

## 20. Birker Silvesterlauf 2009 am 31.12.2009

### Zieleinlauf Silvesterlauf 10 km

| Rang | Name                | Verein                      | Stnr | Zeit    | AKL | Rang<br>AKL | Rang<br>M/W |
|------|---------------------|-----------------------------|------|---------|-----|-------------|-------------|
| 1    | Mike Mariathan      | LAZ Puma Troisdorf/Siegburg | 2    | 0:35:18 | MHK | 1           | 1           |
| 2    | Thomas Westerhausen | Running Team Hahn           | 1    | 0:37:55 | MHK | 2           | 2           |
| 3    | Gert Fischer        | ASV Köln                    | 239  | 0:38:30 | M35 | 1           | 3           |
| 4    | Benedikt Nolte      | LG ASV DSHS Köln            | 129  | 0:38:45 | M30 | 1           | 4           |
| 5    | Guido Simons        | SSG Königswinter            | 148  | 0:39:08 | M45 | 1           | 5           |
| 6    | Christian Mitzschke | DLRG Rösrath                | 306  | 0:39:13 | M30 | 2           | 6           |
| 7    | Arne Pöppel         | SSF Bonn                    | 315  | 0:39:22 | M35 | 2           | 7           |
| 8    | Rene Spanier        | Team Dolorgiet Punctomed    | 172  | 0:40:27 | M30 | 3           | 8           |
| 9    | Björn Juschka       | LAZ Puma Troisdorf/Siegburg | 16   | 0:41:27 | MSA | 1           | 9           |
| 10   | Heike Schreiner     | LG ASV DSHS Köln            | 128  | 0:41:40 | WJA | 1           | 1           |
| 11   | Bastian Reder       |                             | 149  | 0:42:02 | M30 | 4           | 10          |
| 12   | Jörg Teske          | Bike+Run                    | 304  | 0:42:05 | M45 | 2           | 11          |
| 13   | Harry Putz          | TV 08 Neunkirchen           | 256  | 0:42:11 | M50 | 1           | 12          |
| 14   | Jörg Siebenhaar     |                             | 266  | 0:42:24 | M50 | 2           | 13          |
| 15   | Manuel Listner      |                             | 312  | 0:42:41 | MHK | 3           | 14          |
| 16   | Torsten Rasch       | LT Siebengebirge            | 151  | 0:42:43 | M40 | 1           | 15          |
| 17   | Ingo Kleine         | LT TuS Meindorf             | 237  | 0:42:52 | M45 | 3           | 16          |
| 18   | Wolfgang Moses      | ASV Köln                    | 235  | 0:42:57 | M40 | 2           | 17          |
| 19   | Birgit Lennartz     | LLG Sankt Augustin          | 100  | 0:43:08 | W40 | 1           | 2           |
| 20   | Filip Adelman       | Sportpark Windhagen         | 225  | 0:43:14 | MHK | 4           | 18          |
| 21   | Sebastian Schmitz   | LAZ Puma Troisdorf/Siegburg | 17   | 0:43:25 | MSA | 2           | 19          |
| 22   | Samuel Kermelk      | LAZ Puma Troisdorf/Siegburg | 42   | 0:43:36 | M30 | 5           | 20          |
| 23   | Norbert Seewald     |                             | 231  | 0:43:41 | M30 | 6           | 21          |
| 24   | Marius Keil         | ASV Köln                    | 238  | 0:43:44 | M50 | 3           | 22          |
| 25   | Thomas Müller       | LT Siebengebirge            | 204  | 0:43:44 | M40 | 3           | 23          |
| 26   | Thomas Schmitz      | TV 08 Neunkirchen           | 255  | 0:43:54 | M45 | 4           | 24          |
| 27   | Martin Damborn      |                             | 309  | 0:44:09 | MHK | 5           | 25          |
| 28   | Frank Reinisch      | LLG Sankt Augustin          | 105  | 0:44:35 | M50 | 4           | 26          |
| 29   | Michael Wank        | LT Hennef / Sieg            | 73   | 0:44:41 | M40 | 4           | 27          |
| 30   | Michael Hoss        | Lars Ylvie 0107             | 57   | 0:44:55 | M40 | 5           | 28          |
| 31   | Martin Schuh        | VT Zweibrücken              | 209  | 0:44:58 | M30 | 7           | 29          |
| 32   | Werner Froese       | TV Hoffnungsthal 07         | 308  | 0:45:02 | M50 | 5           | 30          |
| 33   | Jürgern Master      | M.U.T Troisdorf             | 259  | 0:45:08 | M40 | 6           | 31          |
| 34   | Anno Dallmann       |                             | 185  | 0:45:12 | MHK | 6           | 32          |
| 35   | Franzi Maschke      | Tri Power Rhein-Sieg        | 229  | 0:45:13 | WHK | 1           | 3           |
| 36   | Ralf Dunkel         | SV Wahlscheid               | 68   | 0:45:39 | M35 | 3           | 33          |
| 37   | Martin Kaufmann     |                             | 220  | 0:45:39 | M35 | 4           | 34          |
| 38   | Eike Brock          |                             | 288  | 0:45:44 | M30 | 8           | 35          |
| 39   | Thomas Nöthen       | TV 1908 Neunkirchen         | 59   | 0:45:46 | MHK | 7           | 36          |
| 40   | Thomas Haupts       | Team Eckert                 | 50   | 0:45:47 | M35 | 5           | 37          |
| 41   | Birte Bannert       |                             | 113  | 0:45:52 | W35 | 1           | 4           |
| 42   | Heinz Rasten        | TV 1908 Neunkirchen         | 74   | 0:45:55 | M45 | 5           | 38          |
| 43   | Jürgen Titze        | Troisdorfer LG M.U.T.       | 158  | 0:46:00 | M45 | 6           | 39          |
