Gray Terence	*Bergheim	0:46:59	0:47:04	1	M55	55	10:46 11:42 12:15 12:15
44	1089	Satow Niklas	SV GW Brauweiler	0:47:15	0:47:28	10	MHK	90	10:48 11:31 11:49 13:04
45	918	Fink Daniel	Laufmonster	0:47:17	0:47:21	6	M30	79	10:59 12:01 12:02 12:14
46	569	Petrovic Günter	ASV Köln	0:47:18	0:47:22	1	M60	50	10:29 11:57 12:25 12:25
47	184	Eibl Christoph	*Pulheim	0:47:28	0:47:36	11	MHK	81	11:10 12:04 12:29 11:44
48	188	Eisenreich Thomas	*Pulheim	0:47:30	0:47:39	7	M40	67	11:16 11:46 12:02 12:25
49	691	Schultheiß Volker	Team ERDINGER Alkoholfrei	0:47:32	0:47:42	4	M50	56	10:55 11:49 12:19 12:28
50	448	Laininger Andre	*Köln	0:47:51	0:47:55	7	M30	77	10:59 12:04 12:28 12:18
51	806	Weber Thorsten	*Pulheim	0:48:02	0:48:07	12	M35	72	11:02 11:49 12:25 12:44
52	1474	Hein Manfred	Pulheimer SC	0:48:06	0:48:11	2	M60	47	11:18 11:56 12:45 12:06
53	987	Jähde Frank	Valium iv	0:48:15	0:48:23	8	M45	64	10:42 12:04 12:44 12:44
54	1463	Winkler Benno	Opa für Jona	0:48:19	0:48:24	3	M60	50	10:38 12:06 12:51 12:42
55	1224	Novicky Branislav		0:48:24	0:48:55	8	M30	76	11:08 11:27 12:36 13:12
56	66	Biedermann Thomas	*Köln	0:48:24	0:48:29	8	M40	66	10:58 12:03 12:48 12:34
57	267	Gudat Friedhelm	RWE Power Köln	0:48:38	0:48:47	9	M45	61	11:01 12:07 12:42 12:47
58	819	Werner Martin	Bewotec	0:48:45	0:49:03	13	M35	73	11:22 11:54 12:33 12:55
59	556	Palm Berthold	TUS SW Brauweiler	0:48:47	0:49:05	5	M50	59	11:09 12:18 12:44 12:35
60	1107	Schnitzler Wilfried	SG Zons	0:48:57	0:49:10	6	M50	58	11:32 12:16 12:46 12:21

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	1155	Walbröhl Martin	*Brühl	0:49:08	0:49:24	9	M40	70	11:04	12:14	13:01	12:47	
62	1425	Herzkamp Ulrich	*Pulheim	0:49:15	0:49:29	12	MHK	89	11:11	12:17	13:04	12:42	
63	1088	Satow Malte	GW Brauweiler	0:49:16	0:49:28	2	MJB	96	11:03	12:04	13:08	13:01	
64	1049	Müller Ralf	Running Shoes Spich	0:49:17	0:49:31	10	M45	64	11:26	12:05	12:43	13:02	
65	287	Hartung Marcus	*Pulheim	0:49:24	0:49:35	10	M40	66	11:36	12:18	12:44	12:45	
66	1133	Talke Volker	*Pulheim	0:49:43	0:50:10	11	M40	66	11:50	12:21	12:42	12:48	
67	399	Königs Manfred	LG RWE Power	0:49:46	0:50:05	11	M45	61	11:22	12:05	12:54	13:23	
68	123	Busse Michael	FFO Ford Pilot Plant Cologne	0:49:55	0:50:17	12	M40	70	12:00	12:23	12:58	12:33	
69	540	Neuhauser Lars	*Pulheim	0:49:56	0:50:18	14	M35	71	12:02	12:23	12:56	12:34	
70	797	Wahl Christian	*Frechen	0:49:58	0:50:09	15	M35	75	11:22	12:31	13:05	12:59	
