

11. Horremer Abendlauf am 15. Juni 2018

Männer

Lauf über 10km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	298	Miereczko Maciek	VfB Erftstadt	0:33:52	0:33:53	1979	M35	1	16:42 17:10 / 3:23min/km
2	310	Nellouk Faho	Dürener TV 1847	0:34:18	0:34:19	1979	M35	2	16:43 17:35 / 3:26min/km
3	336	El Makrini Hakim	LT DSHS	0:35:11	0:35:12	1975	M40	1	17:18 17:53 / 3:31min/km
4	499	Röskens Jens	LAZ Puma Rhein-Sieg	0:35:41	0:35:42	1983	M35	3	17:36 18:04 / 3:34min/km
5	319	Heints Vladislav	Dürener TV 1847	0:36:37	0:36:38	1980	M35	4	17:59 18:38 / 3:40min/km
6	244	Jonen Dr. Christian	VfB Erftstadt	0:36:42	0:36:43	1981	M35	5	18:07 18:35 / 3:40min/km
7	261	Jung Daniel	Dürener TV 1847	0:36:47	0:36:49	1993	M20	1	18:01 18:46 / 3:41min/km
8	73	Michaelis Fabian	ASV Wesseling	0:36:49	0:36:50	1994	M20	2	18:17 18:32 / 3:41min/km
9	163	Christian Peter	Salia Sechtem	0:36:51	0:36:52	1998	M20	3	18:33 18:17 / 3:41min/km
10	287	Essmann Thomas	Laufmonster	0:36:54	0:36:55	1976	M40	2	18:26 18:28 / 3:41min/km
11	208	Freitag Finn Jannis	LT DSHS	0:37:16	0:37:17	1994	M20	4	18:25 18:50 / 3:44min/km
12	102	Schneider Thomas	LG RWE Power	0:37:42	0:37:43	1969	M45	1	18:31 19:10 / 3:46min/km
13	305	Negash Fitsum	Dürener TV 1847	0:37:44	0:37:45	1991	M20	5	18:22 19:21 / 3:46min/km
14	160	Pesch Claus	LG Donatus Erftstadt	0:37:46	0:37:48	1970	M45	2	18:30 19:15 / 3:47min/km
15	197	Sekulla Adam	GVG Laufteam	0:37:58	0:38:01	1979	M35	6	18:52 19:05 / 3:48min/km
16	235	Trems Torsten	central-team.de	0:38:24	0:38:24	1977	M40	3	19:16 19:08 / 3:50min/km
17	109	Daniel Andreas	TuS 1889 Buir	0:39:02	0:39:03	2001	MU18	1	18:43 20:19 / 3:54min/km
18	112	Johnen Kenny	LG RWE Power	0:39:07	0:39:10	1985	M30	1	19:33 19:34 / 3:55min/km
19	333	Rösler Denis	Laufmonster	0:39:34	0:39:36	1970	M45	3	19:25 20:08 / 3:57min/km
20	209	Körbs Joe	Laufen im Rheinland	0:39:34	0:39:35	1968	M50	1	19:27 20:07 / 3:57min/km
21	119	Gläßer Harald	Laufmonster	0:39:35	0:39:38	1968	M50	2	19:25 20:10 / 3:58min/km
22	292	Freudenkammer Andreas		0:39:50	0:39:55	1984	M30	2	20:06 19:43 / 3:59min/km
23	30	Husemann Georg	LT DSHS Köln	0:40:05	0:40:07	1968	M50	3	19:31 20:34 / 4:01min/km
24	180	Hauser Michael	GVG Laufteam	0:40:28	0:40:30	1974	M40	4	19:47 20:40 / 4:03min/km
25	85	Engelhardt Kai	Laufmonster	0:40:49	0:40:50	1967	M50	4	20:09 20:40 / 4:05min/km
26	68	Holzporz Michael	VfB Erftstadt Multisport	0:40:53	0:40:56	1968	M50	5	20:02 20:50 / 4:05min/km
27	324	Köthe Noel	Dürener TV 1847	0:41:01	0:41:04	1974	M40	5	20:11 20:50 / 4:06min/km
28	293	Bank Dirk	TUS Kreuzweingarten-Rh	0:41:23	0:41:25	1968	M50	6	20:10 21:13 / 4:08min/km
29	91	Casale Stefan	Blos mer jet un Bums Kap	0:41:39	0:41:42	1985	M30	3	20:23 21:15 / 4:10min/km
30	99	Emmett Ian	SCB Horrem	0:41:55	0:41:57	1966	M50	7	20:51 21:03 / 4:12min/km
31	263	Bertels Christoph		0:41:58	0:42:00	1988	M30	4	20:39 21:18 / 4:12min/km
32	143	Koenen Manuel	Laufschule Erftstadt	0:42:15	0:42:20	2000	MU20	1	20:25 21:50 / 4:14min/km
33	36	Abenhardt Bodo	LG Donatus Erftstadt	0:42:23	0:42:28	1968	M50	8	20:57 21:25 / 4:14min/km
34	121	Nouaille Paul		0:42:39	0:42:42	1987	M30	5	20:45 21:54 / 4:16min/km
35	92	Zorkin Björn	Piraten AG	0:42:51	0:42:54	1992	M20	6	21:20 21:30 / 4:17min/km
