

Aachener Benefizlauf

Ergebnisliste MW 5km Jedermannlauf

MWP	StNr	Zeit	Name	m/w	AK	Verein
5km Jedermannlauf						
Weiblich						
1.	3521	00:18:47	Sonja Vernikov	w	WJ	
2.	3584	00:21:09	Claudia Valdiv	w	W40	
3.	3422	00:22:00	Juliane Reiser	w	W	
4.	3203	00:22:52	Kerstin Manns	w	W45	Athletikschule Schrader
5.	3254	00:23:21	Pia Sommer	w	W	Team Physio Vital Aachen
6.	3629	00:24:13	Veronika Stockem	w	W	
7.	3287	00:25:06	Kyra Hoffmann	w	W30	
8.	3385	00:25:27	Michelle Sabrina Gerards	w	WJ	
9.	3177	00:25:50	Rebecca Massin	w	W35	
10.	3331	00:26:14	Ana Daniela Azua Humara	w	W30	
11.	3096	00:26:35	Patricia Nievelstein	w	W35	
12.	3333	00:27:11	Janine Plitsch	w	W40	
13.	3462	00:27:12	Johanna Kamps	w	WJ	DJK Jung Siegfried Herzogenrath
14.	3652	00:27:19	Helen Heitzer	w	WJ	
15.	3308	00:27:19	Anne Storcks	w	W45	
16.	3651	00:27:27	Vivien Batra	w	WJ	
17.	3482	00:27:41	Charlotte Heinrichs	w	W	Die Heinrichse
18.	3545	00:27:58	Iwona Kotkowska	w	W40	Die Turboschnecken
19.	3646	00:28:00	Eva Hofmann	w	W45	
20.	3309	00:27:55	Christine Kockmann	w	W40	
21.	3520	00:28:19	Elfi Kuttler	w	W55	
22.	3648	00:28:38	Yvonne Bonnet	w	W40	IAC Düren
23.	3250	00:28:48	Pauline Heidenreich	w	WJ	Rugby Club Aachen
24.	3125	00:28:51	Monika Schäper	w	W35	Alemannia Aachen Leichtathletik
25.	3463	00:29:03	Enya Gerhardt	w	WJ	Hamich Runners e.V.
26.	3478	00:29:05	Jana Hendricks	w	WJ	
27.	3232	00:29:27	Martina Siminciuc	w	W30	
28.	3343	00:29:24	Jennifer Bücken	w	W40	
29.	3881	00:29:36	Brigitte Goebels	w	W55	
30.	3240	00:29:48	Lisa Haag	w	WJ	Akl Team
31.	3891	00:30:05	Claudia Kremer	w	W55	Meilenjäger
32.	3067	00:30:02	Maren Zeck	w	WJ	
33.	3580	00:30:04	Sarah Junker	w	W35	SG Sparkasse Aachen
34.	3613	00:30:12	Janine Hermanns	w	W30	
35.	3562	00:30:25	Helene Kohlen	w	W65	SV Germania Dürwiß
36.	3548	00:30:29	Monika Kobuch	w	W40	Die Turboschnecken
37.	3663	00:30:55	Barbara Schuchmann	w	W70	IAC Düren
38.	3508	00:30:45	Gabi Wittor	w	W60	
39.	3154	00:31:09	Guisella Brigette Acaro Juncay	w	W	Akl Team
40.	3666	00:31:18	Julia Dellen	w	WJ	
41.	3252	00:31:35	Janine Schmidinger	w	W30	Team Physio Vital Aachen
42.	3467	00:31:28	Mascha Heide	w	WJ	Heidewitzka
43.	3210	00:31:39	Tanja Hutmacher	w	W35	
44.	3051	00:31:32	Corina Stern	w	W40	
45.	3168	00:31:48	Ada Bönnen	w	WJ	Akl Team
46.	3538	00:31:50	Wibke Hooge	w	W45	chi va piano
47.	3564	00:31:46	Ute Handels	w	W55	Laufftreff Inde Hahn
48.	3872	00:31:52	Antje Ohlenforst	w	W60	Moss

