

10. Windecker-Sommerlauf - 12.06.2022

Ergebnisliste m/w



| Platz | Nr. | Name | Nat. | Ak | AkPl. | Team (Ort) | Min/k | Zeit | Gap |
|-------|-----|------|------|----|-------|------------|-------|------|-----|
|-------|-----|------|------|----|-------|------------|-------|------|-----|

Männlich

11-km-Lauf

| | | | | | | | | | |
|-----|-----|---------------------|--|-----|-----|---------------------------|------|---------|-------|
| 1. | 183 | Schneider, Sven | | M35 | 1. | (Isert) | 3:49 | 42:07 | -- |
| 2. | 461 | Ebert, Sven | | M40 | 1. | (Hennef) | 3:50 | 42:14 | +08 |
| 3. | 447 | Hemmersbach, | | M40 | 2. | LAZ Puma Rhein-Sieg | 4:02 | 44:27 | +2:13 |
| 4. | 185 | Listner, Manuel | | M40 | 3. | (Ruppichteroth) | 4:06 | 45:09 | +42 |
| 5. | 495 | Saul, Marco | | M40 | 4. | (Etzbach) | 4:09 | 45:49 | +01 |
| 6. | 423 | Ivo, Roland | | M45 | 1. | SSG Königswinter | 4:18 | 47:25 | +1:36 |
| 7. | 418 | Janzen, Sergej | | M50 | 1. | (Windeck) | 4:24 | 48:33 | +1:07 |
| 8. | 420 | Hauptmann, Kai | | MJ | 1. | (Eitorf) | 4:25 | 48:42 | +10 |
| 9. | 431 | Keller, Pascal | | M | 1. | (Windeck) | 4:27 | 49:07 | +24 |
| 10. | 436 | Löhr, Jörg | | M60 | 1. | Rechtsanwälte Habermann & | 4:28 | 49:11 | +04 |
| 11. | 491 | Böhm, Dirk | | M50 | 2. | Support German Troops | 4:36 | 50:46 | +1:36 |
| 12. | 468 | Lang, Markus | | M50 | 3. | SMS | 4:41 | 51:32 | +45 |
| 13. | 445 | Ebert, Colin | | MJ | 1. | SV Leuscheid | 4:47 | 52:45 | +1:13 |
| 14. | 421 | Nils, Clemens | | MJ | 1. | (Hirz-Maulsbach) | 4:50 | 53:11 | +27 |
| 15. | 450 | Lagemann, Jörg | | M55 | 1. | GreenGate | 4:54 | 53:57 | +37 |
| 16. | 411 | Gauger, Manuel | | M35 | 2. | Team Erdinger Alkoholfrei | 4:57 | 54:29 | +31 |
| 17. | 485 | von Baeyer, Richard | | M55 | 2. | (Köln) | 4:57 | 54:32 | +03 |
| 18. | 456 | Ramm, Moritz | | M35 | 3. | (Windeck) | 4:58 | 54:41 | +09 |
| 19. | 453 | Kohlhaas, Harald | | M50 | 4. | Team Tofu | 4:59 | 54:50 | +10 |
| 20. | 480 | Baumann, Heiko | | M50 | 5. | genki Köln | 4:59 | 54:56 | +05 |
| 21. | 473 | Schouten, Christian | | M | 2. | Rückenzentrum Windeck | 5:02 | 55:28 | +33 |
| 22. | 404 | Wiener, Felix | | MJ | 2. | Königreich Schänzchen | 5:09 | 56:49 | +1:15 |
| 23. | 478 | Weist, Simon | | MJ | 2. | (Eitorf) | 5:11 | 57:06 | +16 |
| 24. | 471 | Brauer, Patrick | | M45 | 2. | (Niederkassel) | 5:14 | 57:39 | +33 |
| 25. | 454 | Müller, Thomas | | M45 | 3. | Team Tofu | 5:14 | 57:41 | +03 |
| 26. | 434 | Habermann, Marcus | | M55 | 3. | Rechtsanwälte Habermann & | 5:15 | 57:53 | +12 |
| 27. | 440 | Siebentritt, Helm | | M55 | 4. | Rechtsanwälte Habermann & | 5:15 | 57:53 | +00 |
| 28. | 435 | Happ, Stephan | | M50 | 6. | Rechtsanwälte Habermann & | 5:15 | 57:53 | +00 |
| 29. | 477 | Hartmann, Moritz | | MJ | 2. | (Eitorf) | 5:17 | 58:14 | +20 |
| 30. | 482 | Teuscher, Stefan | | M30 | 1. | Lager 30 | 5:18 | 58:21 | +07 |
| 31. | 493 | Ortmann, Helge | | M45 | 4. | Nutscheidrunners | 5:20 | 58:45 | +20 |
| 32. | 488 | Gatzmanga, Heiko | | M50 | 7. | SV Leuscheid | 5:26 | 59:51 | +1:06 |
| 33. | 460 | Löwer, Thorsten | | M40 | 5. | (Windeck) | 5:26 | 59:54 | +03 |
| 34. | 467 | Holz, Gerhard | | M50 | 8. | Altra RED Team | 5:38 | 1:02:00 | +01 |
| 35. | 494 | Meyer, André | | M30 | 2. | (Grafschaft) | 5:39 | 1:02:16 | +15 |
| 36. | 475 | Weber, Eckhard | | M65 | 1. | SSV Eichelhardt | 5:43 | 1:03:02 | +01 |
| 37. | 469 | Bachnick, Peter | | M45 | 5. | (Berlin) | 5:44 | 1:03:05 | +04 |
| 38. | 438 | Schiefen, Jörg | | M45 | 6. | Rechtsanwälte Habermann & | 5:49 | 1:04:01 | +53 |
| 39. | 479 | Moteka, Markus | | M50 | 9. | (Eitorf) | 5:53 | 1:04:54 | +11 |
| 40. | 483 | Jirzik, Franz | | M45 | 7. | (Windeck) | 5:55 | 1:05:07 | +12 |
| 41. | 457 | Bohlscheid, Bernd | | M45 | 8. | CCG-Halft | 6:02 | 1:06:27 | +1:20 |
| 42. | 459 | Spaunhorst, Paul | | M35 | 4. | (Windeck) | 6:03 | 1:06:40 | +13 |
| 43. | 428 | Hirsch, Thomas | | M50 | 10. | (Windeck) | 6:03 | 1:06:42 | +03 |



