

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
10 km Lauf							
w							
1.	655	Krebs, Denise	1987	w	Frauen	TV Wattenscheid 01	0:35:11,0
2.	106	Dörschel, Christl	1976	w	W35	LAZ Puma Rhein-Sieg	0:35:52,0
3.	637	Yemane, Magos	1994	w	weibliche	Finnentrop	0:37:12,0
4.	78	Vielhaber, Felicitas	1982	w	W30	Tusem Essen	0:38:23,0
5.	730	Salzwedel, Sophia	1987	w	Frauen	Tusem Essen	0:38:33,0
6.	324	Tertünste, Julia	1997	w	weibliche	TV Wattenscheid 01	0:39:22,0
7.	229	Fierek, Carina	1983	w	W30	LG Alpen	0:40:26,0
8.	310	Angenendt,	1992	w	Frauen	LG Alpen	0:41:07,0
9.	909	Olesch, Isabell	1993	w	Frauen	Essen	0:41:18,0
10.	366	Zimmermann,	1989	w	Frauen	Triathlon Team TG Witten	0:41:37,0
11.	221	Rittmeier,	1988	w	Frauen		0:41:53,0
12.	554	Störbrock, Petra	1971	w	W40	BTC-Herne	0:42:31,0
13.	458	Reike, Nele	1989	w	Frauen	Tusem Essen	0:43:02,0
14.	52	Nowotny-Hupka,	1959	w	W50		0:44:04,0
15.	298	Ernst, Kathrin	1969	w	W40	TG Triathlon Team Witten	0:44:29,0
16.	294	Dettmar, Sabine	1990	w	Frauen	Triathlon TEAM TG Witten	0:44:45,0
17.	944	Demir, Ümran	1972	w	W40	Ayyo Team e.V.	0:45:09,0
18.	393	Lange, Ulrike	1964	w	W45		0:45:27,0
19.	422	Richter, Alex	1972	w	W40	LT Starlight Team Essen	0:45:49,0
20.	936	Pickhardt, Nadine	1983	w	W30	Triathlon TEAM TG Witten	0:46:09,0
21.	84	Fertmann, Lea	1988	w	Frauen	Heidelberg	0:46:30,0
22.	93	Ide, Katharina	1995	w	weibliche	TV Wattenscheid 01	0:46:40,0
23.	271	Dr. Liebers, Verena	1961	w	W50	SV Blau-Weiß Bochum	0:46:50,0
24.	954	Sander, Ingrid	1962	w	W50	LGO Bochum	0:46:52,0
25.	339	Preuß, Marianne	1956	w	W55	BSG Springorum Bochum	0:47:15,0
26.	665	Koch, Sabrina	1985	w	Frauen	TV Wattenscheid 01	0:47:19,0
27.	923	Edling, Daniela	1979	w	W30	LGO Bochum	0:47:28,0
28.	337	Schramek, Renate	1973	w	W40	Marathon Mülheim	0:47:32,0
29.	200	Demski, Esther	1970	w	W40		0:47:42,0
30.	545	Werthmann-Gross	1967	w	W45	BTC-Herne	0:48:24,0
31.	546	Lipa, Heike	1973	w	W40	BTC-Herne	0:48:25,0
32.	486	Orilski, Judith	1981	w	W30	Hannover 96	0:48:55,0
33.	234	Kapusczyk, Lisa	1996	w	weibliche		0:48:56,0
34.	453	Bierey, Judith	1969	w	W40	Triathlon TEAM TG Witten	0:48:57,0
35.	536	Kreimeyer, Helma	1955	w	W55	BTC-Herne	0:49:05,0
36.	569	Ladage, Ute	1968	w	W45	BTC-Herne	0:49:14,0
37.	596	Jürgens, Claudia	1969	w	W40		0:49:26,0
38.	281	Bizjak, Katja	1968	w	W45	LG Senk-/Spreizfuß	0:49:31,0
39.	130	Koch, Nina	1976	w	W35	Judoka Rauxel	0:49:46,0
40.	476	Haberland, Christel	1968	w	W45	Tusem Essen	0:49:53,0
41.	173	Westkamp,	1983	w	W30	Kegelclub Frintrop 02	0:50:19,0
42.	570	Fischer, Susanne	1970	w	W40	BTC-Herne	0:50:20,0
43.	254	Haake, Manuela	1972	w	W40		0:50:33,0
44.	288	Stratmann,	1984	w	Frauen	Turnbeutelvergesser	0:51:31,0
45.	201	Diekamp, Vanessa	1990	w	Frauen	Gelsenkirchen	0:51:33,0
46.	633	Carmann, Christina	1987	w	Frauen		0:51:43,0
47.	184	Büsing, Janina	1986	w	Frauen		0:51:48,0
48.	948	Müller, Gabi	1961	w	W50	SC Gelsenkirchen 04	0:51:57,0
49.	477	Woger, Meike	1979	w	W30	SV Blau- Weiß Bochum	0:52:06,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
50.	488	Sehnert, Martina	1965	w	W45	Freizeidläufer	0:52:06,0
51.	175	Albers, Angelika	1959	w	W50		0:52:12,0
52.	56	Jantz, Erika	1957	w	W55	Bochum	0:52:19,0
53.	316	Strate, Antje	1966	w	W45	Triathlon TEAM TG Witten	0:52:28,0
54.	567	Buschka, Gabi	1963	w	W50	BTC-Herne	0:52:38,0
55.	444	Pflüger, Jeanette	1970	w	W40	SV Wacker Obercastrop	0:52:40,0
56.	634	Uhrmacher, Eva	1959	w	W50	Castrop-Rauxel	0:52:41,0
57.	95	Tepel, Eveline	1969	w	W40	Herne	0:52:50,0
58.	542	Wischniewski,	1969	w	W40	BTC-Herne	0:53:02,0
59.	552	Rüping, Kirsten	1959	w	W50	BTC-Herne	0:53:02,0
60.	117	Becker, Anika	1984	w	Frauen		0:53:03,0
61.	255	Cavallio, Susana	1981	w	W30		0:53:06,0
62.	359	Bittorf, Sandra	1985	w	Frauen		0:53:07,0
63.	256	Lerch, Petra	1969	w	W40		0:53:14,0
64.	912	Wolf, Sabine	1963	w	W50	WAT Läufer	0:53:24,0
65.	331	Halfmann, Sabrina	1972	w	W40		0:53:26,0
66.	677	Bähr, Kerstin	1969	w	W40	Herne	0:53:26,0
67.	467	Black, Birgit	1954	w	W55	LC Wuppertal	0:53:33,0
68.	617	Bartz, Dorothee	1965	w	W45		0:53:35,0
69.	433	Moschny, Anja	1983	w	W30		0:53:38,0
70.	293	Licciardi, Melanie	1979	w	W30	DVG MV Ahlen	0:53:43,0
71.	937	Tenbrink, Kathrin	1979	w	W30	Der Freundlicher Gysenberg	0:54:13,0
72.	404	Prange, Gabriele	1958	w	W55	Kanufreunde Sparkasse	0:54:16,0
73.	258	Hülsmann, Anja	1978	w	W35	WAT Läufer	0:54:20,0
74.	364	Zimmermann,	1960	w	W50	LG Herne	0:54:27,0
75.	35	Niebisch, Claudia	1974	w	W35	SC Westfalia 04 Herne	0:54:31,0
76.	18	Dissmer, Tanja	1969	w	W40	Dortmund	0:54:36,0
77.	10	Rasmussen, Silke	1967	w	W45	Castrop-Rauxel	0:54:48,0
78.	67	Balt, Britta	1974	w	W35	Bochum	0:54:51,0
79.	472	Stracke, Rona	1988	w	Frauen		0:55:01,0
80.	575	Meiehans,	1964	w	W45	WTC	0:55:03,0
81.	521	Hensen, Simone	1984	w	Frauen		0:55:05,0
82.	550	Barthelmeß,	1954	w	W55	BTC-Herne	0:55:06,0
83.	346	Katz, Helga	1966	w	W45	Bunert After Work Running	0:55:14,0
