

**10km Straßenlauf, F, W U23, WJ U16, M, MU23, MJU18, MJU16, M30, M35, W30, W35, M40, M45, W40, W45, M50, W50, M55, W50, W55, M60, M65, W60, W65, M70**

Länge: 10km - Zeitläufe

| Rang | StNr | Name                  | Jg   | Nat | Verein                        | Netto | Leistung     | Diff    |
|------|------|-----------------------|------|-----|-------------------------------|-------|--------------|---------|
| 1    | 150  | Schumacher Martin     | 1988 | GER | Bunert - Der Kölner Laufladen | 34:46 | <b>34:47</b> |         |
| 2    | 5217 | Nicolini Torsten      | 1987 | GER | GVG-Laufteam                  | 34:52 | <b>34:54</b> | + 0:07  |
| 3    | 33   | Siebert Nele          | 2001 | GER | LAZ Rhein-Sieg                | 36:22 | <b>36:24</b> | + 1:37  |
| 4    | 238  | Heidenreich Christian | 1986 | GER | Deutschland                   | 36:57 | <b>36:58</b> | + 2:11  |
| 5    | 14   | Hamacher Sebastian    | 1996 | GER | Deutschland                   | 38:03 | <b>38:05</b> | + 3:18  |
| 6    | 107  | Dotzauer Lukas        | 1995 | GER | Milers Colonia 2020           | 38:04 | <b>38:06</b> | + 3:19  |
| 7    | 306  | Skiba Michael         | 1991 | GER | GVG-Laufteam                  | 38:26 | <b>38:28</b> | + 3:41  |
| 8    | 143  | Köhler Jonas          | 1988 | GER | Deutschland                   | 39:03 | <b>39:05</b> | + 4:18  |
| 9    | 113  | Köllner Niklas        | 1999 | GER | Milers Colonia 2020           | 39:07 | <b>39:09</b> | + 4:22  |
| 10   | 34   | Lövenich Lukas        | 1993 | GER | Deutschland                   | 39:30 | <b>39:33</b> | + 4:46  |
| 11   | 91   | Kramer Max            | 1991 | GER | Laufschule Kramer             | 40:07 | <b>40:09</b> | + 5:22  |
| 12   | 286  | Emmett Ian            | 1966 | GER | GVG-Laufteam                  | 41:07 | <b>41:09</b> | + 6:22  |
| 13   | 5212 | Hauser Michael        | 1974 | GER | GVG-Laufteam                  | 41:16 | <b>41:17</b> | + 6:30  |
| 14   | 178  | Faßbender Timo        | 1993 | GER | Deutschland                   | 42:16 | <b>42:18</b> | + 7:31  |
| 15   | 58   | Geisen Frederik       | 1996 | GER | Deutschland                   | 42:26 | <b>42:28</b> | + 7:41  |
| 16   | 241  | Drössler Aimee        | 2002 | GER | Bayer Dormagen                | 43:26 | <b>43:29</b> | + 8:42  |
| 17   | 192  | Werth Georg           | 1977 | GER | TV Bedburg                    | 43:29 | <b>43:36</b> | + 8:49  |
| 18   | 60   | Dietzgen Lars         | 2003 | GER | Deutschland                   | 43:38 | <b>43:43</b> | + 8:56  |
| 19   | 5219 | Krasenbrink Jan Bernd | 1978 | GER | GVG-Laufteam                  | 43:50 | <b>43:53</b> | + 9:06  |
| 20   | 239  | Odenthal Thomas       | 1982 | GER | Deutschland                   | 44:40 | <b>44:46</b> | + 9:59  |
| 21   | 115  | Padberg Stefan        | 1969 | GER | TV Erkelenz                   | 44:58 | <b>45:03</b> | + 10:16 |
| 22   | 104  | Kellmann Sebastian    | 1985 | GER | Deutschland                   | 45:01 | <b>45:04</b> | + 10:17 |
| 23   | 120  | Börner Yannik         | 1995 | GER | KG Bedburger Ritter Em Ulk    | 44:57 | <b>45:07</b> | + 10:20 |
| 24   | 142  | Schroeder Frederik    | 1987 | GER | Deutschland                   | 45:21 | <b>45:26</b> | + 10:39 |
| 25   | 5198 | Bongen Ralf           | 1982 | GER | SV Germania Dürwiss           | 45:30 | <b>45:34</b> | + 10:47 |
