

# Nordrhein-10km-Straßenlaufmeisterschaft Stadtwerke Kö-Lauf Düsseldorf - 2. September 2012

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	1774	Grunenberg Karol	ASV Duisburg	0:30:53	0:30:53	1	MHK	87	5:06:10	06:08	06:11	06:16	06:06	
2	1987	Winterholler Andreas	TV Refrath	0:32:05	0:32:05	2	MHK	83	5:06:30	06:26	06:23	06:25	06:19	
3	1769	Hadamus Sebastian D.	ART Düsseldorf	0:32:11	0:32:11	1	M35	74	5:06:18	06:27	06:30	06:31	06:24	
4	1775	Kruck Karsten	ASV Duisburg	0:32:24	0:32:24	1	M30	78	5:06:17	06:26	06:31	06:38	06:30	
5	1766	Schnorr Stefan	Aachener TG	0:32:05	0:32:27	3	MHK	85	5:06:14	06:29	06:30	06:35	06:15	
6	1817	Tholen Achim	LC Phönix Geilenkirchen	0:32:29	0:32:29	2	M35	77	5:06:25	06:38	06:33	06:33	06:19	
7	1798	Verhalen Christoph	Laufgemeinschaft Alpen	0:33:00	0:33:02	2	M30	82	5:06:21	06:34	06:39	06:44	06:40	
8	1782	Yilmaz Muharrem	Ayyo-Team Essen	0:33:22	0:33:23	1	M40	71	5:06:33	06:41	06:42	06:46	06:38	
9	1819	Trompeter Marius	Leicht.-Gem. Leichlingen	0:33:58	0:34:01	1	MU23	91	5:06:40	06:54	06:55	06:54	06:33	
10	1828	Hesselmann Jürgen	LG Hünxe	0:34:10	0:34:10	1	M45	65	5:06:40	06:56	06:55	06:56	06:41	
11	1970	Wagner Sebastian	TV Refrath	0:34:19	0:34:20	4	MHK	88	5:06:32	06:44	06:56	07:03	07:02	
12	1960	Heuschen Dirk	TV Refrath	0:34:18	0:34:21	2	M45	64	5:06:40	06:53	06:57	06:56	06:51	
13	1923	Wienecke Thorsten	TuS Köln rrh.	0:34:30	0:34:32	2	M40	71	5:06:42	06:55	06:59	06:59	06:52	
14	1835	Rosenberg Sebastian	Moerser TV	0:34:42	0:34:43	2	MU23	90	5:06:33	06:53	07:06	07:10	06:59	
15	1950	Ockl Alexander	Tusem Essen-Margarethenhöhe	0:34:46	0:34:46	3	M35	73	5:06:56	06:58	07:04	07:01	06:45	
16	1971	Warkentin Jens	TV Refrath	0:34:45	0:34:47	3	M45	66	5:06:55	06:56	06:59	07:01	06:52	
17	1761	Pelzer Martin	Aachener TG	0:34:48	0:35:06	5	MHK	88	5:06:43	07:08	07:09	07:01	06:46	
18	1857	Sieben Philip	OSC Waldniel	0:35:07	0:35:09	6	MHK	84	5:06:51	07:02	07:06	07:05	07:01	
19	1845	Tertünte Björn	MTG Horst Essen	0:35:11	0:35:12	4	M35	73	5:06:55	07:07	07:10	07:04	06:53	
20	1776	Schramm Michael	ASV Duisburg	0:35:18	0:35:19	3	M30	80	5:06:34	06:55	07:13	07:22	07:12	
21	1963	Lieth Udo	TV Refrath	0:35:18	0:35:21	4	M45	63	5:06:54	06:58	07:07	07:13	07:05	
22	1952	Steinmann Dr. med. Jörg	Tusem Essen-Margarethenhöhe	0:35:31	0:35:32	4	M30	78	5:06:55	07:07	07:09	07:11	07:06	
