



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	Min/km	PAK	AK	NZeit	NPlatz
1		01:16:08	513	Pawlowski, Mariusz		Partnerschaftsvere	1976	03:36,4	1	M30	01:16:06	1
2		01:22:18	958	Paulus, Rudolf		SSG Königswinter	1966	03:54,0	1	M40	01:22:15	2
3		01:26:00	1093	Böhm, Dirk		Eitorf läuft...	1968	04:04,5	2	M40	01:25:39	3
4		01:29:01	832	Waddey, Fritz		LG Bach	1959	04:13,1	1	M45	01:28:57	4
5		01:29:21	801	Diehl, Andreas		Tri Power Rhein-Si	1968	04:14,0	3	M40	01:29:17	5
6		01:29:42	1303	Neuenfeldt, Norbert		Tri Power Rhein-Si	1967	04:15,0	4	M40	01:29:36	6
1 W		01:30:23	512	Pawlowski, Dorota		Partnerschaftsvere	1980	04:17,0	1	WHK	01:30:20	1
7		01:31:32	758	Armbrust, Michael		LT Hennef-Sieg	1974	04:20,2	2	M30	01:31:29	7
8		01:32:01	15	Wank, Michael		LT Hennef-Sieg	1969	04:21,6	1	M35	01:31:57	8
9		01:32:08	161	Liebegott, Frank		Alfterer SC	1965	04:22,9	5	M40	01:32:01	9
10		01:32:38	1307	Schwaeppe, Harald		Bonner RG	1958	04:23,4	1	M50	01:32:30	10
11		01:33:00	263	Reintzsch, Ingo		Alfterer SC	1977	04:24,4	3	M30	01:32:54	11
12		01:33:20	487	Tesch, Norbert		LLG St. Augustin	1959	04:25,4	2	M45	01:33:10	13
13		01:33:44	429	Schmidt, Markus		Neunkirchen	1967	04:26,5	6	M40	01:33:07	12
14		01:34:26	83	Dittrich, Michael		Siegburg	1985	04:28,5	1	MHK	01:33:54	14
15		01:35:20	1124	Thissen, Markus		Tri Power Rhein-Si	1971	04:31,0	2	M35	01:35:14	15
2 W		01:35:21	957	Welscher, Claudia		SSG Königswinter	1968	04:31,1	1	W40	01:35:17	2
16		01:35:42	981	Fuchsguber, Rafae		Tri Power Rhein-Si	1961	04:32,1	3	M45	01:35:36	16
17		01:36:19	1319	Michhollek, Wolfga		GSV Porz	1960	04:33,8	4	M45	01:36:15	17
18		01:37:58	1010	Meyer, Bernhard		Roter Stern Kriegs	1986	04:38,5	2	MHK	01:37:52	19
19		01:38:06	1310	Wagner, Michael		TV 08 Lohmar	1963	04:38,9	5	M45	01:37:39	18
20		01:39:10	336	Steinseifer, Ing. Gu		Tour der Hoffnung	1966	04:42,9	7	M40	01:39:02	20
21		01:39:24	273	Meininger, Ulrich		M+E Rennsteigtea	1960	04:42,6	6	M45	01:39:17	21
22		01:39:41	766	Aye, Björn		Königswinter	1971	04:43,4	3	M35	01:39:27	22
23		01:39:57	391	Grienberger, Wolfg		Raumausstattung	1965	04:44,2	8	M40	01:39:44	23
24		01:40:11	1114	Worch, Marc		Eitorf	1971	04:44,8	4	M35	01:40:03	25
25		01:40:39	961	Schmidt, Frank		Just for Fun	1963	04:46,2	7	M45	01:39:53	24
26		01:41:06	239	Hurtz, Wolfgang		Ruppichteroth	1964	04:47,4	9	M40	01:40:59	27
27		01:41:35	883	Wirths, Wolfgang		LT HOMA Pumpen	1962	04:48,8	8	M45	01:40:56	26
28		01:42:17	151	Lindenber, Bjoern		No Run No Fun	1979	04:50,8	3	MHK	01:41:31	28
29		01:42:19	874	Struwe, Gerrit		Kronos Aktivclub	1973	04:50,9	5	M35	01:41:43	29
