

## 36. Herner Silvesterlauf 2012 (hernersilvesterlauf.de)

### Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
<b>10 km Lauf</b>							
<b>w</b>							
1.	24	Gebrehiwot, Eleni	1984	w	Frauen	TV Wattenscheid 01	0:33:09,0
2.	10	Aehling, Carolin	1989	w	Frauen	LG Coesfeld	0:33:46,0
3.	66	Optekamp, Silke	1978	w	W30	PSV Grün-Weiß Kassel	0:35:21,0
4.	122	Viebahn, Christl	1976	w	W35	LAZ Puma Rhein-Sieg	0:38:17,0
5.	305	Zimmermann,	1989	w	Frauen	Bochum	0:41:46,0
6.	669	Lang, Vera	1980	w	W30	Adler-Langlauf Bottrop	0:42:09,0
7.	299	Eisenberg,	1995	w	weibliche	TV Wattenscheid 01	0:43:07,0
8.	218	Ernst, Kathrin	1969	w	W40	Triathlon-TEAM-TG Witten	0:43:37,0
9.	632	Kieschke, Ulrike	1986	w	Frauen	Tusem Essen	0:44:00,0
10.	270	Dettmar, Sabine	1990	w	Frauen	Triathlon TEAM TG Witten	0:44:13,0
11.	449	Nowotny-Hupka,	1959	w	W50	LT Wischlingen Dortmund	0:44:18,0
12.	607	Lange, Ulrike	1964	w	W45	Herne	0:44:43,0
13.	475	Störbrock, Petra	1971	w	W40	BTC-Herne	0:44:56,0
14.	258	Grabengießer,	1989	w	Frauen	Triathlon TEAM TG Witten	0:45:33,0
15.	684	Ide, Katharina	1995	w	weibliche	TV Wattenscheid 01	0:45:43,0
16.	230	Fehrs, Frauke	1986	w	Frauen	Triathlon TEAM TG Witten	0:46:15,0
17.	694	Fertmann, Lea	1988	w	Frauen	Heidelberg	0:46:48,0
18.	488	Ladage, Ute	1968	w	W40	BTC-Herne	0:47:12,0
19.	491	Lipa, Heike	1973	w	W35	BTC-Herne	0:47:24,0
20.	253	Jöres, Michaela	1974	w	W35	Triathlon TEAM TG Witten	0:47:33,0
21.	36	Liebers, Verena	1961	w	W50	SV Blau-Weiß Bochum	0:47:59,0
22.	223	Pickhardt, Nadine	1983	w	Frauen	Triathlon TEAM TG Witten	0:48:00,0
23.	273	Thole, Sonja	1971	w	W40	LMS	0:48:05,0
24.	430	Golz, Carina	1989	w	Frauen	TV Wanne 1885	0:48:14,0
25.	536	Gonsberg, Anika	1990	w	Frauen		0:48:19,0
26.	137	Demski, Esther	1970	w	W40		0:48:37,0
27.	508	Werthmann-Gross	1967	w	W45	BTC-Herne	0:48:39,0
28.	353	Löbber, Gloria	1975	w	W35	TRC Essen 84	0:49:04,0
29.	39	Roik, Christiane	1963	w	W45	Triathlon Team TG Witten	0:49:06,0
30.	269	Krause, Vita	1988	w	Frauen	TuS Moitzfeld	0:49:29,0
31.	171	Bierey, Judith	1969	w	W40	Triathlon TEAM TG Witten	0:49:49,0
32.	672	Müller, Gabi	1961	w	W50	SC Gelsenkirchen 04	0:49:58,0
33.	61	Rohnert-Yanar,	1972	w	W40	Bochum	0:50:11,0
34.	229	Koch, Nina	1976	w	W35	Judoka Rauxel	0:50:35,0
35.	421	Hülse, Renate	1957	w	W55	LG DUV	0:50:38,0
36.	387	Bijzak, Katja	1968	w	W40	Fam Bijzak	0:50:59,0
37.	91	Pape, Blanca	1957	w	W55	Herne	0:51:07,0
38.	469	Uhrmacher, Eva	1959	w	W50	TUS Ickern	0:51:32,0
39.	321	Sehnert, Martina	1965	w	W45	Freizeitläufer	0:51:59,0
40.	118	Mehl, Monika	1971	w	W40	Ayyo Team e.V.	0:52:12,0
41.	248	Weinkauf, Yvonne	1989	w	Frauen	Cycling Team-Bochum	0:52:14,0
42.	260	Mergelmeier,	1982	w	W30		0:52:40,0
43.	460	Prange, Gabriele	1958	w	W50	Kanufreunde Sparkasse	0:52:50,0
44.	478	Buschka, Gabi	1963	w	W45	BTC-Herne	0:53:05,0
45.	490	Lenzian, Anke	1969	w	W40	BTC-Herne	0:53:08,0
46.	503	Stange, Isolde	1973	w	W35	BTC-Herne	0:53:15,0
47.	344	Black, Birgit	1954	w	W55	LC Wuppertal	0:53:37,0
48.	686	Wilming, Lisa	1998	w	weibliche	Triathlon Team TG Witten	0:53:40,0
49.	643	Hoffmann,	1986	w	Frauen	BTC-Herne	0:53:46,0

