

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	01:21:18	Bauer, Ivo	6588		Alfter	1968	1	M40	03:51,1
2		2	01:22:03	Mauel, Thomas	6592		SSG Königswinter	1965	1	M45	03:53,3
3		3	01:27:22	Kleine, Ingo	6594		LT TuS Meindorf	1964	2	M45	04:08,4
4		4	01:27:43	Hill, Frank	2859		Piesport	1959	1	M50	04:09,4
5		5	01:28:16	Krämer, Toni	6573		VfB Ahbach	1956	2	M50	04:11,9
6		6	01:28:46	Arentz, Oliver	6695		Köln	1975	1	M35	04:12,4
7		7	01:29:02	Peppel, Alexander	2519	NED	Lelystad	1981	1	MHK	04:13,1
8		8	01:29:21	Liebegitt, Frank	6599		Alfterer SC	1965	3	M45	04:14,0
9		9	01:29:57	Echter, Hermanns Josef	6574		LG Heimerzheim	1948	1	M60	04:15,7
10		10	01:30:55	Körner, Bernd	6589		LT Büchelstr.	1969	2	M40	04:18,5
11		11	01:31:51	Mulder, Thomas	4758		Team Erdinger Alkoholfrei	1967	3	M40	04:21,1
12		12	01:32:26	Hackenberger, Thomas	2902		PSV Brühl Tri Team	1969	4	M40	04:22,8
13		13	01:32:27	Zimmer, Karl	6607		PSV Brühl Tri Team	1969	5	M40	04:22,8
14		14	01:33:38	Ziegler, Michael	6697		Marathon Finanz AG	1964	4	M45	04:26,2
15		15	01:34:09	Sobotta, Lothar	6576		PSV Brühl Tri Team	1968	6	M40	04:27,7
16		16	01:34:11	Pfannenschmidt, Timo	2847		LC Weilerswist	1966	7	M40	04:27,8
17		17	01:34:52	Esser, Oliver A.	5405		Team Erdinger Alkoholfrei	1970	8	M40	04:29,7
18		18	01:35:35	Pax, Thomas	6642		LG Heimerzheim	1973	2	M35	04:31,8
19		19	01:36:07	Zimmermann, Jan	954		Köln	1982	2	MHK	04:33,3
20		20	01:36:40	Fischenich, Walter	4718		Wesseling	1955	1	M55	04:34,8
21		21	01:36:58	Wojtkowski, Georg	5089		Troisdorf	1953	2	M55	04:35,7
22		22	01:37:14	Horst, Hubert	6614		Bornheim	1964	5	M45	04:36,4
23		23	01:39:17	Agan, Kunter	6577		1. Kölner Laufstall	1964	6	M45	04:42,3
24		24	01:40:18	Darscheid, Jörg	6641		DE Muffensauser	1975	3	M35	04:45,2
25		25	01:40:26	Bernhardt, Dierk	5101		Bonn	1945	1	M65	04:45,5
26		26	01:40:44	Heinzen, Werner	1328		Bonn	1962	7	M45	04:46,4
27		27	01:40:55	Fuck, Jürgen	8464		Bornheim	1960	3	M50	04:46,9
28	W	1	01:41:12	Lechner, Edith	4832		LC Olympia Wiesbaden	1965	1	W45	04:47,7
29		28	01:41:25	König, Eric	6584		Sportlich Team Bornheim	1970	9	M40	04:48,3
30		30	01:41:40	Bohnet, Ruben	8899		Köln	1991	1	MJUGA	04:49,0
31		29	01:41:40	Hasewinkel, Norbert	6585		Alfter	1957	4	M50	04:49,0
32	W	2	01:42:32	Derigs, Renate	6608		PSV Brühl Tri Team	1971	1	W35	04:51,5
33	W	3	01:43:28	Freriks, Sandra	8900		Köln	1975	2	W35	04:54,2
34		31	01:43:28	Müller, Dirk	941		Euskirchen	1976	1	M30	04:54,2
35		32	01:44:01	Reucher, Marc	2817		Köln	1967	10	M40	04:55,7
36		33	01:44:09	Weisbarth, Ralf	5004		Sankt Augustin	1967	11	M40	04:56,1
37		34	01:44:13	Theisen, Christoph	6636		TV Altendorf-Ersdorf	1964	8	M45	04:56,3
38		35	01:44:22	Sommerhof, Michael	6424		Bonn	1970	12	M40	04:56,7
39		36	01:44:32	Schreurs, Jürgen	8892		Köln	1961	9	M45	04:57,2
40	W	4	01:45:01	Küttner, Christiane	3382		ASV Köln Triathlon	1967	1	W40	04:58,6
41		37	01:45:39	Wins, Daniel	6611		Swisttal	1991	2	MJUGA	05:00,4
42		38	01:45:46	Bauss, Carsten	6532		1. Kölner Laufstall	1965	10	M45	05:00,7
43		39	01:46:27	Rüther, Christian	6612		Rheinbach	1965	11	M45	05:02,7
44	W	5	01:46:59	Scheicher, Sigrun	6575		Bonn	1960	1	W50	05:04,2
45		40	01:47:03	Meyer, Henrik	1496		Bonn	1981	3	MHK	05:04,4
46		41	01:47:21	Van den Borg, Gordon	1383		Bonn	1980	2	M30	05:05,2
47		42	01:47:24	Schöneseifen, Helmut	4420		Gielsdorf	1966	13	M40	05:05,4
48		43	01:48:03	Schultz, Michael	8357		Bonn	1957	5	M50	05:07,2
49		44	01:48:27	Fine, Reuben	3229		Bonn	1963	12	M45	05:08,3
50	W	6	01:48:36	Prehm, Stefanie	6696		Bornheim	1971	3	W35	05:08,8
51	W	7	01:48:36	Haufschild, Beate	1373		SSV Rösberg	1966	2	W40	05:08,8
52		45	01:49:25	Pietrusziak, Walter	6475		Dfg-Betriebssportgruppe	1963	13	M45	05:11,1
53		46	01:49:45	Richter, Björn	1411		Bonn	1965	14	M45	05:12,0
54		47	01:49:50	Gawenda, Prof. Dr. Micha	143		Bornheim	1961	15	M45	05:12,3
55		48	01:49:50	Bade, Michael	6609		Alfter	1967	14	M40	05:12,3
56		49	01:50:26	Fingberg, Jochen	9894		Leverkusen	1959	6	M50	05:14,0
57		50	01:51:25	Carlé, Thomas	4437		Köln	1969	15	M40	05:16,8
58		51	01:51:53	waldhauer, Horst	6606		Rheinbach	1959	7	M50	05:18,1
59		52	01:52:08	Grimm, Manfred	1611		1. Kölner Laufstall	1962	16	M45	05:18,8
60		53	01:52:09	Müller, Dr. Ralph	9899		Alfter	1968	16	M40	05:18,9

