

## Mittelrhein Volkslauf



10 KM

So., 04. Mai 2008

Alfterer SC

TEAMSOFT-SPORTZEIT.DE

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
1		00:33:47	439	Kuß, Nicolas		Active Bonn	1982	1	MHK	03:22,7
2		00:33:56	166	Hoening, Dr. Sebastian		Bonn	1978	1	M30	03:23,6
3		00:35:21	121	Swietlik, Raffael		LAZ Puma Troisdorf-Siegbu	1988	2	MHK	03:32,1
4		00:36:48	218	Cam, Cengiz		Dietmars Laufburschen	1966	1	M40	03:40,8
5		00:36:56	160	Ginkel, Rolf		Frechen	1960	1	M45	03:41,6
6		00:37:57	521	Offizier, Hardy E.		Brühler TV 1879	1968	2	M40	03:47,7
7		00:38:46	179	Maevis, Stefan		FC Keldenich	1962	2	M45	03:52,6
8		00:39:30	34	Breidenbach, Ulrich		Brühler TV 1879	1971	1	M35	03:57,0
9		00:39:47	126	Blöcker, Thomas		Meckenheim	1962	3	M45	03:58,7
10		00:39:51	162	Clever, Frank		LT Deutsche Post-Alfter	1966	3	M40	03:59,1
11		00:40:00	81	Schmitz, Georg		LG Eifel Runners	1966	4	M40	04:00,0
12		00:40:04	141	Reitz, Friedhelm		FC Keldenich	1967	5	M40	04:00,4
13		00:40:29	236	Reintzsch, Ingo		Alfterer SC	1977	2	M30	04:02,9
14		00:40:34	254	Pesch, Claus		Team Erdinger	1970	2	M35	04:03,4
15		00:40:36	183	Lanzerath, Rolf		LC Euskirchen	1961	4	M45	04:03,6
16		00:40:54	185	Hensch, Wolfgang		FC Keldenich	1966	6	M40	04:05,4
17		00:41:07	411	Sieghart, Michael		Sportlich Team Bornheim	1984	3	MHK	04:06,7
18		00:41:13	248	Lang, Stefan		Smilies	1962	5	M45	04:07,3
19		00:41:15	257	Kuck, Hans-Jörg		LT TuS Meindorf	1961	6	M45	04:07,5
20		00:41:23	508	Knie, Bernd		FC Keldenich	1961	7	M45	04:08,3
21		00:41:27	526	Manthei, Christian		Meckenheim	1962	8	M45	04:08,7
22		00:41:36	173	Hüsgen, Simon		Bornheim	1990	1	MJugA	04:09,6
23		00:41:38	512	Kopka, Wolfram		Brühl	1959	9	M45	04:09,8
24		00:41:41	52	Conrads, Philipp		Sportlich Team Bornheim	1993	1	MJugB	04:10,1
25		00:41:43	408	Wagner, Andreas		SSF Bonn	1981	4	MHK	04:10,3
26		00:41:56	267	Mertens, Christoph		ohne	1967	7	M40	04:11,6
27		00:43:03	419	Lehnen, Michael		LT Ennert Bonn	1965	8	M40	04:18,3
28		00:43:13	502	Schäfer, Christian		Sportlich Team Bornheim	1966	9	M40	04:19,3
