

Benefizlauf Aachen

Ergebnisliste MW 22. Volkslauf 10 km

MWP	StNr	Zeit	Name	m/w	AK	Verein	min/k
22. Volkslauf 10 km							
Weiblich							
1.	3091	00:42:55	Julia Sokensch	w	WJ	DJK Jung Siegfried Herzogenrath	4:17
2.	2008	00:49:58	Judith Heide	w	W45	TSV Alemannia Aachen Leichtathletik	4:59
3.	2580	00:49:59	Martina León Cervera	w	WJ		4:59
4.	2920	00:51:36	Laura Linnemann	w	WJ	RUNS	5:09
5.	3081	00:51:33	Pia Sommeq	w	W	Hybrid Athletics	5:09
6.	2918	00:52:10	Anna Schilz	w	W	RUNS	5:13
7.	2822	00:52:18	Daniela Kaumanns	w	W35	ELITE Runners	5:13
8.	3088	00:52:38	Valerie Keutgen	w	W40		5:15
9.	2998	00:52:31	Jana Nysten	w	W40	ILC Raeren	5:15
10.	2584	00:54:37	Nadine Knapp	w	W30		5:27
11.	2125	00:54:44	Swenja Schiwatsch	w	W50		5:28
12.	2425	00:56:48	Laura Lohse	w	W		5:40
13.	2410	00:57:02	Johanna Horbach	w	W30	Team RSP	5:42
14.	2295	00:58:17	Katharina Pietsch	w	W50	Brander SV Tri Team	5:49
15.	2159	00:58:55	Isabel Bravo	w	WJ		5:53
16.	2585	01:00:19	Maret Peters	w	W		6:01
17.	3093	01:01:14	Olena Biriukova	w	W45		6:07
18.	2390	01:01:32	Rebecca Schröder	w	W30		6:09
19.	2181	01:01:16	Nina Scheler	w	W		6:07
20.	2274	01:01:47	Lena Bunk	w	W30		6:10
21.	2536	01:02:31	Lea Heusch	w	W		6:15
22.	2591	01:02:33	Gabriele Peters	w	W55		6:15
23.	2107	01:02:29	Nele Gertlowski	w	W		6:14
24.	2116	01:02:34	Theresa Hermanspann	w	W40		6:15
25.	2517	01:04:29	Ronja Vonderbank	w	W30		6:26
26.	2605	01:04:45	Carola Jung	w	W30		6:28
27.	2045	01:05:12	Christine Dey	w	W40		6:31
28.	3021	01:05:08	Carolin Reitz	w	W40	Pius-Gymnasium Aachen	6:30
29.	3087	01:05:08	Kathrin Delheid	w	W40	Pius Gymnasium	6:30
30.	2355	01:05:40	Nina Rubach	w	W		6:34
31.	2520	01:05:57	Fabienne Wittor	w	W30		6:35
32.	2521	01:05:58	Gabi Wittor	w	W60	LG Benni	6:35
33.	2851	01:05:55	Anna Stollenwerk	w	W		6:35
34.	3006	01:06:09	Uta Korth	w	W55		6:36
35.	2414	01:06:20	Katharina Blume	w	W40		6:38
36.	2895	01:06:41	Urša Kosmač-Marc	w	W45		6:40
37.	2169	01:07:11	Luzia Ziwei Lu	w	W40		6:43
38.	2315	01:07:39	Lina Wilke	w	W		6:45
39.	2575	01:07:46	Laura Zentgraf	w	W35		6:46
40.	2302	01:07:57	Laura Nießen	w	WJ		6:47
41.	2183	01:08:19	Sandra Bentz	w	W45		6:49
42.	2353	01:08:06	Eva Wellmann	w	W40		6:48
43.	2262	01:08:52	Larissa Allmanns	w	W	/	6:53

