

Mittelrhein Volkslauf



21.1 KM
So., 04. Mai 2008
Alfterer SC

TEAMSOFT-SPORTZEIT.DE

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
1		01:17:38	480	Aymedas, Said		ohne	1968	1	M40	03:40,7
2		01:21:30	225	Hüttmann, Georg		LC Weilerswist	1965	2	M40	03:51,7
3		01:21:37	178	Bauer, Ivo		Alfterativ	1968	3	M40	03:52,0
4		01:23:27	425	Preuß, Martin		LG Meckenheim	1963	1	M45	03:57,2
5		01:24:19	247	Stephan, Matthias		SSG Königswinter	1963	2	M45	03:59,7
6		01:24:22	563	Düsterhöft, Mario		ASV Köln	1964	4	M40	03:59,9
7		01:24:58	440	Müller, Bernd		LAV Bad Godesberg	1952	1	M55	04:01,6
8		01:25:16	517	Reuter, Peter		Sportlich Team Bornheim	1966	5	M40	04:02,4
9		01:27:07	581	Weidenhaupt, Friedhelm		Cool Runnings Brühl	1963	3	M45	04:07,7
10		01:27:08	582	Tippmann, Franz-Josef		Cool Runnings Brühl	1966	6	M40	04:07,7
11		01:28:13	433	Klocke, Jörg		Alfterer SC	1963	4	M45	04:10,8
12		01:28:14	287	Schimmang, Oliver		SV Sparkasse KölnBonn	1965	7	M40	04:10,9
13		01:28:16	300	Liebeguth, Frank		Alfterer SC	1965	8	M40	04:11,9
14		01:28:58	215	Sitzer, Marc		SSF Bonn Triathlon	1979	1	MHK	04:13,9
15		01:30:16	87	Müller, Rüdiger		Heimbach	1968	9	M40	04:16,6
16		01:30:18	5	Lohner, Ulrich		Wachtberg	1968	10	M40	04:16,7
17		01:30:31	46	Deli, Housein		Wind Immobilien	1979	2	MHK	04:17,3
18		01:31:49	127	Niemann, Daniel		Team Wind Immobilien	1975	1	M30	04:21,0
19		01:32:33	465	Brüske, Thomas		Köln	1964	11	M40	04:23,1
1	W	01:32:53	232	Nagel, Michaela		TSV Weiss-Köln	1969	1	W35	04:24,1
20		01:33:14	575	Medelnik, Rudi		LT Bad Breisig	1964	12	M40	04:25,1
21		01:33:16	65	Messing, Uli		LG Heimerzheim	1970	1	M35	04:25,2
22		01:33:25	472	Ueberall, Dirk		SC Bayer 05 Werdingen	1968	13	M40	04:25,6
23		01:33:28	180	Michollek, Wolfgang		GSV Porz Köln	1960	5	M45	04:25,7
24		01:33:54	309	Duffy, David		Ottrauer Dreier	1955	1	M50	04:27,0
25		01:33:58	593	Ebbinghaus, Carsten		Rheinbach	1973	2	M35	04:27,2
26		01:34:38	535	Matyschok, Manfred		LT Immerwigger	1960	6	M45	04:29,0
2	W	01:34:42	190	Völk, Silke		LC Euskirchen	1988	1	WHK	04:29,2
27		01:34:59	67	Bodes, Theo		LT Wachtberger Drachen	1959	7	M45	04:30,0
28		01:35:56	469	Illian, Gerhard		VFB Erftstadt	1957	2	M50	04:32,7
29		01:36:10	474	Hellmann, Michael		Sport Fabrik Bonn	1967	14	M40	04:33,4
30		01:36:39	561	Wolber, Kalle		Lucas Runners	1963	8	M45	04:34,8
31		01:36:43	71	Drescher, Hans		Solinger LC	1958	3	M50	04:35,0
32		01:36:49	259	Baum, Jürgen		Kerpen	1949	2	M55	04:35,3
