

8. Herdecker City-Lauf
TSV 1863 Herdecke e.V.
28. Mai 2011

Ergebnisliste nach Altersklassen sortiert
5.000 m Lauf

| Gesamt- platz | Zeit | Name | Vorname | Verein | Alters- klassen- platz | Alters- klasse | Jahr- gang | Start- nummer |
|------------------|----------|------------------|-------------|--------------------------------|------------------------------|-------------------|---------------|------------------|
| 21 | 00:20:54 | Bombien | Julia | LGO Dortmund | 1 | WJB | 95 | 616 |
| 30 | 00:21:54 | Wohlfahrt | Janine | TSV 1863 Herdecke | 2 | WJB | 95 | 553 |
| 91 | 00:27:57 | Müller | Henrica | TSV-Vorhalle | 3 | WJB | 98 | 116 |
| 94 | 00:28:11 | Matthes | Annika | TSV-Vorhalle | 4 | WJB | 97 | 115 |
| 102 | 00:29:33 | Müller | Lea | TSV-Vorhalle | 5 | WJB | 96 | 215 |
| 120 | 00:35:18 | Pyde | Isa | Dörki | 6 | WJB | 98 | 865 |
| 121 | 00:35:19 | König | Anna Lena | Dörki | 7 | WJB | 98 | 866 |
| 42 | 00:22:55 | Kurth | Mandy | Herdecke | 1 | WJA | 93 | 565 |
| 56 | 00:24:24 | Biermann | Katharina | TSV 1863 Herdecke e.V. | 2 | WJA | 93 | 858 |
| 59 | 00:24:54 | Beba | Natascha | Duisburg | 3 | WJA | 92 | 219 |
| 87 | 00:27:18 | David | Lea | Herdecke | 4 | WJA | 93 | 49 |
| 12 | 00:20:06 | Beba | Sonja | VSG Duisburg | 1 | WHK | 88 | 218 |
| 70 | 00:25:55 | Weißbach | Kira | NIKIWI | 2 | WHK | 90 | 893 |
| 93 | 00:28:06 | Sonnenberg | Kristina | TSV Herdecke | 3 | WHK | 86 | 210 |
| 110 | 00:31:33 | Markus | Eva | Feuerwehr | 4 | WHK | 91 | 576 |
| 105 | 00:29:43 | Altnickel-Winner | Carmen | Run4Fun Oestrich | 1 | W60 | 51 | 877 |
| 75 | 00:26:22 | Herrmann | Sonja | TSV 1863 Herdecke e.V. | 1 | W55 | 56 | 811 |
| 78 | 00:26:34 | Becker | Andrea | TSV Herdecke | 2 | W55 | 55 | 564 |
| 51 | 00:23:41 | Freitag | Eveline | | 1 | W50 | 57 | 673 |
| 92 | 00:28:05 | Niehues | Daniela | Radiergummiliga.de | 2 | W50 | 60 | 59 |
| 106 | 00:30:04 | Seubert | Christiane | PV-Triathlon Witten | 3 | W50 | 58 | 563 |
| 118 | 00:34:04 | Schriever | Andrea | Steuerberatersozietät Veller | 4 | W50 | 61 | 809 |
| 41 | 00:22:48 | Köppern | Antje | E.I.L.E. | 1 | W45 | 65 | 604 |
| 48 | 00:23:25 | Beer-Gärtner | Birgit | Milsper TV | 2 | W45 | 66 | 698 |
| 49 | 00:23:35 | Hoyer | Julia | TUS Breckerfeld | 3 | W45 | 63 | 891 |
| 107 | 00:30:10 | Müller | Heike Petra | 44147 Dortmund | 4 | W45 | 66 | 886 |
| 111 | 00:32:01 | Bleines | Nicole | Herdecke | 5 | W45 | 66 | 819 |
| 112 | 00:32:07 | Wohlfahrt | Christiane | TSV 1863 Herdecke e.V. | 6 | W45 | 64 | 818 |
