

7 Meilen von Zons

5 km

Fr. 28. September 2012

SG Zons 1971 e.V.



TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/Meile
1		1	00:17:58	Korfmacher, Meikel	1482		Düsseldorf	1993	1	MJ U20	03:35,6
2		2	00:18:24	Scharfenberg, Robin	1501		DJK Novesia Neuss	1993	2	MJ U20	03:40,8
3		3	00:18:48	Klemz, Björn	1424		LG Eintracht Frankfurt	1976	1	M35	03:45,6
4		4	00:19:06	Fritz, Jonas	1502		DJK Novesia Neuss	1994	3	MJ U20	03:49,2
5		5	00:19:13	Zinner, Christoph	1606			1983	1	M	03:50,6
6		6	00:19:31	Schürmann, Daniel	812		Köln	1978	1	M30	03:54,2
7		7	00:19:31	Assing, Sven	963		LAV Bayer Dormagen	2000	1	MJ U14	03:54,2
8		8	00:19:33	Eckert, Klaus	1539		Rommerskirchen	1963	1	M45	03:54,6
9		9	00:19:42	Hahn, Helmut	1604		SG Neukirchen-Hülchroth	1962	1	M50	03:56,4
10		10	00:19:50	Sedlmaier, Moritz	1140		HTC Schwarz Weiß Neuss	1997	1	MJ U16	03:58,0
11		11	00:19:58	Mausberg, Jan	1141		HTC Schwarz Weiß Neuss	1998	2	MJ U16	03:59,6
12		12	00:19:58	Winkler-Parciak, Kay	1238		City Runner 2012	1976	2	M35	03:59,6
13		13	00:20:02	Lefringhausen, Gerrit	735		Langenfeld	1984	2	M	04:00,4
14		14	00:20:05	Büschges, Christoph	1143		HTC Schwarz Weiß Neuss	1998	3	MJ U16	04:01,0
15		15	00:20:05	Klein, Jan	736		JBG	1992	3	M	04:01,0
16		17	00:20:22	Baron, Lukas	739		JBG	1993	5	MJ U20	04:04,4
17		18	00:20:22	Schiffer, MAX	1485		SG Neukirchen- Hülchrath	2000	2	MJ U14	04:04,4
18		16	00:20:22	Gummersbach, Sascha	738		JBG	1993	4	MJ U20	04:04,4
19		19	00:20:27	Gronemeyer, Hans-Herm	1213		LC Wuppertal	1948	1	M60	04:05,4
20		20	00:20:36	Steinborn, Philipp	777		FC Zons	2003	1	MK U10	04:07,2
21	W	1	00:20:48	Lang, Nina	1560		SG Kaarst	1997	1	WJ U16	04:09,6
22		21	00:20:55	Becker, Marius	1148		HTC Schwarz Weiß Neuss	1997	4	MJ U16	04:11,0
23	W	2	00:20:57	Kramer, Kathrin	1014		ZAK ZAK!	1984	1	W	04:11,4
24		22	00:20:58	Fritz, Thorsten	1152		TG Neuss	1962	2	M50	04:11,6
25		23	00:21:03	Toll, Paul	1144		HTC Schwarz Weiß Neuss	1999	3	MJ U14	04:12,6
26		24	00:21:08	Hubert, Max	1146		HTC Schwarz Weiß Neuss	1998	5	MJ U16	04:13,6
27		25	00:21:15	Ahlfs, Sebastian	1138		HTC Schwarz Weiß Neuss	1998	6	MJ U16	04:15,0