30		01:42:24	1011	Hochstein, Siegfrie		VfL Fleckenberg	1971	04:51,1	6	M35	01:41:58	30
31		01:42:46	92	Schulz, Markus		Feuerwehr Kronbe	1985	04:52,2	4	MHK	01:42:28	31
32		01:42:46	1180	Schell, Simon		Tri Power Rhein-Si	1983	04:52,2	5	MHK	01:42:41	32
33		01:43:50	761	Tilgner, Andreas		VfL Kommern	1965	04:55,2	10	M40	01:43:38	35
34		01:43:52	828	Mosler, Mo		Lola rennt	1966	04:55,3	11	M40	01:43:03	33
35		01:43:54	843	Altefrohe, Thorste		Kronos Aktivclub	1963	04:55,4	9	M45	01:43:50	36
36		01:43:56	1284	Kalisch, Peter		VfL St. Augustin	1969	04:55,5	7	M35	01:43:37	34
37		01:44:36	482	Enders, Frank		Hennef	1978	04:57,4	4	M30	01:44:21	37
38		01:44:44	1281	Henrich Freise, Achi		Lohmar	1965	04:57,8	12	M40	01:44:24	38
39		01:44:48	54	Schaumburg, Rolf		LT Hennef-Sieg	1955	04:58,0	2	M50	01:44:27	39
40		01:45:26	471	Talon, Jean pierre	BEL	Stürzelbach	1951	04:59,8	1	M55	01:44:52	40
41		01:45:39	65	Groß, Christian		St. Augustin	1981	05:00,4	6	MHK	01:45:35	44
42		01:45:40	231	Hombach, Frank		Seelscheid	1971	05:00,4	8	M35	01:45:26	42
43		01:45:40	258	Franssen, Klaus		Just for Fun	1962	05:00,4	10	M45	01:45:24	41
44		01:46:00	1018	Jung, Wolfgang		BK Hennef	1963	05:01,4	11	M45	01:45:28	43
45		01:46:30	1320	Hellmann, Michael		Sport-Fabrik Bonn	1967	05:02,8	13	M40	01:46:11	46
46		01:46:34	530	Aretz, Manfred		Alfterer SC	1947	05:03,0	1	M60	01:46:29	47
47		01:46:52	772	Grandisch, Sven		Team Rollergang	1977	05:03,8	5	M30	01:46:36	49
48		01:46:55	371	Becker, Christian		Bonn	1980	05:04,0	7	MHK	01:46:09	45
49		01:47:04	287	Petersen, Marc		SC Uckerath	1961	05:04,4	12	M45	01:46:59	51
50		01:47:12	28	Henseler, Tom		Team Samui	1962	05:04,8	13	M45	01:46:30	48
51		01:47:29	84	Kyrion, Frank		LLG St. Augustin	1966	05:05,6	14	M40	01:47:11	52
52		01:47:36	243	Fuhrmann, Markus		Siegburg	1967	05:06,9	15	M40	01:46:53	50
53		01:47:43	755	Beirich, Lutz		Hennef-Allner	1963	05:06,3	14	M45	01:47:28	54
54		01:47:46	776	Heinzen, Werner		Bonn	1962	05:06,4	15	M45	01:47:25	53
55		01:48:40	342	Overath, Jürgen		Overath Runners	1963	05:09,0	16	M45	01:48:35	55
3 W		01:48:57	1317	Hohengarten, Gabri		TCK Hasenraser	1967	05:09,8	2	W40	01:48:46	3



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	Min/km	PAK	AK	NZeit	NPlatz
56		01:48:57	373	Weinberg, Frank		Heisterschoß	1965	05:09,8	16	M40	01:48:45	57
57		01:48:58	972	Breuer, Andreas		Hennef	1966	05:09,8	17	M40	01:48:47	58
58		01:49:11	960	Braun, Joachim		Tri Power Rhein-Si	1966	05:10,4	18	M40	01:48:57	60
59		01:49:27	21	Momma, Bernd		Hennef-Allner	1969	05:11,2	9	M35	01:49:13	61
