

ZfS-Münster-City-Run 3. Juli 2016

10 km

Männer

Seite 1

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
1	163	Schönherr David	LSF Münster	0:32:46	MHK	1	0:32:45	- 06:22 06:31 06:36 06:37 06:37	18,32 km/h
2	196	Wegers Jonas	MTV Heide	0:34:16	MHK	2	0:34:15	- 06:36 06:47 06:56 06:58 06:56	17,51 km/h
3	124	Röthemeyer Marvin	LSF Münster	0:34:56	MHK	3	0:34:55	- 06:55 07:02 07:05 07:03 06:48	17,18 km/h
4	167	Heck Torben	*Bamberg	0:35:41	MHK	4	0:35:40	- 06:55 07:07 07:13 07:26 06:56	16,82 km/h
5	206	Bardtke Thomas	BSG LVM Versicherung	0:35:42	M45	1	0:35:40	- 07:08 07:09 07:10 07:11 07:00	16,82 km/h
6	178	Kreickmann Markus	*Münster	0:35:55	M35	1	0:35:54	- 06:55 07:11 07:17 07:20 07:10	16,71 km/h
7	175	Hug Marc	*Drensteinfurt	0:35:57	M35	2	0:35:56	- 07:04 07:10 07:13 07:14 07:13	16,69 km/h
8	159	Kott Georg	LC Rapid Dortmund	0:36:13	M55	1	0:36:12	- 07:07 07:17 07:19 07:20 07:07	16,57 km/h
9	214	Weste Michael	LSF Münster	0:36:46	M35	3	0:36:44	- 07:08 07:18 07:23 07:30 07:24	16,33 km/h
10	624	Nagel Silvio	1. TTC MS	0:37:03	M30	1	0:37:01	- 07:11 07:24 07:34 07:33 07:17	16,21 km/h
11	134	Glöckner Manuel	LSF Münster	0:37:04	M30	2	0:37:01	- 07:12 07:26 07:30 07:32 07:19	16,20 km/h
12	105	Isensee Gunnar	Wolfenbütteler THV	0:37:13	MHK	5	0:37:10	- 07:18 07:26 07:26 07:31 07:27	16,14 km/h
13	930	Heuschen Dirk	Rhein-Berg Runners	0:37:18	M50	1	0:37:16	- 07:18 07:27 07:32 07:32 07:25	16,10 km/h
14	74	Bülte Luca	TuS Eintracht Minden	0:37:20	MHK	6	0:37:13	- 06:58 07:24 07:35 07:44 07:30	16,12 km/h
15	318	Debris Rémi	*Münster	0:37:34	M30	3	0:37:34	- 07:04 07:24 07:36 07:45 07:43	15,97 km/h
16	927	Schlusen Sebastian	TuS Germania Horstmar	0:37:36	M30	4	0:37:32	- 07:09 07:28 07:38 07:41 07:35	15,98 km/h
17	109	Brundieck Jens	Telgte	0:37:42	MHK	7	0:37:38	- 07:19 07:28 07:38 07:35 07:35	15,94 km/h
18	168	Marquardt Christof	LG Deiringsen / BSG Spa	0:37:45	M45	2	0:37:44	- 07:12 07:25 07:38 07:46 07:42	15,90 km/h
19	634	Enseling Michael	Tri Finish Münster	0:37:48	M50	2	0:37:46	- 07:25 07:33 07:37 07:43 07:26	15,88 km/h
20	51	Schmiing Reinhard	LSF Münster	0:37:50	M45	3	0:37:48	- 07:13 07:27 07:42 07:48 07:35	15,87 km/h
21	191	Schulze Julian	Marathon Soest	0:37:53	M30	5	0:37:52	- 07:02 07:40 07:41 07:49 07:39	15,84 km/h
21	649	Kasprik Michael	LSF Münster	0:37:53	M40	1	0:37:50	- 07:19 07:28 07:42 07:43 07:36	15,85 km/h
23	280	Lexmond Ted	LSF Münster	0:37:58	M40	2	0:37:54	- 07:18 07:27 07:43 07:43 07:41	15,83 km/h
24	650	Scheffer Marc	MÖP MÖP MÖP	0:38:45	MHK	8	0:38:43	- 07:28 07:43 07:51 07:57 07:41	15,50 km/h
25	121	Brodka Jens	LV Oelde	0:38:54	M35	4	0:38:52	- 07:28 07:43 07:51 07:58 07:50	15,44 km/h
26	914	Martin Marcel	*Obertiefenbach	0:39:01	MHK	9	0:38:59	- 07:22 07:50 08:07 08:04 07:34	15,39 km/h
27	918	Boschmann Artur	*Münster	0:39:09	M40	3	0:39:03	- 07:47 07:43 07:51 07:52 07:47	15,36 km/h
28	80	Lammers Jan	*Münster	0:39:09	M35	5	0:39:07	- 07:25 07:45 07:59 08:07 07:48	15,34 km/h
29	185	Arica Mahmut	LSF Münster	0:39:13	M40	4	0:39:08	- 07:19 07:37 08:08 08:13 07:50	15,33 km/h
30	323	Stammnitz Florian	*Witten	0:39:19	MHK	10	0:39:18	- 07:23 07:40 08:04 08:08 08:01	15,27 km/h
31	643	Brinker Klaus	LSF Münster	0:39:26	M40	5	0:39:23	- 07:33 07:47 07:57 08:03 08:00	15,23 km/h
32	229	Fender Frederic	ECB Sports&Cultural Club	0:39:34	M30	6	0:39:30	- 07:24 07:47 08:05 08:05 08:05	15,19 km/h
33	232	Brouwer Mike	LSF Münster	0:39:36	M35	6	0:39:33	- 07:37 08:00 08:04 07:58 07:52	15,17 km/h
34	146	Schürbüscher Laszlo	SG Rote Erde Beckum	0:39:36	MHK	11	0:39:35	- 07:43 08:02 08:05 08:06 07:36	15,16 km/h
35	223	Hackmann Armin	Helpage - Jede Oma zählt	0:39:45	M30	7	0:39:38	- 07:38 08:01 08:05 08:07 07:44	15,14 km/h
36	182	Mai Roland	LSF Münster	0:39:49	M45	4	0:39:45	- 07:51 08:02 08:05 08:01 07:43	15,09 km/h
37	607	Schröder Oliver	LSF Münster	0:39:53	MHK	12	0:39:49	- 07:41 07:54 08:06 08:05 08:01	15,07 km/h
38	625	Becks Justus	LSF Münster	0:39:54	MHK	13	0:39:50	- 07:41 08:02 08:05 08:08 07:52	15,06 km/h
39	645	Lüker Sebastian	Hochschulsport Münster	0:39:55	M30	8	0:39:48	- 07:49 07:56 08:03 08:09 07:50	15,07 km/h
40	147	Stallmeister Thomas	SG Rote Erde Beckum	0:40:07	M35	7	0:40:06	- 07:45 08:00 08:07 08:09 08:03	14,96 km/h
41	358	Holtkamp Bernd	Union Wessum	0:40:20	M35	8	0:40:04	- 07:51 07:51 08:07 08:21 07:52	14,97 km/h
42	123	Hork Michael	LT Union Wessum	0:40:24	M40	6	0:40:08	- 08:01 08:00 08:04 08:06 07:56	14,95 km/h
43	189	Krämer Joost	LSF Münster	0:40:33	MU18	1	0:40:30	- 08:07 08:10 08:11 08:20 07:39	14,81 km/h
44	325	Laukötter Marco	*Münster	0:40:37	M45	5	0:40:34	- 07:51 08:04 08:07 08:15 08:15	14,79 km/h
45	126	Henrik Austrup	LG Emsdetten	0:40:40	M45	6	0:40:35	- 07:49 08:10 08:18 08:16 08:00	14,78 km/h
46	635	Voigt Jens	TuS Hilstrup	0:40:48	M50	3	0:40:44	- 07:57 08:07 08:17 08:18 08:02	14,73 km/h
47	40	Kriegs Manuel	LSF Münster	0:40:55	M35	9	0:40:47	- 08:06 08:07 08:14 08:15 08:03	14,71 km/h
48	230	Hentschel Adrian	BSG AGRAVIS Raiffeisen	0:40:57	M30	9	0:40:45	- 07:54 07:56 08:13 08:24 08:16	14,72 km/h
49	117	Westermann Tobias	LSF Münster	0:40:59	M35	10	0:40:55	- 07:57 08:03 08:14 08:23 08:16	14,66 km/h
50	303	Kahmann Jens	*Münster	0:41:00	M35	11	0:40:56	- 07:52 08:07 08:16 08:24 08:15	14,66 km/h
51	648	Becks Michael	TV Friesen Telgte	0:41:01	M45	7	0:40:56	- 08:07 08:10 08:14 08:21 08:02	14,65 km/h
52	618	Sülberg Volker	*Schwerte	0:41:04	M40	7	0:41:01	- 08:00 08:00 08:11 08:24 08:23	14,63 km/h
53	170	Alhäuser Jochen	LC Duisburg	0:41:09	M45	8	0:41:07	- 07:48 08:11 08:20 08:23 08:24	14,59 km/h
54	336	Metz Nicolas	*Münster	0:41:09	MHK	14	0:41:08	- 07:26 08:11 08:36 08:28 08:24	14,59 km/h
55	913	Reiberg Christoph	SG DJK Dyckburg	0:41:13	M30	10	0:40:58	- 08:15 08:06 08:13 08:17 08:04	14,64 km/h
56	88	Hemesath Jürgen	LG Emsdetten	0:41:19	M40	8	0:41:16	- 07:53 08:16 08:26 08:23 08:16	14,54 km/h
57	242	Lüken Aloys	BV Garrel	0:41:20	M40	9	0:41:15	- 08:12 08:10 08:14 08:23 08:16	14,54 km/h

