



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) OVERALL-RANKING

| RG (STNR) | NAME, VORNAME | JG | VEREIN / (WOHNORT) | NETTO | ZEIT |
|-----------|------------------------|------|-------------------------------|------------|-----------------|
| 1 (2877) | HUMKE, Jonas | 1996 | LG Eintracht Frankfurt | 0:31:43.52 | 00:31:44 |
| 2 (1523) | JUSCHKA, Björn | 1994 | TSV Bayer 04 Leverkusen | 0:32:17.92 | 00:32:18 |
| 3 (270) | GROMMISCH, Till | 1999 | TSV Bayer 04 Leverkusen | 0:32:18.47 | 00:32:19 |
| 4 (204) | DAHLKE, Jonathan | 1995 | TSV Bayer 04 Leverkusen | 0:32:18.60 | 00:32:19 |
| 5 (1629) | SCHMIDT, Daniel | 1986 | LG Vulkaneifel | 0:32:36.83 | 00:32:38 |
| 6 (1806) | TROMPETTER, Marius | 1991 | Milers Colonia | 0:33:01.99 | 00:33:02 |
| 7 (1552) | LANGE, Steffen | 1984 | Shirtwood Wermelskirchen | 0:34:05.41 | 00:34:07 |
| 8 (1436) | HERR, Florian | 1988 | LAZ Puma Rhein-Sieg | 0:34:41.13 | 00:34:42 |
| 9 (93) | BEELITZ, Christian | 1981 | LAZ Puma Rhein-Sieg | 0:36:10.67 | 00:36:13 |
| 10 (1560) | LORSBACH, Thomas | 1983 | TuS Deuz | 0:36:50.97 | 00:36:51 |
| 11 (1646) | SCHRÖDER, Frank | 1968 | TV Refrath | 0:36:59.13 | 00:37:00 |
| 12 (1139) | VON BRACHT, Till | 1985 | | 0:37:59.71 | 00:38:02 |
| 13 (1089) | MATSCHUREK, Andreas | 1983 | VfL Engelskirchen | 0:38:18.85 | 00:38:19 |
| 14 (1623) | SCHÄFERS, Katharina | 1984 | TuS Deuz | 0:38:21.11 | 00:38:22 |
| 15 (1603) | PÜSCHEL, Kai | 1982 | | 0:38:30.25 | 00:38:32 |
| 16 (160) | BÜCHELER, Bernd | 1969 | Mönchengladbacher LG | 0:38:35.24 | 00:38:37 |
| 17 (1573) | MEYBERG, Lotte | 1997 | TSV Bayer 04 Leverkusen | 0:39:04.26 | 00:39:05 |
| 18 (1997) | ZWEGERS, Sander | 1975 | Die Ackergäule | 0:39:07.33 | 00:39:10 |
| 19 (1358) | SCHMIDWENZL, Dirk | 1971 | Athletikschule Schrader | 0:39:18.26 | 00:39:19 |
| 20 (225) | FISCHER, Christian | 1986 | Scuderia Südstadt | 0:39:20.80 | 00:39:25 |
| 21 (116) | BLECK, Roman | 1996 | | 0:39:32.25 | 00:39:35 |
| 22 (1413) | ZUR NIEDEN, Henning | 1972 | LAZ Puma Rhein-Sieg | 0:39:42.51 | 00:39:44 |
| 23 (1515) | IVO, Roland | 1975 | SSG Königswinter | 0:40:14.47 | 00:40:15 |
| 24 (1424) | PESCH, Claus | 1970 | PSV Brühl | 0:40:27.36 | 00:40:30 |
| 25 (1643) | SCHÖNAUER, Thomas | 1976 | TuS Deuz | 0:40:33.95 | 00:40:35 |
| 26 (1290) | KÖPPE, Stefan | 1985 | 1.FC Köln | 0:40:33.03 | 00:40:38 |
| 27 (1514) | IVO, Jonas | 2007 | SSG Königswinter | 0:40:38.43 | 00:40:40 |
| 28 (1504) | HINZE-THÜS, Katja | 1972 | SG Wenden | 0:40:49.94 | 00:40:51 |
| 29 (1535) | KLUSMEIER, Janek | 2001 | Sporthochschule Köln | 0:41:04.53 | 00:41:08 |
| 30 (297) | GÜNTHER, Thomas Oliver | 1974 | SSF Bonn Triathlon | 0:41:11.04 | 00:41:16 |
| 31 (275) | GRUNEWALD, Ralf | 1965 | Tv Rodenkirchen | 0:41:18.27 | 00:41:21 |
| 32 (64) | BAUCH, Torsten | 1978 | | 0:41:44.64 | 00:41:48 |
| 33 (29) | RAHIMI, Abdul Raheb | 1999 | LG Laacker See | 0:41:36.95 | 00:41:48 |
| 34 (1661) | STEAD, Susan | 1989 | Team Erdinger Alkoholfrei | 0:41:55.45 | 00:41:58 |
| 35 (499) | STAROSTA, Patric | 1989 | P.S. running | 0:42:11.49 | 00:42:14 |
| 36 (298) | GUTSCHMIDT, Moritz | 2001 | SpoHo | 0:42:18.70 | 00:42:22 |
| 37 (1086) | LÜCHTEFELD, Alice | 1992 | Bunert - Der Kölner Laufladen | 0:42:23.03 | 00:42:25 |
| 38 (1394) | WAHL, Guido | 1978 | Brühler TV 1879 | 0:42:36.30 | 00:42:37 |
| 39 (1459) | DENZER, Peter | 1969 | | 0:42:39.52 | 00:42:44 |
| 40 (1632) | SCHNEIDER, Caterina | 1971 | LT Ennert | 0:42:51.20 | 00:42:52 |
| 41 (1536) | KOBBERGER, Luc Joël | 2001 | | 0:43:22.20 | 00:43:26 |
| 42 (39) | AZIZOV, Sanan | 1992 | | 0:43:08.74 | 00:43:38 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) OVERALL-RANKING

| RG (STNR) | NAME, VORNAME | JG | VEREIN / (WOHNORT) | NETTO | ZEIT |
|-----------|--------------------------|------|------------------------------|------------|-----------------|
| 43 (440) | WINKLER, Gottfried | 1981 | Athletikschule Schrader | 0:43:45.68 | 00:43:46 |
| 44 (1332) | PELZ, Arne | 1987 | Team Erdinger Alkoholfrei | 0:43:46.32 | 00:43:51 |
| 45 (2995) | NOUAILLE-DEGORCE, Paul | 1987 | | 0:43:50.08 | 00:43:52 |
| 46 (2962) | LANGE, Torsten | 1980 | | 0:43:56.28 | 00:44:04 |
| 47 (19) | REISER, Felicitas | 1982 | | 0:44:15.03 | 00:44:16 |
| 48 (1187) | BRANG, Michael | 1971 | LT Graftschaft | 0:44:13.73 | 00:44:17 |
| 49 (1838) | WAGNER, Andreas | 1988 | LG Deiringsen | 0:44:12.78 | 00:44:18 |
| 50 (1141) | WANK, Michael | 1969 | LT Hennef/Sieg | 0:44:22.68 | 00:44:28 |
