



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
1	GATZWEILER Ursula		565	1 HKWF	00:32:04.30	3'34	00:31:52.24	10	00:10:54.18	13	00:10:38.72	6	00:10:31.40	5	RUNNERS POINT Köln-Weiden
2	SCHMITZ Nora		381	2 HKWF	00:34:20.13	3'49	00:34:07.43	16	00:11:27.69	20	00:11:27.15	14	00:11:25.29	16	PST Trier
3	JÄGER Ronja		100	3 HKWF	00:34:58.45	3'53	00:34:45.95	19	00:11:27.62	19	00:11:42.75	20	00:11:48.08	21	Laufmonster
4	HANSEN Laura		591	1 U18F	00:36:36.91	4'04	00:36:23.05	31	00:12:25.51	35	00:12:15.53	31	00:11:55.87	23	VFL Kommern
5	KÖHLER Sabine		639	1 W30F	00:37:39.97	4'11	00:37:11.53	37	00:12:44.96	44	00:12:26.97	38	00:12:28.04	37	keine Angabe
6	FRANZEN Alexandra		300	2 W30F	00:38:03.03	4'14	00:37:45.66	45	00:12:33.95	38	00:12:44.42	43	00:12:44.66	47	LC Euskirchen
7	HAVERTZ-RÖHLICH Irene		152	1 W45F	00:38:14.74	4'15	00:37:57.65	47	00:12:45.74	46	00:12:42.43	42	00:12:46.57	48	Dürener TV 1847
8	FONDERMANN Rebecca		554	3 W30F	00:38:39.44	4'18	00:38:18.68	50	00:12:38.45	42	00:12:59.55	59	00:13:01.44	58	SSF Bonn Triathlon
9	SCHUMACHER Marion		400	1 W40F	00:38:42.75	4'18	00:38:25.77	52	00:12:46.06	47	00:13:04.90	64	00:12:51.79	52	Dürener TV 1847
10	LUTZ Jenny		904	4 W30F	00:39:51.32	4'26	00:39:26.23	73	00:13:41.72	95	00:13:30.16	96	00:12:39.44	42	keine Angabe
11	TRIPPE Hiltrud		802	1 W55F	00:40:10.41	4'28	00:39:43.30	81	00:13:26.79	78	00:13:22.06	84	00:13:21.56	91	SV 47 Mutscheid
12	FUCHS Felizitas		104	5 W30F	00:40:31.99	4'30	00:40:15.02	92	00:13:07.13	58	00:13:39.51	107	00:13:45.35	115	Racing for Education
13	HOHENGARTEN Gabi		608	2 W45F	00:41:05.39	4'34	00:40:41.05	101	00:13:45.03	103	00:13:38.14	102	00:13:42.22	113	swist energy
14	GLASMACHER-TEICHERT Claud		570	1 W35F	00:41:12.81	4'35	00:40:56.10	108	00:13:12.04	65	00:13:54.64	117	00:14:06.13	139	Team Aachener Engel e. V.
15	THOMAS Lisa		426	2 W35F	00:41:24.19	4'36	00:40:58.69	112	00:14:01.18	116	00:13:43.08	108	00:13:39.93	109	TuS Kreuzweingarten-Rheder
16	RÖßLER Finja		934	4 HKWF	00:41:35.17	4'37	00:41:18.57	122	00:13:41.72	96	00:14:05.98	133	00:13:47.47	117	TV Refrath
17	BERNSEN Sandra		039	2 W40F	00:43:23.58	4'49	00:42:49.04	150	00:15:01.69	177	00:14:17.62	148	00:14:04.27	136	keine Angabe
18	GENSCH Karin		566	3 W40F	00:43:54.50	4'53	00:43:38.15	175	00:14:21.14	134	00:14:41.49	180	00:14:51.87	206	Advocat Verlag
19	GOBELIUS Christine		572	5 HKWF	00:44:57.45	5'00	00:43:56.21	185	00:15:49.42	242	00:14:23.21	156	00:14:44.82	197	PUDIS
20	JANNES Yvonne	SWI	194	3 W35F	00:45:17.82	5'02	00:44:47.78	210	00:15:14.23	196	00:14:58.97	211	00:15:04.62	226	TV Obermaubach
21	BOES Tanya		053	4 W40F	00:45:40.65	5'05	00:45:06.34	218	00:15:54.75	247	00:15:10.32	227	00:14:35.58	183	Laufcampus
22	HILGER Elke		169	3 W45F	00:45:41.53	5'05	00:45:16.27	220	00:15:13.28	195	00:15:08.94	222	00:15:19.31	245	keine Angabe
23	SPYKERMANN Ines		415	5 W40F	00:45:42.67	5'05	00:45:17.81	222	00:15:12.44	194	00:15:09.42	224	00:15:20.81	247	TuS Kreuzweingarten-Rheder
24	FISCHENICH Julia		931	6 HKWF	00:45:53.91	5'06	00:45:34.83	231	00:14:55.68	170	00:15:23.63	243	00:15:34.60	273	keine Angabe
25	FISCHER Anke		551	4 W35F	00:45:57.66	5'06	00:45:18.66	223	00:16:24.24	280	00:15:04.29	218	00:14:29.13	171	LG FischerArt
26	BICK Marie		045	2 U18F	00:46:38.95	5'11	00:46:01.80	245	00:15:10.51	191	00:15:30.69	252	00:15:57.75	299	LC Weilerswist
27	WAGNER Sabine		444	4 W45F	00:46:41.39	5'11	00:45:54.72	238	00:16:12.32	261	00:15:10.83	228	00:15:18.24	243	LC Euskirchen
28	FORSTER Monika		555	1 W50F	00:46:49.49	5'12	00:46:18.59	254	00:15:38.13	228	00:15:45.21	276	00:15:26.15	264	Team Laufcampus
29	WEICHEL Katja		448	6 W40F	00:46:57.17	5'13	00:46:00.26	243	00:17:09.21	330	00:15:14.58	234	00:14:33.38	180	LG Rheinbach
30	RIEMANN Julia		343	7 HKWF	00:47:00.31	5'13	00:45:55.60	241	00:16:36.81	293	00:15:19.11	239	00:15:04.39	225	Domweih-Team
31	WEIß Svenja		452	8 HKWF	00:47:15.18	5'15	00:46:15.13	253	00:17:21.06	363	00:15:12.15	231	00:14:41.97	191	LG Rheinbach
32	KIEHL Ute		634	5 W45F	00:47:16.41	5'15	00:46:38.92	260	00:16:23.88	279	00:15:33.57	255	00:15:18.96	244	Nelkenstraße
33	WERSHOVEN Heike		458	6 W45F	00:47:24.25	5'16	00:47:03.56	267	00:15:47.46	237	00:15:57.11	300	00:15:39.68	280	BSG AOK Rheinland/Hamburg
34	SAUPP Carola		363	2 W50F	00:47:43.72	5'18	00:47:13.95	279	00:15:35.69	226	00:15:47.03	283	00:16:21.00	335	TV Obermaubach
35	GÖTTE Marion		117	7 W40F	00:47:49.72	5'19	00:47:10.75	275	00:17:04.58	317	00:15:56.22	297	00:14:48.92	201	aktiv für Arbeit
36	ORTMANN Larissa		304	1 U12F	00:47:54.75	5'19	00:47:11.28	276	00:16:20.30	273	00:15:35.41	260	00:15:59.04	301	TV Rheinbach
37	ZWEIFFEL Marion		483	8 W40F	00:48:03.56	5'20	00:47:10.36	274	00:17:14.31	346	00:15:25.64	247	00:15:23.61	256	Team Stephinsky
38	PIESCHE Tanja		322	9 W40F	00:48:11.08	5'21	00:47:12.94	277	00:17:13.85	344	00:15:32.34	254	00:15:24.89	261	keine Angabe
39	SCHMIEDER Petra		373	3 W50F	00:48:15.40	5'22	00:47:20.49	282	00:16:45.85	300	00:15:48.33	285	00:15:41.22	281	keine Angabe
40	SCHAEFER Monika		742	2 W55F	00:48:15.58	5'22	00:47:19.05	280	00:17:15.40	350	00:15:45.54	277	00:15:14.64	240	Polizei Bonn
41	SCHMITZ Petra		759	10 W40F	00:48:27.35	5'23	00:47:30.88	288	00:17:19.11	358	00:15:45.96	279	00:15:22.28	253	keine Angabe
42	PAFFRATH Carola		705	7 W45F	00:48:27.44	5'23	00:47:30.68	287	00:17:19.53	361	00:15:46.06	280	00:15:21.85	251	keine Angabe



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
43	KLEWE Maren		212	6 W30F	00:48:27.96	5'23	00:47:45.37	295	00:16:49.10	301	00:15:49.42	288	00:15:49.44	287	keine Angabe
44	DOCKHORN Heidrun		529	8 W45F	00:48:42.39	5'25	00:47:49.33	300	00:17:02.93	314	00:15:46.37	282	00:15:53.09	293	LG Donatus
45	PAX Heike		312	5 W35F	00:49:02.39	5'27	00:48:17.90	310	00:17:06.87	322	00:15:58.38	301	00:15:57.14	296	Heike Pax Team
46	BICK Isabel		043	11 W40F	00:49:04.41	5'27	00:48:26.67	318	00:16:30.67	286	00:16:24.77	339	00:16:08.97	315	LC Weilerswist
47	MÖLLER Geli		686	9 W45F	00:49:23.99	5'29	00:48:21.38	311	00:17:13.84	343	00:15:59.56	304	00:16:10.59	318	LSH Eisdorf
48	DORNER Iris		531	6 W35F	00:49:32.72	5'30	00:49:02.96	336	00:17:05.93	318	00:16:20.06	331	00:16:06.73	311	SV 47 Mutscheid
49	QUAST Tine	DEN	335	12 W40F	00:49:34.66	5'31	00:49:15.84	342	00:16:11.37	259	00:16:39.99	352	00:16:43.30	359	DJK-Löwe Hambach
50	SALMON Carolin		894	9 HKWF	00:49:54.66	5'33	00:48:54.44	330	00:16:53.17	306	00:16:22.89	335	00:16:38.60	353	keine Angabe
51	KAMPMANN Claire	CAN	203	10 W45F	00:49:55.19	5'33	00:49:27.53	346	00:16:11.84	260	00:16:51.77	370	00:16:51.58	371	TV Obermaubach
52	KRUPP Ilona		229	4 W50F	00:50:34.96	5'37	00:49:29.70	348	00:18:03.25	411	00:16:12.20	322	00:16:19.51	331	The Krupp family
53	BARTELS Miriam		026	7 W35F	00:50:36.29	5'37	00:49:33.96	351	00:17:40.78	375	00:16:12.94	326	00:16:42.57	357	keine Angabe
54	VÖLL Tamara		437	10 HKWF	00:50:49.95	5'39	00:49:51.22	354	00:17:39.78	374	00:16:37.30	345	00:16:32.87	347	keine Angabe
55	BUCHERT Gerlinde		061	3 W55F	00:50:53.62	5'39	00:50:17.72	364	00:16:53.73	308	00:16:51.75	369	00:17:08.14	385	Team Buchert
56	KOLTER Danuta		219	4 W55F	00:50:59.40	5'40	00:50:15.24	361	00:17:19.50	360	00:16:49.77	366	00:16:50.13	369	LC Weilerswist
57	AIGNER Regine		020	11 W45F	00:51:09.40	5'41	00:50:23.74	367	00:17:13.32	340	00:16:52.26	371	00:17:03.82	379	VFL Kommern
58	CÄSAR Sonja		512	8 W35F	00:51:13.03	5'41	00:50:49.58	376	00:17:08.95	328	00:16:57.96	375	00:17:06.12	381	Run4Soul
59	PFEIFFER Steffi		709	12 W45F	00:51:19.41	5'42	00:50:31.13	369	00:17:49.10	389	00:16:39.84	350	00:16:50.47	370	keine Angabe
60	JEWORREK Katharina		617	1 U16F	00:51:27.68	5'43	00:50:45.02	374	00:17:54.48	401	00:17:15.04	389	00:16:18.16	326	LG Heimerzheim
61	STIER Gisela		420	1 W65F	00:51:47.44	5'45	00:50:54.14	377	00:17:52.91	395	00:17:08.58	379	00:16:45.95	361	ASV Wesseling 1985 e.V.
62	PEITZ Doris		928	5 W50F	00:51:51.15	5'46	00:51:02.91	379	00:17:52.52	393	00:17:11.43	384	00:16:47.20	363	keine Angabe
63	GOBELIUS Regina		574	13 W45F	00:52:05.13	5'47	00:51:04.99	381	00:18:08.44	417	00:16:53.12	373	00:17:03.57	378	PUDIS
64	ZIMMER Daniela		475	7 W30F	00:52:06.51	5'47	00:51:32.50	391	00:17:13.74	342	00:17:32.83	416	00:17:19.94	399	TV Mahlberg
65	BRAUN Sarah		058	9 W35F	00:52:08.81	5'48	00:52:08.80	403	00:17:30.00	367	00:17:30.00	411	00:17:08.81	387	TSV Bonn rrrh. und Freunde
66	KERN Barbara		628	14 W45F	00:52:37.74	5'51	00:52:01.57	398	00:17:37.53	370	00:17:23.50	399	00:17:36.71	420	keine Angabe
67	ANDERER Birgit		022	5 W55F	00:52:43.51	5'52	00:52:20.19	411	00:17:09.74	332	00:17:36.28	419	00:17:57.49	431	Wilde Wutz
68	KRUSE Gabriele		230	6 W50F	00:52:44.97	5'52	00:52:05.50	399	00:17:48.20	386	00:17:18.03	395	00:17:38.74	423	PSV Bonn
69	SPECOGNA Stefanie		926	13 W40F	00:52:50.51	5'52	00:52:29.76	418	00:16:32.75	291	00:18:33.95	459	00:17:43.81	425	keine Angabe
70	SCHMUCK Andrea		383	14 W40F	00:52:51.77	5'52	00:52:06.06	401	00:17:44.85	383	00:17:22.46	398	00:17:44.46	426	Team Apple
71	SCHARRENBROICH Eva		366	10 W35F	00:53:04.00	5'54	00:52:12.95	409	00:18:20.89	427	00:17:26.10	405	00:17:17.01	398	RC Meckem
72	POGRZEBA Anica		326	11 HKWF	00:53:10.80	5'55	00:52:21.18	412	00:17:44.84	382	00:17:14.10	388	00:18:11.86	437	keine Angabe
73	DECKER Gabriele		079	15 W45F	00:53:16.38	5'55	00:52:11.76	407	00:18:28.44	436	00:17:27.27	408	00:17:20.67	400	TV Mahlberg
74	KREMER Christa		648	6 W55F	00:53:18.47	5'55	00:52:31.28	422	00:18:16.40	424	00:17:34.16	417	00:17:27.91	410	keine Angabe
75	OTTO angelika		702	7 W50F	00:53:21.24	5'56	00:52:27.53	414	00:18:21.13	429	00:17:26.28	406	00:17:33.83	415	Ig donatus erftstadt
76	KERN Svenja		208	16 W45F	00:53:23.86	5'56	00:52:29.35	417	00:18:39.72	447	00:17:30.06	412	00:17:14.08	393	Sportlich Team Bornheim
77	BEHMANN Anni		497	17 W45F	00:53:39.21	5'58	00:52:45.42	424	00:17:54.06	400	00:17:49.95	429	00:17:55.20	429	keine Angabe
78	STAAS Sabine		784	8 W50F	00:53:41.72	5'58	00:52:46.17	425	00:18:41.66	453	00:17:36.70	421	00:17:23.36	402	LG Donatus-Erftstadt
79	KISTERS-WOIKE Brigitte		211	7 W55F	00:53:41.84	5'58	00:52:46.23	426	00:18:41.91	454	00:17:36.40	420	00:17:23.53	403	LG Donatus Erftstadt
80	WENNINGA Christiane		454	18 W45F	00:53:43.92	5'58	00:53:18.19	431	00:17:43.71	379	00:17:49.20	428	00:18:11.01	435	Team Wenni
81	DUERHOLT-FELD Renate		084	8 W55F	00:54:22.81	6'03	00:53:48.43	440	00:18:11.47	420	00:17:56.98	430	00:18:14.36	440	BSG KSK Euskirchen
82	LANGEN Sabrina		239	12 HKWF	00:54:28.51	6'03	00:53:38.49	438	00:18:32.66	439	00:18:01.20	436	00:17:54.65	428	Flinke Fööss
83	ZIMMERMANN Ute		478	13 HKWF	00:54:31.18	6'03	00:53:40.99	439	00:18:32.36	438	00:18:01.54	437	00:17:57.28	430	Flinke Fööss
84	KANN Michaela		204	11 W35F	00:54:51.11	6'06	00:54:32.13	455	00:17:58.60	408	00:18:37.65	462	00:18:14.86	441	BSG AOK Rheinland/Hamburg



