

50km - Gesamtwertung

50km von Hitdorf - 5. September 2010

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	AK-Pl	AK	km	Rundenzeiten
1	95	Thiel Christian	SG Neukirchen-Hülchrath	3:30:17	1	M30	50km	19:41 * 19:47 * 19:43 * 19:51 * 20:12 * 20:48 * 21:50 * 22:32 * 22:55 * 22:54
2	61	Lämmlein Franz	LLG St.Augustin	3:51:15	1	M55	50km	21:59 * 21:52 * 22:07 * 22:25 * 22:46 * 22:59 * 23:02 * 23:40 * 24:29 * 25:51
3	19	Dachs Manfred	VC/LG Nienburg	3:51:40	1	M40	50km	20:56 * 21:06 * 22:24 * 22:17 * 22:59 * 23:31 * 23:54 * 24:12 * 24:55 * 25:21
4	31	Gattinger Carsten	SG Hackenberg	3:52:55	1	M45	50km	22:13 * 22:07 * 22:12 * 22:42 * 24:52 * 23:14 * 23:47 * 24:17 * 24:04 * 23:23
5	27	Frank Gerhard	Prom.85 Lgf-Richrath	4:10:36	1	M50	50km	21:07 * 21:10 * 21:41 * 22:16 * 22:28 * 23:13 * 24:44 * 27:33 * 30:46 * 35:34
6	129	Gohr Reimund	*Remscheid	4:17:42	1	M35	50km	25:24 * 25:13 * 25:07 * 25:13 * 25:29 * 24:02 * 24:43 * 25:53 * 27:54 * 28:40
7	47	Kirsch Holger	*Kerpen	4:21:58	2	M40	50km	26:41 * 26:26 * 26:11 * 26:41 * 26:08 * 26:17 * 26:37 * 25:57 * 25:40 * 25:16
8	120	Nofftz Klaus	NTV Bergisch Neukirchen	4:30:42	2	M50	50km	26:48 * 26:32 * 26:52 * 26:37 * 27:22 * 27:42 * 28:36 * 28:39 * 26:29 * 25:00
9	70	Müller Wolfgang	Vfl Engelskirchen	4:32:22	3	M50	50km	27:26 * 27:31 * 27:19 * 27:33 * 27:23 * 26:54 * 27:30 * 26:37 * 27:11 * 26:52
10	6	Ast Karol	Dynamit Nobel	4:36:13	2	M35	50km	27:13 * 26:54 * 27:03 * 26:57 * 27:25 * 27:11 * 27:26 * 28:09 * 28:19 * 29:31
11	219	Blasberg Frank	LG Monheim/Baumberg	4:39:50	2	M45	50km	28:20 * 28:24 * 28:29 * 27:57 * 27:58 * 28:05 * 27:56 * 27:38 * 27:41 * 27:18
12	58	Kruse Jochen	LT-Hemsbach	4:41:10	3	M40	50km	26:18 * 25:23 * 25:07 * 25:13 * 26:15 * 27:03 * 28:13 * 30:32 * 34:04 * 32:58
13	38	Heinze Lutz	Hab ich den Herd ausgemacht!?	4:41:40	4	M40	50km	24:24 * 25:02 * 24:23 * 24:03 * 24:09 * 26:35 * 27:56 * 35:24 * 31:46 * 37:54
14	100	Vogt Hans-Peter	LKD Düsseldorf	4:42:14	4	M50	50km	26:50 * 26:33 * 26:33 * 27:09 * 27:20 * 26:42 * 27:44 * 28:33 * 30:39 * 34:07
15	119	Winkler Moritz	*Marburg	4:44:11	1	M20	50km	28:05 * 27:27 * 27:34 * 27:53 * 28:19 * 28:39 * 29:02 * 29:32 * 29:22 * 28:14
16	133	Roth Edwin	*Köln	4:46:07	2	M55	50km	28:34 * 28:06 * 28:08 * 28:03 * 28:04 * 28:14 * 28:46 * 28:59 * 29:21 * 29:47
17	76	Pirl Andreas	*Leichlingen	4:47:56	2	M30	50km	29:03 * 27:14 * 26:42 * 27:22 * 27:35 * 28:29 * 29:17 * 29:18 * 30:47 * 32:04
18	37	Heinz Peter	Vfl Bergheide	4:53:06	5	M50	50km	27:25 * 27:32 * 27:40 * 27:33 * 28:03 * 28:21 * 29:23 * 31:09 * 32:55 * 33:01
19	14	Borchardt Berndt	Dynamit Nobel	4:54:41	5	M40	50km	27:34 * 27:23 * 27:19 * 27:32 * 28:02 * 28:32 * 29:47 * 31:13 * 32:30 * 34:44
20	82	Schmidt-Soltau Peer	www.spassamlaufen.de	4:56:10	2	M20	50km	27:45 * 28:53 * 29:20 * 28:15 * 28:54 * 29:51 * 30:12 * 30:14 * 31:41 * 31:02
21	46	Just Jörg	*Solingen	4:56:28	6	M40	50km	29:33 * 29:41 * 29:40 * 29:42 * 29:36 * 30:13 * 29:25 * 30:02 * 29:17 * 29:16
