

Cupwertung nach Zeit  
Stand nach drei Läufen  
**Gesamt**

Start-Nr.	Name	Verein/Ort	Geschlecht	Klasse	Malberg Zeit	Löwenburg Zeit	Rheinhöhen Zeit	Siebegebirgs Zeit	Gesamt Zeit
1	Weiser, Daniel	LAZ Puma Troisdorf/Siegb.	M	M30	00:24:20	00:56:55	01:17:20		02:38:35
2	Apfelbaum, Frank	SSG Königswinter	M	M45	00:26:45	00:56:41	01:18:27		02:41:53
3	Achtendung, John	LAZ Puma Troisdorf/Siegb.	M	M35	00:26:08	00:57:37	01:19:05		02:42:50
4	Penno, Winni	SSG Königswinter	M	M40	00:27:35	01:00:54	01:24:00		02:52:29
5	Mauel, Thomas	SSG Königswinter	M	M45	00:29:36	01:02:12	01:24:25		02:56:13
6	Grabowski, Jan	LT Siebengebirge	M	M45	00:28:59	01:03:53	01:24:55		02:57:47
7	Röttger, Florian	LT Bundesnetzagentur	M	M30	00:29:46	01:02:59	01:25:49		02:58:34
8	Engels, Herbie	LLG St. Augustin	M	M60	00:29:02	01:03:16	01:26:33		02:58:51
9	Wagner, Erwin	LT SV Westum	M	M55	00:29:49	01:04:37	01:29:25		03:03:51
10	christ, thomas	TuS Rodenbach AH	M	M45	00:30:31	01:06:43	01:29:25		03:06:39
11	Lelke, Carsten		M	M45	00:31:09	01:03:58	01:31:53		03:07:00
12	Zimmermann, Sebastian		M	M20	00:31:29	01:04:08	01:32:02		03:07:39
13	Coellner, Fabio		M	M35	00:30:13	01:06:01	01:31:46		03:08:00
14	Schneider, Udo	LT TuS Meindorf	M	M40	00:31:12	01:04:57	01:33:17		03:09:26
15	Rasch, Torsten	LT Siebengebirge	M	M45	00:29:36	01:06:59	01:36:35		03:13:10
16	Schneider, Ulrich	VfL Waldbreitbach	M	M50	00:31:21	01:08:13	01:34:38		03:14:12
17	Michels, Harry	Team Erdinger alkoholfrei	M	M45	00:34:49	01:08:16	01:31:14		03:14:19
18	Pfeilsticker, Daniel	www.Sportkalender-Bonn.d	M	M35	00:31:13	01:08:36	01:34:48		03:14:37
19	Hempe, Andreas	Hobbyjogger Betzdorf	M	M50	00:31:29	01:07:15	01:36:03		03:14:47
20	Boldt, Wolfgang	Troisdorfer LG M.U.T.	M	M50	00:34:58	01:06:40	01:33:57		03:15:35
21	Blöcker, Thomas	Meckenheim	M	M45	00:33:03	01:08:43	01:34:23		03:16:09
22	Müller, Thomas	LT Siebengebirge	M	M40	00:32:42	01:09:59	01:33:53		03:16:34
23	Lindenberg, Björn	No Run, No Fun	M	M30	00:31:57	01:07:50	01:37:37		03:17:24
24	Bergmann, Uwe	Basalt AG	M	M40	00:33:11	01:08:48	01:35:48		03:17:47
25	Wilke, Andreas	LT Alpenrod-Lochum	M	M50	00:32:36	01:10:39	01:35:44		03:18:59
26	Fahle, Klaus	LT Venusberg	M	M45	00:33:10	01:09:58	01:36:54		03:20:02
27	Spuerkel, Dieter	SV Windhagen	M	M35	00:32:03	01:09:38	01:38:42		03:20:23
28	Hausen, Alexander	De Friedaachs Fründe	M	M45	00:33:45	01:11:24	01:36:43		03:21:52
29	Saadi, Robert	LG Rheinbach	M	M40	00:35:03	01:11:28	01:35:58		03:22:29
30	Früchte, Jens	SSF Bonn	M	M40	00:34:43	01:09:40	01:39:36		03:23:59
31	Lademann, Hans		M	M30	00:33:42	01:11:02	01:40:50		03:25:34
32	Spölgen, Joachim		M	M55	00:34:27	01:11:42	01:39:27		03:25:36
33	Unger, Frank		M	M35	00:34:50	01:11:09	01:39:55		03:25:54
34	Probst, Hans-Peter	VfL Waldbreitbach	M	M45	00:32:27	01:12:43	01:42:10		03:27:20

