

# 10 Meilen-Hauptlauf - Gesamtwertung

# 8. Kölner Stadionlauf - 29. Mai 2016

## Männer

Platz	Startnr	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Runden	1km/5km/5km/5km
1	1911	Schlegel Tom		0:59:36	1	MHK	1989	03:46	18:10 18:42 18:54
2	1761	Even Felix	SSF Bonn	1:02:38	2	MHK	1996	03:55	19:18 19:31 19:51
3	1832	Heuschen Dirk	Bunert / Rhein Berg Runners	1:03:20	1	M50	1964	03:57	19:16 19:31 20:33
4	1811	Schneider Thomas	LG RWE Power	1:04:17	1	M45	1969	04:09	19:31 20:04 20:29
5	1918	Kratz Jan	TV Refrath	1:05:48	1	M30	1985	03:55	19:57 20:45 21:08
6	1856	Klein Nils	*Sankt Augustin	1:06:27	2	M30	1986	04:04	19:59 20:59 21:21
7	1815	Schäferkötter Martin	central-team.de	1:06:56	2	M45	1968	04:10	21:05 21:01 20:36
8	1778	Siemer Mark	*Köln	1:09:16	1	M35	1977	04:40	21:26 21:33 21:28
9	1790	Piehler Björn	BSG DEVK KÖLN	1:11:10	2	M35	1977	04:26	21:37 22:29 22:34
10	1919	Bützer Peter	Freie Schwimmer Düsseldorf	1:13:00	3	M35	1978	04:47	22:47 22:47 22:33
11	1857	Greulich Dr Bernd	Bad Breisig	1:13:15	2	M50	1965	04:38	22:28 23:04 22:58
12	1801	Frech Markus	pronovaBKK Laufteam	1:14:00	3	M30	1984	04:40	21:46 23:24 24:07
13	1800	Bock Olaf	pronovaBKK Laufteam	1:14:06	3	M45	1967	04:53	23:01 23:26 22:44
14	1837	Vaaßen Peter	*Frechen	1:14:20	3	M50	1965	04:22	22:24 23:32 23:59
15	1842	Bersé Marcus	St. Walburga, Walberberg	1:14:27	4	M45	1968	04:54	22:55 22:59 23:32
16	1818	Weißenberg Martin	*Köln	1:14:39	4	M35	1977	04:19	22:24 23:14 24:39
17	1820	Reinisch Frank	LLG St. Augustin	1:14:41	1	M55	1958	04:49	22:57 23:05 23:44
18	1849	Waak Jens	*Köln	1:15:04	5	M35	1979	04:55	23:01 23:28 23:33
19	1843	Timm Mathias	501.	1:15:25	1	M40	1972	05:05	23:18 23:44 23:08
20	1834	Kuthe Thorsten	*Köln	1:16:09	2	M40	1972	04:52	22:44 23:37 24:47
21	1840	Bunge Benedikt	*Köln	1:17:00	3	MHK	1987	05:12	24:42 24:19 22:35
22	1863	Pinheiro Andreas	Lufhansa Sport-Verein	1:17:08	6	M35	1978	05:10	24:22 24:11 23:13
23	1850	Westenberg Dr Hauke	*Köln	1:17:38	7	M35	1980	05:03	24:07 24:43 23:38
24	1922	Lünendonk Lothar	Team Crazyluenis Korschenbr.	1:18:27	1	M60	1952	05:19	24:52 24:21 23:50
25	1824	Casanova Francois	*Cologne	1:18:40	4	M30	1985	04:32	23:01 24:41 26:22
26	1916	Paassens Lutz	ASV Köln	1:18:55	5	M45	1967	04:48	24:14 24:48 24:58
27	1861	Schreiner Marc	*Köln	1:19:14	3	M40	1975	05:02	24:16 24:24 25:25
28	1816	Riedel Oliver	TSV Dieringhausen	1:19:39	8	M35	1979	05:01	24:16 24:54 25:20
29	1851	FERNANDEZ Alberto	EASA	1:19:41	6	M45	1971	05:05	24:04 24:53 25:23
30	1914	Lennarz Joachim		1:20:04	4	M40	1975	04:56	24:28 24:44 25:51
