

Cupwertung nach Zeit  
Stand nach vier Läufen  
Gesamt

Platz	Name	Verein/Ort	G	Klasse	Endzeit Malberglauf	Endzeit Löwenburglauf	Endzeit Rheinhöhenlauf	Endzeit Siebengebirgs	Gesamt
1	von KuK, Carsten	LT DSHS Köln	m	M45	00:25:16	00:55:07	01:17:30	03:08:26	5:46:19
2	Kümpel, Jochen	TV Refrath	M	M45	00:26:55	00:58:50	1:21:30	03:05:48	5:53:03
3	Schneider, Torsten	7G runergy Laufteam	M	M40	00:25:57	00:57:59	1:19:54	03:14:18	5:58:08
4	Ley, Jürgen	central-team.de	M	M40	00:27:27	00:59:20	1:21:30	03:21:47	6:10:04
5	Kannapinn, Daniel		M	M40	00:28:57	01:02:43	1:25:10	03:18:52	6:15:42
6	Körbs, Joe	run by RUNNERS POINT BONN	M	M40	00:29:09	01:02:53	1:26:41	03:24:11	6:22:54
7	Steinhauer, Claus	LAV Bad Godesberg	m	M45	00:30:16	01:04:02	01:28:23	03:25:44	6:28:25
8	Müller, Bernd	LAV Bad Godesberg	M	M60	00:30:15	01:04:54	1:30:18	03:31:52	6:37:19
9	Mertesacker, Andreas	CT Zandegiacomo	M	M20	00:28:06	01:08:29	1:26:02	03:37:56	6:40:33
10	Tesch, Norbert	LLG St. Augustin	M	M50	00:30:54	01:06:45	1:31:53	03:33:34	6:43:06
11	Buob, Björn		M	M50	00:31:32	01:07:55	1:32:10	03:32:12	6:43:49
12	Seer, Karl-Heinz	LT SV Westum	M	M50	00:30:23	01:05:41	1:32:33	03:44:52	6:53:29
13	Reiser, Jürgen	LAZ Puma Rhein Sieg	M	M45	00:32:00	01:07:46	1:36:18	03:38:26	6:54:30
14	Lennartz, Birgit	LLG St. Augustin	W	W45	00:29:45	01:09:46	1:33:35	03:42:48	6:55:54
15	Geiken, Annette	LAZ Puma Rhein Sieg	W	W45	00:31:57	01:07:45	1:39:33	03:36:48	6:56:03
16	Kohlgrüber, Thomas	DAV Gummersbach	M	M45	00:32:27	01:07:25	1:32:29	03:45:03	6:57:24
17	Frings, Annette	Selbstläufer Altenahr	W	W45	00:33:47	01:12:08	1:36:42	03:44:27	7:07:04
18	Franz, Einiko	Lauftreff Spich	M	M35	00:31:51	01:09:06	1:35:08	03:53:53	7:09:58
19	Aßmuth, Robert	Hügel der eilend. Stiefel	M	M20	00:30:34	01:09:29	1:34:12	03:57:23	7:11:38
20	Leykum, Günter	FV Bad Honnef	M	M45	00:35:33	01:11:49	1:39:09	03:49:07	7:15:38
21	Baumgarten, Manfred	SV Bayer 08	M	M50	00:32:36	01:12:59	1:40:45	04:00:19	7:26:39
22	kohl, jürgen	LT SV Westum	M	M45	00:32:59	01:12:51	1:44:30	04:00:02	7:30:22
23	Braun, Pirmin	LT SV Westum	M	M45	00:34:13	01:14:59	1:38:55	04:04:44	7:32:51
24	Pilgram, Brigitte	LT Siebengebirge	W	W45	00:35:30	01:14:27	1:41:41	04:08:51	7:40:29
25	Müller, Thomas	LT Siebengebirge	M	M40	00:37:11	01:14:55	1:40:43	04:15:56	7:48:45
26	Kath, Petra	LT SV Westum	W	W45	00:34:59	01:16:36	1:45:12	04:13:19	7:50:06
27	Paffhausen, Markus	CT Zandegiacomo	M	M40	00:34:24	01:10:09	1:32:56	04:33:41	7:51:10
28	Neubauer, Wolfgang	Seelscheid	M	M40	00:36:12	01:14:27	1:45:18	04:17:42	7:53:39
29	kohl, sylvia	LT SV Westum	W	W50	00:36:02	01:20:42	1:46:40	04:14:55	7:58:19
30	Schneider, Heide	7G runergy Laufteam	W	W40	00:35:26	01:18:47	1:45:26	04:19:51	7:59:30
31	Kath, Thorsten	LT SV Westum	M	M45	00:35:01	01:14:39	1:45:57	04:26:50	8:02:27
32	Kutzky, Eric	Selbstläufer Altenahr	M	M40	00:38:48	01:19:29	1:55:57	04:16:41	8:10:55
33	Meinert, Jacobsen		M	M45	00:39:30	01:20:17	01:46:19	04:26:59	8:13:05
34	Arp, Joachim	LT Hauptsache Ankommen	M	M20	00:38:11	01:20:50	1:50:28	04:26:29	8:15:58
35	Seer, Diana	LT SV Westum	W	W40	00:39:28	01:23:26	1:49:29	04:24:31	8:16:54
36	Blechinger, Markus		M	M20	00:34:14	01:17:22	1:51:54	04:36:57	8:20:27
37	Lampert, Silvia		W	W45	00:39:34	01:24:38	1:55:20	04:24:41	8:24:13
38	Mons, Dr. Dieter	Troisdorfer LG M.U.T.	M	M55	00:38:09	01:26:56	1:51:49	04:34:42	8:31:36

