

Herdecker Laufserie 2010

Platz	Nachname	Vorname	Verein	Klasse	Jg.	Herdecker	Kirchender	Nikolauslauf	Gesamt
1	Strauß	Danny	TSV 1863 Herdecke e.V.	M20	89		00:38:19		00:38:19
1	Niesalla	Michael	Hagen	M30	80	00:44:46	00:40:21		01:25:07
2	Koers	Jürgen	Triathlon-Team Witten	M30	80	00:44:55	00:46:05		01:31:00
3	Krause	Christopher	Triathlon-Team-Witten	M30	76	00:45:20			00:45:20
1	Aepfelbach	Tim	Triathlon-Team-Witten	M35	73	00:40:33	00:38:35		01:19:08
2	Niederhofer	Stefan	TuS Breckerfeld	M35	73	00:44:33	00:44:31		01:29:04
3	Mora	Dirk	powerstarter	M35	72	00:46:40	00:45:55		01:32:35
4	Zeh	Stefan	Hagen	M35	72	00:49:04	00:44:51		01:33:55
5	Reckert	Holger	Triathlon-Team-Witten	M35	72	00:56:17	00:53:13		01:49:30
6	Müller	Andre	TGH Wetter	M35	72	00:34:51			00:34:51
7	Eickelmann	Karsten	Hagen	M35	71		00:41:22		00:41:22
8	Kroege	Mark	Witten	M35	73	00:43:14			00:43:14
9	Sommerstange	Christian	Dortmund	M35	71	00:45:21			00:45:21
10	Ebelt	Marcus	Team Ebelt	M35	75	00:56:44			00:56:44
1	Maggiorelli	Claudio	Bosch Rexroth Witten	M40	67	00:43:21	00:40:57		01:24:18
2	Bischof	Martin	Herdecke	M40	66	00:46:43	00:45:00		01:31:43
3	Bombien	Jörg	TSV 1863 Herdecke	M40	68	00:46:43	00:46:47		01:33:30
4	Heucks	Karsten	ASV Iserlohn	M40	67	00:47:58	00:46:38		01:34:36
5	Ulrich	Markus	Dortmund	M40	68	00:50:06	00:48:04		01:38:10
6	Friedrich	Jochen	Hagen	M40	68	00:50:06	00:49:28		01:39:34
7	Kriwett	Martin R.	kriwett.net	M40	69	00:52:22	00:49:14		01:41:36
8	Lippmann	Michael	Herdecke	M40	68	01:01:07	00:52:59		01:54:06
9	Gaca	Frank	Hasper Fecht-Club	M40	66	01:06:53	01:03:59		02:10:52
10	Steffen	Uwe	SF Ennepetal	M40	68	00:38:50			00:38:50
11	Münter	Ralf	Triathlon-Team-Witten	M40	66	00:44:21			00:44:21
12	Wehrstedt	Markus	Encourager-Stiftung	M40	68	00:44:59			00:44:59
13	Faber	Stephan	Roadrunner Stadtanzeiger Hagen	M40	68	00:45:54			00:45:54
14	da Silva	Paulo	Hattingen	M40	70	00:46:05			00:46:05
15	Engemann	Dirk	Witten-Stockum	M40	67	00:47:51			00:47:51
16	Meiering	Carsten	Ruderclub Herdecke	M40	68	00:48:30			00:48:30
17	da Silva carva	Joaquim	Dortmund	M40	68	00:48:32			00:48:32
18	Bangert	Thomas	SG Dorma	M40	66	00:53:07			00:53:07
19	Nobitschek	Andreas	Hagen	M40	67	00:56:25			00:56:25

