

# Zonser Nachtlauf Zons, 27.9.2019

## Ergebnisliste AK 7 Meilen von Zons

Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
7 Meilen von Zons							
weibliche Jugend U18							
1.	1305	Emma Kasimirowicz	2002	W	SFD 75 Düsseldorf	00:49:26	00:49:31
2.	1257	Flora Feuring	2003	W	TG Neuss	00:51:24	00:51:28
3.	1551	Amelie Koehler	2003	W	Marathon Steinfurt	01:07:16	01:07:59
weibliche Jugend U20							
1.	1302	Denise Moser	2000	W	SFD 75 Düsseldorf	00:44:49	00:44:53
2.	1697	Nele Siebert	2001	W	LAZ Puma Rhein-Sieg	00:47:11	00:47:16
3.	694	Mia Moroz	2000	W		01:14:28	01:15:54
4.	168	Hannah Wätzold	2000	W	Die verrückten aus der 17	01:18:35	01:20:00
5.	1541	Johanna Kleipass	2000	W		01:19:42	01:20:47
6.	1799	Lena Marie Harlos	2000	W	born to swim	01:34:55	01:36:03
Frauen							
1.	1	Tanja Spill	1995	W	TSV Bayer Dormagen	00:43:40	00:43:42
2.	1378	Eva-Maria Neveling	1992	W	Mach3 Köln	00:47:26	00:47:30
3.	1783	Laura Baikowski	1999	W	SG Zons	00:52:36	00:52:43
4.	556	Marijke König	1991	W	Team Erdinger Alkoholfrei	00:53:37	00:54:30
5.	534	Judith Alisa Nickel	1993	W		00:56:27	00:56:37
6.	1160	Ines Becker	1992	W	Bayer CropScience	00:57:07	00:57:52
7.	1073	Traspa Carita	1993	W	TECTRION	00:58:06	00:58:27
8.	739	Laura Schlüter	1996	W	Team Blondi	00:57:58	00:58:36
9.	1567	Chantal Greven	1992	W	Mach3 Köln	01:01:03	01:01:30
10.	1334	Larissa Gröger	1995	W	LG Gummersbach	01:01:05	01:01:53
11.	573	Cornelia Dethmann	1992	W		01:01:31	01:02:47
12.	890	Aline Kasek	1992	W	RTB Remscheid	01:02:08	01:02:55
13.	942	Paula Pabel	1990	W		01:02:34	01:02:55
14.	259	Hannah Küpper	1992	W	Fuchs & Hase	01:03:21	01:04:10
15.	1044	Johanna Düssel	1994	W	FC Straberg	01:03:35	01:04:30
16.	1349	Meike Nellessen	1994	W	SG Neukirchen-Hülchrath	01:04:06	01:04:39
17.	234	Christina Comeyne	1990	W		01:04:48	01:05:29
18.	4	Nadine Mertens	1996	W	Aachen	01:04:37	01:05:33
19.	1670	Lea Marie Adolf	1996	W	Adolf-Frauen	01:05:08	01:06:21
20.	953	Johanna Schillings	1999	W		01:06:58	01:08:27
21.	796	Marietta Harzheim	1991	W		01:08:55	01:09:37
22.	989	Marie Esser	1994	W		01:09:45	01:10:18
23.	990	Vera Rudolph	1992	W		01:10:24	01:11:19
24.	423	Theresa Scheerer	1991	W		01:11:06	01:11:56
25.	507	Anne Lenzig	1999	W		01:11:51	01:13:16
26.	223	Karin Hiller	1990	W		01:12:38	01:13:26
27.	742	Lotta Brakemeier	1994	W	Avanti Millrath	01:13:27	01:14:57
28.	1706	Liv Hochkamer	1992	W		01:14:39	01:16:04
29.	792	Kirstina Frey	1992	W	LT Krefeld-Oppum	01:15:19	01:16:41
30.	1827	Maren Weber	1997	W	Dormagen	01:16:39	01:17:40
31.	594	Angelika Wandersleben	1994	W		01:16:44	01:17:57
32.	869	Denise Scharfenberg	1990	W	Roki Joggis	01:17:12	01:18:22
33.	1056	Lisa Schmidt	1991	W		01:17:59	01:18:41
34.	348	Annika Schlimgen	1992	W		01:19:05	01:19:45
35.	617	Lisa Hengstebeck	1994	W		01:19:41	01:20:23

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
36.	233	Franziska Schwanitz	1999	W		01:21:10	01:22:38
37.	1291	Maria Hecker	1990	W		01:25:27	01:26:31
Seniorinnen W30							
1.	660	Carola Friedrich	1989	W		00:51:19	00:51:28
2.	136	Agathe Poralla	1987	W		00:54:03	00:54:34
3.	963	Sabrina Stauten	1987	W	TG Neuss	00:56:01	00:56:27
4.	626	Anke Seifert	1989	W	TV Konzen	00:57:28	00:57:38
5.	738	Anna Schlüter	1989	W	Team Blondi	00:57:59	00:58:36
6.	601	Jenni Leutgeb	1985	W	Hildener AT	00:58:11	00:59:08
7.	733	Anne Michel	1985	W	ASC Rosellen	01:00:14	01:00:39
8.	641	Katharina Brachthäuser	1989	W	Flinke Füchschen	01:00:08	01:01:09
9.	547	Anne Benske	1985	W		01:03:12	01:04:32
10.	199	Vera Geller	1989	W		01:04:01	01:04:59
11.	47	Stephanie Räse	1986	W	KG Ahl Dormagener Junge	01:05:19	01:05:30
12.	91	Maike Hauswald-Textoris	1986	W	Rhein Kreis Neuss	01:05:55	01:06:10
13.	1387	Clarissa Robben	1986	W		01:06:38	01:06:55
14.	1898	Lena Wegmann	1986	W	Köln	01:06:28	01:07:48
15.	740	Maria Bordelius	1989	W		01:07:03	01:08:32
16.	1560	Stefanie Chabowski	1987	W		01:07:00	01:08:36
17.	339	Christina Blaschke	1986	W	Zack Banana's	01:08:10	01:09:27
18.	682	Lisa Zimmer	1987	W	FTV Düsseldorf	01:10:10	01:10:23
19.	1688	Miriam Tripp	1985	W		01:10:12	01:10:24
20.	681	Ellen Plawecki	1985	W	FTV Düsseldorf	01:10:10	01:10:24
21.	1357	Maren Berghoff	1986	W	Überschallschnecken	01:09:46	01:10:36
22.	1359	Maike Hoffmann	1989	W	Überschallschnecken	01:09:46	01:10:36
23.	1656	Stephanie Meierhöfer	1988	W	BSG Sparkasse Neuss	01:09:43	01:10:36
24.	648	Sonja Schaffert	1986	W		01:10:32	01:11:11
25.	1063	Anke Albert	1986	W		01:09:59	01:11:32
26.	478	Eva Schäfer	1986	W		01:10:19	01:11:50
27.	453	Kathrin Stirnat	1985	W	Running Elements	01:10:37	01:11:52
28.	658	Miriam Sobieray	1986	W	Running Elements	01:11:30	01:12:44
29.	224	Franziska Geerling	1989	W		01:12:38	01:13:27
30.	139	Nicole Loges	1986	W		01:13:58	01:14:43
31.	671	Carina Schidlowski	1986	W		01:14:41	01:15:50
32.	1707	Andrea Niekerke	1986	W		01:14:39	01:16:04
33.	383	Carolin Wodrig	1987	W		01:15:10	01:16:21
34.	512	Katharina Nessler	1987	W		01:15:05	01:16:45
35.	349	Pia Skoczinski	1988	W		01:15:54	01:16:59
36.	584	Nadine Schütz	1988	W	EVL Botschafter	01:16:11	01:17:03
37.	8	Sandra Lesniak	1988	W		01:16:18	01:17:36
38.	1826	Conny Roy	1986	W	Düsseldorf	01:16:40	01:17:40
39.	434	Sara Appenroth	1987	W		01:17:59	01:18:41
40.	603	Sonja Bierling	1987	W		01:17:23	01:18:46
41.	590	Jana Sermon	1988	W	Köln	01:17:52	01:19:04
42.	914	Pia vom Kothen	1989	W	Collection in Action	01:20:38	01:22:09
43.	335	Stefanie Schifferer	1985	W		01:26:32	01:27:00
44.	1890	Katharina Alamo Alonso	1988	W	Margarethenhof Rheinfeld	01:27:06	01:28:41
45.	53	Jenny Scheuch	1986	W	Mr.&Mrs.	01:28:00	01:28:59
46.	125	Susanne Becker	1986	W		01:28:56	01:29:06
47.	449	Eileen Biewers	1989	W	Wine Spirit	01:44:15	01:45:28

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
Seniorinnen W35							
1.	76	Andrea Diethers	1984	W	AS CS Fronrunner	00:54:01	00:54:14
2.	597	Nicole Buttler	1981	W	SG Gladbeck/Recklinghausen	00:54:18	00:54:24
3.	315	Nadine Becker	1980	W	LG Gummersbach	00:55:54	00:56:13
4.	275	Charlotte Lill	1980	W		00:56:38	00:56:40
5.	1136	Sylvia Kirchberg	1984	W	Bayer CropScience	00:56:51	00:57:12
6.	1653	Mylène Mathieu	1984	W		00:57:04	00:58:25
7.	941	Mira Gocheva	1983	W		00:58:08	00:58:37
8.	1049	Tina Junghanns	1984	W	Ultraviolett	00:59:02	00:59:30
9.	1194	Sandra Drees	1982	W		01:00:02	01:00:21
10.	436	Angelika Rauen	1983	W		01:04:51	01:05:16
11.	282	Marita Bürger	1984	W	DJK Kleinenbroich	01:05:07	01:05:59
12.	121	Marlene Mausberg	1984	W		01:05:52	01:06:15
13.	279	Sarah Lehmann	1983	W	TRIALrunners	01:06:34	01:06:58
14.	1899	Nicole Peltzer	1980	W	KG Ponyhof	01:06:27	01:07:47
15.	1065	Julia Hubrach	1981	W	Laufen gegene Leiden	01:08:21	01:09:06
16.	1578	Sandra Dziwnik	1980	W		01:09:03	01:09:17
17.	698	Yvonne Mindt	1980	W		01:08:27	01:09:18
18.	1261	Carolin Meyer	1980	W		01:08:40	01:09:33
19.	385	Carina Hogrebe	1982	W	FDP Dormagen	01:08:22	01:09:37
20.	87	Anne-Frederike Krey	1983	W	Rhein Kreis Neuss	01:10:47	01:11:14
21.	857	Carmen Tranzfeld	1983	W	IAC Düren	01:10:49	01:11:25
22.	1513	Michaela Lübben	1981	W	Team Erdinger Alkoholfrei/ LG RWE	01:10:24	01:11:45
23.	371	Rena Kroening	1982	W		01:10:23	01:11:48
24.	251	Sabrina Berghoff	1980	W		01:11:38	01:12:17
25.	1187	Ariane Engasser	1982	W		01:11:59	01:13:04
26.	164	Knez Knez	1984	W		01:11:42	01:13:12
27.	273	Tatjana Görtz	1983	W	Locagility Rudel	01:13:12	01:14:50
28.	1802	Diana Block	1984	W	Zons Forever	01:14:01	01:15:20
29.	57	Verena Wirtz	1981	W		01:13:57	01:15:23
30.	910	Eva Schaffert	1984	W		01:14:43	01:15:38
31.	422	Daniela Hendricks	1980	W		01:14:15	01:15:47
32.	988	Melanie Fließ	1982	W		01:14:42	01:15:50
33.	183	Silvana Pölitz	1980	W	Laufftreff Alt-Erkrath	01:15:13	01:16:15
34.	709	Susi Afan	1980	W		01:15:25	01:16:51
35.	710	Sandy Fenkl	1980	W	TSV Bayer Dormagen Tri	01:15:26	01:16:51
36.	184	Marija Kurpiela	1980	W	Laufftreff Alt-Erkrath	01:16:41	01:17:43
37.	182	Corinna Rösler	1983	W	Laufftreff Alt-Erkrath	01:16:41	01:17:43
38.	1005	Melanie Führes	1981	W		01:17:15	01:17:45
39.	213	Nadine Moll-Oedekoven	1982	W	Laufftreff Kemperdick	01:17:00	01:18:04
40.	459	Hannah Paredes Mendez	1981	W		01:16:45	01:18:19
41.	211	Anke Popp	1982	W		01:17:45	01:19:14
42.	1673	Jenny Gehring	1981	W		01:18:12	01:19:45
43.	1602	Isabelle Eismann	1983	W	LG Physio Euler	01:19:10	01:20:35
44.	163	Mirjam Paas	1983	W	Stommeln	01:22:12	01:23:03
45.	1326	Rebecca Weber	1983	W		01:22:39	01:23:46
46.	1329	Julia Eßlinger	1983	W	Tri Familia	01:22:38	01:23:47

