

10km - Gesamtwertung

10. Bickendorfer Büdchenlauf - 25.09.2016

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
1	1347	Miereczko Maciek	VFB Erftstadt Multisport	0:32:51	0:32:51	1	M35	79	07:47	08:20	08:20	08:22	
2	1342	Singbeil Daniel	Bunert - Der Kölner Laufladen	0:34:12	0:34:11	1	MHK	89	07:48	08:43	08:50	08:48	
3	1511	Appelhaus Daniel		0:36:52	0:36:51	2	MHK	92	08:13	09:26	09:36	09:34	
4	1131	Wittland Mark		0:37:50	0:37:49	2	M35	77	08:30	09:47	09:47	09:43	
5	561	Hain Matthias	*Bergisch Gladbach	0:38:23	0:38:21	1	M40	76	08:28	09:48	10:05	09:58	
6	1467	Eichhorn Daniel		0:38:25	0:38:24	1	M30	86	08:13	09:27	10:05	10:37	
7	1462	Lorbach Daniel	Bunert - der Kölner Laufladen	0:38:49	0:38:45	2	M30	82	08:48	09:52	10:04	10:00	
8	1457	Mühlenstädt Gunnar		0:38:59	0:38:57	2	M40	73	08:50	10:00	10:08	09:58	
9	99	Poischen Thomas	BSG RheinEnergie	0:39:10	0:39:07	1	M45	70	08:51	09:59	10:09	10:07	
10	890	Drabiniok Tobias	Woyton Rheinland	0:39:17	0:39:12	3	M35	81	08:48	09:48	10:07	10:27	
11	1001	Steinmann Markus	Osterather TV	0:39:22	0:39:20	3	M30	82	08:43	09:54	10:18	10:24	
12	1458	Lange Ralf		0:39:25	0:39:24	1	M50	66	08:55	09:54	10:20	10:13	
13	684	Saßen Christoph	*Köln	0:39:36	0:39:35	4	M30	84	08:58	10:15	10:12	10:07	
14	506	Oelmaier Tobias	BSG Stadt Köln	0:39:48	0:39:46	2	M45	67	08:50	10:01	10:30	10:24	
15	379	Bräutigam DR Claus	TFG Köln-Nippes	0:40:27	0:40:24	3	M45	69	09:21	10:30	10:23	10:08	
16	1275	Ebert Ben		0:40:47	0:40:39	5	M30	84	09:20	10:24	10:33	10:21	
17	1	Kaiser Thomas	Sebamed Running Team	0:41:00	0:40:57	3	MHK	89	08:54	10:41	10:47	10:33	
18	1466	Riefe Sebastian		0:41:06	0:41:04	4	M35	78	09:13	10:36	10:47	10:26	
19	937	Mueller Kai	*Köln	0:41:20	0:41:18	5	M35	79	09:24	10:29	10:46	10:37	
20	17	Last Christoph	TSG Valbert	0:41:21	0:41:20	6	M35	77	09:08	10:33	10:47	10:50	
21	901	Dudley Richard	LG Donatus Erftstadt e.V.	0:41:36	0:41:34	1	M55	61	09:39	10:29	10:46	10:38	
22	1196	Rulhoff Michael	Kita Krabbe	0:41:40	0:41:38	4	M45	71	09:12	10:34	10:58	10:54	
23	1335	Riebschläger Jörg	TUS Köln rrh.	0:42:16	0:42:14	3	M40	73	09:12	10:39	11:29	10:52	
24	751	Schick Markus	*Köln	0:42:23	0:42:20	4	MHK	93	09:26	10:44	11:11	10:58	
25	295	Pastors Andreas	*Köln	0:42:24	0:42:20	2	M50	65	09:32	10:55	11:03	10:48	
26	851	Schovenberg Alexander	Team Erdinger Alkoholfrei	0:42:28	0:42:26	6	M30	84	09:08	11:01	11:09	11:07	
27	301	Buhr Holger	*Köln	0:42:29	0:42:25	4	M40	74	09:14	10:54	11:09	11:07	
28	923	Kaufmann Markus	SLC Solingen	0:42:33	0:42:30	5	MHK	87	09:25	10:43	11:05	11:16	
29	504	Hintzen Michael Philippe	Brooks Running	0:42:37	0:42:32	7	M35	81	09:04	10:32	11:19	11:36	
30	898	Dworeck Alexander	TV Refrath	0:42:49	0:42:46	5	M40	75	09:31	11:05	11:18	10:50	
31	188	Reuther Michael	*Bonn	0:43:16	0:43:07	8	M35	80	09:39	10:49	11:18	11:19	
32	932	Kistner Axel	*Köln	0:43:18	0:43:15	6	M40	73	09:12	10:52	11:31	11:39	
33	254	Pelzer Wolfgang	Galeria Kaufhof	0:43:33	0:43:28	3	M50	62	09:36	10:58	11:30	11:23	
34	1289	Hecher Michael		0:43:40	0:43:37	7	M40	72	09:39	11:00	11:23	11:34	
35	1474	Sqovio Leonardo	*Köln	0:44:04	0:43:19	4	M50	65	10:16	10:59	11:04	10:58	
36	1384	Butscheid Sebastian		0:44:04	0:43:59	9	M35	81	09:35	11:11	11:42	11:30	
37	1340	Schmalstieg Lutz	Laufmonster	0:44:07	0:43:46	2	M55	57	09:50	11:01	11:30	11:23	
38	1219	Schmidt Nikolaus	BSG Köln Köln	0:44:15	0:44:10	7	M30	82	09:21	11:19	11:42	11:46	
39	926	Eveleigh Gareth	*Düsseldorf	0:44:17	0:44:07	8	M30	83	09:56	11:17	11:32	11:19	
40	596	Nowakowski Michael	*Klein Warin	0:44:18	0:44:11	10	M35	80	09:32	11:14	11:45	11:38	
41	518	Taetz Timo	LT Emilia	0:44:18	0:44:13	8	M40	75	09:24	11:12	11:46	11:50	
42	830	Kresimon Johannes	Team Crazymoon	0:44:19	0:44:15	5	M45	69	09:58	11:15	11:35	11:25	
43	468	Gardemann Thomas	*Köln	0:44:21	0:43:46	11	M35	77	10:15	11:07	11:12	11:09	
44	1013	Kuthe Thorsten	*Köln	0:44:44	0:44:23	9	M40	72	10:29	11:14	11:20	11:18	
45	1231	Vogelsang Marcel	Albis Lauftreff	0:44:51	0:44:47	9	M30	84	09:55	11:23	11:49	11:39	
46	1377	Gajek Chris	Kölner Triathlon Team 01	0:44:53	0:44:49	10	M40	74	09:25	11:35	12:19	11:28	
47	1218	Isbaner Wolfgang	TSV Bayer 04 Leverkusen	0:45:00	0:44:55	1	M60	54	10:10	11:35	11:36	11:33	
48	799	Schloemer Stefan	KTT01 Kölner Triathlon Team 01	0:45:00	0:44:54	5	M50	66	09:41	11:26	11:53	11:53	
49	304	Eisermann Stephan	Run of Colours Promoteam	0:45:28	0:45:21	6	M50	66	10:19	11:35	11:43	11:42	
50	390	Freywald Eric	*Köln	0:45:44	0:45:40	11	M40	72	10:27	11:41	11:47	11:43	
51	274	Doppelfeld Mark	*Brühl	0:46:01	0:45:54	6	M45	70	10:02	11:26	12:08	12:17	
52	671	Rosso Martin	TUS	0:46:02	0:45:44	1	MU20	97	10:21	11:26	11:56	11:59	
53	1422	Groß Michael	Hardtseemafia	0:46:02	0:45:50	7	M50	65	10:42	11:44	11:53	11:29	
54	887	Schäffer Moritz	*Köln	0:46:08	0:45:50	6	MHK	88	10:21	11:48	11:58	11:41	
55	1406	Fiegert Marcel		0:46:08	0:45:19	7	MHK	96	10:42	11:04	11:37	11:55	
56	719	Gröner Niklas	*Köln	0:46:17	0:45:51	8	MHK	96	10:23	11:53	11:20	12:13	
57	1123	Ahrens Daniel		0:46:17	0:45:51	9	MHK	89	10:04	12:12	11:20	12:13	
58	1238	Lorenz Marcus	JML e.V.	0:46:25	0:45:56	12	M40	74	11:04	11:36	11:40	11:34	
59	35	Wiengarten Andre	Freie Schwimmer Düsseldorf	0:46:31	0:46:18	12	M35	81	10:01	11:35	12:14	12:26	
60	1081	Pack Hannes	fit.Koeln	0:46:34	0:46:33	10	MHK	90	10:42	11:22	12:27	11:59	

