

# 11. Lindlarer Ortskern-Lauf am 24. Mai 2019

# Männer

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## Lauf über 10 km

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Bruttozeit	Jahrg	AK	Platz	Runden
1	2268	Glatz Richard	LG Gummersbach	0:35:46	0:35:47	1975	M40	1	07:02 07:10 07:11 07:12 07:09
2	2260	Dörmbach René	LC Montanushof	0:37:07	0:37:08	1982	M35	1	07:19 07:28 07:33 07:41 07:04
3	2110	Hohagen Tobias	Union Biesfeld Triathlon	0:37:23	0:37:27	1984	M35	2	07:18 07:26 07:33 07:41 07:23
4	2262	Kleinschmidt Oliver	LC Montanushof	0:37:41	0:37:43	1980	M35	3	07:19 07:27 07:36 07:42 07:36
5	2307	Hayat Isik	Hanf und Natur	0:38:00	0:38:02	1976	M40	2	07:19 07:35 07:43 07:50 07:31
6	2252	Feldhoff Bernd	Laufftreff Lindlar	0:38:05	0:38:06	1962	M55	1	07:27 07:36 07:42 07:45 07:33
7	2027	Gündüz Deniz	Schmidt + Clemens	0:38:44	0:38:45	1974	M45	1	07:21 07:41 07:51 07:56 07:53
8	2317	Kopezki Yannik	SG Agathaberg	0:39:05	0:39:08	1994	M20	1	07:28 07:50 07:56 08:00 07:48
9	2265	Risch Marius	LC Montanushof	0:39:10	0:39:12	1988	M30	1	07:29 07:46 07:57 08:03 07:53
10	2315	Niemann Christoph	LG Gummersbach	0:39:17	0:39:18	1968	M50	1	07:34 07:45 07:57 08:04 07:55
11	2303	Schabon Michael	Organspende rettet Leben	0:39:28	0:39:47	1970	M45	2	08:06 07:47 07:40 08:01 07:53
12	2230	Piertzik Louis	IAMSPORT	0:40:14	0:40:17	1996	M20	2	07:19 07:59 08:15 08:29 08:10
13	2215	Röttgen Wolfgang	1. BC Wipperfeld	0:40:19	0:40:23	1966	M50	2	07:45 07:57 08:08 08:17 08:10
14	1999	Dinse Pascal	Loco-Soft Vertriebs	0:40:30	0:40:32	1996	M20	3	07:20 07:59 08:15 08:28 08:26
15	2018	Bott Markus	Schmidt + Clemens	0:40:40	0:40:43	1970	M45	3	07:57 08:03 08:09 08:16 08:14
16	2277	Spicher Dirk	ONI Wärmetrafo GmbH	0:40:42	0:40:46	1973	M45	4	08:02 08:09 08:11 08:15 08:04
17	2319	Dambon Martin	Run for Anna	0:41:15	0:41:20	1981	M35	4	07:57 08:16 08:21 08:26 08:13
18	2263	Korff Axel	LC Montanushof	0:41:29	0:41:31	1972	M45	5	07:41 08:14 08:32 08:38 08:22
19	2216	Scida Eusonio	Brühler TV 1879	0:41:41	0:41:46	1975	M40	3	07:52 08:13 08:25 08:36 08:33
20	2235	Matschurek Andreas	Institut Frank Odenthal	0:42:05	0:42:07	1983	M35	5	07:37 08:07 08:29 08:52 08:58
21	1860	Houtackers Jos	*Lindlar	0:42:07	0:42:13	1984	M35	6	07:57 08:10 08:41 08:49 08:28
22	2304	Gitzen Christoph	*Olpe	0:42:29	0:42:32	1980	M35	7	07:53 08:13 08:34 08:51 08:57
23	2261	Höffgen Fabian	LC Montanushof	0:42:31	0:42:34	1985	M30	2	08:31 08:32 08:33 08:36 08:17
24	2264	Orbach Dominik	LC Montanushof	0:42:44	0:42:47	1982	M35	8	07:59 08:32 08:36 08:49 08:45
25	2103	Lang Stefan	SG Wenden	0:42:45	0:42:47	1962	M55	2	07:49 08:22 08:49 08:58 08:45
26	2221	Schmalenbach Stefan	DJK Gummersbach	0:42:53	0:42:55	1971	M45	6	07:53 08:31 08:49 08:52 08:46
27	2322	Hund Christopher	www.bauernhofcare-gum	0:42:23	0:42:56	1983	M35	9	08:15 08:16 08:34 08:52 08:24
28	2266	Überberg Markus	LC Montanushof	0:43:07	0:43:09	1974	M45	7	08:24 08:42 08:40 08:43 08:35
29	2272	Mieskes Kurt	MGV Oberbantenberg	0:43:08	0:43:10	1961	M55	3	08:07 08:29 08:43 08:53 08:54
30	1972	Robie David	LANG AG	0:43:05	0:43:29	1991	M20	4	09:28 08:37 08:36 08:30 07:53
31	2199	Bühler David	Team Roos &	0:43:11	0:43:36	1991	M20	5	08:48 08:40 08:50 08:52 07:59
32	2293	Roos Morten	Team Roos &	0:43:19	0:43:42	1996	M20	6	08:49 08:38 08:35 08:46 08:28
33	2219	Neumann Maik	DJK Gummersbach	0:43:39	0:43:43	1975	M40	4	08:02 08:40 08:52 08:57 09:06
34	2067	Behrendt Paul	WSC Lindlar	0:43:43	0:43:49	2002	MU18	1	07:55 08:19 09:11 09:17 09:00
35	2097	Müller Daniel	SVF AH	0:43:39	0:43:53	1979	M40	5	08:18 08:27 08:46 09:02 09:05
36	1944	Hörter Timo	LANG AG	0:42:47	0:43:59	1987	M30	3	08:04 08:20 08:43 09:01 08:36
37	1889	Hödtke Lukas	Dörrenberg GmbH	0:43:45	0:44:07	1992	M20	7	08:34 08:38 08:48 08:58 08:45
38	2255	Klingenberg Florian	Laufftreff Lindlar	0:44:21	0:44:24	1983	M35	10	08:35 08:56 09:02 09:06 08:40
39	2213	Siedentopf Kai	*Lindlar	0:44:04	0:44:33	1965	M50	3	08:55 08:34 08:46 08:55 08:52
40	1946	Ibanescu Victor	LANG AG	0:43:40	0:44:36	1989	M30	4	08:40 08:25 08:52 09:00 08:42
41	2288	Marc Grewe	Union Biesfeld Triathlon	0:44:23	0:44:44	1971	M45	8	08:53 08:59 09:03 08:58 08:27
42	1963	Lieth Hendrik	LANG AG	0:44:31	0:44:47	1991	M20	8	09:11 08:42 08:51 09:12 08:33
43	1978	Seidel Timo	LANG AG	0:44:49	0:44:53	1986	M30	5	08:29 09:00 09:04 09:14 09:00
44	2031	Sichwart Alexander	Schmidt + Clemens	0:44:16	0:44:59	1990	M20	9	08:52 08:32 08:54 09:10 08:46
45	2209	Mitzschke Christian	*Overath	0:44:56	0:45:00	1975	M40	6	08:44 08:59 09:02 09:07 09:02
46	2306	Dörpfeld Kai	allomess GmbH	0:44:58	0:45:05	1986	M30	6	08:26 08:54 09:12 09:19 09:05
47	2311	Käsbach Georg	SVF AH	0:44:59	0:45:13	1966	M50	4	08:36 08:52 09:00 09:14 09:15
48	2214	Werner Andreas	*Lindlar	0:45:11	0:45:16	1979	M40	7	08:15 08:46 09:04 09:23 09:41
49	2022	Defourny Nils	Schmidt + Clemens	0:45:19	0:45:30	1987	M30	7	08:25 08:58 09:13 09:42 08:59
50	2314	Keloudis Georgios	LG Gummersbach	0:45:43	0:45:43	1969	M50	5	08:41 09:08 09:13 09:23 09:16
51	2241	Fuchs Alexander	LANG AG	0:45:36	0:45:45	1978	M40	8	08:30 08:54 09:22 09:33 09:16

