

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 1
gedruckt 05.01.2010 22:40:18

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2034	Naegele Lukas	PTSV-Jahn-Freiburg	0:32:58	1989 MHK	1	0:32:59	10:38 * 10:58 * 11:22	3:18 min/km
2	1919	Di Dio Salvatore	LKD Düsseldorf	0:33:51	1972 M35	1	0:33:52	10:51 * 11:29 * 11:30	3:23 min/km
3	2002	Fricke Marc	Non-Stop-Ultra Brakel	0:33:52	1974 M35	2	0:33:53	11:09 * 11:11 * 11:32	3:23 min/km
4	2451	Stollenwerk Yannic	Marathon Club Eschweiler	0:34:43	1990 MJA	1	0:34:44	10:58 * 11:40 * 12:05	3:28 min/km
5	877	Paulsen Dirk	*Köln	0:34:55	1983 MHK	2	0:34:57	11:12 * 11:38 * 12:06	3:30 min/km
6	1524	Groneuer Christoph	BSG Kreissparkasse Köln	0:35:49	1979 M30	1	0:35:51	11:43 * 11:48 * 12:18	3:35 min/km
7	2317	Skopnik Manuel	TV Refrath	0:36:11	1972 M35	3	0:36:19	12:12 * 12:00 * 12:06	3:37 min/km
8	2468	von Kuk Carsten	LG ASV DSHS Köln	0:36:17	1967 M40	1	0:36:19	12:00 * 12:11 * 12:07	3:38 min/km
9	2467	Freese Mathias	LG ASV DSHS Köln	0:36:45	1986 MHK	3	0:36:46	12:01 * 12:11 * 12:34	3:41 min/km
10	2484	Meyer Irek	TV Refrath	0:36:51	1971 M35	4	0:37:06	12:14 * 12:20 * 12:31	3:41 min/km
11	667	Kreuer Manuel	*Lindlar	0:37:00	1980 MHK	4	0:37:01	11:45 * 12:28 * 12:47	3:42 min/km
12	2360	Steuenthaler Christoph	Wolfs running team	0:37:01	1979 M30	2	0:37:20	12:17 * 12:11 * 12:51	3:42 min/km
13	802	Müller Christian	*Köln	0:37:02	1987 MHK	5	0:37:20	12:09 * 12:28 * 12:42	3:42 min/km
14	1840	Wagner Helmut	LG Donatus Erftstadt	0:37:07	1965 M40	2	0:37:10	12:08 * 12:26 * 12:36	3:43 min/km
15	2262	Jäger Peter	Tri-Sport Saar-Hochwald	0:37:08	1950 M55	1	0:37:10	12:08 * 12:28 * 12:33	3:43 min/km
16	1149	Siemund Sven	*Köln	0:37:10	1971 M35	5	0:37:16	11:56 * 12:28 * 12:50	3:43 min/km
17	1802	Gläßer Harald	Laufmonster	0:37:17	1968 M40	3	0:37:25	12:20 * 12:24 * 12:41	3:44 min/km
18	1359	Willuweit Tobias	*Neuss	0:37:23	1978 M30	3	0:37:33	12:17 * 12:26 * 12:50	3:44 min/km
19	2452	Sajitz Olaf	Bunert Running Team	0:37:25	1975 M30	4	0:37:27	11:45 * 12:39 * 13:02	3:45 min/km
20	1476	Lohmaier Patrick	ASV Köln Triathlon	0:37:26	1975 M30	5	0:37:27	11:46 * 12:29 * 13:11	3:45 min/km
21	457	Hennigs Ben	*Köln	0:37:27	1980 MHK	6	0:37:29	12:14 * 12:21 * 12:53	3:45 min/km
22	2336	Günther Peter	VfR Unterbruch LG	0:37:28	1960 M45	1	0:37:32	12:13 * 12:23 * 12:56	3:45 min/km
23	768	Meßner Benjamin	*Köln- Müngersdorf	0:37:31	1988 MHK	7	0:37:35	12:16 * 12:37 * 12:41	3:45 min/km
24	949	Regniet Lukas	*Köln	0:37:41	1987 MHK	8	0:37:46	12:23 * 12:38 * 12:44	3:46 min/km
25	2243	Cam Cengiz	TFG Nippes 1878	0:37:48	1966 M40	4	0:37:56	12:16 * 12:37 * 13:02	3:47 min/km
26	2035	Gröppel Till	Pulheimer SC	0:37:49	1982 MHK	9	0:37:55	12:19 * 12:33 * 13:02	3:47 min/km
27	1886	Schneider Thomas	LG RWE Power	0:37:49	1969 M40	5	0:37:52	12:08 * 12:41 * 13:01	3:47 min/km
28	2420	Van de Weyer Stephan	LG ASV DSHS Köln	0:37:52	1975 M30	6	0:37:54	12:03 * 12:44 * 13:05	3:47 min/km
29	918	Poischen Thomas	*Köln	0:37:52	1970 M35	6	0:37:59	12:09 * 12:28 * 13:21	3:47 min/km
30	1820	Fuchsgruber Rafael	LAZ Puma	0:37:55	1961 M45	2	0:38:01	12:13 * 12:39 * 13:08	3:48 min/km
31	1482	Fischer Stefan	ASV Köln-Triathlon	0:37:55	1963 M45	3	0:37:57	12:18 * 12:37 * 13:01	3:48 min/km
32	2333	Landsberg Hans-peter	Vfl Engelskirchen	0:38:03	1966 M40	6	0:38:06	12:23 * 12:37 * 13:05	3:48 min/km
33	1841	Cuypers Thaddäus	LG Eifel-Runners	0:38:04	1981 MHK	10	0:38:07	12:27 * 12:50 * 12:50	3:48 min/km
34	1852	Knauf Albert	LG Mützenich	0:38:29	1964 M45	4	0:38:31	12:13 * 13:07 * 13:10	3:51 min/km
35	2196	Dünner Joachim	SV Bergisch Gladbach	0:38:32	1962 M45	5	0:38:37	12:38 * 12:48 * 13:10	3:51 min/km
36	2293	Willems Thomas	TuS 05 Daun	0:38:41	1965 M40	7	0:38:43	12:17 * 12:59 * 13:26	3:52 min/km
37	708	Leumer Julian	*Köln	0:38:50	1981 MHK	11	0:40:12	14:21 * 12:56 * 12:54	3:53 min/km
38	2425	Cronin Ger	Dromin AC Irland	0:38:50	1969 M40	8	0:38:54	12:14 * 13:04 * 13:35	3:53 min/km
39	1662	Heinrich Alexander	Fronrunner Cologne SC	0:38:52	1968 M40	9	0:39:05	12:25 * 13:06 * 13:32	3:53 min/km
40	2032	Zywietz Eike	PSV Bonn Triathlon	0:38:54	1982 MHK	12	0:38:59	12:29 * 13:16 * 13:12	3:53 min/km
41	739	Mahn Robert	*Bornheim	0:38:56	1986 MHK	13	0:39:02	12:55 * 13:04 * 13:01	3:54 min/km
42	1921	Tesch Norbert	LLG St. Augustin	0:39:05	1959 M50	1	0:39:09	12:46 * 13:03 * 13:19	3:55 min/km
43	1660	Dudley Richard-James	Fronrunner Cologne	0:39:08	1961 M45	6	0:39:12	12:42 * 13:04 * 13:25	3:55 min/km
44	1483	Roth Andreas	ASV Köln-Triathlon	0:39:17	1976 M30	7	0:39:26	13:00 * 13:01 * 13:24	3:56 min/km
45	2479	Schommers Lukas	LG ASV Köln	0:39:24	1993 MJB	1	0:39:34	12:22 * 13:24 * 13:47	3:56 min/km
46	2201	Scholze Thomas	SV Schalkhausen	0:39:29	1987 MHK	14	0:39:34	12:55 * 13:13 * 13:26	3:57 min/km
47	1821	Oberndörfer Martin	LAZ Puma	0:39:30	1972 M35	7	0:39:36	12:58 * 13:20 * 13:17	3:57 min/km
48	1823	Schöller Robert	LC Euskirchen	0:39:31	1970 M35	8	0:39:35	13:19 * 13:02 * 13:14	3:57 min/km
49	2222	Traußnig Gottfried	Team Voreifel	0:39:33	1965 M40	10	0:39:38	13:19 * 13:04 * 13:14	3:57 min/km
50	2359	Sidorov Alexandre	Wohnwelt Köln	0:39:34	1982 MHK	15	0:40:31	13:55 * 13:17 * 13:18	3:57 min/km
51	2208	Buhl Marc	Team Erdinger Alkoholfrei	0:39:36	1976 M30	8	0:39:56	13:23 * 13:04 * 13:28	3:58 min/km
52	221	Drögekamp Janis	*Köln	0:39:37	1984 MHK	16	0:40:01	13:19 * 13:10 * 13:30	3:58 min/km
53	822	Muscati Fares	*Köln	0:39:40	1962 M45	7	0:39:43	12:44 * 13:17 * 13:41	3:58 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 2

gedruckt 05.01.2010 22:40:18

54	2194	Kurth Frank	SV 47 Mutscheid	0:39:41	1964	M45	8	0:39:46	13:18 *	13:06 *	13:21	3:58 min/km
55	2288	Sommer Dennis	TSV Runderoth	0:39:43	1974	M35	9	0:39:49	13:03 *	13:21 *	13:24	3:58 min/km
56	1804	Engelhardt Kai	laufmonster.de	0:39:44	1967	M40	11	0:39:53	12:39 *	13:19 *	13:53	3:58 min/km
57	2460	Herrmann Volker	LG ASV DSHS Köln	0:39:44	1984	MHK	17	0:39:50	13:03 *	13:35 *	13:11	3:58 min/km
58	1835	Nolte Benedikt	LG ASV DSHS Köln	0:39:45	1978	M30	9	0:39:50	13:03 *	13:34 *	13:12	3:59 min/km
59	1320	Weghaus Klaus	*Köln	0:39:47	1974	M35	10	0:40:03	13:29 *	13:17 *	13:16	3:59 min/km
60	1824	Uedelhoven Stefan	LC Euskirchen	0:39:48	1963	M45	9	0:39:51	13:18 *	13:07 *	13:25	3:59 min/km
61	435	Heinemann Max	*Köln	0:39:50	1988	MHK	18	0:40:17	13:52 *	13:10 *	13:14	3:59 min/km
62	870	Pankratz Carlos	*Köln	0:39:50	1986	MHK	19	0:40:14	13:19 *	13:19 *	13:34	3:59 min/km
63	684	Kurz Till Robin	*Köln	0:39:51	1973	M35	11	0:40:05	13:02 *	13:24 *	13:38	3:59 min/km
64	881	Pelzer Volker	*Meckenheim	0:40:03	1983	MHK	20	0:40:32	13:21 *	13:09 *	14:01	4:00 min/km
65	1555	Busch Oliver	Central Team	0:40:04	1976	M30	10	0:40:18	13:20 *	13:22 *	13:36	4:00 min/km
66	2270	Dignas Christian	TriCologne	0:40:06	1976	M30	11	0:40:16	13:25 *	13:21 *	13:29	4:01 min/km
67	1478	Meuser Ruben	ASV Köln Triathlon	0:40:07	1976	M30	12	0:41:02	14:13 *	13:12 *	13:37	4:01 min/km
68	2431	Evertz Ralph	*Walhorn	0:40:08	1962	M45	10	0:40:10	12:37 *	13:46 *	13:45	4:01 min/km
69	592	Kessemeier Christof	*Köln	0:40:08	1976	M30	13	0:40:13	00:00 *	00:00 *	00:00	4:01 min/km
70	2033	José Carlos Dias da Silva	PT-Faria	0:40:16	1961	M45	11	0:40:24	12:53 *	13:52 *	13:37	4:02 min/km
71	1819	Theißen Michael	Lauftreff Hersel	0:40:18	1959	M50	2	0:40:27	13:11 *	13:26 *	13:48	4:02 min/km
72	1150	Sikora Robert	*Bergisch Gladbach	0:40:19	1970	M35	12	0:40:31	13:06 *	13:31 *	13:54	4:02 min/km
73	2461	Mückenheim Sven	Köln	0:40:27	1974	M35	13	0:40:30	12:58 *	13:39 *	13:52	4:03 min/km
74	2373	Jänicke Matthias		0:40:32	1987	MHK	21	0:40:40	13:44 *	13:18 *	13:37	4:03 min/km
75	2440	Eckhardt Alexander	Lauftreff Brücke oder	0:40:33	1972	M35	14	0:40:36	13:22 *	13:41 *	13:32	4:03 min/km
76	2308	Kotthoff Marc	TV Eversberg	0:40:33	1979	M30	14	0:40:37	13:08 *	13:43 *	13:45	4:03 min/km
77	1410	Köhler Benjamin	GF+Runner	0:40:43	1984	MHK	22	0:40:59	13:23 *	13:36 *	13:59	4:04 min/km
78	883	Pervan Manuel	*Köln	0:40:43	1986	MHK	23	0:40:55	12:38 *	13:57 *	14:19	4:04 min/km
79	2346	Oberhoffer Roland	Vulkanstraße	0:40:52	1984	MHK	24	0:41:24	13:34 *	13:38 *	14:10	4:05 min/km
79	1507	Ruhnke Robert	Bewegungsfelder	0:40:52	1958	M50	3	0:40:56	12:55 *	13:48 *	14:12	4:05 min/km
81	2226	Steil Heiko	telefónica O2	0:40:55	1976	M30	15	0:43:02	16:03 *	13:24 *	13:34	4:06 min/km
82	859	Oswald Thomas	*Köln	0:40:58	1962	M45	12	0:41:03	13:16 *	13:39 *	14:07	4:06 min/km
83	1312	Wank Michael	*Hennef	0:41:00	1969	M40	12	0:41:04	13:25 *	13:39 *	13:58	4:06 min/km
84	2307	Kleefisch Tobias	TV Bedburg	0:41:07	1989	MHK	25	0:41:55	14:14 *	13:41 *	13:59	4:07 min/km
85	830	Neimeke Ralf	*Köln	0:41:14	1970	M35	15	0:41:18	13:25 *	13:52 *	14:00	4:07 min/km
86	430	Hegenbart Carsten	*Köln	0:41:14	1980	MHK	26	0:41:20	13:31 *	13:52 *	13:56	4:07 min/km
87	555	Johnson Brad	*Koeln	0:41:16	1970	M35	16	0:41:19	13:02 *	14:09 *	14:07	4:08 min/km
88	342	Gatzsch Christopher	*Engelskirchen	0:41:21	1985	MHK	27	0:41:30	13:45 *	13:43 *	14:01	4:08 min/km
89	2273	Herkenhoener Timo	TriCologne	0:41:24	1978	M30	16	0:41:34	13:24 *	13:50 *	14:18	4:08 min/km
90	721	Lochner Stefan	*Köln	0:41:25	1981	MHK	28	0:41:41	13:27 *	13:49 *	14:24	4:09 min/km
91	2051	Grabsch Ralf	RC Schmitter Köln e.V.	0:41:25	1973	M35	17	0:41:50	13:53 *	13:39 *	14:17	4:09 min/km
92	1501	Klein Oliver	B42-Team Cologne	0:41:26	1974	M35	18	0:42:04	13:56 *	14:04 *	14:03	4:09 min/km
93	1539	Holst Stephan	BSG Rheinpark e.V.	0:41:31	1973	M35	19	0:41:34	13:14 *	13:49 *	14:30	4:09 min/km
94	929	Püschmann Steffen	*Köln	0:41:37	1958	M50	4	0:42:14	14:32 *	13:39 *	14:01	4:10 min/km
95	1863	Dickmeis Horst	LG RWE Power	0:41:41	1965	M40	13	0:42:29	14:24 *	13:50 *	14:14	4:10 min/km
96	2212	Staschko Peter	Team Handelshof	0:41:42	1965	M40	14	0:41:50	13:51 *	13:41 *	14:17	4:10 min/km
97	2146	Sailer Christo	Sign language power	0:41:44	1979	M30	17	0:42:37	14:38 *	13:45 *	14:14	4:10 min/km
98	47	Barthel Maximilian	*Köln	0:41:48	1988	MHK	29	0:42:12	14:24 *	14:06 *	13:41	4:11 min/km
99	2170	Küpper Jörg	Sportpuls	0:42:00	1974	M35	20	0:43:03	14:43 *	13:46 *	14:33	4:12 min/km
100	1906	Lehnig Matthias	LG SCREENWORKS	0:42:00	1963	M45	13	0:42:14	13:53 *	13:47 *	14:34	4:12 min/km
101	1759	Rüger Timm	Komet-Delia Köln	0:42:01	1981	MHK	30	0:42:46	14:36 *	14:05 *	14:04	4:12 min/km
102	46	Barkat Lars	*Köln	0:42:05	1970	M35	21	0:42:20	13:51 *	14:00 *	14:28	4:13 min/km
103	1701	Speachyberger Thomas	Hawaiian Only	0:42:08	1969	M40	15	0:42:31	14:33 *	13:55 *	14:02	4:13 min/km
104	2197	Jakobi Heinrich	SV Bergisch Gladbach	0:42:10	1973	M35	22	0:42:16	13:07 *	14:26 *	14:42	4:13 min/km
105	135	Brestel Fynn	*Köln	0:42:10	1989	MHK	31	0:43:31	14:56 *	14:06 *	14:28	4:13 min/km
106	866	Paaßens Lutz	*Köln	0:42:10	1967	M40	16	0:42:22	13:48 *	14:11 *	14:21	4:13 min/km
107	511	Hülsdünker Thorben	*Hürth	0:42:12	1988	MHK	32	0:42:47	14:14 *	13:53 *	14:40	4:13 min/km
108	1374	Wolf Jacob	*Köln	0:42:14	1989	MHK	33	0:45:20	18:12 *	13:23 *	13:44	4:13 min/km
109	1536	Weber Thomas	BSG Rheinpark e.V.	0:42:17	1961	M45	14	0:43:23	15:41 *	13:58 *	13:43	4:14 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 3

gedruckt 05.01.2010 22:40:18

110	839	Noack Eberhard	*Köln	0:42:19	1963	M45	15	0:42:32	13:53 *	14:06 *	14:32	4:14 min/km
111	1803	Soethout Guido	Laufmonster	0:42:23	1955	M50	5	0:42:38	14:00 *	14:02 *	14:35	4:14 min/km
112	2083	Stell Björn	RV Komet Delia	0:42:24	1975	M30	18	0:43:04	14:36 *	14:05 *	14:22	4:14 min/km
113	2223	Burka Phil	telefónica O2	0:42:26	1984	MHK	34	0:44:35	16:04 *	14:13 *	14:17	4:15 min/km
114	1612	Schneider Manfred	ERGO sports Köln	0:42:27	1962	M45	16	0:42:40	13:54 *	14:15 *	14:29	4:15 min/km
115	952	Reiche Thomas	*Köln	0:42:27	1969	M40	17	0:44:54	17:08 *	13:47 *	13:58	4:15 min/km
116	2198	Frielingsdorf Stefan	SV Hellas Siegburg	0:42:29	1962	M45	17	0:45:11	16:44 *	14:14 *	14:12	4:15 min/km
117	2323	Jonas Frank	TV Wirges 1892 e.V.	0:42:31	1970	M35	23	0:42:52	14:00 *	14:18 *	14:33	4:15 min/km
118	622	Klinkhammer Stefan	*Köln	0:42:34	1975	M30	19	0:42:55	14:13 *	14:08 *	14:34	4:15 min/km
119	1514	Schaffgans Franz	Black Panther	0:42:36	1963	M45	18	0:42:51	14:23 *	13:58 *	14:28	4:16 min/km
120	1472	Faßbender Christian	ASV Köln Triathlon	0:42:38	1972	M35	24	0:42:47	13:40 *	14:12 *	14:54	4:16 min/km
121	912	Podzus Horst	*Overath	0:42:41	1961	M45	19	0:42:55	14:15 *	14:09 *	14:31	4:16 min/km
122	1293	Von Borries Tom Moo	*Düsseldorf	0:42:41	1983	MHK	35	0:43:43	15:26 *	14:09 *	14:06	4:16 min/km
123	113	Böttcher Tom	*Bergisch Gladbach	0:42:45	1990	MJA	2	0:44:53	16:19 *	14:04 *	14:29	4:17 min/km
124	821	Mulder Thomas	*Köln	0:42:48	1967	M40	18	0:43:29	14:43 *	14:15 *	14:30	4:17 min/km
125	1879	Peters Uwe	LG RWE Power	0:42:50	1958	M50	6	0:43:06	14:13 *	14:07 *	14:46	4:17 min/km
126	2375	Görlach Jonas	SV Rosche	0:42:57	1988	MHK	36	0:43:26	14:12 *	14:17 *	14:56	4:18 min/km
127	243	Eisermann Stephan	*Bornheim	0:43:01	1966	M40	19	0:43:29	14:30 *	14:16 *	14:42	4:18 min/km
128	1832	Hoenow Bjoern	LG ASV DSHS Köln	0:43:03	1980	MHK	37	0:43:37	14:49 *	14:14 *	14:33	4:18 min/km
129	1119	Schulze Martin	*Köln	0:43:09	1989	MHK	38	0:43:34	14:25 *	14:06 *	15:02	4:19 min/km
130	1153	Simons Klaus	*Köln	0:43:09	1960	M45	20	0:44:55	16:27 *	14:19 *	14:08	4:19 min/km
131	561	Junghänel Julian	*Köln	0:43:10	1978	M30	20	0:43:56	14:33 *	14:27 *	14:56	4:19 min/km
132	2283	Harzheim Oliver	TSV Bayer Dormagen	0:43:11	1970	M35	25	0:43:42	14:47 *	14:48 *	14:07	4:19 min/km
133	767	Messerschmidt Jonas	*Köln	0:43:12	1987	MHK	39	0:45:39	17:41 *	13:56 *	14:01	4:19 min/km
134	294	Fimpel Jakob	*Köln	0:43:12	1989	MHK	40	0:45:40	17:41 *	13:56 *	14:02	4:19 min/km
135	1066	Schmielewski Jens	*Köln	0:43:12	1967	M40	20	0:43:35	14:33 *	14:26 *	14:36	4:19 min/km
136	1382	Wolter Malte	*Köln	0:43:14	1987	MHK	41	0:43:52	14:23 *	14:23 *	15:05	4:19 min/km
137	1148	Siemer Mark	*Münster	0:43:17	1977	M30	21	0:44:04	15:49 *	13:51 *	14:22	4:20 min/km
138	1970	Esser Lutz	mas	0:43:18	1961	M45	21	0:44:09	15:50 *	14:05 *	14:12	4:20 min/km
139	2278	Scherberich Michael	TriCologne	0:43:18	1958	M50	7	0:43:41	14:25 *	14:33 *	14:41	4:20 min/km
140	1527	Franz Andreas	BSG RaBaz e.V.	0:43:20	1978	M30	22	0:45:32	16:27 *	14:11 *	14:53	4:20 min/km
141	1635	Cremer Jürgen	FC Deutsche Post Köln	0:43:20	1962	M45	22	0:43:22	14:09 *	14:36 *	14:37	4:20 min/km
142	1887	Steinhauer Achim	LG RWE Power	0:43:21	1965	M40	21	0:44:10	15:05 *	14:27 *	14:38	4:20 min/km
143	444	Hellebusch Timo	*Köln	0:43:24	1980	MHK	42	0:45:50	16:37 *	14:25 *	14:47	4:20 min/km
144	1413	Schefczik Andreas	*Wülfrath	0:43:24	1964	M45	23	0:43:27	13:45 *	14:15 *	15:26	4:20 min/km
145	928	Püschel Kai	*Köln	0:43:25	1982	MHK	43	0:44:39	15:33 *	14:01 *	15:04	4:21 min/km
146	1785	Lönhardt Michael	Laktatkönige	0:43:26	1961	M45	24	0:44:52	16:03 *	14:25 *	14:23	4:21 min/km
147	966	Reuter Patrick	*Rösrath	0:43:29	1986	MHK	44	0:45:47	16:41 *	14:37 *	14:28	4:21 min/km
148	1311	Wand Matthias	*Marl	0:43:30	1972	M35	26	0:45:38	17:42 *	13:55 *	13:59	4:21 min/km
149	2200	Komp Oliver	SV Nierfeld	0:43:32	1983	MHK	45	0:46:32	17:03 *	14:28 *	15:00	4:21 min/km
150	865	Overath Andreas	*Köln	0:43:32	1988	MHK	46	0:43:38	13:44 *	14:27 *	15:26	4:21 min/km
151	1016	Sauer Frank	*Köln	0:43:33	1980	MHK	47	0:44:14	14:37 *	14:22 *	15:14	4:21 min/km
152	526	Irnich Christopher	*Düren	0:43:40	1987	MHK	48	0:44:29	15:12 *	14:33 *	14:43	4:22 min/km
153	307	Focke Konstantin	*Köln Weiden	0:43:41	1988	MHK	49	0:43:57	15:53 *	12:22 *	15:41	4:22 min/km
154	2225	Peigné André	telefónica O2	0:43:41	1979	M30	23	0:45:49	16:17 *	14:30 *	15:01	4:22 min/km
155	2398	Maier Daniel		0:43:42	1988	MHK	50	0:44:00	15:05 *	14:09 *	14:45	4:22 min/km
156	2415	Chrostek Paul		0:43:42	1987	MHK	51	0:43:57	15:54 *	12:21 *	15:40	4:22 min/km
157	1656	Berfeld Jürgen	forza schäl sick	0:43:43	1963	M45	25	0:44:01	14:29 *	14:27 *	15:04	4:22 min/km
158	2414	Nußbach Sebastian		0:43:43	1988	MHK	52	0:43:57	15:54 *	12:22 *	15:41	4:22 min/km
159	1574	Schiffer Volker	der will nur spielen	0:43:44	1967	M40	22	0:44:35	14:59 *	14:43 *	14:52	4:22 min/km
160	765	Merkel Dr. Thomas	*Hürth	0:43:45	1967	M40	23	0:43:57	14:27 *	14:25 *	15:05	4:23 min/km
161	688	Laage Felix	*Hürth	0:43:45	1988	MHK	53	0:44:08	14:24 *	14:34 *	15:09	4:23 min/km
162	1788	Dietrich Thomas	laufen-aktuell	0:43:45	1965	M40	24	0:44:35	14:37 *	14:47 *	15:11	4:23 min/km
163	1729	Klüver Michael	Jugend Herz Jesu	0:43:47	1980	MHK	54	0:44:45	15:07 *	14:37 *	15:00	4:23 min/km
164	1189	Steinforth Matthias	*Köln	0:43:50	1980	MHK	55	0:44:04	14:32 *	14:36 *	14:54	4:23 min/km
165	1942	Dannenbauer Felix	Lucky Stars	0:43:51	1979	M30	24	0:45:21	16:53 *	14:16 *	14:11	4:23 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 4

