

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
10 km Straßenlauf											
Männlich											
1.	466	Eyob Solomun	M20	AYO Team Essen	06:02	12:20	18:42	25:08	31:28	00:31:26	00:31:28
2.	554	Elias Sansar	M35	LG Lage Detmolt - Bad Salzufer	06:21	12:47	19:13	25:37	31:52	00:31:50	00:31:52
3.	474	Volker Goineau	M30	LG Braunschweig	06:15	12:39	19:12	25:37	32:05	00:32:04	00:32:05
4.	594	Scott Mason	M20	Athletics Essendon	06:12	12:35	19:16	26:07	32:46	00:32:43	00:32:46
5.	395	Yannick Rinne	M30	LSF Münster	06:33	13:11	19:49	26:26	32:57	00:32:54	00:32:57
6.	504	Abdelmajeed Abdalla	M20	Jede Oma zählt	06:10	12:42	19:28	26:22	33:09	00:33:07	00:33:09
7.	381	Manuel Goerlich	M35	LSF Münster	06:33	13:13	19:54	26:38	33:14	00:33:12	00:33:14
8.	581	Tom Thiemann	M20	LG Brillux Münster	06:18	13:01	19:51	26:48	33:41	00:33:39	00:33:41
9.	375	Philipp Lauenstein	M20	LG Osnabrück	06:35	13:28	20:19	27:10	33:50	00:33:48	00:33:50
10.	364	Amanuel Desale	M20	LG Ahlen	06:37	13:28	20:20	27:12	34:00	00:33:58	00:34:00
11.	385	Jan Kaumanns	M20	LSF Münster	06:38	13:28	20:19	27:11	34:00	00:33:58	00:34:00
12.	442	Thomas Bruns	M40	SV Union Meppen	06:39	13:29	20:29	27:26	34:26	00:34:23	00:34:26
13.	458	Stefan Stroick	M20	W+F Münster	06:41	13:30	20:35	27:48	35:02	00:35:00	00:35:02
14.	488	Pascal Wederen	M20		06:36	13:33	20:43	27:58	35:06	00:35:03	00:35:06
15.	514	Sören Buffi	MU18	LG Brillux Münster	06:41	13:47	20:57	28:09	35:14	00:35:12	00:35:14
16.	555	Michael Beetz	M20	LFS Münster	06:54	13:59	21:11	28:18	35:15	00:35:12	00:35:15
17.	178	Benedikt Knappe	M30		06:38	13:39	20:58	28:20	35:32	00:35:30	00:35:32
18.	491	Jan-Philipp Meurer	M20	TSV Oberreitnan	07:00	14:18	21:31	28:51	35:51	00:35:48	00:35:51
19.	587	Sebastian	M40	SC Herringhausen	06:56	14:01	21:22	28:42	35:54	00:35:52	00:35:54
20.	120	David Chrobok	M30		07:00	14:17	21:31	28:51	35:56	00:35:54	00:35:56
21.	297	Fabian Daut	M30	BSG LVM Versicherung	07:06	14:18	21:31	28:52	36:08	00:36:04	00:36:08
22.	551	Maximilian Worm	M20	LV Oelde	07:15	14:35	21:51	29:09	36:23	00:36:20	00:36:23
23.	384	Henrik Hooge	M30	LSF Münster	07:14	14:34	21:52	29:10	36:26	00:36:22	00:36:26
24.	161	Marc Hug	M35		07:07	14:20	21:38	29:09	36:37	00:36:35	00:36:37
25.	167	Jonas Janßen	M20		07:15	14:34	21:54	29:23	36:44	00:36:37	00:36:44
26.	366	Christof Marquardt	M50	LG Deiringsen	07:23	14:50	22:20	29:56	37:28	00:37:24	00:37:28
27.	499	Georg Kott	M55	LG Deiringsen	07:31	15:03	22:35	30:10	37:39	00:37:35	00:37:39
28.	595	Artur Boschmann	M45	LSF Münster	07:21	14:47	22:23	30:06	37:43	00:37:39	00:37:43
29.	368	Jens Steinkühler	M40	LG Ems Warendorf	07:23	14:49	22:26	30:10	37:45	00:37:41	00:37:45
30.	461	Marcel Burmeister	M35	Westpace Runners	07:05	14:34	22:18	30:07	37:48	00:37:45	00:37:48
31.	484	Finn Ponick	MU18	LSF Münster	06:54	14:25	22:13	30:15	37:53	00:37:51	00:37:53
32.	298	Felix Daut	M30	BSG LVM Versicherung	07:29	15:01	22:39	30:22	37:54	00:37:50	00:37:54
33.	402	Jens Brodka	M40	LV Oelde	07:20	14:48	22:27	30:10	37:58	00:37:54	00:37:58
34.	378	Mahmut Arica	M45	LSF Münster	07:23	15:01	22:38	30:25	38:02	00:37:59	00:38:02
35.	224	Alex Schill	M20		07:32	15:04	22:50	30:39	38:08	00:38:04	00:38:08
36.	200	Jonas Müter	M20		07:46	15:21	23:00	30:44	38:21	00:38:03	00:38:21
37.	388	Jens Korte	M50	LSF Münster	07:24	15:02	22:43	30:36	38:25	00:38:20	00:38:25
38.	351	Philip Thies	M20	L+T Sporthaus	07:52	15:47	23:41	31:25	38:37	00:38:29	00:38:37
39.	563	Christoph Reiberg	M30	DJK Dyckburg	08:01	15:50	23:32	31:17	38:47	00:38:33	00:38:47
40.	411	Matthias Westphal	M30	Münster aktiv	08:01	15:50	23:35	31:25	39:09	00:38:56	00:39:09
41.	165	Gunnar Isensee	M30		07:39	15:24	23:19	31:24	39:21	00:39:14	00:39:21
42.	271	Guido Pabst	M40	Active Laufteam Münster	07:59	15:55	23:54	31:50	39:28	00:39:18	00:39:28
43.	201	Karsten Müthing	M35		07:33	15:18	23:24	31:37	39:44	00:39:41	00:39:44
44.	578	Henner Borgmann	MU18		07:43	15:19	23:28	31:50	39:45	00:39:29	00:39:45
45.	175	Niklas Kerkhoff	M20		07:38	15:41	23:44	31:52	39:47	00:39:41	00:39:47
46.	372	Markus Löckemann	M45	LG Emsdetten	07:37	15:34	23:40	31:45	39:48	00:39:42	00:39:48

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
47.	394	Bastian Peters	M20	LSF Münster	08:05	16:09	24:27	32:24	39:48	00:39:43	00:39:48
48.	501	Jan Müller	M30		07:15	15:13	23:26	31:51	39:55	00:39:44	00:39:55
49.	599	Tobias Göрге	M40	UKM Venenzentrum	07:56	15:54	23:57	32:06	39:57	00:39:50	00:39:57
50.	283	Johannes Thier	M50	Alliance Automotive Service	07:52	15:49	23:54	32:02	39:58	00:39:44	00:39:58
51.	428	Ingo Kochmann	M35	Run4Fun Greven e.V.	08:22	16:17	24:14	32:11	39:59	00:39:35	00:39:59
52.	397	Reinhard Schmiing	M50	LSF Münster	08:04	16:01	23:59	32:07	40:02	00:39:55	00:40:02
53.	257	Dirk Stolz	M30	2Hörnchen	08:02	15:56	23:58	32:05	40:07	00:39:55	00:40:07
54.	430	Jens Ricklin	M30	SC Altenrheine	08:01	15:56	23:58	32:05	40:07	00:39:55	00:40:07
55.	568	Michael Kasprik	M40	LSF Münster	07:40	15:33	23:38	31:55	40:08	00:40:03	00:40:08