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
85	OPITZ Katrin		700	12 W35F	00:54:52.84	6'06	00:54:10.05	445	00:18:04.72	414	00:18:15.69	447	00:18:32.43	455	keine Angabe
86	HERRMANN Michaela		165	15 W40F	00:54:59.30	6'07	00:54:02.79	441	00:19:14.05	478	00:18:07.14	440	00:17:38.11	422	LG Donatus Erftstadt
87	DÜNKELMANN Astrid		534	9 W50F	00:55:00.12	6'07	00:54:07.27	443	00:19:14.12	479	00:18:09.36	444	00:17:36.64	419	LG Donatus Erftstadt
88	SCHEU Brigitte		367	1 W70F	00:55:03.77	6'07	00:54:16.29	449	00:18:27.21	435	00:18:03.28	438	00:18:33.28	457	DJK Löwe Hambach
89	FABRITZIUS Michaela		091	19 W45F	00:55:04.79	6'07	00:54:25.13	452	00:18:10.11	419	00:18:19.48	448	00:18:35.20	459	keine Angabe
90	TSCHAUDER ariane		803	16 W40F	00:55:07.92	6'08	00:54:13.68	448	00:18:53.09	468	00:17:57.25	431	00:18:17.58	445	swist energy
91	HAJEK Verena		142	1 W60F	00:55:12.09	6'08	00:54:19.32	451	00:19:02.56	472	00:18:00.53	435	00:18:09.00	434	LG Donatus Erftstadt
92	VAN KANN Sonja		433	13 W35F	00:55:12.58	6'08	00:54:13.39	446	00:19:21.73	485	00:18:23.59	449	00:17:27.26	408	keine Angabe
93	DAHMEN Astrid		519	20 W45F	00:56:08.29	6'14	00:55:08.50	461	00:19:01.54	469	00:18:32.17	457	00:18:34.58	458	Alle Jahre wieder
94	VOSGROENE Baerbel		442	21 W45F	00:56:30.72	6'17	00:55:41.39	472	00:18:49.83	459	00:18:31.83	455	00:19:09.06	479	Heike Pax Team
95	GOBELIUS Doris		113	10 W50F	00:56:33.54	6'17	00:55:39.23	468	00:19:18.38	480	00:18:31.74	454	00:18:43.42	468	Medical Beauty
96	DAUBER Kirstin		075	14 HKWF	00:56:41.04	6'18	00:55:36.46	467	00:19:22.29	486	00:18:56.33	474	00:18:22.42	449	keine Angabe
97	DE WILDE Anna		076	14 W35F	00:56:55.34	6'19	00:56:29.73	479	00:17:48.10	385	00:19:10.97	480	00:19:56.27	499	SV. Vogelsang
98	MÜLLENBORN Stefanie		274	8 W30F	00:57:02.70	6'20	00:56:30.40	480	00:19:20.78	483	00:19:24.69	484	00:18:17.23	442	Team Kandoos
99	RANG Iris		722	22 W45F	00:57:15.23	6'22	00:56:11.37	475	00:18:37.02	443	00:19:26.99	488	00:19:11.22	480	LG Heimerzheim
100	HOFFMANN Jessica		605	15 W35F	00:57:17.65	6'22	00:56:32.30	481	00:18:52.57	463	00:18:57.28	476	00:19:27.80	483	keine Angabe
101	WOLF Petra		828	23 W45F	00:57:18.16	6'22	00:56:14.30	476	00:19:41.16	495	00:18:42.89	469	00:18:54.11	473	ERGO sports Köln
102	SANTEMA Steffi		741	9 W30F	00:57:18.75	6'22	00:56:33.28	482	00:18:52.67	465	00:18:57.12	475	00:19:28.96	484	keine Angabe
103	ENGEMANN Paula		085	15 HKWF	00:57:23.07	6'23	00:56:50.87	487	00:19:20.49	482	00:19:24.72	485	00:18:37.86	464	Team Kandoos
104	DRINKUTH-GOTTHARDT Susan		083	17 W40F	00:57:26.57	6'23	00:56:22.95	478	00:19:49.94	496	00:18:46.28	472	00:18:50.35	472	keine Angabe
105	RICHERZHAGEN Pia		854	1 U14F	00:57:35.92	6'24	00:56:34.65	483	00:19:02.71	473	00:18:48.50	473	00:19:44.71	491	keine Angabe
106	RÖSSEL Svenja		354	16 HKWF	00:58:00.84	6'27	00:57:07.85	489	00:18:11.86	421	00:19:41.52	500	00:20:07.46	504	Rössel
107	OSTERHOLT Sabine		701	18 W40F	00:58:16.55	6'29	00:57:17.06	491	00:19:25.98	488	00:19:16.63	483	00:19:33.94	486	www.beueler10er.de
108	GROSSER Barbara		582	16 W35F	00:58:58.44	6'33	00:58:09.91	495	00:20:08.62	505	00:19:26.14	487	00:19:23.68	482	keine Angabe
109	LEWAK Annegret		250	10 W30F	00:58:58.50	6'33	00:58:10.02	496	00:20:09.30	508	00:19:25.77	486	00:19:23.43	481	TuS Zülpich
110	STERTENBRINK Silke		790	19 W40F	00:59:06.01	6'34	00:58:45.95	500	00:19:29.51	490	00:19:43.37	502	00:19:53.13	495
111	KÖNIG Wiebke		643	11 W30F	00:59:15.99	6'35	00:58:06.85	494	00:21:00.47	520	00:19:36.93	494	00:18:38.59	466	Studio 06
112	SPILLES Ursula		783	2 W60F	00:59:22.30	6'36	00:58:30.05	497	00:20:00.43	500	00:19:27.47	489	00:19:54.40	496	TuS Kreuzweingarten-Rheder
113	FROHN Stefanie		561	24 W45F	01:00:24.09	6'43	00:59:48.64	505	00:19:35.63	493	00:19:48.93	503	00:20:59.53	510	keine Angabe
114	MENARD Alexandra		263	20 W40F	01:00:25.14	6'43	00:59:21.36	501	00:20:30.50	514	00:19:58.56	507	00:19:56.08	498	FGFG
115	ORSAG Wilma		302	3 W60F	01:00:28.18	6'43	00:59:28.20	503	00:20:38.11	516	00:19:52.08	504	00:19:57.99	501	ASV Wesseling 1985 e.V.
116	HAUSEN Annette		151	11 W50F	01:01:01.52	6'47	00:59:54.28	510	00:20:09.71	509	00:19:38.51	496	00:21:13.30	519	De Friedaachs Fründe
117	GÜß Susanne		135	21 W40F	01:01:02.08	6'47	00:59:54.73	512	00:20:14.55	511	00:20:01.90	510	00:20:45.63	508	De Friedaachs Fründe
118	RÖSSEL Sarah		353	17 HKWF	01:01:02.38	6'47	01:00:09.36	513	00:19:22.37	487	00:20:30.55	515	00:21:09.46	516	Rössel
119	HOFFMEISTER Maren-Maja		173	18 HKWF	01:02:07.17	6'54	01:00:56.47	516	00:23:02.10	531	00:19:29.36	490	00:19:35.71	487	Rot- Weiss Essen
120	FRANK Claudia		102	25 W45F	01:02:48.28	6'59	01:01:45.10	519	00:21:02.81	523	00:20:42.95	517	00:21:02.52	513	keine Angabe
121	BUCHMAIER Dominique		064	19 HKWF	01:03:08.10	7'01	01:02:02.23	523	00:20:41.73	518	00:21:00.45	521	00:21:25.92	522	Sparkasse KölnBonn
122	VON WIRTH Lea		439	1 U20F	01:04:06.48	7'07	01:04:06.47	525	00:21:30.00	524	00:21:30.00	525	00:21:06.48	514	keine Angabe
123	KUNZ Eva		232	20 HKWF	01:05:49.91	7'19	01:04:42.55	526	00:20:25.93	513	00:21:22.74	524	00:24:01.24	533	Kunz
124	KOPP Elke		644	22 W40F	01:06:15.71	7'22	01:05:12.95	529	00:20:14.09	528	00:21:36.29	526	00:22:25.33	529	Team Barca
125	JUNKERSDORF Silke		201	12 W30F	01:06:36.09	7'24	01:05:49.66	530	00:21:44.71	525	00:22:38.22	532	00:22:13.16	526	keine Angabe
126	HOFFMEISTER Sabine		175	13 W30F	01:08:06.00	7'34	01:06:55.33	531	00:23:02.34	532	00:22:02.53	529	00:23:01.13	532	Rot- Weiss Essen



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
127	BEISSEL-FRIES Sabine		498	23 W40F	01:08:07.45	7'34	01:07:13.34	532	00:22:46.54	530	00:22:24.67	530	00:22:56.24	530	TV Mahlberg
128	NÖTH Gerlinde		696	9 W55F	01:08:08.13	7'34	01:07:14.20	533	00:22:46.30	529	00:22:24.97	531	00:22:56.86	531	TV Mahlberg
129	HOFFMEISTER Ulli		176	10 W55F	01:12:00.54	8'00	01:10:49.55	534	00:23:55.11	534	00:23:24.94	534	00:24:40.49	534	Rot- Weiss Essen
DSQ	VON WÜLFING Birgitt		441	0 W60F	01:03:56.10	-		-		-		-		-	ASV Wesseling 1985 e.V.
DNF	HAAK-DOHMEN Angelika		586	0 W55F	00:39:20.97	-		-	00:19:24.56	-	00:19:56.41	-		-	Team Voreifel/LGO
DNF	KLIPPEL Mira		903	0 HKWF	00:13:41.68	-		-	00:13:41.68	-		-		-	keine Angabe
DNF	ODENTHAL Andrea		293	0 W45F	00:01:16.26	-		-		-		-		-	De Friedaachs Fründe

Ganz persönlich, kompetent und regional.





Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
1	WINTERHOLLER Andreas		933	1 HKMM	00:28:47.96	3'12	00:28:36.34	1	00:09:31.33	2	00:09:34.56	2	00:09:42.07	1	TV Refrath
2	KÜPPER Timo		001	1 U20M	00:29:01.71	3'14	00:28:50.66	2	00:09:31.72	3	00:09:34.23	1	00:09:55.76	2	LC Euskirchen
3	MEURER Sebastian		200	2 HKMM	00:29:24.78	3'16	00:29:13.28	3	00:09:31.07	1	00:09:53.32	3	00:10:00.39	3	LC Euskirchen
4	MEY Markus		267	1 M40M	00:30:36.62	3'24	00:30:25.20	4	00:10:04.17	4	00:10:10.94	4	00:10:21.51	4	PETERS SPORTTEAM
5	AIGNER Dominic		018	3 HKMM	00:31:12.15	3'28	00:30:59.66	5	00:10:10.89	5	00:10:26.69	5	00:10:34.57	6	Runners Point Team Euskirchen
6	WISCHNEWSKI Nico		010	2 U20M	00:31:42.22	3'31	00:31:31.45	7	00:10:13.83	6	00:10:47.65	10	00:10:40.74	9	LC Euskirchen
7	SCHUH Marian		766	3 U20M	00:31:42.44	3'31	00:31:30.14	6	00:10:14.15	8	00:10:47.81	11	00:10:40.48	8	Team Voreifel/LGO
8	KRAEMER Marian		645	4 HKMM	00:31:48.39	3'32	00:31:37.16	8	00:10:13.90	7	00:10:47.41	9	00:10:47.08	10	SSF Bonn Team artegic
9	PÖPPEL Arne		714	2 M40M	00:31:57.89	3'33	00:31:45.37	9	00:10:35.76	10	00:10:44.89	8	00:10:37.24	7	Www.beueler10er.de
10	BERGMANN Werner		501	3 M40M	00:32:29.75	3'37	00:32:17.59	11	00:10:51.54	12	00:10:40.84	7	00:10:57.37	12	LAZ Puma Rhein-Sieg
11	JECKEL David		615	5 HKMM	00:32:53.16	3'39	00:32:41.32	12	00:10:26.01	9	00:11:31.15	15	00:10:56.00	11	Salgert Sports Running Team
12	AIGNER Daniel		017	6 HKMM	00:33:02.24	3'40	00:32:50.07	13	00:10:36.17	11	00:11:05.83	12	00:11:20.24	14	Runners Point Team Euskirchen
13	TRAUßNIG Gottfried	AUS	428	1 M45M	00:34:07.43	3'47	00:33:49.67	14	00:10:58.18	14	00:11:32.70	16	00:11:36.55	20	Team Voreifel
14	SCHRÖDER Ulfert		394	2 M45M	00:34:08.43	3'48	00:33:55.90	15	00:11:15.18	16	00:11:24.75	13	00:11:28.50	17	LC Euskirchen
15	SCHMITT Harald		913	1 M35M	00:34:30.53	3'50	00:34:17.12	17	00:11:27.43	18	00:11:44.13	22	00:11:18.97	13	SFPDF
16	LOBEN Sebastian		253	1 M30M	00:34:41.56	3'51	00:34:26.35	18	00:11:27.89	21	00:11:39.23	18	00:11:34.44	18	keine Angabe
17	MERTENS Hans		265	3 M45M	00:35:17.02	3'55	00:35:01.27	20	00:11:30.04	24	00:11:40.69	19	00:12:06.29	30	Wormersdorf
18	FORKERT Ullrich		099	4 M40M	00:35:18.57	3'55	00:35:06.90	22	00:11:29.69	23	00:11:49.96	23	00:11:58.92	25	keine Angabe
19	OTTO Jürgen		703	5 M40M	00:35:33.25	3'57	00:35:18.27	23	00:11:27.32	17	00:11:59.81	24	00:12:06.12	29	Selbstläufer SV Altenahr
20	HAUBOLD Lucas		592	4 U20M	00:35:42.29	3'58	00:35:29.32	24	00:10:58.64	15	00:11:44.00	21	00:12:59.65	56	keine Angabe
21	STOFFELS Christopher		421	7 HKMM	00:35:43.75	3'58	00:35:05.56	21	00:12:47.28	48	00:11:35.70	17	00:11:20.77	15	Bergheim/Eifel
22	KLOSTER Alexander		214	2 M35M	00:36:10.78	4'01	00:35:55.03	25	00:11:29.18	22	00:12:06.03	25	00:12:35.57	38	FC Keldenich
23	PFOLK Dieter		319	4 M45M	00:36:13.44	4'01	00:36:13.43	28	00:11:08.59	29	00:12:07.45	27	00:11:57.40	24	Laufzentrum Martinstraße
24	SEIDENFADEN Markus		777	5 U20M	00:36:28.13	4'03	00:36:14.92	29	00:11:39.82	25	00:12:32.22	40	00:12:16.09	34	Kallmuth Runners
25	BECKMANN Jonas		495	1 U18M	00:36:28.16	4'03	00:36:08.63	27	00:11:46.93	27	00:12:21.13	35	00:12:20.10	36	-
26	BINGS Volker		047	3 M35M	00:36:32.22	4'04	00:36:06.68	26	00:12:45.03	45	00:12:11.41	29	00:11:35.78	19	SV 47 Mutscheid e.V
27	INGENHAAG Edgar		898	6 M40M	00:36:35.19	4'04	00:36:25.40	32	00:12:13.75	31	00:12:26.80	37	00:11:54.64	22	keine Angabe
28	BUDTKE Jürgen		066	5 M45M	00:36:36.11	4'04	00:36:20.80	30	00:12:23.22	33	00:12:07.87	28	00:12:05.02	28	TuS Kreuzweingarten-Rheder
29	KOCKEL Thomas		638	1 M50M	00:36:49.16	4'05	00:36:34.44	33	00:12:23.17	32	00:12:06.96	26	00:12:19.03	35	TUS Kreuzweingarten-Rheder
30	SADOWSKI Christoph		358	8 HKMM	00:36:59.37	4'07	00:36:44.85	34	00:11:42.86	26	00:12:17.14	32	00:12:59.37	55	VFL Kommern
31	PIERZ Andreas		321	9 HKMM	00:37:27.84	4'10	00:36:49.83	35	00:12:37.48	41	00:12:47.31	47	00:12:03.05	26	SV Nöthen
32	VICTOR Wolfgang		434	4 M35M	00:37:40.32	4'11	00:37:00.03	36	00:13:14.22	67	00:12:14.04	30	00:12:12.06	33	PG Running Team
33	IRKES Alexander		187	10 HKMM	00:37:43.33	4'11	00:37:27.81	41	00:12:25.37	34	00:12:38.58	41	00:12:39.38	41	Team Kartoffelsalat
34	LOEPKE Norman		672	2 U18M	00:37:43.37	4'11	00:37:25.96	40	00:12:50.94	50	00:12:49.24	49	00:12:03.19	27	TVE Bad Münstereifel
35	VAN BAHLEN Max		809	11 HKMM	00:37:51.44	4'12	00:37:38.76	44	00:12:01.13	28	00:13:03.17	62	00:12:47.14	49	Team Voreifel/LGO
36	BLEIBERG Hans		910	12 HKMM	00:37:52.24	4'12	00:37:34.56	42	00:12:08.94	30	00:12:17.28	33	00:13:26.02	98	keine Angabe
37	LANGHAMMER Florian		242	3 U18M	00:37:55.62	4'13	00:37:18.41	39	00:12:49.96	49	00:12:29.13	39	00:12:36.53	39	RSV 1896 Euskirchen
38	PAX Thomas		707	5 M35M	00:37:56.33	4'13	00:37:14.12	38	00:13:29.81	80	00:12:18.25	34	00:12:08.27	31	LG Heimerzheim
39	KLEIN Oliver		635	6 M35M	00:37:57.20	4'13	00:37:37.93	43	00:12:35.17	39	00:12:44.52	44	00:12:37.51	40	Hildener AT
40	KÖRBEL Rüdiger		223	2 M50M	00:38:02.58	4'14	00:37:47.43	46	00:12:25.51	36	00:12:25.36	36	00:13:11.71	73	TuS Kleifuss Mechernich
41	ZIMMERMANN Karl		831	1 M55M	00:38:28.65	4'17	00:38:14.19	49	00:12:29.84	37	00:12:57.46	57	00:13:01.35	57	FC Keldenich
42	EWERT Kolja		090	7 M40M	00:38:34.43	4'17	00:38:03.92	48	00:13:38.04	92	00:12:45.12	46	00:12:11.27	32	TV Herkenrath



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
43	SPYKERMANN Manuel	NET	417	8 M40M	00:38:36.11	4'17	00:38:20.69	51	00:12:59.82	54	00:12:53.19	52	00:12:43.10	46	TuS Kreuzweingarten-Rheder
44	PÜTZ Bernd		719	7 M35M	00:38:56.74	4'20	00:38:31.66	55	00:13:07.56	59	00:13:01.32	61	00:12:47.86	50	BSG Stadt Euskirchen
45	BERSÉ Marcus		040	9 M40M	00:38:57.79	4'20	00:38:28.83	53	00:13:19.49	72	00:12:48.61	48	00:12:49.69	51	RSG Ford Köln
46	RUBEL Thomas		738	2 M30M	00:39:05.34	4'21	00:38:39.90	58	00:13:06.91	57	00:13:01.30	60	00:12:57.13	54	TV Konzen
47	BIRKHAHN Mike		050	8 M35M	00:39:08.71	4'21	00:38:36.83	57	00:13:17.02	69	00:12:49.56	50	00:13:02.13	59	keine Angabe
48	GUDERMANN Joachim		128	10 M40M	00:39:09.10	4'21	00:38:36.39	56	00:13:33.57	89	00:12:54.04	54	00:12:41.49	45	LG Donatus Erftstadt
49	PAX Stefan		316	11 M40M	00:39:13.24	4'21	00:38:30.24	54	00:13:42.68	100	00:12:49.95	51	00:12:40.61	44	Heike Pax Team
50	WENNINGA Jens		455	6 M45M	00:39:28.31	4'23	00:39:02.64	60	00:13:36.37	90	00:12:56.25	56	00:12:55.69	53	Team Wenni
51	MANN Andreas		260	7 M45M	00:39:28.86	4'23	00:39:08.85	62	00:13:08.00	60	00:13:03.51	63	00:13:17.35	85	PSV Bonn Triathlon
52	DÖRFLER Christian		081	3 M30M	00:39:29.71	4'23	00:38:49.70	59	00:13:54.33	112	00:12:54.90	55	00:12:40.48	43	RSV Düren
53	SCHMITZ Horst		756	3 M50M	00:39:30.56	4'23	00:39:14.04	64	00:13:05.07	55	00:13:18.50	79	00:13:06.99	65	SV 47 Mutscheid
54	BAUM Matthias		030	9 M35M	00:39:32.21	4'24	00:39:04.98	61	00:12:56.19	52	00:13:24.89	88	00:13:11.13	72	Racing for Education
55	KERPEN Peter		629	8 M45M	00:39:36.03	4'24	00:39:19.88	69	00:12:56.60	53	00:13:26.51	91	00:13:12.92	76	TV Rheinbach
56	MÜLLER Andreas		688	10 M35M	00:39:37.34	4'24	00:39:15.71	67	00:13:08.69	63	00:13:15.10	72	00:13:13.55	78	keine Angabe
57	ECHTER Hermann-Josef		536	1 M60M	00:39:38.40	4'24	00:39:22.20	71	00:13:17.23	70	00:13:16.68	75	00:13:04.49	60	LG Heimerzheim
58	BERNATH Wolfgang		037	4 M50M	00:39:40.30	4'24	00:39:15.12	65	00:13:23.88	76	00:13:11.70	68	00:13:04.72	61	VfL Waldbreitbach
59	MEYER Jürgen		268	12 M40M	00:39:46.19	4'25	00:39:16.07	68	00:13:26.37	77	00:13:11.90	69	00:13:07.92	67	LG TPK Runners Kalterherberg
60	GUTH Wilfried		136	2 M55M	00:39:47.24	4'25	00:39:22.50	72	00:13:17.66	71	00:13:17.20	77	00:13:12.38	74	TUS Dom Esch
61	DEDERICHS Hans-Josef		523	5 M50M	00:39:49.07	4'25	00:39:30.76	75	00:13:06.57	56	00:13:17.40	78	00:13:25.10	94	SV 47 Mutscheid
62	BOES Uwe		054	13 M40M	00:39:49.65	4'26	00:39:20.73	70	00:13:13.33	66	00:13:18.60	80	00:13:17.72	88	Laufcampus
63	MAHLBERG Johannes		675	13 HKMM	00:39:51.09	4'26	00:39:34.88	79	00:12:52.47	51	00:12:44.81	45	00:14:13.81	151	Team Voreifel/LGO
64	SCHMITZ Böni		375	11 M35M	00:39:53.39	4'26	00:39:12.81	63	00:13:54.39	113	00:12:53.94	53	00:13:05.06	62	Team Voreifel
65	BERNSEN Michael		038	9 M45M	00:39:53.55	4'26	00:39:31.54	77	00:13:09.08	64	00:13:29.02	93	00:13:15.45	81	keine Angabe
66	KNIERIM Thorsten		215	14 HKMM	00:39:54.12	4'26	00:39:15.71	66	00:13:42.24	98	00:12:58.06	58	00:13:13.82	79	RSV 1896 Euskirchen
67	HORSCH Wolfgang		927	3 M55M	00:39:57.52	4'26	00:39:31.30	76	00:13:32.41	86	00:13:07.94	66	00:13:17.17	84	keine Angabe
68	LESSENICH Peter		665	6 M50M	00:40:03.80	4'27	00:39:27.43	74	00:13:33.21	88	00:13:14.19	70	00:13:16.40	83	keine Angabe
69	ESSER Michael		089	7 M50M	00:40:07.51	4'28	00:39:33.78	78	00:13:19.63	73	00:13:21.92	83	00:13:25.96	97	LT Lampertsmänchen
70	DEMMER Sebastian		524	4 M30M	00:40:08.30	4'28	00:39:55.30	85	00:12:35.52	40	00:13:56.78	121	00:13:36.00	106	Team Racing for Education
71	WIRTZ Torsten		826	12 M35M	00:40:09.87	4'28	00:39:44.26	82	00:13:21.89	74	00:13:21.79	82	00:13:26.19	99	keine Angabe
72	BECKER Kurt		493	8 M50M	00:40:17.20	4'29	00:39:35.90	80	00:13:51.64	109	00:13:10.32	67	00:13:15.24	80	Steinbüchel
73	HÖRNCHEN Marco		609	5 M30M	00:40:23.32	4'29	00:39:45.23	83	00:13:58.65	114	00:13:16.92	76	00:13:07.75	66	LC Euskirchen
74	HAYER Bernhard		153	13 M35M	00:40:24.75	4'29	00:39:48.10	84	00:13:49.27	106	00:13:22.48	85	00:13:13.00	77	Runners Metternich
75	ZYWIETZ Martin		484	6 M30M	00:40:30.02	4'30	00:40:14.30	91	00:13:32.76	87	00:13:47.48	112	00:13:09.78	70	keine Angabe
76	GÖHLER Marcel		114	7 M30M	00:40:35.04	4'31	00:40:05.35	87	00:13:23.84	75	00:13:23.48	86	00:13:47.72	119	kommern
77	SAADI Robert		871	10 M45M	00:40:36.09	4'31	00:40:19.25	95	00:13:31.15	83	00:13:39.49	106	00:13:25.45	95	LG Rheinbach
78	KEN Derichs		627	11 M45M	00:40:39.62	4'31	00:40:16.78	94	00:14:10.46	124	00:13:20.39	81	00:13:08.77	69	keine Angabe
79	HOCHGÜRTEL Bernd		603	4 M55M	00:40:41.34	4'31	00:40:14.16	90	00:13:50.63	108	00:13:33.25	98	00:13:17.46	86	SV 47 Mutscheid
80	BRAUN Marcel		918	15 HKMM	00:40:42.85	4'31	00:40:10.96	89	00:13:59.37	115	00:13:35.36	99	00:13:08.12	68	keine Angabe
81	SCHMUCK Noah		385	1 U14M	00:40:43.23	4'31	00:39:56.70	86	00:13:52.81	111	00:13:14.90	71	00:13:35.52	105	Team Apple
82	NETTERSHEIM Wolfgang		285	12 M45M	00:40:51.23	4'32	00:40:05.40	88	00:14:13.18	128	00:13:25.16	90	00:13:12.89	75	LC Euskirchen
83	BOLLIG Peter		504	13 M45M	00:40:52.58	4'33	00:40:16.14	93	00:14:26.78	142	00:13:15.25	73	00:13:10.55	71	keine Angabe
84	HOCHGÜRTEL Thomas		604	8 M30M	00:41:04.82	4'34	00:40:36.73	100	00:13:42.27	99	00:13:30.20	97	00:13:52.35	123	SV 47 Mutscheid



