

10km - Gesamtwertung

12. Bickendorfer Büdchenlauf - 30.09.2018

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
1	1222	Risco Bermejo Miguel	C.T. Arena Alicante	0:33:10	0:33:10	1	MHK	94	07:31	08:37	08:37	08:24	
2	1004	Singbeil Daniel	Bunert - Der Kölner Laufladen	0:33:17	0:33:16	2	MHK	89	07:41	08:35	08:29	08:31	
3	926	Bunte Marian	Bunert - Der Kölner Laufladen	0:33:47	0:33:45	3	MHK	89	07:43	08:35	08:42	08:44	
4	1600	Kley Lukas	TV Refrath	0:34:19	0:34:17	4	MHK	92	08:01	08:50	08:42	08:43	
5	1457	Ralenovsky Arthur	Rhein Berg Runners	0:34:56	0:34:55	5	MHK	93	07:40	08:56	09:13	09:04	
6	1422	Fricke Marc	Rhein-Berg Runners	0:35:27	0:35:26	1	M40	74	08:11	09:03	09:06	09:05	
7	1469	Breuer Laurids	Fort Runners Köln	0:35:46	0:35:44	6	MHK	93	08:01	09:03	09:15	09:23	
8	1473	Hammes Daniel		0:36:15	0:36:13	1	M30	84	08:14	09:21	09:24	09:12	
9	1424	Ritter Johannes		0:37:34	0:37:31	1	M50	65	08:37	09:36	09:43	09:33	
10	1435	Kuklau Ole	Tricologne	0:37:35	0:37:31	2	M30	88	08:53	09:44	09:41	09:11	
11	1104	Ravens Tim		0:37:36	0:37:34	1	M35	82	08:39	09:42	09:48	09:23	
12	929	Herrera Felix	Bunert - Der Kölner Laufladen	0:37:37	0:37:35	7	MHK	89	08:39	09:35	09:45	09:34	
13	1453	Reife Sebastian		0:37:42	0:37:41	2	M40	78	08:39	09:44	09:43	09:34	
14	793	Böttcher Zaido	Kindertagespflege in Rösrath	0:37:48	0:37:45	3	M40	76	08:43	09:41	09:41	09:38	
15	698	Weidenhaupt Alexander	*Düsseldorf	0:38:00	0:37:57	2	M35	83	08:34	09:46	09:55	09:41	
16	487	Bitz Felix	*Bergisch Gladbach	0:38:01	0:37:59	3	M30	85	08:48	09:48	09:47	09:35	
17	98	Nieswand Patrick	SV Deutz 05	0:38:17	0:38:14	1	M45	73	08:25	09:43	09:59	10:05	
18	235	Schmidt Markus	Run Squad CGN	0:39:02	0:38:57	8	MHK	92	08:55	09:49	10:09	10:02	
19	1455	Kaletta Sebastian		0:39:20	0:39:18	9	MHK	95	08:55	09:51	10:19	10:11	
20	1461	Coltro Christian		0:39:29	0:39:27	0	M		08:38	09:55	10:34	10:18	
21	1464	Fischer Florian		0:39:49	0:39:34	4	M40	77	09:05	10:11	10:13	10:04	
22	957	Adler Gregor	Lauf-Freude.de	0:39:59	0:39:55	5	M40	74	09:08	10:20	10:23	10:02	
23	1048	Braun Stephan	TV Refrath	0:39:59	0:39:58	6	M40	75	09:09	10:21	10:17	10:09	
24	93	Riebold Lars	LT Rennhamster Düsseldorf	0:40:07	0:40:03	1	M55	63	09:14	10:15	10:15	10:18	
25	633	Schmidt Winfried	TUS Köln rrh	0:40:13	0:40:10	1	M70	48	09:09	10:22	10:30	10:08	
26	601	Dammer Christian	MACH3 Köln e.V.	0:40:14	0:40:10	2	M50	66	09:25	10:17	10:24	10:03	
27	315	Schmidwenzl Dirk	Team Aachener Engel e.V.	0:40:17	0:40:16	2	M45	71	08:47	10:23	10:39	10:25	
28	811	Dörken Christoph	TriCologne	0:40:46	0:40:42	4	M30	87	08:56	10:17	10:47	10:41	
29	183	Fink Oliver	*Bergisch Gladbach	0:40:49	0:40:46	3	M45	69	09:04	10:17	10:38	10:45	
30	1431	Berns Robert	Run Squad CGN	0:40:57	0:40:52	5	M30	88	08:56	10:30	10:54	10:30	
31	1147	Kölsch Henry		0:41:01	0:40:55	6	M30	87	08:57	10:34	10:45	10:38	
32	960	Lönhardt Michael	Laktatkönige	0:41:04	0:41:02	2	M55	61	09:20	10:22	10:38	10:40	
33	60	Piehler Björn	BSG DEVK KÖLN	0:41:16	0:40:53	7	M40	77	09:49	10:27	10:27	10:08	
34	1454	Lorbach Heinz	TUS Köln rrh	0:41:39	0:41:36	1	M65	50	09:12	10:44	11:03	10:34	
35	498	Arnold Otto	*Köln	0:41:49	0:41:38	1	MU20	00	09:40	10:35	10:47	10:35	
36	135	Kruczynski Philipp	TriathlonSteckelCologne e.V.	0:41:52	0:41:44	3	M35	81	09:22	10:50	10:54	10:35	
37	199	Wagner Patrick	*Köln	0:41:55	0:41:49	10	MHK	89	09:25	10:50	10:54	10:38	
38	908	Salmon Heiko	TUS Mechernich 1897	0:42:13	0:42:06	3	M50	66	09:40	10:40	10:47	10:59	
39	361	SCHLOEMER STEFAN	KTT01	0:42:13	0:42:09	4	M50	66	09:17	10:54	11:04	10:53	
40	1403	Fiegert Marcel		0:42:14	0:42:10	11	MHK	96	09:01	10:36	11:20	11:11	
41	586	Meskemper Joshua	TriCologne e.V.	0:42:22	0:41:47	7	M30	84	09:40	10:35	10:47	10:44	
42	691	Lorre Marcus	Laufftreff RochusFit	0:42:26	0:42:19	12	MHK	89	09:56	10:56	11:00	10:25	
43	1446	Heyer Sascha	KTT01	0:42:29	0:42:24	8	M40	76	09:28	10:50	11:02	11:03	
44	1144	Schwiebbe Justus		0:42:30	0:42:12	8	M30	88	09:59	11:00	10:55	10:17	
45	539	Gajek Chris	KTT 01	0:42:33	0:42:28	9	M40	74	09:28	10:49	11:08	11:01	
46	1216	Ronhardt André		0:42:55	0:42:48	10	M40	77	09:56	10:56	11:04	10:51	
47	1072	Bovo Frank	*Koeln	0:43:06	0:43:03	5	M50	68	09:25	10:40	11:03	11:55	
48	1472	Buhl Jörg		0:43:22	0:43:16	4	M35	83	09:13	10:34	11:27	12:00	
49	481	Johannsen Holger	*Köln	0:43:31	0:43:19	4	M45	70	09:55	11:05	11:04	11:14	
50	1302	Vogelsang Marcel	Albis-Laufftreff	0:43:41	0:43:29	9	M30	84	10:04	11:07	11:14	11:04	
51	701	Stephan Heinz Michael	*Köln	0:43:44	0:43:38	3	M55	61	09:57	11:13	11:17	11:10	
52	257	Niggemeier Frank	*Köln	0:44:07	0:43:51	11	M40	74	09:56	11:06	11:30	11:18	
53	1009	Pelzer Wolfgang	Galeria Kaufhof	0:44:17	0:44:10	4	M55	62	09:55	11:14	11:27	11:33	
54	278	Hölzer Arno	*Köln	0:44:22	0:44:17	5	M35	80	09:57	11:13	11:32	11:33	
55	1106	Scholl Marcel		0:44:25	0:44:09	2	MU20	99	09:18	11:01	12:05	11:44	
56	1146	Overzier Nils		0:44:43	0:44:39	3	MU20	00	10:36	12:11	11:07	10:44	
57	364	Greite Stefan	BSG Stadt Köln	0:44:54	0:44:48	6	M35	79	10:05	11:34	11:41	11:26	
58	616	Birnkammer Markus	*Köln	0:44:59	0:44:50	7	M35	82	10:04	11:31	11:41	11:32	
59	236	Köper Johannes	xtrail-aktiv	0:45:09	0:45:02	12	M40	74	10:01	11:26	11:46	11:47	
60	906	Grzeszik Mike	*Köln	0:45:17	0:44:37	10	M30	85	10:21	11:34	11:30	11:10	