84.	482	Krawinkel, Gabi	1954	w	W55	BSG Springorum Bochum	0:55:24,0
85.	204	Serek, Sandra	1982	w	W30		0:55:38,0
86.	578	Lendzian, Anke	1969	w	W40	BTC-Herne	0:55:39,0
87.	724	Pfeiffer, Sabine	1981	w	W30	Castrop-Rauxel	0:55:41,0
88.	461	Bohnes, Annette	1968	w	W45	LC Wuppertal	0:55:55,0
89.	469	Hümpfner, Cordula	1961	w	W50	LC Wuppertal	0:55:55,0
90.	92	Stetzka, Bettina	1969	w	W40	Aktion Canchanabury	0:56:00,0
91.	409	Kim, Dörthe	1966	w	W45		0:56:06,0
92.	296	Kachholz, Lena	1985	w	Frauen		0:56:25,0
93.	245	Timmermann, Aline	1988	w	Frauen		0:56:38,0
94.	246	Stiehl, Joana	1989	w	Frauen		0:56:38,0
95.	230	Lemme, Sarah	1987	w	Frauen		0:56:39,0
96.	451	Jeschke, Simone	1971	w	W40	Triathlon TEAM TG Witten	0:56:40,0
97.	351	Küper, Anja	1965	w	W45	Triathlon TEAM TG Witten	0:56:41,0
98.	591	Wedig, Tina	1973	w	W40	Triathlon TEAM TG Witten	0:56:41,0
99.	29	Leithe, Astrid	1971	w	W40	Dortmund	0:56:42,0
100.	406	Poczatek, Jolanta	1977	w	W35	DJK Stadtlohn	0:57:05,0
101.	144	Stolfig-Neumann,	1960	w	W50	Ruhrpottläufer	0:57:10,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
102.	137	Mulders, Marion	1956	w	W55	Ruhrpottläufer	0:57:10,0
103.	928	Neuwirth, Kerstin	1966	w	W45	Herner Triathlon Team 11	0:57:19,0
104.	25	Gbur, Lisa	1990	w	Frauen	TV Wattenscheid 01	0:57:50,0
105.	561	Dyrna, Birgit	1968	w	W45	BTC-Herne	0:58:25,0
106.	274	Koch, Lisanne	1992	w	Frauen		0:58:41,0
107.	264	Domogalla,	1989	w	Frauen		0:58:46,0
108.	37	Hesse, Silja	1980	w	W30	SV Blau Weiß Bochum	0:58:48,0
109.	38	Nübel, Nina	1974	w	W35	SV Blau Weiß Bochum	0:58:48,0
110.	956	Reinholz, Angelika	1988	w	Frauen	Herne	0:58:52,0
111.	108	Dietrich-Heußner,	1952	w	W60	Laufteam Stadt Bochum	0:59:06,0
112.	621	Widrinne, Sabine	1964	w	W45		0:59:18,0
113.	158	Hagedorn, Claudia	1966	w	W45		0:59:24,0
114.	161	Hanemann, Julia	1967	w	W45	textwerk swim&run bochum	0:59:34,0
115.	30	Kunz, Heide	1958	w	W55	Bochum	0:59:39,0
116.	693	Los, Susanne	1964	w	W45	Die Quasselstrippen	0:59:43,0
117.	695	Schimanski, Tanja	1973	w	W40	Herne	0:59:43,0
118.	487	Böhnke, Susanne	1961	w	W50	LC Wuppertal	0:59:52,0
119.	704	Liebel, Anke	1972	w	W40	DJK Preußen 1911 Bochum	0:59:56,0
120.	397	Friedrichs, Nicole	1972	w	W40		1:00:06,0
121.	740	Franke, Carolin	1976	w	W35	Widde Wind	1:00:29,0
122.	455	Voswinkel, Maren	1975	w	W35		1:00:29,0
123.	496	Paulner, Ulrike	1960	w	W50	DJK PREUSSEN 1911	1:00:33,0
124.	349	Herbon, Birgit	1967	w	W45	Die schnellen Mädchen	1:01:06,0
125.	265	Rumpf, Ulrike	1965	w	W45	Herne	1:01:28,0
126.	421	Brinkmann,	1987	w	Frauen		1:01:56,0
127.	517	Dobala, Sylvia	1963	w	W50	SC Wiking Herne	1:02:19,0
128.	303	Haarkamp, Britta	1975	w	W35	Bochum	1:02:26,0
129.	313	Domogalla, Janina	1986	w	Frauen	München	1:02:36,0
130.	551	Randzio, Bärbel	1945	w	W65	BTC-Herne	1:02:46,0
131.	279	Grey, Lucie	1996	w	weibliche	Familienbande	1:02:48,0
132.	710	Brennecken,	1992	w	Frauen	Hamburg	1:03:21,0
133.	348	Merz, Maren	1983	w	W30	Die schnellen Mädchen	1:03:39,0
134.	413	Fleischer, Erika	1960	w	W50		1:03:45,0
135.	109	Heußner,	1986	w	Frauen		1:03:52,0
136.	275	Bannach, Fatma	1975	w	W35	Veggie Athletes	1:03:53,0
137.	520	Wendland, Diana	1988	w	Frauen		1:03:54,0
138.	361	Metz, Bärbel	1970	w	W40	Sprockhövel	1:04:17,0
139.	177	Keikott, Karina	1961	w	W50		1:04:20,0
140.	141	Schäfers, Karin	1963	w	W50	Ruhrpottläufer	1:04:23,0
141.	64	Hoffmann, Birgit	1978	w	W35	Castrop-Rauxel	1:04:33,0
142.	63	Rauhut, Nadine	1979	w	W30	Castrop	1:04:37,0
143.	610	Lohmann, Avelina	1951	w	W60	Team ForeverYoung	1:05:09,0
144.	338	Zwicker, Karina	1984	w	Frauen	Die schnellen Mädchen	1:05:46,0
145.	415	Ricken, Katja	1984	w	Frauen		1:06:16,0
146.	417	Menneke, Sandra	1971	w	W40		1:06:16,0
147.	291	Hagemann, Anja	1978	w	W35	Fun Runner VfL Gladbeck	1:06:36,0
148.	124	Meier, Lena	1991	w	Frauen		1:07:01,0
149.	225	Weiß, Anke	1967	w	W45	Ausdauerschule by Bunert	1:07:27,0
150.	532	Klinder, Katharina	1989	w	Frauen		1:07:39,0
151.	216	Rottmann,	1968	w	W45	Ausdauerschule by bunert	1:08:46,0
152.	315	Schael, Ines	1976	w	W35	Ausdauerschule by Bunert	1:10:40,0
153.	238	Mania, Heike	1963	w	W50		1:11:33,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

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M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
154.	99	Pietron, Monika	1962	w	W50	Marbach	1:11:51,0
155.	6	Stehmann,	1966	w	W45	Castrop-Rauxel	1:11:54,0
156.	7	Buchenholz, Antje	1969	w	W40	Castrop-Rauxel	1:11:54,0
157.	210	Kolb, Silke	1965	w	W45		1:13:41,0
158.	442	Kowalewski,	1978	w	W35	Triathlon Team TG Witten	1:17:41,0
159.	439	Jeschke, Nicole	1975	w	W35	Triathlon TEAM TG Witten	1:17:41,0
160.	586	Noga, Monika	1963	w	W50	Triathlon TEAM TG Witten	1:17:41,0
161.	484	Hansen, Kerstin	1973	w	W40	Triathlon TEAM TG Witten	1:17:41,0
162.	731	Utke, Sabine	1964	w	W45	Triathlon TEAM TG Witten	1:17:42,0
163.	918	Wenzel, Heike	1962	w	W50	Herner Triathlon Team 11	1:17:42,0
164.	952	Schmidt, Martina	1967	w	W45	Triathlon TEAM TG Witten	1:17:43,0