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	288	Wagner Axel	*Köln	0:46:42	0:46:17	13	M40	74	10:31	11:43	12:03	11:58	
62	1103	Peikert Alexander	Brücker Lauffreunde	0:46:44	0:46:35	2	M60	56	10:40	11:47	12:09	11:57	
63	189	Schwabauer Nikolai	*Köln	0:46:46	0:46:22	10	M30	84	09:58	11:36	12:34	12:13	
64	195	Lennarz Joachim	hypoxiamed	0:46:50	0:46:42	14	M40	75	10:45	12:15	12:14	11:27	
65	1509	Pniewski Bernd	Brücker Lauffreunde	0:46:51	0:46:46	3	M60	54	10:28	11:58	12:16	12:01	
66	1190	Christensen Lars		0:47:02	0:46:58	7	M45	68	10:11	11:42	12:31	12:32	
67	1461	Dupont Jürgen	LTD Köln-Dellbrück	0:47:07	0:46:48	3	M55	60	10:51	11:50	12:05	12:01	
68	572	Van Hasselt Stefan	*Köln	0:47:07	0:46:47	8	M45	67	10:53	12:01	12:02	11:51	
69	405	Niggemeier Frank	*Köln	0:47:14	0:46:53	15	M40	74	10:22	11:50	12:18	12:21	
70	1405	Fiegert Frank	TV Dellbrück	0:47:34	0:47:13	9	M45	71	10:19	11:56	12:26	12:30	
71	392	Terbrüggen Tom	*Köln	0:47:35	0:47:18	11	MHK	94	11:29	12:58	11:37	11:13	
72	2000	Terbrüggen Henry	*Köln	0:47:35	0:47:18	1	MU18	00	11:28	12:47	11:49	11:12	
73	1464	Basinski Jola	TV Refrath	0:47:37	0:47:26	16	M40	75	10:37	12:15	12:09	12:23	
74	310	Wölm Lars	DJK LC Vettweiß	0:47:37	0:47:31	13	M35	79	10:35	12:00	12:26	12:29	
75	362	Birnkammer Markus	*Köln	0:47:38	0:47:34	11	M30	82	10:04	11:55	12:35	12:58	
76	761	Kaumanns Markus	SPD	0:47:40	0:47:25	12	M30	85	10:42	12:05	12:18	12:19	
77	1373	Grothaus Bernd		0:47:49	0:47:32	17	M40	74	10:33	11:56	12:26	12:36	
78	513	Steinmetzer Tim	*Köln	0:47:50	0:47:27	13	M30	83	10:43	12:02	12:34	12:07	
79	1116	Weber Robert	VAUDOISE JOGGING	0:47:57	0:47:45	4	M55	59	11:01	12:08	12:36	11:59	
80	566	Fantin Frank	*Bergisch Gladbach	0:48:01	0:47:40	10	M45	70	11:02	12:10	12:27	12:00	
81	131	Müller Stephan	*Pulheim	0:48:23	0:48:05	18	M40	72	10:32	12:18	12:40	12:33	
82	436	Eckert Josef	memler.de	0:48:28	0:48:03	5	M55	58	11:02	12:13	12:28	12:19	
83	1515	Setzer Sven		0:48:30	0:48:13	12	MHK	94	10:45	12:19	12:48	12:19	
84	836	Schmitz Helmut	Kempen	0:48:30	0:48:25	4	M60	53	11:00	12:19	12:30	12:36	
85	11	Kramer Uwe	*Köln	0:48:32	0:48:23	8	M50	62	10:40	12:07	12:38	12:57	
86	133	Maass Sascha	Fantastic Four	0:48:35	0:48:07	14	M35	80	10:59	12:21	12:45	12:01	
87	741	Kruse Martin	BSG Stern	0:48:41	0:48:28	9	M50	65	10:33	12:22	12:43	12:48	
88	213	Jauk Alexander	KG Schnüsse Tring von 1901	0:48:45	0:48:18	19	M40	76	11:03	12:15	12:38	12:21	
89	321	Corzelius Mathias	*Bad Münstereifel	0:48:47	0:48:23	11	M45	70	11:09	12:11	12:37	12:25	
90	1133	Schmidt Leon	Schüler Montesourigymnasium	0:48:59	0:48:50	2	MU18	01	10:07	11:37	12:33	14:31	
91	90	Esteves Manuel	Privat	0:49:03	0:48:05	12	M45	67	11:53	12:14	12:09	11:47	
92	1339	Vogel Jörg		0:49:15	0:48:45	13	M45	69	11:09	12:15	12:40	12:40	
93	1471	Szelies Dieter	*Grevenbroich	0:49:17	0:48:35	6	M55	60	10:54	12:17	12:46	12:37	
94	306	Loewer Ralf	Never give up	0:49:21	0:49:08	10	M50	65	11:24	12:34	12:37	12:33	
95	135	Kassubek Wolfgang	Fantastic Four	0:49:23	0:48:55	7	M55	61	11:00	12:21	12:47	12:46	
96	1469	Orbach Kevin	Sparkasse Köln Bon	0:49:27	0:48:51	13	MHK	89	10:49	12:16	12:55	12:50	
97	318	Omar Sabry	Pescher Lauffreund	0:49:42	0:49:31	20	M40	76	10:45	12:22	13:09	13:13	
98	765	Budde Nils	*Köln	0:49:43	0:49:43	14	MHK	91	00:00	00:00	00:00	00:00	
99	1465	Greven Alois	Campana Multisport	0:49:43	0:49:28	8	M55	61	11:04	12:39	13:05	12:39	
100	670	Rosso Mario	TUS	0:49:57	0:49:34	9	M55	60	11:44	12:45	12:42	12:22	
101	835	Conrad Jürgen	TSV Bayer Dormagen	0:49:58	0:49:40	1	M70	46	11:25	12:35	12:54	12:45	
102	905	Paulus Frank	BSG-Stadt-Köln	0:50:02	0:49:41	11	M50	65	11:39	12:47	12:43	12:30	
103	119	Zöllig Uwe	*Köln	0:50:03	0:49:50	12	M50	65	10:51	12:31	13:19	13:08	
104	281	Kempkes Thomas	*Köln	0:50:04	0:49:53	21	M40	73	11:05	12:40	13:03	13:03	
105	736	Berndt Ulrich	Rote Mauer	0:50:05	0:49:24	13	M50	65	10:55	12:16	13:02	13:10	
106	1479	Thieme Dieter	*Köln	0:50:19	0:49:56	14	M50	64	11:46	12:46	12:54	12:29	
107	66	Lohmann Sebastian	*Köln	0:50:27	0:50:05	15	M35	78	11:23	12:40	12:58	13:02	
108	754	Klein André	Roads & Aces	0:50:29	0:50:02	22	M40	76	11:27	12:45	12:53	12:56	
109	1049	Berg Alexander	*Köln	0:50:31	0:49:29	23	M40	73	11:49	12:37	12:38	12:23	
110	1367	Di Noto Roberto		0:50:31	0:50:18	14	M30	82	11:32	13:00	13:07	12:38	
111	270	Foit Andre	Starke Freunde	0:50:32	0:50:19	15	M30	83	11:40	12:53	12:55	12:50	
112	357	Rossenbach Ralf	*Köln	0:50:35	0:50:23	15	M50	66	11:28	12:35	13:01	13:17	
113	1498	Jähde Frank	*Bonn	0:50:46	0:50:27	16	M50	64	12:23	13:28	12:28	12:07	
114	58	Ledertheil-Gerriets Ralf	*Langenfeld	0:50:47	0:50:18	17	M50	65	11:44	12:39	13:10	12:43	
115	393	Jendryewski PROF Sascha	*Köln	0:50:52	0:50:33	15	MHK	87	11:20	13:07	13:09	12:56	
116	608	Scheible Peter	*Köln	0:50:55	0:50:50	14	M45	71	10:34	12:35	13:45	13:55	
117	220	Lux Malte	*Köln	0:51:03	0:50:45	16	MHK	88	12:09	13:06	13:14	12:15	
118	955	Schmidt Michael	Team Erdinger Alkoholfrei	0:51:05	0:50:06	15	M45	68	11:35	12:45	12:52	12:53	
119	491	Herwig Heiko	Vogelsanger	0:51:11	0:50:56	24	M40	73	11:35	13:00	13:15	13:05	
120	579	Sonnenberg Axel	BSG DEVK	0:51:13	0:50:58	25	M40	72	11:34	13:00	13:15	13:06	

