

6. Bensberger Bank MARTINI-Lauf am 7. November 2010

Altersklassenliste Männer

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gedruckt 10.11.2010 23:52:31

| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|-----|----------------------|----------------------------|---------|-----|--------|------------|-----------------|
| Altersklasse Männer M30 | | | | | | | | |
| 1 | 488 | Mierezko Maciek | | 0:24:42 | M30 | 1 | 0:24:43 | 3:18 min/km |
| 2 | 214 | Königs Roger | Celtic Diekirch / Lux | 0:25:18 | M30 | 2 | 0:25:19 | 3:22 min/km |
| 3 | 183 | Hardenack Frank | Neuenkleusheim | 0:27:43 | M30 | 8 | 0:27:45 | 3:42 min/km |
| 4 | 249 | Nonas Vasilios | TV Refrath | 0:28:58 | M30 | 13 | 0:29:01 | 3:52 min/km |
| 5 | 505 | Heldt Carsten | *Wermelskirchen | 0:30:07 | M30 | 19 | 0:30:10 | 4:01 min/km |
| Altersklasse Männer M35 | | | | | | | | |
| 1 | 518 | Skopnik Manuel | MACS Track & Field Tea | 0:27:55 | M35 | 9 | 0:28:01 | 3:43 min/km |
| 2 | 466 | Nieswand Patrick | Deutz 05 | 0:29:05 | M35 | 14 | 0:29:09 | 3:53 min/km |
| 3 | 211 | Kalmes Oliver | SV Bergisch Gladbach 1 | 0:30:07 | M35 | 20 | 0:30:13 | 4:01 min/km |
| 4 | 514 | Mückenheim Sven | Marathondauer | 0:30:45 | M35 | 25 | 0:30:50 | 4:06 min/km |
| 5 | 337 | Bauer Christian | *Köln | 0:31:54 | M35 | 35 | 0:31:56 | 4:15 min/km |
| Altersklasse Männer M40 | | | | | | | | |
| 1 | 502 | Gronewold Thomas | TV Refrath | 0:27:09 | M40 | 5 | 0:27:11 | 3:37 min/km |
| 2 | 512 | Koller Martin | TV Refrath | 0:27:30 | M40 | 7 | 0:27:32 | 3:40 min/km |
| 3 | 524 | Greinert Frank | TV Hoffnungsthal | 0:28:38 | M40 | 10 | 0:28:41 | 3:49 min/km |
| 4 | 165 | Fresenborg Mike | *Köln | 0:30:20 | M40 | 21 | 0:30:28 | 4:03 min/km |
| 5 | 158 | Engelhardt Kai | www.laufmonster.de | 0:30:22 | M40 | 22 | 0:30:24 | 4:03 min/km |
| Altersklasse Männer M45 | | | | | | | | |
| 1 | 217 | Kramer Uli | SV Bergisch Gladbach 1 | 0:29:20 | M45 | 15 | 0:29:22 | 3:55 min/km |
| 2 | 285 | Singer Michael | *Rösrath | 0:29:29 | M45 | 16 | 0:29:31 | 3:56 min/km |
| 3 | 150 | Dudley Richard-James | Fronrunner Cologne | 0:30:56 | M45 | 28 | 0:30:59 | 4:08 min/km |
| 4 | 516 | Pöhler Frank | Krüger Running Team | 0:31:09 | M45 | 29 | 0:31:12 | 4:09 min/km |
| 5 | 222 | Kucher Olaf | LLG St. Augustin | 0:31:40 | M45 | 32 | 0:31:44 | 4:13 min/km |
| Altersklasse Männer M50 | | | | | | | | |
| 1 | 187 | Heisig Markus | TV Refrath | 0:30:49 | M50 | 26 | 0:30:51 | 4:07 min/km |
| 2 | 542 | Raatz Hans | SV Axa Köln | 0:32:59 | M50 | 48 | 0:33:05 | 4:24 min/km |
| 3 | 252 | Peters Uwe | LG RWE Power | 0:33:24 | M50 | 55 | 0:33:30 | 4:27 min/km |
| 4 | 273 | Sasse Lutz | Union Blau Weiss Biesfe | 0:35:32 | M50 | 78 | 0:35:38 | 4:44 min/km |
| 5 | 530 | Schmergal Michael | Margrets Intervall Junkies | 0:35:47 | M50 | 81 | 0:35:54 | 4:46 min/km |
| Altersklasse Männer M55 | | | | | | | | |
| 1 | 200 | Hoffmann Michael | *Köln | 0:31:59 | M55 | 36 | 0:32:04 | 4:16 min/km |
| 2 | 127 | Basseng Wilfried | LT Saaler Mühle | 0:32:21 | M55 | 43 | 0:32:25 | 4:19 min/km |
| 3 | 288 | Sprenker Michael | AXA | 0:33:34 | M55 | 59 | 0:33:35 | 4:29 min/km |
| 4 | 327 | Groos Martin | | 0:33:44 | M55 | 62 | 0:33:47 | 4:30 min/km |
| 5 | 202 | Holthaus Roman | LG Gummersbach | 0:34:12 | M55 | 64 | 0:34:15 | 4:34 min/km |
| Altersklasse Männer M60 | | | | | | | | |
| 1 | 160 | Feindt Reinhard | SC Bockenber Berg Bensberg | 0:35:15 | M60 | 74 | 0:35:20 | 4:42 min/km |
| 2 | 485 | Zielonka Herbert | Bensberger Bank Team | 0:39:00 | M60 | 127 | 0:39:11 | 5:12 min/km |
| 3 | 154 | Eich Christian | *Bergisch Gladbach | 0:42:17 | M60 | 166 | 0:42:34 | 5:38 min/km |
| 4 | 425 | Berner Franz | Intersport Haeger | 0:45:09 | M60 | 186 | 0:45:26 | 6:01 min/km |
| 5 | 231 | Lindlahr Horst | TV Refrath | 0:53:36 | M60 | 205 | 0:53:54 | 7:09 min/km |
| Altersklasse Männer M65 | | | | | | | | |
| 1 | 136 | Born Guenter | TV Refrath | 0:53:37 | M65 | 206 | 0:53:54 | 7:09 min/km |

