

## 5. Sechtemer Burgenlauf

### Ergebnisliste MW 10km Hauptlauf

| MWPI                  | AK-PI | AK     | Startnr. | Name                    | Team / Verein             | Zeit      | 1.Rd  | 2.Rd. | 3.Rd  | 4.Rd  |
|-----------------------|-------|--------|----------|-------------------------|---------------------------|-----------|-------|-------|-------|-------|
| <b>10km Hauptlauf</b> |       |        |          |                         |                           |           |       |       |       |       |
| <b>w</b>              |       |        |          |                         |                           |           |       |       |       |       |
| 1.                    | 1.    | WJ U18 | 494      | Sonja Vernikov          |                           | 41:35,0   | 9:28  | 10:29 | 10:53 | 10:43 |
| 2.                    | 1.    | W45    | 652      | Caterina Schneider      |                           | 44:54,7   | 10:36 | 11:11 | 11:33 | 11:33 |
| 3.                    | 1.    | W35    | 933      | Sabine Korz             | MonAte                    | 46:46,6   | 11:04 | 11:39 | 12:00 | 12:02 |
| 4.                    | 1.    | W40    | 651      | Ines Birk               | Brühler TV 1879           | 47:57,5   | 11:15 | 12:10 | 12:27 | 12:04 |
| 5.                    | 1.    | W      | 595      | Stefanie Nitzsche       | Die Grauen Burggeister    | 48:38,3   | 11:23 | 12:19 | 12:31 | 12:23 |
| 6.                    | 2.    | W35    | 586      | Sandra Langhof          |                           | 49:33,8   | 11:37 | 12:12 | 12:47 | 12:56 |
| 7.                    | 2.    | W      | 660      | Ione Sandherr           | Die Grauen Burggeister    | 52:22,3   | 12:26 | 12:55 | 13:34 | 13:26 |
| 8.                    | 3.    | W      | 666      | Laura van der Koelen    | Sportlich-Team Bornheim   | 53:32,8   | 12:26 | 13:04 | 14:13 | 13:47 |
| 9.                    | 2.    | W40    | 633      | Tamara Eßer             | Run of Colours Promoteam  | 53:34,9   | 13:32 | 13:33 | 13:38 | 12:50 |
| 10.                   | 3.    | W35    | 601      | Sonja Schmitz           | Feuerwehr Sechtem         | 53:53,5   | 13:10 | 13:28 | 13:42 | 13:32 |
| 11.                   | 2.    | W45    | 656      | Sandra Nolte-Hemgesberg | MonAte                    | 56:25,8   | 12:59 | 14:07 | 14:30 | 14:48 |
| 12.                   | 4.    | W35    | 624      | Alexandra Bender        | Praxis Kessel and Friends | 56:56,6   | 13:14 | 14:18 | 14:45 | 14:38 |
| 13.                   | 4.    | W      | 643      | Jenny van Bashuisen     | MonAte                    | 58:56,6   | 13:55 | 14:29 | 15:33 | 14:58 |
| 14.                   | 5.    | W35    | 655      | Sindy Ihm               |                           | 59:39,2   | 14:05 | 14:54 | 15:22 | 15:16 |
| 15.                   | 1.    | W55    | 485      | Heike Blum              |                           | 1:00:54,5 | 13:58 | 15:02 | 16:35 | 15:18 |
| 16.                   | 6.    | W35    | 571      | Sabine Böhlert          |                           | 1:01:17,2 | 14:54 | 15:09 | 15:41 | 15:31 |
| 17.                   | 5.    | W      | 585      | Carola Kübbeler         |                           | 1:01:24,8 | 14:18 | 14:56 | 16:01 | 16:08 |
| 18.                   | 1.    | W70    | 654      | Gisela Stier            | SG Sechtem                | 1:08:05,1 | 16:09 | 16:57 | 17:33 | 17:24 |
| 19.                   | 7.    | W35    | 616      | Silvia Kerwien          | Partyläufer               | 1:08:52,4 | 16:10 | 17:31 | 18:10 | 17:00 |
| 20.                   | 6.    | W      | 584      | Anja Kübbeler           |                           | 1:13:26,5 | 16:01 | 18:16 | 19:32 | 19:36 |
| 21.                   | 7.    | W      | 661      | Bojana Medjed           |                           | 1:13:35,8 | 16:04 | 18:28 | 19:16 | 19:46 |
| <b>m</b>              |       |        |          |                         |                           |           |       |       |       |       |
| 1.                    | 1.    | M35    | 1        | Uli Trautmann           | racing team da peng       | 33:57,0   | 8:29  | 8:26  | 8:32  | 8:27  |
| 2.                    | 1.    | M45    | 653      | Markus Mey              | Peters Sportteam          | 34:43,3   | 8:34  | 8:31  | 8:45  | 8:51  |
| 3.                    | 1.    | M40    | 645      | Hakim El Makrini        | LT DSHS Köln              | 36:02,5   | 8:38  | 8:57  | 9:21  | 9:05  |
| 4.                    | 1.    | M30    | 669      | Rainer Herberg          | MonAte                    | 37:37,4   | 9:06  | 9:19  | 9:32  | 9:39  |
| 5.                    | 1.    | M      | 582      | Torben Jacobs           |                           | 38:35,3   | 9:28  | 9:26  | 9:42  | 9:58  |
| 6.                    | 2.    | M35    | 606      | Heiko Heckert           | Kirche für Bonn           | 38:55,9   | 9:30  | 9:44  | 9:58  | 9:43  |
| 7.                    | 3.    | M35    | 663      | Christoph Büsges        | racing team da peng       | 38:58,5   | 9:24  | 9:43  | 9:56  | 9:54  |

