

8. LLG Kevelaer - Marathon 2010

Marathon

10. Januar 2010

Männer

Platz	Startnr.	Name	JG	NAT	Verein/*Ort	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	AK	AK-PI	Pos	Netto	Brutto	km/h
1	1	Kaiser, Michael	64	D	Team belalaSola	24:00	24:11	24:45	25:24	24:00	25:58	28:20	M45	1	1	2:57:47	2:57:49	14,24
2	217	Linke, Falk	81	D	TLV Rangsdorf	24:07	25:01	25:07	25:56	24:07	27:00	27:22	MHK	1	2	3:01:04	3:01:05	13,98
3	231	Kehrbusch, Gerd	67	D	Athletik Waldniel	24:50	25:12	25:52	26:06	24:50	26:18	27:17	M40	1	3	3:01:46	3:01:47	13,93
4	202	Behlau, Markus	81	D	LC Duisburg	27:24	25:36	25:45	25:13	27:24	26:12	27:32	MHK	2	4	3:03:24	3:03:28	13,80
5	316	Piechocki, Michael	73	D	ASV Duisburg	26:26	26:25	26:24	25:51	26:26	26:34	27:23	M35	1	5	3:05:07	3:05:08	13,68
6	352	Engbers, Michael	79	D	Team belalaSola	26:17	25:52	25:53	26:00	26:17	27:03	28:17	M30	1	6	3:05:40	3:05:42	13,64
7	98	Winkler, Ingolf	72	D	TG Neuss	26:40	26:13	26:24	26:35	26:40	26:57	29:01	M35	2	7	3:08:16	3:08:19	13,45
8	888	van Dongen, Werner	59	D	TSV Weeze	26:27	26:25	26:23	26:29	26:27	27:57	31:09	M50	1	8	3:11:56	3:11:58	13,19
9	143	Lautner, Anton	60	D	marathon4you.de	26:25	26:28	26:26	26:15	26:25	28:19	33:13	M50	2	9	3:14:12	3:14:14	13,04
10	535	Domeyer, Thorsten	66	D	Bayer 08 Uerdingen	26:38	26:17	26:55	28:17	26:38	28:34	29:36	M40	2	10	3:14:19	3:14:20	13,03
11	86	Krebber, Theo	60	D	TV Goch	26:26	26:25	26:26	26:38	26:26	29:36	31:24	M50	3	11	3:14:49	3:14:51	12,99
12	80	Schierholz, Jörg	80	D	SV Siegfried Materborn	26:28	26:32	27:00	27:43	26:28	29:14	30:47	M30	2	12	3:15:48	3:15:49	12,93
13	87	Otto, Jan	77	D	Ultra Sport Club Marburg	27:05	27:23	27:54	27:39	27:05	28:40	30:58	M30	3	13	3:17:44	3:17:48	12,80
14	152	Zymelka, Artur	75	D	*Kevelaer	26:47	26:24	26:30	27:34	26:47	30:28	32:12	M35	3	14	3:18:08	3:18:11	12,78
15	513	Tielkes, Berthold	80	D	*Bocholt	28:04	27:50	27:21	27:04	28:04	29:22	31:16	M30	4	15	3:18:56	3:19:00	12,73
16	91	Berndstrotmann, Karl	57	D	Laufftreff Lüdinghausen	26:26	26:36	27:35	28:12	26:26	29:47	31:24	M50	4	16	3:19:02	3:19:04	12,72
17	349	Winkel, Stefan	67	D	LT Turboschnecken Issum	27:44	28:12	28:02	28:19	27:44	29:13	29:09	M40	3	17	3:19:23	3:19:28	12,70
18	27	Schax, Manfred	66	D	SV Viktoria Winnekendonk	27:35	27:37	27:29	28:17	27:35	29:33	32:24	M40	4	18	3:21:39	3:21:44	12,55
19	553	Vogt, Wolfgang	59	D	Feuerwehr SV Düsseldorf	29:39	29:04	28:52	28:33	29:39	28:31	29:05	M50	5	19	3:22:01	3:22:06	12,53
20	539	Marx, Thomas	72	D	*Burscheid	27:45	27:53	28:20	28:20	27:45	29:11	33:06	M35	4	20	3:23:19	3:23:21	12,45
21	47	Klump, Guido	77	D	Team belalaSola	28:06	28:34	28:43	28:47	28:06	29:11	31:00	M30	5	21	3:23:45	3:23:46	12,43
22	19	Rannacher, Karsten	64	D	DJK Gütersloh	26:28	26:36	27:48	28:52	26:28	32:32	34:44	M45	2	22	3:27:18	3:27:32	12,21
23	541	Kainz, Felix	60	D	*Berlin	29:46	29:21	29:46	29:10	29:46	29:54	30:58	M50	6	23	3:28:12	3:28:16	12,16
24	547	Menzel, Udo	61	D	LG Emsdetten	27:42	28:12	28:56	29:59	27:42	30:48	33:26	M45	3	24	3:28:35	3:28:40	12,14
25	260	Fischer, Markus	67	D	Tempo Colonia	29:19	28:42	28:50	30:39	29:19	30:47	31:15	M40	5	25	3:29:23	3:29:29	12,09
27	63	Apelmeier, Markus	69	D	SUS Schalke 96	28:57	28:07	28:58	29:40	28:57	31:22	32:16	M40	7	28	3:29:51	3:29:57	12,06
26	85	Brathe, Georg	70	D	Spiridon Haltern	30:13	30:11	29:57	29:48	30:13	29:40	30:36	M40	6	26	3:29:49	3:30:00	12,07
28	77	Janßen, Heinz	55	D	SV Siegfried Materborn	30:11	29:33	29:35	29:36	30:11	30:34	32:25	M55	1	30	3:31:50	3:31:57	11,95
29	529	Heißing, Peter	66	D	SuS Grün-Weiß Kalkar	30:26	29:16	28:32	28:53	30:26	31:40	35:21	M40	8	31	3:33:49	3:34:13	11,84
30	120	Luther, Mario	61	D	Delta-Ultra-ML	27:54	28:08	30:42	29:58	27:54	32:29	33:49	M45	4	32	3:34:29	3:34:30	11,80
32	159	Oesterheld, Frank	64	D	Feuerwehr SV Düsseldorf	29:35	29:59	30:40	30:45	29:35	31:08	31:36	M45	5	34	3:34:38	3:34:46	11,80
31	524	Schmidt, Werner	51	D	LC Duisburg	30:28	30:18	30:22	30:20	30:28	30:41	31:36	M55	2	33	3:34:35	3:34:49	11,80
33	515	Krüger, Peter	71	D	*Wermelskirchen	27:51	28:06	28:01	28:24	27:51	33:06	39:07	M35	5	35	3:34:49	3:34:52	11,78
35	336	Haaser, Matthias	66	D	TV Witzhelden	32:03	32:36	33:00	32:31	32:03	28:36	29:22	M40	9	37	3:35:25	3:35:36	11,75

