

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Männer

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AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Nettozeit / Rundenzeiten					
Altersklasse Männer M50											
1	273	Herrmann Dr. Hans Joac	LG Erlangen	0:33:48	M50	0:33:47	06:21	06:49	06:55	06:53	06:48
2	179	Sonneck Jürgen	LG Stadtwerke München	0:34:48	M50	0:34:46	06:30	07:00	07:08	07:09	06:56
3	161	Jäkel Robert	TuS 08 Lintorf	0:34:48	M50	0:34:47	06:26	07:04	07:10	07:09	06:56
4	645	Müller Norbert	SSG Königswinter	0:34:53	M50	0:34:51	06:24	07:04	07:10	07:09	07:02
5	212	Baroth Achim	LG Asslar-Werdorf	0:35:33	M50	0:35:31	06:34	07:07	07:11	07:22	07:16
6	5050	Schirmmacher Michael	TuS Eintracht Minden	0:35:44	M50	0:35:42	06:32	07:05	07:19	07:22	07:21
7	177	Lind Karsten	Eschweger TSV	0:36:21	M50	0:36:19	06:46	07:22	07:23	07:25	07:21
8	203	Fichtner Jörg	LG Stadtwerke München	0:36:23	M50	0:36:21	06:39	07:19	07:30	07:34	07:18
9	635	Schneider Thomas	SSG Königswinter	0:36:32	M50	0:36:30	06:49	07:26	07:26	07:26	07:21
10	743	Feldhoff Bernd	TSV Solingen	0:36:33	M50	0:36:31	06:45	07:22	07:27	07:32	07:22
11	512	Prieske Klaus	Hamburger Laufladen	0:36:36	M50	0:36:35	06:26	07:14	07:30	07:46	07:37
12	602	Kott Georg	LC Rapid Dortmund	0:36:38	M50	0:36:37	06:36	07:19	07:34	07:37	07:29
13	167	Marohn Thomas	LG Stadtwerke München	0:36:39	M50	0:36:38	06:41	07:22	07:32	07:34	07:27
14	246	Jaghuber Ingo	LG Bremen-Nord	0:37:12	M50	0:37:10	06:40	07:23	07:37	07:46	07:42
15	718	Kux Dieter	ASC Darmstadt	0:37:16	M50	0:37:11	06:46	07:26	07:37	07:46	07:35
16	5057	Weber Werner	AS LahnLaender Lahnau	0:37:18	M50	0:37:14	06:51	07:29	07:39	07:41	07:31
17	5000	Wölfel Wilhelm	VfL Engelskirchen	0:37:18	M50	0:37:15	06:55	07:28	07:36	07:42	07:33
18	750	Franssen Andreas	TV Refrath	0:37:48	M50	0:37:45	06:58	07:40	07:48	07:48	07:29
19	643	Simons Guido	SSG Königswinter	0:38:06	M50	0:38:04	07:04	07:39	07:44	07:50	07:44
20	711	Mentil Harald	TSV 1860 Rosenheim	0:38:11	M50	0:38:10	06:49	07:33	07:49	08:03	07:54
21	567	Genick-Giammarino Raou	LSG Eschweiler	0:38:19	M50	0:38:16	07:05	07:46	07:53	07:53	07:37
22	542	Büngeler Herbert	Aachener TG	0:38:24	M50	0:38:18	06:51	07:27	07:52	08:14	07:52
23	141	Frick Stefan	LG Stadtwerke München	0:38:39	M50	0:38:36	06:58	07:43	07:57	08:15	07:41
24	620	Zobel-Schmit Martin	SV Brackwede	0:38:51	M50	0:38:49	07:00	07:44	07:54	08:08	08:01
25	799	Füchtler Klaus	VfL Engelskirchen	0:39:12	M50	0:39:09	07:02	07:47	08:03	08:05	08:11
26	244	Bannies Holger	LG Bremen-Nord	0:39:29	M50	0:39:23	07:08	07:49	08:01	08:27	07:56
27	541	Rohé Karlheinz	Aachener TG	0:39:51	M50	0:39:44	07:07	07:54	08:08	08:17	08:15
28	772	Pöhler Frank	TV Refrath	0:40:10	M50	0:40:04	07:26	08:03	08:14	08:12	08:07
29	60	Danhauser Stephan	Lauffeuer Chiemgau	0:40:30	M50	0:40:27	07:31	08:02	08:14	08:22	08:16
30	753	Heisig Markus	TV Refrath	0:40:57	M50	0:40:50	07:36	08:11	08:19	08:26	08:16
31	540	Funk Bruno	Aachener TG	0:41:22	M50	0:41:15	07:33	08:07	08:22	08:31	08:40
32	245	Friedenberg Bernhard	LG Bremen-Nord	0:41:24	M50	0:41:19	07:16	08:21	08:33	08:38	08:29
33	800	Berfeld Jürgen	VfL Engelskirchen	0:42:28	M50	0:42:21	07:42	08:25	08:40	08:53	08:40
34	47	Klein Jens	LG Gummersbach	0:42:52	M50	0:42:42	07:51	08:28	08:39	08:51	08:52
35	780	Uebele Joachim	TV Refrath	0:43:19	M50	0:43:10	07:47	08:31	08:54	09:11	08:46
36	398	Bartz Jörg	Team Oberhavel e.V.	0:44:44	M50	0:44:33	08:05	09:02	09:08	09:09	09:07
37	760	Lindemeier Günter	TV Refrath	0:44:55	M50	0:44:47	08:07	09:00	09:14	09:22	09:02
38	703	Ullrich Dr. Horst	TSV Dresden	0:46:26	M50	0:46:20	08:49	09:25	09:15	09:18	09:32
39	159	Grauke Tobias	TuS 08 Lintorf	0:46:29	M50	0:46:20	08:31	09:23	09:27	09:31	09:25
40	581	Haarmann Klaus	VfL Bochum Leichtathletik	0:47:32	M50	0:47:22	08:41	09:34	09:40	09:51	09:34
41	569	Röskens Klaus	Viersener Turnverein 184	0:47:56	M50	0:47:46	08:30	09:32	09:52	10:02	09:48

