

10. Kerpener OBI-Stadtlauf am 25. April 2011

Lauf über 5 km

Männer

gedruckt 25.04.2011 16:35:40

Seite 1

| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Nettozeit | Bruttozeit | AK | Total. | Geschwindigkeit |
|--------------------------------|-----|--------------------------|--------------------------------|-----------|------------|-----|--------|-----------------|
| Altersklasse Männer M20 | | | | | | | | |
| 1 | 617 | Wagner Sebastian | TV Refrath | 0:16:24 | 0:16:26 | M20 | 2 | 3:17 min/km |
| 2 | 631 | Meurer Sebastian | Run_ by Runners Point | 0:16:56 | 0:16:57 | M20 | 3 | 3:23 min/km |
| 3 | 576 | Reuter Patrick | | 0:18:38 | 0:18:40 | M20 | 7 | 3:44 min/km |
| 4 | 622 | Becker Sven | *Köln | 0:19:28 | 0:19:30 | M20 | 11 | 3:54 min/km |
| 5 | 630 | Abts Lucas | Brühler TV 1879 | 0:19:52 | 0:19:55 | M20 | 13 | 3:59 min/km |
| 6 | 609 | Wirtz-Amling Matthias | SSK Kerpen Handball | 0:20:09 | 0:20:14 | M20 | 14 | 4:02 min/km |
| 7 | 531 | Görner Sven | TV-Alpenglühn Balkhausen | 0:21:45 | 0:21:50 | M20 | 22 | 4:21 min/km |
| 8 | 571 | Bleck Simon | Team ERDINGER Alkoholfrei | 0:22:37 | 0:22:43 | M20 | 32 | 4:32 min/km |
| 9 | 599 | Perrar Jan | *Kerpen | 0:22:39 | 0:22:44 | M20 | 33 | 4:32 min/km |
| 10 | 593 | Erbach David | VFL Longerich | 0:23:14 | 0:23:14 | M20 | 35 | 4:39 min/km |
| 11 | 518 | Nicklich Philipp | Chilled Walkers | 0:26:07 | 0:26:10 | M20 | 49 | 5:13 min/km |
| 12 | 529 | Kiwus Michael | | 0:27:33 | 0:27:43 | M20 | 56 | 5:31 min/km |
| 13 | 580 | Pham Chu-Lam | | 0:27:36 | 0:27:40 | M20 | 57 | 5:31 min/km |
| 14 | 274 | Pham Chu-Lam | *Bergheim | 0:27:36 | 0:27:40 | M20 | 58 | 5:31 min/km |
| 15 | 602 | Faßbender Marvin | Europaschule Kerpen | 0:27:52 | 0:27:56 | M20 | 60 | 5:34 min/km |
| 16 | 597 | Hopstein Sascha | *Aachen | 0:30:18 | 0:30:28 | M20 | 69 | 6:04 min/km |
| Altersklasse Männer M30 | | | | | | | | |
| 1 | 516 | Hövel Thomas | Helen Doron Early English | 0:29:34 | 0:29:44 | M30 | 65 | 5:55 min/km |
| 2 | 626 | Hand Jürgen | *Kerpen | 0:34:13 | 0:34:25 | M30 | 75 | 6:51 min/km |
| Altersklasse Männer M35 | | | | | | | | |
| 1 | 636 | Meyer Thomas | Rumelner TV | 0:17:54 | 0:17:55 | M35 | 5 | 3:35 min/km |
| 2 | 555 | Lotz Dirk-Henning | TV Refrath | 0:21:03 | 0:21:06 | M35 | 20 | 4:13 min/km |
| 3 | 540 | Kanditt Stephan | Mönchengladbacher LG | 0:21:34 | 0:21:36 | M35 | 21 | 4:19 min/km |
| 4 | 589 | Ciesielski Stefan | | 0:21:57 | 0:22:02 | M35 | 23 | 4:24 min/km |
| 5 | 629 | Zimmermann Martin | TC BW Hohen Neuendorf | 0:22:10 | 0:22:21 | M35 | 27 | 4:26 min/km |
| Altersklasse Männer M40 | | | | | | | | |
| 1 | 637 | Meyer Irek | TV Refrath | 0:17:32 | 0:17:34 | M40 | 4 | 3:31 min/km |
| 2 | 581 | Wilmes Heiko | TV Refrath | 0:18:23 | 0:18:25 | M40 | 6 | 3:41 min/km |
| 3 | 588 | Schneider Norbert | Bunert Runnung Team / TV Refra | 0:18:41 | 0:18:42 | M40 | 8 | 3:44 min/km |
| 4 | 528 | Messing Uli | LG HEIMERZHEIM | 0:20:25 | 0:20:27 | M40 | 17 | 4:05 min/km |
| 5 | 509 | Krings Bernd | | 0:27:08 | 0:27:19 | M40 | 51 | 5:26 min/km |
| 6 | 638 | Wesseln Holger | hw:events | 0:28:42 | 0:28:50 | M40 | 61 | 5:45 min/km |
| 7 | 610 | Frach Helmut | 1. Kerpener Hunnenhorde e.V. | 0:30:10 | 0:30:20 | M40 | 68 | 6:02 min/km |
| Altersklasse Männer M45 | | | | | | | | |
| 1 | 539 | Pöhler Frank | TV Refrath | 0:18:56 | 0:18:58 | M45 | 9 | 3:47 min/km |
| 2 | 632 | Jacob Michael | TV Refrath | 0:19:15 | 0:19:17 | M45 | 10 | 3:51 min/km |
| 3 | 567 | Sommershof Joachim | fit4bonn | 0:20:54 | 0:21:04 | M45 | 19 | 4:11 min/km |
| 4 | 623 | Irrgang Ralf | *Rheinbach | 0:22:04 | 0:22:14 | M45 | 25 | 4:25 min/km |
| 5 | 606 | Beyer Gerrit | *Kerpen | 0:26:19 | 0:26:24 | M45 | 50 | 5:16 min/km |
| 6 | 633 | Erken Ralf | LG Donatus | 0:27:19 | 0:27:27 | M45 | 54 | 5:28 min/km |
| 7 | 568 | Löschner Oliver | | 0:27:27 | 0:27:29 | M45 | 55 | 5:29 min/km |
| 8 | 611 | Elsner Frank | *Köln | 0:29:28 | 0:29:32 | M45 | 64 | 5:54 min/km |
| 9 | 510 | Farley - Scheidt Michael | | 0:29:41 | 0:29:50 | M45 | 66 | 5:56 min/km |