ZfS-Münster-City-Run 3. Juli 2016

10 km

Männer

Seite 2

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
58	177	Willingmann Todt G.	Lauffreunde Bönen 1985 e	0:41:35	M50	4	0:41:30	- 08:05 08:16 08:21 08:28 08:18	14,46 km/h
59	125	Wachter Joris	SC Münster 08	0:41:37	M30	11	0:41:31	- 08:01 08:18 08:18 08:29 08:24	14,45 km/h
60	28	Kochmann Ingo	Run4Fun Greven e.V.	0:41:38	M35	12	0:41:08	- 07:55 08:12 16:50 00:00 00:00	14,58 km/h
61	621	Köhr Burkhard	Marathon Steinfurt	0:42:08	M50	5	0:41:57	- 08:22 08:25 08:29 08:31 08:08	14,30 km/h
62	378	Unterfeld Torben	LSF Münster	0:42:13	MU20	1	0:42:09	- 08:13 08:31 08:43 08:31 08:09	14,23 km/h
63	373	Kassebeer Jens	LSF Münster	0:42:18	MU18	2	0:42:09	- 08:24 08:30 08:29 08:31 08:13	14,23 km/h
64	29	Markmann Maik	Run4Fun Greven e.V.	0:42:18	M30	12	0:41:50	- 08:12 08:24 08:25 08:29 08:18	14,34 km/h
65	184	Kuhlmann Ludger	VfL Senden	0:42:23	M50	6	0:42:19	- 08:32 08:28 08:32 08:30 08:15	14,18 km/h
66	37	Heumann Marco	BSG Sparkasse Münsterl	0:42:26	M40	10	0:42:16	- 08:32 08:38 08:37 08:27 08:00	14,19 km/h
67	631	Bales Stefan	LSF Münster	0:42:29	M50	7	0:42:24	- 07:47 08:20 08:35 08:55 08:45	14,15 km/h
68	208	Kaldewei Georg	BSG LVM Versicherung	0:42:39	M45	9	0:42:36	- 08:13 08:15 08:47 08:53 08:26	14,08 km/h
69	647	Westphal Matthias		0:42:51	M35	13	0:42:42	- 08:08 08:24 08:37 08:46 08:44	14,05 km/h
70	630	Fischer Dr. Arne	LSF Münster e.V.	0:42:57	M45	10	0:42:53	- 08:11 08:20 08:37 08:56 08:47	13,99 km/h
71	638	Thomas Christoph	*Düsseldorf	0:43:04	M40	11	0:42:51	- 08:40 08:34 08:37 08:39 08:19	14,00 km/h
72	142	Heuer Jürgen	LG Emsdetten	0:43:04	M45	11	0:42:59	- 08:05 08:33 08:42 08:50 08:47	13,95 km/h
73	626	Schmidtke Lars	Run 4 fun Greven Ev.	0:43:17	M35	14	0:42:50	- 07:57 08:21 08:57 08:59 08:35	14,00 km/h
74	639	Zumhagen Sven		0:43:18	M40	12	0:43:10	- 08:38 08:49 08:52 08:41 08:08	13,90 km/h
75	120	Jotzo Daniel	Bocholter WSV	0:43:19	M35	15	0:43:15	- 07:58 08:19 08:51 09:06 09:00	13,87 km/h
76	923	Kühnen Johannes	TSV Weeze	0:43:25	M55	2	0:43:19	- 08:34 08:43 08:46 08:48 08:25	13,85 km/h
77	452	Uhlmann Maximilian	effzeh	0:43:30	MHK	15	0:43:25	- 08:14 08:40 08:35 08:38 09:16	13,82 km/h
78	158	von Hagen Wolfgang	SC BORCHEN	0:43:32	M55	3	0:43:27	- 08:27 08:35 08:51 08:52 08:40	13,81 km/h
79	322	Groll Patrick	*Witten	0:43:33	MHK	16	0:43:32	- 08:01 08:48 09:01 08:56 08:44	13,78 km/h
80	324	Guttowsky Florian	*Witten	0:43:37	MHK	17	0:43:36	- 08:04 08:44 09:00 08:57 08:48	13,76 km/h
81	122	Scherwath Sandro	*Dortmund	0:43:42	M35	16	0:43:35	- 08:09 08:34 08:41 09:25 08:45	13,76 km/h
82	443	Dieckmann Robert	TVE Lauffreunde Gladbec	0:43:54	M50	8	0:43:45	- 08:24 08:50 08:56 08:54 08:40	13,71 km/h
83	610	Reimann Hans	*Münster	0:43:56	M60	1	0:43:50	- 08:37 08:47 08:51 08:55 08:39	13,68 km/h
84	72	Hecking Michael	SuS Stadtlohn	0:44:01	M45	12	0:43:53	- 08:36 08:47 08:49 08:56 08:43	13,67 km/h
85	915	Arlt Andreas	LSF Münster	0:44:09	M45	13	0:43:54	- 08:49 08:29 08:48 08:57 08:49	13,67 km/h
86	213	Toebe Axel	Bergziegen Altenberge	0:44:11	M45	14	0:43:51	- 08:40 08:52 08:55 08:54 08:28	13,68 km/h
87	238	Buer Andreas	BSG LVM Versicherung	0:44:14	M50	9	0:44:02	- 08:26 08:44 09:01 09:00 08:50	13,62 km/h
88	391	Friedag Peter	*Münster	0:44:23	M35	17	0:44:18	- 08:27 08:43 09:00 09:03 09:02	13,54 km/h
89	103	Mann Klaus	Billerbecker Läufer	0:44:24	M55	4	0:44:13	- 08:40 08:45 08:49 09:10 08:47	13,57 km/h
90	644	Meißner Sven	Laufen rund um Münster	0:44:26	M35	18	0:44:17	- 08:17 08:54 09:05 09:09 08:50	13,55 km/h
91	254	Hochscherff Fabian	Die Peselhegel	0:44:30	MHK	18	0:44:13	- 08:53 08:46 08:56 08:57 08:39	13,57 km/h
92	469	Schulte Frank		0:44:30	M40	13	0:44:27	- 08:13 08:40 08:52 09:22 09:17	13,50 km/h
93	227	Buddendick Rainer	TRI FINISH	0:44:31	M35	19	0:44:24	- 08:53 09:02 08:49 08:58 08:40	13,51 km/h
94	12	Taylor John	LSF Münster	0:44:33	M55	5	0:44:27	- 08:28 08:51 09:04 09:11 08:51	13,50 km/h
95	169	Hackeneß Markus	BSG-Berufsfeuerwehr Mü	0:44:33	M50	10	0:44:29	- 08:45 08:57 09:00 09:03 08:41	13,49 km/h
96	601	Krechting Martin	Universite De Nantes	0:44:36	M35	20	0:44:22	- 08:29 08:48 09:01 09:06 08:56	13,52 km/h
97	402	Brechler Stefan	H. Gautzsch	0:44:39	M30	13	0:44:16	- 09:11 08:56 08:57 08:46 08:25	13,55 km/h
98	474	Schleicher Ralf	LSF Münster	0:44:39	M50	11	0:44:36	- 08:03 08:49 09:07 09:15 09:19	13,45 km/h
99	195	Kramer Sebastian	*Münster	0:44:43	M40	14	0:44:35	- 08:33 08:36 08:57 09:15 09:12	13,45 km/h
100	309	Ahrens Sven	Blau Weiß Aasee Münster	0:44:49	M45	15	0:44:41	- 09:20 09:11 09:10 08:48 08:10	13,43 km/h
101	256	Thiel Marco	*Münster	0:44:50	M40	15	0:44:43	- 08:10 09:10 09:13 09:12 08:56	13,41 km/h
102	376	Fiol Joris	*Münster	0:44:51	MHK	19	0:44:43	- 08:29 08:47 08:59 09:10 09:16	13,42 km/h
103	140	Zeidler Thomas	TuS Hiltrup	0:44:52	M50	12	0:44:43	- 08:50 08:57 09:05 09:05 08:45	13,41 km/h
104	395	Raschke Simon	*Münster	0:44:52	MU16	1	0:44:29	- 08:49 08:41 08:53 09:05 08:58	13,49 km/h
105	77	Lantin André	*Münster	0:44:56	M35	21	0:44:49	- 08:31 09:04 09:10 09:11 08:51	13,39 km/h
106	154	Graeber Jürgen	LAC Langenhagen	0:44:58	M65	1	0:44:51	- 08:48 08:58 08:58 09:04 09:01	13,37 km/h
107	632	Patterson Dietmar		0:44:59	M50	13	0:44:53	- 08:30 08:50 09:02 09:16 09:13	13,36 km/h
108	629	Ringena Take	LSF Münster	0:44:59	M40	16	0:44:47	- 08:57 09:02 09:01 09:04 08:40	13,40 km/h
109	31	Helms Tobias	SV Arminia Appelhülsen / 1	0:45:01	M30	14	0:44:52	- 08:42 08:52 09:02 09:08 09:06	13,37 km/h
110	393	Pohl Tim Oliver	*Münster	0:45:06	M35	22	0:44:45	- 08:53 09:03 09:05 09:00 08:42	13,41 km/h
111	132	Lütke Schute Siegfried	TuS Hiltrup	0:45:06	M55	6	0:44:58	- 08:53 08:56 09:05 09:05 08:58	13,34 km/h
112	127	Quattrocchi Fulvio	LSF Münster	0:45:09	M65	2	0:45:05	- 08:54 08:50 09:03 09:10 09:05	13,31 km/h
113	307	Jeggle Leonard	*Münster	0:45:13	MHK	20	0:44:51	- 09:29 09:13 09:02 08:46 08:18	13,37 km/h
114	335	Maaß Michel	*Osnabrück	0:45:14	MHK	21	0:44:42	- 09:24 09:19 08:56 08:44 08:18	13,42 km/h

