

RUN GREEN - 40. Königsforst Marathon am 16. März 2014 in Bergisch Gladbach Bensberg Marathon - Wertung

Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Pl.	Bruttozeit	HM1	HM2	Jahrgang
1	134	Velten Sascha	Lüttringhauser TV	2:49:34	M40	1	2:49:35 - 1:24:34	1:25:00		1974
2	220	Leffers Matthias	LLG 80 Nordpark Köln	2:50:34	M45	1	2:50:35 - 1:22:32	1:28:03		1967
3	206	Kaminsky Peter	LG Emsdetten	2:53:14	M35	1	2:53:16 - 1:23:43	1:29:32		1977
4	76	Lohbreyer Martin	SV Lembeck	2:53:35	M40	2	2:53:37 - 1:25:40	1:27:57		1970
5	55	Hoorn, van Dr. Mark	Altis Amersfoort	2:54:15	M40	3	2:54:16 - 1:25:56	1:28:20		1974
6	122	Skopnik Manuel	TV Refrath	2:56:27	M40	4	2:56:28 - 1:26:20	1:30:08		1972
7	221	Fais Jürgen	Triathlon Nonstop Köln	2:59:30	M45	2	2:59:32 - 1:26:30	1:33:02		1965
8	103	Rinke André	TV Refrath	2:59:31	M20	1	2:59:34 - 1:27:41	1:31:53		1991
9	132	Van der Velde Markus	LSF Münster	3:02:52	M45	3	3:02:55 - 1:30:23	1:32:32		1965
10	172	Vandebeek Patrick	AC Bertem - Knoet	3:04:21	M40	5	3:04:24 - 1:26:49	1:37:35		1974
11	224	Bullach Andrej		3:07:16	M45	4	3:07:18 - 1:28:52	1:38:26		1969
12	189	Stoffels Matthias	Alt Navorter Brauerei	3:09:29	M30	1	3:09:40 - 1:31:11	1:38:28		1982
13	56	Jago Andreas	LG Monheim/Baumberg	3:12:24	M50	1	3:12:29 - 1:33:00	1:39:29		1962
14	212	Bergmann Eik	*Ratingen	3:12:56	M40	6	3:13:05 - 1:34:12	1:38:52		1970
15	125	Strathoff Jürgen	LG Habbeskamp	3:14:01	M55	1	3:14:21 - 1:36:03	1:38:18		1958
16	87	Neumann Dr. Matthias	Bielshövensand	3:17:17	M45	5	3:17:21 - 1:38:10	1:39:11		1968
17	115	Schnitzer Andreas	Berufsfeuerwehr Köln	3:17:10	M40	7	3:17:33 - 1:37:53	1:39:39		1971
18	179	Dodemoni Leon		3:18:13	M50	2	3:18:32 - 1:38:07	1:40:25		1964
19	6	Adamietz Torsten	LG Ameln / Linnich	3:19:36	M45	6	3:19:38 - 1:37:16	1:42:22		1969
20	20	Büscher Ralf	*Lohmar	3:21:06	M55	2	3:21:31 - 1:38:03	1:43:27		1956
21	108	Rosenkranz Dirk	*Wuppertal	3:21:47	M45	7	3:22:00 - 1:42:03	1:39:57		1968
22	57	Jakobs Hans-Joachim	BSG Köln	3:24:09	M45	8	3:24:12 - 1:40:20	1:43:51		1967
23	91	Orlowski Bernd	*Gelsenkirchen	3:24:59	M55	3	3:25:03 - 1:36:56	1:48:06		1957
24	225	Werbonat Jens	DUV	3:25:23	M40	8	3:25:35 - 1:42:25	1:43:10		1973
25	171	Trzcinski Kazimierz	GAH Alberts	3:26:39	M55	4	3:26:48 - 1:37:08	1:49:40		1959
26	207	Wasser Peter	LLG Kevelaer	3:27:21	M45	9	3:27:35 - 1:44:00	1:43:35		1969
27	820	Chittka Jörg		3:29:21	M50	3	3:29:24 - 1:39:28	1:49:56		1964
28	69	Lämmlein Franz	LLG St.Augustin	3:29:48	M60	1	3:29:50 - 1:37:22	1:52:28		1952