| 45 | 00:23:06 | Marienberg | Anette | Dortmund | 1 | W40 | 70 | 802 |
| 57 | 00:24:38 | Reuter | Vera | Witten | 2 | W40 | 69 | 77 |
| 108 | 00:30:55 | Kriwett | Daniela | kriwett.net | 3 | W40 | 71 | 180 |
| 123 | 00:35:48 | Duesener | Martina | Werl | 4 | W40 | 70 | 96 |
| 54 | 00:23:56 | Mazurek | Nicole | TUS Scharnhorst | 1 | W35 | 76 | 880 |
| 85 | 00:27:08 | Busse | Simone | TSV Herdecke | 2 | W35 | 73 | 86 |
| 90 | 00:27:55 | Selz | Stefanie | Witten | 3 | W35 | 75 | 109 |
| 103 | 00:29:33 | Koenig | Sandra | TSV-Vorhalle | 4 | W35 | 72 | 214 |
| 116 | 00:33:54 | Bröker | Nancy | Erler-Sportgemeinschaft e.v. | 5 | W35 | 76 | 890 |
| 76 | 00:26:28 | Heier | Natalia | kriwett.net | 1 | W30 | 78 | 581 |
| 82 | 00:26:54 | Knieling | Anke | Herdecke | 2 | W30 | 81 | 45 |
| 84 | 00:27:02 | Ecker | Regine | Feuerwehr | 3 | W30 | 79 | 572 |
| 95 | 00:28:16 | Skirde | Stefanie | TV Eintracht Dortmund-Bodelsch | 4 | W30 | 80 | 702 |
| 100 | 00:29:29 | Krauser-Holtz | Angelika | Triathlon Team Witten | 5 | W30 | 78 | 873 |
| 33 | 00:22:07 | Schultheis | Lennart | Tus Ende | 1 | MJB | 97 | 652 |
| 38 | 00:22:28 | Frenk | Julian | TUS-Ende | 2 | MJB | 96 | 67 |
| 64 | 00:25:11 | Koenig | Lukas | TSV-Vorhalle | 3 | MJB | 99 | 110 |
| 73 | 00:26:02 | Wegner | Simon | Hagen | 4 | MJB | 97 | 884 |
| 119 | 00:34:52 | König | Maximilian | Dörki | 5 | MJB | 0 | 844 |
| 4 | 00:18:30 | Hoyer | Jan | TUS Breckerfeld | 1 | MJA | 93 | 892 |
| 20 | 00:20:50 | Ruhnau | Janis | Herdecke | 2 | MJA | 92 | 871 |
| 26 | 00:21:29 | van Kampen | Benedikt | TuS Ende | 3 | MJA | 92 | 800 |
| 50 | 00:23:39 | Neumann | Simon | RC Westfalen | 4 | MJA | 93 | 584 |
| 55 | 00:24:10 | Kraus | Alexander | kriwett.net | 5 | MJA | 92 | 179 |
| 61 | 00:25:00 | Kriwett | Benedikt | kriwett.net | 6 | MJA | 93 | 181 |
| 80 | 00:26:45 | Lindenbach | Jan Hendrik | kriwett.net | 7 | MJA | 93 | 183 |
| 97 | 00:28:29 | Glitz | Marcel | kriwett.net | 8 | MJA | 92 | 175 |
| 104 | 00:29:42 | Glingener | Jens | Feuerwehr | 9 | MJA | 93 | 573 |
| 115 | 00:33:24 | Schäfer | Christopher | Feuerwehr | 10 | MJA | 92 | 578 |
| 2 | 00:17:36 | Schewalje | Andreas | TUS Breckerfeld | 1 | MHK | 88 | 889 |
| 9 | 00:19:05 | Wolbert | Martin | TUS ENDE | 2 | MHK | 91 | 863 |
| 10 | 00:19:26 | Sarar | Selcuk | kriwett.net | 3 | MHK | 85 | 189 |
| 14 | 00:20:09 | Schäfer | Robin | Team Garfield | 4 | MHK | 89 | 885 |
| 18 | 00:20:44 | Kollmann | Niklas | NIKIWI | 5 | MHK | 90 | 894 |

