



53. Internationaler Hagener Volkslauf

VOLKSLAUF (10 KM) · OVERALL-RANKING

RG	NR	RG	AK	NAME, VORNAME	JG	VEREIN	NETTO	ZEIT
1.	(248)	1.	M55	JOSWIG, Andreas	1965	Schwelmer Jungs	0:40:37	0:40:38
2.	(96)	1.	M50	KRÄMER, Christoph	1971	BSG Sparkasse an Volme und Ruhr	0:42:29	0:42:29
3.	(217)	1.	M30	QUENT, Fabian	1990	Pace Pack Runners	0:42:44	0:42:45
4.	(212)	2.	M55	SGOURADIS, Panagiotis	1966	Team Alexandros	0:43:19	0:43:21
5.	(234)	1.	M35	ESSER, Bastian	1987		0:44:03	0:44:05
6.	(138)	1.	M40	PIOCH, Sascha	1981	FysioFrings	0:44:30	0:44:33
7.	(159)	1.	M45	SCHNEIDER, Marc	1978	Kante Brand Racing	0:44:37	0:44:38
8.	(218)	2.	M30	QUENT, Simon	1990	Pace Pack Runners	0:44:44	0:44:45
9.	(33)	3.	M55	DZIAMBOR, Jochen	1965	Skiclub Königsblau	0:44:50	0:44:51
10.	(227)	2.	M35	SCHLÜTER, Jan	1986		0:45:21	0:45:26
11.	(8)	1.	W	BEHLE, Liv	1997	SG Wenden	0:45:25	0:45:30
12.	(78)	3.	M35	JANSEN, Robin	1988	Pace Pack Runners	0:45:33	0:45:35
13.	(23)	2.	M50	BRZOSOWSKI, Volker	1969	Pace Pack Runners	0:45:40	0:45:43
14.	(263)	1.	M	DOMBROWSKI, Lukas	1999	LG Fichte-Elsey-Kabel	0:46:42	0:46:47
15.	(231)	4.	M55	WIECHA, Rufin	1965	Tri Team Hagen	0:47:01	0:47:04
16.	(226)	2.	M45	SFIRIKLAS, Niko	1974	Team Alexandros	0:47:22	0:47:24
17.	(260)	2.	M	SAURE, Nils	1995	LG Fichte-Elsey-Kabel	0:47:53	0:47:57
18.	(30)	1.	MJ U18	DICK, Rico	2006		0:48:14	0:48:26
19.	(89)	3.	M30	KOCH, Henning	1989		0:48:14	0:48:31
20.	(209)	2.	M40	MICHALIS, Dimitrios	1983		0:48:47	0:48:50
21.	(219)	1.	M70	HEBESTREIT, Erich	1953	Hagen	0:48:57	0:48:57
22.	(40)	2.	M70	FIOLKA, Achim	1952	TGH-Wetter	0:49:27	0:49:29
23.	(254)	3.	M50	HEUSER, Thilo	1973		0:49:48	0:49:52
24.	(200)	4.	M30	WILKE, Niklas	1992	Hagen 11	0:50:34	0:50:37
25.	(21)	5.	M30	BRITZ, Marc	1993		0:50:48	0:50:53
26.	(223)	3.	M40	PODESZWA, Przemysław	1979		0:50:49	0:50:56
27.	(277)	1.	W45	SCHEELE, Kirsten	1978	Liebental	0:50:55	0:51:01
28.	(66)	2.	W	HEGERDING, Franca	1996		0:51:00	0:51:04
29.	(258)	1.	W30	PETERS, Fabienne	1993	TVS 09 TWISTE	0:51:27	0:51:34
30.	(148)	1.	W50	ROUGE, Christine	1972		0:51:39	0:51:42
31.	(71)	5.	M55	HINNENTHAL, Ulrich	1967	Tri Team Hagen	0:51:45	0:51:48
32.	(271)	1.	M65	DEC, Franciszek	1957	F.Dec.Blechisolierung Essen	0:52:04	0:52:08
33.	(143)	4.	M40	RICHTER, Martin	1979		0:53:27	0:53:39
34.	(251)	5.	M40	HASTENCLEVER, Sebastian	1983	Pace Pack Runners	0:53:38	0:53:47
35.	(246)	1.	M60	KRIEGER, Mike	1962	MKE-Dortmund	0:53:55	0:53:58
36.	(255)	6.	M55	STURM, Volker	1964		0:54:23	0:54:35
37.	(88)	7.	M55	KNAUF, Markus	1968		0:54:33	0:54:37
38.	(253)	6.	M40	LEDWIG, Stefan	1980		0:55:19	0:55:23
39.	(115)	1.	W40	MOLDENHAUER, Dorte	1981		0:55:16	0:55:25
40.	(221)	1.	W55	STEGHERR, Natalie	1965	Team Time & Voice	0:55:29	0:55:33
41.	(261)	1.	W U23	SAURE, Malin	2001		0:55:33	0:55:39
42.	(13)	7.	M40	BINSCH, Sebastian	1980		0:55:46	0:55:51
43.	(268)	2.	M65	ZIEMKE, Klaus-Peter	1958	Hagen	0:55:53	0:55:55
44.	(146)	8.	M55	RÖHRICHT, Stefan	1967		0:55:47	0:56:01