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## Lauf über 10 km

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit - Bruttozeit	Jahrg	AK	Platz	Runden
52	2280	Stinn Christian	Stinn Racing-Team	0:45:47 0:45:51	2001	MU20	1	08:03 08:41 09:23 09:50 09:48
53	1994	Zimmermann Markus	LANG AG	0:45:36 0:45:55	1974	M45	9	09:28 09:20 09:07 08:56 08:44
54	1881	Somesan Marius	*Engelskirchen	0:45:56 0:45:58	1996	M20	10	08:09 08:53 09:26 09:52 09:34
55	1880	Söhnngen Philipp	*Engelskirchen	0:45:36 0:46:03	1986	M30	8	09:32 08:53 09:03 09:10 08:57
56	2090	Rutishauser Reto		0:45:49 0:46:12	1990	M20	11	08:55 08:48 09:08 09:38 09:17
57	2025	Gresch Andre	Schmidt + Clemens	0:45:52 0:46:12	1986	M30	9	09:06 09:04 09:12 09:23 09:06
58	2054	Braun Christian	Sportsclub4	0:46:00 0:46:18	1991	M20	12	08:40 09:00 09:23 09:36 09:20
59	2253	Fonseca Fernando	Lauftreff Lindlar	0:46:13 0:46:19	1964	M55	4	08:50 09:15 09:20 09:32 09:15
60	1930	Cristea Cristea	LANG AG	0:45:06 0:46:25	1990	M20	13	08:20 08:43 09:22 09:33 09:06
61	2222	Schoepe Frank	DJK Gummersbach	0:46:30 0:46:35	1972	M45	10	08:35 09:12 09:29 09:45 09:28
62	2292	Schmitz-Gagnon Stefan	Team Roos &	0:46:13 0:46:38	1968	M50	6	09:14 09:07 09:16 09:22 09:12
63	2248	Simon Christof	LANG AG	0:46:29 0:46:53	1967	M50	7	08:59 09:20 09:28 09:31 09:08
64	1904	Frank Alexander	Gymnasium Lindlar Q1	0:46:56 0:46:58	2002	MU18	2	08:34 09:04 09:33 10:00 09:43
65	2111	Schmidt Yannic		0:46:52 0:46:58	1995	M20	14	08:37 09:02 09:30 09:57 09:44
66	1896	Prinz Damian	Feuerwehr Lindlar -	0:46:33 0:47:00	1995	M20	15	10:18 09:23 09:22 08:59 08:29
67	2016	Oehler Peter	Reloga	0:46:55 0:47:01	1975	M40	9	08:34 08:52 09:16 09:54 10:16
68	1866	Maier Florian	*Marienheide	0:46:45 0:47:05	1982	M35	11	09:06 09:06 09:32 09:50 09:11
69	2206	Hartmann Michael	*Lindlar	0:46:48 0:47:07	1979	M40	10	09:11 09:06 09:35 09:41 09:13
70	2040	Wester Lukas	Schmidt + Clemens	0:47:01 0:47:08	1991	M20	16	08:35 09:13 09:47 09:54 09:30
71	2258	Weschenbach Guido	Lauftreff Lindlar	0:47:08 0:47:14	1967	M50	8	08:43 09:06 09:32 09:53 09:51
72	2070	Podschun Florian	WSC Lindlar	0:47:17 0:47:26	1999	M20	17	08:27 08:34 09:22 10:12 10:40
73	2257	Orbach Stefan	Lauftreff Lindlar	0:47:38 0:47:44	1972	M45	11	08:49 09:19 09:38 09:55 09:54
74	1921	Kranz Lars ( Lbp )	Laberköpfe n.e.V.	0:47:31 0:47:45	1998	M20	18	08:25 09:09 09:38 10:20 09:57
75	2036	Scribe Nicolas	Schmidt + Clemens	0:47:30 0:47:52	1987	M30	10	08:34 09:22 09:48 09:58 09:46
76	2285	Stoppenbach Michael	TeamStoppenbach	0:47:43 0:47:54	1968	M50	9	08:48 09:35 09:51 09:51 09:38
77	1877	Sicari Domenico	*Engelskirchen	0:47:50 0:47:54	1977	M40	11	08:53 09:22 09:39 10:00 09:54
78	2276	Quabach Ben	ONI Wärmetrafo GmbH	0:47:29 0:47:55	1993	M20	19	09:39 09:35 09:36 09:36 09:01
79	2015	Wirths Arne Christian	ONI Wärmetrafo GmbH	0:47:51 0:47:57	1996	M20	20	08:57 09:17 09:49 10:14 09:32
80	1895	Niederländer Dennis	Feuerwehr Lindlar -	0:47:40 0:48:07	1990	M20	21	09:38 09:35 09:36 09:35 09:14
81	2320	Schultz Norman	NHF Runners	0:48:06 0:48:12	1968	M50	10	08:55 09:24 09:44 10:03 09:59
82	1934	Flossbach Heinz	LANG AG	0:47:58 0:48:16	1967	M50	11	09:28 09:32 09:38 09:41 09:37
83	2298	Gockel Kay	Selbstgelaufen	0:48:08 0:48:17	1965	M50	12	09:13 09:40 09:58 10:00 09:15
84	2236	Hagemann Udo	Kossmann-Laufteam	0:48:01 0:48:18	1970	M45	12	09:44 09:37 09:33 09:34 09:30
85	1970	Niehaus Marco	LANG AG	0:48:15 0:48:32	1980	M35	12	09:18 09:36 09:40 09:53 09:46
86	2059	Sprenger Raphael	Sportsclub4	0:48:21 0:48:35	1995	M20	22	09:25 10:14 09:54 09:52 08:53
87	2033	Lauber Jan	Schmidt + Clemens	0:48:26 0:48:35	1988	M30	11	08:53 09:27 10:10 10:15 09:40
88	2095	Klee Martin	Löschgruppe Frielingsdorf	0:48:32 0:48:42	1985	M30	12	09:16 09:35 09:54 09:57 09:48
89	2312	Berfeld Jürgen		0:48:42 0:48:47	1963	M55	5	08:55 09:34 10:01 10:15 09:55
90	2009	Adrian Bernd	ONI Wärmetrafo GmbH	0:48:41 0:48:58	1989	M30	13	10:05 09:50 09:45 09:42 09:16
91	2250	Schmitz Michael	Lauftreff Birkerfeld	0:48:54 0:49:02	1968	M50	13	09:12 09:35 09:50 10:07 10:07
92	2039	Urban Hannes	Schmidt + Clemens	0:48:55 0:49:03	1992	M20	23	08:35 09:33 10:11 10:31 10:04
93	2093	Klee Christian		0:48:56 0:49:09	1967	M50	14	09:44 09:51 09:49 09:54 09:36
94	2074	Bartonizek Tom	Feuerwehr Lindlar	0:48:59 0:49:10	2004	MU16	1	09:04 09:18 09:43 10:16 10:36
95	2275	Seeling Alexander	OBI Lindlar	0:48:36 0:49:11	1976	M40	12	09:28 09:33 09:47 09:56 09:51
96	1926	Blazejewski Martin	LANG AG	0:48:57 0:49:13	1982	M35	13	09:33 09:36 09:57 10:05 09:44
97	2323	Lange Udo	Team U.T.L.	0:49:07 0:49:14	1965	M50	15	09:02 09:34 10:01 10:20 10:08
98	2324	Müller Michael	Union Biesfeld Triathlon	0:48:57 0:49:18	1972	M45	13	09:37 09:48 09:58 09:56 09:36
99	1902	Müller Fynn	Gymnasium Lindlar 8a	0:49:08 0:49:20	2005	MU16	2	08:52 09:32 09:59 10:23 10:20
100	2077	Eichert Marco	Kramer	0:49:15 0:49:21	1996	M20	24	08:28 09:40 10:01 10:34 10:31
101	1996	Boskovic Jugoslav	LC Montanushof	0:49:23 0:49:26	1968	M50	16	08:56 09:40 10:06 10:20 10:19
102	1941	Hardenbicker Tobias	LANG AG	0:49:01 0:49:26	1969	M50	17	09:30 09:37 10:00 10:01 09:50