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Ergebnisliste m/w



| Platz | Nr. | Name | Nat. | Ak | AkPl. | Team (Ort) | Min/k | Zeit | Gap |
|-------|-----|------|------|----|-------|------------|-------|------|-----|
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Männlich

11-km-Lauf

| | | | | | | | | | |
|-----|-----|------------------|--|-----|-----|------------------------------|------|---------|-------|
| 44. | 486 | Kollmann, Jürgen | | M55 | 5. | (Rheinbach) | 6:07 | 1:07:24 | +17 |
| 45. | 492 | Geßner, Enrico | | M35 | 5. | (Windeck) | 6:14 | 1:08:45 | +34 |
| 46. | 417 | Grafe, Holger | | M | 3. | ASV Meißen | 6:21 | 1:10:02 | +1:18 |
| 47. | 489 | Hunger, Conrad | | M40 | 6. | (Windeck) | 6:22 | 1:10:03 | +00 |
| 48. | 481 | Bönisch, Walter | | M35 | 6. | Lager 30 | 6:34 | 1:12:24 | +2:21 |
| 49. | 422 | Klaus, Der Blaue | | M60 | 2. | Wanderfreunde Schöppe-Düster | 6:36 | 1:12:43 | +20 |
| 50. | 458 | Gaubitz, Lars | | M50 | 11. | (Hennef) | 7:45 | 1:25:16 | +12:3 |

Weiblich

11-km-Lauf

| | | | | | | | | | |
|-----|-----|----------------------|--|-----|----|-------------------------------|------|---------|-------|
| 1. | 429 | Jaschke, Lisa | | W30 | 1. | Bunert - Der Kölner Laufladen | 4:09 | 45:49 | +39 |
| 2. | 452 | Hein, Victoria | | W35 | 1. | Team Gerstäcker | 4:50 | 53:21 | +09 |
| 3. | 416 | Nagera, Macarena | | WJ | 1. | KBFitness | 5:03 | 55:34 | +06 |
| 4. | 464 | Thielen, Alexandra | | W45 | 1. | LAZ Puma Rhein-Sieg | 5:18 | 58:24 | +04 |
| 5. | 487 | Wroz, Dagmar | | W65 | 1. | Sv Hellas siegburg | 5:26 | 59:56 | +03 |
| 6. | 470 | Brehmer, Christina | | W40 | 1. | LAZ Puma Rhein-Sieg | 5:32 | 1:00:58 | +1:01 |
| 7. | 437 | Mühlbauer, Diana | | W40 | 2. | Team Tofu | 5:34 | 1:01:21 | +23 |
| 8. | 451 | Klein, Corinna | | W | 1. | GreenGate | 5:37 | 1:01:53 | +33 |
| 9. | 476 | Goebbels, Jacqueline | | W40 | 3. | We run this Cologne | 5:38 | 1:02:00 | +06 |
| 10. | 446 | Ohl, Denise | | W30 | 2. | (Nümbrecht) | 5:41 | 1:02:37 | +22 |
| 11. | 455 | Müller, Kathrin | | W30 | 3. | Team Tofu | 5:43 | 1:03:00 | +23 |
| 12. | 462 | Brzozowska, Joanna | | W45 | 2. | (Braniewo) | 5:44 | 1:03:09 | +03 |
| 13. | 484 | Köster, Eveline | | W45 | 3. | (Hennef) | 5:50 | 1:04:20 | +19 |
| 14. | 463 | Bella, Susanna | | W40 | 4. | (Ruppichteroth) | 5:52 | 1:04:43 | +23 |
| 15. | 466 | Koke, Stefanie | | W45 | 4. | (Nümbrecht) | 6:06 | 1:07:07 | +24 |
| 16. | 474 | Löring, Anne | | W40 | 5. | (Eitorf) | 6:11 | 1:08:11 | +47 |
| 17. | 490 | Fechner-Bolz, Sonja | | W60 | 1. | (Windeck) | 6:36 | 1:12:43 | +00 |

