



Time & Voice Lauf Cup Köln 2019

GESAMTWERTUNG · NACH GESCHLECHT

| RG | NAME, VORNAME | VEREIN / TEAM | #1 | #2 | #3 | #4 | #5 | #6a | #6b | #7 | #8 | BON | GES |
|---------------|------------------------|----------------------------|----------------|----------------|-----|-----|----------------|-----|-----|----|----|-----|------------|
| MÄNNER | | | | | | | | | | | | | |
| 1. | JONEN, Christian | #GeneralibewegtDeutschland | 298 | 296 | | 300 | | | | | | | 894 |
| 2. | PENSCHINSKI, Benjamin | | | 280 | 297 | 298 | 295 | | | | | +1 | 891 |
| 3. | SCHNEIDER, Thomas | 25MINUTES Köln | 233 | 286 | 298 | 299 | | | | | | +1 | 884 |
| 4. | MEYER, Irek | TV Refrath | | 274 | 295 | | 296 | | | | | | 865 |
| 5. | HELLEBUSCH, Timo | 25MINUTES Köln | 282 | | 284 | 293 | | | | | | | 859 |
| 6. | FINKEN, Ralph | Team Erdinger Alkoholfrei | | 239 | 281 | 290 | 282 | | | | | +1 | 854 |
| 7. | OBERNDÖRFER, Martin | 25MINUTES Köln | | 269 | 289 | | 289 | | | | | | 847 |
| 8. | RÖSLER, Denis | 25MINUTES Köln | | 264 | 279 | 295 | | | | | | | 838 |
| 9. | BOELTER, Thomas | ERGO sports Köln | 276 | 227 | 269 | 289 | 267 | | | | | +2 | 836 |
| 10. | WINKLER, Benno | Alleinunterhalter | 280 | 236 | 274 | | 277 | | | | | +1 | 832 |
| 11. | MERMET, Frank | ERGO sports Köln | 283 | 257 | 286 | | | | | | | | 826 |
| 12. | MICHELS, Olaf | ERGO sports Köln | | 224 | 262 | 288 | 271 | | | | | +1 | 822 |
| 13. | KERSTING, Friedel | | 262 | 204 | 255 | | 261 | | | | | +1 | 779 |
| 14. | VON NISWANDT, Timo | ERGO sports Köln | 278 | 229 | 267 | | | | | | | | 774 |
| 15. | BECKER, Walter | LLG 80 Nordpark Köln | 231 | | 252 | 279 | 241 | | | | | +1 | 773 |
| 16. | HUPPERTZ, Horst | LG Huskies | 237 | | 253 | 278 | | | | | | | 768 |
| 17. | REDA, Karl-Heinz | ERGO sports Köln | 221 | 188 | | 284 | 253 | | | | | +1 | 759 |
| 18. | MANN, Martin | ERGO sports Köln | 229 | | 251 | 276 | | | | | | | 756 |
| 19. | PNIEWSKI, Bernd | Brücker Lauffreunde | | 218 | 263 | | 265 | | | | | | 746 |
| 20. | WÜST, Hans Werner | | 260 | 216 | | | 260 | | | | | | 736 |
| 21. | SONNTAG, Frank | ERGO sports Köln | | 217 | 258 | | 252 | | | | | | 727 |
| 22. | VOGEL, Jörg | | 250 | 209 | | | 256 | | | | | | 715 |
| 23. | SCHARDT, Michael | LSF Köln | | 183 | | 275 | 242 | | | | | | 700 |
| 24. | MENZEL, Wolfgang | LLG St. Augustin | | 179 | | 271 | 240 | | | | | | 690 |
| 25. | WURDA, Werner | SC Fortuna Köln | | 189 | 248 | | 245 | | | | | | 682 |
| 26. | SCHNEIDER, Norbert | Rhein-Berg Runners | 295 | | 299 | | | | | | | | 594 |
| 27. | RITTER, Johannes | | | 293 | 300 | | | | | | | | 593 |
| 28. | WIRTENSOHN, Dominik | Cologne Running Crew | | 266 | 293 | | | | | | | | 559 |
| 29. | DREBACH, Frank | Cologne Allblacks | | | | 286 | 263 | | | | | | 549 |
| 30. | HEYNE, Karsten | Familie Heyne | | 254 | | 292 | | | | | | | 546 |
| 31. | WANZEK, Thor | Maternus-Grundschule | | 256 | | | 288 | | | | | | 544 |
| 32. | REINTZSCH, Ingo | Alfterer SC | | 247 | | | 284 | | | | | | 531 |
| 33. | CREMER, Jürgen | LLG 80 Nordpark Köln | 263 | | 257 | | | | | | | | 520 |
| 34. | BRUCKWILDER, Hans Jörg | | | | | 273 | 244 | | | | | | 517 |
| 35. | EISERMANN, Stephan | Handelshof | | 242 | 275 | | | | | | | | 517 |
| 36. | MÜLLER, Ralf | Schnaufgruppe | | 225 | | 287 | | | | | | | 512 |
| 37. | MANTHEI, Christian | ERGO sports Köln | | 238 | | | 274 | | | | | | 512 |
| 38. | ISBANER, Wolfgang | TSV Bayer Leverkusen | 281 | 230 | | | | | | | | | 511 |
| 39. | SOWADE, Uli | Run of Colours Promoteam | 249 | | 259 | | | | | | | | 508 |
| 40. | HÖFER, Claus | Sportline Cologne | | 235 | | | 272 | | | | | | 507 |
| 41. | CARBACH, Frank | LT SV Westum | | 212 | | 291 | | | | | | | 503 |
| 42. | OTTO, Michael | | 245 | | | | 251 | | | | | | 496 |
| 43. | DÖRING, Uwe | LLG 80 Nordpark Köln | | 226 | | | 264 | | | | | | 490 |
| 44. | RADOLOVSKI, Kaloyan | | | 213 | | | 269 | | | | | | 482 |
| 45. | KLEEFISCH, Johannes | Team Erdinger Alkoholfrei | 224 | | | | 248 | | | | | | 472 |
| 46. | HILPERT-JANßEN, Thomas | | | 207 | | | 258 | | | | | | 465 |