36	134	Gäntgen Peter	Sportlich-Team Bornheim	0:43:00	0:43:04	1962	M55	1	21:23 21:37 / 4:18min/km
37	175	Ermert Dirk	GVG Laufteam	0:43:07	0:43:12	1970	M45	4	21:30 21:37 / 4:19min/km
38	2	Schaaf Markus		0:43:17	0:43:22	1974	M40	6	21:22 21:55 / 4:20min/km
39	254	Kanditt Stephan	Mönchengladbacher LG	0:43:19	0:43:21	1973	M45	5	21:24 21:54 / 4:20min/km
40	279	Popp Daniel		0:43:22	0:43:27	1985	M30	6	21:06 22:15 / 4:20min/km
41	80	Fink Daniel	Laufmonster	0:43:56	0:43:58	1979	M35	7	21:28 22:27 / 4:24min/km
42	188	Liebertz Marvin	GVG Laufteam	0:43:59	0:44:02	1993	M20	7	21:29 22:29 / 4:24min/km
43	59	Bär Sebastian	Die BüroBären	0:43:59	0:44:19	1985	M30	7	22:25 21:33 / 4:24min/km
44	167	Bauerle Jörg	GVG Laufteam	0:44:00	0:44:04	1972	M45	6	21:28 22:32 / 4:24min/km
45	253	Willhelms Helge		0:44:49	0:45:01	2001	MU18	2	22:30 22:19 / 4:29min/km
46	247	Franklin Jeremy		0:45:15	0:45:23	1959	M55	2	22:30 22:44 / 4:32min/km
47	20	Hand Leon	TV Blatzheim	0:45:20	0:45:25	1996	M20	8	21:38 23:41 / 4:32min/km
48	157	Schlumbohm Max	LGD Runners	0:45:25	0:45:33	1990	M20	9	22:33 22:51 / 4:33min/km
49	196	Sekulla Martin	GVG Laufteam	0:45:29	0:45:32	1980	M35	8	22:12 23:17 / 4:33min/km
50	849	Pierz Andreas	TuS Kreuzweingarten Rh	0:45:32	0:45:33	1985	M30	8	19:47 25:44 / 4:33min/km
51	289	Kerp Michael	LG Eifel-Runners	0:45:34	0:45:42	1976	M40	7	22:44 22:49 / 4:33min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	164	Saerbeck, Dr. Ulrich	P121	0:45:37	0:45:45	1970	M45	7	22:38 22:59 / 4:34min/km
53	260	Dammer Sven	Dürener TV 1847	0:45:42	0:45:46	1978	M40	8	21:40 24:02 / 4:34min/km
54	207	Kaiser Thomas	Sebamed Running Team	0:45:44	0:45:47	1989	M20	10	21:42 24:02 / 4:34min/km
55	496	Becker Alexander	FC Bayern München	0:46:12	0:46:28	1992	M20	11	22:52 23:20 / 4:37min/km
56	94	Fallnich Michael	Piraten AG	0:46:13	0:46:29	1991	M20	12	22:51 23:22 / 4:37min/km
57	111	Klaiber Thomas		0:46:13	0:46:26	1979	M35	9	22:44 23:28 / 4:37min/km
58	846	Rollo Matteo	SV Horrem	0:46:15	0:46:23	2008	MU12	1	22:43 23:32 / 4:38min/km
59	8	Abels Sascha		0:46:15	0:46:20	1972	M45	8	22:37 23:38 / 4:38min/km
60	115	Steinhauer Achim	LG RWE Power	0:46:40	0:46:46	1965	M50	9	23:04 23:35 / 4:40min/km
61	297	Küntzel Yanek		0:46:41	0:46:48	1986	M30	9	22:24 24:17 / 4:40min/km
62	259	Strack Paul	*Erfstadt	0:47:02	0:47:07	1962	M55	3	22:17 24:44 / 4:42min/km
63	195	Roth Helmut	GVG Laufteam	0:47:03	0:47:07	1971	M45	9	23:53 23:09 / 4:42min/km
64	88	Matschull Frank	für meine Jungs	0:47:03	0:47:09	1967	M50	10	23:16 23:46 / 4:42min/km
65	136	Timm Jörg	TuS Kreuzweingarten-Rh	0:47:21	0:47:37	1975	M40	9	23:24 23:56 / 4:44min/km
66	146	Janko Hans-Jörg	Rhein-Erft Akademie	0:47:28	0:47:33	1966	M50	11	23:38 23:49 / 4:45min/km
67	327	Hamacher Ralf		0:47:31	0:47:41	1983	M35	10	23:05 24:25 / 4:45min/km
68	40	Köngeter Hans	SCBHorrem	0:47:48	0:47:54	1954	M60	1	23:51 23:57 / 4:47min/km
69	39	Baltus Kurt	Dürener TV 1847	0:48:16	0:48:20	1957	M60	2	23:29 24:47 / 4:50min/km
70	201	Wenz Ralf	GVG Laufteam	0:48:18	0:48:30	1959	M55	4	24:09 24:09 / 4:50min/km
71	38	Koch Pascal		0:48:22	0:48:32	1991	M20	13	24:15 24:07 / 4:50min/km
72	249	Keil Michael	KC Bahnbrecher	0:48:28	0:48:50	1987	M30	10	23:55 24:33 / 4:51min/km
73	250	Herrmann Martin	KC Bahnbrecher	0:48:31	0:48:53	1989	M20	14	23:56 24:35 / 4:51min/km
