

Altersklassen 10km

gedruckt 21.09.2008 20:56:49

Klasse MJB

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|--------------------|----|-----|----------------------------|-------|-----|---------|---------|--------|
| 1 | 1255 | Tansuthat, Aliju | 92 | THA | LAC Rhein-Erft e.V. | 73 | 77 | 0:47:10 | 0:47:10 | 4,43 |
| 2 | 1062 | Stich, Jannik | 92 | | TSV Bayer 04 | 75 | 79 | 0:47:17 | 0:47:17 | 4,44 |
| 3 | 390 | Jusefy, Nema | 91 | | Heinrich-Böll-Gesamtschule | 83 | 89 | 0:48:13 | 0:48:13 | 4,49 |
| 4 | 389 | Sachdeva, Schekher | 91 | | Heinrich-Böll-Gesamtschule | 141 | 178 | 0:56:58 | 0:56:58 | 5,42 |

Klasse MHK

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-----------------------|----|-----|-----------------------------|-------|-----|---------|---------|--------|
| 1 | 1068 | Winterholler, Andreas | 83 | | Bronny.de Team PSV Bonn | 1 | 1 | 0:33:31 | 0:33:31 | 3,21 |
| 2 | 1144 | Hackländer, Daniel | 82 | | *Köln | 15 | 16 | 0:39:51 | 0:39:51 | 3,59 |
| 3 | 1158 | Hönow, Björn | 80 | | 42tausend/WJ Köln/NAO Group | 20 | 21 | 0:40:34 | 0:40:34 | 4,03 |
| 4 | 1263 | Wajda, Slawek | 80 | | Rheinflitzer | 24 | 25 | 0:41:08 | 0:41:08 | 4,07 |
| 5 | 1200 | Mummert, Andreas | 81 | | *Köln | 42 | 44 | 0:43:43 | 0:43:43 | 4,22 |
| 6 | 1058 | Schumacher, Stefan | 81 | | *Juchen | 56 | 60 | 0:45:56 | 0:45:56 | 4,36 |
| 7 | 1198 | Morat, Tobias | 84 | | TV Neustadt | 82 | 88 | 0:48:08 | 0:48:08 | 4,49 |
| 8 | 1256 | Tatje, Julian | 84 | | *Köln | 108 | 123 | 0:52:04 | 0:52:04 | 5,12 |
| 9 | 1178 | Köhler, Clemens | 80 | | *Köln | 110 | 126 | 0:52:21 | 0:52:21 | 5,14 |
| 10 | 1271 | Wycisk, Sebastian | 79 | | *Köln | 112 | 128 | 0:52:26 | 0:52:26 | 5,15 |
| 11 | 1216 | Quast, Stefan | 84 | | *Hilden | 117 | 134 | 0:52:47 | 0:52:47 | 5,17 |
| 12 | 1077 | Calarota, Francesco | 84 | | *Stuttgart | 121 | 139 | 0:53:17 | 0:53:17 | 5,20 |
| 13 | 1145 | Hagemann, Christoph | 83 | | *Köln | 131 | 157 | 0:54:07 | 0:54:07 | 5,25 |
| 14 | 1069 | Surminski, Volker | 79 | | FFO | 150 | 195 | 0:57:59 | 0:57:59 | 5,48 |
| 15 | 1223 | Rupp, Tim Alexander | 79 | | *Köln | 157 | 211 | 1:00:40 | 1:00:40 | 6,04 |
| 16 | 1132 | Fischer, Marcus | 82 | | *Köln | 158 | 216 | 1:00:50 | 1:00:50 | 6,05 |
| 17 | 1118 | Bruns, Daniel | 81 | | *Köln | 159 | 217 | 1:00:51 | 1:00:51 | 6,05 |
| 18 | 1039 | Pavlovic, Dalibor | 79 | | *Köln | 166 | 236 | 1:04:33 | 1:04:33 | 6,27 |

