

**Zieleinlaufliste Lauf2, lange Strecke (10,1 Km)**

| Platz | Stnr | Name, Vorname         | Verein                             | Zeit     | Jahrg. | AK    | Rg |
|-------|------|-----------------------|------------------------------------|----------|--------|-------|----|
| 1     | 422  | Kreitner, Max         | TV Refrath                         | 00:36:59 | 1994   | M 30  | 1  |
| 2     | 513  | Will, Florian         |                                    | 00:38:50 | 1988   | M 35  | 1  |
| 3     | 503  | Kohlhof, Nils         |                                    | 00:38:57 | 1998   | M HK  | 1  |
| 4     | 418  | Stelzer, Tommy        | TV Refrath                         | 00:39:05 | 2001   | M HK  | 2  |
| 5     | 515  | Schommers, Lukas      |                                    | 00:39:52 | 1993   | M     | 1  |
| 6     | 341  | Mettke, Felix         | Running Team Realschule Herkenrath | 00:42:01 | 1994   | M 30  | 2  |
| 7     | 368  | Mitzschke, Simon      | Bergischer SC                      | 00:43:00 | 2010   | M U16 | 1  |
| 8     | 525  | Corazza, Germano      | Selbstläufer Ihr                   | 00:43:40 | 1072   | M     | 2  |
| 9     | 371  | Sander, Lukas         | RSV Staubwolke Refrath             | 00:44:22 | 2007   | M U20 | 1  |
| 10    | 417  | Jahner, Detlef        | TV Refrath                         | 00:44:29 | 1964   | M 60  | 1  |
| 11    | 304  | Deuß, Nicolas         |                                    | 00:45:07 | 1990   | M 35  | 2  |
| 12    | 514  | Wester, Bernd         |                                    | 00:45:44 | 1968   | M 55  | 1  |
| 13    | 359  | Reiß, Björn           | MACH3 Köln e.V.                    | 00:46:02 | 1976   | M 45  | 1  |
| 14    | 385  | Bublat, Johannes      | KölnBäder                          | 00:46:10 | 2001   | M HK  | 3  |
| 15    | 389  | Mennicken, Olaf       | TV Refrath                         | 00:46:13 | 1973   | M 50  | 1  |
| 16    | 379  | Dunkel, Kai           | TV Refrath                         | 00:46:35 | 1968   | M 55  | 2  |
| 17    | 374  | Ast, Dominik          | Fort Runners Köln                  | 00:46:36 | 1993   | M 30  | 3  |
| 18    | 338  | Hahn, Nathalie        |                                    | 00:46:41 | 2001   | W HK  | 1  |
| 19    | 408  | Dr. Mannheim, Stephan | LLG 80 Nordpark Köln e.V.          | 00:47:15 | 1975   | M 50  | 2  |
| 20    | 343  | Werner, Sebastian     |                                    | 00:48:12 | 1984   | M 40  | 1  |
| 21    | 421  | Purschke, Gina        | Selbstläufer Altenahr              | 00:48:38 | 1982   | W 40  | 1  |
| 22    | 347  | Schmittner, Andre     | Wiehlaler LC                       | 00:48:39 | 1976   | M 45  | 2  |
| 23    | 407  | Fiedrich, Tim         | PSV Wuppertal                      | 00:48:48 | 2008   | M U18 | 1  |
| 24    | 367  | Mitzschke, Christian  |                                    | 00:49:33 | 1975   | M 50  | 3  |
| 25    | 355  | Couson, Martin        |                                    | 00:49:37 | 1985   | M 40  | 2  |
| 26    | 381  | Köppe, Stefan         | TV Refrath                         | 00:49:56 | 1985   | M 40  | 3  |
| 27    | 350  | Schmidt, Norman       | LT Südwest Karlsruhe               | 00:50:04 | 1970   | M 55  | 3  |
| 28    | 399  | Dambon, Martin        | Run for Anna                       | 00:50:13 | 1981   | M 40  | 4  |
| 29    | 420  | Sender, Manuela       | Milers Colonia 2020                | 00:50:17 | 1979   | W 45  | 1  |
| 30    | 333  | Szuka, Sascha         | Triathlon-Werkstatt Bonn           | 00:50:31 | 1993   | M 30  | 4  |
| 31    | 398  | Hundsdröfer, Vera     | SSF Bonn                           | 00:50:56 | 1990   | W 35  | 1  |
| 32    | 510  | Zellmer, Andreas      |                                    | 00:51:18 | 1966   | M 55  | 4  |
| 33    | 315  | Teich, Guido          |                                    | 00:51:39 | 1975   | M 50  | 4  |
| 34    | 382  | Handstein, Holger     | Die Laufband                       | 00:51:52 | 1976   | M 45  | 3  |
| 35    | 339  | Rahl, Frank           | SG Niederhausen-Birkenbeul         | 00:52:10 | 1963   | M 60  | 2  |