| 51 (1577) | MOHRMANN, Moehre | 1973 | #gohardorgohomeCGN | 0:44:26.78 | 00:44:34 |
| 52 (1124) | SCIDA, Eusonio | 1975 | Brühler TV 1879 | 0:44:37.31 | 00:44:38 |
| 53 (14) | HESSE, Giulio | 1988 | | 0:44:25.15 | 00:44:39 |
| 54 (1529) | KEUSER, Thorsten | 1982 | S.O.A Runner Cologne | 0:45:17.37 | 00:45:18 |
| 55 (1518) | JANSEN, Maximilian | 2002 | | 0:45:20.25 | 00:45:34 |
| 56 (62) | BARENTZEN, Sebastian | 1999 | | 0:45:47.18 | 00:45:51 |
| 57 (263) | GLÖKLER, Roland | 2003 | | 0:46:06.65 | 00:46:10 |
| 58 (1449) | CORDES, Christine | 1983 | | 0:46:12.37 | 00:46:14 |
| 59 (219) | DÜLKEN, Ralf | 1967 | SV Germania Dürwiß | 0:46:16.36 | 00:46:17 |
| 60 (1502) | HEUSCHLING, Mike | 2000 | | 0:46:13.62 | 00:46:21 |
| 61 (1574) | MEYER-SEEBECK, Julius | 1997 | | 0:46:02.41 | 00:46:24 |
| 62 (1474) | QUABACH, Ben | 1993 | LC Lauf & Sauf 2019 | 0:46:13.18 | 00:46:34 |
| 63 (1020) | DIEKMANN, Sebastian | 1980 | TPSK 1925 Köln e.V. | 0:46:29.85 | 00:46:37 |
| 64 (1500) | HERRGESELL, Ronny | 1982 | | 0:46:23.60 | 00:46:43 |
| 65 (1922) | WESTPHAL, Malte | 1999 | | 0:46:44.95 | 00:46:55 |
| 66 (122) | BOLLENDORFF, Pol | 2001 | | 0:46:47.18 | 00:46:55 |
| 67 (1520) | JOCHUM, Carina | 1974 | Selbstläufer Altenahr | 0:46:54.85 | 00:47:01 |
| 68 (1584) | MÜLLER, Harry | 2002 | | 0:46:56.16 | 00:47:07 |
| 69 (1096) | MÜLLER, Michael | 1972 | Union biesfeld triathlon | 0:47:06.66 | 00:47:16 |
| 70 (106) | BIRKNER, Samuel | 1999 | | 0:47:12.08 | 00:47:21 |
| 71 (36) | DEBRAY, Daniel | 1980 | | 0:47:06.52 | 00:47:22 |
| 72 (221) | EICKMANN, Mia | 2003 | | 0:47:16.45 | 00:47:31 |
| 73 (1606) | REBBERT, Daria | 2002 | | 0:47:18.37 | 00:47:32 |
| 74 (1163) | BAIRD, Matt | 1974 | | 0:47:23.50 | 00:47:34 |
| 75 (192) | CASPER, David | 1995 | | 0:47:37.27 | 00:47:38 |
| 76 (1663) | STORNEBEL, Max | 2000 | | 0:47:34.35 | 00:47:38 |
| 77 (222) | ESSEL, Jule | 2000 | Sporthochschule Köln | 0:47:35.54 | 00:47:43 |
| 78 (1907) | WELLER, Patricia | 1986 | TuS 82 Opladen | 0:47:36.73 | 00:47:46 |
| 79 (1895) | WELLER, Nils | 1983 | TuS 82 Opladen | 0:47:36.47 | 00:47:46 |
| 80 (1649) | SCHULZE-BERGMANN, Ulrich | 2000 | Die Pacer | 0:47:39.74 | 00:47:46 |
| 81 (1189) | BRAUN, Johanna | 1987 | Team Erdinger Alkoholfrei | 0:47:41.60 | 00:47:47 |
| 82 (1451) | WILBRAND, Ulrike | 1955 | TSG Lennestadt | 0:47:47.33 | 00:47:48 |
| 83 (1662) | STEFFENHAGEN, Christian | 1980 | | 0:47:54.38 | 00:48:01 |
| 84 (1133) | THEUNE, Carsten | 1972 | #Generali bewegt Deutschland | 0:47:55.94 | 00:48:04 |



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LAUF (10 KM) OVERALL-RANKING

| RG (STNR) | NAME, VORNAME | JG | VEREIN / (WOHNORT) | NETTO | ZEIT |
|------------|-----------------------|------|-------------------------------|------------|-----------------|
| 85 (1094) | MÖSELER, Kristin | 1993 | LT Hennef/Sieg | 0:48:02.70 | 00:48:08 |
| 86 (1617) | ROHLER, Jan | 2001 | | 0:48:02.91 | 00:48:12 |
| 87 (1445) | SCHEILZ, Celina | 2000 | Brander SV | 0:48:21.12 | 00:48:22 |
| 88 (1145) | WILL, Jasmin | 1987 | | 0:48:16.81 | 00:48:28 |
| 89 (1868) | WEBER, Eric | 2000 | Deutsche Sporthochschule Köln | 0:48:21.82 | 00:48:32 |
| 90 (1647) | SCHUHEN, Lucas Moritz | 2002 | LG Sieg | 0:48:28.36 | 00:48:32 |
| 91 (1808) | ULLRICH, Jonas | 2002 | | 0:48:23.94 | 00:48:34 |
| 92 (2957) | GOTTSCHALK, Laurenz | 1999 | | 0:48:32.62 | 00:48:44 |
| 93 (233) | FOX, Ron | 1991 | Hochstift Runners | 0:48:38.16 | 00:48:44 |
| 94 (1597) | PIETSCH, Noel | 2002 | Deutsche Sporthochschule Köln | 0:48:34.07 | 00:48:44 |
| 95 (1090) | MATSUOKA, Mei | 1981 | | 0:48:38.97 | 00:48:50 |
| 96 (1835) | WAGENER, Patrick | 1986 | Hochstift Runner's | 0:48:44.53 | 00:48:50 |
| 97 (1634) | SCHNEIDER, Maurice | 2002 | FC Eschweiler 2020 | 0:48:48.76 | 00:48:58 |
| 98 (213) | DIVJAK, Luca | 1999 | | 0:48:54.85 | 00:49:07 |
| 99 (1505) | HOFFMANN, Timo | 2002 | | 0:49:06.45 | 00:49:10 |
| 100 (1153) | ALBERT, Sam | 1982 | Team Bullet e.V. | 0:49:00.06 | 00:49:13 |
| 101 (1176) | BIRKHÖLZER, Ruth | 1976 | | 0:49:10.54 | 00:49:18 |
| 102 (1547) | KREP, Ralf | 1974 | SKM Köln | 0:49:36.35 | 00:49:37 |
| 103 (97) | BETZ, Johannes | 2001 | | 0:49:29.85 | 00:49:41 |
| 104 (1530) | KIM, Hyung Ryul | 1992 | | 0:49:15.69 | 00:49:44 |
| 105 (1508) | HONG, Soonbum | 1993 | | 0:49:21.76 | 00:49:50 |
| 106 (1450) | CORDES, Ursula | 1960 | | 0:49:54.67 | 00:49:56 |
| 107 (1404) | WINKELMANN, Christian | 1978 | Run of Colours Promoteam | 0:49:49.64 | 00:50:05 |
| 108 (2996) | SCHLIE, Jennifer | 1993 | | 0:49:47.81 | 00:50:15 |