### Seniorinnen W40

1.	1367	Katja Kanditt	1977	W	Mönchengladbacher LG	00:48:52	00:48:57
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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
2.	720	Daniela Bach	1975	W	1. FC Grevenbroich-Süd	00:49:51	00:49:57
3.	644	Merle Jäkul	1975	W	ASV Köln	00:51:53	00:52:04
4.	572	Birgit Simon	1975	W	Lauftreff Wickrath	00:54:54	00:55:14
5.	860	Steffi Augustin	1978	W	Frosch Sportreisen Racing Team	00:55:10	00:55:18
6.	358	Nicole Klein	1976	W	Chemion Logistik GmbH	00:55:27	00:56:00
7.	95	Anke Rosendo Firminio	1977	W		00:56:36	00:56:42
8.	1021	Heike Weber	1977	W	KG Ahl Dormagener Junge	00:57:15	00:57:26
9.	783	Nadine Pierunek-Sprave	1978	W	MST Laufpiont	00:58:24	00:58:38
10.	1048	Nina Tschampel	1979	W	Ultraviolett	00:58:56	00:59:24
11.	1566	Heike Seidel	1978	W		00:59:36	00:59:54
12.	309	Yvonne Rabes	1975	W	elipsLife	00:59:33	01:00:02
13.	735	Elisabeth Klois	1978	W	LG Donatus Erftstadt	00:59:55	01:00:15
14.	1383	Elisabeth Krieger	1977	W		01:00:12	01:00:50
15.	413	Anja Schulz	1979	W	Sc Bayer Uerdingen 05	01:02:01	01:02:25
16.	1507	Anna Willecke	1978	W	BSG Sparkasse Neuss	01:02:13	01:02:34
17.	219	Beate Kölling	1978	W		01:01:25	01:02:43
18.	1662	Michaela Weide	1976	W	Sportsfreunde Ehrenfeld	01:02:17	01:03:05
19.	1292	Eleni Theodoridou	1975	W	SFD 75 Düsseldorf	01:03:23	01:03:40
20.	723	Simone Nowak	1975	W		01:03:11	01:03:43
21.	580	Jacqueline Goebbels	1978	W		01:03:37	01:04:01
22.	176	Petra Dünger	1976	W		01:03:57	01:04:44
23.	1191	Veronique Jaquet	1977	W	Mach3 Köln	01:05:16	01:05:47
24.	1118	Marion Sugg	1976	W	LLG 80 Nordpark Köln	01:05:31	01:06:29
25.	775	Jeanette Petersen	1976	W		01:06:42	01:07:16
26.	400	Sabine Hölzmann	1977	W		01:07:14	01:08:00
27.	397	Ines Vissel	1976	W		01:07:24	01:08:08
28.	1162	Edith Beckmann	1976	W	Bayer CropScience	01:07:04	01:08:36
29.	1591	Patricia Holzborn	1979	W		01:08:01	01:08:49
30.	1543	Katrin Eidmann	1978	W		01:08:58	01:09:15
31.	674	Claudia Bertram	1975	W		01:08:29	01:09:20
32.	675	Kerstin Skopnik	1977	W		01:08:30	01:09:20
33.	672	Aleksandra Plasberg	1977	W		01:08:30	01:09:20
34.	239	Petra Heyer	1975	W	Rhein Erft Runner	01:08:22	01:09:21
35.	1374	Simone Lotz	1976	W	LT Rennhamster	01:09:54	01:10:32
36.	73	Vanessa Gerlach	1978	W	Rote Laterne Bilkd	01:10:04	01:10:48
37.	1563	Urte Hippe	1978	W	Happy Hipples Running Team	01:09:53	01:11:13
38.	946	Andrea Schlieck	1977	W	Die Stolpertruppe	01:10:26	01:11:40
39.	759	Melanie Bruch	1979	W	LT Kemperdick	01:11:15	01:11:43
40.	542	Tanja Koch	1976	W		01:11:25	01:12:20
41.	583	Nadine Burba	1975	W		01:11:19	01:12:36
42.	322	Petra Jasary	1979	W	FC Grevenbroich Süd	01:11:20	01:12:45
43.	1189	Julia Affeld	1979	W		01:11:58	01:13:04
44.	776	Stefanie Kampfer	1975	W		01:12:56	01:13:32
45.	417	Silke Köhler	1975	W	LT MG-Volksgarten	01:12:48	01:13:50
46.	274	Corinna Walter	1978	W	Locagility Rudel	01:13:12	01:14:50
47.	56	Miriam Seidel	1976	W	OTV Endurance Team	01:13:57	01:15:23
48.	495	Nicole Walter	1977	W		01:15:04	01:15:48
49.	639	Sabine Albrecht	1979	W	Solingen	01:14:42	01:15:50
50.	1242	Kirstin Hallmann	1978	W		01:15:02	01:16:36
51.	28	Kerstin Weise	1977	W		01:15:39	01:17:16

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52.	135	Anja Behmert	1979	W		01:16:41	01:17:58
53.	520	Jasmin Müller	1975	W		01:17:23	01:18:52
54.	1501	Andrea Kremer	1979	W	Laufen einfach laufen in Düren und	01:17:55	01:19:24
55.	1280	Sandra Unverdorben	1977	W	Team Erdinger Alkoholfrei	01:18:43	01:19:28
56.	167	Alexandra Wätzold	1978	W	Die verrückten aus der 17	01:18:35	01:20:00
57.	1858	Silke Geilenberg	1977	W	Solingen	01:19:52	01:21:20
58.	1269	Sonja Eller	1975	W		01:21:39	01:23:05
59.	1053	Astrid Gottschaldt	1979	W	Rennschnecken	01:24:13	01:25:18
60.	1054	Anna Gierszweski	1975	W	Rennschnecken	01:24:13	01:25:19
61.	1580	Marie-Corinna Brockob	1979	W	Canicross Königsforst	01:26:29	01:28:03
62.	347	Bianca Fagnoli	1975	W		01:26:44	01:28:12

### Seniorinnen W45

1.	1373	Melanie Franzus	1974	W	Rennschnecken 2000	00:51:17	00:51:25
2.	1150	Diana Ackermann	1970	W	Bayer CropScience	00:54:02	00:54:17
3.	1331	Manuela Voigt	1971	W	TSV Bayer Leverkusen	00:55:39	00:55:49
4.	1332	Susanne Reslo	1971	W	TSV Bayer Leverkusen	00:56:24	00:56:33
5.	962	Tanja Sander	1971	W	TG Neuss	00:56:53	00:57:03
6.	7	Ilona Prenger	1973	W	Langenfeld	00:56:52	00:57:12
7.	241	Nicole Jansen	1974	W	Köln	00:57:11	00:57:38
8.	237	Tina Ruthe	1972	W		00:57:23	00:57:45
9.	1761	Alke Timmermann	1970	W	SV Hellas Siegburg	00:57:44	00:58:25
10.	1037	Iris Lingk	1974	W	TuS 82 Opladen	00:58:09	00:58:54
11.	835	Teresa Alexandre	1970	W	LKD Düsseldorf	00:59:32	00:59:40
12.	1803	Miriam Siebertz	1970	W	TV Forsbach	00:59:37	00:59:49
13.	1721	Nicole Elle-Hüren	1974	W	TSV Solingen	00:59:44	00:59:52
14.	523	Petra Schuchert	1974	W	TV Refrath	01:00:49	01:01:01
15.	420	Gertrud Voißel	1970	W	Neuss	01:01:12	01:02:05
16.	1293	Nicole Müller	1974	W	SFD 75 Düsseldorf	01:02:36	01:02:52
17.	754	Dagmar Lange	1971	W		01:02:33	01:03:03
18.	1350	Ute Hilden	1970	W		01:02:55	01:03:23
19.	350	Cathy Johnson	1970	W		01:02:59	01:03:41
20.	1880	Antje Bisping	1973	W	Düsseldorf	01:03:10	01:03:42
21.	1208	Katja Johann	1971	W		01:03:57	01:04:44
22.	1124	Lydia Binsfeld	1972	W	LLG 80 Nordpark Köln	01:04:20	01:05:18
23.	506	Britta Haarer	1971	W		01:05:13	01:05:24
24.	1805	Daniela Dulak	1974	W	Pullheimer SC	01:05:17	01:05:47
25.	214	Stephanie Heidelberg	1971	W	Laufftreff Kemperdick	01:05:28	01:05:55
26.	817	Susanne Heinen	1971	W	LC Weilerswist	01:06:27	01:07:17
27.	473	Elisabeth Rheindorf	1974	W		01:06:48	01:07:36
28.	1671	Heike Adolf	1972	W	Adolf-Frauen	01:07:17	01:08:30
29.	1245	Iris Lohrer	1971	W	Alles and Liebe	01:08:04	01:08:51
30.	847	Mechthild Rausch	1971	W		01:08:11	01:08:58
31.	1399	Be Hoang	1970	W	HM-Projects	01:08:51	01:09:33
32.	284	Simone Bisping	1973	W	INEOS Köln	01:09:36	01:10:08
33.	1730	Susann Fischer	1973	W		01:09:37	01:10:08
34.	861	Anja Niggemeier	1973	W		01:10:02	01:10:21
35.	599	Friederike Manger-Jacob	1974	W	FMCCJ	01:10:01	01:10:22
36.	565	Ute Perlick	1971	W	Laufftreff Wickrath	01:10:10	01:10:31
37.	65	Anja Stamen	1970	W		01:09:49	01:10:58
38.	1874	Vero Slickers	1974	W	3XERCISE Worringen	01:09:32	01:11:13

# Zonser Nachtlauf Zons, 27.9.2019

## Ergebnisliste AK 7 Meilen von Zons

Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
39.	1508	Silke Fuhs	1973	W	BSG Sparkasse Neuss	01:10:28	01:11:21
40.	652	Tanja Schlitt	1970	W	Köln	01:10:22	01:11:36
41.	588	Melanie Grobholz	1973	W		01:10:23	01:11:45
42.	503	Silke Gummersbach	1972	W	marathonteam-online	01:11:58	01:13:04
43.	1886	Dörthe Bieß	1970	W	Brauweiler	01:11:58	01:13:20
44.	1885	Dagmar Schumacher	1972	W	Brauweiler	01:11:57	01:13:21
45.	1882	Kerstin Büttner	1971	W	Köln Lövenich	01:12:43	01:14:05
46.	1894	Nicole Kasimirowicz	1970	W	Fortunabrötchen	01:13:08	01:14:14
47.	737	Esther Khelifa-Boekel	1970	W	LT MG-Volksgarten	01:13:34	01:14:37
48.	328	Melanie Danis	1974	W		01:14:05	01:14:39
49.	721	Susanne Tieke	1970	W	LT MG-Volksgarten	01:14:25	01:15:28
50.	207	Manuela Kulpa	1970	W		01:16:00	01:17:15
51.	1883	Silke Bardenheuer	1971	W	Brauweiler	01:16:09	01:17:32
52.	158	Heike Kuras	1974	W		01:16:19	01:17:54
53.	82	Susanne Goch	1971	W	H. Schmincke & Co. GmbH & Co. KG	01:16:41	01:17:59
54.	1863	Michaela Fikus	1973	W	Team Jüchen	01:16:48	01:18:15
55.	997	Stefanie Braun	1973	W	LT Dünnwalder TV	01:16:54	01:18:27
56.	827	Petra Alfes	1972	W		01:18:03	01:18:31
57.	522	Katja Stechow	1973	W	LC Duisburg	01:17:23	01:18:53
58.	29	Anja Hoffrichter	1973	W	Angerland LT Lintorf	01:19:02	01:20:29
59.	467	Marion Küsgens	1974	W	Itter Igel	01:19:34	01:20:38
60.	1693	Ina Beitzer	1971	W	always3 - Laufen in Remscheid	01:19:43	01:20:41
61.	865	Monika Kather	1971	W	Roki Joggis	01:22:18	01:23:29
62.	616	Claudia Weber	1971	W	TSV Nieukerk	01:23:46	01:24:55
63.	864	Alexandra Schlattmann	1971	W	Roki Joggis	01:24:09	01:25:19
64.	872	Yvonne Brix	1970	W	Roki Joggis	01:24:08	01:25:20
65.	510	Viola Thiele	1972	W		01:27:20	01:28:35
66.	1860	Diborah Imig	1974	W	Pulheim	01:29:53	01:31:33

