

10km - Gesamt Lauf 6-8

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	1	Pollmächer Andre	rhein-marathon düsseldorf e.V.	0:30:07	0:30:08	1	M30	83	5: 05:42 06:13 06:12 06:08 05:50
2	2745	Thomet Leni		0:30:40	0:30:41	1	MU20	97	5: 05:43 06:13 06:14 06:10 06:19
3	2684	Mansour Nouredine	TUS Köln	0:30:41	0:30:42	2	M30	81	5: 05:42 06:13 06:14 06:23 06:07
4	2	Weerts Jean-Pierre	*Düsseldorf	0:30:54	0:30:55	1	MHK	86	5: 05:42 06:13 06:14 06:23 06:20
5	2683	Hudrog Mussa	ATG	0:31:23	0:31:23	3	M30	85	5: 05:42 06:13 06:25 06:32 06:29
6	2867	Hadamus Sebastian	ART Düsseldorf	0:32:07	0:32:08	1	M40	74	5: 05:56 06:31 06:33 06:35 06:31
7	2247	Lefebvre Ludwig	RCA Spa	0:32:35	0:32:35	2	MHK	90	5: 05:56 06:34 06:47 06:46 06:30
8	3	Gemke Christian		0:32:47	0:32:47	4	M30	82	5: 05:56 06:35 06:46 06:47 06:41
9	2215	Vandeputte Eddy	Malmedy AC	0:32:56	0:32:56	2	M40	71	5: 05:57 06:35 06:46 06:49 06:48
10	2432	Dahl Simon	Rhein-Berg Runners	0:33:03	0:33:04	3	MHK	87	5: 06:14 06:43 06:43 06:41 06:40
11	2844	Dichans Fabian	ART Düsseldorf	0:33:22	0:33:23	5	M30	82	5: 06:14 06:44 06:48 06:49 06:44
12	2334	Claeßens Thomas	LT DSHS Köln	0:33:36	0:33:37	4	MHK	86	5: 06:14 06:44 06:48 06:50 06:57
13	2540	Sudowé David	*Erkrath	0:33:48	0:33:48	5	MHK	89	5: 06:01 06:57 06:53 07:02 06:53
14	1480	Lässig Robert	*Düsseldorf	0:33:49	0:33:50	6	M30	84	5: 06:17 06:55 06:56 06:57 06:43
15	2904	Lahey Johannes	TV Erkelenz 1860	0:33:52	0:33:53	1	MU23	94	5: 06:15 06:45 06:52 07:01 06:58
16	2318	Meißner Pascal	Rhein Berg Runners	0:34:25	0:34:26	7	M30	83	5: 06:14 06:45 07:08 07:11 07:05
17	1628	Graetsch Daniel	Running Team Grafenberg	0:34:32	0:34:34	8	M30	84	5: 06:21 06:54 07:01 07:09 07:05
18	2368	Friedrich Uwe	Chemnitzer PSV	0:34:33	0:34:35	3	M40	72	5: 06:21 06:54 07:03 07:10 07:04
19	2197	Borghans Robin	OSC Waldniel	0:34:37	0:34:37	2	MU23	94	5: 06:15 06:50 07:08 07:14 07:07
20	2306	Monster Daniel	AS Neukirchen-Vluyn	0:34:48	0:34:50	4	M40	72	5: 06:16 06:54 06:59 07:10 07:27
21	2300	Dasch Thomas	LT DSHS Köln	0:34:56	0:34:58	9	M30	85	5: 06:25 07:05 07:08 07:12 07:05
22	2686	Stephan Alexander	LT-DSHS-Köln	0:35:00	0:35:02	6	MHK	86	5: 06:24 07:04 07:09 07:12 07:09
23	1643	Graetsch Steffen	TV Haibach	0:35:26	0:35:28	7	MHK	86	5: 06:25 07:03 07:14 07:24 07:18
24	2606	Knipping Andreas	SFD'75 Düsseldorf	0:35:40	0:35:41	8	MHK	90	5: 06:40 07:11 07:18 07:18 07:10
25	2388	Altebäumer Fabian	LSF Münster	0:35:42	0:35:44	10	M30	83	5: 06:42 07:17 07:13 07:14 07:13
26	2685	Losch Stefan	TUSEM Essen	0:35:49	0:35:50	1	M45	68	5: 06:42 07:17 07:17 07:18 07:14
27	2391	Thönnessen Florian	*Monheim	0:35:54	0:35:55	1	M35	77	5: 06:45 07:14 07:19 07:24 07:10
28	1623	Arand Marcel	Running Team Grafenberg	0:35:58	0:35:59	9	MHK	91	5: 06:43 07:19 07:24 07:25 07:04
29	2701	Lütge-Varney Martin	MTV Kronberg	0:36:07	0:36:09	2	M45	70	5: 06:42 07:18 07:22 07:30 07:14
30	2089	Heuschen Dirk	Rhein Berg Runners	0:36:09	0:36:11	1	M50	64	5: 06:42 07:19 07:26 07:25 07:16
31	2512	Nowack Matthias	LSF Münster	0:36:18	0:36:19	11	M30	83	5: 06:42 07:18 07:23 07:29 07:24
32	2185	Risko Sebastian	Team ERDINGER Alkoholfrei	0:36:21	0:36:23	10	MHK	91	5: 06:43 07:21 07:24 07:34 07:18
33	2822	Kexel Sebastian	TEAM ESSEN 99	0:36:23	0:36:25	2	MU20	96	5: 06:41 07:24 07:35 07:34 07:07
34	1770	Eichhorn Daniel	*Düsseldorf	0:36:24	0:36:27	11	MHK	86	5: 06:55 07:19 07:25 07:23 07:21
35	2613	Ziob Julian	SFD'75 Düsseldorf	0:36:27	0:36:30	12	MHK	89	5: 06:47 07:24 07:33 07:30 07:12
36	2519	Klinger Florian	Albrecht-Dürer-Schule	0:36:29	0:36:31	3	MU23	94	5: 06:40 07:24 07:34 07:30 07:19
37	2915	Gebreselassie Fitsum		0:36:30	0:00:00	13	MHK	92	5: 06:14 07:17 07:44 07:42 07:31
38	1954	Jacoby Jochen	AWISTA GmbH	0:36:32	0:36:33	5	M40	74	5: 06:33 07:24 07:38 07:37 07:17
39	2570	Claesges Michael	Dropsa Sports Club	0:36:37	0:36:39	2	M50	64	5: 06:42 07:17 07:23 07:34 07:39
40	2229	Reichmann Jörg	*Gelsenkirchen	0:36:43	0:36:45	3	M45	70	5: 06:42 07:19 07:35 07:35 07:30
41	2913	Penedo Alipio	rhein-marathon düsseldorf e.V.	0:36:49	0:36:51	6	M40	74	5: 06:25 07:26 07:36 07:42 07:39
42	2901	Nikoltschuk Sergej		0:37:04	0:37:06	14	MHK	86	5: 06:42 07:24 07:39 07:44 07:33
43	2144	Möhle Benjamin	ART Düsseldorf	0:37:07	0:37:10	7	M40	75	5: 06:54 07:18 07:32 07:41 07:39
44	1367	Martens Koen	Running2000	0:37:13	0:37:14	3	M50	64	5: 06:49 07:31 07:41 07:40 07:30
45	2222	Podewski Max	*Essen	0:37:17	0:37:20	15	MHK	88	5: 06:55 07:27 07:38 07:41 07:36
46	2402	Kox Jochen	DJK Kleinenbroich	0:37:20	0:37:24	8	M40	71	5: 07:04 07:42 07:34 07:33 07:26
47	1324	Franek Florian	Rheinpark Runners Düsseldorf	0:37:47	0:37:49	2	M35	79	5: 07:04 07:42 07:42 07:44 07:33
48	2179	Kreutzer-beck Christian	Team ERDINGER Alkoholfrei	0:38:15	0:38:19	3	M35	77	5: 07:04 07:42 07:48 07:50 07:49
49	1213	Schneider Jonas	*Aachen	0:38:25	0:38:25	16	MHK	87	5: 06:47 07:39 07:55 08:11 07:50
50	2065	DODRE BENIAMIN	frank	0:38:30	0:38:31	17	MHK	92	5: 07:10 07:53 07:54 07:49 07:43
51	1151	Präger Norman	Rheinpark Runners Düsseldorf	0:38:34	0:38:35	12	M30	82	5: 06:53 07:47 07:58 08:00 07:55
52	2502	Fabian Max	SFD'75 Düsseldorf	0:38:43	0:38:46	4	MU23	94	5: 06:51 07:47 07:58 08:22 07:43
53	2173	Freese Simon	Team ERDINGER Alkoholfrei	0:38:45	0:38:50	9	M40	73	5: 07:10 07:51 08:02 08:03 07:37
54	2003	Köhler Olaf	Bunert After Work Runner	0:38:58	0:39:01	10	M40	71	5: 06:47 07:53 08:08 08:14 07:54
55	1837	Diego Fort	Rhein Park Runners	0:39:05	0:39:06	13	M30	82	5: 07:05 07:54 08:11 08:09 07:43
56	2870	Mollen Burkhard		0:39:07	0:39:08	4	M45	68	5: 07:06 07:53 08:06 08:07 07:53
57	2193	Werner Matthias	Hildener AT	0:39:16	0:39:19	5	M45	69	5: 07:15 08:01 08:07 08:02 07:49
58	2051	Bardos Karoly	Red Bull Linz	0:39:20	0:39:22	11	M40	73	5: 06:49 07:57 08:13 08:17 08:01
59	1988	Lütke-meier Werner	*Tönisvorst	0:39:21	0:39:24	6	M45	67	5: 07:13 07:57 08:00 08:04 08:04
60	2316	Ballmann Kai	DJK Kleinenbroich	0:39:21	0:39:24	18	MHK	89	5: 06:55 07:48 08:17 08:16 08:03

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1541	Vauth Robin	TV Germania Buschhütten 1885	0:39:23	0:39:26	7	M45	66	5: 07:13 07:53 08:05 08:10 08:01
62	2243	Alhäuser Jochen	LC Duisburg	0:39:25	0:39:27	8	M45	67	5: 07:11 07:57 08:02 08:09 08:04
63	1096	Steinforth Alexander	Fortuna Düsseldorf Triathlon	0:39:25	0:39:29	14	M30	85	5: 07:06 07:58 08:02 08:06 08:11
64	2547	Blaschke Mathias	Ausdauerschule by bunert	0:39:26	0:39:33	15	M30	84	5: 06:57 07:46 08:16 08:15 08:10
65	2251	Thüs Andreas	Rhein Berg Runners	0:39:26	0:39:29	9	M45	70	5: 07:22 08:00 08:02 08:04 07:56
66	1114	Piepenbreier Olaf	*Ratingen	0:39:28	0:39:32	12	M40	71	5: 07:10 08:01 08:07 08:11 07:57
67	1171	Röhrich Thomas	*Düsseldorf	0:39:34	0:39:37	10	M45	68	5: 07:12 07:57 08:08 08:09 08:06
68	2232	Nebel Jochen	TUSEM ESSEN	0:39:39	0:39:43	4	M50	63	5: 07:30 08:02 07:59 08:08 07:58
69	1719	Dietzgen Holger	Family-Runners	0:39:47	0:39:50	11	M45	66	5: 07:17 08:05 08:09 08:12 08:02
70	2614	König Niklas	SFD 75 Düsseldorf	0:39:53	0:39:56	16	M30	85	5: 07:25 08:12 08:12 08:05 07:57
71	1025	Müller Manuel	Laufschule Düsseldorf	0:39:54	0:40:00	17	M30	84	5: 07:22 08:07 08:08 08:14 08:02
72	1743	Franzke Martin	Schützengellauf	0:39:55	0:39:59	18	M30	83	5: 07:05 08:05 08:13 08:21 08:09
73	1894	Euen Tom	Team Stadtwerke Düsseldorf	0:39:57	0:40:00	12	M45	67	5: 07:15 08:07 08:13 08:18 08:01
74	1519	Riebold Lars	LT Rennhamster	0:39:57	0:40:01	5	M50	63	5: 07:18 08:00 08:04 08:21 08:11
75	1150	Gronen Torsten	*Düsseldorf	0:39:58	0:40:03	19	M30	83	5: 07:08 07:54 08:30 08:30 07:53
76	2288	Fischer Steffen	TG Neuss	0:39:58	0:40:04	13	M45	70	5: 07:19 08:02 08:09 08:14 08:12
77	2775	Schröder Julian		0:39:59	0:40:02	19	MHK	88	5: 07:17 07:59 08:07 08:24 08:09
78	2411	Gengler Marc	Special Olympics Luxembourg	0:40:06	0:40:13	6	M50	64	5: 07:28 08:03 08:11 08:15 08:06
79	2227	Steinmann Markus	Osterather TV	0:40:06	0:40:10	20	M30	82	5: 07:23 08:11 08:08 08:16 08:06
80	2589	Dee Sascha	Lauftreff Unterfeldhaus	0:40:11	0:40:15	13	M40	75	5: 07:30 08:11 08:12 08:18 07:58
81	1618	Kohnen Thorsten	*Erkrath	0:40:12	0:40:16	14	M40	75	5: 07:30 08:11 08:12 08:18 07:59
82	2385	Rauschenberger Dirk	Team Schumannstr	0:40:13	0:40:17	14	M45	67	5: 07:00 08:05 08:21 08:35 08:11
83	1891	Jestadt Thomas	Team Stadtwerke Düsseldorf	0:40:16	0:40:19	15	M45	69	5: 07:07 08:06 08:28 08:28 08:05
84	2921	Conradi Oliver	Evonik	0:40:20	0:40:26	15	M40	71	5: 07:18 08:11 08:16 08:21 08:14
85	2887	Sinzig Leonhard	ASC Düsseldorf	0:40:23	0:40:25	5	MU23	94	5: 07:03 07:51 08:16 08:38 08:33
86	2321	Radl Albert	*Düsseldorf	0:40:29	0:40:33	16	M40	71	5: 07:12 08:08 08:18 08:27 08:21
87	2079	Dobrikov Ivaylo	Tri Team FS Düsseldorf	0:40:32	0:40:38	21	M30	84	5: 07:30 08:11 08:17 08:25 08:07
88	2188	Strohmeier Peter	Team ERDINGER Alkoholfrei	0:40:44	0:40:55	16	M45	67	5: 07:38 08:21 08:19 08:20 08:03
89	2323	Kamper Michael	DJK Kleinenbroich	0:40:46	0:40:49	4	M35	77	5: 07:05 08:09 08:27 08:33 08:29
90	1482	König Thomas	Tri Team FS Düsseldorf	0:40:47	0:40:54	7	M50	65	5: 07:32 08:14 08:19 08:27 08:13
91	2393	Lang Udo	*Kaarst	0:40:49	0:40:54	8	M50	65	5: 07:35 08:16 08:25 08:27 08:04
92	2059	Gleumes Stephan	Vodafone Runners	0:40:52	0:40:55	17	M40	71	5: 07:31 08:20 08:24 08:27 08:09
93	1661	Doteguchi Mitsuru	*Duesseldorf	0:40:53	0:41:00	17	M45	66	5: 07:23 08:15 08:35 08:26 08:13
94	1323	Ziese Ralf	*Bonn	0:40:53	0:40:55	9	M50	62	5: 07:33 08:19 08:21 08:28 08:10
95	2034	Küpper Michael	*Düsseldorf	0:40:58	0:41:01	18	M40	72	5: 07:41 08:25 08:22 08:25 08:04
96	1095	Semmler Michael	Running Team Grafenberg	0:41:01	0:41:07	18	M45	66	5: 07:39 08:11 08:24 08:27 08:19
97	1771	Jans Paul	TLV Germania Überehr	0:41:03	0:41:08	1	M55	59	5: 07:32 08:17 08:27 08:28 08:17
98	2271	Hilbert Steffen	Comenius-Gymnasium	0:41:05	0:41:08	22	M30	81	5: 07:46 08:24 08:30 08:32 07:50
99	2358	Lindermann Andreas	*Duisburg	0:41:08	0:41:12	19	M40	72	5: 07:22 08:17 08:28 08:35 08:24
100	2565	Gürer Kaan	Linklaters LLP	0:41:17	0:41:35	23	M30	84	5: 08:01 08:28 08:10 08:29 08:06
101	2031	Regier Thomas	*Gütersloh	0:41:26	0:41:35	5	M35	80	5: 07:55 08:31 08:21 08:24 08:13
102	1589	Zeisel Dr. Stefan	LT Bismarckturm Bochum	0:41:28	0:41:32	20	M40	71	5: 07:32 08:10 08:33 08:41 08:30
103	1986	Kraschl Steffen	*Moers	0:41:29	0:41:33	24	M30	81	5: 07:23 08:24 08:29 08:32 08:39
104	2858	Feaux de Lacroix Boris		0:41:31	0:41:34	21	M40	75	5: 07:14 08:18 08:43 08:42 08:31
105	2219	Renting Ralf	*Bocholt	0:41:31	0:41:39	10	M50	64	5: 07:54 08:27 08:28 08:26 08:13
106	1780	Gmirrek Andreas	LT-Kemperdick	0:41:31	0:41:36	11	M50	64	5: 07:31 08:15 08:29 08:38 08:36
107	1154	Reuter Guido	Laufschule Düsseldorf	0:41:31	0:41:38	19	M45	68	5: 07:44 08:31 08:27 08:30 08:18
108	2281	Böhme Ralph	Nowy Styl GmbH	0:41:32	0:41:32	12	M50	65	5: 07:16 08:26 08:43 08:42 08:22
109	1713	Schwing Bastian	*Düsseldorf	0:41:34	0:41:36	6	M35	79	5: 07:26 08:26 08:27 08:35 08:38
110	1027	Neef Hans-Jürgen	ERGOsports	0:41:37	0:41:43	2	M55	57	5: 07:20 08:20 08:43 08:41 08:31
111	2069	Hulbert Guido	Schüßler Plan RUNing	0:41:39	0:41:41	7	M35	78	5: 07:49 08:29 08:32 08:39 08:08
112	2556	Bexkens Willy	LG Stadtwerke Hilden	0:41:39	0:41:42	20	M45	68	5: 07:26 08:30 08:33 08:36 08:32
113	1890	Hartmann Marc	Team Stadtwerke Düsseldorf	0:41:40	0:41:47	21	M45	70	5: 07:49 08:26 08:26 08:36 08:20
114	2823	Nutz Reinke		0:41:41	0:41:48	8	M35	80	5: 07:48 08:24 08:27 08:33 08:27
115	1175	Flügge Thomas	Meiderich 06 / 95	0:41:42	0:41:45	22	M45	69	5: 07:37 08:30 08:32 08:42 08:20
116	1870	Umbach Florian	TW Allstars	0:41:46	0:41:51	20	MHK	89	5: 07:49 08:27 08:30 08:31 08:27
117	1369	Lennartz Mathias	*Düsseldorf	0:41:48	0:42:13	9	M35	77	5: 07:44 08:22 08:26 08:41 08:33
118	1785	Grömping Josef	*Nackenheim	0:41:57	0:42:06	23	M45	67	5: 07:46 08:28 08:33 08:34 08:33
119	1326	Brudnitzki Jonas	*Sonsbeck	0:41:58	0:42:15	25	M30	84	5: 08:09 08:26 08:35 08:33 08:12
120	1553	Köcke Sven	*Düsseldorf	0:41:58	0:41:58	21	MHK	87	5: 08:07 08:32 08:34 08:34 08:09