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34	234	Scharrenberg, Ulrich	48	D	ASV-LT Kemperdick	32:00	30:46	30:08	29:58	32:00	30:50	30:53	M60	1	36	3:35:04	3:35:44	11,77
36	90	Krott, Christoph	61	D	SV Viktoria Goch	32:08	31:20	30:42	29:48	32:08	30:09	32:02	M45	6	39	3:35:55	3:36:02	11,72
37	51	Thockok, Laurenz	57	D	SV 19 Straelen	28:41	29:06	29:16	30:01	28:41	32:51	36:15	M50	7	40	3:36:52	3:36:59	11,67
38	82	Gierling, Volker	66	D	LT TuRa Brüggen	28:45	29:06	29:27	30:24	28:45	33:17	34:54	M40	10	41	3:37:53	3:37:55	11,62
39	81	Wallbaum, Heiner	68	D	Spiridon Haltern	30:13	30:11	29:57	29:48	30:13	32:14	35:38	M40	11	42	3:38:21	3:38:31	11,59
40	181	Niedergesäß, Frank	60	D	LC Duisburg	34:03	32:16	31:56	30:58	34:03	32:09	30:42	M50	8	43	3:39:06	3:39:36	11,55
41	537	Kruse, Jochen	66	D	LT Hemsbach	31:13	29:07	30:00	30:02	31:13	33:42	34:52	M40	12	44	3:40:05	3:40:19	11,50
42	328	Pitz, Markus	69	D	TV Jahn Bad Driburg	32:24	31:35	31:12	30:23	32:24	31:11	32:53	M40	13	45	3:40:25	3:40:34	11,49
43	56	Federle, Raimund	60	D	Team belalaSola	28:06	28:35	28:44	28:49	28:06	34:26	43:03	M50	9	47	3:41:48	3:41:50	11,41
45	387	Sachs, Dr. Ralph	59	D	SV Viktoria Winnekendonk	30:54	31:03	30:58	30:47	30:54	32:46	34:36	M50	10	49	3:42:33	3:42:38	11,38
44	364	Mulder, Thomas	67	D	*Köln	32:08	31:06	30:41	29:48	32:08	31:53	36:06	M40	14	48	3:42:18	3:42:41	11,39
46	372	Bürger, Olaf	68	D	BSG Kreissparkasse Heinsberg	32:57	31:02	31:47	31:14	32:57	32:30	31:34	M40	15	50	3:42:49	3:42:57	11,36
47	174	van de Sand, Robert	89	D	SSV Lüttingen	31:48	32:07	31:12	30:25	31:48	32:04	34:23	MHK	3	51	3:42:56	3:43:01	11,36
48	518	Wolfgramm, Klaus	57	D	RC Endspurt	30:50	30:38	31:03	31:02	30:50	34:29	34:08	M50	11	53	3:44:03	3:44:10	11,30
49	294	Eltling, Ludger	58	D	SV Haldern	30:31	29:48	30:19	31:02	30:31	33:36	36:13	M50	12	54	3:44:16	3:44:27	11,29
51	220	Wallesch, René	72	D	100 Marathon Club	30:24	30:25	30:32	30:51	30:24	32:42	37:59	M35	6	56	3:44:34	3:44:50	11,27
50	263	Tramp, Ralf	58	D	SV Viktoria Goch	32:08	31:02	30:42	30:47	32:08	31:56	34:56	M50	13	55	3:44:32	3:44:58	11,28
53	546	Lange, Bodo	41	D	SV Beeckerwerth	29:23	29:31	30:24	31:08	29:23	33:22	38:44	M65	1	58	3:45:15	3:45:18	11,24
52	109	Elbers, Jörg	75	D	TV Goch	32:13	30:22	29:45	30:18	32:13	34:15	36:37	M35	7	57	3:45:08	3:45:21	11,25
54	16	Büchter, Martin	60	D	Troisdorfer LG M.U.T.	32:13	31:43	30:46	31:13	32:13	33:01	34:32	M50	14	59	3:45:22	3:45:37	11,23
55	363	Wilner, Willi	60	D	Laufftreff Lüdinghausen	32:09	31:10	32:57	32:18	32:09	32:28	32:04	M50	15	60	3:45:38	3:45:41	11,22
56	223	Kolodzey, Rainer	58	D	LG Alpen	32:56	33:40	33:34	33:21	32:56	30:20	30:08	M50	16	61	3:45:39	3:45:47	11,22
59	536	Kühnen, Johannes	59	D	TSV Weeze	29:38	30:05	29:51	30:33	29:38	33:16	40:55	M50	17	64	3:45:53	3:45:54	11,21
57	165	Schäfer, David	87	D	Troisdorfer LG M.U.T.	32:54	31:30	31:51	32:07	32:54	32:20	32:21	MHK	4	62	3:45:39	3:45:56	11,22
58	340	Grohmann, Volker	67	D	Troisdorfer LG M.U.T.	32:55	32:22	31:40	31:42	32:55	32:19	32:26	M40	16	63	3:45:44	3:46:01	11,21
61	167	Geiger, Matthias	60	D	NiersRunners Wachtendonk	32:34	32:30	32:12	32:38	32:34	32:13	32:01	M50	18	66	3:46:03	3:46:11	11,20
60	146	Steiner, Daniel	61	CH	marathon4you.de	31:27	30:33	30:24	31:14	31:27	34:40	34:57	M45	7	65	3:45:55	3:46:15	11,21
64	70	Plitt, Carsten	66	D	LC Duisburg	32:05	31:46	32:09	31:48	32:05	32:44	34:01	M40	17	69	3:46:17	3:46:30	11,19
63	393	Querdel, Christoph	75	D	BTC Herne	32:57	32:16	32:08	31:53	32:57	32:08	32:10	M35	9	68	3:46:14	3:46:40	11,19
62	395	Derbort, Marcus	74	D	BTC Herne	32:56	32:16	32:07	31:52	32:56	32:08	32:11	M35	8	67	3:46:13	3:46:41	11,19
65	240	Pretorius, Dirk	69	D	LG Donatus Erftstadt	33:16	32:48	31:57	31:28	33:16	32:10	32:10	M40	18	70	3:46:31	3:46:41	11,18
66	252	Hellermann, Jürgen	63	D	marathonteam-online	29:29	29:45	30:33	31:15	29:29	35:52	36:42	M45	8	71	3:46:59	3:47:01	11,15
68	3	Peters, Josef	58	D	KSV-LWT Kevelaer	29:13	29:05	29:06	29:46	29:13	38:23	38:41	M50	19	73	3:47:37	3:47:42	11,12
67	6	Schmidt, Rainer	66	D	LT Krefeld-Oppum	33:29	32:25	33:04	31:54	33:29	32:22	32:28	M40	19	72	3:47:33	3:47:45	11,13