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	109	Esteves Manuel	*Bornheim	0:45:18	0:45:11	6	M50	67	10:28	11:10	11:44	11:47	
62	116	Wilms Martin	Pferdelunge	0:45:24	0:44:56	13	M40	74	10:36	11:33	11:31	11:15	
63	501	Kourkoulos Dimitrios	Runaconda	0:46:00	0:45:22	11	M30	86	10:25	11:28	11:50	11:37	
64	605	Thimm Bastian	*Bergisch Gladbach	0:46:08	0:46:00	14	M40	76	10:37	11:50	11:50	11:41	
65	204	Wölm Lars	TV Rodenkirchen Triathlon	0:46:15	0:46:00	8	M35	79	10:29	11:52	11:46	11:52	
66	1006	Klein Harald	ABB-BSG-Bad Honnef	0:46:18	0:45:48	7	M50	66	10:51	11:25	11:50	11:41	
67	372	Golchert Klaus	BSG ABB Bad Honnef	0:46:29	0:46:00	8	M50	65	10:51	11:38	11:51	11:38	
68	321	Berg Alexander	Hürther BC	0:46:30	0:46:05	5	M45	73	10:49	11:51	11:44	11:40	
69	1392	Scheible Peter		0:46:35	0:46:25	6	M45	71	10:31	12:01	12:11	11:41	
70	1107	Lüke Florian		0:46:37	0:46:31	12	M30	87	10:34	12:19	12:00	11:36	
71	154	Himmen Dankmar	*Köln	0:46:37	0:46:15	7	M45	72	10:50	11:42	11:56	11:46	
72	99	Müller Alan	*Köln	0:46:38	0:46:13	13	MHK	89	11:23	12:05	11:49	10:55	
73	1089	Kaufmann Paul Tim	Albertus Magnus Gymnasium	0:46:46	0:46:12	1	MU16	03	10:43	11:39	12:00	11:49	
74	687	Van Hasselt Stefan	Elmars Lauftreff	0:46:48	0:46:37	9	M50	67	10:45	11:55	12:05	11:50	
75	910	Schön Daniel	*Köln	0:46:49	0:46:09	13	M30	85	10:34	11:44	11:54	11:55	
76	1438	Sorgen Harald		0:46:55	0:46:37	10	M50	68	10:55	11:55	12:02	11:43	
77	213	Matschull Frank	für meine Jungs	0:46:56	0:46:46	11	M50	67	10:40	11:59	12:11	11:54	
78	1272	Butscheid Sebastian		0:46:59	0:46:40	0	M		10:41	11:45	12:00	12:12	
79	774	Ackermann Sebastian	Triathlon Nonstop	0:47:02	0:46:51	12	M50	66	10:52	12:03	12:02	11:53	
80	141	Terbrüggen Tom	Terbrüggen Show-Produktion	0:47:03	0:46:43	14	MHK	94	12:22	12:15	11:45	10:20	
81	329	Zakrzewski Pawel	*Leverkusen	0:47:03	0:46:59	14	M30	86	10:52	12:19	12:10	11:36	
82	142	Terbrüggen Henry	Terbrüggen Show-Produktion	0:47:04	0:46:45	4	MU20	00	12:23	12:29	11:31	10:21	
83	1460	Berudt Ulrich	Rote Mauer	0:47:10	0:46:56	13	M50	65	10:46	11:57	11:52	12:19	
84	1369	Steinberger-Asbach Dirk	BSG ABB Bad Honnef	0:47:29	0:47:00	8	M45	69	10:52	11:47	12:22	11:57	
85	634	Dragon Dr. Alexander	*Köln	0:47:38	0:47:00	15	M40	78	11:09	12:03	12:00	11:48	
86	246	Lauszus Thorsten	*Köln	0:47:39	0:47:00	16	M40	75	11:01	12:00	12:09	11:48	
87	1171	Freywald Eric		0:47:42	0:47:34	9	M45	72	11:16	12:07	11:58	12:11	
88	103	Voll Harald	TuS Brauweiler	0:47:43	0:47:26	5	M55	59	11:05	12:04	12:15	12:01	
89	813	Strepp Bastian	CMS Unternehmensgruppe	0:47:46	0:47:25	9	M35	81	10:54	12:03	12:16	12:11	
90	261	Kodi Micky	Roads & Aces	0:47:54	0:47:23	17	M40	77	11:01	11:59	12:13	12:09	
91	1145	Overzier Klaus		0:47:55	0:47:53	2	M65	52	10:36	12:11	12:32	12:32	
92	208	Klein Andre	Roads & Aces	0:47:56	0:47:25	18	M40	76	11:01	11:59	12:15	12:08	
93	59	Schmitz Thomas	*Köln	0:47:58	0:47:48	19	M40	75	10:48	12:08	12:25	12:26	
94	264	Lennarz Joachim	*Köln	0:48:00	0:47:50	20	M40	75	10:52	12:12	12:25	12:20	
95	528	Melzer André	LG Ehrenfeld	0:48:05	0:47:43	15	M30	85	10:48	12:00	12:31	12:23	
96	914	Rose Martin	LG Ehrenfeld	0:48:05	0:47:43	10	M35	83	10:48	12:00	12:30	12:24	
97	747	Schneider Tobias	SV MC Ehrenfeld	0:48:12	0:47:39	10	M45	72	10:31	12:27	12:38	12:01	
98	454	Kresimon Georg	Team Crazymoon	0:48:13	0:48:05	14	M50	64	10:59	12:16	12:25	12:24	
99	575	Kemper Holger	*Kö	0:48:14	0:48:03	21	M40	74	10:35	12:09	12:47	12:30	
100	416	Müller PROF Stephan	*Pulheim	0:48:16	0:47:56	11	M45	72	10:44	12:09	12:31	12:31	
101	595	Eberle Lukas	BSG Köln	0:48:19	0:47:52	11	M35	82	10:51	12:18	12:22	12:19	
102	1445	Pniewski Bernd		0:48:20	0:48:09	1	M60	54	11:04	12:20	12:27	12:16	
103	355	Meinen Jens	BSG Stadt Köln	0:48:22	0:48:16	2	M60	54	10:49	12:22	12:38	12:25	
104	405	Schwabe Bernd	TuS Brauweiler	0:48:25	0:48:09	3	M60	56	11:01	12:15	12:25	12:26	
105	1458	Szelier Dieter		0:48:28	0:48:15	6	M55	60	10:46	12:11	12:31	12:46	
106	157	Berg Oliver	*Köln	0:48:34	0:48:04	12	M35	83	11:27	12:05	12:00	12:31	
107	790	Schmitz Sam	Pena Ihse Rothrunners	0:48:36	0:48:20	12	M45	72	10:58	12:23	12:31	12:26	
108	638	Grambusch Timo	*Köln	0:48:37	0:48:13	22	M40	78	11:02	12:00	12:30	12:39	
109	67	Schneider Mark	Starke Freunde	0:48:40	0:48:18	16	M30	85	11:23	12:16	12:20	12:18	
110	735	Fragel Tom	*Köln	0:48:45	0:48:09	13	M35	81	11:38	12:20	12:21	11:48	
111	353	Loewer Ralf	*Köln	0:48:53	0:48:40	15	M50	65	11:31	12:34	12:33	12:01	
112	1129	Simons Sven		0:48:54	0:48:36	1	MU18	01	12:24	12:29	11:48	11:53	
113	297	Löpki Dirk	*Köln	0:48:55	0:48:43	7	M55	63	11:32	12:39	12:28	12:03	
114	739	Janello Jörg	*Köln	0:48:57	0:48:45	13	M45	69	10:54	12:29	12:37	12:44	
115	694	Drews Hugo	Lauftreff RochusFit	0:49:01	0:48:52	23	M40	74	10:52	12:23	12:49	12:47	
116	891	Schlömer Jupp	*Köln	0:49:03	0:48:39	14	M35	82	11:04	12:19	12:50	12:25	
117	305	Buntenbroich Albert	LichtgeschwindigkeitKöln	0:49:05	0:48:35	4	M60	58	11:47	12:06	12:13	12:27	
118	263	Drossel David	*Langenfeld	0:49:06	0:48:42	15	MHK	94	12:06	12:08	12:25	12:00	
119	652	Oelmaier Tobias	BSG Stadt Köln	0:49:10	0:49:02	16	M50	67	11:04	12:23	12:38	12:55	
120	258	Klein Jörg	de Famillich	0:49:22	0:49:05	14	M45	69	11:11	12:37	12:44	12:32	

