

2. Bärenkopplauf

Ergebnisliste AK Bärenkopplauf

Bärenkopplauf

| Platz | StNr | Name | Jahrg. | m/w | Verein | Zeit |
|----------------------|------|-----------------------------|--------|-----|---------------------------|---------|
| weibliche Jugend U20 | | | | | | |
| 1. | 125 | Emmy Preuß | 2003 | w | | 1:23:07 |
| Frauen | | | | | | |
| 1. | 146 | Katrin Abel | 1994 | w | | 1:15:59 |
| 2. | 186 | Katrin Liebig | 1995 | w | BSG Evonik Rheinland e.V. | 1:27:55 |
| 3. | 167 | Konstanze Rosky | 1998 | w | SC Wilzenberg | 1:28:05 |
| 4. | 208 | Lea Krühler | 1993 | w | | 1:44:00 |
| Seniorinnen W30 | | | | | | |
| 1. | 32 | Joanna Tallmann | 1991 | w | Selbstläufer SV Altenahr | 0:53:25 |
| 2. | 35 | Kathrin von Eichel-Streiber | 1992 | w | Meddys LWT Koblenz | 0:54:12 |
| 3. | 34 | Franziska Schneider | 1991 | w | VfL Waldbreitbach | 0:56:59 |
| 4. | 95 | Sina Marzilius | 1989 | w | SV Weitersburg | 1:04:44 |
| 5. | 86 | Mona Bäsch | 1992 | w | | 1:08:11 |
| 6. | 116 | Sissy Drehmann | 1989 | w | TV Rennerod | 1:10:46 |
| 7. | 158 | Anke Kasch | 1991 | w | | 1:17:11 |
| 8. | 184 | Silke Lichteblau | 1988 | w | BSG Evonik Rheinland e.V. | 1:17:56 |
| 9. | 213 | Luisa Beckmann | 1989 | w | LT Siebengebirge | 1:22:08 |
| 10. | 183 | Nina Jungen | 1990 | w | | 1:34:07 |
| Seniorinnen W35 | | | | | | |
| 1. | 81 | Rabea Mühlwinkel | 1983 | w | | 1:03:34 |
| 2. | 39 | Jennifer Weber | 1983 | w | Meddys LWT Koblenz | 1:04:41 |
| 3. | 121 | Micha Matthes | 1985 | w | LT Siebengebirge | 1:06:01 |
| 4. | 230 | Michelle Dohmann-Matthias | 1984 | w | | 1:07:42 |
| Seniorinnen W40 | | | | | | |
| 1. | 58 | Corinna Hönscheid | 1980 | w | | 1:04:50 |
| 2. | 91 | Anja Gietl | 1981 | w | 7summits Trail crew | 1:11:49 |
| 3. | 77 | Elena Krämer | 1980 | w | | 1:15:01 |
| 4. | 145 | Alexandra Weinberg | 1980 | w | Team beVegt.de | 1:21:55 |
| 5. | 201 | Simone Wunderlich | 1982 | w | | 1:27:45 |
| 6. | 188 | Marion Marggraf | 1982 | w | ERDINGER Aktive TEAM | 1:32:14 |
| Seniorinnen W45 | | | | | | |
| 1. | 75 | Carina Jochum | 1974 | w | Selbstläufer SV Altenahr | 1:05:11 |
| 2. | 141 | Gülay Bakir | 1975 | w | LT Siebengebirge | 1:07:15 |
| 3. | 112 | Zana Krekel | 1973 | w | | 1:20:27 |
| 4. | 170 | Kristina Schneider | 1973 | w | Sparkasse Neuwied | 1:21:45 |
| 5. | 199 | Nicole Leib | 1976 | w | | 1:26:41 |
| 6. | 215 | Susanne Blum | 1974 | w | Meddys LWT Koblenz | 1:31:12 |
| 7. | 214 | Susanne Beerendonk | 1974 | w | VfL Waldbreitbach | 1:53:30 |
| Seniorinnen W50 | | | | | | |
| 1. | 33 | Thurid Buch | 1971 | w | LT Venusberg | 0:55:55 |
| 2. | 37 | Caterina Schneider | 1971 | w | LT Venusberg | 0:59:12 |
| 3. | 78 | Urike Krieg | 1972 | w | LT Venusberg | 1:05:42 |
| 4. | 79 | Stefanie La Rocca | 1971 | w | LT Siebengebirge | 1:06:48 |
| 5. | 103 | Anja Schellhaas | 1970 | w | SG Neuhäusel | 1:09:55 |
| 6. | 222 | Petra Wolff | 1970 | w | Running Team Grafenberg | 1:22:30 |
| 7. | 181 | Stephanie Furch | 1970 | w | Skiclub Sieglar | 1:29:44 |
| 8. | 210 | Nicole Rein | 1970 | w | | 1:32:48 |

