

24. MCM-Menden-Waldlauf

Marathon-Club-Menden

Samstag, 2. August 2008

Ergebnis-Liste 20 km Menden-Waldlauf

| Gesamt- Platz | Zeit | Name | Verein | Altersklasse | | Geb. Jahr | Startnr |
|------------------|----------|--------------------------|----------------------------|--------------|------|--------------|---------|
| | | | | Platz | Name | | |
| 1 | 01:13:29 | Steinmetz, Roland | LGO Bochum | 1 | M30 | 76 | 686 |
| 2 | 01:13:49 | Goltsch, Tillmann | LT Bittermark | 2 | M30 | 78 | 623 |
| 3 | 01:17:57 | Scheen, Thorsten | SG Wenden | 3 | M30 | 74 | 533 |
| 4 | 01:18:45 | Mann, Heiko | TTG Radevormwald | 1 | M35 | 73 | 658 |
| 5 | 01:18:56 | Greis, Volker | Laufteam Unna | 2 | M35 | 70 | 633 |
| 6 | 01:19:12 | Kleerbaum, Uwe | DJK Dülmen Tri Team | 3 | M35 | 69 | 630 |
| 7 | 01:20:25 | Niemietz, Stefan | ASV Iserlohn | 1 | MHK | 82 | 660 |
| 8 | 01:20:45 | Just, Jörg | SG Neukirchen-Hülchrath | 4 | M35 | 69 | 645 |
| 9 | 01:21:44 | Heldt, Michael | | 5 | M35 | 69 | 539 |
| 10 | 01:21:44 | Schöne, Burkhard | Marathon-Club Menden | 1 | M40 | 64 | 683 |
| 11 | 01:23:04 | Schmel, Klaus | LG Hamm | 1 | M45 | 63 | 574 |
| 12 | 01:24:10 | Malchow, Rainer | L.G.Schwerte | 6 | M35 | 71 | 558 |
| 13 | 01:24:24 | Borrasch, Michael | SuS Schalke 96 | 1 | M50 | 58 | 548 |
| 14 | 01:24:41 | Meisel, Andreas | | 2 | M40 | 64 | 696 |
| 15 | 01:25:23 | Funke, Thorsten | Mülheim | 7 | M35 | 70 | 594 |
| 16 | 01:25:37 | Trapp, Andreas | Plettenberg | 3 | M40 | 67 | 615 |
| 17 | 01:25:50 | Schneider, Gerhard | Laufen-in-Balve | 2 | M50 | 58 | 654 |
| 18 | 01:25:56 | Gläßer, Harald | Laufmonster Köln | 4 | M40 | 68 | 565 |
| 19 | 01:26:38 | Resche, Heike | Lauf Team Unna | 1 | W40 | 68 | 591 |
| 20 | 01:26:43 | Voges, Frank | LG Volldampf Clarholz | 5 | M40 | 68 | 589 |
| 21 | 01:26:47 | Wittke, Volker | TuS Uentrop | 6 | M40 | 68 | 587 |
| 22 | 01:26:48 | Czerlinski, Manfred | Georg-Müller-Schule Wetter | 2 | M45 | 61 | 640 |
| 23 | 01:27:14 | Aepfelbach, Tim | Triathlon-Team Witten | 8 | M35 | 73 | 541 |
| 24 | 01:27:16 | Mirz, Thomas | SG Neukirchen-Hülchrath | 3 | M45 | 63 | 669 |
| 25 | 01:27:26 | Budde, Klaus | LF Bönen | 1 | M55 | 53 | 668 |
| 26 | 01:27:38 | Just, Michael | Marathon-Club Menden | 9 | M35 | 70 | 530 |
| 27 | 01:27:42 | Dempe, Matthias | Lauf Team Unna | 7 | M40 | 67 | 567 |
| 28 | 01:27:53 | Klamrowski, Mieczyslaw | LG Deiringsen | 3 | M50 | 58 | 525 |
| 29 | 01:28:07 | Hasenkopf, Peter | LT TuS Iserlohn | 4 | M45 | 60 | 608 |
