

# 10km - Gesamtwertung

# 6. Bickendorfer Büdchenlauf - 30.09.2012

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	1104	Johnstone Nikki		0:34:29	0:34:30	1	MHK	84	07:55 08:50 08:53 08:49
2	1116	Wegrzyk Marc	PSV Bonn Triathlon	0:35:17	0:35:20	2	MHK	90	07:54 08:58 09:13 09:10
3	1327	Schommers Lukas	Laufmonster	0:35:19	0:35:19	1	MJA	93	07:57 08:57 09:14 09:08
4	2140	Zimmermann Jan	LT DSHS Köln	0:36:37	0:36:39	1	M30	82	08:16 09:32 09:43 09:04
5	463	Hain Matthias	Titty Twister-Köln	0:36:50	0:36:51	1	M35	76	08:17 09:25 09:41 09:25
6	1992	Heidenreich PROF Axel	Urologische Uniklinik Aachen	0:36:57	0:36:59	1	M45	64	08:15 09:26 09:41 09:34
7	1215	Heimann Göрге	Trifun	0:37:27	0:37:28	1	M40	68	08:23 09:36 09:48 09:38
8	1321	Gröppel Till	Pulheimer SC	0:37:35	0:37:38	2	M30	82	08:56 09:55 09:16 09:27
9	1381	Kurth Jürgen	Pulheimer SC	0:37:55	0:37:56	2	M45	63	08:15 09:46 09:59 09:53
10	101	Poischen Thomas	BSG RheinEnergie	0:37:55	0:37:58	2	M40	70	08:44 09:45 09:46 09:38
11	266	Arenz Jens	Team C	0:38:19	0:38:23	3	M40	69	09:05 09:47 09:43 09:43
12	438	Glässer Harald	Leibniz Gymnasium Dormagen	0:38:22	0:38:25	4	M40	68	08:58 09:49 09:52 09:42
13	956	Sohni Thorsten	LLG St. Augustin	0:38:36	0:38:39	5	M40	69	08:57 09:55 09:54 09:48
14	381	Dudley Richard-James	*Köln	0:38:50	0:38:51	1	M50	61	09:01 09:54 09:57 09:56
15	1287	Muscati Fares	*Köln	0:39:06	0:39:08	2	M50	62	09:01 09:55 10:04 10:05
16	1297	Kruse Stephan	TV Refrath	0:39:56	0:40:02	6	M40	71	09:28 10:11 10:13 10:02
17	445	Gossling Reinhard	*Köln	0:39:57	0:40:01	7	M40	72	09:22 10:13 10:16 10:03
18	550	Klaes Sascha	DER RECHER JUNG	0:40:19	0:40:23	2	M35	75	08:56 10:11 10:46 10:24
19	509	Husemann Georg	*Köln	0:40:26	0:40:31	8	M40	68	09:12 10:15 10:31 10:28
20	969	Schmitz Markus	Leibniz Gymnasium Dormagen	0:41:13	0:41:16	3	M35	73	09:46 10:29 10:30 10:26
21	470	Harzheim Oliver	TSV Bayer Dormagen	0:41:31	0:41:35	9	M40	70	09:25 10:43 10:46 10:35
22	414	Freischlad Markus	*Bonn	0:41:37	0:41:53	3	M30	80	09:32 10:34 10:52 10:37
23	651	Messing DR Lars	*Bonn	0:41:38	0:41:40	4	M30	81	09:00 10:24 10:59 11:12
24	1119	Kulej Lukas		0:41:40	0:41:54	3	MHK	86	09:15 10:25 10:55 11:04
25	1121	Heidemeier Jorris		0:41:41	0:41:54	4	MHK	87	09:15 10:25 10:56 11:03
26	1307	Zarges Max	Schnupper mal in Wuppertal	0:42:00	0:42:08	4	M35	76	09:05 10:45 11:01 11:07
27	1335	Werner Mario	SUPER MARIO 72	0:42:02	0:42:05	10	M40	72	09:48 10:42 10:49 10:41
28	1216	Boksch Michael	LLG Köln Nord	0:42:17	0:42:23	3	M50	58	09:43 10:42 11:07 10:43
29	665	Mülling Holger	*Köln	0:42:34	0:42:38	5	M35	75	09:24 10:45 11:10 11:14
30	591	Kunkel Michael	*Bergisch Gladbach	0:42:45	0:43:07	5	M30	79	10:00 10:51 11:05 10:49
31	933	Reichling Volker	*Köln	0:42:46	0:42:51	6	M30	79	10:10 10:59 10:53 10:43
32	920	Würtz Olaf	LLG 80 Nordpark Köln	0:42:57	0:43:03	6	M35	73	09:37 10:54 11:17 11:07
33	1354	Fiegert Marcel	TV Dellbrück	0:43:03	0:43:23	1	MJB	96	10:05 10:35 11:09 11:12
34	443	Gollan Michael	*Pulheim	0:43:18	0:43:33	7	M30	81	09:40 10:47 11:25 11:25
35	494	Hippe PROF Karsten	Team Erdinger Alkoholfrei	0:43:41	0:43:49	7	M35	73	10:00 11:06 11:21 11:13
36	459	Haak Carsten	*Zülpich	0:43:44	0:44:03	2	MJA	94	10:36 10:55 11:06 11:06
37	914	Wölm Lars	DJK LC Vettweiß	0:43:45	0:43:57	8	M30	79	09:42 11:18 11:21 11:22
38	831	Stula Sebastian	Laufrausch Köln	0:43:56	0:44:03	9	M30	79	09:33 11:23 11:35 11:23
39	865	Vianden Wolfgang	*Köln	0:44:06	0:44:11	3	M45	65	09:31 11:12 11:35 11:46
40	1126	Keck Michael	TV Refratg	0:44:08	0:44:15	4	M50	61	09:49 11:16 11:32 11:29
41	883	Wassong Thomas	Sparkasse KölnBonn	0:44:09	0:44:17	4	M45	64	10:03 11:09 11:28 11:27
42	485	Hering Sven	*Bonn	0:44:10	0:44:25	10	M30	81	10:18 11:23 11:29 10:59
43	0	unbekannt DY5Z93A		0:44:13	0:44:13	5	MHK		10:10 11:06 11:27 11:29
44	687	Peters Joachim	Blitz Brothers	0:44:20	0:44:23	8	M35	74	09:31 12:18 11:31 10:58
45	840	Tessmer Uwe	*Köln	0:44:21	0:44:35	11	M40	68	09:53 11:27 11:35 11:24
46	814	Smirnoff Stephan	*Köln	0:44:23	0:44:34	6	MHK	88	10:07 11:11 11:40 11:24
47	611	Lindenmann Paul	*Bonn	0:44:26	0:44:40	5	M50	60	10:12 11:18 11:33 11:22
48	542	Keldenich Martin	DJK LC Vettweiß	0:44:32	0:44:44	11	M30	80	09:42 11:17 11:44 11:47
49	0	unbekannt HT2XZ4N		0:44:35	0:44:35	7	MHK		10:18 11:11 11:41 11:24
50	546	Kiechle Thomas	*Köln	0:44:41	0:44:43	12	M30	79	10:15 11:45 11:59 10:41
51	1392	Magnus Stephan	Krüger Running Team	0:44:46	0:45:13	6	M50	62	10:28 11:21 11:28 11:28
52	343	Butscheid Sebastian	*Köln	0:44:52	0:45:08	13	M30	81	10:13 11:26 11:52 11:20
53	286	Becker Michael	*Leverkusen	0:44:59	0:45:12	12	M40	68	10:08 11:30 11:47 11:33
54	756	Scheible Peter	*Köln	0:45:01	0:45:08	13	M40	71	10:27 11:33 11:45 11:14
55	316	Borowski Sven	*Köln	0:45:05	0:45:37	14	M40	71	10:43 11:41 11:34 11:06
56	512	Iwanek Sebastian	Verlag M.DuMont Schauberg	0:45:06	0:45:14	14	M30	78	10:23 11:29 11:47 11:25
57	1246	Zimmermann Jakob	TVB 09 Berlin	0:45:08	0:45:40	9	M35	74	09:54 11:13 11:57 12:02
58	881	Waßerka Boris	*Köln	0:45:12	0:45:24	5	M45	64	10:32 11:24 11:37 11:37
59	992	Claessen Jens	ALBIS Lauffreff	0:45:14	0:45:29	6	M45	67	10:52 11:33 11:40 11:08
60	844	Thiehoff Oliver	*Köln	0:45:16	0:45:57	15	M40	71	10:41 11:24 11:39 11:31