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| AK-Platz | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | Total. | Bruttozeit | Geschwindigkeit |
|---------------------------------|-----|--------------------|------------------------|---------|------|--------|------------|-----------------|
| Altersklasse Männer M70 | | | | | | | | |
| 1 | 221 | Krüger Gerhard | TV Refrath | 0:36:58 | M70 | 97 | 0:37:03 | 4:56 min/km |
| 2 | 526 | Christophel Werner | TV Refrath | 0:41:03 | M70 | 158 | 0:41:13 | 5:28 min/km |
| 3 | 437 | Flock Franz Hubert | *Bergisch Gladbach | 0:42:02 | M70 | 165 | 0:42:16 | 5:36 min/km |
| 4 | 148 | Deiters Lothar | GSV-Porz / Köln | 0:45:36 | M70 | 188 | 0:45:51 | 6:05 min/km |
| 5 | 139 | Braun Josef | Running Sailors | 0:47:16 | M70 | 195 | 0:47:32 | 6:18 min/km |
| Altersklasse Männer MHK | | | | | | | | |
| 1 | 522 | Fuchs André | SSG Königswinter | 0:26:57 | MHK | 3 | 0:27:03 | 3:36 min/km |
| 2 | 156 | Elsässer Nico | LG ASV/DSHS Köln | 0:27:03 | MHK | 4 | 0:27:05 | 3:37 min/km |
| 3 | 162 | Fink Florian | TV Refrath | 0:27:12 | MHK | 6 | 0:27:13 | 3:38 min/km |
| 4 | 536 | Somissich Erik | Domstadtlaeufer.de | 0:28:43 | MHK | 11 | 0:28:44 | 3:50 min/km |
| 5 | 544 | Meißner Pascal | TV Refrath | 0:28:53 | MHK | 12 | 0:29:00 | 3:51 min/km |
| Altersklasse Männer MJug | | | | | | | | |
| 1 | 277 | Schommers Lukas | ASV Köln | 0:29:58 | MJug | 18 | 0:29:59 | 3:60 min/km |
| 2 | 339 | Landenberg Oliver | MTBrh | 0:30:55 | MJug | 27 | 0:30:57 | 4:07 min/km |
| 3 | 129 | Bayer Gerrit | *Overath | 0:32:13 | MJug | 41 | 0:32:27 | 4:18 min/km |
| 4 | 208 | Jonietz Pascal | Landrat-Lucas-Gymnasiu | 0:34:18 | MJug | 65 | 0:34:36 | 4:34 min/km |
| 5 | 319 | Fassnacht Diego | Junge Union GL | 0:50:11 | MJug | 202 | 0:50:33 | 6:42 min/km |
| Altersklasse Männer MSch | | | | | | | | |
| 1 | 124 | Balsam Patrick | Die Rentiere | 0:33:40 | MSch | 61 | 0:33:41 | 4:29 min/km |
| 2 | 331 | Saniter Frederik | *Odenthal | 0:33:56 | MSch | 63 | 0:33:57 | 4:32 min/km |
| 3 | 483 | Wüst Alexander | KTT01 | 0:37:21 | MSch | 104 | 0:37:36 | 4:59 min/km |
| 4 | 254 | Pincers Yannik | Der Rabe | 0:40:03 | MSch | 144 | 0:40:17 | 5:21 min/km |
| 5 | 436 | Fischer Lars | FC Geisboecke-GL 39,09 | 0:46:35 | MSch | 192 | 0:46:58 | 6:13 min/km |