Klasse M30

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|--------------------------|----|-----|---------------------------|-------|-----|---------|---------|--------|
| 1 | 1044 | Nganno, Daniel | 75 | CMR | Bunert Running Team | 2 | 2 | 0:34:58 | 0:34:58 | 3,30 |
| 2 | 1224 | Sadikov, Artem | 78 | RUS | Team Erdinger Alkoholfrei | 7 | 7 | 0:37:26 | 0:37:26 | 3,45 |
| 3 | 1008 | Schneider, Ben | 74 | | NAO Group | 18 | 19 | 0:40:23 | 0:40:23 | 4,02 |
| 4 | 1035 | Heldt, Carsten | 77 | | *Wermelskirchen | 19 | 20 | 0:40:26 | 0:40:26 | 4,03 |
| 5 | 1154 | Hermes, Karsten | 74 | | Team Intact | 29 | 31 | 0:41:56 | 0:41:56 | 4,12 |
| 6 | 1265 | Weiß, Gerrit | 76 | | *Köln | 30 | 32 | 0:42:26 | 0:42:26 | 4,15 |
| 7 | 1233 | Scherer, Christian | 78 | | *Bonn | 40 | 42 | 0:43:40 | 0:43:40 | 4,22 |
| 8 | 1190 | Malcus, Gernot | 74 | | *Köln | 41 | 43 | 0:43:41 | 0:43:41 | 4,22 |
| 9 | 1106 | Aßheuer, Tibor | 78 | | *Köln | 58 | 62 | 0:46:12 | 0:46:12 | 4,37 |
| 10 | 1074 | Mückenheim, Sven | 74 | | | 60 | 64 | 0:46:17 | 0:46:17 | 4,38 |
| 11 | 1299 | Horvath, Janos | 74 | | FFO | 67 | 71 | 0:46:45 | 0:46:45 | 4,41 |
| 12 | 1173 | Klug, Helmut | 75 | | *Köln | 71 | 75 | 0:47:02 | 0:47:02 | 4,42 |
| 13 | 1114 | Bouchard, Martin | 75 | | *Bonn | 96 | 107 | 0:50:26 | 0:50:26 | 5,03 |
| 14 | 1222 | Ruether, Dieter | 74 | | LT Dr.Hasenbein Hagen | 107 | 120 | 0:51:58 | 0:51:58 | 5,12 |
| 15 | 1112 | Boieiro, Sergio | 76 | PRT | *Köln | 115 | 132 | 0:52:46 | 0:52:46 | 5,17 |
| 15 | 1242 | Sensert, Rafael | 78 | | *Köln | 115 | 133 | 0:52:46 | 0:52:46 | 5,17 |
| 17 | 1275 | Raffel, Heiko | 76 | | Stockum | 123 | 142 | 0:53:24 | 0:53:24 | 5,20 |
| 18 | 1020 | Becker-Mühlenbrock, Jens | 74 | | *Köln | 125 | 145 | 0:53:40 | 0:53:40 | 5,22 |
| 19 | 1029 | Metzner, Christian | 78 | | *Köln | 127 | 148 | 0:53:54 | 0:53:54 | 5,23 |
| 20 | 1140 | Golfos, Jordanis | 76 | | *Troisdorf | 130 | 154 | 0:54:06 | 0:54:06 | 5,25 |
| 21 | 1155 | Hettler, Tillmann | 74 | | *Köln | 140 | 176 | 0:56:48 | 0:56:48 | 5,41 |
| 22 | 1105 | Apel, Georg | 78 | | *Leverkusen | 148 | 191 | 0:57:49 | 0:57:49 | 5,47 |
| 23 | 1180 | Kóves, Robert | 77 | | *Köln | 156 | 210 | 1:00:40 | 1:00:40 | 6,04 |

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Klasse M35

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-------------------------|----|-----|--------------------------------|-------|-----|---------|---------|--------|
| 1 | 1170 | Kistner, Axel | 73 | | USC Kiel | 11 | 12 | 0:39:10 | 0:39:10 | 3,55 |
| 2 | 1241 | Schwegmann, Stefan | 69 | | *Köln | 14 | 15 | 0:39:48 | 0:39:48 | 3,59 |
| 3 | 1251 | Stutzke, Michael | 70 | | Laufftreff TUS 82 Opladen | 21 | 22 | 0:40:44 | 0:40:44 | 4,04 |
| 4 | 1026 | Kraker, Thorsten | 69 | | *Köln | 22 | 23 | 0:40:55 | 0:40:55 | 4,06 |
| 5 | 1305 | Morawitz, Urban | 70 | | FFO | 23 | 24 | 0:41:00 | 0:41:00 | 4,06 |
| 6 | 1023 | Pedersen, Tue Dam | 69 | | Die Alpenwikinger | 26 | 28 | 0:41:21 | 0:41:21 | 4,08 |
| 7 | 1027 | Muehlenkamp, Peter | 72 | | *Witten | 27 | 29 | 0:41:28 | 0:41:28 | 4,09 |
| 8 | 1016 | Barthes, Herwig | 71 | | Bonn, Laufftreff Siebengebirge | 33 | 35 | 0:43:03 | 0:43:03 | 4,18 |
| 9 | 1060 | Neimeke, Ralf | 70 | | | 36 | 38 | 0:43:20 | 0:43:20 | 4,20 |
| 10 | 1185 | Leicht, Günter | 70 | | Laufftreff TUS 82 Opladen | 37 | 39 | 0:43:36 | 0:43:36 | 4,22 |
| 11 | 1109 | Bakonyi, André | 69 | | LG Rhein-Erft | 44 | 46 | 0:43:52 | 0:43:52 | 4,23 |
| 12 | 1225 | Saerbeck, Dr. Ulrich | 70 | | FSV | 49 | 52 | 0:44:43 | 0:44:43 | 4,28 |
| 13 | 1183 | Labonte, Andreas | 71 | | *Bonn | 50 | 53 | 0:44:48 | 0:44:48 | 4,29 |
| 14 | 1024 | Fritz, Michael | 72 | AUT | Die Alpenwikinger | 59 | 63 | 0:46:15 | 0:46:15 | 4,38 |
| 15 | 1196 | Meyers, Ingo | 72 | | *Köln | 85 | 91 | 0:48:22 | 0:48:22 | 4,50 |
| 16 | 1025 | Nierhoff, Boris | 69 | | *Köln | 86 | 93 | 0:48:31 | 0:48:31 | 4,51 |
| 17 | 1272 | Zichella, Martin | 70 | | *Köln | 87 | 94 | 0:48:38 | 0:48:38 | 4,52 |
| 18 | 1187 | Linden, Thomas | 69 | | *Köln | 92 | 101 | 0:49:22 | 0:49:22 | 4,56 |
| 19 | 1232 | Schenke, Andreas | 73 | | *Bonn | 97 | 108 | 0:50:26 | 0:50:26 | 5,03 |
| 20 | 1021 | Schmitgen, Volker | 72 | | *Kaarst | 100 | 111 | 0:51:13 | 0:51:13 | 5,07 |
| 21 | 1135 | Gerhards, Georg | 69 | | *Sonsbeck | 104 | 116 | 0:51:34 | 0:51:34 | 5,09 |
| 22 | 1219 | Rettkowski, Meik | 71 | | *Rösrath | 109 | 124 | 0:52:04 | 0:52:04 | 5,12 |
| 23 | 1294 | Breuer, Frank | 71 | | FFO | 126 | 147 | 0:53:48 | 0:53:48 | 5,23 |
| 24 | 1141 | Grulke, Dr. Ralf | 72 | | *Köln | 142 | 180 | 0:57:10 | 0:57:10 | 5,43 |
| 25 | 1052 | Schierhorn, Christopher | 72 | | SSF Bonn Triathlon | 143 | 182 | 0:57:17 | 0:57:17 | 5,44 |
| 26 | 1304 | Schwinn, Michael | 73 | | FFO | 146 | 187 | 0:57:36 | 0:57:36 | 5,46 |
| 27 | 1288 | Foidl, Jörg | 69 | AUT | FFO | 151 | 196 | 0:58:02 | 0:58:02 | 5,48 |
| 28 | 1273 | Zimmerman, Dirk | 73 | | *Bornheim | 152 | 199 | 0:58:14 | 0:58:14 | 5,49 |
| 29 | 1296 | Müller, Ralf | 73 | | FFO | 153 | 204 | 0:59:01 | 0:59:01 | 5,54 |
| 30 | 1284 | Schmitz, Christoph | 69 | | FFO | 167 | 239 | 1:05:37 | 1:05:37 | 6,34 |