### Seniorinnen W50

1.	1804	Doris Remshagen	1967	W	TV Refrath	00:52:11	00:52:21
2.	1294	Sabine Dahm	1968	W	SFD 75 Düsseldorf	00:56:03	00:56:10
3.	1717	Michaela Kirchner	1966	W	SG Zons	00:56:09	00:56:41
4.	1571	Judith Lang	1968	W		01:00:31	01:01:05
5.	311	Nina Boehme	1969	W	Team Fivestar	01:01:49	01:02:20
6.	390	Gerrit Baier	1966	W	TuS 05 Quettingen	01:02:07	01:02:42
7.	3	Nicole Kroggel	1966	W	LLG 80 Nordpark Köln	01:01:59	01:02:59
8.	852	Elke Mühlegger-Leers	1968	W	SCB Horrem	01:04:41	01:04:58
9.	1502	Antje Magnus	1965	W		01:05:17	01:05:33
10.	1148	Nicole Oehmen	1969	W	Bayer CropScience	01:05:31	01:06:07
11.	934	Carina Gunne	1966	W		01:06:33	01:07:00
12.	777	Andrea Herrlein	1968	W	MST Laufpiont	01:07:27	01:07:51
13.	174	Annette Pfaffenhöfer	1968	W	Breetlook Runners	01:08:15	01:09:20
14.	1665	Tatjana Lenuck	1966	W		01:09:09	01:09:24
15.	1400	Thu-Trang Hoang	1967	W	HM-Projects	01:09:34	01:10:15
16.	656	Karin Riemer	1967	W		01:11:05	01:12:03
17.	1389	Nicole Hanefl	1968	W	LT Fersengold	01:12:32	01:13:31
18.	630	Karin Rabeneck	1969	W	Pilates bewegt	01:12:33	01:13:56
19.	235	Claudia Graevenstein	1966	W	TuS 08 Lintorf	01:13:30	01:14:11
20.	843	Michaela Ueberschär	1966	W		01:14:06	01:15:19
21.	1335	Beate Göger	1965	W	LG Gummersbach	01:15:02	01:16:07

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
22.	970	Heike Frischauf	1966	W		01:15:03	01:16:19
23.	1705	Astrid Döring	1966	W		01:15:22	01:16:19
24.	1311	Diana Gerhold	1966	W	SRC Fritzlar	01:16:11	01:17:04
25.	971	Birgit Henseler	1969	W		01:16:50	01:18:06
26.	10	Anke Rosarius	1968	W	Laufen einfach Laufen	01:17:13	01:18:42
27.	208	Ursula Rose	1967	W		01:18:54	01:19:52
28.	138	Andreana Lamerichs	1968	W	Krefeld	01:19:02	01:20:29
29.	118	Claudia Dargel	1966	W		01:19:01	01:20:33
30.	1700	Anja Bergner-Döring	1966	W	always3 - Laufen in Remscheid	01:19:43	01:20:41
31.	1884	Heike Wiese	1966	W	Brauweiler	01:20:52	01:22:16
32.	1873	Anja Eikenberg	1969	W	MTV Moers	01:21:41	01:23:06
33.	33	Andrea Lang	1968	W	Angerland LT Lintorf	01:22:15	01:23:42
34.	1583	Simone Schwamborn	1969	W	Sonst ist Diego mein Trainer	01:23:40	01:25:13
35.	715	Petra Wassill	1967	W		01:27:33	01:28:02
36.	714	Ulrike Rauwald	1965	W		01:27:40	01:28:43
37.	1396	Sabine Becherer	1965	W	DJK Novesia 1919 Neuss	01:30:53	01:32:06
38.	1437	Ellen Badin Gross	1966	W	Bauer Funken Team	01:34:42	01:36:04

### Seniorinnen W55

1.	1738	Carola Renjergent	1963	W	TV Refrath	00:52:42	00:52:50
2.	964	Belinda Wilke	1960	W	TG Neuss	00:52:47	00:52:56
3.	1253	Anke Wolf	1962	W	TG Neuss	00:56:17	00:56:27
4.	1511	Beate Dietzschold	1964	W	BSV Aptiv	00:58:45	00:59:01
5.	1798	Elke Grossenbacher	1960	W	Kerpen	01:02:41	01:03:05
6.	1889	Karin Schäfer	1961	W	Neuss	01:04:11	01:04:36
7.	640	Doro Adam	1964	W	Laufftreff Alt-Erkrath	01:04:48	01:05:22
8.	1360	Birgitta Ilbertz	1964	W	TV Arnoldsweiler	01:05:29	01:05:42
9.	745	Angelika Schüler	1962	W	LT TuS Mondorf	01:06:43	01:07:21
10.	324	Brigitte Gaens	1960	W	FC Grevenbroich Süd	01:06:01	01:07:25
11.	196	Christiane Ritgens	1964	W		01:09:02	01:09:12
12.	537	Birgit Grotjan	1962	W	TV Witzhelden	01:08:44	01:09:22
13.	1686	Gabriele Berndt	1961	W	TV Witzhelden	01:08:03	01:09:23
14.	882	Gisela Vorstermanns	1961	W	Prinzengarde Kempen	01:08:55	01:09:37
15.	100	Karla Giljam	1963	W	ASV Süchteln	01:10:59	01:11:31
16.	889	Lydia Kasek	1963	W	RTB Remscheid	01:11:28	01:12:15
17.	488	Dagmar Zucht	1962	W		01:13:31	01:14:08
18.	515	Birgitta Sitzerz	1962	W	Breetlook Runners	01:13:43	01:14:48
19.	662	Regina Elle	1963	W		01:15:13	01:16:25
20.	1385	Heike Lackmann	1964	W		01:15:01	01:16:25
21.	663	Marion Rothausen	1961	W		01:15:13	01:16:25
22.	1392	Sabine Schneider	1962	W		01:15:17	01:16:27
23.	1260	Andrea Knitter	1964	W	LG Gummersbach	01:15:27	01:16:31
24.	437	Sabine Krams	1964	W		01:16:46	01:17:19
25.	159	Ina Bertram	1964	W	RTB Remscheid	01:17:09	01:17:54
26.	1060	Monika Miggelbrink	1961	W		01:19:09	01:20:22

### Seniorinnen W60

1.	1339	Marion Flach	1956	W	RTB-Remscheid Marathonteam	01:08:36	01:09:51
2.	143	Claudia Ferfers	1959	W	Lauffreunde Niers	01:10:58	01:12:23
3.	1087	Maria Karpinskyj	1959	W	ASC Rosellen	01:12:35	01:13:11
4.	1576	Ingrid Büttner	1959	W	TuS 05 Quettingen	01:12:51	01:13:28

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
5.	1687	Elisabeth Faber	1958	W	WSC Bayer Dormagen	01:13:19	01:13:48
6.	1050	Angelika Caspers-Sabel	1955	W	ASC Rosellen	01:13:16	01:14:13
7.	781	Brigitte Wilden	1958	W	MST Laufpiont	01:14:39	01:15:03
8.	837	Sonja Baur	1957	W	Lauftreff TBH	01:14:04	01:15:12
9.	1246	Ingrid Cepok	1959	W	Alles and Liebe	01:17:28	01:18:15
10.	404	Irene Zelck	1959	W		01:22:03	01:23:33
11.	160	Ricarda Marcus	1957	W	Reinshagener TB	01:33:13	01:33:57

### Seniorinnen W65

1.	1123	Verena Hajek	1952	W	LLG 80 Nordpark Köln	01:06:06	01:06:36
2.	856	Barbara Schuchmann	1951	W	IAC Düren	01:07:50	01:08:26
3.	44	Roswitha Bruchholz	1952	W		01:11:33	01:12:09
4.	1584	Hilde Janssen	1954	W	TG Neuss	01:11:12	01:12:11

1.	1746	Gerhard Josef Haarmann	1938	M	Schwelm	01:44:19	01:45:06
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### männliche Jugend U18

1.	1299	Hugo Kluczowski	2003	M	SFD 75 Düsseldorf	00:44:01	00:44:06
2.	1698	Marcel Böttcher	2003	M	LAZ Puma Rhein-Sieg	00:46:30	00:46:35
3.	1298	Lukas Dreyer	2003	M	SFD 75 Düsseldorf	00:48:41	00:48:46
4.	1398	Dennis Mosmondor	2002	M	HM-Projects	00:52:12	00:53:07
5.	1300	Kai Pilger	2003	M	SFD 75 Düsseldorf	00:56:05	00:56:21
6.	1837	Malte Seidel	2003	M	Rheinwacht Stürzelberg	00:57:12	00:57:40
7.	1281	Luca Baum	2003	M	Tennis-Zons	00:59:57	01:00:25
8.	117	Tim Haas	2002	M	Die Laufburschen	01:00:24	01:00:40
9.	631	Nils Rabeneck	2003	M	Pilates bewegt	01:02:32	01:03:56
10.	1801	Christian Kallen	2002	M	born to swim	01:07:04	01:08:09
11.	147	Eric Dräger	2003	M	Team LEMD	01:07:41	01:08:30
12.	751	Heiko Lang	2003	M	Eiserne Lunge Randkanal	01:10:33	01:10:48
13.	78	Joshua Koobs	2003	M	SV Bergisch Gladbach 09	01:16:58	01:18:37
14.	1397	Janne Becherer	2002	M	DJK Holzbüttgen	01:30:01	01:31:13

### männliche Jugend U20

1.	1303	Jakob Nowicki-Koth	2001	M	SFD 75 Düsseldorf	00:45:04	00:45:08
2.	1562	Michel Beitzer	2000	M	TriForce Vital Remscheid	00:48:22	00:48:24
3.	1818	Oliver Güsgen	2001	M	FC Zons 1911	00:49:24	00:49:28
4.	200	Nikita Goch	2000	M		00:57:10	00:57:36
5.	898	Jan Pick	2001	M	INEOS Köln	00:59:01	00:59:06
6.	1609	Julian Woock	2000	M	Medicoreha	01:07:01	01:07:06
7.	1351	Timo Hilden	2000	M		01:09:59	01:10:28
8.	916	Claudio D'Aggiano	2000	M	Collection in Action	01:26:51	01:28:23

### Männer

1.	1296	Maximilian Thorwirth	1995	M	SFD 75 Düsseldorf	00:35:48	00:35:50
2.	966	Habtom Tedros	1997	M	TG Neuss	00:38:15	00:38:17
3.	1694	Lucas Hemkes	1992	M	LAZ Puma Rhein-Sieg	00:38:45	00:38:46
4.	1297	Bahri Abdelmalek	1997	M	SFD 75 Düsseldorf	00:38:56	00:38:58
5.	1587	Richard Wilke	1992	M	Aachener TG	00:40:28	00:40:29
6.	1295	Andreas Knipping	1990	M	SFD 75 Düsseldorf	00:40:58	00:41:00
7.	1615	Denis Kaczmarczyk	1990	M		00:43:21	00:43:23
8.	1210	Yannick Hessels	1996	M	AS Neukirchen-Vluyn	00:44:15	00:44:17



