

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|-----------------------|-----------------------------|---|-----|---------|-----|--------|-------|---------|--------|----------|
| 10km Volkslauf | | | | | | | | | | |
| 1 | Gereziher, Kalayu | LG Eintracht Frankfurt | m | 1 | M | 1 | 33:23 | -- | 3:20,2 | 271 |
| 2 | Heidl, Markus | www.laufenhilft.de / Spiridon Frankfurt | m | 2 | M30 | 1 | 33:36 | +00:13 | 3:21,5 | 290 |
| 3 | Billing, Nikolai | LG Eintracht Frankfurt | m | 3 | M | 2 | 33:39 | +00:16 | 3:21,8 | 222 |
| 4 | Pörschke, Hendrik | *Frankfurt am Main | m | 4 | M | 3 | 34:05 | +00:42 | 3:24,4 | 374 |
| 5 | Golowitcin, Nikita | Spiridon Frankfurt | m | 5 | M35 | 1 | 34:16 | +00:53 | 3:25,5 | 484 |
| 6 | Spaich, Christian | TSG Oberursel | m | 6 | M40 | 1 | 34:30 | +01:07 | 3:26,9 | 421 |
| 7 | Unger, Robert | SKC Deutsche Bundesbank | m | 7 | M35 | 2 | 34:32 | +01:09 | 3:27,1 | 503 |
| 8 | Weith, Moritz | *Frankfurt | m | 8 | M30 | 2 | 36:36 | +03:13 | 3:39,5 | 456 |
| 9 | Liewig, Bastian | Team Main-Lauf-Cup | m | 9 | M30 | 3 | 36:41 | +03:18 | 3:40,0 | 336 |
| 10 | Eck, Alexander | *Frankfurt | m | 10 | M30 | 4 | 36:49 | +03:26 | 3:40,8 | 252 |
| 11 | Kaiser, Jörg | SC Steinberg | m | 11 | M40 | 2 | 36:56 | +03:33 | 3:41,5 | 307 |
| 12 | Winnhauer, Matthias | Besi & Friends | m | 12 | M50 | 1 | 36:58 | +03:35 | 3:41,7 | 466 |
| 13 | Roll, Joachim | USC Freiburg | m | 13 | M30 | 5 | 37:07 | +03:44 | 3:42,6 | 384 |
| 14 | Wilck, Martin | Helaba / #Breaking1 | m | 14 | M30 | 6 | 37:09 | +03:46 | 3:42,8 | 500 |
| 15 | Unterberg, Felix | EBWR | m | 15 | M45 | 1 | 37:30 | +04:07 | 3:44,9 | 529 |
| 16 | Baist, Franziska | Team Main-Lauf-Cup | w | 1 | W | 1 | 37:47 | +04:24 | 3:46,6 | 207 |
| 17 | Wassiluk, Petra | Team Main-Lauf-Cup | w | 2 | W45 | 1 | 37:54 | +04:31 | 3:47,3 | 451 |
| 18 | Meisinger, Sven | LG OVAG Friedberg-Fauerbach | m | 16 | M45 | 2 | 37:59 | +04:36 | 3:47,8 | 139 |
| 19 | Da-Costa, Justino | tus lindenholzhausen | m | 17 | M55 | 1 | 38:05 | +04:42 | 3:48,4 | 496 |
| 20 | Spielvogel, Lars | Spiridon Frankfurt | m | 18 | M45 | 3 | 38:14 | +04:51 | 3:49,3 | 422 |
| 21 | Jäger, Hans Dietmar | Spiridon Frankfurt | m | 19 | M50 | 2 | 38:15 | +04:52 | 3:49,4 | 542 |
| 22 | Kiefer, Haimo | Skills 04 Frankfurt | m | 20 | M45 | 4 | 38:18 | +04:55 | 3:49,7 | 486 |
| 23 | Boursier Niutta, Simone | ECB Running Section | m | 21 | M35 | 3 | 38:21 | +04:58 | 3:50,0 | 230 |
| 24 | Mansfeld, Daniel | V8 Runners Bruchköbel | m | 22 | M35 | 4 | 38:26 | +05:03 | 3:50,5 | 543 |
| 25 | Roth, Julia | TV Schweinheim/MainAusdauerShop Niedernberg | w | 3 | W30 | 1 | 38:57 | +05:34 | 3:53,6 | 388 |
| 26 | Baßmann, Sigmar | TV Seulberg | m | 23 | M45 | 5 | 39:12 | +05:49 | 3:55,1 | 209 |
| 27 | Hick, Johannes | *Frankfurt | m | 24 | M30 | 7 | 39:18 | +05:55 | 3:55,7 | 519 |
| 28 | Reis, Kai Oliver | TSG Mainaschaff | m | 25 | M35 | 5 | 39:22 | +05:59 | 3:56,1 | 382 |
| 29 | Da Silva, Armenio | tus lindenholzhausen | m | 26 | M45 | 6 | 39:31 | +06:08 | 3:57,0 | 494 |
| 30 | Faria Da Graca, Luis Miguel | TV Seulberg | m | 27 | M45 | 7 | 39:41 | +06:18 | 3:58,0 | 260 |
| 31 | Ranft, Michael | team-naunheim.de | m | 28 | M30 | 8 | 39:47 | +06:24 | 3:58,6 | 376 |
| 32 | Di Iasio, Nicola | ECB Running Section | m | 29 | M35 | 6 | 40:20 | +06:57 | 4:01,9 | 522 |
| 33 | Bohland, Pia | TuSpo Borken | w | 4 | W | 2 | 40:21 | +06:58 | 4:02,0 | 226 |
| 34 | Gretzki, Thorsten | LAZ Mühlheim | m | 30 | M30 | 9 | 40:30 | +07:07 | 4:02,9 | 278 |
| 35 | Abke, Jörg | Team Schnucki rennt Aschaffenburg | m | 31 | M45 | 8 | 40:30 | +07:07 | 4:02,9 | 202 |
| 36 | Vongries, Guido | TSG Kleinostheim | m | 32 | M50 | 3 | 40:37 | +07:14 | 4:03,6 | 477 |
| 37 | Bühler, Uwe | *Eppstein | m | 33 | M45 | 9 | 40:48 | +07:25 | 4:04,7 | 234 |
| 38 | Best, Stefan Uwe | team-naunheim.de | m | 34 | M50 | 4 | 40:57 | +07:34 | 4:05,6 | 220 |
| 39 | Friedrich, Manuel | Team Main-Lauf-Cup | m | 35 | M30 | 10 | 40:58 | +07:35 | 4:05,7 | 270 |
| 40 | Frisenna, Salvatore | BSV Hanau | m | 36 | M45 | 10 | 41:01 | +07:38 | 4:06,0 | 545 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|---------------------------|-------------------------------|-----|---------|--------|--------|-------|---------|--------|----------|
| 41 | Melendo Padrón, Jonás | Transbrothers | m | 37 | M30 | 11 | 41:09 | +07:46 | 4:06,8 | 348 |
| 42 | Wehner, Thomas | BSG Commerzbank Laufen | m | 38 | M40 | 3 | 41:14 | +07:51 | 4:07,3 | 453 |
| 43 | Gräbner, Steffen | Runstoppable | m | 39 | M35 | 7 | 41:25 | +08:02 | 4:08,4 | 275 |
| 44 | Friedmann, Mike | Eintracht Frankfurt Triathlon | m | 40 | M35 | 8 | 41:34 | +08:11 | 4:09,3 | 269 |
| 45 | Slomka, Sascha | *Frankfurt am Main | m | 41 | M45 | 11 | 41:38 | +08:15 | 4:09,7 | 420 |