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AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Nettozeit / Rundenzeiten					
Altersklasse Männer M55											
1	642	Hartmann Uwe	LC Warndt	0:36:00	M55	0:35:58	06:40	07:22	07:26	07:24	07:05
2	451	Haas Siegfried	RSC Neukirchen	0:36:28	M55	0:36:26	06:40	07:20	07:26	07:29	07:29
3	763	Luxen Richard	LG Vulkaneifel	0:36:38	M55	0:36:36	06:42	07:21	07:33	07:37	07:22
4	347	Schmissek Jürgen	LG Sieg	0:36:42	M55	0:36:40	06:41	07:20	07:33	07:38	07:26
5	210	Weber Burkhard	FC St. Pauli Marathon	0:36:45	M55	0:36:43	06:38	07:20	07:37	07:37	07:29
6	309	Nedderhoff Bernd	LG Kreis Lübbecke	0:36:46	M55	0:36:43	06:45	07:27	07:38	07:33	07:19
7	422	Müller Erwin	PTSV Rosenheim	0:37:09	M55	0:37:06	06:50	07:28	07:38	07:40	07:28
8	224	Reimer Gerald	LSG Saarbrücken-Sulzb	0:37:10	M55	0:37:10	06:55	07:29	07:35	07:41	07:29
9	470	Jöxen Willy	LG Vulkaneifel	0:37:11	M55	0:37:10	06:43	07:22	07:37	07:45	07:40
10	439	Fleischmann Peter	Dürener TV 1847	0:37:40	M55	0:37:39	06:52	07:32	07:41	07:49	07:43
11	474	Henrique Antonio	LSF Münster	0:38:57	M55	0:38:57	07:09	07:52	07:58	08:02	07:53
12	646	Lippert Reinhard	LC Warndt	0:39:04	M55	0:39:01	07:10	07:52	07:59	08:05	07:54
13	5049	Natzke Holger	TuS Deuz	0:39:33	M55	0:39:31	07:08	07:53	08:05	08:10	08:12
14	596	Schneider Christoph	Turnerbund Hassels 1925	0:39:49	M55	0:39:42	07:13	08:01	08:14	08:08	08:05
15	384	Radtke Ulrich	Post SV Holzminden	0:39:55	M55	0:39:53	07:10	07:53	08:06	08:20	08:23
16	648	Thiry Gerd	LC Warndt	0:39:58	M55	0:39:55	07:15	07:57	08:11	08:19	08:12
17	149	Kerim Peter	Haaner TV 1863 e.V.	0:40:36	M55	0:40:30	07:10	07:58	08:22	08:34	08:24
18	392	Hohenhorst Michael	Ski-Club Beckum	0:41:04	M55	0:40:58	07:39	08:12	08:18	08:22	08:25
19	368	Mäder Peter	USC Bochum	0:41:40	M55	0:41:37	07:26	08:25	08:41	08:37	08:26
20	478	Holtkötter Michael	LSF Münster	0:42:16	M55	0:42:11	07:37	08:17	08:43	08:47	08:45
21	27	Beyer Heinrich	TV Kaerlich	0:43:31	M55	0:43:21	07:55	08:41	08:55	09:07	08:42
22	472	Prieß Karl-Heinz	LSF Münster	0:44:27	M55	0:44:17	08:51	09:04	08:52	08:54	08:34