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69	204	Heisig, Jörg	69	D	LC Duisburg	34:05	32:19	32:01	32:14	34:05	32:37	31:39	M40	20	74	3:47:46	3:48:16	11,11
70	244	Beupoil, Thomas	60	D	SV Viktoria Goch	32:35	31:52	31:35	32:05	32:35	32:38	36:19	M50	20	76	3:48:58	3:49:24	11,06
71	79	Brendler, Dirk	69	D	Beimer-Team	32:03	30:31	30:17	30:46	32:03	35:06	38:50	M40	21	77	3:49:22	3:49:39	11,04
74	132	Schneiders, Ralf	67	D	Lauffreunde HADI Wesel	29:39	30:02	30:41	31:52	29:39	35:53	39:32	M40	23	80	3:50:19	3:50:22	10,99
73	531	deKruiff, Johannes	54	NL	LC Duisburg	34:04	32:17	32:01	32:18	34:04	32:36	33:48	M55	3	79	3:49:53	3:50:23	11,01
72	177	Göktan, Erhan	69	D	LC Duisburg	34:04	32:16	32:04	32:15	34:04	32:37	33:47	M40	22	78	3:49:52	3:50:23	11,01
75	295	Spanier, Volker	59	D	KatholischeLaufjugendArnstadt	33:14	31:50	31:57	31:43	33:14	33:07	36:31	M50	21	81	3:50:44	3:50:56	10,97
77	304	Buchholz, Marcel	78	D	Marathon Rheinberg	28:05	28:37	29:31	31:56	28:05	38:17	38:19	M30	6	83	3:50:58	3:51:03	10,96
76	505	Peters, Axel	59	D	Viersener TV	33:44	32:58	32:08	32:33	33:44	33:08	34:11	M50	22	82	3:50:52	3:51:10	10,97
79	42	Heinz, Peter	59	D	VfL Bergheide	31:16	31:21	32:37	32:53	31:16	34:10	36:03	M50	23	85	3:51:56	3:52:00	10,92
78	95	Jansen, Josef	47	D	SV Viktoria Goch	32:07	31:04	31:22	31:29	32:07	34:42	38:02	M60	2	84	3:51:45	3:52:10	10,92
80	319	Wilmsen, Andreas	86	D	*Köln-Rodenkirchen	34:18	33:02	33:35	33:14	34:18	31:59	35:01	MHK	5	86	3:52:11	3:52:29	10,90
81	228	Eicher, Horst	54	D	LT Ultra-Heinis	33:03	31:06	30:48	30:43	33:03	34:09	40:49	M55	4	87	3:52:23	3:52:37	10,89
82	128	Unterberg, Reiner	56	D	LG Alpen	32:51	33:45	33:32	33:25	32:51	32:53	33:38	M50	24	88	3:52:40	3:52:47	10,88
83	520	Halder, Roland	70	D	TPSK-Triathlon	34:04	33:13	33:11	33:21	34:04	33:05	32:15	M40	24	89	3:52:51	3:53:13	10,87
86	290	Schütte, Franz-Josef	53	D	Laufftreff Lüdinghausen	32:06	31:55	32:16	32:18	32:06	34:36	36:51	M55	5	92	3:53:22	3:53:26	10,85
84	175	von Uleniecki, Alexander	68	D	LLG Mauerweg Berlin	35:14	34:47	33:12	33:45	35:14	31:45	31:02	M40	25	90	3:53:14	3:53:32	10,85
85	158	Boers, Karl-Heinz	65	D	*Emmerich am Rhein	32:47	32:19	32:08	32:39	32:47	34:27	36:51	M45	9	91	3:53:20	3:53:33	10,85
87	394	Minzenmay, Daniel	73	D	*Dinslaken	32:58	32:16	32:09	31:53	32:58	35:09	36:12	M35	10	93	3:53:32	3:53:58	10,84
88	24	Diekow, Arne	75	D	Deutscher Sportclub Düsseldorf	32:54	31:27	31:32	31:48	32:54	35:52	37:41	M35	11	94	3:53:40	3:53:59	10,83
89	52	Perbix, Jörg	69	D	LC Duisburg	34:06	32:22	32:51	33:09	34:06	33:42	34:32	M40	26	95	3:54:02	3:54:32	10,82
91	134	Fohrmann, Reinhard	69	D	Laufftreff Lüdinghausen	32:09	31:55	32:13	32:26	32:09	35:27	36:37	M40	27	97	3:54:37	3:54:40	10,79
90	199	Schäfers, Gottfried	38	D	LSF Münster	32:37	32:36	32:26	31:53	32:37	35:21	36:44	M70	1	96	3:54:36	3:54:45	10,79
92	211	Winkelmann, Sven	72	D	LG Donatus Erfstadt	33:17	32:53	33:05	32:46	33:17	35:01	33:31	M35	12	98	3:54:41	3:54:51	10,79
94	149	Ulmer, Olaf	72	D	marathon4you.de	32:54	32:23	32:15	32:25	32:54	34:37	37:11	M35	13	100	3:54:58	3:55:10	10,77
93	59	Schmidt-Soltau, Peer	81	D	www.spassamlafen.de	33:11	33:09	32:58	33:05	33:11	34:13	34:23	MHK	6	99	3:54:53	3:55:20	10,78
95	62	Thamm, Wolfgang	46	D	SUS Schalke 96	34:18	33:09	33:15	33:21	34:18	32:58	33:52	M60	3	101	3:55:18	3:55:24	10,76
97	23	Mai, Christian	65	D	SV Haldern	32:45	33:09	32:53	33:21	32:45	34:19	35:11	M45	11	104	3:55:31	3:55:41	10,75
96	370	van Holt, Ludger	62	D	SLS	33:10	33:11	32:58	33:05	33:10	34:13	34:51	M45	10	103	3:55:21	3:55:49	10,76
98	266	Schwidder, Harald	64	D	*Heinsberg	32:03	31:44	31:54	32:12	32:03	35:57	38:09	M45	12	107	3:55:49	3:56:01	10,74
99	93	Brudereck, Martin	66	D	*Bedburg-Hau	33:13	32:30	32:43	33:26	33:13	34:22	35:49	M40	28	109	3:55:52	3:56:15	10,73
100	251	Kleinmann, Klaus	60	D	SuS Grün-Weiß Kalkar	33:01	32:49	33:01	32:51	33:01	35:00	35:26	M50	25	110	3:55:52	3:56:16	10,73
101	151	Bernath, Wolfgang	59	D	marathon4you.de	33:56	34:18	33:47	33:24	33:56	33:08	34:34	M50	26	112	3:56:09	3:56:19	10,72
102	366	Grafen, Denis	69	D	LT TuRa Brüggen	32:23	33:01	33:28	33:15	32:23	35:08	34:45	M40	29	113	3:56:27	3:56:33	10,71