23	1922	Lorbach Heinz	TuS Köln rrh.	0:35:38	0:35:38	1	M60	50	5:06:46	07:05	07:13	07:19	07:12	
24	1834	Nöh Burkhard	Moerser TV	0:35:37	0:35:39	7	MHK	88	5:06:50	07:07	07:15	07:15	07:08	
25	1945	Losch Stefan	Tusem Essen-Margarethenhöhe	0:35:37	0:35:40	5	M30	68	5:07:02	07:06	07:08	07:13	07:05	
26	1843	Stefes Hermann Josef	Mönchengladbacher LG	0:35:39	0:35:41	8	MHK	85	5:06:46	07:13	07:19	07:18	07:02	
27	1962	Koller Martin	TV Refrath	0:35:42	0:35:44	5	M45	66	5:07:05	07:09	07:13	07:11	07:02	
28	1965	Perisic Sascha	TV Refrath	0:35:46	0:35:49	6	M45	67	5:06:54	07:03	07:13	07:22	07:12	
29	1898	Feldhoff Bernd	TSV Solingen	0:35:48	0:35:51	1	M50	62	5:07:05	07:09	07:12	07:11	07:08	
30	1866	Habel Spencer	SFD'75 Düsseldorf	0:35:51	0:35:52	6	M30	81	5:06:48	07:18	07:25	07:20	06:58	
31	1990	Stüllgens Kai-Uwe	LG Mülheim	0:35:55	0:35:56	7	M45	65	5:06:51	07:09	07:16	07:19	07:18	
32	1904	Voigt-Krämer Dirk	TSV Solingen	0:36:00	0:36:03	3	M40	68	5:06:49	07:08	07:17	07:20	07:24	
33	1838	Bexiga José	Mönchengladbacher LG	0:36:06	0:36:08	4	M40	68	5:07:02	07:16	07:19	07:21	07:05	
34	1867	Knipping Andreas	SFD'75 Düsseldorf	0:36:14	0:36:16	9	MHK	90	5:07:05	07:18	07:18	07:21	07:09	
35	1836	Temmler Björn	Moerser TV	0:36:16	0:36:18	7	M30	78	5:06:52	07:14	07:23	07:26	07:20	
36	1981	Laermann Ralf	VSV Grenzland Wegberg	0:36:20	0:36:22	2	M50	58	5:07:02	07:17	07:22	07:17	07:20	
37	1751	Camminady Thomas	Aachener TG	0:36:22	0:36:28	10	MHK	89	5:07:14	07:18	07:15	07:20	07:13	
38	1842	Nowakowski Michael	Mönchengladbacher LG	0:36:27	0:36:28	5	M40	68	5:07:04	07:17	07:21	07:28	07:15	
39	1881	Wyrwoll Lothar	SSG Königswinter	0:36:26	0:36:30	3	MU23	92	5:07:15	07:18	07:19	07:24	07:08	
40	1762	Pietsch Gero	Aachener TG	0:36:34	0:36:38	4	MU23	92	5:06:56	07:17	07:25	07:28	07:26	
41	1824	Niemann Christoph	LG Gummersbach	0:37:01	0:37:02	6	M40	68	5:07:06	07:22	07:27	07:31	07:33	
42	1973	Zentner Markus	TV Refrath	0:37:32	0:37:36	8	M30	82	5:07:29	07:27	07:29	07:36	07:29	
43	1917	Schönlau Dirk	TSV Viktoria Mülheim	0:37:35	0:37:42	7	M40	68	5:07:30	07:27	07:29	07:34	07:32	
44	1868	König Niklas	SFD'75 Düsseldorf	0:37:40	0:37:46	11	MHK	85	5:07:25	07:34	07:39	07:46	07:13	
45	1794	Nickel Stephan	Dürener TV	0:37:53	0:37:55	8	M45	67	5:07:24	07:41	07:40	07:41	07:24	
46	1760	Nenno Lars	Aachener TG	0:37:54	0:37:58	5	MU23	94	5:07:01	07:22	07:48	07:57	07:44	
