

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	12	Tuei Hosea	Kenia	0:29:01	0:29:01	1	M20	87	5:05:58	05:47	05:52	05:44	05:39	
2	14	Bett Peter	Kenia	0:29:08	0:29:08	1	M30	78	5:05:58	05:47	05:52	05:44	05:45	
3	10	Salil Stanley	Kenia	0:29:18	0:29:18	2	M20	86	5:05:58	05:47	05:52	05:44	05:55	
4	15	Mirach Gidena	Äthiopien	0:29:20	0:29:20	3	M20	82	5:05:59	05:48	05:51	05:45	05:56	
5	17	Staerehe Faustin	Tansania	0:30:19	0:30:20	4	M20	81	5:05:58	05:47	06:06	06:16	06:10	
6	19	Kurui Daniel	Kenia	0:30:42	0:30:42	2	M30	78	5:05:59	05:49	06:10	06:18	06:25	
7	16	Meyer Manuel		0:31:15	0:31:16	5	M20	81	5:06:09	06:06	06:20	06:23	06:16	
8	1349	Velten Sascha	Lüttringhauser TV	0:32:13	0:32:14	1	M35	74	5:06:17	06:22	06:33	06:34	06:25	
9	1327	Dahl Simon	TV Refrath	0:32:16	0:32:18	6	M20	87	5:06:29	06:21	06:27	06:30	06:28	
10	3281	Meißner Pascal	TV Refrath	0:32:38	0:32:39	7	M20	83	5:06:32	06:26	06:34	06:39	06:24	
11	1820	Hadamus Sebastian	ART Düsseldorf	0:32:54	0:32:55	2	M35	74	5:06:32	06:31	06:37	06:40	06:32	
12	20	Kiprono Keter Joseah	LAZ Puma Troisdorf	0:33:12	0:33:12	8	M20	84	5:06:16	06:34	06:49	06:50	06:40	
13	1720	Goßmann Alexander	SFD75 Düsseldorf	0:33:30	0:33:30	9	M20	85	5:06:34	06:39	06:41	06:48	06:46	
14	3277	Jegodtka Matthias	ASC Rosellen	0:33:38	0:33:39	3	M35	74	5:06:41	06:39	06:40	06:49	06:48	
15	3269	Harzbecker Daniel	Bunert Running Team	0:33:47	0:33:48	10	M20	82	5:06:31	06:33	06:51	07:04	06:46	
16	1338	Komowski Zbigniew	LG Mülheim	0:34:21	0:34:21	1	M45	63	5:06:47	06:55	06:55	06:54	06:47	
17	1721	Burkert Ilja	SFD75 Düsseldorf	0:34:33	0:34:35	11	M20	85	5:06:46	06:55	06:55	06:54	07:01	
18	1335	Kantor Josef	LG St. Paul	0:34:48	0:34:50	4	M35	74	5:06:46	06:56	07:00	07:04	07:00	
19	3171	Hirschi Daniel	SFD75 Düsseldorf	0:34:59	0:35:00	3	M30	78	5:06:47	06:55	06:57	07:09	07:08	
20	3285	Fink Ralf	LAC Mausbach	0:35:18	0:35:20	1	M40	67	5:06:48	06:55	07:10	07:15	07:08	
21	3279	Wienecke Thorsten	TV Refrath	0:35:37	0:35:39	5	M35	71	5:06:51	07:05	07:13	07:18	07:08	
22	3280	Kiefer Michael	ERGO Sports	0:35:50	0:35:52	4	M30	75	5:07:11	07:13	07:14	07:12	06:57	
23	3293	Czarnietzki Bernd	*Neuss	0:35:57	0:35:58	2	M45	63	5:06:50	07:09	07:18	07:22	07:16	
24	3292	Kirch Florian	TV 1847 Düren	0:36:17	0:36:20	1	MJA	91	5:06:58	06:57	07:25	07:46	07:09	
25	1326	Claesges Michael	ASV LT Kemperdick	0:36:19	0:36:21	3	M45	64	5:07:02	07:10	07:16	07:24	07:25	
26	1330	Franik Volker	LG Wuppertal	0:36:25	0:36:27	5	M30	77	5:07:06	07:19	07:21	07:20	07:17	
27	1347	Schnirring Tobias	Gewandhaus Leipzig	0:36:31	0:36:33	2	M40	69	5:07:06	07:18	07:24	07:31	07:11	
28	3172	Linder Sascha	SFD75 Düsseldorf	0:36:34	0:36:36	3	M40	67	5:07:16	07:17	07:24	07:24	07:12	
29	1342	Malhofer Thorsten	SG Neukirchen-Hülchrath	0:36:35	0:36:38	6	M30	77	5:07:00	07:18	07:26	07:37	07:13	
30	3238	Döll Wolfgang	TSV Solingen	0:37:04	0:37:06	1	M50	57	5:07:15	07:20	07:34	07:29	07:25	
31	3283	Keuchen Erich	Team Kohlscheidrunning	0:37:04	0:37:06	4	M40	66	5:07:14	07:18	07:31	07:34	07:24	
32	3272	Lorbach Heinz	TUS Köln	0:37:26	0:37:27	1	M55	50	5:07:04	07:25	07:42	07:45	07:28	
33	1329	Drenker Ditmar	ART Düsseldorf	0:37:36	0:37:38	5	M40	67	5:07:11	07:22	07:38	07:49	07:35	
34	3278	Marx Alexander	TSV Aufderhöhe	0:37:46	0:37:49	12	M20	84	5:07:17	07:32	07:40	07:46	07:29	
35	1345	Plett Christian	*Düsseldorf	0:37:50	0:37:51	6	M35	71	5:07:17	07:34	07:40	07:42	07:36	
36	3312	Stöhr Michael	SV 09/35 Wermelskirchen	0:37:53	0:37:57	6	M40	66	5:07:24	07:30	07:40	07:41	07:36	
37	1719	Kaminski Damian	SFD75 Düsseldorf	0:37:54	0:37:56	13	M20	89	5:07:17	07:17	07:35	07:48	07:57	
38	1337	Kerim Peter	Haaner TV	0:37:56	0:37:59	2	M50	56	5:07:15	07:28	07:43	07:49	07:39	
39	3298	Gallenkamp Guido	LG Wuppertal	0:38:06	0:38:09	7	M30	79	5:07:26	07:46	07:48	07:33	07:31	
40	3287	David Koll	Tri-Club Wuppertal	0:38:09	0:38:12	14	M20	86	5:07:11	07:52	07:58	07:43	07:22	
41	1336	Katelaan Jens	*Velbert	0:38:10	0:38:13	2	MJA	90	5:07:24	07:43	07:45	07:46	07:30	
42	1332	Gallenkamp Falko	RockStore-Wuppertal	0:38:13	0:38:16	15	M20	86	5:07:26	07:46	07:49	07:44	07:26	
43	3179	Meyer Thomas	TUS 08 Lintorf	0:38:15	0:38:17	7	M40	68	5:07:24	07:43	07:46	07:43	07:37	
44	3284	Temmler Gerd	*Essen	0:38:17	0:38:20	7	M35	73	5:07:25	07:44	07:55	07:43	07:27	
45	3242	Kleinau Jens	FS-Duesseldorf	0:38:21	0:38:23	4	M45	61	5:07:11	07:24	07:50	08:02	07:51	
46	1334	Jago Andreas	Lg Monheim/Baumberg	0:38:21	0:38:25	5	M45	62	5:07:38	07:33	07:47	07:46	07:35	
47	1331	Früh Andreas	LT Dünwaldler TV 1905	0:38:26	0:38:27	8	M40	65	5:07:03	07:38	08:00	08:02	07:41	
48	3214	Stüben Georg	Osterather TV	0:38:27	0:38:29	3	M50	55	5:07:34	07:42	07:46	07:48	07:36	
49	1813	Almbladh Per	*Düsseldorf	0:38:36	0:38:36	8	M30	79	5:06:58	07:40	07:59	08:05	07:52	
50	1339	Krumbholz Dr. Marcus	LG Bremen-Nord	0:38:45	0:38:47	6	M45	63	5:07:24	07:43	07:53	07:52	07:51	
51	1348	Stauch Martin	Grojos LTF Elversberg	0:38:45	0:38:48	16	M20	81	5:07:52	07:52	07:44	07:47	07:27	
52	1547	Lassak Ingo	FS Düsseldorf	0:38:47	0:38:48	9	M30	76	5:07:35	07:48	07:51	07:49	07:42	
53	3212	Radl Albert	*Düsseldorf	0:38:50	0:38:54	8	M35	71	5:07:28	07:51	07:54	07:54	07:42	
54	1340	Liebeck Andreas	Alcatel-Lucent Running-TEAM	0:38:51	0:38:52	9	M40	67	5:07:13	07:50	07:59	08:02	07:45	
55	1558	Lückert Matthias	LG Gummersbach	0:38:51	0:38:53	7	M45	64	5:07:25	07:45	07:51	07:59	07:49	
56	1344	Pelinski Daniel	Lauftreff Erkrath	0:39:04	0:39:06	3	MJA	90	5:07:09	07:30	08:01	08:09	08:13	
57	1818	Holaus Jörg	*Stolberg	0:39:06	0:39:06	10	M40	68	5:07:26	07:49	07:49	08:04	07:56	
58	1699	Wiech Robert	*Neuss	0:39:06	0:39:06	9	M35	70	5:07:27	07:48	07:55	08:01	07:53	
59	3173	Schade Reiner	SFD75 Düsseldorf	0:39:15	0:39:17	11	M40	67	5:07:24	07:43	07:55	08:06	08:06	
60	2319	Lüders Holger	Heuking Kühn Lüer Wojtek	0:39:16	0:39:18	10	M30	77	5:07:10	07:43	08:09	08:05	08:08	

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1833	Kabbani Ahmad	*Düsseldorf	0:39:25	0:39:25	17	M20	82	5: 07:29 07:55 08:02 08:13 07:45
62	3257	Ehlich Markus	Lüttringhauser TV	0:39:26	0:39:31	8	M45	64	5: 07:30 07:51 07:59 07:59 08:05
63	1455	Grönegräs Tim	*Düsseldorf	0:39:29	0:39:40	11	M30	77	5: 07:43 07:56 07:56 07:58 07:53
64	1471	Hein Jürgen	Post Sport Telekom Trier	0:39:29	0:39:32	10	M35	71	5: 07:45 07:52 08:01 08:03 07:46
65	1333	Honsel Ralf	LG Dorsten	0:39:32	0:39:35	12	M40	65	5: 07:35 07:51 07:59 08:10 07:56
66	1725	Ostertag Egbert	KSG Gerlingen	0:39:34	0:39:40	9	M45	60	5: 07:29 07:54 08:03 08:07 07:59
67	3306	Bongen Ralf	FC Germania Dürwiss	0:39:35	0:39:37	18	M20	82	5: 07:26 08:00 08:03 08:08 07:56
68	1584	MUKAIDE NORIAKI	*Düsseldorf	0:39:35	0:39:37	10	M45	62	5: 07:51 07:56 07:55 07:58 07:53
69	1502	Lukasczyk Alfred	*Essen	0:39:37	0:39:38	11	M45	60	5: 07:46 08:02 08:00 08:02 07:46
70	1472	Heinrich Nils	*Bochum	0:39:39	0:39:48	4	MJA	90	5: 07:37 07:52 08:05 08:07 07:56
71	3326	Timme Volker	LG Gummersbach	0:39:43	0:39:43	13	M40	69	5: 07:45 07:57 08:00 08:02 07:57
72	3275	Strack Sascha	It-run4fun.de	0:39:47	0:39:51	12	M30	76	5: 07:48 08:06 08:05 07:58 07:48
73	1496	Jansen Sven	*Troisdorf	0:39:48	0:39:50	11	M35	72	5: 07:40 07:58 08:03 08:06 07:59
74	1564	Marcus Holger	LT Rennhamster	0:39:50	0:39:56	12	M45	64	5: 07:39 07:46 08:10 08:09 08:03
75	3329	Dietrich Eckhardt	Ratingen	0:39:52	0:39:57	2	M55	50	5: 07:52 07:50 07:59 08:12 07:57
76	1832	Klauck Moritz	*Meerbusch	0:39:57	0:40:04	19	M20	88	5: 07:48 07:56 08:09 08:15 07:47
77	3255	Rally Oliver	*Düsseldorf	0:39:57	0:40:00	12	M35	72	5: 07:43 08:02 08:07 08:12 07:51
78	1377	Bohn Michael	*Wuppertal	0:39:59	0:39:59	3	M55	53	5: 08:04 07:53 08:03 08:07 07:50
79	1583	Müller Manfred	*Ratingen	0:40:01	0:40:03	13	M45	60	5: 07:44 08:02 08:07 08:12 07:54
80	1469	Hayner Martin	TG Neuss	0:40:03	0:40:05	14	M45	63	5: 07:53 08:04 08:04 08:12 07:48
81	1805	Kreutzer Jürgen	LKD Düsseldorf	0:40:03	0:40:07	15	M45	60	5: 07:56 08:01 08:02 08:06 07:58
82	1574	Metker Thomas	LG FSUe	0:40:07	0:40:25	13	M30	78	5: 07:27 07:55 08:06 08:26 08:11
83	1620	Sabouni Raffael	*Düsseldorf	0:40:14	0:40:21	14	M30	77	5: 07:54 08:03 08:13 08:08 07:55
84	3314	Assenmacher Klaus	LG Niederaub DLZ	0:40:17	0:40:24	13	M35	73	5: 07:37 07:46 08:05 08:28 08:20
85	1590	Oelze Heiko	*Kaarst	0:40:19	0:40:29	4	M50	58	5: 07:47 07:55 08:03 08:13 08:18
86	1509	KARACAN ENVER	*DUSSELDORF	0:40:20	0:40:24	15	M30	77	5: 07:44 07:55 08:15 08:26 07:57
87	1457	Groot Francois	*Düsseldorf	0:40:22	0:40:23	20	M20	87	5: 07:53 07:59 08:08 08:25 07:55
88	1738	Linka Marc	*Düsseldorf	0:40:23	0:40:27	16	M30	77	5: 07:44 08:11 08:12 08:15 07:59
89	2738	Krätsch Marco	TSV Cottbus	0:40:24	0:40:25	17	M30	76	5: 07:27 08:00 08:16 08:20 08:19
90	3208	Dornick Jens	Boverter Bären	0:40:26	0:40:32	16	M45	64	5: 07:36 07:53 09:12 07:59 07:45
91	2725	Fütterer Johannes	*Dinslaken	0:40:28	0:40:29	21	M20	83	5: 07:41 08:00 08:08 08:18 08:20
92	1346	Reinhardt Jens	*Düsseldorf	0:40:32	0:40:36	14	M40	66	5: 08:12 08:03 08:01 08:13 08:01
93	1373	Binnenbruck Henning	*Essen	0:40:35	0:40:37	15	M40	68	5: 07:54 08:06 08:13 08:25 07:54
94	1743	Yildiz Zeki	*Düsseldorf	0:40:35	0:40:39	18	M30	77	5: 07:43 08:13 08:12 08:19 08:06
95	3273	Alhäuser Jochen	LC Duisburg	0:40:37	0:40:39	16	M40	67	5: 07:51 08:06 08:11 08:13 08:14
96	1425	Frebel Dr. Thomas	*Düsseldorf	0:40:41	0:41:00	14	M35	70	5: 08:17 08:19 08:11 08:14 07:38
97	1431	Friese René	*Düsseldorf	0:40:44	0:40:58	22	M20	81	5: 07:59 08:07 08:16 08:16 08:04
98	1610	Rank Tobias	*Düsseldorf	0:40:45	0:41:09	5	MJA	90	5: 08:07 08:03 08:15 08:22 07:55
99	1320	Ayan Steve	*Heidelberg	0:40:45	0:40:48	15	M35	71	5: 07:50 08:07 08:12 08:19 08:15
100	2612	Galka Jan	NRW.BANK	0:40:46	0:40:48	23	M20	87	5: 08:07 08:16 08:16 08:14 07:50
101	2215	Kemper Christoph	NRW.BANK	0:40:47	0:40:49	24	M20	89	5: 08:08 08:17 08:15 08:14 07:50
102	1808	Fähndrich Martin	*Düsseldorf	0:40:48	0:41:11	17	M40	65	5: 08:16 08:17 08:13 08:14 07:48
103	1467	Hartmann Marc	TEAM Stadtwerke Düsseldorf	0:40:49	0:40:50	16	M35	70	5: 07:50 08:00 08:16 08:28 08:13
104	3324	Plicht Oliver	*Düsseldorf	0:40:54	0:40:57	18	M40	66	5: 08:03 08:09 08:18 08:17 08:04
105	1507	Kapp Bernd	Albrecht-Dürer-Schule	0:40:55	0:41:14	17	M45	60	5: 07:54 08:07 08:16 08:23 08:13
106	2593	Veith Alexander	Allen&Overy	0:40:57	0:41:11	6	MJA	90	5: 08:25 08:16 08:15 08:16 07:42
107	1527	Kokkos Konstantino	*Düsseldorf	0:40:58	0:41:27	19	M40	68	5: 08:00 08:05 08:07 08:31 08:14
108	3160	Gmirrek Andreas	dm Drogeriemarkt	0:41:00	0:41:18	18	M45	64	5: 07:55 08:11 08:22 08:25 08:06
109	2518	Schwarz Stefan	Linklaters LLP	0:41:06	0:41:11	17	M35	73	5: 07:54 08:12 08:24 08:26 08:09
110	3322	Jonak Andreas	Die Spaßvögel	0:41:10	0:41:22	18	M35	72	5: 08:06 08:11 08:21 08:26 08:05
111	1534	Krause-Ablas Thomas	*Kelsterbach	0:41:11	0:41:18	19	M30	75	5: 08:12 08:12 08:28 08:17 08:01
112	1372	Bexkens Willy	LG Hilden	0:41:14	0:41:14	20	M40	68	5: 07:43 08:26 08:26 08:28 08:10
113	1632	Schneider Haymo	*Düsseldorf	0:41:14	0:41:24	20	M30	79	5: 07:52 08:17 08:29 08:32 08:03
114	1446	Golinski Tim	*Düsseldorf	0:41:15	0:41:19	21	M30	77	5: 08:02 08:21 08:19 08:29 08:03
115	1546	Lang Udo	Rudi-Runners	0:41:15	0:41:22	21	M40	65	5: 08:09 08:25 08:22 08:17 08:00
116	1553	Liesegang Stefan	LA Fortuna Düsseldorf	0:41:16	0:41:18	22	M40	65	5: 07:47 08:10 08:29 08:30 08:18
117	1740	Hollingworth Milles	*Düsseldorf	0:41:18	0:41:22	25	M20	81	5: 08:15 08:12 08:28 08:17 08:05
118	1415	Färber Dr. Andreas	*Erkrath	0:41:19	0:41:21	23	M40	68	5: 07:46 07:58 08:17 08:37 08:37
119	1688	Wagner Hans-Jörg	Coralinda Runner	0:41:19	0:41:27	24	M40	67	5: 07:57 08:18 08:24 08:31 08:08
120	3299	Sprock August	ASC Düsseldorf	0:41:20	0:41:22	25	M40	69	5: 07:42 07:59 08:23 08:38 08:36

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden					
121	1403	Dietz Markus	*Düsseldorf	0:41:24	0:41:54	26	M40	69	5: 08:17	08:13	08:18	08:20	08:15	
122	1660	Streuer Michael	TEAM Stadtwerke Düsseldorf	0:41:26	0:41:28	26	M20	88	5: 07:50	07:52	08:16	08:52	08:34	
123	3175	Schütz Sandro	DSD Düsseldorf	0:41:26	0:41:43	19	M35	73	5: 08:10	08:13	08:36	08:23	08:02	
124	3289	Bahr Alexander	Strunzfreunde	0:41:27	0:41:37	19	M45	63	5: 08:26	08:14	08:19	08:22	08:04	
125	1685	Vonka Premysl	Gesundheitspraxis Rüdiger Beye	0:41:27	0:41:28	22	M30	77	5: 08:12	08:30	08:30	08:12	08:02	
126	1571	Melis Eugenio	*Düsseldorf	0:41:28	0:41:29	20	M35	72	5: 07:42	08:13	08:26	08:38	08:27	
127	1423	Flommersfeld Torsten	*Düsseldorf	0:41:29	0:41:41	27	M40	67	5: 08:27	08:18	08:12	08:17	08:13	
128	1836	Überall Dirk	SC Bayer 05 Uerdingen	0:41:30	0:41:34	28	M40	68	5: 07:54	08:13	08:24	08:30	08:28	
129	1746	Tashiro Hirashi	*Meerbusch	0:41:38	0:41:42	0	M		5: 08:09	08:25	08:33	08:27	08:02	
130	1361	Bartels Nicolas	*Neuss	0:41:39	0:41:50	27	M20	89	5: 08:33	08:44	08:59	07:53	07:28	
131	1821	Denkhaus Ulrich	TEAM Stadtwerke Düsseldorf	0:41:41	0:41:47	20	M45	60	5: 08:04	08:18	08:26	08:29	08:22	
132	1679	Villicre Frank	LT Metzkausen	0:41:41	0:41:56	29	M40	67	5: 08:13	08:18	08:25	08:24	08:19	
133	1678	Vierhuf Bernd	Boverter Bären	0:41:42	0:41:48	21	M45	64	5: 07:59	08:25	08:16	08:32	08:27	
134	3181	Féaux de Lacroix Boris	*Düsseldorf	0:41:44	0:41:50	23	M30	75	5: 08:10	08:28	08:31	08:24	08:09	
135	1424	Fluß Michael Oliver	*Erkrath	0:41:45	0:41:45	30	M40	66	5: 07:45	08:15	08:29	08:44	08:29	
136	3151	Schelauske Martin	ASC Düsseldorf	0:41:46	0:41:47	1	M60	48	5: 08:12	08:30	08:30	08:27	08:07	
137	2204	Filtschenko Eugen	ALDI Langenfeld	0:41:51	0:41:52	28	M20	84	5: 07:59	08:26	08:37	08:33	08:14	
138	1389	Busch Michael	*Düsseldorf	0:41:53	0:41:54	22	M45	64	5: 08:05	08:28	08:32	08:30	08:16	
139	2579	Tillges Marcel	ALDI Langenfeld	0:41:55	0:42:04	7	MJA	90	5: 07:35	08:10	08:34	08:52	08:42	
140	1368	Benatzky Joachim	ETUF, Essen	0:41:58	0:42:21	24	M30	76	5: 08:30	08:29	08:18	08:32	08:07	
141	3215	Hauptner Frank	Mohnstriezelfreunde Düsseldorf	0:41:59	0:42:10	29	M20	82	5: 08:19	08:22	08:29	08:34	08:12	
142	1665	Thaler Philipp	*Aachen	0:41:59	0:42:17	30	M20	82	5: 08:21	08:31	08:21	08:33	08:11	
143	1493	Inal Halit	LG Rhein-Erft	0:42:00	0:42:00	31	M40	68	5: 00:00	00:00	00:00	00:00	00:00	
144	1747	Wulf Herbert	LAC Veltins Hochsauer	0:42:00	0:42:04	4	M55	52	5: 07:56	08:28	08:34	08:32	08:27	
145	1445	Golinski Philipp	BSG GoSigno	0:42:00	0:42:03	31	M20	83	5: 08:02	08:21	08:19	08:38	08:37	
146	1520	Kleinen Ulf	*Düsseldorf	0:42:00	0:42:09	23	M45	63	5: 08:03	08:25	08:34	08:31	08:24	
147	1575	Mews Dirk	Dariusrunner	0:42:01	0:42:01	32	M40	68	5: 08:01	08:13	08:32	08:44	08:30	
148	1723	Jonke Hermann	*Düsseldorf	0:42:04	0:42:04	5	M50	56	5: 08:27	08:15	08:23	08:28	08:29	
149	1404	Dietzgen Holger	*Neuss	0:42:05	0:42:20	33	M40	66	5: 08:29	08:31	08:28	08:35	07:58	
150	3350	Willenweit Tobias	TB Rheinhauser	0:42:09	0:42:33	25	M30	78	5: 08:16	08:19	08:34	08:43	08:15	
151	1343	Oebel Michael	AC Düsseldorf	0:42:10	0:42:13	34	M40	68	5: 07:40	08:25	08:43	08:52	08:28	
152	1608	Pütz Manuel	*Düsseldorf	0:42:12	0:42:16	32	M20	88	5: 08:03	08:25	08:32	08:35	08:35	
153	1492	Igel Hanno	Bilker Bilge	0:42:14	0:43:07	24	M45	62	5: 08:11	08:30	08:32	08:34	08:25	
154	1830	Jahn Ole	*Düsseldorf	0:42:15	0:42:19	26	M30	79	5: 07:39	08:03	08:29	08:51	09:12	
155	1577	Meyer Uwe	*Mülheim	0:42:16	0:42:19	25	M45	63	5: 08:27	08:32	08:28	08:34	08:13	
156	2724	Bündgen Guido	*Ratingen	0:42:18	0:42:28	21	M35	72	5: 08:10	08:31	08:32	08:39	08:24	
157	1468	Haverkamp Maximilian	*Düsseldorf	0:42:18	0:42:36	33	M20	82	5: 08:21	08:32	08:31	08:30	08:22	
158	2157	Hoffmann Roland	Kieser Training	0:42:20	0:42:23	35	M40	65	5: 07:33	08:36	08:49	08:51	08:29	
159	1937	Budora Werner	Kieser Training	0:42:22	0:42:49	5	M55	52	5: 08:03	08:27	08:39	08:37	08:34	
160	3327	Renner Christian	ART Düsseldorf	0:42:24	0:42:28	27	M30	77	5: 08:06	08:26	08:32	08:45	08:32	
161	1413	Ewald Karsten	AOK Düsseldorf	0:42:30	0:42:48	28	M30	77	5: 08:29	08:40	08:40	08:34	08:04	
162	1615	Rolfs Dr. Wolfgang	*Düsseldorf	0:42:30	0:42:38	36	M40	68	5: 07:51	08:24	08:51	08:58	08:24	
163	3231	Ihm Christoph	Audi-Getriebeflitzer	0:42:31	0:42:36	37	M40	69	5: 08:26	08:30	08:28	08:38	08:27	
164	3308	Esser Jürgen	Osterather TV	0:42:32	0:42:34	26	M45	63	5: 07:56	08:25	08:41	08:54	08:34	
165	1511	Katzenberger Ole	*Düsseldorf	0:42:36	0:43:11	1	MJB	92	5: 08:41	08:40	08:31	08:35	08:07	
166	1812	Fuhs Christian	SG Holzheim	0:42:36	0:42:40	38	M40	68	5: 08:15	08:23	08:26	08:50	08:40	
167	1504	Kättnis Daniel	da simma dabei	0:42:37	0:42:43	34	M20	83	5: 08:11	08:28	08:43	08:44	08:29	
168	1823	Kaiser Wulf	*Düren	0:42:39	0:42:49	27	M45	64	5: 08:21	08:33	08:41	08:44	08:17	
169	1519	Kleier Dr. Hermann	ART Düsseldorf	0:42:42	0:42:45	6	M55	53	5: 08:02	08:32	08:37	08:49	08:40	
170	3209	Schulte-Goebe Axel	Boverter Bären	0:42:43	0:42:53	28	M45	61	5: 08:01	08:24	08:37	08:57	08:42	
171	3313	Behle Stefan	SV 09/35 Wermelskirchen	0:42:44	0:42:54	39	M40	65	5: 08:33	08:44	08:35	08:35	08:15	
172	1596	Pelzer Frank	*Ratingen	0:42:48	0:42:58	29	M45	64	5: 08:27	08:22	08:39	08:42	08:36	
173	1728	Wans Jochen	*Meerbusch	0:42:49	0:43:02	22	M35	70	5: 09:01	08:31	08:32	08:32	08:12	
174	1565	Marx Bernd	TSV Solingen	0:42:51	0:42:52	7	M55	52	5: 08:02	08:33	08:43	08:47	08:45	
175	3226	Pieper Thorsten	*Düsseldorf	0:42:52	0:42:55	40	M40	69	5: 07:56	08:36	08:46	08:51	08:40	
176	1587	Niehus Hans-Gerd	*Korschenbroich	0:42:53	0:43:02	30	M45	60	5: 08:09	08:29	08:43	08:52	08:39	
177	1376	Blüml Manfred	*Düsseldorf	0:42:56	0:43:13	31	M45	62	5: 08:21	08:31	08:39	08:46	08:36	
178	1532	Krähhahn Guido	Team Erdinger Alkoholfrei	0:42:58	0:43:00	35	M20	83	5: 08:36	08:36	08:41	08:40	08:22	
179	1662	Stutzinger Thomas	*Neuss	0:42:59	0:43:04	32	M45	64	5: 08:14	08:31	08:40	08:52	08:40	
180	3307	Bongen Gerd	Germania 07 Dürwiss	0:43:01	0:43:10	29	M30	75	5: 08:25	08:44	08:42	08:46	08:23	