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## Lauf über 10 km

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit - Bruttozeit	Jahrg	AK	Platz	Runden
103	1853	Berster Florian	*Lindlar	0:49:30 0:49:33	1987	M30	14	08:46 09:51 10:07 10:25 10:20
104	2098	Lamers Tim	TUS Lindlar	0:49:07 0:49:37	2003	MU18	3	09:59 09:45 09:49 09:58 09:34
105	2284	Stoppenbach Dietmar	TeamStoppenbach	0:49:32 0:49:41	1969	M50	18	08:31 09:26 10:00 10:07 11:25
106	1987	von Krüchten Lars	LANG AG	0:49:03 0:49:42	1996	M20	25	10:12 09:35 09:41 09:52 09:41
107	2309	Müller Wolfgang	VfL Engelskirchen	0:49:25 0:49:45	1956	M60	1	09:37 09:42 09:59 10:08 09:57
108	1981	Spahn Christoph	LANG AG	0:49:52 0:49:56	1979	M40	13	08:56 09:47 10:07 10:39 10:23
109	2316	Schröder Wolfgang	Union Biesfeld Triathlon	0:49:38 0:50:00	1967	M50	19	09:29 09:47 09:59 10:02 10:19
110	2279	Stinn Frank	Stinn Racing-Team	0:49:52 0:50:02	1970	M45	14	09:34 10:03 10:09 10:00 10:05
111	2301	Stutz Sebastian	Löschgruppe Frielingsdorf	0:49:56 0:50:06	1982	M35	14	09:16 09:35 10:01 10:30 10:32
112	1883	Hoffmann Frank	Albrecht Stahlhart	0:50:39 0:50:52	1979	M40	14	09:20 10:01 10:24 10:28 10:24
113	1955	Kraft Jendrik	LANG AG	0:50:15 0:50:53	1997	M20	26	11:02 10:05 09:51 10:06 09:09
114	2032	Kutal Emre	Schmidt + Clemens	0:50:32 0:50:56	1991	M20	27	10:14 10:09 10:39 10:10 09:18
115	2239	Oktem Erinc	KSK	0:50:42 0:50:57	1983	M35	15	08:56 10:00 10:31 10:37 10:35
116	2200	Roos Aron	Team Roos &	0:50:37 0:51:02	2000	MU20	2	09:38 09:54 10:03 10:35 10:25
117	2000	Föll Denis	Loco-Soft Vertriebs	0:50:40 0:51:07	1979	M40	15	09:31 09:46 10:33 10:28 10:21
118	2066	Schmitz Christian	TV Klaswipper	0:50:58 0:51:10	1986	M30	15	09:02 10:20 10:57 10:30 10:07
119	2081	Fröhling Daniel		0:50:56 0:51:15	1979	M40	16	09:37 09:35 10:10 10:52 10:40
120	2267	Eicks Michael	LG Gummersbach	0:51:15 0:51:22	1977	M40	17	09:57 10:10 10:27 10:41 09:59
121	2092	Dörpinghaus Tim	Albrecht Stahlhart	0:51:14 0:51:28	1984	M35	16	09:49 10:05 10:24 10:32 10:22
122	2326	Eversberg Eckhard	FC Deutsche Post	0:51:11 0:51:32	1969	M50	20	09:39 09:56 10:19 10:36 10:40
123	2242	Golka Markus	LANG AG	0:51:22 0:51:33	1969	M50	21	10:06 10:24 10:13 10:35 10:03
123	2246	Reigl Reiner	LANG AG	0:51:22 0:51:33	1969	M50	21	10:06 10:23 10:13 10:34 10:03
125	1965	Meier Alex	LANG AG	0:51:25 0:51:43	1979	M40	18	09:39 09:52 10:17 10:38 10:56
126	1864	Lang Markus	*Gummersbach	0:51:39 0:51:43	1970	M45	15	09:13 10:19 10:37 11:01 10:27
127	2313	Kreuzer Reinhard	LG Gummersbach	0:51:45 0:51:52	1951	M65	1	09:58 10:17 10:28 10:40 10:19
128	1998	Arens Björn	Loco-Soft Vertriebs	0:51:48 0:52:00	1990	M20	28	09:28 10:05 10:26 10:38 11:09
129	2112	Wurth Manfred	SV Waldbruch	0:51:42 0:52:04	1964	M55	6	10:03 10:00 10:23 10:38 10:37
130	1868	Oellermann Tobias	*Nordrhein-Westfalen -	0:52:03 0:52:06	2005	MU16	3	08:28 09:43 10:30 11:24 11:57
131	2068	Herkenrath Jochen	WSC Lindlar	0:52:04 0:52:14	1970	M45	16	09:33 10:03 10:30 11:01 10:55
132	2210	Schenk Oliver	*Lindlar	0:51:42 0:52:17	1969	M50	23	10:43 10:25 10:26 10:18 09:49
133	2069	Langer René	WSC Lindlar	0:51:43 0:52:18	2004	MU16	4	09:47 10:12 10:34 10:51 10:17
134	1988	Vrbaneč-Lohmann Marko	LANG AG	0:52:09 0:52:20	1986	M30	16	09:43 10:04 10:41 10:51 10:48
135	1937	Gorgette Sylvain	LANG AG	0:52:10 0:52:20	1987	M30	17	09:43 10:04 10:42 10:52 10:46
136	1856	Gnida Markus	*Lindlar	0:52:27 0:52:35	1968	M50	24	09:53 10:18 10:35 10:51 10:47
137	2063	Schlichtmann Joerg	Team 21	0:52:39 0:52:47	1972	M45	17	09:54 10:05 10:45 11:06 10:48
138	1933	Erlebach Markus	LANG AG	0:52:24 0:53:05	1991	M20	29	10:15 10:09 10:23 11:05 10:30
139	2100	Langer Markus	WSC Lindlar	0:52:45 0:53:20	1971	M45	18	09:53 10:24 10:53 11:09 10:23
140	1893	Gödert Patrik	Feuerwehr Lindlar -	0:52:54 0:53:20	1987	M30	18	10:40 10:19 10:42 10:55 10:17
141	1962	Lenz Andreas	LANG AG	0:53:06 0:53:23	1981	M35	17	10:16 10:37 10:53 10:57 10:20
142	1923	Beckmann Frederic	LANG AG	0:53:08 0:53:24	1985	M30	19	10:09 10:37 10:52 11:10 10:18
143	2217	Dresbach Frank	Cologne Allblacks	0:53:20 0:53:32	1967	M50	25	10:32 10:40 10:43 10:49 10:35
144	1903	Davenport Tom	Gymnasium Lindlar EF	0:53:04 0:53:34	2003	MU18	4	10:28 10:09 11:21 10:46 10:18
145	0	unbekannt DT7G93K		0:53:16 0:53:35		M20	30	09:50 10:28 10:57 11:04 10:54
146	2318	Eschbach Ralf	VfL Engelskirchen	0:53:14 0:53:37	1963	M55	7	10:24 10:32 10:40 11:04 10:32
147	1949	Kahlmann Tobias	LANG AG	0:53:28 0:53:44	1984	M35	18	10:08 10:37 10:53 11:10 10:39
148	1983	Stein Phillip	LANG AG	0:53:02 0:53:47	1997	M20	31	10:54 10:37 10:38 10:45 10:06
149	2004	Becher Fabian	Norbert Schneider GmbH	0:53:43 0:54:01	1990	M20	32	10:50 10:39 10:54 10:44 10:34
150	2291	Roos Ronald	Team Roos &	0:53:40 0:54:04	1964	M55	8	10:03 10:38 10:55 11:10 10:51
151	2082	Hungenberg Dieter	Feuerwehr Lindlar	0:53:24 0:54:08	1965	M50	26	10:36 10:14 10:39 10:49 11:04
152	2234	Weber Markus	Institut Frank Odenthal	0:53:38 0:54:19	1972	M45	19	10:48 10:40 10:57 10:51 10:21
153	1874	Sausner Marcel	*Lindlar	0:53:57 0:54:25	1981	M35	19	09:55 10:16 11:00 11:22 11:23

