

4. Horremer Abendlauf am 22. Juli 2011

Lauf über 10km

Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	591	Miereczko Maciek	Förderverein CitylaufErtf	0:31:31	0:31:33	1979	M30	1	15:48 15:43 / 3:09min/km
2	969	Schmidt Daniel	LG Remscheid	0:31:49	0:31:49	1986	M20	1	15:49 15:59 / 3:11min/km
3	998	Meurer Sebastian	Run_ by Runners Point	0:33:37	0:33:39	1986	M20	2	16:44 16:53 / 3:22min/km
4	978	Kolter Matthias	Run_ by Runners Point	0:33:44	0:33:44	1984	M20	3	16:39 17:04 / 3:22min/km
5	964	Tellkamp Benjamin	LT DSHS Köln	0:34:24	0:34:26	1987	M20	4	16:38 17:45 / 3:26min/km
6	806	von Kuk Karsten	LT DSHS Köln	0:35:22	0:35:23	1967	M40	1	17:28 17:54 / 3:32min/km
7	625	Skopnik Manuel	Laufmonster	0:35:29	0:35:31	1972	M35	1	17:50 17:39 / 3:33min/km
8	705	Kagelmacher Daniel	Laufmonster	0:35:34	0:35:35	1975	M35	2	17:45 17:48 / 3:33min/km
9	992	Warkentin Jens	TV Refrath	0:35:50	0:35:52	1966	M45	1	17:52 17:57 / 3:35min/km
10	584	Schneider Thomas	LG RWE Power	0:37:09	0:37:11	1969	M40	2	18:13 18:56 / 3:43min/km
11	657	Breitbach Dominik	domstadtlaeufer.de	0:37:37	0:37:39	1986	M20	5	18:44 18:53 / 3:46min/km
12	561	Preuß Martin	LG Meckenheim	0:37:55	0:37:58	1963	M45	2	18:26 19:29 / 3:48min/km
13	975	Greissinger Thomas	*Frechen	0:38:03	0:38:04	1964	M45	3	18:57 19:05 / 3:48min/km
14	675	Sommershof Joachim	PSV Bonn Triathlon	0:38:06	0:38:07	1963	M45	4	18:31 19:34 / 3:49min/km
15	690	Hain Matthias	Titty Twister	0:38:06	0:38:08	1976	M35	3	18:45 19:20 / 3:49min/km
16	985	Schickert Simon	TSG Heilbronn	0:38:08	0:38:09	1984	M20	6	18:45 19:22 / 3:49min/km
17	750	Cromm Andreas	TUS Köln rrh.	0:38:11	0:38:13	1960	M50	1	18:45 19:26 / 3:49min/km
18	670	Wasel Dr. Josef	LG RWE Power	0:38:22	0:38:24	1960	M50	2	18:52 19:30 / 3:50min/km
19	756	Bank Dirk	TUS Kreuzweingarten-Rh	0:38:34	0:38:38	1968	M40	3	19:13 19:21 / 3:51min/km
20	734	Schöller Robert	LC Euskirchen	0:38:36	0:38:39	1970	M40	4	19:13 19:22 / 3:52min/km
21	988	Pollerhoff Michael	Monis Team Köln	0:38:36	0:38:37	1967	M40	5	18:58 19:37 / 3:52min/km
22	765	Zentner Markus	*Erkrath	0:38:39	0:38:41	1982	M20	7	19:28 19:11 / 3:52min/km
23	761	Neumann Andreas	TUS Kreuzweingarten-Rh	0:38:40	0:38:44	1969	M40	6	19:12 19:28 / 3:52min/km
24	660	Wagner Helmut	Brühler TV 1879	0:38:48	0:38:50	1965	M45	5	19:15 19:33 / 3:53min/km
25	640	Stahl Thomas	Grillsportverein Bergheim	0:39:17	0:39:21	1973	M35	4	19:37 19:40 / 3:56min/km
26	771	Kings Simon	TriTream MountainHome	0:39:17	0:39:20	1977	M30	2	19:39 19:37 / 3:56min/km
27	768	Radermacher Oliver	RTC Frechen 80	0:39:21	0:39:24	1967	M40	7	19:36 19:44 / 3:56min/km
28	972	van Son Martin		0:39:29	0:39:31	1970	M40	8	18:51 20:37 / 3:57min/km
29	727	Küpfer Jörg	Sportpuls	0:39:31	0:39:35	1974	M35	5	19:57 19:34 / 3:57min/km
30	554	Wolsiffer Frank	Rhein-Erft Akademie	0:39:35	0:39:39	1965	M45	6	19:55 19:39 / 3:57min/km
31	663	Seibt Danny	Balance Sportparc - Lauf	0:39:36	0:39:43	1986	M20	8	19:37 19:58 / 3:58min/km
32	719	Hansen Jens	Team Erdinger alkoholfrei	0:39:40	0:39:43	1970	M40	9	19:30 20:10 / 3:58min/km
33	854	Tombeux Rene		0:39:43	0:39:51	1975	M35	6	19:26 20:16 / 3:58min/km
34	993	Kukulka Sascha	LT Siebengebirge	0:39:53	0:39:56	1964	M45	7	19:37 20:16 / 3:59min/km
35	582	Laub Michael	Rhein-Erft Akademie	0:40:01	0:40:04	1959	M50	3	19:38 20:23 / 4:00min/km
36	566	Reiser Jürgen	LG RWE Power	0:40:17	0:40:21	1963	M45	8	20:16 20:01 / 4:02min/km
37	971	Hartmann Martin	SC Janus	0:40:20	0:40:22	1976	M35	7	20:13 20:06 / 4:02min/km
38	871	Ermert Dirk	BSG Stadtwerke Solingen	0:40:45	0:40:48	1970	M40	10	19:58 20:47 / 4:05min/km
39	747	Lange Harald	*Kerpen	0:40:47	0:40:52	1962	M45	9	20:12 20:34 / 4:05min/km
