



Siegerliste



Strecke	Zeit	Name	AK	Strecke	Zeit	Name	AK
Männlich				Weiblich			
Benrather Schlosslauf							
2023							
5 km	00:15:50	Christopher Dahlmeyer	MU18	5 km	00:19:35	Denise Moser	WHK
10 km	00:33:44	Simon Bong	MHK	10 km	00:39:34	Karen Kussmann	W35
2022							
5 km	00:15:59	Simon Bong	MHK	5 km	00:18:48	Denise Moser	WHK
10 km	00:33:26	Simon Bong	MHK	10 km	00:44:23	Melanie Franzus	WHK
2019							
5 km	00:17:35	Phillip Schulpen	M30	5 km	00:19:39	Petra Maak	W55
10 km	00:33:20	Max Thorwirth	MHK	10 km	00:42:16	Laraine Gruben	WHK
2018							
5 km	00:16:31	Abdelmalek Bahri	MU23	5 km	00:19:01	Denise Moser	WU20
10 km	00:34:05	Mamadu Diallo	MU23	10 km	00:41:42	Lisa Knorr	W30
2017							
5 km	00:17:02	Torben Schwabe	MU18	5 km	00:18:15	Heidi Schwarz	WHK
10 km	00:32:21	Nikki Johnstone	M30	10 km	00:40:37	Dioni Gorla	WU23
2016							
5 km	00:17:00	Mamadou Diallo	MU23	5 km	00:21:04	Denise Moser	WU18
10 km	00:35:22	Bastian Rodowski	M30	10 km	00:36:17	Inga Hundeborn	WU23
2015							
5 km	00:16:16	Richard Wilke	MHK	5 km	00:18:47	Susan Robb	WHK
10 km	00:32:37	Maximilian Thorwirth	MU23	10 km	00:39:32	Fannie Le Floch	WHK
2014							
5 km	00:17:00	Lars v. Danwitz	U20	5 km	00:18:28	Lara Gruben	WHK
10 km	00:34:52	Alexander Goßmann	MHK	10 km	00:38:28	Svenja Ojstersek	U23
2013							
5 km	00:17:01	Salvatore Di Dio	M40	5 km	00:20:27	Jana Ziob	WHK
10 km	00:36:33	Andreas Knipping	MHK	10 km	00:36:36	Melanie Klein-Arndt	W35
2012							
5 km	00:17:04	Sebastian Franke	MU23	5 km	00:18:49	Ronja Jaeger	WHK
10 km	00:32:38	Boris Giesen	M35	10 km	00:38:47	Bettina Deußen	W45

Strecke	Zeit	Name	AK
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Männlich

2011

5 km	00:17:23	Robert Lässig	MHK
10 km	00:34:16	Alexander Großmann	MHK

2010

5 km	00:17:10	David Sudowe	M20
10 km	00:32:27	Wolfgang Lenz	M40

2009

5 km	00:17:21	Andreas Kempin	MHK
10 km	00:33:19	???? Antoniadis	MHK

Strecke	Zeit	Name	AK
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Weiblich

5 km	00:18:25	Petra Maak	W45
10 km	00:36:25	Steffi Rötger	W35

5 km	00:20:09	Gabi Krienen	W45
10 km	00:38:09	Bettina Deußen	W40

5 km	00:20:39	Jana Ziob	WHK
10 km	00:36:18	Sonja Oberem	W35

Strecke	Zeit	Name	AK
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Männlich

Benrather Volkslauf

2023

5 km	00:16:15	Christopher Dahlmeyer	MU18
10 km	00:35:42	Andreas Sprott	M30
21 km	01:15:03	Leonard Go	M30

2022

5 km	00:17:52	Ewout Hilferink	M40
10 km	00:35:49	Robin Roth	M30
21 km	01:15:33	Nico Fuchs	MHK

2019

5 km	00:18:22	Markus Riedel	M50
10 km	00:35:15	André Rinke	MHK
21 km	01:12:08	Lukas Kley	MHK

2018

5 km	00:16:40	David Ranftlee	MHK
10 km	00:32:50	Habtom Tedros	MU23
21 km	01:10:49	Nikki Johnstone	M30

2017

5 km	00:17:18	Tim Schroer	MHK
10 km	00:34:15	Roel Stiens	MHK
21 km	01:09:52	Nikki Johnstone	M30