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| MWPI | AK-PI | AK     | Startnr. | Name                 | Team / Verein                    | Zeit    | 1.Rd  | 2.Rd. | 3.Rd  | 4.Rd  |
|------|-------|--------|----------|----------------------|----------------------------------|---------|-------|-------|-------|-------|
| 8.   | 1.    | MJ U20 | 634      | Peter Christian      | Salia Sechtem                    | 39:11,7 | 9:35  | 10:02 | 10:10 | 9:23  |
| 9.   | 2.    | M40    | 619      | Torsten Ink          | Praxis Jennen                    | 39:51,4 | 9:40  | 10:04 | 10:06 | 10:00 |
| 10.  | 1.    | M55    | 592      | Michael Messner      | Brühler TV 1879                  | 39:57,8 | 9:47  | 9:58  | 10:07 | 10:04 |
| 11.  | 2.    | M30    | 667      | Daniel Feider        | Sportlich-Team Bornheim          | 40:27,3 | 9:27  | 10:05 | 10:22 | 10:31 |
| 12.  | 2.    | M55    | 668      | Eule Frings          | Selbstläufer SV Altenahr         | 40:31,4 | 9:35  | 10:07 | 10:24 | 10:23 |
| 13.  | 4.    | M35    | 605      | Marcel Dreßler       | Kirche für Bonn                  | 40:46,0 | 9:33  | 10:11 | 10:29 | 10:31 |
| 14.  | 3.    | M40    | 600      | Markus Loch          | Feuerwehr Sechtem                | 41:10,2 | 10:24 | 10:26 | 10:23 | 9:56  |
| 15.  | 4.    | M40    | 590      | Daniel Salzig        |                                  | 41:28,5 | 10:18 | 10:31 | 10:27 | 10:11 |
| 16.  | 5.    | M35    | 607      | Markus Rauch         | Kirche für Bonn                  | 41:37,0 | 10:26 | 10:25 | 10:27 | 10:18 |
| 17.  | 6.    | M35    | 665      | Frank Riedel         | MonAte                           | 43:00,8 | 10:04 | 10:47 | 11:04 | 11:04 |
| 18.  | 2.    | M45    | 646      | Adrian Marek         | Für Hürth                        | 43:34,6 | 10:23 | 10:44 | 11:07 | 11:19 |
| 19.  | 1.    | M50    | 612      | Uli Hackbarth        | Monis Team                       | 43:58,2 | 10:30 | 10:53 | 11:14 | 11:19 |
| 20.  | 3.    | M30    | 608      | Erwin Schwindt       | Kirche für Bonn                  | 44:09,6 | 11:22 | 11:04 | 11:06 | 10:35 |
| 21.  | 3.    | M55    | 496      | Peter Gäntgen        | Sportlich-Team Bornheim          | 44:54,1 | 11:00 | 11:12 | 11:28 | 11:12 |
| 22.  | 3.    | M45    | 622      | Sascha Werner        | Praxis Jennen                    | 45:34,6 | 10:47 | 11:20 | 11:49 | 11:36 |
| 23.  | 4.    | M45    | 482      | Harald Vogt          | Allemannia Aachen                | 46:06,2 | 10:59 | 11:35 | 11:54 | 11:36 |
| 24.  | 2.    | M50    | 575      | Manuel Esteves       |                                  | 46:10,4 | 11:22 | 11:23 | 11:49 | 11:34 |
| 25.  | 4.    | M30    | 580      | Alex Häuser          |                                  | 46:20,4 | 11:20 | 11:43 | 11:39 | 11:36 |
| 26.  | 5.    | M30    | 611      | Etienne Fabio Kaiser | Metzen /Schmidt GbR Malermeister | 46:29,8 | 11:07 | 11:51 | 11:42 | 11:47 |
| 27.  | 3.    | M50    | 609      | Gerd Lüke            | LG Kaffee Kuchen                 | 46:31,4 | 11:24 | 11:41 | 11:58 | 11:26 |
| 28.  | 5.    | M45    | 657      | Carsten Hachenberg   |                                  | 46:50,8 | 11:34 | 11:42 | 11:46 | 11:47 |
| 29.  | 5.    | M40    | 626      | Ingo Kessel          | Praxis Kessel and Friends        | 47:31,0 | 11:21 | 12:03 | 12:10 | 11:55 |
| 30.  | 7.    | M35    | 621      | Florian Münch        | Praxis Jennen                    | 47:31,9 | 10:36 | 11:49 | 12:29 | 12:35 |
| 31.  | 6.    | M45    | 662      | Oliver Mühlwinkel    |                                  | 47:35,9 | 11:27 | 11:46 | 12:11 | 12:10 |
| 32.  | 4.    | M50    | 956      | Jürgen Christian     |                                  | 47:58,5 | 11:23 | 12:12 | 12:17 | 12:05 |
| 33.  | 4.    | M55    | 636      | Burkard Schilling    | Schwadorf Ramazzotti Runners     | 48:00,5 | 11:18 | 11:55 | 12:16 | 12:30 |
| 34.  | 6.    | M40    | 647      | Tobias Kitz-Harbort  |                                  | 48:18,4 | 12:07 | 12:03 | 12:21 | 11:47 |
| 35.  | 6.    | M30    | 574      | Johannes Edmeier     |                                  | 48:23,0 | 12:06 | 12:17 | 12:18 | 11:40 |
| 36.  | 7.    | M40    | 625      | Alexander Hartmann   | Praxis Kessel and Friends        | 48:27,1 | 11:17 | 12:10 | 12:37 | 12:21 |
| 37.  | 7.    | M45    | 467      | Tiziano Comiotto     |                                  | 48:29,6 | 11:43 | 12:11 | 12:23 | 12:11 |
| 38.  | 2.    | M      | 468      | Jerome Lefevre       |                                  | 48:32,8 | 12:16 | 12:16 | 12:16 | 11:44 |
| 39.  | 3.    | M      | 599      | Daniel Kuhnert       | Feuerwehr Sechtem                | 48:47,7 | 12:16 | 12:16 | 12:16 | 11:58 |
| 40.  | 1.    | MJ U23 | 578      | Dominik Fontes       |                                  | 48:59,3 | 10:32 | 12:08 | 12:54 | 13:23 |