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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
9.	1301	Simon Vogt	1993	M	SFD 75 Düsseldorf	00:44:38	00:44:42
10.	81	Lion Trommer	1990	M	H. Schmincke & Co. GmbH & Co. KG	00:44:50	00:45:16
11.	1603	Lennart Winkler	1998	M	LG Physio Euler	00:48:14	00:48:22
12.	732	Marc Weenen	1992	M	LaufTeam AugstLickes	00:49:18	00:49:23
13.	564	Felix Faber	1990	M		00:49:24	00:49:34
14.	435	David Reuter	1990	M	ReuterRunner	00:49:50	00:50:05
15.	1202	Daniel Gaspers	1993	M	Funlaufen	00:50:34	00:50:41
16.	670	Felix Wilbertz	1993	M		00:50:41	00:50:59
17.	1404	Moritz Krins	1996	M	SG Zons	00:51:25	00:51:40
18.	666	Christoph Schlimgen	1994	M		00:51:20	00:52:00
19.	1304	Mikolaj Siekierka	1998	M	SFD 75 Düsseldorf	00:52:00	00:52:05
20.	306	Marvin Schumacher	1992	M	INEOS Köln	00:52:30	00:52:39
21.	1776	Tim Juschka	1996	M	SG Zons	00:52:57	00:53:21
22.	1079	Meik Nachtsheim	1997	M	Tri-Team Sinzig	00:52:59	00:54:09
23.	1853	Janek Wissing	1998	M	Neuss	00:53:55	00:54:16
24.	747	Oliver Kaluza	1991	M		00:54:40	00:54:43
25.	936	Paul Reimann	1992	M	Die jungen Optimisten	00:54:28	00:54:51
26.	1078	Christoph Nachtsheim	1993	M	Tri Team Sinzig	00:54:32	00:55:42
27.	1716	Robert Kaluza	1993	M	St. Zons	00:56:06	00:56:09
28.	52	Manuel Scheuch	1990	M	Mr.&Mrs.	00:56:03	00:56:17
29.	1893	Maxime Fänger	1999	M		00:56:09	00:56:27
30.	787	Till Schöne	1991	M	NGK	00:56:31	00:56:57
31.	1074	Nils Weinbrenner	1993	M	TECTRION	00:56:30	00:57:01
32.	197	Sebastian Cymorek	1996	M		00:58:07	00:58:17
33.	1117	Niklas Fourberg	1990	M		00:58:02	00:58:22
34.	692	Jan Meissner	1997	M		00:59:04	01:00:00
35.	162	Alexander Redetzke	1993	M		01:00:01	01:00:18
36.	655	Johannes Roland	1996	M	WiSo-Warriors	01:00:51	01:01:15
37.	998	Lukas Zänder	1994	M	Laktatjunkies Rheinland	01:01:01	01:01:55
38.	931	Sandro Walenczak	1993	M	REWE Bernd Uderhardt	01:02:04	01:02:57
39.	602	Robin-Linus Neugebauer	1993	M		01:02:43	01:03:22
40.	744	Oliver Lorenz	1994	M	Avanti Millrath	01:02:48	01:04:19
41.	1020	Tim Hartmann	1991	M		01:03:50	01:04:45
42.	1582	Dennis Hansen	1994	M	ASC Rosellen	01:04:45	01:05:42
43.	389	Niclas Zimmer	1996	M		01:05:49	01:06:45
44.	1325	Werner Hauke	1991	M		01:05:45	01:07:20
45.	1592	Matthias Flink	1991	M		01:05:45	01:07:21
46.	1601	Frederik Wolvers	1993	M	LG Physio Euler	01:06:23	01:07:48
47.	915	Fabian Sachse	1993	M	Collection in Action	01:06:26	01:07:57
48.	797	Daniel Vorstermanns	1992	M		01:08:55	01:09:37
49.	285	Benjamin Boulton	1990	M	INEOS Köln	01:09:50	01:11:29
50.	514	Bastian Eckstein	1992	M		01:10:21	01:11:31
51.	304	Patrick Dennis Schiermoch	1991	M	INEOS Köln	01:10:10	01:11:45
52.	289	Daniel Großmann	1991	M	INEOS Köln	01:10:08	01:11:46
53.	917	Felix Beer	1992	M	Collection in Action	01:11:16	01:12:47
54.	1322	Mert Olgun	1999	M	Team Olgun Automobile	01:12:37	01:13:03
55.	632	Dominik Goldbach	1990	M		01:12:55	01:13:58
56.	308	Christian Werner	1991	M	INEOS Köln	01:13:10	01:14:47
57.	1900	Christoph Schade	1990	M	Dormagen Horrem	01:13:55	01:15:02
58.	695	Marco Poschinski	1997	M		01:14:28	01:15:54

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
59.	382	Patrick Isermann	1994	M	Solingen	01:18:08	01:19:05
60.	1600	Tobias Klimek	1997	M	LG Physio Euler	01:17:50	01:19:15
61.	1701	Timo Kyrmanis	1994	M		01:23:03	01:24:21
62.	1702	Apostolos Kyrmanis	1992	M		01:24:04	01:25:23
63.	301	Keivan Rahimi-Adli	1990	M	INEOS Köln	01:27:05	01:28:41
64.	1800	Borfs Born	1996	M	born to swim	01:34:55	01:36:03

### Senioren M30

1.	1672	Stefan Grabosch	1986	M	LAZ Puma Rhein-Sieg	00:42:09	00:42:12
2.	367	Christian Neitzel	1989	M	VdS Nievenheim	00:43:53	00:43:56
3.	1405	Sven Hermann	1985	M	Hydro	00:45:49	00:45:53
4.	642	Clemens Rühlemann	1988	M	Flinke Füchschen	00:45:46	00:46:12
5.	1356	Sandro Heide	1985	M	Überschallschnecken	00:46:39	00:46:48
6.	1574	Tobias Patzek	1988	M		00:47:04	00:47:09
7.	1153	Daniel Faber	1985	M	Bayer CropScience	00:47:25	00:47:30
8.	474	Thorsten Hengvoß	1986	M	Funlaufen	00:47:41	00:47:58
9.	1081	Kai Ballmann	1989	M	Funlaufen	00:47:54	00:48:02
10.	519	Daniel Ziemens	1988	M		00:48:48	00:49:02
11.	1409	Daniel Braun	1986	M		00:49:27	00:49:35
12.	1282	Julian Jansen	1989	M		00:50:25	00:50:33
13.	104	André Oliveira	1988	M	PRT	00:51:08	00:51:25
14.	1546	Martin Marcel	1987	M		00:51:57	00:52:00
15.	561	Christian Eger	1986	M	Team Erdinger Alkoholfrei	00:52:01	00:52:55
16.	110	Jens Schiefelbein	1987	M		00:53:45	00:53:49
17.	1271	Nico Steffen	1986	M	Manic Runners Uessem	00:53:32	00:53:53
18.	1036	Andrzej Garlicki	1985	M		00:53:07	00:54:07
19.	853	Torsten Diewald	1988	M	K17	00:53:56	00:54:35
20.	1668	Markus Meisen	1987	M		00:55:16	00:55:58
21.	1134	Kamil Wlotzka	1986	M		00:57:44	00:57:52
22.	1372	Patrick Lünendonk	1988	M	Team Crazyluenis Korschenbroich	00:59:00	00:59:17
23.	1362	Sebastian Holz	1987	M	Rhein-Erft-Runner	00:59:11	00:59:27
24.	1277	Markus Tolksdorf	1985	M	Wir lassen nicht locker	00:59:14	00:59:29
25.	1323	Merih Arik	1989	M	Team Olgun Automobile	00:59:12	00:59:36
26.	1159	Sebastian Kerski	1986	M	Bayer CropScience	00:58:56	00:59:42
27.	189	Christoph Krieger	1985	M	ohne Kapuze	00:58:56	01:00:13
28.	370	Philipp Groß	1989	M	Destination Anywhere	01:00:25	01:00:49
29.	764	Marcel Hruby	1985	M	Die Turboschnecke	01:00:51	01:01:12
30.	169	Steffen Weber	1985	M	Die verrückten aus der 17	01:00:01	01:01:26
31.	1878	Emil Kruse	1986	M	AS CS Fronrunner	01:01:37	01:01:49
32.	591	Emanuele Pozzi	1989	M	Köln	01:01:16	01:02:29
33.	433	Klaus Neupert	1986	M		01:01:48	01:02:31
34.	1862	Christian Schmitz	1985	M	1. FC Köln	01:02:38	01:03:39
35.	1161	Stephan Roeben	1987	M	Bayer CropScience	01:02:59	01:03:52
36.	1740	Robert Dohmen	1985	M	Laufen Lassen	01:03:26	01:04:02
37.	619	Steffen Hampel	1987	M		01:03:44	01:04:02
38.	258	Marius Clemens	1987	M	Fuchs & Hase	01:03:21	01:04:10
39.	115	Christoph Gaspers	1986	M		01:03:24	01:04:30
40.	134	Thomas Bössow	1985	M	Die Jägermeister	01:03:27	01:04:34
41.	250	Alexander Seidel	1987	M	HHU Running Heads	01:03:45	01:04:35
42.	1739	Axel Dohmen	1987	M	Laufen Lassen	01:04:44	01:05:20
43.	1002	Daniel Hanses	1986	M	ohne Kapuze	01:04:06	01:05:23

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
44.	1691	Martin Faber	1987	M	WSC Bayer Dormagen	01:05:47	01:06:16
45.	98	Martin Fütterer	1986	M		01:07:43	01:08:37
46.	330	Jan Wermuth	1986	M		01:07:52	01:09:03
47.	303	Michael Rücker	1987	M	INEOS Köln	01:08:42	01:10:20
48.	352	Christopher Engel	1986	M		01:09:27	01:10:44
49.	1473	Gregor Rugor	1985	M	Die Knechte	01:11:06	01:12:27
50.	428	Mark Pützer	1986	M		01:11:50	01:13:06
51.	1879	Thorsten Patz	1989	M	REcklinghausen	01:12:26	01:13:33
52.	926	Felix Uderhardt	1986	M	REWE Bernd Uderhardt	01:13:27	01:14:20
53.	307	Tim Sommer	1986	M	INEOS Köln	01:13:57	01:15:12
54.	225	Stefan Buchartz	1986	M		01:13:57	01:15:13
55.	11	Dennis Faßbender	1987	M		01:14:28	01:15:13
56.	551	Patrick Benning	1988	M		01:17:51	01:18:47
57.	574	Saluomphone	1989	M		01:18:23	01:19:39
58.	364	David Gabriel	1985	M		01:25:27	01:26:31
59.	734	Leo Bahlmann	1988	M		01:26:07	01:27:25
60.	1403	Patrick Raitza	1985	M	Leo	01:26:07	01:27:27
61.	55	Maik Michler	1986	M	Mr.&Mrs.	01:28:42	01:29:41

### Senioren M35

1.	961	Matthias Rück	1982	M	TG Neuss	00:43:37	00:43:39
2.	287	Pascal Geller	1984	M	INEOS Köln	00:45:07	00:45:14
3.	1608	Stefan Brüggemann	1980	M	DJK Kleinenbroich	00:47:14	00:47:21
4.	1379	Eiken Weber	1980	M	Mach3 Köln	00:47:26	00:47:31
5.	1143	Gregor Kandziora	1984	M	Bayer CropScience	00:47:51	00:47:56
6.	585	Jan Siebertz	1981	M		00:48:24	00:48:31
7.	1499	Sven Menne	1981	M		00:48:43	00:48:54
8.	245	Tim Rosenberger	1981	M		00:48:49	00:48:56
9.	344	Christof Sztucki	1982	M		00:48:55	00:49:09
10.	131	Uwe Zimmermann	1981	M	LT Rennhamster Düsseldorf	00:50:07	00:50:10
11.	96	Christian Stanisch	1981	M		00:51:48	00:51:55
12.	981	Paul Schneider	1981	M		00:51:28	00:52:06
13.	1268	Andre Felis	1981	M		00:52:43	00:53:03
14.	531	Marcel Schmitz	1984	M	Fortuna Düsseldorf	00:53:00	00:53:12
15.	877	Bodo Fieren	1983	M		00:52:57	00:53:21
16.	1797	Markus Schaul	1980	M	SLOS Ronsdorf	00:53:38	00:54:01
17.	60	Jan Erik Kruse	1983	M	AS CS Fronrunner	00:54:14	00:54:14
18.	218	Markus Paniczek	1983	M	Happy Running Family	00:54:36	00:55:16
19.	171	Dennis Roos	1981	M	DOMDEN	00:54:50	00:55:30
20.	408	Stefan Schulz	1981	M		00:55:35	00:56:00
21.	1558	Marius Tolles	1980	M	CVJM Neuss	00:56:31	00:56:35
22.	1006	Dennis Rottmann	1981	M		00:56:34	00:56:37
23.	86	Bastian Kürby	1981	M		00:57:09	00:57:13
24.	912	Johannes Weber	1983	M		00:56:02	00:57:21
25.	155	Theodoros Tsachpinis	1983	M		00:56:53	00:57:24
26.	1164	Patrick Wlotzka	1984	M		00:57:44	00:57:53
27.	1648	Alexander Wolgast	1983	M	Team Erdinger Alkoholfrei	00:56:53	00:58:15
28.	359	Christoph Hendrix	1981	M	Chemion Logistik GmbH	00:57:38	00:58:19
29.	940	Steffen Führes	1983	M		00:58:39	00:59:09
30.	294	Thomas Liebig	1981	M	INEOS Köln	00:58:59	00:59:27
31.	650	Kai Pelzer	1982	M		00:59:12	00:59:31