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	2312	Petersen Jesper	*Düsseldorf	0:42:01	0:42:07	24	M45	69	5: 07:28 08:25 08:39 08:49 08:37
122	2664	Pasuch Dominic	*Düsseldorf	0:42:02	0:42:18	26	M30	82	5: 08:07 08:23 08:28 08:38 08:24
123	2857	Denkhaus Ulrich		0:42:04	0:42:09	3	M55	60	5: 08:03 08:28 08:25 08:40 08:27
124	1176	Kux Stefan	LG Himmelgeist	0:42:08	0:42:15	10	M35	76	5: 07:43 08:27 08:32 08:40 08:43
125	1295	Bremer Christian	Fysio Frings Cycle Team	0:42:10	0:42:14	22	MHK	86	5: 07:37 08:31 08:35 08:43 08:42
126	2779	Ersitanor Malik		0:42:15	0:42:20	23	MHK	88	5: 08:06 08:39 08:35 08:17 08:36
127	2862	Roling Michael	High5	0:42:16	0:42:24	27	M30	83	5: 07:23 08:06 08:41 09:03 09:01
128	2841	Sabonni Raffael		0:42:19	0:42:19	11	M35	77	5: 07:51 08:46 08:35 08:43 08:22
129	1768	Schmandt Jan	ART Düsseldorf	0:42:20	0:42:22	12	M35	76	5: 08:08 08:48 08:31 08:32 08:19
130	2370	Verfürth Christian	*Düsseldorf	0:42:21	0:42:27	25	M45	68	5: 07:49 08:35 08:33 08:48 08:34
131	2853	Palm Matthias	High5	0:42:24	0:42:32	28	M30	82	5: 07:25 08:34 08:52 08:57 08:33
132	1303	Tiripa Mihai	LG Monheim/Baumberg	0:42:26	0:42:32	13	M50	62	5: 07:45 08:31 08:39 08:49 08:40
133	1051	Weidenhaupt Alexander	*Düsseldorf	0:42:28	0:42:33	29	M30	83	5: 07:28 08:39 08:54 08:53 08:32
134	2621	Wilke André	*Düsseldorf	0:42:29	0:42:36	13	M35	77	5: 08:00 08:42 08:45 08:48 08:11
135	1654	Dwertmann Marco	*Duesseldorf	0:42:35	0:42:38	30	M30	82	5: 07:46 08:24 08:30 08:52 09:01
136	1374	Fujii Kanenori	KYOCERA	0:42:35	0:42:38	14	M35	76	5: 07:07 08:30 08:55 09:02 08:58
137	2181	Leininger Enrico	Team ERDINGER Alkoholfrei	0:42:36	0:42:40	22	M40	73	5: 07:40 08:39 08:52 08:51 08:31
138	2383	Melder Ruprecht	*Meerbusch	0:42:36	0:42:43	26	M45	69	5: 07:51 08:44 08:47 08:45 08:26
139	2748	Mestek Daniel	RSV-Steinfurt	0:42:41	0:42:43	31	M30	82	5: 07:53 08:39 08:50 08:41 08:36
140	1784	Beneke Willi	after work runner	0:42:42	0:42:44	23	M40	74	5: 07:37 08:37 08:52 08:54 08:40
141	2805	Überall Dirk	SC Bayer 05 Uerdingen	0:42:45	0:42:50	27	M45	68	5: 07:39 08:30 08:44 08:57 08:53
142	1184	Ramirez Martinez Juan	*Marburg	0:42:47	0:42:58	15	M35	78	5: 07:53 08:39 08:44 09:02 08:27
143	1640	Seedorf Uwe	DJK Novesia Neuss	0:42:50	0:42:57	28	M45	70	5: 08:01 08:40 08:47 08:48 08:32
144	2170	Kels Martin	TUSEM Essen	0:42:50	0:42:55	16	M35	80	5: 07:45 08:38 08:55 08:48 08:43
145	1576	Kolev Miroslav	freenet Datenkommunikations	0:42:52	0:42:53	17	M35	79	5: 07:26 08:34 08:53 09:07 08:51
146	2177	Hagemann Udo	Team ERDINGER Alkoholfrei	0:42:59	0:43:00	29	M45	70	5: 07:38 08:47 08:53 08:59 08:40
147	1232	Spaethe Johannes	*Düsseldorf	0:42:59	0:43:08	32	M30	85	5: 07:43 08:34 08:50 08:57 08:54
148	1049	Dr. Fröhlich Oliver	Wittlaer Runners	0:43:06	0:43:09	24	M40	71	5: 07:48 08:42 08:37 08:56 09:01
149	1143	Bögershausen Holger	Raketenläufer	0:43:06	0:43:17	25	M40	72	5: 07:51 08:48 08:52 08:56 08:37
150	1446	Altermann Peter	*Düsseldorf	0:43:07	0:43:10	26	M40	73	5: 08:01 08:50 08:37 08:49 08:48
151	2886	Beicht Christoph		0:43:07	0:43:18	33	M30	85	5: 07:59 08:35 08:43 08:55 08:54
152	1031	Henn Ciaran	*Mönchengladbach	0:43:17	0:43:25	4	M55	57	5: 07:54 08:41 08:50 09:00 08:50
153	2619	Schwabe Jan	SFD 75 Düsseldorf	0:43:19	0:43:24	30	M45	67	5: 07:49 08:53 09:07 09:00 08:28
154	1634	Kosselt Norbert	Running Team Grafenberg	0:43:22	0:43:23	31	M45	66	5: 08:06 09:00 08:50 08:51 08:33
155	2927	Vogt Michael	Ruhr-Universität Bochum	0:43:22	0:43:26	32	M45	69	5: 07:47 08:44 08:55 09:05 08:49
156	2774	Weyen Torsten	Stärke Boschte Korschenbroich	0:43:23	0:43:25	27	M40	73	5: 07:48 08:40 08:50 09:04 08:58
157	2650	Cardeneo Jörk	ASC Düsseldorf	0:43:24	0:43:31	5	M55	57	5: 08:07 08:53 08:52 08:49 08:40
158	1560	Harrell Christoph	*Düsseldorf	0:43:28	0:00:00	18	M35	78	5: 07:46 08:37 08:54 09:11 08:59
159	1879	Lösing Martin	*Velbert	0:43:30	0:43:34	6	M55	58	5: 07:40 08:35 08:56 09:05 09:13
160	1670	Jotanovic Zoran	*Düsseldorf	0:43:32	0:43:44	28	M40	74	5: 07:42 08:28 09:03 09:28 08:49
161	2450	Hammerschmidt Lukas	*Solingen	0:43:33	0:43:39	3	MU20	96	5: 07:46 08:39 08:55 09:22 08:49
162	1787	Elberg Burkhard	*Düsseldorf	0:43:36	0:43:41	33	M45	70	5: 08:01 08:55 09:01 08:59 08:38
163	2041	Tsartsarakis Vasilis	SDYTH	0:43:39	0:43:44	34	M30	81	5: 08:29 09:06 08:57 08:53 08:12
164	2081	Wrede Stefan	*Krefeld	0:43:41	0:43:42	35	M30	82	5: 07:36 08:46 08:59 09:20 08:58
165	1669	ESTEVE MARRAH RAFA	*Gandia	0:43:44	0:43:46	19	M35	76	5: 08:10 08:53 08:57 08:58 08:43
166	1880	Heering Christian	*Düsseldorf	0:43:45	0:43:55	36	M30	82	5: 07:47 08:40 09:01 09:09 09:06
167	1313	Späth Norbert	Tri Team FS Düsseldorf	0:43:48	0:43:55	29	M40	71	5: 07:42 08:43 09:07 09:09 09:06
168	2427	Ostermeier Steffen	*Düsseldorf	0:43:48	0:44:04	30	M40	74	5: 09:05 09:00 08:42 08:39 08:20
169	1580	Furuyama Shun	Sumitomo Deutschland GMBH	0:43:51	0:43:56	14	M50	65	5: 08:17 09:02 09:02 08:55 08:33
170	2533	Niemann Christoph	otris runtime e.V.	0:43:52	0:43:58	34	M45	68	5: 07:52 08:53 08:56 09:06 09:03
171	1949	Channing Dickon	Grossbritannien	0:43:53	0:43:55	35	M45	69	5: 07:53 08:54 09:04 09:01 09:00
172	1386	Hoffmanns Christian	Stadtmission Düsseldorf	0:43:54	0:44:03	31	M40	72	5: 07:36 08:28 08:56 09:32 09:20
173	2550	Oelze Heiko	*Kaarst	0:43:57	0:44:08	7	M55	58	5: 08:20 08:51 08:49 08:51 09:05
174	2256	Kehlinger Jost	Rath/Ratingen	0:43:58	0:43:59	15	M50	62	5: 07:53 08:49 09:05 09:06 09:03
175	1662	Kamenov Kiril	*Krefeld	0:43:58	0:00:00	20	M35	76	5: 07:41 08:30 09:07 09:34 09:03
176	2165	Donker Christian	LT Bismarckturm Bochum	0:44:00	0:44:05	32	M40	74	5: 07:54 08:52 09:03 09:07 09:02
177	2412	Schröder Eike	Special Olympics Luxembourg	0:44:01	0:44:03	6	MU23	93	5: 08:02 08:56 09:00 09:22 08:38
178	2885	Beicht Tobias		0:44:05	0:44:14	37	M30	84	5: 08:37 08:43 08:51 09:00 08:51
179	1836	Janßen Daniel	DieWand	0:44:05	0:44:11	24	MHK	88	5: 08:20 08:56 08:53 09:04 08:51
180	1407	Mützel Constantin	*Düsseldorf	0:44:08	0:44:19	38	M30	84	5: 08:34 09:04 08:59 09:06 08:24

10km - Gesamt Lauf 6-8

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
181	1521	Schlochtermeyer Matthias	Decksteiner Rockets	0:44:09	0:44:14	36	M45	70	5:07:59	08:51	09:03	09:11	09:02
182	2749	Meyer Domenik		0:44:12	0:44:14	25	MHK	88	5:07:54	08:51	09:12	09:21	08:52
183	2194	Rodriguez Javier	*Duesseldorf	0:44:12	0:44:19	39	M30	85	5:07:59	08:42	09:04	09:17	09:09
184	2568	Urban Julian	Linklaters LLP	0:44:13	0:44:29	26	MHK	88	5:08:24	08:59	09:02	09:05	08:41
185	2086	Haack Jürgen	Running Team Grafenberg	0:44:14	0:44:15	8	M55	57	5:08:08	08:58	08:57	09:05	09:04
186	2843	Kizilates Angelo	Engelssport	0:44:15	0:44:15	27	MHK	91	5:07:34	08:33	09:27	09:18	09:21
187	2280	Raba Ireneus	Nowy Styl GmbH	0:44:19	0:44:20	37	M45	66	5:08:09	08:53	09:06	09:14	08:55
188	1755	Baudach Heiko	AWISTA GmbH	0:44:20	0:44:20	33	M40	71	5:07:58	08:51	09:07	09:16	09:07
189	2537	Koch David	Running Team Grafenberg	0:44:20	0:44:22	21	M35	80	5:08:08	09:00	09:17	09:23	08:31
190	2455	Gronemeyer Hans-Hermann	LC-Wuppertal	0:44:23	0:44:28	1	M65	48	5:07:55	08:55	09:05	09:12	09:14
191	1062	Jung Andreas	*Mettmann	0:44:24	0:44:25	16	M50	65	5:07:38	08:51	09:11	09:28	09:14
192	2840	Faulhaber Matthias	Unterwegs im Auftrag des Herrn	0:44:25	0:44:36	34	M40	72	5:07:58	08:50	09:13	09:16	09:07
193	2296	Flottmann Michael	EUROFORUM	0:44:25	0:44:36	22	M35	76	5:08:52	09:13	09:01	08:45	08:32
194	2287	Igel Hanno	Capoeira CPPA	0:44:26	0:44:36	17	M50	62	5:07:57	08:58	09:12	09:14	09:03
195	2611	Krebs Jürgen	SFD`75 Düsseldorf	0:44:28	0:44:30	38	M45	66	5:07:53	08:40	08:58	09:26	09:29
196	2244	Klatt Anselm	ASC Düsseldorf	0:44:28	0:44:40	18	M50	63	5:08:01	08:40	08:56	09:28	09:20
197	1223	Schrameyer Florian	*Düsseldorf	0:44:29	0:44:44	40	M30	85	5:08:17	09:05	09:07	09:14	08:43
198	2075	Kunte Harald	*Hannover	0:44:29	0:44:44	41	M30	83	5:07:40	08:47	09:34	09:25	09:01
199	2557	Braun Heiner	*Düsseldorf	0:44:31	0:44:34	35	M40	73	5:08:07	08:56	09:10	09:13	09:05
200	2716	Deutscher Christian	Deutscher-Klotz	0:44:34	0:44:45	42	M30	81	5:08:12	09:00	09:03	09:10	09:05
201	1545	Hoeck Oliver	Lauffreunde Theodor-Heuss	0:44:35	0:44:37	39	M45	67	5:08:12	09:04	09:06	09:09	09:01
202	1497	Matschull Frank	für meine Jungs	0:44:36	0:44:40	40	M45	67	5:08:01	09:03	09:11	09:21	08:57
203	1649	Yukawa Tatsuya	Mr	0:44:36	0:44:42	9	M55	60	5:08:12	09:06	09:06	09:10	09:00
204	1974	Beyer Michael	Bro-Runners	0:44:36	0:44:44	41	M45	67	5:07:55	08:55	09:20	09:23	09:01
205	1328	Moormann Jürgen	*Düsseldorf	0:44:40	0:44:41	36	M40	71	5:08:08	08:49	09:14	09:24	09:02
206	2284	Völkel Tobias	*Düsseldorf	0:44:40	0:44:51	43	M30	85	5:08:28	09:13	09:06	09:05	08:47
207	1619	Diether Uwe	Running Team Grafenberg	0:44:43	0:44:46	42	M45	68	5:08:16	09:10	09:10	09:13	08:52
208	1398	Schinnenburg Hendrik	Ausdauer Schule by Bunert	0:44:44	0:44:50	37	M40	74	5:08:13	09:02	09:11	09:21	08:55
209	1170	VAN BILSEN TOM	KRONENSCHMIEDE-feine-Zäh	0:44:44	0:44:50	19	M50	65	5:08:02	09:13	09:11	09:22	08:55
210	1584	Rogala Andrzej	Marathon team Ratingen	0:44:44	0:44:51	10	M55	56	5:08:00	09:02	09:18	09:20	09:03
211	2615	Mews Dirk	SFD`75 Düsseldorf	0:44:45	0:44:47	43	M45	68	5:08:10	08:57	09:02	09:21	09:13
212	2594	Stamm Marcel	Borussia Mönchengladbach	0:44:46	0:44:52	23	M35	76	5:08:28	09:07	09:07	09:09	08:53
213	1527	Reiners Jörg	*Wuppertal	0:44:48	0:44:52	44	M45	68	5:08:12	09:06	09:19	09:15	08:54
214	2366	Maaßen Wolfgang	Laufftreff Düsseldorf-Süd	0:44:48	0:44:51	1	M60	55	5:08:07	09:03	09:13	09:17	09:06
215	1940	Beck Joel-Florian	*Düsseldorf	0:44:50	0:44:55	28	MHK	87	5:08:59	09:12	09:03	08:57	08:36
216	1100	von der Fecht Wolf	finisher	0:44:50	0:44:53	45	M45	66	5:08:04	08:59	09:05	09:19	09:21
217	1076	Stahlmann Frank	TG Neuss	0:44:51	0:44:59	20	M50	65	5:08:08	09:02	09:13	09:20	09:07
218	1723	Lückerath Volker	Hobbysportrobber	0:44:52	0:44:56	21	M50	64	5:08:08	08:54	09:13	09:21	09:14
219	1947	Brandes Nils	*Düsseldorf	0:44:53	0:44:57	46	M45	67	5:08:13	09:07	09:11	09:19	09:01
220	2923	Döring Peter	TV Germania Essen	0:44:53	0:44:59	11	M55	59	5:07:56	09:01	09:16	09:25	09:13
221	2794	Schneider Marcus		0:44:54	0:45:00	47	M45	66	5:07:52	08:56	09:19	09:31	09:14
222	1564	Rütten Ingo	Running Team Grafenberg	0:44:55	0:44:56	24	M35	80	5:08:08	09:02	09:18	09:22	09:03
223	1889	Milde Christoph	Team Stadtwerke Düsseldorf	0:45:00	0:45:11	44	M30	81	5:08:34	09:04	09:08	09:17	08:56
224	1968	Riedl Detlef	Fortuna Velbert 09	0:45:01	0:45:04	48	M45	69	5:08:14	08:52	09:05	09:23	09:24
225	2875	Knuck Roger	LG Emsdetten	0:45:05	0:45:16	22	M50	61	5:08:18	09:12	09:16	09:18	08:59
226	2307	Schmidt Daniel	GSL Benninghausen	0:45:06	0:45:19	25	M35	78	5:08:41	09:06	09:06	09:13	08:58
227	1689	Schauerte Frank	DLRG Meerbusch	0:45:07	0:45:17	49	M45	69	5:08:32	09:15	09:18	09:12	08:48
228	1285	Hoyer Klaus	TÜV Rheinland	0:45:10	0:45:38	26	M35	76	5:08:54	09:13	09:10	09:04	08:47
229	1383	Wilhelm Martin	Woodward	0:45:13	0:45:27	45	M30	81	5:08:18	09:03	09:25	09:24	09:01
230	1695	Steinbichler Julian	Digitale Stadt Düsseldorf	0:45:15	0:45:17	27	M35	80	5:08:01	09:00	09:14	09:32	09:26
231	1094	Wegele Roland	*Krefeld	0:45:15	0:45:23	38	M40	71	5:08:08	09:10	09:29	09:34	08:52
232	2214	Kaufmann Philipp	*Düsseldorf	0:45:17	0:45:25	46	M30	85	5:08:03	09:11	09:18	09:33	09:10
233	1186	Krause Andreas	*Düsseldorf	0:45:18	0:45:29	28	M35	79	5:08:26	09:17	09:19	09:16	08:57
234	1557	Colling Jörn	FC Deutsche Post	0:45:19	0:45:36	23	M50	65	5:08:31	09:09	09:20	09:17	09:00
235	2839	Färber Dr. Andreas		0:45:19	0:45:38	50	M45	68	5:08:46	08:57	09:11	09:18	09:05
236	2876	Przystupa Thomas		0:45:21	0:45:25	29	M35	80	5:07:45	09:08	09:37	09:36	09:12
237	2042	Agrawal Rahul	*Dusseldorf	0:45:23	0:45:24	30	M35	80	5:08:10	09:11	09:24	09:31	09:05
238	2451	Ungerath Laurenz	TuRa Buderich	0:45:26	0:45:34	7	MU23	93	5:08:21	09:30	09:22	09:24	08:47
239	2175	Gassner Djahan	Team ERDINGER Alkoholfrei	0:45:26	0:45:32	51	M45	67	5:08:24	09:13	09:17	09:32	08:57
240	1666	Friedrichs Manfred	ART Düsseldorf	0:45:29	0:45:30	2	M60	53	5:08:25	09:16	09:23	09:20	09:03