47	1826	Timme Volker	LG Gummersbach	0:38:11	0:38:16	8	M40	69	5:07:24	07:38	07:40	07:44	07:42	
48	1920	Schneider Christoph	Turnerbund Hassels	0:38:16	0:38:20	1	M55	57	5:07:28	07:45	07:42	07:47	07:33	
49	1986	Krämer Dieter	Wiehltaler LC	0:38:24	0:38:29	2	M60	49	5:07:30	07:36	07:41	07:52	07:43	
50	1861	Burkert Ilja	SFD'75 Düsseldorf	0:38:22	0:38:29	12	MHK	85	5:07:25	07:35	07:39	07:57	07:45	
51	1895	Ballweg Jörg	TSV Solingen	0:38:32	0:38:35	9	M40	70	5:07:20	07:44	07:53	07:55	07:38	
52	1823	Keloudis Georgios	LG Gummersbach	0:38:30	0:38:35	10	M40	69	5:07:34	07:40	07:48	07:46	07:40	
53	1754	Hall Henry	Aachener TG	0:38:30	0:38:37	13	MHK	89	5:07:32	07:41	07:48	07:46	07:41	
54	1756	Isaac Dirk	Aachener TG	0:38:32	0:38:39	11	M40	69	5:07:24	07:42	07:49	07:55	07:40	
55	1844	Weise Wolfram	Mönchengladbacher LG	0:38:47	0:38:51	9	M45	60	5:07:25	07:46	07:56	07:54	07:44	
56	1940	Beßling Markus	Tusem Essen-Margarethenhöhe	0:38:50	0:38:55	6	MU23	92	5:06:54	08:14	07:47	08:25	07:29	
57	1899	Grob Jochen	TSV Solingen	0:38:52	0:38:55	2	M55	53	5:07:27	07:40	07:52	07:57	07:53	
58	1954	Witt Christoph	Tusem Essen-Margarethenhöhe	0:38:50	0:38:56	5	M35	76	5:07:28	07:39	07:47	07:58	07:57	
59	1791	Jansen Sascha	DJK Jung Siegf. Herzogenrath	0:38:56	0:39:01	6	M35	73	5:07:51	07:51	07:49	07:48	07:35	
60	1966	Pöhler Frank	TV Refrath	0:38:55	0:39:02	3	M50	62	5:07:38	07:46	07:51	07:58	07:41	

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## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1833	Jungwirth Rudi	Moerser TV	0:39:02	0:39:06	10	M45	65	5: 07:13 07:35 07:59 08:09 08:03
62	1943	Hemp Jürgen	Tusem Essen-Margarethenhöhe	0:39:11	0:39:16	4	M50	60	5: 07:45 07:52 07:56 07:56 07:40
63	1758	Liebsch Conrad	Aachener TG	0:39:28	0:39:36	7	MU23	90	5: 08:02 07:47 08:01 07:56 07:39
64	1785	Maaß André	DJK Elmar Kohlscheid	0:39:33	0:39:39	11	M45	67	5: 07:50 07:56 07:55 08:01 07:50
65	1933	Wenzel Bernd	TuS Oedt	0:39:39	0:39:44	12	M45	64	5: 07:39 07:58 08:00 08:04 07:55
66	1763	Ries Benjamin	Aachener TG	0:39:47	0:39:52	14	MHK	84	5: 07:22 07:45 08:04 08:19 08:15
67	1757	Knörzer Matthias	Aachener TG	0:40:02	0:40:07	8	MU23	92	5: 07:25 07:44 08:22 08:18 08:09
68	1801	Heikamp Matthias	LAV Bayer Uerd./Dorm.	0:40:21	0:40:23	15	MHK	81	5: 07:22 07:56 08:05 08:35 08:22