| 44   | Franz-Peter Schenk  | Köbach-Actives              | 283  | 0:46:12 | M40 | 7           | 40          |
| 45   | Jochen Diegel       | RSC Tour Numbrecht          | 286  | 0:46:27 | M45 | 7           | 41          |
| 46   | Bertie Schmitz      |                             | 221  | 0:46:36 | MHK | 8           | 42          |
| 47   | Herbert Dreesbach   |                             | 240  | 0:46:40 | M40 | 8           | 43          |
| 48   | Andreas Tilgner     | VfL Kommern                 | 314  | 0:46:41 | M40 | 9           | 44          |
| 49   | Axel Nitschke       | Team Dolorgiet              | 109  | 0:46:52 | M40 | 10          | 45          |
| 50   | Stefan Zaboklicki   | FSV Seelscheid              | 232  | 0:46:54 | MSA | 3           | 46          |

| <i>Rang</i> | <i>Name</i>           | <i>Verein</i>               | <i>Stnr</i> | <i>Zeit</i> | <i>AKL</i> | <i>Rang<br/>AKL</i> | <i>Rang<br/>M/W</i> |
|-------------|-----------------------|-----------------------------|-------------|-------------|------------|---------------------|---------------------|
| 51          | Marius Höndgesberg    | LAZ Puma Troisdorf/Siegburg | 13          | 0:47:15     | MSB        | 1                   | 47                  |
| 52          | Kalr-Heinz Rugies     |                             | 197         | 0:47:19     | M45        | 8                   | 48                  |
| 53          | Jochen Lang           | Priesterseminar Trier       | 250         | 0:47:20     | M35        | 6                   | 49                  |
| 54          | Reinhard Wagner       |                             | 117         | 0:47:22     | M55        | 1                   | 50                  |
| 55          | Georg Reins           | WSV Honnef                  | 164         | 0:47:26     | M60        | 1                   | 51                  |
| 56          | Bernd Dr Fischer      | Tri Power Rhein-Sieg        | 307         | 0:47:31     | M50        | 6                   | 52                  |
| 57          | Jürgen Werner         | 1. FC Spich                 | 211         | 0:47:32     | M40        | 11                  | 53                  |
| 58          | Volker Grohmann       |                             | 336         | 0:47:36     | M40        | 12                  | 54                  |
| 59          | Axel Dr. Wellpott     | Lebenshilfe Berlin          | 316         | 0:47:46     | M55        | 2                   | 55                  |
| 60          | Udo Schram            | LT TuS Meindorf             | 326         | 0:47:54     | M45        | 9                   | 56                  |
| 61          | Jürgen Wagner         | TV Obermaubach 03           | 273         | 0:48:07     | M45        | 10                  | 57                  |
| 62          | Gilles Guenat         | Troisdorfer LG M.U.T.       | 160         | 0:48:16     | M45        | 11                  | 58                  |
| 63          | Christian Dr. Krause  |                             | 282         | 0:48:21     | M50        | 7                   | 59                  |
| 64          | Sabine Dörfler        | FFO Ford                    | 206         | 0:48:30     | W30        | 1                   | 5                   |
| 65          | Miguel Galer          | MMF                         | 269         | 0:48:37     | MJB        | 1                   | 60                  |
| 66          | Schorsch Kremb        | 1. FC Spich                 | 264         | 0:48:44     | M65        | 1                   | 61                  |
| 67          | Michael Euler         | Mimavoca Langel             | 134         | 0:48:50     | M45        | 12                  | 62                  |
| 68          | Michael Hollmann      | Sportpark Ennert            | 210         | 0:49:02     | M40        | 13                  | 63                  |
| 69          | Georg Wojtkowski      |                             | 333         | 0:49:04     | M55        | 3                   | 64                  |
| 70          | Vanessa Diel          | Sport Fabrik Bonn           | 207         | 0:49:04     | WHK        | 2                   | 6                   |
| 71          | Franz-Werner Reins    | Wassersportverein Honnef    | 131         | 0:49:05     | M60        | 2                   | 65                  |
| 72          | Bert Hamann           | LT TuS Meindorf             | 236         | 0:49:09     | M40        | 14                  | 66                  |
| 73          | Michael Huber         | LT TuS Meindorf             | 102         | 0:49:13     | M45        | 13                  | 67                  |
| 74          | Andreas Cappallo      | TuS Birk                    | 52          | 0:49:16     | M45        | 14                  | 68                  |
| 75          | Oliver Gaida          | TSV Much                    | 276         | 0:49:27     | M35        | 7                   | 69                  |
| 76          | Stephanie Antoniou    | LAZ Puma Troisdorf/Siegburg | 3           | 0:49:28     | W35        | 2                   | 7                   |
| 77          | Stefan Broks          | Tie Break Troisdorf         | 285         | 0:49:38     | M35        | 8                   | 70                  |