10km - Gesamt Lauf 6-8

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
241	1442	Vogt Philip	Fujitsu General	0:45:30	0:46:09	47	M30	82	5:08:51	09:11	09:11	09:18	08:57	
242	1248	Manske Jork	*Düsseldorf	0:45:32	0:45:46	29	MHK	86	5:09:03	09:11	09:15	09:05	08:56	
243	2157	Weisweiler Stefan	HPP	0:45:32	0:45:41	48	M30	85	5:08:36	08:59	09:15	09:28	09:12	
244	2566	Bode Johannes	Linklaters LLP	0:45:34	0:45:50	30	MHK	88	5:08:15	09:13	09:27	09:31	09:06	
245	2696	Schelauske Martin		0:45:35	0:45:37	2	M65	48	5:08:25	09:21	09:26	09:25	08:57	
246	2002	Eckstein Philipp	*Düsseldorf	0:45:37	0:45:52	31	M35	78	5:08:27	09:18	09:18	09:30	09:01	
247	2382	Kleineidam Benedikt	*Düsseldorf	0:45:38	0:45:46	31	MHK	88	5:09:23	09:19	09:21	09:04	08:29	
248	2510	Rangarajan Ajay Mandyam	*Aachen	0:45:38	0:46:00	32	MHK	91	5:09:08	09:11	09:11	09:18	08:49	
249	1267	Verma Sachin	Vodafone Runners	0:45:42	0:45:43	32	M35	78	5:07:59	09:22	09:26	09:34	09:19	
250	2665	Beckord Marc	Nikko Hotel Düsseldorf	0:45:46	0:45:49	52	M45	66	5:08:31	09:24	09:20	09:28	09:02	
251	1070	Ziegenfuß Christian	Running Team Grafenberg	0:45:47	0:45:48	33	M35	80	5:08:08	09:02	09:25	09:50	09:20	
252	1015	Filipczak Sören	*Düsseldorf	0:45:48	0:46:00	34	M35	77	5:08:31	09:11	09:19	09:27	09:18	
253	2507	Gebhardt Jens	DieWand	0:45:48	0:45:54	35	M35	77	5:08:22	09:03	09:07	08:56	10:19	
254	2868	Kuller Markus		0:45:51	0:45:56	49	M30	85	5:08:40	09:25	09:29	09:24	08:52	
255	1008	Mertens Michael	Mertens Mönnersachen	0:45:52	0:45:56	24	M50	64	5:08:40	09:20	09:28	09:18	09:04	
256	2236	Fixemer Thomas	Laufteam Richrath	0:45:53	0:46:07	25	M50	63	5:08:58	09:24	09:17	09:16	08:56	
257	1325	Melis Roberto	*Düsseldorf	0:45:57	0:46:12	50	M30	83	5:08:47	09:22	09:22	09:26	08:59	
258	1905	Maubach Sven	*Heinsberg	0:45:58	0:46:02	39	M40	74	5:08:06	08:48	09:24	10:23	09:15	
259	1388	Wrobel Alexander	Stadtmission Düsseldorf	0:46:00	0:46:03	53	M45	70	5:07:59	09:09	09:23	09:43	09:44	
260	1274	Gottowik Uwe	VdS Nievenheim	0:46:01	0:46:10	54	M45	66	5:08:02	09:15	09:34	09:41	09:26	
261	2440	Rymus Elmar	Bunert - Der Kölner Laufladen	0:46:01	0:46:08	3	M65	48	5:08:41	09:09	09:20	09:23	09:26	
262	2768	Bischnr Manfred		0:46:01	0:46:02	4	M65	49	5:08:29	09:25	09:24	09:26	09:16	
263	2046	Ripple Norbert	oevent	0:46:04	0:46:13	40	M40	71	5:08:06	09:13	09:30	09:43	09:30	
264	1000	Geisel Thomas		0:46:08	0:46:14	26	M50	63	5:08:22	09:18	09:30	09:31	09:25	
265	1691	Prönneke Marcel	Digitale Stadt Düsseldorf	0:46:10	0:46:15	33	MHK	89	5:07:29	08:51	10:51	09:32	09:25	
266	1902	Holz Philip	*Scheidegg	0:46:10	0:46:33	34	MHK	91	5:09:24	09:18	09:11	09:03	09:12	
267	1077	Stiridis Mihail	*Wuppertal	0:46:12	0:46:13	36	M35	76	5:08:37	09:18	09:25	09:30	09:21	
268	2027	Dowidat Maik	BroRunners	0:46:18	0:46:26	41	M40	73	5:08:23	09:13	09:23	09:39	09:38	
269	2272	Fadi Jürgen	OTV	0:46:19	0:46:28	12	M55	60	5:08:19	09:22	09:30	09:35	09:31	
270	1166	Wilms Martin	Fortuna Düsseldorf	0:46:19	0:46:21	55	M45	70	5:08:07	09:12	09:30	09:51	09:37	
271	1520	Krakow Thomas	*Dortmund	0:46:19	0:46:20	51	M30	83	5:07:46	10:10	09:39	09:06	09:36	
272	2851	Brandenburg Pascal	ART Düsseldorf	0:46:23	0:46:28	8	MU23	93	5:08:32	09:09	09:22	09:39	09:39	
273	1241	Moll Gerrit	Club Berlingo	0:46:25	0:46:32	56	M45	70	5:09:03	09:51	09:34	09:29	08:26	
274	1981	Pohl Jochen	*Willich	0:46:25	0:46:32	42	M40	73	5:08:24	09:26	09:28	09:32	09:32	
275	2191	Umbach Markus	KOOB	0:46:29	0:51:13	13	M55	60	5:08:08	09:30	09:36	09:34	09:39	
276	1044	Graebel Gunther	Crepe & Baguette Duisburg	0:46:29	0:46:36	3	M60	53	5:08:20	09:16	09:32	09:41	09:38	
277	1982	Borkowski Fabian	*Düsseldorf	0:46:31	0:46:41	52	M30	84	5:09:09	09:29	09:32	09:24	08:55	
278	1130	Kuipers Jasper	*Haarlem	0:46:34	0:00:00	37	M35	78	5:08:13	09:57	09:17	09:45	09:20	
279	1063	Visser Christian	*Düsseldorf	0:46:37	0:46:53	43	M40	72	5:08:33	09:28	09:50	09:40	09:05	
280	2860	Klösel Philipp		0:46:39	0:46:48	53	M30	83	5:08:30	09:22	09:38	09:36	09:31	
281	2231	Heinzen Arno	SSV Struemp	0:46:40	0:46:57	57	M45	69	5:08:45	09:24	09:29	09:38	09:22	
282	2738	Hoogerbrugge Ronald	Intercontinental Düsseldorf	0:46:41	0:46:46	44	M40	74	5:08:31	09:24	09:34	09:32	09:40	
283	1268	Langenberg Sascha	*Hilden	0:46:42	0:47:02	54	M30	81	5:08:58	09:33	09:40	09:29	09:01	
284	2911	Breidbach Armin	FC Deutsche Post	0:46:44	0:46:47	27	M50	61	5:08:31	09:24	09:38	09:44	09:24	
285	1685	Schauerte Dominik	TUS Derendorf	0:46:44	0:46:54	9	MU23	94	5:08:29	09:35	09:42	09:42	09:14	
286	2622	Teller Robin	*Meerbusch	0:46:45	0:46:51	35	MHK	86	5:08:40	09:29	09:32	09:44	09:17	
287	2263	Kraft Bastian	*hilden	0:46:46	0:47:00	55	M30	84	5:08:53	09:28	09:45	09:40	08:57	
288	2458	Hülfenhaus Martin	LG stadtwerte hilden	0:46:47	0:46:49	28	M50	65	5:08:13	09:13	09:41	09:52	09:46	
289	2902	Tietje Fabian		0:46:51	0:47:02	56	M30	82	5:08:43	09:39	09:35	09:34	09:18	
290	2200	Gualtieri Giulio	*Düsseldorf	0:46:51	0:46:54	29	M50	64	5:08:06	09:18	09:35	09:47	10:04	
291	2260	Krals Mathias		0:46:55	0:47:09	36	MHK	86	5:08:53	09:30	09:44	09:39	09:07	
292	1721	Gerlach Klaus	rote Laterne Bilk	0:46:55	0:47:05	45	M40	75	5:08:42	09:31	09:40	09:41	09:19	
293	2795	Wendler Stefan	Rennhamster	0:46:56	0:47:08	58	M45	70	5:08:39	09:21	09:57	09:45	09:11	
294	1448	Schmitz-Weiss Philip	*Düsseldorf	0:46:56	0:47:11	57	M30	84	5:09:06	09:36	09:28	09:37	09:08	
295	1709	Friedel Stefan	Capita	0:47:01	0:47:25	38	M35	80	5:09:27	09:16	09:24	09:36	09:16	
296	2174	Fuchshuber Achim	TV Refrath	0:47:03	0:47:09	59	M45	69	5:08:45	09:37	09:30	09:36	09:34	
297	2603	Quinkert Rudolf	SFD 75 Düsseldorf	0:47:03	0:47:06	5	M65	49	5:08:47	09:37	09:41	09:39	09:17	
298	1187	Magar Jörg	*Düsseldorf	0:47:04	0:47:21	60	M45	69	5:08:32	09:37	09:40	09:42	09:31	
299	1821	Spieker Michael	Mercer Deutschland	0:47:04	0:47:19	30	M50	64	5:08:52	09:32	09:40	09:34	09:23	
300	1311	Wassyl Lars	*Düsseldorf	0:47:07	0:47:14	46	M40	75	5:09:02	09:51	09:34	09:29	09:08	

10km - Gesamt Lauf 6-8

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
301	1942	Schauerte Jörg	*Neuss	0:47:08	0:47:18	47	M40	73	5:08:45	09:39	09:43	09:39	09:19	
302	2656	Frey Stefan	*Erkrath	0:47:09	0:47:17	58	M30	82	5:09:11	09:41	09:35	09:29	09:11	
303	1803	Voßen Lars	KIESER TRAINING	0:47:10	0:47:20	59	M30	85	5:09:10	09:40	09:38	09:32	09:07	
304	2567	von der Linden Klaus	Linklaters LLP	0:47:10	0:47:26	39	M35	78	5:08:53	09:44	09:49	09:43	08:59	
305	2317	Kulesa Nicolas	*Düsseldorf	0:47:13	0:47:24	61	M45	68	5:08:52	09:40	09:40	09:37	09:22	
306	1173	Wagner Hans-Jörg	CoraLindaRunner	0:47:16	0:47:24	62	M45	67	5:08:19	09:16	09:32	09:52	10:14	
307	1419	Neuhaus Falk	Die Killer-Karnickel	0:47:18	0:47:27	40	M35	78	5:08:54	09:49	09:45	09:50	08:58	
308	1390	Schulz Daniel	Stadtmission Düsseldorf	0:47:18	0:47:21	48	M40	75	5:08:21	09:41	09:58	10:03	09:13	
309	1202	Ebeling Michael	*Düsseldorf	0:47:19	0:47:22	49	M40	73	5:08:16	09:13	09:45	10:04	10:00	
310	1045	Kovert Dirk	*Moers	0:47:20	0:47:37	60	M30	83	5:09:16	09:53	09:49	09:26	08:54	
311	1011	Froemgen Marko	*Düsseldorf	0:47:21	0:47:25	61	M30	81	5:08:45	09:38	09:31	09:51	09:33	
312	1206	Damjanecvic Peter	Fortuna Düsseldorf Triathlon	0:47:26	0:47:51	14	M55	57	5:08:58	09:29	09:34	09:40	09:43	
313	1358	Simonsohn Soeren	CITY Basket Berlin	0:47:26	0:47:34	31	M50	61	5:08:29	09:41	09:50	09:56	09:27	
314	1886	Fidelak Manfred	Team Stadtwerke Düsseldorf	0:47:27	0:47:48	15	M55	59	5:08:27	09:15	09:39	10:04	10:01	
315	1563	Schmitz Christian	Team Gurkenland	0:47:29	0:47:35	41	M35	77	5:08:39	09:40	09:50	09:48	09:30	
316	1500	Thielking Christian	Die Sombreros	0:47:33	0:47:42	62	M30	82	5:08:52	09:35	09:47	09:44	09:33	
317	1786	van Dijk Alain	*Düsseldorf	0:47:33	0:47:41	32	M50	62	5:08:56	09:37	09:44	09:44	09:30	
318	2693	Sommerauer Holger		0:47:34	0:47:56	50	M40	72	5:09:24	09:50	09:43	09:34	09:01	
319	2468	Freier Martin	*Düsseldorf	0:47:36	0:47:46	42	M35	80	5:08:58	09:45	09:53	09:51	09:06	
320	1408	Labusch Patrick	*Düsseldorf	0:47:36	0:47:57	43	M35	79	5:08:29	09:25	09:57	09:58	09:45	
321	1048	Dr. Fröhlich Tobias	Wittlaer Runners	0:47:39	0:47:43	63	M45	68	5:08:25	09:30	09:48	10:03	09:51	
322	2764	Michaelis Philip		0:47:39	0:47:47	63	M30	85	5:08:04	09:33	10:03	10:09	09:48	
323	2856	Pieper Thorsten		0:47:40	0:47:49	64	M45	69	5:08:52	09:55	09:47	09:39	09:26	
324	2543	Albino Ivan	*Düsseldorf	0:47:40	0:47:43	64	M30	81	5:08:35	09:33	09:50	09:53	09:48	
325	1331	Stang Manfred	*Burgstraße 14	0:47:42	0:48:00	33	M50	65	5:08:46	09:12	09:40	10:03	09:59	
326	1002	Bartels Nicolas	*Köln	0:47:43	0:48:00	37	MHK	89	5:08:47	09:11	09:40	10:02	10:00	
327	1687	Streb Holger	TC Rheinstadion	0:47:48	0:47:56	16	M55	60	5:08:30	09:34	09:54	10:07	09:41	
328	2171	Wielandner Marc	Düsseldorf Congress Sport & Ev	0:47:48	0:48:00	44	M35	79	5:09:15	09:43	09:47	09:40	09:21	
329	1178	Levin Marcus	*Kaarst	0:47:49	0:48:08	45	M35	80	5:08:47	09:35	09:41	09:53	09:51	
330	1676	Scheik Sven	*Monheim am Rhein	0:47:50	0:47:53	46	M35	79	5:08:18	09:41	09:55	10:07	09:47	
331	1736	Schmid Benedikt	Schutzengellauf	0:47:51	0:47:56	38	MHK	86	5:07:57	09:47	10:06	10:10	09:48	
332	1834	Seidler Frederik	*Düsseldorf	0:47:55	0:48:01	39	MHK	90	5:08:45	09:36	09:53	09:53	09:46	
333	1088	Stremel Christian	*Düsseldorf	0:47:57	0:48:09	40	MHK	88	5:08:53	09:43	09:48	09:49	09:42	
334	2085	Menard Maxime	*DÜSSELDORF	0:47:59	0:48:06	41	MHK	86	5:08:59	09:39	09:51	09:49	09:39	
335	1188	Dörner Kai	*Düsseldorf	0:48:00	0:48:07	47	M35	78	5:08:37	09:44	09:50	09:58	09:49	
336	1199	Weissgerber Jochen	*Tönisvorst	0:48:00	0:48:13	65	M45	69	5:08:51	09:34	10:01	10:03	09:29	
337	1359	Stövesand Christian	Düsseldorfer TV 1847	0:48:02	0:48:14	51	M40	75	5:09:10	09:33	09:41	09:49	09:47	
338	1409	Kossler Oliver	Kreissparkasse Düsseldorf	0:48:02	0:48:21	66	M45	68	5:08:50	09:42	09:53	09:56	09:39	
339	2786	Oswald Bernd	LT-Alt-Erkrath	0:48:03	0:48:14	34	M50	61	5:09:17	09:48	09:48	09:26	09:43	
340	1115	Moll Daniel	*Ratingen	0:48:09	0:48:12	52	M40	75	5:08:53	09:38	09:48	09:52	09:55	
341	2899	Haddad Dr. Bassel		0:48:11	0:48:28	48	M35	79	5:08:37	09:31	10:00	09:58	10:03	
342	1650	Buschmann André	TSV ViKtoria Mülheim	0:48:12	0:48:18	42	MHK	87	5:08:36	09:28	09:55	10:11	10:01	
343	2206	Ungerath Michael	TuRa Buderich	0:48:12	0:48:21	17	M55	57	5:08:57	09:38	09:49	09:58	09:48	
344	1053	Cavara Zeljko	*Düsseldorf	0:48:15	0:48:23	53	M40	72	5:08:39	09:40	09:57	10:04	09:53	
345	1333	Michel Lars	*Düsseldorf	0:48:18	0:48:44	49	M35	79	5:09:11	09:47	09:50	09:54	09:35	
346	2578	Vogtmeier Thomas	Linklaters LLP	0:48:24	0:48:37	43	MHK	88	5:09:11	09:31	09:36	10:02	10:01	
347	2837	Wellenberger Achim	Rochusclub Düsseldorf	0:48:27	0:48:34	35	M50	61	5:09:23	10:02	09:51	09:46	09:23	
348	2802	Thoens Nikolaus	FC St Pauli Marathon	0:48:27	0:48:35	36	M50	64	5:08:38	09:40	09:54	10:11	10:02	
349	2295	Braun Jan Frederik	EUROFORUM	0:48:28	0:48:38	50	M35	76	5:08:57	09:31	09:47	10:05	10:06	
350	1182	Rogg Thomas	*Düsseldorf	0:48:31	0:48:40	44	MHK	86	5:09:00	09:57	09:56	09:55	09:41	
351	1069	Kociuba Adam	*Düsseldorf	0:48:32	0:48:45	51	M35	77	5:09:49	09:59	09:50	09:41	09:11	
352	1450	Schob Horst	*Wuppertal	0:48:33	0:48:59	45	MHK	86	5:09:37	09:29	09:35	10:14	09:36	
353	2016	Heidenreich Günter	*Düsseldorf	0:48:36	0:49:01	37	M50	61	5:09:14	09:46	09:58	10:09	09:28	
354	1542	Birke Rainer	*Düsseldorf	0:48:37	0:48:38	54	M40	71	5:08:41	09:51	10:02	10:06	09:55	
355	2359	Avgustin Franc	*Benrath	0:48:39	0:48:47	18	M55	57	5:08:26	09:50	10:08	10:10	10:02	
356	2695	Freese Martin		0:48:42	0:48:47	38	M50	62	5:09:00	09:54	10:00	10:02	09:43	
357	2688	Illian Georg	Fortuna Düsseldorf Triathlon	0:48:42	0:49:06	67	M45	66	5:09:19	09:51	09:51	09:55	09:45	
358	2562	Franken Tobias	*Düsseldorf	0:48:43	0:48:59	52	M35	79	5:09:27	09:56	10:01	10:08	09:09	
359	1117	Schmitz Georg	*Duisburg	0:48:44	0:49:03	53	M35	80	5:09:19	09:52	09:51	09:57	09:44	
360	2490	Krämer Stefan	*Düsseldorf	0:48:46	0:49:14	19	M55	56	5:10:08	10:21	09:57	09:26	08:51	

