

3. Bedburger-Citylauf

Ergebnisliste AK

| AKPI | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|------|----------|------|--------|-----|--------|------|
|------|----------|------|--------|-----|--------|------|

500 Meter

w

| | | | | | | |
|----|-----|-----------------------|------|---|------------------------|----------|
| 1. | 691 | Hattenberger, Nicole | 1998 | w | (Bedburg) | 00:02:31 |
| 2. | 989 | Grimberg, Lea | 1997 | w | Anton-Heinen-Schule 2a | 00:02:45 |
| 3. | 708 | Christophersen, Clara | 1999 | w | (Wermelskirchen) | 00:02:53 |
| 4. | 709 | Christophersen, Alexa | 2001 | w | (Wermelskirchen) | 00:04:00 |

Schülerinnen D

| | | | | | | |
|-----|-----|-----------------------|------|---|------------------------|----------|
| 1. | 901 | Burbach, Bianca | 1995 | w | LC Jugend 07 Bergheim | 00:02:00 |
| 2. | 934 | Ellbracht, Anna | 1995 | w | (Grevenbroich) | 00:02:02 |
| 3. | 743 | Mager, Robina | 1996 | w | (Bergheim) | 00:02:07 |
| 4. | 909 | Abels, Lea | 1996 | w | (Bedburg) | 00:02:09 |
| 5. | 900 | Burbach, Rebecca | 1995 | w | LC Jugend 07 Bergheim | 00:02:12 |
| 6. | 920 | Wieder, Anna | 1995 | w | (Bedburg) | 00:02:17 |
| 7. | 938 | Wieland, Lena | 1996 | w | Anton-Heinen-Schule 2a | 00:02:19 |
| 8. | 940 | Wieland, Laura | 1996 | w | Anton-Heinen-Schule 2a | 00:02:20 |
| 9. | 677 | Kuhnert, Anna | 1995 | w | DSV 04 | 00:02:21 |
| 10. | 924 | Geiken, Katharina | 1995 | w | (Bergheim) | 00:02:34 |
| 11. | 948 | Torrejon, Mara Tamara | 1995 | w | Anton-Heinen-Schule 3c | 00:02:35 |
| 12. | 707 | Kessen, Anne-Sofie | 1996 | w | (Bedburg) | 00:02:37 |
| 13. | 652 | Klever, Katharina | 1996 | w | SC Kaster Königshoven | 00:02:38 |
| 14. | 939 | Meuser, Sarah | 1996 | w | Anton-Heinen-Schule 2a | 00:02:43 |
| 15. | 749 | Schamböck, Patricia | 1996 | w | Anton-Heinen-Schule 3c | 00:02:44 |
| 16. | 654 | Ewert, Adina | 1996 | w | (Bedburg) | 00:02:45 |
| 17. | 666 | Schmitz, Anne | 1996 | w | (Frechen) | 00:02:52 |
| 18. | 937 | Wojnar, Milena | 1996 | w | Anton-Heinen-Schule 2a | 00:03:12 |
| 19. | 679 | Odenius, Laura | 1995 | w | LG Tollhausen | 00:03:34 |
| 20. | 941 | Vogelsang, Louisa | 1996 | w | Anton-Heinen-Schule 2a | 00:03:36 |
| 21. | 919 | Wasel, Johanna | 1996 | w | (Bedburg) | 00:03:42 |
| 22. | 747 | Magnus, Maren | 1995 | w | Anton-Heinen-Schule 4b | 00:03:55 |

Schülerinnen C

| | | | | | | |
|----|-----|---------------------|------|---|------------------------|----------|
| 1. | 640 | Lieven, Julia | 1993 | w | TV Bedburg | 00:02:09 |
| 2. | 910 | Spiegel, Laura | 1993 | w | (Bedburg) | 00:02:13 |
| 3. | 907 | Krahenfeld, Michel | 1993 | w | .Bedburg | 00:02:14 |
| 4. | 706 | Kessen, Julia | 1994 | w | (Bedburg) | 00:02:22 |
| 5. | 927 | Jenniges, Yvonne | 1994 | w | (Bedburg) | 00:02:23 |
| 6. | 742 | Mager, Kimberly | 1993 | w | (Bergheim) | 00:02:33 |
| 7. | 687 | Hobelsberger, Nora | 1993 | w | (Bedburg) | 00:02:40 |
| 8. | 932 | Wenzel, Sonja | 1994 | w | VFL Oberaussem-Fortuna | 00:02:42 |
| 9. | 686 | Hobelsberger, Inken | 1994 | w | (Bedburg) | 00:03:40 |

m

| | | | | | | |
|----|-----|----------------------|------|---|-----------|----------|
| 1. | 650 | Fassbender, Matthias | 1997 | m | (Bedburg) | 00:03:45 |
|----|-----|----------------------|------|---|-----------|----------|

Schüler D

| | | | | | | |
|----|-----|------------------|------|---|---------------------------|----------|
| 1. | 908 | Wego, Pascal | 1995 | m | SV Erftstolz Niederaussem | 00:01:51 |
| 2. | 918 | Nüsser, Daniel | 1995 | m | Difra Fit for Life | 00:01:52 |
| 3. | 945 | Lieven, Matthias | 1996 | m | Anton-Heinen-Schule 3b | 00:01:53 |