ZfS-Münster-City-Run 3. Juli 2016

10 km

Männer

Seite 3

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
115	906	Meyer Thorsten		0:45:20	M35	23	0:45:07	- 08:55 09:03 09:02 09:10 08:56	13,29 km/h
116	455	Zubrängel Arno		0:45:24	M55	7	0:45:04	- 09:01 08:59 09:05 09:03 08:54	13,31 km/h
117	905	Sbrzesny Thorsten	*Münster	0:45:25	M35	24	0:45:12	- 08:54 09:03 09:02 09:10 09:01	13,27 km/h
118	138	Hoffmann Carsten	Laufen rund um Münster	0:45:26	M40	17	0:45:16	- 08:42 08:55 09:11 09:14 09:12	13,25 km/h
119	95	Glahn Luis	Sonntagsrunde	0:45:40	MU18	3	0:45:27	- 09:05 09:06 09:14 09:18 08:43	13,20 km/h
120	211	Hörmeier Carsten	Bergziegen Altenberge	0:45:41	M40	18	0:45:23	- 08:41 08:51 08:59 09:23 09:27	13,22 km/h
121	385	Beinhauer Moritz	Johann-Conrad-Schlaun G	0:45:45	MU18	4	0:45:21	- 08:51 08:54 09:22 09:27 08:45	13,23 km/h
122	398	Raclaf Alexander	*Hamm	0:45:46	M35	25	0:45:34	- 09:19 09:12 09:08 09:11 08:42	13,16 km/h
123	114	Brinker Hans-Dieter	Run-Team Osnabrück	0:45:46	M55	8	0:45:38	- 09:00 09:03 09:13 09:12 09:09	13,14 km/h
124	113	Kipp Stefan	*Münster	0:45:49	M40	19	0:45:29	- 08:50 09:07 09:18 09:14 08:56	13,19 km/h
125	217	Andreas Eping	*Everswinkel	0:45:49	M30	15	0:45:37	- 08:42 08:59 09:13 09:30 09:11	13,15 km/h
126	912	Rose Norbert	Laufsportfreunde Grinnend	0:45:53	M50	14	0:45:39	- 09:04 09:05 09:10 09:15 09:03	13,14 km/h
127	637	Bergler Claudius	Clobo-Team	0:45:59	M45	16	0:45:54	- 08:49 08:57 09:14 09:33 09:20	13,07 km/h
128	165	Kuhlhüser Wilfried	*Beckum	0:46:08	M50	15	0:45:53	- 09:00 09:08 09:17 09:22 09:05	13,07 km/h
129	160	Olejniczak Stefan	Continental Dortmund	0:46:09	M60	2	0:46:03	- 08:59 09:13 09:19 09:24 09:06	13,03 km/h
130	149	Mesch Walter	*Münster	0:46:10	M50	16	0:45:55	- 08:54 09:13 09:25 09:20 09:01	13,06 km/h
131	199	Griehl Stefan	H. Gautzsch	0:46:10	MHK	22	0:45:46	- 09:09 08:57 08:59 09:12 09:27	13,11 km/h
132	617	Möller Kai		0:46:12	M40	20	0:45:53	- 08:54 09:05 09:28 09:28 08:56	13,08 km/h
133	315	Meinert Julian	*Emsdetten	0:46:15	MHK	23	0:45:40	- 09:40 09:09 09:07 09:01 08:41	13,14 km/h
134	417	Möhlmann Tobias	BSG LVM Versicherung	0:46:17	MHK	24	0:46:13	- 07:45 08:13 08:30 09:42 12:01	12,98 km/h
135	419	Schumann Dennis	Realschule im Kreuzviertel	0:46:18	MHK	25	0:45:31	- 08:52 08:48 08:49 09:25 09:35	13,18 km/h
136	7	Rump Mario	*Münster	0:46:20	M40	21	0:46:04	- 09:10 09:17 09:13 09:21 09:00	13,02 km/h
137	386	Hernandez Esteban Franci	*Alcala de Henares	0:46:21	MU18	5	0:45:57	- 08:51 08:53 09:23 09:27 09:22	13,05 km/h
138	222	Vortkamp Markus	*Münster	0:46:24	M45	17	0:46:17	- 08:46 09:10 09:26 09:32 09:20	12,96 km/h
139	377	Holger Kleinke	*Münster	0:46:24	M50	17	0:46:17	- 08:47 09:10 09:26 09:31 09:21	12,96 km/h
140	65	Feder Uwe	*Münster	0:46:33	M50	18	0:45:58	- 09:23 08:58 09:08 09:20 09:08	13,05 km/h
141	156	Studinski Torben	SC Borchen	0:46:41	MU18	6	0:46:30	- 09:06 09:26 09:46 09:39 08:31	12,90 km/h
142	41	Gallmeister Wolfgang	Werse Läufer Münster	0:46:44	M55	9	0:46:35	- 09:05 09:22 09:23 09:23 09:20	12,88 km/h
143	262	Kus Rasim	*Münster	0:46:47	MHK	26	0:46:42	- 08:21 08:51 09:23 09:58 10:07	12,85 km/h
144	609	Oelgemöller Jürgen	SC Münster 08	0:46:48	M45	18	0:46:38	- 08:39 09:05 09:27 09:42 09:44	12,86 km/h
145	296	Reher Andreas	Reher & Kollegen	0:46:51	M55	10	0:46:20	- 09:04 09:08 09:27 09:30 09:08	12,95 km/h
146	85	Lüdemann Bernd	BSV Ostbevern	0:46:52	M60	3	0:46:47	- 08:53 09:33 09:32 09:20 09:24	12,82 km/h
147	922	Dieckenhoff Stefan	VfR Vortrup	0:46:53	M40	22	0:46:44	- 08:38 09:17 09:31 09:42 09:35	12,84 km/h
148	193	Lukaschek Peter	*Hamm	0:46:57	M30	16	0:46:45	- 09:19 09:14 09:19 09:24 09:27	12,83 km/h
149	908	Stenzel Mark	Lauffreunde Roxel	0:46:57	M40	23	0:46:48	- 09:08 09:10 09:28 09:32 09:28	12,82 km/h
150	116	Schütze Moritz Jan	LSF Münster	0:46:58	M35	26	0:46:50	- 09:11 09:18 09:29 09:32 09:17	12,81 km/h
151	30	Schätzlein Peter	*Münster	0:46:58	MHK	27	0:46:46	- 09:53 08:58 09:13 09:22 09:18	12,83 km/h
152	26	Kastner Alexander	*Münster	0:46:58	MHK	28	0:46:47	- 09:54 08:58 09:13 09:22 09:18	12,82 km/h
153	641	Glasbrenner Bernhard		0:47:01	M50	19	0:46:50	- 09:09 09:15 09:28 09:34 09:22	12,81 km/h
154	212	Schilling Gregor	Bergziegen Altenberge	0:47:07	M45	19	0:46:47	- 09:29 09:20 09:19 09:25 09:11	12,82 km/h
155	404	Gausling Hendrik	H. Gautzsch	0:47:16	MHK	29	0:46:42	- 09:00 08:56 09:03 09:39 10:02	12,85 km/h
156	907	Biesenbaum Thomas		0:47:17	M50	20	0:46:57	- 09:18 09:16 09:20 09:28 09:32	12,78 km/h
157	418	Pieck Bente	Realschule im Kreuzviertel	0:47:17	MU16	2	0:47:13	- 08:32 09:24 09:26 09:54 09:55	12,70 km/h
158	389	Gadomski Bodo	Don-Bosco-Schule Rheine	0:47:17	M40	24	0:47:00	- 09:37 18:43 09:30 00:00 00:00	12,76 km/h
159	261	Havers Kai-Simon	LSF Münster	0:47:19	M35	27	0:47:09	- 09:10 09:29 09:35 09:32 09:22	12,72 km/h
160	436	Wiesmann Leon	LG Ems Warendorf	0:47:26	MU18	7	0:47:10	- 09:22 09:30 09:32 09:24 09:21	12,72 km/h
161	604	Cremers Jann-Frederik		0:47:31	M35	28	0:47:21	- 09:27 09:29 09:25 09:29 09:29	12,67 km/h
162	207	Becker Michael	BSG LVM Versicherung	0:47:41	M45	20	0:47:28	- 09:03 09:20 09:36 09:41 09:45	12,64 km/h
163	258	Stritzke Marco	*Münster	0:47:41	M30	17	0:47:32	- 09:41 09:50 09:28 09:20 09:11	12,62 km/h
164	119	Kleinert Matthias	Laufftreff Lüdinghausen / r	0:47:46	M40	25	0:47:18	- 09:21 09:14 09:31 09:45 09:26	12,68 km/h
165	36	Stückmann Dirk	Laufftreff Greven aktuell	0:47:47	M35	29	0:47:28	- 09:14 09:28 09:34 09:44 09:26	12,64 km/h
165	216	Bormann Philipp	*Münster	0:47:47	M35	29	0:47:35	- 08:53 09:25 09:51 09:48 09:36	12,61 km/h
167	47	Schardt Michael	Laufsport Münster-Mitte	0:47:49	M60	4	0:47:40	- 09:17 09:38 09:37 09:35 09:31	12,59 km/h
168	355	Jagosz Mariusz	*Havixbeck	0:47:50	M40	26	0:47:30	- 09:19 09:31 09:33 09:33 09:33	12,63 km/h
169	909	Strecker Tobias	Lippe Runners Werne	0:47:53	M40	27	0:47:28	- 09:15 09:14 09:23 09:37 09:57	12,64 km/h
170	218	Kogge Thomas	Tri Finish Münster	0:47:54	M45	21	0:47:44	- 09:19 09:37 09:40 09:39 09:27	12,57 km/h
171	472	Erpenbeck Alex	BSV Ostbevern	0:47:55	M30	18	0:47:32	- 09:08 09:18 09:34 09:49 09:42	12,62 km/h

