

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Männer

Seite 1

gedruckt 10.12.2018 14:49:20

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1260	Mussie Merhawi	LG Meckenheim	0:35:07	1999 MU20	1	0:35:09	11:14 * 11:49 * 12:04	3:31 min/km
2	1145	Ghebregus Ghebsha	LAV Bad Godesberg	0:35:24	1991 M20	1	0:35:25	11:12 * 11:41 * 12:30	3:32 min/km
3	1148	Roche Thomas	Bunter Kreis Rheinland	0:35:58	1982 M35	1	0:35:59	11:31 * 11:47 * 12:39	3:36 min/km
4	1142	Misof Simon	LAV Bad Godesberg	0:36:10	1996 M20	2	0:36:11	11:37 * 12:02 * 12:30	3:37 min/km
5	400	Peter Martin	Familie Peter	0:36:25	1991 M20	3	0:36:27	11:31 * 11:57 * 12:57	3:39 min/km
6	1090	Rinke André	Bunert - Der Kölner	0:36:30	1991 M20	4	0:36:31	11:36 * 12:06 * 12:47	3:39 min/km
7	1282	Strankmann Oliver	Laufladen Bonn	0:36:44	1986 M30	1	0:36:45	11:44 * 12:04 * 12:55	3:40 min/km
8	1320	Pietsch Gero	Aachener TG	0:37:00	1992 M20	5	0:37:03	11:55 * 12:05 * 12:58	3:42 min/km
9	1317	Schneider Christoph	Eifelherz	0:37:57	1995 M20	6	0:38:50	12:13 * 12:25 * 13:18	3:48 min/km
10	892	Ronig Andreas	Team Erdinger Alkoholfrei	0:38:56	1983 M35	2	0:38:58	12:27 * 12:52 * 13:36	3:54 min/km
11	971	Bungert Oliver	sisu-training/DJK	0:39:20	1984 M30	2	0:39:24	12:28 * 12:56 * 13:55	3:56 min/km
12	856	schmähling frank	SV Hellas Siegburg	0:39:26	1970 M45	1	0:39:28	12:46 * 12:49 * 13:50	3:57 min/km
13	1213	Cornely David	LAZ-Puma-Rhein-Sieg	0:39:30	1988 M30	3	0:39:32	12:49 * 13:00 * 13:40	3:57 min/km
14	934	Klein Patrick	Sparta Beuel	0:39:48	1989 M20	7	0:39:52	12:43 * 13:01 * 14:04	3:59 min/km
15	973	Bungert Alexander	SCC Berlin Triathlon	0:41:06	1990 M20	8	0:41:10	13:09 * 13:41 * 14:14	4:07 min/km
16	505	Tödt Nikolaus	*Bonn	0:41:07	1981 M35	3	0:41:11	13:01 * 13:29 * 14:36	4:07 min/km
17	1114	Knoch Thorsten	Die Knochis	0:41:13	1971 M45	2	0:41:17	13:10 * 13:40 * 14:21	4:07 min/km
18	1232	Karimi Bashir	*Bonn	0:41:22	1995 M20	9	0:41:28	13:01 * 13:26 * 14:54	4:08 min/km
19	1301	Mihretab Aklilu	LAV Bad Godesberg	0:41:27	1993 M20	10	0:41:28	12:47 * 13:55 * 14:45	4:09 min/km
20	1302	Starke Matthias		0:41:28	1970 M45	3	0:41:55	13:17 * 13:46 * 14:24	4:09 min/km
21	1139	Nawrath Stefan	Robinson Wellfit Bonn	0:41:30	1977 M40	1	0:41:32	12:54 * 13:46 * 14:49	4:09 min/km
22	994	Yüksel Tarik	Hersel	0:42:20	1976 M40	2	0:42:22	13:03 * 13:54 * 15:22	4:14 min/km
23	1184	Michna Marcel	Transdia	0:42:30	1996 M20	11	0:42:35	13:44 * 13:59 * 14:46	4:15 min/km
24	775	Schalk Julius	*Köln	0:42:34	1995 M20	12	0:42:38	14:00 * 14:11 * 14:22	4:15 min/km
25	1318	Weitzel Sebastian	PSV Bonn Triathlon	0:42:43	1981 M35	4	0:42:46	12:59 * 14:05 * 15:38	4:16 min/km
26	599	Obergfell Niklas	PSV Bonn Triathlon	0:42:43	1988 M30	4	0:42:46	12:59 * 14:06 * 15:38	4:16 min/km
27	789	Wankerl Peter	Team Laufcampus	0:42:55	1972 M45	4	0:43:05	13:54 * 13:55 * 15:05	4:18 min/km
28	1276	Scott Jonathan	European Space Agency	0:42:55	1978 M40	3	0:43:17	13:41 * 13:55 * 15:17	4:18 min/km
29	1140	Müller Daniel	*Sonnewalde	0:43:08	1999 MU20	2	0:43:10	13:23 * 14:20 * 15:25	4:19 min/km
30	837	Winkler Maurice Marcel	Hotel Am Landeshaus	0:43:21	1998 M20	13	0:43:24	12:57 * 13:31 * 16:51	4:20 min/km
31	596	Kaspirowitsch Walter	SSF Bonn	0:43:51	1977 M40	4	0:43:52	14:14 * 14:24 * 15:12	4:23 min/km
32	1183	Bauer Benjamin	Uni Bonn	0:44:09	1995 M20	14	0:44:23	13:31 * 14:44 * 15:53	4:25 min/km
33	1237	Zoll Frieder	LG Gummersbach	0:44:16	1982 M35	5	0:44:25	14:11 * 14:33 * 15:32	4:26 min/km
34	1025	Kopitz Sebastian	Run Squad CGN	0:44:22	1985 M30	5	0:44:24	14:10 * 14:36 * 15:35	4:26 min/km
35	1209	Rode Daniel	*Niederkassel	0:44:25	1980 M35	6	0:44:30	14:14 * 14:37 * 15:33	4:27 min/km
36	709	Pax Stefan	Ute Mückel Triathlon	0:44:29	1971 M45	5	0:44:56	14:29 * 14:30 * 15:29	4:27 min/km
37	195	Kunert Florian	*Troisdorf	0:44:29	1987 M30	6	0:45:05	14:35 * 14:31 * 15:22	4:27 min/km
38	739	Schloth Christopher	*Beuel	0:44:34	1983 M35	7	0:44:39	14:13 * 14:38 * 15:42	4:27 min/km
39	907	Reiff Maximilian	Team Sexy	0:44:36	1994 M20	15	0:44:54	14:30 * 14:33 * 15:32	4:28 min/km
40	909	Klinge Fridolin	Team Sexy	0:44:37	1996 M20	16	0:44:54	14:31 * 14:33 * 15:32	4:28 min/km
41	256	Schneider Stefan	*Linz am Rhein	0:44:45	1987 M30	7	0:45:10	14:10 * 14:44 * 15:50	4:29 min/km
42	1007	Sauerbrey Mario	*Altenkirchen	0:44:59	1986 M30	8	0:45:07	14:28 * 14:41 * 15:49	4:30 min/km
43	526	Höpfl David	*Bonn	0:45:01	1994 M20	17	0:45:43	15:24 * 14:09 * 15:28	4:30 min/km
44	341	Dürr Oliver	Electrolux Cooking	0:45:02	1973 M45	6	0:45:26	15:07 * 14:30 * 15:25	4:30 min/km
45	240	Grabow Marcel	*Bonn	0:45:36	1975 M40	5	0:46:02	14:39 * 14:56 * 16:00	4:34 min/km
46	1055	Eisermann Stephan	Team Erdinger Alkoholfrei	0:45:39	1966 M50	1	0:45:50	14:45 * 14:50 * 16:03	4:34 min/km
47	1256	Gutjahr Noah	*Bonn	0:45:53	1998 M20	18	0:46:27	14:48 * 15:01 * 16:02	4:35 min/km
48	1039	Hoell Philipp	TSR Olympia	0:46:01	1985 M30	9	0:46:08	15:33 * 15:13 * 15:15	4:36 min/km
49	1040	Zenk Matthias	*Rheinbach	0:46:01	1985 M30	10	0:46:09	15:33 * 15:12 * 15:15	4:36 min/km
50	1099	Van de Vliet Jeroen	Princess Boxing	0:46:06	1998 M20	19	0:46:21	14:08 * 15:09 * 16:48	4:37 min/km
51	60	klingenberg Jörg	*Lohmar	0:46:09	1981 M35	8	0:46:16	14:09 * 15:17 * 16:42	4:37 min/km
52	759	Trzoska Tobi	OWV Oberkassel	0:46:10	1986 M30	11	0:46:15	14:50 * 15:12 * 16:06	4:37 min/km
53	387	Isken David	*Bonn	0:46:22	1997 M20	20	0:46:32	14:39 * 15:22 * 16:20	4:38 min/km