| 30 | 01:29:02 | Krippenstapel, Holger | LG Unna | 5 | M45 | 63 | 631 |
| 31 | 01:29:43 | Jauer, Uli | Lauf Team Unna | 6 | M45 | 59 | 592 |
| 32 | 01:29:54 | Weier, Rulf | SV Westfalia Rhynern | 7 | M45 | 63 | 690 |
| 33 | 01:29:59 | Bleicker, Dirk | LSF-Unna-2000/Hemer | 8 | M40 | 68 | 695 |
| 34 | 01:30:19 | Isenberg, Andreas | LT Vipe | 9 | M40 | 67 | 624 |
| 35 | 01:30:34 | Walter, Verena | Marathon-Club Menden | 1 | WHK | 81 | 520 |
| 36 | 01:30:56 | Bröggelhoff, Hans-Jürgen | LG Deiringsen | 10 | M40 | 64 | 593 |
| 37 | 01:31:33 | Prause, Thomas | Marathon-Club Menden | 4 | M30 | 77 | 545 |
| 38 | 01:31:39 | Schneider, Georg | Marathon-Club Menden | 4 | M50 | 56 | 538 |
| 39 | 01:31:40 | Möllensiep, Sybille | SuS Schalke 96 | 1 | W45 | 62 | 550 |
| 40 | 01:31:52 | Gerlach, Karl | Marathon-Club Menden | 11 | M40 | 67 | 672 |

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|------------------|-----------------|------------------------------|------------------------------|--------------|------------|--------------|------------|
| | | | | Platz | Name | | |
| 41 | 01:32:01 | Nachtwey, Claudia | TV Werne | 2 | W40 | 67 | 536 |
| 42 | 01:32:26 | Kotolas, Kosta | Marathon-Club Menden | 12 | M40 | 65 | 517 |
| 43 | 01:32:41 | Müller, Günter | AS Neukirchen-Vluyn | 5 | M50 | 56 | 576 |
| 44 | 01:33:29 | Blumenthal, Kai-Uwe | Radsportfreunde Schwerte-Ost | 8 | M45 | 62 | 613 |
| 45 | 01:33:32 | Krampe, Thomas | TV Hemer | 9 | M45 | 61 | 590 |
| 46 | 01:33:33 | Hesse, Dieter | Balve | 2 | M55 | 50 | 586 |
| 47 | 01:33:59 | Kolonko, Peter | Marathon-Club Menden | 13 | M40 | 67 | 537 |
| 48 | 01:34:10 | Kemper , Johannes | Marathon-Club Menden | 1 | MJB | 91 | 666 |
| 49 | 01:34:18 | Westig, Holger | Menden | 10 | M35 | 73 | 535 |
| 50 | 01:34:33 | Bömmelburg, Rainer | LGO Bochum | 10 | M45 | 61 | 656 |
| 51 | 01:34:36 | Cisnik, Dieter | Wuppertal | 11 | M45 | 59 | 657 |
| 52 | 01:34:37 | Hochstein, Siegfried | VFL Fleckenberg | 11 | M35 | 71 | 600 |
| 53 | 01:34:43 | Thamm, Wolfgang | SuS Schalke 96 | 1 | M60 | 46 | 551 |
| 54 | 01:34:58 | Lücking, Markus | Endorphinjunkies Dortmund | 12 | M35 | 71 | 509 |
| 55 | 01:35:08 | Spitz, Dirk | LGO Bochum | 13 | M35 | 70 | 599 |
| 56 | 01:35:09 | Stumpe, Michael | Fröndenberg | 14 | M40 | 67 | 679 |
| 57 | 01:35:15 | Krinke, Carsten | Lüdenscheid | 14 | M35 | 72 | 607 |
| 58 | 01:35:45 | Koßmann, Reinhard | Bochum | 12 | M45 | 62 | 670 |
| 59 | 01:35:59 | Schadwill, Thomas | L.G. Iserlohn | 15 | M40 | 65 | 557 |
| 60 | 01:36:02 | Schöfisch, Harald | Marathon-Club Menden | 15 | M35 | 69 | 529 |