| 26   | 5230 | Hildebrandt Roland    | 1985 | GER | Deutschland                   | 46:18 | <b>46:27</b> | + 11:40 |
| 27   | 162  | Lanfermann Michael    | 1987 | GER | Deutschland                   | 46:23 | <b>46:32</b> | + 11:45 |
| 28   | 285  | Dörr Markus           | 1980 | GER | GVG-Laufteam                  | 46:35 | <b>46:39</b> | + 11:52 |
| 29   | 28   | Pütz Johannes         | 2009 | GER | TV Bedburg                    | 46:41 | <b>46:51</b> | + 12:04 |
| 30   | 32   | Krause Robin          | 1993 | GER | Deutschland                   | 46:50 | <b>46:55</b> | + 12:08 |
| 31   | 109  | Luge Felix            | 2004 | GER | Deutschland                   | 46:52 | <b>47:03</b> | + 12:16 |
| 32   | 92   | Kramer Anke           | 1992 | GER | Laufschule Kramer             | 47:02 | <b>47:05</b> | + 12:18 |
| 33   | 292  | Knüver Michael        | 1980 | GER | GVG-Laufteam                  | 47:08 | <b>47:12</b> | + 12:25 |
| 34   | 6    | Pütz Almut            | 1976 | GER | TV Bedburg                    | 47:07 | <b>47:16</b> | + 12:29 |
| 35   | 141  | Juckel Bernd          | 1950 | GER | SG Neukirchen-Hülchrath       | 47:13 | <b>47:22</b> | + 12:35 |
| 36   | 15   | Dieffendahl Holger    | 1982 | GER | Deutschland                   | 47:21 | <b>47:30</b> | + 12:43 |
| 37   | 188  | Dik Christian         | 2000 | GER | Deutschland                   | 47:33 | <b>47:38</b> | + 12:51 |
| 38   | 213  | Großmann Hannah       | 2000 | GER | LG Brillux Münster            | 47:36 | <b>47:39</b> | + 12:52 |
| 39   | 87   | Mundri Daniel         | 1992 | GER | Deutschland                   | 48:05 | <b>48:12</b> | + 13:25 |
| 40   | 166  | Nelles Peter          | 1960 | GER | ASG Eisdorf                   | 48:25 | <b>48:26</b> | + 13:39 |
| 41   | 44   | Schillings Hubert     | 1962 | GER | Deutschland                   | 48:20 | <b>48:31</b> | + 13:44 |
| 42   | 303  | Schuchmann Erwin      | 1960 | GER | GVG-Laufteam                  | 48:36 | <b>48:42</b> | + 13:55 |
| 43   | 49   | Breuer Daniel         | 2002 | GER | TV Bedburg                    | 48:39 | <b>48:48</b> | + 14:01 |
| 44   | 117  | Hanhardt Magnus       | 1979 | GER | Deutschland                   | 48:55 | <b>48:59</b> | + 14:12 |
| 45   | 299  | Schikora Sandra       | 1973 | GER | GVG-Laufteam                  | 49:13 | <b>49:16</b> | + 14:29 |
| 46   | 114  | Odenius Jacques       | 1986 | GER | Sundayrunningclub             | 49:22 | <b>49:26</b> | + 14:39 |
| 47   | 111  | Büttgen Henri         | 2008 | GER | Deutschland                   | 49:25 | <b>49:33</b> | + 14:46 |
| 48   | 300  | Schöneck Frank        | 1964 | GER | GVG-Laufteam                  | 49:32 | <b>49:38</b> | + 14:51 |
| 49   | 172  | Chaki Nassima         | 1985 | GER | TV Bedburg                    | 49:38 | <b>49:44</b> | + 14:57 |
| 50   | 36   | Glasenapp Philipp     | 1993 | GER | Deutschland                   | 49:36 | <b>49:50</b> | + 15:03 |
| 51   | 5199 | Bongen Gerd           | 1975 | GER | SV Germania Dürwiss           | 50:01 | <b>50:05</b> | + 15:18 |
| 52   | 140  | Richter Hannes        | 1990 | GER | Deutschland                   | 50:06 | <b>50:14</b> | + 15:27 |
| 53   | 170  | Wilden Nick           | 1975 | GER | Team Die Kirdorfer Wilden     | 50:14 | <b>50:25</b> | + 15:38 |