56.	406	Manuel Gonstalla	M30	Marathon Soest e.V.	07:58	15:56	23:58	32:05	40:15	00:40:12	00:40:15
57.	616	Marcel Holtrup	M30	LG Ahlen	07:52	15:59	24:12	32:23	40:20	00:40:14	00:40:20
58.	117	Patrick Bußkamp	M20		08:07	16:19	24:34	32:42	40:30	00:40:07	00:40:30
59.	369	Austrup Henrik	M45	LG Emsdetten	07:58	16:06	24:25	32:47	40:39	00:40:34	00:40:39
60.	454	Frank Radstaak	M45	Tri Finish Münster	07:57	15:56	24:01	32:31	40:42	00:40:35	00:40:42
61.	116	Marcel Brück	M20		07:56	16:01	24:20	32:45	40:45	00:40:35	00:40:45
62.	309	Tobias Teunissen	M30	BSG LVM Versicherung	08:03	15:57	24:12	32:32	40:45	00:40:26	00:40:45
63.	450	Gregor Klaus	M20	Team Roxeler	07:37	16:02	24:24	32:46	40:54	00:40:45	00:40:54
64.	168	Simon Jeurissen	M20		07:56	16:06	24:19	32:37	40:59	00:40:53	00:40:59
65.	262	Steffen Reinecke	M30	Active Laufteam	07:56	15:55	24:12	32:45	41:08	00:41:01	00:41:08
66.	525	Tonio Kantorski	M35	Active Laufteam	08:11	16:23	24:41	33:08	41:23	00:41:12	00:41:23
67.	577	Jan Müller	M20		07:52	16:17	24:39	33:12	41:33	00:41:27	00:41:33
68.	105	Basilio Arroyo Navarro	M30		08:05	16:09	24:27	33:12	41:38	00:41:33	00:41:38
69.	182	Jakub Krukar	M30		08:02	16:21	24:51	33:31	41:42	00:41:35	00:41:42
70.	558	Christoph Deiters	M35	SkiClub Rheine	08:14	16:27	24:44	33:21	41:43	00:41:31	00:41:43
71.	469	Josia Thürigen	M20	LSF Münster	08:05	16:09	24:25	33:22	41:47	00:41:41	00:41:47
72.	398	Niklas Spilker	MU18	LSF Münster	07:36	16:01	24:45	33:34	41:49	00:41:46	00:41:49
73.	483	Carl van Gen Hassend	MU18	LSF Münster	07:53	15:48	23:57	33:08	41:50	00:41:43	00:41:50
74.	365	Ralf Gosda	M55	LG Ahlen	08:02	16:26	25:00	33:40	41:53	00:41:49	00:41:53
75.	589	Marco Stallmann	M30	WWU Münster	08:31	16:59	25:29	33:57	41:57	00:41:46	00:41:57
76.	524	Tobias Rahmann	M35	Active Laufteam Münster	08:12	16:26	24:55	33:29	41:59	00:41:47	00:41:59
77.	603	Tobias Wichterich	M40		08:13	16:45	25:15	33:52	42:00	00:41:46	00:42:00
78.	312	Aloys Lüken	M45	BV Garrel	08:08	16:30	24:59	33:35	42:02	00:41:56	00:42:02
79.	443	Clemens Kösters	M60	SW Beerlage	08:11	16:35	25:06	33:39	42:03	00:41:58	00:42:03
80.	272	Alexander Parchow	M35	Active Laufteam Münster	08:12	16:34	25:12	33:45	42:06	00:41:55	00:42:06
81.	292	Stefan Beuing	M35	BSG LVM Versicherung	08:20	16:42	25:16	33:56	42:14	00:41:54	00:42:14
82.	584	Julian Gösling	M20	Warendorfer SU	07:47	16:03	24:44	33:44	42:15	00:42:10	00:42:15
83.	264	Justus Ganz	M20	active Laufteam Münster	08:25	16:59	25:31	34:11	42:16	00:42:08	00:42:16
84.	371	Jürgen Heuer	M45	LG Emsdetten	08:15	16:42	25:15	33:58	42:30	00:42:21	00:42:30
85.	154	Michael Hilscher	M20		08:43	17:13	25:50	34:16	42:31	00:42:15	00:42:31
86.	203	Robert Nippoldt	M40		09:17	17:55	26:52	34:43	42:42	00:42:20	00:42:42
87.	502	Christoph Geitel	M50	ARC zu Münster	08:26	16:48	25:25	34:06	42:44	00:42:28	00:42:44
88.	263	Guido Deggerich	M45	active Laufteam Münster	08:23	16:53	25:32	34:14	42:47	00:42:37	00:42:47
89.	373	Hans Tillack	M60	LG Emsdetten	08:36	17:09	25:44	34:18	42:59	00:42:49	00:42:59
90.	296	Matthias Damwerth	M50	BSG LVM Versicherung	08:32	17:07	25:49	34:27	43:05	00:42:57	00:43:05
91.	615	Sven Holtrup	M30	Beckum	08:19	16:57	25:40	34:33	43:06	00:43:02	00:43:06
92.	511	Frank Zielen	M45		08:13	16:37	25:29	34:24	43:08	00:42:59	00:43:08
93.	590	Oliver Schröder	M50	LSF Münster	08:27	17:03	25:45	34:33	43:17	00:43:05	00:43:17
94.	269	Tim Middendorf	M35	Active Laufteam Münster	08:23	16:44	25:24	34:18	43:26	00:43:02	00:43:26
95.	303	Georg Kaldewei	M45	BSG LVM Versicherung	08:30	17:07	25:55	34:40	43:27	00:43:20	00:43:27

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
96.	611	Markus Weweler	M50	LSF Münster	08:40	17:27	26:09	35:02	43:30	00:43:22	00:43:30
97.	300	Daniel Golle	M20	BSG LVM Versicherung	08:44	17:27	26:10	34:57	43:33	00:43:13	00:43:33
98.	605	Guido Asseburg	M40		08:35	17:17	26:12	35:07	43:44	00:43:30	00:43:44
99.	291	Jonas Lammerding	M20	Bielefelder Biber	09:07	17:29	26:19	35:12	43:56	00:43:29	00:43:56
100.	550	Johannes Borgdorf	M35		08:41	17:21	26:17	35:19	44:04	00:43:44	00:44:04
101.	530	David Dahlhaus	M20	SCN Nienberg	08:24	17:05	26:05	35:23	44:07	00:43:49	00:44:07
102.	231	Christian Teipel	M20		08:30	17:04	25:58	35:09	44:09	00:43:58	00:44:09
103.	435	Kristian Schneider	M30	SC Rot-Weiß Oberhausen Rhld.	08:01	16:43	25:45	35:12	44:11	00:44:04	00:44:11
104.	485	Ulrich Kaiser	M60	LSF Münster	08:48	17:32	26:24	35:21	44:13	00:44:03	00:44:13
105.	251	Michael Schulze	M35	+++ Tripleplusgut +++	08:04	16:33	25:34	34:55	44:15	00:44:08	00:44:15
106.	103	Amin Abromand	M35		08:42	17:29	26:26	35:35	44:18	00:44:08	00:44:18
107.	436	Jan Spliethoff	M20	SCM	08:55	17:45	26:42	35:48	44:23	00:44:03	00:44:23
108.	586	Andreas Hauck	M50	LG Ahlen	08:41	17:27	26:24	35:34	44:27	00:44:23	00:44:27
109.	429	Bogdan Kozjan	M45	Run4Jesus	09:03	18:01	26:56	35:54	44:36	00:44:30	00:44:36
110.	153	Christoph Heineke	MU20		09:02	18:03	26:54	35:51	44:37	00:44:22	00:44:37