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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
50.	612	Sondermann-Vett	1970	w	W40	Bochum	0:53:54,0
51.	499	Rüping, Kirsten	1959	w	W50	BTC-Herne	0:54:07,0
52.	556	Beyer, Jennifer	1985	w	Frauen		0:54:08,0
53.	44	Tinnemeyer, Ute	1954	w	W55	BSG Springorum Bochum	0:54:32,0
54.	304	Zimmermann,	1960	w	W50	LG Herne	0:54:38,0
55.	238	Rodies, Ulla	1955	w	W55	LC Duisburg	0:55:06,0
56.	180	Grass, Sandra	1971	w	W40	Triathlon TEAM TG Witten	0:55:16,0
57.	623	Granitza, Julia	1980	w	W30	Herne	0:55:25,0
58.	89	Wischnewski,	1958	w	W50	BTC-Herne	0:55:48,0
59.	442	Krawinkel, Gabi	1954	w	W55	BSG Springorum Bochum	0:55:51,0
60.	234	Ostendorf, Birgit	1964	w	W45	Triathlon Team TG Witten	0:55:56,0
61.	176	Fabian, Stefanie	1966	w	W45	DJK Teutonia Bochum	0:56:05,0
62.	183	Jasper, Viola	1965	w	W45		0:56:46,0
63.	635	Teppel, Eveline	1969	w	W40	Herne	0:56:46,0
64.	675	Dietz, Marlene	1997	w	weibliche	Bochum	0:56:59,0
65.	605	Meckel, Steffi	1971	w	W40	Witten	0:57:02,0
66.	250	Küper, Anja	1965	w	W45	TRIATHLON TEAM TG	0:57:03,0
67.	237	Wedig, Tina	1973	w	W35	Triathlon TEAM TG Witten	0:57:03,0
68.	215	Jeschke, Simone	1971	w	W40	Triathlon TEAM TG Witten	0:57:03,0
69.	347	Hümpfner,	1961	w	W50	LC Wuppertal	0:57:15,0
70.	422	Gietzen, Heike	1957	w	W55	DJK Preußen 1911 Bochum	0:57:16,0
71.	501	Skorsinsky, Rosy	1966	w	W45	BTC-Herne	0:57:18,0
72.	143	Venhues, Lisa	1987	w	Frauen		0:57:40,0
73.	124	Dietrich-Heussner,	1952	w	W60	Stadt Bochum Team	0:57:40,0
74.	152	Hanemann, Julia	1967	w	W45	textwerk swim&run bochum	0:58:08,0
75.	642	Hüther, Enya	1998	w	weibliche	BSG Springorum Bochum	0:58:17,0
76.	363	Starbaty, Celina	1997	w	weibliche	Nikolausflitzer	0:58:19,0
77.	485	Kempf, Regina	1955	w	W55	BTC-Herne	0:58:38,0
78.	127	Brodowsky, Sylvia	1950	w	W60	TSG Sprockhövel	0:59:01,0
79.	544	Rinner, Melanie	1987	w	Frauen		0:59:14,0
80.	20	Paulner, Ulrike	1960	w	W50	DJK Preußen 1911 Bochum	0:59:32,0
81.	677	Pietz, Dorothee	1989	w	Frauen	Bochum	0:59:46,0
82.	492	Naubereit, Birgit	1960	w	W50	BTC-Herne	0:59:48,0
83.	506	Tuschen, Angelika	1964	w	W45	BTC-Herne	0:59:48,0
84.	495	Randzio, Bärbel	1945	w	W65	BTC-Herne	0:59:48,0
85.	617	Balt, Britta	1974	w	W35	Bochum	1:00:14,0
86.	432	Lanser, Sandra	1974	w	W35	Herne	1:00:26,0
87.	596	Hellweg, Meike	1978	w	W30	Witten	1:00:36,0
88.	595	Raback, Kathrin	1974	w	W35	Witten	1:00:36,0
89.	348	Hümpfner, Verena	1987	w	Frauen	LC Wuppertal	1:00:39,0
90.	153	Horning-Hohl,	1960	w	W50	Huckinger Marathonis	1:00:47,0
91.	206	Tschentscher,	1985	w	Frauen	Ev. Kinderheim Herne / ADG	1:00:56,0
92.	205	Hoyer, Jennifer	1998	w	weibliche	Ev. Kinderheim Herne / ADG	1:00:56,0
93.	582	Brzeszniak,	1963	w	W45	SV Schwarz-Weiß Unser Fritz	1:01:02,0
94.	591	Bieber, Jutta	1957	w	W55	LSG	1:01:13,0
95.	184	von Poser, Uschi	1966	w	W45	Bochum	1:01:23,0
96.	292	Leibig, Hannah	1996	w	weibliche	SG FdG Herne e.V.	1:01:29,0
97.	667	Kowall, Manuelle	1970	w	W40	Herne	1:01:48,0
98.	179	Kalka, Karin	1962	w	W50		1:02:16,0
99.	313	Franke, Carolin	1976	w	W35	Widde Wind	1:02:20,0
100.	309	Voswinkel, Maren	1975	w	W35		1:02:21,0
101.	31	Fietz-Drmanin,	1968	w	W40	Bochum	1:02:24,0

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102.	125	Heussner,	1986	w	Frauen		1:02:26,0
103.	699	Hoffmann, Birgit	1978	w	W30	Castrop-Rauxel	1:02:29,0
104.	700	Rauhut, Nadine	1979	w	W30	Dortmund	1:02:30,0
105.	257	Kaneko, Naomi	1978	w	W30		1:02:45,0
106.	538	Küpperbusch,	1986	w	Frauen	Herne	1:03:03,0
107.	419	Tschirner,	1956	w	W55		1:04:10,0
108.	466	Lohmann, Avelina	1951	w	W60	Team ForeverYoung	1:04:16,0
109.	403	Streek, Christina	1959	w	W50	Triathlon TEAM TG Witten	1:04:38,0
110.	142	Bach, Ulla	1953	w	W55	Triathlon Team Witten	1:04:46,0
111.	213	Rother, Bettina	1967	w	W45		1:04:50,0
112.	285	Pietschmann,	1967	w	W45	Tus Ickern	1:05:00,0
113.	5	Hagemann, Anja	1978	w	W30	Fun Runner VfL Gladbeck	1:05:46,0
114.	182	Hartig, Brigitte	1961	w	W50	PV-Triathlon Witten	1:07:02,0
115.	362	Hoffmann, Melissa	1997	w	weibliche	Nikolausflitzer	1:08:42,0
116.	361	Hoffmann, Loraine	1997	w	weibliche	Nikolausflitzer	1:08:42,0
117.	619	Meier, Anne	1957	w	W55	Herne	1:10:11,0
118.	114	Hassa, Christina	1985	w	Frauen	Bochum	1:11:31,0
119.	451	Buchholz, Antje	1969	w	W40		1:11:42,0
120.	452	Stehmann,	1966	w	W45		1:11:42,0
121.	578	Leithe, Astrid	1971	w	W40		1:11:53,0
122.	577	Riesmeier,	1974	w	W35		1:11:53,0
123.	528	Wagener, Kristina	1963	w	W45		1:14:08,0
124.	156	Kliem, Silke	1970	w	W40	Triathlon TEAM TG Witten	1:20:39,0
125.	688	Wilming, Claudia	1965	w	W45	Triathlon TEAM TG Witten	1:20:39,0
126.	265	Kowalewski,	1978	w	W30	Triathlon Team TG Witten	1:20:39,0
127.	243	Wenzel, Heike	1962	w	W50	Triathlon TEAM TG Witten	1:20:39,0
128.	459	Hansen, Kerstin	1973	w	W35	Triathlon TEAM TG Witten	1:20:40,0
129.	463	Utke, Sabine	1964	w	W45	Triathlon TEAM TG Witten	1:20:40,0
130.	301	Jeschke, Nicole	1975	w	W35	Triathlon TEAM TG Witten	1:20:40,0
131.	681	Schmidt, Martina	1967	w	W45	Triathlon Team TG Witten	1:20:40,0