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## Ergebnisliste Männer

Seite 2

gedruckt 10.12.2018 14:49:20

54	1144	Hackenberg Yannic	*Remscheid	0:46:23	1998 M20	21	0:46:32	14:40 *	15:22 *	16:20	4:38 min/km
55	560	Albrecht Michael	Team Erdinger Alkoholfrei	0:46:39	1969 M45	7	0:46:49	14:44 *	15:25 *	16:30	4:40 min/km
56	788	Nilson Enno	*Bonn	0:46:49	1969 M45	8	0:48:14	15:40 *	15:06 *	16:02	4:41 min/km
57	502	Ast Oliver	Chamäleons	0:46:52	1972 M45	9	0:46:57	14:51 *	15:23 *	16:36	4:41 min/km
58	1235	Knoller Fabian	*Oberhausen	0:46:54	1992 M20	22	0:46:59	16:06 *	16:28 *	14:20	4:41 min/km
59	1026	Fraser Todd	*Bonn	0:46:55	1987 M30	12	0:47:28	15:45 *	15:11 *	15:58	4:42 min/km
60	1265	Krauß Marcus	*Maxdorf	0:47:03	1984 M30	13	0:48:33	14:58 *	15:05 *	17:00	4:42 min/km
61	1155	Kuzek Martin	*Köln	0:47:05	1979 M35	9	0:47:55	15:16 *	15:25 *	16:23	4:43 min/km
62	405	Dörr Marius	PTV Rheinbach	0:47:18	1983 M35	10	0:48:39	15:45 *	15:19 *	16:13	4:44 min/km
63	770	Nilsson Simon	*Bonn	0:47:20	1991 M20	23	0:48:26	15:11 *	15:25 *	16:43	4:44 min/km
64	771	Frieser Mathis	*Bonn	0:47:20	2003 MU16	1	0:48:26	15:12 *	15:24 *	16:44	4:44 min/km
65	648	Matschull Frank	für meine Jungs	0:47:21	1967 M50	2	0:47:32	15:17 *	15:34 *	16:29	4:44 min/km
66	473	Preugschat René	Parkletics	0:47:21	1977 M40	6	0:47:26	14:31 *	15:37 *	17:12	4:44 min/km
67	1274	Fox Richard	IPC	0:47:25	1987 M30	14	0:47:58	15:31 *	15:24 *	16:28	4:45 min/km
68	138	Schlürscheid Jochem	Siegwerk	0:47:28	1969 M45	10	0:47:34	14:49 *	15:43 *	16:54	4:45 min/km
69	660	Hochstädter Klaus	*Sankt Augustin	0:47:28	1985 M30	15	0:48:09	15:37 *	15:23 *	16:26	4:45 min/km
70	1127	Genuttis Mark	*Bonn	0:47:30	1973 M45	11	0:47:34	14:33 *	15:29 *	17:27	4:45 min/km
71	871	Sundermann Frank	*Bonn	0:47:38	1965 M50	3	0:47:49	17:00 *	14:37 *	16:01	4:46 min/km
72	732	Dörnemann Frank	ASC Alfter	0:47:40	1983 M35	11	0:48:01	15:07 *	15:54 *	16:39	4:46 min/km
73	211	Oversberg Stefan	Semper Superior	0:47:45	1969 M45	12	0:48:01	15:25 *	15:43 *	16:35	4:47 min/km
74	1070	Arendt Steve	*Bonn	0:47:46	1978 M40	7	0:48:08	15:51 *	15:24 *	16:30	4:47 min/km
75	781	Bosche Fabian	*Bonn	0:47:46	1988 M30	16	0:49:00	14:16 *	14:24 *	19:05	4:47 min/km
76	928	Naebers Ralf	Osterather TV	0:47:58	1964 M50	4	0:48:05	15:30 *	15:53 *	16:35	4:48 min/km
77	816	Urban Reinhard	Meddys LWT Koblenz	0:48:10	1963 M55	1	0:48:19	15:09 *	15:28 *	17:33	4:49 min/km
78	995	Dethlefs Wilfried	Team Erdinger Alkoholfrei	0:48:14	1956 M60	1	0:48:46	15:30 *	15:34 *	17:09	4:49 min/km
79	610	Vonk Thomas	*Bonn	0:48:18	1985 M30	17	0:48:40	15:04 *	16:02 *	17:10	4:50 min/km
80	1020	Geller Pascal	*Bergheim	0:48:34	1984 M30	18	0:48:41	12:41 *	13:09 *	22:42	4:51 min/km
81	1214	Odenius Jacques	Team ERDINGER	0:48:34	1986 M30	19	0:48:42	15:30 *	16:14 *	16:49	4:51 min/km
82	1322	Yang Simun	*Köln	0:48:35	1988 M30	20	0:48:42	12:41 *	13:10 *	22:43	4:52 min/km
83	1316	Buzateanu Theodor		0:48:36	1985 M30	21	0:48:50	14:53 *	16:17 *	17:25	4:52 min/km
84	962	Boettcher Steffen	Lsv	0:48:55	1982 M35	12	0:49:59	16:01 *	15:30 *	17:23	4:54 min/km
85	917	Reekers Thomas	VfL Rüdesheim	0:48:55	1967 M50	5	0:49:47	16:47 *	15:28 *	16:38	4:54 min/km
86	1314	Alemao Wilmanns		0:48:56	1977 M40	8	0:49:43	16:02 *	15:53 *	17:01	4:54 min/km
87	170	Bornefeld Tobias	*Düsseldorf	0:49:02	1987 M30	22	0:49:54	15:25 *	15:56 *	17:40	4:54 min/km
88	520	Kühner Tom	*Köln	0:49:06	1997 M20	24	0:49:46	16:13 *	15:57 *	16:55	4:55 min/km
89	1262	Härtel Julian Alexander	*Bonn	0:49:07	1990 M20	25	0:49:27	16:00 *	15:59 *	17:07	4:55 min/km
90	85	Schmengler Walter	Hospizläufer	0:49:12	1960 M55	2	0:49:46	16:53 *	15:49 *	16:29	4:55 min/km
91	174	Holecek Yvonne	Team Erdinger	0:49:15	1976 M40	9	0:49:26	15:52 *	16:12 *	17:10	4:56 min/km
92	1288	Wickenden Robin	BIS	0:49:17	1987 M30	23	0:49:34	17:07 *	15:56 *	16:13	4:56 min/km
93	1277	Cowley Aidan	European Space Agency	0:49:25	1981 M35	13	0:49:51	16:01 *	15:53 *	17:30	4:57 min/km
94	1069	Mirbach Jürgen	Die Mirbachs	0:49:37	0 M20	26	0:51:05	16:30 *	15:42 *	17:25	4:58 min/km
95	272	Hermanns Harald	*Bergheim	0:49:48	1980 M35	14	0:50:54	16:40 *	15:50 *	17:18	4:59 min/km
96	1027	Depping Peer	LG Meckenheim	0:49:50	1995 M20	27	0:49:56	15:27 *	16:38 *	17:44	4:59 min/km
97	960	Kellmann Tim	*Bonn	0:49:52	1996 M20	28	0:50:29	16:14 *	16:21 *	17:16	4:59 min/km
98	1234	Lübker Dennis	*Bordehsolm	0:49:55	1991 M20	29	0:49:59	16:07 *	16:28 *	17:19	4:60 min/km
99	22	Becker Oliver	*Reichshof	0:49:55	1979 M35	15	0:51:28	17:06 *	15:52 *	16:56	4:60 min/km
100	1319	Rolshoven Georg	Pharmazeutisches Ballett	0:50:02	1991 M20	30	0:51:35	16:31 *	16:20 *	17:10	5:00 min/km
101	643	Tönnessen Cliff	Team Magenta	0:50:04	1967 M50	6	0:50:43	16:24 *	16:11 *	17:28	5:00 min/km
102	1066	Elfmann Jörg	Laufftreff Decksteiner	0:50:21	1957 M60	2	0:50:27	15:36 *	16:30 *	18:14	5:02 min/km
103	1141	Lorscheter Thomas	run4fun	0:50:25	1966 M50	7	0:50:31	16:26 *	16:26 *	17:32	5:03 min/km
104	850	Ott Christian	*Bonn	0:50:31	1988 M30	24	0:50:58	16:36 *	16:50 *	17:04	5:03 min/km
105	1082	Beuermann Marco	*Köln	0:50:34	1983 M35	16	0:51:25	17:34 *	15:56 *	17:03	5:03 min/km
106	337	Pfeiffer Benjamin	*Dahlem	0:50:40	1980 M35	17	0:51:18	17:25 *	16:12 *	17:02	5:04 min/km
107	140	Weber Adrian	*Mechernich	0:50:48	1984 M30	25	0:52:21	17:09 *	15:53 *	17:44	5:05 min/km
108	1293	Diehl Marvin		0:50:53	2002 MU18	1	0:51:01	15:31 *	17:25 *	17:56	5:05 min/km
109	1292	Westermann Max		0:50:54	2003 MU16	2	0:51:01	15:31 *	17:25 *	17:56	5:05 min/km

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Seite 3

gedruckt 10.12.2018 14:49:20

110	710	Schreiber Constantin	*Bonn	0:51:06	1988 M30	26	0:51:37	17:12 *	16:21 *	17:32	5:07 min/km
111	705	Paetz Tobias	*Kesseling	0:51:06	1987 M30	27	0:51:38	17:11 *	16:21 *	17:33	5:07 min/km
112	213	Schwickert Alexander	Hospizläufer TEA	0:51:09	1979 M35	18	0:51:44	17:17 *	16:33 *	17:18	5:07 min/km
113	1108	Omlor Simon	Fit in den tod	0:51:09	1992 M20	31	0:51:14	15:29 *	17:06 *	18:32	5:07 min/km
114	1121	Müller Martin	Robinson Wellfit Bonn	0:51:10	1982 M35	19	0:51:16	15:33 *	17:02 *	18:34	5:07 min/km
115	1130	Simon Daniel	Robinson	0:51:10	0 M20	32	0:51:16	15:44 *	16:54 *	18:31	5:07 min/km
116	323	Gillmann Tjorben-Lukas	Runnies United	0:51:14	2004 MU16	3	0:51:44	16:26 *	16:54 *	17:53	5:07 min/km
117	497	Bruhns Ronny	*Bonn	0:51:16	1999 MU20	3	0:51:16	11:04 *	18:24 *	21:48	5:08 min/km
118	768	Hecht Albert	Bundeswehr	0:51:23	1956 M60	3	0:51:50	17:00 *	16:26 *	17:57	5:08 min/km
119	314	Hauke Thomas	*Bonn	0:51:25	1987 M30	28	0:51:36	16:06 *	16:27 *	18:52	5:09 min/km
120	431	Gies Günter	EIFEL HERO Team	0:51:31	1961 M55	3	0:51:39	15:41 *	17:14 *	18:35	5:09 min/km
121	814	Düsterwald Erwin	Bundeswehr Bonn	0:51:38	1957 M60	4	0:51:51	15:57 *	16:52 *	18:48	5:10 min/km
122	1241	Schick Sven	*Köln	0:51:48	1996 M20	33	0:52:45	17:06 *	16:20 *	18:21	5:11 min/km
123	77	Werner Thorsten	*Niederkassel	0:51:50	1978 M40	10	0:52:06	17:03 *	16:58 *	17:47	5:11 min/km
124	1009	Lilliu Silvestro	*Bonn	0:51:52	1965 M50	8	0:52:55	17:07 *	16:44 *	18:00	5:11 min/km
125	1201	Lebe Timo	*Bonn	0:51:52	1980 M35	20	0:51:55	15:56 *	17:02 *	18:54	5:11 min/km
126	824	Kerwien Raphael	Die Partyläufer	0:51:55	1982 M35	21	0:52:18	16:31 *	17:01 *	18:22	5:12 min/km
127	906	Rudolph Marco	*Bonn	0:51:57	1983 M35	22	0:53:12	17:17 *	16:43 *	17:55	5:12 min/km
128	695	Thiele Carsten	*Königswinter	0:51:57	1970 M45	13	0:52:39	16:38 *	16:43 *	18:35	5:12 min/km
129	820	Faßbender Meik	Die Partyläufer	0:52:01	1978 M40	11	0:52:24	16:32 *	17:01 *	18:27	5:12 min/km
130	1136	Lange Andreas	*Rheinbach	0:52:06	1975 M40	12	0:52:38	16:08 *	17:06 *	18:52	5:13 min/km
131	82	Fischbach Felix	*Bonn	0:52:09	1985 M30	29	0:52:36	16:33 *	16:51 *	18:44	5:13 min/km
132	264	Freyer Timo	*Bonn	0:52:13	1981 M35	23	0:52:49	17:07 *	16:59 *	18:06	5:13 min/km
133	69	Cziesla Carsten	ROSE Bikes Tri Team	0:52:18	1966 M50	9	0:53:25	16:51 *	16:59 *	18:27	5:14 min/km
134	609	Pietsch Fabian	*Meckenheim	0:52:35	1989 M20	34	0:53:51	17:04 *	17:15 *	18:16	5:16 min/km
135	471	Bergmann Markus	Johanniter GmbH	0:52:36	1967 M50	10	0:52:56	16:53 *	17:10 *	18:33	5:16 min/km
136	982	Kerckhoff Björn	Princess Boxing	0:52:40	1982 M35	24	0:52:56	16:56 *	17:14 *	18:29	5:16 min/km
137	178	Trivic Darko	Privat	0:52:46	1967 M50	11	0:53:09	17:28 *	17:04 *	18:13	5:17 min/km
138	348	Bauer Simon	*Bad Neuenahr-Ahrweiler	0:52:48	2001 MU18	2	0:53:47	17:50 *	17:19 *	17:37	5:17 min/km
139	1161	Bucher Remo	Unique Fitness	0:52:49	1995 M20	35	0:53:25	18:16 *	16:31 *	18:01	5:17 min/km
140	910	Wedemann Martin	Team Sexy	0:52:52	1990 M20	36	0:53:12	17:30 *	18:29 *	16:51	5:17 min/km
141	553	Wolfram Tobias	SC Eichholz Essen	0:53:01	1975 M40	13	0:53:20	16:55 *	17:12 *	18:53	5:18 min/km
142	379	schnitzler sascha	Parkletics	0:53:07	1974 M40	14	0:53:15	17:59 *	16:26 *	18:41	5:19 min/km
143	181	Herrmann Julian	*Bonn	0:53:09	1995 M20	37	0:54:45	17:31 *	17:25 *	18:12	5:19 min/km
144	306	Giagkidis Ioannis	GSV Porz Basketball	0:53:15	2000 MU20	4	0:53:57	17:19 *	17:24 *	18:31	5:20 min/km
145	347	Bauer Markus	*Bad Neuenahr-Ahrweiler	0:53:17	1972 M45	14	0:54:16	17:51 *	17:18 *	18:07	5:20 min/km
146	988	Röding Simon	*Bonn	0:53:21	2001 MU18	3	0:53:48	17:01 *	17:24 *	18:55	5:20 min/km
147	1247	Kunyashev Timur	*Köln	0:53:28	1990 M20	38	0:53:35	17:43 *	17:50 *	17:54	5:21 min/km
148	933	Papke Jürgen	*Bonn	0:53:29	1958 M60	5	0:54:08	17:43 *	17:18 *	18:27	5:21 min/km
149	1327	Biller Tilmann		0:53:36	1992 M20	39	0:55:45	17:56 *	17:39 *	18:01	5:22 min/km
150	1104	Frahmann Maximilian	Princess Boxing	0:53:40	2001 MU18	4	0:53:56	17:03 *	17:27 *	19:09	5:22 min/km
151	357	Petrack Stefan	*Troisdorf	0:53:46	1982 M35	25	0:55:29	18:47 *	17:12 *	17:46	5:23 min/km
152	433	Hornickel Christoph	*Gießen	0:53:47	1986 M30	30	0:54:47	18:00 *	17:27 *	18:20	5:23 min/km
153	900	Redling Christian	*Swisttal	0:53:53	1983 M35	26	0:54:39	17:12 *	17:44 *	18:57	5:23 min/km
154	1304	Weber Josef	LT Sternberg-Linz/Rhein	0:53:57	1952 M65	1	0:54:19	17:48 *	17:29 *	18:38	5:24 min/km
155	223	Eggert Andreas	Blueline Performance	0:53:59	1976 M40	15	0:55:31	18:45 *	16:42 *	18:31	5:24 min/km
156	969	Holz Gerd	werunthiscologne	0:54:00	1971 M45	15	0:54:51	17:36 *	17:47 *	18:37	5:24 min/km
157	1043	Philippov Ivan	*Bonn	0:54:02	1980 M35	27	0:54:17	17:15 *	17:45 *	19:00	5:24 min/km
158	1016	Deckers Malte	*Köln	0:54:06	1997 M20	40	0:55:06	18:06 *	17:14 *	18:45	5:25 min/km
159	1061	Becker Reinhard	ASC Weißbachtal	0:54:09	1960 M55	4	0:55:13	17:05 *	17:39 *	19:24	5:25 min/km
160	1052	Kaps Dennis	Blueline Performance	0:54:10	1978 M40	16	0:55:20	17:37 *	17:53 *	18:40	5:25 min/km
161	1093	Bodin Niewiarowski	*Mahon	0:54:12	1992 M20	41	0:54:24	17:08 *	18:06 *	18:56	5:25 min/km
162	462	Zenker Andreas	*Bonn	0:54:23	1979 M35	28	0:55:15	16:41 *	17:49 *	19:52	5:26 min/km
163	46	Felber Alexander	Team Sporty Santas	0:54:23	1991 M20	42	0:56:23	20:09 *	16:45 *	17:28	5:26 min/km
164	734	Hock Sebastian	NADA	0:54:32	1991 M20	43	0:56:19	20:49 *	17:03 *	16:39	5:27 min/km
165	627	Gerdewischke David	*Bad Breisig	0:54:33	1985 M30	31	0:55:12	17:45 *	17:43 *	19:04	5:27 min/km

