

# 7. Horremer Abendlauf am 27. Juni 2014

## Lauf über 10km

# Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	317	Miereczko Maciek	VFB Multisport Rhein-Erft	0:32:02	0:32:03	1979	M35	1	16:05 15:57 / 3:12min/km
2	353	Giesen Boris	LC Phönix Geilenkirchen	0:32:09	0:32:09	1977	M35	2	16:05 16:03 / 3:13min/km
3	309	Kolter Matthias	RUNNERS POINT	0:34:34	0:34:35	1984	M30	1	17:01 17:32 / 3:27min/km
4	341	El Makrini Hakim	VFB Multisport Rhein-Erft	0:34:38	0:34:38	1975	M35	3	17:01 17:36 / 3:28min/km
5	530	Raßmanns Lukas	Dürener TV 1847	0:34:56	0:34:56	1989	M20	1	17:10 17:46 / 3:30min/km
6	298	Essmann Thomas	Laufmonster	0:35:32	0:35:33	1976	M35	4	17:46 17:46 / 3:33min/km
7	243	Paschke Frank	Dürener TV 1847	0:36:16	0:36:16	1965	M45	1	18:01 18:15 / 3:38min/km
8	538	Trems Torsten	VFB Multisport Rhein-Erft	0:36:33	0:36:33	1977	M35	5	18:06 18:26 / 3:39min/km
9	318	Klug Oliver	VFB Multisport Rhein-Erft	0:37:09	0:37:10	1971	M40	1	18:17 18:52 / 3:43min/km
10	528	Cey Jürgen	Rheinerft Multi-Sport	0:37:31	0:37:33	1971	M40	2	18:17 19:13 / 3:45min/km
11	508	Gomez Carlos	ColMx	0:37:48	0:37:51	1983	M30	2	18:26 19:22 / 3:47min/km
12	226	Gläßer Harald	Laufmonster SG Zons	0:37:56	0:37:59	1968	M45	2	18:39 19:17 / 3:48min/km
13	249	Laub Michael	LG Donatus Erftstadt	0:37:59	0:38:02	1959	M55	1	18:38 19:20 / 3:48min/km
14	139	Scarpello Alessandro	1. FC Quadrath-Ichendorf	0:38:14	0:38:16	1989	M20	2	18:43 19:31 / 3:49min/km
15	486	Neumann Andreas	TUS Kreuzweingarten	0:38:19	0:38:21	1969	M45	3	19:09 19:10 / 3:50min/km
16	291	Fleischmann Peter	Dürener TV 1847	0:38:26	0:38:27	1958	M55	2	18:47 19:38 / 3:51min/km
17	320	Matuschek Darius	VFB Multisport Rhein-Erft	0:38:27	0:38:29	1972	M40	3	18:50 19:37 / 3:51min/km
18	56	Ruhnke Robert	Höhenkonzepte Uta Oehl	0:38:28	0:38:29	1958	M55	3	18:52 19:36 / 3:51min/km
19	294	True Helmut	LG Donatus Erftstadt	0:38:41	0:38:43	1967	M45	4	19:05 19:35 / 3:52min/km
20	484	Kovalovsky Oliver	PoMeMaJeJo	0:38:43	0:38:44	1972	M40	4	19:00 19:42 / 3:52min/km
21	73	Rösler Denis	25MINUTES Köln	0:38:49	0:38:53	1970	M40	5	19:16 19:33 / 3:53min/km
22	173	Dudley Richard	LG Donatus Erftstadt	0:39:09	0:39:10	1961	M50	1	19:39 19:29 / 3:55min/km
23	494	Körbs Joe	Runners Point	0:39:12	0:39:14	1968	M45	5	18:50 20:22 / 3:55min/km
24	200	Schiedmayer Axel	cast:ing	0:39:26	0:39:29	1965	M45	6	19:39 19:47 / 3:57min/km
25	524	van Son Martin		0:39:30	0:39:35	1970	M40	6	19:06 20:23 / 3:57min/km
26	245	Engelhardt Kai	Laufmonster	0:39:54	0:39:55	1967	M45	7	19:29 20:25 / 3:59min/km
27	45	Philippen Thomas	Sebamed Running Team	0:39:59	0:40:02	1989	M20	3	19:18 20:41 / 3:60min/km
28	232	Bank Dirk	TUS Kreuzweingarten-Rh	0:40:15	0:40:17	1968	M45	8	19:36 20:38 / 4:02min/km
29	160	Bedbur Stefan	TEAM Erdinger Alkohol	0:40:38	0:40:43	1980	M30	3	20:02 20:35 / 4:04min/km
30	100	Köthe Noël	Dürener TV 1847	0:40:39	0:40:42	1974	M40	7	19:33 21:05 / 4:04min/km
31	532	Pöschl Udo	Central-Team	0:40:40	0:40:44	1968	M45	9	20:37 20:03 / 4:04min/km
32	136	Hilden Dirk	Bayer CropScience	0:40:45	0:40:50	1966	M45	10	20:12 20:33 / 4:05min/km
33	372	Nolte Joachim	Brühler TV von 1879	0:41:08	0:41:15	1965	M45	11	20:36 20:32 / 4:07min/km
34	349	Kaatz Michael	*Hürth	0:41:16	0:41:21	1982	M30	4	20:37 20:39 / 4:08min/km
35	503	Pretorius Dirk	LG Donatus Erftstadt	0:41:16	0:41:22	1969	M45	12	20:42 20:34 / 4:08min/km
36	496	Gast Sebastian	*Kerpen	0:41:21	0:41:57	1993	M20	4	21:11 20:09 / 4:08min/km
37	319	Götte Konrad	VFB Multisport Rhein-Erft	0:41:21	0:41:25	1999	MU16	1	20:47 20:34 / 4:08min/km
38	534	Münch Daniel		0:41:38	0:41:42	1990	M20	5	19:51 21:47 / 4:10min/km
39	117	Schaffranek Daniel	LG Donatus Erftstadt	0:41:56	0:41:59	1977	M35	6	20:22 21:33 / 4:12min/km
40	242	Jacobs Philip	*Elsdorf	0:42:05	0:43:00	1993	M20	6	21:48 20:17 / 4:13min/km
41	288	Hoffmann Carsten	TSG Valbert	0:42:08	0:42:13	1975	M35	7	20:32 21:35 / 4:13min/km
42	293	Ermert Dirk	Stadtwerke Solingen	0:42:19	0:42:22	1970	M40	8	20:56 21:22 / 4:14min/km
43	263	Dreesbach Dirk	LC Weilerswist	0:42:25	0:42:31	1968	M45	13	20:52 21:33 / 4:15min/km
44	51	Fiedler Jens	*Köln	0:42:26	0:42:40	1977	M35	8	20:58 21:28 / 4:15min/km
45	287	Altmann Patrick	TV Bedburg	0:42:28	0:42:30	1996	MU20	1	20:13 22:15 / 4:15min/km
46	548	Eckhardt Alexander	*Köln	0:42:32	0:42:36	1972	M40	9	20:27 22:05 / 4:15min/km
47	112	Franklin Jeremy	*Kerpen	0:42:45	0:42:55	1959	M55	4	21:36 21:09 / 4:17min/km
48	471	Fahrbach Daniel	Krüger Running Team	0:42:48	0:42:52	1986	M20	7	21:26 21:22 / 4:17min/km
49	535	Faßbender Tilo	Bobbes Rennschnitzel	0:42:49	0:42:58	1979	M35	9	21:16 21:33 / 4:17min/km
50	332	Seul Konstantin	LT Gesamtschule Berghe	0:42:52	0:43:00	1996	MU20	2	22:34 20:17 / 4:17min/km
