

10. Horremer Abendlauf am 30. Juni 2017

Lauf über 10km

Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	163	Miereczko Maciek	VfB Erfstadt Multisport	0:32:18	0:32:19	1979	M35	1	16:11 16:07 / 3:14min/km
2	339	Keil-Forneck Andreas	LG Vulkaneifel	0:32:25	0:32:26	1987	M30	1	16:11 16:14 / 3:15min/km
3	139	Mey Markus	VfB Erfstadt Multisport	0:33:26	0:33:27	1971	M45	1	16:27 16:58 / 3:21min/km
4	278	Mellouk Fahd	Dürener TV 1847	0:33:42	0:33:44	1979	M35	2	16:27 17:15 / 3:22min/km
5	340	Stranz Stephan	Brühler TV 1879	0:36:02	0:36:05	1994	M20	1	17:55 18:06 / 3:36min/km
6	121	Jonen Christian	VfB Erfstadt Multisport	0:36:16	0:36:17	1981	M35	3	17:55 18:21 / 3:38min/km
7	202	Michaelis Fabian	ASV Wesseling	0:36:27	0:36:28	1994	M20	2	18:19 18:07 / 3:39min/km
8	475	El Markrini Hakim	LT DSHS Köln	0:36:30	0:36:30	1975	M40	1	17:43 18:46 / 3:39min/km
9	129	Diblik Jens	FC Keldenich	0:36:38	0:36:40	1987	M30	2	18:03 18:34 / 3:40min/km
10	396	Sommer Frank	Dürener TV	0:36:44	0:36:46	1988	M20	3	18:02 18:41 / 3:40min/km
11	136	Neumann Dominik	Triathlon Team Indeland	0:36:57	0:36:58	1986	M30	3	18:03 18:53 / 3:42min/km
12	201	Pierz Andreas	TuS Kreuzweingarten-Rh	0:37:20	0:37:22	1985	M30	4	18:26 18:54 / 3:44min/km
13	206	Götte Konrad	VfB Erfstadt-Multisport	0:37:28	0:37:30	1999	MU20	1	18:47 18:40 / 3:45min/km
14	116	Pesch Claus	LG Donatus Erfstadt	0:37:42	0:37:43	1970	M45	2	18:28 19:13 / 3:46min/km
15	102	Plett Christian	*Düsseldorf	0:37:51	0:37:52	1971	M45	3	18:49 19:02 / 3:47min/km
16	149	Ruhnke Robert	Höhenkonzepte Uta Oehl /	0:38:17	0:38:19	1958	M55	1	18:51 19:26 / 3:50min/km
17	1196	Johnen Kenny	LG RWE Power	0:38:17	0:38:19	1985	M30	5	18:52 19:25 / 3:50min/km
18	277	Runge Jonas	Dürener TV 1847	0:38:35	0:38:39	1989	M20	4	19:16 19:18 / 3:52min/km
19	376	Eyob Abrha	Brühl TV	0:38:40	0:38:44	1993	M20	5	19:21 19:18 / 3:52min/km
20	145	Sixtus Florian	Run of Colors Promoteam	0:38:45	0:38:47	1973	M40	2	19:18 19:26 / 3:53min/km
21	128	Wirtz Udo	Dürener TV 1847	0:38:46	0:38:49	1967	M50	1	19:17 19:29 / 3:53min/km
22	23	Holzporz Michael	VfB Erfstadt Multisport	0:38:52	0:38:55	1968	M45	4	19:17 19:34 / 3:53min/km
23	268	Sekulla Adam	GVG Laufteam	0:39:00	0:39:08	1973	M40	3	19:16 19:43 / 3:54min/km
24	293	Osten Christian	Brühler TV 1879	0:39:13	0:39:16	1984	M30	6	19:16 19:56 / 3:55min/km
25	347	Ruffing Christian	Fitness Point	0:39:14	0:39:20	1975	M40	4	19:38 19:36 / 3:55min/km
26	348	Stahl Thomas	1. FC Quadrath	0:39:27	0:39:30	1973	M40	5	19:18 20:08 / 3:57min/km
27	481	Schneider Ralph	Die Grauen Burggeister	0:39:29	0:39:31	1966	M50	2	19:34 19:55 / 3:57min/km
28	255	Hauser Michael	GVG Laufteam	0:39:37	0:39:38	1974	M40	6	19:39 19:58 / 3:58min/km
29	241	Dworeck Alexander	TV Refrath	0:39:42	0:39:44	1975	M40	7	19:20 20:22 / 3:58min/km
30	221	Kaatz Michael	Kreissparkasse Köln	0:39:44	0:39:48	1982	M35	4	19:50 19:54 / 3:58min/km
31	159	Wichterich Michael	TuS 1905 Arloff-Kirspeni	0:39:49	0:39:54	1966	M50	3	19:34 20:14 / 3:59min/km
32	295	Laub Michael	LG Donatus Erfstadt	0:39:55	0:39:57	1959	M55	2	19:27 20:28 / 3:60min/km
33	346	Schröder Heinz		0:40:04	0:40:07	1967	M50	4	19:34 20:29 / 4:00min/km
34	170	Husemann Georg	Koeln	0:40:18	0:40:22	1968	M45	5	19:50 20:28 / 4:02min/km
35	60	Schneider Thomas	LG RWE Power	0:40:25	0:40:27	1969	M45	6	19:40 20:44 / 4:03min/km