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12. Bickendorfer Büdchenlauf - 30.09.2018

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
121	974	Viggen Bruno	Ergo Sports	0:49:25	0:49:09	17	M50	65	11:15	12:30	12:42	12:41	
122	14	Roso Dr. Marcus	*Hilden	0:49:27	0:48:27	24	M40	75	12:14	12:25	12:05	11:42	
123	1204	Gerdom Rainer		0:49:40	0:49:13	5	M60	56	11:37	12:31	12:28	12:35	
124	675	Knippscher Bernd	Knippscher & Bruckmann	0:49:49	0:49:40	25	M40	74	11:28	12:39	12:47	12:45	
125	676	Lange Jürgen	Knippscher & Bruckmann	0:49:49	0:49:41	8	M55	60	11:28	12:39	12:46	12:46	
126	1051	Weidenfeld Günter	SCB-Horrem	0:49:52	0:49:38	6	M60	56	11:34	12:51	12:42	12:30	
127	195	Rudat Dirk	*Köln	0:49:57	0:49:16	9	M55	59	11:47	12:17	12:28	12:44	
128	20	Reikowski Florian	*Köln	0:50:01	0:49:18	17	M30	85	11:47	12:32	12:46	12:11	
129	1463	Dillschnitter Christian		0:50:01	0:49:41	15	M35	80	12:29	13:06	12:27	11:38	
130	385	Colling Jörn	FC Deutsche Post	0:50:02	0:49:39	18	M50	65	11:23	12:43	12:49	12:43	
131	831	Zech Thilo	*Köln	0:50:04	0:49:44	19	M50	67	11:22	12:46	12:59	12:35	
132	180	Grischek Rainer	*Köln	0:50:05	0:49:48	20	M50	67	11:12	12:47	12:59	12:47	
133	24	Feldhoff Tobias	*Stolberg	0:50:10	0:49:27	16	M35	83	11:47	12:32	12:46	12:21	
134	864	Lode Mario	Lode Runners	0:50:12	0:49:36	26	M40	74	11:35	12:31	12:52	12:37	
135	391	Neumann André	TUS Brauweiler	0:50:12	0:49:56	10	M55	63	11:15	12:46	12:52	13:02	
136	1000	Wingen Ralf	*Köln	0:50:14	0:49:55	21	M50	64	11:43	12:57	12:49	12:26	
137	1233	Kruse Martin	SG Stern	0:50:15	0:50:08	22	M50	65	11:05	12:52	13:14	12:56	
138	1411	Wüst Hans Werner		0:50:18	0:50:08	3	M65	50	11:22	12:48	12:56	13:01	
139	1084	Gantner Werner		0:50:19	0:49:48	4	M65	51	11:50	12:44	12:47	12:26	
140	1468	Linder Björn		0:50:22	0:50:04	27	M40	75	11:33	12:50	12:51	12:49	
141	1074	Knief Dirk	-	0:50:25	0:50:10	7	M60	58	11:38	12:44	12:56	12:51	
142	1286	Soujon Marcel	Albislauftreff	0:50:26	0:50:14	16	MHK	90	10:53	12:48	13:12	13:20	
143	65	Weber Josef	LT.STERNBERG-LINZ/RHEIN	0:50:44	0:50:24	5	M65	52	12:28	13:53	10:39	13:23	
144	484	Schnitzler Lukas	*Köln	0:50:47	0:50:21	17	MHK	93	11:32	13:08	13:06	12:33	
145	502	Ulber Benjamin	Runaconda	0:50:51	0:50:12	18	MHK	90	10:54	12:40	13:22	13:15	
146	909	Conrad Jürgen	TSV Bayer Dormagen	0:50:57	0:50:28	2	M70	46	11:49	12:50	12:52	12:55	
147	1462	Rabuse Herbert		0:51:08	0:50:14	28	M40	76	12:06	12:45	13:26	11:56	
148	608	Bremshey Leonard	*Witten	0:51:09	0:50:49	19	MHK	95	12:22	12:15	12:46	13:25	
149	553	Glasow Marcus	Lebenswert - Stadtkirche Köln	0:51:10	0:50:49	17	M35	79	12:11	13:18	13:06	12:13	
150	725	Seitzinger Christian	*Pulheim	0:51:10	0:50:49	29	M40	75	12:11	13:18	13:06	12:13	
151	1420	Demond Ralf	LT Dünwald TV	0:51:22	0:50:30	11	M55	61	11:40	12:57	13:06	12:45	
152	404	Schulte Daniel	*Troisdorf	0:51:26	0:51:12	30	M40	78	11:50	13:02	13:05	13:13	
153	150	Rößler Marcus	*Köln	0:51:27	0:51:12	31	M40	77	10:48	12:39	13:52	13:52	
154	1451	Pazen David		0:51:30	0:51:00	18	M35	80	11:10	12:50	13:03	13:56	
155	1238	Strauss Sönke		0:51:32	0:50:53	15	M45	72	10:33	12:30	13:37	14:11	
156	212	Dellaert Aron	Roads & Aces	0:51:44	0:51:10	32	M40	74	11:47	13:11	13:29	12:41	
157	1012	Engel Thomas	*Köln	0:51:53	0:51:13	16	M45	70	11:47	13:23	13:15	12:47	
158	871	Wilsing Sascha	Verein vom Rhein	0:52:06	0:51:22	33	M40	76	11:54	13:19	13:08	13:00	
159	832	Ben Khira Maher	*Kerpen	0:52:07	0:51:42	17	M45	71	11:49	13:16	13:19	13:16	
160	1417	Metzdorf Elmar		0:52:11	0:51:52	18	M45	70	11:45	13:20	13:26	13:20	
161	44	Odenthal Thorsten	*Köln	0:52:17	0:51:26	34	M40	76	12:44	13:10	12:54	12:37	
162	855	Verbruggen Christian	*Köln	0:52:25	0:52:21	19	M35	79	11:01	13:47	13:48	13:44	
163	615	Kramer Gerd	*Köln	0:52:27	0:51:43	12	M55	61	12:25	13:14	13:17	12:46	
164	554	Krichel Andreas	*Köln	0:52:29	0:52:18	23	M50	64	11:52	13:40	13:40	13:05	
165	62	Hanspach Armin	*Köln	0:52:33	0:51:57	13	M55	62	11:59	13:25	13:20	13:11	
166	483	Heying Tobias	*Köln	0:52:38	0:51:59	20	M35	81	12:01	13:31	13:21	13:04	
167	1948	Kuske Tim	Volksbank Köln Bonn	0:52:39	0:52:24	20	MHK	92	11:32	13:14	13:37	14:00	
168	734	Foitzik René	*Köln	0:52:39	0:52:25	21	MHK	92	11:32	13:14	13:37	14:00	
169	1437	Wahngemuth Tobias		0:52:39	0:52:24	22	MHK	91	11:32	13:13	13:38	13:59	
170	966	Düker Frank	*Köln	0:52:44	0:52:26	35	M40	74	11:40	13:16	13:48	13:40	
171	1323	Hansen Sven		0:52:45	0:52:29	19	M45	70	12:16	13:27	13:37	13:07	
172	1432	Linssen Bastian		0:52:45	0:51:50	21	M35	79	12:38	13:11	13:06	12:53	
173	1909	Völz Chris	Ollum-Runners	0:52:46	0:52:13	36	M40	74	12:23	13:30	13:13	13:06	
174	721	Althaus Simon	*Köln	0:52:49	0:52:27	2	MU16	03	11:21	12:47	13:26	14:52	
175	903	Ripp Dieter	VTC Köln	0:52:51	0:52:38	8	M60	56	12:22	13:32	13:30	13:12	
176	410	Limberg Marc	*Köln	0:52:52	0:51:57	20	M45	72	12:50	13:06	13:13	12:45	
177	695	Büttner Claus-Dieter	Lauftreff RochusFit	0:53:03	0:52:51	24	M50	67	11:41	13:32	13:58	13:39	
178	1459	Kinkel Helmut		0:53:06	0:52:49	6	M65	51	12:06	13:34	13:29	13:39	
179	594	Steinmetzer Tim	*Bergisch Gladbach	0:53:08	0:52:43	22	M35	83	11:02	13:03	15:53	12:44	
180	1161	Gierling Reinhard		0:53:09	0:52:40	14	M55	61	12:28	13:25	13:31	13:16	

