

## 45. Herner Silvesterlauf 2023

### 10 km Männer

Platz	Platz AK	Name	Start nr	AK	Verein	Zeit Brutto	Zeit Netto
19	4	Bollmann, Hendrick	404	40	BTC	00:44:58	00:45:02
27	5	Schuer, Michael	283	50	BTC	00:46:22	00:46:26
95	5	Sontowski, Thomas	284	60	BTC	00:54:07	00:54:12
116	7	Rieke, Olaf	282	60	BTC	00:56:15	00:56:34
142	12	Suchoper, Karsten	285	55	BTC	00:57:27	00:57:34
153	14	Aßhauer, Michael	279	55	BTC	00:58:02	00:58:13
199	23	Rudolf, Volker	223	55	BTC	01:02:40	01:02:50

### 10 km Frauen

13	1	Lipa, Heike	281	50	BTC	00:56:24	00:56:33
30	2	Werthmann-Grosseck, Elke	286	55	BTC	00:58:17	00:58:26

### 5 km Männer

18	3	Lange Eric	1486	MHK	BTC	00:23:13	00:23:09
49	2	Wach, Markus	1353	55	BTC	00:27:17	00:27:10
117	7	Hellwig, Detlef	1351	60	BTC	00:34:28	00:34:08
156	1	Sontowski, Willi	1352	80	BTC	00:40:18	00:40:04

### 5 km Frauen

53	6	Ullrich, Undine	1246	50	BTC	00:32:17	00:32:06
55	4	Fischer, Emily	1349	W 13	BTC	00:32:42	00:32:30
56	7	Fischer, Susanne	1350	50	BTC	00:32:42	00:32:30

### 5 km Walking Frauen

1	1	Maiworm-Limbach, Rita	1359	65	BTC	00:37:56	00:37:45
5	2	Rüping, Kirsten	1361	60	BTC	00:39:54	00:39:39
11	2	Sauer, Vera	1363	65	BTC	00:48:18	00:48:01
12	1	Lipinski, Britta	1357	45	BTC	00:50:31	00:49:57
13	3	Lewkowitz, Iris	1356	40	BTC	00:50:30	00:49:57
14	3	Langner, Gabriele	1355	65	BTC	00:50:42	00:50:13
15	4	Kusebauch, Monika	1354	65	BTC	00:50:43	00:50:14

### 5 km Walking Männer

12	1	Mielek, Michael	1329	55	BTC	00:45:24	00:44:51
14	2	Ortmann, Jürgen	1360	55	BTC	00:48:15	00:47:44
15	3	Lipa, Jörg	1358	55	BTC	00:48:15	00:47:44