

GL Lauf Cup 2008

Martinilaf Bensberg am 2. November 2008

<u>Platz</u>	<u>Nr.</u>	<u>Name</u>	<u>Verein</u>	<u>AK</u>	<u>Gesamtzeit</u>	<u>Kirschblütenlauf</u>	<u>Stadtlaf</u>	<u>Martinilaf</u>
Männer								
1	633	Kopp, Kay	TS79 Bergisch Gladbach	M40	01:44:19	- 00:38:42	- 00:35:57	- 00:29:40
2	666	Meyer, Irek	Bensberg	M35	01:46:38	- 00:39:33	- 00:37:25	- 00:29:40
3	570	Dünner, Joachim	SV Bergisch Gladbach	M45	01:47:19	- 00:39:24	- 00:37:05	- 00:30:50
4	679	Natzheim, Ralf		M45	01:53:52	- 00:41:52	- 00:39:27	- 00:32:33
5	709	Richarz, Volker	Marathonman	M45	01:54:27	- 00:42:03	- 00:39:32	- 00:32:52
6	571	Dzierza, Jan	Krüger Running Team	M35	01:54:37	- 00:42:35	- 00:39:47	- 00:32:15
7	466	Linden, Sebastian	TuS Immekeppel	MJu	01:56:03	- 00:41:36	- 00:41:30	- 00:32:57
8	694	Podzus, Horst		M45	01:57:22	- 00:43:13	- 00:41:05	- 00:33:04
9	563	Dermerth, Marcus	futterKonzept	M35	01:59:10	- 00:43:23	- 00:42:38	- 00:33:09
10	715	Rothkopf, Dominikus	Bergisch Gladbach	M40	02:00:21	- 00:42:45	- 00:42:29	- 00:35:07
11	772	Waskowski, Markus	Urwaldarbeiter	MHK	02:00:31	- 00:40:58	- 00:44:29	- 00:35:04
12	622	Kasprzik, Peter	Krüger Running Team	M50	02:02:31	- 00:45:13	- 00:42:38	- 00:34:40
13	450	Keese, Dieter	Team Luftwaffe Köln	M50	02:05:12	- 00:46:08	- 00:43:29	- 00:35:35
14	727	Schlichting, Hans-Dieter	Sportpark am See	M50	02:05:51	- 00:46:31	- 00:43:41	- 00:35:39
15	577	Feindt, Reinhard	SC Bockenberg	M55	02:06:51	- 00:45:28	- 00:44:48	- 00:36:35
16	544	Aydemir, Gürhan	ASV Köln Triathlon	M40	02:08:44	- 00:47:11	- 00:44:34	- 00:36:59
17	546	Berger, Stefan	GSV Porz Köln	M45	02:08:47	- 00:47:41	- 00:45:17	- 00:35:49
18	551	Bolte, Martin		M30	02:09:01	- 00:46:40	- 00:45:54	- 00:36:27
19	538	Abdel Kafi, Hussam	Krüger Running Team	M40	02:09:12	- 00:47:07	- 00:45:19	- 00:36:46
20	543	Arand, Thomas	TuS Schildgen Korfball	M45	02:09:25	- 00:47:33	- 00:44:56	- 00:36:56
21	593	Hauptmann, Dietmar	SC Vilkerath Lauftreff	M40	02:13:44	- 00:54:55	- 00:43:51	- 00:34:58
22	575	Engelskirchen, Günter	SV Bechen	M55	02:14:37	- 00:48:44	- 00:48:22	- 00:37:31
23	779	Wengler, Norbert	Bensberger Bank	M50	02:14:47	- 00:50:54	- 00:44:18	- 00:39:35
24	537	Zerwas, Urban		M45	02:15:18	- 00:49:28	- 00:46:38	- 00:39:12
25	550	Boelen-Theile, Claus		M40	02:15:36	- 00:48:29	- 00:48:20	- 00:38:47
26	638	Krug, Hartwig		M40	02:17:19	- 00:48:50	- 00:50:24	- 00:38:05
27	670	Möller, Michael	running agents	M40	02:20:50	- 00:50:33	- 00:47:51	- 00:42:26
28	415	Breil, Andreas	LT Lerbach	M35	02:21:07	- 00:49:51	- 00:51:54	- 00:39:22
29	726	Schilde, Bernhard	Rheinisch-Bergischer Kreis	M45	02:21:36	- 00:51:21	- 00:51:05	- 00:39:10
30	635	Krüger, Bernd	Kronos aktiv	M35	02:23:58	- 00:51:20	- 00:51:08	- 00:41:30
31	788	Winkler, Wolfgang	Laufhörchen	M50	02:24:02	- 00:50:38	- 00:51:29	- 00:41:55
32	723	Sauerbier, Stefan	Krüger Running Team	MHK	02:28:43	- 00:54:48	- 00:52:06	- 00:41:49
33	555	Braun, Jürgen		M45	02:30:52	- 00:55:15	- 00:52:02	- 00:43:35
34	671	Mouritz, Volker	SV Bergisch Gladbach	M40	02:32:17	- 00:55:53	- 00:53:33	- 00:42:51
35	554	Braun, Josef		M70	02:32:32	- 00:55:26	- 00:53:31	- 00:43:35
36	681	Nebel, Hans-Jürgen	Union Blau-Weiss-Biesfeld	M45	02:34:07	- 00:55:11	- 00:53:10	- 00:45:46
37	760	Uhlhorn, Kurt	Kronos aktiv	M45	02:34:45	- 00:55:16	- 00:52:47	- 00:46:42
38	429	Fischer, Martin		M50	02:37:14	- 00:57:12	- 00:54:04	- 00:45:58
39	774	Weilandt, Stephan	1.FC Köln	M70	02:37:38	- 00:57:53	- 00:56:01	- 00:43:44
40	594	Heider, Wolfgang		M40	02:47:37	- 01:02:38	- 00:58:55	- 00:46:04
41	732	Schmidt, Jörg	Bayer MaterialScience	M40	02:55:31	- 01:02:01	- 01:03:04	- 00:50:26
42	552	Brandes, Matthias Hermann	Kronos aktiv	M50	03:03:14	- 01:10:58	- 00:51:10	- 01:01:06