29	16	Böhm Peter	LG Kreis Verden	3:30:31	M60	2	3:31:03 - 1:40:25	1:50:37		1952
30	223	Rothmann Michael	*Aachen	3:31:14	M20	2	3:32:02 - 1:44:15	1:47:46		1987
31	166	Reisinger Timm	Unstabiler Straßenrand	3:31:14	M20	3	3:32:02 - 1:44:15	1:47:46		1988
32	46	Hartmann Frederik	TV Refrath	3:32:31	M45	10	3:32:43 - 1:37:23	1:55:20		1968
33	201	Hück Markus		3:32:21	M40	9	3:32:49 - 1:47:13	1:45:35		1973
34	128	Tüttmann Ralf	SuS Oberaden	3:32:26	M45	11	3:33:17 - 1:44:41	1:48:36		1968
35	133	Van Loo Christian	*Brühl	3:33:25	M55	5	3:33:52 - 1:47:26	1:46:26		1959
36	190	Schmitz Henning	LC Duisburg	3:34:04	M50	4	3:34:16 - 1:40:13	1:54:02		1962
37	58	Johann Thomas	AS Neukirchen-Vluyn	3:34:10	M40	10	3:34:57 - 1:47:11	1:47:46		1971
38	111	Schmidlers Ralph	AS Neukirchen-Vluyn	3:34:10	M55	6	3:34:57 - 1:47:11	1:47:45		1959
39	153	Holzappel Felix	*Köln	3:34:25	M35	2	3:35:08 - 1:49:00	1:46:07		1978
40	147	Bemong Marc	Knoet	3:36:46	M65	1	3:37:12 - 1:47:54	1:49:18		1948
41	23	Court Jürgen	KHTC BW Köln	3:38:40	M50	5	3:38:56 - 1:44:04	1:54:52		1961
42	63	Klingen Reinhard	LAUFMONSTER	3:38:39	M45	12	3:38:58 - 1:41:14	1:57:44		1966
43	197	Klick Michael		3:38:26	M45	13	3:39:15 - 1:50:08	1:49:06		1969
44	154	Horn Matthias	Loupies Lauftreff Laimbach	3:39:17	M35	3	3:39:33 - 1:43:14	1:56:19		1977
45	130	Uhrich Ingmar	Lauf Team Unna	3:40:02	M50	6	3:40:41 - 1:48:36	1:52:04		1962
46	41	Giersberg Andreas	Stadt Bochum Team	3:40:33	M45	14	3:40:57 - 1:44:50	1:56:06		1965
47	229	van Son Arnout	LT Siebengebirge	3:40:06	M45	15	3:41:06 - 1:47:18	1:53:48		1966
48	146	Beltz Micha	*Frechen	3:41:01	M40	11	3:41:14 - 1:43:20	1:57:53		1972
49	105	Rohkämper Hans-Jürgen	SC Neuenstein	3:41:15	M45	16	3:42:04 - 1:56:16	1:45:48		1967
50	34	Fasel Norbert	LSF Münster	3:41:53	M45	17	3:42:26 - 1:48:53	1:53:32		1965
51	150	Degen Christian	*Bonn	3:41:44	M30	2	3:42:39 - 1:55:11	1:47:28		1981
52	43	Grigoleit Axel	*Leichlingen	3:42:10	M50	7	3:42:43 - 1:49:55	1:52:47		1963
53	228	Sieberath Peter	*Kaarst	3:43:05	M50	8	3:43:19 - 1:46:44	1:56:35		1961
54	9	Andrae Wolfram	Hunsrück-Marathon e.V.	3:42:38	M40	12	3:43:34 - 1:46:29	1:57:04		1971
55	208	Saadi Robert	LG Rheinbach	3:45:58	M45	18	3:46:17 - 1:50:42	1:55:35		1966
56	196	Kohler Steffen	LG DUV	3:46:28	M45	19	3:46:34 - 1:50:23	1:56:11		1969
57	82	Masermann Dietmar	Team Talanx	3:46:56	M55	7	3:47:07 - 1:46:00	2:01:06		1959
58	141	Wortelboer Felix	SPOOCHA, http://spoooc	3:46:36	M50	9	3:47:27 - 1:59:11	1:48:16		1961

