

Zonser Nachlauf über 3.1 Meilen



5 km
Fr., 24. Sept. 2010
SG Zons

TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:15:44	Dee, Sascha	1354		SFD 75 Düsseldorf	1975	1	M35	03:08,8
2		2	00:17:59	Hannisch, Carsten	1308		Kickboxen Düsseldorf	1976	1	M30	03:35,8
3		3	00:18:54	Franz, Marten	221		FC Straberg	1986	1	MHK	03:46,8
4		4	00:18:59	Beran, Carsten	1366		FC Straberg	1973	2	M35	03:47,8
5		5	00:19:06	Schillings, Hubert	1356		FC Straberg	1962	1	M45	03:49,2
6		6	00:19:16	Gaschler, Joachim	1030		LG Bruchhausen	1979	2	M30	03:51,2
7		7	00:19:33	Spill, Marco	1364		SG Zons	1994	1	MJugB	03:54,6
8	W	1	00:19:36	Wehr, Barbara-Isabell	655		Tectrion GmbH	1988	1	WHK	03:55,2
9		8	00:19:45	Kuppler, Achim	1177		FC Straberg	1966	1	M40	03:57,0
10		9	00:19:57	Hüren, Andreas	1309		ASV Duisburg	1969	2	M40	03:59,4
11		10	00:20:07	Mikolajczyk, Olaf	490		Dormagen	1992	1	MJugA	04:01,4
12		11	00:20:44	Baasch, Peter	757		Merzen	1945	1	M65	04:08,8
13		12	00:21:15	Hoffmann, Rainer	518		DJK VfL Forstwald	1965	2	M45	04:15,0
14	W	2	00:21:15	Gernoth, Madita	985		LAV Bayer Dormagen-Üerd	1999	1	WSchC	04:15,0
15		13	00:21:17	Hülsmann, Jan	27		SG Zons Tennis	1997	1	MSchB	04:15,4
16	W	3	00:21:18	Sangl, Nina	1127		LG Hilden	1997	1	WSchB	04:15,6
17		14	00:21:33	Euen, Thomas	1063		LT Alt-Erkrath	1967	3	M40	04:18,6
18		15	00:22:06	Haas, Marco	256		Dormagen	1978	3	M30	04:25,2
19		16	00:22:25	Jeltsch, Andreas	566		Uruguay Celestes 1930/50	1960	1	M50	04:29,0
20		17	00:22:29	Reichel, Reiner	1362		Neuss	1956	2	M50	04:29,8
21	W	4	00:22:31	Lindner, Katja	84		Mettmann	1971	1	W35	04:30,2
22		18	00:24:38	Wegmann, Oliver	1206		SG Zons	1970	4	M40	04:55,6
23		19	00:24:39	Kaatz, Leonard	472		Neustadt	1999	1	MSchC	04:55,8
24		20	00:24:41	Voigt, Marco	552		SC Pulheim	1998	2	MSchB	04:56,2
25	W	5	00:24:44	Kaatz, Dr. Susanne	473		Neustadt	1969	1	W40	04:56,8
26		21	00:24:46	Kluth, Herbert	228		Dormagen	1950	1	M60	04:57,2
27		22	00:24:48	Disteldorf, Stephan	423		Dormagen	1965	3	M45	04:57,6
28		23	00:24:49	Mock, Justus	466		Dormagen	1999	2	MSchC	04:57,8
29		24	00:24:51	Mock, Samuel	1314		LAV Bayer Dormagen	2002	1	MSchD	04:58,2
30		25	00:24:55	Wanke, Ingolf	59		Köln	1976	4	M30	04:59,0
31		26	00:25:04	Harnapp, Stefan	424		Dormagen	1968	5	M40	05:00,8
32		27	00:25:08	Ehlert, Max	1171		FC Straberg	2002	2	MSchD	05:01,6
33	W	6	00:25:08	Axmacher, Katharina	205		ASV Sankt Augustin	1996	1	WSchA	05:01,6