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|-----------------------------|------|----------------------|--------|-----|-------------------------|---------|
| 9. | 219 | Ilona Kranz | 1969 | w | VfL Waldbreitbach | 1:53:30 |
| Seniorinnen W55 | | | | | | |
| 1. | 65 | Doris Remshagen | 1967 | w | TV Refrath | 1:04:52 |
| 2. | 190 | Hilde Roth | 1964 | w | Mirko's Running Team | 1:13:44 |
| Seniorinnen W60 | | | | | | |
| 1. | 63 | Uta Peiler | 1960 | w | LT Venusberg | 1:04:12 |
| 2. | 122 | Sigrid Meuer | 1958 | w | SV Weitersburg | 1:13:33 |
| 3. | 117 | Karin Eisch | 1962 | w | LT Unkel-Scheuren | 1:17:38 |
| 4. | 163 | Christiana Lange | 1960 | w | Troisdorfer LG M.U.T. | 1:19:03 |
| 5. | 218 | Dorothea Groß | 1959 | w | Mirko's Running Team | 1:20:51 |
| 6. | 161 | Ilona Krupp | 1962 | w | Uni Bonn | 1:24:48 |
| 7. | 204 | Pia Bauer | 1961 | w | Dogs+ | 1:28:45 |
| Seniorinnen W65 | | | | | | |
| 1. | 71 | Antje Wietscher | 1956 | w | TV Refrath | 1:03:11 |
| 2. | 129 | Irene Bendhiba | 1956 | w | SG Bockenberg | 1:21:59 |
| 3. | 205 | Ruth Benner | 1955 | w | | 1:32:13 |
| männliche Jugend U20 | | | | | | |
| 1. | 108 | Nils Clemens | 2004 | m | SV Maulsbach | 1:10:22 |
| Männer | | | | | | |
| 1. | 100 | Joshua Retzmann | 1998 | m | FC Karbach | 0:59:55 |
| 2. | 160 | Ricky Krebs | 1999 | m | SC Wilzenberg | 1:25:46 |
| Senioren M30 | | | | | | |
| 1. | 1 | Fabian Jenne | 1990 | m | SG Wenden | 0:45:29 |
| 2. | 14 | Richard Weise | 1988 | m | SRL Triathlon Koblenz | 0:45:49 |
| 3. | 3 | Manuel Knie | 1989 | m | Tribärs Sespenroth | 0:47:50 |
| 4. | 9 | Manuel Becker | 1991 | m | LG Rhein-Wied | 0:52:15 |
| 5. | 10 | Fabian Bornheim | 1988 | m | TV Eiche Bad Honnef | 0:53:10 |
| 6. | 84 | Patrick Strunk | 1989 | m | JSSV Freirachdorf | 1:03:35 |
| 7. | 76 | Etienne Kluck | 1991 | m | | 1:05:15 |
| 8. | 96 | Dominik Memminger | 1990 | m | | 1:06:02 |
| 9. | 105 | Marco Simon | 1991 | m | | 1:08:37 |
| 10. | 232 | Robert Pabst | 1988 | m | | 1:09:12 |
| 11. | 113 | Philipp Weber | 1989 | m | SG Ehrbachtal | 1:09:24 |
| 12. | 211 | Robin Strickstroch | 1990 | m | | 1:44:00 |
| Senioren M35 | | | | | | |
| 1. | 8 | Sören Plag | 1985 | m | LC Mengerskirchen | 0:47:19 |
| 2. | 5 | Christian Müller | 1984 | m | LG Rhein-Wied | 0:56:08 |
| 3. | 42 | Lars Hillen | 1984 | m | | 0:56:27 |
| 4. | 92 | Olli Gonzalez | 1986 | m | DAV Koblenz | 0:59:56 |
| 5. | 54 | Manuel Andree | 1986 | m | | 1:00:24 |
| 6. | 226 | Christian Kleine | 1985 | m | LT Siebengebirge | 1:02:11 |
| 7. | 178 | Sebastian Zimmermann | 1987 | m | | 1:03:01 |
| 8. | 120 | Tim Kurtenbach | 1986 | m | | 1:03:24 |
| 9. | 80 | Stefan Menzel | 1987 | m | | 1:05:34 |
| 10. | 107 | Alexander Wolf | 1984 | m | TV Rennerod Run for Fun | 1:05:55 |
| 11. | 51 | Markus Rönsch | 1987 | m | | 1:08:23 |
| 12. | 114 | Andreas Birnbach | 1985 | m | Leider steil! | 1:08:52 |