36	94	Müller Hubertus	HKV	0:41:19	0:41:30	1969	M45	7	20:06 21:12 / 4:08min/km
37	33	Abenhardt Bodo	LG Donatus Erfstadt	0:41:35	0:41:43	1968	M45	8	20:46 20:49 / 4:10min/km
38	123	Bleck Simon	Team Erdinger Alkoholfrei	0:41:37	0:41:45	1990	M20	6	20:44 20:53 / 4:10min/km
39	394	Reiser Jürgen		0:41:37	0:41:42	1963	M50	5	20:45 20:51 / 4:10min/km
40	122	Urlewitz Frank		0:41:37	0:41:40	1969	M45	9	20:30 21:07 / 4:10min/km
41	1192	Dudley Richard	LG Donatus Erfstadt e.V.	0:41:39	0:41:42	1961	M55	3	20:53 20:45 / 4:10min/km
42	478	Hansonis Guido	PSV Brühl Triathlon Team	0:41:46	0:41:52	1974	M40	8	20:37 21:09 / 4:11min/km
43	205	Winters Laurin	*Frechen	0:41:54	0:41:59	1990	M20	7	21:33 20:21 / 4:11min/km
44	223	Blöcker Thomas	Meckenheim	0:42:06	0:42:09	1962	M55	4	20:39 21:27 / 4:13min/km
45	281	Casale Stefan	*Kerpen, Rheini	0:42:13	0:42:18	1985	M30	7	20:32 21:41 / 4:13min/km
46	250	Ermert Dirk	GVG Laufteam	0:42:15	0:42:24	1970	M45	10	20:53 21:22 / 4:14min/km
47	215	Hand Leon	Nordsaar Baskets	0:42:16	0:42:18	1996	M20	8	20:37 21:39 / 4:14min/km
48	203	Regiment Thomas	LG RWE Power	0:42:21	0:42:28	1968	M45	11	20:48 21:33 / 4:14min/km
49	283	Dreesbach Dirk	LC Weilerswist	0:42:22	0:42:27	1968	M45	12	21:13 21:09 / 4:14min/km
50	220	Effertz Michael	LG RWE Power	0:42:29	0:42:33	1981	M35	5	21:14 21:15 / 4:15min/km
51	258	Liebertz Marvin	GVG Laufteam	0:42:35	0:42:42	1993	M20	9	20:19 22:15 / 4:16min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	156	Börner Yannick	Volksbank Erft	0:42:35	0:43:06	1995	M20	10	20:57 21:38 / 4:16min/km
53	169	Koenen Manuel	Gottfried-Kinkel-Realschul	0:42:44	0:42:50	2000	MU18	1	20:48 21:56 / 4:16min/km
54	152	Solecki Martin	*Kerpen	0:42:48	0:42:52	1980	M35	6	21:16 21:32 / 4:17min/km
55	85	Kirchholtes Frank		0:43:09	0:43:16	1967	M50	6	21:12 21:57 / 4:19min/km
56	168	Franklin Jeremy	*Kerpen, Rheinl	0:43:12	0:43:19	1959	M55	5	21:39 21:32 / 4:19min/km
57	308	Retiene Roman		0:43:23	0:43:45	1986	M30	8	21:34 21:49 / 4:20min/km
58	211	Wenzel Björn	PiratenAG	0:43:33	0:43:45	1992	M20	11	21:38 21:55 / 4:21min/km
59	296	Schwendt Horst	TUS KREUZWEINGARTE	0:43:34	0:43:40	1968	M45	13	21:36 21:57 / 4:21min/km
60	125	Eckhardt Alexander	Immer wieder Ane	0:43:35	0:43:45	1972	M45	14	21:59 21:36 / 4:22min/km
61	256	Kolodziej Wojtek	GVG Laufteam	0:43:39	0:43:45	1971	M45	15	21:23 22:15 / 4:22min/km
62	399	Becker Alexander		0:43:39	0:43:50	1992	M20	12	21:40 21:59 / 4:22min/km
63	309	Pöstges Nils		0:43:46	0:44:07	1990	M20	13	21:32 22:13 / 4:23min/km
64	224	Emmett Ian	TKD Kerpen	0:43:52	0:43:56	1966	M50	7	21:32 22:20 / 4:23min/km
65	336	Dyla Christian		0:44:12	0:44:20	1988	M20	14	22:11 22:01 / 4:25min/km
66	303	Junglas Frank	SSK Kerpen	0:44:23	0:44:35	1972	M45	16	22:09 22:14 / 4:26min/km
67	117	Müllejons Manfred		0:44:27	0:44:31	1949	M65	1	22:13 22:14 / 4:27min/km
68	110	Strack Paul	Erfstadt	0:44:34	0:44:39	1962	M55	6	22:06 22:28 / 4:27min/km
69	208	Hammerschmidt Marcel	*Kerpen, Rheinl	0:44:35	0:44:40	1972	M45	17	22:13 22:22 / 4:28min/km
70	388	Michelbrink Klaus		0:44:46	0:44:56	1972	M45	18	22:11 22:34 / 4:29min/km
71	302	Zell Jörg	SSK Kerpen	0:44:51	0:44:56	1972	M45	19	22:16 22:34 / 4:29min/km
72	264	Reinartz Michael	GVG Laufteam	0:45:00	0:45:29	1977	M40	9	21:51 23:08 / 4:30min/km