m

1.	1	Uliczka, Steffen	1984	m	Männer	SG TSV Kronshagen/Kieler	0:30:15,0
2.	220	Grunenberg, Karol	1987	m	Männer	Asv Duisburg	0:30:40,0
3.	636	Solomoun, Berhare	1993	m	Männer	Finnentrop	0:30:56,0
4.	426	Pfeiffer, Hendrik	1993	m	Männer	TV Wattenscheid 01	0:30:59,0
5.	904	Henne, Alexander	1985	m	Männer	SG Wenden	0:31:08,0
6.	3	Schwiegelshohn,	1988	m	Männer	LG Olympia Dortmund	0:32:09,0
7.	321	Hense, Jan	1990	m	Männer	TV Wattenscheid 01	0:32:20,0
8.	209	Kruck, Karsten	1978	m	M35	ASV Duisburg	0:32:35,0
9.	739	Schulte-Zurhausen	1984	m	Männer	Ausdauerschule by Bunert	0:33:43,0
10.	224	Abraham, Philippe	1976	m	M35	LAC THG Kettwig	0:34:02,0
11.	914	Stroicki, Stefan	1994	m	männliche	WtF Münster	0:34:05,0
12.	709	Büchel, Matthias	1982	m	M30	Tusem Essen	0:34:10,0
13.	664	Hoyden, Simon	1987	m	Männer	TV Wattenscheid 01	0:34:11,0
14.	323	Probst, Marius	1995	m	männliche	TV Wattenscheid 01	0:34:33,0
15.	215	Tertünte, Björn	1973	m	M40	MTG Horst Essen	0:34:40,0
16.	903	Artschwager,	1987	m	Männer	SG Wenden	0:34:44,0
17.	683	Oesterwind, Dirk	1965	m	M45	Triathlon TEAM TG Witten	0:35:28,0
18.	446	Krusch, Sebastian	1986	m	Männer	Triathlon TEAM TG Witten	0:35:41,0
19.	283	Bizjak, Daniel	1989	m	Männer	LG Senk-/Spreizfuß	0:35:44,0
20.	908	Kott, Georg	1961	m	M50	LC Rapid Dortmund	0:36:32,0
21.	926	Lehmbach,	1980	m	M30	ASV Duisburg	0:36:47,0
22.	326	Schiller, Max	1994	m	männliche	TV Wattenscheid 01	0:36:52,0
23.	958	Czollmann, Pascal	1978	m	M35	PV-Triathlon Witten	0:37:22,0
24.	267	Bauer, Martin	1972	m	M40	Pottracer Bochum	0:37:31,0
25.	943	Becker, Oliver	1969	m	M40	LGO Bochum	0:37:34,0
26.	644	Bollmann, Hendrik	1982	m	M30	Baukauer TC Herne	0:37:39,0
27.	343	Dorn, Christian	1982	m	M30	Ballermänner	0:37:44,0
28.	902	Hesse, Sören	1986	m	Männer	RWE Starlight Team Essen	0:37:47,0
29.	395	Ammenwerth, Wim	1973	m	M40	LT Starlight Team Essen	0:37:52,0
30.	939	Gschwandtner,	1969	m	M40	Blau-Gelb Neumühl	0:37:57,0
31.	727	Wenzel, Lars	1991	m	Männer	Triathlon TEAM TG Witten	0:38:00,0
32.	432	Mai, Sebastian	1982	m	M30	Moerser TV Triathlon	0:38:02,0
33.	284	Beyer, Florian	1987	m	Männer		0:38:05,0
34.	276	Esser, Björn	1980	m	M30	Veggie Athletes	0:38:09,0
35.	600	Dillenhoefer, Timo	1995	m	männliche	TSV Kirchlinde	0:38:11,0
36.	601	Dillenhoefer, Ulrich	1962	m	M50	TSV Kirchlinde	0:38:15,0
37.	282	Bizjak, Roman	1966	m	M45	LG Senk-/Spreizfuß	0:38:19,0
38.	396	Ammenwerth, Jan	1973	m	M40	LT Starlight Team Essen	0:38:32,0
39.	708	Losch, Stefan	1968	m	M45	Tusem Essen	0:38:33,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
40.	340	Hartung, Ricardo	1983	m	M30	Ballermänner	0:38:57,0
41.	341	Micklitz, Matthias	1981	m	M30	Ballermänner	0:39:09,0
42.	907	Schlimnat, Michael	1976	m	M35	LT Kettwig 2000	0:39:09,0
43.	495	Knauff, Matthias	1968	m	M45	RWE Starlight Team Essen	0:39:24,0
44.	39	Gröss, Jörg	1984	m	Männer	SV Blau-Weiß Bochum	0:39:27,0
45.	179	Engel, Martin	1968	m	M45	Essen Auf Rollen	0:39:33,0
46.	942	Franke, Markus	1984	m	Männer	Herne	0:39:42,0
47.	475	Weigang, Frank	1966	m	M45	Tusem Essen	0:39:49,0
48.	207	Albrecht, Oliver	1972	m	M40		0:40:03,0
49.	401	Kalina, Christian	1987	m	Männer	Tus Vorhautlos	0:40:09,0
50.	574	Lewkowitz, Jens	1978	m	M35	BTC-Herne	0:40:10,0
51.	367	Pawellek, Karsten	1981	m	M30	LGO Bochum	0:40:22,0
52.	735	Hekers, Frank	1969	m	M40	Werdener TB	0:40:27,0
53.	193	Gaudenz, Thomas	1975	m	M35	WAT Läufer	0:40:29,0
54.	187	Ucka, Matthias	1975	m	M35		0:40:36,0
55.	721	Steinmetz,	1981	m	M30	Tusem Essen	0:40:36,0
56.	961	Böttcher, Jens	1968	m	M45	Tri Team Hartman	0:40:38,0
57.	734	Teeke, Olaf	1969	m	M40	Herne	0:40:39,0
58.	543	Suchopar, Karsten	1965	m	M45	BTC-Herne	0:40:39,0
59.	431	Bachmayr, Stefan	1967	m	M45	Triathlon TEAM TG Witten	0:40:44,0
60.	669	Kröller, Stephan	1988	m	Männer	TUS 09 Erkenschwick	0:40:46,0
61.	667	Mittkowski,	1963	m	M50	BSG Springorum Bochum	0:40:48,0
62.	236	Zielinski, Bernd	1973	m	M40		0:40:49,0
63.	681	Giese, Markus	1966	m	M45	TUS Ickern	0:40:51,0
64.	329	Scheibe, Timo	1979	m	M30	SC Westfalia 04 Herne	0:40:56,0
65.	151	Schwerdtner,	1959	m	M50	SV Blau Weiß Bochum	0:40:57,0
66.	330	Beyer, Björn	1989	m	Männer	Wattenscheid	0:41:00,0
67.	531	Wilkniß, Sascha	1968	m	M45		0:41:01,0
68.	589	Höll, Markus	1987	m	Männer	"Schneckerl"	0:41:09,0
69.	320	Rosenträger,	1975	m	M35	LGO Bochum	0:41:11,0
70.	498	Ruhrmann, Helmut	1956	m	M55	Volksläufer	0:41:17,0
71.	111	Spiller, Martin	1983	m	M30	BV Hiltrop	0:41:17,0
72.	352	Rogge, Matthias	1970	m	M40	SC Wiking Herne	0:41:23,0
73.	416	Janzen, Berthold	1974	m	M35	SG Welper Triathlon	0:41:25,0
74.	548	Wach, Markus	1966	m	M45	BTC-Herne	0:41:26,0
75.	743	Augustin, Klaus	1948	m	M65	Triathlon TEAM TG Witten	0:41:29,0
76.	50	Netz, Harald	1961	m	M50	Herne	0:41:35,0
77.	652	Ferucci, Pasquale	1984	m	Männer	Herten	0:41:40,0
78.	47	Petermann,	1972	m	M40	Aktion Canchanabury	0:41:47,0
79.	489	Brandt, Andreas	1966	m	M45	Freizeitläufer	0:41:48,0