ZfS-Münster-City-Run 3. Juli 2016

10 km

Männer

Seite 4

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
172	284	Illner Uli	Speedy Gonzales	0:47:55	M40	28	0:47:43	- 08:46 09:30 09:45 10:00 09:40	12,57 km/h
173	84	Menzel Daniel	*Hagen	0:47:57	MHK	30	0:47:45	- 09:28 19:07 09:36 00:00 00:00	12,56 km/h
174	68	Buil Michael	Provinzial Rheinland	0:47:59	M55	11	0:47:49	- 09:17 09:38 09:39 09:42 09:31	12,54 km/h
175	642	Boberg Friedel	TV Georgsmarienhütte	0:48:00	M65	3	0:47:46	- 09:20 09:32 09:38 09:43 09:31	12,56 km/h
176	259	Sander Til	*Emsdetten	0:48:02	MHK	31	0:47:26	- 09:40 09:09 09:10 09:49 09:36	12,65 km/h
177	435	Cordes Robin	WSU	0:48:06	MU18	8	0:47:51	- 09:23 09:29 09:37 09:47 09:33	12,54 km/h
178	87	Petermann Guido	*Wegberg	0:48:07	M35	31	0:47:51	- 09:31 09:29 09:40 09:37 09:32	12,54 km/h
179	470	Höing Udo	Gescher	0:48:08	M40	29	0:48:01	- 08:38 09:47 09:57 09:56 09:41	12,49 km/h
180	608	Pichler Thorsten		0:48:09	M30	19	0:47:34	- 10:21 09:45 09:30 09:12 08:44	12,61 km/h
181	348	Terbeck Christoph	*Ahaus	0:48:12	M35	32	0:47:56	- 09:06 09:34 09:45 09:53 09:36	12,52 km/h
182	605	Eiersbrock Hubert	DJK Adler Buldern	0:48:15	M50	21	0:48:04	- 09:28 09:30 09:33 09:44 09:47	12,48 km/h
183	427	Eiersbrock Josef	LSF Münster	0:48:15	M60	5	0:48:04	- 09:28 09:30 09:34 09:44 09:47	12,48 km/h
184	106	Gebauer Markus	MGness	0:48:17	M35	33	0:47:44	- 09:08 09:33 09:40 09:52 09:29	12,57 km/h
185	188	Appels Peter	LF Hadi Wesel	0:48:22	M55	12	0:48:14	- 09:21 09:32 09:47 09:54 09:38	12,44 km/h
186	3	Spey Martin	Pinolino Kinderträume GM	0:48:39	M45	22	0:48:24	- 09:16 19:34 09:53 00:00 00:00	12,40 km/h
187	1	Pervelz Jörg	Zehlendorfer Wespen	0:48:41	M55	13	0:48:34	- 09:27 09:34 09:42 09:59 09:50	12,35 km/h
188	613	Feldmann Achim	*Greven	0:48:55	M50	22	0:48:29	- 09:22 09:26 09:43 10:07 09:49	12,37 km/h
189	440	Paar Moritz		0:48:57	MHK	32	0:48:45	- 09:37 09:44 09:41 09:51 09:50	12,30 km/h
190	347	Heineke Christoph	*Senden	0:48:58	MU16	3	0:48:27	- 09:55 09:35 09:51 09:47 09:16	12,38 km/h
191	190	Lebkücher Sven	TTC Münster	0:48:59	MHK	33	0:48:48	- 09:38 09:43 09:41 09:52 09:51	12,29 km/h
192	916	Lehr Thomas	*Münster	0:49:11	M55	14	0:49:06	- 09:16 09:48 10:10 09:56 09:54	12,22 km/h
193	235	Eßmann Martin	MSC Münster	0:49:14	M55	15	0:48:44	- 10:03 09:47 09:39 09:42 09:30	12,31 km/h
194	461	Zeus Heiko	Zweitag	0:49:23	M30	20	0:49:10	- 09:36 09:50 09:54 09:53 09:55	12,20 km/h
195	90	Ahlers Michael	BSG Westfalen	0:49:29	M55	16	0:48:57	- 10:13 09:48 09:38 09:43 09:34	12,25 km/h
196	57	Leugers Dirk	*Münster	0:49:30	M45	23	0:49:03	- 09:46 09:50 09:43 09:53 09:49	12,23 km/h
197	396	Seichter Christian	*Münster	0:49:44	M50	23	0:49:10	- 09:48 09:47 09:51 09:57 09:46	12,20 km/h
198	611	Stegemann Manfred	*Münster	0:49:47	M50	24	0:49:28	- 09:33 09:51 09:56 10:05 10:00	12,13 km/h
199	22	Gelhard Yves	Laufen rund um Münster	0:49:47	M40	30	0:49:29	- 09:46 10:07 09:58 10:04 09:33	12,12 km/h
200	221	Wendring Daniel	*Münster	0:49:48	M30	21	0:49:16	- 09:39 09:36 09:51 10:01 10:08	12,18 km/h
201	248	Zihang Thomas	Die Peselhegel	0:49:48	M35	34	0:49:31	- 09:52 09:57 09:52 09:56 09:52	12,12 km/h
202	82	Hoveling Heinz	LSF Münster	0:49:51	M65	4	0:49:45	- 09:41 09:58 09:57 10:07 10:01	12,06 km/h
203	76	Kappenberg Lars	FC St. Pauli Triathlon	0:49:58	M45	24	0:49:29	- 09:24 09:43 10:02 10:23 09:56	12,12 km/h
204	929	Möllers Peter	DJK Dyckburg Münster	0:49:59	M50	25	0:49:29	- 10:05 09:50 09:51 09:54 09:47	12,12 km/h
205	304	Sabih Jamil	Clemenshospital	0:50:01	MHK	34	0:49:40	- 09:51 09:58 10:07 10:25 09:17	12,08 km/h
206	925	Bensmann Frank	*Münster	0:50:02	M40	31	0:49:28	- 09:31 10:04 09:56 10:04 09:51	12,13 km/h
207	98	Schell Waldemar	*Harsewinkel	0:50:03	M30	22	0:49:42	- 10:21 10:37 09:42 09:41 09:19	12,07 km/h
208	69	Nierhoff Kai	*Münster	0:50:11	M40	32	0:49:44	- 10:03 09:59 09:55 10:02 09:44	12,06 km/h
209	410	Schütz Lars	H. Gautzsch	0:50:12	M30	23	0:49:37	- 10:12 09:43 10:00 09:56 09:45	12,09 km/h
210	54	Rietmann Bernhard	BSG AGRAVIS	0:50:17	M45	25	0:50:03	- 09:45 10:01 09:57 10:06 10:11	11,99 km/h
211	203	Loddenkötter Stefan	H. Gautzsch	0:50:19	M50	26	0:49:54	- 09:48 09:47 10:02 10:17 09:59	12,02 km/h
212	622	Wegmann Claus	TV Friesen Telgte	0:50:22	M50	27	0:49:59	- 10:06 10:07 10:01 10:01 09:41	12,00 km/h
213	78	Ziese Bernd	MDK Rheine	0:50:27	M50	28	0:50:09	- 10:04 10:11 10:06 10:05 09:41	11,96 km/h
214	236	Gellern Frank	A D F C	0:50:35	M45	26	0:50:22	- 09:36 09:40 09:59 10:22 10:43	11,91 km/h
215	437	Blick-Veber Matthias		0:50:36	M45	27	0:50:10	- 09:48 09:48 09:59 10:16 10:17	11,96 km/h
216	397	Björn Holdt	*Münster	0:50:38	MHK	35	0:50:09	- 09:56 09:53 10:06 10:14 09:59	11,96 km/h
217	45	Blumenstiel Jonas	blumenstiel@uni-muenster	0:50:43	M30	24	0:50:28	- 10:12 09:56 10:03 10:16 09:59	11,89 km/h
218	110	Frewer Sebastian	*Münster	0:50:43	M30	25	0:50:28	- 10:12 09:56 10:03 10:16 09:59	11,89 km/h
219	445	Schulze Spüntrup Mark		0:51:07	MHK	36	0:50:41	- 10:35 10:46 11:00 09:15 09:03	11,84 km/h
220	9	Lepach Frank	Laufen rund um Münster	0:51:10	M45	28	0:50:51	- 10:15 10:27 10:02 10:00 10:04	11,80 km/h
221	403	Emmerich Maximilian	H. Gautzsch	0:51:11	M30	26	0:50:35	- 10:31 10:13 10:16 09:53 09:40	11,86 km/h
222	351	Thume Matthias	BSG Westfalen	0:51:13	M45	29	0:50:40	- 10:16 09:52 09:58 10:33 09:59	11,84 km/h
223	934	Schmitz Christian		0:51:15	M50	29	0:51:01	- 09:57 09:59 10:08 10:32 10:23	11,76 km/h
224	413	Brocks Andre	BSG LVM Versicherung	0:51:21	M40	33	0:51:04	- 10:09 10:15 10:24 10:15 09:59	11,75 km/h
225	70	Meyer Matthias	IM Allstar Team	0:51:27	M45	30	0:50:49	- 10:15 09:59 10:05 10:20 10:09	11,80 km/h
226	462	Noack Oliver		0:51:42	MHK	37	0:51:29	- 10:11 10:26 10:30 10:23 09:56	11,65 km/h
227	164	Hahn Günter	LSF Münster	0:51:49	M60	6	0:51:23	- 10:37 10:28 10:14 10:14 09:47	11,68 km/h
228	18	Mertl Frank	Laufen rund um Münster	0:51:50	M50	30	0:51:41	- 09:52 10:10 10:23 10:44 10:31	11,61 km/h