51	184	Fink Daniel	Laufmonster	0:42:55	0:42:59	1979	M35	10	21:06 21:48 / 4:18min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	82	Köngeter Hans	SCB Horrem	0:42:55	0:43:04	1954	M60	1	21:36 21:19 / 4:18min/km
53	500	Soldan Thorsten	Feuerwehr Horrem	0:43:04	0:43:06	1970	M40	10	21:10 21:54 / 4:18min/km
54	240	Wolff Niklas	*Elsdorf	0:43:09	0:44:04	1994	M20	8	21:52 21:16 / 4:19min/km
55	506	Gawantka Axel	TSV Solingen	0:43:13	0:43:16	1964	M50	2	20:56 22:17 / 4:19min/km
56	97	Arras Maximilian	*Kerpen	0:43:20	0:43:26	1993	M20	9	23:04 20:15 / 4:20min/km
57	250	Brod Thomas	MC Eschweiler	0:43:24	0:43:29	1978	M35	11	21:26 21:57 / 4:20min/km
58	480	Messing Uli	LC Weilerswist	0:43:28	0:43:41	1970	M40	11	21:17 22:10 / 4:21min/km
59	154	Rüter Daniel	Brühler TV 1879	0:43:29	0:43:37	1977	M35	12	21:53 21:36 / 4:21min/km
60	252	Messner Michael	Brühler TV 1879	0:43:32	0:43:35	1962	M50	3	20:19 23:12 / 4:21min/km
61	472	Woocker Dirk		0:43:38	0:43:44	1974	M40	12	21:23 22:15 / 4:22min/km
62	261	Görner Christoph	RUNNERS POINT	0:43:40	0:43:43	1982	M30	5	22:01 21:39 / 4:22min/km
63	323	Erstfeld Sven	Brühler TV 1879	0:43:46	0:43:53	1975	M35	13	21:56 21:49 / 4:23min/km
64	515	Strack Paul	APT	0:43:58	0:44:07	1962	M50	4	21:48 22:09 / 4:24min/km
65	7	Matschull Frank	für meine Jungs	0:44:01	0:44:05	1967	M45	14	21:34 22:26 / 4:24min/km
66	37	Lünendonk Lothar	Team Crazyluenis Korsc	0:44:10	0:44:19	1952	M60	2	21:58 22:12 / 4:25min/km
67	106	Schneider Thomas	LG RWE Power	0:44:12	0:44:15	1969	M45	15	22:01 22:10 / 4:25min/km
68	511	Heukamp Michael	ERGO Sports Köln	0:44:15	0:44:18	1967	M45	16	21:08 23:06 / 4:26min/km
69	491	Marek Adrian	Für Hürth	0:44:22	0:44:57	1972	M40	13	22:37 21:45 / 4:26min/km
70	61	Davanture Christian	SC Kölsch Fründe	0:44:26	0:44:35	1980	M30	6	21:01 23:25 / 4:27min/km
71	518	Schwert Sascha	LG RWE Power	0:44:28	0:44:34	1987	M20	10	21:26 23:02 / 4:27min/km
72	326	Jacke Jan	*Köln	0:44:28	0:44:39	1994	M20	11	22:36 21:52 / 4:27min/km
73	544	Heimann Armin	Krabbelgruppe Neurath	0:44:32	0:44:40	1962	M50	5	21:58 22:34 / 4:27min/km
74	285	Möbus Volkmar	LT Skinny 02	0:44:34	0:44:37	1953	M60	3	21:56 22:37 / 4:27min/km
75	542	Hecker Wolfgang	Krabbelgruppe Neurath	0:44:36	0:44:44	1965	M45	17	22:00 22:35 / 4:28min/km
76	77	Unkrich Markus	SCB Horrem	0:45:07	0:45:12	1973	M40	14	21:50 23:17 / 4:31min/km
77	525	Becker Alexander		0:45:09	0:45:25	1975	M35	14	22:11 22:58 / 4:31min/km
78	314	Karr Thomas	SG ZONS	0:45:25	0:45:30	1965	M45	18	22:34 22:51 / 4:33min/km
79	289	Johnen Kenny	LG RWE Power	0:45:32	0:45:40	1985	M20	12	22:29 23:03 / 4:33min/km
80	339	Köppe Stefan	1.FC Köln	0:45:34	0:45:43	1985	M20	13	22:35 22:59 / 4:33min/km
81	179	Bochem Marcus	1. FC Quadrath-Ichendorf	0:45:36	0:45:46	1976	M35	15	22:22 23:14 / 4:34min/km
82	316	Atamtürk Hüseyin	SG ZONS	0:45:37	0:45:44	1966	M45	19	22:48 22:49 / 4:34min/km
83	187	Gabel Marcus	LC Weilerswist	0:45:50	0:45:57	1973	M40	15	23:19 22:30 / 4:35min/km
84	308	Stickdorn Philipp	*Münster	0:45:51	0:46:23	1989	M20	14	22:49 23:02 / 4:35min/km
85	526	Schmitz Stephan		0:45:55	0:46:29	1972	M40	16	23:26 22:28 / 4:36min/km
86	237	Brausch Marco	Hunsrück Marathon	0:45:55	0:46:07	1976	M35	16	22:35 23:20 / 4:36min/km
87	499	Pfennig Uwe	*Kerpen	0:45:56	0:45:58	1983	M30	7	22:19 23:36 / 4:36min/km
88	78	Schaaf Markus	*Kerpen	0:46:10	0:46:38	1974	M40	17	23:21 22:48 / 4:37min/km
89	507	Salecki Martin	*Kerpen	0:46:11	0:46:13	1980	M30	8	22:47 23:23 / 4:37min/km
90	387	Musin Konrad		0:46:14	0:46:16	1953	M60	4	22:43 23:30 / 4:37min/km
91	292	Dr. Großmann Oliver	TV Bedburg	0:46:18	0:46:25	1968	M45	20	23:01 23:16 / 4:38min/km
92	351	Osbahr Sven	*Köln	0:46:18	0:46:23	1966	M45	21	22:37 23:41 / 4:38min/km
93	177	Arras Volker	Oldies Kerpen	0:46:19	0:46:25	1962	M50	6	23:04 23:14 / 4:38min/km
94	537	Schichtel Lothar	Krabbelgruppe Neurath	0:46:22	0:46:42	1967	M45	22	22:58 23:24 / 4:38min/km
95	479	Heinrichs Michael	VfL Mödrath	0:46:23	0:46:48	1973	M40	18	23:22 23:01 / 4:38min/km
96	281	Petrovic Günter	Team GVG	0:46:23	0:46:28	1950	M60	5	22:51 23:31 / 4:38min/km
97	96	Spölgen Joachim	Rhein-Erft Akademie	0:46:26	0:46:29	1954	M60	6	22:39 23:47 / 4:39min/km
98	345	Steinhauer Achim	LG RWE Power	0:46:34	0:46:55	1965	M45	23	23:20 23:13 / 4:39min/km
99	86	Engels Ralf	LG RWE Power	0:46:35	0:46:54	1968	M45	24	23:21 23:13 / 4:40min/km
100	39	Schlößer Jörg	*Kerpen	0:46:39	0:46:56	1974	M40	19	22:50 23:48 / 4:40min/km
101	251	Wenz Ralf	TV Alpenglühn	0:46:45	0:47:02	1959	M55	5	23:33 23:11 / 4:41min/km
102	362	Leenen Jens	Laufend unterwegs	0:46:46	0:47:11	1998	MU18	1	23:23 23:23 / 4:41min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