gedruckt 05.01.2010 22:40:18

166	2325	Wilke Matthias	TV Witzhelden	0:43:52	1971	M35	27	0:43:55	13:22 *	14:49 *	15:44	4:23 min/km
167	1776	Liesegang Stefan	LA Fortuna Düsseldorf	0:43:53	1965	M40	25	0:44:11	14:35 *	14:46 *	14:49	4:23 min/km
168	1888	Strunk Stephan	LG RWE Power	0:43:56	1965	M40	26	0:44:10	14:26 *	14:55 *	14:49	4:24 min/km
169	2228	Zarges Frank	telefónica O2	0:43:57	1968	M40	27	0:46:05	16:48 *	14:32 *	14:43	4:24 min/km
170	1933	Mueller Andreas	Lt Lindenthal	0:43:57	1969	M40	28	0:44:32	14:50 *	14:36 *	15:05	4:24 min/km
171	2402	Nikodem Jan-Niklas	LG ASV DSHS Köln	0:43:59	1988	MHK	56	0:45:20	15:10 *	15:02 *	15:07	4:24 min/km
172	892	Petersen Jens	*Overath	0:44:02	1968	M40	29	0:44:13	14:24 *	14:32 *	15:16	4:24 min/km
173	2206	Fielder Kevin	TC SW Saarburt	0:44:02	1989	MHK	57	0:44:28	15:18 *	14:32 *	14:37	4:24 min/km
174	2184	Michels Christoph	SSV Trier	0:44:03	1989	MHK	58	0:44:28	15:18 *	14:31 *	14:37	4:24 min/km
175	1485	Heiser Wieland	ASV Köln	0:44:06	1967	M40	30	0:44:20	14:40 *	14:22 *	15:17	4:25 min/km
176	437	Heinke Lars Niklas	*Krefeld	0:44:06	1989	MHK	59	0:44:13	14:29 *	14:38 *	15:05	4:25 min/km
177	1350	Weuthen Max	*Köln	0:44:06	1988	MHK	60	0:44:13	14:29 *	14:38 *	15:05	4:25 min/km
178	1932	Thüs Andreas	LT Goldschmiede Katja	0:44:08	1970	M35	28	0:46:59	17:45 *	14:35 *	14:38	4:25 min/km
179	700	Laskey Simon	*Köln	0:44:09	1968	M40	31	0:44:21	14:02 *	15:02 *	15:17	4:25 min/km
180	88	Birras Kai	*Köln	0:44:09	1980	MHK	61	0:45:31	15:43 *	14:42 *	15:05	4:25 min/km
181	2211	Schultheiß Volker	Team Erdinger Alkoholfrei	0:44:11	1956	M50	8	0:44:20	14:12 *	14:46 *	15:22	4:25 min/km
182	38	Bäker Thomas	*Köln	0:44:12	1964	M45	26	0:44:12	14:05 *	14:44 *	15:22	4:25 min/km
183	2329	Worth Stefan	United-Boxing-Promotion	0:44:14	1985	MHK	62	0:44:51	16:44 *	14:00 *	14:06	4:25 min/km
184	445	Heller Dennis	*Kerpen	0:44:15	1991	MJA	3	0:44:51	14:19 *	14:40 *	15:51	4:26 min/km
185	1882	Reiser Jürgen	LG RWE Power	0:44:16	1963	M45	27	0:44:29	14:07 *	15:32 *	14:49	4:26 min/km
186	713	Lindenberg Ronny	*Köln	0:44:16	1978	M30	25	0:44:43	14:22 *	14:49 *	15:31	4:26 min/km
187	2332	Lülf Manfred	Valium i.V.	0:44:16	1956	M50	9	0:44:21	13:40 *	14:11 *	16:30	4:26 min/km
188	105	Böcker Jonas	*Köln-Lövenich	0:44:19	1990	MJA	4	0:44:53	15:26 *	14:55 *	14:30	4:26 min/km
189	2433	Beaujean Sven	TSV Bayer Leverkusen	0:44:20	1976	M30	26	0:44:57	14:43 *	14:49 *	15:24	4:26 min/km
190	1107	Schuck Manuel	*Hürth-Efferen	0:44:20	1987	MHK	63	0:45:52	17:07 *	13:57 *	14:47	4:26 min/km
191	925	Preis Lenhard	*Köln	0:44:23	1989	MHK	64	0:50:32	21:14 *	15:05 *	14:12	4:26 min/km
192	554	Johnen Elmar	*Köln	0:44:23	1968	M40	32	0:44:54	14:47 *	14:48 *	15:19	4:26 min/km
193	1663	Van de Braak Georg	Fronrunner SC Janus	0:44:25	1974	M35	29	0:45:14	15:10 *	14:39 *	15:25	4:27 min/km
194	1812	Kaiser Daniel	Laufftreff Decksteiner	0:44:25	1972	M35	30	0:44:42	14:32 *	14:51 *	15:19	4:27 min/km
195	2271	Gompert Jan	TriCologne	0:44:27	1984	MHK	65	0:44:56	15:26 *	14:26 *	15:03	4:27 min/km
196	2209	Hippe Prof.-Dr. Karsten	Team Erdinger Alkoholfrei	0:44:27	1973	M35	31	0:45:10	14:56 *	14:47 *	15:26	4:27 min/km
197	15	Alcantara Philip	*Hürth	0:44:30	1981	MHK	66	0:44:38	13:55 *	15:10 *	15:33	4:27 min/km
198	173	Chmiel Marc	*Neuss	0:44:30	1988	MHK	67	0:46:09	16:13 *	14:58 *	14:57	4:27 min/km
199	2042	Czympiel Lars	R.V. Komet-Delia 09	0:44:31	1978	M30	27	0:45:13	15:03 *	14:55 *	15:15	4:27 min/km
200	857	Osbahr Sven	*Köln	0:44:33	1966	M40	33	0:45:15	14:59 *	14:55 *	15:21	4:27 min/km
201	1637	Flick Thomas	FC Deutsche Post Köln	0:44:33	1967	M40	34	0:45:13	15:12 *	14:47 *	15:13	4:27 min/km
202	1397	Zielke Christian	*Köln	0:44:34	1972	M35	32	0:44:42	14:06 *	15:07 *	15:27	4:27 min/km
203	2001	Renvert André	Netempire AG	0:44:35	1977	M30	28	0:45:42	15:52 *	14:38 *	15:10	4:28 min/km
204	2167	Georg Klinkhammer	Sportgruppe Mirke	0:44:38	1965	M40	35	0:45:05	15:01 *	14:42 *	15:20	4:28 min/km
205	808	Müller Manuel	*Köln	0:44:43	1986	MHK	68	0:46:37	16:24 *	15:07 *	15:05	4:28 min/km
206	2142	Garbes Stefan	SG Sportfreunde 69	0:44:43	1965	M40	36	0:45:28	15:20 *	14:49 *	15:18	4:28 min/km
207	2463	Brandes Thomas	Fronrunner Cologne	0:44:46	1960	M45	28	0:45:36	15:15 *	14:40 *	15:40	4:29 min/km
208	1565	Fillies Andrés	Computacenter Kerpen	0:44:47	1964	M45	29	0:45:08	14:57 *	14:45 *	15:25	4:29 min/km
209	2259	Tiffert Simon	TPSK Triathlon	0:44:49	1981	MHK	69	0:45:06	15:09 *	14:45 *	15:12	4:29 min/km
210	849	Oertwig Paul	*Köln	0:44:50	1988	MHK	70	0:45:23	15:50 *	15:04 *	14:29	4:29 min/km
211	1282	Verstappen Tom	*köln	0:44:51	1984	MHK	71	0:45:16	15:14 *	14:55 *	15:06	4:29 min/km
212	1137	Seelmäcker Daniel	*Karwe	0:44:52	1988	MHK	72	0:45:17	15:15 *	14:55 *	15:07	4:29 min/km
213	2320	Frick Hosea	TV Schiltach	0:44:54	1987	MHK	73	0:45:21	14:55 *	14:49 *	15:35	4:29 min/km
214	1726	Raub Florian	JJA Die WG & Friends	0:44:55	1987	MHK	74	0:51:04	21:13 *	15:06 *	14:44	4:30 min/km
215	2347	Schlunke Oliver	Wallefeld	0:44:56	1969	M40	37	0:45:09	14:39 *	15:02 *	15:27	4:30 min/km
216	2480	Kubo Florian	LG ASV Köln	0:44:56	1970	M35	33	0:45:17	15:04 *	14:56 *	15:15	4:30 min/km
217	2408	Sjogren Niclas		0:44:59	1968	M40	38	0:45:22	15:11 *	14:55 *	15:15	4:30 min/km
218	81	Beys Andreas	*Köln	0:45:00	1971	M35	34	0:45:15	14:53 *	14:59 *	15:21	4:30 min/km
219	674	Kruse Fabian	*köln	0:45:05	1987	MHK	75	0:46:24	16:10 *	15:02 *	15:11	4:31 min/km
220	936	Radon Frank	*Dortmund	0:45:07	1975	M30	29	0:45:29	15:03 *	14:59 *	15:26	4:31 min/km
221	2257	Stein Rene	Toxic Twins	0:45:08	1975	M30	30	0:46:14	15:44 *	15:15 *	15:15	4:31 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 5

gedruckt 05.01.2010 22:40:18

222	199	Deußen Dieter	*Köln	0:45:10	1975	M30	31	0:46:09	15:47 *	15:02 *	15:19	4:31 min/km
223	1779	Moeck Detlev	Lahm Söck Frechen	0:45:11	1961	M45	30	0:45:34	15:09 *	14:59 *	15:26	4:31 min/km
224	651	Kornführer Pascal	*Leverkusen	0:45:12	1980	MHK	76	0:45:34	15:28 *	15:05 *	15:00	4:31 min/km
225	1024	Schaible Michael	*Ehingen	0:45:12	1988	MHK	77	0:49:47	21:16 *	14:36 *	13:53	4:31 min/km
226	1225	Szüts Marlo	*Köln	0:45:12	1985	MHK	78	0:49:47	21:16 *	14:36 *	13:53	4:31 min/km
227	1603	Mesic Mario	El Tren de Colonia	0:45:13	1965	M40	39	0:45:32	14:31 *	15:02 *	15:58	4:31 min/km
228	1034	Scheer Karlheinz	*Köln	0:45:13	1940	M65	1	0:45:49	15:41 *	14:42 *	15:25	4:31 min/km
229	2454	Hartmann Michael	ASV Köln Triathlon	0:45:14	1979	M30	32	0:45:24	15:04 *	14:45 *	15:34	4:31 min/km
230	2058	Müller Norbert	REWE Lauftreff	0:45:16	1964	M45	31	0:46:05	15:56 *	14:55 *	15:14	4:32 min/km
231	991	Romero Manuel	*Köln	0:45:17	1987	MHK	79	0:48:38	19:12 *	14:12 *	15:14	4:32 min/km
232	623	Klocke Jan	*Köln	0:45:17	1988	MHK	80	0:48:39	19:12 *	14:11 *	15:15	4:32 min/km
232	504	Holz Tobias	*Köln	0:45:17	1984	MHK	80	0:46:59	17:00 *	15:23 *	14:36	4:32 min/km
232	559	Jude Steffen	*Bad Schwalbach	0:45:17	1987	MHK	80	0:48:38	19:11 *	14:11 *	15:14	4:32 min/km
235	914	Pörsch Michael	*Kerpen	0:45:17	1973	M35	35	0:45:54	15:35 *	14:57 *	15:21	4:32 min/km
236	1801	Claaßen Manfred	Laufmonster	0:45:17	1940	M65	2	0:45:24	14:49 *	14:54 *	15:41	4:32 min/km
237	1405	Zinke Fridolin	*Vogelsang	0:45:18	1989	MHK	83	0:46:27	17:02 *	14:17 *	15:07	4:32 min/km
238	2449	Voss Dr. Hartmut	Laktatkönige	0:45:19	1945	M60	1	0:46:05	15:45 *	14:58 *	15:21	4:32 min/km
239	420	Hartmann Waldemar	*Köln	0:45:19	1987	MHK	84	0:46:09	17:05 *	14:51 *	14:12	4:32 min/km
240	1243	Thiemermann Norbert	*Weilerswist	0:45:22	1963	M45	32	0:45:27	14:17 *	15:15 *	15:53	4:32 min/km
241	2352	Winkelhausen Jörg	Whisky-Club	0:45:23	1977	M30	33	0:48:38	18:45 *	14:55 *	14:57	4:32 min/km
242	75	Besgen Alexander	*Lindlar	0:45:23	1987	MHK	85	0:45:44	15:05 *	14:49 *	15:49	4:32 min/km
243	185	Dallmeyer Sören	*Köln	0:45:26	1988	MHK	86	0:45:34	15:15 *	14:36 *	15:42	4:33 min/km
244	601	Kim Dai-Woo	*Krefeld	0:45:27	1982	MHK	87	0:47:23	17:32 *	14:59 *	14:51	4:33 min/km
245	2291	Stula Sebastian	Turboschnecken	0:45:27	1979	M30	34	0:46:15	15:48 *	15:12 *	15:15	4:33 min/km
246	408	Häusler Felix	*Köln	0:45:29	1988	MHK	88	0:45:53	14:52 *	15:10 *	15:50	4:33 min/km
247	14	Albrecht Niels	*Königswinter	0:45:29	1990	MJA	5	0:46:27	15:43 *	15:23 *	15:20	4:33 min/km
248	1285	Viehweger Dr. Olaf	*Köln	0:45:30	1961	M45	33	0:46:13	16:32 *	14:57 *	14:44	4:33 min/km
249	2073	Skorsky Martin	Ruderclub Neptun	0:45:30	1960	M45	34	0:46:22	15:40 *	15:04 *	15:36	4:33 min/km
250	553	Jochheim Frank	*Köln	0:45:30	1978	M30	35	0:46:16	15:32 *	14:58 *	15:45	4:33 min/km
251	2441	Resch Kilian		0:45:31	1961	M45	35	0:45:48	15:02 *	15:14 *	15:31	4:33 min/km
252	1874	Lambertz Herm.-Josef	LG RWE Power	0:45:32	1957	M50	10	0:46:22	15:34 *	15:01 *	15:46	4:33 min/km
253	2442	Weidemann Fabian		0:45:33	1991	MJA	6	0:46:03	15:07 *	14:45 *	16:11	4:33 min/km
254	1977	Büchel Hans	Microsoft	0:45:33	1962	M45	36	0:45:42	14:13 *	15:30 *	15:57	4:33 min/km
255	1668	Mies Klaus	Gelpegazellen	0:45:33	1954	M55	2	0:46:51	15:54 *	14:59 *	15:58	4:33 min/km
256	1301	Vuong Minh-Kiet	*Köln	0:45:37	1988	MHK	89	0:46:11	16:05 *	15:07 *	14:58	4:34 min/km
257	2471	Peltzer Nico	Sportfreunde Stiller	0:45:37	1980	MHK	90	0:46:41	16:15 *	15:17 *	15:08	4:34 min/km
258	2202	Meurer Rüdiger	SV Weiden	0:45:38	1976	M30	36	0:45:53	15:06 *	15:23 *	15:22	4:34 min/km
259	977	Ritt Daniel	*Köln	0:45:38	1990	MJA	7	0:46:11	15:50 *	15:04 *	15:17	4:34 min/km
260	1104	Schrackel Patrick	*Köln	0:45:41	1990	MJA	8	0:46:13	15:58 *	15:52 *	14:22	4:34 min/km
261	2093	Hennecke Torsten	SC Wilzenberg	0:45:41	1974	M35	36	0:45:57	14:54 *	15:17 *	15:46	4:34 min/km
262	404	Haberl Christoph	*Köln	0:45:41	1987	MHK	91	0:46:14	15:58 *	15:52 *	14:22	4:34 min/km
263	2264	Kölzer Ulrich	TRlandertaler me-sport	0:45:42	1951	M55	3	0:46:54	16:16 *	15:06 *	15:31	4:34 min/km
264	1560	Klein Felix Michael	CHTC Krefeld	0:45:43	1988	MHK	92	0:48:28	19:13 *	14:39 *	14:35	4:34 min/km
265	923	Pott Niklas	*Köln	0:45:43	1988	MHK	93	0:48:49	18:23 *	15:09 *	15:17	4:34 min/km
266	833	Niden Jannik	*Köln	0:45:43	1990	MJA	9	0:46:07	14:52 *	15:10 *	16:04	4:34 min/km
267	366	Görgen Patrick	*Weilerswist	0:45:44	1987	MHK	94	0:46:08	16:53 *	14:30 *	14:44	4:34 min/km
268	371	Goldenberg Manuel	*Hürth	0:45:44	1989	MHK	95	0:47:41	17:02 *	15:15 *	15:23	4:34 min/km
269	190	De Kartzow Andrés	*Mühlthal	0:45:44	1990	MJA	10	0:48:50	18:23 *	15:08 *	15:18	4:34 min/km
270	1837	Vidal Luis	LG ASV DSHS Köln	0:45:46	1998	MSC	1	0:47:41	17:21 *	15:16 *	15:02	4:35 min/km
271	547	Jerig Thomas	*Köln	0:45:46	1972	M35	37	0:46:18	15:48 *	15:10 *	15:19	4:35 min/km
272	2077	Unkel Markus	running flight	0:45:47	1965	M40	40	0:48:19	17:31 *	15:02 *	15:44	4:35 min/km
273	133	Breloer Daniel	*Essen	0:45:47	1974	M35	38	0:46:46	16:00 *	15:08 *	15:36	4:35 min/km
274	1005	Rupenyan Shavarsh	*Köln	0:45:48	1967	M40	41	0:46:00	15:06 *	15:05 *	15:48	4:35 min/km
275	50	Bauch Henning	*Köln	0:45:48	1988	MHK	96	0:48:14	17:59 *	15:23 *	14:52	4:35 min/km
276	771	Meurer Klaus	*Hürth	0:45:50	1958	M50	11	0:46:11	14:33 *	15:32 *	16:05	4:35 min/km
277	587	Kerkmann Maximilian	*Roetgen	0:45:52	1987	MHK	97	0:47:46	17:02 *	15:15 *	15:28	4:35 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 6

gedruckt 05.01.2010 22:40:18

278	937	Rakemann Ingo	*Köln	0:45:54	1966	M40	42	0:47:15	15:53 *	15:15 *	16:06	4:35 min/km
279	633	Knobloch Kim Nils	*Hürth	0:45:56	1989	MHK	98	0:46:22	15:34 *	14:56 *	15:51	4:36 min/km
280	1067	Schmitt Maximilian	*Köln	0:45:56	1988	MHK	99	0:46:22	15:34 *	14:56 *	15:50	4:36 min/km
281	1384	Wormgoor Rick	*Köln	0:45:56	1989	MHK	100	0:46:54	15:43 *	15:23 *	15:48	4:36 min/km
282	438	Heinrich Marc	*Köln	0:45:57	1987	MHK	101	0:46:23	14:55 *	14:58 *	16:28	4:36 min/km
283	244	Eller Enno	*Espelkamp	0:45:57	1989	MHK	102	0:46:23	15:35 *	14:56 *	15:51	4:36 min/km
284	2289	Christophel Werner	TSV Weiss-Köln	0:45:58	1935	M70	1	0:46:02	15:05 *	15:14 *	15:42	4:36 min/km
285	1050	Schlieper Sebastian	*Bönen	0:46:00	1989	MHK	103	0:46:27	16:47 *	14:36 *	15:03	4:36 min/km
286	660	Krahnke Lukas	*Krefeld	0:46:00	1987	MHK	104	0:46:17	15:05 *	14:58 *	16:13	4:36 min/km
287	527	Irnich Uli	*Düren	0:46:01	1965	M40	43	0:46:49	15:26 *	15:20 *	16:01	4:36 min/km
288	352	Genenger Jens	*Köln	0:46:01	1974	M35	39	0:46:23	15:27 *	15:43 *	15:11	4:36 min/km
289	1938	Andernach Helmut	LT TuS Mondorf	0:46:02	1950	M55	4	0:46:21	15:07 *	15:23 *	15:50	4:36 min/km
290	1556	Poloczek Christian	Central-Team	0:46:03	1975	M30	37	0:46:58	16:11 *	15:21 *	15:25	4:36 min/km
291	1308	Waldforst Thomas	*Elsdorf	0:46:03	1971	M35	40	0:48:29	17:33 *	15:10 *	15:46	4:36 min/km
292	1935	Engel Klaus	LT Rennhamster	0:46:04	1958	M50	12	0:47:04	16:41 *	16:04 *	14:18	4:36 min/km
293	1108	Schüren Thomas	*Köln	0:46:05	1987	MHK	105	0:46:39	16:05 *	15:07 *	15:26	4:37 min/km
294	2354	Bremen Ralf	Wingebach-Bremen.de	0:46:10	1966	M40	44	0:46:47	15:27 *	15:28 *	15:52	4:37 min/km
295	2094	Feindt Reinhard	SC-Bockenber	0:46:12	1950	M55	5	0:46:54	16:21 *	15:02 *	15:30	4:37 min/km
296	1269	Utkulu Andreas	*Lohmar	0:46:12	1977	M30	38	0:46:49	16:04 *	15:28 *	15:16	4:37 min/km
297	1595	Riemer Alexander	DJK Köln-Nord	0:46:13	1965	M40	45	0:48:58	18:18 *	15:12 *	15:27	4:37 min/km
298	602	Kim HyeWoong	*Köln	0:46:14	1981	MHK	106	0:46:17	13:57 *	15:08 *	17:12	4:37 min/km
299	627	Klostermann Gereon	*Köln	0:46:15	1989	MHK	107	0:46:17	13:57 *	15:07 *	17:12	4:38 min/km
300	2465	Harnacke Stefan	*Leverkusen	0:46:16	1964	M45	37	0:48:33	17:32 *	15:11 *	15:49	4:38 min/km
301	2492	Strubel Oliver	LG ASV DSHS Köln	0:46:16	1977	M30	39	0:48:00	17:08 *	15:10 *	15:42	4:38 min/km
302	2268	Beeckmans Patrick	TriCologne	0:46:17	1960	M45	38	0:46:48	15:26 *	15:17 *	16:04	4:38 min/km
303	1814	Kowalski Robyn	Laufftreff Decksteiner	0:46:18	1965	M40	46	0:48:46	17:18 *	15:29 *	15:58	4:38 min/km
304	2290	Sitte Matthias	Turboschnecken	0:46:18	1982	MHK	108	0:49:35	19:15 *	14:57 *	15:23	4:38 min/km
305	2010	Harzheim Gregor	OVS	0:46:19	1957	M50	13	0:48:17	17:17 *	15:25 *	15:34	4:38 min/km
306	2009	Büttner Detlef	OVS	0:46:21	1960	M45	39	0:47:04	16:17 *	15:22 *	15:24	4:38 min/km
307	785	Miller Maximilian	*Hürth	0:46:21	1988	MHK	109	0:46:43	14:56 *	15:27 *	16:19	4:38 min/km
308	241	Eifler Immo	*Köln	0:46:21	1987	MHK	110	0:48:49	18:44 *	15:07 *	14:58	4:38 min/km
309	2447	Jähde Frank	*Bonn	0:46:23	1964	M45	40	0:50:26	19:51 *	15:12 *	15:22	4:38 min/km
310	1424	Linden Thomas	AachenMünchener	0:46:27	1969	M40	47	0:48:34	17:24 *	15:23 *	15:47	4:39 min/km
311	878	Pauly Sebastian	*Junkersdorf	0:46:29	1988	MHK	111	0:48:50	18:35 *	14:51 *	15:23	4:39 min/km
312	570	Kammler Reinhard	*Köln	0:46:31	1963	M45	41	0:47:41	16:08 *	15:27 *	16:04	4:39 min/km
313	738	Mahmalat Mounir	*düsseldorf	0:46:32	1987	MHK	112	0:49:19	19:04 *	15:23 *	14:51	4:39 min/km
314	775	Meyer Christian	*Düsseldorf	0:46:34	1977	M30	40	0:46:45	14:39 *	15:43 *	16:21	4:39 min/km
315	1811	Hüllenkremer Sven	Laufftreff Decksteiner	0:46:36	1973	M35	41	0:47:49	16:20 *	15:34 *	15:54	4:40 min/km
316	82	Biedermann Thomas	*Köln	0:46:37	1966	M40	48	0:46:56	14:44 *	15:50 *	16:21	4:40 min/km
317	1992	Klostermann Michael	Muckel & Perg	0:46:38	1983	MHK	113	0:47:09	15:31 *	15:36 *	16:02	4:40 min/km
318	87	Bippus Jürgen	*Frechen	0:46:39	1959	M50	14	0:47:00	16:28 *	14:29 *	16:01	4:40 min/km
319	542	Jawadi Jawad	*Jülich	0:46:39	1987	MHK	114	0:49:11	17:34 *	15:43 *	15:53	4:40 min/km
320	464	Herrmann Michael	*Gummersbach	0:46:39	1978	M30	41	0:49:40	19:28 *	15:09 *	15:02	4:40 min/km
321	267	Euskirchen Julian	*Köln	0:46:39	1982	MHK	115	0:48:05	17:50 *	15:22 *	14:53	4:40 min/km
322	1111	Schulte Manfred	*Köln	0:46:41	1957	M50	15	0:46:51	14:57 *	15:32 *	16:22	4:40 min/km
323	512	Hünnefeld Konrad	*Köln	0:46:43	1960	M45	42	0:47:05	15:26 *	15:24 *	16:14	4:40 min/km
323	2390	Dohm Tobias		0:46:43	1986	MHK	116	0:48:15	16:41 *	15:06 *	16:26	4:40 min/km
325	1468	Evers Felix	ASV Köln Team 42	0:46:46	1954	M55	6	0:47:19	15:48 *	15:42 *	15:47	4:41 min/km
326	2499	Frisch Markus	Köln Marathon	0:46:47	1968	M40	49	0:47:20	15:05 *	15:31 *	16:42	4:41 min/km
327	717	Lischka Markus	*Bonn	0:46:49	1967	M40	50	0:47:44	16:05 *	15:33 *	16:05	4:41 min/km
328	21	Amrehn Kilian	*Köln	0:46:51	1987	MHK	117	0:48:16	17:04 *	15:14 *	15:57	4:41 min/km
329	1136	Schwinden Stefan	*Köln	0:46:59	1970	M35	42	0:49:26	18:13 *	15:12 *	16:00	4:42 min/km
330	2180	Steuer Thomas	SSK Kerpen	0:47:03	1962	M45	43	0:48:34	17:14 *	15:23 *	15:56	4:42 min/km
331	1207	Straub Felix	*Köln	0:47:03	1988	MHK	118	0:48:13	17:00 *	15:05 *	16:07	4:42 min/km
332	147	Bub Konstantin	*Köln	0:47:04	1988	MHK	119	0:47:20	15:50 *	15:40 *	15:49	4:42 min/km
332	65	Bellerich Jochen	*Köln	0:47:04	1984	MHK	119	0:48:12	17:00 *	15:05 *	16:07	4:42 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 7

gedruckt 05.01.2010 22:40:18

334	2478	Gennen Hans		0:47:06	1964	M45	44	0:48:14	16:51 *	15:35 *	15:47	4:43 min/km
335	1499	Winkler Benno	AXA Marathon Team	0:47:08	1950	M55	7	0:47:21	15:13 *	15:49 *	16:19	4:43 min/km
336	846	Oebel Klaus	*Frechen	0:47:09	1968	M40	51	0:47:47	16:13 *	15:20 *	16:13	4:43 min/km
337	1944	Stolpe Frank	Lucky Stars	0:47:14	1970	M35	43	0:48:43	17:05 *	15:26 *	16:12	4:43 min/km
338	1996	Rhein Thomas	mustbesanta	0:47:17	1966	M40	52	0:49:30	17:56 *	15:54 *	15:39	4:44 min/km
339	646	Kopfer Jan	*Gelsenkirchen	0:47:17	1982	MHK	121	0:48:30	17:54 *	15:15 *	15:20	4:44 min/km
340	1592	Bollmann Axel	Die Nikoläufer	0:47:18	1981	MHK	122	0:47:37	16:01 *	16:14 *	15:20	4:44 min/km
341	647	Kopfer Marian	*Mittenaar	0:47:18	1985	MHK	123	0:48:31	17:54 *	15:15 *	15:21	4:44 min/km
342	1252	Tolan Serkan	*Köln	0:47:19	1978	M30	42	0:48:44	17:59 *	15:18 *	15:27	4:44 min/km
343	726	Lucena Juan	*Frechen/Königsdorf	0:47:19	1958	M50	16	0:47:33	15:25 *	15:54 *	16:12	4:44 min/km
343	669	Kring Fabian	*herborn	0:47:19	1990	MJA	11	0:48:31	17:54 *	15:15 *	15:21	4:44 min/km
345	1561	Hinze Ruan	Chuck Norris Appreciation	0:47:20	1982	MHK	124	0:48:56	17:41 *	15:50 *	15:24	4:44 min/km
346	2004	Bienert Frank	ohne	0:47:21	1957	M50	17	0:47:25	15:14 *	15:43 *	16:28	4:44 min/km
347	1146	Semeraro Davide	*Köln	0:47:22	1988	MHK	125	0:47:57	16:44 *	15:16 *	15:56	4:44 min/km
348	696	Landsberg Simon	*Köln	0:47:23	1988	MHK	126	0:47:56	15:58 *	15:54 *	16:03	4:44 min/km
349	1534	Giesen Franz	BSG Rhein Energie Köln	0:47:23	1948	M60	2	0:47:31	15:16 *	15:43 *	16:32	4:44 min/km
350	1872	Johnen Manfred	LG RWE Power	0:47:24	1958	M50	18	0:48:12	16:31 *	15:41 *	15:59	4:44 min/km
351	469	Herter Manuel	*Köln	0:47:26	1988	MHK	127	0:49:53	18:09 *	15:42 *	16:02	4:45 min/km
352	710	Liedl Oliver	*kerpen	0:47:27	1966	M40	53	0:47:40	15:26 *	16:03 *	16:09	4:45 min/km
353	107	Böhme Jonas	*Köln	0:47:27	1989	MHK	128	0:48:37	16:15 *	15:44 *	16:37	4:45 min/km
354	377	Grässel Birk	*Köln	0:47:27	1987	MHK	129	0:48:01	15:59 *	15:53 *	16:08	4:45 min/km
355	259	Essenpreis Rüdiger	*Gaggenau	0:47:28	1959	M50	19	0:48:01	15:58 *	15:54 *	16:08	4:45 min/km
356	175	Claeßen Jens	*Köln	0:47:28	1967	M40	54	0:48:20	17:36 *	15:36 *	15:07	4:45 min/km
357	1784	Langensiepen Dr.	laktatkönige	0:47:29	1946	M60	3	0:48:17	16:04 *	16:09 *	16:03	4:45 min/km
358	1316	Weber Dirk	*Köln	0:47:30	1987	MHK	130	0:47:38	15:21 *	15:56 *	16:19	4:45 min/km
359	975	Rietzel Torsten	*Köln-Zollstock	0:47:30	1989	MHK	131	0:47:35	14:54 *	15:57 *	16:43	4:45 min/km
360	680	Kühr Vasco	*Köln	0:47:31	1989	MHK	132	0:49:00	17:04 *	15:19 *	16:36	4:45 min/km
361	1755	Vogt Prof. Dr. Dirk -	Kölsche Weicheier	0:47:31	1979	M30	43	0:48:34	16:31 *	15:49 *	16:13	4:45 min/km
362	988	Rohe Karl-Heinz	*Engelskirchen	0:47:32	1958	M50	20	0:48:34	16:26 *	15:54 *	16:12	4:45 min/km
363	1639	Koch Johannes	FC Junkersdorf	0:47:34	1988	MHK	133	0:48:46	17:43 *	15:27 *	15:36	4:45 min/km
364	2162	Wassong Thomas	Sparkasse KölnBonn	0:47:35	1964	M45	45	0:48:07	15:59 *	15:51 *	16:16	4:46 min/km
365	2338	Ripp Dieter	VTC Köln	0:47:35	1956	M50	21	0:48:07	16:00 *	15:50 *	16:16	4:46 min/km
366	335	Galli Felix	*Köln	0:47:37	1985	MHK	134	0:50:43	18:43 *	15:40 *	16:19	4:46 min/km
367	2187	Eskinyurt Cetin	STERIS Deutschland	0:47:37	1971	M35	44	0:48:55	16:45 *	15:59 *	16:10	4:46 min/km
368	650	Korbela Kamill	*Mönchengladbach	0:47:38	1987	MHK	135	0:48:47	17:01 *	15:27 *	16:19	4:46 min/km
369	111	Börner Mats	*Hürth	0:47:38	1989	MHK	136	0:49:33	17:02 *	17:38 *	14:52	4:46 min/km
370	2276	Miesner Norbert	TriCologne	0:47:39	1962	M45	46	0:48:07	16:13 *	15:53 *	16:01	4:46 min/km
371	2015	Peters Joachim	OVS	0:47:39	1974	M35	45	0:49:21	18:48 *	16:02 *	14:30	4:46 min/km
372	1346	Werner Horst	*Köln	0:47:40	1963	M45	47	0:48:40	16:43 *	15:54 *	16:02	4:46 min/km
373	419	Hartberg Alexander	*Köln	0:47:42	1974	M35	46	0:49:32	18:40 *	15:30 *	15:21	4:46 min/km
374	755	Mayer Jan	*Köln	0:47:45	1988	MHK	137	0:51:20	20:25 *	15:12 *	15:42	4:47 min/km
375	264	Esslinger Patrick	*Köln	0:47:45	1985	MHK	138	0:51:20	20:25 *	15:13 *	15:41	4:47 min/km
376	56	Bebak Wojciech	*Köln	0:47:46	1987	MHK	139	0:51:21	20:25 *	15:14 *	15:42	4:47 min/km
377	1306	Wahn Jens	*Köln	0:47:46	1989	MHK	140	0:47:52	15:13 *	15:53 *	16:45	4:47 min/km
378	2405	Debschütz Sebastian		0:47:48	1988	MHK	141	0:55:26	27:21 *	18:07 *	09:58	4:47 min/km
379	102	Blömer Gerrit	*Köln	0:47:49	1988	MHK	142	0:48:09	14:54 *	15:45 *	17:30	4:47 min/km
380	336	Gam Björn	*Köln	0:47:53	1976	M30	44	0:49:12	16:53 *	15:54 *	16:23	4:47 min/km
381	1161	Slyzius Mangirdas	*Köln	0:47:54	1982	MHK	143	0:49:17	18:13 *	15:12 *	15:50	4:47 min/km
381	1889	Süßenbach Reinhard	LG RWE Power	0:47:54	1961	M45	48	0:48:43	16:39 *	15:58 *	16:05	4:47 min/km
383	1241	Thiele Dr. Wolfram	*Bonn	0:47:55	1968	M40	55	0:52:04	20:52 *	15:25 *	15:46	4:48 min/km
384	2371	Petervari Prof. Dr. Mario	Marathonpauer club	0:47:55	1976	M30	45	0:49:03	16:53 *	15:46 *	16:23	4:48 min/km
385	845	Ochs Dr. Guntram	*Münster	0:47:56	1963	M45	49	0:49:20	16:40 *	15:54 *	16:45	4:48 min/km
386	2428	Müller Michael		0:47:57	1986	MHK	144	0:49:22	17:05 *	15:30 *	16:46	4:48 min/km
387	2000	Bock Olaf	Nele & Nils Racing	0:47:59	1967	M40	56	0:50:04	18:08 *	16:10 *	15:44	4:48 min/km
388	1695	Bohnert Ruben	Haus Hermann-Josef	0:48:03	1991	MJA	12	0:49:28	17:54 *	16:02 *	15:31	4:48 min/km
389	691	Lamberts Philipp	*Bonn	0:48:04	1982	MHK	145	0:48:06	15:25 *	16:47 *	15:53	4:48 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 8