Cupwertung nach Zeit  
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				Gesamt				
39	Hildebrand, Dr. Falk		M M30	00:36:47	01:18:51	1:55:02	04:42:38	8:33:18
40	Otto, Tanja	LT Siebengebirge	W W30	00:39:05	01:31:10	1:57:03	04:28:39	8:35:57
41	Asmus, Sven	SSF Bonn Triathlon	M M50	00:41:42	01:23:47	1:55:38	04:41:59	8:43:06
42	Mewis, Vinzenz	LT Siebengebirge	M M50	00:37:22	01:20:58	2:00:07	04:51:25	8:49:52
43	Heßler, Nadine		W W30	00:37:37	01:20:46	1:52:36	04:58:56	8:49:55
44	Germerscheid, Oskar	Rheinhöhenlauf	M M55	00:43:23	01:31:03	1:59:06	04:38:29	8:52:01
45	Engel, Eva		W W20	00:41:05	01:26:28	1:56:46	04:51:34	8:55:53
46	Wawrzyniak, Petra	LT Siebengebirge	W W40	00:40:40	01:31:10	2:01:59	04:48:37	9:02:26
47	Thielen, Jochen	Schalke 04	M M45	00:38:19	01:25:10	2:06:44	04:53:58	9:04:11
48	Malik, Marcin	Alfterer SC	M M40	00:41:09	01:31:09	1:58:02	05:00:01	9:10:21
49	Peterzelka, Nils	TSG Eppstein	M M40	00:40:36	01:22:10	1:53:58	05:26:15	9:22:59
50	Jahn, Peter		M M45	01:33:53	01:24:45	1:53:59	04:42:34	9:35:11
51	Wirz, Daniel		M M30	00:45:08	01:32:15	2:23:01	05:42:57	10:23:21
52	Sefzig, Dr. Renate	LT Dünwalder TV	W W50	00:47:35	01:41:31	2:21:21	06:17:35	11:08:02

Cupwertung nach Zeit  
Stand nach vier Läufen  
Frauen

Platz	Name	Verein/Ort	G	Klasse	Endzeit Malberglauf	Endzeit Löwenburglauf	Endzeit Rheinhöhenlauf	Endzeit Siebengebirgs	Gesamt
1	Lennartz, Birgit	LLG St. Augustin	W	W45	00:29:45	01:09:46	1:33:35	03:42:48	6:55:54
2	Geiken, Annette	LAZ Puma Rhein Sieg	W	W45	00:31:57	01:07:45	1:39:33	03:36:48	6:56:03
3	Frings, Annette	Selbstläufer Altenahr	W	W45	00:33:47	01:12:08	1:36:42	03:44:27	7:07:04
4	Pilgram, Brigitte	LT Siebengebirge	W	W45	00:35:30	01:14:27	1:41:41	04:08:51	7:40:29
5	Kath, Petra	LT SV Westum	W	W45	00:34:59	01:16:36	1:45:12	04:13:19	7:50:06
6	kohl, sylvia	LT SV Westum	W	W50	00:36:02	01:20:42	1:46:40	04:14:55	7:58:19
7	Schneider, Heide	7G runergy Laufteam	W	W40	00:35:26	01:18:47	1:45:26	04:19:51	7:59:30
8	Seer, Diana	LT SV Westum	W	W40	00:39:28	01:23:26	1:49:29	04:24:31	8:16:54
9	Lampert, Silvia		W	W45	00:39:34	01:24:38	1:55:20	04:24:41	8:24:13
10	Otto, Tanja	LT Siebengebirge	W	W30	00:39:05	01:31:10	1:57:03	04:28:39	8:35:57
11	Heßler, Nadine		W	W30	00:37:37	01:20:46	1:52:36	04:58:56	8:49:55
12	Engel, Eva		W	W20	00:41:05	01:26:28	1:56:46	04:51:34	8:55:53
13	Wawrzyniak, Petra	LT Siebengebirge	W	W40	00:40:40	01:31:10	2:01:59	04:48:37	9:02:26
14	Sefzig, Dr. Renate	LT Dünwalder TV	W	W50	00:47:35	01:41:31	2:21:21	06:17:35	11:08:02