| 61 | 01:36:12 | Zambanini, Ralf | LC Letmathe | 16 | M40 | 65 | 661 |
| 62 | 01:36:49 | Schröder, Torsten | Lauf Team Unna | 17 | M40 | 64 | 605 |
| 63 | 01:37:34 | Belecky, Harald | DLRG Menden | 13 | M45 | 61 | 547 |
| 64 | 01:37:53 | Niederhofer, Stefan | Breckerfelder Trio | 16 | M35 | 73 | 626 |
| 65 | 01:37:55 | Otto, Manfred | LG Hamm | 3 | M55 | 53 | 575 |
| 66 | 01:37:57 | Bremer, Andreas | Tri-TEAM-Witten | 6 | M50 | 56 | 577 |
| 67 | 01:38:00 | Berndt, Suliko | Lauf Team Unna | 2 | W45 | 63 | 604 |
| 68 | 01:38:03 | Oelenberg, Matthias | Schwerte | 18 | M40 | 66 | 612 |
| 69 | 01:38:20 | Urlaub, Martin | Endorphinjunkies Dortmund | 5 | M30 | 74 | 508 |
| 70 | 01:38:29 | Dues, Jan-Gerd | TV Borken | 19 | M40 | 66 | 569 |
| 71 | 01:38:36 | Eckenbach, Ute | MTV Urberach | 3 | W40 | 66 | 601 |
| 72 | 01:38:37 | Trompeter, Michael | Dortmund | 6 | M30 | 75 | 680 |
| 73 | 01:38:53 | Boshoff, Oliver André | TSV 1863 Herdecke e.V | 2 | MHK | 88 | 579 |
| 74 | 01:38:59 | Steinebach, Andre' | Endorphinjunkies Dortmund | 17 | M35 | 73 | 505 |
| 75 | 01:39:02 | Claus, Axel | DEK Hagen | 7 | M50 | 58 | 609 |
| 76 | 01:39:15 | Stammer, Michael | DLRG Kamen | 14 | M45 | 62 | 629 |
| 77 | 01:39:30 | Buck, Martin | LG Deiringsen | 20 | M40 | 66 | 552 |
| 78 | 01:39:45 | Ziedorn, Thorsten | LT-Viepe | 21 | M40 | 67 | 632 |
| 79 | 01:39:49 | Poloschek, Manfred | Marathon-Club Menden | 3 | MHK | 80 | 678 |
| 80 | 01:40:08 | Schreimb, Günter | LGO Bochum | 2 | M60 | 48 | 584 |

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|------------------|-----------------|------------------------------------|-----------------------------|--------------|------------|--------------|------------|
| | | | | Platz | Name | | |
| 81 | 01:40:19 | Schneider-Endrowait, Gisela | Marathon-Club Menden | 1 | W55 | 52 | 519 |
| 82 | 01:40:21 | Uelzmann, Christine | Lauffreunde Bönen | 4 | W40 | 67 | 583 |
| 83 | 01:40:35 | Geuken, Jörg | Marathon-Club Menden | 22 | M40 | 67 | 543 |
| 84 | 01:40:56 | Kulka, Alexander | Witten | 4 | MHK | 80 | 614 |
| 85 | 01:41:01 | Gießau, Reiner | LG Deiringsen | 15 | M45 | 60 | 644 |
| 86 | 01:41:03 | Bretthauer, Matthias | LG Haarstrang | 23 | M40 | 67 | 643 |
| 87 | 01:41:04 | Turck, Collin | Altena | 5 | MHK | 85 | 694 |
| 88 | 01:41:17 | Glasmeyer, Gerhard | Marathon-Club Menden | 4 | M55 | 51 | 603 |
| 89 | 01:41:24 | Wallburg, Volker | LT Sümmern | 5 | M55 | 51 | 675 |
| 90 | 01:41:29 | Pingel, Matthias | LT-Vipe Menden | 24 | M40 | 66 | 634 |
