

# 31. Bad Godesberger Frühjahrslauf

## Ergebnisliste MW+AK 10km Hauptlauf

| M/W-Pl.               | Startnr. | AK        | Name                | Jahrg. | m/w | Verein                         | Zeit    |
|-----------------------|----------|-----------|---------------------|--------|-----|--------------------------------|---------|
| <b>10km Hauptlauf</b> |          |           |                     |        |     |                                |         |
| <b>w</b>              |          |           |                     |        |     |                                |         |
| 1.                    | 369      | 1. W30    | Richters, Stefanie  | 1988   | w   | LT Ennert                      | 0:39:09 |
| 2.                    | 370      | 2. W30    | Duck, Sabine        | 1986   | w   | FSV Düsseldorf                 | 0:39:12 |
| 3.                    | 239      | 1. W50    | Reiser, Annette     | 1967   | w   | LAZ Puma Rhein Sieg            | 0:41:08 |
| 4.                    | 388      | 1. W      | Herrmann, Lena      | 1996   | w   |                                | 0:41:50 |
| 5.                    | 254      | 1. W45    | Buch, Thurid        | 1971   | w   | Alfterer SC                    | 0:42:12 |
| 6.                    | 107      | 2. W      | Schippa, Beatrix    | 1989   | w   |                                | 0:42:37 |
| 7.                    | 120      | 2. W45    | van Zweeden, Britta | 1970   | w   | LAV Bad Godesberg              | 0:43:23 |
| 8.                    | 387      | 3. W      | Gaiser, Sarah       | 1996   | w   |                                | 0:45:32 |
| 9.                    | 375      | 3. W45    | Schaefer, Claudia   | 1973   | w   |                                | 0:45:36 |
| 10.                   | 397      | 1. WJ U14 | Kind, Frida         | 2005   | w   |                                | 0:48:18 |
| 11.                   | 394      | 1. W35    | Czybulka, Lea       | 1982   | w   |                                | 0:49:38 |
| 12.                   | 398      | 1. W40    | Kind, Laura         | 1975   | w   |                                | 0:50:42 |
| 13.                   | 95       | 3. W30    | Marxen, Franziska   | 1986   | w   |                                | 0:51:01 |
| 14.                   | 206      | 4. W      | Koch, Katharina     | 1996   | w   |                                | 0:52:27 |
| 15.                   | 144      | 2. W35    | Stotzem, Manuela    | 1981   | w   |                                | 0:52:53 |
| 16.                   | 111      | 1. W70    | Berk, Barbara       | 1947   | w   | Melpomene Bonn                 | 0:53:24 |
| 17.                   | 325      | 4. W45    | Felders, Silke      | 1972   | w   |                                | 0:54:22 |
| 18.                   | 80       | 5. W      | Herling, Jelena     | 1993   | w   |                                | 0:54:59 |
| 19.                   | 251      | 5. W45    | Reinbach, Ines      | 1970   | w   |                                | 0:55:33 |
| 20.                   | 174      | 2. W50    | Wörner, Siilvia     | 1967   | w   |                                | 0:55:45 |
| 21.                   | 214      | 2. W70    | Straimer, Anna      | 1948   | w   | Alfterer SC                    | 0:55:54 |
| 22.                   | 356      | 3. W35    | Schroeter, Tina     | 1982   | w   | tv einzig                      | 0:58:41 |
| 23.                   | 148      | 6. W      | Moldenhauer, Julia  | 1994   | w   |                                | 0:59:31 |
| 24.                   | 98       | 7. W      | Jüptner, Julia      | 1994   | w   |                                | 1:00:38 |