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	1552	Lickfett Heiko	*Düsseldorf	0:43:05	0:43:27	33	M45	61	5: 08:17 08:34 08:43 08:51 08:38
182	2572	Thiede Uwe	ALDI Langenfeld	0:43:08	0:43:08	23	M35	70	5: 08:00 08:33 08:56 08:57 08:40
183	3291	Beilhertz Boris	*Düsseldorf	0:43:08	0:43:10	24	M35	73	5: 07:46 08:28 08:51 09:02 09:00
184	1649	Stachowiak Thomas	Hotel Nikko	0:43:09	0:43:19	34	M45	60	5: 08:16 08:44 08:56 08:54 08:16
185	3354	Katzera Christian	*Mettmann	0:43:16	0:43:21	35	M45	63	5: 08:20 08:35 08:51 08:52 08:36
186	1366	Becker Arno	*Dortmund	0:43:16	0:43:21	41	M40	68	5: 07:53 08:25 08:45 09:05 09:06
187	1624	Scherbaum Ralph	LTD Köln-Dellbrück	0:43:18	0:43:26	36	M45	64	5: 08:13 08:37 08:52 08:59 08:36
188	1706	Wisocki Dirk	LT BUGA Düesseldorf 1999	0:43:19	0:43:32	42	M40	66	5: 08:26 08:42 08:45 08:45 08:38
189	3224	Kaule Thomas	It-run4fun.de	0:43:20	0:43:34	6	M50	56	5: 08:36 08:41 08:49 08:44 08:28
190	3213	Dieckmann Patrick	*Recklinghausen	0:43:22	0:43:37	30	M30	79	5: 08:21 08:35 08:44 08:54 08:45
191	1459	Grüneberg Uwe	Wizz helper	0:43:26	0:43:33	37	M45	63	5: 08:16 08:38 08:54 08:55 08:40
192	1513	Katzera Uwe	*Düsseldorf	0:43:28	0:43:34	7	M50	59	5: 08:21 08:41 08:51 08:58 08:35
193	3303	Voß Jens	Camel SV	0:43:29	0:44:01	31	M30	79	5: 08:47 08:37 08:48 08:44 08:31
194	1585	Neumann Dr. Matthias	*Düsseldorf	0:43:33	0:43:50	43	M40	68	5: 08:48 08:38 08:42 08:45 08:37
195	3237	Buß Carsten Dr.	LT Isola Düren	0:43:35	0:43:51	44	M40	66	5: 08:49 08:39 08:48 08:50 08:27
196	1524	Kölling Dr. Lars	Gecco Runners	0:43:36	0:43:40	25	M35	74	5: 08:09 08:40 09:01 09:03 08:41
197	3333	Bartel Alexander	*Ratingen	0:43:37	0:43:48	38	M45	64	5: 08:17 08:33 08:56 08:56 08:53
198	1508	Kappler Stefan	gute-beine.de	0:43:38	0:43:43	39	M45	62	5: 08:26 08:50 08:48 08:52 08:40
199	1410	Emenlauer Jochen	Die Rheingazellen	0:43:38	0:43:49	32	M30	77	5: 09:00 08:49 08:36 08:37 08:35
200	1533	Krämer Dr. Nicolas	*Essen	0:43:41	0:43:59	26	M35	74	5: 08:13 08:37 08:59 09:11 08:39
201	1760	Gierow Norman	Wasserwacht Rostock	0:43:44	0:44:00	33	M30	78	5: 08:22 08:42 08:56 08:56 08:46
202	3300	Galle Norbert	*Düsseldorf	0:43:50	0:43:53	40	M45	64	5: 08:19 09:02 08:59 08:56 08:32
203	1631	Schmitz Ulrich	TEAM Stadtwerke Düsseldorf	0:43:51	0:43:57	45	M40	66	5: 08:31 08:46 08:59 09:07 08:27
204	1495	Jansen Arne	*Düsseldorf	0:43:52	0:43:55	27	M35	74	5: 08:11 08:39 08:57 09:11 08:52
205	1635	Schruff Michael	*Solingen	0:43:54	0:44:02	41	M45	63	5: 08:30 08:45 08:53 09:03 08:41
206	1645	Sobania Patrick	*Düsseldorf	0:43:56	0:44:06	34	M30	77	5: 08:59 08:48 08:37 08:43 08:46
207	1384	Brodowski Gregor	*Bochum	0:43:59	0:44:14	42	M45	63	5: 08:55 08:48 08:42 08:49 08:43
208	1518	Kizilates Angelo	DJK Agon 08	0:44:00	0:44:01	8	MJA	91	5: 07:38 08:56 09:03 09:14 09:07
209	3320	Schimmelpfennig Georg	PSV Düsseldorf	0:44:02	0:44:12	8	M50	56	5: 08:48 08:54 08:53 08:52 08:33
210	1669	Thiel Rainer	*Düsseldorf	0:44:05	0:44:21	46	M40	66	5: 08:55 08:58 08:48 08:51 08:32
211	2798	Kurz Philip	*Mettmann	0:44:05	0:44:16	36	M20	85	5: 08:28 08:52 09:09 09:05 08:29
212	1494	Janker Sebastian	Haaner Kirmes	0:44:07	0:44:35	37	M20	80	5: 08:32 08:41 08:54 09:05 08:54
213	1543	Kunz Peter	*Düsseldorf	0:44:09	0:44:21	43	M45	60	5: 08:27 08:49 08:51 09:04 08:56
214	1636	Schultz Raimund	LAV Essen	0:44:10	0:44:23	9	M50	56	5: 08:36 08:41 08:54 09:02 08:56
215	2442	Reuter Patrick	*Köln	0:44:13	0:44:40	38	M20	86	5: 08:58 08:46 08:49 09:07 08:30
216	2123	Haverkemper Andreas	Kieser Training	0:44:13	0:44:21	47	M40	65	5: 08:28 08:38 08:48 09:07 09:09
217	1826	Smits Michael	*Düsseldorf	0:44:14	0:44:43	48	M40	68	5: 08:50 08:52 08:53 08:54 08:42
218	1491	Idler Stefan	Idler IT-Services	0:44:15	0:44:29	39	M20	83	5: 08:48 08:51 08:49 08:56 08:50
219	1625	Schlue Christian	*Düsseldorf	0:44:16	0:44:38	49	M40	66	5: 08:24 08:44 08:58 09:15 08:54
220	2433	Reher Stefan	Kieser Training	0:44:20	0:44:28	50	M40	66	5: 08:29 08:38 08:51 09:14 09:05
221	1729	Jöris Markus	*Düsseldorf	0:44:22	0:44:38	28	M35	71	5: 08:51 08:54 08:54 08:56 08:44
222	1359	Bäcker Thomas	Heidschnucken Ohligs	0:44:23	0:44:42	51	M40	67	5: 08:49 08:44 08:54 08:58 08:56
223	1664	Suhr Uwe	*Düsseldorf	0:44:23	0:44:31	10	M50	59	5: 08:45 08:55 09:06 08:58 08:36
224	1640	Seidel Hagen	A-Team Düsseldorf	0:44:25	0:44:51	44	M45	64	5: 08:49 08:49 09:02 09:04 08:39
225	1487	Hoppe Thomas	Fuji-Runners	0:44:25	0:44:32	29	M35	72	5: 08:32 08:46 08:46 08:52 09:28
226	1462	Haack Jürgen	Rennschnecken 2000	0:44:25	0:44:35	11	M50	57	5: 08:41 08:47 08:55 09:02 08:58
227	3286	Huhle Reiner	ABB/Leichterlaufen.de	0:44:26	0:44:41	45	M45	60	5: 08:47 08:58 08:57 09:01 08:42
228	1395	Daecke Nils	Henkel	0:44:27	0:44:32	30	M35	72	5: 08:21 08:51 09:05 09:12 08:57
229	1658	Streb Holger	TC Rheinstadion	0:44:29	0:44:38	46	M45	60	5: 08:18 08:48 09:13 09:18 08:50
230	1597	Pieck Hans	*Düsseldorf	0:44:30	0:44:39	8	M55	52	5: 08:43 08:49 08:54 09:05 08:56
231	1680	Vogt Harald	Brühler TV 1879	0:44:30	0:44:36	31	M35	71	5: 08:46 09:02 08:58 09:00 08:42
231	1734	Wirtz Michael	running gag	0:44:30	0:44:43	52	M40	65	5: 08:41 08:55 08:58 09:10 08:44
233	2552	Stosch Holger	*Sprockhövel	0:44:31	0:44:35	40	M20	85	5: 08:47 08:42 08:58 09:08 08:56
234	3305	Blum Markus	Rennschnecken	0:44:32	0:44:45	32	M35	71	5: 09:07 08:53 08:48 09:12 08:31
235	3207	Weber Ralf	TUS Gerresheim	0:44:33	0:44:43	53	M40	68	5: 08:36 08:49 09:05 09:04 08:57
236	1578	Milde Christoph	*Düsseldorf	0:44:35	0:45:05	41	M20	81	5: 08:58 08:59 09:09 08:49 08:38
237	1668	Thiedemann Dr. Uwe	*Krefeld	0:44:37	0:44:40	54	M40	66	5: 08:08 08:46 09:05 09:24 09:12
238	1677	Valori Edoardo	*Düsseldorf	0:44:38	0:44:49	42	M20	81	5: 08:45 08:59 09:03 09:04 08:46
239	1461	Grützmaker Bernd	Mettmann Sport	0:44:39	0:45:04	2	M60	49	5: 08:38 08:51 09:02 09:08 08:58
240	1544	Kurtz Tobias	www.dusfor.de	0:44:39	0:45:00	55	M40	69	5: 08:47 08:58 09:00 08:59 08:53

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
241	1370	Berns Michael	FC Kalter Kaffee	0:44:39	0:45:00	56	M40	65	5: 08:40 08:41 09:00 09:13 09:04
242	1432	Fröngen Marko	Alpenverein	0:44:40	0:44:46	43	M20	81	5: 08:27 08:49 09:03 09:10 09:10
243	1408	Echtenbruck Peter	TV Walsum-Aldenrade	0:44:40	0:44:47	12	M50	56	5: 08:27 08:53 09:03 09:13 09:02
244	1672	Thomas Christoph	*Münster	0:44:42	0:45:12	33	M35	73	5: 09:07 08:59 09:01 09:03 08:30
245	1523	Koch Thomas	SMS Siemag AG	0:44:43	0:44:45	35	M30	78	5: 08:33 08:51 09:01 09:05 09:12
246	1360	Bahlmann Jens	Haaner Kirmes	0:44:43	0:45:10	36	M30	79	5: 08:37 09:05 09:02 09:05 08:53
247	2017	Ernst Hendrik	NRW.BANK	0:44:44	0:44:45	44	M20	89	5: 08:22 09:06 09:35 09:10 08:30
248	1735	Falivene Silvio	*Düsseldorf	0:44:45	0:44:47	57	M40	67	5: 08:25 08:38 08:54 09:23 09:24
249	1650	Stang Manfred	*Hofheim	0:44:46	0:44:57	58	M40	65	5: 08:33 08:45 08:59 09:16 09:11
250	1536	Kremer Jürgen	L.L.G. Haan-Hilden	0:44:47	0:44:47	3	M60	46	5: 08:05 08:53 09:12 09:23 09:13
251	1556	Linkenheil Helmut	Osterather TV	0:44:50	0:45:03	47	M45	62	5: 08:57 08:57 08:59 09:00 08:55
252	1557	Lückerath Volker	Wuppertal	0:44:51	0:45:08	48	M45	64	5: 08:40 08:46 09:00 09:17 09:06
253	1618	Russ Holger	*Düsseldorf	0:44:51	0:44:58	49	M45	60	5: 08:32 08:57 09:08 09:15 08:58
254	1528	Kolke Stefan	*Düsseldorf	0:44:51	0:44:55	50	M45	61	5: 08:34 08:59 09:06 09:06 09:05
255	1713	Wrobel Alexander	Stadtmission Düsseldorf	0:44:54	0:44:58	34	M35	70	5: 08:15 08:39 09:07 09:32 09:17
256	3274	Lücker Stefan	LT Himmelgeist	0:44:56	0:45:04	37	M30	77	5: 08:14 09:04 09:27 09:02 09:06
257	1388	Bueckner Dieter	*Düsseldorf	0:45:00	0:45:18	51	M45	62	5: 08:58 08:56 08:59 09:09 08:56
258	1619	Sablorny Roman	Rennschnecken 2000	0:45:02	0:46:11	35	M35	72	5: 09:22 08:59 08:57 09:00 08:41
259	1817	Nutz Reinke	*Düsseldorf	0:45:03	0:45:13	45	M20	80	5: 08:53 09:03 09:03 09:05 08:57
260	2019	Eskinyurt Cetin	Kentucky Fried Chicken	0:45:04	0:45:25	36	M35	71	5: 08:26 09:06 09:14 09:20 08:56
261	1554	Lillot Michael	leichterlaufen.de	0:45:06	0:45:41	37	M35	70	5: 09:06 08:57 09:10 09:04 08:47
262	1573	Messinger Max	*Düsseldorf	0:45:06	0:45:15	38	M30	78	5: 08:40 08:50 08:57 09:13 09:24
263	1696	Wendorff Peter	*Mettmann	0:45:08	0:45:13	38	M35	73	5: 08:32 09:00 09:06 09:07 09:22
264	1598	Platacis Heinz	*wuppertal	0:45:09	0:45:13	52	M45	60	5: 08:45 09:05 09:04 09:05 09:08
265	1707	Wittek Gregor	TEAM Stadtwerke Düsseldorf	0:45:09	0:45:10	9	M55	50	5: 08:36 08:51 09:06 09:15 09:18
266	2774	Dammer Peter	*Düsseldorf	0:45:10	0:45:26	53	M45	60	5: 08:55 08:57 08:56 09:16 09:04
267	0	unbekannt DG99K3A		0:45:11	0:45:11	46	M20		5: 09:23 09:18 09:14 08:47 08:27
268	1479	Hirt Thomas	*Düsseldorf	0:45:13	0:45:26	59	M40	66	5: 09:02 09:09 09:07 09:04 08:48
269	1393	Ciesielski Stefan	*Köln	0:45:13	0:45:39	39	M35	73	5: 08:30 08:56 09:09 09:18 09:19
270	1614	Riepe Thomas	TEAM Stadtwerke Düsseldorf	0:45:16	0:45:23	54	M45	61	5: 08:31 08:57 09:11 09:18 09:17
271	2314	Loch Andreas	Sonnen-Herzog	0:45:17	0:45:33	39	M30	79	5: 09:35 08:55 08:45 09:00 09:00
272	3309	Ries Thomas	*Duesseldorf	0:45:20	0:45:27	55	M45	60	5: 08:34 08:56 09:06 09:23 09:18
273	3361	D Arnese Gianna	*Leverkusen	0:45:20	0:45:39	56	M45	61	5: 09:30 08:37 09:07 09:13 08:52
274	1749	Weickers Uwe	*Bad Rappenau	0:45:21	0:45:31	60	M40	66	5: 08:41 09:02 09:15 09:21 09:00
275	3235	Oidtmann Olaf	*Düsseldorf	0:45:23	0:45:28	57	M45	62	5: 09:00 08:52 09:09 09:14 09:06
276	1695	Weller Nils	kein Verein	0:45:24	0:45:54	40	M35	71	5: 09:12 09:26 09:12 08:58 08:33
277	1514	Kegel Dr. Niels	rhein-marathon düsseldorf e.V.	0:45:24	0:45:42	61	M40	67	5: 08:54 09:05 09:09 09:17 08:58
278	1639	Schumacher Dominik	*Willich	0:45:25	0:45:43	47	M20	88	5: 08:23 08:42 09:08 09:59 09:12
279	2476	Schläger Martin	Kleser Training	0:45:25	0:45:30	62	M40	69	5: 08:54 09:00 09:12 09:20 08:57
279	0	unbekannt DZ8E7GX		0:45:25	0:45:25	48	M20		5: 09:27 09:16 09:13 08:57 08:32
281	1604	Pohl Jochen	*Düsseldorf	0:45:25	0:45:54	41	M35	73	5: 09:07 08:52 09:04 09:13 09:07
282	1567	Mattheis Andreas	*Düsseldorf	0:45:30	0:46:00	63	M40	66	5: 09:00 08:59 09:09 09:20 09:00
283	3331	Kalisch Jörg	Eliteclub Münster	0:45:31	0:45:33	64	M40	68	5: 08:08 09:07 09:25 09:43 09:06
284	3330	Pachura Frank	Laufen-in-Dortmund.de	0:45:32	0:45:47	58	M45	63	5: 08:36 09:00 09:12 09:35 09:07
285	1475	Hetterich Jörg	*Düsseldorf	0:45:34	0:45:53	65	M40	68	5: 08:48 08:59 09:12 09:24 09:08
286	1550	Lettau Michael	*Duisburg	0:45:35	0:45:42	42	M35	71	5: 08:19 08:49 09:19 09:36 09:29
287	1529	Koeremann Thomas	*Düsseldorf	0:45:35	0:45:55	59	M45	63	5: 09:07 09:11 09:16 09:11 08:47
288	1716	Rothausen Michael	dm Drogeriemarkt	0:45:35	0:46:07	13	M50	57	5: 09:06 09:00 09:02 09:14 09:11
289	1641	Siebertz Ludger	*Krefeld	0:45:36	0:45:40	66	M40	65	5: 08:29 09:05 09:16 09:23 09:21
290	3316	Krichel Daniel	*Solingen	0:45:39	0:45:52	43	M35	72	5: 09:17 09:03 09:04 09:10 09:02
291	1380	Borusiak Christian	Sportsfreunde Wurmatal	0:45:40	0:46:01	40	M30	75	5: 09:11 09:11 09:16 09:11 08:49
292	1379	Borusiak André	Wingman e.V.	0:45:40	0:46:01	41	M30	77	5: 09:12 09:11 09:16 09:11 08:49
293	1655	Stieghorst Arne	*Düsseldorf	0:45:43	0:46:12	49	M20	80	5: 09:10 09:04 09:08 09:20 09:00
294	1561	Maier Rolf	Wing Tsun	0:45:44	0:46:01	67	M40	66	5: 08:57 09:14 09:16 09:18 08:56
295	1417	Ferfers Martin	*neuss	0:45:44	0:45:53	50	M20	82	5: 08:50 09:24 09:27 09:22 08:40
296	1526	Koester Sebastian	*Aachen	0:45:44	0:45:57	51	M20	81	5: 08:45 09:15 09:18 09:24 09:00
297	1652	Stebens Martin	Run.cc	0:45:45	0:45:47	52	M20	82	5: 08:21 08:57 09:17 09:33 09:35
298	2105	Gutmann Alexander	Awista Düsseldorf	0:45:51	0:45:54	53	M20	86	5: 08:41 09:09 09:20 09:29 09:10
299	3332	Yasuda Naoki	Henkel	0:45:51	0:46:13	42	M30	79	5: 08:46 09:13 09:20 09:26 09:05
300	1443	Götz Volker	TG Neuss	0:45:52	0:46:07	14	M50	59	5: 08:51 09:05 09:22 09:21 09:12