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Männer

Seite 4

gedruckt 10.12.2018 14:49:20

166	1258	Hett Tobias	*Bonn	0:54:33	1991 M20	44	0:54:50	16:02 *	18:21 *	20:09	5:27 min/km
167	331	Paffendorf Holger	Roadrunner Urfeld	0:54:41	1966 M50	12	0:55:25	18:00 *	18:08 *	18:31	5:28 min/km
168	1059	Kreutzer Sven	*Bonn	0:54:43	1980 M35	29	0:56:12	17:54 *	17:50 *	18:58	5:28 min/km
169	1126	Schmidt Robin	*Bonn	0:54:48	1994 M20	45	0:56:05	20:08 *	17:01 *	17:38	5:29 min/km
170	155	Endres Klaus	*Bonn	0:54:56	1976 M40	17	0:55:31	21:28 *	16:16 *	17:11	5:30 min/km
171	650	Horacek Henrik	Team Bundeswehr	0:55:02	2000 MU20	5	0:55:19	19:21 *	18:18 *	17:22	5:30 min/km
172	340	Schmandt Torsten	Laufen im Park	0:55:03	1972 M45	16	0:56:00	17:35 *	17:12 *	20:16	5:30 min/km
173	172	Hippe Karsten	Team Erdinger Alkoholfrei	0:55:07	1973 M45	17	0:55:19	17:21 *	17:55 *	19:50	5:31 min/km
174	575	Palz Willi	*Bornheim	0:55:12	1966 M50	13	0:55:16	16:40 *	18:15 *	20:16	5:31 min/km
174	58	Zimmermann Jörgi	BonnBerlinConnection	0:55:12	1966 M50	13	0:56:41	18:37 *	17:45 *	18:48	5:31 min/km
176	555	Scharmach Thorsten	*Bonn	0:55:13	1970 M45	18	0:56:13	18:13 *	18:12 *	18:47	5:31 min/km
177	1205	Federhen Benedict	*Bonn	0:55:14	2002 MU18	5	0:56:28	17:27 *	17:59 *	19:47	5:31 min/km
178	267	Kau Alexander	*Bonn	0:55:18	1988 M30	32	0:56:32	22:52 *	15:45 *	16:40	5:32 min/km
179	638	Brunert Jan	*St. Augustin	0:55:29	1981 M35	30	0:57:14	17:54 *	17:57 *	19:37	5:33 min/km
180	886	Kesting Jörg	1964	0:55:32	1964 M50	15	0:56:07	17:21 *	18:23 *	19:47	5:33 min/km
181	717	Krämer Andreas	Die RUNtastischen 7	0:55:42	1969 M45	19	0:56:55	17:58 *	18:12 *	19:31	5:34 min/km
182	601	Schroyen Herbert	*Bonn	0:55:45	1965 M50	16	0:57:46	17:23 *	18:07 *	20:14	5:35 min/km
183	112	Lüers Stefan	*Bonn	0:55:49	1965 M50	17	0:55:55	16:44 *	18:40 *	20:24	5:35 min/km
184	1004	Öing Hannes	SV Lengerich-Handrup	0:55:50	1997 M20	46	0:57:38	19:04 *	18:38 *	18:07	5:35 min/km
185	692	Lasch Etienne	*Troisdorf	0:55:53	1983 M35	31	0:58:04	19:18 *	17:36 *	18:58	5:35 min/km
186	1268	Jüch Michael	MECON GmbH	0:55:53	1969 M45	20	0:56:46	18:18 *	18:13 *	19:21	5:35 min/km
187	1006	Jung Alexander	Fitbits	0:56:08	1969 M45	21	0:58:16	20:00 *	17:35 *	18:32	5:37 min/km
188	809	Beeck Christopher	*Rheinbach	0:56:09	1973 M45	22	0:56:15	17:22 *	18:39 *	20:07	5:37 min/km
189	326	Schmidt Andreas	*Bonn	0:56:12	1966 M50	18	0:56:23	17:35 *	18:30 *	20:06	5:37 min/km
190	1295	Corrado Iozia		0:56:22	1970 M45	23	0:56:43	18:04 *	18:30 *	19:47	5:38 min/km
191	707	Striewe Florian	EKKK St. Augustin e.V.	0:56:22	1979 M35	32	0:57:13	19:50 *	18:24 *	18:08	5:38 min/km
192	1143	Hermann Ralf	*Bonn	0:56:43	1968 M50	19	0:57:32	18:28 *	17:52 *	20:22	5:40 min/km
193	1279	Kriebel Thomas	*Königswinter	0:56:44	1973 M45	24	0:57:33	19:52 *	18:23 *	18:28	5:40 min/km
194	777	Böker Christian	LG 1947 Viersen	0:57:04	1971 M45	25	0:57:53	23:41 *	16:44 *	16:37	5:42 min/km
195	310	Bernickel Patrick	*Hennef	0:57:08	1992 M20	47	0:58:40	19:22 *	18:35 *	19:10	5:43 min/km
196	1224	Hochheide Axel	*Bonn	0:57:13	1960 M55	5	0:59:37	19:21 *	18:07 *	19:44	5:43 min/km
197	277	Bünger Hartmut	TKSV 1906 e.V. Duisdorf	0:57:14	1964 M50	20	0:57:39	18:03 *	18:36 *	20:33	5:43 min/km
198	1188	Kaspar Martin	Running Gags	0:57:15	1978 M40	18	0:58:39	19:05 *	18:49 *	19:20	5:44 min/km
199	143	Zarbl Maximilian	*Bonn	0:57:18	1986 M30	33	0:59:14	19:50 *	18:10 *	19:16	5:44 min/km
200	217	Dollhausen Sascha	*Sankt Augustin	0:57:27	1987 M30	34	0:57:46	19:00 *	18:16 *	20:09	5:45 min/km
201	945	Muszynski Matthias	*Bonn	0:57:42	1983 M35	33	0:59:14	19:54 *	18:49 *	18:58	5:46 min/km
202	681	Ellermann Dirk	Lokomotive Schänzchen	0:57:43	1967 M50	21	0:58:33	19:38 *	18:30 *	19:34	5:46 min/km
203	926	Falkenstein Wolfgang	*Bad Honnef	0:57:43	1964 M50	22	0:58:33	19:38 *	18:30 *	19:34	5:46 min/km
204	1166	Dellaert Aron	Roads & Aces	0:57:45	1974 M40	19	0:58:26	18:47 *	18:54 *	20:03	5:47 min/km
205	214	Frings Sebastian	*Königswinter	0:57:46	1985 M30	35	0:57:46	37:00 *	19:23 *	01:21	5:47 min/km
206	653	Sixtus Florian	Run of Colours	0:57:51	1973 M45	26	0:58:44	18:57 *	18:56 *	19:57	5:47 min/km
207	164	Grasmik Dennis	*Aachen	0:57:54	1998 M20	48	0:59:10	18:14 *	18:42 *	20:56	5:47 min/km
208	1244	Heinen Michael	*Bonn	0:57:57	1965 M50	23	0:59:39	18:32 *	19:20 *	20:04	5:48 min/km
209	672	Zillmann Pierre	Bundeswehr	0:57:57	1981 M35	34	0:58:11	17:51 *	18:55 *	21:10	5:48 min/km
210	674	Martens Jörn	Run of Colours	0:57:57	1962 M55	6	0:58:48	20:21 *	21:08 *	16:27	5:48 min/km
211	1176	Hamrouni Chamseddine	*Köln	0:58:03	1996 M20	49	0:58:53	18:17 *	19:22 *	20:23	5:48 min/km
212	625	Schedletzky Stefan	LAZ Puma Rhein-Sieg	0:58:07	1986 M30	36	0:59:51	19:05 *	19:02 *	19:59	5:49 min/km
213	1008	Pfeffer Jan Christoph	*Bonn	0:58:25	1974 M40	20	1:00:29	19:28 *	19:11 *	19:45	5:51 min/km
214	1171	Martin Andreas	RASEN WIE DIE HASEN	0:58:27	1975 M40	21	0:59:14	19:58 *	19:41 *	18:46	5:51 min/km
215	391	Neugebauer Michael	*Bonn	0:58:40	1972 M45	27	0:59:30	18:13 *	19:20 *	21:06	5:52 min/km
216	817	Frings Thomas	*Königswinter	0:58:46	1987 M30	37	0:59:05	17:31 *	19:17 *	21:56	5:53 min/km
217	531	Schumacher Jürgen	Johanniter GmbH	0:58:48	1973 M45	28	0:59:08	19:04 *	18:42 *	21:01	5:53 min/km
218	955	Belke Bernd	Chamäleons	0:58:48	1968 M50	24	0:59:21	20:24 *	19:20 *	19:02	5:53 min/km
219	564	Anger René	*Bonn	0:58:53	1990 M20	50	1:00:16	18:10 *	19:50 *	20:52	5:53 min/km
220	507	Pax Thomas	*swisttal	0:58:57	1973 M45	29	0:59:20	18:57 *	21:30 *	18:29	5:54 min/km
221	129	THEVES Helmut	DLC Aachen	0:59:03	1963 M55	7	1:00:08	22:09 *	17:47 *	19:07	5:54 min/km