103	342	Unger Stefan	LC Weilerswist	0:46:47	0:47:15	1962	M50	7	23:46 23:01 / 4:41min/km
104	247	Grossenbacher Christoph	Swiss Runnings	0:46:52	0:47:09	1959	M55	6	22:33 24:19 / 4:41min/km
105	99	Roth Helmut	Laufend unterwegs	0:46:53	0:46:55	1971	M40	20	22:47 24:05 / 4:41min/km
106	132	Polis Alexis	*Kerpen	0:46:54	0:47:06	1982	M30	9	23:15 23:39 / 4:41min/km
107	502	Thomas Dieter	Krabbelgruppe Neurath	0:46:57	0:47:24	1960	M50	8	23:15 23:41 / 4:42min/km
108	490	Marek Waldemar	Für Hürth	0:46:58	0:47:34	1974	M40	21	23:44 23:14 / 4:42min/km
109	216	Djamalpour Syrus	SC 08 Elsdorf	0:46:58	0:47:11	1965	M45	25	23:19 23:39 / 4:42min/km
110	58	Vossnacke Daniel	*Kerpen	0:46:59	0:47:14	1987	M20	15	22:53 24:05 / 4:42min/km
111	331	Ständer Mathias	LT Gesamtschule Berghe	0:47:00	0:47:08	1966	M45	26	23:01 23:58 / 4:42min/km
112	89	Pelz Arne	Rhein-Erft Akademie	0:47:19	0:47:33	1987	M20	16	23:53 23:25 / 4:44min/km
113	174	Schmidt Thomas	Laufschule Erftstadt	0:47:23	0:47:37	1967	M45	27	23:54 23:29 / 4:44min/km
114	238	Otto Ulrich	LG Donatus Erftstadt	0:47:28	0:47:54	1959	M55	7	23:40 23:47 / 4:45min/km
115	347	Ewert Stefan	KSK Köln	0:47:29	0:47:36	1977	M35	17	23:22 24:06 / 4:45min/km
116	303	Wenzel Björn	*Kerpen	0:47:33	0:48:03	1992	M20	17	23:50 23:43 / 4:45min/km
117	492	Voigt Stefan	LG RWE Power	0:47:35	0:48:00	1982	M30	10	23:53 23:41 / 4:46min/km
118	321	Kaulen Peter	VFB Multisport Rhein-Erft	0:47:37	0:47:47	1959	M55	8	23:32 24:04 / 4:46min/km
119	315	Schnitzler Wilfried	SG ZONS	0:47:39	0:47:57	1958	M55	9	23:46 23:53 / 4:46min/km
120	357	Schmitz Michael		0:47:41	0:47:57	1979	M35	18	24:17 23:23 / 4:46min/km
121	83	Baltus Kurt	Dürener TV 1847	0:47:45	0:48:21	1957	M55	10	23:32 24:13 / 4:47min/km
122	218	Brunzel Jan	Team Ellmann	0:47:49	0:47:59	1985	M20	18	23:09 24:40 / 4:47min/km
123	206	Cersowsky Henry	Impuls-Lauftreff Kerpen	0:47:50	0:48:02	1960	M50	9	23:38 24:11 / 4:47min/km
124	265	Ehlers Joachim	Pulheimer SC	0:47:52	0:48:01	1967	M45	28	23:53 23:59 / 4:47min/km
125	94	Janko Hans-Jörg	Rhein-Erft Akademie	0:47:56	0:48:07	1966	M45	29	23:37 24:18 / 4:48min/km
126	198	Buch Markus	Running Friends Bedburg	0:48:00	0:48:20	1974	M40	22	23:51 24:09 / 4:48min/km
127	510	von Niswandt Timo	ERGO Sports Köln	0:48:01	0:48:07	1973	M40	23	23:43 24:18 / 4:48min/km
128	79	Steinkuhl David	*Wallenhorst	0:48:04	0:49:00	1994	M20	19	23:50 24:13 / 4:48min/km
129	109	Baumann Jonas	*Wallenhorst	0:48:04	0:49:00	1991	M20	20	23:51 24:13 / 4:48min/km
130	185	Lambertz Herm.-Josef	LG RWE Power	0:48:05	0:48:12	1957	M55	11	23:38 24:26 / 4:49min/km
131	170	Bayer Stephan	LG RWE Power	0:48:11	0:48:22	1962	M50	10	23:47 24:23 / 4:49min/km
132	228	Breuer Bernd	Running TV Bedburg	0:48:14	0:48:20	1975	M35	19	24:00 24:14 / 4:49min/km
133	143	Barucha Arnold	Rhein-Erft Akademie	0:48:16	0:48:29	1967	M45	30	23:48 24:28 / 4:50min/km
134	382	Ashroft Graham		0:48:16	0:48:32	1976	M35	20	24:11 24:05 / 4:50min/km
135	279	Fiedler Stefan	Team GVG	0:48:18	0:48:25	1958	M55	12	23:43 24:34 / 4:50min/km
136	55	Wellner Jens	*Köln	0:48:18	0:48:32	1981	M30	11	23:56 24:22 / 4:50min/km
137	29	Kühn Michael	*Kerpen	0:48:20	0:48:53	1967	M45	31	24:11 24:08 / 4:50min/km
138	128	Heuter Pascal	Volksbank Erft eG	0:48:22	0:48:51	1990	M20	21	24:37 23:45 / 4:50min/km
139	122	Bäuerle Jörg	*Kerpen	0:48:23	0:48:30	1972	M40	24	23:19 25:04 / 4:50min/km
140	523	Dautzenberg Jens	Alemania Aachen	0:48:37	0:48:51	1974	M40	25	24:00 24:36 / 4:52min/km
141	152	Costantini Alfons	LG RWE POWER	0:48:42	0:49:03	1958	M55	13	24:13 24:29 / 4:52min/km
142	107	Erken Claus	LG Donatus Erftstadt	0:48:45	0:49:11	1965	M45	32	24:40 24:04 / 4:53min/km
143	65	Kemmerling Manfred	LG RWE Power	0:48:47	0:48:54	1962	M50	11	24:24 24:23 / 4:53min/km
144	310	Piofczyk Thomas	*Köln	0:48:51	0:49:03	1985	M20	22	24:01 24:50 / 4:53min/km
145	495	Wüst Hans Werner		0:49:01	0:49:10	1950	M60	7	24:08 24:52 / 4:54min/km
146	137	Nowag Ralf	*Kerpen	0:49:04	0:49:28	1967	M45	33	24:29 24:34 / 4:54min/km
147	180	Speth Michael	*Kerpen	0:49:09	0:49:34	1965	M45	34	24:25 24:44 / 4:55min/km
148	156	Hasenau Ralf	Pulheimer SC	0:49:17	0:49:21	1966	M45	35	23:29 25:47 / 4:56min/km
149	195	Jäger Walter	LT Decksteiner Weiher	0:49:22	0:49:39	1953	M60	8	24:31 24:51 / 4:56min/km
150	204	Golüke Klaus	Impuls-Lauftreff Kerpen	0:49:23	0:49:36	1963	M50	12	23:02 26:20 / 4:56min/km
151	176	Retien Kurt	Oldies Kerpen	0:49:35	0:49:42	1953	M60	9	24:21 25:14 / 4:58min/km
152	273	Peitsch Volker	Team GVG	0:49:37	0:49:48	1964	M50	13	24:10 25:26 / 4:58min/km
153	164	Martens Jörn	TEAM Erdinger Alkohol	0:49:47	0:49:52	1962	M50	14	24:18 25:29 / 4:59min/km

