

Platz	Startnr	Name	AK	AKPlatz	Verein	5km	10km	15km	20km	Netto	Brutto
11.	1535	Ritter, Johannes	M55	1	TV Refrath	0:18:12	0:37:37	0:57:21	1:16:33	1:20:46	1:20:49
26.	1342	Bader, Arnd	M55	2	Remscheider SV	0:19:37	0:40:09	1:01:10	1:21:46	1:26:10	1:26:14
44.	1503	Volker, Keim	M55	3	Laufschule Düsseldorf	0:21:20	0:42:51	1:04:22	1:24:48	1:29:10	1:29:20
62.	1604	Schiller, Thomas	M55	4	MTV Kronberg	0:21:09	0:43:06	1:05:41	1:27:36	1:32:25	1:32:35
67.	66	Nouvertné, Lars	M55	5	EVL-Lauftreff	0:21:18	0:43:27	1:06:26	1:28:41	1:33:31	1:33:43
73.	1147	Gallus, Jan	M55	6	LANXESS	0:22:17	0:44:52	1:07:37	1:29:32	1:34:16	1:34:25
74.	936	Hans Dietmar, Jäger	M55	7		0:21:04	0:43:12	1:06:22	1:29:23	1:34:18	1:34:26
87.	246	Schienbein, Jörg	M55	8		0:21:07	0:43:37	1:07:12	1:30:26	1:35:34	1:35:38
106.	777	Höche, Bodo	M55	9		0:22:11	0:45:04	1:08:30	1:32:10	1:37:27	1:37:39
115.	743	Čelebija, Dražen	M55	10	Team Barbariga	0:22:08	0:45:10	1:09:15	1:33:01	1:38:05	1:38:18
134.	1024	Maus, Michael	M55	11	TV Witzhelden	0:22:36	0:46:28	1:11:14	1:35:01	1:39:44	1:39:57
138.	1205	Schott, David	M55	12	Velo Solingen	0:22:25	0:46:25	1:10:54	1:35:02	1:40:06	1:40:18
150.	1321	Gudert, Frank	M55	13	Momentive	0:22:47	0:46:32	1:11:19	1:36:00	1:41:19	1:41:24
155.	1489	Gereke, Carsten	M55	14	Osterather TV	0:24:29	0:49:10	1:13:39	1:37:00	1:41:50	1:42:12
158.	780	Wiebe, Andreas	M55	15	1. Kölner Laufstall	0:23:32	0:47:44	1:12:35	1:37:01	1:41:56	1:42:06
174.	1446	Zeinert, Marcus	M55	16	LLG 80 Nordpark Köln e.V.	0:22:58	0:47:20	1:12:52	1:37:54	1:42:54	1:43:08
175.	1525	Horch, Frank	M55	17	TuS 82 Opladen	0:24:06	0:49:08	1:14:15	1:38:01	1:43:04	1:43:14
188.	79	Krebs, Michael	M55	18	EVL-Lauftreff	0:24:21	0:49:23	1:14:46	1:38:48	1:43:54	1:44:18
197.	810	Alscher, Christian	M55	19	TV Witzhelden	0:24:58	0:50:07	1:14:47	1:39:09	1:44:22	1:44:47
204.	349	Arnold, Andreas	M55	20	Arnoldis Running Team	0:24:02	0:48:45	1:14:38	1:39:21	1:44:41	1:44:56
205.	1397	Metzler-Nesbeda, Thomas	M55	21	TuS 05 Quettingen	0:23:34	0:49:19	1:14:38	1:39:18	1:44:44	1:45:08
214.	590	Elsner, Norbert	M55	22		0:24:47	0:50:13	1:14:55	1:39:42	1:45:11	1:45:29
228.	371	Vogel, Marcus	M55	23		0:23:54	0:48:13	1:14:14		1:45:40	1:46:01
245.	1488	Sehnke, Peter	M55	24	Kolping Remscheid	0:24:06	0:49:25	1:15:49	1:41:37	1:47:00	1:47:09
249.	294	Damhaut, Dominique	M55	25		0:24:30	0:49:08	1:15:10	1:41:12	1:47:12	1:47:32
255.	907	Arnold, Jörg	M55	26	Team Swiss Life	0:24:07	0:49:33	1:17:02	1:42:30	1:47:58	1:48:16
273.	252	Heitger, Oliver	M55	27	Running Team Grafenberg	0:25:30	0:51:54	1:18:27		1:49:07	1:49:39
276.	644	Kohlgrüber, Ralf	M55	28	Brühler TV 1879	0:24:38	0:50:00	1:17:11	1:43:46	1:49:22	1:49:48
281.	1063	Manteuffel, Frank	M55	29	Currenta	0:23:43	0:48:39	1:16:06	1:43:46	1:49:32	1:49:51