Benefizlauf Aachen

Ergebnisliste MW 22. Volkslauf 10 km

MWP	StNr	Zeit	Name	m/w AK		Verein	min/k
44.	2263	01:08:54	Melissa Chaineux	w	W	/	6:53
45.	2857	01:09:22	Celine Dupont	w	W40		6:56
46.	2317	01:11:17	Sarah Schell	w	W		7:07
47.	2124	01:11:24	Jule Blankenstein	w	W30	BtB Aachen	7:08
48.	2219	01:12:05	Tugba Creyels	w	W45		7:12
49.	2221	01:12:05	Eva Gose	w	WJ		7:12
50.	2121	01:12:12	Melanie Klubert	w	W45	TuRa Monschau	7:13
51.	2519	01:13:25	Lara Amling	w	W		7:20
52.	2775	01:13:33	Katharina Kaiser	w	W40	Taekwondo Musado Alsdorf	7:21
53.	2819	01:14:10	Lina Käufer	w	W		7:25
54.	2597	01:14:23	Sarah Fritzsche	w	W40		7:26
55.	2215	01:14:24	Melanie Homberger	w	W50		7:26
56.	2961	01:15:04	Nele Güntner	w	W	Terea	7:30
57.	2545	01:15:46	Corina Stern	w	W40		7:34
58.	2078	01:16:18	Annika Strohmenger	w	W		7:37
59.	2284	01:17:02	Emilie Baud	w	W		7:42
60.	2993	01:17:16	Michelle Maletz	w	W	Terea	7:43
61.	2214	01:17:36	Christina	w	W55		7:45
62.	2620	01:18:06	Lena Carra	w	W		7:48
63.	2372	01:19:23	Yara Skups	w	WJ		7:56
64.	2791	01:20:34	Karolina Muszalski	w	W35		8:03
65.	2767	01:20:59	Lara Thomas	w	W		8:05
66.	3024	01:21:03	Anabell Becker	w	W30		8:06
67.	2387	01:20:59	Inga Hülsebusch	w	WJ		8:05
68.	2380	01:21:39	Hanna Rom	w	W	Physio Vital Aachen	8:09
69.	2992	01:21:28	Karen Leufen	w	W	Terea	8:08
70.	2962	01:21:46	Cynthia Natschke	w	W	Terea	8:10
71.	2440	01:22:14	Caitlin Steindorf	w	W		8:13
72.	2388	01:22:30	Birgit Wernerus	w	W55		8:15
73.	2180	01:23:50	Karen Riehm	w	W		8:23
74.	2616	01:24:03	Filiz Stahl	w	W35		8:24
75.	2933	01:25:10	Valentina Orlando	w	W40		8:31
76.	2696	01:27:01	Lorena Dorsaneo	w	W		8:42
77.	2713	01:30:09	Mona Neubert	w	W30	PM	9:00
78.	3094	01:40:38	Eniola Sittarz	w	W45		10:03
79.	2225	01:52:43	Naz Pasalioglu	w	W		11:16

Männlich

1.	3065	00:39:13	Marc Bachelet	m	M	RUNS	3:55
2.	2193	00:42:39	Max Bindler	m	M35	Aachener TG (Basketball!)	4:15
3.	3097	00:42:49	Daniel Eßing	m	M30	Burtscheider TV	4:16
4.	2558	00:44:36	Nico Blass	m	M	RUNS	4:27
5.	2377	00:44:46	Dirk König	m	M40	Physio Vital Aachen	4:28
6.	2793	00:44:57	Lukas Janßen	m	M	Grenzwacht Pannesheide	4:29
7.	2932	00:45:04	Max Steffens	m	M35	RUNS	4:30
8.	2821	00:45:29	Dennis Schäfer	m	M30	ELITE Runners	4:32