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|------|----------|-----------------------|--------|-----|--------------------------|----------|
| 4. | 917 | Schiffer, Marius | 1995 | m | BSG FZ Jülich | 00:01:55 |
| 5. | 916 | von Danwitz, Ludwig | 1995 | m | TV Bedburg | 00:02:00 |
| 6. | 913 | Nötzel, Andreas | 1996 | m | (Elsdorf) | 00:02:02 |
| 7. | 925 | Roelen, Niclas | 1996 | m | (Bedburg) | 00:02:03 |
| 8. | 936 | Osterhammel, Michael | 1996 | m | Anton-Heinen-Schule 2a | 00:02:04 |
| 9. | 660 | Schmitz, Elias | 1995 | m | (Bedburg) | 00:02:06 |
| 10. | 947 | Breuer, Tobias | 1996 | m | Anton-Heinen-Schule 2c | 00:02:08 |
| 11. | 745 | Schiffer, Johannes | 1996 | m | SC B. Kaster-Königshoven | 00:02:10 |
| 12. | 744 | D'Ulisse, Nico | 1996 | m | SC B. Kaster-Königshoven | 00:02:11 |
| 13. | 926 | Nessau, Hendrik | 1995 | m | SC B. Kaster-Königshoven | 00:02:14 |
| 14. | 921 | Wieder, Simon | 1996 | m | (Bedburg) | 00:02:16 |
| 15. | 906 | Müller, Lars | 1995 | m | LC Jugend 07 Bergheim | 00:02:16 |
| 16. | 645 | Morillo, Janik | 1996 | m | BBV Bedburg | 00:02:32 |
| 17. | 905 | Peffer, Patrik | 1996 | m | LC Jugend 07 Bergheim | 00:02:33 |
| 18. | 931 | Winkel, Niklas | 1995 | m | VFL Oberaussem-Fortuna | 00:02:48 |
| 19. | 949 | Froitzheim, Christoph | 1995 | m | Anton-Heinen-Schule 3c | 00:02:50 |
| 20. | 911 | Esser, Christoph | 1996 | m | (Bedburg) | 00:03:51 |

Schüler C

| | | | | | | |
|----|-----|-----------------------|------|---|--------------------------|----------|
| 1. | 928 | Haas, Bastian | 1994 | m | BBV Bedburg | 00:01:46 |
| 2. | 914 | Mertens, Marvin | 1993 | m | TV Bedburg | 00:01:48 |
| 3. | 904 | Bochacz, Alexander | 1993 | m | (Bedburg) | 00:01:51 |
| 4. | 933 | Steinbach, Marius | 1994 | m | SC B. Kaster-Königshoven | 00:02:01 |
| 5. | 915 | Barleben, Alexander | 1994 | m | TV Bedburg | 00:02:03 |
| 6. | 647 | Lucka, Patrick | 1994 | m | TV Bedburg | 00:02:11 |
| 7. | 644 | Morillo, Maik | 1993 | m | (Bedburg) | 00:02:18 |
| 8. | 695 | Hattenberger, Florian | 1994 | m | (Bedburg) | 00:02:52 |

2.000 Meter

w

Schülerinnen D

| | | | | | | |
|----|-----|----------------------|------|---|------------------------|----------|
| 1. | 880 | Geyer, Judith | 1995 | w | Anton-Heinen-Schule 3a | 00:10:47 |
| 2. | 705 | Ruetters, Annika | 1996 | w | (Bedburg) | 00:10:48 |
| 3. | 876 | Stollenwerk, Darleen | 1996 | w | Anton-Heinen-Schule 3a | 00:11:56 |
| 4. | 678 | Kuhnert, Anna | 1995 | w | DSV 04 | 00:13:18 |

Schülerinnen C

| | | | | | | |
|----|-----|----------------|------|---|-----------|----------|
| 1. | 883 | Jonßies, Mandy | 1993 | w | (Bedburg) | 00:11:58 |
|----|-----|----------------|------|---|-----------|----------|

Schülerinnen B

| | | | | | | |
|----|-----|--------------------|------|---|-----------------------|----------|
| 1. | 696 | Hille, Sinja | 1991 | w | LAV Bayer Dormagen | 00:07:55 |
| 2. | 884 | Faßbender, Silvia | 1991 | w | LC Jugend 07 Bergheim | 00:08:36 |
| 3. | 868 | von Danwitz, Pia | 1992 | w | TV Bedburg | 00:09:15 |
| 4. | 856 | Krahenfeld, Janine | 1991 | w | .Bedburg | 00:09:23 |
| 5. | 853 | Esser, Janina | 1992 | w | TV Bedburg | 00:11:53 |

Schülerinnen A

| | | | | | | |
|----|-----|--------------|------|---|------------|----------|
| 1. | 864 | Haas, Jenny | 1989 | w | TV Bedburg | 00:07:48 |
| 2. | 851 | Kremer, Nina | 1990 | w | TV Bedburg | 00:10:44 |

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|------|----------|------|--------|-----|--------|------|

