

## GL Lauf Cup 2007

## Martinilaf Bensberg am 4. November 2007

Platz	Nr.	Name	Verein	AK	Gesamtzeit	Kirschblütenlauf	Stadtlauf	Martinilaf
<b>Männer</b>								
1	722	von Kuk, Carsten	LT DSHS Köln	M40	01:30:59	- 00:33:17	- 00:31:48	- 00:25:54
2	386	Mucha, Bastian	TV Refrath	MHK	01:33:42	- 00:34:08	- 00:32:12	- 00:27:22
3	286	Gronewold, Thomas	TUS Immekeppel	M35	01:35:50	- 00:35:27	- 00:33:26	- 00:26:57
4	468	Teicher, Ralf		M35	01:40:19	- 00:36:46	- 00:35:13	- 00:28:20
5	237	Dörper, Mario	RSV Staubwolke Refrath	MJu	01:44:24	- 00:38:44	- 00:36:30	- 00:29:10
6	274	Füchtler, Klaus	VfL Engelskirchen	M45	01:44:31	- 00:38:10	- 00:36:47	- 00:29:34
7	459	Stoppenbach, Dietmar	SSV Süng	M35	01:46:17	- 00:38:31	- 00:37:07	- 00:30:39
8	495	Winkler, Guido	Laufhörnchen	M40	01:48:16	- 00:39:35	- 00:38:18	- 00:30:23
9	302	Hamacher, Herbert	HEILIGENHAUSER SV	M35	01:52:58	- 00:40:43	- 00:39:50	- 00:32:25
10	359	Linden, Sebastian	TuS Immekeppel	MJu	01:57:54	- 00:41:54	- 00:43:34	- 00:32:26
11	717	Kuhl, Dietmar	THC Rot Weiß Bergisch	M40	01:58:33	- 00:42:33	- 00:42:34	- 00:33:26
12	234	Dernerth, Marcus	futterkonzept	M35	01:59:27	- 00:44:01	- 00:42:02	- 00:33:24
13	743	Kruse, Stephan	Laufburschen	M35	02:00:59	- 00:44:16	- 00:41:35	- 00:35:08
14	280	Germer, Florian		MHK	02:02:08	- 00:44:34	- 00:42:49	- 00:34:45
15	403	Nowak, Rainer		M55	02:02:20	- 00:43:43	- 00:43:01	- 00:35:36
16	363	Lotz, Dirk-Henning		M30	02:02:44	- 00:44:48	- 00:43:35	- 00:34:21
17	328	Keese, Dieter	Team Luftwaffe	M45	02:05:47	- 00:46:58	- 00:44:05	- 00:34:44
18	304	Hauptmann, Dietmar		M40	02:06:40	- 00:45:37	- 00:44:18	- 00:36:45
19	277	Gebehart, Achim	SV Bergisch Gladbach	M45	02:10:23	- 00:47:49	- 00:45:30	- 00:37:04
20	207	Arand, Thomas Peter	TuS Schildgen Korfball	M45	02:12:25	- 00:48:53	- 00:47:07	- 00:36:25
21	317	Honscheid, Heribert	LT Dellbrück	M50	02:13:53	- 00:48:20	- 00:46:42	- 00:38:51
22	308	Helten, David	TUS Schildgen	MSc	02:14:16	- 00:49:36	- 00:47:33	- 00:37:07
23	356	Ley, Achim	HEILIGENHAUSER SV	M40	02:15:44	- 00:49:26	- 00:46:57	- 00:39:21
24	212	Balsam, Hans	Die Rentiere	M50	02:15:50	- 00:46:23	- 00:42:51	- 00:46:36
25	265	Fölster, Achim	Laufftreff Saaler Mühle	M55	02:15:58	- 00:49:28	- 00:47:49	- 00:38:41
26	224	Boelen-Theile, Claus	Bergische Landeszeitung	M40	02:16:31	- 00:48:53	- 00:48:25	- 00:39:13
27	439	Schilde, Bernhard	Rheinisch-Bergischer Kreis	M45	02:19:27	- 00:51:24	- 00:49:18	- 00:38:45
28	336	Koch, Marcel	DAV	M35	02:20:39	- 00:52:39	- 00:47:36	- 00:40:24
29	453	Sommer, Volker	SV Bergisch Gladbach	M40	02:21:26	- 00:49:57	- 00:51:27	- 00:40:02
30	293	Habrunner, Manfred	Bensberger Bank	M45	02:21:37	- 00:51:54	- 00:50:08	- 00:39:35
31	256	Fahlenbock, Ralf	nur für mich	M45	02:22:03	- 00:51:13	- 00:50:48	- 00:40:02
32	264	Flock, Franz Hubert		M70	02:23:57	- 00:51:44	- 00:51:40	- 00:40:33
33	334	Knape, Hartmut	ORTB	M55	02:27:39	- 00:53:58	- 00:51:29	- 00:42:12
34	395	Nebel, Hans Jürgen	Union Blau- Weiß Biesfeld	M40	02:28:25	- 00:54:32	- 00:52:43	- 00:41:10
35	485	Weilandt, Stephan	1.FC Köln	M70	02:31:05	- 00:54:20	- 00:54:42	- 00:42:03
36	289	Gülden, Peter	Bensberger Bank	M40	02:31:50	- 00:56:17	- 00:52:23	- 00:43:10
37	390	Müller, Herbert	AusdauerTEAM MKH	M35	02:34:39	- 00:54:05	- 00:54:26	- 00:46:08
38	315	Holm, Harald	Bensberger Bank	M60	02:44:59	- 00:58:22	- 00:58:06	- 00:48:31
39	449	Siebenmorgen, Benno		M50	02:47:19	- 00:57:56	- 00:58:27	- 00:50:56
40	303	Harbordt, Holger	Die Frühstücksläufer	M30	02:48:29	- 01:00:21	- 01:01:37	- 00:46:31
41	486	Weinig, Manfred	AusdauerTEAM MKH	M65	02:50:03	- 01:04:09	- 00:58:23	- 00:47:31