71	1478	Kujas Michael	*Remscheid	0:50:23	0:50:30	12	M45	63	11:11	12:31	13:12	13:29	
72	121	Busch Michael	Bürgerverein Scheel	0:50:27	0:50:42	16	M35	71	11:18	12:53	13:25	12:49	
73	1471	Wischnewsky Kasimir	Dauerlaufschule Köln	0:50:33	0:50:53	2	M55	55	11:41	12:40	13:01	13:09	
74	563	Pchalek Dietmar	LG Hücheln	0:50:47	0:51:09	7	M50	59	11:47	12:37	13:13	13:09	
75	581	Porschen Michael	*Pulheim	0:51:06	0:51:13	17	M35	71	11:42	12:57	13:23	13:02	
76	543	Nippen Stefan	Ingenieurgesellschaft SNK	0:51:06	0:51:20	13	M40	68	11:55	12:56	13:03	13:10	
77	44	Mathis Peter	Johanna	0:51:24	0:51:39	14	M40	69	12:20	12:46	13:22	12:54	
78	718	Soulios Niko	*Frechen	0:51:33	0:51:46	1	MJA	91	11:48	12:45	13:25	13:34	
79	370	Klasen Rudolf	*Köln	0:51:37	0:51:58	4	M60	46	12:03	12:42	13:21	13:30	
80	832	Wirtz Sigg	*Bergheim	0:51:40	0:51:56	15	M40	70	12:16	13:01	13:18	13:04	
81	855	Andras Gabriel	*Pulheim-Brauweiler	0:51:53	0:52:07	18	M35	72	11:16	12:33	13:37	14:25	
82	466	Ley Thomas	Lt Rösratherstraße	0:51:54	0:52:15	13	M45	65	12:11	13:03	13:25	13:14	
83	1424	Herzkamp Matthias	*Pulheim	0:51:58	0:52:13	13	MHK	87	11:10	12:17	13:22	15:07	
84	604	Ripp Dieter	VTC Köln	0:52:15	0:52:21	8	M50	56	11:38	12:40	13:45	14:11	
85	1210	Parting Bernd	*Pulheim	0:52:17	0:52:41	16	M40	69	12:26	13:08	13:31	13:11	
86	831	Wirtz Jürgen	Asphaltfresser	0:52:28	0:52:44	17	M40	70	12:20	13:01	13:54	13:11	
87	850	Zinecker Jürgen	*Pulheim	0:52:32	0:52:55	14	M45	62	12:52	12:45	13:14	13:40	
88	93	Bollig Klaus	LG RWE POWER	0:52:40	0:52:56	15	M45	64	11:56	13:16	13:36	13:50	
89	1008	Kohlhammer Karsten	*Leverkusen	0:52:40	0:53:02	19	M35	72	11:38	12:45	13:49	14:27	
90	0	Pauwels Dieter		0:52:42	0:53:03	0	M	61	12:20	13:08	13:25	13:47	
91	986	Huxoll Robert	*Köln	0:52:44	0:52:54	20	M35	75	11:51	13:13	13:44	13:54	
92	1006	Koffinke Frank	*Pulheim	0:52:45	0:53:13	18	M40	66	12:38	13:19	13:33	13:14	
93	1221	Müller Ralf	Schnaufgruppe	0:52:50	0:53:28	9	M50	56	11:49	12:59	14:00	14:01	
94	1473	Lösch Dieter		0:52:56	0:53:06	10	M50	58	12:19	13:06	13:36	13:54	
95	650	Schimon Burkhard	*Bergheim	0:53:04	0:53:16	11	M50	60	12:27	13:21	13:34	13:40	
96	51	Baur Bernd	*Pulheim	0:53:04	0:53:14	19	M40	68	12:20	13:28	13:37	13:37	
97	783	Verhaegh Rob	cool-shops-online	0:53:07	0:53:20	16	M45	61	11:49	12:56	13:39	14:41	
98	721	Spengler Stefan	*Bergheim	0:53:08	0:53:22	17	M45	62	12:00	13:17	13:47	14:02	
99	801	Walpert Jens	Laufteam Tischlerei Walpert	0:53:09	0:53:33	20	M40	66	12:11	13:02	13:51	14:04	