111.	229	Volker Steltenkamp	M50		09:22	18:03	26:58	35:55	44:38	00:44:13	00:44:38
112.	101	Reinhard Abke	M50		09:00	17:59	26:57	36:00	44:38	00:44:18	00:44:38
113.	286	Georg Wiemann	MU18	Amigos Schmigos	08:56	17:52	26:59	36:00	44:38	00:44:29	00:44:38
114.	464	Lukas Wilm	M20	WWU Münster	08:53	17:34	26:43	35:53	44:43	00:44:09	00:44:43
115.	163	Christian Hund	M40		09:17	17:56	26:53	35:59	44:47	00:44:24	00:44:47
116.	459	Dirk Oertker	M30	Wareндorfer SU	09:02	18:08	27:02	36:09	44:48	00:44:36	00:44:48
117.	408	Josef Grond	M65	Marathon Steinfurt / Northwood	08:58	17:58	26:57	35:54	44:50	00:44:44	00:44:50
118.	561	David Lux	M20		08:58	17:54	27:01	36:08	44:51	00:44:39	00:44:51
119.	310	Ingo Bankamp	M45	BSG Sparkasse SoestWerl	09:01	17:57	26:52	35:53	44:53	00:44:40	00:44:53
120.	512	Hans Reimann	M65		08:59	17:59	26:58	36:05	45:06	00:44:58	00:45:06
121.	142	Tim Gerkmann	M30		08:48	17:44	26:43	35:35	45:10	00:44:57	00:45:10
122.	463	Uwe Rogge	M55	WuH Laufgruppe	08:55	17:54	27:00	36:12	45:16	00:45:08	00:45:16
123.	211	Sebastian	M30		08:46	17:35	26:37	35:59	45:24	00:45:07	00:45:24
124.	500	Björn Peters	M35	Leichtathletik Nütterden	09:53	18:59	27:54	36:48	45:33	00:45:06	00:45:33
125.	285	Ulrich Krempel	M50	Amigos Schmigos	08:55	17:52	26:58	36:17	45:55	00:45:47	00:45:55
126.	576	Moritz Glaibreuner	M20		09:33	18:38	27:44	36:57	46:02	00:45:36	00:46:02
127.	111	Niels Biermann	M20		09:23	18:39	27:49	36:57	46:03	00:45:39	00:46:03
128.	432	Ralf Jagiella	M55	SC Borchен	09:03	17:59	27:19	36:45	46:09	00:45:51	00:46:09
129.	166	Kuba Janikowski	M40		09:13	18:22	27:39	37:03	46:10	00:45:57	00:46:10
130.	571	Jens Ribgers	M45	LSF Münster	09:11	18:09	27:22	36:50	46:13	00:46:01	00:46:13
131.	404	Robert Strotmann	M45	Marathon Ibbenbüren	09:02	18:10	27:28	36:59	46:16	00:46:02	00:46:16
132.	541	Thomas Öing	M50	Stortbeat.de	09:40	18:46	27:56	37:13	46:18	00:45:49	00:46:18
133.	426	Hans-Dieter	M60	Roadrunner	09:01	18:07	27:27	36:52	46:18	00:45:58	00:46:18
134.	336	Stefan Loddenkötter	M50	H.Gautzsch Münster	10:07	19:07	28:09	37:18	46:22	00:45:42	00:46:22
135.	352	Udo Ahring	M55	Landstreicher	09:02	18:16	27:39	37:05	46:25	00:46:12	00:46:25
136.	151	Stefan Hansen	M40		09:36	18:52	28:05	37:21	46:27	00:45:58	00:46:27
137.	480	Manuel Andrick	M30		09:31	18:44	27:57	37:20	46:30	00:46:09	00:46:30
138.	247	Stephan Brockpähler	M20	#TeamMéxico	09:17	18:44	28:15	37:45	46:34	00:46:20	00:46:34
139.	138	Nils Garske	M35		09:43	18:59	28:19	37:40	46:37	00:46:11	00:46:37
140.	278	Stefan Kipp	M40	Alliance Automotive Service	09:38	18:47	28:10	37:33	46:38	00:46:15	00:46:38
141.	355	Martin Pöttker	M50	laufschule-am-aasee.de	08:57	18:19	27:50	37:24	46:44	00:46:37	00:46:44
142.	470	Andreas Arlt	M45	LSF Münster	09:20	18:24	27:41	37:13	46:47	00:46:29	00:46:47
143.	357	Peter Mirschel	M50	Laufsportteam WN	08:50	18:05	27:34	37:10	46:48	00:46:38	00:46:48
144.	548	Bernhard Glasbrenner	M55		09:26	18:45	28:06	37:31	46:48	00:46:28	00:46:48

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
145.	446	Tobias Garmatter	MU20	Team Garmatter	08:19	17:06	26:11	37:10	46:52	00:46:47	00:46:52
146.	556	Dietmar Leusing	M50		09:57	19:06	28:29	37:52	47:00	00:46:28	00:47:00
147.	199	Bertram Müller	M50		09:36	18:42	28:03	37:39	47:04	00:46:34	00:47:04
148.	536	Mario Rump	M45		09:21	18:40	28:05	37:38	47:08	00:46:49	00:47:08
149.	347	Paul Mehlmann	M30	Kein Verein	08:54	18:12	27:45	37:34	47:13	00:46:39	00:47:13
150.	506	Paul Koczalla	M20		10:10	19:30	28:41	38:02	47:14	00:46:27	00:47:14
151.	433	Martin Heidemann	M50	SC DJK Everswinkel e. V.	09:37	19:10	28:36	38:01	47:15	00:47:01	00:47:15
152.	256	Marco Habersack	M20	1997	10:08	19:27	28:48	38:13	47:16	00:46:40	00:47:16
153.	465	Marco Piehl	M55		09:11	18:32	28:01	37:39	47:16	00:47:08	00:47:16
154.	468	Michael Tünis	M55	LSF Werne	10:34	19:58	29:03	38:08	47:17	00:46:29	00:47:17
155.	546	Stefan Vennemann	M55	Sparkasse Münsterland-Ost	10:00	19:32	28:59	38:26	47:22	00:46:55	00:47:22
156.	136	Giorgio Frulloni	M40		09:44	19:07	28:38	38:13	47:23	00:47:02	00:47:23
157.	363	Michele Pugliese	M70	LC Rapid Dortmund	09:27	18:48	28:22	37:58	47:25	00:47:09	00:47:25
158.	569	Stefan Oertker	M20	SC Münster 08	09:53	19:13	28:52	38:33	47:34	00:47:02	00:47:34
159.	170	Timon Jungh	M20		10:43	20:38	30:09	39:16	47:39	00:46:54	00:47:39
160.	359	Gerd Dreisbach	M65	Lauftreff Hohenholte	09:52	19:17	28:44	38:13	47:47	00:47:20	00:47:47
161.	137	Maximilian Gans	M20		09:42	19:06	28:22	38:08	47:52	00:47:34	00:47:52
162.	362	Thomas Reich	M45	Laufwunder Appelhülsen	09:15	18:40	28:21	38:12	47:58	00:47:43	00:47:58
163.	503	Stefan Olejniczak	M65	LC Rapid Dortmund	09:33	19:16	28:58	38:33	48:01	00:47:49	00:48:01
164.	531	Winfried Dahlhaus	M60	Sambuca	09:36	18:55	28:29	38:16	48:02	00:47:44	00:48:02
165.	318	Johannes Nolte	M20	FC Schalke 04	09:05	18:17	28:04	38:20	48:07	00:47:54	00:48:07
166.	242	Philipp Wellmann	M20		10:39	20:14	29:41	39:05	48:07	00:47:33	00:48:07
167.	294	Andreas Buer	M50	BSG LVM Versicherung	09:58	19:27	29:05	38:48	48:14	00:47:42	00:48:14