| 46 | Odiñius, Marc | Eintracht Frankfurt Triathlon | m | 42 | M50 | 5 | 41:44 | +08:21 | 4:10,3 | 365 |
| 47 | Bruton, Jessica | Leevale AC | w | 5 | W | 3 | 41:47 | +08:24 | 4:10,6 | 232 |
| 48 | Neuberger, Jörg | *Großkrotzenburg | m | 43 | M30 | 12 | 41:49 | +08:26 | 4:10,8 | 498 |
| 49 | Siegosch, Dirk | *Hanau | m | 44 | M35 | 9 | 42:19 | +08:56 | 4:13,8 | 418 |
| 50 | Del Campo, Alejandro | ECB Running Section | m | 45 | M40 | 4 | 42:22 | +08:59 | 4:14,1 | 246 |
| 51 | Varescon, Jean-Pascal | MainRoadRunners | m | 46 | M | 4 | 42:30 | +09:07 | 4:14,9 | 442 |
| 52 | Kusch, Johannes | 1. Hanauer Laufftreff | m | 47 | MJ U23 | 1 | 42:44 | +09:21 | 4:16,3 | 506 |
| 53 | Schönbeck, Dirk | *Maintal | m | 48 | M40 | 5 | 42:47 | +09:24 | 4:16,6 | 406 |
| 54 | Müller, Daniel | Spiridon Frankfurt | m | 49 | M40 | 6 | 42:50 | +09:27 | 4:16,9 | 508 |
| 55 | Loewe, Andreas | LG BSN | m | 50 | M50 | 6 | 42:53 | +09:30 | 4:17,2 | 338 |
| 56 | Eck, Siegfried | TV Haibach | m | 51 | M60 | 1 | 42:55 | +09:32 | 4:17,4 | 253 |
| 57 | Krauss, Jochen | Spiridon Frankfurt | m | 52 | M45 | 12 | 43:00 | +09:37 | 4:17,9 | 320 |
| 58 | Schmitt, Sebastian | Spiridon Frankfurt | m | 53 | M45 | 13 | 43:00 | +09:37 | 4:17,9 | 400 |
| 59 | Plätzer, Oliver | 1. Frankfurter Karate Dojo | m | 54 | M50 | 7 | 43:02 | +09:39 | 4:18,1 | 532 |
| 60 | Büchner, Christoph | FV Alemannia Nied | m | 55 | M45 | 14 | 43:06 | +09:43 | 4:18,5 | 233 |
| 61 | Grygosch, Sigrid | Teutonia Hausen | w | 6 | W50 | 1 | 43:10 | +09:47 | 4:18,9 | 283 |
| 62 | Lelarge, Ulrich | LT Neu-Isenburg | m | 56 | M45 | 15 | 43:18 | +09:55 | 4:19,7 | 334 |
| 63 | Springer, Pascal | tus lindenholzhausen | m | 57 | M30 | 13 | 43:21 | +09:58 | 4:20,0 | 495 |
| 64 | Elsbett, Bernd | BSV Hanau 3 | m | 58 | M55 | 2 | 43:28 | +10:05 | 4:20,7 | 257 |
| 65 | Franz, Jürgen | TSG Kleinostheim | m | 59 | M50 | 8 | 43:32 | +10:09 | 4:21,1 | 268 |
| 66 | Steffen, Kay | #werunwiesbaden | m | 60 | M30 | 14 | 43:43 | +10:20 | 4:22,2 | 426 |
| 67 | Puglisi, Munzio | LG Eintracht Frankfurt | m | 61 | M55 | 3 | 43:48 | +10:25 | 4:22,7 | 517 |
| 68 | Krause, Werner | tus lindenholzhausen | m | 62 | M60 | 2 | 43:55 | +10:32 | 4:23,4 | 319 |
| 69 | Schieferstein, Christiane | *Bad Vilbel | w | 7 | W45 | 2 | 43:59 | +10:36 | 4:23,8 | 397 |
| 70 | Dussa, Thorsten | SG Enkheim | m | 63 | M50 | 9 | 44:11 | +10:48 | 4:25,0 | 251 |
| 71 | Mieke, Benjamin | *Hanau | m | 64 | M40 | 7 | 44:15 | +10:52 | 4:25,4 | 352 |
| 72 | Gröger, Nicholas | MainRoadRunners | m | 65 | MJ U18 | 1 | 44:19 | +10:56 | 4:25,8 | 489 |
| 73 | Leidecker, Kurt | Ski Club Erlenbach | m | 66 | M50 | 10 | 44:29 | +11:06 | 4:26,8 | 516 |
| 74 | Lingenau, Wolfgang | LG Rosbach-Rodheim | m | 67 | M65 | 1 | 44:31 | +11:08 | 4:27,0 | 337 |
| 75 | Borra, Chiara | ECB Running Section | w | 8 | WJ U23 | 1 | 44:43 | +11:20 | 4:28,2 | 523 |
| 76 | Remann, Alexander | *Obertshausen | m | 68 | M40 | 8 | 45:06 | +11:43 | 4:30,5 | 504 |
| 77 | Bellof, Tilo | BSV Hanau 3 | m | 69 | M45 | 16 | 45:08 | +11:45 | 4:30,7 | 214 |
| 78 | Marx, Stefanie | LG BSN | w | 9 | W35 | 1 | 45:19 | +11:56 | 4:31,8 | 342 |
| 79 | Maneshkarimy, Kamiar | LG Eintracht Frankfurt | m | 70 | MJ U18 | 2 | 45:19 | +11:56 | 4:31,8 | 145 |
| 80 | Wild, Christian | Niederdorfelden | m | 71 | M55 | 4 | 45:27 | +12:04 | 4:32,6 | 464 |
| 81 | Großmann, Christian | We Run Frankfurt | m | 72 | M40 | 9 | 45:34 | +12:11 | 4:33,3 | 281 |
| 82 | Henrich, Matthias | RSC Bad Homburg | m | 73 | M55 | 5 | 45:36 | +12:13 | 4:33,5 | 548 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|------------------------|-------------------------------|-----|---------|--------|--------|-------|---------|--------|----------|
| 83 | Pacht, Wolfgang | Offenbacher LC | m | 74 | M50 | 11 | 45:38 | +12:15 | 4:33,7 | 505 |
| 84 | Knecht, Thomas | TG Schwanheim | m | 75 | M55 | 6 | 45:42 | +12:19 | 4:34,1 | 313 |
| 85 | Wessel, Nicolaas | *Heerhugowaard | m | 76 | M55 | 7 | 45:59 | +12:36 | 4:35,8 | 460 |
| 86 | Schneider, Frederic | *Eschborn | m | 77 | M30 | 15 | 46:00 | +12:37 | 4:35,9 | 402 |
| 87 | Geisselmann, Ralf | *Erzhausen | m | 78 | M45 | 17 | 46:03 | +12:40 | 4:36,2 | 132 |
| 88 | Damdé, Karsten | Nautico Recife | m | 79 | M40 | 10 | 46:15 | +12:52 | 4:37,4 | 242 |
| 89 | Weier, Uwe | BSV Hanau 3 | m | 80 | M45 | 18 | 46:17 | +12:54 | 4:37,6 | 454 |
| 90 | Jäger, Uli | *Mühlheim | m | 81 | M35 | 10 | 46:22 | +12:59 | 4:38,1 | 303 |
| 91 | Hölzel, Andreas | Team Erdinger Alkoholfrei | m | 82 | M50 | 12 | 46:24 | +13:01 | 4:38,3 | 525 |
| 92 | Bölke-Erler, Yvonne | SKG Sprendlingen | w | 10 | W35 | 2 | 46:25 | +13:02 | 4:38,4 | 227 |
| 93 | Koziar, Christian | Deutscher Wetterdienst | m | 83 | M40 | 11 | 46:25 | +13:02 | 4:38,4 | 510 |
| 94 | Grduszak, Klaus | LT Neu-Isenburg | m | 84 | M60 | 3 | 46:28 | +13:05 | 4:38,7 | 277 |