73	177	Kosarik Matthias	Rhein-Erft Akademie	0:45:00	0:45:06	1968	M45	20	22:23 22:36 / 4:30min/km
74	479	Martics Florin	Brühler TV 1879	0:45:02	0:45:08	1998	MU20	2	22:52 22:09 / 4:30min/km
75	175	Kohler Tobias	Rhein-Erft Akademie	0:45:07	0:45:27	1995	M20	15	21:11 23:56 / 4:31min/km
76	285	Bäuerle Jörg	TV Alpenglühn Balkhause	0:45:07	0:45:14	1972	M45	21	22:17 22:50 / 4:31min/km
77	261	Modler Henry	GVG Laufteam	0:45:34	0:45:39	1966	M50	8	22:33 23:01 / 4:33min/km
78	227	Erken Claus	LG Donatus Erfstadt	0:45:54	0:46:12	1965	M50	9	23:02 22:52 / 4:35min/km
79	2	Matschull Frank	für meine Jungs	0:45:57	0:46:02	1967	M50	10	22:14 23:43 / 4:36min/km
80	47	Oppermann Lukas	PiratenAG	0:45:58	0:46:09	1991	M20	16	22:42 23:15 / 4:36min/km
81	46	Scholz Jürgen	*Kerpen, Rheinl	0:46:04	0:46:21	1974	M40	10	23:42 22:22 / 4:36min/km
82	217	Steinhauer Achim	LG RWE Power	0:46:11	0:46:18	1965	M50	11	22:43 23:28 / 4:37min/km
83	212	Fallnich Michael	PiratenAG	0:46:19	0:46:30	1991	M20	17	22:48 23:31 / 4:38min/km
84	392	Schwert Sascha	LG RWE Power	0:46:20	0:46:24	1987	M30	9	22:35 23:44 / 4:38min/km
85	469	Bochem Marcus		0:46:26	0:46:33	1976	M40	11	22:48 23:38 / 4:39min/km
86	135	Jakubowitz Martin		0:46:27	0:46:37	1967	M50	12	23:10 23:16 / 4:39min/km
87	1190	Wolsiffer Frank	Rhein-Erft Akademie	0:47:00	0:47:09	1965	M50	13	23:56 23:04 / 4:42min/km
88	11	Edling Mirko	SSK Kerpen	0:47:04	0:47:16	1972	M45	22	23:03 24:01 / 4:42min/km
89	101	Grossenbach Christoph		0:47:06	0:47:33	1959	M55	7	23:18 23:47 / 4:43min/km
90	207	Klemann Julian	Triathlon Team Indeland	0:47:06	0:47:08	1991	M20	18	23:13 23:52 / 4:43min/km
91	349	Zwiens Christoph		0:47:08	0:47:15	1984	M30	10	22:56 24:12 / 4:43min/km
92	299	Unger Stefan	LC Weilerswist	0:47:26	0:47:44	1962	M55	8	24:15 23:10 / 4:45min/km
93	35	Kohlstrung Marcus	DLRG Bensberg	0:47:31	0:47:42	1966	M50	14	23:20 24:10 / 4:45min/km
94	384	Eich Werner	LG Donatus Erfstadt	0:47:31	0:47:36	1945	M70	1	23:21 24:09 / 4:45min/km
95	353	Barriuso José Manuel		0:47:33	0:47:37	1979	M35	7	23:49 23:44 / 4:45min/km
96	84	Müller Erich	*Frechen	0:47:33	0:47:46	1958	M55	9	23:45 23:48 / 4:45min/km
97	154	Piry Daniel	*Köln	0:47:34	0:48:00	1990	M20	19	24:07 23:26 / 4:45min/km
98	291	Weber Thomas	*Kerpen, Rheinl	0:47:44	0:47:57	1969	M45	23	23:50 23:54 / 4:46min/km
99	380	Brink Jelte		0:47:45	0:48:05	2006	MU12	1	23:17 24:27 / 4:47min/km
100	331	Pohl Arnd	LG RWE Power	0:47:47	0:48:02	1969	M45	24	23:46 24:00 / 4:47min/km
101	1	Abels Sascha	*Kerpen	0:47:57	0:48:08	1972	M45	25	23:34 24:23 / 4:48min/km
102	239	Sander Jörg	LG Donatus Erfstadt	0:48:00	0:48:07	1961	M55	10	23:36 24:24 / 4:48min/km

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103	126	Braton-Kampus Michael		0:48:11	0:48:21	1978	M35	8	23:56 24:14 / 4:49min/km
104	1199	Berger Peter	*Köln	0:48:23	0:48:39	1959	M55	11	23:51 24:32 / 4:50min/km
105	1187	Steinke Malte	Rhein-Erft Akademie	0:48:33	0:48:42	1988	M20	20	23:46 24:47 / 4:51min/km
106	480	Matthias Schnell	SSK	0:48:35	0:49:05	1976	M40	12	24:32 24:03 / 4:52min/km
107	54	Madeja Frank	*Kerpen, Rheinl	0:48:45	0:48:53	1971	M45	26	23:49 24:55 / 4:53min/km
108	271	Wenz Ralf	GVG Laufteam	0:48:49	0:48:57	1959	M55	12	24:39 24:10 / 4:53min/km
109	397	Bleck Roman	SSK Kerpen	0:48:51	0:49:04	1996	M20	21	23:29 25:22 / 4:53min/km
110	1193	Guzik Jan	*Kerpen	0:49:07	0:49:22	1970	M45	27	23:52 25:15 / 4:55min/km