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Pl.	Bruttozeit	HM1	HM2	Jahrgang
59	36	Flach Arne	LT Düsseldorf-Süd	3:47:27	M45	20	3:48:02 - 1:52:49	1:55:13		1969
60	226	Bühn Klaus	LSF Münster	3:48:56	M55	8	3:49:02 - 1:55:11	1:53:50		1959
61	218	Mölter Friedrich		3:48:30	M45	21	3:49:14 - 1:49:51	1:59:23		1965
62	10	Arnold Rüdiger	LT Bittermark Dortmund	3:49:27	M60	3	3:50:01 - 1:53:57	1:56:04		1950
63	80	Luther Mario	LG DUV	3:50:49	M50	10	3:50:51 - 1:52:23	1:58:27		1961
64	188	Scheeff Günter		3:52:24	M60	4	3:52:32 - 1:52:05	2:00:26		1952
65	116	Schnödewind Uwe	RTC Frechen 80 e.V.	3:52:20	M50	11	3:52:54 - 1:56:46	1:56:08		1963
66	96	Preine Gerrit	Marathonclub Walsrode	3:53:34	M50	12	3:53:36 - 1:44:14	2:09:21		1962
67	181	Holzapfel Thomas		3:53:24	M40	13	3:53:46 - 1:52:11	2:01:35		1971
68	249	Mattern Franco	Neusser Schwimmverein	3:53:11	M50	13	3:53:50 - 1:55:05	1:58:44		1960
69	152	Groß Michael	Ultra-Team-Tortour	3:53:50	M40	14	3:54:01 - 1:54:05	1:59:56		1970
70	113	Schneider Peter	Brooks running team	3:53:34	M45	22	3:54:10 - 1:57:20	1:56:49		1969
71	165	Postler Bastian	Brooks running team	3:53:34	M40	15	3:54:10 - 1:57:21	1:56:49		1970
72	231	Loeber Ralf		3:54:23	M35	4	3:54:43 - 1:50:25	2:04:18		1977
73	98	Ratzmer Andreas	*Duesseldorf	3:53:39	M45	23	3:55:10 - 1:58:34	1:56:36		1965
74	139	Weßeler Markus	TriCologne e.V.	3:54:50	M45	24	3:55:12 - 1:51:36	2:03:35		1967
75	182	Schulz Markus	BSG Springorum Bochum	3:54:59	M35	5	3:55:15 - 1:49:17	2:05:58		1975
76	149	Burgmer Marco	*Bergisch Gladbach	3:54:18	M30	3	3:55:50 - 2:09:22	1:46:27		1982
77	120	Seemann Dr. Tammo	Teichwiesen Friends	3:56:28	M40	16	3:56:40 - 1:47:47	2:08:52		1971
78	19	Brusius Volker	Brooks running team	3:56:14	M40	17	3:56:50 - 1:57:25	1:59:25		1971
78	61	Kim Bong-Soo	Brooks running team	3:56:17	M40	17	3:56:50 - 1:57:22	1:59:28		1971
80	178	Bechtel Florian		3:56:09	M40	19	3:56:56 - 1:48:05	2:08:51		1971
81	68	Krott Christoph	SV Viktoria Goch	3:57:08	M50	14	3:57:34 - 1:56:08	2:01:25		1961
82	140	Witzler Frank	TV-Urbar	3:57:39	M50	15	3:57:45 - 1:54:41	2:03:04		1962
83	86	Muijers Pierre	STB Landgraaf	3:58:04	M65	2	3:58:20 - 1:53:38	2:04:42		1948
84	21	Caron Ralf	*Mechernich	3:57:08	M50	16	3:58:41 - 1:57:22	2:01:18		1964
85	95	Porstner Dr. Thomas P.	GutsMuths-RLV	3:59:22	M50	17	3:59:41 - 1:54:04	2:05:37		1963
86	15	Birekoven Hotte	www.eisfiguren.de	3:58:34	M50	18	4:00:11 - 2:12:55	1:47:16		1961