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit - Bruttozeit	Jahrg	AK	Platz	Runden
154	1875	Schuster Florian	*Wiehl	0:54:04 0:54:25	1987	M30	20	10:00 10:18 11:00 11:22 11:24
155	1861	Kiesling Andre	*Wiehl	0:54:02 0:54:34	1977	M40	19	11:18 10:27 10:22 10:44 11:09
156	2019	Brensing Tobias	Schmidt + Clemens	0:54:23 0:54:35	1978	M40	20	09:50 10:30 11:10 11:37 11:14
157	1947	Jacobs Jan Tim	LANG AG	0:54:19 0:54:36	1979	M40	21	10:08 10:37 10:53 11:10 11:29
158	1888	Schoepe Tobias	DJK Gummersbach	0:54:34 0:54:39	1999	M20	33	09:11 10:41 11:28 11:29 11:43
159	1977	Schwarzer Andreas	LANG AG	0:55:00 0:55:24	1965	M50	27	10:11 10:34 10:54 11:18 12:00
160	1931	De Sousa Goncalves	LANG AG	0:55:05 0:55:28	1991	M20	34	10:15 10:35 11:02 11:37 11:33
161	2002	Koke Ralf	Loco-Soft Vertriebs	0:54:52 0:55:33	1970	M45	20	11:14 10:51 10:56 10:59 10:50
162	1939	Haasbach Daniel	LANG AG	0:54:54 0:55:36	1981	M35	20	11:09 10:44 10:58 11:04 10:57
163	2228	Kauer Martin	Gymnasium Lindlar	0:54:56 0:55:38	1971	M45	21	11:11 10:51 11:03 11:07 10:44
164	2232	Junggeburth Kalle	Institut Frank Odenthal	0:55:00 0:55:40	1961	M55	9	10:49 10:40 11:08 11:20 11:01
165	2233	Landsberg Peter	Institut Frank Odenthal	0:54:58 0:55:40	1966	M50	28	10:47 10:36 11:10 11:22 11:02
166	2305	Ohler Jürgen		0:55:17 0:55:50	1978	M40	22	11:05 11:06 11:08 11:12 10:44
167	2076	Seemann Stefan	Kreissparkasse Köln	0:55:18 0:55:51	1977	M40	23	11:05 11:06 11:08 11:13 10:44
168	2286	Simon Dirk	TSV Friedberg Fauerbach	0:55:30 0:55:52	1967	M50	29	11:01 11:05 11:17 11:09 10:56
169	2207	Hippler Frank	*Hürth	0:55:37 0:55:53	1963	M55	10	10:23 11:02 11:26 11:35 11:09
170	2003	Keck Tobias	LV Mereto	0:55:52 0:55:57	1982	M35	21	09:59 11:03 11:27 11:40 11:41
171	2249	Wingen-Mezhoud Sami	LANG AG	0:55:56 0:56:08	1967	M50	30	10:09 10:45 11:24 11:42 11:54
172	2037	Tietze Mathias	Schmidt + Clemens	0:55:32 0:56:15	1988	M30	21	11:04 10:45 11:14 11:37 10:50
173	2211	Schulte Johannes	*Wipperfürth	0:56:19 0:56:26	1958	M60	2	10:11 11:07 11:35 11:55 11:28
174	1989	Willmer Sebastian	LANG AG	0:56:15 0:56:30	1988	M30	22	10:34 10:50 11:22 11:52 11:35
175	1979	Sklarek Dirk	LANG AG	0:56:17 0:56:32	1965	M50	31	10:05 11:20 11:38 11:44 11:27
176	1858	Hamm Oliver	*Lindlar	0:56:18 0:56:41	1976	M40	24	11:40 11:29 11:20 11:10 10:37
177	2056	Krause Vincenzo	Sportsclub4	0:56:30 0:56:44	1993	M20	35	09:26 10:58 11:54 11:58 12:12
178	1920	Zimny Gerrit	Kreuzbund	0:56:38 0:56:49	1986	M30	23	10:59 11:07 11:37 11:31 11:22
179	2238	Schäfer Mario	Krüger Group	0:56:19 0:56:50	1963	M55	11	10:55 11:11 11:16 11:34 11:21
180	2091	Kemmerich Jörg	Sportpalast	0:56:51 0:57:17	1968	M50	32	10:42 10:45 11:29 12:09 11:43
181	2061	Klein Andre	SVF AH	0:56:48 0:57:25	1968	M50	33	11:20 11:02 11:17 11:34 11:34
182	1870	Rinke Nick	*Lindlar	0:56:50 0:57:25	2003	MU18	5	11:23 10:49 11:28 11:28 11:40
183	2106	Roderwies Harald	AH Frielingsdorf	0:57:01 0:57:37	1967	M50	34	11:19 11:02 11:17 11:34 11:46
184	2289	Schiffarth Uli	WSC Lindlar	0:57:18 0:57:39	1968	M50	35	11:01 11:05 11:20 11:49 12:00
185	1908	Land Lukas	HDG	0:57:12 0:57:45	1992	M20	36	12:43 10:56 11:01 11:16 11:14
186	2008	Klabuhn John	OBI Lindlar	0:57:16 0:57:51	1984	M35	22	11:47 11:22 11:21 11:24 11:21
187	2012	Grüger Carsten	ONI Wärmetrafo GmbH	0:57:41 0:58:02	1971	M45	22	11:07 11:37 11:54 11:41 11:20
188	2088	Erdmann Sascha	Sportsclub4	0:57:35 0:58:03	1969	M50	36	10:51 11:24 11:42 11:55 11:41
189	2205	Engels Frank	*Lindlar	0:57:58 0:58:16	1966	M50	37	11:06 11:23 11:41 11:59 11:47
190	2058	Söffker Dennis	Sportsclub4	0:57:51 0:58:20	1979	M40	25	10:21 11:16 12:10 12:13 11:49
191	0	unbekannt DY5PR52		0:57:42 0:58:22		M20	37	11:25 11:13 11:42 11:49 11:31
192	2011	Galeri Gabriel	ONI Wärmetrafo GmbH	0:58:11 0:58:30	1973	M45	23	10:30 11:19 11:55 12:25 12:00
193	2271	Witzleben Jürgen	line zwo GmbH	0:58:03 0:58:33	1970	M45	24	11:13 11:16 11:43 11:59 11:51
194	1991	Wysocki Mathias	LANG AG	0:58:24 0:58:47	1990	M20	38	10:12 11:14 12:41 12:40 11:34
195	1852	Bartels Rolf	*Wiehl	0:58:47 0:59:18	1961	M55	12	11:21 11:04 11:43 12:14 12:23
196	2053	Schönhauer Patrick	Sportpalast	0:58:59 0:59:19	1993	M20	39	11:44 11:47 12:09 12:13 11:04
197	2014	Weglage Martin	ONI Wärmetrafo GmbH	0:59:00 0:59:20	1965	M50	38	10:33 11:23 11:54 12:21 12:47
198	2052	Schneider Axel	Sportpalast	0:59:00 0:59:20	1968	M50	39	11:19 12:11 12:10 12:13 11:06
199	2062	Langen Jörg	SVF AH	0:58:49 0:59:26	1969	M50	40	11:19 11:07 11:27 12:31 12:23
200	1882	Voßkämper Michael	*Lindlar	0:59:05 0:59:37	1958	M60	3	10:53 11:01 11:45 12:16 13:08
201	2104	Scholtes Martin		0:59:09 0:59:38	1991	M20	40	12:39 12:07 11:59 11:31 10:50
202	2001	Horvat Daniel	Loco-Soft Vertriebs	0:59:29 0:59:42	1984	M35	23	11:04 11:30 12:07 12:37 12:10
203	1919	Peppel Marco	Kreuzbund	0:59:34 0:59:45	1976	M40	26	11:04 11:28 12:15 12:26 12:19
204	2013	Pesch Erik	ONI Wärmetrafo GmbH	0:59:01 0:59:47	1969	M50	41	11:07 11:06 11:54 12:20 12:32