Klasse M40

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|------------------------------|----|-----|---------------------------|-------|-----|---------|---------|--------|
| 1 | 1238 | Schneider, Norbert | 68 | | Tus Mechernich 1897 | 3 | 3 | 0:35:58 | 0:35:58 | 3,36 |
| 2 | 1011 | Sambale, Thomas | 65 | | *Leverkusen | 4 | 4 | 0:36:06 | 0:36:06 | 3,37 |
| 3 | 1107 | Assing, Volker | 68 | | BSG DEVK Versicherungen | 5 | 5 | 0:37:00 | 0:37:00 | 3,42 |
| 4 | 1264 | Warkentin, Jens | 66 | | *Köln | 6 | 6 | 0:37:11 | 0:37:11 | 3,43 |
| 5 | 1150 | Heinze, Michael | 64 | | *Königswinter | 13 | 14 | 0:39:35 | 0:39:35 | 3,58 |
| 6 | 1257 | Tenbrink, Hans-Bernd | 68 | | FC Maulwurf | 45 | 47 | 0:44:01 | 0:44:01 | 4,24 |
| 7 | 1147 | Hahn, Oliver | 68 | | Sportlich Team Bornheim | 53 | 57 | 0:45:28 | 0:45:28 | 4,33 |
| 8 | 1076 | Oberheim, Ralf | 68 | | GSV-Porz Köln | 55 | 59 | 0:45:44 | 0:45:44 | 4,34 |
| 9 | 1054 | Auer, Jörg | 65 | | *Köln | 61 | 65 | 0:46:20 | 0:46:20 | 4,38 |
| 10 | 1010 | Steltzner, Thomas | 65 | | LC Reptec | 65 | 69 | 0:46:32 | 0:46:32 | 4,39 |
| 11 | 1015 | Heuschötter, Klaus | 64 | | Fifty Minutes | 68 | 72 | 0:46:50 | 0:46:50 | 4,41 |
| 12 | 1018 | Schmitz, Jochen | 64 | | Schalke 04 | 69 | 73 | 0:46:53 | 0:46:53 | 4,41 |
| 13 | 1065 | Bronny, Oliver | 66 | | bronny.de PSV Bonn | 77 | 81 | 0:47:21 | 0:47:21 | 4,44 |
| 14 | 1108 | Badtke, Andreas | 65 | | BSG Kreissparkasse Köln | 78 | 83 | 0:47:36 | 0:47:36 | 4,46 |
| 15 | 1226 | Sattler, Dr. Stefan | 65 | | Sportlich Team Bornheim | 79 | 84 | 0:47:44 | 0:47:44 | 4,46 |
| 16 | 1191 | Marbach, Christian | 68 | | Computacenter | 80 | 85 | 0:47:51 | 0:47:51 | 4,47 |
| 17 | 1053 | Blaurock, Jochen | 66 | | *Köln | 84 | 90 | 0:48:16 | 0:48:16 | 4,50 |
| 18 | 1071 | Hoffsimmer, Hubert | 64 | | Lauffreunde Köln-Vlatten | 89 | 96 | 0:48:44 | 0:48:44 | 4,52 |
| 19 | 1165 | Karbstein, Paul | 64 | | *Remscheid | 91 | 100 | 0:49:20 | 0:49:20 | 4,56 |
| 20 | 1166 | Keller, Andreas | 65 | | SG Siegen-Giersberg | 106 | 118 | 0:51:50 | 0:51:50 | 5,11 |
| 21 | 1277 | Marquardt, Jörg | 67 | | *Köln | 111 | 127 | 0:52:22 | 0:52:22 | 5,14 |
| 22 | 1012 | Gürda, Oktay | 67 | | *Köln | 113 | 129 | 0:52:34 | 0:52:34 | 5,15 |
| 23 | 1239 | Schönberger, Peter | 64 | | *Köln | 118 | 135 | 0:52:49 | 0:52:49 | 5,17 |
| 24 | 1297 | Frese, Ralf | 67 | | FFO | 119 | 137 | 0:53:10 | 0:53:10 | 5,19 |
| 25 | 1188 | Löhlhöfel von Löwensprung, C | 66 | | Skopos Strategic Research | 122 | 140 | 0:53:20 | 0:53:20 | 5,20 |
| 26 | 1217 | Quetting, Jörg | 68 | | *Köln | 124 | 143 | 0:53:32 | 0:53:32 | 5,21 |
| 27 | 1032 | Rheims, Dr. Holger | 67 | | TSV Bayer 04 Leverkusen | 138 | 173 | 0:56:25 | 0:56:25 | 5,39 |
| 28 | 1103 | Ambrus, Tamas | 66 | HUN | Skopos Strategic Research | 155 | 209 | 1:00:34 | 1:00:34 | 6,03 |