Männlich

7-km-Lauf

| | | | | | | | | | |
|-----|-----|-----------------------|--|-----|----|----------------------------|------|-------|-------|
| 1. | 46 | Labonde, André | | M35 | 1. | Eitorf läuft... und rollt! | 3:53 | 27:12 | -- |
| 2. | 105 | Fugger, Nicolas | | M35 | 2. | LG Rasch | 4:05 | 28:38 | +1:26 |
| 3. | 145 | Schmiing, Jan | | MJ | 1. | Rückenzentrum Windeck | 4:08 | 28:59 | +22 |
| 4. | 441 | Steber, Roland | | M50 | 1. | Rechtsanwälte Habermann & | 4:09 | 29:05 | +06 |
| 5. | 134 | Langenbach, Christian | | M30 | 1. | Rückenzentrum Windeck | 4:17 | 30:06 | +1:00 |
| 6. | 83 | Meinel, Heiko | | M50 | 2. | Team Rheinbach | 4:22 | 30:41 | +36 |
| 7. | 123 | Schwellenbach, Stefan | | M35 | 3. | (Windeck) | 4:26 | 31:09 | +28 |
| 8. | 64 | Kröger, Christian | | M40 | 1. | Team Rheinbach | 4:28 | 31:23 | +13 |
| 9. | 146 | Wagner, Kevin | | M | 1. | Rückenzentrum Windeck | 4:37 | 32:24 | +1:02 |
| 10. | 67 | Wegner, Matthias | | M40 | 2. | Team Gerstäcker | 4:39 | 32:34 | +10 |



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| Platz | Nr. | Name | Nat. | Ak | AkPl. | Team (Ort) | Min/k | Zeit | Gap |
|-----------|-----|----------------------|------|-----|-------|-----------------------------|-------|-------|-----|
| Männlich | | | | | | | | | |
| 7-km-Lauf | | | | | | | | | |
| 11. | 126 | Nagera, Nahuel | | MJ | 1. | KBFitness | 4:40 | 32:43 | +08 |
| 12. | 110 | Bernhardt, Christoph | | M40 | 3. | (Windeck-Wilberhofen) | 4:40 | 32:46 | +04 |
| 13. | 55 | Calopresti, Aaron | | M | 2. | GreenGate | 4:41 | 32:54 | +07 |
| 14. | 51 | Kemper, Jürgen | | M50 | 3. | GreenGate | 4:41 | 32:54 | +00 |
| 15. | 81 | Dittscheid, Andreas | | M50 | 4. | Team Rheinbach | 4:47 | 33:32 | +39 |
| 16. | 148 | Schult, Martin | | M30 | 2. | Rückenzentrum Windeck | 4:50 | 33:54 | +12 |
| 17. | 19 | Schneider, Uwe | | M45 | 1. | Laufen um zu saufen | 4:51 | 34:04 | +09 |
| 18. | 84 | Beyenburg, Christian | | MJ | 2. | Niederdorf | 4:52 | 34:05 | +02 |
| 19. | 106 | Köllner, Nathan | | M | 3. | Team Erdinger Alkoholfrei | 4:52 | 34:10 | +04 |
| 20. | 90 | Etzenbach, Rene | | M | 4. | SV 09 Eitorf | 4:55 | 34:31 | +19 |
| 21. | 107 | Brauns, Henrik | | M50 | 5. | (Eitorf) | 4:56 | 34:33 | +01 |
| 22. | 118 | Gatzmanga, Tom | | MJ | 2. | Die Trink-Sport-AG | 4:56 | 34:37 | +04 |
| 23. | 121 | Ehlert, Louis | | MJ | 3. | Die Trink-Sport-AG | 4:57 | 34:44 | +08 |