168.	617	Oliver Bell	M45	LV Oelde	10:00	19:26	29:08	38:50	48:18	00:47:39	00:48:18
169.	302	Nils Hölting	M30	BSG LVM Versicherung	10:01	19:39	29:13	38:57	48:19	00:47:55	00:48:19
170.	543	Timo Piepel	M20		10:07	19:43	29:31	39:19	48:22	00:47:48	00:48:22
171.	437	Christian Jugel	M30	SG Sendenhorst	10:11	19:49	29:25	39:04	48:24	00:47:45	00:48:24
172.	476	Michael Westrich	M60		09:45	19:38	29:28	39:09	48:28	00:48:14	00:48:28
173.	520	Michael Kamann	M45	EG Emsdetten	09:18	18:53	28:43	38:37	48:30	00:48:18	00:48:30
174.	332	Stefan Kohl	M40	H.Gautzsch Münster	10:10	19:49	29:26	39:04	48:32	00:47:52	00:48:32
175.	338	Alexander Marx	M35	H.Gautzsch Münster	08:56	18:44	28:41	38:43	48:34	00:48:30	00:48:34
176.	538	Alexander Erpenbeck	M35	BSV Ostbevern	09:49	19:25	29:10	38:52	48:39	00:48:10	00:48:39
177.	374	Heinz-Willi Holthoff	M60	LG Hamm	09:45	19:22	29:13	39:01	48:41	00:48:19	00:48:41
178.	542	Andreas Löbbe	M45		09:38	19:12	28:58	38:55	48:42	00:48:20	00:48:42
179.	425	Michael Buil	M55	Provinzial Rheinland	09:18	19:10	29:01	38:54	48:43	00:48:36	00:48:43
180.	545	Christoph Dzionsko	M55	Läufertreff Hohenholte	09:55	19:27	29:05	38:55	48:51	00:48:22	00:48:51
181.	492	Michael Rottmann	M40	Original Bootcamp Münster	10:53	20:31	30:02	39:36	48:55	00:48:13	00:48:55
182.	106	Christopher Artmann	M20		10:36	20:11	29:37	39:14	48:59	00:48:22	00:48:59
183.	237	Aldo Maria Vergano	M50		10:02	19:41	29:28	39:18	49:05	00:48:44	00:49:05
184.	140	Antonio Gasola	M45		09:51	19:40	29:27	39:18	49:05	00:48:45	00:49:05
185.	596	Peter Wernekötter	M45		10:36	20:15	29:55	39:44	49:12	00:48:26	00:49:12
186.	451	Christian	M35	Team Roxeler	09:29	19:13	29:10	39:15	49:13	00:49:03	00:49:13
187.	579	Markus Jürgens	M30	LG Emsdetten	10:26	20:14	29:54	39:33	49:14	00:48:50	00:49:14
188.	274	Hubert Eiersbrock	M50	Adler Buldern	10:08	19:47	29:39	39:39	49:25	00:48:36	00:49:25
189.	583	Paris Saliveros	MU18		09:48	19:30	29:30	39:39	49:28	00:49:09	00:49:28
190.	267	Jerome Lautellier	M45	Active Laufteam Münster	09:39	19:15	29:02	39:11	49:34	00:49:10	00:49:34
191.	219	Philipp Roeder	M20		10:12	20:08	29:53	40:00	49:36	00:49:18	00:49:36
192.	299	Rolf Giesa	M55	BSG LVM Versicherung	10:10	19:51	29:49	39:52	49:42	00:49:09	00:49:42
193.	254	Mathias Laudenberg	M20	1995	09:01	18:43	29:23	40:06	49:44	00:49:31	00:49:44

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
194.	277	Mariusz Jagosz	M40	Alliance Automotive Service	09:48	19:32	29:34	39:37	49:45	00:49:22	00:49:45
195.	287	Christian Latt	M45	Architekturbüro Latt	10:02	19:44	29:40	39:47	49:50	00:49:21	00:49:50
196.	510	Thomas Humpe	M30	Lauf AG Flinke Fühse	09:54	19:49	30:01	40:11	49:51	00:49:43	00:49:51
197.	349	Joost Sickinghe	M30	Kein Verein	09:56	19:35	29:31	39:47	49:56	00:49:29	00:49:56
198.	250	Jan Reichelt	M30	#TeamMünster	09:39	19:14	29:14	39:40	49:57	00:49:34	00:49:57
199.	379	Stephan Burt	M45	LSF Münster	09:36	19:07	29:12	39:38	50:05	00:49:39	00:50:05
200.	532	Khai Dam	M40	SC Münster 08	09:28	19:28	29:36	40:14	50:05	00:49:54	00:50:05
201.	308	Detlef Peuser	M50	BSG LVM Versicherung	10:46	20:32	30:07	40:02	50:07	00:49:32	00:50:07
202.	317	Rolf-Peter Kaßner	M35	ETV Hamburg	09:53	19:43	29:46	40:11	50:09	00:49:45	00:50:09
203.	493	Frank Gellern	M45	ADFC	10:23	20:12	30:11	40:12	50:11	00:49:49	00:50:11
204.	280	Viktor Schneider	M35	Alliance Automotive Service	10:57	20:48	30:23	40:18	50:15	00:49:32	00:50:15
205.	527	Achim Feldmann	M55		10:00	19:41	29:45	40:11	50:15	00:49:44	00:50:15
206.	403	Andreas Kottenstette	M35	LV Oelde	10:18	20:14	30:08	40:16	50:17	00:49:39	00:50:17
207.	427	Christian	M45	RSC Werne	10:17	20:23	30:22	40:26	50:19	00:49:52	00:50:19
208.	205	Christopher Nowak	M20		11:04	21:23	31:30	41:31	50:27	00:49:56	00:50:27
209.	150	Vinh Hien Hang	M20		10:53	20:47	30:31	40:51	50:28	00:49:53	00:50:28
210.	494	Stephan Lennarz	M65		09:59	19:41	30:13	40:43	50:28	00:50:00	00:50:28
211.	392	Heinz Merse	M60	LSF Münster	10:14	20:16	30:20	40:31	50:28	00:50:02	00:50:28
212.	238	Cristiano Vicente	M35		10:16	20:22	30:28	40:32	50:32	00:50:02	00:50:32
213.	202	Kai Nierhoff	M40		10:32	20:26	30:28	40:39	50:39	00:50:03	00:50:39
214.	481	Carsten Möser	M50		11:34	21:38	31:28	41:20	50:50	00:50:02	00:50:50
215.	564	Daniel Eickmann	M30		10:30	20:33	30:31	40:49	50:52	00:50:23	00:50:52
216.	248	Franz Ziegenbalg	M20	#TeamMéxico	10:13	20:39	31:09	41:27	50:58	00:50:43	00:50:58
217.	574	Benedikt Lenz	M30		10:46	20:39	30:36	40:55	50:59	00:50:19	00:50:59
218.	133	Stephan Fischer	M45		10:21	20:24	30:31	40:50	51:00	00:50:35	00:51:00
219.	424	Hessam Sür	M40	Pro Kurdistan e.V.	11:03	21:07	31:10	41:27	51:04	00:50:19	00:51:04
220.	192	Christian Malczewski	M50		10:48	21:03	31:17	41:29	51:05	00:50:36	00:51:05
221.	119	Kaushal Chitnis	M20		10:55	21:00	31:12	41:28	51:07	00:50:31	00:51:07
222.	610	Jochen Koch	M60		10:45	20:57	31:09	41:27	51:11	00:50:45	00:51:11
223.	127	Christoph Eilenz	M20		09:57	20:11	30:47	41:09	51:16	00:50:53	00:51:16