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103	26	Peretti, David	65	D	TNS Frankfurt	34:35	33:21	33:56	32:57	34:35	33:57	33:45	M45	13	114	3:56:33	3:57:14	10,70
104	171	Bebeniss, Christoph	64	D	LG Donatus Erftstadt	33:17	32:53	33:04	32:46	33:17	35:02	36:11	M45	14	115	3:57:23	3:57:33	10,66
105	106	Altena, Michael	69	D	LC Duisburg	34:07	32:14	31:56	31:44	34:07	34:28	41:03	M40	30	116	3:57:27	3:57:55	10,66
106	22	Flach, Torsten	64	D	ASV-LT Kemperdick	34:37	33:25	33:28	33:17	34:37	33:56	36:02	M45	15	117	3:57:49	3:58:29	10,65
107	13	Wendt, Marco	69	D	TTR 08 Ratingen	30:28	31:35	31:02	31:47	30:28	38:25	42:08	M40	31	118	3:58:45	3:58:48	10,60
108	301	Ebbert, Norbert	59	D	LT Sinosports Edertal	35:14	34:46	33:12	33:46	35:14	32:32	35:57	M50	27	119	3:58:57	3:59:15	10,59
109	75	Willems, André	67	D	Troisdorfer LG M.U.T.	32:55	31:29	31:25	34:19	32:55	36:52	36:23	M40	32	120	3:59:21	3:59:37	10,58
111	201	Thockok, Johannes	63	D	SV 19 Straelen	32:33	32:31	32:11	32:40	32:33	36:23	39:03	M45	16	122	3:59:56	4:00:04	10,55
112	205	Kriwet, Elmar J.	65	D	*Köln	34:27	34:20	34:20	34:13	34:27	33:51	35:07	M45	17	124	4:00:00	4:00:12	10,55
110	302	Hengstermann, Christoph	59	D	SV Haldern	33:21	33:34	32:55	33:22	33:21	34:17	38:52	M50	28	121	3:59:55	4:00:17	10,55
114	36	Vater, Roland	60	D	DAV Köln	33:59	33:52	33:48	34:12	33:59	34:15	35:14	M50	29	126	4:00:10	4:00:29	10,54
115	534	Hagel, Thomas	63	D	DJK Gillrath	33:59	33:52	33:48	34:12	33:59	34:14	35:17	M45	18	127	4:00:13	4:00:32	10,54
113	78	Weiss, Stefan	71	D	LC Duisburg	32:57	32:17	32:08	31:51	32:57	35:41	42:18	M35	14	125	4:00:08	4:00:36	10,54
117	88	Wehran, Frank	68	D	LAV Oberhausen	33:28	34:04	34:16	34:49	33:28	35:39	36:38	M40	33	129	4:04:23	4:04:29	10,36
116	32	Jung, Winfried	62	D	SC Rotenstein	34:36	34:02	34:10	33:50	34:36	35:40	36:55	M45	19	128	4:04:14	4:04:47	10,37
118	135	Scholz, Wolfgang	56	D	LT TuRa Brüggen	32:25	33:01	33:31	34:28	32:25	37:43	37:39	M50	30	131	4:05:03	4:05:09	10,33
119	303	Essing, Johannes	57	D	SV Biemenhorst	33:37	32:59	33:07	33:22	33:37	36:41	39:53	M50	31	132	4:05:09	4:05:36	10,33
120	40	Wenzel, Dr. Christoph	60	D	VfB Fallersleben	34:41	35:02	34:48	35:02	34:41	34:52	36:13	M50	32	133	4:05:36	4:05:42	10,31
121	67	Semmelroth, Gerno	68	D	Team Erdinger Alkoholfrei	35:16	36:08	34:56	35:27	35:16	35:03	34:30	M40	34	134	4:05:48	4:06:05	10,30
122	190	Meyer, Hans-Joachim	39	D	100 Marathon Club	34:56	34:43	34:40	34:07	34:56	35:39	37:25	M70	2	135	4:06:48	4:06:52	10,26
123	291	Ruppert, Ralf	65	D	LG Oelde/Wadersloh	31:42	32:25	32:39	32:51	31:42	39:56	41:45	M45	20	137	4:07:52	4:07:55	10,21
125	333	Krull, Dr. Jo	65	D	LT TuRa Brüggen	34:24	32:37	33:27	33:42	34:24	36:31	40:37	M45	22	139	4:07:59	4:08:07	10,21
124	206	Riedel, Roland	63	D	Adler-Langlauf Bottrop	34:05	34:38	35:34	34:56	34:05	35:30	37:52	M45	21	138	4:07:56	4:08:11	10,21
126	73	Haase, Falko	69	D	*Hamburg	32:08	31:30	31:49	32:54	32:08	48:44	36:39	M40	35	140	4:08:10	4:08:14	10,20
127	125	Tomaschewski, Ulrich	54	D	100 Marathon Club	35:01	34:51	35:57	33:56	35:01	33:31	37:08	M55	6	141	4:08:11	4:08:16	10,20
128	180	Aben, Leo	54	D	*Geldern	35:50	38:54	34:22	35:18	35:50	34:41	34:21	M55	7	142	4:08:16	4:08:35	10,20
129	379	Buchholz, Horst	54	D	SV Beeckerwerth	33:26	34:24	34:10	35:00	33:26	38:02	41:09	M55	8	145	4:12:37	4:12:46	10,02
130	380	Gudenkauf, Alwin	50	D	SV Beeckerwerth	33:26	34:06	34:28	35:00	33:26	38:05	41:08	M60	4	146	4:12:38	4:12:46	10,02
131	247	Lorenz, Michael	58	D	TV Huchem Stammeln	35:39	36:29	35:04	36:11	35:39	36:10	37:03	M50	33	147	4:13:09	4:13:33	10,00
132	543	Klauke, Helmut	58	D	TV Flerke	35:28	36:12	35:36	36:03	35:28	37:21	37:11	M50	34	148	4:13:52	4:14:10	9,97
133	248	Henke, Dr. Volkmar	44	D	100 Marathon Club	33:35	34:11	34:04	34:11	33:35	37:44	45:27	M65	2	149	4:14:25	4:14:29	9,95
135	511	Barkman, Raymond	64	NL	*Rotterdam	38:30	34:46	35:35	35:14	38:30	36:06	40:05	M45	24	151	4:15:14	4:15:26	9,92
136	371	Schmitz, Arno	58	D	Sartorius Aachen	33:19	33:35	33:40	34:50	33:19	40:05	42:46	M50	35	152	4:15:14	4:15:43	9,92
134	102	Ludden, Peter	62	D	Gerscheder SV Essen	36:07	36:23	36:12	35:32	36:07	36:10	39:14	M45	23	150	4:15:10	4:15:45	9,92