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
121	1174	Glasow Marcus		0:51:13	0:50:36	16	M35	79	11:19	12:52	13:13	13:11	
122	2516	Fnger Kalle	BSG Stadt Köln	0:51:14	0:51:09	1	M65	47	11:12	12:55	13:35	13:24	
123	378	Kremer Tobias	*Köln	0:51:15	0:50:54	26	M40	75	11:17	12:57	13:29	13:10	
123	537	Kresimon Georg	*Dormagen	0:51:15	0:51:09	18	M50	64	11:00	12:44	13:35	13:49	
125	159	Schmitz Thomas	Team RochusFit	0:51:16	0:51:09	27	M40	75	11:18	13:00	13:36	13:14	
126	540	Fels Markus	*Köln	0:51:32	0:50:55	16	M45	70	11:51	12:56	13:01	13:07	
127	1111	Voll Harald	Diabetes Programm	0:51:32	0:51:14	10	M55	59	12:04	12:54	13:04	13:11	
128	1122	Eichler Michael		0:51:34	0:51:20	19	M50	64	11:46	13:16	13:26	12:51	
129	63	Kühmstedt Stefan	*Mönchengladbach	0:51:38	0:50:44	28	M40	75	12:03	12:54	13:03	12:42	
130	733	Janello Jörg	*Köln	0:51:40	0:51:20	17	M45	69	11:26	12:56	13:24	13:33	
131	1115	Jähmig Marek		0:51:41	0:51:30	17	M35	80	11:31	13:02	13:32	13:23	
132	144	Gaßmüller Dirk	Multisportsfriends Brühl e.V.	0:51:49	0:51:02	11	M55	61	12:01	13:09	13:05	12:46	
133	64	Hausberg Hardy	*Mönchengladbach	0:51:53	0:50:59	29	M40	74	11:55	12:47	13:00	13:15	
134	1021	Ackermann Sebastian	Triathlon Nonstop Köln	0:51:54	0:51:36	20	M50	66	11:56	13:03	13:20	13:14	
135	137	Göbgen Rolf	LT Schlickrutscher	0:51:54	0:51:07	12	M55	57	12:00	13:10	13:06	12:49	
136	1121	Eichler David		0:52:02	0:51:48	17	MHK	90	11:46	13:16	13:31	13:13	
137	152	Gottschalk Kai	*Köln	0:52:06	0:51:21	18	M35	78	11:54	13:00	13:22	13:03	
138	130	Hirseler Felix	*Köln	0:52:06	0:51:21	18	MHK	89	11:54	13:00	13:22	13:03	
139	899	Czech Volker	Pulheimer SC Triathlon	0:52:07	0:51:40	21	M50	64	11:44	13:14	13:31	13:10	
140	383	Löpki Dirk	*Köln	0:52:09	0:51:57	22	M50	63	11:53	13:10	13:28	13:25	
141	243	Hederich Achim	Lightequip	0:52:18	0:52:02	23	M50	64	11:20	13:01	13:46	13:53	
142	316	Ripp Dieter	VTC Köln	0:52:33	0:52:17	5	M60	56	11:50	13:20	13:31	13:34	
143	1478	Stöberl Ralf	Kappes Köpp	0:52:37	0:52:08	24	M50	66	11:40	13:18	13:36	13:32	
144	1128	Dürscheid Jürgen		0:52:42	0:52:20	25	M50	62	12:01	13:25	13:37	13:17	
145	791	Winters Laurin	*Frechen	0:52:47	0:52:14	19	MHK	90	12:46	14:20	13:32	11:35	
146	1313	Pallgen Michael	LVS Stommeln	0:52:49	0:52:33	26	M50	64	12:49	13:20	13:25	12:57	
147	418	Hoffmann Carsten	*Köln	0:52:54	0:52:45	30	M40	74	11:05	13:18	14:01	14:19	
148	140	Kronsbein Günter	*Köln	0:52:57	0:52:37	27	M50	65	12:06	13:29	13:43	13:19	
149	524	Nutz Henrik	*Köln	0:52:58	0:52:12	16	M30	83	12:20	13:30	13:37	12:44	
150	1412	Effers Hans	TPSK Köln	0:52:59	0:52:34	6	M60	56	11:31	13:00	13:38	14:23	
151	912	Nieswandt Luk	*Pulheim	0:53:00	0:52:52	3	MU18	02	11:54	13:45	14:00	13:12	
152	1948	Kuske Tim	*Köln	0:53:06	0:52:48	20	MHK	92	10:58	12:44	14:57	14:08	
153	1000	Jakobs Mario	*Köln	0:53:07	0:52:56	31	M40	75	11:22	13:43	13:55	13:54	
154	103	Kleinekarhoff Johannes	Itting GmbH	0:53:14	0:53:03	21	MHK	91	10:14	13:07	15:00	14:40	
155	1421	Zanders Sebastian		0:53:16	0:53:12	17	M30	86	11:33	13:32	13:57	14:08	
156	61	Bobzin Dirk	*Mönchengladbach	0:53:24	0:52:29	18	M45	68	12:05	13:02	13:37	13:44	
157	764	Gruneberg DR Ralf	BSG Köln	0:53:31	0:52:57	28	M50	64	12:03	13:28	13:44	13:41	
158	369	Brauer DR Helge	*Köln	0:53:52	0:53:31	19	M35	81	11:33	13:34	14:07	14:15	
159	487	Erdenberger Thomas	Laufschabe & Friends	0:53:55	0:53:35	20	M35	79	12:18	13:44	13:51	13:42	
160	1014	Nack Nicolas	*Aachen	0:53:59	0:53:33	18	M30	85	12:00	13:01	13:41	14:50	
161	913	Hertel Aaron	KG Fischenich Runners	0:53:59	0:53:30	21	M35	81	11:54	13:23	14:17	13:54	
162	1034	Morgenstern Tim	*Köln	0:54:03	0:53:46	4	MU18	01	11:30	13:00	14:56	14:18	
163	520	Simons Sven	*Pulheim	0:54:03	0:53:46	5	MU18	01	11:29	12:47	15:11	14:18	
164	567	Seitzinger Christian	*Pulheim	0:54:05	0:53:27	32	M40	75	11:25	13:08	14:12	14:41	
165	1472	Köttgen Markus	*Köln	0:54:09	0:53:31	13	M55	61	12:17	13:22	14:08	13:43	
166	1300	Demond Ralf	Der Weg ist das Ziel	0:54:15	0:53:51	14	M55	61	12:04	13:46	13:56	14:03	
167	14	Lux Sebastian	*Köln	0:54:16	0:53:39	19	M30	83	12:11	13:29	14:02	13:56	
168	299	Morrn Jens	*Niederkassel	0:54:18	0:53:37	33	M40	74	12:19	13:43	13:53	13:40	
169	81	Manthey Philipp	*Köln	0:54:21	0:53:31	20	M30	82	12:54	13:48	13:45	13:02	
170	285	Linden Thomas	*Köln	0:54:25	0:53:39	19	M45	69	12:11	13:21	13:41	14:25	
171	577	Güven Mustafa	*Köln	0:54:28	0:53:45	22	M35	79	11:59	13:31	13:59	14:14	
172	70	Walther Markus	*Köln	0:54:40	0:54:11	21	M30	82	11:49	13:13	14:17	14:51	
173	1513	Bastel Thomas	BSG Stadt Köln	0:54:41	0:54:07	29	M50	63	12:01	13:30	14:02	14:33	
174	1221	Schönmann Jochen		0:54:52	0:54:13	23	M35	77	13:02	14:00	13:56	13:13	
175	303	Michels Sebastian	*Köln	0:54:53	0:54:22	22	M30	83	11:55	13:51	14:32	14:04	
176	1599	Schneider Martin		0:54:56	0:54:56	34	M40	75	12:50	13:11	14:27	14:26	
177	1130	BERLIK SACHA		0:54:57	0:54:48	20	M45	70	11:37	13:37	14:25	15:08	
178	0	unbekannt CF25016		0:55:01	0:54:23	22	MHK		11:16	13:39	15:13	14:13	
179	1188	Felter Manfred		0:55:12	0:54:24	21	M45	71	13:01	13:45	13:49	13:48	
180	1280	Rossol Frank		0:55:14	0:54:47	22	M45	71	11:35	13:51	14:40	14:39	