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154	40	Basham Colin	SSK Kerpen	0:49:55	0:50:05	1949	M65	1	24:18 25:36 / 4:60min/km
155	120	Faust Holger	*Köln	0:50:01	0:50:24	1964	M50	15	24:44 25:17 / 5:00min/km
156	131	Zeumer Heiko	*Kerpen	0:50:02	0:50:13	1974	M40	26	24:46 25:15 / 5:00min/km
157	142	Werth Burghard	LG RWE Power	0:50:06	0:50:16	1956	M55	14	24:32 25:33 / 5:01min/km
158	379	Mertens Arndt		0:50:07	0:50:38	1969	M45	36	25:13 24:54 / 5:01min/km
159	241	Janssen Niko	*Elsdorf	0:50:10	0:51:05	1995	MU20	3	24:14 25:55 / 5:01min/km
160	512	Elble Max	ERGO Sports Köln	0:50:14	0:50:20	1961	M50	16	25:08 25:05 / 5:01min/km
161	386	Räkow Robert		0:50:14	0:50:39	1995	MU20	4	23:47 26:27 / 5:01min/km
162	87	Mücke Klaus	Rhein-Erft Akademie	0:50:23	0:50:36	1960	M50	17	24:45 25:38 / 5:02min/km
163	236	Kuhlemann Dieter	LG RWE Power	0:50:24	0:50:30	1942	M70	1	24:37 25:47 / 5:02min/km
164	487	Schwendt Horst		0:50:26	0:50:39	1968	M45	37	23:19 27:06 / 5:03min/km
165	119	Oppermann Lukas	*Türnich	0:50:34	0:51:03	1991	M20	23	24:59 25:34 / 5:03min/km
166	513	Strack Tim	Kerpen Bears	0:50:40	0:50:50	1996	MU20	5	24:21 26:18 / 5:04min/km
167	254	Johnen Manfred	LG RWE Power	0:50:41	0:51:02	1958	M55	15	25:20 25:20 / 5:04min/km
168	501	Zimmermann Herbert	LG RWE Power Tgb. Ind	0:50:41	0:51:02	1968	M45	38	25:05 25:36 / 5:04min/km
169	11	Stünkel Andreas	Hundezentrum Kerpen	0:50:44	0:50:51	1973	M40	27	23:56 26:48 / 5:04min/km
170	282	Reinartz Michael	Team GVG	0:50:47	0:51:30	1977	M35	21	24:36 26:10 / 5:05min/km
171	32	Ladenthin Mario	Feuerwehr Erftstadt	0:50:48	0:51:08	1978	M35	22	25:15 25:32 / 5:05min/km
172	302	Tillack Thomas	Taekwondo-HWA RANG-1	0:50:53	0:51:07	1970	M40	28	24:53 26:00 / 5:05min/km
173	498	Mielczarek Norbert	Rhein-Erft-Akademie	0:50:55	0:51:15	1955	M55	16	25:18 25:36 / 5:06min/km
174	92	Engels Josef	Rhein-Erft Akademie	0:50:56	0:51:08	1948	M65	2	24:58 25:58 / 5:06min/km
175	225	Debald Volker	ASV Wesseling 1985 e.V.	0:51:02	0:51:12	1944	M70	2	25:22 25:39 / 5:06min/km
176	26	Schönborn Wolfgang	Hemmersbacher Junge	0:51:04	0:51:27	1969	M45	39	25:13 25:50 / 5:06min/km
177	125	Fassbender Heinz Herber	Volksbank Erft eG	0:51:04	0:51:34	1961	M50	18	25:23 25:40 / 5:06min/km
178	163	Hansen Jens	TEAM Erdinger Alkohol	0:51:07	0:51:33	1970	M40	29	25:09 25:58 / 5:07min/km
179	307	Lambertz Walter	*Kerpen	0:51:08	0:51:24	1957	M55	17	25:25 25:42 / 5:07min/km
180	57	Meyer Wilfried	SC Kölsch Fründe	0:51:12	0:51:23	1948	M65	3	25:12 26:00 / 5:07min/km
181	366	Arendt Jürgen	Deutsche Bank	0:51:21	0:51:47	1984	M30	12	25:17 26:03 / 5:08min/km
182	367	Fuhrmann Alfred	Mach3 Köln e.V.	0:51:32	0:51:52	1955	M55	18	25:22 26:10 / 5:09min/km
183	6	Abels Sascha	*Kerpen	0:51:36	0:52:08	1972	M40	30	24:50 26:45 / 5:10min/km
184	126	Engelmann Markus	Volksbank Erft eG	0:51:40	0:52:12	1971	M40	31	25:37 26:03 / 5:10min/km
185	169	Josefski Frank	Laufend unterwegs	0:51:41	0:51:43	1969	M45	40	24:42 26:59 / 5:10min/km
186	361	Reinartz Michael		0:51:44	0:52:10	1968	M45	41	25:52 25:52 / 5:10min/km
187	52	Hermansen Michael	*Elsdorf	0:51:48	0:52:17	1970	M40	32	25:36 26:11 / 5:11min/km
188	497	Gast Christoph	*Kerpen	0:51:59	0:52:43	1961	M50	19	26:21 25:37 / 5:12min/km
189	123	Laumanns Dirk	*Bergheim	0:52:02	0:52:15	1970	M40	33	25:35 26:27 / 5:12min/km
190	129	Gützlaff Bernd	LG RWE Power	0:52:03	0:52:15	1960	M50	20	26:02 26:00 / 5:12min/km
191	533	Schneider Konrad	LG RWE Power	0:52:03	0:52:16	1954	M60	10	26:02 26:00 / 5:12min/km
192	215	Hofmann Thomas	*Kerpen	0:52:07	0:52:19	1980	M30	13	24:42 27:24 / 5:13min/km
193	505	Siemer Gerko	TV Bedburg	0:52:08	0:52:15	1978	M35	23	23:19 28:49 / 5:13min/km
194	30	Alefework Endalkachew	SCB Horrem	0:52:09	0:52:21	1971	M40	34	25:16 26:53 / 5:13min/km
195	334	Siegburg Joachim	TV Blatzheim	0:52:12	0:52:31	1962	M50	21	24:58 27:13 / 5:13min/km
196	260	Witt Guido	LG RWE Power	0:52:21	0:52:57	1965	M45	42	26:10 26:11 / 5:14min/km
197	234	Steinbach Dieter	Rhein-Erft Akademie	0:52:24	0:52:39	1954	M60	11	25:45 26:39 / 5:14min/km
198	482	Weyl Frank	Bundeswehr	0:52:32	0:52:49	1969	M45	43	26:19 26:12 / 5:15min/km
199	257	Münch Rainer	Spackos	0:52:47	0:52:57	1965	M45	44	25:27 27:20 / 5:17min/km
200	34	Rüsing Michael	*Frechen	0:52:51	0:53:23	1968	M45	45	25:44 27:06 / 5:17min/km
201	264	Ohlert Detlef	Gebirgsjägerzug Enzian	0:52:54	0:53:30	1966	M45	46	26:07 26:46 / 5:17min/km
202	536	Heising Carl	SG Zons	0:52:56	0:53:14	1958	M55	19	26:54 26:02 / 5:18min/km
203	38	Lünendonk Patrick	Team Crazyluenis Korsc	0:53:02	0:53:11	1988	M20	24	26:40 26:22 / 5:18min/km
204	25	Funk Roland	*Bergheim	0:53:12	0:53:40	1961	M50	22	26:48 26:23 / 5:19min/km

