

10 Meilen-Hauptlauf - Gesamtwertung

9. Kölner Stadionlauf - 18. Juni 2017

Männer

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-Pl	AK	Jahr	Runden	1km/5km/5km/5km
1	1952	Johnstone Nikki	ASICS Frontrunner	0:53:57	0:53:58	1	M30	1984	03:28	16:23 16:58 17:07
2	1941	Mey Markus	PETERS-SPORTTEAM	0:57:59	0:57:59	1	M45	1971	03:42	17:43 18:23 18:10
3	1942	Fricke Marc	Bunert - Rhein Berg Runners	0:58:26	0:58:27	1	M40	1974	03:43	17:40 18:23 18:39
4	1954	Trems Torsten	Central-Team.de	1:02:09	1:02:10	2	M40	1977	00:00	00:00 00:00 00:00
5	1951	Kahlenberg Fabian		1:04:24	1:04:25	1	MHK	1995	03:43	19:28 20:35 20:37
6	1953	Gündüz Deniz	Zorro	1:05:06	1:05:06	3	M40	1974	04:01	19:29 20:15 21:20
7	1912	Knauf Albert	LG Mützenich	1:08:02	1:08:03	1	M50	1964	04:11	20:39 21:06 22:05
8	1823	Holzporz Michael	VFB ERFSTADT MULTISPORT	1:08:23	1:08:25	2	M45	1968	04:21	20:53 21:16 21:51
9	1956	Wilhelm Florian	Albis Lauftreff	1:08:37	1:08:40	1	M35	1981	04:04	20:52 21:47 21:54
10	1860	Moritz Ralf	Die WüstenrennMos	1:10:15	1:10:17	3	M45	1968	04:35	21:21 21:59 22:19
11	1955	Dudley Richard	LG Donatus Erfstadt	1:10:41	1:10:45	1	M55	1961	04:45	21:42 22:03 22:09
12	1949	Pierkes Roland	ASV Süchteln	1:11:28	1:11:30	2	M50	1966	04:19	20:40 22:28 24:00
13	1891	Schichler Joscha	pronovaBKK Laufteam	1:11:24	1:11:36	2	MHK	1989	04:52	22:09 22:38 21:43
14	1906	Pinheiro Andreas	Faustkämpfer Kalf e.V.	1:11:46	1:11:54	2	M35	1978	04:33	22:31 22:40 22:00
15	1857	Heinemeyer Joachim	*Köln	1:11:56	1:11:58	3	M35	1980	04:27	21:24 22:04 24:00
16	1943	Casanova Francois	fitogram	1:14:13	1:14:16	2	M30	1985	04:49	22:46 22:59 23:38
17	1870	Bunge Benedikt	*Köln	1:14:31	1:14:36	3	M30	1987	04:42	22:50 23:12 23:45
18	1842	Wolf Ingo	*Bedburg	1:15:52	1:15:55	4	M35	1980	05:05	23:36 23:31 23:39
19	1858	Lennarz Joachim	*Köln	1:20:28	1:20:31	4	M40	1975	05:05	25:16 25:04 25:02
20	1838	Winters Laurin	*Frechen	1:21:47	1:21:54	3	MHK	1990	05:45	25:59 25:37 24:25
21	1803	Lux Malte	*Köln	1:22:21	1:22:25	4	MHK	1988	04:59	24:29 26:04 26:48
21	1819	Wenda Florian	*Köln	1:22:16	1:22:25	4	MHK	1997	05:47	26:24 25:00 25:04
23	1909	Mermet Frank		1:23:03	1:23:05	3	M50	1964	05:12	25:10 25:47 26:53
24	1846	Köppe Stefan	1.FC Köln	1:22:58	1:23:05	4	M30	1985	05:16	24:57 26:18 26:27
25	1886	Bachmann Daniel	pronovaBKK Laufteam	1:23:18	1:23:28	5	M40	1977	05:29	25:02 26:02 26:44
26	1883	Müller Ralf	Schnaufgruppe	1:23:51	1:23:55	1	M60	1956	04:59	25:35 26:37 26:39
27	1950	Bührmann Magnus		1:23:52	1:23:59	6	M40	1977	05:14	25:57 26:25 26:15
28	1844	Budde Stephan	*Köln	1:24:16	1:24:21	5	M35	1980	05:24	26:17 25:57 26:37
29	1911	Jansen Heiko		1:24:25	1:24:29	7	M40	1976	05:05	25:29 26:47 27:03
30	1946	Lehnigk Matthias	TV Screenworks	1:24:32	1:24:42	4	M50	1963	05:29	25:30 26:50 26:41