| 109 (390) | HERR, Kyra | 1987 | LAZ Puma Rhein-Sieg | 0:50:15.27 | 00:50:19 |
| 110 (31) | CASPARI, Daniel | 1981 | | 0:50:09.71 | 00:50:25 |
| 111 (1628) | SCHMERBAUCH, Lutz | 1966 | | 0:50:23.22 | 00:50:32 |
| 112 (1605) | RAT, Anton | 2000 | | 0:50:08.13 | 00:50:32 |
| 113 (133) | BRANDT, Karsten | 1973 | donnerwetter.de GmbH | 0:50:30.23 | 00:50:37 |
| 114 (1385) | ULMEN, Fabian | 1993 | Badorfer G's | 0:50:46.02 | 00:50:54 |
| 115 (1543) | KRAUTER, Tim | 1995 | Laufende Nase | 0:50:36.51 | 00:50:59 |
| 116 (4) | AKIN, Sezin | 2000 | | 0:50:41.21 | 00:51:05 |
| 117 (2871) | LAUMERT, Martin | 1989 | | 0:50:57.55 | 00:51:13 |
| 118 (1550) | KÜSTER, Lilly | 2002 | | 0:50:49.04 | 00:51:14 |
| 119 (2986) | ALBIGHAUSEN, Rainer | 1966 | Albis Lauftreff | 0:51:11.30 | 00:51:37 |
| 120 (1866) | WEBER, Charis-Monique | 2001 | | 0:51:34.14 | 00:51:38 |
| 121 (2828) | SCHÜLLER, Elias | 2002 | | 0:51:48.99 | 00:51:57 |
| 122 (1544) | KREMER, Emma | 2000 | | 0:51:49.72 | 00:51:58 |
| 123 (2998) | HOFMANN, Hanne | 1984 | | 0:51:57.10 | 00:52:10 |
| 124 (354) | HAUBOLD, Lea | 1991 | Die Haus | 0:51:57.27 | 00:52:11 |
| 125 (1666) | SYBEN, Elena | 1998 | | 0:52:01.93 | 00:52:26 |
| 126 (1929) | WILLEN, Jannik | 1998 | | 0:52:21.99 | 00:52:27 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) OVERALL-RANKING

| RG (STNR) | NAME, VORNAME | JG | VEREIN / (WOHNORT) | NETTO | ZEIT |
|------------|---------------------|------|----------------------------------|------------|-----------------|
| 127 (2845) | LEIFELD, Eva | 2004 | TSV Bayer 04 Leverkusen | 0:52:24.15 | 00:52:39 |
| 128 (1624) | SCHEPP, Josefa | 2003 | TSV Bayer 04 Leverkusen | 0:52:24.46 | 00:52:39 |
| 129 (1018) | DANNERT, Carsten | 1969 | ASK Köln e.V. | 0:52:38.70 | 00:52:54 |
| 130 (1594) | PESTER, Fenja | 2001 | | 0:52:53.79 | 00:52:58 |
| 131 (1608) | REINHOLZ, Lena | 1998 | Sporthochschule Köln | 0:52:53.05 | 00:53:10 |
| 132 (2997) | MERTZ, Luca | 1994 | | 0:52:54.08 | 00:53:11 |
| 133 (1411) | ZLOTOS, Karina | 1976 | | 0:52:45.68 | 00:53:17 |
| 134 (1212) | EßER, Liisa | 1981 | | 0:53:04.36 | 00:53:17 |
| 135 (1196) | CREMER, Felix | 1999 | | 0:53:12.65 | 00:53:28 |
| 136 (1229) | GNAU, Katharina | 1998 | | 0:53:12.78 | 00:53:28 |
| 137 (2827) | PAPAPETROU, Anna | 2001 | SPOHO | 0:53:32.90 | 00:53:37 |
| 138 (1516) | JÄCKEL, Annika | 2004 | | 0:53:30.12 | 00:53:37 |
| 139 (1850) | WAMSER, Simon | 1999 | | 0:53:27.73 | 00:53:41 |
| 140 (1156) | ARMAN, Yasemin | 1979 | 78'er Borussia | 0:53:27.57 | 00:53:47 |
| 141 (1292) | KOTTMANN, Thorsten | 1974 | | 0:53:32.36 | 00:53:48 |
| 142 (1478) | LAMBOY, Petra | 1971 | | 0:53:39.53 | 00:53:52 |
| 143 (1204) | DRESBACH, Frank | 1967 | Cologne Allblacks | 0:53:54.62 | 00:54:02 |
| 144 (1572) | METZGER, Janina | 1999 | | 0:54:01.90 | 00:54:02 |
| 145 (75) | BUSCH, Andrea | 1974 | | 0:54:09.71 | 00:54:29 |
| 146 (80) | BUSCH, Andreas | 1968 | | 0:54:10.34 | 00:54:29 |
| 147 (1014) | BREYER, Rapha | 1981 | EDV Breyer Racing Team | 0:54:15.39 | 00:54:32 |
| 148 (1555) | LAUFS, Mona | 2001 | | 0:54:20.17 | 00:54:33 |
| 149 (1609) | REINING, Tim | 2001 | | 0:54:24.70 | 00:54:35 |
| 150 (12) | GRUNDMANN, Horst | 1957 | KölnerAusdauer und Laufschule | 0:54:41.11 | 00:55:02 |
| 151 (2867) | N., N. | 1901 | Bitte bei Zeitnahme melden | 0:55:02.79 | 00:55:03 |
| 152 (30) | ALLENSTEIN, Thomas | 1975 | | 0:54:57.34 | 00:55:09 |
| 153 (1571) | MERKER, Lorena | 2002 | | 0:54:59.04 | 00:55:11 |
| 154 (1467) | WEISBACH, Heike | 1975 | | 0:54:53.54 | 00:55:20 |
| 155 (1989) | WOYTOWICZ, Maxim | 1997 | | 0:55:24.61 | 00:55:39 |
| 156 (1214) | FABIAN, Steffen | 1965 | MACH3 Köln e.V./Team Erdinger Al | 0:55:55.49 | 00:56:04 |
| 157 (1213) | FABIAN, Katharina | 1967 | MACH3 Köln e.V. | 0:55:55.70 | 00:56:05 |
| 158 (1598) | POLATSCHEK, Linda | 1983 | | 0:56:11.29 | 00:56:19 |
| 159 (1210) | ERDMANN, Michael | 1969 | | 0:56:27.29 | 00:56:28 |
| 160 (1291) | KÖRTGEN, Silvia | 1970 | Team Erdinger Alkoholfrei | 0:56:24.80 | 00:56:30 |
| 161 (1621) | SAPORITO, Salvatore | 1975 | | 0:56:08.30 | 00:56:46 |
| 162 (1044) | HEUSER, Robert | 1969 | | 0:56:31.89 | 00:56:52 |
| 163 (1562) | LOVERIDGE, Julia | 1991 | Aachener Weiher parkrun | 0:56:42.60 | 00:56:54 |
| 164 (1393) | WAGNER, Kalle | 1963 | TV Hoffnungsthal | 0:56:38.75 | 00:56:55 |
| 165 (1289) | KÖPKE, Jan | 1967 | | 0:56:28.55 | 00:56:56 |
| 166 (6) | SALISCH, Hendrikje | 1982 | | 0:57:31.44 | 00:57:57 |
| 167 (5) | BERENS, Silvia | 1975 | | 0:57:31.38 | 00:57:57 |
