


GESAMTWERTUNG MÄNNER

| RG | NAME, VORNAME | VEREIN / TEAM | Vogelsanger Mailauf - 10km | Kölher Friedenslauf - 10km | GastRUNomie-Lauf - 10km | Nippeser Stundenlauf - 1h | Oswald-Hirschfeld-Lauf - 10km | Fühlinger See - 10km | Fühlinger See - 21km | Heide Silvesterlauf - 10km | SUMME |
|----|-----------------------|---------------------------------|----------------------------|----------------------------|-------------------------|---------------------------|-------------------------------|----------------------|----------------------|----------------------------|-------|
| 1 | RÖSLER, Denis | 25MINUTES Köln | 196 | 195 | | | | | | | 391 |
| 2 | ENGELHARDT, Kai | 25MINUTES Köln | 192 | 193 | | | | | | | 385 |
| 3 | OBERNDÖRFER, Martin | LLG St. Augustin | 190 | 192 | | | | | | | 382 |
| 4 | WINKLER, Benno | | 180 | 175 | | | | | | | 355 |
| 5 | BOELTER, Thomas | ERGO sports Köln | 177 | 166 | | | | | | | 343 |
| 6 | DRESBACH, Frank | Cologne Allblacks | 168 | 168 | | | | | | | 336 |
| 7 | VOGEL, Jörg | | 172 | 162 | | | | | | | 334 |
| 8 | KERSTING, Friedel | | 152 | 149 | | | | | | | 301 |
| 9 | MISSENBERGER, Marco | 25MINUTES Köln | 147 | 150 | | | | | | | 297 |
| 10 | BOTT, Alexander | ERGO sports Köln | 134 | 139 | | | | | | | 273 |
| 11 | AßING, Sven | FC Straberg | | 200 | | | | | | | 200 |
| 12 | MEY, Markus | Peters Sportteam | 200 | | | | | | | | 200 |
| 13 | SCHRÖDER, Frank | Rhein-Berg Runners | | 199 | | | | | | | 199 |
| 14 | SCHOMMERS, Lukas | Rhein-Berg Runners | 199 | | | | | | | | 199 |
| 15 | SCHNEIDER, Thomas | LG RWE Power | | 198 | | | | | | | 198 |
| 16 | STOJIC, Rolf | Vogelsanger Postbüggel | 198 | | | | | | | | 198 |
| 17 | GÜNDÜZ, Deniz | ZORRO | | 197 | | | | | | | 197 |
| 18 | PLETT, Christian | | 197 | | | | | | | | 197 |
| 19 | VILLALPANDO, Salvador | FC Straberg | | 196 | | | | | | | 196 |
| 20 | KRÄKER, Thorsten | Superpunk | 195 | | | | | | | | 195 |
| 21 | MIZUSHIMA, Keisuke | | | 194 | | | | | | | 194 |
| 22 | HARTBERGER, Maro | Sportgemeinschaft TÜV Rheinland | 194 | | | | | | | | 194 |
| 23 | VOGELSANG, Marcel | Albis Laufftreff | 193 | | | | | | | | 193 |
| 24 | WÖHLER, Jan | | | 191 | | | | | | | 191 |
| 25 | BERTELS, Christoph | 25MINUTES Köln | 191 | | | | | | | | 191 |
| 26 | BECKENS, Jomis | HC Eynatten Raeren | | 190 | | | | | | | 190 |
| 27 | SIEVERTZ, Manuel | SC Waldniel | | 189 | | | | | | | 189 |
| 28 | ABDELKADER, Hassan | Anna-Stiftung-Feuerland | 189 | | | | | | | | 189 |
| 29 | KANDITT, Stephan | Mönchengladbacher LG | | 188 | | | | | | | 188 |
| 30 | SCHÜTZE, Marian | | 188 | | | | | | | | 188 |
| 31 | WEBER, Justus | | | 187 | | | | | | | 187 |
| 32 | HOUBÉ, Clemens | TuS Köln rrh. | 187 | | | | | | | | 187 |
| 33 | KEßELER, Stefan | | | 186 | | | | | | | 186 |
| 34 | HELLEBUSCH, Timo | 25MINUTES Köln | 186 | | | | | | | | 186 |
| 35 | HARDER, Dirk | | | 185 | | | | | | | 185 |
| 36 | BIEDERMANN, Thomas | | 185 | | | | | | | | 185 |
| 37 | SCHROER, Martin | | | 184 | | | | | | | 184 |
| 38 | HANSEN, Christoph | Cologne Allblacks | 184 | | | | | | | | 184 |
| 39 | KREMER, Jonas | | | 183 | | | | | | | 183 |