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## Lauf über 10km

# Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
205	182	Hartl Siggli	Running TV Bedburg	0:53:13	0:53:38	1958	M55	20	26:07 27:06 / 5:19min/km
206	244	Bollig Klaus	LG RWE POWER	0:53:14	0:53:36	1964	M50	23	25:39 27:34 / 5:19min/km
207	305	Gützkow Rainer	LT MG-Volksgarten	0:53:15	0:53:45	1952	M60	12	26:08 27:07 / 5:20min/km
208	224	Braun Mark	*Kerpen	0:53:16	0:53:49	1988	M20	25	26:49 26:27 / 5:20min/km
209	130	Wurda Werner	Diabetes Programm Deut	0:53:30	0:54:23	1960	M50	24	26:48 26:42 / 5:21min/km
210	191	Lürken Franz-Josef	SV Germania Dürwiß	0:53:32	0:53:45	1964	M50	25	26:30 27:02 / 5:21min/km
211	166	Wölm Carsten	TEAM Erdinger Alkohol	0:53:33	0:53:53	1975	M35	24	26:23 27:09 / 5:21min/km
212	475	Culmsee Markus	SSK Kerpen	0:53:40	0:54:04	1974	M40	35	25:54 27:45 / 5:22min/km
213	259	Strohhäcker Günter	Bergheim	0:53:42	0:53:54	1939	M75	1	26:06 27:35 / 5:22min/km
214	209	Heller Peter	Impuls-Lauftreff Kerpen	0:53:45	0:54:04	1951	M60	13	27:02 26:43 / 5:23min/km
215	390	Weingartz Stephan		0:53:51	0:53:54	1982	M30	14	25:35 28:15 / 5:23min/km
216	324	Schlangen Thomas	Running TV Bedburg	0:53:52	0:54:29	1972	M40	36	27:09 26:43 / 5:23min/km
217	470	Müller Jörg	Team GVG	0:53:56	0:54:40	1965	M45	47	26:28 27:28 / 5:24min/km
218	474	Röblitz Frank	VFL Sindorf e.V.	0:53:58	0:54:26	1957	M55	21	27:04 26:54 / 5:24min/km
219	64	Hocht von der Fritz	LG RWE Power	0:54:33	0:54:52	1947	M65	4	27:12 27:21 / 5:27min/km
220	670	Hoster Tim	Team GVG	0:54:35	0:54:54	2002	MU14	1	27:14 27:21 / 5:28min/km
221	47	Becker Kai	*Köln	0:54:46	0:55:02	1975	M35	25	26:30 28:15 / 5:29min/km
222	208	Wilden Willi	Impuls-Lauftreff Kerpen	0:54:56	0:55:11	1955	M55	22	27:23 27:32 / 5:30min/km
223	543	Wahnfried Uwe	Krabbelgruppe Neurath	0:55:03	0:55:26	1961	M50	26	27:06 27:56 / 5:30min/km
224	355	Faßbender Thomas		0:55:05	0:55:16	1995	MU20	6	25:30 29:35 / 5:31min/km
225	111	Nüsgen Wilhelm	FC Keldenich	0:55:14	0:55:41	1947	M65	5	27:37 27:37 / 5:31min/km
226	333	Fuchs Martin	*Mechernich	0:55:20	0:55:42	1972	M40	37	27:35 27:45 / 5:32min/km
227	546	Röllgen Thomas	HDL Perle	0:55:33	0:55:54	1973	M40	38	27:08 28:25 / 5:33min/km
228	278	Magera Oliver	Team GVG	0:55:34	0:55:52	1974	M40	39	26:22 29:11 / 5:33min/km
229	270	Aleth Hermann	Team GVG	0:55:35	0:56:00	1965	M45	48	27:37 27:58 / 5:34min/km
230	124	Ernst Martin	Volksbank Erft eG	0:55:35	0:56:06	1959	M55	23	26:51 28:44 / 5:34min/km
231	213	Göbel Henning	Pulheimer SC	0:55:39	0:56:00	1944	M70	3	27:00 28:38 / 5:34min/km
232	149	Plück Thomas	Rhein-Erft Akademie	0:55:47	0:56:02	1974	M40	40	26:36 29:10 / 5:35min/km
233	91	Grevelding Andreas	Rhein-Erft Akademie	0:55:48	0:56:02	1964	M50	27	26:37 29:10 / 5:35min/km
234	212	Vilvo Konrad	TV Huchem-Stammeln	0:56:04	0:56:41	1938	M75	2	28:12 27:51 / 5:36min/km
235	388	Loosen Horst		0:56:07	0:56:19	1945	M65	6	27:22 28:44 / 5:37min/km
236	138	Lilienthal Tomasz	*Rommerskirchen	0:56:07	0:56:26	1974	M40	41	27:20 28:46 / 5:37min/km
237	235	Wittig Axel	Rhein-Erft Akademie	0:56:09	0:56:37	1957	M55	24	28:03 28:06 / 5:37min/km
238	373	Nickel Heinz		0:56:10	0:56:24	1963	M50	28	27:51 28:19 / 5:37min/km
239	175	Müller Gerd	Oldies Kerpen	0:56:12	0:56:50	1954	M60	14	27:29 28:43 / 5:37min/km
240	88	Krenzlin Wolfram	Rhein-Erft Akademie	0:56:23	0:56:49	1955	M55	25	27:55 28:27 / 5:38min/km
241	49	Billstein Siegfried	*Ratingen	0:56:23	0:56:58	1963	M50	29	27:39 28:43 / 5:38min/km
242	256	Götte Roland	*Weilerswist	0:56:28	0:56:51	1961	M50	30	28:37 27:50 / 5:39min/km
242	370	Burchhard Heiko		0:56:28	0:56:55	1971	M40	42	28:13 28:14 / 5:39min/km
244	20	Keller René	*Kerpen	0:56:32	0:57:32	1968	M45	49	29:18 27:14 / 5:39min/km
245	275	Hudziak Wicolay	Team GVG	0:56:34	0:56:52	1969	M45	50	26:57 29:36 / 5:39min/km
246	21	Mikoleizik Peter	SCB Horrem	0:56:34	0:57:35	1970	M40	43	29:18 27:16 / 5:39min/km
247	44	Müller Hans-Arthur	*Swisttal	0:57:00	0:57:35	1955	M55	26	27:54 29:05 / 5:42min/km
248	337	Gronenwald Sven	*Blatzheim	0:57:28	0:57:42	1992	M20	26	26:41 30:47 / 5:45min/km
249	504	Heuser Berthold	LG RWE Power	0:57:29	0:57:55	1963	M50	31	28:00 29:29 / 5:45min/km
250	516	Heilmann Erich	LG RWE Power	0:57:30	0:57:55	1960	M50	32	28:02 29:28 / 5:45min/km
251	509	Velden Wolfgang	LG RWE Power	0:57:31	0:57:55	1963	M50	33	28:02 29:28 / 5:45min/km
252	271	Pfromm Ronny	Team GVG	0:58:10	0:58:28	1964	M50	34	28:34 29:35 / 5:49min/km
253	74	Berger Sascha	1. FC Köln	0:58:24	0:58:45	1976	M35	26	27:42 30:42 / 5:50min/km
254	108	Roggendorf Hans Josef	LG RWE Power	0:58:28	0:58:51	1955	M55	27	28:54 29:33 / 5:51min/km
255	295	Friedrichs Michael	*Kerpen	0:58:38	0:59:09	1966	M45	51	28:43 29:55 / 5:52min/km