100	616	Rosso Martin	LFS	0:53:16	0:53:33	3	MJB	94	12:02	12:56	14:23	13:54	
101	689	Schüten Oliver	*Pulheim	0:53:23	0:53:58	21	M40	68	12:59	13:28	13:33	13:21	
102	664	Schmitz Harry	*Bergheim Glessen	0:53:38	0:53:45	18	M45	61	11:18	13:49	14:28	14:03	
103	179	Dziewulski Sven	Feuerwehr Fühlingen	0:53:42	0:54:01	14	MHK	85	12:10	13:00	14:03	14:26	
104	859	Balmer Jörg	SG Zons	0:53:43	0:54:03	19	M45	61	12:08	13:07	13:53	14:34	
105	297	Hennies Lennart	GW Brauweiler	0:53:52	0:54:05	4	MJB	00	13:02	13:12	13:50	13:46	
106	1164	Wilden Heinz		0:53:53	0:54:20	12	M50	60	13:20	14:06	13:35	12:51	
107	0	Klapper Johannes	Kippen Kölsch	0:53:53	0:54:20	20	M45	64	13:20	14:06	13:35	12:51	
108	733	Statz Ulrich	*Pulheim	0:53:58	0:54:05	22	M40	66	12:20	13:33	14:37	13:27	
109	1477	Fellbrich Stefan	Pulheimer SC	0:54:01	0:54:10	13	M50	57	12:47	13:16	13:51	14:06	
110	1466	Gimbarov Dr. Sergey	ASV Triathlon Köln	0:54:10	0:54:22	23	M40	66	13:17	14:30	15:16	11:06	
111	284	Hartog Andre	*Grafschaft	0:54:39	0:54:52	21	M45	64	12:08	12:55	14:33	15:01	
112	98	Bossinger Olaf	*Pulheim	0:54:44	0:54:58	22	M45	63	12:07	13:26	14:26	14:43	
113	1190	Salvatone Pasanova	*Pulheim	0:54:46	0:55:10	21	M35	74	12:11	13:51	14:20	14:24	
114	752	Strauch Karsten	*Köln	0:54:54	0:54:58	22	M35	75	11:54	13:56	14:30	14:33	
115	795	Wagner Helmut	*Dormagen	0:54:57	0:55:10	14	M50	56	12:32	13:35	14:21	14:28	
116	29	Ackermann Detlev	*Köln	0:54:58	0:55:02	24	M40	70	11:54	13:42	14:43	14:37	
117	1469	Hamers Harry	S.T.B Landgraf	0:55:10	0:55:17	3	M55	54	12:30	13:52	14:23	14:24	
118	175	Drüke Maurice	rheinrunners friends	0:55:26	0:55:44	25	M40	69	12:35	13:39	14:39	14:31	
119	244	Göbel Henning	*Bergheim-Fliesteden	0:55:32	0:55:45	1	M65	44	12:09	14:00	14:45	14:36	
120	419	Kramprich Guido	*Bergheim	0:55:34	0:55:51	26	M40	69	12:37	14:04	14:22	14:30	

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	328	Humpesch Michael	DP DHL	0:55:35	0:55:46	9	M30	76	11:35	13:44	15:24	14:49	
122	198	Ewert Stefan	KSK Köln	0:55:35	0:55:46	10	M30	77	11:29	13:50	15:25	14:49	
123	1479	Steinke Gerhard	*Köln	0:55:37	0:55:46	2	M65	42	13:18	13:52	14:23	14:02	
124	1092	Schaal Jan	*Niederkassel	0:55:40	0:56:00	5	MJB	00	12:36	13:37	14:40	14:46	
125	1286	Sonntag Ralph	LG RWE Power	0:55:59	0:56:08	27	M40	68	11:57	14:12	14:58	14:51	
126	73	Biermann Eric	TTC Blau-Rot 1971 Geyen e.V.	0:56:12	0:56:37	23	M45	65	13:36	14:04	14:14	14:18	
127	507	Minichilli Federico	*Köln	0:56:13	0:56:47	28	M40	70	13:40	14:16	14:19	13:57	