34	W	7	00:25:08	Nellessen, Meike	938		SG Neukirchen-Hülchrath	1994	1	WJugB	05:01,6
35		28	00:25:09	Bitzer, Thomas	863		Laufftreff Ansbach Nord	1963	4	M45	05:01,8
36		29	00:25:10	Pohlmann, Jack	679		Tectrion GmbH	1984	2	MHK	05:02,0
37	W	8	00:25:17	Nellessen, Kathrin	940		SG Neukirchen-Hülchrath	1996	2	WSchA	05:03,4
38		30	00:25:39	Leufgen, Heiko	1301		Hydro Rheinwerk Runner	1979	5	M30	05:07,8
39		31	00:25:39	Kaldenbach, Stefan	1300		Hydro Rheinwerk Runner	1979	6	M30	05:07,8
40	W	9	00:25:39	Laura, Schlüter	987		Dönberg Runners	1996	3	WSchA	05:07,8
41		32	00:25:41	Ruhm, Felix	843		FC Zons	2000	3	MSchC	05:08,2
42		33	00:25:41	Ruhm, Tobias	842		Dormagen	2000	4	MSchC	05:08,2
43		34	00:25:42	Dömmecke, Andreas	767		Köln	1963	5	M45	05:08,4
44		35	00:25:57	Klein, Wolfram	760		Köln	1970	6	M40	05:11,4
45	W	10	00:25:59	Wehr, Nadine	831		LC Wuppertal	1997	2	WSchB	05:11,8
46		36	00:26:06	Crosina, Daniel	900		sportuhren-profi.de	1980	7	M30	05:13,2
47	W	11	00:26:07	Hahn, Judith	896		sportuhren-profi.de	1985	2	WHK	05:13,4
48		37	00:26:07	Heskamp, Ing. Jan	1027		Nümbrecht Selbstläufer	1973	3	M35	05:13,4
49		38	00:26:07	Samusch, Rene	651		Dormagen	1973	4	M35	05:13,4
50		39	00:26:13	Axmacher, Maximilian	206		ASV Sankt Augustin	1999	5	MSchC	05:14,6
51		40	00:26:21	Berghaus, Ralf	373		Fit Gym 24	1949	2	M60	05:16,2
52		41	00:26:28	Dörr, Dr. Michael	1047		Rhein-Kreis Neuss	1954	1	M55	05:17,6
53		42	00:26:32	Rauf, Zdzislaw	680		Tectrion GmbH	1960	3	M50	05:18,4
54		43	00:26:40	Bey, Jürgen	592		Köln	1967	7	M40	05:20,0
55		44	00:26:40	Kuttner, Siegfried	593		Köln	1959	4	M50	05:20,0
56		45	00:26:41	Heinrichs, Volker	1351		LC Wuppertal	1944	2	M65	05:20,2
57		46	00:26:52	Helbrecht, Ulf	661		Tectrion GmbH	1985	3	MHK	05:22,4
58	W	12	00:26:53	Elle, Nicole	70		Rommerskirchen	1974	2	W35	05:22,6
59	W	13	00:26:53	Krist, Tanja	185		TuS Glessen	1969	2	W40	05:22,6
60	W	14	00:26:55	Orthmann, Antonia	596		Dormagen	1993	2	WJugB	05:23,0

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Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61	W	15	00:26:57	Kerr, Katherine	1387		Düsseldorf	1995	4	WSchA	05:23,4
62		47	00:26:58	Kehn, David	1388		Düsseldorf	1966	8	M40	05:23,6
63	W	16	00:27:03	Ermolaeva, Dr. Maria	438	RUS	Köln	1980	1	W30	05:24,6
64	W	17	00:27:03	Reichert, Daniela	266		Bergheim	1973	3	W35	05:24,6
65	W	18	00:27:09	Eßing, Claudia	289		Grevenbroich	1972	4	W35	05:25,8