Cupwertung nach Zeit  
Stand nach drei Läufen

					<b>Gesamt</b>			
35	Wirtz, Peter	LT Siebengebirge	M	M50	00:33:51	01:13:24	01:41:02	03:28:17
36	Klein, Albert	LT Siebengebirge	M	M55	00:33:18	01:12:46	01:43:18	03:29:22
37	Loepke, Wilhelm	TVE Bad Münstereifel	M	M55	00:35:47	01:14:35	01:39:48	03:30:10
38	Salchert, Wolfgang	LT Siebengebirge	M	M50	00:35:46	01:14:17	01:40:27	03:30:30
39	Steuler, Jörg	LT Heimbach-Weis	M	M50	00:34:25	01:14:01	01:44:13	03:32:39
40	Frings, Sam	Rheinhöhenlauf	M	MJB	00:34:17	01:15:33	01:43:02	03:32:52
41	Asher, Matthias	Runner's High	M	M55	00:34:03	01:17:41	01:41:10	03:32:54
42	Landgrebe, Jürgen	BSG-BML rUNFORGETTAI	M	M40	00:34:15	01:13:21	01:45:32	03:33:08
43	Leykum, Günter	FV Bad Honnef	M	M40	00:36:24	01:14:47	01:42:05	03:33:16
44	Bähr, Fabian	Bonn	M	M40	00:36:02	01:14:16	01:43:06	03:33:24
45	Damm, Matthias	Köln	M	M50	00:34:32	01:14:48	01:44:39	03:33:59
46	Lebenstedt, Jan		M	M40	00:36:04	01:14:14	01:46:48	03:37:06
47	Lütz, Ulrike	TuS Dollendorf	W	W35	00:36:38	01:15:38	01:46:18	03:38:34
48	Weiss, Esther	Melpomene Bonn	W	W50	00:37:08	01:15:25	01:46:06	03:38:39
49	Heitmüller, Rainer	LT Siebengebirge	M	M50	00:36:13	01:16:47	01:45:48	03:38:48
50	Harraß, Chris	LT Siebengebirge	M	M60	00:36:07	01:18:58	01:46:08	03:41:13
51	Saßmannshausen, Dirk	TuS Dotzlar	M	M30	00:35:00	01:24:32	01:42:21	03:41:53
52	Audehm, Dr. Uwe	Alfterer SC	M	M50	00:37:41	01:18:30	01:46:24	03:42:35
53	Schneider, Klaus	LT Siebengebirge	M	M50	00:37:52	01:19:11	01:45:42	03:42:45
54	Fuchs, Jürgen	LT Siebengebirge	M	M50	00:36:40	01:18:28	01:47:42	03:42:50
55	Meinert, Jacobsen		M	M45	00:39:47	01:17:37	01:47:32	03:44:56
56	Schmitting, Rolf	LT Siebengebirge	M	M45	00:35:40	01:19:05	01:50:18	03:45:03
57	Schneider, Marc	LT Siebengebirge	M	M35	00:37:15	01:19:54	01:47:55	03:45:04
58	Dömlang, Robert		M	M40	00:38:18	01:16:33	01:50:39	03:45:30
59	Kremer, Franz	LT Hennef/Sieg	M	M45	00:38:31	01:19:37	01:47:40	03:45:48
60	Frost, Dagmar	LT Siebengebirge	W	W45	00:36:34	01:18:44	01:50:51	03:46:09
61	Bleibaum, Ernesto	LT Siebengebirge	M	M55	00:38:16	01:19:21	01:48:36	03:46:13
62	Klasen, Lutz	rahm Aktiv	M	M35	00:36:21	01:21:06	01:49:17	03:46:44
63	Pingel, Gregor		M	M60	00:37:13	01:19:10	01:50:59	03:47:22
64	Germescheid, Oskar	Rheinhöhenlauf	M	M50	00:39:06	01:20:25	01:50:19	03:49:50
65	Sommerhof, Michael		M	M40	00:36:37	01:19:42	01:54:07	03:50:26
66	Schumacher, Gabi	LT Alpenrod-Lochum	W	W45	00:38:49	01:20:51	01:51:04	03:50:44
67	Schmitt, Dr. Rolf	Alfterer SC	M	M50	00:37:55	01:19:48	01:54:30	03:52:13
68	Thielen, Jochen	Schalke 04	M	M45	00:38:14	01:23:05	01:53:23	03:54:42
69	Steinbacher, Theo	TV Rhein Zabern	M	M65	00:37:46	01:22:01	01:55:09	03:54:56
70	Sieburg, Mike	BSG Evonik Wesseling eV	M	M50	00:39:55	01:21:02	01:55:36	03:56:33

