

# Ergebnisse Laufserie-Ennepe-Ruhr 2018

vorläufiger Endstand 2018 nach 3. von 3 Läufen

\* der 9,6km Nikolauslauf wurde auf 10 km hochgerechnet  
04.12.2018

LER Platz	AK	AK	Zeiten			Vorname	Verein	Jahrgang	15. Herdecker City-Lauf			6. Schwelmer Citylauf			35. Nikolauslauf		
			Platz	Addition	Name				1.Lauf Platz	Zeit	Startnr.	2.Lauf Platz	Zeit	Startnr.	Nettozeit	Zeit *	Startnr.
1	M45	1	01:12:47	K Schröder	Ludger	LG Deiringsen	69	4	00:36:15	448	1	00:36:32	49	---	---	---	
2	M55	1	01:16:17	Kott	Georg	LG Deiringsen	61	6	00:37:38	760	5	00:38:39	581	---	---	---	
3	M30	1	01:18:10	Ebner	Samuel	Schwelmer Jungs	84	12	00:39:30	61	6	00:39:41	107	00:37:08	00:38:40	359	
4	M45	2	01:19:56	Müller	Andre	TGH Wetter	72	21	00:41:55	479	---	---	---	00:36:30	00:38:01	117	
5	M45	3	01:20:37	Krämer	Christoph	BSG Sparkasse Hagen Herdecke	71	18	00:41:10	504	9	00:40:57	311	00:38:06	00:39:40	33	
6	M45	4	01:20:47	von Holten	Andree	BSG Jahobi Hagen	69	17	00:41:08	603	---	---	---	00:38:05	00:39:39	29	
7	M45	5	01:21:57	Ebel	Uli	TG Rote Erde Schwelm	69	19	00:41:18	78	---	---	---	00:39:02	00:40:39	398	
8	M35	1	01:23:24	Petersen	Steffen	TG Rote Erde Schwelm	80	22	00:42:09	132	11	00:42:00	51	00:39:46	00:41:24	400	
9	M40	1	01:24:21	Zabel	Christian	Schwelmer Jungs	75	32	00:44:45	36	13	00:43:00	30	00:39:42	00:41:21	362	
10	M50	1	01:26:03	Wiecha	Rufin	kriwett.net	65	26	00:43:26	568	---	---	---	00:40:56	00:42:37	521	
11	M50	2	01:26:47	Pannek	Stephan	LT Herdecke-Ende	65	28	00:43:57	766	12	00:42:50	80	---	---	---	
12	M40	2	01:28:26	Gunst	Markus	Schwelmer Jungs	75	29	00:44:18	420	---	---	---	00:42:23	00:44:08	360	
13	M50	3	01:29:31	Bombien	Jörg	TSV 1863 Herdecke	68	---	---	---	21	00:46:36	215	00:41:13	00:42:55	533	
14	M60	1	01:29:36	Chrobok	Reiner	TGH Wetter	58	41	00:46:28	156	17	00:45:41	562	00:42:10	00:43:55	409	
15	M40	3	01:30:06	Kural	Ayhan	TSV 1863 Herdecke	74	---	---	---	18	00:46:16	218	00:42:06	00:43:50	544	
16	M40	4	01:30:12	Adams	Dirk Matthias	TG Rote Erde Schwelm	77	39	00:46:17	151	---	---	---	00:42:10	00:43:55	397	
17	M50	4	01:31:34	Ulrich	Markus	Dortmund	68	53	00:47:59	415	19	00:46:17	643	00:43:30	00:45:17	853	
18	M55	2	01:31:38	Klupsch	Dietmar	Lauffreunde Stefansbecke	63	36	00:45:24	527	---	---	---	00:44:24	00:46:14	177	
19	M30	2	01:32:40	Zöllner	Johannes	TSV 1863 Herdecke	88	---	---	---	22	00:46:39	214	00:44:12	00:46:01	555	
20	MHK	1	01:32:57	Krokowski	Philipp	TSV 1863 Herdecke	89	---	---	---	33	00:48:04	211	00:43:06	00:44:53	540	
21	M65	1	01:33:05	Kulms	Heinrich	RC Lüdenscheid 98	49	50	00:47:37	658	24	00:46:58	613	00:44:16	00:46:07	926	
22	M60	2	01:33:20	Czernik	Johann	Wetter	58	42	00:46:30	42	---	---	---	00:44:59	00:46:50	731	