gedruckt 05.01.2010 22:40:18

390	1065	Schmidtman Volker	*Köln	0:48:04	1963	M45	50	0:48:33	16:06 *	16:00 *	16:26	4:48 min/km
391	27	Asamoah Daniel	*Hamburg	0:48:05	1981	MHK	146	0:48:06	15:24 *	16:48 *	15:53	4:49 min/km
392	1848	Eling Jörn	LG Kindelsberg	0:48:07	1984	MHK	147	0:48:18	15:21 *	16:11 *	16:45	4:49 min/km
393	450	Henkens Sven Eric	*Köln	0:48:10	1988	MHK	148	0:49:38	18:58 *	14:38 *	16:02	4:49 min/km
394	0	Esters Paul	Team Handelshof	0:48:10	1959	M50	22	0:48:56	16:04 *	16:08 *	16:44	4:49 min/km
395	1380	Wolpert Philipp	*Köln	0:48:13	1988	MHK	149	0:49:42	17:53 *	15:42 *	16:05	4:49 min/km
396	2274	Kreuer Patrick	TriCologne	0:48:13	1967	M40	57	0:48:44	16:35 *	15:58 *	16:10	4:49 min/km
397	2168	Schoepe Ralf	Sportgruppe Mirke	0:48:15	1965	M40	58	0:48:44	16:18 *	16:14 *	16:11	4:50 min/km
398	894	Pfeifenbring Ansgar	*Neustadt	0:48:15	1988	MHK	150	0:50:37	18:36 *	15:46 *	16:13	4:50 min/km
399	1237	Thiel Christian	*Köln	0:48:16	1982	MHK	151	0:49:13	16:40 *	16:10 *	16:22	4:50 min/km
400	1177	Steffenhagen Christian	*Köln	0:48:17	1980	MHK	152	0:50:08	17:55 *	16:24 *	15:47	4:50 min/km
401	1258	Troll Robin	*Köln	0:48:18	1988	MHK	153	0:49:44	17:44 *	15:59 *	16:01	4:50 min/km
402	1896	Werth Burghard	LG RWE Power	0:48:18	1956	M50	23	0:49:09	17:21 *	15:44 *	16:04	4:50 min/km
403	466	Herschbach Jan Timo	*Kottenheim	0:48:19	1990	MJA	13	0:48:46	15:51 *	16:25 *	16:29	4:50 min/km
404	834	Niedereder Philipp	*Leverkusen	0:48:19	1981	MHK	154	0:51:05	19:25 *	15:41 *	15:58	4:50 min/km
405	841	Nodler Yannick	*Köln	0:48:21	1988	MHK	155	0:50:43	18:44 *	15:38 *	16:20	4:50 min/km
406	2244	Weishaar Björn	TG Mülheim	0:48:21	1981	MHK	156	0:49:17	16:38 *	16:11 *	16:26	4:50 min/km
407	769	Metz Arne	*Köln	0:48:23	1974	M35	47	0:50:49	18:34 *	16:06 *	16:08	4:50 min/km
408	462	Herder Arhat	*Köln	0:48:28	1971	M35	48	0:49:55	16:30 *	16:05 *	17:18	4:51 min/km
409	1617	Pagers Sven	ESV Gremberghoven	0:48:28	1966	M40	59	0:51:32	19:36 *	15:58 *	15:58	4:51 min/km
410	940	Rau Nicolas	*Köln	0:48:30	1990	MJA	14	0:52:28	19:28 *	15:54 *	17:05	4:51 min/km
411	2387	Bayrak Orhan		0:48:31	1990	MJA	15	0:52:28	19:26 *	15:54 *	17:07	4:51 min/km
412	266	Eulgem Felix	*Köln	0:48:31	1987	MHK	157	0:52:28	19:26 *	15:54 *	17:07	4:51 min/km
413	1792	Icks Wolfgang	Lauffreunde Blücherpark	0:48:31	1965	M40	60	0:49:34	17:21 *	15:56 *	16:16	4:51 min/km
414	2438	Hermisdorf Tobias	Antilopen Kottenforst	0:48:32	1981	MHK	158	0:51:50	19:39 *	16:07 *	16:03	4:51 min/km
415	320	Frenzel Stefan	*Köln	0:48:32	1978	M30	46	0:49:27	17:10 *	16:10 *	16:05	4:51 min/km
416	246	Els Jürgen	*Köln	0:48:34	1969	M40	61	0:50:08	17:50 *	15:58 *	16:18	4:51 min/km
417	1345	Werner Christoph	*Hürth	0:48:34	1965	M40	62	0:50:08	17:50 *	15:58 *	16:18	4:51 min/km
418	304	Flores Patrik	*Köln	0:48:36	1973	M35	49	0:48:57	16:19 *	16:16 *	16:21	4:52 min/km
419	1480	Spornhauer Björn	ASV Köln Triathlon	0:48:37	1974	M35	50	0:48:46	16:21 *	16:17 *	16:07	4:52 min/km
420	597	Kiesel Ralf	*Bergisch Gladbach	0:48:38	1959	M50	24	0:50:49	19:25 *	15:58 *	15:26	4:52 min/km
421	1321	Weghaus Stephan	*Köln	0:48:39	1972	M35	51	0:49:45	17:30 *	16:15 *	15:59	4:52 min/km
422	2253	Braun Tom	The Running Brownies	0:48:39	1986	MHK	159	0:50:01	17:54 *	15:52 *	16:14	4:52 min/km
423	424	Haueisen Carsten	*Solingen	0:48:40	1976	M30	47	0:50:00	17:13 *	16:06 *	16:40	4:52 min/km
424	2080	Lauten Jürgen	Running TV Bedburg	0:48:41	1972	M35	52	0:49:06	15:48 *	16:18 *	16:59	4:52 min/km
425	1127	Schwartz Niklas	*Köln	0:48:41	1994	MSA	1	0:49:45	17:49 *	16:11 *	15:43	4:52 min/km
426	0	unbekannt DG2XZ0A		0:48:42	0	MHK	160	0:49:06	15:48 *	16:17 *	17:00	4:52 min/km
427	1126	Schwartz Dieter	*Köln	0:48:42	1959	M50	25	0:49:45	17:50 *	16:11 *	15:44	4:52 min/km
428	475	Hewel Daniel	*Köln	0:48:42	1986	MHK	161	0:49:34	17:06 *	15:48 *	16:39	4:52 min/km
429	1325	Wehner Stephan	*Siegburg	0:48:43	1977	M30	48	0:52:58	20:41 *	15:58 *	16:18	4:52 min/km
430	2179	Müller Harald	SSK Kerpen	0:48:44	1968	M40	63	0:49:22	16:21 *	16:12 *	16:49	4:52 min/km
431	1246	Thomeczek Dr Christian	*Rösrath	0:48:44	1957	M50	26	0:48:56	15:48 *	16:10 *	16:57	4:52 min/km
432	2429	Efrith Gerd-Ulrich	TG Herford	0:48:47	1953	M55	8	0:49:02	17:02 *	16:09 *	15:50	4:53 min/km
433	2275	Labsch Michel	TriCologne	0:48:48	1967	M40	64	0:49:14	16:39 *	16:20 *	16:15	4:53 min/km
434	203	Diel Dr. Patrick	*pulheim	0:48:48	1963	M45	51	0:50:33	18:17 *	16:06 *	16:08	4:53 min/km
435	797	Morbach Jan	*Köln	0:48:49	1976	M30	49	0:50:09	17:03 *	16:17 *	16:48	4:53 min/km
436	2260	Speake Robert	Tremco illbruck	0:48:50	1978	M30	50	0:51:59	18:45 *	16:43 *	16:30	4:53 min/km
437	2145	Cooper Rob	Sign language power	0:48:56	1984	MHK	162	0:49:50	16:52 *	16:06 *	16:50	4:54 min/km
438	1758	Korth Felix	Komet Delia 09	0:48:59	1985	MHK	163	0:49:41	15:06 *	16:12 *	18:22	4:54 min/km
438	1649	Janeck Walter	feuerwehr hilden	0:48:59	1952	M55	9	0:49:15	16:04 *	16:22 *	16:48	4:54 min/km
440	101	Blodig Matthias	*Köln	0:48:59	1978	M30	51	0:50:42	18:01 *	16:06 *	16:35	4:54 min/km
441	607	Klages Christian	*Köln	0:49:00	1978	M30	52	0:52:26	20:16 *	16:26 *	15:42	4:54 min/km
442	302	Flesch Kai	*Trier	0:49:01	1976	M30	53	0:51:01	18:29 *	16:10 *	16:22	4:54 min/km
443	1072	Schmitz Florian	*Köln	0:49:02	1988	MHK	164	0:49:27	15:39 *	15:52 *	17:56	4:54 min/km
444	611	Klassen Oleg	*Köln	0:49:04	1985	MHK	165	0:50:42	18:34 *	16:15 *	15:52	4:54 min/km
445	809	Müller Michael-Jürgen	*Köln	0:49:04	1987	MHK	166	0:50:42	18:33 *	16:15 *	15:52	4:54 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 9

gedruckt 05.01.2010 22:40:18

446	233	Eckelt Martin	*Cologne	0:49:08	1983	MHK	167	0:52:37	21:20 *	15:54 *	15:22	4:55 min/km
447	1936	Ley Thomas	Lt Rösratherstraße	0:49:08	1965	M40	65	0:51:08	18:25 *	16:19 *	16:23	4:55 min/km
448	1859	Büsgen Herbert	LG RWE Power	0:49:08	1949	M60	4	0:49:44	16:23 *	16:23 *	16:57	4:55 min/km
449	1873	Königs Manfred	LG RWE Power	0:49:09	1961	M45	52	0:49:44	16:17 *	16:46 *	16:40	4:55 min/km
450	415	Hanke Daniel	*Köln	0:49:09	1976	M30	54	0:51:35	19:17 *	15:59 *	16:18	4:55 min/km
451	1911	Riedl Patrick	LG RWE Power	0:49:09	1988	MHK	168	0:49:55	16:48 *	16:19 *	16:47	4:55 min/km
452	1971	Scharfenstein Kai	mas	0:49:10	1964	M45	53	0:50:01	16:52 *	16:33 *	16:36	4:55 min/km
453	2024	Pickhard Holger	Point One Runners	0:49:11	1964	M45	54	0:51:42	19:35 *	15:55 *	16:11	4:55 min/km
454	1712	Leisten David	IBM	0:49:15	1991	MJA	16	0:51:28	19:26 *	16:13 *	15:49	4:56 min/km
455	537	Jank Benjamin	*Köln/ Bickendorf	0:49:15	1986	MHK	169	0:50:46	18:30 *	16:12 *	16:03	4:56 min/km
456	1727	Schäufelin Tim-Allan	JJA Die WG & Friends	0:49:18	1987	MHK	170	0:49:42	16:53 *	15:55 *	16:53	4:56 min/km
457	170	Casanova Salvatore	*pulheim	0:49:23	1974	M35	53	0:50:22	16:41 *	16:32 *	17:08	4:56 min/km
458	1805	Adria Heinz Oliver	Laufrausch Köln	0:49:23	1981	MHK	171	0:52:33	20:29 *	16:06 *	15:57	4:56 min/km
459	1461	Fischer Stephan	ASV Köln	0:49:24	1958	M50	27	0:50:46	17:59 *	16:19 *	16:26	4:56 min/km
460	108	Boelen-Theile Claus	*Rösrath	0:49:25	1966	M40	66	0:53:29	20:16 *	16:03 *	17:08	4:57 min/km
461	1621	Krötz Paul	ESV-Gremberghoven	0:49:25	1953	M55	10	0:50:28	17:55 *	16:12 *	16:20	4:57 min/km
462	213	Dormanns Tim	*Köln	0:49:25	1980	MHK	172	0:50:27	18:15 *	16:37 *	15:34	4:57 min/km
463	1291	Volz Rainer	*Ludwigsburg	0:49:26	1959	M50	28	0:50:09	17:48 *	16:06 *	16:14	4:57 min/km
464	1349	Westermann Daniel	*Köln	0:49:26	1985	MHK	173	0:51:47	19:55 *	16:23 *	15:29	4:57 min/km
465	612	Klein Michael	*Köln	0:49:26	1965	M40	67	0:51:57	19:23 *	16:21 *	16:13	4:57 min/km
466	1651	Hauser Peter	Fifty Minutes	0:49:26	1962	M45	55	0:52:19	19:39 *	16:22 *	16:17	4:57 min/km
467	1686	Heinen Christoph	Haus der Jugend	0:49:27	1993	MJB	2	0:51:32	19:27 *	16:12 *	15:52	4:57 min/km
468	2081	Münchrath Peter	Run_ by Runners Point	0:49:27	1979	M30	55	0:50:20	17:24 *	16:52 *	16:03	4:57 min/km
469	1875	Linnartz Bernd	LG RWE Power	0:49:27	1966	M40	68	0:50:21	17:38 *	16:13 *	16:29	4:57 min/km
470	1709	Foshag Maximilian	IBM	0:49:28	1998	MSC	2	0:51:43	18:37 *	16:05 *	16:59	4:57 min/km
471	341	Gaßner Thomas	*Köln	0:49:29	1988	MHK	174	0:50:53	17:43 *	16:08 *	17:01	4:57 min/km
472	585	Keller Rene	*Köln	0:49:29	1978	M30	56	0:51:00	18:07 *	16:03 *	16:49	4:57 min/km
473	828	Natzel Jonathan	*Düsseldorf	0:49:31	1986	MHK	175	0:53:39	22:19 *	15:53 *	15:26	4:57 min/km
474	503	Holz René	*Köln	0:49:31	1972	M35	54	0:49:51	16:07 *	16:41 *	17:02	4:57 min/km
475	1910	Riedl Hans	LG RWE Power	0:49:31	1962	M45	56	0:50:18	16:31 *	16:27 *	17:19	4:57 min/km
476	1723	Hielscher Yves	JJA Die WG & Friends	0:49:39	1987	MHK	176	0:51:30	17:48 *	16:33 *	17:08	4:58 min/km
477	1865	Gerke Lothar	LG RWE Power	0:49:41	1963	M45	57	0:50:34	17:38 *	16:12 *	16:43	4:58 min/km
478	164	Busch Raphael	*Köln	0:49:41	1988	MHK	177	0:52:11	20:06 *	16:17 *	15:48	4:58 min/km
479	316	Franken Michael	*Köln	0:49:42	1963	M45	58	0:51:22	18:20 *	16:15 *	16:47	4:58 min/km
480	1611	Jacobs Kurt	ERGO sports Köln	0:49:42	1940	M65	3	0:50:05	16:32 *	16:40 *	16:53	4:58 min/km
481	100	Bloch Guillaume	*Köln	0:49:44	1985	MHK	178	0:53:22	20:52 *	16:12 *	16:17	4:58 min/km
482	891	Peters K.G.	*Bad Neuenahr	0:49:45	1956	M50	29	0:51:27	18:48 *	16:03 *	16:35	4:59 min/km
483	1753	Petermann Christian	Kölner Wetterfrösche	0:49:45	1986	MHK	179	0:49:54	15:39 *	17:08 *	17:06	4:59 min/km
484	1116	Schultz Klaus	*Ratingen	0:49:46	1966	M40	69	0:53:24	20:44 *	16:19 *	16:20	4:59 min/km
485	2109	Schröder Heinz	Schlodderdicher Raketen	0:49:48	1965	M40	70	0:51:24	18:29 *	16:24 *	16:29	4:59 min/km
486	1105	Schröder Andreas	*Köln	0:49:48	1970	M35	55	0:51:23	17:48 *	16:42 *	16:52	4:59 min/km
487	187	Dankers Moritz	*Köln	0:49:50	1989	MHK	180	0:50:05	15:50 *	16:50 *	17:24	4:59 min/km
488	2362	Gier Carsten	Würselener Turnverein	0:49:54	1973	M35	56	0:51:07	18:25 *	16:29 *	16:12	4:59 min/km
489	2327	Metzkowitz Gerd	TV-Kettwig	0:49:57	1954	M55	11	0:50:49	17:12 *	16:38 *	16:59	4:60 min/km
490	2095	Boschert Nikolaus	SC-Bühl	0:49:58	1952	M55	12	0:51:43	17:21 *	16:53 *	17:27	4:60 min/km
491	1808	Walpert Jens	Laufteam Tischlerei	0:49:59	1966	M40	71	0:51:56	18:07 *	16:33 *	17:15	4:60 min/km
492	1602	Baumgärtner Kai	DSHS	0:49:59	1989	MHK	181	0:52:28	19:25 *	16:34 *	16:28	4:60 min/km
493	1538	Riechmann Stephan F.	BSG Rheinpark e.V.	0:50:03	1967	M40	72	0:53:17	20:04 *	16:31 *	16:40	5:00 min/km
494	2049	Heyden Andreas	rakete reissdorf	0:50:08	1973	M35	57	0:53:27	19:47 *	16:38 *	17:01	5:01 min/km
495	1385	Wüst Hans Werner	*Köln	0:50:08	1950	M55	13	0:50:26	16:14 *	16:40 *	17:31	5:01 min/km
496	955	Reimann Kai	*Bedburg	0:50:09	1973	M35	58	0:50:33	16:22 *	16:57 *	17:13	5:01 min/km
497	736	Madadi-Sanjani	*Frechen	0:50:11	1963	M45	59	0:51:19	18:17 *	15:51 *	17:10	5:01 min/km
498	1125	Schuster Frank	*Mechernich	0:50:13	1985	MHK	182	0:53:39	21:19 *	16:10 *	16:09	5:01 min/km
499	2450	Pickl Norbert	Lauffreunde Blücherpark	0:50:14	1960	M45	60	0:51:16	17:33 *	16:41 *	17:02	5:01 min/km
500	714	Lindt Stefan	*Köln	0:50:14	1980	MHK	183	0:53:13	19:28 *	17:11 *	16:33	5:01 min/km
501	209	Dijkstra Wouter	*Mechernich	0:50:18	1985	MHK	184	0:53:44	21:19 *	16:11 *	16:13	5:02 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 10

gedruckt 05.01.2010 22:40:18

502	1239	Thiel Markus	*Siegburg	0:50:19	1976	M30	57	0:54:34	20:40 *	16:21 *	17:32	5:02 min/km
503	582	Kaulisch Thomas	*Köln	0:50:19	1970	M35	59	0:53:00	20:08 *	16:07 *	16:44	5:02 min/km
504	2496	Browarzik Jurek	*Köln	0:50:20	1989	MHK	185	0:53:24	20:07 *	16:26 *	16:51	5:02 min/km
505	374	Gottlob Georg	*Nörvenich	0:50:20	1961	M45	61	0:51:01	17:31 *	16:29 *	17:00	5:02 min/km
506	1518	Nebel Roland	Borussia	0:50:22	1965	M40	73	0:53:02	20:08 *	16:07 *	16:46	5:02 min/km
507	1419	Tappeser Stephan	42tausend, Microsoft	0:50:22	1974	M35	60	0:50:27	15:31 *	17:15 *	17:41	5:02 min/km
508	1307	Walbroel Michael	*Köln	0:50:24	1960	M45	62	0:52:26	18:54 *	16:24 *	17:06	5:02 min/km
509	1572	Kessler Thomas	DEG Road Runners	0:50:24	1955	M50	30	0:50:45	16:24 *	16:55 *	17:25	5:02 min/km
510	1503	Olbrich Wolfgang	B42-Team Cologne	0:50:26	1968	M40	74	0:51:07	17:01 *	16:48 *	17:17	5:03 min/km
511	960	Renner Marc	*Köln	0:50:26	1967	M40	75	0:51:07	17:02 *	16:51 *	17:13	5:03 min/km
512	2423	Csibba Philip		0:50:27	1971	M35	61	0:53:30	20:24 *	16:25 *	16:39	5:03 min/km
513	2177	Lummerich Christian	SSK Kerpen	0:50:28	1973	M35	62	0:51:03	16:28 *	17:17 *	17:17	5:03 min/km
514	1652	Heuschötter Klaus	Fifty Minutes	0:50:29	1964	M45	63	0:53:21	19:40 *	16:58 *	16:42	5:03 min/km
515	835	Niemeyer Andre	*Köln	0:50:30	1970	M35	63	0:51:49	17:53 *	16:47 *	17:08	5:03 min/km
516	1543	Becker Arno	cegelec wallabies	0:50:30	1983	MHK	186	0:51:37	20:08 *	15:56 *	15:33	5:03 min/km
517	1549	Postek Robert	cegelec wallabies	0:50:33	1976	M30	58	0:51:37	20:07 *	15:56 *	15:32	5:03 min/km
518	757	Mecker Michael	*Rösrath	0:50:34	1966	M40	76	0:51:12	17:06 *	16:38 *	17:26	5:03 min/km
519	922	Poschinski Fred	*Grevenbroich	0:50:35	1964	M45	64	0:52:53	18:49 *	17:06 *	16:57	5:04 min/km
520	1806	Cogel Berthold	Laufrausch Köln	0:50:42	1961	M45	65	0:51:31	17:29 *	16:56 *	17:05	5:04 min/km
521	1295	Von Elert Eric	*Köln	0:50:44	1961	M45	66	0:51:36	17:53 *	16:39 *	17:04	5:04 min/km
522	277	Fandrey Jürgen	*Dinslaken	0:50:44	1958	M50	31	0:52:42	18:28 *	16:58 *	17:15	5:04 min/km
523	2455	Meyer Bernhard		0:50:46	1954	M55	14	0:51:52	17:12 *	17:03 *	17:36	5:05 min/km
524	1715	Peise Marco	IBM	0:50:47	1979	M30	59	0:53:02	19:20 *	16:25 *	17:17	5:05 min/km
525	1430	Schnabel Dr. Ronald	AachenMünchener	0:50:48	1954	M55	15	0:52:51	19:25 *	16:19 *	17:07	5:05 min/km
526	1890	Sulimma Klaus	LG RWE Power	0:50:49	1966	M40	77	0:51:41	17:34 *	16:48 *	17:18	5:05 min/km
527	1435	Schrennen Martin	Agger - Fitness	0:50:52	1962	M45	67	0:53:01	19:37 *	16:38 *	16:45	5:05 min/km
528	2432	Loebbert Bjoern	heuel-reisen.de	0:50:54	1969	M40	78	0:53:55	20:26 *	16:50 *	16:38	5:05 min/km
529	1133	Schwenck Christian	*Düsseldorf	0:50:55	1974	M35	64	0:51:48	17:27 *	17:02 *	17:17	5:06 min/km
530	1322	Wegmann Arne	*Köln	0:50:56	1988	MHK	187	0:53:25	19:25 *	16:34 *	17:25	5:06 min/km
531	536	Janczik Michael	*Köln	0:51:00	1961	M45	68	0:53:19	18:40 *	17:01 *	17:37	5:06 min/km
532	2459	Bumiller Wilhelm	*Köln	0:51:02	1936	M70	2	0:53:01	18:43 *	16:56 *	17:21	5:06 min/km
533	927	Przybylla David	*Köln	0:51:02	1980	MHK	188	0:52:14	17:56 *	16:41 *	17:37	5:06 min/km
534	2495	Challe Fabian		0:51:04	1962	M45	69	0:52:18	18:20 *	17:11 *	16:45	5:06 min/km
535	2481	Degenhardt Dirk		0:51:04	1970	M35	65	0:51:26	16:44 *	17:07 *	17:34	5:06 min/km
536	1026	Scharenberg Jan	*Odenthal	0:51:05	1971	M35	66	0:54:12	20:03 *	16:56 *	17:12	5:07 min/km
536	1866	Gorzalnik Gerd	LG RWE Power	0:51:05	1967	M40	79	0:51:59	17:42 *	16:41 *	17:35	5:07 min/km
538	698	Langness Felix	*Leverkusen	0:51:06	1980	MHK	189	0:51:15	15:34 *	17:00 *	18:40	5:07 min/km
539	351	Gelotti Giuseppe	*Leverkusen	0:51:06	1974	M35	67	0:51:15	15:34 *	17:00 *	18:40	5:07 min/km
540	1274	Van der Ven Dr. Christian	*Köln	0:51:06	1963	M45	70	0:52:48	19:03 *	16:37 *	17:07	5:07 min/km
541	1300	Voß Ulrich	*Köln	0:51:06	1949	M60	5	0:51:21	16:30 *	17:03 *	17:46	5:07 min/km
542	1857	Bollig Klaus	LG RWE Power	0:51:08	1964	M45	71	0:52:28	18:19 *	16:48 *	17:21	5:07 min/km
543	2295	Tews Juergen	TUS 06 Waldbröl	0:51:09	1953	M55	16	0:51:37	17:11 *	16:55 *	17:30	5:07 min/km
544	1904	Marx Hubert	LG RWE Power	0:51:09	1951	M55	17	0:52:01	17:21 *	15:59 *	18:40	5:07 min/km
545	459	Henze Dr. Björn	*Köln	0:51:10	1972	M35	68	0:51:43	17:49 *	16:56 *	16:57	5:07 min/km
546	1309	Wallenborn Hermann	*Trier	0:51:13	1960	M45	72	0:53:30	19:52 *	16:49 *	16:47	5:07 min/km
547	1426	Meyer Willi	AachenMünchener	0:51:14	1956	M50	32	0:53:20	19:25 *	16:31 *	17:24	5:07 min/km
548	921	Poppke Michael	*Köln	0:51:15	1979	M30	60	0:54:28	22:15 *	15:38 *	16:34	5:08 min/km
549	1314	Wardenbach Thomas	*Köln	0:51:16	1967	M40	80	0:52:48	18:15 *	17:01 *	17:31	5:08 min/km
550	1220	Susanto Arthur	*Köln	0:51:18	1974	M35	69	0:52:38	19:04 *	16:32 *	17:01	5:08 min/km
551	1390	Zaler Marian	*Kaarst	0:51:18	1978	M30	61	0:51:58	17:35 *	16:58 *	17:24	5:08 min/km
552	1418	Trabler Michael	42tausend	0:51:21	1967	M40	81	0:51:26	16:48 *	16:56 *	17:41	5:08 min/km
553	1372	Witte Philip	*Köln	0:51:21	1980	MHK	190	0:52:03	16:45 *	17:37 *	17:41	5:08 min/km
554	1211	Ströter Thomas	*Köln	0:51:22	1979	M30	62	0:55:15	22:04 *	16:44 *	16:26	5:08 min/km
555	1743	Eberhart Patrick	KHTC Blau-Weiss Köln	0:51:23	1999	MSC	3	0:54:02	20:05 *	17:35 *	16:21	5:08 min/km
556	1744	Eberhart Peter	KHTC Blau-Weiss Köln	0:51:24	1965	M40	82	0:54:02	20:05 *	17:36 *	16:20	5:08 min/km
556	1170	Spill Marco	*Köln	0:51:24	1977	M30	63	0:52:05	16:44 *	16:56 *	18:24	5:08 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 11