29		00:43:23	507	Sinthern, Hans-Willi		Sportlich Team Bornheim	1964	10	M40	04:20,3
1	W	00:43:27	570	Haufschild, Maren		TuS Wesseling	1992	1	WJugB	04:20,7
30		00:43:47	156	Sanders, Dr. Olaf		SSF Bonn	1967	11	M40	04:22,7
31		00:43:53	222	Küppers, Thomas		Unitas Landshut	1977	3	M30	04:23,3
32		00:44:25	27	Haase, Jan		Bonn	1982	5	MHK	04:26,5
33		00:44:30	511	Hoenen, Roland		Siegburg	1970	3	M35	04:27,0
34		00:44:31	59	Henselder, Dieter		Sportlich Team Bornheim	1952	1	M55	04:27,1
2	W	00:44:54	169	Rudo, Sabine		Brühler TV 1879	1982	1	WHK	04:29,4
35		00:45:11	426	Poqué, Stefan		Sportlich Team Bornheim	1970	4	M35	04:31,1
36		00:45:19	441	Meyer, Peter		Meckenheim	1968	12	M40	04:31,9
37		00:45:28	514	Weber, Rainer		VFL Kommern	1964	13	M40	04:32,8
38		00:45:36	2	Ziegler, Joachim		LG Heimerzheim	1962	10	M45	04:33,6
39		00:45:44	108	Rittersberger, Marius		Blau-Weiß Oedekoven	1992	2	MJugB	04:34,4
3	W	00:45:52	522	Bach, Sonja		LAZ Puma Troisdorf-Siegbu	1992	2	WJugB	04:35,2
40		00:45:55	9	Behrendt, Uwe		BrombeerRunners	1972	5	M35	04:35,5
41		00:46:01	84	Nühning, Carsten		Lone Runner	1975	4	M30	04:36,1
4	W	00:46:06	523	Bach, Monika		LAZ Puma Troisdorf-Siegbu	1964	1	W40	04:36,6
42		00:46:16	53	Conrads, Ralf		Sportlich Team Bornheim	1963	11	M45	04:37,6
43		00:46:29	10	Helm, Carsten		BrombeerRunners	1974	5	M30	04:38,9
44		00:46:34	266	Heine, Mathias		ohne	1978	6	M30	04:39,4
45		00:47:22	158	Bräunig, Jens		Rheinbach	1970	6	M35	04:44,2
46		00:47:30	134	Jost, Thorsten		Bonn	1977	7	M30	04:45,0
5	W	00:47:39	528	Burkhardt, Grit		SSV Rösberg	1968	2	W40	04:45,9
47		00:47:42	303	Wagner, Daniel		Alanus Hochschule	1986	6	MHK	04:46,2
6	W	00:47:43	444	Heift, Silvia		Alfter	1978	1	W30	04:46,3
48		00:47:46	214	Nierhoff, Boris		ohne	1969	7	M35	04:46,6
7	W	00:47:47	520	Kruse, Silke		TSV Bayer 04 Leverkusen	1976	2	W30	04:46,7
8	W	00:47:50	120	Swietlik, Brigitte		LK 42.2 St. Augustin	1967	3	W40	04:47,0
49		00:48:03	431	Kühn, Klaus Günter		ASV Bonn	1952	2	M55	04:48,3
9	W	00:48:06	26	Otto, Angelika		Sportlich Team Bornheim	1960	1	W45	04:48,6