ZfS-Münster-City-Run 3. Juli 2016

10 km

Männer

Seite 5

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
229	438	Schürmann Manfred		0:52:01	M60	7	0:51:37	- 10:03 10:08 10:23 10:30 10:30	11,62 km/h
230	166	Goschke Michael	LSF Münster	0:52:03	M45	31	0:51:45	- 09:39 10:17 10:34 10:38 10:35	11,59 km/h
231	371	Held Simon	TCM Tauchsportclub Mün	0:52:04	M35	35	0:51:53	- 10:20 10:29 10:19 10:35 10:08	11,56 km/h
232	408	Naumann Robert	H. Gautzsch	0:52:11	MHK	38	0:51:46	- 10:32 10:18 10:16 10:24 10:13	11,59 km/h
233	157	König Ralph	LSF Münster	0:52:13	M50	31	0:52:05	- 08:54 10:16 10:34 12:01 10:18	11,52 km/h
234	370	Heitmann Martin	Tauchsportclub Münster	0:52:14	M45	32	0:52:02	- 10:17 10:30 10:29 10:34 10:10	11,53 km/h
235	151	Venker Paul	LG Emsdetten	0:52:23	M65	5	0:52:16	- 10:11 10:34 10:31 10:33 10:24	11,48 km/h
236	382	Türker Cafer	NOWEDA AG	0:52:28	M55	17	0:52:13	- 10:37 10:20 10:29 10:25 10:21	11,49 km/h
237	428	Lenfort Tom	Realschule im Kreuzviertel	0:52:33	MU16	4	0:52:31	- 08:30 09:14 09:46 14:49 10:10	11,42 km/h
238	96	Barwe Christian	*Münster	0:52:38	M45	33	0:52:18	- 10:29 10:20 10:30 10:40 10:17	11,47 km/h
239	311	Buschhorn Florian	*Münster	0:52:40	MHK	39	0:52:22	- 11:05 10:37 10:08 10:30 09:59	11,46 km/h
240	411	Bendik Thorsten	BSG LVM Versicherung	0:52:45	M35	36	0:52:26	- 09:56 09:49 10:39 10:52 11:08	11,44 km/h
241	201	Ilgner Uwe	H. Gautzsch	0:52:47	M45	34	0:52:22	- 10:22 10:22 10:28 10:30 10:38	11,46 km/h
242	392	Herzog Michael	*Bochum	0:52:48	M30	27	0:52:15	- 09:58 10:16 10:37 10:54 10:28	11,48 km/h
243	341	Behrens Christoph	BSG Westfalen	0:52:49	M60	8	0:52:17	- 10:35 10:12 10:17 10:16 10:55	11,47 km/h
244	161	Schweck Werner	WSU Lauftreff	0:52:49	M60	9	0:51:55	- 10:23 10:23 10:20 10:21 10:25	11,56 km/h
245	75	Rutter Christoph	FI Sport e.V.	0:52:53	M40	34	0:52:46	- 09:49 10:30 10:51 10:57 10:37	11,37 km/h
246	4	Ingo Schumacher	Laufen rund um Münster	0:52:53	M45	35	0:52:41	- 09:51 10:26 10:39 10:59 10:44	11,39 km/h
247	112	Voss Marcus	LippeRunners Werne	0:53:01	M40	35	0:52:34	- 10:20 10:27 10:30 10:32 10:42	11,41 km/h
248	129	Sven Zieseniß	LippeRunners Werne	0:53:01	M35	37	0:52:33	- 10:20 10:27 10:30 10:32 10:42	11,42 km/h
249	416	Gimth Christian	BSG LVM Versicherung	0:53:03	M45	36	0:52:51	- 09:27 11:01 10:58 10:55 10:28	11,35 km/h
250	464	Knara Frank		0:53:13	M50	32	0:52:44	- 10:26 10:31 10:34 10:35 10:36	11,38 km/h
251	94	Glahn Bernhard	Sonntagsrunde	0:53:18	M45	37	0:53:05	- 09:05 10:28 11:05 11:16 11:09	11,30 km/h
252	204	Oester Thomas	H. Gautzsch	0:53:22	M45	38	0:52:58	- 10:02 10:38 10:54 11:04 10:18	11,33 km/h
253	174	Terbrüggen Eric	*Münster	0:53:22	M45	39	0:52:52	- 10:26 10:37 10:44 10:36 10:27	11,35 km/h
254	910	Groß Stephan	Team M-Line	0:53:26	M45	40	0:53:21	- 10:31 10:39 10:44 10:52 10:33	11,25 km/h
255	73	WEBER FRANK	Saxonia Münster	0:53:39	M45	41	0:53:08	- 10:41 10:38 10:42 10:44 10:22	11,29 km/h
256	468	Habersack Marco		0:53:46	MU20	2	0:53:43	- 09:02 10:26 11:38 11:51 10:45	11,17 km/h
257	274	Radzanowski Werner	SV Schermbeck	0:53:48	M65	6	0:53:42	- 10:23 10:42 10:47 11:01 10:47	11,17 km/h
258	301	Bußmann Roland	NOWEDA AG	0:53:50	M35	38	0:53:35	- 10:43 10:55 10:49 10:40 10:26	11,20 km/h
259	381	Schwarz Michael	NOWEDA AG	0:53:50	M35	39	0:53:35	- 10:43 10:55 10:50 10:39 10:26	11,20 km/h
260	320	Ohm Stephan	*Telgte	0:53:51	M35	40	0:53:22	- 10:32 10:36 10:47 10:46 10:40	11,24 km/h
261	623	Hölker Oliver		0:53:52	M	0	0:53:19	- 10:40 10:26 10:14 10:52 11:04	11,25 km/h
262	400	Arcidiacono Antonio	H. Gautzsch	0:54:13	M45	42	0:53:52	- 10:38 10:35 10:47 11:01 10:50	11,14 km/h
263	383	Reichelt Jan	*Münster	0:54:31	MHK	40	0:54:05	- 11:00 10:34 10:50 10:53 10:46	11,09 km/h
264	450	Wilminik Joachim		0:54:34	M35	41	0:54:11	- 10:15 10:28 10:54 11:24 11:07	11,07 km/h
265	460	Bittner Andre		0:54:46	M30	28	0:54:37	- 10:11 10:39 10:56 11:29 11:20	10,98 km/h
266	21	Schemmer Jürgen	*Münster	0:54:47	M45	43	0:54:21	- 10:35 10:46 11:00 11:03 10:55	11,04 km/h
267	606	Böhm Marc		0:54:49	M45	44	0:54:15	- 10:54 10:48 10:47 10:59 10:45	11,06 km/h
268	329	Ertl Christian	*Dortmund	0:54:52	MHK	41	0:54:16	- 11:08 10:50 10:37 10:38 11:01	11,06 km/h
269	422	Schreinemacher Michael	Bergziegen Altenberge	0:55:04	M50	33	0:54:44	- 10:25 10:43 11:22 11:14 10:59	10,96 km/h
270	250	Hilge Oliver	Die Peselhegel	0:55:09	M30	29	0:54:51	- 10:21 10:51 11:07 11:26 11:03	10,94 km/h
271	60	Mehlich Klaus	*Steinfurt	0:55:12	M65	7	0:55:02	- 10:55 10:50 11:02 11:12 11:01	10,90 km/h
272	600	Luken Guido	Lauffreunde Enslar	0:55:23	M40	36	0:55:05	- 10:41 10:59 11:09 11:24 10:49	10,89 km/h
273	198	Brüggemann Andreas	H. Gautzsch	0:55:24	M45	45	0:54:58	- 10:29 11:20 11:11 11:09 10:46	10,91 km/h
274	407	Naumann Mathias	H. Gautzsch	0:55:30	M55	18	0:55:06	- 11:03 10:59 11:02 11:22 10:38	10,89 km/h
275	903	Eckermann Thomas	*Münster	0:55:35	M45	46	0:55:10	- 10:49 11:01 11:08 11:18 10:52	10,87 km/h
276	615	Ascheberg Volker	Laufen rund um Münster	0:55:39	M50	34	0:55:20	- 11:09 11:05 11:10 11:00 10:55	10,84 km/h
277	414	Deckenhoff Christian	BSG LVM Versicherung	0:55:41	M30	30	0:55:21	- 10:11 10:32 11:22 11:31 11:43	10,84 km/h
278	277	Römer-Karrasch Michael	*Münster	0:55:56	M50	35	0:55:49	- 10:32 11:20 11:41 11:18 10:55	10,75 km/h
279	327	Stallmann Marco	*Münster	0:55:58	MHK	42	0:55:28	- 11:34 10:56 10:54 11:20 10:42	10,82 km/h
280	290	Adam Hendryk	*Münster	0:56:00	MHK	43	0:55:45	- 10:55 11:11 11:15 11:21 11:02	10,76 km/h
281	465	Lehmann Janne	DJK Milte	0:56:03	MU18	9	0:55:32	- 10:27 10:15 10:32 12:11 12:06	10,80 km/h
282	55	Kozjan Bogdan	Run4Jesus.net	0:56:21	M40	37	0:56:02	- 11:11 11:01 11:17 11:28 11:04	10,71 km/h
283	467	Lohölter Jens	BSG Igla Reken	0:56:33	M40	38	0:55:56	- 11:00 10:56 11:17 11:24 11:17	10,73 km/h
284	135	Manke Hans-Peter	Greven	0:56:38	M70	1	0:56:12	- 11:08 11:01 11:12 11:23 11:27	10,67 km/h
285	917	Lammers Dietmar	Sonntagsläufer	0:56:41	M50	36	0:56:27	- 10:05 10:45 11:14 11:49 12:33	10,63 km/h

