

# 10km - Gesamtwertung

# 3. Bickendorfer Büdchenlauf - 27.09.2009

## Männer

| Platz | Startnr | Name                 | Verein*/Ort                | Gesamt  | Brutto  | AK-PI | AK  | Jahr | Runden                  |
|-------|---------|----------------------|----------------------------|---------|---------|-------|-----|------|-------------------------|
| 1     | 2121    | Winterholler Andreas | bronny.de - Team PSV Bonn  | 0:33:11 | 0:33:12 | 1     | MHK | 84   | 07:20 08:23 08:37 08:50 |
| 2     | 478     | SCHNEIDER NORBERT    | Bunert Running Team        | 0:34:51 | 0:34:51 | 1     | M40 | 68   | 08:08 08:59 08:55 08:48 |
| 3     | 2118    | Gebhardt Dirk        | Brühler TV                 | 0:35:24 | 0:35:25 | 1     | M35 | 71   | 08:08 09:03 09:12 08:59 |
| 4     | 472     | NOWAKOWSKI MICHAEL   | TuS Oedt                   | 0:35:32 | 0:35:33 | 2     | M40 | 68   | 08:08 09:03 09:12 09:07 |
| 5     | 529     | NGANNO DANIEL        | Bunert Running Team        | 0:35:42 | 0:35:43 | 1     | M30 | 75   | 08:07 09:03 09:16 09:15 |
| 6     | 736     | Cromm Andreas        | TUS Köln RRH.              | 0:36:25 | 0:36:26 | 1     | M45 | 60   | 08:18 09:24 09:22 09:19 |
| 7     | 2132    | Weidler Tim          |                            | 0:37:18 | 0:37:19 | 2     | M35 | 74   | 08:16 09:22 09:50 09:49 |
| 8     | 147     | KOPP KAY             | TS 79 Bergisch Gladbach    | 0:37:19 | 0:37:21 | 2     | M45 | 64   | 08:23 09:33 09:43 09:39 |
| 9     | 120     | KIEHLE DR CHRISTIAN  | ASV Koeln Triathlon        | 0:37:19 | 0:37:21 | 2     | M30 | 76   | 08:28 09:29 09:39 09:41 |
| 10    | 411     | BOSSHAMMER MICHAEL   | Pulheimer SC Triathlon     | 0:37:27 | 0:37:29 | 2     | MHK | 84   | 08:25 09:30 09:48 09:43 |
| 11    | 476     | ATMANSPACHER SYLVIO  | ASV Koeln                  | 0:37:30 | 0:37:33 | 3     | M30 | 76   | 08:25 09:34 09:48 09:41 |
| 12    | 674     | Jeckel David         | PSV Brühl Triathlon        | 0:37:32 | 0:37:34 | 3     | MHK | 89   | 08:27 09:34 09:47 09:42 |
| 13    | 445     | POLLERHOFF MICHAEL   | MONIS Team Koeln           | 0:37:40 | 0:37:41 | 3     | M40 | 67   | 08:25 09:38 09:55 09:40 |
| 14    | 744     | Schlösser Wolfgang   | *Hürth                     | 0:38:07 | 0:38:09 | 4     | M30 | 75   | 08:21 09:48 10:08 09:48 |
| 15    | 92      | FOEST JOERG          | *Koeln                     | 0:38:12 | 0:38:14 | 3     | M45 | 64   | 08:31 09:50 09:57 09:52 |
| 16    | 107     | WANNIG HOLGER        | *Koeln                     | 0:38:29 | 0:38:33 | 5     | M30 | 77   | 09:00 09:50 10:04 09:35 |
| 17    | 2127    | Arnoldt Marco        | SSK Kerpen                 | 0:38:34 | 0:38:39 | 6     | M30 | 75   | 09:02 09:57 10:03 09:31 |
| 18    | 235     | LANDSBERG HANS-PETER | VfL Engelskirchen          | 0:39:04 | 0:39:06 | 4     | M40 | 66   | 08:46 09:49 10:14 10:13 |
| 19    | 2112    | Zewe Marc            | Radteam Pulheim            | 0:39:52 | 0:39:56 | 5     | M40 | 69   | 08:58 10:17 10:22 10:14 |
| 20    | 87      | SCHOMMERS LUKAS      | ASV KOeLN                  | 0:39:52 | 0:39:55 | 1     | MJB | 93   | 08:18 09:59 10:26 11:07 |
| 21    | 708     | Kuhnke Andree        |                            | 0:39:55 | 0:39:58 | 7     | M30 | 78   | 08:43 10:02 10:44 10:24 |
| 22    | 680     | Nitschke Sascha      |                            | 0:40:25 | 0:40:27 | 3     | M35 | 71   | 09:18 10:25 10:20 10:19 |
| 23    | 157     | ZIMMERMANN JAN       | *Koeln                     | 0:40:34 | 0:40:36 | 4     | MHK | 82   | 09:17 10:30 10:34 10:11 |
| 24    | 223     | MUELLER ANDREAS      | Lt Lindenthal              | 0:40:40 | 0:40:43 | 6     | M40 | 69   | 09:11 10:14 10:45 10:30 |
| 25    | 302     | HOENOW BJOERN        | LG ASV DSHS Koeln          | 0:40:41 | 0:40:43 | 5     | MHK | 80   | 09:48 10:35 10:19 09:58 |
| 26    | 746     | Pöpper Roland        | ASV Köln Triathlon         | 0:40:51 | 0:40:54 | 7     | M40 | 67   | 08:59 10:21 10:48 10:42 |
| 27    | 43      | REINHARDT INGO       | *Koeln                     | 0:40:53 | 0:40:56 | 8     | M30 | 77   | 09:17 10:30 10:44 10:21 |
| 28    | 320     | BECKER MARTIN BORIS  | The Buedchenbuilder        | 0:41:25 | 0:41:35 | 6     | MHK | 82   | 09:11 10:30 10:52 10:51 |
| 29    | 705     | Paassens Lutz        |                            | 0:41:27 | 0:41:31 | 8     | M40 | 67   | 09:12 10:35 10:57 10:42 |
| 30    | 263     | SCHIFFER THOMAS      | *Koeln                     | 0:41:30 | 0:41:43 | 4     | M35 | 72   | 09:35 10:38 10:40 10:36 |
| 31    | 359     | BAUER CHRISTIAN      | *Koeln                     | 0:41:31 | 0:41:34 | 5     | M35 | 73   | 09:19 10:43 10:43 10:44 |
| 32    | 244     | COUTELLIER MARKUS    | *Koeln                     | 0:41:36 | 0:41:42 | 4     | M45 | 63   | 09:52 10:41 10:40 10:22 |
| 33    | 204     | KRESIMON JOHANNES    | *Koeln                     | 0:42:11 | 0:42:13 | 9     | M40 | 69   | 09:43 10:55 10:57 10:35 |
| 34    | 732     | von der Ahe Sharid   |                            | 0:42:30 | 0:42:39 | 7     | MHK | 80   | 09:54 11:04 10:59 10:33 |
| 35    | 80      | BOEHM FALKO          | *Koeln                     | 0:42:31 | 0:42:38 | 8     | MHK | 81   | 09:54 11:04 10:59 10:32 |
| 36    | 303     | SCHLUNKE OLIVER      | Wallefeld                  | 0:43:21 | 0:43:22 | 10    | M40 | 69   | 09:11 11:02 11:25 11:42 |
| 37    | 697     | Block Martin         | TV Refrath                 | 0:43:32 | 0:43:46 | 6     | M35 | 73   | 11:06 12:35 09:33 10:18 |
| 38    | 733     | Broux Jörg           |                            | 0:43:35 | 0:44:05 | 11    | M40 | 66   | 09:45 10:55 11:53 11:01 |
| 39    | 743     | Linterman Markus     |                            | 0:43:47 | 0:44:04 | 12    | M40 | 67   | 10:05 11:19 11:27 10:55 |
| 40    | 684     | Thorsten             | *Köln                      | 0:43:51 | 0:44:04 | 7     | M35 | 73   | 10:15 11:19 11:20 10:56 |
| 41    | 145     | SCHULTHEISS VOLKER   | *Kerpen                    | 0:43:53 | 0:44:00 | 1     | M50 | 56   | 10:09 11:09 11:23 11:11 |
| 42    | 339     | SEEGER DOMINIK       | VCS- Koeln                 | 0:44:03 | 0:44:08 | 1     | MJA | 91   | 09:17 10:51 11:55 11:59 |
| 43    | 2129    | vom Stein Jörg       | TPSK                       | 0:44:13 | 0:44:21 | 13    | M40 | 67   | 09:34 11:06 11:49 11:42 |
| 44    | 379     | OSBAHR SVEN          | *Koeln                     | 0:44:13 | 0:44:17 | 14    | M40 | 66   | 09:36 11:19 11:40 11:37 |
| 45    | 218     | VOGT HARALD          | *Noervenich                | 0:44:26 | 0:44:33 | 8     | M35 | 71   | 10:18 11:29 11:28 11:09 |
| 46    | 241     | SCHURAN FRANK        | Team Rhein Papier          | 0:44:32 | 0:45:01 | 9     | M35 | 70   | 10:35 11:10 11:26 11:19 |
| 47    | 299     | OTTMANN JOERG        | *Koeln                     | 0:44:38 | 0:44:46 | 9     | MHK | 80   | 10:18 11:29 11:30 11:20 |
| 48    | 741     | Mausbach Gerd        | *Köln                      | 0:44:42 | 0:45:04 | 2     | M50 | 57   | 11:06 11:21 11:11 11:03 |
| 49    | 158     | AHN WALTER           | *Pulheim                   | 0:44:46 | 0:44:48 | 5     | M45 | 63   | 10:03 11:30 11:44 11:28 |
| 50    | 693     | Vitt Georg           | 1. Snowboardclub Köln e.V. | 0:44:55 | 0:45:00 | 15    | M40 | 67   | 10:22 11:25 11:39 11:27 |
| 51    | 468     | MEDJERI MICHAEL      | *Koeln                     | 0:45:19 | 0:45:22 | 10    | MHK | 83   | 09:28 11:40 12:14 11:56 |
| 52    | 524     | GUENTHER ANDREAS     | *Koeln                     | 0:45:24 | 0:45:35 | 10    | M35 | 73   | 10:22 11:37 11:58 11:26 |
| 53    | 780     | Fiegert Frank        |                            | 0:45:32 | 0:45:49 | 11    | M35 | 71   | 10:03 11:33 11:57 11:57 |
| 54    | 690     | Holzporz Martin      |                            | 0:45:54 | 0:46:01 | 6     | M45 | 64   | 10:27 11:51 12:03 11:31 |
| 55    | 139     | SCHEIBLE PETER       | *Koeln                     | 0:45:54 | 0:46:09 | 12    | M35 | 71   | 11:07 12:17 11:46 10:42 |
| 56    | 2113    | Eich Thomas          |                            | 0:45:58 | 0:46:20 | 16    | M40 | 66   | 10:13 11:38 12:03 12:03 |
| 57    | 137     | SCHNEIDER REINER     | Laufloewe 65               | 0:46:01 | 0:46:03 | 17    | M40 | 65   | 10:27 11:51 11:58 11:44 |
| 58    | 100     | HEGER GUIDO          | *Koeln                     | 0:46:17 | 0:46:22 | 7     | M45 | 63   | 10:28 11:25 12:26 11:57 |
| 59    | 240     | KOCH MARCEL          | Pflegedienst Sonnmeschein  | 0:46:18 | 0:46:23 | 13    | M35 | 70   | 10:24 11:48 12:08 11:56 |
| 60    | 410     | WEIFFEN DENNIS       | TV Witzhelden              | 0:46:21 | 0:46:28 | 9     | M30 | 76   | 10:23 11:47 12:09 12:00 |