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|------|-------|-----|----------|---------------------|----------------------------------|----------------|-------|-------|-------|-------|
| 41.  | 5.    | M50 | 649      | Maik Burkhardt      | MBU Triathlon Rösberg            | <b>49:20,5</b> | 11:35 | 12:14 | 12:42 | 12:47 |
| 42.  | 5.    | M55 | 644      | Hugo Weißling       | Die Grauen Burggeister           | <b>49:25,2</b> | 11:15 | 12:25 | 12:49 | 12:54 |
| 43.  | 8.    | M35 | 577      | Oliver Floßbach     |                                  | <b>49:30,7</b> | 12:12 | 12:24 | 12:34 | 12:19 |
| 44.  | 8.    | M45 | 573      | Andreas Diesterhöft |                                  | <b>49:34,4</b> | 11:41 | 12:35 | 12:44 | 12:33 |
| 45.  | 8.    | M40 | 648      | Waldemar Marek      | Für Hürth                        | <b>49:45,1</b> | 11:49 | 12:17 | 12:37 | 12:59 |
| 46.  | 6.    | M50 | 632      | Martin Appel        | Radtreff Campus Bonn             | <b>50:29,7</b> | 12:20 | 12:27 | 12:36 | 13:04 |
| 47.  | 7.    | M50 | 583      | Dr. Stefan Satler   | Sportlich-Team Bornheim          | <b>50:32,1</b> | 12:25 | 12:35 | 13:03 | 12:27 |
| 48.  | 8.    | M50 | 576      | Hanno Fabian        |                                  | <b>50:36,2</b> | 12:26 | 12:36 | 12:55 | 12:38 |
| 49.  | 9.    | M50 | 628      | Dr. Thomas Raddatz  | Praxis Kessel and Friends        | <b>50:39,7</b> | 12:08 | 12:47 | 12:59 | 12:43 |
| 50.  | 9.    | M45 | 931      | Ian Frankel         | Sportlich-Team Bornheim          | <b>50:41,6</b> | 12:26 | 12:42 | 13:06 | 12:25 |
| 51.  | 7.    | M30 | 631      | Hannes Jürgens      |                                  | <b>50:45,2</b> | 12:22 | 12:38 | 12:47 | 12:56 |
| 52.  | 9.    | M35 | 594      | Mario Nitzsche      | Die Grauen Burggeister           | <b>51:06,8</b> | 11:23 | 12:58 | 13:21 | 13:23 |
| 53.  | 6.    | M55 | 620      | Eberhard Jennen     | Praxis Jennen                    | <b>52:18,2</b> | 12:28 | 13:09 | 13:28 | 13:12 |
| 54.  | 1.    | M60 | 596      | Ludger Reining      | Die Grauen Burggeister           | <b>52:29,4</b> | 12:48 | 13:00 | 13:16 | 13:23 |
| 55.  | 10.   | M45 | 587      | Andreas Langos      |                                  | <b>53:01,3</b> | 12:53 | 13:18 | 13:31 | 13:18 |
| 56.  | 8.    | M30 | 629      | Stefan van Haften   | Praxis Kessel and Friends        | <b>53:36,2</b> | 12:26 | 13:24 | 13:53 | 13:51 |
| 57.  | 11.   | M45 | 671      | Michael Pilger      | dosenöffnernationalmanschaft     | <b>53:46,5</b> | 12:05 | 13:10 | 14:14 | 14:15 |
| 58.  | 9.    | M40 | 670      | Carsten Rodacker    | dosenöffnernationalmanschaft     | <b>53:47,0</b> | 12:06 | 13:10 | 14:13 | 14:16 |
| 59.  | 9.    | M30 | 627      | Dirk König          | Praxis Kessel and Friends        | <b>53:55,6</b> | 12:50 | 13:23 | 13:53 | 13:49 |
| 60.  | 10.   | M35 | 615      | Raphael Kerwien     | Partyläufer                      | <b>54:05,7</b> | 13:18 | 13:48 | 13:56 | 13:01 |
| 61.  | 10.   | M30 | 572      | Oliver Braun        |                                  | <b>54:27,8</b> | 13:00 | 13:41 | 13:57 | 13:48 |
| 62.  | 10.   | M50 | 650      | Klaus Gödde         |                                  | <b>54:39,7</b> | 13:09 | 13:31 | 14:09 | 13:49 |
| 63.  | 11.   | M35 | 658      | Sebastian Baasch    | Sportlich-Team Bornheim          | <b>55:03,2</b> | 12:45 | 13:25 | 14:24 | 14:26 |
| 64.  | 12.   | M35 | 617      | Jan Nötzel          | Partyläufer                      | <b>55:28,9</b> | 13:17 | 13:49 | 13:57 | 14:25 |
| 65.  | 13.   | M35 | 610      | René Heinze         | Metzen /Schmidt GbR Malermeister | <b>56:06,8</b> | 13:04 | 13:36 | 15:41 | 13:43 |
| 66.  | 7.    | M55 | 637      | Michael Schilling   | Schwadorf Ramazzotti Runners     | <b>56:37,7</b> | 13:51 | 14:16 | 14:07 | 14:21 |
| 67.  | 12.   | M45 | 597      | Joachim Schneider   | DJK Irrel                        | <b>56:41,1</b> | 13:58 | 14:14 | 14:23 | 14:05 |
| 68.  | 11.   | M30 | 589      | Goran Petrovic      |                                  | <b>56:46,8</b> | 14:37 | 14:43 | 14:43 | 12:42 |
| 69.  | 12.   | M30 | 664      | Ilja Guter          |                                  | <b>56:56,4</b> | 12:35 | 14:59 | 15:19 | 14:02 |
| 70.  | 4.    | M   | 598      | Thomas Gerards      | Feuerwehr Sechtem                | <b>57:15,3</b> | 12:41 | 13:46 | 15:25 | 15:22 |
| 71.  | 10.   | M40 | 640      | Thorsten Feret      | Team Boo                         | <b>57:21,1</b> | 14:03 | 14:28 | 14:25 | 14:22 |
| 72.  | 14.   | M35 | 588      | Aleksandar Medjed   |                                  | <b>58:18,7</b> | 14:36 | 14:44 | 14:44 | 14:13 |
| 73.  | 15.   | M35 | 593      | Stefan Dannenberg   | Die Grauen Burggeister           | <b>58:42,7</b> | 12:52 | 14:09 | 15:20 | 16:19 |