10km - Gesamt Lauf 6-8

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
361	1726	Schneider Heiko	*Düsseldorf	0:48:46	0:48:55	68	M45	69	5:08:57	09:53	10:02	10:06	09:46	
362	2030	Avermidding Ingo	Der Zeltverteiler	0:48:48	0:48:53	39	M50	63	5:08:49	09:47	10:05	10:13	09:52	
363	1797	Herrmann Ralf	KIESER TRAINING	0:48:50	0:49:01	65	M30	81	5:08:59	09:49	10:11	10:06	09:42	
364	2538	Pucknus Björn	WfaA	0:48:51	0:49:02	55	M40	74	5:08:53	09:38	09:57	10:21	10:00	
365	1838	Schmidt Silvio	*Düsseldorf	0:48:55	0:49:12	56	M40	72	5:08:42	09:46	10:14	10:20	09:51	
366	2261	Katzera Uwe	Rheinbahn	0:48:58	0:49:10	20	M55	59	5:09:16	10:03	09:59	09:59	09:39	
367	1908	Kofoet Michael	Rheinpark Runners	0:48:58	0:49:05	57	M40	74	5:09:00	10:00	10:02	10:04	09:48	
368	2926	Thömessen Stephan	DJK Novesia	0:49:01	0:49:15	21	M55	60	5:09:26	09:57	10:03	09:58	09:36	
369	2084	Lay Peter	Sg.Stern Düsseldorf	0:49:03	0:49:28	22	M55	57	5:09:13	09:46	09:58	10:08	09:55	
370	1329	Schmitz Wolfgang	*Düsseldorf	0:49:03	0:49:03	69	M45	68	5:09:40	09:48	09:49	09:55	09:49	
371	1802	Bartel Thomas	KIESER TRAINING	0:49:05	0:49:19	40	M50	63	5:08:35	09:27	10:12	10:31	10:18	
372	2083	Saitta Calogero	Sg.Stern Düsseldorf	0:49:05	0:49:29	23	M55	56	5:08:55	09:44	10:01	10:11	10:13	
373	1630	Russ Holger	*Düsseldorf	0:49:05	0:49:25	24	M55	60	5:09:02	09:48	10:04	10:15	09:54	
374	1828	Wrede Andreas	*Düsseldorf	0:49:07	0:49:21	41	M50	65	5:09:23	09:56	09:55	09:59	09:51	
375	1717	Textor Florian	Proroba	0:49:07	0:49:17	46	MHK	90	5:09:12	10:07	10:08	10:00	09:36	
376	2087	Smits Michael	*Düsseldorf	0:49:10	0:49:27	70	M45	68	5:09:14	09:53	10:03	10:08	09:51	
377	2397	Vater Roland	Bistalrunners	0:49:12	0:49:33	25	M55	60	5:09:21	09:56	09:56	10:00	09:57	
378	2624	Beck Christian	*Düsseldorf	0:49:14	0:49:19	66	M30	84	5:09:00	09:51	10:04	10:09	10:07	
379	1124	Seebass Simon	*Düsseldorf	0:49:15	0:49:22	42	M50	65	5:09:18	10:03	09:55	10:10	09:47	
380	1812	Wienands Leonard	KIESER TRAINING	0:49:15	0:49:29	10	MU23	94	5:08:59	09:53	10:08	10:18	09:54	
381	2617	Kalweit Siegfried	TSV Viktoria Mülheim	0:49:20	0:49:21	1	M70	42	5:09:03	10:04	10:12	10:10	09:49	
382	1332	Wohlers Peter	Fortuna Düsseldorf Triathlon	0:49:24	0:49:48	71	M45	67	5:09:16	09:53	09:55	10:23	09:55	
383	1774	bachmann till	*wuppertal	0:49:27	0:49:45	58	M40	71	5:09:43	10:01	09:59	09:51	09:50	
384	2407	Aderhold Dirk	DieWand	0:49:29	0:49:35	72	M45	68	5:08:45	09:42	10:12	10:40	10:07	
385	1592	Dr. Schulz-Bongert Udo	Running Team Grafenberg	0:49:30	0:49:40	26	M55	60	5:08:38	10:01	10:21	10:19	10:08	
386	2225	Fischer Frank	*Düsseldorf	0:49:30	0:49:51	73	M45	69	5:09:38	09:49	10:01	10:04	09:57	
387	1074	Kordelas Lambros	*Düsseldorf	0:49:32	0:49:32	74	M45	69	5:09:17	10:17	10:16	10:06	09:33	
388	1831	de Graat Albrecht	Running Team Grafenberg	0:49:32	0:49:42	43	M50	62	5:09:29	10:00	10:02	10:01	09:58	
389	1112	Brandt Wolfgang	LT Düsseldorf-Süd	0:49:34	0:49:49	27	M55	59	5:09:17	10:02	10:06	10:14	09:52	
390	1718	Montréal Ralf	Proroba	0:49:35	0:49:45	75	M45	69	5:09:21	10:00	10:17	10:05	09:51	
391	1060	Corsten Michael	*Düsseldorf	0:49:36	0:49:48	54	M35	76	5:09:12	10:09	10:11	10:13	09:50	
392	1651	Sickert Marcus	*Düsseldorf	0:49:37	0:49:43	67	M30	82	5:08:41	09:44	10:14	10:29	10:28	
393	2437	Hegemann Karsten	Triathlon Team Ratingen 08	0:49:37	0:49:50	76	M45	67	5:09:58	10:32	10:04	09:46	09:15	
394	2889	Schogalla Herbert	LT Gruiten-Neandertal	0:49:38	0:49:54	28	M55	58	5:09:06	09:57	10:20	10:10	10:03	
395	1004	Brockhoff Uwe	Buchholzerjung	0:49:38	0:50:04	44	M50	61	5:10:09	09:40	09:59	10:03	09:45	
396	1632	Chan Hon	*Düsseldorf	0:49:40	0:49:45	55	M35	78	5:08:37	09:52	10:11	10:27	10:31	
397	2815	Strehlke Ernst	Tuspo Rengershausen e.V.	0:49:42	0:50:01	77	M45	66	5:09:51	10:16	10:02	09:57	09:34	
398	1038	schreier stephan	*Rahden	0:49:44	0:49:56	78	M45	68	5:09:38	09:57	10:05	10:12	09:50	
399	2863	Janssen Volker		0:49:44	0:50:00	59	M40	72	5:09:42	09:57	10:14	10:03	09:47	
400	2029	Fraj Naceur	TSV Viktoria Mülheim	0:49:49	0:49:55	45	M50	63	5:09:25	10:24	10:14	10:07	09:37	
401	2849	Zimmermann Michael		0:49:49	0:49:59	68	M30	81	5:09:03	10:02	10:27	10:24	09:52	
402	1622	Al-Naama Marcel	*Düsseldorf	0:49:51	0:50:16	56	M35	78	5:09:34	10:04	10:11	10:20	09:39	
403	1869	Cox Jan	*Geldern	0:49:51	0:49:57	47	MHK	87	5:09:03	10:25	10:24	10:23	09:34	
404	1878	Müller Martin	*Leverkusen	0:49:52	0:50:12	60	M40	72	5:09:30	10:02	10:12	10:12	09:54	
405	2266	Postertz Peter	*Xanten	0:49:52	0:50:00	79	M45	69	5:09:25	10:15	10:25	10:03	09:42	
406	2900	Mirabile Fausto		0:49:58	0:50:24	69	M30	82	5:10:03	10:17	09:56	09:57	09:43	
407	2659	Bauer Christian	*Düsseldorf	0:50:00	0:50:05	57	M35	80	5:09:01	09:51	10:21	10:37	10:09	
408	1874	Beining Sebastian	*Düsseldorf	0:50:07	0:50:27	70	M30	85	5:08:48	09:44	10:10	10:31	10:52	
409	1813	Römer Armin	KIESER TRAINING	0:50:08	0:50:15	61	M40	75	5:09:19	10:10	10:19	10:15	10:04	
410	2800	Kreutzer Jürgen	LKD Düsseldorf	0:50:08	0:50:21	29	M55	60	5:09:36	10:11	10:16	10:06	09:58	
411	2924	Jestadt Thomas	Team Stadtwerke Düsseldorf	0:50:09	0:50:30	80	M45	69	5:09:15	10:00	10:25	10:36	09:52	
412	2226	schmidt stefan	*Wuppertal	0:50:14	0:50:33	48	MHK	86	5:09:32	09:55	10:17	10:32	09:55	
413	2700	Lina Florian		0:50:14	0:50:41	71	M30	81	5:09:23	10:13	10:13	10:19	10:05	
414	1972	Lass Jürgen	TV Planegg-Krailling	0:50:16	0:50:26	46	M50	61	5:09:11	09:52	09:57	10:39	10:36	
415	1368	Rüders Frank	freenet Datenkommunikations	0:50:19	0:50:28	81	M45	66	5:09:02	10:02	10:25	10:34	10:15	
416	1518	Zeit Demian	LT Rennhamster	0:50:19	0:50:34	72	M30	83	5:09:36	10:10	10:15	10:19	09:57	
417	2824	Schulzesindern Stefan		0:50:23	0:50:42	62	M40	75	5:09:43	10:12	10:15	10:19	09:52	
418	1029	de Voss Simon	*Tönisvorst	0:50:27	0:50:34	49	MHK	88	5:09:15	10:19	10:38	10:36	09:37	
419	1315	Hofstädter Rudolf	*Düsseldorf	0:50:29	0:50:36	50	MHK	88	5:08:51	09:59	10:22	10:42	10:32	
420	1847	coroly josef	Ig gummersbach	0:50:29	0:50:32	4	M60	55	5:08:57	10:06	10:23	10:35	10:27	

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
421	2527	Zent Daniel	*Bochum	0:50:31	0:50:53	4	MU20	96	5:08:50	10:02	10:25	10:42	10:31	
422	2729	Shalaby Benjamin		0:50:33	0:50:48	73	M30	82	5:09:32	10:07	10:23	10:22	10:08	
423	1896	Stahnke Sirko	Team Stadtwerke Düsseldorf	0:50:34	0:50:35	5	M60	55	5:09:00	10:20	10:26	10:31	10:15	
424	1190	Röber Marc	*Düsseldorf	0:50:37	0:50:48	82	M45	70	5:09:27	10:17	10:19	10:19	10:13	
425	2158	Kim Kiyeon	HPP	0:50:38	0:50:45	58	M35	80	5:09:04	10:08	10:35	10:53	09:56	
426	2078	Kunte Robert	*Düsseldorf	0:50:39	0:51:02	59	M35	80	5:09:41	10:16	10:13	10:10	10:17	
427	2513	Abiru Katsuya	*Düsseldorf	0:50:39	0:51:03	60	M35	80	5:09:58	09:52	10:32	10:35	09:39	
428	2242	Ueyama Takahiro	*Düsseldorf	0:50:40	0:50:52	63	M40	72	5:09:41	10:11	10:21	10:18	10:07	
429	1868	Hilberath Thomas	*Düsseldorf	0:50:40	0:50:46	51	MHK	91	5:08:57	10:22	10:33	10:26	10:22	
430	1010	Kroner Markus	Running Team Grafenberg	0:50:41	0:51:00	47	M50	63	5:09:36	10:17	10:24	10:21	10:01	
431	2431	Niemarkt Harald	City Runner 2015	0:50:41	0:50:57	48	M50	65	5:09:19	10:14	10:24	10:33	10:10	
432	1767	Happel Stephan	*Essen	0:50:44	0:51:01	74	M30	85	5:09:34	09:56	10:28	10:39	10:05	
433	1842	Nagler Claus	*Düsseldorf	0:50:46	0:51:03	83	M45	67	5:09:56	10:22	10:24	10:14	09:48	
434	1177	Scholz Thomas	*Düsseldorf	0:50:47	0:50:49	75	M30	84	5:09:13	10:19	10:26	10:25	10:23	
435	2625	Loh Florian	*Düsseldorf	0:50:48	0:51:03	61	M35	80	5:09:35	10:22	10:28	10:24	09:57	
436	1698	Wagner Martin	Digitale Stadt Düsseldorf	0:50:48	0:51:10	76	M30	83	5:09:08	09:55	10:25	10:48	10:30	
437	2308	Morfeld Mario	GSL Benninghausen	0:50:51	0:51:09	64	M40	74	5:09:34	09:55	10:10	10:29	10:42	
438	1028	Habenbacher Andreas	Running Team Grafenberg	0:50:53	0:50:58	77	M30	82	5:08:53	09:57	10:29	10:49	10:43	
439	2732	Erdmann Florian		0:50:57	0:51:07	62	M35	80	5:10:12	10:16	10:30	10:24	09:33	
440	2777	Rybicki Oliver		0:50:58	0:51:02	52	MHK	89	5:08:17	09:39	10:54	11:10	10:56	
441	1032	Bantin Holger	Unser Wasser e.V.	0:50:58	0:51:06	6	M60	53	5:09:26	10:12	10:19	10:29	10:30	
442	1989	Reintke Andreas	LT Oberkirchen	0:51:04	0:51:07	49	M50	62	5:08:59	10:23	10:26	10:37	10:37	
443	2813	Schneider Olaf		0:51:04	0:51:23	84	M45	68	5:09:51	10:17	10:26	10:23	10:05	
444	1253	Dr. Siegmann Hajo	*Düsseldorf	0:51:07	0:51:12	85	M45	66	5:10:30	09:53	09:59	10:12	10:32	
445	2791	Stein Karl-Heinz		0:51:08	0:51:24	50	M50	65	5:09:25	10:04	10:23	10:43	10:31	
446	1885	Bruksch-Ape Ralph	Team Stadtwerke Düsseldorf	0:51:08	0:51:22	78	M30	85	5:09:51	10:15	10:08	10:27	10:25	
447	2162	Reykers Olaf	SC Zwergenrun	0:51:09	0:51:11	65	M40	71	5:09:16	10:30	10:38	10:40	10:03	
448	2601	Petereit Oliver	*Duisburg	0:51:11	0:51:17	79	M30	82	5:09:47	10:32	10:46	10:22	09:43	
449	1777	Li Zhonghui	*Brühl	0:51:15	0:51:29	63	M35	79	5:09:40	10:15	10:24	10:35	10:19	
450	1693	Weltner Thomas	Digitale Stadt Düsseldorf	0:51:18	0:51:42	86	M45	67	5:09:47	10:04	10:25	10:36	10:25	
451	2852	Jackel Christian Jürgen		0:51:20	0:51:28	53	MHK	91	5:08:57	10:03	10:42	10:57	10:41	
452	2024	Wittig David	Messe Düsseldorf	0:51:21	0:51:43	54	MHK	86	5:09:41	09:44	10:01	10:49	11:04	
453	1436	Prigge Thomas	Fujitsu General	0:51:21	0:51:45	87	M45	70	5:09:39	10:11	10:27	10:35	10:27	
453	2053	Kerkhoff Thorsten	Nordtriathleten Oberhausen	0:51:21	0:51:44	64	M35	79	5:09:59	10:26	10:28	10:34	09:52	
455	2585	Grafunder René	Linklaters LLP	0:51:22	0:51:36	65	M35	77	5:09:50	10:31	10:28	10:18	10:12	
456	1681	Fersen Axel	CCN	0:51:23	0:51:38	88	M45	67	5:09:47	10:31	10:43	10:41	09:39	
457	2265	Pörtner-Pieper Theo	*Wesel	0:51:26	0:51:33	89	M45	67	5:09:32	10:09	10:28	10:42	10:33	
458	1449	Steinbüchel Felix	*Düsseldorf	0:51:28	0:51:42	80	M30	82	5:09:21	10:10	10:31	10:44	10:40	
459	1484	Fröhlich Stefan	*Essen	0:51:29	0:51:43	81	M30	82	5:09:21	10:10	10:31	10:44	10:40	
460	2289	Moritz Martin	*Düsseldorf	0:51:34	0:51:54	66	M40	74	5:10:53	11:55	12:21	12:39	03:45	
461	1791	Picken Matthias	*Düsseldorf	0:51:36	0:51:47	55	MHK	88	5:11:41	09:55	10:06	09:59	09:54	
462	2045	Heidersdorf Stefan	Tusem Essen	0:51:36	0:51:53	51	M50	62	5:09:47	10:29	10:23	10:27	10:28	
463	2404	Ely Ulrich	Privat	0:51:37	0:51:57	6	M65	50	5:09:38	10:20	10:29	10:32	10:36	
464	2548	Morley Peter	*Wuppertal	0:51:38	0:51:46	52	M50	65	5:09:41	10:20	10:27	10:35	10:32	
465	2273	Kriese Gilbert	*Düsseldorf	0:51:40	0:51:49	67	M40	72	5:09:31	10:17	10:33	10:48	10:29	
466	1757	Astitou René	AWISTA GmbH	0:51:41	0:51:48	66	M35	79	5:09:11	10:15	10:35	11:06	10:31	
467	1683	Giepen Christoph	*Duisburg	0:51:41	0:52:03	67	M35	76	5:09:34	10:23	10:36	10:45	10:22	
468	2333	Taghavi Daryoush	*Düsseldorf	0:51:57	0:52:05	68	M40	73	5:09:44	10:12	10:25	10:49	10:45	
469	1129	Draese Bart	*Den Haag	0:51:59	0:00:00	68	M35	77	5:08:20	09:51	10:23	11:19	12:05	
470	2254	Wachendorf Ansgar	*Meerbusch	0:52:00	0:52:12	53	M50	61	5:10:04	10:28	10:24	10:35	10:28	
471	2203	Pfeifer Stefan	*Düsseldorf	0:52:00	0:52:29	90	M45	70	5:10:04	10:32	10:31	10:35	10:16	
472	1980	Wrede Nicolas	*Düsseldorf	0:52:05	0:52:20	5	MU20	97	5:09:49	10:46	10:55	10:30	10:04	
473	1392	Strunz Toni	Stadtmission Düsseldorf	0:52:07	0:52:22	69	M40	74	5:10:14	10:39	10:24	10:15	10:32	
474	2160	Kürten Guido	HPP	0:52:07	0:52:50	54	M50	63	5:09:08	10:25	10:47	11:07	10:40	
475	2371	Wüst Hans Werner	ASV Köln	0:52:08	0:52:16	7	M65	50	5:09:34	10:22	10:37	10:44	10:49	
476	1003	Odendahl Ole	*Düsseldorf	0:52:09	0:52:22	56	MHK	87	5:09:37	10:29	10:48	10:51	10:22	
477	2722	Katzner Alexander	TimeLine	0:52:11	0:52:17	91	M45	70	5:09:31	10:29	10:45	10:51	10:33	
478	1762	Mensching Alexander	Schützengellauf	0:52:12	0:52:32	69	M35	80	5:09:59	10:24	10:40	10:46	10:20	
479	2872	Schürmann Carsten		0:52:12	0:52:33	70	M35	80	5:09:59	10:25	10:40	10:46	10:21	
480	2290	Reinhardt Holger	NeanderRunners	0:52:16	0:52:52	70	M40	73	5:09:31	10:22	10:36	11:00	10:46	

