

## 31.12.2009 Forchheim, Silvesterlauf

|     |    |                |       |       |
|-----|----|----------------|-------|-------|
| W45 | 2. | Martina Schulz | 10 km | 49:56 |
|-----|----|----------------|-------|-------|

## 31.12.2009 Giessen, Silvesterlauf

|     |     |                 |         |         |
|-----|-----|-----------------|---------|---------|
| W35 | 8.  | Melanie Rehmann | 21,1 km | 2:13:26 |
| W45 | 10. | Monika Knebel   | 21,1 km | 2:13:26 |
| M40 | 35. | Niko Thomé      | 21,1 km | 2:13:26 |

## 31.12.2009 Montabaur, Silvesterlauf

|     |     |                |        |         |
|-----|-----|----------------|--------|---------|
| M35 | 14. | Dirk Hasenberg | 5,8 km | 40:41   |
| W40 | 38. | Petra Zugehör  | 10 km  | 1:08:49 |
| M35 | 51. | Ramon Schöning | 10 km  | 52:05   |
| M40 | 15. | Thomas Fieß    | 10 km  | 44:42   |

## 31.12.2009 Wehr, Silvesterlauf

|      |     |                       |         |         |              |
|------|-----|-----------------------|---------|---------|--------------|
| W/NW | 1.  | Ingo Junker           | 10,6 km | 1:03:43 | Gesamtsieger |
| W/NW | 1.  | Birgit Thomé          | 10,6 km | 1:19:59 |              |
| W/NW | 10. | Klaus Hermann         | 10,6 km | 1:23:23 |              |
| W/NW | 6.  | Eveline Schultheiß    | 10,6 km | 1:40:43 |              |
| W/NW | 6.  | Helene Gattes         | 10,6 km | 1:40:43 |              |
| M12  | 1.  | Christian Scholz      | 1 km    | 3:46    |              |
| W40  | 4.  | Jessica Junker        | 10,6 km | 56:15   |              |
| W45  | 12. | Gaby Reiländer        | 10,6 km | 1:00:09 |              |
| W60  | 2.  | Irmgard Kurtenacker   | 10,6 km | 1:06:44 |              |
| W65  | 1.  | Rosi Kraemer          | 10,6 km | 1:04:28 |              |
| M40  | 15. | Thomas Kraemer        | 10,6 km | 49:43   |              |
| M40  | 31. | Wolfgang Scholz       | 10,6 km | 1:04:29 |              |
| M50  | 39. | Christoph Kurtenacker | 10,6 km | 1:06:45 |              |
| M55  | 14. | Franz Broschart       | 10,6 km | 1:06:39 |              |

## 13.12.2009 Königswinter, Siebengebirgsmarathon

|     |     |                  |         |         |
|-----|-----|------------------|---------|---------|
| W35 | 4.  | Manuela Frohs    | 21,1 km | 2:09:57 |
| W45 | 3.  | Martina Schulz   | 21,1 km | 1:56:47 |
| M40 | 37. | Dirk Pörsch      | 21,1 km | 2:07:45 |
| W30 | 3.  | Diana Hellebrand | 42,2 km | 4:04:21 |
| W40 | 6.  | Antje Ueberholz  | 42,2 km | 4:04:27 |
| W40 | 9.  | Andrea Pörsch    | 42,2 km | 4:11:57 |
| W40 | 12. | Sonja Heidger    | 42,2 km | 4:30:29 |
| M35 | 19. | Andreas Decker   | 42,2 km | 4:04:25 |
| M40 | 60. | Niko Thomé       | 42,2 km | 4:11:55 |
| M45 | 48. | Harald Müller    | 42,2 km | 4:04:21 |
| M50 | 9.  | Thomas Wiegand   | 42,2 km | 3:35:25 |

## 13.12.2009 Bell, Winterlaufserie - 1. Lauf

|      |  |                 |       |
|------|--|-----------------|-------|
| W/NW |  | Birgit Thomé    | 20 km |
| M40  |  | Wolfgang Scholz | 15 km |

## 06.12.2009 Ochtendung, Winterlaufserie - 1. Lauf

|     |    |                |        |       |
|-----|----|----------------|--------|-------|
| W45 | 2. | Gaby Reiländer | 4 km   | 19:15 |
| W45 | 3. | Gaby Reiländer | 8,2 km | 40:04 |

## 06.12.2009 Bedburg, Nikolauslauf

|      |  |                    |        |         |
|------|--|--------------------|--------|---------|
| W/NW |  | Klaus Hermann      | 6,6 km | 52:15   |
| W/NW |  | Eveline Schultheiß | 6,6 km | 1:01:11 |

## 05.12.2009 Sondershausen, Untertage-Marathon

|     |    |              |         |         |
|-----|----|--------------|---------|---------|
| M35 | 5. | Mario Pommer | 42,2 km | 3:49:53 |
|-----|----|--------------|---------|---------|

29.11.2009 Bertlich, Straßenlauf

|      |     |              |         |         |
|------|-----|--------------|---------|---------|
| W/NW |     | Birgit Thomé | 15 km   | 1:53:53 |
| M40  | 11. | Niko Thomé   | 42,2 km | 3:57:21 |

29.11.2009 Mondorf, Weihnachtslauf

|      |  |                     |       |         |
|------|--|---------------------|-------|---------|
| W/NW |  | Klaus Herrmann      | 10 km | 1:15:08 |
| W/NW |  | Eveline Schultheiss | 10 km | 1:28:01 |

28.11.2009 Essen, Blumensaatlauf

|     |     |                |         |         |
|-----|-----|----------------|---------|---------|
| M40 | 49. | Dirk Pörsch    | 21,1 km | 1:51:30 |
| M50 | 28. | Ralf Hoffbauer | 21,1 km | 1:50:00 |

21.11.2009 Neuss, Novesia-Erftlauf

|      |  |                    |       |         |
|------|--|--------------------|-------|---------|
| W/NW |  | Klaus Herrmann     | 15 km | 1:57:20 |
| W/NW |  | Eveline Schultheiß | 15 km | 2:14:25 |

15.11.2009 Heiderscheid/LUX, 7. Trail Uewersauer

|   |      |                |         |         |
|---|------|----------------|---------|---------|
| M | 138. | Andreas Decker | 50,1 km | 5:43:32 |
|---|------|----------------|---------|---------|

14.11.2009 Langsur, DEULUX-Kauf

|     |     |                |       |       |
|-----|-----|----------------|-------|-------|
| W40 | 48. | Bettina Mander | 10 km | 54:55 |
|-----|-----|----------------|-------|-------|

08.11.2009 Troisdorf, 6-Stunden-Lauf

|     |    |               |           |  |
|-----|----|---------------|-----------|--|
| W20 | 4. | Julia Köllner | 43,899 km |  |
|-----|----|---------------|-----------|--|

08.11.2009 Nizza, Marathon

|     |       |                 |         |         |
|-----|-------|-----------------|---------|---------|
| SEF | 464.  | Melanie Rehmann | 42,2 km | 5:34:36 |
| V1F | 492.  | Monika Knebel   | 42,2 km | 4:43:04 |
| V1M | 2329. | Niko Thomé      | 42,2 km | 4:43:04 |

08.11.2009 Neuwied, Stadtlauf

|     |     |                   |       |       |
|-----|-----|-------------------|-------|-------|
| W45 | 1.  | Gaby Reiländer    | 10 km | 45:00 |
| W65 | 1.  | Rosi Kraemer      | 10 km | 55:59 |
| M40 | 4.  | Jens Kraemer      | 10 km | 40:13 |
| M40 | 8.  | Thomas Kraemer    | 10 km | 42:03 |
| M50 | 15. | Michael Waldforst | 10 km | 46:09 |

08.11.2009 Düsseldorf, Martinslauf

|    |  |                    |       |         |
|----|--|--------------------|-------|---------|
| NW |  | Klaus Herrmann     | 10 km | 1:17:22 |
| NW |  | Eveline Schultheiß | 10 km | 1:30:35 |

07.11.2009 Rursee-Walk

|    |  |                    |         |         |
|----|--|--------------------|---------|---------|
| NW |  | Klaus Herrmann     | 16,5 km | 2:13:11 |
| NW |  | Eveline Schultheiß | 16,5 km | 2:32:16 |

31.10.2009 Kobern-Gondorf, Halloween-Lauf

|     |     |                            |        |       |
|-----|-----|----------------------------|--------|-------|
| W   | 22. | Inge Lenz                  | 4,5 km | 39:13 |
| W   | 23. | Susanne Scholz             | 4,5 km | 39:13 |
| NW  | 1.  | Klaus Herrmann             | 4,5 km | 33:19 |
| NW  | 9.  | Eveline Schultheiß         | 4,5 km | 39:17 |
| W9  | 8.  | Anna Pörsch                | 1 km   | 5:02  |
| M10 | 3.  | Paul Ueberholz             | 1 km   | 4:27  |
| M12 | 2.  | Christian Scholz           | 1 km   | 3:47  |
| W   |     | Monika Hummel              | 4,5 km | 23:19 |
| W   |     | Silke Alberti              | 4,5 km | 26:07 |
| W   |     | Beate Hasenberg            | 4,5 km | 29:03 |
| W   |     | Inge Kölsch                | 4,5 km | 29:19 |
| W   |     | Christiane Förster         | 4,5 km | 29:21 |
| W   |     | Ursula Müller              | 4,5 km | 30:14 |
| W   |     | Christiane Waldmannstetter | 4,5 km | 32:12 |
| W   |     | Pavla Kahle                | 4,5 km | 36:01 |
| W   |     | Michaela Blum              | 4,5 km | 38:36 |

|         |     |                                                                  |        |         |       |
|---------|-----|------------------------------------------------------------------|--------|---------|-------|
| W       |     | Annette Blum                                                     | 4,5 km | 38:42   |       |
| M       |     | Peter Marx                                                       | 4,5 km | 22:34   |       |
| M       |     | Bernd Marx                                                       | 4,5 km | 26:08   |       |
| M       |     | Dirk Hasenberg                                                   | 4,5 km | 29:03   |       |
| M       |     | Jens Kraemer                                                     | 4,5 km | 36:02   |       |
| M       |     | Dieter Blum                                                      | 4,5 km | 38:41   |       |
| W20     | 6.  | Katrin Biegert                                                   | 9,7 km | 51:50   |       |
| W20     | 14. | Julia Köllner                                                    | 9,7 km | 1:08:33 |       |
| W35     | 4.  | Manuela Frohs                                                    | 9,7 km | 53:17   |       |
| W40     | 6.  | Sonja Heidger                                                    | 9,7 km | 53:17   |       |
| W45     | 1.  | Gaby Reiländer                                                   | 9,7 km | 44:46   |       |
| W45     | 10. | Brigitte Keifenheim                                              | 9,7 km | 58:38   |       |
| W55     | 4.  | Krystyna Macht                                                   | 9,7 km | 1:00:50 |       |
| W65     | 1.  | Rosi Kraemer                                                     | 9,7 km | 55:15   |       |
| M35     | 5.  | Mario Pommer                                                     | 9,7 km | 40:31   |       |
| M40     | 7.  | Jens Kraemer                                                     | 9,7 km | 40:31   |       |
| M40     | 10. | Thomas Kraemer                                                   | 9,7 km | 41:04   |       |
| M40     | 16. | Wolfgang Scholz                                                  | 9,7 km | 45:01   |       |
| M40     | 18. | Thomas Brent                                                     | 9,7 km | 45:11   |       |
| M40     | 26. | Dirk Pörsch                                                      | 9,7 km | 49:48   |       |
| M45     | 4.  | Thomas Fieß                                                      | 9,7 km | 40:38   |       |
| M45     | 6.  | Harald Müller                                                    | 9,7 km | 41:45   |       |
| M50     | 17. | Ralf Hoffbauer                                                   | 9,7 km | 53:26   |       |
| Staffel | 4.  | Diana Hellebrand-Andrea Pörsch<br>Martina Schulz-Antje Ueberholz |        |         | 43:50 |