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
301	1452	Greger Thorsten	AOK Düsseldorf	0:45:56	0:46:16	43	M30	76	5: 08:47 09:22 09:22 09:28 08:55
302	1374	Blesius Janik	Blus Brothers Wermelskirchen	0:45:58	0:45:58	2	MJB	93	5: 08:26 09:02 09:28 09:40 09:20
303	1654	Stein Jona	Boys from the hill	0:45:59	0:46:28	44	M30	79	5: 09:10 09:11 09:08 09:18 09:11
304	3290	Färber Robert	KGNVX	0:46:00	0:46:21	60	M45	61	5: 09:09 09:15 09:20 09:21 08:53
305	3353	Irmer Felix	*Langenfeld	0:46:01	0:46:16	54	M20	84	5: 09:33 09:24 09:23 08:59 08:39
306	1541	Krüger Horst	TEAM Stadtwerke Düsseldorf	0:46:03	0:46:10	15	M50	57	5: 09:11 09:20 09:07 09:14 09:09
307	1621	Saitta Calogero	SG Stern Düsseldorf	0:46:04	0:46:16	16	M50	56	5: 08:33 09:11 09:31 09:35 09:12
308	2551	Stork Florian	Linklaters LLP	0:46:05	0:47:05	45	M30	77	5: 09:56 09:16 09:06 09:07 08:38
309	1451	Grauke Tobias	SG Stern Düsseldorf	0:46:06	0:46:26	61	M45	60	5: 09:11 09:13 09:13 09:15 09:11
310	1418	Fidelak Manfred	TEAM Stadtwerke Düsseldorf	0:46:08	0:46:15	17	M50	59	5: 08:22 08:53 09:25 09:46 09:40
311	1387	Brück Oliver	Renntauben	0:46:09	0:46:26	68	M40	68	5: 08:52 09:09 09:16 09:32 09:18
312	1600	Plietsch Klaus	*Düsseldorf	0:46:10	0:46:33	10	M55	52	5: 08:58 09:00 09:16 09:28 09:26
313	1824	Grandchamp Antoine	*Düsseldorf	0:46:11	0:46:36	55	M20	87	5: 08:13 09:02 09:26 09:39 09:48
314	1427	Freiberg Karsten	*Neuss	0:46:13	0:46:22	44	M35	71	5: 08:10 09:11 09:30 09:46 09:35
315	3343	Lemke Edwin	*Bonn	0:46:15	0:46:28	18	M50	55	5: 08:52 09:21 09:18 09:41 09:01
316	1732	Zarenbowicz Daniel	*Haan	0:46:16	0:46:51	46	M30	79	5: 09:12 09:20 09:25 09:23 08:54
317	3328	Seidel Ulrich	TB Hassels	0:46:16	0:46:59	62	M45	60	5: 09:03 09:22 09:25 09:20 09:04
318	1686	Wache Reinhold	*Dautphetal-Wolfgruben	0:46:16	0:46:35	1	M65	44	5: 09:18 09:08 09:12 09:21 09:16
319	3162	Sendermann Wolfgang	dm Drogeriemarkt	0:46:19	0:46:34	4	M60	45	5: 09:00 09:20 09:28 09:25 09:04
320	1704	Winkels Rainer	*Neuss	0:46:20	0:46:27	19	M50	57	5: 08:50 09:04 09:23 09:36 09:25
321	3195	Schier Thomas	Time Hunters Düsseldorf	0:46:21	0:46:40	63	M45	60	5: 08:41 08:53 09:32 09:53 09:20
322	3370	Kohlhammer Karsten	*Leverkusen	0:46:23	0:47:13	45	M35	72	5: 09:19 09:09 09:17 09:22 09:14
323	3182	Tietje Uwe	Time Hunters Düsseldorf	0:46:24	0:46:42	69	M40	66	5: 08:56 09:12 09:28 09:31 09:15
324	3170	Aichseder Erich	SFD75 Düsseldorf	0:46:24	0:46:24	1	M70	37	5: 09:07 09:18 09:22 09:23 09:13
325	1717	Krebs Jürgen		0:46:27	0:46:35	70	M40	66	5: 08:29 09:09 09:27 09:50 09:30
326	1466	Harbord Michael	Cranger Finisher	0:46:27	0:46:43	20	M50	59	5: 09:10 09:11 09:20 09:29 09:15
327	1676	Uebel Lars	*Düsseldorf	0:46:28	0:46:30	56	M20	86	5: 09:13 09:21 09:26 09:30 08:56
328	1569	Mayer Lars	*Düsseldorf	0:46:29	0:46:53	47	M30	76	5: 09:12 09:19 09:25 09:29 09:03
329	3368	Schomburg Dieter	Toshiba	0:46:32	0:46:33	2	M65	44	5: 09:13 09:23 09:28 09:22 09:05
330	1911	Beuck Ingo	*Düsseldorf	0:46:34	0:46:36	48	M30	76	5: 09:07 09:22 09:43 09:25 08:55
331	1591	Olbrich Christian	*Düsseldorf	0:46:34	0:46:42	71	M40	68	5: 08:49 09:11 09:24 09:33 09:34
332	1609	Radmacher Carsten	NRW.BANK	0:46:34	0:46:46	72	M40	67	5: 08:21 09:12 09:34 09:44 09:41
333	1862	Alamine Hamza	ALDI Langenfeld	0:46:35	0:46:46	57	M20	87	5: 09:04 09:08 09:09 09:42 09:31
334	3310	Dörmann Joachim	SC Westfalia Herne	0:46:35	0:46:40	64	M45	60	5: 08:55 09:12 09:28 09:46 09:13
335	1477	Hilgert Peter	*Grevenbroich	0:46:38	0:46:43	21	M50	58	5: 08:56 09:26 09:26 09:29 09:19
336	1874	Aust Niko	*Düsseldorf	0:46:38	0:47:04	58	M20	82	5: 09:39 09:17 09:18 09:26 08:57
337	2376	Neetix Norbert	*Nettetal	0:46:39	0:46:46	22	M50	56	5: 09:05 09:19 09:35 09:28 09:11
338	1806	Reiners Franz G.	*Düsseldorf	0:46:40	0:46:57	49	M30	77	5: 08:54 09:13 09:32 09:50 09:10
339	2701	Riches Flavien	*Düsseldorf	0:46:40	0:47:32	46	M35	72	5: 10:07 09:07 08:58 09:12 09:14
340	1616	Rother Philipp	AG Notfallmedizin	0:46:40	0:46:44	50	M30	78	5: 08:41 09:09 09:31 09:52 09:24
341	3341	Kilicarslan Fikret	Ayyo Team Essen e.V.	0:46:42	0:47:10	65	M45	61	5: 09:32 09:16 09:19 09:20 09:12
342	1694	Weitz Klaus	*Mönchengladbach	0:46:42	0:46:57	47	M35	74	5: 08:50 08:59 09:28 09:45 09:39
343	1866	Albrecht Jörg	ISS Facility Services GmbH	0:46:43	0:46:59	73	M40	67	5: 09:29 09:06 09:16 09:27 09:23
344	1586	Nickolaus Ralf	SG Stern Düsseldorf	0:46:43	0:47:03	66	M45	64	5: 09:12 09:13 09:15 09:35 09:27
345	1682	Vollmerding Steffen	*Düsseldorf	0:46:43	0:47:14	59	M20	82	5: 09:37 09:15 09:15 09:27 09:08
346	2101	Gualtieri Giulio	*Düsseldorf	0:46:46	0:47:13	67	M45	64	5: 09:10 08:54 09:24 09:42 09:35
347	1460	Grünwald Andy	*Haan	0:46:49	0:47:15	48	M35	72	5: 09:10 09:15 09:39 09:38 09:04
348	1825	Arts Alexander	Die Buhas	0:46:52	0:47:17	60	M20	81	5: 09:22 09:05 09:34 09:33 09:16
349	1589	Nowotka Günter	*Düsseldorf	0:46:52	0:47:10	11	M55	52	5: 08:52 09:13 09:31 09:54 09:20
350	1450	Grathes Christoph	Osterather TV	0:46:52	0:47:14	74	M40	69	5: 09:31 09:27 09:35 09:18 09:01
351	3323	Steyer Waldemar	*Leverkusen	0:46:55	0:47:20	75	M40	67	5: 09:14 09:26 09:36 09:20 09:18
352	1489	Hummel Thomas	*Düsseldorf	0:46:56	0:47:10	68	M45	64	5: 09:02 09:29 09:42 09:42 08:58
353	1476	Hilbig Klaus-Dieter	*Messel	0:47:00	0:47:19	12	M55	50	5: 08:58 09:01 09:30 09:45 09:44
354	1419	Findelsen Michael	*Düsseldorf	0:47:00	0:47:09	61	M20	80	5: 08:24 09:28 09:46 10:02 09:19
355	1411	Engels Stefan	Aachener Verfahrenstechnik	0:47:01	0:47:14	51	M30	78	5: 08:47 09:28 09:36 09:48 09:20
356	2693	von Schwach Gregor	*Düsseldorf	0:47:02	0:47:27	49	M35	74	5: 09:42 09:17 09:23 09:29 09:09
357	2422	Prinz Moritz	*Münster	0:47:02	0:47:29	62	M20	82	5: 09:08 09:17 09:38 09:35 09:22
358	1399	De Vries Jan	Rennschnecken 2000	0:47:04	0:47:30	50	M35	71	5: 09:09 09:20 09:35 09:39 09:20
359	1807	Drey Florian	*Düsseldorf	0:47:05	0:47:33	63	M20	80	5: 09:17 09:33 09:40 09:34 08:58
360	3216	Bergner Markus	Mohnstriezelfreunde Düsseldorf	0:47:06	0:47:17	76	M40	68	5: 08:35 09:10 09:49 09:57 09:33

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
361	1744	Banaszak Jens	SW 06 Düsseldorf	0:47:06	0:47:21	64	M20	80	5: 08:47 09:25 09:27 09:47 09:38
362	2133	Helbert Gudio	Schüßler Plan	0:47:06	0:47:35	52	M30	78	5: 10:02 09:26 09:18 09:13 09:05
363	1633	Schneider Reiner	Lauflöwe 65	0:47:06	0:47:21	77	M40	65	5: 09:04 09:34 10:04 09:22 09:00
364	3164	Pudeler Heinz	Korschenbroicher LC	0:47:06	0:47:29	5	M60	49	5: 09:17 09:17 09:33 09:35 09:22
365	2174	Jahn Nico	Awista Düsseldorf	0:47:06	0:47:10	53	M30	78	5: 08:54 09:19 09:39 09:50 09:23
366	2248	König Nico	*Düsseldorf	0:47:07	0:47:37	54	M30	78	5: 09:48 09:10 09:20 09:28 09:19
367	3345	Seedorf Uwe		0:47:08	0:47:30	51	M35	70	5: 09:11 09:25 09:31 09:40 09:19
368	2756	Fuchs Philipp	*Düsseldorf	0:47:09	0:47:30	65	M20	84	5: 09:28 09:54 09:38 09:19 08:48
369	3152	Kipsieker Reinhard	ASC Düsseldorf	0:47:10	0:47:28	23	M50	57	5: 08:55 09:15 09:34 09:46 09:38
370	1643	Simons Mirco	Turnerschaft Grefrath	0:47:12	0:47:43	55	M30	78	5: 09:46 09:39 09:29 09:20 08:56
371	1516	Kerkmann Udo	*Ratingen	0:47:13	0:47:25	69	M45	60	5: 08:45 09:12 09:35 09:49 09:50
372	1859	Akbulut Yilmaz	ALDI Langenfeld	0:47:15	0:47:29	52	M35	73	5: 09:05 09:09 09:42 09:51 09:25
373	2028	Feldmann Andre	*Grevenbroich	0:47:15	0:47:32	53	M35	73	5: 09:03 09:22 09:34 09:34 09:40
374	1449	Grasselt Nico	Rennschnecken Ruhr	0:47:15	0:47:40	56	M30	77	5: 08:56 09:31 09:42 09:56 09:09
375	1352	Ademes Jochen	*Heiligenhaus	0:47:15	0:47:37	78	M40	69	5: 08:50 09:17 09:44 09:36 09:46
376	2090	Goß Mike	Sonnen-Herzog	0:47:17	0:47:35	54	M35	71	5: 09:53 09:36 09:29 09:26 08:51
377	1761	Wellenberg Achim	Rochusclub Düsseldorf	0:47:18	0:47:27	70	M45	61	5: 08:58 09:24 09:37 09:44 09:34
378	1386	Brom Michael	*Erkelenz	0:47:20	0:47:47	66	M20	85	5: 09:07 09:18 09:43 09:46 09:25
379	1398	De Haas Dieter	LLG Haan / Hilden	0:47:20	0:47:33	13	M55	54	5: 08:55 09:30 09:39 09:41 09:34
380	1708	Wojanowski Dr.med. Bartosz	St. Anna Orthopädie Herne	0:47:22	0:47:35	57	M30	79	5: 09:13 09:16 09:33 09:33 09:44
381	1440	Germeroth Berthold	FC Offers Velbert	0:47:22	0:47:36	14	M55	54	5: 08:57 09:20 09:28 09:58 09:37
382	1447	Gonschior Jörg	*Hilden	0:47:25	0:47:41	79	M40	69	5: 08:43 08:59 09:34 10:12 09:54
383	1421	Fischer Dirk	*Hilden	0:47:29	0:47:47	55	M35	70	5: 09:15 09:17 09:29 09:39 09:47
384	3161	Breunung Detlef	dm Drogeriemarkt	0:47:30	0:48:03	24	M50	57	5: 09:06 09:16 09:48 09:54 09:25
385	2359	Milksche Ronald	*Düsseldorf	0:47:32	0:48:18	80	M40	66	5: 09:41 09:23 09:22 09:33 09:31
386	1689	Wagner Johannes Martin	Copacabana Strandläufer	0:47:33	0:47:57	67	M20	83	5: 09:14 09:21 09:37 09:45 09:34
387	1383	Brockmeyer Dirk	*Düsseldorf	0:47:33	0:48:02	56	M35	72	5: 09:18 09:20 09:36 09:41 09:37
388	1542	Kuiper Volker	*Düsseldorf	0:47:34	0:48:04	57	M35	71	5: 09:25 09:43 09:44 09:34 09:06
389	1715	Zessel Holger	Die Waldgazellen	0:47:38	0:47:55	71	M45	64	5: 09:18 09:24 09:33 09:47 09:35
390	3311	Winkler Uwe	SV 09/35 Wermelskirchen	0:47:38	0:48:02	81	M40	65	5: 09:32 09:38 09:32 09:31 09:23
391	1819	Woll Oliver	*Essen	0:47:43	0:48:04	58	M30	77	5: 09:18 09:32 09:35 09:46 09:30
392	2347	Mertens Michael	*Düsseldorf	0:47:44	0:48:08	72	M45	64	5: 10:09 09:16 09:33 09:45 08:58
393	1448	Graebel Gunther	Crepe & Baguette Duisburg	0:47:47	0:48:08	15	M55	53	5: 09:06 09:16 09:45 09:56 09:42
394	3336	Mee Marius	LT Klappspaten	0:47:48	0:48:20	68	M20	80	5: 09:33 09:49 09:43 09:33 09:08
395	2121	Hasenbeck Arnd	*Mülheim	0:47:49	0:48:08	58	M35	73	5: 09:17 09:33 09:53 09:51 09:13
396	2608	Walbröhl Thomas	JUH Düsseldorf	0:47:50	0:48:36	73	M45	63	5: 10:57 09:03 09:08 09:20 09:19
397	3210	Schulte-Goebel Max	Boverter Bären	0:47:51	0:48:03	3	MJB	96	5: 09:06 09:36 09:47 09:51 09:29
398	1512	Katzera Kevin	*Düsseldorf	0:47:52	0:47:56	9	MJA	91	5: 08:58 09:45 09:54 09:41 09:31
399	2400	Pech Lucas	*Düsseldorf	0:47:52	0:48:25	69	M20	83	5: 09:51 09:36 09:47 09:38 08:57
400	2614	Weiß Manfred	ALDI Langenfeld	0:47:54	0:48:10	25	M50	55	5: 09:20 09:23 09:41 09:47 09:41
401	2764	Lachmann Holger	*Düsseldorf	0:47:55	0:48:06	59	M35	74	5: 09:20 09:21 09:45 09:40 09:46
402	3167	Araki Jiro	Hotel Nikko	0:47:56	0:48:09	74	M45	61	5: 09:03 09:42 09:40 09:55 09:33
403	1588	Nilsson Ronald	Hotel Nikko	0:47:56	0:48:06	75	M45	60	5: 09:03 09:32 09:31 09:56 09:52
404	1505	Kaisers Wolfgang	(kein)	0:47:56	0:48:33	76	M45	64	5: 09:48 09:38 09:37 09:38 09:14
405	1521	Kleinert Manuel	*Düsseldorf	0:47:56	0:48:27	4	MJB	92	5: 09:33 09:25 09:35 09:45 09:36
406	1952	Cavara Zeljko	*Düsseldorf	0:47:57	0:48:22	60	M35	72	5: 09:23 09:20 09:44 09:53 09:35
407	1378	Bommes Frank	*Korschenbroich	0:47:58	0:48:27	70	M20	87	5: 09:18 09:23 09:35 09:49 09:51
408	3295	Bölke Edwin	LTrun4fun.de	0:47:59	0:48:13	77	M45	63	5: 09:22 09:34 09:44 09:57 09:20
409	3552	Vogt Marcus	*Düsseldorf	0:48:00	0:48:02	59	M30	75	5: 08:55 09:11 09:50 10:11 09:50
410	1712	Wortelkamp Wolf	*Düsseldorf	0:48:00	0:48:31	26	M50	56	5: 09:20 09:44 09:45 09:46 09:22
411	1756	Kraiger Markus	*Düsseldorf	0:48:01	0:48:02	71	M20	83	5: 09:04 09:32 09:50 09:52 09:41
412	1840	Pohl Hans-Peter	*Erkrath	0:48:03	0:48:06	82	M40	67	5: 09:01 09:32 09:49 10:05 09:35
413	2035	Fixemer Thomas	SGL	0:48:05	0:48:17	78	M45	63	5: 09:06 09:28 09:46 09:58 09:46
414	2205	Kappenberg Jörg	*Düsseldorf	0:48:05	0:48:24	83	M40	65	5: 09:49 09:37 09:38 09:46 09:14
415	2543	Starosta Hanno	*Düsseldorf	0:48:06	0:48:26	72	M20	86	5: 09:25 09:31 09:37 09:52 09:39
416	1882	Baranowski Marek	ISS Facility Services GmbH	0:48:09	0:48:50	60	M30	78	5: 09:55 09:18 09:40 09:45 09:29
417	1703	Winkelmann Dr. Jürgen	*Mettmann	0:48:13	0:48:39	16	M55	52	5: 09:21 09:41 09:46 09:47 09:37
418	1994	Dreker Severin Michael	Fast Foot Düsseldorf	0:48:13	0:48:59	61	M35	73	5: 10:04 09:35 09:26 09:38 09:28
419	2268	Kreienfeld Michael	*Düsseldorf	0:48:14	0:48:48	79	M45	61	5: 10:04 09:18 09:25 09:45 09:40
420	1750	Tuchscher Rainer	Hochdahl	0:48:15	0:48:44	17	M55	52	5: 09:25 09:40 09:38 09:47 09:43

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
421	3282	Kolczykiewicz Thomas	*Erkrath	0:48:17	0:48:33	84	M40	67	5: 09:15 09:31 09:46 09:53 09:50
422	1486	Holler Guido	Tiggas Rechtsanwälte	0:48:17	0:48:51	80	M45	62	5: 09:24 09:41 09:45 09:52 09:32
423	1950	Budde	*Mettmann	0:48:19	0:48:25	85	M40	69	5: 09:24 09:32 09:47 10:08 09:25
424	3304	Brinkhaus Hermann	*Nordhorn	0:48:20	0:48:37	18	M55	52	5: 09:31 09:45 09:47 09:47 09:28
425	1353	Aderhold Dirk	SSV Düsseldorf-Knittkuhl	0:48:20	0:48:29	86	M40	68	5: 09:25 09:39 09:49 09:56 09:30
426	1634	Schöne Till	*Düsseldorf	0:48:20	0:48:45	10	MJA	91	5: 09:04 09:22 10:18 09:57 09:37
427	2556	Streubel Oskar	Sonnen-Herzog	0:48:24	0:48:44	61	M30	77	5: 08:55 09:36 09:54 10:04 09:53
428	2526	Siep Daniel	*Düsseldorf	0:48:25	0:48:28	62	M30	78	5: 09:24 09:38 09:50 10:09 09:23
429	1498	Janssen Arnold	Team Arnold Janssen	0:48:26	0:48:51	27	M50	59	5: 09:31 09:37 09:49 09:54 09:33
430	2327	Mainz Klaus	*Düsseldorf	0:48:26	0:48:27	3	M65	41	5: 09:17 09:34 09:49 09:58 09:46
431	1815	Köhler Harald	*Köln	0:48:27	0:48:56	62	M35	72	5: 09:48 09:50 09:46 09:54 09:07
432	2185	Jörger Ralph	*Ratingen	0:48:27	0:48:36	63	M35	72	5: 09:07 09:11 09:29 10:20 10:18
433	2193	Jurcic Siegfried	Orange Business Germany	0:48:28	0:49:15	87	M40	69	5: 09:08 09:28 09:42 10:06 10:03
434	3317	Thönnessen Stephan	*Neuss	0:48:29	0:48:57	81	M45	60	5: 09:56 09:52 09:46 09:39 09:15
435	1753	Köster Felix	*Düsseldorf	0:48:29	0:48:35	73	M20	88	5: 10:12 09:49 09:43 09:39 09:04
436	1831	Palici Dorin	*Düsseldorf	0:48:30	0:48:54	82	M45	62	5: 09:15 09:25 09:41 09:58 10:08
437	1870	Amft Stefan	*Neuss	0:48:30	0:49:27	64	M35	72	5: 09:40 09:34 09:43 09:57 09:34
438	2568	Taschner Dirk	*Dormagen	0:48:33	0:48:58	74	M20	82	5: 09:39 09:42 09:49 09:48 09:33
439	2188	Jung Bastian	*Düsseldorf	0:48:33	0:49:39	75	M20	82	5: 09:55 09:38 09:43 09:51 09:24
440	2427	Rabenschlag Jörg	Gardenrunners Böckerhof	0:48:35	0:48:50	83	M45	64	5: 09:28 09:38 09:54 09:58 09:35
441	2107	Haake Jens	Remscheid Amboss	0:48:35	0:48:50	88	M40	68	5: 09:23 09:43 09:53 09:59 09:35
442	1657	Stövesand Christian	Düsseldorfer TV 1847	0:48:36	0:48:44	63	M30	75	5: 08:29 09:16 10:10 10:14 10:24
443	1642	Siegismund Carlos	*Düsseldorf	0:48:37	0:49:04	76	M20	81	5: 09:48 09:42 09:49 09:53 09:23
444	2125	Hebel Thomas	*Düsseldorf	0:48:37	0:49:36	89	M40	67	5: 10:25 09:38 09:47 09:34 09:13
445	1629	Schmitz Oliver	DSD Düsseldorf	0:48:38	0:49:05	90	M40	67	5: 09:14 09:37 09:57 10:03 09:45
446	1396	David Bernd	*Düsseldorf	0:48:39	0:48:49	6	M60	49	5: 09:34 09:40 09:48 09:52 09:44
447	1362	Barth Ralf	TEAM Stadtwerke Düsseldorf	0:48:43	0:48:44	84	M45	62	5: 08:37 09:45 10:02 10:10 10:08
448	2088	Goß Holger	*Düsseldorf	0:48:43	0:48:45	65	M35	72	5: 09:12 09:37 09:53 10:06 09:53
449	1709	Wojtassek Alois	kein Verein	0:48:44	0:48:53	19	M55	52	5: 09:05 09:36 09:54 10:06 10:00
450	1453	Grigat Lars	*Düsseldorf	0:48:45	0:48:58	11	MJA	91	5: 08:50 09:43 10:13 10:13 09:44
451	1693	Weier Anselm	*Düsseldorf	0:48:45	0:48:50	64	M30	78	5: 09:25 09:43 09:54 10:07 09:34
452	2409	Pitscha Tobias	*Oberhausen	0:48:46	0:48:55	65	M30	76	5: 09:09 09:47 10:11 10:12 09:25
453	1745	Koch Raimund	*Düsseldorf	0:48:47	0:48:48	66	M35	73	5: 08:41 09:38 09:57 10:19 10:10
454	2529	Simon Dr. Daniel	*Düsseldorf	0:48:47	0:49:43	66	M30	75	5: 10:09 09:34 09:37 09:49 09:36
455	2108	Haas Markus	Die Laufburschen	0:48:48	0:48:48	91	M40	68	5: 09:10 09:41 09:49 10:03 10:03
455	2466	Schäfer Bernd	*Düsseldorf	0:48:48	0:49:11	20	M55	52	5: 09:49 09:40 09:55 09:51 09:31
457	2458	Rosenberg Sven	Schüßler Plan	0:48:48	0:49:15	92	M40	69	5: 10:06 09:40 09:44 09:47 09:30
458	1727	Erbeck Jens	*Düsseldorf	0:48:49	0:49:00	67	M35	70	5: 09:19 09:46 10:03 10:01 09:37
459	1369	Beresa Ilja	Kampfsportschule Kaminari	0:48:51	0:48:56	77	M20	85	5: 08:42 09:43 10:16 10:09 09:57
460	2704	Koczera Joseph	*Krefeld	0:48:55	0:49:19	28	M50	55	5: 10:18 09:47 09:42 09:46 09:19
461	2453	Rögels Christian	*Mönchengladbach	0:48:55	0:49:54	78	M20	85	5: 11:07 09:52 09:33 09:21 08:59
462	1605	Pommerenke Rolf	LT Düsseldorf Süd	0:48:55	0:49:07	85	M45	64	5: 09:34 09:54 09:56 09:53 09:36
463	2679	Servos Sascha	*Düsseldorf	0:48:55	0:49:01	67	M30	75	5: 09:24 09:40 10:01 10:10 09:38
464	1530	Kosmehl Mischa	*Meerbusch	0:48:57	0:49:19	68	M35	74	5: 09:28 09:49 09:57 10:06 09:35
465	2178	Jansen Nicolas	*Düsseldorf	0:48:58	0:49:14	68	M30	76	5: 09:55 09:52 10:05 10:03 09:02
466	2291	Ladewig Jürgen	ALDI Langenfeld	0:48:58	0:49:01	93	M40	66	5: 09:11 09:36 10:01 10:10 09:58
467	1357	Bach Johannes	*Düsseldorf	0:48:58	0:49:21	94	M40	68	5: 09:27 09:50 09:56 10:01 09:42
467	1651	Stebens Dr. André	*Düsseldorf	0:48:58	0:49:21	69	M35	71	5: 09:27 09:49 09:54 09:59 09:47
469	3346	Tappert Heinz	TSV Gruiten	0:48:58	0:49:41	4	M65	40	5: 09:57 09:38 09:44 09:52 09:45
470	1739	Balsamo Gerardo	*Düsseldorf	0:48:59	0:49:11	29	M50	59	5: 09:16 09:42 09:57 10:02 10:00
471	1701	Wieser Roland	*Wetter	0:49:03	0:49:33	86	M45	62	5: 09:16 09:34 10:08 10:18 09:44
472	2737	Borgschulte Stephan	*Düsseldorf	0:49:03	0:49:54	69	M30	75	5: 10:33 09:38 09:45 09:43 09:23
473	3199	Kappenhagen Markus	TC Hösel	0:49:07	0:49:34	87	M45	60	5: 09:34 09:43 09:59 09:58 09:52
474	2382	Niedereder Mark-Philipp	*Leverkusen	0:49:07	0:49:34	79	M20	81	5: 11:04 09:54 09:39 09:33 08:55
475	2275	Kruthoff Bernd	BC Düsseldorf	0:49:09	0:49:14	70	M30	77	5: 09:27 09:39 10:14 10:05 09:42
476	1909	Berns Alexander	Hobbyläufer	0:49:10	0:49:38	70	M35	71	5: 09:29 09:27 10:01 10:13 09:59
477	1816	Koziol Matthäus	LT Düsseldorf	0:49:12	0:49:37	80	M20	86	5: 10:48 09:49 09:52 09:45 08:56
478	2050	Friedrich Markus	*Köln	0:49:12	0:49:35	71	M35	74	5: 10:09 10:15 09:45 09:36 09:25
479	1599	Platte Markus	*Düsseldorf	0:49:12	0:49:31	81	M20	80	5: 09:53 10:06 09:58 10:07 09:06
480	1853	Abel Wolfgang	TEAM Stadtwerke Düsseldorf	0:49:13	0:49:44	21	M55	52	5: 10:23 09:40 09:37 09:46 09:45

