

# 6. Lindlarer Ortskern-Lauf am 9. Mai 2014

## Lauf über 10 km

# Männer

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| AK-Platz                       | Nr.  | Name Vorname         | Verein/*Ort                    | Nettozeit | Bruttozeit | AK       | Total. | Geschwindigkeit |
|--------------------------------|------|----------------------|--------------------------------|-----------|------------|----------|--------|-----------------|
| <b>Altersklasse Männer M20</b> |      |                      |                                |           |            |          |        |                 |
| 1                              | 1307 | Dahl Simon           | TV Refrath                     | 0:33:20   | 0:33:20    | M20 1987 | 1      | 3:20 min/km     |
| 2                              | 1415 | Diesbach Louis       |                                | 0:38:24   | 0:38:27    | M20 1994 | 9      | 3:50 min/km     |
| 3                              | 1403 | Alberts Marc         | Bolts                          | 0:39:44   | 0:39:49    | M20 1988 | 16     | 3:58 min/km     |
| 4                              | 1966 | Fischer Patryk       | LANG AG                        | 0:39:50   | 0:39:53    | M20 1988 | 17     | 3:59 min/km     |
| 5                              | 1377 | Höhner Max           | Sportpalast                    | 0:40:49   | 0:40:57    | M20 1991 | 24     | 4:05 min/km     |
| <b>Altersklasse Männer M30</b> |      |                      |                                |           |            |          |        |                 |
| 1                              | 2141 | Meißner Pascal       | TV Refrath                     | 0:34:32   | 0:34:33    | M30 1983 | 2      | 3:27 min/km     |
| 2                              | 1334 | Kreuer Manuel        | Lauftreff Lindlar              | 0:37:52   | 0:37:52    | M30 1980 | 7      | 3:47 min/km     |
| 3                              | 1350 | Kleinschmidt Oliver  | LC Montanushof - Frielingsdorf | 0:38:15   | 0:38:18    | M30 1980 | 8      | 3:50 min/km     |
| 4                              | 1358 | Eid Michael          | LG Gummersbach                 | 0:38:33   | 0:38:34    | M30 1981 | 11     | 3:51 min/km     |
| 5                              | 1233 | Knape Michael        | Lauftreff Lindlar              | 0:38:39   | 0:38:39    | M30 1984 | 12     | 3:52 min/km     |
| <b>Altersklasse Männer M35</b> |      |                      |                                |           |            |          |        |                 |
| 1                              | 1484 | Kuhlmann Guido       | RC Sorpesee Tri Team           | 0:35:14   | 0:35:14    | M35 1979 | 3      | 3:31 min/km     |
| 2                              | 2143 | Glatz Richard        | *Gummersbach                   | 0:36:08   | 0:36:08    | M35 1975 | 4      | 3:37 min/km     |
| 3                              | 2144 | Mitzschke Christian  | DLRG Rösrath                   | 0:38:31   | 0:38:32    | M35 1975 | 10     | 3:51 min/km     |
| 4                              | 1614 | Müller Daniel        | Die Eieruhren                  | 0:40:46   | 0:41:27    | M35 1979 | 23     | 4:05 min/km     |
| 5                              | 1209 | Scida Eusonio        | Rosenhof @ Brühl               | 0:43:23   | 0:43:28    | M35 1975 | 41     | 4:20 min/km     |
| <b>Altersklasse Männer M40</b> |      |                      |                                |           |            |          |        |                 |
| 1                              | 1825 | Bott Markus          | Team Schmidt + Clemens         | 0:39:51   | 0:39:55    | M40 1970 | 18     | 3:59 min/km     |
| 2                              | 1246 | Spicher Dirk         | Lauftreff Lindlar              | 0:40:22   | 0:40:24    | M40 1973 | 20     | 4:02 min/km     |
| 3                              | 2129 | Korff Axel           | LC Mortonushof                 | 0:42:01   | 0:42:03    | M40 1972 | 30     | 4:12 min/km     |
| 4                              | 1239 | Harbecke Niels       | Lauftreff Lindlar              | 0:42:42   | 0:42:47    | M40 1974 | 35     | 4:16 min/km     |
| 5                              | 2139 | Dzierza Jan          | Krüger Running Team            | 0:42:46   | 0:42:51    | M40 1971 | 36     | 4:17 min/km     |
