

## Ergebnisliste Männer

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	85	Klein Dominik	Ludwig Fresenius Schulen	0:44:42	1995 MHK	1	0:45:26	13:56 * 14:50 * 15:56	4:28 min/km
2	169	Piglo Matthias	Compuserv	0:45:16	1996 MHK	2	0:45:21	14:41 * 14:59 * 15:35	4:32 min/km
3	173	Krystek Sören	Kuhn-Edelstahl	0:46:00	1979 M40	1	0:46:06	14:37 * 15:27 * 15:54	4:36 min/km
4	177	Tewes Lukas	Kuhn-Edelstahl	0:49:37	2001 MU20	1	0:49:42	15:39 * 16:44 * 17:14	4:58 min/km
5	2	Aussem Heinz	*Alt Hürth	0:51:08	1967 M50	1	0:51:21	16:11 * 16:56 * 18:00	5:07 min/km
6	102	Dernjani Rinor	NORMA	0:51:27	2000 MU20	2	0:51:42	17:40 * 17:04 * 16:41	5:09 min/km
7	176	Wegener Frank	Kuhn-Edelstahl	0:51:29	2000 MU20	3	0:51:41	17:42 * 17:01 * 16:45	5:09 min/km
8	96	Berger Domenic	NORMA	0:52:02	1995 MHK	3	0:52:14	17:20 * 16:51 * 17:51	5:12 min/km
9	75	Schumacher Marc	Ludwig Fresenius Schulen	0:52:31	1998 MHK	4	0:53:14	15:50 * 17:55 * 18:45	5:15 min/km
10	127	Raigorodski Aleksander	NORMA	0:53:17	1982 M35	1	0:53:32	17:40 * 17:12 * 18:24	5:20 min/km
11	160	Malte Hedemann	Team Mediengruppe RTL	0:53:54	1999 MHK	5	0:55:17	18:34 * 17:54 * 17:26	5:23 min/km
12	164	Bonstein Simon	Team Nissan	0:56:16	1999 MHK	6	0:56:50	20:10 * 18:10 * 17:55	5:38 min/km
13	20	Mayer Alexander	Fa.Roggendorf	0:57:19	1993 MHK	7	0:57:30	18:03 * 19:52 * 19:22	5:44 min/km
14	80	Mösta Nils	Ludwig Fresenius Schulen	0:57:35	1997 MHK	8	0:59:25	18:07 * 18:52 * 20:36	5:46 min/km
15	165	Firsching Christian	Team Nissan	0:58:44	1968 M50	2	0:59:19	18:44 * 19:28 * 20:31	5:52 min/km
16	109	Hoppenkamps Achim	NORMA	0:58:45	1989 M30	1	0:59:04	19:00 * 19:15 * 20:29	5:53 min/km
17	87	Tangemann Martin	Ludwig Fresenius Schulen	1:01:37	1978 M40	2	1:03:39	21:04 * 20:47 * 19:45	6:10 min/km
18	74	Breith Simon	Ludwig Fresenius Schulen	1:01:44	1998 MHK	9	1:03:39	18:59 * 21:48 * 20:55	6:10 min/km
19	166	Hochstaetter Kevin	Team Nissan	1:03:55	1993 MHK	10	1:04:28	21:56 * 21:50 * 20:08	6:24 min/km
20	76	Dorroch Ole	Ludwig Fresenius Schulen	1:04:45	1996 MHK	11	1:06:40	20:36 * 21:46 * 22:23	6:29 min/km
21	175	Müllmann Nico	Kuhn-Edelstahl	1:07:30	2000 MU20	4	1:07:36	17:57 * 25:05 * 24:27	6:45 min/km
22	64	Omarzanov Aset	Lindner Hotel City Plaza	1:08:02	1994 MHK	12	1:08:48	20:33 * 23:04 * 24:24	6:48 min/km
23	107	Hammersbach Michael	NORMA	1:10:48	0 MHK	13	1:12:17	24:04 * 22:51 * 23:51	7:05 min/km
24	90	Westhoff Simon	Ludwig Fresenius Schulen	1:15:54	1996 MHK	14	1:17:48	18:56 * 18:37 * 38:20	7:35 min/km
25	31	Voss Thomas	Lebensbaum	1:19:46	1983 M35	2	1:21:22	24:47 * 25:49 * 29:09	7:59 min/km

## Ergebnisliste Frauen

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	78	Geschwind Jana	Ludwig Fresenius Schulen	0:44:10	1999 WHK	1	0:45:59	14:09 * 14:31 * 15:29	4:25 min/km
2	120	Maus Katja	NORMA	0:56:49	1997 WHK	2	0:57:08	18:28 * 18:42 * 19:38	5:41 min/km
3	91	Ziesse Antonia	Ludwig Fresenius Schulen	0:58:51	1999 WHK	3	1:00:47	18:49 * 19:27 * 20:35	5:53 min/km
4	25	Docken Tina	Lebensbaum	1:02:38	1971 W45	1	1:04:16	21:06 * 20:06 * 21:25	6:16 min/km
5	12	Jakobs Theresa	DER Touristik GmbH	1:03:13	1996 WHK	4	1:05:11	21:31 * 20:04 * 21:36	6:19 min/km
6	167	Mühlberger Krizia-Marie	Team Nissan	1:03:43	1991 WHK	5	1:04:19	20:26 * 21:08 * 22:09	6:22 min/km
7	22	Mayer Katharina	Fa.Roggendorf	1:09:08	1998 WHK	6	1:09:20	23:52 * 22:27 * 22:48	6:55 min/km
8	58	Korsa Genet	Lindner Hotel City Plaza	1:11:48	1964 W55	1	1:12:32	22:28 * 22:01 * 27:18	7:11 min/km
9	28	Mudring-Langel Bettina	Lebensbaum	1:15:47	1971 W45	2	1:17:26	24:30 * 24:30 * 26:46	7:35 min/km
10	24	Adrian Anita	Lebensbaum	1:19:21	1958 W60	1	1:20:59	26:38 * 26:04 * 26:37	7:56 min/km