

Herdecker Laufserie 10 km - männlich - 2011

Altersklasse	Platz	Geburtsjahr	Name	Herdecker Citylauf	Kirchender Citylauf	Nikolauslauf	Gesamt
M30	1	1980	Niesalla, Michael	00:42:26		00:40:47	01:23:13
M30	2	1977	Krone, Thorsten	00:45:46		00:46:57	01:32:43
M30	3	1980	Levien, Nils	00:49:51		00:52:28	01:42:19
M30	4	1977	Zacharias, Frank	00:49:42	00:54:54		01:44:36
M35	1	1972	Müller, Ande	00:34:52	00:36:11	00:36:29	01:11:03
M35	2	1976	Hardenack, Frank	00:36:29	00:36:37		01:13:06
M35	3	1972	Reckert, Holger	00:51:42	00:59:04	00:52:09	01:43:51
M35	4	1973	Kroege, Mark	00:39:38			
M35	5	1973	Davutovic, Tomislav	00:44:18			
M35	6	1976	Krause, Michael	00:45:36			
M40	1	1971	Fahrenson, Bernd	00:36:52		00:37:49	01:14:41
M40	2	1967	Grüneberg, Ingo	00:39:19	00:40:31	00:39:01	01:18:20
M40	3	1970	Lein, Thomas	00:39:38	00:40:54	00:39:53	01:19:31
M40	4	1971	Sittig, Carsten	00:40:57	00:46:09	00:39:44	01:20:41
M40	5	1969	Von Holten, Andree	00:41:06	00:43:12	00:40:52	01:21:58
M40	6	1968	Bombien, Jörg	00:43:35		00:41:39	01:25:14
M40	7	1968	Faber, Stephan	00:44:23		00:44:31	01:28:54
M40	8	1968	Dr. Meiering, Carsten		00:50:23	00:45:16	01:35:39
M40	9	1967	Engemann, Dirk	00:48:20		00:47:30	01:35:50
M40	10	1969	Kriwett, Martin	00:48:07	00:57:43	00:47:55	01:36:02
M40	11	1969	Brauckmann, Dirk	00:50:35	00:51:41		01:42:06
M40	12	1968	Friedrich, Jochen	00:53:23	00:55:52		01:49:15
M40	13	1968	Lippmann, Michael	01:00:15	01:08:48	00:59:15	01:59:30
M40	14	1971	Eickelmann, Karsten	00:44:07			
M40	15	1971	Sommerstange, Christian	00:44:14			
M45	1	1964	Asmuth, Dominik	00:38:32	00:40:59		01:19:31
M45	2	1965	Scaramuzzo, Giuseppe	00:40:02		00:39:30	01:19:32
M45	3	1965	Pannek, Stephan	00:40:28	00:41:41	00:39:37	01:20:05
M45	4	1965	Müller, Klaus	00:40:00		00:41:17	01:21:17
M45	5	1965	Kern, Michael	00:40:01	00:45:28	00:41:52	01:21:53
M45	6	1964	Maass, Michael	00:39:56	00:43:34	00:42:01	01:21:57
M45	7	1965	Kubas, Thorsten		00:43:39	00:41:20	01:24:59

