

9. Horremer Abendlauf am 17. Juni 2016

Lauf über 10km

Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	93	Miereczko Maciek	VfB Erfstadt Multisport	0:34:35	0:34:36	1979	M35	1	17:26 17:09 / 3:28min/km
2	341	Schiffer Frank	LG Donatus	0:35:34	0:35:35	1969	M45	1	17:33 18:01 / 3:33min/km
3	304	Jonen Christian	VfB Erfstadt Multisport	0:36:00	0:36:01	1981	M35	2	17:26 18:33 / 3:36min/km
4	3	Kaiser Thomas	Sebamed Running Team	0:36:48	0:36:49	1989	M20	1	18:00 18:48 / 3:41min/km
5	96	Heil Dietmar	1. FC Quadrath-Ichendorf	0:37:12	0:37:13	1968	M45	2	18:38 18:34 / 3:43min/km
6	344	Osten Christian	Brühler TV 1879	0:37:14	0:37:15	1984	M30	1	18:34 18:39 / 3:43min/km
7	330	Götte Konrad	Team Erdinger Alkoholfrei	0:37:23	0:37:26	1999	MU18	1	18:26 18:57 / 3:44min/km
8	350	Pesch Claus	LG Donatus Erfstadt	0:37:33	0:37:35	1970	M45	3	18:34 18:58 / 3:45min/km
9	224	Koerbs Joe		0:37:55	0:37:56	1968	M45	4	18:36 19:19 / 3:48min/km
10	109	Gläßer Harald	Laufmonster	0:37:57	0:37:59	1968	M45	5	18:36 19:20 / 3:48min/km
11	92	Ruhnke Robert	LG RWE Power	0:38:08	0:38:09	1958	M55	1	18:49 19:19 / 3:49min/km
12	187	Matuschek Darius	VfB Erfstadt Multisport	0:38:12	0:38:14	1972	M40	1	18:53 19:18 / 3:49min/km
13	64	Schneider Thomas	LG RWE Power	0:38:13	0:38:14	1969	M45	6	18:51 19:22 / 3:49min/km
14	19	Holzporz Michael	VfB Erfstadt Multisport	0:39:07	0:39:09	1968	M45	7	19:03 20:03 / 3:55min/km
15	80	Kaatz Michael	Kreissparkasse Köln	0:39:24	0:39:26	1982	M30	2	19:37 19:47 / 3:56min/km
16	177	Fleischmann Peter	Dürener TV 1847	0:39:28	0:39:29	1958	M55	2	19:25 20:02 / 3:57min/km
17	91	Thoma Rahere	*Köln	0:39:42	0:39:59	1988	M20	2	19:13 20:29 / 3:58min/km
18	323	Rösler Denis	Laufmonster	0:39:51	0:39:53	1970	M45	8	19:49 20:01 / 3:59min/km
19	149	Thüs Andreas	Laufmonster	0:40:15	0:40:16	1970	M45	9	19:51 20:23 / 4:02min/km
20	367	Pöhlmann Andreas		0:40:18	0:40:20	1971	M45	10	19:50 20:27 / 4:02min/km
21	81	Blöcker Thomas	Meckenheim	0:40:31	0:40:34	1962	M50	1	19:50 20:41 / 4:03min/km
22	335	Röllgen Thomas	HDL Perle	0:40:42	0:40:44	1973	M40	2	19:52 20:50 / 4:04min/km
23	199	Johnen Kenny	LG RWE Power	0:40:45	0:40:48	1985	M30	3	20:01 20:44 / 4:05min/km
24	359	van Son Martin		0:40:47	0:40:51	1970	M45	11	19:39 21:08 / 4:05min/km
25	132	Seiferth Kay-Uwe	Laufmonster	0:41:21	0:41:23	1966	M50	2	20:00 21:20 / 4:08min/km
26	252	Sekulla Adam	GVG	0:41:25	0:41:28	1979	M35	3	20:15 21:09 / 4:09min/km
27	306	Koenen Manuel	Gottfried Kinkel Realschul	0:41:35	0:41:43	2000	MU18	2	20:07 21:27 / 4:10min/km
28	170	Messner Michael	Brühler TV 1879	0:41:57	0:42:00	1962	M50	3	20:32 21:24 / 4:12min/km
29	158	Brenger Jochen	Kenia's letzte Reserve	0:42:05	0:42:15	1984	M30	4	20:59 21:06 / 4:13min/km
30	131	Fink Daniel	Laufmonster	0:42:16	0:42:19	1979	M35	4	20:53 21:22 / 4:14min/km
31	152	Dreesbach Dirk	LC Weilerswist	0:42:33	0:42:40	1968	M45	12	21:18 21:14 / 4:15min/km
32	340	Rüter Daniel	Brühler TV 1879	0:42:40	0:42:47	1977	M35	5	20:52 21:47 / 4:16min/km
33	307	Rauf Christian		0:42:55	0:43:05	1987	M20	3	20:57 21:57 / 4:18min/km
34	200	Urlewitz Frank	Urlewitz	0:43:05	0:43:09	1969	M45	13	21:14 21:51 / 4:19min/km
35	365	Gantgen Peter	Sportlich-Team Bornheim	0:43:08	0:43:14	1962	M50	4	21:23 21:45 / 4:19min/km
36	358	Bleck Roman	SSK Kerpen	0:43:10	0:43:19	1996	M20	4	21:31 21:39 / 4:19min/km