283.	995	Riedel, Wulf	M55	30	Sausewind	0:25:00	0:50:21	1:17:08	1:43:48	1:49:37	1:50:05
295.	798	Husemann, Georg	M55	31	TV Refrath	0:25:06	0:51:26	1:18:01	1:44:40	1:50:32	1:51:03
296.	1203	Bibic, Nijaz	M55	32		0:24:09	0:51:02	1:18:07	1:44:55	1:50:34	1:50:41
297.	1080	Jakobs, Georg	M55	33	LANXESS	0:25:43	0:51:40	1:19:22	1:45:07	1:50:39	1:51:04
300.	1284	Steffens, Achim	M55	34		0:24:12	0:49:32	1:17:21	1:45:00	1:50:47	1:51:10
303.	1363	Hahn, Ken	M55	35		0:23:06	0:49:26	1:17:09	1:44:56	1:50:51	1:51:05
318.	1504	Nolte, Holger	M55	36	PHV Bad Homburg	0:24:32	0:49:39	1:19:11	1:45:56	1:51:39	1:51:54
329.	18	Schlockermann, Michael	M55	37	EVL-Lauftreff	0:25:06	0:51:09	1:19:19	1:46:09	1:51:57	1:52:27
335.	1479	Kunz, Markus	M55	38	Erdinger Active Team / #GohardorgohomeCGN	0:22:40	0:50:14	1:19:00	1:46:24	1:52:09	1:52:15
361.	1102	Zumaque, Harry	M55	39	LANXESS	0:27:56	0:54:58	1:22:01	1:47:36	1:52:59	1:53:24
371.	906	Jäger, Jürgen	M55	40		0:25:52	0:52:41	1:21:03	1:47:59	1:53:32	1:53:55
391.	1538	Grabow, Jürgen	M55	41	LT Hase e.V.	0:25:23	0:51:10	1:19:55	1:48:32	1:54:18	1:54:46
414.	1079	Brinkmann, Markus	M55	42	Currenta	0:26:24	0:53:43	1:21:46	1:49:18	1:55:15	1:55:55
428.	1572	Machtens, Stefan	M55	43		0:27:07	0:54:34	1:22:46	1:50:05	1:56:01	1:56:39
448.	1045	Mörs, Robert	M55	44	Currenta	0:27:21	0:55:17	1:22:56	1:50:43	1:56:39	1:57:10
451.	973	Schulz, Peter	M55	45		0:25:38	0:53:33	1:22:09	1:50:20	1:56:46	1:57:05
473.	679	Röthel, Thomas	M55	46	Team Röthel	0:25:17	0:51:35	1:20:43	1:51:45	1:58:12	1:58:41
478.	59	Sander, Frank	M55	47	EVL-Lauftreff	0:27:52	0:56:02	1:24:08	1:52:22	1:58:20	1:59:04

Platz	Startnr	Name	AK	AKPlatz	Verein	5km	10km	15km	20km	Netto	Brutto
485.	1308	Matschull, Frank	M55	48	fuer meine Jungs	0:24:51	0:51:01	1:20:25	1:51:15	1:58:29	1:59:03
487.	118	Röllinghoff, Andreas	M55	49		0:25:45	0:53:15	1:22:42	1:52:26	1:58:34	1:58:52
489.	1025	Karon, Krzysztof	M55	50		0:26:25	0:54:02	1:24:18	1:53:03	1:58:40	1:58:53
490.	408	Busch, Jörg	M55	51	Running Team Irish Pub Koblenz	0:26:51	0:54:32	1:23:45	1:52:17	1:58:41	1:59:02
499.	764	Kern, Jörg	M55	52		0:27:43	0:55:57	1:25:10	1:53:20	1:59:14	2:00:15
501.	717	Schröter, Johannes	M55	53		0:27:00	0:55:05	1:24:16	1:53:23	1:59:17	2:00:15
502.	263	Schifferdecker, Diethelm	M55	54		0:26:51	0:54:35	1:24:09	1:52:53	1:59:20	2:00:12
508.	1646	Yildirim, Muzaffer	M55	55	Momentive	0:26:59	0:54:08	1:22:20	1:53:04	1:59:54	2:00:18
512.	316	Stuwe, Michael	M55	56	TuS 82 Opladen	0:28:05	0:56:17	1:25:24	1:54:10	2:00:08	2:00:58
515.	773	Maye, Michael	M55	57	Wenn sich de Famillich trifft	0:28:45	0:57:09	1:26:28	1:54:14	2:00:17	2:01:18
526.	747	Schröder, Michael	M55	58	Hetdörper Lauffründe	0:27:59	0:56:05	1:25:07	1:54:23	2:01:03	2:02:06
532.	1227	Matas Nobis, José	M55	59		0:27:34	0:55:36	1:24:35	1:54:31	2:01:18	2:01:48
