

Ü10 - Wertung

11. Deutsche Post Marathon Bonn - 10. April 2011

Männer

| Platz | Startnr | Name | Verein*/Ort | Nat | Gesamt | Brutto | AK-PI | AK | Jahr | 10km | Halb1 | Halb2 |
|-------|---------|-------------------|----------------------------|-----|---------|---------|-------|-----|------|---------|---------|---------|
| 1 | 222 | Freiberg Jürgen | Tri Power Rhein-Sieg | GER | 3:20:28 | 3:20:32 | 1 | M45 | 62 | 0:45:04 | 1:35:57 | 1:44:31 |
| 2 | 213 | Gatzen Harald | CENTRAL-Team | GER | 3:25:06 | 3:25:12 | 1 | M35 | 75 | 0:44:41 | 1:36:40 | 1:48:25 |
| 3 | 200 | Körbs Joe | www.laufen-im-rheinland.de | GER | 3:28:00 | 3:28:01 | 1 | M40 | 68 | 0:45:13 | 1:39:01 | 1:48:59 |
| 4 | 234 | Knepper Michael | Marathon Mülheim | GER | 3:34:26 | 3:35:07 | 2 | M45 | 63 | 0:49:55 | 1:44:56 | 1:49:30 |
| 5 | 251 | Bordin Martin | Beethoven-Gymnasium | GER | 3:37:22 | 3:37:30 | 3 | M45 | 62 | 0:50:42 | 1:48:18 | 1:49:04 |
| 6 | 214 | Lammersmann Uwe | SSF Bonn | GER | 3:39:08 | 3:39:17 | 4 | M45 | 65 | 0:48:24 | 1:42:58 | 1:56:10 |
| 7 | 255 | Grondke Rolf | Marathon-Club-Menden | GER | 3:47:39 | 3:47:50 | 1 | M55 | 55 | 0:49:31 | 1:47:10 | 2:00:29 |
| 8 | 274 | Sieburg Mike | BSG Evonik Wesseling e.V. | | 3:55:32 | 3:55:59 | 1 | M50 | 57 | 0:55:19 | 1:56:47 | 1:58:44 |
| 9 | 254 | Gröner Johannes | *Bonn | GER | 3:58:04 | 3:58:29 | 2 | M55 | 54 | 0:56:00 | 1:58:35 | 1:59:28 |
| 10 | 271 | Nofftz Klaus | Neukirchener TV Leverkusen | GER | 3:58:56 | 3:59:27 | 2 | M50 | 57 | 0:51:00 | 1:51:24 | 2:07:32 |
| 11 | 257 | Witzke Oliver | LG Wuppertal | GER | 3:59:39 | 3:59:48 | 2 | M35 | 74 | 0:45:49 | 1:45:04 | 2:14:35 |
| 12 | 219 | Rojik Volker | *Gladbeck | GER | 4:19:46 | 4:19:48 | 3 | M50 | 60 | 0:59:33 | 2:05:55 | 2:13:50 |
| 13 | 250 | Schmielewski Jens | *Köln | GER | 4:22:04 | 4:22:29 | 2 | M40 | 67 | 0:58:06 | 2:05:51 | 2:16:12 |
| 14 | 288 | Maatz Helmut | LLG St.Augustin | GER | 4:24:42 | 4:24:48 | 1 | M60 | 47 | 0:57:32 | 2:03:49 | 2:20:52 |
| 15 | 201 | Bauer Hagen | *Meckenheim | GER | 4:27:24 | 4:27:48 | 3 | M40 | 67 | 0:59:20 | 2:06:27 | 2:20:57 |
| 16 | 300 | Koll Helmut | Friesdorfer Rennschnecken | GER | 4:28:00 | 4:28:48 | 3 | M55 | 55 | 0:55:39 | 1:58:28 | 2:29:32 |
| 17 | 202 | Laakmann Theo | TuS-08-Rheinberg | | 4:36:37 | 4:37:02 | 1 | M75 | 35 | 0:59:49 | 2:10:20 | 2:26:17 |
| 18 | 259 | Dreckmann Rainer | *Hennef | GER | 4:41:58 | 4:42:38 | 4 | M50 | 59 | 0:56:52 | 2:05:04 | 2:36:54 |
| 19 | 233 | Harrer Mario | BSG.Evonik Wesseling | GER | 5:36:47 | 5:38:08 | 5 | M50 | 60 | 1:08:23 | 2:31:09 | 3:05:37 |

Frauen

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|-------|---------|--------------|-------------|-----|---------|---------|-------|-----|------|---------|---------|---------|
| 1 | 215 | Weris Sabine | *Alfter | GER | 3:46:24 | 3:46:38 | 1 | W50 | 59 | 0:51:36 | 1:49:13 | 1:57:10 |