# 10km - Gesamtwertung

# 3. Bickendorfer Büdchenlauf - 27.09.2009

## Männer

| Platz | Startnr | Name                   | Verein*/Ort                  | Gesamt  | Brutto  | AK-PI | AK  | Jahr | Runden |       |       |       |  |
|-------|---------|------------------------|------------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 61    | 399     | WISCHNEWSKY KASIMIR    | Dauerlaufschule Koeln        | 0:46:23 | 0:46:26 | 3     | M50 | 55   | 10:50  | 12:14 | 11:40 | 11:38 |  |
| 62    | 289     | RIPP DIETER            | VTC Koeln                    | 0:46:50 | 0:46:57 | 4     | M50 | 56   | 10:50  | 11:52 | 12:05 | 12:02 |  |
| 63    | 183     | MUELLER DR STEPHAN     | *Pulheim                     | 0:47:02 | 0:47:23 | 14    | M35 | 72   | 10:44  | 12:03 | 12:14 | 11:59 |  |
| 64    | 154     | EWERT STEFAN           | KSK Koeln                    | 0:47:07 | 0:47:12 | 10    | M30 | 77   | 09:52  | 12:15 | 12:39 | 12:19 |  |
| 65    | 88      | SCHEVEMANN JOERG       | *Koeln                       | 0:47:18 | 0:47:26 | 11    | M30 | 79   | 10:35  | 12:10 | 12:17 | 12:15 |  |
| 66    | 330     | KUPKE UWE              | *Koeln                       | 0:47:20 | 0:47:33 | 18    | M40 | 66   | 10:32  | 12:15 | 12:29 | 12:03 |  |
| 67    | 163     | HUMPESCH MICHAEL       | Deutsche Post DHL            | 0:47:21 | 0:47:27 | 12    | M30 | 76   | 10:14  | 12:09 | 12:32 | 12:24 |  |
| 68    | 2134    | Schneider Patrick      | *Köln                        | 0:47:22 | 0:47:26 | 13    | M30 | 79   | 10:05  | 12:11 | 12:43 | 12:22 |  |
| 69    | 449     | KOHLHAMMER KARSTEN     | *Leverkusen                  | 0:47:24 | 0:47:39 | 15    | M35 | 72   | 10:23  | 12:07 | 12:41 | 12:11 |  |
| 70    | 178     | KRONSBELN GUENTER      | *Koeln                       | 0:47:33 | 0:47:55 | 19    | M40 | 65   | 10:46  | 12:04 | 12:21 | 12:21 |  |
| 71    | 220     | SONNTAG DIRK           | *niederzier                  | 0:47:40 | 0:47:47 | 14    | M30 | 77   | 10:36  | 12:15 | 12:29 | 12:19 |  |
| 72    | 2105    | Prescher Michael       | SC Janus Köln                | 0:47:43 | 0:47:54 | 5     | M50 | 59   | 11:04  | 12:09 | 12:12 | 12:15 |  |
| 73    | 90      | OPPERMANN AXEL         | *Koeln                       | 0:47:45 | 0:48:04 | 6     | M50 | 56   | 10:57  | 12:11 | 12:29 | 12:07 |  |
| 74    | 117     | BAUMANN MANFRED        | Team Rochus Theater          | 0:47:49 | 0:48:12 | 20    | M40 | 68   | 10:49  | 12:22 | 12:30 | 12:06 |  |
| 75    | 501     | OFFERMANN JOSEF        | *Koeoeln                     | 0:47:56 | 0:48:06 | 1     | M60 | 49   | 10:43  | 12:14 | 12:33 | 12:24 |  |
| 76    | 496     | JUETTNER JENS          | *Koeln                       | 0:47:58 | 0:48:16 | 16    | M35 | 71   | 10:57  | 12:12 | 12:34 | 12:14 |  |
| 77    | 731     | Schmitz-Kolkmann Marco | ASV Köln                     | 0:48:06 | 0:48:12 | 21    | M40 | 65   | 10:27  | 12:15 | 13:02 | 12:20 |  |
| 78    | 406     | RITTERSKAMP CHRISTIAN  | *Koeln                       | 0:48:09 | 0:48:15 | 22    | M40 | 65   | 10:40  | 12:30 | 12:43 | 12:15 |  |
| 79    | 405     | WALZ MATTHIAS          | *Huerth                      | 0:48:09 | 0:48:15 | 11    | MHK | 83   | 10:41  | 12:30 | 12:43 | 12:15 |  |
| 80    | 101     | TRENZ STEFAN           | zwoeinz                      | 0:48:09 | 0:48:27 | 17    | M35 | 72   | 11:15  | 12:30 | 12:23 | 12:00 |  |
| 81    | 643     | Kettler Uwe            | TTG Vogelsang                | 0:48:11 | 0:48:25 | 23    | M40 | 65   | 11:04  | 12:21 | 12:33 | 12:12 |  |
| 82    | 293     | FREUND THOMAS          | *Koeln                       | 0:48:13 | 0:48:30 | 24    | M40 | 68   | 11:43  | 12:29 | 12:17 | 11:43 |  |
| 83    | 752     | Wiesemann Meister Dirk |                              | 0:48:14 | 0:48:28 | 18    | M35 | 72   | 10:53  | 12:11 | 12:45 | 12:24 |  |
| 84    | 620     | Setzepfand René        |                              | 0:48:14 | 0:48:21 | 12    | MHK | 84   | 10:41  | 12:25 | 12:49 | 12:17 |  |
| 85    | 254     | KNAPPICH PATRICK       | *Koeln                       | 0:48:20 | 0:48:45 | 15    | M30 | 76   | 10:52  | 12:46 | 12:40 | 12:00 |  |
| 86    | 342     | THIEL DETLEF           | *Koeln                       | 0:48:28 | 0:48:33 | 25    | M40 | 67   | 09:52  | 11:21 | 14:46 | 12:27 |  |
| 87    | 86      | BAUR NORBERT           | DJK Roland-West              | 0:48:34 | 0:48:48 | 1     | M55 | 53   | 11:08  | 12:17 | 12:36 | 12:31 |  |
| 88    | 787     | Boes-Schulte Michael   | TUS Ehrenfeld                | 0:48:43 | 0:49:01 | 8     | M45 | 64   | 11:45  | 12:21 | 12:24 | 12:11 |  |
| 89    | 465     | MATTHEY MARTIN         | *Koeln                       | 0:48:57 | 0:49:20 | 26    | M40 | 67   | 11:41  | 12:49 | 12:38 | 11:48 |  |