111	58	Lindenthal Heiko		0:49:11	0:49:35	1977	M40	13	24:58 24:13 / 4:55min/km
112	30	Kunzelmann Werner	*Kerpen	0:49:12	0:49:31	1962	M55	13	24:38 24:33 / 4:55min/km
113	132	Herrmdorf Norbert	LT Saaler Mühle	0:49:14	0:49:26	1954	M60	1	24:11 25:02 / 4:55min/km
114	138	Fuhrmann Alfred	Mach3 Köln	0:49:14	0:49:37	1955	M60	2	24:59 24:15 / 4:55min/km
115	161	Ingenillem Bruno	TuS Kreuzweingarten-Rh	0:49:16	0:49:24	1961	M55	14	24:11 25:04 / 4:56min/km
116	124	Breutigam Klaus	*Porz-Wahnheide	0:49:16	0:49:27	1967	M50	15	23:48 25:27 / 4:56min/km
117	226	Gores Nicolai	*Köln	0:49:25	0:49:34	1982	M35	9	24:14 25:10 / 4:57min/km
118	29	Kunzelmann Jan	*Kerpen	0:49:28	0:49:48	2000	MU18	2	23:55 25:32 / 4:57min/km
119	103	Cremer Jürgen	FC Deutsche Post	0:49:29	0:49:39	1962	M55	15	25:31 23:57 / 4:57min/km
120	395	Van Zwielen Cornelis	*Kerpen	0:49:29	0:49:35	1950	M65	2	24:39 24:50 / 4:57min/km
121	231	Cersowski Henry	MST Laufpoint	0:49:35	0:49:44	1960	M55	16	24:55 24:40 / 4:58min/km
122	1181	Mücke David	Rhein-Erft Akademie	0:49:44	0:50:05	1997	M20	22	24:27 25:16 / 4:58min/km
123	137	Aretz Manfred	Alfterer Sportclub	0:49:45	0:49:55	1947	M70	2	24:32 25:12 / 4:59min/km
124	229	Steller Michael	MST Laufpoint	0:49:52	0:50:01	1957	M60	3	24:38 25:13 / 4:59min/km
125	386	Dietz Arne		0:49:54	0:50:09	1979	M35	10	24:12 25:41 / 4:59min/km
126	482	Lapajne Marko	*Wuppertal	0:49:54	0:50:12	1961	M55	17	24:53 25:01 / 4:59min/km
127	1195	Oster Tobias	Parkour Movement e.V.	0:49:57	0:50:07	1990	M20	23	25:13 24:44 / 4:60min/km
128	259	Matteis Rainer	GVG Laufteam	0:50:01	0:50:27	1972	M45	28	24:03 25:58 / 5:00min/km
129	172	Barucha Arnold	Rhein-Erft Akademie	0:50:05	0:50:19	1967	M50	16	24:46 25:18 / 5:01min/km
130	78	Frevel Herm-Josef	Flodders	0:50:10	0:50:21	1962	M55	18	24:50 25:19 / 5:01min/km
131	244	Böttcher Dirk	GVG Laufteam	0:50:12	0:50:41	1979	M35	11	24:54 25:18 / 5:01min/km
132	329	Schmitz Miggel		0:50:14	0:50:28	1979	M35	12	25:12 25:02 / 5:01min/km
133	7	Basham Colin	SSK Kerpen	0:50:30	0:50:42	1949	M65	3	24:49 25:40 / 5:03min/km
134	242	Abromeit Werner	GVG Laufteam	0:50:37	0:50:56	1965	M50	17	25:14 25:23 / 5:04min/km
135	34	Rottenau Rainer	VFB Erftstadt Multisport	0:50:50	0:50:57	1964	M50	18	24:49 26:01 / 5:05min/km
136	273	Bär Sebastian	Die BüroBären	0:50:53	0:51:21	1985	M30	11	27:42 23:10 / 5:05min/km
137	332	Raabe Kai	Europaschule Kerpen	0:50:55	0:51:09	1999	MU20	3	24:21 26:33 / 5:05min/km
138	127	Kampus Torsten		0:51:00	0:51:10	1969	M45	29	24:31 26:28 / 5:06min/km
139	253	Hartl Sigggi	GVG Laufteam	0:51:03	0:51:29	1958	M55	19	25:12 25:50 / 5:06min/km
140	59	Walter Jürgen	LT Decksteiner Weiher	0:51:06	0:51:34	1953	M60	4	25:33 25:33 / 5:07min/km
141	378	Klein Uwe		0:51:17	0:51:47	1966	M50	19	26:05 25:11 / 5:08min/km
142	292	Casale Gino	*Köln	0:51:20	0:51:35	1986	M30	12	23:22 27:58 / 5:08min/km
143	106	Kemmerling Manfred	LG RWE Power	0:51:40	0:51:56	1962	M55	20	25:47 25:53 / 5:10min/km
144	352	Rossa Marcel		0:51:55	0:52:21	1977	M40	14	26:04 25:51 / 5:12min/km
145	393	Rosso Mario	GVG Laufteam	0:51:58	0:52:16	1960	M55	21	26:26 25:31 / 5:12min/km
146	108	Endrös Martin		0:52:01	0:52:18	1972	M45	30	25:28 26:33 / 5:12min/km
147	249	Eidens Georg	GVG Laufteam	0:52:12	0:52:24	1961	M55	22	26:02 26:10 / 5:13min/km