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Länge: 10km - Zeitläufe

| Rang | StNr | Name                    | Jg   | Nat | Verein          | Netto   | Leistung | Diff    |
|------|------|-------------------------|------|-----|-----------------|---------|----------|---------|
| 54   | 57   | Luge Nina               | 2002 | GER | Deutschland     | 50:16   | 50:26    | + 15:39 |
| 55   | 309  | van der Linden Heinrich | 1959 | GER | GVG-Laufteam    | 50:25   | 50:29    | + 15:42 |
| 56   | 5192 | Schmitz Sebastian       | 1989 | GER | Deutschland     | 51:13   | 51:21    | + 16:34 |
| 57   | 134  | Falkenberg Sven         | 1988 | GER | Deutschland     | 51:14   | 51:30    | + 16:43 |
| 58   | 133  | Haep Sebastian          | 1991 | GER | Deutschland     | 51:16   | 51:32    | + 16:45 |
| 59   | 97   | Bittner Daniel          | 1987 | GER | Erftverband     | 51:26   | 51:39    | + 16:52 |
| 60   | 108  | Luge Jens               | 1959 | GER | Deutschland     | 51:45   | 51:57    | + 17:10 |
| 61   | 5141 | Esser Heidrun           | 1960 | GER | Deutschland     | 52:08   | 52:12    | + 17:25 |
| 62   | 287  | Holz Gerd               | 1971 | GER | GVG-Laufteam    | 52:07   | 52:23    | + 17:36 |
| 63   | 5228 | Tiedtke Sebastian       | 1987 | GER | Deutschland     | 52:38   | 52:43    | + 17:56 |
| 64   | 5140 | Kleefisch Michael       | 1991 | GER | Piraten AG      | 52:35   | 52:49    | + 18:02 |
| 65   | 101  | Vogel René              | 1987 | GER | Deutschland     | 52:51   | 53:06    | + 18:19 |
| 65   | 181  | Lingott Nicole          | 1986 | GER | Running-Mom     | 52:59   | 53:06    | + 18:19 |
| 65   | 182  | Köhler Christine        | 1987 | GER | Deutschland     | 52:58   | 53:06    | + 18:19 |
| 68   | 219  | Schopen Johannes        | 1965 | GER | Deutschland     | 53:28   | 53:40    | + 18:53 |
| 69   | 30   | Molitor Peter           | 1970 | GER | Deutschland     | 54:12   | 54:19    | + 19:32 |
| 70   | 5200 | Pientka Konstantin      | 1982 | GER | Deutschland     | 54:14   | 54:22    | + 19:35 |
| 71   | 220  | Bose Regina             | 1974 | GER | Deutschland     | 54:30   | 54:34    | + 19:47 |
| 72   | 293  | Krenzlin Sandra         | 1984 | GER | GVG-Laufteam    | 54:42   | 54:46    | + 19:59 |
| 73   | 83   | Heidemann Nadine        | 1979 | GER | Deutschland     | 54:43   | 54:51    | + 20:04 |
| 74   | 116  | Kleinofen Detlef        | 1967 | GER | Deutschland     | 54:45   | 55:02    | + 20:15 |
| 75   | 289  | Janko Anke              | 1971 | GER | GVG-Laufteam    | 55:10   | 55:13    | + 20:26 |
| 76   | 149  | Oberzier Jacqueline     | 1992 | GER | Deutschland     | 55:16   | 55:26    | + 20:39 |
| 77   | 102  | Weingarten Matthias     | 1986 | GER | Deutschland     | 55:45   | 55:55    | + 21:08 |
| 78   | 312  | Wierk Andreas           | 1967 | GER | GVG-Laufteam    | 55:54   | 56:02    | + 21:15 |
| 79   | 151  | Astone Dennis           | 2000 | GER | Deutschland     | 56:08   | 56:17    | + 21:30 |
| 80   | 89   | Stump Holger            | 1984 | GER | Deutschland     | 56:20   | 56:32    | + 21:45 |
| 81   | 31   | Radermacher Michael     | 1965 | GER | Deutschland     | 56:26   | 56:39    | + 21:52 |
| 82   | 19   | Greif Uwe               | 1965 | GER | Dürener TV 1847 | 57:05   | 57:11    | + 22:24 |