| 90    | 464     | MATTHEY JUSTUS         | DJK Roland West              | 0:48:57 | 0:49:20 | 2     | MJB | 00   | 11:41  | 12:49 | 12:38 | 11:48 |  |
| 91    | 2128    | Mütze Jörg             | SRGO Sports                  | 0:49:03 | 0:49:24 | 9     | M45 | 63   | 11:04  | 12:37 | 12:45 | 12:35 |  |
| 92    | 104     | PIEKAREK MARCUS        | *Koeln                       | 0:49:19 | 0:49:46 | 19    | M35 | 72   | 10:36  | 12:37 | 13:16 | 12:48 |  |
| 93    | 481     | LOESCH DIETER          | *Pulheim                     | 0:49:22 | 0:49:46 | 7     | M50 | 58   | 11:28  | 12:36 | 12:49 | 12:28 |  |
| 94    | 1       | SCHMIDTMANN VOLKER     | *Koeln                       | 0:49:26 | 0:49:54 | 10    | M45 | 63   | 11:52  | 12:35 | 12:34 | 12:23 |  |
| 95    | 141     | GOEBGEN ROLF           | LT Schlickrutscher           | 0:49:26 | 0:50:07 | 8     | M50 | 57   | 11:53  | 12:27 | 12:33 | 12:31 |  |
| 96    | 717     | Nebioglu Sâkrú         | Colonia Team                 | 0:49:28 | 0:49:39 | 11    | M45 | 64   | 10:45  | 12:22 | 13:02 | 13:18 |  |
| 97    | 46      | BOEHLER MARTIN         | *Roisdorf                    | 0:49:28 | 0:49:59 | 20    | M35 | 70   | 12:38  | 12:46 | 12:24 | 11:39 |  |
| 98    | 738     | Knaak Heiko            | *Köln                        | 0:49:32 | 0:50:17 | 27    | M40 | 67   | 11:53  | 12:33 | 12:31 | 12:34 |  |
| 99    | 282     | PALM MICHAEL           | turbine bluecherpark         | 0:49:35 | 0:49:54 | 21    | M35 | 70   | 11:47  | 12:25 | 12:41 | 12:41 |  |
| 100   | 683     | Glasow Marcus          | Werder Bremen                | 0:49:35 | 0:49:45 | 16    | M30 | 79   | 11:14  | 12:48 | 12:51 | 12:41 |  |
| 101   | 391     | HUELSEN MICHAEL        | *Koeln                       | 0:49:42 | 0:50:12 | 13    | MHK | 85   | 12:38  | 12:46 | 12:24 | 11:52 |  |
| 102   | 94      | BIENERT FRANK          | ohne                         | 0:49:45 | 0:49:49 | 9     | M50 | 57   | 10:38  | 12:19 | 13:25 | 13:21 |  |
| 103   | 2131    | Övermöhle Matthias     |                              | 0:49:45 | 0:49:49 | 12    | M45 | 64   | 10:37  | 12:37 | 13:14 | 13:15 |  |
| 104   | 2125    | Arntz Daniel           |                              | 0:49:46 | 0:50:18 | 17    | M30 | 77   | 12:52  | 13:09 | 12:27 | 11:17 |  |
| 105   | 747     | Schwarzfeld Guido      | *Köln                        | 0:49:50 | 0:50:03 | 13    | M45 | 63   | 11:46  | 12:52 | 12:48 | 12:23 |  |
| 106   | 691     | Lehnert Enrico         |                              | 0:49:54 | 0:49:58 | 18    | M30 | 78   | 10:47  | 13:12 | 13:14 | 12:39 |  |
| 107   | 2133    | Kotthaus Michael       | EKG                          | 0:50:11 | 0:50:46 | 22    | M35 | 73   | 11:54  | 12:38 | 12:51 | 12:46 |  |
| 108   | 2122    | Lüchtelefeld Martin    | Bunert Running Team          | 0:50:17 | 0:50:31 | 10    | M50 | 59   | 12:00  | 12:52 | 12:49 | 12:34 |  |
| 109   | 2104    | Effers Heinz           | TPSK                         | 0:50:19 | 0:50:36 | 2     | M60 | 49   | 11:18  | 12:43 | 13:07 | 13:09 |  |
| 110   | 2106    | Belhady Djemai         | Bochido                      | 0:50:21 | 0:50:25 | 1     | M65 | 44   | 11:10  | 12:42 | 13:11 | 13:16 |  |
| 111   | 637     | Coste Timm             | VFL Hürth                    | 0:50:22 | 0:50:39 | 0     | M   | 07   | 11:45  | 12:24 | 13:14 | 12:58 |  |
| 112   | 311     | LEFFELSENDER THOMAS    | Freiwillige Feuerwehr Koeln  | 0:50:24 | 0:50:54 | 19    | M30 | 77   | 12:03  | 12:19 | 13:04 | 12:57 |  |
| 113   | 64      | NEUHAUS UWE            | *Hamburg                     | 0:50:29 | 0:51:05 | 28    | M40 | 67   | 12:20  | 12:39 | 12:49 | 12:39 |  |
| 113   | 403     | KUSTER KLAUS           | *Koeln                       | 0:50:29 | 0:50:35 | 14    | M45 | 64   | 10:58  | 12:58 | 13:25 | 13:06 |  |
| 115   | 2116    | Kelm Wilfried          | *Köln                        | 0:50:33 | 0:50:41 | 11    | M50 | 55   | 11:12  | 12:58 | 13:12 | 13:10 |  |
| 116   | 353     | ROEDER JUERGEN         | Freiwillige Feuerwehr Kerpen | 0:50:37 | 0:51:08 | 29    | M40 | 69   | 11:58  | 12:30 | 12:57 | 13:10 |  |
| 117   | 239     | POSCHEN RALF           | Roadrunners Rheinpapier      | 0:50:37 | 0:51:07 | 15    | M45 | 63   | 11:22  | 12:58 | 13:19 | 12:57 |  |
| 118   | 474     | LAMSFUSS ULRICH        | *Koeln                       | 0:50:47 | 0:50:59 | 2     | M55 | 52   | 11:31  | 12:55 | 13:11 | 13:09 |  |
| 119   | 421     | STRASBURGER JEROMĀ     | Baardse Immobilien           | 0:50:55 | 0:51:37 | 3     | MJB | 96   | 11:53  | 12:46 | 13:04 | 13:10 |  |
| 120   | 242     | BLANKARTZ RALF         | Rhein Papier GmbH            | 0:51:01 | 0:51:34 | 23    | M35 | 73   | 11:17  | 13:07 | 13:24 | 13:11 |  |