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
481	2375	Neef Hans-Jürgen	ERGO sports Düsseldorf	0:49:13	0:49:17	30	M50	57	5: 09:33 09:45 09:58 10:15 09:40
482	1391	Camacho Francisco	C.D. Pozo Norte de Puertollano	0:49:14	0:49:37	71	M30	76	5: 09:20 10:30 10:10 10:16 08:56
483	3339	Breuer Christoph	Eller 04 Düsseldorf	0:49:16	0:49:39	95	M40	65	5: 09:24 09:50 10:01 10:07 09:53
484	2151	Hintzen Michael	*Düsseldorf	0:49:16	0:50:14	96	M40	67	5: 10:04 09:45 09:54 10:06 09:26
485	1490	Hunstiger Heinrich	*Düsseldorf	0:49:18	0:49:35	97	M40	67	5: 09:20 09:41 10:11 10:18 09:46
486	1877	Avgustin Franc	*Benrath	0:49:19	0:49:31	31	M50	57	5: 09:49 09:49 09:57 10:06 09:36
487	1811	Gunia Wolfgang	Fortuna-Treu	0:49:19	0:49:40	32	M50	58	5: 09:30 09:56 10:05 09:59 09:47
488	2617	Wendel Andreas	*Düsseldorf	0:49:19	0:49:34	82	M20	81	5: 10:09 09:49 09:44 10:01 09:33
489	3358	Kiveris Joerg	Arthrose Laufclub Wuppertal	0:49:19	0:49:37	98	M40	65	5: 09:34 09:49 09:54 10:04 09:57
490	2523	Setzpfand René	*Köln	0:49:20	0:49:34	83	M20	84	5: 09:27 09:55 10:03 10:16 09:38
491	2236	Klocke Matthias	NRW.BANK	0:49:21	0:49:22	84	M20	89	5: 09:20 09:26 09:42 10:26 10:25
492	1711	Wolters Corvin	*Heilbronn	0:49:21	0:49:55	72	M30	77	5: 09:20 09:53 10:04 10:19 09:43
493	2350	Meyer Christian	o. V.	0:49:24	0:49:27	73	M30	77	5: 09:37 09:44 10:04 10:08 09:49
494	1437	Gairing Gerhard	Albrecht-Dürer-Schule	0:49:24	0:49:45	7	M60	48	5: 09:18 09:40 10:03 10:11 10:11
495	1674	Tobies Sebastin	*aachen	0:49:25	0:49:50	85	M20	83	5: 09:11 09:28 10:03 10:30 10:11
496	1442	Gleich Tristan	*Düsseldorf	0:49:26	0:49:56	86	M20	89	5: 09:26 09:47 09:58 10:19 09:54
497	2330	Markmann Josef	Gerresheim	0:49:27	0:49:27	99	M40	66	5: 09:24 09:48 09:53 10:16 10:03
498	2708	Maar Hans-Joachim	TC Kaiserswerth	0:49:29	0:49:41	22	M55	54	5: 09:28 09:49 09:56 10:13 10:01
499	2658	Richter Andreas	dm Drogeriemarkt	0:49:30	0:49:34	87	M20	80	5: 09:13 10:06 10:10 10:13 09:46
500	2755	Bühl Justus	FWF Düsseldorf	0:49:30	0:50:12	5	MJB	93	5: 10:19 09:45 09:55 10:06 09:24
501	2672	Meisner Paul	*Monheim	0:49:31	0:49:50	88	M45	64	5: 09:23 09:50 10:09 10:14 09:52
502	1904	Berendt Harald	*Düsseldorf	0:49:32	0:49:38	72	M35	73	5: 09:47 09:55 09:57 10:08 09:42
503	2091	Grafunder René	Linklaters LLP	0:49:32	0:50:32	74	M30	77	5: 09:56 09:32 09:54 10:21 09:47
504	3267	Kappler Daniel	*Düsseldorf	0:49:32	0:49:56	73	M35	74	5: 09:12 10:01 10:15 10:11 09:51
505	1976	Deckers Sebastian	Sonnen-Herzog	0:49:33	0:49:49	88	M20	88	5: 09:36 09:29 09:59 10:31 09:54
506	1863	Albers Björn	Sonnen-Herzog	0:49:33	0:49:49	75	M30	78	5: 09:53 09:45 09:53 10:09 09:51
507	2299	Lausberg Marc	Polizei Düsseldorf	0:49:33	0:49:38	100	M40	69	5: 09:25 09:45 10:06 10:16 09:59
508	1742	Jerke Thorsten	*Düsseldorf	0:49:34	0:49:34	101	M40	65	5: 10:24 09:58 09:36 09:46 09:48
509	3348	Meyer Günter	Düsseldorfer Rennmuckels	0:49:35	0:50:17	89	M45	64	5: 09:46 09:31 10:01 10:19 09:57
510	1923	Bonnen Michael	*Düsseldorf	0:49:35	0:50:33	33	M50	58	5: 10:25 09:47 09:44 09:56 09:41
511	2683	Saur Ralph	*Düsseldorf	0:49:35	0:49:58	76	M30	75	5: 09:55 09:55 10:10 10:01 09:33
512	1551	Levin Marcus	*Kaarst	0:49:37	0:50:04	89	M20	80	5: 09:18 09:52 09:59 10:47 09:40
512	2262	Kozakiewicz Paul	ALDI Langenfeld	0:49:37	0:49:41	89	M20	86	5: 09:01 09:35 10:05 10:24 10:29
514	2166	Hunold Lars	*Duesseldorf	0:49:37	0:50:27	74	M35	74	5: 10:41 10:00 09:51 09:43 09:20
515	1751	Plaumann Michael	*Düsseldorf	0:49:37	0:50:01	91	M20	85	5: 09:26 09:47 10:12 10:06 10:04
516	1540	Kroner Markus	Gesundheitspraxis RüdigerBeyer	0:49:37	0:49:57	90	M45	63	5: 09:46 09:43 09:55 10:11 10:00
517	2013	Engels Rainer	*Langenfeld	0:49:37	0:49:54	102	M40	65	5: 09:51 09:39 09:55 10:07 10:03
518	1626	Schmidt Georg	Tigges Rechtsanwälte	0:49:38	0:50:13	77	M30	76	5: 09:49 09:40 09:58 10:06 10:03
519	3318	Zenker Herbert	*Hilden	0:49:39	0:49:47	5	M65	42	5: 09:30 09:43 10:01 10:10 10:13
520	1759	Syberg Daniel	*Oberhausen	0:49:41	0:50:09	92	M20	84	5: 10:24 10:04 09:55 10:01 09:15
521	1810	Schulze Sindern Stefan	*Düsseldorf	0:49:41	0:50:16	78	M30	75	5: 09:50 10:04 10:11 09:57 09:37
522	2719	Mross Steffen	Hockey Club Essen	0:49:41	0:50:49	75	M35	72	5: 11:48 10:15 09:25 09:17 08:56
523	2119	Hartel Karl Winfried	TV Hösel 1901 e.V.	0:49:42	0:50:39	103	M40	69	5: 10:55 09:51 09:44 09:44 09:26
524	2428	Rademaker Marko	LT Düsseldorf Süd	0:49:43	0:49:57	76	M35	70	5: 09:49 10:03 10:01 10:11 09:37
525	1522	Klotz Lars-Oliver	*Düsseldorf	0:49:45	0:50:11	104	M40	69	5: 09:43 09:52 10:02 10:10 09:58
526	3239	Massing Thomas	*Düsseldorf	0:49:48	0:49:49	91	M45	60	5: 08:52 10:12 10:16 10:33 09:55
527	1390	Busekrus Marc	*Düsseldorf	0:49:50	0:50:22	79	M30	76	5: 09:04 09:50 10:21 10:29 10:04
528	2430	Raicevic Dusko	NRW.BANK	0:49:51	0:49:53	105	M40	69	5: 09:01 09:39 10:09 10:42 10:19
529	2150	Himmelberg Christian	*Düsseldorf	0:49:51	0:50:03	77	M35	73	5: 09:19 09:53 10:05 10:36 09:57
530	1737	Schwaneberg Christian	KRT-Racingteam	0:49:53	0:50:18	80	M30	77	5: 09:21 09:42 10:38 10:22 09:48
531	3315	Brandt Wolfgang	*Düsseldorf	0:49:53	0:50:03	34	M50	59	5: 09:41 09:52 10:00 10:18 10:00
532	2676	Mainzer Thorsten	*Düsseldorf	0:49:54	0:50:20	106	M40	69	5: 09:54 09:32 09:51 09:53 10:42
533	3335	Enge Bernhard	Tote Hose Wuppertal	0:49:55	0:50:27	6	M65	42	5: 10:22 09:57 09:54 09:50 09:50
534	2745	Weers Wilfried	*Düsseldorf	0:49:58	0:50:15	107	M40	67	5: 09:43 09:58 10:09 10:09 09:58
535	2037	Flormann Michael	Awista Düsseldorf	0:50:00	0:50:20	92	M45	60	5: 10:16 10:02 10:09 09:58 09:33
536	1485	Hofmann Wolfgang	ART Düsseldorf	0:50:01	0:50:31	7	M65	43	5: 09:57 09:53 10:02 10:09 09:58
537	1407	Drosdatis Roger	TEAM Stadtwerke Düsseldorf	0:50:01	0:50:07	23	M55	52	5: 09:18 09:58 10:11 10:25 10:08
538	1666	Theisen-Lindemann Jürgen	*Düsseldorf	0:50:01	0:50:21	93	M45	64	5: 09:28 09:55 10:09 10:11 10:15
539	2227	Kleeblatt Armin	TEAM Stadtwerke Düsseldorf	0:50:02	0:50:28	35	M50	59	5: 10:18 10:02 09:58 09:49 09:53
540	2462	Rücker Andreas	*Düsseldorf	0:50:03	0:51:40	93	M20	81	5: 10:47 10:19 09:59 09:48 09:08

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden					
541	2646	Zeperreck Martin	It-run4fun.de	0:50:04	0:50:07	36	M50	59	5: 09:57	10:11	10:00	10:04	09:51	
542	1968	Dahl Christopher	*Ratingen	0:50:06	0:51:21	6	MJB	93	5: 11:13	10:07	09:51	09:39	09:15	
543	2732	Eisele Eberhard	*Neunkirchen-Seelscheid	0:50:07	0:51:38	37	M50	56	5: 10:23	10:03	10:04	09:57	09:38	
544	2498	Schoeneis Thorsten	TSV Eller 04	0:50:08	0:50:51	78	M35	72	5: 11:07	10:07	09:45	09:46	09:21	
545	1580	Mönkemeyer Michael	*Köln	0:50:08	0:50:32	24	M55	51	5: 09:25	09:57	10:08	10:23	10:13	
546	2590	Unkelbach Andre	Kentucky Fried Chicken	0:50:09	0:50:30	94	M20	82	5: 09:30	09:56	10:14	10:28	09:58	
547	2655	Klomfass Tim	Hotel Nikko	0:50:11	0:50:38	7	MJB	92	5: 10:10	10:11	10:06	09:53	09:49	
548	1974	De Ruise Enno	ALDI Langenfeld	0:50:11	0:50:22	95	M20	81	5: 10:17	09:53	10:08	10:08	09:43	
549	2758	Seegmüller Tobias	Fortuna Düsseldorf	0:50:11	0:50:32	96	M20	80	5: 10:04	10:02	10:13	10:22	09:29	
550	2769	Schlecht Richard	Forza 1.FCN	0:50:12	0:50:46	79	M35	72	5: 10:21	10:01	10:03	10:06	09:39	
551	1847	Voigt Jürgen	Eisbären	0:50:13	0:50:59	108	M40	68	5: 09:55	10:11	10:07	10:10	09:48	
552	1931	Brenn Jan	ALDI Langenfeld	0:50:14	0:50:20	80	M35	71	5: 09:27	09:53	10:18	10:26	10:07	
553	2004	Dziadzka Bernhard	*Düsseldorf	0:50:16	0:51:00	109	M40	68	5: 09:52	10:03	10:07	10:06	10:06	
554	1562	Marashi Dr.med. Ali	St. Anna Orthopädie	0:50:19	0:50:19	81	M35	71	5: 09:42	09:58	10:11	10:01	10:26	
555	1463	Hahne Uwe	LT Rennhamster	0:50:19	0:50:51	94	M45	61	5: 09:54	10:01	10:06	10:12	10:04	
556	1623	Schauerer Frank	*Düsseldorf	0:50:19	0:50:41	110	M40	69	5: 08:52	09:24	10:10	10:55	10:57	
557	1980	Deppe Markus	TSV Eller 04	0:50:20	0:51:04	82	M35	72	5: 11:06	10:07	09:49	09:44	09:31	
558	1354	Albino Ivan	*Düsseldorf	0:50:22	0:50:45	97	M20	81	5: 09:20	10:30	10:10	10:16	10:04	
559	1535	Krembel Stefan	*Mettmann	0:50:22	0:50:47	83	M35	71	5: 09:44	09:57	10:04	10:15	10:21	
560	2454	Rößing André	ALDI Langenfeld	0:50:23	0:50:36	98	M20	81	5: 10:15	09:52	09:54	10:23	09:57	
561	1572	Mendorf Thilo	Team d	0:50:24	0:50:38	81	M30	79	5: 10:02	10:09	10:15	10:18	09:39	
562	2341	Meier Thomas	ALDI Langenfeld	0:50:25	0:50:36	99	M20	81	5: 10:16	10:01	10:04	10:09	09:53	
563	2553	Stosch Walter	*Sprockhövel	0:50:25	0:50:29	38	M50	56	5: 09:37	10:05	10:04	10:23	10:14	
564	2715	Kieper Klaus	Lauffreff Rathelbecker Weg	0:50:27	0:50:46	39	M50	55	5: 10:25	10:06	10:02	10:04	09:48	
565	1731	Müller Christian	*Mönchengladbach	0:50:31	0:50:59	111	M40	65	5: 09:35	10:13	10:18	10:17	10:05	
566	1510	Katzenberger Olaf	*Düsseldorf	0:50:31	0:51:06	84	M35	70	5: 10:01	10:25	10:41	10:01	09:21	
567	3553	Hilling Frank	*Düsseldorf	0:50:31	0:50:45	85	M35	74	5: 10:05	09:56	10:10	10:28	09:50	
568	3252	Stenzel Georg	*Herne	0:50:31	0:50:47	95	M45	62	5: 10:10	10:06	10:06	10:10	09:56	
569	1500	Juber Dieter	o.V.	0:50:32	0:50:41	96	M45	63	5: 09:39	10:02	10:20	10:27	10:02	
570	2355	Micus Wolfgang	ERGO sports Düsseldorf	0:50:32	0:50:42	40	M50	57	5: 09:40	10:00	10:14	10:24	10:12	
571	1814	Simons Horst	TS Grefrath	0:50:32	0:50:42	8	M60	49	5: 09:43	10:16	10:04	10:07	10:20	
572	2245	Köhler Wolfgang	*Willich	0:50:32	0:50:40	25	M55	54	5: 09:54	10:05	10:13	10:22	09:57	
573	1755	Mang Renz	www.hautärzte-wuppertal.de	0:50:33	0:50:55	86	M35	72	5: 10:08	10:00	10:11	10:21	09:51	
574	2545	Steinert Carsten	Heuking Kühn Lüer Wojtek	0:50:34	0:50:55	82	M30	75	5: 10:05	10:02	10:12	10:21	09:52	
575	2210	Kech Christian	ALDI Langenfeld	0:50:34	0:50:45	100	M20	82	5: 10:16	10:00	10:04	10:09	10:03	
576	1436	FUJITSUKA KAZUNORI	*Düsseldorf	0:50:36	0:50:54	87	M35	70	5: 09:41	10:11	10:12	10:26	10:04	
577	2358	Miksa Richard	*Düsseldorf	0:50:37	0:50:57	112	M40	67	5: 09:37	09:54	10:22	10:23	10:18	
578	2346	Merry Frank	ISS Facility Services GmbH	0:50:38	0:51:21	113	M40	65	5: 11:16	10:09	09:35	09:50	09:47	
579	2479	Schlick Dr. Stephan	*Düsseldorf	0:50:39	0:51:18	83	M30	78	5: 10:23	10:16	10:05	10:00	09:53	
580	2495	Schneider Mark	*Düsseldorf	0:50:41	0:50:49	88	M35	72	5: 10:21	10:08	10:14	10:13	09:44	
581	1364	Baseseh Dr.med. Fadi	St. Anna Orthopädie Herne	0:50:42	0:50:55	84	M30	77	5: 09:14	09:57	10:28	10:21	10:40	
582	2770	Surnitzki Dirk	*Düsseldorf	0:50:43	0:51:41	85	M30	78	5: 11:00	10:11	09:57	09:55	09:37	
583	2739	Matthiesen Sven	Cisco	0:50:44	0:51:50	101	M20	82	5: 11:53	11:01	09:37	09:11	09:02	
584	2374	Nave Michael	ERGOSPORTS	0:50:46	0:51:44	97	M45	63	5: 10:25	10:00	10:10	10:25	09:44	
585	1736	Mazzarotto Diego	*Düsseldorf	0:50:46	0:50:47	41	M50	55	5: 09:02	09:46	10:14	10:35	11:08	
586	1879	Bakker Bert	*Neuss	0:50:47	0:51:12	98	M45	60	5: 10:30	10:14	10:13	10:08	09:41	
587	1849	Ehrhardt Gregor	*Düsseldorf	0:50:47	0:51:17	89	M35	72	5: 09:46	09:43	10:12	10:30	10:34	
588	1972	Danner Christian	*Düsseldorf	0:50:48	0:51:47	114	M40	69	5: 10:50	10:26	10:17	10:01	09:13	
589	2322	Maas Oliver	Kieser Training	0:50:48	0:50:51	115	M40	66	5: 09:35	09:47	10:10	10:37	10:38	
590	2279	Kündiger Dr. Thomas	*Düsseldorf	0:50:49	0:51:29	86	M30	76	5: 10:00	10:05	10:20	10:26	09:55	
591	3233	Martino Giovanni	Antinori	0:50:49	0:51:09	99	M45	60	5: 10:03	09:59	10:19	10:26	10:00	
592	2378	Neitzke Dieter	*Haan	0:50:49	0:51:08	116	M40	65	5: 10:30	10:04	10:07	10:06	10:01	
593	2020	Eskinyurt Metin	Kentucky Fried Chicken	0:50:50	0:51:11	90	M35	71	5: 09:03	10:05	10:15	10:44	10:41	
594	2670	Neuhaus Falk	FBU	0:50:52	0:51:05	87	M30	78	5: 09:04	09:57	10:33	11:06	10:10	
595	1726	Theil Roland	*Meerbusch	0:50:52	0:51:25	117	M40	67	5: 10:00	10:17	10:19	10:19	09:55	
596	3188	Theissen Dieter	Der weiße Kenianer	0:50:55	0:51:20	9	M60	47	5: 09:55	10:06	10:15	10:18	10:19	
597	2464	Satorius Marco	*Langenfeld	0:51:02	0:51:13	100	M45	64	5: 10:03	10:06	10:11	10:25	10:14	
598	2421	Preuss Ingo	Sonnen-Herzog	0:51:03	0:51:20	102	M20	82	5: 09:59	09:55	10:08	10:25	10:33	
599	2395	Osterby Lars	Kieser Training	0:51:03	0:51:08	91	M35	70	5: 09:31	10:05	10:21	10:44	10:21	
600	2158	Hohn Ulrich	FBU	0:51:04	0:51:18	42	M50	55	5: 09:01	09:53	10:38	11:02	10:28	

