



3. Lauf zur 34. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
1 (2002)	WORRING, Martin	1991		0:34:07	0:33:28	0:34:21	01:41:56
2 (2253)	HILGERS, Daniel	1986	AC Eifel	0:34:14	0:33:57	0:34:26	01:42:37
3 (2227)	HEINTS, Vladislav	1980	Dürener TV 1847	0:37:04	0:36:36	0:37:10	01:50:50
4 (671)	SORGE, Julian	1991	Mach3 Köln e. V.	0:39:24	0:37:48	0:37:13	01:54:25
5 (102)	SCHOVENBERG, Alexander	1984	Mach3 Köln e.V. / TEA	0:38:53	0:38:04	0:38:06	01:55:03
6 (2239)	MATSCHUREK, Andreas	1983	Vfl Engelskirchen	0:39:08	0:38:45	0:38:56	01:56:49
7 (435)	VARGA, Eszter	1981		0:41:17	0:41:29	0:41:42	02:04:28
8 (675)	BACHER, Joachim	1971	TuS Köln rrh.	0:42:00	0:41:51	0:41:47	02:05:38
9 (177)	BRANG, Michael	1971	LT Graftschaft	0:42:11	0:41:41	0:43:28	02:07:20
10 (78)	NEUMANN, Maik	1975	DJK Gummersbach	0:42:58	0:42:17	0:42:34	02:07:49
11 (398)	SCHMALENBACH, Stefan	1971	DJK Gummersbach	0:43:20	0:42:25	0:42:37	02:08:22
12 (353)	MÜLLER, Josef	1968	LT Graftschaft	0:43:38	0:42:24	0:42:53	02:08:55
13 (360)	NIEKRAWIETZ, Peter	1968		0:44:46	0:44:39	0:43:47	02:13:12
14 (25)	DONATH, Aurelius	1958		0:45:39	0:44:42	0:44:30	02:14:51
15 (194)	DEMMERLE, Marco	1969		0:44:04	0:45:41	0:45:22	02:15:07
16 (2242)	DITTRICH, Windried	1960	SCB Horrem e.V.	0:45:56	0:45:20	0:44:18	02:15:34
17 (2024)	RITTER, Ronald	1960	LT Schöllroth	0:45:46	0:45:22	0:44:56	02:16:04
18 (127)	VAN HASSELT, Stefan	1967	Elmars Lauftreff	0:45:40	0:45:19	0:45:38	02:16:37
19 (337)	LIEDTKE, Marcel	1980	TV Bünghausen	0:46:46	0:46:03	0:44:57	02:17:46
20 (693)	HANSEN, Christoph	1965	Cologne Allblacks	0:46:16	0:45:42	0:46:11	02:18:09
21 (203)	FABIAN, Steffen	1965	MACH3 Köln e. v.	0:48:07	0:46:10	0:46:41	02:20:58
22 (2019)	VALDER, Oliver	1980		0:46:01	0:47:28	0:48:04	02:21:33
23 (396)	SCHIRRMACHER, Sascha	1981	mika:timing	0:47:23	0:47:03	0:48:26	02:22:52
24 (1359)	ZAKRZEWSKI, Pawel	1986		0:48:36	0:47:36	0:47:14	02:23:26
25 (109)	SOEST, Christine	1980		0:47:30	0:46:26	0:49:39	02:23:35
26 (9)	BOHNE, Christopher	1964		0:49:07	0:47:51	0:47:22	02:24:20
27 (730)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:48:22	0:48:29	0:47:54	02:24:45
28 (164)	ADAMCZAK, Evelyne	1972	LT Alsdorf-Ost	0:48:18	0:47:33	0:49:05	02:24:56
29 (641)	CORDES, Ulla	1960	LG Südsauerland	0:49:02	0:48:13	0:47:43	02:24:58
30 (2007)	METE, Nicole	1971	MACH3 Köln e.V.	0:47:41	0:47:36	0:49:48	02:25:05
31 (680)	BONCZEK, Gabriel	1978		0:48:58	0:48:48	0:47:30	02:25:16
32 (1)	ACKERMANN, Sebastian	1966	Köln	0:48:42	0:48:31	0:48:51	02:26:04
33 (236)	HEß, Richard	1962	LC Weilerswist	0:50:04	0:49:41	0:48:29	02:28:14
34 (135)	WISMANN, Ralf	1979		0:51:37	0:49:11	0:49:29	02:30:17
35 (2757)	EIDMANN, Volker	1960	Wuppertal	0:50:21	0:50:05	0:50:22	02:30:48
36 (192)	DELVEAUX, Gérard	1962		0:51:26	0:50:14	0:49:31	02:31:11