40	973	Schmalstieg Lutz	Rhein Erft Akademie	0:41:06	0:41:09	1957	M50	4	19:50 21:15 / 4:07min/km
41	900	Görner Christoph	Run_ by Runners Point	0:41:27	0:41:30	1982	M20	9	20:20 21:07 / 4:09min/km
42	991	Becker Tobias	LC Euskirchen	0:41:45	0:41:50	1971	M40	11	20:54 20:50 / 4:11min/km
43	959	Kröger Burkhard	Lauffreunde Heggen	0:41:52	0:41:56	1962	M45	10	20:53 20:58 / 4:11min/km
44	684	Klingen Reinhard	QS Frechen	0:41:55	0:41:58	1966	M45	11	20:20 21:35 / 4:12min/km
45	869	Kosarik Matthias	Rhein Erft Akademie	0:41:55	0:42:00	1968	M40	12	20:47 21:08 / 4:12min/km
46	532	Vaaßen Peter	*Frechen	0:42:00	0:42:06	1965	M45	12	20:23 21:37 / 4:12min/km
47	861	Dahmen Heinrich	BSG Erftverband	0:42:00	0:42:02	1956	M55	1	20:48 21:12 / 4:12min/km
48	981	Lanzerath Rolf	LC Euskirchen	0:42:01	0:42:05	1961	M50	5	20:47 21:13 / 4:12min/km
49	986	Fink Daniel	Laufmonster	0:42:37	0:42:40	1979	M30	3	20:58 21:38 / 4:16min/km
50	983	Hörnchen Marco	LC Euskirchen	0:42:43	0:42:47	1981	M30	4	21:06 21:37 / 4:16min/km
51	568	Dickmeis Horst	LG RWE Power	0:42:46	0:42:56	1965	M45	13	20:51 21:55 / 4:17min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	974	Pohle Gerhard	LLG St. Augustin	0:42:57	0:43:00	1950	M60	1	21:09 21:48 / 4:18min/km
53	749	Schedletzky Michael	Sportverein Sparkasse Kö	0:42:59	0:43:10	1982	M20	10	21:27 21:32 / 4:18min/km
54	760	Nisius Hans	*Kerpen	0:42:59	0:43:04	1952	M55	2	21:07 21:51 / 4:18min/km
55	622	Gehler Udo	*Erfstadt	0:43:00	0:43:04	1961	M50	6	20:57 22:02 / 4:18min/km
56	868	Praski Robert		0:43:02	0:43:07	1972	M35	8	21:33 21:29 / 4:18min/km
57	712	Schnorrenberg René	Just Fit	0:43:05	0:43:09	1989	M20	11	20:44 22:21 / 4:19min/km
58	960	Jöris Markus	ART Düsseldorf	0:43:10	0:43:16	1971	M40	13	21:21 21:49 / 4:19min/km
59	807	Brod Thomas	FC Deutsche Post	0:43:16	0:43:24	1978	M30	5	21:07 22:08 / 4:20min/km
60	970	Pörsch Michael	Plattfööss Balkes	0:43:20	0:43:30	1973	M35	9	21:44 21:36 / 4:20min/km
61	510	Müller Andreas	*Koeln	0:43:29	0:43:34	1969	M40	14	22:17 21:11 / 4:21min/km
62	977	Mielczarek Norbert	Rhein Erft Akademie	0:43:55	0:43:58	1955	M55	3	22:05 21:49 / 4:24min/km
63	648	Fiedler Thorsten	SC Zuckerblitze	0:44:16	0:44:21	1977	M30	6	22:02 22:13 / 4:26min/km
64	758	Steinhauer Achim	LG RWE Power	0:44:23	0:44:33	1965	M45	14	22:18 22:05 / 4:26min/km
65	715	Schultheiß Volker	Team Erdinger alkoholfrei	0:44:27	0:44:35	1956	M55	4	21:54 22:33 / 4:27min/km
66	852	Woocker Dirk		0:44:31	0:44:40	1974	M35	10	21:54 22:36 / 4:27min/km
67	989	Erken Claus	LG Donatus Erfstadt	0:44:39	0:45:00	1965	M45	15	22:41 21:58 / 4:28min/km
68	728	Darmstadt Harald	SC Kölsch Fründe	0:44:42	0:44:47	1950	M60	2	22:11 22:30 / 4:28min/km
69	776	Baum Jürgen	o.V	0:44:43	0:44:48	1949	M60	3	22:06 22:37 / 4:28min/km
70	976	Krause Jürgen	Team ACV Duisburg	0:44:46	0:44:52	1957	M50	7	22:06 22:40 / 4:29min/km
71	669	Königs Manfred	LG RWE Power	0:44:54	0:44:59	1961	M50	8	22:24 22:29 / 4:29min/km
72	659	Bretz Heinz	LG Donatus Erfstadt	0:44:58	0:45:09	1955	M55	5	21:54 23:03 / 4:30min/km
73	543	Lambertz Herm.-Josef	LG RWE Power	0:45:00	0:45:09	1957	M50	9	22:05 22:55 / 4:30min/km
74	579	Claaßen Manfred	Laufmonster	0:45:01	0:45:03	1940	M70	1	22:22 22:38 / 4:30min/km
75	773	Coenen Theo	LAV Habbelrath-Grefrath	0:45:11	0:45:26	1956	M55	6	22:37 22:33 / 4:31min/km
76	994	Braun Andreas	SG - Zons	0:45:13	0:45:20	1963	M45	16	22:20 22:53 / 4:31min/km
77	699	Koziol Andreas	*Kerpen	0:45:16	0:45:26	1979	M30	7	22:32 22:43 / 4:32min/km
78	503	Ebeler Dr. Guido	ErfRunners	0:45:19	0:45:41	1964	M45	17	22:50 22:28 / 4:32min/km
79	608	Arras Volker	Oldies Kerpen	0:45:24	0:45:37	1962	M45	18	22:43 22:41 / 4:32min/km
80	851	Walter Manfred	Oldies Kerpen	0:45:31	0:45:42	1959	M50	10	23:01 22:29 / 4:33min/km