ZfS-Münster-City-Run 3. Juli 2016

10 km

Männer

Seite 6

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
286	415	Dombrowski Marcus	BSG LVM Versicherung	0:56:41	M45	47	0:56:28	- 10:08 11:18 11:37 11:48 11:35	10,63 km/h
287	278	Lange David	*Münster	0:56:43	MHK	44	0:56:20	- 10:51 11:05 11:21 11:32 11:29	10,65 km/h
288	273	Hunke Thomas	Lauftreff Greven aktuell	0:56:49	M45	48	0:56:17	- 10:59 11:02 11:10 11:31 11:33	10,66 km/h
289	33	Hesse Felix	*Münster	0:56:56	MHK	45	0:56:26	- 10:32 11:16 11:21 11:40 11:35	10,63 km/h
290	183	Landau Guido	*Münster	0:56:58	M40	39	0:56:33	- 11:06 11:13 11:41 11:23 11:08	10,61 km/h
291	904	Kreienbaum Bernhard	LSF Münster	0:57:09	M70	2	0:57:02	- 11:05 11:24 11:31 11:40 11:20	10,52 km/h
292	902	Stanke Claus	Pflegebüro Bahrenberg	0:57:15	M45	49	0:56:48	- 11:14 11:05 11:01 11:57 11:29	10,56 km/h
293	446	Reichel Thomas		0:57:17	M45	50	0:56:43	- 11:10 11:32 11:29 11:27 11:03	10,58 km/h
294	409	Rosengarten Simon	H. Gautzsch	0:57:19	MHK	46	0:56:46	- 10:58 11:07 11:44 11:49 11:07	10,57 km/h
295	354	Giehler Florian	*Münster	0:57:42	M30	31	0:57:06	- 11:27 11:14 11:21 11:22 11:41	10,51 km/h
296	614	Driese Werner	BSG - SPK. MSLO	0:58:00	M60	10	0:57:31	- 11:26 11:25 11:27 11:26 11:45	10,43 km/h
297	352	Sietas Andreas	CVJM	0:58:18	MHK	47	0:57:48	- 11:30 11:21 11:50 11:40 11:24	10,38 km/h
298	10	Vette Klaus	Laufen rund um Münster	0:58:42	M50	37	0:58:25	- 11:11 11:30 11:51 12:01 11:50	10,27 km/h
299	454	Cohermann Christian	Laufen rund um Münster	0:58:59	M40	40	0:58:42	- 11:24 11:34 12:00 11:56 11:47	10,22 km/h
300	32	Janssen Frank	Lauftreff Greven	0:58:59	M50	38	0:58:41	- 11:10 11:24 11:54 12:03 12:08	10,22 km/h
301	209	Korves Thomas	BSG LVM Versicherung	0:59:11	M55	19	0:58:51	- 11:09 11:44 11:57 12:05 11:54	10,19 km/h
302	458	Haverkamp Ulrich		0:59:15	M60	11	0:58:31	- 11:07 11:28 11:53 12:02 11:59	10,25 km/h
303	362	Beerhorst Christoph	*Dülmen	0:59:32	MHK	48	0:59:10	- 10:45 11:01 12:13 12:31 12:39	10,14 km/h
304	11	Schienze Thorsten	Laufen rund um Münster	0:59:35	M40	41	0:59:16	- 11:17 11:38 11:59 12:16 12:03	10,12 km/h
305	162	Schwartz Martin	WSU Lauftreff	0:59:57	MHK	49	0:59:41	- 10:58 11:36 11:54 12:28 12:43	10,05 km/h
306	380	Nosthoff Simon	NOWEDA AG	0:59:59	M30	32	0:59:43	- 10:45 11:51 12:14 12:16 12:35	10,05 km/h
307	100	Werner Gerhard	medisport Dortmund	1:00:11	M65	8	0:59:36	- 12:01 11:49 11:45 12:06 11:52	10,07 km/h
308	91	Weinberg Marc	*Bad Bentheim	1:00:19	M35	42	0:59:49	- 11:12 11:38 12:23 12:49 11:46	10,03 km/h
309	349	Schnurr Jonathan	*Münster	1:00:41	MHK	50	1:00:13	- 11:33 11:33 12:10 13:05 11:51	9,96 km/h
310	405	Kleindiek Hans-Werner	H. Gautzsch	1:01:19	MHK	51	1:00:45	- 12:25 24:12 12:01 00:00 00:00	9,88 km/h
311	263	Kreimer Bernd	Laufteufel	1:02:21	M65	9	1:01:46	- 12:05 25:00 12:39 00:00 00:00	9,71 km/h
312	636	Schrewe Franz Bernhard	Theater - mit allen Sinnen	1:02:39	M60	12	1:02:23	- 10:50 11:44 12:31 13:13 14:04	9,62 km/h
313	442	Hüttermann Patrick		1:02:44	M45	51	1:02:10	- 12:26 12:26 12:29 12:31 12:18	9,65 km/h
314	399	de Jong Volker	DJK Borussia Münster	1:02:46	M45	52	1:02:34	- 11:39 12:06 13:05 13:11 12:30	9,59 km/h
315	448	Reilly Johannes		1:03:09	MU18	10	1:02:35	- 09:37 09:36 10:02 10:50 22:28	9,59 km/h
316	226	Illner Rolf	*Dorsten	1:04:32	M60	13	1:03:59	- 11:51 12:20 13:24 13:15 13:07	9,38 km/h
317	180	Kotes Christian	HEINZ training	1:05:08	M35	43	1:04:30	- 12:53 13:08 13:12 13:06 12:10	9,30 km/h
318	319	Hacke Ben	*Münster	1:05:24	MHK	52	1:04:48	- 13:14 13:03 13:11 13:05 12:14	9,26 km/h
319	179	Weber Franz-Josef	Lauftreff Höingen	1:16:52	M55	20	1:16:44	- 13:33 14:36 15:25 16:36 16:32	7,82 km/h
320	420	Strumann Ragnar	Realschule im Kreuzviertel	1:18:06	MU18	11	1:17:26	- 13:51 15:13 16:09 16:13 15:58	7,75 km/h
321	421	Sumowski Klaus	Realschule im Kreuzviertel	1:18:08	M50	39	1:17:27	- 13:51 15:12 16:09 16:13 16:00	7,75 km/h

