

5. Gemünder Citylauf

Ergebnisliste MW+AK



MW-Pl.	SN	AK-Pl.	Name, Vorname	Jg.	m/w	Verein	Zeit	Runde1	Runde2	Runde3	Runde4	Runde5
10 km Volkslauf												
w												
1.	71	1.W	Schmitz, Nora	1992	w	Runnerspoint Euskirchen	0:37:48	0:06:28	0:07:45	0:07:53	0:07:53	0:07:52
2.	13	1.W40	Pesch, Tanja	1977	w	TuS Kreuzweingarten-Rheder	0:42:39	0:06:55	0:08:42	0:08:58	0:08:59	0:09:09
3.	70	1.W55	Schmitz, Astrid	1962	w	TuS Schleiden	0:43:15	0:07:03	0:08:45	0:09:04	0:09:09	0:09:16
4.	169	1.W35	Fuchs, Felizitas	1980	w	TuS Kreuzweingarten-Rheder	0:45:48	0:06:55	0:09:57	0:09:46	0:09:44	0:09:27
5.	162	2.W	Ingenillem, Laura	1997	w	TuS Kreuzweingarten-Rheder	0:45:48	0:08:01	0:09:26	0:09:25	0:09:31	0:09:26
6.	106	1.W30	Diblik, Jenny	1986	w	FC Keldenich	0:46:26	0:07:44	0:09:28	0:09:41	0:09:47	0:09:49
7.	41	3.W	Bey, Katharina	1990	w	LG Ultralauf	0:47:29	0:08:00	0:09:49	0:09:53	0:10:04	0:09:45
8.	155	4.W	Milz, Annika	1995	w	SG Sportfreunde 69 Marmagen	0:48:04	0:08:28	0:10:09	0:10:08	0:10:00	0:09:21
9.	236	1.W60	Trippe, Hiltrud	1957	w	SV 47 Mutscheid	0:50:09	0:08:34	0:10:23	0:10:30	0:10:27	0:10:18
10.	371	1.W45	Kozyska, Agnes	1972	w	IAC Düren e.V.	0:50:33	0:08:27	0:10:23	0:10:27	0:10:40	0:10:38
11.	224	2.W30	Nießen, Silvia	1984	w	TuS Schmidt	0:51:04	0:08:55	0:10:28	0:10:24	0:10:48	0:10:30
12.	27	2.W35	van Ender, Ulrike	1980	w	LG Mützenich	0:51:12	0:08:48	0:10:29	0:10:34	0:10:44	0:10:37
13.	136	2.W45	Mager, Sandra	1972	w	FC Keldenich	0:51:19	0:08:51	0:10:26	0:10:34	0:10:44	0:10:44
14.	48	3.W45	Gautrois, Simone	1969	w	TV Konzen	0:51:53	0:08:27	0:10:24	0:10:54	0:10:59	0:11:11
15.	278	1.W50	Isaac, Marion	1963	w	TV Konzen	0:52:12	0:08:59	0:10:31	0:10:47	0:11:10	0:10:46
16.	320	2.W40	Grosser, Daniela	1977	w	Laufbuddies	0:52:26	0:08:58	0:10:25	0:10:56	0:11:10	0:10:59
17.	319	4.W45	Mertens, Nicole	1971	w	Laufbuddies	0:52:26	0:08:58	0:10:25	0:10:57	0:11:09	0:10:59
18.	237	2.W50	Wassong, Katharina	1966	w	SV 47 Mutscheid	0:53:20	0:09:06	0:10:55	0:11:07	0:11:17	0:10:58
19.	353	3.W30	Liebe, Dorothee	1987	w		0:53:51	0:09:32	0:10:56	0:11:03	0:11:10	0:11:12
20.	370	3.W40	Dubiel, Beata	1973	w	IAC Düren e.V.	0:53:54	0:09:04	0:10:58	0:11:12	0:11:24	0:11:18
21.	28	5.W45	Jung, Sieglinde	1970	w	TV Konzen	0:54:16	0:09:18	0:11:06	0:11:08	0:11:27	0:11:20