66		48	00:27:09	Salamon, Finn	1139		Köln	2000	6	MSchC	05:25,8
67	W	19	00:27:14	Homes, Katrin	1173		FC Straberg	1979	2	W30	05:26,8
68	W	20	00:27:17	Heib, Brigitte	288		Grevenbroich	1959	1	W50	05:27,4
69		49	00:27:20	Schnee, Gottfried	1174		FC Straberg	1942	3	M65	05:28,0
70	W	21	00:27:22	Droste, Katharina	1138		Osnabrück	1992	1	WJugA	05:28,4
71		50	00:27:22	Kadir, Kaya	736		Hydro Rheinwerk Runner	1965	6	M45	05:28,4
72	W	22	00:27:30	Heinzler, Sabine	883		LG Hilden	1957	2	W50	05:30,0
73	W	23	00:27:34	Opdenhövel, Marion	1176		FC Straberg	1960	3	W50	05:30,8
74		51	00:27:42	Gerhards, Martin	775		Rommerskirchen	1959	5	M50	05:32,4
75	W	24	00:27:42	Hartmann-christ, Ute	780		Düsseldorf	1963	1	W45	05:32,4
76		52	00:27:43	Christ, Stefan	495		Scheib Elektrotechnik Gmb	1959	6	M50	05:32,6
77		53	00:27:44	Albrecht, Florian	643		Zonser Nightturtles	1990	4	MHK	05:32,8
78	W	25	00:27:45	Heist, Corinna	644		Zonser Nightturtles	1990	3	WHK	05:33,0
79	W	26	00:27:51	Wolters, Stefanie	872		Köln	1984	4	WHK	05:34,2
80	W	27	00:28:01	Nawrocki, Lisa	1119		Aachen	1980	3	W30	05:36,2
81		54	00:28:02	Plücker, Norbert	467		Team Tambourcorps Zons	1966	9	M40	05:36,4
82	W	28	00:28:03	Arentz, Ute	532		Team Tambourcorps Zons	1969	3	W40	05:36,6
83	W	29	00:28:04	Heinen, Angela	730		SG Worringen	1963	2	W45	05:36,8
84	W	30	00:28:15	Günther, Susanne	1117		Düsseldorf	1982	5	WHK	05:39,0
85	W	31	00:28:28	Weber, Maren	1153		SG Zons	1997	3	WSchB	05:41,6
86		55	00:28:28	Weber, Jan Philipp	1154		FC Zons	1999	7	MSchC	05:41,6
87		56	00:28:31	Weber, Laurenz	1155		SG Zons	2002	3	MSchD	05:42,2
88	W	32	00:28:33	Lüdtke, Tanja	503		Rommerskirchen	1975	5	W35	05:42,6
89	W	33	00:28:34	Ballmann, Claudia	494		Scheib Elektrotechnik Gmb	1968	4	W40	05:42,8
90		57	00:28:37	Weber, Ralf	1152		Dormagen	1967	10	M40	05:43,4
91	W	34	00:28:38	Pawellek, Ramona	1318		Dormagen	1992	2	WJugA	05:43,6
92	W	35	00:28:45	Schnaugst, Sari	253		Neuss	1966	5	W40	05:45,0
93	W	36	00:28:52	Wald-Gondek, Elke	254		Neuss	1962	3	W45	05:46,4
94		58	00:28:54	Berghaus, Christian	374		Fit Gym 24	1988	5	MHK	05:46,8
95	W	37	00:28:55	Gruschka, Michaela	1175		FC Straberg	1990	6	WHK	05:47,0
96		59	00:28:58	Schmidtbauer, Heinz	677		Tectrion GmbH	1964	7	M45	05:47,6
97	W	38	00:29:00	Kilic, Dilan	1320		Nievenheim	1991	3	WJugA	05:48,0
98		60	00:29:05	Krämer, Hans-Georg	502		Dormagen	1963	8	M45	05:49,0
99	W	39	00:29:05	Krämer, Franca	501		TSV Bayer Dormagen	1999	2	WSchC	05:49,0