#### 31.10.2009 Nister, Volkslauf

|      |    |              |       |         |  |
|------|----|--------------|-------|---------|--|
| W/NW |    | Birgit Thomé | 10 km | 1:15:12 |  |
| M40  | 8. | Niko Thomé   | 10 km | 44:42   |  |

#### 25.10.2009 Remscheid, Röntgenlauf

|      |  |                     |         |         |  |
|------|--|---------------------|---------|---------|--|
| W/NW |  | Eveline Schultheiss | 21,1 km | 3:19:00 |  |
| W/NW |  | Klaus Herrmann      | 21,1 km | 2:51:32 |  |

#### 25.10.2009 Königswinter, Drachenlauf

|     |     |                |       |         |  |
|-----|-----|----------------|-------|---------|--|
| W40 | 5.  | Jessica Junker | 26 km | 2:32:07 |  |
| M40 | 87. | Ingo Junker    | 26 km | 2:58:44 |  |

#### 25.10.2009 Frankfurt, Marathon

|     |       |                     |         |         |  |
|-----|-------|---------------------|---------|---------|--|
| W20 | 218.  | Julia Köllner       | 42,2 km | 5:22:59 |  |
| W30 | 43.   | Diana Hellebrand    | 42,2 km | 3:46:39 |  |
| W35 | 158.  | Manuela Frohs       | 42,2 km | 4:20:37 |  |
| W40 | 67.   | Antje Ueberholz     | 42,2 km | 3:40:16 |  |
| W40 | 105.  | Sonja Heidger       | 42,2 km | 3:51:44 |  |
| W50 | 116.  | Annette Blum        | 42,2 km | 4:43:40 |  |
| W55 | 18.   | Christel Politz     | 42,2 km | 4:10:55 |  |
| M35 | 1129. | Ramon Rubio         | 42,2 km | 4:54:01 |  |
| M45 | 331.  | Alexander Irschfeld | 42,2 km | 3:28:12 |  |
| M45 | 337.  | Harald Müller       | 42,2 km | 3:28:37 |  |
| M50 | 59.   | Thomas Wiegand      | 42,2 km | 3:12:14 |  |
| M55 | 74.   | Bernd Politz        | 42,2 km | 3:38:42 |  |
| M50 | 604.  | Dieter Blum         | 42,2 km | 4:15:42 |  |

#### 18.10.2009 Palma de Mallorca, Marathon

|     |     |              |         |         |  |
|-----|-----|--------------|---------|---------|--|
| W20 | 42. | Andrea Haugg | 21,1 km | 2:05:31 |  |
| M35 | 40. | Mario Pommer | 42,2 km | 3:23:25 |  |

#### 18.10.2009 Bonn, Dreibrückenlauf

|      |  |                    |       |         |  |
|------|--|--------------------|-------|---------|--|
| W/NW |  | Eveline Schultheiß | 10 km | 1:27:03 |  |
|------|--|--------------------|-------|---------|--|

#### 17.10.2009 Hachenburg, Löwenlauf

|      |  |              |       |         |  |
|------|--|--------------|-------|---------|--|
| W/NW |  | Birgit Thomé | 10 km | 1:14:55 |  |
|------|--|--------------|-------|---------|--|

|     |     |                |         |         |
|-----|-----|----------------|---------|---------|
| M40 | 25. | Niko Thomé     | 21,1 km | 1:42:16 |
| M35 | 5.  | Andreas Decker | 42,2 km | 3:38:43 |

#### 11.10.2009 München, Marathon

|     |      |                |         |         |
|-----|------|----------------|---------|---------|
| M45 | 558. | Jörg Ueberholz | 42,2 km | 4:07:13 |
|-----|------|----------------|---------|---------|

#### 11.10.2009 Weissenthurm, Volkslauf

|      |    |                    |       |       |
|------|----|--------------------|-------|-------|
| W/NW |    | Eveline Schultheiß | 5 km  | 43:36 |
| W35  | 1. | Manuela Frohs      | 10 km | 52:22 |
| W40  | 3. | Sonja Heidger      | 10 km | 50:29 |
| M50  | 8. | Michael Waldforst  | 10 km | 45:29 |
| M55  | 7. | Franz Broschart    | 10 km | 55:23 |

#### 10.10.2009 Essen, Rund um den Baldeneysee

|      |     |                    |       |         |
|------|-----|--------------------|-------|---------|
| NW   |     | Klaus Herrmann     | 15 km | 1:56:47 |
| NW40 | 21. | Eveline Schultheiß | 15 km | 2:10:32 |

#### 04.10.2009 Brüssel, Marathon

|     |     |               |         |         |
|-----|-----|---------------|---------|---------|
| W40 | 13. | Anke Jakschis | 42,2 km | 4:04:44 |
|-----|-----|---------------|---------|---------|

#### 04.10.2009 Polch, Straßenlauf

|     |     |                  |       |       |
|-----|-----|------------------|-------|-------|
| W13 | 5.  | Alina Ueberholz  | 1 km  | 3:53  |
| W45 | 9.  | Sigrid Wirz-Ries | 10 km | 48:41 |
| M35 | 17. | Andreas Decker   | 10 km | 45:02 |
| M45 | 5.  | Thomas Fieß      | 10 km | 40:53 |
| M45 | 22. | Jörg Ueberholz   | 10 km | 48:10 |
| M50 | 23. | Ralf Hoffbauer   | 10 km | 48:41 |

#### 04.10.2009 Köln, Marathon

|     |       |                            |         |         |         |
|-----|-------|----------------------------|---------|---------|---------|
| W20 | 748.  | Julia Köllner              | 21,1 km | 2:45:03 |         |
| W35 | 109.  | Manuela Frohs              | 21,1 km | 1:55:24 |         |
| W35 | 203.  | Michaela Stenzhorn         | 21,1 km | 2:00:32 |         |
| W35 | 292.  | Melanie Rehmann            | 21,1 km | 2:07:18 |         |
| W40 | 29.   | Antje Ueberholz            | 21,1 km | 1:41:03 |         |
| W40 | 68.   | Monika Hummel              | 21,1 km | 1:48:04 |         |
| W40 | 77.   | Sonja Heidger              | 21,1 km | 1:49:38 |         |
| W40 | 368.  | Judith Prinz               | 21,1 km | 2:07:31 |         |
| W40 | 764.  | Susanne Rabbel             | 21,1 km | 2:32:29 |         |
| W40 | 811.  | Christiane Förster         | 21,1 km | 2:48:05 |         |
| W45 | 15.   | Martina Schulz             | 21,1 km | 1:43:57 |         |
| W45 | 91.   | Monika Knebel              | 21,1 km | 1:55:27 |         |
| W45 | 318.  | Sylvia Lippert             | 21,1 km | 2:12:31 |         |
| W45 | 321.  | Christiane Magiros         | 21,1 km | 2:12:31 |         |
| W45 | 429.  | Brigitte Keifenheim        | 21,1 km | 2:20:20 |         |
| W45 | 551.  | Christiane Waldmannstetter | 21,1 km | 2:49:38 |         |
| W50 | 145.  | Petra Itschert-Rasch       | 21,1 km | 2:12:03 |         |
| W50 | 199.  | Inge Kölsch                | 21,1 km | 2:22:04 |         |
| W50 | 275.  | Sigrid Fischer             | 21,1 km | 2:51:09 |         |
| W55 | 81.   | Sibille Henn               | 21,1 km | 2:12:03 |         |
| W55 | 111.  | Krystyna Macht             | 21,1 km | 2:22:58 |         |
| W55 | 125.  | Ursula Müller              | 21,1 km | 2:29:51 |         |
| W60 | 14.   | Irmgard Kurtenacker        | 21,1 km | 2:10:32 |         |
| MJA | 13.   | Ilja Schenderowitsch       | 21,1 km | 1:38:59 |         |
| M35 | 888.  | Bert Cielas                | 21,1 km |         | 2:10:32 |
| M40 | 262.  | Thomas Brent               | 21,1 km | 1:41:59 |         |
| M45 | 39.   | Harald Müller              | 21,1 km | 1:30:05 |         |
| M45 | 42.   | Alexander Irschfeld        | 21,1 km | 1:30:20 |         |
| M45 | 52.   | Ewald Hammes               | 21,1 km | 1:32:12 |         |
| M45 | 1182. | Axel Hümann                | 21,1 km | 2:45:04 |         |
| M50 | 352.  | Peter Loth                 | 21,1 km | 1:57:02 |         |
| M50 | 538.  | Christoph Kurtenacker      | 21,1 km | 2:10:31 |         |
| M50 | 676.  | Günther Knebel             | 21,1 km | 2:23:50 |         |

|     |       |                   |         |         |
|-----|-------|-------------------|---------|---------|
| M55 | 260.  | Norbert Neyses    | 21,1 km | 2:08:56 |
| W35 | 143.  | Alexandra Noll    | 42,2 km | 4:24:34 |
| W40 | 67.   | Andrea Pörsch     | 42,2 km | 3:53:36 |
| W40 | 200.  | Silke Alberti     | 42,2 km | 4:49:51 |
| W45 | 132.  | Elisabeth Totter  | 42,2 km | 4:15:30 |
| W65 | 2.    | Rosi Kraemer      | 42,2 km | 4:37:24 |
| M40 | 725.  | Niko Thomé        | 42,2 km | 3:56:50 |
| M40 | 1007. | Wolfgang Reith    | 42,2 km | 4:12:30 |
| M40 | 1076. | Hans-Jürgen Kahle | 42,2 km | 4:17:23 |
| M40 | 1204. | Dirk Pörsch       | 42,2 km | 4:27:46 |
| M40 | 1267. | Jens Kraemer      | 42,2 km | 4:37:24 |
| M50 |       | Elmar Doetsch     | 42,2 km | dnf     |
| M55 | 314.  | Günter Jung       | 42,2 km | 5:02:59 |
| M60 | 127.  | Hans Totter       | 42,2 km | 4:45:53 |

#### 03.10.2009 Baar, Volkslauf

|      |    |              |       |         |                |
|------|----|--------------|-------|---------|----------------|
| W/NW | 1. | Ingo Junker  | 10 km | 58:53   | Gesamtsieger   |
| W/NW | 1. | Birgit Thomé | 10 km | 1:11:10 | Gesamtsiegerin |

#### 27.09.2009 Bickendorf, Büdchenlauf

|      |  |                    |      |       |
|------|--|--------------------|------|-------|
| W/NW |  | Klaus Herrmann     | 5 km | 36:46 |
| W/NW |  | Eveline Schultheiß | 5 km | 42:34 |

#### 27.09.2009 Nastätten, Waldlauf

|      |    |                |       |       |                |
|------|----|----------------|-------|-------|----------------|
| W/NW | 1. | Birgit Thomé   | 5 km  | 37:29 | Gesamtsiegerin |
| W/NW | 1. | Ingo Junker    | 5 km  | 31:27 | Gesamtsieger   |
| W40  | 1. | Jessica Junker | 10 km | 46:54 | Gesamtsiegerin |

#### 27.09.2009 Bad Breisig, Läufertag

|     |    |                  |      |        |
|-----|----|------------------|------|--------|
| M12 | 3. | Christian Scholz | 2 km | 8:16,6 |
|-----|----|------------------|------|--------|

#### 26.09.2009 Vettelschoß, Rheinhöhenlauf

|     |     |                    |            |         |
|-----|-----|--------------------|------------|---------|
| W45 | 12. | Eveline Schultheiß | 10 km W/NW | 1:31:52 |
| M50 | 2.  | Klaus Herrmann     | 10 km W/NW | 1:17:11 |
| W30 | 1.  | Diana Hellebrand   | 21,1 km    | 1:45:20 |
| M40 | 89. | Wolfgang Reith     | 21,1 km    | 2:08:01 |
| M50 | 17. | Michael Waldforst  | 21,1 km    | 1:43:51 |

#### 20.09.2009 Karlsruhe, Baden-Marathon

|     |      |                |         |         |
|-----|------|----------------|---------|---------|
| W45 | 164. | Martina Schulz | 21,1 km | 2:08:55 |
|-----|------|----------------|---------|---------|