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| RG | NAME, VORNAME | VEREIN / TEAM | Vogelsanger Mailauf - 10km | Kölher Friedenslauf - 10km | GastRUNomie-Lauf - 10km | Nippeser Stundenlauf - 1h | Oswald-Hirschfeld-Lauf - 10km | Fühlinger See - 10km | Fühlinger See - 21km | Heide Silvesterlauf - 10km | SUMME |
|----|----------------------|---------------------------|----------------------------|----------------------------|-------------------------|---------------------------|-------------------------------|----------------------|----------------------|----------------------------|-------|
| 40 | WORTBERG, Norbert | | 183 | | | | | | | | 183 |
| 41 | PLAUM, Michael | CVJM Siegen | | 182 | | | | | | | 182 |
| 42 | EBERT, Torsten | | 182 | | | | | | | | 182 |
| 43 | SGOVIO, Leonardo | | | 181 | | | | | | | 181 |
| 44 | GRONEICK, Jakob | Bonner Ruder Gesellschaft | 181 | | | | | | | | 181 |
| 45 | JAKUBOWITZ, Martin | TSG 5 Seasons Brühl | | 180 | | | | | | | 180 |
| 46 | ERDMANN, Felix | | | 179 | | | | | | | 179 |
| 47 | BEILA, Simon | | 179 | | | | | | | | 179 |
| 48 | TKOTZ, Michael Tikki | TSG 5 Seasons Brühl | | 178 | | | | | | | 178 |
| 49 | CLAEßEN, Jens | Albis Laufftreff | | 178 | | | | | | | 178 |
| 50 | HASTLER, Mathias | BSG RheinEnergie | | 177 | | | | | | | 177 |
| 51 | FANTE, Martin | | | 176 | | | | | | | 176 |
| 52 | BACH, Tobias | | 176 | | | | | | | | 176 |
| 53 | MERHEIM, Peter | TuS Köln rrh. | | 175 | | | | | | | 175 |
| 54 | ALISAUSKAS, Pijus | | | 174 | | | | | | | 174 |
| 55 | HOKO, Joshua | | 174 | | | | | | | | 174 |
| 56 | BACHENBERG, Jens | TFG 1878 Köln-Nippes | | 173 | | | | | | | 173 |
| 57 | NENTWICH, Henry | | 173 | | | | | | | | 173 |
| 58 | JEANDRÉE, Miguel | Selbstläufer SV Altenahr | | 172 | | | | | | | 172 |
| 59 | SUEß, Florian | | | 171 | | | | | | | 171 |
| 60 | VON NISWANDT, Timo | ERGO sports Köln | | 171 | | | | | | | 171 |
| 61 | MÜLLER, Ralf | Schnaufgruppe | | 170 | | | | | | | 170 |
| 62 | CREMER, Jürgen | | 170 | | | | | | | | 170 |
| 63 | KAMMLER, Reinhard | Cologne Allblacks | | 169 | | | | | | | 169 |
| 64 | WERNER, Ralf | ASV Köln | | 169 | | | | | | | 169 |
| 65 | PNIEWSKI, Bernd | Brücker Lauffreunde | | 167 | | | | | | | 167 |
| 66 | FERMER, David | | 167 | | | | | | | | 167 |
| 67 | KISCHLAT, Jan | Albis Laufftreff | | 166 | | | | | | | 166 |
| 68 | ISBANER, Wolfgang | TSV Bayer 04 Leverkusen | | 165 | | | | | | | 165 |
| 69 | METZDORF, Elmar | | 165 | | | | | | | | 165 |
| 70 | MÖBUS, Volkmar | LT Skinny Bergheim 02 | | 164 | | | | | | | 164 |
| 71 | MAUSBACH, Gerd | LT Decksibiner Weichen | | 164 | | | | | | | 164 |
| 72 | HERRNDORF, Norbert | LT Saaler Mühle | | 163 | | | | | | | 163 |
| 73 | SONNENBERG, Axel | BSG DEVK Köln | | 163 | | | | | | | 163 |
| 74 | SACHS, Kai | | 162 | | | | | | | | 162 |
| 75 | HELLMANN, Peter | Flame for Peace | | 161 | | | | | | | 161 |
| 76 | NAMMLER, Reinhard | Cologne Allblacks | | 161 | | | | | | | 161 |
| 77 | WÜST, Hans Werner | | | 160 | | | | | | | 160 |
| 78 | OBERMANN, Werner | | 160 | | | | | | | | 160 |