74	122	Weidenfeld Günter	SCB Horrem	0:48:36	0:48:47	1956	M60	3	24:31 24:04 / 4:52min/km
75	70	Matheisen Peter	LT Jgd 07 Bergheim	0:48:45	0:48:56	1961	M55	5	23:37 25:07 / 4:53min/km
76	103	Wilden Nick	LG RWE Power	0:48:46	0:48:56	1975	M40	10	23:39 25:07 / 4:53min/km
77	152	Pelz Arne	Rhein-Erft Akademie	0:48:47	0:48:54	1987	M30	11	24:26 24:21 / 4:53min/km
78	272	Heinrich Volker	LG RWE Power	0:48:51	0:49:12	1979	M35	11	23:57 24:54 / 4:53min/km
79	0	Unbekannt DW1G481		0:49:07	0:49:29		M20	15	24:45 24:22 / 4:55min/km
80	212	Guzik Jan		0:49:26	0:49:46	1970	M45	10	24:20 25:06 / 4:57min/km
81	257	Weber Thomas		0:49:28	0:49:47	1969	M45	11	24:45 24:43 / 4:57min/km
82	248	Kammler Reinhard	Cologne Allblacks	0:49:34	0:49:46	1963	M55	6	24:25 25:08 / 4:57min/km
83	28	Timmann Alexander	top40	0:49:37	0:49:51	1974	M40	11	24:56 24:41 / 4:58min/km
84	315	Klenke Thorsten	SCB Horrem	0:49:41	0:49:57	1970	M45	12	24:45 24:55 / 4:58min/km
85	77	Toma Rene		0:49:50	0:50:10	1965	M50	12	25:10 24:40 / 4:59min/km
86	313	Schmidt Ulrich		0:49:53	0:49:59	1965	M50	13	24:42 25:10 / 4:59min/km
87	1	Basham Colin	SSK Kerpen	0:49:55	0:50:17	1949	M65	1	24:54 25:01 / 4:60min/km
88	11	Jäger Michael		0:49:56	0:50:06	1975	M40	12	24:37 25:18 / 4:60min/km
89	204	Müller Erich	LAV Habbelrath-Grefrath	0:49:57	0:50:25	1958	M60	4	25:11 24:46 / 4:60min/km
90	265	Pohl David		0:49:58	0:50:16	1986	M30	12	25:35 24:23 / 4:60min/km
91	306	Hecker Wolfgang	Krabbelgruppe Neurath	0:50:01	0:50:04	1965	M50	14	24:13 25:48 / 5:00min/km
92	95	Oppermann Lukas	Piraten AG	0:50:03	0:50:19	1991	M20	16	24:28 25:34 / 5:00min/km
93	75	Rutha Jan		0:50:05	0:50:10	1984	M30	13	25:20 24:45 / 5:01min/km
94	467	Von der Recke Christian	LC Weilerswist	0:50:07	0:50:11	1960	M55	7	24:36 25:30 / 5:01min/km
95	189	Meyer Andreas	GVG Laufteam	0:50:11	0:50:15	1983	M35	12	25:11 25:00 / 5:01min/km
96	202	Wierk Andreas	GVG Laufteam	0:50:12	0:50:19	1967	M50	15	24:40 25:31 / 5:01min/km
97	229	Weuffen Michael	InShape	0:50:24	0:50:35	1988	M30	14	24:50 25:34 / 5:02min/km
98	185	Kredinger Markus	GVG Laufteam	0:50:32	0:50:44	1972	M45	13	25:15 25:16 / 5:03min/km
99	3	Hanhardt Magnus		0:50:32	0:50:56	1979	M35	13	24:42 25:50 / 5:03min/km
100	166	Abromeit Werner	GVG Laufteam	0:50:42	0:51:11	1965	M50	16	24:59 25:43 / 5:04min/km
101	21	Wachendorf Thorsten		0:50:47	0:51:00	1969	M45	14	25:34 25:12 / 5:05min/km
102	307	Ramrath Arne	Pharmazie	0:50:49	0:51:35	1997	M20	17	24:22 26:27 / 5:05min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
103	242	Wichert Hans-Jürgen	Marathon Club Eschweiler	0:50:56	0:51:02	1963	M55	8	24:34 26:21 / 5:06min/km
104	142	Bleck Jörg		0:51:01	0:51:18	1979	M35	14	26:29 24:32 / 5:06min/km
105	330	Nöldgen Markus		0:51:05	0:51:36	1975	M40	13	25:30 25:34 / 5:07min/km
106	116	Schaller Norman	LG Donatus Erftstadt	0:51:05	0:51:14	1976	M40	14	25:09 25:55 / 5:07min/km
107	186	Küppers Jürgen	GVG Laufteam	0:51:16	0:51:20	1958	M60	5	24:54 26:22 / 5:08min/km
108	282	Schulze Dirk		0:51:22	0:51:28	1971	M45	15	25:08 26:14 / 5:08min/km
109	133	Porschen Michael	P&G Running Team	0:51:30	0:51:46	1971	M45	16	25:43 25:47 / 5:09min/km
110	0	Unbekannt DK085KV		0:51:31	0:51:37		M20	18	25:10 26:21 / 5:09min/km