31	1858	Hansen Christoph	Cologne Allblacks	1:20:09	4	M50	1965	04:59	25:07 25:08 24:52
32	1794	Rosso Martin	*Pulheim	1:20:20	4	MHK	1994	05:22	24:40 25:05 25:00
33	1867	Sucher Robert		1:20:45	9	M35	1980	05:11	24:12 25:25 25:44
34	1923	Lünendonk Patrick	Team Crazyluenis Korschenbr.	1:21:31	5	MHK	1988	05:22	25:30 25:42 24:50
35	1826	Hannes Gerd	Birkesdorfer TV	1:21:49	2	M60	1954	05:15	25:38 25:42 25:09
36	1870	Strube Thomas Alexander	*Köln	1:22:24	5	M40	1976	04:47	25:24 26:13 25:55
37	1913	Stepanek Jan		1:23:41	10	M35	1981	05:28	25:52 26:28 25:36
38	1823	Biesemann Andreas	*Hürth	1:24:09	11	M35	1979	05:25	27:17 25:33 25:45
39	1917	Marek Waldemar		1:24:18	6	M40	1974	05:35	25:45 26:20 26:26
40	1912	Nutz Manfred	Uni Bonn	1:24:20	2	M55	1958	05:16	25:26 26:24 27:08
41	1924	Grümmer Simon	Mach 3 Köln e.V.	1:24:42	12	M35	1979	05:25	25:03 26:30 27:27
42	1754	Kramer Uwe	*Köln	1:25:00	5	M50	1962	05:12	24:59 26:24 28:19
43	1825	Hedemann Kai	*Köln	1:25:14	6	MHK	1987	05:19	25:57 26:39 27:11
44	1756	Schuetz Michi	Marathon-Club Menden	1:25:33	3	M55	1960	05:19	26:00 27:38 26:25
45	1839	Von Bartenwerffer Daniel	*Köln	1:25:38	5	M30	1984	05:23	25:23 26:55 27:45
46	1785	Lendowski Sebastian	*Bergheim	1:25:54	13	M35	1977	05:29	26:03 26:44 27:30
47	1860	Teller Steffen	*Köln	1:27:02	7	M40	1976	05:17	26:39 28:14 26:47
48	1921	Thranberend Klaus	DJK	1:27:12	7	M45	1967	05:08	25:34 27:35 28:43
49	1827	Volk Frank	pronovaBKK Laufteam	1:27:43	8	M45	1968	05:14	25:08 27:18 29:57
50	1763	Bowi Marcus	LVR-TEAM	1:27:52	9	M45	1971	05:32	27:46 27:07 27:16
51	1846	Steinhäuser Benedikt	*Leverkusen	1:28:11	14	M35	1981	05:14	25:39 28:23 28:43
52	1758	Hamacher Hermann-Josef	BSG der KZVK Köln	1:28:34	6	M50	1962	05:44	26:34 28:00 28:05
53	1751	Brucksch Johannes	SuS Westenholz	1:29:13	7	MHK	1987	05:36	26:19 28:04 29:02
54	1793	Rosso Mario	*Pulheim	1:29:28	4	M55	1960	05:27	26:02 28:24 29:21
55	1822	Schmitt Christoph	*Köln	1:29:28	10	M45	1968	05:43	26:23 27:55 29:19
56	1920	Koslowski Stephan	mika timing	1:29:40	11	M45	1971	05:32	27:09 28:25 28:25
57	1829	Wuesten Christian	LT Gruiten-Neandertal	1:29:50	8	M40	1972	05:53	26:53 28:17 28:33
58	1869	Wolf Elton	St. Georges	1:30:29	1	MU20	1998	04:53	25:23 28:27 31:35
59	1768	Berse Thomas	*Dortmund	1:30:47	9	M40	1973	05:19	27:41 28:39 29:03
60	1788	Heuser Robert	*Köln	1:31:30	12	M45	1969	05:47	26:57 29:30 29:03
61	1819	Lenarz Thomas	Team Talanx	1:31:39	13	M45	1968	05:25	27:17 28:56 29:52
62	1798	Sander Jörg	pronovaBKK Laufteam	1:32:56	5	M55	1961	05:56	27:49 28:55 30:06

