

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden
1	566	Petros Amanal	TV Wattenscheid 01	0:28:54	0:28:54	1	MHK	95	07:35 07:04 06:57 07:17
2	110	Boch Simon	LG TELIS FINANZ Regensburg	0:28:56	0:28:56	2	MHK	94	07:35 07:04 06:57 07:19
3	119	Notz Dominik	LG TELIS FINANZ Regensburg	0:28:58	0:28:58	3	MHK	93	07:36 07:03 06:57 07:21
4	421	Fitwi Sibhatu Samuel	LG Vulkaneifel	0:29:16	0:29:16	4	MHK	96	07:36 07:04 06:56 07:39
5	18	Stützel Simon	LG Region Karlsruhe	0:29:26	0:29:26	5	MHK	86	07:36 07:04 07:04 07:42
6	572	Dietz Thorben	LG Filstal	0:29:30	0:29:30	6	MHK	89	07:35 07:03 07:05 07:44
7	126	Wedel Konstantin	LG TELIS FINANZ Regensburg	0:29:36	0:29:36	7	MHK	93	07:37 07:07 07:12 07:38
8	120	Orth Florian	LG TELIS FINANZ Regensburg	0:29:41	0:29:41	8	MHK	89	07:35 07:04 07:14 07:47
9	457	Blum Tobias	LC Rehlingen	0:29:45	0:29:45	9	MHK	95	07:34 07:05 07:15 07:50
10	115	Key Kevin	LG TELIS FINANZ Regensburg	0:29:50	0:29:50	10	MHK	92	07:37 07:08 07:17 07:47
11	122	Ramdane Cherif Tim	LG TELIS FINANZ Regensburg	0:29:51	0:29:51	11	MHK	94	07:35 07:09 07:18 07:47
12	192	Meier Karsten	LG Braunschweig	0:29:53	0:29:53	12	MHK	91	07:36 07:09 07:17 07:50
13	454	Dethlefs Pascal	TSV Glücksburg 09	0:30:08	0:30:08	1	M35	83	07:41 07:20 07:18 07:47
14	344	Thorwirth Maximilian	SFD 75 Düsseldorf-Süd	0:30:12	0:30:12	13	MHK	95	07:37 07:22 07:26 07:45
15	533	Hoffmann Jonas	SG Wenden	0:30:13	0:30:11	14	MHK	96	07:33 07:04 07:23 08:10
16	571	Eisele Lukas	LG Filder	0:30:20	0:30:20	1	MU23	97	07:39 07:20 07:26 07:53
17	460	Justus Steffen	LC Rehlingen	0:30:33	0:30:31	2	M35	82	07:32 07:25 07:32 08:01
18	43	Röser Florian	TV Konstanz	0:30:37	0:30:37	15	MHK	93	07:38 07:21 07:33 08:04
19	109	Beinlich Moritz	LG TELIS FINANZ Regensburg	0:30:41	0:30:41	16	MHK	96	07:36 07:14 07:39 08:10
20	20	Wallner Christoph	LG Region Karlsruhe	0:30:43	0:30:43	2	MU23	97	07:53 07:28 07:30 07:51
21	201	Karsch Dustin	OTB Osnabrück	0:30:45	0:30:45	17	MHK	92	07:51 07:28 07:32 07:53
22	570	Müller Dominic	LG farbtext Nordschwarzwald	0:30:47	0:30:47	18	MHK	89	07:53 07:26 07:31 07:55
23	64	Mesecke Lennart	LG Nord Berlin	0:30:56	0:30:53	3	MU23	97	07:49 07:28 07:30 08:04
24	396	Riker Tobias	TSV SCHOTT Mainz	0:30:59	0:30:59	19	MHK	91	07:52 07:29 07:37 07:59
25	96	Schreindl Tobias	LG Passau	0:31:00	0:31:00	20	MHK	88	07:53 07:29 07:32 08:05
26	15	Püschel Jasper	LG Region Karlsruhe	0:31:00	0:30:57	21	MHK	96	07:51 07:34 07:33 07:57
27	62	Brill Thilo	LG Nord Berlin	0:31:02	0:30:58	4	MU23	97	07:49 07:29 07:36 08:03
28	483	Häßner Julian	sc im puls erfurt	0:31:04	0:31:01	5	MU23	97	08:00 07:29 07:32 07:58
29	183	Menzel René	Hannover Athletics	0:31:08	0:31:08	22	MHK	92	07:49 07:31 07:35 08:12
30	117	Lutz Fabian	LG TELIS FINANZ Regensburg	0:31:08	0:31:08	23	MHK	92	08:00 07:34 07:31 08:02
31	193	Schwippel Tim-Niklas	LG Braunschweig	0:31:09	0:31:05	24	MHK	95	07:55 07:34 07:33 08:02
32	458	Bock Alexander	LC Rehlingen	0:31:11	0:31:11	25	MHK	92	08:07 07:37 07:32 07:53
33	484	Häßner Philipp	sc im puls erfurt	0:31:12	0:31:12	6	MU23	97	08:04 07:29 07:33 08:05
34	34	Chalupsky Michael	TSG 78 Heidelberg	0:31:13	0:31:08	3	M35	83	07:58 07:30 07:32 08:06
35	211	Harwardt Valentin	VfL Wolfsburg	0:31:13	0:31:11	1	M40	77	07:56 07:35 07:35 08:03
36	63	Bürger Dan	LG Nord Berlin	0:31:16	0:31:11	7	MU23	97	07:48 07:28 07:38 08:16
37	190	Katib Joseph	LG Braunschweig	0:31:16	0:31:16	4	M35	82	07:53 07:40 07:36 08:06
38	21	Weiß Jannik	LG Region Karlsruhe	0:31:19	0:31:16	8	MU23	99	08:00 07:40 07:33 08:01
39	446	Bäcker Simon	SG TSV Kronshagen/Kieler TB	0:31:20	0:31:16	26	MHK	96	08:00 07:30 07:36 08:09
40	450	Schwalm Lars Christian	SG TSV Kronshagen/Kieler TB	0:31:21	0:31:18	9	MU23	97	07:58 07:32 07:34 08:12
41	472	Rodewohl Christoph	Citylauf-Verein Dresden	0:31:23	0:31:18	27	MHK	88	08:06 07:33 07:33 08:05
42	584	Schneider Danny	TSG Schwäbisch Hall	0:31:28	0:31:23	2	M40	78	07:56 07:34 07:41 08:10
43	480	Lehberg Marcel	LAC Erfurt	0:31:34	0:31:31	28	MHK	92	07:46 07:32 07:48 08:24
44	56	Krannich Christian	LAC Olympia 88 Berlin	0:31:35	0:31:32	5	M35	84	08:07 07:35 07:42 08:07
45	106	Hillebrand Johannes	LG Stadtwerke München	0:31:44	0:31:41	3	M40	79	08:00 07:38 07:49 08:12
46	311	Reinhard Martin Leo	LT DSHS Köln	0:31:45	0:31:39	29	MHK	93	08:05 07:41 07:44 08:07
47	103	Becht Lukas	LG Stadtwerke München	0:31:47	0:31:43	30	MHK	86	07:54 07:37 07:44 08:26
48	178	Bergmann Silas	Hannover Athletics	0:31:48	0:31:43	10	MU23	97	07:54 07:34 07:37 08:35
49	45	Völkle Luca	TV Konstanz	0:31:51	0:31:45	31	MHK	94	08:09 07:38 07:44 08:13
50	592	Ernst Jannik	TV Waldstraße Wiesbaden	0:31:54	0:31:47	32	MHK	90	08:06 07:41 07:43 08:15
51	189	Brecht David	LG Braunschweig	0:31:58	0:31:56	11	MU23	98	08:00 07:42 07:49 08:23
52	501	Holste Lutz	LG Dorsten	0:31:59	0:31:56	12	MU23	97	08:04 07:46 07:49 08:15
53	65	Michalk Niels	LG Nord Berlin	0:32:10	0:32:06	33	MHK	87	08:07 07:42 07:46 08:30
54	543	Janicki Adam	SV Brackwede	0:32:10	0:32:02	34	MHK	88	08:09 07:45 07:48 08:17
55	451	Tomaschewski Vilmos	SG TSV Kronshagen/Kieler TB	0:32:14	0:32:10	35	MHK	87	07:56 07:33 07:56 08:43
56	8	Bittigkoffer Lucas	LG Region Karlsruhe	0:32:15	0:32:10	36	MHK	92	08:14 07:45 07:48 08:22
57	59	Singer Tobias	LAC Olympia 88 Berlin	0:32:16	0:32:12	37	MHK	89	08:16 07:54 07:49 08:10
57	504	Farhat Malik	LG Hamm	0:32:16	0:32:13	37	MHK	96	08:07 07:43 07:54 08:27
59	14	Pieczarek Sebastian	LG Region Karlsruhe	0:32:17	0:32:11	39	MHK	86	08:21 07:44 07:50 08:15
60	535	Jenne Fabian	SG Wenden	0:32:19	0:32:14	40	MHK	90	08:19 07:51 07:47 08:15

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	569	Arnold Raphael	LAZ Ludwigsburg	0:32:20	0:32:17	6	M35	80	08:15	07:50	07:53	08:18	
62	582	Müller Kay-Uwe	TSG Schwäbisch Hall	0:32:21	0:32:17	4	M40	79	08:09	07:42	07:52	08:32	
63	534	Huckestein Simon	SG Wenden	0:32:23	0:32:19	41	MHK	85	08:10	07:42	07:58	08:29	
