

10km - Gesamtwertung

8. Abteilauf Brauweiler - 16.6.2013

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	299	Meurer Sebastian	Team Periko	0:34:17	0:34:18	1	MHK	86	08:11	08:35	08:44	08:45	
2	2188	Kolter Matthias	Run 2 Runnerspoint	0:35:14	0:35:15	2	MHK	84	08:12	08:58	09:08	08:55	
3	2145	Di Dio Salvatore	Runners Point	0:35:56	0:35:57	1	M40	72	08:28	09:06	09:08	09:12	
4	38	Trems Torsten	Central-Team.de	0:36:12	0:36:14	1	M35	77	08:33	09:02	09:17	09:19	
5	1433	Cronin Ger	pro meidk	0:37:41	0:37:43	2	M40	69	08:44	09:35	09:53	09:28	
6	849	Orthen Johannes	TuS SW Brauweiler Handball	0:37:49	0:37:50	1	M50	62	08:59	09:36	09:35	09:36	
7	524	Hain Matthias	Titty Twister-Köln	0:38:05	0:38:08	2	M35	76	09:00	09:37	09:49	09:38	
8	4002	Teicher Rolf	TV Refrath	0:38:07	0:38:09	3	M40	69	09:00	09:38	09:49	09:40	
9	992	Schneider Thomas	LG RWE Power	0:38:24	0:38:27	4	M40	69	09:00	09:39	09:56	09:48	
10	2165	Kurth Jürgen	Pulheimer SC	0:38:25	0:38:28	2	M50	63	08:59	09:42	09:52	09:51	
11	1434	Kloss Mehmet	pro medik	0:39:06	0:39:08	5	M40	69	09:03	09:58	10:05	10:00	
12	2191	Gomolka Daniel		0:39:37	0:39:39	3	MHK	93	09:01	09:59	10:18	10:18	
13	390	Dudley Richard	Team Erdinger Alkoholfrei	0:39:40	0:39:43	3	M50	61	09:42	09:56	10:01	10:00	
14	2187	Juckel Dr. Bernd	SG Neukirchen	0:40:09	0:40:12	1	M60	50	09:47	10:12	10:07	10:01	
15	4003	Kräker Thorsten	Superpunk	0:40:15	0:40:18	6	M40	69	09:38	10:10	10:18	10:07	
16	919	Röllgen Thomas	HDL Perle	0:40:31	0:40:35	7	M40	73	09:36	10:18	10:25	10:11	
17	399	Eibl Christoph	*Pulheim	0:40:34	0:40:37	1	M30	81	09:28	10:13	10:36	10:17	
18	2196	Müller Christian	CJD Frechen	0:40:41	0:40:44	4	MHK	92	09:38	10:01	10:37	10:24	
19	2155	Rösler Denis	Team Erdinger Alkoholfrei	0:40:49	0:40:53	8	M40	70	09:47	10:19	10:29	10:13	
20	903	Reinhardt Ingo	*Köln	0:40:53	0:40:55	3	M35	77	09:39	10:20	10:33	10:20	
21	412	Emig Thorsten	*Paris	0:41:10	0:41:12	9	M40	69	09:32	10:24	10:34	10:39	
22	455	Franitza Marek	*Köln	0:41:32	0:41:39	4	M35	76	09:44	10:24	10:37	10:45	
23	457	Frenser Frank	Freiwillige Feuerwehr Eil	0:41:33	0:41:36	5	MHK	89	10:00	10:22	10:23	10:46	
24	146	Baudendistel Damian	*Pulheim	0:41:45	0:42:11	6	MHK	91	09:36	10:29	10:58	10:41	
25	1371	Kyrión Stephan	KYRION	0:41:52	0:41:56	10	M40	70	09:41	10:39	11:06	10:25	
26	1422	Baehr Oliver		0:41:58	0:42:05	5	M35	77	09:53	10:28	10:57	10:38	
27	1130	Urlewitz Frank	*Frechen	0:42:11	0:42:14	11	M40	69	09:41	10:35	11:07	10:47	
28	83	Stöcker Herbert	Pulheimer SC	0:42:13	0:42:16	2	M60	50	10:05	10:39	10:42	10:45	
29	2195	Kruse Tobias	LT Karlsruhe	0:42:26	0:42:39	6	M35	78	09:51	10:33	10:58	11:03	
30	1435	Keusen Hans	pro medik	0:42:27	0:42:33	1	M45	68	10:21	10:34	10:34	10:56	
31	4001	Engel Klaus	LT Rennhamster	0:42:41	0:42:49	1	M55	58	09:53	10:39	11:02	11:06	
32	577	Hoffmann Karsten	Triathlon-Team Sinzig	0:42:53	0:43:01	12	M40	71	10:04	10:51	11:06	10:50	
33	1047	Smola Andreas	*Bonn	0:43:05	0:43:12	2	M30	82	09:46	10:42	11:16	11:20	
34	1129	Uhlig Patrick	Team Erdinger Alkoholfrei	0:43:05	0:43:08	7	M35	76	09:25	10:53	11:21	11:25	
35	1380	Pütz Jürgen	LBS	0:43:05	0:43:10	13	M40	70	10:44	10:38	10:56	10:47	
36	32	Kröger Burkhard	*Wuppertal	0:43:10	0:43:10	4	M50	62	10:06	10:52	11:15	10:55	
37	2175	Scharf Steven		0:43:10	0:43:33	7	MHK	91	10:41	11:30	10:28	10:30	
38	2177	Müller Peter		0:43:41	0:43:48	14	M40	69	10:18	11:05	11:06	11:11	
39	484	Gellert Georg	BSG Stadtwerke Bonn	0:43:47	0:43:49	3	M60	49	10:11	11:10	11:16	11:08	
40	900	Reichling Volker	*Köln	0:43:53	0:43:58	3	M30	79	11:02	11:13	11:02	10:35	