81	738	Hantsche Toni	*Kerpen	0:45:34	0:45:40	1956	M55	7	22:50 22:44 / 4:33min/km
82	577	Räkow Robert	*Kerpen	0:45:37	0:45:40	1996	MSA	1	22:19 23:17 / 4:34min/km
83	963	Meier Detlev	*Bedburg	0:45:39	0:45:48	1953	M55	8	22:15 23:23 / 4:34min/km
84	661	Weiffen Dennis	TV Witzhelden	0:45:40	0:45:48	1976	M35	11	22:25 23:15 / 4:34min/km
85	967	Issel Ulf	GSV Porz Köln	0:45:46	0:45:53	1959	M50	11	22:22 23:23 / 4:35min/km
86	855	Klüttermann Stefan	KC Lattenknaller	0:45:46	0:45:57	1981	M30	8	22:08 23:38 / 4:35min/km
87	613	Schürmann Tim	*Mülheim s/ Ruhr	0:45:46	0:46:00	1981	M30	9	23:06 22:39 / 4:35min/km
88	540	Nowag Ralf	*Kerpen	0:45:52	0:45:59	1967	M40	15	22:30 23:22 / 4:35min/km
89	796	Geicke Christopher	LG Amelu/Linnich	0:46:06	0:46:23	1989	M20	12	22:39 23:27 / 4:37min/km
90	775	Wenz Ralf	TV Alpenglühn	0:46:09	0:46:19	1959	M50	12	22:59 23:10 / 4:37min/km
91	639	Bastian Ralf	*Kerpen-Sindorf	0:46:15	0:46:19	1960	M50	13	22:50 23:25 / 4:38min/km
92	746	Leenen Jens	*Frechen	0:46:17	0:46:23	1998	MSB	1	22:55 23:21 / 4:38min/km
93	558	Walpert Jens	42tausend / NAO PT	0:46:18	0:46:28	1966	M45	19	23:56 22:22 / 4:38min/km
94	711	Schneider Stefan	Team Erdinger alkoholfrei	0:46:20	0:46:36	1968	M40	16	23:11 23:09 / 4:38min/km
95	537	Strehling Michael	LG Törnich	0:46:27	0:46:44	1971	M40	17	23:03 23:24 / 4:39min/km
96	808	Ludes Moritz		0:46:32	0:46:41	1993	MJA	1	24:06 22:25 / 4:39min/km
97	706	Fiedler Stefan	SSK Kerpen	0:46:34	0:46:41	1958	M50	14	22:41 23:53 / 4:39min/km
98	674	Günther Thomas	*kerpen	0:46:36	0:46:54	1972	M35	12	23:49 22:46 / 4:40min/km
99	767	Kesting Jörg	*Bonn	0:46:40	0:46:46	1964	M45	20	23:25 23:15 / 4:40min/km
100	748	Bauerfeld Michael	*Leverkusen	0:46:59	0:47:05	1966	M45	21	22:55 24:03 / 4:42min/km
101	646	Enk Michael	TUS Wickrath	0:47:03	0:47:09	1966	M45	22	22:53 24:10 / 4:42min/km
102	755	Goffart Ralf	KT 1843	0:47:16	0:47:22	1965	M45	23	23:12 24:03 / 4:44min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
103	962	Küpper Walter	Sportplus	0:47:19	0:47:27	1954	M55	9	24:21 22:58 / 4:44min/km
104	606	Wagner Georg	TV Bedburg	0:47:32	0:47:44	1961	M50	15	23:20 24:11 / 4:45min/km
105	664	Vorbeck Christian	ErftRunners	0:47:33	0:47:56	1975	M35	13	23:21 24:12 / 4:45min/km
106	576	Peters Piet	PJG Ahrweiler	0:47:34	0:47:45	1956	M55	10	23:07 24:27 / 4:45min/km
107	530	Scherberich Michael	TriCologne	0:47:38	0:47:52	1958	M50	16	23:56 23:41 / 4:46min/km
108	827	Michelbrink Klaus		0:47:41	0:47:57	1972	M35	14	23:56 23:45 / 4:46min/km
109	651	Bayer Stephan	LG RWE Power	0:47:48	0:48:01	1962	M45	24	23:45 24:03 / 4:47min/km
110	979	Porschen Michael	P&G Running Team	0:47:48	0:48:04	1971	M40	18	24:08 23:39 / 4:47min/km
111	610	Retiene Kurt	Oldies Kerpen	0:47:55	0:48:08	1953	M55	11	23:32 24:23 / 4:48min/km
111	685	Velden Wolfgang	LG RWE Power	0:47:55	0:48:03	1963	M45	25	23:14 24:41 / 4:48min/km
113	798	Wattler Rudi		0:47:56	0:48:02	1943	M65	1	23:33 24:23 / 4:48min/km
114	732	Teutsch Uwe	*Erftstadt	0:47:58	0:48:10	1963	M45	26	23:49 24:08 / 4:48min/km
115	572	Hanhardt Magnus	*Kerpen	0:48:00	0:48:11	1979	M30	10	23:36 24:24 / 4:48min/km
116	555	Roth Helmut	TV Alpenglühn	0:48:12	0:48:27	1971	M40	19	23:50 24:21 / 4:49min/km
117	864	Voigt Stefan	LG RWE Power	0:48:15	0:48:21	1987	M20	13	23:24 24:50 / 4:50min/km
118	707	Michelbrink Rolf	SSK Kerpen	0:48:31	0:48:39	1958	M50	17	23:51 24:40 / 4:51min/km
119	987	Brüggemann Stefan		0:48:34	0:48:41	1974	M35	15	23:56 24:38 / 4:51min/km
120	616	Küstlers Thomas	*Kerpen	0:48:35	0:48:52	1968	M40	20	24:08 24:27 / 4:52min/km
121	655	Schwerger Jörg	*Elsdorf	0:48:45	0:48:50	1967	M40	21	23:28 25:16 / 4:53min/km