80.	327	Zitelli, Giuseppe	1980	m	M30	Pottracer Bochum	0:41:49,0
81.	747	Guder, Thomas	1970	m	M40	WAT Läufer	0:41:50,0
82.	384	Smietana, Sören	1987	m	Männer	Triathlon TEAM TG Witten	0:41:51,0
83.	40	Witte, Jens	1981	m	M30	SC Westfalia Herne	0:41:51,0
84.	394	Menne, Carsten	1981	m	M30		0:41:52,0
85.	759	Zwirnmann,	1978	m	M35	Triathlon TEAM TG Witten	0:41:55,0
86.	299	Kalka, Jörg	1963	m	M50	Aktion Canchanabury	0:41:57,0
87.	754	Ehlemann, Kai	1989	m	Männer	Bochum	0:41:57,0
88.	641	Nkwang, George	1972	m	M40	Herne	0:42:00,0
89.	301	Dettmar, Thomas	1984	m	Männer	Triathlon TEAM TG Witten	0:42:05,0
90.	732	Hoff, Fabian	1988	m	Männer	Cyclingteam-Bochum	0:42:07,0
91.	583	Aepfelbach, Tim	1973	m	M40	Triathlon TEAM TG Witten	0:42:11,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
92.	962	Wolf, Holger	1965	m	M45	Bochum	0:42:12,0
93.	485	Gostomski, Dirk	1969	m	M40	LT Witten Stockum	0:42:16,0
94.	198	Kruse, Johannes	1984	m	Männer		0:42:17,0
95.	243	Moser, Jörg	1963	m	M50		0:42:22,0
96.	118	Biller, Marcus	1981	m	M30	Feuerwehrverein Essen	0:42:26,0
97.	568	Wittig, Michael	1964	m	M45	BTC-Herne	0:42:27,0
98.	651	Flotho, Andre	1995	m	männliche	Velbert	0:42:30,0
99.	292	Dante, Christian	1971	m	M40	BSG Novitas Witten	0:42:32,0
100.	699	Block, Sven	1974	m	M35	Hattingen	0:42:32,0
101.	357	Wiemann, Matthias	1976	m	M35	LGO Bochum	0:42:33,0
102.	306	Amonait, Matthias	1987	m	Männer	SC Westfalia 04 Herne	0:42:40,0
103.	597	Schmidt, Markus	1985	m	Männer		0:42:46,0
104.	270	Hargus, Thomas	1968	m	M45	CaBa's CaBaNauTeN	0:42:47,0
105.	663	Gallwitz, Manfred	1969	m	M40	TBS-Herne	0:42:51,0
106.	80	Grum, Daniel	1986	m	Männer	SC Westfalia 04 Herne	0:42:52,0
107.	22	Pataridis, Anestis	1971	m	M40	Herne	0:42:54,0
108.	755	Ehlemann, Jan	1986	m	Männer	Bochum	0:43:04,0
109.	629	Welskopf, Peter	1961	m	M50	Ballettschule Müller	0:43:08,0
110.	564	Gertlowski,	1958	m	M55	BTC-Herne	0:43:14,0
111.	377	Westerdorf, Stefan	1965	m	M45	SV Neptun Herne	0:43:34,0
112.	917	Weiß, Christoph	1968	m	M45	SC Hellas Castrop-Rauxel	0:43:35,0
113.	930	Zupan, Achim	1962	m	M50	RWE Starlight Team Essen	0:43:37,0
114.	706	Spilker, Oli	1972	m	M40	Bochum	0:43:40,0
115.	65	Elges, Nico	1988	m	Männer	Castrop-Rauxel	0:43:41,0
116.	650	Grabert, Andreas	1957	m	M55	LG Herne	0:43:44,0
117.	305	Kalka, Bert	1965	m	M45	canchanabury	0:43:45,0
118.	373	Warrender,	1984	m	Männer		0:43:53,0
119.	649	Strate, Dominik	1992	m	Männer	Triathlon TEAM TG Witten	0:43:54,0
120.	587	Noga, Michael	1962	m	M50	Triathlon TEAM TG Witten	0:43:55,0
121.	906	Mayer, Hans	1959	m	M50	Dortmund	0:43:55,0
122.	501	Schmid, Markus	1980	m	M30	Stucke Runner	0:43:57,0
123.	502	Marten, Patrick	1985	m	Männer	Stucke Runner	0:43:57,0
124.	345	Kuschkewitz,	1977	m	M35		0:44:00,0
125.	163	Herrmann, Markus	1979	m	M30		0:44:13,0
126.	70	Becker, Martin	1965	m	M45	Team EhrBec	0:44:16,0
127.	104	Thiel, Simon	1997	m	männliche		0:44:21,0
128.	608	Holstein, Dirk	1964	m	M45	LGO Bochum	0:44:22,0
129.	414	Fleischer, Sven	1970	m	M40		0:44:40,0
130.	674	Graze, Friedhelm	1948	m	M65	LC Wuppertal	0:44:49,0
131.	36	Unterberg,	1979	m	M30	Bochum	0:44:51,0
132.	707	Feuerherdt, Jens	1967	m	M45	TSV Kirchlinde	0:44:53,0
133.	921	Leopold, Andre	1984	m	Männer	Tri-Team Castrop	0:44:58,0
134.	529	Goldmann, Achim	1972	m	M40		0:44:58,0
135.	966	Bloetner-Schlenkh	1958	m	M55	Bochum	0:45:02,0
136.	703	Dombrowski, Leon	1958	m	M55	Dortmund	0:45:04,0
137.	680	Nitsche, Jannis	1995	m	männliche	Heinrich-Boll Gesamtschule	0:45:13,0
138.	185	Büsing, Marian	1985	m	Männer		0:45:19,0
139.	355	Becker, Thomas	1995	m	männliche	TV Wattenscheid 01	0:45:23,0
140.	402	Nenstiel, Holger	1963	m	M50	Sportfreunde Ennepetal	0:45:26,0
141.	436	Halbscheffel, Klaus	1949	m	M60	LGO Bochum	0:45:30,0
142.	344	von Derschau,	1960	m	M50	BSG Springorum Bochum	0:45:30,0
143.	400	Bartkowiak,	1989	m	Männer		0:45:35,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
144.	648	Hoppe, Markus	1962	m	M50	Aktion Canchanabury	0:45:35,0
145.	751	Vogt, Michael	1964	m	M45	SV Blau-Weiß Bochum	0:45:41,0
146.	2	Willma, Björn	1970	m	M40	Pottracer Bochum	0:45:42,0
147.	122	Barann, Alfred	1952	m	M60	Sevinghausener Jungs	0:45:44,0
148.	116	Öztürk, Recep	1958	m	M55	ayyo team essen	0:45:46,0
149.	146	Hippe, Karsten	1973	m	M40	Team Erdinger Alkoholfrei	0:45:47,0
150.	481	Scholz,	1971	m	M40	Comeback	0:45:48,0
151.	72	Wangler, Jonas	1999	m	männliche	Bochum-Linden	0:45:49,0
152.	728	Packbier, Herald	1977	m	M35	Kerkrade	0:45:50,0
153.	733	Homey, Bjoern	1985	m	Männer	Cyclingteam-Bochum	0:45:51,0
154.	963	Gebauer, Michael	1968	m	M45	Triathlon TEAM TG Witten	0:45:52,0
155.	511	Bergmannshoff,	1980	m	M30	Stucke Runner	0:45:52,0
156.	250	Schröder, Karsten	1970	m	M40		0:45:54,0
157.	534	Lüttgen, Udo	1973	m	M40	Tri-Geckos-Dortmund	0:45:55,0
158.	180	Beckmann,	1987	m	Männer	SFA	0:45:57,0
159.	679	Knorre, Jürgen	1950	m	M60	SuS Schalke 96	0:45:58,0
160.	304	Schaub, Patrick	1971	m	M40	Funrunner VFL Gladbeck	0:46:00,0