Schüler D

| | | | | | | |
|----|-----|--------------------|------|---|------------------------|----------|
| 1. | 935 | Bas, Erol | 1996 | m | Anton-Heinen-Schule 3a | 00:10:50 |
| 2. | 879 | Bohmann, Nils | 1996 | m | Anton-Heinen-Schule 3a | 00:11:10 |
| 3. | 639 | Piontek, Alexander | 1996 | m | (Bedburg) | 00:13:54 |
| 4. | 863 | Witt, David | 1996 | m | TV Bedburg | 00:13:57 |

Schüler C

| | | | | | | |
|----|-----|------------------------|------|---|--------------------------|----------|
| 1. | 930 | Schiefelbein, Thorsten | 1993 | m | VFL Oberaussem-Fortuna | 00:08:53 |
| 2. | 923 | Geiken, Maximilian | 1993 | m | (Bergheim) | 00:08:57 |
| 3. | 871 | Becker, Tobias | 1994 | m | (Bedburg) | 00:10:23 |
| 4. | 873 | Jenniges, Rene | 1993 | m | (Bedburg) | 00:10:45 |
| 5. | 881 | Steinbach, Marius | 1994 | m | SC B. Kaster-Königshoven | 00:13:13 |
| 6. | 875 | Stollenwerk, Benjamin | 1993 | m | (Bedburg) | 00:15:23 |

Schüler B

| | | | | | | |
|-----|-----|--------------------|------|---|--------------------------|----------|
| 1. | 852 | Burbach, Jens | 1991 | m | LC Jugend 07 Bergheim | 00:07:17 |
| 2. | 867 | Scholz, Tim | 1991 | m | TV Bedburg | 00:07:52 |
| 3. | 765 | Berrens, Rene | 1991 | m | TV Bedburg | 00:07:54 |
| 4. | 874 | Geist, Raphael | 1991 | m | TV Bedburg | 00:08:03 |
| 5. | 850 | Kremer, Sven | 1991 | m | TV Bedburg | 00:08:15 |
| 6. | 855 | Müller, Jens | 1992 | m | 1. FC Quadrath-Ichendorf | 00:08:16 |
| 7. | 658 | Matheisen, Dominik | 1991 | m | Bergheim LC Jugend 07 | 00:08:43 |
| 8. | 862 | Gasper, Michael | 1992 | m | TSV Bayer Dormagen | 00:08:44 |
| 9. | 869 | Henke, Sebastian | 1991 | m | TV Bedburg | 00:08:59 |
| 10. | 688 | Morillo, Jorge | 1991 | m | (Bedburg) | 00:09:16 |
| 11. | 877 | Eßer, Dennis | 1992 | m | TV Bedburg | 00:09:33 |
| 12. | 861 | Gasper, Christian | 1991 | m | TV Rommerskirchen | 00:09:46 |
| 13. | 882 | Jonßies, Marko | 1991 | m | (Bedburg) | 00:10:56 |
| 14. | 878 | Faust, Fabian | 1992 | m | (Bedburg) | 00:11:15 |

Schüler A

| | | | | | | |
|----|-----|---------------------|------|---|-----------------------|----------|
| 1. | 866 | Kleefisch, Tobias | 1989 | m | TV Bedburg | 00:07:08 |
| 2. | 854 | Peffer, Thomas | 1990 | m | LC Jugend 07 Bergheim | 00:07:19 |
| 3. | 858 | Grusas, Stefan | 1990 | m | (Bedburg) | 00:07:57 |
| 4. | 859 | Kaltenhäuser, Georg | 1989 | m | (Bedburg) | 00:08:51 |
| 5. | 860 | Gasper, Stephan | 1990 | m | TV Rommerskirchen | 00:09:41 |

m. Jugend B

| | | | | | | |
|----|-----|-------------|------|---|------------|----------|
| 1. | 865 | Haas, Denis | 1987 | m | TV Bedburg | 00:06:57 |
|----|-----|-------------|------|---|------------|----------|

4.000 Meter Jedermannlauf

w

Frauen

| | | | | | | |
|----|-----|-----------------------|------|---|-----------------|------------|
| 1. | 682 | Arendt, Alexandra | 1986 | w | ASG Elsdorf | 00:17:39,0 |
| 2. | 763 | Dannenberg, Eva | 1983 | w | ASG Elsdorf | 00:17:55,0 |
| 3. | 792 | Hüsgen, Ute | 1966 | w | (Bedburg) | 00:18:08,0 |
| 4. | 769 | Nessau, Iris | 1965 | w | (Bedburg) | 00:19:15,0 |
| 5. | 766 | Sieberichs, Uschi | 1958 | w | (Grevenbroich) | 00:19:23,0 |
| 6. | 785 | Konradi, Katarina | 1986 | w | TV Bedburg | 00:21:37,0 |
| 7. | 782 | Wirtz, Rebecca | 1989 | w | TV Bedburg | 00:21:37,0 |
| 8. | 759 | Spiegel, Yvonne | 1966 | w | (Bedburg) | 00:21:45,0 |
| 9. | 771 | Graefenstedt, Bettina | 1965 | w | KC Grevenbroich | 00:22:22,0 |