22	103	Weile Jürgen	LTG	4:58:36	3	M45	50km	29:12 * 29:31 * 29:22 * 29:07 * 29:42 * 29:47 * 29:23 * 29:48 * 31:34 * 31:07
23	34	Hagel Thomas	run4fun	4:58:42	4	M45	50km	27:44 * 28:53 * 29:01 * 29:53 * 30:07 * 30:01 * 30:15 * 30:01 * 31:36 * 31:07
24	224	Schneider Friedhelm	TV-Jahn Kapellen	5:03:40	5	M45	50km	29:33 * 31:37 * 30:47 * 29:41 * 28:51 * 30:03 * 29:14 * 31:18 * 31:26 * 31:06
25	48	Klatt Dirk	100MC	5:27:55	6	M50	50km	30:34 * 32:04 * 33:04 * 33:14 * 32:52 * 32:39 * 32:50 * 35:41 * 31:33 * 33:19
26	107	Wieber Tobias	*Lindlar	5:30:42	3	M30	50km	27:27 * 27:32 * 27:19 * 27:38 * 35:05 * 35:38 * 35:26 * 34:57 * 38:13 * 41:22
27	128	Uhlhorn Kurt	Kronos aktiv	5:39:38	6	M45	50km	28:32 * 32:13 * 31:25 * 32:33 * 32:29 * 33:46 * 35:33 * 36:56 * 36:52 * 39:14
28	69	Müller Frank	*Zirndorf	5:46:01	7	M40	50km	29:51 * 29:05 * 28:52 * 28:36 * 30:09 * 33:58 * 36:25 * 36:36 * 37:48 * 54:38
29	139	Weller Nils Olav	*Leverkusen	3:47:15	3	M20	45km	22:38 * 23:03 * 23:23 * 23:26 * 23:59 * 25:20 * 27:01 * 28:24 * 29:57 * 00:00
30	99	Vater Roland	Run 4 Fun	3:56:00	7	M50	45km	23:48 * 24:20 * 23:42 * 24:12 * 24:18 * 25:10 * 26:23 * 28:53 * 35:10 * 00:00
31	8	Baarth Oliver	Team Erdinger Alkoholfrei	4:15:17	8	M40	45km	26:48 * 26:32 * 26:53 * 26:37 * 27:22 * 27:42 * 28:36 * 28:39 * 36:04 * 00:00
32	213	Ludwig Jürgen	*Seibersbach	4:46:39	9	M40	45km	29:18 * 30:21 * 30:00 * 29:59 * 30:35 * 31:43 * 31:30 * 33:07 * 40:04 * 00:00
33	106	Weser Jörg	*Leverkusen	5:40:07	7	M45	45km	31:52 * 31:45 * 32:30 * 33:30 * 35:14 * 38:55 * 40:50 * 41:59 * 53:28 * 00:00
34	13	Berka Volker	DJK Ochtdung	6:11:00	1	M65	45km	37:56 * 39:28 * 40:52 * 41:04 * 42:35 * 42:03 * 42:28 * 43:05 * 41:25 * 00:00
35	51	Köhne Heinz-Werner	Vfl Engelskirchen	3:44:30	10	M40	40km	27:24 * 27:32 * 27:19 * 27:33 * 27:23 * 26:53 * 28:05 * 32:17 * 00:00 * 00:00
36	220	Clemen Alexander	TV Witzhelden	3:46:49	1	MJA	40km	27:41 * 28:20 * 28:02 * 27:56 * 28:48 * 28:32 * 28:53 * 28:33 * 00:00 * 00:00
37	136	Colloseus Thomas	Ginnheimer LT	4:42:34	8	M45	40km	31:13 * 31:16 * 31:27 * 33:07 * 34:59 * 38:05 * 40:34 * 41:50 * 00:00 * 00:00
38	216	Metzler-Nesbeda	TSV Bayer 04 Leverkusen	2:56:13	11	M40	35km	24:22 * 24:58 * 24:30 * 24:03 * 24:09 * 26:51 * 27:17 * 00:00 * 00:00 * 00:00
39	74	Patschäke Holger	Go for Medoc Runners	3:06:40	9	M45	35km	26:01 * 27:09 * 27:17 * 27:06 * 26:45 * 26:30 * 25:49 * 00:00 * 00:00 * 00:00

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40	127	Becker Patrick	*Solingen	3:10:46	4	M30	35km	25:27 * 26:13 * 26:26 * 26:32 * 27:40 * 28:49 * 29:36 * 00:00 * 00:00 * 00:00
41	94	Theisohn Piet	*Leverkusen	3:13:17	12	M40	35km	30:56 * 30:57 * 27:31 * 26:43 * 25:29 * 25:45 * 25:53 * 00:00 * 00:00 * 00:00
42	64	Lehr Achim	*Leverkusen	3:16:30	13	M40	35km	27:29 * 27:32 * 28:02 * 28:16 * 28:15 * 28:39 * 28:14 * 00:00 * 00:00 * 00:00