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
50		00:48:09	504	Müller, Egon		Brühl	1961	12	M45	04:48,9
51		00:48:20	284	Sattler, Dr. Stefan		Sportlich Team Bornheim	1965	14	M40	04:50,0
52		00:49:00	83	Schäfer, Frank		Bornheim-Kardorf	1981	7	MHK	04:54,0
53		00:49:17	11	Helm, Dr. Martin		BrombeerRunners	1976	8	M30	04:55,7
54		00:49:41	208	Schreiner, Hans-Peter		Bornheim	1951	3	M55	04:58,1
55		00:49:46	48	Zimmermann, Heinz		Flinke Fööss	1956	1	M50	04:58,6
56		00:49:54	505	Nagel, Jörg-Robert		TB Burgsteinfurt	1956	2	M50	04:59,4
57		00:50:13	224	Janke, Sven		Bornheim	1970	8	M35	05:01,3
10	W	00:50:26	114	Biermann, Maggie		ohne	1967	4	W40	05:02,6
58		00:50:30	122	Biermann, Dieter		ohne	1965	15	M40	05:03,0
59		00:50:31	289	Beckel, Winfried		LAV Bad Godesberg	1937	1	M70	05:03,1
60		00:50:37	88	Wirtz, Wilfried		Bornheim	1960	13	M45	05:03,7
61		00:50:40	42	Zentel, Karl-Otto		ohne	1961	14	M45	05:04,0
62		00:50:55	299	Münzenmeyer, Peter		Bornheim	1946	1	M60	05:05,5
63		00:50:59	410	Schmitz, Manfred		TuS 05 Arloff-Kirspenich	1950	4	M55	05:05,9
64		00:51:04	527	Rückel, Horst		LC Euskirchen	1940	1	M65	05:06,4
11	W	00:51:08	416	Latussek, Sabine		St. Augustin	1968	5	W40	05:06,8
65		00:51:40	32	Backhaus, Michael		Alfter-Impekoven	1962	15	M45	05:10,0
66		00:51:52	202	Dauben, Hermann- Jose		TuS 05 Arloff-Kirspenich	1959	16	M45	05:11,2
67		00:51:59	272	Oelke, Diethelm		SV Sparkasse KölnBonn	1952	5	M55	05:11,9
68		00:52:01	519	Wigger, Michael		Alfter	1966	16	M40	05:12,1
69		00:52:20	25	Fassbender, Horst-Peter		Sportlich Team Bornheim	1959	17	M45	05:14,0
70		00:52:27	510	Hoenen, Herbert		TuS Birk	1934	2	M70	05:14,7
71		00:52:30	412	Hieronymi, Bernhard		Bonn	1945	2	M60	05:15,0
72		00:52:32	228	Lüth, Kuno		Bonn	1937	3	M70	05:15,2
73		00:52:34	285	Zander, Stephan		SV Sparkasse KölnBonn	1966	17	M40	05:15,4
74		00:52:38	409	Müller, Hubert		Bonn	1937	4	M70	05:15,8
75		00:52:41	106	Rittersberger, Jürgen		SV Germania Impekoven	1960	18	M45	05:16,1
76		00:52:45	422	Kuttig, Helmut		Lautershofen	1961	19	M45	05:16,5
77		00:52:47	69	Hummelsberger, Udo		1. Bornheimer Judo-Club 19	1961	20	M45	05:16,7
12	W	00:52:53	174	Hüsgen, Anne		Bornheim	1992	3	WJugB	05:17,3
13	W	00:52:55	294	Becker, Hannah		ohne	1989	1	WJugA	05:17,5
78		00:52:56	55	Schicher, Ralph		LG Donatus Erftstadt	1961	21	M45	05:17,6
14	W	00:52:58	295	Becker, Aurelia		ohne	1991	4	WJugB	05:17,8
79		00:53:09	503	Engels, Peter		Alfterer SC	1970	9	M35	05:18,9
80		00:53:24	407	Mathar, Manfred		LAC Eupen	1946	3	M60	05:20,4
15	W	00:53:30	546	Kluth, Ulla		LG Meckenheim	1968	6	W40	05:21,0
16	W	00:53:34	548	Kreuter, Sabine		Lüftelberger KC	1966	7	W40	05:21,4
17	W	00:53:40	525	Souxa, Simone		Bonn	1976	3	W30	05:22,0
81		00:53:41	30	Sturm, Michael		Köln	1960	22	M45	05:22,1
82		00:54:03	135	Raeder, Alexander		DSV Königswinter	1948	4	M60	05:24,3
83		00:54:04	203	Schröder, Michael		LT Deutsche Post	1970	10	M35	05:24,4
18	W	00:54:06	405	Schmotz, Sylvia		Alfterer SC	1961	2	W45	05:24,6
19	W	00:54:07	516	Liesegang, Julia		Sportlich Team Bornheim	1965	8	W40	05:24,7
84		00:54:29	518	Heienbrok, Mark		Engelskirchen	1969	11	M35	05:26,9
85		00:54:43	35	Funke, Rudolf		LG Rheinbach	1944	5	M60	05:28,3
20	W	00:54:51	515	Anheier, Elisabeth		Sportlich Team Bornheim	1959	3	W45	05:29,1
86		00:54:59	513	Fahnauer, Hans-Dieter		Lohmar	1956	3	M50	05:29,9
87		00:55:12	28	Peters, Jens		Bonn	1952	6	M55	05:31,2
88		00:55:20	435	Kaminski, Jürgen		Auto Classic Altendorf	1961	23	M45	05:32,0
21	W	00:56:11	406	Flecken, Heidrun		LC Weilerswist	1954	1	W50	05:37,1
22	W	00:56:22	434	Klocke, Beate		Alfterer SC	1966	9	W40	05:38,2
89		00:56:46	531	Hoffmann, Benedikt		SSF Bonn	1957	4	M50	05:40,6
23	W	00:57:20	244	Bahrani, Anke		SSF Bonn	1965	10	W40	05:44,0
24	W	00:57:22	229	Runkel, Roswitha		TuS 05 Arloff-Kirspenich	1951	1	W55	05:44,2
25	W	00:57:30	420	Böckeler, Tina		Bonn	1960	4	W45	05:45,0
90		00:57:31	421	Böckeler, Thomas		Bonn	1958	5	M50	05:45,1
91		00:57:32	572	Mosen, Achim		Alfterer SC	1960	24	M45	05:45,2