				<b>Gesamt</b>				
71	Wasserfuhr, Barbara	TSV Rönsahl	W	W45	00:39:27	01:23:39	01:54:27	03:57:33
72	Zerwas, Gerd	Rheinhöhenlauf	M	M45	00:39:23	01:23:29	01:55:27	03:58:19
73	Kiste, Kai	Troisdorfer LG M.U.T.	M	M45	00:41:08	01:23:16	01:55:34	03:59:58
74	Schulz, Bodo	Rheinhöhenlauf	M	M45	00:37:12	01:22:38	02:00:38	04:00:28
75	Domgörgen, Adelheid		W	W50	00:39:15	01:26:38	01:58:14	04:04:07
76	Wilimzig, Maike	SSF Bonn	W	W30	00:39:37	01:27:46	01:57:41	04:05:04
77	Thull, Pascal	LT Siebengebirge	M	M40	00:41:17	01:26:47	01:58:50	04:06:54
78	Mohr, Bernd	Wiedtal-Rennschnecken	M	M40	00:32:48	01:49:11	01:44:58	04:06:57
79	Weinkopf, Marcus		M	M45	00:41:49	01:26:50	02:00:31	04:09:10
80	Taufenbach, Frank	Bonn	M	M45	00:40:08	01:31:51	01:59:11	04:11:10
81	Wolf, Dietrich	Auslaufmodell	M	M65	00:38:28	01:27:29	02:06:16	04:12:13
82	Eisch, Karin	KfW-Bankengruppe	W	W45	00:42:52	01:32:46	01:57:12	04:12:50
83	Bison, Thomas	ASV St. Augustin	M	M45	00:42:06	01:31:23	02:04:34	04:18:03
84	Schmeil, Rainer		M	M30	00:42:42	01:32:26	02:04:19	04:19:27
85	Jacobs, Klaas-Steffen	LG Badewanne	M	M50	00:41:39	01:27:05	02:11:47	04:20:31
86	Schulz, Birgitt	Rheinhöhenlauf	W	W50	00:39:23	01:28:02	02:14:24	04:21:49
87	Steinhoff, Barbara	LT Siebengebirge	W	W50	00:43:02	01:33:38	02:10:23	04:27:03
88	Poppe, Klaus	Wanderfr. Schöppe-Düster	M	M45	00:53:26	01:27:31	02:09:01	04:29:58
89	HubrigSchaumburg, Sabint	LT Hennef/Sieg	W	W45	00:44:13	01:34:42	02:13:32	04:32:27
90	Horzella, Rudolf	SV Vettelschoss	M	M50	00:49:12	01:35:09	02:09:23	04:33:44
91	Bielemeier, Joachim	SV Vettelschoss	M	M45	00:49:13	01:35:09	02:11:16	04:35:38
92	Schmilewski, Angela	LT Siebengebirge	W	W50	00:47:52	01:42:12	02:14:24	04:44:28
93	Gottschling, Ricarda	BSG Evonik Wesseling eV	W	W45	00:47:07	01:40:51	02:17:21	04:45:19
94	Dünner, Joachim	SV Bergisch Gladbach	M	M45	00:29:53	03:00:00	01:33:22	05:03:15
95	Spoden, Dietmar	Tri Power Rhein-Sieg	M	M45	00:30:38	03:00:00	01:34:03	05:04:41
96	Kohlgrüber, Thomas	DAV Gummersbach	M	M40	00:33:16	03:00:00	01:34:00	05:07:16
97	Kurth, Frank		M	M40	00:32:15	03:00:00	01:38:40	05:10:55
98	Rappenhöner, Andreas	LONG WAY RUNNERS	M	M35	00:32:19	03:00:00	01:40:32	05:12:51
99	Letschert, Karsten		M	M35	00:36:29	03:00:00	01:46:55	05:23:24
100	Schneider, Torsten	LAZ Puma Troisdorf/Siegb.	M	M35	00:25:47	00:57:11	05:00:00	06:22:58
101	Koerbs, Joe	SSG Königswinter	M	M40	00:30:09	01:03:06	05:00:00	06:33:15
102	Wank, Michael	LT Hennef/Sieg	M	M40	00:31:36	01:06:59	05:00:00	06:38:35
103	Konradi, Thomas	TSV RRR Bonn eV	M	M50	00:33:23	01:13:24	05:00:00	06:46:47
104	Melzer, Elke	Alfterer SC	W	W45	00:35:59	01:14:14	05:00:00	06:50:13
105	Sauerzweig, Reinhard	Team Luftwaffe Köln	M	M50	00:38:01	01:18:35	05:00:00	06:56:36
106	Franz, Rüdiger Gerald	LT Siebengebirge	M	M35	00:36:42	01:22:10	05:00:00	06:58:52