# 10km - Gesamtwertung

# 3. Bickendorfer Büdchenlauf - 27.09.2009

## Männer

| Platz | Startnr | Name                | Verein*/Ort                   | Gesamt  | Brutto  | AK-PI | AK  | Jahr | Runden                  |
|-------|---------|---------------------|-------------------------------|---------|---------|-------|-----|------|-------------------------|
| 121   | 584     | Koch Eckehard       |                               | 0:51:06 | 0:51:11 | 3     | M60 | 49   | 11:44 13:12 13:09 12:59 |
| 122   | 36      | SAENGER MARCO       | *Koeln                        | 0:51:13 | 0:51:17 | 24    | M35 | 72   | 11:12 12:54 13:25 13:40 |
| 123   | 696     | Hanenberg Claus     | TV Sevelen                    | 0:51:20 | 0:51:34 | 0     | M   |      | 11:06 12:56 13:53 13:24 |
| 124   | 388     | WEITZENBUERGER      | *Koeln                        | 0:51:23 | 0:51:37 | 25    | M35 | 72   | 11:56 13:00 13:25 13:01 |
| 125   | 387     | TSCHERWEN CORD      | *Koeln                        | 0:51:24 | 0:51:37 | 26    | M35 | 72   | 11:56 13:00 13:25 13:01 |
| 126   | 460     | PETERMANN CHRISTIAN | Koelner Wetterfroesche        | 0:51:32 | 0:51:44 | 14    | MHK | 86   | 11:36 13:29 13:34 12:51 |
| 127   | 2126    | Hilgert Udo         |                               | 0:51:33 | 0:52:01 | 30    | M40 | 65   | 12:34 13:02 13:01 12:54 |
| 128   | 712     | Foltyn Norbert      |                               | 0:51:42 | 0:51:58 | 27    | M35 | 71   | 11:36 13:09 13:28 13:28 |
| 129   | 281     | HAU MARCUS          | Turbine Bluecherpark          | 0:51:54 | 0:52:13 | 31    | M40 | 67   | 12:59 13:40 13:02 12:12 |
| 130   | 106     | BROZIO-LAESEKE      | *Koeln                        | 0:51:58 | 0:52:21 | 16    | M45 | 61   | 11:13 12:58 13:36 14:09 |
| 131   | 2115    | Wattenbach Manfred  | MegaCm Runners                | 0:51:59 | 0:52:16 | 17    | M45 | 62   | 11:28 14:02 13:34 12:54 |
| 132   | 711     | Chwallek Burkhard   | *Köln                         | 0:52:00 | 0:52:18 | 0     | M   |      | 12:07 13:02 13:22 13:28 |
| 133   | 695     | Knüppel Thomas      |                               | 0:52:07 | 0:52:23 | 12    | M50 | 58   | 11:59 13:18 13:33 13:17 |
| 134   | 390     | FISCHER WOLFGANG    | *Huerth                       | 0:52:16 | 0:52:32 | 18    | M45 | 64   | 11:58 13:18 13:33 13:25 |
| 135   | 2100    | John Gerd           | 1.LT Niehl - Die Gilden Wölfe | 0:52:19 | 0:52:37 | 2     | M65 | 41   | 11:47 13:12 13:31 13:47 |
| 136   | 418     | RITTER SASCHA       | Baardse Immobilien            | 0:52:20 | 0:53:03 | 32    | M40 | 69   | 12:20 13:29 13:40 12:51 |
| 137   | 221     | STRAUCH MARTIN      | *Koeln                        | 0:52:20 | 0:52:24 | 20    | M30 | 78   | 11:03 13:48 14:05 13:23 |
| 138   | 799     | Schlumbohm Michael  | Ford Köln                     | 0:52:27 | 0:53:04 | 33    | M40 | 65   | 12:11 13:25 13:33 13:16 |
| 139   | 2109    | Witt Andreas        | RTC Frechen                   | 0:52:31 | 0:53:09 | 21    | M30 | 77   | 12:25 13:27 13:36 13:02 |
| 140   | 646     | Obschür Andreas     |                               | 0:52:38 | 0:52:58 | 0     | M   |      | 12:47 15:07 12:56 11:47 |
| 141   | 261     | BAHNSEN MANUEL      | *Koeln                        | 0:52:42 | 0:52:59 | 28    | M35 | 73   | 11:21 13:37 14:04 13:39 |
| 142   | 110     | WALPERT JENS        | Laufteam Tischlerei Walpert   | 0:52:42 | 0:53:17 | 34    | M40 | 66   | 12:41 13:31 13:25 13:05 |
| 143   | 2135    | Lauten Jürgen       |                               | 0:53:02 | 0:53:17 | 29    | M35 | 72   | 11:36 13:09 13:47 14:29 |
| 144   | 713     | Lauten Dario        |                               | 0:53:03 | 0:53:18 | 4     | MJB | 98   | 12:51 13:32 13:11 13:28 |
| 145   | 627     | Sakin Peter         |                               | 0:53:06 | 0:53:28 | 35    | M40 | 66   | 12:28 13:13 13:34 13:49 |
| 146   | 488     | MEFFERT THOMAS      | *Koeln                        | 0:53:14 | 0:53:48 | 36    | M40 | 66   | 14:33 13:28 12:45 12:27 |
| 147   | 498     | HORN MICHAEL        | Ergo Sports Koeln             | 0:53:17 | 0:53:41 | 30    | M35 | 71   | 12:11 13:48 13:44 13:32 |
| 148   | 338     | HAHN ARNE           | *Kerpen                       | 0:53:18 | 0:53:51 | 19    | M45 | 64   | 12:41 13:40 13:35 13:20 |
| 149   | 793     | Brügger Markus      | *Leverkusen                   | 0:53:31 | 0:53:38 | 37    | M40 | 67   | 12:40 14:28 13:22 13:00 |
| 150   | 233     | STOLLENWERK THOMAS  | Iliteras                      | 0:53:38 | 0:54:08 | 22    | M30 | 76   | 12:04 13:15 14:16 14:02 |
| 151   | 217     | STRUEVER DR WERNER  | *Leverkusen                   | 0:53:41 | 0:53:49 | 4     | M60 | 49   | 12:09 13:39 13:57 13:54 |
| 152   | 312     | ROSO DR MARCUS      | *Koeln                        | 0:53:41 | 0:54:27 | 23    | M30 | 75   | 13:41 16:11 12:08 11:40 |
| 153   | 753     | Wirth Ralf          |                               | 0:53:42 | 0:54:09 | 38    | M40 | 65   | 12:21 13:44 14:01 13:34 |
| 154   | 374     | SEEGER HARALD       | *Huerth                       | 0:53:57 | 0:54:16 | 13    | M50 | 57   | 12:58 13:59 13:41 13:17 |
| 155   | 373     | VIDAL MIGUEL        | *Koeln                        | 0:54:02 | 0:54:38 | 20    | M45 | 63   | 13:06 13:25 13:50 13:39 |
| 156   | 385     | TITTMANN MARK       | Laktatwiesel                  | 0:54:06 | 0:54:38 | 24    | M30 | 76   | 12:37 13:24 14:01 14:02 |
| 157   | 332     | VOSS ROLAND         | *Koeln                        | 0:54:15 | 0:54:50 | 39    | M40 | 66   | 12:57 14:00 13:58 13:20 |
| 158   | 415     | KRAMER JAN          | Baardse Immobilien            | 0:54:26 | 0:55:09 | 15    | MHK | 84   | 12:38 14:18 14:05 13:24 |
| 159   | 644     | Kaya Kemaletdin     |                               | 0:54:28 | 0:54:57 | 31    | M35 | 72   | 12:37 13:34 14:17 13:59 |
| 160   | 435     | KECKEL THOMAS       | *Koeln                        | 0:54:29 | 0:54:37 | 25    | M30 | 78   | 11:46 13:31 14:15 14:56 |
| 161   | 180     | JAUK ALEXANDER      | DJK Roland-West               | 0:54:45 | 0:55:14 | 26    | M30 | 76   | 13:15 14:20 13:56 13:13 |
| 162   | 179     | KRAEMER GERMAN      | *Koeln                        | 0:54:56 | 0:55:15 | 40    | M40 | 69   | 12:15 13:46 14:23 14:31 |
| 163   | 530     | Romboy Wolfgang     |                               | 0:54:56 | 0:55:07 | 3     | M65 | 43   | 11:57 13:56 14:30 14:32 |
| 164   | 709     | Kilic Kemal         | Colonia-Team                  | 0:54:56 | 0:55:07 | 21    | M45 | 60   | 11:49 13:54 14:41 14:32 |
| 165   | 132     | LOEHE HANS-JUERGEN  | *Leverkusen                   | 0:55:10 | 0:55:30 | 41    | M40 | 65   | 12:12 13:38 14:23 14:56 |
| 166   | 678     | Reimann Kai         |                               | 0:55:15 | 0:55:33 | 32    | M35 | 73   | 12:30 13:45 14:20 14:37 |
| 167   | 251     | DOSE STEFAN         | *Koeln                        | 0:55:19 | 0:55:48 | 27    | M30 | 77   | 12:31 13:54 14:24 14:28 |
| 168   | 562     | Lückerath Walter    |                               | 0:55:19 | 0:55:35 | 5     | M60 | 49   | 13:00 14:14 14:01 14:03 |
| 169   | 140     | LIPP ROLF           | *Koeln                        | 0:55:26 | 0:55:38 | 22    | M45 | 63   | 13:09 14:32 13:57 13:47 |
| 170   | 543     | Windel Klaus        | Pulheimer SC                  | 0:55:31 | 0:55:59 | 14    | M50 | 58   | 13:02 14:10 14:16 14:00 |
| 170   | 0       | Krone Benedikt      | Rückenwind Geckos             | 0:55:31 | 0:55:59 | 33    | M35 | 70   | 13:02 14:10 14:17 14:00 |
| 172   | 419     | ONFERMANN JENS      | Baardse Immobilien            | 0:55:40 | 0:56:23 | 16    | MHK | 84   | 12:38 14:19 14:14 14:28 |
| 173   | 37      | HARNEIT RALF        | *Koeln                        | 0:55:44 | 0:55:48 | 23    | M45 | 63   | 11:53 14:24 14:57 14:29 |
| 174   | 318     | POEHLER MIKE        | *Koeln                        | 0:55:47 | 0:56:23 | 17    | MHK | 80   | 13:54 14:11 14:31 13:09 |
| 175   | 99      | LUCIANI ALEXANDER   | *Koelm                        | 0:55:47 | 0:56:04 | 18    | MHK | 88   | 11:34 13:32 15:04 15:35 |
| 176   | 2114    | Nohl Günter         | GSV Köln Porz                 | 0:55:56 | 0:56:32 | 15    | M50 | 59   | 12:34 14:09 14:54 14:17 |
| 177   | 329     | WINDT JOCHEN        | *Rheinboellen                 | 0:55:56 | 0:56:26 | 16    | M50 | 55   | 12:20 13:36 14:51 15:08 |
| 178   | 11      | JENNEN DANIEL       | *Krefeld                      | 0:55:56 | 0:56:28 | 34    | M35 | 74   | 13:20 14:43 14:09 13:43 |
| 179   | 15      | BICKENDORF JOSEF    | Running TV Bedburg            | 0:56:14 | 0:56:23 | 24    | M45 | 64   | 11:48 14:19 15:06 14:59 |
| 180   | 677     | Klahr Peter         |                               | 0:56:21 | 0:56:55 | 25    | M45 | 60   | 12:48 14:25 14:42 14:24 |