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
26	W	00:57:34	538	Hahn, Iris		Bornheim	1969	1	W35	05:45,4
92		00:58:08	89	Beckmann, Jonas		Alfter-Oedekoven	1996	3	MJugB	05:48,8
93		00:58:10	90	Beckmann, Andreas		Alfter-Oedekoven	1966	18	M40	05:49,0
27	W	00:58:11	413	Gerigk, Sandra		Bornheim	1969	2	W35	05:49,1
28	W	00:58:17	277	Berberich, Esther		Bonn	1982	2	WHK	05:49,7
29	W	00:58:19	194	Friedrich, Dagmar		TuS Birk 1910	1949	2	W55	05:49,9
94		00:58:20	195	Friedrich, Siegfried		TuS Birk 1910	1952	7	M55	05:50,0
95		00:58:22	428	Lambertz, Günter		DIHK Team	1957	6	M50	05:50,2
30	W	00:58:24	258	Kreuzberg, Annette		Alfterer SC	1974	4	W30	05:50,4
31	W	00:58:25	430	Kentenich, Heidi		Sportlich Team Bornheim	1960	5	W45	05:50,5
96		00:58:26	539	Hahn, Oliver		Sportlich Team Bornheim	1968	19	M40	05:50,6
97		00:58:34	256	Wehrmeyer, Jürgen		Bonn	1941	2	M65	05:51,4
32	W	00:58:36	432	Mathea, Agnieszka		Pulheim	1973	3	W35	05:51,6
33	W	00:59:34	187	Schieren-Neuber, Sybill		Alfter	1956	2	W50	05:57,4
34	W	00:59:40	198	Haase, Astrid		Bonn	1969	4	W35	05:58,0
35	W	00:59:44	306	Behnke, Maria		Bornheim	1969	5	W35	05:58,4
36	W	01:00:23	291	Ross, Kerstin		Alfter	1977	5	W30	06:02,3
98		01:00:24	193	Fankel, Stefan		Alfter	1977	9	M30	06:02,4
37	W	01:00:27	506	Beurskens, Janetta		Alfter	1982	3	WHK	06:02,7
99		01:00:45	249	Weimer, Achim		Bonn	1956	7	M50	06:04,5
38	W	01:01:31	189	Beu-Heinz, Hedy		Alfter	1956	3	W50	06:09,1
39	W	01:01:36	182	Osiewacz, Corinna		Alfter-Witterschlick	1968	11	W40	06:09,6
100		01:01:51	21	Klein, Josef		Sankt Augustin	1960	25	M45	06:11,1
101		01:02:12	501	Wolff, Ferdi		LT Buschhoven	1953	8	M55	06:13,2
40	W	01:02:39	226	Fandel, Manuela		Alfterer SC	1978	6	W30	06:15,9
41	W	01:02:41	530	Schneider, Annette		Alfter	1962	6	W45	06:16,1
42	W	01:03:09	75	Gawenda, Angela		Alfterer SC	1967	12	W40	06:18,9
43	W	01:03:38	152	Gleichmann, Barbara		ohne	1969	6	W35	06:21,8
102		01:03:51	38	Hentschel, Klaus		LT Burgstrasse	1957	8	M50	06:23,1
103		01:04:53	417	Gerigk, Lothar		TSC Brühl	1935	5	M70	06:29,3
104		01:06:15	270	Markestein, Arie		Alfter	1945	6	M60	06:37,5
44	W	01:06:25	184	Baumblüth, Silke		Alfter-Witterschlick	1972	7	W35	06:38,5
45	W	01:06:59	424	Hoffmann, Sabine		LT Ahrweiler	1963	7	W45	06:41,9
105		01:07:00	423	Hoffmann, Alfons		LT Ahrweiler	1959	26	M45	06:42,0
46	W	01:07:28	150	Heuser, Regina		Gielsdorf	1961	8	W45	06:44,8
47	W	01:09:20	181	Linde, Ing. Benita		Alfterer SC	1963	9	W45	06:56,0
48	W	01:09:55	172	Schneider, Bärbel		Alfterer SC	1970	8	W35	06:59,5
106		01:10:16	544	Junge, Günter		ASV Wesseling	1934	6	M70	07:01,6
49	W	01:10:27	509	Heldt- Meyer, Marion		Alfterer SC	1956	4	W50	07:02,7
50	W	01:11:15	131	Roosen, Dr. Barbara		Bonn	1978	7	W30	07:07,5
51	W	01:15:30	31	Backhaus, Rosemarie		Alfter-Impekoven	1966	13	W40	07:33,0