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| MWPI | AK-PI | AK  | Startnr. | Name                   | Team / Verein             | Zeit             | 1.Rd  | 2.Rd. | 3.Rd  | 4.Rd  |
|------|-------|-----|----------|------------------------|---------------------------|------------------|-------|-------|-------|-------|
| 74.  | 5.    | M   | 642      | Daniel Peters          | MonAte                    | <b>58:56,8</b>   | 13:55 | 14:29 | 15:32 | 14:59 |
| 75.  | 13.   | M30 | 579      | Hendrik Göbel          | Praxis Kessel and Friends | <b>59:03,5</b>   | 13:04 | 14:35 | 16:48 | 14:34 |
| 76.  | 11.   | M40 | 623      | Yille Aktas            | Praxis Kessel and Friends | <b>59:22,5</b>   | 13:54 | 14:53 | 15:40 | 14:53 |
| 77.  | 2.    | M60 | 491      | Norbert Althofen       |                           | <b>1:00:56,6</b> | 14:34 | 15:29 | 15:32 | 15:21 |
| 78.  | 16.   | M35 | 659      | Erik Wolter-Scholtmann |                           | <b>1:07:30,0</b> | 15:23 | 16:44 | 17:27 | 17:54 |
| 79.  | 12.   | M40 | 591      | Oliver Wirtz           |                           | <b>1:07:30,9</b> | 15:22 | 16:45 | 17:27 | 17:55 |
| 80.  | 13.   | M40 | 618      | Manfred Fandel         | Praxis Jennen             | <b>1:08:57,2</b> | 16:01 | 16:43 | 17:34 | 18:38 |
| 81.  | 6.    | M   | 613      | Alexander Becker       | Partyläufer               | <b>1:13:29,5</b> | 15:57 | 17:04 | 20:46 | 19:41 |