| 91 | 01:41:54 | Gierse, Hans-Georg | LG Deiringsen | 8 | M50 | 56 | 554 |
| 92 | 01:41:54 | Neubauer, Karen | SuS Schalke 96 | 5 | W40 | 64 | 549 |
| 93 | 01:42:01 | Johannes, Horst | Hilden | 25 | M40 | 68 | 682 |
| 94 | 01:42:13 | Grothe, Winfried | LG Menden | 26 | M40 | 64 | 585 |
| 95 | 01:42:26 | Börsken, Markus | Marathon-Club Menden | 18 | M35 | 69 | 534 |
| 96 | 01:44:19 | Podemski, Egbert | Schwitten | 16 | M45 | 62 | 532 |
| 97 | 01:44:36 | Klar, Hans-Dieter | Marathon-Club Menden | 6 | M55 | 49 | 544 |
| 98 | 01:44:36 | Kaderhandt, Josef | Marathon-Club Menden | 3 | M60 | 47 | 501 |
| 99 | 01:45:02 | Reinersmann, Michael | Skiclub Sundern | 9 | M50 | 56 | 513 |
| 100 | 01:45:12 | Kesper, Martin | Marathon-Club Menden | 27 | M40 | 66 | 563 |
| 101 | 01:45:27 | Röper, Markus | Heidetrimmer Iserlohn | 28 | M40 | 65 | 667 |
| 102 | 01:45:28 | Erdmann, Andreas | LT TuS Iserlohn | 17 | M45 | 62 | 663 |
| 103 | 01:45:29 | Seidel, Bernd | TVG Kaiserau | 18 | M45 | 63 | 628 |
| 104 | 01:45:59 | Fälker, Frank | VFL Fröndenber | 29 | M40 | 66 | 693 |
| 105 | 01:46:10 | Völlkopf, Hagen | Marathon-Club Menden | 10 | M50 | 57 | 522 |
| 106 | 01:46:11 | Bewersdorff, Michael | DJK Werl | 19 | M45 | 63 | 647 |
| 107 | 01:46:29 | Scholz, Manfred | Marathon-Club Menden | 1 | M65 | 39 | 662 |
| 108 | 01:46:33 | Hoff, Klaus | Marathon-Club Menden | 20 | M45 | 60 | 556 |
| 109 | 01:46:37 | Schwarze, Nico | Mainz | 6 | MHK | 79 | 681 |
| 110 | 01:46:50 | Frenzel, Jürgen | TuS Müschede | 21 | M45 | 59 | 582 |
| 111 | 01:46:52 | Zappe, Rheinhard | Marathon-Club Menden | 7 | M55 | 52 | 659 |
| 112 | 01:46:58 | Landwehr, Heinrich | Menden | 8 | M55 | 50 | 559 |
| 113 | 01:46:58 | Erbe, Rainer | Menden | 22 | M45 | 59 | 560 |
| 114 | 01:47:01 | Schlenck, Simone | Plettenberg | 1 | W35 | 70 | 639 |
| 115 | 01:47:15 | Welp, Franz-Josef | TuS E Ving-Lindenhorst | 30 | M40 | 67 | 618 |
| 116 | 01:47:25 | Finkensiep, Dirk | LWT Ümminger See/Bochum | 23 | M45 | 59 | 652 |
| 117 | 01:47:27 | Köster, Roger | VFB Westhofen | 31 | M40 | 65 | 635 |
| 118 | 01:47:37 | Kimm, Ulrich | Marathon-Club Menden | 32 | M40 | 64 | 646 |
| 119 | 01:47:48 | Mertens, Burkhard | Fitness -Treff Garbeck | 33 | M40 | 64 | 691 |
| 120 | 01:48:09 | Hermann, Wolfgang | LF Bönen | 4 | M60 | 48 | 571 |

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|------------------|-----------------|------------------------------|----------------------------------|--------------|------------|--------------|------------|