37	41	Abenhardt Bodo	LG Donatus Erfstadt	0:43:22	0:43:25	1968	M45	14	21:36 21:45 / 4:20min/km
38	137	Franklin Jeremy	*Kerpen	0:43:27	0:43:35	1959	M55	3	21:42 21:44 / 4:21min/km
39	368	Becker Alexander	Bayern München	0:43:27	0:43:32	1992	M20	5	21:14 22:12 / 4:21min/km
40	193	Ermert Dirk	Stadtwerke Solingen Gmb	0:43:32	0:43:39	1970	M45	15	21:42 21:50 / 4:21min/km
41	49	Brod Thomas	Marathon-Club Eschweile	0:43:40	0:43:52	1978	M35	6	21:33 22:06 / 4:22min/km
42	174	Heukamp Michael	ergo sports Langlauf	0:43:47	0:43:51	1967	M45	16	21:35 22:12 / 4:23min/km
43	242	Liebertz Marvin	GVG	0:43:52	0:43:55	1993	M20	6	20:54 22:57 / 4:23min/km
44	129	Sudmann Tobias	Laufmonster	0:43:54	0:43:58	1978	M35	7	21:41 22:12 / 4:23min/km
45	106	Thoma Spiridion	*Kerpen	0:43:55	0:44:12	1986	M30	5	22:11 21:44 / 4:24min/km
46	357	Prediger Alf	LG Donatus Erfstadt	0:44:08	0:44:11	1977	M35	8	21:35 22:32 / 4:25min/km
47	144	Willems Hansjörg	SSK Kerpen	0:44:23	0:44:32	1962	M50	5	22:01 22:21 / 4:26min/km
48	31	Davanture Christian	*Kerpen	0:44:28	0:44:34	1980	M35	9	21:40 22:48 / 4:27min/km
49	65	Wenzel Björn	*Kerpen	0:44:29	0:44:35	1992	M20	7	21:44 22:44 / 4:27min/km
50	77	Junglas Frank	SSK Kerpen	0:44:32	0:44:41	1972	M40	3	22:19 22:13 / 4:27min/km
51	4	Matschull Frank	für meine Jungs	0:44:43	0:44:48	1967	M45	17	21:55 22:48 / 4:28min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	114	Krones Helmut	Rhein-Erft Akademie	0:44:55	0:45:08	1964	M50	6	22:43 22:11 / 4:30min/km
53	168	Quensell Prince	Gottfried-Kinkel-Realschul	0:45:02	0:45:03	2003	MU14	1	21:20 23:42 / 4:30min/km
54	191	Unger Stefan	LC Weilerswist	0:45:10	0:45:18	1962	M50	7	22:33 22:37 / 4:31min/km
55	327	Kirchholtes Frank		0:45:22	0:45:39	1967	M45	18	23:07 22:14 / 4:32min/km
56	251	Sekulla Martin	GVG	0:45:40	0:45:44	1980	M35	10	22:23 23:17 / 4:34min/km
57	108	Regiment Thomas	LG RWE Power	0:45:44	0:45:54	1968	M45	19	22:18 23:25 / 4:34min/km
58	300	Umbach Tobias		0:46:00	0:46:19	1993	M20	8	22:52 23:08 / 4:36min/km
59	67	Lünendonk Lothar	Team Crazyluenis Korsc	0:46:10	0:46:22	1952	M60	1	23:23 22:46 / 4:37min/km
60	32	Greif Uwe	Dürener TV 1847	0:46:24	0:46:28	1965	M50	8	23:05 23:19 / 4:38min/km
61	154	Bobeth Michael	Dauerlaufschule Köln	0:46:30	0:46:37	1962	M50	9	23:06 23:24 / 4:39min/km
62	136	Braun Andreas	SG Zons	0:46:33	0:46:41	1963	M50	10	23:32 23:00 / 4:39min/km
63	48	Hasenau Ralf	Pulheimer SC	0:46:34	0:46:39	1966	M50	11	22:56 23:37 / 4:39min/km
64	310	Bäuerle Jörg	TV Alpenglühn Balkenhau	0:46:36	0:46:56	1972	M40	4	23:14 23:21 / 4:40min/km
65	228	Heuter Pascal	Volksbank Erft	0:46:39	0:47:15	1990	M20	9	23:19 23:20 / 4:40min/km
66	143	Kolodziej Wojtek	Schnauzerballett Thorr	0:46:44	0:46:58	1971	M45	20	23:20 23:24 / 4:40min/km
67	320	Spurek Dieter	KG Altstädter Blau Weiss	0:47:00	0:47:17		M	0	22:56 24:04 / 4:42min/km
68	53	Fallnich Michael	ESV 1925 Horrem e.V	0:47:03	0:47:10	1991	M20	10	22:40 24:23 / 4:42min/km
69	94	Dresbach Frank	Cologne Allblacks	0:47:15	0:47:20	1967	M45	21	23:35 23:39 / 4:44min/km
70	128	Oster Tobias	*Kerpen	0:47:15	0:47:34	1990	M20	11	23:46 23:29 / 4:44min/km
71	83	Westphal Dieter	TEAM ESK	0:47:24	0:47:30	1965	M50	12	23:57 23:27 / 4:44min/km