37 (347)	MOLDENHAUER, Marina	1986	FR-Training	0:50:07	0:51:31	0:49:35	02:31:13
38 (391)	SCHEDLBAUER, Ruth	1976		0:49:52	0:50:35	0:52:18	02:32:45
39 (2232)	WOZNY, Simon	2003	SuS Bertlich	0:52:05	0:49:32	0:51:17	02:32:54
40 (2234)	KLICK, Michael	1969	SUS Bertlich	0:52:06	0:49:32	0:51:17	02:32:55
41 (315)	KÖPPL, Ralf	1968		0:53:28	0:51:10	0:50:35	02:35:13
42 (50)	KERSTING, Friedel	1950		0:51:51	0:51:17	0:52:07	02:35:15



3. Lauf zur 34. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (372)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:52:13	0:53:00	0:50:08	02:35:21
44 (85)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:52:13	0:53:01	0:50:09	02:35:23
45 (84)	PESTEL, Nico	1983		0:52:18	0:51:30	0:51:35	02:35:23
46 (374)	PLATTMANN, Deepak	1977	Keine Gnade für die Wade	0:51:14	0:49:47	0:54:46	02:35:47
47 (2233)	WOZNY, Kerstin	1967	SUS Bertlich	0:52:48	0:52:29	0:50:36	02:35:53
48 (642)	DIETERICH, Erwin	1962		0:53:31	0:51:29	0:52:48	02:37:48
49 (128)	VIS, Jürgen	1962		0:52:48	0:53:10	0:53:10	02:39:08
50 (239)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:53:53	0:52:37	0:53:24	02:39:54
51 (31)	GERRITS, Andrea	1971	mach3 Köln e.V.	0:54:53	0:52:57	0:52:30	02:40:20
52 (658)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:53:35	0:54:36	0:55:10	02:43:21
53 (178)	BREDOW, Tanja	1972		0:55:30	0:54:55	0:53:46	02:44:11
54 (221)	GRAF, Michael	1959		0:53:47	0:56:44	0:54:54	02:45:25
55 (217)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:54:27	0:52:37	0:58:28	02:45:32
56 (44)	HOHN, Bernd	1970	Knickfööss Köln	0:56:41	0:54:02	0:54:55	02:45:38
57 (387)	SAUTER, Birgit	1984		0:54:56	0:56:21	0:54:49	02:46:06
58 (451)	DORSCHER, Valerie	1983	MACH3 Köln e.V.	0:58:52	0:57:23	0:50:05	02:46:20
59 (736)	STULA, Rosel	1958	Pulheimer SC	0:55:35	0:55:41	0:55:25	02:46:41
60 (433)	VAN BEBBER, Julia	1985	MACH3 Köln e.V.	0:55:24	0:55:47	0:55:52	02:47:03
61 (317)	KOTTMANN, Thorsten	1974		0:56:43	0:55:50	0:54:56	02:47:29
62 (2698)	STEIL, Wolfgang	1950		0:56:28	0:55:13	0:55:59	02:47:40
63 (98)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:56:09	0:55:56	0:56:27	02:48:32
64 (373)	PIECZYKOLAN, Aleks	1980		0:56:16	0:57:41	0:55:02	02:48:59
65 (233)	HERLING, Jelena	1993		0:55:59	0:57:01	0:56:40	02:49:40
66 (343)	MELLIS, Anna-Theresa	1991		0:57:00	0:57:45	0:56:17	02:51:02
67 (195)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:55:29	0:55:18	1:00:16	02:51:03
68 (2070)	SCHENKELBERG, Martin	1979		0:57:40	0:57:35	0:56:13	02:51:28
69 (65)	MARINGER, Sabine	1975		0:57:15	0:56:42	0:57:45	02:51:42
70 (2064)	DOHM, Egbert	1961	Running Devils	0:57:25	0:57:15	0:57:28	02:52:08
71 (354)	MÜLLER, Sarah	1985		0:59:41	0:56:30	0:56:00	02:52:11
72 (187)	CZERWINSKI, Madlaine	1997	LG Gummersbach	0:58:55	0:57:53	0:56:06	02:52:54