10km - Gesamtwertung

12. Bickendorfer Büdchenlauf - 30.09.2018

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
181	744	Bernd Alexander	*Bornheim	0:53:13	0:52:44	21	M45	71	12:04	13:29	13:35	13:35	
182	879	Lipken Jens	*Köln	0:53:23	0:52:56	37	M40	75	12:04	13:29	13:34	13:46	
183	697	Sanal Orhan	Laufftreff RochusFit	0:53:26	0:53:16	23	M35	79	11:35	13:48	14:01	13:50	
184	737	Cremer Karsten	Polizei Rhein-Erft-Kreis	0:53:26	0:52:05	38	M40	76	11:58	13:10	13:28	13:27	
185	719	Vogel Jörg	Runtastics	0:53:31	0:52:36	22	M45	69	12:06	12:45	13:27	14:17	
186	91	Hellemann Axel	*Köln	0:53:51	0:52:42	25	M50	65	12:06	13:27	13:39	13:29	
187	1474	Jähde Frank		0:53:51	0:53:19	26	M50	64	12:37	13:33	13:38	13:30	
188	80	Hein Marcel	*Köln	0:53:54	0:53:27	24	M35	80	11:36	13:16	14:00	14:34	
189	1427	Schmitz Helmut	Kempfen	0:53:55	0:53:48	7	M65	53	12:20	13:52	13:47	13:47	
190	1466	Boe Christian		0:53:59	0:53:35	23	MHK	92	12:02	13:33	14:08	13:51	
191	1289	Kleine Fabian		0:54:03	0:52:58	18	M30	84	12:37	13:09	13:34	13:37	
192	781	Finger Kalle	BSG Stadt Köln	0:54:15	0:54:06	3	M70	47	12:25	13:49	13:52	13:58	
193	128	Kronsbein Günter	*Köln	0:54:29	0:54:09	27	M50	65	12:08	14:01	14:12	13:47	
194	292	Carella Marco	Run Squad Cgn	0:54:32	0:53:50	25	M35	83	12:59	13:39	13:40	13:30	
195	247	Eggert Henning	*Köln	0:54:41	0:53:41	39	M40	77	12:16	13:43	13:57	13:43	
196	97	Grisard Rolf	*Köln	0:54:47	0:54:03	15	M55	60	12:35	13:41	13:55	13:51	
197	665	Pestka Günni	Underwater-No1	0:54:49	0:54:24	28	M50	68	14:04	13:56	13:51	12:31	
198	1187	Kupke Uwe	*Köln	0:54:52	0:54:12	29	M50	66	13:44	13:25	13:41	13:20	
199	230	Klein Günther	De Lisbeths	0:55:06	0:54:13	16	M55	61	12:41	14:01	14:11	13:19	
200	598	Herberg Jürgen	keiner	0:55:07	0:54:53	4	M70	46	12:47	14:14	14:06	13:45	
201	1005	Singbeil Klaus	Bunert - Der Kölner Laufladen	0:55:12	0:54:45	9	M60	55	12:34	13:50	14:03	14:17	
202	530	Schmitz Thomas	*Köln	0:55:17	0:54:54	26	M35	80	12:35	14:00	14:20	13:58	
203	225	Walther Markus	De Lisbeths	0:55:30	0:54:36	27	M35	82	12:40	14:01	14:11	13:43	
204	358	Wehlert Gunnar	*Köln	0:55:38	0:54:38	28	M35	82	12:15	13:52	14:32	13:57	
205	897	Büttner Felix	*Köln	0:55:43	0:55:15	19	M30	88	12:14	13:46	14:34	14:40	
206	654	Lamsfuß Ulrich	*Köln	0:55:44	0:55:02	8	M65	52	12:57	14:05	14:05	13:53	
207	366	Baumeister Nils	*Herford	0:55:50	0:54:58	24	MHK	96	11:52	13:30	14:36	14:59	
208	83	Losse Bert	1.FC Meisenweg	0:55:52	0:55:15	30	M50	65	12:55	14:10	14:17	13:53	
209	184	Kremer Dennis	Sportverein Sparkasse	0:55:57	0:55:10	29	M35	82	13:16	14:05	14:06	13:43	
210	186	Krieger Sebastian	*Hürth	0:55:57	0:55:11	30	M35	81	13:17	14:05	14:06	13:43	
211	450	Becker Alexander	*Köln	0:55:59	0:55:35	31	M35	82	12:27	14:00	14:37	14:30	
212	295	Di Noto Roberto	*Köln	0:56:11	0:55:57	32	M35	82	12:33	14:19	14:34	14:30	
213	1324	Romboy Wolfgang	Colonia Team	0:56:23	0:56:08	1	M75	43	12:47	14:14	14:46	14:21	
214	369	Völler Claus	*Köln	0:56:27	0:55:32	23	M45	69	12:58	14:17	14:15	14:00	
215	777	Lohr Waldemar	*Köln	0:56:40	0:56:17	24	M45	70	12:52	14:19	14:43	14:23	
216	529	Werner Stefan	*Köln	0:56:42	0:56:21	33	M35	80	12:36	13:50	15:12	14:41	
217	194	Rudat Ben	*Köln	0:56:43	0:56:01	20	M30	88	13:27	14:20	14:14	13:58	
218	788	Schneider Christoph	Krüger Running Team	0:56:53	0:56:16	40	M40	77	13:06	14:33	14:36	13:59	
219	1391	Weigel Benjamin	Lebenswert - Stadtkirche Köln	0:56:59	0:56:37	34	M35	79	12:53	14:19	14:43	14:41	
220	1162	Thamm Christian		0:57:14	0:56:46	21	M30	86	13:39	14:18	14:44	14:05	
221	833	Foerster Georg	*Kerpen	0:57:19	0:56:53	35	M35	81	13:17	14:40	14:37	14:18	
222	628	Wurda Werner	SC Fortuna Köln	0:57:19	0:56:11	17	M55	60	13:12	14:24	14:30	14:04	
223	89	Rascher Uwe	*Köln	0:57:26	0:56:27	31	M50	68	13:38	14:19	14:22	14:07	
224	834	Kaufmann Andy	*Kerpen	0:57:28	0:57:02	36	M35	83	13:17	14:40	14:37	14:27	
225	1259	Koseielny Daniel		0:57:30	0:56:52	37	M35	82	12:59	14:44	15:05	14:03	
226	1043	Strunk Mathieu	*Köln	0:57:39	0:56:51	25	MHK	95	12:22	14:38	14:59	14:51	
227	1174	Tackenberg Jürgen		0:57:42	0:56:49	18	M55	63	13:37	14:30	14:39	14:02	
228	196	Probst Rüdiger	*Köln	0:57:45	0:57:03	19	M55	60	12:37	14:25	14:57	15:03	
229	551	Pscheidt Martin	TÜV Rheinland Sport	0:57:49	0:57:13	25	M45	71	12:49	14:22	15:11	14:50	
230	579	Brandenburg Manfred	*Nettersheim	0:58:06	0:57:49	32	M50	64	13:09	14:40	14:56	15:03	
231	722	Niemann Ben	*Köln	0:58:16	0:57:54	3	MU16	03	12:03	14:56	15:55	14:59	
232	856	Zimmermann Maik	LT Dünnwalder TV	0:58:39	0:57:55	33	M50	68	13:53	15:14	14:46	14:01	
233	980	Seffern Marvin	Läufer*innen Lindweiler Hof	0:58:39	0:57:48	1	MU14	05	13:49	14:44	14:49	14:25	
234	863	Pohl Walter	DARC	0:58:43	0:58:00	20	M55	63	13:20	14:40	14:55	15:03	
235	1340	Völlmecke Frank		0:58:47	0:58:01	26	M45	72	13:51	15:10	14:57	14:02	
236	354	Baumeister Lars	*Köln	0:58:51	0:57:58	26	MHK	96	12:55	14:33	14:45	15:44	
237	163	Metzen Benedikt	Verein Fidele Arschkrampen	0:59:10	0:58:22	41	M40	77	13:46	14:35	14:56	15:03	
238	830	Bohr Detlef	BSG Stadt Köln	0:59:12	0:58:27	10	M60	55	13:41	14:50	15:06	14:48	
239	1013	Beulen Torsten	Zülpicher Running Gags	0:59:17	0:58:50	27	M45	73	13:32	14:45	15:05	15:27	
240	1108	Karabiber Timur	*Koeln	0:59:22	0:58:44	38	M35	81	13:52	15:13	15:07	14:31	