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| RG | NAME, VORNAME | VEREIN / TEAM | Vogelsanger Mailauf - 10km | Kölher Friedenslauf - 10km | GastrUNomie-Lauf - 10km | Nippeser Stundenlauf - 1h | Oswald-Hirschfeld-Lauf - 10km | Fühlinger See - 10km | Fühlinger See - 21km | Heide Silvesterlauf - 10km | SUMME |
|-----|---|----------------------------|----------------------------|----------------------------|-------------------------|---------------------------|-------------------------------|----------------------|----------------------|----------------------------|-------|
| 79 | KIERDORF, Sebastian | | 159 | | | | | | | | 159 |
| 80 | HETKAMP, Peter | | 159 | | | | | | | | 159 |
| 81 | LEYENDECKER, Matthias | SC Fortuna Köln | 158 | | | | | | | | 158 |
| 82 | HERWIG, Heiko | BSG DEVK Köln | 158 | | | | | | | | 158 |
| 83 | ROSO, Marcus | | 157 | | | | | | | | 157 |
| 84 | KRAUß, Jakob | | 157 | | | | | | | | 157 |
| 85 | HENSCH, Dennis | ERGO sports Köln | 156 | | | | | | | | 156 |
| 86 | MAIHÖFER, Philipp | Mach3 Köln | 156 | | | | | | | | 156 |
| 87 | KAISER, Stephan | ERGO sports Köln | 155 | | | | | | | | 155 |
| 88 | SOUJON, Marcel | Albis Laufftreff | 155 | | | | | | | | 155 |
| 89 | SCHEFERLING, Björn | | 154 | | | | | | | | 154 |
| 90 | BÜSER-MEYER ZU ALTENSCHILDESCHE, Rainer | | 154 | | | | | | | | 154 |
| 91 | SOWADE, Uli | Run of Colours Promoteam | 153 | | | | | | | | 153 |
| 92 | MÜLLER, Nico | LT DSHS Köln | 153 | | | | | | | | 153 |
| 93 | HILPERT-JANßEN, Thomas | | 152 | | | | | | | | 152 |
| 94 | RUTHA, Jan | | 151 | | | | | | | | 151 |
| 95 | HAMBLOCH, Christoph | Albis Laufftreff | 151 | | | | | | | | 151 |
| 96 | BERNDT, Marco | berndt medien Pros | 150 | | | | | | | | 150 |
| 97 | WINGERT, Rolf | Kluck Umwelt-Logistik GmbH | 149 | | | | | | | | 149 |
| 98 | BÜTTNER, Claus-Dieter | | 148 | | | | | | | | 148 |
| 99 | GRONEICK, Martin | Bonner Ruder Gesellschaft | 148 | | | | | | | | 148 |
| 100 | HERMANN, Dr. Udo | | 147 | | | | | | | | 147 |
| 101 | PETER, Ronald | HLG 98 Wuppertal | 146 | | | | | | | | 146 |
| 102 | WINGEN, Ralf | Blaue Funken | 146 | | | | | | | | 146 |
| 103 | MICHEL, Klaus | TFG 1878 Köln-Nippes | 145 | | | | | | | | 145 |
| 104 | RIPP, Dieter | VTC Köln | 145 | | | | | | | | 145 |
| 105 | SCHARDT, Michael | LSF Köln | 144 | | | | | | | | 144 |
| 106 | MEYER ZU ALTENSCHILDESCHE, Jörg | TV Erkelenz | 144 | | | | | | | | 144 |
| 107 | STASCHIK, Till | | 143 | | | | | | | | 143 |
| 108 | SÜHR, Daniel | Albis Laufftreff | 143 | | | | | | | | 143 |
| 109 | KALLAY, Alpha | | 142 | | | | | | | | 142 |
| 110 | RULAND, Gerd | | 142 | | | | | | | | 142 |
| 111 | WURDA, Werner | SC Fortuna Köln | 141 | | | | | | | | 141 |
| 112 | KÖLSCHKE, Daniel | Kluck Umwelt-Logistik GmbH | 141 | | | | | | | | 141 |
| 113 | OMAR, Sabry | Lauffreunde Kön-Nord | 140 | | | | | | | | 140 |
| 114 | KLUCK, Marcus | Kluck Umwelt-Logistik GmbH | 140 | | | | | | | | 140 |
| 115 | REDA, Karl-Heinz | ERGO sports Köln | 139 | | | | | | | | 139 |
| 116 | MENZEL, Wolfgang | LLG St. Augustin | 138 | | | | | | | | 138 |
| 117 | DÜKER, Frank | Blaue Funken | 138 | | | | | | | | 138 |