224.	490	Daniel Spitzer	M35	Spitzi & Sepp Turborunners	09:40	19:38	29:55	40:36	51:21	00:51:06	00:51:21
225.	457	Stefan	M45	VSE NRW e.V.	10:07	20:12	30:29	40:58	51:37	00:51:12	00:51:37
226.	519	Kai Fliß	M20	DJK Warkes Mecklenbeck	10:57	21:12	31:20	41:30	51:39	00:51:04	00:51:39
227.	472	Gerhard Altmann	M50		09:17	19:15	29:49	40:52	51:40	00:51:30	00:51:40
228.	327	David Baltromei	M20	H.Gautzsch Münster	09:38	19:26	29:59	41:04	51:46	00:51:33	00:51:46
229.	572	Thomas Gutowski	M50	BSG Provinzial	10:19	20:42	31:07	41:39	51:47	00:51:36	00:51:47
230.	344	Matthias Nowotny	M40	Hamm	10:31	20:46	31:08	41:35	51:49	00:51:25	00:51:49
231.	328	Peter Benthues	M45	H.Gautzsch Münster	10:19	20:26	30:46	41:19	51:50	00:51:36	00:51:50
232.	534	Öystein Kalsnes	M40	Lyn (Oslo)	10:58	21:21	31:39	42:02	51:58	00:51:10	00:51:58
233.	164	Malik Huste	M20		09:46	19:56	30:35	41:20	52:04	00:51:45	00:52:04
234.	129	Bastian Engelking	M20		10:15	20:50	31:04	41:37	52:05	00:51:48	00:52:05
235.	498	Franz Scheid	M50		10:56	21:16	31:48	42:22	52:06	00:51:45	00:52:06
236.	159	Jens Horstmann	M50		10:09	20:13	30:46	41:36	52:23	00:51:49	00:52:23
237.	342	Daniel Petersmann	M30	H.Gautzsch Münster	10:07	20:42	31:15	41:56	52:26	00:52:09	00:52:26
238.	314	Manuel Goßling	M40	Die GOSSIS	10:58	21:10	31:26	42:01	52:37	00:51:58	00:52:37
239.	533	Uli Völkel	M65		10:52	21:11	31:36	42:12	52:42	00:52:10	00:52:42
240.	315	Dominik Goßling	M40	Die GOSSIS	10:58	21:10	31:27	42:01	52:45	00:52:07	00:52:45
241.	547	Heinrich Höfener	M70	Laufftreff Hohenholte	10:38	21:09	31:42	42:23	52:46	00:52:19	00:52:46
242.	185	Alexander Landsrath	M30		11:00	21:08	31:44	42:09	52:52	00:52:08	00:52:52

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
243.	128	Roland Elberfeld	M45		11:46	22:34	32:56	43:01	52:53	00:52:09	00:52:53
244.	316	Manuel Niehues	M35	DLRG Nordkirchen	10:01	20:23	31:06	41:58	52:58	00:52:39	00:52:58
245.	528	Daniel Wortkötter	M30		11:09	21:45	32:17	43:00	53:00	00:52:27	00:53:00
246.	110	Alexander Baum	M40		11:13	22:03	32:41	43:10	53:07	00:52:43	00:53:07
247.	473	Jan Saueressig	M45	Towerrunning Germany	11:53	22:34	32:55	43:03	53:08	00:52:27	00:53:08
248.	414	Martin Spey	M45	Pinolino Kinderträume	10:48	21:12	31:49	42:39	53:14	00:52:49	00:53:14
249.	496	Michael Grohe	M50		10:19	20:36	31:18	42:24	53:20	00:53:00	00:53:20
250.	339	Robert Naumann	M30	H.Gautzsch Münster	10:38	21:11	31:50	42:37	53:20	00:53:04	00:53:20
251.	540	Thorsten Schaefer	M45	HTI Spedition & Logistik	10:26	20:39	31:40	42:28	53:23	00:52:54	00:53:23
252.	471	Mannix Schürmann	M60	Active Laufteam Münster	10:38	21:18	32:04	42:56	53:46	00:53:19	00:53:46
253.	335	Stefan Lins	M30	H.Gautzsch Münster	09:58	20:33	31:22	42:40	53:51	00:53:38	00:53:51
254.	131	Holger Engelking	M50		11:03	21:35	32:26	43:25	53:52	00:53:05	00:53:52
255.	507	Marius Mlejnek	M30		10:25	20:51	31:32	42:43	53:57	00:53:32	00:53:57
256.	593	Johannes Schnieder	M20		09:56	19:44	30:32	42:19	54:00	00:53:24	00:54:00
257.	565	Bernd Deistler	M65	SG Quelle Altenberge	11:11	22:02	32:51	43:34	54:05	00:53:53	00:54:05
258.	535	Matthias Blick-Weber	M50		11:01	21:23	32:00	43:03	54:07	00:53:20	00:54:07
259.	293	Andre Brocks	M45	BSG LVM Versicherung	11:21	22:08	32:48	43:34	54:07	00:53:34	00:54:07
260.	191	Gerhard Mahr	M40		10:54	21:14	31:56	43:02	54:11	00:53:31	00:54:11
261.	311	Robert Dahlhues	M50	Buldern	10:34	20:48	31:40	42:50	54:12	00:53:23	00:54:12
262.	235	Stephan Tubbesing	M45		11:51	22:38	33:19	44:04	54:20	00:53:54	00:54:20
263.	174	Ralf Kaulmann	M45		12:01	22:41	33:34	44:10	54:24	00:53:41	00:54:24
264.	305	Peter Kubitz	M65	BSG LVM Versicherung	10:06	20:45	31:46	43:09	54:26	00:54:16	00:54:26
265.	350	Malte Klingenhäger	M35	Kulturkater	11:16	21:46	32:48	43:53	54:44	00:54:00	00:54:44
266.	462	Werner Schweck	M60	WSU Lauftreff	11:09	21:59	32:53	43:48	54:50	00:54:29	00:54:50
267.	591	Xaver Türker	M50	H.Gautzsch Münster	10:29	21:24	32:31	43:48	55:10	00:55:03	00:55:10
268.	509	Lutz Schulze	M55		11:33	22:29	33:41	44:37	55:18	00:54:32	00:55:18
269.	345	Stefan Roling	M45	Herr	11:08	22:10	33:17	44:28	55:19	00:54:56	00:55:19
270.	258	Björn Holdt	M20	3. Senat des BVerfG	11:53	22:49	33:33	44:27	55:28	00:54:43	00:55:28
271.	240	Ulrich Wärmeling	M50		11:40	22:36	33:45	44:56	55:38	00:54:58	00:55:38
272.	412	Ingo Minoggio	M65	Pankmin	11:40	22:36	33:45	44:56	55:38	00:54:58	00:55:38
273.	220	Philipp Rotering	M20		11:12	22:04	33:22	44:52	55:41	00:55:06	00:55:41
274.	582	Steffen Vorgerd	M30		11:06	21:57	33:18	44:44	55:49	00:55:12	00:55:49
275.	270	Hans-Dieter Otte	M60	active Laufteam Münster	11:23	22:33	33:40	44:56	55:55	00:55:18	00:55:55
276.	570	Tim Struchtrup	M50		11:14	22:04	33:13	44:29	55:57	00:55:22	00:55:57
277.	114	Mark Bourichter	M45		11:48	22:32	33:35	44:48	56:06	00:55:30	00:56:06
278.	341	Philipp Naumann	M30	H.Gautzsch Münster	11:17	22:35	33:50	45:14	56:09	00:55:55	00:56:09
279.	319	Christoph Rutter	M45	FI Sport e.V.	10:28	21:43	33:16	44:56	56:11	00:55:55	00:56:11