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| 47. | LEYENDECKER, Matthias | SC Fortuna Köln | | 205 | | | 255 | | | | | | 460 |
| 48. | MISSENBERGER, Marco | 25MINUTES Köln | | 197 | 260 | | | | | | | | 457 |
| 49. | BUSCHAM, Helmut | LLG 80 Nordpark Köln | | 181 | | 270 | | | | | | | 451 |
| 50. | DEMOND, Ralf | LT Dünnwald TV | 243 | 195 | | | | | | | | | 438 |
| 51. | BIRK, Volker | Uniquetraining | | 180 | 245 | | | | | | | | 425 |
| 52. | BREUER, Norbert | Team Erdinger Alkoholfrei | | 178 | 243 | | | | | | | | 421 |



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| FRAUEN | | | | | | | | | | | | | |
| 1. | HENNEKEN, Claudia Maria | 25MINUTES Köln | 300 | | 300 | 300 | 300 | | | | | +1 | 901 |
| 2. | ROCHE, Liz | TV Refrath | | 295 | | 299 | 299 | | | | | | 893 |
| 3. | ZANGE, Gabi | LLG 80 Nordpark Köln | 293 | | 296 | 298 | 291 | | | | | +1 | 888 |
| 4. | HEINEMANN, Steffi | 25MINUTES Köln | | | 285 | 294 | 275 | | | | | | 854 |
| 5. | WAHLEN, Edith | ERGO sports Köln | 279 | 280 | 290 | | | | | | | | 849 |
| 6. | HAJEK, Verena | LLG 80 Nordpark Köln | | 277 | 289 | | 278 | | | | | | 844 |
| 7. | BLÜMEL, Melanie | ERGO sports Köln | 292 | | 294 | | | | | | | | 586 |
| 8. | GRIGUTSCH-HARDT, Katrin | LLG 80 Nordpark Köln | | 285 | | | 290 | | | | | | 575 |
| 9. | SONNTAG, Ursula | ERGO sports Köln | 261 | | 284 | | | | | | | | 545 |
| 10. | ROHRMOSER, Eva-Maria | Laufmariechen Köln | | 270 | | | 269 | | | | | | 539 |