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Männer

Seite 5

gedruckt 10.12.2018 14:49:20

222	989	Röding Hansjörg	*Bonn	0:59:08	1966	M50	25	0:59:34	18:26 *	19:06 *	21:35	5:55 min/km
223	344	Ledwig Christoph	*Bad Honnef	0:59:11	1991	M20	51	1:00:17	21:13 *	20:28 *	17:29	5:55 min/km
224	93	Minig Bruno	Rheinbrohler Schnecken	0:59:23	1955	M60	6	0:59:45	19:13 *	19:33 *	20:37	5:56 min/km
225	269	Dannenmann Robert	*Leverkusen	0:59:26	1974	M40	22	0:59:41	17:28 *	19:59 *	21:58	5:57 min/km
226	1170	Herold Lars	*Bonn	0:59:26	1980	M35	35	1:00:29	20:56 *	20:36 *	17:53	5:57 min/km
227	763	Rottländer Daniel	*Troisdorf	0:59:29	1974	M40	23	1:00:18	19:52 *	18:50 *	20:46	5:57 min/km
228	859	Linke Sven-Olaf	*Erfstadt	0:59:33	1966	M50	26	0:59:48	19:08 *	19:48 *	20:36	5:57 min/km
229	1107	Wurda Werner	SC Fortuna Köln	0:59:43	1960	M55	8	1:02:05	20:38 *	19:13 *	19:51	5:58 min/km
230	468	Karius Thomas	Johanniter GmbH	0:59:44	1987	M30	38	1:00:31	18:12 *	19:55 *	21:37	5:58 min/km
231	991	Maaß Markus	Bonn läuft	0:59:57	1973	M45	30	1:00:28	19:23 *	19:35 *	20:58	5:60 min/km
232	485	Möllers Stephan	Johanniter GmbH	1:00:01	1980	M35	36	1:00:43	20:17 *	19:00 *	20:43	6:00 min/km
233	1172	Maron Lucas	*Dorsten	1:00:21	1997	M20	52	1:01:33	21:14 *	19:33 *	19:32	6:02 min/km
234	1109	Sahlender Moritz	RASEN WIE DIE HASEN	1:00:28	1988	M30	39	1:01:15	19:56 *	19:43 *	20:48	6:03 min/km
235	1313	Alemao Da Costa		1:00:29	1984	M30	40	1:01:16	20:37 *	19:45 *	20:06	6:03 min/km
236	1150	Schröter Hannes	Rasen wie die Hasen	1:00:29	1974	M40	24	1:01:16	19:58 *	19:45 *	20:45	6:03 min/km
237	1193	Rüter Fabian	RASEN WIE DIE HASEN	1:00:30	1993	M20	53	1:01:16	19:58 *	19:46 *	20:45	6:03 min/km
238	617	Dahlhausen Alexander	*Bobb	1:00:34	2000	MU20	6	1:01:28	20:56 *	19:26 *	20:10	6:03 min/km
239	901	Redling Bruno	*Swisttal	1:00:34	1959	M55	9	1:01:22	20:09 *	19:45 *	20:38	6:03 min/km
240	226	Rochlitz Karl-Heinz	*Bonn	1:00:41	1959	M55	10	1:02:34	20:30 *	19:26 *	20:44	6:04 min/km
241	1000	Müllenbach Oliver	*Bonn	1:00:46	1980	M35	37	1:02:14	20:57 *	19:25 *	20:23	6:05 min/km
242	796	Linden Stefan	EIFEL HERO Team	1:00:56	1968	M50	27	1:01:20	20:16 *	19:33 *	21:05	6:06 min/km
243	721	gattung alexander	*remagen	1:00:57	1967	M50	28	1:02:05	21:11 *	21:21 *	18:24	6:06 min/km
244	558	Schaefer Christoph	Chamäleons	1:01:09	1964	M50	29	1:01:38	20:29 *	19:21 *	21:19	6:07 min/km
245	579	Schilmann Michael	Klingenrunners	1:01:17	1963	M55	11	1:02:22	21:00 *	19:25 *	20:51	6:08 min/km
246	563	Schröder Jens	*Bonn	1:01:28	1992	M20	54	1:02:50	18:18 *	20:22 *	22:47	6:09 min/km
247	985	Kleefisch Johannes	*Köln	1:01:44	1982	M35	38	1:02:53	20:58 *	19:49 *	20:57	6:10 min/km
248	1305	Jöst Rainer		1:01:49	1953	M65	2	1:01:59	20:12 *	20:17 *	21:19	6:11 min/km
249	1325	Meinhold Andreas	Stralsund Runners	1:01:57	1968	M50	30	1:04:06	20:09 *	19:46 *	22:01	6:12 min/km
250	439	Wirths Tim	'Einer "Wirths" gewinnen!'	1:01:58	1997	M20	55	1:02:10	18:29 *	21:56 *	21:32	6:12 min/km
251	1046	Pscheidt Martin	TÜV Rheinland	1:02:08	1971	M45	31	1:02:52	20:17 *	19:50 *	22:00	6:13 min/km
252	853	Ladenthin Niklas	*Bonn	1:02:11	1989	M20	56	1:03:50	20:56 *	20:33 *	20:41	6:13 min/km
253	440	Wirths Lukas	'Einer "Wirths" gewinnen!'	1:02:23	1995	M20	57	1:02:36	20:36 *	20:11 *	21:35	6:14 min/km
254	441	Wirths Henrik	'Einer "Wirths" gewinnen!'	1:02:30	1970	M45	32	1:02:42	20:37 *	20:11 *	21:41	6:15 min/km
255	636	Corey James	FEDEX	1:02:40	1969	M45	33	1:04:55	20:54 *	20:12 *	21:33	6:16 min/km
256	235	Albert Dirk	*Bonn	1:02:41	1968	M50	31	1:04:55	20:55 *	20:12 *	21:32	6:16 min/km
257	87	Neuenhaus Robert	Sporties	1:02:42	1975	M40	25	1:03:14	21:18 *	19:42 *	21:41	6:16 min/km
258	741	Günther Leonard	*Bonn	1:02:47	1999	MU20	7	1:03:54	21:28 *	20:27 *	20:52	6:17 min/km
259	865	Neubauer Marc	*Bonn	1:02:49	1988	M30	41	1:03:16	21:39 *	21:53 *	19:16	6:17 min/km
260	156	Axer Marcel	Beueler Stadtsoldaten	1:02:50	1984	M30	42	1:03:16	21:40 *	21:54 *	19:15	6:17 min/km
261	1081	Jürging Johannes	*Bonn	1:02:52	1984	M30	43	1:05:05	23:26 *	19:55 *	19:30	6:17 min/km
262	801	Rothmann Lars	*Bonn	1:02:54	1983	M35	39	1:04:34	21:50 *	19:53 *	21:09	6:17 min/km
263	646	Wilsch Matthias	*Bonn	1:02:54	1969	M45	34	1:03:25	20:41 *	20:01 *	22:12	6:17 min/km
264	447	Drzesga Kai	*Mayen	1:03:06	1971	M45	35	1:04:44	21:15 *	20:18 *	21:33	6:19 min/km
265	608	Schardt Michael	*Köln	1:03:18	1954	M60	7	1:03:20	21:40 *	20:17 *	21:21	6:20 min/km
266	1299	Uneisel Andreas		1:03:36	1980	M35	40	1:04:38	21:31 *	20:07 *	21:58	6:22 min/km
267	541	Bisselik Juri	*Bonn	1:03:40	2007	MU12	1	1:05:18	22:45 *	20:47 *	20:07	6:22 min/km
268	1085	Keller Simon	PSYX	1:03:49	1974	M40	26	1:04:31	20:57 *	20:32 *	22:19	6:23 min/km
269	1227	Avramovski Masimo	*Bonn	1:03:52	1995	M20	58	1:04:51	21:40 *	20:19 *	21:53	6:23 min/km
270	935	Theodorou Alexis	UKB Chirurgie	1:03:52	1982	M35	41	1:04:54	23:16 *	20:47 *	19:48	6:23 min/km
271	699	Bender Daniel	*Meckenheim	1:03:58	1972	M45	36	1:05:20	22:20 *	22:50 *	18:47	6:24 min/km
272	1220	Winkler Martin	*Bonn	1:04:09	1982	M35	42	1:05:59	21:09 *	20:31 *	22:28	6:25 min/km
273	574	Kierdorf Sebastian	*Köln	1:04:29	1989	M20	59	1:06:25	23:38 *	20:33 *	20:17	6:27 min/km
274	1154	Menzel Wolfgang	LLG St. Augustin	1:04:34	1955	M60	8	1:05:02	21:09 *	20:54 *	22:30	6:27 min/km
275	595	Tacken Christoph	Talentiert flaniert	1:04:39	1981	M35	43	1:06:45	22:02 *	20:34 *	22:02	6:28 min/km
276	818	Schroyen Kevin	*Bornheim	1:04:40	1992	M20	60	1:06:39	22:15 *	20:51 *	21:32	6:28 min/km
277	606	Plewnia Markus	Talentiert flaniert	1:04:40	1985	M30	44	1:06:45	22:02 *	20:35 *	22:03	6:28 min/km