60		01:49:35	253	Schem, Ing. Lothar		Berufskolleg Trois	1971	05:11,6	10	M35	01:48:43	56
61		01:49:41	279	Dittmann, Thomas		Hennef	1966	05:11,8	19	M40	01:48:54	59
62		01:49:47	942	Stiltz, Frank		LT Hennef-Sieg	1961	05:12,1	17	M45	01:49:24	62
63		01:49:51	876	Friedrich, Jens		Kronos Aktivclub	1966	05:12,3	20	M40	01:49:39	66
64		01:50:10	31	Doelp, Bernd		Tri Power Rhein-Si	1965	05:13,2	21	M40	01:49:57	68
65		01:50:10	286	Pfaff, Raymond		SC Uckerath	1964	05:13,2	22	M40	01:50:05	70
66		01:50:12	1291	Guenat, Gilles		Troisdorfer LG	1960	05:13,3	18	M45	01:49:31	63
67		01:50:21	1296	Grohe, Uli		LT Jugendherberg	1962	05:13,7	19	M45	01:49:38	64
68		01:50:21	237	Hoffmeister, Rainer		RW Essen	1954	05:13,7	3	M50	01:50:17	71
69		01:50:22	1297	Harperath, Jörg		LT Jugendherberg	1964	05:13,8	23	M40	01:49:39	67
70		01:50:25	798	Peter, Werner		Hennef	1961	05:14,9	20	M45	01:49:38	65
71		01:50:36	858	Reiter, Hans-Joachi		Kronos Aktivclub	1953	05:14,5	2	M55	01:50:02	69
4	W	01:50:47	1302	Fuchs, Marina		Bonn	1960	05:15,0	1	W45	01:50:29	4
5	W	01:50:53	880	Gast, Sara		Kronos Aktivclub	1981	05:15,3	2	WHK	01:50:32	5
6	W	01:50:56	225	Schulten, Franziska		Köln	1976	05:15,4	1	W30	01:50:39	6
72		01:50:59	784	Schoppmann, Guid		Union Blau-Weiss	1969	05:15,5	11	M35	01:50:31	72
73		01:51:58	291	Sondhauß, Sebasti		SV Bayer Wuppert	1980	05:18,3	8	MHK	01:51:29	73
74		01:52:12	332	Philippen, Daniel		St. Augustin	1984	05:19,0	9	MHK	01:51:47	74
75		01:52:39	56	Kremer, Franz		LT Hennef-Sieg	1963	05:20,3	21	M45	01:52:30	77
76		01:52:39	756	Schrage, Reiner		Tri Power Rhein-Si	1957	05:20,3	4	M50	01:51:55	75
77		01:52:54	990	Rosenkranz, Martin		Königswinter	1989	05:21,0	1	MJugA	01:52:28	76
78		01:53:05	81	Gockel, Kay		Hennefer TV	1965	05:21,5	24	M40	01:52:43	79
79		01:53:09	274	Gusinde, Andreas		Eitorf	1968	05:21,7	25	M40	01:52:32	78
80		01:53:22	412	Breitenbrücher, Eu		Hennef	1967	05:22,3	26	M40	01:53:15	83
7	W	01:53:28	251	Steinhauer, Ute		LT Hennef-Sieg	1977	05:22,6	2	W30	01:53:07	7
81		01:53:38	228	Bertzen, Michael		BSG Chemie Wock	1961	05:23,1	22	M45	01:53:12	81
82		01:53:38	57	Rüttgers, Erwin		LT Hennef-Sieg	1949	05:23,1	3	M55	01:53:29	84
83		01:53:42	367	Laeremans, Luc	BEL	Siegburger TV	1966	05:23,3	27	M40	01:52:49	80
84		01:53:58	1283	Schmitz, Herbert		BSG Sparkasse Ho	1945	05:24,0	2	M60	01:53:14	82
85		01:54:02	518	Marx, Freddy		LT TuS Meindorf	1955	05:24,2	5	M50	01:53:39	85
86		01:54:17	682	Hanke, Volker		Köln-Porz	1966	05:25,9	28	M40	01:53:40	86
87		01:54:22	1275	Crede, Tobias		Bad Honberg	1978	05:25,2	6	M30	01:53:47	89
88		01:54:28	89	Berk, Andreas		Niederkassel	1974	05:25,4	7	M30	01:53:42	87