| 78          | Katharina Kermelk     | LAZ Puma Troisdorf/Siegburg | 40          | 0:49:42     | WHK        | 3                   | 8                   |
| 79          | Juri Rother           | FC Hennef                   | 328         | 0:49:43     | MJA        | 1                   | 71                  |
| 80          | Klaus Golchert        |                             | 245         | 0:49:44     | M40        | 15                  | 72                  |
| 81          | Rudolf Dreesbach      | LT Siebengebirge            | 330         | 0:49:53     | M40        | 16                  | 73                  |
| 82          | Andreas Wagner        | LSV Köln                    | 228         | 0:49:56     | M45        | 15                  | 74                  |
| 83          | Helge Heid            | Schmitz Speed               | 258         | 0:50:06     | M40        | 17                  | 75                  |
| 84          | Matthias Albert       | LT TuS Meindorf             | 51          | 0:50:09     | M45        | 16                  | 76                  |
| 85          | Beate Pfeil-Bonnin    | Bike+Run                    | 303         | 0:50:09     | W45        | 1                   | 9                   |
| 86          | Frank Weinberg        | Bike+Run                    | 313         | 0:50:09     | M40        | 18                  | 77                  |
| 87          | Oskar Attendorf       | TV Refrath                  | 260         | 0:50:13     | M55        | 4                   | 78                  |
| 88          | Wolfgang Neubauer     | TV 1908 Neunkirchen         | 66          | 0:50:16     | M40        | 19                  | 79                  |
| 89          | Manfred Krill         | TV 1908 Neunkirchen         | 63          | 0:50:17     | M45        | 17                  | 80                  |
| 90          | Holger Heusner        | TV 08 Neunkirchen           | 327         | 0:50:21     | M50        | 8                   | 81                  |
| 91          | Nadine Peppel         | Troisdorfer LG              | 265         | 0:50:23     | WJA        | 2                   | 10                  |
| 92          | Michael Behr          |                             | 290         | 0:50:25     | MHK        | 9                   | 82                  |
| 93          | Marie Kermelk         | LAZ Puma Troisdorf/Siegburg | 43          | 0:50:49     | W30        | 2                   | 11                  |
| 94          | Andreas Johanshon     | TuS Birk                    | 79          | 0:50:57     | M40        | 20                  | 83                  |
| 95          | Markus Lehmann        | LAZ Puma Troisdorf/Siegburg | 47          | 0:51:05     | M35        | 9                   | 84                  |
| 96          | Chris Harraß          | LT Siebengebirge            | 127         | 0:51:06     | M55        | 5                   | 85                  |
| 97          | Uwe Schmidt           | IG Blocksberg Hennef        | 116         | 0:51:11     | M50        | 9                   | 86                  |
| 98          | Manfred Kühnel        | BSG Postbank Köln           | 153         | 0:51:14     | M45        | 18                  | 87                  |
| 99          | Ralf Müller           | Running Shoes Spich         | 119         | 0:51:25     | M40        | 21                  | 88                  |
| 100         | Jürgen Axmacher       | Troisdorfer LG M.U.T.       | 60          | 0:51:25     | M45        | 19                  | 89                  |
| 101         | Hans-Dieter Johanshon | HSV Troisdorf               | 55          | 0:51:34     | M50        | 10                  | 90                  |
| 102         | Jacques Schneider     | TV Bensberg                 | 343         | 0:51:38     | MJB        | 2                   | 91                  |
| 103         | Tania Quadt           |                             | 201         | 0:51:40     | WHK        | 4                   | 12                  |
| 104         | Jörg Kiese            |                             | 318         | 0:51:53     | M35        | 10                  | 92                  |

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|-------------|-----------------------|---------------------------------|-------------|-------------|------------|---------------------|---------------------|
| 105         | Markus Schmitz        |                                 | 135         | 0:52:02     | M35        | 11                  | 93                  |
| 106         | Sigrid Weber          | TV 08 Lohmar                    | 91          | 0:52:05     | W50        | 1                   | 13                  |
| 107         | Michael Schedletzky   | Sportverein Sparkasse Köln Bonn | 257         | 0:52:06     | MHK        | 10                  | 94                  |
| 108         | Frank Hartmann        |                                 | 275         | 0:52:09     | M45        | 20                  | 95                  |
| 109         | Vinzenz Mewis         | LT Siebengebirge                | 167         | 0:52:12     | M45        | 21                  | 96                  |