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Männer

Seite 6

gedruckt 10.12.2018 14:49:20

278	593	Wendel Frank	Talentiert flaniert	1:04:41	1982 M35	44	1:06:45	22:05 *	20:33 *	22:03	6:28 min/km
279	338	Reppmann Reinhard	Aktion Canchanabury MT	1:04:48	1955 M60	9	1:06:42	22:35 *	22:21 *	19:50	6:29 min/km
280	714	Krämer Christoph	Die RUNtastischen 7	1:05:02	1965 M50	32	1:06:13	20:02 *	20:35 *	24:24	6:30 min/km
281	895	Meskendahl Robin	*Bonn	1:05:02	1967 M50	33	1:06:29	21:06 *	20:58 *	22:58	6:30 min/km
282	6	Weber Karsten	Blueline Performance	1:05:07	1963 M55	12	1:07:01	22:18 *	20:47 *	22:01	6:31 min/km
283	230	Axel Jürgen	*Jugenheim	1:05:19	1967 M50	34	1:06:23	20:15 *	21:10 *	23:53	6:32 min/km
284	800	Husmann Michael	*Bonn	1:05:23	1969 M45	37	1:06:44	21:29 *	20:58 *	22:55	6:32 min/km
285	119	Bell Joshua	*Horhausen	1:05:28	1979 M35	45	1:06:09	21:28 *	20:58 *	23:02	6:33 min/km
286	947	Yapici Yücel	UKB Chirurgie	1:05:29	1999 MU20	8	1:06:32	23:18 *	21:27 *	20:43	6:33 min/km
287	544	Wehrmann Rüdiger	*Bonn	1:05:38	1964 M50	35	1:06:45	21:28 *	20:34 *	23:36	6:34 min/km
288	693	Waßer Peter	WagWasKes	1:05:42	1959 M55	13	1:06:52	21:14 *	20:56 *	23:32	6:34 min/km
289	822	Baehr Sebastian	Die Partyläufer	1:05:50	1982 M35	46	1:07:22	23:09 *	21:46 *	20:54	6:35 min/km
290	535	Colla Manfred	*Bonn	1:05:51	1951 M65	3	1:07:54	23:35 *	19:54 *	22:21	6:35 min/km
291	1230	Becker Alexander	Team Partyläufer	1:05:52	1988 M30	45	1:07:22	22:52 *	21:19 *	21:39	6:35 min/km
292	219	Soddemann Thomas	*Königswinter	1:05:57	1970 M45	38	1:07:43	22:27 *	20:48 *	22:41	6:36 min/km
293	1298	Birk Volker	uniquetraining	1:06:02	1949 M65	4	1:08:17	22:15 *	20:57 *	22:48	6:36 min/km
294	1083	Nöcker Stephan	Chamäleons	1:06:06	1965 M50	36	1:06:43	21:54 *	21:33 *	22:38	6:37 min/km
295	952	Roden Gerhard	Chamäleons	1:06:07	1965 M50	37	1:06:42	21:25 *	20:56 *	23:45	6:37 min/km
296	61	Schöler Norman	Kühn Dentalkeramik	1:06:17	1975 M40	27	1:07:14	21:56 *	21:37 *	22:42	6:38 min/km
297	32	Klotz Andreas	TV Altdorf-Ersdorf	1:06:18	1968 M50	38	1:07:13	21:56 *	21:39 *	22:42	6:38 min/km
298	948	Foreitnik Thomas	*Bonn	1:06:22	1973 M45	39	1:08:17	22:53 *	20:40 *	22:48	6:38 min/km
299	720	Schaub Christoph	*remagen	1:07:07	1971 M45	40	1:08:15	21:11 *	21:23 *	24:32	6:43 min/km
300	806	Meisel Björn	*Königswinter	1:07:17	1992 M20	61	1:08:00	21:35 *	21:55 *	23:46	6:44 min/km
301	351	Auberger Andreas	*Burscheid	1:07:19	1984 M30	46	1:09:27	22:56 *	21:29 *	22:53	6:44 min/km
302	90	Vanderfort Matthias	*Bonn	1:07:24	1979 M35	47	1:07:52	20:08 *	22:07 *	25:07	6:44 min/km
303	522	Grüner Sascha	*Bonn	1:07:25	1981 M35	48	1:08:51	22:55 *	21:15 *	23:14	6:45 min/km
304	1058	Cornette René	*Bonn	1:07:28	1964 M50	39	1:09:37	22:57 *	21:30 *	22:59	6:45 min/km
305	137	Schroyen Björn	*Bonn	1:07:28	1987 M30	47	1:09:28	22:14 *	21:55 *	23:17	6:45 min/km
306	639	Brömmel Jens	Erdinger Alkoholfrei	1:07:44	1973 M45	41	1:08:10	21:42 *	21:54 *	24:07	6:46 min/km
307	192	Jaksch Dietmar	*Troisdorf	1:07:48	1960 M55	14	1:09:29	22:41 *	21:49 *	23:17	6:47 min/km
308	260	Lachstädter Markus	*Sankt Augustin	1:07:48	1986 M30	48	1:09:29	22:45 *	21:45 *	23:17	6:47 min/km
309	847	Bergedieck Philipp	UKB Chirurgie	1:07:58	1990 M20	62	1:08:57	23:18 *	21:30 *	23:09	6:48 min/km
310	604	Olbert Markus	Lt. Hennef/Sieg	1:08:18	1961 M55	15	1:08:39	22:07 *	22:17 *	23:53	6:50 min/km
311	352	Platz Bernd	*Neukirchen Seelscheid	1:08:21	1956 M60	10	1:09:03	21:11 *	22:12 *	24:57	6:50 min/km
312	761	Schröder Moritz	*Köln	1:08:29	1984 M30	49	1:10:22	25:46 *	26:37 *	16:05	6:51 min/km
313	330	Pieper Jonas	Spurties	1:08:50	1990 M20	63	1:10:18	24:09 *	22:20 *	22:20	6:53 min/km
314	921	Lewis Christopher	*Geilenkirchen	1:08:57	1974 M40	28	1:10:21	22:53 *	22:19 *	23:45	6:54 min/km
315	835	Althaus Tom	*Bonn	1:09:19	2006 MU14	1	1:10:55	23:00 *	21:44 *	24:33	6:56 min/km
316	834	Althaus Guido	*Bonn	1:09:19	1972 M45	42	1:10:56	23:00 *	21:50 *	24:29	6:56 min/km
317	745	Pietrzak Krystian	Kieser Training - Köln	1:09:34	1983 M35	49	1:10:36	22:32 *	22:45 *	24:16	6:57 min/km
318	1135	Göbel Andreas	*Hürth	1:09:46	1982 M35	50	1:10:52	26:11 *	20:20 *	23:14	6:59 min/km
319	630	Schmitt Thorsten	*Ahrweiler	1:09:57	1988 M30	50	1:11:48	23:40 *	22:15 *	24:01	6:60 min/km
320	238	Janicke Nico	*Bonn	1:10:16	1978 M40	29	1:12:04	23:40 *	23:58 *	22:37	7:02 min/km
321	1250	Weyers Benedikt	*Bonn	1:10:47	1993 M20	64	1:12:04	24:08 *	22:33 *	24:05	7:05 min/km
322	1210	Arnold Claus	*Rheinbach	1:11:36	1969 M45	43	1:13:24	23:56 *	22:57 *	24:42	7:10 min/km
323	966	Speth Mirko	SSF Bonn Triathlon	1:11:37	1995 M20	65	1:11:37	29:48 *	20:03 *	21:44	7:10 min/km
324	1307	Justen Martin		1:14:00	1989 M20	66	1:15:42	25:55 *	25:38 *	22:25	7:24 min/km
325	356	Sebastian Christoph	*Meckenheim	1:14:27	1981 M35	51	1:16:09	24:31 *	24:19 *	25:35	7:27 min/km
326	399	Kosfeld Pascal	Feuerwehrsport Team	1:14:38	1995 M20	67	1:14:42	21:30 *	24:41 *	28:26	7:28 min/km
327	359	Bick Michael	*Sinzig	1:16:27	1982 M35	52	1:18:10	24:31 *	24:19 *	27:36	7:39 min/km
328	854	Graf Helmut	#Duisdorfer Renn-Esel#	1:17:36	1957 M60	11	1:18:32	23:01 *	25:03 *	29:31	7:46 min/km
329	938	Mansfield William	*Bonn	1:18:04	1987 M30	51	1:18:48	23:12 *	25:24 *	29:27	7:48 min/km
330	811	Büßgen Bernd	LT Ennert	0:44:55	1987 M30	52	0:44:58	14:04 *	14:57 *	15:53	4:30 min/km
331	98	Leinhaas Andreas	*Alfter	1:05:50	1971 M45	44	1:06:45	21:58 *	21:38 *	22:13	6:35 min/km

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Frauen

Seite 7

gedruckt 10.12.2018 14:49:20

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	896	Kümpers Julia	Aachener TG	0:37:02	1992 W20	1	0:37:03	11:57 * 12:06 * 12:57	3:42 min/km
2	855	Günther Marlen	Laufen-im-Rheinland	0:39:52	1983 W35	1	0:39:53	12:50 * 13:01 * 14:00	3:59 min/km
3	737	Winkemann Irene	Aachener TG/ NADA	0:39:58	1984 W30	1	0:40:00	12:56 * 13:07 * 13:54	3:60 min/km
4	1242	Orthen Lea	Laufaden Bonn	0:40:43	1984 W30	2	0:40:47	12:59 * 13:22 * 14:22	4:04 min/km
5	1165	Lauxmann Lucia	*Dortmund	0:42:12	1992 W20	2	0:42:15	13:30 * 13:54 * 14:47	4:13 min/km
6	1315	Schneider Silke	Bunert Siegburg	0:43:40	1976 W40	1	0:43:41	14:13 * 14:24 * 15:02	4:22 min/km
7	509	Klaes Tanja	Team ERDINGER	0:44:13	1994 W20	3	0:44:23	14:28 * 14:15 * 15:28	4:25 min/km
8	1236	Zoll Daniela	LG Gummersbach	0:44:18	1981 W35	2	0:44:26	14:12 * 14:32 * 15:33	4:26 min/km
9	1100	van Zweeden Britta	LAV Bad Godesberg	0:44:28	1970 W45	1	0:44:31	14:18 * 14:37 * 15:32	4:27 min/km
10	1189	Kontio Anja	SSF Bonn Triathlon	0:45:14	1977 W40	2	0:45:18	14:29 * 14:46 * 15:58	4:31 min/km
11	381	Schoenen Elina	Parkletics	0:45:38	2000 WU20	1	0:45:43	14:30 * 15:02 * 16:05	4:34 min/km
12	342	Rost Claudia	Laufftreff Ansbach-Nord	0:46:15	1967 W50	1	0:46:38	15:09 * 14:57 * 16:08	4:38 min/km
13	661	Siebert Nele	*Hennef	0:46:38	2001 WU18	1	0:46:42	14:38 * 15:45 * 16:14	4:40 min/km
14	930	Kempe Kathrin	*Essen	0:46:47	1991 W20	4	0:47:41	16:13 * 14:54 * 15:39	4:41 min/km
15	1286	Hagen Katrin	*Köln	0:47:37	1972 W45	2	0:47:48	15:40 * 15:31 * 16:25	4:46 min/km
16	378	Peters Mieke	Parkletics	0:47:44	1986 W30	3	0:48:00	15:25 * 15:43 * 16:35	4:46 min/km
17	881	Gemünd Verena	*Wesseling	0:48:16	1983 W35	3	0:48:29	15:21 * 15:57 * 16:56	4:50 min/km
18	998	Stumpe Sina	*Bonn	0:48:37	1998 W20	5	0:48:59	15:34 * 15:50 * 17:12	4:52 min/km
19	51	Rick Sabine	Team Bäärr	0:48:42	1977 W40	3	0:49:00	15:58 * 15:35 * 17:07	4:52 min/km
20	1263	von Hasselbach	*Bonn	0:49:07	1994 W20	6	0:49:27	15:59 * 16:00 * 17:07	4:55 min/km
21	1190	Kontio Carina	SSF Bonn Triathlon	0:49:12	1979 W35	4	0:49:16	16:02 * 16:02 * 17:06	4:55 min/km
22	808	Heidemann Katrin	*Bonn	0:49:14	1974 W40	4	0:49:20	15:15 * 16:16 * 17:42	4:55 min/km
23	262	Inderst Inja	*Bonn	0:50:07	1989 W20	7	0:50:34	15:49 * 16:22 * 17:54	5:01 min/km
24	78	Dasbach Katja	Hospizläufer TEA	0:50:09	1977 W40	5	0:50:41	16:55 * 15:55 * 17:18	5:01 min/km
25	1261	Wiefhoff Daniela	*Dormagen	0:50:46	1994 W20	8	0:50:49	15:33 * 16:56 * 18:16	5:05 min/km
26	23	Becker Lea	*Reichshof	0:50:59	1986 W30	4	0:51:57	17:41 * 15:58 * 17:19	5:06 min/km
27	15	Kleinen Freya	*Köln	0:51:09	1987 W30	5	0:51:41	17:03 * 16:25 * 17:39	5:07 min/km
28	1160	Camidge Karen	BISSV	0:51:15	1973 W45	3	0:51:46	16:58 * 16:25 * 17:51	5:08 min/km
29	358	Mies Anke	Bundeswehr	0:51:15	1981 W35	5	0:51:42	16:59 * 16:26 * 17:49	5:08 min/km
30	201	Künkler Kerstin	*Limbach	0:51:36	1966 W50	2	0:51:57	16:47 * 16:45 * 18:03	5:10 min/km
31	513	Kamenz-Jokisch Carmen	Blueline Performance	0:51:37	1980 W35	6	0:52:09	17:35 * 16:31 * 17:30	5:10 min/km
32	1200	Gangl Simone	*Meckenheim	0:51:51	1983 W35	7	0:51:54	15:56 * 17:01 * 18:53	5:11 min/km
33	932	Fiebig Antje	*Bonn	0:52:02	1987 W30	6	0:52:34	16:49 * 16:57 * 18:15	5:12 min/km
34	929	Ehm Benita	*Wachtberg	0:52:13	2000 WU20	2	0:54:06	17:00 * 16:26 * 18:47	5:13 min/km
35	107	Krüger Michaela	Team Bäärr	0:52:19	1981 W35	8	0:52:39	17:27 * 17:03 * 17:48	5:14 min/km
36	1310	Grün Maike	SV Bayer Uerdingen 08	0:52:27	1982 W35	9	0:52:37	16:16 * 18:37 * 17:33	5:15 min/km
37	396	Herbort Paula Hermine	*Bonn	0:52:36	1990 W20	9	0:53:42	17:59 * 16:48 * 17:48	5:16 min/km
38	1002	Werner Meike	Crazy Dogs	0:52:59	1979 W35	10	0:53:00	16:52 * 17:24 * 18:42	5:18 min/km
39	18	Funken Beate	*Wachtberg	0:53:05	1967 W50	3	0:53:13	16:23 * 17:32 * 19:08	5:19 min/km
40	444	Schulte-Beckhausen	*Bonn	0:53:05	1998 W20	10	0:53:14	16:25 * 17:22 * 19:17	5:19 min/km
41	686	Rudolph Susann	*Dresden	0:53:06	1990 W20	11	0:54:21	17:28 * 17:24 * 18:13	5:19 min/km
42	144	Zarbl Romina	*Bonn	0:53:08	1991 W20	12	0:55:04	18:16 * 16:41 * 18:10	5:19 min/km
43	380	Schoenen Sabrina	Parkletics	0:53:09	1984 W30	7	0:53:15	16:50 * 17:38 * 18:41	5:19 min/km
44	343	Reis Claudia	LT Ennert	0:53:23	1964 W50	4	0:53:31	16:55 * 17:35 * 18:52	5:20 min/km
45	483	Kossakowska Monika	Johanniter GmbH	0:53:37	1982 W35	11	0:53:58	19:13 * 16:22 * 18:01	5:22 min/km
46	245	Jelken Inga	*Remagen	0:53:38	1989 W20	13	0:54:28	17:57 * 17:15 * 18:25	5:22 min/km
47	885	Hertrich Lisa	*Bonn	0:53:47	1993 W20	14	0:54:47	17:59 * 17:27 * 18:20	5:23 min/km
48	366	Engel Sabrina	*Euskirchen	0:53:48	1984 W30	8	0:55:30	18:48 * 17:12 * 17:47	5:23 min/km
49	1219	Renzsch Jenny	*Bonn	0:53:58	1984 W30	9	0:55:49	18:13 * 17:12 * 18:32	5:24 min/km
50	755	Dimova Dilyana	ForShilvaWithLove	0:54:01	1981 W35	12	0:54:09	17:15 * 17:54 * 18:51	5:24 min/km
51	1092	Koch Caroline	*Bonn	0:54:12	1996 W20	15	0:54:25	17:08 * 18:07 * 18:57	5:25 min/km
52	1087	Schmude Kerstin	*Meckenheim	0:54:19	1970 W45	4	0:54:58	19:55 * 16:53 * 17:29	5:26 min/km
53	582	Lehleiter Helena Sophie	*Bad Honnef	0:54:23	1995 W20	16	0:54:23	18:03 * 17:28 * 18:52	5:26 min/km