89		01:54:32	70	Goy, Roland		Eitorf	1963	05:25,6	23	M45	01:53:55	91
90		01:54:40	1315	van Schoenwinkel,		Troisdorf	1962	05:26,0	24	M45	01:53:46	88
91		01:54:42	353	Hermey, Andreas		Happerschoß	1966	05:26,1	29	M40	01:53:48	90
92		01:55:01	246	Mathia, Ulrich		LT Hennef-Sieg	1964	05:27,0	30	M40	01:54:51	94
93		01:55:10	226	Helleckes, Ludwig		BSG Chemie Wock	1959	05:27,4	25	M45	01:54:43	93
94		01:55:17	132	Aschenbrenner, Ale		Hennef	1972	05:27,8	12	M35	01:54:26	92
8	W	01:55:22	392	Pehl, Bianca		Raumausstattung	1973	05:28,0	1	W35	01:54:52	8
95		01:55:33	261	Esmaili, Bamdad		Die Happies	1972	05:28,5	13	M35	01:55:27	98
96		01:55:35	1280	de La Moriniere, Yv		Hennef	1963	05:28,6	26	M45	01:55:20	96
9	W	01:55:44	247	Rademacher, Maria		Bad Honnef	1987	05:29,0	3	WHK	01:55:31	9
97		01:55:49	1286	Flader, Michael		Sport Active	1968	05:29,3	31	M40	01:55:22	97
98		01:55:53	1255	Lammerich, Hans-P		Hennef	1973	05:29,5	14	M35	01:55:14	95
99		01:56:02	493	Reichenbach, Richa		St.t Augustin	1986	05:29,9	10	MHK	01:55:36	99
100		01:56:11	19	Schmitz, Bernd		Hennef	1966	05:30,3	32	M40	01:55:45	100
101		01:56:23	131	Peters, Manfred		WLG Hüchel	1961	05:30,9	27	M45	01:55:47	101
102		01:56:30	259	Franssen, Michael		Lohmar	1960	05:31,2	28	M45	01:56:12	102
103		01:56:36	834	Grandisch, Jens		Clausthal-Zellerfel	1980	05:31,5	11	MHK	01:56:19	103
104		01:56:42	69	Brachmann, Jörg		RC CITO	1959	05:31,8	29	M45	01:56:28	104
105		01:56:46	1130	Nafziger, Rolf		Overath	1966	05:32,0	33	M40	01:56:37	107
106		01:57:08	1271	Thomas, Detlef		Hennef	1962	05:33,0	30	M45	01:56:30	105
107		01:57:09	285	Franco, Manuel		SC Uckerath	1962	05:33,1	31	M45	01:57:02	112



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	Min/km	PAK	AK	NZeit	NPlatz
108		01:57:11	1236	Richter, Wolfgang		St. Augustin	1966	05:33,2	34	M40	01:56:39	108
109		01:57:14	289	Berg, Achim		Running Flight	1964	05:33,3	35	M40	01:57:06	113
110		01:57:14	368	Wessling, Harry		running-harry.de	1968	05:33,3	36	M40	01:57:06	114
111		01:57:15	496	Thomschke, Frank		Hennef	1966	05:33,4	37	M40	01:56:52	110
112		01:57:31	166	Lomberg, Marco		Hennef	1977	05:34,1	8	M30	01:56:33	106
113		01:57:40	167	Hüneke, Markus		Troisdorf	1974	05:34,5	9	M30	01:56:42	109
114		01:57:46	156	Müller, Peter		Köln-Poll	1972	05:34,8	15	M35	01:57:02	111
115		01:57:54	823	Ziegert, Jürgen		LLG St. Augustin	1964	05:35,2	38	M40	01:57:33	116
116		01:58:03	543	Raderschadt, Dr. G		Siegburg	1964	05:35,6	39	M40	01:57:50	118
117		01:58:04	771	Hey, Mathias		Odenthal	1963	05:35,7	32	M45	01:57:20	115