#### m

1.	1	Uliczka, Steffen	1984	m	Männer	SG TSV Kronshagen/Kieler TB	0:30:10,0
2.	22	Schwiegelshohn,	1988	m	Männer	LGO Dortmund	0:31:19,0
3.	324	Beverungen,	1990	m	Männer	TV Wattenscheid 01	0:31:23,0
4.	228	Somssich, Erik	1985	m	Männer	LG TELIS FINANZ Regensburg	0:31:26,0
5.	402	Dillenhöfer,	1992	m	Männer	LG Olympia Dortmund	0:31:28,0
6.	209	Grunenberg, Karol	1987	m	Männer	ASV Duisburg	0:31:36,0
7.	434	Meyer, Manuel	1981	m	M30	TV Wattenscheid 01	0:31:44,0
8.	16	Hirschhäuser,	1992	m	Männer	ASC 1990 Breidenbach	0:32:17,0
9.	17	Schreiner, Kilian	1993	m	männliche	ASC 1990 Breidenbach	0:32:23,0
10.	401	Goineau, Volker	1987	m	Männer	SG TSV Kronshagen/Kieler TB	0:32:29,0
11.	443	Stroick, Stefan	1994	m	männliche	W+F Münster	0:32:56,0
12.	196	Kruck, Karsten	1978	m	M30	ASV Duisburg	0:33:09,0
13.	293	Hense, Jan	1990	m	Männer	VfL Bochum/LA	0:33:51,0
14.	68	Eickel, Klaus	1985	m	Männer	LGO Bochum	0:34:01,0
15.	165	Steinmetz, Roland	1976	m	M35	Triathlon TEAM TG Witten	0:34:22,0
16.	254	Abraham, Philippe	1976	m	M35	LAC THG Kettwig	0:34:39,0
17.	295	Probst, Marius	1994	m	männliche	TV Wattenscheid 01	0:35:18,0
18.	370	Celik, Murat	1983	m	Männer	Ayyo Team Essen e.V	0:35:26,0
19.	121	van Staa, Sascha	1992	m	Männer	Mengede 08/20	0:35:29,0
20.	33	Oesterwind, Dirk	1965	m	M45	Triathlon Team TG Witten	0:35:32,0

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21.	290	Schulte-Zurhause	1984	m	Männer	Ausdauerschule By Bunert	0:35:40,0
22.	637	Straub, Leon	1996	m	männliche	LG Olympia Dortmund	0:35:47,0
23.	38	Losch, Stefan	1968	m	M40	Tusem Essen	0:36:37,0
24.	386	Bijzak, Daniel	1989	m	Männer	Fam Bijzak	0:36:53,0
25.	559	Gösmann,	1986	m	Männer	Triathlon TEAM TG Witten	0:36:56,0
26.	3	Bollmann, Hendrik	1982	m	M30	BTC-Herne	0:36:59,0
27.	415	Bauer, Martin	1972	m	M40	Potracer bochum	0:37:23,0
28.	327	Beßling, Markus	1992	m	Männer	Tusem Essen	0:37:25,0
29.	240	Lehmbach,	1980	m	M30	ASV Duisburg	0:37:29,0
30.	340	Knura, Ralf	1962	m	M50	Adler Langlauf Bottrop	0:37:31,0
31.	357	Keller, Maurice	1970	m	M40	PVT Triathlon Witten	0:37:36,0
32.	69	Becker, Oliver	1969	m	M40	LGO Bochum	0:37:40,0
33.	82	Temmler, Björn	1978	m	M30	Moeser TV	0:37:44,0
34.	388	Bijzak, Roman	1966	m	M45	Fam Bijzak	0:37:59,0
35.	51	Koehler, Roman	1974	m	M35	Team-Speiche Witten	0:38:10,0
36.	689	Hädicke, Rene	1978	m	M30	HN Radcenter Tri-Team	0:38:12,0
37.	593	Schlüter, Thorsten	1982	m	M30	Tri-Geckos Dortmund	0:38:15,0
38.	589	Fölting, Christian	1985	m	Männer	Tri-Geckos Dortmund	0:38:18,0
39.	564	Dillenhöfer, Ulrich	1962	m	M50	TSV Dortmund - Kirchlinde	0:38:24,0
40.	296	Schiller,	1993	m	männliche	TV Wattenscheid 01	0:38:27,0
41.	303	Niklass, Kai	1986	m	Männer	TRC Essen 84	0:38:31,0
42.	222	Müller, Jan-Kristof	1979	m	M30	Triathlon TEAM TG Witten	0:38:34,0
43.	170	Bierey, Didi	1965	m	M45	Triathlon TEAM TG Witten	0:38:43,0
44.	645	Pawellek, Karsten	1981	m	M30	LGO Bochum	0:38:45,0
45.	581	Klung, Gabor	1983	m	Männer	Los Castores Cascarrabias	0:38:51,0
46.	232	Schlimnat,	1976	m	M35		0:38:53,0
47.	145	Strack, Sascha	1976	m	M35	Marathon Dinslaken	0:38:56,0
48.	55	Toepper, Thomas	1963	m	M45	LGO Bochum	0:38:56,0
49.	521	Weber, Thorsten	1974	m	M35	SC Gladenbach	0:39:10,0
50.	518	Eitner, Chris	1988	m	Männer		0:39:18,0
51.	60	Nolte, Helmut	1963	m	M45	Castrop-Rauxel	0:39:19,0
52.	563	Dillenhöfer, Timo	1995	m	männliche	TSV Dortmund - Kirchlinde	0:39:24,0
53.	328	Witt, Christoph	1976	m	M35	Tusem Essen	0:39:25,0
54.	272	Esser, Björn	1980	m	M30	Veggie Athletes/ Nordtriathleten	0:39:30,0
55.	407	Franke, Markus	1984	m	Männer	RSG Herne	0:39:41,0
56.	136	Ratberg, Thorsten	1973	m	M35	Herner Triathlon Team 11	0:39:42,0
57.	244	Wenzel, Lars	1991	m	Männer	Triathlon TEAM TG Witten	0:39:53,0
58.	107	Ucka, Matthias	1975	m	M35		0:39:55,0
59.	1983	Lewkowitz, Jens	1978	m	M30	BTC-Herne	0:40:06,0
60.	590	Zellin, Jan	1983	m	Männer	Tri-Geckos Dortmund	0:40:22,0
61.	406	Ratsch, Thomas	1988	m	Männer		0:40:23,0
62.	523	Bömmelburg,	1961	m	M50	LGO Bochum	0:40:25,0
63.	665	Augustin, Klaus	1948	m	M60	Triathlon Team TG Witten	0:40:30,0
64.	211	Gaudenz, Thomas	1975	m	M35	WAT Läufer	0:40:38,0
65.	671	Müller, Lothar	1961	m	M50	SC Gelsenkirchen 04	0:40:40,0
66.	408	Ratsch, Günter	1963	m	M45		0:40:49,0
67.	71	Wolf, Holger	1965	m	M45	Bochum	0:40:52,0
68.	380	Heer, Jonas	1985	m	Männer	Germania Stahlrohr	0:40:54,0
69.	185	von Poser,	1966	m	M45	Bochum	0:40:56,0
70.	25	Seeck, Karl-Heinz	1953	m	M55	SF Ennepetal	0:40:57,0
71.	212	Gänse, Thomas	1963	m	M45		0:41:07,0
72.	393	Hansmann,	1992	m	Männer	SC Westfalia 04 Herne 1.	0:41:26,0