122	641	Robens Hans Willi	SSK Kerpen Triathlon	0:48:54	0:49:11	1969	M40	22	23:23 25:30 / 4:53min/km
123	689	Hedwig Tobias	*Köln	0:48:56	0:49:21	1981	M30	11	25:33 23:22 / 4:54min/km
124	598	Bollig Klaus	LG RWE Power	0:48:59	0:49:11	1964	M45	27	23:39 25:20 / 4:54min/km
125	735	Siegburg Jochen	TV Blatzheim	0:49:14	0:49:28	1962	M45	28	24:12 25:02 / 4:55min/km
126	650	Kemmerling Manfred	LG RWE Power	0:49:15	0:49:26	1962	M45	29	24:20 24:54 / 4:56min/km
127	501	Weyl Frank	Heeresamt Köln	0:49:15	0:49:25	1969	M40	23	24:39 24:36 / 4:56min/km
128	961	Szudaret Roman	HP Pelzer	0:49:15	0:49:24	1993	MJA	2	24:06 25:08 / 4:56min/km
129	611	Hoffmann Carsten	*Köln	0:49:16	0:49:26	1974	M35	16	24:20 24:55 / 4:56min/km
130	665	Horst Heinz	*Erftstadt	0:49:19	0:49:35	1960	M50	18	24:38 24:41 / 4:56min/km
131	996	Backus Michael		0:49:28	0:49:33	1980	M30	12	24:15 25:12 / 4:57min/km
132	693	Marx Hubert	Lg RWE Power	0:49:31	0:49:42	1951	M60	4	23:53 25:37 / 4:57min/km
133	578	Kreis Friedrich	LG RWE Power	0:49:31	0:49:43	1946	M65	2	23:56 25:34 / 4:57min/km
134	716	Heitz Reiner	Team Erdinger alkoholfrei	0:49:31	0:49:40	1949	M60	5	24:24 25:07 / 4:57min/km
135	557	Werth Burghard	LG RWE Power	0:49:40	0:49:58	1956	M55	12	24:54 24:45 / 4:58min/km
136	999	Backhausen Markus	impuls Lauftreff	0:49:51	0:49:59	1974	M35	17	24:30 25:20 / 4:59min/km
137	830	Flieher Axel		0:49:57	0:50:22	1964	M45	30	24:51 25:05 / 4:60min/km
138	517	Keilberg Stephan	*Kerpen	0:49:58	0:50:12	1988	M20	14	26:07 23:50 / 4:60min/km
139	588	Keilberg Markus	*Kerpen	0:49:58	0:50:13	1986	M20	15	26:07 23:51 / 4:60min/km
140	526	Bosum Jürgen	*Kerpen	0:49:59	0:50:12	1964	M45	31	24:45 25:14 / 4:60min/km
141	968	Royer Herbert		0:50:06	0:50:14	1965	M45	32	25:15 24:51 / 5:01min/km
142	521	Bodes Theo	Team Erdinger Alkoholfrei	0:50:12	0:50:30	1959	M50	19	24:50 25:22 / 5:01min/km
143	522	Watzl Holger	Just Fit	0:50:16	0:50:33	1966	M45	33	24:50 25:25 / 5:02min/km
144	583	Porten Rudi	LAV Habbelrath-Grefrath	0:50:31	0:50:48	1960	M50	20	24:26 26:04 / 5:03min/km
145	751	Ziegert Jürgen	LLG St. Augustin	0:50:32	0:50:39	1964	M45	34	25:16 25:16 / 5:03min/km
146	745	Weber Thomas	*Kerpen	0:50:35	0:50:51	1969	M40	24	25:15 25:20 / 5:04min/km
147	581	Basham Colin	SSK Kerpen Triathlon	0:50:35	0:50:53	1949	M60	6	24:37 25:57 / 5:04min/km
148	686	Stöppler Carsten	*Köln	0:50:51	0:51:16	1982	M20	16	25:48 25:03 / 5:05min/km
149	667	Heller Hans-Peter	Impuls-Lauftreff Kerpen	0:50:57	0:51:13	1951	M60	7	25:19 25:38 / 5:06min/km
150	730	Wurda Werner	SC Fortuna Köln	0:50:58	0:51:28	1960	M50	21	25:26 25:32 / 5:06min/km
151	754	Fuhrmann Hans Alfred	*Bergheim	0:51:00	0:51:18	1955	M55	13	25:34 25:25 / 5:06min/km
152	739	Bals Joachim	Die Bremser	0:51:01	0:51:32	1963	M45	35	26:02 24:59 / 5:06min/km
153	673	Kirchholtes Frank	Elite	0:51:05	0:51:29	1967	M40	25	26:27 24:38 / 5:07min/km

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154	671	Köster Christoph	Elite	0:51:05	0:51:30	1973	M35	18	26:27 24:38 / 5:07min/km
155	990	Strohhäcker Günter		0:51:06	0:51:15	1939	M70	2	24:57 26:08 / 5:07min/km
156	857	Ladenthin Mario	Feuerwehr Erftstadt	0:51:08	0:51:28	1978	M30	13	25:36 25:32 / 5:07min/km
157	546	Ackermann Detlev	Laufen-in-Köln	0:51:09	0:51:11	1970	M40	26	24:41 26:27 / 5:07min/km
158	585	Commer Tim	*Kerpen	0:51:10	0:51:36	1987	M20	17	25:11 25:59 / 5:07min/km
159	569	Lummerich Christian	Team Erdinger alkoholfrei	0:51:12	0:51:28	1973	M35	19	24:51 26:21 / 5:07min/km
160	995	Schumalske-Kings Dieter	Murmeltier Club Köln	0:51:12	0:51:27	1955	M55	14	25:02 26:10 / 5:07min/km
161	853	Streb Andreas		0:51:21	0:51:24	1970	M40	27	25:08 26:12 / 5:08min/km
162	696	Hinrichs Friedrich	LG RWE Power	0:51:28	0:51:50	1965	M45	36	25:05 26:22 / 5:09min/km