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		54	01:52:17	Huth, Robin	45		Alter	1974	4	M35	05:19,2
62	W	8	01:52:26	Jensre, Sabine	6533		1. Kölner Laufstall	1962	2	W45	05:19,7
63	W	9	01:52:34	Puhl, Alexandra	4380		Köln	1974	4	W35	05:20,0
64		55	01:52:38	Langnickel, Kai	8816		Bornheim	1973	5	M35	05:20,2
65		56	01:52:39	Heykendorf, Uli	2562		LT Siebengebirge	1955	3	M55	05:20,3
66		57	01:53:35	Hermanns, Ralf	6579		Eschweiler	1972	6	M35	05:23,9
67		58	01:53:35	Brehmer, Norbert	6578		Stolberg	1962	17	M45	05:23,9
68		59	01:53:40	Jensen, Arne Yang	3031	DEN	Bonn	1959	8	M50	05:23,2
69	W	10	01:53:44	Ebelshäuser, Claudia	1519		1. Kölner Laufstall	1963	3	W45	05:23,4
70		60	01:53:44	Schepers, Thomas	2622		1. Kölner Laufstall	1965	18	M45	05:23,4
71		61	01:54:32	Blömeling, Guido	4744		Bonn	1971	7	M35	05:25,6
72		62	01:54:35	Bünger, Hartmut	8898		TV Bremen-Walle 1875	1964	19	M45	05:25,8
73	W	11	01:54:53	Baales, Birgit	4589		WMrunners	1962	4	W45	05:26,6
74	W	12	01:55:17	Klußmann, Tanja	3506		1. Kölner Laufstall	1969	3	W40	05:27,8
75		63	01:55:30	Prinz, Dieter	6590		Bornheim	1958	9	M50	05:28,4
76		64	01:55:43	Opgenhoff, Heinrich	6591		Alter	1960	10	M50	05:29,0
77		65	01:55:44	Wagner, Volker	6610		Erfstadt	1965	20	M45	05:29,0
78	W	13	01:55:54	Hellwig, Dr. Sabine	1571		Alter	1967	4	W40	05:29,5
79		66	01:55:55	Jacob, Peter	8811		pjääiislokker	1960	11	M50	05:29,6
80		67	01:56:28	Mccann, Ian	1456		Bornheim	1965	21	M45	05:31,1
81		68	01:56:35	Krause, Jens	6700		Bonn	1968	17	M40	05:31,5
82		69	01:56:36	Jawbsen, Tim	6699		HIHO Benny Go	1972	8	M35	05:31,5
83		70	01:56:41	Denschlag, Markus	6595		TV 06 Neuenahr	1965	22	M45	05:31,8
84		71	01:56:48	Alsch, Bernd	6583		GSV Porz Köln	1961	23	M45	05:32,1
85		72	01:57:14	Magon, Hartmut	3221		Essen-Werden	1959	12	M50	05:33,3
86		73	01:57:14	Wigger, Michael	6580		Alter	1966	18	M40	05:33,3
87		74	01:57:29	von Dryander, Dr. Konsta	2816		Köln	1980	3	M30	05:34,0
88		75	01:57:37	Sommer, Stefan	2512		Köln	1957	13	M50	05:34,4
89		76	01:57:46	Thomas, Dirk	6970		Bonn	1964	24	M45	05:34,8
90	W	14	01:58:10	Travers, Gaby	5003		ASV Köln	1965	5	W45	05:36,0
91		77	01:58:12	Hellwig, Ralf	1566		Alter-Gielsdorf	1963	25	M45	05:36,1
92	W	15	01:58:31	Vergeest, Jessika	1415		Eckendorf	1981	1	WHK	05:37,0
93	W	16	01:58:31	Müller, Krisantini	883		Euskirchen	1984	2	WHK	05:37,0
94		78	01:58:42	Falt, Tilman	8470		Bonn	1963	26	M45	05:37,5