161.	441	Link, Mirko	1973	m	M40	Triathlon Team TG Witten	0:46:01,0
162.	286	Guntermann,	1977	m	M35		0:46:01,0
163.	941	Mann, Oliver	1969	m	M40	Herne	0:46:01,0
164.	219	Grimberg, Bastian	1974	m	M35		0:46:07,0
165.	85	Liedtke, Alexander	1999	m	männliche	Herne	0:46:07,0
166.	611	Strobelt, Marco	1981	m	M30		0:46:15,0
167.	605	Steffen, Manuel	1981	m	M30	Hertener Jungs	0:46:16,0
168.	424	Nar, Sucha Singh	1958	m	M55	Triathlon Team TG Witten	0:46:18,0
169.	506	Stahl, Sebastian	1989	m	Männer	Stucke Runner	0:46:19,0
170.	959	Sauer, Uli	1953	m	M60	LT Witten Stockum	0:46:23,0
171.	247	Stratmann, Maik	1988	m	Männer	Privat	0:46:26,0
172.	41	Hildebrand,	1973	m	M40	Bochum	0:46:30,0
173.	33	Krawczyk, Martin	1984	m	Männer	Herne	0:46:31,0
174.	356	Ludwig, Jens	1971	m	M40	LGO Bochum	0:46:31,0
175.	259	Blazejak, Matthias	1970	m	M40	runHerne	0:46:32,0
176.	466	Brück, Andreas	1958	m	M55	LC Wuppertal	0:46:36,0
177.	932	Keuenhoff, Torsten	1981	m	M30	Team Camerone	0:46:38,0
178.	478	Hertwig, Axel	1968	m	M45		0:46:39,0
179.	391	Barthlen, Gregor	1949	m	M60	BTC Herne	0:46:40,0
180.	516	Kraus, Christian	1981	m	M30	SC Wiking Herne	0:46:42,0
181.	756	Hüther, Lothar	1965	m	M45	BSG Springorum Bochum	0:46:45,0
182.	112	Dombrowski,	1965	m	M45	SC Union Bergen	0:46:47,0
183.	97	Matischok, Stefan	1970	m	M40	Bochum	0:46:51,0
184.	518	Thomas, Wolfgang	1957	m	M55	SC Wiking Herne	0:46:51,0
185.	16	Rathof, Holger	1965	m	M45	Castrop-Rauxel	0:46:52,0
186.	195	Pommer, Benjamin	1982	m	M30	PSYOPS	0:46:54,0
187.	94	Tepel, Ingo	1968	m	M45	Budokan Bochum	0:46:56,0
188.	202	Diekamp, Thomas	1963	m	M50	Gelsenkirchen	0:46:58,0
189.	181	Langer, Christoph	1983	m	M30	SFA	0:47:07,0
190.	360	Knoth, Günter	1957	m	M55	Tusem Essen	0:47:08,0
191.	598	Schierbaum, Jörg	1966	m	M45	Laufteam "Louis & Lilly"	0:47:09,0
192.	154	Chill, Jan	1966	m	M45	Herner Triathlon Team 11	0:47:12,0
193.	547	Sontowski,	1963	m	M50	BTC-Herne	0:47:16,0
194.	544	Jahnert, Christoph	1983	m	M30	SC Westfalia 04 Herne	0:47:17,0
195.	714	Romanczyk,	1952	m	M60	DJK Preußen 1911 Bochum	0:47:20,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
196.	953	Schmidt, Martin	1965	m	M45	Triathlon TEAM TG Witten	0:47:22,0
197.	410	Kim, Hun-Tschel	1971	m	M40		0:47:24,0
198.	524	Cherubin-Teinert,	1973	m	M40	FC Herne 57	0:47:26,0
199.	640	Rombeck, Andreas	1964	m	M45	Bochum	0:47:27,0
200.	934	Kinker, Dominik	1997	m	männliche	FC Schalke 04	0:47:30,0
201.	59	Kurt, Yunus	1973	m	M40	Sport-Schule Tan	0:47:32,0
202.	922	Kirgel, Johannes	1956	m	M55	Bochum	0:47:32,0
203.	435	Hütten, Volker	1964	m	M45		0:47:34,0
204.	717	Steinbrecher, Jörg	1967	m	M45	Wuppertal	0:47:34,0
205.	459	Bent, Jens	1998	m	männliche	SV Jägerhaus Linde	0:47:36,0
206.	749	Roschke, Jörg	1967	m	M45	Ballettschule Müller	0:47:37,0
207.	744	Schwabe, Martin	1963	m	M50	Essen	0:47:44,0
208.	365	Zimmermann, Jens	1957	m	M55	LG Herne	0:47:45,0
209.	687	Schatta, Olaf	1970	m	M40	Box-Sportclub-Wattenscheid	0:47:46,0
210.	638	Weber, Erich	1940	m	M70	Herne	0:47:51,0
211.	110	Lissek, Lothar	1950	m	M60	Stadt Bochum Team	0:48:02,0
212.	612	Hoffmann, Dominik	1982	m	M30	Hertener Jungs	0:48:03,0
213.	635	Pospiech, Klaus	1959	m	M50	Essen	0:48:05,0
214.	504	Lackmann, Michael	1986	m	Männer	Stucke Runner	0:48:05,0
215.	604	Ptaszyk, Klaus	1963	m	M50	Castroper BC	0:48:07,0
216.	931	Querfurt, Matthias	1967	m	M45	DJK Preußen 1911 Bochum	0:48:14,0
217.	443	Pohl, Axel	1966	m	M45	RV Flottweg Langendreer	0:48:14,0
218.	287	Walther, Tobias	1992	m	Männer	TuS Freiheit Deusen	0:48:15,0
219.	673	Kalus, Gerhard	1956	m	M55	Herne	0:48:15,0
220.	494	Dobrindt, Jan	1984	m	Männer		0:48:16,0
221.	750	Diesing, Marco	1966	m	M45	Feuerwehr Herne	0:48:16,0
222.	376	Kliem, Holger	1971	m	M40	Triathlon TEAM TG Witten	0:48:17,0
223.	445	Pflüger, Dirk	1968	m	M45	SV Wacker Obercastrop	0:48:23,0
224.	913	Wiesner, Michael	1970	m	M40	Castrop-Rauxel	0:48:27,0
225.	499	Pfeiffer, Gerrit	1998	m	männliche	LAZ Rhede	0:48:29,0
226.	622	Gathmann, Lukas	1987	m	Männer		0:48:32,0
227.	44	Orlowsky, Dirk	1964	m	M45	SV Wanne 1911	0:48:32,0
228.	34	Maaß, Marcus	1969	m	M40	Triathlon Team TG Witten	0:48:32,0
229.	170	Neuhaus,	1985	m	Männer	Kegelclub Frintrop 02	0:48:33,0
230.	615	Gers, Dan	2000	m		BG Schwerin	0:48:34,0
231.	98	Kühn, Thorsten	1971	m	M40	Bochum	0:48:36,0
232.	462	Schönberg,	1966	m	M45	LC Wuppertal	0:48:38,0
233.	438	Block, Klaus	1972	m	M40		0:48:39,0
234.	253	Lux, Sebastian	1983	m	M30		0:48:40,0
235.	68	Lehmann, Kay	1969	m	M40	Jetzt erst recht	0:48:42,0
236.	654	Henke, Tilmann	1992	m	Männer	Herne	0:48:43,0
237.	449	Mai, Christian	1965	m	M45	SV Haldern-Lauftreff	0:48:43,0
238.	508	Osieck, Andreas	1981	m	M30	Stucke Runner	0:48:44,0
239.	950	Dähne, Hanno	1964	m	M45	Herne	0:48:48,0
240.	949	Dähne, Jörg	1957	m	M55	Herne	0:48:48,0
241.	468	Happe, Stephan	1966	m	M45	LC Wuppertal	0:48:50,0
242.	503	Wittmann, Markus	1985	m	Männer	Stucke Runner	0:48:51,0