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Klasse M45

| Platz | St-Nr. | Name | JG | NAT | Verein*/Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-----------------------|----|-----|---------------------------|-------|-----|---------|---------|--------|
| 1 | 1300 | Diergardt, Maik | 63 | | *Köln | 8 | 9 | 0:38:53 | 0:38:53 | 3,53 |
| 2 | 1258 | Tesch, Norbert | 59 | | LLG St. Augustin | 12 | 13 | 0:39:18 | 0:39:18 | 3,56 |
| 3 | 1037 | Wattler, Wilfried | 60 | | TPSK Köln | 16 | 17 | 0:39:52 | 0:39:52 | 3,59 |
| 4 | 1043 | Bahr, Alexander | 63 | | *Köln | 17 | 18 | 0:40:18 | 0:40:18 | 4,02 |
| 5 | 1059 | Böcker, Thorsten | 62 | | LT Siebengebirge | 25 | 26 | 0:41:12 | 0:41:12 | 4,07 |
| 6 | 1129 | Esser, Hennes | 61 | | Nüsser Sprösslinge 1978 | 28 | 30 | 0:41:54 | 0:41:54 | 4,11 |
| 7 | 1133 | Flock, Dr. Holger | 61 | | Pulheimer SC | 32 | 34 | 0:42:36 | 0:42:36 | 4,16 |
| 8 | 1159 | Hornig, Achim | 62 | | TUS 82 Opladen | 34 | 36 | 0:43:09 | 0:43:09 | 4,19 |
| 9 | 1259 | Thal, Jörg | 60 | | *Leverkusen | 38 | 40 | 0:43:38 | 0:43:38 | 4,22 |
| 10 | 1266 | Wilden, Heinz | 60 | | *Pulheim | 39 | 41 | 0:43:40 | 0:43:40 | 4,22 |
| 11 | 1269 | Wittgens, Hans-Ulrich | 60 | | *Leverkusen | 43 | 45 | 0:43:45 | 0:43:45 | 4,23 |
| 12 | 1289 | Lieb, Thomas | 61 | | FFO | 46 | 48 | 0:44:08 | 0:44:08 | 4,25 |
| 13 | 1179 | Korfmacher, Holger | 63 | | *Köln | 48 | 50 | 0:44:26 | 0:44:26 | 4,27 |
| 14 | 1075 | Lüchtfeld, Martin | 59 | | Bunert Running Team | 51 | 54 | 0:45:11 | 0:45:11 | 4,31 |
| 15 | 1248 | Stratenwerth, Gerd | 63 | | *Hennef | 52 | 55 | 0:45:12 | 0:45:12 | 4,31 |
| 16 | 1231 | Scheithauer, Thomas | 61 | | Team Erdinger Alkoholfrei | 54 | 58 | 0:45:40 | 0:45:40 | 4,34 |
| 17 | 1009 | Becker, Peter | 63 | | LG Reprotec | 64 | 68 | 0:46:32 | 0:46:32 | 4,39 |
| 18 | 1230 | Scheithauer, Michael | 62 | | FFO - Ford eV | 70 | 74 | 0:46:56 | 0:46:56 | 4,42 |
| 19 | 1291 | Wust, Christoph | 60 | | Dauerlaufschule Köln | 88 | 95 | 0:48:42 | 0:48:42 | 4,52 |
| 20 | 1162 | Immig, Peter | 60 | | ASV Köln Team 42 | 95 | 105 | 0:50:03 | 0:50:03 | 5,00 |
| 21 | 1229 | Schatz, Hans-Joachim | 59 | | *Wermelskirchen | 98 | 109 | 0:50:42 | 0:50:42 | 5,04 |
| 22 | 1063 | Stich, Joachim | 62 | | TuS 1882 Opladen | 101 | 112 | 0:51:13 | 0:51:13 | 5,07 |
| 23 | 1157 | Hilpert, Ulrich | 63 | | PSV Koeln | 102 | 113 | 0:51:14 | 0:51:14 | 5,07 |
| 24 | 1172 | Klein, Joachim | 62 | | *Köln | 105 | 117 | 0:51:38 | 0:51:38 | 5,10 |
| 25 | 1047 | Esser, Günter | 61 | | *Köln | 128 | 151 | 0:54:00 | 0:54:00 | 5,24 |
| 26 | 1285 | Gultsch, Stephan | 60 | | *Köln | 135 | 166 | 0:55:41 | 0:55:41 | 5,34 |
| 27 | 1138 | Gloux, Yvan | 61 | FRA | *Köln | 137 | 172 | 0:56:00 | 0:56:00 | 5,36 |
| 28 | 1022 | Schulat, Rudi | 61 | | | 139 | 174 | 0:56:35 | 0:56:35 | 5,40 |
| 29 | 1274 | Zimmermann, Jörg | 62 | | *Köln | 144 | 184 | 0:57:18 | 0:57:18 | 5,44 |
| 30 | 1126 | Ebenau, Uwe | 63 | | vier alle | 154 | 205 | 1:00:07 | 1:00:07 | 6,01 |
| 31 | 1206 | Panke, Wilfried | 59 | | *Köln | 160 | 219 | 1:01:09 | 1:01:09 | 6,07 |
| 32 | 1186 | Leyendecker, Matthias | 61 | | GfD - EDV für OBI | 161 | 220 | 1:01:38 | 1:01:38 | 6,10 |
| 33 | 1279 | Seemann, Guido | 59 | | FFO | 164 | 231 | 1:03:20 | 1:03:20 | 6,20 |