Altersklasse Männer M60

1	5039	Lorbach Heinz	TuS Köln rrrh.	0:37:14	M60	0:37:11	06:48	07:31	07:38	07:42	07:31
2	420	Kreidner Helmut	SC Siemensstadt Berlin	0:38:07	M60	0:38:03	07:01	07:41	07:46	07:49	07:44
3	71	Wolff Ulrich	PSV Brilon	0:38:41	M60	0:38:34	07:16	07:45	07:50	08:00	07:42
4	363	Goldammer Klaus	OSC Berlin	0:38:43	M60	0:38:41	07:11	07:52	07:57	07:56	07:43
5	225	Schneider Gerhard	TuS Deuz	0:38:57	M60	0:38:55	07:11	07:50	07:58	08:02	07:52
6	640	Lichte Hans-Jürgen	Laufzwang Wippetal	0:39:11	M60	0:39:07	07:07	07:47	08:02	08:03	08:07
7	142	Fritsch Franz	LG Alpen	0:40:20	M60	0:40:16	07:19	08:03	08:16	08:21	08:15
8	56	Deutschmann Frank	OSC Berlin	0:40:28	M60	0:40:25	07:24	08:19	08:22	08:18	08:01
9	393	Beil Peter	LSG Karlsruhe	0:40:42	M60	0:40:37	07:25	08:11	08:16	08:27	08:17
10	508	Bieler Günter	TuS Deuz	0:40:42	M60	0:40:35	07:32	08:10	08:18	08:20	08:14
11	566	Neumann Helmut	OSC Berlin	0:41:33	M60	0:41:27	07:37	08:17	08:33	08:32	08:26
12	546	Theß Rainer	Aachener TG	0:41:35	M60	0:41:29	07:40	08:20	08:27	08:31	08:29
13	171	Svarnas Angelos	LSG Karlsruhe	0:41:47	M60	0:41:42	07:25	08:11	08:27	08:45	08:52
14	334	Berg Walter	TV Waldstraße Wiesbade	0:42:07	M60	0:42:00	07:34	08:21	08:34	08:44	08:45
15	509	Steiner Karl	TuS Deuz	0:42:20	M60	0:42:12	07:44	08:23	08:37	08:42	08:43
16	630	Schmidt Franz-Josef	Laufzwang Wippetal	0:42:28	M60	0:42:20	08:02	08:35	08:36	08:41	08:24
17	545	Stüber Gerald	Aachener TG	0:42:56	M60	0:42:49	07:40	08:34	08:45	08:54	08:54
18	752	Groos Martin	TV Refrath	0:44:14	M60	0:44:06	07:52	08:31	09:03	09:33	09:05
19	665	Friedrichs Manfred	ART Düsseldorf	0:44:41	M60	0:44:33	08:16	08:54	09:05	09:12	09:03
20	638	Bocklet Bernd	Laufzwang Wippetal	0:44:48	M60	0:44:43	07:54	08:52	09:16	09:27	09:12
21	788	Huppert Wolfgang	TV Friesenheim	0:46:20	M60	0:46:13	07:55	09:12	09:49	09:49	09:27
22	480	Bartusiak Stanislaw	LSF Münster	0:46:27	M60	0:46:20	08:18	09:27	09:36	09:36	09:22
23	544	Schlag Ferdi	Aachener TG	0:47:10	M60	0:47:02	08:36	09:31	09:37	09:39	09:37
24	749	Feindt Reinhard	TV Refrath	0:47:29	M60	0:47:19	08:50	09:25	09:38	09:37	09:47
25	632	Altendorf Oskar	TV Refrath	0:52:14	M60	0:52:06	09:05	10:27	10:44	11:00	10:48