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45.	(184)	3.	M	THEWES, Florian	1995		0:55:56	0:56:04
46.	(233)	3.	W	PREUß-BERGER, Melissa	1997	Bunert	0:55:57	0:56:04
47.	(235)	4.	M35	WILZER, Edgar	1984		0:56:12	0:56:21
48.	(149)	4.	M50	ROUGE, Stefan	1969		0:56:28	0:56:30
49.	(262)	9.	M55	SAURE, Hans-Jörg	1968	LG Fichte-Elsey-Kabel	0:56:58	0:57:04
50.	(100)	5.	M50	KROWINUS, Roger	1970		0:56:50	0:57:06
51.	(187)	6.	M50	VON DISSEN, Arnd	1972	Team Schnellkannjede*r	0:57:12	0:57:26
52.	(87)	2.	W45	KNAUF, Katrin	1976		0:57:48	0:57:52
53.	(250)	10.	M55	STEINKÜHLER, Thomas	1966		0:57:41	0:57:57
54.	(7)	3.	M45	BECKMANN, Michael	1975		0:57:58	0:58:12
55.	(205)	4.	M45	ZYLAKOWSKI, Sven	1975		0:58:05	0:58:13
56.	(122)	5.	M45	NEUHAUS, Peter	1977		0:58:23	0:58:28
57.	(56)	2.	W U23	GRAUER, Ina	2002		0:58:22	0:58:36
58.	(103)	7.	M50	KUKIELKA, Roland	1969	LT Hagen-Emst	0:58:26	0:58:40
59.	(259)	5.	M35	LÜBKE, Markus	1986		0:58:44	0:58:51
60.	(215)	6.	M45	MAKOWSKI, Rene	1977	Howitown	0:58:47	0:59:04
61.	(214)	7.	M45	FRITZ, Kajo	1977		0:59:00	0:59:05
62.	(152)	8.	M45	RUST, Kai Rouven	1976		0:58:54	0:59:05
63.	(216)	3.	W U23	VÖLKEL, Neomie	2003		0:58:53	0:59:08
64.	(208)	11.	M55	IOANNIS, Zielkas	1967		0:59:13	0:59:21
65.	(252)	2.	W30	SCHWIKARDI, Tabea	1993		0:59:11	0:59:21
66.	(157)	6.	M35	SCHMEISER, Benedikt	1984		0:59:16	0:59:28
67.	(264)	2.	M60	OBST, Christian	1961	LT Hagen-Emst	0:59:46	0:59:55
68.	(274)	7.	M35	RECKER, Daniel	1988		0:59:46	0:59:56
69.	(42)	8.	M50	FOBBE, Thorsten	1971	Pace Pack Runners	1:00:01	1:00:10
70.	(175)	1.	W60	STURM, Christine	1960	kriwitt.net	1:00:08	1:00:15
71.	(110)	3.	W30	LORENZ, Michaela	1989	Laufen gegen Leiden	1:00:46	1:00:55
72.	(168)	9.	M50	SOLDO, Ante	1973	Pace Pack Runners	1:00:59	1:01:05
73.	(220)	3.	M65	BREMER, Andreas	1956	PV TG Witten	1:01:16	1:01:27
74.	(119)	3.	M70	MÜNTEFERING, Klaus	1950	LT Hagen-Emst	1:01:45	1:01:55
75.	(192)	12.	M55	WEGNER, Roland	1966	LT Hagen-Emst	1:02:10	1:02:21
76.	(81)	2.	W40	KAPETANOVIC, Judith	1979	LT Hagen-Emst	1:02:11	1:02:21
77.	(79)	2.	W60	JUNGMANN, Hildburg	1961	SF Ennepetal	1:03:08	1:03:26
78.	(181)	1.	W35	TAPPE, Eva Maria	1984		1:03:25	1:03:36
79.	(166)	4.	W	SEGIETH, Carolin	1999		1:03:59	1:04:17
80.	(44)	4.	M	FRIEDENBERG, Moritz	1996		1:03:59	1:04:17
81.	(60)	13.	M55	HACKE, Thomas	1965	Tri Team Hagen	1:04:20	1:04:30
82.	(265)	5.	W	BAUMANN, Mara	1999		1:04:20	1:04:31
83.	(135)	3.	W40	PICARD, Claudia	1983		1:04:27	1:04:32
84.	(242)	8.	M35	P, Max	1985		1:06:11	1:06:17
85.	(185)	3.	W45	TOMASCHEWSKI, Silvie	1976	Tri Team Hagen	1:06:25	1:06:32
86.	(183)	14.	M55	THAMKE, Dirk	1964		1:06:41	1:06:53
87.	(153)	4.	W30	SAFI, Jasmin	1992		1:06:39	1:06:54
88.	(126)	10.	M50	OBERMEIER, Thorsten	1973	Team Schnellkannjede*r	1:08:09	1:08:24