72	99	Hecker Wolfgang	Krabbelgruppe Neurath	0:47:27	0:47:34	1965	M50	13	23:23 24:03 / 4:45min/km
73	339	Abels Sascha		0:47:52	0:48:12	1972	M40	5	23:40 24:12 / 4:47min/km
74	343	Schaaf Markus		0:47:52	0:48:12	1974	M40	6	23:41 24:11 / 4:47min/km
75	146	Matteis Rainer	Running TV Bedburg	0:47:54	0:48:08	1972	M40	7	23:24 24:29 / 4:47min/km
76	40	Schuck Johannes	LG Donatus Erftstadt	0:47:55	0:48:09	1968	M45	22	24:07 23:48 / 4:48min/km
77	255	Wenz Ralf	GVG	0:47:57	0:48:19	1959	M55	4	24:12 23:45 / 4:48min/km
78	27	Schwert Sascha	LG RWE Power	0:47:59	0:48:06	1987	M20	12	23:02 24:56 / 4:48min/km
79	347	True Helmut	LG Donatus Erftstadt	0:48:00	0:48:14	1967	M45	23	24:08 23:51 / 4:48min/km
80	219	Martens Jörn	Run of Colours Promotea	0:48:04	0:48:07	1962	M50	14	23:47 24:17 / 4:48min/km
81	124	Wolsiffer Frank	Rhein-Erft Akademie	0:48:08	0:48:25	1965	M50	15	23:32 24:36 / 4:49min/km
82	103	Köppe Stefan	1.FC Köln	0:48:24	0:48:33	1985	M30	6	24:06 24:18 / 4:50min/km
83	321	Guzik Jan		0:48:27	0:48:30	1970	M45	24	23:38 24:49 / 4:51min/km
84	107	Schaller Norman	LG Donatus Erftstadt	0:48:27	0:48:33	1976	M40	8	24:31 23:56 / 4:51min/km
85	180	Hofmann Thomas	MST Laufpoint	0:48:32	0:48:37	1980	M35	11	23:55 24:37 / 4:51min/km
86	56	Oppermann Lukas	*Kerpen	0:48:41	0:48:47	1991	M20	13	24:08 24:32 / 4:52min/km
87	333	Nelles Peter	LG-RWE Power	0:48:43	0:48:48	1960	M55	5	23:55 24:48 / 4:52min/km
88	68	Lünendonk Patrick	Team Crazyluenis Korsc	0:48:55	0:49:06	1988	M20	14	24:27 24:28 / 4:54min/km
89	225	Speth Michael	Volksbank Erft	0:48:56	0:49:09	1965	M50	16	24:08 24:47 / 4:54min/km
90	169	Staschik Lothar	*Brühl	0:49:02	0:49:12	1960	M55	6	24:04 24:58 / 4:54min/km
91	28	Striepe Stephan	*Kerpen	0:49:03	0:49:15	1982	M30	7	24:10 24:52 / 4:54min/km
92	204	Berger Peter	*Köln	0:49:04	0:49:08	1959	M55	7	23:59 25:04 / 4:54min/km
93	332	Coenen Theo	LAV	0:49:12	0:49:21	1956	M60	2	24:01 25:10 / 4:55min/km
94	241	Kaiser Meikel	GVG	0:49:19	0:49:28	1970	M45	25	25:42 23:36 / 4:56min/km
95	211	Schulz Joachim	Team ERDINGER Alkoh	0:49:19	0:49:21	1977	M35	12	23:47 25:31 / 4:56min/km
96	141	Baltus Kurt	Dürener TV 1847	0:49:29	0:49:45	1957	M55	8	24:12 25:16 / 4:57min/km
97	249	Retiene Roman	GVG	0:49:32	0:49:55	1986	M30	8	25:07 24:25 / 4:57min/km
98	236	Coste Timm	GVG	0:49:49	0:50:00	1970	M45	26	25:10 24:39 / 4:59min/km
99	238	Harti Sigg	GVG	0:50:04	0:50:17	1958	M55	9	24:51 25:12 / 5:00min/km
100	88	Els Jürgen	BSG RheinEnergie	0:50:09	0:50:24	1969	M45	27	25:03 25:05 / 5:01min/km
101	33	Werner Christoph	BSG RheinEnergie	0:50:09	0:50:24	1965	M50	17	25:03 25:05 / 5:01min/km
102	5	Basham Colin	SSK Kerpen	0:50:10	0:50:18	1949	M65	1	24:16 25:53 / 5:01min/km

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103	52	Kohlstrung Marcus	DLRG Bensberg	0:50:14	0:50:31	1966	M50	18	25:00 25:14 / 5:01min/km
104	8	Hanke Sascha	*Frechen	0:50:15	0:50:20	1987	M20	15	24:43 25:31 / 5:02min/km
105	209	Gebauer Rainer	*Eschweiler	0:50:21	0:50:35	1960	M55	10	24:22 25:59 / 5:02min/km
106	97	Costantini Helmut	LG RWE Power	0:50:22	0:50:31	1958	M55	11	24:31 25:50 / 5:02min/km
107	232	Abromeit Werner	GVG	0:50:24	0:50:41	1965	M50	19	25:01 25:22 / 5:02min/km
108	354	Jäger Walter	LT Decksteiner Weiher	0:50:29	0:50:51	1953	M60	3	25:56 24:32 / 5:03min/km
109	334	Madeja Frank		0:50:40	0:50:50	1971	M45	28	24:56 25:43 / 5:04min/km