27.09.2010

Cupwertung nach Zeit  
Stand nach drei Läufen

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				<b>Gesamt</b>				
107	Heid, Helge	Schmitz Speed	M	M40	00:37:56	01:21:18	05:00:00	06:59:14
108	Bollmann, Carsten		M	M30	00:37:54	01:23:02	05:00:00	07:00:56
109	Schumacher, Nina	Boxclub Wipperfürth	W	W20	00:43:09	01:30:35	05:00:00	07:13:44
110	Kaltofen, Claudia	Wiedtal-Rennschnecken	W	W20	00:46:36	01:49:10	05:00:00	07:35:46
111	Hauschild, Markus		M	MJB	00:28:56	03:00:00	05:00:00	08:28:56
112	Becker, Oliver	LAZ Puma Troisdorf/Siegb.	M	M45	00:29:24	03:00:00	05:00:00	08:29:24
113	Viebranz, Dietrich	RSC Untermosel	M	M45	00:29:30	03:00:00	05:00:00	08:29:30
114	Steinhauer, Claus	LAV Bad Godesberg	M	M40	00:31:52	03:00:00	05:00:00	08:31:52
115	Paffhausen, Markus	CT Zandegiacomo Bonn	M	M40	00:33:13	03:00:00	05:00:00	08:33:13
116	Sessenhausen, Jan	Team Parscheid	M	M20	00:34:11	03:00:00	05:00:00	08:34:11
117	Hauschild, Gerhard		M	M50	00:35:16	03:00:00	05:00:00	08:35:16
118	Baum, Friedhelm		M	M50	00:36:22	03:00:00	05:00:00	08:36:22
119	Tölke, Andreas		M	M40	00:36:35	03:00:00	05:00:00	08:36:35
120	Bertschat, Harry	TV08 Lohmar	M	M50	00:39:45	03:00:00	05:00:00	08:39:45
121	Doris, Streithoff	VfL Waldbreitbach	W	W45	00:44:48	03:00:00	05:00:00	08:44:48
122	Herren, Sven	Runner's High	M	M30	00:48:03	03:00:00	05:00:00	08:48:03