10km - Gesamtwertung

10. Bickendorfer Büdchenlauf - 25.09.2016

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
181	1119	Neuhalfen Stephan		0:55:16	0:54:41	30	M50	66	12:09	13:36	14:55	13:59	
182	218	Mehlem Rainer	SC West Köln	0:55:17	0:55:10	15	M55	60	12:29	13:52	14:43	14:04	
183	1230	Ritterbusch Nico		0:55:18	0:54:38	6	MU18	03	11:26	13:50	16:16	13:04	
184	302	Zenz Lukas	*Köln	0:55:28	0:54:58	24	M35	81	11:55	13:51	14:35	14:36	
185	298	Sowade Uli	Run of Colours Promoteam	0:55:40	0:55:05	23	M45	70	12:40	13:40	14:04	14:40	
186	358	Harperath Kristof	*Köln	0:55:40	0:55:09	31	M50	66	12:06	13:56	14:31	14:34	
187	408	Sprung Klaus	Run4Pänz.de	0:55:49	0:54:47	24	M45	67	12:21	14:10	14:24	13:51	
188	175	Klein Jörg	de Famillich	0:55:55	0:55:20	25	M45	69	13:06	14:07	14:14	13:52	
189	256	Rüger Thomas	*Bühlerzell	0:55:56	0:55:02	35	M40	72	14:04	14:05	13:43	13:07	
190	627	Bahn Michael	Lauffreunde Vlatten-Köln	0:55:57	0:55:33	32	M50	62	12:26	13:55	14:35	14:35	
191	510	Völler Claus	*Köln	0:55:57	0:55:21	26	M45	69	12:54	14:11	14:16	14:00	
192	311	Voelz Chris	Ollum Runners	0:56:08	0:55:27	36	M40	74	12:27	13:57	14:28	14:33	
193	557	Mitschke Tobias	*Dormagen	0:56:09	0:55:44	23	M30	86	13:03	14:01	14:25	14:12	
194	614	Pickhard Holger	Point One Runners	0:56:40	0:55:46	33	M50	64	12:59	14:17	14:20	14:08	
195	132	Niemuth Axel	Fantastic Four	0:56:47	0:56:19	27	M45	69	12:45	14:11	14:32	14:50	
196	1200	Koscielny Daniel		0:56:58	0:56:35	24	M30	82	12:22	14:27	15:03	14:43	
197	783	Dellaert Aron	Roads & Aces	0:57:05	0:56:38	37	M40	74	11:46	15:01	15:09	14:41	
198	493	Degenhardt Torsten	Vogelsanger	0:57:06	0:56:50	38	M40	76	11:38	13:41	14:58	16:32	
199	554	Hess Bernd	WDR-Aktiv	0:57:07	0:56:57	2	M65	51	12:18	14:21	14:55	15:21	
200	1324	Kirsten Dieter		0:57:18	0:56:46	28	M45	70	13:00	14:02	14:58	14:45	
201	2403	Mauermann Michael	*Eschweiler	0:57:35	0:57:00	39	M40	74	13:14	14:44	14:42	14:19	
202	497	Bernd Alexander	*Köln	0:57:38	0:57:01	29	M45	71	12:11	14:17	15:04	15:28	
203	28	Peters Jens	*Bonn	0:57:45	0:57:03	7	M60	52	12:04	14:16	15:20	15:22	
204	1213	Hartmann Tobias		0:57:53	0:57:26	40	M40	72	11:52	14:04	16:40	14:48	
205	124	Ernst Ralph	*Köln	0:57:57	0:57:02	41	M40	74	12:57	14:27	14:47	14:50	
206	573	Lipnik Dirk	*Köln	0:57:58	0:57:17	42	M40	75	12:39	14:02	14:48	15:46	
207	59	Eggert Henning	*Köln	0:57:59	0:57:21	25	M35	77	12:33	14:25	14:57	15:24	
208	47	Reiche Hansjörg	*Köln	0:58:12	0:57:23	16	M55	60	12:59	14:40	14:58	14:45	
209	57	Roth Uwe	*Köln	0:58:16	0:57:26	30	M45	70	13:01	14:35	14:55	14:55	
210	89	Maciej Werner	*Köln	0:58:18	0:57:36	8	M60	53	13:06	14:10	14:59	15:19	
211	713	Glomb Lukas	*Köln	0:58:24	0:58:10	23	MHK	92	13:44	15:14	15:18	13:53	
212	394	Becker Alexander	Becker Team	0:58:25	0:57:51	25	M30	82	12:53	14:28	15:55	14:34	
213	1120	Brückers Christian		0:58:31	0:58:05	24	MHK	95	11:47	13:22	17:18	15:36	
214	1105	Sedelmeier Anatol	*Köln	0:58:38	0:58:12	25	MHK	96	11:56	13:32	15:11	17:32	
215	323	Lutter Christian	*Bornheim	0:59:00	0:58:13	26	M30	83	14:54	14:41	14:18	14:19	
216	788	Schneider Christoph	*Pulheim	0:59:04	0:58:41	26	M35	77	12:51	14:49	15:41	15:19	
217	928	Gerwin Ralf	*Köln	0:59:08	0:58:09	43	M40	72	13:26	14:38	14:56	15:07	
218	1459	Lechelt Stefan		0:59:12	0:58:42	44	M40	75	12:20	14:28	16:12	15:39	
219	591	Kamp Marcel	RWE Power	0:59:34	0:58:50	27	M30	85	13:14	14:57	15:11	15:27	
220	212	Lackmann Claus Dieter	jecke Freizeitgestaltung	0:59:44	0:59:09	31	M45	69	13:14	14:45	15:13	15:56	
221	123	Leiders Peter	*Köln	0:59:50	0:58:53	34	M50	65	13:44	14:49	15:07	15:12	
222	33	Lehmann Mirko	Privat	0:59:53	0:58:54	32	M45	69	14:10	15:19	14:55	14:29	
223	509	Binzen Martin	*Köln	1:00:11	0:59:23	45	M40	76	14:06	15:23	15:13	14:39	
224	1463	Steil Wolfgang		1:00:28	1:00:16	3	M65	50	13:05	15:18	16:10	15:41	
225	1089	Graalman Dirk	*Köln	1:00:47	0:59:51	46	M40	74	14:05	15:08	15:33	15:03	
226	0	unbekannt CG48333		1:01:09	1:00:20	26	MHK		13:25	14:59	15:47	16:07	
227	544	Migge Ulrich	*Köln	1:01:19	1:00:28	35	M50	62	14:21	15:34	15:27	15:06	
228	1173	Weigel Benjamin		1:01:28	1:00:50	27	M35	79	13:30	14:48	15:29	17:01	
229	1176	Schilling Wolfgang		1:01:29	1:00:51	9	M60	52	13:30	14:49	15:28	17:03	
230	635	Karras Sven	*Leverkusen	1:01:36	1:00:50	28	M35	77	14:16	15:35	15:30	15:27	
231	470	Morath DR Frank	dr. momo	1:01:53	1:01:21	33	M45	69	14:10	16:14	15:49	15:07	
232	365	Balg Christoph	*Köln	1:01:57	1:01:24	47	M40	74	13:02	15:03	17:39	15:38	
233	381	Popovic Jan	*Köln	1:01:59	1:01:31	27	MHK	87	13:03	15:59	17:03	15:25	
234	190	Pscheidt Martin	TÜV Rheinland SG	1:01:59	1:01:39	34	M45	71	12:49	15:01	17:12	16:35	
235	930	Lipp Peter	*Köln	1:02:14	1:01:22	36	M50	63	14:18	15:34	15:43	15:46	
236	445	Kölsche Daniel	*Köln	1:02:33	1:01:40	48	M40	76	14:48	15:28	15:38	15:45	
237	469	Wurda Werner	Diabetes Programm / Fort. Köln	1:03:17	1:02:15	17	M55	60	12:44	14:44	16:42	18:04	
238	255	Marx Denny	*Köln	1:03:48	1:02:49	28	M30	84	14:04	15:36	16:59	16:09	
239	1337	Mann Martin	Brave 8 Dufftown	1:03:52	1:02:59	35	M45	68	13:52	15:54	16:30	16:43	
240	1477	Trottenberg Wilhelm	Pingsheimer Rentnerband	1:04:17	1:03:42	2	M70	42	14:27	15:43	16:08	17:23	