10	W	01:58:05	1322	Gerheim, Sigrid		SSV Happerschoß	1966	05:35,7	3	W40	01:57:54	10
118		01:58:18	938	Brügmann, Kay		Hennef	1962	05:36,3	33	M45	01:57:55	119
119		01:58:31	213	Schmidt, Horst		SV 09 Eitorf	1951	05:37,0	4	M55	01:58:02	120
120		01:58:36	956	Scho, Dr. Klaus		Hennef	1966	05:37,2	40	M40	01:57:50	117
121		01:58:51	232	Winkelhoch, Ing. M		Königswinter	1960	05:37,9	34	M45	01:58:06	121
122		01:58:53	389	Vanselow, Frank		Raumausstattung	1959	05:38,0	35	M45	01:58:20	122
123		01:59:00	252	Steinhauer, Jörg		Hennef	1970	05:38,3	16	M35	01:58:40	125
124		01:59:04	128	Marenbach, Ing. Th		Hennef	1979	05:38,5	12	MHK	01:58:34	124
125		01:59:14	414	Mühlenkamp, Jörg		Kastanienschule	1969	05:39,0	17	M35	01:58:44	126
126		01:59:16	1267	Roesen, Ralph		Hennef	1963	05:39,1	36	M45	01:58:29	123
127		01:59:28	60	Lubitz, Julian		Happies	1991	05:39,7	1	MJugB	01:59:13	129
128		01:59:38	370	Berger, Joachim		BSG DGUV	1958	05:40,1	6	M50	01:59:32	134
129		01:59:43	594	Mermert, Andreas		LAZ Puma Troisdo	1959	05:40,4	37	M45	01:58:53	127
130		01:59:45	826	Winkler, Stefan		Berufskolleg Henn	1964	05:40,5	41	M40	01:59:38	135
131		01:59:49	275	Schnell, Michael		Troisdorf	1966	05:40,7	42	M40	01:59:12	128
11	W	01:59:58	525	Otto, Tanja		Hennef	1979	05:41,1	4	WHK	01:59:21	11
132		02:00:00	937	Link, Gerrit		Hennef	1989	05:41,2	2	MJugA	01:59:15	132
12	W	02:00:08	241	Pfister, Dorothea		LT Hennef-Sieg	1971	05:41,6	2	W35	01:59:47	12
133		02:00:10	1023	Schneider, Uwe		Laufen um zu sauf	1977	05:41,7	10	M30	01:59:15	131
134		02:00:10	529	Schmidt, Florian		Windeck Alsen	1977	05:41,7	11	M30	01:59:14	130
135		02:00:18	472	Schreiner, Ralf		Heidewalker	1958	05:42,0	7	M50	01:59:22	133
136		02:00:23	656	Köb, Karl-Heinz		Hennef	1955	05:42,3	8	M50	02:00:13	137
13	W	02:00:44	394	Huschenbett, Doree		Raumausstattung	1976	05:43,3	3	W30	02:00:12	13
137		02:00:45	250	Jost, Thorsten		Bonn	1977	05:43,3	12	M30	02:00:20	138
138		02:00:53	37	Bestgen, Markus		Happies	1964	05:43,7	43	M40	02:00:43	140
139		02:00:59	1304	Stagge, Rolf Michae		LT Paffrath	1956	05:44,0	9	M50	02:00:11	136
140		02:01:19	393	Möller, Michael		Raumausstattung	1965	05:45,9	44	M40	02:00:46	141
14	W	02:01:27	282	Boersch, Ulrike		Lindlar	1967	05:45,3	4	W40	02:00:48	15
15	W	02:01:28	862	Ersfeld, Marion		Kronos Aktivclub	1966	05:45,4	5	W40	02:00:47	14
141		02:01:28	133	Bock, Thule		Kerkrade	1965	05:45,4	45	M40	02:00:37	139
142		02:01:50	596	Mons, Dr. Dieter		Happies	1955	05:46,4	10	M50	02:01:38	147
143		02:01:50	254	Haarkötter, Sascha		Berufskolleg Trois	1973	05:46,4	18	M35	02:00:58	143
144		02:01:51	1288	Hess, Patrick		Hennef	1978	05:46,4	13	M30	02:01:22	146