41	116	Sosinski Daniel	*Bergisch Gladbach	0:44:08	0:44:16	4	M30	81	10:43	11:11	11:16	10:56	
42	435	Feldhoff Thomas	*Koeln	0:44:23	0:44:33	8	M35	75	10:20	11:14	11:36	11:11	
43	442	Fink Daniel	Laufmonster	0:44:25	0:44:30	5	M30	79	10:21	11:14	11:31	11:17	
44	2170	Müller Antoine	Spocho	0:44:30	0:45:05	8	MHK	92	11:11	10:21	10:52	12:05	
45	2172	Thalmüller Felix	Spocho	0:44:30	0:45:05	9	MHK	92	11:12	10:48	11:09	11:19	
46	5388	Fröhler Bernd	*Hürth	0:44:33	0:45:06	10	MHK	86	11:00	10:59	11:19	11:14	
47	405	Eisermann Stephan	Team Erdinger Alkoholfrei	0:44:35	0:44:41	2	M45	66	10:40	11:17	11:20	11:17	
48	2171	Tratberger Jannis		0:44:38	0:45:13	11	MHK	92	11:12	10:48	11:10	11:26	
49	36	Simon Marc	LBS	0:44:39	0:44:45	9	M35	76	10:48	11:13	11:22	11:15	
50	200	Boldt Johannes	TuS Niedermöhren	0:44:46	0:45:04	12	MHK	93	10:39	11:33	11:23	11:11	
51	154	Uebele Joachim	TV Refrath	0:44:48	0:44:50	5	M50	62	10:21	11:20	11:35	11:31	
52	292	Frech Markus		0:44:55	0:45:00	13	MHK	84	10:44	11:16	11:26	11:28	
53	1399	Bell Marco	DSHS Köln	0:45:30	0:45:47	14	MHK	92	11:07	11:51	11:48	10:43	
54	64	Boenke Reimer		0:45:42	0:45:51	15	M40	69	11:04	11:34	11:37	11:25	
55	1379	Gerdes Friedrich	LBS	0:45:42	0:45:47	6	M50	59	10:44	11:18	11:42	11:57	
56	1182	Werner Martin	Z.I.E.L.	0:45:46	0:45:49	16	M40	73	10:59	11:41	11:36	11:28	
57	15	Herzkamp Matthias	*Pulheim	0:45:53	0:45:58	15	MHK	87	10:26	11:45	11:47	11:54	
58	2186	Bock Martin		0:46:02	0:46:23	10	M35	78	10:55	11:30	11:47	11:49	
59	1378	Schibli Philemon		0:46:09	0:46:26	16	MHK	92	11:08	11:53	11:47	11:20	
60	1084	Steinhauer Andre	*Pulheim	0:46:15	0:46:39	17	MHK	89	11:52	11:35	11:27	11:21	

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	2178	Wüst Hans Werner		0:46:21	0:46:27	4	M60	50	10:58	11:35	11:43	12:03	
62	1296	Adams Raimund	Hunsrück Marathon	0:46:31	0:46:34	7	M50	60	10:17	12:03	12:07	12:01	
63	506	Gray Terence	*Pulheim	0:46:33	0:46:50	2	M55	55	11:10	11:40	11:54	11:47	
64	1055	Soulios Max	*Frechen	0:46:36	0:46:43	18	MHK	89	11:40	11:39	11:42	11:34	
65	1437	Schweden Markus	*Bergisch Gladbach	0:46:37	0:46:44	6	M30	82	10:53	11:44	12:03	11:55	
66	2181	Chiteala Philipp	DSHS Köln	0:46:39	0:46:59	19	MHK	90	11:24	11:51	11:41	11:42	
67	766	Matschull Frank	für meine Jungs	0:46:43	0:46:50	3	M45	67	10:52	11:45	12:07	11:58	
68	33	Gaarz Stefan	SportvorOrt	0:46:53	0:46:57	11	M35	74	10:31	11:51	12:05	12:25	
69	326	Bromkamp Manfred	*Wassenberg	0:47:04	0:47:07	3	M55	58	10:55	11:48	12:12	12:06	
70	2176	Schäffer Florian		0:47:08	0:47:31	20	MHK	90	10:41	11:54	12:27	12:04	
71	2180	Schoepe Gerd	KSK-team Köln	0:47:10	0:47:40	4	M45	65	12:03	11:37	11:50	11:39	
72	1252	Scherff Axel		0:47:11	0:47:45	5	M45	68	11:19	11:54	12:12	11:44	
73	1361	Milz Ralf	Vorwärts Köln	0:47:12	0:47:19	8	M50	61	11:17	11:52	12:07	11:55	
74	1381	Benth Michael	LBS	0:47:12	0:47:17	21	MHK	86	10:51	11:47	12:24	12:08	
75	1038	Schwitanski Dorian	Cardiff City	0:47:12	0:47:33	22	MHK	85	11:35	11:53	12:00	11:44	
76	848	Oppermann Axel	*Köln	0:47:20	0:47:32	4	M55	56	11:20	11:56	12:05	11:58	
77	692	Kootz Harald	TUS Brauweiler	0:47:24	0:47:33	9	M50	60	11:33	11:55	12:00	11:54	
78	4003	Lehne David	Wieselfisch	0:47:24	0:47:24	23	MHK	91	10:34	12:21	12:29	11:59	
79	52	Hermanns Stephan	LBS	0:47:28	0:47:34	10	M50	61	11:03	11:55	12:17	12:12	
80	2167	Vogel Jörg		0:47:34	0:47:37	17	M40	69	11:08	12:11	12:12	12:01	
81	1403	Port Philip	DSHS	0:47:34	0:48:10	24	MHK	87	11:11	10:50	11:10	14:23	
82	2159	Geiß Bernd	Elsdorf	0:47:37	0:47:56	5	M55	55	12:06	12:17	12:03	11:10	