Klasse M50

| Platz | St-Nr. | Name | JG | NAT | Verein*/Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|------------------------|----|-----|-------------------------|-------|-----|---------|---------|--------|
| 1 | 1120 | Cattelaens, Gerd | 54 | | LG Rhein-Erft | 9 | 10 | 0:39:00 | 0:39:00 | 3,54 |
| 2 | 1019 | Püschmann, Steffen | 58 | | *Rösrath | 10 | 11 | 0:39:04 | 0:39:04 | 3,54 |
| 3 | 1013 | Tauber, Horst | 55 | | Westbiker-Tourer.de | 31 | 33 | 0:42:36 | 0:42:36 | 4,16 |
| 4 | 334 | Wischnewsky, Kasimir | 55 | | Dauerlaufschule Köln | 35 | 37 | 0:43:18 | 0:43:18 | 4,20 |
| 5 | 1017 | Peters, K. G. | 56 | | *Bad Neuenahr | 57 | 61 | 0:46:10 | 0:46:10 | 4,37 |
| 6 | 1197 | Michaelis, Bernd | 57 | | ASV Wesseling 1985 e.V. | 63 | 67 | 0:46:22 | 0:46:22 | 4,38 |
| 7 | 1005 | Hastenrath, Paul-Josef | 56 | | Dauerlaufschule Köln | 72 | 76 | 0:47:04 | 0:47:04 | 4,42 |
| 8 | 1234 | Schichler, Hans Josef | 58 | | SSK Kerpen | 90 | 98 | 0:49:10 | 0:49:10 | 4,55 |
| 9 | 1030 | Hellmann, Martin | 58 | | | 134 | 162 | 0:54:54 | 0:54:54 | 5,29 |
| 10 | 1041 | Steffens, Burkhard | 57 | | SSK Kerpen | 147 | 190 | 0:57:49 | 0:57:49 | 5,47 |
| 11 | 1286 | Piehl, Winni | 58 | | FFO | 149 | 192 | 0:57:56 | 0:57:56 | 5,48 |
| 12 | 1194 | Meyer, Rolf | 55 | | *Köln | 162 | 225 | 1:02:34 | 1:02:34 | 6,15 |
| 13 | 1283 | Boschen, Peter | 54 | | FFO | 165 | 232 | 1:03:25 | 1:03:25 | 6,21 |

Klasse M55

| Platz | St-Nr. | Name | JG | NAT | Verein*/Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-------------------|----|-----|-------------------------|-------|-----|---------|---------|--------|
| 1 | 1152 | Henselder, Dieter | 52 | | Sportlich Team Bornheim | 47 | 49 | 0:44:23 | 0:44:23 | 4,26 |
| 2 | 1167 | Kersting, Friedel | 50 | | *Köln | 62 | 66 | 0:46:21 | 0:46:21 | 4,38 |
| 3 | 1104 | Andernach, Helmut | 50 | | LT TuS Mondorf | 76 | 80 | 0:47:18 | 0:47:18 | 4,44 |
| 4 | 1001 | Eschmann, Dieter | 49 | | TUS 06 Waldbröl | 93 | 102 | 0:49:40 | 0:49:40 | 4,58 |
| 5 | 1002 | Tews, Juergen | 53 | | TUS 06 Waldbröl | 120 | 138 | 0:53:11 | 0:53:11 | 5,19 |
| 6 | 1278 | Acker, Dieter | 50 | | Ford | 129 | 153 | 0:54:03 | 0:54:03 | 5,24 |
| 7 | 1276 | Fahl, Siegfried | 51 | | FFO | 132 | 159 | 0:54:32 | 0:54:32 | 5,27 |
| 8 | 1290 | Birk, Gottfried | 52 | | FFO | 133 | 161 | 0:54:36 | 0:54:36 | 5,28 |
| 9 | 1119 | Buehler, Andrew | 51 | | BGW Bergische Achter | 136 | 169 | 0:55:46 | 0:55:46 | 5,35 |
| 10 | 1177 | Koeves, Georg | 51 | | *Köln | 163 | 230 | 1:03:20 | 1:03:20 | 6,20 |