69	1767	Thess Rainer	Aachener TG	0:40:14	0:40:24	3	M55	53	5: 07:51 08:02 08:04 08:10 08:06
70	1846	Bläsing Norbert	OSC Waldniel	0:40:23	0:40:28	5	M50	62	5: 07:54 08:02 08:05 08:08 08:13
71	1883	Bongen Ralf	SV Germania Dürwiß	0:40:29	0:40:33	9	M30	82	5: 07:31 07:57 08:15 08:22 08:22
72	1934	Wolscht Herbert	TuS Oedt	0:40:30	0:40:36	6	M50	60	5: 07:44 08:03 08:09 08:19 08:15
73	1829	Bexkens Willy	LG Stadtwerke Hilden	0:40:33	0:40:37	12	M40	68	5: 07:39 08:16 08:15 08:19 08:03
74	1894	Jans Dr. Paul	TLV Germania Überrauch	0:40:34	0:40:39	7	M50	59	5: 07:54 08:03 08:11 08:14 08:09
75	1797	Ziegler Joachim	Laufgem. Heimerzheim	0:40:40	0:40:50	8	M50	62	5: 08:05 08:00 08:08 08:17 08:08
76	1806	Becker Tobias	LC Euskirchen	0:40:44	0:40:51	13	M40	71	5: 07:58 08:04 08:12 08:20 08:09
77	1839	Kamps Michael	Mönchengladbacher LG	0:40:57	0:41:00	16	MHK	85	5: 07:26 07:57 08:23 08:34 08:36
78	1928	Klöcker Peter	TuS Oedt	0:41:34	0:41:38	9	M50	62	5: 07:40 08:08 08:32 08:44 08:28
79	1907	Hahn Klaus-Peter	TSV Viktoria Mülheim	0:41:33	0:41:40	4	M55	54	5: 08:00 08:13 08:27 08:29 08:23
80	1925	Höffner Thomas	TuS Oedt	0:41:42	0:41:47	13	M45	65	5: 07:55 08:12 08:28 08:33 08:32
81	1900	Hetmann Hubertus	TSV Solingen	0:41:45	0:41:52	3	M60	50	5: 08:02 08:17 08:25 08:34 08:24
82	1944	Knoth Günter	Tusem Essen-Margarethenhöhe	0:41:48	0:41:57	5	M55	57	5: 08:05 08:19 08:23 08:31 08:28
83	1818	Gronemeyer Hans-Hermann	LC Wuppertal	0:42:04	0:42:10	4	M60	48	5: 08:05 08:17 08:26 08:33 08:42
84	1837	Anstöß Sebastian	Mönchengladbacher LG	0:42:11	0:42:14	17	MHK	88	5: 07:43 08:26 08:35 08:55 08:30
85	1988	Gawantka Axel	TSV Solingen	0:42:35	0:42:42	14	M45	64	5: 08:01 08:24 08:38 08:48 08:42
86	1916	Schönlau Dieter	TSV Viktoria Mülheim	0:42:58	0:43:06	1	M70	40	5: 08:15 08:32 08:39 08:50 08:40
87	1932	Weirich Jörg	TuS Oedt	0:43:00	0:43:07	10	M50	61	5: 08:06 08:36 08:44 08:50 08:43
88	1902	Ritz Arnold	TSV Solingen	0:42:57	0:43:11	6	M55	55	5: 08:16 08:30 08:42 08:49 08:38
89	1942	Gers Norbert	Tusem Essen-Margarethenhöhe	0:43:17	0:43:25	11	M50	60	5: 08:11 08:37 08:53 08:54 08:40
90	1814	Spoehr Karl-Heinz	LC Euskirchen	0:43:47	0:43:55	7	M55	53	5: 08:34 08:50 08:47 08:55 08:39
91	1812	Maczkiewicz Walter	LC Euskirchen	0:44:39	0:45:05	8	M55	55	5: 08:27 08:46 09:03 09:15 09:07
92	1882	Bongen Gerd	SV Germania Dürwiß	0:44:54	0:45:06	7	M35	75	5: 08:30 08:57 09:15 09:22 08:48