111	60	Bär Tobias	Die BüroBären	0:51:32	0:51:51	1987	M30	15	25:36 25:55 / 5:09min/km
112	179	Hartl Sigg	GVG Laufteam	0:51:42	0:51:56	1958	M60	6	25:37 26:04 / 5:10min/km
113	0	Unbekannt DY11M4T		0:51:52	0:52:02		M20	19	25:20 26:31 / 5:11min/km
114	12	Laumanns Dirk	ErftRunners	0:52:00	0:52:10	1970	M45	17	25:30 26:30 / 5:12min/km
115	309	Kopp Constantin	Pharmazie	0:52:03	0:52:50	1997	M20	20	25:50 26:13 / 5:12min/km
116	72	Mödder Wolfgang	ErftRunners	0:52:08	0:52:25	1965	M50	17	25:30 26:37 / 5:13min/km
117	187	Kurth Tom	GVG Laufteam	0:52:14	0:52:26	1967	M50	18	25:41 26:32 / 5:13min/km
118	335	Schmitz Michael		0:52:22	0:52:40	1979	M35	15	25:01 27:20 / 5:14min/km
119	64	Bruns Benjamin		0:52:27	0:52:43	1981	M35	16	26:43 25:44 / 5:15min/km
120	76	Csire Norman	Fechtclub Krefeld	0:52:29	0:52:40	1973	M45	18	25:21 27:08 / 5:15min/km
121	182	Jäger Walter	GVG Laufteam	0:52:36	0:52:50	1953	M65	2	26:24 26:11 / 5:16min/km
122	240	Reinartz Michael		0:52:55	0:53:08	1968	M50	19	26:03 26:51 / 5:18min/km
123	35	Schönborn Wolfgang	LG RWE Power	0:53:00	0:53:12	1969	M45	19	25:38 27:22 / 5:18min/km
124	200	Wardenbach Thomas	GVG Laufteam	0:53:00	0:53:15	1967	M50	20	25:28 27:31 / 5:18min/km
125	284	Nawrath Joshua		0:53:01	0:53:16	2003	MU16	1	26:46 26:14 / 5:18min/km
126	89	Fuhrmann Hans Alfred	Mach3 Köln e.V	0:53:03	0:53:18	1955	M60	7	25:59 27:04 / 5:18min/km
127	255	Özkan Arda	LC Pütz-Benden	0:53:03	0:53:19	1972	M45	20	26:18 26:44 / 5:18min/km
128	90	Röhrscheid Johannes	Blos mer jet un Bums Kap	0:53:17	0:53:39	1987	M30	16	27:13 26:04 / 5:20min/km
129	192	Oosthoek Luc	GVG Laufteam	0:53:35	0:53:44	1969	M45	21	26:44 26:51 / 5:22min/km
130	233	Brink Jelte		0:53:38	0:53:50	2006	MU14	1	25:43 27:55 / 5:22min/km
131	785	Strohhäcker Carsten		0:53:44	0:53:51	1971	M45	22	26:24 27:19 / 5:22min/km
132	214	Sowade Uli	Run of Colours Promotea	0:53:50	0:54:16	1970	M45	23	27:02 26:47 / 5:23min/km
133	154	Spölggen Joachim	Rhein-Erft Akademie	0:53:50	0:53:56	1954	M60	8	26:17 27:33 / 5:23min/km
134	79	Gasch Carsten		0:54:03	0:54:06	1979	M35	17	26:10 27:52 / 5:24min/km
135	199	Thomas Robert	GVG Laufteam	0:54:04	0:54:33	1972	M45	24	27:12 26:51 / 5:24min/km
136	124	Kuhlemann Dieter	LG RWE Power	0:54:06	0:54:25	1942	M75	1	26:19 27:46 / 5:25min/km
137	301	Tschöke Jan		0:54:10	0:54:27	1992	M20	21	25:40 28:30 / 5:25min/km
138	169	Coste Timm	GVG Laufteam	0:54:18	0:54:44	1970	M45	25	27:09 27:09 / 5:26min/km
139	43	Paesch Horst	MST Laufpoint	0:54:19	0:54:29	1967	M50	21	26:10 28:09 / 5:26min/km
140	296	Jülich Holger		0:54:23	0:54:32	1971	M45	26	26:28 27:54 / 5:26min/km
141	223	Anderson Marko	Project One to One	0:54:29	0:54:36	1971	M45	27	27:30 26:59 / 5:27min/km
142	118	Stünkel Andreas		0:54:38	0:55:06	1973	M45	28	26:11 28:26 / 5:28min/km
143	241	Bosum Jürgen		0:54:39	0:54:58	1964	M50	22	27:18 27:20 / 5:28min/km
144	31	Schloemer Randolf		0:54:43	0:54:55	1971	M45	29	26:48 27:55 / 5:28min/km
145	320	Königstein Guido	Krabbelgruppe Neurath	0:54:43	0:54:46	1966	M50	23	26:18 28:25 / 5:28min/km
146	113	Johnen Manfred	LG RWE Power	0:54:45	0:55:06	1958	M60	9	26:58 27:46 / 5:29min/km
147	145	Engels Josef	Rhein-Erft Akademie	0:54:56	0:55:04	1948	M70	1	27:04 27:51 / 5:30min/km
148	205	Winters Manfred	LAV Habbelrath-Grefrath	0:54:57	0:55:25	1966	M50	24	27:48 27:09 / 5:30min/km