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
481	2023	Zeisler Dirk	Messe Düsseldorf	0:52:19	0:52:40	71	M35	76	5: 10:40 10:47 10:29 10:24 09:57
482	1229	Müntes Sven	*Düsseldorf	0:52:21	0:52:23	57	MHK	88	5: 09:01 10:38 11:01 11:02 10:38
483	1499	Ipach Sebastian	*Perl	0:52:22	0:52:32	72	M35	76	5: 08:34 10:21 10:54 11:17 11:15
484	1572	Kreutner Walter	Rote Laterne Bilk	0:52:23	0:52:36	8	M65	50	5: 09:47 10:46 10:46 10:44 10:19
485	2580	Sperber Roland	*Düsseldorf	0:52:24	0:52:31	71	M40	72	5: 09:58 10:36 10:47 10:48 10:14
486	1808	Gutzke Jens Arne	KIESER TRAINING	0:52:25	0:52:49	72	M40	72	5: 09:43 10:27 10:47 10:56 10:31
487	2692	Einhoff Ralf		0:52:28	0:52:33	92	M45	67	5: 09:51 10:44 10:46 10:42 10:24
488	1983	Martin Dirk	*Düsseldorf	0:52:31	0:52:42	58	MHK	86	5: 09:54 10:51 11:04 10:44 09:56
489	1579	Neisius Joachim	*Neuss	0:52:33	0:52:36	93	M45	70	5: 09:16 10:26 10:56 11:03 10:49
490	1701	Muth Thomas	Digitale Stadt Düsseldorf	0:52:36	0:53:00	73	M35	80	5: 10:01 10:49 10:53 10:38 10:13
491	1444	Endres René	*Düsseldorf	0:52:38	0:52:47	74	M35	78	5: 09:55 10:28 10:48 10:56 10:30
492	2574	Basch Philipp	Linklaters LLP	0:52:39	0:52:54	75	M35	77	5: 09:58 10:48 10:54 10:57 10:01
493	1440	Theis Jörg	Fujitsu General	0:52:44	0:53:10	94	M45	69	5: 10:21 10:29 10:31 10:43 10:37
494	2258	Wisniewski Grzegorz	*Düsseldorf	0:52:46	0:52:53	76	M35	78	5: 09:17 10:55 11:08 10:51 10:34
495	1663	Pitsch Johannes	.	0:52:47	0:52:59	77	M35	77	5: 09:54 10:09 10:48 11:04 10:50
496	2577	Krantz Julian	Linklaters LLP	0:52:48	0:53:06	59	MHK	92	5: 10:18 10:46 10:46 10:40 10:16
497	1945	Uphoff Christian	*Düsseldirf	0:52:49	0:53:09	78	M35	76	5: 09:38 10:35 11:09 11:00 10:25
498	1858	Westphal Kai	Kieler Sprotten	0:52:49	0:53:09	82	M30	81	5: 09:32 10:22 10:42 11:03 11:08
499	1809	Uekermann Dirk	KIESER TRAINING	0:52:50	0:53:07	95	M45	70	5: 09:31 10:12 10:41 10:47 11:36
500	1937	Schröer Christian	*Düsseldorf	0:52:52	0:53:03	79	M35	77	5: 09:21 10:26 10:56 11:04 11:03
501	2417	Kontz Ronny	Special Olympics Luxembourg	0:52:53	0:52:54	60	MHK	91	5: 08:23 10:35 11:52 11:29 10:33
502	2784	Madalinski Maximilian		0:52:54	0:52:55	61	MHK	86	5: 10:03 11:37 09:54 10:45 10:34
503	1200	Kloos Moritz	*Düsseldorf	0:52:55	0:53:11	62	MHK	88	5: 09:47 10:11 10:55 11:02 10:58
504	1427	Löppenberg Michael	Team Gerresheim	0:52:57	0:53:09	83	M30	85	5: 09:46 10:27 10:52 10:59 10:51
505	1437	Schellen Christopher	Fujitsu General	0:52:58	0:53:22	63	MHK	87	5: 10:14 10:20 10:45 10:58 10:40
506	2416	Leider Roalnd	Special Olympics Luxembourg	0:52:58	0:53:21	55	M50	65	5: 10:45 10:46 10:53 10:29 10:02
507	1953	Lange Adrian	Roadrunner	0:52:58	0:53:09	73	M40	75	5: 10:11 10:53 10:41 10:40 10:32
508	1259	Grotzke Martin	*Neuss	0:52:59	0:53:10	74	M40	74	5: 09:45 11:01 10:59 10:46 10:25
509	2282	Mansen Wolfgang	LG Monheim-Baumberg	0:52:59	0:53:00	96	M45	66	5: 10:06 11:10 11:10 10:39 09:52
510	1424	Hanf Achim	Running Team Grafenberg	0:53:01	0:53:03	56	M50	63	5: 09:35 10:35 10:51 11:04 10:54
511	2268	Nowas Friedrich	*Düsseldorf	0:53:05	0:53:08	30	M55	57	5: 09:03 10:15 10:51 11:45 11:09
512	1848	Piotrowski Peter	Lauftreff TB Hassels	0:53:05	0:53:22	9	M65	48	5: 10:29 10:42 10:36 10:50 10:26
513	2362	Rothe Dietmar	Langenfeld	0:53:11	0:53:35	97	M45	70	5: 09:53 10:22 10:50 11:13 10:52
514	1159	Scholz Detlef	TV Germania Wevelinghoven	0:53:12	0:53:22	31	M55	57	5: 09:18 10:44 11:01 11:07 10:59
515	2521	Schulz Kai	*Düsseldorf	0:53:14	0:53:18	64	MHK	87	5: 10:11 10:54 10:50 10:48 10:29
516	1694	Helbig Axel	Digitale Stadt Düsseldorf	0:53:19	0:53:44	98	M45	66	5: 09:27 10:39 11:08 11:08 10:56
517	1966	Andree Dirk	IceAliens Velbert	0:53:28	0:53:47	32	M55	59	5: 10:15 10:28 10:46 11:02 10:54
518	1396	Biernath Oliver	Stadtmission Düsseldorf	0:53:29	0:53:32	84	M30	84	5: 09:08 10:16 10:57 11:22 11:44
519	1286	Fremder Christian	Krinten United	0:53:38	0:54:05	65	MHK	87	5: 09:42 10:53 11:05 11:01 10:56
520	2420	Schintgen Frank	Special Olympics Luxembourg	0:53:41	0:54:02	57	M50	64	5: 10:06 10:43 11:30 10:41 10:39
521	1895	Houben Andre	Team Stadtwerke Düsseldorf	0:53:41	0:53:43	7	M60	55	5: 09:02 10:37 11:22 11:28 11:11
522	2234	Satorius Marco	Laufteam Richrath	0:53:41	0:53:55	58	M50	64	5: 10:20 10:58 10:53 11:02 10:27
523	1107	Rieke Thomas	Herzlauf Hilden e.V.	0:53:44	0:53:56	75	M40	72	5: 09:00 11:21 11:58 11:03 10:20
524	2336	eichholz bernhard	Lauffreunde Theodor Heuss	0:53:45	0:53:52	33	M55	58	5: 09:46 10:45 10:56 11:16 11:00
525	1888	Wittek Gregor	Team Stadtwerke Düsseldorf	0:53:46	0:54:13	10	M65	50	5: 11:33 11:10 10:30 10:19 10:11
526	2602	Keßner Benjamin	*Duisburg	0:53:48	0:53:54	85	M30	82	5: 09:46 10:33 11:08 11:21 10:58
527	1526	Hajdu Jürgen	*Haan	0:53:50	0:54:15	34	M55	59	5: 10:17 10:39 10:58 11:16 10:39
528	2007	Mohr Benjamin	*Düsseldorf	0:53:52	0:54:00	80	M35	78	5: 09:35 10:58 11:08 11:07 11:01
529	2796	Rath Herbert	Laufschule Düsseldorf	0:53:52	0:54:11	35	M55	57	5: 10:07 10:52 11:00 11:10 10:41
530	2026	Meissner Horst	Pole Position	0:53:54	0:54:19	59	M50	63	5: 10:11 10:57 10:54 10:58 10:52
531	1466	Wolff Nils	Running Team Grafenberg	0:53:54	0:53:58	81	M35	76	5: 09:56 11:08 11:13 11:05 10:29
532	1822	Gierszal Markus	Mercer Deutschland	0:53:55	0:54:10	99	M45	67	5: 09:57 10:52 11:07 11:10 10:47
533	2163	Schmidt Daniel	*Düsseldorf	0:54:02	0:54:31	66	MHK	87	5: 10:44 10:37 11:07 11:10 10:22
534	2742	Häberle Robin		0:54:05	0:54:36	86	M30	81	5: 10:09 10:46 10:51 11:17 11:00
535	1276	Gohla Stefan	LT Düsseldorf-Süd	0:54:07	0:54:23	60	M50	64	5: 10:10 11:01 11:07 11:04 10:42
536	1950	Wurda Werner	Diabetes Programm - Köln	0:54:07	0:54:41	36	M55	60	5: 10:12 10:56 11:09 11:14 10:34
537	2360	Lips Pascal	Druckwerk Rhein Ruhr	0:54:10	0:54:25	67	MHK	92	5: 10:24 10:37 10:46 11:01 11:20
538	2018	Geiser Manfred	Osterather TV	0:54:13	0:54:19	37	M55	57	5: 10:07 11:03 11:09 11:01 10:50
539	1637	Budde Carsten	Die Neanderläufer	0:54:14	0:54:34	100	M45	69	5: 09:40 10:44 11:13 11:25 11:09
540	2799	Butler Niall		0:54:18	0:54:39	76	M40	72	5: 09:44 10:46 11:05 11:21 11:20

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
541	2400	Ely Stefan	privat	0:54:21	0:54:41	8	M60	54	5: 10:14	11:11	11:08	11:00	10:46	
542	2304	Edler Thomas	GSL Benninghausen	0:54:21	0:54:43	61	M50	61	5: 10:32	11:05	10:53	10:57	10:51	
543	2348	Zapf Aljoscha	Derag Livinghotels	0:54:21	0:54:40	68	MHK	90	5: 11:04	10:47	10:57	11:00	10:31	
544	2925	Litfin Harri		0:54:23	0:54:24	2	M70	42	5: 09:32	11:05	11:25	11:19	11:00	
545	2350	Olck-Willers Thomas	Buderus Wohnungswirtschaft	0:54:26	0:54:41	101	M45	68	5: 10:43	11:15	11:08	11:00	10:17	
546	1137	Schürmann Peter	*Düsseldorf	0:54:28	0:54:51	102	M45	69	5: 10:41	11:08	11:05	10:54	10:38	
547	1037	Schreier Frank	*meerbusch	0:54:29	0:54:42	82	M35	76	5: 09:40	10:38	11:07	11:31	11:32	
548	1361	Merkel Johann	*Düsseldorf	0:54:29	0:54:52	87	M30	83	5: 09:44	10:55	11:36	11:08	11:04	
549	1960	Schraa Stefan	*Düsseldorf	0:54:31	0:54:38	62	M50	65	5: 10:19	10:56	11:04	11:11	11:00	
550	1481	Lamping Thomas	*Düsseldorf	0:54:32	0:54:39	63	M50	62	5: 10:18	10:56	11:04	11:10	11:02	
551	2395	Janschuk Theo	Sportfreunde Gerresheim	0:54:32	0:54:45	9	M60	52	5: 09:50	10:55	11:12	11:23	11:10	
552	2765	Kelly Peter		0:54:36	0:55:00	77	M40	71	5: 10:27	10:57	10:53	11:00	11:18	
553	1397	Seidler Ronny	*Düsseldorf	0:54:41	0:54:54	83	M35	77	5: 10:07	10:51	11:10	11:19	11:12	
554	2090	Averdieck Wolfgang	*Düsseldorf	0:54:44	0:54:45	38	M55	57	5: 08:54	10:27	11:35	12:53	10:53	
555	2425	Wagner Claus	Albrecht-Dürer-Schule	0:54:45	0:54:57	39	M55	58	5: 09:50	10:41	11:34	11:34	11:04	
556	1573	Kels Florian	Feuerwehr Düsseldorf	0:54:46	0:54:50	88	M30	84	5: 10:35	11:23	11:21	11:06	10:19	
557	1052	Rost Timm	*Düsseldorf	0:54:47	0:55:00	84	M35	76	5: 09:52	10:52	11:09	11:21	11:32	
558	2361	Bleyer Nils	Druckwerk Rhein Ruhr	0:54:49	0:55:05	69	MHK	92	5: 10:26	10:58	11:18	11:21	10:44	
559	2865	Prinzen Tim		0:54:49	0:55:14	89	M30	81	5: 10:08	11:07	11:19	11:17	10:56	
560	2408	hentz gerd	.-.-.	0:54:50	0:54:51	3	M70	44	5: 09:52	10:57	11:02	11:24	11:34	
561	2820	Theissen Dieter		0:54:54	0:55:01	11	M65	47	5: 10:05	10:58	11:14	11:19	11:16	
562	1696	Kramer Dr. Holger	Digitale Stadt Düsseldorf	0:55:03	0:55:27	85	M35	80	5: 10:12	11:10	11:18	11:11	11:10	
563	2421	Rota Pol	Special Olympics Luxembourg	0:55:03	0:55:26	103	M45	68	5: 10:46	10:46	10:53	11:06	11:31	
564	2022	Holländer Peter	Messe Düsseldorf	0:55:05	0:55:28	104	M45	69	5: 10:38	11:08	11:11	11:11	10:55	
565	2855	Steinbach Gert	FC Straberg	0:55:08	0:55:14	1	M75	39	5: 10:28	11:02	11:13	11:21	11:03	
566	1026	Mann Stephan	*Düsseldorf	0:55:13	0:55:19	78	M40	74	5: 10:01	11:09	11:18	11:24	11:19	
567	2058	Müller Jens	Ausdauerschule by Bunert	0:55:14	0:55:31	64	M50	62	5: 09:53	10:51	11:20	11:37	11:31	
568	1550	Rösch Michael	*Oberhausen	0:55:19	0:55:32	65	M50	62	5: 10:19	10:50	11:02	11:25	11:41	
569	1428	Singendonk Jörg	Korschenbroicher LC	0:55:20	0:55:21	66	M50	63	5: 09:42	10:50	11:16	11:43	11:47	
570	2776	Schmitz Thomas		0:55:24	0:55:44	105	M45	70	5: 10:19	11:11	11:17	11:19	11:16	
571	1673	Scholz Detlef	*Erkrath	0:55:26	0:55:35	67	M50	62	5: 10:41	11:06	11:07	11:20	11:10	
572	2240	Herbst Eduard	GTV	0:55:29	0:55:38	12	M65	48	5: 10:31	11:09	11:19	11:28	10:59	
573	2403	Wiesen Harald	Sporttaucher Düsseldorf	0:55:29	0:55:41	40	M55	57	5: 09:59	11:08	11:20	11:33	11:27	
574	2309	Osterburg Dominik	GSL Benninghausen	0:55:30	0:55:50	70	MHK	86	5: 10:34	11:05	11:31	11:18	11:00	
575	2737	Siemes Robert		0:55:31	0:55:47	106	M45	67	5: 10:13	11:02	11:19	11:35	11:20	
576	2315	Schlingensief Eike	absoluttanzbar	0:55:32	0:55:57	90	M30	85	5: 11:05	11:36	11:23	11:07	10:20	
577	2233	Ludwig Rolf	*Oberhausen	0:55:33	0:55:39	79	M40	71	5: 10:34	11:23	11:22	11:09	11:04	
578	2424	Gengler Joe	Special Olympics Luxembourg	0:55:37	0:56:02	11	MU23	94	5: 11:11	11:22	11:26	11:06	10:30	
579	1707	Hagen Andreas	Digitale Stadt Düsseldorf	0:55:38	0:56:01	86	M35	80	5: 10:10	11:08	11:23	11:27	11:28	
580	2048	Iyer Kedarnath	E.ON SE	0:55:43	0:55:54	87	M35	79	5: 10:02	11:26	11:28	11:45	11:00	
581	1899	Wagner Christoph	Team Stadtwerke Düsseldorf	0:55:49	0:56:14	41	M55	59	5: 10:29	10:50	11:20	11:38	11:30	
582	2894	Specks Stefan		0:55:56	0:56:13	68	M50	64	5: 11:02	11:17	11:23	11:13	10:58	
583	2671	Tönnissen Juan	Nikko Hotel Düsseldorf	0:56:02	0:56:22	12	MU23	93	5: 10:53	10:10	11:12	11:45	12:01	
584	1897	Gamer Uwe	Team Stadtwerke Düsseldorf	0:56:03	0:56:04	42	M55	60	5: 10:11	11:28	11:36	11:42	11:03	
585	2848	Mahjoub Jackie		0:56:04	0:56:23	71	MHK	88	5: 11:33	12:01	11:22	10:46	10:21	
586	1263	Feller Andreas	Brassert-Runner	0:56:08	0:56:15	107	M45	70	5: 10:18	11:19	11:30	11:39	11:19	
587	1939	Tintemann Thomas	*Mettmann	0:56:08	0:56:20	43	M55	57	5: 10:30	11:03	11:00	11:51	11:42	
588	2364	Koutev Anguel	*Düsseldorf	0:56:15	0:56:17	72	MHK	86	5: 10:04	11:21	11:32	11:51	11:24	
589	2879	Hesselich Uwe		0:56:20	0:56:45	69	M50	62	5: 10:41	11:06	11:21	11:38	11:32	
590	2415	Feltgen Pierrot	Special Olympics Luxembourg	0:56:30	0:56:52	10	M60	55	5: 10:09	10:59	11:45	12:12	11:23	
591	2235	Theing Tim	*Monheim	0:56:37	0:56:52	13	MU23	94	5: 11:08	11:45	11:51	12:04	09:47	
592	2050	Oelgemöller Heiko	Laufschule Düsseldorf	0:56:41	0:56:59	88	M35	80	5: 11:08	11:25	11:42	11:34	10:50	
593	1395	Kandelhardt David	Stadtmission Düsseldorf	0:56:41	0:56:57	91	M30	83	5: 11:28	11:58	11:53	11:08	10:12	
594	1363	Kraft Peter	*Mülheim	0:56:45	0:56:56	80	M40	73	5: 10:28	11:06	11:37	11:41	11:51	
595	1433	Bollner Manuel	Fujitsu General	0:56:46	0:57:25	73	MHK	90	5: 11:29	11:25	11:07	11:22	11:21	
596	1811	Seidl Bernd	KIESER TRAINING	0:56:52	0:57:11	11	M60	52	5: 10:34	11:33	11:46	11:41	11:16	
597	2781	Dimitropoulos Joannis		0:56:54	0:57:02	70	M50	64	5: 10:39	11:37	11:43	11:38	11:16	
598	1142	Perner Heiko	*Krefeld	0:56:59	0:57:02	89	M35	78	5: 10:48	11:54	11:46	11:30	11:00	
599	1754	Lasch Oliver	AWISTA GmbH	0:56:59	0:57:07	74	MHK	92	5: 10:32	11:24	11:41	11:53	11:27	
600	1379	Gottschalk Rainer	Kreissparkasse Düsseldorf	0:57:05	0:57:22	71	M50	62	5: 10:38	11:35	11:39	11:40	11:32	

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
601	2668	Sato Hiroyuki	Nikko Hotel Düsseldorf	0:57:14	0:57:34	108	M45	68	5: 11:00	11:45	11:45	11:36	11:05
602	1793	Heidbüchel Max	Volllaufen	0:57:16	0:57:39	81	M40	73	5: 12:02	12:33	11:29	10:50	10:19
603	1708	Popovic Jan	Digitale Stadt Düsseldorf	0:57:18	0:57:41	75	MHK	87	5: 10:06	11:20	12:19	11:50	11:41
604	2196	Dahlmanns Jan	*Düsseldorf	0:57:20	0:57:20	92	M30	85	5: 10:03	11:38	11:55	12:01	11:41
605	2293	Kater Niklas Fabian	EUROFORUM	0:57:24	0:57:36	90	M35	76	5: 10:16	11:21	12:11	11:54	11:40
606	1415	Joura Marco	Polizei	0:57:25	0:57:30	109	M45	68	5: 10:48	11:59	11:50	11:42	11:03
607	1055	Müller Wolfgang	MTV Immensen	0:57:26	0:57:34	12	M60	52	5: 10:47	11:37	11:38	11:46	11:35
608	1810	Reese von Ohlen Jochen	KIESER TRAINING	0:57:46	0:57:58	13	M60	54	5: 09:56	11:19	12:02	12:20	12:07
609	2279	Hartmann Sven	*Wetter	0:57:48	0:57:54	93	M30	84	5: 09:57	11:43	12:15	12:00	11:51
610	1697	Lomertin Oliver	Digitale Stadt Düsseldorf	0:57:49	0:58:13	91	M35	80	5: 09:49	10:33	11:30	12:17	13:38
611	1022	Manakos Laki	*Düsseldorf	0:57:50	0:58:05	44	M55	57	5: 10:31	10:54	11:53	12:28	12:02
612	1215	Strang Michael	SV Bezirksregierung Düsseldorf	0:57:53	0:58:17	72	M50	61	5: 11:20	11:48	11:38	11:27	11:37
613	2718	Smith Alan	South Shields	0:57:53	0:58:02	14	M60	54	5: 09:56	11:18	12:13	12:15	12:08
614	2341	Philipp Klaus	Team Stadtwerke Düsseldorf	0:57:57	0:58:24	15	M60	54	5: 11:02	11:48	12:01	11:46	11:17
615	2677	Martina Gian Piero	Nikko Hotel Düsseldorf	0:58:01	0:58:22	82	M40	75	5: 11:32	11:45	11:37	11:55	11:09
616	2673	Wienhold Jürgen	Nikko Hotel Düsseldorf	0:58:02	0:58:23	73	M50	61	5: 11:33	11:43	11:41	11:44	11:20
617	2340	Hoydem Andreas	Team Stadtwerke Düsseldorf	0:58:03	0:58:30	110	M45	70	5: 11:31	12:00	11:34	11:33	11:23
618	1790	Picken Andreas	*Hagen	0:58:10	0:58:21	45	M55	60	5: 11:40	12:01	11:45	11:38	11:04
619	1727	Ostermann Thomas	*Düsseldorf	0:58:10	0:58:19	111	M45	70	5: 09:52	11:24	12:04	12:28	12:21
620	2657	Stolla Arnold	prismaxx media	0:58:12	0:58:23	74	M50	62	5: 09:54	11:18	12:10	12:39	12:10
621	2020	Thesing Sebastian	*Monheim	0:58:12	0:58:28	75	M50	61	5: 11:07	11:47	11:52	12:02	11:23
622	1322	Pröpper Dominik	*Mettmann	0:58:17	0:58:39	76	MHK	88	5: 11:34	12:06	12:08	11:48	10:39
623	1967	EHLEN KNUT	*MEERBUSCH	0:58:27	0:58:45	76	M50	62	5: 10:59	11:30	11:57	12:14	11:47
624	1391	Tepe Sebastian	Stadtmission Düsseldorf	0:58:27	0:58:44	77	MHK	86	5: 11:27	11:58	11:54	11:36	11:31
625	1338	Kramski Jörg	*Essen	0:58:32	0:58:51	77	M50	63	5: 11:40	11:55	11:47	11:32	11:36
626	2269	Otto Michael	*Mönchengladbach	0:58:38	0:58:41	78	M50	62	5: 10:02	11:23	12:00	12:33	12:39
627	2274	Michalski Max	200 PRO	0:58:40	0:59:00	78	MHK	88	5: 11:33	12:26	10:58	11:52	11:48
628	2669	Tomida Daisuke	Nikko Hotel Düsseldorf	0:58:40	0:59:01	112	M45	68	5: 11:31	11:43	11:41	11:49	11:53
629	1671	Langensiepen Christian	ERGOsports	0:58:45	0:58:55	79	M50	64	5: 10:57	11:50	12:03	12:06	11:48
630	1714	Wesner Björn	*Essen	0:58:46	0:58:50	92	M35	77	5: 10:57	12:06	12:24	11:51	11:27
631	1710	Laas Christian	Capita	0:58:47	0:59:08	83	M40	74	5: 11:39	12:42	12:20	11:27	10:39
632	1733	Bökmann Norbert	Schutzengellauf	0:58:55	0:59:01	16	M60	53	5: 10:02	11:26	11:52	12:34	12:59
633	2816	Wang Lei	Linklaters LLP	0:58:58	0:59:13	94	M30	85	5: 10:29	10:58	11:55	12:54	12:41
634	2331	Lahm Andreas	*Krefeld	0:59:07	0:59:13	80	M50	63	5: 10:48	12:05	12:15	12:13	11:43
635	2896	Königsberg Gerald		0:59:10	0:59:26	81	M50	62	5: 10:41	11:47	12:15	12:13	12:12
636	2549	Grimmelt Dennis	./.	0:59:17	0:59:39	95	M30	83	5: 11:33	11:56	12:29	12:05	11:12
637	1438	Schmidt Olaf	Fujitsu General	0:59:21	0:59:45	82	M50	64	5: 11:43	11:45	11:32	11:57	12:21
638	2161	Feldmeyer Gerhard	HPP	0:59:22	0:59:42	46	M55	56	5: 11:18	11:37	12:00	12:09	12:17
639	1514	Gruschka Gregor	*Düsseldorf	0:59:22	0:59:47	47	M55	58	5: 11:26	12:00	12:05	12:15	11:34
640	2811	Strake Franz		0:59:23	0:59:51	48	M55	59	5: 11:51	11:58	11:43	12:07	11:43
641	2017	Hintermayr Thomas	*Neuss	0:59:32	0:59:49	113	M45	70	5: 11:10	11:56	12:12	12:07	12:04
642	1970	Schiffer Marcus	*Düsseldorf	0:59:33	1:00:00	84	M40	71	5: 11:31	11:48	11:58	12:06	12:07
643	1648	Singh Alec	*Wuppertal	0:59:37	1:00:00	96	M30	83	5: 12:08	12:21	11:36	11:43	11:46
644	1494	Nagel Jörg	*Düsseldorf	0:59:43	0:59:50	114	M45	68	5: 11:16	12:06	12:15	12:21	11:44
645	1999	Kaska Veno	*Düsseldorf	0:59:49	1:00:06	115	M45	67	5: 11:17	11:54	12:03	12:24	12:10
646	1403	Lippold Ralph	*Düsseldorf	1:00:05	1:00:18	49	M55	60	5: 10:46	11:15	11:27	12:06	14:29
647	1426	Jäger Daniel	*Fritzlar	1:00:06	1:00:28	93	M35	79	5: 11:33	11:57	12:28	12:12	11:54
648	1763	Curtis Benjamin	Schutzengellauf	1:00:07	1:00:23	79	MHK	86	5: 10:42	11:26	12:01	12:37	13:19
649	1756	Flormann Michael	AWISTA GmbH	1:00:16	1:00:24	50	M55	60	5: 11:22	12:25	12:37	12:24	11:27
650	1057	Henning Uwe	Daimler	1:00:28	1:00:41	83	M50	62	5: 10:35	12:00	12:33	12:47	12:31
651	1887	Meister Martin	Team Stadtwerke Düsseldorf	1:00:36	1:01:03	84	M50	63	5: 11:33	12:08	12:20	12:23	12:10
652	2423	Rosseljong Laurent	Special Olympics Luxembourg	1:00:45	1:01:05	80	MHK	89	5: 10:07	10:43	12:04	13:49	13:59
653	2743	Kirschkamp Andreas		1:00:46	1:01:14	116	M45	66	5: 10:17	12:35	12:21	12:55	12:37
654	2721	Sangerhausen Matthias		1:00:57	1:01:07	97	M30	82	5: 11:12	12:22	12:31	12:40	12:11
655	1700	Rösch Georg	Digitale Stadt Düsseldorf	1:01:00	1:01:24	85	M50	61	5: 11:20	12:26	12:26	12:45	12:00
656	1065	Mahlin Rolf	privat	1:01:02	1:01:05	85	M40	71	5: 10:56	12:15	12:15	13:06	12:28
657	1536	Müller-Wiefel Felix	Nigel Wright	1:01:03	1:01:23	81	MHK	87	5: 11:43	11:46	12:18	12:40	12:34
658	1235	Kolenbrander Karl-Heinz	*Düsseldorf	1:01:04	1:01:15	17	M60	52	5: 11:27	12:32	12:29	12:25	12:09
659	1247	Hamann Frank	*Monheim	1:01:04	1:01:27	117	M45	70	5: 11:30	12:32	12:33	12:29	12:00
660	1911	Hemmati Rahim	*Düsseldorf	1:01:06	1:01:23	98	M30	81	5: 11:38	12:09	12:02	12:38	12:37