2016

5 km	00:16:16	Nikki Johnstone	M30
10 km	00:34:18	Andre Schiffers	MHK
21 km	01:17:07	Magnus Gödiker	M40

2015

5 km	00:17:41	Nick Kämgen	MU16
10 km	00:35:19	Reiner Braun	M45
21 km	01:12:15	Nikki Johnstone	M30

2014

5 km	00:17:15	Daniel Laps	MU23
10 km	00:34:03	Alexander Großmann	MHK
21 km	01:18:31	Thomas Sabale	M45

Strecke	Zeit	Name	AK
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Weiblich

5 km	00:19:30	Hannah Schäfer	WHK
10 km	00:41:19	Sonja Beba	W35
21 km	01:30:06	Chiara Hoffmann	WU23

5 km	00:19:23	Lea Heinke	U20
10 km	00:44:46	Anna Otto	U23
21 km	01:23:42	Silke Schneider	W45

5 km	00:20:15	Annika Niederau	WU16
10 km	00:43:43	Irabella Thiemann	W30
21 km	01:33:59	Petra Siggemann	W35

5 km	00:20:32	Johanna Pfützenreuter	WHK
10 km	00:39:08	Sigrid Bühler	W35
21 km	01:34:31	Sarah Huber	WHK

5 km	00:19:16	Petra Maak	W50
10 km	00:38:55	Nina Kreisherr	W30
21 km	01:30:39	Sarah Huber	WHK

5 km	00:19:02	Inga Hundeborn	WU23
10 km	00:36:49	Kristina Ziemons	W30
21 km	01:34:44	Natalie Hoffmann-Lenz	W45

5 km	00:20:13	Claudia Schmitz	W40
10 km	00:43:02	Katharina Garus	W30
21 km	01:33:56	Laura Domaß	WHK

5 km	00:18:41	Petra Maak	W50
10 km	00:41:07	Nadine Körschkes	WHK
21 km	01:37:24	Anja Hanf	W45

Strecke	Zeit	Name	AK
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Männlich

2013

5 km	00:16:12	David Ranftler	MHK
10 km	00:34:59	Alexander Gossmann	MHK
21 km	01:12:16	Simon Büttgen	MHK

2012

5 km	00:18:03	Felix Reichl	MU23
10 km	00:32:48	Dominik Hollop	MU23
21 km	01:14:14	Tobias Winnemöller	M30

2011

5 km	00:17:42	Hendrik Döpfer	MJA
10 km	00:34:21	David Koll	MHK
21 km	01:14:40	Sascha Dee	M35

2010

5 km	00:17:24	Zbigniew Komowski	M45
10 km	00:33:32	Johannes Engert	MHK
21 km	01:15:15	Dirk Paulsen	MHK

2009

5 km	00:17:22	Michael Claesges	M45
10 km	00:34:44	Till Schramm	MHK
21 km	01:17:40	Daniel Harzecker	MHK

2008

5 km	00:16:28	Julian Ziob	MU20
10 km	00:34:51	Muharrem Yilmaz	M35
21 km	01:13:00	Daniel Harzbecker	MHK

Strecke	Zeit	Name	AK
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Weiblich

5 km	00:20:08	Hannah Kaufmann	WU16
10 km	00:38:24	Rike Westermann	W30
21 km	01:36:38	Silvia Michalka	W45

5 km	00:18:49	Petra Maak	W45
10 km	00:44:01	Monika Michel	W40
21 km	01:28:56	Florence Kostrzewa	W35

5 km	00:19:48	Irabella Thiemann	WHK
10 km	00:43:07	Meike Polanz	W30
21 km	01:28:54	Tanja Wimmer	W30

5 km	00:20:40	Inge Roersch	WHK
10 km	00:37:07	Sanaa Koubaa	WHK
21 km	01:27:09	Tanja Ortega Sawal	W40

5 km	00:18:56	Felicitas Vielhaber	WHK
10 km	00:40:37	Juliane Schmidt	W45
21 km	01:35:25	Corinna Mertens	W35

5 km	00:22:04	Veronika Scharbatke	W55
10 km	00:38:57	Barbara Jedras	W35
21 km	01:28:14	Lotte Heyrowsky	W35