33		01:36:53	557	Coenen, Theo		LAV Habelrath-Grefrath	1956	4	M50	04:35,4
34		01:37:03	261	Ratz, Reiner		LT Wachtberger Drachen	1962	9	M45	04:36,9
3	W	01:37:07	598	Hengster, Julia		Bonn	1987	2	WHK	04:36,1
35		01:37:12	537	Hodsmann, Kevin		LK 42.2 St. Augustin	1955	5	M50	04:36,3
36		01:37:26	560	Lanzrath, Hans-Günther		LG Rheinbach	1963	10	M45	04:37,0
37		01:37:27	400	Aretz, Manfred		Alfterer SC	1947	1	M60	04:37,1
38		01:37:46	592	Feit, Michael	LUX	Luxemburg	1965	15	M40	04:38,0
39		01:38:15	587	Herzog, Christoph		Postbank Bonn	1955	6	M50	04:39,3
40		01:38:21	559	Ottmand, Jonathan		Sankt Augustin	1989	1	MJuga	04:39,6
41		01:39:06	243	Fischenich, Walter		Wesseling	1955	7	M50	04:41,8
42		01:39:25	443	Reuter, Thomas		FW Troisdorf	1962	11	M45	04:42,7
4	W	01:39:34	235	Schieffer, Sarah		Brühler TV 1879	1979	3	WHK	04:43,1
43		01:39:50	415	Ruttscheidt, Wolfgang		SSF Bonn	1962	12	M45	04:43,8
44		01:40:11	165	Jentsch, Lothar		LT Wachtberger Drachen	1958	8	M50	04:44,8
45		01:40:18	19	Lindhorst, Roman		Andernach	1974	2	M30	04:45,2
46		01:40:35	595	Els, Thomas		Rheinbach	1967	16	M40	04:46,0
47		01:40:45	210	Heinzen, Werner		Bonn	1962	13	M45	04:46,4
48		01:40:54	240	Pluskotta, Ralf		Bonn	1961	14	M45	04:46,9
49		01:41:11	457	Wulff, Albert		BSG BML	1960	15	M45	04:47,7
50		01:41:23	123	Tillmann, Detlef		TuS Mechernich 1897	1958	9	M50	04:48,2
51		01:42:15	268	Krauss, Jürgen		Klangspuren Bornheim	1961	16	M45	04:50,7
52		01:42:36	307	Trier, Martin		Ottrauer Dreier	1963	17	M45	04:51,7
53		01:42:38	142	Rüther, Christian		Rheinbach	1965	17	M40	04:51,8
54		01:42:48	132	Reucher, Marc		Köln	1967	18	M40	04:52,3

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
55		01:42:51	145	Maasem, Oswald		LG Heimerzheim	1953	3	M55	04:52,4
56		01:42:56	157	Bäumgen, Guido		Brühl	1963	18	M45	04:52,7
57		01:43:03	91	Hoffmeister, Rainer		RW Essen	1954	10	M50	04:53,0
58		01:43:07	234	Stork, Malik		Rheinbach	1967	19	M40	04:53,2
59		01:43:19	82	Grimm, Manfred		1. Kölner Laufstall	1962	19	M45	04:53,7
60		01:43:22	567	Schlinkert, Armin		Alfter	1960	20	M45	04:53,9
5	W	01:43:39	175	Janke, Dr. Stephanie		Bonn	1961	1	W45	04:54,7
6	W	01:43:41	577	Weris, Sabine		Alfter	1959	2	W45	04:54,8
61		01:44:13	113	Frank, Andreas		LG Meckenheim	1962	21	M45	04:56,3
62		01:44:24	206	Ehlers, Wilhelm		Köln	1935	1	M70	04:56,8
7	W	01:44:29	461	Schiesewitz, Petra		Melpomene Bonn	1974	1	W30	04:57,1
8	W	01:44:37	462	Melzer, Elke		Alfterer SC	1963	3	W45	04:57,4