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|---------------------|------|--------------------|--------|-----|--|---------|
| 13. | 102 | Andreas Schäfer | 1985 | m | X-Sport Kastellaun | 1:09:20 |
| 14. | 229 | Fabian Kalbitzer | 1984 | m | | 1:18:11 |
| Senioren M40 | | | | | | |
| 1. | 15 | Oliver Buxel | 1979 | m | LAZ Puma Rhein-Sieg | 0:53:51 |
| 2. | 44 | Markus Schmitt | 1980 | m | HSC GAMLEN - RunningTeam 22 | 0:57:44 |
| 3. | 16 | Markus Czerny | 1980 | m | LAZ Puma Rhein-Sieg | 0:58:49 |
| 4. | 60 | Michael Kösters | 1980 | m | TTC Bad Hönningen | 1:02:05 |
| 5. | 47 | Mario Bungart | 1978 | m | SG Wenden | 1:04:23 |
| 6. | 134 | Heiko Kötting | 1982 | m | | 1:04:38 |
| 7. | 73 | Arno Breitbach | 1978 | m | Team Bergziege | 1:05:21 |
| 8. | 118 | Sascha Faber | 1982 | m | Münz Lauftreff Westerwald | 1:06:15 |
| 9. | 50 | Dietmar Krämer | 1979 | m | HSC GAMLEN - RunningTeam 22 | 1:06:21 |
| 10. | 124 | Robert Pertermann | 1978 | m | Münz Lauftreff Westerwald | 1:07:25 |
| 11. | 109 | Nils Föll | 1981 | m | | 1:07:31 |
| 12. | 200 | Marco Lenzen | 1982 | m | Team Bergziege | 1:11:12 |
| 13. | 127 | Marc van Den Bergh | 1980 | m | | 1:23:00 |
| Senioren M45 | | | | | | |
| 1. | 4 | Alexander Löhr | 1975 | m | 7G runergy Laufteam | 0:47:30 |
| 2. | 7 | René Göldner | 1973 | m | LAZ Puma Rhein-Sieg | 0:48:39 |
| 3. | 6 | Rene Spanier | 1977 | m | LAZ Puma Rhein-Sieg | 0:49:13 |
| 4. | 225 | Andreas Schütz | 1973 | m | TuS Wallmerod | 0:50:15 |
| 5. | 19 | Björn Ulbricht | 1975 | m | LAZ Puma Rhein-Sieg | 0:52:53 |
| 6. | 18 | Andreas Kuhr | 1977 | m | SSF Bonn | 0:53:27 |
| 7. | 46 | Thomas Vogt | 1975 | m | TUS Rhens | 1:01:41 |
| 8. | 157 | Sascha Henk | 1977 | m | SV Windhagen | 1:03:38 |
| 9. | 231 | Jörg Bremicker | 1977 | m | Laufbrigade Oberberg | 1:03:39 |
| 10. | 133 | Marc Janson | 1974 | m | | 1:09:17 |
| 11. | 83 | Dirk Schmidt | 1974 | m | ERDINGER Aktive TEAM | 1:10:08 |
| 12. | 154 | Frank Friedrich | 1975 | m | Spaßläufer @marathonne | 1:12:12 |
| 13. | 64 | Ingo Reintzsch | 1977 | m | | 1:13:26 |
| 14. | 119 | Thorsten Jost | 1977 | m | | 1:13:28 |
| 15. | 216 | Mirko Dreiser | 1974 | m | Mirko's Running Team | 1:14:47 |
| 16. | 175 | Christian Warzecha | 1977 | m | | 1:15:03 |
| 17. | 193 | Dirk Breitbarth | 1976 | m | Windhagen Marathon | 1:16:23 |
| 18. | 140 | Daniel Wolf | 1977 | m | TV Rennerod | 1:17:09 |
| 19. | 172 | Rolf Stein | 1975 | m | | 1:22:15 |
| 20. | 166 | Randy Püttmann | 1974 | m | ERDINGER Aktive TEAM | 1:47:00 |
| 21. | 202 | Michael Ringel | 1974 | m | LG Laacher See | 1:51:50 |
| Senioren M50 | | | | | | |
| 1. | 12 | Joe Körbs | 1968 | m | LT Ennert | 0:53:09 |
| 2. | 20 | Henning Zur Nieden | 1972 | m | LAZ Puma Rhein-Sieg | 0:56:22 |
| 3. | 94 | Michael Kilian | 1972 | m | Münz Lauftreff Westerwald | 0:58:56 |
| 4. | 90 | Herbert Dreesbach | 1968 | m | Skiclub Sieglar | 0:59:25 |
| 5. | 57 | Frank Hardt | 1969 | m | TV Urbar | 1:02:39 |
| 6. | 74 | André Dybek | 1970 | m | Meddys LWT Koblenz, HartfüßlerTrail e.V. | 1:03:19 |
| 7. | 43 | Uwe Klein | 1972 | m | LG Rhein-Wied | 1:03:40 |
| 8. | 87 | Frank Breuch | 1971 | m | SC Niederzissen | 1:04:06 |
| 9. | 88 | Gunnar Clemens | 1971 | m | Tripower Rhein-Sieg | 1:04:59 |