# 10km - Gesamtwertung

# 3. Bickendorfer Büdchenlauf - 27.09.2009

## Männer

| Platz | Startnr | Name                      | Verein/*Ort             | Gesamt  | Brutto  | AK-PI | AK  | Jahr | Runden |       |       |       |  |
|-------|---------|---------------------------|-------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 181   | 319     | DIEKE HENNING             | The Buedchenbuilder     | 0:56:25 | 0:57:02 | 28    | M30 | 78   | 13:45  | 14:48 | 13:49 | 14:02 |  |
| 182   | 155     | STROBL ULRICH             | *Koeln                  | 0:56:35 | 0:57:13 | 17    | M50 | 56   | 12:51  | 14:20 | 14:48 | 14:36 |  |
| 183   | 486     | BRAUN WOLFGANG            | *Koeln                  | 0:56:37 | 0:56:53 | 3     | M55 | 54   | 12:49  | 14:42 | 14:30 | 14:35 |  |
| 184   | 344     | HOMMENS PETER             | *Koeln                  | 0:56:38 | 0:57:06 | 18    | M50 | 57   | 13:12  | 14:25 | 14:44 | 14:15 |  |
| 185   | 224     | DALHEIMER JUERGEN         | D/dorfer TV             | 0:56:39 | 0:57:09 | 6     | M60 | 48   | 13:06  | 14:25 | 14:32 | 14:34 |  |
| 186   | 380     | RICHTER CHRISTIAN         | *Koeln                  | 0:56:59 | 0:57:45 | 19    | MHK | 82   | 13:28  | 14:37 | 14:41 | 14:12 |  |
| 187   | 2136    | Drossard Peter            | VTC Köln                | 0:57:01 | 0:57:07 | 19    | M50 | 56   | 12:51  | 14:48 | 15:09 | 14:11 |  |
| 188   | 484     | BRADEN ROMAN              | *Koeln                  | 0:57:07 | 0:57:31 | 29    | M30 | 76   | 13:34  | 14:32 | 15:03 | 13:57 |  |
| 189   | 177     | ODABASI HALIL             | *Koeln                  | 0:57:08 | 0:57:53 | 30    | M30 | 79   | 13:28  | 14:37 | 14:41 | 14:21 |  |
| 190   | 264     | DETMER HANSPETER          | Koelner Roll-Moepse     | 0:57:08 | 0:57:20 | 7     | M60 | 46   | 13:03  | 15:04 | 15:07 | 13:51 |  |
| 191   | 8       | DINSLAKEN                 | Hoppelala               | 0:57:16 | 0:57:35 | 20    | M50 | 55   | 12:53  | 14:51 | 14:54 | 14:37 |  |
| 192   | 216     | HAIIDVOGL WALTER          | *Pulheim                | 0:57:19 | 0:57:24 | 4     | M55 | 53   | 12:49  | 14:50 | 15:04 | 14:34 |  |
| 193   | 62      | HEISTER DR MICHAEL        | *Bonn                   | 0:57:20 | 0:57:56 | 26    | M45 | 61   | 13:12  | 14:22 | 14:56 | 14:49 |  |
| 194   | 50      | BENDER PETER              | Team Rafa               | 0:57:21 | 0:57:45 | 8     | M60 | 49   | 12:54  | 14:52 | 15:01 | 14:32 |  |
| 195   | 716     | Knepper Stefan            | big                     | 0:57:23 | 0:57:44 | 35    | M35 | 70   | 13:12  | 14:20 | 14:45 | 15:04 |  |
| 196   | 95      | GODEL MICHAEL             | Killertomaten Aachen    | 0:57:23 | 0:57:52 | 36    | M35 | 74   | 13:15  | 14:20 | 14:33 | 15:14 |  |
| 197   | 650     | Hohmann Gerhard           |                         | 0:57:38 | 0:58:01 | 1     | M70 | 38   | 12:52  | 14:34 | 15:10 | 15:01 |  |
| 198   | 437     | MARTINEZ-BOEHME           | TCC                     | 0:57:44 | 0:58:08 | 42    | M40 | 67   | 11:49  | 14:30 | 15:52 | 15:32 |  |
| 199   | 737     | Kempf Peter               |                         | 0:58:01 | 0:58:17 | 5     | M55 | 53   | 13:00  | 14:38 | 15:05 | 15:16 |  |
| 200   | 451     | SCHEWIOLA HANS            | Ertflaeufer             | 0:58:14 | 0:58:34 | 9     | M60 | 49   | 13:13  | 14:50 | 15:26 | 14:44 |  |
| 201   | 175     | BURGHOF STEFAN            | *Weilerswist            | 0:58:22 | 0:58:47 | 20    | MHK | 88   | 13:42  | 14:44 | 14:51 | 15:04 |  |
| 202   | 176     | BERNSEN MICHAEL           | *Erfstadt               | 0:58:23 | 0:58:47 | 21    | M50 | 55   | 13:43  | 14:44 | 14:50 | 15:04 |  |
| 203   | 758     | Hauswirth Dipl. Ing. Ralf | *Köln                   | 0:58:27 | 0:58:52 | 27    | M45 | 64   | 13:37  | 14:55 | 15:09 | 14:44 |  |
| 204   | 131     | DEITERS LOTHAR            | GSV-Porz / Koeln        | 0:58:36 | 0:59:13 | 1     | M75 | 34   | 13:32  | 14:52 | 15:08 | 15:03 |  |
| 205   | 634     | Klette Dirk               | Bochus Theater          | 0:58:37 | 0:59:02 | 37    | M35 | 71   | 13:08  | 15:09 | 15:25 | 14:53 |  |
| 206   | 89      | SCHWARZ ALEXANDER         | Team Rochus Theater     | 0:58:38 | 0:59:02 | 38    | M35 | 70   | 13:18  | 14:58 | 15:05 | 15:16 |  |
| 207   | 685     | Hübner Florian            |                         | 0:58:39 | 0:58:59 | 5     | MJB | 98   | 13:50  | 14:58 | 15:09 | 14:40 |  |
| 208   | 2124    | Hübner Andreas            | *Bergisch Gladbach      | 0:58:39 | 0:59:00 | 43    | M40 | 69   | 13:50  | 14:58 | 15:09 | 14:40 |  |
| 209   | 127     | BLAESER RALF              | *Koeln                  | 0:59:13 | 0:59:51 | 28    | M45 | 61   | 13:45  | 14:51 | 15:11 | 15:25 |  |
| 210   | 98      | SANDVOSS THOMAS           | *Koeln                  | 0:59:13 | 0:59:50 | 22    | M50 | 57   | 13:21  | 14:55 | 15:31 | 15:25 |  |
| 211   | 681     | Weigel Benjamin           | *Köln                   | 0:59:18 | 0:59:28 | 31    | M30 | 79   | 13:04  | 15:02 | 15:44 | 15:27 |  |
| 212   | 682     | Schilling Wolfgang        |                         | 0:59:18 | 0:59:28 | 6     | M55 | 52   | 13:04  | 15:02 | 15:44 | 15:27 |  |
| 213   | 580     | Greite Stefan             |                         | 0:59:29 | 0:59:47 | 32    | M30 | 79   | 13:37  | 15:16 | 15:34 | 15:00 |  |
| 214   | 686     | Pütz Jürgen               |                         | 0:59:51 | 1:00:01 | 23    | M50 | 57   | 12:51  | 16:00 | 16:20 | 14:39 |  |
| 215   | 534     | Schmitz Jürgen            |                         | 0:59:52 | 1:00:12 | 29    | M45 | 61   | 12:47  | 15:07 | 16:03 | 15:54 |  |
| 216   | 751     | Robertz Franz             |                         | 1:00:00 | 1:00:36 | 7     | M55 | 52   | 13:53  | 15:17 | 15:28 | 15:21 |  |
| 217   | 7       | KNOBLAUCH LOTHAR          | *Koeln                  | 1:00:01 | 1:00:40 | 44    | M40 | 65   | 13:46  | 15:20 | 15:52 | 15:01 |  |
| 218   | 6       | FELGENTRAEGER HEINER      | *Koeln                  | 1:00:01 | 1:00:40 | 30    | M45 | 64   | 13:46  | 15:21 | 15:51 | 15:02 |  |
| 219   | 193     | WEINGAERTNER JOERG        | *Koeln                  | 1:00:05 | 1:00:36 | 45    | M40 | 68   | 13:49  | 15:23 | 15:45 | 15:06 |  |
| 220   | 440     | KLEIN CHRISTIAN           | *Koeln                  | 1:00:10 | 1:00:24 | 8     | M55 | 50   | 13:33  | 15:15 | 16:02 | 15:18 |  |
| 221   | 316     | KREMER DENNIS             | *Koeln                  | 1:00:23 | 1:01:03 | 21    | MHK | 82   | 14:55  | 15:18 | 15:26 | 14:43 |  |
| 222   | 327     | KRIEGER SEBASTIAN         | *Koeln                  | 1:00:23 | 1:01:03 | 22    | MHK | 81   | 14:55  | 15:18 | 15:25 | 14:43 |  |
| 223   | 706     | Geschwind Thomas          |                         | 1:00:24 | 1:01:08 | 39    | M35 | 70   | 14:37  | 15:32 | 15:39 | 14:35 |  |
| 224   | 148     | PIROOZRAM REZA            | *Frechen                | 1:00:32 | 1:00:43 | 46    | M40 | 69   | 12:50  | 15:29 | 16:55 | 15:16 |  |
| 225   | 417     | STRASBURBER MARCEL        | Baardse Immobilien      | 1:00:39 | 1:01:22 | 47    | M40 | 69   | 13:05  | 15:10 | 16:37 | 15:45 |  |
| 226   | 414     | SCHILLING THORSTEN        | Baardse Immobilien      | 1:00:41 | 1:01:22 | 40    | M35 | 73   | 13:06  | 15:11 | 16:37 | 15:45 |  |
| 227   | 2111    | Koenen Michael            | *Köln                   | 1:00:49 | 1:01:06 | 24    | M50 | 59   | 12:20  | 14:52 | 16:14 | 17:22 |  |
| 228   | 238     | ANDERSEN JAN              | Roadrunners Rheinpapier | 1:01:06 | 1:01:41 | 48    | M40 | 66   | 12:46  | 15:25 | 16:40 | 16:13 |  |
| 229   | 237     | HAAK REINER               | Roadrunners Rheinpapier | 1:01:07 | 1:01:40 | 49    | M40 | 65   | 12:47  | 15:26 | 16:40 | 16:13 |  |
| 230   | 795     | Korten Eberhard           | *Köln                   | 1:01:36 | 1:02:03 | 25    | M50 | 56   | 13:59  | 15:39 | 16:03 | 15:54 |  |
| 231   | 168     | CYRANKA SIEGFRIED         | *Pulheim                | 1:01:37 | 1:02:05 | 2     | M70 | 38   | 14:34  | 15:45 | 15:40 | 15:37 |  |
| 232   | 528     | SEIDEL JUERGEN            | *Koeln                  | 1:01:38 | 1:02:01 | 31    | M45 | 60   | 14:23  | 15:42 | 15:41 | 15:50 |  |
| 233   | 280     | MARX HELMUT               | *Koeln                  | 1:02:02 | 1:02:16 | 4     | M65 | 41   | 13:25  | 15:23 | 16:55 | 16:17 |  |
| 234   | 279     | BONGEN MICHAEL            | *Pulheim                | 1:02:04 | 1:02:44 | 32    | M45 | 64   | 15:29  | 16:16 | 15:35 | 14:44 |  |
| 235   | 715     | Altinova Ahmet            | Colonia Team            | 1:02:43 | 1:02:54 | 33    | M45 | 64   | 13:56  | 15:34 | 16:12 | 16:59 |  |
| 236   | 714     | Ates Hasan                | Colonia Team            | 1:02:44 | 1:02:54 | 10    | M60 | 47   | 13:57  | 15:34 | 16:12 | 16:59 |  |
| 237   | 207     | OTTO HELMUT               | LT TuS Mondorf          | 1:02:52 | 1:03:07 | 5     | M65 | 41   | 14:17  | 16:07 | 16:19 | 16:08 |  |
| 238   | 81      | UEBERSCHAER               | *Koeln                  | 1:02:54 | 1:03:31 | 34    | M45 | 62   | 13:46  | 15:21 | 16:27 | 17:18 |  |
| 239   | 111     | BRAUN KARL-HEINZ          | diata Laufschule        | 1:02:59 | 1:03:25 | 11    | M60 | 48   | 14:18  | 15:44 | 16:15 | 16:40 |  |
| 240   | 676     | Aksangur Con              |                         | 1:03:01 | 1:03:45 | 50    | M40 | 69   | 14:16  | 15:24 | 16:00 | 17:19 |  |