Benefizlauf Aachen

Ergebnisliste MW 22. Volkslauf 10 km

MWP	StNr	Zeit	Name	m/w	AK	Verein	min/k
9.	2413	00:45:40	Marius Kotthaus	m	M40	Team RSP	4:34
10.	2311	00:45:58	Paul Voigt	m	MJ	OINKBOYZ RUNNING	4:35
11.	2340	00:45:59	Paul Warminski	m	M		4:35
12.	2691	00:46:10	Thomas Gier	m	M35		4:37
13.	2991	00:46:26	Julian Henseler	m	M		4:38
14.	2446	00:47:13	Luis Damian Seferens	m	M		4:43
15.	2156	00:47:53	Johannes Artkämper	m	MJ		4:47
16.	3086	00:47:59	Peter Hein	m	M50		4:47
17.	2951	00:48:10	Christian Fiedler	m	M	*RUNS*	4:49
18.	2900	00:48:23	Niklas Karge	m	M	-	4:50
19.	2943	00:49:15	Mohammad Asfar Khan	m	M30		4:55
20.	2638	00:49:12	Ernst Wawra	m	M50	LG Aachen	4:55
21.	2969	00:49:30	Marwene Nefzi	m	M40		4:57
22.	2927	00:49:45	Alexander Heinen	m	M	Voltfang	4:58
23.	2129	00:50:02	Thomas Decker	m	M		5:00
24.	2889	00:50:06	Vid Kosmac	m	MJ	OINKBOYZ RUNNING	5:00
25.	2494	00:50:25	Volker Oslender	m	M50	RUNNER SHOP TEAM	5:02
26.	2502	00:50:28	Andreas Clahsen	m	M40		5:02
27.	2930	00:50:24	Tobias Zorn	m	M35		5:02
28.	2422	00:50:32	Felix Enders	m	M		5:03
29.	2375	00:50:42	Julian Skups	m	M		5:04
30.	2695	00:50:48	Raoul Luqué	m	M		5:04
31.	2557	00:50:49	Carl-Friedrich Benner	m	M35		5:04
32.	2841	00:50:49	Andreas Graf	m	M40	Brander SV Tri Team	5:04
33.	2919	00:50:59	Lorenz Valadier	m	M	RUNS	5:05
34.	2020	00:51:06	Jochen Haats	m	M	SLC Aachen	5:06
35.	2175	00:51:46	Björn Scholz-Starke	m	M45	Biologische Station StädteRegion Aachen	5:10
36.	2869	00:52:03	Malte Raddatz	m	M		5:12
37.	2044	00:52:06	Dirk Nettelbreker	m	M35		5:12
38.	3020	00:52:29	Paul Maleki	m	MJ	Pius-Gymnasium Aachen	5:14
39.	2649	00:52:29	Nico Buric Heler	m	MJ		5:14
40.	2972	00:52:18	Carlos Ricardo Harry	m	M40		5:13
41.	2549	00:52:37	Dr. Ralf Schumacher	m	M55		5:15
42.	3090	00:52:38	Abdelkazek Younis	m	MJ		5:15
43.	2783	00:52:19	Bastian Schroeder	m	M	Arens-Runners	5:13
44.	2313	00:52:50	Mattis Negraszus	m	MJ	All you need is Lauf	5:17
45.	2438	00:52:54	Alexander Bach	m	M35		5:17
46.	2702	00:53:02	Paul Gossen	m	M		5:18
47.	2074	00:53:12	Lukas Westhofen	m	M		5:19
48.	2952	00:53:21	Gerrit Dielen	m	M	RUNS	5:20
49.	2926	00:53:36	David Johnen	m	M35	Voltfang	5:21
50.	2483	00:53:39	Jakob Müller	m	M		5:21
51.	2312	00:53:54	Bjarne Thal	m	MJ	All you need is Lauf	5:23
52.	2046	00:53:55	Thomas Dey	m	M40		5:23
53.	2924	00:54:07	Tim Breuer	m	M	Voltfang	5:24