64	476	Borggreffe Fabian	SG Spergau	0:32:23	0:32:20	1	M45	72	08:13	07:48	07:52	08:26	
65	44	Snehotta Paul	TV Konstanz	0:32:24	0:32:17	42	MHK	90	08:27	07:43	07:48	08:18	
66	146	Simon Jonas	LG Eder	0:32:26	0:32:20	43	MHK	96	08:14	07:46	07:52	08:28	
67	207	Kuklinski Fabian	VfL Eintracht Hannover	0:32:27	0:32:25	44	MHK	94	08:19	07:54	07:52	08:18	
68	104	Dillitz Benjamin	LG Stadtwerke München	0:32:34	0:32:31	45	MHK	93	08:10	07:52	07:57	08:30	
69	149	Uster Jonas	LG Odenwald	0:32:34	0:32:34	13	MU23	97	08:19	07:54	07:55	08:26	
70	260	Ulmer Ralf	Lauf-Club Euskirchen	0:32:35	0:32:30	46	MHK	90	08:07	07:41	07:53	08:48	
71	462	Klesen Christopher	LLG Wustweiler	0:32:36	0:32:29	14	MU23	97	08:25	07:54	07:55	08:15	
72	251	Küpper Timo	Lauf-Club Euskirchen	0:32:39	0:32:34	47	MHK	94	08:06	07:43	08:03	08:40	
73	359	Bong Simon	TSV Bayer 04 Leverkusen	0:32:40	0:32:34	15	MU23	97	08:23	07:54	07:52	08:24	
74	478	Rodewohl Simon	Erfurter LAC	0:32:41	0:32:41	16	MU23	99	08:17	07:49	07:56	08:38	
75	38	Weng Philipp	TSG 78 Heidelberg	0:32:44	0:32:38	48	MHK	95	08:21	07:53	07:55	08:28	
76	39	Hahn Domenik	TV 1880 Huchenfeld	0:32:47	0:32:42	17	MU23	97	08:05	07:57	08:09	08:29	
77	116	Laukamp Fabian	LG TELIS FINANZ Regensburg	0:32:51	0:32:51	49	MHK	94	08:31	07:52	08:05	08:21	
78	90	Bernhardt Mario	LG Passau	0:32:53	0:32:53	50	MHK	89	08:30	07:53	07:57	08:31	
79	520	Beulertz Andreas	Marathon-Club Menden	0:32:56	0:32:51	51	MHK	86	08:28	07:52	07:55	08:34	
80	465	Lauck Florian	LSG Sbr.-Sulzbachtal	0:32:58	0:32:50	52	MHK	93	08:24	07:53	07:55	08:37	
81	461	Zimmer Dennis	LC Rehlingen	0:32:59	0:32:57	53	MHK	90	08:24	07:59	07:58	08:35	
82	125	Scholler Dominik	LG TELIS FINANZ Regensburg	0:33:02	0:33:02	54	MHK	95	08:31	07:53	08:04	08:32	
83	13	Mahnke David	LG Region Karlsruhe	0:33:02	0:32:58	18	MU23	01	08:29	07:58	08:03	08:27	
84	231	Celik Murat	Ayyo-Team Essen	0:33:02	0:32:57	7	M35	83	08:27	07:51	07:59	08:39	
85	505	Hönig Carsten	LG Hamm	0:33:03	0:32:58	55	MHK	92	08:26	07:59	08:04	08:28	
86	339	Bahri Abdelmalek	SFD 75 Düsseldorf-Süd	0:33:05	0:32:59	19	MU23	97	08:24	07:58	08:04	08:32	
87	185	Solter Andreas	LAC Langenhagen	0:33:07	0:32:55	8	M35	83	08:29	07:57	08:01	08:27	
88	524	Henseleit Philipp	Marathon-Club Menden	0:33:12	0:33:07	56	MHK	88	08:21	07:54	08:03	08:46	
89	55	Kasznar Bence	LAC Olympia 88 Berlin	0:33:12	0:33:07	57	MHK	85	08:25	07:55	08:06	08:41	
89	226	Hadamus Sebastian David	ART Düsseldorf	0:33:12	0:33:12	2	M45	74	08:17	07:51	08:10	08:53	
91	564	Tremmel Thomas	TuS Deuz	0:33:14	0:33:07	9	M35	84	08:29	07:56	08:01	08:40	
92	5	Schäfer Frederik	LAC Freiburg	0:33:14	0:33:08	20	MU23	98	08:12	08:03	08:12	08:41	
93	309	Giesen Rene	LT DSHS Köln	0:33:16	0:33:11	58	MHK	93	08:31	08:05	08:03	08:31	
94	477	Lembcke Lukas	SV Kali Wolmirstedt e.V.	0:33:17	0:33:13	21	MU23	98	08:13	07:56	08:13	08:50	
95	429	Schmidt Daniel	LG Vulkaneifel	0:33:17	0:33:14	59	MHK	86	08:23	08:01	08:09	08:40	
96	52	Hoffmann Philipp	LAC Olympia 88 Berlin	0:33:22	0:33:22	60	MHK	86	08:32	07:53	08:08	08:47	
97	58	Ledwig Felix	LAC Olympia 88 Berlin	0:33:22	0:33:22	61	MHK	91	08:19	08:05	08:11	08:45	
98	19	Sutschet Alexander	LG Region Karlsruhe	0:33:24	0:33:18	62	MHK	95	08:30	08:04	08:05	08:38	
99	28	Larisch Balthasar	SV Waldkirch	0:33:29	0:33:23	63	MHK	91	08:18	08:05	08:09	08:50	
100	92	Fuchs Maxim	LG Passau	0:33:37	0:33:33	64	MHK	88	08:25	07:56	08:19	08:52	
101	188	Pollmann Thomas	LC Wechloy	0:33:38	0:33:32	65	MHK	85	08:15	08:06	08:17	08:52	
102	147	Thomas Micha	LG Eder	0:33:41	0:33:34	10	M35	84	08:30	08:03	08:06	08:54	
103	31	Kern Philipp	TG Dietlingen	0:33:41	0:33:35	66	MHK	95	08:14	08:02	08:19	08:59	
104	222	Veith David	Aachener TG	0:33:42	0:33:34	67	MHK	96	08:39	08:06	08:10	08:37	
105	541	Güths Marius	SV Brackwede	0:33:48	0:33:42	68	MHK	91	08:26	07:56	08:16	09:03	
106	280	Herr Florian	LAZ PUMA Rhein-Sieg	0:33:49	0:33:49	69	MHK	88	08:29	08:15	08:28	08:36	
107	54	Hüttig Felix	LAC Olympia 88 Berlin	0:33:50	0:33:42	22	MU23	01	08:54	08:11	08:09	08:27	
108	380	Mey Markus	TV Eifeler Turnkraft Konzen	0:33:51	0:33:49	3	M45	71	08:26	08:09	08:18	08:54	
109	575	Sippli Tobias	LV Pliezhausen 2012	0:33:53	0:33:47	4	M45	71	08:55	08:12	08:07	08:31	
110	435	Werhan Dominik	Post-Sportverein Trier	0:33:56	0:33:49	70	MHK	93	08:32	08:19	08:17	08:39	
111	596	Valero-Gallegos Raul	LG Kindelsberg Kreuztal	0:33:57	0:33:50	71	MHK	96	08:27	08:08	08:22	08:51	
112	307	Claeßens Thomas	LT DSHS Köln	0:33:59	0:33:59	72	MHK	86	08:43	08:02	08:12	09:00	
113	182	Lang Steffen	Hannover Athletics	0:34:00	0:33:48	11	M35	83	08:47	08:09	08:08	08:43	
114	288	Ortmann Frederik	LAZ PUMA Rhein-Sieg	0:34:02	0:33:52	73	MHK	92	08:45	08:13	08:13	08:38	
115	398	Fink Leander	TV Alzey	0:34:03	0:33:56	23	MU23	01	08:14	08:11	08:26	09:03	
116	334	Ralenovsky Arthur	Rhein-Berg Runners	0:34:03	0:33:58	74	MHK	93	08:36	08:16	08:23	08:42	
117	224	Wyrwoll Lothar	Aachener TG	0:34:05	0:33:57	75	MHK	92	08:48	08:12	08:14	08:42	
118	542	Harder Tom	SV Brackwede	0:34:07	0:34:02	24	MU23	97	08:42	08:14	08:21	08:44	
119	282	Kaufmann Justus	LAZ PUMA Rhein-Sieg	0:34:12	0:34:05	25	MU23	01	08:25	08:11	08:29	08:59	
120	308	El Makrini Hakim	LT DSHS Köln	0:34:13	0:34:10	5	M40	75	08:38	08:19	08:23	08:48	

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
121	2	Feuersenger Elias	LAC Freiburg	0:34:14	0:34:11	26	MU23	01	08:21	08:09	08:32	09:07	
122	360	Gardeweg Rainer	TSV Bayer 04 Leverkusen	0:34:15	0:34:10	76	MHK	93	08:32	08:19	08:24	08:54	
123	560	Schmal Bert	TuS Deuz	0:34:16	0:34:06	12	M35	81	08:52	08:11	08:16	08:45	
124	329	Sieben Philip	OSC Waldniel	0:34:17	0:34:05	13	M35	84	08:43	08:17	08:18	08:46	
125	273	Gemke Christian	LAZ PUMA Rhein-Sieg	0:34:18	0:34:11	14	M35	82	08:29	08:06	08:31	09:02	
126	12	Kleyer Pascal	LG Region Karlsruhe	0:34:18	0:34:14	27	MU23	98	08:29	08:07	08:25	09:12	