| 83   | 61   | Königs Malgorzata       | 1975 | GER | Deutschland     | 57:15   | 57:22    | + 22:35 |
| 84   | 5177 | Eßer Rene               | 1995 | GER | Deutschland     | 57:14   | 57:29    | + 22:42 |
| 85   | 138  | Robertz Hubert          | 1956 | GER | Deutschland     | 57:34   | 57:46    | + 22:59 |
| 86   | 26   | Schuster Patrick        | 1994 | GER | Deutschland     | 57:32   | 57:47    | + 23:00 |
| 87   | 131  | van der Sande Robert    | 1981 | GER | Deutschland     | 57:43   | 57:57    | + 23:10 |
| 88   | 132  | Dachgruber Georg        | 1981 | GER | Deutschland     | 57:49   | 58:04    | + 23:17 |
| 89   | 294  | Krenzlin Wolfram        | 1955 | GER | GVG-Laufteam    | 58:22   | 58:26    | + 23:39 |
| 90   | 221  | Mei Melanie             | 1997 | GER | Deutschland     | 58:41   | 58:52    | + 24:05 |
| 91   | 152  | Winden Carmen           | 1989 | GER | Deutschland     | 58:56   | 59:06    | + 24:19 |
| 91   | 5216 | Böttcher Dirk           | 1979 | GER | GVG-Laufteam    | 58:56   | 59:06    | + 24:19 |
| 93   | 81   | Diedrich Vanessa        | 1993 | GER | Deutschland     | 1:00:42 | 1:00:51  | + 26:04 |
| 94   | 1    | Pegel Hannah            | 2009 | GER | TV Bedburg      | 1:02:12 | 1:02:19  | + 27:32 |
| 95   | 288  | Janko Hans-Jörg         | 1966 | GER | GVG-Laufteam    | 1:02:20 | 1:02:22  | + 27:35 |
| 96   | 105  | Tzscheutschler Andreas  | 1960 | GER | Deutschland     | 1:04:23 | 1:04:36  | + 29:49 |
| 97   | 35   | Schnorrenberg Jasmine   | 1997 | GER | Deutschland     | 1:04:32 | 1:04:37  | + 29:50 |
| 98   | 59   | Rath-Pfeiffer Ines      | 1961 | GER | TV Bedburg      | 1:05:30 | 1:05:40  | + 30:53 |
| 99   | 62   | Pfeiffer Lina           | 1993 | GER | TV Bedburg      | 1:05:30 | 1:05:41  | + 30:54 |
| 100  | 176  | Skopp Gabriele          | 1977 | GER | Deutschland     | 1:06:16 | 1:06:30  | + 31:43 |
| 101  | 291  | Klein Stefanie          | 1972 | GER | GVG-Laufteam    | 1:06:34 | 1:06:48  | + 32:01 |
| 102  | 290  | Klein Uwe               | 1966 | GER | GVG-Laufteam    | 1:06:34 | 1:06:49  | + 32:02 |
| 103  | 301  | Schubert-Wierk Sabine   | 1965 | GER | GVG-Laufteam    | 1:08:42 | 1:08:50  | + 34:03 |
| 104  | 218  | Jung Tobias             | 1994 | GER | Deutschland     | 1:09:06 | 1:09:17  | + 34:30 |
| 105  | 55   | Mak Antonella           | 1985 | GER | Deutschland     | 1:12:29 | 1:12:38  | + 37:51 |
| 106  | 53   | Volmer Gerd             | 1964 | GER | Deutschland     | 1:13:10 | 1:13:16  | + 38:29 |
| 107  | 54   | Volmer Moritz           | 1994 | GER | Deutschland     | 1:13:10 | 1:13:17  | + 38:30 |

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Länge: 10km - Zeitläufe

| Rang | StNr | Name                        | Jg   | Nat | Verein                                        | Netto   | Leistung | Diff    |
|------|------|-----------------------------|------|-----|-----------------------------------------------|---------|----------|---------|
| 108  | 48   | Berk-Schwanenberg<br>Helene | 1958 | GER | BSV Zieverich 1978 e.V.<br>Abt.Jedermannsport | 1:17:56 | 1:18:12  | + 43:25 |
| 109  | 232  | Wahlen Ira                  | 1983 | GER | Deutschland                                   | 1:23:58 | 1:24:10  | + 49:23 |