10km - Gesamtwertung

10. Bickendorfer Büdchenlauf - 25.09.2016

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
241	173	Büttrich Benjamin	*Köln	1:05:01	1:04:04	49	M40	72	14:09	16:20	16:57	16:36	
242	813	Rösge Heribert	*Köln	1:05:25	1:04:49	18	M55	61	14:11	16:12	17:05	17:19	
243	619	Weberskirch Karsten	*Viersen	1:05:46	1:04:59	28	MHK	87	14:21	17:06	17:11	16:19	
244	1078	Ludwigs Alexander	*Pulheim	1:06:00	1:05:09	36	M45	67	14:49	15:33	17:02	17:45	
245	1222	Lauterbach Ingo		1:06:27	1:05:27	37	M45	68	15:13	16:33	16:35	17:05	
246	83	Weißgerber Frank	*Köln	1:06:51	1:06:05	38	M45	70	14:24	16:35	17:23	17:42	
247	454	Piosek Arkadius	Diakonie Runners	1:07:23	1:07:10	39	M45	68	14:44	17:00	17:37	17:47	
248	1178	Lübke Andreas		1:09:07	1:08:31	37	M50	65	15:29	17:10	17:30	18:21	
249	589	Cyranka Siegfried	TTC Blau-Rot-Geyen	1:09:13	1:08:25	1	M75	38	15:53	17:24	17:39	17:27	
250	1338	Langen Dominik	Alt städter Köln 1922	1:09:43	1:09:08	40	M45	68	16:01	17:24	17:40	18:02	
251	0	unbekannt DY8MHK3		1:10:03	1:09:23	29	MHK		16:36	15:55	18:11	18:39	
252	20	Hennemann Jan Nicolai	*Köln	1:10:29	1:09:57	29	M35	81	14:10	16:14	19:14	20:18	
253	264	Liebich Georg	Mickey Mouse	1:11:28	1:10:37	19	M55	59	15:17	17:13	18:24	19:42	
254	499	Seidel Jürgen	*Köln	1:11:39	1:11:19	20	M55	60	15:01	17:21	19:05	19:51	
255	5	Moritzky Günter	*Köln	1:12:01	1:11:30	41	M45	69	16:44	18:32	18:18	17:55	
256	155	Marklewitz Dirk	*Glesch	1:13:08	1:12:10	38	M50	66	15:51	17:16	18:43	20:19	
257	1518	Cakiroglu Hale		1:13:24	1:12:43	30	M35	78	16:35	18:02	18:47	19:17	
258	1113	Kreter Tobias	Internet	1:13:58	1:13:03	29	M30	82	15:49	17:59	19:15	19:59	
259	9999	Braunagel Franz	*Köln	1:15:47	1:14:51	31	M35	79	16:30	19:20	19:43	19:16	
260	1020	Tissen Oliver	*Brühl	1:19:32	1:19:05	32	M35	77	15:50	19:43	21:42	21:48	
261	167	Schulze Christian	*Köln	1:20:47	1:19:58	50	M40	76	16:27	19:46	21:21	22:23	
262	384	Giesbrecht Bernhard	*Sankt Augustin	1:29:11	1:28:11	30	MHK	90	16:10	21:35	24:36	25:49	
263	640	Rotureau Sylvain	*Köln	0:39:18	0:38:39	33	M35	79	13:33	13:12	11:53	00:00	
264	134	Spillmann Dieter	Fantastic Four	0:42:35	0:42:07	42	M45	69	12:45	14:08	15:14	00:00	
265	1045	Ravens Tim	ASV Köln	0:19:26	0:19:22	30	M30	82	08:51	10:31	00:00	00:00	
266	896	Krüger Lars	*Bonn	0:21:56	0:21:50	34	M35	81	10:00	11:50	00:00	00:00	
267	629	Nießen Dirk	Lauffreunde Vlatten-Köln	0:11:51	0:11:28	51	M40	75	11:28	00:00	00:00	00:00	
268	380	Ringler Uwe	*Köln	0:13:37	0:13:15	35	M35	81	13:15	00:00	00:00	00:00	

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10. Bickendorfer Büdchenlauf - 25.09.2016

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden					
1	884	Schön Meike	Bunert - Der Kölner Laufladen	0:37:51	0:37:49	1	WHK	89	08:27	09:50	09:46	09:45		
2	422	Damaschke Regina	RRRUN	0:42:56	0:42:44	1	W45	69	09:38	10:47	11:10	11:08		
3	885	Lüchtfeld Alice	Bunert - Der Kölner Laufladen	0:43:20	0:43:15	2	WHK	92	09:37	11:02	11:21	11:13		
4	1336	Wippich Sara	Team Erdinger Alkoholfrei	0:46:56	0:46:45	1	W30	84	10:26	11:52	12:09	12:16		
5	267	Breitkreutz Stephanie	*Oberhausen	0:47:01	0:46:44	3	WHK	95	11:11	11:54	11:52	11:46		
6	920	Riese Insa	*Köln	0:48:04	0:48:01	1	W35	79	10:15	12:18	12:46	12:41		
7	1514	Kranz Dunja		0:48:30	0:48:12	4	WHK	95	10:45	12:19	12:48	12:18		
8	1343	Rombey Nina	Schüßler-Plan-RUN-ING	0:48:36	0:48:32	2	W35	80	10:54	12:17	12:49	12:32		
9	1098	Ahrens Heike	BSG Stadt Köln	0:48:40	0:48:35	1	W50	65	10:47	12:16	12:39	12:51		
10	1015	Meyer Monique	*Aachen	0:49:00	0:48:49	2	W30	86	10:44	12:12	12:48	13:04		
11	307	De Vries Antje	*Köln	0:49:37	0:49:30	3	W30	84	10:48	12:30	13:12	12:58		
12	1473	Hohlbein Maika		0:49:53	0:49:43	5	WHK	89	11:15	12:45	13:01	12:41		
13	1017	Meibeck Anja	Laufmonster	0:50:17	0:49:50	2	W45	71	11:05	12:37	13:05	13:02		
14	271	Schneider Lara	Starke Freunde	0:50:32	0:50:18	4	W30	86	11:39	12:53	12:54	12:50		