22.	110	4.W30	Sauer, Kerstin	1983	w	TuS Kreuzweingarten-Rheder	0:54:45	0:08:47	0:11:09	0:11:33	0:11:42	0:11:36
23.	180	4.W40	Schinowski, Tanja	1974	w	FC Keldenich	0:54:45	0:09:30	0:11:16	0:11:23	0:11:37	0:11:01
24.	132	3.W50	Schulze-Reimpell, Sigrid	1965	w	TuS Kreuzweingarten-Rheder	0:55:08	0:09:07	0:11:02	0:11:33	0:11:51	0:11:36
25.	363	5.W40	Weingartz, Ruth	1977	w	FC Keldenich	0:55:10	0:09:23	0:11:22	0:11:26	0:11:44	0:11:17
26.	146	6.W40	Huppertz, Sabine	1973	w	FC Keldenich	0:55:10	0:09:30	0:11:17	0:11:24	0:11:43	0:11:17
27.	239	7.W40	Kreutz, Elisabeth	1977	w	TV Konzen	0:55:41	0:09:42	0:11:22	0:11:34	0:11:39	0:11:26
28.	42	6.W45	Fink, Astrid	1969	w	TuS Kreuzweingarten-Rheder	0:55:49	0:09:23	0:11:21	0:11:40	0:11:53	0:11:33
29.	45	7.W45	Isaac, Anja	1969	w		0:56:45	0:09:43	0:11:21	0:11:35	0:11:49	0:12:19
30.	131	2.W55	Wieczorek, Ute	1961	w		0:57:02	0:10:09	0:11:39	0:11:56	0:11:44	0:11:37
31.	103	1.W65	Schuchmann, Barbara	1951	w	IAC Düren e.V.	0:57:22	0:09:29	0:11:46	0:12:04	0:12:19	0:11:47
32.	156	5.W	Blindert, Michelle	1992	w		0:58:35	0:09:40	0:11:54	0:12:11	0:12:42	0:12:11
33.	149	8.W40	Starck, Dani	1976	w	LC Weilerswist	0:58:47	0:09:15	0:11:30	0:11:43	0:15:21	0:11:01
34.	229	4.W50	Gollek-Jost, Gabriele	1965	w	TuS Mechernich 1897	0:59:59	0:09:59	0:12:16	0:12:28	0:12:38	0:12:39
35.	75	9.W40	Büsch, Marion	1973	w	SSV Gemünd	1:01:14	0:10:40	0:12:32	0:12:50	0:12:48	0:12:25
36.	32	5.W30	Heese, Franziska	1987	w	TuS Kreuzweingarten-Rheder	1:01:46	0:10:14	0:12:43	0:12:49	0:12:55	0:13:07
37.	63	6.W	Kamradt, Sarah	1992	w		1:07:05	0:11:05	0:14:00	0:14:19	0:14:26	0:13:16

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MW-Pl.	SN	AK-Pl.	Name, Vorname	Jg.	m/w	Verein	Zeit	Runde1	Runde2	Runde3	Runde4	Runde5
m												
1.	373	1.M	Gallo, Christoph	1989	m	AC Eifel	0:34:14	0:06:00	0:07:12	0:07:05	0:07:08	0:06:51
2.	36	1.M35	Niessen, Christian	1981	m	PETERS Sportteam / TuS Schmidt	0:34:24	0:06:00	0:07:13	0:07:07	0:07:07	0:07:00
3.	347	1.M45	Mey, Markus	1971	m	PETERS SPORTTEAM	0:34:43	0:06:00	0:07:12	0:07:08	0:07:07	0:07:18
4.	379	1.M30	Schwall, Stephan	1983	m	AC Eifel	0:35:14	0:06:00	0:07:13	0:07:07	0:07:16	0:07:40
5.	37	2.M30	Fenske, Marco	1983	m	LC Euskirchen	0:36:29	0:06:03	0:07:32	0:07:51	0:07:44	0:07:19
