

## 10 Meilen-Hauptlauf - Gesamtwertung

## 3. Kölner Stadionlauf - 26. Juni 2011

## Männer

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-Pl	AK	Jahr	Rundenzeiten
1	1032	Meurer Sebastian	Run2 by Runners Point	0:58:00	0:58:01	1	MHK	1986	17:34 18:20 18:26 03:38
2	646	Wienecke Thorsten	42tausend / NAO PT	1:00:04	1:00:06	1	M40	1971	18:28 18:51 19:04 03:39
3	1016	Claesges Michael	ASV LT Kemperdick	1:01:05	1:01:06	1	M45	1964	18:53 18:58 19:29 03:43
4	484	Poischen Thomas	RheinEnergie AG	1:04:19	1:04:21	2	M40	1970	19:39 20:04 20:39 03:54
5	495	Reiche Thomas	*Köln	1:05:34	1:05:37	3	M40	1969	20:32 20:13 21:06 03:41
6	273	Gau Michael	LT Decksteiner Weiher	1:06:02	1:06:03	1	M30	1981	19:45 20:37 21:24 04:16
7	547	Schommers Lukas	ASV Köln	1:06:48	1:06:48	1	MJA	1993	18:58 20:50 23:14 03:44
8	459	Neuhauser Andreas	SMA Masters	1:06:44	1:06:49	2	MHK	1985	20:21 20:54 21:34 03:55
9	479	Pieters Fabian	DJK Humboldt/Gremberg	1:08:38	1:08:40	2	MJA	1993	20:08 22:28 22:04 03:57
10	520	Salewska Boris	Team parkinn Deutschland	1:08:52	1:08:53	1	M35	1973	20:49 21:39 22:12 04:10
11	482	Ploeger Peter	Pulheimer SC	1:09:05	1:09:06	4	M40	1971	20:50 21:39 22:18 04:17
12	164	Arens Norbert	Merlin-Runners	1:10:13	1:10:15	2	M45	1963	20:51 21:57 22:54 04:30
13	1077	Reiner Detlef	SC Colonia 06	1:10:43	1:10:47	5	M40	1968	20:51 21:49 23:14 04:48
14	450	Münchrath Frank	*Seelscheid	1:10:51	1:10:53	6	M40	1970	21:38 22:22 22:33 04:17
15	620	Vaaßen Peter	*Frechen	1:12:09	1:12:11	3	M45	1965	21:41 22:41 23:32 04:13
16	914	Meyer Paul	*Marl	1:12:15	1:12:22	1	M50	1959	22:12 22:56 23:07 03:57
17	1065	Knepper Michael	Marathon Mülheim	1:13:12	1:13:14	4	M45	1963	22:34 22:57 23:18 04:21
18	205	Brönstrup Lars	*Köln	1:13:22	1:13:25	2	M35	1972	22:33 23:04 23:24 04:19
19	1055	Mielczarek Norbert	Rhein-Erft-Akademie	1:13:25	1:13:28	1	M55	1955	22:58 23:08 23:09 04:09
20	405	Leon Achim	Pulheimer SC	1:13:43	1:13:45	7	M40	1968	22:16 23:05 23:48 04:32
21	367	Klingen Reinhard	QS Frechen	1:13:56	1:13:58	5	M45	1966	22:11 23:26 23:47 04:30
22	970	Cremer Jürgen	FC Deutsche Post Köln-West	1:14:36	1:14:38	6	M45	1962	23:32 23:14 23:37 04:11
23	582	Sprink Meinolf	Katholische Hochschule NRW	1:14:40	1:14:44	7	M45	1965	22:26 23:29 24:09 04:34
24	468	Paaßens Lutz	*Köln	1:15:01	1:15:05	8	M40	1967	22:36 23:54 24:06 04:23
25	623	Voigt Alexander	SG KSK Koeln	1:15:45	1:15:49	9	M40	1971	22:57 23:43 24:11 04:52
26	541	Schneider Markus	42tausend/ NAO PT.	1:16:36	1:16:40	2	M30	1978	24:43 23:59 23:27 04:25
27	590	Steil Heiko	*Köln	1:16:39	1:16:42	3	M35	1976	24:01 24:21 23:51 04:24
28	593	Steller Michael	Impuls-Lauftreff Kerpen	1:16:53	1:16:56	2	M50	1957	23:46 24:02 24:26 04:37
29	297	Gummich Christian	*Köln	1:17:25	1:17:28	3	MHK	1989	23:39 24:24 25:02 04:19
30	546	Scholz Horst	*Köln	1:17:25	1:17:28	3	M30	1981	23:38 24:24 25:03 04:18