Anzahl Teilnehmer: 102

## 5. Sechtemer Burgenlauf

### Ergebnisliste MW 5km Jedermannlauf

| MWPI                     | AK-PI     | AK            | Startnr.   | Name                  | Team / Verein             | Zeit           | 1. Rd        | 2. Rd        |
|--------------------------|-----------|---------------|------------|-----------------------|---------------------------|----------------|--------------|--------------|
| <b>5km Jedermannlauf</b> |           |               |            |                       |                           |                |              |              |
| <b>W</b>                 |           |               |            |                       |                           |                |              |              |
| 1.                       | 1.        | W35           | 511        | Susanne Hahn          | SOS-Kinderdörfer          | <b>18:27,7</b> | 8:55         | 9:31         |
| 2.                       | 1.        | WJ U18        | 305        | Sonja Vernikov        |                           | <b>19:19,5</b> | 9:20         | 9:59         |
| 3.                       | 1.        | W45           | 301        | Annette Weiss         | LAZ Puma Rhein-Sieg       | <b>22:06,8</b> | 10:52        | 11:14        |
| 4.                       | 1.        | WJ U16        | 560        | Malin Harbort         | Habort                    | <b>25:08,4</b> | 11:51        | 13:17        |
| 5.                       | 2.        | WJ U18        | 271        | Lea Ahrens            |                           | <b>25:49,7</b> | 13:35        | 12:14        |
| 6.                       | 2.        | WJ U16        | 270        | Claire Ahrens         |                           | <b>25:50,4</b> | 13:34        | 12:15        |
| <b>7.</b>                | <b>3.</b> | <b>WJ U16</b> | <b>296</b> | <b>Maya Christian</b> | <b>Brühler TV 1879</b>    | <b>25:51,1</b> | <b>13:35</b> | <b>12:15</b> |
| 8.                       | 2.        | W35           | 551        | Julia Hündgen         | 1,2,3 Oberkörper frei     | <b>26:03,3</b> | 12:55        | 13:07        |
| 9.                       | 3.        | W35           | 313        | Ariane Ink-Rath       | Praxis Jennen             | <b>26:20,2</b> | 12:01        | 14:18        |
| 10.                      | 1.        | W30           | 273        | Pauline Baran         |                           | <b>26:39,4</b> | 12:49        | 13:49        |
| 11.                      | 4.        | W35           | 276        | Patricia Engels       |                           | <b>26:39,8</b> | 12:50        | 13:49        |
| 12.                      | 1.        | W             | 316        | Victoria Aktas        | Praxis Kessel and Friends | <b>26:48,5</b> | 12:59        | 13:48        |
| 13.                      | 1.        | W60           | 300        | Irmi Schier           | LAZ Puma Rhein-Sieg       | <b>27:09,0</b> | 13:27        | 13:41        |
| 14.                      | 1.        | WJ U20        | 523        | Nicola Kochmann       | Team PDAKN                | <b>27:49,3</b> | 13:09        | 14:39        |
| 15.                      | 1.        | W40           | 330        | Steffi Scholl         | Praxis Kessel and Friends | <b>28:14,2</b> | 13:48        | 14:26        |
| 16.                      | 2.        | W45           | 278        | Anja Giersch          |                           | <b>28:29,2</b> | 13:41        | 14:47        |
| 17.                      | 2.        | W             | 347        | Iris Kranefeld        | Sechtem Toros             | <b>28:43,8</b> | 14:27        | 14:16        |
| 18.                      | 3.        | WJ U18        | 526        | Viola Lübke           |                           | <b>28:44,0</b> | 13:36        | 15:07        |
| 19.                      | 1.        | W50           | 513        | Andrea Brandt         | SSF Bonn                  | <b>28:44,6</b> | 13:58        | 14:46        |
| 20.                      | 5.        | W35           | 559        | Kirsten Harbort       | Harbort                   | <b>28:53,4</b> | 14:07        | 14:45        |
| 21.                      | 1.        | WJ U23        | 350        | Maren Lohmüller       | Sechtem Toros             | <b>29:07,3</b> | 14:59        | 14:07        |
| 22.                      | 2.        | W50           | 287        | Ute Meinen            |                           | <b>29:11,4</b> | 14:09        | 15:01        |
| 23.                      | 2.        | WJ U20        | 520        | Karolin Kochmann      | Team PDAKN                | <b>29:14,8</b> | 14:03        | 15:10        |
| 24.                      | 3.        | W             | 630        | Ute Zimmermann        | Praxis Kessel and Friends | <b>29:35,5</b> | 14:49        | 14:45        |
| 25.                      | 2.        | W40           | 531        | Ana Stolic            | Praxis Kessel and Friends | <b>29:40,0</b> | 14:57        | 14:42        |
| 26.                      | 2.        | W30           | 319        | Eveline Güttler       | Praxis Kessel and Friends | <b>29:40,6</b> | 14:33        | 15:07        |
| 27.                      | 6.        | W35           | 349        | Simone Kreuzberg      | Sechtem Toros             | <b>30:04,6</b> | 14:57        | 15:07        |
| 28.                      | 3.        | W40           | 533        | Annegret Stein        |                           | <b>30:06,9</b> | 14:42        | 15:24        |
| 29.                      | 3.        | W45           | 545        | Selina Finke          | Praxis Jennen             | <b>30:11,4</b> | 15:00        | 15:11        |
| 30.                      | 4.        | W40           | 519        | Gabriele Jahn         |                           | <b>30:12,2</b> | 14:49        | 15:22        |
| 31.                      | 3.        | W50           | 521        | Dagmar Kochmann       | Team PDAKN                | <b>30:34,0</b> | 15:19        | 15:14        |
| 32.                      | 4.        | W50           | 314        | Kathrin Pohl          | Praxis Jennen             | <b>30:56,4</b> | 15:28        | 15:27        |
| 33.                      | 5.        | W50           | 310        | Petra Altaner         | Praxis Jennen             | <b>30:56,6</b> | 15:28        | 15:27        |
| 34.                      | 4.        | W45           | 510        | Theresia Christian    | SG Sechtem                | <b>31:07,7</b> | 15:31        | 15:36        |
| 35.                      | 7.        | W35           | 311        | Rumyana Franzen       | Praxis Jennen             | <b>31:17,2</b> | 15:18        | 15:58        |
| 36.                      | 4.        | WJ U16        | 338        | Anna Bauer            | Sechtem Toros             | <b>31:18,9</b> | 15:59        | 15:19        |
| 37.                      | 5.        | WJ U16        | 335        | Carlotta Bagala       | Sechtem Toros             | <b>31:19,4</b> | 16:00        | 15:19        |
| 38.                      | 2.        | WJ U23        | 348        | Christina Krauss      | Sechtem Toros             | <b>31:22,6</b> | 15:34        | 15:48        |
| 39.                      | 3.        | WJ U20        | 505        | Franziska Stracke     | Sechtem Toros             | <b>31:22,8</b> | 15:34        | 15:48        |
| 40.                      | 1.        | W55           | 294        | Susanne Lehert        | ASV Wesseling 1985 e.V.   | <b>31:36,9</b> | 15:52        | 15:44        |
| 41.                      | 4.        | W             | 286        | Christina Maus        |                           | <b>31:48,8</b> | 14:43        | 17:04        |
| 42.                      | 3.        | W30           | 275        | Sabrina Bliss         |                           | <b>31:50,2</b> | 14:44        | 17:05        |
| 43.                      | 4.        | W30           | 327        | Marosa Patricelli     | Praxis Kessel and Friends | <b>31:52,9</b> | 15:36        | 16:16        |
| 44.                      | 5.        | W             | 322        | Ingrid Köhler         | Praxis Kessel and Friends | <b>31:54,8</b> | 15:34        | 16:20        |
| 45.                      | 5.        | W40           | 529        | Sonja Meurer          |                           | <b>31:55,0</b> | 15:47        | 16:07        |
| 46.                      | 5.        | W30           | 528        | Christina Degen       | Kessala                   | <b>32:17,6</b> | 16:28        | 15:49        |
| 47.                      | 5.        | W45           | 554        | Susanne Beckmann      | THC Brühl                 | <b>32:23,1</b> | 15:48        | 16:34        |
| 48.                      | 6.        | WJ U16        | 555        | Lara Beckmann         | THC Brühl                 | <b>32:23,2</b> | 15:48        | 16:34        |
| 49.                      | 6.        | W50           | 284        | Bettina Krumbiegel    |                           | <b>32:30,6</b> | 15:01        | 17:29        |