8. LLG Kevelaer - Marathon 2010

Marathon

10. Januar 2010

Männer

Platz	Startnr.	Name	JG	NAT	Verein/*Ort	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	AK	AK-PI	Pos	Netto	Brutto	km/h
137	272	Aschenbrenner, Marcus	73	D	LT Grend	34:32	33:18	33:23	33:31	34:32	40:45	44:09	M35	15	154	4:15:47	4:16:28	9,90
138	41	Löhr, Stefan	70	D	*Bonn	33:10	33:08	33:27	36:37	33:10	39:39	42:23	M40	36	155	4:16:18	4:16:31	9,88
139	277	Köhnemann, Stephan	79	D	Rechtsmedizin Münster	33:02	33:06	33:33	34:20	33:02	43:05	42:37	M30	7	156	4:16:23	4:16:43	9,87
141	148	Kelbel, Joe	64	D	marathon4you.de	33:14	35:02	35:05	36:40	33:14	38:49	40:01	M45	26	158	4:16:51	4:16:54	9,86
140	55	Kerkow, Detlev	63	D	LT-Düsseldorf-Süd	36:19	39:11	28:50	32:19	36:19	33:18	53:21	M45	25	157	4:16:46	4:16:54	9,86
142	373	Schlütermann, Christoph	63	D	Laufftreff Lüdinghausen	32:06	31:55	32:13	32:28	32:06	46:13	44:27	M45	27	159	4:17:02	4:17:05	9,85
143	150	Kerkenbusch, Werner	47	D	marathon4you.de	34:11	35:27	35:37	36:34	34:11	38:24	40:00	M60	5	160	4:17:47	4:17:51	9,82
144	522	Ickert, Peter	61	D	Röntgen Sport Club Remscheid	34:44	37:42	36:16	36:06	34:44	37:33	38:59	M45	28	161	4:18:02	4:18:32	9,81
145	549	Schranz, Jörg	65	D	Borbecker Raketen Essen	35:03	35:40	35:39	35:46	35:03	38:29	40:25	M45	29	163	4:18:39	4:18:47	9,79
146	137	Binias, Jürgen	60	D	LC Duisburg	34:26	34:11	34:30	34:37	34:26	39:06	45:43	M50	36	164	4:19:03	4:19:17	9,77
147	71	Verweyen, Jan	52	D	SuS Grün-Weiß Kalkar	34:36	37:59	36:14	36:45	34:36	37:07	39:53	M55	9	165	4:19:59	4:20:25	9,74
148	365	Wisse, Daniel	75	D	*Issum	34:00	33:08	35:36	39:02	34:00	38:59	40:21	M35	16	166	4:20:27	4:20:59	9,72
149	523	Billion, Norbert	60	D	Die legendären Wettkampfschone	33:10	33:45	34:42	36:54	33:10	40:26	43:30	M50	37	168	4:21:23	4:21:36	9,69
150	188	Jasperneite, Horst	53	D	LG Oelde/Wadersloh	35:51	35:41	35:41	35:39	35:51	39:18	43:00	M55	10	169	4:21:38	4:21:57	9,68
151	31	Rump, Eckhard	64	D	LG Oelde/Wadersloh	34:19	33:58	35:11	36:49	34:19	39:48	43:00	M45	30	170	4:21:39	4:21:58	9,68
154	145	Manhard, Bernhard	57	D	marathon4you.de	33:59	34:40	34:57	35:52	33:59	39:50	46:55	M50	38	176	4:24:05	4:24:09	9,59
152	368	Baldo, Walter	49	D	LT Krefeld-Oppum	38:58	37:34	35:33	35:05	38:58	37:32	42:28	M60	6	173	4:23:52	4:24:21	9,59
153	367	Jüchter, Birger	72	D	Team Erdinger Alkoholfrei	37:56	37:20	37:53	37:52	37:56	38:32	35:35	M35	17	174	4:23:57	4:24:36	9,59
155	130	Kremers, Heinz-Josef	49	D	Athletik Waldniel	36:27	35:54	35:46	36:12	36:27	41:38	40:40	M60	7	177	4:24:15	4:24:51	9,58
156	207	Hartmann, André	66	D	LC Duisburg	36:06	36:24	36:12	35:41	36:06	39:01	44:07	M40	37	179	4:24:57	4:25:32	9,55
157	18	Hechler, Michael	64	D	LT Lustige Schleicher Essen	34:10	34:22	35:17	35:56	34:10	41:47	46:24	M45	31	182	4:26:36	4:26:58	9,50
158	49	Meisterling-Riecks, Bernd	58	D	LG Mönchengladbach	35:42	36:36	36:11	36:10	35:42	40:32	42:19	M50	39	184	4:26:54	4:27:06	9,49
159	76	Hinkel, Friedrich	40	D	TV Lemberg	33:27	34:19	36:13	39:26	33:27	41:03	41:20	M70	3	185	4:27:18	4:27:25	9,47
161	275	Voetmann, Manfred	60	D	SuS Grün-Weiß Kalkar	35:05	36:05	35:55	36:19	35:05	42:08	42:54	M50	40	187	4:27:31	4:27:54	9,46
160	216	Lindlar, Wolfgang	63	D	SuS Grün-Weiß Kalkar	35:04	36:06	35:54	36:21	35:04	42:09	42:54	M45	32	186	4:27:31	4:27:55	9,46
164	45	Mintgen, Dietmar	54	D	100 Marathon Club	35:02	35:12	36:10	36:47	35:02	42:47	45:46	M55	13	191	4:28:38	4:28:46	9,42
162	311	Zirkwitz, Hans-Walter	53	D	Pumuckl Runners	37:21	37:39	34:41	35:03	37:21	42:42	44:45	M55	11	189	4:28:21	4:28:46	9,43
163	140	Westen, Lothar	55	D	LC Duisburg	38:16	38:49	38:41	38:11	38:16	37:52	38:57	M55	12	190	4:28:25	4:29:01	9,43
165	551	Bareuther, Günter	43	D	SV Viktoria Goch	33:14	34:43	35:41	37:17	33:14	42:45	46:35	M65	3	193	4:29:32	4:29:58	9,39
166	183	Andrees, Björn	80	D	*Nortorf	36:38	35:10	35:34	37:54	36:38	42:07	40:05	M30	8	194	4:29:34	4:30:13	9,39
167	100	Balsen, Georg Maria	63	D	Beimer-Team	36:10	37:37	38:09	36:22	36:10	38:48	46:16	M45	33	195	4:29:42	4:30:19	9,39
169	84	Addo, Ralph	64	D	*Straelen	34:44	35:13	35:37	36:28	34:44	44:46	46:09	M45	34	199	4:31:35	4:31:55	9,32
168	548	Gerlach, Jörg	60	D	100 Marathon Club	37:55	37:22	36:16	37:20	37:55	40:51	42:43	M50	41	198	4:31:29	4:32:01	9,33
170	306	Peters, Johannes	52	D	TuS Haffen-Mehr	38:01	37:16	37:47	37:38	38:01	40:56	40:53	M55	14	201	4:31:56	4:32:33	9,31