6.	102	3.M30	Werker, Markus	1986	m	PETERS SPORTTEAM	0:36:37	0:06:03	0:07:32	0:07:41	0:07:47	0:07:36
7.	282	1.MJ U20	Jakobs, Patrick	1998	m	TV Konzen	0:36:51	0:06:02	0:07:26	0:07:39	0:07:50	0:07:57
8.	107	4.M30	Diblik, Jens	1987	m	FC Keldenich	0:37:19	0:06:06	0:07:40	0:07:52	0:07:53	0:07:50
9.	140	1.M40	Scheidtweiler, Rolf	1973	m	LC Euskirchen	0:37:43	0:06:06	0:07:45	0:07:57	0:07:56	0:08:02
10.	218	1.M50	Paschke, Frank	1965	m	Dürener TV 1847	0:38:02	0:06:25	0:07:48	0:07:53	0:07:58	0:08:01
11.	227	2.M	Seidenfaden, Markus	1994	m		0:38:20	0:06:29	0:08:00	0:07:56	0:07:55	0:08:01
12.	188	2.M35	Werker, Christian	1982	m	TV Konzen	0:38:38	0:06:14	0:07:51	0:08:01	0:08:15	0:08:19
13.	154	2.M45	Pesch, Claus	1970	m	LG Donatus Erfstadt	0:38:48	0:06:22	0:08:00	0:08:08	0:08:14	0:08:07
14.	358	3.M35	Schmitz, Alain	1982	m	AC Eifel	0:39:04	0:06:30	0:07:59	0:08:06	0:08:14	0:08:17
15.	333	5.M30	Mauer, Ivo	1986	m	TuS Ahbach	0:39:43	0:06:30	0:07:59	0:08:21	0:08:27	0:08:29
16.	354	3.M	Runge, Jonas	1989	m	Dürener TV 1847	0:39:57	0:06:34	0:08:04	0:08:23	0:08:36	0:08:21
17.	232	6.M30	Völker, Michael	1984	m		0:40:12	0:07:02	0:08:01	0:08:29	0:08:26	0:08:16
18.	64	2.M50	Trué, Helmut	1967	m	LG Donatus Erfstadt	0:40:27	0:06:35	0:08:19	0:08:28	0:08:35	0:08:32
19.	279	1.M60	Schubert, Rolf	1957	m	IAC Düren e.V.	0:40:40	0:06:48	0:08:24	0:08:27	0:08:34	0:08:29
20.	1	4.M35	Haep, Daniel	1981	m	SG Dahlem/Schmidheim	0:41:10	0:06:45	0:08:37	0:08:42	0:08:42	0:08:26
21.	77	2.MJ U20	Selemun, Yakub	1999	m	SSV Gemünd	0:41:19	0:06:21	0:08:31	0:08:45	0:09:06	0:08:37
22.	367	4.M	Mies, Florian	1995	m	LT Lampertsmännchen	0:41:44	0:06:46	0:08:37	0:08:47	0:08:53	0:08:43
23.	226	3.MJ U20	Schwarz, Leon	1999	m	FC Keldenich	0:41:47	0:06:43	0:08:41	0:08:57	0:08:53	0:08:35
24.	19	1.MJ U18	Poth, Jan	2001	m	Löschzug Gemünd	0:42:10	0:07:01	0:08:44	0:08:52	0:08:51	0:08:43
25.	355	1.M55	Roitzheim, Franz	1962	m	LT Lampertsmännchen	0:42:11	0:07:07	0:08:44	0:08:47	0:08:51	0:08:44
26.	348	2.M60	Lieder, Viktor	1957	m	LG Vulkaneifel	0:42:22	0:06:56	0:08:42	0:08:57	0:08:58	0:08:52
27.	134	3.M50	Braunleder, Jörg	1967	m	TV Konzen	0:42:33	0:07:22	0:08:59	0:08:56	0:08:52	0:08:26
28.	375	4.M50	Sina, Christoph	1967	m	LC Euskirchen	0:42:44	0:06:59	0:08:50	0:08:57	0:09:04	0:08:57