| 95 | Gögelein, Stephan | TSG Oberrad | m | 85 | M35 | 11 | 46:29 | +13:06 | 4:38,8 | 273 |
| 96 | Koch, Helmuth | BSV Hanau | m | 86 | M65 | 2 | 46:46 | +13:23 | 4:40,5 | 315 |
| 97 | Bourguignon, Raileen | TSG Kleinostheim | w | 11 | W45 | 3 | 46:49 | +13:26 | 4:40,8 | 229 |
| 98 | Petry, Kevin | SC Steinberg | m | 87 | M | 5 | 46:53 | +13:30 | 4:41,2 | 146 |
| 99 | Kaiser, Chiara | SC Steinberg | w | 12 | WJ U18 | 1 | 46:59 | +13:36 | 4:41,8 | 306 |
| 100 | Zehentmaier, Christoph | FC Union Niederkalbach | m | 88 | M45 | 19 | 47:06 | +13:43 | 4:42,5 | 474 |
| 101 | Teufel, Valentin | SC Steinberg | m | 89 | MJ U20 | 1 | 47:07 | +13:44 | 4:42,6 | 435 |
| 102 | Schreiber, Susanne | *Frankfurt | w | 13 | W50 | 2 | 47:16 | +13:53 | 4:43,5 | 408 |
| 103 | Sanna, Giuseppe Marco | SC Steinberg | m | 90 | M50 | 13 | 47:21 | +13:58 | 4:44,0 | 391 |
| 104 | Weber, Pascal | Nobody | m | 91 | MJ U23 | 2 | 47:22 | +13:59 | 4:44,1 | 141 |
| 105 | Rambeloso, Ony | *Frankfurt am Main | w | 14 | W45 | 4 | 47:25 | +14:02 | 4:44,4 | 375 |
| 106 | Meiser, Anna | DZ BANK Runners | w | 15 | W | 4 | 47:31 | +14:08 | 4:45,0 | 347 |
| 107 | Romisch, Martin | SG Frankfurt-Nied | m | 92 | M45 | 20 | 47:33 | +14:10 | 4:45,2 | 385 |
| 108 | Galir, Elisa | | w | 16 | W | 5 | 47:34 | +14:11 | 4:45,3 | 537 |
| 109 | Massons, Santiago | ECB Running Section | m | 93 | M30 | 16 | 47:38 | +14:15 | 4:45,7 | 343 |
| 110 | Christ, Michael | *Frankfurt | m | 94 | M45 | 21 | 47:42 | +14:19 | 4:46,1 | 239 |
| 111 | Hinkel, Andreas | Berger Schnecken | m | 95 | M55 | 8 | 47:44 | +14:21 | 4:46,3 | 528 |
| 112 | Binsack, Tobias | 1. Hanauer Lauftreff | m | 96 | M45 | 22 | 47:46 | +14:23 | 4:46,5 | 223 |
| 113 | Behrendt, Gerald | Eintracht Frankfurt Triathlon | m | 97 | M40 | 12 | 47:50 | +14:27 | 4:46,9 | 213 |
| 114 | Rathmann, Hanno | *Frankfurt | m | 98 | M45 | 23 | 47:52 | +14:29 | 4:47,1 | 378 |
| 115 | Kalweit, Andreas | Stubborners | m | 99 | M40 | 13 | 47:54 | +14:31 | 4:47,3 | 308 |
| 116 | Schüpphaus, Kevin | *Oberursel | m | 100 | M30 | 17 | 47:55 | +14:32 | 4:47,4 | 411 |
| 117 | Schnir, Silke | Bio Runner Rhein-Main | w | 17 | W50 | 3 | 47:58 | +14:35 | 4:47,7 | 487 |
| 118 | Persson, Markus | *Mainz | m | 101 | M45 | 24 | 48:07 | +14:44 | 4:48,6 | 372 |
| 119 | Becker, Alexander | *Frankfurt | m | 102 | M45 | 25 | 48:14 | +14:51 | 4:49,3 | 539 |
| 120 | Hommel, Sören | BELC 89 Frankfurt | m | 103 | M40 | 14 | 48:18 | +14:55 | 4:49,7 | 300 |
| 121 | Jakobi, Thomas | TGS Hausen | m | 104 | M55 | 9 | 48:19 | +14:56 | 4:49,8 | 485 |
| 122 | Sellmann, Jürgen | DJK Eiche Offenbach | m | 105 | M50 | 14 | 48:27 | +15:04 | 4:50,6 | 416 |
| 123 | Nitsche, Thomas | Teutonia Hausen | m | 106 | M50 | 15 | 48:28 | +15:05 | 4:50,7 | 363 |
| 124 | Erbskorn, Fritz | LG BSN | m | 107 | M70 | 1 | 48:31 | +15:08 | 4:51,0 | 259 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|-----------------------|-------------------------------------|-----|---------|--------|--------|-------|---------|--------|----------|
| 125 | Neugebauer, Dr. Roman | Bio Runner Rhein-Main | m | 108 | M45 | 26 | 48:33 | +15:10 | 4:51,2 | 362 |
| 126 | Thel, Ann-Cathrin | #werunwiesbaden | w | 18 | W30 | 2 | 48:34 | +15:11 | 4:51,3 | 436 |
| 127 | Heinrich, Mirko | #werunwiesbaden | m | 109 | M50 | 16 | 48:35 | +15:12 | 4:51,4 | 291 |
| 128 | Rappe, Bernd | LG Offenbach | m | 110 | M45 | 27 | 48:36 | +15:13 | 4:51,5 | 377 |
| 129 | Fischer, Reiner | SC Steinberg | m | 111 | M50 | 17 | 48:40 | +15:17 | 4:51,9 | 265 |
| 130 | Suchy, Rainer | *Offenbach | m | 112 | M50 | 18 | 48:41 | +15:18 | 4:52,0 | 432 |
| 131 | Büttgens, Heidemarlen | *Oberursel | w | 19 | W | 6 | 48:45 | +15:22 | 4:52,4 | 237 |
| 132 | Simon, Frank | Marathonprojekt Frankfurt/Darmstadt | m | 113 | M50 | 19 | 48:47 | +15:24 | 4:52,6 | 533 |
| 133 | Blum, Michael | LG Seligenstadt | m | 114 | M60 | 4 | 48:49 | +15:26 | 4:52,8 | 225 |
| 134 | Seifarth, Christoph | Spiridon Frankfurt | m | 115 | M40 | 15 | 48:50 | +15:27 | 4:52,9 | 413 |
| 135 | Dörr, Robert | Spiridon Frankfurt | m | 116 | M60 | 5 | 48:58 | +15:35 | 4:53,7 | 248 |
| 136 | D'Acanzo, Marta | SC Steinberg | w | 20 | W50 | 4 | 49:04 | +15:41 | 4:54,3 | 546 |
| 137 | Slinger, Andy | Sportstudio Bieber | m | 117 | M50 | 20 | 49:09 | +15:46 | 4:54,8 | 419 |
| 138 | Rhode, Robert | Höchster Schwimmverein 1893 e.V. | m | 118 | M40 | 16 | 49:11 | +15:48 | 4:55,0 | 383 |
| 139 | Laugwitz, Maria | *Wiesbaden | w | 21 | W | 7 | 49:13 | +15:50 | 4:55,2 | 332 |
| 140 | Gottweis, Jacqueline | SC Steinberg | w | 22 | WJ U20 | 1 | 49:14 | +15:51 | 4:55,3 | 274 |
| 141 | Hitzel, Günter | BSV Hanau 2 | m | 119 | M65 | 3 | 49:16 | +15:53 | 4:55,5 | 294 |
| 142 | Emich, Bennett | *Dreieich | m | 120 | M | 6 | 49:18 | +15:55 | 4:55,7 | 258 |