127	537	Schäfer Nils	SG Wenden	0:34:20	0:34:13	77	MHK	90	08:40	08:23	08:22	08:46	
128	218	Pietsch Gero	Aachener TG	0:34:22	0:34:16	78	MHK	92	08:49	08:13	08:22	08:51	
129	138	Feussner Marc	ASC 1990 Breidenbach	0:34:24	0:34:24	15	M35	82	08:15	08:19	08:46	09:03	
130	600	Milbradt Moritz	LAC Olympia 88 Berlin	0:34:30	0:34:24	79	MHK	95	08:42	08:21	08:17	09:03	
131	76	Rudolph Sven	SCC Berlin	0:34:30	0:34:24	80	MHK	94	08:52	08:15	08:15	09:00	
132	548	Diekschulte Steffen	SV Teuto Riesenbeck	0:34:32	0:34:21	81	MHK	87	08:45	08:13	08:25	08:56	
133	156	Bergmann Nils	TV Waldstraße Wiesbaden	0:34:35	0:34:27	28	MU23	98	08:49	08:18	08:21	08:58	
134	336	Schommers Lukas	Rhein-Berg Runners	0:34:37	0:34:37	82	MHK	93	08:41	08:15	08:30	09:09	
135	424	Krämer Nicolas	LG Vulkaneifel	0:34:38	0:34:32	83	MHK	95	08:26	08:09	08:41	09:15	
136	79	Eilinghoff Sven	LG Buntentor Roadrunners	0:34:41	0:34:34	5	M45	71	08:58	08:22	08:24	08:49	
137	379	Jakobs Patrick	TV Eifeler Turnkraft Konzen	0:34:46	0:34:41	29	MU23	98	08:28	08:24	08:33	09:16	
138	554	Horch Viktor	TuS Deuz	0:34:47	0:34:38	16	M35	80	08:54	08:15	08:25	09:02	
139	433	Koster Andreas	Post-Sportverein Trier	0:34:47	0:34:37	84	MHK	95	08:50	08:30	08:26	08:49	
140	332	Gronewold Lars	Rhein-Berg Runners	0:34:47	0:34:37	6	M40	77	08:53	08:21	08:23	08:58	
141	432	Hering Jakob	Post-Sportverein Trier	0:34:49	0:34:49	30	MU23	00	09:00	08:32	08:25	08:51	
142	510	Wissmann Ingo	LG Lemgo	0:34:49	0:34:48	1	M50	66	08:45	08:20	08:35	09:08	
143	333	Linden Sebastian	Rhein-Berg Runners	0:34:51	0:34:44	85	MHK	89	08:49	08:19	08:28	09:07	
144	269	Breunung Dirk	LAZ PUMA Rhein-Sieg	0:34:52	0:34:44	7	M40	76	09:05	08:34	08:23	08:41	
145	48	Berger Rico	LAC Olympia 88 Berlin	0:34:53	0:34:53	86	MHK	87	09:11	08:25	08:24	08:52	
146	412	Wolff Markus	Laufftreff Schweich	0:34:55	0:34:44	17	M35	84	08:52	08:25	08:29	08:57	
147	331	Fricke Marc	Rhein-Berg Runners	0:34:56	0:34:47	6	M45	74	08:52	08:21	08:30	09:03	
148	568	Koch Matthias	LAV Stadtwerke Tübingen	0:34:57	0:34:56	1	M55	64	08:54	08:25	08:29	09:05	
149	151	Zehnder Jürgen	TSV Pfungstadt	0:34:58	0:34:58	7	M45	74	09:02	08:24	08:28	09:01	
150	590	Keim Kelvin	VfL Waiblingen	0:34:59	0:34:55	31	MU23	00	07:57	08:07	09:28	09:22	
151	431	Ewen Oliver	Post-Sportverein Trier	0:35:00	0:34:52	18	M35	83	08:32	08:27	08:43	09:09	
152	436	Wilhelms André	Post-Sportverein Trier	0:35:01	0:34:51	87	MHK	90	08:55	08:26	08:27	09:02	
153	399	Berg Sven	Laufftreff Schweich	0:35:01	0:34:49	88	MHK	85	08:41	08:21	08:35	09:10	
154	587	Weingärtner Johannes	TSG Schwäbisch Hall	0:35:02	0:34:55	19	M35	84	08:58	08:25	08:26	09:04	
155	574	Schäfer Michael	LG Neckar-Erms-Aich	0:35:02	0:34:50	8	M45	70	08:49	08:22	08:35	09:02	
156	502	Dömer Henrik	LG Hamm	0:35:04	0:35:04	32	MU23	97	08:38	08:22	08:41	09:21	
157	425	Küpper Finn	LG Vulkaneifel	0:35:05	0:34:58	33	MU23	98	08:51	08:27	08:30	09:09	
158	36	Imbsweiler Marcus	TSG 78 Heidelberg	0:35:06	0:35:06	9	M45	67	09:08	08:26	08:28	09:03	
159	136	Peuser Enzo	TG Viktoria Augsburg	0:35:06	0:35:02	34	MU23	97	08:53	08:27	08:40	09:01	
160	469	Tönjes Hendrik	LSG Sbr.-Sulzbachtal	0:35:07	0:34:58	89	MHK	86	08:56	08:28	08:28	09:04	
161	523	Heck Torben	Marathon-Club Menden	0:35:08	0:35:00	90	MHK	89	08:52	08:24	08:48	08:54	
162	294	Weiser Daniel	LAZ PUMA Rhein-Sieg	0:35:08	0:35:08	8	M40	76	08:59	08:20	08:37	09:11	
163	544	Steinböhrer Leon	SV Brackwede	0:35:14	0:35:08	91	MHK	96	08:41	08:13	08:39	09:34	
164	341	Knipping Andreas	SFD 75 Düsseldorf-Süd	0:35:14	0:35:07	92	MHK	90	09:02	08:26	08:34	09:04	
165	289	Röskens Jens	LAZ PUMA Rhein-Sieg	0:35:19	0:35:09	20	M35	83	08:56	08:27	08:34	09:11	
166	80	Gier Andrés	LG Buntentor Roadrunners	0:35:21	0:35:10	93	MHK	89	09:06	08:32	08:30	09:00	
167	536	Mockenhaupt Markus	SG Wenden	0:35:22	0:35:15	21	M35	80	08:56	08:30	08:35	09:12	
168	42	Körner Matthias	TV Grenzach	0:35:22	0:35:20	2	M50	68	08:54	08:26	08:32	09:27	
169	101	Zimmermann Felix	LG Region Landshut	0:35:23	0:35:18	94	MHK	89	08:24	08:02	09:06	09:45	
170	93	Jäger Sascha	LG Passau	0:35:23	0:35:17	10	M45	71	08:51	08:25	08:37	09:21	
171	37	Maier Oliver	TSG 78 Heidelberg	0:35:27	0:35:23	11	M45	73	08:44	08:30	08:38	09:30	
172	363	Krischer Siegfried	TSV Bayer 04 Leverkusen	0:35:30	0:35:27	3	M50	68	08:54	08:26	08:39	09:28	
173	340	Goßmann Alexander	SFD 75 Düsseldorf-Süd	0:35:33	0:35:23	95	MHK	85	08:59	08:26	08:35	09:22	
174	29	Schaffrik Raffael	SV Waldkirch	0:35:35	0:35:30	96	MHK	88	08:54	08:32	08:41	09:21	
175	414	Steffes Christian	LG Maifeld-Pellenz	0:35:36	0:35:28	97	MHK	93	08:55	08:30	08:45	09:16	
176	73	Stoeckl Sebastian	LTC Berlin	0:35:38	0:35:29	98	MHK	88	08:44	08:17	08:39	09:46	
177	585	Schwarz Matthias	TSG Schwäbisch Hall	0:35:38	0:35:29	12	M45	69	08:49	08:34	08:38	09:26	
178	507	Orban Mikael	LG Hamm	0:35:40	0:35:35	99	MHK	96	08:58	08:32	08:49	09:15	
179	595	Ingo Neumann	LG Rhein-Wied	0:35:43	0:35:35	13	M45	71	08:58	08:27	08:46	09:23	
180	597	Feik Samuel	LG Fulda e.V.	0:35:50	0:35:46	35	MU23	01	09:03	08:45	08:42	09:16	

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
181	373	Berger Sascha	Turnverein Erkelenz	0:35:54	0:35:43	9	M40	79	09:03	08:36	08:39	09:24	
182	382	Trems Torsten	VFB Erftstadt	0:35:56	0:35:43	10	M40	77	09:05	08:31	08:38	09:27	
183	598	Niessner Henrik	TV Tiengen 1928	0:35:57	0:35:52	100	MHK	93	08:53	08:40	08:52	09:25	
184	549	Becker Christian	TuS Deuz	0:35:59	0:35:47	22	M35	81	09:04	08:35	08:45	09:22	
185	485	Löschner Jürgen	SV Blau-Weiß Bürgel	0:36:02	0:36:00	4	M50	69	08:54	08:40	08:50	09:34	
186	46	Schwarz Björn	Potsdamer Laufclub	0:36:03	0:35:49	23	M35	82	09:16	08:40	08:38	09:14	
187	271	Cuypers Thaddäus	LAZ PUMA Rhein-Sieg	0:36:06	0:35:55	24	M35	81	09:23	08:47	08:35	09:08	
188	82	Latifi Karim	LG Buntentor Roadrunners	0:36:07	0:35:58	25	M35	83	09:02	08:40	08:51	09:24	
189	10001	unbekannt DT7A7BK		0:36:08	0:35:59	101	MHK		09:14	08:38	08:47	09:19	