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## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	1325	Durst Andreas	Bundeswehr	0:45:17	0:45:42	7	M45	66	10:46	11:36	11:37	11:17	
62	885	Wawrzyniak Jakob	*Köln	0:45:18	0:45:21	15	M30	80	10:14	11:45	12:00	11:18	
63	774	Schmitz Helmut	Kempen	0:45:26	0:45:34	1	M55	53	10:19	11:31	11:48	11:46	
64	792	Schultheiß Volker	Team Erdinger Alkoholfrei	0:45:27	0:45:38	2	M55	56	10:27	11:34	11:46	11:38	
65	867	Volkmer Dominik	Kreissparkasse Brauweiler	0:45:28	0:45:52	8	MHK	91	10:44	11:37	11:44	11:22	
66	389	Eisermann Stephan	Team Erdinger Alkoholfrei	0:45:38	0:45:44	8	M45	66	10:15	11:37	11:52	11:52	
67	1100	Reitz Thommi		0:45:46	0:46:43	9	MHK		10:59	11:41	11:45	11:20	
68	869	Von Kuk Marc	*Köln	0:45:51	0:46:36	16	M40	69	12:01	12:16	11:31	10:01	
69	592	Kupke Uwe	*Köln	0:45:56	0:46:12	9	M45	66	10:47	11:46	11:47	11:35	
70	702	Rabbe Jens	*Köln	0:46:13	0:46:29	17	M40	70	10:35	11:45	11:57	11:55	
71	1118	Unruh Dr. Georg	*Neuss	0:46:19	0:46:31	7	M50	62	10:52	11:57	12:02	11:27	
72	350	Cremer Jürgen	FC Deutsche Post	0:46:22	0:46:28	8	M50	62	10:57	11:41	11:49	11:53	
73	291	Berekoven Martin	Triabolos Hamburg e.V.	0:46:29	0:46:44	18	M40	68	09:53	11:40	12:37	12:17	
74	518	Jauk Alexander	DJK Roland Köln-West	0:46:30	0:46:46	10	M35	76	10:49	11:49	12:10	11:40	
75	471	Hatef Stefan	LT Café El-Mar	0:46:30	0:46:37	10	M45	67	10:40	11:47	12:04	11:58	
76	998	Wiegand Jörg		0:46:31	0:47:04	19	M40	70	11:25	11:55	11:48	11:21	
77	421	Fröhling Philipp	*Köln	0:46:32	0:47:02	16	M30	80	11:00	12:05	12:04	11:22	
78	856	Urbschat Dennis	*Bergisch Gladbach	0:46:36	0:46:58	17	M30	82	10:13	11:52	12:17	12:12	
79	945	Rayermann Andreas	Equipe Kölsche Klüngel -	0:46:37	0:46:44	11	M45	63	10:19	12:07	12:05	12:05	
80	1129	Roth Dr. Edwin	LG DUV	0:46:42	0:46:45	3	M55	53	10:29	11:55	12:04	12:12	
81	664	Müller DR Stephan	*Pulheim	0:46:44	0:46:53	20	M40	72	10:18	12:07	12:19	11:59	
82	284	Becker Andreas	*Leichlingen	0:46:46	0:47:00	21	M40	70	10:27	12:06	12:11	12:00	
83	495	Hippler Frank	Laufftreff Decksteiner Weiher	0:46:47	0:46:54	12	M45	63	10:23	12:08	12:03	12:10	
84	612	Linnenbrink Benedikt	*Düsseldorf	0:46:49	0:47:41	10	MHK	83	11:08	12:05	11:53	11:42	
85	678	Osbah Sven	*Köln	0:46:49	0:47:00	13	M45	66	10:29	11:59	12:12	12:08	
86	1355	Fiegert Frank	Team Erdinger Alkoholfrei	0:46:50	0:47:07	22	M40	71	10:33	11:48	12:10	12:18	
87	1285	Weber Werner		0:46:53	0:46:59	4	M55	56	10:35	12:06	12:19	11:51	
88	728	Rohde Christoph	*Mainz	0:46:54	0:47:04	11	M35	77	10:58	12:01	12:01	11:52	
89	453	Grüne Moritz Niklas	*Köln	0:46:54	0:47:18	2	MJB	97	10:55	11:58	12:14	11:46	
90	423	Frömberg Robin	*Köln	0:46:55	0:47:18	3	MJB	98	10:56	11:58	12:15	11:45	
91	265	Ansari Arash	*Köln	0:46:56	0:47:08	12	M35	73	09:58	11:58	12:36	12:23	
92	514	Janke Jens	SC Germania Reusrath	0:47:03	0:47:22	18	M30	82	10:24	11:28	12:31	12:39	
93	709	Reckmann Ulrich	*Köln	0:47:10	0:47:35	23	M40	72	10:54	11:52	12:18	12:05	
94	846	Thielen Christoph	Quäl Dich Du Sau e.V.	0:47:14	0:47:45	19	M30	79	11:00	12:13	12:06	11:54	
95	1074	Vütt Georg	1. Snowboardclub Köln e.V.	0:47:17	0:47:25	14	M45	67	10:22	12:01	12:19	12:33	
96	723	Ripp Dieter	VTC Köln	0:47:28	0:47:36	5	M55	56	10:54	12:08	12:12	12:12	
97	663	Müller Klaus	LT Foto Team	0:47:28	0:48:07	9	M50	60	11:20	12:00	11:58	12:08	
98	1255	Schumacher Matthias		0:47:29	0:47:44	11	MHK	83	11:11	12:17	12:08	11:52	
99	1042	Löpki Dirk		0:47:35	0:47:46	15	M45	63	10:56	12:17	12:21	12:00	
100	1298	Scholz Markus		0:47:42	0:48:25	24	M40	71	10:12	12:30	12:35	12:24	
101	2141	Effers Hans	TPSK	0:47:51	0:47:58	6	M55	56	10:17	12:03	12:28	13:02	
102	798	Schwind Normqn	Team Speiche	0:48:13	0:48:35	13	M35	76	11:17	12:26	12:29	12:00	
103	464	Halbach Jochen	LCK Wuppertal-Ronsdorf	0:48:21	0:48:50	25	M40	72	11:25	12:18	12:21	12:16	
104	1115	Krause Jürgen	Team Dologiet	0:48:34	0:49:07	7	M55	57	11:41	12:21	12:16	12:15	
105	754	Schäffer Moritz	*Köln	0:48:44	0:49:03	12	MHK	88	11:21	12:15	12:28	12:39	
106	820	Spörk Konstantin	SV GW Brauweiler	0:48:46	0:49:12	4	MJB	02	11:27	12:57	12:35	11:46	
107	1	Achten Bernhard	Kölner Narrenzunft	0:48:46	0:48:56	10	M50	59	10:59	12:23	12:44	12:39	
108	369	Dietrich Carsten	*Köln	0:48:53	0:49:31	14	M35	74	11:49	12:56	12:35	11:32	
109	1288	Hastenrath Paul-Josef	Dauerlaufschule Köln	0:48:56	0:49:24	8	M55	56	11:12	12:32	12:39	12:32	
110	845	Thiele Joerg	*Köln	0:48:57	0:49:30	26	M40	70	12:11	12:52	12:14	11:39	
111	965	Streb Andreas	*Kerpen	0:48:59	0:49:51	27	M40	70	11:47	12:29	12:32	12:09	
112	1376	Thies Hans-Henning	Uni Wuppertal	0:48:59	0:49:47	20	M30	80	12:44	12:33	12:22	11:19	
113	617	Loewer Ralf	FFT EDAG	0:49:04	0:49:26	16	M45	65	12:22	12:45	12:20	11:35	
114	629	Lückerath Lukas	*Lohmar	0:49:11	0:49:48	13	MHK	84	11:41	12:35	12:34	12:19	
115	1361	Milz Ralf	Tanzbar Köln	0:49:13	0:49:20	11	M50	61	12:18	12:35	12:27	11:52	
116	1067	Zito Guiseppe		0:49:15	0:49:25	15	M35	74	10:24	12:44	13:14	12:51	
117	1076	Lorenz Marcus	MJL e.V.	0:49:25	0:50:25	16	M35	74	12:07	12:30	12:38	12:09	
118	911	Schmidt Michael	Das Lager GmbH	0:49:27	0:49:49	17	M45	64	11:04	12:19	13:16	12:47	
119	1003	Schmidthals Björn		0:49:33	0:50:18	17	M35	73	12:00	12:17	12:35	12:40	