73 (457)	ZÜRNICI, Muhammed	1995		0:58:57	0:57:53	0:56:05	02:52:55
74 (364)	NOWACK, Nadine	1986	SG Köln-Worringen	0:59:53	0:58:32	0:58:38	02:57:03
75 (151)	BENATIA-GLOMBITZA, Brigitt	1966	flitzi flitzi Kreuzkapelle	0:59:16	0:59:29	0:58:28	02:57:13
76 (148)	BAUER, Christiane	1964	Team Steinberg	1:00:56	0:59:16	0:57:58	02:58:10
77 (669)	SIEGBERG, Andrea	1966	Laufftreff Mondorf	0:59:10	0:57:47	1:01:25	02:58:22
78 (129)	WALD, Ilona	1965	PSV Bonn Triathlon	0:58:54	0:58:04	1:01:47	02:58:45
79 (231)	HEINEMANN, Steffi	1982	25MINUTES	1:00:09	0:58:29	1:00:27	02:59:05
80 (655)	LOOS, Britta	1971	TriPower Rhein Sieg	0:59:12	1:01:08	1:01:47	03:02:07
81 (70)	MEINTSCHEL, Gerd	1967	TV Klaswipper	1:02:47	1:01:38	0:58:10	03:02:35
82 (419)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:00:01	1:00:15	1:03:06	03:03:22
83 (188)	CZERWINSKI, Petra	1966	LG Gummersbach	1:02:47	1:01:38	1:01:43	03:06:08
84 (29)	ERDENBERGER, Sandra	1976		1:03:08	1:04:36	1:06:22	03:14:06



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (170)	BOECKING, Vanessa	1981	LT Alsdorf-Ost	1:02:44	1:08:23	1:05:12	03:16:19
86 (53)	KÖPPE, Christa	1960		1:12:44	1:11:47	0:52:14	03:16:45
87 (687)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	0:58:45	0:57:17	1:26:54	03:22:56
88 (255)	HÜPGEN, Susanne	1981	Juke Runner	1:05:08	1:15:13	1:10:04	03:30:25
89 (107)	SCHUMACHER, Alice	1969	Juke Runner	1:04:52	1:17:23	1:08:47	03:31:02
90 (734)	SOMMERLAD, Michael	1969		1:19:52	1:13:59	1:19:17	03:53:08
91 (2266)	FEIGE, Manfred	1947		1:17:03	1:13:34	1:26:54	03:57:31
92 (2246)	DITTRICH, Karin	1960	SCB Horrem e.V.	1:22:08	1:20:50	1:19:24	04:02:22
93 (750)	ZITZEN, Bernd	1955		1:20:06	1:24:48	1:19:18	04:04:12



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
1 (435)	VARGA, Eszter	1981		0:41:17	0:41:29	0:41:42	02:04:28
2 (109)	SOEST, Christine	1980		0:47:30	0:46:26	0:49:39	02:23:35
3 (164)	ADAMCZAK, Evelyne	1972	LT Alsdorf-Ost	0:48:18	0:47:33	0:49:05	02:24:56
4 (641)	CORDES, Ulla	1960	LG Südsauerland	0:49:02	0:48:13	0:47:43	02:24:58
5 (2007)	METE, Nicole	1971	MACH3 Köln e.V.	0:47:41	0:47:36	0:49:48	02:25:05
6 (347)	MOLDENHAUER, Marina	1986	FR-Training	0:50:07	0:51:31	0:49:35	02:31:13
7 (391)	SCHEDLBAUER, Ruth	1976		0:49:52	0:50:35	0:52:18	02:32:45
8 (2233)	WOZNY, Kerstin	1967	SUS Bertlich	0:52:48	0:52:29	0:50:36	02:35:53
9 (31)	GERRITS, Andrea	1971	mach3 Köln e.V.	0:54:53	0:52:57	0:52:30	02:40:20
10 (178)	BREDOW, Tanja	1972		0:55:30	0:54:55	0:53:46	02:44:11
11 (387)	SAUTER, Birgit	1984		0:54:56	0:56:21	0:54:49	02:46:06
12 (451)	DORSCHER, Valerie	1983	MACH3 Köln e.V.	0:58:52	0:57:23	0:50:05	02:46:20
13 (736)	STULA, Rosel	1958	Pulheimer SC	0:55:35	0:55:41	0:55:25	02:46:41
14 (433)	VAN BEBBER, Julia	1985	MACH3 Köln e.V.	0:55:24	0:55:47	0:55:52	02:47:03