163	547	Herberg Jürgen	*Köln	0:51:28	0:51:36	1946	M65	3	25:29 25:59 / 5:09min/km
164	571	Uluyol Sami	*Kerpen	0:51:30	0:51:39	1968	M40	28	24:35 26:54 / 5:09min/km
165	563	Ewert Stefan	KSK Köln	0:51:37	0:51:42	1977	M30	14	24:57 26:39 / 5:10min/km
166	552	Krings Malte	*Kerpen	0:51:39	0:52:06	1986	M20	18	25:12 26:27 / 5:10min/km
167	802	Janikowski Martin		0:51:40	0:52:06	1979	M30	15	25:12 26:27 / 5:10min/km
168	647	Kipping Florian	SC Zuckerblitze	0:51:40	0:51:50	1980	M30	16	24:27 27:13 / 5:10min/km
169	607	Peters Jens	*Bonn	0:51:42	0:51:50	1952	M55	15	25:19 26:23 / 5:10min/km
169	649	Bongers Ulrich	SC Zuckerblitze	0:51:42	0:51:53	1957	M50	22	24:27 27:15 / 5:10min/km
171	838	Wißkirchen Thomas		0:51:47	0:52:08	1964	M45	37	25:52 25:54 / 5:11min/km
172	737	Gersenich Charly	SG Sparkasse Aachen	0:51:51	0:52:11	1960	M50	23	26:34 25:17 / 5:11min/km
173	828	Abraham Hans		0:51:53	0:52:14	1956	M55	16	26:16 25:37 / 5:11min/km
174	766	Farkas Stefan	*Horrem	0:52:02	0:52:23	1969	M40	29	26:30 25:32 / 5:12min/km
175	549	Meyer Wilfried	SC kölsch Fründe	0:52:04	0:52:14	1948	M60	8	25:37 26:27 / 5:12min/km
176	536	Knaak Alexander	SVHS	0:52:08	0:52:10	1998	MSB	2	24:57 27:11 / 5:13min/km
177	713	Wald Marc	Team Erdinger alkoholfrei	0:52:12	0:52:29	1969	M40	30	25:38 26:33 / 5:13min/km
178	626	Felter Reinhard	*Kerpen-Horrem	0:52:12	0:52:19	1943	M65	4	25:39 26:32 / 5:13min/km
179	682	Hensel Raphael	Fitnesspoint Horrem	0:52:22	0:52:37	1986	M20	19	26:07 26:15 / 5:14min/km
180	617	Witt Guido	LG RWE Power	0:52:25	0:52:37	1965	M45	38	25:28 26:56 / 5:15min/km
181	538	Siegburg Wilfried	*Kerpen	0:52:39	0:53:01	1963	M45	39	25:52 26:47 / 5:16min/km
182	865	Bertram Rolf	LT Alsdorf - Ost	0:52:44	0:52:58	1947	M60	9	26:17 26:27 / 5:16min/km
183	594	Röhrig Marcel	*Bergheim	0:52:50	0:53:10	1990	M20	20	26:38 26:12 / 5:17min/km
184	574	Mödder Wolfgang	ErftRunners	0:52:50	0:53:12	1965	M45	40	26:37 26:13 / 5:17min/km
185	593	Röhrig Jörg	*Bergheim	0:52:56	0:53:15	1970	M40	31	26:30 26:26 / 5:18min/km
186	662	Grunwald Tobias	*Stendal	0:53:05	0:53:30	1989	M20	21	27:04 26:00 / 5:19min/km
187	631	Schleuning Dirk	ErftRunners	0:53:15	0:53:38	1968	M40	32	27:29 25:46 / 5:20min/km
188	567	Hocht von der Fritz	LG RWE Power	0:53:22	0:53:40	1947	M60	10	26:40 26:41 / 5:20min/km
189	506	Funk Roland	*Bergheim	0:53:32	0:53:35	1961	M50	24	25:57 27:35 / 5:21min/km
190	826	Frevel Hermann Josef		0:53:34	0:53:50	1962	M45	41	26:46 26:48 / 5:21min/km
191	687	Mokwinski Jan	*Köln	0:53:38	0:54:03	1980	M30	17	27:08 26:30 / 5:22min/km
192	688	Kilian Michael	*Köln	0:53:39	0:54:04	1975	M35	20	27:08 26:31 / 5:22min/km
193	736	Ortlieb Frank	SG Köln-Worringen	0:53:45	0:53:52	1966	M45	42	26:34 27:11 / 5:23min/km
194	539	Stotzem Sebastian	BSG Kreisstadt Bergheim	0:53:49	0:53:55	1984	M20	22	27:15 26:34 / 5:23min/km
195	573	Inden Herbert	LG Donatus Erftstadt	0:53:58	0:54:09	1954	M55	17	25:25 28:33 / 5:24min/km
196	614	Linnartz Bernd	LG RWE Power	0:53:59	0:54:18	1966	M45	43	27:09 26:50 / 5:24min/km
197	595	Hecht Rüdiger	LG Türnich	0:54:01	0:54:15	1968	M40	33	24:56 29:05 / 5:24min/km
198	597	Hecht Pascal	LG Türnich	0:54:01	0:54:16	1999	MSB	3	24:56 29:05 / 5:24min/km
199	704	Drosdek Robert	Die Flitzer	0:54:06	0:54:31	1982	M20	23	28:10 25:55 / 5:25min/km
200	609	Müller Gerd	Oldies Kerpen	0:54:12	0:54:26	1954	M55	18	26:58 27:14 / 5:25min/km
201	672	Barkam Ludger	Elite	0:54:14	0:54:38	1973	M35	21	27:19 26:55 / 5:25min/km
202	620	Schewiola Hans	Erftläufer	0:54:15	0:54:45	1949	M60	11	27:21 26:54 / 5:26min/km
203	757	Dalheimer Jürgen	D/dorfer TV	0:54:20	0:54:36	1948	M60	12	26:54 27:25 / 5:26min/km
204	603	Ohrem Maurice	*Frechen	0:54:24	0:54:29	1991	M20	24	25:55 28:29 / 5:26min/km