| 168 (1045) | HLUSIAK, Wolfgang | 1959 | LG Hückeswagen | 0:57:38.15 | 00:58:04 |



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LAUF (10 KM) OVERALL-RANKING

| RG (STNR) | NAME, VORNAME | JG | VEREIN / (WOHNORT) | NETTO | ZEIT |
|------------|-----------------------|------|----------------------------------|------------|----------|
| 169 (1080) | LAMMEL, Georg | 1963 | LT Saaler Mühle | 0:58:27.27 | 00:58:51 |
| 170 (1537) | KOCH, Susi | 1971 | Team Erdinger Alkoholfrei | 0:58:39.79 | 00:58:59 |
| 171 (1072) | KORNHOFF, Christian | 1973 | CRC | 0:58:41.99 | 00:58:59 |
| 172 (1255) | HÖFS, Andrea | 1979 | Cologne Running Crew | 0:58:51.87 | 00:59:10 |
| 173 (1591) | OELTERMANN, Katharina | 1998 | | 0:59:11.82 | 00:59:18 |
| 174 (1541) | KORN, Friederike | 1993 | Laufende Nase | 0:59:10.21 | 00:59:36 |
| 175 (1331) | PELS, Dietmar | 1969 | Run to the hills | 0:59:11.62 | 00:59:37 |
| 176 (1697) | HAIN, Volker | 1969 | Run for Fun | 0:59:34.62 | 01:00:04 |
| 177 (197) | COLLET, Frank | 1966 | | 0:59:44.42 | 01:00:13 |
| 178 (1179) | BOECKING, Vanessa | 1981 | | 1:00:09.34 | 01:00:32 |
| 179 (15) | PELS, Susanne | 1977 | | 1:00:10.88 | 01:00:37 |
| 180 (1032) | FREYMUTH, Jürgen | 1949 | LG Vulkaneifel | 1:00:19.05 | 01:00:41 |
| 181 (1527) | KELL, Lars | 1970 | Laufteam Bundeswehr und Reservis | 1:00:23.02 | 01:00:47 |
| 182 (1088) | MARINGER, Sabine | 1975 | | 1:00:27.08 | 01:00:56 |
| 183 (1058) | KASEK, Lydia | 1963 | RTB Remscheid | 1:00:49.18 | 01:01:09 |
| 184 (1006) | BENA, Martin | 1984 | Bena | 1:01:17.75 | 01:01:32 |
| 185 (1461) | FRIEDENBERGER, Silvia | 1968 | | 1:01:22.75 | 01:01:41 |
| 186 (1372) | SONNTAG, Ursula | 1962 | ERGO Sports Köln | 1:01:40.60 | 01:01:58 |
| 187 (228) | FITZ, Lina | 1999 | LT Hennef (Sieg) | 1:02:12.58 | 01:02:30 |
| 188 (1245) | HANSEN, Daniela | 1969 | | 1:02:44.94 | 01:03:05 |
| 189 (2953) | ULLRICH, Daniel | 1985 | | 1:03:01.28 | 01:03:19 |
| 190 (1660) | STÄNDER, Roland | 1952 | Lauftreff Föhlingen | 1:03:09.81 | 01:03:24 |
| 191 (224) | FALLER, Tim | 2001 | | 1:03:22.90 | 01:03:33 |
| 192 (1099) | NEUMANN, Jessica | 1981 | | 1:04:17.55 | 01:04:27 |
| 193 (2999) | FLASKAMP, Günther | 1963 | | 1:04:11.48 | 01:04:33 |
| 194 (1281) | KLENNER, Manfred | 1968 | | 1:04:41.70 | 01:05:01 |
| 195 (1261) | HUTH, Margareta | 1974 | | 1:04:41.86 | 01:05:01 |
| 196 (291) | GÜNTHER, Alexandra | 1984 | SSF Bonn Triathlon | 1:04:59.69 | 01:05:18 |
| 197 (77) | BECKMANN, Ivana | 1984 | | 1:05:37.05 | 01:05:58 |
| 198 (71) | BECKMANN, Ben | 2008 | | 1:05:37.39 | 01:05:58 |
| 199 (1304) | LORBACH, Gudrun | 1962 | | 1:06:06.44 | 01:06:30 |
| 200 (1276) | KERN-NESTLER, Julia | 1983 | | 1:06:18.16 | 01:06:41 |
| 201 (1651) | SCHÜTTE, Susann | 1993 | | 1:06:23.48 | 01:06:47 |
| 202 (27) | JAHNZ, Klaus | 1949 | LG Laacker See | 1:06:29.32 | 01:06:53 |
| 203 (1110) | ROTH, Astrid | 1975 | / | 1:07:09.10 | 01:07:37 |
| 204 (1112) | SCHLEDDE, Simone | 1975 | | 1:07:25.83 | 01:07:47 |
| 205 (1051) | HÜLSKAMP, Tatjana | 1969 | | 1:13:42.35 | 01:14:07 |
| 206 (1076) | KRUG, Wilfried | 1950 | | 1:14:23.07 | 01:14:49 |
| 207 (1329) | PADBERG, Dirk | 1969 | Cookie Monster Running | 1:26:35.00 | 01:27:02 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|-----------------------|------|-------------------------------|-----------------|
| WEIBLICH | | | | | |
| 1 (1623) | 1. W35 | SCHÄFERS, Katharina | 1984 | TuS Deuz | 00:38:22 |
| 2 (1573) | 1. W | MEYBERG, Lotte | 1997 | TSV Bayer 04 Leverkusen | 00:39:05 |
| 3 (1504) | 1. W50 | HINZE-THÜS, Katja | 1972 | SG Wenden | 00:40:51 |
| 4 (1661) | 1. W30 | STEAD, Susan | 1989 | Team Erdinger Alkoholfrei | 00:41:58 |
| 5 (1086) | 2. W30 | LÜCHTEFELD, Alice | 1992 | Bunert - Der Kölner Laufladen | 00:42:25 |
| 6 (1632) | 2. W50 | SCHNEIDER, Caterina | 1971 | LT Ennert | 00:42:52 |
| 7 (19) | 1. W40 | REISER, Felicitas | 1982 | | 00:44:16 |
| 8 (1449) | 2. W35 | CORDES, Christine | 1983 | | 00:46:14 |
| 9 (1520) | 1. W45 | JOCHUM, Carina | 1974 | Selbstläufer Altenahr | 00:47:01 |
| 10 (221) | 1. WJ U20 | EICKMANN, Mia | 2003 | | 00:47:31 |
| 11 (1606) | 1. W U23 | REBBERT, Daria | 2002 | | 00:47:32 |
| 12 (222) | 2. W U23 | ESSEL, Jule | 2000 | Sporthochschule Köln | 00:47:43 |
| 13 (1907) | 3. W35 | WELLER, Patricia | 1986 | TuS 82 Opladen | 00:47:46 |
| 14 (1189) | 4. W35 | BRAUN, Johanna | 1987 | Team Erdinger Alkoholfrei | 00:47:47 |
| 15 (1451) | 1. W65 | WILBRAND, Ulrike | 1955 | TSG Lennestadt | 00:47:48 |