#### 20.09.2009 Brey, Volkslauf

|     |    |                |       |         |
|-----|----|----------------|-------|---------|
| M40 | 2. | Thomas Kraemer | 13 km | 1:00:32 |
| M40 | 3. | Ingo Junker    | 13 km | 1:05:38 |

#### 20.09.2009 Ulm, Einsteinmarathon

|      |      |                  |         |         |
|------|------|------------------|---------|---------|
| W/NW |      | Birgit Thomé     | 21,1 km | 2:38:14 |
| M40  | 290. | Niko Thomé       | 21,1 km | 1:47:07 |
| M50  | 111. | Michael Jarmusch | 21,1 km | 1:47:06 |

#### 19.09.2009 Laacher See, Volkslauf

|      |     |                    |        |         |
|------|-----|--------------------|--------|---------|
| W/NW |     | Klaus Herrmann     | 8,4 km | 1:03:36 |
| W/NW |     | Inge Lenz          | 8,4 km | 1:12:47 |
| W/NW |     | Eveline Schultheiß | 8,4 km | 1:15:27 |
| W40  | 6.  | Antje Ueberholz    | 8,4 km | 40:39   |
| W45  | 4.  | Sigrid Wirz-Ries   | 8,4 km | 40:22   |
| M45  | 25. | Jörg Ueberholz     | 8,4 km | 40:37   |

#### 19.09.2009 Kressbronn, Bodenseemarathon

|     |    |            |         |         |
|-----|----|------------|---------|---------|
| M40 | 7. | Niko Thomé | 42,2 km | 3:54:07 |
|-----|----|------------|---------|---------|

#### 13.09.2009 Bad Neuenahr, Berglauf

|      |  |                |         |         |
|------|--|----------------|---------|---------|
| W/NW |  | Klaus Herrmann | 11,3 km | 1:32:13 |
|------|--|----------------|---------|---------|

|      |    |                    |         |         |
|------|----|--------------------|---------|---------|
| W/NW |    | Ingo Junker        | 11,3 km | 1:11:44 |
| W/NW |    | Eveline Schultheiß | 11,3 km | 1:49:14 |
| M50  | 5. | Michael Waldforst  | 11,3 km | 56:44   |

#### 12.09.2009 Weitersburg, Volkslauf

|      |     |                    |         |         |
|------|-----|--------------------|---------|---------|
| W/NW |     | Helene Gattes      | 5 km    | 39:00   |
| W/NW |     | Klaus Herrmann     | 10 km   | 1:16:28 |
| W/NW |     | Ingo Junker        | 10 km   | 1:01:30 |
| W/NW |     | Eveline Schultheiß | 10 km   | 1:31:54 |
| W/NW |     | Birgit Thomé       | 10 km   | 1:13:59 |
| M75  | 1.  | Rudi Wilbert       | 10 km   | 1:10:15 |
| W40  | 1.  | Jessica Junker     | 21,1 km | 1:50:38 |
| M35  | 4.  | Andreas Decker     | 21,1 km | 1:38:35 |
| W40  | 12. | Niko Thomé         | 21,1 km | 1:39:21 |

#### 12.09.2009 Köln, Brückenlauf

|     |      |                            |         |         |
|-----|------|----------------------------|---------|---------|
| W35 | 46.  | Michaela Stenzhorn         | 15,2 km | 1:28:03 |
| W40 | 225. | Sigrid Lenz                | 15,2 km | 1:48:20 |
| W40 | 247. | Christiane Waldmannstetter | 15,2 km | 2:03:54 |
| W50 | 55.  | Inge Kölsch                | 15,2 km | 1:39:45 |
| W50 | 80.  | Sigrid Fischer             | 15,2 km | 1:54:35 |
| W55 | 34.  | Ursula Müller              | 15,2 km | 1:46:40 |

#### 12.09.2009 Mittenwald, Karwendellauf

|     |     |              |       |         |
|-----|-----|--------------|-------|---------|
| M35 | 15. | Mario Pommer | 52 km | 6:25:10 |
|-----|-----|--------------|-------|---------|

#### 12.09.2009 Mülheim/Mosel, RLM Halbmarathon

|     |    |                |         |         |
|-----|----|----------------|---------|---------|
| M50 | 3. | Thomas Wiegand | 21,1 km | 1:32:52 |
|-----|----|----------------|---------|---------|

#### 06.09.2009 Wallmerod, Straßenlauf

|      |    |                    |         |         |              |
|------|----|--------------------|---------|---------|--------------|
| W/NW | 2. | Klaus Herrmann     | 10 km   | 1:16:18 | Gesamtsieger |
| W/NW | 1. | Eveline Schultheiß | 10 km   | 1:32:52 |              |
| W/NW | 1. | Ingo Junker        | 21,1 km | 2:07:05 |              |
| M50  | 6. | Michael Waldforst  | 10 km   | 46:45   |              |
| W40  | 1. | Jessica Junker     | 21,1 km | 1:41:34 |              |

#### 05.09.2009 Koblenz, "Rund um die Sporthalle Oberwerth"

|      |     |                    |       |         |       |
|------|-----|--------------------|-------|---------|-------|
| W/NW |     | Birgit Thomé       | 5 km  | 37:42   | 52:59 |
| W/NW |     | Monika Barz        | 10 km | 1:22:14 |       |
| W/NW |     | Klaus Herrmann     | 10 km | 1:11:14 |       |
| W/NW |     | Eveline Schultheiß | 10 km | 1:21:41 |       |
| WSC  | 3.  | Anna Pörsch        | 1 km  | 4:10    |       |
| MSC  | 4.  | Paul Ueberholz     | 1 km  | 3:53    |       |
| MSB  | 4.  | Christian Scholz   | 1 km  | 3:46    |       |
| JMW  |     | Gaby Reiländer     | 5 km  | 21:24   |       |
| W40  | 15. | Sigrid Lenz        | 10 km | 1:10:23 |       |
| W45  | 3.  | Elisabeth Totter   | 10 km | 53:43   |       |
| W55  | 2.  | Sibille Henn       | 10 km | 56:28   |       |
| W65  | 1.  | Rosi Kraemer       | 10 km | 55:45   |       |
| M35  | 12. | Ramon Rubio        | 10 km | 48:47   |       |
| M35  | 18. | Bert Cielas        | 10 km | 42:40   |       |
| M40  | 7.  | Thomas Kraemer     | 10 km | 42:40   |       |
|      |     |                    | 10 km |         |       |
|      |     |                    |       |         |       |
|      |     |                    |       |         |       |
|      |     |                    |       |         |       |
|      |     |                    |       |         |       |

#### 30.08.2009 - Galtür/AUT, Bergmarathon

|     |    |                  |         |         |
|-----|----|------------------|---------|---------|
| W30 | 7. | Diana Hellebrand | 42,3 km | 5:13:14 |
|-----|----|------------------|---------|---------|

#### 30.08.2009 Simmern, Hunsrück-Marathon

|      |     |                |         |         |                |
|------|-----|----------------|---------|---------|----------------|
| W/NW |     | Klaus Herrmann | 21,1 km | 2:43:15 | Gesamtsieger   |
| W/NW |     | Ingo Junker    | 21,1 km | 2:08:10 |                |
| W/NW |     | Birgit Thomé   | 21,1 km | 2:38:09 |                |
| W20  | 17. | Andrea Haugg   | 21,1 km | 2:08:57 | Gesamtsiegerin |
| W20  | 29. | Julia Köllner  | 21,1 km | 2:28:07 |                |

|     |      |                       |         |         |
|-----|------|-----------------------|---------|---------|
| W35 | 3.   | Alexandra Noll        | 21,1 km | 1:57:35 |
| W35 | 9.   | Michaela Stenzhorn    | 21,1 km | 2:01:35 |
| W35 | 14.  | Melanie Rehmann       | 21,1 km | 2:06:32 |
| W35 | 19.  | Silke Alberti         | 21,1 km | 2:09:51 |
| W40 | 10.  | Anke Jakschis         | 21,1 km | 1:46:48 |
| W40 | 11.  | Andrea Pörsch         | 21,1 km | 1:47:00 |
| W40 | 31.  | Judith Prinz          | 21,1 km | 2:05:56 |
| W40 | 53.  | Sigrid Lenz           | 21,1 km | 2:40:54 |
| W45 | 2.   | Gaby Reiländer        | 21,1 km | 1:41:19 |
| W45 | 14.  | Monika Knebel         | 21,1 km | 1:54:46 |
| W50 | 11.  | Petra Itschert-Rasch  | 21,1 km | 2:12:46 |
| W50 | 15.  | Inge Kölsch           | 21,1 km | 2:24:12 |
| W60 | 2.   | Irmgard Kurtenacker   | 21,1 km | 2:08:28 |
| W65 | 1.   | Rosi Kraemer          | 21,1 km | 2:01:16 |
| MJA | 5.   | Ilja Schenderowitsch  | 21,1 km | 1:32:37 |
| M40 | 6.   | Jens Kraemer          | 21,1 km | 1:28:39 |
| M40 | 16.  | Thomas Kraemer        | 21,1 km | 1:34:36 |
| M40 | 64.  | Dirk Pörsch           | 21,1 km | 1:49:24 |
| M40 | 66.  | Wolfgang Reith        | 21,1 km | 1:50:20 |
| M40 | 80.  | Hans-Jürgen Kahle     | 21,1 km | 1:54:15 |
| M40 | 132. | Wolfgang Scholz       | 21,1 km | 2:25:19 |
| M45 | 45.  | Thomas Brent          | 21,1 km | 1:42:29 |
| M50 | 2.   | Thomas Wiegand        | 21,1 km | 1:31:55 |
| M50 | 17.  | Michael Waldforst     | 21,1 km | 1:39:58 |
| M50 | 49.  | Ralf Hoffbauer        | 21,1 km | 1:54:44 |
| M50 | 71.  | Christoph Kurtenacker | 21,1 km | 2:08:28 |
| M50 | 74.  | Elmar Doetsch         | 21,1 km | 2:10:49 |
| M55 | 34.  | Franz Broschart       | 21,1 km | 2:00:36 |
| M55 | 42.  | Hermann Kissling      | 21,1 km | 2:09:50 |
| M55 | 43.  | Günter Jung           | 21,1 km | 2:11:41 |
| M60 | 11.  | Hans Totter           | 21,1 km | 1:56:22 |
| M80 | 1.   | Rudi Wilbert          | 21,1 km | 2:26:17 |
| M35 | 5.   | Mario Pommer          | 42,2 km | 3:17:07 |
| M35 | 11.  | Andreas Decker        | 42,2 km | 3:38:46 |
| M40 | 15.  | Niko Thomé            | 42,2 km | 3:38:46 |

#### 26.08.2009 Ochtendung, 40. Volkslauf

|      |     |                  |       |         |       |
|------|-----|------------------|-------|---------|-------|
| W/NW |     | Helene Gattes    | 5 km  | 37:46   | 35:13 |
| W/NW |     | Jörn Seyda       | 5 km  |         |       |
| W/NW |     | Sonja Seyda      | 5 km  | 40:57   |       |
| W/NW |     | Ingo Junker      | 10 km | 1:03:06 |       |
| W35  | 2.  | Karin Fuhrmann   | 10 km | 1:03:02 |       |
| M35  | 4.  | Mario Pommer     | 10 km | 42:13   |       |
| M50  | 18. | Ralf Hoffbauer   | 10 km | 53:22   |       |
| M55  | 8.  | Peter Fuhrmann   | 10 km | 50:50   |       |
| M55  | 15. | Ulrich Fußberger | 10 km | 1:12:59 |       |
| M80  | 2.  | Rudi Wilbert     | 10 km | 1:17:30 |       |

#### 23.08.2009 Brauweiler, Abteilauflauf

|      |    |                |      |       |
|------|----|----------------|------|-------|
| W/NW | 3. | Klaus Herrmann | 5 km | 36:51 |
|------|----|----------------|------|-------|

#### 14.08.2009 Hausen, Malberglauf

|      |     |                   |      |       |              |
|------|-----|-------------------|------|-------|--------------|
| W/NW | 1.  | Ingo Junker       | 6 km | 41:18 | Gesamtsieger |
| W/NW | 8.  | Klaus Herrmann    | 6 km | 50:54 |              |
| M50  | 17. | Michael Waldforst | 6 km | 38:16 |              |