93	1930	Muntert Lothar	TuS Oedt	0:45:46	0:45:49	9	M55	55	5: 08:34 08:57 09:22 09:35 09:16
94	1810	Maczkiewicz Arnold	LC Euskirchen	0:45:47	0:45:52	10	M55	55	5: 08:54 09:09 09:22 09:18 09:02
95	1777	Michaelis Bernd	ASV Wessling	0:47:21	0:47:25	11	M55	57	5: 08:47 09:34 09:45 09:46 09:26
96	1768	Ehlers Wilhelm	Alfterer Sportclub	0:49:07	0:49:10	1	M75	35	5: 09:19 09:31 10:00 10:15 10:00
97	1979	Kramer Marc	VSV Grenzland Wegberg	0:49:30	0:49:38	8	M35	76	5: 09:35 09:58 10:00 10:09 09:47
98	1912	Litfin Harri	TSV Viktoria Mülheim	0:51:05	0:51:18	2	M70	42	5: 10:00 10:19 10:19 10:21 10:03
99	1914	Münstermann Jörg	TSV Viktoria Mülheim	0:51:25	0:51:35	1	M65	44	5: 10:03 10:20 10:28 10:23 10:09

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## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	60	Viebahn Christl	LAZ PUMA Rhein-Sieg	0:34:52	0:34:53	1	W35	76	5: 06:45 06:52 07:01 07:12 07:00
2	1755	Heinrichs Sandra	Aachener TG	0:37:16	0:37:22	2	W35	73	5: 07:22 07:27 07:27 07:31 07:27
3	1793	Offermann Eva	DJK Jung Siegf. Herzogenrath	0:37:55	0:37:59	1	WHK	83	5: 07:16 07:30 07:40 07:45 07:42
4	1968	Schäpers Silke	TV Refrath	0:38:39	0:38:45	1	W40	70	5: 07:33 07:41 07:47 07:51 07:45
5	1863	Deußen Bettina	SFD`75 Düsseldorf	0:38:46	0:38:52	2	W40	67	5: 07:25 07:35 07:39 07:45 08:19
6	1847	Bommers Silke	OSC Waldniel	0:38:58	0:39:01	3	W35	74	5: 07:42 07:43 07:48 07:55 07:48
7	1947	Niehues Silke	Tusem Essen-Margarethenhöhe	0:39:03	0:39:06	3	W40	72	5: 07:33 07:51 07:52 07:57 07:49
8	1792	Offermann Anne	DJK Jung Siegf. Herzogenrath	0:39:41	0:39:45	2	WHK	88	5: 07:55 07:58 08:02 07:57 07:48
9	1961	Kaufmann Anja	TV Refrath	0:39:53	0:39:59	4	W40	69	5: 07:50 07:56 08:01 08:07 07:57
10	1773	Wimmer Nina	ASC Rosellen/Neuss	0:40:08	0:40:15	1	W30	79	5: 07:39 07:55 08:09 08:20 08:03
11	1789	Herma Heike	DJK Jung Siegf. Herzogenrath	0:40:40	0:40:46	5	W40	71	5: 07:59 08:03 08:15 08:15 08:06
12	1891	Spicker Ute	Team Essen '99	0:40:44	0:40:51	1	W50	61	5: 07:51 08:01 08:14 08:20 08:16
13	1849	Fanslau Ute	OSC Waldniel	0:40:54	0:40:59	3	WHK	89	5: 07:55 08:02 08:12 08:25 08:18
14	1852	Kanditt Katja	OSC Waldniel	0:40:59	0:41:03	4	W35	77	5: 07:42 07:59 08:25 08:24 08:27
15	1869	Körschkes Nadine	SFD`75 Düsseldorf	0:41:05	0:41:12	4	WHK	87	5: 07:54 08:11 08:22 08:29 08:06