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| Gesamt- platz | Zeit | Name | Vorname | Verein | Alters- klassen- platz | Alters- klasse | Jahr- gang | Start- nummer |
|------------------|----------|----------------------|-------------------|--------------------------------|------------------------------|-------------------|---------------|------------------|
| 22 | 00:21:01 | Möller | Jan | Feuerwehr | 6 | MHK | 88 | 577 |
| 40 | 00:22:46 | Tillmanns | Michael | Feuerwehr | 7 | MHK | 86 | 579 |
| 43 | 00:22:59 | Brandenstein | Benjamin | Feuerwehr | 8 | MHK | 90 | 570 |
| 47 | 00:23:12 | Pietruschka | Michael | kriwett.net | 9 | MHK | 91 | 705 |
| 58 | 00:24:47 | Franke | Sascha | Bochum | 10 | MHK | 85 | 869 |
| 67 | 00:25:15 | Crämer | Jens Christoph | TuS Wengern 1879 e.V. | 11 | MHK | 86 | 39 |
| 69 | 00:25:33 | Lenz | Sascha | 58313 Herdecke | 12 | MHK | 88 | 882 |
| 83 | 00:26:57 | Kunyashev | Timur | Köln | 13 | MHK | 90 | 557 |
| 88 | 00:27:24 | Kurten | Felix | Team Garfield | 14 | MHK | 88 | 888 |
| 96 | 00:28:16 | Schmidt | Manuel | TV Eintracht Dortmund-Bodelsch | 15 | MHK | 82 | 703 |
| 72 | 00:26:00 | Maaske | Kurt | | 1 | M70 | 39 | 674 |
| 35 | 00:22:20 | Besler | Karl-Heinz | TUS Breckerfeld | 1 | M60 | 50 | 55 |
| 37 | 00:22:26 | Altnickel | Holm | Run4Fun Oestrich | 2 | M60 | 49 | 878 |
| 44 | 00:23:03 | Uebach | Friedrich | Stb. Uebach u. Münch | 3 | M60 | 50 | 160 |
| 71 | 00:25:55 | Pugliese | Michele | LT Brechten | 4 | M60 | 49 | 879 |
| 99 | 00:29:26 | Grawe | Walter | BSG Barmeria Versicherungen | 5 | M60 | 50 | 794 |
| 16 | 00:20:43 | Kandora | Marian | ASV Iserlohn | 1 | M55 | 53 | 881 |
| 17 | 00:20:43 | Mazurek | Jürgen | TUS Scharnhorst | 2 | M55 | 52 | 875 |
| 32 | 00:22:06 | Köppern | Norbert | E.I.L.E. | 3 | M55 | 54 | 605 |
| 98 | 00:28:44 | Schönknecht | Wolfgang | Lauffreff Ende Herdecke | 4 | M55 | 53 | 5 |
| 101 | 00:29:31 | Stücke | Eckhard | Lage | 5 | M55 | 54 | 10 |
| 109 | 00:31:09 | Gilgan | Hans-Guenther | Steuerberaterverband | 6 | M55 | 53 | 40 |
| 113 | 00:32:37 | Kruse | Dietmar | kriwett.net | 7 | M55 | 56 | 182 |
| 114 | 00:32:59 | Friedrich | Klaus | kriwett.net | 8 | M55 | 54 | 174 |
| 25 | 00:21:27 | Eidmann | Volker | PV Triathlon Witten | 1 | M50 | 60 | 556 |
| 31 | 00:22:01 | Grobe | Reinert | Witten | 2 | M50 | 60 | 876 |
| 81 | 00:26:48 | Bock | Klaus | kriwett.net | 3 | M50 | 58 | 173 |
| 6 | 00:18:37 | Baumann | Karl-Heinz | Gevelsberg | 1 | M45 | 64 | 663 |