83	1054	Soppe Wim	*Pulheim	0:47:38	0:48:15	6	M45	67	11:37	12:03	12:18	11:39	
84	1299	Hindersin Torsten		0:47:38	0:48:08	6	M55	56	12:18	12:04	11:45	11:30	
85	1078	Steffens Volker	Field Runners	0:47:38	0:47:42	7	M45	65	11:00	12:10	12:30	11:58	
86	100	Bieda Henning	*Bergheim	0:47:41	0:47:54	25	MHK	87	11:18	11:58	12:16	12:08	
87	1134	V. Papen Martin	*Pulheim	0:47:45	0:48:20	8	M45	67	11:52	12:17	12:00	11:35	
88	388	Dresel Yannik	Dahliewegrunners	0:47:46	0:47:54	1	MU18	00	10:57	12:01	12:25	12:21	
89	667	Knütter Olaf	*Bergheim	0:47:49	0:47:58	12	M35	76	11:04	12:08	12:23	12:13	
90	1056	Soulios Nikolaus	*Frechen	0:47:57	0:48:03	26	MHK	91	11:41	12:13	12:13	11:49	
91	294	Gatermann Marvin	DSHS Köln	0:47:59	0:48:17	27	MHK	93	11:08	12:06	12:31	12:12	
92	2174	Thull Andreas	SC Germania Geyen	0:48:01	0:48:21	9	M45	68	12:06	12:15	12:05	11:33	
93	2150	Suten Julian	GSG Pulheim	0:48:01	0:48:15	2	MU18	96	12:33	12:28	11:55	11:04	
94	936	Rosso Stefan	LFS	0:48:02	0:48:31	3	MU18	97	11:53	11:57	12:26	11:45	
95	152	Baus Jörg	Baus_Baus	0:48:03	0:48:40	18	M40	71	12:19	11:56	12:02	11:46	
96	883	Porschen Michael	P&G Running Team	0:48:03	0:48:10	19	M40	71	11:45	12:23	12:07	11:47	
97	1062	Spörk Konstantin	SV GW Brauweiler	0:48:10	0:48:10	4	MU18	02	10:41	12:20	13:11	11:56	
98	911	Ripp Dieter	VTC Köln	0:48:11	0:48:20	7	M55	56	11:24	12:05	12:19	12:22	
99	733	Ley Thomas	Lt Rösratherstraße	0:48:13	0:48:26	10	M45	65	11:27	12:12	12:18	12:15	
100	2168	Fester Hubert		0:48:14	0:48:25	11	M45	65	11:34	12:03	12:09	12:26	
101	591	Hudson Lee	Field Runners	0:48:14	0:48:18	13	M35	78	11:00	12:15	12:25	12:33	
102	493	Gerrits Bodo	*Bergheim	0:48:15	0:48:20	20	M40	71	11:35	12:26	12:25	11:48	
103	2179	Hein Manfred	Pulheimer SC	0:48:25	0:48:36	1	M65	47	11:49	12:08	12:19	12:08	
104	844	Nuwenhof Joachim	*Koeln	0:48:28	0:48:39	12	M45	67	11:31	12:12	12:25	12:19	
105	1376	Schmandra Lukas		0:48:29	0:48:47	28	MHK	90	11:55	12:31	12:07	11:55	
105	295	Isermann Nils		0:48:29	0:48:48	28	MHK	88	11:55	12:30	12:07	11:55	
107	2190	Kersting Friedel	*Köln	0:48:30	0:48:36	5	M60	50	11:21	12:10	12:31	12:27	
108	80	Gärtner Walter	*Pulheim	0:48:35	0:48:51	8	M55	55	11:22	12:19	12:32	12:21	
109	358	Cyrus Hans	Eintracht Allegro	0:48:38	0:48:50	21	M40	70	11:35	12:18	12:11	12:32	
110	404	Eisenreich Thomas	*Pulheim	0:48:39	0:48:49	13	M45	67	11:38	12:06	12:26	12:27	
111	0	unbekannt HD31YC2		0:48:39	0:48:39	0	M20		11:42	12:12	12:25	12:19	
112	1002	Schönenborn Jürgen	*Köln	0:48:43	0:49:09	14	M45	67	11:48	12:14	12:26	12:13	
113	489	Gerhards Holger	Toshiba	0:48:46	0:49:04	22	M40	71	11:53	12:25	12:21	12:06	
114	422	Ewert Stefan	KSK Köln	0:49:03	0:49:16	14	M35	77	11:33	12:42	12:27	12:19	
115	989	Schneider Bernd	*Kürten	0:49:03	0:49:40	11	M50	59	12:21	12:11	12:20	12:09	
116	1025	Schwabe Bernd	LG Rhein-Erft	0:49:04	0:49:11	9	M55	56	11:34	12:23	12:31	12:35	
117	51	Hölters Frank	LBS	0:49:04	0:49:09	23	M40	69	11:27	12:22	12:34	12:40	
118	2153	Saric Paul	GSG Pulheim	0:49:05	0:49:20	5	MU18	96	12:32	12:28	12:10	11:53	
119	2149	Fröhling Tim	Pulheim GSG	0:49:05	0:49:20	6	MU18	96	12:32	12:28	12:10	11:53	
120	1364	Lucktenberg Michael		0:49:07	0:49:24	24	M40	72	11:38	12:24	12:34	12:30	

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	1145	Viggen Bruno	Sonntagsläufer	0:49:14	0:49:21	15	M45	65	11:35	12:22	12:34	12:42	
122	717	Kunze Jochen	*Köln	0:49:28	0:49:52	25	M40	69	12:09	12:14	12:36	12:27	
123	1067	Spreemann Carsten	*Hürth	0:49:30	0:49:45	15	M35	75	12:25	12:33	12:22	12:09	