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
85	BRANDT Till		509	14 M45M	00:41:05.35	4'34	00:40:50.19	105	00:13:30.00	81	00:13:30.00	95	00:14:05.35	137	Hundezentrum-Brandt
86	SCHÜLLER Ingo		396	16 HKMM	00:41:05.77	4'34	00:40:22.27	96	00:14:22.25	136	00:13:16.63	74	00:13:26.89	100	keine Angabe
87	VICENTE Victor	POR	811	9 M50M	00:41:05.83	4'34	00:40:25.27	97	00:14:25.85	139	00:13:23.75	87	00:13:16.23	82	FC Scheven
88	WERLE Frank		457	14 M35M	00:41:09.06	4'34	00:40:44.52	102	00:13:49.08	105	00:13:38.83	104	00:13:41.15	110	keine Angabe
89	ROETZ Oliver		733	14 M40M	00:41:09.67	4'34	00:40:30.89	98	00:14:13.23	129	00:13:50.14	114	00:13:06.30	64	keine Angabe
90	WITTIG Simon		464	17 HKMM	00:41:13.63	4'35	00:40:54.53	107	00:12:44.70	43	00:14:03.77	128	00:14:25.16	167	Team Kartoffelsalat
91	VANHOEGAERDEN Guido		810	10 M50M	00:41:14.35	4'35	00:40:48.67	104	00:13:28.85	79	00:13:56.06	119	00:13:49.44	120	VFL Kommern
92	SCHWARZ Georg		773	15 M45M	00:41:16.67	4'35	00:40:36.46	99	00:14:06.73	119	00:13:47.48	111	00:13:22.46	92	Musikverein Obergartzem
93	KLINKHAMMER Hans		636	11 M50M	00:41:18.53	4'35	00:40:59.02	113	00:13:44.05	102	00:13:57.07	122	00:13:37.41	107	Radrebellen
94	PIAT Barthelemy	FRA	320	18 HKMM	00:41:25.81	4'36	00:40:45.01	103	00:15:00.81	176	00:13:07.48	65	00:13:17.52	87	keine Angabe
95	UTECHT Jan		807	1 U16M	00:41:26.36	4'36	00:40:53.14	106	00:14:28.95	146	00:13:25.13	89	00:13:32.28	103	keine Angabe
96	KÖNEN Willi		220	12 M50M	00:41:30.16	4'37	00:41:07.74	117	00:13:31.67	85	00:13:52.82	116	00:14:05.67	138	Team Laufcampus
97	LANZRATH Hans-Günther		246	16 M45M	00:41:30.72	4'37	00:41:11.13	120	00:13:48.01	104	00:13:55.19	118	00:13:47.52	118	LG Rheinbach
98	PREUSS Dennis		716	4 U18M	00:41:40.69	4'38	00:40:58.58	111	00:14:28.75	145	00:13:47.12	110	00:13:24.82	93	LG Heimerzheim
99	UTECHT Torsten		808	15 M40M	00:41:41.80	4'38	00:41:08.45	119	00:14:37.61	154	00:13:38.39	103	00:13:25.80	96	keine Angabe
100	KOJADIN Drazen		217	19 HKMM	00:41:42.44	4'38	00:40:57.94	110	00:14:38.06	156	00:13:35.48	100	00:13:28.90	102	CROATIA
101	GREES Michael		581	17 M45M	00:41:42.53	4'38	00:41:06.71	116	00:14:09.11	121	00:13:43.83	109	00:13:49.59	121	keine Angabe
102	QUARTEN Tobias		721	20 HKMM	00:41:43.60	4'38	00:41:11.73	121	00:13:42.04	97	00:13:52.31	115	00:14:09.25	144	Team Toll
103	LOEPKE Wilhelm		673	5 M55M	00:41:45.25	4'38	00:41:27.24	124	00:13:30.85	82	00:13:58.71	124	00:14:15.69	152	TVE Bad Münstereifel
104	KURSCH Bruno		234	13 M50M	00:41:46.80	4'39	00:41:07.77	118	00:14:20.33	133	00:13:39.25	105	00:13:47.22	116	St.Seb. Schwerfen
105	LANZRATH Florian		245	21 HKMM	00:41:49.66	4'39	00:41:06.00	115	00:14:22.61	137	00:13:47.69	113	00:13:39.36	108	keine Angabe
106	BÖCKER Claus - Dieter		052	18 M45M	00:41:52.14	4'39	00:40:56.89	109	00:14:57.13	171	00:13:27.52	92	00:13:27.49	101	ASV Wesseling 1985 e.V.
107	WIRTZ Volkmar		463	15 M35M	00:41:53.28	4'39	00:41:19.52	123	00:14:13.24	138	00:13:37.67	101	00:13:52.37	124	BMW Autohaus Rolf Horn GmbH
108	PUDERBACH Nikolai		332	6 U20M	00:41:57.59	4'40	00:41:00.63	114	00:15:22.29	208	00:13:29.13	94	00:13:06.17	63	PUDIS
109	REDESKE Björn		338	16 M40M	00:42:09.85	4'41	00:41:53.24	131	00:13:08.60	62	00:14:07.40	136	00:14:53.85	210	keine Angabe
110	ZIMMERMANN Rainer		477	6 M55M	00:42:10.88	4'41	00:41:50.45	130	00:13:36.44	91	00:14:08.40	137	00:14:26.04	168	keine Angabe
111	BEBENISS Christoph		492	19 M45M	00:42:15.89	4'42	00:41:45.47	127	00:14:07.26	120	00:13:58.44	123	00:14:10.19	145	LG Donatus Erftstadt
112	RITTERSBERGER Marius		345	22 HKMM	00:42:19.86	4'42	00:41:42.52	126	00:14:11.98	126	00:13:59.97	125	00:14:07.91	141	Geriatrische Laufsportemeinschaft
113	ZIMMERMANN Sven		833	23 HKMM	00:42:22.14	4'42	00:41:45.50	128	00:13:31.47	84	00:14:22.41	154	00:14:28.26	170	keine Angabe
114	KNITTEL Timo		637	24 HKMM	00:42:22.55	4'43	00:41:46.41	129	00:14:21.77	135	00:14:19.30	150	00:13:41.48	111	keine Angabe
115	MARTIN Bernhard		676	14 M50M	00:42:23.43	4'43	00:42:02.33	134	00:13:39.74	94	00:14:11.55	140	00:14:32.14	176	keine Angabe
116	MATULL Dennis		678	25 HKMM	00:42:26.71	4'43	00:42:13.27	136	00:13:08.39	61	00:14:39.18	176	00:14:39.14	187	keine Angabe
117	DIETRICH Robert		528	7 M55M	00:42:29.59	4'43	00:41:59.69	133	00:14:26.00	140	00:14:06.44	134	00:13:57.15	128	TV Altendorf - Ersdorf
118	NÖTH peter		289	1 M65M	00:42:39.17	4'44	00:42:21.81	138	00:13:52.26	110	00:14:22.70	155	00:14:24.21	164	TV Mahlberg
119	DECKER Hendrik		522	26 HKMM	00:42:41.46	4'45	00:41:39.05	125	00:14:34.76	152	00:14:08.56	138	00:13:58.14	129	keine Angabe
120	GOLOR Michael		578	27 HKMM	00:42:43.74	4'45	00:41:59.28	132	00:15:19.82	203	00:14:02.59	126	00:13:21.33	90	Super Golor Bros.
121	FROHN Frank		558	20 M45M	00:42:44.81	4'45	00:42:11.37	135	00:14:37.13	153	00:14:05.25	130	00:14:02.43	134	keine Angabe
122	ESCH Heinz Willi		544	2 M60M	00:42:45.88	4'45	00:42:24.36	142	00:14:10.42	123	00:14:15.89	146	00:14:19.57	154	keine Angabe
123	KEUL stephan		632	16 M35M	00:42:51.25	4'46	00:42:25.05	143	00:15:19.53	202	00:14:13.70	142	00:13:18.02	89	keine Angabe
124	TROMPELT Uwe		429	21 M45M	00:42:51.54	4'46	00:42:16.78	137	00:15:11.43	192	00:14:07.17	135	00:13:32.94	104	Spielmanszug Rheinbach
125	HOFMANN Jörg		607	15 M50M	00:42:55.20	4'46	00:42:33.27	145	00:14:11.21	125	00:14:21.93	153	00:14:22.06	159	keine Angabe
126	BIERLEIN Marcus		046	22 M45M	00:42:58.16	4'46	00:42:21.82	139	00:14:27.35	143	00:14:03.41	127	00:14:27.40	169	TV Rheinbach



Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
127	SCORY Florian	407	2 U16M	00:42:59.37	4'47	00:42:38.04	148	00:13:14.75	68	00:14:18.67	149	00:15:25.95	263	TUS 1908 Schleiden
128	BUDERATH Guido	065	17 M40M	00:42:59.59	4'47	00:42:22.21	140	00:14:41.91	158	00:14:05.39	131	00:14:12.29	148	keine Angabe
129	MOYSIES Lars	687	17 M35M	00:43:00.86	4'47	00:42:24.22	141	00:14:45.57	164	00:14:05.09	129	00:14:10.20	146	keine Angabe
130	HANKE Sascha	144	28 HKMM	00:43:01.18	4'47	00:42:28.27	144	00:14:14.82	130	00:14:05.60	132	00:14:40.76	189	TuS Zülpich
131	KERSTING Friedel	209	3 M60M	00:43:01.27	4'47	00:42:41.07	149	00:14:05.60	118	00:14:23.44	158	00:14:32.23	177	keine Angabe
132	NEUBAUER Joseph	286	18 M40M	00:43:05.31	4'47	00:42:36.73	147	00:14:04.74	117	00:14:30.60	170	00:14:29.97	173	keine Angabe
133	NIEßEN Sven	694	23 M45M	00:43:09.36	4'48	00:42:34.69	146	00:14:59.15	173	00:14:25.81	163	00:13:44.40	114	Alle Jahre wieder
134	HERBRAND Peter	164	29 HKMM	00:43:14.44	4'48	00:42:56.00	155	00:13:43.61	101	00:14:29.77	169	00:15:01.06	218	Team Kartoffelsalat
135	KIEHL Meinhard	633	16 M50M	00:43:22.44	4'49	00:43:22.43	166	00:14:53.29	168	00:14:09.03	139	00:14:20.12	155	Nelkenstraße
136	JACOBY Georg	190	24 M45M	00:43:24.87	4'49	00:42:56.42	156	00:14:30.70	149	00:14:29.44	168	00:14:24.73	166	TV Altendorf-Ersdorf
137	ROTTLAND Frank	355	19 M40M	00:43:30.03	4'50	00:42:53.24	153	00:15:22.80	209	00:14:14.92	144	00:13:52.31	122	Transalp-Biker Kommern
138	HEß Richard	601	17 M50M	00:43:33.79	4'50	00:42:51.40	152	00:15:24.90	216	00:13:56.40	120	00:14:12.49	149	LC Weilerswist
139	SCHAWEL Christian	743	20 M40M	00:43:38.90	4'51	00:42:55.58	154	00:15:23.71	212	00:14:13.32	141	00:14:01.87	133	LG Heimerzheim
140	SACKEL Jochen	739	1 M70M	00:43:39.87	4'51	00:42:58.25	157	00:15:23.52	211	00:14:13.81	143	00:14:02.54	135	LG Heimerzheim
141	GÖTTE Konrad	116	2 U14M	00:43:41.22	4'51	00:43:10.15	160	00:14:47.10	166	00:14:43.27	183	00:14:10.85	147	aktiv für Arbeit
142	MEINEL Heiko	680	21 M40M	00:43:41.63	4'51	00:43:06.56	158	00:14:26.05	141	00:14:31.74	174	00:14:43.84	195	—
143	ZINKEN Stefan	479	25 M45M	00:43:41.93	4'51	00:43:17.65	164	00:14:09.62	122	00:14:40.63	179	00:14:51.68	205	Team Kreisverwaltung
144	MÜLLER Ralf	279	22 M40M	00:43:50.59	4'52	00:43:16.83	163	00:15:03.53	182	00:14:15.88	145	00:14:31.18	175	Geriatrische Laufsportgemeinschaft
145	PUDERBACH Philipp	333	3 U16M	00:43:50.72	4'52	00:42:49.96	151	00:15:48.99	239	00:14:19.62	151	00:13:42.11	112	PUDIS
146	HERZIG Wolfgang	166	26 M45M	00:43:51.17	4'52	00:43:34.62	173	00:13:39.13	93	00:15:02.83	217	00:15:09.21	233	Gipfelstürmer Vorgebirge
147	HÖSGEN Christian	610	30 HKMM	00:43:52.23	4'52	00:43:09.61	159	00:14:46.26	165	00:14:24.83	162	00:14:41.14	190	keine Angabe
148	KURSCH Sascha	235	31 HKMM	00:43:57.17	4'53	00:43:17.67	165	00:15:02.54	179	00:14:31.49	173	00:14:23.14	160	St.Seb. Schwerfen
149	SCHULZE Thomas	925	18 M35M	00:43:58.44	4'53	00:43:39.76	178	00:13:50.40	107	00:15:00.01	213	00:15:08.03	230	keine Angabe
150	BUNGART Hans-Peter	068	18 M50M	00:44:04.18	4'54	00:43:29.92	169	00:15:02.83	181	00:14:40.31	178	00:14:21.04	156	TV Euenheim
151	GISBERTZ Jochen	111	23 M40M	00:44:07.86	4'54	00:43:43.35	181	00:14:29.51	147	00:14:45.06	185	00:14:53.29	209	BSG AOK Rheinland/Hamburg
152	HEIDERS Marco	155	5 U18M	00:44:08.87	4'54	00:43:34.28	172	00:14:45.05	162	00:14:53.48	199	00:14:30.34	174	TV Euenheim
153	NELLESSEN Ralf	691	19 M50M	00:44:09.79	4'54	00:43:29.93	170	00:15:20.44	205	00:14:27.50	165	00:14:21.85	158	LG Ziel in Sicht Berk
154	HAUSE Helmut	593	20 M50M	00:44:11.49	4'55	00:43:11.32	161	00:15:42.85	232	00:14:19.65	152	00:14:08.99	143	LG Rheinbach
155	LENERZ Artur	249	21 M50M	00:44:12.52	4'55	00:43:31.50	171	00:14:34.53	151	00:14:28.71	167	00:15:09.28	234	keine Angabe
156	GOBELIUS Florian	573	7 U20M	00:44:12.91	4'55	00:43:12.55	162	00:15:49.61	243	00:14:23.57	159	00:13:59.73	131	PUDIS
157	DAHMEN Hermann-Josef	520	27 M45M	00:44:13.63	4'55	00:43:38.90	176	00:14:59.15	172	00:14:30.85	172	00:14:43.63	194	Alle Jahre wieder
158	ANDRES Wolfgang	486	28 M45M	00:44:13.86	4'55	00:43:40.63	179	00:14:59.25	174	00:14:30.70	171	00:14:43.91	196	keine Angabe
159	HÖSGEN Michael	855	24 M40M	00:44:15.43	4'55	00:43:46.11	182	00:14:19.49	132	00:14:45.24	187	00:15:10.70	235	keine Angabe
160	PORSCHEN Michael	328	25 M40M	00:44:15.95	4'55	00:43:35.07	174	00:15:18.70	200	00:14:24.43	161	00:14:32.82	178	PG Running Team
161	KRATZ Stefan	225	26 M40M	00:44:16.36	4'55	00:43:39.38	177	00:15:18.86	201	00:14:24.25	160	00:14:33.25	179	FC Scheven pg Running team
162	JEBLICK Joachim	614	29 M45M	00:44:16.73	4'55	00:43:26.96	168	00:15:47.01	236	00:14:28.15	166	00:14:01.57	132	keine Angabe
163	NEUNKIRCHEN Bernd	287	32 HKMM	00:44:18.01	4'55	00:43:48.39	183	00:14:45.10	163	00:14:49.62	193	00:14:43.29	193	keine Angabe
164	BECKER Paul	034	22 M50M	00:44:21.73	4'56	00:43:55.02	184	00:14:12.97	127	00:14:57.33	209	00:15:11.43	237	Team Becker
165	JEWORREK Johannes	616	6 U18M	00:44:24.17	4'56	00:43:41.99	180	00:15:06.10	186	00:14:54.83	202	00:14:23.24	161	LG Heimerzheim
166	SCHMIDT Frank	750	27 M40M	00:44:26.66	4'56	00:43:23.09	167	00:16:04.54	254	00:14:26.09	164	00:13:56.03	125	keine Angabe
167	TROST Stefan	430	23 M50M	00:44:28.85	4'57	00:44:01.81	187	00:14:40.87	157	00:14:46.87	190	00:15:01.11	219	Laufzentrum Martinstraße
168	JANSEN Ludger	613	28 M40M	00:44:29.64	4'57	00:44:06.44	190	00:14:31.56	150	00:15:09.38	223	00:14:48.70	200	FC Keldenich



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
169	SECHTEM Sebastian		410	33 HKMM	00:44:36.42	4'57	00:44:15.56	197	00:15:00.00	175	00:15:15.19	236	00:14:21.23	157	Team Kartoffelsalat
170	BAUM Detlef		029	24 M50M	00:44:37.93	4'58	00:44:07.48	191	00:15:25.33	217	00:14:48.18	192	00:14:24.42	165	Team Laufcampus
171	HARTZ Kurt		148	4 M60M	00:44:40.80	4'58	00:44:05.71	188	00:14:47.65	167	00:14:53.01	197	00:15:00.14	217	ASV Wesseling 1985 e.V.
172	SIMONS Martin		413	7 U18M	00:44:40.88	4'58	00:44:14.31	195	00:14:42.63	159	00:15:19.22	240	00:14:39.03	186	SV Frauenberg
173	SADOWSKI Kurt		359	25 M50M	00:44:42.06	4'58	00:44:14.07	193	00:15:09.09	190	00:14:54.76	201	00:14:38.21	185	VFL Kommern
174	WENNINGA Lars		456	34 HKMM	00:44:48.24	4'59	00:44:25.84	203	00:14:27.85	144	00:15:34.25	257	00:14:46.14	199	Team Wenni
175	ZEHNPFENNIG Jonas		473	35 HKMM	00:44:51.02	4'59	00:44:24.91	202	00:14:37.91	155	00:15:24.14	244	00:14:48.97	202	SV Frauenberg
176	ROTH peter		735	30 M45M	00:44:51.77	4'59	00:44:20.42	200	00:15:06.34	187	00:14:53.84	200	00:14:51.59	204	steinreiche freunde eifel
177	TILLMANN Mario		798	19 M35M	00:44:53.62	4'59	00:44:11.81	192	00:16:37.32	294	00:14:17.17	147	00:13:59.13	130	keine Angabe
178	ODY Rodger		296	31 M45M	00:44:55.98	5'00	00:44:14.25	194	00:15:17.97	199	00:14:43.79	184	00:14:54.22	211	BSG Nordeifelwerkstätten
179	BÖTNER Achim		507	5 M60M	00:44:57.87	5'00	00:44:16.59	198	00:15:23.15	210	00:14:34.62	175	00:15:00.10	216	LG Heimerzheim
180	LENZEN Torsten		663	36 HKMM	00:44:58.20	5'00	00:43:56.83	186	00:15:49.37	241	00:14:23.41	157	00:14:45.42	198	PUDIS
181	ZÖLLER Markus		481	20 M35M	00:44:59.62	5'00	00:44:19.64	199	00:15:42.44	231	00:14:40.20	177	00:14:36.98	184	Wachtberg
182	STADTFELD Thomas		418	32 M45M	00:45:01.54	5'00	00:44:33.51	204	00:15:04.35	184	00:14:55.35	204	00:15:01.84	221	Team Hohn-Vollmert
183	BÄDORF Frank		024	33 M45M	00:45:03.93	5'00	00:44:22.20	201	00:15:21.98	207	00:14:46.25	189	00:14:55.70	212	keine Angabe
184	HUXOLL Robert		183	21 M35M	00:45:09.13	5'01	00:44:40.95	207	00:15:14.32	197	00:14:53.46	198	00:15:01.35	220	keine Angabe
185	BUCHMAIER Dietmar		063	26 M50M	00:45:09.80	5'01	00:44:06.01	189	00:16:03.54	253	00:14:50.21	194	00:14:16.05	153	Sparkasse KölnBonn
186	SCHMITT Günter		374	9 M30M	00:45:10.92	5'01	00:44:42.95	208	00:14:44.61	161	00:15:14.06	232	00:15:12.25	238	SFPDS
187	GABEL Marcus		108	22 M35M	00:45:12.47	5'01	00:44:15.20	196	00:16:30.04	284	00:14:45.56	188	00:13:56.87	127	LC Weilerswist
188	TETZEL Lutz		797	34 M45M	00:45:13.21	5'01	00:44:34.94	205	00:15:27.11	221	00:14:57.03	208	00:14:49.07	203	DAV Köln
189	STOFFELS Josef		422	27 M50M	00:45:15.82	5'02	00:44:35.98	206	00:15:19.91	204	00:14:45.18	186	00:15:10.73	236	Bergheim/Eifel
190	KUHN Paul		231	35 M45M	00:45:16.39	5'02	00:44:52.41	215	00:14:29.94	148	00:15:21.83	242	00:15:24.62	260	Team Kreisverwaltung
191	RUHNOW Dieter		356	8 M55M	00:45:17.61	5'02	00:44:53.58	217	00:15:03.59	183	00:15:04.82	219	00:15:09.20	232	keine Angabe
192	NOISTEN Heinz		288	36 M45M	00:45:18.34	5'02	00:44:51.05	211	00:15:26.60	220	00:15:28.45	249	00:14:23.29	162	Team Kreisverwaltung
193	ZÜLL Michael		482	29 M40M	00:45:28.88	5'03	00:44:47.51	209	00:15:24.85	215	00:14:58.15	210	00:15:05.88	229	FC Scheven
194	FISCHENICH Edgar		093	30 M40M	00:45:35.74	5'04	00:45:16.76	221	00:14:44.39	160	00:15:15.04	235	00:15:36.31	274	Kai_Mike
195	BELLETTI Dino		035	31 M40M	00:45:39.14	5'04	00:44:51.47	213	00:16:05.55	256	00:14:51.22	196	00:14:42.37	192	keine Angabe
196	NELLES Dirk		284	32 M40M	00:45:41.38	5'05	00:45:07.05	219	00:15:08.41	188	00:15:06.28	220	00:15:26.69	265	BMW Autohaus Rolf Horn GmbH
197	HABERMANN Markus		140	10 M30M	00:45:44.20	5'05	00:45:19.79	224	00:15:12.27	193	00:15:09.72	226	00:15:22.21	252	TuS Kreuzweingarten-Rheder
198	OTTO Ulrich		306	28 M50M	00:45:44.39	5'05	00:44:53.17	216	00:16:21.13	275	00:14:48.05	191	00:14:35.21	181	LG Donatus Erftstadt
199	SCHMITZ Herbert		755	29 M50M	00:45:50.20	5'06	00:44:52.24	214	00:15:56.95	250	00:14:54.87	203	00:14:58.38	214	Bike Treff Simmerath
200	BREUER Hermann-Josef		059	23 M35M	00:45:52.33	5'06	00:45:32.83	230	00:15:08.75	189	00:15:37.82	264	00:15:05.76	228	keine Angabe
201	KAPADOUKAKIS IOANNIS		205	33 M40M	00:45:52.98	5'06	00:44:51.25	212	00:17:14.38	347	00:14:42.55	181	00:13:56.05	126	keine Angabe
202	BIRKENFELD Ralf		049	37 M45M	00:45:54.71	5'06	00:45:21.31	225	00:15:02.68	180	00:15:01.26	215	00:15:50.77	290	TV Euenheim
203	PREUSSER-LOUIS heiko		331	24 M35M	00:46:02.66	5'07	00:45:23.91	226	00:16:18.03	269	00:15:35.97	262	00:14:08.66	142	keine Angabe
204	GOLOR Thomas		579	37 HKMM	00:46:08.38	5'08	00:45:24.06	227	00:16:05.29	255	00:15:11.16	229	00:14:51.93	207	Super Golor Bros.
205	KREMER Martin		649	34 M40M	00:46:17.35	5'09	00:45:31.50	229	00:16:02.23	252	00:15:09.57	225	00:15:05.55	227	keine Angabe
206	DIETRICH Dirk		527	35 M40M	00:46:20.18	5'09	00:45:48.71	234	00:15:15.17	198	00:15:15.92	237	00:15:49.09	286	Steinreiche Frende Eifel
207	SCHUMACHER Fabian		398	4 U16M	00:46:24.40	5'09	00:46:06.64	246	00:14:19.36	131	00:15:17.44	238	00:16:47.60	366	Dürener TV 1847
208	SAUPP Norbert		364	30 M50M	00:46:25.00	5'09	00:45:37.53	232	00:16:14.01	264	00:15:07.53	221	00:15:03.46	222	TV Obermaubach
209	SIMON Ludwig M.		778	6 M60M	00:46:25.50	5'10	00:46:09.11	250	00:15:24.69	214	00:15:39.72	268	00:15:21.09	248	Advocat Verlag
210	OBST Philipp		698	38 HKMM	00:46:25.62	5'10	00:46:08.95	249	00:15:24.51	213	00:15:39.59	267	00:15:21.52	250	Advocat Verlag