128	681	Schoss Manfred	LLG80Nordpark Köln	0:56:18	0:56:31	1	M70	38	12:43	13:56	14:49	14:48	
129	3	Schiffer Peter Stefan	Flöotekäs	0:56:34	0:56:43	24	M45	63	13:05	14:10	14:34	14:43	
130	1475	Niederreuther Mark-Nils	*Köln	0:56:43	0:57:17	11	M30	76	13:42	14:16	14:48	13:56	
131	69	Michel Mario	*Vogtsburg	0:56:47	0:57:12	29	M40	66	13:36	14:04	14:25	14:41	
132	279	Hahne Jan-Florian	-	0:56:52	0:57:10	15	MHK	81	12:11	14:19	15:08	15:13	
133	201	Faust Frank	*Frechen	0:57:04	0:57:40	23	M35	71	13:43	14:15	14:21	14:44	
134	506	Mindermann Rainer	TUS Brauweiler	0:57:08	0:57:29	30	M40	66	13:00	14:11	14:45	15:12	
135	854	Altenburg Gerrit	Altenburg-er Laufteam	0:57:24	0:57:35	25	M45	62	12:53	14:19	14:58	15:12	
136	565	Peter Ronald	HLG 98 Wuppertal	0:57:31	0:57:48	15	M50	60	12:35	14:14	15:10	15:30	
137	417	Kramer Michael	TS 79	0:57:42	0:58:02	31	M40	66	12:51	14:13	15:09	15:28	
138	1220	Turic Mario	TTC Brauweiler	0:57:55	0:58:14	32	M40	67	12:55	14:15	15:18	15:26	
139	170	Drach Karl-Heinz	Trainingsinstitut Baum	0:58:19	0:58:45	5	M60	48	14:08	14:22	14:33	15:16	
140	1203	Hoffmann Ralf	Raiffeisenbank	0:58:28	0:58:36	26	M45	61	12:45	14:37	15:49	15:15	
141	1204	Speracino David	Raiffeisenbank	0:58:29	0:58:36	16	MHK	81	12:45	14:37	15:50	15:15	
142	396	Köhler DR Peter	*Bergheim	0:59:01	0:59:22	4	M55	53	13:59	14:37	14:57	15:27	
143	1218	Müller Karl-Heinz	*Elsdorf	0:59:08	0:59:29	16	M50	57	14:03	14:53	15:00	15:11	
144	1418	Witt Guido	LG RWE Power	0:59:42	0:59:57	27	M45	65	14:08	15:23	15:10	14:59	
145	340	Jonas Hans_jürgen	*Pulheim	1:00:11	1:00:44	17	M50	59	14:48	15:37	15:25	14:20	
146	118	Büttner Werner	*Frechen	1:00:14	1:00:39	18	M50	57	13:29	14:30	15:39	16:35	
147	125	Carollo Gaetano	Warm up Fitness	1:00:22	1:00:24	28	M45	65	14:09	15:16	15:31	15:24	
148	109	Brock Reiner	*Bergheim	1:00:45	1:01:00	5	M55	53	14:02	15:14	15:31	15:57	
149	116	Bucheister Andreas	*Leichlingen	1:00:52	1:01:26	29	M45	62	14:36	15:29	16:11	14:35	
150	94	Bornemann Christian	*Bergheim-Glessen	1:00:52	1:01:26	17	MHK	82	14:36	15:29	16:12	14:34	
151	572	Piel Stephan	*Niederkassel	1:01:12	1:01:34	12	M30	79	13:59	15:26	15:24	16:21	
152	169	Dose Stefan	*Köln	1:01:33	1:02:02	13	M30	77	13:23	14:54	16:31	16:44	
153	1207	Chalkidis Fotios		1:02:05	1:02:30	24	M35	73	14:06	15:23	16:07	16:27	
154	259	Griehl Uwe	*Pulheim	1:02:30	1:02:56	19	M50	56	14:41	15:56	15:51	16:01	
155	262	Gross Roland	*Pulheim	1:02:39	1:03:09	33	M40	68	14:26	15:48	17:03	15:20	