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
32.	1768	Johannes Vorwerk	1982	M	Dormagen	00:59:17	00:59:49
33.	1286	Marcel de Graeve	1981	M		00:58:53	01:00:03
34.	443	Michael Köppinger	1981	M		00:59:36	01:00:30
35.	101	Fynn Rosenau	1982	M		01:00:10	01:00:30
36.	80	Mathias Schlecht	1980	M		00:59:57	01:00:33
37.	1650	Christoph Knipprath	1980	M		00:59:43	01:00:35
38.	1004	Hauke Führes	1980	M		01:00:08	01:00:38
39.	636	Jörg Lange	1981	M		00:59:44	01:00:45
40.	1115	Matthias Wojdyla	1980	M		01:00:10	01:01:11
41.	748	Frank Deckmann	1981	M	Söhne Uessems	01:01:03	01:01:37
42.	511	Johannes	1982	M		01:01:05	01:02:37
43.	1423	Alexander Einfeldt	1984	M	INEOS Köln	01:01:45	01:03:04
44.	600	Tobias Ruhle	1982	M	Hildener AT	01:02:12	01:03:10
45.	1509	Mathias Opgen-Rhein	1982	M	BSG Sparkasse Neuss	01:03:02	01:03:37
46.	298	Marcel Paas	1980	M	INEOS Köln	01:02:49	01:03:40
47.	1310	Jörg Schurig	1980	M	DB Running Stars	01:03:25	01:04:00
48.	299	Michael Paetow	1981	M	INEOS Köln	01:03:47	01:04:16
49.	1565	Andreas Hüber	1980	M		01:04:13	01:04:25
50.	193	Thorsten Rex	1984	M		01:03:53	01:04:56
51.	896	Gregor Danisch	1980	M	INEOS Köln	01:04:10	01:05:00
52.	1855	Maurizio Gemmer	1984	M	Zons	01:04:49	01:05:27
53.	1416	Christian Skrobranek	1981	M		01:03:55	01:05:30
54.	1867	Eduard Stauber	1983	M	Zons	01:06:13	01:06:17
55.	1865	Dominik Müsch	1984	M	Köln	01:04:53	01:06:34
56.	1023	Rafael Lamich	1982	M		01:06:15	01:07:18
57.	460	Denis Francisco Paredes	1984	M		01:05:47	01:07:21
58.	1850	Sascha Hoffiller	1981	M		01:07:08	01:08:08
59.	1616	Pasqual Stammen	1982	M		01:08:58	01:09:16
60.	172	Dominik Neidenberger	1982	M	DOMDEN	01:08:41	01:09:21
61.	1417	Dennis Kessel	1982	M		01:07:54	01:09:29
62.	283	Robert Bürger	1983	M	Sloth Running Team	01:08:40	01:09:33
63.	1652	Andrej Umansky	1983	M		01:08:23	01:09:45
64.	1472	Darius Osiewacz	1984	M	Die Knechte	01:10:02	01:11:24
65.	589	Rene Haas	1981	M		01:10:23	01:11:45
66.	513	Maximilian Wießner	1984	M		01:10:41	01:11:50
67.	1193	Benjamin Lehnen	1983	M		01:10:40	01:12:03
68.	1058	Simon Stinnesbeck	1984	M		01:11:12	01:12:31
69.	1222	Dimitri Fierens	1980	M	INEOS Köln	01:14:20	01:14:42
70.	62	Kai Dietrich	1981	M	Wupperläufer	01:15:03	01:16:20
71.	63	Karsten Möller	1981	M		01:15:05	01:16:20
72.	342	Michael Prusko	1983	M		01:15:11	01:16:23
73.	502	Joschka Neumann	1984	M		01:15:05	01:16:45
74.	677	Hendrik Schlonsok	1982	M	FTV Düsseldorf	01:16:12	01:17:24
75.	6	Andreas Lesniak	1981	M		01:16:20	01:17:36
76.	79	Sergej Peters	1984	M		01:16:18	01:17:48
77.	618	Björn Tix	1981	M	RTB 1910	01:17:00	01:18:18
78.	149	Jens Heubeg	1980	M	MudBusters	01:18:23	01:19:39
79.	532	Jan Barteck	1980	M	Laufen einfach Laufen in Düren	01:18:16	01:19:46
80.	743	Fabian Brakemeier	1984	M	Avanti Millrath	01:20:44	01:22:14
81.	980	Romy Kölling	1982	M		01:28:54	01:29:05

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
Senioren M40							
1.	965	Christian Ortz	1978	M	TG Neuss	00:43:34	00:43:37
2.	1244	Stephan Goraus	1975	M	ASV Süchteln	00:44:31	00:44:36
3.	1607	Stefan Philipp-Zende	1976	M	Team beveget	00:45:37	00:45:43
4.	343	Frank	1978	M		00:46:43	00:46:57
5.	1689	Marc Tarrach	1979	M	TriTeam Hagen	00:46:59	00:47:05
6.	1538	Stephan Mannheim	1975	M	LLG 80 Nordpark Köln	00:48:32	00:48:39
7.	419	Thor Wanzek	1976	M	Trollmusic Running Team	00:48:46	00:48:51
8.	5	Stefan Gora	1976	M	Grün-rot-weiß Buderich e.V.	00:48:54	00:48:58
9.	1781	Stephan Püll	1975	M		00:49:04	00:49:11
10.	1895	Ralf Neimeke	1975	M	Superpunk	00:49:56	00:50:06
11.	1259	Peter Bützer	1978	M		00:50:12	00:50:19
12.	202	Caesar Draser	1978	M	TSV Bayer Dormagen TRI	00:50:08	00:50:19
13.	1235	Andreas Mertens	1977	M	FC Straberg	00:51:36	00:51:47
14.	1775	Martin Block	1978	M		00:51:32	00:52:00
15.	1695	Waldemar Böttcher	1978	M	LAZ Puma Rhein-Sieg	00:51:59	00:52:07
16.	950	Laurent Titzl	1979	M	Titzl-Jiménez Team	00:51:37	00:52:15
17.	518	Michael Flaßkamp	1978	M	Cool Runnings Beelen	00:52:25	00:52:44
18.	1614	Claudio Ferreira	1978	M	TSV Bayer Dormagen Triathlon	00:53:51	00:54:04
19.	1807	Bernd Kliebe	1975	M		00:54:37	00:55:00
20.	1368	Daniel Schnitzler	1977	M		00:54:53	00:55:12
21.	1237	Stephan Scharfenberg	1978	M	FC Straberg	00:55:03	00:55:13
22.	1725	Ingo Reintzsch	1977	M	Alfterer SC	00:54:51	00:55:45
23.	749	Carsten Müllers	1977	M	Funlaufen	00:55:22	00:55:57
24.	1190	Ralf Sokolowski	1979	M		00:56:29	00:56:59
25.	1819	Michael Rottmann	1977	M	Orginal Bootcamp Münster	00:56:40	00:57:24
26.	102	Arkadius Schymik	1978	M		00:57:51	00:57:54
27.	559	Marcus Pick	1976	M	M. & M. Pick	00:56:58	00:57:58
28.	533	Sven Kaeber	1976	M		00:57:16	00:57:58
29.	702	Norbert Beivers	1977	M	KG Rot Weiss Feste Zons	00:57:26	00:57:59
30.	724	Ingo Nowak	1976	M		00:57:39	00:58:11
31.	1069	Christoph Lemke	1978	M	TECTRION	00:58:12	00:58:33
32.	58	Arne Seidel	1976	M	OTV Endurance Team	00:58:42	00:58:54
33.	1506	Sven Willecke	1976	M	BSG Sparkasse Neuss	00:58:33	00:58:54
34.	995	Peter Bonrad	1975	M		00:58:26	00:59:01
35.	1195	Olaf Klein	1978	M		00:58:50	00:59:10
36.	93	Klaus Weckbach	1978	M		00:58:09	00:59:16
37.	1577	Werner Vettorel	1977	M		00:59:26	00:59:41
38.	1856	Rainer Kalkofen	1976	M		00:58:14	00:59:45
39.	310	Guido Teich	1975	M	elipsLife	00:59:29	00:59:59
40.	369	Patrick Wilhelm	1978	M	Destination Anywhere	00:59:45	01:00:10
41.	1510	Carsten Pack	1976	M	BSG Sparkasse Neuss	00:59:39	01:00:15
42.	1840	Pasquale Gallina	1979	M		00:59:50	01:00:18
43.	72	Michael Hilgers	1976	M		00:59:57	01:00:42
44.	108	Christoph Brzeszczykowski	1978	M	LT Ohler	01:00:20	01:01:07
45.	88	Daniel Krey	1979	M	Rhein Kreis Neuss	01:01:11	01:01:27
46.	485	Henry Schaffrath	1975	M	Bin mit Kalle G-Star Lager	01:02:07	01:02:55
47.	477	Johannes Grzibek	1975	M		01:01:52	01:03:22
48.	596	Torsten Günzel	1975	M	SG Zons	01:03:45	01:04:02
49.	774	Mirco Bagh	1979	M		01:03:37	01:04:10

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
50.	824	Koray Ataman	1979	M	HILT	01:03:52	01:04:39
51.	439	Lars Hein	1975	M	Runners Point	01:04:12	01:04:43
52.	832	Carsten Schütz	1978	M		01:03:48	01:04:43
53.	154	Rolf Imig	1975	M		01:03:09	01:05:00
54.	288	Florian Glemann	1977	M	INEOS Köln	01:03:54	01:05:07
55.	221	Stefan Nave	1977	M		01:04:40	01:05:21
56.	921	Tobias Pick	1976	M	Allerheiligen Hood neV.	01:04:56	01:05:30
57.	736	Gale Daniel	1977	M	SCB Horrem	01:05:45	01:06:02
58.	106	Boris Namsler	1979	M		01:05:15	01:06:17
59.	333	Christian Rohde	1976	M	Laufftreff Alt-Erkrath	01:05:47	01:06:23
60.	1892	Andreas Niemand	1975	M	Dormagen	01:05:38	01:06:43
61.	123	Markus Poeckel	1979	M		01:06:30	01:07:51
62.	1315	Christian Fuchs	1979	M		01:06:17	01:07:53
63.	1354	Axel Viehrig	1975	M		01:07:29	01:07:57
64.	1142	Sebastian Goldbach	1979	M	1. FC Köln	01:08:03	01:09:04
65.	346	Dietmar Küsterameling	1976	M	Breetlook Runners	01:08:15	01:09:19
66.	568	Cem Dogruluk	1977	M	CamData	01:08:29	01:09:52
67.	2	Matthias Voges	1975	M	Köln	01:10:08	01:10:30
68.	1083	Andreas Stefen	1975	M		01:09:55	01:10:33
69.	758	Daniel Dreißig	1978	M		01:10:03	01:10:47
70.	74	Klaus-Peter Gerlach	1975	M	Rote Laterne Bilkd	01:10:04	01:10:47
71.	1795	Andy Melzer	1977	M	Bedburg Rhein Erft Runner	01:10:01	01:10:58
72.	878	Patrick Agne	1975	M		01:10:50	01:12:05
73.	249	Lars Döhne	1975	M	Bergziegen	01:11:38	01:12:17
74.	256	Ingmar Kroll	1979	M	Sabbel Larsi Ingmar Running Team	01:11:40	01:12:18
75.	152	Volker Blank	1977	M	FC Straberg	01:11:04	01:12:35
76.	185	Stephan Peters	1977	M		01:11:51	01:12:58
77.	430	Björn Poschmann	1979	M		01:11:50	01:13:06
78.	1314	Christoph Joller	1978	M	DAW Runner	01:12:52	01:14:06
79.	1772	Andreas Dreyer	1976	M		01:13:08	01:14:14
80.	272	Jens Frank	1975	M	Locagility Rudel	01:13:12	01:14:50
81.	1557	Tobias Heyn	1975	M	Trimones	01:17:00	01:18:04
82.	985	Sükür Polat	1978	M		01:21:43	01:22:26
83.	291	Thomas Höfer	1979	M	INEOS Köln	01:27:06	01:28:42