# 10km - Gesamtwertung

# 3. Bickendorfer Büdchenlauf - 27.09.2009

## Männer

| Platz | Startnr | Name               | Verein/*Ort               | Gesamt  | Brutto  | AK-PI | AK  | Jahr | Runden |       |       |       |  |
|-------|---------|--------------------|---------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 241   | 392     | RADEKE MARCUS      | *Koeln-Pesch              | 1:03:30 | 1:04:04 | 51    | M40 | 69   | 15:56  | 16:18 | 15:57 | 15:17 |  |
| 242   | 4       | MERTENS HANS       | *Koeln                    | 1:03:35 | 1:04:14 | 12    | M60 | 46   | 13:46  | 17:28 | 16:04 | 16:15 |  |
| 243   | 590     | Kraft Matthias     |                           | 1:03:43 | 1:04:15 | 23    | MHK | 82   | 14:30  | 16:05 | 16:52 | 16:15 |  |
| 244   | 710     | Jüttner Lukas      | Arthur Köpchen Realschule | 1:04:20 | 1:04:55 | 6     | MJB | 96   | 15:56  | 14:46 | 16:52 | 16:45 |  |
| 245   | 52      | SAUERMANN IVO      | *Koeln                    | 1:04:23 | 1:05:04 | 52    | M40 | 68   | 14:24  | 16:08 | 16:55 | 16:54 |  |
| 246   | 495     | MATTHEY SIMON      | *Koeln                    | 1:04:26 | 1:04:27 | 7     | MJB | 99   | 13:04  | 15:47 | 17:28 | 18:04 |  |
| 247   | 572     | Wehlert Gunnar     |                           | 1:05:00 | 1:05:46 | 24    | MHK | 82   | 13:41  | 16:11 | 17:41 | 17:26 |  |
| 248   | 533     | Oldenburg Uwe      |                           | 1:05:17 | 1:05:43 | 6     | M65 | 41   | 14:39  | 16:48 | 16:55 | 16:52 |  |
| 249   | 2108    | Opladen Holger     | KiKa Universität Köln     | 1:05:18 | 1:05:45 | 26    | M50 | 59   | 14:10  | 15:52 | 17:04 | 18:11 |  |
| 250   | 569     | Krügel Helmut      |                           | 1:05:32 | 1:05:46 | 27    | M50 | 56   | 14:00  | 16:33 | 17:22 | 17:36 |  |
| 251   | 365     | ZITZEN BERND       | *Koeln                    | 1:05:41 | 1:06:25 | 28    | M50 | 55   | 14:36  | 16:48 | 17:38 | 16:38 |  |
| 252   | 688     | Morawski Stefan    |                           | 1:06:14 | 1:06:25 | 33    | M30 | 75   | 14:43  | 16:47 | 17:45 | 16:57 |  |
| 253   | 443     | ZEHNPFENNIG        | *Much                     | 1:06:29 | 1:06:55 | 9     | M55 | 53   | 14:35  | 16:59 | 17:25 | 17:28 |  |
| 254   | 13      | ALDERS MARTIN      | *Kempen                   | 1:06:41 | 1:07:13 | 34    | M30 | 76   | 14:35  | 16:36 | 17:35 | 17:54 |  |
| 255   | 209     | WEBER THOMAS       | *Koeln                    | 1:06:49 | 1:07:21 | 29    | M50 | 59   | 14:44  | 17:05 | 17:34 | 17:25 |  |
| 256   | 48      | KIRK UWE           | Prof. Baum                | 1:06:51 | 1:07:16 | 7     | M65 | 42   | 14:35  | 16:53 | 17:58 | 17:24 |  |
| 257   | 739     | Rustemeier Thomas  | Einszwoneun               | 1:06:51 | 1:07:20 | 53    | M40 | 65   | 14:29  | 17:12 | 17:41 | 17:28 |  |
| 258   | 544     | Reifers Michael    |                           | 1:22:19 | 1:22:27 | 54    | M40 | 66   | 19:16  | 21:22 | 20:58 | 20:41 |  |
| 259   | 60      | HEISTER WERNER     | *Bonn                     | 0:43:51 | 0:44:27 | 35    | M45 | 61   | 13:07  | 14:26 | 16:18 | 00:00 |  |
| 260   | 10      | MORY BASTIAN       | *Brueggen                 | 0:45:51 | 0:46:23 | 25    | MHK | 83   | 13:14  | 15:17 | 17:19 | 00:00 |  |
| 261   | 444     | KUEMPEL JOCHEN     | Dauerlauf Koeln           | 0:17:14 | 0:17:15 | 55    | M40 | 66   | 08:08  | 09:06 | 00:00 | 00:00 |  |
| 262   | 448     | ANTWEILER TIMO     | Radspport Team Koeln      | 0:18:18 | 0:18:25 | 26    | MHK | 86   | 08:19  | 09:59 | 00:00 | 00:00 |  |
| 263   | 9       | PLOEGER PETER      | *Pulheim                  | 0:19:16 | 0:19:19 | 41    | M35 | 71   | 08:50  | 10:26 | 00:00 | 00:00 |  |
| 264   | 707     | Wehmeier Dr. Axel  |                           | 0:21:46 | 0:21:52 | 56    | M40 | 66   | 10:02  | 11:43 | 00:00 | 00:00 |  |
| 265   | 2130    | Teringsl Christian | SVG Ruhstorf              | 0:21:58 | 0:22:00 | 27    | MHK | 89   | 09:43  | 12:14 | 00:00 | 00:00 |  |
| 266   | 352     | CREMER JUERGEN     | LLG 80 Nordpark Koeln     | 0:24:29 | 0:25:07 | 36    | M45 | 62   | 12:09  | 12:20 | 00:00 | 00:00 |  |
| 267   | 377     | VOGEL MANNI        | Laufmaschine Koeln        | 0:27:04 | 0:27:19 | 30    | M50 | 55   | 12:49  | 14:14 | 00:00 | 00:00 |  |
| 268   | 438     | METZEN BENEDIKT    | Fidele Arschkrampen       | 0:28:04 | 0:28:24 | 35    | M30 | 77   | 12:12  | 15:51 | 00:00 | 00:00 |  |
| 269   | 2120    | Jung Hermann       | TPSK Triathlon            | 0:10:09 | 0:10:26 | 31    | M50 | 58   | 10:09  | 00:00 | 00:00 | 00:00 |  |
| 270   | 40      | KLOIBER PETER      | 1. BJC                    | 0:13:22 | 0:13:48 | 10    | M55 | 51   | 13:22  | 00:00 | 00:00 | 00:00 |  |