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
661	1118	Hochkamer Gerald	Düssel-Taucher e.V.	1:01:14	1:01:26	86	M50	63	5: 11:49	12:30	12:25	12:26	12:01
662	1394	Henke Steffen	Stadtmission Düsseldorf	1:01:19	1:01:33	86	M40	73	5: 12:02	12:55	12:22	12:58	11:00
663	2000	Hofer Heribert	*Düsseldorf	1:01:19	1:01:35	18	M60	54	5: 11:33	12:05	12:27	12:31	12:41
664	1490	Spitzhorn Lucas-Sebastian	*Düsseldorf	1:01:23	1:01:34	82	MHK	89	5: 11:31	12:20	12:33	12:27	12:29
665	1635	Palm Klaus-Dieter	Vitalis Therapiezentrum	1:01:34	1:01:52	4	M70	45	5: 11:43	12:17	12:37	12:29	12:27
666	2310	Klein Dennis	GSL Benninghausen	1:01:42	1:02:04	83	MHK	92	5: 10:37	12:04	12:53	13:07	13:00
667	2262	Barthel Hubert	Schutzensgellauf	1:02:06	1:02:15	1	M80	35	5: 11:36	12:30	12:30	12:30	12:59
668	1001	Swiatczak Eugen	*Duisburg	1:02:07	1:02:30	13	M65	48	5: 11:49	12:23	12:39	12:41	12:32
669	2493	Mitsubori Takeshi	*Düsseldorf	1:02:11	1:02:21	87	M40	73	5: 11:45	12:32	12:44	12:33	12:35
670	1547	Schmitz Peter Michael	LG FSUe Düsseldorf	1:02:15	1:02:37	14	M65	46	5: 11:45	12:23	12:36	12:44	12:45
671	1799	Wolters Burkhardt	KIESER TRAINING	1:02:20	1:02:49	15	M65	46	5: 11:47	12:16	12:31	12:50	12:55
672	2922	Ehrenberg Niclas	Ratsfraktion Freie Wähler Düss	1:02:35	1:02:45	14	MU23	95	5: 10:43	14:11	14:28	13:38	09:32
673	1892	König Daniel	Team Stadtwerke Düsseldorf	1:02:35	1:02:48	87	M50	65	5: 11:02	11:58	12:32	13:15	13:47
674	1341	Hernandez Luis	*Düsseldorf	1:02:38	1:02:56	99	M30	85	5: 11:22	12:24	12:31	12:58	13:22
675	2025	Schmitz David	*Düsseldorf	1:03:18	1:03:23	100	M30	83	5: 11:16	12:33	12:58	13:19	13:09
676	2381	Retzep Aziz	*Düsseldorf	1:03:23	1:03:32	15	MU23	93	5: 11:54	14:14	12:19	12:22	12:33
677	2725	Plicht Oliver		1:03:30	1:03:35	118	M45	66	5: 11:21	12:36	13:07	13:12	13:11
678	2783	Sanchez Xavier		1:03:31	1:03:54	101	M30	84	5: 11:56	12:55	13:01	13:10	12:26
679	2305	Gribofer Marc		1:03:49	1:04:01	102	M30	85	5: 11:48	12:32	12:58	13:20	13:08
680	2399	Schmitz Jan	KWE	1:03:50	1:04:12	103	M30	82	5: 11:58	12:55	12:59	12:45	13:11
681	2674	Bennett Christopher	Nikko Hotel Düsseldorf	1:03:58	1:04:17	88	M50	62	5: 11:49	12:48	13:06	13:19	12:55
682	1181	Ponukarin Alexander	*Düsseldorf	1:04:04	1:04:09	84	MHK	92	5: 10:50	12:48	13:33	13:57	12:55
683	2628	Pandzioch Martin	*Düsseldorf	1:04:05	1:04:09	85	MHK	92	5: 10:50	12:49	13:32	13:56	12:55
684	2267	Müller Frank	*Düsseldorf	1:04:17	1:04:26	89	M50	61	5: 11:20	12:38	13:06	13:18	13:54
685	1454	Mainz Dieter	SV Grün-Weiß-Rot Düsseldorf	1:04:21	1:04:37	2	M75	36	5: 12:11	13:08	13:06	13:03	12:51
686	1168	Kotlarski Sebastian	*Düsseldorf	1:04:27	1:04:46	86	MHK	87	5: 12:31	13:15	13:16	12:54	12:28
687	2755	Hoffmann Philipp	headlounge GmbH&Co.KG	1:05:11	1:05:22	94	M35	78	5: 11:06	12:45	13:29	14:10	13:40
688	2044	Schoon Karl-Heinz	USL Hochdahl	1:05:12	1:05:29	16	M65	48	5: 12:22	12:50	13:01	13:38	13:19
689	2760	Höhn Martin	headlounge GmbH&Co.KG	1:05:13	1:05:22	95	M35	80	5: 11:08	12:45	13:29	14:10	13:39
690	2756	Obst Alexander	headlounge GmbH&Co.KG	1:05:14	1:05:24	96	M35	78	5: 11:08	12:44	13:29	14:09	13:42
691	2418	Della Schiava Poli	Special Olympics Luxembourg	1:05:14	1:05:36	119	M45	66	5: 10:58	13:06	13:51	13:04	14:13
692	2719	Kleinert Manuel		1:05:14	1:05:18	87	MHK	92	5: 10:28	13:39	13:48	14:19	12:59
693	2413	Reitz Benoît	Special Olympics Luxembourg	1:05:16	1:05:38	51	M55	60	5: 12:31	13:30	13:13	12:46	13:14
694	1535	Köllner Uwe	Nigel Wright	1:05:26	1:05:46	97	M35	76	5: 11:44	12:39	13:39	14:09	13:13
695	1735	Kloes Alexander	Schutzensgellauf	1:05:27	1:05:32	104	M30	84	5: 11:05	12:59	13:29	13:57	13:56
696	2525	Esch Sven	svenesch.com	1:05:31	1:05:56	88	M40	74	5: 12:38	13:21	13:15	13:12	13:02
697	2499	Filipe Bruno	*Düsseldorf	1:05:45	1:06:12	98	M35	79	5: 11:25	12:59	13:30	13:50	13:57
698	1568	Breuers Stefan	*Meerbusch	1:05:45	1:06:03	105	M30	82	5: 12:03	13:07	13:22	13:31	13:40
699	1569	Schiro Johannes	*Monheim	1:06:17	1:06:36	106	M30	81	5: 14:36	14:55	13:26	12:05	11:11
700	1393	Schrank Rolf	Stadtmission Düsseldorf	1:06:29	1:06:46	120	M45	69	5: 12:00	12:59	13:31	14:02	13:56
701	2599	witzmann udo	*Düsseldorf	1:06:44	1:06:56	19	M60	55	5: 12:07	13:04	13:19	13:51	14:22
702	2189	Selbach Gerhard	privat	1:07:25	1:07:47	20	M60	54	5: 12:58	13:25	13:58	13:24	13:38
703	1020	Abend Günter	BSG Stadtwerke	1:07:35	1:07:39	5	M70	43	5: 11:38	13:21	14:01	14:17	14:17
704	2751	Schmitz Wolfgang	headlounge GmbH&Co.KG	1:07:48	1:07:57	52	M55	57	5: 11:46	13:18	13:50	14:03	14:49
705	2522	Hartkamp Norbert	*Düsseldorf	1:07:55	1:08:09	53	M55	58	5: 11:58	13:20	14:06	14:21	14:08
706	1087	Hartel Karl Winfried	*Düsseldorf	1:08:05	1:08:24	121	M45	69	5: 12:26	13:28	13:41	14:01	14:26
707	1262	Butterwegge Frank	*Düsseldorf	1:09:26	1:09:51	89	M40	71	5: 13:00	14:13	14:05	14:16	13:50
708	1163	Hahn Andreas	Team Feuer + Fleisch	1:11:34	1:12:00	90	M40	71	5: 12:50	14:22	14:49	15:01	14:31
709	1162	Schoeneis Thorsten	Team Feuer + Fleisch	1:11:37	1:12:03	91	M40	72	5: 12:51	14:22	14:48	15:02	14:33
710	2511	Nagaraj Abhishek	*Aachen	1:18:28	1:18:50	88	MHK	92	5: 14:09	15:27	15:42	16:25	16:43

10km - Gesamt Lauf 6-8

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	2433	Jaschke Lisa	Rhein-Berg Runners	0:38:12	0:38:13	1	WHK	90	5: 07:03 07:45 07:48 07:49 07:44
2	2920	Optekamp Silke	ASICS-Frontrunner	0:38:40	0:38:41	1	W35	78	5: 07:05 07:43 07:52 08:03 07:55
3	1773	Maak Petra	TSV Bayer Dormagen	0:38:46	0:38:48	1	W50	64	5: 07:04 07:48 08:01 08:02 07:49
4	2220	Jedras Barbara	Tusem Essen	0:39:53	0:39:57	1	W45	70	5: 07:30 08:08 08:10 08:09 07:56
5	2607	Strunk Katharina	SFD'75 Düsseldorf	0:41:34	0:41:38	2	WHK	91	5: 07:30 08:21 08:32 08:42 08:28
6	2250	Hinze Katja	Rhein Berg Runners	0:41:35	0:41:38	1	W40	72	5: 07:43 08:23 08:24 08:34 08:28
7	1871	Schimanski Martina	TSV Viktoria Mülheim	0:41:47	0:41:48	2	W45	69	5: 07:49 08:31 08:31 08:30 08:24
8	2821	Spicker Ute	TEAM ESSEN 99	0:41:49	0:41:53	2	W50	61	5: 07:22 08:23 08:39 08:43 08:40
9	2068	DODRE LIDIA	frank	0:41:54	0:41:56	3	WHK	88	5: 07:48 08:30 08:30 08:38 08:25
10	1522	Schmidt Sandra	*Dortmund	0:41:57	0:41:59	4	WHK	86	5: 07:20 08:29 08:39 08:49 08:37
11	2588	Laskey Nina	Linklaters LLP	0:42:29	0:42:47	2	W35	77	5: 08:01 08:29 08:36 08:44 08:38
12	2616	Medici Francesca	SFD'75 Düsseldorf	0:42:40	0:42:43	5	WHK	89	5: 07:41 08:41 08:50 08:49 08:37
13	1624	Kahlbau Nora	Running Team Grafenberg	0:42:57	0:43:03	6	WHK	86	5: 07:46 08:38 08:51 08:55 08:45
14	2563	Meierkamp Syna	Hogan Lovells	0:42:58	0:42:59	1	WU23	94	5: 07:52 08:48 08:28 09:04 08:43
15	2504	Richter Angela	SFD'75 Düsseldorf	0:43:01	0:43:03	3	W50	64	5: 07:35 08:41 08:54 08:58 08:51
16	1113	Günther Christine	*Mannheim	0:43:15	0:43:22	1	W30	81	5: 07:58 08:48 08:52 08:51 08:44
17	2070	Bielicke Manja	ART Düsseldorf	0:43:31	0:43:32	3	W45	69	5: 08:09 08:52 08:55 08:54 08:40
18	1946	Selbach Isabel	Running Team Grafenberg	0:44:03	0:44:04	3	W35	78	5: 07:34 08:53 09:12 09:16 09:06
19	1565	Peters Sandra	TSV Meerbusch	0:44:35	0:44:37	4	W45	68	5: 08:12 09:02 09:07 09:13 08:58
20	2694	Hunold Michaela		0:44:37	0:44:41	5	W45	69	5: 08:14 09:05 09:09 09:13 08:53
21	2094	Campbell Jessie	*Krefeld	0:45:16	0:45:17	2	WU23	95	5: 07:49 08:56 09:31 09:39 09:19
22	1789	Pfützenreuter Johanna	*Ratingen	0:45:19	0:45:23	7	WHK	90	5: 08:05 09:10 09:19 09:25 09:19
23	1873	Straßburg Carolin	Running Team Grafenberg	0:45:30	0:45:32	4	W35	80	5: 08:08 09:05 09:20 09:39 09:17
24	1864	Mlinarsky Janine	*Mönchengladbach	0:45:49	0:45:51	2	W30	84	5: 08:07 09:06 09:31 09:38 09:24
25	1915	Sunram Dorota	*Würselen	0:45:49	0:45:50	3	W30	85	5: 08:07 09:14 09:25 09:35 09:25
26	2452	Grosalski Isabelle	LG Gummersbach	0:46:02	0:46:02	2	W40	71	5: 08:35 09:25 09:20 09:25 09:15
27	1829	Eidmann Solveig	KIESER TRAINING	0:46:32	0:46:57	1	WU18	99	5: 09:10 09:25 09:27 09:11 09:18
28	1679	Kels Petra	TSV Viktoria Mülheim	0:46:33	0:46:39	4	W50	62	5: 08:31 09:26 09:30 09:34 09:30
29	1266	Bode Laura	Zonta International	0:46:33	0:46:37	1	W55	58	5: 08:38 09:21 09:29 09:34 09:29
30	2592	Husmann-Zich Elke	Osterather TV	0:46:33	0:46:37	3	W40	73	5: 08:32 09:25 09:31 09:38 09:24
31	1353	Pöllinger Anna	*Düsseldorf	0:46:38	0:46:49	4	W30	85	5: 08:33 09:23 09:37 09:36 09:27
32	1876	Kokozinski Susanne	TSV Viktoria Mülheim	0:46:49	0:46:55	5	W50	64	5: 08:36 09:28 09:35 09:40 09:29
33	2192	Ohlert Bärbel	Laufschule Düsseldorf	0:47:08	0:47:14	6	W45	66	5: 08:36 09:27 09:40 09:49 09:35
34	2763	Großmann Linda		0:47:08	0:47:16	5	W30	84	5: 09:11 09:41 09:34 09:30 09:10
35	2156	Gimpel Katerina	HPP	0:47:12	0:47:24	5	W35	79	5: 08:53 09:27 09:40 09:38 09:32
36	2074	Kemblowski Nina	Schüler Plan RUNing	0:47:14	0:47:20	6	W35	80	5: 08:47 09:41 09:41 09:39 09:25
37	2917	Dahm Sabine	SPASSLÄUFER	0:47:34	0:47:41	7	W45	68	5: 08:36 09:23 09:41 09:56 09:56
38	2817	Roata Cristina-Dorina		0:47:52	0:47:59	7	W35	80	5: 08:49 09:45 09:44 09:51 09:40
39	1093	Zange Gabi	LSV Porz / Köln	0:47:58	0:48:13	2	W55	60	5: 08:54 09:36 09:43 09:54 09:49
40	1198	Jordan Sarah	*Meerbusch	0:48:03	0:48:17	8	WHK	88	5: 08:50 09:33 10:04 09:58 09:36
41	2600	Dreyer Alexandra	SFD'75 Düsseldorf	0:48:10	0:48:14	4	W40	71	5: 08:47 09:37 09:47 09:56 10:01
42	1971	Mattusch Katrin	TV Planegg-Krailling	0:48:20	0:48:28	8	W45	67	5: 09:13 09:51 09:47 09:48 09:39
43	1975	Lürig Maren	*Düsseldorf	0:48:25	0:48:39	8	W35	76	5: 08:46 09:28 09:46 10:12 10:12
44	1195	Schlaikier Natalia	*Viersen	0:48:28	0:48:30	9	W35	78	5: 08:22 09:55 10:08 10:18 09:43
45	1943	Lindenberg Regina	LG Gummersbach	0:48:40	0:48:43	6	W50	64	5: 09:02 09:54 09:59 10:00 09:44
46	2008	Koehler Silke	*Düsseldorf	0:48:53	0:49:01	6	W30	82	5: 08:38 09:54 10:11 10:18 09:49
47	1788	Elberg Emilie	*Düsseldorf	0:48:55	0:49:00	10	W35	78	5: 08:51 09:48 10:09 10:09 09:55
48	1593	Murre Liisel	*Duesseldorf	0:49:01	0:49:06	7	W30	81	5: 09:09 09:54 10:04 10:04 09:49
49	1144	Bögershausen Nicole	Raketenläufer	0:49:07	0:49:16	5	W40	74	5: 09:02 09:53 10:01 10:13 09:56
50	2209	Nolda Isabel	*Düsseldorf	0:49:08	0:49:14	9	WHK	90	5: 09:23 09:54 10:02 10:04 09:43
51	2071	Schöneberger Tanja	*Essen	0:49:08	0:49:13	3	W55	56	5: 09:16 09:53 09:55 10:02 10:00
52	1225	Aufbruch Katharina	*Ratingen	0:49:09	0:49:11	10	WHK	90	5: 09:00 09:41 09:59 10:17 10:10
53	1875	Beining Irmtraud	Bistalrunners	0:49:13	0:49:33	1	W65	50	5: 09:22 09:56 09:56 10:00 09:58
54	1476	Dillmann Claudia	Ig-gummersbach	0:49:24	0:49:26	4	W55	56	5: 09:04 10:00 10:10 10:07 10:02
55	2891	Honus Katharina		0:49:33	0:49:52	8	W30	84	5: 09:40 10:24 10:05 09:59 09:23
56	2398	Wendefeier Yasmin	TTR08	0:49:43	0:49:50	11	W35	77	5: 08:46 09:50 10:19 10:29 10:17
57	2847	Weimer Maud	skd	0:49:50	0:50:04	5	W55	58	5: 09:13 09:58 10:16 10:14 10:07
58	1664	Gao Jie	*Düsseldorf	0:49:52	0:49:59	11	WHK	90	5: 08:54 09:54 10:19 10:22 10:22
59	1086	Klünens Sylvia	*Krefeld	0:49:59	0:50:14	6	W40	73	5: 09:38 09:55 10:08 10:15 10:01
60	2667	Yajima Kimiko	Nikko Hotel Düsseldorf	0:50:12	0:50:31	7	W50	64	5: 10:15 10:04 09:59 09:58 09:54