63		01:44:47	583	Hengstler, Helmut		Alfter	1947	2	M60	04:57,9
64		01:45:28	566	Stengert, Rolf		LT Ennert Bonn	1949	4	M55	04:59,9
65		01:45:33	144	Neusser, Markus		Rennmäuse Siebengebirge	1969	3	M35	05:00,1
9	W	01:45:36	590	Schelcher, Sigrun		Bad Godesberg	1960	4	W45	05:00,2
66		01:46:25	111	Steffen, Guido		LG RWE Power	1962	22	M45	05:02,6
67		01:46:31	15	Bünger, Hartmut		TV Bremen 1875	1964	20	M40	05:02,8
68		01:46:38	596	Schepers, Thomas		1. Kölner Laufstall	1965	21	M40	05:03,2
10	W	01:46:44	452	Fuchs, Marina		Bonn	1960	5	W45	05:03,5
69		01:46:56	221	Schöneseifen, Helmut		BSG-BML Bonn	1966	22	M40	05:04,0
70		01:47:09	591	Kamin, Andy		LT Käsekaller	1969	4	M35	05:04,6
71		01:47:32	207	Eberhard, Thorsten		Bonn	1972	5	M35	05:05,7
72		01:47:35	471	Brehmer, Norbert		Stolberg	1962	23	M45	05:05,9
73		01:47:58	576	Gunesch, Hermann		LT Siebengebirge	1938	2	M70	05:07,0
74		01:48:02	1	Ludwig, Johannes		Team Veronesi Bornheim	1959	24	M45	05:07,2
75		01:48:14	286	Debald, Volker		ASV Wesseling	1944	3	M60	05:07,7
76		01:48:19	265	Dunsing, Oliver		VfL Alfter	1965	23	M40	05:08,0
77		01:48:32	47	Mayer, Robert		TVE Bad Münstereifel	1958	11	M50	05:08,6
78		01:48:38	571	Fleischer, Wigand		Königswinter	1974	3	M30	05:08,9
79		01:48:48	460	Gross, Rainer		Gelsdorf	1964	24	M40	05:09,3
11	W	01:49:09	124	Engels, Ulla		Berzdorfer	1965	1	W40	05:10,3
80		01:49:10	125	Flink, Robert		Berzdorfer	1966	25	M40	05:10,4
81		01:49:49	543	Opgenhoff, Heinrich		Alfter	1960	25	M45	05:12,2
82		01:50:00	597	Jensen, Arne		Bonn	1959	26	M45	05:12,7
83		01:50:03	94	Horak, Zdenek		LK 42.2 St. Augustin	1958	12	M50	05:12,9
84		01:50:17	138	Kupny, Martin		Team Veronesi Bornheim	1953	5	M55	05:13,6
85		01:50:19	541	Hartz, Kurt		ASV Wesseling	1948	4	M60	05:13,6
86		01:50:34	466	Sandherr, Michael		Die Grauen Burggeister	1958	13	M50	05:14,4
87		01:50:39	589	Schultz, Michael		Bad Godesberg	1957	14	M50	05:14,6
88		01:51:16	280	Mauter, Johannes		Köln	1964	26	M40	05:16,3
12	W	01:51:24	594	Prüfling, Irmi		LT Käsekaller	1975	2	W30	05:16,7
89		01:51:28	456	Herbig, Ralf		Alfterer SC	1963	27	M45	05:16,9
90		01:51:35	308	Knock, Markus		Ottrauer Dreier	1974	4	M30	05:17,2
91		01:51:41	464	Michel, Johannes		BC Witterschlick	1992	1	MJugB	05:17,5
13	W	01:51:52	585	Weber, Sigrid		TV 08 Lohmar	1956	1	W50	05:18,1
92		01:52:07	99	Mandt-Krewinkel, Micha		St. Seb. Brenig	1977	5	M30	05:18,8
93		01:52:08	239	Warzel, Roland		Rheinbach	1963	28	M45	05:18,8