110	120	Steinke Malte	Rhein-Erft Akademie	0:50:43	0:50:51	1988	M20	16	24:28 26:15 / 5:04min/km
111	181	Wilden Willi	MST Laufpoint	0:50:51	0:50:56	1955	M60	4	25:00 25:51 / 5:05min/km
112	345	Hövel Frank	TV Alpenglühn	0:50:52	0:51:14	1971	M45	29	25:37 25:14 / 5:05min/km
113	362	Schönaven Sebastian		0:50:54	0:51:16	1993	M20	17	25:01 25:53 / 5:05min/km
114	150	Wirtz Thomas	Brühler TV 1879	0:50:58	0:51:06	1983	M30	9	24:26 26:31 / 5:06min/km
115	95	Costantini Alfons	LG RWE Power	0:50:59	0:51:09	1958	M55	12	25:59 24:59 / 5:06min/km
116	89	Schlößer Christian	Sportshop-Triathlon Team	0:51:01	0:51:06	1981	M35	13	25:18 25:42 / 5:06min/km
117	192	Müller Hubert	SSK Kerpen	0:51:08	0:51:18	1965	M50	20	25:32 25:35 / 5:07min/km
118	349	Nowag Ralf		0:51:09	0:51:24	1967	M45	30	25:13 25:55 / 5:07min/km
119	122	Vorberg Jens	Rhein-Erft Akademie	0:51:09	0:51:23	1967	M45	31	25:38 25:31 / 5:07min/km
120	55	Rottenau Rainer	VFB Erftstadt Multisport	0:51:16	0:51:32	1964	M50	21	25:29 25:47 / 5:08min/km
121	2	Rey Heiko	GSG Nord e.V.	0:51:25	0:51:40	1972	M40	9	24:31 26:53 / 5:09min/km
122	50	Gregor Michael	don't cry, RUN	0:51:26	0:51:39	1965	M50	22	25:59 25:27 / 5:09min/km
123	18	Hanhardt Magnus	*Rietberg	0:51:29	0:51:45	1979	M35	14	24:46 26:43 / 5:09min/km
124	15	Preuschoff Winfried	LV Stommeln	0:51:38	0:51:45	1940	M75	1	25:45 25:53 / 5:10min/km
125	356	Dahl Hagen		0:51:43	0:51:59	1965	M50	23	25:52 25:51 / 5:10min/km
126	222	Sowade Uli	Run of Colours Promotea	0:51:53	0:51:55	1970	M45	32	25:35 26:17 / 5:11min/km
127	348	Peter Öchslein	SSK Kerpen Triathlon	0:51:57	0:52:19	1971	M45	33	25:58 25:59 / 5:12min/km
128	98	Brink Jelte	SCB Horrem	0:51:59	0:52:18	2006	MU12	1	26:45 25:13 / 5:12min/km
129	118	Spögen Joachim	Rhein-Erft Akademie	0:52:01	0:52:05	1954	M60	5	25:19 26:42 / 5:12min/km
130	75	Horst Heinz	*Erftstadt	0:52:01	0:52:28	1960	M55	13	26:42 25:19 / 5:12min/km
132	54	Meyer Wilfried	SC Kölsch Fründe	0:52:10	0:52:23	1948	M65	2	25:38 26:32 / 5:13min/km
133	208	Van der Ven Christian	*Köln	0:52:21	0:52:41	1963	M50	24	26:33 25:47 / 5:14min/km
134	36	Polis Alexis	*Kerpen-Sindorf	0:52:23	0:52:33	1982	M30	10	26:00 26:22 / 5:14min/km
135	62	Diers Jürgen	LG Donatus Erftstadt	0:52:23	0:52:38	1944	M70	1	26:42 25:40 / 5:14min/km
136	256	Wichterich Detlef	GVG	0:52:25	0:52:48	1968	M45	35	26:02 26:23 / 5:15min/km
137	206	Kummert Peer	Horremer SV	0:52:26	0:52:51	2004	MU14	2	25:45 26:41 / 5:15min/km
138	11	Laumanns Dirk	ErftRunners	0:52:28	0:52:39	1970	M45	36	25:40 26:47 / 5:15min/km
139	189	Johnen Manfred	LG RWE Power	0:52:33	0:52:45	1958	M55	14	26:03 26:30 / 5:15min/km
140	216	Gasiorowski Milosz	*Erftstadt-Gymnich	0:52:38	0:52:41	1982	M30	11	26:09 26:29 / 5:16min/km
141	82	Kuhlemann Dieter	LG RWE Power	0:52:45	0:53:04	1942	M70	2	25:53 26:51 / 5:17min/km
142	317	Vennemann Jan	Horremer SV	0:52:48	0:53:14	2004	MU14	3	25:41 27:06 / 5:17min/km
143	342	Krychowski Sebastian		0:52:49	0:53:18	1993	M20	18	26:21 26:28 / 5:17min/km
144	85	Frevel Hermann-Josef	Team ESK	0:53:17	0:53:23	1962	M50	25	26:22 26:54 / 5:20min/km
145	10	Watzl Holger	Kreissparkasse Köln	0:53:26	0:53:46	1966	M50	26	26:27 26:58 / 5:21min/km
146	324	Nowak Bernd	SSk Kerpen	0:53:26	0:53:38	1965	M50	27	26:09 27:17 / 5:21min/km