28		26	00:21:15	Hayner, Julius	1134		HTC Schwarz Weiß Neuss	2000	4	MJ U14	04:15,0
29		27	00:21:19	Kämmerling, Mattes	466		SG Rommerskirchen Fußba	2001	1	MK U12	04:15,8
30		28	00:21:24	Piel, Henri	1135		HTC Schwarz Weiß Neuss	1998	7	MJ U16	04:16,8
31		29	00:21:32	Ehlert, Maximilian	1207		FC Straberg	2002	2	MK U12	04:18,4
32		30	00:21:33	Klein, Arno	1643		FC Straberg	1959	3	M50	04:18,6
33		31	00:21:34	Jandt, Oliver	1605		FC Straberg	1966	2	M45	04:18,8
34		32	00:21:39	Müller, Harald	1572		LLG St. Augustin	1967	3	M45	04:19,8
35	W	3	00:21:44	Sittertz, Silke	1281		Rhein-Kreis Neuss	1991	2	W	04:20,8
36		33	00:21:50	Lison, Philipp	1252		LAV Bayer Dormagen	1997	8	MJ U16	04:22,0
37		34	00:21:57	Schlegel, Max	1124		Nur So	1997	9	MJ U16	04:23,4
38		35	00:22:00	Kloep, René	1123		Vds Nierenheim	1996	1	MJ U18	04:24,0
39		36	00:22:02	Vogel, Felix	1503		DJK Novesia Neuss	1995	2	MJ U18	04:24,4
40		37	00:22:04	Eggert, Markus	1659		Vds	1998	10	MJ U16	04:24,8
41		38	00:22:06	Flecken, Sebastian	1142		HTC Schwarz Weiß Neuss	1998	11	MJ U16	04:25,2
42		39	00:22:09	Krins, Nikolas	497		LAV Bayer Dormagen	2000	5	MJ U14	04:25,8
43	W	4	00:22:13	Schöttke, Lea	1507		DJK Novesia Neuss	1996	1	WJ U18	04:26,6
44		40	00:22:20	Steinborn, Leonhard	778		FC Zons	2001	3	MK U12	04:28,0
45	W	5	00:22:32	Korz, Sabine	1437		Wachtberg	1980	1	W30	04:30,4
46		41	00:22:34	Stauff, Norman	1506		DJK Novesia Neuss	1996	3	MJ U18	04:30,8
47	W	6	00:22:34	Bergmann, Sonja	1542			1971	1	W40	04:30,8
48		42	00:22:37	Guesgen, Oliver	1196		Dormagen	2001	4	MK U12	04:31,4
49		43	00:22:41	Kemmerling, Louis	469		LG RWE Power	2002	5	MK U12	04:32,2
50		44	00:22:41	Clemens, Jan	943		DJK Löwe Köln	1981	2	M30	04:32,2
51		45	00:22:46	Kemmerling, Manfred	468		LG RWE Power	1962	4	M50	04:33,2
52		46	00:22:46	Fieren, Bodo	473		Polizei Dormagen	1983	4	M	04:33,2
53		47	00:22:59	Godyla, Vincent	990		FC Zons	2001	6	MK U12	04:35,8
54		48	00:23:03	Güttler, Cuno	1582			1959	5	M50	04:36,6
55		49	00:23:09	Bodewig, Markus	1005		TSV Norf	1978	3	M30	04:37,8
56		50	00:23:09	Kaminsky, Martin	1590		FC Zons	2000	6	MJ U14	04:37,8

