

Cupwertung nach Zeit
Stand nach vier Läufen
Gesamt

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	Geiken, Annette	LG RWE Power	W W40	00:33:25	01:11:18	01:34:42	03:21:35	06:41:00
13	Reiser, Jürgen	LG RWE Power	M M45	00:33:26	01:11:18	01:34:43	03:21:39	06:41:06
14	Giessler, Andreas		M M35	00:31:30	01:08:49	01:34:45	03:30:05	06:45:09
15	Griesel, Frank	Lokomot. Lunge Oberkassel	M M40	00:32:04	01:05:42	01:30:08	03:40:58	06:48:52
16	Lelke, Carsten		M M45	00:30:17	01:05:47	01:32:39	03:44:00	06:52:43
17	Dömlang, Robert	7G runergy Laufteam	M M40	00:33:08	01:08:53	01:38:08	03:36:19	06:56:28
18	Niehusmann, Sandra	Team Siebengebirge	W W30	00:32:10	01:09:57	01:40:08	03:35:11	06:57:26
19	Büchter, Martin	Troisdorfer LG M.U.T.	M M50	00:33:49	01:19:59	01:34:05	03:34:20	07:02:13
20	Sotta, Torsten	Berliner Laufburschen	M M45	00:34:17	01:11:09	01:35:42	03:42:36	07:03:44
21	Efferoth, Timo	LT Siebengebirge	M M40	00:31:06	01:11:00	01:37:44	03:46:57	07:06:47
22	Vierbuchen, Jost	www.drachenlauf.net	M M50	00:36:01	01:14:55	01:41:54	03:36:34	07:09:24
23	Wiesgen, Michael		M M50	00:34:12	01:11:49	01:42:13	03:46:18	07:14:32
24	Klein, Albert	LT Siebengebirge	M M55	00:34:38	01:14:35	01:40:23	03:45:53	07:15:29
25	Dreesbach, Dirk	LC Weilerswist	M M40	00:36:07	01:14:12	01:42:52	03:42:30	07:15:41
26	Saadi, Robert	LG Rheinbach	M M45	00:33:53	01:09:52	01:35:50	03:57:08	07:16:43
27	Leykum, Günter	FV Bad Honnef	M M40	00:35:26	01:16:36	01:39:07	03:49:29	07:20:38
28	Hilt, Volker		M M45	00:34:32	01:11:51	01:40:12	03:59:05	07:25:40
29	Grünfeld, André	LT Siebengebirge	M M45	00:35:39	01:12:52	01:45:05	03:55:00	07:28:36
30	Ebert, Silke	k1-media	W W40	00:37:53	01:17:39	01:47:30	03:49:20	07:32:22
31	Konradi, Thomas		M M50	00:34:29	01:14:12	01:44:08	04:01:43	07:34:32
32	Haase, Holger	Die 3 Muskelkater	M M45	00:35:48	01:15:03	01:44:18	04:03:16	07:38:25
33	Saßmannshausen, D	TuS Dotzlar	M M30	00:35:32	01:12:55	01:41:43	04:10:19	07:40:29
34	Royeck, Michel	Team Siebengebirge	M M30	00:34:30	01:14:22	01:50:11	04:13:04	07:52:07
35	Nüchel, Dieter	Die 3 Muskelkater	M M40	00:35:13	01:15:18	01:51:01	04:12:40	07:54:12
36	Lebenstedt, Jan		M M40	00:33:39	01:17:29	01:41:26	04:23:57	07:56:31
37	Pfannenschmidt, Timo	LC Weilerswist	M M45	00:37:49	01:17:18	01:49:13	04:14:52	07:59:12
38	Meinert, Jacobsen		M M45	00:38:27	01:18:41	01:48:04	04:14:31	07:59:43
39	Dörmfeld, Elke	Troisdorfer LG M.U.T.	W W50	00:38:03	01:20:00	01:46:00	04:17:33	08:01:36