14	W	01:52:10	237	Warzel, Annette		Rheinbach	1965	2	W40	05:18,9
94		01:52:42	551	Steffens, Karl-Heinz		Solinger LC	1954	15	M50	05:20,4
95		01:52:55	105	Schmitz, Konrad		TuS Mechernich 1897	1961	29	M45	05:21,0
96		01:53:00	304	Waldhauer, Horst		Rheinbach	1959	30	M45	05:21,3
97		01:53:01	499	Lehna, Norbert		Alfterer SC	1960	31	M45	05:21,3
98		01:53:03	155	Groß, Josef		TV Altendorf-Ersdorf	1955	16	M50	05:21,4
99		01:53:37	545	Wiktor, Joachim		Bonn	1961	32	M45	05:23,0
15	W	01:53:50	86	Müller-Pütz, Rita		Heimbacher Roadrunners	1966	3	W40	05:23,6
16	W	01:54:08	216	Patten, Sonja		LT Cloversoft	1976	3	W30	05:24,5
17	W	01:54:10	112	Bauz, Anke		Alfter	1964	4	W40	05:24,6

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
100		01:54:28	186	Neuber, Jürgen		Alfter	1959	33	M45	05:25,4
101		01:54:34	128	Beckmann, Ralf		RC Meckem	1966	27	M40	05:25,7
18	W	01:54:40	418	Stier, Gisela		ASV Wesseling	1944	1	W60	05:26,0
102		01:55:05	161	Schmitz, Herbert		Köln	1951	6	M55	05:27,2
19	W	01:55:08	447	Klee, Stefanie		Melpomene Bonn	1961	6	W45	05:27,3
103		01:55:24	223	Kubitza, Markus		Bottrop	1966	28	M40	05:28,1
20	W	01:55:27	449	Felling, Konstanze		Meckenheim	1970	2	W35	05:28,2
21	W	01:55:56	554	Dieckmann, Bea		Löhndorf	1963	7	W45	05:29,6
22	W	01:55:57	101	Kaiser, Margot		B-Schöneber-K-Weiß	1981	4	WHK	05:29,7
104		01:55:59	100	Enghardt, Arno		B-Schöneber-K-Weiß	1975	6	M30	05:29,8
23	W	01:56:07	467	Berk, Barbara		Melpomene Bonn	1947	2	W60	05:30,1
105		01:56:13	578	Siegmann, Uli		Die Grauen Burggeister	1956	17	M50	05:30,4
106		01:56:16	197	Aydin, Cihat	TÜR	Bornheim	1966	29	M40	05:30,6
107		01:56:20	196	Kappe, Dietmar		Uganda Waragi/Köln	1959	34	M45	05:30,8
108		01:56:26	77	Müller, Dr. Ralph		ohne	1968	30	M40	05:31,0
24	W	01:56:32	168	Oehler, Ana Maria		LT Venusberg	1972	3	W35	05:31,3
109		01:56:42	451	Levas, Gerd		Alfter	1959	35	M45	05:31,8
25	W	01:56:45	454	Püttmann, Melanie		Bonn	1968	5	W40	05:32,9
110		01:56:48	445	Schiller, Marvin		TSC Schwarz-Gold Saarbrüc	1979	3	MHK	05:32,1
111		01:56:55	217	Patten, Stephan		LT Cloversoft	1974	7	M30	05:32,4
26	W	01:57:43	245	Moutinho, Astrid		Wachtberg-Fritzdorf	1962	8	W45	05:34,7
112		01:57:50	211	Röding, Hansjörg		Bonn	1966	31	M40	05:35,0
113		01:57:53	542	Hofner, Franz		Alfter	1964	32	M40	05:35,2
114		01:58:00	301	Vogt, Hartwig		Feuerwehr Troisdorf	1959	36	M45	05:35,5
115		01:58:39	463	Ritz, Michael		Weilerswist	1968	33	M40	05:37,3
27	W	01:58:45	271	Rypholz, Monika		ASV-Köln Lauftreff	1960	9	W45	05:37,6