# 10km - Gesamtwertung

# 3. Bickendorfer Büdchenlauf - 27.09.2009

## Frauen

| Platz | Startnr | Name                     | Verein*/Ort                | Gesamt  | Brutto  | AK-PI | AK  | Jahr | Runden |       |       |       |  |
|-------|---------|--------------------------|----------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 1     | 523     | KOPATSCHEK ANNE          | 42tausend                  | 0:39:58 | 0:39:59 | 1     | W30 | 75   | 09:06  | 10:11 | 10:22 | 10:16 |  |
| 2     | 2101    | Brenner Anke             | SSF Bonn                   | 0:40:56 | 0:40:59 | 1     | W35 | 70   | 08:59  | 10:25 | 10:44 | 10:46 |  |
| 3     | 408     | ADAM SIMONE              | *Koeln                     | 0:43:48 | 0:44:00 | 2     | W35 | 74   | 10:07  | 11:09 | 11:12 | 11:18 |  |
| 4     | 47      | KRONENBERG MICHAELA      | Dr. Baum Trainingsinstitut | 0:43:56 | 0:44:07 | 2     | W30 | 78   | 10:07  | 11:09 | 11:19 | 11:19 |  |
| 5     | 65      | FUSSEL SUSI              | *Koeln                     | 0:44:19 | 0:44:24 | 3     | W35 | 71   | 09:50  | 11:31 | 11:39 | 11:19 |  |
| 6     | 692     | Vitt Ulla                | 1. Snowboardclub Köln e.V. | 0:44:55 | 0:45:00 | 1     | W40 | 69   | 10:23  | 11:25 | 11:38 | 11:27 |  |
| 7     | 2107    | Guddusch Heike           | *Köln                      | 0:45:07 | 0:45:11 | 2     | W40 | 67   | 10:02  | 11:29 | 11:51 | 11:43 |  |
| 8     | 2119    | Becher Marie-Astrid      | bronny.de - Team PSV Bonn  | 0:45:11 | 0:45:15 | 1     | WHK | 82   | 09:51  | 11:40 | 12:00 | 11:38 |  |
| 9     | 243     | COUTELLIER VERA          | *Koeln                     | 0:45:24 | 0:45:31 | 1     | WJB | 95   | 10:27  | 11:24 | 11:46 | 11:46 |  |
| 10    | 794     | Risch Judith             | ASV Köln-Weiss             | 0:46:03 | 0:46:12 | 1     | W45 | 60   | 10:27  | 11:50 | 11:58 | 11:47 |  |
| 11    | 128     | DANIELS ANKE             | Koelner Turnerschaft       | 0:47:56 | 0:48:03 | 4     | W35 | 74   | 10:14  | 12:17 | 12:42 | 12:42 |  |
| 12    | 114     | RITTERBUSCH NICOLE       | *Koeln                     | 0:48:09 | 0:48:22 | 3     | W40 | 69   | 11:04  | 12:21 | 12:33 | 12:10 |  |
| 13    | 503     | VIDAL MARINA             | *Koeln                     | 0:49:12 | 0:49:39 | 4     | W40 | 67   | 11:16  | 12:39 | 12:46 | 12:29 |  |
| 14    | 306     | KRANTZ CLAUDIA           | *Koeln                     | 0:49:51 | 0:50:00 | 5     | W40 | 67   | 11:12  | 12:44 | 12:53 | 13:00 |  |
| 15    | 25      | BAGINSKI ALICE           | RAFA                       | 0:50:13 | 0:50:25 | 1     | W50 | 56   | 11:44  | 12:51 | 12:49 | 12:48 |  |
| 16    | 412     | SCHWARZ DENISE           | *Koeln                     | 0:50:25 | 0:50:46 | 3     | W30 | 78   | 11:38  | 12:58 | 13:03 | 12:45 |  |
| 17    | 162     | HEINRICH ANJA            | Deutsche Post DHL          | 0:51:02 | 0:51:14 | 2     | WHK | 81   | 11:46  | 12:52 | 13:08 | 13:16 |  |
| 18    | 39      | KRUG JENNIFER            | 1. BJC                     | 0:51:14 | 0:51:41 | 4     | W30 | 79   | 13:02  | 13:02 | 12:43 | 12:26 |  |
| 19    | 368     | WELZ BIRGIT              | Laufmasche Koeln           | 0:51:35 | 0:51:50 | 2     | W45 | 60   | 11:31  | 12:56 | 13:26 | 13:41 |  |
| 20    | 687     | Lappat Ulrike            |                            | 0:51:51 | 0:52:25 | 3     | WHK | 80   | 12:22  | 13:00 | 13:25 | 13:03 |  |
| 21    | 577     | Geimer-Pöpper Christiane |                            | 0:51:52 | 0:51:56 | 6     | W40 | 69   | 11:33  | 13:12 | 13:35 | 13:31 |  |
| 22    | 84      | KREUZER SVENJA           | *Koeln                     | 0:52:03 | 0:52:32 | 4     | WHK | 82   | 12:35  | 13:15 | 13:21 | 12:50 |  |
| 23    | 389     | HELLER KIRSTEN           | *Koeln                     | 0:52:12 | 0:52:25 | 5     | W35 | 73   | 11:59  | 13:14 | 13:37 | 13:20 |  |
| 24    | 146     | HAJEK VERENA             | *Koeln                     | 0:53:33 | 0:53:54 | 1     | W55 | 52   | 12:28  | 13:35 | 13:46 | 13:43 |  |
| 25    | 245     | COUTELLIER UTE           | *Koeln                     | 0:53:37 | 0:53:42 | 3     | W45 | 62   | 11:41  | 13:30 | 14:05 | 14:19 |  |
| 26    | 520     | SCHAFFRATH ELVIRA        | zeko-70                    | 0:53:51 | 0:53:59 | 6     | W35 | 70   | 12:02  | 13:39 | 14:22 | 13:46 |  |
| 27    | 2117    | Mayer Dr. Beate          |                            | 0:54:01 | 0:54:28 | 4     | W45 | 60   | 12:17  | 13:38 | 13:53 | 14:11 |  |
| 28    | 286     | BIEDERMANN USCHI         | *Koeln                     | 0:54:25 | 0:54:47 | 7     | W40 | 65   | 12:35  | 13:34 | 14:06 | 14:09 |  |
| 29    | 459     | KRIEBS EVA               | Tc Coloniaus               | 0:54:48 | 0:55:11 | 5     | W30 | 78   | 11:33  | 13:36 | 14:38 | 14:59 |  |
| 30    | 285     | HARTMANN CONNY           | *Koeln                     | 0:55:25 | 0:55:36 | 5     | W45 | 64   | 12:52  | 13:53 | 14:24 | 14:15 |  |
| 31    | 487     | BRAUN CHRISTINE          | *Koeln                     | 0:55:45 | 0:56:01 | 6     | W45 | 60   | 12:29  | 14:20 | 14:34 | 14:21 |  |
| 32    | 222     | STEFFEN NATALIE          | Lt Lindenthal              | 0:56:03 | 0:56:25 | 7     | W35 | 73   | 12:41  | 14:05 | 14:35 | 14:40 |  |
| 33    | 694     | O'Daniel Verena          |                            | 0:56:04 | 0:56:19 | 6     | W30 | 76   | 12:44  | 14:40 | 14:34 | 14:05 |  |
| 34    | 491     | RICHTER MAREN            | TC Coloniaus               | 0:56:07 | 0:56:31 | 5     | WHK | 81   | 13:06  | 14:23 | 14:40 | 13:57 |  |
| 35    | 51      | BENDER MARIANNE          | Team Rafa                  | 0:56:07 | 0:56:32 | 2     | W55 | 50   | 12:55  | 14:29 | 14:22 | 14:21 |  |
| 36    | 14      | BICKENDORF MARION        | Running TV Bedburg         | 0:56:14 | 0:56:23 | 7     | W45 | 63   | 11:49  | 14:20 | 15:06 | 14:58 |  |
| 37    | 277     | HELLMICH KIRSTEN         | *koeln                     | 0:56:22 | 0:57:02 | 8     | W40 | 67   | 13:47  | 14:31 | 14:29 | 13:35 |  |
| 38    | 345     | RANFT ANNE-KATHRIN       | *Koeln                     | 0:56:38 | 0:57:06 | 2     | W50 | 59   | 13:12  | 14:25 | 14:44 | 14:15 |  |
| 39    | 413     | BITSCHNAU HILDEGARD      | *koeln                     | 0:56:39 | 0:57:00 | 3     | W50 | 56   | 13:35  | 14:43 | 14:12 | 14:07 |  |
| 40    | 582     | Seeburger-Rüth Stefanie  |                            | 0:56:55 | 0:57:11 | 9     | W40 | 65   | 12:40  | 14:37 | 14:53 | 14:44 |  |
| 41    | 292     | KRELLIG MANUELA          | Kölner Ausdauer-und        | 0:56:57 | 0:57:33 | 6     | WHK | 81   | 13:05  | 14:33 | 14:52 | 14:27 |  |
| 42    | 485     | KLOSTERMEYER ALEXA       | *Koeln                     | 0:57:30 | 0:57:54 | 7     | WHK | 82   | 13:06  | 14:23 | 14:40 | 15:21 |  |
| 43    | 757     | Grinblats Sandra         |                            | 0:58:34 | 0:58:42 | 7     | W30 | 76   | 13:10  | 15:08 | 15:36 | 14:38 |  |
| 44    | 635     | Klette Alexandra         | Bochus Theater             | 0:58:37 | 0:59:02 | 8     | W35 | 73   | 13:08  | 15:09 | 15:25 | 14:53 |  |
| 45    | 679     | Sandvoß Johanna          |                            | 0:59:13 | 0:59:50 | 8     | WHK | 85   | 13:21  | 14:55 | 15:32 | 15:25 |  |
| 46    | 579     | Spaunhorst Caroline      |                            | 0:59:29 | 0:59:47 | 8     | W30 | 76   | 13:38  | 15:16 | 15:33 | 15:01 |  |
| 47    | 53      | LAUTERBACH BETTY         | *Koeln                     | 0:59:41 | 1:00:22 | 9     | W35 | 70   | 13:41  | 14:40 | 15:27 | 15:52 |  |
| 48    | 366     | BASINSKI YVONNE          | Team Rochus Theater        | 0:59:59 | 1:00:22 | 9     | W30 | 78   | 13:18  | 15:15 | 16:08 | 15:17 |  |
| 49    | 195     | VEIT CHRISTINA           | *Koeln                     | 1:00:05 | 1:00:36 | 9     | WHK | 80   | 13:49  | 15:23 | 15:45 | 15:06 |  |
| 50    | 735     | Stephan Nadja            |                            | 1:00:15 | 1:00:22 | 10    | W35 | 73   | 12:43  | 16:02 | 16:14 | 15:14 |  |
| 51    | 441     | BOGUN-KLEIN MARIANNE     | *Koeln                     | 1:00:52 | 1:01:06 | 3     | W55 | 51   | 14:05  | 15:13 | 15:52 | 15:42 |  |
| 52    | 83      | REIHS LISSY              | *Koeln                     | 1:01:08 | 1:01:45 | 8     | W45 | 60   | 13:42  | 15:22 | 15:48 | 16:14 |  |
| 53    | 452     | MAUER ANDREA             | *Overath                   | 1:01:14 | 1:01:26 | 4     | W50 | 59   | 13:05  | 15:53 | 16:03 | 16:11 |  |
| 54    | 321     | RAAK SASKIA              | The Buedchenbuilder        | 1:01:50 | 1:02:28 | 10    | W30 | 78   | 13:45  | 15:24 | 16:12 | 16:29 |  |
| 55    | 105     | BRUNST MONIKA            | kein Verein                | 1:02:22 | 1:02:56 | 9     | W45 | 60   | 14:31  | 15:59 | 15:55 | 15:55 |  |
| 56    | 307     | OSTHAUS GUDRUN           | ESV Gremberghoven          | 1:02:41 | 1:03:00 | 10    | W40 | 66   | 14:10  | 16:15 | 16:17 | 15:58 |  |
| 57    | 354     | LINDAUER DUNJA           | keiner                     | 1:02:43 | 1:02:54 | 11    | W40 | 65   | 13:56  | 15:34 | 17:12 | 15:59 |  |
| 58    | 138     | BEERMANN MICHAELA        | *Koeln                     | 1:02:48 | 1:03:22 | 10    | W45 | 63   | 14:20  | 15:51 | 16:14 | 16:21 |  |
| 59    | 82      | UEBERSCHAER MARTINA      | *Koeln                     | 1:02:54 | 1:03:31 | 12    | W40 | 67   | 13:44  | 15:23 | 16:27 | 17:19 |  |
| 60    | 675     | Sanforo Nada             |                            | 1:03:01 | 1:03:44 | 11    | W35 | 73   | 14:17  | 15:24 | 16:00 | 17:19 |  |