| 143 | Wiedler, Pauline | *Frankfurt | w | 23 | W | 8 | 49:21 | +15:58 | 4:56,0 | 463 |
| 144 | Costa, Jörg | BSV Hanau 3 | m | 121 | M45 | 28 | 49:23 | +16:00 | 4:56,2 | 241 |
| 145 | Klockner, Ralf | Nowalala Sports Offenbach | m | 122 | M50 | 21 | 49:25 | +16:02 | 4:56,4 | 311 |
| 146 | Köcher, Bernd | LG Rosbach-Rodheim | m | 123 | M45 | 29 | 49:26 | +16:03 | 4:56,5 | 316 |
| 147 | Beyer, Uwe | 1. Hanauer Laufftreff | m | 124 | M45 | 30 | 49:37 | +16:14 | 4:57,6 | 221 |
| 148 | Rupp, Reiner | LGO / KSV-Reichelsheim | m | 125 | M50 | 22 | 49:45 | +16:22 | 4:58,4 | 389 |
| 149 | Traue, Alfred | BELC89 | m | 126 | M65 | 4 | 49:49 | +16:26 | 4:58,8 | 439 |
| 150 | Laber, Nicole | Team Erdinger Alkoholfrei | w | 24 | W45 | 5 | 49:52 | +16:29 | 4:59,1 | 520 |
| 151 | Talaysüm, Tughan | Eintracht Frankfurt Triathlon | m | 127 | M35 | 12 | 49:55 | +16:32 | 4:59,4 | 149 |
| 152 | Beck, Valerie | ECB Running Section | w | 25 | W30 | 3 | 49:55 | +16:32 | 4:59,4 | 211 |
| 153 | Cairns, Frauke | 1. Hanauer Laufftreff | w | 26 | W35 | 3 | 49:57 | +16:34 | 4:59,6 | 238 |
| 154 | Hollmann, Matthias | *Frankfurt | m | 128 | M50 | 23 | 50:06 | +16:43 | 5:00,5 | 497 |
| 155 | Hanet, Jürgen | *Kronberg | m | 129 | M50 | 24 | 50:08 | +16:45 | 5:00,7 | 285 |
| 156 | Schmuck, Katrin | Berger Schnecken | w | 27 | W45 | 6 | 50:13 | +16:50 | 5:01,2 | 491 |
| 157 | Suchy, Andreas | *Offenbach | m | 130 | M50 | 25 | 50:14 | +16:51 | 5:01,3 | 431 |
| 158 | Hübner, Anette | BSV Hanau | w | 28 | W50 | 5 | 50:18 | +16:55 | 5:01,7 | 302 |
| 159 | Kullas, Matthias | *Freiburg | m | 131 | M40 | 17 | 50:20 | +16:57 | 5:01,9 | 509 |
| 160 | Trautes, Henrik | SC Steinberg | m | 132 | M50 | 26 | 50:23 | +17:00 | 5:02,2 | 440 |
| 161 | Seidel, Simone | Bio Runner Rhein-Main | w | 29 | W35 | 4 | 50:23 | +17:00 | 5:02,2 | 493 |
| 162 | Forlenza, Claudia | TV Breckenheim | w | 30 | W50 | 6 | 50:24 | +17:01 | 5:02,3 | 267 |
| 163 | Haberkorn, Roland | Running Team Spirit / MAS | m | 133 | M60 | 6 | 50:29 | +17:06 | 5:02,8 | 284 |
| 164 | Walter, Claudia | Bio Runner Rhein-Main | w | 31 | W55 | 1 | 50:32 | +17:09 | 5:03,1 | 450 |
| 165 | Bittlingmaier, Hans | Spiridon Frankfurt | m | 134 | M65 | 5 | 50:32 | +17:09 | 5:03,1 | 224 |
| 166 | Bender, Karlheinz | ASC Marathon Friedberg | m | 135 | M55 | 10 | 50:36 | +17:13 | 5:03,5 | 215 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|-----------------------------|----------------------------|-----|---------|--------|--------|-------|---------|--------|----------|
| 167 | Schultheis, Jens | 1. Hanauer Lauftreff | m | 136 | M50 | 27 | 50:37 | +17:14 | 5:03,6 | 410 |
| 168 | Gramlich, Gregor | EOSC Offenbach | m | 137 | M45 | 31 | 50:48 | +17:25 | 5:04,7 | 544 |
| 169 | 150, NN | | w | 32 | W55 | 2 | 50:56 | +17:33 | 5:05,5 | 150 |
| 170 | Bensing, Melissa | SSC Hanau Rodenbach | w | 33 | WJ U18 | 2 | 50:57 | +17:34 | 5:05,6 | 216 |
| 171 | Vormwald, Ursula | Spiridon | w | 34 | W60 | 1 | 51:01 | +17:38 | 5:06,0 | 446 |
| 172 | Homm, Marco | NetApp | m | 138 | M45 | 32 | 51:03 | +17:40 | 5:06,2 | 299 |
| 173 | Kötters, Leonard | Team beVegt.de | m | 139 | M30 | 18 | 51:04 | +17:41 | 5:06,3 | 318 |
| 174 | Rudisile, Nicola | *Friedrichsdorf | w | 35 | W35 | 5 | 51:06 | +17:43 | 5:06,5 | 513 |
| 175 | Pahl, Matthias | Marathonprojekt Frankfurt | m | 140 | M55 | 11 | 51:08 | +17:45 | 5:06,7 | 370 |
| 176 | Schutt, Wilfried | MRI | m | 141 | M55 | 12 | 51:09 | +17:46 | 5:06,8 | 412 |
| 177 | Berdel, Lars | Team beVegt.de | m | 142 | M40 | 18 | 51:18 | +17:55 | 5:07,7 | 218 |
| 178 | Barranco-Morales, Francisco | *Heusenstamm | m | 143 | M70 | 2 | 51:22 | +17:59 | 5:08,1 | 208 |
| 179 | Stanik, Claudia | 1. Hanauer Lauftreff | w | 36 | W50 | 7 | 51:27 | +18:04 | 5:08,6 | 424 |
| 180 | Starl, Georg | *Frankfurt/M. | m | 144 | M50 | 28 | 51:37 | +18:14 | 5:09,6 | 425 |
| 181 | Jarullah, Saadi | *Obertshausen | m | 145 | M | 7 | 51:40 | +18:17 | 5:09,9 | 531 |
| 182 | Schäfer, Jürgen | Bio Runner Rhein-Main | m | 146 | M70 | 3 | 51:43 | +18:20 | 5:10,2 | 393 |
| 183 | Wilhelm, Gerd | TG Stockstadt | m | 147 | M75 | 1 | 51:49 | +18:26 | 5:10,8 | 465 |
| 184 | Kreisel, Andreas | TGS Hausen | m | 148 | M50 | 29 | 51:55 | +18:32 | 5:11,4 | 321 |
| 185 | Neu, Anne-Ladina | #werunfrankfurt | w | 37 | W | 9 | 51:59 | +18:36 | 5:11,8 | 361 |
| 186 | Dietrich, Burkhard | BSV Hanau 2 | m | 149 | M50 | 30 | 52:04 | +18:41 | 5:12,3 | 247 |
| 187 | Bourguignon, Etienne | TSG Kleinostheim | m | 150 | M45 | 33 | 52:21 | +18:58 | 5:14,0 | 228 |
| 188 | Bujar-Dobrowolska, Antonina | #WERUNFRANKFURT | w | 38 | W40 | 1 | 52:23 | +19:00 | 5:14,2 | 235 |
| 189 | Fischer, Markus | *Groß Umstadt | m | 151 | M40 | 19 | 52:27 | +19:04 | 5:14,6 | 264 |
| 190 | Seit, Manfred | Spiridon Frankfurt | m | 152 | M75 | 2 | 52:30 | +19:07 | 5:14,9 | 415 |