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MWP	StNr	Zeit	Name	m/w	AK	Verein
49.	3397	00:31:50	Mônica Soares de Freitas Carneiro	w	W30	
50.	3284	00:32:08	Katharina Krüger	w	W30	
51.	3330	00:32:21	Ana Laura Luna Barron	w	W35	
52.	3490	00:32:42	Irene Charwath	w	W45	
53.	3523	00:33:13	Gabi Bongard	w	W50	TV Roetgen
54.	3146	00:33:13	Constanze Tröger	w	W40	Akl Team
55.	3142	00:33:13	Claudia Vonderbank	w	W45	Akl Team
56.	3179	00:33:19	Sophia Klein-Becker	w	W35	
57.	3569	00:33:30	Stefanie Gray	w	W45	
58.	3489	00:33:48	Denise Beem	w	W35	
59.	3283	00:34:07	Anne Robert	w	W30	
60.	3483	00:34:15	Judith Heinrichs	w	W30	Die Heinrichse
61.	3256	00:34:17	Elvira Deim	w	W30	Team Physio Vital Aachen
62.	3500	00:34:18	Angie Priebe	w	W45	Generation Runners
63.	3502	00:34:18	Karolina Kessel-Stanek	w	W40	
64.	3316	00:34:26	Evelyne Leloup-Franken	w	W65	
65.	3413	00:34:27	Susanne Piecuch	w	W45	Musado Alsdorf
66.	3140	00:34:37	Marie Volkert	w	WJ	Akl Team
67.	3258	00:34:38	Jara Sieckmann	w	W	Team Physio Vital Aachen
68.	3054	00:34:28	Sonja Beiss	w	W35	
69.	3253	00:34:41	Anna Pohen	w	W	Team Physio Vital Aachen
70.	3097	00:34:29	Wibke Debuch	w	W40	
71.	3412	00:34:39	Olga Dietrich	w	W35	Musado Alsdorf
72.	3578	00:34:42	Claudia Reuters	w	W55	SG Sparkasse Aachen
73.	3139	00:35:01	Bianca Volkert	w	W45	Akl Team
74.	3566	00:35:04	Maria Auras-Rodriguez	w	W35	KiTa Zauberschloss
75.	3571	00:35:10	Natalia García	w	W30	
76.	3084	00:35:35	Helena Martin Sangüesa	w	W40	
77.	3373	00:35:44	Daria Shvakova	w	W	
78.	3458	00:36:09	Tina Burghardt	w	W50	DJK Jung Siegfried Herzogenrath
79.	3499	00:36:24	Corinna Steffens	w	W60	Generation Runners
80.	3669	00:36:29	Ute Cappel	w	W50	
81.	3494	00:36:28	Carolin Gottschalk	w	W35	Generation Runners
82.	3601	00:36:28	Christine Cordes	w	W30	
83.	3035	00:36:42	Irene Walendzik	w	W60	DLC
84.	3542	00:36:51	Sarah Hages	w	W35	
85.	3026	00:36:38	Leonie Foerst	w	W	
86.	3510	00:37:10	Marie Herholz	w	W	
87.	3209	00:37:27	Kathrin Küpper	w	W35	
88.	3267	00:37:23	Birgit Thomas	w	W55	regio iT
89.	3176	00:37:22	Aileen Lenz	w	W	Team Turbo
90.	3173	00:37:22	Luisa Krückeberg	w	W	Team Turbo
91.	3556	00:37:52	Nina Jäntsch	w	W40	RUNNERSHOPTEAM
92.	3535	00:38:16	Susanne Aldenhoven	w	W45	
93.	3060	00:38:23	Marie-Claire De Gronckel	w	W45	Rolling Magma
94.	3313	00:38:38	Anika Kittel	w	W30	
95.	3089	00:39:01	Intan Purnamasari	w	W30	
96.	3020	00:39:04	Lara Irmisch	w	W35	
97.	3162	00:39:48	Magdalena Valakos	w	W	Akl Team
98.	3378	00:40:31	Annegret Woerndle	w	W35	Lächeln statt hecheln
99.	3382	00:40:32	Monika Schäfer	w	W55	Lächeln statt hecheln

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100.	3381	00:40:32	Karo Stamirski	w	W40	Lächeln statt hecheln
101.	3380	00:40:32	Sabine Bartz	w	W55	Lächeln statt hecheln
102.	3375	00:40:31	Tanja Brettel	w	W45	Lächeln statt hecheln
103.	3437	00:41:49	Rita Maia Tholen	w	W30	Infinita Highway
104.	3212	00:42:18	Daniela Sauerwald	w	W40	
105.	3452	00:43:51	Tatjana Trenkenschu	w	WJ	Musado Alsdorf
106.	3451	00:43:52	Amina Hiseni	w	WJ	Musado Alsdorf
107.	3450	00:44:00	Sara Hiseni	w	WJ	Musado Alsdorf
108.	3517	00:44:23	Astrid Canton	w	W65	
109.	3561	00:44:46	Nora Schnitzler	w	W	
110.	3172	00:44:39	Elena Krückeberg	w	W	Team Turbo
111.	3175	00:44:39	Tilda Wessels-Czerwinski	w	W	Team Turbo
112.	3312	00:44:54	Franziska Fritze	w	W	
113.	3013	00:48:39	Anne Martial	w	W45	
114.	3085	00:52:47	Yasmin Teßmann	w	W30	
115.	3217	00:54:37	Leonie Jansen	w	W40	