43	53	König Nico	Metro Runners	3:18:56	5	M30	35km	28:10 * 28:18 * 27:55 * 28:07 * 28:56 * 29:02 * 28:26 * 00:00 * 00:00 * 00:00
44	0	Brandes Matthias	Fanprojekt Leverkusen	3:23:11	4	M20	35km	29:01 * 29:34 * 29:14 * 28:53 * 28:25 * 28:58 * 29:03 * 00:00 * 00:00 * 00:00
45	97	Thomé Stefan	Fanprojekt Leverkusen	3:23:12	10	M45	35km	29:01 * 29:34 * 29:16 * 28:51 * 28:26 * 28:59 * 29:02 * 00:00 * 00:00 * 00:00
46	59	Kubeth Andreas	Fanprojekt Leverkusen	3:23:12	8	M50	35km	29:02 * 29:34 * 29:14 * 28:53 * 28:26 * 28:58 * 29:03 * 00:00 * 00:00 * 00:00
47	214	Lemmes Patrick	*Düsseldorf	3:32:48	6	M30	35km	30:29 * 30:51 * 30:28 * 29:22 * 30:19 * 30:59 * 30:17 * 00:00 * 00:00 * 00:00
48	36	Heidchen Michael	LeoGoesRunning Team	3:32:56	3	M55	35km	30:41 * 30:42 * 30:34 * 29:24 * 30:16 * 30:59 * 30:17 * 00:00 * 00:00 * 00:00
49	88	Stein Frank	*Leverkusen	3:35:45	11	M45	35km	30:02 * 30:41 * 30:19 * 30:47 * 30:32 * 31:17 * 32:03 * 00:00 * 00:00 * 00:00
50	135	Brennert Kurt	*Dormagen	3:40:04	2	M65	35km	26:39 * 26:41 * 27:10 * 27:26 * 35:17 * 38:51 * 37:57 * 00:00 * 00:00 * 00:00
51	112	Zaun Jürgen	*Mettmann	3:50:19	1	M60	35km	30:15 * 30:53 * 31:02 * 31:30 * 31:56 * 33:32 * 41:09 * 00:00 * 00:00 * 00:00
52	86	Seeland Thomas	*Leichlingen	3:51:51	14	M40	35km	33:34 * 33:02 * 32:43 * 32:40 * 32:42 * 33:30 * 33:36 * 00:00 * 00:00 * 00:00
53	142	Petersen Jochen	*Leichlingen	2:11:22	15	M40	30km	23:11 * 22:22 * 21:51 * 21:46 * 21:28 * 20:43 * 00:00 * 00:00 * 00:00 * 00:00
54	20	Deinet Lars	Solinger-LC	2:21:38	7	M30	30km	22:12 * 23:03 * 23:18 * 23:23 * 24:12 * 25:26 * 00:00 * 00:00 * 00:00 * 00:00
55	141	Schmitz Markus	*Leverkusen	2:31:20	3	M35	30km	26:57 * 25:13 * 23:48 * 24:26 * 25:06 * 25:47 * 00:00 * 00:00 * 00:00 * 00:00
56	217	Rühle Dr. Jörg	Campana Trifit Burscheid	2:36:15	16	M40	30km	25:49 * 24:34 * 24:26 * 25:05 * 26:48 * 29:31 * 00:00 * 00:00 * 00:00 * 00:00
57	144	Reucher Marc	*Köln	2:40:37	17	M40	30km	26:08 * 26:17 * 26:21 * 26:24 * 27:09 * 28:15 * 00:00 * 00:00 * 00:00 * 00:00
58	140	Maurer Michael	*Leichlingen	2:41:18	18	M40	30km	26:56 * 25:56 * 25:58 * 26:03 * 27:29 * 28:54 * 00:00 * 00:00 * 00:00 * 00:00
59	110	Wietscher Stefan	TV Witzhelden	2:46:58	5	M20	30km	27:58 * 27:56 * 27:50 * 28:05 * 27:57 * 27:11 * 00:00 * 00:00 * 00:00 * 00:00
60	29	Frings Andreas	TV Witzhelden	2:46:59	19	M40	30km	27:58 * 27:56 * 27:49 * 28:05 * 27:57 * 27:10 * 00:00 * 00:00 * 00:00 * 00:00
61	67	Meyer Karsten	*Odenthal	2:47:14	20	M40	30km	27:24 * 28:16 * 27:39 * 27:31 * 28:12 * 28:10 * 00:00 * 00:00 * 00:00 * 00:00
62	113	Zimmermann Frank	VFL Engelskirchen	2:47:36	21	M40	30km	27:25 * 27:33 * 27:19 * 27:31 * 27:26 * 30:19 * 00:00 * 00:00 * 00:00 * 00:00
63	55	Kornführer Pascal	*Leverkusen	2:47:58	8	M30	30km	28:06 * 28:04 * 27:36 * 27:42 * 28:04 * 28:24 * 00:00 * 00:00 * 00:00 * 00:00
64	98	Tosch Frank M.	fmr-running	2:48:58	22	M40	30km	26:00 * 27:09 * 27:19 * 27:07 * 29:55 * 31:26 * 00:00 * 00:00 * 00:00 * 00:00