#### 08.08.2009 Holzfeld, Kulleslauf

|         |    |                |       |         |                |
|---------|----|----------------|-------|---------|----------------|
| NW/W 50 | 1. | Klaus Herrmann | 5 km  | 38:02   | Gesamtsiegerin |
| NW/W 40 | 1. | Birgit Thomé   | 10 km | 1:14:51 |                |
| NW/W 40 | 1. | Ingo Junker    | 10 km | 1:02:56 |                |
| NW/W 50 | 3. | Klaus Herrmann | 10 km | 1:17:18 |                |

|     |    |               |       |         |
|-----|----|---------------|-------|---------|
| W35 | 2. | Silke Alberti | 10 km | 59:21   |
| M40 | 3. | Niko Thomé    | 10 km | 46:06   |
| M50 | 7. | Bernd Marx    | 10 km | 59:21   |
| M80 | 1. | Rudi Wilbert  | 10 km | 1:18:55 |

08.08.2009 Köln, Women´s Run

|   |       |                     |      |       |
|---|-------|---------------------|------|-------|
| W | 1076. | Sigrid Lenz         | 8 km | 57:08 |
| W | 1129. | Sibille Henn        | 8 km | 58:37 |
| W | 1130. | Brigitte Keifenheim | 8 km | 58:37 |

07.08.2009 Nochern, Volkslauf

|     |    |            |       |       |
|-----|----|------------|-------|-------|
| M40 | 1. | Niko Thomé | 10 km | 45:58 |
|-----|----|------------|-------|-------|

02.08.2009 Oestrich-Winkel, Rieslinglauf

|     |    |            |         |         |
|-----|----|------------|---------|---------|
| M40 | 9. | Niko Thomé | 21,1 km | 1:44:39 |
|-----|----|------------|---------|---------|

01.08.2009 Brodenbach, Berglauf

|     |    |                |         |       |
|-----|----|----------------|---------|-------|
| W45 | 1. | Gaby Reiländer | 5,92 km | 30:48 |
|-----|----|----------------|---------|-------|

01.08.2009 Nürburgringlauf

|     |     |                  |         |         |
|-----|-----|------------------|---------|---------|
| W30 | 8.  | Corinna Herrmann | 10 km   | 1:04:55 |
| M40 | 4.  | Jens Kraemer     | 10 km   | 42:41   |
| W20 | 21. | Julia Köllner    | 24,4 km | 3:08:38 |
| W65 | 1.  | Rosi Kraemer     | 24,4 km | 2:45:18 |
| M40 | 33. | Thomas Kraemer   | 24,4 km | 2:00:42 |

01.08.2009 Heimbach-Weis, Volkslauf

|      |    |              |       |         |                |
|------|----|--------------|-------|---------|----------------|
| W/NW |    | Conny Rörig  | 4 km  | 33:30   |                |
| W/NW |    | Sonja Seyda  | 4 km  | 33:31   |                |
| W/NW |    | Birgit Thomé | 10 km | 1:14:28 | Gesamtsiegerin |
| W/NW |    | Ingo Junker  | 10 km | 59:58   | Gesamtsieger   |
| M40  | 9. | Niko Thomé   | 10 km | 46:48   |                |

25.07.2009 Davos (SUI), SwissAlpine-Marathon

|      |     |                |         |         |
|------|-----|----------------|---------|---------|
| W/NW |     | Klaus Herrmann | 21,1 km | 2:57:40 |
| M50  | 24. | Thomas Wiegand | 78 km   | 8:54:07 |

18.07.2009 Niederbreitbach, Straßenlauf

|      |     |                      |       |         |                |
|------|-----|----------------------|-------|---------|----------------|
| W/NW | 1.  | Birgit Thomé         | 10 km | 1:14:46 | Gesamtsiegerin |
| W/NW | 1.  | Ingo Junker          | 10 km | 1:00:45 | Gesamtsieger   |
| M12  | 1.  | Christian Scholz     | 5 km  | 23:04   |                |
| W35  | 2.  | Karin Goertz         | 10 km | 57:31   |                |
| W45  | 3.  | Gaby Reiländer       | 10 km | 45:00   |                |
| MJA  | 4.  | Ilja Schenderowitsch | 10 km | 41:19   |                |
| M40  | 11. | Niko Thomé           | 10 km | 44:07   |                |
| M45  | 4.  | Uwe Rogalsky         | 10 km | 41:46   |                |
| M50  | 8.  | Michael Waldforst    | 10 km | 44:32   |                |
| M50  | 15. | Ralf Hoffbauer       | 10 km | 48:48   |                |
| M55  | 11. | Peter Fuhrmann       | 10 km | 47:50   |                |
| M55  | 17. | Ulrich Fußberger     | 10 km | 1:02:47 |                |
| M80  | 1.  | Rudi Wilbert         | 10 km | 1:07:54 |                |

12.07.2009 Montabaur, Wasserlauf

|     |     |                   |       |       |
|-----|-----|-------------------|-------|-------|
| M12 | 2.  | Christian Scholz  | 5 km  | 24:13 |
| M50 | 1.  | Michael Waldforst | 5 km  | 21:42 |
| W45 | 2.  | Gaby Reiländer    | 10 km | 47:13 |
| M40 | 6.  | Thomas Kraemer    | 10 km | 42:37 |
| M40 | 11. | Wolfgang Scholz   | 10 km | 48:02 |

10.07.2009 Koblenz, Hospizlauf

|   |  |                |         |         |
|---|--|----------------|---------|---------|
| W |  | Martina Schulz | 28,3 km | 3:15:00 |
| W |  | Anke Jakschis  | 28,3 km | 3:15:00 |
| W |  | Andrea Pörsch  | 28,3 km | 3:15:00 |

|                                                      |      |                      |         |         |       |
|------------------------------------------------------|------|----------------------|---------|---------|-------|
| M                                                    |      | Dirk Pörsch          | 28,3 km | 3:15:00 |       |
| M                                                    |      | Michael Jarmusch     | 28,3 km | 3:15:00 |       |
| M                                                    |      | Niko Thomé           | 64 km   | 7:26:00 |       |
| <u>05.07.2009 Imst/AUT, Gletschermarathon</u>        |      |                      |         |         |       |
| W40                                                  | 6.   | Sonja Heidger        | 42,2 km | 3:56:22 |       |
| <u>05.07.2009 St. Goarshausen, Loreley-Challenge</u> |      |                      |         |         |       |
| MJA                                                  | 1.   | Ilja Schenderowitsch | 7,9 km  | 39:17   |       |
| <u>04.07.2009 Horn, Honiglauf</u>                    |      |                      |         |         |       |
| W/NW                                                 |      | Klaus Herrmann       | 5 km    | 36:54   |       |
| W/NW                                                 |      | Birgit Thomé         | 10 km   | 1:14:58 |       |
| W/NW                                                 |      | Ingo Junker          | 10 km   | 1:02:19 |       |
| W/NW                                                 |      | Klaus Herrmann       | 10 km   | 1:18:47 |       |
| W40                                                  | 3.   | Jessica Junker       | 10 km   | 48:48   |       |
| M40                                                  | 8.   | Niko Thomé           | 10 km   | 45:36   |       |
| M50                                                  | 13.  | Ralf Hoffbauer       | 10 km   | 52:34   |       |
| <u>04.07.2009 Bad Ems, Limes-Lauf</u>                |      |                      |         |         |       |
| MJA                                                  | 1.   | Ilja Schenderowitsch | 6 km    | 33:26   |       |
| <u>27.06.2009 Eitelborn, Volkslauf</u>               |      |                      |         |         |       |
| W/NW                                                 | 6.   | Klaus Herrmann       | 10 km   | 1:16:49 |       |
| M50                                                  | 4.   | Michael Waldforst    | 10 km   | 45:50   |       |
| M55                                                  | 7.   | Peter Fuhrmann       | 10 km   | 49:28   |       |
| <u>26.06.2009 Koblenz, Firmenlauf</u>                |      |                      |         |         |       |
| W20                                                  | 132. | Andrea Haugg         | 5 km    | 28:18   |       |
| W35                                                  | 3.   | Gaby Reiländer       | 5 km    | 21:56   |       |
| W35                                                  | 13.  | Manuela Frohs        | 5 km    | 25:05   |       |
| W35                                                  | 21.  | Michaela Stenzhorn   | 5 km    | 26:08   |       |
| W35                                                  | 31.  | Melanie Rehmann      | 5 km    | 26:43   |       |
| W35                                                  | 77.  | Karin Goertz         | 5 km    | 28:16   |       |
| W40                                                  | 11.  | Jessica Junker       | 5 km    | 22:56   |       |
| W40                                                  | 13.  | Anke Jakschis        | 5 km    | 23:31   |       |
| W40                                                  | 28.  | Sonja Heidger        | 5 km    | 24:52   |       |
| W40                                                  | 63.  | Judith Prinz         | 5 km    | 26:42   |       |
| W40                                                  | 255. | Claudia Vogt-Wisbar  | 5 km    | 31:42   |       |
| W40                                                  | 335. | Susanne Rabbel       | 5 km    | 33:26   |       |
| W40                                                  | 341. | Sigrid Lenz          | 5 km    | 33:42   |       |
| W40                                                  | 350. | Sonja Seyda          | 5 km    | 34:03   |       |
| W40                                                  | 567. | Elvira Reith         | 5 km    | 44:41   |       |
| W45                                                  | 9.   | Sigrid Wirz-Ries     | 5 km    | 23:46   |       |
| W45                                                  | 46.  | Martina Schulz       | 5 km    | 26:44   |       |
| W45                                                  | 132. | Sylvia Lippert       | 5 km    | 31:01   |       |
| W45                                                  | 141. | Christiane Magiros   | 5 km    | 31:10   |       |
| W45                                                  | 237. | Brigitte Keifenheim  | 5 km    | 34:24   |       |
| W50                                                  | 68.  | Inge Kölsch          | 5 km    | 32:46   |       |
| W50                                                  | 226. | Bernhardine Dany     | 5 km    | 44:50   |       |
| W55                                                  | 71.  | Helene Gattes        | 5 km    | 39:05   |       |
| W60                                                  | 11.  | Irmgard Kurtenacker  | 5 km    | 32:24   |       |
| W60                                                  | 24.  | Rita Heidger         | 5 km    | 42:02   |       |
| MSB                                                  | 48.  | Christian Scholz     | 5 km    | 31:12   |       |
| MSB                                                  | 54.  | Jörn Seyda           | 5 km    |         | 31:55 |
| MJB                                                  | 27.  | Hendrik Seyda        | 5 km    | 22:46   |       |
| MJA                                                  | 2.   | Ilja Schenderowitsch | 5 km    | 18:58   |       |
| M30                                                  | 270. | Kristof Pech         | 5 km    | 25:54   |       |
| M35                                                  | 16.  | Mario Pommer         | 5 km    | 19:52   |       |
| M35                                                  | 161. | Bert Cielas          | 5 km    |         | 24:25 |
| M40                                                  | 49.  | Thomas Kraemer       | 5 km    | 21:03   |       |
| M40                                                  | 133. | Niko Thomé           | 5 km    | 22:50   |       |

|     |       |                       |      |       |
|-----|-------|-----------------------|------|-------|
| M40 | 168.  | Hans-Jürgen Kahle     | 5 km | 23:38 |
| M40 | 889.  | Rainer Rabbel         | 5 km | 32:11 |
| M40 | 1086. | Wolfgang Reith        | 5 km | 44:42 |
| M40 | 1088. | Wolfgang Scholz       | 5 km | 44:44 |
| M45 | 394.  | Michael Arenz         | 5 km | 27:44 |
| M50 | 179.  | Elmar Doetsch         | 5 km | 27:29 |
| M50 | 346.  | Christoph Kurtenacker | 5 km | 32:26 |
| M55 | 71.   | Franz Broschart       | 5 km | 27:00 |