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Frauen

Seite 8

gedruckt 10.12.2018 14:49:20

54	1097	Liegmann Maarit	Princess Boxing	0:54:30	1974 W40	6	0:54:45	17:03 *	18:05 *	19:21	5:27 min/km
<b>55</b>	<b>1060</b>	<b>Schnell Sandra</b>	<b>*Brühl</b>	<b>0:54:42</b>	<b>1990 W20</b>	<b>17</b>	<b>0:56:11</b>	<b>17:54 *</b>	<b>17:50 *</b>	<b>18:57</b>	<b>5:28 min/km</b>
56	324	Overhoff Helen	*Köln	0:54:44	1993 W20	18	0:56:31	18:51 *	17:18 *	18:33	5:28 min/km
57	325	Röchner Julia	*Bonn	0:54:44	1991 W20	19	0:56:31	18:51 *	17:19 *	18:33	5:28 min/km
58	774	Birgel Friederike	*Bonn	0:54:49	2000 WU20	3	0:56:07	19:17 *	17:20 *	18:11	5:29 min/km
59	173	holecek yvonne	Team Erdinger	0:55:10	1977 W40	7	0:55:21	18:03 *	18:02 *	19:04	5:31 min/km
60	1098	Liegmann Sarah	Princess Boxing	0:55:11	2002 WU18	2	0:55:26	16:57 *	18:11 *	20:01	5:31 min/km
61	883	Plotnikova Nina	*Bonn	0:55:40	1981 W35	13	0:56:32	18:04 *	18:16 *	19:19	5:34 min/km
62	1050	Flaspöler Petra	*Bonn	0:55:48	1980 W35	14	0:56:03	17:18 *	18:27 *	20:02	5:35 min/km
63	680	Fikenscher Hannah	*Bonn	0:55:51	1996 W20	20	0:56:23	18:01 *	18:14 *	19:35	5:35 min/km
64	290	Lasch Tanja	*Troisdorf	0:55:52	1986 W30	10	0:58:04	19:17 *	17:37 *	18:57	5:35 min/km
65	271	Theis Laura	*Münster	0:55:52	0 W20	21	0:58:04	19:17 *	17:34 *	19:00	5:35 min/km
66	1249	Agyüz Meral	*Meckenheim	0:55:58	1981 W35	15	0:56:04	17:43 *	18:07 *	20:07	5:36 min/km
67	1001	Bley Carolin	*Bonn	0:55:58	1996 W20	22	0:57:47	19:04 *	18:38 *	18:15	5:36 min/km
68	716	Ktämer Theresa	Die RUNtastischen 7	0:56:05	1976 W40	8	0:57:16	18:15 *	18:02 *	19:48	5:37 min/km
69	868	Pöpping Janna	Team Sexy	0:56:10	1996 W20	23	0:56:31	17:30 *	18:29 *	20:11	5:37 min/km
70	753	Wiesinger Natalie	*Unkel	0:56:15	1998 W20	24	0:57:12	19:53 *	18:09 *	18:12	5:38 min/km
71	317	Katterfeld Eva-Maria	*Frankfurt am Main	0:56:39	1988 W30	11	0:56:53	17:47 *	18:41 *	20:10	5:40 min/km
72	1054	Wagner Anja	Paleo 360	0:56:49	1989 W20	25	0:57:00	17:49 *	18:41 *	20:17	5:41 min/km
73	890	Schenk Lorena	Original Bootcamp	0:56:54	1991 W20	26	0:57:50	19:13 *	18:33 *	19:07	5:41 min/km
74	556	Harms Antonia	*Bonn	0:57:13	1994 W20	27	0:59:03	19:53 *	18:28 *	18:51	5:43 min/km
75	1259	Hintze Luisa	*Dorsten	0:57:16	1993 W20	28	0:59:06	19:53 *	18:28 *	18:53	5:44 min/km
76	415	Pelz Christiane	*Sankt Augustin	0:57:16	1978 W40	9	0:58:16	18:40 *	18:43 *	19:53	5:44 min/km
77	616	Dikta Renate	Dürener TV 1874	0:57:27	1961 W55	1	0:57:48	19:13 *	19:33 *	18:41	5:45 min/km
78	1251	Wolf Chantal	*Buchholz	0:57:27	1992 W20	29	0:59:38	18:55 *	18:41 *	19:51	5:45 min/km
79	336	Roes Sarah	*Hürth	0:57:32	1985 W30	12	0:58:10	18:59 *	18:42 *	19:50	5:45 min/km
80	14	Guthmann Jasmin	*Düsseldorf	0:57:39	1982 W35	16	0:58:09	20:44 *	15:48 *	21:06	5:46 min/km
81	402	Homscheid Justine	*Vettelschoß	0:57:46	1993 W20	30	0:57:49	17:32 *	17:49 *	22:24	5:47 min/km
82	1118	Nowicki Sophia	Fit in den Tod	0:57:55	1998 W20	31	0:59:00	18:52 *	19:11 *	19:50	5:48 min/km
83	941	Brettschneider Britt	PTV Rheinbach	0:57:56	1998 W20	32	0:59:14	20:45 *	18:32 *	18:37	5:48 min/km
84	1229	Schneider Nehle	PTV Rheinbach	0:57:56	2000 WU20	4	0:59:14	20:45 *	18:32 *	18:37	5:48 min/km
85	1132	Reinhard Lena	*Bonn	0:57:58	1995 W20	33	0:59:15	18:22 *	18:51 *	20:44	5:48 min/km
86	637	Kessenich Liane	*Bonn	0:58:11	1960 W55	2	0:58:28	18:34 *	18:54 *	20:42	5:49 min/km
87	773	Schüren Jutta	*Bonn	0:58:25	1962 W55	3	0:58:35	18:17 *	19:12 *	20:55	5:51 min/km
88	1067	Helms Meike	*Bonn	0:58:27	1995 W20	34	1:00:17	19:53 *	18:28 *	20:04	5:51 min/km
89	651	Horacek Katrin	Team Bundeswehr	0:58:35	1974 W40	10	0:58:53	19:22 *	19:11 *	20:02	5:52 min/km
90	1192	Licht Gudrun	*Alfter	0:58:55	1969 W45	5	1:00:19	19:56 *	18:37 *	20:22	5:54 min/km
91	1181	Caspers Alexandra	*Bonn	0:58:56	1972 W45	6	1:00:19	19:56 *	18:37 *	20:22	5:54 min/km
92	186	Piesche Tanja	*Swisttal	0:59:09	1971 W45	7	1:00:12	19:45 *	18:59 *	20:24	5:55 min/km
93	83	Pinsdorf Sabine	SK in Bewegung	0:59:10	1966 W50	5	0:59:30	18:29 *	19:20 *	21:20	5:55 min/km
94	1057	Schlag Jana	*Bonn	0:59:13	1985 W30	13	0:59:41	18:33 *	19:21 *	21:18	5:55 min/km
95	96	Bastian-Büsch Kirsten	Rheinbrohler Schnecken	0:59:17	1967 W50	6	0:59:39	19:35 *	19:04 *	20:37	5:56 min/km
96	97	Utech Gabriele	Rheinbrohler Schnecken	0:59:23	1960 W55	4	0:59:45	19:12 *	19:33 *	20:37	5:56 min/km
97	950	Karnahl Doris	*Bonn Beuel	0:59:24	1983 W35	17	1:01:16	20:39 *	18:35 *	20:09	5:56 min/km
98	208	Döhl Nicole	Gesundes Oberberg ev	0:59:26	1977 W40	11	1:00:11	20:29 *	19:18 *	19:38	5:57 min/km
99	562	Sommer Lea	*Bonn	0:59:28	1998 W20	35	0:59:40	18:17 *	20:01 *	21:09	5:57 min/km
100	970	Ziebarth Maren Nina	*Leverkusen	0:59:42	1991 W20	36	1:01:05	19:27 *	19:23 *	20:50	5:58 min/km
101	1264	Elicker Kerstin	*Köln	0:59:46	1979 W35	18	1:01:24	20:46 *	18:57 *	20:02	5:59 min/km
102	990	Maaß Jill	Bonn läuft	0:59:58	1975 W40	12	1:00:27	19:24 *	19:35 *	20:58	5:60 min/km
103	598	Schwerdtfeger Ines	*Königswinter	1:00:01	1993 W20	37	1:00:42	20:17 *	19:01 *	20:42	6:00 min/km
104	1195	Sürken Martina	*Köln	1:00:04	1967 W50	7	1:00:45	19:19 *	19:24 *	21:20	6:00 min/km
105	744	Schüßler Andrea	*Müchhausen-Oberasphe	1:00:08	1972 W45	8	1:01:45	21:36 *	19:17 *	19:14	6:01 min/km
106	663	Müller Mia	*Bonn	1:00:16	2004 WU16	1	1:01:05	20:31 *	19:48 *	19:56	6:02 min/km
107	1138	Kotter Lara	*Schermbek	1:00:20	1997 W20	38	1:01:33	21:13 *	19:33 *	19:33	6:02 min/km
108	996	Bertram Maika	*Meckenheim	1:00:21	1994 W20	39	1:01:05	19:28 *	19:06 *	21:46	6:02 min/km
109	997	Hümpfer Anne Lorraine	*Meckenheim	1:00:21	1984 W30	14	1:01:05	19:28 *	19:08 *	21:44	6:02 min/km



# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Frauen

Seite 9

gedruckt 10.12.2018 14:49:20

110	1197	Vogel-Höffner Julia	RASEN WIE DIE HASEN	1:00:30	1992 W20	40	1:01:16	19:58 *	19:46 *	20:44	6:03 min/km
111	615	Rentrop Sabine	*Bonn	1:00:34	1962 W55	5	1:01:28	20:57 *	19:26 *	20:10	6:03 min/km
112	361	Sauer Bernadette	*Bonn	1:00:37	1986 W30	15	1:02:17	20:17 *	19:16 *	21:02	6:04 min/km
113	1064	Cleef Sophia	*Bonn	1:00:37	1995 W20	41	1:02:13	21:00 *	19:35 *	20:01	6:04 min/km
114	21	Matheisen Tatjana	*Bonn	1:00:37	1996 W20	42	1:02:13	20:59 *	19:35 *	20:02	6:04 min/km
115	309	Dreisbach Jana	*Sankt Augustin	1:00:39	1990 W20	43	1:02:08	19:43 *	19:40 *	21:14	6:04 min/km
116	171	Bozek Magdalena Paula	*Düsseldorf	1:00:48	1992 W20	44	1:01:40	19:51 *	19:29 *	21:27	6:05 min/km
117	1306	Neumann Martina		1:00:48	1969 W45	9	1:00:59	20:11 *	20:11 *	20:25	6:05 min/km
118	1077	Glänzer Janin	*Bonn	1:00:56	1988 W30	16	1:01:13	18:58 *	20:14 *	21:43	6:06 min/km
119	548	Dreiner Maren	*Sankt Augustin	1:01:01	1991 W20	45	1:02:59	22:14 *	19:03 *	19:44	6:06 min/km
120	1253	Heide Sonja	*Bonn	1:01:07	1986 W30	17	1:01:52	21:18 *	19:39 *	20:09	6:07 min/km
121	620	Hänseler Desiree	*Brühl	1:01:08	1983 W35	19	1:02:08	20:10 *	19:54 *	21:03	6:07 min/km
122	1174	Schönenberg Kerstin	*Bonn	1:01:09	1987 W30	18	1:03:00	21:17 *	19:21 *	20:31	6:07 min/km
123	590	Süßenbach Barbara	Klingenrunners	1:01:17	1965 W50	8	1:02:22	20:59 *	19:26 *	20:51	6:08 min/km
124	1151	Zizkat Janet	*Bergheim	1:01:22	1990 W20	46	1:01:31	18:26 *	21:10 *	21:45	6:08 min/km
125	1019	Geller Vera	*Bergheim	1:01:22	1989 W20	47	1:01:31	18:27 *	21:10 *	21:45	6:08 min/km
126	1045	Junker Franziska	*BONN	1:01:26	1977 W40	13	1:02:49	21:10 *	19:40 *	20:35	6:09 min/km
127	1285	Weg-Jansen Kristina	Melpomene	1:01:28	1981 W35	20	1:01:51	19:18 *	19:00 *	23:09	6:09 min/km
128	94	Hauschild Daniela	Rheinbrohler Schnecken	1:01:52	1968 W50	9	1:02:13	19:39 *	20:08 *	22:04	6:11 min/km
129	567	Borchert Nadine	*Bergisch Gladbach	1:02:07	1985 W30	19	1:02:13	19:30 *	20:53 *	21:43	6:13 min/km
130	765	Ritterbecks Pia	*Siegburg	1:02:14	1969 W45	10	1:02:59	21:25 *	20:07 *	20:41	6:13 min/km
131	385	Rückert Sabrina	*Bonn	1:02:23	1986 W30	20	1:03:30	21:19 *	20:00 *	21:04	6:14 min/km
132	62	Olligschläger Jana	Sporties	1:02:42	1983 W35	21	1:03:14	21:12 *	19:48 *	21:40	6:16 min/km
133	742	Peckart Miriam	*Remagen	1:02:47	1999 WU20	5	1:03:56	21:27 *	20:29 *	20:50	6:17 min/km
134	647	Wilsch Leonie	*Bonn	1:02:53	1999 WU20	6	1:03:25	20:39 *	20:01 *	22:12	6:17 min/km
135	684	Girolstein Manuela	*Waldorf	1:03:20	1986 W30	21	1:03:32	20:16 *	20:42 *	22:21	6:20 min/km
136	510	Fleischer Sandra	*Bonn	1:03:20	1976 W40	14	1:05:16	21:25 *	20:02 *	21:53	6:20 min/km
137	59	Abdi Gabriele	BonnBerlinConnection	1:03:21	1969 W45	11	1:04:51	20:07 *	20:48 *	22:25	6:20 min/km
138	815	Urban Michaela	Meddys LWT Koblenz	1:03:23	1971 W45	12	1:04:53	20:40 *	19:59 *	22:43	6:20 min/km
139	807	Klaassen Marion	# meets Urbis	1:03:23	1970 W45	13	1:04:53	20:40 *	19:59 *	22:43	6:20 min/km
140	1042	Philippov Sandra	*Bonn	1:03:26	1986 W30	22	1:03:41	20:17 *	20:40 *	22:28	6:21 min/km
141	958	Neikes Elena	*Bonn	1:03:29	1989 W20	48	1:04:08	19:33 *	21:10 *	22:45	6:21 min/km
142	136	Lösche Cornelia	*Rösrath	1:03:42	1988 W30	23	1:05:16	22:01 *	20:18 *	21:22	6:22 min/km
143	327	Christ Marta	*Bonn	1:03:44	1981 W35	22	1:04:30	21:00 *	20:32 *	22:11	6:22 min/km
144	258	Philippsen Tina	*Linz am Rhein	1:03:51	1989 W20	49	1:04:20	20:42 *	20:44 *	22:24	6:23 min/km
145	257	Grefrath-Schneider Sarah	*Linz am Rhein	1:03:51	1990 W20	50	1:04:20	20:41 *	20:44 *	22:24	6:23 min/km
146	1211	Wepner Lena	Praxis am Posttower	1:03:56	1994 W20	51	1:04:54	23:21 *	20:46 *	19:48	6:24 min/km
147	733	joswig claudia	TV Eiche	1:04:02	1969 W45	14	1:05:04	21:32 *	20:06 *	22:23	6:24 min/km
148	540	Bisselik Tanja	*Bonn	1:04:11	1976 W40	15	1:05:50	22:45 *	20:47 *	20:39	6:25 min/km
149	369	Schmidt Monika	*Sankt Augustin	1:04:25	1964 W50	10	1:05:11	21:17 *	20:30 *	22:38	6:27 min/km
150	532	Kierdorf Sarah	*Leverkusen	1:04:30	1991 W20	52	1:06:25	23:39 *	20:33 *	20:17	6:27 min/km
151	183	Mäder Melanie	*Hürth	1:04:33	1976 W40	16	1:05:24	21:07 *	21:20 *	22:06	6:27 min/km
152	28	Schmickler Sarah	Team Heppingen	1:04:36	1991 W20	53	1:05:30	22:03 *	20:12 *	22:20	6:28 min/km
153	27	Schäfer Katrin	Team Heppingen	1:04:36	1980 W35	23	1:05:31	22:03 *	20:13 *	22:19	6:28 min/km
154	843	Peifer Jacqueline	*Bonn	1:04:49	1988 W30	24	1:05:53	21:28 *	20:41 *	22:39	6:29 min/km
155	664	Berzbach Chantal	*Much	1:04:49	1992 W20	54	1:06:35	23:20 *	19:10 *	22:18	6:29 min/km
156	622	Kipshagen Lea	*Much	1:04:49	1999 WU20	7	1:06:36	23:21 *	19:10 *	22:17	6:29 min/km
157	927	Gehms Michaela	Osterather TV	1:04:51	1968 W50	11	1:06:09	21:40 *	20:59 *	22:11	6:29 min/km
157	851	Weisser Teresa	*Alfter	1:04:51	1991 W20	55	1:05:56	21:28 *	20:42 *	22:40	6:29 min/km
159	715	Krämer Johanna	Die RUNtastischen 7	1:05:02	2004 WU16	2	1:06:13	20:03 *	20:35 *	24:23	6:30 min/km
160	7	Noichl Susanne	Blueline Performance	1:05:07	1964 W50	12	1:07:01	22:17 *	20:48 *	22:01	6:31 min/km
161	516	Pospischil Sabrina	*Niederkassel	1:05:08	1981 W35	24	1:06:06	21:29 *	20:44 *	22:54	6:31 min/km
162	233	Funke Sanni	*Bonn	1:05:08	1982 W35	25	1:05:55	21:34 *	20:38 *	22:55	6:31 min/km
163	678	Broda Ana Isabel	*Bonn	1:05:16	1985 W30	25	1:05:37	20:22 *	21:19 *	23:35	6:32 min/km
164	802	Husmann Sandra	*Bonn	1:05:23	1976 W40	17	1:06:44	21:31 *	20:59 *	22:53	6:32 min/km
165	161	Schmitz Silvia	*Kall	1:05:34	1976 W40	18	1:07:07	22:33 *	21:03 *	21:57	6:33 min/km