| 24. | 153 | Neuhoff, Frank | | M60 | 1. | SG Sieg LT Do 18.30 Uhr | 4:58 | 34:47 | +03 |
| 25. | 93 | Sommer, Moritz | | MJ | 1. | (Windeck) | 5:00 | 35:05 | +17 |
| 26. | 94 | Sommer, Ralf | | M50 | 6. | (Windeck) | 5:00 | 35:06 | +02 |
| 27. | 147 | Nacken, Richard | | M30 | 3. | Rückenzentrum Windeck | 5:01 | 35:12 | +05 |
| 28. | 29 | Nickel, Dennis | | M35 | 4. | SVL Volleyball Mixed1 | 5:02 | 35:16 | +04 |
| 29. | 162 | Poschmann, Mike | | M55 | 1. | TSV Dieringhausen | 5:02 | 35:18 | +02 |
| 30. | 176 | Pawlowski, Tom | | M | 5. | (Windeck) | 5:03 | 35:28 | +10 |
| 31. | 30 | Asbach, Jonas | | M | 6. | (Rodenbach) | 5:07 | 35:51 | +03 |
| 32. | 173 | Becker, Lucas | | MK | 1. | (Windeck) | 5:07 | 35:56 | +06 |
| 33. | 128 | Vogel, Linus | | MJ | 1. | (Windeck) | 5:07 | 35:56 | +00 |
| 34. | 179 | Funke, Sebastian | | M35 | 5. | Stammdesch Staatse Käls vun | 5:08 | 36:01 | +05 |
| 35. | 40 | Stenger, Daniel | | M40 | 4. | Rechtsanwälte Habermann & | 5:08 | 36:02 | +01 |
| 36. | 53 | Jeschor, Michael | | M40 | 5. | GreenGate | 5:10 | 36:15 | +12 |
| 37. | 175 | Hein-Broß, Gereon | | M35 | 6. | (Nümbrecht) | 5:12 | 36:27 | +12 |
| 38. | 56 | Thielen, Aljoscha | | M | 7. | GreenGate | 5:13 | 36:38 | +11 |
| 39. | 127 | Lagemann, Frank | | M55 | 2. | GreenGate | 5:16 | 36:53 | +15 |
| 40. | 181 | Ortmann, Amon | | MJ | 2. | Nutscheidrunners | 5:19 | 37:16 | +02 |
| 41. | 33 | Sommer, Volker | | M60 | 2. | SVL Volleyball Mixed 1 | 5:22 | 37:37 | +22 |
| 42. | 14 | Schöneberg, Helmut | | M60 | 3. | Ohne | 5:27 | 38:10 | +04 |
| 43. | 97 | Memmi, Eliano | | MJ | 4. | Team Gerstäcker | 5:33 | 38:55 | +44 |
| 44. | 152 | Ramm, Matthias | | M65 | 1. | Speedy Gonzales | 5:33 | 38:56 | +01 |
| 45. | 158 | Giesen, Franz | | M70 | 1. | TuS Waldbröl | 5:34 | 39:01 | +06 |
| 46. | 119 | Engels, Felix | | MJ | 5. | Die Trink-Sport-AG | 5:36 | 39:18 | +16 |
| 47. | 120 | Röhrig, Joel | | MJ | 6. | Die Trink-Sport-AG | 5:36 | 39:18 | +00 |
| 48. | 136 | Weinstock, Lukas | | MJ | 7. | Rückenzentrum Windeck | 5:36 | 39:18 | +00 |
| 49. | 92 | Teichert, Niklas | | MJ | 8. | SV 09 Eitorf | 5:37 | 39:20 | +02 |
| 50. | 91 | Stender, Josua | | MJ | 3. | SV 09 Eitorf | 5:41 | 39:52 | +33 |
| 51. | 159 | Bönisch, Noah | | MJ | 2. | Lager 30 | 5:44 | 40:09 | +16 |
| 52. | 178 | Hitschfeld, Leo | | MK | 1. | (Windeck) | 5:48 | 40:38 | +30 |
| 53. | 177 | Hitschfeld, Marc | | M40 | 6. | (Windeck) | 5:48 | 40:39 | +00 |