| 191 | Marhmann, Udo | LG Schwere Hainburger | m | 153 | M50 | 31 | 52:32 | +19:09 | 5:15,1 | 131 |
| 192 | Stilger, Regina | Bio Runner Rhein-Main | w | 39 | W55 | 3 | 52:33 | +19:10 | 5:15,2 | 428 |
| 193 | Lukas, Thorsten | Mühlheimer Ruderverein | m | 154 | M45 | 34 | 52:35 | +19:12 | 5:15,4 | 550 |
| 194 | Mager, Marius | ECB Running Section | m | 155 | M55 | 13 | 52:37 | +19:14 | 5:15,6 | 340 |
| 195 | Kuzinski, Susanne | *Bad Homburg | w | 40 | W50 | 8 | 52:40 | +19:17 | 5:15,9 | 328 |
| 196 | Höhne, Klaus | Bio Runner Rhein-Main | m | 156 | M70 | 4 | 52:43 | +19:20 | 5:16,2 | 297 |
| 197 | Sehr, Mareike | DZ BANK Runners | w | 41 | W30 | 4 | 52:51 | +19:28 | 5:17,0 | 492 |
| 198 | Flakowski, Torsten | Bio Runner Rhein-Main | m | 157 | M45 | 35 | 52:51 | +19:28 | 5:17,0 | 266 |
| 199 | Rydlowski, Andrzej | RUN BYDGOSZCZ | m | 158 | M35 | 13 | 53:09 | +19:46 | 5:18,8 | 390 |
| 200 | Brunn, Sandra | 1. HPSV Offenbach | w | 42 | W40 | 2 | 53:18 | +19:55 | 5:19,7 | 231 |
| 201 | Dettki, Lena | SC Steinberg | w | 43 | WJ U18 | 3 | 53:20 | +19:57 | 5:19,9 | 125 |
| 202 | Metzger, Thomas | *Dreieich | m | 159 | M50 | 32 | 53:22 | +19:59 | 5:20,1 | 351 |
| 203 | Damm, Kati | *Mühlheim | w | 44 | W35 | 6 | 53:24 | +20:01 | 5:20,3 | 243 |
| 204 | Menzel, Michael | *Frankfurt | m | 160 | M55 | 14 | 53:32 | +20:09 | 5:21,1 | 350 |
| 205 | Küsters, Karen | *Rodgau | w | 45 | W40 | 3 | 53:37 | +20:14 | 5:21,6 | 479 |
| 206 | Zellmann, Stephanie | ESV 1975 Kleinostheim e.V. | w | 46 | W40 | 4 | 53:37 | +20:14 | 5:21,6 | 475 |
| 207 | Gross, Edwin | *Mühlheim | m | 161 | M45 | 36 | 53:42 | +20:19 | 5:22,1 | 142 |
| 208 | Martini, Dieter | *Mühlheim | m | 162 | M40 | 20 | 53:42 | +20:19 | 5:22,1 | 147 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|---------------------|-------------------------------------|-----|---------|-----|--------|-------|---------|--------|----------|
| 209 | Kurzai, Britta | TV Seulberg | w | 47 | W45 | 7 | 53:44 | +20:21 | 5:22,3 | 327 |
| 210 | Tubisch, Joachim | Abgehts 09 | m | 163 | M60 | 7 | 53:46 | +20:23 | 5:22,5 | 502 |
| 211 | Unger, Peter | Abgehts 09 | m | 164 | M55 | 15 | 53:47 | +20:24 | 5:22,6 | 501 |
| 212 | Altstadt, Jens | Spvgg Dietesheim | m | 165 | M45 | 37 | 53:47 | +20:24 | 5:22,6 | 507 |
| 213 | Thorenz, Karin | *Frankfurt | w | 48 | W30 | 5 | 54:02 | +20:39 | 5:24,1 | 437 |
| 214 | Schilling, Thomas | BSV Hanau 2 | m | 166 | M55 | 16 | 54:14 | +20:51 | 5:25,3 | 398 |
| 215 | Veith, Harald | Bio Runner Rhein-Main | m | 167 | M60 | 8 | 54:18 | +20:55 | 5:25,7 | 444 |
| 216 | Wendel, Peter | *Frankfurt am Main | m | 168 | M50 | 33 | 54:20 | +20:57 | 5:25,9 | 457 |
| 217 | von Gentzkow, Alex | *Mühlheim am Main | m | 169 | M30 | 19 | 54:22 | +20:59 | 5:26,1 | 445 |
| 218 | Schmidt, Erwin | LAZ Obernburg-Miltenberg | m | 170 | M65 | 6 | 54:23 | +21:00 | 5:26,2 | 399 |
| 219 | Bergk, Marcus | TGS Hausen | m | 171 | M45 | 38 | 54:23 | +21:00 | 5:26,2 | 219 |
| 220 | Monz, Rebecca | SG Frankfurt-Nied | w | 49 | W | 10 | 54:27 | +21:04 | 5:26,6 | 355 |
| 221 | Venne, Jörn | *Frankfurt | m | 172 | M35 | 14 | 54:30 | +21:07 | 5:26,9 | 512 |
| 222 | Weber, Christiane | LC Michelstadt | w | 50 | W45 | 8 | 54:39 | +21:16 | 5:27,8 | 518 |
| 223 | Dürr, Esther | SG Frankfurt-Nied | w | 51 | W40 | 5 | 54:48 | +21:25 | 5:28,7 | 250 |
| 224 | Wirth, Dorothee | RLT Rodgau | w | 52 | W65 | 1 | 54:52 | +21:29 | 5:29,1 | 469 |
| 225 | Gröger, Christian | *Frankfurt | m | 173 | M50 | 34 | 54:59 | +21:36 | 5:29,8 | 488 |
| 226 | Grimm, Günther | *Rodgau | m | 174 | M60 | 9 | 55:05 | +21:42 | 5:30,4 | 536 |
| 227 | Gabriel, Annette | TG Schwanheim | w | 53 | W45 | 9 | 55:07 | +21:44 | 5:30,6 | 549 |
| 228 | Wagner, Thomas | TGS Hausen | m | 175 | M45 | 39 | 55:08 | +21:45 | 5:30,7 | 527 |
| 229 | Caspary, Alex | Berger Schnecken | m | 176 | M55 | 17 | 55:11 | +21:48 | 5:31,0 | 490 |
| 230 | Berberich, Simon | *Mühlheim | m | 177 | M40 | 21 | 55:12 | +21:49 | 5:31,1 | 217 |
| 231 | Schmuck, Wolfgang | BSV Hanau 1 | m | 178 | M75 | 3 | 55:17 | +21:54 | 5:31,6 | 401 |
| 232 | Ernst, Gerhard | Seedammbad Bad Homburg | m | 179 | M40 | 22 | 55:20 | +21:57 | 5:31,9 | 478 |
| 233 | Odinus, Laura | *Frankfurt | w | 54 | W30 | 6 | 55:23 | +22:00 | 5:32,2 | 364 |
| 234 | Kolb, Werner | SC Steinberg | m | 180 | M70 | 5 | 55:32 | +22:09 | 5:33,1 | 317 |
| 235 | Mitschoch, Reinhold | SG DJK Hattersheim | m | 181 | M60 | 10 | 55:40 | +22:17 | 5:33,9 | 353 |
| 236 | Graser, Monika | 1. Hanauer Lauftreff | w | 55 | W50 | 9 | 55:42 | +22:19 | 5:34,1 | 276 |
| 237 | Wally, Stephanie | Marathonprojekt Frankfurt/Darmstadt | w | 56 | W40 | 6 | 55:52 | +22:29 | 5:35,1 | 449 |
| 238 | Glockner, Alice | *Offenbach | w | 57 | W35 | 7 | 55:57 | +22:34 | 5:35,6 | 272 |
| 239 | Mühlherr, Andreas | We Run Frankfurt | m | 182 | M | 8 | 56:09 | +22:46 | 5:36,8 | 357 |