29.	357	3.M45	Nagelschmidt, Gerald	1970	m	TuS Mechernich 1897	0:43:05	0:07:13	0:08:49	0:09:05	0:09:01	0:08:58
30.	33	3.M60	Zimmermann, Karl	1957	m	LC Euskirchen	0:43:20	0:07:04	0:08:56	0:09:08	0:09:11	0:09:03
31.	189	4.M45	Schöller, Robert	1970	m	LC Euskirchen	0:43:24	0:07:13	0:09:01	0:09:09	0:09:06	0:08:56
32.	3	5.M	Lütgen, Patrick	1992	m	FC Keldenich	0:43:29	0:06:46	0:08:42	0:09:11	0:09:26	0:09:26
33.	73	4.M60	Stader, Florian	1957	m	SSF Bonn	0:43:33	0:07:23	0:09:01	0:09:03	0:09:06	0:09:01
34.	235	6.M	Brang, Lukas	1996	m	LT Lampertsmännchen	0:43:44	0:07:54	0:09:07	0:09:06	0:09:05	0:08:34
35.	266	2.M40	Müller, Andreas	1975	m		0:44:05	0:07:46	0:09:13	0:09:13	0:09:07	0:08:48
36.	317	5.M45	Becker, Tobias	1971	m	Nordseeläufer	0:44:10	0:07:28	0:09:19	0:09:19	0:09:05	0:09:01
37.	114	7.M	Latz, Rene'	1988	m	Rursee Marathon e.V.	0:44:14	0:07:33	0:09:11	0:09:17	0:09:16	0:08:59
38.	60	6.M45	Stassen, Rene	1970	m	DJK Löwe Hambach	0:44:14	0:07:25	0:09:05	0:09:11	0:09:10	0:09:26
39.	263	3.M40	Meisberger, Stefan	1976	m	LC Euskirchen	0:44:17	0:07:15	0:09:09	0:09:17	0:09:25	0:09:12
40.	352	5.M50	Konietzko, Peter	1963	m		0:44:25	0:07:53	0:09:07	0:09:13	0:09:18	0:08:57

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MW-Pl.	SN	AK-Pl.	Name, Vorname	Jg.	m/w	Verein	Zeit	Runde1	Runde2	Runde3	Runde4	Runde5
41.	374	4.M40	Michael, Pascal	1974	m	LC Weilerswist	0:44:29	0:07:25	0:09:05	0:09:18	0:09:23	0:09:21
42.	81	5.M60	Lotter, Bernd	1956	m	TV Konzen	0:44:44	0:07:30	0:09:13	0:09:17	0:09:26	0:09:20
43.	179	7.M45	Dreesbach, Dirk	1968	m	LC Weilerswist	0:44:58	0:07:27	0:09:12	0:09:20	0:09:30	0:09:31
44.	337	8.M	Frings, Andre	1995	m	Löschgruppe Schmidt	0:45:04	0:07:25	0:08:48	0:09:18	0:09:47	0:09:48
45.	2	7.M30	Diefenbach, Martin	1985	m	SG Dahlem/Schmidtheim	0:45:05	0:07:21	0:09:04	0:09:20	0:09:36	0:09:46
46.	360	2.M55	Seif, Detlef	1962	m	CDU/CSU Bundestagsfraktion	0:45:19	0:07:57	0:09:04	0:09:16	0:09:39	0:09:25
47.	228	8.M45	Pesch, Dirk	1972	m	TuS Kreuzweingarten-Rheder	0:45:30	0:07:58	0:09:30	0:09:24	0:09:31	0:09:09
48.	369	9.M45	Dubiel, Jaroslav	1971	m	IAC Düren e.V.	0:45:32	0:07:21	0:09:20	0:09:36	0:09:39	0:09:39
49.	44	10.M45	Schwendt, Horst	1968	m	TuS Kreuzweingarten-Rheder	0:45:43	0:08:01	0:09:24	0:09:29	0:09:31	0:09:20