## 5. Sechtemer Burgenlauf

### Ergebnisliste MW 5km Jedermannlauf

| MWPI | AK-PI | AK     | Startnr. | Name                   | Team / Verein             | Zeit           | 1. Rd | 2. Rd |
|------|-------|--------|----------|------------------------|---------------------------|----------------|-------|-------|
| 50.  | 6.    | W      | 527      | Jana Cziesla           | Kessala                   | <b>32:31,3</b> | 16:28 | 16:02 |
| 51.  | 2.    | W55    | 566      | Gabriele Siegmann      | Die Grauen Burggeister    | <b>32:33,2</b> | 15:51 | 16:41 |
| 52.  | 8.    | W35    | 318      | Nadja Fitze            | Praxis Kessel and Friends | <b>32:34,3</b> | 16:24 | 16:09 |
| 53.  | 6.    | W40    | 326      | Patricia Krischer      | Praxis Kessel and Friends | <b>33:08,3</b> | 16:11 | 16:57 |
| 54.  | 6.    | W45    | 277      | Martina Fabian         |                           | <b>33:18,5</b> | 16:14 | 17:04 |
| 55.  | 7.    | W      | 289      | Valina Siekmann        |                           | <b>33:38,2</b> | 15:49 | 17:48 |
| 56.  | 7.    | WJ U16 | 501      | Clara Maschlanka       | Sechtem Toros             | <b>33:39,2</b> | 16:00 | 17:38 |
| 57.  | 7.    | W40    | 321      | Verena Kessel          | Praxis Kessel and Friends | <b>34:21,9</b> | 16:19 | 18:02 |
| 58.  | 7.    | W45    | 292      | Michaela van der Linde |                           | <b>36:13,5</b> | 13:45 | 22:27 |
| 59.  | 8.    | W      | 324      | Carolyn Konrath        | Praxis Kessel and Friends | <b>38:30,7</b> | 18:27 | 20:02 |
| 60.  | 8.    | W40    | 517      | Christina Feret        | Team Boo                  | <b>41:01,5</b> | 19:37 | 21:23 |