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| 10. | 719 | Thiemann, Monika | 1964 | w | (Bedburg) | 00:23:10,0 |
| 11. | 784 | Gervelmeyer, Marion | 1975 | w | GM-Hütte | 00:23:53,0 |
| 12. | 760 | Schmidt, Manuela | 1970 | w | Erfrock Team e. V. | 00:24:38,0 |
| 13. | 699 | Kuhnert, Maria | 1965 | w | (Düsseldorf) | 00:25:11,0 |
| 14. | 704 | Güsgen, Monika | 1950 | w | (Bedburg) | 00:25:17,0 |
| 15. | 774 | Rüdiger, Anni | 1955 | w | Difra Fit for Life | 00:27:00,0 |
| 16. | 779 | Weide, Rita | 1954 | w | Difra Fit for Life | 00:28:35,0 |
| 17. | 772 | Kordeuter, Jutta | 1954 | w | Difra Fit for Life | 00:29:12,0 |
| 18. | 768 | Kober, Sabine | 1958 | w | (Elsdorf) | 00:29:34,0 |
| 19. | 780 | Erdmann, Melanie | 1986 | w | (Elsdorf) | 00:30:30,0 |

m

Männer

| | | | | | | |
|-----|-----|------------------------|------|---|-------------------------|------------|
| 1. | 762 | von Danwitz, Max | 1989 | m | TV Bedburg | 00:14:10,0 |
| 2. | 730 | Helfenstein, Willy | 1958 | m | SG Neukirchen-Hülchrath | 00:14:26,0 |
| 3. | 789 | Schönfeld, Marco | 1984 | m | RA Reins | 00:15:05,0 |
| 4. | 787 | Stollenwerk, David | 1975 | m | (Bedburg) | 00:15:21,0 |
| 5. | 770 | Renzenbrink, Jan | 1984 | m | Laufmaschine | 00:15:51,0 |
| 6. | 718 | Schmidt, Freddy | 1980 | m | Team Runners Point | 00:16:05,0 |
| 7. | 716 | Winzen, Dieter | 1967 | m | (Bedburg) | 00:16:11,0 |
| 8. | 764 | Witt, Dominic | 1986 | m | ASG Elsdorf | 00:16:27,0 |
| 9. | 683 | Jakob, Dennis | 1984 | m | TV Bedburg | 00:17:01,0 |
| 10. | 767 | Sperschneider, Uwe | 1962 | m | (Grevenbroich) | 00:17:05,0 |
| 11. | 722 | Mocken, Stefan | 1978 | m | (Elsdorf) | 00:17:18,0 |
| 12. | 717 | Winzen, Bastian | 1989 | m | (Bedburg) | 00:17:20,0 |
| 13. | 536 | Wego, Ralf | 1967 | m | SG JVA Aachen | 00:17:34,0 |
| 14. | 750 | Krahwinkel, Hans-Josef | 1949 | m | (Grevenbroich) | 00:18:10,0 |
| 15. | 788 | Ellbracht, Stefan | 1970 | m | (Grevenbroich) | 00:18:23,0 |
| 16. | 761 | Geiß, Bernd | 1955 | m | (Elsdorf) | 00:18:27,0 |
| 17. | 752 | Nötzel, Manfred | 1957 | m | (Elsdorf) | 00:18:33,0 |
| 18. | 778 | Fliri, Gregor | 1967 | m | Difra Fit for Life | 00:18:41,0 |
| 19. | 697 | Berstermann, Moritz | 1990 | m | (Dormagen) | 00:18:43,0 |
| 20. | 758 | Fischer, Frank | 1981 | m | TV Bedburg | 00:18:55,0 |
| 21. | 713 | Kahler, Udo | 1969 | m | BSG Erftverband | 00:19:03,0 |
| 22. | 755 | Büttgen, Michael | 1982 | m | (Elsdorf) | 00:19:13,0 |
| 23. | 636 | Nyga, Heribert | 1964 | m | (Bedburg) | 00:19:20,0 |
| 24. | 783 | Schütte, Norbert | 1951 | m | (Bedburg) | 00:20:01,0 |
| 25. | 728 | Litzner, Timur | 1996 | m | LAV Habelrath-Grefrath | 00:20:26,0 |
| 26. | 751 | Poschen, Franz | 1948 | m | TK Grevenbroich | 00:20:28,0 |
| 27. | 727 | Litzner, Lukas | 1995 | m | LAV Habelrath-Grefrath | 00:20:50,0 |
| 28. | 715 | Ackermann, Edgar | 1943 | m | TV Bedburg | 00:20:56,0 |
| 29. | 643 | Haan, Norbert | 1956 | m | (Bedburg) | 00:20:59,0 |
| 30. | 753 | Köllen, Heinz | 1949 | m | (Bedburg) | 00:21:10,0 |
| 31. | 692 | Hattenberger, Uwe | 1961 | m | (Bedburg) | 00:21:41,0 |
| 32. | 757 | Heinen, Jens | 1982 | m | TV Bedburg | 00:22:31,0 |
| 33. | 754 | Olscher, Jürgen | 1961 | m | (Kerpen) | 00:22:32,0 |
| 34. | 777 | Haas, Marco | 1978 | m | Difra Fit for Life | 00:23:17,0 |
| 35. | 791 | Bärwolf, Tobias | 1995 | m | Anton-Heinen-Schule 3a | 00:23:23,0 |
| 36. | 773 | Rüdiger, Peter | 1950 | m | Difra Fit for Life | 00:23:30,0 |
| 37. | 701 | Kuhnert, Detlef | 1960 | m | (Düsseldorf) | 00:23:36,0 |
| 38. | 756 | Günes, Özcan | 1970 | m | (Bedburg) | 00:24:31,0 |
| 39. | 721 | Golc, Thomas | 1984 | m | (Bedburg) | 00:24:55,0 |