124	1222	Zenck-Dürselen Alexander	LG RWE Power	0:49:35	0:50:12	30	MHK	93	12:54	12:12	12:11	12:17	
125	1170	Weidenfeld Günter	*Hürth	0:49:35	0:49:54	10	M55	56	12:17	12:38	12:34	12:05	
126	1124	Toma Rene	*Bergheim	0:49:48	0:49:56	16	M45	65	11:04	12:22	12:55	13:24	
127	2173	Lösch Dieter		0:50:12	0:50:22	11	M55	58	11:57	12:38	12:47	12:49	
128	385	Dreiling Horst	*Bergheim	0:50:13	0:50:30	12	M50	61	12:10	12:55	12:55	12:13	
129	863	Paulke Jörg	*Pulheim	0:50:20	0:50:45	17	M45	68	11:53	12:33	12:57	12:55	
130	336	Busse Michael	Pilot Plant Cologne	0:50:23	0:50:33	26	M40	70	11:49	12:44	13:04	12:45	
131	650	Klasen Rudolf	*Köln	0:50:23	0:50:33	2	M65	46	11:49	12:44	12:56	12:53	
132	622	Kahlke Wolfgang	Knickfööss Köln	0:50:25	0:50:42	12	M55	57	12:09	12:35	12:44	12:56	
133	1036	Schwertner Jörg	*Pulheim	0:50:27	0:50:30	13	M50	62	11:34	12:27	13:15	13:10	
134	1109	Teutsch Uwe	*Hürth	0:50:30	0:50:39	14	M50	63	11:50	12:40	12:56	13:02	
135	532	Hartung Marcus	*Pulheim	0:50:33	0:50:47	18	M45	66	12:29	12:43	12:41	12:38	
136	750	Lüttel Stephan	TTC Vanikum	0:50:38	0:51:01	15	M50	63	12:09	12:33	12:51	13:04	
137	876	Plück Wolfgang	*Bergheim	0:50:44	0:51:05	16	M50	62	12:33	12:47	12:45	12:37	
138	1156	Voß Roland	*Köln	0:51:00	0:51:24	19	M45	66	12:14	12:44	13:07	12:54	
139	880	Pollmann Bernd	Die Laufschnellen	0:51:19	0:51:25	20	M45	65	12:25	13:25	13:07	12:19	
140	446	Fischenich Wolfgang	*Pulheim	0:51:20	0:51:30	21	M45	64	11:20	13:05	13:27	13:27	
141	481	Geckle Lutz	*Köln	0:51:26	0:51:31	22	M45	67	11:45	13:08	13:16	13:16	
142	1425	Ackermann Detlev	*Köln	0:51:28	0:51:31	27	M40	70	11:49	13:03	13:18	13:17	
143	189	Böhme PROF Marc	Sebamed	0:51:29	0:51:56	31	MHK	89	13:19	13:19	12:32	12:18	
144	441	Fiedler Stefan	*Hürth	0:51:30	0:51:37	13	M55	58	11:44	12:58	13:19	13:27	
145	1338	De Luna Silvio		0:51:35	0:51:48	23	M45	67	11:42	13:24	13:06	13:22	
146	859	Palm Berthold	TUS SW Brauweiler	0:51:43	0:51:54	17	M50	59	12:07	12:58	13:15	13:21	
147	387	Dresel Stephan	Dahliewegrunners	0:51:43	0:51:52	28	M40	70	11:58	13:15	13:11	13:18	
148	561	Hertel Aaron	*Hürth	0:51:58	0:52:13	7	M30	81	12:27	13:08	13:10	13:12	
149	1001	Schönauen Thomas	*Pulheim	0:52:11	0:52:32	8	M30	82	12:50	13:20	13:28	12:32	
150	1234	Zinecker Juergen	*Pulheim	0:52:11	0:52:34	18	M50	62	13:02	13:13	13:03	12:51	
151	1037	Schwertner Nils	*Pulheim	0:52:13	0:52:15	1	MU20	95	11:30	12:47	13:51	14:03	
152	916	Rodenkirchen Anno	*Pulheim	0:52:15	0:52:48	24	M45	65	12:07	13:26	13:38	13:03	
153	1909	Bauerdick Daniel	*Pulheim	0:52:18	0:52:37	9	M30	82	12:09	13:06	13:16	13:46	
154	107	Abromeit Werner	*Hürth	0:52:18	0:52:38	14	M55	56	12:50	13:07	13:13	13:07	
155	73	Zuper Dirk	MTVD Köln	0:52:22	0:52:27	29	M40	73	11:58	13:13	13:35	13:34	
156	1195	Wimmert Jörg	*Bergisch Gladbach	0:52:28	0:52:39	19	M50	62	13:13	13:14	13:20	12:40	
157	594	Hürtgen Hans	*Köln	0:52:35	0:52:50	20	M50	63	12:41	13:08	13:18	13:27	
158	682	Köster Henning	LG Rhein-Erft	0:52:38	0:52:52	25	M45	66	12:03	13:15	13:43	13:36	
159	148	Baur Bernd	*Pulheim	0:52:40	0:52:54	26	M45	68	12:11	13:27	13:21	13:39	
160	1043	Senft Rüdiger	*Pulheim	0:52:49	0:52:53	27	M45	67	12:18	13:19	13:40	13:30	
161	934	Rosso Mario	*Pulheim	0:52:53	0:53:22	21	M50	60	13:15	13:19	13:18	12:59	
162	886	Preuschoff Winfried	*Hürth	0:52:55	0:53:12	1	M70	40	12:31	13:09	13:32	13:42	
163	2164	Pollmann Bastian		0:53:04	0:53:09	2	MU20	94	12:21	13:36	13:47	13:18	
164	2194	Königshoven André		0:53:20	0:53:58	32	MHK	90	12:38	13:17	13:33	13:52	