| 240 | Dannenberg, Anke | SG Frankfurt-Nied | w | 58 | W45 | 10 | 56:15 | +22:52 | 5:37,4 | 244 |
| 241 | Varga, Marika | Bio Runner Rhein-Main | w | 59 | W55 | 4 | 56:16 | +22:53 | 5:37,5 | 443 |
| 242 | Steinbach, Lothar | Spiridon Frankfurt | m | 183 | M70 | 6 | 56:16 | +22:53 | 5:37,5 | 427 |
| 243 | McWhorter, James | *Taunusstein | m | 184 | M65 | 7 | 56:23 | +23:00 | 5:38,2 | 344 |
| 244 | Bedner, Robert | TGS Hausen | m | 185 | M35 | 15 | 56:26 | +23:03 | 5:38,5 | 530 |
| 245 | Monz, Beate | SG Frankfurt-Nied | w | 60 | W50 | 10 | 56:33 | +23:10 | 5:39,2 | 354 |
| 246 | Koch, Heike | Eintracht Frankfurt Triathlon | w | 61 | W45 | 11 | 56:42 | +23:19 | 5:40,1 | 314 |
| 247 | Klemenz, Maria | Obertshausen | w | 62 | W40 | 7 | 56:48 | +23:25 | 5:40,7 | 140 |
| 248 | Hausding, Eva | *Esslingen | w | 63 | W | 11 | 56:56 | +23:33 | 5:41,5 | 298 |
| 249 | Kirschner, Dennis | *Esslingen | m | 186 | M | 9 | 56:57 | +23:34 | 5:41,6 | 309 |
| 250 | Henrich, Birgit | TG Schwanheim | w | 64 | W50 | 11 | 56:59 | +23:36 | 5:41,8 | 292 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|--------------------------|----------------------------------|-----|---------|--------|--------|---------|---------|--------|----------|
| 251 | Teufel, Gregor | SC Steinberg | m | 187 | M50 | 35 | 56:59 | +23:36 | 5:41,8 | 434 |
| 252 | Wegner-Pahl, Helga | Marathonprojekt Frankfurt | w | 65 | W55 | 5 | 57:01 | +23:38 | 5:42,0 | 452 |
| 253 | Wahl, Achim | Marathonprojekt Frankfurt | m | 188 | M50 | 36 | 57:02 | +23:39 | 5:42,1 | 447 |
| 254 | Stöppler, Adnela | *Schwalbach am Taunus | w | 66 | W45 | 12 | 57:02 | +23:39 | 5:42,1 | 429 |
| 255 | Jardella, Andrea | *Frankfurt | w | 67 | W40 | 8 | 57:03 | +23:40 | 5:42,2 | 304 |
| 256 | Haidari, Shiralam | *Frankfurt | m | 189 | M | 10 | 57:07 | +23:44 | 5:42,6 | 538 |
| 257 | Otto, Bernd | *Darmstadt | m | 190 | M70 | 7 | 57:11 | +23:48 | 5:43,0 | 368 |
| 258 | Martini, Roland | ASB | m | 191 | M45 | 40 | 57:30 | +24:07 | 5:44,9 | 341 |
| 259 | Unverzagt, Olaf | Eintracht Frankfurt FuFa | m | 192 | M40 | 23 | 57:31 | +24:08 | 5:45,0 | 441 |
| 260 | Hubbeling, Sara | Eintracht Frankfurt Triathlon | w | 68 | W35 | 8 | 57:31 | +24:08 | 5:45,0 | 301 |
| 261 | Kuhnert, Bettina | Höchster Schwimmverein 1893 e.V. | w | 69 | W | 12 | 57:34 | +24:11 | 5:45,3 | 324 |
| 262 | Schnabel-Rudisile, Maike | *Friedrichsdorf | w | 70 | W35 | 9 | 57:36 | +24:13 | 5:45,5 | 511 |
| 263 | El Yaouti, Sylvie | *Frankfurt am Main | w | 71 | W35 | 10 | 57:38 | +24:15 | 5:45,7 | 256 |
| 264 | Rauch, Gabriele | Bio Runner Rhein-Main | w | 72 | W50 | 12 | 57:43 | +24:20 | 5:46,2 | 380 |
| 265 | Mertens, Lenhard | *Friedberg, Hessen | m | 193 | MJ U18 | 3 | 57:52 | +24:29 | 5:47,1 | 480 |
| 266 | Schoinas, Grit | MitLupusLaufen | w | 73 | W45 | 13 | 58:04 | +24:41 | 5:48,3 | 404 |
| 267 | Fehres, Doris | TG Dietesheim | w | 74 | W50 | 13 | 58:09 | +24:46 | 5:48,8 | 524 |
| 268 | Zielinski, Ivonne | For my Love!!! | w | 75 | W40 | 9 | 58:18 | +24:55 | 5:49,7 | 476 |
| 269 | Winter, Jürgen | *Maintal | m | 194 | M45 | 41 | 58:20 | +24:57 | 5:49,9 | 468 |
| 270 | Kürschner, Katrin | SC Steinberg | w | 76 | W50 | 14 | 58:29 | +25:06 | 5:50,8 | 326 |
| 271 | Becker, Gerhard | LG Mörfelden-Walldorf | m | 195 | M60 | 11 | 58:34 | +25:11 | 5:51,3 | 212 |
| 272 | Liesielski, Elke | TGS Hausen | w | 77 | W50 | 15 | 58:52 | +25:29 | 5:53,1 | 534 |
| 273 | Schanz, Günter | *Egelsbach | m | 196 | M55 | 18 | 58:59 | +25:36 | 5:53,8 | 395 |
| 274 | Redemann, Corinna | *Glattbach | w | 78 | W50 | 16 | 59:04 | +25:41 | 5:54,3 | 381 |
| 275 | Höhne, Inge | Bio Runner Rhein-Main | w | 79 | W65 | 2 | 59:06 | +25:43 | 5:54,5 | 296 |
| 276 | Klemt, Mike | LG Rosbach-Rodheim | m | 197 | M45 | 42 | 59:07 | +25:44 | 5:54,6 | 310 |
| 277 | Lehr, Bernhard | SC Steinberg | m | 198 | M70 | 8 | 59:10 | +25:47 | 5:54,9 | 333 |
| 278 | Lerch, Ulrike | LG Rosbach-Rodheim | w | 80 | W45 | 14 | 59:12 | +25:49 | 5:55,1 | 335 |
| 279 | Teichert, Lara | #WERUNFRANKFURT | w | 81 | W30 | 7 | 59:13 | +25:50 | 5:55,2 | 433 |
| 280 | Spörl, Andrea | *Friedberg, Hessen | w | 82 | W45 | 15 | 59:20 | +25:57 | 5:55,9 | 515 |
| 281 | Sturm, Claudia | *Mühlheim | w | 83 | W50 | 17 | 59:23 | +26:00 | 5:56,2 | 499 |
| 282 | Hoffmann, Stephanie | SC Steinberg | w | 84 | W45 | 16 | 59:29 | +26:06 | 5:56,8 | 295 |
| 283 | Strzyz-Winkowski, Isabel | Bio Runner Rhein-Main | w | 85 | W50 | 18 | 59:35 | +26:12 | 5:57,4 | 430 |
| 284 | Röser, Kerstin | Trainingsgemeinschaft Röser | w | 86 | W40 | 10 | 59:40 | +26:17 | 5:57,9 | 386 |
| 285 | Röser, Steve | Trainingsgemeinschaft Röser | m | 199 | M35 | 16 | 59:41 | +26:18 | 5:58,0 | 387 |
| 286 | Schimpf, Gerhard | *Mühlheim | m | 200 | M55 | 19 | 59:50 | +26:27 | 5:58,9 | 126 |