| 16 (1094) | 2. W | MÖSELER, Kristin | 1993 | LT Hennef/Sieg | 00:48:08 |
| 17 (1445) | 3. W U23 | SCHEILZ, Celina | 2000 | Brander SV | 00:48:22 |
| 18 (1145) | 5. W35 | WILL, Jasmin | 1987 | | 00:48:28 |
| 19 (1090) | 2. W40 | MATSUOKA, Mei | 1981 | | 00:48:50 |
| 20 (1176) | 2. W45 | BIRKHÖLZER, Ruth | 1976 | | 00:49:18 |
| 21 (1450) | 1. W60 | CORDES, Ursula | 1960 | | 00:49:56 |
| 22 (2996) | 3. W | SCHLIE, Jennifer | 1993 | | 00:50:15 |
| 23 (390) | 6. W35 | HERR, Kyra | 1987 | LAZ Puma Rhein-Sieg | 00:50:19 |
| 24 (4) | 4. W U23 | AKIN, Sezin | 2000 | | 00:51:05 |
| 25 (1550) | 5. W U23 | KÜSTER, Lilly | 2002 | | 00:51:14 |
| 26 (1866) | 6. W U23 | WEBER, Charis-Monique | 2001 | | 00:51:38 |
| 27 (1544) | 7. W U23 | KREMER, Emma | 2000 | | 00:51:58 |
| 28 (2998) | 7. W35 | HOFMANN, Hanne | 1984 | | 00:52:10 |
| 29 (354) | 3. W30 | HAUBOLD, Lea | 1991 | Die Haus | 00:52:11 |
| 30 (1666) | 4. W | SYBEN, Elena | 1998 | | 00:52:26 |
| 31 (2845) | 2. WJ U20 | LEIFELD, Eva | 2004 | TSV Bayer 04 Leverkusen | 00:52:39 |
| 32 (1624) | 3. WJ U20 | SCHEPP, Josefa | 2003 | TSV Bayer 04 Leverkusen | 00:52:39 |
| 33 (1594) | 8. W U23 | PESTER, Fenja | 2001 | | 00:52:58 |
| 34 (1608) | 5. W | REINHOLZ, Lena | 1998 | Sporthochschule Köln | 00:53:10 |
| 35 (1411) | 3. W45 | ZLOTOS, Karina | 1976 | | 00:53:17 |
| 36 (1212) | 3. W40 | EßER, Liisa | 1981 | | 00:53:17 |
| 37 (1229) | 6. W | GNAU, Katharina | 1998 | | 00:53:28 |
| 38 (2827) | 9. W U23 | PAPAPETROU, Anna | 2001 | SPOHO | 00:53:37 |
| 39 (1516) | 4. WJ U20 | JÄCKEL, Annika | 2004 | | 00:53:37 |
| 40 (1156) | 4. W40 | ARMAN, Yasemin | 1979 | 78'er Borussen | 00:53:47 |
| 41 (1478) | 3. W50 | LAMBOY, Petra | 1971 | | 00:53:52 |
| 42 (1572) | 7. W | METZGER, Janina | 1999 | | 00:54:02 |
| 43 (75) | 4. W45 | BUSCH, Andrea | 1974 | | 00:54:29 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|-----------------------|------|---------------------------|-----------------|
| WEIBLICH | | | | | |
| 44 (1555) | 10. W U23 | LAUFS, Mona | 2001 | | 00:54:33 |
| 45 (1571) | 11. W U23 | MERKER, Lorena | 2002 | | 00:55:11 |
| 46 (1467) | 5. W45 | WEISBACH, Heike | 1975 | | 00:55:20 |
| 47 (1213) | 1. W55 | FABIAN, Katharina | 1967 | MACH3 Köln e.V. | 00:56:05 |
| 48 (1598) | 8. W35 | POLATSCHEK, Linda | 1983 | | 00:56:19 |
| 49 (1291) | 4. W50 | KÖRTGEN, Silvia | 1970 | Team Erdinger Alkoholfrei | 00:56:30 |
| 50 (1562) | 4. W30 | LOVERIDGE, Julia | 1991 | Aachener Weiher parkrun | 00:56:54 |
| 51 (6) | 5. W40 | SALISCH, Hendrikje | 1982 | | 00:57:57 |
| 52 (5) | 6. W45 | BERENS, Silvia | 1975 | | 00:57:57 |
| 53 (1537) | 5. W50 | KOCH, Susi | 1971 | Team Erdinger Alkoholfrei | 00:58:59 |
| 54 (1255) | 6. W40 | HÖFS, Andrea | 1979 | Cologne Running Crew | 00:59:10 |
| 55 (1591) | 8. W | OELTERMANN, Katharina | 1998 | | 00:59:18 |
| 56 (1541) | 9. W | KORN, Friederike | 1993 | Laufende Nase | 00:59:36 |
| 57 (1179) | 7. W40 | BOECKING, Vanessa | 1981 | | 01:00:32 |
| 58 (15) | 7. W45 | PELS, Susanne | 1977 | | 01:00:37 |
| 59 (1088) | 8. W45 | MARINGER, Sabine | 1975 | | 01:00:56 |
| 60 (1058) | 2. W55 | KASEK, Lydia | 1963 | RTB Remscheid | 01:01:09 |
| 61 (1461) | 6. W50 | FRIEDENBERGER, Silvia | 1968 | | 01:01:41 |
| 62 (1372) | 2. W60 | SONNTAG, Ursula | 1962 | ERGO Sports Köln | 01:01:58 |
| 63 (228) | 10. W | FITZ, Lina | 1999 | LT Hennef (Sieg) | 01:02:30 |
| 64 (1245) | 7. W50 | HANSEN, Daniela | 1969 | | 01:03:05 |
| 65 (1099) | 8. W40 | NEUMANN, Jessica | 1981 | | 01:04:27 |
| 66 (1261) | 9. W45 | HUTH, Margareta | 1974 | | 01:05:01 |
| 67 (291) | 9. W35 | GÜNTHER, Alexandra | 1984 | SSF Bonn Triathlon | 01:05:18 |
| 68 (77) | 10. W35 | BECKMANN, Ivana | 1984 | | 01:05:58 |
| 69 (1304) | 3. W60 | LORBACH, Gudrun | 1962 | | 01:06:30 |
| 70 (1276) | 11. W35 | KERN-NESTLER, Julia | 1983 | | 01:06:41 |
| 71 (1651) | 11. W | SCHÜTTE, Susann | 1993 | | 01:06:47 |
| 72 (1110) | 10. W45 | ROTH, Astrid | 1975 | / | 01:07:37 |
| 73 (1112) | 11. W45 | SCHLEDDE, Simone | 1975 | | 01:07:47 |
| 74 (1051) | 8. W50 | HÜLSKAMP, Tatjana | 1969 | | 01:14:07 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|------------------------|------|---------------------------|-----------------|
| MÄNNLICH | | | | | |
| 1 (2877) | 1. M | HUMKE, Jonas | 1996 | LG Eintracht Frankfurt | 00:31:44 |
| 2 (1523) | 2. M | JUSCHKA, Björn | 1994 | TSV Bayer 04 Leverkusen | 00:32:18 |
| 3 (270) | 3. M | GROMMISCH, Till | 1999 | TSV Bayer 04 Leverkusen | 00:32:19 |