50.	359	3.M55	Kursch, Bruzo	1960	m	TuS Kreuzweingarten-Rheder	0:45:47	0:07:59	0:09:29	0:09:25	0:09:30	0:09:27
51.	157	8.M30	Blindert, Daniel	1987	m		0:46:03	0:07:35	0:09:26	0:09:57	0:09:43	0:09:25
52.	210	11.M45	Maczkowiak, Thomas	1972	m	TV Hasslinghausen 1862 e.V.	0:46:07	0:07:49	0:09:30	0:09:39	0:09:49	0:09:22
53.	25	5.M40	Zimmermann, Stefan	1975	m	TuS Kreuzweingarten-Rheder	0:46:16	0:08:02	0:09:26	0:09:35	0:09:35	0:09:40
54.	139	6.M40	Jansen, Sascha	1973	m	TV Konzen	0:46:30	0:07:47	0:09:48	0:09:53	0:09:47	0:09:18
55.	276	12.M45	Schlaeger, Marco	1970	m		0:46:40	0:08:15	0:09:39	0:09:32	0:09:47	0:09:29
56.	372	13.M45	Böhm, Stefan	1971	m	SG Sportfreunde 69 Marmagen	0:46:44	0:08:18	0:09:45	0:09:40	0:09:41	0:09:22
57.	133	4.M55	Eulenbruch, Lothar	1959	m	TuS Kreuzweingarten-Rheder	0:47:02	0:08:09	0:09:39	0:09:43	0:09:56	0:09:37
58.	208	7.M40	Sauerwald, Thomas	1977	m	TV Hasslinghausen 1862 e.V.	0:47:06	0:07:45	0:09:39	0:09:51	0:09:52	0:10:02
59.	104	5.M55	Schuchmann, Erwin	1960	m	IAC Düren e.V.	0:47:07	0:07:48	0:09:37	0:09:52	0:10:03	0:09:49
60.	362	14.M45	Spykermann, Manuel	1968	m	TuS Kreuzweingarten-Rheder	0:47:14	0:08:25	0:09:51	0:09:40	0:09:47	0:09:32
61.	356	8.M40	Rornemann, Dominic	1977	m	TV Hasslinghausen 1862 e.V.	0:47:22	0:07:45	0:09:43	0:10:02	0:09:45	0:10:09
62.	264	6.M60	Hoff, Helmut	1956	m	TV Konzen	0:47:28	0:08:26	0:10:06	0:09:44	0:09:43	0:09:31
63.	46	9.M30	Blank, Thorsten	1986	m	FC Keldenich	0:47:38	0:07:47	0:09:29	0:09:58	0:10:14	0:10:13
64.	61	5.M35	Leisch, Sascha	1978	m	FC Keldenich	0:47:40	0:07:31	0:09:41	0:10:11	0:10:14	0:10:05
65.	217	6.M50	Pfannenschmidt, Timo	1966	m	LC Weilerswist	0:47:44	0:08:06	0:09:42	0:09:49	0:10:10	0:09:58
66.	262	6.M55	Ronig, Peter	1962	m	DJK Blumenthal	0:47:46	0:08:29	0:09:52	0:09:53	0:09:50	0:09:43
67.	213	7.M55	Michel, Reiner	1960	m	TV Hasslinghausen 1862 e.V.	0:48:20	0:08:04	0:09:59	0:10:11	0:10:10	0:09:58
68.	376	7.M60	Fink, Edgar	1953	m		0:48:29	0:08:10	0:10:01	0:10:05	0:10:13	0:10:02
69.	216	8.M60	Liesen, Bernhard	1957	m	TV Hasslinghausen 1862 e.V.	0:48:33	0:08:04	0:09:57	0:10:09	0:10:15	0:10:09
70.	343	9.M40	Schmidtke, Tibor	1977	m		0:49:12	0:08:04	0:10:07	0:10:15	0:10:26	0:10:22