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RG	NR	RG	AK	NAME, VORNAME	JG	VEREIN	NETTO	ZEIT
89.	(237)	2.	W55	ENGEL-MAUREN, Christiane	1966	LT Hagen-Emst	1:08:17	1:08:27
90.	(179)	4.	M65	TANK, Dieter	1955	Dortmund	1:09:25	1:09:35
91.	(106)	3.	M60	LAY, Bernd	1963		1:10:23	1:10:42
92.	(236)	5.	W30	KÖLLERMEIER, Marie	1992	Brooks Run Happy Team	1:10:41	1:10:50
93.	(275)	4.	M70	KONAVZEWSKI, Andrzej	1951	LT Hagen-Emst	1:13:30	1:13:30
94.	(249)	2.	W50	KRABBE, Anne	1970		1:17:49	1:18:05
95.	(133)	4.	W40	PETZOLD, Freyja	1982	Team Schnellkannjede*r	1:18:26	1:18:41
96.	(67)	9.	M35	HERESYMETS, Kostiantyn	1985	SSB Hagen	1:20:26	1:20:43
97.	(45)	15.	M55	GACA, Frank	1966	SSB Hagen	1:20:26	1:20:44
98.	(38)	6.	W30	FERCHICHI, Maroua	1990		1:21:01	1:21:11
99.	(34)	1.	M80	EILENBERGER, Friedhold	1941	LT Hagen-Emst	1:26:18	1:26:35
100.	(121)	6.	W	NASUP, Merisa	1995		1:45:23	1:45:27
101.	(232)	4.	M60	WOLSKE, Horst	1961		2:29:36	2:29:43