Klasse M60

| Platz | St-Nr. | Name | JG | NAT | Verein*/Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-------------------|----|-----|------------------------|-------|-----|---------|---------|--------|
| 1 | 1171 | Klein, Bernhard | 48 | | Air Products GmbH | 94 | 104 | 0:50:00 | 0:50:00 | 5,00 |
| 2 | 1031 | Drach, Karl-Heinz | 48 | | Trainingsinstitut Baum | 99 | 110 | 0:50:45 | 0:50:45 | 5,05 |
| 3 | 1220 | Röseler, Hans | 44 | | lilamami | 103 | 115 | 0:51:20 | 0:51:20 | 5,08 |

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Klasse M65

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|------------------|----|-----|----------------------|-------|-----|---------|---------|--------|
| 1 | 1163 | Jacobs, Kurt | 40 | | Pulheimer SC | 81 | 86 | 0:47:57 | 0:47:57 | 4,48 |
| 2 | 1033 | Kehler, Wolfgang | 40 | | Dauerlaufschule Köln | 145 | 185 | 0:57:25 | 0:57:25 | 5,45 |

Klasse M70

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|----------------|----|-----|--------------|-------|-----|---------|---------|--------|
| 1 | 1003 | Esser, Herbert | 37 | | TUS Waldbröl | 114 | 131 | 0:52:38 | 0:52:38 | 5,16 |

Klasse M75

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-------------|----|-----|-------------|-------|-----|---------|---------|--------|
| 1 | 1215 | Pütz, Peter | 31 | | *Köln | 168 | 246 | 1:09:31 | 1:09:31 | 6,57 |

Klasse MSchA

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|--------------------|----|-----|-------------|-------|-----|---------|---------|--------|
| 1 | 1061 | Perscheid, Severin | 94 | | *Wesseling | 66 | 70 | 0:46:43 | 0:46:43 | 4,40 |
| 1 | 1156 | Hilpert, Daniel | 95 | | FSV | 74 | 78 | 0:47:17 | 0:47:17 | 4,44 |

Altersklassen 10km

gedruckt 21.09.2008 20:56:49

Klasse WJA

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|----------------|----|-----|-------------|-------|-----|---------|---------|--------|
| 1 | 1139 | Goffart, Maike | 89 | | *Kreuzau | 36 | 175 | 0:56:35 | 0:56:35 | 5,40 |

Klasse WHK

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|----------------------|----|-----|-------------------|-------|-----|---------|---------|--------|
| 1 | 1235 | Schilbach, Katharina | 80 | | *Köln | 9 | 99 | 0:49:13 | 0:49:13 | 4,55 |
| 2 | 1236 | Schlüter, Anna | 83 | | *Köln | 15 | 122 | 0:52:03 | 0:52:03 | 5,12 |
| 3 | 1298 | Schneider, Katharina | 80 | | FFO | 21 | 146 | 0:53:48 | 0:53:48 | 5,23 |
| 4 | 1007 | Maier, Bettina | 83 | | *Aachen | 25 | 155 | 0:54:07 | 0:54:07 | 5,25 |
| 5 | 1004 | Hornung, Susanne | 83 | | *Aachen | 26 | 156 | 0:54:07 | 0:54:07 | 5,25 |
| 6 | 1121 | Clemens, Caterina | 81 | | *Köln | 31 | 165 | 0:55:30 | 0:55:30 | 5,33 |
| 7 | 1067 | Ludewig, Mareen | 82 | | | 33 | 168 | 0:55:42 | 0:55:42 | 5,34 |
| 8 | 1182 | Krampitz, Rebekka | 82 | | *Bonn | 40 | 183 | 0:57:18 | 0:57:18 | 5,44 |
| 9 | 1207 | Pawlik, Maike | 83 | | *Monheim am Rhein | 42 | 188 | 0:57:41 | 0:57:41 | 5,46 |
| 10 | 1287 | Elsen, Lena | 80 | | *Köln | 44 | 193 | 0:57:57 | 0:57:57 | 5,48 |
| 11 | 1189 | Lux, Christiane | 84 | | *Köln | 51 | 203 | 0:58:36 | 0:58:36 | 5,52 |
| 12 | 1102 | Alekseeva, Natalia | 81 | | *Leverkusen | 60 | 221 | 1:01:45 | 1:01:45 | 6,11 |
| 13 | 1111 | Böhle, Caroline | 84 | | *Köln | 62 | 223 | 1:01:59 | 1:01:59 | 6,12 |
| 14 | 1169 | Kestermann, Anne | 79 | | *Heiligenhaus | 64 | 226 | 1:02:40 | 1:02:40 | 6,16 |
| 15 | 1116 | Braken, Saskia | 79 | | *Köln | 69 | 234 | 1:04:17 | 1:04:17 | 6,26 |
| 16 | 1124 | Dick, Petra | 83 | | *Köln | 78 | 245 | 1:08:06 | 1:08:06 | 6,49 |