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20	Grap	Andreas	TuS Westfalia Hombruch Triathl	M40	67	00:57:33			00:57:33
21	Scholz	Markus	AWD	M40	67	01:03:45			01:03:45
22	Goedecke	Christoph	TV Volmarstein	M40	67	01:04:19			01:04:19
1	Oefler	Michael	Lauf Team Tenne Hagen	M45	63	00:37:29	00:37:14		01:14:43
2	Scaramuzzo	Giuseppe	TGH Wetter	M45	65	00:40:50	00:39:48		01:20:38
3	Weber-Albers	Dr. Joachim	TSV 1860 Hagen	M45	63	00:41:35	00:40:22		01:21:57
4	Maass	Michael	Hasper Fecht-Club	M45	64	00:42:37	00:41:18		01:23:55
5	Kubas	Thorsten	Herdecke	M45	62	00:43:42	00:41:23		01:25:05
6	Wohlfahrt	Detlef	TuS Ende	M45	64	00:45:36	00:44:11		01:29:47
7	Wiecha	Rufin	kriwett.net	M45	65	00:45:21	00:45:49		01:31:10
8	Schadwill	Thomas	TuS Iserlohn	M45	65	00:46:09	00:46:16		01:32:25
9	van der Horst	Uwe	Wetter	M45	64	00:49:32	00:49:00		01:38:32
10	Ebelt	Peter	Wetter	M45	64	01:00:49	00:58:54		01:59:43
11	Asmuth	Dominik	TGH Wetter	M45	64	00:38:49			00:38:49
12	Pannek	Stephan	Herdecke	M45	65		00:40:47		00:40:47
13	Splieth	Thomas	LT Bittermark	M45	61	00:40:48			00:40:48
14	Kontny	Thomas	TSV 1863 Herdecke e.V.	M45	65		00:43:52		00:43:52
15	Ahlert-de	GraatJörg	TSV 1863 Herdecke	M45	64	00:46:27			00:46:27
16	Scheitza	Falko	DJK Preussen Bochum	M45	61	00:46:37			00:46:37
17	Pflichtenhöfer	Hardo	PFLICHTY	M45	63	00:47:12			00:47:12
18	Thobe	Christian	TSV 1860 Hagen	M45	65	00:51:02			00:51:02
19	Strate	Andreas	Triathlon-TEAM-Witten	M45	65	00:52:58			00:52:58
20	Fahle	Karl-Wilhelm	TuS Ende	M45	61	00:54:17			00:54:17
21	Küper	Klaus	Witten	M45	65	00:56:09			00:56:09
1	Ehmsen	Wolfgang	DGA-Dortmund	M50	60	00:40:08	00:38:47		01:18:55
2	Chrobok	Reiner	TGH Wetter	M50	58	00:44:03	00:42:42		01:26:45
3	Czernik	Johann	Wetter	M50	58	00:44:08	00:43:16		01:27:24
4	Karius	Wolfgang	Kanu Club Hagen	M50	60	00:48:52	00:49:46		01:38:38
5	Will	Peter	Funteam Tinum	M50	57	00:56:42	00:52:21		01:49:03
6	Quick	Ulrich	Wetter	M50	59	00:59:04	00:55:12		01:54:16
7	Reding	Hans-Jörg	STC Volmarstein	M50	60	01:00:33	00:57:42		01:58:15
8	Lüle	Rüdiger	PV-Triathlon Witten	M50	58	00:44:57			00:44:57
9	Koolbergen	Ronald	TV Hasperbach	M50	59		00:50:04		00:50:04

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10	Billig	Gerhard	TGH Wetter	M50	58	00:51:11			00:51:11
11	Szarmach	Bernd	Ennepetal	M50	57	00:58:02			00:58:02
1	Steinhauer	Ulrich	Turboschnecken Lüdenscheid	M55	53	00:43:46	00:42:01		01:25:47
2	Richter	Dr. Jürgen	RC Westfalen Herdecke	M55	54	00:50:21	00:47:58		01:38:19
3	Schönknecht	Wolfgang	Lauftreff Ende Herdecke	M55	53	01:01:01	00:59:29		02:00:30
4	Garrido	Roberto	TGH Wetter	M55	53	00:42:28			00:42:28
5	Fiolka	Achim	TGH Wetter	M55	52		00:43:06		00:43:06
6	Hilmer	Reinhold	TV Boevinghausen	M55	52	00:44:00			00:44:00
7	Zöllner	Jörg-Peter	TSV 1863 Herdecke e.V.	M55	51		00:46:10		00:46:10
1	Augustin	Klaus	Triathlon Team Witten	M60	48	00:39:10	00:39:12		01:18:22
2	Erlenhof	Klaus	TuS Breckerfeld	M60	48	00:41:27	00:40:45		01:22:12
3	Schledde	Raimund	LT Bittermark	M60	49	00:45:09	00:42:48		01:27:57
4	Besler	Karl-Heinz	TuS Breckerfeld	M60	50		00:50:15		00:50:15
5	Coßmann	Peter	TGH Wetter	M60	50	00:52:19			00:52:19
6	Domnik	Dietmar	Herdecke	M60	49	00:55:01			00:55:01
1	Kremer	Hans-Peter	Tri-Team Hagen	M65	41	00:48:23	00:50:56		01:39:19
2	Flamme	Heinz-Adolf	Rentner Stadtverwaltung Dortmund	M65	44	00:52:51	00:50:06		01:42:57
3	Niemann	Lothar	PV-Triathlon Witten	M65	45	00:52:23	00:52:26		01:44:49
4	Ernst	Albert	Herdecke	M65	44	00:52:53	00:53:03		01:45:56
5	Huwald	Klaus-Rainer	Vinci-Team Schwerte	M65	41	01:01:58	01:00:02		02:02:00
1	Figge	Fred	LT Hagen-Ernst	M70	39		00:51:28		00:51:28
2	Brahmann	Bruno	PV-Triathlon Witten	M70	36		00:58:17		00:58:17
1	Beecker	Werner	LC-Wuppertal	M75	32	00:48:29	00:50:21		01:38:50
2	Sohnius	Harald	LC Wuppertal	M75	35	01:02:09	01:03:31		02:05:40
3	Janowski	Hubert	Lau-Team Unna	M75	35	01:10:51			01:10:51
1	Quent	Simon	Marathon-Club Menden	MHK	90	00:34:50	00:34:46		01:09:36
2	Becker	Fabian	Aachen	MHK	88	00:39:48	00:39:34		01:19:22
3	Pastor	Till	PV-Triathlon Witten	MHK	84	00:40:55	00:39:04		01:19:59
4	Zöllner	Johannes	TSV 1863 Herdecke	MHK	88	00:41:20	00:41:57		01:23:17
5	Hunold	Maximilian	Hagen	MHK	89	00:46:23	00:42:28		01:28:51
6	Schadwill	Markus	Hagen	MHK	86	00:53:29	00:54:34		01:48:03
7	Hartje	Sebastian	Waltrop	MHK	87	00:44:50			00:44:50
8	Boshoff	Oliver-André	TuS Breckerfeld	MHK	88	00:46:00			00:46:00