149	67	Rottenau Rainer	VFB Erftstadt Multisport	0:54:58	0:55:10	1964	M50	25	27:45 27:12 / 5:30min/km
150	256	Symanzick Eyck	Running TV Bedburg	0:55:05	0:55:19	1993	M20	22	26:27 28:38 / 5:31min/km
151	132	Freytmuth Jürgen	IAC Düren	0:55:09	0:55:36	1949	M65	3	27:12 27:56 / 5:31min/km
152	151	Mücke Klaus	Rhein-Erft Akademie	0:55:19	0:55:40	1960	M55	9	26:43 28:35 / 5:32min/km
153	123	Madeja Frank		0:55:20	0:55:25	1971	M45	30	25:34 29:45 / 5:32min/km

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154	203	Köhler Oliver	LAV Habbelrath-Grefrath	0:55:22	0:55:50	1969	M45	31	27:49 27:32 / 5:32min/km
155	299	Saerbeck Marc		0:55:32	0:55:40	1976	M40	15	27:27 28:04 / 5:33min/km
156	211	Schröder Christian		0:55:37	0:56:03	1978	M40	16	26:22 29:15 / 5:34min/km
157	86	Junggeburth Christoph		0:55:50	0:55:50	1981	M35	18	27:11 28:38 / 5:35min/km
158	49	Heller Peter	MST Laufpoint	0:55:54	0:56:05	1951	M65	4	27:42 28:12 / 5:35min/km
159	0	Kellner Bernd		0:55:59	0:56:27	1964	M50	26	27:52 28:06 / 5:36min/km
160	326	Köllen Franz Josef	Ford Team Köln	0:56:00	0:56:12	1946	M70	2	28:10 27:49 / 5:36min/km
161	17	Leers Christian	SCB Horrem	0:56:06	0:56:16	1968	M50	27	27:14 28:52 / 5:37min/km
162	108	Kothe Leif	Kreissparkasse Köln	0:56:06	0:56:35	1982	M35	19	28:49 27:17 / 5:37min/km
163	325	Velden Wolfgang	LG RWE Power	0:56:08	0:56:27	1963	M55	10	27:46 28:21 / 5:37min/km
164	285	Büsgen Herbert	LG RWE Power	0:56:08	0:56:27	1949	M65	5	27:47 28:21 / 5:37min/km
165	57	Kirsch Holger	TSV Kenten	0:56:10	0:56:33	1969	M45	32	27:18 28:51 / 5:37min/km
166	162	Pford Alexander	Lauffreunde BKZ	0:56:11	0:56:19	1965	M50	28	27:44 28:27 / 5:37min/km
167	161	Schiffer Thomas	Lauffreunde BKZ	0:56:14	0:56:22	1968	M50	29	27:43 28:30 / 5:37min/km
168	140	Falkenberg Holger	LC Weilerswist	0:56:22	0:56:46	1976	M40	17	28:09 28:13 / 5:38min/km
169	128	Kaumanns Friedrich	SV Kirch-Grottenherten	0:56:47	0:57:07	1961	M55	11	28:55 27:51 / 5:41min/km
170	14	Bicker Stefan		0:56:47	0:57:08	1965	M50	30	27:57 28:50 / 5:41min/km
171	42	Blume Rikkart	LC Weilerswist	0:56:52	0:57:02	2002	MU18	3	28:41 28:11 / 5:41min/km
172	283	Geßmann Bernd	Lokomotive Stadtwald	0:57:08	0:57:27	1968	M50	31	27:31 29:36 / 5:43min/km
173	226	Häcker Luis Noel	SV Horrem / SCB	0:57:08	0:57:20	2006	MU14	2	28:34 28:34 / 5:43min/km
174	165	Siegburg Wilfried		0:57:32	0:57:57	1963	M55	12	28:22 29:10 / 5:45min/km
175	15	Röblitz Frank	VfL Sindorf 1928 e.V.	0:57:41	0:57:48	1957	M60	10	28:35 29:06 / 5:46min/km
176	74	Schumacher Sascha		0:58:02	0:58:20	1980	M35	20	28:24 29:37 / 5:48min/km
177	273	Friemel Stephan	RTC Frechen	0:58:13	0:58:29	1965	M50	32	29:05 29:08 / 5:49min/km
178	311	Fischer Nils		0:58:14	0:58:29	1994	M20	23	29:05 29:08 / 5:49min/km
179	300	Tschöke Tom		0:58:37	0:58:51	1990	M20	24	28:30 30:06 / 5:52min/km
180	29	Höfer Thomas		0:58:52	0:59:12	1979	M35	21	29:37 29:14 / 5:53min/km
181	104	Wurda Werner	SC Fortuna Köln	0:58:52	0:59:24	1960	M55	13	29:49 29:03 / 5:53min/km
182	149	Krenzlin Wolfram	Rhein-Erft Akademie	0:58:53	0:59:14	1955	M60	11	29:26 29:26 / 5:53min/km
183	304	Müller Alexander	SSK Kerpen	0:58:55	0:59:17	1979	M35	22	29:57 28:57 / 5:54min/km