10. Kerpener OBI-Stadtlauf am 25. April 2011

Lauf über 5 km

Männer

gedruckt 25.04.2011 16:35:40

Seite 2

| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Nettozeit | Bruttozeit | AK | Total. | Geschwindigkeit |
|--------------------------------|------|----------------------|-----------------------------|-----------|------------|-----|--------|-----------------|
| Altersklasse Männer M50 | | | | | | | | |
| 1 | 556 | Thürmer Burkhard | | 0:20:22 | 0:20:25 | M50 | 16 | 4:05 min/km |
| 2 | 621 | Wiesner Holger | SC Buchenhöhe | 0:22:34 | 0:22:41 | M50 | 29 | 4:31 min/km |
| 3 | 507 | Eidens Georg | | 0:23:39 | 0:23:46 | M50 | 40 | 4:44 min/km |
| 4 | 547 | Bastian Ralf | | 0:24:01 | 0:24:04 | M50 | 44 | 4:48 min/km |
| 5 | 563 | Mülheims Laurenz | fit4bonn | 0:25:35 | 0:25:49 | M50 | 48 | 5:07 min/km |
| 6 | 525 | Schulz Wolfgang | | 0:32:36 | 0:32:47 | M50 | 74 | 6:31 min/km |
| 7 | 573 | Herrmann Klaus | Team ERDINGER Alkoholfrei | 0:38:32 | 0:38:44 | M50 | 78 | 7:42 min/km |
| Altersklasse Männer M55 | | | | | | | | |
| 1 | 624 | Peters Piet | PJG Ahrweiler | 0:22:26 | 0:22:31 | M55 | 28 | 4:29 min/km |
| 2 | 635 | Köppern Norbert | E.I.L.E | 0:23:17 | 0:23:19 | M55 | 36 | 4:40 min/km |
| 3 | 605 | Musin Konrad | *Kerpen | 0:23:23 | 0:23:26 | M55 | 37 | 4:41 min/km |
| 4 | 618 | Biesenbach Roger | LTD Köln-Dellbrück | 0:30:24 | 0:30:37 | M55 | 70 | 6:05 min/km |
| 5 | 596 | Hopstein Hans-Peter | BSG Evonik Wesseling | 0:30:27 | 0:30:36 | M55 | 71 | 6:06 min/km |
| 6 | 607 | Kirchberg Wilhelm | *Frechen | 0:37:30 | 0:37:38 | M55 | 77 | 7:30 min/km |
| Altersklasse Männer M60 | | | | | | | | |
| 1 | 613 | Kusche Jochen | Viktoria Glosch/Paffendorf | 0:23:51 | 0:23:56 | M60 | 42 | 4:46 min/km |
| 2 | 584 | Krug Wilfried | | 0:30:01 | 0:30:07 | M60 | 67 | 6:00 min/km |
| Altersklasse Männer M65 | | | | | | | | |
| 1 | 625 | De Raad Helmut | TUS Arloff Kirsp. | 0:23:31 | 0:23:37 | M65 | 39 | 4:42 min/km |
| 2 | 603 | Stiehl Hand Detlev | LT Kerpen | 0:27:09 | 0:27:15 | M65 | 52 | 5:26 min/km |