# 10km - Gesamtwertung

# 3. Bickendorfer Büdchenlauf - 27.09.2009

## Frauen

| Platz | Startnr | Name                 | Verein/*Ort        | Gesamt  | Brutto  | AK-PI | AK  | Jahr | Runden |       |       |       |  |
|-------|---------|----------------------|--------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 61    | 35      | ZIESEMER ALINE       | *Overath           | 1:03:36 | 1:04:16 | 12    | W35 | 74   | 14:28  | 16:07 | 16:40 | 16:20 |  |
| 62    | 591     | Geiger Bettina       |                    | 1:03:44 | 1:04:16 | 10    | WHK | 86   | 14:31  | 16:05 | 16:52 | 16:15 |  |
| 63    | 283     | HELLBUSCH DANIELA    | *koeln             | 1:04:17 | 1:04:35 | 13    | W35 | 72   | 14:28  | 16:58 | 16:37 | 16:12 |  |
| 64    | 689     | Brehm Heike          |                    | 1:06:14 | 1:06:25 | 11    | W30 | 76   | 14:45  | 16:45 | 17:45 | 16:57 |  |
| 65    | 740     | Rustemeier Nicole    | Einszwoneun        | 1:06:51 | 1:07:20 | 14    | W35 | 73   | 14:29  | 17:12 | 17:41 | 17:28 |  |
| 66    | 436     | SEHLEIER LUISA       | *koeln             | 1:07:06 | 1:07:45 | 11    | WHK | 83   | 15:55  | 17:14 | 17:27 | 16:29 |  |
| 67    | 439     | SEHLEIER ANTONIA     | *Bonn              | 1:07:17 | 1:07:17 | 2     | WJB | 92   | 16:35  | 17:14 | 17:25 | 16:00 |  |
| 68    | 328     | SENGER ELLEN         | *Koeln             | 1:07:27 | 1:07:58 | 5     | W50 | 59   | 15:06  | 16:54 | 17:29 | 17:56 |  |
| 69    | 159     | SPACHTHOLZ MARLIES   | *Koeln             | 1:07:35 | 1:08:13 | 6     | W50 | 56   | 14:49  | 17:09 | 17:44 | 17:52 |  |
| 70    | 196     | HAJMASY DANIELLE     | *Koeln             | 1:08:03 | 1:08:26 | 12    | W30 | 78   | 15:01  | 16:58 | 17:45 | 18:18 |  |
| 71    | 122     | SCHMITZ-JUSTEN USCHI | *Koeln             | 1:09:24 | 1:09:50 | 13    | W40 | 68   | 16:19  | 17:45 | 18:11 | 17:08 |  |
| 72    | 262     | SCHOLZ SYLKE         | *Koeln             | 1:10:12 | 1:10:38 | 11    | W45 | 64   | 16:18  | 17:45 | 18:11 | 17:56 |  |
| 73    | 466     | MERTESACKER ULRIKE   | *Koeln             | 1:10:45 | 1:11:07 | 12    | W45 | 61   | 16:53  | 18:12 | 18:16 | 17:22 |  |
| 74    | 29      | GOEBBELS REBECCA     | *Koeln             | 1:16:50 | 1:17:31 | 15    | W35 | 73   | 18:02  | 19:42 | 19:37 | 19:28 |  |
| 75    | 545     | Reifers-Klein Elke   |                    | 1:22:18 | 1:22:27 | 13    | W45 | 62   | 19:15  | 21:22 | 20:58 | 20:41 |  |
| 76    | 314     | SCHMITZ GABRIELE     | *Koeln             | 0:44:15 | 0:44:36 | 14    | W40 | 66   | 13:35  | 14:53 | 15:45 | 00:00 |  |
| 77    | 489     | MIKA GABRIELE        | *Koeln             | 0:47:50 | 0:48:24 | 15    | W40 | 67   | 14:33  | 16:02 | 17:15 | 00:00 |  |
| 78    | 442     | WALLENFANG JANINE    | TCC                | 0:27:59 | 0:28:23 | 12    | WHK | 82   | 13:06  | 14:52 | 00:00 | 00:00 |  |
| 79    | 91      | GILLMEIER HEIDRUN    | *Koeln             | 0:31:13 | 0:31:54 | 14    | W45 | 63   | 14:25  | 16:48 | 00:00 | 00:00 |  |
| 80    | 416     | GUERRERO VANESSA     | Baardse Immobilien | 0:15:27 | 0:16:09 | 13    | WHK | 88   | 15:27  | 00:00 | 00:00 | 00:00 |  |