120	287	Becker Reinhard	*Kreuztal	0:49:39	0:50:07	12	M50	60	11:18	12:44	13:02	12:34	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	931	Zyzik Gunna	/	0:49:42	0:50:21	28	M40	70	11:19	12:29	12:35	13:18	
122	603	Ledertheil-Gerriets Ralf	*Langenfeld	0:49:43	0:50:16	18	M45	65	11:42	12:35	12:47	12:37	
123	7	Draga Richard	Schwemmbotz-Productions	0:49:45	0:50:19	19	M45	64	11:27	12:34	12:57	12:45	
124	322	Breuer Heiko	*Köln	0:49:49	0:50:40	29	M40	69	12:01	12:35	12:44	12:27	
125	1407	Arenz Dirk	*Köln	0:49:52	0:50:24	30	M40	68	10:59	12:27	13:07	13:17	
126	1384	Genz Jürgen		0:49:54	0:50:15	9	M55	55	11:52	12:48	12:45	12:28	
127	454	Grüne Rainer	*Köln	0:49:55	0:50:17	20	M45	67	10:47	12:23	13:37	13:06	
128	1284	Wingen Ralf		0:49:55	0:50:17	21	M45	64	11:49	12:51	12:46	12:28	
129	638	Malcus Gernot	*Köln	0:50:02	0:50:14	18	M35	74	11:13	12:52	13:09	12:46	
130	331	Brüßelbach Peter	*Hürth	0:50:03	0:50:42	19	M35	73	12:24	12:53	12:33	12:12	
131	531	Kamp Christoph	Kreissparkasse Brauweiler	0:50:06	0:50:29	20	M35	77	11:41	13:16	12:42	12:25	
132	455	Gruneberg DR Ralf	BSG Köln	0:50:14	0:50:33	22	M45	64	11:33	12:59	13:01	12:40	
132	345	Christ Carsten	*Frechen	0:50:14	0:50:24	22	M45	67	10:57	12:57	13:21	12:58	
134	388	Eggert Henning	*Köln	0:50:17	0:50:56	21	M35	77	11:37	12:53	13:06	12:39	
135	298	Bertels Simon	TuS Gildehaus	0:50:21	0:50:54	14	MHK	84	11:40	12:39	13:08	12:52	
136	1233	Kurte Sörg	Connection Chor	0:50:24	0:51:16	13	M50	62	12:02	12:47	12:55	12:39	
137	739	Roth Uwe	*Köln	0:50:29	0:51:06	31	M40	70	11:40	12:58	13:10	12:40	
138	353	Daiber DR Klaus	Freunde Haus Schwan	0:50:36	0:50:43	24	M45	65	10:56	12:53	13:34	13:12	
139	1377	Mathis Peter	Taka-Tuka	0:50:37	0:51:24	32	M40	69	12:44	12:33	12:47	12:32	
140	440	Gloux Yvan	*Köln	0:50:39	0:51:15	14	M50	61	11:38	12:55	13:11	12:53	
141	816	Soujon Marcel	Albislauftreff	0:50:45	0:51:00	15	MHK	90	11:44	12:59	13:07	12:55	
142	501	Hohn Bernd	Knickfööss Köln	0:50:46	0:51:03	33	M40	70	11:32	13:00	13:23	12:49	
143	715	Rhein Thomas	*Köln	0:50:47	0:51:18	25	M45	66	12:00	13:15	13:07	12:24	
144	893	Weise Friedemann	Rondellchen	0:50:53	0:51:00	22	M35	73	11:12	12:58	13:27	13:15	
145	752	Schaack Martin	*Köln	0:50:58	0:51:03	15	M50	62	11:25	13:11	13:10	13:11	
146	634	Magnus Detlef-Alexander	Komet-Delia	0:51:05	0:51:18	34	M40	71	11:03	12:56	14:17	12:46	
147	570	Kolibal Sven	*Bonn	0:51:05	0:51:41	26	M45	67	12:04	12:38	13:12	13:09	
148	0	unbekannt DY647P7		0:51:10	0:51:10	16	MHK		13:20	12:42	13:10	11:56	
149	718	Richter Niklas	*Köln	0:51:11	0:51:54	21	M30	80	12:21	13:06	12:44	13:00	
150	1242	Romboy Wolfgang	Colonia-Team	0:51:16	0:51:35	1	M65	43	11:28	13:07	13:22	13:17	
151	607	Lennartz Simon	*Nideggen	0:51:16	0:52:09	23	M35	77	12:42	13:06	13:03	12:24	
152	1959	Schorn Gerd	*Köln	0:51:20	0:51:30	16	M50	59	11:16	13:10	13:32	13:20	
153	821	Spörk DR Wolfgang	SV GW Brauweiler	0:51:22	0:51:49	27	M45	67	11:26	13:03	13:30	13:21	
153	1133	Korts Sebastian	ASV Köln	0:51:22	0:51:40	10	M55	57	11:40	13:10	13:22	13:09	
155	780	Schneider DR Markus	MACH3 Köln e.V.	0:51:26	0:52:06	22	M30	78	11:58	12:44	13:19	13:23	
156	436	Gattner Marius	*Köln	0:51:26	0:52:07	35	M40	72	11:58	12:44	13:20	13:24	
157	923	Zahren Marcus	*Köln	0:51:31	0:52:08	36	M40	69	11:24	13:11	13:42	13:13	
158	368	Dhein Georg	THC RW Bergisch Gladbach	0:51:36	0:51:53	17	M50	58	11:52	13:13	13:20	13:08	
159	20	Hau Marcus	Turbine Blüscherpark	0:51:37	0:51:45	28	M45	67	10:56	13:00	13:41	13:58	
160	1970	Kreuzer Andre	CHR	0:51:40	0:52:15	37	M40	70	11:44	12:58	13:28	13:28	
161	921	Wurda Werner	Diabetes Programm	0:51:51	0:52:58	18	M50	60	12:04	12:55	13:29	13:22	
162	825	Stein Jörg Thomas	*Berlin	0:51:51	0:51:56	29	M45	65	11:06	13:27	13:48	13:29	
163	506	Hürten Holger	Tus 07 Oberlar	0:51:52	0:52:25	38	M40	70	11:26	12:48	13:30	14:07	
164	77	Büser Michael	Team Erdinger Alkoholfrei	0:51:56	0:52:21	30	M45	65	12:05	13:22	13:20	13:07	
165	653	Metzen Benedikt	Fidele Arschkrampen	0:51:58	0:52:12	24	M35	77	11:32	13:07	13:30	13:49	
166	1137	Jäger Edgar		0:52:02	0:52:43	19	M50	58	12:25	13:09	13:23	13:04	
167	904	Wiesemann Dirk	*Köln	0:52:04	0:52:50	39	M40	72	12:00	12:17	13:24	14:22	
167	1311	Hambloch Christoph	*Köln	0:52:04	0:52:20	31	M45	64	11:46	13:05	13:34	13:37	
169	807	Senft Rüdiger	JBS	0:52:12	0:52:20	32	M45	67	11:49	13:12	13:38	13:33	
170	303	Binzen Martin	*Köln	0:52:16	0:53:12	25	M35	76	12:50	13:18	13:14	12:53	
171	1001	Schnepper Willi	Biggis Flitzer	0:52:21	0:52:24	33	M45	65	11:36	13:15	13:42	13:45	
172	1801	Reiche Hansjörg	*Köln	0:52:30	0:53:07	20	M50	60	11:55	13:24	13:38	13:32	
173	858	Van Assel Louis	*Köln	0:52:36	0:52:42	5	MJB	98	10:20	12:28	14:13	15:34	
174	1333	Belhady Djemai	Boshiela	0:52:36	0:52:39	2	M65	44	11:50	13:14	13:59	13:33	
175	703	Radeke Stefan	*Köln	0:52:39	0:53:03	40	M40	71	12:26	13:33	13:29	13:10	
176	644	Matthes Jens	*Köln	0:52:42	0:53:37	26	M35	77	12:32	13:15	13:36	13:16	
177	1247	Steiling Dirk		0:52:47	0:53:06	41	M40	68	12:41	13:30	13:21	13:14	
178	640	Manderscheid Andreas	SC Germania Reusrath	0:52:49	0:53:08	23	M30	81	11:54	13:51	13:41	13:22	
179	696	Pollmann Bernd	Ich gebe niemals auf	0:52:50	0:53:51	34	M45	65	12:37	13:33	13:29	13:10	
180	1087	Jost Hans-Werner	TuS Birk	0:52:53	0:53:48	11	M55	54	12:28	13:02	13:46	13:36	