| 3 | 598 | Hofmann Manfred | RSC K Kerpen | 0:27:40 | 0:27:46 | M65 | 59 | 5:32 min/km |
| 4 | 537 | Hünseler Hans | Marathon Freunde Köln-Ensen | 0:41:57 | 0:42:09 | M65 | 79 | 8:24 min/km |
| Altersklasse Männer M75 | | | | | | | | |
| 1 | 601 | Meyer Adi | *Brühl | 0:36:40 | 0:36:47 | M75 | 76 | 7:20 min/km |
| 2 | 582 | Valbert Josef | TV Balkausen | 0:43:05 | 0:43:15 | M75 | 80 | 8:37 min/km |
| Altersklasse Männer MJA | | | | | | | | |
| 1 | 1207 | Wortelkamp Robin | LAV Oberhausen | 0:16:17 | 0:16:18 | MJA | 1 | 3:16 min/km |
| 2 | 608 | Klein Kevin | Blau-Weiß-Kerpen | 0:19:49 | 0:19:53 | MJA | 12 | 3:58 min/km |
| 3 | 536 | Sauer Fabian | Gymnasium Kerpen | 0:22:02 | 0:22:05 | MJA | 24 | 4:24 min/km |
| 4 | 592 | Krychowski Sebastian | LAV Habelrath-Grefrath | 0:22:07 | 0:22:09 | MJA | 26 | 4:25 min/km |
| 5 | 575 | Furio Richard | Gymnasium Kerpen 12.3 | 0:22:36 | 0:22:38 | MJA | 31 | 4:31 min/km |
| 6 | 1208 | Kurten Maurice | Europaschule Kerpen | 0:23:24 | 0:23:25 | MJA | 38 | 4:41 min/km |
| 7 | 541 | Berger Julian | TV-Blatzheim | 0:23:44 | 0:23:48 | MJA | 41 | 4:45 min/km |
| 8 | 532 | Gessert Sebastian | TV-Alpenglühn Balkhausen | 0:24:13 | 0:24:18 | MJA | 45 | 4:51 min/km |
| 9 | 504 | Ahlborn Hendrik | fit4bonn | 0:27:10 | 0:27:23 | MJA | 53 | 5:26 min/km |
| Altersklasse Männer MJB | | | | | | | | |
| 1 | 590 | Olschowsky Jan Jakob | DJK Kleinenbroich | 0:20:13 | 0:20:16 | MJB | 15 | 4:03 min/km |
| 2 | 545 | Ricciardi Roberto | ASV Köln | 0:20:51 | 0:20:53 | MJB | 18 | 4:10 min/km |
| 3 | 578 | Morawe Jean Cederic | LC Euskirchen | 0:22:35 | 0:22:37 | MJB | 30 | 4:31 min/km |
| 4 | 557 | Kramer David | | 0:22:56 | 0:23:01 | MJB | 34 | 4:35 min/km |
| 5 | 534 | Fischer Dominik | TV-Alpenglühn Balkhausen | 0:23:54 | 0:23:59 | MJB | 43 | 4:47 min/km |
| 6 | 508 | Müller Lars | Chilled Walkers | 0:24:31 | 0:24:34 | MJB | 46 | 4:54 min/km |
| 7 | 558 | Kramer Kilian | | 0:25:31 | 0:25:36 | MJB | 47 | 5:06 min/km |
| 8 | 520 | Ebeler Lucas | ErftRunners | 0:31:34 | 0:31:41 | MJB | 73 | 6:19 min/km |