| 25.                   | 275      | 8. W      | Grießbach, Paula    | 1996   | w   |                                | 1:00:52 |
| 26.                   | 276      | 9. W      | Sesterhenn, Sabrina | 1995   | w   |                                | 1:00:53 |
| 27.                   | 180      | 10. W     | Köning, Frida       | 1996   | w   |                                | 1:01:43 |
| 28.                   | 179      | 11. W     | Schares, Kathrin    | 1993   | w   |                                | 1:02:23 |
| 29.                   | 320      | 3. W50    | Wagner, Alexandra   | 1968   | w   | Club 60 Plus                   | 1:02:58 |
| 30.                   | 128      | 4. W35    | Grammersbach,       | 1981   | w   |                                | 1:03:17 |
| 31.                   | 76       | 12. W     | Berresheim, Maike   | 1995   | w   |                                | 1:05:18 |
| 32.                   | 77       | 13. W     | Pitzen, Janine      | 1995   | w   |                                | 1:05:19 |
| 33.                   | 110      | 4. W30    | Heinrich, Alice     | 1985   | w   | Team5                          | 1:06:03 |
| 34.                   | 260      | 14. W     | Zaida, xxxxx        | 1990   | w   | Independent Bonn International | 1:06:32 |
| 35.                   | 90       | 5. W30    | Blum, Katharina     | 1984   | w   |                                | 1:07:20 |
| 36.                   | 86       | 1. W55    | Pelz, Martina       | 1962   | w   |                                | 1:09:45 |
| 37.                   | 71       | 6. W45    | Müller, Alexandra   | 1969   | w   |                                | 1:10:02 |
| 38.                   | 102      | 15. W     | Leschka, Josephine  | 1991   | w   |                                | 1:10:57 |
| 39.                   | 99       | 16. W     | Hermann, Laura      | 1989   | w   |                                | 1:17:36 |
| <b>m</b>              |          |           |                     |        |     |                                |         |
| 1.                    | 353      | 1. M35    | Trautmann, Uli      | 1981   | m   |                                | 0:33:13 |
| 2.                    | 382      | 1. M45    | Schneider, Torsten  | 1972   | m   |                                | 0:34:49 |
| 3.                    | 231      | 1. M      | Pogba, Paul         | 1994   | m   | Pennenfeld startet durch       | 0:35:57 |
| 4.                    | 332      | 2. M      | Breuer, David       | 1991   | m   |                                | 0:35:59 |
| 5.                    | 238      | 2. M35    | Macke, Jakob        | 1982   | m   |                                | 0:36:27 |
| 6.                    | 335      | 3. M      | Gnebregus,          | 1991   | m   | LAV                            | 0:36:44 |
| 7.                    | 158      | 1. M30    | Diblik, Jens        | 1987   | m   | FC Keldenich                   | 0:36:50 |
| 8.                    | 350      | 1. M40    | Meyer, Thorsten     | 1977   | m   | Team Flott.                    | 0:36:55 |
| 9.                    | 198      | 2. M45    | Wellerdick, Sven    | 1969   | m   | Brühler TV 1879                | 0:37:01 |

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|---------|----------|-----------|----------------------|--------|-----|--------------------------------|---------|
| 10.     | 349      | 3. M35    | Deidenbach, Fabian   | 1983   | m   | Team Flott.                    | 0:37:24 |
| 11.     | 255      | 1. M50    | Buch, Reyk           | 1966   | m   | Alfterer SC                    | 0:37:45 |