## Männer

Platz	Startnr	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Runden	1km/5km/5km/5km
63	1853	Beslagic Edin	-	1:34:03	15	M35	1979	06:24	29:55 29:16 28:15
64	1760	Kozik Eren	SEOPT Traffic Runners	1:36:12	10	M40	1976	05:47	27:47 29:46 32:40
65	1836	Göbel Christoph	*Wesseling	1:36:28	16	M35	1979	05:21	27:24 30:27 33:11
66	1835	Auroque Youri	EASA Running Club	1:37:49	17	M35	1979	05:41	27:56 30:37 33:18
67	1765	Ernst Markus	LVR-Team Laufende Nasen	1:38:02	11	M40	1974	06:05	29:19 30:59 31:33
68	1759	Wasems Christian	FC DoRi	1:48:58	6	M30	1982	06:04	32:01 34:53 35:48
69	1847	Persé Jürgen	RTC Frechen 80	1:51:36	3	M60	1956	06:25	34:51 34:14 35:57
70	1781	Vetter Raimund	Diabetes Programm Deutschland	1:52:28	4	M60	1952	06:01	32:49 35:37 37:47
71	1915	Schmitz Herbert	7G Runergy Lauffreunde	1:54:39	1	M70	1945	07:35	35:05 35:25 36:20
72	1780	Hach Ulrich	*Köln	1:22:00	6	M55	1958	07:19	35:39 38:46 00:00
73	1848	Krönkemeier Dennis	Kölner Triathlon Team 01	0:26:03	8	MHK	1990	04:25	21:34 00:00 00:00
74	1830	Sambale Thomas	Bunert / Rhein Berg Runners	0:28:57	7	M50	1965	03:57	24:58 00:00 00:00

## Frauen

Platz	Startnr	Name	Verein*/Ort	Brutto	AK-Pl	AK	Jahr	Runden	1km/5km/5km/5km
1	1841	Minor Astrid	ASV Köln	1:18:05	1	W40	1973	05:03	24:15 24:21 24:19
2	1852	Wippich Sara	Team Erdinger Alkoholfrei	1:18:56	1	W30	1984	04:54	23:58 25:03 24:53
3	1810	De Vries Antje	HypoxiaMed	1:19:13	2	W30	1984	04:40	24:05 24:55 25:28
4	1779	Cremer Ela	*Bergisch Gladbach	1:20:35	2	W40	1972	05:33	25:34 25:01 24:20
5	1821	Dettmer Christiane	*Köln	1:20:49	1	W35	1978	05:05	24:24 25:32 25:43
6	1776	Becker Simone	*Siegburg	1:21:35	1	WHK	1988	04:47	24:29 25:40 26:27
7	1753	Lux Monika	Pulheimer SC	1:21:54	1	W50	1963	04:52	24:35 26:14 26:09
8	1777	Schwarz Denise	*Köln	1:22:59	2	W35	1978	05:09	24:10 26:11 27:20
9	1868	Fernandes Merina	St. Georges	1:24:20	1	WU18	1999	05:12	25:32 26:54 26:31
10	1791	Schmidt-Meinecke Lisa	*Bonn	1:25:37	3	W30	1985	05:23	25:23 26:54 27:46
11	1789	Kewitz Sabine	*Kerpen-Horrem	1:28:04	3	W40	1972	05:19	26:46 27:41 28:12
12	1799	Hoff Anna	pronovaBKK Laufteam	1:28:18	2	WHK	1989	05:23	26:14 28:12 28:18
13	1814	Holstein Sabrina	GWK Runner	1:28:44	3	WHK	1987	05:24	26:31 27:41 28:51
14	1855	Brück Judith	*Bergisch Gladbach	1:29:27	4	WHK	1987	05:32	26:26 28:34 28:48
15	1764	Nöker Nadine	*Köln	1:29:57	5	WHK	1991	05:24	26:55 28:47 28:38
16	1865	Strübing Sandra		1:31:32	3	W35	1977	05:41	27:55 28:49 28:51
17	1767	Gröger Janine	*Niederkassel	1:34:34	6	WHK	1991	06:07	28:50 29:25 29:59
18	1784	Roloff Tatjana	*Pulheim	1:34:55	7	WHK	1995	05:55	28:56 29:57 29:57
19	1795	Krüger Anett	Big El Racing Team	1:37:38	4	W30	1982	05:56	29:02 31:03 31:26
20	1817	Bahrig Chiara	*Kön	1:41:22	5	W30	1984	06:07	30:06 32:37 32:24
21	1771	Kienle Natalie	*Köln	1:45:57	4	W35	1978	06:36	32:41 32:59 33:29
22	1859	Figueroa Carrasco Lidia	Cologne Allblacks	1:46:56	4	W40	1973	06:19	31:47 33:16 35:24
23	1828	Zender Christiane	*Köln	1:49:40	6	W30	1984	07:00	33:57 33:48 34:44
24	1755	Von Scotti Eugenia	*Overath	1:16:44	1	W60	1955	06:42	33:44 36:11 00:00
25	1772	Reichert Marion	*Pulheim	1:19:32	5	W40	1976	06:50	34:36 37:56 00:00
26	1766	Esser Annette	LVR-Team Laufende Nasen	0:38:29	1	W55	1961	06:12	32:11 00:00 00:00