4. Horremer Abendlauf am 22. Juli 2011

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Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
205	873	Vogler Wolfgang	Fairer Handel e.V.	0:54:28	0:54:45	1949	M60	13	27:09 27:18 / 5:27min/km
206	505	Dichtl Josef	ErftRunners	0:54:35	0:54:58	1972	M35	22	27:37 26:58 / 5:28min/km
207	632	Heinrichs Marco	ErftRunners	0:54:37	0:54:59	1968	M40	34	27:17 27:20 / 5:28min/km
208	627	Tausch Stefan	SSK Kerpen Triathlon	0:54:38	0:54:53	1972	M35	23	27:27 27:11 / 5:28min/km
209	797	Trottenberg Wilhelm	Pingsheimer Rentnerband	0:54:44	0:55:08	1942	M65	5	27:07 27:37 / 5:28min/km
210	729	Lambertz Walter	medivital	0:54:45	0:54:50	1957	M50	25	26:35 28:10 / 5:29min/km
211	700	Esser Tim	Die Flitzer	0:54:47	0:55:14	1981	M30	18	27:36 27:11 / 5:29min/km
212	752	Räuschel Andreas	LAV Habbelrath-Grefrath	0:54:57	0:55:21	1964	M45	44	26:38 28:19 / 5:30min/km
213	966	Abels Wolfgang	Feuerwehr Götzenkirchen	0:55:00	0:55:19	1968	M40	35	26:49 28:10 / 5:30min/km
214	832	Derigs Dieter	BSG Postbank Köln	0:55:01	0:55:26	1972	M35	24	26:41 28:19 / 5:30min/km
215	721	Heilmann Erich	LG RWE POWER	0:55:01	0:55:19	1960	M50	26	26:43 28:18 / 5:30min/km
216	677	Heuser Berthold	LG RWE Power	0:55:21	0:55:45	1963	M45	45	28:32 26:48 / 5:32min/km
217	605	Hartl Siegfried	Erlebnisclub Heppendorf	0:55:24	0:55:44	1958	M50	27	26:36 28:47 / 5:32min/km
218	541	Vennemann Dirk	Horremer SV	0:55:26	0:55:53	1974	M35	25	27:01 28:24 / 5:33min/km
219	542	Mikoleizik Peter	*Kerpen-Horrem	0:55:34	0:56:01	1970	M40	36	27:02 28:32 / 5:33min/km
220	778	Lintermann Markus	*Kerpen-Horrem	0:55:40	0:56:06	1973	M35	26	28:10 27:30 / 5:34min/km
221	619	Burkhardt Maximilian	*Kerpen	0:55:41	0:56:08	1987	M20	25	26:50 28:51 / 5:34min/km
222	694	Roggendorf Hans Josef	LG RWE Power	0:55:46	0:56:05	1955	M55	19	27:45 28:00 / 5:35min/km
223	824	Lerch Hermann-Josef	TTC Mödrath	0:55:54	0:56:11	1958	M50	28	28:53 27:00 / 5:35min/km
224	701	Maute Gunar	Die Flitzer	0:55:57	0:56:23	1982	M20	26	28:09 27:47 / 5:36min/km
225	618	Theisen Christoph	LT Café El-mar	0:56:00	0:56:11	1959	M50	29	27:53 28:07 / 5:36min/km
226	859	Hand Jürgen	*Kerpen	0:56:05	0:56:14	1981	M30	19	25:55 30:09 / 5:37min/km
227	590	Freihoff Johannes	*Kerpen	0:57:43	0:58:08	1966	M45	46	28:23 29:20 / 5:46min/km
228	762	Baumsteiger Christoph	*Bedburg-Hau	0:57:50	0:58:10	1965	M45	47	28:36 29:14 / 5:47min/km
229	520	Becker Heinrich	*Köln	0:58:00	0:58:15	1953	M55	20	26:03 31:56 / 5:48min/km
230	984	Stawinoga Markus	SG Sparkasse Aachen	0:58:05	0:58:26	1962	M45	48	30:38 27:27 / 5:49min/km
231	810	Aussem Jörg		0:58:06	0:58:35	1967	M40	37	27:07 30:59 / 5:49min/km
232	564	Friedrichs Michael	*Kerpen	0:58:06	0:58:28	1966	M45	49	28:04 30:01 / 5:49min/km
233	997	Hand Helmut	*Kerpen	0:58:21	0:58:31	1947	M60	14	28:09 30:12 / 5:50min/km
234	643	Notarius Ralf	Praeha-Lehrinstitut Kerpe	0:58:22	0:58:41	1964	M45	50	29:16 29:06 / 5:50min/km
235	628	Spreemann Carsten	Hello Kitty	0:58:31	0:58:37	1975	M35	27	28:33 29:58 / 5:51min/km
236	624	Porschen Rudolf	LG RWE Power	0:58:36	0:58:56	1947	M60	15	28:31 30:05 / 5:52min/km
237	702	Klein Sebastian	Die Flitzer	0:59:05	0:59:32	1980	M30	20	27:54 31:11 / 5:55min/km
238	856	Jager Alfred	*Kerpen Horrem	0:59:15	0:59:41	1962	M45	51	28:12 31:02 / 5:56min/km
239	601	Lewkow Edouard	*Kerpen-Horrem	0:59:15	0:59:41	1959	M50	30	28:19 30:55 / 5:56min/km
240	833	Wirtz Klaus-Peter		1:00:14	1:00:42	1957	M50	31	29:08 31:06 / 6:01min/km
241	587	Nowak Leszek	*Kerpen	1:01:26	1:01:52	1954	M55	21	30:06 31:19 / 6:09min/km
242	809	Oehmcke Christian		1:01:38	1:02:04	1983	M20	27	30:06 31:32 / 6:10min/km
243	805	Breetzmann Dennis		1:01:39	1:02:04	1983	M20	28	30:05 31:33 / 6:10min/km