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| 10. | 123 | Stefan Oelpenich | 1972 | m | Lauftreff Siebengebirge | 1:07:10 |
| 11. | 98 | Detlef Plachta | 1968 | m | | 1:07:44 |
| 12. | 224 | Andreas Rappenhöner | 1972 | m | LONG WAY RUNNERS | 1:08:07 |
| 13. | 93 | Michael Holste | 1968 | m | | 1:16:11 |
| 14. | 189 | David Quabeck | 1971 | m | 1.FC Spich Lauftreff | 1:23:07 |
| 15. | 207 | Peter Kretz | 1971 | m | | 1:24:05 |
| 16. | 156 | Klaus Hartmann | 1971 | m | Rhinerunnerz | 1:27:38 |
| 17. | 220 | Olli Michaelis | 1972 | m | Meddys LWT Koblenz | 1:30:18 |
| 18. | 171 | Michael Seifried | 1969 | m | Lufthansa Sportverein | 1:32:48 |
| 19. | 147 | Detlev Ackermann | 1970 | m | SG Bockenberg | 1:33:21 |

Senioren M55

| | | | | | | |
|-----|-----|-----------------|------|---|------------------------------|---------|
| 1. | 11 | Reyk Buch | 1966 | m | LT Venusberg | 0:52:10 |
| 2. | 41 | Peter Hertle | 1967 | m | VfL Waldbreitbach | 0:54:45 |
| 3. | 13 | Markus Riefer | 1966 | m | SSC Hanau-Rodenbach | 0:54:51 |
| 4. | 52 | Frank Schneider | 1965 | m | SSG Königswinter | 0:58:16 |
| 5. | 40 | Roland Dietrich | 1966 | m | LA TuS Mayen | 0:59:00 |
| 6. | 56 | Guido Gorynia | 1964 | m | LAZ Puma Rhein-Sieg | 1:01:48 |
| 7. | 68 | Udo Schneider | 1966 | m | LT Siebengebirge | 1:02:50 |
| 8. | 62 | Helmut Normann | 1967 | m | SG Neuhäusel | 1:04:59 |
| 9. | 233 | Arnout van Son | 1966 | m | LT Siebengebirge | 1:06:23 |
| 10. | 72 | Martin Berke | 1963 | m | HSC GAMLEN - RunningTeam 22 | 1:07:14 |
| 11. | 169 | Michael Schmitt | 1966 | m | | 1:07:41 |
| 12. | 70 | Juergen Titze | 1963 | m | Troisdorfer LG M.U.T. | 1:09:08 |
| 13. | 99 | Oliver Pust | 1965 | m | Team Trailrunning Westerwald | 1:10:09 |
| 14. | 135 | Henryk Schlotke | 1963 | m | Selbstläufer | 1:10:27 |
| 15. | 126 | Thomas Schütz | 1964 | m | LG Laacher See | 1:10:29 |
| 16. | 66 | David Ridder | 1967 | m | HTC SW Bonn | 1:10:39 |
| 17. | 101 | Marc Reucher | 1967 | m | | 1:12:43 |
| 18. | 132 | Rainer Garburg | 1967 | m | Himmelsstürmer | 1:13:04 |
| 19. | 174 | Stephan Vohl | 1963 | m | ERDINGER Aktive TEAM | 1:14:32 |
| 20. | 206 | Joachim Jakobi | 1966 | m | LG Pronsfeld-Lünebach | 1:18:27 |
| 21. | 131 | Frank Dresbach | 1967 | m | Cologne Allblacks | 1:22:25 |
| 22. | 137 | Andreas Voosen | 1963 | m | TriTeam Sinzig | 1:23:06 |