#### 20.06.2009 Herzogenrath, Volkslauf

|      |     |                     |         |         |
|------|-----|---------------------|---------|---------|
| W/NW | 1.  | Birgit Thomé        | 10 km   | 1:16:31 |
| W/NW | 2.  | Inge Lenz           | 10 km   | 1:24:55 |
| W/NW | 3.  | Gerda Faust         | 10 km   | 1:25:34 |
| W/NW | 2.  | Dieter Volkenborn   | 10 km   | 1:23:03 |
| W/NW | 3.  | Rainer Faust        | 10 km   | 1:24:33 |
| W9   | 3.  | Anna Pörsch         | 300 m   | 1:06    |
| M10  | 2.  | Paul Ueberholz      | 600 m   | 2:15    |
| W13  | 2.  | Alina Ueberholz     | 5 km    | 25:07   |
| W40  | 11. | Elvira Reith        | 5 km    | 40:03   |
| M12  | 5.  | Christian Scholz    | 5 km    | 23:44   |
| M40  | 2.  | Wolfgang Scholz     | 5 km    | 23:54   |
| M40  | 3.  | Niko Thomé          | 5 km    | 25:08   |
| W20  | 6.  | Andrea Haugg        | 10 km   | 56:23   |
| W30  | 5.  | Corinna Hermann     | 10 km   | 54:56   |
| W35  | 2.  | Manuela Frohs       | 10 km   | 51:31   |
| W35  | 10. | Karin Goertz        | 10 km   | 55:57   |
| W40  | 3.  | Antje Ueberholz     | 10 km   | 47:06   |
| W40  | 5.  | Sonja Heidger       | 10 km   | 50:08   |
| W40  | 14. | Sonja Seyda         | 10 km   | 1:03:34 |
| W45  | 1.  | Martina Schulz      | 10 km   | 47:14   |
| W45  | 7.  | Brigitte Keifenheim | 10 km   | 1:03:35 |
| W50  | 3.  | Annette Blum        | 10 km   | 52:49   |
| W50  | 5.  | Inge Kölsch         | 10 km   | 1:07:40 |
| W55  | 1.  | Sibille Henn        | 10 km   | 56:50   |
| W55  | 3.  | Krystyna Macht      | 10 km   | 1:03:03 |
| W65  | 1.  | Rosi Kraemer        | 10 km   | 56:10   |
| M35  | 16. | Mario Pommer        | 10 km   | 56:24   |
| M40  | 9.  | Jens Kraemer        | 10 km   | 40:48   |
| M45  | 9.  | Jörg Ueberholz      | 10 km   | 49:11   |
| M50  | 15. | Hans-Dieter Blum    | 10 km   | 49:24   |
| M50  | 16. | Ralf Hoffbauer      | 10 km   | 50:40   |
| M55  | 6.  | Peter Fuhrmann      | 10 km   | 47:08   |
| M55  | 14. | Franz Broschart     | 10 km   | 54:56   |
| W35  | 7.  | Silke Alberti       | 10 km   | 2:10:24 |
| W40  | 8.  | Andrea Pörsch       | 21,1 km | 1:51:15 |
| M40  | 13. | Niko Thomé          | 21,1 km | 1:38:43 |
| M40  | 23. | Wolfgang Reith      | 21,1 km | 1:46:12 |
| M40  | 26. | Wolfgang Scholz     | 21,1 km | 1:50:57 |
| M40  | 27. | Dirk Pörsch         | 21,1 km | 1:53:39 |
| M55  | 6.  | Bernd Marx          | 21,1 km | 1:50:54 |

#### 20.06.2009 Alsbach, Volkslauf

|      |     |                      |       |         |              |
|------|-----|----------------------|-------|---------|--------------|
| W/NW | 1.  | Ingo Junker          | 10 km | 1:01:32 | Gesamtsieger |
| W40  | 3.  | Jessica Junker       | 10 km | 48:58   |              |
| W40  | 11. | Sigrid Lenz          | 10 km | 1:09:07 |              |
| MJ   | 4.  | Ilja Schenderowitsch | 10 km | 41:51   |              |
| M80  | 1.  | Rudi Wilbert         | 10 km | 1:09:09 |              |

#### 17.06.2009 Lonnig, Volkslauf

|      |    |              |       |         |              |
|------|----|--------------|-------|---------|--------------|
| W/NW | 1. | Ingo Junker  | 10 km | 1:04:25 | Gesamtsieger |
| W/NW | 9. | Birgit Thomé | 10 km | 1:15:54 |              |

|      |     |                      |       |         |
|------|-----|----------------------|-------|---------|
| W/NW | 17. | Helene Gattes        | 10 km | 1:37:19 |
| W/NW | 18. | Conny Rörig          | 10 km | 1:37:20 |
| MJA  | 2.  | Ilja Schenderowitsch | 5 km  | 18:53   |
| W40  | 3.  | Anke Jakschis        | 10 km | 49:30   |
| W50  | 4.  | Inge Kölsch          | 10 km | 1:13:16 |
| M40  | 14. | Niko Thomé           | 10 km | 46:50   |
| M40  | 18. | Wolfgang Reith       | 10 km | 49:06   |
| M50  | 4.  | Michael Waldforst    | 10 km | 47:40   |
| M50  |     | Ralf Hoffbauer       | 10 km | DNF     |
| M80  | 1.  | Rudi Wilbert         | 10 km | 1:10:27 |

#### 14.06.2009 Dernau, Volkslauf

|     |     |            |       |         |
|-----|-----|------------|-------|---------|
| M40 | 10. | Niko Thomé | 20 km | 1:44:48 |
|-----|-----|------------|-------|---------|

#### 13.06.2009 Höhr-Grenzhausen, Volkslauf

|      |     |                      |         |         |
|------|-----|----------------------|---------|---------|
| W/NW |     | Helene Gattes        | 4,2 km  | 34:41   |
| W/NW |     | Birgit Thomé         | 10,4 km | 1:17:16 |
| MJA  | 2.  | Ilja Schenderowitsch | 4,2 km  | 17:26   |
| W50  | 8.  | Inge Kölsch          | 10,4 km | 1:11:01 |
| W55  | 2.  | Krystyna Macht       | 10,4 km | 1:07:01 |
| M40  | 6.  | Niko Thomé           | 10,4 km | 46:52   |
| M50  | 10. | Michael Waldforst    | 10,4 km | 49:41   |
| M50  | 14. | Ralf Hoffbauer       | 10,4 km | 54:08   |
| M80  | 1.  | Rudi Wilbert         | 10,4 km | 1:11:08 |

#### 12.06.2009 Biel/SUI, 100 km-Lauf

|     |     |                |        |          |
|-----|-----|----------------|--------|----------|
| M35 | 48. | Andreas Decker | 100 km | 11:19:00 |
| M35 | 53. | Mario Pommer   | 100 km | 11:45:08 |

#### 11.06.2009 Rhens, Volkslauf

|      |     |                   |       |         |                |
|------|-----|-------------------|-------|---------|----------------|
| W/NW | 3.  | Birgit Thomé      | 5 km  | 37:27   |                |
| W/NW | 1.  | Ingo Junker       | 10 km | 1:06:27 | Gesamtsieger   |
| M12  | 1.  | Christian Scholz  | 800 m | 3:01    |                |
| M12  | 2.  | Christian Scholz  | 5 km  | 25:18   |                |
| M40  | 1.  | Jens Kraemer      | 5 km  | 20:27   | Gesamtsieger   |
| W30  | 1.  | Corinna Herrmann  | 10 km | 58:54   |                |
| W35  | 2.  | Silke Alberti     | 10 km | 1:00:57 |                |
| W40  | 1.  | Anke Jakschis     | 10 km | 48:36   | Gesamtsiegerin |
| W45  | 3.  | Nicole Hilgert    | 10 km | 57:57   |                |
| M40  | 7.  | Niko Thomé        | 10 km | 44:36   |                |
| M40  | 9.  | Wolfgang Scholz   | 10 km | 45:11   |                |
| M40  | 13. | Wolfgang Reith    | 10 km | 47:54   |                |
| M40  | 19. | Jens Kraemer      | 10 km | 58:55   |                |
| M45  | 1.  | Uwe Rogalsky      | 10 km | 40:44   |                |
| M50  | 4.  | Michael Waldforst | 10 km | 46:01   |                |

#### 06.06.2009 Koblenz, Mittelrhein-Marathon

|        |      |                  |         |         |
|--------|------|------------------|---------|---------|
| M12    | 4.   | Christian Scholz | 1 km    | 3:44    |
| Walk W | 87.  | Inge Lenz        | 10 km   | 1:32:06 |
| Walk M | 3.   | Günther Roj      | 10 km   | 1:11:33 |
| NW W   | 101. | Elvira Reith     | 10 km   | 1:42:07 |
| NW W   | 105. | Kerstin Schmitz  | 10 km   | 1:44:20 |
| W20    | 41.  | Andrea Haugg     | 21,1 km | 2:02:53 |
| W20    | 100. | Nicole Wiedemann | 21,1 km | 2:33:08 |
| W35    | 4.   | Diana Hellebrand | 21,1 km | 1:37:43 |
| W35    | 18.  | Alexandra Noll   | 21,1 km | 1:54:57 |
| W35    | 58.  | Melanie Rehmann  | 21,1 km | 2:07:26 |
| W35    | 48.  | Silke Alberti    | 21,1 km | 2:04:12 |
| W40    | 17.  | Anke Jakschis    | 21,1 km | 1:48:22 |
| W40    | 60.  | Judith Prinz     | 21,1 km | 1:59:01 |
| W40    | 118. | Sonja Seyda      | 21,1 km | 2:12:40 |
| W40    | 157. | Susanne Rabbel   | 21,1 km | 2:26:41 |