# 11. Lindlarer Ortskern-Lauf am 24. Mai 2019

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## Lauf über 10 km

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit - Bruttozeit	Jahrg	AK	Platz	Runden
205	2108	Neifer Sebastian	1.FC Köln	0:59:19 0:59:52	1981	M35	24	11:26 11:26 11:52 12:23 12:10
206	2024	Fechtner Tobias	Schmidt + Clemens	0:59:14 0:59:54	1987	M30	24	11:23 11:30 12:09 12:05 12:06
207	1890	Balensiefer Frank	FAWEMA GmbH	0:59:31 1:00:00	1966	M50	42	11:33 11:59 12:11 11:58 11:48
208	2023	Ditger Florian	Schmidt + Clemens	0:59:26 1:00:02	1993	M20	41	12:08 11:41 11:40 11:35 12:19
209	2041	Weynell Marvin	Schmidt + Clemens	0:59:26 1:00:02	1985	M30	25	12:08 11:41 11:40 11:35 12:20
210	1982	Stalewski Yannick	LANG AG	0:59:30 1:00:14	1996	M20	42	11:16 11:35 12:17 12:32 11:48
211	2051	Schneider Uwe	Sportpalast	1:00:08 1:00:29	1965	M50	43	11:43 11:53 12:06 12:19 12:06
212	1851	Althausen Dr. Achim	*Lindlar	1:00:22 1:00:37	1965	M50	44	10:48 12:04 12:19 12:40 12:29
213	2079	Herrmann Max	Ski-Club Bayer	1:00:16 1:00:42	1994	M20	43	11:13 11:57 12:28 12:37 11:59
214	1954	Klee Luca	LANG AG	1:00:02 1:00:46	2000	MU20	3	10:59 11:18 12:05 12:22 13:15
215	1912	Hosniak Christian	Hugo Kemmerich GmbH	1:00:44 1:00:59	1987	M30	26	10:28 12:09 12:51 12:54 12:21
216	1878	Sina Jan	*Rösrath	1:00:43 1:01:03	1979	M40	27	11:15 12:10 12:38 12:35 12:03
217	2308	Rixen Franz-Gert	*Marienheide	1:00:39 1:01:09	1949	M70	1	11:54 11:43 12:02 12:24 12:35
218	2297	Hintzen Uwe	Sportpalast	1:00:59 1:01:13	1959	M60	4	11:40 12:06 12:26 12:28 12:16
219	1751	Peiter Andreas	LG Gummersbach	1:00:53 1:01:15	1958	M60	5	11:14 12:10 12:38 12:35 12:15
220	1993	Ziegler Dennis	LANG AG	1:00:33 1:01:17	1989	M30	27	10:28 11:44 12:39 12:56 12:44
221	1897	Grube Michael	Friedrich Runners meets	1:00:47 1:01:25	1980	M35	25	11:47 11:43 12:21 12:56 11:58
222	2050	Schneider Dominik	Sportpalast	1:01:42 1:02:01	1996	M20	44	11:27 12:05 12:11 12:59 12:58
223	2085	Warsewa Dennis	Dancing Daddys	1:01:20 1:02:06		M	0	11:37 11:33 12:32 12:50 12:47
224	2084	Knape Michael	Dancing Daddys	1:01:20 1:02:07	1984	M35	26	11:36 11:32 12:30 12:49 12:51
225	2086	Winkelhag Peter	Dancing Daddys	1:01:21 1:02:07	1973	M45	25	11:37 11:33 12:30 12:49 12:50
226	1909	Land Frank	HDG	1:01:37 1:02:08	1964	M55	13	11:20 11:46 12:20 12:46 13:23
227	2220	Schinke Thomas	DJK Gummersbach	1:02:10 1:02:27	1969	M50	45	11:21 12:25 12:34 12:53 12:55
228	1884	Spicher Dennis	Albrecht Stahlhart	1:02:39 1:02:52	1995	M20	45	10:42 12:06 13:03 13:39 13:07
229	1867	Neuenfeldt Marc	*Lindlar	1:02:28 1:02:53	1981	M35	27	11:05 11:43 12:33 13:40 13:25
230	1865	Lingg Stefan	*Kürten	1:02:39 1:03:08	1985	M30	28	11:30 12:50 12:44 12:49 12:45
231	2045	Maat Daniel	Sportpalast	1:02:56 1:03:17	1975	M40	28	11:44 12:00 12:55 13:21 12:53
232	2310	Höher Andreas	*Lindlar	1:02:49 1:03:17	1964	M55	14	11:59 12:23 12:51 12:57 12:39
233	1871	Rochholz Bernd	*Kürten	1:02:58 1:03:31	1970	M45	26	12:41 12:18 12:20 12:38 12:59
234	2060	Schulze Rene	SV Frielingsdorf AH	1:02:57 1:03:34	1969	M50	46	11:21 11:56 12:26 13:21 13:52
235	1862	Kißenkötter Christoph	*Lindlar	1:03:18 1:03:59	1962	M55	15	12:05 12:20 12:37 13:12 13:02
236	1886	Willmer Thomas	CDU Lindlar	1:04:05 1:04:19	1959	M60	6	11:44 12:24 13:02 13:30 13:22
237	2225	Werner Christoph	Feuerwehr Lindlar -	1:03:38 1:04:21	1977	M40	29	12:56 12:47 12:37 12:34 12:43
238	2064	Stoppenbach Ben	TeamStoppenbach	1:04:14 1:04:23	2005	MU16	5	10:57 11:56 12:42 13:58 14:39
239	2237	Waßer Ralf	Kreissparkasse Köln	1:04:02 1:04:40	1962	M55	16	11:51 12:39 13:07 13:20 13:04
240	2105	Pfeifer Bennur		1:04:36 1:04:59	1975	M40	30	12:59 12:53 13:15 13:44 11:43
241	1859	Hörter Peter	*Lindlar	1:04:26 1:05:06	1960	M55	17	12:34 12:19 12:47 13:40 13:03
242	2099	Fabritius Markus		1:04:59 1:05:11	1973	M45	27	11:52 12:04 12:41 13:32 14:48
243	2244	Kuhn Frank	LANG AG	1:04:40 1:05:19	1968	M50	47	12:24 12:35 13:07 13:25 13:08
244	2020	Buchmann Timo	Schmidt + Clemens	1:04:38 1:05:24	1988	M30	29	12:58 13:03 13:10 13:06 12:19
245	2273	Schneider Simon	Norbert Schneider GmbH	1:05:47 1:06:04	1987	M30	30	10:51 13:05 13:10 14:01 14:39
246	1952	Kirschner Timo	LANG AG	1:05:38 1:06:10	1989	M30	31	11:12 11:48 13:11 14:45 14:41
247	2087	Homborg Ralf		1:05:41 1:06:12	1982	M35	28	12:11 12:48 13:32 13:37 13:32
248	2247	Schoor Michael	LANG AG	1:05:36 1:06:13	1962	M55	18	13:01 13:14 13:01 13:07 13:10
249	2274	Koll Matthias	OBI Lindlar	1:05:44 1:06:20	1985	M30	32	13:15 12:55 12:57 13:01 13:34
250	2240	Falge Andreas	LANG AG	1:06:36 1:07:14	1968	M50	48	13:00 13:14 13:18 13:31 13:30
251	2073	Gebhardt Justus	Feuerwehr Lindlar	1:07:43 1:07:54	2003	MU18	6	10:47 12:05 13:22 15:48 15:40
252	2072	Körner Luis	Feuerwehr Lindlar	1:07:58 1:08:10	2002	MU18	7	10:47 11:47 13:04 18:16 14:03
253	2270	Holtschneider Ludger	line zwo GmbH	1:07:43 1:08:13	1971	M45	28	12:43 12:35 13:26 13:55 15:02
254	2102	Richter David		1:07:50 1:08:23	1988	M30	33	12:52 13:28 13:46 14:03 13:40
255	2047	Rappenhöner Manfred	Sportpalast	1:07:53 1:08:37	1964	M55	19	14:08 13:45 13:31 13:17 13:08