184	312	Donner Thomas	Freiwillige Feuerwehr Horr	0:58:57	0:59:16	1969	M45	33	28:43 30:14 / 5:54min/km
185	172	Donat Michael	GVG Laufteam	0:59:15	0:59:37	1965	M50	33	28:52 30:22 / 5:56min/km
186	153	Quiede Uwe	Rhein-Erft Akademie	0:59:17	0:59:48	1963	M55	14	29:14 30:03 / 5:56min/km
187	100	Spiertz Matthias		0:59:25	0:59:37	1998	M20	25	26:25 33:00 / 5:57min/km
188	65	Pohl Walter	DARC	1:00:23	1:00:52	1963	M55	15	29:47 30:36 / 6:02min/km
189	193	Peitsch Volker	GVG Laufteam	1:00:25	1:00:50	1964	M50	34	28:31 31:54 / 6:03min/km
190	0	Unbekannt DY5E0KR		1:00:27	1:00:39		M20	26	29:30 30:56 / 6:03min/km
191	61	Glees Christopher	Die BüroBären	1:00:53	1:01:12	1984	M30	17	29:59 30:54 / 6:05min/km
192	198	Strohhäcker Günter	GVG Laufteam	1:01:07	1:01:14	1939	M75	2	29:49 31:17 / 6:07min/km
193	52	Schneider Stefan	MST Laufpoint	1:01:18	1:01:29	1971	M45	34	29:20 31:57 / 6:08min/km
194	107	Sichtling Robin	Kreissparkasse Köln	1:03:09	1:03:38	1995	M20	27	30:40 32:28 / 6:19min/km
195	32	Junk Andreas	Horrem Warriors	1:04:16	1:04:38	1975	M40	18	31:11 33:04 / 6:26min/km
196	290	Leiendecker Leo	SCB	1:05:19	1:05:31	2005	MU14	3	31:46 33:32 / 6:32min/km
197	1034	May Karsten		1:06:17	1:06:38	1970	M45	35	32:51 33:26 / 6:38min/km
198	288	Wagner Georg	TV Bedburg	1:09:17	1:09:23	1961	M55	16	29:40 39:36 / 6:56min/km
199	328	Gundi Gregor		1:11:08	1:11:35	1969	M45	36	37:33 33:35 / 7:07min/km
200	329	Gregor Michael	dont cry - RUN	1:16:29	1:16:56	1965	M50	35	37:32 38:57 / 7:39min/km
201	106	Effelsberg Christian	Kreissparkasse Köln	1:20:28	1:20:58	1979	M35	23	39:23 41:05 / 8:03min/km

11. Horremer Abendlauf am 15. Juni 2018

Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	159	Schneider Claudia	Bunert - Der Kölner Lauf	0:38:21	0:38:21	1978	W40	1	19:16 19:05 / 3:50min/km
2	237	Roche Liz	TV Refrath	0:41:56	0:41:57	1973	W45	1	20:30 21:26 / 4:12min/km
3	500	Hock Ines	TS Frechen	0:43:16	0:43:17	1960	W55	1	21:24 21:52 / 4:20min/km
4	125	Karl Christine	TV Ochsenfurt	0:44:45	0:44:47	1967	W50	1	21:56 22:49 / 4:29min/km
5	114	Weber-Steinhauer Birgit	LG RWE Power	0:46:40	0:46:46	1963	W55	2	23:04 23:35 / 4:40min/km
6	24	Schippa Beatrix	ASV Köln	0:47:20	0:47:23	1989	W20	1	22:53 24:26 / 4:44min/km
6	93	Kreutner Sophie	Piraten AG	0:47:20	0:47:23	1990	W20	1	23:01 24:19 / 4:44min/km
8	176	Feck Mona	GVG Laufteam	0:48:05	0:48:30	1975	W40	2	23:28 24:36 / 4:49min/km
9	131	Fischer Sabine	SG Zons	0:48:24	0:48:30	1961	W55	3	24:09 24:15 / 4:50min/km
10	117	Prediger Kristina	LG Donatus Erftstadt	0:49:40	0:49:46	1974	W40	3	24:34 25:05 / 4:58min/km
11	468	Lüddecke Claudia	LC Weilerswist	0:49:47	0:49:51	1967	W50	2	24:34 25:12 / 4:59min/km
12	34	Schönborn Claudia	LG RWE Power	0:50:05	0:50:18	1969	W45	2	24:59 25:06 / 5:01min/km
13	220	Dittmer Inge		0:50:24	0:50:39	1965	W50	3	25:09 25:15 / 5:02min/km
14	267	Siedler Antje	Dürener TV 1847	0:50:25	0:50:41	1966	W50	4	25:16 25:08 / 5:03min/km
15	454	Keller Karen	*Maxsain	0:50:28	0:50:45	1970	W45	3	25:30 24:58 / 5:03min/km
16	291	Domgörgen Evi	Praxis Domgörgen	0:51:26	0:51:47	1983	W35	1	25:49 25:37 / 5:09min/km
17	37	Burdak Diana	SCBHorrem	0:51:34	0:51:37	1969	W45	4	25:07 26:26 / 5:09min/km
18	45	Kaulisch Marion	MST Laufpoint	0:51:43	0:51:51	1967	W50	5	25:40 26:02 / 5:10min/km