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden					
601	1531	Kotzur Adam	*Düsseldorf	0:51:06	0:51:30	103	M20	86	5:08:51	09:17	09:46	12:33	10:38	
602	2235	Klinkhammer Gerhard	LT Düsseldorf Süd	0:51:06	0:51:37	101	M45	61	5:11:09	10:37	10:02	09:46	09:29	
603	1852	Aakolk Holger	*Düsseldorf	0:51:09	0:52:25	118	M40	65	5:10:27	10:06	10:10	10:13	10:10	
604	2197	Kaiser Daniel	ALDI Langenfeld	0:51:10	0:51:20	88	M30	77	5:09:56	10:10	10:10	10:21	10:32	
605	1555	Link Philipp	TEAM Stadtwerke Düsseldorf	0:51:10	0:51:12	104	M20	80	5:08:44	10:26	10:46	10:41	10:31	
606	1537	Krick Christoph	*Düsseldorf	0:51:10	0:51:29	92	M35	74	5:09:39	10:10	10:14	10:27	10:37	
607	2742	Glowa Christian	*Düsseldorf	0:51:11	0:51:58	105	M20	83	5:09:57	09:53	10:12	10:33	10:34	
608	1768	Tokple Olivier	*Leverkusen	0:51:12	0:51:32	106	M20	83	5:10:23	09:59	10:01	10:19	10:28	
609	3168	Okamoto Shinichi	Hotel Nikko	0:51:14	0:51:35	26	M55	50	5:10:04	10:04	10:18	10:30	10:16	
610	2489	Schmitz Peter Michael	LG FSUe	0:51:14	0:52:31	10	M60	46	5:10:41	10:18	10:14	10:10	09:48	
611	2437	Reinhardt Holger	*Mettmann	0:51:15	0:51:22	93	M35	73	5:09:46	10:02	10:35	10:31	10:19	
612	2010	Dönder Ekrem	*Düsseldorf	0:51:16	0:51:37	102	M45	63	5:09:50	09:58	10:23	10:39	10:25	
613	3184	Schneider Olaf	*Oberhausen	0:51:16	0:52:27	119	M40	68	5:10:56	10:06	10:05	10:12	09:55	
614	2230	Kleiner Muhamet	*Köln	0:51:18	0:52:02	103	M45	64	5:10:59	10:13	10:02	10:05	09:57	
615	3158	Thomas Jürgen	dm Drogeriemarkt	0:51:18	0:52:18	43	M50	55	5:10:12	10:09	10:14	10:25	10:16	
616	1429	Frentzen York	*Erkelenz	0:51:19	0:51:46	107	M20	84	5:09:10	09:57	11:09	10:44	10:17	
617	1754	Meissner Tilo	TC Billerbeck	0:51:20	0:52:07	89	M30	77	5:11:10	10:24	10:08	10:00	09:37	
618	1970	Dams Klaus	*Xanten	0:51:21	0:51:52	104	M45	61	5:10:33	09:47	10:20	10:51	09:49	
619	2012	Engels Falko	crazy-born.com	0:51:23	0:52:29	108	M20	83	5:10:46	10:44	10:05	09:58	09:49	
620	1409	Eichholz Bernhard	Schanasi forever	0:51:24	0:51:50	44	M50	58	5:09:40	10:14	10:30	10:36	10:22	
621	2203	Kang Inku	*Düsseldorf	0:51:24	0:51:34	120	M40	68	5:09:56	10:19	10:34	10:29	10:04	
622	2589	Umbeck Joachim	*Düsseldorf	0:51:28	0:52:16	105	M45	64	5:10:05	09:46	10:13	10:45	10:36	
623	2730	Timmler Bernd	*Haan	0:51:28	0:51:33	27	M55	52	5:09:35	09:58	10:42	11:01	10:11	
624	1321	Andresen Bernd	TEAM Stadtwerke Düsseldorf	0:51:32	0:52:04	106	M45	62	5:10:20	09:55	10:22	10:36	10:17	
625	2141	Ahrens Hermann-Josef	*Düsseldorf	0:51:33	0:51:48	90	M30	77	5:10:18	10:15	10:21	10:23	10:15	
626	2660	Vom Rath Thomas	dm Drogeriemarkt	0:51:42	0:51:58	109	M20	85	5:09:13	09:58	10:49	11:11	10:30	
627	2491	Schmitz Thorsten	Harte Jungs Mettmann	0:51:44	0:53:12	107	M45	64	5:10:37	10:21	10:22	10:19	10:03	
628	2219	Kiese Marius	Wir sind das Team	0:51:44	0:52:33	110	M20	81	5:10:36	10:21	10:23	10:35	09:47	
629	2039	Franz Hendrik	Die Flitzpiepen	0:51:44	0:53:08	91	M30	77	5:10:25	10:13	10:22	10:33	10:09	
630	2312	Lincke Fred	*Wermelskirchen	0:51:45	0:51:56	28	M55	50	5:09:59	10:10	10:26	10:38	10:31	
631	2509	Schulte Karl-Heinz	*Krefeld	0:51:46	0:52:54	29	M55	52	5:11:00	10:22	10:16	10:13	09:53	
632	2254	Kohlweg Patrick	*Köln	0:51:50	0:51:58	92	M30	77	5:10:12	09:57	10:25	10:43	10:30	
633	1892	Beckermann Mario	Fuji-Runners	0:51:51	0:52:51	45	M50	57	5:10:25	10:08	10:24	10:31	10:20	
634	1835	Kolo Andreas	PwC/Wibera	0:51:52	0:51:59	93	M30	79	5:09:52	10:13	10:29	10:39	10:37	
635	1955	Chotsubo Nobumasa	Tsuboya of the world	0:51:54	0:52:06	108	M45	60	5:10:55	10:50	11:09	09:59	09:00	
636	1733	Timm Markus	*Langenfeld	0:51:57	0:52:30	94	M30	77	5:09:48	10:11	10:31	10:44	10:42	
637	3357	Böring Yang Chul	SG Paul Gruner	0:51:58	0:52:50	95	M30	76	5:11:01	09:59	10:06	10:56	09:53	
638	2432	Reese von Ohlen Jochen	Kieser Training	0:51:58	0:52:38	30	M55	54	5:10:35	10:16	10:18	10:32	10:16	
639	2087	Gorsky Markus	Schüßler Plan	0:52:00	0:52:30	96	M30	77	5:10:11	10:10	10:32	10:43	10:21	
640	1385	Brodowski Niklas	*Bochum	0:52:00	0:52:14	8	MJB	93	5:08:55	09:15	11:40	11:44	10:24	
641	2547	Stenhorst Sebastian	NRW.BANK	0:52:00	0:53:36	111	M20	86	5:10:32	10:16	10:12	10:32	10:27	
642	3157	Füllgräbe Günther	dm Drogeriemarkt	0:52:01	0:53:04	11	M60	48	5:10:20	10:17	10:27	10:33	10:22	
643	3367	Kiosses Georgios	Gemeinde Ratingen	0:52:02	0:52:30	46	M50	58	5:10:15	10:09	10:26	10:39	10:32	
644	2555	Strauß Ulrich	*Düsseldorf	0:52:02	0:53:09	47	M50	56	5:10:28	10:18	10:25	10:23	10:26	
645	1843	Lauten Dario	*Bergheim	0:52:04	0:52:10	9	MJB	98	5:10:05	10:21	10:54	10:41	10:00	
646	2659	Schlösser Dieter	dm Drogeriemarkt	0:52:04	0:52:48	31	M55	54	5:10:35	10:27	10:21	10:09	10:30	
647	2246	Köhne Roman	*Düsseldorf	0:52:04	0:52:32	97	M30	78	5:10:59	10:39	10:23	10:27	09:33	
648	2401	Pekarek Andreas	*Düsseldorf	0:52:05	0:52:26	98	M30	77	5:11:04	10:27	10:26	10:30	09:36	
649	2297	Langenberg Sascha	*Hilden	0:52:05	0:53:24	112	M20	81	5:11:04	10:23	10:27	10:28	09:41	
650	2281	Kuhn Thomas	*Düsseldorf	0:52:05	0:52:49	121	M40	65	5:10:30	10:23	10:28	10:26	10:16	
651	1997	Drießen Heijo	SG Kaarst	0:52:08	0:52:11	12	M60	46	5:10:08	10:27	10:39	10:43	10:08	
652	2675	Spinnrock Friedrich	*Düsseldorf	0:52:10	0:52:32	32	M55	51	5:10:30	10:14	10:32	10:31	10:21	
653	3247	Bendrich Werner	LT Düsseldorf-Süd	0:52:11	0:52:24	109	M45	62	5:10:43	10:25	10:26	10:21	10:14	
654	2342	Meißen Dirk	NRW.BANK	0:52:12	0:53:37	99	M30	79	5:10:42	10:15	10:12	10:32	10:28	
655	2624	Winkler Ulrich	RS	0:52:13	0:52:26	33	M55	50	5:10:46	10:24	10:25	10:29	10:08	
656	1690	Walberg Joachim	*Düsseldorf	0:52:14	0:52:37	48	M50	58	5:09:53	10:13	10:35	10:46	10:44	
657	2367	Mross Oliver	Linklaters LLP	0:52:15	0:53:22	100	M30	75	5:11:48	10:16	09:56	10:09	10:03	
658	2441	Reufels Martin	Heuking Kühn Lüer Wojtek	0:52:15	0:52:39	122	M40	68	5:10:05	10:16	10:40	10:51	10:21	
659	1405	Dittrich Gordon	*Ratingen	0:52:16	0:52:44	123	M40	65	5:09:56	10:21	10:49	10:44	10:24	
660	2496	Schneider Martin	Wir sind das Team	0:52:17	0:53:05	113	M20	82	5:10:36	10:25	10:19	10:35	10:19	

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden						
661	1873	Augst Thomas	*Mülheim	0:52:19	0:52:24	124	M40	69	5: 10:19	10:28	10:33	10:43	10:14		
662	2211	Kehren Klaus-Peter	Heuking Kühn Lüer Wojtek	0:52:22	0:52:46	114	M20	80	5: 10:08	09:59	10:16	11:00	10:58		
663	2221	Kirsch Matthias	Linklaters LLP	0:52:22	0:53:23	101	M30	76	5: 11:24	10:30	10:14	10:08	10:04		
664	1766	Holterbosch Christoph	*Meerbusch	0:52:25	0:52:49	102	M30	79	5: 11:30	10:43	10:29	10:03	09:38		
665	2649	Loschelder Jürgen	Hotel Nikko	0:52:25	0:52:52	49	M50	59	5: 10:23	10:30	10:44	10:39	10:07		
666	2167	Hußmann Hermann	TVK Wittlaer	0:52:30	0:52:55	2	M70	38	5: 11:09	10:42	10:30	10:17	09:49		
667	1430	Rose Frieder	TEAM Stadtwerke Düsseldorf	0:52:30	0:52:43	125	M40	66	5: 09:47	10:28	10:36	10:45	10:52		
668	2295	Lamm Axel	*Düsseldorf	0:52:32	0:53:17	94	M35	71	5: 10:29	10:19	10:44	10:44	10:15		
669	3248	Behrens Martin	*Düsseldorf	0:52:32	0:52:53	126	M40	67	5: 11:04	10:26	10:26	10:30	10:04		
670	3169	Schalke Thomas	SFD75 Düsseldorf	0:52:33	0:52:38	50	M50	58	5: 10:20	10:30	10:33	10:30	10:38		
671	2368	Mühlenbein Harold	TV Grafenberg	0:52:33	0:53:10	51	M50	55	5: 10:34	10:17	10:28	10:44	10:28		
672	1942	Buettner David	Kentucky Fried Chicken	0:52:35	0:52:55	103	M30	76	5: 10:53	10:36	10:21	10:21	10:22		
673	2060	Fujita Kaku	*Düsseldorf	0:52:36	0:52:40	110	M45	64	5: 10:20	10:34	10:55	10:21	10:24		
674	2232	Kleist Alexander	*Düsseldorf	0:52:37	0:52:42	111	M45	64	5: 09:37	10:05	10:51	11:10	10:52		
675	2510	Schulte Klaus	*Düsseldorf	0:52:38	0:53:32	34	M55	50	5: 09:52	10:14	10:42	10:56	10:52		
676	2092	Greifenberg Heiko	*Düsseldorf	0:52:39	0:52:47	104	M30	75	5: 10:12	10:19	10:37	10:57	10:32		
677	2237	Klombaß Ekhard	Hotel Nikko	0:52:41	0:53:06	115	M20	83	5: 09:54	09:48	10:27	11:17	11:12		
678	3263	Stegemann Jorge	*Düsseldorf	0:52:42	0:53:19	105	M30	75	5: 09:38	10:26	10:43	11:13	10:40		
679	2678	Burbott Sven	*Essen	0:52:43	0:53:34	106	M30	79	5: 10:32	10:21	10:47	10:41	10:20		
680	2069	Garske Volker	*Düsseldorf	0:52:45	0:52:47	127	M40	69	5: 09:33	10:31	10:54	11:08	10:37		
681	2053	Frisch Klaus	Cisco	0:52:47	0:53:53	112	M45	63	5: 11:53	11:02	09:58	09:56	09:56		
682	1842	Hübner Richard	*Düsseldorf	0:52:47	0:54:11	128	M40	69	5: 10:19	10:30	10:42	10:43	10:31		
683	2397	Palm Klaus-Dieter	LT TB Hassels	0:52:48	0:53:23	13	M60	45	5: 10:53	10:33	10:35	10:36	10:08		
684	2156	Hoffmann Michael	*Düsseldorf	0:52:48	0:53:49	95	M35	74	5: 11:07	10:43	10:25	10:24	10:07		
685	2582	Trierweiler Werner	*Düsseldorf	0:52:49	0:53:40	129	M40	66	5: 10:46	10:22	10:38	10:40	10:21		
686	1499	Jaster Georg	Tigges Rechtsanwälte	0:52:51	0:54:01	113	M45	62	5: 10:56	10:42	10:33	10:30	10:08		
687	1052	Sullo Lukas	-----	0:52:53	0:52:57	130	M40	67	5: 09:35	10:27	10:41	11:05	11:02		
688	2075	Gerk Andreas	*Düsseldorf	0:52:53	0:53:35	114	M45	63	5: 10:12	10:11	10:34	10:55	11:00		
689	3347	Lauten Jürgen	*Bergheim	0:52:54	0:53:00	96	M35	72	5: 09:27	09:38	10:17	11:21	12:10		
690	2799	Reichmann Christian	Pilates Studio	0:52:55	0:52:59	116	M20	84	5: 10:28	11:15	10:49	10:44	09:37		
691	2140	Hering Stefan	*Wesel	0:52:55	0:53:25	131	M40	66	5: 11:12	10:40	10:30	10:32	09:59		
692	1501	Jung Markus	TEAM Stadtwerke Düsseldorf	0:52:55	0:53:28	97	M35	71	5: 10:50	10:34	10:39	10:44	10:05		
693	3369	Marks Christian	*Ratingen	0:52:56	0:53:51	98	M35	72	5: 11:10	10:27	10:43	10:33	10:01		
694	2762	Schumacher Andreas	*Erkrath	0:52:56	0:53:13	132	M40	65	5: 09:48	10:27	10:48	11:10	10:41		
695	2183	Jörg Thomas	FWF Düsseldorf	0:52:57	0:53:39	133	M40	65	5: 10:54	10:52	10:23	10:23	10:23		
696	2024	Falger Nikolai	TEAM Stadtwerke Düsseldorf	0:52:59	0:53:41	99	M35	70	5: 10:48	10:18	10:28	10:40	10:43		
697	2712	Heßler Carsten	Dredner Bank	0:52:59	0:53:33	134	M40	68	5: 12:29	11:06	09:17	10:04	10:01		
698	2471	Schiemann Martin	Team STASI 2.0	0:53:01	0:53:38	135	M40	65	5: 11:12	10:44	10:31	10:19	10:13		
699	2338	Mazlumovski Elvir	ALDI Langenfeld	0:53:06	0:53:10	117	M20	89	5: 09:24	10:47	11:03	11:18	10:31		
700	1637	Schulte Gregor	*Düsseldorf	0:53:06	0:53:36	118	M20	81	5: 11:00	10:32	10:32	10:32	10:29		
701	2334	Massing Christian	*Erkrath	0:53:12	0:53:58	136	M40	66	5: 11:12	10:39	10:39	10:28	10:12		
702	2025	Fauseweh Heiko	ISS Facility Services GmbH	0:53:14	0:53:55	107	M30	78	5: 10:29	10:44	10:49	10:42	10:27		
703	2389	Oberbanscheidt Dirk	*Ratingen	0:53:16	0:54:13	100	M35	73	5: 11:10	10:27	10:42	10:33	10:22		
704	2081	Ginter Uwe	*Velbert	0:53:17	0:54:03	137	M40	68	5: 10:30	10:33	10:46	10:47	10:39		
705	2345	Merk Thomas	*Düsseldorf	0:53:21	0:53:27	101	M35	70	5: 09:24	10:24	10:54	11:38	10:59		
706	3174	Kibgies Axel	DSG Olympios e.V.	0:53:21	0:53:58	52	M50	57	5: 10:45	10:40	11:05	10:51	09:58		
707	2171	Jacobs Steffen	*Düsseldorf	0:53:21	0:54:08	138	M40	67	5: 10:51	10:48	10:42	10:40	10:19		
708	2175	Jakob Dellef	*Langenfeld	0:53:21	0:53:24	115	M45	60	5: 09:12	09:50	10:56	11:48	11:33		
709	2722	Gaias Paolo	*Düsseldorf	0:53:23	0:53:30	108	M30	77	5: 11:08	11:06	10:49	10:33	09:46		
710	2508	Schüttler Jörg	Vodafone Runners	0:53:23	0:54:40	139	M40	65	5: 11:18	10:39	10:29	10:27	10:27		
711	1901	Bender Sven	*Düsseldorf	0:53:25	0:54:11	140	M40	66	5: 11:13	10:39	10:39	10:29	10:24		
712	3366	Stamatopoulos Leonidas	*Ratingen	0:53:31	0:53:58	53	M50	55	5: 10:28	10:38	10:47	11:02	10:34		
713	1991	Dreier Bernd	Allen & Overy LLP	0:53:32	0:53:47	119	M20	82	5: 09:52	10:17	10:29	10:42	12:10		
714	2680	Albers Peter	*Düsseldorf	0:53:33	0:53:38	116	M45	63	5: 09:42	10:29	10:57	11:14	11:09		
715	2316	Lomott Simon	*Mönchengladbach	0:53:36	0:55:13	120	M20	80	5: 10:48	10:51	10:58	10:52	10:06		
716	2169	Ingenillem Josef	OSP	0:53:36	0:54:11	141	M40	66	5: 11:06	10:36	10:55	10:56	10:02		
717	2487	Schmitter Frank	Kochclub VRWF	0:53:37	0:53:55	142	M40	66	5: 10:31	10:47	10:47	10:56	10:35		
718	2706	Novacek Helmut		0:53:38	0:53:51	117	M45	60	5: 10:32	10:34	10:47	10:48	10:55		
719	2753	Laas Christian	*Düsseldorf	0:53:39	0:53:42	102	M35	74	5: 09:33	10:12	11:02	11:28	11:23		
720	2212	Keil Christian	ALDI Langenfeld	0:53:40	0:53:41	109	M30	78	5: 09:48	10:49	11:09	10:58	10:53		

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
721	3337	Von Der Stueck Ingo	*Erkelenz	0:53:42	0:54:18	118	M45	60	5: 11:27 10:53 10:28 10:47 10:07
722	2424	Prühs Dr. Stefan	LGFSÜ	0:53:43	0:54:01	110	M30	76	5: 10:17 10:58 11:01 11:00 10:25
723	2126	Hecht Horst	Velberter Sportgemeinschaft	0:53:43	0:53:44	3	M70	37	5: 10:03 10:48 11:00 10:59 10:51
724	2606	Wagner Claus	Albrecht-Dürer-Schule	0:53:43	0:54:19	54	M50	58	5: 10:51 10:28 10:23 11:07 10:52
725	2699	Renner Markus	*Düsseldorf	0:53:43	0:54:19	111	M30	78	5: 11:29 10:52 10:41 10:32 10:07
726	2504	Schubert Carsten	Medtronic GmbH	0:53:44	0:54:18	103	M35	71	5: 11:28 10:53 10:43 10:30 10:07
727	2698	Meier Steffen	*Düsseldorf	0:53:44	0:54:17	112	M30	79	5: 11:31 10:52 10:42 10:29 10:07
728	2213	Keiter Michael	Garather SV 1966 e.V.	0:53:44	0:54:17	119	M45	60	5: 11:28 10:54 10:43 10:31 10:06
729	2773	Menzen Peter	LT BUGA Düsseldorf 1999	0:53:44	0:54:49	55	M50	58	5: 11:12 10:42 10:13 10:25 11:11
730	1935	Bruland Robert	Ing.Büro Hermanns	0:53:45	0:53:55	104	M35	73	5: 10:17 10:40 11:02 11:01 10:44
731	2548	Stötzel Frank	Kö-Schnecken	0:53:48	0:54:23	105	M35	70	5: 11:07 10:37 10:54 10:55 10:13
732	2517	Schwarnowski Eckhardt	Kieser Training	0:53:49	0:54:13	8	M65	44	5: 10:55 10:50 10:42 10:42 10:37
733	2628	Witte Lorenz	Linklaters LLP	0:53:52	0:54:47	113	M30	76	5: 11:18 10:57 10:43 10:44 10:07
734	2258	Koß Karlheinz	*Düsseldorf	0:53:54	0:54:27	120	M45	61	5: 10:43 10:58 10:55 10:38 10:37
735	2640	Yudkevych Dmytro	ALDI Langenfeld	0:53:59	0:54:00	114	M30	78	5: 09:33 11:22 11:11 11:04 10:47
736	2372	Müntes Uwe	*Erkrath	0:54:01	0:54:20	106	M35	70	5: 11:17 10:49 10:38 10:47 10:28
737	2761	Wester Stephan	*Willich	0:54:02	0:54:56	56	M50	59	5: 10:51 10:34 10:43 11:01 10:51
738	1884	Bauer Lutz	*Düsseldorf	0:54:03	0:54:59	107	M35	71	5: 11:40 10:48 10:42 10:42 10:08
739	1954	Choloukh Michael	*Ratingen	0:54:03	0:54:31	121	M45	62	5: 10:38 10:43 10:40 11:01 10:58
740	2530	Skiera Jan	JUH Düsseldorf	0:54:03	0:54:49	121	M20	84	5: 10:57 09:49 10:25 11:01 11:48
741	2407	Pieniak Dominik	*Essen	0:54:03	0:54:10	122	M20	80	5: 10:13 10:24 11:10 11:17 10:56
742	1781	Hesselich Uwe	*Mettmann	0:54:04	0:55:20	122	M45	62	5: 10:53 10:38 10:54 10:56 10:40
743	2365	Morgenstern Christian	SG Stern Duisburg	0:54:05	0:54:33	115	M30	75	5: 11:45 10:30 10:36 10:42 10:31
744	1783	Boaz Zafria		0:54:06	0:54:16	57	M50	57	5: 10:28 10:31 10:52 11:12 11:00
745	2447	Riewe Jörn	RP-Marathonteam	0:54:10	0:55:01	9	M65	43	5: 11:22 10:49 10:49 10:42 10:27
746	2234	Klemm Pierre	Shiatsu	0:54:14	0:55:02	143	M40	69	5: 10:47 10:37 11:02 11:03 10:43
747	2260	Kowalczyk Kajetan	*Grevenbroich	0:54:15	0:55:05	123	M20	81	5: 11:15 10:57 10:57 11:05 10:00
748	1864	Albers Thorsten	Sonnen-Herzog	0:54:18	0:54:34	116	M30	75	5: 10:42 10:45 10:55 11:00 10:55
749	2320	Lüdtke Andre	*Düsseldorf	0:54:19	0:54:57	144	M40	67	5: 10:40 10:32 11:07 11:04 10:54
750	1962	Coners Stefan	Kieser Training	0:54:21	0:54:54	145	M40	68	5: 10:22 10:20 10:51 11:15 11:32
751	2587	Twilmeyer Thomas	*Düsseldorf	0:54:25	0:55:26	124	M20	84	5: 11:59 11:19 10:53 10:25 09:47
752	2486	Schmiedel Markus	*Düsseldorf	0:54:26	0:54:57	123	M45	61	5: 10:20 10:17 10:58 11:16 11:33
753	2387	Nowotny Sven	TEAM Stadtwerke Düsseldorf	0:54:28	0:55:10	117	M30	75	5: 10:49 10:30 10:59 11:08 10:59
754	2085	Gohla Stefan	LT Düsseldorf Süd	0:54:28	0:55:34	124	M45	64	5: 11:15 11:01 11:05 11:01 10:03
755	2419	Poth Gerrit	DJK Novesia Neuss	0:54:32	0:54:51	146	M40	69	5: 10:49 10:47 10:59 11:03 10:52
756	1851	Bey Jürgen	*Köln	0:54:32	0:55:26	147	M40	67	5: 11:08 10:43 10:46 11:09 10:45
757	2289	Kuttner Siegfried	*Köln	0:54:33	0:55:26	58	M50	59	5: 10:32 10:39 11:04 11:02 11:14
758	2616	Wende Dieter	BSG Sparkasse H-R-V	0:54:33	0:55:27	59	M50	59	5: 10:52 10:42 11:01 11:04 10:53
759	2420	Prange Martin	*Hilden	0:54:33	0:55:28	108	M35	74	5: 11:08 10:52 11:01 10:59 10:32
760	3176	Franzen Björn		0:54:35	0:55:14	125	M20	85	5: 11:35 10:51 10:50 10:46 10:31
761	2406	Pfeifer Stefan	*Düsseldorf	0:54:39	0:55:40	109	M35	70	5: 10:39 10:12 10:44 11:24 11:39
762	1687	Wagner Christoph	TEAM Stadtwerke Düsseldorf	0:54:41	0:55:01	60	M50	59	5: 09:58 10:40 11:08 11:30 11:23
763	2255	Kollath Carsten	DLRG Erkrath e.V.	0:54:41	0:54:42	148	M40	69	5: 09:55 10:50 11:11 11:40 11:03
764	2301	Lederer Joachim	Kieser Training	0:54:41	0:55:04	125	M45	63	5: 10:37 10:50 10:58 10:56 11:19
765	2360	Milbradt Stefan	*Düsseldorf	0:54:42	0:55:29	149	M40	65	5: 10:34 10:55 10:53 11:16 11:02
766	3342	Kilincarslan Ali	Ayyo-Team-Essen e.V.	0:54:43	0:55:12	126	M20	89	5: 10:29 10:41 10:56 11:19 11:16
767	3340	Kilincarslan Mustafa	Ayyo Team Essen e.V.	0:54:44	0:55:12	127	M20	84	5: 10:30 10:41 10:56 11:20 11:15
768	2148	Hillebrand Andreas	LT Düsseldorf Süd	0:54:45	0:55:51	150	M40	68	5: 10:50 10:32 11:00 11:12 11:08
769	1764	Hennig Joachim	*Düsseldorf	0:54:49	0:55:27	128	M20	85	5: 11:24 10:58 11:10 10:48 10:28
770	1767	Bietenbeck Franziska	*Düsseldorf	0:54:50	0:55:28	129	M20	87	5: 11:32 11:11 11:02 10:54 10:08
771	2619	Westphal Kai	Serial Killas	0:54:54	0:55:32	130	M20	81	5: 10:56 10:50 11:09 11:10 10:47
772	2249	König Mirko	Linklaters LLP	0:54:55	0:55:57	118	M30	77	5: 11:23 10:42 10:58 11:12 10:39
773	1822	Assmann Michael	*Düsseldorf	0:54:58	0:55:00	119	M30	78	5: 09:08 11:11 11:42 11:50 11:04
774	3220	Birken Claus Dr.	*Düsseldorf	0:54:59	0:55:37	10	M65	42	5: 11:01 10:41 11:01 11:18 10:57
775	1961	Clemens Ludger	Kieser Training	0:55:01	0:55:55	126	M45	61	5: 11:02 10:47 11:08 11:17 10:45
776	2481	Schlösser Klaus	Kieser Training	0:55:02	0:55:37	127	M45	64	5: 11:32 10:45 10:53 11:08 10:42
777	2173	Jäger Peter	SC Rennflöhe Düsseldorf	0:55:02	0:55:42	11	M65	44	5: 10:59 10:54 11:09 11:05 10:53
778	2554	Strang Michael	SV Bezirksregierung Düsseldorf	0:55:03	0:56:27	128	M45	61	5: 11:16 10:45 10:51 11:03 11:06
779	2202	Kampmeier Rappa	*Düsseldorf	0:55:03	0:56:20	110	M35	71	5: 11:15 10:59 11:12 11:08 10:26
780	2201	Kampmeier Erne	*Stolberg	0:55:04	0:56:21	35	M55	50	5: 11:16 10:59 11:12 11:09 10:27