31	557	Schulte Sebastian	*Köln	1:17:58	1:18:00	4	M30	1981	23:45 24:24 24:59 04:49
32	202	Braun Werner	*Wuppertal	1:17:53	1:18:00	1	M60	1948	23:40 24:24 24:59 04:49
33	1017	Uedelhofen Manfred	*Köln	1:18:30	1:18:36	2	M60	1951	23:45 24:15 25:29 05:00
34	1074	Hackenbroich Wolfgang	LT Köln-Esch	1:18:32	1:18:37	3	M50	1960	22:54 24:44 25:59 04:53
35	634	Weidler Tim	*Köln	1:19:07	1:19:10	4	M35	1974	22:36 23:53 27:09 05:27
36	504	Robrecht Bernward	Katholische Hochschule NRW	1:19:03	1:19:10	8	M45	1964	23:43 24:35 25:56 04:48
37	301	Hamacher Stephan	*Köln	1:19:07	1:19:14	4	MHK	1982	23:29 25:04 25:36 04:57
38	278	Giessing Boris	Feuerwehr Frechen	1:19:23	1:19:33	10	M40	1967	24:25 24:56 25:22 04:38
39	526	Schaffgans Franz	*Frechen	1:19:44	1:19:47	9	M45	1963	23:41 25:30 26:05 04:26
40	328	Holbein Heinz	Pulheimer SC	1:19:45	1:19:51	4	M50	1961	24:08 24:57 25:48 04:50
41	1056	Schmitz Stefan	St. Marien Kürten	1:19:45	1:19:54	10	M45	1963	24:42 24:56 25:23 04:42
42	221	Claeßen Jens	*Köln	1:21:30	1:21:35	11	M40	1967	26:08 25:10 25:27 04:44
43	608	Thranberend Klaus	djk	1:22:19	1:22:25	12	M40	1967	23:58 26:21 27:07 04:52
44	262	Fink Ulrich	Merlin-Runners	1:22:27	1:22:31	5	M50	1959	25:11 26:03 26:14 04:58
45	436	Miners Steve	*Wegberg	1:22:43	1:22:47	13	M40	1970	24:44 25:29 27:15 05:13
46	241	Ebeler DR Guido	Erftrunners	1:22:36	1:22:50	11	M45	1964	26:04 25:57 25:55 04:39
47	498	Reufsteck Dirk	DJK Frankonia Porz eV	1:22:47	1:22:56	5	MHK	1984	25:33 26:03 26:19 04:51
48	481	Pinner Thomas	DJK Frankonia Porz	1:23:16	1:23:26	6	M50	1961	25:41 26:13 26:21 04:59
49	553	Schütz Volker	BMT Beethovenpark Köln	1:24:13	1:24:18	14	M40	1969	24:30 26:03 28:15 05:23
50	167	Atamtürk Hüseyin	BSG RaBaz e.V.	1:24:26	1:24:54	12	M45	1966	25:50 25:53 27:18 05:25
51	616	Tunc Izzet	BSG RaBaz e.V.	1:24:41	1:24:54	15	M40	1967	25:33 26:15 27:27 05:25
52	477	Philippen Thomas	sebamed running team	1:25:02	1:25:11	6	MHK	1989	24:27 25:25 30:16 04:53
53	581	Spillner Robin	*Bergheim	1:25:35	1:25:37	3	MJA	1992	26:13 27:19 27:16 04:46
54	423	Maye Michael	42tausend / NAO PT	1:25:41	1:25:47	13	M45	1965	26:03 27:03 27:26 05:08
55	635	Weise Heinz-Jürgen	*Köln	1:25:41	1:25:50	2	M55	1952	26:15 25:28 28:12 05:44
56	267	Furio Richard	Gymnasium Kerpen	1:25:54	1:25:57	4	MJA	1993	24:12 26:43 27:33 07:25
57	408	Lichtenfeld Kevin	Gymnasium Kerpen	1:25:54	1:25:57	5	MJA	1992	24:09 26:30 26:57 08:16
58	356	Kavelmann Hans	*Köln	1:25:58	1:26:08	7	MHK	1990	26:01 26:53 28:09 04:53
59	578	Spengler Stefan	Erzbistum Köln	1:26:03	1:26:09	14	M45	1962	26:30 26:58 27:36 04:58
60	628	Walpert Jens	42tausend / NAO PT	1:26:39	1:26:45	15	M45	1966	29:15 27:05 25:22 04:55
61	513	Rosso Martin Julian	LFS	1:26:40	1:26:51	1	MJB	1994	27:35 27:08 26:56 04:59
62	1081	Milz Günter	Alte Hasen	1:26:52	1:26:54	7	M50	1957	25:48 26:55 28:29 05:38