Cupwertung nach Zeit
Stand nach vier Läufen

				Gesamt					
40	Jost, Dirk	Die 3 Muskelkater	M	M45	00:36:58	01:14:30	01:48:25	04:22:20	08:02:13
41	Wasserfuhr, Barbara	TSV Rönsahl	W	W45	00:39:41	01:23:39	01:55:08	04:21:32	08:20:00
42	Germescheid, Oskar	LT Rheinhöhenlauf	M	M55	00:40:49	01:23:08	01:52:42	04:26:08	08:22:47
43	Mohr, Bernd	Wiedtal-Rennschnecken	M	M40	00:36:50	01:11:42	01:59:17	04:37:02	08:24:51
44	Sieburg, Mike	BSG Evonik Wesseling e.V.	M	M50	00:40:13	01:25:43	02:01:20	04:21:41	08:28:57
45	Otto, Tanja	LT Siebengebirge	W	W30	00:43:14	01:24:03	01:58:09	04:24:34	08:30:00
46	Straimer, Dr. Anna	Alfterer SC	W	W60	00:42:52	01:29:37	02:03:35	04:31:43	08:47:47
47	Langer, Björn	Königswinter	M	M35	00:39:47	01:23:24	02:02:45	04:45:52	08:51:48
48	Audehm, Dr. Uwe	Alfterer SC	M	M50	00:39:33	01:28:36	01:54:06	04:49:59	08:52:14
49	Malik, Marcin	Alfterer SC	M	M40	00:43:40	01:29:10	02:01:55	04:42:13	08:56:58
50	Frombgen-Arias, Ingo	ABB Bad Honnef BSG	M	M40	00:40:42	01:27:25	02:07:07	04:42:17	08:57:31
51	Zimmermann, Jürgen	ABB Bad Honnef BSG	M	M45	00:41:21	01:27:25	02:07:07	04:42:20	08:58:13
52	Tölke, Andreas		M	M40	00:36:56	01:19:05	01:59:26	05:13:50	09:09:17
53	Wawrzyniak, Petra	LT Siebengebirge	W	W35	00:42:23	01:29:04	02:10:00	04:50:19	09:11:46
54	Klein, Uwe	Tus Horhausen	M	M45	00:39:35	01:26:29	02:07:12	05:06:29	09:19:45
55	Wolf, Dietrich	LT Siebengebirge	M	M65	00:40:12	01:29:45	02:11:10	05:06:02	09:27:09
56	Gottschling, Ricarda	BSG Evonik Wesseling e.V.	W	W45	00:42:49	01:35:12	02:08:55	05:00:36	09:27:32
57	Hubrig-Schaumburg, Sabine	LT Hennef/Sieg	W	W50	00:46:16	01:42:06	02:28:57	05:23:03	10:20:22

Siebenwertung nach Punkten
Stand nach drei Läufen

Frauen							
Name	Verein/Ort	Klasse	Malberg lauf	Löwenburg lauf	Rheinhöhen lauf	Siebegebirgs Marathon	Gesamt
1 Lütz, Ulrike	TuS Dollendorf	W35	166,81	216,42	161,57		544,80
2 Weiss, Esther	Melpomene Bonn	W50	161,58	217,38	162,30		541,26
3 Frost, Dagmar	LT Siebengebirge	W45	167,50	202,75	144,95		515,20
4 Schumacher, Gabi	LT Alpenrod-Lochum	W45	143,97	193,41	144,15		481,54
5 Wasserfuhr, Barbara	TSV Rönsahl	W45	137,34	181,06	131,79		450,20
6 Domgörgen, Adelheid		W50	139,44	167,91	117,97		425,31
7 Wilimzig, Maike	SSF Bonn	W30	135,60	162,91	119,98		418,48
8 Melzer, Elke	Alfterer SC	W45	173,61	222,60	0,00		396,20
9 Schulz, Birgitt	Rheinhöhenlauf	W50	138,04	161,73	58,89		358,66
10 Eisch, Karin	KfW-Bankengruppe	W45	101,60	140,86	90,99		333,45
11 Steinhoff, Barbara	LT Siebengebirge	W50	99,86	137,03	73,57		310,46
12 HubrigSchaumburg, Sabine	LT Hennef/Sieg	W45	87,48	132,33	62,06		281,87
13 Schumacher, Nina	Boxclub Wipperfürth	W20	98,64	150,49	0,00		249,13
14 Gottschling, Ricarda	BSG Evonik Wesseling eV	W45	57,15	105,20	48,11		210,46
15 Schmilewski, Angela	LT Siebengebirge	W50	49,30	99,25	58,89		207,44
16 Kaltofen, Claudia	Wiedtal-Rennschnecken	W20	62,55	68,52	0,00		131,08
17 Doris, Streithoff	VfL Waldbreitbach	W45	81,38	0,00	0,00		81,38

Cupwertung nach Zeit
Stand nach vier Läufen

Männer									
Platz	Name	Verein/Ort	Klasse	Malberg lauf	Löwenburg- lauf	Rheinhöhen lauf	Siebegnggebirgs 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

Cupwertung nach Zeit
Stand nach vier Läufen

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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