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Ergebnisliste m/w



| Platz | Nr. | Name | Nat. | Ak | AkPl. | Team (Ort) | Min/k | Zeit | Gap |
|-----------|-----|----------------------|------|-----|-------|--------------------------------|-------|-------|-------|
| Männlich | | | | | | | | | |
| 7-km-Lauf | | | | | | | | | |
| 54. | 66 | Welke-Weber, | | M40 | 7. | Team Gerstäcker | 5:49 | 40:45 | +06 |
| 55. | 79 | Himmelberg, Stefan | | M50 | 7. | Ferienhaus Zeitlos an der Sieg | 5:53 | 41:13 | +16 |
| 56. | 31 | Siebigteroth, Daniel | | M40 | 8. | (Eitorf) | 5:56 | 41:39 | +00 |
| 57. | 410 | Pfromm, Sebastian | | M40 | 9. | Pfrotzel | 5:58 | 41:51 | +06 |
| 58. | 111 | Bernhardt, Julian | | MJ | 3. | (Windeck-Wilberhofen) | 6:01 | 42:11 | +00 |
| 59. | 27 | Kleinloth, Jens | | M30 | 4. | Ferienhaus Zeitlos an der Sieg | 6:02 | 42:15 | +04 |
| 60. | 95 | Memmi, | | M40 | 10. | Team Gerstäcker | 6:02 | 42:16 | +00 |
| 61. | 117 | Noack, Sven | | M35 | 7. | (Windeck) | 6:05 | 42:39 | +08 |
| 62. | 124 | Brüß, Marco | | M45 | 2. | Stammtisch Staatse Käls | 6:05 | 42:41 | +02 |
| 63. | 45 | Heiden, Klaus | | M55 | 3. | (Troisdorf) | 6:06 | 42:45 | +03 |
| 64. | 75 | Mückler, Andreas | | M50 | 8. | Rechtsanwälte Habermann & | 6:06 | 42:45 | +00 |
| 65. | 28 | Stens, Ingo | | M45 | 3. | SVL Volleyball Mixed 1 | 6:11 | 43:22 | +06 |
| 66. | 86 | Thiebus, Wolfgang | | M60 | 4. | (Eitorf) | 6:16 | 43:56 | +33 |
| 67. | 140 | Mast, Florian | | M | 8. | Rückenzentrum Windeck | 6:16 | 43:58 | +01 |
| 68. | 32 | Hagedorn, Dirk | | M40 | 11. | (Eitorf) | 6:17 | 44:00 | +01 |
| 69. | 130 | Lock, Jan | | M45 | 4. | Rückenzentrum Windeck | 6:17 | 44:05 | +00 |
| 70. | 69 | Heußner, Jens | | M50 | 9. | Team Gerstäcker | 6:18 | 44:11 | +03 |
| 71. | 125 | Von Sobbe, Niklas | | MJ | 9. | (Windeck) | 6:21 | 44:31 | +12 |
| 72. | 16 | Campen, Lenard | | M50 | 10. | (Eitorf) | 6:26 | 45:05 | +23 |
| 73. | 57 | Schulz, Paul | | M | 9. | GreenGate | 6:26 | 45:05 | +01 |
| 74. | 96 | Memmi, Nevio | | MJ | 4. | Team Gerstäcker | 6:26 | 45:07 | +01 |
| 75. | 184 | Volk, Andreas | | M50 | 11. | (Eitorf) | 6:27 | 45:13 | +06 |
| 76. | 35 | Patt, Oliver | | M35 | 8. | (Windeck) | 6:28 | 45:19 | +06 |
| 77. | 406 | Poppe, Karl-Heinz | | M60 | 5. | Wanderfreunde Schoeppe | 6:41 | 46:52 | +01 |
| 78. | 112 | Bachnick, Maddox | | MJ | 5. | (Windeck) | 6:43 | 47:06 | +14 |
| 79. | 150 | Baumgart, Markus | | M30 | 5. | (Hennef (Sieg)) | 6:43 | 47:08 | +00 |
| 80. | 98 | Pier, David | | MK | 2. | Team Oberholpe | 6:44 | 47:15 | +08 |
| 81. | 169 | Klein, Stefan | | M50 | 12. | Team Rheinbach | 6:49 | 47:45 | +09 |
| 82. | 155 | Müller, Daniel | | M35 | 9. | (Wissen) | 6:52 | 48:07 | +18 |
| 83. | 149 | Mandler, Dominik | | M | 10. | Rückenzentrum Windeck | 7:03 | 49:23 | +11 |
| 84. | 8 | Jirzik, Anton | | M30 | 6. | (Windeck) | 7:08 | 50:02 | +01 |
| 85. | 49 | Martini, Klemens | | M60 | 6. | (Bergisch Gladbach) | 7:16 | 50:54 | +52 |
| 86. | 85 | Interthal, Sebastian | | MJ | 10. | Niederdorf | 7:19 | 51:16 | +22 |
| 87. | 167 | Weiß, Samuel | | MK | 3. | TV Rosbach Abt. Turnen | 7:22 | 51:37 | +20 |
| 88. | 164 | Krüger, Tim | | MJ | 6. | TV Rosbach Abt. Turnen | 7:31 | 52:39 | +16 |
| 89. | 63 | Hoogkamer, Tim | | MJ | 1. | GreenGate | 7:31 | 52:43 | +03 |
| 90. | 142 | Hilbrecht, Michael | | M | 11. | Rückenzentrum Windeck | 7:31 | 52:43 | +01 |
| 91. | 54 | Zapp, Thomas | | M45 | 5. | GreenGate | 7:37 | 53:24 | |
| 92. | 104 | Becker, Waldemar | | M | 12. | (Windeck) | 7:37 | 53:25 | +40 |
| 93. | 58 | Schubert, Torsten | | M55 | 4. | GreenGate | 7:38 | 53:27 | +02 |
| 94. | 144 | Schäfer, Jürgen | | M60 | 7. | Rückenzentrum Windeck | 7:44 | 54:12 | +05 |
| 95. | 26 | Hammermann, Marcel | | M35 | 10. | Ferienhaus Zeitlos an der Sieg | 8:09 | 57:08 | +1:35 |
| 96. | 138 | Esau, Sergej | | M30 | 7. | Rückenzentrum Windeck | 8:17 | 58:02 | +01 |



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| Platz | Nr. | Name | Nat. | Ak | AkPl. | Team (Ort) | Min/k | Zeit | Gap |
|-------|-----|------|------|----|-------|------------|-------|------|-----|
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Männlich

7-km-Lauf

| | | | | | | | | | |
|------|-----|--------------------|--|-----|-----|--------------------------------|-------|---------|-------|
| 97. | 5 | Mentzel, Raziell | | MJ | 7. | Pfrotzel | 8:29 | 59:29 | +1:27 |
| 98. | 23 | Hammermann, Noah | | MK | 2. | Ferienhaus Zeitlos an der Sieg | 8:49 | 1:01:45 | +1:59 |
| 99. | 89 | Hundhausen, Karl | | M45 | 6. | Gesamtschule Windeck | 9:18 | 1:05:13 | +01 |
| 100. | 156 | Krüger, Jörg | | M45 | 7. | (Windeck) | 9:32 | 1:06:51 | +53 |
| 101. | 109 | Bella, Leon | | MJ | 11. | (Ruppichteroth) | 9:49 | 1:08:49 | +1:57 |
| 102. | 113 | Brzozowski, Damian | | MJ | 4. | (Ruppichteroth) | 9:50 | 1:08:51 | +02 |
| 103. | 17 | Schneider, Martin | | M60 | 8. | Speedy Gonzales | 10:20 | 1:12:25 | +20 |