| 110         | Sigrid Gerheim        | SSVHapperschoß                  | 340         | 0:52:18     | W40        | 2                   | 14                  |
| 111         | Bode Stockschläder    |                                 | 339         | 0:52:19     | M40        | 22                  | 97                  |
| 112         | Andreas Herkenhöhnner |                                 | 322         | 0:52:21     | M40        | 23                  | 98                  |
| 113         | Pascal Thull          | LT Siebengebirge                | 216         | 0:52:26     | M40        | 24                  | 99                  |
| 114         | Johanna Kermelk       | LAZ Puma Troisdorf/Siegburg     | 41          | 0:52:28     | WJA        | 3                   | 15                  |
| 115         | Helmut Duschanek      | Lt Wahlfeld                     | 284         | 0:52:33     | M45        | 22                  | 100                 |
| 116         | Norbert Ginkel        | Bürgergemeinschaft Deichhaus    | 251         | 0:52:34     | M50        | 11                  | 101                 |
| 117         | Michael Franssen      | TV 08 Lohmar                    | 89          | 0:52:38     | M45        | 23                  | 102                 |
| 118         | Bernhard Brüß         | LT Neunkirchen                  | 321         | 0:52:41     | M60        | 3                   | 103                 |
| 119         | Volker Hoss           |                                 | 213         | 0:52:45     | M40        | 25                  | 104                 |
| 120         | Gregor Adrian         | Lauftreff Heide                 | 194         | 0:52:47     | M55        | 6                   | 105                 |
| 121         | Kevin Knecht          |                                 | 208         | 0:52:49     | MHK        | 11                  | 106                 |
| 122         | Dirk Jost             | Lucky Losers                    | 337         | 0:52:50     | M40        | 26                  | 107                 |
| 123         | Holger Haase          |                                 | 346         | 0:52:51     | M40        | 27                  | 108                 |
| 124         | Klaus Brendel         |                                 | 244         | 0:52:52     | M40        | 28                  | 109                 |
| 125         | Michael Rudolph       |                                 | 226         | 0:52:53     | M45        | 24                  | 110                 |
| 126         | Dieter Nüchel         |                                 | 345         | 0:52:54     | M40        | 29                  | 111                 |
| 127         | Walter Lindemann      | Pulheimer SC                    | 254         | 0:52:57     | M50        | 12                  | 112                 |
| 128         | Armin Schnidt-Volkmar | Sportteufelchen e.V.            | 108         | 0:52:59     | M35        | 12                  | 113                 |
| 129         | Kay Weinrich          | TV 08 Lohmar                    | 87          | 0:53:02     | M50        | 13                  | 114                 |
| 130         | Markus Marenbach      |                                 | 177         | 0:53:15     | M35        | 13                  | 115                 |
| 131         | Dieter Nießen         | Troisdorfer LG                  | 300         | 0:53:17     | M50        | 14                  | 116                 |
| 132         | Andreas Herchenbach   | Teichgirls Kreuzkapelle         | 274         | 0:53:18     | M35        | 14                  | 117                 |
| 133         | Anita Mattheus        | SSF Bonn                        | 121         | 0:53:23     | W40        | 3                   | 16                  |
| 134         | Thomas Barlog         | Lauftreff Heide                 | 195         | 0:53:28     | M40        | 30                  | 118                 |
| 135         | Reinhold Sander       |                                 | 196         | 0:53:35     | M60        | 4                   | 119                 |
| 136         | Dave Theunissen       | Troisdorfer LG                  | 301         | 0:53:37     | MHK        | 12                  | 120                 |
| 137         | Stefan Kever          | TuS Birk                        | 115         | 0:53:40     | M40        | 31                  | 121                 |
| 138         | Stefan Schwotzer      | SC Nümbrecht                    | 75          | 0:53:43     | M50        | 15                  | 122                 |
| 139         | Eddy Bender           | GSV Porz                        | 222         | 0:53:49     | M65        | 2                   | 123                 |
| 140         | Klaas-Steffen Jacobs  | LG Badewanne                    | 76          | 0:53:51     | M50        | 16                  | 124                 |
| 141         | Erwin Rüttgers        | LT Hennef                       | 298         | 0:53:53     | M60        | 5                   | 125                 |