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|------|----------|------------------|--------|-----|-----------|------------|
| 40. | 734 | Steffens, Reiner | 1959 | m | (Bedburg) | 00:25:07,0 |
| 41. | 781 | Gruber, Stephan | 1986 | m | (Bedburg) | 00:30:29,0 |

10.000 Meter Hauptlauf

w

w. Jugend B

| | | | | | | |
|----|-----|-----------------------|------|---|------------------------|----------|
| 1. | 606 | Kastenholz, Stephanie | 1987 | w | LAV Habelrath-Grefrath | 00:49:11 |
|----|-----|-----------------------|------|---|------------------------|----------|

Frauen

| | | | | | | |
|----|-----|--------------------|------|---|----------------------|----------|
| 1. | 518 | Kanditt, Katja | 1977 | w | Mönchengladbacher LG | 00:46:49 |
| 2. | 567 | Werth, Elisabeth | 1981 | w | TV Bedburg | 00:55:01 |
| 3. | 574 | Kupper, Christina | 1979 | w | (Hilden) | 00:57:32 |
| 4. | 720 | Hehlke, Daniela | 1981 | w | (Köln-Lövenich) | 00:58:54 |
| 5. | 568 | Werth-Haas, Ulrike | 1975 | w | TV Bedburg | 01:03:48 |
| 6. | 534 | Lechenich, Natalie | 1975 | w | (Bedburg) | 01:07:39 |

W30

| | | | | | | |
|----|-----|--------------------|------|---|-----------|----------|
| 1. | 610 | Grimberg, Severine | 1970 | w | (Bedburg) | 01:03:29 |
|----|-----|--------------------|------|---|-----------|----------|

W35

| | | | | | | |
|-----|-----|-------------------------|------|---|---------------------------|----------|
| 1. | 598 | Geiken, Annette | 1967 | w | LG RWE-Power Niederaussem | 00:44:28 |
| 2. | 794 | Möbus, Vera | 1967 | w | LT Saaler Mühle | 00:52:34 |
| 3. | 671 | Smiljanovska, Spasenska | 1966 | w | (Bedburg) | 00:53:36 |
| 4. | 616 | Ksoll, Andrea | 1965 | w | (Bedburg) | 00:53:45 |
| 5. | 521 | Moritz, Sonja | 1967 | w | (Frechen) | 00:54:41 |
| 6. | 543 | Krempuls, Michaela | 1968 | w | Running TV Bedburg | 00:56:34 |
| 7. | 594 | Trautsch, Ines | 1965 | w | Difra Fit for Life | 01:00:20 |
| 8. | 798 | Rath, Stefanie | 1966 | w | TV Grevenbroich | 01:02:47 |
| 9. | 503 | Kremer, Petra | 1967 | w | Running TV Bedburg | 01:03:44 |
| 10. | 732 | Wittkowski, Britta | 1969 | w | SSK Kerpen | 01:07:15 |

W40

| | | | | | | |
|----|-----|-----------------------|------|---|------------------------|----------|
| 1. | 519 | Loock, Sabine | 1963 | w | LAV Habelrath-Grefrath | 00:54:37 |
| 2. | 702 | Koehn, Gabriele | 1964 | w | Running TV Bedburg | 00:56:35 |
| 3. | 664 | Dreikhausen, Angelika | 1961 | w | TV Bedburg | 00:57:10 |
| 4. | 528 | Neumeier, Silvia | 1964 | w | (Bedburg) | 01:02:16 |
| 5. | 703 | Mäsing, Dorothee | 1961 | w | Running TV Bedburg | 01:03:31 |
| 6. | 532 | Zekoll, Claudia | 1964 | w | (Frechen) | 01:08:16 |
| 7. | 557 | Conrads, Petra | 1963 | w | TK Grevenbroich | 01:09:03 |

W45

| | | | | | | |
|----|-----|---------------------------|------|---|--------------------|----------|
| 1. | 735 | Bremer, Ulrike | 1958 | w | Running TV Bedburg | 00:52:19 |
| 2. | 736 | Eschment-Schnitzler, Ruth | 1958 | w | Running TV Bedburg | 00:52:22 |

W50

| | | | | | | |
|----|-----|-------------------|------|---|------------|----------|
| 1. | 651 | Neufeind, Gisela | 1952 | w | TV Bedburg | 00:57:58 |
| 2. | 551 | Herrmann, Ok-Sook | 1952 | w | (Bedburg) | 00:58:04 |
| 3. | 637 | Klein, Jutta | 1951 | w | TV Bedburg | 01:04:48 |