15 (373)	PIECZYKOLAN, Aleks	1980		0:56:16	0:57:41	0:55:02	02:48:59
16 (233)	HERLING, Jelena	1993		0:55:59	0:57:01	0:56:40	02:49:40
17 (343)	MELLIS, Anna-Theresa	1991		0:57:00	0:57:45	0:56:17	02:51:02
18 (65)	MARINGER, Sabine	1975		0:57:15	0:56:42	0:57:45	02:51:42
19 (354)	MÜLLER, Sarah	1985		0:59:41	0:56:30	0:56:00	02:52:11
20 (187)	CZERWINSKI, Madlaine	1997	LG Gummersbach	0:58:55	0:57:53	0:56:06	02:52:54
21 (364)	NOWACK, Nadine	1986	SG Köln-Worringen	0:59:53	0:58:32	0:58:38	02:57:03
22 (151)	BENATIA-GLOMBITZA, Brigitt	1966	flitzi flitzi Kreuzkapelle	0:59:16	0:59:29	0:58:28	02:57:13
23 (148)	BAUER, Christiane	1964	Team Steinberg	1:00:56	0:59:16	0:57:58	02:58:10
24 (669)	SIEGBERG, Andrea	1966	Lauftreff Mondorf	0:59:10	0:57:47	1:01:25	02:58:22
25 (129)	WALD, Ilona	1965	PSV Bonn Triathlon	0:58:54	0:58:04	1:01:47	02:58:45
26 (231)	HEINEMANN, Steffi	1982	25MINUTES	1:00:09	0:58:29	1:00:27	02:59:05
27 (655)	LOOS, Britta	1971	TriPower Rhein Sieg	0:59:12	1:01:08	1:01:47	03:02:07
28 (419)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:00:01	1:00:15	1:03:06	03:03:22
29 (188)	CZERWINSKI, Petra	1966	LG Gummersbach	1:02:47	1:01:38	1:01:43	03:06:08
30 (29)	ERDENBERGER, Sandra	1976		1:03:08	1:04:36	1:06:22	03:14:06
31 (170)	BOECKING, Vanessa	1981	LT Alsdorf-Ost	1:02:44	1:08:23	1:05:12	03:16:19
32 (53)	KÖPPE, Christa	1960		1:12:44	1:11:47	0:52:14	03:16:45
33 (687)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	0:58:45	0:57:17	1:26:54	03:22:56
34 (255)	HÜPGEN, Susanne	1981	Juke Runner	1:05:08	1:15:13	1:10:04	03:30:25
35 (107)	SCHUMACHER, Alice	1969	Juke Runner	1:04:52	1:17:23	1:08:47	03:31:02
36 (2246)	DITTRICH, Karin	1960	SCB Horrem e.V.	1:22:08	1:20:50	1:19:24	04:02:22



3. Lauf zur 34. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
1 (2002)	WORRING, Martin	1991		0:34:07	0:33:28	0:34:21	01:41:56
2 (2253)	HILGERS, Daniel	1986	AC Eifel	0:34:14	0:33:57	0:34:26	01:42:37
3 (2227)	HEINTS, Vladislav	1980	Dürener TV 1847	0:37:04	0:36:36	0:37:10	01:50:50
4 (671)	SORGE, Julian	1991	Mach3 Köln e. V.	0:39:24	0:37:48	0:37:13	01:54:25
5 (102)	SCHOVENBERG, Alexander	1984	Mach3 Köln e.V. / TEA	0:38:53	0:38:04	0:38:06	01:55:03
6 (2239)	MATSCHUREK, Andreas	1983	Vfl Engelskirchen	0:39:08	0:38:45	0:38:56	01:56:49
7 (675)	BACHER, Joachim	1971	TuS Köln rrh.	0:42:00	0:41:51	0:41:47	02:05:38
8 (177)	BRANG, Michael	1971	LT Grafschaft	0:42:11	0:41:41	0:43:28	02:07:20
9 (78)	NEUMANN, Maik	1975	DJK Gummersbach	0:42:58	0:42:17	0:42:34	02:07:49
10 (398)	SCHMALENBACH, Stefan	1971	DJK Gummersbach	0:43:20	0:42:25	0:42:37	02:08:22
11 (353)	MÜLLER, Josef	1968	LT Grafschaft	0:43:38	0:42:24	0:42:53	02:08:55
12 (360)	NIEKRAWIETZ, Peter	1968		0:44:46	0:44:39	0:43:47	02:13:12