ZfS-Münster-City-Run 3. Juli 2016

10 km

Frauen

Seite 7

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
1	13	Dörschel Christl	SG Wenden	0:36:50	W40	1	0:36:49	07:08 07:18 07:23 07:28 07:30	16,30 km/h
2	901	Lüring Sandra	LSF Münster	0:37:36	WHK	1	0:37:33	07:25 07:32 07:32 07:33 07:29	15,98 km/h
3	173	Wied Ramona	SG Wenden	0:38:23	W45	1	0:38:21	07:32 07:40 07:42 07:47 07:38	15,64 km/h
4	931	Schäpers Silke	Rhein-Berg Runners	0:38:49	W45	2	0:38:47	07:25 07:39 07:50 07:56 07:55	15,47 km/h
5	133	Frederike Anne Straeten	LG Brillux Münster	0:39:32	WHK	2	0:39:30	07:42 07:51 07:54 08:00 08:02	15,19 km/h
6	928	Kortmann Sonja	*Everswinkel	0:39:53	WHK	3	0:39:49	07:49 07:54 07:59 08:04 08:01	15,06 km/h
7	93	Walter Katrin	Lauffreunde Bönen	0:40:30	W35	1	0:40:28	07:32 08:05 08:15 08:20 08:14	14,83 km/h
8	192	Möse Kristin	Starlight Team Essen	0:42:44	WHK	4	0:42:36	08:14 08:21 08:34 08:41 08:44	14,08 km/h
9	128	Postert Christiane	*Münster	0:43:01	W40	2	0:42:56	08:28 08:31 08:40 08:45 08:30	13,97 km/h
10	911	Rose Ida	LSF Münster	0:43:09	WU18	1	0:43:06	08:13 08:31 08:45 08:58 08:36	13,92 km/h
11	101	Fels Anika	LG Coesfeld	0:44:00	WHK	5	0:43:52	08:38 08:50 08:53 08:54 08:36	13,67 km/h
12	171	Ludwig Sabine	Spiridon Haltern	0:44:02	W45	3	0:43:59	08:44 08:51 08:52 08:53 08:38	13,64 km/h
13	61	Löckemann Markus	LG Emsdetten	0:44:09	W40	3	0:44:03	08:11 08:52 09:03 09:03 08:53	13,62 km/h
14	150	Weimar Sonja	androGym Münster	0:45:02	W40	4	0:44:53	08:37 08:50 09:10 09:10 09:05	13,36 km/h
15	152	Kloppenborg Petra	LG Emsdetten	0:45:28	W50	1	0:45:25	08:44 08:56 09:10 09:17 09:16	13,21 km/h
16	143	Heuer Tanja	LG Emsdetten	0:46:00	W40	5	0:45:55	08:45 09:01 09:14 09:29 09:23	13,07 km/h
17	63	Hofmann Korinna	Las Saalinas	0:46:24	W45	4	0:46:17	08:47 09:09 09:27 09:31 09:21	12,96 km/h
18	619	Köhr Antonia	Marathon Steinfurt	0:46:36	WU18	2	0:46:23	09:08 09:18 09:26 09:26 09:02	12,94 km/h
19	83	Feyerabend Maria	LSF Münster	0:46:43	W60	1	0:46:39	09:03 09:17 09:26 09:25 09:26	12,86 km/h
20	305	Engl Maren	LSF Münster	0:46:55	W30	1	0:46:47	09:11 09:18 09:29 09:32 09:14	12,83 km/h
21	241	Kies Mechthild	LG Emsdetten	0:46:58	W60	2	0:46:52	09:00 09:11 09:30 09:42 09:26	12,80 km/h
22	141	Anne Cremer	*Münster	0:47:41	WHK	6	0:47:31	09:16 09:22 09:41 09:50 09:20	12,62 km/h
23	344	Bonmann Sarah	*Senden	0:47:42	WU16	1	0:47:11	09:56 09:20 09:19 09:26 09:09	12,71 km/h
24	364	Niehoff Cordula	VfL Ahaus	0:48:44	W50	2	0:48:36	09:34 09:35 09:44 09:56 09:45	12,35 km/h
25	390	Maren Schumacher	*Münster	0:49:13	W30	2	0:49:05	09:32 09:37 09:49 10:04 10:00	12,22 km/h
26	136	Schürmann Sandra	LippeRunners Werne	0:49:37	W40	6	0:49:12	09:45 09:51 09:56 09:54 09:44	12,19 km/h
27	187	Demand Vanessa	*Osnabrück	0:49:44	WHK	7	0:49:10	09:48 09:47 09:51 09:57 09:46	12,20 km/h
28	186	Gomes Rosa	LSF Münster	0:49:58	W45	5	0:49:52	09:38 09:55 10:05 10:09 10:04	12,03 km/h
29	466	Schulze Westhoff Christin	SC Müssingen	0:50:06	WU16	2	0:49:35	10:27 10:15 10:32 09:31 08:49	12,10 km/h
30	620	Köhr Heike	Marathon Steinfurt	0:50:07	W45	6	0:49:53	09:24 09:42 10:17 10:20 10:09	12,03 km/h
31	228	Heuer Barbara	LSF Münster	0:50:22	W50	3	0:50:13	10:03 09:57 09:58 10:05 10:08	11,95 km/h
32	176	Kolar Miriam	LSF Münster	0:50:49	W40	7	0:50:32	09:58 10:08 10:12 10:10 10:01	11,87 km/h
33	172	Fennenkötter Ellen	LSF Münster	0:51:19	W30	3	0:50:53	09:58 10:00 10:22 10:26 10:04	11,79 km/h
34	137	Engler Heike	BSG Sparkasse Münsterl	0:51:33	W40	8	0:51:16	10:04 10:15 10:22 10:24 10:09	11,70 km/h
35	46	Wolfgang Maria	*Münster	0:51:45	W30	4	0:51:28	10:15 10:12 10:27 10:33 09:59	11,66 km/h
36	300	Stellrecht Marlene	*Münster	0:51:46	W30	5	0:51:25	09:59 09:51 10:07 10:30 10:57	11,67 km/h
37	453	Schwarze Katja	ASC Alswede	0:51:46	W45	7	0:51:13	10:41 10:26 10:13 10:02 09:50	11,71 km/h
38	243	Fender Valerie	Radclub Münster	0:51:51	WHK	8	0:51:26	10:34 10:15 10:21 10:11 10:03	11,67 km/h
39	6	Rothmund Friederike	Fechtfreunde Münster	0:51:53	W30	6	0:51:31	10:26 10:24 10:27 10:26 09:45	11,65 km/h
40	356	Bloemen Carmen	*Geldern	0:52:05	WHK	9	0:51:42	10:10 10:10 10:21 10:33 10:26	11,60 km/h
41	115	Teutemacher Lena	*Emsdetten	0:52:06	WHK	10	0:51:43	10:10 10:09 10:22 10:32 10:27	11,60 km/h
42	270	Grabowski Sarah	*Münster	0:52:31	W30	7	0:51:59	10:11 10:16 10:22 10:39 10:28	11,54 km/h
43	926	Terpelle Doris		0:52:43	WHK	11	0:52:32	10:25 10:47 10:42 10:40 09:56	11,42 km/h
44	194	Plaskaty Kathrin	LG Ems Warendorf	0:52:49	W35	2	0:52:33	09:48 10:33 10:53 10:46 10:31	11,42 km/h
45	439	Kubas-Korzeniewski Katarz		0:53:26	W30	8	0:53:11	10:23 10:36 10:41 10:53 10:36	11,28 km/h
46	293	Reinink Anna-Lena	*Telgte	0:53:31	WHK	12	0:53:10	10:37 10:39 10:43 10:41 10:29	11,28 km/h
47	294	Reinink Martina	*Telgte	0:53:32	W50	4	0:53:11	10:36 10:38 10:43 10:41 10:31	11,28 km/h
48	444	Dieckmann Laura	TVE Lauffreunde Gladbec	0:53:34	WU20	1	0:53:12	10:36 10:39 10:42 10:41 10:32	11,28 km/h
49	313	Hülsmann Annika	bevegt	0:53:49	WHK	13	0:53:18	10:11 10:30 10:38 11:08 10:50	11,26 km/h
50	102	Schulze Bisping Agnes	Billerbecker Läufer	0:54:22	W50	5	0:54:10	10:17 10:45 10:54 11:11 11:01	11,08 km/h
51	447	Reilly Marion		0:54:37	W50	6	0:54:03	10:41 10:26 10:53 10:59 11:03	11,10 km/h
52	59	Gottschalk Antje	*Münster	0:54:53	W40	9	0:54:39	09:55 10:51 11:18 11:10 11:23	10,98 km/h
53	56	Leugers Katja	*Münster	0:54:54	W45	8	0:54:28	10:41 10:45 10:56 11:10 10:53	11,02 km/h
54	361	Franze Elena	*Warendorf	0:55:10	WHK	14	0:55:01	10:30 10:53 11:13 11:22 11:01	10,90 km/h
55	406	Naumann Lara	H. Gautzsch	0:55:15	W30	9	0:54:50	11:02 10:55 11:02 11:08 10:41	10,94 km/h
56	202	Lammerding-Suntrup Ines	H. Gautzsch	0:55:18	W45	9	0:54:53	10:52 10:55 11:12 10:59 10:53	10,93 km/h
57	359	Bobisz Miriam	*Harsewinkel	0:55:28	WHK	15	0:55:07	10:21 10:49 11:13 11:22 11:20	10,88 km/h