| 142         | Peter Bauer           |                                 | 280         | 0:53:54     | M30        | 9                   | 126                 |
| 143         | Iris Jaschky          | ASV St. Augustin                | 157         | 0:54:02     | W45        | 2                   | 17                  |
| 144         | Nico Luther           |                                 | 292         | 0:54:06     | MHK        | 13                  | 127                 |
| 145         | Lisa Bungarten        | LAZ Puma Troisdorf/Siegburg     | 270         | 0:54:11     | WSA        | 1                   | 18                  |
| 146         | Axel Unteroberdörsler | TV Wahlscheid                   | 325         | 0:54:13     | M55        | 7                   | 128                 |
| 147         | Claudia Ledschbor     | TuS Birk                        | 53          | 0:54:13     | W45        | 3                   | 19                  |
| 148         | Jörg Schmitz          | Diakonie Michaelshoven          | 224         | 0:54:15     | M40        | 32                  | 129                 |
| 149         | Stephan Schneider     | Saunabog e.V.                   | 278         | 0:54:17     | M45        | 25                  | 130                 |
| 150         | Olaf Maske            |                                 | 174         | 0:54:21     | M35        | 15                  | 131                 |
| 151         | Johannes Berens       | TSF Krahwinkel-Breidt           | 112         | 0:54:23     | M55        | 8                   | 132                 |
| 152         | Karl Domgörgen        |                                 | 317         | 0:54:35     | M50        | 17                  | 133                 |
| 153         | Frank Vollmer         |                                 | 227         | 0:54:44     | M40        | 33                  | 134                 |
| 154         | Harry Bertschat       | TV 08 Lohmar                    | 84          | 0:54:45     | M50        | 18                  | 135                 |
| 155         | Walter Hamm           | unitybox.de                     | 169         | 0:54:47     | M45        | 26                  | 136                 |
| 156         | Wolfgang Koppatsch    | LLG Sankt Augustin              | 106         | 0:54:49     | M75        | 1                   | 137                 |
| 157         | Markus Driesch        | TuS Mondorf                     | 144         | 0:55:22     | M45        | 27                  | 138                 |
| 158         | Klaus Monzel          | LT HOMA Pumpen                  | 65          | 0:55:23     | M45        | 28                  | 139                 |

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|-------------|-----------------------|------------------------------------|-------------|-------------|------------|---------------------|---------------------|
| 159         | Michael Bertzen       | LT Hennef                          | 261         | 0:55:25     | M45        | 29                  | 140                 |
| 160         | Andreas Franke        | Braschosser TV                     | 165         | 0:55:29     | M45        | 30                  | 141                 |
| 161         | Klaus Geiger          |                                    | 199         | 0:55:32     | M40        | 34                  | 142                 |
| 162         | Simon Quadt           | SSV Kaldauen                       | 200         | 0:55:32     | MHK        | 14                  | 143                 |
| 163         | Adalbert Hoenig       | TK Grevenbroich                    | 277         | 0:55:37     | M70        | 1                   | 144                 |
| 164         | Hermann Lammers       |                                    | 341         | 0:55:40     | M45        | 31                  | 145                 |
| 165         | Wilfried Hoersch      | TV 08 Lohmar                       | 92          | 0:55:43     | M55        | 9                   | 146                 |
| 166         | Niklas Hamm           | TuS Birk                           | 218         | 0:55:48     | MSB        | 2                   | 147                 |
| 167         | Florian Götsch        |                                    | 263         | 0:55:48     | MHK        | 15                  | 148                 |
| 168         | Philip Stegert        | TuS Birk                           | 219         | 0:55:48     | MJA        | 2                   | 149                 |
| 169         | Rolf-Dieter Fischer   | Tus Birk                           | 212         | 0:55:50     | M50        | 19                  | 150                 |
| 170         | Andreas Kowal         |                                    | 107         | 0:55:55     | M35        | 16                  | 151                 |
| 171         | Ludger Drül           |                                    | 323         | 0:55:59     | M50        | 20                  | 152                 |
| 172         | Dieter Schleyer       | TV Hoffnungsthal 07                | 281         | 0:56:08     | M50        | 21                  | 153                 |