87	102	Richter Klaus	*Herne	3:59:59	M55	9	4:00:14 - 1:53:46	2:06:27		1958
88	79	Lulay Werner	PRP Dattenberg 04	3:57:38	M50	19	4:00:26 - 1:57:21	2:03:05		1962
89	144	Zimmerman Sebastian	Die Unverbesserlichen	4:01:49	M20	4	4:02:57 - 2:01:07	2:01:50		1987
90	164	Pietsch Philipp	Team Starbikewear / GERM4	03:35	M20	5	4:03:55 - 1:59:14	2:04:40		1986
91	5	Abel Klaus	LC Duisburg	4:03:20	M60	5	4:04:07 - 1:57:58	2:06:09		1950
92	183	Kleimann Jörg		4:03:59	M40	20	4:04:34 - 1:57:24	2:07:09		1972
93	99	Reckenfelderbäumer Ralf	RRB Systemberatung	4:03:45	M50	20	4:04:59 - 2:17:41	1:47:18		1961
94	11	Bäcker Ralf	Remscheid	4:04:46	M50	21	4:05:30 - 1:56:02	2:09:28		1962
95	155	Hübel Kai	*Bergisch Gladbach	4:04:57	M45	25	4:05:39 - 1:56:40	2:08:59		1965
96	24	De Vries Jan	Rennschnecken 2000 e.V.	4:05:19	M40	21	4:05:49 - 1:57:56	2:07:53		1971
97	209	Huth Thorsten	LC Duisburg	4:05:30	M50	22	4:06:17 - 1:57:58	2:08:19		1962
98	97	Ratsch Wolfgang	Marathonclub Walsrode	4:06:07	M60	6	4:06:46 - 1:57:14	2:09:32		1951
99	2	Altenberg Peter	LLG 80 Nordpark Köln	4:06:13	M50	23	4:07:27 - 2:03:35	2:03:51		1963
100	89	Nofftz Klaus	LLG St. Augustin	4:06:13	M55	10	4:07:37 - 2:09:41	1:57:56		1957
101	44	Grittner Werner	LC Duisburg	4:07:48	M55	11	4:08:18 - 1:55:56	2:12:22		1959
102	14	Binias Jürgen	LC Duisburg	4:07:48	M50	24	4:08:19 - 1:55:56	2:12:23		1960
103	26	Döring Uwe	LLG 80 Nordpark Köln	4:08:08	M55	12	4:09:21 - 2:03:43	2:05:38		1958
104	127	Thiemann Tomas	*köln	4:08:14	M45	26	4:09:27 - 2:02:11	2:07:15		1968
105	13	Behrends Hans-Joachim	Laufteam Unna	4:09:23	M55	13	4:09:30 - 1:56:05	2:13:25		1957
106	174	Stephan Wolfgang	VfL Engelskirchen	4:09:07	M50	25	4:09:52 - 1:57:22	2:12:29		1963
107	17	Boelter Thomas	ERGO sports Köln	4:10:14	M50	26	4:10:43 - 1:53:05	2:17:38		1963
108	3	Carmacho Samual		4:08:54	M20	6	4:10:43 - 2:02:17	2:08:26		
109	37	Förster Jan	TV Kärlich / Mirkos Runnin	4:10:09	M50	27	4:11:08 - 2:04:14	2:06:53		1960
110	211	Heilers Florian	LSF Lausitz	4:10:18	M35	6	4:11:08 - 2:04:15	2:06:52		1975
111	129	Ueberberg Markus	VfL Engelskirchen	4:11:45	M40	22	4:12:34 - 1:59:27	2:13:06		1974
112	48	Heidchen Michael	VfL Engelskirchen	4:11:45	M55	14	4:12:34 - 1:59:27	2:13:06		1955
113	84	Mohr Bernd	*Koblenz	4:12:47	M45	27	4:13:23 - 1:53:34	2:19:49		1969
114	248	Giersberg Alexander	Team Erdinger Alkoholfrei	4:12:37	M40	23	4:14:04 - 1:57:59	2:16:05		1972
115	187	Mues Bernhard	*Ulm	4:13:18	M45	28	4:14:47 - 2:09:14	2:05:33		1969
