

SG Bockenberg, Winterlaufserie 2017/2018 09.12.2017

Zieleinlaufliste Lauf2, lange Strecke (10,1 Km) Korr. 14.12.17

| Platz | Stnr | Name, Vorname | Verein/Ort | Zeit | Jahrg. | AK | Rg |
|-------|------|-------------------------|-----------------------------|---------|--------|-------|----|
| 1 | 478 | Fabianowski, Dominik | ASV Köln | 0:38:10 | 1989 | M HK | 1 |
| 2 | 458 | Fricke, Marc | Rhein-Berg Runners | 0:39:30 | 1974 | M 40 | 1 |
| 3 | 361 | Heilinger, Andreas | x-trail aktiv | 0:43:02 | 1990 | M HK | 2 |
| 4 | 407 | Berndt, Ralf | TuS Köln rrh | 0:43:14 | 1963 | M 50 | 1 |
| 5 | 406 | Schwartz, Heidi | TuS Köln rrh | 0:43:26 | 1989 | W HK | 1 |
| 6 | 454 | Schnitzer, Andreas | Berufsfeuerwehr Köln | 0:43:56 | 1971 | M 45 | 1 |
| 7 | 340 | Grewe, Marc | Union Biesfeld Triathlon | 0:44:22 | 1971 | M 45 | 2 |
| 8 | 416 | Müller, Matthias | (Bergisch Gladbach) | 0:44:42 | 1988 | M HK | 3 |
| 9 | 353 | Hierholzer, Stephan | RSF Frohe Felge | 0:44:44 | 1972 | M 45 | 3 |
| 10 | 411 | Heitkamp, Michael | SV AXA Köln | 0:45:26 | 1964 | M 50 | 2 |
| 11 | 431 | Schneider, Marco | TuS Köln rrh | 0:45:59 | 1978 | M 35 | 1 |
| 12 | 366 | Schneider, Thomas | LG RWE Power | 0:46:21 | 1969 | M 45 | 4 |
| 13 | 363 | Kulle, Marcus | SV AXA Köln | 0:46:44 | 1972 | M 45 | 5 |
| 14 | 398 | Lieth, Klaus | TV Refrath | 0:46:52 | 1968 | M 45 | 6 |
| 15 | 306 | Finke, Christian Oliver | RUN SQUAD CGN | 0:47:24 | 1977 | M 40 | 2 |
| 16 | 379 | Mannheim, Stephan | LLG 80 Nordpark Köln | 0:47:52 | 1975 | M 40 | 3 |
| 17 | 320 | Dambon, Martin | NHF Runners | 0:48:03 | 1981 | M 35 | 2 |
| 18 | 364 | Heisig, Markus | TV Refrath | 0:48:04 | 1960 | M 55 | 1 |
| 19 | 345 | Lennartz, Birgit | LLG St. Augustin | 0:48:09 | 1965 | W 50 | 1 |
| 20 | 372 | Varga, Eszter | (Köln) | 0:48:14 | 1981 | W 35 | 1 |
| 21 | 308 | Türk, Cornelia | Rhein Berg Runners | 0:48:20 | 1966 | W 50 | 2 |
| 22 | 309 | Hartmann, Frederik | TV Refrath | 0:48:28 | 1968 | M 45 | 7 |
| 23 | 339 | Pöhler, Frank | (Bergisch Gladbach) | 0:49:06 | 1962 | M 55 | 2 |