15	417	Engel Petra	BSG Stadt Köln	0:51:17	0:51:10	3	W45	67	11:36	13:04	13:17	13:12		
16	359	Daniels Anke	Kölner Turnerschaft	0:51:37	0:51:31	1	W40	74	11:22	12:58	13:36	13:33		
17	876	Herbers-Jähmig Anja	*Köln	0:51:40	0:51:29	5	W30	85	11:32	13:01	13:33	13:22		
18	391	Eschbach Rita	rrrun	0:51:49	0:51:36	2	W50	64	11:40	13:12	13:26	13:17		
19	1019	Lange Simone	*Aachen	0:52:12	0:52:02	6	W30	85	11:55	13:24	13:31	13:11		
20	1329	Würminghausen Susanna		0:52:16	0:51:25	4	W45	67	12:14	13:12	13:10	12:48		
21	252	Swodenk Antonia	*Düsseldorf	0:52:29	0:52:18	6	WHK	96	11:20	13:15	13:51	13:50		
22	317	Ripp Bärbel	VTC Köln	0:52:33	0:52:17	3	W50	65	11:50	13:20	13:32	13:34		
23	731	Motter Heidi	LG Stolberg	0:52:35	0:52:27	1	W55	61	11:21	13:13	13:52	14:00		
24	621	Ligocki Sabine	Run4Pänz	0:52:54	0:52:25	7	W30	86	12:18	13:18	13:25	13:22		
25	429	Lo Brutto Giulia	*Köln	0:52:56	0:52:39	7	WHK	91	11:18	13:28	13:51	14:00		
26	1468	Wiebe Birte		0:53:06	0:52:49	8	WHK	91	11:59	13:07	13:42	13:59		
27	931	Maar Brigitte	BSG Stadt Köln	0:53:21	0:53:14	5	W45	69	11:36	13:22	14:04	14:11		
28	1341	Müller Ute		0:53:29	0:53:19	8	W30	82	11:35	14:22	13:44	13:37		
29	594	Felter Inga	Albis Lauftreff	0:54:24	0:54:00	3	W35	77	12:22	13:56	13:55	13:46		
30	1110	Schmidlein Anna		0:54:29	0:54:05	4	W35	80	12:45	14:06	13:43	13:29		
31	746	Thelen Sylvia	*Köln	0:54:42	0:54:20	5	W35	78	12:15	14:07	14:11	13:46		
32	186	Fröhling Kolinda	Verhaagen Pferdethermografie	0:54:56	0:54:15	2	W40	75	12:36	13:46	13:57	13:54		
33	628	Kempf Kira	*Köln	0:54:57	0:54:33	9	WHK	89	12:23	14:00	14:13	13:56		
34	1346	Kuschel Katrin		0:55:01	0:54:30	9	W30	85	12:41	13:44	14:05	13:58		
35	1129	Thome Valentina	Laufverein Thessaloniki	0:55:01	0:54:30	10	W30	85	12:41	13:44	14:05	13:58		
36	848	Grabe Melanie	Suzis Rennstall	0:55:04	0:54:56	6	W35	78	11:44	13:56	15:02	14:13		
37	1512	Rückborn Marie		0:55:05	0:55:02	10	WHK	93	10:56	14:03	14:54	15:07		
38	1229	Ritterbusch Nicole		0:55:24	0:54:44	6	W45	69	11:49	13:31	16:18	13:06		
39	904	Ahrens Martina	*Pulheim	0:55:26	0:54:58	4	W50	64	12:19	13:59	14:19	14:20		
40	620	Nauhauser Jenny	*Viersen	0:55:45	0:54:57	11	WHK	90	14:18	12:44	13:40	14:14		
41	553	Träger-Neumann Nicole	TV-Bretten	0:56:01	0:55:51	3	W40	72	12:36	14:17	14:37	14:19		
42	498	Janssen Sabina	*Köln	0:56:04	0:55:55	5	W50	65	12:30	14:02	14:40	14:41		
43	1364	Thoridt Kirsten	Lauffeunde Klatten-Köln	0:56:10	0:56:01	7	W45	69	12:37	14:17	14:37	14:28		
44	1345	Stephan Hannah		0:56:23	0:55:58	11	W30	85	13:04	14:02	14:25	14:26		
45	794	Bardtke Ute	BSG	0:56:52	0:56:18	6	W50	66	12:05	14:18	14:58	14:56		
46	1079	Jolie Marieke	fit-Koeln	0:57:13	0:57:11	12	WHK	91	12:35	15:03	15:01	14:31		
47	80	Wegele Melanie	*Köln	0:57:13	0:56:21	13	WHK	88	13:19	14:09	14:24	14:28		
48	118	Jung Beate	*Hennef	0:57:14	0:56:43	7	W50	64	12:40	14:23	14:42	14:56		
49	467	Gardemann Nina	*Köln	0:57:15	0:56:40	7	W35	80	12:47	14:24	14:54	14:34		
50	435	Pfahlbusch Elfi	Run of Colours Promoteam	0:57:19	0:57:11	4	W40	72	11:22	15:15	15:31	15:01		
51	1470	Ebeling Julia	ASV Lauftreff	0:57:36	0:57:00	8	W35	77	13:14	14:45	14:41	14:20		
52	211	Engels Melanie	*Köln	0:57:45	0:57:02	9	W35	81	13:51	14:24	14:41	14:05		
53	125	Thieler Nicole	*Köln	0:57:58	0:57:03	5	W40	76	12:58	14:28	14:48	14:47		
54	849	Schwarz Annika	*Frechen	0:57:58	0:57:43	10	W35	79	12:49	14:13	14:57	15:42		
55	917	Montag Silke	*Köln	0:58:11	0:57:34	6	W40	73	12:30	14:38	15:11	15:14		
56	1456	Mann Carolin		0:58:26	0:57:46	12	W30	84	13:45	14:45	15:02	14:13		
57	769	Birnbach Ulrike	*Köln	0:58:28	0:58:12	7	W40	76	12:17	14:36	15:37	15:40		
58	1460	Retzlaff Liane	*Köln	0:58:33	0:58:01	2	W55	57	12:46	14:21	15:38	15:15		
59	129	Gössl Susanne	*Köln	0:58:34	0:57:52	8	W40	75	13:29	14:31	15:00	14:51		
60	1228	Kies Bernadeta	Alois Louff	0:59:12	0:58:49	3	W55	59	12:37	14:45	15:43	15:42		