165	2001	Neuhaus Walter	*Erfstadt	0:53:20	0:53:32	6	M60	53	12:13	13:27	13:46	13:53	
166	2002	Haarlammert Thomas	*Pulheim	0:53:35	0:54:01	30	M40	73	13:03	13:29	13:29	13:33	
167	1064	Spörk DR Wolfgang	SV GW Brauweiler	0:53:51	0:54:13	28	M45	67	12:21	13:31	13:56	14:01	
168	4711	Tzitis Ioannis	*Brauweiler	0:53:52	0:54:16	16	M35	78	13:12	13:28	13:37	13:34	
169	823	Münstermann Arndt	*Pulheim	0:53:54	0:54:12	29	M45	68	12:34	13:18	13:52	14:08	
170	408	Elsasser Carsten	TUS Brauweiler	0:53:54	0:54:17	30	M45	67	13:13	13:28	13:36	13:35	
171	1400	Hanewald Moritz	*Köln	0:54:00	0:54:02	33	MHK	91	13:37	14:34	14:00	11:46	
172	672	Koch Jens	*Köln	0:54:03	0:54:09	31	M45	68	12:25	13:34	13:44	14:18	
173	43	Biederbick Renč	*Dormagen	0:54:03	0:54:09	31	M40	70	12:27	13:33	13:47	14:15	
174	1113	Tigges Philipp	*Pulheim	0:54:04	0:54:18	34	MHK	85	12:15	13:07	14:24	14:16	
175	802	Mindermann Rainer	TUS Brauweiler	0:54:05	0:54:27	32	M45	66	13:03	13:25	13:52	13:44	
176	700	Kramer Andrej	*Rommerskirchen	0:54:19	0:54:54	10	M30	82	13:20	13:32	13:43	13:42	
177	852	Otta Karsten	*Waibstadt	0:54:20	0:54:22	33	M45	66	12:25	13:33	14:03	14:17	
178	1166	Watteroth Marco	*Pulheim-Brauweiler	0:54:26	0:55:00	35	MHK	91	13:36	13:30	13:57	13:22	
179	359	Dähnke Kay	*Köln	0:54:40	0:55:07	34	M45	68	12:31	13:39	14:08	14:20	
180	514	Grunow Michael	Kleine Allianz Weiden	0:54:42	0:55:08	35	M45	67	12:58	13:38	13:55	14:10	

10km - Gesamtwertung

8. Abteilaufl Brauweiler - 16.6.2013

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	2424	Mardak Roman	Kleine Allianz Weiden	0:54:43	0:55:09	32	M40	73	12:59	13:45	14:03	13:55	
182	296	Wilke Burkhard		0:54:43	0:54:51	33	M40	70	13:24	13:39	13:39	13:59	
183	909	Richartz Tim	Kleine Allianz Weiden	0:54:43	0:55:09	11	M30	81	12:59	13:27	14:05	14:11	
184	1262	Raddatz Dennis		0:54:46	0:54:46	12	M30	82	14:16	13:00	13:34	13:55	
185	2169	Steinke Gerhard	*Köln	0:54:50	0:55:03	2	M70	42	12:51	13:58	14:08	13:51	
186	48	Müller Jörg	*Bergheim	0:55:00	0:55:19	36	M45	65	12:39	13:22	14:11	14:47	
187	699	Krahn Andreas	*Köln	0:55:06	0:55:15	36	MHK	89	12:56	14:04	14:08	13:57	
188	710	Krümml Josef	*Pulheim	0:55:07	0:55:21	7	M60	49	13:12	13:49	13:55	14:10	
189	327	Broszat Björn	*Bergheim	0:55:08	0:55:37	13	M30	82	13:50	12:52	13:47	14:36	
190	1304	Hennies Lennart		0:55:23	0:55:24	7	MU18	00	12:11	14:10	14:32	14:29	
191	829	Naumann Thomas	Herrenzimmer Racingteam	0:55:30	0:56:10	34	M40	70	13:03	13:43	14:15	14:28	
192	4	Schiffer Stefan	Flöotekäs	0:55:31	0:55:46	22	M50	63	13:25	13:34	14:08	14:23	
193	922	Röntgen Jan	*Pulheim	0:55:33	0:55:33	35	M40	69	13:18	13:27	14:04	14:42	
194	872	Pickhard Holger	Point One Runners	0:55:37	0:56:13	37	M45	64	13:35	14:05	14:09	13:47	
195	61	Feyizoglu Burak	SCB Lindenthal-Hohenlind	0:55:43	0:55:43	37	MHK	89	14:24	13:39	14:08	13:31	
196	993	Schneider Wolfgang	*Bergheim	0:55:49	0:56:02	15	M55	54	14:08	13:53	13:49	13:57	
197	1030	Schwarz Christian	Bundeswehr	0:56:19	0:56:51	38	MHK	84	14:06	14:27	14:07	13:38	
198	131	Annighöfer Stephan	Bundeswehr	0:56:19	0:56:51	23	M50	63	14:07	14:26	14:06	13:38	
199	45	Schüten Oliver	*Pulheim	0:56:21	0:56:50	38	M45	68	13:11	14:04	14:34	14:30	
200	167	Bemmann Ulrich	*Köln	0:56:37	0:57:01	39	M45	67	13:16	14:00	14:33	14:46	
201	47	Kohl DR Stefan	Piloten im Tieflug	0:56:37	0:57:02	40	M45	65	13:16	14:00	14:33	14:46	
202	347	Cleve Carsten	TUS Brauweiler	0:56:44	0:57:07	41	M45	66	13:02	13:25	15:02	15:13	
203	193	Bongartz Ulrich Ignaz	*Hennef	0:56:56	0:57:37	8	M60	53	13:05	14:21	14:57	14:31	
204	1243	Just Matthias		0:57:01	0:57:11	42	M45	65	12:31	14:17	15:01	15:11	