116	27	Kruell Dr. Joey	x-treme run for mike	4:15:14	M45	29	4:15:29 - 1:58:35	2:16:54		1968

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Pl.	Bruttozeit	HM1	HM2	Jahrgang
117	54	Hofmann Friedhelm	DLR Simmern	4:15:46	M45	30	4:16:42	2:04:15	2:12:27	1965
118	200	Klatt Detlef	Fortuna Opladen	4:16:07	M45	31	4:16:51	1:59:57	2:16:53	1966
119	8	Amberger Andreas	SuS Oberaden	4:16:25	M45	32	4:17:16	1:56:04	2:21:12	1965
120	109	Rudolf Manfred	TC Menden	4:16:37	M40	24	4:17:43	2:01:18	2:16:24	1972
121	204	Pinckers Francis		4:18:33	M50	28	4:18:58	1:52:14	2:26:44	1962
122	75	Löhr Stefan	LT Hertha Buschhoven	4:18:15	M40	25	4:18:58	1:59:58	2:19:00	1970
123	74	Lodenkämper Klaus	BSG 96 Jugendamt	4:18:06	M50	29	4:19:11	2:09:12	2:09:58	1963
124	117	Schreiber Tobias	Team Talanx	4:18:02	M35	7	4:19:27	2:08:28	2:10:58	1979
125	193	Schacht Frank	Leitstelle-EN	4:19:07	M45	33	4:20:27	2:00:04	2:20:23	1966
126	170	Swords Aidan	*Köln	4:19:24	M40	26	4:20:33	2:12:34	2:07:59	1972
127	67	Kreis Manfred	NEW SG 26 Mönchenglad	4:20:58	M55	15	4:22:33	2:09:22	2:13:11	1958
128	114	Schneider Stefan	Bussi auf Bauchi	4:21:05	M45	34	4:22:41	2:13:14	2:09:26	1966
129	180	Plass Ernst		4:21:25	M45	35	4:22:53	1:55:35	2:27:17	1968
130	39	Gerhardt Jörg	BSG FZ Jülich	4:21:45	M60	7	4:23:14	2:09:47	2:13:27	1954
131	157	Konradt Jochen	*Siege	4:22:42	M50	30	4:23:27	2:03:18	2:20:09	1963
132	131	Urban Frank	Team Raidlight	4:22:40	M45	36	4:24:05	1:59:29	2:24:35	1968
133	167	Schmitt Stephan	LG Taunusstein	4:23:04	M45	37	4:24:10	1:53:18	2:30:51	1965
134	216	Niederhofer Stefan	TuS Breckerfeld	4:24:07	M40	27	4:24:35	2:09:48	2:14:46	1973
135	50	Helle Friedrich	*Lage	4:23:44	M50	31	4:24:46	2:07:43	2:17:03	1964
136	29	Dreiser Mirko	Mirkos Running Team	4:23:29	M40	28	4:24:54	2:08:13	2:16:40	1974
137	107	Rohrlack Michael	Stadt Bochum Team	4:25:04	M55	16	4:26:07	2:05:35	2:20:32	1959
138	159	Kühn Oliver	*Königswinter	4:25:37	M40	29	4:26:23	1:57:15	2:29:08	1974
139	71	Lange Hartmut	Die Unverbesserlichen	4:25:32	M55	17	4:26:41	2:01:36	2:25:04	1959
140	214	Ley Helmut	Homberger TV	4:27:49	M65	3	4:28:37	2:07:53	2:20:44	1946
141	136	Wachter Henry	Team Talanx	4:28:05	M20	7	4:29:29	2:08:28	2:21:01	1985
142	198	Eisenmann Axel	TSG Schopfheim	4:28:16	M60	8	4:29:36	2:13:53	2:15:43	1953
143	40	Gickler Dr. Wolfgang	Mirkos Running Team	4:28:39	M55	18	4:29:36	2:13:53	2:15:42	1959
144	101	Richter Frank	FRguy	4:28:34	M40	30	4:30:02	2:14:55	2:15:06	1970
145	52	Heyer Hermann	Mirkos running team	4:29:15	M50	32	4:30:12	2:13:53	2:16:18	1960