71.	11	8.M55	Hüllen, Jürgen	1962	m	AS Düren 12	0:49:18	0:08:25	0:10:07	0:10:17	0:10:19	0:10:12
72.	72	1.M70	Bonus, Alfons	1947	m	SSV Golbach	0:49:25	0:08:09	0:10:06	0:10:16	0:10:27	0:10:29
73.	368	1.M65	Boltersdorf, Paul	1952	m	IAC Düren e.V.	0:49:32	0:08:27	0:10:04	0:10:20	0:10:39	0:10:04
74.	101	15.M45	Hensch, Dietmar	1971	m		0:49:33	0:09:07	0:10:18	0:10:11	0:10:23	0:09:36
75.	345	9.M60	Neuss, Rolf	1955	m	LG Mützenich	0:49:40	0:08:42	0:10:18	0:10:16	0:10:19	0:10:07
76.	100	10.M40	Grimm, Marc	1974	m		0:49:59	0:09:07	0:10:18	0:10:11	0:10:24	0:10:01
77.	163	9.M55	Ingenillem, Bruno	1961	m	TuS Kreuzweingarten-Rheder	0:50:15	0:08:28	0:10:11	0:10:22	0:10:38	0:10:38
78.	212	10.M55	Herschel, Michael	1958	m	TV Hasslinghausen 1862 e.V.	0:50:24	0:08:26	0:10:26	0:10:35	0:10:33	0:10:26
79.	225	11.M55	Schwarz, Hans-Peter	1962	m	FC Keldenich	0:50:27	0:08:19	0:10:17	0:10:39	0:10:37	0:10:36
80.	316	7.M50	Degen, Ansgar	1966	m	LC Euskirchen	0:50:52	0:09:08	0:10:19	0:10:16	0:10:30	0:10:41
81.	214	8.M50	Gödde, Frank	1966	m	TV Hasslinghausen 1862 e.V.	0:51:02	0:08:31	0:09:55	0:10:48	0:10:55	0:10:53
82.	161	2.M70	Conrad, Jürgen	1946	m	TSV Bayer Dormagen	0:51:08	0:08:34	0:10:31	0:10:43	0:10:45	0:10:38

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83.	74	9.M	Aigner, David	1991	m	Runnerspoint Euskirchen	0:51:37	0:09:23	0:10:48	0:10:50	0:10:34	0:10:04
84.	377	9.M50	Löhr, Dirk	1966	m	SC Kommet Steckenborn	0:51:54	0:08:55	0:10:08	0:10:42	0:10:53	0:11:18
85.	350	10.M50	Büchel, Oliver	1965	m	SK Prüm	0:52:13	0:08:59	0:10:41	0:10:52	0:11:11	0:10:31
86.	38	11.M50	Huppertz, Horst	1963	m	LG Huskies	0:52:15	0:08:51	0:10:42	0:10:49	0:10:58	0:10:58
87.	209	12.M55	Hanzlik, Thomas	1961	m	TV Hasslinghausen 1862 e.V.	0:52:19	0:08:33	0:10:53	0:11:02	0:11:01	0:10:52
88.	338	10.M	Boltersdorf, Stefan	1990	m	Löschgruppe Schmidt	0:52:22	0:08:09	0:10:11	0:11:04	0:11:21	0:11:38
89.	219	10.M30	Wirtz, Thomas	1983	m	Brühler TV 1879	0:52:47	0:08:32	0:10:38	0:10:58	0:11:32	0:11:09
90.	364	10.M60	Siebert, Peter	1954	m	SG DT. Bundestag	0:52:53	0:08:40	0:10:50	0:11:05	0:10:56	0:11:24
91.	141	11.M	Vaaßen, Simon	1996	m	The Flash Runner	0:52:54	0:07:55	0:09:46	0:12:17	0:11:33	0:11:25
92.	321	11.M60	Göbgen, Rolf	1957	m	Nordseeläufer	0:53:24	0:08:46	0:10:51	0:11:07	0:11:16	0:11:26