| 287 | Wollkopf, Britta | Spiridon Frankfurt | w | 87 | W30 | 8 | 59:55 | +26:32 | 5:59,4 | 472 |
| 288 | Schulz, Stefan | LG Rosbach-Rodheim | m | 201 | M55 | 20 | 1:00:10 | +26:47 | 6:00,9 | 133 |
| 289 | Egner, Rotraut | *Hattersheim am Main | w | 88 | W50 | 19 | 1:00:23 | +27:00 | 6:02,2 | 254 |
| 290 | Langmaack, Detlef | Nowalala Sports Offenbach | m | 202 | M50 | 37 | 1:00:29 | +27:06 | 6:02,8 | 129 |
| 291 | Wiebelhaus, Jost | Team Frankfurter Laufshop | m | 203 | M45 | 43 | 1:00:30 | +27:07 | 6:02,9 | 462 |
| 292 | Holler, Sonja | LG Rosbach-Rodheim | w | 89 | W45 | 17 | 1:00:30 | +27:07 | 6:02,9 | 547 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|--------------------|---------------------------|-----|---------|-----|--------|---------|---------|--------|----------|
| 293 | Herzog, Frank | *Obertshausen | m | 204 | M50 | 38 | 1:00:37 | +27:14 | 6:03,6 | 293 |
| 294 | Augsten, Silvia | BSV Hanau 2 | w | 90 | W50 | 20 | 1:01:10 | +27:47 | 6:06,9 | 205 |
| 295 | Gumbmann, Detlev | JSK Rodgau | m | 205 | M60 | 12 | 1:01:24 | +28:01 | 6:08,3 | 481 |
| 296 | Kuksin, Anastasija | *Hanau | w | 91 | W30 | 9 | 1:02:15 | +28:52 | 6:13,4 | 325 |
| 297 | Zimmer, Andrea | SC Steinberg | w | 92 | W45 | 18 | 1:02:20 | +28:57 | 6:13,9 | 127 |
| 298 | Witt, Bernd | BSV HANAU | m | 206 | M60 | 13 | 1:02:30 | +29:07 | 6:14,9 | 470 |
| 299 | Mederer, Thomas | NetApp | m | 207 | M30 | 20 | 1:02:31 | +29:08 | 6:15,0 | 346 |
| 300 | Pletz, Martin | SV 07 Bischofsheim | m | 208 | M50 | 39 | 1:02:52 | +29:29 | 6:17,1 | 373 |
| 301 | Siegert, Sannah | *Bad-Homburg | w | 93 | W | 13 | 1:03:10 | +29:47 | 6:18,9 | 417 |
| 302 | Schultheis, Dagmar | 1. Hanauer Lauftreff | w | 94 | W50 | 21 | 1:03:17 | +29:54 | 6:19,6 | 409 |
| 303 | Rathmann, Sandra | *Frankfurt | w | 95 | W45 | 19 | 1:03:30 | +30:07 | 6:20,9 | 379 |
| 304 | Schaich, Marie | *Mühlheim | w | 96 | W | 14 | 1:03:46 | +30:23 | 6:22,5 | 535 |
| 305 | Groß, Volkmer | LG BSN | m | 209 | M65 | 8 | 1:03:58 | +30:35 | 6:23,7 | 130 |
| 306 | Keim, Ingrid | SC Steinberg | w | 97 | W70 | 1 | 1:04:28 | +31:05 | 6:26,7 | 483 |
| 307 | Roth, Marc | MKV Mühlheim | m | 210 | M50 | 40 | 1:04:49 | +31:26 | 6:28,8 | 526 |
| 308 | Wenzel, Boris | *Mühlheim | m | 211 | M40 | 24 | 1:05:00 | +31:37 | 6:29,9 | 143 |
| 309 | Wenzel, Kati | *Mühlheim | w | 98 | W40 | 11 | 1:05:02 | +31:39 | 6:30,1 | 144 |
| 310 | Neßwald, Mona | *Volkach | w | 99 | W | 15 | 1:05:05 | +31:42 | 6:30,4 | 360 |
| 311 | Grimm, Rebecca | Bio Runner Rhein-Main | w | 100 | W40 | 12 | 1:05:54 | +32:31 | 6:35,3 | 280 |
| 312 | Jäger, Marion | JSK Rodgau | w | 101 | W50 | 22 | 1:06:15 | +32:52 | 6:37,4 | 482 |
| 313 | Träger, Harald | *Wiesbaden | m | 212 | M50 | 41 | 1:06:34 | +33:11 | 6:39,3 | 128 |
| 314 | Westerwald, Uschi | *Frankfurt | w | 102 | W55 | 6 | 1:06:35 | +33:12 | 6:39,4 | 461 |
| 315 | Schönle, Jana | *Mühlheim am Main | w | 103 | W | 16 | 1:07:04 | +33:41 | 6:42,3 | 407 |
| 316 | Drews, Svenja | *Offenbach | w | 104 | W | 17 | 1:07:04 | +33:41 | 6:42,3 | 249 |
| 317 | Mederer, Julia | NetApp | w | 105 | W30 | 10 | 1:07:14 | +33:51 | 6:43,3 | 345 |
| 318 | Wahl, Martina | LT Griesheim | w | 106 | W50 | 23 | 1:07:38 | +34:15 | 6:45,7 | 448 |
| 319 | Wiorek, Marinela | Ringana | w | 107 | W50 | 24 | 1:07:43 | +34:20 | 6:46,2 | 134 |
| 320 | Brings, Renate | Spiridon Frankfurt | w | 108 | W70 | 2 | 1:08:05 | +34:42 | 6:48,4 | 521 |
| 321 | Hümpfner, Hanni | BCV - Siemens | w | 109 | W65 | 3 | 1:08:56 | +35:33 | 6:53,5 | 148 |
| 322 | de Almeida, Ana | ECB Running Section | w | 110 | W40 | 13 | 1:09:21 | +35:58 | 6:56,0 | 245 |
| 323 | Jin, Yongyi | NaNa | m | 213 | M30 | 21 | 1:09:23 | +36:00 | 6:56,2 | 305 |
| 324 | Müller, Hedi | *Obertshausen | w | 111 | W55 | 7 | 1:09:48 | +36:25 | 6:58,7 | 359 |
| 325 | Janz, Miranda | *Frankfurt | w | 112 | W | 18 | 1:09:57 | +36:34 | 6:59,6 | 514 |
| 326 | Wendt, Christopher | *Bad Homburg v. d. Höhe | m | 214 | M35 | 17 | 1:12:20 | +38:57 | 7:13,9 | 458 |
| 327 | Wendt, Norbert | *Berlin-Wannsee | m | 215 | M60 | 14 | 1:12:22 | +38:59 | 7:14,1 | 459 |
| 328 | Grieseler, Robert | NetApp & Friends | m | 216 | M30 | 22 | 1:13:22 | +39:59 | 7:20,1 | 279 |
| 329 | Schäfer, Dominik | #WERUNFRANKFURT | m | 217 | M30 | 23 | 1:13:40 | +40:17 | 7:21,9 | 392 |
| 330 | Kron, Martina | Nowalala Sports Offenbach | w | 113 | W55 | 8 | 1:14:00 | +40:37 | 7:23,9 | 322 |
| 331 | Langmaack, Heinz | Nowalala Sports Offenbach | m | 218 | M80 | 1 | 1:14:09 | +40:46 | 7:24,8 | 331 |
| 332 | Arnold, Wolfgang | LG Offenbach | m | 219 | M80 | 2 | 1:15:21 | +41:58 | 7:32,0 | 204 |
| 333 | Omagap, Elizabeth | Turngemeinde Bornheim | w | 114 | W40 | 14 | 1:15:38 | +42:15 | 7:33,7 | 366 |
| 334 | Aust, Christiane | Marathonprojekt Frankfurt | w | 115 | W60 | 2 | 1:15:54 | +42:31 | 7:35,3 | 206 |