10. Kerpener OBI-Stadtlauf am 25. April 2011

Lauf über 5 km

Frauen

gedruckt 25.04.2011 16:35:40

Seite 3

| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Nettozeit | Bruttozeit | AK | Total. | Geschwindigkeit |
|--------------------------------|------|------------------------|-----------------------------|-----------|------------|-----|--------|-----------------|
| Altersklasse Frauen W20 | | | | | | | | |
| 1 | 542 | Thuerer Heidi | LT DSHS Köln | 0:19:25 | 0:19:26 | W20 | 1 | 3:53 min/km |
| 2 | 1211 | Verheyen Barbara | Rumelner TV | 0:23:59 | 0:24:02 | W20 | 6 | 4:48 min/km |
| 3 | 600 | Musik Martina | LMU München | 0:37:42 | 0:37:47 | W20 | 38 | 7:32 min/km |
| 4 | 521 | Wiedenhöfer Gabi | LG Donatus Erfstadt | 0:38:12 | 0:38:20 | W20 | 41 | 7:38 min/km |
| Altersklasse Frauen W30 | | | | | | | | |
| 1 | 511 | Farley Tanja | LG Donatus Erfstadt | 0:34:22 | 0:34:30 | W30 | 32 | 6:52 min/km |
| 2 | 550 | Michel Melanie | Rhein-Erft Akademie | 0:35:49 | 0:35:55 | W30 | 35 | 7:10 min/km |
| 3 | 505 | Rinke Sandra | | 0:37:15 | 0:37:19 | W30 | 37 | 7:27 min/km |
| 4 | 523 | Fuß Monika | LG Donatus Erfstadt | 0:38:13 | 0:38:20 | W30 | 42 | 7:39 min/km |
| Altersklasse Frauen W35 | | | | | | | | |
| 1 | 627 | Basinski Jolanta | TV Refrath | 0:21:30 | 0:21:33 | W35 | 2 | 4:18 min/km |
| 2 | 585 | Sonannini Barbara | | 0:29:55 | 0:30:01 | W35 | 17 | 5:59 min/km |
| 3 | 586 | Abts Nicole | | 0:29:58 | 0:30:03 | W35 | 19 | 5:60 min/km |
| 4 | 615 | Harder Sylvia | *Elsdorf | 0:34:13 | 0:34:25 | W35 | 31 | 6:51 min/km |
| 5 | 551 | Sandt Daniela | Rhein-Erft Akademie | 0:35:50 | 0:35:55 | W35 | 36 | 7:10 min/km |
| Altersklasse Frauen W40 | | | | | | | | |
| 1 | 619 | Pohl Vera | LC Jugend 07 Bergeheim | 0:23:21 | 0:23:29 | W40 | 4 | 4:40 min/km |
| 2 | 591 | Olschowsky Anke | Ausdauerschule Bunert | 0:26:21 | 0:26:24 | W40 | 11 | 5:16 min/km |
| 3 | 514 | Littmann Petra | Helen Doron Early English | 0:29:16 | 0:29:25 | W40 | 15 | 5:51 min/km |
| 4 | 506 | Eidens Birgit | | 0:29:31 | 0:29:38 | W40 | 16 | 5:54 min/km |
| 5 | 526 | Becker Petra | Impuls-Lauftreff Kerpen | 0:31:30 | 0:31:39 | W40 | 23 | 6:18 min/km |
| 6 | 515 | Hoßdorf Susanne | Helen Doron Early English | 0:34:04 | 0:34:14 | W40 | 30 | 6:49 min/km |
| 7 | 517 | Franck Tanja | LG Donatus Erstadt | 0:34:23 | 0:34:30 | W40 | 33 | 6:53 min/km |
| Altersklasse Frauen W45 | | | | | | | | |
| 1 | 634 | Köppern Antje | E.I.L.E | 0:23:51 | 0:23:53 | W45 | 5 | 4:46 min/km |
| 2 | 566 | Wald Ilona | fit4bonn | 0:25:32 | 0:25:43 | W45 | 8 | 5:06 min/km |
| 3 | 565 | Ahlborn Annette | fit4bonn | 0:27:14 | 0:27:26 | W45 | 13 | 5:27 min/km |
| 4 | 527 | Pinner Elvira | Impuls-Lauftreff Kerpen | 0:30:17 | 0:30:26 | W45 | 20 | 6:04 min/km |
| 5 | 543 | Wedowski Angelika | LG Donatus Erfstadt | 0:37:51 | 0:37:58 | W45 | 40 | 7:34 min/km |
| Altersklasse Frauen W50 | | | | | | | | |
| 1 | 628 | Kisters-Woike Brigitte | *Erfstadt | 0:25:40 | 0:25:47 | W50 | 9 | 5:08 min/km |
| 2 | 577 | Mayer Beate | | 0:26:58 | 0:27:03 | W50 | 12 | 5:24 min/km |
| 3 | 614 | Engels Gaby | Sportparc Balance Laufteam | 0:30:34 | 0:30:46 | W50 | 22 | 6:07 min/km |
| 4 | 620 | Heller Gabriele | Impuls-Lauftreff Kerpen | 0:31:31 | 0:31:40 | W50 | 24 | 6:18 min/km |
| 5 | 544 | Görges Gabriele | | 0:41:05 | 0:41:12 | W50 | 43 | 8:13 min/km |
| 6 | 572 | Schultheiß Eveline | Team ERDINGER Alkoholfrei | 0:44:01 | 0:44:12 | W50 | 45 | 8:48 min/km |
| Altersklasse Frauen W55 | | | | | | | | |
| 1 | 594 | Ravenstein Regina | Implus Kerpen | 0:32:20 | 0:32:28 | W55 | 27 | 6:28 min/km |
| 2 | 524 | Inden Ulrike | LG Donatus Erfstadt | 0:35:10 | 0:35:16 | W55 | 34 | 7:02 min/km |
| Altersklasse Frauen W60 | | | | | | | | |
| 1 | 522 | Plasa Uta | LT Baar | 0:31:59 | 0:32:07 | W60 | 26 | 6:24 min/km |
| 2 | 604 | Stiehl Brigitte | LT Kerpen | 0:32:45 | 0:32:53 | W60 | 28 | 6:33 min/km |
| 3 | 583 | Engels Kathy | ACE | 0:37:46 | 0:37:54 | W60 | 39 | 7:33 min/km |
| 4 | 530 | Hünseler Heidi | Marathon Freunde Köln-Ensen | 0:41:53 | 0:42:05 | W60 | 44 | 8:23 min/km |