146	176	Tomakidi Thomas		4:29:31	M50	33	4:31:07	2:08:21	2:22:45	1961
147	213	Lempken Uwe	Homberger TV	4:29:53	M50	34	4:31:18	2:07:53	2:23:25	1961
148	93	Peter Werner	*Hennef	4:31:13	M50	35	4:32:41	2:13:23	2:19:18	1961
149	1	Wörnsdörfer Stefan	TV Refrath	4:32:04	M50	36	4:33:32	2:11:35	2:21:57	1961
150	177	Brennert Kurz		4:32:42	M65	4	4:33:38	2:26:57	2:06:41	1945
151	53	Höller MSc Dr. Uwe	DUV	4:32:43	M55	19	4:33:49	2:08:33	2:25:16	1959
152	162	MATHE Tibor	*Bruxelles	4:33:57	M40	31	4:34:18	1:59:16	2:35:01	1970
153	205	Bremer Andreas	Tri Team TG Witten	4:35:23	M55	20	4:36:20	2:11:51	2:24:29	1956
154	72	Lasarz David	*Köln	4:37:24	M30	4	4:38:34	2:10:33	2:28:01	1981
155	81	Mannheim Michael	LLG 80 Nordpark Köln	4:41:14	M65	5	4:42:28	2:03:49	2:38:38	1946
156	118	Schrumpf Hans-Georg	Stadt Bochum Team	4:41:39	M65	6	4:42:41	2:11:28	2:31:12	1949
157	60	Kerkenbusch Werner	marathon4you	4:41:52	M65	7	4:42:46	2:12:29	2:30:16	1947
158	65	Köhne Heinz-Werner	VfL Engelskirchen	4:42:59	M45	38	4:43:49	2:07:42	2:36:06	1968
159	124	Stoll Winfried	*Offenburg	4:44:19	M50	37	4:45:14	2:10:17	2:34:57	1964
160	42	Graf Thomas	*Bergisch Gladbach	4:44:16	M55	21	4:45:22	2:08:32	2:36:49	1957
161	70	Laig Uwe	TV Hohne	4:46:05	M55	22	4:47:38	2:21:23	2:26:14	1957
162	199	Hackenbergs Markus	ATV Hückeswagen	4:47:31	M45	39	4:49:14	2:03:51	2:45:23	1965
163	219	Mohrs Achim	Mirko's Runningteam	4:51:11	M50	38	4:52:09	2:24:17	2:27:52	1960
164	138	Wenzel Christoph	100 Marathon Club	4:53:15	M50	39	4:54:16	2:21:57	2:32:19	1960
165	78	Ludwig Manfred	DJK Kleinenbroich	4:55:55	M70	1	4:57:37	2:20:35	2:37:01	1940
166	18	Brand Marc	Tri-Club Wuppertal	4:57:12	M30	5	4:58:51	2:12:21	2:46:30	1981
167	163	Pauly Bruno	*Johannesburg	5:00:57	M50	40	5:01:49	2:09:53	2:51:56	1963
168	32	Durschlag Klaus	Lauffreunde Emsland	5:01:49	M55	23	5:03:22	2:24:45	2:38:36	1958
169	126	Szameit Holger	DUV	5:01:49	M45	40	5:03:22	2:24:46	2:38:35	1968
170	175	Klaus Holger		5:01:42	M45	41	5:03:22	2:24:49	2:38:33	1966
171	186	Podzus Horst	*Bergisch Gladbach	5:06:33	M50	41	5:07:18	2:07:15	3:00:02	1961
172	156	Khani Schahin	*Köln	5:08:41	M30	6	5:09:21	2:14:41	2:54:40	1981
173	83	Menzel Wolfgang	LLG St.Augustin	5:23:13	M55	24	5:23:50	2:25:02	2:58:47	1955
174	104	Roch Karl	LC Duisburg	5:30:00	M50	42	5:31:33	2:26:30	3:05:02	1963

**RUN GREEN - 40. Königsforst Marathon
am 16. März 2014 in Bergisch Gladbach Bensberg
Marathon - Wertung**

Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Pl.	Bruttozeit	HM1	HM2	Jahrgang