145		02:01:52	1282	Weinberger, Frank		Wiehl	1976	05:46,5	14	M30	02:01:41	151
146		02:01:53	29	Kreuz, Michael		Heidewalker	1961	05:46,5	38	M45	02:00:57	142
147		02:01:54	1292	Peter, Hans		Hennef	1961	05:46,6	39	M45	02:01:06	144
148		02:01:54	1036	Metzner, Klaus		SSV Haperschoß	1955	05:46,6	11	M50	02:01:14	145
149		02:02:03	997	Marx, Michael		FDP Hennef	1971	05:47,0	19	M35	02:01:40	149
150		02:02:04	1285	Haas, Patrick		BPOL LFS	1969	05:47,1	20	M35	02:01:40	150
151		02:02:21	544	Schikorra, Frank		Hennef	1973	05:47,9	21	M35	02:01:39	148
152		02:02:22	788	Klösters, Siegfried		Strongman Henne	1961	05:47,9	40	M45	02:01:41	152
153		02:02:35	204	Klee, Michael		Hennef	1970	05:48,5	22	M35	02:02:16	154
16	W	02:02:45	130	Woynecki, Mylene	FRA	Rheinbach	1975	05:49,0	4	W30	02:02:35	16
154		02:02:45	1279	Lammers, Hermann		Hennef	1960	05:49,0	41	M45	02:01:54	153
155		02:03:00	61	Lubitz, Dieter		Happies	1957	05:49,7	12	M50	02:02:45	156
156		02:03:08	1301	Harms, Waldemar		Meckenheim	1969	05:50,1	23	M35	02:02:56	157
17	W	02:03:10	106	Dettinger-Krätz, Rit		Kurscheidt	1968	05:50,2	6	W40	02:02:46	17
157		02:03:27	1300	Hengstler, Helmut		LT Venusberg	1947	05:51,0	3	M60	02:02:38	155



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	Min/km	PAK	AK	NZeit	NPlatz
158		02:03:33	944	Schmitz, Jörg		Runners Family Rh	1966	05:51,3	46	M40	02:03:02	158
159		02:03:41	343	Röding, Hansjörg		Bonn	1966	05:51,7	47	M40	02:03:07	159
160		02:03:54	362	Feuring, Torsten		Bad Honnef	1984	05:52,3	13	MHK	02:03:49	160
18	W	02:04:10	1306	Eisenbarth, Sandra		Just For Fun	1970	05:53,0	3	W35	02:03:53	19
19	W	02:04:31	55	Hubrig-Schaumbur		LT Hennef-Sieg	1961	05:54,0	2	W45	02:03:52	18
161		02:04:35	13	Schiele, Wolfgang		BW Feuerwehr Köl	1958	05:54,2	13	M50	02:04:09	162
162		02:04:36	827	Emmerich, Dirk		FC Schalke 04	1968	05:54,3	48	M40	02:04:08	161
163		02:04:45	236	Metz, Arne		Köln	1974	05:54,7	15	M30	02:04:28	163
164		02:05:03	522	Meyer, Jürgen		Winterscheid	1960	05:55,5	42	M45	02:04:36	164
165		02:05:12	495	Boese, Sascha		Winterscheid	1990	05:56,0	3	MJugA	02:04:47	165
166		02:05:28	597	Entz, Gerhard		TV 08 Lohmar	1955	05:56,7	14	M50	02:05:01	166
20	W	02:06:37	515	Zentner, Sonja		Süchterscheid	1975	06:00,0	5	W30	02:06:06	20
167		02:06:40	1084	Fliege, Marc		Oerlinghausen	1979	06:00,1	14	MHK	02:06:31	168
168		02:06:52	52	Jung, Michael		Berufsfeuerwehr K	1963	06:00,7	43	M45	02:06:02	167
169		02:07:10	1082	Paszkiel, Leszek		Hennef	1956	06:01,6	15	M50	02:06:51	169
170		02:07:14	517	Gillert, Alexander		Siegburg	1980	06:01,8	15	MHK	02:06:58	170