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Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
61	2583	Beeck Alexandra	Osterather TV	0:50:32	0:50:44	9	W45	67	5:09:09	10:01	10:20	10:34	10:26	
62	2355	Hülse Renate	TSV Meerbusch	0:50:37	0:50:40	6	W55	57	5:09:16	09:59	10:16	10:35	10:29	
63	2389	Hornscheidt Ulla	Adler-Langlauf Bottrop	0:50:42	0:50:55	1	W60	55	5:09:22	10:10	10:23	10:27	10:18	
64	1080	Tenhaaf Sarah	Schnell&schneller	0:50:43	0:50:47	9	W30	85	5:09:36	10:05	10:21	10:24	10:15	
65	1907	Markhoff Karin	TSV Viktoria Mülheim	0:50:44	0:50:51	7	W55	59	5:09:28	10:17	10:18	10:20	10:19	
66	1418	Neuhaus Julia	Die Killer-Karnickel	0:50:45	0:50:56	12	W35	78	5:09:26	10:07	10:20	10:30	10:21	
67	2658	Wagner Anja	*Düsseldorf	0:50:49	0:50:59	12	WHK	89	5:09:22	10:11	10:25	10:33	10:16	
68	2727	Aden Sina		0:50:53	0:50:56	1	WU20	97	5:08:42	10:18	10:44	10:38	10:29	
69	2731	Maas Sabine		0:50:56	0:51:07	13	WHK	87	5:10:12	10:16	10:29	10:24	09:33	
70	1337	Deloy Doris	*Düsseldorf	0:50:56	0:51:08	7	W40	72	5:09:13	10:07	10:31	10:45	10:19	
71	2066	Schmitz Ina	Running Team Grafenberg	0:50:58	0:51:15	10	W30	84	5:09:50	10:18	10:25	10:23	09:59	
72	2608	Neubert Nadine	SFD'75 Düsseldorf	0:51:05	0:51:13	14	WHK	86	5:09:40	10:30	10:29	10:27	09:58	
73	2609	Volbracht Melanie	SFD'75 Düsseldorf	0:51:19	0:51:27	15	WHK	92	5:09:40	10:29	10:30	10:27	10:12	
74	1969	ockenfeld steffi	*Düsseldorf	0:51:24	0:51:30	13	W35	77	5:09:20	10:13	10:34	10:41	10:35	
75	1517	Feller Sonja	*Düsseldorf	0:51:35	0:51:53	11	W30	83	5:09:35	10:21	10:39	10:33	10:25	
76	1362	Merkel Henriette	*Düsseldorf	0:51:43	0:52:05	16	WHK	92	5:09:44	10:24	10:28	10:44	10:21	
77	2380	Retzep Damla	*Düsseldorf	0:51:48	0:51:57	3	WU23	95	5:08:57	10:16	11:06	10:47	10:41	
78	2545	Hilario Nicole	*Düsseldorf	0:51:50	0:52:09	12	W30	85	5:09:55	10:17	10:37	10:28	10:31	
79	2297	Bertrams Ulrike	SSV Strümp	0:51:51	0:52:08	8	W50	62	5:09:32	10:28	10:39	10:45	10:24	
80	1985	Eßers Tina	*Gelsenkirchen	0:51:52	0:52:18	14	W35	80	5:09:34	10:07	10:38	10:49	10:42	
81	1725	Warnemünde Birgit	*Düsseldorf	0:51:53	0:52:01	10	W45	69	5:09:37	10:34	10:41	10:38	10:20	
82	2176	Gramstat Susanne	Team ERDINGER Alkoholfrei	0:51:57	0:52:04	8	W40	71	5:09:21	10:17	10:39	10:57	10:41	
83	1823	Schäffer Anne	Mercer Deutschland	0:51:59	0:52:14	13	W30	84	5:09:42	10:24	10:40	10:39	10:32	
84	1636	Hoffmann Carmen	Die Neanderläufer	0:52:02	0:52:22	15	W35	77	5:09:42	10:30	10:38	10:40	10:31	
85	1599	Altemeier Christina	*Düsseldorf	0:52:06	0:52:10	14	W30	85	5:09:41	10:29	10:51	10:31	10:33	
86	2346	Ollinger Nele	*Köln	0:52:09	0:52:24	4	WU23	93	5:10:25	10:38	10:45	11:00	09:19	
87	1840	Lange Katja	*Düsseldorf	0:52:09	0:52:22	17	WHK	86	5:09:38	10:29	10:48	10:51	10:21	
88	2301	Ehrhardt Claudia	*Düsseldorf	0:52:14	0:52:25	18	WHK	87	5:09:26	10:17	10:47	10:44	10:58	
89	1375	Neus Marina	*Düsseldorf	0:52:14	0:52:45	5	WU23	93	5:09:20	10:13	10:50	11:00	10:48	
90	2218	Gabsch Meike	Non Stop Ultra Brakel	0:52:19	0:52:37	15	W30	83	5:09:55	10:16	10:41	10:45	10:39	
91	1345	Gassner Meike	SFD'75 Düsseldorf	0:52:24	0:52:29	11	W45	70	5:09:44	10:34	10:46	10:49	10:29	
92	1832	de Graat Luisa	*Mönchengladbach	0:52:37	0:52:55	12	W45	69	5:09:50	10:19	10:34	11:06	10:46	
93	2587	Dormanns Dorothee	*Baesweiler	0:52:40	0:52:59	9	W40	72	5:09:46	10:30	10:43	10:51	10:48	
94	1963	Küpper Lisa	*Köln	0:52:49	0:53:01	16	W35	77	5:10:11	10:34	10:36	10:46	10:40	
95	2586	Franck Bianca	Osterather TV	0:52:54	0:53:06	13	W45	69	5:09:37	10:28	10:37	11:08	11:02	
96	2575	Schütte Anna-Sophie	Linklaters LLP	0:52:54	0:53:12	6	WU23	93	5:10:17	10:47	10:46	10:39	10:23	
97	1686	Grömping Milena	*Düsseldorf	0:52:57	0:53:09	19	WHK	89	5:09:54	10:26	10:57	10:51	10:45	
98	1219	Seidel Heike	*Neuss	0:53:00	0:53:12	17	W35	78	5:09:39	10:42	11:11	10:51	10:35	
99	2324	Kamper Barbara	funlaufen.de	0:53:02	0:53:10	18	W35	77	5:09:46	10:39	10:55	10:59	10:41	
100	2551	Sprenger Lisa	*Wilmington, NC	0:53:05	0:53:13	20	WHK	86	5:09:24	10:32	10:55	11:08	11:04	
101	2564	Öncü Canan	Linklaters LLP	0:53:09	0:53:23	19	W35	78	5:09:50	10:33	11:04	11:10	10:29	
102	2584	Laßeur Lena	Linklaters LLP	0:53:11	0:53:25	21	WHK	88	5:09:51	10:34	11:05	11:08	10:31	
103	2878	König Marijke	Scheib Marathonis	0:53:14	0:53:35	22	WHK	91	5:10:18	10:56	10:52	10:45	10:21	
104	1600	Breuer Maren	Schutzengellauf	0:53:18	0:53:23	20	W35	80	5:09:56	10:48	10:55	11:07	10:30	
105	1194	Forg Corinna	Running Team Grafenberg	0:53:26	0:53:34	10	W40	71	5:09:59	10:58	11:00	10:50	10:37	
106	2237	Dylla Konny	Laufteam Richrath	0:53:41	0:53:55	11	W40	75	5:10:20	10:58	10:53	11:02	10:26	
107	1486	Gleumes Simone	Die Laufexperten	0:53:43	0:54:00	12	W40	71	5:09:31	10:31	11:03	11:29	11:07	
108	1152	Beauvoir Florence	*Düsseldorf	0:53:44	0:53:46	21	W35	78	5:09:55	10:48	10:57	11:07	10:54	
109	1597	Kraus Andrea	*Willich	0:53:48	0:54:06	13	W40	74	5:09:52	10:43	11:08	11:09	10:54	
110	1603	Gehrmann Katja	Schutzengellauf	0:53:51	0:53:55	22	W35	78	5:09:56	10:48	10:56	11:07	11:02	
111	2797	Oelschläger-Rath Therese	Laufschule Düsseldorf	0:53:53	0:54:12	8	W55	59	5:10:07	10:53	11:00	11:09	10:41	
112	2884	Biskupek Sylvia		0:53:55	0:54:11	16	W30	82	5:09:55	10:53	11:07	11:10	10:48	
113	2798	Buch Lenny		0:53:57	0:54:18	9	W50	62	5:09:37	10:11	11:05	11:26	11:36	
114	1591	Schulz-Bongert Sabine	Running Team Grafenberg	0:54:00	0:54:20	10	W50	62	5:09:57	10:52	11:00	11:05	11:05	
115	1583	Ehl Kathrin	*Düsseldorf	0:54:01	0:54:04	17	W30	84	5:09:50	10:45	10:58	11:19	11:06	
116	1846	coroly sabine	Ig gummersbach	0:54:01	0:54:05	9	W55	56	5:09:53	10:55	11:06	11:09	10:56	
117	2224	ledniowska malwina	*belp	0:54:02	0:54:21	23	WHK	87	5:09:40	10:38	11:10	11:19	11:13	
118	1814	Krempel Vanessa	KIESER TRAINING	0:54:13	0:54:20	24	WHK	87	5:10:11	11:05	11:07	11:16	10:32	
119	2812	Masbach Claudia		0:54:19	0:54:32	23	W35	78	5:09:49	10:56	11:05	11:19	11:07	
120	1769	van de moosdijk Annette	*duesseldorf	0:54:19	0:54:33	14	W45	66	5:10:13	10:56	11:03	11:07	10:58	

10km - Gesamt Lauf 6-8

Stadtwerke Kö-Lauf Düsseldorf - 6. September 2015

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
121	1370	Venn Esther	*Duesseldorf	0:54:20	0:54:43	25	WHK	86	5: 10:09	11:12	11:03	11:03	10:51
122	2320	Gläser Diana	SSV Strümp	0:54:21	0:54:39	14	W40	74	5: 09:51	10:51	11:05	11:18	11:14
123	1138	Brosch Christina	*Düsseldorf	0:54:29	0:54:52	15	W40	71	5: 10:42	11:08	11:05	10:54	10:38
124	1312	Späth Bianca	Tri Team FS Düsseldorf	0:54:30	0:54:51	15	W45	69	5: 09:43	10:58	11:11	11:17	11:18
125	1910	Scaglia Sandra	*Kaarst	0:54:31	0:54:38	18	W30	82	5: 09:53	10:43	11:03	11:21	11:30
126	2914	Döpp Caroline		0:54:32	0:54:46	19	W30	85	5: 10:10	10:58	11:09	11:14	10:58
127	1877	Heinrichs Anna	*Ratingen	0:54:38	0:54:55	16	W45	70	5: 10:01	11:09	11:18	11:13	10:56
128	1477	Prigge Sonja	TSV Kaldenkirchen	0:54:40	0:55:03	16	W40	75	5: 10:50	11:06	11:08	11:06	10:28
129	2311	Arndt Kati	GSL Benninghausen	0:54:42	0:55:03	17	W45	69	5: 10:34	11:05	10:59	11:07	10:56
130	2670	Sarge Lisa	Nikko Hotel Düsseldorf	0:54:44	0:54:49	7	WU23	93	5: 09:34	10:41	11:10	11:47	11:29
131	2559	Prinz Franziska	*Willich	0:54:47	0:55:02	8	WU23	94	5: 10:14	10:57	11:02	11:19	11:13
132	1423	Wöhl Lina	*Düsseldorf	0:54:48	0:54:53	20	W30	83	5: 09:48	10:53	11:11	11:35	11:19
133	1101	Coudurier Sandra	*Düsseldorf	0:54:49	0:54:53	18	W45	68	5: 09:41	10:56	11:08	11:34	11:28
134	2582	Mukomilow Lavinia	Linklaters LLP	0:54:51	0:55:06	26	WHK	90	5: 10:03	11:10	11:28	11:13	10:56
135	2457	Müller Anna	*Duisburg	0:54:51	0:55:05	2	WU20	97	5: 10:27	10:58	11:18	11:21	10:45
136	1290	Wolff Petra	Running Team Grafenberg	0:54:51	0:54:58	19	W45	70	5: 10:07	11:10	11:09	11:21	11:04
137	1016	BLACK ROBIN LEA	Running Team Grafenberg	0:54:54	0:55:03	11	W50	64	5: 10:08	10:49	11:20	11:24	11:11
138	1722	Gerlach Vanessa	rote Laterne Bilk	0:54:55	0:55:06	24	W35	78	5: 09:50	10:57	11:30	11:30	11:06
139	1377	Kokoschka Sonja	*Düsseldorf	0:55:02	0:55:13	17	W40	73	5: 10:14	10:59	11:12	11:14	11:22
140	1655	Boyen Anna	*Passau	0:55:11	0:55:16	9	WU23	94	5: 09:23	11:14	11:21	11:35	11:35
141	1483	Ulm Michaela	TV 03 Breitenbach	0:55:30	0:55:42	21	W30	81	5: 09:43	11:05	11:32	11:37	11:32
142	2092	Rütze Carolin	*Düsseldorf	0:55:37	0:55:41	22	W30	82	5: 10:20	11:38	11:39	11:31	10:27
143	1855	Burghard Corinne	*Düsseldorf	0:55:38	0:55:51	12	W50	61	5: 10:32	11:12	11:15	11:18	11:19
144	1952	Klose Svenja	Johanna Etienne Krankenhaus	0:55:42	0:55:50	27	WHK	88	5: 10:34	11:21	11:21	11:28	10:55
145	2741	Ponce Ilina		0:55:43	0:56:12	23	W30	82	5: 10:10	11:02	11:23	11:39	11:27
146	1951	Schomakers Antje	Johanna Etienne Krankenhaus	0:55:43	0:55:51	24	W30	85	5: 10:35	11:21	11:21	11:28	10:56
147	1585	Meyer Birgit	*Korschenbroich	0:55:51	0:55:55	20	W45	68	5: 10:34	11:05	11:15	11:30	11:25
148	2869	Suzuki Kaoru		0:55:51	0:56:07	18	W40	73	5: 10:05	11:05	11:34	11:27	11:39
149	2881	Heinrich Marie		0:55:52	0:56:05	28	WHK	91	5: 10:59	11:28	11:19	11:21	10:44
150	2895	Witthaut Stefanie		0:55:56	0:56:13	19	W40	72	5: 11:03	11:17	11:22	11:14	10:58
151	2910	Welzel Petra		0:56:03	0:56:16	13	W50	62	5: 10:03	11:08	11:38	11:45	11:26
152	1917	Heller Eva	Lauffreunde Düsseldorf	0:56:13	0:56:29	29	WHK	88	5: 10:50	11:19	11:21	11:32	11:09
153	2228	Gülpen Carolin	*Würselen	0:56:15	0:56:17	30	WHK	89	5: 10:04	11:21	11:33	11:51	11:24
154	2056	Reinsch Julia	ZONTA International	0:56:16	0:56:19	20	W40	75	5: 09:48	11:18	11:30	11:47	11:50
155	1782	Schulte-Mausbeck Julia	*Essen	0:56:19	0:56:23	25	W35	80	5: 10:30	11:23	11:25	11:34	11:25
156	2877	von Saß Christiane		0:56:22	0:56:36	25	W30	84	5: 10:13	11:22	11:36	11:37	11:33
157	1495	Kloft Silvia	*Düsseldorf	0:56:24	0:56:30	21	W45	67	5: 10:52	11:11	11:27	11:25	11:27
158	1801	Janott Simone	KIESER TRAINING	0:56:38	0:56:47	26	W30	82	5: 09:22	11:21	11:46	12:07	11:59
159	2497	Kolvenbach Kathrin	*Düsseldorf	0:56:46	0:56:58	10	WU23	93	5: 10:30	11:23	11:38	11:51	11:22
160	2838	Herbst Natalie		0:56:48	0:57:01	22	W45	68	5: 10:20	11:20	11:33	11:43	11:50
161	1239	Schwerfeld-Bohr Julia	*Düsseldorf	0:56:48	0:57:00	26	W35	79	5: 10:33	11:31	11:23	11:50	11:29
162	1091	Dietrich Annett	privat	0:56:49	0:56:51	23	W45	66	5: 10:15	11:30	11:36	11:47	11:39
163	2555	Pfeifer Martina	Hogan Lovells	0:56:55	0:56:58	27	W35	80	5: 10:36	11:22	11:26	11:43	11:46
164	2903	Kessens Ann-Christine		0:56:56	0:57:08	31	WHK	87	5: 10:47	11:40	11:29	11:41	11:17
165	1221	Sablinskiene Karolina	*Moenchengladbach	0:57:00	0:57:09	27	W30	82	5: 11:01	11:26	11:51	11:28	11:12
166	1775	ambroise caroline	*düsseldorf	0:57:01	0:57:07	28	W30	83	5: 10:31	11:26	11:37	11:39	11:46
167	1134	Czarnik Janine	*Düsseldorf	0:57:01	0:57:17	29	W30	84	5: 10:17	11:24	11:50	11:59	11:29
168	2093	Averdieck Marita	*Düsseldorf	0:57:06	0:57:08	10	W55	59	5: 09:58	11:07	11:06	13:58	10:55
169	2061	Wlecke Ruth	Zonta	0:57:19	0:57:34	24	W45	66	5: 10:32	11:31	11:43	11:48	11:43
170	1990	Reintke Petra	*Düsseldorf	0:57:24	0:57:26	25	W45	67	5: 10:19	11:39	11:43	11:51	11:50
171	1492	Loessner Silke	TUS 08 Lintorf	0:57:28	0:57:33	21	W40	71	5: 10:41	11:37	11:44	11:38	11:45
172	1716	Montréal Jennifer	Proroba	0:57:44	0:57:55	32	WHK	91	5: 11:02	11:45	11:43	11:41	11:31
173	1844	Bangert Angela	*Düsseldorf	0:57:54	0:58:00	22	W40	72	5: 10:42	11:40	11:53	11:52	11:45
174	1283	Scheßl Esther	*Düsseldorf	0:57:56	0:58:01	23	W40	72	5: 10:30	11:23	11:44	12:04	12:13
175	2675	Mulcahy-Roth Jayne	Nikko Hotel Düsseldorf	0:57:58	0:58:19	26	W45	68	5: 11:32	11:43	11:40	11:45	11:16
176	2666	Strebel Katja	Nikko Hotel Düsseldorf	0:58:00	0:58:22	33	WHK	87	5: 11:32	11:45	11:37	11:55	11:09
177	2793	Girsch Heike		0:58:12	0:58:24	27	W45	69	5: 10:07	11:34	12:10	12:27	11:52
178	1865	Bornhäuser Carina	*Düsseldorf	0:58:19	0:58:22	28	W35	80	5: 10:33	12:04	12:13	12:09	11:18
179	1997	Zapata Kandt Renata	*Düsseldorf	0:58:34	0:58:50	14	W50	64	5: 11:17	11:54	12:04	11:51	11:27
180	1552	Papst Elisabeth	Diabetes Programm	0:58:37	0:59:12	11	W55	60	5: 11:43	11:58	11:33	11:57	11:24