116		01:58:59	473	Harres, Mario		BSG Degussa Wesseling	1960	37	M45	05:38,3
117		01:59:24	251	Huth, Robin		Alfter	1974	8	M30	05:39,5
118		01:59:32	298	Hause, Helmut		LG Rheinbach	1960	38	M45	05:39,9
28	W	01:59:34	297	Hause, Barbara		LG Rheinbach	1969	4	W35	05:40,0
119		01:59:35	230	Christ, Carsten		Köln	1967	34	M40	05:40,0
29	W	01:59:37	231	Christ, Petra		Köln	1976	4	W30	05:40,1
30	W	01:59:39	283	Koslowski, Margarete		Alfter	1962	10	W45	05:40,2
120		01:59:40	227	Schmitz, Klaus		LG Badewanne	1958	18	M50	05:40,2
121		01:59:44	70	Francke, Jürgen		Düren	1954	19	M50	05:40,4
122		02:00:28	558	Franke, Michael		Rheinbach	1967	35	M40	05:42,5
123		02:00:32	24	Enzmann, Jörg		Lauftreff Dr. Engels	1971	6	M35	05:42,7
31	W	02:00:49	310	Schneider, Sabine		Alfterer SC	1967	6	W40	05:43,5
32	W	02:00:57	448	Lanzrath, Margret		Meckenheim	1957	2	W50	05:43,9
124		02:01:45	80	Becker, Tim		Polch	1971	7	M35	05:46,2
33	W	02:02:01	278	Oster, Laura		Antilopen Kottenforst	1983	5	WHK	05:46,9
125		02:02:29	427	Lambertz, Lars		SC Widdig	1990	2	MJugA	05:48,2
126		02:02:30	574	Lennartz, Heinz-Josef		St. Seb. Schützen Schwerte	1954	20	M50	05:48,3
34	W	02:02:32	253	Ramrath, Margret		Alfter	1963	11	W45	05:48,4
127		02:02:59	533	Lohner, Magnus		ASV Wesseling	1967	36	M40	05:49,7
128		02:03:40	553	Weyer, Alois		GSV Porz	1955	21	M50	05:51,6
35	W	02:03:42	450	Baales, Birgit		Bornheim	1962	12	W45	05:51,7
129		02:03:54	148	Endruschat, Gerhard		LG Heimerzheim	1954	22	M50	05:52,3
36	W	02:04:55	146	Sackel, Waltraud		LG Heimerzheim	1957	3	W50	05:55,2
130		02:04:58	276	Böttger, Thomas		Rheinbach	1968	37	M40	05:55,3
37	W	02:05:01	552	Moseke, Sabine		Solinger LC	1954	4	W50	05:55,4
131		02:05:21	104	Wald, Michael		Alfter-Witterschlick	1967	38	M40	05:56,4
132		02:05:26	129	Franzen, Martin		Alfter	1976	9	M30	05:56,6
133		02:05:28	584	Hermisdorf, Tobias		Antilopen Kottenforst	1981	4	MHK	05:56,7
134		02:05:31	6	Biegel, Dirk		Team Veronesi Bornheim	1962	39	M45	05:56,9
38	W	02:05:47	192	Schmieder, Petra		Bonn	1962	13	W45	05:57,6
135		02:06:29	404	Justen, Kurt		Kämmerscheid	1967	39	M40	05:59,6
136		02:06:41	33	Unkelbach, Andreas		ohne	1967	40	M40	06:00,2

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
39	W	02:06:49	290	Forsbach, Angelika		TB Witterschlick	1958	5	W50	06:00,6
137		02:06:58	414	Gerigk, Joachim		Arbeitskreis GV	1967	41	M40	06:01,0
138		02:08:08	476	Mormian, Salvatore Luig		Bonn	1958	23	M50	06:04,3