539.	999	Baier, Jürgen	M55	60	Tus 05 Quettingen	0:27:27	0:55:34	1:25:20	1:55:08	2:01:35	2:02:25
540.	827	van Holt, Guido	M55	61		0:27:28	0:55:35	1:25:21	1:55:09	2:01:36	2:02:25
542.	31	Bertrams, Joern	M55	62	EVL-Lauftreff	0:28:57	0:58:33	1:27:22	1:55:41	2:01:57	2:02:50
547.	1296	Heinzel, Thomas	M55	63		0:26:52	0:55:18	1:25:08	1:55:08	2:02:11	2:02:46
560.	1456	Rashu, Karim	M55	64	Jukengo	0:26:32	0:55:13	1:25:28	1:56:09	2:03:03	2:03:30
562.	945	Lenz, John	M55	65	Der Burscheider	0:27:02	0:55:46	1:25:52	1:56:12	2:03:06	2:03:37
565.	527	Formanowitz, Jens	M55	66		0:28:47	0:58:32	1:29:15	1:57:34	2:03:22	2:04:05
582.	1531	Olbrück, Heinz-Peter	M55	67	VTHC Frechen	0:27:30	0:56:25	1:27:19	1:57:28	2:04:03	2:04:51
585.	1634	Lemmerz, Ralf	M55	68	TSV Bayer 04	0:25:47	0:52:53	1:22:42	1:57:11	2:04:20	2:04:52
586.	913	Kramer, Michael	M55	69	LT Dünnwalder TV	0:27:30	0:55:49	1:25:15	1:57:42	2:04:25	2:05:01
589.	170	Schormair, Wulf	M55	70		0:29:45	0:59:32	1:29:35	1:58:28	2:04:27	2:05:45
617.	1492	Hinder, Andreas	M55	71	Bayer 04	0:28:12	0:56:43	1:27:57	1:59:20	2:05:47	2:06:34
621.	1340	Otten, Peter	M55	72		0:26:33	0:57:00	1:28:42	1:59:14	2:06:13	2:06:27
627.	1122	von Wrede, Philip	M55	73	LANXESS	0:28:57	0:58:21	1:29:40	1:59:52	2:06:43	2:07:44
650.	1562	Mausbach, Artur	M55	74		0:27:55	0:57:50	1:30:10	2:01:27	2:08:23	2:08:43
653.	1579	Leineweber, Daniel	M55	75		0:27:29	0:56:11	1:28:29	2:01:56	2:08:33	2:09:19
657.	64	Nix, Guido	M55	76	EVL-Lauftreff	0:26:21	0:53:13	1:26:51	2:02:42	2:08:58	2:09:16
665.	841	Riedel, Kai	M55	77	Euckenrunners	0:30:00	1:01:47	1:32:51	2:03:03	2:09:21	2:10:17
685.	1545	Kissel, Markus	M55	78		0:28:30	0:59:53	1:31:34	2:03:41	2:10:39	2:11:19
690.	961	Jungblut, Christian	M55	79	KRONOS	0:29:16	0:59:55	1:32:01	2:03:59	2:10:54	2:11:59
692.	832	Klein, Wolfgang	M55	80		0:30:23	1:01:21	1:33:15	2:04:25	2:10:55	2:11:46
694.	67	Flügel, Mark	M55	81	EVL-Lauftreff	0:31:16	1:03:01	1:35:09	2:04:59	2:10:59	2:12:06
701.	1279	Sidiropoulos, Alexandros	M55	82		0:29:31	0:59:51	1:32:09	2:04:33	2:11:15	2:11:25
707.	1421	Schulze Tilling, Andreas	M55	83	LANXESS	0:30:03	1:01:00	1:33:01	2:04:25	2:11:39	2:12:46
709.	675	Kaiser, Stephan	M55	84	ERGO sports Köln	0:31:25	1:02:59	1:34:53	2:05:35	2:11:47	2:12:48
719.	1347	Hasenkamp, Claus	M55	85	Lauftreff Köln-Süd	0:28:32	0:59:35	1:33:03	2:06:24	2:12:27	2:13:08
723.	932	Asteroe, Andreas	M55	86	Urban Tribes	0:29:59	1:00:08	1:32:35	2:05:40	2:12:34	2:13:34
730.	242	David, Torsten	M55	87		0:29:41	1:00:46	1:32:30	2:05:38	2:12:51	2:13:34
731.	50	Frensch, Ingo	M55	88	EVL-Lauftreff	0:31:22	1:02:59	1:35:00	2:05:56	2:12:53	2:13:53
733.	443	Schiffarth, Uli	M55	89		0:29:09	1:00:01	1:32:22	2:05:39	2:12:58	2:13:34
748.	556	Watteroth, Hans-Jürgen	M55	90		0:30:34	1:02:34	1:35:11	2:06:56	2:14:11	2:15:04