| 173         | Bernd Schneider       | TV 08 Neunkirchen                  | 342         | 0:56:12     | M50        | 22                  | 154                 |
| 174         | Petra Wawrzyniak      | LT Siebengebirge                   | 166         | 0:56:14     | W35        | 3                   | 20                  |
| 175         | Hans Pillekamp        | TLG M.U.T                          | 338         | 0:56:16     | M55        | 10                  | 155                 |
| 176         | Jürgen Bias           | VfR Marienfeld                     | 296         | 0:56:20     | M45        | 32                  | 156                 |
| 177         | Susanne Rahn          |                                    | 289         | 0:56:22     | W35        | 4                   | 21                  |
| 178         | Thomas Oferath        | TV 08 Lohmar                       | 95          | 0:56:24     | M40        | 35                  | 157                 |
| 179         | Ute Drül              |                                    | 324         | 0:56:27     | W40        | 4                   | 22                  |
| 180         | Norbert Kessler       | TV 08 Lohmar                       | 90          | 0:56:31     | M55        | 11                  | 158                 |
| 181         | Herbert Meiländer     |                                    | 320         | 0:56:43     | M55        | 12                  | 159                 |
| 182         | Gerhard Entz          | TV 08 Lohmar                       | 93          | 0:56:50     | M50        | 23                  | 160                 |
| 183         | Jan Pütz              | SSV Kaldauen                       | 203         | 0:56:51     | M40        | 36                  | 161                 |
| 184         | Werner König          | GSV Porz                           | 223         | 0:57:00     | M70        | 2                   | 162                 |
| 185         | Marion Ludwig         | LT TuS Meindorf                    | 279         | 0:57:08     | W40        | 5                   | 23                  |
| 186         | Freddy Marx           | LT TuS Meindorf                    | 110         | 0:57:08     | M50        | 24                  | 163                 |
| 187         | Thomas Adorf          | New York Road Runners              | 319         | 0:57:09     | M45        | 33                  | 164                 |
| 188         | Michael Krüger        |                                    | 294         | 0:57:20     | M40        | 37                  | 165                 |
| 189         | Sea-Joon Chun         |                                    | 130         | 0:57:24     | M35        | 17                  | 166                 |
| 190         | Sabine Simons         | SSG Königswinter                   | 147         | 0:57:32     | W40        | 6                   | 24                  |
| 191         | Andreas Thull         | SC Germania gegen 1932             | 297         | 0:57:39     | M40        | 38                  | 167                 |
| 192         | Wolfram Gorissen      |                                    | 291         | 0:57:48     | M70        | 3                   | 168                 |
| 193         | Jürgen Junge          |                                    | 176         | 0:57:53     | M50        | 25                  | 169                 |
| 194         | Sebastian Lambertz    |                                    | 311         | 0:58:03     | MHK        | 16                  | 170                 |
| 195         | Jürgen Guter          |                                    | 310         | 0:58:08     | M45        | 34                  | 171                 |
| 196         | Stefan Schmitz        | Heimat und Kulturverein Breid e.V. | 181         | 0:58:09     | M50        | 26                  | 172                 |
| 197         | Klaus Rather          |                                    | 329         | 0:58:15     | M55        | 13                  | 173                 |
| 198         | Klaus Poppe           | Wanderfreunde Schöppe              | 188         | 0:58:18     | M45        | 35                  | 174                 |
| 199         | Lukas Müller          | TuS Birk                           | 234         | 0:58:20     | MSB        | 3                   | 175                 |
| 200         | Werner Kermelk        | LAZ Puma Troisdorf/Siegburg        | 45          | 0:58:21     | M60        | 6                   | 176                 |
| 201         | Rosemarie Guenat      |                                    | 161         | 0:58:23     | W45        | 4                   | 25                  |
| 202         | Dorothee Schwarzroch  | TSF Krahwinkel-Breidt              | 193         | 0:58:29     | W40        | 7                   | 26                  |
| 203         | Heinz-Werner Gebhardt |                                    | 178         | 0:58:43     | M50        | 27                  | 177                 |
| 204         | Martin Lorenz         | TuS Birk                           | 159         | 0:58:49     | M45        | 36                  | 178                 |