190	40	Frank Christoph	TV 1883 Schriesheim	0:36:08	0:36:00	102	MHK	86	09:14	08:38	08:47	09:19	
191	84	Silies Thomas	LG Buntentor Roadrunners	0:36:10	0:36:01	14	M45	72	09:03	08:38	08:50	09:30	
192	278	Hemkes Lucas	LAZ PUMA Rhein-Sieg	0:36:10	0:36:04	103	MHK	92	08:09	07:49	09:06	10:58	
193	551	Bonn Rainer	TuS Deuz	0:36:17	0:36:06	26	M35	78	08:58	08:42	08:53	09:32	
194	277	Hammoor Thomas	LAZ PUMA Rhein-Sieg	0:36:17	0:36:11	36	MU23	98	09:04	08:46	08:56	09:24	
195	503	Farhat Janis	LG Hamm	0:36:19	0:36:19	37	MU23	98	09:04	08:43	09:04	09:26	
196	330	Döhler Martin	Rhein-Berg Runners	0:36:26	0:36:19	11	M40	79	09:18	08:48	08:47	09:25	
197	586	Tümmler Michael	TSG Schwäbisch Hall	0:36:26	0:36:15	27	M35	82	09:10	08:43	08:52	09:29	
198	473	Trodler Ulrich	Citylauf-Verein Dresden	0:36:29	0:36:14	12	M40	76	09:11	08:41	08:51	09:30	
199	588	Seibold Günter	TSV Crailsheim	0:36:34	0:36:32	5	M50	67	08:47	08:45	09:08	09:51	
200	214	Borgmann Achim	Aachener TG	0:36:36	0:36:28	15	M45	71	09:08	08:40	09:00	09:38	
201	310	Kreitner Max	LT DSHS Köln	0:36:38	0:36:29	104	MHK	94	08:58	08:45	08:58	09:46	
202	417	Gilberg Thomas	LG Rhein-Wied	0:36:39	0:36:36	6	M50	69	09:10	08:48	09:00	09:37	
203	258	Scheidtweiler Rolf	Lauf-Club Euskirchen	0:36:42	0:36:33	16	M45	73	09:11	08:53	08:54	09:33	
204	322	Zingsem Christian	Mönchengladbacher LG	0:36:44	0:36:31	28	M35	81	09:15	08:54	08:55	09:26	
205	335	Schneider Norbert	Rhein-Berg Runners	0:36:44	0:36:43	7	M50	68	09:14	08:50	08:56	09:42	
206	471	Merdon Uwe	Citylauf-Verein Dresden	0:36:45	0:36:43	2	M55	62	09:12	08:53	08:59	09:38	
207	284	Klusmann Dennis	LAZ PUMA Rhein-Sieg	0:36:46	0:36:31	13	M40	79	09:16	08:48	08:56	09:29	
208	30	Thoma Daniel	SV Waldkirch	0:36:46	0:36:38	105	MHK	89	09:00	08:50	09:04	09:43	
209	552	Brockfeld Stefan	TuS Deuz	0:36:48	0:36:47	8	M50	66	09:18	08:53	09:01	09:34	
210	467	Merk Matthias	LSG Sbr.-Sulzbachtal	0:36:58	0:36:58	29	M35	84	09:06	08:48	09:29	09:34	
211	591	Jandt Detlef	TG Witten 1848	0:37:00	0:36:58	9	M50	67	09:13	08:52	09:03	09:49	
212	128	Kurka Wenzel	LG Zusam	0:37:03	0:36:56	106	MHK	86	08:58	08:54	09:14	09:49	
213	134	Salzberger Rudolf	SWC Regensburg	0:37:05	0:37:03	10	M50	69	09:19	08:59	09:03	09:41	
214	583	Offenhäuser Jan	TSG Schwäbisch Hall	0:37:06	0:36:55	107	MHK	90	09:16	08:59	09:00	09:38	
215	468	Müller Matthias	LSG Sbr.-Sulzbachtal	0:37:07	0:36:57	17	M45	73	09:10	08:51	09:01	09:54	
216	162	Stoll Christian	TV Waldstraße Wiesbaden	0:37:09	0:37:07	1	M60	59	09:25	09:05	09:02	09:33	
217	200	Zimmermann Jörg	LG Weserbergland	0:37:13	0:37:09	3	M55	61	09:31	08:57	09:03	09:37	
218	315	Bexiga José	Mönchengladbacher LG	0:37:14	0:37:11	11	M50	68	09:11	08:58	09:18	09:43	
219	500	Bruhns Arnd	LC Solbad Ravensberg	0:37:18	0:37:16	12	M50	69	09:33	09:01	09:06	09:35	
220	337	Schröder Frank	Rhein-Berg Runners	0:37:20	0:37:17	13	M50	68	09:26	09:05	09:09	09:36	
221	576	Hermann Frank	SV Mergelstetten	0:37:24	0:37:21	14	M50	68	08:58	08:59	09:17	10:05	
222	361	Grunert Jonathan Lukas	TSV Bayer 04 Leverkusen	0:37:29	0:37:24	38	MU23	00	09:16	09:07	09:16	09:44	
223	256	Pierz Andreas	Lauf-Club Euskirchen	0:37:31	0:37:18	108	MHK	85	09:09	08:53	09:16	09:59	
224	349	Müller Norbert	SSG Königswinter	0:37:31	0:37:29	4	M55	63	09:26	09:03	09:05	09:53	
225	86	Bouricha-Hörmann Hans	FC Ebershausen	0:37:32	0:37:28	2	M60	58	09:30	09:03	09:06	09:48	
226	194	Dirschauer Philipp	LG Göttingen	0:37:34	0:37:23	109	MHK	94	09:05	09:06	09:19	09:52	
227	133	Retzer Volkmar	SWC Regensburg	0:37:35	0:37:33	15	M50	68	09:12	09:04	09:18	09:58	
228	558	Rottler Andreas	TuS Deuz	0:37:35	0:37:31	16	M50	67	09:29	09:04	09:12	09:45	
229	325	Hamann Marcel	OSC Waldniel	0:37:40	0:37:27	30	M35	82	09:28	08:59	09:12	09:47	
230	562	Senner Andreas	TuS Deuz	0:37:44	0:37:43	17	M50	69	09:32	09:08	09:17	09:44	
231	438	Kirschey Thomas	TuS Rot-Weiss Koblenz	0:37:46	0:37:44	5	M55	61	09:22	09:01	09:19	10:01	
232	491	Klatt Tobias	LAZ Iserlohn	0:37:49	0:37:33	110	MHK	93	09:27	09:03	09:13	09:49	
233	268	Achtendung John	LAZ PUMA Rhein-Sieg	0:37:49	0:37:44	18	M45	73	09:27	09:06	09:22	09:48	
234	145	Bienert Sebastian	LG Bad	0:37:51	0:37:47	111	MHK	89	08:44	09:02	09:33	10:26	
235	464	Lang Tammo	LSG Sbr.-Sulzbachtal	0:37:53	0:37:43	31	M35	84	09:28	09:14	09:14	09:45	
236	171	Prieske Klaus	Hamburger Laufladen	0:37:57	0:37:56	6	M55	64	09:13	09:05	09:22	10:15	
237	239	Gebhardt Dirk	Brühler TV 1879	0:38:06	0:38:06	19	M45	71	09:54	09:09	09:14	09:47	
238	403	Ernsdorf Thomas	Laufftreff Schweich	0:38:07	0:37:55	32	M35	84	09:15	09:13	09:25	10:00	
239	580	Bender Volker	TSG Schwäbisch Hall	0:38:13	0:38:03	20	M45	68	09:23	09:13	09:22	10:04	
240	285	Land Matthias	LAZ PUMA Rhein-Sieg	0:38:14	0:37:59	33	M35	80	09:41	09:11	09:18	09:48	

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
241	404	Herres Frederik	Laufftreff Schweich	0:38:15	0:38:00	21	M45	70	09:34	09:12	09:18	09:55	
242	131	Kozlowski Peter	SWC Regensburg	0:38:16	0:38:15	18	M50	65	09:33	09:16	09:27	09:56	
243	88	Przybyla Richard	LAZ Oberburg-Miltenberg	0:38:16	0:38:13	3	M60	57	09:31	09:08	09:25	10:08	
244	223	Wawra Ernst	Aachener TG	0:38:17	0:38:03	22	M45	72	09:49	09:15	09:18	09:39	
245	463	Honsel Peter	LSG Sbr.-Sulzbachtal	0:38:19	0:38:19	23	M45	70	09:52	09:18	09:20	09:48	
246	300	Niemann Christoph	LG Gummersbach	0:38:19	0:38:17	19	M50	68	09:38	09:11	09:21	10:05	
247	326	Herschbach Stefan	OSC Waldniel	0:38:20	0:38:07	34	M35	78	09:28	09:04	09:23	10:10	
248	261	Ungefug Alexander	Lauf-Club Euskirchen	0:38:20	0:38:06	35	M35	82	09:37	09:19	09:20	09:48	
249	538	Schönauer Thomas	SG Wenden	0:38:23	0:38:09	36	M35	76	09:41	09:09	09:18	09:59	
250	390	Mayer Leonhard	TSG Eisenberg	0:38:23	0:38:19	20	M50	68	09:37	09:10	09:24	10:06	
251	265	Körbs Joe	Laufftreff Ennert/Bonn	0:38:24	0:38:20	21	M50	68	09:40	09:16	09:24	09:57	