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
211	ELS Thomas		541	38 M45M	00:46:26.96	5'10	00:45:26.31	228	00:16:38.29	295	00:14:55.40	205	00:14:53.27	208	Ghettorunners Ramershoven
212	MOGA Bruno		932	7 M60M	00:46:36.29	5'11	00:46:07.56	247	00:15:40.10	229	00:15:39.92	270	00:15:16.27	242	keine Angabe
213	RITTERSBERGER Jürgen		344	31 M50M	00:46:41.84	5'11	00:46:07.84	248	00:15:33.71	224	00:15:34.60	258	00:15:33.53	272	Geriatrische Laufsportemeinscha
214	WOLFF Michael		465	39 HKMM	00:46:42.14	5'11	00:45:54.77	239	00:16:43.63	298	00:15:02.51	216	00:14:56.00	213	Team Apple
215	SCHMUCK Christoph		384	39 M45M	00:46:42.30	5'11	00:45:54.90	240	00:16:43.32	297	00:14:59.61	212	00:14:59.37	215	Team Apple
216	FLAßNÖCKER Lutz		098	36 M40M	00:46:43.26	5'11	00:45:57.76	242	00:16:10.53	258	00:15:11.51	230	00:15:21.22	249	Polizei Köln
217	WEICHEL Rainer		449	32 M50M	00:46:47.80	5'12	00:45:49.26	236	00:16:58.03	311	00:15:14.34	233	00:14:35.43	182	LG Rheinbach
218	STERTENBRINK Michael		789	11 M30M	00:46:48.16	5'12	00:46:30.21	257	00:15:21.21	206	00:16:02.44	307	00:15:24.51	259
219	LORSE Werner		674	40 M45M	00:46:48.98	5'12	00:45:48.69	233	00:16:28.35	283	00:14:56.45	206	00:15:24.18	257	TC Rot-Weiß Dahlem
220	PUDERBACH Ralf		334	41 M45M	00:46:49.05	5'12	00:45:48.76	235	00:16:28.05	282	00:14:56.55	207	00:15:24.45	258	PUDIS
221	PEETERS Wolfgang		317	2 M65M	00:46:53.15	5'13	00:46:11.87	252	00:15:42.41	230	00:15:01.04	214	00:16:09.70	317	Tus Mechernich 1897 e.V.
222	WEIß Henning		451	40 HKMM	00:46:54.29	5'13	00:45:53.45	237	00:17:32.31	368	00:14:42.61	182	00:14:39.37	188	LG Rheinbach
223	KURTH Norbert		237	9 M55M	00:46:56.94	5'13	00:46:01.37	244	00:16:19.06	270	00:15:24.97	245	00:15:12.91	239	Rapido Müddersheim
224	SCHLOTTKE Hans-Georg		746	33 M50M	00:46:57.13	5'13	00:46:11.52	251	00:16:23.41	278	00:15:29.63	250	00:15:04.09	223	Marathon-Club Escgweiler
225	BENDER Michael		036	10 M55M	00:47:03.10	5'14	00:46:30.71	258	00:16:23.03	276	00:15:31.89	253	00:15:08.18	231	keine Angabe
226	LIEBL Karsten		668	25 M35M	00:47:14.00	5'15	00:46:27.96	256	00:17:10.07	333	00:15:40.50	271	00:14:23.43	163	RSV Arloff-Klrspenich
227	DRECHSEL Ingo		082	12 M30M	00:47:20.15	5'16	00:46:55.13	265	00:15:49.03	240	00:15:53.61	292	00:15:37.51	275	BSG AOK Rheinland/Hamburg
228	AUSTEN Alexander		488	41 HKMM	00:47:26.07	5'16	00:46:33.79	259	00:16:32.14	290	00:15:34.01	256	00:15:19.92	246	Wildfires
229	GEYER Roland		110	37 M40M	00:47:27.08	5'16	00:46:27.11	255	00:17:08.25	325	00:14:50.58	195	00:15:28.25	267	keine Angabe
230	ESCH Thomas		545	38 M40M	00:47:29.41	5'17	00:47:06.29	270	00:15:54.01	246	00:16:02.64	308	00:15:32.76	270	HEMAPLAST Laufteam
231	KREMER Volker		227	42 M45M	00:47:31.56	5'17	00:46:53.53	263	00:16:17.05	267	00:15:44.08	275	00:15:30.43	269	keine Angabe
232	ADAMS Johannes		016	11 M55M	00:47:32.05	5'17	00:47:07.44	271	00:15:46.86	235	00:15:59.17	303	00:15:46.02	284	Team Kreisverwaltung
233	SCHÜRHECK Dieter		401	43 M45M	00:47:32.13	5'17	00:46:47.68	262	00:15:53.24	245	00:15:39.84	269	00:15:59.05	302	keine Angabe
234	BAUER Ernst		027	34 M50M	00:47:32.62	5'17	00:47:05.85	269	00:15:30.68	223	00:16:29.11	341	00:15:32.83	271	AH Antweiler/ Wachendorf
235	WEBER Rüdiger		819	26 M35M	00:47:33.10	5'17	00:46:53.98	264	00:16:24.60	281	00:15:21.03	241	00:15:47.47	285	LG FischerArt
236	HALLMANNS Georg		143	39 M40M	00:47:37.57	5'18	00:47:04.47	268	00:15:02.22	178	00:15:47.89	284	00:16:47.46	364	Team Toll
237	NÜSGEN Sebastian		291	42 HKMM	00:47:40.26	5'18	00:46:42.60	261	00:17:54.81	403	00:15:38.46	265	00:14:06.99	140	keine Angabe
238	LICHTENFELS Peter		666	44 M45M	00:47:46.79	5'19	00:47:03.05	266	00:15:56.05	248	00:15:55.97	296	00:15:54.77	295	keine Angabe
239	KOKOTT Stefan		218	43 HKMM	00:47:55.24	5'19	00:47:19.67	281	00:15:36.56	227	00:15:45.91	278	00:16:32.77	346	Spielmannszug 1902 Rheinbach
240	BLUMSTENGEL Christof		051	45 M45M	00:47:57.09	5'20	00:47:12.98	278	00:16:20.71	274	00:15:35.52	261	00:16:00.86	304	TV Rheinbach
241	WAASEM Joachim		443	46 M45M	00:48:03.58	5'20	00:47:08.74	273	00:17:14.53	348	00:15:25.64	246	00:15:23.41	255	Team Stephinsky
242	INGENILLEM Bruno		186	35 M50M	00:48:05.85	5'21	00:47:22.16	283	00:16:31.14	287	00:15:29.79	251	00:16:04.92	310	Nöthen
243	EßER Jörg		088	40 M40M	00:48:07.70	5'21	00:47:27.28	286	00:16:32.88	292	00:15:37.13	263	00:15:57.69	298	Transalp-Biker Kommern
244	GRIMM Gerald		125	12 M55M	00:48:08.31	5'21	00:47:45.61	296	00:16:00.80	251	00:16:09.85	316	00:15:57.66	297	Wilde Wutz
245	SCHIFFER Udo		368	13 M55M	00:48:08.63	5'21	00:47:44.05	294	00:16:07.21	257	00:16:01.38	306	00:16:00.04	303	Cosmetic Decker
246	SCHNITZLER Herbert		387	2 M70M	00:48:12.95	5'21	00:47:26.35	284	00:16:16.36	266	00:15:43.79	274	00:16:12.80	322	TV Obermaubach
247	HAACKEN Heinz-Willi		137	47 M45M	00:48:13.40	5'21	00:47:54.84	303	00:15:30.00	222	00:15:55.40	295	00:16:48.00	368	DJk-Löwe Hambach
248	WOLLMANN Rüdiger		466	41 M40M	00:48:14.30	5'22	00:47:35.74	291	00:16:19.77	272	00:16:12.32	323	00:15:42.21	282	Die Väter Meckenheim
249	WINKEL Christian		462	27 M35M	00:48:16.00	5'22	00:47:48.11	299	00:15:25.55	218	00:16:37.68	346	00:16:12.77	321	Team Hohn-Vollmert
250	BUNGENBERG Philipp		069	13 M30M	00:48:16.27	5'22	00:47:33.91	290	00:16:49.17	302	00:15:48.92	287	00:15:38.18	278	keine Angabe
251	SCHRÖCK Markus		393	28 M35M	00:48:16.27	5'22	00:47:32.59	289	00:16:49.34	303	00:15:48.78	286	00:15:38.15	277	LC Euskirchen
252	HOFFMEISTER Björn		606	44 HKMM	00:48:17.64	5'22	00:47:08.48	272	00:17:27.21	366	00:15:35.26	259	00:15:15.17	241	keine Angabe