65	23	Düsberg Volker	*Düsseldorf	2:50:14	12	M45	30km	26:30 * 26:49 * 27:21 * 27:51 * 29:11 * 32:30 * 00:00 * 00:00 * 00:00 * 00:00
66	28	Frers Burkhard	*Langenfeld	2:53:26	13	M45	30km	27:35 * 27:20 * 27:19 * 27:36 * 28:45 * 34:49 * 00:00 * 00:00 * 00:00 * 00:00
67	125	de Veen Stephan	*Aachen	2:53:29	4	M35	30km	27:43 * 28:10 * 28:10 * 28:47 * 29:59 * 30:38 * 00:00 * 00:00 * 00:00 * 00:00
68	5	Achatz Frank	LT Cloversoft	2:57:35	14	M45	30km	28:12 * 28:45 * 28:49 * 29:34 * 30:38 * 31:34 * 00:00 * 00:00 * 00:00 * 00:00
69	212	Bode Hans-Jörg		3:01:45	15	M45	30km	30:07 * 29:25 * 28:59 * 29:17 * 29:48 * 34:06 * 00:00 * 00:00 * 00:00 * 00:00
70	114	Podolak Marius	*Hagen	3:14:07	9	M30	30km	30:55 * 31:20 * 31:47 * 32:46 * 33:04 * 34:12 * 00:00 * 00:00 * 00:00 * 00:00
71	73	Paduck Gerold	*Leverkusen	3:15:55	16	M45	30km	29:58 * 30:18 * 30:48 * 32:17 * 36:25 * 36:06 * 00:00 * 00:00 * 00:00 * 00:00
72	123	Zitzen Bernd	*Köln	4:14:37	4	M55	30km	35:55 * 37:26 * 41:35 * 43:51 * 49:06 * 46:42 * 00:00 * 00:00 * 00:00 * 00:00
73	227	Bernhardt Nikolai	TV Witzhelden	1:57:45	17	M45	25km	22:14 * 23:02 * 23:05 * 23:32 * 25:51 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
74	117	Opitz Rainer	*Langenfeld	2:09:51	9	M50	25km	23:53 * 25:00 * 25:36 * 26:57 * 28:24 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
75	90	Stumpf Marcus	Run for Medoc Runners	2:11:34	23	M40	25km	25:58 * 27:04 * 26:16 * 25:59 * 26:15 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
76	221	Bauerfeld Michael	*Leverkusen	2:15:34	24	M40	25km	27:08 * 26:04 * 26:28 * 26:43 * 29:09 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
77	39	Henn Bernd	Team Erdinger alkoholfrei	2:26:20	10	M50	25km	27:20 * 27:26 * 27:40 * 29:12 * 34:41 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
78	80	Sandau Andreas	Dynamit Nobel	2:28:20	25	M40	25km	28:56 * 29:15 * 29:40 * 30:31 * 29:56 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00

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Platz	Startnr	Name	Verein/*Ort	Gesamt	AK-Pl	AK	km	Rundenzeiten
79	17	Chevalier Jörg	Dynamit Nobel	2:30:45	26	M40	25km	27:14 * 25:27 * 27:31 * 31:51 * 38:41 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
80	96	Thiel Uwe	*Burscheid	2:34:19	27	M40	25km	29:16 * 28:42 * 29:13 * 31:03 * 36:04 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
81	83	Schönborn Hans Willi	-	3:07:56	2	M60	25km	32:02 * 34:52 * 35:54 * 41:55 * 43:11 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
82	142	Brandes Matthias	*Leverkusen	3:19:24	5	M55	25km	38:04 * 40:29 * 43:56 * 41:33 * 35:20 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
83	118	Auer Jörg		1:47:46	18	M45	20km	26:20 * 26:20 * 27:04 * 28:01 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
84	132	Ritzenhoff Dr. Martin	*Solingen	1:53:29	28	M40	20km	29:57 * 30:38 * 27:20 * 25:32 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