W55

| | | | | | | |
|----|-----|--------------|------|---|------------|----------|
| 1. | 535 | Wilczek, Eva | 1946 | w | BSG Hilden | 01:04:12 |
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| Schüler C | | | | | | |
| 1. | 698 | Haas, Bastian | 1994 | m | BBV Bedburg | 00:53:04 |
| Schüler A | | | | | | |
| 1. | 505 | Königs, Thomas | 1989 | m | Spvgg. Oberaussem-Fortuna | 00:54:47 |
| m. Jugend B | | | | | | |
| 1. | 667 | Zopes, Tobias | 1987 | m | ASV Köln | 00:40:26 |
| 2. | 626 | Mager, Dennis | 1987 | m | (Bergheim) | 00:48:58 |
| 3. | 731 | Stupp, Christoph | 1987 | m | TV Bedburg | 00:51:13 |
| 4. | 549 | Haas, Denis | 1987 | m | TV Bedburg | 00:53:06 |
| Männer | | | | | | |
| 1. | 624 | Glahn, Claus | 1975 | m | LG Mülheim | 00:34:48 |
| 2. | 669 | Zopes, David | 1984 | m | ASV Köln | 00:34:57 |
| 3. | 668 | Kügler, Thorsten | 1983 | m | ASV Köln | 00:38:36 |
| 4. | 591 | Gröbe, Christian | 1981 | m | Difra Fit for Life | 00:38:45 |
| 5. | 566 | Werth, Georg | 1977 | m | TV Bedburg | 00:41:38 |
| 6. | 622 | Weiffen, Dennis | 1976 | m | TV Witzhelden | 00:44:04 |
| 7. | 714 | Rüdelstein, Pascal | 1975 | m | SC B. Kaster-Königshoven | 00:45:28 |
| 8. | 524 | Lenzen, Thomas | 1981 | m | (Bedburg) | 00:45:42 |
| 9. | 565 | Werth, Michael | 1976 | m | TV Bedburg | 00:46:41 |
| 10. | 562 | Lack, Thomas | 1975 | m | Running TV Bedburg | 00:47:15 |
| 11. | 525 | Derwenskus, Dominic | 1982 | m | (Bedburg) | 00:48:56 |
| 12. | 569 | Dannenberg, Tim | 1981 | m | TV Bedburg | 00:49:47 |
| 13. | 572 | Broich, Bernd | 1975 | m | Track Club Niederembt | 00:56:36 |
| 14. | 797 | Meyer, Frank | 1978 | m | Amatori Castelfusano | 00:56:40 |
| M30 | | | | | | |
| 1. | 801 | Elskamp, Gregor | 1971 | m | ASV Köln | 00:38:26 |
| 2. | 672 | Mietzner, Thorsten | 1972 | m | (Bedburg) | 00:42:16 |
| 3. | 601 | Kirsch, Friedbert | 1970 | m | VfR 1910 Unterbruch e. V. | 00:43:46 |
| 4. | 507 | Jobs, Georg | 1970 | m | SC B. Kaster-Königshoven | 00:43:58 |
| 5. | 579 | Fuß, Oliver | 1971 | m | Lauffreunde Volksbank | 00:46:10 |
| 6. | 623 | Hennemann, Michael | 1973 | m | Difra Fit for Life | 00:46:34 |
| 7. | 508 | Görgens, Thomas | 1972 | m | (Bedburg) | 00:46:58 |
| 8. | 711 | Abels, Michael | 1971 | m | TV Bedburg | 00:47:22 |
| 9. | 629 | Ganiidzera, Jedir | 1970 | m | (Bedburg) | 00:48:58 |
| 10. | 593 | Bode, Stefan | 1970 | m | Difra Fit for Life | 00:49:28 |
| 11. | 673 | Wehrmann, Mark | 1972 | m | Running TV Bedburg | 00:49:55 |
| 12. | 619 | Hövel, Frank | 1971 | m | LAV Habelrath-Grefrath | 00:51:06 |
| 13. | 712 | Baur, Heiko | 1971 | m | (Bedburg) | 00:51:56 |
| 14. | 509 | Pöhlmann, Andreas | 1971 | m | (Bedburg) | 00:54:25 |
| 15. | 576 | Engelmann, Markus | 1971 | m | Lauffreunde Volksbank | 00:55:20 |
| 16. | 571 | Hein, Thorsten | 1974 | m | Track Club Niederembt | 00:57:05 |
| 17. | 737 | Schmidt, Andreas | 1970 | m | Erfrock Team e. V. | 00:58:37 |
| 18. | 609 | Maier, Oliver | 1972 | m | SSK Kerpen | 01:07:16 |
| M35 | | | | | | |
| 1. | 1000 | Engelhardt, Kai | 1967 | m | www.dauerrenner.de | 00:35:42 |
| 2. | 726 | Sarter, Gregor | 1965 | m | (Bedburg) | 00:38:37 |
| 3. | 583 | Assenmacher, Peter | 1965 | m | LG RWE-Power | 00:39:26 |
| 4. | 603 | Jenniges, Heinz Peter | 1965 | m | LC Jugend 07 Bergheim | 00:40:01 |

