

Cupwertung nach Zeit
Stand nach vier Läufen

Männer									
Platz	Name	Verein/Ort	Klasse	Malberg lauf	Löwenburg- lauf	Rheinhöhen lauf	Siebegnegebirgs marathon	Gesamt	
1	Weiser, Daniel	7G runergy Laufteam	M M35	00:24:15	00:54:13	01:17:44	02:42:45	05:18:57	
2	Hardenack, Frank	Neuenkleusheim	M M35	00:25:50	00:58:16	01:20:46	02:54:00	05:38:52	
3	Achtendung, John	7G runergy Laufteam	M M35	00:26:39	00:58:55	01:20:26	03:04:28	05:50:28	
4	Büdenbender, Bernd	TuS Horhausen	M M45	00:27:22	01:01:02	01:25:20	02:58:27	05:52:11	
5	Zimmermann, Sebastian		M M20	00:29:48	01:03:19	01:26:30	03:18:08	06:17:45	
6	Niehusmann, Pitt	Team Siebengebirge	M M30	00:29:32	01:04:10	01:30:38	03:15:10	06:19:30	
7	Mauel, Thomas	SSG Königswinter	M M45	00:31:18	01:03:31	01:29:04	03:16:02	06:19:55	
8	Körbs, Joe	SSG Königswinter	M M40	00:29:24	01:04:41	01:30:59	03:20:15	06:25:19	
9	Held, Tobias	Marathon Ibbenbüren	M M20	00:28:20	01:03:40	01:30:23	03:30:44	06:33:07	
10	Bergmann, Uwe	Basalt AG	M M40	00:30:03	01:04:12	01:28:53	03:30:10	06:33:18	
11	Schneider, Udo	LT TuS Meindorf	M M45	00:30:38	01:07:28	01:34:00	03:28:33	06:40:39	
12	Reiser, Jürgen	LG RWE Power	M M45	00:33:26	01:11:18	01:34:43	03:21:39	06:41:06	
13	Giessler, Andreas		M M35	00:31:30	01:08:49	01:34:45	03:30:05	06:45:09	
14	Griesel, Frank	Lokomot. Lunge Oberkassel	M M40	00:32:04	01:05:42	01:30:08	03:40:58	06:48:52	
15	Lelke, Carsten		M M45	00:30:17	01:05:47	01:32:39	03:44:00	06:52:43	
16	Dömlang, Robert	7G runergy Laufteam	M M40	00:33:08	01:08:53	01:38:08	03:36:19	06:56:28	
17	Büchter, Martin	Troisdorfer LG M.U.T.	M M50	00:33:49	01:19:59	01:34:05	03:34:20	07:02:13	
18	Sotta, Torsten	Berliner Laufburschen	M M45	00:34:17	01:11:09	01:35:42	03:42:36	07:03:44	
19	Efferoth, Timo	LT Siebengebirge	M M40	00:31:06	01:11:00	01:37:44	03:46:57	07:06:47	
20	Vierbuchen, Jost	www.drachenlauf.net	M M50	00:36:01	01:14:55	01:41:54	03:36:34	07:09:24	
21	Wiesgen, Michael		M M50	00:34:12	01:11:49	01:42:13	03:46:18	07:14:32	
22	Klein, Albert	LT Siebengebirge	M M55	00:34:38	01:14:35	01:40:23	03:45:53	07:15:29	
23	Dreesbach, Dirk	LC Weilerswist	M M40	00:36:07	01:14:12	01:42:52	03:42:30	07:15:41	
24	Saadi, Robert	LG Rheinbach	M M45	00:33:53	01:09:52	01:35:50	03:57:08	07:16:43	
25	Leykum, Günter	FV Bad Honnef	M M40	00:35:26	01:16:36	01:39:07	03:49:29	07:20:38	
26	Hilt, Volker		M M45	00:34:32	01:11:51	01:40:12	03:59:05	07:25:40	
27	Grünfeld, André	LT Siebengebirge	M M45	00:35:39	01:12:52	01:45:05	03:55:00	07:28:36	
28	Konradi, Thomas		M M50	00:34:29	01:14:12	01:44:08	04:01:43	07:34:32	
29	Haase, Holger	Die 3 Muskelkater	M M45	00:35:48	01:15:03	01:44:18	04:03:16	07:38:25	
30	Saßmannshausen, D	TuS Dotzlar	M M30	00:35:32	01:12:55	01:41:43	04:10:19	07:40:29	
31	Royeck, Michel	Team Siebengebirge	M M30	00:34:30	01:14:22	01:50:11	04:13:04	07:52:07	
32	Nüchel, Dieter	Die 3 Muskelkater	M M40	00:35:13	01:15:18	01:51:01	04:12:40	07:54:12	
33	Lebenstedt, Jan		M M40	00:33:39	01:17:29	01:41:26	04:23:57	07:56:31	
34	Pfannenschmidt, Timo	LC Weilerswist	M M45	00:37:49	01:17:18	01:49:13	04:14:52	07:59:12	
35	Meinert, Jacobsen		M M45	00:38:27	01:18:41	01:48:04	04:14:31	07:59:43	
36	Jost, Dirk	Die 3 Muskelkater	M M45	00:36:58	01:14:30	01:48:25	04:22:20	08:02:13	
37	Germescheid, Oskar	LT Rheinhöhenlauf	M M55	00:40:49	01:23:08	01:52:42	04:26:08	08:22:47	
38	Mohr, Bernd	Wiedtal-Rennschnecken	M M40	00:36:50	01:11:42	01:59:17	04:37:02	08:24:51	
39	Sieburg, Mike	BSG Evonik Wesseling e.V.	M M50	00:40:13	01:25:43	02:01:20	04:21:41	08:28:57	

26.12.2011

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Männer									
40	Langer, Björn	Königswinter	M	M35	00:39:47	01:23:24	02:02:45	04:45:52	08:51:48
41	Audehm, Dr. Uwe	Alfterer SC	M	M50	00:39:33	01:28:36	01:54:06	04:49:59	08:52:14
42	Malik, Marcin	Alfterer SC	M	M40	00:43:40	01:29:10	02:01:55	04:42:13	08:56:58
43	Frombgen-Arias, Ingo	ABB Bad Honnef BSG	M	M40	00:40:42	01:27:25	02:07:07	04:42:17	08:57:31
44	Zimmermann, Jürgen	ABB Bad Honnef BSG	M	M45	00:41:21	01:27:25	02:07:07	04:42:20	08:58:13
45	Tölke, Andreas		M	M40	00:36:56	01:19:05	01:59:26	05:13:50	09:09:17
46	Klein, Uwe	Tus Horhausen	M	M45	00:39:35	01:26:29	02:07:12	05:06:29	09:19:45
47	Wolf, Dietrich	LT Siebengebirge	M	M65	00:40:12	01:29:45	02:11:10	05:06:02	09:27:09