gedruckt 05.01.2010 22:40:18

558	360	Giese Peter	*Köln	0:51:30	1962 M45	73	0:51:49	17:40 *	17:10 *	16:58	5:09 min/km
559	1624	Pirlet Daniel	Familienbande	0:51:31	1960 M45	74	0:54:20	19:46 *	16:56 *	17:36	5:09 min/km
560	2117	Schardt Michael	Schwarz-Weiß Oldenburg	0:51:32	1954 M55	18	0:52:10	17:42 *	17:15 *	17:12	5:09 min/km
561	393	Grüne Thomas	*Köln	0:51:41	1969 M40	83	0:54:18	19:50 *	17:09 *	17:18	5:10 min/km
562	1411	Bruckwilder Hans Jörg	*Köln	0:51:42	1955 M50	33	0:52:20	16:50 *	17:23 *	18:06	5:10 min/km
563	786	Minichilli Federico	*Köln	0:51:42	1970 M35	70	0:55:46	22:45 *	16:42 *	16:18	5:10 min/km
564	1214	Strube Dr. Walter	*Pulheim	0:51:45	1954 M55	19	0:52:22	17:20 *	17:11 *	17:50	5:11 min/km
565	523	Huxoll Robert	*Köln	0:51:45	1975 M30	64	0:53:20	19:14 *	17:30 *	16:35	5:11 min/km
566	1571	Tapp Elmar	daisserja	0:51:46	1972 M35	71	0:52:39	18:28 *	16:57 *	17:12	5:11 min/km
567	969	Richter Hendrik	*Grevenbroich	0:51:46	1982 MHK	191	0:54:50	21:06 *	16:42 *	17:02	5:11 min/km
568	1351	Wienand Dirk	*Pulheim	0:51:46	1974 M35	72	0:53:18	18:39 *	17:14 *	17:24	5:11 min/km
569	1011	Sahler Sebastian	*Hürth	0:51:47	1984 MHK	192	0:53:43	19:05 *	17:09 *	17:28	5:11 min/km
570	2483	John Gerd	1.Niehler LT-Die Gilden	0:51:47	1941 M65	4	0:53:33	19:18 *	16:56 *	17:18	5:11 min/km
571	806	Müller Kay	*Köln	0:51:49	1978 M30	65	0:56:03	23:18 *	17:05 *	15:40	5:11 min/km
572	1135	Schwieters Andreas	*Köln	0:51:53	1971 M35	73	0:53:15	18:41 *	17:13 *	17:19	5:11 min/km
573	750	Matthes Michael	*Köln	0:52:00	1983 MHK	193	0:53:51	19:07 *	17:45 *	16:58	5:12 min/km
573	1681	Winkler Marcel	Gymnasium Kerpen	0:52:00	1992 MJB	3	0:54:24	19:40 *	17:16 *	17:27	5:12 min/km
575	1562	Grobelyny Christoph	Colognerunners	0:52:01	1974 M35	74	0:55:53	23:49 *	17:12 *	14:52	5:12 min/km
576	1669	Stratmann Gerd	Gelpegazellen Wuppertal	0:52:02	1954 M55	20	0:53:21	18:17 *	17:07 *	17:56	5:12 min/km
577	1431	Wilms Gregor	AachenMünchener	0:52:03	1977 M30	66	0:54:27	20:53 *	17:17 *	16:15	5:12 min/km
578	1132	Schwarzfeld Guido	*Köln	0:52:07	1963 M45	75	0:55:07	20:53 *	16:56 *	17:18	5:13 min/km
579	1206	Strater Klaus	*Kerpen	0:52:07	1960 M45	76	0:52:32	16:49 *	17:21 *	18:20	5:13 min/km
580	1869	Heuser Berthold	LG RWE Power	0:52:10	1963 M45	77	0:54:29	20:39 *	17:15 *	16:34	5:13 min/km
581	1634	Atamtuerk Huseyein	FC Deutsche Post Köln	0:52:12	1966 M40	84	0:55:44	20:59 *	16:55 *	17:49	5:13 min/km
582	1348	Wester Marc	*Köln	0:52:12	1979 M30	67	0:55:38	20:16 *	16:52 *	18:28	5:13 min/km
583	2005	Hahn Arne	ohne	0:52:14	1964 M45	78	0:56:00	21:42 *	16:52 *	17:26	5:13 min/km
584	1902	Wythe Gregor	LG RWE Power Inden	0:52:16	1969 M40	85	0:53:04	18:21 *	17:31 *	17:11	5:14 min/km
585	160	Burgbacher Alexander	*Köln	0:52:21	1963 M45	79	0:56:25	22:39 *	16:40 *	17:04	5:14 min/km
586	1323	Wegmann Martin	*Köln	0:52:24	1981 MHK	194	0:53:05	16:52 *	17:39 *	18:33	5:14 min/km
587	1563	Grönda Thod	Colognerunners	0:52:25	1974 M35	75	0:56:16	23:48 *	17:13 *	15:14	5:15 min/km
588	1706	Henkelmann Matthias	HSV-Dormagen-Süd e.V.	0:52:26	1954 M55	21	0:55:01	20:09 *	17:24 *	17:28	5:15 min/km
589	2193	Färber Wolfgang	Sülzer Hasen	0:52:26	1965 M40	86	0:53:26	18:43 *	17:29 *	17:13	5:15 min/km
589	2192	Färber Luis	Sülzer Hasen	0:52:26	1996 MSB	1	0:53:26	18:38 *	17:39 *	17:08	5:15 min/km
591	1061	Schmidt Michael	*Köln	0:52:26	1974 M35	76	0:55:56	21:49 *	16:48 *	17:18	5:15 min/km
592	1573	Koch Dr. Thomas	DEG Road Runners	0:52:27	1959 M50	34	0:54:38	19:17 *	17:18 *	18:02	5:15 min/km
593	317	Frankenberg Stephan	*Köln	0:52:31	1967 M40	87	0:53:18	20:49 *	16:07 *	16:21	5:15 min/km
594	836	Nierhoff Boris	*Köln	0:52:32	1969 M40	88	0:54:26	18:31 *	17:32 *	18:23	5:15 min/km
595	1772	Schwamborn Gerd	Küttner... und es läuft!	0:52:34	1966 M40	89	0:54:09	19:09 *	16:53 *	18:06	5:15 min/km
596	77	Beuning Luke	*Köln	0:52:47	1998 MSC	4	0:54:04	20:23 *	18:17 *	15:23	5:17 min/km
597	1342	Wendler Frank	*Kerpen	0:52:49	1967 M40	90	0:54:12	18:52 *	17:48 *	17:31	5:17 min/km
598	856	Orth Benjamin	*Köln	0:52:54	1977 M30	68	0:54:14	19:45 *	17:44 *	16:45	5:17 min/km
599	1209	Ströbelt Reiner	*Pulheim	0:52:55	1962 M45	80	0:54:45	20:01 *	17:43 *	17:00	5:18 min/km
600	97	Blaurock Dr. Jochen	*Köln	0:52:55	1966 M40	91	0:54:46	19:30 *	17:17 *	17:58	5:18 min/km
601	2191	Schneider Brian	Sülzer Flitzer	0:52:56	1975 M30	69	0:54:16	19:44 *	17:44 *	16:46	5:18 min/km
602	1894	Voigt Stefan	LG RWE Power	0:52:57	1982 MHK	195	0:55:16	20:33 *	17:29 *	17:12	5:18 min/km
603	712	Liedtke Dr. Thomas	*Köln	0:53:01	1960 M45	81	0:53:12	18:56 *	19:03 *	15:13	5:18 min/km
604	2335	Schorn Stephan	VfL Kommern	0:53:03	1975 M30	70	0:54:01	18:22 *	17:29 *	18:10	5:18 min/km
605	1883	Röhrig Wolfgang	LG RWE Power	0:53:04	1955 M50	35	0:55:23	20:35 *	17:28 *	17:19	5:18 min/km
606	1414	Philipp Manfred	1. Niehler LT Die	0:53:06	1971 M35	77	0:53:09	16:46 *	18:09 *	18:12	5:19 min/km
607	406	Hackler Christian	*Köln	0:53:06	1979 M30	71	0:56:22	22:55 *	18:36 *	14:49	5:19 min/km
608	310	Forster Sebastian	*Köln	0:53:07	1984 MHK	196	0:53:53	17:54 *	17:34 *	18:25	5:19 min/km
609	1605	Brandt Detlev	Elmars Lauftreff	0:53:07	1962 M45	82	0:54:03	18:13 *	18:04 *	17:44	5:19 min/km
610	362	Glombek Konstantin	*Köln	0:53:07	1980 MHK	197	0:54:57	19:06 *	17:48 *	18:02	5:19 min/km
611	1947	Verhey Sascha	Lucky Stars	0:53:08	1975 M30	72	0:54:38	18:33 *	17:29 *	18:35	5:19 min/km
612	494	Hoffmann Dirk	*Bergisch Gladbach	0:53:11	1969 M40	92	0:56:14	22:07 *	17:19 *	16:48	5:19 min/km
613	1470	Immig Peter	ASV Köln Team 42	0:53:12	1960 M45	83	0:54:13	18:35 *	17:33 *	18:03	5:19 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 12

gedruckt 05.01.2010 22:40:18

614	2101	Klenke Thorsten	SCB Horrem	0:53:13	1970 M35	78	0:55:04	18:51 *	17:31 *	18:41	5:19 min/km
615	1817	Ermer Gerhard	Lauftreff Diana	0:53:15	1949 M60	6	0:55:26	19:55 *	17:37 *	17:53	5:20 min/km
616	1713	Leisten Udo	IBM	0:53:16	1958 M50	36	0:55:29	20:36 *	17:15 *	17:37	5:20 min/km
617	2061	Haak Carsten	Rheinpapier Roadrunners	0:53:16	1994 MSA	2	0:53:45	17:00 *	16:55 *	19:49	5:20 min/km
618	159	Burfeid Thomas	*Köln	0:53:17	1964 M45	84	0:55:13	20:15 *	17:27 *	17:31	5:20 min/km
619	1370	Wirtz Mario	*Köln	0:53:18	1975 M30	73	0:56:21	22:10 *	17:26 *	16:44	5:20 min/km
620	1844	Poreschack Uli	LG GS1 Germany GmbH	0:53:19	1966 M40	93	0:57:04	22:30 *	17:27 *	17:06	5:20 min/km
621	1876	Merz Wilfried	LG RWE Power	0:53:22	1949 M60	7	0:54:15	18:30 *	17:37 *	18:07	5:20 min/km
622	1815	Von Emhofen Roland	Lauftreff Decksteiner	0:53:24	1979 M30	74	0:56:23	21:51 *	16:56 *	17:35	5:20 min/km
623	643	Koita Issaka	*Köln	0:53:26	1972 M35	79	0:56:46	21:00 *	17:38 *	18:07	5:21 min/km
624	872	Papst Lutz Stephan	*Köln	0:53:26	1959 M50	37	0:57:11	21:24 *	17:39 *	18:08	5:21 min/km
625	1870	Hocht von der Fritz	LG RWE Power	0:53:27	1947 M60	8	0:55:46	20:36 *	17:44 *	17:25	5:21 min/km
626	145	Brunner Ulrich	*Köln	0:53:29	1937 M70	3	0:53:39	17:35 *	18:01 *	18:02	5:21 min/km
627	2164	Herschel Siegfried	Sportfreunde Stöcker	0:53:29	1952 M55	22	0:55:51	20:48 *	17:35 *	17:27	5:21 min/km
628	2322	Fischer Hermann Josef	TV Voiswinkel 1919 e.V.	0:53:31	1944 M65	5	0:56:26	20:45 *	17:38 *	18:02	5:21 min/km
629	844	Nuyken Jochen	*Köln	0:53:32	1961 M45	85	0:54:01	17:19 *	18:15 *	18:27	5:21 min/km
630	1783	Holz Bernhard	laktatkönige	0:53:33	1954 M55	23	0:57:02	21:49 *	17:37 *	17:35	5:21 min/km
631	535	Janczik Lukas	*Köln	0:53:34	1992 MJB	4	0:55:52	18:40 *	19:16 *	17:56	5:21 min/km
632	2091	Wurda Werner	SC Fortuna Köln	0:53:35	1960 M45	86	0:57:46	21:40 *	17:41 *	18:25	5:22 min/km
633	1775	Wißmann Dr. Tim	Küttner... und es läuft!	0:53:36	1972 M35	80	0:55:09	19:10 *	17:30 *	18:29	5:22 min/km
634	2281	Luncz Thomas	TSV Bayer 04 Breitensport	0:53:38	1971 M35	81	0:57:44	22:29 *	17:34 *	17:40	5:22 min/km
635	253	Esch Jupp	*Köln	0:53:41	1959 M50	38	0:53:59	18:37 *	18:59 *	16:21	5:22 min/km
636	59	Becker Heiko	*Engelskirchen	0:53:41	1983 MHK	198	0:55:18	19:51 *	17:39 *	17:47	5:22 min/km
637	606	Kittelmann Achim	*Köln	0:53:41	1973 M35	82	0:56:19	20:49 *	17:24 *	18:05	5:22 min/km
638	2079	Lauten Dario	Running TV Bedburg	0:53:42	1998 MSC	5	0:54:04	17:40 *	17:29 *	18:54	5:22 min/km
639	1401	Zimmermann Christoph	*Köln	0:53:42	1980 MHK	199	0:55:09	22:54 *	15:50 *	16:24	5:22 min/km
640	1533	Ruf Joachim	BSG RaBaz e.V.	0:53:46	1961 M45	87	0:57:39	22:27 *	17:31 *	17:39	5:23 min/km
641	1905	Reimann Dieter	LG RWE Power	0:53:48	1959 M50	39	0:54:37	17:41 *	18:17 *	18:38	5:23 min/km
642	654	Kottig Jörg	*Aachen	0:53:49	1971 M35	83	0:55:08	18:54 *	17:38 *	18:35	5:23 min/km
642	1901	Witt Andreas	LG RWE Power Inden	0:53:49	1965 M40	94	0:54:35	18:30 *	17:50 *	18:14	5:23 min/km
644	356	Gerschau Dirk	*Wiehl	0:53:50	1968 M40	95	0:57:40	22:33 *	17:55 *	17:11	5:23 min/km
645	1577	Zimmermann Achim	DHL Express Köln	0:53:51	1968 M40	96	0:55:12	19:54 *	18:07 *	17:11	5:23 min/km
646	80	Beyer Mathias	*Köln	0:53:51	1977 M30	75	0:55:38	21:03 *	17:26 *	17:07	5:23 min/km
647	1979	Hilger Frank	microsoft	0:53:52	1967 M40	97	0:54:01	17:50 *	18:08 *	18:02	5:23 min/km
648	1544	Becker Claus	cegelec wallabies	0:53:52	1949 M60	9	0:54:59	20:45 *	16:49 *	17:24	5:23 min/km
649	1608	Schewiola Hans	Erftläufer	0:53:54	1949 M60	10	0:54:47	18:50 *	17:59 *	17:57	5:23 min/km
650	566	Kaiser Ralf	*Köln	0:53:55	1964 M45	88	0:55:09	19:19 *	17:48 *	18:01	5:24 min/km
651	509	Hoyer Remo	*Leverkusen	0:54:02	1988 MHK	200	0:54:29	18:30 *	18:22 *	17:36	5:24 min/km
652	665	Kreft Stefan	*Köln	0:54:03	1979 M30	76	0:57:43	23:16 *	17:37 *	16:49	5:24 min/km
653	126	Brase Dirk	*Köln	0:54:03	1968 M40	98	0:55:44	19:50 *	18:02 *	17:51	5:24 min/km
654	1567	Breuer Michael	Dabei sein ist alles	0:54:04	1976 M30	77	0:57:33	22:08 *	17:24 *	18:00	5:24 min/km
655	1569	Tuchscherer Sven	Dabei sein ist alles	0:54:04	1976 M30	78	0:57:33	22:07 *	17:25 *	18:00	5:24 min/km
656	1647	Frank Stephan	Ferndorf	0:54:06	1956 M50	40	0:57:22	21:40 *	17:21 *	18:20	5:25 min/km
657	2430	Ohrem Uwe		0:54:07	1959 M50	41	0:55:19	19:38 *	18:05 *	17:34	5:25 min/km
658	364	Stöcker Carsten	*Köln	0:54:08	1968 M40	99	0:57:36	21:34 *	18:04 *	17:57	5:25 min/km
659	1614	Börner Karl-Heinz	ESV Gremberghoven	0:54:09	1957 M50	42	0:55:13	19:54 *	17:42 *	17:37	5:25 min/km
660	1204	Stradt Mario	*Stolberg (Rhld.)	0:54:09	1983 MHK	201	0:55:31	18:29 *	18:31 *	18:31	5:25 min/km
661	1182	Stein Hans-Jörg	*Köln	0:54:12	1952 M55	24	0:56:24	19:55 *	17:51 *	18:36	5:25 min/km
662	465	Herrmann Tobias	*Koeln	0:54:13	1986 MHK	202	0:57:30	21:51 *	17:06 *	18:32	5:25 min/km
663	67	Benninghoff - Lühl Max	*Köln	0:54:14	1987 MHK	203	0:57:31	21:51 *	17:06 *	18:32	5:25 min/km
664	2444	Brandhorst Markus	*Köln	0:54:14	1963 M45	89	0:57:27	22:20 *	17:29 *	17:37	5:25 min/km
665	2213	Held Marcus	TEAM HANDMADE	0:54:14	1973 M35	84	0:57:30	21:58 *	17:37 *	17:55	5:25 min/km
666	805	Müller Helmut	*Overath	0:54:17	1960 M45	90	0:56:27	20:54 *	18:12 *	17:20	5:26 min/km
667	1000	Royer Herbert	*Köln	0:54:22	1965 M40	100	0:57:43	22:12 *	17:35 *	17:54	5:26 min/km
668	2053	Velarde Canales Heribert	Red Latina e.V.	0:54:22	1958 M50	43	0:58:26	22:48 *	17:35 *	18:03	5:26 min/km
669	1037	Scheiferd Dominik	*Köln	0:54:23	1983 MHK	204	0:57:11	24:15 *	17:02 *	15:53	5:26 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 13

gedruckt 05.01.2010 22:40:18

670	1486	Nowak Rainer	ASV-LT Kemperdick	0:54:25	1951 M55	25	0:54:43	17:15 *	18:16 *	19:11	5:27 min/km
671	141	Brouwer Martin	*Bonn	0:54:25	1960 M45	91	0:54:45	18:21 *	17:51 *	18:31	5:27 min/km
672	2383	Ramljak Niko	Marathon Finanz AG	0:54:25	1975 M30	79	0:56:30	19:54 *	17:54 *	18:40	5:27 min/km
673	223	Dünwald Willi	*Frechen	0:54:30	1956 M50	44	0:56:42	21:05 *	17:36 *	17:59	5:27 min/km
674	1741	Brust Gerd	*Koeln	0:54:31	1951 M55	26	0:55:28	19:28 *	18:22 *	17:37	5:27 min/km
675	1615	Emmerich	ESV Gremberghoven	0:54:31	1949 M60	11	0:55:33	20:00 *	17:42 *	17:51	5:27 min/km
676	238	Eichinger Stefan	*Koeln	0:54:38	1974 M35	85	0:56:12	19:14 *	17:59 *	18:58	5:28 min/km
677	1559	Gattner Marius	Chefköche	0:54:38	1972 M35	86	0:55:51	19:54 *	17:04 *	18:52	5:28 min/km
678	2147	Hand Helmut	Skater-Team KölschJunge	0:54:42	1947 M60	12	0:55:24	18:49 *	18:20 *	18:14	5:28 min/km
679	473	Heuger Markus	*Köln	0:54:50	1968 M40	101	0:58:32	24:10 *	17:35 *	16:46	5:29 min/km
680	1754	Feick Jürgen	kölsche Jung	0:54:51	1956 M50	45	0:56:37	19:56 *	18:24 *	18:16	5:29 min/km
681	1251	Tlatlik Markus	*Odenthal	0:54:52	1971 M35	87	0:57:09	20:01 *	18:17 *	18:50	5:29 min/km
682	1809	Dresbach Wolfgang	Lauftreff Decksteiner	0:54:56	1952 M55	27	0:55:35	18:43 *	18:24 *	18:27	5:30 min/km
683	2434	Burbach Dr. Rolf		0:54:57	1962 M45	92	0:56:58	21:17 *	17:44 *	17:56	5:30 min/km
684	401	Haas Alessandro	*Wesseling	0:55:01	1992 MJB	5	0:57:02	20:54 *	18:47 *	17:21	5:30 min/km
685	171	Caspers Constantin	*Köln	0:55:02	1993 MJB	6	0:55:45	19:29 *	17:49 *	18:27	5:30 min/km
686	481	Hillesheim Ivo	*Köln	0:55:05	1969 M40	102	0:56:47	19:48 *	18:16 *	18:42	5:31 min/km
687	619	Kleist Frank	*Bergheim	0:55:05	1968 M40	103	0:57:17	21:05 *	17:37 *	18:33	5:31 min/km
688	410	Hagedorn Lars	*Köln	0:55:08	1972 M35	88	0:56:52	19:13 *	18:42 *	18:56	5:31 min/km
689	1997	Kühr Thomas Werner	na dänn... prrrroost	0:55:08	1981 MHK	205	0:58:57	22:14 *	17:41 *	19:01	5:31 min/km
690	265	Etemadalsoltani Ali	*köln	0:55:10	1967 M40	104	0:58:03	23:39 *	17:38 *	16:44	5:31 min/km
691	118	Boßhammer Stephan	*Köln	0:55:12	1968 M40	105	0:59:18	23:50 *	17:53 *	17:33	5:31 min/km
692	79	Bey Jürgen	*Köln	0:55:16	1967 M40	106	0:56:38	19:50 *	18:09 *	18:39	5:32 min/km
693	884	Pesch Stephan	*Leverkusen	0:55:20	1972 M35	89	0:57:08	20:01 *	18:17 *	18:49	5:32 min/km
694	262	Eßer Manfred	*Köln	0:55:21	1965 M40	107	0:56:33	20:41 *	17:39 *	18:13	5:32 min/km
695	748	Matakas Prof. Dr. Frank	*Köln	0:55:21	1939 M70	4	0:57:49	21:10 *	18:32 *	18:06	5:32 min/km
696	1826	Schönenberg Peter	LC Weilerswist	0:55:21	1941 M65	6	0:56:22	19:22 *	18:20 *	18:39	5:32 min/km
697	1623	Vogler Wolfgang	Fairer Handel	0:55:25	1949 M60	13	0:59:38	22:34 *	19:16 *	17:47	5:33 min/km
698	36	Bach Frank	*Köln	0:55:30	1969 M40	108	0:59:12	23:49 *	17:14 *	18:07	5:33 min/km
699	1420	Heim Oliver	AachenMünchener	0:55:30	1971 M35	90	0:57:36	24:46 *	15:53 *	16:56	5:33 min/km
700	2246	Backhaus Dirk	the 6am runners	0:55:31	1967 M40	109	0:55:58	19:20 *	19:07 *	17:30	5:33 min/km
701	2247	Hollenbeck Klaus	the 6am runners	0:55:32	1970 M35	91	0:55:58	19:20 *	19:07 *	17:30	5:33 min/km
702	474	Heuser Michael	*Köln	0:55:33	1973 M35	92	0:57:25	21:53 *	17:50 *	17:41	5:33 min/km
703	155	Büscher Sven	*Köln	0:55:34	1977 M30	80	0:57:25	21:53 *	17:50 *	17:41	5:33 min/km
704	314	Franke Roland	*Solingen	0:55:35	1969 M40	110	0:57:10	19:37 *	18:19 *	19:12	5:34 min/km
705	832	Neuhaus Stefan	*Köln	0:55:38	1977 M30	81	0:57:17	21:03 *	18:16 *	17:58	5:34 min/km
706	194	Demmer Christian	*Köln	0:55:41	1977 M30	82	0:58:24	22:09 *	18:18 *	17:57	5:34 min/km
707	2185	Lange Peter	stadtfuehrungen-durch-ko	0:55:44	1953 M55	28	0:57:40	20:17 *	18:32 *	18:50	5:34 min/km
708	1923	Landmann Lutz	Los Mopeds	0:55:47	1971 M35	93	0:59:10	24:34 *	17:16 *	17:20	5:35 min/km
709	758	Meffert Thomas	*Köln	0:55:53	1966 M40	111	0:59:18	23:06 *	18:55 *	17:16	5:35 min/km
710	1179	Steffl Ernst	*Hennef	0:55:53	1967 M40	112	0:57:26	21:02 *	18:13 *	18:10	5:35 min/km
711	394	Gulke Dr. Ralf	*Köln	0:55:58	1972 M35	94	0:56:28	18:02 *	19:25 *	19:00	5:36 min/km
712	1100	Schorn Harald	*Köln	0:56:00	1977 M30	83	0:59:21	22:13 *	18:36 *	18:31	5:36 min/km
713	1257	Treutlein Thomas	*Wermelskirchen	0:56:01	1967 M40	113	0:58:17	20:08 *	18:28 *	19:40	5:36 min/km
714	1618	Thron Hans-Peter	ESV Gremberghoven	0:56:02	1957 M50	46	0:57:07	18:38 *	18:55 *	19:33	5:36 min/km
715	1946	V. Oeynhausens Jesko	Lucky Stars	0:56:04	1976 M30	84	0:57:31	20:47 *	18:31 *	18:12	5:36 min/km
716	1141	Seidel Heinrich	*köln	0:56:07	1966 M40	114	0:58:43	19:51 *	18:10 *	20:42	5:37 min/km
717	1915	Freytag Thibault	Liebelein	0:56:07	1979 M30	85	0:57:12	19:54 *	19:09 *	18:08	5:37 min/km
718	1770	Hertzfeld Dr. Herbert	Küttner... und es läuft!	0:56:08	1970 M35	95	0:57:43	20:07 *	18:35 *	19:01	5:37 min/km
719	1747	Wieland Lars	Kita Rasselbande Frechen	0:56:08	1974 M35	96	0:57:43	19:25 *	18:13 *	20:05	5:37 min/km
720	2059	Kettler Uwe	Rhein-Erft-Akademie	0:56:10	1965 M40	115	0:56:56	20:48 *	18:05 *	18:02	5:37 min/km
721	2161	Sender Thomas	Sparkasse KölnBonn	0:56:10	1976 M30	86	0:59:32	22:14 *	18:35 *	18:42	5:37 min/km
722	517	Hürtgen Hans	*Köln	0:56:11	1963 M45	93	0:57:48	21:31 *	18:11 *	18:05	5:37 min/km
723	1070	Schmitz David	*Bergheim	0:56:11	1988 MHK	206	0:56:46	22:15 *	18:04 *	16:25	5:37 min/km
724	1275	Van der Ven Dr. David	*Gelsenkirchen-Buer	0:56:15	1981 MHK	207	0:57:56	20:44 *	18:27 *	18:44	5:38 min/km
725	2349	Pottthast Christian	Whisky-Club	0:56:15	1976 M30	87	0:59:26	22:09 *	18:24 *	18:52	5:38 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 14