13 (25)	DONATH, Aurelius	1958		0:45:39	0:44:42	0:44:30	02:14:51
14 (194)	DEMMERLE, Marco	1969		0:44:04	0:45:41	0:45:22	02:15:07
15 (2242)	DITTRICH, Windried	1960	SCB Horrem e.V.	0:45:56	0:45:20	0:44:18	02:15:34
16 (2024)	RITTER, Ronald	1960	LT Schöllroth	0:45:46	0:45:22	0:44:56	02:16:04
17 (127)	VAN HASSELT, Stefan	1967	Elmars Laufftreff	0:45:40	0:45:19	0:45:38	02:16:37
18 (337)	LIEDTKE, Marcel	1980	TV Bünghausen	0:46:46	0:46:03	0:44:57	02:17:46
19 (693)	HANSEN, Christoph	1965	Cologne Allblacks	0:46:16	0:45:42	0:46:11	02:18:09
20 (203)	FABIAN, Steffen	1965	MACH3 Köln e. v.	0:48:07	0:46:10	0:46:41	02:20:58
21 (2019)	VALDER, Oliver	1980		0:46:01	0:47:28	0:48:04	02:21:33
22 (396)	SCHIRRMACHER, Sascha	1981	mika:timing	0:47:23	0:47:03	0:48:26	02:22:52
23 (1359)	ZAKRZEWSKI, Pawel	1986		0:48:36	0:47:36	0:47:14	02:23:26
24 (9)	BOHNE, Christopher	1964		0:49:07	0:47:51	0:47:22	02:24:20
25 (730)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:48:22	0:48:29	0:47:54	02:24:45
26 (680)	BONCZEK, Gabriel	1978		0:48:58	0:48:48	0:47:30	02:25:16
27 (1)	ACKERMANN, Sebastian	1966	Köln	0:48:42	0:48:31	0:48:51	02:26:04
28 (236)	HEß, Richard	1962	LC Weilerswist	0:50:04	0:49:41	0:48:29	02:28:14
29 (135)	WISMANN, Ralf	1979		0:51:37	0:49:11	0:49:29	02:30:17
30 (2757)	EIDMANN, Volker	1960	Wuppertal	0:50:21	0:50:05	0:50:22	02:30:48
31 (192)	DELVEAUX, Gérard	1962		0:51:26	0:50:14	0:49:31	02:31:11
32 (2232)	WOZNY, Simon	2003	SuS Bertlich	0:52:05	0:49:32	0:51:17	02:32:54
33 (2234)	KLICK, Michael	1969	SUS Bertlich	0:52:06	0:49:32	0:51:17	02:32:55
34 (315)	KÖPPL, Ralf	1968		0:53:28	0:51:10	0:50:35	02:35:13
35 (50)	KERSTING, Friedel	1950		0:51:51	0:51:17	0:52:07	02:35:15
36 (372)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:52:13	0:53:00	0:50:08	02:35:21
37 (85)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:52:13	0:53:01	0:50:09	02:35:23
38 (84)	PESTEL, Nico	1983		0:52:18	0:51:30	0:51:35	02:35:23
39 (374)	PLATTMANN, Deepak	1977	Keine Gnade für die Wade	0:51:14	0:49:47	0:54:46	02:35:47
40 (642)	DIETERICH, Erwin	1962		0:53:31	0:51:29	0:52:48	02:37:48
41 (128)	VIS, Jürgen	1962		0:52:48	0:53:10	0:53:10	02:39:08



3. Lauf zur 34. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
42 (239)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:53:53	0:52:37	0:53:24	02:39:54
43 (658)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:53:35	0:54:36	0:55:10	02:43:21
44 (221)	GRAF, Michael	1959		0:53:47	0:56:44	0:54:54	02:45:25
45 (217)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:54:27	0:52:37	0:58:28	02:45:32
46 (44)	HOHN, Bernd	1970	Knickfööss Köln	0:56:41	0:54:02	0:54:55	02:45:38
47 (317)	KOTTMANN, Thorsten	1974		0:56:43	0:55:50	0:54:56	02:47:29
48 (2698)	STEIL, Wolfgang	1950		0:56:28	0:55:13	0:55:59	02:47:40