Männlich

1.	3393	00:18:24	Valérian Iss	m	M	
2.	3325	00:18:26	Erik Alt	m	M30	
3.	3041	00:18:55	Stefan Gösgens	m	M55	Alemannia Aachen
4.	3599	00:19:09	Alexander Meisolle	m	M35	schnellerwerden.de
5.	3109	00:19:44	Hüseyin Capraz	m	M	Hybrid Athletics
6.	3894	00:20:18	Adam Rogalski	m	M55	IAC Düren
7.	3113	00:20:32	Lewis Schmidke	m	MJ	
8.	3370	00:20:53	Moritz Fuchs	m	M	Hybrid Athletics
9.	3869	00:21:00	Johann Houben	m	M	
10.	3464	00:21:03	Cedric Gerhardt	m	MJ	Hamich Runners e.V.
11.	3304	00:21:43	Abdoulaye Sy	m	M35	Nein
12.	3559	00:21:47	Niclas Schmidt	m	MJ	
13.	3150	00:21:54	Alireza Barbari	m	M	Akl Team
14.	3001	00:22:13	Alexander Gorski	m	M40	
15.	3218	00:22:14	Jan Dresselhaus	m	MJ	
16.	3882	00:22:32	Ralf Dülken	m	M55	SV Germania Dürwiß
17.	3590	00:22:31	Pierre Lavis	m	M35	Generation Runners
18.	3544	00:22:37	Marcin Kotkowski	m	M45	Die Turboschnecken
19.	3158	00:22:45	Nikola Bach	m	MJ	Akl Team
20.	3239	00:22:44	Chris Haag	m	M40	Akl Team
21.	3488	00:22:58	Lukas Jage	m	M	
22.	3136	00:23:13	Rawad Akl	m	M40	Akl Team
23.	3152	00:23:38	Rami Al Shmouri	m	MJ	Akl Team
24.	3016	00:23:51	Jonathan Reichert	m	MJ	
25.	3015	00:24:04	Walter Reichert	m	M55	
26.	3879	00:24:07	Jürgen Nelles	m	M	Schibbes Runners
27.	3664	00:24:07	Erwin Schuchmann	m	M60	IAC Düren
28.	3059	00:24:22	Sebastian Trapp	m	M40	Trappis
29.	3512	00:24:14	Silas Halberschmidt	m	MJ	
30.	3332	00:24:35	Leon Schley	m	M	
31.	3549	00:24:54	Marcin Kobuch	m	M45	Die Turboschnecken
32.	3324	00:24:54	Frederik Zantis	m	M	
33.	3279	00:24:57	Martin Müller	m	M35	TV Richterich