252	555	Jung Christian	TuS Deuz	0:38:25	0:38:14	37	M35	81	09:44	09:10	09:23	09:56	
253	488	Kott Georg	Laufgruppe Deiringsen	0:38:26	0:38:25	7	M55	61	09:43	09:19	09:22	09:59	
254	413	Paulus Walter	LG Bernkastel/Wittlich	0:38:27	0:38:25	8	M55	61	09:37	09:16	09:28	10:03	
255	405	Hofer Christian	Laufftreff Schweich	0:38:28	0:38:15	38	M35	82	09:38	09:11	09:27	09:58	
256	581	Korb Marcus	TSG Schwäbisch Hall	0:38:41	0:38:33	39	M35	74	09:30	09:24	09:31	10:06	
257	356	Bräutigam Dr. Claus	TFG Köln-Nippes	0:38:42	0:38:41	22	M50	69	09:55	09:24	09:29	09:51	
258	338	Teicher Ralf	Rhein-Berg Runners	0:38:45	0:38:40	23	M50	69	09:45	09:20	09:30	10:04	
259	53	Hüttig Dr. Matthias	LAC Olympia 88 Berlin	0:38:51	0:38:40	24	M45	71	09:43	09:16	09:25	10:14	
260	406	Olk Winfried	Laufftreff Schweich	0:38:54	0:38:41	25	M45	66	09:46	09:18	09:26	10:09	
261	353	Schneider Thomas	SSG Königswinter	0:38:55	0:38:52	9	M55	62	10:01	09:27	09:27	09:55	
262	528	Neuhausen Jürgen	Recklinghäuser LC	0:38:56	0:38:54	10	M55	63	09:41	09:25	09:37	10:09	
263	492	Lägel Justin	LAZ Iserlohn	0:39:00	0:38:44	112	MHK	96	09:30	09:18	09:39	10:17	
264	408	Schmidt Jens	Laufftreff Schweich	0:39:01	0:38:48	113	MHK	85	09:23	09:10	09:33	10:41	
265	78	Bruns Michael	LG Buntentor Roadrunners	0:39:02	0:38:56	4	M60	59	09:47	09:26	09:30	10:12	
266	427	Luxen Richard	LG Vulkaneifel	0:39:20	0:39:15	5	M60	59	09:50	09:33	09:42	10:09	
267	244	Frohn Josef	DJK Elmar Kohlscheid	0:39:24	0:39:21	11	M55	62	09:58	09:30	09:38	10:14	
268	401	Engel Dirk	Laufftreff Schweich	0:39:30	0:39:18	26	M45	70	09:37	09:23	09:48	10:29	
269	71	Kreidner Helmut	LTC Berlin	0:39:44	0:39:42	1	M65	54	09:59	09:36	09:44	10:22	
270	291	Schmähling Dr. Frank	LAZ PUMA Rhein-Sieg	0:40:02	0:39:47	27	M45	70	10:06	09:34	09:41	10:24	
271	83	Memering Bernhard	LG Buntentor Roadrunners	0:40:03	0:39:59	6	M60	56	09:49	09:35	09:53	10:41	
272	381	Husemann Georg	TV Refrath	0:40:24	0:40:14	24	M50	68	09:55	09:38	09:59	10:42	
273	375	Schmidt Winfried	TuS Köln rrh.	0:40:36	0:40:33	1	M70	48	10:09	09:53	10:02	10:28	
274	385	Wienen Herbert	LG Ultralauf	0:40:55	0:40:52	2	M65	54	10:01	09:39	10:01	11:09	
275	281	Himmel Marius	LAZ PUMA Rhein-Sieg	0:40:57	0:40:41	14	M40	78	10:06	09:55	09:57	10:42	
276	456	Massny Peter	TSV Neustadt	0:40:58	0:40:55	7	M60	55	10:01	09:47	10:10	10:56	
277	418	Graf Albert	LG Sieg	0:41:07	0:41:00	12	M55	62	10:16	09:56	10:04	10:44	
278	407	Rieth Matthias	Laufftreff Schweich	0:41:08	0:40:52	114	MHK	88	10:09	09:53	09:59	10:50	
279	306	Tesch Norbert	LLG St. Augustin	0:41:10	0:41:06	8	M60	59	10:31	10:01	10:02	10:31	
280	305	Nitsche Bernd	LLG St. Augustin	0:41:12	0:41:07	9	M60	58	10:29	10:02	10:03	10:32	
281	290	Sander Guido	LAZ PUMA Rhein-Sieg	0:41:15	0:41:06	28	M45	73	10:03	10:06	10:18	10:38	
282	23	Vetter Albert-Eugen	LT Unterkirnach	0:41:29	0:41:20	3	M65	54	10:38	10:03	10:10	10:26	
283	221	Schmitz Christoph	Aachener TG	0:41:32	0:41:17	15	M40	76	10:33	10:02	10:04	10:38	
284	420	Schnell Michael	LG Sieg	0:41:34	0:41:27	13	M55	61	10:22	09:59	10:13	10:53	
285	578	März Winfried	TSG Ehingen	0:41:35	0:41:33	10	M60	56	10:05	09:57	10:19	11:10	
286	459	Dietrich Jörg	LC Rehlingen	0:41:40	0:41:37	4	M65	54	09:59	09:55	10:25	11:16	
287	419	Mundo Siegfried	LG Sieg	0:41:47	0:41:41	14	M55	63	10:15	09:56	10:18	11:11	
288	219	Rheinfelder Frank	Aachener TG	0:41:52	0:41:38	29	M45	70	10:13	09:58	10:17	11:09	
289	430	Bossert Ralf	LG Westerwald	0:41:55	0:41:55	5	M65	51	10:28	10:11	10:19	10:55	
290	352	Schneider Frank	SSG Königswinter	0:42:04	0:41:55	25	M50	65	10:42	10:07	10:08	10:57	
291	144	Krieger Paul	LC Olympia Wiesbaden	0:42:06	0:42:03	15	M55	64	10:54	10:18	10:11	10:38	
292	242	Beckmann Robert	DJK Elmar Kohlscheid	0:42:11	0:41:57	16	M40	78	10:37	10:14	10:17	10:48	
293	355	Wagner Jörg	SSG Königswinter	0:42:12	0:42:02	26	M50	65	10:28	10:05	10:20	11:09	
294	266	Orru Carlo	Laufftreff Ennert/Bonn	0:42:22	0:42:12	27	M50	65	10:45	10:21	10:13	10:52	
295	508	Kämpfer Michael	LG Kindelsberg Kreuztal	0:42:23	0:42:09	11	M60	58	10:36	10:07	10:22	11:02	
296	302	Nowakowski Marc	LG Wuppertal	0:42:26	0:42:18	28	M50	67	10:44	10:11	10:24	10:58	
297	426	Lieder Viktor	LG Vulkaneifel	0:42:30	0:42:23	12	M60	57	10:49	10:08	10:20	11:05	
298	348	Müller Hartwig	SSG Königswinter	0:42:33	0:42:27	29	M50	69	10:41	10:11	10:15	11:18	
299	160	Schüttler Wilhelm	TV Waldstraße Wiesbaden	0:42:34	0:42:27	6	M65	54	10:46	10:19	10:21	11:00	
300	556	Müller Rainer	TuS Deuz	0:42:35	0:42:26	7	M65	50	10:45	10:15	10:24	11:02	

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
301	203	Lührmann Dr. Björn	SC Melle 03	0:42:41	0:42:33	30	M50	66	10:45	10:20	10:22	11:05	
301	286	Lorig Sven	LAZ PUMA Rhein-Sieg	0:42:41	0:42:25	30	M45	71	10:41	10:15	10:28	11:00	
303	565	Vitt Ulrich	TuS Deuz	0:42:44	0:42:38	13	M60	56	10:48	10:15	10:24	11:10	
304	263	Bensch Frank	Laufftreff Ennert/Bonn	0:42:55	0:42:49	31	M50	66	10:43	10:25	10:29	11:10	
305	550	Bieler Günter	TuS Deuz	0:43:03	0:42:56	8	M65	54	10:47	10:19	10:21	11:27	
306	494	Schürmann Jörg	LAZ Iserlohn	0:43:35	0:43:27	32	M50	67	10:49	10:22	10:42	11:32	
307	442	Nagowizyn Wladimir	LAV Husum	0:43:37	0:43:33	9	M65	53	10:53	10:33	10:36	11:30	
308	392	Wellstein Klaus	TSG Eisenberg	0:43:40	0:43:33	33	M50	68	11:38	11:00	10:22	10:32	
309	264	Kleine Ingo	Laufftreff Ennert/Bonn	0:43:49	0:43:39	16	M55	64	10:45	10:27	10:49	11:38	
310	374	Lorbach Heinz	TuS Köln rrh.	0:43:51	0:43:48	10	M65	50	10:25	10:27	10:50	12:05	
311	204	Stroeve Heinz	SC Union Emlichheim	0:43:55	0:43:52	2	M70	49	10:48	10:27	10:51	11:44	
312	303	Ottenbruch Thomas	LG Wuppertal	0:44:33	0:44:24	17	M55	61	11:02	10:30	10:53	11:57	
313	443	Fründt Hans-Jürgen	LG Elmshorn	0:44:51	0:44:46	14	M60	57	11:01	10:39	10:57	12:08	
314	137	Kitzeder Manfred	TV Planegg-Krailling	0:45:00	0:44:57	34	M50	66	10:55	10:59	11:15	11:46	
315	72	Neumann Helmut	LTC Berlin	0:45:03	0:44:55	11	M65	53	11:07	10:55	11:03	11:48	