148	286	Freytmuth Jürgen	IAC Düren e.V.	0:52:16	0:52:38	1949	M65	4	26:22 25:54 / 5:14min/km
149	147	Gasch Carsten	*Kerpen, RheinlKerpen	0:52:22	0:52:25	1979	M35	13	25:40 26:41 / 5:14min/km
150	180	Mücke Klaus	Rhein-Erft Akademie	0:52:22	0:52:43	1960	M55	23	26:01 26:20 / 5:14min/km
151	287	Bollig Klaus	LG RWE POWER	0:52:25	0:52:41	1964	M50	20	25:49 26:36 / 5:15min/km
152	174	Engels Josef	Rhein-Erft Akademie	0:52:27	0:52:41	1948	M65	5	26:12 26:15 / 5:15min/km
153	112	Diers Juergen	LG Donatus	0:52:35	0:52:46	1944	M70	3	26:03 26:31 / 5:16min/km

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154	381	Heinrich Volker	LG RWE Power	0:52:36	0:52:55	1979	M35	14	26:24 26:11 / 5:16min/km
155	218	Kuhlemann Dieter	LG RWE Power	0:52:37	0:52:55	1942	M75	1	26:25 26:12 / 5:16min/km
156	200	Kaulen Hape	VFB Erftstadt-Multisport	0:52:54	0:53:12	1959	M55	24	26:32 26:21 / 5:17min/km
157	350	Gasiorowski Milosz	VfB Erftstadt	0:52:59	0:53:06	1982	M35	15	26:03 26:55 / 5:18min/km
158	262	Peitsch Volker	GVG Laufteam	0:53:03	0:53:15	1964	M50	21	25:58 27:05 / 5:18min/km
159	31	Preuschoff Winfried	LV Stommeln	0:53:12	0:53:34	1940	M75	2	26:22 26:50 / 5:19min/km
160	49	Küsters Thomas	*Kerpen, Rheinl	0:53:20	0:53:43	1968	M45	31	26:49 26:30 / 5:20min/km
161	1396	Raulfs Frank	*Frechen	0:53:20	0:53:43	1969	M45	32	26:49 26:30 / 5:20min/km
162	338	Knütter Olaf		0:53:27	0:53:51	1976	M40	15	26:37 26:49 / 5:21min/km
163	300	Toma Rene	*Bergheim, Erft	0:53:27	0:53:51	1965	M50	22	26:37 26:50 / 5:21min/km
164	265	Schöneck Frank	GVG Laufteam	0:53:37	0:54:05	1964	M50	23	27:22 26:14 / 5:22min/km
165	1198	Johnen Manfred	LG RWE Power	0:53:41	0:53:59	1958	M55	25	26:52 26:48 / 5:22min/km
166	42	Schmidt Thomas	Laufschule Erftstadt	0:53:49	0:54:11	1967	M50	24	27:38 26:10 / 5:23min/km
167	41	Werner Christoph	BSG RheinEnergie	0:54:02	0:54:33	1965	M50	25	27:21 26:40 / 5:24min/km
167	284	Els Jürgen	BSG RheinEnergie	0:54:02	0:54:33	1969	M45	33	27:21 26:40 / 5:24min/km
169	351	Pommerening Thomas		0:54:07	0:54:32	1986	M30	13	26:54 27:13 / 5:25min/km
170	105	Zeumer Heiko	*Kerpen	0:54:10	0:54:30	1974	M40	16	27:50 26:19 / 5:25min/km
171	63	Gregor Michael	Fitness Point	0:54:16	0:54:31	1965	M50	26	27:50 26:25 / 5:26min/km
172	257	Ladenthin Mario	GVG Laufteam	0:54:39	0:54:55	1978	M35	16	26:32 28:06 / 5:28min/km
173	379	Frank Klaus-Jürgen		0:54:39	0:55:08	1942	M75	3	27:04 27:34 / 5:28min/km
174	246	Culmsee Markus	GVG Laufteam	0:54:54	0:55:09	1974	M40	17	26:52 28:02 / 5:29min/km
175	14	Nowak Bernd	SSK Kerpen	0:55:06	0:55:19	1965	M50	27	27:49 27:17 / 5:31min/km
176	387	Schotten Sebastian		0:55:09	0:55:25	1980	M35	17	27:24 27:44 / 5:31min/km
177	148	Röblitz Frank	VfL Sindorf 1928 e.V.	0:55:47	0:56:01	1957	M60	5	27:49 27:58 / 5:35min/km
178	230	Heller Peter	MST Laufpoint	0:55:58	0:56:15	1951	M65	6	27:39 28:19 / 5:36min/km
179	38	Meyer Wilfried	SC Kölsch Fründe	0:56:12	0:56:36	1948	M65	7	27:55 28:16 / 5:37min/km
180	279	Büsgen Herbert	LG RWE Power	0:56:21	0:56:46	1949	M65	8	28:04 28:17 / 5:38min/km
181	377	Lenz Sascha	ESV Horrem	0:56:33	0:56:52	1994	M20	24	26:42 29:50 / 5:39min/km
182	237	Paesch Horst	MST Laufpoint	0:56:33	0:56:50	1967	M50	28	27:49 28:44 / 5:39min/km
183	36	Peters Jens	*Bonn	0:56:34	0:57:01	1952	M65	9	27:44 28:49 / 5:39min/km
184	104	Pfeiffer Heinz	*Merzenich	0:56:35	0:56:45	1953	M60	6	28:35 27:59 / 5:40min/km