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden					
781	2099	Grotzke Martin	*Düsseldorf	0:55:05	0:55:13	111	M35	74	5: 10:33	10:52	11:00	11:18	11:20	
782	2114	Hansen Roland	LT Rennhamster	0:55:07	0:56:09	151	M40	69	5: 11:05	10:57	11:07	11:18	10:38	
783	2633	Wolter Joachim	Kieser Training	0:55:11	0:55:36	61	M50	58	5: 11:23	11:02	11:05	11:13	10:27	
784	2116	Harbisch Klaus	Hotel Nikko	0:55:12	0:55:21	129	M45	64	5: 10:44	11:04	11:21	11:24	10:38	
785	3276	Jusufovic Kemo	LT Düsseldorf Süd	0:55:14	0:55:39	14	M60	47	5: 10:47	10:55	11:04	11:10	11:16	
786	1917	Boellaard Job	*Neuss	0:55:14	0:55:40	120	M30	75	5: 10:24	10:30	11:08	11:40	11:30	
787	3217	Lonz Volker	*Düsseldorf	0:55:16	0:56:10	62	M50	56	5: 10:46	10:43	11:07	11:30	11:07	
788	3218	Pietsch Dr. Wilfried	*Düsseldorf	0:55:17	0:56:10	130	M45	61	5: 10:47	10:42	11:08	11:30	11:08	
789	2136	Henning Uwe	Sonnen-Herzog	0:55:21	0:55:39	131	M45	62	5: 10:26	10:55	11:11	11:28	11:19	
790	2146	Hilburger Dirk	*Düsseldorf	0:55:22	0:55:32	121	M30	79	5: 10:33	11:02	11:20	11:23	11:02	
791	2082	Glod Karl	*Hilden	0:55:24	0:56:26	63	M50	55	5: 10:50	10:57	11:13	11:17	11:05	
792	2115	Hansen Thomas	*Wülfrath	0:55:25	0:56:17	152	M40	69	5: 10:45	11:04	11:16	11:24	10:54	
793	1967	Cyrol Josef	*Mülheim	0:55:28	0:55:50	132	M45	62	5: 10:30	10:48	11:03	11:32	11:33	
794	1936	Buchmeier Christian	*Düsseldorf	0:55:29	0:56:50	112	M35	71	5: 11:31	11:15	11:07	11:08	10:26	
795	2273	Krooß Udo	*Düsseldorf	0:55:30	0:55:48	133	M45	60	5: 10:41	10:30	10:53	11:34	11:50	
796	2329	Malke Manfred	*Düsseldorf	0:55:30	0:55:48	64	M50	57	5: 10:41	10:30	10:53	11:34	11:50	
797	2527	Siepen Thomas	NRW.BANK	0:55:31	0:55:32	153	M40	65	5: 10:22	11:06	11:16	11:16	11:28	
798	1985	Ditgen Tobias	*Düsseldorf	0:55:31	0:55:37	122	M30	75	5: 10:34	11:01	11:27	11:28	10:59	
799	1933	Brucksch Ralph	TEAM Stadtwerke Düsseldorf	0:55:31	0:55:55	154	M40	68	5: 10:55	10:45	11:06	11:19	11:23	
799	2379	Neugebauer Thomas	Kieser Training	0:55:31	0:56:00	154	M40	68	5: 11:02	10:57	11:15	11:25	10:51	
801	2741	Baade Joerg	*Düsseldorf	0:55:32	0:56:06	156	M40	65	5: 11:05	10:42	11:15	11:13	11:16	
802	2191	Jungwirth Guido	NRW.BANK	0:55:40	0:55:43	157	M40	69	5: 10:29	11:04	11:27	11:31	11:07	
803	2645	Zeltner Michael	*Düsseldorf	0:55:41	0:56:40	113	M35	73	5: 11:13	11:12	11:16	11:15	10:44	
804	1828	Wendling Daniel	*Haan	0:55:44	0:55:56	123	M30	78	5: 09:36	11:00	11:56	12:04	11:07	
805	3186	Baude Stephan	ihr Bäcker Schüren	0:55:52	0:56:56	114	M35	70	5: 11:17	10:55	11:07	11:19	11:13	
806	1910	Betzholz Dr. med. Rainer	*Neuss	0:55:53	0:56:52	65	M50	55	5: 11:39	11:12	11:19	11:03	10:37	
807	2253	Kohl Matthias	K71	0:55:54	0:57:07	158	M40	67	5: 11:30	11:23	11:06	11:07	10:47	
808	1772	Husein Marc	*Mönchengladbach	0:55:58	0:56:46	124	M30	77	5: 11:15	11:07	11:12	11:23	10:58	
809	1890	Becker Miroslav	PSV Düsseldorf	0:55:58	0:56:45	159	M40	67	5: 11:28	11:01	11:15	11:28	10:44	
810	3198	Hoffmann Thomas	*Düsseldorf	0:55:58	0:56:00	125	M30	78	5: 10:27	11:01	11:43	11:37	11:08	
811	2637	Wolters Burghardt	Kieser Training	0:56:00	0:57:22	15	M60	46	5: 10:58	10:48	11:04	11:30	11:38	
812	2544	Steffens Dirk	ASC Düsseldorf	0:56:02	0:56:13	134	M45	62	5: 10:40	11:05	11:19	11:26	11:31	
813	2709	Kindermann Christoph		0:56:03	0:56:53	131	M20	82	5: 11:33	11:29	11:23	11:08	10:27	
814	2111	Häsler Thorsten	*Duisburg	0:56:04	0:56:59	132	M20	80	5: 11:01	11:05	11:22	11:20	11:14	
815	2457	Rola Harald	Cisco	0:56:06	0:57:12	135	M45	62	5: 11:53	11:06	11:16	11:10	10:40	
816	3244	Kirstätter Rolf	*Krefeld	0:56:07	0:57:10	160	M40	68	5: 11:39	11:27	11:28	11:13	10:18	
817	1776	Becker Harald	SG Kaarst	0:56:11	0:57:11	36	M55	53	5: 11:30	11:18	11:13	11:15	10:54	
818	2750	Hüntys Tobias	*Düsseldorf	0:56:16	0:56:25	136	M45	64	5: 10:38	10:58	11:19	11:41	11:39	
819	2751	Bartels Boris	*Düsseldorf	0:56:16	0:56:26	137	M45	63	5: 10:38	10:58	11:19	11:41	11:39	
820	1947	Busch Stephan	*Düsseldorf	0:56:16	0:56:26	138	M45	64	5: 10:38	10:58	11:18	11:42	11:39	
821	2506	Schürmann Frank	*Düsseldorf	0:56:16	0:56:26	139	M45	64	5: 10:38	10:58	11:18	11:41	11:39	
822	1757	Schneider Wolfgang	*Mettmann	0:56:18	0:56:22	66	M50	57	5: 10:39	11:09	11:29	11:38	11:21	
823	2198	Kaiser Michael	*DUESSELDORF	0:56:18	0:56:59	67	M50	58	5: 11:01	10:56	11:19	11:25	11:35	
824	2604	Wachter Johannes	ALDI Langenfeld	0:56:19	0:56:30	133	M20	84	5: 10:42	11:11	11:27	11:44	11:12	
825	2337	Mayer Lars	*Düsseldorf	0:56:19	0:57:37	126	M30	76	5: 13:02	13:21	09:54	10:08	09:53	
826	1922	Bommes Andreas	Kentucky Fried Chicken	0:56:22	0:56:42	140	M45	64	5: 10:45	11:17	11:31	11:48	10:59	
827	2638	Wuth Tobias	*Düsseldorf	0:56:25	0:56:34	127	M30	75	5: 10:49	11:29	11:33	11:38	10:53	
828	2137	Hensel Florian	da simma dabei	0:56:26	0:56:38	10	MJB	92	5: 10:15	11:04	12:06	11:58	11:01	
829	1916	Bökmann Norbert	TC Rhein Stadion	0:56:28	0:57:32	37	M55	53	5: 11:50	11:51	12:00	10:19	10:26	
830	1718	Volkman Helmuth	SFD75 Düsseldorf	0:56:29	0:56:34	161	M40	68	5: 10:45	11:16	11:36	11:41	11:09	
831	2331	Marks Detlev	Schüßler Plan	0:56:32	0:57:29	141	M45	64	5: 11:14	11:10	11:41	12:06	10:20	
832	2684	Klein Ralf	dm Drogeriemarkt	0:56:34	0:57:37	12	M65	40	5: 12:07	11:24	11:13	11:03	10:45	
833	2411	Plathen Klaus	*Krefeld	0:56:34	0:57:41	68	M50	58	5: 11:20	11:09	11:17	11:40	11:07	
834	3185	Witt Christian	*Oberhausen	0:56:34	0:57:47	162	M40	66	5: 11:40	11:14	11:28	11:17	10:54	
835	1969	Dalheimer Jürgen	D/dorfer TV	0:56:38	0:57:07	16	M60	48	5: 10:49	11:09	11:24	11:34	11:40	
836	3153	Nowak Rainer	dm Drogeriemarkt	0:56:39	0:57:46	38	M55	51	5: 12:24	12:20	12:04	10:22	09:27	
837	3356	Kels Florian	Düsseldorf	0:56:45	0:57:23	11	MJB	99	5: 11:27	11:23	11:42	11:33	10:37	
838	3180	Hofmann Dieter	Fortuna Düsseldorf 1895	0:56:45	0:57:57	142	M45	64	5: 11:18	11:12	11:34	11:39	11:00	
839	3359	Sonnen Stephan	Sonnen-Herzog	0:56:46	0:57:03	163	M40	66	5: 11:58	11:22	11:26	11:24	10:34	
840	1979	Deisenroth Frank	*Düsseldorf	0:56:53	0:57:39	143	M45	62	5: 11:29	11:05	11:23	11:39	11:15	

10km - Gesamtwertung Männer

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden						
841	1858	Adrian Sascha	*Meerbusch	0:56:56	0:58:11	134	M20	83	5: 12:02	11:37	11:30	11:31	10:14		
842	1837	Kortmüller Benedikt	*Düsseldorf	0:56:56	0:57:02	135	M20	84	5: 09:38	10:22	11:50	12:55	12:10		
843	2144	Herx Simon	*Kaarst	0:56:58	0:58:02	136	M20	86	5: 11:27	11:17	11:31	11:36	11:04		
844	2686	Fischer Björn	Ing.Büro Hermanns	0:56:58	0:57:08	128	M30	79	5: 10:51	11:30	11:42	11:34	11:20		
845	1940	Büchele Bert	*Neuss	0:57:03	0:57:03	164	M40	68	5: 00:00	00:00	00:00	00:00	00:00		
846	2113	Hageschulte Günther	*Düsseldorf	0:57:03	0:57:31	144	M45	63	5: 10:35	10:43	11:34	12:05	12:04		
847	3177	Wehnhöner Klaus-Dieter	*Erkrath	0:57:03	0:57:50	39	M55	54	5: 11:39	11:06	11:28	11:32	11:17		
848	2717	Drache Markus	*Heiligenhaus	0:57:07	0:58:01	137	M20	84	5: 11:35	11:16	11:12	11:36	11:26		
849	2233	Klemczyk Stephan	TV Grafenberg	0:57:08	0:57:46	69	M50	57	5: 11:11	11:26	11:46	11:39	11:04		
850	2049	Friedrich Dr. Holger	*Meerbusch	0:57:10	0:57:43	70	M50	58	5: 10:50	11:01	11:28	12:04	11:46		
851	1963	Contzen Jens	*Meerbusch	0:57:11	0:57:55	165	M40	66	5: 11:11	11:10	11:36	11:44	11:29		
852	2490	Schmitz Robert	*Grevenbroich	0:57:13	0:57:55	145	M45	64	5: 11:13	11:11	11:36	11:44	11:28		
853	2436	Reinecke Dirk	*Düsseldorf	0:57:13	0:58:15	115	M35	70	5: 13:33	11:44	11:11	10:39	10:04		
854	1929	Brenk Siegfried	*Kefeld	0:57:14	0:58:04	40	M55	51	5: 12:07	11:28	11:32	11:16	10:50		
855	2563	Stute Frank	TEAM Stadtwerke Düsseldorf	0:57:15	0:57:26	166	M40	68	5: 10:44	11:06	11:23	12:36	11:24		
856	2383	Niemann Tim	*Düsseldorf	0:57:15	0:58:08	129	M30	75	5: 11:25	11:19	11:16	11:35	11:38		
857	2413	Pohlmann Benjamin	*Düsseldorf	0:57:17	0:57:46	130	M30	77	5: 11:19	11:21	11:41	11:49	11:05		
858	2516	Schulz-Bongert Dr. Udo	*Düsseldorf	0:57:18	0:57:38	146	M45	60	5: 11:04	11:26	11:51	11:46	11:10		
859	2152	Höfel Michael	TEAM Stadtwerke Düsseldorf	0:57:19	0:57:29	116	M35	71	5: 11:35	11:24	11:38	11:40	10:59		
860	2381	Niedel Dirk	*Düsseldorf	0:57:22	0:58:01	147	M45	64	5: 11:44	11:34	11:25	11:27	11:10		
861	2165	Hüttemann Horst	*Meerbusch	0:57:23	0:58:42	13	M65	42	5: 11:48	11:12	11:16	11:32	11:33		
862	2315	Lomott Manfred	LOMOCON-Team	0:57:23	0:58:59	17	M60	48	5: 11:34	11:31	11:36	11:25	11:16		
863	2710	Ilic Daniel	*Düsseldorf	0:57:24	0:57:27	138	M20	82	5: 09:35	11:36	12:13	12:17	11:40		
864	1838	Lahm Andreas	*Krefeld	0:57:24	0:57:33	148	M45	63	5: 11:59	11:30	11:29	11:24	11:00		
865	2747	Jannott Maike	*Düsseldorf	0:57:25	0:57:53	167	M40	65	5: 11:33	11:16	11:30	11:44	11:19		
866	2307	Lessman Günter	*düsseldorf	0:57:26	0:57:46	149	M45	60	5: 11:04	11:26	11:52	11:47	11:14		
867	3194	Haischen Markus	*Düsseldorf	0:57:29	0:58:09	168	M40	66	5: 12:41	11:53	11:34	11:19	10:01		
868	2630	Witzmann Udo	Rising Systems	0:57:29	0:58:22	41	M55	51	5: 12:02	11:51	11:31	11:12	10:51		
869	3225	Kaule Solveig	It-run4fun.de	0:57:29	0:58:04	71	M50	59	5: 11:17	11:18	11:38	11:50	11:26		
870	1951	Carulla Pablo	sc-düsseldorf-westü40	0:57:35	0:58:21	150	M45	60	5: 12:01	11:36	11:31	11:20	11:05		
871	3297	Kessel Theodor	*Neuss	0:57:37	0:58:29	1	M75	30	5: 11:55	11:18	11:19	11:40	11:23		
872	2196	Kahlert Gerald	*Duisburg	0:57:37	0:58:51	169	M40	65	5: 12:50	12:05	11:48	10:45	10:07		
873	2062	Gajecki Georg	NRW.BANK	0:57:40	0:57:42	42	M55	53	5: 10:22	11:06	11:52	12:12	12:06		
874	3360	Reykers Olaf	SC Bins	0:57:46	0:58:51	117	M35	71	5: 12:21	11:51	11:49	11:14	10:30		
875	2094	Grimm Paul	Kieser Training	0:57:48	0:58:45	14	M65	41	5: 12:01	11:34	11:31	11:35	11:05		
876	2176	Jakubiak Stefan	ALDI Langenfeld	0:57:52	0:58:14	170	M40	67	5: 11:05	11:04	11:29	11:55	12:17		
877	1965	Crevecoeur Rainer	Kö-Schnecken	0:57:55	0:58:32	171	M40	65	5: 11:04	10:43	11:46	12:08	12:11		
878	2324	Mahlke Frank	Fuji-Runners	0:57:55	0:58:14	172	M40	65	5: 09:34	10:34	11:34	14:02	12:10		
879	1999	Dufke Sebastian	*Düsseldorf	0:57:56	0:58:23	139	M20	81	5: 10:21	11:02	11:48	12:34	12:09		
880	2247	Köksal Halil-Okan	ALDI Langenfeld	0:58:03	0:58:03	12	MJA	90	5: 09:10	11:42	12:39	12:46	11:45		
881	2718	Becker Willi	*Kleve	0:58:05	0:59:03	15	M65	44	5: 11:40	11:36	11:35	11:43	11:30		
882	1856	Adrian Daavid	*Kaarst	0:58:06	0:59:21	140	M20	85	5: 12:01	11:37	11:30	11:40	11:16		
883	1857	Adrian Frank	*Ratingen	0:58:07	0:59:21	13	MJA	91	5: 12:02	11:38	11:30	11:41	11:15		
884	2284	Kulesza Patrick	Tigges Rechtsanwälte	0:58:09	0:59:24	141	M20	89	5: 12:18	11:43	11:40	11:31	10:55		
885	2100	Grüttke Helge	BBDO Germany	0:58:10	0:58:25	118	M35	74	5: 11:23	11:21	11:47	12:04	11:33		
886	1774	Wagner Uwe	*Düsseldorf	0:58:12	0:59:07	151	M45	60	5: 11:46	11:45	11:42	11:28	11:30		
887	2384	Niemeyer Christoph	Allen&Overy	0:58:14	0:58:28	131	M30	77	5: 10:08	11:28	12:14	12:27	11:54		
888	2366	Mostersteg Karsten	ISS Facility Services GmbH	0:58:14	0:58:57	119	M35	72	5: 11:16	10:51	11:58	12:16	11:51		
889	2052	Frinken Michael	TEAM Stadtwerke Düsseldorf	0:58:17	0:59:22	120	M35	71	5: 12:19	11:51	11:49	11:38	10:37		
890	2777	Ouba Ibrahim	*Düsseldorf	0:58:18	0:59:13	72	M50	57	5: 11:55	11:28	11:20	11:33	12:00		
891	2652	Niinuma Hidetoshi	Hotel Nikko	0:58:20	1:00:35	173	M40	68	5: 10:49	11:30	11:46	12:11	12:03		
892	3223	Schüller Franz	*Düsseldorf	0:58:21	0:58:40	16	M65	40	5: 11:29	11:50	11:52	11:55	11:13		
893	2740	Schill Tobias	Cisco	0:58:21	0:59:28	121	M35	72	5: 11:53	11:23	11:41	11:49	11:32		
894	2134	Helms Andre	*Düsseldorf	0:58:24	0:59:34	122	M35	70	5: 11:27	11:16	11:38	12:07	11:54		
895	2492	Schmitz Uwe	SV 21 Bonenburg	0:58:26	0:59:37	152	M45	62	5: 12:14	11:26	11:39	11:41	11:24		
896	2480	Schlingloff André	*Düsseldorf	0:58:29	0:59:06	123	M35	72	5: 12:47	11:45	11:31	11:24	11:00		
897	1893	Beckmann Frank	*Bochum	0:58:29	0:59:06	124	M35	72	5: 12:47	11:45	11:31	11:24	11:00		
898	2648	Zurawski Simon	*Langenfeld	0:58:31	0:58:59	132	M30	75	5: 11:05	11:20	11:54	12:20	11:50		
899	2103	Günther Holger	*Duisburg	0:58:36	0:59:23	43	M55	53	5: 12:27	12:02	11:57	11:48	10:21		
900	2596	Vietzke Horst	Kieser Training	0:58:40	0:59:31	153	M45	64	5: 12:01	11:41	11:41	11:44	11:31		

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
901	2155	Hofer Heribert	*Düsseldorf	0:58:41	0:59:25	44	M55	54	5	11:56	11:32	11:51	12:01	11:19
902	2451	Ritzkowski Peter	*Düsseldorf	0:58:43	0:59:07	73	M50	59	5	11:43	11:37	11:57	11:55	11:30
903	2632	Wojtynek Bartolomäus	*Heiligenhaus	0:58:45	0:59:39	142	M20	81	5	11:36	11:33	11:50	12:01	11:44
904	1809	Schmitt Peter	LT Biedenkopf	0:58:46	0:59:11	18	M60	47	5	11:01	11:38	11:55	12:05	12:06
905	2560	Stroehl Sebastian	*Düsseldorf	0:58:47	0:59:23	143	M20	83	5	12:15	11:56	11:45	11:43	11:06
906	2283	Kulesza Maximilian	Tigges Rechtsanwälte	0:58:47	1:00:00	144	M20	83	5	12:20	11:53	11:47	11:46	10:59
906	2639	Wyszynski Jago	Heuking Kühn Lüer Wojtek	0:58:47	0:59:26	45	M55	54	5	12:35	11:36	11:33	11:39	11:23
908	3240	Brinkmann Daniel	*Düsseldorf	0:58:51	1:00:24	133	M30	78	5	12:26	11:45	11:34	11:51	11:13
909	2044	Fredrich Wolfgang	Gammelige Socken	0:58:53	0:59:08	154	M45	64	5	11:27	11:57	12:01	12:01	11:24
909	2702	Soliman Peter	*Düsseldorf	0:58:53	0:59:27	154	M45	62	5	11:26	11:27	11:43	11:58	12:16
911	2285	Kulesza Stefan	Tigges Rechtsanwälte	0:58:55	1:00:10	46	M55	52	5	12:19	12:01	11:43	11:44	11:07
912	1773	Riedel Marcel	*Düsseldorf	0:58:56	0:59:52	134	M30	76	5	12:55	12:28	12:04	11:21	10:06
913	2252	Körner Roderich	Kentucky Fried Chicken	0:58:57	0:59:21	145	M20	80	5	10:46	11:23	11:58	12:35	12:14
914	2045	Freifeld Janusch	*Mettmann	0:58:58	0:59:29	47	M55	52	5	12:19	11:58	11:45	11:43	11:10
915	3302	Erhart Michael	*Monheim	0:59:01	1:00:10	74	M50	59	5	12:08	11:53	12:07	11:54	10:56
916	2452	Rocker Erwin	BSG Stadtverw. Ddorf	0:59:04	0:59:41	48	M55	52	5	11:43	12:12	11:39	11:56	11:31
917	2723	Orno Tufan		0:59:09	0:59:15	125	M35	73	5	11:12	11:26	11:54	12:21	12:14
918	1905	Berg Thomas	NRW.BANK	0:59:09	1:00:48	174	M40	69	5	11:56	12:00	12:02	11:57	11:13
919	2726	Cappello Gaetano	*Düsseldorf	0:59:10	0:59:15	135	M30	79	5	11:13	11:26	11:54	12:21	12:14
920	1593	Opheiden Michael	*Düsseldorf	0:59:11	0:59:44	175	M40	68	5	10:54	11:33	11:56	12:54	11:52
921	2696	Raschke Jens		0:59:12	0:59:30	176	M40	66	5	11:01	11:43	12:10	12:16	12:00
922	2077	Gessner Patrick	ALDI Langenfeld	0:59:15	0:59:16	146	M20	82	5	10:22	11:35	12:20	12:42	12:13
923	2455	Rohde Christian	*Erkrath	0:59:18	1:00:01	136	M30	76	5	12:06	11:59	12:10	11:55	11:07
924	1845	Neuhausen Hans-Georg	*Köln	0:59:22	1:00:37	156	M45	60	5	12:17	12:03	11:53	11:52	11:15
925	2438	Reinke Sascha	NRW.BANK	0:59:23	1:01:00	126	M35	72	5	12:02	12:12	12:03	11:46	11:18
926	2665	Rumpel Heiko	dm Drogeriemarkt	0:59:24	1:00:12	137	M30	76	5	13:32	12:59	11:09	11:17	10:25
927	2412	Poensgen Thomas	*Düsseldorf	0:59:24	1:00:28	138	M30	78	5	12:38	12:30	12:09	11:40	10:26
928	2757	Bergheim Ronald	DSC 99	0:59:29	0:59:30	49	M55	53	5	11:00	11:56	12:09	12:26	11:56
929	2768	Timmermann Felix	Forza 1.FCN	0:59:29	1:00:02	139	M30	77	5	12:12	12:16	12:01	12:02	10:56
930	1949	Butterwegge Frank	*Düsseldorf	0:59:33	1:00:34	127	M35	71	5	12:06	11:43	11:55	11:52	11:55
931	2192	Junkers Axel	*Langenfeld	0:59:38	1:00:17	177	M40	67	5	11:55	11:41	11:47	12:02	12:10
932	2243	Koch Martin	*Oberhausen	0:59:39	1:00:40	140	M30	75	5	12:33	11:44	11:46	11:59	11:36
933	2263	Kral Jan	*Düsseldorf	0:59:43	0:59:59	128	M35	74	5	10:52	11:33	12:18	12:59	12:00
934	2707	Klose Christoph Tim	*Düsseldorf	0:59:45	1:00:14	178	M40	68	5	12:16	12:11	12:19	12:29	10:27
935	2162	Hoydem Andreas	TEAM Stadtwerke Düsseldorf	0:59:47	1:00:52	129	M35	70	5	12:19	11:51	11:50	11:53	11:52
936	2418	Posingies Heinz	*Düsseldorf	1:00:01	1:00:34	50	M55	52	5	11:54	11:54	12:04	12:11	11:56
937	3254	Schillings Rolf	*Neuss	1:00:05	1:00:41	17	M65	42	5	11:59	11:41	11:57	12:13	12:13
938	2521	Schweinböck Christoph	1. SC Bilk	1:00:23	1:01:03	130	M35	70	5	12:42	13:04	11:45	11:07	11:44
939	1975	Decker Jörg	*Düsseldorf	1:00:25	1:00:51	141	M30	78	5	11:35	11:48	12:17	12:31	12:12
940	2223	Kisono Masahiro	*Düsseldorf	1:00:25	1:01:32	131	M35	70	5	12:18	12:30	12:13	11:53	11:29
941	2746	Heger Christian	*Düsseldorf	1:00:30	1:01:21	75	M50	59	5	11:57	11:53	12:10	12:15	12:13
942	2122	Hasselmeier Sven	*Düsseldorf	1:00:34	1:00:51	132	M35	70	5	11:29	12:06	12:29	12:27	12:00
943	2139	Hepp Achim	*Dortmund	1:00:37	1:00:53	133	M35	71	5	11:58	12:09	12:09	12:18	12:02
944	2036	Flabb Jürgen	ISS Facility Services GmbH	1:00:40	1:01:23	76	M50	58	5	11:16	11:52	12:27	12:36	12:26
945	1927	Bremer Birger	bbt	1:00:44	1:01:52	134	M35	71	5	12:48	12:25	12:03	12:02	11:25
946	3196	Brinkmann Alexander	*Düsseldorf	1:00:49	1:02:23	142	M30	76	5	12:26	12:03	12:12	12:02	12:04
947	3261	Winkelsträter Michael	LG	1:01:04	1:01:46	19	M60	46	5	12:27	12:09	11:56	12:02	12:29
948	2145	HIDENARI FUJII	*DUSSELDORF	1:01:14	1:01:14	143	M30	75	5	10:29	11:56	00:00	00:00	12:56
949	1915	Blumenrath Fritz	DJK Novesia Neuss	1:01:16	1:01:43	1	M80	29	5	11:38	12:17	12:26	12:24	12:30
950	2064	Gangolf Michael	*Düsseldorf	1:01:27	1:02:32	147	M20	81	5	12:08	11:58	12:30	12:24	12:25
951	1876	Avgustin Andreas	*Benrath	1:01:41	1:01:54	148	M20	88	5	12:28	12:47	13:06	12:07	11:11
952	2689	Banz Michael	*Solingen	1:01:47	1:03:03	157	M45	60	5	12:32	12:10	12:19	12:07	12:37
953	2217	Kern Matthias	Kentucky Fried Chicken	1:01:49	1:02:10	179	M40	68	5	11:37	11:48	12:32	13:01	12:49
954	2016	Ernst Carsten	Friedrichsthaler Laufmäuse	1:01:51	1:02:07	158	M45	64	5	11:46	12:18	12:37	12:47	12:20
955	3219	Bohnen Klaus	*Ratingen	1:02:06	1:02:19	51	M55	54	5	12:08	12:22	12:33	12:36	12:25
956	2714	Preuß Ulrich	*Willich	1:02:08	1:03:19	180	M40	67	5	12:42	12:57	12:41	12:15	11:30
957	2532	Soltau Dirk	D&G	1:02:12	1:02:24	181	M40	69	5	11:34	12:32	12:42	12:46	12:36
958	2269	Kreutzmann Frank	*Düsseldorf	1:02:15	1:03:13	159	M45	64	5	12:31	12:53	12:44	12:22	11:42
959	1854	Abend Günter	*Düsseldorf	1:02:18	1:02:50	18	M65	43	5	12:25	12:25	12:33	12:31	12:23
960	2729	Smith Alan	South Shields	1:02:19	1:02:57	52	M55	54	5	11:17	11:08	12:34	13:09	14:10