Time & Voice Lauf Cup Köln 2018

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|---------------------------------------|-----------------------|----------------------------|----------------------------|-------------------------|---------------------------|-------------------------------|----------------------|----------------------|----------------------------|-------|
| 118 WIEMAR, Dirk | | 137 | | | | | | | | 137 |
| 119 BOELEN-THEILE, Claus | | 137 | | | | | | | | 137 |
| 120 GEIER, Harald | Die Schreiberlinge | 136 | | | | | | | | 136 |
| 121 MÜLLER, Marco | MASO | 136 | | | | | | | | 136 |
| 122 GROß, Sascha | Lauffreunde Kön-Nord | 135 | | | | | | | | 135 |
| 123 OBERSTE-BERGHAUS, Benjamin | Team Kluck | 135 | | | | | | | | 135 |
| 124 GIESBERT, Maik | | 134 | | | | | | | | 134 |
| 125 METZELDER, Hans | Lauffreunde Montabaur | 133 | | | | | | | | 133 |
| 126 CASPERS, Stefan | | 133 | | | | | | | | 133 |
| 127 BRÜCK, Lorenz | ERGO sports Köln | 132 | | | | | | | | 132 |
| 128 WINDEL, Klaus | Albis Laufftreff | 132 | | | | | | | | 132 |
| 129 BINZEN, Martin | | 131 | | | | | | | | 131 |
| 130 ZÖLLER, Eric | | 130 | | | | | | | | 130 |
| 131 FRANZ-HÖFLE, Joachim | | 129 | | | | | | | | 129 |
| 132 BIRK, Volker | Uniquetraining | 128 | | | | | | | | 128 |


