

## Männer

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)
1	723	Bräutigam Dr. Claus	*Frechen	3:04:00	1	M45	1969	08:33 21:35 21:42 21:26 21:27 21:30 21:37 22:14 23:08
2	715	Schmiade Frank	TSG Grünstadt	3:08:45	1	M40	1970	08:45 21:22 21:49 22:10 22:19 22:28 22:53 23:10 23:29
3	716	Kannapinn Daniel	Selbstläufer SV Altenahr	3:08:56	2	M45	1968	08:33 21:13 21:39 21:31 21:29 22:10 23:15 24:11 24:34
4	782	Hennecke Holger	SSF Bonn Triathlon	3:10:54	1	M50	1964	08:35 21:22 21:57 22:18 22:23 22:31 23:10 23:56 24:24
5	712	Karl Dirk	TSG Grünstadt	3:11:55	3	M45	1968	08:30 20:56 21:24 21:23 21:03 21:11 22:27 26:31 28:11
6	776	Frings Eule	Selbstläufer SV Altenahr	3:14:25	1	M55	1959	08:55 22:02 22:14 22:24 22:47 22:58 23:33 24:15 24:57
7	731	Raatz Marcus	LG Gummersbach	3:15:35	1	M30	1983	09:20 21:59 22:00 22:14 22:22 22:55 23:27 24:55 26:01
8	743	Lössner Ralph	*Duisburg	3:15:36	2	M40	1972	09:46 23:26 23:33 23:29 23:16 23:15 23:04 23:00 22:26
9	781	Schürgers Martin	*Aachen	3:22:16	4	M45	1969	10:04 24:02 24:22 23:56 23:54 23:51 23:54 23:51 24:01
10	751	Pretorius Dirk	GVG-Laufteam	3:23:27	5	M45	1969	09:55 24:04 24:49 24:28 24:01 23:50 23:45 24:01 24:15
11	784	Chittka Jörg		3:24:04	2	M50	1964	09:22 23:31 24:16 23:41 23:34 23:31 23:46 25:24 26:37
12	765	Kroege Mark	Witten	3:24:15	3	M40	1973	09:46 23:31 23:33 23:52 24:40 24:01 25:20 24:42 24:31
13	717	Ollig Arndt	*Leverkusen	3:27:39	6	M45	1965	09:46 23:31 23:33 23:52 24:16 24:25 25:20 27:18 25:17
14	727	Klingen Reinhard	Laufmonster	3:28:31	7	M45	1966	08:53 22:03 22:13 23:00 22:56 24:36 26:07 29:10 29:09
15	726	Krobok Marc	LC Duisburg	3:30:15	4	M40	1971	10:16 24:44 24:43 24:46 26:35 23:57 27:43 23:52 23:20
16	732	Nijsters Ilya	STB	3:30:39	5	M40	1974	10:01 24:52 24:47 24:51 24:51 25:08 25:06 25:14 25:31
17	750	Franke Bouge	GVG-Laufteam	3:31:55	8	M45	1966	09:33 23:10 23:26 23:49 23:44 25:10 30:44 25:24 26:35
18	756	Schmitz Henning	LC Duisburg/ DUV	3:32:55	3	M50	1962	10:29 24:56 22:42 22:22 22:53 24:17 26:29 29:14 29:10
19	769	Lawalata Hady	SV Langendreer 04	3:33:38	9	M45	1968	10:29 25:02 25:36 25:52 25:10 25:00 25:54 25:19 24:57
20	773	Kintzel Marcus	LC Duisburg	3:33:38	10	M45	1969	10:29 25:01 25:36 25:52 25:10 25:00 25:54 25:19 24:56
21	725	Fasel Norbert	LSF Münster	3:35:00	11	M45	1965	12:39 22:57 23:41 24:11 24:31 25:02 26:04 27:55 27:40
22	702	Beffort Marc	*Kraainem	3:35:12	4	M50	1962	10:36 25:22 25:52 25:31 25:44 25:44 25:38 25:26 25:02
23	772	Masermann Dietmar	Koelle	3:39:17	2	M55	1957	10:02 24:51 24:44 25:07 25:31 26:36 26:30 27:21 28:14
24	767	Moitroux Hans-Leo	TV Rommerskirchen	3:45:20	1	M70	1944	11:09 27:09 27:04 26:42 26:46 26:52 26:29 26:22 26:26
25	703	Thies Dirk	*Dormagen	3:49:14	12	M45	1965	10:32 26:08 26:28 26:30 26:52 27:07 27:35 28:39 29:03
26	745	Treptow Thorsten	*Köln	3:49:30	13	M45	1965	11:12 26:04 26:08 25:53 28:27 26:45 27:09 27:35 29:53
27	775	Helmert Michael	DJK Marienstatt	3:49:40	14	M45	1966	10:31 23:56 24:59 25:19 25:23 26:54 29:23 31:47 31:09
28	774	Winkler Uwe	DJK Marienstatt	3:51:18	5	M50	1964	10:33 25:41 26:22 26:16 26:46 27:54 28:42 29:30 29:14
29	777	Saadi Robert	LG Rheinbach	3:51:32	15	M45	1966	10:20 25:23 27:33 26:07 26:40 27:34 28:48 30:01 28:44