| | | | | Platz | Name | | |
| 121 | 01:48:26 | Juchmann, Norbert | Herzogenrath | 34 | M40 | 64 | 580 |
| 122 | 01:49:02 | Schmitz, Gunnar | VFB Westhofen | 24 | M45 | 60 | 636 |
| 123 | 01:49:04 | da Silva, Vitor | Unna | 25 | M45 | 63 | 578 |
| 124 | 01:49:38 | Figgen, Alexander | Ense | 7 | M30 | 74 | 685 |
| 125 | 01:49:57 | Michel, Anja | Endorphinjunkies Dortmund | 2 | W35 | 70 | 512 |
| 126 | 01:50:21 | Hoffmann, Walter | Marathon-Club Menden | 11 | M50 | 58 | 568 |
| 127 | 01:50:31 | Küppers, Eckhardt | LT VIPE | 35 | M40 | 66 | 671 |
| 128 | 01:50:40 | Rinsche-Pingel, Jens | Firma Pingel Transporte | 7 | MHK | 79 | 598 |
| 129 | 01:51:38 | Link-Holtermann, Elke | Breckerfelder Trio | 3 | W35 | 69 | 625 |
| 130 | 01:51:55 | Boronowski, Dietmar | Laufteufel Hemer | 36 | M40 | 65 | 619 |
| 131 | 01:51:55 | Barbenheim, Gerd | Bottrop | 12 | M50 | 56 | 688 |
| 132 | 01:52:24 | Diermann, Martin | Marathon-Club Menden | 37 | M40 | 65 | 606 |
| 133 | 01:52:25 | Feische, Pia | Endorphinjunkies Dortmund | 2 | WHK | 79 | 507 |
| 134 | 01:52:26 | Schneider, Herbert | LT Riese-Blitze Werdohl | 26 | M45 | 59 | 514 |
| 135 | 01:54:05 | Kesper, Thomas | DJK Böisperde | 38 | M40 | 68 | 561 |
| 136 | 01:54:12 | Schmelzer, Heike | Hemer | 3 | WHK | 81 | 621 |
| 137 | 01:54:37 | Monheim, Veronika | Schwerte | 1 | W30 | 76 | 518 |
| 138 | 01:54:42 | Kruse, Hansgeorg | Shanty-Chor-Lendringens | 5 | M60 | 48 | 642 |
| 139 | 01:54:47 | Tank, Dieter | Dortmund | 13 | M50 | 55 | 648 |
| 140 | 01:56:06 | Paul, Roland | LT TuS Iserlohn | 9 | M55 | 49 | 665 |
| 141 | 01:56:06 | Kempf, Martin | LT TuS Iserlohn | 39 | M40 | 65 | 692 |
| 142 | 01:56:18 | Diel, Hans-Werner | LC Waltrop 08 | 6 | M60 | 47 | 515 |
| 143 | 01:56:47 | Hahn, Tobias | LGO Dortmund | 19 | M35 | 73 | 664 |
| 144 | 01:56:49 | Hahne, Friedrich | TSV Altena | 10 | M55 | 53 | 588 |
| 145 | 01:56:49 | Wenzel, Kirsten | Marathon-Club Menden | 2 | W30 | 77 | 595 |
| 146 | 01:56:52 | Topf, Andreas | DJK Grün Weiß Werl | 40 | M40 | 64 | 610 |
| 147 | 01:57:03 | Hammerschmidt, Ute | Menden | 4 | WHK | 79 | 596 |
| 148 | 01:57:04 | Melz, Andreas | HSG Lüdenscheid | 27 | M45 | 61 | 687 |
| 149 | 01:57:18 | Breuer, Günter | Lauftreff Sümmern | 14 | M50 | 54 | 653 |
| 150 | 01:57:27 | Wilke, Jürgen | LT Hohenlimburg | 11 | M55 | 53 | 526 |
| 151 | 01:57:31 | Wörmann, Christian | Friedrichsdorf | 8 | M30 | 74 | 581 |
| 152 | 01:58:14 | Langesberg, Susanne | TV Flerke | 6 | W40 | 67 | 674 |