243.	96	Klopper, Lars	1973	m	M40	Bochum	0:48:52,0
244.	483	Hake, Holger	1968	m	M45	Triathlon TEAM TG Witten	0:48:58,0
245.	388	Becker, Uwe	1958	m	M55		0:48:59,0
246.	916	Steppuhn, Pascal	1986	m	Männer	Judoka Rauxel	0:49:00,0
247.	450	Kiehm, Matthias	1962	m	M50	Triathlon TEAM TG Witten	0:49:07,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
248.	172	Westkamp,	1985	m	Männer	Kegelclub Frintrop 02	0:49:09,0
249.	642	Schremb, Günter	1948	m	M65	LGO Bochum	0:49:09,0
250.	290	Ruhnke, Oliver	1964	m	M45	BSG Springorum Bochum	0:49:12,0
251.	624	Gathmann, Hans	1959	m	M50		0:49:17,0
252.	761	Hofmann, Clemens	1968	m	M45	WAT Läufer	0:49:24,0
253.	464	Rolke, Tobias	1984	m	Männer	LC Wuppertal	0:49:30,0
254.	347	Kollmann,	1973	m	M40	Raspo Karlsquell	0:49:31,0
255.	182	Hindricks, Jan	1982	m	M30	SFA	0:49:35,0
256.	342	Kulms, Philipp	1987	m	Männer		0:49:39,0
257.	757	Seref, Yildizhan	1966	m	M45	Alperem Reisen	0:49:41,0
258.	74	Rolla, Andreas	1974	m	M35	BTC-Herne	0:49:43,0
259.	753	Grausam, Kersten	1967	m	M45	Hetz mich nicht	0:49:43,0
260.	14	Flake, Markus	1964	m	M45	Dortmund	0:49:46,0
261.	460	Bent, Harry	1962	m	M50		0:49:50,0
262.	715	Gruenner, Olaf	1974	m	M35	RK Kallenhardt	0:49:53,0
263.	616	Sterniak, Mathias	1981	m	M30		0:49:54,0
264.	350	Jeyaratnam, Peter	1956	m	M55	CVJM	0:50:04,0
265.	515	Ropers, Stefan	1967	m	M45	SC Wiking Herne	0:50:07,0
266.	82	Wilzer, Ralf	1965	m	M45	Herne	0:50:09,0
267.	105	Sternemann, Peter	1970	m	M40		0:50:10,0
268.	925	Seeger, Burkhard	1966	m	M45	LGO Bochum	0:50:11,0
269.	758	Dogan, Cemal	1967	m	M45	Kabelbali Dombrowski	0:50:18,0
270.	125	Villis, Roland	1966	m	M45		0:50:19,0
271.	69	Vethacke, Bernd	1967	m	M45	Herne	0:50:19,0
272.	423	Strößner, Martin	1963	m	M50	SC Wiking Herne	0:50:21,0
273.	666	Heilmann, Patrick	1984	m	Männer		0:50:23,0
274.	560	Schubinski, Frank	1967	m	M45	BTC-Herne	0:50:26,0
275.	45	Herold, Heinz	1949	m	M60	Herten	0:50:30,0
276.	233	Lenzer, Norman	1969	m	M40	TC-Kray	0:50:37,0
277.	697	Oslada, Jörg	1971	m	M40	Bochum	0:50:44,0
278.	463	Krüger, Rainer	1962	m	M50	LC Wuppertal	0:50:49,0
279.	183	Pöter, Christoph	1982	m	M30		0:50:56,0
280.	512	Schwarz,	1995	m	männliche	Stucke Runner	0:50:57,0
281.	86	Bruhn, Hans	1963	m	M50	Herner Lauf Treff	0:50:58,0
282.	261	Otto, Hans-Peter	1957	m	M55	PV-Triathlon Witten	0:51:01,0
283.	702	Zimmermann,	1955	m	M55	Bochum,	0:51:10,0
284.	440	Peil, Stefan	1975	m	M35		0:51:11,0
285.	392	Kurzahls, Jan	1990	m	Männer		0:51:11,0
286.	374	Aller, Christian	1988	m	Männer	FC Frohlinde 1949 e.V.	0:51:18,0
287.	192	Neumann, Wolfram	1951	m	M60	Adler-Langlauf Bottrop	0:51:19,0
288.	920	Schüller, Axel	1972	m	M40	Herne	0:51:20,0
289.	519	Stachowiak,	1953	m	M60	TTC Herne-Vöde	0:51:22,0
290.	645	Bollmann, Jan	1984	m	Männer	DSC Wanne-Eickel	0:51:23,0
291.	671	Blasey, Thomas	1974	m	M35	RSC-Witten	0:51:27,0
292.	23	Pozorski, Peter	1976	m	M35	Herne	0:51:28,0
293.	418	Werner, Markus	1974	m	M35		0:51:31,0
294.	935	Laftsidis, Marlon	1997	m	männliche	FC Schalke 04	0:51:36,0
295.	523	Kalz, Thomas	1964	m	M45	LG Flotte Fuesse	0:51:37,0
296.	164	Akbulut, Cetin	1981	m	M30	Mopsgeschwindigkeit e.V.	0:51:42,0
297.	614	Gers, Andreas	1966	m	M45	Frohlinde	0:51:44,0
298.	933	Laftsidis, Jörg	1966	m	M45	FC Schalke 04	0:51:45,0
299.	147	Steinrücken,	1974	m	M35	Borussia Mönchengladbach	0:51:45,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
300.	129	Hellwig, Joachim	1957	m	M55	Stadt Bochum Team	0:51:50,0
301.	289	Kontek, Ronald	1976	m	M35	Turnbeutelvergesser	0:51:51,0
302.	471	Küpper, Benjamin	1982	m	M30		0:51:54,0
303.	9	Bollinger, Ludger	1963	m	M50	Herne	0:51:54,0
304.	371	Lirka, Frank	1972	m	M40		0:51:58,0
305.	285	Beyer, Heinz	1951	m	M60		0:51:59,0
306.	139	Pelzer, Frank	1964	m	M45	Ruhrpottläufer	0:52:06,0
307.	686	Sokolowski, Stefan	1981	m	M30	DSC Wanne-Eickel	0:52:06,0
308.	940	Janikowski,	1948	m	M65	Triathlon TEAM TG Witten	0:52:13,0
309.	716	Vögeler, Tom	1964	m	M45	Los Tres Toms	0:52:15,0
310.	390	Jöhring, Robert	1989	m	Männer		0:52:17,0
311.	718	Kreimeyer,	1988	m	Männer	Herne	0:52:18,0
312.	317	Strate, Andreas	1965	m	M45	Triathlon TEAM TG Witten	0:52:28,0
313.	736	Seebald, Florian	1981	m	M30	Dortmund	0:52:32,0
314.	726	Wengeler, Jens	1971	m	M40	Castrop-Rauxel	0:52:36,0
315.	75	Agne, Thorsten	1970	m	M40	Herne	0:52:36,0
316.	88	Zwicker, Jonathan	1999	m	männliche	Herne	0:52:37,0
317.	566	Buschka, Joachim	1957	m	M55	BTC-Herne	0:52:39,0
318.	363	Bodzian, Marcus	1973	m	M40		0:52:39,0
319.	362	Seehagel, Bernd	1954	m	M55		0:52:39,0
320.	723	Diemling, Volker	1962	m	M50	TuS Witten-Stockum	0:52:40,0
321.	312	Urbansky, Werner	1980	m	M30	München	0:52:42,0
322.	89	Tsagrakis, Vageli	1966	m	M45	Herne	0:52:46,0
323.	479	Mack,	1960	m	M50		0:52:48,0
324.	53	Rudnick, Martin	1959	m	M50	Neuss	0:52:50,0
325.	599	Glockner, Oliver	1971	m	M40		0:52:51,0
326.	626	Holt, Mario	1975	m	M35		0:52:51,0
327.	964	Rothenbusch,	1975	m	M35	TuS Oventrop	0:52:52,0
328.	55	Dal Canton,	1963	m	M50		0:52:52,0