| 36    | 369  | Wirtz, Pascal         | LT Saaler Mühle                    | 00:52:13 | 1996   | M HK  | 4  |
| 37    | 406  | Vincentz, Barbara     |                                    | 00:52:15 | 1963   | W 60  | 1  |
| 38    | 388  | Görk, Sebastian       | TV Refrath                         | 00:52:25 | 1982   | M 40  | 5  |
| 39    | 356  | Doil, Carsten         | TS Bergisch Gladbach 1879          | 00:52:34 | 1966   | M 55  | 5  |
| 40    | 324  | Hölzel, Kerstin       | Sportstrategen CGN                 | 00:53:02 | 1977   | W 45  | 2  |
| 41    | 508  | Dreps, Simon          |                                    | 00:53:09 | 2010   | M U16 | 2  |
| 42    | 383  | Remshagen, Doris      | TV Refrath                         | 00:53:17 | 1967   | W 55  | 1  |
| 43    | 526  | Thierolf, Hendrik     | TV Refrath                         | 00:53:17 | 1970   | M 55  | 6  |

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|-------|------|---------------------------|-----------------------------------|----------|--------|------|----|
| 44    | 401  | Heisig, Markus            | TV Refrath                        | 00:53:49 | 1960   | M 65 | 1  |
| 45    | 353  | Schnitzler, Annika        |                                   | 00:54:03 | 1989   | W 35 | 2  |
| 46    | 433  | Arbelaez Lopez, Juan Jose |                                   | 00:54:11 | 1991   | M 30 | 5  |
| 47    | 358  | Vieluf, Andre             |                                   | 00:54:12 | 1994   | M 30 | 6  |
| 48    | 522  | Sesterhenn, Carsten       | Running Club 42                   | 00:54:21 | 1999   | M HK | 5  |
| 49    | 378  | Schaeffer, Daniela        | TV Refrath                        | 00:54:29 | 1983   | W 40 | 2  |
| 50    | 342  | Germer, Florian           |                                   | 00:54:29 | 1981   | M 40 | 6  |
| 51    | 409  | Bauer, Pascal             | LLG 80 Nordpark Köln e.V.         | 00:54:33 | 1968   | M 55 | 7  |
| 52    | 423  | Daunaraviciene, Irma      |                                   | 00:54:48 | 1975   | W 50 | 1  |
| 53    | 524  | Lennartz, Birgit          | LLG St. Augustin                  | 00:54:52 | 1965   | W 60 | 2  |
| 54    | 429  | Krenzel, Lukas            |                                   | 00:54:57 | 1994   | M 30 | 7  |
| 55    | 517  | Wawrzinek, Arnulf         |                                   | 00:55:52 | 1965   | M 60 | 3  |
| 56    | 362  | Lauff, Gerd               |                                   | 00:56:35 | 1981   | M 40 | 7  |
| 57    | 327  | Newerla, Oliver           | Einfach fit Personal Training     | 00:56:48 | 1977   | M 45 | 4  |
| 58    | 502  | Hecker, Sandra            | SC Oftersheim                     | 00:57:01 | 1971   | W 50 | 2  |
| 59    | 366  | Sauermann, Tim Oliver     | KölnBäder                         | 00:57:02 | 1989   | M 35 | 3  |
| 60    | 313  | Rumpeltin, Carsten        | Finishline Runners Cologne        | 00:57:06 | 1965   | M 60 | 4  |
| 61    | 412  | Müller, Sabine            | LLG 80 Nordpark Köln e.V.         | 00:57:24 | 1977   | W 45 | 3  |
| 62    | 319  | Iesalnieks, Beata         |                                   | 00:57:24 | 1981   | W 40 | 3  |
| 63    | 376  | Poschmann, Mike           | TSV Dieringhausen                 | 00:58:12 | 1967   | M 55 | 8  |
| 64    | 419  | Sopora, Bastian           | SV Bergisch Gladbach 1920/71 e.V. | 00:58:15 | 1983   | M 40 | 8  |
| 65    | 386  | Wimmert, Jörg             | TS Bergisch Gladbach 1879 e.V.    | 00:58:23 | 1962   | M 60 | 5  |
| 66    | 390  | Litzner, Sascha           |                                   | 00:58:34 | 1972   | M 50 | 5  |
| 67    | 320  | Düssel, Beate             | GVG Laufteam                      | 00:58:36 | 1967   | W 55 | 2  |
| 68    | 354  | Rudolph, Alexander        | Ford FCSD05                       | 00:58:42 | 1974   | M 50 | 6  |
| 69    | 331  | Haak, Christian           | Strandaufräumer                   | 00:59:18 | 1974   | M 50 | 7  |
| 70    | 361  | Müller, Gerhard           |                                   | 00:59:43 | 1955   | M 70 | 1  |
| 71    | 351  | Müller, Stefan            |                                   | 00:59:50 | 1983   | M 40 | 9  |