# 10km - Gesamtwertung

# 6. Bickendorfer Büdchenlauf - 30.09.2012

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	737	Rosso Mario	IPK	0:52:56	0:53:42	21	M50	60	13:19	13:16	13:25	12:55	
182	1124	Steil Wolfgang		0:52:57	0:53:18	1	M60	50	12:19	13:33	13:38	13:27	
183	372	Dirksmeyer Wolfgang	*Köln	0:53:00	0:53:43	42	M40	68	12:43	13:04	13:44	13:28	
184	267	Aschenbrenner Markus	*Köln	0:53:03	0:53:45	24	M30	78	12:43	13:05	13:44	13:29	
185	0	unbekannt KX8XZ6K		0:53:07	0:53:07	17	MHK		12:59	13:30	13:21	13:15	
186	924	Zech Thilo	*Köln	0:53:08	0:53:39	35	M45	66	12:27	13:22	13:39	13:38	
187	507	Hütt Stephan	*Köln	0:53:09	0:53:38	43	M40	70	13:11	13:32	13:19	13:05	
188	817	Sowa Marco	*Köln	0:53:11	0:54:05	27	M35	74	12:39	13:27	13:40	13:23	
189	733	Ropertz Denis	*Köln	0:53:14	0:54:03	25	M30	81	12:38	13:32	13:46	13:16	
190	779	Schneider Helmut	Kölner Narren-Zunft	0:53:16	0:53:26	36	M45	66	11:19	13:24	13:45	14:47	
191	795	Schwarzfeld Guido	*Köln	0:53:20	0:53:49	37	M45	63	13:13	13:44	13:31	12:51	
192	329	Brozio-Läseke Brecht	Brunnenkinder e.V.	0:53:23	0:53:45	22	M50	61	11:20	13:17	14:06	14:38	
193	510	Ilius Mario	*Bonn	0:53:23	0:53:35	38	M45	63	12:28	13:29	13:40	13:45	
194	73	Zuper Dirk	*Köln	0:53:28	0:54:18	28	M35	73	13:40	13:45	13:21	12:41	
195	997	Gering Jürgen		0:53:35	0:54:09	23	M50	62	12:12	13:38	14:04	13:41	
196	1245	Krohm Klaus		0:53:36	0:53:59	39	M45	64	12:11	13:42	14:02	13:40	
197	28	Peters Jens	*Bonn	0:53:38	0:54:43	2	M60	52	11:42	13:40	14:12	14:02	
198	1397	Spiller Otto	SG Worringen Judo	0:53:56	0:54:19	3	M65	44	12:28	13:43	13:55	13:49	
199	264	Andersen Jan	*Düren	0:54:06	0:54:27	40	M45	66	12:03	13:50	14:14	13:58	
200	552	Klein Wilfried	*Köln	0:54:07	0:55:00	41	M45	63	13:08	13:56	13:47	13:15	
201	583	Kronsbein Günter	*Köln	0:54:07	0:54:39	42	M45	65	12:28	13:39	13:59	14:00	
202	1227	Anhut Georg		0:54:13	0:54:56	29	M35	77	12:32	13:43	13:56	14:00	
203	1023	Schlling Wolfgang		0:54:13	0:54:56	43	M45	64	12:33	13:43	13:56	14:00	
204	486	Hermanns Bruno	Kreissparkasse Brauweiler	0:54:25	0:54:48	24	M50	60	11:50	13:50	14:23	14:21	
205	342	Busch Tobias	*Köln	0:54:34	0:55:18	44	M40	72	13:32	14:05	13:41	13:15	
206	1396	Schröder Olaf		0:54:39	0:55:39	45	M40	68	12:39	14:08	14:25	13:25	
207	1229	Völlmecke Thomas		0:54:39	0:55:26	44	M45	66	13:10	14:05	13:51	13:33	
208	876	Wallburg Michael	*Köln	0:54:40	0:55:35	46	M40	68	12:29	13:56	14:08	14:06	
209	1102	Holtschneider Ludger	line zwo werbeagentur GmbH	0:55:01	0:55:04	47	M40	71	11:37	13:22	14:04	15:57	
210	746	Rymus Elmar	LT Café Ei-Mar	0:55:05	0:55:45	3	M60	48	13:16	13:56	13:57	13:55	
211	743	Runzheimer Joachim	LT Café Ei-Mar	0:55:05	0:55:45	25	M50	59	13:16	13:57	13:57	13:54	
212	698	Prochotta Bart	Gelada	0:55:15	0:55:43	30	M35	77	12:46	14:12	14:25	13:51	
213	699	Pscheidt Martin	TÜV Rheinland SG	0:55:26	0:55:57	48	M40	71	13:02	14:05	14:11	14:06	
214	1251	Horbeck Uwe		0:55:28	0:56:30	31	M35	73	13:52	14:38	14:03	12:53	
215	523	John Gerd	1/2 Marathon Köln rrh	0:55:30	0:56:08	1	M70	41	12:50	14:05	14:11	14:21	
216	1388	Trottenberg Willi	Rentnerband Pingsheim	0:55:36	0:55:36	2	M70	42	13:33	13:43	13:57	14:21	
217	492	Hiemstra Björn	*Köln	0:55:38	0:56:22	26	M30	81	13:36	13:56	14:00	14:05	
218	785	Schorn Stephan	LT Stadtwald-Enten Köln	0:55:39	0:56:17	45	M45	65	13:19	14:02	14:10	14:06	
219	475	Heger Guido	*Köln	0:55:40	0:55:59	46	M45	63	11:54	14:16	14:51	14:37	
220	674	Nohl Günter	LSV Köln-Porz	0:55:40	0:55:52	26	M50	59	11:47	13:02	13:28	17:21	
221	891	Wehlert Gunnar	Bickendorfer Rochusclub E.V.	0:55:41	0:56:27	27	M30	82	12:50	13:54	14:18	14:38	
222	410	Förster Peter	*Köln	0:55:44	0:56:24	49	M40	72	11:57	14:46	14:39	14:20	
223	717	Richter Christian	*Köln	0:55:44	0:56:03	28	M30	82	12:25	13:53	14:46	14:39	
224	1135	Borschbach Markus	FHDW	0:55:50	0:56:12	50	M40	70	12:46	13:59	14:54	14:09	
225	586	Kruse Martin	*Köln	0:56:01	0:56:29	47	M45	65	12:18	14:38	14:39	14:24	
226	1125	Schlumbohm Michael		0:56:05	0:56:30	48	M45	65	13:02	14:15	14:50	13:55	
227	404	Ferraresso Thomas	*Wiehl	0:56:07	0:56:58	32	M35	74	12:13	14:35	14:55	14:23	
228	0	unbekannt HD7RXED		0:56:21	0:56:21	18	MHK		12:05	14:33	15:00	14:42	
229	661	Mueller Andreas	*Köln	0:56:23	0:57:19	51	M40	69	13:34	14:20	14:08	14:19	
230	599	Langen Peter	Altstädter Köln 1922	0:56:23	0:56:33	6	MJB	98	12:35	14:18	15:55	13:34	
231	302	Biermann Eric	TTC Blau-Rot Geyen 1971 e.V.	0:56:28	0:57:26	49	M45	65	13:24	14:31	14:25	14:06	
232	873	Wachsmuth Martin	*Köln	0:56:31	0:57:24	52	M40	70	12:52	14:09	14:42	14:47	
233	431	Gambardella Arévalo Javier	*Rösrath	0:56:43	0:57:18	33	M35	74	12:52	14:57	14:58	13:54	
234	0	unbekannt DY1GFA7		0:56:43	0:56:43	19	MHK		15:17	14:50	14:37	11:59	
235	1098	Muller Gunter		0:56:50	0:57:26	4	M65	46	13:42	14:25	14:27	14:14	
236	1136	Burfeid Thomas	ASV Köln	0:56:50	0:57:26	50	M45	64	13:39	14:39	14:25	14:06	
237	319	Breidbach DR Michael	TV Alpenglühn	0:56:53	0:57:29	53	M40	70	12:34	14:18	15:23	14:37	
238	950	Maihöfer Reinhard	*Köln	0:56:57	0:57:50	4	M60	52	13:41	14:30	14:29	14:15	
239	577	Krauß Matthias	*Bergisch Gladbach	0:56:58	0:57:31	54	M40	71	13:58	14:30	14:08	14:20	
240	483	Gularek Felix	*Köln	0:57:14	0:58:04	20	MHK	89	13:24	13:28	15:03	15:17	