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

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Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/Meile
57		51	00:23:09	Kaminsky, Stefan	1589			1970	1	M40	04:37,8
58		52	00:23:16	Kanli, Ergin	1326		Tectrion GmbH	1974	3	M35	04:39,2
59	W	7	00:23:22	Zinner, Elma	1607			1986	3	W	04:40,4
60	W	8	00:23:30	Esser, Johanna	614		Dormagen	2000	1	WJ U14	04:42,0
61		53	00:23:31	Güttler, Vincent	1137		HTC Schwarz Weiß Neuss	1998	12	MJ U16	04:42,2
62		54	00:23:34	Fiegler, Tim	1323		Tectrion GmbH	1990	5	M	04:42,8
63		55	00:23:37	Knappe, Hans-Gerd	999		City Runner 2012	1960	6	M50	04:43,4
64		56	00:23:41	Wingenbach, Lauritz	1269		Allways3 - Laufen In Rems	1999	7	MJ U14	04:44,2
65		57	00:23:52	Dörr, Dr. Michael	1276		Rhein-Kreis Neuss	1954	1	M55	04:46,4
66		58	00:24:07	Kleinschnittger, Christoph	1571		TSV Bayer Dormagen	2003	2	MK U10	04:49,4
67		59	00:24:07	Hengesbach, Ulrich	568		Troisdorf	1956	2	M55	04:49,4
68		60	00:24:07	Heinrichs, Sascha	474		Polizei Dormagen	1987	6	M	04:49,4
69		61	00:24:07	Hayner, Konstantin	1133		HTC Schwarz Weiß Neuss	1999	8	MJ U14	04:49,4
70		62	00:24:24	Hünseler, Holger	1426		Team Erdinger Alkoholfrei	1971	2	M40	04:52,8
71	W	9	00:24:24	Dillmann, Claudia	1310		Gummersbach	1956	1	W55	04:52,8
72	W	10	00:24:25	Dillmann, Astrid	1309		Düsseldorf	1987	4	W	04:53,0
73		63	00:24:36	Harnapp, Stefan	626		Dormagen	1968	3	M40	04:55,2
74		64	00:24:46	Schnitzler, Wilfried	787		SG Zons	1958	7	M50	04:57,2
75		65	00:25:03	Monzka, Kai	477		Polizei Dormagen	1991	7	M	05:00,6
76		66	00:25:05	Krins, Moritz	529		SG Zons	1996	4	MJ U18	05:01,0
77		67	00:25:08	Stoffels, Magnus	1263		HTC Schwarz Weiß Neuss	1997	13	MJ U16	05:01,6
78		68	00:25:13	Gröhe, Matthias	1145		HTC Schwarz Weiß Neuss	1997	14	MJ U16	05:02,6
79	W	11	00:25:17	Best, Vanessa	1262		Euskirchen	1984	5	W	05:03,4
80		69	00:25:19	Steins, Dennis	829		Neuss	1985	8	M	05:03,8
81		70	00:25:21	Linder, Simon	1139		HTC Schwarz Weiß Neuss	1997	15	MJ U16	05:04,2
82	W	12	00:25:23	Kirchner, Kerstin	1416		TG Neuss	1983	6	W	05:04,6
83		71	00:25:24	Orth, Frank	1109		Chemion Logistik	1969	4	M40	05:04,8