85	11	Baklarz Marco	*Langenfeld	1:54:55	19	M45	20km	26:44 * 26:35 * 29:31 * 32:04 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
86	105	Werner Marcel	KHS Im Hedrichsfeld	1:56:02	6	M20	20km	27:21 * 26:20 * 29:13 * 33:07 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
87	25	Erhart Michael	*Monheim	1:58:54	11	M50	20km	28:45 * 29:17 * 29:38 * 31:12 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
88	57	Kremer Andreas	*Leverkusen	2:07:23	29	M40	20km	29:57 * 30:43 * 33:01 * 33:40 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
89	33	Gerz Winfried	*Leverkusen	2:07:23	12	M50	20km	29:56 * 30:39 * 32:22 * 34:25 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
90	21	Dohr Michael	*Leverkusen	2:07:23	20	M45	20km	29:58 * 30:43 * 33:00 * 33:40 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
91	72	Overbeck Oliver	*Köln	2:14:08	21	M45	20km	33:08 * 33:00 * 33:59 * 33:59 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
92	30	Fritz Thomas	*Leverkusen	2:21:18	5	M35	20km	30:10 * 33:27 * 37:44 * 39:56 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
93	218	Rixen Wilfried	*Elsdorf	2:22:36	22	M45	20km	34:15 * 35:51 * 36:11 * 36:17 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
94	79	Prinz Malvin	*Dormagen	1:32:23	1	MSc	15km	30:56 * 32:04 * 29:23 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
95	71	Nußbaum Frank	*Leverkusen - Schlebusch(Walddi	1:32:31	23	M45	15km	28:02 * 32:09 * 32:19 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
96	85	Schulte Jürgen	Praxisteam Deppe & Schulte	1:32:58	30	M40	15km	29:58 * 30:44 * 32:16 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
97	109	Wiechmann Yannick	*Leverkusen	1:47:04	1	MJB	15km	36:36 * 32:52 * 37:35 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
98	12	Bartels Uwe	*Leverkusen	0:51:10	31	M40	10km	25:04 * 26:05 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
99	77	Plitong Olaf	*Leverkusen	0:53:25	24	M45	10km	25:55 * 27:30 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
100	42	Hinz Bernd	SFD	1:00:05	6	M55	10km	30:42 * 29:22 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
101	93	Theisohn Leif	*Leverkusen	1:00:54	2	MSc	10km	30:33 * 30:21 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
102	78	Prinz Andreas	*Dormagen	1:03:05	6	M35	10km	30:56 * 32:08 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
103	131	Dietze Karsten	*Leverkusen	1:03:22	7	M35	10km	31:50 * 31:32 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
104	215	Becker Hans	*Leverkusen	1:03:43	3	M60	10km	31:23 * 32:19 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
105	122	Babilon Philipp	*Leverkusen	0:24:07	3	MSc	5km	24:07 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
106	43	Hinz Tristan	SGM	0:30:43	4	MSc	5km	30:43 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
107	89	Stroh Uwe	*Leverkusen	0:35:03	25	M45	5km	35:03 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
