

# Ergebnisse 2. Laufserie-Ennepe-Ruhr powered by en|wohnen 2019



Endstand nach 3 von 3 Läufen

# Schwelmer Citylauf hochgerechnet!  
1,0418

\* Nikolauslauf hochgerechnet!  
1,1359 **16.12.2019 EV1**

LER Ergebniss	AK	AK Platz	AK Addition	Zeiten Name	Vorname	Verein	Jg	16. Herdecker City-Lauf			7. Schwelmer Citylauf			36. Nikolauslauf		
								1.Lauf Platz	Zeit	Startnr.	Nettozeit	Zeit #	Startnr.	Nettozeit	Zeit *	Startnr.
16	MHK	1	01:29:05	Marks	Felix	TG Rote Erde Schwelm	91	54	00:47:39	155	00:44:00	00:45:50	72	00:38:04	00:43:14	381
19	MHK	2	01:32:25	Biermann	Philipp	TSV 1863 Herdecke	91	---	---	---	00:42:21	00:44:07	613	00:42:31	00:48:18	453
4	M30	1	01:17:06	Ryschka	Tobias	Helios	85	---	---	---	00:38:09	00:39:45	575	00:32:53	00:37:21	148
11	M30	2	01:26:00	Vorberg	Christian	TV Hasslinghausen	86	25	00:44:20	255	00:42:10	00:43:56	77	00:37:02	00:42:04	499
12	M30	3	01:26:23	Seagull	Steven	Seagulls	88	24	00:44:14	765	00:40:28	00:42:09	743	---	---	---
38	M30	4	01:59:52	Kara	Mesut	Hausärztlichepraxis Schwerterstraße	89	117	00:57:53	153	---	---	---	00:54:34	01:01:59	145
26	M35	1	01:35:28	Glade	Thomas	MIT Unternehmensberatung GmbH	83	67	00:49:30	718	---	---	---	00:40:28	00:45:58	244
29	M35	2	01:37:10	Siwec	Peter	PeteRunner	81	---	---	---	00:47:34	00:49:33	20	00:41:55	00:47:37	269
9	M40	1	01:23:20	Zabel	Christian	LG Wuppertal	75	17	00:42:39	149	00:40:16	00:41:57	106	00:36:26	00:41:23	217
23	M40	2	01:33:52	Nowack	Ralf	Pace Pack Runners	75	72	00:49:51	115	---	---	---	00:38:45	00:44:01	263
1	M45	1	01:12:07	Duggan	Stephen	SF Ennepetal	74	1	00:36:17	797	00:34:24	00:35:50	602	---	---	---
5	M45	2	01:19:28	Krämer	Christoph	BSG Sparkasse Hagen Herdecke	71	11	00:40:16	792	00:38:11	00:39:47	575	00:34:57	00:39:41	14
8	M45	3	01:23:01	Eickelmann	Karsten	Hagen	71	19	00:42:49	933	00:40:54	00:42:37	733	00:35:34	00:40:24	688
13	M45	4	01:26:53	Krämer	Marc	TSV 1863 Herdecke	72	22	00:44:03	823	---	---	---	00:37:43	00:42:50	458
14	M45	5	01:27:51	Kural	Ayhan	TSV 1863 Herdecke	74	60	00:48:30	884	00:42:39	00:44:26	612	00:38:14	00:43:25	463
15	M45	6	01:28:25	Hampel	Ingo	LAZ Iserlohn	71	34	00:45:23	622	---	---	---	00:37:53	00:43:02	204
24	M45	7	01:34:47	Klute	Oliver	TSV 1863 Herdecke	71	---	---	---	00:44:52	00:46:45	616	00:42:18	00:48:03	457
25	M45	8	01:35:21	Mühlhans	Timo	Lüdenscheid	74	50	00:47:21	144	---	---	---	00:42:15	00:48:00	316
2	M50	1	01:12:08	Schröer	Ludger	LG Deiringen	69	2	00:36:25	769	00:34:41	00:36:08	70	00:31:42	00:36:00	215
3	M50	2	01:12:59	Joswig	Andreas	Schwelmer Jungs	65	3	00:37:44	656	00:35:21	00:36:50	622	00:31:49	00:36:09	318
6	M50	3	01:19:45	von Holten	Andree	BSG Jahobi Hagen	69	---	---	---	00:38:12	00:39:48	208	00:35:10	00:39:57	10
7	M50	4	01:22:14	Ebel	Uli	TG Rote Erde Schwelm	69	16	00:42:06	617	---	---	---	00:35:20	00:40:08	379
10	M50	5	01:25:14	Wiecha	Rufin V.	kriwett.net	65	23	00:44:09	701	00:41:32	00:43:16	582	00:36:57	00:41:58	441
22	M50	6	01:33:42	Ulrich	Markus	Dortmund	68	51	00:47:26	956	00:46:50	00:48:47	750	00:40:44	00:46:16	741
31	M50	7	01:39:44	Krivett	Martin R.	Krivett.net	69	87	00:51:31	669	00:47:09	00:49:07	580	00:44:33	00:50:37	164
17	M55	1	01:30:26	Klupsch	Dietmar	Lauffreunde Stefansbecke	63	---	---	---	00:43:52	00:45:42	204	00:39:23	00:44:44	182
32	M55	2	01:40:06	Hanzlik	Thomas	TV Hasslinghausen	61	---	---	---	00:48:43	00:50:45	203	00:43:26	00:49:21	498
33	M55	3	01:45:08	Kubas	Thorsten	TSV 1863 Herdecke	62	41	00:46:30	872	---	---	---	00:51:37	00:58:38	462