ZfS-Münster-City-Run 3. Juli 2016

10 km

Frauen

Seite 8

gedruckt 03.07.2016 20:51:19

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
58	66	Schwab Verena	*Berlin	0:55:33	W30	10	0:55:16	- 10:49 11:12 11:17 11:22 10:34	10,86 km/h
59	463	Diure Baiba		0:55:35	W35	3	0:55:11	- 10:49 11:01 11:09 11:18 10:52	10,87 km/h
60	312	Hunger Marie	*Münster	0:55:50	WHK	16	0:55:32	- 11:06 10:49 11:10 11:20 11:06	10,80 km/h
61	328	Neumann Sarah	*Münster	0:55:58	WHK	17	0:55:28	- 11:34 10:57 10:53 11:20 10:42	10,82 km/h
62	289	Adam Dorothee	*Düsseldorf	0:56:00	W50	7	0:55:46	- 10:56 11:11 11:14 11:21 11:01	10,76 km/h
63	16	Knoke Kathrin	Team Rochus	0:56:04	W30	11	0:55:48	- 10:49 11:12 11:17 11:22 11:06	10,75 km/h
64	272	Windgassen Anja	Team Rochus	0:56:07	WHK	18	0:55:50	- 10:49 11:11 11:17 11:22 11:08	10,75 km/h
65	338	Preckel Charlotte	*Münster	0:56:10	WHK	19	0:55:38	- 11:13 11:11 11:07 11:09 10:56	10,78 km/h
66	425	Koops Ulrike	*Münster	0:56:29	W30	12	0:56:16	- 10:51 11:08 11:25 11:44 11:06	10,66 km/h
67	401	Berg Margret	H. Gautzsch	0:56:32	W50	8	0:56:08	- 11:02 10:59 11:02 11:22 11:40	10,69 km/h
68	365	Schmidt Katrin	*Osnabrück	0:56:42	WHK	20	0:56:20	- 10:52 11:06 11:20 11:32 11:28	10,65 km/h
69	449	Brechler Britta		0:56:53	W35	4	0:56:29	- 10:51 11:11 11:20 11:38 11:27	10,62 km/h
70	275	Bisschop Sabine	*Münster	0:56:56	W30	13	0:56:25	- 10:32 11:16 11:21 11:40 11:35	10,63 km/h
71	245	Vieth Judith	Run4Fun Greven e.V.	0:57:01	W35	5	0:56:32	- 11:09 11:25 11:40 11:24 10:52	10,61 km/h
72	471	Lüpfer Johanna		0:57:05	W45	10	0:56:38	- 10:53 11:18 11:32 11:29 11:24	10,59 km/h
73	379	Wess Verena	*Münster	0:57:06	WHK	21	0:56:56	- 11:31 11:36 11:56 11:24 10:27	10,54 km/h
74	346	Wessels Birte	*Senden	0:57:16	WU16	3	0:56:45	- 11:32 11:31 11:37 11:14 10:49	10,57 km/h
75	360	Riemann Kathrin	*Münster	0:57:18	WHK	22	0:57:10	- 10:50 11:18 11:39 11:50 11:31	10,50 km/h
76	25	Watermeyer Johanna	*Münster	0:57:27	WHK	23	0:57:15	- 11:15 11:23 11:26 11:33 11:35	10,48 km/h
76	279	Busjan Jessica	*Münster	0:57:27	WHK	23	0:57:15	- 11:16 11:23 11:26 11:33 11:35	10,48 km/h
78	246	Muer Hella	Run4Fun Greven e.V.	0:57:30	W40	10	0:57:00	- 11:13 11:33 11:28 11:25 11:19	10,52 km/h
79	350	Krings Christina	*Münster	0:58:10	WHK	25	0:57:41	- 11:33 11:31 11:37 11:30 11:27	10,40 km/h
80	640	Glasbrenner Ursula		0:58:29	W50	9	0:57:56	- 11:28 11:25 11:42 11:54 11:27	10,35 km/h
81	459	Orthaus Kathrin	*Ahlen	0:58:33	W40	11	0:58:13	- 11:58 11:27 11:34 11:39 11:32	10,31 km/h
82	148	Haselmann Ursula	RSF Münster	0:58:52	W60	3	0:58:38	- 10:49 11:25 12:05 12:12 12:04	10,23 km/h
83	144	Hoffmann Isabel	Ironwomen	0:58:53	W30	14	0:58:25	- 11:22 11:43 11:53 12:03 11:23	10,27 km/h
84	384	Schwabe Inga	*Münster	0:58:54	WHK	26	0:58:38	- 11:40 11:50 11:51 11:44 11:31	10,23 km/h
85	89	Banach Sandra	Laufen rund um Münster	0:58:59	W45	11	0:58:42	- 11:24 11:34 11:59 11:56 11:47	10,22 km/h
86	456	Gerken Claudia		0:59:15	W55	1	0:58:32	- 11:07 11:28 11:54 12:02 11:59	10,25 km/h
87	612	Feldmann Janina		0:59:36	WHK	27	0:59:10	- 11:05 11:24 11:53 12:23 12:23	10,14 km/h
88	295	Buchheister Sandra	Reher & Collegen	0:59:56	W40	12	0:59:24	- 11:09 11:37 12:07 12:14 12:16	10,10 km/h
89	155	Studinski Maike	SC Borchen	1:00:08	W45	12	0:59:40	- 11:52 12:10 12:11 11:56 11:29	10,06 km/h
90	424	Ahlers Berit	*Münster	1:00:22	WU20	2	0:59:49	- 11:30 11:36 12:05 12:17 12:19	10,03 km/h
91	276	Ahlers Maren	*Münster	1:00:28	WHK	28	0:59:54	- 12:20 11:56 12:11 11:58 11:27	10,02 km/h
92	92	Weinberg Adeline	*Bad Bentheim	1:01:00	W35	6	1:00:29	- 11:11 11:38 12:23 12:48 12:27	9,92 km/h
93	271	Husch Jessica	*Münster	1:01:10	WHK	29	1:00:37	- 11:21 11:50 12:25 12:43 12:17	9,90 km/h
94	345	Werschmann Greta	*Senden	1:01:28	WU16	4	1:00:58	- 12:28 12:30 11:55 12:12 11:51	9,84 km/h
95	646	Wippert-Tepe Petra	BSV Ostbevern	1:01:34	W55	2	1:01:02	- 12:08 12:01 12:03 12:12 12:36	9,83 km/h
96	434	Both Sabrina		1:02:09	WHK	30	1:01:42	- 11:28 11:58 12:26 12:59 12:49	9,72 km/h
97	153	Özkartal Susanne	Laufen rund um Münster	1:02:09	W40	13	1:01:49	- 11:45 12:11 12:36 12:43 12:31	9,71 km/h
98	433	Freckmann Anna		1:02:09	WHK	31	1:01:42	- 11:28 11:58 12:26 12:59 12:50	9,72 km/h
99	266	Lischo Jessica	Laufen rund um Münster	1:02:10	W35	7	1:01:50	- 11:45 12:11 12:36 12:43 12:32	9,70 km/h
100	239	Spatz Gaby	LSF Münster	1:02:39	W50	10	1:02:03	- 12:21 24:29 12:28 00:00 00:00	9,67 km/h
101	139	Krampe Ursula	Lippe runners	1:02:58	W65	1	1:02:30	- 11:57 12:18 12:34 12:38 13:02	9,60 km/h
102	302	Krüger Gesa	*Münster	1:05:06	WHK	32	1:04:30	- 13:14 13:02 13:12 13:05 11:56	9,30 km/h
103	130	Reyer Sabrina	LippeRunners Werne	1:05:06	W35	8	1:04:38	- 12:10 12:33 12:56 13:26 13:31	9,28 km/h
104	19	Hacke Sarah	*Münster	1:05:27	W35	9	1:04:52	- 13:14 13:03 13:11 13:05 12:17	9,25 km/h
105	24	Mertl Corinna	Laufen rund um Münster	1:07:35	W45	13	1:07:11	- 12:52 13:21 13:43 13:40 13:34	8,93 km/h
106	457	Buckmann Linda	Laufen rund um Münster	1:07:35	WHK	33	1:07:12	- 12:52 13:21 13:43 13:40 13:34	8,93 km/h
107	451	Yeong Hui Yee		1:08:28	W35	10	1:08:11	- 12:35 13:33 14:10 14:02 13:49	8,80 km/h
108	432	Wieners Sandra		1:11:18	W40	14	1:10:42	- 13:28 14:26 14:09 14:51 13:47	8,49 km/h
109	441	Hüttermann Claudia		1:13:40	W30	15	1:13:06	- 12:19 11:13 12:27 12:21 24:44	8,21 km/h
110	431	Kienapfel Noemi	Realschule im Kreuzviertel	1:19:47	WU18	3	1:19:10	- 14:14 16:08 17:25 16:47 14:34	7,58 km/h