316	304	Engels Herbert	LLG St. Augustin	0:45:12	0:45:07	3	M70	48	11:09	10:56	11:05	11:56	
317	589	Schlenker Edmund	VfL Ostelsheim	0:45:24	0:45:18	1	M75	44	11:13	10:57	11:07	11:59	
318	262	Zimmermann Karl	Lauf-Club Euskirchen	0:46:10	0:45:59	15	M60	57	11:55	11:02	11:11	11:49	
319	205	Lutz Wolfgang	TSV Kirchdorf	0:46:12	0:46:09	4	M70	49	11:11	11:11	11:33	12:13	
320	384	Beckmann Stefan	LG Ultralauf	0:46:47	0:46:38	16	M60	59	11:55	11:17	11:21	12:03	
321	320	Richerdt Dr. Dirk	Mönchengladbacher LG	0:46:52	0:46:43	12	M65	53	11:27	10:59	11:45	12:31	
322	77	Albertsen Hans-Heinrich	LG Buntentor Roadrunners	0:47:15	0:47:08	17	M60	58	11:49	11:28	11:35	12:15	
323	573	Gerke Günter	LG Neckar-Enz	0:47:28	0:47:20	5	M70	48	11:46	11:29	11:41	12:22	
324	441	Kramer Fokke	Bosauer SV	0:47:56	0:47:50	1	M80	38	11:33	11:31	11:57	12:47	
325	316	Höfker Johann	Mönchengladbacher LG	0:48:02	0:47:54	13	M65	52	11:39	11:31	12:09	12:34	
326	213	Kremb Georg	1. FC Spich	0:48:17	0:48:12	2	M75	43	12:07	11:29	11:46	12:48	
327	254	Malkomes Michael	Lauf-Club Euskirchen	0:48:19	0:48:08	18	M60	58	12:32	11:45	11:40	12:11	
328	252	Maczkiewicz Arnold	Lauf-Club Euskirchen	0:48:19	0:48:10	19	M60	55	12:34	11:44	11:42	12:09	
329	161	Semmel Peter	TV Waldstraße Wiesbaden	0:48:22	0:48:14	14	M65	52	12:13	11:47	11:51	12:23	
330	594	Gellert Georg	LAV Bad Godesberg	0:48:25	0:48:24	6	M70	49	11:36	11:46	12:08	12:52	
331	85	Mähringer Raimund	DJK Allersberg	0:48:37	0:48:29	7	M70	48	11:37	11:43	12:05	13:03	
332	74	Klammer Ewald	PSB 24 Berlin	0:48:51	0:48:41	8	M70	47	12:20	11:40	11:55	12:45	
333	389	Matheis Ralf	TSG Eisenberg	0:48:52	0:48:47	35	M50	65	11:26	11:11	13:21	12:48	
334	540	Graeber Jürgen	SuS Oberaden	0:49:23	0:49:18	9	M70	47	12:37	11:52	12:05	12:44	
335	319	Paffrath Adam	Mönchengladbacher LG	0:50:00	0:49:50	15	M65	51	12:24	12:01	12:15	13:09	
336	482	Krauße Raimund	LV Einheit Greiz	0:50:47	0:50:43	2	M80	39	12:00	12:03	12:39	14:00	
337	87	Paluszynski Hans	FT Jahn Landsberg	0:50:59	0:50:53	3	M75	44	13:03	12:16	12:12	13:20	
338	75	Hoffmann Holger	SCC Berlin	0:51:29	0:51:19	36	M50	69	13:00	12:41	12:16	13:21	
339	539	Thran Hans-Jürgen	Spiridon Haltern	0:51:43	0:51:33	10	M70	46	13:00	12:29	12:41	13:22	
340	206	Dölling Dieter	TV Lohnde	0:52:35	0:52:30	16	M65	53	13:20	12:42	12:55	13:32	
341	495	Trümper Karl Walter	LC Rapid Dortmund	0:52:40	0:52:33	3	M80	39	13:10	12:42	12:57	13:43	
342	246	Heise Ulrich	DJK Elmar Kohlscheid	0:52:50	0:52:43	4	M80	38	13:10	12:39	12:48	14:05	
343	603	Hermann Johannes	LSG Schmelz-Hüttersdorf	0:54:09	0:54:02	4	M75	41	13:13	13:13	13:13	14:22	
344	225	Ehlers Wilhelm	Alfterer Sportclub	0:54:20	0:54:14	5	M80	35	13:28	13:13	13:18	14:14	
345	514	Prokosch Torolv Joachim	LSF Münster	0:55:34	0:55:28	11	M70	47	13:37	13:22	13:41	14:46	
346	475	Bendel Siegfried	SG Chemie Zeitz	0:55:38	0:55:31	6	M80	39	14:09	13:13	13:40	14:27	
347	383	Runge Günther	VFL Engelskirchen	0:58:06	0:57:55	12	M70	47	14:41	13:57	14:00	15:16	
348	567	Staack Helgo	IGL Reutlingen	1:00:05	0:59:56	1	M85	34	14:47	14:21	14:37	16:10	
349	486	Sontowski Willi	Baukauer TC Herne	1:00:41	1:00:35	7	M80	37	15:18	14:23	14:42	16:10	
350	184	Damitz Hans-Peter	LAC Langenhagen	1:15:25	1:15:15	5	M75	43	18:14	18:04	18:52	20:04	

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
1	111	Datke Miriam	LG TELIS FINANZ Regensburg	0:32:43	0:32:43	1	WU23	98	08:32	07:51	07:56	08:23	
2	148	Steinruck Katharina	LG Eintracht Frankfurt	0:32:47	0:32:45	1	WHK	89	08:30	08:01	07:58	08:14	
3	124	Scherl Anja	LG TELIS FINANZ Regensburg	0:33:06	0:33:06	2	WHK	86	08:38	08:03	08:04	08:20	
4	66	Schöneborn Deborah	LG Nord Berlin	0:33:15	0:33:11	3	WHK	94	08:33	08:04	08:02	08:30	
5	26	Königstein Fabienne	MTG Mannheim	0:33:20	0:33:20	4	WHK	92	08:32	07:59	08:01	08:47	
6	150	Oed Lisa	SSC Hanau-Rodenbach	0:34:58	0:34:58	2	WU23	99	08:57	08:28	08:28	09:03	
7	228	Coutellier Vera	ASV Köln	0:35:10	0:34:59	5	WHK	95	08:59	08:25	08:30	09:03	
8	22	Wolf Melina	LG Region Karlsruhe	0:35:11	0:35:02	6	WHK	92	08:57	08:22	08:31	09:11	
9	118	Mayer Domenika	LG TELIS FINANZ Regensburg	0:35:15	0:35:13	7	WHK	90	08:49	08:33	08:38	09:11	
10	174	Mockenhaupt-Gregor	Lauf Team Haspa Marathon	0:35:22	0:35:16	8	WHK	80	08:57	08:31	08:36	09:11	
11	545	Strate Stephanie	SV Brackwede	0:35:25	0:35:17	9	WHK	91	09:09	08:33	08:27	09:05	
12	577	Leibfried Isabel	TSG 1845 Heilbronn	0:35:29	0:35:24	10	WHK	91	08:58	08:27	08:36	09:21	
13	61	Boschan Luisa	LG Nord Berlin	0:35:29	0:35:22	11	WHK	93	09:07	08:36	08:35	09:03	
14	217	Kümpers Julia	Aachener TG	0:35:32	0:35:24	12	WHK	92	09:09	08:34	08:33	09:06	
15	455	Jachmann Natalie	TSV Glücksburg 09	0:35:40	0:35:33	13	WHK	91	08:57	08:30	08:45	09:19	
16	113	Harrer Corinna	LG TELIS FINANZ Regensburg	0:35:42	0:35:42	14	WHK	91	08:57	08:34	08:47	09:23	
17	95	Schreindl Susanne	LG Passau	0:35:46	0:35:42	15	WHK	91	09:01	08:33	08:43	09:23	
18	292	Schön Maïke	LAZ PUMA Rhein-Sieg	0:35:51	0:35:43	16	WHK	89	08:58	08:36	08:50	09:18	
19	99	Högl Regina	LG Region Landshut	0:35:57	0:35:52	17	WHK	93	09:02	08:43	08:43	09:22	
20	175	Gerdes Christina	BV Garrel	0:36:09	0:35:58	18	WHK	95	08:53	08:28	08:47	09:49	
21	212	Stark Katharina	VfL Wolfsburg	0:36:12	0:36:03	19	WHK	92	09:10	08:46	08:50	09:15	
22	445	Adler Nicole	SG TSV Kronshagen/Kieler TB	0:36:21	0:36:11	20	WHK	92	09:13	08:47	08:46	09:23	
23	68	Schultze-Berndt Carmen	LG Nord Berlin	0:36:24	0:36:17	21	WHK	96	09:07	08:40	08:57	09:31	
24	9	Flacke Johanna	LG Region Karlsruhe	0:36:25	0:36:18	3	WU23	98	09:27	08:49	08:43	09:17	
25	105	Doerries Carola	LG Stadtwerke München	0:36:37	0:36:25	22	WHK	93	09:24	08:46	08:46	09:28	
26	10	Hettich Sarah	LG Region Karlsruhe	0:36:39	0:36:30	23	WHK	91	09:26	08:51	08:51	09:21	
27	511	Schulze Kalthoff Kerstin	LG Rosendahl	0:36:48	0:36:40	4	WU23	98	09:16	08:53	08:56	09:35	