49 (98)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:56:09	0:55:56	0:56:27	02:48:32
50 (195)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:55:29	0:55:18	1:00:16	02:51:03
51 (2070)	SCHENKELBERG, Martin	1979		0:57:40	0:57:35	0:56:13	02:51:28
52 (2064)	DOHM, Egbert	1961	Running Devils	0:57:25	0:57:15	0:57:28	02:52:08
53 (457)	ZÜRNACI, Muhammed	1995		0:58:57	0:57:53	0:56:05	02:52:55
54 (70)	MEINTSCHEL, Gerd	1967	TV Klaswipper	1:02:47	1:01:38	0:58:10	03:02:35
55 (734)	SOMMERLAD, Michael	1969		1:19:52	1:13:59	1:19:17	03:53:08
56 (2266)	FEIGE, Manfred	1947		1:17:03	1:13:34	1:26:54	03:57:31
57 (750)	ZITZEN, Bernd	1955		1:20:06	1:24:48	1:19:18	04:04:12



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNER							
1 (2002)	WORRING, Martin	1991		0:34:07	0:33:28	0:34:21	01:41:56
2 (671)	SORGE, Julian	1991	Mach3 Köln e. V.	0:39:24	0:37:48	0:37:13	01:54:25
3 (372)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:52:13	0:53:00	0:50:08	02:35:21
4 (457)	ZÜRNACI, Muhammed	1995		0:58:57	0:57:53	0:56:05	02:52:55
SENIOREN M30							
1 (2253)	HILGERS, Daniel	1986	AC Eifel	0:34:14	0:33:57	0:34:26	01:42:37
2 (102)	SCHOVENBERG, Alexander	1984	Mach3 Köln e.V. / TEA	0:38:53	0:38:04	0:38:06	01:55:03
3 (1359)	ZAKRZEWSKI, Pawel	1986		0:48:36	0:47:36	0:47:14	02:23:26
SENIOREN M35							
1 (2227)	HEINTS, Vladislav	1980	Dürener TV 1847	0:37:04	0:36:36	0:37:10	01:50:50
2 (2239)	MATSCHUREK, Andreas	1983	Vfl Engelskirchen	0:39:08	0:38:45	0:38:56	01:56:49
3 (337)	LIEDTKE, Marcel	1980	TV Bünghausen	0:46:46	0:46:03	0:44:57	02:17:46
4 (2019)	VALDER, Oliver	1980		0:46:01	0:47:28	0:48:04	02:21:33
5 (396)	SCHIRRMACHER, Sascha	1981	mika:timing	0:47:23	0:47:03	0:48:26	02:22:52
6 (135)	WISMANN, Ralf	1979		0:51:37	0:49:11	0:49:29	02:30:17
7 (84)	PESTEL, Nico	1983		0:52:18	0:51:30	0:51:35	02:35:23
8 (2070)	SCHENKELBERG, Martin	1979		0:57:40	0:57:35	0:56:13	02:51:28
SENIOREN M40							
1 (78)	NEUMANN, Maik	1975	DJK Gummersbach	0:42:58	0:42:17	0:42:34	02:07:49
2 (730)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:48:22	0:48:29	0:47:54	02:24:45
3 (680)	BONCZEK, Gabriel	1978		0:48:58	0:48:48	0:47:30	02:25:16
4 (374)	PLATTMANN, Deepak	1977	Keine Gnade für die Wade	0:51:14	0:49:47	0:54:46	02:35:47
5 (317)	KOTTMANN, Thorsten	1974		0:56:43	0:55:50	0:54:56	02:47:29
SENIOREN M45							
1 (675)	BACHER, Joachim	1971	TuS Köln rrh.	0:42:00	0:41:51	0:41:47	02:05:38
2 (177)	BRANG, Michael	1971	LT Grafenschaft	0:42:11	0:41:41	0:43:28	02:07:20
3 (398)	SCHMALENBACH, Stefan	1971	DJK Gummersbach	0:43:20	0:42:25	0:42:37	02:08:22
4 (194)	DEMMERLE, Marco	1969		0:44:04	0:45:41	0:45:22	02:15:07
5 (2234)	KLICK, Michael	1969	SUS Bertlich	0:52:06	0:49:32	0:51:17	02:32:55
6 (44)	HOHN, Bernd	1970	Knickfööss Köln	0:56:41	0:54:02	0:54:55	02:45:38