19	44	Pierunek-Sprave Nadine	MST Laufpoint	0:51:44	0:51:53	1978	W40	4	25:41 26:03 / 5:10min/km
20	303	Kirmes Lysann	TV Bedburg	0:52:44	0:52:57	1981	W35	2	26:32 26:11 / 5:16min/km
21	191	Müller-Bader Sabine	GVG Laufteam	0:52:52	0:53:13	1970	W45	5	25:17 27:35 / 5:17min/km
22	148	Krenzlin Sandra	Rhein-Erft Akademie	0:53:23	0:53:40	1984	W30	1	25:58 27:24 / 5:20min/km
23	171	Donat Nicol	GVG Laufteam	0:53:24	0:53:46	1968	W50	6	26:50 26:33 / 5:20min/km
24	217	Leist Amelie	Schwimmverein Horrem	0:54:11	0:54:30	1988	W30	2	27:09 27:02 / 5:25min/km
25	178	Grundkowski Conny	GVG Laufteam	0:54:19	0:54:32	1965	W50	7	26:35 27:43 / 5:26min/km
26	245	Wassong Katharina		0:54:19	0:54:27	1966	W50	8	27:04 27:14 / 5:26min/km
27	170	Culmsee Katja	GVG Laufteam	0:54:22	0:54:37	1972	W45	6	27:08 27:14 / 5:26min/km
28	48	Hofmann Michaela	MST Laufpoint	0:54:47	0:54:56	1973	W45	7	26:31 28:16 / 5:29min/km
29	98	Eidmann Katrin	SCB Horrem	0:54:51	0:54:57	1978	W40	5	26:52 27:59 / 5:29min/km
30	181	Hoster Rita	GVG Laufteam	0:55:05	0:55:17	1968	W50	9	27:35 27:30 / 5:31min/km
31	210	Reimann Doris	SSV Horrem - Sindorf	0:55:06	0:55:17	1968	W50	10	27:16 27:50 / 5:31min/km
32	183	Kewitz Sabine	GVG Laufteam	0:55:16	0:55:38	1972	W45	8	27:11 28:05 / 5:32min/km
33	63	Frank Christiane		0:55:23	0:55:49	1973	W45	9	27:26 27:57 / 5:32min/km
34	56	Beißel Claudia	TSV Kenten	0:56:08	0:56:32	1972	W45	10	27:18 28:49 / 5:37min/km
35	848	Maringer Sabine	*Köln	0:56:22	0:56:39	1975	W40	6	27:43 28:39 / 5:38min/km
36	177	Gläser Anke	GVG Laufteam	0:56:26	0:56:40	1982	W35	3	28:05 28:20 / 5:39min/km
37	215	Pfahlbush Elfi	Run of Colours Promotea	0:56:34	0:57:00	1972	W45	11	28:08 28:25 / 5:39min/km
38	850	Baller Angelika	LC Weilerswist	0:56:47	0:57:10	1962	W55	4	28:09 28:37 / 5:41min/km
39	246	Müller Sabine	SV 47 Mutscheid	0:56:56	0:57:05	1966	W50	11	28:04 28:51 / 5:42min/km
40	54	Mais-Ramm Lydia		0:56:58	0:57:11	1965	W50	12	28:13 28:45 / 5:42min/km
41	129	Kaumanns Helga	SV Kirch-Grottenherten	0:57:55	0:58:15	1964	W50	13	28:57 28:57 / 5:48min/km
42	22	Wachendorf Edith		0:57:57	0:58:10	1975	W40	7	28:23 29:33 / 5:48min/km
43	130	Dillenburg Kathrin		0:57:59	0:58:23	1981	W35	4	28:49 29:10 / 5:48min/km
44	1227	Stick Julia	*Kerpen	0:58:00	0:58:23	1982	W35	5	28:50 29:10 / 5:48min/km
45	228	Krumm Claudia		0:58:12	0:58:42	1984	W30	3	28:28 29:43 / 5:49min/km
46	147	Korgel Anke	Rhein-Erft Akademie	0:58:13	0:58:27	1971	W45	12	29:13 29:00 / 5:49min/km
47	18	Mühlegger-Leers Elke	SCB Horrem	0:58:25	0:58:35	1968	W50	14	28:39 29:45 / 5:51min/km
48	87	Caspers Sirikorn		0:58:31	0:58:32	1980	W35	6	27:54 30:37 / 5:51min/km
49	219	Goy-Gerber Susanne		0:58:39	0:58:56	1966	W50	15	28:40 29:59 / 5:52min/km
50	238	Reetz Heike	TV Kuchenheim	0:58:58	0:59:08	1988	W30	4	29:50 29:08 / 5:54min/km
51	286	Schaffrath Ilona	TV Kuchenheim	0:59:02	0:59:12	1977	W40	8	29:50 29:11 / 5:54min/km

11. Horremer Abendlauf am 15. Juni 2018

Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	47	Herrlein Andrea	MST Laufpoint	0:59:12	0:59:24	1968	W50	16	29:48 29:23 / 5:55min/km
53	141	Mainz Yvette		0:59:14	0:59:32	1981	W35	7	29:16 29:57 / 5:55min/km
54	110	Malcher Sandra		0:59:14	0:59:32	1977	W40	9	29:16 29:57 / 5:55min/km
55	168	Brengmann Sandra	GVG Laufteam	0:59:26	0:59:51	1976	W40	10	29:40 29:45 / 5:57min/km