244	825	Bahn Wolfgang		1:01:47	1:02:06	1972	M35	28	30:46 31:01 / 6:11min/km
245	642	Lewalter Karl	*Odenthal	1:02:29	1:02:53	1974	M35	29	30:01 32:28 / 6:15min/km
246	867	Wirtz Manfred	*Kerpen	1:11:47	1:12:16	1952	M55	22	36:40 35:06 / 7:11min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	516	Richter Elke	*Berlin	0:41:30	0:41:32	1969	W40	1	20:25 21:04 / 4:09min/km
2	580	Methner Annette	Rhein-Erft Akademie	0:42:07	0:42:13	1966	W45	1	20:45 21:22 / 4:13min/km
3	565	Geiken Annette	LG RWE Power	0:42:52	0:42:57	1967	W40	2	21:49 21:03 / 4:17min/km
4	980	Zarl Eliza	TV Refrath	0:44:18	0:44:23	1970	W40	3	22:06 22:12 / 4:26min/km
5	692	Jerosch Marianne	LG RWE Power Niedera	0:45:23	0:45:26	1961	W50	1	21:56 23:27 / 4:32min/km
6	697	Minor Astrid	ASV Köln	0:45:58	0:46:03	1973	W35	1	22:42 23:16 / 4:36min/km
7	718	Dulak Daniela	Team Erdinger alkoholfrei	0:46:28	0:46:32	1974	W35	2	22:57 23:31 / 4:39min/km
8	753	Servos Ulrike	LAV Habbelrath-Grefrath	0:46:29	0:46:57	1994	WJB	1	23:39 22:50 / 4:39min/km
9	586	Goldberg Ines	Erftrunners	0:46:45	0:47:07	1972	W35	3	23:21 23:24 / 4:41min/km
10	982	Odenius Gaby	Erftrunners	0:46:49	0:46:58	1963	W45	2	23:30 23:19 / 4:41min/km
11	726	Küpper Fabia	Sportpuls	0:47:19	0:47:27	1980	W30	1	24:20 22:58 / 4:44min/km
12	774	Braun Rebekka	SG Sparkasse Aachen	0:47:28	0:47:36	1975	W35	4	23:22 24:05 / 4:45min/km
13	740	Meisen Nicole	*Kerpen	0:47:44	0:47:59	1974	W35	5	23:23 24:20 / 4:46min/km
14	556	Werth Ingeborg	LG RWE Power	0:49:24	0:49:42	1959	W50	2	24:54 24:29 / 4:56min/km
15	612	Engel Petra	BSG Stadt Köln	0:49:29	0:49:39	1967	W40	4	24:16 25:12 / 4:57min/km
16	759	Weber-Steinhauer Birgit	LG RWE Power	0:49:48	0:49:58	1963	W45	3	24:28 25:19 / 4:59min/km
17	1000	Culmsee Katja	impuls Lauftreff	0:49:51	0:49:59	1972	W35	6	24:30 25:20 / 4:59min/km
18	733	Herkenhoener Natascha	TriCologne	0:50:58	0:51:13	1980	W30	2	25:03 25:54 / 5:06min/km
19	560	Korgel Anke	LG Donatus Erfstadt	0:51:19	0:51:27	1971	W40	5	25:35 25:44 / 5:08min/km
20	965	Reif Elke	jogmap	0:51:24	0:51:36	1973	W35	7	25:49 25:34 / 5:08min/km
21	800	Schippa Beatrix		0:52:22	0:52:40	1989	W20	1	27:25 24:57 / 5:14min/km
22	596	Hecht Franziska	LG Türnich	0:52:32	0:52:46	1970	W40	6	25:35 26:57 / 5:15min/km
23	636	Fürstenberg Anna	*Kerpen	0:52:35	0:52:44	1989	W20	2	25:47 26:48 / 5:16min/km
24	866	Bertram Maria	LT Alsdorf-Ost	0:52:44	0:52:58	1946	W65	1	26:17 26:27 / 5:16min/km
25	722	Heilmann Roswitha	LG RWE POWER	0:53:07	0:53:23	1961	W50	3	26:29 26:38 / 5:19min/km
26	621	Möller Geli	Erftrunners	0:53:10	0:53:32	1964	W45	4	26:24 26:46 / 5:19min/km
27	829	Schneider Simone		0:53:37	0:54:02	1975	W35	8	26:23 27:13 / 5:22min/km
28	770	Knepel Angelika	Laufperlen	0:53:37	0:53:54	1956	W55	1	27:07 26:29 / 5:22min/km
29	507	Hahn Marion	*Kerpen	0:54:14	0:54:32	1969	W40	7	26:32 27:41 / 5:25min/km
30	508	Göbbels Angelika	*Kerpen	0:54:15	0:54:32	1963	W45	5	26:32 27:42 / 5:26min/km
31	804	Nagel Rebecca		0:54:17	0:54:41	1983	W20	3	27:08 27:09 / 5:26min/km
32	710	Lummerich Nicole	Team Erdinger alkoholfrei	0:54:38	0:54:53	1973	W35	9	27:27 27:11 / 5:28min/km
33	602	Göbel Miriam	*Aachen	0:54:40	0:54:52	1970	W40	8	27:08 27:32 / 5:28min/km
34	604	Marsen-Monich Sabine	Laufperlen	0:54:53	0:55:10	1955	W55	2	27:08 27:44 / 5:29min/km
35	653	Witt Christina	KHTC Blau-Weiß	0:55:03	0:55:16	1996	WSA	1	27:23 27:40 / 5:30min/km
36	681	Kewitz Sabine	Fitnesspoint Horrem	0:55:08	0:55:21	1972	W35	10	27:26 27:41 / 5:31min/km
37	680	Schork Simone	Fitnesspoint Horrem	0:55:08	0:55:21	1973	W35	11	28:07 27:01 / 5:31min/km
38	679	Riepe Sabine	Fitnesspoint Horrem	0:55:18	0:55:32	1966	W45	6	27:26 27:52 / 5:32min/km