100		61	00:29:08	Seimen, Thomas	344			1961	9	M45	05:49,6
101		62	00:29:08	Heinemann, Jan	311		Laufftreff Alt-Erkrath	1998	3	MSchB	05:49,6
102	W	40	00:29:16	Antropius, Nicole	1319		Dormagen	1975	6	W35	05:51,2
103		63	00:29:19	Salmen, Hans	683		Tectrion GmbH	1963	10	M45	05:51,8
104	W	41	00:29:21	Päfgen, Iris	1363		Dormagen	1965	4	W45	05:52,2
105	W	42	00:29:28	Wehr, Joanna	830		LC Wuppertal	1969	6	W40	05:53,6
106	W	43	00:29:31	Schroeder, Linda	1245		Düsseldorf	1987	7	WHK	05:54,2
107	W	44	00:29:31	Dick, Sabine	1361		SG Zons	1989	8	WHK	05:54,2
108	W	45	00:29:32	Heß, Renate	756		LT Düsseldorf-Süd	1940	1	W70	05:54,4
109		64	00:29:32	Hannen, Martin	637		TSV Norf	1970	11	M40	05:54,4
110	W	46	00:29:33	Schroeder, Lisa	1246		Düsseldorf	1989	9	WHK	05:54,6
111	W	47	00:29:35	Loogen, Verena	565		Dormagen	1972	7	W35	05:55,0
112	W	48	00:29:35	Schmitz, Beate	631		TSV Norf	1968	7	W40	05:55,0
113		65	00:29:46	Moritz, Werner	1035		SG Neukirchen-Hülchrath	1941	4	M65	05:57,2
114		66	00:29:47	Degnhardt, Holger	641		Zonser Nachtschnecken	1968	12	M40	05:57,4
115	W	49	00:30:04	Fröhlingsdorf, Silke	629		TSV Norf	1971	8	W35	06:00,8
116	W	50	00:30:07	Mach, Alexandra	833			1970	8	W40	06:01,4
117		67	00:30:09	Mach, Michael	834			1968	13	M40	06:01,8
118		68	00:30:10	Massmann, Joerg	285		Face to Face	1971	5	M35	06:02,0
119		69	00:30:13	Röper, Stefan	913		SG Stern Düsseldorf	1958	7	M50	06:02,6
120	W	51	00:30:13	Jahnke, Jana	914		Hilden	1967	9	W40	06:02,6

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121		70	00:30:34	Fenske, Christian	944		Düsseldorf	1981	6	MHK	06:06,8
122	W	52	00:30:51	Mahler, Kimberly	1226		Team Raphaelshaus	1998	4	WSchB	06:10,2
123	W	53	00:30:51	Boesez, Andrea	752		Mrs. Sporty	1970	10	W40	06:10,2
124	W	54	00:31:01	Ehlert, Ulrike	1172		FC Straberg	1977	4	W30	06:12,2
125	W	55	00:31:02	Birmes, Ulrike	1374		Ms Sporty	1965	5	W45	06:12,4
126		71	00:31:04	Hortt, Oliver	960		Köln	1999	8	MSchC	06:12,8
127		72	00:31:08	Selle, Ralf	668		Tectrion GmbH	1963	11	M45	06:13,6
128		73	00:31:08	Wick, Siegfried	669		Tectrion GmbH	1959	8	M50	06:13,6
129	W	56	00:31:09	Brück, Chiara	151		Pulheim	1997	5	WSchB	06:13,8
130	W	57	00:31:17	Witschke, Sandra	854		Zons	1976	5	W30	06:15,4
131	W	58	00:31:18	Ruhm, Susanne	845		Dormagen	1968	11	W40	06:15,6
132	W	59	00:31:23	Schneider, Simone	372		Fit Gym 24	1972	9	W35	06:16,6
133	W	60	00:31:28	Krill, Snezana	1212		Köln	1974	10	W35	06:17,6