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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
73.	505	Suchopar, Karsten	1965	m	M45	BTC-Herne	0:41:32,0
74.	326	Ferrucci,	1984	m	Männer		0:41:33,0
75.	471	Nkwang, George	1972	m	M40		0:41:38,0
76.	62	Kowalczyk,	1969	m	M40	VfB Langendreerholz	0:41:41,0
77.	372	Amerkamp, Daniel	1994	m	männliche	Wesel	0:41:46,0
78.	282	Petermann,	1972	m	M40	Aktion Canchanabury	0:41:48,0
79.	19	Rödig, Volker	1971	m	M40	SV Blau-Weiß Bochum	0:41:56,0
80.	547	Smietana, Sören	1987	m	Männer	Triathlon Team TG Witten	0:41:59,0
81.	417	Strehlke, Achim	1951	m	M60		0:42:03,0
82.	668	Lang, Ludger	1977	m	M35	Adler Langlauf Bottrop	0:42:09,0
83.	67	Geiß, Stefan	1971	m	M40	LGO Bochum	0:42:13,0
84.	583	Gallwitz, Manfred	1969	m	M40	TBS-Herne	0:42:15,0
85.	294	Rosenträger,	1975	m	M35	LGO Bochum	0:42:21,0
86.	398	Witte, Jens	1981	m	M30	SC Westfalia 04 Herne	0:42:26,0
87.	297	Kanthe, Lamin	1996	m	männliche	TV Wattenscheid 01	0:42:34,0
88.	59	Brzosowski,	1969	m	M40	Castrop-Rauxel	0:42:35,0
89.	83	Abdullah,	1961	m	M50	Moerser TV	0:42:36,0
90.	616	Grabert, Andreas	1957	m	M55	LG Herne 1976 e.V.	0:42:43,0
91.	458	Menne, Carsten	1981	m	M30		0:42:49,0
92.	322	Brandt, Andreas	1966	m	M45	Freizeitläufer	0:42:51,0
93.	210	Kuntu-Blankson,	1992	m	Männer	Herner EV	0:42:54,0
94.	189	Sadrozinski, Axel	1968	m	M40	LMS	0:42:55,0
95.	11	Weiß, Christoph	1968	m	M40	Volksbank Castrop-Rauxel	0:42:56,0
96.	566	Trinks, Maik	1965	m	M45		0:42:58,0
97.	102	Zielinski, Bernd	1973	m	M35		0:42:59,0
98.	23	Gostomski, Dirk	1969	m	M40	LT Witten Stockum	0:43:05,0
99.	351	Werg, Rolf	1956	m	M55	LC Wuppertal	0:43:09,0
100.	87	Witting, Michael	1964	m	M45	BTC-Herne	0:43:17,0
101.	552	Langner,	1981	m	M30	Herner Triathlon Team	0:43:19,0
102.	175	Hauswurz,	1966	m	M45	Herner Triathlon Team 11	0:43:23,0
103.	2251	Martin, Niklas	1988	m	Männer	BTC-Herne	0:43:24,0
104.	337	Reinhardt,	1954	m	M55	Essen	0:43:36,0
105.	224	Fuchs, Dirk	1976	m	M35		0:43:36,0
106.	435	Goldmann, Achim	1972	m	M40		0:43:44,0
107.	678	Netz, Harald	1961	m	M50	Herne	0:43:48,0
108.	653	Kopania, Ralf	1968	m	M40	Gelsenkirchen	0:43:54,0
109.	381	Stahl, Sebastian	1989	m	Männer	Germania Stahlrohr	0:44:03,0
110.	542	Staubach, Tim	1978	m	M30	Cycling Team Bochum	0:44:09,0
111.	543	Willma, Björn	1970	m	M40	Pottracer Bochum	0:44:10,0
112.	545	Kiepsch, Karsten	1958	m	M50	Herner Triathlon Team 11	0:44:17,0
113.	298	Becker, Thomas	1995	m	männliche	TV Wattenscheid 01	0:44:17,0
114.	565	Koch, Christian	1965	m	M45	TriTeam TSG Sprockhövel	0:44:24,0
115.	333	Schierbaum, Jörg	1966	m	M45	Laufteam "Louis & Lilly"	0:44:29,0
116.	329	Knoth, Günter	1957	m	M55	Tusem Essen	0:44:29,0
117.	63	Steins, Christian	1962	m	M50	TRC Essen 84	0:44:32,0
118.	251	Tappe, Dominik	1977	m	M35		0:44:34,0
119.	140	Spiller, Martin	1983	m	Männer	Bv Hiltrop	0:44:36,0
120.	262	Schuler, Stefan	1986	m	Männer	JaSchu	0:44:40,0
121.	178	Kalka, Jörg	1963	m	M45		0:44:41,0
122.	424	Ehrlich, Dirk	1966	m	M45	Team EhrBec	0:44:49,0
123.	53	Mann, Oliver	1969	m	M40	Herne	0:44:50,0
124.	195	Kalka, Bert	1965	m	M45	canchanabury	0:44:51,0

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### Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
125.	28	Heuse, Thilo	1973	m	M35	Hagen	0:44:57,0
126.	576	Höll, Markus	1987	m	Männer		0:45:02,0
127.	522	Blötner-Schlenkho	1958	m	M50	BSG Sparkasse Bochum	0:45:03,0
128.	427	Thiet, Dirk	1967	m	M45	Die Zeitlosen	0:45:06,0
129.	587	Boeddinghaus,	1987	m	Männer	rv emscher wanne eickel herten	0:45:08,0
130.	37	Hargus, Thomas	1968	m	M40	TSV Ottendorf	0:45:10,0
131.	502	Sontowski,	1963	m	M45	BTC-Herne	0:45:10,0
132.	646	Jansen, Paul	1961	m	M50	TC FdG Herne	0:45:11,0
133.	639	Eschner, Dirk	1963	m	M45	Herne	0:45:12,0
134.	374	Uhlmann,	1980	m	M30		0:45:16,0
135.	129	Tiago, Victor	1977	m	M35	Rheinläufer Düsseldorf	0:45:18,0
136.	247	Thiemann,	1988	m	Männer	Cycling Team-Bochum	0:45:19,0
137.	394	Reimann, Torben	1993	m	männliche	SC Westfalia 04 Herne 1.	0:45:22,0
138.	391	Planhof, Michael	1984	m	Männer	SC Westfalia 04 Herne 1.	0:45:22,0
139.	392	Johns, Marcel	1985	m	Männer	SC Westfalia 04 Herne 1.	0:45:22,0
140.	358	Becker, Martin	1965	m	M45	Team EhrBec	0:45:25,0
141.	530	Thomas,	1957	m	M55	SC Wiking Herne	0:45:30,0
142.	291	Nieberg, Florian	1982	m	M30	TUS Moitzfeld	0:45:30,0
143.	138	Öztürk, Recep	1957	m	M55	ayyo team	0:45:36,0
144.	411	Demirci, Özcan	1966	m	M45	TS-OF"Lu	0:45:47,0
145.	698	Elges, Nico	1988	m	Männer	Herne	0:45:48,0
146.	588	Wenzel, Jürgen	1960	m	M50	Herner Turn Club	0:45:51,0
147.	181	Hegemann,	1967	m	M45	LMS	0:45:54,0
148.	444	Mayer,	1959	m	M50		0:46:00,0
149.	81	Wessel, Bernd	1963	m	M45	www.bewes63.de	0:46:03,0
150.	88	Heidicker, Bernd	1978	m	M30	RV Emscher	0:46:05,0
151.	562	Grünert, Michael	1967	m	M45		0:46:09,0
152.	325	Henke, Tilmann	1992	m	Männer		0:46:10,0
153.	57	Temme, Georg	1955	m	M55	SC Wiking Herne	0:46:16,0
154.	323	Thiel, Simon	1997	m	männliche		0:46:17,0
155.	379	Lackmann,	1986	m	Männer	Germania Stahlrohr	0:46:21,0
156.	311	Waaga,	1960	m	M50	LG Herne 1976 e.V.	0:46:22,0
157.	355	Schröder, Karsten	1970	m	M40		0:46:30,0
158.	98	Kubiak, Clemens	1963	m	M45	Herne	0:46:35,0
159.	409	Cherubin-Teinert,	1973	m	M35	Herne	0:46:35,0
160.	103	Chill, Jan	1966	m	M45	Herner Triathlon Team 11	0:46:36,0
161.	366	Jorde, Claas	1981	m	M30		0:46:40,0
162.	662	Leopold, Andre	1984	m	Männer	Tri-Team Castrop	0:46:41,0
163.	648	Koßmann,	1962	m	M50	Bochum	0:46:44,0
164.	105	Wiesner, Michael	1970	m	M40	TUS Ickern	0:46:48,0
165.	631	Piskorz, Marcus	1966	m	M45	Blau Gelb Schwerin	0:46:48,0
166.	664	Petter, Stefan	1983	m	Männer	Tri-Team Castrop	0:46:48,0
167.	281	Mischke, Martin	1963	m	M45	TC Emschertal	0:46:51,0
168.	159	Krämer, Olaf	1963	m	M45	Tus Esborn	0:46:52,0
169.	377	Osieck, Andreas	1981	m	M30	Germania Stahlrohr	0:46:54,0
170.	246	Anderle, Patrick	1988	m	Männer	Cycling Team-Bochum	0:46:56,0
171.	330	Spanier, Felix	1977	m	M35	Rubberduck Racing Team	0:46:57,0
172.	375	Kuschkewitz,	1979	m	M30	Germania Stahlrohr	0:46:57,0
173.	48	Mengert, Christian	1990	m	Männer	Vfl Bochum	0:46:59,0
174.	634	Tepel, Ingo	1968	m	M40	Budokan Bochum	0:47:10,0
175.	378	Schmid, Markus	1980	m	M30	Germania Stahlrohr	0:47:12,0
176.	104	Blazejak, Matthias	1970	m	M40	runHerne	0:47:13,0