10km - Gesamtwertung

12. Bickendorfer Büdchenlauf - 30.09.2018

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden
241	352	Loewner Thomas	*Köln	0:59:40	0:59:36	28	M45	71	11:24 14:32 16:45 16:52
242	767	Bundemann Richard	*Köln	0:59:42	0:59:15	34	M50	65	13:14 14:54 15:34 15:32
243	635	Rüb Stefan	Kilometerfresser	0:59:42	0:58:56	21	M55	61	14:26 15:33 15:09 13:48
244	571	Meyer Frank Henning	*Köln	0:59:48	0:59:10	39	M35	81	14:19 15:23 15:10 14:17
245	328	Schier Dr. Holger	*Köln	0:59:54	0:59:10	42	M40	76	13:05 14:38 15:42 15:44
246	317	Schlüsener Hans Heinrich	SG Castrop	0:59:56	0:59:18	35	M50	68	12:59 14:51 15:43 15:43
247	214	Mann Martin	Ergo sports Köln	0:59:57	0:59:16	36	M50	68	12:57 14:51 15:43 15:44
248	79	Schreckhaas Markus	Roads & Aces	1:00:05	0:59:30	40	M35	79	13:20 15:36 15:46 14:46
249	907	Dierks Michael	*Köln	1:00:09	0:59:07	22	M30	87	14:46 14:43 14:58 14:38
250	1056	Ludwigs Alexander	*Pulheim	1:00:14	0:59:40	37	M50	67	13:56 14:57 15:20 15:25
251	645	Migge Ulrich	*Köln	1:00:19	0:59:47	22	M55	62	14:17 15:41 15:14 14:33
252	546	Joedicke Martin	*Köln	1:00:52	1:00:27	29	M45	69	13:26 15:25 15:51 15:43
253	814	Hardt Alex	CMS Unternehmensgruppe	1:00:59	1:00:03	27	MHK	95	13:34 15:01 16:04 15:21
254	619	Vogt Oliver	*Köln	1:01:01	1:00:30	43	M40	78	14:11 15:07 15:47 15:24
255	111	Doré Norbert	*Köln	1:01:04	1:00:03	23	M55	61	13:27 15:12 15:22 16:01
256	380	Wolf Dr. Christian	Laktatkönige	1:01:08	1:00:46	11	M60	58	13:44 15:33 15:45 15:43
257	419	Doré Maximilian	*Köln	1:01:30	1:00:29	28	MHK	95	14:20 15:40 15:35 14:52
258	523	Biermann Hans	ohne	1:01:32	1:00:41	38	M50	64	14:27 16:31 16:26 13:16
259	165	Tessmer Ansgar	Verein Fidele Arschkrampen	1:01:45	1:00:57	44	M40	77	13:45 14:36 16:08 16:27
260	429	Ulfkotte Johannes	*Köln	1:01:56	1:01:08	41	M35	82	14:17 15:48 15:51 15:10
261	464	Ernst Ralph	*Köln	1:01:57	1:01:08	45	M40	74	14:12 15:50 15:50 15:14
262	1023	Fischer Marcel	*Dormagen	1:02:19	1:01:35	30	M45	71	14:06 15:44 15:45 15:59
263	667	Spiess Rene	Underwater-No1	1:02:41	1:02:16	24	M55	63	14:04 15:54 16:22 15:54
264	365	Waßer Peter	WagWasKes	1:03:38	1:02:40	25	M55	59	14:18 16:03 16:12 16:05
265	1234	Burfeid Thomas		1:03:52	1:02:48	39	M50	64	14:18 15:44 16:13 16:32
266	143	Schwalbach Wilhelm	*Köln	1:04:01	1:03:00	31	M45	71	14:24 16:13 16:06 16:16
267	584	Brohl Wolfgang	*Köln	1:04:19	1:03:45	12	M60	55	13:44 17:29 16:26 16:05
268	1444	Trottenberg Wilhelm	Pingsheimer Rentnerbande	1:04:42	1:03:52	2	M75	42	14:59 15:57 16:19 16:36
269	438	Specht Thomas	*Köln	1:06:02	1:05:00	26	M55	59	15:37 16:40 16:33 16:09
269	439	Specht Simon	*Köln	1:06:02	1:05:00	29	MHK	97	15:37 16:39 16:34 16:08
271	1008	Baum Jakob	*Köln	1:07:12	1:06:54	27	M55	60	14:52 16:59 17:32 17:30
272	664	Ueberschär Reinhard	Underwater-No1	1:07:15	1:06:51	28	M55	62	14:05 16:47 17:42 18:15
273	1449	Baumann Eike		1:07:50	1:07:07	46	M40	78	16:10 16:54 17:20 16:42
274	479	Burkhardt Thomas	*Köln	1:07:56	1:06:52	23	M30	86	15:25 16:59 17:29 16:59
275	1443	Bryner Matt		1:08:19	1:07:32	40	M50	65	15:32 16:58 17:32 17:29
276	30	Stallbaum Michael	Laufwunder Stallbaum	1:08:20	1:07:44	41	M50	67	15:22 17:17 17:51 17:13
277	1442	Borraine Joan		1:08:20	1:07:33	13	M60	54	15:31 16:59 17:30 17:31
278	35	Schröder Markus	Laufwunder Stallbaum	1:08:21	1:07:46	47	M40	77	15:20 17:18 17:52 17:14
279	185	Weißgerber Frank	Laufen und Saufen	1:08:22	1:07:21	32	M45	70	14:56 17:10 17:44 17:29
280	226	Bugajny Piotr	De Lisbeths	1:08:26	1:07:33	24	M30	84	15:02 17:15 18:02 17:12
281	86	Delfmann Dr. Thomas	*Köln	1:08:35	1:07:32	14	M60	58	15:58 17:08 17:44 16:40
282	2704	Dündar Can	Roads & Aces	1:08:54	1:08:17	33	M45	72	15:15 17:23 17:54 17:43
283	782	Köster Antonius	*Köln	1:09:42	1:09:12	15	M60	54	15:21 17:11 18:03 18:36
284	742	Birk Volker	uniquetraining	1:09:48	1:08:50	9	M65	49	16:07 17:27 17:36 17:38
285	31	Stallbaum Thomas	Laufwunder Stallbaum	1:09:50	1:09:15	34	M45	71	15:21 17:18 17:57 18:37
286	28	Sarcher Sven	Laufwunder Stallbaum	1:09:50	1:09:14	42	M35	81	15:21 17:22 17:49 18:40
287	32	Schwitalla Andre	Laufwunder Stallbaum	1:09:50	1:09:16	30	MHK	91	15:23 17:23 17:52 18:37
288	71	Demond Detlef	LT Dünnwalder TV	1:10:06	1:09:14	42	M50	65	15:53 17:37 18:00 17:42
289	392	Seidel Jürgen	*Köln	1:10:51	1:10:34	29	M55	60	15:48 18:00 18:14 18:30
290	1274	Hach Ulrich	LT Dünnwalder TV	1:11:52	1:10:56	16	M60	58	15:54 17:39 18:32 18:50
291	216	Weilburg Dr. Walter	*Köln	1:14:52	1:13:57	10	M65	52	16:27 18:34 19:32 19:24
292	509	Nijmeijer Marten	LT Dünnwalder TV	1:24:40	1:23:48	17	M60	58	18:54 21:26 21:50 21:37
293	511	Stremmel Fritz	LT Dünnwalder TV	1:24:40	1:23:50	1	M80	35	18:59 21:24 21:48 21:38