134	W	61	00:31:29	Höhenwarter, Evi	446		Elsdorf	1973	11	W35	06:17,8
135	W	62	00:31:29	Weißborn, Andrea	517		Elsdorf	1972	12	W35	06:17,8
136		74	00:31:29	Bahne, Bernd	429		LC Wuppertal	1943	5	M65	06:17,8
137	W	63	00:31:44	Willerscheid, Brigitte	351		TV Flittard	1943	1	W65	06:20,8
138		75	00:31:44	Pruschke, Erwin	350		DJK Roland West	1934	1	M75	06:20,8
139	W	64	00:31:47	Linden, Bärbel	1355		LT Düsseldorf Süd	1971	13	W35	06:21,4
140		76	00:32:05	Eich, Bernhard	738		Hydro Rheinwerk Runner	1955	2	M55	06:25,0
141	W	65	00:32:17	Falk, Susanne	1041		Troisdorf	1970	12	W40	06:27,4
142		77	00:32:32	Högener, Lukas	336		Korschenbroich	1999	9	MSchC	06:30,4
143		78	00:32:33	Szymanski, Siegfried	493		Scheib Elektrotechnik Gmb	1948	3	M60	06:30,6
144	W	66	00:32:47	Hirsch, Cornelia	1214		SG Zons	1989	10	WHK	06:33,4
145		79	00:33:02	Heinemann, Ulrich	1057		LT Alt-Erkrath	1964	12	M45	06:36,4
146		80	00:33:02	Heinemann, Nils	310		Laufftreff Alt-Erkrath	2000	10	MSchC	06:36,4
147	W	67	00:33:04	Knöchel, Martina	1302		Hydro Rheinwerk Runner	1968	13	W40	06:36,8
148		81	00:33:04	Musiol, Michael	1304		Hydro Rheinwerk Runner	1960	9	M50	06:36,8
149	W	68	00:33:04	Kassing, Sandra	1313		Dormagen	1976	6	W30	06:36,8
150	W	69	00:33:21	Inkeller, Jessica	1358		Fit Gym 24	1981	11	WHK	06:40,2
151	W	70	00:33:23	Serafin, Yvonne	319		Facetoface.funmatrix.de	1976	7	W30	06:40,6
152	W	71	00:33:24	Hannen, Nikole	636		TSV Norf	1971	14	W35	06:40,8
153	W	72	00:33:28	Orthmann, Monika	595		Dormagen	1961	6	W45	06:41,6
154		82	00:33:28	Orthmann, Ernst	594		Dormagen	1957	10	M50	06:41,6
155		83	00:33:30	Wiegand, Frank	1350		LG Pronation	1952	3	M55	06:42,0
156	W	73	00:33:33	Hillebrand, Barbara	1240		SPMZ Obrighoven	1985	12	WHK	06:42,6
157	W	74	00:33:36	Deres, Stefanie	630		TSV Norf	1985	13	WHK	06:43,2
158	W	75	00:33:36	Etzelsdorfer, Nina	633		TSV Norf	1981	14	WHK	06:43,2
159		84	00:33:36	Bollmann, Ulrich	735		Hydro Rheinwerk Runner	1952	4	M55	06:43,2
160		85	00:33:37	Samens, Horst	734		Hydro Rheinwerk Runner	1955	5	M55	06:43,4
161	W	76	00:33:38	Berger, Kerstin	1357		FC Straberg	1976	8	W30	06:43,6
162		86	00:33:54	Högener, Thomas	335		Korschenbroich	1998	4	MSchB	06:46,8
163	W	77	00:33:56	Schwebe, Silvia	1061		LT Alt-Erkrath	1960	4	W50	06:47,2
164		87	00:34:03	Ring, Marius	1208		Köln	1995	1	MSchA	06:48,6
165	W	78	00:34:03	Blümchen, Henni	1059		LT Alt-Erkrath	1975	15	W35	06:48,6