| <b>Altersklasse Männer M45</b> |      |                      |                                |           |            |          |        |                 |
| 1                              | 2012 | Niemann Christoph    | LG Gummersbach                 | 0:37:17   | 0:37:17    | M45 1968 | 6      | 3:44 min/km     |
| 2                              | 2142 | Wester Bernd         | SV-Bergisch-Gladbach           | 0:38:51   | 0:38:53    | M45 1968 | 13     | 3:53 min/km     |
| 3                              | 1260 | Voß Steffen          | LG Gummersbach                 | 0:39:31   | 0:39:31    | M45 1968 | 15     | 3:57 min/km     |
| 4                              | 1343 | Wirths Stefan        | TSV Dieringhausen              | 0:39:51   | 0:39:53    | M45 1968 | 19     | 3:59 min/km     |
| 5                              | 1351 | Stoppenbach Dietmar  | Elektro Schnickmann GmbH       | 0:40:39   | 0:40:40    | M45 1969 | 21     | 4:04 min/km     |
| <b>Altersklasse Männer M50</b> |      |                      |                                |           |            |          |        |                 |
| 1                              | 2119 | Feldhoff Bernd       | Lauftreff Lindlar              | 0:37:10   | 0:37:10    | M50 1962 | 5      | 3:43 min/km     |
| 2                              | 1306 | Lieth Udo            | TV Refrath                     | 0:39:09   | 0:39:10    | M50 1963 | 14     | 3:55 min/km     |
| 3                              | 1362 | berfeld jürgen       | *engelskirchen                 | 0:43:19   | 0:43:25    | M50 1963 | 40     | 4:20 min/km     |
| 4                              | 1340 | Fonseca Dr. Fernando | Lauftreff Lindlar              | 0:44:28   | 0:44:32    | M50 1964 | 57     | 4:27 min/km     |
| 5                              | 1632 | Mieskes Kurt         | MGV Oberbantenberg             | 0:44:41   | 0:44:42    | M50 1961 | 64     | 4:28 min/km     |
| <b>Altersklasse Männer M55</b> |      |                      |                                |           |            |          |        |                 |
| 1                              | 1216 | Heidchen Michael     | VfL Engelskirchen              | 0:48:37   | 0:48:41    | M55 1955 | 129    | 4:52 min/km     |
| 2                              | 1759 | Schulte Johannes     | LG Wipperfürth                 | 0:49:19   | 0:49:27    | M55 1958 | 139    | 4:56 min/km     |
| 3                              | 1202 | Habernickel Michael  | Kreuzbund Lindlar              | 0:49:20   | 0:49:45    | M55 1959 | 140    | 4:56 min/km     |
| 4                              | 1515 | Krempel Jürgen       | *Lindlar                       | 0:50:14   | 0:50:37    | M55 1957 | 153    | 5:01 min/km     |
| 5                              | 2104 | Dorstewitz Uwe       | *Lindlar                       | 0:52:08   | 0:52:22    | M55 1956 | 187    | 5:13 min/km     |

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|---------------------------------|------|-------------------|---------------------------|-----------|------------|----------|--------|-----------------|
| <b>Altersklasse Männer M60</b>  |      |                   |                           |           |            |          |        |                 |
| 1                               | 1335 | Schmidt Bodo      | *Gummersbach              | 0:43:44   | 0:43:45    | M60 1954 | 46     | 4:22 min/km     |
| 2                               | 2137 | Kreuzer Reinhard  | LG Gummersbach            | 0:46:43   | 0:46:48    | M60 1951 | 98     | 4:40 min/km     |
| 3                               | 1649 | Dahl Waldemar     | *Kürten                   | 0:50:13   | 0:50:34    | M60 1953 | 150    | 5:01 min/km     |
| 4                               | 1818 | Dörpinghaus Hajo  | TSV Rannungen             | 1:01:42   | 1:01:49    | M60 1953 | 278    | 6:10 min/km     |
| <b>Altersklasse Männer M65</b>  |      |                   |                           |           |            |          |        |                 |
| 1                               | 1331 | Runge Günther     | VfL Engelskirchen         | 0:50:19   | 0:50:23    | M65 1947 | 154    | 5:02 min/km     |
| 2                               | 1375 | Roth Peter        | Sportpalast               | 0:52:52   | 0:53:08    | M65 1948 | 196    | 5:17 min/km     |
