

GL City-Laufcup 2008 - Enstand

17.05.	10 km Refrather Kirschblütenlauf (KBL)
12.09.	10 km Bergisch Gladbacher Stadtlauf (GLSL)
02.11.	7,5 km Bensberger Bank Martinilauf (BML)

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Platz	Name	Verein	AK	Ges.zeit	- KBL	- GLSL	- BML
1	van Kuk, Carsten	LG ASV/DSHS Köln	M40	01:31:42	- 00:33:46	- 00:31:53	- 00:26:03
2	Kalmes, Oliver	SV Bergisch Gladbach	M35	01:38:26	- 00:35:47	- 00:34:51	- 00:27:48
3	Kramer, Ulrich	SV Bergisch Gladbach	M40	01:43:37	- 00:38:26	- 00:36:06	- 00:29:05
4	Kopp, Kay	TS79 Bergisch Gladbach	M40	01:44:19	- 00:38:42	- 00:35:57	- 00:29:40
5	Meyer, Irek	Bensberg	M35	01:46:38	- 00:39:33	- 00:37:25	- 00:29:40
6	Dünner, Joachim	SV Bergisch Gladbach	M45	01:47:19	- 00:39:24	- 00:37:05	- 00:30:50
7	Natzheim, Ralf	Troisdorf	M45	01:53:52	- 00:41:52	- 00:39:27	- 00:32:33
8	Richarz, Volker	Marathonman	M45	01:54:27	- 00:42:03	- 00:39:32	- 00:32:52
9	Dzierza, Jan	Krüger Running Team	M35	01:54:37	- 00:42:35	- 00:39:47	- 00:32:15
10	Linden, Sebastian	TuS Immekeppel	MJug	01:56:03	- 00:41:36	- 00:41:30	- 00:32:57
11	Podzus, Horst	Overath	M45	01:57:22	- 00:43:13	- 00:41:05	- 00:33:04
12	Dernerth, Marcus	futterKonzept	M35	01:59:10	- 00:43:23	- 00:42:38	- 00:33:09
13	Rothkopf, Dominikus	Bergisch Gladbach	M40	02:00:21	- 00:42:45	- 00:42:29	- 00:35:07
14	Waskowski, Markus	Urwaldarbeiter	MHK	02:00:31	- 00:40:58	- 00:44:29	- 00:35:04
15	Kasprzik, Peter	Krüger Running Team	M50	02:02:31	- 00:45:13	- 00:42:38	- 00:34:40
16	Keese, Dieter	Team Luftwaffe Köln	M50	02:05:12	- 00:46:08	- 00:43:29	- 00:35:35
17	Schlichting, Hans-Dieter	Sportpark am See	M50	02:05:51	- 00:46:31	- 00:43:41	- 00:35:39
18	Feindt, Reinhard	SC Bockenberg	M55	02:06:51	- 00:45:28	- 00:44:48	- 00:36:35
19	Aydemir, Gürhan	ASV Köln Triathlon	M40	02:08:44	- 00:47:11	- 00:44:34	- 00:36:59
20	Berger, Stefan	GSV Porz Köln	M45	02:08:47	- 00:47:41	- 00:45:17	- 00:35:49

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Platz	Name	Verein	AK	Ges.zeit	-	KBL	-	GLSL	-	BML
21	Bolte, Martin	Bergisch Gladbach	M30	02:09:01	-	00:46:40	-	00:45:54	-	00:36:27
22	Abdel Kafi, Hussam	Krüger Running Team	M40	02:09:12	-	00:47:07	-	00:45:19	-	00:36:46
23	Arand, Thomas	TuS Schildgen Korfball	M45	02:09:25	-	00:47:33	-	00:44:56	-	00:36:56
24	Hauptmann, Dietmar	SC Vilkerath Lauftreff	M40	02:13:44	-	00:54:55	-	00:43:51	-	00:34:58
25	Engelskirchen, Günter	SV Bechen	M55	02:14:37	-	00:48:44	-	00:48:22	-	00:37:31
26	Wengler, Norbert	Bensberger Bank	M50	02:14:47	-	00:50:54	-	00:44:18	-	00:39:35
27	Zerwas, Urban	Bergisch Gladbach	M45	02:15:18	-	00:49:28	-	00:46:38	-	00:39:12
28	Boelen-Theile, Claus	Rösrath	M40	02:15:36	-	00:48:29	-	00:48:20	-	00:38:47
29	Krug, Hartwig	Bergisch Gladbach	M40	02:17:19	-	00:48:50	-	00:50:24	-	00:38:05
30	Möller, Michael	runnning agents	M40	02:20:50	-	00:50:33	-	00:47:51	-	00:42:26
31	Breil, Andreas	LT Lerbach	M35	02:21:07	-	00:49:51	-	00:51:54	-	00:39:22
32	Schilde, Bernhard	Rheinisch-Bergischer Kreis	M45	02:21:36	-	00:51:21	-	00:51:05	-	00:39:10
33	Krüger, Bernd	Kronos aktiv	M35	02:23:58	-	00:51:20	-	00:51:08	-	00:41:30
34	Winkler, Wolfgang	Laufhörnchen	M50	02:24:02	-	00:50:38	-	00:51:29	-	00:41:55
35	Sauerbier, Stefan	Krüger Running Team	MHK	02:28:43	-	00:54:48	-	00:52:06	-	00:41:49
36	Braun, Jürgen	Bergisch Gladbach	M45	02:30:52	-	00:55:15	-	00:52:02	-	00:43:35
37	Mouritz, Volker	SV Bergisch Gladbach	M40	02:32:17	-	00:55:53	-	00:53:33	-	00:42:51
38	Braun, Josef	Bergisch Gladbach	M70	02:32:32	-	00:55:26	-	00:53:31	-	00:43:35
39	Uhlhorn, Kurt	Kronos aktiv	M45	02:34:45	-	00:55:16	-	00:52:47	-	00:46:42
40	Fischer, Martin	Bergisch Gladbach	M50	02:37:14	-	00:57:12	-	00:54:04	-	00:45:58
41	Weilandt, Stephan	1.FC Köln	M70	02:37:38	-	00:57:53	-	00:56:01	-	00:43:44
42	Heider, Wolfgang	Bergisch Gladbach	M40	02:47:37	-	01:02:38	-	00:58:55	-	00:46:04
43	Schmidt, Jörg	Bayer MaterialScience	M40	02:55:31	-	01:02:01	-	01:03:04	-	00:50:26
44	Brandes, Matthias Hermann	Kronos aktiv	M50	03:03:14	-	01:10:58	-	00:51:10	-	01:01:06