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MWP	StNr	Zeit	Name	m/w	AK	Verein
34.	3551	00:24:59	Henning Schurse	m	M	
35.	3143	00:25:10	Elmar Köhler	m	M40	Akl Team
36.	3519	00:25:22	Peter Rademacher	m	M50	
37.	3208	00:25:28	Christoph Siebenhaar	m	M50	
38.	3182	00:25:27	Thomas Calmes	m	M50	
39.	3259	00:25:35	Thomas Close	m	M40	Team Physio Vital Aachen
40.	3180	00:25:49	Julian Becker	m	M35	
41.	3255	00:26:01	Noel Bielders	m	M	Team Physio Vital Aachen
42.	3591	00:26:08	Jürgen Herff	m	M45	Turngruppe Übach
43.	3318	00:26:09	Ralf Kniebeler	m	M55	Marathon-Club Eschweiler
44.	3055	00:26:06	Martin Heinrich	m	M35	
45.	3524	00:26:25	Gert Bongard	m	M60	TV Roetgen
46.	3624	00:26:20	Frank Benstöm	m	M40	ATD Läufer
47.	3369	00:26:34	Philipp Waldmann	m	M45	Rhenania Richterich
48.	3455	00:26:38	Thomas Dornhöfer	m	M	Die Lemminge
49.	3161	00:26:46	Mohammad Moghrabieh	m	M	Akl Team
50.	3892	00:26:50	Gerd Kremer	m	M60	Meilenjäger
51.	3623	00:26:38	Achim Kurtz	m	M45	ATD Läufer
52.	3159	00:26:59	Antoni Roberto Falsone	m	M	Akl Team
53.	3546	00:27:08	Julian Kotkowski	m	MJ	Die Turboschnecken
54.	3163	00:27:22	Dominik Varadi	m	MJ	Akl Team
55.	3329	00:27:25	Burkhard Hecker	m	M35	
56.	3600	00:27:29	Kurt Baltus	m	M65	Dürener TV 1847
57.	3547	00:27:33	Jan Kotkowski	m	MJ	Die Turboschnecken
58.	3156	00:27:32	Anas Alhalabi	m	M30	Akl Team
59.	3650	00:27:45	Jonas Buchcik	m	M	
60.	3137	00:27:44	Erik Müllerhern	m	MJ	Akl Team
61.	3485	00:27:52	André Geist	m	M40	Läufer gegen Krebs e.V.
62.	3622	00:27:35	Josef Molitor	m	M50	ATD Läufer
63.	3178	00:27:48	Udo Hüffelmann	m	M60	
64.	3103	00:27:51	Adalbert Herholz	m	M60	
65.	3170	00:27:58	Mohammed El Ouedghiri	m	MJ	Akl Team
66.	3169	00:27:58	Lando Schulz	m	M	Akl Team
67.	3503	00:27:52	Oskar Stanek	m	MJ	
68.	3557	00:27:50	Thomas Jäntsch	m	M40	RUNNERSHOPTEAM
69.	3414	00:28:15	Marlo Simon	m	MJ	Musado Alsdorf
70.	3045	00:28:15	Robert Brüll	m	M35	Brüll
71.	3265	00:28:21	Tim Bräunig	m	M	regio iT
72.	3575	00:28:37	Frank Wolters	m	M45	
73.	3642	00:28:30	Erwin Düsterwald	m	M65	Bundeswehrverwaltungsstelle
74.	3141	00:28:37	Béla Volkert	m	MJ	Akl Team
75.	3249	00:28:49	Manfred Heidenreich	m	M55	Rugby Club Aachen
76.	3457	00:28:48	Jakob Burghardt	m	MJ	DJK Jung Siegfried Herzogenrath
77.	3481	00:28:55	Miro Pels	m	MJ	
78.	3883	00:29:09	Emilio Barrates	m	MJ	ATG
79.	3850	00:29:04	Stefan Gottschalk	m	M35	Generation Runners
80.	3285	00:29:04	Oliver Pels	m	M45	
81.	3887	00:29:00	Jannis Bergmann	m	M45	BSG Aachen
82.	3377	00:29:09	Bernd Sieger	m	M55	Lächeln statt hecheln
83.	3539	00:29:26	Luca Celestino	m	MJ	chi va piano
84.	3645	00:29:14	Steffen Manegold	m	M30	