37	M55	4	01:59:47	Sema	Michael	TG Rote Erde Schwelm	63	131	01:01:06	616	---	---	---	00:51:40	00:58:41	385
18	M60	1	01:30:36	Chrobok	Reiner	TGH Wetter	58	40	00:46:27	637	00:43:03	00:44:51	205	00:40:16	00:45:45	392
21	M60	2	01:33:34	Czernik	Johann	Wetter	58	53	00:47:31	627	---	---	---	00:40:32	00:46:03	554
28	M60	3	01:37:08	Fischer-Behnen	Achim	LG Hamm	56	58	00:48:27	892	---	---	---	00:42:51	00:48:41	694
34	M60	4	01:45:49	Schachtschneider	Alfred	TGH Wetter	55	97	00:52:57	658	---	---	---	00:46:32	00:52:52	396
30	M65	1	01:37:24	Zöllner	Jörg-Peter	TSV 1863 Herdecke	51	88	00:51:32	611	00:47:06	00:49:04	611	00:42:33	00:48:20	472
35	M65	2	01:46:46	Polakovs	Horst	LT Ende Herdecke	54	101	00:54:09	605	00:50:30	00:52:37	110	00:48:01	00:54:33	223
36	M65	3	01:56:42	Besler	Karl-Heinz	TuS Breckerfeld	50	137	01:01:37	726	00:52:52	00:55:05	1909	---	---	---
20	M70	1	01:32:56	Kulms	Heinrich	RC Lüdenscheid 98	49	45	00:46:52	955	00:44:07	00:45:58	752	00:40:33	00:46:04	734
27	M70	2	01:36:58	Gräber	Jürgen	SuS Oberaden	47	56	00:47:57	609	---	---	---	00:43:09	00:49:01	701
39	M70	3	02:12:22	Domnik	Dietmar	Herdecke	49	132	01:01:13	362	---	---	---	01:02:38	01:11:09	680
40	M80	1	02:34:06	Sohnius	Harald	LC Wuppertal	35	152	01:17:43	949	---	---	---	01:07:14	01:16:23	750
---	MHK	---	---	Hülsenbeck	Maximilian	Ennepetal	98	---	---	---	00:43:11	00:44:59	643	---	---	---
---	MHK	---	---	Jauert	Marcel	Hagen United	91	71	00:49:42	730	---	---	---	---	---	---
---	U18	---	---	Schnepper	Maximilian	TG Rote Erde Schwelm	03	---	---	---	00:34:10	00:35:36	739	---	---	---
---	U18	---	---	Sieberg	Daniel	TG Rote Erde Schwelm	03	26	00:44:36	753	---	---	---	---	---	---
---	M30	---	---	Zöllner	Johannes	TSV 1863 Herdecke	88	36	00:46:17	610	---	---	---	---	---	---
---	M35	---	---	Meyer	Christoph	Exclusive Personal Trainer GbR	80	---	---	---	00:42:20	00:44:06	133	---	---	---
---	M35	---	---	Petersen	Steffen	TG Rote Erde Schwelm	80	---	---	---	00:43:00	00:44:48	19	---	---	---
---	M40	---	---	Dahlhaus	Andre	kriwett.net	77	20	00:43:31	699	---	---	---	---	---	---
---	M40	---	---	Twoerk	Sven	Team Erdinger Alkoholfrei	77	48	00:47:08	125	---	---	---	---	---	---
---	M40	---	---	Trompeter	Michael	Herdecke	75	62	00:48:58	943	---	---	---	---	---	---
---	M40	---	---	Mommers	Markus	MIT Unternehmensberatung GmbH	79	68	00:49:31	717	---	---	---	---	---	---
---	M45	---	---	Cam	Setai	Zonguldakspor Herne	73	13	00:40:49	942	---	---	---	---	---	---
---	M45	---	---	Twoerk	Lars	Team Erdinger Alkoholfrei	71	---	---	---	00:49:29	00:51:33	21	---	---	---
---	M50	---	---	Kontny	Thomas	TSV 1863 Herdecke	65	---	---	---	00:43:00	00:44:48	610	---	---	---
---	M50	---	---	Lehmkuhler	Stefan	Tri-Geckos Dortmund	65	42	00:46:34	604	---	---	---	---	---	---
---	M55	---	---	Dietze	Joachim	TSV 1863 Herdecke	62	---	---	---	---	---	---	00:48:40	00:55:17	471
---	M60	---	---	Wacker	Peter	TV Haßlinghausen	58	30	00:45:05	795	---	---	---	---	---	---
---	M60	---	---	Herschel	Michael	TV Hasslinghausen	58	---	---	---	00:48:58	00:51:01	118	---	---	---
---	M60	---	---	Nöckel	Heinz	---	55	---	---	---	00:50:07	00:52:13	749	---	---	---
---	M60	---	---	Lehmann	Siegmar	Hohenlimburger Hase	57	---	---	---	00:51:53	00:54:03	756	---	---	---
---	M60	---	---	von der Horst	Rüdiger	Hausärztlichepraxis Schwerterstraße	59	118	00:57:54	152	---	---	---	---	---	---
---	M60	---	---	Stöcken	Hauke	Vohwinkeler Turn- und Sportver	59	130	01:00:19	652	---	---	---	---	---	---