6. Bensberger Bank MARTINI-Lauf am 7. November 2010

Altersklassenliste Frauen

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|-----|--------------------|-------------------------|---------|-----|--------|------------|-----------------|
| Altersklasse Frauen W30 | | | | | | | | |
| 1 | 380 | Biolault Konstanze | TSV Dieringhausen | 0:40:32 | W30 | 35 | 0:40:51 | 5:24 min/km |
| 2 | 188 | Hellmich Maike | SV Bergisch Gladbach 1 | 0:41:02 | W30 | 41 | 0:41:17 | 5:28 min/km |
| 3 | 508 | Stark Nicoletta | | 0:45:34 | W30 | 64 | 0:45:54 | 6:05 min/km |
| 4 | 475 | Sicking Sarah | *Bergheim | 0:45:58 | W30 | 66 | 0:46:24 | 6:08 min/km |
| 5 | 198 | Hölscher Raphaela | Bensberger Bank Team | 0:46:15 | W30 | 68 | 0:46:25 | 6:10 min/km |
| Altersklasse Frauen W35 | | | | | | | | |
| 1 | 258 | Rabenschlag Sandra | TV Refrath | 0:33:55 | W35 | 5 | 0:33:58 | 4:31 min/km |
| 2 | 126 | Basinski Yvonne | TV Refrath | 0:36:00 | W35 | 9 | 0:36:04 | 4:48 min/km |
| 3 | 125 | Basinski Jola | TV Refrath | 0:36:15 | W35 | 10 | 0:36:20 | 4:50 min/km |
| 4 | 533 | Kukies Petra | *Köln | 0:37:21 | W35 | 14 | 0:37:34 | 4:59 min/km |
| 5 | 240 | Meyer Joanna | TV Refrath | 0:38:58 | W35 | 24 | 0:39:05 | 5:12 min/km |
| Altersklasse Frauen W40 | | | | | | | | |
| 1 | 523 | Greinert Anke | TV Hoffnungsthal | 0:34:25 | W40 | 6 | 0:34:29 | 4:35 min/km |
| 2 | 295 | Unshelm Dr. Catrin | Quäl Dich Du Sau e. V. | 0:35:42 | W40 | 8 | 0:35:51 | 4:46 min/km |
| 3 | 247 | Nebel Helga | Union Blau Weiss Biesfe | 0:36:32 | W40 | 12 | 0:36:37 | 4:52 min/km |
| 4 | 281 | Schulz Anja | SV Bergisch Gladbach 1 | 0:37:13 | W40 | 13 | 0:37:20 | 4:58 min/km |
| 5 | 286 | Singer Sabine | *Rösrath | 0:37:32 | W40 | 15 | 0:37:37 | 5:00 min/km |
| Altersklasse Frauen W45 | | | | | | | | |
| 1 | 538 | Vincenz Barbara | *Rösrath | 0:33:15 | W45 | 4 | 0:33:20 | 4:26 min/km |
| 2 | 171 | Gebehart Beate | TV Refrath | 0:36:16 | W45 | 11 | 0:36:21 | 4:50 min/km |
| 3 | 157 | Endrulat Ulrike | LT Saaler Mühle | 0:38:02 | W45 | 20 | 0:38:08 | 5:04 min/km |
| 4 | 242 | Mömerzheim Anna | Blau-Weiß-Hand | 0:38:06 | W45 | 21 | 0:38:20 | 5:05 min/km |
| 5 | 225 | Kuntze Ute | blickwinkel | 0:39:59 | W45 | 31 | 0:40:12 | 5:20 min/km |
| Altersklasse Frauen W50 | | | | | | | | |
| 1 | 540 | Vogel Angela | TV Bensberg | 0:37:37 | W50 | 16 | 0:37:43 | 5:01 min/km |
| 2 | 234 | Lüke Sabine | Der Rabe | 0:38:17 | W50 | 22 | 0:38:25 | 5:06 min/km |
| 3 | 506 | Hark Andrea | *Pulheim | 0:38:36 | W50 | 23 | 0:38:46 | 5:09 min/km |
| 4 | 424 | Benkenstein Ilona | *Wipperfürth | 0:39:47 | W50 | 29 | 0:39:54 | 5:18 min/km |
| 5 | 223 | Kuck Annett | BSG Stadt Köln | 0:40:43 | W50 | 37 | 0:41:07 | 5:26 min/km |
| Altersklasse Frauen W55 | | | | | | | | |
| 1 | 220 | Kronenberg Conny | LCK Ronsdorf | 0:34:29 | W55 | 7 | 0:34:32 | 4:36 min/km |
| 2 | 181 | Hajek Verena | LG Donatus Ertstadt | 0:42:24 | W55 | 48 | 0:42:30 | 5:39 min/km |
| 3 | 287 | Spoehr Helga | LT Saaler Mühle | 0:44:34 | W55 | 58 | 0:44:43 | 5:57 min/km |
| 4 | 543 | Ayche Karin | Radiergummiliga.de | 0:50:09 | W55 | 84 | 0:50:19 | 6:41 min/km |
| Altersklasse Frauen W60 | | | | | | | | |
| 1 | 433 | Fendel Erika | VfB Kürten e.V. | 0:42:14 | W60 | 47 | 0:42:30 | 5:38 min/km |
| 2 | 541 | Lindlahr Doris | TVR Refrath | 0:53:38 | W60 | 86 | 0:53:54 | 7:09 min/km |
| 3 | 305 | Wilczek Eva | BSG Hilden | 0:56:03 | W60 | 89 | 0:56:23 | 7:28 min/km |
| Altersklasse Frauen W65 | | | | | | | | |
| 1 | 499 | Brandenburg Helga | ASV Köln | 0:40:54 | W65 | 40 | 0:41:00 | 5:27 min/km |
| Altersklasse Frauen W70 | | | | | | | | |
| 1 | 137 | Born Margot | TV Refrath | 0:53:38 | W70 | 87 | 0:53:55 | 7:09 min/km |