156	848	Zils Marc	*Pulheim	1:02:39	1:03:09	25	M35	71	14:27	15:48	17:06	15:17	
157	1407	Volk Dr. Gerrit	*Köln	1:03:01	1:03:23	20	M50	58	14:09	16:36	16:32	15:43	
158	601	Rick Robin	*Pulheim	1:03:33	1:04:04	6	MJB	93	14:53	16:11	16:22	16:05	
159	895	Deiters Lothar	GSV-Porz/Köln	1:03:56	1:04:22	1	M75	34	14:31	15:52	16:21	17:11	
160	1287	Haarlammert Thomas	*Pulheim	1:04:27	1:05:00	26	M35	73	15:53	16:22	16:44	15:27	
161	95	Bornemann Ludwig	*Bergheim-Glessen	1:04:34	1:05:08	21	M50	58	14:36	15:30	17:13	17:15	
162	337	Jastrow Andreas	*Bergheim-Glessen	1:04:34	1:05:08	34	M40	70	14:36	15:29	17:14	17:15	
163	677	Schoknecht Heinz	*Pulheim Brauweiler	1:04:51	1:05:20	22	M50	59	15:32	16:46	19:06	13:27	
164	431	Kreuer Andreas	*Elsdorf	1:05:44	1:06:21	27	M35	74	16:11	15:57	16:48	16:48	
165	512	Mohrenstecher Dirk	rheinrunners friends	1:06:13	1:06:32	35	M40	69	13:40	15:34	17:54	19:03	
166	771	Uerlings Albert	Tus Königsdorf	1:06:43	1:07:20	30	M45	61	15:26	15:40	17:34	18:01	
167	517	Müller Herbert E.	LAV Bayer	1:07:15	1:07:25	1	M80	29	14:43	16:40	18:11	17:38	
168	658	Schlüter Sebastian	*Euskirchen	1:07:18	1:07:29	18	MHK	84	13:28	16:34	19:12	18:03	
169	669	Schmitz Peter	*Hürth	1:08:11	1:08:28	31	M45	65	14:14	16:55	18:05	18:57	
170	144	Cyranka Siegfried	TTC - Blau-Rot-Geyen von 1971	1:09:15	1:09:40	2	M70	38	15:45	17:14	17:37	18:37	
171	218	Franz Heinrich	*Pulheim	1:09:53	1:10:24	32	M45	63	15:26	17:02	18:41	18:43	
172	1289	Müller Manfred	Team Rafa	1:11:43	1:12:07	6	M60	48	15:53	17:47	18:40	19:21	
173	24	Abel Jörg	*Leverkusen	1:11:53	1:12:24	14	M30	77	14:50	18:21	20:14	18:27	
174	425	Krause Uwe	Glühbirnen Bedburg	1:12:00	1:12:27	33	M45	63	16:15	17:24	18:57	19:23	
175	352	Kaminski Hans	Die Jungs e.V.	1:12:27	1:12:56	28	M35	75	15:29	17:44	19:07	20:06	
176	676	Schoknecht David	Die Jungs e.V.	1:12:27	1:12:56	15	M30	76	15:32	16:46	19:09	21:00	
177	293	Helmut Weiner	*Köln	1:15:45	1:16:06	6	M55	55	16:17	18:47	20:40	19:59	

10km - Gesamtwertung

5. Abteilauf Brauweiler - 11.07.2010

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	333	Jaeger Ronja	LG Köln	0:38:58	0:39:00	1	WHK	89	09:10 09:55 10:02 09:50
2	673	Schön Maike	*Hürth	0:40:11	0:40:14	2	WHK	89	09:15 10:18 10:29 10:07
3	610	Röther Claudia	Turbo-Schnecken Lüdenscheid	0:41:09	0:41:12	1	W45	64	09:49 10:14 10:30 10:35
4	1212	Brede Christiane	*Erkelenz	0:46:10	0:46:13	1	W35	74	10:40 11:43 11:50 11:56