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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
177.	359	Hinerasky, Veit	1980	m	M30		0:47:13,0
178.	350	Krüger, Rainer	1962	m	M50	LC Wuppertal	0:47:16,0
179.	77	Bogdanowicz,	1976	m	M35	Christais Pub	0:47:19,0
180.	316	Klump, Marcel	1978	m	M30		0:47:22,0
181.	280	Müller, Daniel	1986	m	Männer	Triathlon Team TG Witten	0:47:26,0
182.	496	Randzio, Jörg	1965	m	M45	BTC-Herne	0:47:32,0
183.	306	Gorzel, Siegfried	1962	m	M50	Triathlon Team Witten	0:47:38,0
184.	336	Voß, Christian	1977	m	M35		0:47:39,0
185.	188	Babski, Stefan	1978	m	M30	BSG Sparkasse Essen	0:47:40,0
186.	663	Lieven, Wolfgang	1968	m	M40	Tri Team Hagen	0:47:43,0
187.	557	Maass, Marcus	1969	m	M40	ETuS Wanne 28	0:47:49,0
188.	368	Nar, Sucha Singh	1958	m	M50	Triathlon Team TG Witten	0:47:49,0
189.	147	Brenneken,	1959	m	M50	quasi rückwärts	0:47:53,0
190.	464	Utke, Joachim	1961	m	M50	Triathlon TEAM TG Witten	0:48:01,0
191.	128	Hansmann,	1961	m	M50	Herne	0:48:02,0
192.	598	Schremb, Günter	1948	m	M60	LGO Bochum	0:48:02,0
193.	457	Ludwig, Jens	1971	m	M40	LGO Bochum	0:48:04,0
194.	441	Bent, Jens	1996	m	männliche		0:48:05,0
195.	73	Weide, Björn	1972	m	M40	Christais Pub	0:48:07,0
196.	172	Aßhauer, Michael	1965	m	M45	Herner Triathlon Team 11	0:48:10,0
197.	433	Jäger, Jörg	1970	m	M40	Jäger Transport GmbH	0:48:17,0
198.	438	Hake, Holger	1968	m	M40	Triathlon TEAM TG Witten	0:48:26,0
199.	483	Herkommer,	1973	m	M35	BTC-Herne	0:48:27,0
200.	534	Rathof, Holger	1965	m	M45		0:48:34,0
201.	649	Berg, Andreas	1968	m	M40	Team Erdinger Alkoholfrei	0:48:37,0
202.	64	Scholz,	1971	m	M40	Gelsenkirchen	0:48:40,0
203.	191	Bejmowicz, Boris	1978	m	M30	SR Herne	0:48:45,0
204.	584	Wupper, Torsten	1969	m	M40		0:48:46,0
205.	14	Scholz, Sebastian	1980	m	M30	LT Phoenixsee Dortmund	0:48:51,0
206.	300	Jeyaratnam, Peter	1956	m	M55	CVJM Herne	0:48:53,0
207.	319	Blatt, Michael	1979	m	M30		0:48:56,0
208.	450	Grimm, Ralf	1960	m	M50	SC Constantin	0:48:57,0
209.	45	Stadthaus, Ulrich	1956	m	M55	SC Wiking Herne	0:48:58,0
210.	331	Yildiz, Ali	1965	m	M45	mc fit	0:49:00,0
211.	609	Bruhn, Hans	1967	m	M45	Herne	0:49:09,0
212.	186	Otto, Hans-Peter	1957	m	M55	PV-Triathlon Witten	0:49:16,0
213.	194	Bodzian, Marcus	1973	m	M35		0:49:18,0
214.	119	Richta, Torsten	1976	m	M35		0:49:19,0
215.	93	Wittmann, Markus	1965	m	M45	Germania Stahlrohr	0:49:19,0
216.	277	Hanft, Chris	1990	m	Männer	BSG Sparkasse Bochum	0:49:26,0
217.	101	Kroeplin,	1971	m	M40	St. Anna Hospital	0:49:27,0
218.	455	Kleinhans,	1966	m	M45		0:49:28,0
219.	278	Bresinski, Jeremy	1993	m	männliche	BSG Sparkasse Bochum	0:49:28,0
220.	27	Rothenbusch,	1975	m	M35	TUS Oeventrop	0:49:32,0
221.	15	Dähne, Hanno	1964	m	M45	TTC Westfalia Herne	0:49:33,0
222.	579	Blüggel, Martin	1968	m	M40	Triathlon Team Herne 11	0:49:34,0
223.	32	Weber, Erich	1940	m	M70	Herne	0:49:35,0
224.	551	Latza, Marvin	1989	m	Männer	HTC / Fortuna Herne	0:49:37,0
225.	695	Dannhansen,	1977	m	M35	Bochum	0:49:37,0
226.	440	Bent, Harry	1962	m	M50		0:49:38,0
227.	193	Seehagel, Bernd	1954	m	M55		0:49:42,0
228.	90	Hofmann,	1968	m	M40	Watt Läufer	0:49:44,0