7 (734)	SOMMERLAD, Michael	1969		1:19:52	1:13:59	1:19:17	03:53:08
SENIOREN M50							
1 (353)	MÜLLER, Josef	1968	LT Grafenschaft	0:43:38	0:42:24	0:42:53	02:08:55
2 (360)	NIEKRAWIETZ, Peter	1968		0:44:46	0:44:39	0:43:47	02:13:12
3 (127)	VAN HASSELT, Stefan	1967	Elmars Lauftreff	0:45:40	0:45:19	0:45:38	02:16:37
4 (693)	HANSEN, Christoph	1965	Cologne Allblacks	0:46:16	0:45:42	0:46:11	02:18:09
5 (203)	FABIAN, Steffen	1965	MACH3 Köln e. v.	0:48:07	0:46:10	0:46:41	02:20:58



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M50							
6 (9)	BOHNE, Christopher	1964		0:49:07	0:47:51	0:47:22	02:24:20
7 (1)	ACKERMANN, Sebastian	1966	Köln	0:48:42	0:48:31	0:48:51	02:26:04
8 (315)	KÖPPL, Ralf	1968		0:53:28	0:51:10	0:50:35	02:35:13
9 (85)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:52:13	0:53:01	0:50:09	02:35:23
10 (98)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:56:09	0:55:56	0:56:27	02:48:32
11 (195)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:55:29	0:55:18	1:00:16	02:51:03
12 (70)	MEINTSCHEL, Gerd	1967	TV Klaswipper	1:02:47	1:01:38	0:58:10	03:02:35
SENIOREN M55							
1 (2242)	DITTRICH, Windried	1960	SCB Horrem e.V.	0:45:56	0:45:20	0:44:18	02:15:34
2 (2024)	RITTER, Ronald	1960	LT Schöllroth	0:45:46	0:45:22	0:44:56	02:16:04
3 (236)	HEß, Richard	1962	LC Weilerswist	0:50:04	0:49:41	0:48:29	02:28:14
4 (2757)	EIDMANN, Volker	1960	Wuppertal	0:50:21	0:50:05	0:50:22	02:30:48
5 (192)	DELVEAUX, Gérard	1962		0:51:26	0:50:14	0:49:31	02:31:11
6 (642)	DIETERICH, Erwin	1962		0:53:31	0:51:29	0:52:48	02:37:48
7 (128)	VIS, Jürgen	1962		0:52:48	0:53:10	0:53:10	02:39:08
8 (239)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:53:53	0:52:37	0:53:24	02:39:54
9 (658)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:53:35	0:54:36	0:55:10	02:43:21
10 (221)	GRAF, Michael	1959		0:53:47	0:56:44	0:54:54	02:45:25
11 (2064)	DOHM, Egbert	1961	Running Devils	0:57:25	0:57:15	0:57:28	02:52:08
SENIOREN M60							
1 (25)	DONATH, Aurelius	1958		0:45:39	0:44:42	0:44:30	02:14:51
2 (217)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:54:27	0:52:37	0:58:28	02:45:32
3 (750)	ZITZEN, Bernd	1955		1:20:06	1:24:48	1:19:18	04:04:12
SENIOREN M65							
1 (50)	KERSTING, Friedel	1950		0:51:51	0:51:17	0:52:07	02:35:15
2 (2698)	STEIL, Wolfgang	1950		0:56:28	0:55:13	0:55:59	02:47:40
SENIOREN M70							
1 (2266)	FEIGE, Manfred	1947		1:17:03	1:13:34	1:26:54	03:57:31
MÄNNL. JUGEND U16							
1 (2232)	WOZNY, Simon	2003	SuS Bertlich	0:52:05	0:49:32	0:51:17	02:32:54
FRAUEN							
1 (233)	HERLING, Jelena	1993		0:55:59	0:57:01	0:56:40	02:49:40
2 (343)	MELLIS, Anna-Theresa	1991		0:57:00	0:57:45	0:56:17	02:51:02
JUNIORINNEN U23							
1 (187)	CZERWINSKI, Madlaine	1997	LG Gummersbach	0:58:55	0:57:53	0:56:06	02:52:54