185	288	Schiffer Thomas	Lauffreunde BKZ	0:56:42	0:56:54	1968	M45	34	28:44 27:57 / 5:40min/km
186	204	Falkenberg Holger	LC Weilerswist	0:56:42	0:57:09	1976	M40	18	28:28 28:13 / 5:40min/km
187	225	Wilden Nick	LG RWE Power	0:56:52	0:57:19	1975	M40	19	29:13 27:38 / 5:41min/km
188	306	Wurda Werner	SC Fortuna Köln	0:56:53	0:57:28	1960	M55	26	28:57 27:56 / 5:41min/km
189	158	Ogasa Alexander	Volksbank Erft	0:56:57	0:57:17	1982	M35	18	28:13 28:44 / 5:42min/km
190	400	Ballmann Jürgen	*Kerpen	0:57:07	0:57:29	1971	M45	35	27:40 29:27 / 5:43min/km
191	1194	Trump Thomas	VOBA	0:57:10	0:57:29	1965	M50	29	28:13 28:57 / 5:43min/km
192	280	Siegburg Wilfried	* kerpen	0:57:21	0:57:43	1963	M50	30	27:40 29:40 / 5:44min/km
193	171	Batty Heinz	SCB Horrem e. V.	0:57:33	0:57:46	1944	M70	4	28:45 28:47 / 5:45min/km
194	344	Lintermann Markus		0:57:35	0:57:55	1973	M40	20	28:15 29:19 / 5:46min/km
195	27	Bicker Stefan	*Kerpen	0:57:38	0:58:01	1965	M50	31	28:21 29:16 / 5:46min/km
196	96	Göbel Henning	Pulheimer SC	0:58:12	0:58:28	1944	M70	5	28:10 30:01 / 5:49min/km
197	178	Krenzlin Wolfram	Rhein-Erft Akademie	0:58:35	0:58:56	1955	M60	7	29:04 29:31 / 5:52min/km
198	243	Block Heinrich	GVG Laufteam	0:58:41	0:58:59	1956	M60	8	29:21 29:19 / 5:52min/km
199	270	Strohhäcker Günter	GVG Laufteam	0:59:08	0:59:20	1939	M75	4	28:59 30:08 / 5:55min/km
200	5	Nowag Felix	*Kerpen	0:59:10	0:59:45	2004	MU14	1	30:27 28:42 / 5:55min/km
201	18	Funk Roland	*Bergheim	0:59:24	0:59:55	1961	M55	27	29:04 30:20 / 5:56min/km
202	1191	Friedrichs Michael	*Kerpen	0:59:31	1:00:04	1966	M50	32	29:29 30:01 / 5:57min/km
203	294	Striepe Stephan	*Kerpen, Rheinl	0:59:43	1:00:14	1982	M35	19	29:50 29:53 / 5:58min/km
204	342	Oehmcke Christian		0:59:44	1:00:15	1983	M30	14	29:50 29:54 / 5:58min/km

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Lauf über 10km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
205	57	Mikoleizik Peter	*Kerpen, RheinlKerpen	0:59:51	1:00:28	1970	M45	36	30:26 29:25 / 5:59min/km
206	4	Keller Rene	*Kerpen	0:59:52	1:00:28	1968	M45	37	30:27 29:25 / 5:59min/km
207	301	Königs Manfred	LG RWE Power	1:00:32	1:00:57	1961	M55	28	30:08 30:24 / 6:03min/km
208	113	Schlößer Christian	Sportshop-Triathlon-Team	1:00:51	1:01:14	1981	M35	20	29:55 30:56 / 6:05min/km
209	155	Ernst Martin	Volksbank Erft	1:01:23	1:01:36	1959	M55	29	29:18 32:04 / 6:08min/km
210	214	Höfer Thomas	*Kerpen, RheinlKerpen	1:01:30	1:02:00	1979	M35	21	30:13 31:17 / 6:09min/km
211	276	Glees Christopher	Die BüroBären	1:01:46	1:02:15	1984	M30	15	29:34 32:12 / 6:11min/km
212	1183	Quiede Uwe	Rhein-Erft Akademie	1:02:09	1:02:42	1963	M50	33	30:55 31:14 / 6:13min/km
213	476	Velden Wolfgang	LG RWE Power	1:02:16	1:02:40	1963	M50	34	31:02 31:13 / 6:14min/km
214	133	Heilmann Erich	LG RWE POWER	1:02:18	1:02:42	1960	M55	30	31:02 31:15 / 6:14min/km
215	142	Roggendorf Hans Josef	LG RWE Power	1:02:38	1:03:03	1955	M60	9	30:08 32:29 / 6:16min/km
216	1197	May Karsten	*ErfstadtErfstdadt	1:03:12	1:03:33	1970	M45	38	31:07 32:04 / 6:19min/km
217	240	Köllen Dietmar	SCB Horrem	1:03:44	1:04:00	1962	M55	31	29:57 33:47 / 6:22min/km
218	247	Czekala Jürgen	GVG Laufteam	1:07:36	1:08:03	1960	M55	32	31:42 35:54 / 6:46min/km
219	282	Peters Manfred	*Kerpen, Rheinl	1:07:52	1:08:09	1964	M50	35	34:05 33:46 / 6:47min/km