# 10km - Gesamtwertung

# 6. Bickendorfer Büdchenlauf - 30.09.2012

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	669	Muth-Welter Michael	Theo Steil GmbH	0:57:17	0:57:36	51	M45	67	13:40	14:46	14:30	14:20	
242	294	Berger Sascha	FC	0:57:20	0:57:47	34	M35	76	13:28	14:42	15:03	14:05	
243	657	Möß Diedmar	*Zülpich	0:57:20	0:57:41	52	M45	67	12:23	14:40	15:07	15:09	
244	505	Hübner Florian	*Bergisch Gladbach	0:57:27	0:57:44	7	MJB	98	11:46	14:51	16:07	14:42	
245	281	Baus Reiner	Kreissparkasse Brauweiler	0:57:37	0:58:01	12	M55	54	12:09	15:35	15:02	14:49	
246	738	Rossol Frank	Brunnenkinder	0:57:45	0:58:23	55	M40	71	13:41	14:35	14:46	14:42	
247	1132	Pfisterer Felix	Erzbischöflichers Irmgardis Gy	0:57:48	0:57:49	8	MJB	98	10:13	13:57	15:17	18:19	
248	677	Offermann Josef	*Köln	0:57:51	0:58:32	5	M60	49	13:20	14:23	15:04	15:03	
249	54	Paszek Christian	*Köln	0:57:51	0:57:52	27	M50	58	12:03	14:40	15:44	15:24	
250	628	Polzin Arno	*Weilerswist	0:57:53	0:58:27	56	M40	72	13:57	14:30	14:28	14:56	
251	1391	Otten Peter		0:57:55	0:58:39	57	M40	69	14:12	14:53	14:54	13:55	
252	899	Werner Gregor	Ilg80nordpark köln e.v.	0:58:00	0:58:59	28	M50	61	13:34	14:45	14:58	14:41	
253	23	Hoyer Harald	*Köln	0:58:03	0:58:21	13	M55	57	11:27	15:31	15:32	15:31	
254	996	Dietz Michael		0:58:09	0:58:56	29	M30	81	13:33	14:21	15:29	14:45	
255	1282	Jeromin-Schulz Marcel		0:58:09	0:58:55	58	M40	70	13:34	14:21	15:28	14:45	
256	544	Kessler Thomas	*Köln	0:58:13	0:58:47	59	M40	68	13:33	14:40	15:06	14:53	
257	1006	Lüttel Stephan		0:58:28	0:59:12	53	M45	63	14:00	14:57	15:07	14:23	
258	1383	Derigs Dieter	BSG Postbank Köln	0:58:30	0:59:33	60	M40	72	13:52	14:44	14:50	15:03	
259	448	Gräff Thorsten	*Köln	0:58:56	0:59:43	61	M40	68	13:37	14:49	15:08	15:21	
260	608	Libano Inaki	*Köln	0:58:56	0:59:23	62	M40	71	13:45	15:03	15:15	14:52	
261	304	Birnbach Bernd	*Köln	0:58:57	0:59:44	54	M45	67	13:38	14:49	15:08	15:21	
262	504	Hübner Andreas	*Bergisch Gladbach	0:59:01	0:59:19	63	M40	69	13:51	15:14	15:20	14:34	
263	720	Richter Thomas	*Köln	0:59:08	0:59:48	64	M40	70	13:19	15:03	15:35	15:10	
264	781	Schneider DR Ulrich	die Hühner	0:59:16	1:00:04	35	M35	75	13:33	14:45	15:28	15:29	
265	641	Mann Martin	Brave 8 Dufftown	0:59:29	1:00:00	65	M40	68	13:45	15:14	15:23	15:05	
266	1324	Blume Robin		0:59:40	1:00:24	30	M30	78	12:48	15:07	15:52	15:52	
267	902	Wiemar Reiner	Underwater-No1	0:59:41	0:59:56	3	MJA	94	11:50	15:01	16:24	16:24	
268	537	Kaub Andreas	*Brühl	0:59:59	1:00:59	55	M45	66	14:48	15:45	15:18	14:07	
269	621	Lucka Peter	*Koeln	1:00:05	1:00:52	56	M45	66	14:26	15:16	15:34	14:47	
270	452	Groß Andreas	SC Germania Reusrath	1:00:07	1:00:27	36	M35	77	12:31	15:06	16:10	16:18	
271	775	Schmohl Paul	DPD	1:00:08	1:01:01	6	M60	52	14:42	15:17	15:19	14:48	
272	289	Benayas Delgado Martin	*Bergisch-Gladbach	1:00:12	1:00:45	66	M40	72	14:02	15:09	15:40	15:20	
273	1218	Wachsmuth Daniel		1:00:22	1:01:05	21	MHK		14:28	15:18	15:23	15:12	
274	729	Rohm Daniel	*Köln	1:00:23	1:01:25	31	M30	78	14:10	15:04	15:49	15:18	
275	1217	Mertens Hans		1:00:23	1:01:05	22	MHK		14:28	15:19	15:23	15:12	
276	1922	Langen Dominik	Altstädter Köln 1922 e.v.	1:00:25	1:00:35	67	M40	68	13:56	15:40	15:27	15:21	
277	428	Funk Kay	*Köln	1:00:28	1:01:25	68	M40	70	14:17	15:30	15:43	14:57	
278	420	Fröhlich Robby	*Neunkirchen-Seelscheid	1:00:35	1:01:35	29	M50	61	13:14	17:20	15:18	14:42	
279	274	Bacher Siegfried	*Köln	1:00:38	1:00:50	32	M30	79	13:25	15:15	15:49	16:07	
280	915	Wolff Willi	*Wesel	1:01:15	1:01:36	30	M50	59	14:06	15:38	15:59	15:31	
281	602	Lauscher Jan	*Köln	1:01:17	1:02:18	69	M40	72	14:29	15:21	15:56	15:30	
282	1380	Kempf Peter		1:01:21	1:01:59	14	M55	53	13:43	15:30	15:54	16:13	
283	802	Seidel Jürgen	*Köln	1:01:34	1:01:45	31	M50	60	14:08	15:58	16:23	15:04	
284	1110	Großbach Jan		1:01:41	1:02:11	23	MHK	88	13:42	15:46	16:11	15:59	
285	300	Luciani Alexander	*Köln	1:01:41	1:02:11	24	MHK	88	13:42	15:47	16:11	16:00	
286	301	Luciani Oliver	*Köln	1:01:52	1:02:22	4	MJA	93	13:43	15:47	16:11	16:10	
287	732	Roos Michael	*Köln	1:02:14	1:03:05	32	M50	61	13:37	15:44	15:56	16:55	
288	396	Ernst Markus	*Köln	1:02:18	1:03:18	37	M35	74	14:47	16:07	16:17	15:05	
289	360	Deiters Lothar	LSV Porz / Köln	1:02:18	1:02:58	1	M75	34	14:07	15:38	16:08	16:24	
290	1131	Dwyer Daniel		1:02:33	1:03:29	33	M30	78	13:59	15:23	16:28	16:42	
291	649	Mertens Bernhard	*Köln	1:02:50	1:03:32	7	M60	52	14:27	16:07	16:39	15:35	
292	1968	Hoffmann Stephan	*Köln	1:03:18	1:04:14	70	M40	68	15:25	16:16	16:01	15:34	
293	582	Kreuer Andreas	*Elsdorf	1:03:31	1:04:38	38	M35	74	14:10	14:54	16:40	17:47	
294	878	Wartenberg Bernd	LT Tus Mondorf	1:03:39	1:04:17	15	M55	55	13:33	16:15	17:02	16:47	
295	1256	Clemens Jürgen		1:03:40	1:04:17	39	M35	76	13:33	16:10	17:16	16:40	
296	394	Erdmann Martin	*Köln	1:03:44	1:04:42	57	M45	65	15:30	15:31	16:22	16:20	
297	352	Cyranka Siegfried	TTC-Blau-Rot-Geyen	1:04:05	1:05:03	3	M70	38	15:22	16:37	16:11	15:53	
298	1043	Büter Daggi		1:04:16	1:05:13	40	M35	75	14:35	16:23	16:34	16:42	
299	796	Schwers Stephan	*Köln	1:04:16	1:04:50	71	M40	68	15:01	16:18	16:26	16:30	
300	585	Krupp Hans-Georg	*Köln	1:04:54	1:05:54	33	M50	61	15:21	16:24	16:44	16:24	