84		72	00:25:25	Weber, Jan Philipp	1261		FC Straberg	1999	9	MJ U14	05:05,0
85		73	00:25:25	Maas, Christian	1577		FC Straberg	1999	10	MJ U14	05:05,0
86		74	00:25:33	Hermann, Thomas	1324		Tectrion GmbH	1969	5	M40	05:06,6
87	W	13	00:25:35	Hermann, Anna	1505		DJK Novesia Neuss	1994	1	WJ U20	05:07,0
88	W	14	00:25:38	Reichert, Ronja	916		SG Zons Tennisabteilung	2003	1	WK U10	05:07,6
89		75	00:25:38	Kassing, Benedict	1540		TSV	2003	3	MK U10	05:07,6
90		76	00:25:53	Janning, Dieter	826		DJK Novesia Neuss	1942	1	M70	05:10,6
91		77	00:25:54	Degenhardt, Holger	1461		Hugo Power Team Zons	1968	6	M40	05:10,8
92	W	15	00:25:57	Guesgen, Isabell	1198		Dormagen	2004	2	WK U10	05:11,4
93		78	00:25:58	Klein, Max	737		JBG	1994	6	MJ U20	05:11,6
94	W	16	00:26:00	Konrad, Ute	1194		SG Zons	1971	2	W40	05:12,0
95		79	00:26:05	Samusch, Kai	1578			1987	9	M	05:13,0
96	W	17	00:26:13	Bures, Daria	1239		LG Monheim Baumberg	2000	2	WJ U14	05:14,6
97		80	00:26:24	Evert, Karsten	857		Fortuna Beeijing	1969	7	M40	05:16,8
98		81	00:26:26	Kämmerling, Klaus	895		Rommerskirchen	1964	4	M45	05:17,2
99	W	18	00:26:28	Borzechowski, Janina	728		Raphaelshaus	1996	2	WJ U18	05:17,6
100	W	19	00:26:31	Dommermuth, Jill	730		Raphaelshaus	1995	3	WJ U18	05:18,2
101	W	20	00:26:34	Martin Alonso, Esther	235	ESP	Köln	1964	1	W45	05:18,8
102		82	00:26:36	Winter, Horst	1603		SG Worringen	1953	3	M55	05:19,2
103	W	21	00:26:38	Milinkovic, Madeline	729		Raphaelshaus	2001	1	WK U12	05:19,6
104		83	00:26:39	Heinemann, Jan	1182		Düsseldorf	1998	16	MJ U16	05:19,8
105	W	22	00:26:40	Romahn, Aileen	716		Germania Hoisten	2001	2	WK U12	05:20,0
106	W	23	00:26:40	Petes, Lena	733		Raphaelshaus	1985	7	W	05:20,0
107		84	00:26:43	Dömmecke, Andreas	1377		Köln	1963	5	M45	05:20,6
108	W	24	00:26:46	Dannert, Anke	604		LG RWE Power	1979	2	W30	05:21,2
109	W	25	00:26:51	Haack, Michaela	970		SG Zons	1972	3	W40	05:22,2
110		85	00:26:52	Kriebel, Thomas	1004		TSV Norf	1958	8	M50	05:22,4
111		86	00:26:58	Meyer, Frank	1327		Tectrion GmbH	1966	6	M45	05:23,6
112	W	26	00:26:58	Misch, Christina	1185		Dormagen	1997	2	WJ U16	05:23,6