| 19 | 00:20:46 | Weidenmueller | Uwe | Run for Fun Garath | 2 | M45 | 66 | 862 |
| 24 | 00:21:22 | Armilotta | Samuele | TGH Wetter | 3 | M45 | 66 | 883 |
| 27 | 00:21:32 | Urban | Kai | Just 4 Me | 4 | M45 | 64 | 679 |
| 34 | 00:22:14 | Werner | Karsten | Witten | 5 | M45 | 64 | 78 |
| 36 | 00:22:25 | May | Christoph | Kriwett.net | 6 | M45 | 64 | 887 |
| 46 | 00:23:06 | Müller | Roger | kriwett.net | 7 | M45 | 63 | 185 |
| 53 | 00:23:47 | Stach | Dirk | TTC Holzwickede | 8 | M45 | 65 | 128 |
| 60 | 00:24:59 | Koch | Michael | LG Mülheim-Möhne | 9 | M45 | 65 | 593 |
| 68 | 00:25:16 | Steinke | Uwe | Herdecke | 10 | M45 | 66 | 619 |
| 124 | 00:35:54 | Hahn | Thomas | kriwett.net | 11 | M45 | 66 | 176 |
| 3 | 00:17:37 | Buddenberg | Thomas | LT Bittermark | 1 | M40 | 70 | 641 |
| 5 | 00:18:37 | Schefers | Dirk | Witten | 2 | M40 | 68 | 872 |
| 7 | 00:18:43 | Brauner | Dirk | TUSEM ESSEN | 3 | M40 | 69 | 612 |
| 11 | 00:19:39 | Otte | Carsten | BSG Springorum Bochum | 4 | M40 | 67 | 670 |
| 13 | 00:20:07 | Dante | Christian | BSG Novitas BKK Witten | 5 | M40 | 71 | 798 |
| 15 | 00:20:18 | Eickelmann | Karsten | Hagen | 6 | M40 | 71 | 623 |
| 28 | 00:21:38 | Krieger | Mike | MKE - Dortmund | 7 | M40 | 67 | 597 |
| 39 | 00:22:32 | Kramer | Dirk | Iserlohn | 8 | M40 | 67 | 30 |
| 62 | 00:25:05 | Reif | Stefan | kriwett.net | 9 | M40 | 71 | 188 |
| 63 | 00:25:10 | Winter | Frank | Schwerte | 10 | M40 | 71 | 701 |
| 65 | 00:25:12 | Koenig | Guido | kriwett.net | 11 | M40 | 70 | 177 |
| 74 | 00:26:18 | Busse | Marcus | Herdecke | 12 | M40 | 69 | 87 |
| 86 | 00:27:09 | Koopmann | Holger | kriwett.net | 13 | M40 | 67 | 178 |
| 89 | 00:27:54 | Grummel | Norbert | 58313 Herdecke | 14 | M40 | 71 | 868 |
| 117 | 00:33:59 | Mevissen | Marcus | Hailes faule Hasen | 15 | M40 | 68 | 568 |
| 122 | 00:35:20 | König | Robert | Dörki | 16 | M40 | 69 | 845 |
| 1 | 00:17:12 | Hardenack | Frank | Neuenkleusheim | 1 | M35 | 76 | 672 |
| 23 | 00:21:07 | Bozowicki | Maik | TuS Wengern 1879 e.V. | 2 | M35 | 76 | 16 |
| 29 | 00:21:45 | Prosek | Michael | kriwett.net | 3 | M35 | 76 | 187 |
| 52 | 00:23:46 | Greulich | Benjamin | 58313 Herdecke | 4 | M35 | 75 | 860 |
| 66 | 00:25:14 | Hahn | Tobias | LGO Dortmund | 5 | M35 | 73 | 105 |
| 79 | 00:26:39 | Vetter | Ben | Herdecke | 6 | M35 | 75 | 693 |
| 8 | 00:18:46 | Schmitz | Daniel | PUR-Lintorf | 1 | M30 | 78 | 870 |
| 77 | 00:26:29 | Arndt | Christian | Feuerwehr | 2 | M30 | 80 | 569 |