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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
229.	445	Dombrowski, Leon	1958	m	M50		0:49:46,0
230.	283	Kubis, Ralf	1977	m	M35	Tus Ickern	0:49:46,0
231.	655	Grobe, Dieter	1963	m	M45	TTTG Witten	0:49:48,0
232.	9	Kalus, Gerhard	1956	m	M55	Herne	0:49:51,0
233.	641	Hüther, Lothar	1965	m	M45	BSG Springorum Bochum	0:49:53,0
234.	574	Röschke, Jörg	1967	m	M45	Ballettschule Müller	0:49:54,0
235.	549	Stachowiak,	1953	m	M55	TTC Herne-Vöde	0:49:57,0
236.	627	Meyer, Oliver	1969	m	M40	St. Anna Hospital	0:49:59,0
237.	371	Niggemann,	1971	m	M40		0:50:00,0
238.	289	Dehne, Ingo	1966	m	M45	Haldenbiker	0:50:04,0
239.	650	Neuwirth, Frank	1962	m	M50	Herner Triathlon Team 11	0:50:05,0
240.	670	Moron, Jesus	1976	m	M35	1. Judogemeinschaft Dortmund	0:50:08,0
241.	575	Achterholt, Rainer	1960	m	M50	Ballettschule Müller	0:50:15,0
242.	693	Kussmann,	1984	m	Männer	SuS Oestereiden	0:50:23,0
243.	144	Becker, Uwe	1958	m	M50		0:50:31,0
244.	158	Werner, Markus	1974	m	M35	Recklinghausen	0:50:32,0
245.	629	Rdusch, Ingo	1964	m	M45	Herne	0:50:34,0
246.	220	Hoffmann, David	1993	m	männliche	Die wilden Kerle	0:50:37,0
247.	274	Goetz, Hagen	1968	m	M40	LMS	0:50:37,0
248.	569	Gers, Dan	2000	m		BG Schwerin	0:50:38,0
249.	56	Stuhl, Dominic	1985	m	Männer	LC Wuppertal	0:50:42,0
250.	346	Happe, Stephan	1966	m	M45	LC Wuppertal	0:50:43,0
251.	685	Seeger, Burkhard	1966	m	M45	LGO Bochum	0:50:43,0
252.	633	Vethacke, Bernd	1967	m	M45	Herne	0:50:45,0
253.	608	Villis, Roland	1966	m	M45	Castrop-Rauxel	0:50:55,0
254.	267	Halfmeier, Frank	1968	m	M40	LC Duisburg	0:50:57,0
255.	493	Paschen, Martin	1967	m	M45	BTC-Herne	0:51:00,0
256.	110	Sternemann,	1970	m	M40		0:51:09,0
257.	567	Gers, Andreas	1966	m	M45	Frohlinde	0:51:10,0
258.	7	Walther, Tobias	1992	m	Männer	TUS Freiheit Deusen	0:51:19,0
259.	41	Packbier, Herald	1977	m	M35	Kerkrade	0:51:22,0
260.	154	Hohl, Jürgen	1963	m	M45	Huckinger Marathonis	0:51:23,0
261.	603	Löffler, Richard	1960	m	M50	Castrop-Rauxel	0:51:25,0
262.	690	Schmidt, Bernd	1962	m	M50	SV Blau-Weiß Bochum	0:51:25,0
263.	410	Tonillo, Jason	1983	m	Männer		0:51:26,0
264.	115	Köhn, Carsten	1965	m	M45	BO Running Team	0:51:26,0
265.	682	Schmidt, Martin	1965	m	M45	Triathlon Team TG Witten	0:51:30,0
266.	696	Dal Canton,	1963	m	M45	Bochumer Verein	0:51:30,0
267.	561	Küpper, Benjamin	1982	m	M30		0:51:32,0
268.	214	Kiehm, Matthias	1962	m	M50	Triathlon TEAM TG Witten	0:51:33,0
269.	187	Strate, Andreas	1965	m	M45	Triathlon TEAM TG Witten	0:51:34,0
270.	8	Böhm, Roland	1942	m	M70	Bochum	0:51:38,0
271.	255	Piossek, Heiko	1955	m	M55		0:51:41,0
272.	594	Noll, Axel	1966	m	M45		0:51:51,0
273.	525	Wagener,	1984	m	Männer		0:51:54,0
274.	49	Leonhardt, Justus	1989	m	Männer	DJK TUS Hordel	0:51:54,0
275.	52	Rauter, Lars	1970	m	M40	HTC Herne	0:51:54,0
276.	630	Stockey, Frank	1969	m	M40	Herne	0:51:56,0
277.	310	Kluge, Helge	1969	m	M40	Kattenvenne	0:51:58,0
278.	54	Pawliczek,	1971	m	M40	Dortmund	0:52:06,0
279.	585	Keuenhoff,	1981	m	M30	Team Camerone	0:52:09,0
280.	72	Hoffmann,	1977	m	M35	Cycling Team-Bochum	0:52:12,0