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## Lauf über 10km

# Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
256	233	Nobis Olaf	SCB Horrem	0:58:56	0:59:18	1968	M45	52	29:33 29:22 / 5:54min/km
257	17	Schiffer Thomas	LF BM 30 KPZ	0:59:29	1:00:03	1968	M45	53	30:07 29:22 / 5:57min/km
258	477	Köllen Franz Josef	Ford Team Köln	0:59:37	1:00:02	1946	M65	7	29:32 30:05 / 5:58min/km
259	147	Striepe Stephan	*Kerpen	0:59:38	0:59:53	1982	M30	15	28:57 30:41 / 5:58min/km
260	365	Runkel Frank	Deutsche Bank	0:59:54	1:00:21	1964	M50	35	30:02 29:51 / 5:59min/km
261	354	Grospitz Alfred		0:59:58	1:00:29	1947	M65	8	29:25 30:33 / 5:60min/km
262	489	Bartneck Matthias	Deutsche Bank	1:00:01	1:00:27	1972	M40	44	30:02 29:59 / 6:00min/km
263	531	Schneider Werner		1:00:13	1:00:22	1971	M40	45	29:38 30:34 / 6:01min/km
264	325	Lüttge Fred	LG RWE Power	1:00:16	1:00:34	1948	M65	9	30:03 30:12 / 6:02min/km
265	376	Decker Severin		1:00:35	1:01:13	1991	M20	27	29:15 31:19 / 6:04min/km
266	340	Siemer Thorsten	1.FC Köln	1:00:45	1:01:02	1975	M35	27	29:18 31:27 / 6:05min/km
267	368	Kröger Karl-Heinz		1:00:52	1:01:22	1958	M55	28	29:48 31:04 / 6:05min/km
268	358	Piontek Paul		1:01:16	1:01:16	1967	M45	54	29:21 31:55 / 6:08min/km
269	330	Piontek Noah	Gymnasium Kerpen	1:01:51	1:01:51	2002	MU14	2	29:21 32:29 / 6:11min/km
270	127	Steinhausen Sascha	Volksbank Erft eG	1:02:44	1:03:16	1976	M35	28	30:03 32:41 / 6:16min/km
271	380	Beshah Tameru		1:03:02	1:03:41	1950	M60	15	31:11 31:51 / 6:18min/km
272	54	Riegel Florian	*Köln	1:03:26	1:03:56	1986	M20	28	30:37 32:48 / 6:21min/km
273	306	Hagemann Stephan	*Kerpen	1:03:38	1:04:11	1965	M45	55	30:26 33:11 / 6:22min/km
274	338	Nitsche Udo	*Kerpen	1:03:44	1:04:21	1968	M45	56	32:39 31:04 / 6:22min/km
275	363	Heerstraß Oliver	ASG	1:03:55	1:04:00	1984	M30	16	30:18 33:36 / 6:24min/km
276	375	Decker Michael		1:04:52	1:05:29	1966	M45	57	31:12 33:39 / 6:29min/km
277	1	Köllen Dietmar	*Kerpen-Horrem	1:05:57	1:06:21	1962	M50	36	32:39 33:17 / 6:36min/km
278	229	Kotterba Peter	SSK Kerpen	1:06:03	1:06:37	1952	M60	16	32:12 33:51 / 6:36min/km
279	239	Kordian Stephan	*Bergheim	1:06:41	1:07:04	1979	M35	29	30:11 36:30 / 6:40min/km
280	329	Keskin Cenk	Horremer SV	1:06:44	1:07:16	2001	MU14	3	31:07 35:37 / 6:40min/km
281	75	Durchgraf Lars	SCB Horrem	1:07:35	1:08:10	1967	M45	58	31:45 35:50 / 6:46min/km
282	67	Mirzakhonian Antranik	Team Ford	1:07:50	1:08:26	1969	M45	59	32:41 35:09 / 6:47min/km
283	0	unbekannt DG7YGPD		1:08:11	1:08:24		M20	29	32:44 35:27 / 6:49min/km
284	222	Eichinger Jochen	*Kerpen	1:11:24	1:12:03	1993	M20	30	36:24 34:59 / 7:08min/km
285	371	Schlüssel Ingo		1:12:07	1:12:44	1969	M45	60	36:02 36:05 / 7:13min/km
286	296	Marx Hubert	LG RWE Power	1:13:26	1:13:45	1951	M60	17	31:52 41:33 / 7:21min/km
287	189	Kreischer Daniel	*Bergheim	1:15:52	1:16:31	1988	M20	31	36:59 38:53 / 7:35min/km