280.	331	Uwe Ilgner	M50	H.Gautzsch Münster	11:38	22:34	33:45	45:04	56:18	00:55:37	00:56:18
281.	467	Gerhard Over	M65		11:06	22:25	33:56	45:27	56:26	00:56:14	00:56:26
282.	415	Daniele Campa	M45	Privat	11:06	22:09	33:30	45:02	56:30	00:56:09	00:56:30
283.	521	Sascha Stodt	M40	SC Sportler/Innen für den	11:19	22:13	33:47	44:57	56:35	00:56:03	00:56:35
284.	326	Michael Ammenwerth	M50	H.Gautzsch Münster	11:20	22:14	33:34	45:00	56:37	00:56:19	00:56:37
285.	553	Sebastian Becker	M30		11:56	23:08	34:21	45:35	56:47	00:56:05	00:56:47
286.	544	Marcus Kemper	M40		11:52	22:49	34:03	45:38	56:56	00:56:11	00:56:56
287.	505	Berud Lüdemann	M60	BSV Ostbeven	10:52	22:24	34:04	45:26	56:59	00:56:44	00:56:59
288.	601	Klaas Korte	M40	Laufgruppe Albechten	10:44	21:37	33:11	45:03	57:03	00:56:42	00:57:03
289.	148	Moritz Gutzler	MU18		11:42	22:41	34:02	45:45	57:04	00:56:27	00:57:04
290.	241	Leonard Weckelmann	MU18		11:41	22:40	34:01	45:45	57:04	00:56:27	00:57:04
291.	340	Mathias Naumann	M60	H.Gautzsch Münster	11:21	22:42	34:06	45:37	57:19	00:57:04	00:57:19

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
292.	279	Felix Neusitzer	M30	Alliance Automotive Service	11:03	21:48	33:15	45:20	57:24	00:57:01	00:57:24
293.	223	Jürgen Schemmer	M50		12:05	23:30	35:07	46:36	57:25	00:56:45	00:57:25
294.	421	Dirk Peuntner	M50	Privat	11:14	22:54	34:34	46:16	57:37	00:57:09	00:57:37
295.	113	Marc Böhm	M45		12:07	23:36	35:11	46:37	57:40	00:57:05	00:57:40
296.	321	Andreas Reichelt	M60	Firmengruppe Hermann Brück	11:52	23:10	34:32	46:08	57:44	00:57:19	00:57:44
297.	320	Antonio Bravo	M50	Firmengruppe Hermann Brück	11:52	23:10	34:32	46:08	57:44	00:57:19	00:57:44
298.	108	Christopher Bahlmann	M30		12:03	23:16	34:39	46:27	57:49	00:57:02	00:57:49
299.	186	Linus Lauterbach	M30		12:20	23:45	35:32	47:18	58:12	00:57:33	00:58:12
300.	516	Ingo Aldag	M50		12:23	24:00	35:39	47:13	58:12	00:57:26	00:58:12
301.	188	Martin Lohoff	M50		12:22	23:46	35:22	46:59	58:48	00:57:59	00:58:48
302.	107	Sebastian	M35		12:12	23:45	35:25	47:12	58:57	00:58:11	00:58:57
303.	419	Fabian Homann	MU16	Privat	12:21	24:08	35:50	47:45	59:05	00:58:32	00:59:05
304.	418	Georg Homann	M50	Privat	12:21	24:09	35:51	47:45	59:15	00:58:42	00:59:15
305.	144	Paul Goede	M30		12:13	23:35	35:28	47:22	59:22	00:58:37	00:59:22
306.	330	Heribert Eisenkopf	M65	H.Gautzsch Münster	11:33	23:29	35:38	47:45	59:38	00:59:27	00:59:38
307.	440	Christian Thiemeyer	M40	StromKastenSzene Münster	11:57	23:05	35:00	47:42	1:00:00	00:59:20	01:00:00
308.	482	Bernhard Kreienbaum	M75	LSF Münster	11:49	23:43	35:41	47:48	1:00:09	00:59:40	01:00:09
309.	604	Volker Ascheberg	M50	Lauftreff Greven	13:28	26:09	37:33	49:11	1:00:33	00:59:51	01:00:33
310.	376	Ronald Götze	M60	lindgrün	12:23	24:23	36:26	48:39	1:00:43	00:59:54	01:00:43
311.	539	Dirk Velling	M45		12:18	24:25	36:51	49:12	1:01:25	01:00:49	01:01:25
312.	196	Frank Meis	M45		12:46	24:56	37:30	50:23	1:03:20	01:02:39	01:03:20
313.	323	Hans-Peter Manke	M70	Greven	13:20	25:54	38:49	51:52	1:04:32	01:03:47	01:04:32
314.	181	Bernd Kreimer	M70		13:06	26:01	38:57	51:56	1:04:34	01:04:01	01:04:34
315.	109	Nisheeth Barthwal	M20		12:55	26:00	39:28	52:50	1:04:39	01:03:51	01:04:39
316.	399	Friedhelm Vielmeyer	M55	LSF Münster	12:25	24:30	37:17	50:38	1:05:04	01:04:42	01:05:04
317.	559	Michael Stahlhut	M65		12:59	25:42	38:37	52:00	1:05:09	01:04:27	01:05:09
318.	557	Peter Muskelmann	M65		13:00	25:44	38:39	52:00	1:05:09	01:04:27	01:05:09
319.	495	Peter Wolfrom	M70	LT Schoppenstecher	13:02	26:30	40:30	55:18	1:09:24	01:08:36	01:09:24
DSQ	2065	N.N. 2065			12:02	23:37	35:52				

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
Weiblich											
1.	456	Bonnie Andres	WU20	Vfl Oldenburg	06:59	14:08	21:23	28:44	35:57	00:35:55	00:35:57
2.	400	Miriam Zirk	W20	LSF Münster	07:12	14:34	21:50	29:08	36:15	00:36:12	00:36:15
3.	600	Franziska Espeter	W30	LG Wittgenstein	07:14	14:42	22:21	30:03	37:48	00:37:45	00:37:48
4.	438	Christl Dörschel	W40	SG Wenden	07:30	15:01	22:39	30:23	38:10	00:38:08	00:38:10
5.	439	Melanie Linder	W40	SG WENDEN	07:25	15:03	22:51	30:45	38:41	00:38:38	00:38:41
6.	567	Verena Vogt	W35		07:39	15:23	23:14	31:12	39:01	00:38:54	00:39:01
7.	448	Miriam Garmatter	W30	Team Garmatter	07:20	15:03	23:04	31:12	39:22	00:39:20	00:39:22
8.	261	Katharina Hauertmann	W40	Active Laufteam	07:56	15:55	23:54	31:54	39:49	00:39:44	00:39:49
9.	508	Lena Teutemacher	W20	LG Emsdetten	08:01	16:08	24:24	32:49	40:56	00:40:46	00:40:56
10.	289	Sonja Kortmann	W20	ASICS FrontRunner	07:48	16:02	24:27	32:53	41:21	00:41:16	00:41:21
11.	396	Raija Schmidt	W45	LSF Münster	07:56	16:13	24:43	33:16	41:45	00:41:41	00:41:45
12.	173	Stefanie Katschak	W20		08:21	16:54	25:24	33:56	42:15	00:42:03	00:42:15
13.	609	Marie Sommer	WU20	TuS Germania Horstmar	08:05	16:30	25:08	33:51	42:31	00:42:25	00:42:31
14.	265	Theresa Geisler	W20	Active Laufteam Münster	08:23	16:56	25:32	34:12	42:37	00:42:26	00:42:37