**m**

|     |    |        |     |                           |                           |                |       |       |
|-----|----|--------|-----|---------------------------|---------------------------|----------------|-------|-------|
| 1.  | 1. | MJ U18 | 514 | Mattia Weißling           | SSF Bonn Triathlon        | <b>16:18,6</b> | 7:55  | 8:22  |
| 2.  | 1. | M      | 304 | Aaron Wagner              | LT Ennert                 | <b>16:43,7</b> | 8:27  | 8:15  |
| 3.  | 1. | M40    | 532 | Hakim El Makrini          | LT DSHS Köln              | <b>16:52,4</b> | 8:19  | 8:32  |
| 4.  | 2. | M      | 295 | Fabian Michaelis          | ASV Wesseling             | <b>17:37,3</b> | 8:30  | 9:06  |
| 5.  | 3. | M      | 561 | Stephan Stranz            | Brühler TV 1879           | <b>18:04,8</b> | 8:43  | 9:21  |
| 6.  | 2. | M40    | 563 | Sönke Schmale             | SSF Bonn Triathlon        | <b>18:56,4</b> | 9:17  | 9:38  |
| 7.  | 1. | MJ U16 | 306 | Wiktor Vernikov           |                           | <b>18:56,5</b> | 9:03  | 9:53  |
| 8.  | 1. | M35    | 562 | Maik Lohse                | Erdinger Akloholfrei      | <b>19:35,7</b> | 9:22  | 10:12 |
| 9.  | 1. | MJ U20 | 293 | Johni Vernikov            |                           | <b>19:50,3</b> | 9:32  | 10:18 |
| 10. | 1. | M50    | 303 | Norbert Fasel             | LSF Münster               | <b>20:03,9</b> | 9:45  | 10:18 |
| 11. | 1. | MJ U23 | 297 | Gennadij Vernikov         | Bundeswehr Luftwaffe      | <b>20:32,4</b> | 9:48  | 10:43 |
| 12. | 2. | MJ U20 | 272 | Osama Almallah            |                           | <b>21:03,4</b> | 9:56  | 11:07 |
| 13. | 2. | MJ U23 | 547 | Sven Elshorst             |                           | <b>21:41,1</b> | 10:48 | 10:52 |
| 14. | 3. | M40    | 280 | Sven Berghoff             |                           | <b>21:48,9</b> | 10:57 | 10:51 |
| 15. | 2. | MJ U16 | 540 | Tim Bauersch              |                           | <b>22:03,0</b> | 10:43 | 11:19 |
| 16. | 2. | MJ U18 | 503 | Jan Montenarh             | Sechtem Toros             | <b>22:32,0</b> | 11:25 | 11:07 |
| 17. | 3. | MJ U18 | 342 | Lennart Joest             | Sechtem Toros             | <b>22:33,7</b> | 11:07 | 11:25 |
| 18. | 1. | M30    | 502 | Marcus Mc Laurin          | Sechtem Toros             | <b>22:37,3</b> | 11:05 | 11:31 |
| 19. | 2. | M30    | 340 | Miguel Iglesias Fernandez | Sechtem Toros             | <b>22:43,8</b> | 11:50 | 10:53 |
| 20. | 2. | M35    | 315 | Markus Speen              | Praxis Jennen             | <b>23:06,8</b> | 11:25 | 11:41 |
| 21. | 4. | MJ U18 | 507 | Sebastian Stracke         | Sechtem Toros             | <b>23:07,9</b> | 11:24 | 11:43 |
| 22. | 1. | M65    | 512 | Dieter Henselder          | Sportlich-Team Bornheim   | <b>23:21,1</b> | 11:38 | 11:42 |
| 23. | 4. | M40    | 530 | Jörg Meurer               |                           | <b>23:41,6</b> | 11:55 | 11:45 |
| 24. | 4. | M      | 312 | Felix Herwede             | Praxis Jennen             | <b>23:44,9</b> | 11:57 | 11:47 |
| 25. | 3. | MJ U23 | 339 | Henning Blomberg          | Sechtem Toros             | <b>23:48,1</b> | 11:26 | 12:21 |
| 26. | 3. | M35    | 328 | Christian Rohde           | Praxis Kessel and Friends | <b>23:55,4</b> | 11:26 | 12:28 |
| 27. | 1. | M45    | 506 | Peter Stracke             | Sechtem Toros             | <b>24:03,6</b> | 11:27 | 12:36 |
| 28. | 5. | M40    | 534 | Sven Stein                |                           | <b>24:04,5</b> | 11:26 | 12:37 |
| 29. | 6. | M40    | 541 | Dominik Bauersch          |                           | <b>24:07,4</b> | 11:44 | 12:23 |
| 30. | 2. | M45    | 542 | Frederik Bauersch         | Die Grauen Burggeister    | <b>24:07,7</b> | 11:44 | 12:22 |
| 31. | 7. | M40    | 317 | Tobias Eckstein           | Praxis Kessel and Friends | <b>24:07,7</b> | 11:44 | 12:22 |
| 32. | 4. | MJ U23 | 500 | Joel Lukeba               | Sechtem Toros             | <b>24:19,3</b> | 11:39 | 12:40 |
| 33. | 5. | M      | 556 | Simon Wasel               |                           | <b>24:20,1</b> | 12:02 | 12:17 |
| 34. | 1. | M60    | 309 | Piet Peters               | piet spiet tiem           | <b>24:52,5</b> | 11:59 | 12:52 |
| 35. | 3. | MJ U20 | 524 | Johannes Wilkens          | Team PDAKN                | <b>25:47,8</b> | 11:45 | 14:02 |
| 36. | 6. | M      | 525 | Rene Domjahn              | SSF Bonn                  | <b>25:48,1</b> | 12:22 | 13:26 |
| 37. | 4. | M35    | 8   | Tobias Heeg               |                           | <b>25:54,4</b> | 12:44 | 13:10 |
| 38. | 7. | M      | 344 | Sami Khelifi              | Sechtem Toros             | <b>26:06,0</b> | 11:47 | 14:18 |
| 39. | 8. | M40    | 279 | Andreas Kleist            |                           | <b>26:09,8</b> | 12:17 | 13:51 |