40	W	02:08:32	255	Schmitz, Simone		LG Badewanne	1983	6	WHK	06:05,4
139		02:08:33	170	Benz, Günter		Alfter	1966	42	M40	06:05,5
140		02:08:54	14	Weerts, Sven		Rheinbach	1971	8	M35	06:06,5
41	W	02:10:09	279	Oster, Silvia		Antilopen Kottenforst	1981	7	WHK	06:10,0
141		02:10:21	4	Hansmann, Ulrich		LT Ennert Bonn	1956	24	M50	06:10,6
42	W	02:10:39	580	Michel, Monika		Die Grauen Burggeister	1953	1	W55	06:11,5
142		02:11:08	76	Marquis, Ralph		ohne	1973	9	M35	06:12,8
143		02:11:46	250	Bollinger, Emanuel		Siegburg	1980	5	MHK	06:14,6
144		02:11:50	429	von Wülfing, Arndt		ASV Wesseling	1946	5	M60	06:14,8
145		02:12:02	136	Bock, Wolfgang		Lokomotive Schänzchen Bo	1967	43	M40	06:15,4
43	W	02:12:03	137	Brandt, Andrea		Lokomotive Schänzchen Bo	1964	7	W40	06:15,4
44	W	02:12:18	159	Groß, Stefani		TV Altendorf-Ersdorf	1961	14	W45	06:16,2
45	W	02:12:20	119	Leuer, Margit		LT Altendorf-Ersdorf	1968	8	W40	06:16,3
146		02:12:33	573	Hombach, Markus		Die Grauen Burggeister	1957	25	M50	06:16,9
46	W	02:12:50	475	Riener, Doreen		Bonn	1970	5	W35	06:17,7
147		02:12:53	468	Placke, Werner		Alfter	1949	7	M55	06:17,8
47	W	02:13:01	459	Schiesewitz, Ingrid		Ruppichteroth	1939	1	W65	06:18,2
48	W	02:13:03	399	Sapauschke, Wiltraud		Alfterer SC	1941	2	W65	06:18,3
148		02:13:45	233	Bulitta, Jürgen		Sportlich Team Bornheim	1956	26	M50	06:20,3
149		02:14:08	43	McCann, Ian	GBR	Bornheim-Sechtem	1965	44	M40	06:21,4
150		02:14:09	151	Heuser, Peter		JGV-Gielsdorf	1960	40	M45	06:21,4
151		02:16:55	133	Hansen, Uwe		TV Altendorf-Ersdorf	1960	41	M45	06:29,3
152		02:17:34	92	Langhoff, Dr. Ralph		Swisttal	1956	27	M50	06:31,1
153		02:17:41	556	Mauel, Willy		TV Altendorf-Ersdorf	1952	8	M55	06:31,5
49	W	02:18:21	164	Hausen, Annette		De Friedaachs Fründe	1959	15	W45	06:33,4
154		02:18:22	163	Hausen, Alexander		De Friedaachs Fründe	1964	45	M40	06:33,4
50	W	02:18:37	153	Peters, Gabi		TV Altendorf-Ersdorf	1956	6	W50	06:34,1
51	W	02:19:53	555	Arpe, Doris		TV Altendorf-Ersdorf	1955	7	W50	06:37,7
52	W	02:20:33	579	Siegmann, Gabriele		Die Grauen Burggeister	1961	16	W45	06:39,6
155		02:22:32	238	Schuler, Bernd		LG Rheinbach	1939	1	M65	06:45,3
53	W	02:26:14	22	Haase, Maria		Bonn	1967	9	W40	06:55,8
54	W	02:27:06	453	Neumann, Sylvia		Wesseling	1964	10	W40	06:58,2
55	W	02:27:08	455	Debald, Christiane		ASV Wesseling	1948	3	W60	06:58,3
56	W	02:27:43	305	Waldhauer, Annika		Rheinbach	1989	1	WJugA	07:00,0
156		02:31:03	292	Venema, Victor		Bonn	1971	10	M35	07:09,5