| 3                               | 2130 | Rixen Franz-Gert  | Aktivraum                 | 0:54:07   | 0:54:19    | M65 1949 | 213    | 5:25 min/km     |
| 4                               | 2147 | Vogler Wolfgang   | Fairer Handel             | 0:57:17   | 0:57:32    | M65 1949 | 250    | 5:44 min/km     |
| 5                               | 1339 | müller dieter     | *hohkeppel                | 1:00:56   | 1:01:12    | M65 1945 | 274    | 6:06 min/km     |
| <b>Altersklasse Männer M75</b>  |      |                   |                           |           |            |          |        |                 |
| 1                               | 1324 | neumann oskar     | djk gummersbach           | 0:57:10   | 0:57:28    | M75 1938 | 249    | 5:43 min/km     |
| <b>Altersklasse Männer MU12</b> |      |                   |                           |           |            |          |        |                 |
| 1                               | 1636 | Lamers Tim        | Gymnasium Lindlar 5b      | 0:52:59   | 0:53:25    | MU12     | 198    | 5:18 min/km     |
| 2                               | 1637 | Müller Tom        | Gymnasium Lindlar 5b      | 0:53:23   | 0:53:57    | MU12     | 205    | 5:20 min/km     |
| 3                               | 1639 | Luca Wershofen    | Gymnasium Lindlar 5b      | 0:57:47   | 0:58:14    | MU12     | 255    | 5:47 min/km     |
| 4                               | 1638 | Davenport Tom     | Gymnasium Lindlar 5b      | 1:02:23   | 1:02:50    | MU12     | 281    | 6:14 min/km     |
| <b>Altersklasse Männer MU14</b> |      |                   |                           |           |            |          |        |                 |
| 1                               | 1153 | Gdasz Jeramy      | Die Gute Hand             | 0:50:36   | 0:50:45    | MU14     | 160    | 5:04 min/km     |
| 2                               | 1186 | Alefelder Dennis  | LGR Engelskirchen         | 0:50:59   | 0:50:59    | MU14     | 170    | 5:06 min/km     |
| 3                               | 1152 | Nezerovic Muhamed | Staubwolke Refrath        | 0:55:29   | 0:55:37    | MU14     | 236    | 5:33 min/km     |
| 4                               | 1173 | Mueller Nico      | TUS LINDLAR               | 0:55:31   | 0:55:31    | MU14     | 238    | 5:33 min/km     |
| 5                               | 1177 | Frank Alexander   | Gymnasium Lindlar 6c      | 0:55:45   | 0:55:45    | MU14     | 240    | 5:35 min/km     |
| <b>Altersklasse Männer MU16</b> |      |                   |                           |           |            |          |        |                 |
| 1                               | 1195 | Weinand David     | WSC Lindlar               | 0:44:51   | 0:44:55    | MU16     | 72     | 4:29 min/km     |
| 2                               | 1181 | Bürling Luca      | Gymnasium Lindlar 9b      | 0:50:32   | 0:50:42    | MU16     | 157    | 5:03 min/km     |
| 3                               | 1151 | Dermane Gordon    | JFC Biesfeld              | 0:51:39   | 0:51:47    | MU16     | 180    | 5:10 min/km     |
| 4                               | 1146 | Thomm Simeon      |                           | 0:55:25   | 0:55:39    | MU16     | 234    | 5:33 min/km     |
| 5                               | 1197 | Güttler Justus    | *Lindlar                  | 0:55:32   | 0:56:00    | MU16     | 239    | 5:33 min/km     |
| <b>Altersklasse Männer MU18</b> |      |                   |                           |           |            |          |        |                 |
| 1                               | 2014 | Mauderla Kevin    | Team Edelstahl Dörrenberg | 0:40:42   | 0:40:42    | MU18     | 22     | 4:04 min/km     |
| 2                               | 1183 | Hoffstadt Paul    | LGR Engelskirchen         | 0:46:19   | 0:46:27    | MU18     | 90     | 4:38 min/km     |
| 3                               | 1189 | Rahner Sven       | Team UmFitZuSein          | 0:46:19   | 0:46:26    | MU18     | 91     | 4:38 min/km     |
| 4                               | 1174 | Hegmanns Benedikt | *Lindlar                  | 0:50:34   | 0:50:57    | MU18     | 158    | 5:03 min/km     |
| 5                               | 1191 | Reimann Fabian    | Schreinerei Kremer        | 1:04:21   | 1:04:52    | MU18     | 286    | 6:26 min/km     |