205	1314	Unger Andreas		0:57:04	0:57:20	43	M45	64	13:30	14:18	14:36	14:38	
206	613	Jonas Hans-Jürgen	*Pulheim	0:57:08	0:57:40	24	M50	59	13:31	14:33	14:40	14:23	
207	1031	Schwarz Werner	mach3 e.V.	0:57:09	0:57:14	3	M65	48	14:17	14:39	14:25	13:45	
208	397	Egbert Markus	*Köln	0:57:11	0:57:22	44	M45	65	13:12	14:07	14:48	15:02	
209	9999	Lechelt Stefan	*Köln	0:57:17	0:57:40	17	M35	75	13:10	14:44	14:53	14:28	
210	1172	Weingarten Gregor	*Köln	0:57:19	0:57:38	45	M45	65	13:39	14:26	14:33	14:39	
211	1428	Schmitz Roland	LFT Pulheim	0:57:24	0:57:24	36	M40	72	14:05	13:44	14:26	15:07	
212	578	Hohl DR Michael	Laktatschweine Köln	0:57:30	0:58:00	9	M60	53	13:53	14:42	14:37	14:17	
213	990	Schneider Christoph	*Pulheim Brauweiler	0:57:37	0:57:55	18	M35	77	13:44	14:30	14:59	14:23	
214	1236	Arenas Carrion Antonio		0:57:49	0:58:01	39	MHK	87	14:10	14:43	14:29	14:26	
215	977	Schlumbohm Michael	Pilot Plant	0:57:50	0:57:54	46	M45	65	13:27	14:49	15:02	14:31	
216	340	Carollo Gaetano	Warm up Fitness	0:57:51	0:57:53	47	M45	65	13:14	14:41	15:05	14:50	
217	459	Friederichsen Dirk	*Pulheim	0:57:54	0:58:23	37	M40	70	13:04	14:09	14:47	15:53	
218	508	Griehl Uwe	*Pulheim	0:58:09	0:58:37	16	M55	56	13:55	14:42	14:40	14:50	
219	1968	Honak Martin	*Pulheim	0:58:24	0:59:02	48	M45	68	14:01	14:39	14:56	14:48	
220	2183	Montz Christoph		0:58:34	0:59:04	49	M45	67	14:29	14:54	14:35	14:35	
221	1331	Ernst Gregor		0:59:09	0:59:40	19	M35	77	13:39	14:48	15:21	15:19	
222	716	Küpper Jörg	*Pulheim	0:59:14	0:59:47	50	M45	65	14:35	15:04	15:14	14:19	
223	564	Herzkamp David	*Pulheim-Brauweiler	1:00:08	1:00:13	8	MU18	97	13:19	15:17	15:49	15:41	
224	1274	Schönauen Sebastian		1:00:11	1:00:32	40	MHK	93	13:20	14:56	15:47	16:06	
225	0	unbekannt DG8D423		1:00:15	1:00:15	0	M20		14:18	15:03	15:21	15:31	
226	583	Horatz Holger	*Pulheim	1:00:37	1:00:53	51	M45	68	14:10	14:59	15:55	15:31	
227	1165	Watteroth Hans-Jürgen	*Pulheim-Brauweiler	1:00:38	1:01:12	52	M45	65	13:57	15:10	15:40	15:49	
228	579	Hohn Bernd	Knickfööss Köln	1:00:51	1:01:13	38	M40	70	13:51	15:15	16:06	15:37	
229	978	Schmelzle Karl Heinz	*Bergheim	1:01:17	1:01:59	10	M60	53	14:19	15:09	16:05	15:42	
230	434	Feißel Burkhard	TSV Leuna e.V.	1:01:38	1:02:03	39	M40	71	14:35	15:30	15:49	15:43	
231	813	Müller Herbert E.	LAV Bayer Uerd./Dormagen	1:02:16	1:02:31	1	M80	29	14:09	15:55	16:02	16:09	
232	2161	Pollmann Maximilian		1:02:27	1:02:32	9	MU18	00	14:10	15:53	16:08	16:14	
233	2157	Glaubitz Achim	KSK Köln	1:02:29	1:02:43	20	M35	77	15:00	15:48	16:07	15:32	
234	197	Bornemann Ludwig	Da simmer dabei	1:02:39	1:03:12	17	M55	58	14:25	15:38	16:15	16:21	
235	2193	Bender Stefan		1:03:11	1:03:51	25	M50	60	15:54	15:39	15:24	16:12	
236	433	Fauck Reiner	*Pulheim	1:03:39	1:04:15	18	M55	56	15:00	15:42	16:26	16:30	
237	196	Bornemann Christian	Da simmer dabei	1:04:33	1:05:06	14	M30	82	14:25	15:39	16:55	17:32	
238	1022	Schumacher Marco	*Bergheim	1:04:42	1:05:12	21	M35	74	16:22	16:39	16:35	15:05	
239	1044	Senger Martin	*Frechen	1:05:27	1:06:08	15	M30	80	16:00	16:42	16:36	16:07	
240	747	Ludwigs Alexander	*Pulheim	1:05:58	1:06:29	53	M45	67	15:27	16:21	16:56	17:12	

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8. Abteilauf Brauweiler - 16.6.2013

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	1354	von Schorlemer Max	Abteigymnasium	1:08:14	1:09:31	3	MU20	94	13:47	18:33	17:07	18:45	
242	1193	Willeke Horst	*Köln	1:09:04	1:09:33	26	M50	61	16:07	16:52	17:28	18:36	