# 10km - Gesamtwertung

# 6. Bickendorfer Büdchenlauf - 30.09.2012

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
301	1082	Riewe Helmuth		1:05:31	1:06:00	8	M60	48	13:59 16:41 17:08 17:42
302	1389	Haase Klaus	*Köln	1:05:32	1:06:30	5	M65	43	15:30 16:28 16:41 16:52
303	829	Stresau Marcus	*Köln	1:06:22	1:07:13	72	M40	69	15:16 17:01 17:11 16:52
304	402	Fekade Fesum	*Köln	1:06:36	1:07:13	25	MHK	83	12:41 17:27 18:47 17:38
305	460	Haak Reiner	*Zülpich	1:06:45	1:07:06	58	M45	65	14:05 17:04 18:22 17:12
306	1357	Reich Max		1:07:35	1:07:49	9	MJB	98	16:45 18:06 17:14 15:29
307	0	unbekannt DT7V6B5		1:07:50	1:07:50	26	MHK		16:59 18:06 17:14 15:29
308	790	Schubert Daniel	*Köln	1:08:23	1:08:38	27	MHK	83	14:07 17:05 18:15 18:55
309	861	Van Melsen Pascal	*Eschweiler	1:08:30	1:09:23	28	MHK	83	16:42 18:08 17:47 15:52
310	606	Lemm Georg	*Köln	1:08:32	1:09:22	59	M45	65	15:30 17:13 17:32 18:15
311	654	Meyer Heiko	*Köln	1:08:32	1:09:22	73	M40	70	15:31 17:14 17:45 18:00
312	1299	Uebber Dieter		1:10:31	1:11:00	6	M65	46	16:56 17:52 18:13 17:29
313	1123	Matthias Jörg		1:11:29	1:12:04	29	MHK		14:57 18:25 18:55 19:10
314	346	Clemens Manfred	*Köln	1:12:31	1:13:26	16	M55	57	16:39 17:48 19:12 18:51
315	551	Klees Franz	*Köln	1:12:34	1:13:20	60	M45	66	16:40 18:24 19:02 18:28
316	1024	Müller Manfred	TEAM RAFA	1:15:13	1:15:40	9	M60	48	17:15 18:38 18:49 20:30
317	1342	Baginski Wolfgang	Team-Rafa	1:15:15	1:15:40	17	M55	54	17:16 18:38 18:49 20:30
318	572	Krämer Paul	Diabetes Programm	1:23:36	1:24:32	10	M60	51	17:45 20:33 22:17 23:00
319	1252	Bliomel Alfred		0:42:30	0:42:58	11	M60	52	13:09 14:27 14:53 00:00
320	373	Domgörgen DR Eike	DJK LC Vettweiß	0:21:01	0:21:17	34	M30	78	09:50 11:10 00:00 00:00
321	1986	Bauer Robby	*Gera	0:23:31	0:23:39	30	MHK	86	10:39 12:52 00:00 00:00
322	516	Jansen Ralf	*Köln	0:26:56	0:27:20	61	M45	64	12:45 14:10 00:00 00:00
323	1022	Scholz Frank		0:30:20	0:31:01	35	M30	80	13:45 16:34 00:00 00:00
324	726	Schmitz Thomas	*Köln	0:32:16	0:32:33	41	M35	75	14:54 17:22 00:00 00:00
325	1113	Sambale Thomas	ASICS Frontrunner	0:08:26	0:08:27	62	M45	65	08:26 00:00 00:00 00:00
326	1109	Oerter Markus		0:10:46	0:11:03	74	M40	68	10:46 00:00 00:00 00:00