| 12.     | 145      | 2. M40    | Büsges, Christoph    | 1978   | m   | Racing Team Da Peng            | 0:37:55 |
| 13.     | 343      | 1. M55    | Exley-Deane, Martin  | 1960   | m   | Lean Experts                   | 0:38:12 |
| 14.     | 241      | 2. M55    | Luxen, Richard       | 1959   | m   | LG Vulkaneifel                 | 0:38:17 |
| 15.     | 219      | 2. M50    | Körbs, Joe           | 1968   | m   | LT Ennert                      | 0:38:28 |
| 16.     | 93       | 4. M      | Abdiyu, Abdiyu       | 1998   | m   | LAV                            | 0:38:33 |
| 17.     | 338      | 5. M      | Lüdenbach, Tim       | 1989   | m   | Metallbau Denzer               | 0:38:53 |
| 18.     | 367      | 2. M30    | Ebert, Ben           | 1984   | m   | XTrail-Aktiv                   | 0:38:59 |
| 19.     | 399      | 3. M45    | Arenz, Jens          | 1969   | m   |                                | 0:39:03 |
| 20.     | 250      | 3. M50    | Husemann, Georg      | 1968   | m   | LT DSHS Köln                   | 0:39:44 |
| 21.     | 347      | 6. M      | Stirner, Lukas       | 1991   | m   | Team Flott.                    | 0:39:57 |
| 22.     | 205      | 4. M35    | Hund, Christopher    | 1983   | m   | www.bauernhofcafe-gummeroth.de | 0:40:41 |
| 23.     | 359      | 3. M40    | Giessler, Andreas    | 1974   | m   |                                | 0:40:44 |
| 24.     | 292      | 4. M50    | Unverzagt, Klaus     | 1966   | m   | SSF Bonn                       | 0:40:48 |
| 25.     | 346      | 4. M40    | Hoss, Michael        | 1976   | m   | Team Flott.                    | 0:41:00 |
| 26.     | 240      | 3. M55    | Reiser, Jürgen       | 1963   | m   | LAZ Puma Rhein Sieg            | 0:41:10 |
| 27.     | 123      | 4. M55    | Schmitz, Dieter      | 1962   | m   |                                | 0:41:15 |
| 28.     | 372      | 7. M      | Uphoff, Henning      | 1989   | m   | run squad cgn                  | 0:41:16 |
| 29.     | 132      | 4. M45    | Ammermann, Alex      | 1969   | m   | Leichtathleten Gem. Meckenheim | 0:41:19 |
| 30.     | 362      | 5. M40    | Sommer, Daniel       | 1974   | m   |                                | 0:41:46 |
| 31.     | 386      | 5. M55    | Bailey, Michael      | 1960   | m   |                                | 0:42:08 |
| 32.     | 314      | 5. M45    | Mitkov, Michael      | 1973   | m   | TV Hersfeld                    | 0:42:14 |
| 33.     | 355      | 5. M35    | Schroeter, Sebastian | 1982   | m   | tv sinzig                      | 0:42:15 |
| 34.     | 385      | 6. M55    | Blöcker, Thomas      | 1962   | m   |                                | 0:42:24 |
| 35.     | 100      | 6. M45    | Breidenbach, Ulrich  | 1971   | m   | Brühler TV 1879                | 0:42:42 |
| 36.     | 232      | 6. M35    | Voigt, Maik          | 1981   | m   |                                | 0:43:22 |
| 37.     | 178      | 7. M55    | Dartsch, Tom         | 1961   | m   | Tierheim Troisdorf             | 0:43:47 |
| 38.     | 130      | 7. M35    | Mies, Sebastian      | 1983   | m   |                                | 0:44:06 |
| 39.     | 119      | 8. M      | Drost, Max           | 1993   | m   |                                | 0:44:38 |
| 40.     | 262      | 1. MK U12 | Quaionoo, Sam        | 2007   | m   | Independent Bonn International | 0:45:43 |
| 41.     | 72       | 3. M30    | Kron, Stefan         | 1985   | m   | FC Happy Beersday              | 0:45:45 |
| 42.     | 203      | 8. M35    | Naber, Dirk          | 1981   | m   | LG Coesfeld                    | 0:45:55 |
| 43.     | 204      | 6. M40    | Schuster, Marcus     | 1974   | m   | Ibis Runners                   | 0:45:57 |