| 4 (204) | 4. M | DAHLKE, Jonathan | 1995 | TSV Bayer 04 Leverkusen | 00:32:19 |
| 5 (1629) | 1. M35 | SCHMIDT, Daniel | 1986 | LG Vulkaneifel | 00:32:38 |
| 6 (1806) | 1. M30 | TROMPETTER, Marius | 1991 | Milers Colonia | 00:33:02 |
| 7 (1552) | 2. M35 | LANGE, Steffen | 1984 | Shirtwood Wermelskirchen | 00:34:07 |
| 8 (1436) | 2. M30 | HERR, Florian | 1988 | LAZ Puma Rhein-Sieg | 00:34:42 |
| 9 (93) | 1. M40 | BEELITZ, Christian | 1981 | LAZ Puma Rhein-Sieg | 00:36:13 |
| 10 (1560) | 3. M35 | LORSBACH, Thomas | 1983 | TuS Deuz | 00:36:51 |
| 11 (1646) | 1. M50 | SCHRÖDER, Frank | 1968 | TV Refrath | 00:37:00 |
| 12 (1139) | 4. M35 | VON BRACHT, Till | 1985 | | 00:38:02 |
| 13 (1089) | 5. M35 | MATSCHUREK, Andreas | 1983 | VfL Engelskirchen | 00:38:19 |
| 14 (1603) | 2. M40 | PÜSCHEL, Kai | 1982 | | 00:38:32 |
| 15 (160) | 2. M50 | BÜCHELER, Bernd | 1969 | Mönchengladbacher LG | 00:38:37 |
| 16 (1997) | 1. M45 | ZWEGERS, Sander | 1975 | Die Ackergäule | 00:39:10 |
| 17 (1358) | 3. M50 | SCHMIDWENZL, Dirk | 1971 | Athletikschule Schrader | 00:39:19 |
| 18 (225) | 6. M35 | FISCHER, Christian | 1986 | Scuderia Südstadt | 00:39:25 |
| 19 (116) | 5. M | BLECK, Roman | 1996 | | 00:39:35 |
| 20 (1413) | 4. M50 | ZUR NIEDEN, Henning | 1972 | LAZ Puma Rhein-Sieg | 00:39:44 |
| 21 (1515) | 2. M45 | IVO, Roland | 1975 | SSG Königswinter | 00:40:15 |
| 22 (1424) | 5. M50 | PESCH, Claus | 1970 | PSV Brühl | 00:40:30 |
| 23 (1643) | 3. M45 | SCHÖNAUER, Thomas | 1976 | TuS Deuz | 00:40:35 |
| 24 (1290) | 7. M35 | KÖPPE, Stefan | 1985 | 1.FC Köln | 00:40:38 |
| 25 (1514) | 1. MJ U16 | IVO, Jonas | 2007 | SSG Königswinter | 00:40:40 |
| 26 (1535) | 1. M U23 | KLUSMEIER, Janek | 2001 | Sporthochschule Köln | 00:41:08 |
| 27 (297) | 4. M45 | GÜNTHER, Thomas Oliver | 1974 | SSF Bonn Triathlon | 00:41:16 |
| 28 (275) | 1. M55 | GRUNEWALD, Ralf | 1965 | Tv Rodenkirchen | 00:41:21 |
| 29 (64) | 3. M40 | BAUCH, Torsten | 1978 | | 00:41:48 |
| 30 (29) | 6. M | RAHIMI, Abdul Raheb | 1999 | LG Laacker See | 00:41:48 |
| 31 (499) | 3. M30 | STAROSTA, Patric | 1989 | P.S. running | 00:42:14 |
| 32 (298) | 2. M U23 | GUTSCHMIDT, Moritz | 2001 | SpoHo | 00:42:22 |
| 33 (1394) | 4. M40 | WAHL, Guido | 1978 | Brühler TV 1879 | 00:42:37 |
| 34 (1459) | 6. M50 | DENZER, Peter | 1969 | | 00:42:44 |
| 35 (1536) | 3. M U23 | KOBBERGER, Luc Joël | 2001 | | 00:43:26 |
| 36 (39) | 4. M30 | AZIZOV, Sanan | 1992 | | 00:43:38 |
| 37 (440) | 5. M40 | WINKLER, Gottfried | 1981 | Athletikschule Schrader | 00:43:46 |
| 38 (1332) | 8. M35 | PELZ, Arne | 1987 | Team Erdinger Alkoholfrei | 00:43:51 |
| 39 (2995) | 9. M35 | NOUAILLE-DEGORCE, Paul | 1987 | | 00:43:52 |
| 40 (2962) | 6. M40 | LANGE, Torsten | 1980 | | 00:44:04 |
| 41 (1187) | 7. M50 | BRANG, Michael | 1971 | LT Grafenschaft | 00:44:17 |
| 42 (1838) | 5. M30 | WAGNER, Andreas | 1988 | LG Deiringsen | 00:44:18 |
| 43 (1141) | 8. M50 | WANK, Michael | 1969 | LT Hennef/Sieg | 00:44:28 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|--------------------------|------|-------------------------------|-----------------|
| MÄNNLICH | | | | | |
| 44 (1577) | 5. M45 | MOHRMANN, Moehre | 1973 | #gohardorgohomeCGN | 00:44:34 |
| 45 (1124) | 6. M45 | SCIDA, Eusonio | 1975 | Brühler TV 1879 | 00:44:38 |
| 46 (14) | 6. M30 | HESSE, Giulio | 1988 | | 00:44:39 |
| 47 (1529) | 7. M40 | KEUSER, Thorsten | 1982 | S.O.A Runner Cologne | 00:45:18 |
| 48 (1518) | 4. M U23 | JANSEN, Maximilian | 2002 | | 00:45:34 |
| 49 (62) | 7. M | BARENTZEN, Sebastian | 1999 | | 00:45:51 |
| 50 (263) | 1. MJ U20 | GLÖKLER, Roland | 2003 | | 00:46:10 |
| 51 (219) | 2. M55 | DÜLKEN, Ralf | 1967 | SV Germania Dürwiß | 00:46:17 |
| 52 (1502) | 5. M U23 | HEUSCHLING, Mike | 2000 | | 00:46:21 |
| 53 (1574) | 8. M | MEYER-SEEBECK, Julius | 1997 | | 00:46:24 |
| 54 (1474) | 9. M | QUABACH, Ben | 1993 | LC Lauf & Sauf 2019 | 00:46:34 |
| 55 (1020) | 8. M40 | DIEKMANN, Sebastian | 1980 | TPSK 1925 Köln e.V. | 00:46:37 |
| 56 (1500) | 9. M40 | HERRGESELL, Ronny | 1982 | | 00:46:43 |
| 57 (1922) | 10. M | WESTPHAL, Malte | 1999 | | 00:46:55 |
| 58 (122) | 6. M U23 | BOLLENDORFF, Pol | 2001 | | 00:46:55 |
| 59 (1584) | 7. M U23 | MÜLLER, Harry | 2002 | | 00:47:07 |
| 60 (1096) | 9. M50 | MÜLLER, Michael | 1972 | Union biesfeld triathlon | 00:47:16 |
| 61 (106) | 11. M | BIRKNER, Samuel | 1999 | | 00:47:21 |
| 62 (36) | 10. M40 | DEBRAY, Daniel | 1980 | | 00:47:22 |
| 63 (1163) | 7. M45 | BAIRD, Matt | 1974 | | 00:47:34 |