| 205         | Brigitte Helgert      | Lauftreff TuS Meindorf             | 233         | 0:58:52     | W50        | 2                   | 27                  |
| 206         | Gabriele Hartzsch     | LT TuS Meindorf                    | 230         | 0:59:02     | W40        | 8                   | 28                  |
| 207         | Sylvia Urban          | TV Ruppichteroth                   | 46          | 0:59:07     | W50        | 3                   | 29                  |
| 208         | Oliver Hildebrandt    | LT Leidenhausen                    | 299         | 0:59:12     | M45        | 37                  | 179                 |
| 209         | Hannelore Kirschbaum  | TV 08 Lohmar                       | 80          | 0:59:21     | W50        | 4                   | 30                  |
| 210         | Jörg Becker           |                                    | 242         | 0:59:26     | M30        | 10                  | 180                 |
| 211         | Alexander Limbach     | Tus Birk                           | 217         | 0:59:27     | MSB        | 4                   | 181                 |
| 212         | Gabriele Dallmann     |                                    | 186         | 0:59:31     | W55        | 1                   | 31                  |

| <i>Rang</i> | <i>Name</i>              | <i>Verein</i>                   | <i>Stnr</i> | <i>Zeit</i> | <i>AKL</i> | <i>Rang<br/>AKL</i> | <i>Rang<br/>M/W</i> |
|-------------|--------------------------|---------------------------------|-------------|-------------|------------|---------------------|---------------------|
| 213         | Sabine Hubrig-Schaumburg | LT Hennef                       | 215         | 0:59:40     | W45        | 5                   | 32                  |
| 214         | Franz Kremer             | LT Hennef/Sieg                  | 101         | 0:59:48     | M45        | 38                  | 182                 |
| 215         | Klaus Bärtschkus         | TuS Birk                        | 64          | 0:59:50     | M65        | 3                   | 183                 |
| 216         | Heinz Raddy              |                                 | 293         | 0:59:58     | M60        | 7                   | 184                 |
| 217         | Beate Frieser            |                                 | 287         | 1:00:01     | W40        | 9                   | 33                  |
| 218         | Klaus Braukmann          | Bürgergemeinschaft Deichhaus    | 252         | 1:00:07     | M55        | 14                  | 185                 |
| 219         | Stefan Dierker           | Troisdorfer LG                  | 331         | 1:00:09     | M40        | 39                  | 186                 |
| 220         | Britta Ploether          |                                 | 334         | 1:00:13     | W45        | 6                   | 34                  |
| 221         | Holger Breidenbach       |                                 | 335         | 1:00:13     | M45        | 39                  | 187                 |
| 222         | Frank Pacholke           |                                 | 143         | 1:00:14     | M65        | 4                   | 188                 |
| 223         | Anita Alda               | TV 08 Lohmar                    | 85          | 1:00:36     | W55        | 2                   | 35                  |
| 224         | Robert Jahn              | TV 08 Lohmar                    | 83          | 1:00:37     | M40        | 40                  | 189                 |
| 225         | Heinz Selzner            |                                 | 67          | 1:00:38     | M45        | 40                  | 190                 |
| 226         | Martin Schilling         | VR Bank Rhein Sieg              | 246         | 1:00:46     | M50        | 28                  | 191                 |
| 227         | Hartmut Deifuß           |                                 | 114         | 1:00:53     | M50        | 29                  | 192                 |
| 228         | Belinda Giesen-Druse     | Troisdorfer LG                  | 248         | 1:01:05     | W35        | 5                   | 36                  |
| 229         | Christian Druse          | Troisdorfer LG                  | 247         | 1:01:06     | M40        | 41                  | 193                 |
| 230         | Dieter Schmitter         | TV 08 Lohmar                    | 88          | 1:01:07     | M50        | 30                  | 194                 |
| 231         | Angelika Teske           | Bike+Run                        | 305         | 1:01:32     | W45        | 7                   | 37                  |
| 232         | Margret Günther          | TV 08 Lohmar                    | 94          | 1:01:41     | W45        | 8                   | 38                  |
| 233         | Peter Przyklenk          |                                 | 243         | 1:01:49     | M55        | 15                  | 195                 |
| 234         | Beate Welsch             | LG Badewanne                    | 142         | 1:02:09     | W50        | 5                   | 39                  |