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10. Bickendorfer Büdchenlauf - 25.09.2016

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	1124	Schmidt Karina		0:59:15	0:59:06	13	W30	86	12:59	15:05	15:33	15:28	
62	1125	Klein-Carusio Sabrina		0:59:15	0:59:06	14	WHK	90	12:59	15:05	15:33	15:28	
63	850	Schmitz Britta	Köln läuft	0:59:16	0:58:34	8	W50	63	12:51	15:03	15:21	15:18	
64	907	Suilmann Doris	*Köln	0:59:19	0:58:39	9	W40	72	12:29	14:41	15:49	15:38	
65	892	Simon Barbara	*Köln	0:59:21	0:58:43	10	W40	76	12:29	14:32	15:40	16:00	
66	1818	Henning Linn	RWE Power	0:59:33	0:58:49	14	W30	85	13:14	14:58	15:11	15:25	
67	1109	Kliem Kristina		0:59:34	0:59:01	11	W40	74	13:41	14:47	15:25	15:07	
68	432	Borth Maraïke	*Düsseldorf	0:59:43	0:58:50	15	W30	86	15:05	14:33	14:42	14:28	
69	122	Hilger Simone	*Köln	1:00:30	0:59:52	11	W35	81	13:15	15:25	15:34	15:36	
70	46	Schwender Kerstin	*Köln	1:00:30	1:00:02	9	W50	66	13:19	15:10	15:49	15:43	
71	525	Pallgen Claudia	LV Stommeln	1:00:37	1:00:21	12	W40	73	12:49	15:05	16:02	16:24	
72	183	Drees Jutta	*Köln	1:00:44	1:00:01	8	W45	67	14:02	15:07	15:32	15:19	
73	434	Troescher Gabriele	memler.de	1:01:08	1:00:14	9	W45	68	14:06	15:20	15:20	15:27	
74	277	Zurheiden Sabine	*Bedburg	1:01:14	1:00:35	10	W45	67	13:19	14:58	16:22	15:54	
75	639	Bell Katrin	*Hürth	1:01:49	1:01:02	11	W45	70	14:40	15:41	15:32	15:07	
76	156	Schäfer Henrike	*Köln	1:01:49	1:01:02	12	W45	70	14:40	15:41	15:32	15:07	
77	192	Weyer-Lichy Juliane	*Köln	1:01:56	1:01:12	16	W30	83	14:44	15:18	15:42	15:26	
78	79	Klaus Hanna	*Köln	1:02:01	1:01:09	15	WHK	88	14:18	15:34	15:53	15:21	
79	1376	Stula Rosel	Pulhgimer SC	1:02:08	1:01:39	4	W55	58	13:18	15:09	15:49	17:22	
80	642	Derichs Ursula	*Köln	1:02:12	1:01:21	10	W50	64	14:18	15:34	15:43	15:44	
81	1077	Herschel Maria	*Köln	1:02:13	1:01:34	11	W50	64	12:56	15:36	16:38	16:22	
82	244	Hederich Khatereh	Lightequip	1:03:00	1:02:43	13	W40	76	13:19	16:01	16:37	16:44	
83	673	Engel Sonja	*Köln	1:03:20	1:02:32	13	W45	71	14:13	16:05	16:37	15:36	
84	27	Lieblang Anni	*Hürth	1:03:25	1:03:03	16	WHK	88	12:18	15:49	17:20	17:35	
85	1220	Pieper Doris		1:03:35	1:02:56	12	W35	78	14:59	16:26	16:07	15:24	
86	1177	Schilling Birgit		1:03:47	1:03:10	5	W55	60	14:19	16:10	16:36	16:03	
87	112	Stecken Karoline	Die Rennschnecken	1:03:54	1:03:13	14	W45	67	14:33	15:54	16:24	16:20	
88	1517	Velcio Bianca		1:04:07	1:03:44	17	W30	83	13:31	16:24	17:43	16:04	
89	286	Linden Daniela	*Köln	1:04:19	1:03:33	14	W40	72	14:17	15:43	16:25	17:07	
90	143	Gaßmüller Marlene	Multisportsfriends Brühl eV	1:04:39	1:03:50	6	W55	60	14:10	15:47	16:25	17:27	
91	151	Taxhet Martina	*Köln	1:04:44	1:03:59	15	W45	69	14:45	15:18	16:09	17:46	
92	292	Stadie Katharina	*Köln	1:05:52	1:04:59	18	W30	85	15:06	16:24	16:47	16:40	
93	291	Heuing Katharina	*Köln	1:05:52	1:04:59	19	W30	86	15:07	16:23	16:47	16:40	
94	1132	Niessen Sarah		1:05:55	1:05:15	15	W40	73	13:21	16:38	17:37	17:38	
95	1240	Ernestine Prader		1:06:00	1:05:08	12	W50	65	14:49	15:32	17:01	17:45	
96	372	Babenerd Jutta	*Koeln	1:06:08	1:05:20	16	W40	72	15:16	16:38	16:46	16:38	