28	434	Schlund Charlotte	Post-Sportverein Trier	0:36:59	0:36:47	24	WHK	94	09:22	08:50	08:58	09:36	
29	313	Zajonz Pia	LT DSHS Köln	0:37:14	0:37:03	25	WHK	93	09:24	08:48	08:56	09:53	
30	299	Hahn Susanne	Leichtathleten Gem.	0:37:16	0:37:16	1	W40	78	09:21	09:01	09:10	09:42	
31	102	Appelt Isabel	LG Stadtwerke München	0:37:23	0:37:11	26	WHK	85	09:25	09:00	09:09	09:36	
32	444	Adler Christin	SG TSV Kronshagen/Kieler TB	0:37:25	0:37:15	27	WHK	92	09:28	08:55	09:04	09:47	
33	532	Dörschel Christl	SG Wenden	0:37:36	0:37:32	2	W40	76	09:19	09:04	09:12	09:56	
34	123	Rappold Marina	LG TELIS FINANZ Regensburg	0:37:36	0:37:24	5	WU23	97	09:43	09:07	08:57	09:36	
35	168	Körner Maïke	Hamburg Running	0:37:44	0:37:30	28	WHK	88	09:39	09:02	09:03	09:44	
36	100	Jensen Elisabeth	LG Region Landshut	0:37:51	0:37:44	29	WHK	86	09:47	09:06	09:05	09:44	
37	57	Kroll Vivien	LAC Olympia 88 Berlin	0:37:52	0:37:43	30	WHK	94	09:37	09:08	09:11	09:45	
38	27	Freudenreich Meike	Roadrunners Südbaden	0:38:01	0:37:49	6	WU23	98	10:01	09:04	09:01	09:42	
39	561	Schneider Tina	TuS Deuz	0:38:05	0:37:55	31	WHK	90	09:25	08:54	09:21	10:12	
40	599	Wellbrock Nele	SG TSV Kronshagen/Kieler TB	0:38:06	0:37:55	7	WU23	00	09:36	08:58	09:14	10:05	
41	167	Jablonowski Julia	Hamburg Running	0:38:10	0:37:56	32	WHK	90	09:58	09:07	09:06	09:43	
42	274	Gkorla Dioni	LAZ PUMA Rhein-Sieg	0:38:12	0:38:00	8	WU23	97	09:24	09:15	09:19	10:01	
43	186	Riske Anna	Laufclub BlueLiner	0:38:12	0:38:10	3	W40	77	09:42	09:12	09:13	10:01	
44	11	Kaiser Sophia	LG Region Karlsruhe	0:38:17	0:38:08	33	WHK	96	09:36	09:13	09:20	09:57	
45	94	Prager Sabrina	LG Passau	0:38:19	0:38:15	34	WHK	87	09:30	09:13	09:27	10:03	
46	25	Brunnée Merle	MTG Mannheim	0:38:19	0:38:11	35	WHK	94	09:46	09:16	09:18	09:49	
47	107	Kleiner Yvonne	LG Stadtwerke München	0:38:20	0:38:08	36	WHK	74	09:37	09:05	09:18	10:07	
48	489	Moesch Angela	Laufgruppe Deiringsen	0:38:25	0:38:23	1	W50	69	09:42	09:14	09:21	10:05	
49	24	Böhm Juliana	MTG Mannheim	0:38:27	0:38:18	37	WHK	90	09:47	09:16	09:18	09:56	
50	409	Schönhofen Isabel	Laufftreff Schweich	0:38:29	0:38:15	38	WHK	91	09:44	09:13	09:16	09:59	
51	121	Parisek Mira	LG TELIS FINANZ Regensburg	0:38:30	0:38:18	39	WHK	96	09:44	09:06	09:22	10:05	
52	98	Brugger Julia	LG Region Landshut	0:38:31	0:38:21	40	WHK	90	09:28	09:17	09:28	10:05	
53	229	Gaus Nadja	ASV Köln	0:38:34	0:38:23	41	WHK	83	09:48	09:17	09:19	09:57	
54	230	Schmitz Sarah	ASV Köln	0:38:41	0:38:29	9	WU23	98	09:51	09:18	09:17	10:01	
55	547	Weike Nele	SV Brackwede	0:38:50	0:38:40	10	WU23	99	09:38	09:18	09:27	10:16	
56	342	Moser Denise	SFD 75 Düsseldorf-Süd	0:38:51	0:38:38	11	WU23	00	09:46	09:24	09:32	09:54	
57	220	Rußkamp Julia	Aachener TG	0:38:52	0:38:39	42	WHK	91	09:34	09:23	09:32	10:08	
58	97	Schultz Eva	LG Passau	0:38:54	0:38:40	43	WHK	95	09:52	09:11	09:25	10:11	
59	402	Engel Yvonne	Laufftreff Schweich	0:38:57	0:38:53	4	W40	77	09:45	09:23	09:38	10:06	
60	559	Schäfers Katharina	TuS Deuz	0:39:03	0:39:00	1	W35	84	09:53	09:23	09:30	10:12	

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	411	Wierz Marina	Laufftreff Schweich	0:39:05	0:38:51	44	WHK	91	09:44	09:13	09:29	10:23	
62	17	Stützel Michaela	LG Region Karlsruhe	0:39:07	0:38:57	45	WHK	89	10:02	09:27	09:24	10:04	
63	546	Weike Lea	SV Brackwede	0:39:26	0:39:17	12	WU23	99	09:28	09:29	09:51	10:27	
64	108	Basener Lisa	LG TELIS FINANZ Regensburg	0:39:37	0:39:25	13	WU23	00	10:09	09:33	09:32	10:09	
65	130	Reiter Amanda	PTSV Rosenheim	0:39:41	0:39:37	2	W50	67	10:04	09:34	09:40	10:18	
66	50	Fiehn Sandra	LAC Olympia 88 Berlin	0:39:43	0:39:34	46	WHK	86	09:48	09:39	09:50	10:15	
67	345	Bomm Elena	SSG Königswinter	0:39:44	0:39:44	14	WU23	01	10:36	09:45	09:29	09:51	
68	388	Matheis Josefa	TSG Eisenberg	0:39:46	0:39:43	3	W50	66	10:05	09:33	09:42	10:22	
69	215	Dohmen Anna	Aachener TG	0:39:48	0:39:36	15	WU23	98	09:55	09:32	09:46	10:22	
70	267	Maak Petra	LAV Bayer	0:39:50	0:39:47	1	W55	64	10:05	09:35	09:44	10:21	
71	47	Beer Jasmin	SV Olympia Cottbus	0:39:51	0:39:38	16	WU23	98	10:03	09:36	09:40	10:18	
72	159	Schenk Karin	TV Waldstraße Wiesbaden	0:39:52	0:39:48	1	W45	73	10:08	09:31	09:41	10:27	
73	397	Wittmann Tanja	TSV SCHOTT Mainz	0:39:54	0:39:42	47	WHK	81	10:09	09:38	09:43	10:11	
74	557	Otterbach Julia	TuS Deuz	0:39:59	0:39:45	48	WHK	92	10:14	09:38	09:37	10:14	
75	112	Grauham Saskia	LG TELIS FINANZ Regensburg	0:40:02	0:39:49	49	WHK	87	10:06	09:39	09:43	10:19	
76	276	Günther Marlen	LAZ PUMA Rhein-Sieg	0:40:06	0:40:00	2	W35	83	10:12	09:41	09:45	10:20	
77	250	Küpper Johanna	Lauf-Club Euskirchen	0:40:09	0:39:57	17	WU23	97	10:04	09:48	09:43	10:20	
78	129	Borris Stefanie	MTV 1881 Ingolstadt	0:40:17	0:40:14	4	W50	69	10:15	09:44	09:43	10:30	
79	364	Lang Alexandra	TSV Bayer 04 Leverkusen	0:40:33	0:40:29	18	WU23	00	09:57	09:54	10:05	10:32	
80	579	Ulrich Veronika	TSG Ehingen	0:40:40	0:40:39	5	W50	68	10:02	09:36	10:00	10:59	
81	395	Mainka Phyllis	TSV SCHOTT Mainz	0:41:08	0:40:55	50	WHK	95	10:37	09:54	09:53	10:30	
82	70	Koal Annika	LTC Berlin	0:41:10	0:41:09	3	W35	84	10:10	09:54	10:02	11:01	
83	177	Müller Saskia	Hannover 96	0:41:15	0:41:04	51	WHK	93	10:33	10:01	09:55	10:34	
84	33	Bröstl Verena Beatrice	TSG 78 Heidelberg	0:41:22	0:41:09	52	WHK	91	10:09	09:49	09:55	11:15	
85	416	Zeni Christine	LG Maifeld-Pellenz	0:41:26	0:41:15	53	WHK	91	10:10	09:58	10:14	10:52	
86	328	Schwartz Alexandra	OSC Waldniel	0:41:28	0:41:25	2	W55	63	10:06	09:49	10:15	11:14	
87	526	Volz Yvonne	Marathon-Club Menden	0:41:30	0:41:16	54	WHK	94	10:29	09:58	10:03	10:45	
88	553	Henkel Petra	TuS Deuz	0:41:30	0:41:27	5	W40	78	10:23	10:01	10:12	10:50	
89	517	Schmidt Raija	LSF Münster	0:41:34	0:41:31	2	W45	74	10:24	10:03	10:10	10:53	
90	157	Martens Vera	TV Waldstraße Wiesbaden	0:41:44	0:41:40	6	W50	69	10:24	10:00	10:17	10:58	
91	506	Kiene Lara	LG Hamm	0:41:50	0:41:41	19	WU23	99	09:59	09:59	10:26	11:16	