gedruckt 05.01.2010 22:40:18

726	1347	Werres Bernhard	*Köln	0:56:16	1951 M55	29	0:59:07	22:01 *	18:30 *	18:35	5:38 min/km
727	873	Paraskevaidis Fotios	*Köln	0:56:17	1971 M35	97	0:56:38	17:31 *	19:17 *	19:49	5:38 min/km
728	339	Gasda Jürgen	*Frechen	0:56:18	1973 M35	98	1:00:35	22:25 *	18:51 *	19:18	5:38 min/km
729	1748	Brosche Marko	kleeneundmuckel	0:56:19	1971 M35	99	0:57:57	21:00 *	18:33 *	18:24	5:38 min/km
730	2324	Schlicht Michael	TV Witzhelden	0:56:24	1962 M45	94	0:56:55	18:50 *	18:34 *	19:30	5:38 min/km
731	1516	Hagemann Christoph	Blueback International	0:56:24	1983 MHK	208	0:59:27	23:38 *	19:12 *	16:36	5:38 min/km
732	930	Pütz Jürgen	*Köln	0:56:26	1957 M50	47	0:59:56	22:12 *	19:11 *	18:33	5:39 min/km
733	1172	Stankowsk Noel	*Köln	0:56:27	1968 M40	116	1:00:38	22:44 *	19:00 *	18:53	5:39 min/km
734	1978	Demirel Ilhan	Microsoft	0:56:28	1967 M40	117	0:56:38	16:36 *	18:58 *	21:02	5:39 min/km
735	298	Fischer Dirk	*Bonn	0:56:32	1987 MHK	209	0:56:32	19:24 *	18:29 *	18:38	5:39 min/km
736	1273	Van de Weyer Alexander	*Köln	0:56:33	1968 M40	118	0:57:24	19:11 *	19:09 *	19:04	5:39 min/km
737	2448	Meutgens Ralf	Laufrausch	0:56:36	1963 M45	95	0:57:25	19:15 *	18:51 *	19:18	5:40 min/km
738	692	Lambertz Sven	*Levekusen	0:56:37	1984 MHK	210	0:58:52	22:29 *	18:08 *	18:14	5:40 min/km
739	2310	Schneider Friedrich	TV Oberbantenberg	0:56:37	1947 M60	14	0:59:07	21:18 *	18:36 *	19:12	5:40 min/km
740	405	Habermann Dirk	*Köln	0:56:41	1969 M40	119	0:58:51	22:05 *	18:43 *	18:02	5:40 min/km
741	998	Roßmann Dirk	*Köln	0:56:50	1979 M30	88	1:00:02	23:01 *	18:34 *	18:26	5:41 min/km
742	2011	Janotta Markus	OVS	0:56:50	1971 M35	100	0:57:21	18:17 *	19:06 *	19:57	5:41 min/km
743	306	Florio Rosario	*Köln	0:56:55	1960 M45	96	1:00:49	25:05 *	18:16 *	17:27	5:42 min/km
744	1751	Assmuth Frederick	Kölner Stadtmusikanten	0:56:56	1977 M30	89	1:00:14	23:15 *	18:57 *	18:00	5:42 min/km
745	2176	Kotterba Peter	SSK Kerpen	0:56:56	1952 M55	30	0:58:37	20:08 *	18:56 *	19:32	5:42 min/km
746	624	Klocke Konstantin	*Köln	0:56:58	1995 MSA	3	0:58:36	19:25 *	19:43 *	19:27	5:42 min/km
747	412	Hahn Frank	*Eschweiler	0:56:59	1976 M30	90	1:00:35	22:51 *	18:26 *	19:17	5:42 min/km
748	2113	Schmelzer Gerd	Schnitz Rennt	0:57:02	1977 M30	91	1:00:51	23:45 *	18:33 *	18:32	5:42 min/km
749	980	Robertz Franz	*Köln	0:57:07	1952 M55	31	0:58:25	19:36 *	19:00 *	19:49	5:43 min/km
750	1796	Windeck Sven	Lauffreunde Ottenheim	0:57:07	1974 M35	101	1:00:31	24:24 *	19:01 *	17:04	5:43 min/km
751	681	Kuhlmann Dr. Jan	*Köln	0:57:08	1969 M40	120	0:58:50	20:37 *	19:02 *	19:10	5:43 min/km
752	258	Eschweiler Uwe	*Köln	0:57:14	1962 M45	97	1:01:11	25:46 *	17:34 *	17:50	5:43 min/km
753	2160	Drossard Peter	Sparkasse Koelnbonn	0:57:15	1956 M50	48	0:57:48	18:42 *	19:25 *	19:40	5:44 min/km
754	500	Hofmann Sascha	*Köln	0:57:15	1987 MHK	211	0:57:15	18:57 *	17:34 *	20:43	5:44 min/km
755	1962	Krosch Bernd	M. DuMont Schauberg	0:57:16	1965 M40	121	0:59:59	22:46 *	18:36 *	18:35	5:44 min/km
756	228	Ebbesmeier Andreas	*Köln	0:57:16	1965 M40	122	0:59:01	21:41 *	18:46 *	18:33	5:44 min/km
757	1052	Schlinghoff Joerg	*Köln	0:57:18	1964 M45	98	0:58:28	20:58 *	19:27 *	18:02	5:44 min/km
758	1752	Schüren Fabian	Kölner Stadtmusikanten	0:57:19	1977 M30	92	1:00:37	23:15 *	18:57 *	18:23	5:44 min/km
759	368	Görger Henning	*Köln	0:57:23	1969 M40	123	0:59:01	21:00 *	18:39 *	19:22	5:44 min/km
760	120	Bothe Rüdiger	*Köln	0:57:23	1974 M35	102	1:00:26	24:29 *	19:12 *	16:44	5:44 min/km
761	1794	Porschen Michael	Lauffreunde Ottenheim	0:57:25	1971 M35	103	1:00:49	24:24 *	19:02 *	17:22	5:45 min/km
762	2456	Schäfer Knut		0:57:25	1966 M40	124	1:00:40	21:42 *	18:42 *	20:14	5:45 min/km
763	2216	Franz Stephan	Team Oeltermann	0:57:26	1964 M45	99	0:57:32	18:41 *	19:21 *	19:29	5:45 min/km
764	1548	Müller Artur	cegelec wallabies	0:57:30	1982 MHK	212	0:58:34	21:33 *	18:03 *	18:57	5:45 min/km
765	239	Eichner Dominic Luca	*Köln	0:57:32	1980 MHK	213	1:00:43	21:49 *	19:26 *	19:27	5:45 min/km
766	1332	Weiner Helmut	*Köln	0:57:33	1955 M50	49	0:59:22	22:07 *	18:44 *	18:30	5:45 min/km
767	1517	Dreesen Marco	BORUSSIA	0:57:34	1982 MHK	214	1:00:38	22:36 *	19:23 *	18:37	5:45 min/km
768	2152	Ford Timothy	Sky is no Limit	0:57:36	1970 M35	104	1:00:16	24:17 *	18:59 *	17:00	5:46 min/km
769	1795	Timm Jörg	Lauffreunde Ottenheim	0:57:41	1975 M30	93	1:01:05	24:24 *	19:02 *	17:39	5:46 min/km
770	616	Kleinert Hubert	*Köln	0:57:41	1962 M45	100	1:00:16	24:49 *	19:52 *	15:34	5:46 min/km
771	1521	Thienel Markus	BSG Allianz	0:57:43	1975 M30	94	1:00:16	22:55 *	18:45 *	18:35	5:46 min/km
772	1680	Deiters Lothar	GSV-Porz /Köln	0:57:47	1934 M70	5	0:58:55	20:16 *	19:12 *	19:27	5:47 min/km
773	1078	Schneider Heinz	*Köln	0:57:48	1964 M45	101	1:00:19	22:25 *	18:52 *	19:02	5:47 min/km
774	1679	McDermott Seamus	Greencastle Iron Man	0:57:50	1980 MHK	215	1:00:54	22:58 *	19:12 *	18:42	5:47 min/km
775	2056	Schofield Jeremy	Redlands Extreme Sports	0:57:50	1981 MHK	216	1:00:54	22:58 *	19:12 *	18:43	5:47 min/km
776	2357	Luft Norbert	Winterfitschnecken	0:57:52	1963 M45	102	1:00:09	23:50 *	17:46 *	18:33	5:47 min/km
777	1658	Leffelsender Thomas	Freiwillige Feuerwehr Köln	0:57:56	1977 M30	95	0:59:54	22:57 *	18:28 *	18:28	5:48 min/km
778	1696	Chacatis Chris	Haus Hermann-Josef	0:57:56	1968 M40	125	0:59:23	20:47 *	19:10 *	19:25	5:48 min/km
779	166	Buschmeier Andreas	*Zorneding	0:58:01	1972 M35	105	0:59:04	21:53 *	19:46 *	17:24	5:48 min/km
780	255	Eschweiler Bernd	*Köln	0:58:03	1968 M40	126	1:02:02	25:46 *	17:45 *	18:30	5:48 min/km
781	1925	Runzheimer Joachim	LT Café El-Mar	0:58:11	1959 M50	50	1:01:34	23:05 *	18:57 *	19:32	5:49 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 15

gedruckt 05.01.2010 22:40:18

782	626	Kloos Mario	*Wesseling	0:58:15	1971 M35	106	1:01:07	24:29 *	21:35 *	15:02	5:50 min/km
783	1166	Söntgerath Peter	*Königswinter	0:58:16	1949 M60	15	1:02:00	23:12 *	18:57 *	19:50	5:50 min/km
784	1294	Von der Wehl Raphael	*Köln	0:58:17	1970 M35	107	1:02:15	23:57 *	19:40 *	18:37	5:50 min/km
785	1954	Schulte Fabian	LVR-Speedys	0:58:19	1969 M40	127	1:00:17	22:35 *	18:37 *	19:05	5:50 min/km
786	1697	Rath Ingo	Haus Hermann-Josef	0:58:23	1964 M45	103	0:59:49	19:53 *	19:20 *	20:35	5:50 min/km
787	648	Kopp Alexander	*Köln	0:58:24	1974 M35	108	1:02:21	23:57 *	19:41 *	18:42	5:50 min/km
788	1986	Mathisik Dr. Herbert	MN Runners	0:58:25	1958 M50	51	1:00:01	20:33 *	19:25 *	20:02	5:51 min/km
789	1626	Pirlet Philipp	Familienbande	0:58:27	2000 MSD	1	1:01:07	21:19 *	20:40 *	19:07	5:51 min/km
790	682	Kunath Jochen	*Köln	0:58:27	1976 M30	96	1:01:55	23:00 *	19:26 *	19:27	5:51 min/km
791	1035	Scheer Dr. Dr. Martin	*Köln	0:58:29	1967 M40	128	0:59:43	21:18 *	19:11 *	19:13	5:51 min/km
792	943	Rautenbach Till	*Pulheim	0:58:30	1978 M30	97	1:01:18	24:11 *	18:36 *	18:30	5:51 min/km
793	2269	Diepenbruck Uli	TriCologne	0:58:34	1965 M40	129	0:59:04	19:00 *	20:11 *	19:52	5:51 min/km
794	1707	Willms Jörg	HSV-Dormagen-Süd e.V.	0:58:35	1966 M40	130	1:02:13	24:02 *	19:08 *	19:02	5:52 min/km
795	1450	Oster Dr. Christoph	Antilopen Kottenforst	0:58:37	1946 M60	16	1:01:56	23:06 *	19:13 *	19:36	5:52 min/km
796	745	Marx Helmut	*Köln	0:58:38	1941 M65	7	0:59:44	20:25 *	19:30 *	19:48	5:52 min/km
797	2337	Börnsen Jörg	Viermärker Dortmund	0:58:39	1972 M35	109	1:01:40	22:40 *	19:22 *	19:38	5:52 min/km
798	902	Pieniak Dominik	*Essen	0:58:41	1980 MHK	217	1:00:35	23:38 *	20:37 *	16:18	5:52 min/km
799	882	Perthen Tobias	*Köln	0:58:44	1963 M45	104	1:00:39	21:05 *	19:30 *	20:04	5:52 min/km
800	1013	Sander Frank	*Köln	0:58:48	1970 M35	110	1:02:12	24:00 *	19:04 *	19:07	5:53 min/km
801	1583	Harbordt Holger	Die Frühstücksläufer	0:58:50	1973 M35	111	1:02:11	23:52 *	19:19 *	18:59	5:53 min/km
802	425	Haupt Alexander	*Köln	0:58:55	1969 M40	131	0:59:34	19:21 *	19:48 *	20:24	5:53 min/km
803	1044	Schindler Stefan	*Erkrath	0:58:55	1977 M30	98	1:01:18	22:29 *	19:40 *	19:08	5:54 min/km
804	1199	Stolz Manfred	*Köln	0:58:56	1964 M45	105	1:00:09	21:24 *	19:18 *	19:26	5:54 min/km
805	2365	Schäfer Klaus	*Köln	0:58:58	1974 M35	112	1:01:56	24:40 *	19:34 *	17:40	5:54 min/km
806	296	Finke Kai	*Hürth	0:58:58	1975 M30	99	1:02:28	23:00 *	19:26 *	20:00	5:54 min/km
807	801	Mueller Stefan	*Leichlingen	0:59:05	1974 M35	113	1:01:23	22:09 *	19:29 *	19:44	5:55 min/km
808	2044	Fischer Chip	Radiergummiliga.de	0:59:08	1956 M50	52	1:01:25	22:06 *	19:32 *	19:46	5:55 min/km
809	19	Altmann Reiner	*Köln	0:59:08	1960 M45	106	1:01:12	21:57 *	19:19 *	19:55	5:55 min/km
810	1270	Vacca Gianpaolo	*Wesseling	0:59:08	1962 M45	107	1:01:41	24:30 *	20:13 *	16:57	5:55 min/km
811	820	Münzel Justus	*Köln	0:59:13	1999 MSC	6	1:02:15	23:31 *	19:31 *	19:12	5:55 min/km
812	1254	Tombers Franz	*Köln	0:59:15	1936 M70	6	1:03:14	25:46 *	19:39 *	17:48	5:56 min/km
813	1218	Stumpf Stephan	*Köln	0:59:16	1977 M30	100	1:02:24	23:43 *	19:30 *	19:10	5:56 min/km
814	543	Jeannot Gael	*Köln	0:59:17	1983 MHK	218	1:02:02	22:43 *	18:57 *	20:21	5:56 min/km
815	349	Geisler Günther	*Köln	0:59:21	1955 M50	53	1:00:35	22:31 *	19:11 *	18:52	5:56 min/km
816	269	Evans John	*Köln	0:59:25	1967 M40	132	1:01:20	22:35 *	20:19 *	18:25	5:57 min/km
817	2497	von Dombois Sebastian	LG ASV DSHS Köln	0:59:26	1996 MSB	2	1:01:09	21:18 *	18:44 *	21:07	5:57 min/km
818	2493	Beier Florian	LG ASV DSHS Köln	0:59:26	1995 MSA	4	1:01:10	21:17 *	18:45 *	21:07	5:57 min/km
819	1008	Saam Wolfgang	*Köln	0:59:29	1958 M50	54	1:03:11	24:36 *	19:41 *	18:53	5:57 min/km
820	631	Knepel Justus	*Kerpen	0:59:32	1994 MSA	5	1:02:23	22:42 *	19:34 *	20:05	5:57 min/km
821	386	Grimm Stefan	*Bergheim	0:59:32	1979 M30	101	1:01:22	21:05 *	20:00 *	20:16	5:57 min/km
822	1531	Müller Harald	BSG RaBaz e.V.	0:59:33	1960 M45	108	1:03:27	24:58 *	18:34 *	19:53	5:57 min/km
823	1437	Wolf Fabian	Agger - Fitness	0:59:36	1990 MJA	17	1:01:44	22:14 *	19:51 *	19:38	5:58 min/km
824	1434	Schrennen Julian	Agger - Fitness	0:59:36	1990 MJA	18	1:01:45	22:14 *	20:03 *	19:27	5:58 min/km
825	1284	Vidal Miguel	*Köln	0:59:37	1963 M45	109	1:03:21	24:17 *	19:33 *	19:30	5:58 min/km
826	2458	Bloeming Dirk	ETA ASV Köln Triathlon	0:59:37	1972 M35	114	1:03:23	23:38 *	19:57 *	19:47	5:58 min/km
827	2064	Stimke Joey	Rheinpapier Roadrunners	0:59:38	1990 MJA	19	1:00:06	18:54 *	20:28 *	20:43	5:58 min/km
828	1720	Wissing Karl	IG EMS	0:59:38	1946 M60	17	1:01:51	22:05 *	19:40 *	20:05	5:58 min/km
829	1155	Sina Torsten	*Köln	0:59:39	1982 MHK	219	1:01:31	22:43 *	19:48 *	18:58	5:58 min/km
830	1893	Velden Wolfgang	LG RWE Power	0:59:39	1963 M45	110	1:01:57	22:16 *	19:38 *	20:02	5:58 min/km
831	1202	Stommel Dirk	*Bonn	0:59:39	1977 M30	102	1:01:43	25:10 *	19:22 *	17:10	5:58 min/km
832	224	Dulak Christoph	*Frechen	0:59:41	1970 M35	115	1:00:30	20:52 *	20:07 *	19:30	5:58 min/km
833	1582	Krause Uwe	DIE BÖÖGLIS	0:59:45	1963 M45	111	1:02:25	23:56 *	19:45 *	18:43	5:59 min/km
834	447	Helten Markus	*Neuss	0:59:45	1976 M30	103	1:02:50	22:32 *	19:44 *	20:33	5:59 min/km
835	1958	Hashemnia Mohammad	M. DuMont Schauberg	0:59:53	1955 M50	55	1:03:28	23:48 *	19:36 *	20:04	5:59 min/km
836	1625	Pirlet Florian	Familienbande	0:59:56	1996 MSB	3	1:02:44	22:11 *	19:37 *	20:55	5:60 min/km
837	2221	Sassenhagen Horst -	team tomato	0:59:56	1954 M55	32	1:03:55	24:59 *	19:39 *	19:16	5:60 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 16

gedruckt 05.01.2010 22:40:18

838	1900	Wienand Rüdiger	LG RWE Power	0:59:59	1961 M45	112	1:03:54	25:30 *	19:17 *	19:05	5:60 min/km
839	1497	Lersch Christian	atemrausch*	1:00:00	1977 M30	104	1:03:07	24:35 *	19:43 *	18:48	6:00 min/km
840	348	Geising Christian	*Köln	1:00:03	1977 M30	105	1:03:35	28:11 *	18:11 *	17:12	6:00 min/km
841	2248	Vey Carsten	the 6am runners	1:00:13	1971 M35	116	1:00:38	19:20 *	19:49 *	21:27	6:01 min/km
842	2043	Krosch Hans Walter	racing elephants	1:00:14	1963 M45	113	1:01:27	20:41 *	20:40 *	20:06	6:01 min/km
843	355	Gerlach Uwe	*Köln	1:00:15	1962 M45	114	1:00:30	19:10 *	19:58 *	21:21	6:02 min/km
844	136	Breunung Guido	*Köln	1:00:15	1971 M35	117	1:01:42	20:51 *	20:44 *	20:06	6:02 min/km
845	916	Pohlenz Stephan	*Weilerswist	1:00:37	1980 MHK	220	1:02:32	22:13 *	20:23 *	19:55	6:04 min/km
846	1700	Hautzel Tom	Hawaiian Only	1:00:39	1971 M35	118	1:03:03	24:00 *	21:04 *	17:58	6:04 min/km
847	981	Rodehüser H.- Jürgen	*Köln- Lövenich	1:00:41	1960 M45	115	1:03:31	23:30 *	19:58 *	20:02	6:04 min/km
848	1015	Sauer Florian	*Engelskirchen	1:00:41	1985 MHK	221	1:02:05	20:53 *	19:52 *	21:19	6:04 min/km
848	1987	Odendahl Uwe	move for heads	1:00:41	1963 M45	116	1:03:31	23:30 *	19:58 *	20:02	6:04 min/km
850	218	Dreesen Konni	*Titz	1:00:42	1956 M50	56	1:03:45	23:25 *	19:43 *	20:35	6:04 min/km
851	2400	Kämmer Heiner		1:00:43	1961 M45	117	1:02:16	21:37 *	20:09 *	20:29	6:04 min/km
852	724	Lopez de Quintana	*Köln	1:00:52	1961 M45	118	1:04:58	25:27 *	19:57 *	19:34	6:05 min/km
853	1109	Schütz Oliver	*Brühl	1:00:55	1973 M35	119	1:02:05	19:52 *	20:38 *	21:35	6:06 min/km
854	2063	Poschen Ralf	Rheinpapier Roadrunners	1:00:57	1963 M45	119	1:01:29	19:49 *	20:30 *	21:10	6:06 min/km
855	1885	Sauer Armin	LG RWE Power	1:00:58	1964 M45	120	1:04:54	24:50 *	20:05 *	19:58	6:06 min/km
856	815	Müller Timo	*Overath	1:00:58	1992 MJB	7	1:03:08	22:13 *	19:45 *	21:10	6:06 min/km
857	2060	Andersen Jan	Rheinpapier Roadrunners	1:00:58	1966 M40	133	1:01:28	19:49 *	20:30 *	21:08	6:06 min/km
858	2062	Haak Reiner	Rheinpapier Roadrunners	1:00:59	1965 M40	134	1:01:27	19:49 *	20:30 *	21:07	6:06 min/km
859	1994	Hoffacker Rene	muskelkatersport.de	1:01:02	1975 M30	106	1:03:36	23:16 *	20:41 *	19:38	6:06 min/km
860	603	Kirchhoff Axel	*Köln	1:01:06	1969 M40	135	1:01:42	20:34 *	21:01 *	20:07	6:07 min/km
861	197	Desombre Gottfried	*Köln-Junkersdorf	1:01:12	1940 M65	8	1:02:17	21:53 *	20:10 *	20:13	6:07 min/km
862	281	Feige Manfred	*Köln	1:01:20	1947 M60	18	1:05:31	24:09 *	20:02 *	21:19	6:08 min/km
863	1194	Stötzel Gerd	*Freudenberg	1:01:21	1953 M55	33	1:03:58	24:23 *	20:10 *	19:24	6:08 min/km
864	2393	Flück Marcus		1:01:22	1968 M40	136	1:02:03	20:48 *	20:36 *	20:38	6:08 min/km
865	1619	Strehl Thomas	ESV Lok Elstal	1:01:25	1963 M45	121	1:05:13	25:02 *	19:50 *	20:20	6:09 min/km
866	2252	Braun Reinhold	The Running Brownies	1:01:28	1958 M50	57	1:04:46	23:44 *	20:30 *	20:32	6:09 min/km
867	2386	Gehrmann Andreas		1:01:28	1977 M30	107	1:01:28	21:58 *	22:05 *	17:25	6:09 min/km
868	1096	Scholl Ronny	*wermelskirchen	1:01:30	1979 M30	108	1:04:41	25:06 *	19:38 *	19:55	6:09 min/km
869	1666	Fredrich Wolfgang	Gammelige Socken	1:01:31	1964 M45	122	1:01:51	19:39 *	20:19 *	21:52	6:09 min/km
870	1097	Scholten Marius	*Köln	1:01:35	1978 M30	109	1:04:58	25:33 *	21:00 *	18:24	6:10 min/km
871	1793	Pietsch Jochen	Lauffreunde Ottenheim	1:01:36	1971 M35	120	1:05:01	24:25 *	19:25 *	21:10	6:10 min/km
872	1495	Guldner Erik	atemrausch*	1:01:44	1978 M30	110	1:04:52	24:35 *	19:47 *	20:28	6:10 min/km
873	1333	Weingärtner Jörg	*Köln	1:01:45	1968 M40	137	1:03:43	23:17 *	21:44 *	18:41	6:11 min/km
874	1368	Wirtz Dietmar	*Erkelenz	1:01:57	1978 M30	111	1:05:01	25:40 *	20:05 *	19:15	6:12 min/km
875	946	Redetzky Michael	*Köln	1:01:59	1968 M40	138	1:02:49	20:10 *	20:11 *	22:27	6:12 min/km
876	42	Balg Matthias	*Dormagen	1:02:00	1971 M35	121	1:04:49	23:44 *	20:48 *	20:17	6:12 min/km
877	1118	Schulz Leonhard	*Ennepetal	1:02:05	1986 MHK	222	1:04:15	22:23 *	20:31 *	21:19	6:13 min/km
878	1303	Waege Gunter	*Köln	1:02:06	1940 M65	9	1:04:12	22:17 *	20:09 *	21:45	6:13 min/km
879	1449	Lemler Burkhard	Anlauf Siegen	1:02:09	1952 M55	34	1:05:19	24:26 *	20:05 *	20:47	6:13 min/km
880	2040	Blechs Schmidt Oliver	Quest Software GmbH	1:02:13	1974 M35	122	1:02:40	19:44 *	20:43 *	22:12	6:13 min/km
881	1629	Kreusch Harald	Fast Fots Köln	1:02:20	1962 M45	123	1:04:23	23:41 *	20:35 *	20:06	6:14 min/km
882	1717	Esser Thomas	IBM Deutschland GmbH	1:02:20	1961 M45	124	1:03:05	20:50 *	20:32 *	21:42	6:14 min/km
883	2302	Stolzis Bernd	TUS Brauweiler	1:02:21	1964 M45	125	1:04:23	23:15 *	20:41 *	20:26	6:14 min/km
884	2085	Böhr Martin	Sauerland Team	1:02:23	1968 M40	139	1:05:50	25:18 *	20:00 *	20:32	6:14 min/km
885	289	Fiebiger Hartmut	*Asbach	1:02:27	1963 M45	126	1:05:10	23:59 *	20:20 *	20:50	6:15 min/km
886	497	Hoffmann Michael	*Schwetzingen	1:02:33	1966 M40	140	1:04:21	22:53 *	20:39 *	20:48	6:15 min/km
887	2294	Fischer Gerhard	TUS 06 Dröschede	1:02:35	1938 M70	7	1:05:20	22:15 *	20:53 *	22:10	6:16 min/km
888	2148	Reimann Frank	Ski-Club Blau-Rot 1938	1:02:35	1962 M45	127	1:05:07	22:46 *	20:59 *	21:21	6:16 min/km
889	1610	Klingspor Frank	ERG Iserlohn	1:02:36	1964 M45	128	1:04:19	22:35 *	20:33 *	21:10	6:16 min/km
890	2065	Stimke Johann	Rheinpapier Roadrunners	1:02:38	1956 M50	58	1:03:07	20:58 *	21:34 *	20:34	6:16 min/km
891	2462	Feldhofer Ulrich	KKfL e.V.	1:02:44	1953 M55	35	1:03:06	20:01 *	20:53 *	22:11	6:16 min/km
892	488	Hoer Oliver	*Marienheide	1:02:44	1965 M40	141	1:06:20	25:30 *	20:52 *	19:56	6:16 min/km
893	1719	Wissing Heinz	IG EMS	1:02:45	1940 M65	10	1:04:57	23:06 *	20:37 *	21:12	6:17 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 17

gedruckt 05.01.2010 22:40:18

894	2494	Kaltenbach Dirk	TV Wirges	1:02:51	1968 M40	142	1:03:13	15:04 *	15:18 *	32:51	6:17 min/km
895	1537	Weiß Alexander	BSG Rheinpark e.V.	1:02:52	1979 M30	112	1:06:16	23:42 *	20:35 *	21:58	6:17 min/km
896	780	Mickeleit Uwe	*Pulheim	1:03:00	1966 M40	143	1:06:14	24:36 *	20:39 *	20:58	6:18 min/km
897	861	Ott Ricardo	*Köln	1:03:00	1963 M45	129	1:06:14	24:36 *	20:39 *	20:58	6:18 min/km
898	1123	Schumann Ralf	*Lohmar	1:03:08	1967 M40	144	1:04:17	21:47 *	20:46 *	21:44	6:19 min/km
899	2135	Bruch Jonah	SG Siegen-Giersberg	1:03:11	1998 MSC	7	1:06:10	24:55 *	20:40 *	20:34	6:19 min/km
900	2136	Bruch Olaf	SG Siegen-Giersberg	1:03:13	1967 M40	145	1:06:12	24:55 *	20:40 *	20:36	6:19 min/km
901	2129	Stefener Bernd	SG Siegen-Giersberg	1:03:13	1959 M50	59	1:06:13	24:58 *	20:42 *	20:32	6:19 min/km
902	2128	Kosiahn Stefan	SG Siegen-Giersberg	1:03:17	1961 M45	130	1:06:15	24:58 *	20:41 *	20:36	6:20 min/km
903	2133	Wukadinowitsch Fred	SG Siegen-Giersberg	1:03:17	1957 M50	60	1:06:13	24:47 *	20:49 *	20:36	6:20 min/km
904	234	Eckert Oliver	*Köln	1:03:21	1973 M35	123	1:05:57	24:57 *	21:35 *	19:24	6:20 min/km
905	1143	Seidinger Frank	*Aachen	1:03:21	1966 M40	146	1:05:57	24:57 *	21:35 *	19:24	6:20 min/km
906	1505	Kemper Bernd	Bel-Runners	1:03:24	1956 M50	61	1:05:54	24:39 *	21:48 *	19:26	6:20 min/km
907	346	Geers Wolfgang	*Köln	1:03:26	1954 M55	36	1:05:55	24:41 *	21:46 *	19:27	6:21 min/km
908	617	Kleinestreuwer Ralph	*Köln	1:03:34	1968 M40	147	1:05:17	23:28 *	21:56 *	19:51	6:21 min/km
909	837	Lüttge Dr. Fred	*Köln	1:03:35	1948 M60	19	1:06:25	26:32 *	19:13 *	20:40	6:22 min/km
910	1757	Kölschbach Achim	Königsforst	1:03:43	1959 M50	62	1:06:30	24:28 *	20:36 *	21:25	6:22 min/km
911	325	Friedrich Jörg	*Köln	1:03:45	1958 M50	63	1:07:14	25:03 *	20:31 *	21:38	6:23 min/km
911	226	Duwenkamp Raoul	*Köln	1:03:45	1973 M35	124	1:07:13	23:36 *	20:59 *	22:37	6:23 min/km
913	2377	Ziegler Julian	Marathon Finanz AG	1:03:49	1999 MSC	8	1:06:06	23:39 *	21:07 *	21:19	6:23 min/km
914	2485	Ziegler Dr. Michael	Marathon Finanz AG	1:03:50	1964 M45	131	1:06:07	23:39 *	21:07 *	21:20	6:23 min/km
915	899	Piazza Vincenzo Marco	*Leverkusen	1:04:02	1972 M35	125	1:06:17	24:28 *	20:58 *	20:50	6:24 min/km
916	1631	Wallner Stefan	Fast Foots Köln	1:04:09	1965 M40	148	1:06:11	23:42 *	20:56 *	21:32	6:25 min/km
917	1145	Sellugga Rainer	*Erfstadt	1:04:19	1959 M50	64	1:05:55	22:41 *	21:19 *	21:53	6:26 min/km
918	179	Colling Jörn	*Köln	1:04:21	1965 M40	149	1:08:08	25:36 *	21:07 *	21:24	6:26 min/km
919	639	König Bernd	*Köln	1:04:24	1970 M35	126	1:08:10	25:19 *	21:12 *	21:38	6:26 min/km
920	2111	Maucher Matthias	Schnitz Rennt	1:04:24	1980 MHK	223	1:08:13	27:06 *	23:23 *	17:43	6:26 min/km
921	1731	Schwarz Dr. Andreas	K-41	1:04:27	1965 M40	150	1:07:35	26:04 *	21:33 *	19:56	6:27 min/km
922	1152	Simon Michael	*Köln	1:04:33	1967 M40	151	1:08:11	24:54 *	21:19 *	21:57	6:27 min/km
923	1528	Hölzenbein Alfons	BSG RaBaz e.V.	1:04:34	1954 M55	37	1:08:28	24:58 *	20:48 *	22:40	6:27 min/km
924	146	Brust Georg	*Köln	1:04:37	1960 M45	132	1:05:34	21:52 *	21:51 *	21:51	6:28 min/km
925	148	Buchholz Jan	*Erfstadt	1:04:40	1997 MSB	4	1:06:39	22:47 *	21:35 *	22:16	6:28 min/km
926	149	Buchholz Stefan	*Köln	1:04:40	1976 M30	113	1:06:39	22:47 *	21:35 *	22:16	6:28 min/km
927	30	Augustin Jörg	*Burscheid	1:04:44	1961 M45	133	1:07:08	25:15 *	22:18 *	19:34	6:28 min/km
928	1063	Schmidt-Sperlich Rolf	*Düsseldorf	1:04:48	1964 M45	134	1:06:45	25:29 *	21:05 *	20:11	6:29 min/km
929	1440	Langen Dominik	Altstädter Köln 1922	1:04:49	1968 M40	152	1:05:52	22:45 *	21:44 *	21:22	6:29 min/km
930	1228	Tartler Thomas	*Leverkusen	1:04:52	1960 M45	135	1:07:09	23:25 *	21:01 *	22:42	6:29 min/km
931	1798	Beuslein Horst	Laufgruppe Frosch	1:04:53	1943 M65	11	1:05:53	21:01 *	21:37 *	23:13	6:29 min/km
932	1090	Schnitzler Rene	*Erfstadt	1:04:56	1986 MHK	224	1:08:44	25:48 *	20:58 *	21:56	6:30 min/km
932	2453	Gottschalch Frank	Kölner Ausdauer und	1:04:56	1961 M45	136	1:07:53	26:29 *	23:41 *	17:42	6:30 min/km
934	2358	Overzier Dirk	Winterfitschnecken	1:04:58	1964 M45	137	1:07:16	23:50 *	21:36 *	21:49	6:30 min/km
935	347	Geiger Dr. Michael	*Freibrug im Breisgau	1:05:15	1974 M35	127	1:09:32	28:05 *	26:03 *	15:23	6:32 min/km
936	1407	Zülch Heiko	*Köln	1:05:18	1974 M35	128	1:08:25	25:57 *	21:40 *	20:47	6:32 min/km
937	189	De Broux Stéphane	*Kaarst	1:05:20	1961 M45	138	1:05:46	20:17 *	22:37 *	22:51	6:32 min/km
938	2309	Stumpe Hans Jürgen	TV Herkenrath	1:05:29	1953 M55	38	1:08:18	24:16 *	21:20 *	22:41	6:33 min/km
939	2348	Klein Dirk	Whisky-Club	1:05:33	1975 M30	114	1:08:44	25:31 *	21:43 *	21:29	6:33 min/km
940	83	Bieker Christoph	*Hürth	1:05:34	1974 M35	129	1:08:45	25:33 *	21:42 *	21:29	6:33 min/km
941	130	Braun Marco	*Bergisch Gladbach	1:05:40	1989 MHK	225	1:08:35	25:02 *	21:39 *	21:53	6:34 min/km
942	128	Braun Josef	*Bergisch Gladbach	1:05:40	1937 M70	8	1:08:35	25:02 *	21:39 *	21:53	6:34 min/km
943	897	Pfisterer Jörg	*Köln	1:05:44	1958 M50	65	1:09:48	33:19 *	19:07 *	17:21	6:34 min/km
944	86	Binot Heribert	*Bornheim	1:05:45	1965 M40	153	1:08:24	26:17 *	24:37 *	17:29	6:35 min/km
945	645	Konz Peter	*Köln	1:05:55	1961 M45	139	1:06:07	21:48 *	21:54 *	22:24	6:36 min/km
946	729	Lungerich Ralf	*Köln	1:05:55	1969 M40	154	1:06:55	23:48 *	21:58 *	21:09	6:36 min/km
947	1589	Heck Michael	Die Heckschen	1:05:58	1963 M45	140	1:09:18	26:33 *	23:31 *	19:12	6:36 min/km
948	2103	Fielenbach Stefan	Schleichfüße Rhein-Sieg	1:06:00	1972 M35	130	1:09:47	26:40 *	20:43 *	22:23	6:36 min/km
949	1101	Schorn Oliver	*Leverkusen	1:06:09	1966 M40	155	1:09:12	25:45 *	21:31 *	21:56	6:37 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Männer