10km - Gesamtwertung

12. Bickendorfer Büdchenlauf - 30.09.2018

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
1	999	Coutellier Vera	Bunert - Der Kölner Laufladen	0:36:33	0:36:31	1	WHK	95	08:27	09:25	09:19	09:19	
2	928	Schön Maike	Bunert - Der Kölner Laufladen	0:37:30	0:37:28	2	WHK	89	08:22	09:30	09:54	09:41	
3	1159	Strohmann Kim		0:37:44	0:37:41	3	WHK	93	08:56	09:42	09:38	09:24	
4	764	Schneider Claudia	Bunert- Der Kölner Laufladen	0:38:02	0:38:00	1	W40	78	08:57	09:43	09:44	09:34	
5	944	Schmitz Sarah	ASV Köln	0:38:33	0:38:31	4	WHK	98	08:56	09:49	09:53	09:51	
6	924	Lüchtfeld Alice	Bunert - Der Kölner Laufladen	0:40:34	0:40:32	5	WHK	92	09:16	10:26	10:27	10:21	
7	1456	Steinbuc Hannah	ASV Köln	0:41:58	0:41:55	6	WHK	95	09:16	10:52	10:56	10:50	
8	136	Franzus Melanie Sarah	Rennschnecken 2000 e.V.	0:44:21	0:44:16	2	W40	74	10:01	11:14	11:29	11:31	
9	606	Riese Insa	*Köln	0:44:55	0:44:49	1	W35	79	10:05	11:35	11:45	11:23	
10	96	Hain Anika	LT Rennhamster Düsseldorf	0:46:09	0:46:05	1	W30	86	10:35	11:51	11:51	11:47	
11	1450	Thieme Christan	KTT01	0:46:10	0:46:06	2	W35	81	10:05	11:52	12:11	11:56	
12	1033	Goldschmidt Nora	*Köln	0:46:27	0:46:05	7	WHK	91	10:54	11:43	11:47	11:40	
13	100	Ziegler Maren	*Köln	0:47:30	0:47:04	3	W35	83	11:22	12:05	11:50	11:46	
14	430	Blarr Maike	*Roesrath	0:47:52	0:47:40	3	W40	74	10:23	12:12	12:43	12:21	
15	115	Weirich Brit	Cologne Scorpions	0:48:06	0:47:56	8	WHK	95	10:50	12:17	12:21	12:26	
16	64	Schneider Lara	Starke Freunde	0:48:40	0:48:18	2	W30	86	11:23	12:16	12:19	12:18	
17	1475	Krügelgen Birgitt	Kindertagesstätte Brunnenkind	0:49:00	0:48:53	1	W55	60	10:45	12:33	12:45	12:49	
18	1386	Schubert Anke		0:49:26	0:49:13	4	W40	77	10:49	12:31	12:52	13:00	
19	527	Lorenzo Olmos María José	*Köln	0:49:27	0:48:56	9	WHK	93	11:43	12:20	12:47	12:05	
20	508	Kölsch Claudia	TUS Brauweiler	0:49:28	0:49:12	1	W45	72	11:14	12:41	12:35	12:40	
21	766	Wanning Annalena	TriCologne	0:49:48	0:49:34	3	W30	87	11:29	12:46	12:45	12:32	
22	433	Hoffmann Birke	*Köln	0:49:49	0:49:05	2	W45	69	12:06	12:21	12:22	12:16	
23	1019	Engel Sonja	*Köln	0:50:29	0:49:49	3	W45	71	11:09	12:46	13:08	12:45	
24	589	Hamrin Nicaise Charlotte	*Köln	0:50:33	0:50:27	4	W35	82	11:13	12:49	13:11	13:13	
25	1434	Siebertz Miriam	TV Forsbach	0:50:36	0:50:22	4	W45	70	11:33	12:52	13:06	12:49	
26	1436	Augustiat Cornelia		0:50:54	0:50:39	1	W50	67	11:33	12:52	13:06	13:07	
27	1065	Becker Nina	*Leichlingen	0:52:37	0:52:05	5	W40	77	12:18	13:20	13:21	13:04	
28	1011	Engel Petra	BSG Stadt Köln	0:52:43	0:52:35	2	W50	67	11:47	13:28	13:39	13:39	
29	671	Fröhling Kolinda	Ollum-Runners	0:52:46	0:52:14	6	W40	75	12:24	13:30	13:14	13:05	
30	1467	Karrenbauer Katrin		0:52:47	0:52:23	4	W30	87	12:03	13:32	13:38	13:09	
31	651	Schmitz Britta	Köln läuft	0:52:50	0:52:19	2	W55	63	12:18	13:28	13:37	12:55	
32	1100	Schütz Stephanie		0:53:03	0:52:20	3	W50	64	12:25	13:14	13:19	13:20	
33	1170	Jessika Freywald Jessika		0:53:11	0:53:03	5	W35	79	11:20	13:22	14:10	14:09	
34	1192	Eßer Tamara		0:53:22	0:53:10	7	W40	75	12:36	13:33	13:36	13:23	
35	1136	Kluth Michi		0:53:22	0:53:10	5	W45	69	12:36	13:33	13:37	13:23	
36	768	Montag Silke	*Köln	0:53:23	0:52:55	6	W45	73	12:05	13:28	13:35	13:45	
37	600	Seck Manuela	X Trail-Aktiv	0:53:32	0:53:11	7	W45	70	12:02	13:35	13:45	13:48	
38	772	Reichert Daniela	Köln läuft	0:53:38	0:53:07	8	W45	71	12:19	13:28	13:37	13:42	
39	568	Bardtke Ute	BSG Stadt Köln	0:53:50	0:53:41	4	W50	66	12:30	13:53	13:49	13:28	
40	740	Fenners Susanne	*Pulheim	0:54:22	0:53:45	9	W45	69	12:14	13:30	13:59	14:01	
41	1433	Severiens Julia	ASICS Frontrunner	0:54:32	0:53:50	5	W30	85	12:59	13:39	13:40	13:30	
42	255	Stempel Maria-Luise	BSG Köln	0:54:37	0:54:28	3	W55	63	12:38	13:52	13:56	14:00	
43	1032	Richts Steffi	TriCologne	0:54:40	0:54:06	6	W35	83	13:43	13:47	13:25	13:11	
44	210	Motter Heidi	LG Stolberg	0:54:57	0:54:36	4	W55	61	12:07	13:44	14:17	14:26	
45	738	Kirsten Thoridt	TV Rodenkirchen Triathlon	0:55:01	0:54:42	10	W45	69	12:50	14:15	14:07	13:28	
46	1322	Dorweiler Doro		0:55:08	0:54:09	11	W45	72	13:36	13:59	13:25	13:07	
47	172	Broichhaus Petra	TriCologne e.V.	0:55:26	0:54:29	12	W45	70	13:29	14:01	13:50	13:07	
48	51	Nauhauser Jenny	*Viersen	0:55:56	0:55:36	10	WHK	90	12:09	13:54	14:27	15:05	
49	223	Hamm Daniela	De Lisbeths	0:55:58	0:55:02	7	W35	82	12:37	14:31	14:25	13:27	
50	1452	Cakir Hale	Pfanzlich find ich gut	0:56:19	0:55:48	8	W40	78	13:15	14:22	14:07	14:03	
51	379	Wolf Ulrike	Laktatkönige	0:56:31	0:56:10	1	W60	58	12:51	14:17	14:32	14:28	
52	898	Buschinger Karina	*Köln	0:56:48	0:55:40	9	W40	78	13:19	14:06	14:12	14:02	
53	892	Simon Barbara	*Köln	0:57:00	0:56:35	10	W40	76	12:29	13:58	14:56	15:11	
54	1439	Bewölken Ormgard		0:57:09	0:56:22	11	W40	75	12:41	14:37	14:36	14:26	
55	611	Krieger Elisabeth	*Dormagen	0:57:09	0:56:52	12	W40	77	12:29	14:15	14:58	15:08	
56	1163	Fischer Inga		0:57:14	0:56:46	6	W30	87	13:38	14:18	14:43	14:05	
57	1039	Flock Ann	*Koeln	0:57:22	0:57:16	1	W65	51	13:08	14:30	14:50	14:46	
58	387	Brandenburg Helga	ASV Köln	0:57:39	0:57:34	1	W70	44	13:02	14:45	15:00	14:46	
59	779	Wende Andrea	Die Hermülheimer Laufgruppe	0:57:42	0:56:50	5	W55	62	12:59	14:30	14:33	14:47	
60	1038	Kremer Sabine	*Köln	0:57:45	0:57:17	13	W40	77	12:59	14:31	15:21	14:24	