39	831	Sahler Andrea	Frechen-Königsdorf	0:55:34	0:55:55	1967	W40	9	28:06 27:28 / 5:33min/km
40	656	Schnieders Miriam	*Frechen	0:55:51	0:56:14	1970	W40	10	28:47 27:04 / 5:35min/km
41	635	Lewkow Sophie	*Kerpen	0:56:03	0:56:28	1990	W20	4	28:19 27:43 / 5:36min/km
42	525	Loben Caroline	*Elsdorf	0:56:12	0:56:39	1981	W30	3	28:07 28:04 / 5:37min/km
43	678	Pingen Susanne	Fitnesspoint Horrem	0:56:25	0:56:38	1971	W40	11	28:07 28:18 / 5:38min/km
44	504	Ebeler Annette	Erftrunners	0:56:28	0:56:49	1967	W40	12	28:19 28:08 / 5:39min/km
45	823	Bader Elke		0:56:33	0:56:46	1964	W45	7	26:58 29:35 / 5:39min/km
46	709	Mohr Mira	*Kerpen	0:56:50	0:56:59	1974	W35	12	28:10 28:39 / 5:41min/km
47	708	Doetsch Sandra	*Frechen	0:56:50	0:56:59	1985	W20	5	28:10 28:39 / 5:41min/km
48	509	Steffen Natalie	*Koeln	0:56:56	0:57:17	1973	W35	13	28:47 28:08 / 5:42min/km
49	724	Mais-Ramm Lydia	*Kerpen	0:57:44	0:57:54	1965	W45	8	28:18 29:26 / 5:46min/km
50	551	Flesch Kirsten	*Kerpen	0:57:50	0:58:11	1965	W45	9	29:11 28:39 / 5:47min/km
51	835	Palm Ilona	Fitness Point	0:57:57	0:58:20	1975	W35	14	29:00 28:57 / 5:48min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	633	Mertes Brigitte	*Frechen	0:58:22	0:58:40	1969	W40	13	29:14 29:07 / 5:50min/km
53	803	Moschner-Volkmann Ros	Just Fit	0:58:23	0:58:38	1957	W50	4	28:56 29:27 / 5:50min/km
54	629	Meyer Melanie	Hello Kitty	0:58:31	0:58:37	1976	W35	15	28:34 29:56 / 5:51min/km
55	834	Kaulisch Marion		0:59:15	0:59:27	1967	W40	14	28:57 30:17 / 5:56min/km
56	615	Jennert Elke	LG RWE Power	0:59:35	0:59:53	1966	W45	10	26:52 32:42 / 5:58min/km
57	676	Esser Martina	LG RWE Power	1:00:11	1:00:28	1963	W45	11	29:22 30:49 / 6:01min/km
58	562	Düren Yvonne	*Bergheim	1:00:56	1:01:19	1981	W30	4	30:25 30:30 / 6:06min/km
59	531	Scherberich Ursula	*Köln	1:00:59	1:01:14	1956	W55	3	29:25 31:33 / 6:06min/km
60	589	Siegburg Katrin	*Kerpen	1:01:27	1:01:47	1965	W45	12	30:26 31:00 / 6:09min/km
61	683	Michael Claudia	Buchhandlung Wortreich	1:01:44	1:02:07	1984	W20	6	29:10 32:34 / 6:10min/km
62	654	Vondenhoff Gerda	*Elsdorf	1:01:45	1:02:08	1965	W45	13	30:25 31:19 / 6:11min/km
63	862	Benke Christine	LAV Habelrath	1:01:45	1:02:09	1956	W55	4	30:08 31:37 / 6:11min/km
64	777	Kaiser Kathrin	BSG BMU	1:02:05	1:02:21	1975	W35	16	30:11 31:54 / 6:13min/km
65	836	Baumsteiger Sonja		1:02:09	1:02:31	1966	W45	14	32:33 29:36 / 6:13min/km
66	860	Rey Mettina	*Kerpen	1:02:24	1:02:43	1967	W40	15	30:50 31:33 / 6:14min/km
67	795	Refisch Gaby		1:02:24	1:02:43	1960	W50	5	30:50 31:34 / 6:14min/km
68	801	Landsberg Astrid		1:02:38	1:02:53	1961	W50	6	30:22 32:16 / 6:16min/km
69	837	Hoster Rita	svhs	1:03:07	1:03:20	1968	W40	16	31:44 31:22 / 6:19min/km
70	743	Kaufmann Antje	*Kerpen	1:03:07	1:03:20	1978	W30	5	31:44 31:23 / 6:19min/km
71	742	Inden Marion	*Kerpen-Horrem	1:03:07	1:03:20	1973	W35	17	31:46 31:21 / 6:19min/km
72	744	Herrlein Andrea	SVHS	1:03:09	1:03:20	1968	W40	17	31:08 32:00 / 6:19min/km
73	794	Thissen-Piontek Martina		1:03:10	1:03:22	1964	W45	15	31:25 31:45 / 6:19min/km
74	528	Broich Helga	ErfRunners	1:03:37	1:03:59	1970	W40	18	31:07 32:29 / 6:22min/km
75	666	Gatting Astrid	Impuls-Lauftreff Kerpen	1:03:37	1:04:02	1958	W50	7	31:37 32:00 / 6:22min/km
76	668	Heller Gabi	Impuls-Lauftreff Kerpen	1:03:40	1:04:04	1958	W50	8	31:37 32:02 / 6:22min/km
77	792	Esser Ingeborg		1:04:04	1:04:19	1953	W55	5	31:20 32:44 / 6:24min/km
78	548	Herberg Annemarie	*Köln	1:04:22	1:04:30	1953	W55	6	31:33 32:48 / 6:26min/km
79	725	Kummert-Gnewuch Sil	*Kerpen-Horrem	1:04:34	1:04:49	1974	W35	18	31:23 33:11 / 6:27min/km
80	849	Wirtz Britta		1:11:38	1:12:08	1986	W20	7	36:20 35:18 / 7:10min/km
81	850	Wirtz Brigitte		1:11:46	1:12:16	1951	W60	1	36:21 35:25 / 7:11min/km