8. LLG Kevelaer - Marathon 2010

Marathon

10. Januar 2010

Männer

Platz	Startnr.	Name	JG	NAT	Verein/*Ort	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	AK	AK-PI	Pos	Netto	Brutto	km/h
171	544	Rohr, Claus	64	D	Marathon Mülheim e.V	34:11	33:55	34:44	36:53	34:11	43:00	48:15	M45	35	203	4:32:47	4:33:24	9,28
172	284	Kirsch, Friedbert	70	D	VfR Unterbruch LG	38:34	41:01	41:11	39:39	38:34	39:48	37:18	M40	38	206	4:37:38	4:38:21	9,12
173	310	Rösen, Detlef	62	D	Pumuckl Runners	38:00	37:09	37:45	37:42	38:00	42:18	46:09	M45	36	207	4:39:00	4:39:24	9,07
174	133	Rohrmann, Bernd	59	D	LT Hagen-Ernst	36:17	37:23	37:35	37:41	36:17	42:24	46:01	M50	42	208	4:39:02	4:39:25	9,07
175	540	Neumann, Bernd	55	D	marathon4you.de	38:28	38:29	38:53	39:34	38:28	40:27	42:21	M55	15	209	4:39:12	4:39:45	9,07
176	72	Rösner, Karl-Ernst	38	D	TSV Hochdahl 64 e.V.	37:38	37:51	38:11	38:34	37:38	42:02	47:28	M70	4	210	4:42:22	4:42:32	8,97
178	147	Ostertag, Eberhard	46	D	marathon4you.de	40:16	40:17	40:33	40:04	40:16	41:12	41:10	M60	8	215	4:44:31	4:44:52	8,90
177	510	Möller, Norbert	55	D	*Duisburg	39:11	39:12	39:35	40:41	39:11	41:05	42:41	M55	16	213	4:44:29	4:45:04	8,90
179	550	Cornelissen, Jos	60	NL	Dutch Runners Gold	37:57	37:06	37:33	38:04	37:57	45:29	46:59	M50	43	216	4:44:31	4:45:11	8,90
180	528	Theeuwen, Sraar	63	NL	de Peelrunners	39:03	40:02	39:38	40:20	39:03	41:49	43:04	M45	37	218	4:45:04	4:45:13	8,88
181	278	Bieker, Christoph	61	D	LT Lustige Schleicher Essen	34:08	34:24	34:30	36:20	34:08	49:41	55:10	M45	38	219	4:45:08	4:45:31	8,88
182	192	Eberhard, Dieter	44	D	SV Viktoria Goch	38:04	37:45	37:26	37:33	38:04	44:53	48:53	M65	4	220	4:45:15	4:45:42	8,88
183	264	Waning, Peter	58	D	TV Vreden	35:04	40:52	41:22	41:32	35:04	43:24	42:34	M50	44	221	4:47:18	4:47:26	8,81
184	111	Servos, Christian	82	D	*Goch	37:15	38:09	38:17	39:50	37:15	44:53	47:46	MHK	7	223	4:48:17	4:48:49	8,78
185	346	Drängmann, Artur	69	D	Lenni Runners	36:35	36:03	36:39	38:50	36:35	46:11	52:13	M40	39	225	4:48:44	4:49:13	8,77
186	507	Bartsch, Frank	65	D	Afrika Hilfe Stiftung	40:09	40:40	41:04	41:03	40:09	41:20	44:14	M45	39	226	4:49:18	4:49:51	8,75
187	502	Papcke, Gerd-Rudi	33	D	100 Marathon Club	39:44	41:02	42:14	41:49	39:44	43:27	44:01	M75	1	228	4:55:27	4:56:06	8,57
188	97	Milkereit, Willi	50	D	LT Issum TurboSchnecken	35:33	37:47	39:11	40:25	35:33	48:01	50:55	M60	9	229	4:56:29	4:56:42	8,54
189	377	Ulmschneider, Klaus-Peter	62	D	100 Marathon Club	37:15	38:22	39:16	40:33	37:15	48:50	50:42	M45	40	230	4:58:13	4:58:24	8,49
190	161	Sesterheim, Bernhard	45	D	100 Marathon Club	38:55	44:37	39:24	41:06	38:55	46:56	45:43	M65	5	232	5:01:29	5:01:51	8,40
191	279	Fendel, Markus	55	D	*Achern	38:39	40:50	39:50	40:40	38:39	46:04	52:59	M55	17	234	5:03:15	5:03:49	8,35
192	141	Stalinski, Dirk	61	D	TV Goch	35:27	35:54	35:55	37:18	35:27	36:35	1:28:53	M45	41	235	5:06:09	5:06:28	8,27
193	129	Kohl, Heinz Helmuth	47	D	Team Erdinger Alkoholfrei	39:51	41:43	41:47	43:08	39:51	47:35	50:02	M60	10	236	5:09:50	5:10:07	8,17
194	44	Ley, Helmut	46	D	Homberger TV	44:32	45:22	45:52	46:43	44:32	47:55	39:51	M60	11	238	5:14:58	5:15:39	8,04
195	362	Falkner, Gerhard	37	D	LT Reinbek	38:25	39:24	40:15	39:15	38:25	54:54	1:00:56	M70	5	239	5:16:31	5:17:09	8,00
196	526	Kopka, Dieter	56	D	*Kevelaer	39:39	39:58	40:48	43:26	39:39	52:44	59:34	M50	45	240	5:23:26	5:23:57	7,83
197	360	von der Höh, Jörg	58	D	TSV Weeze	38:24	40:55	43:02	50:39	38:24	51:11	51:05	M50	46	241	5:25:48	5:26:27	7,77
198	195	Senzek, Sebastian	82	D	LT Issum TurboSchnecken	39:32	39:28	41:31	44:38	39:32	58:00	54:11	MHK	8	242	5:27:41	5:27:57	7,73
199	258	Schaefer, Andreas	60	D	*Bornheim	41:01	43:21	44:03	49:49	41:01	51:12	51:46	M50	47	244	5:35:47	5:36:32	7,54
200	292	Berka, Volker	43	D	DJK Ochtendung	44:44	47:03	47:13	48:22	44:44	50:30	51:07	M65	6	245	5:38:48	5:39:21	7,47