108	91	Tahiri Sven	*Leverkusen	0:35:03	7	M20	5km	35:03 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
109	0	unbekannt DG2VCSM		0:39:26	10	M30	5km	39:26 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
110	84	Schrage Christoph	*Leverkusen	0:40:03	32	M40	5km	40:03 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00

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Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	AK-Pl	AK	km	Rundenzeiten
1	126	Nikelowski Renate	LT Köln-Esch	4:28:53	1	W45	50km	26:44 * 27:59 * 26:29 * 26:11 * 26:24 * 26:25 * 26:20 * 27:04 * 27:41 * 27:31
2	143	Libuda Anke	*Witten	4:43:07	1	W30	50km	26:56 * 26:24 * 26:31 * 26:51 * 27:02 * 27:29 * 29:07 * 31:30 * 33:12 * 27:59
3	222	Bobbert Annette	*Düsseldorf	5:02:50	1	W40	50km	29:40 * 29:31 * 30:24 * 29:30 * 29:41 * 30:22 * 30:43 * 30:34 * 31:09 * 31:11
4	108	Wiechmann Tanja	Fast-Break Leverkusen	5:03:51	2	W40	50km	28:45 * 29:48 * 29:35 * 29:07 * 29:48 * 31:12 * 32:04 * 30:58 * 31:27 * 31:04
5	148	Pflitsch Gesa	*Marienheide	5:05:26	1	W20	50km	31:48 * 30:40 * 30:34 * 30:49 * 30:53 * 29:06 * 29:07 * 30:35 * 31:19 * 30:32
6	149	Pflitsch Petra	LG Gummersbach	5:20:48	1	W50	50km	33:51 * 28:41 * 30:29 * 30:48 * 31:42 * 31:10 * 31:47 * 32:47 * 33:48 * 35:40
7	41	Hering Heidi	Klattis Clan	5:27:55	2	W50	50km	30:34 * 32:05 * 33:04 * 33:14 * 32:52 * 32:39 * 32:50 * 35:36 * 31:38 * 33:19
8	49	Klatt Meggie	Klattis Clan	5:39:41	3	W50	50km	30:34 * 32:06 * 33:03 * 33:15 * 32:52 * 32:40 * 32:51 * 35:41 * 36:42 * 39:54
9	223	Schneider Bernadette	TV-Jahn Kapellen	5:46:19	1	WSc	50km	30:05 * 31:17 * 31:52 * 32:36 * 33:25 * 34:58 * 36:25 * 38:22 * 38:05 * 39:09
10	65	Marschall Patricia	LT Siebengebirge	6:23:28	1	W35	45km	35:55 * 37:26 * 41:35 * 43:51 * 44:31 * 45:20 * 44:24 * 44:54 * 45:28 * 00:00
11	124	Thome Anja	*Leverkusen	3:24:48	3	W40	35km	30:01 * 29:50 * 28:57 * 29:01 * 28:42 * 28:59 * 29:13 * 00:00 * 00:00 * 00:00
12	18	Classen Richarda	Run 4 Fun	3:28:42	2	W45	35km	27:50 * 29:31 * 28:58 * 29:46 * 29:38 * 30:20 * 32:36 * 00:00 * 00:00 * 00:00
13	45	Isbaner Marita	TV Hitdorf 1893 eV	3:41:08	4	W50	35km	30:00 * 29:50 * 29:53 * 31:22 * 32:19 * 34:00 * 33:41 * 00:00 * 00:00 * 00:00
14	81	Schinköthe Petra	*Düsseldorf	2:50:13	4	W40	30km	26:29 * 26:49 * 27:21 * 27:52 * 29:36 * 32:05 * 00:00 * 00:00 * 00:00 * 00:00
15	54	König Petra	*Monheim	2:52:49	5	W40	30km	25:48 * 27:11 * 28:25 * 29:23 * 30:36 * 31:22 * 00:00 * 00:00 * 00:00 * 00:00
16	121	Eckert Marion	SG Altstadt RS-Lennep	3:17:41	5	W50	30km	30:10 * 31:46 * 31:34 * 33:41 * 34:25 * 36:03 * 00:00 * 00:00 * 00:00 * 00:00
17	104	Weile Karin	LTG	3:23:07	3	W45	30km	30:10 * 31:46 * 32:50 * 34:10 * 36:15 * 37:54 * 00:00 * 00:00 * 00:00 * 00:00
18	52	Köhne Ulla	VfL Engelskirchen	3:29:02	4	W45	30km	30:42 * 34:19 * 33:05 * 34:37 * 36:24 * 39:53 * 00:00 * 00:00 * 00:00 * 00:00
19	150	Brennert Waltraud	*Dormagen	3:39:50	1	W65	30km	34:05 * 35:19 * 36:45 * 36:53 * 38:48 * 37:57 * 00:00 * 00:00 * 00:00 * 00:00