147	90	Lindenthal Heiko	*Frechen	0:53:43	0:54:00	1977	M35	15	26:16 27:27 / 5:22min/km
148	245	Peitsch Volker	GVG	0:53:46	0:53:52	1964	M50	28	26:20 27:26 / 5:23min/km
149	254	Strohhäcker Günter	GVG	0:53:52	0:53:58	1939	M75	2	26:28 27:23 / 5:23min/km
150	318	Frank Klaus-Jürgen		0:53:53	0:54:10	1942	M70	3	26:34 27:19 / 5:23min/km
151	12	Funk Roland	*Bergheim	0:53:56	0:54:17	1961	M55	15	26:45 27:11 / 5:24min/km
152	213	Detmer Thorsten	*Kerpen	0:53:58	0:54:25	1973	M40	10	26:38 27:19 / 5:24min/km
153	366	Hand Jürgen	SC Kölsch Fründe	0:54:01	0:54:14	1981	M35	16	26:18 27:43 / 5:24min/km
154	66	Schulze Dirk	*Kerpen	0:54:02	0:54:13	1971	M45	37	26:05 27:56 / 5:24min/km

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155	322	Zanther Christian	TUS Königsdorf	0:54:22	0:54:38	1977	M35	17	26:17 28:04 / 5:26min/km
156	59	Braun Daniel	*Kerpen	0:54:52	0:55:16	1986	M30	12	27:12 27:39 / 5:29min/km
157	70	Wedderien Hendrik	*Köln	0:55:00	0:55:19	1992	M20	19	28:36 26:24 / 5:30min/km
158	315	Wattler Rudi		0:55:02	0:55:12	1943	M70	4	27:35 27:26 / 5:30min/km
159	61	Wurda Werner	Diabetes Programm / For	0:55:14	0:55:44	1960	M55	16	27:46 27:27 / 5:31min/km
160	338	Debald Volker	ASV Wesseling	0:55:17	0:55:28	1944	M70	5	27:04 28:13 / 5:32min/km
161	26	Henke Uwe	*Kerpen	0:55:23	0:55:40	1973	M40	11	27:35 27:48 / 5:32min/km
162	167	Hägeholz Nils	Gottfried-Kinkel-Realschul	0:55:24	0:55:38	2000	MU18	3	26:42 28:42 / 5:32min/km
163	351	Kaulen Hans-Peter	VfB Erftstadt Multisport	0:55:26	0:55:37	1959	M55	17	27:21 28:04 / 5:33min/km
164	248	Retiene Kurt	GVG	0:55:30	0:55:54	1953	M60	6	27:03 28:27 / 5:33min/km
165	14	Lintermann Markus	*Kerpen	0:55:32	0:55:58	1973	M40	12	27:51 27:40 / 5:33min/km
165	195	Büsgen Herbert	LG RWE Power	0:55:32	0:55:51	1949	M65	3	27:29 28:02 / 5:33min/km
167	215	Lenz Oliver	*Kerpen	0:55:32	0:55:54	1982	M30	13	26:45 28:47 / 5:33min/km
167	298	Dehmcke Christian		0:55:32	0:55:54	1983	M30	13	26:46 28:46 / 5:33min/km
169	299	Lossen Peter		0:55:52	0:56:01	1945	M70	6	27:37 28:14 / 5:35min/km
170	101	Nobis Olaf	SCB Horrem	0:55:53	0:56:05	1968	M45	38	27:06 28:46 / 5:35min/km
171	13	Peters Jens	*Bonn	0:55:57	0:56:27	1952	M60	7	27:28 28:28 / 5:36min/km
172	212	Mikoleizik Peter	*Kerpen	0:55:57	0:56:28	1970	M45	39	28:13 27:43 / 5:36min/km
173	159	Küppers Heinz-Gerd	Kenia's letzte Reserve	0:55:58	0:56:08	1951	M65	4	26:09 29:48 / 5:36min/km
174	6	Keller René	*Kerpen	0:55:58	0:56:29	1968	M45	40	28:14 27:44 / 5:36min/km
175	9	Kutzer Sascha	*Kerpen-Horrem	0:55:59	0:56:23	1968	M45	41	27:53 28:05 / 5:36min/km
176	230	Trump Thomas	Volksbank Erft	0:56:02	0:56:23	1965	M50	29	27:32 28:29 / 5:36min/km
177	157	Haller Andreas	SSK-Kerpen-Triathlon	0:56:14	0:56:23	1958	M55	18	27:42 28:32 / 5:37min/km
178	130	Paesch Horst	RSC Erftstadt	0:56:17	0:56:41	1967	M45	42	27:50 28:27 / 5:38min/km
179	73	Neumann Helge	*Kerpen	0:56:17	0:56:29	1978	M35	18	27:03 29:14 / 5:38min/km
180	30	Culmsee Markus	SSK Kerpen	0:56:19	0:56:37	1974	M40	13	27:52 28:27 / 5:38min/km
181	37	Zeumer Heiko	Pützenden Runners	0:56:38	0:56:49	1974	M40	14	26:54 29:44 / 5:40min/km
182	361	Viehs Ingo		0:56:38	0:56:56	1971	M45	43	27:17 29:21 / 5:40min/km
183	233	Aleth Hermann	GVG	0:56:39	0:57:02	1965	M50	30	28:09 28:29 / 5:40min/km