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
253	LIMBACH Bernd		669	36 M50M	00:48:18.64	5'22	00:47:47.77	298	00:15:05.42	185	00:18:43.85	470	00:14:29.37	172	Team Laufcampus
254	ZAJAC Thomas		470	48 M45M	00:48:22.12	5'22	00:47:50.64	302	00:15:43.49	233	00:16:11.60	321	00:16:27.03	341	4fun
255	HEINZ Pfeiffer		159	14 M55M	00:48:22.68	5'23	00:47:26.36	285	00:17:18.99	357	00:15:40.86	273	00:15:22.83	254	keine Angabe
256	BECKMANN Andreas		930	49 M45M	00:48:24.89	5'23	00:48:02.41	305	00:15:34.60	225	00:16:04.92	309	00:16:45.37	360	keine Angabe
257	HOHN Stefan		177	42 M40M	00:48:25.17	5'23	00:47:46.14	297	00:16:19.69	271	00:16:13.21	327	00:15:52.27	291	Die Väter Meckenheim
258	SYNDIKUS Sascha		425	43 M40M	00:48:29.15	5'23	00:47:43.96	293	00:17:00.14	312	00:15:38.50	266	00:15:50.51	289	keine Angabe
259	WEIß Franz		450	37 M50M	00:48:38.67	5'24	00:47:38.11	292	00:17:32.92	369	00:15:40.64	272	00:15:25.11	262	LG Rheinbach
260	GRELL Ludwig		122	8 M60M	00:48:42.10	5'25	00:47:49.40	301	00:17:02.95	315	00:15:46.36	281	00:15:52.79	292	LG Donatus Erftstadt
261	PREUSSER patrick		330	14 M30M	00:48:42.61	5'25	00:48:03.85	306	00:16:17.84	268	00:15:52.45	290	00:16:32.32	343	keine Angabe
262	SIMON Volker		412	44 M40M	00:48:45.53	5'25	00:48:00.71	304	00:17:11.53	337	00:15:54.71	293	00:15:39.29	279	Spocht Club Gleuel
263	DE WILDE Nicki		077	29 M35M	00:48:49.99	5'26	00:48:24.07	315	00:15:46.84	234	00:16:20.88	333	00:16:42.27	356	SV. Vogelsang
264	DORNER Michael		532	15 M30M	00:48:55.71	5'26	00:48:25.81	316	00:17:07.18	323	00:16:18.76	329	00:15:29.77	268	SV 47 Mutscheid
265	PORTZ Markus		715	50 M45M	00:48:59.04	5'27	00:48:16.35	309	00:17:10.49	334	00:15:54.89	294	00:15:53.66	294	Georg-von-Boeselager-Sekundar
266	HEIMIG Frank		156	45 M40M	00:49:02.99	5'27	00:48:22.85	313	00:17:03.90	316	00:16:09.34	313	00:15:49.75	288	FC Scheven
267	FRINGS Stefan		917	45 HKMM	00:49:06.73	5'27	00:48:13.79	307	00:16:40.53	296	00:16:24.44	336	00:16:01.76	306	keine Angabe
268	HÖRTER Benedikt		181	46 M40M	00:49:08.07	5'28	00:48:35.47	321	00:16:51.27	304	00:16:07.20	312	00:16:09.60	316	Team Kreisverwaltung
269	FEUERSTEIN Donatus		550	46 HKMM	00:49:08.48	5'28	00:48:34.44	320	00:14:55.07	169	00:19:09.03	479	00:15:04.38	224	Freiwillige Feuerwehr Konzen
270	SCHMITZ Dieter		376	15 M55M	00:49:12.60	5'28	00:48:14.77	308	00:17:37.76	372	00:15:56.80	299	00:15:38.04	276	keine Angabe
271	SCHEIDTWEILER Thomas		744	51 M45M	00:49:15.26	5'28	00:48:31.84	319	00:17:06.63	321	00:16:06.32	310	00:16:02.31	308	keine Angabe
272	PETERS piet		318	16 M55M	00:49:17.37	5'29	00:48:49.99	326	00:18:24.20	433	00:16:39.59	348	00:14:13.58	150	pjg ahrweiler traditionsmannschaft
273	DEBALD Volker		078	3 M65M	00:49:18.07	5'29	00:48:23.42	314	00:17:09.08	329	00:16:00.54	305	00:16:08.45	313	ASV Wesseling 1985 e.V.
274	KURTH Ewald		236	52 M45M	00:49:19.08	5'29	00:48:22.04	312	00:16:57.09	310	00:16:07.11	311	00:16:14.88	324	PG Running Team
275	LANZERATH Michael		244	53 M45M	00:49:19.60	5'29	00:48:53.09	329	00:16:23.20	277	00:16:41.33	357	00:16:15.07	325	AH Antweiler-Wachendorf
276	TIMM Jörg		427	30 M35M	00:49:24.65	5'29	00:48:26.29	317	00:17:19.28	359	00:15:56.76	298	00:16:08.61	314	Lauffreunde Ottenheim
277	CARDINALE Daniel		071	47 HKMM	00:49:30.10	5'30	00:48:45.00	324	00:16:45.79	299	00:16:42.33	358	00:16:01.98	307	CROATIA
278	BECKER Norman		033	31 M35M	00:49:30.78	5'30	00:48:52.43	328	00:16:31.39	288	00:16:24.65	338	00:16:34.74	349	VFL Kommern
279	ZINGSHEIM Udo		835	47 M40M	00:49:30.95	5'30	00:48:56.15	331	00:17:07.34	324	00:16:19.44	330	00:16:04.17	309	SV 47 Mutscheid
280	INDEN Herbert		184	17 M55M	00:49:33.62	5'30	00:48:36.75	323	00:18:37.83	444	00:15:28.30	248	00:15:27.49	266	LG Donatus Erftstadt
281	ZANDER Franz-Josef		471	9 M60M	00:49:33.80	5'30	00:49:14.11	339	00:15:51.87	244	00:16:35.31	344	00:17:06.62	382	LC Obergartzem
282	SCHMITZ Theo		760	38 M50M	00:49:37.20	5'31	00:49:05.01	337	00:16:13.71	263	00:16:49.67	365	00:16:33.82	348	keine Angabe
283	OLTMANN Florian		299	48 HKMM	00:49:40.16	5'31	00:49:16.29	343	00:17:08.32	326	00:16:12.37	324	00:16:19.47	330	Flinke Fööss
284	HUSCH Wolfgang		611	18 M55M	00:49:40.44	5'31	00:48:49.56	325	00:17:18.58	356	00:16:10.41	318	00:16:11.45	320	<<<LT. Hertha Buschhoven
285	ZIMMERMANN Heinz		476	19 M55M	00:49:40.70	5'31	00:49:16.71	344	00:17:08.43	327	00:16:12.89	325	00:16:19.38	329	Flinke Fööss
286	UNGER Wolfgang		806	20 M55M	00:49:40.99	5'31	00:48:50.09	327	00:17:18.57	355	00:16:10.99	320	00:16:11.43	319	<<<LT. Hertha Buschhoven
287	CUNZEMANN Dirk		074	39 M50M	00:49:41.75	5'31	00:49:00.34	335	00:15:47.85	238	00:16:28.20	340	00:17:25.70	406	Harzheim
288	WALTER Frank		446	48 M40M	00:49:41.96	5'31	00:48:36.73	322	00:17:41.77	377	00:15:58.71	302	00:16:01.48	305	keine Angabe
289	WAPPENSCHMIDT Frank		817	40 M50M	00:49:44.91	5'32	00:49:15.37	341	00:17:52.65	394	00:16:09.56	314	00:15:42.70	283	keine Angabe
290	BÜHL Johannes		511	54 M45M	00:49:48.10	5'32	00:48:59.20	334	00:17:17.61	352	00:16:10.08	317	00:16:20.41	332	TV Palmersheim
291	PRINZ Kurt		718	41 M50M	00:49:52.72	5'33	00:48:57.36	332	00:17:12.34	339	00:16:17.36	328	00:16:23.02	338	TRIBEA
292	RICHERZHAGEN Georg		341	49 M40M	00:50:00.25	5'33	00:48:58.52	333	00:17:06.44	320	00:16:10.89	319	00:16:42.92	358	keine Angabe
293	CREMER Richard		073	21 M55M	00:50:07.91	5'34	00:49:26.53	345	00:16:15.46	265	00:16:52.47	372	00:16:59.98	376	Just4Fun
294	NÜSGEN Arno		290	42 M50M	00:50:12.23	5'35	00:49:14.92	340	00:17:54.69	402	00:15:53.50	291	00:16:24.04	340	keine Angabe



Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
295	NÜSGEN Wilhelm	697	4 M65M	00:50:12.83	5'35	00:49:12.02	338	00:17:59.17	409	00:15:50.63	289	00:16:23.03	339	keine Angabe
296	MADRÉ Gerd	258	22 M55M	00:50:21.25	5'36	00:49:31.02	349	00:17:09.22	331	00:16:24.48	337	00:16:47.55	365	GTG Kirchheim Tukas
297	PIONTEK Jan-Olaf	324	50 M40M	00:50:26.34	5'36	00:49:46.61	352	00:17:13.90	345	00:16:32.36	342	00:16:40.08	355	Transalp-Biker Kommern
298	KRUPP Hansi	228	55 M45M	00:50:34.02	5'37	00:49:28.99	347	00:18:03.39	412	00:16:09.63	315	00:16:21.00	334	The Krupp family
299	MÜLLER Hans-Arthur	275	23 M55M	00:50:38.80	5'38	00:49:33.84	350	00:17:11.11	336	00:16:22.15	334	00:17:05.54	380	keine Angabe
300	WEITERSHAGEN Thomas	823	43 M50M	00:50:42.95	5'38	00:49:46.68	353	00:17:48.56	388	00:16:40.16	354	00:16:14.23	323	LC Eu Begnadete Körper
301	FRIES Jan	556	51 M40M	00:50:45.84	5'38	00:50:08.19	357	00:17:17.86	353	00:17:09.38	381	00:16:18.60	327	SV Wachtberg
302	JOHN Frank	619	52 M40M	00:50:47.02	5'39	00:50:10.88	358	00:16:53.21	307	00:16:45.87	360	00:17:07.94	383	keine Angabe
303	ROENZ Stefan	732	53 M40M	00:50:48.63	5'39	00:50:11.16	359	00:17:18.08	354	00:17:09.22	380	00:16:21.33	336	keine Angabe
304	BUCHERT Martin	062	10 M60M	00:50:53.84	5'39	00:50:18.30	365	00:16:52.21	305	00:16:53.55	374	00:17:08.08	384	Team Buchert
305	JOHNEN Heinrich	620	44 M50M	00:50:55.01	5'39	00:49:55.92	356	00:17:42.51	378	00:16:39.76	349	00:16:32.74	345	RRC Merken
306	ESCH Mirko	086	32 M35M	00:51:04.50	5'41	00:49:52.74	355	00:18:23.18	431	00:16:20.80	332	00:16:20.52	333	keine Angabe
307	ROEDER Olaf	347	54 M40M	00:51:08.55	5'41	00:50:31.35	370	00:17:10.73	335	00:16:47.06	362	00:17:10.76	388	Transalp-Biker Kommern
308	ZART Volker	472	55 M40M	00:51:10.48	5'41	00:50:28.68	368	00:17:12.28	338	00:16:46.63	361	00:17:11.57	390	keine Angabe
309	STOLP Hans-Jürgen	796	56 M45M	00:51:14.56	5'42	00:50:40.56	373	00:17:26.26	365	00:16:34.12	343	00:17:14.18	395	Tanzkampfverein Flammersheim
310	HENN Franz	163	24 M55M	00:51:15.84	5'42	00:50:12.81	360	00:18:01.68	410	00:16:44.61	359	00:16:29.55	342	Sparkasse KölnBonn
311	ENGELS Marco	542	8 U18M	00:51:19.67	5'42	00:50:16.65	363	00:18:04.21	413	00:16:39.92	351	00:16:35.54	351	Pulheimer SC
312	MERTENS Helmut	684	45 M50M	00:51:20.39	5'42	00:51:20.38	385	00:17:48.37	387	00:16:40.43	356	00:16:51.59	372	LC Eu Begnadete Körper
313	DÖRING Uwe	530	33 M35M	00:51:20.58	5'42	00:50:36.82	372	00:16:54.65	309	00:17:12.91	386	00:17:13.02	391	TriTeam Merzbach
314	GOERGENS Matthias	575	34 M35M	00:51:22.03	5'42	00:50:18.80	366	00:17:53.25	397	00:16:49.83	367	00:16:38.95	354	Sportpresse Düsseldorf
315	KUNZ Stefan	233	16 M30M	00:51:22.82	5'43	00:50:15.78	362	00:18:08.53	418	00:17:06.96	378	00:16:07.33	312	Kunz
316	REITER Roman	340	17 M30M	00:51:24.38	5'43	00:50:32.83	371	00:17:56.12	405	00:16:40.31	355	00:16:47.95	367	kommern
317	BUNG Norbert	067	57 M45M	00:51:26.14	5'43	00:50:54.51	378	00:15:26.18	219	00:18:24.18	450	00:17:35.78	418	TV Palmersheim
318	JEWORREK Thomas	618	56 M40M	00:51:27.85	5'43	00:50:45.25	375	00:17:54.04	399	00:17:15.13	390	00:16:18.68	328	LG Heimerzheim
319	KUCKERTZ Gerard	929	58 M45M	00:51:51.15	5'46	00:51:51.14	396	00:17:51.49	392	00:17:12.46	385	00:16:47.20	362	keine Angabe
320	JABLONSKI Uwe	189	35 M35M	00:51:53.26	5'46	00:51:18.39	384	00:17:13.48	341	00:17:28.81	409	00:17:10.97	389	TV Mahlberg
321	BICK Lucas	044	5 U16M	00:52:00.18	5'47	00:51:22.58	388	00:15:56.28	249	00:17:26.60	407	00:18:37.30	461	LC Weilerswist
322	BICK Holger	042	57 M40M	00:52:00.71	5'47	00:51:22.90	389	00:16:30.54	285	00:16:51.23	368	00:18:38.94	467	LC Weilerswist
323	ROTH Gerhard	734	25 M55M	00:52:00.90	5'47	00:51:31.77	390	00:17:49.29	391	00:17:15.37	391	00:16:56.24	373	Sportteufelchen e.v. Bad Neuenahr
324	WALLRATH Frank	445	59 M45M	00:52:01.28	5'47	00:51:21.38	387	00:17:20.00	362	00:17:09.44	382	00:17:31.84	413	Transalp-Biker Kommern
325	VON WÜLFING Arndt	440	5 M65M	00:52:01.66	5'47	00:51:06.54	383	00:17:57.54	407	00:16:40.08	353	00:17:24.04	404	ASV Wesseling 1985 e.V.
326	KASTRUU Udo	625	58 M40M	00:52:03.71	5'47	00:51:04.97	380	00:18:40.48	450	00:16:48.12	364	00:16:35.11	350	LC Louis
327	LINDEN Renè	670	49 HKMM	00:52:04.10	5'47	00:51:05.69	382	00:18:40.45	449	00:16:47.90	363	00:16:35.75	352	LC Louis
328	BRAUN Peter	057	60 M45M	00:52:08.73	5'48	00:51:37.46	394	00:17:44.01	380	00:17:16.26	393	00:17:08.46	386	TSV Bonn rh. und Freunde
329	KRAPP Oliver	224	59 M40M	00:52:17.85	5'49	00:51:45.02	395	00:17:15.20	349	00:17:34.59	418	00:17:28.06	411	Team Kreisverwaltung
330	FRYBEL Uli	562	36 M35M	00:52:24.63	5'49	00:51:20.81	386	00:18:24.77	434	00:16:58.86	376	00:17:01.00	377	LG Heimerzheim
331	MÖHN Günter	272	61 M45M	00:52:34.24	5'50	00:51:37.41	393	00:18:42.55	455	00:17:29.81	410	00:16:21.88	337	LG Donatus Erfstadt
332	SPILLES Johannes	782	11 M60M	00:52:36.43	5'51	00:51:34.32	392	00:16:31.87	289	00:17:09.87	383	00:18:54.69	474	Tus Kreuzweingarten-Rheder
333	BECKER Norbert J.	032	46 M50M	00:52:39.60	5'51	00:52:10.44	404	00:17:49.15	390	00:17:16.32	394	00:17:34.13	416	Sportteufelchen e.V.
334	KRÄMER Bernd	646	47 M50M	00:52:40.97	5'51	00:52:07.54	402	00:17:55.05	404	00:17:18.72	396	00:17:27.20	407	Tanzkampfverein Flammersheim
335	REIMANN Klaus	724	48 M50M	00:52:44.57	5'52	00:52:05.96	400	00:17:56.47	406	00:17:24.91	401	00:17:23.19	401	keine Angabe
336	VOUSSEM Hans-Jürgen	813	49 M50M	00:52:50.49	5'52	00:52:14.51	410	00:17:37.54	371	00:17:23.96	400	00:17:48.99	427	keine Angabe