93.	127	13.M55	Doebel, Peter	1961	m	LC Weilerswist	0:53:50	0:09:32	0:10:56	0:11:03	0:11:10	0:11:12
94.	59	2.M65	Moga, Bruno	1952	m	LG Huskies	0:54:36	0:09:12	0:11:12	0:11:24	0:11:26	0:11:24
95.	12	14.M55	Raßlenberg, Johannes	1959	m		0:54:57	0:09:14	0:11:21	0:11:24	0:11:47	0:11:13
96.	277	12.M60	Strunk, Wolfgang	1955	m	Tribea Team	0:55:13	0:08:51	0:11:00	0:11:59	0:11:49	0:11:36
97.	143	13.M60	Ley, Rolf	1957	m		0:55:18	0:09:29	0:11:19	0:11:29	0:11:39	0:11:24
98.	351	6.M35	Wagner, Raphael	1979	m		0:55:25	0:09:33	0:10:56	0:11:30	0:11:47	0:11:41
99.	215	11.M40	Stracke, René	1977	m	TV Hasslinghausen 1862 e.V.	0:55:27	0:09:23	0:11:25	0:11:26	0:11:35	0:11:40
100.	330	12.M40	Genzer, Stephan	1974	m	Team DerGrünePunkt TuS Schleiden 1908	0:56:11	0:09:13	0:11:34	0:11:48	0:11:49	0:11:48
101.	108	3.M65	Karls, Dieter	1951	m		0:56:26	0:09:27	0:11:36	0:11:39	0:11:43	0:12:03
102.	150	4.M65	Freyruth, Jürgen	1949	m	IAC Düren e.V.	0:57:14	0:09:20	0:11:49	0:12:03	0:12:12	0:11:51
103.	265	13.M40	Brandt, Karsten	1973	m	donnerwetter.de GmbH	0:57:14	0:09:03	0:11:35	0:12:18	0:12:28	0:11:51
104.	21	15.M55	Coenen, René	1958	m	Heerlen (NL)	0:57:29	0:09:48	0:11:21	0:12:03	0:12:13	0:12:06
105.	34	1.M75	Schmülgen, Josef	1938	m	TuS Schmidt	0:57:53	0:09:45	0:11:45	0:12:04	0:12:12	0:12:09
106.	137	16.M45	Mager, Stefan	1972	m	TuS Mechernich 1897	0:58:37	0:09:59	0:12:16	0:12:19	0:12:23	0:11:42
107.	365	1.M80	Knauer, Erwin	1936	m	FC Oberahr	0:59:21	0:09:46	0:12:06	0:12:30	0:12:30	0:12:30
108.	78	14.M60	Wirth, Burkhard	1954	m		0:59:29	0:09:41	0:11:50	0:12:04	0:12:23	0:13:34
109.	177	2.M75	Trottenberg, Wilhelm	1942	m	Pingsheimer Rentnerband	1:03:53	0:10:47	0:12:42	0:13:04	0:13:47	0:13:34
110.	275	5.M65	Kruppen, Rolf-Peter	1950	m		1:04:45	0:10:48	0:13:10	0:13:24	0:13:45	0:13:40
111.	366	3.M75	Schlengermann, Udo	1942	m	Team Voreifel	1:05:52	0:11:19	0:13:40	0:13:35	0:13:38	0:13:42
112.	111	4.M75	Vilvo, Konrad	1938	m	TV Huchem-Stammeln	1:07:29	0:10:50	0:13:28	0:13:54	0:14:16	0:15:02
113.	68	16.M55	Coenen, John	1958	m	Hoensbroek (NL)	1:07:58	0:11:06	0:13:57	0:14:07	0:14:24	0:14:26
114.	181	12.M50	Gerhardt, Uwe	1965	m	Hamich Runners e.V.	1:19:27	0:12:11	0:16:33	0:17:19	0:16:58	0:16:29

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