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### Lauf über 10 km

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit - Bruttozeit	Jahrg	AK	Platz	Runden
256	1891	Barthel Niklas	FAWEMA GmbH	1:08:28 1:08:57	1992	M20	46	11:30 12:51 14:14 14:50 15:02
257	2101	Hamm Thomas	Sportpalast	1:10:12 1:10:46	1975	M40	31	12:12 13:22 14:29 14:51 15:16

# 11. Lindlarer Ortskern-Lauf am 24. Mai 2019

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## Lauf über 10 km

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Bruttozeit	Jahrg	AK	Platz	Runden
1	2290	Vizzari Susanne	Yin Yang Dragons	0:44:09	0:44:11	1977	W40	1	08:30 08:45 08:52 09:02 08:57
2	2254	Jackes Anja	Lauftreff Lindlar	0:44:29	0:44:32	1989	W30	1	08:35 08:54 09:03 09:05 08:51
3	1918	Türk Cornelia	Kreissparkasse Köln	0:44:40	0:44:42	1966	W50	1	08:30 08:46 09:04 09:15 09:03
4	2231	Diawuoh Annabel	Institut Frank Odenthal	0:45:13	0:45:17	1989	W30	2	08:54 09:06 09:10 09:06 08:56
5	2282	Schlichtmann Susanne	Team 21	0:45:10	0:45:18	1974	W45	1	09:00 09:00 09:07 09:11 08:50
6	2229	Benkenstein Laura	IAMSPORT	0:45:56	0:46:01	1994	W20	1	08:52 08:54 09:16 09:27 09:25
7	2223	Soest Christine	DJK Gummersbach	0:46:47	0:46:52	1980	W35	1	08:59 09:17 09:27 09:38 09:25
8	1869	Rech Melanie	*Köln	0:48:18	0:48:22	1982	W35	2	09:08 09:30 09:53 09:57 09:49
9	2057	Ossolinski Nicole	Sportsclub4	0:48:26	0:48:54	1997	W20	2	10:00 09:00 09:48 10:06 09:30
10	2256	Littig Sandra	Lauftreff Lindlar	0:48:54	0:49:17	1973	W45	2	09:33 09:42 09:51 09:53 09:52
11	2296	Friedrich Carola		0:48:59	0:49:17	1989	W30	3	09:12 09:27 09:57 10:15 10:06
12	1863	Kuhn Romy	*Wiehl	0:51:22	0:51:50	1978	W40	2	09:56 09:55 10:29 10:44 10:16
13	2094	Selbach Janine		0:51:54	0:52:17	1981	W35	3	09:58 10:06 10:21 10:42 10:45
14	2201	Benkenstein Ilona	*Wipperfürth	0:52:44	0:52:49	1959	W60	1	09:53 10:24 10:38 10:51 10:57
15	2325	Müller Melanie	Union Biesfeld Triathlon	0:52:31	0:52:52	1974	W45	3	10:05 10:31 10:39 10:44 10:29
16	1885	Lochtenberg Albina	CDU Lindlar	0:53:05	0:53:23	1983	W35	4	10:19 10:42 10:33 10:47 10:43
17	2006	Huth Denise	OBI Lindlar	0:52:54	0:53:28	1993	W20	3	10:31 10:26 10:39 10:43 10:33
18	2278	Käsbach Andrea	Sportpalast	0:53:05	0:53:30	1973	W45	4	10:42 10:45 10:37 10:33 10:26
19	1964	Lindwehr Linda	LANG AG	0:53:27	0:53:51	1990	W20	4	10:21 10:42 10:49 10:53 10:41
20	2283	Wasserfuhr Barbara	Team Erdinger Alkoholfrei	0:53:38	0:53:55	1962	W55	1	10:16 10:30 10:45 11:01 11:03
21	2043	Dahme Isabelle	Sportpalast	0:54:29	0:54:36	1979	W40	3	09:59 10:37 11:22 11:05 11:25
22	2038	Tietze Louisa	Schmidt + Clemens	0:54:04	0:54:44	1990	W20	5	11:11 10:37 10:52 10:54 10:30
23	2300	Gill Karin	*Bergisch Gladbach	0:54:24	0:54:53	1973	W45	5	10:35 10:57 11:02 11:08 10:40