10. Kerpener OBI-Stadtlauf am 25. April 2011

Lauf über 5 km

Frauen

gedruckt 25.04.2011 16:35:40

Seite 4

| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Nettozeit | Bruttozeit | AK | Total. | Geschwindigkeit |
|--------------------------------|-----|---------------------|--------------------------|-----------|------------|-----|--------|-----------------|
| Altersklasse Frauen W65 | | | | | | | | |
| 1 | 554 | Wilczek Eva | BSG Hilden | 0:33:24 | 0:33:33 | W65 | 29 | 6:41 min/km |
| Altersklasse Frauen WJA | | | | | | | | |
| 1 | 535 | Kolbeck Kim | Lk Kerpen | 0:25:09 | 0:25:16 | WJA | 7 | 5:02 min/km |
| 2 | 546 | Bastian Sabrina | | 0:26:19 | 0:26:23 | WJA | 10 | 5:16 min/km |
| 3 | 538 | Kalscheuer Simone | | 0:27:34 | 0:27:38 | WJA | 14 | 5:31 min/km |
| 4 | 552 | Commer Anna | TV-Alpenglühn Balkhausen | 0:29:57 | 0:30:03 | WJA | 18 | 5:59 min/km |
| 5 | 579 | Morawe Pia Mercedes | LC Weilerswist | 0:30:24 | 0:30:27 | WJA | 21 | 6:05 min/km |
| Altersklasse Frauen WJB | | | | | | | | |
| 1 | 560 | Gudermann Nele | ASV Köln | 0:22:36 | 0:22:42 | WJB | 3 | 4:31 min/km |
| 2 | 519 | Ebeler Anna-Lena | ErftRunners | 0:31:54 | 0:32:01 | WJB | 25 | 6:23 min/km |