56	120	Bachmann-Stange Sabr	Laufbande	0:59:35	0:59:44	1980	W35	8	28:48 30:46 / 5:58min/km
57	294	Trier-Jeromin Kathleen		0:59:55	1:00:11	1971	W45	13	28:26 31:28 / 5:60min/km
58	251	Heinen Susanne	LC Weilerswist	1:00:01	1:00:10	1971	W45	14	29:19 30:41 / 6:00min/km
59	55	Klotzbach Petra	TSV Kenten	1:00:15	1:00:39	1971	W45	15	28:54 31:20 / 6:02min/km
60	71	Baer Christina		1:00:31	1:00:54	1995	W20	3	29:32 30:59 / 6:03min/km
61	6	Kleusch Anne		1:00:32	1:00:54	1983	W35	9	29:32 30:59 / 6:03min/km
62	13	Schorn Daniela		1:00:32	1:00:55	1994	W20	4	29:32 31:00 / 6:03min/km
63	295	Symanzick Nicole	Running TV Bedburg	1:00:51	1:01:04	1967	W50	17	29:03 31:47 / 6:05min/km
64	41	Blume Anke	LC Weilerswist	1:00:55	1:01:19	1969	W45	16	29:45 31:09 / 6:06min/km
65	218	Langen Julia	Schwimmverein Horrem	1:01:04	1:01:23	1990	W20	5	29:33 31:31 / 6:06min/km
66	126	Pawlitza-Deuce Katrin	SCB Horrem e. V.	1:01:12	1:01:23	1971	W45	17	28:36 32:35 / 6:07min/km
67	46	Winter Sabine	MST Laufpoint	1:01:17	1:01:28	1970	W45	18	30:05 31:11 / 6:08min/km
68	184	Klein Bianca	GVG Laufteam	1:01:25	1:01:38	1979	W35	10	29:22 32:02 / 6:09min/km
69	482	Lübben Michaela	LG RWE Power	1:01:47	1:02:06	1981	W35	11	30:56 30:51 / 6:11min/km
70	155	Stetten Brigitte	Rhein-Erft Akademie	1:02:28	1:02:52	1971	W45	19	30:40 31:47 / 6:15min/km
71	206	Looock Tamara	LAV Habbelrath-Grefrath	1:03:09	1:03:38	1997	W20	6	30:40 32:28 / 6:19min/km
72	144	Cöln Irmgard	Rhein-Erft Akademie	1:05:16	1:05:38	1970	W45	20	32:34 32:41 / 6:32min/km
73	174	Engels Kathy	GVG Laufteam	1:05:27	1:05:47	1951	W65	1	30:18 35:08 / 6:33min/km
74	224	Spürck Sandra		1:05:41	1:06:07	1970	W45	21	31:09 34:32 / 6:34min/km
75	138	Kummert-Gnewuch Sil		1:05:42	1:06:07	1974	W40	11	31:09 34:32 / 6:34min/km
76	66	Bode Verena	SCB Horrem	1:05:49	1:06:12	1985	W30	5	33:42 32:06 / 6:35min/km
77	314	Esch Eva	Lara Gott	1:06:02	1:06:10	1973	W45	22	32:47 33:15 / 6:36min/km
78	213	Groß Hanna		1:06:38	1:06:58	1960	W55	5	32:19 34:18 / 6:40min/km
79	156	Stich Silke	Rhein-Erft Akademie	1:07:14	1:07:36	1977	W40	12	32:34 34:40 / 6:43min/km
80	264	Mayer Dr. Beate	Rhein-Erft Akademie	1:07:29	1:07:54	1960	W55	6	32:32 34:57 / 6:45min/km
81	27	Timmann Claudia	top40	1:07:32	1:07:47	1974	W40	13	33:15 34:17 / 6:45min/km
82	137	Grobe Nicole	LG Donatus Erftstadt	1:08:40	1:09:02	1966	W50	18	35:05 33:35 / 6:52min/km
83	127	Mante Christin		1:09:36	1:09:59	1985	W30	6	33:50 35:45 / 6:58min/km
84	10	Heuckmann Laura	akorat	1:10:41	1:11:11	1983	W35	12	34:23 36:17 / 7:04min/km
85	9	Mielke Anika	akorat	1:10:41	1:11:11	1983	W35	13	34:23 36:17 / 7:04min/km
86	69	Kraus Wiebke	SC Buchenhöhe	1:11:12	1:11:35	1970	W45	23	34:03 37:09 / 7:07min/km
87	58	Canton Astrid		1:15:42	1:16:01	1955	W60	1	35:42 40:00 / 7:34min/km
88	33	Junk Linda	Horrem Warriors	1:16:28	1:16:55	1980	W35	14	37:33 38:55 / 7:39min/km
89	105	Sander Diana	Kreissparkasse Köln	1:20:29	1:20:58	1977	W40	14	39:23 41:05 / 8:03min/km
90	83	Heiderich Petra	Laufmaschen Götzenkir	1:25:51	1:26:18	1965	W50	19	41:10 44:41 / 8:35min/km
91	84	Klimscha Diana	Laufmaschen Götzenkir	1:30:35	1:31:02	1970	W45	24	43:09 47:25 / 9:04min/km
92	82	Harbecke Gabriele	Laufmaschen Götzenkir	1:30:35	1:31:02	1965	W50	20	43:09 47:25 / 9:04min/km