166	W	79	00:34:24	Schmid, Nico	1060		LT Alt-Erkrath	1962	7	W45	06:52,8
167	W	80	00:34:34	Helfen, Heike	375		Fit Gym 24	1967	14	W40	06:54,8
168	W	81	00:34:35	Inkeller, Ute	1360		Fit Gym 24	1959	5	W50	06:55,0
169	W	82	00:34:39	Ring, Anja	1207		Köln	1968	15	W40	06:55,8
170	W	83	00:34:56	Mühlmann, Eva	945		Düsseldorf	1982	15	WHK	06:59,2
171		88	00:35:05	van den Wyenbergh, Karl	789		Troisdorf	1961	13	M45	07:01,0
172	W	84	00:35:14	Otten, Anke	632		TSV Norf	1972	16	W35	07:02,8
173	W	85	00:35:34	Fiegert, Susanne	1238		Dormagen	1970	16	W40	07:06,8
174	W	86	00:35:34	Koenig, Britta	832			1968	17	W40	07:06,8
175	W	87	00:35:39	Möcklinghoff, Nina	1064		LT Alt-Erkrath	1975	17	W35	07:07,8
176	W	88	00:35:41	Rente, Alexandra	1058		LT Alt-Erkrath	1971	18	W35	07:08,2
177		89	00:35:46	Leichter, Tobias	1065		LT Alt-Erkrath	1974	6	M35	07:09,2
178	W	89	00:35:49	Krapohl, Ute	1062		LT Alt-Erkrath	1962	8	W45	07:09,8
179	W	90	00:36:16	Stratmann, Natalie	1224		Hydro Rheinwerk Runner	1995	5	WSchA	07:15,2
180	W	91	00:36:17	Uhländer, Andrea	1227		Team Raphaelshaus	1975	19	W35	07:15,4

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181	W	92	00:36:17	Karras, Sabrina	1234		Team Raphaelshaus	1996	6	WSchA	07:15,4
182		90	00:36:18	Brück, Carsten	150		Pulheim	1970	14	M40	07:15,6
183		91	00:36:43	Müller, Helmut	761		TV Dnnwald	1964	14	M45	07:20,6
184		92	00:37:04	Stubbe, Jörg	934		Dormagen	1980	8	M30	07:24,8
185	W	93	00:37:04	Goldschmidt, Kim Nadine	449		Dormagen	1993	3	WJugB	07:24,8
186	W	94	00:38:16	Becker, Margret	1352		LC 20	1954	1	W55	07:39,2
187	W	95	00:38:28	Büchner, Bettina	1312		Dormagen	1968	18	W40	07:41,6
188	W	96	00:38:48	Rieger, Karin	927		Köln	1987	16	WHK	07:45,6
189		93	00:40:10	Mesel, Dietrich	786		TV Witzhelden	1942	6	M65	08:02,0
190	W	97	00:40:43	Mesel, Ursula	787		TV Witzhelden	1949	1	W60	08:08,6
191	W	98	00:40:43	Hildebrandt, Petra	788		TV Witzhelden	1959	6	W50	08:08,6
192	W	99	00:40:44	Rößling, Gudrun	1013		TV Witzhelden	1941	2	W65	08:08,8
193	W	100	00:41:06	Balzuweit, Stefanie	1316		TV Dünwald	1948	2	W60	08:13,2
194	W	101	00:41:20	Vits, Claudia	1103		Troisdorf	1985	17	WHK	08:16,0
195	W	102	00:41:52	Benz, Luisa	1376		SSG Altena	2003	1	WSchD	08:22,4
196		94	00:42:10	Hengesbach, Ulrich	710		Niederkassel	1956	11	M50	08:26,0
197	W	103	00:42:10	Noth-Reichenbächer, Tanj	920		Troisdorf	1968	19	W40	08:26,0
198	W	104	00:42:10	Fletcher, Jill	919		Troisdorf	1974	20	W35	08:26,0