329.	333	Degener, Peter	1952	m	M60	Marathon Mülheim	0:52:56,0
330.	946	Dickes, Michael	1972	m	M40	Ballettschule Müller	0:52:56,0
331.	334	Grefrath, Norman	1963	m	M50	Marathon Mülheim	0:52:56,0
332.	713	Prass, Andreas	1963	m	M50	TLV Germania Überryhr	0:52:58,0
333.	945	Stegmann, Ralph	1966	m	M45	Ballettschule Müller	0:53:00,0
334.	87	von Hagem,	1964	m	M45	Essen	0:53:01,0
335.	540	Wischniewski,	1968	m	M45	BTC-Herne	0:53:02,0
336.	701	Lipinski,	1956	m	M55	Selm	0:53:03,0
337.	28	Sontowski, Willi	1937	m	M75	LG Herne	0:53:08,0
338.	386	Golfmann, Michael	1968	m	M45	Castrop-Rauxel	0:53:11,0
339.	218	Frank, Frede	1966	m	M45	TB Cannstatt	0:53:18,0
340.	470	Hümpfner, Walter	1959	m	M50	LC Wuppertal	0:53:25,0
341.	698	Schönfeld, Volker	1959	m	M50	Laufftreff BNO	0:53:25,0
342.	609	Lohmann, Bernd	1956	m	M55	Team ForeverYoung	0:53:27,0
343.	676	Bähr, Uwe	1971	m	M40	Herne	0:53:27,0
344.	19	Bargel, Andreas	1965	m	M45	SG Castrop	0:53:28,0
345.	389	Biegert, Dieter	1942	m	M70	VfL Bergheide	0:53:34,0
346.	133	Möller, Thomas	1972	m	M40		0:53:35,0
347.	618	Wilkens, Rolf	1962	m	M50		0:53:36,0
348.	57	Stockey, Frank	1969	m	M40	Herne	0:53:40,0
349.	196	Eitrich, Jörg	1967	m	M45		0:53:43,0
350.	197	Rahl, Adrian	1977	m	M35		0:53:43,0
351.	227	Nebelsiek,	1983	m	M30	CDS Runningteam	0:53:46,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
352.	222	Clemens, Christian	1976	m	M35		0:53:47,0
353.	235	Lutz, Jörg	1965	m	M45		0:53:49,0
354.	685	Motoc, Alexander	1988	m	Männer	DSC Wanne-Eickel	0:53:53,0
355.	722	Klobusch, Thomas	1968	m	M45	Recklinghausen	0:53:58,0
356.	480	Friedrich, Peter	1959	m	M50	Comeback	0:54:00,0
357.	4	Duffe, Michael	1971	m	M40	SC Wiking Herne	0:54:02,0
358.	297	Salzmann, Michael	1975	m	M35		0:54:02,0
359.	199	Petershofer, Jan	1988	m	Männer		0:54:06,0
360.	741	Stecken, Tom	1990	m	Männer	Castrop-Rauxel	0:54:08,0
361.	429	Bergen, Philipp	1992	m	Männer	Marl	0:54:11,0
362.	675	Seibel,	1965	m	M45	Düsseldorf	0:54:13,0
363.	148	Günther, Mario	1980	m	M30	LE Bulls e.V.	0:54:14,0
364.	711	Bartsch, Jürgen	1959	m	M50	Castrop-Rauxel	0:54:16,0
365.	102	Ittermann, Robert	1984	m	Männer		0:54:18,0
366.	625	Achterholt, Rainer	1960	m	M50	Ballettschule Müller	0:54:18,0
367.	522	Becker, Matthias	1974	m	M35		0:54:19,0
368.	911	Kauter, Lars	1970	m	M40	Herne	0:54:21,0
369.	493	Dax, Marc	1983	m	M30		0:54:22,0
370.	257	Hülsmann, Jörg	1966	m	M45		0:54:24,0
371.	558	Fechner, Peter	1969	m	M40	BTC-Herne	0:54:24,0
372.	335	Remmers, Günter	1949	m	M60	Marathon Mülheim	0:54:29,0
373.	474	Grune, Stephan	1981	m	M30		0:54:38,0
374.	465	Zölzer, Norbert	1959	m	M50	LC Wuppertal	0:54:40,0
375.	712	Scharf, Ha-Jü	1959	m	M50	SV Blau-Weiß Bochum Tri	0:54:42,0
376.	682	Mikus, Dirk	1965	m	M45	LT Castrop-Rauxel	0:54:44,0
377.	530	Kaese, Fabian	1989	m	Männer		0:54:47,0
378.	66	Asshauer, Bernd	1969	m	M40	Bochum	0:54:51,0
379.	563	Winken, Burkhard	1966	m	M45	BTC-Herne	0:54:57,0
380.	76	Thumser, Florian	1973	m	M40	Bochum	0:54:58,0
381.	737	Roxlau, Dieter	1949	m	M60	Team Freundlicher	0:55:01,0
382.	237	Koopmann, Jan	1979	m	M30		0:55:01,0
383.	738	Berlet, Roland	1973	m	M40	Team Freundlicher	0:55:02,0
384.	27	Senol, Girit	1976	m	M35	Herne	0:55:02,0
385.	938	Kraft, Michael	1960	m	M50	Der Freundlicher Gysenberg	0:55:02,0
386.	295	Kachholz, Walter	1954	m	M55		0:55:03,0
387.	745	Tschöpe, Frank	1965	m	M45	Team Freundlicher	0:55:04,0
388.	32	Abraham, Hans	1956	m	M55	Bedburg	0:55:09,0
389.	370	Diesing, Karl-Heinz	1956	m	M55	Herne	0:55:12,0
390.	643	Strauss, Andreas	1961	m	M50	Bochum	0:55:15,0
391.	924	Thielemann, Klaus	1961	m	M50	Tus Herne 07	0:55:18,0
392.	678	Fritze, Alexander	1968	m	M45	Bochum	0:55:19,0
393.	71	Mehnert, Wolfgang	1947	m	M65	Herne	0:55:32,0
394.	186	Schwitulla, Adrian	1965	m	M45		0:55:37,0
395.	169	Langwald, Andreas	1974	m	M35		0:55:38,0
396.	174	Gewehr, Kai	1967	m	M45		0:55:43,0
397.	383	Grohsmann,	1992	m	Männer	Team Camerone	0:55:47,0
398.	947	Bahls, Markus	1971	m	M40	Ballettschule Müller	0:56:03,0
399.	960	Urankar, Jernej	1965	m	M45	Ballettschule Müller	0:56:04,0
400.	549	Kempf, Peter	1957	m	M55	BTC-Herne	0:56:19,0
401.	632	Krebiecke, Stephan	1971	m	M40	Herne	0:56:27,0
402.	631	Kimmeskamp, Uwe	1957	m	M55	Herne	0:56:28,0
403.	762	Simon, Holger	1969	m	M40	Bochum	0:56:31,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
404.	748	Marxen, Boris	1967	m	M45	Bochum	0:56:34,0
405.	138	Neumann, Kersten	1954	m	M55	Ruhrpottläufer	0:56:35,0
406.	507	Nickels, Marcel	1986	m	Männer	Stucke Runner	0:56:36,0
407.	103	Thiel, Volker	1965	m	M45		0:56:41,0
408.	565	Hofmann, Jörg	1978	m	M35	BTC-Herne	0:56:43,0
409.	239	Mania, Norbert	1957	m	M55		0:56:43,0
410.	492	Rudnik, Christian	1963	m	M50		0:56:44,0
411.	490	Rudnik,	1962	m	M50		0:56:45,0
412.	539	Kuhweide, Michael	1965	m	M45	BTC-Herne	0:56:45,0
413.	662	Rudolf, Volker	1968	m	M45	BTC-Herne	0:56:46,0
414.	535	Richter, Detlef	1954	m	M55	Essen	0:56:57,0
415.	79	Kalz, Uwe	1959	m	M50	Team DMT	0:57:02,0