|                                               |      |                                                       |         |         |  |
|-----------------------------------------------|------|-------------------------------------------------------|---------|---------|--|
| W40                                           | 166. | Sigrid Lenz                                           | 21,1 km | 2:33:30 |  |
| W45                                           | 10.  | Sigrid Wirz-Ries                                      | 21,1 km | 1:42:49 |  |
| W45                                           | 34.  | Monika Knebel                                         | 21,1 km | 1:55:43 |  |
| W45                                           | 40.  | Elisabeth Totter                                      | 21,1 km | 1:56:23 |  |
| W50                                           | 12.  | Sibille Henn                                          | 21,1 km | 2:01:12 |  |
| W50                                           | 45.  | Meddy Michel                                          | 21,1 km | 2:12:46 |  |
| W50                                           | 71.  | Inge Kölsch                                           | 21,1 km | 2:34:27 |  |
| W55                                           | 8.   | Christel Politz                                       | 21,1 km | 1:57:03 |  |
| W60                                           | 8.   | Irmgard Kurtenacker                                   | 21,1 km | 2:09:43 |  |
| W65                                           | 1.   | Rosi Kraemer                                          | 21,1 km | 2:04:01 |  |
| M20                                           | 200. | Andreas Wiedemann                                     | 21,1 km | 2:13:16 |  |
| M40                                           | 143. | Wolfgang Scholz                                       | 21,1 km | 1:47:40 |  |
| M40                                           | 240. | Wolfgang Reith                                        | 21,1 km | 1:58:10 |  |
| M40                                           | 323. | Dirk Seyda                                            | 21,1 km | 2:12:48 |  |
| M45                                           | 21.  | Harald Müller                                         | 21,1 km | 1:32:16 |  |
| M45                                           | 46.  | Ewald Hammes                                          | 21,1 km | 1:37:29 |  |
| M45                                           | 162. | Jörg Ueberholz                                        | 21,1 km | 1:52:42 |  |
| M45                                           | 276. | Hermann Schroers                                      | 21,1 km | 2:06:49 |  |
| M50                                           | 4.   | Thomas Wiegand                                        | 21,1 km | 1:29:25 |  |
| M50                                           | 106. | Peter Loth                                            | 21,1 km | 1:54:55 |  |
| M50                                           | 109. | Ralf Hoffbauer                                        | 21,1 km | 1:55:38 |  |
| M50                                           | 182. | Christoph Kurtenacker                                 | 21,1 km | 2:09:43 |  |
| M50                                           | 203. | Elmar Doetsch                                         | 21,1 km | 2:19:31 |  |
| M55                                           | 69.  | Norbert Neyses                                        | 21,1 km | 1:58:32 |  |
| M55                                           | 95.  | Hermann Kissling                                      | 21,1 km | 2:04:48 |  |
| M55                                           | 122. | Günter Jung                                           | 21,1 km | 2:17:48 |  |
| M60                                           | 24.  | Hans Totter                                           | 21,1 km | 1:56:56 |  |
| M80                                           | 1.   | Rudi Wilbert                                          | 21,1 km | 2:44:13 |  |
| Duo W                                         | 2.   | Antje Ueberholz (1:43:11)<br>Martina Schulz (1:45:08) | 42,2 km | 3:28:20 |  |
| Duo M                                         | 10.  | Niko Thomé (1:50:47)<br>Jens Kraemer (1:36:34)        | 42,2 km | 3:27:22 |  |
| Duo Mix                                       | 9.   | Andrea Pörsch (1:50:52)<br>Dirk Pörsch (1:56:10)      | 42,2 km | 3:47:02 |  |
| Duo Mix                                       | 10.  | Annette Blum (1:59:16)<br>Dieter Blum (1:49:06)       | 42,2 km | 3:48:23 |  |
| W35                                           | 8.   | Manuela Frohs                                         | 42,2 km | 4:10:48 |  |
| W40                                           | 8.   | Sonja Heidger                                         | 42,2 km | 3:54:13 |  |
| M35                                           | 15.  | Mario Pommer                                          | 42,2 km | 3:28:38 |  |
| M35                                           | 55.  | Bert Cielas                                           | 42,2 km | 4:42:40 |  |
| M40                                           | 77.  | Hans-Jürgen Kahle                                     | 42,2 km | 4:02:27 |  |
| M45                                           | 4.   | Alexander Irschfeld                                   | 42,2 km | 3:08:45 |  |
| M45                                           | 20.  | Thomas Fieß                                           | 42,2 km | 3:27:18 |  |
| M50                                           |      | Bernhard Widera                                       | 42,2 km | DNF     |  |
| M55                                           | 6.   | Bernd Politz                                          | 42,2 km | 3:39:27 |  |
| <u>05.06.2009 Lahnstein- Zwei-Flüsse-Lauf</u> |      |                                                       |         |         |  |
| M12                                           | 1.   | Christian Scholz                                      | 1 km    | 3:52    |  |
| M50                                           | 5.   | Michael Waldforst                                     | 10 km   | 46:25   |  |
| <u>31.05.2009 Bonn, Rheinsteig-Extremlauf</u> |      |                                                       |         |         |  |
| M50                                           | 5.   | Thomas Wiegand                                        | 34 km   | 3:16:16 |  |
| <u>30.05.2009 Jammelshofen, Volkslauf</u>     |      |                                                       |         |         |  |
| M35                                           | 1.   | Mario Pommer                                          | 21,1 km | 1:37:45 |  |
| <u>29.05.2009 Neuwied, Deichlauf</u>          |      |                                                       |         |         |  |
| M12                                           | 1.   | Christian Scholz                                      | 5 km    | 22:00   |  |
| M40                                           | 7.   | Wolfgang Scholz                                       | 5 km    | 22:00   |  |
| W30                                           | 1.   | Diana Hellebrand                                      | 10 km   | 45:06   |  |
| W40                                           | 7.   | Petra Heilmann                                        | 10 km   | 55:40   |  |

|     |     |                      |       |         |
|-----|-----|----------------------|-------|---------|
| W40 | 14. | Sigrid Lenz          | 10 km | 1:07:47 |
| W45 | 2.  | Martina Schulz       | 10 km | 47:28   |
| W50 | 5.  | Petra Itschert-Rasch | 10 km | 59:46   |
| W65 | 1.  | Rosi Kraemer         | 10 km | 56:16   |
| M30 | 7.  | Kristof Pech         | 10 km | 59:38   |
| M40 | 26. | Niko Thomé           | 10 km | 59:46   |
| M45 | 3.  | Alexander Irschfeld  | 10 km | 39:43   |
| M45 | 9.  | Harald Müller        | 10 km | 45:06   |
| M45 | 17. | Jörg Ueberholz       | 10 km | 49:22   |
| M55 | 14. | Günter Jung          | 10 km | 1:03:22 |

#### 23.05.2009 Luxemburg, Marathon

|     |      |                 |         |         |
|-----|------|-----------------|---------|---------|
| W40 | 170. | Sonja Seyda     | 21,1 km | 2:18:25 |
| W50 | 41.  | Meddy Michel    | 21,1 km | 2:19:55 |
| M40 | 504. | Dirk Seyda      | 21,1 km | 2:18:24 |
| M50 | 60.  | Bernhard Widera | 21,1 km | 1:51:07 |

#### 23.05.2009 Nickenich, Volkslauf

|     |    |                   |         |       |
|-----|----|-------------------|---------|-------|
| M40 | 4. | Niko Thomé        | 10,6 km | 48:49 |
| M50 | 3. | Michael Waldforst | 10,6 km | 50:50 |

#### 21.05.2009 Rengsdorf, 50 Km-Lauf

|     |  |                |       |         |
|-----|--|----------------|-------|---------|
| M35 |  | Mario Pommer   | 50 km | 5:05:00 |
| M35 |  | Andreas Decker | 50 km | 5:23:00 |

#### 21.05.2009 Westum, Volkslauf

|      |     |                   |         |         |                |
|------|-----|-------------------|---------|---------|----------------|
| W/NW | 1.  | Birgit Thomé      | 5 km    | 39:36   | Gesamtsiegerin |
| JMW  | 14. | Elvira Reith      | 5 km    | 45:15   |                |
| M50  | 8.  | Michael Waldforst | 10 km   | 46:09   |                |
| M40  | 7.  | Niko Thomé        | 21,1 km | 1:48:55 |                |
| M40  | 10. | Wolfgang Reith    | 21,1 km | 1:59:54 |                |

#### 20.05.2009 Boppard, Mailauf

|     |     |                     |      |       |
|-----|-----|---------------------|------|-------|
| W30 | 2.  | Diana Hellebrand    | 5 km | 21:56 |
| W35 | 5.  | Manuela Frohs       | 5 km | 24:40 |
| W35 | 11. | Silke Alberti       | 5 km | 27:23 |
| W40 | 3.  | Antje Ueberholz     | 5 km | 23:15 |
| W40 | 5.  | Sonja Heidger       | 5 km | 23:42 |
| W50 | 6.  | Annette Blum        | 5 km | 25:44 |
| M40 | 23. | Niko Thomé          | 5 km | 23:25 |
| M40 | 30. | Dirk Pörsch         | 5 km | 24:37 |
| M45 | 4.  | Alexander Irschfeld | 5 km | 19:09 |
| M50 | 15. | Hans-Dieter Blum    | 5 km | 23:34 |

#### 20.05.2009 Koblenz, Mini Internationales

|     |    |                  |      |         |
|-----|----|------------------|------|---------|
| M12 | 5. | Christian Scholz | 1 km | 3:31,20 |
|-----|----|------------------|------|---------|

#### 17.05.2009 Dortmund/Essen, Marathon

|      |      |              |         |         |
|------|------|--------------|---------|---------|
| W/NW | 27.  | Birgit Thomé | 21,1 km | 2:42:51 |
| M40  | 111. | Niko Thomé   | 42,2 km | 3:50:21 |

#### 16.05.2009 Bad Waldseer Lauffieber

|     |     |              |         |         |
|-----|-----|--------------|---------|---------|
| W20 | 21. | Andrea Haugg | 21,1 km | 2:10:56 |
| M35 | 5.  | Mario Pommer | 42,2 km | 3:31:41 |

#### 16.05.2009 Bad Ems, Volkslauf

|      |     |                  |       |       |              |
|------|-----|------------------|-------|-------|--------------|
| W/NW | 10. | Jörn Seyda       | 5 km  | 35:48 | Gesamtsieger |
| W/NW | 6.  | Helene Gattes    | 5 km  | 39:15 |              |
| M12  | 1.  | Christian Scholz | 1 km  | 3:42  |              |
| W65  | 1.  | Rosi Kraemer     | 10 km | 56:20 |              |
| M40  | 4.  | Jens Kraemer     | 10 km | 41:30 |              |
| M55  | 10. | Peter Fuhrmann   | 10 km | 47:56 |              |

13.05.2009 Ochtendung, Schülersportfest

|     |    |                  |      |         |
|-----|----|------------------|------|---------|
| M12 | 4. | Christian Scholz | 2 km | 7:53,51 |
|-----|----|------------------|------|---------|

10.05.2009 Schluchseeauf

|     |      |                 |         |         |
|-----|------|-----------------|---------|---------|
| M55 | 168. | Hermann Kißling | 18,4 km | 1:55:24 |
|-----|------|-----------------|---------|---------|

10.05.2009 Mainz, Marathon

|     |      |                      |         |         |
|-----|------|----------------------|---------|---------|
| W35 | 28.  | Manuela Frohs        | 21,1 km | 1:54:06 |
| W40 | 57.  | Andrea Pörsch        | 21,1 km | 1:55:26 |
| W45 | 73.  | Elisabeth Totter     | 21,1 km | 1:58:35 |
| W50 | 157. | Inge Kölsch          | 21,1 km | 2:41:21 |
| W55 | 13.  | Sibille Henn         | 21,1 km | 2:04:55 |
| W65 | 3.   | Rosi Kraemer         | 21,1 km | 2:10:50 |
| M35 | 416. | Mario Pommer         | 21,1 km | 2:10:50 |
| M40 | 353. | Michael Partenheimer | 21,1 km | 1:52:27 |
| M40 | 665. | Dirk Pörsch          | 21,1 km | 2:05:46 |
| M45 | 17.  | Alexander Irschfeld  | 21,1 km | 1:29:12 |
| M50 | 12.  | Thomas Wiegand       | 21,1 km | 1:29:33 |
| M60 | 39.  | Hans Totter          | 21,1 km | 1:58:35 |
| MJA | 8.   | Ilja Schenderowitsch | 42,2 km | 4:16:26 |

09.05.2009 Laubach, Volkslauf

|      |     |                  |       |         |
|------|-----|------------------|-------|---------|
| W/NW |     | Jörn Seyda       | 5 km  | 38:34   |
| W/NW |     | Helene Gattes    | 5 km  | 40:06   |
| W/NW |     | Birgit Thomé     | 10 km | 1:13:52 |
| W30  | 2.  | Diana Hellebrand | 10 km | 45:51   |
| W40  | 6.  | Sonja Seyda      | 10 km | 59:58   |
| W45  | 1.  | Martina Schulz   | 10 km | 48:30   |
| MJB  | 2.  | Hendrik Seyda    | 10 km | 47:08   |
| M40  | 19. | Dirk Seyda       | 10 km | 53:43   |
| M40  | 21. | Niko Thomé       | 10 km | 59:58   |

09.05.2009 Mannheim, Marathon

|     |     |               |         |         |
|-----|-----|---------------|---------|---------|
| W40 | 14. | Sonja Heidger | 21,1 km | 1:48:45 |
|-----|-----|---------------|---------|---------|