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/Meile
113	W	27	00:26:58	Shouwer, Katrin	1215		LC Wuppertal	1997	3	WJ U16	05:23,6
114	W	28	00:27:15	Schwalm, Clarissa	667		Laufftreff Hoisten	2003	3	WK U10	05:27,0
115	W	29	00:27:15	Dreisfausener, Bettina	1420		LG Rhein-Erft	1970	4	W40	05:27,0
116	W	30	00:27:19	Konrad, Liv Angret	1197		SG Zons	2002	3	WK U12	05:27,8
117	W	32	00:27:19	Benz, Luisa	1757		SSG	2003	4	WK U10	05:27,8
118	W	31	00:27:19	Day, Monika	1587			1967	2	W45	05:27,8
119		87	00:27:19	Reichel, Bernhard	1601			1969	8	M40	05:27,8
120	W	33	00:27:30	Kosztolanyi, Dr. Rita	1192	HUN	Dormagen	1970	5	W40	05:30,0
121		88	00:27:30	Rauf, Zdzislaw	1328		Tectrion GmbH	1960	9	M50	05:30,0
122	W	34	00:27:31	Kremer, Heike	192		Just for fun	1964	3	W45	05:30,2
123	W	35	00:27:38	Lopes, Angela	1153		TG Neuss	1970	6	W40	05:31,6
124		89	00:27:46	Canibol, Justin	1043		Team Raphaelshaus	1998	17	MJ U16	05:33,2
125		90	00:27:47	Seimen, Thomas	910		Bährenjagd	1961	10	M50	05:33,4
126		91	00:27:47	Wilms, Alexander	1042		Team Raphaelshaus	1997	18	MJ U16	05:33,4
127		92	00:27:57	Breitmar, Andreas	1002		TSV Norf	1986	10	M	05:35,4
128		93	00:27:58	Todemann, Stefan	1003		TSV Norf	1986	11	M	05:35,6
129		94	00:28:00	Iversen, Marc	1325		Tectrion GmbH	1985	12	M	05:36,0
130	W	36	00:28:08	Ehlert, Ulrike	1206		FC Straberg	1978	3	W30	05:37,6
131		95	00:28:09	Mölder, Heinz	1025		Sparkasse Neuss	1954	4	M55	05:37,8
132		96	00:28:10	Beck, Hans-Jürgen	1322		Tectrion GmbH	1954	5	M55	05:38,0
133		97	00:28:14	Schwaneberg, Sven	639		Grevenbroich	1977	4	M35	05:38,8
134	W	37	00:28:16	Boland, Kornelia	1579			1960	1	W50	05:39,2
135	W	38	00:28:17	Nellessen, Ute	1362		SG Neukirchen-Hülchrath	1966	4	W45	05:39,4
136	W	39	00:28:17	Bernardi, Sibylla	227		The running gag	1988	8	W	05:39,4
137		98	00:28:27	Kremer, Ralf	193		Just for fun	1961	11	M50	05:41,4
138		99	00:28:27	Lemmer, Dieter	1396		Köln	1968	9	M40	05:41,4
139		100	00:28:31	Nellen, Stefan	1596			1969	10	M40	05:42,2
140	W	40	00:28:33	Lison, Angelina	1251		WSC Bayer Dormagen	1997	4	WJ U16	05:42,6
141		101	00:28:33	Conrad, Markus	1428		Ückerath Running	1974	5	M35	05:42,6
142	W	41	00:28:35	Arentz, Ute	1101		SG Zons	1969	7	W40	05:43,0
143		102	00:28:46	Graßmann, Oliver	132		ConPharma	1970	11	M40	05:45,2
144		103	00:28:47	Orendartschuk, Michael	376		Dormagen	1974	6	M35	05:45,4
145	W	42	00:28:50	Theißen, Ilona	128		Düsseldorf	1987	9	W	05:46,0
146		104	00:29:02	Stöcker, Jürgen	541		FI Sport	1971	12	M40	05:48,4
147		105	00:29:11	Rockel, Dirk	51		FC Zons	1972	13	M40	05:50,2
148	W	43	00:29:26	Schmidt Villarroel, Isabel	694		Cock Schmidt Clan	1995	4	WJ U18	05:53,2
149	W	44	00:29:32	Jones, Sandra	892		Grevenbroich	1971	8	W40	05:54,4
150	W	45	00:29:42	Kornweibel, Ines	534		Dormagen	1974	1	W35	05:56,4
151		106	00:29:44	Koczubik, Mark	724		Dormagen	1977	7	M35	05:56,8
152	W	46	00:29:48	Dominicus, Sonja	480		Korschenbroich	1978	4	W30	05:57,6
153		107	00:29:50	May, Bert	839		Dormagen	1961	12	M50	05:58,0
154		108	00:29:57	Massmann, Joerg	592		Facetoface Kinderschminke	1971	14	M40	05:59,4
155		109	00:29:57	Schwarz, Jürgen	627		Facetoface Kinderschminke	1971	15	M40	05:59,4
156		110	00:30:04	Laeven, Heinz-Willi	1284		Aachen	1961	13	M50	06:00,8
157	W	47	00:30:07	Schiergen, Ute	1024		Sparkasse Neuss	1983	10	W	06:01,4
158	W	48	00:30:07	Le, My	891		Dormagen	1974	2	W35	06:01,4
159	W	49	00:30:14	Brandt, Josephine	1040		Team Raphaelshaus	2000	3	WJ U14	06:02,8
160	W	50	00:30:15	Tappert, Michelle	732		Raphaelshaus	1998	5	WJ U16	06:03,0
161	W	51	00:30:21	Hans, Natalie	219		Köln	1989	11	W	06:04,2
162	W	52	00:30:32	Simoneh, Kiara	1535		INEOS	2002	4	WK U12	06:06,4
163		111	00:30:33	Simoneh, Frank	1536		INEOS	1970	16	M40	06:06,6
164		112	00:30:33	Sonnabend, Holger	224		The running gag	1987	13	M	06:06,6
165	W	53	00:30:33	Buse, Andrea	1532		Wuppertal	1964	5	W45	06:06,6
166	W	54	00:30:35	Rheker, Marlen	1091		LT Vynen	1986	12	W	06:07,0
167		113	00:30:38	Gambino, Giuseppe	986		SG Worringen	2003	4	MK U10	06:07,6
168	W	55	00:30:42	Beduhn, Theresa	1593		Baptistenkirche	2004	5	WK U10	06:08,4