184	328	Falkenberg Holger	LG Weilerswist	0:56:56	0:57:17	1976	M40	15	27:35 29:20 / 5:42min/km
185	331	Raulfs Frank		0:56:56	0:57:15	1969	M45	44	27:44 29:11 / 5:42min/km
186	58	Küstlers Thomas	*Kerpen	0:56:56	0:57:15	1968	M45	45	27:44 29:12 / 5:42min/km
187	100	Thomas Dieter	Krabbelgruppe Neurath	0:57:15	0:57:22	1960	M55	19	27:21 29:54 / 5:44min/km
188	353	Ballmann Jürgen	*Kerpen	0:57:22	0:57:41	1971	M45	46	27:55 29:27 / 5:44min/km
189	352	Siegburg Wilfried	*Kerpen	0:57:26	0:57:41	1963	M50	31	27:58 29:27 / 5:45min/km
190	214	Velden Wolfgang	LG RWE Power	0:57:35	0:57:56	1963	M50	32	27:33 30:02 / 5:46min/km
191	110	Barz Hanz	Rhein-Erft Akademie	0:57:44	0:58:06	1959	M55	20	28:40 29:03 / 5:46min/km
192	987	Heinrichs Willibert	LG RWE Power	0:57:54	0:58:13	1962	M50	33	28:16 29:37 / 5:47min/km
193	117	Quiede Uwe	Rhein-Erft Akademie	0:58:14	0:58:43	1963	M50	34	29:38 28:35 / 5:49min/km
194	314	Tontsch Rüdiger	LG Weilerswist	0:59:03	0:59:23	1960	M55	21	29:29 29:33 / 5:54min/km
195	84	Bahn Wolfgang	Team ESK	0:59:08	0:59:14	1972	M40	16	29:20 29:47 / 5:55min/km
196	370	Grospitz Alfred		0:59:08	0:59:23	1947	M65	5	28:38 30:30 / 5:55min/km
197	79	Friedrichs Michael	*Kerpen	0:59:17	0:59:41	1966	M50	35	28:37 30:40 / 5:56min/km
198	305	Proenen Karl-Heinz	LC Weilerswist	0:59:18	0:59:39	1959	M55	22	29:28 29:49 / 5:56min/km
199	253	Stangl Frank	GVG	0:59:35	1:00:01	1973	M40	17	29:42 29:52 / 5:58min/km
200	363	Lambertz Jörg	DKV	0:59:52	1:00:10	1972	M40	18	28:54 30:58 / 5:59min/km
201	198	Spürck David	Horremer SV	0:59:58	1:00:24	2003	MU14	4	27:58 32:00 / 5:60min/km
202	202	Mönter Kevin	Urlewitz	1:00:31	1:00:54	1991	M20	20	30:31 30:00 / 6:03min/km
203	312	Schulz-Andres Joana	ASV Köln	1:01:03	1:01:22	1996	M20	21	29:14 31:49 / 6:06min/km
204	142	Batty Heinz	SCB Horrem e. v.	1:01:44	1:01:55	1944	M70	7	29:59 31:44 / 6:10min/km
205	63	Lewkow Noah	*Kerpen	1:01:50	1:02:15	1997	MU20	1	30:43 31:06 / 6:11min/km

9. Horremer Abendlauf am 17. Juni 2016

Lauf über 10km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
206	105	Siemer Thorsten	1.FC Köln	1:01:51	1:02:15	1975	M40	19	29:13 32:38 / 6:11min/km
207	297	Welter Michael		1:03:08	1:03:25	1956	M60	8	30:57 32:11 / 6:19min/km
208	35	Bicker Stefan	*Kerpen	1:03:08	1:03:26	1965	M50	36	30:56 32:11 / 6:19min/km
209	303	Czekala Jürgen	Runnig TV Bedburg	1:03:32	1:03:48	1960	M55	23	31:06 32:26 / 6:21min/km
210	336	Peters Werner	Reinning TV Bedberger	1:06:32	1:06:48	1950	M65	6	32:53 33:39 / 6:39min/km
211	319	Kropf Timo	SCB Horrem	1:07:37	1:07:46	1996	M20	22	31:31 36:05 / 6:46min/km
212	369	Lewkow Edouard		1:11:37	1:12:02	1959	M55	24	33:16 38:21 / 7:10min/km

9. Horremer Abendlauf am 17. Juni 2016

Lauf über 10km

Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	45	Schneider Claudia	LT DSHS Köln	0:39:28	0:39:29	1978	W35	1	19:37 19:51 / 3:57min/km
2	244	Münch Melanie	GVG	0:40:39	0:40:44	1980	W35	2	20:01 20:38 / 4:04min/km
3	148	Hinze-Thüs Katja	Laufmonster	0:40:43	0:40:46	1972	W40	1	20:03 20:40 / 4:04min/km
4	47	Nicht Michaela	LG Donatus Erftstadt	0:41:40	0:41:42	1978	W35	3	20:20 21:20 / 4:10min/km
5	38	Remshagen Doris	TV Refrath	0:44:36	0:44:37	1967	W45	1	21:53 22:42 / 4:28min/km
6	71	Werner Annika	*Köln	0:44:39	0:44:58	1995	W20	1	23:23 21:16 / 4:28min/km