97	760	Eichler Nele	SPD	1:06:14	1:06:00	17	WHK	93	14:23	16:20	17:35	17:40	
98	1223	Basantny Yvonne		1:06:27	1:05:27	17	W40	72	15:13	16:34	16:35	17:05	
99	109	Buer Frauke	Die Rennschnecken	1:06:37	1:05:56	20	W30	85	14:32	15:55	17:25	18:03	
100	102	Kleinekarhoff Franziska	Itting GmbH	1:06:45	1:06:33	18	WHK	93	13:51	16:54	17:58	17:49	
101	488	Erdenberger Sandra	Laufschabe & Friends	1:06:48	1:06:29	18	W40	76	14:41	17:00	17:32	17:13	
102	171	Massenberg Laura	*Köln	1:06:51	1:05:58	1	WU18	99	14:36	16:46	17:26	17:08	
103	88	Stockebrand Barbara	*Köln	1:07:11	1:06:13	16	W45	70	14:46	15:49	17:30	18:06	
104	174	Drees Sabine	*Köln	1:07:18	1:06:34	13	W50	64	14:02	16:16	18:04	18:10	
105	453	Feigl Gaby	Diakonie Runners	1:07:23	1:07:10	14	W50	64	14:45	17:02	17:35	17:46	
106	1311	Sonneborn Melanie	Kaiserswerther Renntauben	1:07:24	1:07:20	13	W35	77	14:58	16:56	17:49	17:35	
107	446	Manthey Nicole	Diakonie Runners	1:07:25	1:07:12	19	W40	76	14:45	17:02	17:36	17:49	
108	56	Schmitz Sandra	Sportshop-Triathlon Team	1:07:47	1:06:50	20	W40	76	15:37	16:27	17:01	17:43	
109	1127	Haffke Anne	TriCologne	1:07:48	1:06:50	14	W35	81	15:37	16:29	16:58	17:44	
110	1215	Richmann Margret		1:08:31	1:07:36	15	W50	62	15:48	16:54	17:28	17:25	
111	936	Ayche Karin	Laufmariechen Köln	1:08:59	1:08:26	1	W60	54	14:55	17:21	18:03	18:05	
112	581	Spachholz Maria Luise	TUS Brauweiler	1:09:24	1:08:41	2	W60	56	14:33	17:05	18:05	18:56	
113	110	Lohmar Sabine	Die Rennschnecken	1:10:03	1:09:23	15	W35	77	16:36	15:55	18:10	18:40	
114	925	Ericks Kathrin	*Bonn	1:10:14	1:09:30	21	W30	82	15:31	17:20	18:22	18:16	
115	412	Sommerfeld Elisabeth	TuS Brauweiler	1:11:13	1:10:56	7	W55	58	15:10	17:48	18:58	18:58	
116	413	Bansberg Almud	*Pulheim	1:11:13	1:10:56	19	WHK	96	15:10	17:48	18:58	18:59	
117	265	Krichel Annette	Mickey Mouse	1:11:27	1:10:37	8	W55	59	15:16	17:14	18:24	19:41	
118	22	Moritzky Monika	*Köln	1:12:01	1:11:30	17	W45	67	16:44	18:31	18:19	17:54	
119	1114	Beller Lisa		1:12:29	1:11:33	22	W30	86	15:49	17:01	20:09	18:32	
120	331	Kübbeler Anja	*Bornheim	1:13:19	1:12:32	20	WHK	91	15:22	18:48	18:58	19:23	

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10. Bickendorfer Büdchenlauf - 25.09.2016

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-Pl	AK	Jahr	Runden			
121	1080	Wilczek Eva	IAC Düren	1:15:06	1:14:36	1	W70	46	16:40	20:10	18:58	18:46
122	82	Knoll Birgit	*Köln	1:17:58	1:17:26	21	W40	75	16:54	19:22	20:04	21:04
123	939	Rohrmoser Eva-Maria	Laufmariechen Köln	1:18:38	1:18:04	3	W60	54	17:56	20:14	20:30	19:22
124	182	Görgens Martina	Die Rennschnecken	1:20:31	1:19:51	16	W50	65	16:39	20:02	21:37	21:32
125	947	Höfer Annika	*Köln	0:48:58	0:48:39	21	WHK	94	12:10	16:10	20:18	00:00
126	1224	Steinbach Hannah	ASV	0:20:11	0:20:10	22	WHK	95	09:12	10:57	00:00	00:00
127	766	Weitzenbürger Anja	Andare Sport	0:30:43	0:29:52	18	W45	71	14:18	15:34	00:00	00:00
128	1510	Ingenwardt Sabine		0:31:55	0:31:30	23	W30	82	14:44	16:45	00:00	00:00
129	312	Brauch Eva	*Köln	0:14:47	0:14:05	22	W40	76	14:05	00:00	00:00	00:00
130	101	Klingenberg Anna-Lisa	Itting GmbH	0:16:48	0:16:36	23	WHK	95	16:36	00:00	00:00	00:00