243	375	Dölken Wolfram	*Siegen	1:09:31	1:10:11	19	M55	54	15:35	16:56	18:07	18:52	
244	456	Franz Heinrich	*Pulheim	1:09:32	1:10:10	27	M50	63	15:35	16:56	18:07	18:52	
245	905	Reisch Max	*Köln	1:10:06	1:10:45	10	MU18	99	15:54	16:58	18:05	19:07	
246	906	Reisch Uli	*Köln	1:10:06	1:10:45	54	M45	66	15:54	16:58	18:05	19:07	
247	728	Lehmacher Tim	*Köln	1:12:01	1:12:23	55	M45	68	15:25	17:48	19:49	18:59	

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8. Abteilauf Brauweiler - 16.6.2013

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	2189	Westermann Rike	TV Refrath	0:39:46	0:39:48	1	W30	82	09:27	10:04	10:09	10:06	
2	2166	Roche Liz	Ensa	0:42:43	0:42:49	1	W40	73	09:57	10:41	10:56	11:06	
3	78	Kremp Alexandra	*Köln	0:46:39	0:46:43	1	W45	68	10:53	11:40	12:00	12:05	
4	778	Meisen Nicole	*Kerpen	0:46:45	0:46:52	1	W35	74	11:01	11:38	12:07	11:58	
5	300	Köhler Sabine	Team Periko	0:46:58	0:47:03	2	W30	82	11:03	11:54	11:59	12:01	
6	334	Burghoff Nicole	*Pulheim	0:47:20	0:47:24	2	W35	75	11:05	11:56	12:07	12:11	
7	1187	Whybra-Döttelbeck Natasha	*Pulheim	0:48:33	0:48:37	2	W40	70	11:00	12:23	12:44	12:24	
8	1271	Dorn Annika	Deutsche Sporthochschule Köln	0:48:36	0:49:07	1	WHK	93	12:01	12:08	12:11	12:15	
9	691	Koniarek Michaela	*Köln	0:49:09	0:49:13	2	W45	68	11:48	12:23	12:30	12:27	
10	293	Pietzrk Mandy		0:50:21	0:50:26	2	WHK	86	11:51	12:45	12:50	12:53	
11	727	Lauterbach Selina	*Kreuzau	0:51:02	0:51:45	3	WHK	92	13:39	11:06	10:58	15:17	
12	1337	De Luno Daniela Angelichio		0:51:28	0:51:41	3	W40	72	11:44	12:49	13:22	13:31	
13	28	Dörrzapf Anja	*Königsdorf	0:51:45	0:51:55	3	W35	77	11:53	13:09	13:25	13:16	
14	539	Hausmann Michaela	*Siegburg	0:51:52	0:51:59	3	W30	79	11:40	13:12	13:28	13:30	
15	538	Hausmann Heike	*Siegburg	0:51:52	0:51:59	4	W35	78	11:40	13:12	13:27	13:32	
16	511	Grüe Anna	*Frechen	0:52:23	0:52:40	4	WHK	85	12:33	13:05	13:17	13:27	
17	1004	Schröder Sevay	ASV e.V.	0:52:29	0:52:41	4	W40	69	12:21	13:12	13:26	13:29	
18	2152	Hassels Ilona		0:52:36	0:53:00	5	WHK	85	12:36	13:14	13:33	13:13	
19	24	Schweden Kerstin	*Köln	0:52:53	0:53:16	6	WHK	86	12:36	13:14	13:33	13:29	
20	473	Galla Carina	*Pulheim	0:53:42	0:53:44	5	W35	75	12:16	13:42	13:55	13:48	
21	1024	Schumacher Patricia	*Köln	0:53:53	0:54:05	5	W40	69	13:11	13:24	13:47	13:29	
21	398	Egbert Sonja	*Köln	0:53:53	0:54:06	3	W45	66	13:11	13:25	13:46	13:29	
23	101	Schneider Silke	*Bergheim	0:53:55	0:54:09	7	WHK	85	13:07	13:26	13:43	13:38	
24	1401	Emsermann Carina		0:54:00	0:54:02	8	WHK	92	13:38	14:35	14:00	11:46	
25	1324	Kemper Katrin		0:54:11	0:54:30	9	WHK	91	11:49	12:37	12:37	17:06	
26	761	Mardak Nathalie	Kleine Allianz Weiden	0:54:43	0:55:08	6	W35	76	13:00	13:43	14:02	13:55	
27	1035	Schwerdtfeger Nicole	*Köln	0:54:46	0:55:19	6	W40	70	13:36	13:58	13:40	13:30	
28	1377	Zimmer Marlen		0:54:46	0:55:18	10	WHK	90	13:58	15:14	09:40	15:53	
29	0	Beismann Claudia		0:55:01	0:55:01	4	W45	65	12:34	13:42	14:17	14:26	
30	2185	Krause Tina		0:55:11	0:55:32	4	W30	82	12:42	13:44	14:11	14:32	
31	1448	Brüderer Katja		0:55:51	0:56:02	7	W40	72	12:13	14:03	14:33	15:01	
32	128	Coester Ulli	SySt	0:56:18	0:56:44	5	W45	64	13:23	14:04	14:31	14:20	
33	525	Hajek Verena	TUS Brauweiler	0:56:56	0:57:06	1	W60	52	13:33	14:31	14:29	14:22	
34	2151	Koolen Klara	Janus Köln	0:56:58	0:57:25	6	W45	64	13:47	14:26	14:29	14:15	
35	126	Müller Petra	SySt	0:57:01	0:57:26	7	W45	67	13:22	14:04	14:31	15:02	
36	546	Heidinger Isabel	*Sankt Goarshausen	0:57:12	0:57:44	11	WHK	93	13:57	15:15	14:38	13:20	
37	1213	Wittsack Verena	*Frechen	0:57:18	0:57:26	5	W30	79	13:34	14:28	14:18	14:56	