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden					
961	2195	Käfer Carsten	*Düsseldorf	1:02:25	1:03:37	149	M20	80	5: 13:26	13:09	13:04	12:18	10:26	
962	2460	Rotzoll Andreas	*Düsseldorf	1:02:30	1:03:11	182	M40	69	5: 11:51	11:48	11:58	12:43	14:08	
963	2179	Jansen Thomas	*Düsseldorf	1:02:31	1:03:08	160	M45	64	5: 13:09	13:02	12:16	12:22	11:40	
964	1958	Cirkel Julian	*Düsseldorf	1:02:40	1:03:52	150	M20	81	5: 13:26	13:09	13:04	12:19	10:40	
965	2776	Thie Stefan	*Düsseldorf	1:02:51	1:03:47	161	M45	62	5: 13:07	13:09	13:00	12:07	11:26	
966	2029	Feyerabend Martin	ALDI Langenfeld	1:03:11	1:03:25	151	M20	81	5: 11:42	12:49	13:22	13:19	11:57	
967	1941	Bührmann Magnus	*Bad Homburg	1:03:28	1:03:58	144	M30	77	5: 13:29	13:10	12:33	12:22	11:52	
968	2674	Röttger Iknur	*Mülheim	1:04:05	1:04:39	183	M40	66	5: 12:43	12:39	12:47	13:03	12:52	
969	2775	Zimmermann Norbert	*Düsseldorf	1:04:09	1:05:05	77	M50	59	5: 12:44	12:32	12:42	13:03	13:07	
970	1782	Wiesner Frank	Kieser Training	1:04:41	1:05:34	135	M35	71	5: 12:57	13:06	12:56	12:57	12:43	
971	2501	Schrank Rolf	*Düsseldorf	1:04:43	1:05:48	184	M40	69	5: 12:45	12:50	12:44	13:15	13:06	
972	1758	Steugel Wolfgang	*Düsseldorf	1:04:50	1:05:43	145	M30	77	5: 13:16	13:12	13:10	12:58	12:12	
973	2142	Herrmann Heiko	Fuji-Runners	1:05:14	1:06:13	185	M40	69	5: 13:39	13:53	13:42	13:01	10:56	
974	2306	Lercher Claus	*Düsseldorf	1:05:16	1:05:58	136	M35	72	5: 13:13	13:01	13:13	13:09	12:38	
975	1986	Döhring Bernd	Fuji-Runners	1:05:20	1:06:20	53	M55	50	5: 12:27	12:30	13:08	13:26	13:47	
976	2615	Welker Dieter	*Düsseldorf	1:05:26	1:06:23	137	M35	73	5: 12:19	12:41	13:24	13:46	13:14	
977	2540	Stamm Andreas	Wingman e.V.	1:05:30	1:06:01	138	M35	70	5: 12:15	12:26	13:08	13:39	14:00	
978	2373	Leufen Nadine	*Düsseldorf	1:05:30	1:06:01	146	M30	79	5: 12:16	12:26	13:09	13:38	14:00	
979	1438	Gansel Frank	*kerken	1:05:36	1:06:50	139	M35	70	5: 13:08	12:55	13:12	13:16	13:03	
980	3205	Färber Dr. Heribert	*Düsseldorf	1:05:49	1:06:16	186	M40	68	5: 12:29	12:55	13:22	13:25	13:36	
981	2047	Freund Stephan	Heuking Kühn Lüer Wojtek	1:06:45	1:07:09	140	M35	73	5: 13:13	13:49	13:45	13:30	12:26	
982	2772	Klein Christian	*Düsseldorf	1:06:56	1:07:51	162	M45	64	5: 13:19	13:36	13:09	13:22	13:27	
983	2242	Koch Dieter	*Düsseldorf	1:06:58	1:07:47	187	M40	68	5: 12:55	13:04	13:24	13:52	13:41	
984	1978	Deinet Ulrich	*Haan	1:07:16	1:07:21	78	M50	55	5: 13:26	13:35	13:44	13:52	12:38	
985	2550	Stöver Bernd	*Meerbusch	1:07:30	1:08:53	152	M20	83	5: 13:11	13:23	13:51	13:45	13:17	
986	3227	Unkelsbach Franziska	*Düsseldorf	1:07:55	1:08:08	141	M35	71	5: 12:19	13:22	14:13	14:09	13:49	
987	3334	Becker Rainer	*Düsseldorf	1:08:25	1:08:56	163	M45	62	5: 13:05	13:24	13:57	14:03	13:54	
988	2716	Hasselbusch Sven	*Düsseldorf	1:08:29	1:09:23	153	M20	82	5: 13:01	13:45	13:51	13:53	13:58	
989	2754	Gergs Jürgen	*Düsseldorf	1:08:49	1:09:38	188	M40	65	5: 12:47	13:19	14:05	14:27	14:08	
990	2317	Luchtman Detlef	skhe	1:08:50	1:11:19	142	M35	72	5: 13:13	13:47	14:11	13:59	13:39	
991	2386	Nowak Dr. Thomas	*Kaarst	1:08:58	1:09:33	143	M35	70	5: 12:56	13:05	13:40	14:20	14:55	
992	2351	Meyer Thorsten	*Wetter	1:08:59	1:09:52	154	M20	82	5: 13:36	14:02	14:13	14:02	13:04	
993	2570	Teschke Marc-Oliver	*Düsseldorf	1:10:35	1:11:50	155	M20	84	5: 13:30	13:46	14:19	14:38	14:20	
994	2766	Schmitt Wolfgang	*Düsseldorf	1:12:15	1:12:53	79	M50	57	5: 13:11	14:09	14:49	15:09	14:55	
995	2030	FIEDLER-PANAJOTOPOUL	*DÜSSELDORF	1:13:52	1:13:57	189	M40	66	5: 12:15	15:08	15:22	15:52	15:13	
996	2054	Fritz Friedrich-W.	Solo	1:27:53	1:28:01	54	M55	53	5: 16:05	17:26	18:24	18:24	17:32	
997	3325	Kehlbreier Ralph	LG Gummersbach	0:34:08	0:34:10	190	M40	66	4: 08:01	08:29	08:41	08:56	00:00	
998	2292	Laese Christian	Schüßler Plan	0:47:38	0:47:38	55	M55	51	4: 19:59	09:18	09:14	09:06	00:00	
999	1714	Zander-Erbacher Klaus-Reiner	Sutor Steuerberatung	0:51:40	0:51:53	56	M55	54	4: 11:18	12:43	13:24	14:14	00:00	
1000	3338	Fütterer Marcus	ASC Düsseldorf	0:23:46	0:23:46	191	M40	67	3: 07:41	07:55	08:09	00:00	00:00	
1001	1881	Balveren Kamil	ALDI Langenfeld	0:29:18	0:29:31	156	M20	87	3: 09:00	09:09	11:08	00:00	00:00	
1002	2343	Meister Martin	TEAM Stadtwerke Düsseldorf	0:31:20	0:31:32	164	M45	63	3: 09:58	10:33	10:47	00:00	00:00	
1003	1406	Dreymann Christoph	*Düsseldorf	0:31:46	0:32:00	157	M20	87	3: 09:05	10:55	11:45	00:00	00:00	
1004	1602	Plutschinski Timo	*Düsseldorf	0:32:21	0:32:27	147	M30	76	3: 09:26	11:01	11:53	00:00	00:00	
1005	1769	Richter Thomas	*Meerbusch	0:33:45	0:34:09	158	M20	81	3: 11:30	10:55	11:19	00:00	00:00	
1006	1323	Boras Ante-Florian	*Düsseldorf	0:36:10	0:36:11	159	M20	88	3: 10:15	13:07	12:47	00:00	00:00	
1007	2566	Szczesny Reinhard	*Kaarst	0:46:23	0:46:23	192	M40	68	3: 23:20	11:22	11:40	00:00	00:00	
1008	1622	Scharrenberg Ulrich	ASV LT Kemperdick	0:16:57	0:17:01	20	M60	48	2: 08:05	08:52	00:00	00:00	00:00	
1009	1724	Asbrand-Eickhoff Stefan	*Meerbusch	0:17:41	0:17:45	165	M45	62	2: 08:36	09:05	00:00	00:00	00:00	
1010	2671	Schemiger Hans	*Hilden	0:20:15	0:20:34	193	M40	66	2: 10:06	10:09	00:00	00:00	00:00	
1011	2186	Johannes Horst	LT BUGA Düsseldorf 1999	0:22:12	0:23:15	194	M40	68	2: 11:05	11:07	00:00	00:00	00:00	
1012	2225	Klaus Enrico	JUH Düsseldorf	0:23:31	0:24:18	144	M35	74	2: 11:49	11:42	00:00	00:00	00:00	
1013	1861	Aksoy Erhan	Orange Business Germany	0:09:08	0:09:56	145	M35	71	1: 09:08	00:00	00:00	00:00	00:00	
1014	1834	Wagner Stefan	LT Klappspaten	0:09:54	0:10:27	160	M20	81	1: 09:54	00:00	00:00	00:00	00:00	
1015	1434	Fruhstorfer Harald	*Duisburg	0:10:29	0:10:40	146	M35	73	1: 10:29	00:00	00:00	00:00	00:00	
1016	1482	Höpner Dennis	*Bonn	0:10:29	0:10:40	161	M20	83	1: 10:29	00:00	00:00	00:00	00:00	
1017	2626	Wirth Patrick	*Hilden	0:11:08	0:12:26	148	M30	75	1: 11:08	00:00	00:00	00:00	00:00	
1018	3154	Drese Wolfgang	dm Drogeriemarkt	0:12:24	0:13:32	19	M65	43	1: 12:24	00:00	00:00	00:00	00:00	

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
1	50	Mockenhaupt Sabrina		0:32:20	0:32:21	1	W20	80	5:06:31	06:22	06:29	06:33	06:23
2	52	Debelu Shitaye	Äthiopien	0:32:27	0:32:28	2	W20	80	5:06:31	06:22	06:29	06:33	06:30
3	51	Kaptich Selly Chepyego	Kenia	0:33:40	0:33:41	3	W20	85	5:06:31	06:28	06:43	06:54	07:01
4	54	Cheboi Veronica	Kenia	0:33:56	0:33:57	4	W20	88	5:06:31	06:36	06:52	07:01	06:54
5	55	Zaituc Luminita		0:34:01	0:34:01	1	W40	68	5:06:37	06:50	06:53	06:55	06:45
6	56	Chepkoech Ruth	Kenia	0:34:17	0:34:18	5	W20	87	5:06:31	06:50	06:56	07:00	06:58
7	44	Rowland Hollie	SG Neukirchen-Hülchrath	0:34:21	0:34:23	6	W20	88	5:06:47	06:55	06:55	06:54	06:48
8	53	Kwambai Gladys	Kenia	0:34:44	0:34:45	7	W20	83	5:06:34	06:47	07:05	07:17	07:00
9	1827	Moser Ana	Tusem Essen	0:38:17	0:38:18	1	WJA	90	5:07:44	07:45	07:45	07:40	07:21
10	3288	Jenke Ute	ASC Rosellen	0:39:24	0:39:27	1	W45	64	5:07:41	07:56	07:56	07:57	07:52
11	1525	Körtgen Theresa	Alemannia Aachen	0:39:25	0:39:25	8	W20	81	5:07:40	07:58	07:58	08:05	07:42
12	1581	Mosler Stephanie	Alemannia Aachen	0:39:26	0:39:26	9	W20	84	5:07:39	07:51	08:00	08:08	07:46
13	1648	Spicker Ute	Team-Essen 99	0:40:48	0:40:53	2	W45	61	5:07:42	08:02	08:19	08:23	08:21
14	1458	Grosalski Isabelle	LG Gummersbach	0:41:54	0:41:57	1	W35	71	5:08:13	08:30	08:29	08:26	08:15
15	1559	Lüdorf Mara	LG Gummersbach	0:42:10	0:42:12	2	W35	70	5:08:11	08:32	08:31	08:28	08:28
16	1465	Hans Jacqueline	Lg Gummersbach	0:42:14	0:42:18	10	W20	81	5:08:13	08:30	08:29	08:28	08:33
17	3319	Reiter Claudia	TUS Deuz	0:43:07	0:43:21	3	W35	72	5:08:25	08:42	08:43	08:45	08:29
18	1539	Kronenberg Conny	LCK Ronsdorf	0:43:22	0:43:23	1	W55	54	5:08:09	08:42	08:54	08:54	08:42
19	3321	Valles Fernández Estefanía	active sportshop	0:43:22	0:43:23	11	W20	80	5:08:11	08:34	08:54	09:03	08:39
20	1683	Volz Michaela	*Düsseldorf	0:43:57	0:44:07	12	W20	82	5:08:28	08:45	09:01	08:56	08:45
21	1638	Schulz Christina	*Düsseldorf	0:44:26	0:44:44	4	W35	70	5:08:31	08:45	09:05	09:04	09:00
22	1730	Pütke Tina	*Düsseldorf	0:44:31	0:44:47	1	W30	77	5:09:03	08:52	08:56	08:54	08:43
23	1515	Kenion Michele	*Düsseldorf	0:44:46	0:45:03	3	W45	62	5:09:00	08:49	08:57	09:01	08:57
24	3301	Wienke Dagmar	LA Fortuna Düsseldorf	0:44:56	0:45:07	2	W40	65	5:08:54	08:57	08:54	09:03	09:07
25	1422	Fladda Marion	*Neuss	0:44:58	0:45:13	13	W20	84	5:08:32	08:49	09:06	09:25	09:05
26	1748	Schiller-Campbell Elisabeth	*Düsseldorf	0:45:25	0:45:41	4	W45	64	5:09:00	08:51	09:12	09:21	08:57
27	3355	Schubert Silke	Spiridon Haltern	0:45:28	0:45:29	5	W35	72	5:08:44	09:04	09:13	09:12	09:13
28	1474	Herriger Annetrin	RP-Marathonteam	0:45:55	0:46:09	6	W35	72	5:08:54	09:20	09:21	09:18	08:59
29	1868	Allgeier Jana	Kieser Training	0:45:56	0:46:13	2	WJA	91	5:09:16	09:15	09:24	09:20	08:39
30	1351	Abrahamsson Anna	*Düsseldorf	0:45:59	0:46:06	7	W35	70	5:08:34	08:58	09:24	09:38	09:23
31	1412	Erhardt Carmen	*Düsseldorf	0:46:00	0:46:15	2	W30	75	5:09:11	09:11	09:10	09:13	09:12
32	1371	Beulen Silke	ART Düsseldorf	0:46:03	0:46:25	3	W30	76	5:09:15	08:59	09:09	09:21	09:17
33	2097	Große Hovest Miriam	*Köln	0:46:20	0:46:24	4	W30	78	5:09:11	09:23	09:31	09:16	08:56
34	2500	Schrader Melanie	Hotel Nikko	0:46:28	0:46:48	3	W40	68	5:09:12	09:17	09:24	09:24	09:09
35	2705	Hertelt Anka	*Krefeld	0:46:34	0:46:47	5	W45	62	5:09:56	09:13	09:14	09:15	08:54
36	3183	Lürig Maren	*Düsseldorf	0:46:36	0:46:54	5	W30	76	5:08:58	09:00	09:18	09:34	09:45
37	2651	Stuckenberg Anke	Hotel Nikko	0:46:49	0:47:09	8	W35	73	5:09:05	09:14	09:31	09:27	09:30
38	1416	Ferfers Christina	*Kranenburg	0:46:58	0:47:07	14	W20	81	5:08:50	09:24	09:27	09:33	09:43
39	1700	Wiegele Veronika	*Düsseldorf	0:47:05	0:47:41	9	W35	72	5:09:34	09:28	09:25	09:23	09:13
40	1367	Becker Ines	ART Düsseldorf	0:47:07	0:47:22	6	W30	77	5:08:58	09:20	09:38	09:43	09:26
41	1607	Pricken Christina	Bunert Running Team	0:47:08	0:47:30	10	W35	74	5:09:11	09:25	09:32	09:40	09:19
42	2002	Dwars Inken	Kieser Training	0:47:29	0:47:47	15	W20	82	5:09:11	09:22	09:43	09:46	09:25
43	1885	Dreker Katja	Fast Foot Düsseldorf	0:47:35	0:48:19	7	W30	79	5:09:21	09:19	09:35	09:47	09:31
44	2561	Strotmann Carolin	Schüßler Plan	0:47:36	0:47:36	16	W20	80	5:10:32	09:27	09:18	09:14	09:04
45	1470	Hebrant Gisela	Tigges Rechtsanwältin	0:47:38	0:47:52	8	W30	78	5:08:44	09:22	09:42	09:54	09:55
46	3294	Katz Susanne	*Neustadt	0:47:48	0:47:48	4	W40	69	5:09:36	09:24	09:33	09:41	09:32
47	1770	Brinckmann Iris	Speedskater Düsseldorf	0:47:54	0:47:55	9	W30	77	5:09:35	09:39	09:45	09:41	09:12
48	1503	Jurk Conny	ART Düsseldorf	0:48:05	0:48:10	10	W30	75	5:09:06	09:22	09:43	09:56	09:56
49	2084	Götz Meike	Non-Stop-Ultra	0:48:16	0:48:31	17	W20	83	5:09:16	09:32	09:48	09:55	09:42
50	3349	Neck Nina	TG Neuss	0:48:18	0:48:48	18	W20	82	5:09:22	09:41	09:48	09:56	09:29
51	2622	Wimmer Julia	*Meerbusch	0:48:23	0:48:49	1	WJB	92	5:10:00	09:39	09:45	09:44	09:14
52	1741	Kuo Lih-Fang	*Duisburg	0:48:37	0:49:02	11	W35	71	5:08:55	09:30	10:06	10:15	09:50
53	2576	Thielmann Birke	*Meerbusch	0:48:38	0:49:04	12	W35	72	5:10:04	09:43	09:45	09:42	09:23
54	2266	Krause Marie-Christine	*Großensee	0:48:42	0:48:42	19	W20	87	5:00:00	00:00	00:00	00:00	00:00
55	1483	Hoffmann Patricia	*Düsseldorf	0:49:09	0:49:15	20	W20	86	5:09:27	09:38	09:56	10:01	10:05
56	2585	Tsubakihara Rika	*Düsseldorf	0:49:17	0:50:01	11	W30	78	5:10:32	09:56	09:41	09:39	09:27
57	1375	Blomberg Ingela	*Düsseldorf	0:49:19	0:49:50	5	W40	67	5:09:24	09:53	10:01	09:58	10:02
58	1444	Goldschmidt Anja	*Düsseldorf	0:49:21	0:49:37	13	W35	71	5:09:20	09:42	10:12	10:17	09:49
59	2565	Sumfleth Inga	*Düsseldorf	0:49:33	0:49:48	12	W30	76	5:09:38	09:40	09:59	10:08	10:06
60	2448	Rigterink Beatrix	*Neuss	0:49:33	0:49:49	1	W50	58	5:09:38	09:40	09:59	10:08	10:06