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MWP	StNr	Zeit	Name	m/w	AK	Verein
85.	3540	00:29:31	Anton Celestino	m	MJ	chi va piano
86.	3898	00:29:26	Merdan Özdemir	m	MJ	Musado Alsdort, IWA, Tabea
87.	3886	00:29:24	Rene Piep	m	M55	
88.	3264	00:29:19	Stefan Schwartmann	m	M50	regio iT
89.	3885	00:29:24	Luc Decroupet	m	M60	ERTK
90.	3263	00:29:23	Kevin Schroeder	m	M	regio iT
91.	3610	00:29:29	Jörg Multhoff	m	M55	LT Alemannia Aachen
92.	3537	00:29:52	Francesco Celestino	m	M55	chi va piano
93.	3456	00:29:50	Friedrich Dornhöfer	m	M60	Die Lemminge
94.	3138	00:29:53	Marcus Volkert	m	M45	Akl Team
95.	3205	00:29:44	Harry Mohné	m	M45	Uaim Nono
96.	3166	00:30:00	Auday Bohsas	m	M30	Akl Team
97.	3167	00:30:01	Majd Alkaed	m	M	Akl Team
98.	3068	00:30:02	Sven Roth	m	MJ	
99.	3037	00:30:10	Bernhard Geyer	m	M55	
100.	3006	00:30:21	Sören Vreuls	m	M30	
101.	3273	00:30:16	Luis Dominguez	m	M30	
102.	3160	00:30:32	Mohammad Mkamel	m	M30	Akl Team
103.	3459	00:30:28	Klaus Buchenau	m	M70	PTSV Aachen
104.	3531	00:30:27	Markus Faber	m	M50	Carolus Thermen
105.	3149	00:30:48	Mohamadreza Barbari	m	M	Akl Team
106.	3155	00:30:48	Tarek Akrama	m	M35	Akl Team
107.	3415	00:31:14	Hadi Dastmozd	m	M40	Musado Alsdorf
108.	3568	00:31:11	Johannes Leitner	m	M	
109.	3465	00:31:28	Claudius Heide	m	M40	KiTa Zauberschloss
110.	3340	00:31:31	Christopher Zeis	m	M35	
111.	3071	00:31:44	Mario Broichhausen	m	M40	
112.	3342	00:31:32	Philipp Heyken Soares	m	M35	regio iT
113.	3164	00:31:58	Roman Varadi	m	M	Akl Team
114.	3888	00:32:14	Bernhard Ormanns	m	M70	DJK Gillroth
115.	3667	00:32:10	Klaus Kremer	m	M70	Venwegen
116.	3344	00:32:05	Tim Bücken	m	M45	
117.	3895	00:32:12	Ulrich Klenskens	m	M55	
118.	3543	00:32:20	Dankel Keimes	m	M30	
119.	3896	00:32:29	Luis Barrales	m	M45	
120.	3339	00:32:40	Carlo Buric Heler	m	MJ	
121.	3671	00:32:40	Andreas Romann	m	M	Sportteam hopsgeholt Elektrosport ~
122.	3129	00:32:55	Sebastian Glenewinkel	m	M35	
123.	3665	00:33:11	Andreas Dellen	m	M55	
124.	3670	00:33:21	Jan Tobias Steigleder	m	M	Sportteam hopsgeholt Elektrosport ~
125.	3061	00:33:12	Henning Schlemper	m	M50	Rolling Magma
126.	3662	00:33:17	Miles Gray	m	MJ	
127.	3615	00:33:22	Leines Moll	m	M60	TV Roetgen
128.	3396	00:33:29	René Coenen	m	M65	Heerlen - Limburg NL
129.	3372	00:33:56	Stefan Van Lier	m	M65	Tremelo Belgien
130.	3044	00:34:00	Volker Cornils	m	M75	PTSV Aachen
131.	3421	00:34:10	Markus Kavermann	m	M50	
132.	3174	00:34:08	Waldemar Krämer	m	M	Team Turbo
133.	3430	00:34:20	Leo Habets	m	M70	Hospizstiftung Region Aachen
134.	3238	00:34:31	Rashed Akl	m	MJ	Akl Team
135.	3098	00:34:29	Daniel Debuch	m	M45	

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136.	3518	00:35:20	Lars Mühlner	m	M45	
137.	3206	00:35:33	Birk Mohné	m	MJ	Uaim Nono
138.	3602	00:35:37	Christian Dreihöfer	m	M55	
139.	3075	00:36:07	Stefan Marek	m	M30	Umroxxorerer
140.	3080	00:36:07	Jakob Aßmann	m	M30	Umroxxorerer
141.	3040	00:36:03	Klaas Gort	m	M45	
142.	3579	00:36:13	Robert Reuters	m	M60	SG Sparkasse Aachen
143.	3418	00:36:35	Harry Hamers	m	M65	Baneheide NL
144.	3027	00:36:39	Carl Foerst	m	M55	
145.	3194	00:37:18	Anton Simons	m	MJ	
146.	3328	00:37:43	Friedhelm Barth	m	M60	Marathon-Club Eschweiler
147.	3897	00:37:31	Thibault Xhonnelt	m	M30	
148.	3211	00:38:02	Wilfried Krug	m	M70	
149.	3893	00:38:31	Thomas Haase	m	M60	
150.	3088	00:39:01	Gunnar Jäkel	m	M30	
151.	3153	00:39:49	Mahmoud Abd Alrzaq	m	M	Akl Team
152.	3157	00:39:50	Kosai Alobeid	m	M30	Akl Team
153.	3379	00:40:32	Stefan Kleuters	m	M55	Lächeln statt hecheln
154.	3436	00:41:49	Lars Tholen	m	M30	Infinita Highway
155.	3880	00:44:39	Lukas Kirschke	m	M	Team Turbo
156.	3889	00:55:14	Hartmut Haupt	m	M80	DJK Gillrath