

SG Zons Läufer - Cup 2010

Endstand Männer

| Platz | Name | AK | Anz. | Bestzeiten | | | | | | | Wertungsläufe | | | | Summe |
|-------|--------------------------|-----|------|--------------|--------------|--------------|--------------|----------------|----------------|----------------|---------------|--------------|--------------------------|--------------|-------|
| | | | | Bahn | | Straße | | | | | Refrath | Kempen | Brauweiler/ Fühlingen | Duisburg | |
| | | | | 3.000 m | 5.000 m | 5 km | 10 km | 15 km | 21,1 km | Marathon | 10 / 21,1 | 5 / 10 km | 5/10/HM | 5 / 10 km | |
| 1 | Hofstadt, Klaus-Peter | M50 | 10 | 12:19 384 | 22:15 341 | 21:05 425 | 44:04 448 | 1:09:52 413 | 1:38:35 455 | | 45:37 442 | 46:47 404 | 21:10 466 | 44:04 496 | 3.145 |
| 2 | Hille, Ralf | M50 | 7 | 12:01 425 | 20:42 453 | 21:05 425 | 45:00 417 | | | | | 22:40 360 | 21:05 473 | 21:28 442 | 2.995 |
| 3 | Haack, Matthias | M45 | 5 | | | 17:56 636 | 38:26 614 | | 1:27:07 587 | | 41:03 554 | 41:43 479 | | | 2.870 |
| 4 | Braun, Andreas | M45 | 7 | 12:41 282 | 21:52 316 | 21:16 359 | 46:05 331 | | 1:37:55 416 | 3:44:08 335 | | 21:34 382 | | | 2.421 |
| 5 | Schnitzler, Wilfried | M50 | 7 | 12:56 306 | 24:38 198 | 22:22 332 | 48:57 295 | | | | 51:07 278 | 51:29 267 | 48:57 338 | | 2.014 |
| 6 | Mushold, Uwe | M50 | 5 | | | 21:50 370 | 47:10 347 | | 1:45:38 357 | | 48:42 345 | 21:50 418 | | | 1.837 |
| 7 | Karr, Thomas | M45 | 5 | 13:13 222 | 25:06 127 | 22:09 297 | 47:43 282 | | | | | 22:09 341 | | | 1.269 |
| 8 | Gnidowski, Kunibert | M35 | 5 | | | 23:38 129 | 47:36 206 | | | 4:03:20 169 | | | 47:36 246 | 49:13 202 | 952 |
| 9 | Haack, Michael | M35 | 3 | | | | 44:02 309 | | 1:41:04 279 | | | | 44:02 354 | | 942 |
| 10 | Scholz, Herbert | MJB | 6 | 16:07 1 | | 23:17 187 | 49:06 204 | | | | 50:40 204 | 54:59 66 | | 49:21 238 | 900 |
| 11 | Balmer, Jörg | M45 | 4 | | | 22:45 259 | 50:16 213 | | | | 50:16 254 | | 53:43 167 | | 893 |
| 12 | Gruhn, Michael | M50 | 3 | | | | 48:24 311 | | 1:54:55 243 | | | | 52:39 198 | | 752 |
| 13 | Hetscher, Detlev | M40 | 3 | | | 25:34 67 | 49:01 206 | | 1:54:38 162 | | | | | | 435 |

| Endstand Frauen | | | | | | | | | | | | | | | |
|-----------------|-----------------------|-----|------|--------------|--------------|--------------|--------------|----------------|----------------|----------------|---------------|--------------|--------------------------|--------------|--------|
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| | | | | Bahn | | Straße | | | | | Refrath | Kempen | Brauweiler/ Fühlingen | Duisburg | |
| | | | | 3.000 m | 5.000 m | 5 km | 10 km | 15 km | 21,1 km | Marathon | 10 / 21,1 | 5 / 10 km | 5/10/HM | 5 / 10 km | Punkte |
| 1 | Rentergent, Carola | W45 | 8 | 12:46 504 | 22:27 506 | 22:24 510 | 44:01 627 | 1:07:55 630 | 1:37:57 644 | | | | 44:25 659 | 44:32 663 | 4.239 |
| 2 | Totzke, Dagmar | W45 | 6 | | | 23:17 454 | 49:01 472 | | 1:54:39 426 | 4:10:41 427 | 49:56 488 | | | 23:17 498 | 2.765 |
| 3 | Heising, Ulrike | W40 | 6 | 13:18 382 | | 22:50 425 | 46:40 483 | 1:12:47 474 | | | | 51:35 391 | | 22:55 461 | 2.616 |
| 4 | Bauer, Ulrike | W45 | 5 | | | 25:34 329 | 51:35 404 | | 1:54:40 426 | 4:04:45 454 | 51:35 444 | | | | 2.057 |
| 5 | Niehues, Karin | W50 | 5 | 16:19 232 | 27:48 286 | 27:07 319 | 54:53 389 | | | | | | 54:53 429 | | 1.655 |
| 6 | Kirchner, Michaela | W40 | 4 | | | 25:07 300 | 50:12 386 | | 1:47:36 455 | 3:53:50 460 | | | | | 1.601 |
| 7 | Spill, Simone | W40 | 4 | | 25:21 288 | | 51:56 344 | | 1:50:16 424 | 4:11:35 375 | | | | | 1.431 |