Seite 18

gedruckt 05.01.2010 22:40:18

950	1027	Scharf Henning	*Köln	1:06:17	1976 M30	115	1:09:09	24:30 *	21:42 *	22:57	6:38 min/km
951	158	Burbach Karl-Bernd	*Köln	1:07:15	1959 M50	66	1:09:02	23:09 *	22:00 *	23:53	6:44 min/km
952	2424	Ballermann Klaus		1:07:15	1961 M45	141	1:09:03	23:09 *	22:00 *	23:53	6:44 min/km
953	1018	Schaaf Andreas	*Köln	1:07:18	1973 M35	131	1:10:37	25:36 *	22:22 *	22:37	6:44 min/km
954	2482	Herbst Leonard	Team Herbst	1:07:43	1996 MSB	5	1:10:07	26:43 *	19:53 *	23:30	6:46 min/km
955	777	Meyer Peter	*Köln	1:07:51	1973 M35	132	1:11:40	25:42 *	21:58 *	23:59	6:47 min/km
956	144	Brülls Peter M.	*Köln	1:07:52	1973 M35	133	1:11:57	27:15 *	22:48 *	21:53	6:47 min/km
957	397	Gummich Alfred	*Köln	1:08:15	1962 M45	142	1:11:31	25:44 *	22:45 *	23:00	6:50 min/km
958	249	Engel Peter	*Ochtrup	1:08:16	1964 M45	143	1:11:31	25:45 *	22:45 *	23:01	6:50 min/km
959	215	Dorschu Adrian	*Köln	1:08:49	1995 MSA	6	1:12:34	27:56 *	23:07 *	21:30	6:53 min/km
960	963	Reuter Fritz	*Kerpen	1:09:53	1960 M45	144	1:13:50	29:39 *	27:01 *	17:09	6:59 min/km
961	2343	Oberhoffer Dr. Helmut	Vulkanstraße	1:09:55	1954 M55	39	1:13:30	27:15 *	23:09 *	23:06	6:60 min/km
962	2300	Klein Walter	TUS Asbach	1:10:05	1958 M50	67	1:12:47	23:59 *	20:20 *	28:27	7:01 min/km
963	1492	Conradi Stephan	atemrausch*	1:10:08	1979 M30	116	1:13:14	26:19 *	24:43 *	22:10	7:01 min/km
964	216	Dorschu Marcus	*Köln	1:10:18	1965 M40	156	1:14:04	27:56 *	23:07 *	23:00	7:02 min/km
965	202	Schmidt Harald	*Langenfeld	1:10:25	1951 M55	40	1:10:25	14:42 *	18:00 *	37:41	7:03 min/km
966	432	Heider Fritz	*Frechen	1:10:40	1958 M50	68	1:13:36	26:13 *	23:11 *	24:11	7:04 min/km
967	1526	Avezzano Michele	BSG RaBaz e.V.	1:10:48	1948 M60	20	1:14:39	27:09 *	23:23 *	24:06	7:05 min/km
968	2026	Kirk Uwe	Prof.Dr.Baum	1:10:49	1942 M65	12	1:13:02	24:49 *	23:47 *	24:25	7:05 min/km
969	530	Jäger Gerd	*Brühl	1:11:01	1938 M70	9	1:14:01	26:31 *	23:47 *	23:42	7:06 min/km
970	1279	Vargas Enrique	*Köln	1:11:37	1967 M40	157	1:13:41	23:53 *	22:09 *	27:37	7:10 min/km
971	2066	Wolf Benjamin	Rheinpapier Roadrunners	1:11:38	1990 MJA	20	1:12:06	21:50 *	25:09 *	25:05	7:10 min/km
972	524	Indlekofer Christian	*Düsseldorf	1:12:46	1976 M30	117	1:15:07	26:17 *	23:52 *	24:56	7:17 min/km
973	1164	Söllner Jörg	*Leverkusen	1:13:21	1962 M45	145	1:15:45	27:08 *	23:51 *	24:45	7:20 min/km
974	399	Haag Gerhardt	*Köln	1:13:24	1949 M60	21	1:16:12	26:26 *	24:56 *	24:48	7:20 min/km
975	1438	Wolf Max	Agger - Fitness	1:14:10	1989 MHK	226	1:16:19	25:14 *	25:12 *	25:52	7:25 min/km
976	1260	Trujillo T. Gabriel	*Köln	1:14:27	1969 M40	158	1:18:07	27:04 *	24:02 *	27:00	7:27 min/km
977	1084	Schneider Martin	*Köln	1:14:45	1954 M55	41	1:17:33	26:26 *	24:57 *	26:09	7:29 min/km
978	44	Bardenhagen Harald	*Köln	1:17:09	1957 M50	69	1:20:28	28:03 *	25:53 *	26:32	7:43 min/km
979	1175	Steffen Frank	*Leverkusen	1:17:15	1978 M30	118	1:20:28	27:31 *	27:52 *	25:04	7:44 min/km
980	958	Reiter Rolf	*Köln	1:17:44	1954 M55	42	1:21:16	27:02 *	25:29 *	28:44	7:46 min/km
981	734	Mack Alexander	*Köln	1:17:44	1958 M50	70	1:21:15	27:02 *	25:29 *	28:43	7:46 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 19

gedruckt 05.01.2010 22:40:18

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2410	Sanaa Kouba	LG Hilden	0:36:41	1985 WHK	1	0:36:44	12:13 * 12:11 * 12:19	3:40 min/km
2	2318	Viebahn Christl	TV Refrath	0:37:29	1976 W30	1	0:37:35	12:13 * 12:27 * 12:54	3:45 min/km
3	1833	Korsten Ira	LG ASV DSHS Köln	0:38:12	1980 WHK	2	0:38:14	12:18 * 12:42 * 13:13	3:49 min/km
4	2427	Jaschke Lisa	LG ASV DSHS Köln	0:38:20	1990 WJA	1	0:38:24	12:22 * 12:40 * 13:22	3:50 min/km
5	369	Görtz Beate	*Köln	0:40:07	1969 W40	1	0:40:16	13:20 * 13:12 * 13:43	4:01 min/km
6	1091	Schön Maike	*Hürth	0:40:17	1989 WHK	3	0:40:40	13:34 * 13:30 * 13:36	4:02 min/km
7	2205	Schmitz-Elvenich Anke	TC Rondorf	0:40:39	1971 W35	1	0:40:48	13:33 * 13:30 * 13:44	4:04 min/km
8	1477	Mandt Kristina	ASV Köln Triathlon	0:40:42	1984 WHK	4	0:40:50	13:33 * 13:31 * 13:45	4:04 min/km
9	2389	Scheuer Kathrin	TSV Urfftal 08	0:40:51	1981 WHK	5	0:40:54	13:07 * 13:43 * 14:03	4:05 min/km
10	2169	Hild Fabia	Sportpuls	0:41:29	1980 WHK	6	0:42:31	14:43 * 13:44 * 14:03	4:09 min/km
11	1416	Kopatschek Anne	42tausend	0:41:36	1975 W30	2	0:41:41	13:38 * 13:44 * 14:18	4:10 min/km
12	1481	Würges Kerstin	ASV Köln Triathlon	0:41:53	1981 WHK	7	0:42:01	13:34 * 14:06 * 14:20	4:11 min/km
13	1598	Linnartz Bigi	DLC Aachen	0:42:14	1961 W45	1	0:42:27	14:07 * 13:53 * 14:26	4:13 min/km
14	1184	Stein Meiki	*Köln	0:42:31	1983 WHK	8	0:43:52	14:56 * 14:15 * 14:41	4:15 min/km
15	796	Monika Wozna	*düsseldorf	0:42:36	1979 W30	3	0:42:47	13:58 * 14:09 * 14:39	4:16 min/km
16	699	Laskey Nina	*Köln	0:42:56	1977 W30	4	0:43:09	14:01 * 14:16 * 14:50	4:18 min/km
17	1825	Völk Silke	LC Euskirchen	0:43:52	1988 WHK	9	0:43:59	14:14 * 14:33 * 15:11	4:23 min/km
18	2229	Stresing Nadine	Telekom Post SG Köln	0:43:58	1989 WHK	10	0:44:34	15:32 * 14:13 * 14:49	4:24 min/km
19	1842	Berger Alisa	LG Eintracht Frankfurt	0:44:06	1989 WHK	11	0:44:12	14:30 * 14:38 * 15:04	4:25 min/km
20	1640	Benker Rita	FC Wacker 2004	0:44:12	1988 WHK	12	0:44:12	14:10 * 15:00 * 15:01	4:25 min/km
21	1864	Geiken Annette	LG RWE Power	0:44:14	1967 W40	2	0:44:27	14:07 * 15:32 * 14:48	4:25 min/km
22	1344	Wenke Sonja	*köln junkersdorf	0:44:14	1990 WJA	2	0:47:47	19:14 * 14:08 * 14:23	4:25 min/km
23	1451	Knötsch Kristiane	ART Düsseldorf	0:44:35	1968 W40	3	0:44:52	14:53 * 14:46 * 15:12	4:28 min/km
24	2140	Garbes Daniela	SG Sportfreunde 69	0:44:37	1990 WJA	3	0:45:22	15:20 * 14:48 * 15:13	4:28 min/km
25	2031	Hohage Anna	PSV Bonn Triathlon	0:44:38	1978 W30	5	0:44:46	14:37 * 14:48 * 15:20	4:28 min/km
26	2217	Oeltermann Jil	Team Oeltermann	0:44:56	1996 WSB	1	0:44:59	14:14 * 14:57 * 15:46	4:30 min/km
27	1969	Appel-Schiefer Marion	mas	0:45:01	1960 W45	2	0:45:51	15:49 * 15:03 * 14:58	4:30 min/km
28	1855	Knabe Sylvia	LG Rhein-Erft	0:45:03	1959 W50	1	0:45:10	14:10 * 15:26 * 15:32	4:30 min/km
29	2075	Dietzmann Friederike	Run2	0:45:28	1982 WHK	13	0:46:53	15:43 * 15:13 * 15:56	4:33 min/km
30	2166	Velde Claudia	Sportfreunde Stöcker	0:45:31	1967 W40	4	0:47:24	17:24 * 15:03 * 14:55	4:33 min/km
31	24	Antoniou Stephanie	*Lohmar	0:45:45	1970 W35	2	0:45:59	15:02 * 15:11 * 15:45	4:35 min/km
32	2267	Bauer Heike	TriCologne	0:45:48	1973 W35	3	0:46:46	16:00 * 15:08 * 15:36	4:35 min/km
33	2457	Pütz Andrea	Tri Cologne	0:46:00	1974 W35	4	0:46:10	15:12 * 15:25 * 15:32	4:36 min/km
34	1469	Gruner Stephanie	ASV Köln Team 42	0:46:02	1985 WHK	14	0:46:07	15:15 * 15:23 * 15:28	4:36 min/km
35	1822	Schöller Helga	LC Euskirchen	0:46:03	1969 W40	5	0:46:26	15:44 * 15:06 * 15:36	4:36 min/km
36	1520	Sautter Julia	bronny.de-Team PSV	0:46:13	1982 WHK	15	0:46:20	15:07 * 15:22 * 15:50	4:37 min/km
37	1937	Gebehart Beate	LT Saaler Mühle	0:46:18	1961 W45	3	0:47:01	16:14 * 15:18 * 15:28	4:38 min/km
38	2361	Kerschensteiner Karin	Wolfs running team	0:46:24	1984 WHK	16	0:46:42	15:16 * 15:30 * 15:55	4:38 min/km
39	1780	Obernosterer Ute	Lahm Söck Frechen	0:46:31	1963 W45	4	0:46:54	15:40 * 15:17 * 15:56	4:39 min/km
40	1475	Küttner Christiane	ASV Köln Triathlon	0:46:48	1967 W40	6	0:47:03	15:19 * 15:30 * 16:13	4:41 min/km
41	1974	Stickel-Zimmermann	mas	0:47:11	1968 W40	7	0:48:02	15:56 * 15:52 * 16:12	4:43 min/km
42	1283	Vidal Marina	*Köln	0:47:26	1967 W40	8	0:49:23	17:52 * 15:39 * 15:51	4:45 min/km
43	1895	Weber-Steinhauer Birgit	LG RWE Power	0:47:30	1963 W45	5	0:48:20	16:22 * 15:47 * 16:10	4:45 min/km
44	978	Ritter Andrea	*Köln	0:47:31	1989 WHK	17	0:48:59	17:04 * 15:18 * 16:36	4:45 min/km
45	483	Hissenkemper Anika	*Köln	0:47:35	1985 WHK	18	0:47:41	15:11 * 15:49 * 16:39	4:46 min/km
46	2030	Fritsche Christiane	PSV Bonn Triathlon	0:47:35	1981 WHK	19	0:47:42	16:47 * 15:37 * 15:18	4:46 min/km
47	558	Jostock Charlotte	*Köln	0:47:36	1988 WHK	20	0:47:59	15:18 * 16:29 * 16:11	4:46 min/km
48	1739	Dillmann Kirsten	KALS	0:47:37	1965 W40	9	0:48:13	16:15 * 15:46 * 16:12	4:46 min/km
49	546	Jenner Stefanie	*Köln	0:47:43	1986 WHK	21	0:48:32	16:39 * 15:56 * 15:55	4:46 min/km
50	1523	Biciste Dominique	BSG Kreissparkasse Köln	0:48:00	1981 WHK	22	0:49:31	17:24 * 16:01 * 16:05	4:48 min/km
51	66	Benítez Alonso Sara	*Köln	0:48:00	1979 W30	6	0:50:38	19:03 * 15:39 * 15:55	4:48 min/km
52	385	Grimberg Maria	*Erfstadt	0:48:09	1989 WHK	23	0:49:38	17:53 * 15:43 * 16:01	4:49 min/km
53	1897	Werth Ingeborg	LG RWE Power	0:48:18	1959 W50	2	0:49:09	17:21 * 15:44 * 16:03	4:50 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 20

gedruckt 05.01.2010 22:40:18

54	2488	Casenobe Cecile	*Köln	0:48:38	1965	W40	10	0:48:47	16:21 *	16:17 *	16:08	4:52 min/km
55	1777	Busch-Gremmler Petra	Lahm Söck Frechen	0:48:45	1958	W50	3	0:49:05	16:29 *	16:04 *	16:31	4:53 min/km
56	1616	Lüke Sabine	ESV Gremberghoven	0:48:45	1960	W45	6	0:48:56	15:47 *	16:10 *	16:58	4:53 min/km
57	2239	Everschor Karin	TFG 1878 Köln-Nippes	0:48:45	1984	WHK	24	0:52:02	19:28 *	16:09 *	16:25	4:53 min/km
58	1462	Freriks Sandra	ASV Köln	0:48:46	1975	W30	7	0:50:11	17:54 *	16:02 *	16:13	4:53 min/km
59	2107	Walter Dominique	Schleichkatzen Kölle	0:48:46	1983	WHK	25	0:48:58	15:29 *	16:34 *	16:54	4:53 min/km
60	1393	Zellmer Anne	*Köln	0:48:53	1988	WHK	26	0:49:47	16:57 *	16:41 *	16:09	4:53 min/km
61	950	Reher Maike	*Köln	0:49:04	1983	WHK	27	0:51:25	19:20 *	16:43 *	15:21	4:54 min/km
62	2017	Schrön Sabine	OVS	0:49:06	1984	WHK	28	0:49:40	16:17 *	16:10 *	17:12	4:55 min/km
63	1114	Schulten Franziska	*Köln	0:49:10	1976	W30	8	0:51:35	19:17 *	15:59 *	16:18	4:55 min/km
64	641	Köppel Karoline	*Köln	0:49:16	1987	WHK	29	0:52:49	20:26 *	15:44 *	16:38	4:56 min/km
65	1071	Schmitz Denise	*Euskirchen	0:49:21	1985	WHK	30	0:50:30	17:19 *	16:37 *	16:33	4:56 min/km
66	2175	Dulak Daniela	SSK Kerpen	0:49:22	1974	W35	5	0:51:02	17:43 *	16:33 *	16:45	4:56 min/km
67	94	Blaszowski Christin	*Köln	0:49:23	1989	WHK	31	0:52:44	21:48 *	15:35 *	15:20	4:56 min/km
68	1636	Flick Elisabeth	FC Deutsche Post Köln	0:49:24	1972	W35	6	0:51:33	18:56 *	15:59 *	16:37	4:56 min/km
69	1463	Lenz Astrid	ASV Köln	0:49:25	1972	W35	7	0:50:47	17:59 *	16:19 *	16:27	4:57 min/km
70	2286	Leibinger Christine	TSV Kreuzwertheim	0:49:33	1988	WHK	32	0:51:55	19:39 *	15:54 *	16:21	4:57 min/km
71	1428	Schnabel Julia-Marit	AachenMünchener	0:49:43	1982	WHK	33	0:51:47	19:24 *	16:10 *	16:13	4:58 min/km
72	28	Aßheuer Sabine	*Köln	0:49:44	1982	WHK	34	0:51:14	18:06 *	16:22 *	16:45	4:58 min/km
73	1941	Brocke Anika	Lucky Stars	0:49:49	1980	WHK	35	0:51:18	18:14 *	16:33 *	16:30	4:59 min/km
74	1129	Schwarz Denise	*Köln	0:49:51	1978	W30	9	0:50:38	16:36 *	16:50 *	17:11	4:59 min/km
75	275	Faber Lisa	*Köln	0:49:54	1988	WHK	36	0:50:13	16:39 *	16:47 *	16:45	4:59 min/km
76	2050	Grabsch Doreen	RC Schmitter Köln e.V.	0:49:58	1976	W30	10	0:51:13	18:24 *	16:26 *	16:22	4:60 min/km
77	1963	Kuntze Ute	M. DuMont Schauberg	0:49:59	1964	W45	7	0:53:35	20:28 *	16:19 *	16:47	4:60 min/km
78	1302	Wacker Karen	*Köln	0:50:03	1989	WHK	37	0:50:42	17:19 *	16:38 *	16:44	5:00 min/km
79	1242	Thiemann Kathrin	*Köln	0:50:03	1989	WHK	38	0:51:21	18:13 *	16:18 *	16:49	5:00 min/km
80	1060	Schmidt Martina	*Köln	0:50:04	1963	W45	8	0:51:39	18:30 *	16:24 *	16:45	5:00 min/km
81	662	Krantz Claudia	*Köln	0:50:05	1967	W40	11	0:53:36	20:46 *	16:28 *	16:21	5:01 min/km
82	567	Kaisser Rahel	*Lommiswil	0:50:09	1989	WHK	39	0:51:41	17:16 *	16:41 *	17:43	5:01 min/km
83	1931	Hinze Katja	LT Goldschmiede Katja	0:50:10	1972	W35	8	0:53:00	20:00 *	16:42 *	16:17	5:01 min/km
84	1728	Schoenen Anna	jk running	0:50:11	1958	W50	4	0:50:27	16:51 *	16:41 *	16:54	5:01 min/km
85	2381	Inhester Elisabeth	Marathon Finanz AG	0:50:14	1980	WHK	40	0:51:12	17:23 *	16:44 *	17:04	5:01 min/km
86	493	Hoffmann Carina	*Schwerte	0:50:15	1989	WHK	41	0:50:58	17:15 *	17:39 *	16:03	5:02 min/km
87	990	Rohr Katharina	*Köln	0:50:15	1985	WHK	42	0:50:58	17:15 *	17:39 *	16:03	5:02 min/km
88	2245	Meck Nina	TG Neuss	0:50:16	1982	WHK	43	0:52:29	18:07 *	16:43 *	17:38	5:02 min/km
89	1081	Schneider Julia-Nadine	*Müngersdorf	0:50:19	1988	WHK	44	0:53:52	20:28 *	16:16 *	17:07	5:02 min/km
90	1007	Rustler Vanessa	*Köln	0:50:23	1989	WHK	45	0:50:40	17:02 *	16:37 *	17:00	5:02 min/km
91	723	Lohmer Susanne	*Köln	0:50:25	1982	WHK	46	0:52:21	19:27 *	16:36 *	16:18	5:03 min/km
92	308	Förster Julia	*Kürten	0:50:28	1989	WHK	47	0:53:13	20:26 *	16:19 *	16:27	5:03 min/km
93	93	Blank Davina	*Köln	0:50:35	1990	WJA	4	0:50:39	15:06 *	16:54 *	18:38	5:04 min/km
94	1290	Volkenandt Ulrike	*Köln	0:50:36	1989	WHK	48	0:50:39	15:38 *	17:06 *	17:53	5:04 min/km
95	827	Nasse Alexandra	*Köln	0:50:36	1988	WHK	49	0:51:31	16:57 *	16:41 *	17:52	5:04 min/km
96	1433	Biehl Carola	Agger - Fitness	0:50:51	1965	W40	12	0:53:01	19:37 *	16:38 *	16:45	5:05 min/km
97	17	Alphons Stephanie	*Köln	0:50:54	1965	W40	13	0:51:06	16:03 *	17:07 *	17:54	5:05 min/km
98	188	Dannhäuser Laura	*Hürth-Efferen	0:50:57	1990	WJA	5	0:51:43	18:35 *	16:18 *	16:50	5:06 min/km
99	363	Gocheva Stanimira	*Köln	0:51:00	1983	WHK	50	0:51:17	16:32 *	17:23 *	17:21	5:06 min/km
100	1131	Schwarz Roshanak	*Köln	0:51:14	1963	W45	9	0:51:24	17:13 *	17:01 *	17:09	5:07 min/km
101	1151	Simon Anne	*Köln	0:51:15	1978	W30	11	0:51:40	18:32 *	16:29 *	16:38	5:08 min/km
102	1575	Heinrich Anja	Deutsche Post DHL	0:51:16	1981	WHK	51	0:52:12	17:27 *	17:07 *	17:37	5:08 min/km
103	1157	Skarbowska Adrainna	*Köln	0:51:18	1987	WHK	52	0:54:53	20:32 *	17:03 *	17:17	5:08 min/km
104	505	Hoppe Anika	*Leverkusen	0:51:21	0	WHK	53	0:52:13	18:23 *	16:41 *	17:08	5:08 min/km
105	422	Hasters Alice	*Köln	0:51:24	1989	WHK	54	0:51:40	17:26 *	16:57 *	17:16	5:08 min/km
106	2406	Porada Lisa		0:51:27	1988	WHK	55	0:54:05	20:38 *	17:20 *	16:06	5:09 min/km
107	874	Pasler Eva-Sofie	*Münster	0:51:32	1985	WHK	56	0:53:12	18:22 *	17:07 *	17:42	5:09 min/km
108	761	Meiners Nadine	*Köln	0:51:35	1984	WHK	57	0:52:42	18:34 *	17:01 *	17:06	5:10 min/km
109	1762	Eßer Liisa	KSG Köln	0:51:38	1981	WHK	58	0:52:01	17:00 *	17:22 *	17:38	5:10 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 21

gedruckt 05.01.2010 22:40:18

110	1212	Strube Lisa	*Köln	0:51:45	1990 WJA	6	0:52:22	17:20 *	17:11 *	17:50	5:11 min/km
111	869	Pahl Nicole	*Köln	0:51:46	1990 WJA	7	0:54:31	20:26 *	16:40 *	17:25	5:11 min/km
112	2057	Dockhorn Heidrun	REWE Lauftreff	0:51:48	1966 W40	14	0:52:39	17:34 *	17:20 *	17:44	5:11 min/km
113	506	Hoppe Friederike	*Bochum	0:51:52	1984 WHK	59	0:52:13	17:09 *	16:59 *	18:04	5:11 min/km
114	1460	Billig Alexandra	ASV Köln	0:51:55	1974 W35	9	0:53:15	18:38 *	17:13 *	17:23	5:12 min/km
115	572	Kaps Anne	*Köln	0:51:59	1991 WJA	8	0:53:23	18:25 *	17:30 *	17:28	5:12 min/km
116	1327	Weidner Uta	*Köln	0:52:09	1971 W35	10	0:53:43	18:56 *	17:17 *	17:28	5:13 min/km
117	236	Edinger Anke	*Leverkusen	0:52:12	1981 WHK	60	0:54:57	20:42 *	17:08 *	17:07	5:13 min/km
118	1210	Ströter Bixi	*Köln	0:52:14	1968 W40	15	0:56:07	22:05 *	16:44 *	17:18	5:13 min/km
119	2439	Rüpprich Petra	Lauftreff Brücke oder	0:52:17	1975 W30	12	0:53:32	18:49 *	17:18 *	17:24	5:14 min/km
120	375	Gotzmann Claudia	*Köln	0:52:17	1976 W30	13	0:53:35	18:50 *	17:13 *	17:31	5:14 min/km
121	1427	Moers Ilona	AachenMünchener	0:52:23	1967 W40	16	0:54:48	20:53 *	17:17 *	16:36	5:14 min/km
122	455	Hennemann Linda	*Köln	0:52:28	1989 WHK	61	0:56:02	23:29 *	00:00 *	00:00	5:15 min/km
123	119	Both Mareike	*Köln	0:52:29	1989 WHK	62	0:56:01	19:55 *	18:01 *	18:04	5:15 min/km
124	1930	Patten Sonja	LT Cloversoft	0:52:31	1976 W30	14	0:54:43	20:23 *	17:18 *	17:01	5:15 min/km
125	1354	Wiesweg Sonja	*Köln	0:52:33	1990 WJA	9	0:53:57	18:25 *	17:29 *	18:02	5:15 min/km
126	920	Ponsford Helen	*Köln	0:52:33	1972 W35	11	0:55:43	20:53 *	17:22 *	17:26	5:15 min/km
127	2072	Brunk Anita	RTHC Leverkusen	0:52:36	1990 WJA	10	0:53:42	20:02 *	19:30 *	14:08	5:16 min/km
128	2154	Magdanz Katja	Sky is no Limit	0:52:40	1979 W30	15	0:55:21	20:03 *	17:15 *	18:02	5:16 min/km
129	983	Römisch Verena	*Köln	0:52:42	1981 WHK	63	0:54:00	19:46 *	17:13 *	17:00	5:16 min/km
130	1594	Ertekin Stefanie	Die Nikoläufer	0:52:43	1975 W30	16	0:53:03	17:06 *	17:43 *	18:12	5:16 min/km
131	1742	Ruecker Veronika	KHTC Blau-Weiß	0:52:43	1970 W35	12	0:54:00	19:46 *	17:13 *	17:00	5:16 min/km
132	1235	Thees Babsi	*Köln	0:52:44	1978 W30	17	0:53:40	17:45 *	17:50 *	18:04	5:16 min/km
133	907	Plein Sarah	*Bettingen	0:52:45	1990 WJA	11	0:52:45	00:00 *	00:00 *	15:20	5:17 min/km
134	398	Gutsche Katrin	*Berlin	0:52:46	1985 WHK	64	0:56:01	21:06 *	17:15 *	17:40	5:17 min/km
135	1745	Erberich Dr Ute	KHTC Blau-Weiss Köln	0:52:51	1973 W35	13	0:54:08	19:46 *	17:13 *	17:08	5:17 min/km
136	2355	Wingenbach Carmen	Wingenbach-Bremen.de	0:52:51	1969 W40	17	0:53:29	17:39 *	17:35 *	18:13	5:17 min/km
137	51	Bauer Anne	*Köln	0:52:55	1983 WHK	65	0:53:11	16:47 *	17:58 *	18:25	5:18 min/km
138	1355	Wiethoff Eva	*Koeln	0:52:56	1981 WHK	66	0:53:36	16:48 *	17:48 *	19:00	5:18 min/km
139	992	Rommel Sophia	*Köln	0:52:57	1989 WHK	67	0:54:54	20:39 *	17:09 *	17:06	5:18 min/km
140	2272	Hammermeister	TriCologne	0:52:58	1980 WHK	68	0:53:20	17:28 *	17:44 *	18:08	5:18 min/km
141	941	Rau Simona	*Köln	0:52:59	1969 W40	18	0:55:28	20:03 *	17:36 *	17:47	5:18 min/km
142	1856	Gey Helena	LG Rhein-Wied	0:53:01	1990 WJA	12	0:53:08	16:40 *	18:05 *	18:22	5:18 min/km
143	2334	Esser Konni	VfL Kommern	0:53:10	1959 W50	5	0:54:07	18:22 *	17:29 *	18:16	5:19 min/km
144	2331	Ganz Ute	Valium i.V.	0:53:11	1964 W45	10	0:54:07	18:16 *	17:34 *	18:16	5:19 min/km
145	1667	Von Hacht Stefanie	Gammelige Socken	0:53:11	1979 W30	18	0:53:28	17:00 *	17:49 *	18:38	5:19 min/km
146	1305	Wagener Anouk	*Dudelange	0:53:13	1989 WHK	69	0:54:30	19:27 *	17:39 *	17:24	5:19 min/km
147	1298	Von Schierstedt	*Köln	0:53:13	1976 W30	19	0:55:51	20:27 *	17:30 *	17:53	5:19 min/km
148	2296	Courth Dagmar	TUS 06 Waldbröl	0:53:13	1970 W35	14	0:53:43	18:09 *	17:35 *	17:58	5:19 min/km
149	996	Rosen Sabine	*köln	0:53:14	1977 W30	20	0:53:20	17:03 *	17:56 *	18:20	5:19 min/km
150	492	Hofferbert Lena Mareike	*Rondorf	0:53:17	1990 WJA	13	0:54:11	17:53 *	17:53 *	18:24	5:20 min/km
151	72	Berndt Theresa	*Eschweiler	0:53:17	1990 WJA	14	0:56:53	22:51 *	17:27 *	16:35	5:20 min/km
152	1604	Beyer Birgit	Elmars Lauftreff	0:53:21	1961 W45	11	0:54:15	18:25 *	17:52 *	17:57	5:20 min/km
153	496	Hoffmann Lena	*Hürth-Efferen	0:53:21	1988 WHK	70	0:55:52	21:02 *	17:30 *	17:19	5:20 min/km
154	344	Gebauer Anne	*Rathenow	0:53:22	1990 WJA	15	0:54:40	22:09 *	20:19 *	12:10	5:20 min/km
155	448	Hemmen Maria	*Köln	0:53:23	1989 WHK	71	0:54:39	22:12 *	20:17 *	12:10	5:20 min/km
156	2436	Oster Laura	Antilopen Kottenforst	0:53:24	1983 WHK	72	0:56:42	21:19 *	17:40 *	17:43	5:20 min/km
157	694	Lampert Vatika	*Köln	0:53:26	1963 W45	12	0:57:11	21:24 *	17:39 *	18:08	5:21 min/km
158	340	Gasda Nadine	*Frechen	0:53:28	1979 W30	21	0:57:46	22:25 *	17:51 *	17:28	5:21 min/km
159	1465	Rypholz Monika	ASV Köln	0:53:28	1960 W45	13	0:54:26	17:47 *	17:50 *	18:47	5:21 min/km
160	1230	Tenhagen Ines	*Köln	0:53:32	1990 WJA	16	0:56:02	21:02 *	17:30 *	17:30	5:21 min/km
161	2165	Stahl Kathrin	Sportfreunde Stöcker	0:53:32	1970 W35	15	0:55:53	20:48 *	17:35 *	17:29	5:21 min/km
162	2047	Tollkamp Denise	Radiergummiliga.de	0:53:33	1974 W35	16	0:55:49	20:26 *	17:31 *	17:51	5:21 min/km
163	787	Mittag Elke	*Dortmund	0:53:35	1983 WHK	73	0:54:22	18:27 *	17:55 *	17:59	5:22 min/km
164	1389	Yildirim Jasmin	*Köln	0:53:38	1984 WHK	74	0:54:27	17:15 *	19:06 *	18:05	5:22 min/km
165	2321	Gapp Melissa	TV Schiltach	0:53:38	1989 WHK	75	0:53:55	17:11 *	18:09 *	18:34	5:22 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 22