## 5. Sechtemer Burgenlauf

### Ergebnisliste MW 5km Jedermannlauf

| MWPI | AK-PI | AK     | Startnr. | Name                 | Team / Verein             | Zeit           | 1. Rd | 2. Rd |
|------|-------|--------|----------|----------------------|---------------------------|----------------|-------|-------|
| 40.  | 2.    | M50    | 515      | Michael Schwarz      | Stadtrikot Bornheim       | <b>26:30,1</b> | 12:20 | 14:09 |
| 41.  | 3.    | M30    | 281      | Michael Kleist       |                           | <b>26:56,9</b> | 13:01 | 13:55 |
| 42.  | 3.    | MJ U16 | 564      | Christian Pötschke   | Sechtem Toros             | <b>27:05,2</b> | 12:57 | 14:08 |
| 43.  | 3.    | M50    | 522      | Peter Kochmann       | Team PDAKN                | <b>27:17,0</b> | 13:44 | 13:32 |
| 44.  | 2.    | M65    | 329      | Peter Rohde          | Praxis Kessel and Friends | <b>27:22,3</b> | 13:28 | 13:54 |
| 45.  | 3.    | M45    | 544      | Matthias Kossort     |                           | <b>27:36,0</b> | 14:01 | 13:34 |
| 46.  | 4.    | M45    | 291      | Dirk van der Linde   |                           | <b>27:36,3</b> | 13:45 | 13:50 |
| 47.  | 2.    | M60    | 323      | Jörg Köhler          | Praxis Kessel and Friends | <b>27:37,9</b> | 13:41 | 13:56 |
| 48.  | 3.    | M60    | 334      | Heinz Zimmermann     | Praxis Kessel and Friends | <b>27:48,1</b> | 13:55 | 13:52 |
| 49.  | 8.    | M      | 546      | Marius Meinen        |                           | <b>27:52,6</b> | 14:09 | 13:42 |
| 50.  | 9.    | M40    | 298      | Oliver Schütz        | Die Grauen Burggeister    | <b>27:55,1</b> | 12:50 | 15:04 |
| 51.  | 10.   | M40    | 290      | Matthias Stellmacher |                           | <b>28:24,6</b> | 13:45 | 14:39 |
| 52.  | 9.    | M      | 557      | Noel Lösch-Bittner   |                           | <b>28:24,7</b> | 13:55 | 14:29 |
| 53.  | 5.    | MJ U18 | 346      | Thomas Kovalenko     | Sechtem Toros             | <b>28:25,2</b> | 13:32 | 14:52 |
| 54.  | 4.    | M50    | 553      | Rolf Beckmann        |                           | <b>28:33,0</b> | 14:06 | 14:26 |
| 55.  | 6.    | MJ U18 | 336      | Cedrik Bassen        | Sechtem Toros             | <b>28:46,8</b> | 13:33 | 15:13 |
| 56.  | 5.    | MJ U23 | 343      | Steffen Joest        | Sechtem Toros             | <b>29:05,4</b> | 13:33 | 15:32 |
| 57.  | 5.    | M45    | 516      | Frank Wilken         | Team Bauerfeind           | <b>29:31,0</b> | 15:25 | 14:05 |
| 58.  | 6.    | M45    | 535      | Clemens Müller       | Praxis Jennen             | <b>29:31,3</b> | 14:25 | 15:06 |
| 59.  | 1.    | M70    | 604      | Peter Münzenmayer    | Isnichmehrweit            | <b>30:15,8</b> | 13:41 | 16:34 |
| 60.  | 11.   | M40    | 331      | Fred Stamm           | Praxis Kessel and Friends | <b>31:34,2</b> | 15:29 | 16:05 |
| 61.  | 7.    | M45    | 325      | Bernd Krischer       | Praxis Kessel and Friends | <b>31:48,5</b> | 14:52 | 16:55 |
| 62.  | 8.    | M45    | 337      | Meik Bassen          | Sechtem Toros             | <b>31:54,8</b> | 13:19 | 18:35 |
| 63.  | 2.    | M70    | 288      | Hans-Josef Meurer    |                           | <b>31:56,0</b> | 16:07 | 15:48 |
| 64.  | 12.   | M40    | 274      | Frank Bauerfeind     |                           | <b>32:58,8</b> | 15:24 | 17:34 |
| 65.  | 9.    | M45    | 320      | Ralf Hinrichs        | Praxis Kessel and Friends | <b>34:21,5</b> | 16:19 | 18:02 |
| 66.  | 13.   | M40    | 332      | Ingo Thevis          | Praxis Kessel and Friends | <b>34:23,5</b> | 16:19 | 18:04 |
| 67.  | 10.   | M45    | 558      | Nils Kitzing         | Team x                    | <b>34:44,5</b> | 17:05 | 17:38 |
| 68.  | 14.   | M40    | 518      | Thorsten Feret       | Team Boo                  | <b>41:02,6</b> | 19:37 | 21:24 |

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