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
337	PIETSCH Jochen		323	60 M40M	00:52:54.79	5'53	00:51:55.02	397	00:18:05.13	415	00:16:38.44	347	00:18:11.22	436	Lauffreunde Ottenheim
338	STERTENBRINK Dylan		787	8 U20M	00:52:56.92	5'53	00:52:38.61	423	00:17:53.22	396	00:18:31.06	453	00:16:32.64	344
339	BEULEN Torsten		041	37 M35M	00:53:00.39	5'53	00:52:27.55	415	00:17:06.19	319	00:17:22.23	397	00:18:31.97	453	Zülpicher Running Gags
340	ROBIEN Rüdiger		346	12 M60M	00:53:03.76	5'54	00:52:12.69	408	00:18:20.78	426	00:17:26.09	404	00:17:16.89	397	RC Meckem
341	GÖTTE Xaver		119	1 U12M	00:53:08.53	5'54	00:52:30.48	420	00:16:12.84	262	00:17:06.83	377	00:19:48.86	493	aktiv für Arbeit
342	POGRZEBA Oliver		327	50 HKMM	00:53:11.03	5'55	00:52:21.36	413	00:17:44.81	381	00:17:14.08	387	00:18:12.14	438	keine Angabe
343	KELTER Thomas		207	62 M45M	00:53:13.31	5'55	00:52:11.11	405	00:18:50.97	462	00:17:25.49	402	00:16:56.85	374	TV Obermaubach
344	VON HOEGEN Gregor		438	63 M45M	00:53:13.74	5'55	00:52:11.71	406	00:18:50.90	461	00:17:25.83	403	00:16:57.01	375	TV Obermaubach
345	FRITZEN Theo		557	64 M45M	00:53:23.93	5'56	00:52:29.35	416	00:18:39.39	445	00:17:30.76	415	00:17:13.78	392	Sportlich-Team-Bornheim
346	MONTENARH Wilfried		273	65 M45M	00:53:23.93	5'56	00:52:30.06	419	00:18:39.59	446	00:17:30.20	413	00:17:14.14	394	Sportlich-Team Bornheim
347	GUMMERSBACH Markus		131	51 HKMM	00:53:24.86	5'56	00:52:30.56	421	00:18:40.07	448	00:17:30.36	414	00:17:14.43	396	Sportlich Team Bornheim
348	SCORY Jürgen		408	61 M40M	00:53:47.66	5'59	00:53:12.80	429	00:17:17.11	351	00:17:58.29	433	00:18:32.26	454	TUS08 Schleiden
349	STERTENBRINK Martin		788	18 M30M	00:53:48.36	5'59	00:53:26.52	435	00:18:46.55	458	00:17:37.32	422	00:17:24.49	405
350	KERZMANN Hermann Josef		630	50 M50M	00:53:52.52	5'59	00:52:53.74	427	00:18:41.27	452	00:17:37.82	423	00:17:33.43	414	Prinzengarde Euskirchen
351	JONEN Peter		197	62 M40M	00:53:58.35	6'00	00:53:24.66	434	00:17:23.91	364	00:18:07.26	441	00:18:27.18	452	Geriatrische Laufsportemeinschaft
352	FROHN Gerd		559	51 M50M	00:54:01.17	6'00	00:53:18.12	430	00:18:16.44	425	00:17:43.97	424	00:18:00.76	432	LG Heimerzheim
353	CLEMENS Michael		513	38 M35M	00:54:08.59	6'01	00:53:10.25	428	00:18:35.58	442	00:17:15.70	392	00:18:17.31	443	keine Angabe
354	SCHMALHOLZ Michael		371	63 M40M	00:54:22.20	6'02	00:53:36.04	437	00:18:07.09	416	00:18:08.51	443	00:18:06.60	433	keine Angabe
355	BÄDORF Günter		489	6 M65M	00:54:23.01	6'03	00:53:20.33	432	00:19:02.11	471	00:17:46.14	426	00:17:34.76	417	keine Angabe
356	LÜCKERATH walter		257	13 M60M	00:54:26.42	6'03	00:53:23.81	433	00:19:01.69	470	00:17:47.47	427	00:17:37.26	421	SV-Nöthen
357	SCHREINER Hans-Peter		390	14 M60M	00:54:29.67	6'03	00:53:30.03	436	00:18:31.41	437	00:17:44.61	425	00:18:13.65	439	SSV Bornheim
358	ARENZ Frank		023	52 M50M	00:55:00.05	6'07	00:54:03.50	442	00:19:14.01	477	00:18:06.56	439	00:17:39.48	424	LG Donatus Erftstadt
359	KLÖCKER Rolf		213	66 M45M	00:55:06.31	6'07	00:54:26.93	454	00:17:53.77	398	00:18:35.06	460	00:18:37.48	462	Transalp-Biker Kommern
360	MÄRZKE Stefan		261	64 M40M	00:55:06.56	6'07	00:54:26.00	453	00:18:21.34	430	00:18:07.61	442	00:18:37.61	463	Transalp-Biker Kommern
361	WALTHER Frank		816	67 M45M	00:55:07.64	6'08	00:54:13.41	447	00:18:53.07	467	00:17:57.26	432	00:18:17.31	444	keine Angabe
362	ESSER Ralf		547	65 M40M	00:55:10.57	6'08	00:54:48.78	458	00:19:29.50	489	00:19:43.15	501	00:15:57.92	300
363	OTTO Jürgen		305	53 M50M	00:55:11.65	6'08	00:54:16.47	450	00:18:12.36	423	00:18:13.86	446	00:18:45.43	470	Bundespolizeiinspektion Köln
364	KÜPPER Hans		653	26 M55M	00:55:13.06	6'08	00:54:08.79	444	00:19:35.23	492	00:18:09.98	445	00:17:27.85	409	TV Wormersdorf
365	INK Uli		612	54 M50M	00:55:19.40	6'09	00:54:43.75	456	00:17:39.76	373	00:19:14.58	482	00:18:25.06	451	keine Angabe
366	RIFFELER Bruno		730	68 M45M	00:55:29.75	6'10	00:54:45.36	457	00:18:40.72	451	00:18:26.72	451	00:18:22.31	448	Georg-von-Boeselager-Sekundar
367	LÖHE Jürgen		254	69 M45M	00:55:32.61	6'10	00:54:51.85	459	00:18:23.74	432	00:18:43.96	471	00:18:24.91	450	LC Weilerswist
368	MEIDLING Jens		262	39 M35M	00:56:06.41	6'14	00:55:20.99	462	00:17:47.14	384	00:18:35.52	461	00:19:43.75	490	CROATIA
369	JOHNEN Josef		196	55 M50M	00:56:08.66	6'14	00:55:07.04	460	00:19:05.14	474	00:18:30.47	452	00:18:33.05	456	TV Konzen
370	KAPPERT Georg		206	27 M55M	00:56:11.30	6'15	00:55:24.42	463	00:18:32.72	440	00:18:33.06	458	00:19:05.52	477	DJK Löwe Hambach
371	PÜTZ Hans-Werner		720	15 M60M	00:56:14.67	6'15	00:55:34.20	466	00:18:45.04	456	00:18:39.88	466	00:18:49.75	471	Team Voreifel/LGO
372	SIMON Jens		411	40 M35M	00:56:23.76	6'16	00:55:45.72	474	00:17:41.64	376	00:18:39.43	465	00:20:02.69	502	Projekt 20kg
373	BECKER Benjamin		031	52 HKMM	00:56:28.37	6'16	00:55:26.24	464	00:19:57.73	498	00:19:01.59	477	00:17:29.05	412	Team Becker
374	SCHULTZ Ronald		397	28 M55M	00:56:30.26	6'17	00:55:40.86	471	00:18:49.87	460	00:18:31.86	456	00:19:08.53	478	keine Angabe
375	SCHÄFER Sebastian		365	70 M45M	00:56:38.97	6'18	00:55:34.04	465	00:19:38.93	494	00:18:41.59	467	00:18:18.45	447	keine Angabe
376	HEINEN Michael		596	56 M50M	00:56:44.57	6'18	00:55:42.56	473	00:18:34.74	441	00:17:58.47	434	00:20:11.36	506	LG Heimerzheim
377	FRÖHLICH Max		103	53 HKMM	00:56:45.92	6'18	00:55:40.13	470	00:19:08.11	476	00:18:38.88	463	00:18:58.93	475	Domweih-Team
378	SAUER Jens		362	41 M35M	00:56:45.93	6'18	00:55:39.76	469	00:19:07.98	475	00:18:39.02	464	00:18:58.93	476	Domweih-Team



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Schnitt	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
379	SLEIMAN Mussa		779	54 HKMM	00:56:59.77	6'20	00:56:14.80	477	00:18:12.14	422	00:20:11.70	512	00:18:35.93	460	keine Angabe
380	ALTENDORF Johannes		021	55 HKMM	00:57:03.05	6'20	00:56:40.07	485	00:17:01.78	313	00:19:53.44	506	00:20:07.83	505	SV Frauenberg
381	FORST Dennis		101	56 HKMM	00:57:22.98	6'23	00:56:47.05	486	00:18:21.04	428	00:19:11.34	481	00:19:50.60	494	keine Angabe
382	PASTERNAK Joerg		307	71 M45M	00:57:43.35	6'25	00:56:39.22	484	00:19:52.83	497	00:19:32.47	492	00:18:18.05	446	JotPe
383	JANKOWSKI Thomas		193	66 M40M	00:57:47.46	6'25	00:57:25.07	492	00:18:45.98	457	00:20:17.75	513	00:18:43.73	469	keine Angabe
384	BOTH Hans		506	1 M75M	00:58:06.47	6'27	00:57:09.91	490	00:19:33.37	491	00:19:03.99	478	00:19:29.11	485	SG-Triathlon-Prüm
385	EBERT Klaus		535	16 M60M	00:58:06.52	6'27	00:57:01.97	488	00:19:20.90	484	00:18:42.82	468	00:20:02.80	503	keine Angabe
386	CRUMP Heinrich		517	3 M70M	00:59:08.05	6'34	00:58:38.84	498	00:19:19.05	481	00:19:53.09	505	00:19:55.91	497	keine Angabe
387	KÖNIG Thorsten		642	67 M40M	00:59:15.88	6'35	00:58:06.81	493	00:21:00.67	521	00:19:36.82	493	00:18:38.39	465	Studio 06
388	WANNEMACHER Sven		447	19 M30M	00:59:34.17	6'37	00:58:42.12	499	00:20:15.60	512	00:19:30.62	491	00:19:47.95	492	keine Angabe
389	MENARD Dierk		264	68 M40M	01:00:25.57	6'43	00:59:21.39	502	00:20:30.63	515	00:19:58.56	508	00:19:56.38	500	FGFG
390	HAUSEN Alexander		150	72 M45M	01:00:59.84	6'47	00:59:52.96	507	00:20:09.21	507	00:19:37.83	495	00:21:12.80	517	De Friedaachs Fründe
391	REHAAG Dietmar		339	73 M45M	01:00:59.88	6'47	00:59:52.14	506	00:20:07.60	502	00:19:38.91	497	00:21:13.37	521	De Friedaachs Fründe
392	ORTH Günter		303	74 M45M	01:00:59.99	6'47	00:59:53.86	509	00:20:07.65	503	00:19:39.04	498	00:21:13.30	520	De Friedaachs Fründe
393	MÜLLER Rainer		278	57 M50M	01:01:00.51	6'47	00:59:53.15	508	00:20:08.67	506	00:20:07.24	511	00:20:44.60	507	De Friedaachs Fründe
394	GÜß Dirk		133	75 M45M	01:01:01.19	6'47	00:59:54.73	511	00:20:07.97	504	00:19:40.19	499	00:21:13.03	518	De Friedaachs Fründe
395	GÜß Ralf		134	76 M45M	01:01:01.93	6'47	00:59:46.02	504	00:20:00.00	499	00:20:00.00	509	00:21:01.93	511	De Friedaachs Fründe
396	SCHWEIKERT-WEHNER Peter M		406	69 M40M	01:01:33.54	6'50	01:00:43.29	514	00:18:52.91	466	00:20:45.81	520	00:21:54.82	524	Tus Mechernich 1897 e.V.
397	SCHMITZ Karl- Bernd		377	17 M60M	01:01:33.72	6'50	01:00:43.66	515	00:18:52.60	464	00:20:45.81	519	00:21:55.31	525	TuS Bleifuss Mechernich
398	HOCHGUERTEL Guenter		170	29 M55M	01:01:54.02	6'53	01:01:17.10	518	00:20:11.61	510	00:20:34.98	516	00:21:07.43	515	keine Angabe
399	DANIEL Karl-Heinz		158	58 M50M	01:02:08.85	6'54	01:01:11.52	517	00:20:51.52	519	00:20:24.76	514	00:20:52.57	509	keine Angabe
400	HEINEN Klaus		157	59 M50M	01:02:48.22	6'59	01:01:45.34	520	00:21:02.78	522	00:20:43.08	518	00:21:02.36	512	keine Angabe
401	ROTHER Lars		736	77 M45M	01:03:02.52	7'00	01:02:00.36	521	00:22:13.66	527	00:21:10.30	522	00:19:38.56	488	Team Barca
402	KUSCHEL Noah Finn		655	2 U12M	01:03:02.69	7'00	01:02:00.74	522	00:22:13.63	526	00:21:10.46	523	00:19:38.60	489	Team Barca
403	HANSEN Norbert		145	30 M55M	01:04:06.01	7'07	01:03:16.46	524	00:20:04.31	501	00:21:36.83	527	00:22:24.87	528	keine Angabe
404	ORSAG Otmar		301	18 M60M	01:05:50.07	7'19	01:04:48.79	527	00:20:38.72	517	00:22:52.43	533	00:22:18.92	527	ASV Wesseling 1985 e.V.
405	HOFFMEISTER Jannic		172	57 HKMM	01:06:14.11	7'22	01:05:04.42	528	00:23:06.29	533	00:21:40.36	528	00:21:27.46	523	Rot- Weiss Essen
406	HOFFMEISTER Rainer		174	31 M55M	01:12:02.83	8'00	01:10:51.67	535	00:23:56.78	535	00:23:25.10	535	00:24:40.95	535	Rot- Weiss Essen
DNF	SCHNORRENBERG Gerd		763	0 M40M	00:19:18.86	-	-	-	00:19:18.86	-	-	-	-	-	keine Angabe