16	1964	Meuser Karin	TV Refrath	0:41:25	0:41:25	1	W45	66	5: 08:11 08:12 08:13 08:22 08:24
17	1787	Hellenbrand Lilo	DJK Gillrath	0:41:40	0:41:47	1	W55	56	5: 08:07 08:18 08:28 08:27 08:18
18	1879	Krämer Tanja	Solinger LC	0:41:53	0:41:58	6	W40	68	5: 08:01 08:17 08:24 08:37 08:33
19	1946	Mordas Claudia	Tusem Essen-Margarethenhöhe	0:42:01	0:42:04	2	W45	66	5: 08:00 08:24 08:32 08:39 08:24
20	1772	Püthe Tina	ASC Rosellen/Neuss	0:42:35	0:42:45	5	W35	77	5: 08:17 08:34 08:42 08:44 08:17
21	1915	Schimanski Martina	TSV Viktoria Mülheim	0:42:49	0:42:58	7	W40	69	5: 08:21 08:37 08:38 08:45 08:27
22	1972	Wietscher Antje	TV Refrath	0:42:53	0:43:03	2	W55	56	5: 08:21 08:32 08:42 08:43 08:33
23	1939	Schoofs Erika	TSV Weeze	0:43:05	0:43:10	5	WHK	66	5: 08:31 08:57 08:47 08:37 08:12
24	1959	Gebehart Beate	TV Refrath	0:43:08	0:43:18	2	W50	61	5: 08:34 08:40 08:43 08:42 08:28
25	1815	Völk Silke	LC Euskirchen	0:43:16	0:43:23	6	WHK	88	5: 08:28 08:40 08:41 08:47 08:38
26	1880	Mumot Karina	Solinger LC	0:43:18	0:43:27	7	WHK	84	5: 08:03 08:42 08:58 08:56 08:37
27	1871	Richter Angela	SFD`75 Düsseldorf	0:43:59	0:44:05	8	W40	64	5: 08:06 08:21 08:46 08:59 09:45
28	1890	Spronk Marianne	SV Viktoria Goch	0:44:04	0:44:11	1	W60	48	5: 08:38 08:48 08:54 08:57 08:45
29	1856	Scholzen Vi	OSC Waldniel	0:44:05	0:44:11	2	W30	78	5: 08:05 08:43 09:02 09:07 09:06
30	1927	Klöcker Anita	TuS Oedt	0:44:33	0:44:35	3	W45	63	5: 08:38 08:56 09:01 09:04 08:52
31	1887	Braun Marion	SV Germania Eicherscheid	0:44:31	0:44:36	3	W55	57	5: 08:10 08:36 09:09 09:18 09:17
32	1911	Kokozinski Susanne	TSV Viktoria Mülheim	0:45:09	0:45:11	4	W45	64	5: 08:40 09:03 09:12 09:15 08:57
33	1872	Stürtz Marie-Luise	SFD`75 Düsseldorf	0:45:12	0:45:12	2	W60	50	5: 09:04 09:11 09:00 08:55 09:00
34	1783	Kemper Elisabeth	DJK Elmar Kohlscheid	0:45:25	0:45:27	5	W45	66	5: 08:35 08:59 09:13 09:21 09:15
35	1977	Fuchs Sandra	VSV Grenzland Wegberg	0:45:21	0:45:30	9	W40	70	5: 08:37 09:01 09:17 09:20 09:04
36	1910	Kels Petra	TSV Viktoria Mülheim	0:45:32	0:45:33	3	W50	62	5: 08:44 09:06 09:15 09:14 09:10
37	1953	Tempelhoff Anja	Tusem Essen-Margarethenhöhe	0:45:26	0:45:35	10	W40	71	5: 08:51 09:00 09:11 09:15 09:07
38	1886	Kohlen Helene	SV Germania Dürwiß	0:45:42	0:45:45	4	W55	55	5: 08:55 09:05 09:12 09:17 09:11
39	1938	Reynders Jutta	TSV Weeze	0:46:04	0:46:11	8	WHK	87	5: 08:53 09:08 09:17 09:31 09:13