GESAMTWERTUNG FRAUEN

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|----|--------------------------|-----------------------------|----------------------------|----------------------------|-------------------------|---------------------------|--------------------------------|----------------------|----------------------|----------------------------|-------|
| 1 | HENNEKEN, Claudia Maria | Dauerlauf Verein | 200 | 199 | | | | | | | 399 |
| 2 | HEINEMANN, Steffi | 25MINUTES Köln | 187 | 182 | | | | | | | 369 |
| 3 | HAJEK, Verena | | 178 | 186 | | | | | | | 364 |
| 4 | SONNTAG, Ursula | ERGO sports Köln | 183 | 180 | | | | | | | 363 |
| 5 | ROCHE, Liz | TV Refrath | 200 | | | | | | | | 200 |
| 6 | GALLARDO, Laura | | 199 | | | | | | | | 199 |
| 7 | HELLWIG, Denise | | 198 | | | | | | | | 198 |
| 8 | DAHMEN, Britt | | 198 | | | | | | | | 198 |
| 9 | GRINGEL, Lena | | 197 | | | | | | | | 197 |
| 10 | BUISE, Yvonne | Physiotherapie Hypokrathion | 197 | | | | | | | | 197 |
| 11 | HARMS, Ann-Kristin | | 196 | | | | | | | | 196 |
| 12 | HORST, Claudia | Albis Laufftreff | 196 | | | | | | | | 196 |
| 13 | ZANGE, Gabi | Cologne Allblacks | 195 | | | | | | | | 195 |
| 14 | KÜFFLER, Beate | | 195 | | | | | | | | 195 |
| 15 | JÜRGENS, Lara | | 194 | | | | | | | | 194 |
| 16 | FERMER, Phillis | | 194 | | | | | | | | 194 |
| 17 | HARK, Andrea | Run of Colours Promoteam | 193 | | | | | | | | 193 |
| 18 | HÜMMELER, Anne | | 193 | | | | | | | | 193 |
| 19 | GLASMACHER, Muriel | | 192 | | | | | | | | 192 |
| 20 | HEJL, Franziska | Albis Laufftreff | 192 | | | | | | | | 192 |
| 21 | CAESAR, Nathalie | | 191 | | | | | | | | 191 |
| 22 | GOSEBRINK, Lucia | | 191 | | | | | | | | 191 |
| 23 | STRUNZ, Franziska | Run of Colours Promoteam | 190 | | | | | | | | 190 |
| 24 | KIES, Bernadeta | Albis Laufftreff | 190 | | | | | | | | 190 |
| 25 | BOHMEIER, Bianca | | 189 | | | | | | | | 189 |
| 26 | DEUßEN, Jule | | 189 | | | | | | | | 189 |
| 27 | KALLAY, Derya | | 188 | | | | | | | | 188 |
| 28 | METZLER, Lena | | 188 | | | | | | | | 188 |
| 29 | HEINEN, Kirsten | | 187 | | | | | | | | 187 |
| 30 | SCHIFFBAUER, Uli | ERGO sports Köln | 186 | | | | | | | | 186 |
| 31 | OLLICK, Esther | | 185 | | | | | | | | 185 |
| 32 | SÖNTGERATH, Angela | MASO | 185 | | | | | | | | 185 |
| 33 | MENZ, Miriam | BSG RheinEnergie | 184 | | | | | | | | 184 |
| 34 | BAGINSKI, Kathrin | | 184 | | | | | | | | 184 |
| 35 | ZÜNDEL, Jana | | 183 | | | | | | | | 183 |
| 36 | BAHLS, Roswita | LSV Porz / Köln | 182 | | | | | | | | 182 |
| 37 | SCHIFFBAUER, Ulrike | ERGO sports Köln | 181 | | | | | | | | 181 |
| 38 | FIGUEROA CARRASCO, Lidia | Cologne Allblacks | 181 | | | | | | | | 181 |
| 39 | BURGHHAUS, Petra | | 180 | | | | | | | | 180 |


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|--------------------------------|---------------------|----------------------------|----------------------------|-------------------------|---------------------------|-------------------------------|----------------------|----------------------|----------------------------|------------|
| 40 FRENZER, Utta | Running for Charity | 179 | | | | | | | | 179 |
| 41 MIRABELLI, Elisabeth | | 179 | | | | | | | | 179 |
| 42 HEGGE, Luisa | | 178 | | | | | | | | 178 |
| 43 LÜDER, Ada | Die Schreiberlinge | 177 | | | | | | | | 177 |
| 44 JOHNE, Eireen | | 177 | | | | | | | | 177 |
| 45 UTECH, Gabriele | ERGO sports Köln | 176 | | | | | | | | 176 |