416.	500	Venn, Martin	1959	m	M50	Bochumer Verein	0:57:09,0
417.	226	Weiß, Christian	1965	m	M45	Ausdauerschule by Bunert	0:57:10,0
418.	725	Pepmüller, Dieter	1958	m	M55	Herne	0:57:17,0
419.	915	Skalsic, Martin	1968	m	M45	HTT 11	0:57:18,0
420.	729	Aßhauer, Michael	1965	m	M45	Herner Triathlon Team 11	0:57:19,0
421.	214	Preilowski, Peter	1963	m	M50	Recklinghäuser LC	0:57:22,0
422.	136	Kewitz, Christian	1963	m	M50	Ruhrpottläufer	0:57:23,0
423.	280	Grey, Kurt	1960	m	M50	Familienbande	0:57:29,0
424.	21	Sombetzki, Detlef	1954	m	M55	LT Ümminger See/Bochum	0:57:39,0
425.	31	Jagert,	1949	m	M60	Bochum	0:57:39,0
426.	60	Willms, Andreas	1964	m	M45	Herne	0:57:42,0
427.	119	Züchner, Frank	1969	m	M40	Lf Züst Herne	0:57:45,0
428.	26	Gbur, Peter	1951	m	M60	DJK TUS Rotthausen	0:57:50,0
429.	232	Wilkening, Michael	1974	m	M35		0:57:51,0
430.	231	Witkowski, Adrian	1959	m	M50		0:57:52,0
431.	910	Teltz, Tom	1963	m	M50	Los Tres Toms	0:57:53,0
432.	15	Bohnensteffen,	1960	m	M50	Castrop-Rauxel	0:58:11,0
433.	491	Weigend, Gerhard	1963	m	M50		0:58:13,0
434.	537	Nählen, Jörg	1967	m	M45	BTC-Herne	0:58:15,0
435.	135	Vierhaus, Detlev	1959	m	M50	team-4haus	0:58:25,0
436.	263	Karpenstein,	1971	m	M40		0:58:29,0
437.	405	Prange, Hans	1950	m	M60	Kanufreunde Sparkasse	0:58:40,0
438.	54	van Fürden,	1956	m	M55	Herne	0:58:45,0
439.	929	Neuwirtm, Frank	1962	m	M50	Herner Triathlon Team 11	0:58:47,0
440.	927	Kropp, Christian	1966	m	M45	Herner Triathlon Team 11	0:58:47,0
441.	244	Meller, Samuel	1982	m	M30		0:58:47,0
442.	955	Müller, Patrick	1983	m	M30		0:58:52,0
443.	448	Schmidt, Marco	1974	m	M35	Holsterhausen	0:59:06,0
444.	533	Klotzsche, Andre	1979	m	M30		0:59:11,0
445.	684	Dietz, Thomas	1966	m	M45	Reifen Stiebling GmbH	0:59:15,0
446.	513	Jäger, Klaus	1967	m	M45	Stucke Runner	0:59:17,0
447.	387	Kreße, Rainer	1968	m	M45	Rennschneckenreiber	0:59:27,0
448.	688	Gubanski, Martin	1964	m	M45	Düsseldorf	0:59:29,0
449.	191	Glinka, Mike	1995	m	männliche	Kinderheim FC Vorderfuß	0:59:31,0
450.	190	Mosch, Hanno	1976	m	M35	Kinderheim FC Vorderfuß	0:59:32,0
451.	162	Hanemann, Uli	1962	m	M50	textwerk swim&run bochum	0:59:34,0
452.	590	Agethen, Peter	1956	m	M55	Tischtennis - Team Bochum	0:59:37,0
453.	691	Buschmann, Bernd	1960	m	M50	Die Quasselstripfen	0:59:42,0
454.	314	Stenzel, Gerhard	1943	m	M70		0:59:43,0
455.	408	Willamowski,	1967	m	M45	RSG Herne	0:59:51,0

37. Herner Silvesterlauf 2013 (hernersilvesterlauf.de)

Ergebnisliste MW 10 km Lauf

M/W-Pl.	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit
456.	901	Petlazski, Christian	1964	m	M45	Bochum	0:59:53,0
457.	719	Keller, Hermann	1951	m	M60	Bochum	0:59:53,0
458.	919	Salewski, Reinhard	1958	m	M55	DJK Preußen 1911 Bochum	0:59:56,0
459.	399	Friedrichs,	1962	m	M50		1:00:06,0
460.	705	Schmitz, Jürgen	1964	m	M45	RWE Starlight Team Essen	1:00:13,0
461.	456	Scheer, Willi	1942	m	M70	LT Bittermark Dortmund	1:00:27,0
462.	760	Müller, Gerd	1946	m	M65	Herne	1:00:57,0
463.	905	Rast, Helmut	1945	m	M65	LG Herne	1:01:20,0
464.	46	Grudda, Thomas	1965	m	M45	Herne	1:01:33,0
465.	300	Ellermann,	1968	m	M45	Sparkassensportverein Herne	1:02:00,0
466.	420	Müller, Bodo	1964	m	M45		1:02:26,0
467.	307	Rohmann, Frank	1970	m	M40		1:02:30,0
468.	160	Claus, Rainer	1967	m	M45		1:02:42,0
469.	91	Reuter, Karlheinz	1963	m	M50	Herne	1:02:44,0
470.	720	Nemec, Ernst	1950	m	M60	DJK Preußen 1911 Bochum	1:02:45,0
471.	17	Striewski, Thomas	1956	m	M55	DJK Preussen 1911	1:02:46,0
472.	593	Arndt, Felix	2001	m			1:02:50,0
473.	594	Kirchmeyer, Max	2001	m			1:02:58,0
474.	121	Züchner, Joe	1992	m	Männer	Lf Züst Herne	1:02:59,0
475.	497	Brenneken,	1959	m	M50	Umkehrschub	1:03:21,0
476.	302	Pankratow, Arnold	1951	m	M60	LT Bittermark Dortmund	1:03:28,0
477.	403	Möller, Thomas	1968	m	M45	TTC Herne Vöde	1:03:58,0
478.	646	Stemmer, Raphael	1969	m	M40	Herne	1:04:09,0
479.	647	Kroger, Andreas	1970	m	M40	Herne	1:04:10,0
480.	742	Warnecke,	1981	m	M30	Castrop-Rauxel	1:04:18,0
481.	178	Reckermann, Uli	1952	m	M60		1:04:20,0
482.	20	Krause, Karl-Heinz	1944	m	M65	DJK Preussen 1911	1:04:27,0
483.	692	Koß, Peter	1965	m	M45	Die Quasselstrippen	1:04:44,0
484.	690	Rosien, Bernd	1961	m	M50	Die Quasselstrippen	1:04:44,0
485.	696	Rudnik, Sigg	1960	m	M50	Die Quasselstrippen	1:04:44,0
486.	661	Wiegmann,	1956	m	M55	Herne	1:05:08,0
487.	240	Mania, Lennart	1998	m	männliche		1:05:10,0
488.	83	Weiper, Wilfried	1940	m	M70	BSG Delphi-Draka Wuppertal	1:05:28,0
489.	700	Ingler, Norbert	1949	m	M60	Herne	1:05:37,0
490.	630	Albrecht, Burkhard	1953	m	M60	TT-TGW	1:05:52,0
491.	585	Jäger, Jörg	1970	m	M40	Jäger Transport GmbH	1:07:39,0
492.	965	Leyk, Jens	1976	m	M35	Herne	1:08:38,0
493.	672	Blasey, Thorsten	1970	m	M40	Gelsenkirchen	1:10:22,0
494.	752	Lipphardt, Dirk	1969	m	M40	Wanne-Eickel	1:13:27,0
495.	211	Kolb, Dietmar	1964	m	M45		1:13:40,0
496.	150	Grögler, Michael	1972	m	M40	LT Lustige Schleicher Essen	1:13:50,0

Anzahl Teilnehmer: 660