23	M45	6	01:33:49	Röttchen	Dirk	LT Bittermark Dortmund	71	60	00:48:30	591	29	00:47:49	521	00:44:10	00:46:00	202	
24	M45	7	01:34:14	Klute	Oliver	TSV 1863 Herdecke	71	---	---	---	26	00:47:44	231	00:44:39	00:46:30	538	
25	MHK	2	01:35:55	Marks	Felix	TG Rote Erde Schwelm	91	---	---	---	31	00:47:56	65	00:46:05	00:47:59	399	
26	M70	1	01:36:52	Graeber	Jürgen	SuS Oberaden	47	114	00:54:11	436	28	00:47:47	478	00:47:08	00:49:05	382	
27	M60	3	01:37:29	Fischer-Behnen	Achim	LG Hamm	56	75	00:50:11	746	25	00:47:18	575	---	---	---	
28	M65	2	01:37:43	Zöllner	Jörg-Peter	TSV 1863 Herdecke	51	94	00:52:13	500	35	00:49:27	212	00:46:21	00:48:16	556	
29	M60	4	01:41:05	Herschel	Michael	TV Hasslinghausen	56	82	00:50:59	409	43	00:54:08	201	00:48:07	00:50:06	645	
30	M60	5	01:44:54	Jäckel	Norbert	TGH Wetter	54	99	00:52:35	425	---	---	---	00:50:15	00:52:19	411	
31	M40	5	01:46:16	Wiggers	Benjamin	TG Rote Erde Schwelm	78	112	00:53:53	600	41	00:52:23	267	---	---	---	
32	M45	8	01:49:39	Reckert	Holger	Triathlon Team TG Witten	72	126	00:56:44	584	---	---	---	00:50:49	00:52:55	459	
33	M50	5	01:52:44	Schönfeld	Marco	PV Triathlon Witten	68	122	00:56:07	72	---	---	---	00:54:22	00:56:37	289	
34	M35	2	01:53:24	König	Christopher	Witten	79	143	00:59:30	22	48	00:56:49	199	00:54:20	00:56:35	396	
35	M30	3	02:01:42	Hohmann	Dennis Mirko	---	86	---	---	---	50	00:58:22	61	01:00:49	01:03:20	768	
36	M45	9	02:03:58	Alßmann	Thorsten	Witten	70	153	01:04:05	83	---	---	---	00:57:30	00:59:53	251	
37	M55	3	02:08:57	Sema	Michael	TG Rote Erde Schwelm	63	156	01:05:57	88	---	---	---	01:00:29	01:03:00	401	
---	M40	---	---	Duggan	Stephen	SF Ennepetal	74	---	---	---	3	00:37:41	309	---	---	---	
---	MHK	---	---	Schnepper	Maximilian	TG Rote Erde Schwelm	'03	---	---	---	7	00:39:52	597	---	---	---	
---	M50	---	---	Selami	Gelik	Ayo Team Essen	67	13	00:39:40	764	---	---	---	---	---	---	
---	M40	---	---	Bornemann	Dominic	Schwelmer Jungs	77	15	00:40:20	73	---	---	---	---	---	---	
---	M55	---	---	Drieschner	Dieter	TG Rote Erde Schwelm	60	---	---	---	10	00:41:56	290	---	---	---	
---	M55	---	---	Oztekin	Ali	Alyo Team Essen	63	25	00:43:22	637	---	---	---	---	---	---	
---	MHK	---	---	Kaba	Aly	Schwelmer Jungs	94	31	00:44:44	655	---	---	---	---	---	---	
---	M35	---	---	Meyer	Christoph	Exklusive Personal Trainer GbR	80	---	---	---	16	00:44:50	204	---	---	---	
---	MHK	---	---	Hülßenbeck	Maximilian	Ennepetal	98	---	---	---	20	00:46:34	496	---	---	---	
---	M50	---	---	Kontny	Thomas	TSV 1863 Herdecke	65	---	---	---	23	00:46:47	216	---	---	---	
---	MHK	---	---	Gutschmidt	Philipp	TSV 1863 Herdecke	96	---	---	---	27	00:47:46	217	---	---	---	
---	M50	---	---	Arling	Bernd	Die 3 Hengste vom Hengsteysee	58	90	00:51:24	588	---	---	---	---	---	---	