7	166	Kannengießler Brigitte	TKD-Kerpen	0:44:41	0:44:45	1985	W30	1	21:40 23:01 / 4:28min/km
8	25	Loben Caro	*Elsdorf	0:45:43	0:45:50	1981	W35	4	22:46 22:56 / 4:34min/km
9	44	Kreutner Anke	Brühler TV 1879	0:46:12	0:46:20	1977	W35	5	22:30 23:42 / 4:37min/km
10	173	Prediger Kristina	LG Donatus Erftstadt	0:46:16	0:46:20	1974	W40	2	22:57 23:19 / 4:38min/km
11	337	Küttner Christiane	Laufmonster	0:47:01	0:47:04	1967	W45	2	23:03 23:57 / 4:42min/km
12	210	Gebauer Petra	Marathon-Club Eschweile	0:48:35	0:48:49	1966	W50	1	24:22 24:12 / 4:52min/km
13	186	Matuschek Bernadette	VfB Erftstadt Multisport	0:48:36	0:48:41	1971	W45	3	24:07 24:28 / 4:52min/km
14	364	Domgörgen Evi	DJK LC Vettweiß	0:48:39	0:48:47	1983	W30	2	24:16 24:22 / 4:52min/km
15	127	Fischer Sabine	Laufmonster	0:48:44	0:48:48	1961	W55	1	23:57 24:47 / 4:52min/km
16	296	Golüke Angie	MST Laufpoint	0:48:56	0:49:00	1971	W45	4	24:15 24:40 / 4:54min/km
17	221	Tomalak Anke	Run of Colours Promotea	0:49:32	0:49:34	1985	W30	3	24:24 25:08 / 4:57min/km
18	126	Schippa Beatrix	*Frechen	0:50:03	0:50:07	1989	W20	2	25:15 24:48 / 5:00min/km
19	155	Dockhorn Heidrun	LG Donatus Erftstadt	0:50:20	0:50:25	1966	W50	2	24:57 25:23 / 5:02min/km
20	156	Henze Anja	Team ESK	0:50:31	0:50:37	1976	W40	3	25:03 25:28 / 5:03min/km
21	119	Steinbach Laura	Rhein-Erft Akademie	0:50:44	0:50:51	1987	W20	3	24:29 26:15 / 5:04min/km
22	203	Dillenburg Kathrin	*Kerpen	0:50:50	0:50:55	1981	W35	6	24:51 25:59 / 5:05min/km
23	57	Radtke Manuela	LG Donatus Erftstadt	0:50:55	0:51:09	1974	W40	4	25:12 25:43 / 5:06min/km
24	74	Kaulisch Marion	Komplizen	0:50:57	0:51:02	1967	W45	5	24:51 26:06 / 5:06min/km
25	123	Vorberg Dr. Kerstin	Rhein-Erft Akademie	0:51:09	0:51:23	1969	W45	6	25:22 25:47 / 5:07min/km
26	311	Döhler Sigi	Fitness Poin	0:51:09	0:51:19	1967	W45	7	25:32 25:37 / 5:07min/km
27	182	Pierunek-Sprave Nadine	MST Laufpoint	0:51:13	0:51:18	1978	W35	7	25:03 26:10 / 5:07min/km
28	60	Kreutner Sophie	*Kerpen	0:52:08	0:52:32	1990	W20	4	25:53 26:15 / 5:13min/km
29	237	Donat Nicol	GVG	0:52:29	0:52:33	1968	W45	8	25:40 26:48 / 5:15min/km
30	21	Kewitz Sabine	SSK Kerpen	0:52:32	0:52:42	1972	W40	5	25:47 26:44 / 5:15min/km
31	309	Kalscheuer Simone		0:52:44	0:53:16	1992	W20	5	26:18 26:26 / 5:16min/km
32	46	Seidel Katharina	SSK Kerpen	0:52:54	0:53:07	1983	W30	4	26:07 26:46 / 5:17min/km
33	87	Göbel-Grzonka Simone	*Bergheim	0:52:57	0:53:07	1980	W35	8	25:47 27:09 / 5:18min/km
34	308	Willibald Stefanie		0:53:04	0:53:22	1995	W20	6	26:04 27:00 / 5:18min/km
35	76	Esser Heidrun	*Bergheim	0:53:20	0:53:32	1960	W55	2	26:23 26:56 / 5:20min/km
36	179	Hofmann Michaela	MST Laufpoint	0:53:46	0:53:50	1973	W40	6	26:11 27:35 / 5:23min/km
37	313	Baller Angelika	LC Weilerswist	0:54:26	0:54:47	1962	W50	3	27:15 27:11 / 5:27min/km
38	188	Dittmer Inge	*Kerpen	0:54:35	0:54:51	1965	W50	4	26:48 27:47 / 5:28min/km
39	360	kaatz Miriam	Kreissparkasse Köln	0:54:36	0:54:53	1981	W35	9	26:56 27:39 / 5:28min/km
40	24	Starck Dani	*Weilerswist	0:54:42	0:54:45	1976	W40	7	26:24 28:18 / 5:28min/km
41	318	Sachse Christin		0:55:54	0:56:05	1985	W30	5	27:35 28:18 / 5:35min/km
42	183	Wilden Brigitte	MST Laufpoint	0:55:55	0:56:00	1958	W55	3	27:41 28:13 / 5:36min/km
43	301	Flohe Beatrice		0:56:02	0:56:10	1979	W35	10	27:27 28:35 / 5:36min/km
44	302	Fock Janine		0:56:04	0:56:11	1975	W40	8	27:27 28:36 / 5:36min/km