220	473	Adams Marc		1:08:25	1:08:56	1971	M45	39	29:46 38:38 / 6:51min/km
221	151	Bielan Torsten	*Kerpen, Rheinl	1:10:03	1:10:20	1975	M40	21	33:25 36:37 / 7:00min/km
222	17	Hanhardt Magnus	*Rietberg	1:11:08	1:11:41	1979	M35	22	34:41 36:27 / 7:07min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	391	Reiser Annette		0:41:34	0:41:39	1967	W50	1	20:47 20:47 / 4:09min/km
2	160	Ingenillem Laura	TuS Kreuzweingarten-Rh	0:43:36	0:43:39	1997	W20	1	21:32 22:03 / 4:22min/km
3	337	Alfaro Solano Camila	Triforce	0:43:48	0:43:52	1998	WU20	1	21:41 22:06 / 4:23min/km
4	130	Diblik Jenny	FC Keldenick	0:44:03	0:44:06	1986	W30	1	21:51 22:12 / 4:24min/km
5	385	Kunnengbeßer Brigitte	TISD Kerpen	0:44:22	0:44:33	1985	W30	2	22:03 22:18 / 4:26min/km
6	472	Bochem Gabriele	1. FC Quadrath-Ichendorf	0:44:46	0:44:52	1970	W45	1	22:08 22:38 / 4:29min/km
7	140	Stautemas Sarah	Central-Team.de	0:45:23	0:45:37	1978	W35	1	22:15 23:07 / 4:32min/km
8	398	Minor Astrid	ASV Köln Triathlon	0:46:10	0:46:16	1973	W40	1	22:51 23:19 / 4:37min/km
9	216	Weber-Steinhauer Birgit	LG RWE Power	0:47:02	0:47:08	1963	W50	2	23:03 23:58 / 4:42min/km
10	20	Prediger Kristina	LG Donatus Erftstadt e.V.	0:47:05	0:47:11	1974	W40	2	23:17 23:47 / 4:43min/km
11	61	Matuschek Bernadette	VFB Erftstadt	0:47:38	0:47:46	1971	W45	2	23:45 23:52 / 4:46min/km
12	1397	Reitzsch Katjana	FC Veldenich	0:48:03	0:48:07	1978	W35	2	23:57 24:05 / 4:48min/km
13	162	Miereczko Marta	VFB Erftstadt Multisport	0:48:03	0:48:10	1986	W30	3	23:45 24:17 / 4:48min/km
14	297	Schmitz Katrin	Lc Weilerswist	0:48:04	0:48:16	1993	W20	2	24:24 23:39 / 4:48min/km
15	1186	Steinbach Laura	Rhein-Erft Akademie	0:48:33	0:48:42	1987	W30	4	23:46 24:47 / 4:51min/km
16	213	Kreutner Sophie	PiratenAG	0:49:46	0:49:57	1990	W20	3	24:36 25:09 / 4:59min/km
17	118	Sauer Kerstin	TuS Kreuzweingarten/Rh	0:50:25	0:50:30	1983	W30	5	25:26 24:58 / 5:03min/km
18	245	Culmsee Katja	GVG Laufteam	0:52:00	0:52:15	1972	W45	3	25:50 26:10 / 5:12min/km
19	98	Grossenbach Elke		0:52:48	0:53:16	1960	W55	1	26:45 26:02 / 5:17min/km
20	272	Esser Heidrun	*Bergheim, Erft	0:53:06	0:53:35	1960	W55	2	26:45 26:21 / 5:19min/km
21	44	Fink Astrid	TuS Kreuzweingarten-Rh	0:53:28	0:53:36	1969	W45	4	26:37 26:50 / 5:21min/km
22	234	Hofmann Michaela	MST Laufpoint	0:53:32	0:53:41	1973	W40	3	26:10 27:22 / 5:21min/km
23	232	Cersowski Manuela	MST Laufpoint	0:53:51	0:54:00	1967	W50	3	26:10 27:41 / 5:23min/km
24	345	Müller-Bader Sabine		0:54:07	0:54:29	1970	W45	5	26:17 27:49 / 5:25min/km
25	383	Feck Mona	ESV Horrem	0:54:34	0:54:54	1975	W40	4	26:41 27:52 / 5:27min/km
26	254	Hauser Dunja	GVG Laufteam	0:55:04	0:55:15	1979	W35	3	27:09 27:55 / 5:30min/km
27	222	Kaatz Miriam	Kreissparkasse Köln	0:55:11	0:55:35	1981	W35	4	27:59 27:11 / 5:31min/km
28	176	Korgel Anke	Rhein-Erft Akademie	0:55:21	0:55:36	1971	W45	6	27:27 27:54 / 5:32min/km
29	120	Schneider Carola	Team Erdinger Alkoholfrei	0:55:23	0:55:55	1972	W45	7	27:50 27:32 / 5:32min/km
30	119	Fischer Christine	Team Erdinger Alkoholfrei	0:55:23	0:55:55	1971	W45	8	27:51 27:32 / 5:32min/km
31	131	Pinske Anke		0:55:25	0:55:48	1974	W40	5	28:24 27:00 / 5:33min/km
32	341	Scheil Christina		0:55:25	0:55:48	1977	W40	6	28:24 27:00 / 5:33min/km
33	238	Kuhn Johanna	*Alfter	0:55:36	0:55:59	1995	W20	4	28:24 27:12 / 5:34min/km