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
61	3178	Kremer Andrea-Anne	Osterather TV	0:49:37	0:49:51	6	W45	64	5:08:51	09:37	10:12	10:35	10:21
62	2067	Garmatz Maike	*Haan	0:49:38	0:49:43	14	W35	70	5:09:17	09:49	10:08	10:21	10:01
63	2340	Mecking Dr. Bettina	lt-run4fun.de	0:49:40	0:50:09	6	W40	67	5:09:49	09:53	10:00	10:04	09:52
64	1989	Döring Bettina	*Meerbusch	0:49:51	0:49:57	7	W45	64	5:09:35	09:55	10:06	10:12	10:01
65	1667	Thelemann Astrid Uta	*Düsseldorf	0:49:52	0:49:57	8	W45	63	5:09:35	09:56	10:06	10:13	10:00
66	2003	Dylla Kornelia	*Ratingen	0:49:56	0:50:10	13	W30	75	5:10:19	09:50	09:53	10:07	09:45
67	2473	Schikorra Claudia	*Düsseldorf	0:49:56	0:50:11	7	W40	68	5:09:52	09:52	10:07	10:13	09:50
68	1548	Leibeling Sarah	Dormagen	0:49:59	0:50:09	2	WJB	93	5:09:40	10:19	10:04	10:07	09:46
69	2642	Zabrodzki Beate	*Düsseldorf	0:50:00	0:50:28	15	W35	72	5:09:47	09:54	10:06	10:09	10:02
70	2711	Sawa Koichi	*Düsseldorf	0:50:06	0:50:14	8	W40	65	5:09:47	09:58	09:59	10:15	10:05
71	2475	Schirrmeister Miriram	NRW.BANK	0:50:12	0:50:25	21	W20	88	5:09:54	10:03	10:10	10:13	09:50
72	2190	Jungnickl Daniela	RP-Marathonteam	0:50:20	0:50:47	16	W35	70	5:09:48	10:00	10:12	10:13	10:05
73	2218	Kersten Kerstin	*Düsseldorf	0:50:48	0:51:13	17	W35	73	5:10:10	10:07	10:12	10:12	10:04
74	1545	Lamprecht Michaela	*Düsseldorf	0:50:57	0:51:29	22	W20	80	5:09:25	10:04	10:21	10:37	10:29
75	2170	Jablonka Angela	Lola rennt	0:51:06	0:51:17	2	W50	59	5:10:10	10:03	10:13	10:22	10:17
76	2643	Zange Gabi	GSV Porz	0:51:06	0:51:34	9	W45	60	5:10:17	10:11	10:15	10:18	10:03
77	2461	Ruck Julia	*Düsseldorf	0:51:13	0:51:35	14	W30	77	5:10:04	10:01	10:15	10:32	10:19
78	1456	Gröpper Miriam	Haaner Kirmes	0:51:17	0:51:46	23	W20	85	5:09:36	10:18	10:29	10:33	10:19
79	2611	Walther Susanne	Mettmann Sport	0:51:20	0:51:37	18	W35	71	5:10:15	10:11	10:16	10:29	10:06
80	3229	Cirmia Barbara	TV Angermund	0:51:24	0:51:54	10	W45	63	5:10:05	10:14	10:25	10:23	10:14
81	2008	Eiersbrock Esther	NRW.BANK	0:51:32	0:51:33	24	W20	89	5:10:05	10:03	10:10	10:24	10:47
82	2688	White Helen	*Düsseldorf	0:51:34	0:52:17	15	W30	77	5:11:12	10:12	10:15	10:18	09:35
83	2189	Junghanns Tina	Sportmühle Hilden	0:51:37	0:51:51	25	W20	84	5:09:42	10:03	10:30	10:42	10:38
84	3364	Flindt Birte Maren	*Meerbusch	0:51:39	0:52:30	9	W40	66	5:10:31	10:08	10:25	10:20	10:13
85	2072	Gelking Maria	*Düsseldorf	0:51:42	0:51:48	16	W30	78	5:09:43	10:11	10:32	10:42	10:32
86	2228	Klein Claudia	*Düsseldorf	0:51:48	0:51:57	19	W35	72	5:09:42	10:00	10:34	10:43	10:47
87	2467	Schäuble Kathrin	*Düsseldorf	0:51:49	0:51:53	17	W30	78	5:10:21	10:30	10:31	10:25	10:00
88	1775	Schneider Julian	*Mettmann	0:51:50	0:51:53	3	WJB	93	5:09:50	09:55	10:43	11:13	10:07
89	1995	Dreyer Alex	LT Düsseldorf Süd	0:51:51	0:52:35	20	W35	71	5:10:46	10:18	10:18	10:27	10:00
90	2357	Miksa Beate	*Düsseldorf	0:51:55	0:52:15	10	W40	67	5:09:38	10:18	10:43	10:50	10:24
91	2410	Platacis Elvira	*wuppertal	0:51:57	0:52:19	21	W35	72	5:10:08	10:18	10:32	10:31	10:26
92	2129	Heid Nicole	agnes-Sport	0:51:58	0:52:13	22	W35	70	5:10:11	10:28	10:32	10:31	10:14
93	2031	Fischer Andrea	Schüßler Plan	0:52:00	0:52:29	3	W50	57	5:10:12	10:10	10:31	10:44	10:21
94	1964	Coppel Margit	*Düsseldorf	0:52:04	0:52:31	23	W35	74	5:09:48	10:05	10:36	10:53	10:41
95	1644	Sinzig Sylvia	*Messel	0:52:06	0:52:30	4	W50	57	5:09:48	10:26	10:37	10:39	10:33
96	2270	Krings Claudia	TEAM Stadtwerke Düsseldorf	0:52:13	0:52:46	11	W45	63	5:10:47	10:19	10:22	10:21	10:23
97	1871	Arndt Barbara	*Düsseldorf	0:52:25	0:52:45	24	W35	70	5:10:33	10:24	10:39	10:32	10:15
98	2007	Edinger Anke	*Düsseldorf	0:52:30	0:52:56	26	W20	81	5:11:06	10:34	10:24	10:27	09:56
99	3246	Schmitz Irina	Goethe-Gymnasium	0:52:36	0:52:43	4	WJB	92	5:10:01	10:40	10:52	10:44	10:17
100	2272	Dohmen Petra	*Düsseldorf	0:52:38	0:52:58	25	W35	72	5:10:19	10:22	10:38	10:39	10:38
101	2677	Laub Anja	*Düsseldorf	0:52:42	0:53:33	27	W20	82	5:10:31	10:20	10:46	10:44	10:19
102	1883	Bartkowiak Maike	Heuking Kühn Lüer Wojtek	0:52:44	0:53:07	28	W20	84	5:11:19	10:25	10:21	10:31	10:08
103	2549	Stötzel Henrike	Kö-Schnecken	0:52:45	0:53:17	26	W35	74	5:11:08	10:31	10:22	10:24	10:17
104	2525	Siedler-Schwiars Gabriele	Kieser Training	0:52:47	0:52:50	12	W45	60	5:09:56	10:26	10:49	10:50	10:44
105	2161	Hoppe Friederike	*Gießen	0:52:51	0:53:37	29	W20	84	5:11:11	10:39	10:30	10:22	10:07
106	3351	Schmalacker Anja	*Düsseldorf	0:52:54	0:53:01	18	W30	77	5:10:21	10:23	10:43	10:46	10:39
107	3344	Schäfer Maren	*Köln	0:52:54	0:53:01	27	W35	74	5:10:21	10:23	10:43	10:46	10:39
108	2344	Mense Sabine	*Düsseldorf	0:52:55	0:53:53	11	W40	68	5:10:24	10:07	10:52	10:55	10:35
109	2098	Große Hovest Theres	*Düsseldorf	0:52:55	0:53:00	30	W20	81	5:10:19	10:29	10:44	10:51	10:30
110	3256	Kersten Christlinn	Lummerland e.V.	0:52:58	0:53:21	28	W35	73	5:10:32	10:15	10:34	10:42	10:53
111	2748	Gerbaulet Christine	*Düsseldorf	0:53:03	0:53:27	29	W35	73	5:10:45	10:37	10:42	10:37	10:20
112	2522	Seidel Heike	*Düsseldorf	0:53:03	0:53:10	19	W30	78	5:10:34	10:37	10:36	10:41	10:33
113	2364	Mörschel Britta Ilonka	LT BUGA Duesseldorf 1999	0:53:04	0:54:07	12	W40	69	5:11:19	10:32	10:23	10:24	10:23
114	1971	Danne Sandra	*Düsseldorf	0:53:07	0:53:10	30	W35	74	5:10:21	10:34	10:40	10:43	10:48
115	1702	Will Ira	Tigges Rechtsanwältin	0:53:12	0:53:26	13	W40	65	5:09:53	10:28	10:51	11:05	10:53
116	2220	Kirchmair Anneliese	*Kerken	0:53:15	0:54:05	2	W55	54	5:11:01	10:20	10:29	10:34	10:49
117	1363	Bartz Carina	Haaner Kirmes	0:53:28	0:53:57	31	W20	82	5:09:58	10:32	10:57	11:00	11:00
118	2446	Ridder Ulla	*Düsseldorf	0:53:28	0:53:59	14	W40	65	5:11:12	10:40	10:30	10:32	10:33
119	3232	Cyrol Regina	DJK-VFR Saarn	0:53:33	0:53:54	15	W40	69	5:10:30	10:45	10:47	10:53	10:36
120	2623	Wimmer Sabine	*Meerbusch	0:53:45	0:54:11	5	W50	55	5:10:47	10:42	10:43	10:54	10:36

10km - Gesamtwertung

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	1930	Brenk Ulrike	*Krefeld	0:57:13	0:58:03	27	W40	69	5: 12:06 11:28 11:32 11:16 10:49
182	2040	Franz Tanja	*Freigericht-Altenmittlau	0:57:15	0:57:46	28	W40	69	5: 11:21 11:23 11:26 11:52 11:11
183	2290	Kutz Doris	*Langenfeld	0:57:15	0:58:03	9	W50	57	5: 11:24 11:19 11:29 11:30 11:31
184	2687	Lorenz Katja	*Düsseldorf	0:57:23	0:58:06	29	W40	69	5: 11:41 11:37 11:28 11:28 11:08
185	1765	Rhode Jenny	*Meerbusch	0:57:28	0:57:51	30	W30	78	5: 11:52 11:14 11:29 11:44 11:07
186	2456	Rohmann Miriam	*Düsseldorf	0:57:29	0:58:07	46	W20	80	5: 12:10 11:38 11:23 11:16 11:01
187	1846	Welz Anja	Eisbären	0:57:33	0:58:21	45	W35	71	5: 10:43 11:09 11:51 12:10 11:38
188	3296	Wasserme Thea	*Neuss	0:57:36	0:58:28	1	W65	44	5: 11:55 11:17 11:20 11:40 11:23
189	2296	Langenbach Stefanie	Sonnen-Herzog	0:57:51	0:58:09	30	W40	65	5: 11:03 11:07 11:38 12:13 11:48
190	2781	Kokkonen Tytti	Windscheid&Wendel	0:57:51	0:58:14	47	W20	85	5: 12:11 12:04 11:44 11:07 10:42
191	2311	Liesting Nicole	TL Rennhamster	0:57:52	0:58:09	31	W40	69	5: 11:19 11:36 11:45 11:55 11:14
192	2735	Fischer Christiane	*Düsseldorf	0:57:55	0:58:52	46	W35	73	5: 11:49 11:19 11:19 11:45 11:41
193	2700	Finkeldei Angela	*Kaarst	0:57:57	0:58:22	32	W40	66	5: 10:56 11:30 11:57 12:00 11:32
194	2160	Honsel Martina	LG Dorsten	0:57:59	0:59:02	33	W40	66	5: 11:54 11:39 11:35 11:32 11:18
195	2507	Schüßler Alexandra	crazy-born.com	0:58:00	0:59:09	48	W20	82	5: 12:29 11:48 11:44 11:30 10:27
196	1875	Avakian Karin	*Dorsten	0:58:01	0:59:03	19	W45	62	5: 11:54 11:39 11:35 11:32 11:19
197	1771	Pieper Ellen	*Ratingen	0:58:10	0:58:52	31	W30	79	5: 11:42 11:46 11:38 11:43 11:19
198	2728	Jurjevic Andjelika	*Hamburg	0:58:10	0:58:34	0	W	09	5: 10:46 11:23 11:58 12:35 11:27
199	1982	Deuster Monika	*Herzogenrath	0:58:14	0:58:32	20	W45	61	5: 11:11 11:29 11:43 12:11 11:37
200	2681	Olms Anne-Barbara	Wasserwacht Rostock	0:58:20	0:58:27	49	W20	80	5: 12:16 12:36 12:31 11:11 09:44
201	3222	Till Andrea	*Düsseldorf	0:58:24	0:58:38	47	W35	71	5: 10:54 11:32 11:53 12:03 12:00
202	2018	Esch-Holzberg Katherina	*Düsseldorf	0:58:26	0:59:26	34	W40	69	5: 11:39 11:12 11:36 12:03 11:54
203	1899	Belka Claudia	*Düsseldorf	0:58:34	0:59:14	35	W40	66	5: 11:39 11:56 11:48 11:44 11:24
204	2450	Ritter Beate	o. V.	0:58:35	0:59:16	36	W40	65	5: 11:37 11:43 11:50 11:46 11:37
205	2736	Leissler Ilka	*Düsseldorf	0:58:39	0:59:03	48	W35	74	5: 11:12 11:18 11:55 12:09 12:03
206	2644	Zapata Kandt Renata	*Düsseldorf	0:58:40	0:59:24	21	W45	64	5: 11:56 11:32 11:52 12:01 11:18
207	1865	Albrecht Jeannette	Tigges Rechtsanwältin	0:58:42	0:59:55	37	W40	69	5: 12:21 11:53 11:48 11:46 10:54
208	2267	Krebber Carmen	*Düsseldorf	0:58:43	0:58:45	10	W50	58	5: 12:14 12:04 11:49 11:42 10:53
209	1988	Dönicke Bianca	*Düsseldorf	0:58:46	0:59:00	50	W20	80	5: 11:12 11:41 11:56 12:04 11:50
210	2095	Grisard Charlotte	*Düsseldorf	0:58:46	0:59:22	51	W20	84	5: 12:16 11:56 11:45 11:44 11:03
211	2070	Gauch Judith	*Düsseldorf	0:58:47	0:59:23	52	W20	86	5: 12:16 11:56 11:45 11:44 11:05
212	2417	Ponzelar Anne	*Krefeld	0:58:49	0:59:34	53	W20	82	5: 11:41 11:49 11:49 11:51 11:36
213	2434	Reifenberger Elke	*Sankt Augustin	0:58:52	1:00:04	38	W40	65	5: 12:44 12:16 11:54 11:09 10:46
214	2727	Betto Linda	*Frankfurt	0:58:53	0:58:59	32	W30	77	5: 11:09 11:08 11:47 12:15 12:33
215	2034	Fischer Nina	*Düsseldorf	0:58:54	0:59:19	54	W20	81	5: 11:35 11:31 11:57 12:21 11:28
216	2132	Heiduk Silke	*Heiligenhaus	0:58:57	1:00:01	49	W35	70	5: 12:07 11:49 11:49 11:55 11:16
217	3197	Marcinkwska Sylvia	*Düsseldorf	0:58:59	1:00:33	33	W30	76	5: 12:24 11:47 11:34 11:51 11:21
218	1983	Deutschmann Christa	*Düsseldorf	0:59:06	0:59:46	34	W30	77	5: 11:56 11:48 11:55 11:48 11:37
218	2304	Leisurs Anne	*Düsseldorf	0:59:06	0:59:46	55	W20	80	5: 11:56 11:48 11:55 11:48 11:37
220	1681	Voißel Gertrud	*Neuss	0:59:06	0:59:30	50	W35	70	5: 10:34 11:21 12:19 12:29 12:21
221	2076	Gesink Monika	*Düsseldorf	0:59:13	0:59:15	5	W55	50	5: 12:14 12:03 11:50 11:46 11:18
222	2046	Freitag Sonja-Marie	*Düsseldorf	0:59:18	0:59:53	56	W20	85	5: 11:49 11:30 11:46 12:07 12:04
223	2399	Papenhoff-Hansen Haike	*Heiligenhaus	0:59:18	1:00:22	11	W50	57	5: 12:07 11:48 11:49 11:55 11:36
224	2609	Waldhoff-Heim Ruth	*Düsseldorf	0:59:19	0:59:53	22	W45	63	5: 11:50 11:29 11:46 12:07 12:05
225	2697	Raschke Jeanett		0:59:26	0:59:43	39	W40	67	5: 11:05 11:44 12:07 12:24 12:05
226	2760	Gläser Diana	*Düsseldorf	0:59:26	1:00:18	51	W35	74	5: 11:57 11:39 11:47 12:02 11:59
227	1913	Black Robin Lea	*Düsseldorf	0:59:39	0:59:52	40	W40	65	5: 11:55 11:19 12:00 12:17 12:07
228	2038	Franken Verena	*Düsseldorf	0:59:42	0:59:58	35	W30	75	5: 10:52 11:33 12:18 12:58 11:59
229	2163	Hürland Heike	*Dorsten	0:59:53	1:00:50	12	W50	58	5: 11:58 12:05 12:03 12:02 11:43
230	2477	Schlage Ute	TSV Schmiden	0:59:55	1:00:38	23	W45	64	5: 12:36 12:10 11:59 11:50 11:18
231	2231	Kleiner-Ibraimi Agnes	*Düsseldorf	0:59:55	1:00:39	36	W30	78	5: 12:17 12:05 12:05 11:48 11:39
232	2073	Genikomsidis Christine	TSV Schmiden	0:59:55	1:00:38	24	W45	63	5: 12:37 12:10 11:59 11:50 11:18
233	2673	Reiners Elise	*Düsseldorf	0:59:58	1:00:25	37	W30	77	5: 10:55 11:45 12:16 12:38 12:22
234	3234	Nees Richarda	*Velbert	1:00:06	1:00:22	13	W50	56	5: 11:40 11:52 11:58 12:30 12:04
235	2682	Bechtold Diana	*Düsseldorf	1:00:09	1:00:16	38	W30	75	5: 12:15 12:36 12:31 11:58 10:47
236	2026	Feier Anke	*Ratingen	1:00:09	1:00:41	39	W30	75	5: 11:50 12:01 12:06 12:11 12:00
237	2071	Gelbert Silke	*Ratingen	1:00:09	1:00:41	52	W35	70	5: 11:50 12:00 12:06 12:10 12:00
238	2426	Querforth Sabrina	*Ratingen	1:00:11	1:00:42	40	W30	76	5: 11:51 12:00 12:06 12:11 12:01
239	2282	Kuhr Nicola	*Ratingen	1:00:12	1:00:42	53	W35	70	5: 11:52 12:00 12:06 12:11 12:01
240	2264	Kranen Stephanie	1. SC Bilk	1:00:23	1:01:03	54	W35	72	5: 12:50 12:55 00:00 00:00 00:00

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2009

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
301	2336	Mayer Isabel	Sels Training Neuss	1:06:35	1:07:53	66	W35	73	5	13:02	13:21	13:21	13:36	13:14
302	1921	Bolten Ulrike	*Schwalmtal	1:06:38	1:07:07	32	W45	60	5	11:54	12:41	13:21	13:59	14:41
303	2303	Leisten Andrea	*Köln	1:06:53	1:07:29	76	W20	86	5	13:07	13:31	13:26	13:28	13:19
304	2502	Schröder Sarah	*Pulheim	1:06:58	1:07:33	77	W20	85	5	13:07	13:32	13:27	13:28	13:23
305	1984	Di Mauro Nowak Miriam	*Kaarst	1:07:00	1:07:34	67	W35	71	5	12:57	13:04	13:40	14:20	12:56
306	2664	Schlösser Tanja	dm Drogeriemarkt	1:07:04	1:07:50	78	W20	87	5	13:20	13:15	13:40	13:45	13:03
307	2662	Schlösser Marion	dm Drogeriemarkt	1:07:04	1:07:50	18	W50	56	5	13:19	13:15	13:40	13:45	13:04
308	1841	Winkler Nova	*Düsseldorf	1:07:10	1:08:31	45	W30	75	5	13:01	13:29	13:41	13:38	13:19
309	2168	Icking Maria	*Düsseldorf	1:07:18	1:07:22	19	W50	55	5	12:30	13:15	13:41	13:51	13:59
310	1959	Claesges Jill	ASV LT Kemperdick	1:07:27	1:08:31	68	W35	73	5	12:22	12:52	13:32	14:20	14:19
311	1896	Begere Paula	*Meerbusch	1:07:30	1:08:54	79	W20	89	5	13:10	13:23	13:51	13:46	13:18
312	2363	Mönnig Susann	*Düsseldorf	1:07:31	1:07:45	46	W30	76	5	11:57	12:54	13:33	13:52	15:12
313	2240	Knappkötter Melanie	*Mettmann	1:07:32	1:07:36	48	W40	66	5	12:02	12:28	13:19	14:18	15:24
314	2271	Kroczc Dorothea	Kieser Training	1:07:48	1:08:19	20	W50	59	5	13:05	13:17	13:39	13:58	13:46
315	1860	Akermann Sonja	*Düsseldorf	1:07:56	1:08:44	47	W30	78	5	13:13	13:19	13:53	14:02	13:27
316	2096	Grohs Christina	*Grevembroich	1:07:58	1:08:35	80	W20	83	5	13:32	13:48	13:44	13:22	13:31
317	2666	Moll Diane		1:08:15	1:08:44	69	W35	71	5	13:52	13:58	13:40	13:41	13:02
318	2474	Schilling Myriam	Allen&Overy	1:08:17	1:09:15	48	W30	77	5	13:39	13:43	13:49	13:57	13:07
319	2182	Jochheim Almut	*Düsseldorf	1:08:25	1:08:55	49	W30	77	5	13:06	13:23	13:57	14:03	13:54
320	2713	Heßler Susanne	Dredner Bank	1:08:44	1:09:18	49	W40	68	5	12:29	14:10	13:46	14:19	13:58
321	2771	Bielecki Regine	Rosenheim	1:08:57	1:09:49	50	W40	65	5	12:54	13:33	14:00	14:25	14:04
322	2531	Sladek Anna	*Düsseldorf	1:08:59	1:09:52	81	W20	84	5	13:35	14:03	14:12	14:02	13:04
323	2505	Schüller Anne	*Dülken-Viersen	1:09:06	1:09:38	21	W50	58	5	13:08	13:05	14:28	13:52	14:30
324	2598	Von Beckerath Anne-Karen	*Ratingen	1:09:43	1:10:32	82	W20	85	5	14:14	14:16	13:44	13:52	13:35
325	2361	Mingers Corinna	*Düsseldorf	1:09:43	1:10:32	83	W20	85	5	14:14	14:16	13:44	13:52	13:35
326	2079	Giems Bettina	*Meerbusch	1:10:04	1:10:34	70	W35	71	5	14:03	13:45	13:59	14:17	13:58
327	1848	Pfannkuchen Sarah	*Wuppertal	1:10:10	1:10:32	84	W20	88	5	12:49	13:52	14:34	15:17	13:36
328	2691	Banz Laura	*Solingen	1:11:04	1:12:21	85	W20	88	5	13:03	13:37	15:40	14:33	14:09
329	2656	Pudeler Christel	Korschenbroicher LC	1:11:34	1:12:03	22	W50	55	5	14:17	13:44	14:17	14:36	14:38
330	1850	Rod Simone	*Düsseldorf	1:11:51	1:11:55	71	W35	72	5	12:44	14:37	14:39	14:53	14:55
331	2061	Gäb-Lindemann Heike	*Heiligenhaus	1:12:00	1:12:53	51	W40	67	5	12:53	14:01	15:09	15:02	14:52
332	1880	Balci Ayla	Kentucky Fried Chicken	1:12:04	1:12:26	52	W40	68	5	13:13	13:57	14:21	15:15	15:16
333	1855	Acevedo Suarez Helen	Kentucky Fried Chicken	1:12:04	1:12:26	86	W20	88	5	13:13	13:57	13:52	15:44	15:16
334	2154	Hörster Annw	*Düsseldorf	1:13:28	1:13:57	53	W40	66	5	13:44	13:57	14:52	15:41	15:13
335	2023	Faas Leonie	*Düsseldorf	1:13:28	1:13:57	87	W20	82	5	13:45	13:56	14:52	15:41	15:13
336	2538	Stache Christina	*Düsseldorf	1:14:10	1:14:52	50	W30	76	5	13:13	14:23	15:10	15:45	15:36
337	1919	Boixader-Buch Jessica	Lc Duisburg	1:17:14	1:17:30	51	W30	78	5	13:51	15:19	15:48	16:34	15:39
338	2483	Schmehlik Mendoza Carolina	*Düsseldorf	1:20:16	1:21:37	72	W35	74	5	16:03	16:10	16:14	16:22	15:24
339	2575	Thiel Anja	*Düsseldorf	1:21:19	1:21:33	52	W30	77	5	14:08	15:32	16:40	17:41	17:16
340	1932	Brouër Astrid	*Düsseldorf	1:02:04	1:02:12	88	W20	81	4	10:56	11:56	25:55	13:16	00:00
341	2752	Feh Sonja	*Pohlheim	0:26:02	0:27:03	54	W40	68	2	12:55	13:07	00:00	00:00	00:00
342	2256	Konnertz Jasmin	*Erfstadt	0:26:40	0:27:15	89	W20	85	2	13:08	13:32	00:00	00:00	00:00
343	2661	Kranich Cornelia	dm Drogeriemarkt	0:09:56	0:10:17	55	W40	69	1	09:56	00:00	00:00	00:00	00:00
344	1517	Khripko Diana	*Düsseldorf	0:10:23	0:10:29	90	W20	86	1	10:23	00:00	00:00	00:00	00:00
345	2513	Schulz Dagmar	*Düsseldorf	0:11:49	0:12:24	73	W35	70	1	11:49	00:00	00:00	00:00	00:00
346	2112	Hage Andrejka	*Meerbusch	0:14:06	0:14:42	56	W40	66	1	14:06	00:00	00:00	00:00	00:00
347	2318	Lückerath Dr. Evelin	*Düsseldorf	0:59:48	0:59:48	53	W30	75	1	59:48	00:00	00:00	00:00	00:00