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AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Nettozeit / Rundenzeiten
Altersklasse Männer M65						
1	498	Schmidt Winfried	TuS Köln rrh.	0:37:10	M65	0:37:08 06:48 07:31 07:37 07:44 07:26
2	658	Krämer Dieter	Wiehltaler Leichtathletik C	0:39:31	M65	0:39:24 07:16 07:53 08:01 08:07 08:06
3	507	Kohn Dietmar	LSG Karlsruhe	0:39:59	M65	0:39:56 07:03 08:03 08:15 08:21 08:12
4	43	Koglin Werner	Viermärker Dortmund	0:41:31	M65	0:41:27 07:14 08:12 08:29 08:42 08:49
5	42	Werner Herbert	LG Weserbergland	0:41:48	M65	0:41:44 07:25 08:17 08:31 08:47 08:43
6	40	Reinmold Heinz	LG Harlingerland	0:42:31	M65	0:42:29 07:28 08:21 08:52 08:54 08:52
7	82	Thamm Wolfgang	SUS Schalke 96	0:43:08	M65	0:43:02 08:01 08:43 08:44 08:49 08:44
8	483	Huesker Bernd	LSF Münster	0:43:39	M65	0:43:33 07:54 08:46 08:56 09:02 08:54
9	182	Schäfer Dietmar	TV Waldstraße Wiesbade	0:43:47	M65	0:43:42 08:03 08:46 08:53 09:02 08:56
10	22	Glander Karl-Heinz	LG Siebengebirge	0:43:58	M65	0:43:53 07:39 08:51 09:09 09:06 09:06
11	215	Schelauske Martin	ASC Düsseldorf	0:44:41	M65	0:44:34 08:06 09:01 09:15 09:14 08:57
12	553	Mueller-Maring Klaus	TuS Köln rrh.	0:45:14	M65	0:45:04 08:03 08:59 09:19 09:22 09:19
13	5035	Quinkert Rudolf	SFD '75 Düsseldorf	0:48:55	M65	0:48:47 09:09 09:53 10:08 10:00 09:35
14	189	Thran Hans-Jürgen	Spiridon Haltern	0:49:19	M65	0:49:11 08:53 09:48 10:01 10:12 10:15

Altersklasse Männer M70

1	238	Wagner Klaus	LG BadSoden/Sulzbach/	0:41:39	M70	0:41:36 07:30 08:22 08:34 08:36 08:32
2	274	Ostendorf Manfred	VfL Oldenburg	0:41:57	M70	0:41:55 07:36 08:34 08:31 08:37 08:35
3	279	Klinke Siegfried	VfL Oldenburg	0:43:03	M70	0:42:55 07:55 08:42 08:48 08:49 08:39
4	525	Lessing Peter	LG Ortenau Nord/ SC Öns	0:43:08	M70	0:43:05 08:01 08:49 08:48 08:47 08:39
5	300	Schönlau Dieter	TSV Viktoria Mülheim	0:45:05	M70	0:44:57 08:19 09:07 09:11 09:08 09:11
6	341	Kalweit Siegfried	TSV Viktoria Mülheim	0:46:10	M70	0:46:03 08:41 09:21 09:25 09:21 09:13
7	265	Paluszynski Hans	LC Rapid Dortmund	0:46:13	M70	0:46:09 08:11 09:08 09:28 09:41 09:39
8	275	Frense Horst	VfL Oldenburg	0:49:00	M70	0:48:58 08:59 10:11 10:06 09:58 09:42
9	276	Fuchs Helmut	VfL Oldenburg	0:50:20	M70	0:50:09 09:14 10:00 10:16 10:19 10:18
10	286	Popig Harald	TV 1848 Coburg	0:51:45	M70	0:51:42 09:08 10:15 10:35 10:48 10:53
11	759	Krüger Gerhard	TV Refrath	0:54:44	M70	0:54:38 09:25 10:51 10:58 11:30 11:51
12	437	Litfin Harri	TSV Viktoria Mülheim	0:57:35	M70	0:57:26 09:42 11:44 12:05 11:58 11:55

Altersklasse Männer M75

1	108	Trümper Karl Walter	LC Rapid Dortmund	0:42:57	M75	0:42:53 07:50 08:36 08:51 08:56 08:38
2	46	Heise Ulrich	DJK Elmar Kohlscheid	0:47:23	M75	0:47:18 08:36 09:22 09:39 09:48 09:52
3	626	Gans Ulrich	LG Sieg	0:50:39	M75	0:50:30 09:28 10:13 10:11 10:18 10:17
4	656	Christophel Werner	TV Refrath	0:53:19	M75	0:53:10 09:33 10:42 10:55 11:01 10:56
5	176	Schmidt Walter	LG Nordheide	0:54:13	M75	0:54:09 09:27 11:07 11:13 11:14 11:06
6	181	Krahn Karl	SV Brackwede	0:57:22	M75	0:57:16 10:05 11:21 11:58 11:59 11:50

Altersklasse Männer M80

1	447	Beecker Werner	LC Wuppertal	0:52:21	M80	0:52:15 09:09 10:24 10:36 10:54 11:12
2	304	Staack Helgo	IGL Reutlingen	0:53:57	M80	0:53:50 10:04 10:59 10:58 10:43 11:04
3	442	Matthes Walter	Universitätssportverein H	0:54:07	M80	0:53:57 10:02 10:59 10:59 11:03 10:52
4	221	Nowakowski Adolf	LSG Aalen	1:00:34	M80	1:00:26 10:24 12:07 12:29 12:46 12:39
5	342	Schneiderbanger Konrad	TSV Viktoria Mülheim	1:05:38	M80	1:05:34 10:52 12:16 12:28 15:10 14:45