| 153 | 01:58:14 | Heinemann, Britta | TV Flerke | 5 | WHK | 80 | 673 |
| 154 | 01:58:27 | Braun-Nott, Angelika | LT Hohenlimburg | 2 | W55 | 52 | 527 |
| 155 | 01:59:06 | Heil, Sabine | Endorphinjunkies Dortmund | 3 | W30 | 75 | 510 |
| 156 | 01:59:35 | Trzeciak, Torsten | Tus Eving | 20 | M35 | 71 | 617 |
| 157 | 01:59:36 | Schappmann, Kerstin | LG Menden | 7 | W40 | 64 | 562 |
| 158 | 01:59:44 | Kirchhoff, Eckhard | LG Deiringens | 12 | M55 | 49 | 553 |
| 159 | 01:59:46 | Hörter, Jörg | Velbert | 21 | M35 | 70 | 611 |
| 160 | 01:59:55 | Magerkurth, Sarah | Endorphinjunkies Dortmund | 8 | W40 | 65 | 503 |

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| | | | | Platz | Name | | |
| 161 | 01:59:57 | Matublowski, Claudia | Laufteufel Hemer | 4 | W35 | 72 | 602 |
| 162 | 02:00:04 | Merzenich, Gabriele | Menden | 3 | W45 | 61 | 638 |
| 163 | 02:00:33 | Clemens, Frank | Holzwickede | 41 | M40 | 67 | 620 |
| 164 | 02:00:38 | Marutschke, Anneli | Marathon-Club Menden | 4 | W45 | 63 | 641 |
| 165 | 02:00:42 | Bialuschewski, Christa | TSV Altena | 1 | W50 | 54 | 572 |
| 166 | 02:00:44 | Müller, Diana | Menden | 4 | W30 | 77 | 684 |
| 167 | 02:01:10 | Kießling, Mario | LC Auensee Leipzig | 7 | M60 | 46 | 616 |
| 168 | 02:01:54 | Helmuth-Paland, Marius | Berlin | 15 | M50 | 57 | 637 |
| 169 | 02:02:08 | Rabe, Sonja | Marathon-Club Menden | 5 | W45 | 59 | 521 |
| 170 | 02:02:23 | Hoffmann, Heinz | | 2 | M65 | 39 | 655 |
| 171 | 02:03:20 | Hellmann, Marnie | | 6 | WHK | 81 | 573 |
| 172 | 02:05:56 | Bergkemper, Oliver | Endorphinjunkies Dortmund | 42 | M40 | 68 | 506 |
| 173 | 02:06:52 | Hermann, Sabine | LF Bönen | 2 | W50 | 58 | 570 |
| 174 | 02:07:32 | Kreidt, Monika | Hemer | 9 | W40 | 66 | 676 |
| 175 | 02:07:33 | Appelt, Klaus | Hemer | 28 | M45 | 59 | 677 |
| 176 | 02:08:04 | Beermann, Kai | Marathon-Club Menden | 29 | M45 | 63 | 566 |
| 177 | 02:10:21 | Lammert, Heinz | Lauf-Team Unna | 1 | M70 | 37 | 528 |
| 178 | 02:12:04 | Figge, Miryam | Hemer | 6 | W45 | 63 | 622 |
| 179 | 02:12:46 | Kipp, Udo | Marathon Soest | 3 | M65 | 43 | 627 |
| 180 | 02:13:20 | Rinsche, Mark | Menden | 22 | M35 | 73 | 597 |
| 181 | 02:13:20 | Krause, Silke | Reitverein Menden | 10 | W40 | 64 | 689 |
| 182 | 02:14:01 | Janowski, Hubert | Lauf Team Unna | 2 | M70 | 35 | 649 |
| 183 | 02:16:44 | Großmann-Wedegärtner, Michael | TV 1895 Steinheim | 13 | M55 | 52 | 524 |
| 184 | 02:28:21 | Papanikolaou, Konstatin | Wetter | 16 | M50 | 55 | 651 |
| 185 | 02:28:22 | Polakovs, Horst | Herdecke | 17 | M50 | 54 | 650 |