92	10100	Kaiser Melanie	WWL Remscheid	0:41:56	0:41:53	6	W40	75	10:31	10:01	10:14	11:06	
93	415	Teller Sandra	LG Maifeld-Pellenz	0:42:05	0:41:54	20	WU23	97	10:26	10:04	10:21	11:02	
94	452	Wehrmann Heidi	SG TSV Kronshagen/Kieler TB	0:42:06	0:42:00	3	W45	73	10:45	10:16	10:21	10:36	
95	481	Krause Astrid Ines	LC Jena	0:42:19	0:42:15	7	W50	69	10:19	10:19	10:39	10:57	
96	367	Warmer Nicole	TSV Bayer 04 Leverkusen	0:42:22	0:42:10	21	WU23	97	10:16	10:16	10:30	11:06	
97	437	Jacobi Birgit	SC Poseidon Koblenz	0:42:27	0:42:22	3	W55	64	10:14	10:08	10:26	11:33	
98	391	Rech Sabine	TSG Eisenberg	0:42:33	0:42:28	8	W50	68	10:40	10:13	10:21	11:12	
99	410	Schumacher Sara	Laufftreff Schweich	0:42:43	0:42:26	55	WHK	94	10:47	10:17	10:23	10:58	
100	602	Flügge Franziska	SC Hagen-Wildewiese	0:42:44	0:42:35	56	WHK	96	10:33	10:16	10:31	11:13	
101	400	Cillien Simone	Laufftreff Schweich	0:42:45	0:42:30	57	WHK	85	10:49	10:17	10:23	10:59	
102	370	Born Michaela	Turn-u.Spielv. Weeze 1910/19	0:42:52	0:42:48	4	W55	63	10:27	10:22	10:31	11:27	
103	394	Krämer Nadine	TSV SCHOTT Mainz	0:42:54	0:42:40	58	WHK	92	10:53	10:15	10:25	11:06	
104	173	Nachtigall Kirsten	Hamburger SV	0:43:01	0:42:53	9	W50	68	10:37	10:14	10:36	11:25	
105	323	Bommess Silke	OSC Waldniel	0:43:06	0:43:03	4	W45	74	10:32	10:24	10:39	11:26	
106	358	Beele Leonie	TSV Bayer 04 Leverkusen	0:43:18	0:43:06	22	WU23	00	10:19	10:16	10:43	11:45	
107	498	Bielefeld Katja	LC Solbad Ravensberg	0:43:22	0:43:17	7	W40	77	10:55	10:30	10:37	11:14	
108	154	Peters-Karbstein Marion	TuS Griesheim	0:43:24	0:43:16	5	W55	64	10:59	10:26	10:34	11:15	
109	321	Wefers Ulrike	Mönchengladbacher LG	0:43:26	0:43:21	10	W50	66	10:58	10:26	10:36	11:19	
110	318	Kaufmann Sophie	Mönchengladbacher LG	0:43:31	0:43:17	59	WHK	93	10:29	10:16	10:39	11:53	
111	317	Kanditt Katja	Mönchengladbacher LG	0:43:32	0:43:26	8	W40	77	10:32	10:30	10:45	11:37	
112	525	Ueding Linda	Marathon-Club Menden	0:43:51	0:43:35	60	WHK	93	10:58	10:34	10:37	11:25	
113	343	Richter Angela	SFD 75 Düsseldorf-Süd	0:43:56	0:43:54	6	W55	64	10:55	10:31	10:48	11:38	
114	448	Dörscher Christine	SG TSV Kronshagen/Kieler TB	0:44:04	0:43:57	9	W40	75	10:59	10:30	10:47	11:39	
115	522	Hardt Stephanie	Marathon-Club Menden	0:44:04	0:43:49	61	WHK	88	10:50	10:31	10:48	11:38	
116	521	Ebert Nadine	Marathon-Club Menden	0:44:06	0:43:50	62	WHK	78	10:58	10:39	10:48	11:23	
117	3	Hurth Tessa	LAC Freiburg	0:44:24	0:44:10	23	WU23	01	10:40	10:29	11:17	11:42	
118	369	Hock Ines	Turnerschaft Frechen 1897	0:44:32	0:44:28	7	W55	60	10:49	10:46	11:03	11:49	
119	153	Cymanek Jutta	TuS Griesheim	0:44:35	0:44:27	11	W50	67	11:02	10:35	10:56	11:52	
120	563	Senner Bianca	TuS Deuz	0:44:46	0:44:42	10	W40	78	11:02	10:47	11:01	11:51	

# Deutsche Meisterschaften - 10km Straßenlauf 13. Siegburger HIT-Citylauf - 15. September 2019

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
121	142	Karfs-Fiedler Annika	LC Eschenburg	0:44:56	0:44:47	8	W55	62	11:21	10:48	11:02	11:35	
122	249	Hellenbrand Lilo	DJK Gillrath 1911	0:45:14	0:45:06	1	W60	56	11:19	10:50	11:02	11:54	
123	152	Blatz Regina	TuS Griesheim	0:45:46	0:45:38	9	W55	61	11:24	11:00	11:13	11:59	
124	387	Eisenbarth Astrid	TSG Eisenberg	0:46:03	0:45:58	11	W40	75	11:26	11:01	11:26	12:03	
125	372	Seegers Claudia	Turn-u.Spielv. Weeze 1910/19	0:46:25	0:46:17	10	W55	62	11:40	11:14	11:20	12:02	
126	512	Drescher-Eigner Diethild	LG Wittgenstein	0:46:49	0:46:40	2	W60	58	11:16	11:10	11:37	12:36	
127	515	Rellensmann Susanne	LSF Münster	0:47:00	0:46:53	11	W55	61	11:25	11:08	11:37	12:41	
128	245	Geller-Gravez Anne	DJK Elmar Kohlscheid	0:47:02	0:46:53	12	W40	78	11:26	11:20	11:42	12:23	
129	297	Fraas Melanie	LC Adler Bottrop	0:47:03	0:46:58	13	W40	75	11:44	11:15	11:30	12:28	
130	371	Hermann Anita	Turn-u.Spielv. Weeze 1910/19	0:47:05	0:46:58	12	W55	61	11:43	11:22	11:32	12:19	
131	296	D Argenio Katja	LC Adler Bottrop	0:47:17	0:47:12	14	W40	78	11:58	11:22	11:37	12:13	
132	141	Göbel Claudia	LC Eschenburg	0:47:18	0:47:09	12	W50	66	11:42	11:28	11:39	12:19	
133	236	Birk Ines	Brühler TV 1879	0:47:37	0:47:27	5	W45	74	11:40	11:31	11:41	12:34	
134	238	Erstfeld Sandra	Brühler TV 1879	0:47:37	0:47:29	4	W35	80	11:41	11:30	11:41	12:35	
135	447	Becker Verena	SG TSV Kronshagen/Kieler TB	0:47:42	0:47:36	15	W40	77	11:21	11:30	11:54	12:50	
136	386	Boger-Mickert Maria	TSG Eisenberg	0:48:53	0:48:47	13	W50	69	11:39	11:57	12:21	12:49	
137	298	Raßmann Susanne	LC Adler Bottrop	0:49:01	0:48:55	6	W45	73	12:04	11:43	12:11	12:56	
138	378	Kappenhagen Angelika	TuS Oedt 1884 e.V.	0:49:08	0:49:08	3	W60	57	00:00	00:00	00:00	00:00	
139	377	Bauer Martina	TuS Oedt 1884 e.V.	0:49:12	0:49:05	13	W55	61	12:05	11:54	12:03	13:01	
140	243	Bolten Ilka	DJK Elmar Kohlscheid	0:49:50	0:49:39	14	W55	63	12:32	12:03	12:07	12:55	
141	247	Herrmann Martina	DJK Elmar Kohlscheid	0:50:13	0:50:03	16	W40	77	12:25	12:04	12:29	13:03	
141	248	Meinecke Melanie	DJK Elmar Kohlscheid	0:50:13	0:50:03	16	W40	75	12:25	12:04	12:19	13:13	
143	519	Andres Barbara	Marathon-Club Menden	0:50:26	0:50:18	4	W60	58	12:29	12:27	12:20	13:01	
144	165	Kleinemeyer Dagmar	Barsbütteler SV	0:51:16	0:51:10	5	W60	56	13:22	12:30	12:18	12:58	
145	208	Schlachte Roswita	VfL Eintracht Hannover	0:51:52	0:51:49	6	W60	55	12:28	12:11	12:52	14:16	
146	347	Kappel Heike	SSG Königswinter	0:52:19	0:52:08	14	W50	68	13:11	12:31	12:39	13:45	
147	158	Ritschel Anja	TV Waldstraße Wiesbaden	0:52:31	0:52:24	1	W70	46	13:15	12:43	12:42	13:44	
148	351	Rick Ulrike	SSG Königswinter	0:54:18	0:54:06	15	W50	68	13:03	12:51	13:32	14:38	
149	487	Bonin Monika	Lauf Team Unna	0:55:06	0:54:58	1	W65	50	13:52	13:13	13:15	14:36	
150	241	Meyer Melanie	Brühler TV 1879	0:57:07	0:56:56	18	W40	76	13:33	13:49	14:14	15:18	
151	346	Cronenberg Claudia	SSG Königswinter	0:58:55	0:58:44	16	W50	69	13:24	13:49	14:50	16:40	
152	453	Hinz Annette	TSV Altenholz	1:08:19	1:08:11	1	W75	41	16:30	16:31	17:02	18:07	