30	707	Masada Amame	*40549	3:51:52	6	M40	1970	11:40 26:37 26:38 27:20 27:19 27:35 28:06 28:03 28:10
31	708	HARA YUJI	*Bonn	3:51:53	7	M40	1973	11:40 26:37 26:39 27:20 27:19 27:35 28:06 28:03 28:09
32	759	Dreser Günther	Lt - Ahrweiler	3:54:12	3	M55	1959	10:02 24:50 25:10 25:39 26:44 27:33 29:09 31:54 32:48
33	728	Zurheide Falk	Sagabona Angelbachtal	3:55:27	1	MHK	1993	10:37 26:20 26:29 26:32 27:47 29:17 29:52 30:46 27:31
34	771	Klatt Detlef	Fortuna Opladen	3:56:40	16	M45	1966	10:36 25:58 26:16 26:31 27:13 28:13 29:37 30:57 31:00
35	719	Eible Max	ERGO sports Köln	3:57:01	6	M50	1961	11:23 26:42 25:41 26:41 26:21 28:37 27:36 29:17 34:05
36	742	DR DR KRUELL DR Joey	*Wegberg	3:57:43	17	M45	1968	11:01 26:32 27:21 27:47 28:26 28:56 28:55 29:08 29:17
37	766	Bernath Wolfgang	marathon4you.de	3:59:30	4	M55	1959	11:25 27:55 28:54 29:06 29:38 29:24 28:47 27:52 26:07
38	729	Sanchez Jorge	Brussels	4:01:26	18	M45	1965	12:40 29:43 29:32 27:24 28:40 29:09 29:12 28:40 26:11
39	761	Grondke Rolf	Team Erdinger Alkoholfrei	4:01:54	5	M55	1955	11:09 27:54 28:05 28:02 28:10 28:36 29:02 30:23 30:09
40	763	Kuschel Tom	Team-Erdinger-Alkoholfrei	4:01:54	8	M40	1970	11:09 27:53 28:05 28:02 28:10 28:36 29:02 30:23 30:09
41	730	Melis Giuseppe		4:05:12	19	M45	1966	12:40 29:43 29:32 27:24 28:40 29:09 29:13 28:43 29:45
42	755	Heilers Florian	Laufsportfreunde Lausitz	4:07:33	1	M35	1975	12:15 29:53 30:33 30:06 29:23 29:03 29:09 28:49 28:00
43	768	Gerber Peter	RTB Marathonteam Remscheid	4:07:33	6	M55	1955	12:25 29:42 30:33 30:06 29:23 29:02 29:09 28:49 28:00
44	762	John Dennis	Team Erdinger Alkoholfrei	4:11:45	2	M30	1982	11:50 28:10 28:31 28:53 31:02 34:13 31:14 30:13 27:18
45	747	Metzler Alex	Coolrunners-Germany	4:11:45	3	M30	1980	11:50 28:10 28:31 28:53 31:02 34:13 31:13 30:13 27:19
46	757	Mose Rüdiger	LC Weilerswist	4:12:18	7	M50	1960	11:30 28:03 28:59 29:59 29:42 29:44 31:45 32:04 30:12
47	749	Hofmann Friedhelm	DLR Simmern	4:15:33	20	M45	1965	11:52 28:02 28:35 28:48 29:44 30:09 31:36 32:47 33:32
48	722	Binias Jürgen	LC Duisburg	4:20:39	8	M50	1960	11:10 27:23 27:32 27:43 28:46 30:50 34:16 38:00 34:38
49	770	Ngouah-Ngally Valentin	*Wiehl	4:27:38	9	M50	1963	10:43 25:44 25:59 26:23 28:38 33:57 34:51 38:45 42:07
50	733	Aizawa Tomoyuki	Bonn Oyaji Runners	4:30:15	9	M40	1971	11:40 26:38 26:39 29:01 31:21 32:26 33:56 38:21 39:47
51	780	Ilges Dr. Volkmar	Skinny Bergheim 02	4:43:11	1	M60	1953	12:42 31:24 33:24 34:05 33:16 33:19 33:58 35:36 00:00

# Marathon - Einzelläufer Frauen

## 17. GVG Staffelmaraathon Pulheim - 19. Januar 2014

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)									
1	754	Diawuoh Annabel	KTT 01	3:17:08	1	WHK	1989	09:27	23:00	23:19	23:10	23:46	23:44	23:39	23:24	23:22	
2	783	Nikelowski Renate	LT Köln Esch	3:49:16	1	W45	1965	11:32	27:43	27:38	27:30	27:34	27:15	27:31	26:42	25:32	
3	758	Conrad Kerstin	LG Falkenberg	4:00:08	1	W40	1971	11:08	27:56	28:10	28:00	28:05	28:30	28:34	30:00	29:23	
4	721	Reichenberger Michaela	*Pulheim	4:22:03	2	W45	1968	12:40	30:08	30:57	31:18	31:06	31:37	30:58	31:20	31:33	
5	779	Ilges Vera	Skinny Bergheim 02	4:43:11	3	W45	1967	12:42	31:24	33:23	34:05	33:16	33:19	33:58	35:36	00:00	