24	1942	Hoferichter Sonja	LANG AG	0:54:53	0:55:17	1991	W20	6	10:20 10:42 11:15 11:33 11:00
25	1855	Erlenkötter Annika	*Lindlar	0:55:10	0:55:29	1987	W30	4	10:25 11:08 11:19 11:15 11:01
26	2251	Feldhoff Ulrike	Lauftreff Lindlar	0:55:35	0:55:51	1963	W55	2	10:35 10:51 11:03 11:29 11:35
27	1967	Mertens-Kociper Verena	LANG AG	0:55:31	0:55:51	1977	W40	4	10:50 10:54 11:17 11:20 11:09
28	2071	Podschun Sabine	WSC Lindlar	0:56:22	0:56:30	1968	W50	2	10:44 11:01 11:20 11:40 11:35
29	2017	Baldsiefer Lara	Schmidt + Clemens	0:56:30	0:57:04	1995	W20	7	11:02 11:18 11:26 11:38 11:04
30	2107	Weyand Kerstin	WSC Lindlar	0:57:42	0:57:50	1966	W50	3	10:45 11:13 11:37 12:05 12:00
31	2089	Meurer Ingrid	Sportsclub4	0:57:35	0:58:03	1972	W45	6	10:44 11:31 11:43 11:54 11:41
32	1916	Scholz Annika	Kreissparkasse Köln	0:57:43	0:58:22	2002	WU18	1	11:25 11:14 11:42 11:49 11:32
33	2029	Heuser Vanessa	Schmidt + Clemens	0:57:56	0:58:31	1989	W30	5	11:13 11:23 11:39 11:55 11:45
34	2030	Heuser Annabell	Schmidt + Clemens	0:57:56	0:58:31	1991	W20	8	11:12 11:23 11:39 11:56 11:45
35	1879	Smutna-Fender Monika	*Lindlar	0:58:42	0:58:49	1975	W40	5	10:00 11:47 12:19 12:30 12:04
36	1945	Ibanescu Ioana	LANG AG	0:58:10	0:59:06	1988	W30	6	11:09 11:26 11:47 11:51 11:54
37	2075	Bidinger Valerie		0:58:50	0:59:08	1994	W20	9	10:19 11:37 12:01 12:24 12:28
38	2078	Riß-Müller Susanne		0:59:01	0:59:14	1969	W50	4	11:18 11:38 11:56 12:03 12:05
39	2049	Schmidt Stephanie	Sportpalast	0:58:57	0:59:16	1987	W30	7	10:35 11:17 12:03 12:37 12:22
40	2218	Kempen Nele	DJK elmar Kohlscheid	0:59:09	0:59:51	1997	W20	10	11:54 11:50 12:01 12:17 11:06
41	1953	Klapp Katrin	LANG AG	1:00:05	1:00:45	1980	W35	5	12:28 12:05 11:54 11:45 11:52
42	2034	Meierhöfer Rita	Schmidt + Clemens	1:00:33	1:00:50	1970	W45	7	10:54 11:57 12:25 12:33 12:42
43	1901	Pollerhoff Lisa	Gymnasium Lindlar 11	1:00:20	1:00:51	2002	WU18	2	12:36 12:27 11:50 12:03 11:22
44	1906	Reichert Chelsea	Gymnasium Lindlar Q1	1:00:21	1:00:51	2002	WU18	3	12:36 12:23 11:53 11:58 11:29
45	1905	Kloß Melissa	Gymnasium Lindlar Q1	1:00:25	1:00:56	2002	WU18	4	12:36 12:24 11:55 12:02 11:26
46	1985	Unbehau Anne	LANG AG	1:00:40	1:01:12	1990	W20	11	11:12 11:48 12:34 12:23 12:41
47	1976	Schneider Martina	LANG AG	1:00:58	1:01:25	1966	W50	5	12:16 11:58 12:13 12:28 12:01
48	1898	Segieth Anja	Friedrich Runners meets	1:00:46	1:01:25	1966	W50	6	11:48 11:44 12:21 12:55 11:58
49	1899	Runkel Antje	Gesundes Oberberg e.V.	1:00:47	1:01:25	1963	W55	3	11:48 11:42 12:21 12:56 11:58
50	2227	Friedrich Tanja	Friedrich Runners meets	1:00:47	1:01:25	1984	W35	6	11:47 11:44 12:20 12:54 11:59
50	0	Lasberg Martina	Orca Tauchverein	1:00:47	1:01:25	1971	W45	8	11:48 11:42 12:21 12:56 11:58