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/Meile
169	W	56	00:30:42	Teichert, Katja	745		Pulheim	1979	5	W30	06:08,4
170	W	57	00:30:43	Beduhn, Katharina	1594		Baptistenkirche	2005	6	WK U10	06:08,6
171		114	00:30:45	Teichert, Marco	744		Pulheim	1972	17	M40	06:09,0
172	W	58	00:30:48	Persé, Petra	442		RTC Frechen 80	1962	2	W50	06:09,6
173		115	00:30:57	Bahne, Bernd	1474		LC Wuppertal	1943	1	M65	06:11,4
174		116	00:31:03	Klug, Guido	470		Polizei Dormagen	1968	18	M40	06:12,6
175		117	00:31:04	Gambino, Angelo	987		Köln	1972	19	M40	06:12,8
176	W	59	00:31:04	Moll, Petra	471		Polizei Dormagen	1976	3	W35	06:12,8
177		118	00:31:04	Meyer, Hendrick	1602			2002	7	MK U12	06:12,8
178		119	00:31:04	Meyer, Oliver	454		Bergisch Gladbach	1970	20	M40	06:12,8
179	W	60	00:31:06	Beckers, Sabrina	1242		Greven	1986	13	W	06:13,2
180	W	61	00:31:06	Fischer, Jovina	1514		Köln	1999	4	WJ U14	06:13,2
181	W	62	00:31:06	Fischer, Ilonka	1516		Pulheimer Sportclub (PSC)	1966	6	W45	06:13,2
182	W	63	00:31:07	Weßling, Katharina	1240		Rommerskirchen	1983	14	W	06:13,4
183	W	64	00:31:07	Rothhausen, Sarah	1464		LT-Kemperdick	1988	15	W	06:13,4
184	W	65	00:31:08	Gomoluch, Irina	1463		LT-Kemperdick	1988	16	W	06:13,6
185	W	66	00:31:12	Döring, Nele	1562		Allways3-Laufen in RS	1998	6	WJ U16	06:14,4
186	W	67	00:31:13	Schlupek, Ann-Christin	1563		Allways 3-haufen In RS	1999	5	WJ U14	06:14,6
187	W	68	00:31:28	Schulz, Manuela	536		Meerbusch	1979	6	W30	06:17,6
188		120	00:31:29	Binder, Andreas	535		Meerbusch	1981	4	M30	06:17,8
189	W	69	00:31:29	Saka, Selda	476		Polizei Dormagen	1985	17	W	06:17,8
190	W	70	00:31:41	Sperl, Simone	1237		Rommerskirchen	1980	7	W30	06:20,2
191	W	71	00:31:57	Orendartschuk, Julia	358		Köln	1982	8	W30	06:23,4
192		121	00:31:58	Orendartschuk, Thomas	359		Köln	1980	5	M30	06:23,6
193	W	72	00:31:59	Ortmann, Alina	446		BSG Bestattungen Stubbe	1999	6	WJ U14	06:23,8
194	W	73	00:32:01	Bergner-Döring, Anja	1561		Allways 3-haufen In RS	1966	7	W45	06:24,2
195	W	74	00:32:02	Wingenbach, Andrea	1268		Allways3 - Laufen In Rems	1964	8	W45	06:24,4
196	W	75	00:32:03	Misch, Claudia	1184		Dormagen	1970	9	W40	06:24,6
197	W	76	00:32:06	Maassen, Susanne	1283		Neuss	1964	9	W45	06:25,2
198	W	77	00:32:14	Kassing, Sandra	1541		SG Zons	1976	4	W35	06:26,8
199		122	00:32:29	Giese, Claus-Dieter	1586			1950	2	M60	06:29,8
200		123	00:32:31	Voßhenrich, Roman	475		Polizei Dormagen	1989	14	M	06:30,2
201		124	00:32:44	Ortmann, Olaf	1588		BSG Bestattungen Stubbe	1971	21	M40	06:32,8
202	W	78	00:32:53	Musiol, Cornelia	41		Dormagen	1979	9	W30	06:34,6
203	W	79	00:33:01	Fast, Julia	1430		Lohmar	1982	10	W30	06:36,2
204		125	00:33:03	Conradt, Thomas	1575		Staubwolke Refrath	1966	7	M45	06:36,6
205	W	80	00:33:04	Thoma, Sabine	391		Mönchengladbach	1963	10	W45	06:36,8
206	W	81	00:33:11	Beduhn, Anette	1592		Baptisten Kirche	1967	11	W45	06:38,2
207	W	82	00:33:12	Iwanek, Anna	1419		LG RWE Power	1989	18	W	06:38,4
208	W	83	00:33:14	Sauer, Nina	1315		LG RWE Power	1989	19	W	06:38,8
209		126	00:33:15	Sauer, Armin	1316		LG RWE Power	1964	8	M45	06:39,0
210		127	00:33:15	Schmitz, Olaf	1317		LG RWE Power	1982	6	M30	06:39,0
211	W	84	00:33:16	Schneider, Susanne	596		The best team	1966	12	W45	06:39,2
212		128	00:33:46	Wiegand, Frank	661		LG ProNation	1952	3	M60	06:45,2
213	W	85	00:33:48	Schneider, Louisa	597		The best team	1997	7	WJ U16	06:45,6
214	W	86	00:33:48	Villalpando Kosfeld, Lucie	1585		SG Zons	2005	7	WK U10	06:45,6
215	W	87	00:34:08	Ten Thij, Monique	387		Köln	1984	20	W	06:49,6
216	W	88	00:34:19	Becker, Ellen	997		Troisdorf	1967	13	W45	06:51,8
217	W	89	00:34:20	Maxeiner, Inge	390		Mönchengladbach	1964	14	W45	06:52,0
218	W	90	00:34:20	Groenewald, Anja	980		AVG Köln	1979	11	W30	06:52,0
219	W	91	00:34:39	Schütz, Marisa	599		The best team	1999	7	WJ U14	06:55,8
220	W	92	00:34:58	Heinisch, Carina	1041		Team Raphaelshaus	1999	8	WJ U14	06:59,6
221	W	93	00:35:01	Mettbach, Nora	726		Raphaelshaus	1999	9	WJ U14	07:00,2
222	W	94	00:35:10	Rademacher, Sabine	1214		LC Wuppertal	1947	1	W65	07:02,0
223	W	95	00:35:16	Lampert, Julia	191		Just for fun	1994	2	WJ U20	07:03,2
224	W	96	00:35:17	Orendartschuk, Nicole	375		Dormagen	1979	12	W30	07:03,4