Senioren M60

| | | | | | | |
|-----|-----|------------------|------|---|---------------------------|---------|
| 1. | 17 | Chris Fröhlich | 1959 | m | RT Bad Ems | 0:57:27 |
| 2. | 48 | Eule Frings | 1959 | m | Selbstläufer SV Altenahr | 0:57:47 |
| 3. | 45 | Thomas Schneider | 1962 | m | SSG Königswinter | 1:00:32 |
| 4. | 130 | Paul Brüning | 1962 | m | Rheinhöhenlauf | 1:03:43 |
| 5. | 61 | Bernd Laux | 1960 | m | LT Siebengebirge | 1:06:03 |
| 6. | 85 | Rolf Traut | 1962 | m | LT Siebengebirge | 1:06:42 |
| 7. | 89 | Jörg Dittrich | 1960 | m | Lauftreff Puderbach | 1:06:53 |
| 8. | 104 | Ulrich Schneider | 1960 | m | VfL Waldbreitbach | 1:07:31 |
| 9. | 143 | Ludger Körner | 1961 | m | Einzelkämpfer | 1:08:15 |
| 10. | 82 | Frank Reinisch | 1958 | m | LAZ Puma Rhein-Sieg | 1:08:24 |
| 11. | 139 | Wolfram Wenig | 1962 | m | | 1:10:14 |
| 12. | 182 | Arno Herz | 1959 | m | Münz Lauftreff Westerwald | 1:11:57 |
| 13. | 144 | Jürgen Pohl | 1960 | m | | 1:13:36 |
| 14. | 185 | Dieter Liebig | 1958 | m | BSG Evonik Rheinland e.V. | 1:13:59 |

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| 15. | 164 | Uwe Meier | 1962 | m | Halbs | 1:18:58 |
| 16. | 195 | Hartmut Lange | 1959 | m | | 1:19:37 |
| 17. | 153 | Dietmar Findling | 1960 | m | Koblenz | 1:22:14 |
| 18. | 187 | Udo Lütkeuhme | 1960 | m | 1.FC Spich Laufftreff | 1:23:07 |

Senioren M65

| | | | | | | |
|-----|-----|------------------|------|---|-----------------------------|---------|
| 1. | 49 | Robert Gotto | 1957 | m | HSC GAMLEN - RunningTeam 22 | 1:00:12 |
| 2. | 106 | Erwin Wagner | 1955 | m | Selbstläufer SV Altenahr | 1:05:46 |
| 3. | 110 | Eugen Gerhards | 1956 | m | VfL Waldbreitbach | 1:07:42 |
| 4. | 142 | Horst Heck | 1956 | m | | 1:09:13 |
| 5. | 128 | Reinhold Wiche | 1955 | m | | 1:10:19 |
| 6. | 228 | Jürgen Kalbitzer | 1953 | m | Neuwied | 1:18:11 |
| 7. | 151 | Martin Boell | 1953 | m | CRAP H3 | 1:21:23 |
| 8. | 168 | Erwin Rüdell | 1955 | m | LG Rhein-Wied | 1:25:31 |
| 9. | 173 | Richard Thelen | 1954 | m | Alfterer SC | 1:25:59 |
| 10. | 191 | Mike Sieburg | 1957 | m | BSG Evonik Rheinland e.V. | 1:27:54 |

Senioren M70

| | | | | | | |
|----|-----|---------------|------|---|-------------------------|---------|
| 1. | 179 | Jürgen Baum | 1949 | m | | 1:16:39 |
| 2. | 203 | Hajo Siewer | 1952 | m | Skiclub Olpe | 1:21:06 |
| 3. | 165 | Bernd Mertgen | 1949 | m | VfL Waldbreitbach | 1:25:16 |
| 4. | 177 | Juergen Wulf | 1952 | m | VfL Waldbreitbach | 1:26:42 |
| 5. | 155 | Chris Harraß | 1950 | m | Siebengebirgs-Irrläufer | 1:36:10 |

Senioren M75

| | | | | | | |
|----|-----|----------------|------|---|----------------------|---------|
| 1. | 223 | Dieter Meixner | 1944 | m | 1. FC Kaiserslautern | 1:38:06 |
|----|-----|----------------|------|---|----------------------|---------|