# 10km - Gesamtwertung

# 6. Bickendorfer Büdchenlauf - 30.09.2012

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	349	Coutellier Vera	ASV Köln	0:40:32	0:40:36	1	WJB	95	09:07 10:15 10:34 10:35
2	971	Kostrzewa Florence	Leibniz Gymnasium Dormagen	0:41:12	0:41:14	1	W35	76	09:46 10:29 10:31 10:24
3	573	Krause Katrin	*Köln	0:41:38	0:41:43	1	W30	78	09:50 10:22 10:34 10:51
4	260	Adam Simone	mas	0:44:23	0:44:30	2	W35	74	10:13 11:18 11:29 11:21
5	972	Heinrich Tina	*Köln	0:44:30	0:44:36	3	W35	74	10:13 11:18 11:32 11:26
6	1289	Kleiss Sarah	ASV Köln	0:44:43	0:44:47	2	WJB	97	10:11 11:38 11:42 11:11
7	646	Meisen Nicole	*Kerpen	0:46:08	0:46:28	4	W35	74	11:03 11:25 11:47 11:52
8	355	Daniels Anke	Kölner Turnerschaft	0:46:51	0:47:32	5	W35	74	10:41 11:54 12:08 12:06
9	418	Frieler Sonja	*Köln	0:47:29	0:47:44	1	WHK	90	11:11 12:17 12:07 11:53
10	616	Löhmer Sarah	RWTH Aachen	0:47:59	0:48:04	2	WHK	92	10:22 12:29 12:42 12:25
11	539	Kaufmann Irina	cool runners	0:48:05	0:48:10	2	W30	80	11:00 12:23 12:26 12:14
12	605	Leipert Sabine	ASV Köln	0:48:14	0:48:31	6	W35	73	11:22 12:32 12:24 11:55
13	917	Wolters Julia	*Köln	0:49:22	0:49:46	3	WHK	83	11:33 12:38 12:39 12:32
14	727	Ritterbusch Nicole	*Köln	0:50:07	0:50:16	1	W40	69	11:15 13:06 13:02 12:42
15	695	Polch Anne	Rondellchen	0:50:52	0:50:59	3	W30	81	11:13 12:59 13:27 13:13
16	625	Lübcke Britta	*Hamburg	0:50:59	0:51:04	2	W40	72	11:50 13:12 13:10 12:46
17	2138	Gimbarova Elena	ASV Köln	0:51:05	0:51:35	3	W40	72	12:13 12:56 13:08 12:46
18	1128	Roth Monika	*Köln	0:51:15	0:51:20	1	W50	58	11:44 13:17 13:13 13:00
19	385	Ebeling Julia	*Hürth	0:51:22	0:51:40	7	W35	77	11:40 13:10 13:22 13:09
20	948	Hassels Ilona	*Köln	0:51:36	0:51:56	4	WHK	85	11:19 13:22 13:41 13:13
21	466	Halisch Josefine	LT Tus Mondorf	0:51:39	0:52:00	2	W50	58	11:48 13:13 13:24 13:12
22	439	Globig Fiona	*Köln	0:52:16	0:52:41	3	WJB	98	12:00 13:15 14:01 12:59
23	660	Mrugalla Nicole	*Köln	0:52:32	0:53:18	4	W30	80	11:56 13:17 13:42 13:36
24	292	Berekoven Regina	Triabolos Hamburg e.V.	0:53:05	0:53:47	4	W40	71	11:50 13:42 13:47 13:45
25	262	Ahl Madeleine	*Bonn	0:53:23	0:53:35	3	W50	62	12:28 13:29 13:40 13:44
26	320	Breidbach Nicole	TV Alpenglühn	0:53:39	0:54:14	5	W40	68	12:34 13:42 13:45 13:36
27	1378	Riewe Anne Deike	*Köln	0:53:48	0:54:16	5	W30	80	13:07 13:46 13:34 13:19
28	472	Hausmann Heike	*Siegburg	0:54:25	0:54:55	6	W30	78	12:59 14:05 14:03 13:16
29	473	Hausmann Michaela	*Siegburg	0:54:25	0:54:55	7	W30	79	13:00 14:05 14:03 13:17
30	877	Wals Nadine	*Köln	0:54:46	0:55:12	8	W35	76	12:21 14:57 14:11 13:16
31	344	Chammae Nora	*Köln	0:54:49	0:55:17	8	W30	80	13:13 13:47 13:53 13:55
32	536	Karutz Insa	*Köln	0:54:51	0:55:16	9	W30	79	13:24 14:13 13:52 13:21
33	477	Heinemann Melanie	*Köln	0:55:02	0:55:55	5	WHK	83	13:00 14:07 14:08 13:45
34	809	Siemons Elisabeth	*Köln	0:55:04	0:55:39	1	W45	66	12:50 14:01 14:15 13:57
35	724	Rissmann Eva	FC Deutsche Post	0:55:17	0:55:34	10	W30	82	11:53 15:11 14:07 14:05
36	297	Berndhäuser Ilona	*Bergisch Gladbach	0:55:18	0:56:06	11	W30	81	13:03 14:07 14:11 13:56
37	897	Went Melanie	Tooor Runners	0:55:29	0:56:31	6	W40	71	13:52 14:38 14:05 12:53
38	1306	Hellbusch Daniela	Rennmäuse	0:55:39	0:55:59	7	W40	72	11:54 14:16 14:51 14:37
39	890	Weeger Sandra	*Köln	0:55:56	0:56:26	2	W45	67	12:44 14:11 14:32 14:27
40	824	Steffen Natalie	*Köln	0:56:22	0:57:18	9	W35	73	13:35 14:19 14:08 14:18
41	1977	Ressler Lisa	*Köln	0:56:22	0:57:11	10	W35	77	14:07 14:37 14:06 13:31
42	1117	Schneider Julia		0:57:09	0:57:27	12	W30	79	13:05 14:39 14:47 14:36
43	1120	Wiessmann Tanja		0:57:11	0:57:30	11	W35	75	13:04 14:38 14:46 14:41
44	427	Fuhs Angelika	*Zülpich	0:57:20	0:57:41	3	W45	65	12:22 14:41 15:07 15:09
45	946	Hecht Ines	*Köln	0:57:37	0:58:27	6	WHK	89	13:49 14:52 14:40 14:14
46	513	Jagusch Nadine	*Köln	0:57:38	0:58:22	12	W35	76	12:48 14:49 15:06 14:54
47	422	Frömberg Gabi	*Köln	0:57:42	0:58:24	4	W45	66	13:20 14:49 14:50 14:42
48	903	Wienströer Britta	*Düsseldorf	0:57:51	0:58:45	7	WHK	83	13:40 14:43 14:50 14:37
49	1112	Altmeyer Linda	Irmgardis Gymnasium	0:57:59	0:58:25	4	WJB	98	13:48 15:22 15:25 13:23
50	900	Wicha Melanie	*Wiehl	0:57:59	0:58:48	13	W35	73	13:45 14:59 14:46 14:28
51	299	Beuth Kirsten	*Köln	0:58:05	0:58:59	5	W45	67	13:58 14:57 14:52 14:16
52	922	Zacharias Anja	*Köln	0:58:06	0:58:36	8	WHK	84	13:09 14:41 15:36 14:39
53	565	Koenen Isabel	*Köln	0:58:06	0:58:38	8	W40	69	12:51 14:44 15:30 14:59
54	354	Damaschke Maren	die Hühner	0:58:08	0:58:56	14	W35	76	13:34 14:39 14:54 15:00
55	1802	Brühl Andrea	*Köln	0:58:25	0:59:07	13	W30	81	13:25 14:53 15:12 14:54
56	326	Brodermanns Jessica	*Hennef	0:58:32	0:59:02	14	W30	81	13:45 15:15 15:23 14:08
57	994	Busche Doris		0:58:33	0:59:02	9	W40	71	13:53 15:09 15:11 14:18
58	993	Nienhaus Helene		0:58:33	0:59:02	15	W35	76	13:52 15:09 15:11 14:19
59	48	Hasberg Ursula	Kinderhaus	0:58:52	0:59:18	6	W45	64	13:29 14:44 15:15 15:22
60	704	Radensleben Sabine	*HÜRTH	0:58:54	0:59:44	10	W40	70	14:03 14:56 15:08 14:46