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Frauen

Seite 10

gedruckt 10.12.2018 14:49:20

166	543	Röhrig Yvonne	*Bonn	1:05:38	1967 W50	13	1:06:45	21:28 *	20:34 *	23:36	6:34 min/km
167	757	Reimer Madeleine	*Bonn	1:05:41	1968 W50	14	1:07:25	22:26 *	20:59 *	22:15	6:34 min/km
168	571	Friehl Daniela	SG Erftstadt Hockey	1:05:43	1979 W35	26	1:07:02	22:08 *	21:13 *	22:21	6:34 min/km
169	304	Hühnerbach Johanna	*Bonn	1:05:45	1992 W20	56	1:07:37	22:50 *	21:07 *	21:48	6:35 min/km
170	983	Lock Bettina	*Bonn	1:05:46	1989 W20	57	1:06:40	21:30 *	21:20 *	22:54	6:35 min/km
171	1096	Hühnerbach Christina	*Bonn	1:05:46	1995 W20	58	1:07:39	22:50 *	21:06 *	21:48	6:35 min/km
172	641	Schwarz Sophie	*Bornheim	1:05:54	1993 W20	59	1:07:28	22:26 *	21:09 *	22:18	6:35 min/km
173	139	Weber Annica	*mechernich	1:06:04	1983 W35	27	1:07:37	22:34 *	21:13 *	22:16	6:36 min/km
174	1051	Hohn Judith	*Bonn	1:06:17	1973 W45	15	1:08:18	23:18 *	20:36 *	22:22	6:38 min/km
175	956	Zimmer-Beukert Sonja	*Bonn	1:06:17	1974 W40	19	1:08:18	23:18 *	20:36 *	22:22	6:38 min/km
176	1080	Behrens Janine	*Bonn	1:06:31	1993 W20	60	1:07:38	22:19 *	21:17 *	22:54	6:39 min/km
177	1079	Klinkhammer Dana	*Bonn	1:06:32	1987 W30	26	1:07:39	22:19 *	21:17 *	22:54	6:39 min/km
178	180	Greb Katrin	*Wallmenroth	1:07:07	1970 W45	16	1:09:03	23:55 *	20:24 *	22:47	6:43 min/km
179	805	Frank Helena	*Troisdorf	1:07:18	1989 W20	61	1:08:01	21:35 *	21:55 *	23:47	6:44 min/km
180	176	Marschall Patricia	LT Schneewittchen	1:07:23	1973 W45	17	1:08:43	22:01 *	21:55 *	23:26	6:44 min/km
181	842	Berg Regina	*Bonn	1:07:25	1985 W30	27	1:08:50	22:54 *	21:15 *	23:14	6:45 min/km
182	70	Cziesla Marion	ROSE Bikes Tri Team	1:07:25	1969 W45	18	1:09:12	22:18 *	21:32 *	23:34	6:45 min/km
183	261	Heimbürger Miriam	*Bonn	1:07:26	1971 W45	19	1:09:33	22:59 *	21:51 *	22:35	6:45 min/km
184	368	Martin Tina	*Bonn	1:07:26	1987 W30	28	1:09:37	22:56 *	21:29 *	23:00	6:45 min/km
185	629	Köppe Jennifer	*Bonn	1:07:45	1983 W35	28	1:08:10	21:42 *	21:55 *	24:07	6:47 min/km
186	191	Marten Tanja	*Troisdorf	1:07:48	1988 W30	29	1:09:28	22:42 *	21:49 *	23:16	6:47 min/km
187	846	Wepner Pia	UKB Chirurgie	1:07:57	1992 W20	62	1:08:58	23:20 *	21:29 *	23:07	6:48 min/km
188	845	Kause Franziska	UKB Chirurgie	1:07:58	1989 W20	63	1:08:57	23:19 *	21:28 *	23:10	6:48 min/km
189	634	Weltring Martina	*Bonn	1:08:01	1965 W50	15	1:08:54	21:38 *	22:07 *	24:14	6:48 min/km
190	762	Kuckeland Katharina	UKB Chirurgie	1:08:01	1994 W20	64	1:09:01	23:19 *	21:30 *	23:11	6:48 min/km
191	291	Rötzel Stefanie	*Bad Honnef	1:08:01	1985 W30	30	1:08:10	20:33 *	22:53 *	24:35	6:48 min/km
192	730	Grothe Susann	*Grafschaft	1:08:04	1981 W35	29	1:09:47	23:49 *	21:43 *	22:31	6:48 min/km
193	858	Klamer Rachel	UKB Chirurgie	1:08:07	1988 W30	31	1:09:08	23:18 *	21:29 *	23:19	6:49 min/km
194	1228	Schneider-te Grotenhuis	PTV Rheinbach	1:08:11	1964 W50	16	1:09:30	24:54 *	22:19 *	20:57	6:49 min/km
195	265	Kau Heikilein	*Bonn	1:08:11	1969 W45	20	1:09:25	22:50 *	21:55 *	23:25	6:49 min/km
196	605	Hahs Eveline	Lt. Hennef/Sieg	1:08:18	1958 W60	1	1:08:40	22:07 *	22:17 *	23:53	6:50 min/km
197	286	Spiegel Irina	*Siegburg	1:08:20	1982 W35	30	1:09:44	22:09 *	21:31 *	24:39	6:50 min/km
198	453	Schoppe-Kirsch Barbara	*Bonn	1:08:38	1980 W35	31	1:09:54	23:24 *	21:44 *	23:29	6:52 min/km
199	644	Jäkel Sarah	Runnies United	1:08:38	1984 W30	32	1:09:07	23:21 *	21:39 *	23:37	6:52 min/km
200	239	Hartung Anika	Runnies United	1:08:39	1982 W35	32	1:09:08	23:21 *	21:40 *	23:38	6:52 min/km
201	783	Dymke Salome	*Bad Breisig	1:08:43	1988 W30	33	1:09:21	23:02 *	22:02 *	23:38	6:52 min/km
202	332	Phillips Lisa	Spurties	1:08:50	1994 W20	65	1:10:18	24:10 *	22:20 *	22:19	6:53 min/km
203	1162	Lajoie Emmanuelle	*Bonn	1:08:50	1990 W20	66	1:10:59	23:36 *	22:13 *	23:01	6:53 min/km
204	1153	Herrera Andrea	IPC	1:08:51	1986 W30	34	1:10:59	23:37 *	22:12 *	23:01	6:53 min/km
205	1112	Angot Anne-Flore	*Bonn	1:08:51	1986 W30	35	1:10:59	23:37 *	22:12 *	23:01	6:53 min/km
206	978	Bethke Silke	*Niederkassel	1:08:51	1978 W40	20	1:09:45	22:37 *	22:13 *	24:01	6:53 min/km
207	91	Vanderfort Christina	*Bonn	1:08:52	1979 W35	33	1:09:20	22:06 *	23:12 *	23:33	6:53 min/km
208	1278	Cuskelly Kimmy	European Space Agency	1:08:55	1983 W35	34	1:09:19	21:51 *	22:53 *	24:11	6:54 min/km
209	915	Engels Kim	*Geilenkirchen	1:08:56	1993 W20	67	1:10:21	22:52 *	22:19 *	23:45	6:54 min/km
210	713	Krämer Monika	Die RUNtastischen 7	1:08:57	1963 W55	6	1:10:09	23:43 *	22:39 *	22:34	6:54 min/km
211	537	Hillnhütter Anja	*Bonn	1:09:04	1986 W30	36	1:10:40	23:58 *	22:27 *	22:38	6:54 min/km
212	785	Hempel Deike	*Bonn	1:09:13	1975 W40	21	1:10:39	23:26 *	22:24 *	23:22	6:55 min/km
213	833	Althaus Anke	*Bonn	1:09:20	1977 W40	22	1:10:56	23:03 *	21:47 *	24:29	6:56 min/km
214	1029	Wuchterl Silvia	*Bonn	1:09:20	1976 W40	23	1:10:55	23:03 *	21:47 *	24:29	6:56 min/km
215	791	Stegmann-Wössner	*Bonn	1:09:27	1963 W55	7	1:11:12	22:58 *	22:19 *	24:09	6:57 min/km
216	760	Winnicka Edyta	*Warszawa	1:09:33	1987 W30	37	1:10:35	22:32 *	22:45 *	24:15	6:57 min/km
217	677	Brück Yvonne	*Köln	1:09:38	1978 W40	24	1:11:23	22:54 *	22:48 *	23:56	6:58 min/km
218	925	Mevert Katinka	*Bonn	1:09:42	1998 W20	68	1:11:06	22:51 *	22:29 *	24:21	6:58 min/km
219	918	Kierdorf Ulla	*Bergisch Gladbach	1:09:46	1963 W55	8	1:11:41	23:38 *	21:37 *	24:30	6:59 min/km
220	867	Merle Marie	*Bonn	1:09:52	1986 W30	38	1:11:17	23:27 *	22:27 *	23:58	6:59 min/km
221	889	Schlink Daniela	Team Laufcampus	1:09:53	1985 W30	39	1:11:13	23:31 *	22:26 *	23:54	6:59 min/km

# Bonner Nikolauslauf am 9. Dezember 2018 - 10km

## Ergebnisliste Frauen

Seite 11

gedruckt 10.12.2018 14:49:20

222	611	Vonk Miriam	*Bonn	1:09:53	1981 W35	35	1:12:08	23:03 *	22:38 *	24:11	6:59 min/km
223	603	Sticker Mareike	*Ahrweiler	1:09:57	1994 W20	69	1:11:48	23:46 *	22:11 *	23:59	6:60 min/km
224	602	Harzen Christina	*Ahrweiler	1:09:57	1991 W20	70	1:11:49	23:45 *	22:12 *	23:59	6:60 min/km
225	631	Schmitt Christiane	*Ahrweiler	1:09:58	1990 W20	71	1:11:49	23:46 *	22:11 *	23:59	6:60 min/km
226	539	Strodtkötter Nadine	*Bornheim	1:09:59	1975 W40	25	1:11:34	23:59 *	22:28 *	23:31	6:60 min/km
227	538	Stamm Simone	*Bornheim	1:10:00	1977 W40	26	1:11:34	23:59 *	22:28 *	23:32	7:00 min/km
228	394	Winter Eva	*Bonn	1:10:06	1973 W45	21	1:11:04	23:02 *	22:32 *	24:31	7:01 min/km
229	390	Meyer Astrid	*Bornheim	1:10:06	1980 W35	36	1:11:04	23:02 *	22:33 *	24:31	7:01 min/km
230	234	Portele Nora	*Bonn	1:10:11	1991 W20	72	1:11:03	21:59 *	23:02 *	25:10	7:01 min/km
231	848	Voß Johanna	*Bonn	1:10:12	0 W20	73	1:11:03	21:59 *	23:02 *	25:10	7:01 min/km
232	345	Welbers Paula	*Bonn	1:10:12	1998 W20	74	1:11:36	22:36 *	22:19 *	25:16	7:01 min/km
233	346	Welbers Martina	*Stuttgart	1:10:12	1969 W45	22	1:11:36	22:36 *	22:19 *	25:16	7:01 min/km
234	194	Sage Martina	*Troisdorf	1:10:22	1990 W20	75	1:12:02	22:59 *	22:58 *	24:23	7:02 min/km
235	829	Martens Anke	*Bonn	1:10:37	1979 W35	37	1:12:17	23:58 *	22:18 *	24:20	7:04 min/km
236	792	Otterpohl Nadja	*Bonn	1:10:37	1977 W40	27	1:12:17	23:58 *	22:18 *	24:20	7:04 min/km
237	410	Wolff Andrea	Aggerfitness	1:10:49	1960 W55	9	1:11:31	24:19 *	22:14 *	24:15	7:05 min/km
238	679	Schlepütz Eva	UKB Chirurgie	1:10:54	1980 W35	38	1:11:56	23:16 *	21:08 *	26:29	7:05 min/km
239	417	Müller Alexandra	*Bonn	1:11:08	1969 W45	23	1:11:56	22:42 *	22:54 *	25:31	7:07 min/km
240	339	Neuber Anja	*Köln	1:11:17	1973 W45	24	1:13:14	23:43 *	22:42 *	24:51	7:08 min/km
241	1187	Lehmann Jana	*Bonn	1:11:37	1984 W30	40	1:11:37	29:49 *	20:04 *	21:44	7:10 min/km
242	1275	Tüschenböner Sandy	saulecker.de	1:11:38	1974 W40	28	1:13:10	24:12 *	23:43 *	23:43	7:10 min/km
243	987	Röding Céline	*Bonn	1:11:42	1997 W20	76	1:12:09	24:07 *	23:32 *	24:02	7:10 min/km
244	408	Pelz Martina	*Bonn	1:11:47	1962 W55	10	1:11:56	22:15 *	23:31 *	26:00	7:11 min/km
245	316	Metzmacher Susanne	*Remagen	1:12:02	1964 W50	17	1:13:17	22:47 *	22:58 *	26:15	7:12 min/km
246	1023	Nedeva Liliya	Fitbits	1:12:26	1972 W45	25	1:14:33	23:50 *	24:19 *	24:16	7:15 min/km
247	476	Schumacher Ilona	Johanniter GmbH	1:12:54	1973 W45	26	1:13:13	22:07 *	24:01 *	26:45	7:17 min/km
248	1291	Sanfilippo Larissa		1:13:30	1975 W40	29	1:15:03	23:58 *	23:04 *	26:27	7:21 min/km
249	454	Grede Chantal	*Bonn	1:14:07	1991 W20	77	1:15:24	24:24 *	23:45 *	25:57	7:25 min/km
250	360	Bick-Martino	*Sinzig	1:14:27	1985 W30	41	1:16:10	24:31 *	24:20 *	25:35	7:27 min/km
251	1037	Rösch Birgit	LT Windhagen	1:14:30	1960 W55	11	1:16:04	24:06 *	24:12 *	26:11	7:27 min/km
252	1038	Schneider Gabriele	LT Windhagen	1:14:30	1960 W55	12	1:16:04	24:06 *	24:12 *	26:11	7:27 min/km
253	95	Kneis Anke	Rheinbrohler Schnecken	1:14:38	1968 W50	18	1:14:59	22:42 *	24:27 *	27:27	7:28 min/km
254	89	Dickert Jessica	Birker Wönk	1:15:06	1990 W20	78	1:16:30	24:19 *	24:27 *	26:19	7:31 min/km
255	623	Liedke Maren	Weihnachtsspeckbekämpf	1:15:58	1987 W30	42	1:17:09	25:51 *	24:33 *	25:34	7:36 min/km
256	188	Trudrung Sabine	*Betzdorf	1:15:59	1963 W55	13	1:17:56	24:46 *	24:55 *	26:16	7:36 min/km
257	106	Hinz Marie	Weihnachtsspeckbekämpf	1:16:01	1989 W20	79	1:17:10	25:52 *	24:33 *	25:35	7:36 min/km
258	1204	Federhen Ling Ling	*Bonn	1:16:43	1970 W45	27	1:17:58	24:50 *	25:05 *	26:47	7:40 min/km
259	285	Schattel Simone	*Bonn	1:17:06	1987 W30	43	1:18:49	25:54 *	25:38 *	25:33	7:43 min/km
260	939	Ellis Santana	*Bonn	1:18:05	1988 W30	44	1:18:48	23:12 *	25:25 *	29:26	7:49 min/km
261	780	Hein Susanne	*Hilchenbach	1:18:38	1962 W55	14	1:19:34	24:31 *	25:51 *	28:15	7:52 min/km
262	779	Fladerer Marianne	*Alfter	1:18:38	1959 W55	15	1:19:35	24:30 *	25:52 *	28:15	7:52 min/km
263	787	Therre Désirée	*Köln	1:20:50	1984 W30	45	1:22:42	25:44 *	26:40 *	28:25	8:05 min/km
264	857	Berghaus Anne-Kristin	*Bonn	1:20:50	1989 W20	80	1:22:42	25:45 *	26:40 *	28:25	8:05 min/km
265	274	Ziegler-Fischer Sabine	*Bonn	1:26:28	1967 W50	19	1:27:40	26:19 *	29:22 *	30:46	8:39 min/km
266	275	Ziegler Nele	*Bonn	1:26:28	2001 WU18	3	1:27:40	26:19 *	29:22 *	30:46	8:39 min/km
267	676	Schmitz Kim-Aline	*Hürth	1:32:05	1990 W20	81	1:32:38	30:52 *	35:22 *	25:50	9:13 min/km