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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
281.	526	Wagener,	1990	m	Männer		0:52:13,0
282.	425	Schatta, Olaf	1970	m	M40	Witten	0:52:15,0
283.	600	Strauß, Andreas	1961	m	M50	Bochum	0:52:22,0
284.	123	Blumenthal,	1987	m	Männer		0:52:28,0
285.	261	Janik, Marco	1986	m	Männer	JaSchu	0:52:29,0
286.	75	Hellfader, Roland	1968	m	M40	Bochum	0:52:30,0
287.	74	Fleiter, Dirk	1967	m	M45	Bochum	0:52:34,0
288.	654	Thielemann, Klaus	1961	m	M50	TuS Herne 07	0:52:34,0
289.	241	Rohmann, Frank	1970	m	M40		0:52:39,0
290.	472	Lehnhardt,	1968	m	M40	Stiepeler Großfamilie	0:52:40,0
291.	233	Felsmann,	1961	m	M50	Holsterhausen	0:52:41,0
292.	70	Kirfel, Johannes	1956	m	M55	Bochum	0:52:42,0
293.	315	Welzel, Patrik	1985	m	Männer		0:52:43,0
294.	628	Leyk, Jens	1976	m	M35	Herne	0:52:47,0
295.	614	Hövelmann,	1955	m	M55	SG Suderwich	0:52:52,0
296.	456	Lenga, Norbert	1957	m	M55	SC Constantin Altliga	0:52:52,0
297.	468	Grass, Ralph	1966	m	M45	Triathlon TEAM TG Witten	0:52:54,0
298.	652	Sörges, Heinz	1974	m	M35	Triathlon TEAM TG Witten	0:52:55,0
299.	636	Willms, Andreas	1964	m	M45	Herne	0:52:55,0
300.	571	Vortmeier, Martin	1957	m	M55	jogmap ruhr	0:52:56,0
301.	168	Salzmann,	1975	m	M35		0:53:03,0
302.	644	Buschka, Joachim	1957	m	M55	BTC-Herne	0:53:05,0
303.	312	Sontowski, Willi	1937	m	M75	LG Herne 1976 e.V.	0:53:06,0
304.	555	Beyer, Florian	1987	m	Männer		0:53:07,0
305.	554	Beyer, Heinz	1951	m	M60		0:53:07,0
306.	638	Koß, Peter	1965	m	M45	Fitness Donnerstag	0:53:12,0
307.	626	Buschmann,	1960	m	M50	Bochum	0:53:12,0
308.	568	Henneke, Klaus	1965	m	M45		0:53:12,0
309.	640	Rosien, Bernd	1961	m	M50	Fitness Donnerstag	0:53:12,0
310.	92	Herold, Heinz	1949	m	M60	Herten	0:53:13,0
311.	13	Sokolowski,	1981	m	M30	DSC Wanne-Eickel	0:53:14,0
312.	12	Motoc, Alexander	1988	m	Männer	DSC Wanne-Eickel	0:53:16,0
313.	484	Kempf, Peter	1957	m	M55	BTC-Herne	0:53:22,0
314.	139	Albrecht, Oliver	1972	m	M40		0:53:23,0
315.	85	Rudnik, Christian	1963	m	M45		0:53:24,0
316.	335	Rudnik,	1962	m	M50	Herne	0:53:24,0
317.	448	Urban, Detlev	1951	m	M60	BSG Springorum Bochum	0:53:26,0
318.	606	Winter, Fredi	1959	m	M50	DJK Preußen 1911 Bochum	0:53:27,0
319.	259	Ohm, Peter	1960	m	M50	Kurbel Dortmund	0:53:29,0
320.	661	Frisch, Magnus	1989	m	Männer	Herne	0:53:30,0
321.	231	Hupe, Stefan	1972	m	M40	Triathlon TEAM TG Witten	0:53:34,0
322.	687	Utke, Eike	1998	m	männliche	Triathlon TEAM TG Witten	0:53:40,0
323.	540	Bartsch, Jürgen	1959	m	M50		0:53:43,0
324.	465	Lohmann, Bernd	1956	m	M55	Team ForeverYoung	0:53:51,0
325.	517	Nissel, Kevin	1988	m	Männer		0:53:58,0
326.	679	Obendorf, Nick	1990	m	Männer	Recklinghausen	0:53:58,0
327.	177	Uibel, Timm	1977	m	M35	LT Phoenixsee Dortmund	0:54:04,0
328.	657	Mergens, Lasse	2003	m		Bochum	0:54:05,0
329.	597	Jaegert,	1949	m	M60	DJK Preußen 1911 Bochum	0:54:08,0
330.	601	Lissek, Lothar	1950	m	M60	Stadt Bochum Team	0:54:09,0
331.	659	Heckroth,	2004	m		TuS Kaltehardt	0:54:11,0
332.	84	Yildizcan, Seref	1966	m	M45	Alperen Reisen	0:54:17,0

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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
333.	692	Reckmeier, Bernd	1953	m	M55	TTC Herne-Vöde	0:54:27,0
334.	199	Zuther, Markus	1975	m	M35	DJK TuS Rotthausen	0:54:35,0
335.	18	Dlugi, Andreas	1963	m	M45	Witten	0:54:36,0
336.	453	Stehmann,	1964	m	M45		0:54:42,0
337.	302	Astrath, Dirk-Uwe	1974	m	M35	Triathlon TEAM TG Witten	0:54:44,0
338.	76	Föhrer, Ulrich	1950	m	M60	Bochum	0:54:51,0
339.	437	Krebs, Sacha	1975	m	M35	Gladbecker FC	0:55:01,0
340.	34	Scharf, Hajü	1959	m	M50	SV Blau-Weiß Bochum	0:55:04,0
341.	203	Meithner,	1979	m	M30		0:55:10,0
342.	198	von Hagen,	1965	m	M45	DJK TuS Rotthausen	0:55:12,0
343.	242	Wenzel, Harald	1962	m	M50	Triathlon TEAM TG Witten	0:55:16,0
344.	155	Kliem, Holger	1971	m	M40	Triathlon TEAM TG Witten	0:55:16,0
345.	112	Vierhaus, Detlev	1959	m	M50	team-4haus	0:55:17,0
346.	190	Usta, Ilker	1997	m	männliche		0:55:17,0
347.	470	Baloniak, Michael	1960	m	M50	Ratz & Fatz Team	0:55:19,0
348.	50	Krämer, Martin	1970	m	M40	Castrop-Rauxel	0:55:19,0
349.	42	Muenter, Uwe	1965	m	M45	Bochum	0:55:21,0
350.	126	Kühnel, Thomas	1961	m	M50		0:55:21,0
351.	474	Stange, Tim	1994	m	männliche	BTC-Herne	0:55:24,0
352.	352	Zölzer, Norbert	1959	m	M50	LC Wuppertal	0:55:26,0
353.	80	Wischniewski,	1968	m	M40	BTC-Herne	0:55:26,0
354.	65	Winken, Burkhard	1966	m	M45	BTC-Herne	0:55:28,0
355.	173	Beuth, Martin	1978	m	M30		0:55:29,0
356.	656	Pepmöller, Dieter	1958	m	M50	Herne	0:55:31,0
357.	134	Witkowski, Adrian	1959	m	M50		0:55:31,0
358.	560	Voß, Lars	1976	m	M35		0:55:39,0
359.	100	Mehnert,	1947	m	M65	Herne	0:55:40,0
360.	21	Salewski,	1958	m	M50	DJK Preußen 1911 Bochum	0:55:41,0
361.	150	Züchner, Frank	1969	m	M40	Lf ZüSt Herne	0:55:43,0
362.	109	Thiel, Volker	1965	m	M45		0:55:47,0
363.	86	Wischniewski,	1956	m	M55	BTC-Herne	0:55:47,0
364.	537	Fabian, Daniel	1965	m	M45	DJK Teutonia Bochum	0:56:06,0
365.	264	Link, Mirko	1973	m	M35	Triathlon Team TG Witten	0:56:06,0
366.	673	Koewew, Michael	1958	m	M50	SC Gelsenkirchen 04 e.V.	0:56:12,0
367.	573	Stegmann, Ralph	1966	m	M45	Ballettschule Müller	0:56:13,0
368.	446	Dax, Marc	1983	m	Männer		0:56:16,0
369.	428	Kopczynski,	1978	m	M30	DSC Wanne-Eickel	0:56:17,0
370.	78	Amberg, Urban	1967	m	M45	FC Basel	0:56:22,0
371.	550	Latza,	1955	m	M55	HTC / Fortuna Herne	0:56:23,0
372.	586	Godel, Michael	1974	m	M35		0:56:23,0
373.	658	Mergens, Oliver	1966	m	M45	Bochum	0:56:28,0
374.	611	Kühn, Thorsten	1971	m	M40	Bochum	0:56:34,0
375.	610	Dreja, Klaudius	1971	m	M40	Bochum	0:56:35,0
376.	216	Klimt, Wolfgang	1952	m	M60	Neptun Erkenschwick	0:56:43,0
377.	507	Tuschen, Klaus	1962	m	M50	BTC-Herne	0:56:43,0
378.	412	Stenzel, Gerhard	1943	m	M65	Herne	0:56:47,0
379.	620	Dombrowski,	1965	m	M45	SC Union Bergen	0:56:49,0
380.	599	Hofmann, Dieter	1952	m	M60	Bochum	0:56:53,0
381.	473	Daubenmerkl, Eric	1977	m	M35		0:56:57,0
382.	47	Urankar, Jernej	1965	m	M45	Arminia Ickern	0:56:57,0
383.	602	Kreße, Rainer	1968	m	M40	Herne	0:56:59,0
384.	621	Schulz, Frank	1968	m	M40	DAV Gelsenkirchen	0:57:00,0