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RUN GREEN - 40. Königsforst Marathon am 16. März 2014 in Bergisch Gladbach Bensberg Marathon - Wertung

Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Pl.	Bruttozeit	HM1	HM2	Jahrgang
1	25	Diawuoh Annabel	VfL Engelskirchen	3:20:13	W20	1	3:20:22	1:33:44	1:46:38	1989
2	119	Schyns Gudrun	TuS Altenrath e.V.	3:35:58	W45	1	3:36:09	1:43:53	1:52:16	1965
3	194	Jung Andrea	Autohaus Bergisch	3:36:12	W45	2	3:36:17	1:45:35	1:50:42	1968
4	222	Schwan Claudia	SV Germania Eicherscheid	3:38:43	W45	3	3:38:53	1:47:52	1:51:00	1966
5	210	Hübner Britta	LC Duisburg	3:43:28	W50	1	3:43:46	1:55:35	1:48:11	1964
6	77	Loos Jessica	Mirkos Running Team	3:49:43	W30	1	3:51:08	1:51:10	1:59:58	1982
7	22	Conrad Kerstin	LG Falkenberg	3:51:58	W40	1	3:52:08	1:51:42	2:00:25	1971
8	121	Seidel Renate	*Eppstein	3:52:24	W50	2	3:52:42	1:56:17	1:56:25	1963
9	195	Kohlhaas Dunja		3:55:03	W35	1	3:55:09	1:50:11	2:04:57	1975
10	173	Zoschke Daniela	Hardtseemafia Triathlon	3:55:09	W30	2	3:55:33	1:46:25	2:09:08	1983
11	227	Schneider Heide	7G runergy Lauffreunde	3:56:16	W45	4	3:56:51	1:57:24	1:59:26	1969
12	203	Beisenherz Susanne	*Köln	3:57:02	W40	2	3:57:30	2:01:43	1:55:47	1973
13	145	Bazani-Kücük Zahra	*Koblenz	3:57:39	W35	2	3:57:45	1:54:41	2:03:04	1977
14	1041	Rohrlack-Störmer Monika	Stadt Bochum Team	4:04:19	W50	3	4:05:23	2:00:40	2:04:43	1961
15	217	Link-Holtermann Elke	TuS Breckerfeld	4:10:31	W45	5	4:10:58	2:04:46	2:06:12	1969
16	137	Waltenberger Nicoll	Mirkos running team	4:10:06	W45	6	4:11:08	2:05:16	2:05:51	1968
17	38	Fuhrmann Kerstin	*Essen	4:16:07	W40	3	4:16:51	1:59:57	2:16:53	1970
18	47	Hartmann Sara	Tri-Power Widdig	4:18:49	W40	4	4:19:23	1:57:46	2:21:37	1970
19	158	Konradt Marion	*Siegen	4:22:42	W50	4	4:23:27	2:03:18	2:20:08	1963
20	4	Heß Heidi	ESV Gremberghoven	4:29:01	W50	5	4:29:47	2:12:30	2:17:16	1960
21	215	Möbus Vera	LT Ballermann	4:32:04	W45	7	4:32:31	2:10:32	2:21:58	1967
22	191	Gehre Dr. Lara	VfL Bergheide	4:33:36	W40	5	4:34:36	2:12:29	2:22:07	1970
23	184	Wedde Katja	LG Monheim Baumberg	4:38:01	W45	8	4:39:09	2:13:54	2:25:15	1968
24	100	Reichenberger Michaela	PSC Pulheim	4:39:59	W45	9	4:41:09	2:18:26	2:22:43	1968
25	143	Zborowska Beate	Wahnheide	4:39:53	W45	10	4:41:30	2:22:36	2:18:54	1967
26	7	Alberts Franziska	VfL Engelskirchen	4:42:59	W20	2	4:43:49	2:07:43	2:36:06	1986
27	230	Fuchsgruber Ute	*Düsseldorf	4:50:08	W45	11	4:51:42	2:32:10	2:19:32	1967