21	W	02:07:15	516	Gillert, Irma		Siegburg	1954	06:01,8	1	W50	02:06:59	21
22	W	02:07:46	1321	Kraemer, Elisabeth		Alfterer SC	1960	06:03,3	3	W45	02:07:28	22
171		02:08:16	948	Vollmer, Frank		Runners Family Rh	1969	06:04,7	24	M35	02:07:44	171
23	W	02:08:33	1295	Salewski, Birgit		Hennef	1962	06:05,5	4	W45	02:07:51	23
24	W	02:09:06	940	Stiltz, Dorotehea		LT Hennef-Sieg	1957	06:07,1	2	W50	02:08:44	24
172		02:09:31	598	Bertschat, Harry		TV 08 Lohmar	1958	06:08,2	16	M50	02:09:03	172
173		02:09:47	477	Zvonar, Uwe		BMVg Fü L II 1	1965	06:09,0	49	M40	02:09:13	173
174		02:10:22	868	Utscheid, Alexande		Kronos Aktivclub	1972	06:10,7	25	M35	02:09:37	174
25	W	02:10:22	1308	Schilling, Nathalie		Königswinter	1975	06:10,7	6	W30	02:10:06	25
175		02:10:39	1298	Thelen, Richard		Alfterer SC	1954	06:11,5	17	M50	02:10:04	175
26	W	02:10:58	277	Lindenber, Heike		Siegburg	1968	06:12,4	7	W40	02:10:17	26
176		02:10:58	276	Lindenber, Rolf		Siegburg	1965	06:12,4	50	M40	02:10:20	176
27	W	02:11:25	124	Koch, Beate		TTC DJK Hennef	1964	06:13,6	8	W40	02:10:44	27
177		02:11:40	678	Müsegaes, Mike		Königswinter	1973	06:14,4	26	M35	02:11:31	180
178		02:11:43	50	Ramme, Oliver		Die Saitensprünge	1969	06:14,5	27	M35	02:10:53	178
179		02:11:49	30	Poppe, Klaus		Heidewalker	1961	06:14,8	44	M45	02:10:52	177
180		02:12:09	221	Lübcke, Chris		Team Mueller Spo	1969	06:15,7	28	M35	02:11:20	179
28	W	02:12:09	220	Schwichtenberg, Ti		Team Mueller Spo	1978	06:15,7	7	W30	02:11:21	28
181		02:12:39	300	Krumkühler, Heinz		LG Bach	1955	06:17,2	18	M50	02:12:04	181
182		02:12:58	154	Samans-Bruntz, Ge		Hennefer TV	1956	06:18,1	19	M50	02:12:30	182
29	W	02:13:19	983	Langer, Ute		Speedy Düsseldorf	1967	06:19,0	9	W40	02:12:28	29
183		02:13:26	1139	Höhner, Thomas		FC Hennef 05	1964	06:19,4	51	M40	02:12:50	183
30	W	02:13:29	63	Alte, Andrea		Hennef	1975	06:19,5	8	W30	02:12:58	30
184		02:13:29	1092	Büller, Holger		Running Cops	1972	06:19,5	29	M35	02:12:58	184
185		02:13:32	1309	Schmidt-Schilling,		Königswinter	1972	06:19,7	30	M35	02:13:15	185
186		02:15:22	413	Schwanhold, Eckha		Hennef	1957	06:24,9	20	M50	02:14:23	186
31	W	02:15:25	10	Orth, Michaela		Just for Fun	1968	06:25,0	10	W40	02:15:14	32
32	W	02:15:26	36	Bestgen, Sylvia		Happies	1965	06:25,1	11	W40	02:15:14	31
187		02:15:27	280	Schnatenberg, Cars		Waldkrankenhaus	1975	06:25,1	16	M30	02:14:57	187
188		02:16:49	91	Schulz, Joachim		Hennef	1956	06:29,0	21	M50	02:16:27	188
33	W	02:18:33	264	Welsch, Beate		LG Badewanne	1956	06:34,9	3	W50	02:18:11	33
189		02:18:41	679	Bollinger, Emanuel		Siegburg	1980	06:34,3	16	MHK	02:18:22	191