Weiblich

7-km-Lauf

| | | | | | | | | | |
|-----|-----|----------------------|--|-----|----|---------------------------|------|-------|-----|
| 1. | 154 | Hedwig, Diana | | W35 | 1. | SG Sieg LT Do 18.30 Uhr | 4:48 | 33:42 | +10 |
| 2. | 182 | Meyer, Johanna | | W35 | 2. | (Grafschaft) | 4:53 | 34:12 | +03 |
| 3. | 20 | Stinner, Katharina | | W35 | 3. | (Wissen) | 5:06 | 35:48 | +20 |
| 4. | 131 | Jungbluth, Jana | | WJ | 1. | Rückenzentrum Windeck | 5:18 | 37:13 | +21 |
| 5. | 80 | Dittscheid, Sandra | | W50 | 1. | Team Rheinbach | 5:26 | 38:06 | +29 |
| 6. | 72 | Bullert, Eveline | | W50 | 2. | Team Gerstäcker | 5:49 | 40:45 | +00 |
| 7. | 2 | Fürle, Anke | | W40 | 1. | (Hennef) | 5:50 | 40:56 | +12 |
| 8. | 10 | Becker, Bettina | | W40 | 2. | (Windeck-Dattenfeld) | 5:54 | 41:21 | +09 |
| 9. | 161 | Mickus, Laura | | W45 | 1. | (Windeck Schladern) | 5:56 | 41:39 | +17 |
| 10. | 37 | Fröhling, Martina | | W45 | 2. | Rechtsanwälte Habermann & | 5:57 | 41:44 | +06 |
| 11. | 41 | Schiefen, Stephanie | | W45 | 3. | Rechtsanwälte Habermann & | 5:57 | 41:45 | +00 |
| 12. | 21 | Krall, Jennifer | | W30 | 1. | (Breitscheidt) | 6:00 | 42:03 | +12 |
| 13. | 133 | Sommer, Ellen | | W35 | 4. | Rückenzentrum Windeck | 6:01 | 42:11 | +09 |
| 14. | 42 | Schröder, Concetta | | W50 | 3. | Rechtsanwälte Habermann & | 6:02 | 42:18 | +03 |
| 15. | 43 | Weber, Astrid | | W50 | 4. | Rechtsanwälte Habermann & | 6:04 | 42:31 | +12 |
| 16. | 78 | Barz, Maike | | W | 1. | SVL Volleyball Mixed 1 | 6:05 | 42:40 | +01 |
| 17. | 36 | Andres, Simone | | W40 | 3. | Rechtsanwälte Habermann & | 6:06 | 42:45 | +01 |
| 18. | 163 | Jungbluth, Ronja | | WJ | 1. | (Windeck) | 6:07 | 42:51 | +06 |
| 19. | 102 | Vogel, Nanna | | W40 | 4. | Gesamtschule Windeck | 6:09 | 43:10 | +18 |
| 20. | 180 | Hein, Manuela | | W30 | 2. | (Nümbrecht) | 6:10 | 43:16 | +07 |
| 21. | 141 | Stevenson, Emily | | W | 2. | Rückenzentrum Windeck | 6:16 | 43:58 | +02 |
| 22. | 129 | Lock, Linna | | WK | 1. | Rückenzentrum Windeck | 6:17 | 44:05 | +06 |
| 23. | 101 | Wolf, Sandra | | W30 | 3. | (Waldbröl) | 6:18 | 44:08 | +03 |
| 24. | 38 | Holschbach, Judith | | W40 | 5. | Rechtsanwälte Habermann & | 6:19 | 44:19 | +08 |
| 25. | 439 | Siebentritt, Diana | | W55 | 1. | Rechtsanwälte Habermann & | 6:23 | 44:42 | +10 |
| 26. | 50 | Lagemann, Christiane | | W55 | 2. | GreenGate | 6:29 | 45:26 | +07 |
| 27. | 77 | Meyer, Irina | | W45 | 4. | Rechtsanwälte Habermann & | 6:29 | 45:27 | +01 |
| 28. | 114 | Ernst, Olga | | W40 | 6. | (Waldbröl) | 6:29 | 45:27 | +00 |
| 29. | 274 | Urban, Sylvia | | W60 | 1. | TV Ruppichteroth | 6:29 | 45:29 | +02 |
| 30. | 116 | Buchholz, Melanie | | W40 | 7. | (Alberthofen) | 6:29 | 45:29 | +01 |
| 31. | 115 | Braun, Olga | | W35 | 5. | (Waldbröl) | 6:33 | 45:57 | +27 |
| 32. | 48 | Martini, Cristina | | W50 | 5. | (Bergisch Gladbach) | 6:35 | 46:07 | +11 |



10. Windecker-Sommerlauf - 12.06.2022

Ergebnisliste m/w



| Platz | Nr. | Name | Nat. | Ak | AkPl. | Team (Ort) | Min/k | Zeit | Gap |
|-------|-----|------|------|----|-------|------------|-------|------|-----|
|-------|-----|------|------|----|-------|------------|-------|------|-----|