gedruckt 05.01.2010 22:40:18

166	1103	Schreiner Kathrin	*Engelskirchen	0:53:41	1982	WHK	76	0:55:18	19:50 *	17:39 *	17:48	5:22 min/km
167	1454	Ergöz Suzan	ASV	0:53:47	1986	WHK	77	0:54:06	16:40 *	18:04 *	19:22	5:23 min/km
168	2419	Rietzschel Tina	LG ASV DSHS Köln	0:53:47	1985	WHK	78	0:54:22	17:34 *	18:12 *	18:35	5:23 min/km
169	2443	Dietz Ingeborg		0:53:49	1956	W50	6	0:54:07	17:51 *	18:07 *	18:09	5:23 min/km
170	879	Pedemonte Lenka	*Hürth-Efferen	0:53:51	1989	WHK	79	0:56:22	21:06 *	17:34 *	17:42	5:23 min/km
171	1981	Käuffer Christine	microsoft	0:53:52	1964	W45	14	0:54:01	17:50 *	18:08 *	18:02	5:23 min/km
172	1479	Schlangen Susanne	ASV Köln Triathlon	0:53:52	1977	W30	22	0:55:23	18:59 *	18:04 *	18:19	5:23 min/km
173	1147	Serve Laura	*Stadtkyll	0:53:53	1989	WHK	80	0:55:10	19:27 *	18:54 *	16:48	5:23 min/km
174	428	Heckhausen Carolin	*Overath	0:53:54	1966	W40	19	0:55:09	19:19 *	17:47 *	18:02	5:23 min/km
175	237	Ehlen Nicola	*Köln	0:53:58	1990	WJA	17	0:55:54	20:39 *	17:49 *	17:25	5:24 min/km
176	507	Hoppe Katharina	*Düsseldorf	0:54:00	1977	W30	23	0:54:21	18:33 *	17:50 *	17:56	5:24 min/km
177	280	Feige Claudia	*Köln	0:54:00	1972	W35	17	0:55:48	19:10 *	18:02 *	18:34	5:24 min/km
178	2195	Bläser Jennifer	SV AXA	0:54:01	1981	WHK	81	0:55:48	19:11 *	18:02 *	18:34	5:24 min/km
179	389	Groth Sophie	*Köln	0:54:01	1981	WHK	82	0:54:28	18:30 *	18:22 *	17:35	5:24 min/km
180	2315	Lützler Marianne	TV Ransbach	0:54:05	1962	W45	15	0:55:48	19:47 *	17:46 *	18:14	5:25 min/km
181	384	Grigo Dr. Silke	*Köln	0:54:06	1964	W45	16	0:54:21	17:15 *	18:15 *	18:50	5:25 min/km
182	1985	Mathisik Birgit	MN Runners	0:54:10	1962	W45	17	0:55:47	20:33 *	17:34 *	17:39	5:25 min/km
183	1299	Voß Anika	*Köln	0:54:11	1975	W30	24	0:56:49	21:19 *	17:44 *	17:45	5:25 min/km
184	1487	Lentz Bettina	ASV-Lt- DSHS Köln	0:54:25	1961	W45	18	0:54:45	18:20 *	17:51 *	18:32	5:27 min/km
185	2384	Wolf Nathalie	Marathon Finanz AG	0:54:26	1982	WHK	83	0:56:31	19:54 *	17:55 *	18:41	5:27 min/km
186	1409	Łxman Nina	*Siegen	0:54:26	1985	WHK	84	0:54:35	17:36 *	18:17 *	18:41	5:27 min/km
187	1843	Heitkamp Silke	LG GS1 Germany GmbH	0:54:29	1969	W40	20	0:58:14	22:30 *	17:27 *	18:16	5:27 min/km
188	1386	Wüstermann Sandra	*Köln	0:54:29	1969	W40	21	0:54:50	18:13 *	18:16 *	18:20	5:27 min/km
189	2190	Heuel Juliane	Sülzer Flitzer	0:54:31	1980	WHK	85	0:55:52	19:45 *	17:47 *	18:19	5:27 min/km
190	1722	Brandt Jasmin	JJA Die WG & Friends	0:54:32	1990	WJA	18	0:56:23	19:48 *	18:08 *	18:25	5:27 min/km
191	621	Klinkhammer Jennifer	*Köln	0:54:42	1983	WHK	86	0:57:42	20:04 *	18:21 *	19:16	5:28 min/km
192	91	Blachmann Silke	*Köln	0:54:43	1972	W35	18	0:56:03	18:39 *	18:17 *	19:07	5:28 min/km
193	1216	Strunk Alessa	*Wuppertal	0:54:45	1982	WHK	87	0:56:37	19:49 *	18:09 *	18:39	5:29 min/km
194	532	Jäschke Bärbel	*Radevormwald	0:54:50	1958	W50	7	0:56:51	19:50 *	18:00 *	19:00	5:29 min/km
195	533	Jäschke Elisabeth	*Radevormwald	0:54:50	1989	WHK	88	0:56:51	19:51 *	18:03 *	18:56	5:29 min/km
196	1554	Vossen Agnes	cegelec wallabies	0:54:52	1976	W30	25	0:55:56	20:12 *	17:23 *	18:20	5:29 min/km
197	1083	Schneider Maria	*Augsburg	0:54:52	1989	WHK	89	0:56:09	20:02 *	18:28 *	17:38	5:29 min/km
198	1330	Weil Claudia	*Köln	0:54:52	1965	W40	22	0:57:22	21:26 *	17:49 *	18:06	5:29 min/km
199	679	Kühlmann Isabell	*Bonn	0:54:52	1990	WJA	19	0:56:04	19:17 *	18:10 *	18:35	5:29 min/km
200	446	Heller Marlene	*Köln	0:55:00	1952	W55	1	0:55:55	18:49 *	18:27 *	18:38	5:30 min/km
201	452	Henn Cornelia	*Köln	0:55:00	1979	W30	26	0:56:31	19:00 *	18:30 *	19:01	5:30 min/km
202	1395	Zenk Lisa	*Köln	0:55:01	1990	WJA	20	0:56:53	19:51 *	19:11 *	17:50	5:30 min/km
203	458	Henßen Ulla	*Köln	0:55:17	1962	W45	19	0:56:32	19:48 *	18:13 *	18:30	5:32 min/km
204	1471	Kramp Lydia	ASV Köln Team 42	0:55:21	1959	W50	8	0:57:50	20:50 *	18:07 *	18:52	5:32 min/km
205	379	Gramann Bettina	*Köln	0:55:24	1965	W40	23	0:58:33	22:43 *	17:55 *	17:55	5:32 min/km
206	436	Heinicke Christina	*Köln	0:55:26	1978	W30	27	0:59:33	23:50 *	17:53 *	17:48	5:33 min/km
207	917	Pohlmann Lisa	*Köln	0:55:31	1989	WHK	90	0:56:48	18:56 *	20:01 *	17:50	5:33 min/km
208	13	Albrecht Kirsten	*Köln	0:55:37	1979	W30	28	0:57:17	21:04 *	18:15 *	17:57	5:34 min/km
209	1245	Thomas Gabriele	*Bremen	0:55:40	1964	W45	20	0:57:09	20:53 *	18:19 *	17:56	5:34 min/km
210	1064	Schmidtman Ute	*Bremen	0:55:40	1959	W50	9	0:57:09	20:53 *	18:19 *	17:57	5:34 min/km
211	781	Miebach Alexandra	*Köln	0:55:40	1980	WHK	91	0:58:24	22:09 *	18:18 *	17:57	5:34 min/km
212	284	Feldhaus Doris	*Köln	0:55:44	1948	W60	1	0:58:21	21:31 *	18:11 *	18:38	5:34 min/km
213	1036	Scheffler Katja	*Köln	0:55:49	1982	WHK	92	0:56:35	19:21 *	18:35 *	18:38	5:35 min/km
214	1513	Bartels Sarah	bi-der-bartel-butz	0:55:49	1981	WHK	93	0:56:35	19:20 *	18:35 *	18:38	5:35 min/km
215	2446	Drees Bärbel	*Köln	0:55:52	1964	W45	21	0:59:54	23:02 *	18:14 *	18:36	5:35 min/km
216	1464	Paßfeld Catrin	ASV Köln	0:55:53	1975	W30	29	0:58:51	22:03 *	18:07 *	18:40	5:35 min/km
217	666	Krellig Manuela	*Köln	0:55:56	1981	WHK	94	0:58:42	21:05 *	18:22 *	19:15	5:36 min/km
218	1653	Rotscheidt Doris	Fifty Minutes	0:55:59	1958	W50	10	0:58:51	22:01 *	18:20 *	18:29	5:36 min/km
219	1945	V. Oeynhaus Britta	Lucky Stars	0:56:03	1977	W30	30	0:57:30	20:47 *	18:31 *	18:11	5:36 min/km
220	2475	Klancic Tanja		0:56:06	1973	W35	19	0:57:16	20:05 *	18:21 *	18:50	5:37 min/km
221	1120	Schumacher Patricia	*Köln	0:56:07	1969	W40	24	0:59:12	22:19 *	18:37 *	18:14	5:37 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 23

gedruckt 05.01.2010 22:40:18

222	1914	Freytag Stefanie	Liebelein	0:56:07	1979 W30	31	0:57:12	19:43 *	18:37 *	18:51	5:37 min/km
223	1057	Schmalacker Anja	*Düsseldorf	0:56:10	1977 W30	32	0:57:53	20:53 *	18:12 *	18:47	5:37 min/km
224	1020	Schaefer Maren	*Köln	0:56:10	1974 W35	20	0:57:53	20:53 *	18:12 *	18:47	5:37 min/km
225	1609	Schäfer Christel	Erftschnecken	0:56:13	1959 W50	11	0:58:36	21:07 *	18:29 *	18:59	5:37 min/km
226	1163	Söllner Franziska	*Leverkusen	0:56:18	1986 WHK	95	0:58:38	21:00 *	18:22 *	19:15	5:38 min/km
226	1749	Tobusch Anke	kleeneundmuckel	0:56:18	1976 W30	33	0:57:57	20:59 *	18:33 *	18:23	5:38 min/km
228	53	Bauer Nadine	*Köln	0:56:21	1975 W30	34	0:56:51	20:31 *	17:54 *	18:24	5:38 min/km
229	686	Kutschke Petra	*Köln	0:56:30	1964 W45	22	0:58:37	21:01 *	18:24 *	19:10	5:39 min/km
230	1043	Schiefer Claudia	*Köln	0:56:31	1978 W30	35	0:58:49	20:20 *	19:05 *	19:24	5:39 min/km
231	2096	Boschert Stefanie	SC-Bühl	0:56:42	1988 WHK	96	0:58:27	19:11 *	19:10 *	20:05	5:40 min/km
232	1606	Wolf Anna	Elmars Lauftreff	0:56:44	1955 W50	12	0:57:39	18:47 *	18:48 *	20:03	5:40 min/km
233	490	Höse Vanessa	*Köln	0:56:50	1982 WHK	97	0:59:29	22:02 *	18:29 *	18:57	5:41 min/km
234	152	Bueckmann Ulrike	*Koeln	0:57:01	1976 W30	36	0:59:38	21:36 *	18:46 *	19:15	5:42 min/km
235	889	Peters Eva	*Köln	0:57:02	1981 WHK	98	0:57:50	18:56 *	18:59 *	19:54	5:42 min/km
236	2141	Garbes Inge	SG Sportfreunde 69	0:57:04	1963 W45	23	0:58:42	21:00 *	19:17 *	18:24	5:42 min/km
237	575	Karras Nina	*Köln	0:57:07	1980 WHK	99	0:57:46	19:22 *	19:30 *	18:53	5:43 min/km
238	2279	Stehn Charlotte	TriCologne	0:57:14	1972 W35	21	0:57:43	19:21 *	19:15 *	19:06	5:43 min/km
239	484	Höfer Katrin	*Köln	0:57:16	1972 W35	22	0:58:17	20:10 *	19:00 *	19:06	5:44 min/km
240	2407	Hinzmann Sonja		0:57:17	1989 WHK	100	0:59:54	21:04 *	19:23 *	19:26	5:44 min/km
241	1839	Hajek Verena	LG Donatus Erftstadt	0:57:19	1952 W55	2	0:59:58	21:24 *	18:55 *	19:38	5:44 min/km
242	1265	Uhle Monika	*Köln	0:57:20	1979 W30	37	1:00:36	22:56 *	18:35 *	19:04	5:44 min/km
243	528	Ishita Mayumi	*Grevenbroich	0:57:20	1974 W35	23	1:00:29	22:05 *	18:48 *	19:35	5:44 min/km
244	1467	Evers Annika	ASV Köln Team 42	0:57:24	1989 WHK	101	0:59:52	20:50 *	19:43 *	19:19	5:44 min/km
245	1222	Suter Dr Maggi	*Münster	0:57:24	1975 W30	38	0:59:03	20:59 *	18:39 *	19:23	5:44 min/km
246	1200	Stolz Patricia	*Köln	0:57:24	1983 WHK	102	0:59:49	20:37 *	19:04 *	20:07	5:44 min/km
247	1058	Schmidt Cornelia	*Köln	0:57:31	1978 W30	39	0:58:27	20:00 *	19:11 *	19:15	5:45 min/km
248	1159	Skrbek Beate	*Wülfrath	0:57:38	1958 W50	13	1:00:04	21:45 *	18:51 *	19:28	5:46 min/km
249	1773	Seeger Dr. Silke	Küttner... und es läuft!	0:57:39	1974 W35	24	0:59:13	20:28 *	19:07 *	19:36	5:46 min/km
250	743	Marburger Sabrina	*Köln	0:57:39	1981 WHK	103	0:59:03	21:18 *	18:27 *	19:17	5:46 min/km
251	2120	Herth Andrea	SG Langenfeld	0:57:43	1985 WHK	104	1:00:16	22:55 *	18:45 *	18:35	5:46 min/km
252	29	Augner Gesine	*Köln	0:57:45	1968 W40	25	1:00:59	23:10 *	18:33 *	19:15	5:47 min/km
253	1515	Giers Sandra	blau-weiss köln	0:57:47	1971 W35	25	0:59:04	19:57 *	19:12 *	19:54	5:47 min/km
254	2437	Oster Silvia	Antilopen Kottenforst	0:57:50	1981 WHK	105	1:01:08	22:07 *	19:17 *	19:43	5:47 min/km
255	1613	Courth Andrea	ERGO sports Köln	0:57:54	1977 W30	40	0:58:12	18:40 *	18:59 *	20:32	5:47 min/km
256	2218	Bender Marianne	Team Rafa	0:57:57	1950 W55	3	0:58:15	19:06 *	19:12 *	19:56	5:48 min/km
257	1694	Metzler Anna	Haus Hermann-Josef	0:57:58	1980 WHK	106	0:59:24	20:47 *	19:11 *	19:25	5:48 min/km
258	2027	Baginski Alice	Prof.Dr.Baum	0:57:58	1956 W50	14	0:58:15	19:05 *	19:12 *	19:56	5:48 min/km
259	482	Hing Susannah	*Köln	0:57:59	1972 W35	26	0:59:10	20:03 *	19:18 *	19:48	5:48 min/km
260	703	Lemberg Kathrin	*Koeln	0:58:01	1978 W30	41	0:59:13	20:27 *	19:14 *	19:31	5:48 min/km
261	2404	Scherberich Ursula		0:58:02	1956 W50	15	0:59:29	20:20 *	19:09 *	20:00	5:48 min/km
262	1928	Klein Katrin	LT Cloversoft	0:58:04	1978 W30	42	0:59:16	20:00 *	19:19 *	19:55	5:48 min/km
263	1221	Suslina Ekaterina	*Köln	0:58:14	1983 WHK	107	0:59:37	21:01 *	19:33 *	19:02	5:49 min/km
264	987	Rönz Bettina	*Breitscheid	0:58:18	1962 W45	24	1:00:22	21:47 *	19:39 *	18:55	5:50 min/km
265	1892	Uphoff Heike	LG RWE Power	0:58:22	1964 W45	25	1:00:28	21:16 *	19:20 *	19:51	5:50 min/km
266	1176	Steffen Sandra	*Leverkusen	0:58:23	1980 WHK	108	1:01:35	25:07 *	18:21 *	18:06	5:50 min/km
267	1331	Weiner Gabi	*Leverkusen	0:58:30	1974 W35	27	1:00:41	22:02 *	18:53 *	19:45	5:51 min/km
268	220	Dressel Andrea	*Köln	0:58:32	1964 W45	26	1:01:47	22:33 *	19:03 *	20:10	5:51 min/km
269	934	Rabeler Annette	*Köln	0:58:33	1962 W45	27	1:01:04	22:32 *	19:17 *	19:15	5:51 min/km
270	1705	Degen Claudia	HSV-Dormagen-Süd e.V.	0:58:35	1966 W40	26	1:02:13	24:02 *	19:08 *	19:02	5:52 min/km
271	731	Lux Susanne	*Köln	0:58:39	1979 W30	43	1:01:40	22:40 *	19:22 *	19:38	5:52 min/km
272	1423	Linden Daniela	AachenMünchener	0:58:40	1972 W35	28	1:00:48	22:18 *	19:07 *	19:22	5:52 min/km
273	1139	Sehleier Luisa	*köln	0:58:40	1983 WHK	109	0:58:40	19:24 *	19:06 *	20:09	5:52 min/km
274	672	Krogull Monika	*Hürth	0:58:40	1964 W45	28	1:01:05	21:47 *	19:21 *	19:56	5:52 min/km
275	1441	Bühning Héléne	Animalaid	0:58:41	1965 W40	27	1:01:27	22:47 *	19:00 *	19:39	5:52 min/km
276	1447	Stephan Carola	Animalaid	0:58:41	1960 W45	29	1:01:27	22:47 *	19:00 *	19:39	5:52 min/km
277	334	Gaens Brigitte	*Grevenbroich	0:58:46	1960 W45	30	1:00:07	20:21 *	19:32 *	20:12	5:53 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 24

gedruckt 05.01.2010 22:40:18

278	1918	Breuer Sonja	Liebfrauenschule Köln	0:58:47	1985 WHK	110	1:00:33	22:44 *	18:35 *	19:13	5:53 min/km
279	57	Bechthold Angela	*Köln	0:58:50	1977 W30	44	1:02:11	23:52 *	19:19 *	18:59	5:53 min/km
280	1566	Hohenschild Susanne	cool runnings	0:58:51	1959 W50	16	0:59:17	18:54 *	19:49 *	20:32	5:53 min/km
281	974	Riesner Karen	*Bonn	0:58:52	1973 W35	29	0:59:43	19:39 *	19:21 *	20:41	5:53 min/km
282	323	Friedrich Annette	*Köln	0:58:55	1971 W35	30	0:59:35	19:22 *	19:48 *	20:24	5:54 min/km
283	1980	Jansen Astrid	Microsoft	0:58:55	1962 W45	31	1:00:22	21:03 *	19:38 *	19:40	5:54 min/km
284	968	Richter Andrea	*Köln	0:58:56	1968 W40	28	1:01:23	21:53 *	19:19 *	20:10	5:54 min/km
285	378	Gralow Ines	*Bad Münstereifel	0:58:56	1969 W40	29	1:01:23	21:53 *	19:19 *	20:10	5:54 min/km
286	2263	Kanuma-Kölzer Kazuko	TRlandertaler me-sport	0:58:58	1955 W50	17	1:00:28	20:50 *	19:39 *	19:57	5:54 min/km
287	962	Reuter Claudia	*Köln	0:58:59	1968 W40	30	0:59:25	19:20 *	19:32 *	20:33	5:54 min/km
288	196	Desombre Denise	*Saarbrücken	0:59:00	1981 WHK	111	1:00:04	21:53 *	19:39 *	18:32	5:54 min/km
289	1238	Thiel Manuela	*Köln	0:59:01	1962 W45	32	0:59:25	18:55 *	19:49 *	20:40	5:54 min/km
290	885	Peschel Stefanie	*Bonn	0:59:01	1979 W30	45	1:00:51	21:55 *	19:24 *	19:31	5:54 min/km
291	414	Hakbilen Esme	*Bonn	0:59:02	1978 W30	46	1:00:51	21:55 *	19:24 *	19:32	5:54 min/km
292	222	Druck Franziska	*Köln	0:59:07	1983 WHK	112	1:02:15	24:18 *	19:28 *	18:28	5:55 min/km
293	192	Del Tin Alessandra	*Cologne	0:59:11	1977 W30	47	1:02:09	23:32 *	19:37 *	18:59	5:55 min/km
294	668	Krieger Doris	*Köln	0:59:13	1952 W55	4	1:01:57	22:46 *	19:22 *	19:48	5:55 min/km
295	140	Brockmann Claudia	*Köln	0:59:14	1969 W40	31	1:03:06	23:49 *	19:22 *	19:55	5:55 min/km
296	214	Dornseiff Uta	*Köln	0:59:16	1968 W40	32	1:02:24	23:43 *	19:30 *	19:10	5:56 min/km
297	1532	Oberlies-Aarass Ulrike	BSG RaBaz e.V.	0:59:16	1960 W45	33	1:03:10	23:53 *	19:24 *	19:52	5:56 min/km
298	789	Möckelmann Antje	*Köln	0:59:18	1978 W30	48	1:02:26	24:18 *	19:28 *	18:39	5:56 min/km
299	508	Horn Birgit	*Köln	0:59:20	1973 W35	31	1:01:07	21:54 *	19:28 *	19:44	5:56 min/km
300	1022	Schäfer Birgit	*Köln	0:59:20	1979 W30	49	1:01:07	21:54 *	19:28 *	19:44	5:56 min/km
301	1457	Wenzel Lucia	ASV	0:59:22	1965 W40	33	1:01:16	23:07 *	19:49 *	18:19	5:56 min/km
302	818	Münzel Andrea	*Köln	0:59:23	1967 W40	34	1:02:25	23:31 *	19:31 *	19:22	5:56 min/km
303	770	Meurer Heidi	*hürth	0:59:24	1962 W45	34	1:01:26	22:14 *	19:33 *	19:39	5:56 min/km
304	1160	Skultety Katharina	*Köln	0:59:27	1987 WHK	113	0:59:42	17:57 *	20:11 *	21:32	5:57 min/km
305	321	Freudenhammer Kerstin	*Köln	0:59:33	1989 WHK	114	1:01:58	21:23 *	20:17 *	20:17	5:57 min/km
306	913	Pöll Gisela	*Köln	0:59:35	1946 W60	2	1:01:33	21:18 *	19:39 *	20:35	5:58 min/km
307	1991	Ollwitz Nadine	Mrs.Sporty Pulheim	0:59:36	1980 WHK	115	1:02:11	23:11 *	19:50 *	19:08	5:58 min/km
308	812	Müller Saskia	*Overath	0:59:38	1990 WJA	21	1:01:47	22:13 *	19:52 *	19:41	5:58 min/km
309	319	Frederking Angelika	*Erfurt	0:59:39	1974 W35	32	1:02:37	23:32 *	19:38 *	19:26	5:58 min/km
310	1891	Thiele Martina	LG RWE Power	0:59:39	1963 W45	35	1:00:34	20:43 *	20:10 *	19:39	5:58 min/km
311	630	Knepel Angelika	*Kerpen	0:59:39	1956 W50	18	1:02:30	22:42 *	19:34 *	20:13	5:58 min/km
312	115	Borkowski Yvonne	*Alfter	0:59:40	1973 W35	33	1:01:43	24:14 *	20:18 *	17:10	5:58 min/km
313	715	Lindwehr Melanie	*Münster	0:59:46	1976 W30	50	1:01:24	21:35 *	20:02 *	19:46	5:59 min/km
314	2156	Desombre Dr. Daniela	Sorgenfrei	0:59:48	1979 W30	51	1:00:52	21:53 *	19:47 *	19:12	5:59 min/km
315	1711	Hagemann Martina	IBM	0:59:49	1977 W30	52	1:02:52	23:38 *	19:12 *	20:01	5:59 min/km
316	1353	Wiesner Stefanie	*Neuss	0:59:53	1978 W30	53	1:02:58	22:32 *	19:44 *	20:41	5:59 min/km
317	1724	Müller Janina	JJA Die WG & Friends	0:59:58	1989 WHK	116	1:01:50	20:48 *	21:32 *	19:29	5:60 min/km
318	1494	Guldner Caroline	atemrausch*	0:59:59	1981 WHK	117	1:03:08	24:35 *	19:43 *	18:48	5:60 min/km
319	1898	Wienand Marion	LG RWE Power	0:59:59	1962 W45	36	1:03:54	25:31 *	19:17 *	19:05	5:60 min/km
320	163	Busch Franziska	*Köln	1:00:02	1955 W50	19	1:02:27	22:00 *	19:51 *	20:36	6:00 min/km
321	1934	Steffen Natalie	Lt Lindenthal	1:00:04	1973 W35	34	1:02:10	23:05 *	19:28 *	19:36	6:00 min/km
322	831	Nemes Isabella	*Köln	1:00:05	1978 W30	54	1:02:46	24:39 *	19:40 *	18:26	6:01 min/km
323	1310	Wallenborn Sonja	*Köln	1:00:05	1964 W45	37	1:03:43	23:17 *	19:35 *	20:49	6:01 min/km
324	1019	Schäbitz Janina	*Köln	1:00:11	1985 WHK	118	1:00:57	20:07 *	20:05 *	20:44	6:01 min/km
325	926	Preusser Dragica	*Erfstadt	1:00:12	1974 W35	35	1:03:35	23:53 *	19:30 *	20:11	6:01 min/km
326	1247	Thuir Julia	*Hürth	1:00:14	1979 W30	55	1:00:52	20:41 *	20:05 *	20:06	6:01 min/km
327	2070	Ehrgott Regine	RTC Frechen 80	1:00:14	1959 W50	20	1:01:27	20:40 *	20:40 *	20:06	6:01 min/km
328	331	Froitzheim Gabi	*Erfstadt	1:00:15	1964 W45	38	1:03:09	24:00 *	19:40 *	19:28	6:02 min/km
329	454	Hennecke-Ernsting Ursel	*Köln	1:00:22	1960 W45	39	1:00:40	19:17 *	20:34 *	20:48	6:02 min/km
330	2401	Kämmer Jana		1:00:39	1994 WSA	1	1:02:12	21:37 *	20:09 *	20:25	6:04 min/km
331	904	Piso Natascha	*Köln	1:00:43	1972 W35	36	1:04:25	27:09 *	18:33 *	18:42	6:04 min/km
332	2151	Arends Imke	Sky is no Limit	1:00:46	1973 W35	37	1:03:27	24:17 *	19:27 *	19:42	6:05 min/km
333	2121	Herth Margret	SG Langenfeld	1:00:47	1956 W50	21	1:03:20	22:56 *	19:46 *	20:37	6:05 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 25