8. LLG Kevelaer - Marathon 2010

Marathon

10. Januar 2010

Frauen

Platz	Startnr.	Name	JG	NAT	Verein/*Ort	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	AK	AK-PI	Pos	Netto	Brutto	km/h
1	246	Sonnenschein, Kirsten	63	D	Marathon Dinslaken	28:56	28:07	28:57	29:40	28:56	31:23	32:16	W45	1	27	3:29:50	3:29:57	12,07
2	61	Möllensiep, Sybille	62	D	SUS Schalke 96	29:53	29:09	29:24	29:13	29:53	29:53	32:50	W45	2	29	3:30:06	3:30:09	12,05
3	92	Geltner, Raifa-Gertrud	68	D	SUS Schalke 96	32:03	29:48	29:22	30:14	32:03	31:12	32:17	W40	1	38	3:35:26	3:35:32	11,75
4	118	Wiethoff, Conny	67	D	Renntiere	30:09	30:05	30:35	31:31	30:09	32:58	33:39	W40	2	46	3:41:45	3:41:59	11,42
5	65	Janßen, Tanja	69	D	SUS Schalke 96	31:01	30:38	30:47	31:29	31:01	32:35	34:31	W40	3	52	3:43:21	3:43:27	11,33
6	189	Makein-Hoenselaar, Esther	57	D	SV Viktoria Goch	32:07	31:04	31:23	31:28	32:07	34:10	34:56	W50	1	75	3:48:00	3:48:26	11,10
7	66	Neubauer, Karen	64	D	SUS Schalke 96	32:25	32:30	33:06	32:31	32:25	33:22	34:14	W45	3	102	3:55:21	3:55:27	10,76
8	131	Dembecher, Marlis	55	D	SUS Schalke 96	32:24	32:29	32:42	32:57	32:24	34:37	36:12	W55	1	105	3:55:39	3:55:45	10,74
10	504	Falkenstein, Britta	67	D	LT Sunplanet Dorsten	33:19	33:11	32:52	33:14	33:19	34:28	34:51	W40	4	108	3:55:51	3:55:51	10,73
9	153	Rammonat, Iris	82	D	LT Sunplanet Dorsten	33:13	33:10	32:53	33:15	33:13	34:28	34:51	WHK	1	106	3:55:44	3:55:51	10,74
11	226	Seitz, Anne	66	D	*Bedburg-Hau	33:14	32:30	32:51	33:18	33:14	34:20	35:49	W40	5	111	3:55:52	3:56:15	10,73
12	519	Krepel, Sabine	70	D	*Köln	34:26	34:21	34:19	34:13	34:26	33:51	35:06	W40	6	123	4:00:00	4:00:12	10,55
13	256	Bullig, Cornelia	59	D	LG DUV	33:50	33:54	34:34	35:03	33:50	35:35	36:48	W50	2	130	4:04:40	4:04:55	10,35
14	242	Kolenda, Evelyn	69	D	*Dortmund	33:59	33:02	33:24	34:34	33:59	37:00	39:35	W40	7	136	4:07:31	4:08:07	10,23
15	318	Kühnen, Monika	65	D	SuS Grün-Weiß Kalkar	34:19	34:26	34:43	35:18	34:19	36:26	37:26	W45	4	143	4:08:27	4:08:52	10,19
16	74	Schäfer, Sabine	64	D	Troisdorfer LG M.U.T.	34:04	34:00	34:22	34:53	34:04	39:27	38:00	W45	5	144	4:09:40	4:09:57	10,14
17	119	Hanna, Beate	61	D	Renntiere	35:49	35:38	35:52	35:46	35:49	36:38	39:28	W45	6	153	4:15:29	4:15:43	9,91
18	48	Mecking, Dr. Bettina	67	D	Marathon Dinslaken	35:03	35:39	35:41	35:46	35:03	38:29	40:24	W40	8	162	4:18:39	4:18:46	9,79
19	530	Aengenheyster, Andrea	69	D	Die legendären Wettkampfschöne	33:09	33:46	34:41	36:54	33:09	40:26	43:30	W40	9	167	4:21:23	4:21:36	9,69
20	89	Passon, Sylvia	64	D	Beimer-Team	35:30	35:33	35:52	37:33	35:30	39:13	40:38	W45	7	171	4:22:37	4:23:14	9,64
21	521	Struck, Sandra	76	D		35:32	35:32	35:53	37:32	35:32	39:13	40:37	W30	1	172	4:22:38	4:23:14	9,64
22	245	Höhn, Brigitte	51	D	LT Bittermark Dortmund	36:48	35:55	35:59	36:40	36:48	39:15	41:12	W55	2	175	4:24:00	4:24:38	9,59