45	112	Korgel Anke	Rhein-Erft Akademie	0:56:12	0:56:27	1971	W45	9	28:22 27:50 / 5:37min/km
46	29	Culmsee Katja	SSK Kerpen	0:56:19	0:56:37	1972	W40	9	27:52 28:27 / 5:38min/km
47	160	Reimann Doris	Schwimmverein Horrem S	0:56:23	0:56:39	1968	W45	10	27:12 29:11 / 5:38min/km
48	355	Staas Sabine	LG Donatus-Erftstadt	0:56:36	0:56:51	1961	W55	4	28:33 28:03 / 5:40min/km
49	190	Herrmann Michaela	LG Donatus Erftstadt	0:56:36	0:56:51	1968	W45	11	28:35 28:01 / 5:40min/km
50	42	Kalupke Sibylle	LG Donatus Erftstadt	0:56:54	0:57:09	1954	W60	1	28:40 28:14 / 5:41min/km
51	346	Roggow Manuela		0:57:48	0:58:16	1968	W45	12	27:47 30:01 / 5:47min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	69	Rindermann Lara	*Kreuzau	0:57:53	0:57:58	1973	W40	10	27:57 29:55 / 5:47min/km
53	164	Schödder Lena	*Kerpen	0:57:56	0:58:01	1996	W20	7	28:50 29:05 / 5:48min/km
54	153	Ebeler Annette	ErftRunners	0:58:03	0:58:06	1967	W45	13	29:09 28:54 / 5:48min/km
55	235	Brengmann Sandra	GVG	0:58:08	0:58:19	1976	W40	11	28:04 30:03 / 5:49min/km
56	239	Hoster Rita	GVG	0:58:22	0:58:35	1968	W45	14	29:16 29:05 / 5:50min/km
57	138	Mais-Ramm Lydia	SSK Kerpen	0:58:22	0:58:35	1965	W50	5	29:16 29:05 / 5:50min/km
58	161	Goy-Gerber Susanne	*Kerpen	0:58:39	0:58:55	1966	W50	6	28:35 30:04 / 5:52min/km
59	172	Grobe Nicole	LG Donatus Erftstadt	0:58:54	0:59:08	1966	W50	7	29:33 29:21 / 5:53min/km
60	22	Schäfer Martina	Flodders	0:59:08	0:59:14	1968	W45	15	29:19 29:48 / 5:55min/km
61	175	Richter Kathrin	Running TV Bedburg	0:59:10	0:59:24	1996	W20	8	29:44 29:26 / 5:55min/km
62	133	Weisenhaus Julia	LC Weilerswist	0:59:15	0:59:36	1972	W40	12	29:22 29:53 / 5:56min/km
63	115	Mayer Beate	Rhein-Erft Akademie	1:00:06	1:00:29	1960	W55	5	28:59 31:06 / 6:01min/km
64	111	Coeln Irmgard	Rhein-Erft Akademie	1:00:13	1:00:39	1970	W45	16	29:55 30:17 / 6:01min/km
65	121	Stetten Brigitte	Rhein-Erft Akademie	1:00:18	1:00:44	1971	W45	17	29:53 30:25 / 6:02min/km
66	201	Urlewitz Lara	Urlewitz	1:00:31	1:00:54	1992	W20	9	30:31 30:00 / 6:03min/km
67	125	Lehmann Claudia	SSK Kerpen	1:01:14	1:01:27	1969	W45	18	30:27 30:47 / 6:07min/km
68	51	Haupts-Peffgen Petra	*Kerpen	1:01:36	1:02:00	1982	W30	6	30:47 30:49 / 6:10min/km
69	234	Blaschke Viktoria	GVG	1:01:40	1:02:06	1994	W20	10	30:48 30:52 / 6:10min/km
70	104	Nowack Nadine	1.FC Köln	1:02:04	1:02:28	1986	W30	7	30:31 31:33 / 6:12min/km
71	329	Groß Hanna		1:02:19	1:02:22	1960	W55	6	30:17 32:01 / 6:14min/km
72	78	Oppermann Magdalena	*Frankfurt am Main	1:03:03	1:03:28	1995	W20	11	30:10 32:53 / 6:18min/km
73	145	Schreier Silvia	Running TV Bedburg	1:03:27	1:03:41	1969	W45	19	31:08 32:18 / 6:21min/km
74	205	Kummert-Gnewuch Sil	*Kerpen	1:03:47	1:04:12	1974	W40	13	31:05 32:42 / 6:23min/km
75	197	Spürck Sandra	*Kerpen	1:03:47	1:04:12	1970	W45	20	31:05 32:42 / 6:23min/km
76	243	Müller Dagmar	GVG	1:03:59	1:04:09	1962	W50	8	31:25 32:33 / 6:24min/km
77	135	Eschenburg Sandra	ErftRunners	1:04:40	1:04:50	1980	W35	11	31:50 32:49 / 6:28min/km
78	185	Schlich Sarah	MST Laufpoint	1:07:30	1:07:42	1985	W30	8	33:38 33:52 / 6:45min/km
79	139	Richter Elke	Running TV Bedburg	1:09:03	1:09:16	1964	W50	9	33:36 35:26 / 6:54min/km
80	147	Matteis Kerstin	Running TV Bedburg	1:09:09	1:09:22	1964	W50	10	33:36 35:32 / 6:55min/km