| 72    | 402  | Götz, Kathrin             | Mach3 Köln                        | 00:59:56 | 1989   | W 35 | 3  |
| 73    | 506  | Hengvoß, Thorsten         |                                   | 01:00:03 | 1986   | M 35 | 4  |
| 74    | 410  | Humackic, Damir           | LLG 80 Nordpark Köln e.V.         | 01:00:15 | 1973   | M 50 | 8  |
| 75    | 318  | Trompetter, Daniel        |                                   | 01:00:15 | 1978   | M 45 | 5  |
| 76    | 505  | Pniewski, Bernd           |                                   | 01:00:26 | 1954   | M 70 | 2  |
| 77    | 377  | Hauck, Matthias           | TV Refrath                        | 01:00:32 | 1980   | M 45 | 6  |
| 78    | 500  | Gantenbein, Reto          |                                   | 01:00:45 | 1964   | M 60 | 6  |
| 79    | 396  | Hüsgen, Lisa              |                                   | 01:00:47 | 1992   | W 30 | 1  |
| 80    | 426  | Morick, Andreas           | Triathlet für Frieden             | 01:00:48 | 1967   | M 55 | 9  |
| 81    | 314  | Janewa, Christina         | Mosfellsbaer                      | 01:01:12 | 1969   | W 55 | 3  |
| 82    | 325  | Zimmermann, Maik          | Gaffel Lauffreunde                | 01:01:19 | 1968   | M 55 | 10 |
| 83    | 365  | Kurth, Moritz             |                                   | 01:01:19 | 1995   | M 30 | 8  |
| 84    | 310  | Bender, Matthias          | Erdinger Active Team              | 01:02:10 | 1956   | M 65 | 2  |
| 85    | 430  | Stolz, Justin             |                                   | 01:02:28 | 1999   | M HK | 6  |
| 86    | 392  | Keyser, Jörg              |                                   | 01:02:33 | 1967   | M 55 | 11 |
| 87    | 393  | Keull, Michael            |                                   | 01:02:53 | 1964   | M 60 | 7  |

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| Platz | Stnr | Name, Vorname       | Verein                                   | Zeit     | Jahrg. | AK   | Rg |
|-------|------|---------------------|------------------------------------------|----------|--------|------|----|
| 88    | 360  | Beckmann, Edith     | MACH3 Köln e.V.                          | 01:03:10 | 1976   | W 45 | 4  |
| 89    | 352  | Usselmann, Dagmar   |                                          | 01:03:47 | 1963   | W 60 | 3  |
| 90    | 326  | Weßeler, Markus     | Gaffel Lauffreunde                       | 01:04:02 | 1967   | M 55 | 12 |
| 91    | 415  | Werner, Elisa       | LLG 80 Nordpark Köln e.V.                | 01:04:21 | 1976   | W 45 | 5  |
| 92    | 527  | Lamboy, Petra       |                                          | 01:04:32 | 1971   | W 50 | 3  |
| 93    | 501  | Brand, Svenja       | BSG Rheinpark                            | 01:04:37 | 1974   | W 50 | 4  |
| 94    | 323  | Hölzel, Holger      | Sportstratgen CGN                        | 01:04:53 | 1971   | M 50 | 9  |
| 95    | 302  | Dilg, Martin        |                                          | 01:05:15 | 1973   | M 50 | 10 |
| 96    | 414  | Schley, Maria       | LLG 80 Nordpark Köln e.V.                | 01:05:24 | 1971   | W 50 | 5  |
| 97    | 431  | Kruse, Anne         | LLG80                                    | 01:06:03 | 1959   | W 65 | 1  |
| 98    | 519  | Hoffmann, Frank     | Finishline Runners                       | 01:06:21 | 1968   | M 55 | 13 |
| 99    | 507  | Dresp, Wiebke       |                                          | 01:06:43 | 1982   | W 40 | 4  |
| 100   | 516  | Lippold, Horst      |                                          | 01:06:53 | 1957   | M 65 | 3  |
| 101   | 308  | Clever, Manfred     | LG Bahndamm                              | 01:07:15 | 1952   | M 70 | 3  |
| 102   | 523  | Rudolf, Joachim     | Hobbyläufer                              | 01:07:17 | 1953   | M 70 | 4  |
| 103   | 512  | Morick, Anja        |                                          | 01:07:56 | 1968   | W    | 1  |
| 104   | 364  | Gleitsmann, Thomas  | Turnerschaft Bergisch Gladbach 1879 e.V. | 01:10:07 | 1948   | M 75 | 1  |
| 105   | 403  | Podzus, Horst       |                                          | 01:14:22 | 1961   | M 60 | 8  |
| 106   | 416  | Dr. Buscham, Helmut | LLG 80 Nordpark Köln e.V.                | 01:14:48 | 1958   | M 65 | 4  |