LER Ergebniss	AK	AK Platz	AK Addition	Zeiten Name	Vorname	Verein	Jg	16. Herdecker City-Lauf			7. Schwelmer Citylauf			36. Nikolauslauf		
								1.Lauf Platz	Zeit	Startnr.	Nettozeit	Zeit #	Startnr.	Nettozeit	Zeit *	Startnr.
20	WU18	1	02:00:27	Ebel	Franziska	TG Rote Erde Schwelm	03	---	---	---	00:57:45	01:00:10	1	00:53:04	01:00:17	378
3	WU20	1	01:33:42	Mann	Lisa	Wetter	00	---	---	---	00:46:21	00:48:17	139	00:39:59	00:45:25	339
18	WHK	1	01:59:51	von der Horst	Julia Marie	Hausärztlichepraxis Schwerterstraße	95	116	00:57:52	151	---	---	---	00:54:34	01:01:59	146
1	W30	1	01:17:19	Schelp	Leonie	Intersport Reschop	89	---	---	---	00:38:12	00:39:48	731	00:33:02	00:37:31	151
4	W35	1	01:34:43	Seifert	Agnieszka	Sportfreunde Eintracht Gevelsberg	80	52	00:47:29	598	00:47:53	00:49:53	141	00:41:35	00:47:14	320
2	W40	1	01:29:33	van de Woestijne	Esther	TG Rote Erde Schwelm	76	---	---	---	00:42:53	00:44:41	18	00:39:30	00:44:52	387
6	W40	2	01:37:21	Perlick	Steffi	Krivett.net	77	95	00:52:49	697	00:47:32	00:49:31	581	00:42:06	00:47:50	166
8	W40	3	01:41:42	Kühner	Kristina	TG Rote Erde Schwelm	75	90	00:52:17	626	---	---	---	00:43:30	00:49:25	380
9	W40	4	01:42:07	Müller	Sonja	TG Rote Erde Schwelm	77	86	00:51:31	613	---	---	---	00:44:33	00:50:36	382
21	W40	5	02:04:08	Brasermann	Klaudia	Die Brasis	78	---	---	---	00:59:34	01:02:03	7	00:54:39	01:02:05	195
13	W45	1	01:52:13	Striebeck	Stefanie	TSV 1863 Herdecke	74	---	---	---	00:54:41	00:56:58	618	00:48:39	00:55:15	468
7	W50	1	01:41:00	Halbe	Andrea	PV Triathlon Witten	68	80	00:50:57	602	00:48:07	00:50:08	590	00:44:47	00:50:52	98
10	W50	2	01:42:27	Beer-Gärtner	Birgit	Milsper TV	66	82	00:51:11	653	---	---	---	00:45:08	00:51:16	238
12	W50	3	01:48:49	Sommerstange-Ull	Stefanie	Dortmund	69	---	---	---	00:54:48	00:57:05	751	00:45:32	00:51:44	238
15	W50	4	01:55:04	Starker	Astrid	TG Rote Erde Schwelm	66	120	00:58:14	615	00:55:04	00:57:22	699	00:50:47	00:57:42	730
22	W50	5	02:08:27	Treier	Mirjam	TG Rote Erde Schwelm	69	145	01:06:06	944	---	---	---	00:54:53	01:02:21	386
5	W55	1	01:35:41	Haarmann	Ute	Lauffreunde Stefansbecke	61	75	00:50:02	636	00:45:49	00:47:44	108	00:42:13	00:47:57	185
14	W55	2	01:53:43	Sturm	Christine	kriwett.net	60	121								