38	808	Moutel-Hornung Marie-Line	*Pulheim	0:57:18	0:57:50	8	W40	72	13:24	14:21	14:47	14:45	
39	600	Iwanek Anna	LG RWE Power	0:57:39	0:58:16	12	WHK	89	13:58	14:46	14:41	14:12	
40	166	Belic Tina	*Frechen	0:57:53	0:58:02	7	W35	75	13:14	14:46	14:55	14:57	
41	430	Falkenrath Melanie	*Pulheim	0:58:07	0:58:19	9	W40	69	14:09	15:15	14:26	14:15	
42	2182	Timm Anna-Lisa	DSHS Köln	0:58:19	0:59:00	13	WHK	92	13:23	13:54	15:07	15:53	
43	560	Herpel Wiebke	Pulheimer SC	0:59:06	0:59:36	10	W40	70	13:33	14:50	15:10	15:31	
44	817	Müller-Rösch Tatjana	*Pulheim	0:59:10	0:59:34	11	W40	70	13:40	15:02	15:21	15:05	
45	542	Hecht Vera Lisa	*Bonn	0:59:12	0:59:46	14	WHK	85	14:55	15:04	14:59	14:13	
46	182	Boden Antje	*Hürth	0:59:26	0:59:48	8	W45	65	13:55	14:47	15:15	15:27	
47	1032	Schwarze Michaela	Kölner Ausdauer-und	0:59:32	0:59:59	8	W35	76	14:31	15:06	15:03	14:50	
48	2192	Czapp Bender Marie-Luise		0:59:36	1:00:16	9	W45	65	14:20	15:05	15:05	15:04	
49	540	Hecht Ines	*Düsseldorf	0:59:36	1:00:11	15	WHK	89	14:55	15:04	14:59	14:38	
50	541	Hecht Pia Alina	*Köln	0:59:38	1:00:13	16	WHK	87	14:55	15:03	14:59	14:40	
51	979	Schmidt Carolin	*Hürth	0:59:49	1:00:06	17	WHK	88	14:08	15:03	15:03	15:33	
52	633	Kempka Friederike	*Hürth	0:59:52	1:00:08	18	WHK	89	14:10	15:04	15:06	15:30	
53	1322	Lellau Patty		1:00:14	1:00:42	12	W40	73	15:02	15:06	15:05	15:00	
54	1011	Schulenburg Saskia	*Köln	1:00:29	1:00:53	19	WHK	88	14:02	15:26	15:42	15:18	
55	704	Kremp Janine	*Hürth	1:00:38	1:00:54	20	WHK	87	14:34	15:06	15:39	15:17	
56	515	Günes Necla	*Elsdorf	1:00:39	1:00:55	9	W35	74	13:20	15:26	15:58	15:53	
57	705	Kremp Jasmin	*Hürth	1:00:41	1:00:57	21	WHK	85	14:35	15:06	15:40	15:19	
58	310	Brandt Andrea	*Bonn	1:00:47	1:01:08	10	W45	65	13:51	15:15	16:06	15:33	
59	521	Häck Jessica	*Frechen-Königsdorf	1:00:47	1:01:20	6	W30	81	14:01	15:26	15:54	15:25	
60	1017	Schumacher Ilka	*Frechen Königsdorf	1:00:57	1:01:30	10	W35	74	14:01	15:26	15:53	15:34	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	395	Efeoglu Tanja	*Elsdorf	1:01:10	1:01:28	11	W35	74	13:55	15:25	16:29	15:19	
62	754	Maag-Hohl DR Kornelia	Laktatschweine Köln	1:01:32	1:02:03	1	W55	58	14:32	15:24	15:52	15:43	
63	1201	Hess Steffi	Pulheimer SC	1:01:38	1:01:49	13	W40	70	14:10	15:30	16:06	15:50	
64	344	Christ Antje	*Köln	1:01:56	1:02:08	1	W50	62	14:30	15:53	15:58	15:33	
65	782	Mergemann Gabriela	*Pulheim	1:04:06	1:04:43	2	W55	54	14:40	16:04	16:24	16:57	
66	664	Knoth-Hartung Annette	*Pulheim	1:04:10	1:04:25	11	W45	64	14:44	16:04	16:36	16:43	
67	133	Arnolds Sonja	*Elsdorf	1:05:25	1:05:42	12	W35	77	14:00	15:58	17:39	17:46	
68	1298	Hindersin Gudrun		1:05:40	1:06:11	3	W55	56	14:29	15:45	17:08	18:18	
69	904	Reisch Hanna	*Köln	1:06:03	1:06:39	1	WU18	99	14:56	15:43	17:09	18:14	
70	1323	Lellau Laura	Abtei Gymnasium	1:06:03	1:06:39	2	WU18	99	14:56	15:43	17:09	18:14	
71	328	Broszat Sabine	*Bergheim	1:06:19	1:06:47	14	W40	72	16:25	16:38	16:35	16:40	
72	1057	Spachholz Maria Luise	TUS SW Brauweiler	1:07:23	1:07:55	4	W55	56	15:01	16:54	17:29	17:57	
73	357	Cyranka Siegfried	TTC - Blau-Rot-Geyen	1:07:31	1:07:44	1	W75	38	15:39	17:06	17:11	17:34	
74	1272	Pattenholz Annika	Arthur Kopfchen Realschule	1:08:15	1:09:32	3	WU18	97	13:43	15:47	17:57	20:46	
75	1051	Sommerfeld Elisabeth	TUS Brauweiler	1:10:37	1:11:14	5	W55	58	16:11	17:46	18:17	18:22	
76	117	Alexandrakis Barbara	*Bergheim-Glessen	1:10:57	1:11:03	6	W55	58	15:10	17:20	18:50	19:35	
77	899	Reichert Marion	*Pulheim	1:16:45	1:17:13	13	W35	76	15:17	18:42	21:46	20:58	