34	477	Halbe Johanna	*Elsdorf	0:55:49	0:56:03	1956	W60	1	27:35 28:14 / 5:35min/km
35	236	Schlich Sarah	MST Laufpoint	0:55:54	0:56:11	1985	W30	6	28:12 27:41 / 5:35min/km
36	252	Grundkowski Cornelia	GVG Laufteam	0:56:08	0:56:33	1965	W50	4	28:13 27:55 / 5:37min/km
37	165	Baller Angelika	LC Weilerswist	0:56:12	0:56:40	1962	W55	3	28:25 27:46 / 5:37min/km
38	43	Mais-Ramm Lydia	SSK	0:56:27	0:56:47	1965	W50	5	28:11 28:16 / 5:39min/km
39	1189	Stich Silke	Rhein-Erft Akademie	0:56:33	0:56:48	1977	W40	7	28:18 28:14 / 5:39min/km
40	150	Bielan Bianca	*Kerpen, Rheinl	0:56:41	0:56:58	1978	W35	5	28:07 28:33 / 5:40min/km
41	343	Renimann Doris		0:56:57	0:57:20	1968	W45	9	27:44 29:12 / 5:42min/km
42	251	Gläser Anke	GVG Laufteam	0:57:03	0:57:30	1982	W35	6	29:00 28:03 / 5:42min/km
43	45	Hajek Verena	LG Donatus Erftstadt	0:57:11	0:57:23	1952	W65	1	28:37 28:33 / 5:43min/km
44	56	Heck Marie-Jan	Eintracht Frankfurt	0:57:17	0:57:37	1974	W40	8	28:04 29:13 / 5:44min/km
45	48	Mindt Yvonne	*Bergheim, Erft	0:57:44	0:58:13	1980	W35	7	28:55 28:48 / 5:46min/km
46	40	Bachmann-Stange Sabr	*Hürth, Rheinl	0:57:51	0:58:14	1980	W35	8	28:24 29:27 / 5:47min/km
47	235	Wilden Brigitte	MST Laufpoint	0:58:14	0:58:24	1958	W55	4	29:06 29:08 / 5:49min/km
48	50	Heese Franziska	TuS Kreuzweingarten-Rh	0:58:31	0:58:40	1987	W30	7	28:32 29:59 / 5:51min/km
49	382	Frank Christiane		0:58:36	0:58:56	1973	W40	9	28:59 29:37 / 5:52min/km
50	266	Schöneck Marianne	GVG Laufteam	0:59:26	0:59:56	1954	W60	2	29:49 29:36 / 5:57min/km
51	335	Zade Miriam		0:59:52	1:00:24	1992	W20	5	30:37 29:14 / 5:59min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	1188	Stetten Brigitte	Rhein-Erft Akademie	1:00:14	1:00:45	1971	W45	10	30:44 29:29 / 6:01min/km
53	179	Mayer Beate	Rhein-Erft Akademie	1:00:22	1:00:53	1960	W55	5	29:42 30:40 / 6:02min/km
54	173	Cöln Irmgard	Rhein-Erft Akademie	1:00:27	1:00:57	1970	W45	11	29:56 30:31 / 6:03min/km
55	109	Bagusche Johanna	*Frechen	1:00:58	1:01:19	1961	W55	6	29:23 31:35 / 6:06min/km
56	75	Grzesiek Sandra		1:01:01	1:01:24	1971	W45	12	29:52 31:08 / 6:06min/km
57	13	Plasberg Aleksandra	*Kerpen	1:01:17	1:01:46	1977	W40	10	30:15 31:01 / 6:08min/km
58	115	Grobe Nicole	LG Donatus Erftstadt	1:02:03	1:02:22	1966	W50	6	30:55 31:08 / 6:12min/km
59	134	Heilmann Roswitha	LG RWE Power	1:02:17	1:02:42	1961	W55	7	31:02 31:15 / 6:14min/km
60	12	Bertram Claudia	*Bergheim	1:02:21	1:02:50	1975	W40	11	30:16 32:05 / 6:14min/km
61	111	Diers Ellen	LG Donatus Erftstadt	1:02:35	1:02:58	1954	W60	3	31:14 31:20 / 6:16min/km
62	65	Groß Hanna		1:02:48	1:03:08	1960	W55	8	30:35 32:12 / 6:17min/km
63	39	Klein Bianca	Running TVB	1:04:40	1:05:07	1979	W35	9	32:28 32:12 / 6:28min/km
64	267	Schulz Susanne	GVG Laufteam	1:04:40	1:05:07	1969	W45	13	32:28 32:12 / 6:28min/km
65	219	Lehert Susanne	ASV Wesseling 1985 e.V.	1:05:16	1:05:30	1962	W55	9	32:13 33:02 / 6:32min/km
66	289	Schiffer Anke	Lauffreunde BKZ	1:10:06	1:10:19	1969	W45	14	33:28 36:38 / 7:01min/km
67	16	Hanhardt Daniela	*Rietberg	1:11:07	1:11:40	1979	W35	10	34:41 36:25 / 7:07min/km
68	260	Matteis Kerstin	GVG Laufteam	1:11:55	1:12:20	1964	W50	7	33:46 38:08 / 7:12min/km
69	25	Junk Linda	Schwimmverein Horrem	1:17:48	1:18:03	1980	W35	11	36:55 40:53 / 7:47min/km
70	167	Franklin Angelina	Nell Breuning Berufskolle	1:17:57	1:18:02	1999	WU20	2	36:11 41:46 / 7:48min/km