10km - Gesamtwertung

12. Bickendorfer Büdchenlauf - 30.09.2018

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	1042	Grube Magdalena	*Köln	0:57:48	0:57:01	1	WU16	03	12:22	14:39	15:23	14:35	
62	1134	Podobinski Stephanie		0:58:03	0:57:31	13	W45	71	12:43	14:44	14:56	15:07	
63	449	Voß Anika	*Köln	0:58:05	0:57:01	14	W40	75	13:18	14:36	14:31	14:34	
64	888	Suilmann Doris	*Köln	0:58:34	0:58:10	14	W45	72	12:32	14:49	15:26	15:22	
65	1341	Völlmecke Maike		0:58:44	0:57:59	15	W40	74	13:52	15:09	14:58	13:59	
66	1181	Jakob Renate		0:58:51	0:58:06	8	W35	79	14:21	14:44	14:46	14:14	
67	371	Lohr Anneke	*Köln	0:58:55	0:58:31	16	W40	77	13:37	15:00	14:59	14:55	
68	1077	Zömbik Miriam	*Köln	0:58:56	0:58:10	17	W40	75	13:15	15:00	15:03	14:50	
69	491	Drees Jutta	*Köln	0:59:05	0:58:10	5	W50	67	14:12	14:47	14:46	14:24	
70	692	Mahnke-Erkut Heidrun	Laufftreff RochusFit	0:59:13	0:58:46	15	W45	70	13:43	15:13	15:15	14:33	
71	1352	Funk Ulrike	Isi-Runner	0:59:13	0:58:20	18	W40	75	13:01	14:52	15:06	15:19	
72	1470	Holdermüller Anja		0:59:15	0:58:21	16	W45	72	13:53	14:55	14:49	14:43	
73	1471	Ralf Molte		0:59:15	0:58:21	17	W45	73	13:53	14:55	14:48	14:43	
74	1016	Beulen Diana	Zülpicher Running Gags	0:59:16	0:58:50	19	W40	76	13:32	14:46	15:04	15:26	
75	193	Schäfer Henrike	*Köln	0:59:22	0:58:20	18	W45	70	13:48	14:57	14:53	14:41	
76	1407	Karalay Oezlem	*Koeln	0:59:22	0:58:44	9	W35	83	13:51	15:13	15:06	14:32	
77	316	Schmidwenzl Silvia	Team Aachener Engel e.V.	0:59:44	0:59:23	6	W50	66	12:59	15:01	15:31	15:50	
78	1297	Beck Sandra		0:59:45	0:59:35	19	W45	73	13:39	15:29	15:27	14:58	
79	607	Flecken Heidrun	Team Erdinger Alkoholfrei	0:59:45	0:59:35	2	W60	54	13:39	15:29	15:27	14:59	
80	129	Fust-Lindner Sabine	*Köln	0:59:57	0:59:22	7	W50	66	13:41	14:51	15:43	15:05	
81	1288	Courth Elisabeth		0:59:59	0:58:55	10	W35	83	14:34	14:54	14:58	14:27	
82	640	Uhl Stefanie	*Köln	1:00:00	0:59:36	20	W40	75	13:57	14:54	15:34	15:10	
83	1173	Frömberg Gabi		1:00:03	0:59:04	8	W50	66	13:51	15:03	15:01	15:08	
84	7	Lorscheid Christina	TriCologne	1:00:09	0:59:12	21	W40	75	13:28	14:30	15:43	15:29	
85	170	Hess Katrin	*Köln	1:00:09	0:59:13	9	W50	67	13:30	14:29	15:43	15:29	
86	672	Brauch Eva	Ollum-Runners	1:00:42	1:00:11	22	W40	76	13:30	15:25	15:49	15:25	
87	1390	Schilling Birgit	Lebenswert - Stadtkirche Köln	1:00:46	1:00:23	6	W55	60	13:49	15:23	15:38	15:32	
88	1044	Röhr Tanja	*Köln - Nippes	1:01:10	1:00:50	7	W30	84	13:39	15:40	15:54	15:35	
89	1418	Mitzdorf Katja		1:01:45	1:01:27	20	W45	71	14:00	15:53	16:10	15:22	
90	468	August Birgitta	*Köln	1:01:56	1:01:27	10	W50	64	13:00	15:56	16:35	15:55	
91	465	Thieler Nicole	*Köln	1:01:58	1:01:09	23	W40	76	14:17	15:48	15:51	15:13	
92	466	Voigt Karo	*Köln	1:02:03	1:01:13	24	W40	74	14:11	15:50	15:51	15:20	
93	1210	Papst Elisabeth	Martinas Laufftreff	1:02:05	1:01:08	7	W55	60	15:08	15:24	15:27	15:08	
94	262	Schmidt Daniela	*Köln	1:02:20	1:01:51	25	W40	75	14:08	15:47	15:56	15:59	
95	482	Müller Anika	*Köln	1:02:28	1:02:01	26	W40	74	13:56	15:52	16:31	15:40	
96	1143	Serban Ruth		1:02:39	1:01:53	8	W55	61	13:53	15:38	15:51	16:30	
97	1399	Pankraz Bettina		1:03:08	1:02:28	11	W35	83	13:25	16:04	16:39	16:19	
98	296	Raco Alessandra	*Köln	1:03:25	1:03:11	11	WHK	90	13:46	16:06	16:42	16:36	
99	211	Bergemann Andrea	Roads & Aces	1:03:28	1:02:50	27	W40	78	14:34	16:00	16:09	16:06	
100	1406	Schmidt Luzia		1:03:43	1:03:13	3	W60	56	13:52	15:49	16:39	16:52	
101	8711	Kupke Lea	*Köln	1:03:50	1:03:11	1	WU20	99	13:44	15:50	17:00	16:35	