| 44.     | 137      | 7. M40    | Loeffler, Andre      | 1977   | m   |                                | 0:45:57 |
| 45.     | 78       | 5. M50    | Zinser, Werner       | 1964   | m   | Team Magenta                   | 0:46:05 |
| 46.     | 157      | 4. M30    | Zinndorf, Kim        | 1987   | m   | FC Happy Beersday              | 0:46:14 |
| 47.     | 295      | 9. M35    | Riedel, Oliver       | 1979   | m   | RunnerGY.de                    | 0:46:20 |
| 48.     | 322      | 6. M50    | Hellmann, Michael    | 1967   | m   | 7Grunergy                      | 0:46:50 |
| 49.     | 337      | 8. M55    | Bodes, Theo          | 1959   | m   | Team Erdinger Alkoholfrei      | 0:46:58 |
| 50.     | 217      | 1. M60    | Nikelowski, Norbert  | 1958   | m   | Marathonfreunde Köln           | 0:47:09 |
| 51.     | 213      | 7. M50    | Zöll, Markus         | 1968   | m   |                                | 0:47:12 |
| 52.     | 291      | 7. M45    | Steinkühler, Martin  | 1973   | m   |                                | 0:47:26 |
| 53.     | 384      | 8. M45    | Mühnickel, Oliver    | 1971   | m   |                                | 0:48:12 |
| 54.     | 334      | 9. M      | Briceno, Anthony     | 1996   | m   |                                | 0:48:16 |
| 55.     | 194      | 10. M35   | Hauck, Matthias      | 1980   | m   | FV 1918 Brühl                  | 0:48:18 |
| 56.     | 358      | 9. M45    | Hendrischke, Oliver  | 1971   | m   |                                | 0:48:25 |
| 57.     | 329      | 9. M55    | Kühnel, Manfred      | 1963   | m   | BSG Postbank Köln              | 0:48:27 |
| 58.     | 202      | 10. M55   | Ilius, Mario         | 1963   | m   |                                | 0:49:26 |
| 59.     | 114      | 8. M40    | Reintzsch, Ingo      | 1977   | m   | Alfterer SC                    | 0:50:16 |
| 60.     | 186      | 8. M50    | Kesting, Joerg       | 1964   | m   |                                | 0:50:46 |
| 61.     | 105      | 9. M50    | Laue, Frank          | 1966   | m   |                                | 0:51:20 |

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|---------|----------|-----------|----------------------|--------|-----|-----------------------------------|---------|
| 62.     | 323      | 10. M50   | Heid, Helge          | 1966   | m   | Waldläufer-Siebengebirge          | 0:51:38 |
| 63.     | 216      | 5. M30    | Pittler, Ferenc      | 1985   | m   | Kocogi                            | 0:51:42 |
| 64.     | 104      | 6. M30    | Kotkowski, Thomas    | 1987   | m   |                                   | 0:51:53 |
| 65.     | 327      | 2. M60    | Albers, Hans         | 1954   | m   |                                   | 0:51:59 |
| 66.     | 122      | 10. M45   | Karras, Martin       | 1973   | m   |                                   | 0:52:06 |
| 67.     | 146      | 9. M40    | Bregenstroth, Lars   | 1975   | m   |                                   | 0:52:24 |
| 68.     | 243      | 1. M70    | Aretz, Manfred       | 1947   | m   | Alfterer SC                       | 0:52:35 |
| 69.     | 163      | 11. M45   | Liebl, Martin        | 1971   | m   | Siegburger TV 1862/92 e.V./Nordic | 0:52:43 |
| 70.     | 252      | 1. MJ U20 | Reinbach, Ole        | 1999   | m   |                                   | 0:52:53 |
| 71.     | 242      | 11. M55   | Podzus, Horst        | 1961   | m   |                                   | 0:52:55 |
| 72.     | 121      | 12. M45   | Ehlers, Gernot       | 1970   | m   |                                   | 0:53:07 |