20	130	Schubert Karin	*Remscheid	2:06:28	2	W35	25km	25:24 * 25:12 * 25:07 * 25:13 * 25:29 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
21	137	Sutor Petra	Joggetten	2:21:51	6	W40	25km	27:37 * 27:16 * 27:38 * 28:53 * 30:25 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
22	208	Lefringhausen Katharina		2:39:27	2	W20	25km	31:30 * 31:15 * 31:26 * 32:08 * 33:05 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
23	87	Söllner Franziska	*Leverkusen	2:39:51	3	W20	25km	30:54 * 31:11 * 31:44 * 32:24 * 33:36 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
24	22	Dorp Michaela	o.V.	3:01:12	7	W40	25km	35:59 * 35:52 * 35:47 * 36:03 * 37:30 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
25	68	Milz Anke	*Leichlingen	3:06:12	5	W45	25km	37:25 * 36:37 * 36:15 * 37:13 * 38:40 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
26	56	Kowatsch Sandy	*Wassenach	1:57:05	2	W30	20km	28:06 * 28:46 * 29:31 * 30:41 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
27	138	Hocke Annette	*Langenfeld	1:57:21	6	W45	20km	27:55 * 29:00 * 30:05 * 30:20 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
28	134	Roth Monika	*Köln	1:58:36	6	W50	20km	29:16 * 29:52 * 29:38 * 29:49 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
29	15	Busse Iris	*Leverkusen	2:13:57	3	W35	20km	33:49 * 33:19 * 33:28 * 33:20 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
30	26	Feuerherdt Nadine	*Bergisch Gladbach	2:14:08	4	W35	20km	33:09 * 33:00 * 33:59 * 33:59 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
31	16	Cerrone Diana	*Leverkusen	2:26:50	3	W30	20km	34:58 * 37:15 * 37:06 * 37:30 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
32	75	Petersen Manuela	Ich wünscht ich wär schon da!	1:28:26	8	W40	15km	28:48 * 29:44 * 29:53 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
33	7	Astner Beate	*Leverkusen	1:29:12	9	W40	15km	29:05 * 29:23 * 30:44 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
34	9	Babilon Iris	TSV Bayer 04 Leverkusen	0:56:40	7	W45	10km	28:20 * 28:20 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
35	50	Klumpen Eva	*Köln	0:59:25	5	W35	10km	29:59 * 29:26 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
36	92	Theisohn Cora	*Leverkusen	1:01:38	2	WSc	10km	30:55 * 30:42 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
37	147	Pflitsch Fiona		1:09:04	3	WSc	10km	33:52 * 35:11 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
38	24	Edinger Iris	*Leverkusen	0:35:04	4	W30	5km	35:04 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00
39	211	Falkenberg Anja	*Leverkusen	0:35:59	10	W40	5km	35:59 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00

50km - Gesamtwertung

50km von Hitdorf - 5. September 2010

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	AK-Pl	AK	km	Rundenzeiten
40	40	Henn Karin	*Mannheim	0:38:50	7	W50	5km	38:50 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00 * 00:00