40	1926	Kappenhagen Angelika	TuS Oedt	0:46:54	0:46:56	5	W55	57	5: 08:57 09:19 09:30 09:35 09:31
41	1978	Honold-Jansen Sigrid	VSV Grenzland Wegberg	0:47:39	0:47:44	6	W55	55	5: 09:24 09:23 09:50 09:41 09:19
42	1909	Kalweit Heike	TSV Viktoria Mülheim	0:47:56	0:47:57	11	W40	68	5: 09:13 09:31 09:42 09:49 09:39
43	1885	Haarmann Kerstin	SV Germania Dürwiß	0:48:05	0:48:08	1	WU23	92	5: 08:55 09:05 09:49 10:21 09:54
44	1935	Wolscht Rita	TuS Oedt	0:48:42	0:48:45	4	W50	62	5: 09:22 09:32 09:57 10:01 09:48
45	1924	Bauer Martina	TuS Oedt	0:48:46	0:48:49	5	W50	61	5: 09:06 09:48 09:57 10:03 09:51
46	1936	Wolters Silke	TuS Oedt	0:48:51	0:48:54	12	W40	70	5: 09:23 09:44 09:55 10:01 09:47
47	1918	Schütte Drita	TSV Viktoria Mülheim	0:49:30	0:49:31	6	W45	63	5: 09:43 10:04 09:58 10:00 09:42
48	1984	Perschke Dr. Astrid	TSV Viktoria Mülheim	0:49:36	0:49:37	6	W50	62	5: 09:45 09:54 10:08 10:11 09:35
49	1811	Maczkiewicz Monika	LC Euskirchen	0:49:34	0:49:40	7	W55	54	5: 10:15 09:52 09:54 09:56 09:36
50	1931	Thiel Silvia	TuS Oedt	0:49:32	0:49:40	7	W50	60	5: 09:14 09:37 10:01 10:16 10:22
51	1929	Maaßen Susanne	TuS Oedt	0:49:57	0:50:03	13	W40	68	5: 09:42 09:51 09:58 10:07 10:17
52	1864	Dreyer Alexandra	SFD`75 Düsseldorf	0:50:15	0:50:26	14	W40	71	5: 09:50 09:58 10:09 10:15 10:00
53	1937	Külkens Stefphanie	TSV Weeze	0:50:15	0:50:26	9	WHK	85	5: 09:29 09:52 10:06 10:24 10:22
54	1913	Markhoff Karin	TSV Viktoria Mülheim	0:50:32	0:50:33	8	W50	59	5: 09:46 10:08 10:12 10:13 10:11
55	1822	Dillmann Claudia	LG Gummersbach	0:50:12	0:50:43	8	W55	56	5: 09:48 09:45 10:06 10:20 10:11
56	1980	Kullnick Ulrike	VSV Grenzland Wegberg	0:51:10	0:51:33	9	W55	56	5: 10:21 10:14 10:15 10:12 10:07
57	1808	Küpper Heike	LC Euskirchen	0:52:28	0:52:34	7	W45	67	5: 09:56 10:26 10:24 10:46 10:54
58	1821	Coroly Sabine	LG Gummersbach	0:52:51	0:53:21	10	W55	56	5: 10:17 10:37 10:37 10:48 10:31
59	1825	Schulte Christina	LG Gummersbach	0:56:31	0:57:02	11	W55	53	5: 10:54 11:15 11:28 11:27 11:25
60	1983	Wirths Sieglinde	VSV Grenzland Wegberg	1:01:21	1:01:46	1	W65	41	5: 11:44 12:11 12:27 12:26 12:30

# Nordrhein-10km-Straßenlaufmeisterschaft Stadtwerke Kö-Lauf Düsseldorf - 2. September 2012

## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
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