03.05.2009 Bad Breisig, Volkslauf

|       |     |                   |         |         |
|-------|-----|-------------------|---------|---------|
| W/NW  |     | Elvira Reith      | 10 km   | 1:37:02 |
| W/NW  |     | Birgit Thomé      | 10 km   | 1:16:24 |
| SchüB | 1.  | Christian Scholz  | 1 km    | 3:30    |
| SchüB | 2.  | Tobias Heilmann   | 1 km    | 3:33    |
| W35   | 6.  | Karin Goertz      | 10 km   | 59:13   |
| W40   | 6.  | Petra Heilmann    | 10 km   | 55:44   |
| W40   | 13. | Sigrid Lenz       | 10 km   | 1:05:20 |
| W45   | 8.  | Elisabeth Totter  | 10 km   | 53:02   |
| W55   | 3.  | Sibille Henn      | 10 km   | 55:18   |
| W65   | 1.  | Rosi Kraemer      | 10 km   | 56:41   |
| MJB   | 1.  | Hendrik Seyda     | 10 km   | 45:53   |
| M45   | 19. | Rüdiger Heilmann  | 10 km   | 55:14   |
| M50   | 7.  | Michael Waldforst | 10 km   | 45:57   |
| M55   | 7.  | Peter Fuhrmann    | 10 km   | 48:19   |
| M55   | 10. | Hermann Kissling  | 10 km   | 54:54   |
| M55   | 13. | Dieter Huckels    | 10 km   | 59:22   |
| M60   | 6.  | Hans Totter       | 10 km   | 53:16   |
| M80   | 1.  | Rudi Wilbert      | 10 km   | 1:05:03 |
| W35   | 4.  | Silke Alberti     | 21,1 km | 2:26:18 |
| W35   | 5.  | Melanie Rehmann   | 21,1 km | 2:27:30 |
| W40   | 4.  | Judith Prinz      | 21,1 km | 2:15:33 |
| W40   | 5.  | Sonja Seyda       | 21,1 km | 2:16:30 |
| W45   | 6.  | Monika Knebel     | 21,1 km | 2:15:32 |
| W50   | 2.  | Meddy Michel      | 21,1 km | 2:16:28 |
| M35   | 8.  | Bert Cielas       | 21,1 km | 1:56:01 |

|     |     |                  |         |         |
|-----|-----|------------------|---------|---------|
| M40 | 10. | Niko Thomé       | 21,1 km | 1:41:45 |
| M40 | 17. | Wolfgang Scholz  | 21,1 km | 1:48:43 |
| M40 | 19. | Wolfgang Reith   | 21,1 km | 1:54:19 |
| M45 | 12. | Hermann Schroers | 21,1 km | 2:15:35 |
| M50 | 5.  | Thomas Wiegand   | 21,1 km | 1:31:57 |
| M50 | 13. | Bernhard Widera  | 21,1 km | 1:49:08 |
| M50 | 17. | Ralf Hoffbauer   | 21,1 km | 2:15:34 |
| M55 | 7.  | Günter Jung      | 21,1 km | 2:26:20 |

#### 03.05.2009 Salzburg, Marathon

|     |     |                      |         |         |
|-----|-----|----------------------|---------|---------|
| MJA | 1.  | Ilja Schenderowitsch | 21,1 km | 1:29:17 |
| M35 | 58. | Andreas Decker       | 42,2 km | 3:50:54 |

#### 01.05.2009 Mendig, Volkslauf

|     |     |                |         |         |
|-----|-----|----------------|---------|---------|
| W   | 2.  | Birgit Thomé   | 10 km   | 1:19:36 |
| M80 | 1.  | Rudi Wilbert   | 10 km   | 1:14:33 |
| W35 | 7.  | Silke Alberti  | 21,1 km | 2:24:46 |
| M35 | 4.  | Mario Pommer   | 21,1 km | 1:33:05 |
| M40 | 13. | Niko Thomé     | 21,1 km | 1:46:54 |
| M45 | 2.  | Thomas Fieß    | 21,1 km | 1:33:20 |
| M50 | 4.  | Thomas Wiegand | 21,1 km | 1:34:00 |

#### 26.04.2009 Zürich, Marathon

|     |      |                  |         |         |
|-----|------|------------------|---------|---------|
| W40 | 54.  | Antje Ueberholz  | 42,2 km | 3:45:35 |
| W50 | 57.  | Annette Blum     | 42,2 km | 4:19:44 |
| M45 | 592. | Jörg Ueberholz   | 42,2 km | 4:18:51 |
| M50 | 298. | Hans-Dieter Blum | 42,2 km | 3:58:12 |

#### 26.04.2009 Hamburg, Marathon

|     |       |                  |         |         |
|-----|-------|------------------|---------|---------|
| W30 | 32.   | Diana Hellebrand | 42,2 km | 3:35:28 |
| W40 | 199.  | Anke Jakschis    | 42,2 km | 4:08:31 |
| W40 | 228.  | Andrea Pörsch    | 42,2 km | 4:14:01 |
| W45 | 66.   | Martina Schulz   | 42,2 km | 3:47:58 |
| M40 | 1029. | Niko Thomé       | 42,2 km | 3:51:08 |
| M45 | 775.  | Harald Müller    | 42,2 km | 3:46:34 |

#### 26.04.2009 Bonn, Marathon

|      |      |                  |         |         |
|------|------|------------------|---------|---------|
| W/NW |      | Franz Broschart  | 21,1 km | 2:49:45 |
| W35  | 127. | Melanie Rehmann  | 21,1 km | 2:09:44 |
| W40  | 34.  | Sonja Heidger    | 21,1 km | 1:49:16 |
| W40  | 172. | Judith Prinz     | 21,1 km | 2:08:01 |
| W40  | 231. | Conny Rörig      | 21,1 km | 2:28:58 |
| W40  | 150. | Petra Heilmann   | 21,1 km | 2:05:34 |
| W40  | 251. | Sonja Seyda      | 21,1 km | 2:17:14 |
| W45  | 83.  | Monika Knebel    | 21,1 km | 1:58:22 |
| W50  | 118. | Meddy Michel     | 21,1 km | 2:21:29 |
| M35  | 231. | Ramon Rubio      | 21,1 km | 1:48:05 |
| M35  | 566. | Marcus Stein     | 21,1 km | 2:00:54 |
| M45  | 436. | Frank Schopp     | 21,1 km | 1:58:33 |
| M45  | 654. | Hermann Schroers | 21,1 km | 2:17:12 |
| M45  | 556. | Rüdiger Heilmann | 21,1 km | 2:05:33 |
| M50  | 202. | Bernhard Widera  | 21,1 km | 1:54:31 |
| M50  | 6.   | Thomas Wiegand   | 42,2 km | 3:11:48 |

#### 25.04.2009 Neuhausel, Volkslauf

|      |    |                     |       |         |
|------|----|---------------------|-------|---------|
| W/NW | 7. | Hans-Günther Müller | 10 km | 1:25:04 |
|------|----|---------------------|-------|---------|

#### 21.04.2009 Horn, Spendenhalbmarathon

|  |      |                |         |         |
|--|------|----------------|---------|---------|
|  | 18.  | Mario Pommer   | 21,1 km | 1:34:08 |
|  | 155. | Thomas Wiegand | 21,1 km | 2:38:39 |

#### 19.04.2009 Wien, Marathon

|     |      |             |         |         |
|-----|------|-------------|---------|---------|
| M35 | 516. | Bert Cielas | 21,1 km | 1:54:53 |
|-----|------|-------------|---------|---------|

05.04.2009 Berlin, Halbmarathon

|     |       |                       |         |         |
|-----|-------|-----------------------|---------|---------|
| W35 | 451.  | Silke Alberti         | 21,1 km | 2:13:02 |
| W40 | 808.  | Petra Heilmann        | 21,1 km | 2:20:03 |
| W50 | 428.  | Monika Thoma-Kissling | 21,1 km | 2:24:01 |
| M45 | 2009. | Rüdiger Heilmann      | 21,1 km | 2:20:04 |
| M55 | 690.  | Hermann Kissling      | 21,1 km | 2:24:01 |
| M55 | 728.  | Günter Jung           | 21,1 km | 2:35:58 |

05.04.2009 St. Wendel, Marathon

|     |     |               |         |         |
|-----|-----|---------------|---------|---------|
| M45 | 47. | Harald Müller | 21,1 km | 1:37:06 |
|-----|-----|---------------|---------|---------|

04.04.2009 Mörsdorf, Volkslauf

|     |    |                 |       |       |
|-----|----|-----------------|-------|-------|
| W   |    | Birgit Thomé    | 5 km  | 38:02 |
| W40 | 1. | Antje Ueberholz | 10 km | 47:33 |
| M40 | 8. | Niko Thomé      | 10 km | 47:34 |

29.03.2009 Freiburg, Marathon

|     |      |               |         |         |
|-----|------|---------------|---------|---------|
| M50 | 198. | Elmar Doetsch | 42,2 km | 4:54:26 |
|-----|------|---------------|---------|---------|

29.03.2009 Weeze, Fisherman´s Friend Strongman-Run

|   |       |                     |       |         |
|---|-------|---------------------|-------|---------|
| W | 417.  | Manuela Frohs, SW   | 18 km | 3:37:48 |
| W | 418.  | Sonja Heidger, SW   | 18 km | 3:37:49 |
| W |       | Sonja Seyda         | 18 km | dnf     |
| M | 4533. | Dirk Seyda, SM      | 18 km | 3:37:48 |
| M | 4534. | Bernhard Widera, SM | 18 km | 3:37:48 |
| M | 4535. | Wolfgang Scholz, SM | 18 km | 3:37:48 |

28.03.2008 Shape/B, Halbmarathon

|   |  |               |         |         |
|---|--|---------------|---------|---------|
| W |  | Anke Jakschis | 21,1 km | 1:52:03 |
|---|--|---------------|---------|---------|

28.03.2009 Königsforst-Marathon

|     |     |                |         |         |
|-----|-----|----------------|---------|---------|
| M35 | 17. | Andreas Decker | 42,2 km | 3:56:53 |
|-----|-----|----------------|---------|---------|

28.03.2009 Engers, Volkslauf

|      |     |                     |       |         |
|------|-----|---------------------|-------|---------|
| W/NW | 3.  | Hans-Günther Müller | 10 km | 1:17:46 |
| W40  | 13. | Sigrid Lenz         | 10 km | 1:09:03 |
| M40  | 10. | Niko Thomé          | 10 km | 45:24   |
| M45  | 7.  | Alexander Irschfeld | 10 km | 42:33   |
| M50  | 8.  | Michael Waldforst   | 10 km | 46:02   |

22.03.2009 Steinfurt, Marathon

|     |     |              |         |           |
|-----|-----|--------------|---------|-----------|
| W40 | 2.  | Birgit Thomé | 21,1 km | W 2:43:40 |
| M40 | 55. | Niko Thomé   | 42,2 km | 3:56:21   |

21.03.2009 Schweich, Volkslauf

|     |    |              |         |         |
|-----|----|--------------|---------|---------|
| M40 | 4. | Jens Kraemer | 21,1 km | 1:36:18 |
|-----|----|--------------|---------|---------|

08.03.2009 Kandel, Bienwaldmarathon

|     |      |                     |         |         |
|-----|------|---------------------|---------|---------|
| W30 | 2.   | Diana Hellebrand    | 21,1 km | 1:39:41 |
| W35 | 16.  | Manuela Frohs       | 21,1 km | 1:56:05 |
| W40 | 9.   | Antje Ueberholz     | 21,1 km | 1:42:53 |
| W40 | 34.  | Sonja Heidger       | 21,1 km | 1:53:14 |
| W45 | 18.  | Martina Schulz      | 21,1 km | 1:45:40 |
| W50 | 14.  | Annette Blum        | 21,1 km | 1:56:01 |
| W50 | 31.  | Meddy Michel        | 21,1 km | 2:13:33 |
| M40 | 175. | Dirk Pörsch         | 21,1 km | 1:58:52 |
| M45 | 26.  | Alexander Irschfeld | 21,1 km | 1:29:49 |
| M50 | 78.  | Hans-Dieter Blum    | 21,1 km | 1:48:05 |
| M50 | 142. | Bernhard Widera     | 21,1 km | 2:13:33 |
| M55 |      | Franz Broschart     | 21,1 km |         |
| W40 | 12.  | Andrea Pörsch       | 42,2 km | 4:02:45 |