Herdecker Laufserie 10 km - männlich - 2011

Altersklasse	Platz	Geburtsjahr	Name	Herdecker Citylauf	Kirchender Citylauf	Nikolauslauf	Gesamt
M45	8	1965	Wiecha, Rufin	00:43:17	00:44:44	00:41:56	01:25:13
M45	9	1964	Ahlert-de Graat, Jörg	00:45:53	00:47:23	00:42:17	01:28:10
M45	10	1962	Drilling, Norbert	00:44:17	00:46:47	00:44:46	01:29:03
M45	11	1966	Bischof, Martin	00:44:16	00:46:47	00:45:26	01:29:42
M45	12	1964	Wohlfahrt, Detlef	00:44:58		00:45:29	01:30:27
M45	13	1965	Lehmkühler, Stefan	00:44:39	00:47:16	00:45:57	01:30:36
M45	14	1965	Hagedorn, Vi Van	00:47:19	00:50:44	00:48:11	01:35:30
M45	15	1964	Van der Horst, Uwe	00:50:56		00:49:08	01:40:04
M45	16	1964	Ebelt, Peter	00:59:37	01:05:45	01:03:47	02:03:24
M45	17	1965	Haarmann, Peter	00:36:41			
M45	18	1962	Kubsch, Dietmar	00:43:24			
M45	19	1965	Nöthe, Jürgen	00:45:55			
M45	20	1963	Pflichtenhöfer, Haro	00:46:04			
M50	1	1960	Ehmsen, Wolfgang	00:38:48		00:38:57	01:17:45
M50	2	1958	Czernik, Johann	00:42:38	00:42:05		01:24:43
M50	3	1958	Chrobok, Reiner	00:42:58	00:43:48	00:45:42	01:26:46
M50	4	1957	Scheschonka, Claus	00:47:06		00:47:09	01:34:15
M50	5	1960	Karius, Wolfgang	00:48:30	00:49:48	00:50:46	01:38:18
M50	6	1960	Böttcher, Steffen	00:50:10	00:50:21	00:51:02	01:40:31
M50	7	1957	Pyde, Dieter	00:52:59		00:50:45	01:43:04
M50	8	1957	Will, Peter	00:51:14	00:56:14	00:53:55	01:45:09
M50	9	1959	Quick, Ulrich		00:58:31	00:56:31	01:55:02
M50	10	1960	Tietz, Joachim	00:40:40			
M50	11	1960	Reding, Hans-Jörg	01:01:35			
M55	1	1956	Lutz, Joachim	00:42:03	00:41:06	00:39:41	01:20:47
M55	2	1953	Garrido, Roberto	00:40:52		00:40:40	01:21:32
M55	3	1952	Fiolka, Achim	00:42:08	00:47:43	00:42:33	01:24:41
M55	4	1954	Polakovs, Horst	00:47:40	00:48:48		01:36:28
M55	5	1955	Schachtschneider, Alfred	00:47:28	00:49:18	00:49:03	01:36:31
M55	6	1955	Tötter, Volker	00:56:48		00:54:33	01:51:21
M55	7	1953	Schönknecht, Wolfgang	01:00:37	01:02:33		02:03:10
M55	8	1952	Pastor, Jobst	00:51:33			

Herdecker Laufserie 10 km - männlich - 2011

Altersklasse	Platz	Geburtsjahr	Name	Herdecker Citylauf	Kirchender Citylauf	Nikolauslauf	Gesamt
M60	1	1951	Zöllner, Jörg-Peter	00:46:50	00:47:32	00:46:51	01:33:41
M60	2	1950	Besler, Karl-Heinz	00:49:31	00:46:46		01:36:17
M60	3	1949	Domnik, Dietmar	00:53:27	01:01:46	00:55:33	01:49:00
M60	4	1949	Lindenlaub, Matthias	00:55:06	00:58:00		01:53:06
M60	5	1947	Lutter, Wilhelm	00:56:47	01:00:56	00:57:38	01:54:25
M65	1	1944	Flamme, Heinz-Adolf	00:48:40	00:50:59	00:49:38	01:38:18
M65	2	1945	Niemann, Lothar	00:50:51	00:55:53	00:54:39	01:45:30
M65	3	1944	Keller, Adolf	00:44:26			
M70	1	1941	Kremer, Hans Peter	00:47:09	00:49:12	00:47:13	01:34:22
M70	2	1941	Huwald, Rainer	01:02:00	01:06:41	01:03:00	02:05:00
M75	1	1932	Beecker, Werner	00:48:02	00:49:56		01:37:58
M75	2	1936	Brahmann, Bruno	00:53:59	01:04:59	00:57:21	01:51:20
MHK	1	1990	Quent, Fabian	00:36:51	00:40:19	00:36:11	01:13:02
MHK	2	1989	Wöhler, Thomas	00:37:20	00:38:12	00:36:17	01:13:37
MHK	3	1988	Zöllner, Johannes	00:39:13		00:38:23	01:17:36
MHK	4	1988	Becker, Fabian	00:40:21		00:38:32	01:18:53
MHK	5	1986	Buss, Florian	00:45:49	00:47:51		01:33:40
MHK	6	1988	Pohl, Manuel	00:46:14	00:51:10		01:37:24
MHK	7	1982	Husberg, Jochen		00:51:26	00:48:23	01:39:49
MHK	8	1990	Bohndorf, Jonas	00:35:14			
MHK	9	1991	Biermann, Philipp	00:37:59			
MHK	10	1988	Boshoff, Oliver	00:39:08			
MHK	11	1984	Pastor, Till	00:47:18			
MJA	1	1992	Krokowski, Simon	00:37:16		00:37:34	01:14:50
MJA	2	1993	Becker, Stephan	00:38:15	00:40:38	00:38:50	01:17:05