190		02:18:44	1129	Pietsch, Hans		SSF Bonn Triathlo	1958	06:34,5	22	M50	02:17:49	189
34	W	02:18:45	45	Schmitz, Simone		Echte Fründe LG B	1983	06:34,5	5	WHK	02:18:20	34
191		02:18:45	47	Schmitz, Klaus		Echte Fründe LG B	1958	06:34,5	23	M50	02:18:28	192
35	W	02:18:47	41	Berndt, Inge		SSF Bonn	1958	06:34,6	4	W50	02:18:30	36
192		02:18:52	884	Monzel, Klaus		LT HOMA Pumpen	1960	06:34,8	45	M45	02:18:11	190
36	W	02:18:52	684	Knipp, Monika		LG Badewanne	1972	06:34,8	4	W35	02:18:27	35
193		02:20:02	1316	Rhein, Horber		Troisdorf	1951	06:38,1	5	M55	02:19:07	193
194		02:20:08	153	Plage, Sven		Bonn	1970	06:38,4	31	M35	02:19:26	194
195		02:20:38	1012	Pilger, Rainer		Buchholz	1968	06:39,9	52	M40	02:19:59	196
196		02:20:39	40	Bolle, Markus		SF Hennef	1977	06:39,9	17	M30	02:19:54	195

Europawochelauf Hennef



21.1 KM

So. 01. Juni 2008

Hennefer TV

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	Min/km	PAK	AK	NZeit	NPlatz
197		02:21:04	1224	Mast, Lothar W.		Hennef	1961	06:41,1	46	M45	02:20:29	197
198		02:21:41	1081	Wenz, Joachim		Stutensee-Blanke	1956	06:42,8	24	M50	02:20:54	198
199		02:21:57	1311	Schneider, Friedric		TV Oberbantenber	1947	06:43,6	4	M60	02:21:11	199
200		02:22:23	205	Letocha, Daniel		Hennef	1978	06:44,8	18	M30	02:22:03	200
201		02:23:24	77	Burger, Willi		Leverkusen	1950	06:47,7	6	M55	02:22:41	202
202		02:23:33	203	Büschel, Rainer		Hennef	1962	06:48,1	47	M45	02:22:38	201
37	W	02:23:33	202	Trautmann, Silvia		Hennef	1962	06:48,1	5	W45	02:22:38	37
203		02:24:21	46	Te Pass, Sven		Echte Fründe LG B	1985	06:50,4	17	MHK	02:24:03	203
38	W	02:26:49	593	Mermet, Stefanie		LAZ Puma Troisdo	1961	06:57,4	6	W45	02:25:59	38
204		02:26:50	1276	Anders, Horst		Hennef	1942	06:57,5	1	M65	02:26:10	205
205		02:27:05	747	Karuth, Dr. Volker		Köln-Porz	1964	06:58,2	53	M40	02:26:07	204
206		02:27:57	229	Fuchs, Dr. Werner		LG Büchel	1957	07:00,7	25	M50	02:27:19	206
207		02:28:11	278	Grämer, Bastian		BSG DEVK	1984	07:01,3	18	MHK	02:27:43	210
39	W	02:28:13	290	Laschewski-Sondha		SV Bayer Wuppert	1980	07:01,4	6	WHK	02:27:42	39
208		02:28:31	1313	Thiebes, Clemens		Hennef	1988	07:02,3	19	MHK	02:27:39	207
209		02:28:32	1314	Klew, Sebastian		Hennef	1989	07:02,3	4	MJugA	02:27:40	209
210		02:28:32	1312	Rosendahl, Jan		Hennef	1988	07:02,3	20	MHK	02:27:40	208
40	W	02:37:26	16	Vester, Rebecca		Hennef	1975	07:27,6	9	W30	02:37:18	40
41	W	02:37:26	1080	Jung, Christina		Hennef	1970	07:27,6	5	W35	02:37:19	41
42	W	02:51:55	681	Spethmann, Birgitt		Hennef	1963	08:08,8	7	W45	02:51:21	42
211		02:59:01	1299	Pützstück, Dirk		Troisdorf	1967	08:29,0	54	M40	02:58:07	211