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
181	1298	Ehrich Vanessa	*Düsseldorf	0:58:51	0:59:05	30	W30	85	5: 11:18	11:59	12:01	12:04	11:27	
182	1299	Giering Ina	*Düsseldorf	0:58:52	0:59:05	34	WHK	87	5: 11:19	11:58	12:01	12:05	11:26	
183	1451	Schürmann Rosita	*Düsseldorf	0:58:56	0:59:12	28	W45	69	5: 10:47	11:38	11:56	12:18	12:14	
184	2801	Kreutzer Diana	LKD Düsseldorf	0:58:56	0:59:09	15	W50	61	5: 10:57	11:32	11:54	12:12	12:20	
185	2864	Wegete Veronika		0:58:58	0:59:03	24	W40	72	5: 10:21	11:37	12:27	12:26	12:05	
186	2744	Gruschka Alina		0:58:59	0:59:32	11	WU23	93	5: 10:38	11:49	12:11	12:12	12:07	
187	2409	Myszkowska Magdalena	Running Team Grafenberg	0:59:06	0:59:13	29	W35	79	5: 10:10	11:44	11:51	12:26	12:52	
188	1234	Vollmer Nicole	*Düsseldorf	0:59:20	0:59:30	31	W30	83	5: 11:01	11:59	12:30	12:34	11:14	
189	1647	Eitner Sabrina	*Krefeld	0:59:37	1:00:00	12	WU23	93	5: 12:07	12:22	11:35	11:43	11:47	
190	1778	Li Yao	*Brühl	0:59:37	0:59:53	32	W30	82	5: 10:32	11:41	12:25	12:49	12:08	
191	1459	Valerius Nicole	Schützengellauf	0:59:40	0:59:46	25	W40	74	5: 11:46	12:23	12:17	12:07	11:04	
192	1294	Le Vaillant de Folleville Marie	*Düsseldorf	0:59:44	1:00:04	35	WHK	89	5: 11:02	11:41	12:16	12:29	12:14	
193	1493	Nagel Claudia	*Düsseldorf	0:59:44	0:59:51	29	W45	69	5: 11:16	12:05	12:15	12:21	11:45	
194	2610	Theodoridou Eleni	SFD'75 Düsseldorf	0:59:47	0:59:50	26	W40	75	5: 10:29	11:51	12:30	12:23	12:32	
195	1596	Brüssow Lydia	*Essen	0:59:50	1:00:09	36	WHK	88	5: 11:45	12:12	12:12	11:58	11:41	
196	1475	Bartling Petra	*Düsseldorf	0:59:50	1:00:09	27	W40	72	5: 11:45	12:11	12:12	11:58	11:41	
197	1133	Czarnik Melanie	*Düsseldorf	0:59:56	1:00:13	33	W30	83	5: 11:13	12:03	12:17	12:21	12:00	
198	1626	Zahn Stefanie	*Oberhausen	1:00:03	1:00:15	34	W30	83	5: 11:07	11:52	12:08	12:25	12:29	
199	2661	Anderer Birgit	Wilde Wutz	1:00:05	1:00:07	12	W55	57	5: 10:21	12:10	12:30	12:34	12:29	
200	1883	Leupolt Antje	Team Stadtwerke Düsseldorf	1:00:07	1:00:20	28	W40	72	5: 11:01	12:01	12:18	12:26	12:18	
201	1598	Schauten Eva	*Düsseldorf	1:00:10	1:00:24	35	W30	84	5: 11:35	12:20	12:19	12:09	11:45	
202	1066	Volkers Janita	*Neuss	1:00:37	1:00:50	36	W30	83	5: 10:55	11:59	12:30	12:38	12:33	
203	1528	Hornung Jernnifer	Düsseldorfer Laufmaschinen	1:00:41	1:00:56	29	W40	74	5: 11:00	12:13	12:33	12:37	12:17	
204	1761	Seeliger Sonia	TV Hösel	1:00:42	1:01:06	30	W40	71	5: 12:01	12:33	12:11	12:11	11:43	
205	1467	Essmann Sabine	Schützengellauf	1:00:42	1:00:49	30	W35	80	5: 10:51	12:07	12:34	12:48	12:21	
206	2690	Smith Ruth	ZAF	1:00:43	1:00:51	16	W50	64	5: 10:45	12:02	12:16	12:50	12:47	
207	1464	Krischan Johanna	Schützengellauf	1:00:43	1:00:48	37	WHK	88	5: 10:41	12:18	12:34	12:47	12:20	
208	1936	Seemann Nicole	*Düsseldorf	1:00:43	1:01:01	31	W35	80	5: 11:42	12:19	12:18	12:15	12:07	
209	2347	Farrenkopf Friederike	*Düsseldorf	1:00:49	1:01:00	37	W30	85	5: 11:18	12:23	12:34	12:31	12:01	
210	1265	Schreier Judith	*Mettmann	1:00:50	1:01:12	38	WHK	87	5: 11:34	12:06	12:08	12:27	12:33	
211	1042	von Mirbach Gabriele	*Greifath	1:00:51	1:01:06	30	W45	66	5: 11:13	12:15	12:34	12:40	12:07	
212	2438	Winkler Stefanie	SG TÜV Rheinland	1:00:54	1:01:06	38	W30	82	5: 11:21	12:17	12:26	12:39	12:09	
213	1904	Lummerich Ilona	*Düsseldorf	1:01:02	1:01:02	32	W35	78	5: 11:39	12:51	12:09	12:07	12:15	
214	1473	Deutsch Jessica	Schützengellauf	1:01:03	1:01:09	33	W35	80	5: 11:45	12:24	12:16	12:09	12:27	
215	1491	Kratz Lisa	*Düsseldorf	1:01:16	1:01:26	39	WHK	89	5: 11:47	12:27	12:30	12:26	12:03	
216	1231	Grüterich Christine	*düsseldorf	1:01:19	1:01:31	31	W45	66	5: 11:07	12:02	12:25	13:01	12:43	
217	1034	Deutscher Manuela	Kvno	1:01:19	1:01:31	17	W50	64	5: 11:07	12:01	12:24	13:02	12:42	
218	1487	Jezowski Nina	*Düsseldorf	1:01:23	1:01:34	40	WHK	88	5: 11:31	12:21	12:33	12:27	12:29	
219	2702	Bieker Heike	Team Nutrilite	1:01:27	1:01:29	32	W45	69	5: 10:32	12:32	12:31	12:53	12:58	
220	1881	Brand Margit	*Hannover	1:01:30	1:01:44	39	W30	82	5: 11:22	12:39	12:42	12:37	12:09	
221	1067	Degen Eva	*Hannover	1:01:53	1:02:06	34	W35	78	5: 11:22	12:36	12:44	12:37	12:32	
222	1688	Pille Heike	Hobbysportrobben	1:02:03	1:02:20	33	W45	70	5: 11:37	12:22	12:41	12:42	12:39	
223	2354	Peters Jasmin	Hotel Arosa Düsseldorf	1:02:14	1:02:41	34	W45	68	5: 12:57	13:11	12:32	12:16	11:17	
224	1958	Ajradini Ilajda	*Duisburg	1:02:17	1:02:32	41	WHK	90	5: 11:29	12:30	12:36	13:10	12:31	
225	2655	Langen Katharina	*Düsseldorf	1:02:19	1:02:38	42	WHK	86	5: 11:53	12:21	12:36	12:47	12:39	
226	1387	Hoffmanns Miriam	Stadtmission Düsseldorf	1:02:20	1:02:35	31	W40	73	5: 12:01	12:43	12:36	12:57	12:02	
227	2298	Brunetti Tami	Running Team Grafenberg	1:02:26	1:02:34	32	W40	74	5: 10:36	12:07	12:45	13:12	13:43	
228	1064	Ljubojevic Daneta	*Duisburg	1:02:31	1:02:45	35	W35	76	5: 11:02	12:35	13:06	13:22	12:24	
229	1339	Spindler Marie	*Düsseldorf	1:02:39	1:02:57	43	WHK	91	5: 11:22	12:24	12:31	12:57	13:23	
230	2414	Splicks Silvia	Special Olympics Luxembourg	1:02:44	1:03:04	40	W30	85	5: 11:00	12:06	12:45	13:07	13:43	
231	1783	Grave Dominika	Running Team Grafenberg	1:02:50	1:03:10	33	W40	74	5: 11:38	12:35	12:50	13:01	12:43	
232	1845	Battel Birgit	*Duisburg	1:02:57	1:03:03	18	W50	62	5: 11:44	12:43	12:47	13:03	12:37	
233	2204	Trinkl Anne	*Neuss	1:03:09	1:03:28	44	WHK	90	5: 11:28	12:39	12:56	13:02	13:02	
234	2028	Schlerf Nina	*Düsseldorf	1:03:18	1:03:23	41	W30	85	5: 11:17	12:32	12:59	13:18	13:10	
235	1604	Schirmer Jutta	Schützengellauf	1:03:20	1:03:31	36	W35	78	5: 11:48	12:42	13:02	13:12	12:35	
236	1605	Nowak Maria	Schützengellauf	1:03:20	1:03:30	37	W35	78	5: 11:48	12:42	13:02	13:11	12:35	
237	2724	Loholf Nicole		1:03:29	1:03:35	19	W50	64	5: 11:22	12:36	13:07	13:12	13:10	
238	2164	Ruf Svetlana	*Düsseldorf	1:03:30	1:04:00	45	WHK	87	5: 12:15	13:21	13:01	12:40	12:10	
239	2782	Bleidt Simone		1:03:31	1:03:54	42	W30	83	5: 11:56	12:55	13:01	13:10	12:26	
240	2758	Elbes Annika	headlounge GmbH&Co.KG	1:03:38	1:03:47	46	WHK	88	5: 11:31	12:36	13:09	13:16	13:04	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
241	1365	Ozimek Marzena		1:03:45	1:03:59	47	WHK	88	5: 11:25	12:34	13:07	13:30	13:07	
242	2049	Nolden-Seemann Ute	Zonta International	1:03:50	1:03:53	20	W50	62	5: 12:13	13:11	13:09	12:59	12:16	
243	1465	Wolff Christina	Schutzensgellauf	1:04:03	1:04:08	38	W35	79	5: 11:06	12:39	12:52	13:08	14:15	
244	1167	Pestotnik Angela	*Hilden	1:04:26	1:04:45	35	W45	69	5: 12:30	13:17	13:15	12:54	12:27	
245	1005	Brockhoff Claudia	Buchholzer Rennmaus	1:04:37	1:05:02	13	W55	60	5: 12:03	13:00	13:12	13:14	13:06	
246	2806	Preuss Rosemarie	SV Rosellen e.V.	1:04:45	1:04:51	1	W70	43	5: 11:42	12:56	13:14	13:25	13:25	
247	1625	Kraeft Monika	LT Alt Erkrath	1:04:56	1:05:17	21	W50	61	5: 11:53	12:53	13:24	13:21	13:23	
248	1316	Arnold Julia	*Düsseldorf	1:04:56	1:05:14	39	W35	78	5: 11:48	13:04	13:30	13:55	12:37	
249	2680	Neumann Elena	Nikko Hotel Düsseldorf	1:04:58	1:05:21	43	W30	83	5: 12:57	13:12	12:52	13:03	12:52	
250	1317	Wulfheide Joelle	*Wuppertal	1:04:59	1:05:17	48	WHK	86	5: 11:48	13:05	13:29	13:56	12:39	
251	1792	Kozunen Iryna	*Sangerhausen	1:05:11	1:05:13	49	WHK	88	5: 11:30	13:34	13:59	13:32	12:33	
252	1366	Schmidt Stiedenroth Kira	*Düsseldorf	1:05:27	1:05:51	44	W30	85	5: 11:59	12:45	13:24	13:58	13:19	
253	2186	Seegebrecht-Keitel Susanne	Team ERDINGER Alkoholfrei	1:05:27	1:05:37	45	W30	85	5: 12:04	13:15	13:25	13:36	13:05	
254	1021	Hofbauer Kerstin	*Düsseldorf	1:05:35	1:05:51	36	W45	67	5: 12:56	13:15	13:21	13:06	12:56	
255	1406	Truebenbach Catherine	*Düsseldorf	1:05:40	1:06:04	46	W30	85	5: 12:00	12:44	13:25	13:58	13:32	
256	1238	Kreisz Judith	*Düsseldorf	1:05:43	1:05:47	40	W35	76	5: 11:28	13:07	13:33	13:51	13:43	
257	1567	Breuers Ina	*Meerbusch	1:05:45	1:06:03	47	W30	84	5: 12:03	13:07	13:22	13:32	13:40	
258	2571	Rosenberg Birthe	Linklaters LLP	1:05:49	1:06:12	50	WHK	88	5: 11:54	12:59	13:06	13:50	13:58	
259	2021	Pulla Stefanie	Messe Düsseldorf	1:05:57	1:06:19	37	W45	66	5: 12:04	13:10	13:20	13:41	13:40	
260	1401	Karl Jennifer	*Düsseldorf	1:05:58	1:06:18	51	WHK	89	5: 11:44	13:02	13:40	13:59	13:31	
261	1825	Ose Stephanie	*Düsseldorf	1:06:12	1:06:21	48	W30	84	5: 12:23	13:41	13:42	13:35	12:50	
262	2739	Bauer Victoria		1:06:19	1:06:36	3	WU20	96	5: 12:54	13:58	13:41	13:25	12:17	
263	1627	Klose Lisa	*Düsseldorf	1:06:20	1:06:37	4	WU20	97	5: 12:55	13:57	13:42	13:26	12:18	
264	1376	Odenhausen Gabi	*Meerbusch	1:06:42	1:07:08	34	W40	74	5: 12:58	13:36	13:24	13:30	13:13	
265	1478	Sels Franziska	*Neuss	1:06:44	1:06:58	52	WHK	89	5: 12:08	13:06	13:32	14:04	13:52	
266	1594	Anlage Sabine	*Meerbusch	1:06:45	1:07:11	35	W40	73	5: 12:58	13:36	13:24	13:29	13:16	
267	1209	Schleifer Antje	*Meerbusch	1:06:47	1:07:11	36	W40	75	5: 13:00	13:36	13:25	13:30	13:14	
268	2757	Tsirtsos Anna	headlounge GmbH&Co.KG	1:06:48	1:06:57	49	W30	85	5: 11:44	13:23	13:40	14:06	13:53	
269	1581	Jochum Ulrike	*Düsseldorf	1:07:04	1:07:11	22	W50	64	5: 11:37	13:18	13:55	14:03	14:08	
270	1297	Guellier Catherine	*Düsseldorf	1:07:28	1:07:46	38	W45	69	5: 12:18	13:29	13:48	14:04	13:47	
271	2182	Naskret Sandra	Team ERDINGER Alkoholfrei	1:07:32	1:07:44	50	W30	85	5: 12:16	13:30	13:55	14:01	13:48	
272	1389	von der Pahlen Katharina	Stadtmission Düsseldorf	1:08:04	1:08:20	41	W35	76	5: 13:09	13:46	13:29	13:53	13:45	
273	1314	Gerold Ina	*Düsseldorf	1:08:28	1:08:44	53	WHK	90	5: 12:57	13:57	13:51	13:58	13:43	
274	2033	Mailänder Manuela	*Düsseldorf	1:08:37	1:08:50	23	W50	61	5: 13:41	14:14	14:03	13:39	12:57	
275	2032	Engler Beate	*Düsseldorf	1:08:38	1:08:50	37	W40	72	5: 13:42	14:13	14:03	13:40	12:57	
276	1574	Hippenstiel Kathrin	*Köln	1:08:43	1:08:57	42	W35	79	5: 13:08	13:52	13:49	14:01	13:51	
277	1571	Degen Barbara	*Köln	1:08:43	1:08:58	51	W30	82	5: 13:09	13:52	13:48	14:01	13:52	
278	2319	Freitag Nicole	*Düsseldorf	1:08:53	1:09:06	38	W40	72	5: 13:12	14:25	14:17	14:00	12:58	
279	1854	Hussmann Ute	*Xanten	1:08:54	1:09:06	24	W50	62	5: 13:11	14:26	14:17	13:59	12:59	
280	2534	Claesges Jill	Laufteam Cinedom Köln	1:09:12	1:09:35	39	W40	73	5: 12:26	13:44	14:15	14:44	14:02	
281	2730	van Gassen Dana		1:09:22	1:09:34	54	WHK	88	5: 11:28	14:02	14:24	14:34	14:52	
282	1261	Butterwegge Alexandra	*Düsseldorf	1:09:26	1:09:52	40	W40	72	5: 13:00	14:12	14:05	14:16	13:51	
283	1097	Voscht Lisa	*Düsseldorf	1:09:35	1:09:52	55	WHK	89	5: 14:57	16:20	12:46	12:52	12:38	
284	1421	SHIH YUNG-CHIN	*Düsseldorf	1:09:41	1:09:49	56	WHK	92	5: 11:40	13:33	14:16	15:07	15:04	
285	2332	Hondong Martina	*Leverkusen	1:11:15	1:11:24	41	W40	75	5: 11:53	14:15	15:07	15:03	14:56	
286	1529	Hornung Brigitte	Düsseldorfer Laufmaschinen	1:11:27	1:11:42	2	W60	51	5: 12:07	14:25	14:50	15:09	14:53	
287	1798	Wolters Annette	KIESER TRAINING	1:12:38	1:13:15	2	W65	48	5: 13:14	14:35	14:55	15:05	14:48	
288	1121	Fuchs Sabrina	*Düsseldorf	1:12:49	1:13:16	57	WHK	87	5: 13:13	14:34	14:46	15:06	15:08	
289	1120	Fröhlich Anna	*Solingen	1:12:51	1:13:18	52	W30	82	5: 13:13	14:34	14:46	15:06	15:10	
290	2159	Rosendahl Nicole	HPP	1:13:06	1:13:27	42	W40	75	5: 12:39	14:53	15:29	15:27	14:36	
291	2302	Gribohofer Anja		1:14:02	1:14:15	53	W30	85	5: 12:28	14:46	15:20	15:44	15:41	
292	2728	Bolle Clementine		1:14:08	1:14:20	39	W45	70	5: 14:03	15:11	15:15	15:10	14:27	
293	1254	Kiesow Jennifer	*Düsseldorf	1:16:08	1:16:28	43	W35	78	5: 13:51	15:33	15:42	15:51	15:09	
294	1308	Werner Martina	*Düsseldorf	1:20:45	1:21:03	44	W35	79	5: 14:58	16:08	16:27	17:12	15:58	
295	2746	Sonntag-Voscht Doris		1:23:51	1:24:08	25	W50	63	5: 14:57	16:20	17:16	19:01	16:14	
296	2759	Vojonie Jacqueline	headlounge GmbH&Co.KG	1:24:08	1:24:17	54	W30	85	5: 14:52	17:44	16:48	17:51	16:52	
297	2761	Uhlmann Denise	headlounge GmbH&Co.KG	1:24:09	1:24:18	55	W30	85	5: 14:53	17:43	16:48	17:50	16:52	