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit | Geschwindigkeit |
|---------------------------------|-----|------------------|-----------------------|---------|------|--------|------------|-----------------|
| Altersklasse Frauen WHK | | | | | | | | |
| 1 | 535 | Soethout Jana | Domstadtlaeufer.de | 0:28:42 | WHK | 1 | 0:28:44 | 3:50 min/km |
| 2 | 338 | Jaeger Ronja | ASV Köln | 0:29:46 | WHK | 2 | 0:29:50 | 3:58 min/km |
| 3 | 179 | Günther Marlen | LAZ Puma Troisdorf/Si | 0:30:21 | WHK | 3 | 0:30:23 | 4:03 min/km |
| 4 | 309 | Wippich Sara | *Köln | 0:37:55 | WHK | 18 | 0:38:13 | 5:03 min/km |
| 5 | 268 | Rößler Finja | TV Refrath | 0:39:30 | WHK | 26 | 0:39:41 | 5:16 min/km |
| Altersklasse Frauen WJug | | | | | | | | |
| 1 | 422 | Becker Toyah | TV Refrath | 0:39:30 | WJug | 27 | 0:39:41 | 5:16 min/km |
| 2 | 427 | Bürling Maike | Intersport Haeger | 0:48:16 | WJug | 81 | 0:48:29 | 6:26 min/km |
| 3 | 441 | Groh Tabea | *Kürten | 0:56:10 | WJug | 91 | 0:56:12 | 7:29 min/km |
| Altersklasse Frauen WSch | | | | | | | | |
| 1 | 465 | Morick Jana | *Bergisch Gladbach | 0:42:00 | WSch | 46 | 0:42:15 | 5:36 min/km |
| 2 | 332 | Calderan Aura | | 0:35:34 | WSch | 94 | 0:35:54 | 4:45 min/km |
| 3 | 332 | Calderan Ardesia | | 0:37:25 | WSch | 95 | 0:37:29 | 4:59 min/km |