5	271	Guineo Romina	*Erkrath	0:48:28	0:48:32	3	WHK	88	11:42 12:08 12:15 12:22
6	696	Schumacher Heike	*Erkelenz	0:50:54	0:50:57	1	W40	70	11:48 12:54 13:13 12:58
7	197	Evertz Alexandra	*Pulheim	0:52:08	0:52:15	4	WHK	85	11:28 12:59 13:55 13:44
8	714	Singh Nicole	*Bergheim	0:53:03	0:53:16	2	W35	74	12:27 13:21 13:34 13:40
9	660	Schmidt-Küster Dorle	ASV Köln	0:53:06	0:53:13	1	W50	58	12:01 13:11 13:50 14:02
10	701	Schwarz Roshanak	*Köln	0:53:42	0:53:51	2	W45	63	12:16 13:25 13:58 14:01
11	878	Brocke Anika	Lucky Stars	0:53:57	0:54:03	1	W30	80	12:12 13:27 14:15 14:00
12	1053	Nagel Renate	*Pulheim-sinthern	0:54:08	0:54:27	2	W40	70	12:35 13:33 14:07 13:52
13	280	Hajek Verena	TuS Brauweiler	0:57:05	0:57:15	1	W55	52	12:52 14:22 14:47 15:02
14	545	Nolte Sabine	*Pulheim	0:57:30	0:57:37	2	W50	56	13:25 14:24 14:50 14:50
15	68	Berens Ulrike	*Bergheim	0:58:37	0:58:44	3	W40	68	13:31 14:52 15:12 15:00
16	1467	Gimbarova Elena	ASV Köln	0:58:52	0:59:05	3	W35	72	13:16 14:29 15:16 15:49
17	1219	Langzrs Michaela	*Elsdorf	0:59:05	0:59:25	4	W35	72	14:03 14:53 15:00 15:08
18	392	Knoth-Hartung Annette	*Pulheim	1:00:52	1:01:02	3	W45	64	13:53 15:17 15:44 15:56
19	1146	Van Laack Nuria	*Pulheim	1:01:26	1:01:32	1	WJB	93	13:33 15:13 15:38 17:00
20	1472	Kluge Julia	*Köln	1:02:07	1:02:31	5	WHK	82	14:12 15:23 16:11 16:19
21	827	Will Anne	*Pulheim	1:02:07	1:02:31	6	WHK	81	14:12 15:23 16:11 16:19
22	261	Gronostay Nicole	*Bergheim	1:05:14	1:05:33	5	W35	72	14:44 17:26 16:27 16:36
23	122	Busch Susanne	Bürgerverein Scheel	1:05:19	1:05:40	4	W45	62	14:42 16:05 16:40 17:50
24	1134	Thul Gerlinde	*Bergheim	1:05:32	1:05:58	2	W55	55	15:42 16:42 16:34 16:32
25	719	Spachholz Maria Luise	*Köln	1:05:41	1:05:53	3	W50	56	14:03 16:20 17:10 18:06
26	932	Galla Carina	*Pulheim	1:06:59	1:07:31	6	W35	75	15:38 17:07 17:29 16:45
27	1047	Minacapilli Özlem	*Bergheim	1:07:32	1:07:40	4	W40	68	15:17 17:36 17:37 17:01
28	1113	Seifriz Britta	*Frechen	1:09:56	1:10:26	7	W35	72	17:00 18:25 18:11 16:18
29	161	Dölken Mareike	*Siegen	1:11:09	1:11:40	2	W30	78	15:27 17:01 19:26 19:13
30	421	Krause Claudia	Glühbirnen Bedburg	1:12:00	1:12:27	1	WJA	92	16:14 17:24 18:58 19:22
31	11	Rupietta Susanne	*Koeln	1:12:53	1:13:25	5	W45	64	16:08 18:47 18:56 19:00
32	978	Hoffmann Nicole	TUS Brauweiler	1:12:57	1:13:14	8	W35	75	16:30 18:27 19:10 18:48
33	743	Stein Daniela	*Köln	1:15:45	1:16:06	3	W30	80	16:18 18:47 20:41 19:58
34	268	Gülden Ute	Glühbirnen Bedburg	1:18:19	1:18:47	4	W50	60	17:45 19:15 20:25 20:53