| 64 (192) | 12. M | CASPER, David | 1995 | | 00:47:38 |
| 65 (1663) | 8. M U23 | STORNEBEL, Max | 2000 | | 00:47:38 |
| 66 (1895) | 10. M35 | WELLER, Nils | 1983 | TuS 82 Opladen | 00:47:46 |
| 67 (1649) | 9. M U23 | SCHULZE-BERGMANN, Ulrich | 2000 | Die Pacer | 00:47:46 |
| 68 (1662) | 11. M40 | STEFFENHAGEN, Christian | 1980 | | 00:48:01 |
| 69 (1133) | 10. M50 | THEUNE, Carsten | 1972 | #Generali bewegt Deutschland | 00:48:04 |
| 70 (1617) | 10. M U23 | ROHLEDER, Jan | 2001 | | 00:48:12 |
| 71 (1868) | 11. M U23 | WEBER, Eric | 2000 | Deutsche Sporthochschule Köln | 00:48:32 |
| 72 (1647) | 12. M U23 | SCHUHEN, Lucas Moritz | 2002 | LG Sieg | 00:48:32 |
| 73 (1808) | 13. M U23 | ULLRICH, Jonas | 2002 | | 00:48:34 |
| 74 (2957) | 13. M | GOTTSCHALK, Laurenz | 1999 | | 00:48:44 |
| 75 (233) | 7. M30 | FOX, Ron | 1991 | Hochstift Runners | 00:48:44 |
| 76 (1597) | 14. M U23 | PIETSCH, Noel | 2002 | Deutsche Sporthochschule Köln | 00:48:44 |
| 77 (1835) | 11. M35 | WAGENER, Patrick | 1986 | Hochstift Runner's | 00:48:50 |
| 78 (1634) | 15. M U23 | SCHNEIDER, Maurice | 2002 | FC Eschweiler 2020 | 00:48:58 |
| 79 (213) | 14. M | DIVJAK, Luca | 1999 | | 00:49:07 |
| 80 (1505) | 16. M U23 | HOFFMANN, Timo | 2002 | | 00:49:10 |
| 81 (1153) | 12. M40 | ALBERT, Sam | 1982 | Team Bullet e.V. | 00:49:13 |
| 82 (1547) | 8. M45 | KREP, Ralf | 1974 | SKM Köln | 00:49:37 |
| 83 (97) | 17. M U23 | BETZ, Johannes | 2001 | | 00:49:41 |
| 84 (1530) | 8. M30 | KIM, Hyung Ryul | 1992 | | 00:49:44 |
| 85 (1508) | 15. M | HONG, Soonbum | 1993 | | 00:49:50 |
| 86 (1404) | 13. M40 | WINKELMANN, Christian | 1978 | Run of Colours Promoteam | 00:50:05 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-----------------|--------|---------------|---------------------|--------------------|---|
| MÄNNLICH | | | | | |
| 87 | (31) | 14. M40 | CASPARI, Daniel | 1981 | 00:50:25 |
| 88 | (1628) | 3. M55 | SCHMERBAUCH, Lutz | 1966 | 00:50:32 |
| 89 | (1605) | 18. M U23 | RAT, Anton | 2000 | 00:50:32 |
| 90 | (133) | 9. M45 | BRANDT, Karsten | 1973 | donnerwetter.de GmbH 00:50:37 |
| 91 | (1385) | 16. M | ULMEN, Fabian | 1993 | Badorfer G's 00:50:54 |
| 92 | (1543) | 17. M | KRAUTER, Tim | 1995 | Laufende Nase 00:50:59 |
| 93 | (2871) | 9. M30 | LAUMERT, Martin | 1989 | 00:51:13 |
| 94 | (2986) | 4. M55 | ALBIGHAUSEN, Rainer | 1966 | Albis Laufftreff 00:51:37 |
| 95 | (2828) | 19. M U23 | SCHÜLLER, Elias | 2002 | 00:51:57 |
| 96 | (1929) | 18. M | WILLEN, Jannik | 1998 | 00:52:27 |
| 97 | (1018) | 11. M50 | DANNERT, Carsten | 1969 | ASK Köln e.V. 00:52:54 |
| 98 | (2997) | 19. M | MERTZ, Luca | 1994 | 00:53:11 |
| 99 | (1196) | 20. M | CREMER, Felix | 1999 | 00:53:28 |
| 100 | (1850) | 21. M | WAMSER, Simon | 1999 | 00:53:41 |
| 101 | (1292) | 10. M45 | KOTTMANN, Thorsten | 1974 | 00:53:48 |
| 102 | (1204) | 5. M55 | DRESBACH, Frank | 1967 | Cologne Allblacks 00:54:02 |
| 103 | (80) | 12. M50 | BUSCH, Andreas | 1968 | 00:54:29 |
| 104 | (1014) | 15. M40 | BREYER, Rapha | 1981 | EDV Breyer Racing Team 00:54:32 |
| 105 | (1609) | 20. M U23 | REINING, Tim | 2001 | 00:54:35 |
| 106 | (12) | 1. M65 | GRUNDMANN, Horst | 1957 | KölnerAusdauer und Laufschule 00:55:02 |
| 107 | (2867) | 1. M85 | N., N. | 1901 | Bitte bei Zeitnahme melden 00:55:03 |
| 108 | (30) | 11. M45 | ALLENSTEIN, Thomas | 1975 | 00:55:09 |
| 109 | (1989) | 22. M | WOYTOWICZ, Maxim | 1997 | 00:55:39 |
| 110 | (1214) | 6. M55 | FABIAN, Steffen | 1965 | MACH3 Köln e.V./Team Erdinger Alk 00:56:04 |
| 111 | (1210) | 13. M50 | ERDMANN, Michael | 1969 | 00:56:28 |
| 112 | (1621) | 12. M45 | SAPORITO, Salvatore | 1975 | 00:56:46 |
| 113 | (1044) | 14. M50 | HEUSER, Robert | 1969 | 00:56:52 |
| 114 | (1393) | 7. M55 | WAGNER, Kalle | 1963 | TV Hoffnungsthal 00:56:55 |
| 115 | (1289) | 8. M55 | KÖPKE, Jan | 1967 | 00:56:56 |
| 116 | (1045) | 1. M60 | HLUSIAK, Wolfgang | 1959 | LG Hückeswagen 00:58:04 |
| 117 | (1080) | 9. M55 | LAMMEL, Georg | 1963 | LT Saaler Mühle 00:58:51 |
| 118 | (1072) | 13. M45 | KORNHOFF, Christian | 1973 | CRC 00:58:59 |
| 119 | (1331) | 15. M50 | PELS, Dietmar | 1969 | Run to the hills 00:59:37 |
| 120 | (1697) | 16. M50 | HAIN, Volker | 1969 | Run for Fun 01:00:04 |
| 121 | (197) | 10. M55 | COLLET, Frank | 1966 | 01:00:13 |
| 122 | (1032) | 1. M70 | FREYMUTH, Jürgen | 1949 | LG Vulkaneifel 01:00:41 |
| 123 | (1527) | 17. M50 | KELL, Lars | 1970 | Laufteam Bundeswehr und Reservis 01:00:47 |
| 124 | (1006) | 12. M35 | BENA, Martin | 1984 | Bena 01:01:32 |