| <b>Altersklasse Männer MU20</b> |      |                   |                           |           |            |          |        |                 |
| 1                               | 1168 | Roos Morten       |                           | 0:44:48   | 0:45:02    | MU20     | 70     | 4:29 min/km     |
| 2                               | 1193 | Förster Johannes  | WSC Lindlar               | 0:44:49   | 0:44:52    | MU20     | 71     | 4:29 min/km     |
| 3                               | 1182 | Kern Frederik     | ONI-Wärmetrafo GmbH       | 0:59:08   | 0:59:28    | MU20     | 264    | 5:55 min/km     |

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|---------------------------------|------|-----------------------|---------------------------|-----------|------------|----------|--------|-----------------|
| <b>Altersklasse Frauen W20</b>  |      |                       |                           |           |            |          |        |                 |
| 1                               | 1458 | Diawuoh Annabel       | VfL Engelskirchen         | 0:41:02   | 0:41:04    | W20 1989 | 3      | 4:06 min/km     |
| 2                               | 1309 | Müller Anja           | Lauftreff Lindlar         | 0:47:12   | 0:47:26    | W20 1989 | 8      | 4:43 min/km     |
| 3                               | 1621 | Alberts Franziska     | VfL Engelskirchen         | 0:49:51   | 0:49:54    | W20 1986 | 11     | 4:59 min/km     |
| 4                               | 1596 | Mortsiefer Jana       | *Waldbröl                 | 1:07:32   | 1:08:07    | W20 1989 | 58     | 6:45 min/km     |
| 5                               | 1600 | Schlechtriem Julia    | Bauzentrum Cronrath GmbH  | 1:07:36   | 1:08:11    | W20 1986 | 59     | 6:46 min/km     |
| <b>Altersklasse Frauen W30</b>  |      |                       |                           |           |            |          |        |                 |
| 1                               | 2124 | Offermann Eva         | DJK JS Herzogenrath       | 0:39:41   | 0:39:42    | W30 1983 | 2      | 3:58 min/km     |
| 2                               | 1167 | Müller Miriam         | Laufen gegen Leiden       | 0:46:40   | 0:46:51    | W30 1982 | 6      | 4:40 min/km     |
| 3                               | 1387 | Peters Barbara        | LANG AG                   | 0:51:43   | 0:52:11    | W30 1981 | 22     | 5:10 min/km     |
| 4                               | 1314 | Rehfus Karen          | *Lindlar                  | 0:54:43   | 0:54:54    | W30 1982 | 32     | 5:28 min/km     |
| 5                               | 1904 | Weigl-Schruff Kathrin | Sportpalast               | 0:54:45   | 0:55:01    | W30 1980 | 33     | 5:29 min/km     |
| <b>Altersklasse Frauen W35</b>  |      |                       |                           |           |            |          |        |                 |
| 1                               | 2146 | Fondermann Rebecca    | Skinfit                   | 0:41:23   | 0:41:25    | W35 1979 | 4      | 4:08 min/km     |
| 2                               | 1406 | Kannenberg Nancy      | Albrecht-Made of Steel    | 0:47:46   | 0:47:57    | W35 1979 | 9      | 4:47 min/km     |
| 3                               | 1546 | Ohmann Dagmar         | *Lohmar                   | 0:52:00   | 0:52:38    | W35 1976 | 25     | 5:12 min/km     |
| 4                               | 2000 | Jacobs Annika         | LANG AG                   | 0:54:40   | 0:54:42    | W35 1979 | 31     | 5:28 min/km     |
| 5                               | 1901 | Rotthoff Katja        | Sportpalast               | 0:58:19   | 0:58:41    | W35 1976 | 42     | 5:50 min/km     |
| <b>Altersklasse Frauen W40</b>  |      |                       |                           |           |            |          |        |                 |
| 1                               | 1236 | Schäpers Silke        | TV Refrath                | 0:39:09   | 0:39:09    | W40 1970 | 1      | 3:55 min/km     |
| 2                               | 1542 | Braun Nicole          | *Engelskirchen            | 0:47:47   | 0:47:51    | W40 1972 | 10     | 4:47 min/km     |
| 3                               | 1321 | Schlichtmann Susanne  | Laufclub 21               | 0:49:59   | 0:50:44    | W40 1974 | 13     | 4:60 min/km     |