Klasse W30

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-----------------------|----|-----|-----------------------------|-------|-----|---------|---------|--------|
| 1 | 1122 | Cremer, Ines | 74 | | Pulheimer SC | 3 | 51 | 0:44:31 | 0:44:31 | 4,27 |
| 2 | 1066 | Pütz, Andrea | 74 | | *Köln | 4 | 56 | 0:45:24 | 0:45:24 | 4,32 |
| 3 | 1125 | Dorre, Dr. Tanja | 78 | | *Köln | 11 | 106 | 0:50:16 | 0:50:16 | 5,02 |
| 4 | 1040 | Busse, Simone | 78 | | *Köln | 14 | 121 | 0:52:03 | 0:52:03 | 5,12 |
| 5 | 1028 | Paschke, Verena | 78 | | *Bonn | 22 | 149 | 0:53:54 | 0:53:54 | 5,23 |
| 6 | 1057 | Bauer, Ramona | 77 | | *Hillesheim | 32 | 167 | 0:55:41 | 0:55:41 | 5,34 |
| 7 | 1151 | Hellmuth, Katja | 77 | | *Köln | 41 | 186 | 0:57:32 | 0:57:32 | 5,45 |
| 8 | 1211 | Pohlman, Yvonne | 76 | | *Köln | 46 | 197 | 0:58:07 | 0:58:07 | 5,49 |
| 9 | 1042 | Kaden, Svenja | 74 | | | 48 | 200 | 0:58:19 | 0:58:19 | 5,50 |
| 10 | 1046 | Nicolay, Nadja | 77 | | *Köln | 56 | 213 | 1:00:47 | 1:00:47 | 6,05 |
| 11 | 1146 | Hagemann, Martina | 77 | | *Koeln | 57 | 214 | 1:00:48 | 1:00:48 | 6,05 |
| 12 | 1192 | Mengels, Petra | 77 | | *Bedburg | 59 | 218 | 1:01:05 | 1:01:05 | 6,07 |
| 13 | 1034 | Moutevelidis, Tatjana | 74 | | *Köln | 61 | 222 | 1:01:45 | 1:01:45 | 6,11 |
| 14 | 1245 | Simon, Sabine | 74 | | *Köln | 70 | 235 | 1:04:18 | 1:04:18 | 6,26 |
| 15 | 1295 | Breuer, Martina | 75 | | FFO | 72 | 238 | 1:05:21 | 1:05:21 | 6,32 |
| 16 | 1142 | Gundlach, Saskia | 75 | | 42tausend/WJ Köln/NAO Group | 76 | 243 | 1:06:56 | 1:06:56 | 6,42 |

Klasse W35

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|----------------------|----|-----|----------------------|-------|-----|---------|---------|--------|
| 1 | 1168 | Kessler, Sabine | 69 | | KHTC-Blau-Weiß | 7 | 92 | 0:48:26 | 0:48:26 | 4,51 |
| 2 | 1110 | Blödorn, Britta | 70 | | *Leverkusen | 8 | 97 | 0:48:50 | 0:48:50 | 4,53 |
| 3 | 1280 | Steinseifer, Kerstin | 69 | | TRI-Power | 29 | 163 | 0:55:07 | 0:55:07 | 5,31 |
| 4 | 1218 | Radensleben, Sabine | 70 | | Dauerlaufschule Köln | 30 | 164 | 0:55:11 | 0:55:11 | 5,31 |
| 5 | 1195 | Meyer, Silke | 72 | | *Köln | 35 | 171 | 0:55:58 | 0:55:58 | 5,36 |
| 6 | 1049 | Steffen, Natalie | 73 | | *Köln | 39 | 181 | 0:57:15 | 0:57:15 | 5,44 |
| 7 | 1228 | Schäfer, Henrike | 70 | | *Köln | 53 | 207 | 1:00:16 | 1:00:16 | 6,02 |
| 8 | 1149 | Hauff, Elke | 73 | | *Düsseldorf | 66 | 228 | 1:03:02 | 1:03:02 | 6,18 |
| 9 | 1123 | Oetelshoven, Britta | 69 | | *Köln | 67 | 229 | 1:03:02 | 1:03:02 | 6,18 |
| 10 | 1199 | Morlak, Monika | 70 | | *Pulheim | 68 | 233 | 1:04:10 | 1:04:10 | 6,25 |
| 11 | 1292 | Grote, Tanja | 72 | | FFO | 71 | 237 | 1:05:21 | 1:05:21 | 6,32 |
| 12 | 1051 | Sakar, Perwin | 71 | | 42tausend FFO | 77 | 244 | 1:06:59 | 1:06:59 | 6,42 |
| 13 | 1050 | Walrafen, Ruth | 71 | | 42tausend FFO | 79 | 247 | 1:11:51 | 1:11:51 | 7,11 |