102	87	Telaak Doris	*Köln	1:04:09	1:03:06	9	W55	60	14:48	15:55	16:19	16:04	
103	585	Beyer Dorothea	*Köln	1:04:18	1:03:44	2	W65	53	13:44	17:28	16:27	16:05	
104	409	Weigerstorfer Sonja	*Köln	1:04:22	1:03:26	28	W40	77	15:03	16:17	16:35	15:30	
105	408	Lohner Stephanie	*Köln	1:04:32	1:03:36	29	W40	77	15:03	16:16	16:35	15:41	
106	168	Yvonne Schimmer	*Köln	1:04:42	1:03:53	30	W40	77	15:18	16:22	16:47	15:24	
107	190	Froh Müller Dr. Mareile	*Köln	1:04:51	1:04:10	12	W35	80	14:50	16:28	16:39	16:12	
108	1447	Kopp Manuela	LT Dünnwald	1:05:13	1:04:28	21	W45	69	14:22	16:05	16:55	17:05	
109	1465	Eckstein Isabelle		1:05:23	1:04:58	12	WHK	90	13:33	16:24	17:36	17:24	
110	574	Drewes Claudia	*Köln	1:05:57	1:05:28	13	WHK	89	15:23	16:46	16:57	16:20	
111	1031	Grube Katharina	*Köln	1:06:27	1:05:41	10	W55	62	14:35	16:07	17:27	17:30	
112	1117	Weber Annabell		1:06:33	1:05:47	13	W35	80	15:12	16:31	16:59	17:03	
113	1440	Orels Sabina		1:06:40	1:05:45	11	W50	64	14:12	16:08	17:07	18:16	
114	522	Schlimm Katharina	ohne	1:06:58	1:06:07	14	W35	81	14:27	16:31	17:40	17:28	
115	1191	Schlimm Katharina		1:06:59	1:06:07	15	W35	81	14:27	16:30	17:41	17:28	
116	663	Ueberschär Martina	Underwater-No1	1:07:15	1:06:51	12	W50	67	14:04	16:48	17:42	18:16	
117	865	Wegner Saskia	*Köln	1:07:16	1:06:12	14	WHK	89	15:13	16:36	17:21	17:00	
118	867	Sielicki Charlotte	*Köln	1:07:16	1:06:12	8	W30	88	15:13	16:36	17:21	17:01	
119	866	Fach Christina	*Köln	1:07:16	1:06:13	13	W50	66	15:14	16:37	17:21	17:00	
120	457	Weinkauf Dorothee	*Bergisch Gladbach	1:07:17	1:06:23	22	W45	71	15:41	17:16	17:09	16:15	

10km - Gesamtwertung

12. Bickendorfer Büdchenlauf - 30.09.2018

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden
121	437	Allendorf Irmgard	*Bergisch Gladbach	1:07:18	1:06:23	23	W45	70	15:41 17:16 17:09 16:16
122	88	Van Eickels Miriam	*Köln	1:07:27	1:06:24	9	W30	88	14:48 16:16 17:26 17:51
123	693	Neufang Christiane	Lauftreff RochusFit	1:07:45	1:07:34	24	W45	70	15:39 17:22 18:04 16:28
124	1448	Baumann Petra		1:07:50	1:07:07	16	W35	80	16:10 16:54 17:19 16:42
125	120	Heinze Lydia	*Köln	1:07:56	1:06:52	10	W30	86	15:25 16:59 17:28 16:59
126	1501	Klein Petra	*Bad Hönningen	1:08:47	1:08:09	25	W45	69	15:14 17:12 17:46 17:55
127	1070	Haffke Anne	TriCologne	1:09:41	1:09:08	17	W35	81	14:05 19:24 17:57 17:40
128	597	Schmitz Sandra	LSB-Schweinehunde	1:09:41	1:08:36	31	W40	76	15:27 17:30 17:57 17:40
129	1030	Blau Judith	LSB-Schweinehunde	1:09:41	1:08:36	18	W35	83	15:27 17:30 17:57 17:41
130	780	Krichel Annette	*Köln	1:09:41	1:09:12	11	W55	59	15:21 17:11 18:03 18:35
131	496	Sommerfeld Elisabeth	TuS Brauweiler	1:09:53	1:09:21	4	W60	58	15:09 17:52 18:05 18:14
132	382	Hillebrand Maria	*Bedburg	1:10:04	1:09:22	15	WHK	89	16:03 17:28 18:10 17:40
133	191	Hinze Désirée	*Hürth	1:10:26	1:09:39	11	W30	84	15:05 17:43 18:24 18:26
134	144	Stockebrand Barbara	*Köln	1:11:16	1:10:10	26	W45	70	15:18 17:36 18:51 18:24
135	152	Scharmman Kathrin	*Köln	1:11:35	1:10:29	32	W40	78	15:20 17:34 18:51 18:42
136	192	Perschke Helga	LT Dünnwald TV	1:11:51	1:11:02	12	W55	63	16:20 18:19 18:23 17:58
137	599	Engels Stephanie	*Köln	1:12:36	1:11:39	27	W45	73	16:08 18:43 19:07 17:40
138	17	Merchel Justyna	*Köln	1:14:19	1:13:44	33	W40	78	17:32 19:21 18:21 18:29
139	383	Hillebrand Katharina	*Bedburg	1:15:22	1:14:37	12	W30	84	16:32 18:44 20:04 19:16
140	696	Altmayer Daniela	Lauftreff RochusFit	1:17:09	1:16:57	28	W45	69	16:02 19:41 20:39 20:35
141	18	Maurer Britta	*Köln	1:21:33	1:20:58	19	W35	79	17:32 20:41 21:21 21:23