7 Meilen von Zons

5 km

Fr. 28. September 2012

SG Zons 1971 e.V.



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Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/Meile
225	W	97	00:35:20	Föllinger, Vera	225		The running gag	1987	21	W	07:04,0
226	W	98	00:35:21	Ehlenz, Marion	629		Niederkassel	1968	10	W40	07:04,2
227	W	99	00:35:22	Schmitz, Brigitte	566		Troisdorf	1954	2	W55	07:04,4
228	W	100	00:35:22	Skutnik, Simone	1256		Dormagen	1986	22	W	07:04,4
229	W	101	00:35:23	Skutnik, Anna	1257		Hürth	1985	23	W	07:04,6
230		129	00:35:26	Heinemann, Nils	1183		LT Alt-Erkrath	2000	11	MJ U14	07:05,2
231	W	102	00:35:30	Villalpando Kosfeld, Sophi	1584		SG Zons	2004	8	WK U10	07:06,0
232	W	103	00:35:36	Lison, Jennifer	1250		RS Horrem	1975	5	W35	07:07,2
233	W	104	00:35:36	Heinemann, Claudia	1181		LT Alt-Erkrath	1965	15	W45	07:07,2
234	W	105	00:35:42	Waschke, Jennifer	226		The running gag	1988	24	W	07:08,4
235	W	106	00:35:43	Loewe-Forster, Petra	593		Troisdorf	1959	3	W50	07:08,6
236	W	107	00:36:42	Lautenschläger, Petra	828			1988	25	W	07:20,4
237	W	108	00:36:52	Brinkmann, Maren	883		LT Krefeld-Oppum	1995	5	WJ U18	07:22,4
238	W	109	00:37:00	Beckmann, Nicole	734		Raphaelshaus	1985	26	W	07:24,0
239	W	110	00:37:01	Tarim, Damla	731		Raphaelshaus	1999	10	WJ U14	07:24,2
240	W	111	00:37:01	Jansen, Morena	727		Raphaelshaus	1998	8	WJ U16	07:24,2
241	W	112	00:37:20	Schütz, Anette	598		The best team	1959	4	W50	07:28,0
242		130	00:37:39	Spiwoks, Gerrit	1546			2000	12	MJ U14	07:31,8
243		131	00:37:39	Spiwoks, Michael	1547			1965	9	M45	07:31,8
244	W	113	00:37:59	Ortmann, Eva	445		BSG Bestattungen Stubbe	2003	9	WK U10	07:35,8
245	W	114	00:38:06	Weyer, Monika	188		Just for fun	1963	16	W45	07:37,2
246	W	115	00:38:06	Lampert, Bärbel	190		Just for fun	1964	17	W45	07:37,2
247	W	116	00:38:40	Dicken, Sabine	1379		SG Neukirchen-Hülchrath	1971	11	W40	07:44,0
248		132	00:38:55	Grüncke, Olaf	689		Niederkassel	1966	10	M45	07:47,0
249	W	117	00:38:56	Grüncke, Chris	690		Niederkassel	1969	12	W40	07:47,2
250	W	118	00:39:35	Voiss, Sylvia	172		Köln	1970	13	W40	07:55,0
251	W	119	00:39:36	Mylius, Stephanie	175		Köln	1988	27	W	07:55,2
252	W	120	00:44:51	Karras, Sabrina	1039		Team Raphaelshaus	1996	6	WJ U18	08:58,2