| 4                               | 2001 | Van Loocke Els        | LANG AG                   | 0:50:33   | 0:50:50    | W40 1974 | 15     | 5:03 min/km     |
| 5                               | 1258 | Littig Sandra         | Schreinerei Littig        | 0:50:35   | 0:51:12    | W40 1973 | 16     | 5:04 min/km     |
| <b>Altersklasse Frauen W45</b>  |      |                       |                           |           |            |          |        |                 |
| 1                               | 2007 | Damaschke Regina      | LANG AG                   | 0:44:00   | 0:44:03    | W45 1969 | 5      | 4:24 min/km     |
| 2                               | 1269 | Faßbender Anja        | TV Oberbantenberg         | 0:53:26   | 0:53:50    | W45 1968 | 28     | 5:21 min/km     |
| 3                               | 2122 | Hoffstadt Petra       | Lauftreff Lindlar         | 0:54:55   | 0:55:32    | W45 1966 | 35     | 5:30 min/km     |
| 4                               | 1434 | Bidinger Sandra       | Schützenverein Lindlar    | 0:59:45   | 1:00:18    | W45 1968 | 45     | 5:59 min/km     |
| 5                               | 2008 | Hoffmann Andrea       | Sportpalast               | 1:00:31   | 1:00:55    | W45 1965 | 46     | 6:03 min/km     |
| <b>Altersklasse Frauen W50</b>  |      |                       |                           |           |            |          |        |                 |
| 1                               | 1378 | Meisel Doris          | Sportpalast               | 0:47:12   | 0:47:19    | W50 1963 | 7      | 4:43 min/km     |
| 2                               | 1815 | Andrieu-Syrek Ina     | LG Gummersbach            | 0:49:58   | 0:50:03    | W50 1963 | 12     | 4:60 min/km     |
| 3                               | 1284 | Wasserfuhr Barbara    | Team ERDINGER Alkoholfrei | 0:50:18   | 0:50:25    | W50 1962 | 14     | 5:02 min/km     |
| 4                               | 1220 | Dörpinghaus Tina      | *Köln                     | 0:51:58   | 0:52:33    | W50 1960 | 24     | 5:12 min/km     |
| 5                               | 2120 | Feldhoff Ulrike       | Sportpalast               | 0:53:09   | 0:53:21    | W50 1963 | 27     | 5:19 min/km     |
| <b>Altersklasse Frauen W60</b>  |      |                       |                           |           |            |          |        |                 |
| 1                               | 1316 | Schulte Gudrun        | TSG Valbert 1894          | 0:50:36   | 0:50:43    | W60 1954 | 17     | 5:04 min/km     |
| 2                               | 1680 | Spicher Ursula        | ONI-Wärmetrafo GmbH       | 1:03:38   | 1:03:57    | W60 1953 | 52     | 6:22 min/km     |
| <b>Altersklasse Frauen WU14</b> |      |                       |                           |           |            |          |        |                 |
| 1                               | 1179 | Tekotte Ella          | Gymnasium Lindlar 6c      | 0:51:37   | 0:51:56    | WU14     | 21     | 5:10 min/km     |
| <b>Altersklasse Frauen WU16</b> |      |                       |                           |           |            |          |        |                 |
| 1                               | 1175 | Blumberg Angelina     | Gymnasium Lindlar 8c      | 0:51:36   | 0:51:54    | WU16     | 20     | 5:10 min/km     |

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|---------------------------------|------|------------------------|-----------------|-----------|------------|------|--------|-----------------|
| <b>Altersklasse Frauen WU18</b> |      |                        |                 |           |            |      |        |                 |
| 1                               | 1127 | da Fonseca Linda Maria |                 | 0:54:59   | 0:55:16    | WU18 | 36     | 5:30 min/km     |
| 2                               | 1188 | Höft Johanna           | Die Rottenbande | 1:03:15   | 1:03:54    | WU18 | 51     | 6:20 min/km     |
| 3                               | 1113 | Güttler Sophia         | LANG AG         | 1:07:50   | 1:08:18    | WU18 | 60     | 6:47 min/km     |
| <b>Altersklasse Frauen WU20</b> |      |                        |                 |           |            |      |        |                 |
| 1                               | 1164 | Kuasch Maxim           |                 | 0:50:56   | 0:50:57    | WU20 | 19     | 5:06 min/km     |