|                                                                |      |                       |         |         |                |
|----------------------------------------------------------------|------|-----------------------|---------|---------|----------------|
| M40                                                            | 118. | Niko Thomé            | 42,2 km | 4:02:46 |                |
| <u>08.03.2009 Urmitz, Straßenlauf</u>                          |      |                       |         |         |                |
| W/NW                                                           | 9.   | Susanne Scholz        | 5 km    | 44:17   | Gesamtsieger   |
| JMM                                                            | 1.   | Christian Scholz      | 3 km    | 11:58   |                |
| W20                                                            | 5.   | Nicole Wiedemann      | 10 km   | 1:05:15 |                |
| W35                                                            | 4.   | Melanie Rehmann       | 10 km   | 55:54   |                |
| W40                                                            | 2.   | Jessica Junker        | 10 km   | 44:09   |                |
| W40                                                            | 7.   | Judith Prinz          | 10 km   | 55:53   |                |
| W40                                                            | 12.  | Sonja Seyda           | 10 km   | 1:02:22 |                |
| W40                                                            | 14.  | Sigrid Lenz           | 10 km   | 1:05:18 |                |
| W45                                                            | 8.   | Monika Knebel         | 10 km   | 54:07   |                |
| W45                                                            | 9.   | Elisabeth Totter      | 10 km   | 56:25   |                |
| W45                                                            | 17.  | Conny Rörig           | 10 km   | 1:05:48 |                |
| W55                                                            | 2.   | Sibille Henn          | 10 km   | 56:02   |                |
| W50                                                            |      | Sigrid Fischer        | 10 km   | aufg.   |                |
| W65                                                            | 1.   | Rosi Kraemer          | 10 km   | 58:59   |                |
| MJA                                                            |      | Ilja Schenderowitsch  | 10 km   | aufg.   |                |
| M20                                                            | 10.  | Andreas Wiedemann     | 10 km   | 49:30   |                |
| M35                                                            | 15.  | Bert Cielas           | 10 km   | 51:16   |                |
| M40                                                            | 5.   | Jens Kraemer          | 10 km   | 42:10   |                |
| M40                                                            | 20.  | Dirk Seyda            | 10 km   | 53:22   |                |
| M40                                                            | 26.  | Wolfgang Scholz       | 10 km   | 1:02:23 |                |
| M45                                                            | 3.   | Thomas Fieß           | 10 km   | 42:40   |                |
| M45                                                            | 7.   | Harald Müller         | 10 km   | 43:59   |                |
| M50                                                            | 19.  | Ralf Hoffbauer        | 10 km   | 54:08   |                |
| M50                                                            | 20.  | Elmar Doetsch         | 10 km   | 56:08   |                |
| M60                                                            | 3.   | Hans Totter           | 10 km   | 56:26   |                |
| <u>07.03.2009 Thür, Volkslauf</u>                              |      |                       |         |         |                |
| W/NW                                                           |      | Birgit Thomé          | 10 km   | 1:15:15 |                |
| M50                                                            | 1.   | Thomas Wiegand        | 21,1 km | 1:31:21 |                |
| <u>01.03.2009 Holzappel, Crosslauf "Rund um den Herthasee"</u> |      |                       |         |         |                |
| W40                                                            | 1.   | Sigrid Lenz           | 7,5 km  | 53:15   |                |
| <u>01.03.2009 Kärlich, 25. Strassenlauf</u>                    |      |                       |         |         |                |
| W/NW                                                           |      | Hans-Günther Müller   | 5 km    | 39:40   | Gesamtsiegerin |
| W/NW                                                           |      | Birgit Thomé          | 10 km   | 1:14:45 |                |
| W40                                                            | 1.   | Jessica Junker        | 10 km   | 45:45   |                |
| M40                                                            | 4.   | Ingo Junker           | 10 km   | 40:45   |                |
| M40                                                            | 8.   | Wolfgang Scholz       | 10 km   | 48:03   |                |
| M40                                                            | 9.   | Niko Thomé            | 10 km   | 48:05   |                |
| <u>28.02.2009 Koblenz, 26. Rhein-Lahn-Volkslauf</u>            |      |                       |         |         |                |
| W40                                                            | 1.   | Jessica Junker        | 10 km   | 44:32   |                |
| W45                                                            | 1.   | Martina Schulz        | 10 km   | 48:30   |                |
| W50                                                            | 5.   | Sigrid Fischer        | 10 km   | 1:13:22 |                |
| W60                                                            | 2.   | Irmgard Kurtenacker   | 10 km   | 1:03:06 |                |
| MJA                                                            | 1.   | Ilja Schenderowitsch  | 10 km   | 41:58   |                |
| M40                                                            | 8.   | Jens Kraemer          | 10 km   | 43:46   |                |
| M40                                                            | 13.  | Dirk Pörsch           | 10 km   | 51:09   |                |
| M40                                                            |      | Ingo Junker           | 10 km   | aufg.   |                |
| M45                                                            | 10.  | Richard Wagner        | 10 km   | 47:55   |                |
| M50                                                            | 6.   | Michael Jarmusch      | 10 km   | 47:56   |                |
| M50                                                            | 10.  | Bernhard Widera       | 10 km   | 53:11   |                |
| M50                                                            | 15.  | Christoph Kurtenacker | 10 km   | 1:03:07 |                |
| M50                                                            | 17.  | Bernd Marx            | 10 km   | 1:07:03 |                |
| M55                                                            | 5.   | Peter Fuhrmann        | 10 km   | 50:04   |                |
| M55                                                            | 10.  | Hermann Kissling      | 10 km   | 1:07:03 |                |
| W35                                                            | 4.   | Silke Alberti         | 21,1 km | 2:18:05 |                |
| W45                                                            | 11.  | Elisabeth Totter      | 21,1 km | 2:13:50 |                |

|     |     |                       |         |         |
|-----|-----|-----------------------|---------|---------|
| W50 | 2.  | Monika Thoma-Kissling | 21,1 km | 2:07:16 |
| W55 | 1.  | Sibille Henn          | 21,1 km | 2:13:47 |
| M35 | 4.  | Mario Pommer          | 21,1 km | 1:27:31 |
| M35 | 9.  | Andreas Decker        | 21,1 km | 1:43:28 |
| M35 | 10. | Ramon Rubio           | 21,1 km | 1:46:07 |
| M40 | 13. | Niko Thomé            | 21,1 km | 1:38:58 |
| M40 | 15. | Wolfgang Scholz       | 21,1 km | 1:40:45 |
| M50 | 3.  | Thomas Wiegand        | 21,1 km | 1:31:28 |
| M50 | 15. | Ralf Hoffbauer        | 21,1 km | 1:57:17 |
| M50 | 17. | Elmar Doetsch         | 21,1 km | 2:13:52 |
| M55 | 9.  | Norbert Neyses        | 21,1 km | 2:16:39 |
| M55 | 10. | Günter Jung           | 21,1 km | 2:25:51 |
| M60 | 2.  | Hans Totter           | 21,1 km | 2:13:51 |

#### 15.02.2009 Sinzig, Bike In-Volkslauf

|     |     |                  |       |       |
|-----|-----|------------------|-------|-------|
| M12 | 1.  | Christian Scholz | 1 km  | 3:41  |
| W40 | 6.  | Anke Jakschis    | 10 km | 51:26 |
| W45 | 5.  | Sigrid Wirz-Ries | 10 km | 49:22 |
| W65 | 1.  | Rosi Kraemer     | 10 km | 57:37 |
| M40 | 16. | Niko Thomé       | 10 km | 46:29 |
| M40 | 25. | Wolfgang Scholz  | 10 km | 51:25 |
| M45 | 13. | Harald Müller    | 10 km | 45:12 |

#### 14.02.2009 Mayen, Winterlaufserie - 2. Lauf

|     |    |              |        |       |                |
|-----|----|--------------|--------|-------|----------------|
| W   | 1. | Birigt Thomé | 5,6 km | 42:39 | Gesamtsiegerin |
| M40 | 5. | Niko Thomé   | 8,4 km | 37:47 |                |

#### 08.02.2009 Bell, 26. Winterlaufserie - 4. Lauf

|     |  |                  |       |
|-----|--|------------------|-------|
| M12 |  | Christian Scholz | 5 km  |
| M35 |  | Mario Pommer     | 25 km |
| M40 |  | Wolfgang Scholz  | 15 km |

#### 01.02.2009 Ochtendung, 21. Winterlaufserie - 3. Lauf

|     |    |                      |         |       |
|-----|----|----------------------|---------|-------|
| M12 | 1. | Christian Scholz     | 1,45 km | 5:55  |
| W40 | 1. | Jessica Junker       | 8,1 km  | 37:05 |
| W60 | 1. | Irmgard Kurtenacker  | 8,1 km  | 49:36 |
| M40 | 5. | Ingo Junker          | 8,1 km  | 33:48 |
| M40 | 8. | Wolfgang Scholz      | 8,1 km  | 37:06 |
| M50 | 6. | Christph Kurtenacker | 8,1 km  | 49:36 |

#### 31.01.2009 Rodgau, 50 km Ultramarathon

|     |     |            |       |         |
|-----|-----|------------|-------|---------|
| M40 | 62. | Niko Thomé | 50 km | 4:55:07 |
|-----|-----|------------|-------|---------|

#### 25.01.2009 Koblenz, Bezirksmeisterschaften Crosslauf

|        |     |                          |        |         |
|--------|-----|--------------------------|--------|---------|
| W30    | 1.  | Diana Hellebrand         | 3180 m | 14:13   |
| W35    | 1.  | Manuela Frohs            | 3180 m | 15:47   |
| W35    | 3.  | Melanie Rehmann          | 3180 m | 17:04   |
| W30/35 | 1.  | Hellebrand-Frohs-Rehmann |        | 47:04   |
| W40    | 1.  | Jessica Junker           | 3180 m | 13:49   |
| W40    | 3.  | Antje Ueberholz          | 3180 m | 14:50   |
| W45    | 1.  | Martina Schulz           | 3180 m | 14:55   |
| W40/45 | 1.  | Junker-Ueberholz-Schulz  |        | 43:34   |
| W65    | 1.  | Rosi Kraemer             | 3180 m | 18:08   |
| M55    | 4.  | Franz Broschart          | 3180 m | 15:59   |
| M      | 4.  | Ingo Junker              | 7980 m | 31:46   |
| M      | 5.  | Mario Pommer             | 7980 m | 32:14   |
| M      | 6.  | Jens Kraemer             | 7980 m | 33:31   |
| M      | 7.  | Alexander Irschfeld      | 7980 m | 34:08   |
| M      | 8.  | Niko Thomé               | 7980 m | 37:17   |
| M      | 9.  | Ramon Rubio              | 7980 m | 38:17   |
| M      | 10. | Michael Partenheimer     | 7980 m | 39:15   |
| M      | 1.  | Junker-Pommer-Kraemer    |        | 1:37:31 |

|                                                             |    |                       |         |      |         |                |
|-------------------------------------------------------------|----|-----------------------|---------|------|---------|----------------|
| M                                                           | 2. | Irschfeld-Thomé-Rubio |         |      | 1:49:42 |                |
| <u>18.01.2009 Lonnig, Crosslauf</u>                         |    |                       |         |      |         |                |
| W40                                                         | 1. | Jesscia Junker        | 8,3 km  |      | 40:32   | Gesamtsiegerin |
| M40                                                         | 2. | Ingo Junker           | 8,3 km  |      | 36:48   |                |
| <u>17.01.2009 Oberlahr, Fackellauf</u>                      |    |                       |         |      |         |                |
| W20                                                         | 1. | Nicole Wiedemann      | 5 km    |      | 28:58   | 27:22          |
| W40                                                         | 1. | Andrea Pörsch         | 5 km    |      | 25:47   |                |
| M35                                                         | 1. | Bert Cielas           |         | 5 km |         |                |
| M40                                                         | 4. | Dirk Pörsch           | 5 km    |      | 25:04   |                |
| M40                                                         | 5. | Wolfgang Reith        | 5 km    |      | 25:22   |                |
| <u>11.01.2009 Bell, 26. Winterlaufserie - 2. Lauf</u>       |    |                       |         |      |         |                |
| W                                                           |    | Birgit Thomé          | 20 km   |      |         |                |
| M12                                                         |    | Christian Scholz      | 5 km    |      |         |                |
| M40                                                         |    | Niko Thomé            | 30 km   |      |         |                |
| M40                                                         |    | Wolfgang Scholz       | 27,5 km |      |         |                |
| <u>04.01.2009 Ochtendung, 21. Winterlaufserie - 2. Lauf</u> |    |                       |         |      |         |                |
| M12                                                         | 1. | Christian Scholz      | 1,45 km |      | 6:16    |                |
| M40                                                         | 7. | Wolfgang Scholz       | 8,1 km  |      | 43:50   |                |