# 10 Meilen-Hauptlauf - Gesamtwertung

# 3. Kölner Stadionlauf - 26. Juni 2011

## Männer

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-Pl	AK	Jahr	Rundenzeiten
63	193	Blum Thomas	42tausend / NAO PT	1:27:45	1:27:48	8	MHK	1982	26:05 26:52 29:38 05:09
64	564	Seifert Jürgen	BSG Rheinpark e.V. Köln	1:28:44	1:28:52	3	M60	1948	27:06 28:19 28:10 05:08
65	935	Moser Benjamin	KKK Köln Anästhesie	1:28:55	1:29:03	5	M35	1974	29:08 27:17 27:18 05:11
66	1067	Gebler Marc	*Köln	1:29:48	1:29:53	16	M40	1970	26:17 27:55 29:59 05:36
67	627	Wald Marc	Team Erdinger Alkoholfrei	1:30:17	1:30:30	17	M40	1969	27:21 27:57 29:12 05:46
68	311	Heigl Thomas	42tausend / NAO PT	1:30:37	1:30:48	5	M30	1977	27:10 28:09 29:49 05:27
69	211	Bührmann Magnus	*Köln	1:31:12	1:31:19	6	M30	1977	28:21 28:25 29:00 05:25
70	393	Kumhofer Markus	*Kottingbrunn	1:31:33	1:31:46	18	M40	1970	27:15 29:11 29:25 05:40
71	512	Rosso Mario	*Pulheim	1:32:13	1:32:24	8	M50	1960	29:12 28:49 28:27 05:43
72	169	Barta Frieder	*Köln	1:32:57	1:33:05	9	MHK	1989	26:17 29:18 31:55 05:26
73	559	Schumacher Frank	*Pulheim	1:32:54	1:33:08	16	M45	1963	29:52 29:35 28:27 04:59
74	597	Ströbelt Reiner	*Pulheim	1:33:18	1:33:27	17	M45	1962	29:13 28:50 29:44 05:30
75	560	Schuster Peter	*Köln	1:34:47	1:34:59	9	M50	1957	29:47 29:21 29:57 05:40
76	561	Schwarz Werner	42tausend NAOPT	1:35:07	1:35:10	4	M60	1948	30:27 29:42 29:53 05:03
77	1011	Schwering Bruno		1:34:56	1:35:11	10	M50	1958	31:09 30:05 28:38 05:03
78	447	Müller Hermann Peter	Trainingsinstitut Prof. Baum	1:35:18	1:35:25	1	M70	1940	29:17 29:35 30:46 05:37
79	418	Lüdorf Harald	*Pulheim	1:35:19	1:35:25	3	M55	1956	27:08 30:07 32:47 05:16
80	1060	Kettler Uwe	TTG Vogelsang	1:35:38	1:35:41	18	M45	1965	29:36 30:08 30:18 05:34
81	1052	Stanzel Christoph	DJK DV Köln	1:36:29	1:36:35	19	M45	1965	28:25 30:44 31:32 05:47