| 24 | 476 | Kanthak, Matthias | NHF Runners | 0:49:21 | 1980 | M 35 | 3 |
| 25 | 383 | Fetten, Heijo | LLG 80 Nordpark Köln | 0:49:49 | 1952 | M 65 | 1 |
| 26 | 452 | Althoff, Frederek | x-trail aktiv | 0:49:58 | 1970 | M 45 | 8 |
| 27 | 474 | Solecki, Martin | (Kerpen) | 0:50:04 | 1980 | M 35 | 4 |
| 28 | 321 | Wutke, Roman | NHF Runners | 0:50:39 | 1988 | M HK | 4 |
| 29 | 312 | Rabes, Yvonne | five star fitness | 0:50:47 | 1975 | W 40 | 1 |
| 30 | 373 | Demmerle, Marco | LLG Wonnergau | 0:50:57 | 1969 | M 45 | 9 |
| 31 | 357 | Vincenz, Barbara | (Rösrath) | 0:51:03 | 1963 | W 50 | 3 |
| 32 | 418 | Förster, Dirk | VCS Köln | 0:51:33 | 1973 | M 40 | 4 |
| 33 | 314 | Kohlwes, Christoph | SV AXA Köln | 0:51:42 | 1978 | M 35 | 5 |
| 34 | 346 | Greinert, Anke | Rösrather Schlammspringer | 0:52:12 | 1967 | W 50 | 4 |
| 35 | 460 | Schmerbauch, Lutz | LG Schmitzhöhe | 0:52:12 | 1966 | M 50 | 3 |
| 36 | 425 | Schmitz, Michael | Laufftreff Birkerfeld | 0:52:20 | 1968 | M 45 | 10 |
| 37 | 304 | Titze, Jürgen | Troisdorfer LG M.U.T | 0:52:36 | 1963 | M 50 | 4 |
| 38 | 388 | Friedel, Linda | ASV Köln Triathlon | 0:53:46 | 1984 | W 30 | 1 |
| 39 | 305 | Schröder, Wolfgang | Union Biesfeld Triathlon | 0:54:00 | 1967 | M 50 | 5 |
| 40 | 378 | Tiemesmann, Silke | LLG 80 Nordpark Köln | 0:54:08 | 1983 | W 30 | 2 |
| 41 | 319 | Schultz, Norman | NHF Runners | 0:55:02 | 1968 | M 45 | 11 |
| 42 | 384 | Boelter, Thomas | LLG 80 Nordpark Köln | 0:55:17 | 1963 | M 50 | 6 |
| 43 | 461 | Abdel Kafi, Hussam | Krüger Running Team | 0:55:21 | 1966 | M 50 | 7 |
| 44 | 329 | Hart, Heiko | NHF Runners | 0:55:32 | 1968 | M 45 | 12 |
| 45 | 369 | Kniest, Ulrich | SRC Fritzlar | 0:55:45 | 1966 | M 50 | 8 |
| 46 | 367 | Menne, Dieter | Kieser Training | 0:55:52 | 1964 | M 50 | 9 |
| 47 | 393 | Borsbach, Hermann-Josef | LT Saaler Mühle | 0:56:02 | 1959 | M 55 | 3 |
| 48 | 445 | Ingrisch, Rainer | Rose Club Bergisch Gladbach | 0:56:31 | 1966 | M 50 | 10 |
| 49 | 315 | Rudolph, Alexander | Ford FCSD05 | 0:56:33 | 1974 | M 40 | 5 |
| 50 | 465 | Arnold, Alessandro | Rheinstars Köln | 0:56:45 | 1999 | M U20 | 1 |