Weiblich

7-km-Lauf

| | | | | | | | | | |
|-----|-----|-----------------------|--|-----|-----|--------------------------------|-------|---------|-------|
| 33. | 47 | Linnhoff, Vera | | W | 3. | (Eitorf) | 6:36 | 46:19 | +11 |
| 34. | 71 | Dominikov, Gabriela | | W | 4. | Team Gerstäcker | 6:36 | 46:19 | +01 |
| 35. | 73 | Heiden, Claudia | | W55 | 3. | Team Gerstäcker | 6:37 | 46:25 | +05 |
| 36. | 151 | Schlingmann, Manuela | | W60 | 2. | (Windeck) | 6:38 | 46:33 | +08 |
| 37. | 59 | Petrovic, Sarah | | W40 | 8. | GreenGate | 6:40 | 46:46 | +13 |
| 38. | 68 | Nippold, Annick | | W40 | 9. | Team Gerstäcker | 6:41 | 46:51 | +06 |
| 39. | 122 | Wrobel, Sabrina | | W30 | 4. | (Eitorf) | 6:43 | 47:07 | +01 |
| 40. | 157 | Schneider, Antje | | W40 | 10. | Laufsportfreunde Windeck | 6:47 | 47:36 | +21 |
| 41. | 65 | Schräder, Heike | | W50 | 6. | (Eitorf) | 6:49 | 47:50 | +04 |
| 42. | 174 | Meincke, Sabrina | | W40 | 11. | (Eitorf) | 6:53 | 48:16 | +09 |
| 43. | 3 | Hoffmann, Sabine | | W55 | 4. | Kilokiller | 6:54 | 48:21 | +04 |
| 44. | 160 | Mickus, Magdalena | | WJ | 2. | (Windeck) | 7:01 | 49:11 | +50 |
| 45. | 103 | Vogel, Josephine | | WJ | 3. | (Windeck) | 7:01 | 49:12 | +02 |
| 46. | 108 | Biergans, Anna | | W | 5. | (Ruppichteroth) | 7:07 | 49:52 | +29 |
| 47. | 99 | Pier, Lea | | WK | 1. | Team Oberholpe | 7:08 | 50:00 | +08 |
| 48. | 166 | Rex, Natalie | | WJ | 1. | TV Rosbach Abt. Turnen | 7:08 | 50:01 | +01 |
| 49. | 168 | Orth, Lisa-Marie | | WJ | 4. | TV Rosbach Abt. Turnen | 7:24 | 51:53 | +17 |
| 50. | 76 | Bacher, Manuela | | W50 | 7. | Rechtsanwälte Habermann & | 7:29 | 52:24 | +30 |
| 51. | 70 | Driesdow, Christine | | W40 | 12. | (Hennef) | 7:32 | 52:45 | +01 |
| 52. | 74 | Rentsch, Patricia | | W50 | 8. | Team Gerstäcker | 7:43 | 54:08 | +41 |
| 53. | 132 | Schäfer, Manuela | | W55 | 5. | Rückenzentrum Windeck | 7:44 | 54:12 | +00 |
| 54. | 25 | Hammermann, | | W30 | 5. | Ferienhaus Zeitlos an der Sieg | 7:54 | 55:21 | +1:09 |
| 55. | 61 | Zimmermann, | | W45 | 5. | GreenGate | 7:55 | 55:32 | +11 |
| 56. | 139 | Esau, Stephanie | | W | 6. | Rückenzentrum Windeck | 8:17 | 58:02 | +54 |
| 57. | 409 | Mentzel, Sarah | | W40 | 13. | Pfrotzel | 8:32 | 59:46 | +17 |
| 58. | 24 | Hammermann, Verena | | W35 | 6. | Ferienhaus Zeitlos an der Sieg | 8:49 | 1:01:46 | +00 |
| 59. | 88 | Hundhausen, Carla Ida | | WK | 2. | Gesamtschule Windeck | 9:18 | 1:05:13 | +3:27 |
| 60. | 100 | Pier, Nathalie | | W35 | 7. | Team Oberholpe | 9:25 | 1:05:58 | +45 |
| 61. | 1 | Streich, Birgit | | W60 | 3. | (Altwindeck) | 10:17 | 1:12:05 | +3:14 |

Männlich

7-km-Walk

| | | | | | | | | | |
|-----|-----|--------------------|--|-----|----|---------------------------|------|---------|-------|
| 1. | 826 | Labonde, | | M | 1. | Ultimate Hits on Spotify | 6:46 | 47:26 | -- |
| 2. | 812 | Grüber, Herbert | | M65 | 1. | TuS Asbach | 7:24 | 51:52 | +4:26 |
| 3. | 186 | Jucken, Klaus | | M60 | 1. | Scheurenfelder und Freude | 7:26 | 52:07 | +16 |
| 4. | 844 | Patt, Michael | | M65 | 2. | Rückenzentrum Windeck | 8:29 | 59:25 | +3:05 |
| 5. | 834 | Hartmann, Udo | | M60 | 2. | Team Hartmann | 8:40 | 1:00:44 | +1:19 |
| 6. | 841 | Von Sobbe, Michael | | M50 | 1. | (Windeck) | 9:04 | 1:03:32 | +41 |
| 7. | 814 | Hupperich, Rolf | | M55 | 1. | Kilokiller | 9:09 | 1:04:10 | +32 |
| 8. | 818 | Liesenfeld, Hans | | M75 | 1. | LT Heimbach-Weis | 9:17 | 1:05:06 | +00 |
| 9. | 831 | Frohn, Peter | | M60 | 3. | TV Hasten | 9:37 | 1:07:21 | +49 |
| 10. | 816 | Köllenbach, Gerd | | M55 | 2. | Kilokiller | 9:49 | 1:08:44 | +33 |