### Senioren M45

1.	1715	Deniz Gündüz	1974	M	LLG 80 Nordpark Köln	00:43:24	00:43:26
2.	1152	Herbert Ott	1974	M	Bayer CropScience	00:44:27	00:44:29
3.	1774	Jochen Kox	1971	M	Funlaufen.de	00:44:41	00:44:44
4.	1877	Klaus Müller	1970	M	Opladen on Tour	00:44:42	00:44:51
5.	913	Dirk Bongardt	1973	M		00:47:24	00:47:27
6.	855	Oskar Rueda Puertas	1973	M	TG Neuss	00:48:07	00:48:13
7.	1139	Kai Schlattmann	1972	M	Bayer CropScience	00:48:35	00:48:41
8.	1756	Oliver Conradi	1971	M	Evonik	00:48:43	00:48:47
9.	627	Franz-Josef Rabeneck	1970	M	Hippekuss	00:49:34	00:49:41
10.	1759	Holger Hönseler	1971	M	Team Erdinger Alkoholfrei	00:50:56	00:51:14
11.	901	Uwe Zimmermann	1970	M	INEOS Köln	00:51:24	00:51:33
12.	173	Peter Lütkenhaus	1972	M	Fleerigel Kleinenbroich	00:51:27	00:51:41
13.	84	Markus Baumgart	1971	M	H. Schmincke & Co. GmbH & Co. KG	00:52:35	00:52:48
14.	755	Carsten Schneider	1972	M	Ski-Club Cronenberg	00:52:40	00:52:54
15.	1514	Raik Eckstein	1974	M	ELRandkanal	00:52:57	00:53:36

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
16.	1690	Alexander Von Seckendorff	1974	M	SUS Gohr	00:53:43	00:53:56
17.	554	Oliver Meves	1970	M	Borussia Mönchengladbach	00:53:46	00:54:06
18.	1059	Ralf Krause	1972	M	Fortuna Düsseldorf Triathlon	00:53:58	00:54:07
19.	472	Klaus Funken	1970	M	Poll Runner	00:53:53	00:54:18
20.	607	Patrick Keppler	1974	M		00:55:15	00:55:23
21.	895	Dirk Bisping	1970	M	INEOS Köln	00:55:17	00:55:33
22.	365	Marc Klein	1973	M	TSV Bayer Dormagen	00:55:24	00:55:54
23.	1692	Adrian Wiethoff	1972	M	Manic Runners Uessem	00:55:33	00:55:55
24.	623	Oliver Kullik	1971	M	TUS09 Erkenschwick	00:56:04	00:56:19
25.	1138	Stefan Golf	1972	M	Bayer CropScience	00:56:34	00:56:40
26.	236	Christopher Bisping	1973	M	Düsseldorf	00:56:27	00:56:58
27.	1869	Kay Funk	1970	M	Köln Lläuft	00:57:10	00:57:19
28.	550	Pierre Dräger	1974	M	Leverkusen	00:57:13	00:57:22
29.	240	Manfred Korus	1970	M	Köln	00:57:10	00:57:38
30.	1418	Alexander Müller	1974	M	SSK Kerpen	00:57:31	00:57:56
31.	716	Marcel Hahn	1971	M	Funlaufen	00:57:26	00:57:59
32.	496	Jürgen Ramsauer	1972	M		00:58:03	00:58:15
33.	222	Ingo Mrosowski	1973	M		00:57:52	00:58:48
34.	1771	Sven Mika	1971	M	Rad Mika	00:58:34	00:58:49
35.	1649	Uwe Seedorf	1970	M	DJK Novesia Neuss	00:58:29	00:58:54
36.	1699	Bernhard Piotrowski-Bölt	1970	M	Genuss	00:58:50	00:58:54
37.	1355	Lejon Martens	1974	M		00:58:35	00:59:04
38.	620	Roland Ohn	1970	M		00:58:30	00:59:06
39.	1786	Stephan Reiss	1971	M	Margarethenhof Rheinfeld	00:58:35	00:59:16
40.	1724	Thomas Hagelkreutz	1974	M		00:58:11	00:59:18
41.	558	Olaf Holtkötter	1971	M		00:59:03	00:59:25
42.	1146	Nikolaos Lototzis	1971	M	Bayer CropScience	00:59:45	01:00:04
43.	1402	Dean Mosmondor	1972	M	HM-Projects	00:59:08	01:00:11
44.	606	Andre Butkereit	1973	M	Funlaufen	00:59:47	01:00:32
45.	146	Dirk Dräger	1973	M	Team LEMD	01:00:09	01:00:58
46.	673	Klaus Birkendorf	1971	M	Tri-Geckos Dortmund	01:00:31	01:01:25
47.	894	Karsten Priestersbach	1970	M	Oer-Erkenschwick	01:00:35	01:01:28
48.	1278	Michael Noß	1974	M	Wir lassen nicht locker	01:01:14	01:01:29
49.	1352	Thomas Langen	1970	M		01:01:22	01:01:47
50.	1838	Sascha Hassenberg	1972	M		01:00:52	01:01:51
51.	680	Ulf Gräber	1972	M	FTV Düsseldorf	01:00:41	01:01:52
52.	994	Stefan Voigt	1974	M	Laktatjunkies Rheinland	01:01:04	01:01:57
53.	822	Gerrit Müller	1974	M		01:00:40	01:01:59
54.	1762	Martin Liebl	1971	M		01:02:00	01:02:22
55.	1145	Mehmet-Ali Tuzcu	1974	M	Bayer CropScience	01:01:59	01:02:34
56.	1770	Wojtek Gancarz	1971	M		01:01:06	01:02:40
57.	1342	Uwe Schielke	1971	M	TC Bayer Dormagen	01:01:55	01:02:42
58.	480	Frank Houwen	1970	M	DJK Rheydt	01:02:52	01:03:06
59.	1128	Mark Messing	1971	M		01:02:38	01:03:20
60.	1016	Andreas Hagen	1972	M	Running Team Grafenberg	01:02:58	01:03:32
61.	598	Marcus Jacob	1972	M	FMCCJ	01:03:13	01:03:33
62.	66	Mark Kusters	1970	M	Laufftreff Alt-Erkrath	01:03:36	01:04:09
63.	1871	Jürgen Michels	1971	M	Dormagen	01:03:56	01:04:16
64.	1870	Markus Groß	1972	M	SV Mellas Siegburg	01:03:30	01:04:31
65.	820	Henrik Berkel	1972	M		01:04:03	01:05:22

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## Ergebnisliste AK 7 Meilen von Zons

Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
66.	1309	Kornel Globisch	1972	M	DB RunningStars	01:04:47	01:05:22
67.	465	Volker Zimmer	1970	M		01:04:17	01:05:40
68.	800	Andi Jenter	1970	M	WSC Dormagen	01:05:47	01:05:56
69.	1852	Reiner Rupar	1970	M	Lauftreff Krefeld Oppum	01:05:38	01:06:46
70.	142	Stephan Peifer	1970	M	Team Läuferix	01:05:38	01:07:04
71.	1380	Holger Girbig	1973	M		01:06:04	01:07:14
72.	1552	Tom Koehler	1970	M	Marathon Steinfurt	01:07:17	01:07:59
73.	1039	Gunnar Zab	1970	M	LF Trills 09	00:46:50	01:08:23
74.	1147	Oliver Schlueter	1973	M	Bayer CropScience	01:08:11	01:09:01
75.	676	Marco Hynek	1974	M		01:08:29	01:09:20
76.	880	Dietmar Bolten	1971	M		01:08:44	01:10:06
77.	539	Joachim Wüst	1973	M		01:08:53	01:10:25
78.	750	Günter Lang	1970	M	Eiserne Lunge Randkanal	01:10:09	01:10:48
79.	175	Christian Ferri	1970	M	Breetlook Runners	01:11:39	01:12:46
80.	238	Andreas Feller	1970	M	Brassert-Runner	01:12:49	01:13:52
81.	1156	Jens Hepperle	1970	M	Bayer CropScience	01:12:59	01:14:08
82.	329	Evangelos Danis	1974	M		01:14:05	01:14:39
83.	424	Jürgen Kupke	1972	M		01:14:16	01:15:47
84.	525	Marcus Kaulen	1974	M	Lahm Söck	01:14:41	01:15:52
85.	198	Renè Biederbick	1970	M		01:15:17	01:16:18
86.	1140	Manfred Scheufen	1972	M	Bayer CropScience	01:16:40	01:17:39
87.	996	Andreas Braun	1973	M	LT Dünwalder TV	01:16:54	01:18:27
88.	148	Andreas Bender	1970	M	Sportweker	01:17:14	01:18:42
89.	833	Andre Freund	1971	M		01:17:53	01:18:45
90.	107	Heiko Schmidt	1974	M		01:17:46	01:18:46
91.	402	Ralf Weber	1974	M		01:19:03	01:20:29
92.	119	Andreas Dagen	1972	M		01:19:01	01:20:33
93.	77	Markus Wupperfeld	1971	M	BV Wiesdorf	01:20:43	01:22:21
94.	32	Frank Lang	1973	M	Angerland LT Lintorf	01:22:15	01:23:42
95.	13	Steffen Dittmar	1970	M	Straberger Husaren	01:23:16	01:23:57
96.	416	Oliver Hühn	1974	M		01:26:31	01:27:00

### Senioren M50

1.	885	Henning Von Poser	1966	M	Triathlon Team Ratingen 08	00:45:15	00:45:18
2.	1232	Salvador Villalpando	1969	M	FC Straberg	00:45:27	00:45:31
3.	1859	Atul Thapa	1968	M	1. FC Grevenbroich-Süd	00:45:49	00:45:56
4.	1223	Harald Gläßer	1968	M	SG Zons	00:46:15	00:46:20
5.	1413	Thomas Metzler-Nesbeda	1968	M	TSV Bayer 04 Lauftreff	00:46:42	00:46:48
6.	1038	Christoph Lingk	1966	M	TuS 82 Opladen	00:49:10	00:49:23
7.	786	Peter Hallerbach	1967	M	Knickfööss Köln	00:50:04	00:50:27
8.	1720	Andreas Hüren	1969	M	TSV Solingen	00:50:23	00:50:30
9.	1276	Hassan Hamdaoui	1968	M		00:50:39	00:50:43
10.	468	Christoph Schaal	1969	M		00:50:22	00:50:46
11.	1330	Michael Krebs	1966	M	TUS Quettingen	00:51:11	00:51:19
12.	69	Frank-Reiner Reckels	1965	M		00:51:10	00:51:22
13.	1275	Rüdiger Schirmer	1965	M	TuS 08 Lintorf	00:51:06	00:51:22
14.	1796	Thorsten Erpenbach	1967	M	TSV Bayer Dormagen	00:51:34	00:51:58
15.	1561	Arnd Beitzer	1969	M	allways3 - Laufen in Remscheid	00:52:03	00:52:14
16.	26	Michael Blümer	1969	M		00:52:09	00:52:15
17.	1572	Udo Lang	1965	M		00:52:12	00:52:20
18.	1395	Georg Wagner	1968	M		00:52:48	00:52:55