gedruckt 05.01.2010 22:40:18

334	1443	Krause Dr.med.vet	Animalaid	1:00:50	1975	W30	56	1:03:37	23:09 *	20:28 *	19:59	6:05 min/km
335	848	Oepen Meta	*Hürth	1:00:55	1991	WJA	22	1:01:24	20:02 *	20:21 *	21:00	6:06 min/km
336	659	Krämer Nadine	*Hürth	1:00:55	1991	WJA	23	1:01:24	20:02 *	20:22 *	21:00	6:06 min/km
337	1908	Weihmann Ellen	LG RWE Power	1:00:58	1954	W55	5	1:04:54	24:49 *	20:05 *	19:58	6:06 min/km
338	63	Beermann Michaela	*Köln	1:01:00	1963	W45	40	1:02:34	22:05 *	20:05 *	20:23	6:06 min/km
339	604	Kirchhoff Nicola	*Köln	1:01:06	1968	W40	35	1:01:42	20:34 *	21:00 *	20:07	6:07 min/km
340	1436	Wolf Andrea	Agger - Fitness	1:01:09	1960	W45	41	1:03:17	22:15 *	20:18 *	20:43	6:07 min/km
341	1193	Stockhausen Jessica	*Köln	1:01:10	1984	WHK	119	1:03:07	22:43 *	19:49 *	20:34	6:07 min/km
342	2008	Beck Julia	OVS	1:01:11	1970	W35	38	1:04:01	23:45 *	20:03 *	20:12	6:07 min/km
343	1698	Wysk Katharina	Haus Hermann-Josef	1:01:12	1991	WJA	24	1:02:37	20:48 *	20:22 *	21:26	6:07 min/km
344	499	Hoffmeister-Kremer	*Köln	1:01:16	1974	W35	39	1:02:25	21:54 *	20:14 *	20:16	6:08 min/km
345	1916	Kornweibel Monika	Liebelein	1:01:16	1949	W60	3	1:02:22	20:55 *	20:32 *	20:54	6:08 min/km
346	544	Jellinek Annamirl	*Köln	1:01:20	1990	WJA	25	1:03:13	19:50 *	21:21 *	22:00	6:08 min/km
347	640	Köpnick Gila	*Köln	1:01:21	1983	WHK	120	1:01:57	20:24 *	20:45 *	20:48	6:08 min/km
348	2490	Klaiber Caroline	*köln	1:01:22	1985	WHK	121	1:01:57	20:24 *	20:45 *	20:47	6:08 min/km
349	2392	Garms Anja		1:01:23	1969	W40	36	1:02:04	20:48 *	20:36 *	20:38	6:08 min/km
350	418	Harms Daniela	*köln	1:01:30	1976	W30	57	1:04:41	25:07 *	19:38 *	19:55	6:09 min/km
351	1557	Scholten Barbara	Central-Team	1:01:35	1978	W30	58	1:04:57	25:32 *	21:00 *	18:24	6:10 min/km
352	1860	Chojnicki Jolanta	LG RWE Power	1:01:37	1985	WHK	122	1:02:32	20:43 *	20:10 *	21:38	6:10 min/km
353	1665	Selter Simone	für Fritz und Frida	1:01:38	1979	W30	59	1:03:05	22:54 *	19:47 *	20:22	6:10 min/km
354	1545	Dittmann Alexandra	cegelec wallabies	1:01:39	1976	W30	60	1:02:43	21:17 *	20:15 *	21:10	6:10 min/km
355	1558	Eberhart Petra	CF Selbsthilfe Köln e.V.	1:01:45	1965	W40	37	1:04:24	23:15 *	20:41 *	20:26	6:11 min/km
356	60	Becker Kerstin	*Köln	1:01:50	1982	WHK	123	1:05:31	23:47 *	20:45 *	20:58	6:11 min/km
357	1250	Titz Eva	*Kerpen	1:01:55	1981	WHK	124	1:05:08	24:30 *	19:56 *	20:41	6:12 min/km
358	434	Heineberg-Zeus Ute	*Köln	1:01:58	1963	W45	42	1:02:46	21:23 *	20:54 *	20:27	6:12 min/km
359	1964	Zettel Sandra	M. DuMont Schauberg	1:01:59	1969	W40	38	1:05:34	25:31 *	20:18 *	19:44	6:12 min/km
360	2251	Braun Birgit	The Running Brownies	1:02:04	1964	W45	43	1:05:22	24:13 *	20:27 *	20:42	6:12 min/km
361	2299	Klein Ute	TUS Asbach	1:02:07	1962	W45	44	1:04:36	22:20 *	20:52 *	21:23	6:13 min/km
362	1167	Söntgerath Vera	*Königswinter	1:02:12	1956	W50	22	1:05:56	24:47 *	20:23 *	20:45	6:13 min/km
363	2041	Samerdak Kasia	Quest Software GmbH	1:02:13	1976	W30	61	1:02:40	19:44 *	20:43 *	22:11	6:13 min/km
364	2013	Morawe Ellen	OVS	1:02:13	1963	W45	45	1:05:05	23:52 *	20:29 *	20:44	6:13 min/km
365	811	Müller Sabine	*Overath	1:02:15	1955	W50	23	1:04:24	22:19 *	20:39 *	21:26	6:14 min/km
366	2474	Seibert Anette		1:02:17	1965	W40	39	1:04:10	21:22 *	20:45 *	22:02	6:14 min/km
367	2012	Kick Sabine	OVS	1:02:20	1961	W45	46	1:05:11	23:51 *	20:29 *	20:50	6:14 min/km
368	1630	Menter Susann	Fast Foots Köln	1:02:20	1977	W30	62	1:04:23	23:41 *	20:34 *	20:06	6:14 min/km
369	1203	Stommelen Astrid	*Frechen-Königsdorf	1:02:21	1969	W40	40	1:03:05	20:50 *	20:32 *	21:41	6:14 min/km
370	1195	Stötzel Nadine	*Köln	1:02:23	1980	WHK	125	1:05:00	24:24 *	21:15 *	19:20	6:14 min/km
370	2084	Böhr Cornelia	Sauerland Team	1:02:23	1972	W35	40	1:05:50	25:18 *	20:00 *	20:31	6:14 min/km
372	1271	Van Benthem Miriam	*Köln	1:02:24	1979	W30	63	1:05:00	24:23 *	21:15 *	19:21	6:14 min/km
373	593	Keßler Doris	*Köln	1:02:25	1967	W40	41	1:04:19	22:04 *	20:34 *	21:40	6:15 min/km
374	519	Huppelsberg Dorthe	*Köln	1:02:25	1984	WHK	126	1:03:49	25:24 *	19:12 *	19:11	6:15 min/km
375	661	Krams Sabine	*Wiehl	1:02:32	1964	W45	47	1:04:21	22:53 *	20:39 *	20:48	6:15 min/km
376	1315	Wasserhess Barbara	*Köln	1:02:37	1970	W35	41	1:06:13	24:44 *	20:20 *	21:08	6:16 min/km
377	290	Fiebiger Sabine	*Asbach	1:02:39	1964	W45	48	1:05:08	23:29 *	21:04 *	20:34	6:16 min/km
378	491	Hoever Ingrid	*Asbach	1:02:40	1959	W50	24	1:05:09	23:29 *	21:03 *	20:36	6:16 min/km
379	1509	Breisser Brigitte	BEWOTEC	1:02:41	1971	W35	42	1:04:13	21:13 *	21:07 *	21:52	6:16 min/km
380	1522	Tarara Lydia	BSG DEVK Köln	1:02:41	1979	W30	64	1:05:29	24:15 *	20:40 *	20:32	6:16 min/km
381	1296	Von Elert Marieke	*Köln	1:02:42	1996	WSB	2	1:04:30	23:04 *	22:23 *	19:02	6:16 min/km
382	753	Maurer Marion	*pulheim	1:02:43	1964	W45	49	1:04:27	23:05 *	20:28 *	20:54	6:16 min/km
383	487	Hoer Cornelia	*Marienheide	1:02:44	1965	W40	42	1:06:20	25:30 *	20:52 *	19:56	6:16 min/km
384	751	Matthes Sabine	*Köln	1:02:49	1984	WHK	127	1:06:25	25:16 *	21:15 *	19:53	6:17 min/km
385	423	Hauelsen Bettina	*Köln	1:02:52	1974	W35	43	1:04:12	22:04 *	21:00 *	21:08	6:17 min/km
386	522	Huwe Ines	*Köln	1:02:52	1975	W30	65	1:06:16	23:41 *	20:36 *	21:57	6:17 min/km
387	580	Kaufmann Claudia	*Bergisch Gladbach	1:02:55	1968	W40	43	1:05:43	24:15 *	20:40 *	20:47	6:18 min/km
388	1180	Stegger Inga	*Köln	1:02:56	1974	W35	44	1:06:16	26:28 *	22:04 *	17:43	6:18 min/km
389	702	Leineweber Helga	*Köln	1:02:56	1974	W35	45	1:06:15	26:28 *	22:04 *	17:42	6:18 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 26

gedruckt 05.01.2010 22:40:18

390	1924	Schütte Anja	Los Mopeds	1:03:01	1970 W35	46	1:06:25	24:49 *	20:44 *	20:51	6:18 min/km
391	1578	Krause Claudia	DIE BÖÖGLIS	1:03:03	1992 WJB	1	1:05:43	23:56 *	20:10 *	21:36	6:18 min/km
392	1766	Gaab Lara	KTT 01	1:03:03	1992 WJB	2	1:04:02	21:36 *	20:49 *	21:36	6:18 min/km
393	1767	Gaab Renate	KTT 01	1:03:03	1961 W45	50	1:04:02	21:36 *	20:49 *	21:36	6:18 min/km
394	1121	Schumann Angela	*Lohmar	1:03:07	1972 W35	47	1:04:18	21:47 *	20:46 *	21:44	6:19 min/km
395	798	Mostardt Sarah	*Essen	1:03:09	1981 WHK	128	1:06:23	26:47 *	20:51 *	18:44	6:19 min/km
396	1965	Grimm Julia	Marathonpauer	1:03:11	1984 WHK	129	1:06:12	22:36 *	21:13 *	22:22	6:19 min/km
397	2134	Wukadinowitsch Ute	SG Siegen-Giersberg	1:03:13	1961 W45	51	1:06:12	25:02 *	20:33 *	20:36	6:19 min/km
397	2132	Weber Ulrike	SG Siegen-Giersberg	1:03:13	1960 W45	51	1:06:12	25:03 *	20:35 *	20:34	6:19 min/km
399	2131	Stötzel-Ditsche	SG Siegen-Giersberg	1:03:13	1957 W50	25	1:06:13	25:01 *	20:39 *	20:33	6:19 min/km
400	2137	Bruch Viola	SG Siegen-Giersberg	1:03:15	1969 W40	44	1:06:15	24:57 *	20:43 *	20:34	6:20 min/km
401	2207	Schmitz-Verhjnjak Sylvia	TEAM RAFA	1:03:16	1951 W55	6	1:04:33	22:14 *	20:54 *	21:24	6:20 min/km
402	337	Garstka Christiane	*Gummersbach	1:03:18	1963 W45	53	1:05:07	22:59 *	20:48 *	21:20	6:20 min/km
403	1292	Volz Regina	*Köln	1:03:25	1961 W45	54	1:04:09	20:46 *	20:49 *	22:32	6:21 min/km
404	1017	Saupe Heike	*Troisdorf	1:03:27	1976 W30	66	1:07:00	26:05 *	20:30 *	20:24	6:21 min/km
405	675	Kubat Ariane	*Bonn	1:03:27	1975 W30	67	1:07:00	26:06 *	20:29 *	20:25	6:21 min/km
406	615	Klein Yvonne	*Köln	1:03:28	1976 W30	68	1:06:45	25:11 *	20:32 *	21:01	6:21 min/km
407	732	Maaßen Andrea	*Köln	1:03:31	1964 W45	55	1:07:33	26:33 *	20:49 *	20:11	6:21 min/km
408	2301	Römer Brigitte	TuS Asbach	1:03:33	1964 W45	56	1:06:02	23:31 *	21:02 *	21:28	6:21 min/km
409	1319	Wegener Dr. Elisabeth	*Köln	1:03:34	1950 W55	7	1:06:26	26:34 *	19:10 *	20:40	6:21 min/km
410	683	Kupfer Monika	*Köln	1:03:35	1956 W50	26	1:05:49	23:16 *	20:58 *	21:33	6:22 min/km
411	942	Rauen Birgit	*Köln	1:03:35	1957 W50	27	1:05:49	23:17 *	20:58 *	21:34	6:22 min/km
412	1039	Schesny Martina	*Köln	1:03:44	1963 W45	57	1:07:13	25:03 *	20:31 *	21:38	6:22 min/km
413	131	Brause Kathrin	*Köln	1:03:50	1981 WHK	130	1:06:46	25:47 *	20:55 *	20:04	6:23 min/km
414	584	Keitel Miriam	*Düsseldorf	1:03:52	1979 W30	69	1:06:48	25:47 *	20:55 *	20:06	6:23 min/km
415	1920	Seifert Kerstin	LKD Düsseldorf	1:03:57	1973 W35	48	1:06:54	25:47 *	20:55 *	20:11	6:24 min/km
416	730	Lux Gitta	*Köln	1:03:57	1962 W45	58	1:06:58	24:13 *	21:26 *	21:17	6:24 min/km
417	116	Bornkessel Andrea	*Köln	1:03:58	1963 W45	59	1:06:59	24:13 *	21:26 *	21:19	6:24 min/km
418	956	Reimers Brigitte	*Köln	1:04:06	1967 W40	45	1:04:45	21:15 *	21:56 *	21:33	6:25 min/km
419	2285	Nußbaum Beate	TSV Bayer04	1:04:06	1960 W45	60	1:05:59	23:15 *	20:58 *	21:46	6:25 min/km
420	737	Madadi-Sanjani Parvin	*Frechen	1:04:08	1965 W40	46	1:05:18	20:58 *	21:59 *	22:19	6:25 min/km
421	1702	Wegner Uta	Health City	1:04:10	1978 W30	70	1:06:11	23:42 *	20:57 *	21:31	6:25 min/km
422	1055	Schlüter Jeanette	*Köln	1:04:16	1966 W40	47	1:05:49	23:08 *	20:53 *	21:46	6:26 min/km
423	1115	Schultz Birgit	*Hürth	1:04:18	1965 W40	48	1:05:54	22:42 *	21:19 *	21:53	6:26 min/km
424	1445	Muß-Meinhardt Rita	Animalaid	1:04:21	1963 W45	61	1:07:08	23:09 *	21:21 *	22:37	6:26 min/km
425	1444	Morio Claudine	Animalaid	1:04:22	1961 W45	62	1:07:09	23:11 *	21:19 *	22:38	6:26 min/km
426	89	Bitschnau Hildegard	*Köln	1:04:23	1956 W50	28	1:08:05	26:55 *	22:44 *	18:24	6:26 min/km
427	664	Krause Kara	*Köln	1:04:24	1962 W45	63	1:08:10	25:19 *	21:12 *	21:38	6:26 min/km
428	2282	Rendelmann Petra	TSV Bayer 04 Leverkusen	1:04:25	1960 W45	64	1:06:19	23:15 *	21:14 *	21:49	6:27 min/km
429	673	Krükel Christina	*Köln	1:04:26	1980 WHK	131	1:06:05	21:35 *	21:57 *	22:33	6:27 min/km
430	180	Cormann Susanne	*Frechen	1:04:32	1968 W40	49	1:05:53	22:08 *	21:27 *	22:17	6:27 min/km
431	716	Lippke Ursula	*Köln	1:04:36	1975 W30	71	1:06:09	22:52 *	21:32 *	21:45	6:28 min/km
432	1205	Straßfeld Sandra	*Köln	1:04:36	1975 W30	72	1:06:09	22:52 *	21:32 *	21:45	6:28 min/km
433	529	Jabarine Alena Isabelle	*Hamburg	1:04:37	1985 WHK	132	1:06:09	22:16 *	21:06 *	22:46	6:28 min/km
433	380	Kohlmann Dr. Caroline	*Köln	1:04:37	1982 WHK	132	1:06:09	22:16 *	21:06 *	22:46	6:28 min/km
435	1691	Simon Sonja	Haus der Jugend	1:04:37	1981 WHK	134	1:06:42	24:00 *	21:25 *	21:16	6:28 min/km
436	1249	Tillmann Sandra	*Köln	1:04:37	1974 W35	49	1:05:34	21:52 *	21:50 *	21:50	6:28 min/km
437	1690	Patzwald Franzi	Haus der Jugend	1:04:37	1995 WSA	2	1:06:42	24:00 *	21:25 *	21:16	6:28 min/km
437	2356	Gunia Marei	Winterfitschnecken	1:04:37	1964 W45	65	1:06:54	23:50 *	21:36 *	21:27	6:28 min/km
439	1183	Stein Jana Katharina	*Köln	1:04:43	1989 WHK	135	1:05:49	20:03 *	19:30 *	26:15	6:28 min/km
440	556	Johnson Kristen	*Koeln	1:04:44	1971 W35	50	1:05:55	22:37 *	21:08 *	22:09	6:28 min/km
440	183	Cumiskey Paula	*Koeln	1:04:44	1976 W30	73	1:05:55	22:38 *	21:07 *	22:09	6:28 min/km
442	1227	Tartler Heike	*Leverkusen	1:04:53	1967 W40	50	1:07:08	23:25 *	21:01 *	22:42	6:29 min/km
443	1797	Bensberg Renate	Laufgruppe Frosch	1:04:54	1957 W50	29	1:05:53	21:02 *	21:38 *	23:12	6:29 min/km
444	948	Regelien Katharina	*Köln	1:05:02	1983 WHK	136	1:08:41	25:17 *	20:59 *	22:23	6:30 min/km
445	416	Hanneken Verena	*Bonn	1:05:13	1977 W30	74	1:06:04	21:04 *	21:59 *	23:00	6:31 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 27

gedruckt 05.01.2010 22:40:18

446	2173	Grünenwald Yvonne	SSF Bonn	1:05:17	1974	W35	51	1:07:14	24:28 *	21:17 *	21:28	6:32 min/km
447	1174	Staudt Sandra	*Niederkassel	1:05:18	1978	W30	75	1:08:25	25:57 *	21:40 *	20:47	6:32 min/km
448	1077	Schmuck Verena	*Siegburg	1:05:25	1979	W30	76	1:09:35	26:09 *	21:39 *	21:47	6:33 min/km
449	2157	Geihslar Andrea	Sorgenfrei	1:05:26	1980	WHK	137	1:06:27	23:14 *	21:29 *	21:43	6:33 min/km
450	1181	Stein Claudia	*Köln	1:05:27	1977	W30	77	1:06:27	23:14 *	21:29 *	21:43	6:33 min/km
451	961	Reuber Angela	*Köln	1:05:27	1978	W30	78	1:06:27	23:14 *	21:29 *	21:43	6:33 min/km
452	2326	Ueberberg Birgit	TV-Herkenrath	1:05:29	1959	W50	30	1:08:17	24:16 *	21:20 *	22:40	6:33 min/km
453	1087	Schneider Saskia	*Bergisch Gladbach	1:05:40	1987	WHK	138	1:08:35	25:01 *	21:38 *	21:55	6:34 min/km
454	127	Braun Elke	*Bergisch Gladbach	1:05:41	1962	W45	66	1:08:35	25:01 *	21:37 *	21:55	6:34 min/km
455	1484	Haas Angela	ASV Wesseling	1:05:45	1958	W50	31	1:08:20	24:49 *	21:40 *	21:49	6:35 min/km
456	560	Jürgens Dr. Ruth	*Köln	1:05:55	1959	W50	32	1:06:07	21:48 *	21:54 *	22:25	6:36 min/km
457	629	Knebel Kari	*Köln	1:05:55	1973	W35	52	1:06:54	23:48 *	21:56 *	21:08	6:36 min/km
458	1069	Schmitz Bärbel	*Köln	1:05:56	1974	W35	53	1:06:54	23:48 *	21:57 *	21:08	6:36 min/km
459	625	Kloda Vera	*Köln	1:05:56	1962	W45	67	1:06:08	21:48 *	21:54 *	22:25	6:36 min/km
460	2106	Mack Alexandra	Schleichfüße Rhein-Sieg	1:06:00	1980	WHK	139	1:09:46	26:40 *	20:43 *	22:23	6:36 min/km
461	486	Höflich Dorothea	*köln	1:06:03	1965	W40	51	1:07:54	21:58 *	22:41 *	23:14	6:36 min/km
462	440	Heinsberg Ute	*Zülpich	1:06:04	1966	W40	52	1:07:20	23:04 *	21:49 *	22:26	6:36 min/km
463	61	Becker Marion	*Leverkusen	1:06:08	1973	W35	54	1:09:11	25:45 *	21:30 *	21:55	6:37 min/km
464	370	Görtz Dagmar	*Köln	1:06:10	1965	W40	53	1:09:52	26:31 *	21:40 *	21:40	6:37 min/km
465	552	Joachims Sarah	*Köln	1:06:11	1979	W30	79	1:09:05	24:57 *	21:35 *	22:31	6:37 min/km
466	357	Gerum Tanja	*Köln	1:06:11	1977	W30	80	1:09:05	24:57 *	21:35 *	22:32	6:37 min/km
467	1360	Winiarski Johanna	*Köln	1:06:25	1977	W30	81	1:09:51	26:01 *	22:02 *	21:47	6:39 min/km
468	895	Pfeiffer Andrea	*Köln	1:06:31	1972	W35	55	1:09:51	26:48 *	21:15 *	21:47	6:39 min/km
469	2078	Dussard Nadine	Running TV Bedburg	1:06:52	1986	WHK	140	1:08:51	24:39 *	21:43 *	22:29	6:41 min/km
470	568	Kalkbrenner Lisa-Marie	*Bedburg	1:06:53	1984	WHK	141	1:08:52	24:39 *	21:43 *	22:29	6:41 min/km
471	1999	Schütz Stefanie	na dann... prrroost	1:07:00	1987	WHK	142	1:10:49	28:15 *	21:52 *	20:41	6:42 min/km
472	227	Dzieskan Corinne	*Köln	1:07:01	1973	W35	56	1:08:43	23:29 *	21:55 *	23:18	6:42 min/km
473	2350	Tendler Sandra	Whisky-Club	1:07:10	1976	W30	82	1:10:20	25:31 *	21:43 *	23:05	6:43 min/km
474	2090	Dressler Wiebke	SC Buchenhöhe	1:07:11	1979	W30	83	1:09:02	25:31 *	22:18 *	21:12	6:43 min/km
475	73	Berthold Petra	*Köln	1:07:14	1960	W45	68	1:07:33	22:10 *	22:07 *	23:15	6:43 min/km
476	103	Blotzheim Gudrun	*Köln	1:07:18	1960	W45	69	1:10:47	25:41 *	22:13 *	22:52	6:44 min/km
477	1117	Schulz Brigitte	*Köln	1:07:19	1939	W70	1	1:07:33	22:10 *	22:07 *	23:15	6:44 min/km
478	2466	Droll Gaby	Kölner Ausdauer und	1:07:19	1966	W40	54	1:10:22	24:33 *	22:22 *	23:27	6:44 min/km
479	1439	Pater Andrea	Albert-Schweitzer-Apothek	1:07:39	1979	W30	84	1:09:54	26:32 *	22:28 *	20:54	6:46 min/km
480	1287	Völkel Anne	*Köln	1:07:39	1979	W30	85	1:09:54	26:32 *	22:27 *	20:54	6:46 min/km
481	1800	Rohrmoser Felicitas	Laufmariechen Köln	1:07:48	1956	W50	33	1:11:11	26:44 *	23:07 *	21:19	6:47 min/km
482	35	Ayche Karin	*Köln	1:07:50	1954	W55	8	1:11:14	26:43 *	23:07 *	21:23	6:47 min/km
483	807	Müller Laura	*Niederkassel	1:07:52	1987	WHK	143	1:11:57	27:15 *	22:49 *	21:52	6:47 min/km
484	34	Auweiler Margarete	*köln	1:07:56	1951	W55	9	1:10:45	25:32 *	22:27 *	22:44	6:48 min/km
485	764	Menz Miriam	*Köln	1:07:58	1984	WHK	144	1:11:14	25:30 *	22:23 *	23:20	6:48 min/km
486	2214	Herbst Inge	Team Herbst	1:08:10	1964	W45	70	1:10:34	26:42 *	22:14 *	21:37	6:49 min/km
487	2280	Luncz Donata	TSV Bayer 04 Breitensport	1:08:12	1975	W30	86	1:12:19	27:08 *	22:41 *	22:30	6:49 min/km
488	565	Kahrkling Janina	*Köln	1:08:14	1981	WHK	145	1:10:28	26:33 *	22:31 *	21:23	6:49 min/km
489	303	Floren Nicole	*Kerpen	1:08:19	1971	W35	57	1:10:34	26:32 *	22:32 *	21:29	6:50 min/km
490	971	Riech-Neumann Katrin	*Köln	1:08:20	1975	W30	87	1:10:34	26:32 *	22:27 *	21:34	6:50 min/km
491	31	Augustin Monika	*Burscheid	1:08:30	1968	W40	55	1:10:53	25:15 *	22:17 *	23:20	6:51 min/km
492	557	Jokisch Anna	*Köln	1:08:33	1982	WHK	146	1:12:31	26:52 *	23:03 *	22:35	6:51 min/km
493	649	Kopp Alexandra	*Köln	1:08:33	1969	W40	56	1:12:31	26:52 *	23:04 *	22:34	6:51 min/km
494	333	Fuhrmann Michaela	*Koeln	1:08:38	1967	W40	57	1:11:55	26:32 *	22:45 *	22:36	6:52 min/km
495	510	Hübinger Anke	*Wuppertal	1:08:49	1977	W30	88	1:10:50	24:07 *	22:57 *	23:45	6:53 min/km
496	1446	Otten Julia	Animalaid	1:08:56	1981	WHK	147	1:11:44	23:58 *	23:21 *	24:24	6:54 min/km
497	867	Paessler Michaela	*Köln	1:08:58	1968	W40	58	1:11:55	25:09 *	22:29 *	24:15	6:54 min/km
497	62	Beckmann Anja	*Köln	1:08:58	1967	W40	58	1:11:55	25:09 *	22:29 *	24:15	6:54 min/km
499	752	Mauksch-Bauer Janette	*Köln	1:09:12	1968	W40	60	1:13:16	27:35 *	22:55 *	22:45	6:55 min/km
500	1219	Sulger Michaela	*Kerpen	1:09:12	1972	W35	58	1:13:16	27:35 *	22:55 *	22:45	6:55 min/km
501	1089	Schnieber Olivia	*Köln	1:09:19	1973	W35	59	1:10:04	23:13 *	23:13 *	23:37	6:56 min/km

Kölner Nikolauslauf am 6. Dezember 2009 - 10km Lauf

Ergebnisliste Frauen

Seite 28

gedruckt 05.01.2010 22:40:18

502	1088	Schnieber Marlies	*Goslar	1:09:20	1944	W65	1	1:10:05	23:13 *	23:13 *	23:38	6:56 min/km
503	932	Purcell William	*Cologne	1:09:35	1963	W45	71	1:13:07	26:26 *	22:41 *	24:00	6:58 min/km
504	232	Ecke Stefanie	*Köln	1:09:36	1970	W35	60	1:12:53	26:33 *	22:45 *	23:34	6:58 min/km
505	1229	Tekerian Gabrielle	*Brühl	1:09:36	1983	WHK	148	1:13:07	26:26 *	22:41 *	24:00	6:58 min/km
506	784	Mika Gabriele	*Köln	1:09:46	1967	W40	61	1:13:12	27:13 *	23:44 *	22:14	6:59 min/km
507	395	Gülden Ute	*Bedburg	1:09:59	1960	W45	72	1:12:39	25:26 *	23:03 *	24:09	6:60 min/km
508	1490	Ehl Claudia	Atemrausch	1:10:06	1982	WHK	149	1:13:14	28:00 *	23:02 *	22:10	7:01 min/km
509	1491	Schneider Susanne	Atemrausch	1:10:08	1982	WHK	150	1:13:13	28:00 *	23:02 *	22:10	7:01 min/km
510	1165	Söllner Stefanie	*Leverkusen	1:10:29	1982	WHK	151	1:12:51	27:08 *	23:01 *	22:41	7:03 min/km
511	433	Heider Peggy	*Frechen	1:10:40	1968	W40	62	1:13:36	26:14 *	23:11 *	24:10	7:04 min/km
512	1799	Rohrmoser Eva-Maria	Laufmariechen Köln	1:10:54	1954	W55	10	1:14:17	26:42 *	23:26 *	24:09	7:05 min/km
513	1261	Trushkina Ella	*Köln	1:11:01	1967	W40	63	1:14:01	26:31 *	23:47 *	23:42	7:06 min/km
514	986	Römmler Elke	*Frechen	1:11:06	1966	W40	64	1:14:33	28:34 *	22:41 *	23:17	7:07 min/km
515	1404	Zingsheim Anja	*Köln	1:11:09	1976	W30	89	1:14:57	27:31 *	23:09 *	24:16	7:07 min/km
516	1909	Janz Sandra	LG RWE Power	1:12:05	1981	WHK	152	1:14:19	26:40 *	23:32 *	24:06	7:13 min/km
517	1248	Tiercelin Sophie	*Köln	1:12:06	1968	W40	65	1:12:55	27:29 *	22:58 *	22:27	7:13 min/km
518	11	Adolfs Nadine Cheryl	*Köln	1:12:06	1977	W30	90	1:12:55	27:29 *	22:58 *	22:27	7:13 min/km
519	247	Elsemann Dr. Ines	*Düsseldorf	1:12:47	1979	W30	91	1:15:07	26:17 *	23:53 *	24:56	7:17 min/km
520	1162	Söllner Christina	*Leverkusen	1:13:22	1963	W45	73	1:15:45	27:08 *	23:50 *	24:45	7:20 min/km
521	685	Kuschek Kristin	*Köln	1:13:28	1983	WHK	153	1:16:26	26:50 *	25:11 *	24:23	7:21 min/km
522	1110	Schuler Katharina	*Köln-Raderthal	1:14:16	1977	W30	92	1:17:56	28:27 *	24:02 *	25:26	7:26 min/km
523	562	Junk Elke	*Köln	1:14:27	1972	W35	61	1:18:07	27:04 *	24:02 *	27:00	7:27 min/km
524	772	Meurers Astrid	*Koeln	1:14:28	1969	W40	66	1:18:07	27:04 *	24:02 *	27:00	7:27 min/km
525	735	Mack Alexandra	*Köln	1:17:44	1956	W50	34	1:21:15	27:02 *	25:29 *	28:43	7:46 min/km