# 10km - Gesamtwertung

# 6. Bickendorfer Büdchenlauf - 30.09.2012

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
61	721	Riesen Helene	*Köln	0:58:57	0:59:24	9	WHK	84	13:10 14:59 15:28 15:18
62	815	Sopel Maja	*Köln	0:58:59	0:59:13	15	W30	81	13:03 14:51 15:42 15:22
63	412	Frank Claudia	Running Gag Cologne	0:59:02	0:59:20	16	W30	79	13:46 14:59 15:07 15:08
64	1091	Quirini Jana		0:59:10	0:59:49	16	W35	74	13:50 15:05 15:05 15:08
65	799	Seeger Silke	*Köln	0:59:13	0:59:54	17	W35	74	13:20 15:02 15:33 15:16
66	848	Thießen Sina	*Köln	0:59:17	1:00:13	17	W30	79	14:07 15:20 15:26 14:22
66	810	Simon Barbara	*Köln	0:59:17	0:59:56	18	W35	76	13:50 15:06 15:05 15:15
68	952	Rickert Tatjana	*Köln	0:59:18	0:59:45	11	W40	72	13:25 15:10 15:31 15:11
69	835	Suilmann Doris	Brunnenkinder e.V.	0:59:21	1:00:00	12	W40	72	13:50 15:11 15:17 15:02
70	488	Herschel Maria	*Köln	0:59:21	0:59:59	7	W45	64	13:51 15:11 15:17 15:01
71	527	Jüttendonk Leoni	*Köln	0:59:24	0:59:46	10	WHK	90	13:31 15:06 15:30 15:15
72	710	Rehbach Sarah	*Köln	0:59:24	0:59:46	11	WHK	89	13:31 15:06 15:30 15:16
73	753	Schäfer Henrike	*Köln	0:59:25	0:59:53	13	W40	70	13:44 15:21 15:23 14:56
74	335	Bünder Utta	*Köln	0:59:26	1:00:04	14	W40	70	13:23 15:14 15:40 15:07
75	1007	Braun Silke	Sportgemeinschft TÜV Rhld	0:59:29	1:00:00	18	W30	78	13:45 15:14 15:23 15:05
76	461	Hagedorn Katharina	*Köln	0:59:43	1:00:30	19	W35	73	14:25 15:16 15:35 14:25
77	1966	Schöpgens Irmgard	*Köln	0:59:44	0:59:56	8	W45	66	13:28 15:09 15:29 15:37
78	761	Schimmer Yvonne	*Köln	0:59:54	1:00:09	20	W35	77	14:06 15:48 15:29 14:30
79	643	Maskalewicz Lydia	*Köln	0:59:55	0:59:55	9	W45	63	14:07 15:25 15:24 14:58
80	1103	Kunz Susanne		1:00:20	1:01:04	10	W45	65	14:25 15:15 15:31 15:08
81	882	Waßerka Ina	*Köln	1:00:41	1:00:53	21	W35	74	13:25 15:15 15:49 16:10
82	330	Brüring Renate	*Wesel	1:01:12	1:01:32	11	W45	67	14:06 15:38 15:58 15:28
83	874	Wachten Anne	*Hürth	1:01:35	1:02:22	19	W30	80	14:08 15:33 16:02 15:51
84	558	Knop Vera	*Köln	1:01:49	1:02:44	15	W40	69	14:12 15:36 15:50 16:11
85	1400	Correns Rosemarie	Longericher SC	1:01:54	1:02:17	12	W45	66	13:46 15:53 16:21 15:53
86	731	Roos Bettina	*Grevenbroich	1:02:14	1:03:05	4	W50	61	13:37 15:44 15:56 16:55
87	1130	Wolf Christine		1:02:33	1:03:28	20	W30	82	13:58 15:23 16:29 16:41
88	580	Kremer Tina	*Lindlar	1:02:46	1:03:29	13	W45	67	13:48 15:47 16:19 16:50
89	1127	Ostrowski Heike		1:02:49	1:03:32	1	W60	48	14:28 16:06 16:39 15:35
90	918	Wünsche Ileana	*Köln	1:02:56	1:03:21	12	WHK	85	13:23 16:15 16:40 16:36
91	741	Rückheim Susanne	Diabetes Programm	1:02:59	1:03:52	14	W45	65	15:00 16:37 16:27 14:53
92	823	Stais Christiane	*Köln	1:03:03	1:03:16	13	WHK	86	14:19 15:01 16:50 16:51
93	325	Brinker Nina	*Köln	1:03:06	1:04:02	22	W35	76	14:41 16:02 16:10 16:11
93	895	Wemhoff Elke	*Köln	1:03:06	1:04:02	22	W35	74	14:41 16:03 16:10 16:11
95	801	Seidel Inga	*Köln	1:03:18	1:03:29	14	WHK	91	14:08 15:58 16:26 16:45
96	879	Wartenberg Gisela	LT Tus Mondorf	1:03:38	1:04:17	1	W55	56	14:14 15:34 17:03 16:46
97	700	Pütz-Pilewski Katharina	*Frechen	1:03:41	1:03:54	5	W50	61	14:02 15:54 16:53 16:51
98	270	Babenerd Jutta	*Köln	1:03:41	1:04:27	16	W40	72	15:22 16:21 16:11 15:46
99	399	Falterbaum Alexandra	*Frechen	1:03:42	1:03:54	17	W40	72	14:02 15:54 16:52 16:52
100	868	Von Bassewitz Sibylle	Laufftreff Anke Daniels	1:04:02	1:04:39	18	W40	70	14:56 16:29 16:44 15:52
101	714	Rhein Elisabeth	*Köln	1:04:14	1:05:11	15	W45	66	14:00 16:18 17:04 16:49
102	889	Weckauf Anke	*Köln	1:04:16	1:04:51	24	W35	77	15:00 16:18 16:26 16:30
103	500	Hofmann Simone	Laufftreff Anke Daniels	1:04:22	1:04:58	25	W35	73	14:56 16:29 16:44 16:11
104	280	Baumüller Heike	*Bonn	1:04:23	1:04:37	26	W35	74	14:55 16:45 16:45 15:56
105	378	Drees Sabine	*Köln	1:04:28	1:05:20	16	W45	64	14:55 16:15 16:21 16:56
106	377	Drees Jutta	*Köln	1:04:28	1:05:20	17	W45	67	14:55 16:15 16:21 16:56
107	449	Gräwe Inga	*Köln	1:05:07	1:05:59	21	W30	82	16:28 16:47 16:14 15:36
108	830	Stresau-Heydemann Nicole	*Köln	1:05:17	1:06:08	18	W45	67	15:16 17:00 16:58 16:01
109	283	Becher Nadja	*Köln	1:05:42	1:06:45	27	W35	77	15:17 16:26 17:04 16:53
110	633	Lurtz-asma Elke	*Köln	1:05:46	1:06:46	6	W50	61	15:18 16:28 16:51 17:08
111	818	Spachholz Maria Luise	TUS Brauweiler	1:06:26	1:07:21	2	W55	56	14:57 16:40 17:22 17:26
112	744	Rupietta Susanne	Colombina Colonia	1:07:08	1:07:34	19	W45	64	15:09 17:16 17:30 17:12
113	652	Metzdorf Katja	Zwischertrübschen	1:07:32	1:08:33	19	W40	71	15:26 17:05 17:32 17:28
114	745	Rupp Evelyn	Zwischertrübschen	1:07:32	1:08:33	20	W40	72	15:27 17:05 17:32 17:27
115	323	Breuer Monika	Zwischertrübschen	1:07:33	1:08:33	20	W45	64	15:27 17:05 17:32 17:27
116	770	Schmitz Barbara	*Köln	1:07:33	1:07:49	15	WHK	85	16:43 18:05 17:14 15:30
117	424	Fuchs Jennifer	Underwater-No1	1:07:47	1:08:03	16	WHK	88	15:58 17:15 17:27 17:06
118	425	Fuchs Sabrina	Underwater-No1	1:07:48	1:08:04	17	WHK	89	15:58 17:15 17:27 17:07
119	467	Hallberg Nora	*Köln	1:08:27	1:09:25	28	W35	75	14:52 17:23 18:08 18:03
120	328	Bröder Dina	*Langerwehe	1:08:30	1:09:23	18	WHK	84	16:42 18:08 17:47 15:52



# 10km - Gesamtwertung

# 6. Bickendorfer Büdchenlauf - 30.09.2012

## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	456	Gularek Marita	*Köln	1:08:33	1:09:22	21	W45	63	15:31	17:13	17:33	18:15	
122	419	Fritzenkötter Viola	*Köln	1:08:48	1:09:46	29	W35	75	15:52	17:28	17:37	17:49	
123	359	Deichmann Larissa	*Köln	1:10:27	1:11:26	19	WHK	84	15:28	17:32	18:25	19:01	
124	925	Zeiß Johanna	*Euskirchen	1:10:29	1:11:28	20	WHK	91	15:47	17:26	18:25	18:49	
125	339	Büth Bianca	*Wiehl	1:10:35	1:11:26	22	W30	80	15:33	17:35	18:31	18:54	
126	1254	Lützeler Sabine	Diabetes Programm Deukahl	1:12:29	1:13:25	3	W55	57	16:38	17:48	19:12	18:49	
127	783	Scholz Sylke	*Köln	1:12:43	1:13:28	22	W45	64	16:38	18:25	19:01	18:37	
128	730	Rohmoser Eva-Maria	Laufmariechen Köln	1:12:54	1:15:31	4	W55	54	16:39	18:20	18:44	19:10	
129	1405	Steller-Lübke Manuela	*Meinerzhagen	1:13:07	1:13:52	30	W35	77	15:24	19:03	19:24	19:14	
130	1025	Schmitz-Verhajak Sylvia	TEAM RAFA	1:15:13	1:15:40	2	W60	51	17:15	18:38	18:49	20:29	
131	1343	Baginski Alice	TEAM RAFA	1:15:15	1:15:40	5	W55	56	17:17	18:38	18:49	20:29	
132	647	Meißner Doris	*Engelskirchen	1:15:15	1:15:40	3	W60	50	17:16	18:38	18:49	20:31	
133	773	Schmitz Hannelore	RAFA	1:15:16	1:15:41	1	W65	47	17:18	18:38	18:49	20:30	
134	588	Küper Irene	*Langenfeld	1:15:54	1:16:48	23	W45	67	17:38	19:08	19:26	19:40	
135	401	Farin Marika	Diabetes Program Deutschland	1:18:05	1:19:00	7	W50	59	17:42	19:34	20:28	20:19	
136	2143	Seifert Kerstin	LKD Düsseldorf	0:21:56	0:22:00	31	W35	73	10:23	11:33	00:00	00:00	
137	639	Malcus Katja	*Köln	0:13:19	0:13:32	32	W35	77	13:19	00:00	00:00	00:00	