45. Intern. Volkslauf Mühlheim - 02.09.2018

Zieleinlaufliste 10km Volkslauf



| Rang | Name | Verein/Team/*Ort | m/w | m/w Pl. | AK | AK Pl. | Zeit | GapTime | min/km | Startnr. |
|------|-----------------------|------------------------|-----|---------|-----|--------|---------|---------|---------|----------|
| 335 | Wieß, Maren | Spiridon Frankfurt | w | 116 | W70 | 3 | 1:15:58 | +42:35 | 7:35,7 | 541 |
| 336 | Klomann, Armin | Seedammbad Bad Homburg | m | 220 | M50 | 42 | 1:16:14 | +42:51 | 7:37,3 | 312 |
| 337 | Strüb-Preller, Nicole | Lauf für mehr Zeit | w | 117 | W40 | 15 | 1:22:59 | +49:36 | 8:17,8 | 138 |
| 338 | Beck, Sigrid | Bio Runner Rhein-Main | w | 118 | W75 | 1 | 1:24:42 | +51:19 | 8:28,1 | 210 |
| 339 | Müller, Hans Wilhelm | TSG Fechenheim | m | 221 | M80 | 3 | 1:40:45 | +67:22 | 10:04,4 | 358 |
| 340 | Burandt, Reggie | *Frankfurt | w | 119 | W50 | 25 | 1:40:45 | +67:22 | 10:04,4 | 236 |

Anzahl Teilnehmer: 340

Info: Was bedeuten die Abkürzungen im Kopf der Ergebnisliste?

RANG: Teilnehmereinlauf ins Ziel, unabhängig vom Geschlecht, Alter und Startzeit

NAME: Name des Teilnehmers

VEREIN/TEAM/*ORT: Name des Teams, wenn kein Teamname vorhanden, dann Ortsname (* ist vorangestellt)

JAHRG.: Geburtsjahrgang des Teilnehmers

M/W: Geschlecht des Teilnehmers

m/w Pl.: Platzierung (nach Geschlecht) des Teilnehmers vom Startschuss ab bis ins Ziel

AK: Altersklasse des Teilnehmers nach einer Vorgabe des Deutschen Leichtathletikverbandes (DLV)

AK Pl.: Platzierung (nach Altersklasse) des Teilnehmers vom Startschuss ab bis ins Ziel

Zeit: Laufzeit des Teilnehmers vom Startschuss ab bis ins Ziel

min/km: Zeit die pro km gebraucht wird/wurde

GapTime: Zeitdifferenz zum Sieger/in bzw. Altersklassensieger/in

STARTNR.: Startnummer des Teilnehmers

Der Übersicht geschuldet wurde bei der Beschreibung nur "Teilnehmer" genannt, damit ist auch der Weibliche Ausdruck "Teilnehmerin" gemeint!