15.	452	Kathrin Dette	W30	Tri Finish Münster	08:44	17:11	25:48	34:15	42:39	00:42:24	00:42:39
16.	236	Lisa Uekötter	W20		08:35	17:11	25:56	34:41	43:18	00:43:05	00:43:18
17.	259	Melina Buil	W20	Active Laufteam	08:21	16:56	26:11	35:42	44:25	00:44:14	00:44:25
18.	515	Petra Kloppenborg	W55	LG Emsdetten	09:04	18:06	27:10	36:12	45:11	00:45:01	00:45:11
19.	234	Annika Thomalla	W35		08:43	17:43	26:59	36:25	45:48	00:45:40	00:45:48
20.	607	Maylin Segger	W20	TV Jahn Rheine	09:41	18:49	28:04	37:18	46:07	00:45:42	00:46:07
21.	218	Michelle Reuver	W20		08:59	18:02	27:14	36:49	46:10	00:45:52	00:46:10
22.	370	Tanja Heuer	W40	LG Emsdetten	09:04	18:11	27:28	36:56	46:27	00:46:16	00:46:27
23.	358	Judite Campos	W45	Lauftreff Hohenholte	09:01	18:18	27:43	37:19	46:44	00:46:36	00:46:44
24.	361	Barbara Menßen	W40	Lauftreff Hohenholte	09:48	19:05	28:23	37:42	46:44	00:46:17	00:46:44
25.	598	Johlanda Espeter	W20	LG Wittgenstein	09:26	18:46	28:26	37:54	46:58	00:46:37	00:46:58
26.	453	Dagmar Deuber	W45	Tri Finish Münster	09:16	18:34	28:02	37:41	47:04	00:46:51	00:47:04
27.	537	Ariana Dalbert	W40	Active Laufsport	09:19	18:28	27:48	37:28	47:04	00:46:40	00:47:04
28.	489	Tina Althoff	W20	LSF Münster	09:47	19:14	28:37	38:02	47:23	00:46:54	00:47:23
29.	407	Dorthe Flothmann	W20	Marathon Steinfurt / Northwood	09:37	19:02	28:39	38:14	47:40	00:47:21	00:47:40
30.	290	Rebecca Roth	WU20	ASV Senden	09:22	18:39	28:18	38:11	47:41	00:47:25	00:47:41
31.	486	Alena Finckh	W40	LSF Münster	09:47	19:16	28:44	38:18	47:48	00:47:21	00:47:48
32.	124	Verena Dierkes	W30		09:49	19:19	28:51	38:35	47:55	00:47:39	00:47:55
33.	380	Maria Feyerabend	W65	LSF Münster	09:22	19:00	28:43	38:36	48:29	00:48:24	00:48:29
34.	588	Vanessa Dumke	W30		09:53	19:33	29:14	39:01	48:37	00:48:17	00:48:37
35.	353	Korinna Hofmann	W45	Las Saalinas	09:57	19:35	29:16	38:58	48:49	00:48:32	00:48:49
36.	423	Lara Zölck	W20	Privat	09:32	19:11	28:57	38:54	48:50	00:48:31	00:48:50
37.	580	Jenny Wehmschulte	W30	Mali Crew e.V.	10:26	20:13	29:54	39:33	49:14	00:48:50	00:49:14
38.	228	Marlene Stellrecht	W30		10:20	20:15	30:00	39:42	49:16	00:48:48	00:49:16
39.	160	Lisa Hüchtker	W20		10:08	19:55	29:51	39:51	49:46	00:49:27	00:49:46
40.	455	Anne Mihls	W40	TUS Mehlkids	09:34	19:30	29:40	39:46	50:04	00:50:00	00:50:04
41.	245	Ronja Zerbst	W20		09:32	19:20	29:28	39:49	50:04	00:49:55	00:50:04
42.	158	Christina Hornberger	W30		10:23	20:25	30:26	40:27	50:13	00:49:45	00:50:13
43.	592	Sophia Reinink	W20		10:02	20:01	30:11	40:20	50:17	00:50:00	00:50:17
44.	390	Rosa Lopes Gomes	W50	LSF Münster	09:38	19:29	29:36	39:55	50:17	00:50:08	00:50:17
45.	125	Laura Dietrich	W20		10:50	21:00	31:21	41:36	50:57	00:50:26	00:50:57
46.	255	Karolin Mersch	W20	1995	10:59	21:17	31:27	41:24	51:03	00:50:29	00:51:03
47.	213	Celine Poppe	W20		10:59	21:18	31:27	41:24	51:03	00:50:29	00:51:03
48.	573	Barbara Laubrock	W60	TuS Altenberge 09	09:50	19:54	30:11	40:37	51:05	00:50:49	00:51:05

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
49.	204	Maria Beatrice Novak	W35		09:40	19:43	30:02	40:40	51:06	00:50:44	00:51:06
50.	562	Mareike Gößmann	W30		10:29	20:28	30:30	41:05	51:10	00:50:41	00:51:10
51.	322	Britta Telges	W30	Frau	11:10	21:47	31:55	41:44	51:13	00:50:35	00:51:13
52.	479	Flavia Jungen	W20		09:55	20:07	30:57	41:48	51:37	00:51:19	00:51:37
53.	447	Regina Garmatter	W20	Team Garmatter	09:16	19:37	30:16	41:10	51:39	00:51:34	00:51:39
54.	324	Isabell Backsmann	W20	Grün Weiss Marathon Münster	10:50	21:00	31:19	41:35	51:43	00:51:13	00:51:43
55.	155	Stephanie Höke	W30		10:21	20:35	30:52	41:24	51:45	00:51:06	00:51:45
56.	497	Kathrin Fennhoff	W30		10:36	20:36	30:51	41:21	51:45	00:51:16	00:51:45
57.	260	Johanna Greeß	W20	Active Laufteam	10:15	20:37	30:59	41:30	51:45	00:51:30	00:51:45
58.	273	Katharina von	W20	Active Laufteam Münster	10:14	20:37	31:00	41:30	51:45	00:51:30	00:51:45
59.	449	Elvira Hilz	W30	Team Roxeler	09:46	19:38	29:50	40:42	51:52	00:51:43	00:51:52
60.	389	Vera Kovermann	W45	LSF Münster	10:23	20:39	31:04	41:34	52:03	00:51:34	00:52:03
61.	276	Christina Floth	W30	Alliance Automotive Service	10:29	20:39	31:03	41:35	52:06	00:51:44	00:52:06
62.	602	Birgit Wigger	W30		10:40	20:55	31:17	41:43	52:12	00:51:43	00:52:12
63.	360	Annika Hülsmann	W30	Lauftreff Hohenholte	10:49	21:00	31:22	41:57	52:22	00:51:52	00:52:22
64.	478	Teja Liebmann	W45	TVG Kaiseran	10:28	20:41	31:09	41:48	52:24	00:52:03	00:52:24
65.	517	Larissa König	W20		09:53	19:54	30:15	41:12	52:25	00:52:04	00:52:25
66.	333	Lisa Kumm	W20	H.Gautzsch Münster	10:15	20:51	31:29	42:24	52:54	00:52:38	00:52:54
67.	608	Benita Forst	W20	TV Jahn Rheine	10:56	21:30	32:07	42:43	52:56	00:52:32	00:52:56
68.	252	Sabrina Zafar	W35	1984	10:19	20:52	31:36	42:34	53:01	00:52:43	00:53:01
69.	152	Viola Haupt	W20		10:54	21:28	32:08	42:44	53:05	00:52:43	00:53:05
70.	346	Carina Kehne	W20	HS Zuyd	10:42	21:19	32:01	42:52	53:14	00:52:54	00:53:14
71.	513	Charlotte Vehring	W20	TC Blau Weiß Lingen	10:56	21:12	31:36	42:40	53:19	00:52:52	00:53:19