31	1910	Wöhler Hans J.	Früh Sport	1:25:01	1:25:03	5	M50	1966	04:56	24:52 25:49 29:23
32	1888	Shimony Jakob	*Köln	1:25:10	1:25:23	6	MHK	1990	05:15	25:22 27:02 27:30
33	1945	Heuser Robert		1:25:26	1:25:30	4	M45	1969	05:20	25:40 26:59 27:26
34	1850	Bowi Marcus	Rheinische Versorgungskassen	1:25:22	1:25:32	5	M45	1971	05:29	26:00 26:47 27:04
35	1869	Nentwich Henry	*Köln	1:25:43	1:25:53	8	M40	1977	05:56	26:31 26:48 26:26
36	1854	Voll Harald	*Pulheim	1:26:24	1:26:31	2	M55	1959	05:32	25:41 27:44 27:25
37	1851	Schreiter Rüdiger	*Duisburg	1:26:40	1:26:47	6	M45	1971	05:51	26:45 27:44 26:18
38	1827	Winters Gereon	*Frechen	1:27:07	1:27:14	7	MHK	1992	05:58	27:45 27:04 26:18
39	1947	Thranberend Klaus	DJK	1:27:27	1:27:32	6	M50	1967	05:03	26:13 28:03 28:08
40	1837	Gabriel Guido	*Köln	1:27:25	1:27:33	7	M45	1969	05:39	26:01 27:18 28:26
41	1811	Stehr Christoph	SV 1922 Hilden	1:28:55	1:29:02	7	M50	1964	05:14	25:14 26:58 31:28
42	1826	Kramer Uwe	*Köln	1:30:20	1:30:23	3	M55	1962	05:29	26:19 28:26 30:04
43	1878	Rosso Mario	*Pulheim	1:30:18	1:30:25	4	M55	1960	05:49	26:58 28:16 29:13
44	1839	Wuesten Christian	LT Gruiten-Neandertal	1:30:46	1:30:58	8	M45	1972	05:53	27:21 28:59 28:33
45	1863	Kutsch Kevin	*Essen	1:30:54	1:30:59	6	M35	1980	05:23	26:54 28:02 30:33
46	1834	Schulte Rainer	*Köln	1:31:42	1:31:48	9	M45	1972	05:58	27:30 28:35 29:37
47	1832	Brings Daniel	*Köln	1:31:46	1:31:51	7	M35	1979	05:07	25:45 30:16 30:37
48	1802	Schütz Michi	Marathon-Club Menden	1:32:22	1:32:30	5	M55	1960	05:24	27:23 29:17 30:16
49	1898	Albrecht DR Jens	*Frechen	1:33:48	1:33:53	10	M45	1968	05:00	26:31 29:37 32:38
50	1833	Heinsius Klaus	*Ratingen	1:34:20	1:34:24	8	M50	1966	05:41	26:44 30:03 31:51
51	1855	Weber Steffen	*Köln	1:34:46	1:34:49	5	M30	1985	06:17	29:18 29:34 29:36
52	1852	Langenbach Lutz	*Köln	1:34:46	1:34:49	9	M40	1973	06:17	29:18 29:34 29:35
53	1868	Hamacher Hermann	KZVK Köln	1:34:48	1:34:54	6	M55	1962	05:50	28:29 30:37 29:51
54	1897	Cremer Karsten	Polizei Rhein-Erft-Kreis	1:35:17	1:35:25	10	M40	1976	05:47	26:32 28:53 34:04
55	1822	Straub Valentin	*Köln	1:35:33	1:35:42	8	MHK	1996	05:47	26:59 28:46 33:59
56	1849	Okat Bülent	*Frechen	1:35:42	1:35:43	11	M40	1973	05:14	26:29 29:07 34:51
57	1881	Kirchesch Heiko	*Köln	1:36:03	1:36:05	2	M60	1957	05:58	29:02 30:18 30:44
58	1821	De Spirt Michael	*Düsseldorf	1:36:15	1:36:25	12	M40	1974	05:56	28:18 29:48 32:13
59	1904	Caspari DR Ingo	*Köln	1:36:15	1:36:27	13	M40	1973	06:15	29:23 30:43 29:53
60	1871	Meier Thomas	GWK Runner	1:37:55	1:38:04	11	M45	1969	05:44	28:01 31:33 32:35
61	1893	Thaele Tim	*Köln	1:39:02	1:39:14	1	MU18	2000	06:06	28:11 34:20 30:24
62	1830	Schönau Christian	*Kerpen	1:39:27	1:39:38	9	M50	1967	06:05	30:03 31:01 32:16