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Ergebnisliste AK

| AKPI | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|------|----------|--------------------|--------|-----|--------------------------|----------|
| 5. | 607 | Litzner, Thorsten | 1967 | m | LAV Habelrath-Grefrath | 00:40:56 |
| 6. | 646 | Morillo, Manuel | 1969 | m | (Bedburg) | 00:42:36 |
| 7. | 541 | Quack, Reiner | 1967 | m | SC B. Kaster-Königshoven | 00:43:26 |
| 8. | 539 | Klever, Dirk | 1965 | m | (Bedburg) | 00:43:54 |
| 9. | 800 | Inck, Tobias | 1968 | m | (Bedburg) | 00:44:43 |
| 10. | 584 | Etheber, Dirk | 1967 | m | Running TV Bedburg 123 | 00:45:40 |
| 11. | 556 | Langjahr, Peter | 1968 | m | (Jüchen) | 00:46:04 |
| 12. | 611 | Holl, Bernd | 1969 | m | Äselsclub | 00:46:27 |
| 13. | 570 | Haubrok, Kai | 1966 | m | SG Stern LC Köln | 00:47:45 |
| 14. | 501 | Förster, Jörg | 1966 | m | DJK Rheinkraft Neuss | 00:49:11 |
| 15. | 675 | Ewert, Harald | 1967 | m | SC B. Kaster-Königshoven | 00:49:20 |
| 16. | 684 | Magnus, Norbert | 1966 | m | KBC AH | 00:50:07 |
| 17. | 575 | Hermes, Sascha | 1967 | m | (Bedburg) | 00:50:12 |
| 18. | 545 | Spiegel, Christian | 1965 | m | (Bedburg) | 00:50:24 |
| 19. | 628 | Panzer, Ralf | 1968 | m | Running TV Bedburg | 00:50:33 |
| 20. | 552 | Heinen, Hermann | 1968 | m | TV Bedburg | 00:52:38 |
| 21. | 670 | Bohmann, Markus | 1966 | m | TV Bedburg | 00:52:41 |
| 22. | 517 | Büttgen, Ulrich | 1965 | m | (Elsdorf) | 00:54:30 |
| 23. | 635 | Brocker, Ralf | 1967 | m | (Mönchengladbach) | 00:59:33 |
| 24. | 634 | Wellens, Horst | 1968 | m | (Bergheim) | 00:59:35 |
| 25. | 729 | Marklewitz, Dirk | 1966 | m | (Bergheim-Glesch) | 01:06:17 |

M40

| | | | | | | |
|-----|-----|------------------------|------|---|---------------------------|----------|
| 1. | 674 | Kannenwischer, Michael | 1964 | m | SG Neukirchen-Hülchrath | 00:38:59 |
| 2. | 627 | Wiltsh, Christian | 1964 | m | (Bedburg) | 00:39:10 |
| 3. | 597 | Wasel, Josef | 1960 | m | (Bedburg) | 00:39:35 |
| 4. | 585 | Dorenbeck, Rainer | 1964 | m | Running TV Bedburg 123 | 00:41:19 |
| 5. | 540 | Moser, Martin | 1963 | m | (Bedburg) | 00:41:38 |
| 6. | 586 | Morillo, Jose-Manuel | 1962 | m | Running TV Bedburg 123 | 00:43:17 |
| 7. | 738 | Heller, Ralf | 1963 | m | LG RWE-Power | 00:44:34 |
| 8. | 544 | Büldt, Wilfried | 1960 | m | SV Horrem-Sindorf | 00:45:12 |
| 9. | 618 | Matheisen, Peter | 1961 | m | LC Jugend 07 Bergheim | 00:45:39 |
| 10. | 578 | Roelen, Ulrich | 1963 | m | Lauffreunde Volksbank | 00:46:32 |
| 11. | 560 | Dues, Michael | 1962 | m | (Bergheim) | 00:46:34 |
| 12. | 513 | Hammes, Andreas | 1961 | m | Difra Fit for Life | 00:46:53 |
| 13. | 520 | Moritz, Dietmar | 1960 | m | (Frechen) | 00:47:09 |
| 14. | 665 | Kaumanns, Friedrich | 1961 | m | Spvgg Kirchherten | 00:47:38 |
| 15. | 547 | Jäger, Klaus | 1963 | m | (Bedburg) | 00:48:07 |
| 16. | 633 | Breuer, Peter | 1964 | m | LG RWE-Power | 00:49:45 |
| 17. | 723 | Göbbels, Jürgen | 1963 | m | (Bedburg) | 00:50:01 |
| 18. | 577 | Van Zütphen, Joerg | 1963 | m | Lauffreunde Volksbank | 00:50:32 |
| 19. | 739 | Buur, Johannes | 1962 | m | Spielverein Kirchherten | 00:51:10 |
| 20. | 550 | Esser, Wolfgang | 1960 | m | Feuerwehr Bedburg | 00:52:09 |
| 21. | 553 | Romlau, Bernd | 1964 | m | LG RWE-Power Niederaussem | 00:52:33 |
| 22. | 630 | Nothbaum, Joachim | 1963 | m | (Bedburg) | 00:52:37 |
| 23. | 638 | Deilmann, Alexander | 1960 | m | TV Bedburg | 00:52:40 |
| 24. | 506 | Königs, Manfred | 1961 | m | AH Kirdorf | 00:53:03 |
| 25. | 605 | Haas, Hans-Willi | 1960 | m | Drei Richtije | 00:53:05 |
| 26. | 537 | Schiffer, Friedel | 1964 | m | BSG FZ Jülich | 00:53:15 |
| 27. | 799 | Schlott, Rüdiger | 1964 | m | TV GV | 00:54:51 |
| 28. | 599 | Geiken, Norbert | 1963 | m | (Bergheim) | 00:56:41 |
| 29. | 663 | Dreikhausen, Manfred | 1960 | m | (Bedburg) | 00:57:10 |