Benefizlauf Aachen

Ergebnisliste MW 22. Volkslauf 10 km

MWP	StNr	Zeit	Name	m/w	AK	Verein	min/k
54.	2964	00:53:59	Vincent Drury	m	M30		5:23
55.	2872	00:54:13	Thomas Faust	m	M40	Laufgruppe SC Borussia 09 Inden	5:25
56.	2571	00:54:33	Maximilian Prick	m	MJ		5:27
57.	2518	00:54:37	David Deuster	m	MJ		5:27
58.	2968	00:54:40	Sebastian Bösche	m	M	*RUNS*	5:28
59.	2923	00:54:44	Sebastian Ehlen	m	M30	RUNS	5:28
60.	2965	00:54:42	Henrik Haeger	m	M30	*RUNS*	5:28
61.	2270	00:54:38	Sandor Patkos	m	M35	C&S e.V.	5:27
62.	2386	00:55:13	Sebastian Arndt	m	M40	-	5:31
63.	2899	00:55:15	Elmar Christoffels	m	M65	Team RSP	5:31
64.	2530	00:55:30	Oliver Dickheuer	m	M60	Brander SV Tri Team	5:33
65.	2912	00:55:38	Lukas Alt	m	M	RUNS	5:33
66.	2898	00:55:50	Dogukan Tosun	m	M		5:35
67.	2922	00:56:14	Sven Van Den Berg	m	M35	RUNS	5:37
68.	2141	00:56:16	Ingo Klöcker	m	M50		5:37
69.	2273	00:56:29	Wieland Corts	m	M		5:38
70.	2639	00:56:14	Tobias Körfer	m	M45		5:37
71.	2559	00:56:30	Marco Görmar	m	M30	Area52	5:39
72.	2563	00:56:32	Frederic Fraikin	m	M30	Area52	5:39
73.	2195	00:56:59	Emircan Yazici	m	M30		5:41
74.	2717	00:57:05	Paul Leopold	m	M	PM	5:42
75.	2374	00:57:24	Oliver Skups	m	M55		5:44
76.	2925	00:57:36	Mario Mirkes	m	M	Voltfang	5:45
77.	2069	00:57:39	Andreas Hieke	m	M45		5:45
78.	3019	00:57:16	Noah Delheid	m	MJ	Pius-Gymnasium Aachen	5:43
79.	3022	00:57:17	Jarno Reitz	m	MJ	Pius-Gymnasium Aachen	5:43
80.	2917	00:58:09	Hans Christian Förster	m	M30	RUNS	5:48
81.	2935	00:58:28	Jörn Ulbrich	m	M35		5:50
82.	2174	00:58:27	Tim Stark	m	M35	Biologische Station StädteRegion Aachen	5:50
83.	2842	00:58:45	Tobias Dorsel	m	M30		5:52
84.	2269	00:58:54	Jonah Hummels	m	MJ		5:53
85.	2303	00:59:05	Jürgen Nießen	m	M55		5:54
86.	2382	00:59:05	Noel Bielders	m	M	Physio Vital Aachen	5:54
87.	2389	00:59:15	David Koffer	m	M45		5:55
88.	2018	00:59:42	David Ryneerson	m	M35		5:58
89.	3027	00:59:42	Youming Xu	m	M35	RUNS	5:58
90.	2329	00:59:38	Dennis Poggel	m	M		5:57
91.	2570	00:59:27	Christopher Rohde	m	M40	Die Lauf Jockel	5:56
92.	2621	01:00:07	Tim Popella	m	M		6:00
93.	2085	01:00:02	Gerd Werner	m	M50	JoWeRun	6:00
94.	2701	01:00:05	Clemens Kahlen	m	M55		6:00
95.	2140	01:00:30	Manuel Latz-Timoschenko	m	M		6:03
96.	2645	01:00:36	Bojan Buric Heler	m	M45		6:03
97.	2084	01:00:52	Johannes Scholl	m	M		6:05
98.	2568	01:00:34	Marcus Hillen	m	M40	Die Lauf Jockel	6:03

Benefizlauf Aachen

Ergebnisliste MW 22. Volkslauf 10 km

MWP	StNr	Zeit	Name	m/w	AK	Verein	min/k
99.	2552	01:01:16	Laurenz Kleinlosen	m	MJ		6:07
100.	2613	01:01:06	Gian Luca Bergamo	m	M		6:06
101.	2845	01:01:37	Dominik Herbold	m	M		6:09
102.	2178	01:01:48	Emanuel Schmidt	m	M35		6:10
103.	2271	01:01:52	Adam Kobuszynski	m	M30	Aachen	6:11
104.	2569	01:01:46	Markus Schaffrath	m	M40	Die Lauf Jockel	6:10
105.	2582	01:02:01	Niklas Breilkopf	m	M		6:12
106.	2941	01:02:14	Jens K�pper	m	M40	PhysioOs Sports Aachen	6:13
107.	2782	01:02:14	Kurt Schroeder	m	M60	Arens-Runners	6:13
108.	2394	01:02:36	Robert Sager	m	M	Blade Runners	6:15
109.	2450	01:02:58	Tim Krummlauf	m	M	Tabacco Sportsclub	6:17
110.	2086	01:03:03	Daniel Joosten	m	M45	JoWeRun	6:18
111.	2037	01:03:34	Saad Al-Dulaimi	m	M50	Team Lambosafarie	6:21
112.	2966	01:03:26	Pierre Sarkissian	m	M40	Olympique Lyonnais	6:20
113.	2327	01:04:09	Miro Pels	m	MJ	BV Aachen	6:24
114.	2081	01:03:54	Gerrit Saengersdorf	m	M30		6:23
115.	2828	01:04:25	Oliver Pels	m	M50	TTV Heiden	6:26
116.	2963	01:04:28	Eugen Link	m	M45		6:26
117.	2281	01:04:35	Klaus Turina	m	M60		6:27
118.	3018	01:05:04	Emilio Barrales Lumbreras	m	MJ	Pius-Gymnasium Aachen	6:30
119.	2338	01:04:54	Frank Nisius	m	M35		6:29
120.	2265	01:05:06	Michael Hartmeier	m	M55		6:30
121.	2337	01:05:06	Carl Schreiber	m	M35		6:30
122.	2484	01:05:03	Rene Gr�nert	m	M45		6:30
123.	2152	01:05:13	Ren� W�st	m	M35	Apfelweg Runners	6:31
124.	2151	01:05:13	J�rg von Ramsch	m	M30	Apfelweg Runners	6:31
125.	2784	01:05:39	Ahmad Zia Zahedi	m	M	Arens-Runners	6:33
126.	2916	01:05:59	Olaf Haase	m	M55		6:35
127.	2349	01:06:03	Marvin Barsties	m	M		6:36
128.	2393	01:06:31	Felix Lauel	m	M30		6:39
129.	2890	01:07:23	Frederick Deberding	m	MJ		6:44
130.	2636	01:07:16	Michael Ferdinand	m	M65		6:43
131.	3098	01:07:51	Eric Karov	m	M45		6:47
132.	2198	01:07:52	Moritz Fischbach	m	M		6:47
133.	2774	01:08:22	Oumar Kouyate	m	M	Taekwondo Musado Alsdorf	6:50
134.	2942	01:08:36	Haren Chowdhry	m	M		6:51
135.	2194	01:08:15	Christian Droese	m	M35	Lolek und Bolek	6:49
136.	2177	01:08:24	Simon Konrad	m	M35		6:50
137.	2176	01:08:24	Jonas Fortmann	m	M35		6:50
138.	2748	01:08:53	Stephan Becker	m	M40	Pius-Gymnasium Aachen	6:53
139.	2227	01:09:21	Gottfried Spiertz	m	M65	Taekwondo Musado Alsdorf	6:56
140.	2439	01:09:16	Tobias Rippchen	m	M		6:55
141.	2879	01:10:13	Alexander Nawrath	m	MJ		7:01
142.	2751	01:10:41	S�ren Vreuls	m	M30	TuS Rheydt-Wetschewell	7:04
143.	3025	01:10:40	Julian Schr�der	m	M30		7:04