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# Frauen

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	514	Günther Marlen	LAZ Puma Rhein-Sieg	0:37:53	0:37:54	1983	W30	1	18:40 19:13 / 3:47min/km
2	346	Blaise-Sohnius Adele	LG Donatus Erfstadt	0:38:05	0:38:06	1985	W20	1	18:41 19:23 / 3:49min/km
3	262	Fuß Laura	RUNNERS POINT	0:38:23	0:38:25	1994	W20	2	18:50 19:32 / 3:50min/km
4	517	Roche Liz		0:42:19	0:42:28	1973	W40	1	20:44 21:34 / 4:14min/km
5	104	Arendt Alexandra	ASV Köln Domstadtläufer	0:42:52	0:42:58	1986	W20	3	21:18 21:33 / 4:17min/km
6	313	Rentergent Carola	SG ZONS	0:43:01	0:43:07	1963	W50	1	21:25 21:36 / 4:18min/km
7	327	Althoff Kerstin	SSK Kerpen	0:43:22	0:43:26	1971	W40	2	21:12 22:09 / 4:20min/km
8	141	Werth Ingeborg	LG RWE Power	0:44:05	0:44:14	1959	W55	1	21:52 22:13 / 4:25min/km
9	488	van Dam Simone	Dürener TV 1847	0:44:39	0:44:45	1972	W40	3	21:59 22:39 / 4:28min/km
10	178	Bochem Gabriele	1. FC Quadrath-Ichendorf	0:45:42	0:45:53	1970	W40	4	22:42 23:00 / 4:34min/km
11	300	Kannengießler Brigitte	Taekwondo-HWA RANG-1	0:45:46	0:45:59	1985	W20	4	22:20 23:25 / 4:35min/km
12	158	Paulsen Birgit	ASV Wesseling 1985 e.V.	0:46:45	0:46:55	1972	W40	5	23:06 23:39 / 4:41min/km
13	322	Erstfeld Sandra	Brühler TV 1879	0:47:07	0:47:14	1980	W30	2	22:59 24:07 / 4:43min/km
14	203	Golüke Angie	Impuls-Lauftreff Kerpen	0:47:34	0:47:51	1971	W40	6	23:25 24:08 / 4:45min/km
15	110	Raab Daniela	LC Weilerswist	0:47:43	0:48:11	1974	W40	7	23:50 23:52 / 4:46min/km
16	148	Harth Sabine	Rhein-Erft Akademie	0:47:57	0:48:06	1977	W35	1	23:38 24:18 / 4:48min/km
17	312	Hutz Claudia	SG ZONS	0:48:05	0:48:10	1969	W45	1	24:02 24:03 / 4:49min/km
18	493	Fischer Ilonka	Pulheimer SC	0:48:15	0:48:24	1966	W45	2	23:58 24:16 / 4:50min/km
19	521	Schmitz Katrin	LC Weilerswist	0:48:21	0:48:50	1993	W20	5	23:52 24:28 / 4:50min/km
20	520	Bertram Johanna	aktiv laufen	0:48:23	0:48:33	1984	W30	3	23:39 24:43 / 4:50min/km
21	547	Küttner Christiane	Laufmonster	0:48:27	0:48:36	1967	W45	3	23:58 24:28 / 4:51min/km
22	522	Dautzenberg Andrea	Alemania Aachen	0:48:38	0:48:51	1974	W40	8	24:01 24:36 / 4:52min/km
23	66	Kemmerling Susanne	LG RWE Power	0:48:58	0:49:04	1970	W40	9	24:24 24:33 / 4:54min/km
24	539	Menden Bettina	LC Weilerswist	0:49:22	0:49:52	1969	W45	4	24:09 25:13 / 4:56min/km
25	336	Schmiedt Bettina	*Köln	0:49:22	0:49:30	1984	W30	4	24:09 25:13 / 4:56min/km
26	356	Mürke Regine		0:49:30	0:49:33	1973	W40	10	24:01 25:28 / 4:57min/km
27	153	Rüter Annika	Brühler TV 1879	0:49:39	0:49:53	1980	W30	5	24:47 24:51 / 4:58min/km
28	284	Matuschek Bernadette	*Erfstadt	0:49:52	0:50:01	1971	W40	11	24:02 25:50 / 4:59min/km
29	473	Hechler Annelie		0:50:02	0:50:13	1980	W30	6	24:46 25:16 / 5:00min/km
30	27	Schönborn Claudia	Hemmersbacher Junge	0:50:10	0:50:33	1969	W45	5	24:45 25:25 / 5:01min/km
31	344	Weber-Steinhauer Birgit	LG RWE Power	0:50:10	0:50:35	1963	W50	2	24:29 25:41 / 5:01min/km
32	389	Hartmann Claudia	Rhein-Erft Akademie	0:50:24	0:50:39	1965	W45	6	24:39 25:44 / 5:02min/km
33	167	Wölm Kerstin	TEAM Erdinger Alkohol	0:50:47	0:51:06	1974	W40	12	25:07 25:39 / 5:05min/km
34	483	Steinke Tanja	TS Frechen	0:51:07	0:51:24	1973	W40	13	25:24 25:42 / 5:07min/km
35	159	Bartneck Tina	TEAM Erdinger Alkohol	0:51:08	0:51:33	1975	W35	2	25:11 25:56 / 5:07min/km
36	374	Siemer Eva	TV Bedburg	0:52:09	0:52:15	1983	W30	7	25:52 26:16 / 5:13min/km
37	476	Culmsee Katja	SSK Kerpen	0:52:38	0:53:02	1972	W40	14	25:40 26:58 / 5:16min/km
38	481	Messing Kerstin	LC Weilerswist	0:52:43	0:52:59	1974	W40	15	25:44 26:58 / 5:16min/km
39	311	Heising Ulrike	SG Zons	0:52:57	0:53:14	1967	W45	7	26:54 26:02 / 5:18min/km
40	527	Schmitz Klaudia		0:53:09	0:53:45	1972	W40	16	25:33 27:35 / 5:19min/km
41	118	Baars Kristina	LG Donatus Erfstadt	0:53:09	0:53:25	1982	W30	8	26:58 26:11 / 5:19min/km
42	144	De Bouteiller Alexandra	Rhein-Erft Akademie	0:53:21	0:53:35	1979	W35	3	26:34 26:46 / 5:20min/km
43	192	Lürken Paulina	*Eschweiler	0:53:32	0:53:44	1994	W20	6	26:30 27:02 / 5:21min/km
44	545	Murru Miranda		0:53:47	0:54:08	1971	W40	17	26:59 26:47 / 5:23min/km
45	266	Hoster Rita	Team GVG	0:53:52	0:54:11	1968	W45	8	27:14 26:38 / 5:23min/km
46	35	Schäfer Chrissy	Hundezentrum Kerpen	0:53:53	0:54:15	1959	W55	2	26:37 27:15 / 5:23min/km
47	246	Grossenbacher Elke	Swiss Runnings	0:54:04	0:54:21	1960	W50	3	27:21 26:43 / 5:24min/km
48	286	Ilges-Möbus Vera	LT Skinny Bergheim 02	0:54:23	0:54:39	1967	W45	9	26:43 27:40 / 5:26min/km
49	350	Kaatz Miriam	*Hürth	0:54:25	0:55:04	1981	W30	9	27:28 26:57 / 5:27min/km
50	223	Braun Lena	*Kerpen	0:54:31	0:55:05	1991	W20	7	26:49 27:42 / 5:27min/km
51	36	Nießen Jana	LF BM 30 KPZ	0:54:39	0:55:11	2001	WU14	1	27:21 27:18 / 5:28min/km