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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
19.	64	Gregor Möllers	1965	M		00:52:53	00:53:18
20.	471	Rolf Müller	1968	M	Soimii Sibiu	00:53:04	00:53:28
21.	1575	Andreas Wiebe	1967	M		00:53:22	00:53:41
22.	1141	Peter Pelko	1969	M	Bayer CropScience	00:53:49	00:53:55
23.	1144	Ralf Neuland	1969	M	Bayer CropScience	00:53:54	00:54:11
24.	621	Frank Matschull	1967	M	für meine Jungs	00:53:58	00:54:16
25.	1233	Axel Güttler	1969	M	FC Straberg	00:54:35	00:54:54
26.	1589	Marco Sion	1969	M		00:54:48	00:55:29
27.	712	Heinz-Werner Ermisch	1966	M	Happy Running Family/Team Erdinger	00:55:25	00:56:04
28.	212	Ernst Plass	1968	M		00:55:38	00:56:10
29.	798	Ulf Hagedorn	1966	M		00:55:34	00:56:23
30.	1436	Thomas Dwars	1967	M	Team TriTrain	00:55:50	00:56:38
31.	1127	Frank Nachtsheim	1965	M	TriTeam Sinzig	00:55:45	00:56:54
32.	1001	Jürgen Bodynek	1967	M	SG Zons	00:56:50	00:57:07
33.	1149	Rolf Oehmen	1965	M	Bayer CropScience	00:56:59	00:57:17
34.	1080	Theophil Kather	1966	M	LG RWE Power	00:57:32	00:57:43
35.	947	Dirk Dörre	1969	M		00:57:48	00:58:25
36.	782	Wolfgang Bläser	1968	M	MST Laufpiont	00:58:21	00:58:35
37.	945	Karsten Oehme	1967	M	Lt TuS Mondorf	00:58:22	00:59:01
38.	982	Burkhard Tautges	1967	M		00:58:24	00:59:07
39.	1353	Jörg Angermann	1967	M		00:58:39	00:59:07
40.	481	Roman Bentler	1967	M	Lauftreff Vietenheide	00:59:02	00:59:15
41.	1854	Wolfgang Risse	1966	M	Kanu Club Hilden	00:58:51	00:59:21
42.	986	Andreas Schröer	1965	M	LC Duisburg	00:58:53	00:59:26
43.	1321	Sezgin Olgun	1968	M	Team Olgun Automobile	00:59:07	00:59:32
44.	1846	Eike Brünger	1967	M	Dormagen	00:59:42	01:00:13
45.	1847	Helge Brünger	1965	M	Hamburg	00:59:50	01:00:21
46.	252	Matthias Tull	1967	M	gute-beine	00:59:47	01:00:28
47.	1266	Marc Eikenberg	1969	M	Moerser TV	01:00:07	01:00:31
48.	116	Markus Haas	1968	M	Die Laufburschen	01:00:25	01:00:41
49.	557	Christoph Leuker	1966	M		01:00:24	01:00:47
50.	1470	Arne Hessels	1966	M	AS Neukirchen-Vluyn	01:00:34	01:00:48
51.	111	Frank Schneider	1969	M	Grevenbroich	01:00:52	01:01:00
52.	1778	Georg Regner	1969	M	Uedesheim	01:00:44	01:01:51
53.	1201	Klaus Gaspers	1966	M	Funlaufen	01:02:00	01:02:33
54.	762	Stefan Hohenecker	1968	M		01:01:14	01:02:34
55.	1381	Christian Leers	1968	M	SCB Horrem	01:01:28	01:02:35
56.	1121	Oliver Kuhl	1967	M	LLG 80 Nordpark Köln	01:01:59	01:02:56
57.	1512	Michael Richter	1967	M		01:02:42	01:03:18
58.	705	Bernhard Scholz	1967	M	BSG Commerzbank Düsseldorf	01:02:32	01:03:20
59.	461	Markus Flechtner	1969	M		01:02:21	01:03:31
60.	972	Thomas Ley	1965	M	Lt Rösratherstraße	01:03:00	01:04:00
61.	528	Thomas Richrath	1967	M		01:03:49	01:04:15
62.	1667	Thomas Friese	1965	M		01:03:03	01:04:18
63.	1782	Christian Baikowski	1967	M	TG Stürzelberg	01:04:03	01:04:21
64.	363	Jürgen Metzinger	1967	M	Chemion Logistik GmbH	01:03:43	01:04:28
65.	1741	Markus Lentz	1967	M	SG Neukirchen-Hülchrath	01:04:10	01:04:45
66.	1313	Frank Moritz	1969	M	DAW Runner	01:03:47	01:05:01
67.	1163	Ralf Simon	1969	M	Bayer CropScience	01:04:49	01:05:06
68.	479	Andreas Purrio	1966	M	TV Rheindahlen	01:04:57	01:05:11

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
69.	819	Stephan Kottmann	1969	M		01:05:00	01:05:13
70.	464	Peter Pottkämper	1965	M		01:04:17	01:05:40
71.	1581	Jörg Hansen	1969	M	ASC Rosellen	01:04:46	01:05:42
72.	1415	Frank Driewer	1966	M	Crossfit am Rhein	01:04:34	01:05:48
73.	105	Jens Schneider	1968	M		01:05:29	01:06:28
74.	16	Wolfgang Mey	1966	M	Viersen	01:06:32	01:06:47
75.	1851	Bernhard Niepenberg	1965	M	Stürzelberg	01:05:58	01:06:58
76.	1729	Arndt Krüger	1969	M		01:06:12	01:07:01
77.	1872	Thorsten Nüse	1969	M	Moerser SC	01:06:15	01:07:04
78.	752	Wilhelm Kirchhoff	1969	M		01:06:35	01:07:13
79.	1158	Norbert Kohlmayer	1969	M	Bayer CropScience	01:06:29	01:07:16
80.	470	Udo Müllers	1965	M	Rheydter TV	01:06:50	01:07:56
81.	613	Peter Janßen	1967	M	Vohwinkeler STV	01:07:54	01:08:07
82.	401	Frank Sander	1968	M	TV Witzhelden	01:07:23	01:08:08
83.	1820	Ralf Weber	1967	M	Cityrunner 2009	01:07:58	01:08:31
84.	633	Lothar Schädlich	1967	M		01:08:05	01:08:42
85.	455	Jörg Bebber	1965	M		01:08:47	01:09:02
86.	161	Volker Redetzke	1966	M		01:08:30	01:09:25
87.	1703	Peter Haseloer	1969	M		01:08:49	01:09:46
88.	1369	Andreas Pilger	1969	M		01:08:47	01:10:11
89.	157	Christoph Escher	1966	M	Angerland LT Lintorf	01:09:09	01:10:14
90.	1068	Frank Meyer	1966	M	TECTRION	01:09:03	01:10:25
91.	799	Markus Ardalan	1967	M	Randys Road Runners	01:10:09	01:10:31
92.	948	Friedhelm Schmitz	1965	M	Randys Road Runners	01:10:08	01:10:31
93.	71	Walter Kreutner	1965	M	Rote Laterne Bilk	01:10:28	01:11:10
94.	949	Jörg Lücke	1967	M		01:09:48	01:11:13
95.	99	Jens Schnierda	1966	M	ASV Süchteln	01:11:00	01:11:31
96.	320	Peter Matzpreisch	1966	M		01:11:05	01:11:33
97.	30	John Scharer	1966	M	Angerland LT Lintorf	01:10:14	01:11:42
98.	165	Frank Billert	1965	M		01:11:43	01:13:12
99.	667	Benno Uherr	1966	M	Rader Laufjunkies	01:12:49	01:13:52
100.	1067	Martin Klumb	1969	M	TECTRION	01:13:56	01:15:17
101.	815	Torsten Hauptmann	1968	M	KG Ahl Dormagener Junge	01:15:22	01:15:43
102.	122	Markus Pietzonka	1966	M		01:14:57	01:16:19
103.	1224	Georg Hardt	1966	M	LG Gummersbach	01:15:26	01:16:31
104.	517	Michael Hoffmann	1966	M		01:16:47	01:17:19
105.	248	Marco Block	1967	M	CR Runners	01:17:00	01:18:04
106.	1137	Michael Schwabe	1969	M	Bayer CropScience	01:17:13	01:18:08
107.	826	Steffen Alfes	1967	M		01:18:04	01:18:31
108.	788	Roland Leroi	1968	M	LC Duisburg	01:17:24	01:18:52
109.	604	Torsten Bachert	1965	M		01:21:10	01:22:24
110.	1008	Fernando Zuniga-y-Rivero	1968	M		01:20:49	01:22:25
111.	595	Manfred Rey	1968	M	Gymnasium am Stadtpark	01:21:10	01:22:34
112.	46	Kai Weber	1966	M	KG Ahl Dormagener Junge	01:24:44	01:24:55
113.	615	Rainer Weber	1966	M	TSV Nieukerk	01:23:46	01:24:55
114.	286	Ivano Fagnoli	1967	M	INEOS Köln	01:26:44	01:28:12
115.	509	Michael Hornig	1968	M		01:27:21	01:28:35
116.	984	Guiseppe Caputo	1965	M		01:32:47	01:33:30

### Senioren M55

1.	1726	Michael Claesges	1964	M	Team Essen 99	00:44:59	00:45:01
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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
2.	1790	Bernd Czarnietzki	1963	M	DJK Novesia Neuss	00:45:30	00:45:35
3.	1336	Kurt Mieskes	1961	M		00:48:35	00:48:38
4.	1251	Frank Pasch	1963	M	TG Neuss	00:49:12	00:49:15
5.	1564	Stephan Ahlgrim	1964	M	ASV Sankt Augustin	00:50:42	00:50:49
6.	1763	Thomas Bäker	1964	M	born 2 Run	00:51:40	00:51:45
7.	875	Peter Günther	1960	M	IAC Düren	00:52:04	00:52:09
8.	828	Hans-Ulrich Pietzsch	1963	M	SV Uedesheim	00:52:19	00:52:26
9.	1745	Dirk Payenberg	1964	M	Hilden	00:53:23	00:53:41
10.	773	Bert Grabowski	1960	M	LT Friedrichsberg	00:53:24	00:53:47
11.	1897	Stephan Döring	1963	M	allways3 - Laufen in Remscheid	00:54:26	00:54:38
12.	646	Jürgen Beyel	1960	M		00:54:33	00:54:44
13.	209	Bernd Rose	1963	M		00:54:44	00:54:49
14.	1333	Mike Miller	1964	M	TU 05 Quettingen	00:54:51	00:55:01
15.	368	Manfred Neitzel	1960	M	VdS Nievenheim	00:55:05	00:55:11
16.	1822	Jürgen Zwick	1964	M	Team Stratos	00:55:17	00:55:21
17.	323	Fred Poschinski	1964	M	FC Grevenbroich Süd	00:55:41	00:55:53
18.	888	Heinrich Kasek	1962	M	RTB Remscheid	00:55:33	00:55:54
19.	794	Markus Brinkmann	1964	M	LT Krefeld-Opum	00:55:35	00:55:58
20.	1887	Andreas Hark	1960	M	Pullheimer SC	00:56:01	00:56:12
21.	1064	Peter Hansen	1964	M		00:56:20	00:56:32
22.	552	Thomas Leopold	1962	M	Köln	00:57:30	00:57:42
23.	1888	Michael Kottysch	1962	M	LT Kemperdick	00:57:42	00:57:50
24.	1119	Jürgen Cremer	1962	M	LLG 80 Nordpark Köln	00:57:46	00:57:55
25.	85	Uwe Petrow	1960	M	H. Schmincke & Co. GmbH & Co. KG	00:58:25	00:58:39
26.	314	Frank Linke	1962	M	TV Frisch Auf Lennep	00:58:36	00:59:06
27.	1579	Horst Zwick	1963	M	TSV Bayer Dormagen	00:58:30	00:59:14
28.	1410	Klemens Kather	1962	M		00:58:14	00:59:23
29.	1348	Andreas Nellessen	1963	M	SG Neukirchen-Hülchrath	00:59:20	00:59:29
30.	622	Sebastian Kenter	1960	M		00:59:31	00:59:37
31.	789	Norbert Schröder	1963	M	TK Grevenbroich	00:58:59	00:59:53
32.	746	Axel Holzhauer	1960	M	LT TUS Mondorf	00:59:21	00:59:58
33.	1361	Hubert Ilbertz	1962	M	TV Arnoldsweiler	01:00:24	01:00:37
34.	1155	Hugo Offers	1964	M	Bayer CropScience	01:00:44	01:00:58
35.	1780	Ulrich Fleuth	1963	M	Vodafone Runners	01:00:38	01:01:45
36.	1366	Michael Hosang	1961	M	Crossfit am Rhein	01:00:59	01:02:14
37.	1769	Alexander Bahr	1963	M		01:01:06	01:02:40
38.	1785	Stefan Brimmers	1964	M	Margarethenhof Rheinfeld	01:02:02	01:02:42
39.	388	Jürgen Baier	1964	M	TuS 05 Quettingen	01:02:06	01:02:42
40.	1157	Bernd Oßwald	1961	M	LT Alt Erkrath	01:02:30	01:02:46
41.	262	Clemens Drubel	1961	M	gute-beine	01:02:13	01:02:53
42.	1394	Horst Podzus	1961	M		01:02:18	01:02:57
43.	1085	Sigurd Köllner	1963	M	Adler Langlauf Bottrop	01:02:22	01:03:21
44.	906	Jörg Eich	1964	M	LT TuS Mondorf	01:03:07	01:03:45
45.	1412	Hartmut Jürgensen	1960	M	Wupperforellen	01:04:21	01:05:06
46.	816	Rüdiger Tontsch	1960	M	LC Weilerswist	01:04:21	01:05:11
47.	1154	Thomas Anft	1963	M	Bayer CropScience	01:05:31	01:06:07
48.	325	Ludwig Gorißen	1964	M	Bergheim	01:05:44	01:06:11
49.	120	Jürgen Mausberg	1962	M		01:05:51	01:06:15
50.	14	Stefan Kröber	1963	M		01:06:02	01:06:18
51.	927	Bernd Uderhardt	1960	M	REWE Bernd Uderhardt	01:06:08	01:06:24