23	218	Churavy, Sabine	69	D	Weißer Ring e.V.	37:57	37:30	37:12	37:38	37:57	38:01	38:28	W40	10	178	4:24:33	4:25:02	9,57
24	385	Görigk, Silvia	67	D	Wedau-Runner Duisburg	35:27	39:24	36:21	36:02	35:27	38:17	43:03	W40	11	180	4:25:02	4:25:32	9,55
25	321	Hertz, Gisela	55	D	Marathon Steinfurt	36:16	37:22	37:35	37:40	36:16	38:53	40:21	W55	3	181	4:25:58	4:26:21	9,52
26	50	Riecks, Erika	55	D	LG Mönchengladbach	35:42	36:35	36:11	36:12	35:42	40:33	42:16	W55	4	183	4:26:53	4:27:06	9,49
27	122	Muschalla, Sylke	67	D	LG Alpen	37:52	37:25	37:26	37:33	37:52	38:37	40:55	W40	12	188	4:27:33	4:28:08	9,46
28	283	Kraemer, Elisabeth	60	D	Alfterer SC	34:07	33:36	34:23	38:01	34:07	44:24	43:10	W50	3	192	4:29:05	4:29:43	9,41
29	313	Pingen, Bini	68	D	LC Duisburg	35:42	35:47	36:10	37:31	35:42	41:24	43:51	W40	13	196	4:29:57	4:30:11	9,38
30	208	Tetsch, Margret	63	D	SV Haldern	37:51	37:31	37:54	38:28	37:51	38:57	42:08	W45	8	197	4:31:08	4:31:37	9,34
31	299	Tekath, Eva	72	D	TuS Haffen-Mehr	38:01	37:16	37:46	37:37	38:01	40:57	40:54	W35	1	200	4:31:56	4:32:33	9,31
32	114	Schier, Sabine	64	D	Beimer-Team	37:59	37:43	37:33	37:33	37:59	39:47	42:27	W45	9	202	4:32:08	4:32:44	9,30
34	317	Kegalj, Silvana	62	D	LT Bittermark Dortmund	37:47	37:29	37:46	37:35	37:47	39:36	42:58	W45	11	205	4:33:24	4:34:01	9,26
33	348	Salomo, Ingrid	65	D	LT Bittermark Dortmund	36:47	35:55	35:59	36:41	36:47	45:13	43:03	W45	10	204	4:33:24	4:34:01	9,26

8. LLG Kevelaer - Marathon 2010

Marathon

10. Januar 2010

Frauen

Platz	Startnr.	Name	JG	NAT	Verein/*Ort	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	AK	AK-PI	Pos	Netto	Brutto	km/h
35	154	Murphy, Mary	59	IRL	*Cork	39:58	39:48	39:52	39:43	39:58	40:53	42:00	W50	4	211	4:42:28	4:43:02	8,96
36	142	Abel, Angelika	56	D	marathon4you.de	38:54	41:14	40:46	40:13	38:54	41:51	41:11	W50	5	212	4:44:28	4:44:49	8,90
37	354	Reisenberger, Ellen	65	D	LC Duisburg	39:10	39:13	39:34	40:42	39:10	41:32	42:39	W45	12	214	4:44:29	4:45:05	8,90
38	527	Gijsen, Irmgard	66	NL	de Peelrunners	39:02	40:03	39:38	40:21	39:02	41:51	43:04	W40	14	217	4:45:04	4:45:13	8,88
39	46	Werz, Renate	47	D	100 Marathon Club	36:23	38:14	39:20	40:20	36:23	43:10	48:47	W60	1	222	4:47:31	4:47:51	8,81
40	542	Eichner, Sigrid	40	D	100 Marathon Club	38:38	40:14	41:07	40:56	38:38	42:21	44:17	W70	1	224	4:48:41	4:48:45	8,77
41	375	Hausmann, Heike	77	D	*Krefeld	38:46	39:44	39:14	40:13	38:46	46:22	49:24	W30	2	227	4:54:07	4:54:34	8,61
42	400	Schilling, Elli	52	D	LC Duisburg	39:11	39:12	39:34	40:41	39:11	49:59	49:40	W55	5	231	5:00:23	5:00:59	8,43
43	30	Cavaleiro, Dr. Claudia	70	D	OSC Waldniel	40:37	42:55	42:07	43:20	40:37	44:46	44:45	W40	15	233	5:01:49	5:01:59	8,39
44	194	Senzek, Nora	54	D	LT Issum TurboSchnecken	39:51	41:07	43:06	43:41	39:51	48:07	49:11	W55	6	237	5:10:18	5:10:34	8,16
45	10	Seubert, Christiane	58	D	PV-TRIATHLON Witten	38:56	42:05	44:20	47:39	38:56	53:03	55:02	W50	6	243	5:34:40	5:34:54	7,56