10. Windecker-Sommerlauf - 12.06.2022



Ergebnisliste m/w

| Platz | Nr. | Name | Nat. | Ak | AkPl. | Team (Ort) | Min/k | Zeit | Gap |
|-------|-----|------|------|----|-------|------------|-------|------|-----|
|-------|-----|------|------|----|-------|------------|-------|------|-----|

Männlich

7-km-Walk

| | | | | | | | | | |
|-----|-----|-----------------|--|-----|----|------------|-------|---------|-----|
| 11. | 838 | Schäfer, Robert | | M45 | 1. | Team Tatti | 10:04 | 1:10:33 | +00 |
|-----|-----|-----------------|--|-----|----|------------|-------|---------|-----|

Weiblich

7-km-Walk

| | | | | | | | | | |
|-----|-----|-------------------------|--|-----|----|--------------------------------|-------|---------|-------|
| 1. | 848 | Nickel, Sibylle | | W60 | 1. | Team Aumenau | 7:27 | 52:16 | +09 |
| 2. | 832 | Himmelberg, Christine | | W50 | 1. | Ferienhaus Zeitlos an der Sieg | 8:02 | 56:21 | +4:04 |
| 3. | 827 | Korosoglou, Melanie | | W40 | 1. | (Windeck) | 8:44 | 1:01:10 | +26 |
| 4. | 821 | Siebigteroth, Christine | | W40 | 2. | (Eitorf) | 8:50 | 1:01:52 | +42 |
| 5. | 820 | Hartlieb, Natascha | | W40 | 3. | (Hennef) | 8:50 | 1:01:52 | +00 |
| 6. | 833 | Hartmann, Doris | | W60 | 2. | Team Hartmann | 8:52 | 1:02:08 | +15 |
| 7. | 824 | Streginski, Sarah | | W | 1. | Rechtsanwälte Habermann & | 8:58 | 1:02:52 | +44 |
| 8. | 846 | Quadflieg, Birgit | | W45 | 1. | SVL Volleyball Mixed 1 | 9:05 | 1:03:38 | +06 |
| 9. | 847 | Engelberth1, Ute | | W60 | 3. | SVL Volleyball Mixed 1 | 9:05 | 1:03:38 | +00 |
| 10. | 835 | Brauns, Esther | | W50 | 2. | (Eitorf) | 9:11 | 1:04:24 | +13 |
| 11. | 828 | Poesch, Richarda | | W55 | 1. | (Ruppichteroth) | 9:15 | 1:04:47 | +24 |
| 12. | 845 | Buchen, Manuela | | W45 | 2. | (Hamm) | 9:17 | 1:05:06 | +18 |
| 13. | 825 | Wieschmann, Rebecca | | WJ | 1. | Rechtsanwälte Habermann & | 9:29 | 1:06:29 | +1:24 |
| 14. | 836 | Kitschke, Carola | | W55 | 2. | (Windeck) | 9:30 | 1:06:31 | +02 |
| 15. | 813 | Hupperich, Sandra | | W50 | 3. | Kilokiller | 9:38 | 1:07:30 | +09 |
| 16. | 823 | Müseler, Dagmar | | W50 | 4. | Rechtsanwälte Habermann & | 9:44 | 1:08:10 | +41 |
| 17. | 815 | Köllenbach, Iris | | W55 | 3. | Kilokiller | 9:49 | 1:08:45 | +01 |
| 18. | 839 | Ortmann, Karoline | | W | 2. | Team Tatti | 10:04 | 1:10:33 | +1:48 |
| 19. | 837 | Ortmann, Tatjana | | W50 | 5. | Team Tatti | 10:04 | 1:10:33 | +00 |
| 20. | 807 | Palezki, Jenny | | W35 | 1. | Kilokiller | 10:04 | 1:10:33 | +00 |
| 21. | 840 | Offor, Vanessa | | W | 3. | Team Tatti | 10:04 | 1:10:34 | +01 |
| 22. | 811 | Ferber, Judith | | W60 | 4. | Kilokiller | 10:04 | 1:10:34 | +01 |
| 23. | 849 | Peschel, Andrea | | W55 | 4. | (Windeck) | 10:14 | 1:11:44 | +1:09 |

Männlich

7-km-Staffel

| | | | | | | | | | |
|----|-----|---------------|--|----|----|-------------------------|------|-------|--|
| 1. | 298 | Tim & Marin, | | MK | 1. | GreenGate | 5:13 | 36:37 | |
| 2. | 296 | Melina & Tim, | | MJ | 1. | Schinkenstrassentomaten | 5:34 | 39:05 | |
| 3. | 297 | Max & Noah, | | MJ | 2. | GreenGate | 5:52 | 41:09 | |

Weiblich

7-km-Staffel

| | | | | | | | | | |
|----|-----|-----------------|--|----|----|-----------|------|-------|--|
| 1. | 299 | Sinah & Marlen, | | WK | 1. | GreenGate | 6:01 | 42:14 | |
|----|-----|-----------------|--|----|----|-----------|------|-------|--|

Anzahl Teilnehmer: 269

