

## 19. Bedburger Citylauf

### Stadtmeisterschaft Ergebnisliste MW 10.000 Meter GVG Hauptlauf

| M/W- Start                        |      | Name                 | Jah  | m/w | AK                   | Verein                     | Brutto   | Netto |
|-----------------------------------|------|----------------------|------|-----|----------------------|----------------------------|----------|-------|
| <b>10.000 Meter GVG Hauptlauf</b> |      |                      |      |     |                      |                            |          |       |
| <b>w</b>                          |      |                      |      |     |                      |                            |          |       |
| 1                                 | 5235 | Zimmermann, Carmen   | 1977 | w   | Seniorinnen W45      |                            | 00:46:33 | 46:32 |
| 2                                 | 53   | Pütz, Almut          | 1976 | w   | Seniorinnen W45      | TV Bedburg                 | 00:50:00 | 49:49 |
| 3                                 | 93   | Chaki, Nassima       | 1985 | w   | Seniorinnen W35      |                            | 00:51:00 | 50:57 |
| 4                                 | 130  | Köhler, Christine    | 1987 | w   | Seniorinnen W35      | TV Bedburg                 | 00:53:24 | 53:19 |
| 5                                 | 48   | Ceglarska, Joanna    | 1980 | w   | Seniorinnen W40      |                            | 00:53:41 | 53:37 |
| 6                                 | 70   | Hildebrandt, Ursula  | 1985 | w   | Seniorinnen W35      | Team Hildebrandt           | 00:54:39 | 54:30 |
| 7                                 | 222  | Harris, Regina       | 1979 | w   | Seniorinnen W40      |                            | 00:57:26 | 57:18 |
| 8                                 | 37   | Kleiser, Miriam      | 1990 | w   | Seniorinnen W30      |                            | 00:59:52 | 59:42 |
| 9                                 | 159  | Heinkes, Claudia     | 1979 | w   | Seniorinnen W40      |                            | 01:00:35 | 60:26 |
| 10                                | 63   | Simon, Tanja         | 1974 | w   | Seniorinnen W45      | TV Bedburg                 | 01:01:00 | 60:50 |
| 11                                | 294  | Kaumanns, Helga      | 1964 | w   | Seniorinnen W55      | GVG Laufteam               | 01:02:45 | 62:39 |
| 12                                | 194  | Mak, Antonella       | 1985 | w   | Seniorinnen W35      |                            | 01:08:09 | 67:56 |
| 13                                | 150  | Abeling, Jolie       | 2006 | w   | weibliche Jugend U18 |                            | 01:12:13 | 72:05 |
| 14                                | 151  | Wirtz, Amelie        | 2006 | w   | weibliche Jugend U18 |                            | 01:12:13 | 72:05 |
| <b>m</b>                          |      |                      |      |     |                      |                            |          |       |
| 1                                 | 42   | Kramer, Max          | 1991 | m   | Senioren M30         | Laufschule Kramer          | 00:39:29 | 39:27 |
| 2                                 | 205  | Werth, Georg         | 1977 | m   | Senioren M45         |                            | 00:44:53 | 44:43 |
| 3                                 | 164  | Wachtmeister, Martin | 1982 | m   | Senioren M40         | TV Bedburg                 | 00:45:34 | 45:32 |
| 4                                 | 111  | Börner, Yannik       | 1995 | m   | Männer               | KG Bedburger Ritter Em Ulk | 00:46:14 | 46:02 |
| 5                                 | 245  | Nüsser, Volker       | 1986 | m   | Senioren M35         |                            | 00:46:48 | 46:43 |
| 6                                 | 165  | Königs, Ingo         | 1979 | m   | Senioren M40         |                            | 00:47:04 | 46:59 |
| 7                                 | 31   | Richter, Hannes      | 1990 | m   | Senioren M30         | Mein Block                 | 00:48:34 | 48:26 |
| 8                                 | 5225 | Walprecht, Karsten   | 1964 | m   | Senioren M55         |                            | 00:50:23 | 50:14 |
| 9                                 | 113  | Tuschy, Thorsten     | 1987 | m   | Senioren M35         | TV Bedburg                 | 00:50:37 | 50:33 |
| 10                                | 5223 | Schiffer, Jakob      | 2010 | m   |                      | Silverberg Gymnasium       | 00:51:07 | 51:02 |
| 11                                | 87   | Wilden, Nick         | 1975 | m   | Senioren M45         | Team Wilden                | 00:51:21 | 51:10 |
| 12                                | 127  | Lack, Thomas         | 1975 | m   | Senioren M45         | TV Bedburg                 | 00:52:37 | 52:34 |
| 13                                | 89   | Herzog, Markus       | 1984 | m   | Senioren M35         |                            | 00:52:40 | 52:32 |
| 14                                | 119  | Heinen, Henrik       | 2000 | m   | Männer               |                            | 00:53:21 | 53:14 |
| 15                                | 68   | Hildebrandt, Roland  | 1985 | m   | Senioren M35         | Team Hildebrandt           | 00:54:40 | 54:31 |
| 16                                | 156  | Breuer, Daniel       | 2002 | m   | männliche Jugend U23 | TV Bedburg                 | 00:54:58 | 54:49 |
| 17                                | 26   | Bittner, Daniel      | 1985 | m   | Senioren M35         | Wilhelm Busch Schule       | 00:55:21 | 55:09 |
| 18                                | 5234 | Rosemann, Markus     | 1996 | m   | Männer               |                            | 00:56:10 | 56:01 |
| 19                                | 295  | Kaumanns, Friedrich  | 1961 | m   | Senioren M60         | GVG Laufteam               | 00:57:15 | 57:10 |
| 20                                | 172  | Wendler, Martin      | 1976 | m   | Senioren M45         |                            | 00:57:20 | 57:16 |
| 21                                | 62   | Radermacher, Michael | 1965 | m   | Senioren M55         |                            | 00:57:48 | 57:36 |
| 22                                | 5166 | Tirtey, Markus       | 1977 | m   | Senioren M45         |                            | 00:58:46 | 58:38 |
| 23                                | 82   | Gosselin, Stephane   | 1971 | m   | Senioren M50         | Wilhelm-Busch-Schule/Lauf  | 00:58:49 | 58:38 |
| 24                                | 29   | Eirich, Matthias     | 1990 | m   | Senioren M30         | Mein Block                 | 01:00:07 | 59:58 |
| 25                                | 51   | Westerholz, Georg    | 1979 | m   | Senioren M40         | Katho St. Andy             | 01:00:32 | 60:23 |
| 26                                | 149  | Lüpges, Markus       | 1991 | m   | Senioren M30         |                            | 01:05:41 | 65:27 |
| 27                                | 30   | Hemmer, Patrick      | 1981 | m   | Senioren M40         | Mein Block                 | 01:08:05 | 67:56 |
| 28                                | 5204 | Weller, Marcel       | 1993 | m   | Senioren M30         |                            | 01:29:18 | 89:07 |