Altersklassen 10km

gedruckt 21.09.2008 20:56:49

Klasse W40

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|--------------------|----|-----|--------------------------|-------|-----|---------|---------|--------|
| 1 | 1193 | Meyer, Marlies | 68 | | LG Rhein-Erft | 1 | 8 | 0:37:57 | 0:37:57 | 3,48 |
| 2 | 1301 | Zündorf, Sigrid | 65 | | *Köln | 2 | 27 | 0:41:16 | 0:41:16 | 4,08 |
| 3 | 1210 | Poensgen, Kelly | 66 | | VTG Köln | 6 | 87 | 0:48:06 | 0:48:06 | 4,49 |
| 4 | 1243 | Siebel, Helga | 68 | | SG Siegen-Giersberg | 13 | 119 | 0:51:50 | 0:51:50 | 5,11 |
| 5 | 1064 | Stich, Karin | 65 | | TUS 82 Opladen | 17 | 130 | 0:52:34 | 0:52:34 | 5,15 |
| 6 | 1160 | Hornig, Heike | 65 | | TUS 82 Opladen | 20 | 144 | 0:53:37 | 0:53:37 | 5,22 |
| 7 | 1184 | Lehr, Susanne | 66 | | TV Blecher | 23 | 150 | 0:54:00 | 0:54:00 | 5,24 |
| 8 | 1262 | Wahl, Susanne | 68 | | *Bergisch Gladbach | 24 | 152 | 0:54:02 | 0:54:02 | 5,24 |
| 9 | 1127 | Engelkamp, Barbara | 64 | | BSG DEVK Versicherungen | 37 | 177 | 0:56:52 | 0:56:52 | 5,41 |
| 10 | 1038 | Steffens, Marion | 64 | | SSK Kerpen e.V. | 43 | 189 | 0:57:45 | 0:57:45 | 5,47 |
| 11 | 1213 | Prümmer, Anja | 67 | | *Düren | 45 | 194 | 0:57:59 | 0:57:59 | 5,48 |
| 12 | 1045 | Koch, Simone | 66 | | *Köln | 49 | 201 | 0:58:22 | 0:58:22 | 5,50 |
| 13 | 1070 | Hoffmann, Judite | 65 | | Lauffreunde Köln-Vlatten | 50 | 202 | 0:58:33 | 0:58:33 | 5,51 |
| 14 | 1307 | Zimmermann, Birgit | 66 | | *Köln | 74 | 241 | 1:05:57 | 1:05:57 | 6,36 |

Klasse W45

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|--------------------|----|-----|-------------------------|-------|-----|---------|---------|--------|
| 1 | 1203 | Otto, Angelika | 60 | | Sportlich Team Bornheim | 5 | 82 | 0:47:23 | 0:47:23 | 4,44 |
| 2 | 1161 | Hübl, Heike | 62 | | TUS 82 Opladen | 10 | 103 | 0:49:41 | 0:49:41 | 4,58 |
| 3 | 1270 | Wittgens, Heike | 61 | | *Leverkusen | 12 | 114 | 0:51:14 | 0:51:14 | 5,07 |
| 4 | 1136 | Gerhards, Gertrud | 62 | | *Köln | 16 | 125 | 0:52:06 | 0:52:06 | 5,13 |
| 5 | 1281 | Mühlichen, Margit | 60 | | TRI-Power | 38 | 179 | 0:57:08 | 0:57:08 | 5,43 |
| 6 | 1036 | Storms, Petra | 61 | | www.cyber-sports.de | 58 | 215 | 1:00:49 | 1:00:49 | 6,05 |
| 7 | 1306 | Bornkessel, Andrea | 63 | | *Köln | 73 | 240 | 1:05:57 | 1:05:57 | 6,36 |
| 8 | 1250 | Strobl, Sieglinde | 60 | | *Köln | 75 | 242 | 1:06:40 | 1:06:40 | 6,40 |
| 9 | 1205 | Panke, Gisela | 61 | | *Köln | 80 | 248 | 1:11:51 | 1:11:51 | 7,11 |

Klasse W50

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|-----------------------|----|-----|----------------|-------|-----|---------|---------|--------|
| 1 | 1252 | Suhr, Monika | 57 | | *Köln | 19 | 141 | 0:53:24 | 0:53:24 | 5,20 |
| 2 | 1137 | Gerhards, Rosemarie | 56 | | *Bochum | 34 | 170 | 0:55:54 | 0:55:54 | 5,35 |
| 3 | 1056 | Schulze, Hilde | 55 | | *Köln | 52 | 206 | 1:00:11 | 1:00:11 | 6,01 |
| 4 | 1131 | Fili Müller, Giovanna | 58 | ITA | BSG Stadt Köln | 54 | 208 | 1:00:34 | 1:00:34 | 6,03 |
| 5 | 1055 | Helmig, Maria | 57 | | *Köln | 55 | 212 | 1:00:44 | 1:00:44 | 6,04 |
| 6 | 1078 | Ayche, Karin | 54 | | *Köln | 63 | 224 | 1:02:08 | 1:02:08 | 6,13 |

Klasse W55

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|------------------|----|-----|-------------------------------|-------|-----|---------|---------|--------|
| 1 | 1048 | Bürger, Angela | 49 | | Kinder Spiel und Sport Verein | 18 | 136 | 0:53:03 | 0:53:03 | 5,18 |
| 2 | 1148 | Hajek, Verena | 52 | | TuS Brauweiler | 27 | 158 | 0:54:28 | 0:54:28 | 5,27 |
| 3 | 1014 | Teller, Cornelia | 51 | | Dauerlaufschule Köln | 28 | 160 | 0:54:33 | 0:54:33 | 5,27 |

Klasse W60

| Platz | St-Nr. | Name | JG | NAT | Verein/*Ort | Total | Pos | Netto | Brutto | Min/km |
|-------|--------|------------------|----|-----|----------------------|-------|-----|---------|---------|--------|
| 1 | 1212 | Pöll, Gisela | 46 | | *Köln | 47 | 198 | 0:58:11 | 0:58:11 | 5,49 |
| 2 | 1006 | Hastenrath, Inge | 47 | | Dauerlaufschule Köln | 65 | 227 | 1:02:47 | 1:02:47 | 6,17 |