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Ergebnisliste AK

| AKPI | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|------|----------|-----------------------|--------|-----|--------------------|----------|
| 30. | 522 | Kramer, Hermann Josef | 1964 | m | (Elsdorf) | 00:58:44 |
| 31. | 530 | Jeske, Heinz | 1961 | m | (Elsdorf) | 01:00:27 |
| 32. | 600 | Kremer, Jürgen | 1961 | m | Running TV Bedburg | 01:03:45 |

M45

| | | | | | | |
|-----|-----|-----------------------|------|---|-----------------------|----------|
| 1. | 526 | Christophersen, Ulf | 1959 | m | (Wermelskirchen) | 00:39:29 |
| 2. | 504 | Dahmen, Heinrich | 1956 | m | BSG Ertverband | 00:42:02 |
| 3. | 502 | Küppers, Heinz Jakob | 1958 | m | Running TV Bedburg | 00:42:19 |
| 4. | 511 | Bochacz, Wilfried | 1959 | m | Running TV Bedburg | 00:42:29 |
| 5. | 596 | Van der Linden, Heinz | 1959 | m | TV Bedburg | 00:43:57 |
| 6. | 580 | Ernst, Martin | 1959 | m | Lauffreunde Volksbank | 00:44:13 |
| 7. | 523 | Krutmann, Andreas | 1959 | m | (Elsdorf) | 00:44:26 |
| 8. | 710 | Mertens, Hans | 1959 | m | AH Kirdorf | 00:46:36 |
| 9. | 581 | Schmidt, Joachim | 1959 | m | Lauffreunde Volksbank | 00:47:05 |
| 10. | 573 | Radke, Harald | 1957 | m | Running TV Bedburg | 00:47:41 |
| 11. | 733 | Steffens, Bernd | 1959 | m | (Bedburg) | 00:50:50 |
| 12. | 590 | Jerosch, Arnold | 1959 | m | Difra Fit for Life | 00:52:52 |
| 13. | 615 | Ksoll, Wolfgang | 1955 | m | (Bedburg) | 00:53:47 |
| 14. | 558 | Conrads, Udo | 1956 | m | TK Grevenbroich | 00:56:26 |
| 15. | 531 | Conrad, Peter | 1958 | m | (Elsdorf) | 00:57:53 |
| 16. | 642 | Raack, Klaus | 1959 | m | Difra Fit for Life | 00:58:14 |
| 17. | 587 | Graefenstedt, Michael | 1958 | m | KC Grevenbroich | 00:59:47 |
| 18. | 529 | Pumpf, Peter | 1956 | m | RWE Systems | 01:04:45 |

M50

| | | | | | | |
|----|-----|-------------------------|------|---|------------------------|----------|
| 1. | 741 | Möbus, Volkmar | 1953 | m | (Bergisch Gladbach) | 00:43:03 |
| 2. | 546 | Oleff, Walter | 1953 | m | LC Spiridon Rureifel | 00:45:44 |
| 3. | 604 | Heidermann Dr., Henning | 1954 | m | BSG Ertverband | 00:50:11 |
| 4. | 516 | Stroben, Josef | 1950 | m | Lauffreunde Königsdorf | 00:50:53 |
| 5. | 548 | Wienand, Ferdi | 1954 | m | TSV Kirchherten | 00:56:59 |
| 6. | 621 | Steffens, Wilfried | 1951 | m | SSK Kerpen | 00:57:43 |

M55

| | | | | | | |
|----|-----|------------------------|------|---|--------------------|----------|
| 1. | 500 | Robertz, Hermann Josef | 1949 | m | Running TV Bedburg | 00:52:06 |
| 2. | 563 | Fokkema, Romke | 1945 | m | (Bergheim) | 00:56:37 |

M60

| | | | | | | |
|----|-----|------------------|------|---|-------------------------|----------|
| 1. | 564 | Werth, Peter | 1943 | m | TV Bedburg | 00:42:42 |
| 2. | 608 | Steffens, Peter | 1944 | m | LAV Habbelrath-Grefrath | 00:48:39 |
| 3. | 795 | Steinke, Gerhard | 1942 | m | .Köln | 00:51:24 |

M70

| | | | | | | |
|----|-----|-----------------|------|---|---------------|----------|
| 1. | 724 | Zessin, Gerhard | 1934 | m | VFL Oberaußem | 00:54:46 |
|----|-----|-----------------|------|---|---------------|----------|

Anzahl Teilnehmer: 322