| 235         | Monika Knipp             | LG Badewanne                    | 302         | 1:02:09     | W35        | 6                   | 40                  |
| 236         | Florian Musiolik         | MMF                             | 268         | 1:02:15     | MJA        | 3                   | 196                 |
| 237         | Dieter Voth              | Wassersportverein Mühlheim-Ruhr | 205         | 1:02:48     | M55        | 16                  | 197                 |
| 238         | Thomas Volberg           | TV 08 Lohmar                    | 120         | 1:03:16     | M40        | 42                  | 198                 |
| 239         | Andreas Knappe           | Bürgergemeinschaft Deichhaus    | 253         | 1:03:22     | M50        | 31                  | 199                 |
| 240         | Waltraut Tepper          |                                 | 162         | 1:03:30     | W45        | 9                   | 41                  |
| 241         | Thomas Tepper            |                                 | 163         | 1:03:30     | M50        | 32                  | 200                 |
| 242         | Bernhard Tschöke         | TV 08 Lohmar                    | 82          | 1:03:32     | M65        | 5                   | 201                 |
| 243         | Klaus Salterberg         |                                 | 271         | 1:03:34     | M55        | 17                  | 202                 |
| 244         | Sabine Widmaier          | TuS Mondorf                     | 145         | 1:03:45     | W40        | 10                  | 42                  |
| 245         | Heinz Wengenmayr         |                                 | 168         | 1:03:51     | M65        | 6                   | 203                 |
| 246         | Max-Dieter Kirschbaum    | TV 08 Lohmar                    | 81          | 1:04:15     | M60        | 8                   | 204                 |
| 247         | Karl-Heinz Poppe         | Wanderfreunde Schöppe           | 187         | 1:05:27     | M50        | 33                  | 205                 |
| 248         | Sabrina Geiger           | TuS Birk                        | 198         | 1:05:41     | W40        | 11                  | 43                  |
| 249         | Beate Dierker            |                                 | 332         | 1:05:54     | W40        | 12                  | 44                  |
| 250         | Bärbel Schulze           | TV 08 Lohmar                    | 96          | 1:06:44     | W55        | 3                   | 45                  |
| 251         | Marco Maroni             | MMF                             | 267         | 1:06:50     | MJB        | 3                   | 206                 |
| 252         | Dr. Willi Maslankowski   | LT Siebengebirge                | 171         | 1:07:16     | M70        | 4                   | 207                 |
| 253         | Julia Aleksis            | TuS Birk                        | 241         | 1:07:37     | WJB        | 1                   | 46                  |
| 254         | Sandra Maske             |                                 | 175         | 1:08:24     | W35        | 7                   | 47                  |
| 255         | Heiner Küpper            | 1. FC Spich                     | 295         | 1:08:41     | M70        | 5                   | 208                 |
| 256         | Nils Bökert              | TuS Birk                        | 182         | 1:08:45     | MSD        | 1                   | 209                 |
| 257         | Boris Bökert             | TuS Birk                        | 184         | 1:08:45     | M45        | 41                  | 210                 |
| 258         | Monika Miggelbrink       |                                 | 170         | 1:08:48     | W45        | 10                  | 48                  |
| 259         | Jennifer Jurkschat       |                                 | 104         | 1:09:35     | WHK        | 5                   | 49                  |
| 260         | Andreas Hemkes           |                                 | 344         | 1:09:35     | M50        | 34                  | 211                 |
| 261         | Katja Ratte              |                                 | 156         | 1:09:37     | W35        | 8                   | 50                  |
| 262         | Karl-Heinz Jurkschat     |                                 | 103         | 1:09:37     | M50        | 35                  | 212                 |
| 263         | René Schnitzler          | Sparkasse Köln Bonn             | 123         | 1:12:15     | MHK        | 17                  | 213                 |
| 264         | Maria Roth               |                                 | 179         | 1:17:25     | WHK        | 6                   | 51                  |
| 265         | Dorothee Roth            | 1. Siegburger Judo-Club         | 180         | 1:17:25     | W55        | 4                   | 52                  |
| 266         | Dominik Quadt            | SSV Kaldauen                    | 202         | 1:20:12     | MHK        | 18                  | 214                 |