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|-------|------|------------------------|-----------------------|---------|--------|-------|----|
| 51 | 381 | Döring, Uwe | LLG 80 Nordpark Köln | 0:56:48 | 1958 | M 55 | 4 |
| 52 | 426 | Klaas, Marcel | RSF Frohe Felge | 0:57:03 | 1971 | M 45 | 13 |
| 53 | 432 | Orth, Hermann Josef | TV Hoffnungsthal | 0:57:03 | 1950 | M 65 | 2 |
| 54 | 436 | Bachem, Elisa | (Köln) | 0:57:27 | 1981 | W 35 | 2 |
| 55 | 330 | Fröhnel, Maik | NHF Runners | 0:57:29 | 1970 | M 45 | 14 |
| 56 | 313 | Kohlstrung, Marcus | DLRG Bensberg | 0:57:37 | 1966 | M 50 | 11 |
| 57 | 413 | Tix, Maxi | SSV Süng | 0:58:12 | 2000 | W U18 | 1 |
| 58 | 414 | Stoppenbach, Michael | SSV Süng | 0:58:12 | 1968 | M 45 | 15 |
| 59 | 307 | Nicklas, Rainer | (Troisdorf) | 0:58:22 | 1974 | M 40 | 6 |
| 60 | 464 | Lang, Oliver | DAV-Köln | 0:58:36 | 1987 | M 30 | 1 |
| 61 | 355 | Ley, Thomas | LT Rösratherstrasse | 0:59:14 | 1965 | M 50 | 12 |
| 62 | 331 | Bender, Matthias | SSF Bonn Triathlon | 0:59:27 | 1956 | M 60 | 1 |
| 63 | 463 | Dyker, Hubert | RTC Rösrath | 0:59:31 | 1964 | M 50 | 13 |
| 64 | 387 | Haak, Christian | (Bergisch Gladbach) | 0:59:53 | 1974 | M 40 | 7 |
| 65 | 392 | Vis, Jürgen | (Bergisch Gladbach) | 1:00:06 | 1962 | M 55 | 5 |
| 66 | 435 | Müller, Karin | (Köln) | 1:00:07 | 1967 | W 50 | 5 |
| 67 | 434 | Haserich, Dirk | (Rösrath) | 1:00:07 | 1964 | M 50 | 14 |
| 68 | 360 | Suhr, Monika | (Bergisch Gladbach) | 1:00:08 | 1957 | W 60 | 1 |
| 69 | 456 | Klein, Albert | (Köln) | 1:00:08 | 1952 | M 65 | 3 |
| 70 | 403 | Kämpfer, Timo | (Düsseldorf) | 1:00:30 | 2001 | M U18 | 1 |
| 71 | 447 | Zoll, Daniela | LG Gummersbach | 1:00:48 | 1981 | W 35 | 3 |
| 72 | 368 | Meregalli, Luca | LT Saaler Mühle | 1:01:19 | 1988 | M HK | 5 |
| 73 | 322 | Rudolf, Joachim | (Bergisch Gladbach) | 1:01:25 | 1953 | M 60 | 2 |
| 74 | 333 | Weingarten, Gregor | Kilowatt Kalk | 1:01:39 | 1965 | M 50 | 15 |
| 75 | 423 | Usselmann, Dagmar | (Rösrath) | 1:01:56 | 1963 | W 50 | 6 |
| 76 | 310 | Steuer, Melissa | (Much) | 1:02:19 | 1987 | W 30 | 3 |
| 77 | 405 | Hastenrath, Paul-Josef | Dauerlaufschule Köln | 1:02:30 | 1956 | M 60 | 3 |
| 78 | 326 | Hoffmann, Susanne | LT Saaler Mühle | 1:02:37 | 1968 | W 45 | 1 |
| 79 | 365 | Axmacher, Katharina | TV 08 Lohmar | 1:03:10 | 1996 | W HK | 2 |
| 80 | 440 | Carlé, Thomas | (Köln) | 1:03:22 | 1969 | M 45 | 16 |
| 81 | 325 | Boermann, Cornelia | (Köln) | 1:03:46 | 1969 | W 45 | 2 |
| 82 | 415 | Carthaus, Helmut | (Bergisch Gladbach) | 1:05:01 | 1967 | M 50 | 16 |
| 83 | 399 | Härtel, Rüdiger | Waldorfschule Refrath | 1:05:53 | 1963 | M 50 | 17 |
| 84 | 327 | Bajahr, Frank | LT Saaler Mühle | 1:05:58 | 1967 | M 50 | 18 |
| 85 | 382 | Schnitzler, Patricia | LLG 80 Nordpark Köln | 1:06:08 | 1959 | W 55 | 1 |
| 86 | 323 | Gerhold, Diana | SRC Fritzlar | 1:06:10 | 1966 | W 50 | 7 |
| 87 | 380 | Mannheim, Michael | LLG 80 Nordpark Köln | 1:06:25 | 1946 | M 70 | 1 |
| 88 | 477 | Schnitzer, Bernd | (Hürth) | 1:06:28 | 1968 | M 45 | 17 |
| 89 | 386 | Haak, Miriam | (Bergisch Gladbach) | 1:06:41 | 1976 | W 40 | 2 |
| 90 | 389 | Thewes, Peter | (Bergisch Gladbach) | 1:06:53 | 1956 | M 60 | 4 |
| 91 | 455 | Bahls, Roswitha | LSV Porz e.V. | 1:07:30 | 1961 | W 55 | 2 |
| 92 | 422 | Uekermann, Solveigh | RSF Frohe Felge | 1:08:54 | 1971 | W 45 | 3 |
| 93 | 419 | Lammel, Georg | LT Saaler Mühle | 1:09:24 | 1963 | M 50 | 19 |
| 94 | 370 | Hörsch, Wilfried | TV Donrath | 1:09:51 | 1954 | M 60 | 5 |
| 95 | 430 | Newerla, Jens | (Rösrath) | 1:11:40 | 1974 | M 40 | 8 |
| 96 | 472 | Newerla, Oliver | (Rösrath) | 1:11:41 | 1977 | M 40 | 9 |
| 97 | 395 | Kirschbaum, Hannelore | TV 08 Lohmar | 1:12:54 | 1957 | W 60 | 2 |
| 98 | 448 | Altendorf, Oskar | TV Refrath | 1:17:36 | 1951 | M 65 | 4 |

Anzahl: 98