Cupwertung nach Zeit  
Stand nach vier Läufen

				Männer				
Platz	Name	Verein/Ort	G Klasse	Endzeit Malberglauf	Endzeit Löwenburglauf	Endzeit Rheinhöhenlauf	Endzeit Siebengebirgs	Gesamt
1	von KuK, Carsten	LT DSHS Köln	m M45	00:25:16	00:55:07	01:17:30	03:08:26	5:46:19
2	Kümpel, Jochen	TV Refrath	M M45	00:26:55	00:58:50	1:21:30	03:05:48	5:53:03
3	Schneider, Torsten	7G runergy Laufteam	M M40	00:25:57	00:57:59	1:19:54	03:14:18	5:58:08
4	Ley, Jürgen	central-team.de	M M40	00:27:27	00:59:20	1:21:30	03:21:47	6:10:04
5	Kannapinn, Daniel		M M40	00:28:57	01:02:43	1:25:10	03:18:52	6:15:42
6	Körbs, Joe	run by RUNNERS POINT BONN	M M40	00:29:09	01:02:53	1:26:41	03:24:11	6:22:54
7	Steinhauer, Claus	LAV Bad Godesberg	m M45	00:30:16	01:04:02	01:28:23	03:25:44	6:28:25
8	Müller, Bernd	LAV Bad Godesberg	M M60	00:30:15	01:04:54	1:30:18	03:31:52	6:37:19
9	Mertesacker, Andreas	CT Zandegiacomo	M M20	00:28:06	01:08:29	1:26:02	03:37:56	6:40:33
10	Tesch, Norbert	LLG St. Augustin	M M50	00:30:54	01:06:45	1:31:53	03:33:34	6:43:06
11	Buob, Björn		M M50	00:31:32	01:07:55	1:32:10	03:32:12	6:43:49
12	Seer, Karl-Heinz	LT SV Westum	M M50	00:30:23	01:05:41	1:32:33	03:44:52	6:53:29
13	Reiser, Jürgen	LAZ Puma Rhein Sieg	M M45	00:32:00	01:07:46	1:36:18	03:38:26	6:54:30
14	Kohlgrüber, Thomas	DAV Gummersbach	M M45	00:32:27	01:07:25	1:32:29	03:45:03	6:57:24
15	Franz, Einiko	Lauftreff Spich	M M35	00:31:51	01:09:06	1:35:08	03:53:53	7:09:58
16	Aßmuth, Robert	Hügel der eilend. Stiefel	M M20	00:30:34	01:09:29	1:34:12	03:57:23	7:11:38
17	Leykum, Günter	FV Bad Honnef	M M45	00:35:33	01:11:49	1:39:09	03:49:07	7:15:38
18	Baumgarten, Manfred	SV Bayer 08	M M50	00:32:36	01:12:59	1:40:45	04:00:19	7:26:39
19	kohl, jürgen	LT SV Westum	M M45	00:32:59	01:12:51	1:44:30	04:00:02	7:30:22
20	Braun, Pirmin	LT SV Westum	M M45	00:34:13	01:14:59	1:38:55	04:04:44	7:32:51
21	Müller, Thomas	LT Siebengebirge	M M40	00:37:11	01:14:55	1:40:43	04:15:56	7:48:45
22	Paffhausen, Markus	CT Zandegiacomo	M M40	00:34:24	01:10:09	1:32:56	04:33:41	7:51:10
23	Neubauer, Wolfgang	Seelscheid	M M40	00:36:12	01:14:27	1:45:18	04:17:42	7:53:39
24	Kath, Thorsten	LT SV Westum	M M45	00:35:01	01:14:39	1:45:57	04:26:50	8:02:27
25	Kutzky, Eric	Selbstläufer Altenahr	M M40	00:38:48	01:19:29	1:55:57	04:16:41	8:10:55
26	Meinert, Jacobsen		M M45	00:39:30	01:20:17	01:46:19	04:26:59	8:13:05
27	Arp, Joachim	LT Hauptsache Ankommen	M M20	00:38:11	01:20:50	1:50:28	04:26:29	8:15:58
28	Blechinger, Markus		M M20	00:34:14	01:17:22	1:51:54	04:36:57	8:20:27
29	Mons, Dr. Dieter	Troisdorfer LG M.U.T.	M M55	00:38:09	01:26:56	1:51:49	04:34:42	8:31:36
30	Hildebrand, Dr. Falk		M M30	00:36:47	01:18:51	1:55:02	04:42:38	8:33:18
31	Asmus, Sven	SSF Bonn Triathlon	M M50	00:41:42	01:23:47	1:55:38	04:41:59	8:43:06
32	Mewis, Vinzenz	LT Siebengebirge	M M50	00:37:22	01:20:58	2:00:07	04:51:25	8:49:52
33	Germescheid, Oskar	Rheinhöhenlauf	M M55	00:43:23	01:31:03	1:59:06	04:38:29	8:52:01
34	Thielen, Jochen	Schalke 04	M M45	00:38:19	01:25:10	2:06:44	04:53:58	9:04:11
35	Malik, Marcin	Alfterer SC	M M40	00:41:09	01:31:09	1:58:02	05:00:01	9:10:21
36	Peterzelka, Nils	TSG Eppstein	M M40	00:40:36	01:22:10	1:53:58	05:26:15	9:22:59
37	Jahn, Peter		M M45	01:33:53	01:24:45	1:53:59	04:42:34	9:35:11
38	Wirz, Daniel		M M30	00:45:08	01:32:15	2:23:01	05:42:57	10:23:21