72.	194	Melissa Martens	WU20		10:45	21:35	32:30	43:25	54:10	00:54:00	00:54:10
73.	183	Julia Krüssel	W35		11:56	22:37	33:19	44:03	54:20	00:53:34	00:54:20
74.	487	Lena Lübben	W20		11:03	21:50	32:47	43:44	54:28	00:53:57	00:54:28
75.	227	Sonja Schwarze	W30		10:55	21:17	32:15	43:35	54:41	00:53:53	00:54:41
76.	118	Neele Cammenga	W20		10:41	21:26	32:44	44:10	54:57	00:54:29	00:54:57
77.	215	Jennifer Rademaker	W35		11:56	22:37	33:19	44:07	55:03	00:54:16	00:55:03
78.	147	Karin Grotendorst	W40		11:35	22:39	33:40	44:44	55:17	00:54:40	00:55:17
79.	112	Nele Bock	W20		11:09	22:10	33:17	44:28	55:20	00:54:56	00:55:20
80.	266	Maria Kamrath	W50	Active Laufteam Münster	11:00	21:58	33:01	44:11	55:20	00:54:49	00:55:20
81.	232	Lina Thiel	W20		11:53	22:49	33:22	44:23	55:20	00:54:35	00:55:20
82.	410	Sabine Roters	W45	Münster aktiv	11:50	22:37	33:32	44:39	55:23	00:54:38	00:55:23
83.	334	Ines	W50	H.Gautzsch Münster	11:37	22:30	33:25	44:33	55:34	00:54:54	00:55:34
84.	522	Vanessa Rech	W35	SC Sportlerinnen für den Frieden	11:19	22:13	33:47	44:57	55:39	00:55:08	00:55:39
85.	585	Karina Witte	W35		11:48	22:45	33:45	44:57	55:44	00:54:59	00:55:44
86.	268	Dana Lenz	W20	Active Laufteam Münster	11:05	21:57	33:18	44:44	55:49	00:55:13	00:55:49
87.	295	Angela Consolo	W45	BSG LVM Versicherung	11:48	22:31	33:34	44:48	56:06	00:55:31	00:56:06
88.	169	Christina Jordan	W20		11:13	21:58	33:23	44:58	56:19	00:55:36	00:56:19
89.	523	Vanessa Bryjok	W35	SC Sportler/Innen für den	11:18	22:11	33:47	44:53	56:34	00:56:02	00:56:34
90.	552	Anna-Lena Arkenau	W20		11:56	23:08	34:21	45:36	56:48	00:56:05	00:56:48
91.	115	Isabelle Brattinga	W20		12:12	23:48	35:26	46:43	56:59	00:56:40	00:56:59
92.	244	Mareike Wolff	W20		10:49	21:56	33:51	45:33	57:06	00:56:47	00:57:06
93.	356	Marion Urmelt	W45	laufschule-am-aasee.de	11:23	22:40	34:05	45:35	57:06	00:56:35	00:57:06
94.	329	Margret Berg	W55	H.Gautzsch Münster	11:21	22:42	34:05	45:37	57:14	00:57:00	00:57:14
95.	146	Carolin Gosen	W20		11:38	23:00	34:30	46:02	57:34	00:57:00	00:57:34
96.	549	Ursula Glasbrenner	W55		12:02	23:37	35:20	47:08	58:39	00:58:09	00:58:39
97.	518	Mendy Zdrojewski	W20	TuS Hilstrup	11:47	23:16	34:57	47:17	59:00	00:58:26	00:59:00

13. ZFS Münster-City-Run 2019

Ergebnisliste MW 10 km Straßenlauf

Platz	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
98.	526	Janina Feldmann	W20		11:39	23:01	34:39	46:42	59:00	00:58:29	00:59:00
99.	217	Frederike Reddehase	W30		11:07	22:44	34:44	46:53	59:09	00:58:44	00:59:09
100.	597	Lilly Bleister	W40	Flitzmäuse	12:52	24:10	35:51	47:48	59:20	00:58:36	00:59:20
101.	566	Karina Jawinski	W35		12:33	24:18	36:05	47:59	59:25	00:58:39	00:59:25
102.	307	Christina Lünenborg	W35	BSG LVM Versicherung	12:23	24:05	35:43	47:45	59:38	00:58:51	00:59:38
103.	121	Daria Chudyka	W35		12:46	24:29	36:05	47:54	59:48	00:59:04	00:59:48
104.	171	Petra Jüttner	W45		12:01	23:47	35:43	47:52	59:59	00:59:33	00:59:59
105.	575	Isabella Pastorello	W30		12:32	24:15	36:06	48:01	1:00:04	00:59:33	01:00:04
106.	143	Joline Göbel	W30		12:04	23:40	35:40	48:05	1:00:29	00:59:52	01:00:29
107.	405	Ingrid Twiehaus	W55	Marathon Ibbenbüren	11:33	23:22	35:38	48:13	1:00:29	01:00:15	01:00:29
108.	195	Christin Meider	W35		12:50	25:00	36:55	49:01	1:00:30	00:59:55	01:00:30
109.	431	Birgitt Jagiella	W50	SC Borchen	12:44	24:49	36:57	49:11	1:00:55	01:00:16	01:00:55
110.	612	Eva Heise	WU20		11:34	23:51	37:09	50:02	1:02:13	01:01:56	01:02:13
111.	614	Lia Höller	WU20		11:34	23:51	37:09	50:02	1:02:13	01:01:56	01:02:13
112.	477	Carina Ebert	WU18		11:00	23:09	36:18	49:42	1:03:14	01:03:00	01:03:14
113.	413	Silvia Pankow	W55	Pankmin	12:46	24:56	37:30	50:23	1:03:20	01:02:39	01:03:20
114.	354	Anne Bergmann	W35	Laufgruppe Albachten	12:56	25:27	38:11	51:11	1:04:02	01:03:25	01:04:02
115.	197	Anastasia Mikhaylova	W20		12:22	25:02	38:07	51:39	1:04:21	01:03:49	01:04:21
116.	177	Anna Kirsch	W20		13:01	25:44	38:39	52:01	1:04:51	01:04:06	01:04:51
117.	221	Franziska Rüdell	W20		13:01	25:45	38:39	52:00	1:04:51	01:04:07	01:04:51
118.	230	Svenja Tacke	W20		13:01	25:44	38:39	52:01	1:04:51	01:04:06	01:04:51
119.	130	Luca-Marie Engelking	W20		12:55	26:00	39:28	52:50	1:05:48	01:05:00	01:05:48
120.	176	Clarissa Kirchhoff	W20		13:15	25:58	39:08	52:37	1:05:50	01:05:08	01:05:50
121.	337	Julia Marx	W35	H.Gautzsch Münster	12:27	25:39	39:02	52:32	1:06:11	01:06:06	01:06:11
122.	529	Nadine Spiekermann	W20		12:48	25:25	38:45	52:32	1:06:12	01:05:39	01:06:12
123.	249	Julia Holkenbrink	W35	#TeamMünster	12:50	26:04	40:24	54:25	1:08:27	01:08:09	01:08:27
124.	184	Nadine Lagemann	W35		13:32	27:07	40:49	54:43	1:08:28	01:07:49	01:08:28
125.	417	Anne Höhner	W20	Privat	12:51	26:10	40:29	54:34	1:08:41	01:08:13	01:08:41
126.	132	Anna Lena Erhard	W20		12:51	26:09	40:30	54:34	1:08:43	01:08:15	01:08:43
127.	606	Heike Michel	W40		13:29	26:54	40:54	55:10	1:09:23	01:08:40	01:09:23
128.	401	Sandra Maschke	W35	LT Schoppenstecher	13:01	26:29	40:29	55:18	1:09:24	01:08:35	01:09:24