# 11. Lindlarer Ortskern-Lauf am 24. Mai 2019

## Frauen

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### Lauf über 10 km

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit - Bruttozeit	Jahrg	AK	Platz	Runden
52	1928	Braun Iris	LANG AG	1:00:58 1:01:26	1966	W50	7	12:15 11:58 12:14 12:28 12:02
53	1927	Borkes Carmen	LANG AG	1:01:27 1:02:10	1976	W40	6	12:26 11:51 12:18 12:30 12:21
54	1873	Sauermann Ann-Katrin	*Lindlar	1:02:28 1:02:53	1989	W30	8	11:05 11:43 12:33 13:40 13:25
55	1974	Robie Angela	LANG AG	1:03:48 1:04:15	1965	W50	8	13:24 12:50 12:26 12:57 12:10
56	1940	Hager Cordula	LANG AG	1:03:41 1:04:22	1978	W40	7	12:28 12:32 12:51 13:04 12:45
57	2321	Flock Ann		1:04:19 1:04:38	1951	W65	1	12:02 12:17 13:10 13:21 13:28
58	1872	Rocks Rebecca	*Lindlar	1:04:25 1:05:06	1984	W35	7	12:35 12:18 12:47 13:40 13:03
59	2109	Frank Esther		1:04:25 1:05:06	1982	W35	8	12:34 12:18 12:47 13:40 13:04
60	1956	Kuhn Jenny	LANG AG	1:04:40 1:05:19	1997	W20	12	12:25 12:35 13:07 13:25 13:07
61	2021	Buchmann Pia	Schmidt + Clemens	1:04:38 1:05:24	1987	W30	9	12:58 13:03 13:10 13:06 12:19
62	1960	Ledda Romy	LANG AG	1:05:10 1:05:26	1983	W35	9	11:45 12:36 13:05 13:49 13:53
63	1914	Van Kampen Laura	Hugo Kemmerich GmbH	1:06:05 1:06:21	1992	W20	13	12:10 12:43 13:15 13:55 13:59
64	1900	Patermann Laura	Gymnasium Lindlar 11	1:05:54 1:06:24	2002	WU18	5	12:37 12:34 12:44 13:46 14:11
65	2243	Hölzer-Schlierkamp Elke	LANG AG	1:06:36 1:07:14	1969	W50	9	13:01 13:14 13:18 13:31 13:30
66	1935	Gieraths Sabrina	LANG AG	1:07:57 1:08:13	1985	W30	10	12:29 12:55 13:33 13:57 15:02
67	2203	Busch Susanne	*Lindlar	1:13:36 1:14:08	1962	W55	4	13:36 14:16 15:18 15:28 14:56
68	1936	Göbbels Hille	LANG AG	1:15:31 1:15:58	1967	W50	10	13:23 14:28 15:26 16:07 16:04
69	1925	Berghaus Renate	LANG AG	1:15:31 1:15:58	1962	W55	5	13:24 14:27 15:26 16:08 16:04
70	1887	Bäumer Claudia	Diabetiker-Selbsthilfe	1:26:35 1:26:54	1965	W50	11	15:00 16:38 17:45 18:32 18:37