82	327	Hördemann Bernhard	PSC	1:36:31	1:36:37	11	M50	1957	27:08 30:07 32:50 06:25
83	384	Kranke Ralf	*Rheinberg	1:40:11	1:40:22	20	M45	1965	31:12 31:32 31:36 05:50
84	219	Chalkidis Fotios	*Frechen	1:40:24	1:40:40	6	M35	1973	30:43 31:40 32:20 05:39
85	226	Danna Ralph M.	*Pulheim	1:42:25	1:42:29	19	M40	1969	30:01 31:28 34:52 06:03
86	191	Birkenfeld DR Florian	Wusniki	1:42:40	1:42:51	7	M35	1975	29:10 30:32 35:13 07:43
87	234	Diesmayr Volker	SportSpass Köln	1:42:45	1:42:53	21	M45	1966	33:04 33:33 30:25 05:41
88	168	Balanze Frank	Team Erdinger Alkoholfrei	1:45:21	1:45:34	22	M45	1966	31:24 32:35 35:11 06:10
89	536	Schmitz Helmut	*Meckenheim	1:45:45	1:45:57	4	M55	1954	29:12 32:41 37:01 06:50
90	331	Huber Heinz	SportSpass Köln	1:45:50	1:45:58	23	M45	1964	34:12 33:49 32:08 05:39
91	427	Meistrik Michael	SportSpass Köln	1:45:51	1:45:58	20	M40	1967	34:12 33:50 32:08 05:39
92	588	Steffens Wilfried	SSK Kerpen	1:48:34	1:48:46	5	M60	1951	31:32 32:56 36:42 07:23
93	222	Cromm Rolf	Rennsteiglaufverein	1:52:12	1:52:18	1	M75	1936	31:29 34:52 38:27 07:22
94	314	Hellwig André	*Markranstädt	1:52:26	1:52:40	24	M45	1966	34:04 34:19 36:51 07:11
95	375	Königsmann Michael	*Oberhausen	1:55:54	1:56:07	21	M40	1968	34:57 41:29 31:26 08:00
96	403	Leinesser Jörg	*Köln	1:56:35	1:56:40	10	MHK	1990	32:52 34:34 40:45 08:23
97	640	Werheid Simon	*Köln	2:00:07	2:00:23	7	M30	1979	38:49 37:19 36:55 07:02
98	268	Fuso Andy	*Köln	2:00:08	2:00:23	8	M30	1981	38:50 37:19 36:55 07:02
99	1058	Oppermann Axel	*Köln	0:51:54	0:52:01	5	M55	1956	25:41 26:13 00:00 00:00
100	537	Schmitz Josef	Alemannia Aachen	0:59:18	0:59:24	25	M45	1962	29:07 30:10 00:00 00:00
101	254	Esser Günter	Team Talanx	1:03:23	1:03:34	12	M50	1961	29:19 34:03 00:00 00:00
102	318	Hergli Adam	*Frechen	1:06:22	1:06:30	9	M30	1978	31:41 34:40 00:00 00:00
103	415	Lotter Jürgen	*Rösrath	0:25:17	0:25:32	6	M55	1954	25:17 00:00 00:00 00:00