95		79	01:58:43	Harer, Mario	6581		BSG Evonik Röhm	1960	14	M50	05:37,5
96	W	17	01:58:48	Hertel, Carlota	6582		LT Dünnwalder TV	1951	1	W55	05:37,8
97		80	01:59:31	Herrmann, Heinz	524		Aachen	1962	27	M45	05:39,8
98	W	18	01:59:31	Derichs, Brigitte	462		Stolberg	1967	5	W40	05:39,8
99		81	01:59:38	Nix, Christian	8826		LFS Bonn	1964	28	M45	05:40,1
100		82	01:59:41	Behr, Reinhard	4693		Wuppertal	1954	4	M55	05:40,3
101	W	19	02:01:52	Hein, Nina	6587		LG Heimerzheim	1978	1	W30	05:46,5
102		83	02:01:52	Rüdebusch, Frank	6640		SC Vilkerath	1970	19	M40	05:46,5
103		84	02:02:48	Sadowski, Siegfried	6593		VFL Kommern	1953	5	M55	05:49,1
104		85	02:03:16	Andriulo, Cosimo	451	ITA	Alter	1968	20	M40	05:50,5
105		86	02:03:23	Virnich, Bernd	1756		Praxis Dr. Neye-Bock	1965	29	M45	05:50,8
106		87	02:06:26	Dedon, Alexander	6598		Köln	1986	4	MHK	05:59,5
107	W	20	02:06:29	Gimbarona, Elena	6597		ASV Köln	1972	5	W35	05:59,6
108		88	02:06:29	Gimbaron, Sergey	6596		ASV Köln	1966	21	M40	05:59,6
109		89	02:06:31	Burgschat, Hartmut	2506		Swisttal	1953	6	M55	05:59,7
110	W	21	02:07:13	Schwalb, Marie Christiane	6613		Alter	1991	1	WJugA	06:01,7
111		90	02:07:34	Hermsdorf, Tobias	8419		Antilopen Kottenforst	1981	5	MHK	06:02,7
112	W	22	02:07:38	Oster, Silvia	6694		Antilopen Kottenforst	1981	3	WHK	06:02,9
113		91	02:12:48	Wrampelmeyer, Dr. Chris	2956		Bonn	1953	7	M55	06:17,6
114		92	02:15:23	Kaintoch, Thomas	8807		Brühl	1958	15	M50	06:25,9
115	W	23	02:15:24	Schmitz, Lilo	8806		Brühl	1953	2	W55	06:25,0
116		93	02:16:48	Hoppstädter, Sven	1730		Stolberg	1971	9	M35	06:29,0
117		94	02:16:49	Stahl, Philipp	3020		Ollheim	1991	3	MJugA	06:29,0
118	W	24	02:20:46	Schneider, Marliese	8813		Leubsdorf	1959	2	W50	06:40,2
119		95	02:20:46	Schneider, Eric	8814		Leubsdorf	1967	22	M40	06:40,2
120	W	25	02:22:50	Jungnitsch-Gschwendt, Ut	1733		Stolberg	1958	3	W50	06:46,1

Mittelrhein-Volkslauf Alfter



21,1 km
Sonntag, 02.05.2010
Alfterer SC

TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
121		96	02:23:07	Venema, Victor	5429		Bonn	1971	10	M35	06:46,9
122	W	26	02:25:16	waldhauer, Annika	6605		Rheinbach	1989	4	WHK	06:53,0
123		97	02:25:31	Langhoff, Dr. Ralph	6698		Swisttal	1956	16	M50	06:53,7
124		98	02:28:00	Jungnitsch, Reinhard	1746		Stolberg	1953	8	M55	07:00,8
125	W	27	02:36:26	Gschwendtner, Jutta	1718		Stolberg	1981	5	WHK	07:24,8