# 7. Horremer Abendlauf am 27. Juni 2014

## Lauf über 10km

# Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	48	Winter Jana	*Köln	0:54:45	0:55:02	1981	W30	10	26:30 28:15 / 5:29min/km
53	18	Kullmann-Bacher Agnes	LF BM 30 KPZ	0:54:50	0:55:22	1965	W45	10	27:21 27:29 / 5:29min/km
54	70	Böhnke Susan	TV Wisskirchen	0:55:14	0:55:41	1972	W40	18	27:37 27:37 / 5:31min/km
55	162	Fischer Christine	TEAM Erdinger Alkohol	0:55:23	0:55:56	1971	W40	19	27:58 27:24 / 5:32min/km
56	31	Rindermann Lara	*Kreuzau	0:55:34	0:55:54	1973	W40	20	27:08 28:25 / 5:33min/km
57	335	Fuchs Silke	*Mechernich	0:55:38	0:55:59	1973	W40	21	27:36 28:02 / 5:34min/km
58	155	Hajek Verena	LG Donatus Erftstadt	0:55:39	0:55:48	1952	W60	1	27:32 28:06 / 5:34min/km
59	280	Schmidt-Küster Dorle	Team GVG	0:55:40	0:56:10	1958	W55	3	27:18 28:22 / 5:34min/km
60	193	Hein Andrea	*Leverkusen	0:55:48	0:56:05	1976	W35	4	28:11 27:37 / 5:35min/km
61	150	Heer Marianne	Running Friends Bedburg	0:55:49	0:56:11	1950	W60	2	28:33 27:16 / 5:35min/km
62	304	Breuer-Rehm Maren	SSK Kerpen	0:56:14	0:56:42	1979	W35	5	25:35 30:39 / 5:37min/km
63	41	Marsen-Monich Sabine	Laufperlen	0:56:24	0:56:33	1955	W55	4	27:42 28:42 / 5:38min/km
64	114	Knepel Angelika	*Kerpen	0:56:29	0:56:40	1956	W55	5	27:44 28:45 / 5:39min/km
65	255	Götte Marion	*Weilerswist	0:56:32	0:56:55	1969	W45	11	28:37 27:54 / 5:39min/km
66	383	Schmitz Laura		0:56:36	0:57:16	1992	W20	8	29:35 27:01 / 5:40min/km
67	248	Hempel Christina	Running Friends Bedburg	0:56:50	0:57:11	1960	W50	4	28:33 28:17 / 5:41min/km
68	71	Conrad Jana	*Waldbröl	0:57:04	0:57:25	1991	W20	9	27:51 29:13 / 5:42min/km
69	197	Peitz Doris	TV Düren 1847	0:57:07	0:57:41	1959	W55	6	28:31 28:35 / 5:43min/km
70	348	Esser Heidrun	*Bergheim	0:57:18	0:57:35	1960	W50	5	28:38 28:40 / 5:44min/km
71	151	Lassmann Christine	Running Friends Bedburg	0:57:30	0:57:52	1962	W50	6	28:32 28:58 / 5:45min/km
72	186	Spoehr Sandra	*Elsdorf	0:57:39	0:58:05	1972	W40	22	27:50 29:48 / 5:46min/km
73	214	Hofmann Michaela	*Kerpen	0:57:58	0:58:15	1973	W40	23	28:03 29:55 / 5:48min/km
74	95	Mayer Dr. Beate	Rhein-Erft Akademie	0:58:02	0:58:29	1960	W50	7	27:21 30:41 / 5:48min/km
75	211	Stockmann Andrea	Impuls-Lauftreff Kerpen	0:58:39	0:58:55	1973	W40	24	27:38 31:01 / 5:52min/km
76	276	Pawliza-Deuce Katrin	Laufend unterwegs	0:58:59	0:59:35	1971	W40	25	29:12 29:47 / 5:54min/km
77	69	Dannert Anke	LG RWE Power	0:59:03	0:59:28	1979	W35	6	28:39 30:23 / 5:54min/km
78	157	Mais-Ramm Lydia	*Kerpen	0:59:26	0:59:53	1965	W45	12	29:40 29:46 / 5:57min/km
79	101	Lechtenfeld Christine	*Kerpen	0:59:28	0:59:39	1962	W50	8	29:34 29:53 / 5:57min/km
80	42	Flesch Kirsten	*Kerpen	0:59:33	1:00:09	1965	W45	13	29:13 30:20 / 5:57min/km
81	478	Köllen Lilo	Ford Team Köln	0:59:37	1:00:02	1947	W65	1	29:32 30:05 / 5:58min/km
82	519	Schütz Jamina		0:59:38	0:59:52	1983	W30	11	28:57 30:40 / 5:58min/km
83	378	Flohe Beatrice		0:59:40	1:00:10	1979	W35	7	29:55 29:45 / 5:58min/km
84	529	Blum Sabine	Central-Team	0:59:48	1:00:15	1974	W40	26	29:22 30:26 / 5:59min/km
85	377	Fock Janine		0:59:52	1:00:21	1975	W35	8	29:56 29:56 / 5:59min/km
86	359	Grzesiek Sandra		1:00:01	1:00:40	1971	W40	27	29:49 30:11 / 6:00min/km
86	364	Wolff Sarah	Deutsche Bank	1:00:01	1:00:27	1980	W30	12	30:02 29:58 / 6:00min/km
88	253	Göbbels Purity	*Köln	1:00:03	1:00:21	1975	W35	9	28:59 31:04 / 6:00min/km
89	272	Pfromm Doris	Team GVG	1:00:04	1:00:24	1970	W40	28	28:35 31:28 / 6:00min/km
90	290	Noben Simone	ISI-RUNNER	1:00:25	1:00:56	1959	W55	7	30:05 30:19 / 6:03min/km
91	207	Wilden Brigitte	Impuls-Lauftreff Kerpen	1:01:07	1:01:24	1958	W55	8	29:27 31:40 / 6:07min/km
92	16	Schiffer Anke	LF BM 30 KPZ	1:01:28	1:02:03	1969	W45	14	30:07 31:21 / 6:09min/km
93	220	Kummert-Gnewuch Sil	*Kerpen	1:01:47	1:02:15	1974	W40	29	29:55 31:51 / 6:11min/km
94	50	Billstein Renate	*Ratingen	1:01:50	1:02:25	1966	W45	15	30:32 31:18 / 6:11min/km
95	258	Blume Anke	LC Weilerswist	1:02:09	1:02:37	1969	W45	16	29:53 32:15 / 6:13min/km
96	81	Schäfer Martina	*Kerpen	1:02:13	1:02:27	1968	W45	17	27:15 34:57 / 6:13min/km
97	541	Ayche Karin	Laufmariechen Köln	1:02:37	1:03:14	1954	W60	3	31:18 31:18 / 6:16min/km
98	384	Foerges-Schmitz Birgit		1:03:02	1:03:41	1960	W50	9	31:27 31:34 / 6:18min/km
99	385	Fürschke Martina		1:03:04	1:03:41	1979	W35	10	31:01 32:03 / 6:18min/km
100	381	Fiebach-Kreutzwald Alexa		1:03:10	1:03:47	1970	W40	30	31:00 32:09 / 6:19min/km
101	196	Kesterke Kyra	*Jülich	1:03:57	1:04:32	1985	W20	10	32:18 31:39 / 6:24min/km
102	227	Kraus Lorena	*Jülich	1:03:58	1:04:32	1986	W20	11	32:14 31:43 / 6:24min/km



# 7. Horremer Abendlauf am 27. Juni 2014

## Lauf über 10km

# Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
103	277	Quantmayer de Polack S	Team GVG	1:04:02	1:04:40	1971	W40	31	32:10 31:51 / 6:24min/km
104	72	Schulz Kerstin	*Waldbröl	1:04:25	1:04:53	1981	W30	13	32:22 32:02 / 6:27min/km
105	540	Groß Hanna		1:04:33	1:05:13	1960	W50	10	31:28 33:04 / 6:27min/km
106	171	Bragard Karin	Düren	1:05:17	1:05:23	1943	W70	1	32:41 32:35 / 6:32min/km
107	231	Zarbo Angela	SCB Horrem	1:06:05	1:06:29	1960	W50	11	31:52 34:13 / 6:37min/km
108	23	Weins Martina	*Frechen	1:06:28	1:06:59	1984	W30	14	32:33 33:55 / 6:39min/km
109	22	Juchem Maria	*Frechen	1:06:29	1:06:59	1982	W30	15	32:31 33:57 / 6:39min/km
110	24	Kania Lydia	*Hürth	1:06:29	1:06:59	1982	W30	16	32:32 33:57 / 6:39min/km
111	217	Dekidis Damaris	Team Ellmann	1:06:42	1:07:03	1980	W30	17	30:11 36:30 / 6:40min/km
112	268	Franklin Angelina	Mädchen Realschule Mat	1:06:45	1:06:54	1999	WU16	1	30:43 36:01 / 6:41min/km
113	59	Fink Karola	SSK Kerpen	1:08:02	1:08:29	1959	W55	9	32:30 35:31 / 6:48min/km
114	146	Orsag Wilma	ASV Wesseling 1985 e.V.	1:08:56	1:09:08	1950	W60	4	33:23 35:33 / 6:54min/km
115	85	Schwitalla Doris	SSK Kerpen	1:09:38	1:10:11	1976	W35	11	35:36 34:02 / 6:58min/km
116	19	Pitsch Inge	LF BM 30 KPZ	1:10:41	1:11:14	1958	W55	10	34:29 36:12 / 7:04min/km
117	145	Ruhland Dagmar	ASV Wesseling 1985 e.V.	1:10:52	1:10:56	1942	W70	2	35:02 35:49 / 7:05min/km
118	360	Zachod Isabel		1:13:41	1:14:20	1986	W20	12	36:25 37:15 / 7:22min/km
119	188	Eichinger Heike	*Kerpen	1:13:50	1:14:29	1986	W20	13	36:24 37:25 / 7:23min/km
120	199	Süßke Jeannette	*Kerpen-Horrem	1:13:51	1:14:29	1991	W20	14	36:25 37:25 / 7:23min/km
121	352	Junkersdorf Silke	LC Weilerswist	1:14:06	1:14:35	1978	W35	12	35:01 39:05 / 7:25min/km
122	133	Canton Astrid	*Aachen	1:14:44	1:15:11	1955	W55	11	35:17 39:26 / 7:28min/km