| 73.     | 318      | 11. M35   | Neifer, Sebastian    | 1981   | m   | FC Köln                           | 0:53:15 |
| 74.     | 395      | 10. M     | Winterscheid, Sven   | 1994   | m   |                                   | 0:53:21 |
| 75.     | 193      | 1. M65    | Stein, Dieter        | 1951   | m   | Team Drei-Brücken-Lauf            | 0:53:22 |
| 76.     | 396      | 12. M55   | Rohland, Bernhard    | 1960   | m   |                                   | 0:53:39 |
| 77.     | 373      | 2. M65    | Kind, Günther        | 1952   | m   |                                   | 0:54:20 |
| 78.     | 159      | 13. M55   | Arndt, Dirk          | 1961   | m   |                                   | 0:54:51 |
| 79.     | 366      | 3. M60    | Kreiss, Thomas       | 1958   | m   |                                   | 0:56:23 |
| 80.     | 88       | 12. M35   | Altmann, Tom         | 1979   | m   | 7G runergy Laufteam               | 0:57:11 |
| 81.     | 184      | 13. M35   | Volk, Jürgen         | 1981   | m   |                                   | 0:57:21 |
| 82.     | 331      | 10. M40   | Kess, Oliver         | 1974   | m   | Bonner Ruder Gesellschaft         | 0:57:31 |
| 83.     | 361      | 13. M45   | Toro Vallejo, Carlos | 1971   | m   |                                   | 0:57:38 |
| 84.     | 84       | 3. M65    | Peters, Jens         | 1952   | m   |                                   | 0:58:04 |
| 85.     | 374      | 11. M50   | Denschlag, Markus    | 1965   | m   | TV06 Bad Neuenahr                 | 0:58:15 |
| 86.     | 324      | 14. M55   | Reges, Stephan       | 1963   | m   |                                   | 0:58:25 |
| 87.     | 344      | 4. M65    | Gensheimer, Josef    | 1952   | m   | SV Hoendorf                       | 0:58:50 |
| 88.     | 383      | 12. M50   | Brunswick, Marcus    | 1965   | m   |                                   | 0:59:29 |
| 89.     | 279      | 13. M50   | Lehner, Frank        | 1964   | m   |                                   | 0:59:53 |
| 90.     | 207      | 1. M75    | Vorlaender, Joachim  | 1941   | m   | Alfterer SC                       | 1:00:20 |
| 91.     | 135      | 15. M55   | Wurda, Werner        | 1960   | m   | SC Fortuna Köln                   | 1:00:28 |
| 92.     | 75       | 14. M50   | Titze, Thomas        | 1966   | m   | Team Erdinger Alkoholfrei         | 1:00:45 |
| 93.     | 289      | 15. M50   | Bäte, Jens           | 1966   | m   |                                   | 1:01:21 |
| 94.     | 103      | 16. M55   | Oppenberg, Klaus     | 1961   | m   |                                   | 1:01:44 |
| 95.     | 248      | 17. M55   | Pohl, Walter         | 1963   | m   | DARC                              | 1:01:54 |
| 96.     | 311      | 4. M60    | Menzel, Wolfgang     | 1955   | m   |                                   | 1:04:37 |
| 97.     | 143      | 1. M80    | Schurig, Gerhard     | 1937   | m   | LONGINOS                          | 1:05:19 |
| 98.     | 112      | 7. M30    | Kunze, Moritz        | 1986   | m   | Team5                             | 1:06:02 |
| 99.     | 89       | 14. M35   | Lehner, Korbinian    | 1980   | m   |                                   | 1:07:20 |
| 100.    | 101      | 11. M     | Rinck, Matthias      | 1993   | m   |                                   | 1:10:54 |
| 101.    | 309      | 11. M40   | Königs, Thomas       | 1975   | m   |                                   | 1:14:31 |
| 102.    | 307      | 8. M30    | Heerstraß, Oliver    | 1984   | m   | ASG Elsdorf                       | 1:17:33 |
| 103.    | 87       | 2. M70    | Böttcher, Werner     | 1946   | m   | SC Fortuna Bonn                   | 1:26:58 |