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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
385.	622	Wosberg, Uwe	1968	m	M40	RSG Herne	0:57:00,0
386.	604	Meckel, Christian	1970	m	M40	Witten	0:57:03,0
387.	227	Wiecorek, Helmut	1956	m	M55	Menerga Sports	0:57:11,0
388.	226	Callies, Robert	1960	m	M50	Menerga Sports	0:57:11,0
389.	314	Sterniak, Mathias	1981	m	M30		0:57:15,0
390.	423	Gietzen, Michael	1959	m	M50	DJK Preußen 1911 Bochum	0:57:17,0
391.	405	Weber, Bernd	1960	m	M50		0:57:18,0
392.	413	Karpenstein,	1971	m	M40		0:57:20,0
393.	308	Tschirch, Walter	1950	m	M60	vereinslos	0:57:22,0
394.	135	Wilkening,	1974	m	M35		0:57:24,0
395.	529	Donner, Marcus	1976	m	M35		0:57:24,0
396.	553	Klare, Moritz	1978	m	M30	Los Castores Cascarrabias	0:57:25,0
397.	476	Fechner, Peter	1969	m	M40	BTC-Herne	0:57:26,0
398.	46	Freund, Heinrich	1955	m	M55	BTC-Herne	0:57:43,0
399.	200	Krajewski, Jürgen	1960	m	M50	DJK TuS Rotthausen	0:57:43,0
400.	625	Lehmann, Kay	1969	m	M40	Herne	0:57:57,0
401.	162	Zimmermann,	1974	m	M35		0:57:57,0
402.	618	Asshauer, Bernd	1968	m	M40	Bochum	0:57:59,0
403.	356	Eitrich, Jörg	1967	m	M45		0:57:59,0
404.	429	Rahl, Adrian	1977	m	M35		0:57:59,0
405.	157	Moy, Jörg	1962	m	M50	Treiber-Fan-Club	0:58:01,0
406.	120	Filler, Guido	1968	m	M40	run4Sheldrake	0:58:05,0
407.	6	Spohn, Knut	1963	m	M45	TV Wanne 1885	0:58:05,0
408.	541	Küpperbusch,	1983	m	Männer		0:58:07,0
409.	461	Prange, Hans	1950	m	M60	Kanufreunde Sparkasse	0:58:16,0
410.	535	Dering, Ralf	1964	m	M45		0:58:23,0
411.	108	Flieger, Jörg	1973	m	M35	Herner Triathlon Team 11	0:58:27,0
412.	284	Lefeber, Frank	1967	m	M45	Tus Ickern	0:58:35,0
413.	376	Ciaccia,	1981	m	M30	Germania Stahlrohr	0:58:57,0
414.	235	Ostendorf, Markus	1963	m	M45	Triathlon Team TG Witten	0:59:12,0
415.	467	Wildförster,	1977	m	M35		0:59:14,0
416.	462	Pesch, Philip	1989	m	Männer	Bochum	0:59:14,0
417.	691	Wabschke,	1968	m	M40	Castrop-Rauxel	0:59:19,0
418.	572	Krause,	1944	m	M65	Bochum	0:59:19,0
419.	343	Gbur, Peter	1951	m	M60	DJK TUS Rotthausen	0:59:21,0
420.	420	Züchner, Joe	1992	m	Männer	Lf ZüSt Herne	0:59:59,0
421.	447	Legnaro, Daniel	1984	m	Männer		1:00:02,0
422.	546	Trippner, Carsten	1966	m	M45	Bochum	1:00:09,0
423.	651	Rast, Helmut	1945	m	M65	LG Herne	1:00:13,0
424.	431	Lanser, Andreas	1969	m	M40	Herne	1:00:26,0
425.	676	Dietz, Michael	1960	m	M50	Bochum	1:00:50,0
426.	208	Mosch, Hanno	1976	m	M35	Ev. Kinderheim Herne / ADG	1:00:56,0
427.	683	Warnecke,	1981	m	M30	Castrop-Rauxel	1:01:21,0
428.	339	Hammerschmidt,	1992	m	Männer	SR Herne	1:01:30,0
429.	613	Baldus, Hermann	1957	m	M55	Herne	1:01:38,0
430.	680	Janicki, Andreas	1958	m	M50	Castrop-Rauxel	1:02:09,0
431.	40	Müller, Gerd	1946	m	M65	Herne	1:02:13,0
432.	58	Rink, Ludger	1965	m	M45	Reifen Stiebling	1:02:21,0
433.	29	Fietz, Ralf	1965	m	M45	Bochum	1:02:24,0
434.	30	Ormanin, Markus	1964	m	M45	Douglas Informatik	1:02:24,0
435.	527	Wagener, Frank	1961	m	M50		1:02:28,0
436.	364	Schmidt, Marco	1974	m	M35	Holsterhausen	1:02:58,0

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### Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
437.	570	Seeske, Volker	1960	m	M50	Team Erdinger Alkoholfrei	1:03:06,0
438.	674	Schübel, Jochen	1959	m	M50	TC Blau-Weiss Wanne-Eickel	1:03:25,0
439.	43	Mersch, Klaus	1955	m	M55	Schwerte	1:03:53,0
440.	382	Petlalski, Christian	1964	m	M45		1:03:54,0
441.	342	Werkle, Gregor	1981	m	M30	SR Herne	1:03:57,0
442.	519	Hennig, David	1984	m	Männer	SR Herne	1:03:57,0
443.	439	Adamik, Hans	1961	m	M50		1:04:09,0
444.	286	Pietschmann,	1939	m	M70	Tus Ickern	1:04:44,0
445.	141	Iburg, Ansgar	1958	m	M50	Herdecker Waldläufer	1:04:46,0
446.	79	Lenz, Daniel	1995	m	männliche	Bochum	1:05:44,0
447.	4	Ruhnke, Oliver	1964	m	M45	BSG Springorum Bochum	1:05:46,0
448.	167	Cakar, Tugay	1997	m	männliche	SR Herne	1:05:52,0
449.	592	Bieber, Martin	1957	m	M55	LSG	1:07:19,0
450.	404	Streek, Ingo	1957	m	M55	Triathlon TEAM TG Witten	1:08:20,0
451.	414	Chrzon, Michael	1969	m	M40	Ruderverein Emscher Wanne	1:09:06,0
452.	341	Knura, Norbert	1944	m	M65	Adler Langlauf Bottrop	1:10:22,0
453.	454	Stehmann, Jan	1999	m			1:11:14,0
454.	113	Karwoth, Felix	1982	m	M30	Lauffreude Bönen 1985 e.V.	1:11:27,0
455.	332	Möller, Thomas	1968	m	M40	TTC Herne Vöde	1:12:00,0
456.	318	Schütz, Carsten	1978	m	M30		1:15:38,0
457.	317	Wirke, Thomas	1971	m	M40		1:15:38,0

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