## Frauen

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-Pl	AK	Jahr	Rundenzeiten
1	1085	Küttner Christiane	ASV Köln Triathlon	1:20:26	1:20:30	1	W40	1967	24:31 25:21 25:47 04:46
2	435	Miners Nadine	*Wegberg	1:21:43	1:21:47	2	W40	1968	24:46 25:30 26:21 05:05
3	339	Jansen Nicole	*Köln	1:21:45	1:21:53	1	W35	1974	24:32 25:38 26:22 05:12
4	529	Scharwächter Micheline	*Remscheid	1:22:59	1:23:06	2	W35	1972	25:09 26:24 26:31 04:54
5	410	Liebscher DR Brigitta	SportSpass Köln	1:25:09	1:25:14	1	W45	1963	26:14 26:37 27:07 05:08
6	511	Rosen Sabine	42tausend / NAO PT	1:25:55	1:25:58	1	W30	1977	25:44 27:05 27:48 05:17
7	332	Huber Katharina	SportSpass Köln	1:26:09	1:26:14	2	W30	1977	26:15 26:59 27:39 05:13
8	158	Ahrens Mirjam	*Köln	1:26:51	1:26:56	3	W30	1981	26:47 27:27 27:22 05:14
9	236	Drusenheimer Nadja	*Düsseldorf	1:27:09	1:27:15	4	W30	1979	26:12 27:04 28:17 05:35
10	252	Ens Elisabeth	*Köln	1:27:48	1:27:56	1	WJA	1992	27:37 27:31 27:39 05:00
11	269	Ganz Ute	Valium i.V.	1:29:51	1:30:00	2	W45	1964	27:19 28:13 28:50 05:27
12	1078	Flätgen Gisela	ESV Gremberghoven	1:31:34	1:31:42	1	W55	1953	27:55 28:29 29:29 05:39
13	1036	Gasda Nadine	*Köln	1:32:00	1:32:07	5	W30	1979	29:17 28:53 28:34 05:15
14	1057	Schmitz Karin	St. Marien Kürten	1:32:21	1:32:29	3	W40	1967	27:38 29:22 29:55 05:25
15	589	Stegemann Stephanie	*Pulheim	1:32:54	1:33:08	3	W35	1973	29:51 29:35 28:27 04:59
16	580	Spiegel Rosemarie	DJK Frankonia Porz eV	1:33:51	1:34:00	1	W50	1958	29:34 29:31 29:13 05:32
17	298	Guntermann Annette	Pulheimer SC	1:34:03	1:34:09	3	W45	1963	29:17 29:35 29:53 05:16
18	329	Holbein Petra	Pulheimer SC	1:34:03	1:34:10	4	W45	1964	29:17 29:35 29:53 05:16
19	464	Oetinger Eva	*Düsseldorf	1:34:46	1:34:56	1	WHK	1982	29:59 29:13 29:43 05:49
20	248	Elpers Simone	*Düsseldorf	1:34:46	1:34:56	2	WHK	1985	29:59 29:13 29:43 05:49
21	259	Feldhaus Doris	*Köln	1:37:32	1:37:36	1	W60	1948	29:40 30:40 31:12 05:58
22	303	Hannemann Stefanie	*Bornheim	1:40:10	1:40:22	6	W30	1980	31:11 31:32 31:36 05:50
23	1051	Stephan Katja		1:40:29	1:40:39	7	W30	1977	31:25 32:07 31:17 05:38
24	518	Rupietta Susanne	*Koeln	1:44:00	1:44:09	5	W45	1964	30:42 32:38 34:04 06:35
25	467	Osthaus Gudrun	ESV Gremberghoven	1:44:14	1:44:20	6	W45	1966	30:51 32:53 34:07 06:22
26	622	Viehmann Kristina	*Remscheid	1:51:02	1:51:15	8	W30	1980	34:36 34:06 35:21 06:58
27	180	Bergemann Sandra	*Remscheid	1:51:02	1:51:15	4	W40	1971	34:35 34:06 35:21 06:58
28	184	Beurskens Janetta	*Alfter	1:51:50	1:51:58	3	WHK	1982	32:57 35:03 36:32 07:17
29	618	Unterbrink Petra	*Köln	1:53:40	1:53:51	4	W35	1974	33:18 34:50 37:58 07:32
29	579	Spiegel Miriam	*Köln	1:53:40	1:53:51	9	W30	1980	33:18 34:49 37:58 07:32
31	507	Rohrmoser Eva-Maria	Laufmariechen Köln	1:58:18	1:58:28	2	W55	1954	36:29 37:31 37:30 06:46
32	508	Rohrmoser Felicitas	Laufmariechen Köln	1:58:18	1:58:28	3	W55	1956	36:29 37:31 37:30 06:47
33	1015	Claesges Jill	ASV LT Kemperdick	1:58:49	1:58:58	5	W35	1973	34:07 37:47 39:36 07:17
34	897	Schultz Birgit	Laufschule Erftstadt	2:02:24	2:02:33	7	W45	1965	35:30 37:57 40:47 08:09
35	316	Hemmer Alicia	42tausend / NAO PT	1:56:35	1:56:40	10	W30	1979	32:52 15:19 08:23 00:00
36	630	Wasmuth Vera	*Köln	0:57:59	0:58:03	5	W40	1968	27:26 30:32 00:00 00:00