Herdecker Laufserie 10 km - weiblich - 2011

Altersklasse	Platz	Geburtsjahr	Name	Herdecker Citylauf	Kirchender Citylauf	Nikolauslauf	Gesamt
W30	1	1979	Buschherm, Jennifer	00:59:30		01:00:20	01:59:50
W30	2	1980	Groth, Julia	01:00:11			
W35	1	1975	Routaboul de Brüchert-Pastor, Lau	00:48:38	00:49:59		01:38:37
W35	2	1974	Thielmann, Maren	00:49:46		00:50:39	01:40:25
W40	1	1968	Doyscher-Lutz, Uta	00:38:39	00:38:22	00:36:37	01:14:59
W40	2	1971	Kirch, Annemarie	00:48:50		00:49:06	01:37:56
W40	3	1967	Rose, Heike		00:51:36	00:48:45	01:40:21
W40	4	1969	Sommerstange-Ulrich,		00:52:46	00:49:35	01:42:21
W40	5	1968	Halbe, Andrea		00:52:39	00:52:07	01:44:46
W40	6	1970	Quick, Susanne	00:52:24	00:55:09	00:53:02	01:45:26
W40	7	1970	Benking, Jacqueline	00:56:23	00:56:27		01:52:50
W40	8	1967	Watson, Aline	00:56:30		00:57:35	01:54:05
W45	1	1966	Weinreich, Claudia	00:46:58	00:49:29	00:47:00	01:33:58
W45	2	1965	Sittig, Uschi	00:56:13	01:05:26	00:55:16	01:51:29
W45	3	1963	Rasche, Monika	00:56:46	00:59:49	00:56:56	01:53:42
W45	4	1963	Steinau, Sabine	00:49:51			
W45	5	1962	Dzieia, Annette	00:55:27			
W45	6	1962	Sensen, Rani	01:00:36			
W45	7	1965	Vom Lehn, Frauke	01:01:15			
W45	8	1966	Lüling, Andrea	01:01:29			
W50	1	1960	Sturm, Christine	00:48:17	00:50:29	00:49:28	01:37:45
W50	2	1960	Hildebrandt-Billig, Claudia		01:01:34	00:58:41	02:00:15
W50	3	1961	Schriever, Andrea	01:14:01	01:12:14	01:05:53	02:18:07
W55	1	1956	Stich, Heike	00:49:06	00:51:29	00:50:17	01:39:23
W55	2	1954	Heibing, Anne	00:53:34	00:54:27	00:53:12	01:46:46
W55	3	1953	Theile, Birgit	00:56:34		00:56:11	01:52:45
W55	4	1952	Braun-Nott, Angelika		00:58:11	00:54:46	01:52:57
W55	5	1955	Becker, Andrea		01:01:45	00:54:08	01:55:53
W65	1	1945	Heimhardt, Ingrid	01:00:10	01:03:45	01:07:19	02:03:55
W65	2	1946	Erdmann, Karin	01:12:00		01:04:45	02:16:45
W70	1	1941	Gross, Helga		00:58:19		
WHK	1	1983	Boshoff, Stephanie	00:59:51			

Herdecker Laufserie 10 km - weiblich - 2011

Altersklasse	Platz	Geburtsjahr	Name	Herdecker Citylauf	Kirchender Citylauf	Nikolauslauf	Gesamt
WJB	1	1994	Will, Janine	00:51:07	00:51:15	00:50:30	01:41:37
WJB	2	1994	Will, Elaine	00:51:24	00:51:14	00:50:34	01:41:48
WJB	3	1995	Treier, Linda	00:54:35	00:57:45		01:52:20