Männer

Platz	Startnr	Name	Verein/*Ort	Netto	Brutto	AK-Pl	AK	Jahr	Runden	1km/5km/5km/5km		
63	1829	Koppers Marcel	*Bergheim	1:39:27	1:39:38	14	M40	1973	06:04	30:03	31:02	32:16
64	1847	Brücher Maximilian	*Aachen	1:39:51	1:39:56	6	M30	1987	05:05	25:38	32:35	36:32
65	1845	Lorenz-Kimmich Jürgen	LLG St. Augustin	1:39:57	1:40:04	7	M55	1959	06:02	29:51	31:52	32:11
66	1835	Noeske Jan-Paul	*Köln	1:40:18	1:40:25	9	MHK	1996	06:05	29:52	32:04	32:17
67	1825	Behrens Flipp	Run of Colours Promoteam	1:40:46	1:40:57	15	M40	1976	05:43	28:04	33:42	33:15
68	1865	Luppertz Georg	Erzbistum Köln	1:41:41	1:41:52	10	M50	1965	06:15	30:05	31:50	33:29
69	1859	Göbel Christoph	*Wesseling	1:47:29	1:47:35	8	M35	1979	06:00	29:40	36:09	35:39
70	1820	Vetter Raimund	Diabetes Programm Deutschland	1:49:23	1:49:31	1	M65	1952	06:16	32:35	35:10	35:21
71	1948	di Dio Salvatore	LKD Düsseldorf	0:46:23	0:46:24	12	M45	1972	03:57	20:40	21:45	00:00
72	1944	Lotter Jürgen	*Rösrath	1:03:49	1:03:58	3	M60	1954	05:43	28:07	29:59	00:00
73	1908	Louwen Bernd		1:08:01	1:08:06	9	M35	1980	06:01	29:39	32:19	00:00
74	1903	Nicaise Jean-Christophe	EASA	0:23:48	0:23:50	16	M40	1977	04:10	19:37	00:00	00:00
75	1862	Fischer Stefan	*Köln	0:32:28	0:32:33	10	M35	1981	05:24	27:04	00:00	00:00
76	1867	Erken Michael	Erzbistum Köln	0:34:14	0:34:23	7	M30	1987	04:58	29:15	00:00	00:00
77	1836	Pojda Roman	*Köln	0:42:28	0:42:39	8	M55	1962	06:30	35:57	00:00	00:00
78	1814	Koch Vincent	*Kerpen	0:04:19	0:04:21	10	MHK	1996	04:19	00:00	00:00	00:00

Frauen

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-Pl	AK	Jahr	Runden	1km/5km/5km/5km		
1	1884	Kurz Jenny	*White Plains	1:14:29	1:14:33	1	W30	1987	04:35	22:38	23:38	23:36
2	1877	Schmetzke Stefanie	ASV Köln Triathlon	1:15:25	1:15:30	2	W30	1985	04:55	23:37	23:15	23:37
3	1808	Cremer Ela	*Bergisch Gladbach	1:21:29	1:21:32	1	W45	1972	05:28	25:32	25:24	25:04
4	1840	Schippa Beatrix	*Frechen	1:22:34	1:22:42	1	WHK	1989	05:45	25:58	25:37	25:13
5	1872	Schlösser Laura	GWK Runner	1:24:04	1:24:08	3	W30	1987	05:04	25:14	26:42	27:04
6	1831	Brühl Andrea	*Köln	1:24:29	1:24:33	1	W35	1981	05:03	26:01	27:05	26:19
7	1902	Miketta Helga	Birkesdorfer TV	1:25:23	1:25:29	1	W75	1941	05:31	25:55	26:54	27:02
8	1892	Steinseifer Kathleen	pronovaBKK Laufteam	1:27:57	1:28:09	2	WHK	1992	05:54	27:00	27:31	27:30
9	1885	Hardtke Annika	*Köln	1:28:44	1:28:51	4	W30	1986	05:40	26:33	28:24	28:06
10	1861	Leipert Sabine	ASV Köln	1:29:29	1:29:32	1	W40	1973	05:42	27:19	28:21	28:05
11	1905	Ensink Sabrina	*Köln	1:31:56	1:32:00	3	WHK	1988	05:26	27:27	29:12	29:48
12	1875	Engels Katharina	Erzbistum Köln	1:35:33	1:35:42	4	WHK	1995	06:17	29:27	26:44	33:04
13	1880	Sobek Cordula	*Köln	1:36:03	1:36:05	2	W40	1974	05:57	29:02	30:18	30:44
14	1887	Hein Andrea	pronovaBKK Laufteam	1:38:44	1:38:50	3	W40	1976	06:19	31:09	32:53	28:21
15	1900	Walter Johanna	*Köln	1:47:18	1:47:22	1	WU18	2000	06:23	33:05	34:30	33:17
16	1899	Walter Christine	*Köln	1:48:29	1:48:33	5	WHK	1993	06:23	33:06	34:30	34:28
17	1896	Sannwaldt Fiona	*Köln	1:49:20	1:49:27	5	W30	1987	06:21	31:59	35:37	35:22
18	1901	Vauth Clara	*Köln	1:49:35	1:49:41	6	WHK	1989	06:02	32:36	35:16	35:40
19	1856	Heinemeyer Antje	*Köln	0:58:58	0:59:01	6	W30	1984	04:59	25:44	28:15	00:00
20	1894	Van de Flierdt Marina	pronovaBKK Laufteam	0:37:29	0:37:35	7	WHK	1988	06:18	31:10	00:00	00:00
21	1828	Pfahlbusch Elfi	Run of Colours Promoteam	0:40:10	0:40:19	2	W45	1972	06:31	33:38	00:00	00:00
22	1866	Maiwald Carina	Erzbistum Köln	0:42:38	0:42:48	8	WHK	1990	06:13	36:24	00:00	00:00
23	1907	Königstein Charlotte		0:06:17	0:06:25	9	WHK	1996	06:17	00:00	00:00	00:00