Benefizlauf Aachen

Ergebnisliste MW 22. Volkslauf 10 km

MWP	StNr	Zeit	Name	m/w AK		Verein	min/k
144.	3102	01:11:12	Abdelrahman	m	M	RUNS	7:07
145.	2123	01:11:24	Christoph Uerlings	m	M35	BTB Aachen	7:08
146.	2339	01:12:05	Markus Sigg Vorhagen	m	M45	Klenkes Aachen	7:12
147.	2600	01:12:07	Hermann Hildebrandt	m	M40	Stolbergerdonnerberg	7:12
148.	3092	01:12:07	Jonathan Haag	m	M30	TEAM MOSS	7:12
149.	2264	01:12:20	Tom Lankes	m	M40	FromBellytoBoston	7:14
150.	2412	01:12:39	David Dießel	m	MJ		7:15
151.	2120	01:12:43	Rene Zorn	m	M45	TuRa Monschau	7:16
152.	2179	01:13:18	Joey Stötzel	m	M		7:19
153.	2228	01:13:32	Felix Balduin	m	MJ	Taekwondo Musado Alsdorf	7:21
154.	2316	01:15:08	Max Umbach	m	M		7:30
155.	2306	01:15:21	Martin Kranz	m	M60	-	7:32
156.	3008	01:15:35	Julian Pinhammer	m	M		7:33
157.	2572	01:15:48	Christopher Zeis	m	M35		7:34
158.	3009	01:16:38	Oleksandr Shevchenko	m	M45	-	7:39
159.	2285	01:17:02	Amol Kodange	m	M		7:42
160.	2934	01:17:36	Federico Mastellari	m	M45		7:45
161.	2240	01:17:51	Jan Glogau	m	MJ	Taekwondo Musado Alsdorf	7:47
162.	2049	01:17:52	Walter Lautenbach	m	M65	ASV 1856	7:47
163.	2079	01:18:31	Yannick Strohmenger	m	M		7:51
164.	2979	01:21:00	Stephan Pankert	m	M55		8:06
165.	2525	01:21:24	Jan Luca de Riese	m	M		8:08
166.	3085	01:21:37	Uwe Stötzel	m	M45		8:09
167.	2365	01:22:05	Cedric Müller	m	M		8:12
168.	3095	01:29:39	Philip Aigbe	m	M55		8:57
169.	2308	01:29:48	K Akhil Varma	m	M		8:58
170.	2261	01:30:12	Felix Hamacher	m	M		9:01
171.	2224	01:52:43	Berke Oruch	m	M		11:16