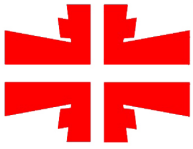


## Frauen

| Pl. | St Nr | Name                | Verein                | AK  | Pl. | JG   | Zeit    |
|-----|-------|---------------------|-----------------------|-----|-----|------|---------|
| 1   | 189   | Debora Diawuoh      | VfL Engelskirchen     | W   | 1   | 1991 | 0:18:36 |
| 2   | 195   | Helga Knipp-Diawuoh | VfL Engelskirchen     | W55 | 1   | 1961 | 0:22:15 |
| 3   | 268   | Sylvia Urban        | TV Ruppichteroth      | W55 | 2   | 1959 | 0:26:02 |
| 4   | 184   | Nathalie Kermelk    | TV Ruppichteroth      | W40 | 1   | 1975 | 0:26:45 |
| 5   | 353   | Lara Neuber         | TV 1888 Blue Girls    | W   | 2   | 1997 | 0:27:24 |
| 6   | 267   | Jasmin Meyer        | TV Ruppichteroth      | W   | 3   | 1991 | 0:28:29 |
| 7   | 158   | Heike Seifert       | TuS 06 Waldbröl       | W35 | 1   | 1981 | 0:28:45 |
| 8   | 193   | Claudia Fischer     | VfL Engelskirchen     | W45 | 1   | 1973 | 0:29:01 |
| 9   | 310   | Nina Jüngling       |                       | W35 | 2   | 1982 | 0:29:26 |
| 10  | 444   | Yvonne Wonnerth     | TV 1888 Ruppichteroth | W   | 4   | 1998 | 0:29:39 |
| 11  | 263   | Ingrid Heimhardt    |                       | W70 | 1   | 1945 | 0:30:30 |
| 12  | 87    | Gisela Zehreis      | just4fun              | W55 | 3   | 1963 | 0:31:06 |
| 13  | 304   | Eva Holzer          | Team Stelvio 2018     | W35 | 3   | 1979 | 0:31:40 |
| 14  | 245   | Anna Krischker      |                       | W   | 5   | 1996 | 0:33:20 |

## Männer

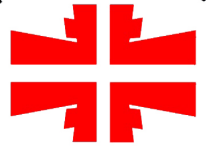
| Pl. | St Nr | Name                | Verein                     | AK  | Pl. | JG   | Zeit    |
|-----|-------|---------------------|----------------------------|-----|-----|------|---------|
| 1   | 299   | Dennis Gerhard      | Bunert Siegburg            | M   | 1   | 1995 | 0:14:48 |
| 2   | 94    | Thomas Hammoor      | LAZ Puma Rhein-Sieg        | M   | 2   | 1998 | 0:15:37 |
| 3   | 306   | Jens Röskens        | LAZ Puma Rhein-Sieg        | M35 | 1   | 1983 | 0:16:04 |
| 4   | 300   | Wils Hasselberg     | LAZ Puma Rhein-Sieg        | M   | 3   | 1997 | 0:16:09 |
| 5   | 312   | Andreas Matschurek  | VfL Engelskirchen          | M35 | 2   | 1983 | 0:18:15 |
| 6   | 172   | Janek Neuber        | TV 1888 Ruppichteroth e.V. | M   | 4   | 1994 | 0:19:13 |
| 7   | 303   | Farhad Bahrami      | BSC                        | M   | 5   | 2001 | 0:19:22 |
| 8   | 142   | Marius Himmel       | TuS 06 Waldbröl            | M40 | 1   | 1978 | 0:19:50 |
| 9   | 311   | Oliver Riedel       | Runnergy.de                | M35 | 3   | 1979 | 0:20:07 |
| 10  | 86    | Hubertus Kotthoff   | just4fun                   | M50 | 1   | 1968 | 0:21:32 |
| 11  | 209   | Markus Neuber       | VR-Bank Rhein-Sieg eG      | M50 | 2   | 1965 | 0:22:05 |
| 12  | 192   | Stephan Fischer     | VfL Engelskirchen          | M45 | 1   | 1971 | 0:22:14 |
| 13  | 265   | Marc Jakobs         |                            | M30 | 1   | 1987 | 0:23:28 |
| 14  | 154   | Mario Savariello    | TuS 06 Waldbröl            | M35 | 4   | 1981 | 0:24:43 |
| 15  | 120   | Reiner Bauermann    | SV Schönenbach             | M45 | 2   | 1969 | 0:25:23 |
| 16  | 302   | Sven Henrichs       |                            | M30 | 2   | 1988 | 0:25:48 |
| 17  | 308   | Bodo Lorsch         | VfL Engelskirchen          | M60 | 1   | 1958 | 0:26:08 |
| 18  | 259   | Uwe Wilken          |                            | M50 | 3   | 1968 | 0:26:15 |
| 19  | 313   | Markus Manefeld     |                            | M50 | 4   | 1965 | 0:26:44 |
| 20  | 186   | Sven Duhme          | TV.1888                    | M   | 6   | 1989 | 0:27:35 |
| 21  | 301   | Harald Schiefen     | TV 1888 Ruppichteroth      | M60 | 2   | 1956 | 0:27:42 |
| 22  | 307   | Phillipp Lindenberg |                            | M   | 7   | 1991 | 0:29:40 |
| 23  | 305   | Hans Bender         |                            | M65 | 1   | 1949 | 0:30:38 |



## 44. Ruppichterother Osterlauf

Ostersamstag 31. März 2018

Volkslauf (5 km) - Männer / Frauen Wertung



## Männer

| Pl. | St Nr | Name             | Verein                      | AK  | Pl. | JG   | Zeit    |
|-----|-------|------------------|-----------------------------|-----|-----|------|---------|
| 24  | 137   | Heino Courth     | TuS 06 Waldbröl             | M50 | 5   | 1966 | 0:31:27 |
| 25  | 314   | Denny Hesse      |                             | M35 | 5   | 1983 | 0:32:25 |
| 26  | 243   | Kevin Kirch      |                             | M   | 8   | 1997 | 0:33:20 |
| 27  | 255   | Jan Niklas Schob |                             | M   | 9   | 1993 | 0:33:20 |
| 28  | 185   | Amir Ebrahimi    | TV Ruppichteroth Volleyball | M   | 10  | 1997 | 0:56:08 |