---	M30	---	---	Pohl	Manuel	Pace Pack Runners	88	---	---	---	37	00:49:48	14	---	---	---	
---	M30	---	---	Bongardt	Max	Gevelsberg	87	---	---	---	42	00:52:32	223	---	---	---	
---	MHK	---	---	Nüßer	Michael	Pace Pack Runners	94	107	00:53:15	616	---	---	---	---	---	---	
1	W40	1	01:30:38	van de Woestijne	Esther	TG Rote Erde Schwelm	76	43	00:46:38	131	6	00:46:23	50	00:42:30	00:44:15	404	
2	W35	1	01:30:46	Seifert	Agnieszka	SEG Gevelsberg	80	---	---	---	5	00:46:11	488	00:42:49	00:44:35	363	
3	W55	1	01:36:02	Haarmann	Ute	Lauffreunde Stefansbecke	61	---	---	---	9	00:48:45	56	00:45:25	00:47:17	178	
4	WHK	1	01:36:48	Mann	Lisa	Wetter	00	---	---	---	10	00:50:09	15	00:44:48	00:46:39	452	
5	W50	1	01:40:35	Weinreich	Claudia	Herdecke	66	88	00:51:21	8	12	00:51:50	220	00:47:17	00:49:14	551	
6	W40	2	01:41:08	Prahl	Julia	Herdecke	75	78	00:50:37	46	11	00:51:37	77	00:47:33	00:49:31	823	
7	W30	1	01:42:47	Baumgarten	Lea-Núria	TG Rote Erde Schwelm	86	65	00:48:53	50	15	00:53:54	86	---	---	---	
8	W50	2	01:43:08	Halbe	Andrea	PV Triathlon Witten	68	108	00:53:24	153	13	00:52:14	79	00:48:53	00:50:54	268	
9	W40	3	01:43:37	Kühner	Kristina	TG Rote Erde Schwelm	75	91	00:51:48	77	---	---	---	00:49:46	00:51:49	405	
10	W50	3	01:45:37	Beer-Gärtner	Birgit	Milspers TV	66	106	00:52:59	505	---	---	---	00:50:32	00:52:38	212	
11	W40	4	01:47:02	Striebeck	Stefania	TSV 1863 Herdecke	74	---	---	---	18	00:55:32	219	00:49:27	00:51:30	549	
12	WHK	2	01:50:45	Schmal	Louisa	kriwett.net	98	129	00:57:22	175	14	00:53:23	277	---	---	---	
13	W45	1	01:51:45	Sommerstange-L	Stefanie	Dortmund	69	118	00:54:55	410	20	00:57:08	630	00:54:35	00:56:50	841	
14	W55	2	01:51:48	Sturm	Christine	kriwett.net	60	125	00:56:35	572	19	00:55:53	60	00:53:41	00:55:55	175	
15	W40	5	01:52:10	Mitzkus	Nicole	Phoenix Runners	75	117	00:54:44	155	---	---	---	00:55:09	00:57:26	328	
16	W60	1	01:57:10	Becker	Andrea	TSV 1863 Herdecke	55	141	00:59:14	86	23	01:00:56	285	00:55:38	00:57:56	529	
17	W65	1	01:59:37	Braun-Nott	Angelika	Lauftreff-Hohenlimburg	52	150	01:02:35	4	25	01:01:21	47	00:55:57	00:58:16	183	
18	WHK	3	02:01:43	Stratmann	Janina Nicola	---	90	---	---	---	21	00:58:22	62	01:00:49	01:03:21	848	
19	W45	2	02:01:47	Treier	Miriam	TG Rote Erde Schwelm	69	145	01:00:34	65	28	01:02:12	610	00:58:46	01:01:13	940	
20	W60	2	02:11:25	Seubert	Christiane	TuS Ende	58	160	01:07:23	63	---	---	---	01:01:29	01:04:02	621	
21	W75	1	02:12:38	Groß	Helga	PV Triathlon Witten	41	---	---	---	29	01:05:26	54	01:04:32	01:07:12	267	
22	W70	1	02:39:27	Heimhardt	Ingrid	TG-Voerde	45	161	01:13:05	1	---	---	---	01:22:55	01:26:22	406	
---	WHK	---	---	Treier	Sophia Theres	TG Rote Erde Schwelm	'00	151	01:03:06	771	---	---	---	---	---	---	