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9	Brandenstein	Benjamin	Feuerwehr Herdecke	MHK	90	00:47:21			00:47:21
10	Husberg	Jochen	Feuerwehr Herdecke	MHK	82	00:52:43			00:52:43
1	Biermann	Philipp	TSV 1863 Herdecke	MJA	91	00:37:54			00:37:54
2	Krokowski	Simon	TSV 1863 Herdecke e.V.	MJA	92		00:38:31		00:38:31
1	Becker	Stephan	Herne	MJB	93	00:42:44	00:39:47		01:22:31
2	Brahmann	Tobias	PV Triathlon Witten	MJB	95	00:58:08	00:52:25		01:50:33
3	Hoyer	Jan	TuS Breckerfeld	MJB	93	00:41:54			00:41:54
1	Richter	Judith	RC "Westfalen"	W20	88		00:53:27		00:53:27
1	Asmuth	Sandra	TGH Wetter	W30	77	00:53:28			00:53:28
2	Schmidt	Cloudine	TSV 1863 Herdecke	W30	79	01:07:31			01:07:31
1	Routaboul de Brüchert-Pastor	Laura	PV-Triathlon Witten	W35	75	00:49:57	00:46:59		01:36:56
2	Kirch	Annemarie	LT Bittermark	W35	71	00:50:14			00:50:14
3	Lüder	Rebekka	Feuerwehr Herdecke	W35	75	00:56:38			00:56:38
1	Link-Holtermann	Elke	TuS Breckerfeld	W40	69	00:50:24	00:51:10		01:41:34
2	Sommerstange	Stefanie	Dortmund	W40	69	00:54:38	00:52:25		01:47:03
3	Weinreich	Claudia	Herdecke	W40	66		00:49:20		00:49:20
4	Ersching	Rosalie	SGE Ergste	W40	66	00:56:20			00:56:20
5	Strate	Antje Simone	Triathlon-TEAM-Witten	W40	66	00:57:24			00:57:24
1	Rasche	Monika	TSV 1860 Hagen	W45	63	00:59:15	00:58:51		01:58:06
2	Steinau	Sabine	PV-Triathlon Witten	W45	63	00:51:32			00:51:32
3	Thiem-Müller	Dr. Gabriele	PV-Triathlon Witten	W45	62		00:52:34		00:52:34
1	Sturm	Christine	Kanu Club Hagen	W50	60	00:50:59	00:48:53		01:39:52
2	Stich	Heike	TGH Wetter	W50	56	00:51:05	00:48:57		01:40:02
3	Hildebrandt-Billig	Claudia	TGH Wetter	W50	60	01:00:02	00:59:22		01:59:24
1	Heibing	Anne	PV-Triathlon Witten	W55	54	00:53:06	00:52:17		01:45:23
2	Selbach	Petra	Hasper Fecht-Club	W55	52	01:06:52	01:03:59		02:10:51
3	Braun-Mott	Angelika	LT Hohenlimburg	W55	52		00:56:53		00:56:53
4	Theile	Birgit	TSV 1863 Herdecke	W55	53	00:58:09			00:58:09
1	Heimhardt	Ingrid	TG-Voerde	W65	45	00:57:53	00:56:38		01:54:31
1	Schubert	Melanie	TuS Iserlohn	WHK	82	00:51:07	00:50:49		01:41:56
2	Meyer	Jessica	TV Wattenscheid	WHK	89	00:45:06			00:45:06
1	Will	Janine	TSV 1860 Hagen	WJB	94	00:53:15	00:50:39		01:43:54
2	Will	Elaine	TSV 1860 Hagen	WJB	94	00:53:16	00:50:38		01:43:54