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
52.	1857	Christoph Haider	1961	M		01:06:08	01:06:56
53.	711	Klaus Meves	1961	M	LT Oleander	01:06:24	01:07:10
54.	1388	Dirk Hanefl	1963	M	LT Fersengold	01:06:34	01:07:32
55.	1243	Peter Müller	1964	M		01:07:07	01:08:13
56.	386	Eckhard Ebert	1964	M		01:08:48	01:09:02
57.	1130	Holger Schäpers	1960	M	TG Neuss	01:08:09	01:09:32
58.	1685	Bodo Berndt	1960	M	TV Witzhelden	01:08:14	01:09:34
59.	881	Peter Vorstermanns	1961	M	Kempen Prinzengarde	01:08:54	01:09:37
60.	1040	Walter Pohl	1963	M	DARC	01:08:37	01:09:55
61.	337	Dirk Hilger	1964	M	Trompete läuft	01:08:43	01:10:16
62.	1043	Jürgen Esser	1963	M	OTV	01:09:45	01:10:19
63.	579	Jan Luckas	1962	M		01:09:58	01:10:22
64.	475	Toni Beato	1961	M		01:09:40	01:10:24
65.	612	Oliver Hildebrandt	1961	M	LSV Porz	01:10:24	01:10:59
66.	1758	Guido Schneider	1963	M	Back on track	01:09:54	01:11:12
67.	89	Thomas Theuerkorn	1961	M	Rhein Kreis Neuss	01:10:48	01:11:14
68.	701	Karl-Heinz Meyer	1961	M	KG Rot Weiss Feste Zons	01:10:28	01:11:48
69.	725	Werner Wurda	1960	M	SC Fortuna Köln	01:10:16	01:12:00
70.	657	Thomas Ostkamp	1961	M		01:11:05	01:12:03
71.	862	Wolfram Poertzgen	1960	M		01:10:58	01:12:10
72.	935	Joerg Herden	1963	M		01:12:13	01:12:40
73.	403	Bernd Meyerling	1961	M		01:11:17	01:12:47
74.	1151	Thomas Boecker	1960	M	Bayer CropScience	01:12:37	01:13:41
75.	1408	Gregor Uhe	1964	M		01:14:11	01:15:10
76.	944	Michael Krings	1961	M	Laufftreff TBH	01:14:03	01:15:11
77.	9	Hasan Basri Benek	1960	M	Opladen	01:13:43	01:15:14
78.	611	Martin Schmegner	1963	M	Wahner Laufkreisel	01:15:01	01:15:35
79.	1365	Ralph Bergande	1963	M		01:14:40	01:15:52
80.	845	Michael Schmiedel	1962	M		01:14:45	01:15:56
81.	1585	Andreas Wunder	1962	M	TG Neuss	01:15:34	01:16:12
82.	937	Oskar Rudolph	1963	M		01:16:34	01:17:40
83.	1864	Michael Kannenwischer	1964	M	Team Jüchen	01:16:48	01:18:15
84.	668	Bernhard Gustav	1964	M		01:17:19	01:18:39
85.	243	Ralf Hengstebeck	1961	M		01:19:41	01:20:24
86.	466	Tom Hass	1964	M	Itter Igel	01:19:34	01:20:38
87.	232	Willi Schwanitz	1964	M	Die Rennschweine	01:21:11	01:22:38
88.	450	Dave Devine	1964	M	Wine Spirit	01:44:14	01:45:27

### Senioren M60

1.	1704	Wolfgang Golder	1957	M	FC Straberg	00:49:45	00:49:53
2.	415	Willy Helfenstein	1958	M	SG Neukirchen-Hülchrath	00:51:34	00:51:41
3.	1881	Thomas Troisch	1959	M	DJK Hoisten	00:51:50	00:51:58
4.	1728	Jürgen Rödingen	1959	M	ASC Rosellen	00:54:58	00:55:06
5.	1125	Uwe Döring	1958	M	LLG 80 Nordpark Köln	00:57:24	00:57:35
6.	1033	Rüdiger Hess	1956	M	LT Krefeld-Oppum	00:58:19	00:58:56
7.	391	Heinz Laufenberg	1956	M	Lonesome	00:59:17	00:59:34
8.	278	Frank Everts	1959	M		00:59:36	00:59:54
9.	625	Lothar Kreß	1958	M	ASC Rosellen	01:00:14	01:00:39
10.	414	Heribert Fervers	1958	M		01:01:11	01:01:31
11.	1537	Wolfgang Kiefaber	1958	M	TV Steinforth - Rubbelrath	01:02:32	01:02:54
12.	246	Erwin Rosenberger	1957	M		01:02:58	01:03:49

# Zonser Nachtlauf Zons, 27.9.2019

## Ergebnisliste AK 7 Meilen von Zons

Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
13.	210	Axel Röhrkasten	1955	M		01:04:04	01:04:35
14.	999	Piet Peters	1956	M	piet spiet tiem	01:04:18	01:04:41
15.	1432	Karl-Heinz Proenen	1959	M	LC Weilerswist	01:04:55	01:05:45
16.	1231	Peter Missbach	1957	M	FC Straberg	01:04:40	01:05:50
17.	1866	Harald Grote	1959	M	LT Gruitzen-Neandertal	01:04:34	01:05:58
18.	321	Klaus Berns	1958	M	KSV Moers	01:05:07	01:06:00
19.	649	Ulrich Schaffmeister	1958	M	LT Alt Erkrath	01:05:46	01:06:23
20.	933	Reinhold Landen	1959	M		01:06:33	01:07:00
21.	823	Norbert Döring	1957	M	HILT/LT Oleander	01:06:24	01:07:10
22.	1684	Thomas Faber	1957	M	WSC Bayer Dormagen	01:07:29	01:07:58
23.	1312	Jürgen Wohlgemuth	1958	M	LG Gummersbach	01:08:46	01:09:51
24.	719	Michael Hofmann	1959	M	Welthungerhilfe	01:08:40	01:09:51
25.	1084	Bernd Reimann	1955	M	THC-Brühl Die Optimisten	01:10:00	01:10:23
26.	1071	Hans Barth	1959	M	TECTRION	01:10:03	01:10:25
27.	1471	Frank Bösken	1959	M	Die Knechte	01:09:57	01:11:18
28.	1767	Gerhard Vorwerk	1955	M	Haselünne	01:11:44	01:12:16
29.	144	Norbert Ferfers	1957	M	Lauffreunde Niers	01:10:58	01:12:23
30.	651	Andreas Wanders	1957	M	Triathlon Team Düsseldorf	01:11:30	01:13:09
31.	37	Stefan Oberdörfer	1959	M	Vereinslos	01:12:52	01:14:17
32.	741	Ulrich Brakemeier	1959	M	Avanti Millrath	01:13:27	01:14:57
33.	418	Uwe Eberhardt	1956	M	Cityrunner	01:15:15	01:16:07
34.	841	Arnold Pelzer	1959	M	Lauftreff TBH	01:16:20	01:17:28
35.	476	Thomas Schalke	1958	M		01:19:15	01:19:58
36.	1034	Marten Nijmeijer	1958	M	LT Dünnwalder TV	01:20:13	01:21:46

### Senioren M65

1.	1126	Heijo Fetten	1952	M	LLG 80 Nordpark Köln	00:50:26	00:50:30
2.	1265	Klaus Loosen	1952	M		00:52:15	00:52:24
3.	960	Bernhard Korbmacher	1953	M	TG Neuss	00:53:41	00:53:52
4.	1868	Johann Höfker	1952	M	Mönchengladbacher LG	00:55:06	00:55:26
5.	191	Johannes Jebe	1954	M	Lauftreff Kemperdick	00:57:38	00:57:51
6.	1371	Lothar Lünendonk	1952	M	Team Crazyluenis Korschenbroich	00:58:52	00:59:11
7.	834	Christian Laese	1951	M		00:59:33	00:59:40
8.	1712	Hei Nam Chang	1951	M	Dormagen	00:59:30	00:59:50
9.	351	Georg Studzinski	1952	M	lt friedrichsberg	00:59:50	01:00:11
10.	1896	Wolfgang Dingel	1951	M	Hilden	00:59:17	01:00:26
11.	1165	Theo Bücken	1953	M	Lauftreff Alt-Erkrath	01:01:19	01:01:25
12.	1727	Gerd Endrijautzki	1950	M	LT Friedrichsberg Wuppertal	01:01:13	01:01:33
13.	911	Martin Marseille	1953	M	TV Witzhelden	01:03:52	01:05:13
14.	1610	Udo Stollwerk	1953	M	RTB Remscheid Marathonteam	01:04:49	01:06:04
15.	1264	Franz Adamczyk	1952	M		01:05:10	01:06:11
16.	1236	Reinhard Rehse	1951	M	FC Straberg	01:05:51	01:07:02
17.	137	Peter Franz	1954	M		01:08:51	01:09:12
18.	780	Peter Heller	1951	M	MST Laufpiont	01:08:07	01:09:24
19.	1723	Michael Schardt	1954	M	LSF Köln	01:09:35	01:10:12
20.	859	Bouchaib Jouhar	1952	M	Holiday Inn Düsseldorf-Neuss	01:10:10	01:10:54
21.	1340	Gerhard Flach	1951	M	RTB-Remscheid Marathonteam	01:09:59	01:11:17
22.	469	Reiner Goldbach	1954	M	SG Zons	01:12:55	01:13:58
23.	504	Fred Lincke	1950	M		01:17:32	01:18:32
24.	508	Georg Funken	1953	M	Bauer Funken Team	01:23:01	01:24:25
25.	1891	Gerd Beisheim	1954	M	Margarethenhof Rheinfeld	01:27:06	01:28:41

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Platz	Startnr.	Name	Jahrg.	m/w	Verein	Netto	Brutto
<b>Senioren M70</b>							
1.	1539	Bernd Birkenfeld	1946	M	LLG 80 Nordpark Köln	00:57:33	00:57:56
2.	1794	Manfred Bischur	1949	M	Düsseldorf	00:58:03	00:58:20
3.	1411	Ulrich Priebus	1949	M	Wupperforellen	01:04:22	01:05:07
4.	1747	Dieter Schlaefke	1948	M	DJK Adler 07 Bottrop	01:04:20	01:05:25
5.	526	Heribert Schäfer	1949	M		01:03:58	01:05:28
6.	527	Alfred Plainer	1949	M		01:06:15	01:07:39
7.	1821	Bernhard Moinolt	1949	M	TC Weilerswist	01:08:24	01:09:10
8.	1122	Michael Mannheim	1946	M	LLG 80 Nordpark Köln	01:08:53	01:09:50
9.	1086	Reinhold Koxholt	1947	M	ASC Rosellen	01:15:30	01:15:47
10.	1713	Heinz Stevens	1949	M	Just for Fun	01:15:29	01:16:40
11.	838	Frank Böhnke	1948	M	Lauftreff TBH	01:16:20	01:17:28
<b>Senioren M75</b>							
1.	1120	Walter Becker	1944	M	LLG 80 Nordpark Köln	01:05:05	01:05:16
2.	1755	Henning Göbel	1944	M	Pullheimer SC	01:09:11	01:09:23
3.	1655	Manfred Schermann	1943	M		01:12:29	01:13:32
4.	1082	Gerhard Steinke	1942	M		01:16:44	01:18:02
5.	1861	Helmuth Kubat	1944	M	TV Frisch Auf Lennep	01:19:44	01:21:23

Anzahl Teilnehmer: 1035