750.	398	Poweleit, Thorsten	M55	91	Gaffel Lauffreunde	0:31:06	1:02:38	1:34:39	2:07:14	2:14:20	2:15:49
751.	343	Walter, Ralf	M55	92	Gaffel Lauffreunde	0:31:06	1:02:39	1:34:48	2:07:10	2:14:21	2:15:49
776.	476	Schug, Gerhard	M55	93	Konzeptum	0:30:50		1:36:55	2:09:56	2:17:31	2:17:53
779.	529	Tomasczyk, Matthias	M55	94	Hetdörper Lauffründe	0:31:02	1:02:01	1:34:13	2:07:07	2:17:46	2:18:49

Platz	Startnr	Name	AK	AKPlatz	Verein	5km	10km	15km	20km	Netto	Brutto
783.	1635	Kranz, Martin	M55	95	-	0:33:49	1:05:52	1:39:00	2:11:10	2:18:02	2:19:30
785.	1206	Merten, Thomas	M55	96		0:28:24	1:01:33	1:36:52	2:10:47	2:18:06	2:19:08
790.	113	Kruse, Joël	M55	97	Team Kruselig	0:29:20	0:59:59	1:35:24	2:11:08	2:18:39	2:19:18
791.	861	Kappenstein, Maximilian	M55	98		0:31:46	1:03:38	1:37:29	2:11:11	2:18:42	2:19:24
799.	998	Klein, Michael	M55	99		0:29:36	1:01:57	1:36:02	2:11:39	2:19:16	2:20:08
802.	1521	Hoff, Klaus-Uwe	M55	100		0:30:16	1:02:28	1:37:07	2:12:14	2:19:27	2:20:15
803.	803	Röttgen, Udo	M55	101	KRONOS	0:32:13	1:06:06	1:39:29	2:12:38	2:19:49	2:20:54
811.	574	Schillinger, Rainer	M55	102		0:31:26	1:04:19	1:39:11	2:12:53	2:20:09	2:21:19
819.	1515	Tolksdorf, Winfried	M55	103		0:31:53	1:05:22	1:39:29	2:13:13	2:20:36	2:21:38
820.	661	Morawietz, Jürgen	M55	104	TuS 05 Quettingen	0:31:06	1:03:39	1:38:30	2:13:21	2:20:40	2:21:50
830.	1201	Kirchner, Volker	M55	105		0:30:56	1:03:26	1:38:34	2:14:51	2:22:31	2:23:25
831.	509	Olszynski, Christoph	M55	106		0:26:31	0:59:03	1:35:38	2:14:22	2:22:49	2:22:59
833.	1033	Erbslöher, Dirk	M55	107		0:30:57	1:04:38	1:39:51	2:15:33	2:23:38	2:24:23
835.	45	Stadelbacher, Thomas	M55	108	EVL-Lauftreff	0:31:22	1:03:57	1:41:29	2:16:10	2:23:44	2:24:46
842.	1050	Kinkler, Ralf	M55	109	Currenta	0:31:15	1:04:07	1:40:56	2:16:57	2:25:19	2:26:31
855.	175	Kreuer, Udo	M55	110	KRONOS	0:28:58	0:59:52	1:35:15	2:19:07	2:27:50	2:28:51
865.	1404	Menge, Stefan	M55	111	Running Team Serse Sacchetti	0:30:01	1:04:39	1:41:43	2:22:40	2:29:27	2:30:08
866.	272	Mazsits, Stefan	M55	112	LLG Sankt Augustin	0:34:18	1:08:32	1:44:13	2:20:55	2:29:35	2:31:00
889.	142	Boelen-Theile, Claus	M55	113		0:33:27	1:09:44	1:48:50	2:26:17	2:34:25	2:35:57
890.	1252	Schneider, Eric	M55	114		0:32:05	1:05:42	1:45:17	2:26:29	2:35:07	2:36:12
892.	1354	Tenhumberg, Dieter	M55	115	mas training	0:33:24	1:09:42	1:48:37	2:27:30	2:35:32	2:36:37
895.	1289	Baumoeller, Guido	M55	116	Be for Balance	0:33:48	1:10:08	1:49:01	2:27:54	2:35:56	2:36:38
896.	232	Kühn, Udo	M55	117		0:32:11	1:06:58	1:45:51	2:26:13	2:36:14	2:37:35
898.	276	Schiffer, Volker	M55	118	Der will nur Spielen	0:34:08	1:08:19	1:45:41	2:28:27	2:37:29	2:38:49
899.	1640	Orzechowski, Peter	M55	119	HNBR Betrieb	0:32:33	1:09:24	1:48:28	2:28:27	2:37:58	2:39:03
901.	32	Ritter, Martin	M55	120	EVL-Lauftreff	0:34:02	1:09:19	1:47:35	2:29:03	2:38:10	2:39:24