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W30							
1 (347)	MOLDENHAUER, Marina	1986	FR-Training	0:50:07	0:51:31	0:49:35	02:31:13
2 (387)	SAUTER, Birgit	1984		0:54:56	0:56:21	0:54:49	02:46:06
3 (433)	VAN BEBBER, Julia	1985	MACH3 Köln e.V.	0:55:24	0:55:47	0:55:52	02:47:03
4 (354)	MÜLLER, Sarah	1985		0:59:41	0:56:30	0:56:00	02:52:11
5 (364)	NOWACK, Nadine	1986	SG Köln-Worringen	0:59:53	0:58:32	0:58:38	02:57:03
SENIORINNEN W35							
1 (435)	VARGA, Eszter	1981		0:41:17	0:41:29	0:41:42	02:04:28
2 (109)	SOEST, Christine	1980		0:47:30	0:46:26	0:49:39	02:23:35
3 (451)	DORSCHER, Valerie	1983	MACH3 Köln e.V.	0:58:52	0:57:23	0:50:05	02:46:20
4 (373)	PIECZYKOLAN, Aleks	1980		0:56:16	0:57:41	0:55:02	02:48:59
5 (231)	HEINEMANN, Steffi	1982	25MINUTES	1:00:09	0:58:29	1:00:27	02:59:05
6 (170)	BOECKING, Vanessa	1981	LT Alsdorf-Ost	1:02:44	1:08:23	1:05:12	03:16:19
7 (255)	HÜPGEN, Susanne	1981	Juke Runner	1:05:08	1:15:13	1:10:04	03:30:25
SENIORINNEN W40							
1 (391)	SCHEDLBAUER, Ruth	1976		0:49:52	0:50:35	0:52:18	02:32:45
2 (65)	MARINGER, Sabine	1975		0:57:15	0:56:42	0:57:45	02:51:42
3 (29)	ERDENBERGER, Sandra	1976		1:03:08	1:04:36	1:06:22	03:14:06
SENIORINNEN W45							
1 (164)	ADAMCZAK, Evelyne	1972	LT Alsdorf-Ost	0:48:18	0:47:33	0:49:05	02:24:56
2 (2007)	METE, Nicole	1971	MACH3 Köln e.V.	0:47:41	0:47:36	0:49:48	02:25:05
3 (31)	GERRITS, Andrea	1971	mach3 Köln e.V.	0:54:53	0:52:57	0:52:30	02:40:20
4 (178)	BREDOW, Tanja	1972		0:55:30	0:54:55	0:53:46	02:44:11
5 (655)	LOOS, Britta	1971	TriPower Rhein Sieg	0:59:12	1:01:08	1:01:47	03:02:07
6 (687)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	0:58:45	0:57:17	1:26:54	03:22:56
7 (107)	SCHUMACHER, Alice	1969	Juke Runner	1:04:52	1:17:23	1:08:47	03:31:02
SENIORINNEN W50							
1 (2233)	WOZNY, Kerstin	1967	SUS Bertlich	0:52:48	0:52:29	0:50:36	02:35:53
2 (151)	BENATIA-GLOMBITZA, Brigitt	1966	flitzi flitzi Kreuzkapelle	0:59:16	0:59:29	0:58:28	02:57:13
3 (148)	BAUER, Christiane	1964	Team Steinberg	1:00:56	0:59:16	0:57:58	02:58:10
4 (669)	SIEGBERG, Andrea	1966	Lauftreff Mondorf	0:59:10	0:57:47	1:01:25	02:58:22
5 (129)	WALD, Ilona	1965	PSV Bonn Triathlon	0:58:54	0:58:04	1:01:47	02:58:45
6 (188)	CZERWINSKI, Petra	1966	LG Gummersbach	1:02:47	1:01:38	1:01:43	03:06:08
SENIORINNEN W55							
1 (641)	CORDES, Ulla	1960	LG Südsauerland	0:49:02	0:48:13	0:47:43	02:24:58
2 (419)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:00:01	1:00:15	1:03:06	03:03:22
3 (53)	KÖPPE, Christa	1960		1:12:44	1:11:47	0:52:14	03:16:45
4 (2246)	DITTRICH, Karin	1960	SCB Horrem e.V.	1:22:08	1:20:50	1:19:24	04:02:22



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W60							
1 (736)	STULA, Rosel	1958	Pulheimer SC	0:55:35	0:55:41	0:55:25	02:46:41