| 125 | (2953) | 13. M35 | ULLRICH, Daniel | 1985 | 01:03:19 |
| 126 | (1660) | 2. M70 | STÄNDER, Roland | 1952 | Laufftreff Föhlingen 01:03:24 |
| 127 | (224) | 21. M U23 | FALLER, Tim | 2001 | 01:03:33 |
| 128 | (2999) | 11. M55 | FLASKAMP, Günther | 1963 | 01:04:33 |
| 129 | (1281) | 18. M50 | KLENNER, Manfred | 1968 | 01:05:01 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-------------------|-----------|----------------|------|------------------------|-----------------|
| MÄNNLICH | | | | | |
| 130 (71) | 2. MJ U16 | BECKMANN, Ben | 2008 | | 01:05:58 |
| 131 (27) | 3. M70 | JAHNZ, Klaus | 1949 | LG Laacker See | 01:06:53 |
| 132 (1076) | 4. M70 | KRUG, Wilfried | 1950 | | 01:14:49 |
| 133 (1329) | 19. M50 | PADBERG, Dirk | 1969 | Cookie Monster Running | 01:27:02 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|-------------|-------------------------|------|-------------------------------|-----------------|
| MÄNNER | | | | | |
| 1 (2877) | 1. gesamt | HUMKE, Jonas | 1996 | LG Eintracht Frankfurt | 00:31:44 |
| 2 (1523) | 2. gesamt | JUSCHKA, Björn | 1994 | TSV Bayer 04 Leverkusen | 00:32:18 |
| 3 (270) | 3. gesamt | GROMMISCH, Till | 1999 | TSV Bayer 04 Leverkusen | 00:32:19 |
| 4 (204) | 4. gesamt | DAHLKE, Jonathan | 1995 | TSV Bayer 04 Leverkusen | 00:32:19 |
| 5 (116) | 21. gesamt | BLECK, Roman | 1996 | | 00:39:35 |
| 6 (29) | 33. gesamt | RAHIMI, Abdul Raheb | 1999 | LG Laacker See | 00:41:48 |
| 7 (62) | 56. gesamt | BARENTZEN, Sebastian | 1999 | | 00:45:51 |
| 8 (1574) | 61. gesamt | MEYER-SEEBECK, Julius | 1997 | | 00:46:24 |
| 9 (1474) | 62. gesamt | QUABACH, Ben | 1993 | LC Lauf & Sauf 2019 | 00:46:34 |
| 10 (1922) | 65. gesamt | WESTPHAL, Malte | 1999 | | 00:46:55 |
| 11 (106) | 70. gesamt | BIRKNER, Samuel | 1999 | | 00:47:21 |
| 12 (192) | 75. gesamt | CASPER, David | 1995 | | 00:47:38 |
| 13 (2957) | 92. gesamt | GOTTSCHALK, Laurenz | 1999 | | 00:48:44 |
| 14 (213) | 98. gesamt | DIVJAK, Luca | 1999 | | 00:49:07 |
| 15 (1508) | 105. gesamt | HONG, Soonbum | 1993 | | 00:49:50 |
| 16 (1385) | 114. gesamt | ULMEN, Fabian | 1993 | Badorfer G's | 00:50:54 |
| 17 (1543) | 115. gesamt | KRAUTER, Tim | 1995 | Laufende Nase | 00:50:59 |
| 18 (1929) | 126. gesamt | WILLEN, Jannik | 1998 | | 00:52:27 |
| 19 (2997) | 132. gesamt | MERTZ, Luca | 1994 | | 00:53:11 |
| 20 (1196) | 135. gesamt | CREMER, Felix | 1999 | | 00:53:28 |
| 21 (1850) | 139. gesamt | WAMSER, Simon | 1999 | | 00:53:41 |
| 22 (1989) | 155. gesamt | WOYTOWICZ, Maxim | 1997 | | 00:55:39 |
| JUNIOREN U23 | | | | | |
| 1 (1535) | 29. gesamt | KLUSMEIER, Janek | 2001 | Sporthochschule Köln | 00:41:08 |
| 2 (298) | 36. gesamt | GUTSCHMIDT, Moritz | 2001 | SpoHo | 00:42:22 |
| 3 (1536) | 41. gesamt | KOBBERGER, Luc Joël | 2001 | | 00:43:26 |
| 4 (1518) | 55. gesamt | JANSEN, Maximilian | 2002 | | 00:45:34 |
| 5 (1502) | 60. gesamt | HEUSCHLING, Mike | 2000 | | 00:46:21 |
| 6 (122) | 66. gesamt | BOLLENDORFF, Pol | 2001 | | 00:46:55 |
| 7 (1584) | 68. gesamt | MÜLLER, Harry | 2002 | | 00:47:07 |
| 8 (1663) | 76. gesamt | STORNEBEL, Max | 2000 | | 00:47:38 |
| 9 (1649) | 80. gesamt | SCHULZE-BERGMEN, Ulrich | 2000 | Die Pacer | 00:47:46 |
| 10 (1617) | 86. gesamt | ROHLEDER, Jan | 2001 | | 00:48:12 |
| 11 (1868) | 89. gesamt | WEBER, Eric | 2000 | Deutsche Sporthochschule Köln | 00:48:32 |
| 12 (1647) | 90. gesamt | SCHUHEN, Lucas Moritz | 2002 | LG Sieg | 00:48:32 |
| 13 (1808) | 91. gesamt | ULLRICH, Jonas | 2002 | | 00:48:34 |
| 14 (1597) | 94. gesamt | PIETSCH, Noel | 2002 | Deutsche Sporthochschule Köln | 00:48:44 |
| 15 (1634) | 97. gesamt | SCHNEIDER, Maurice | 2002 | FC Eschweiler 2020 | 00:48:58 |
| 16 (1505) | 99. gesamt | HOFFMANN, Timo | 2002 | | 00:49:10 |
| 17 (97) | 103. gesamt | BETZ, Johannes | 2001 | | 00:49:41 |
| 18 (1605) | 112. gesamt | RAT, Anton | 2000 | | 00:50:32 |
| 19 (2828) | 121. gesamt | SCHÜLLER, Elias | 2002 | | 00:51:57 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|-------------|-------------------------|------|---------------------------|----------|
| JUNIOREN U23 | | | | | |
| 20 (1609) | 149. gesamt | REINING, Tim | 2001 | | 00:54:35 |
| 21 (224) | 191. gesamt | FALLER, Tim | 2001 | | 01:03:33 |
| SENIOREN M30 | | | | | |
| 1 (1806) | 6. gesamt | TROMPETTER, Marius | 1991 | Milers Colonia | 00:33:02 |
| 2 (1436) | 8. gesamt | HERR, Florian | 1988 | LAZ Puma Rhein-Sieg | 00:34:42 |
| 3 (499) | 35. gesamt | STAROSTA, Patric | 1989 | P.S. running | 00:42:14 |
| 4 (39) | 42. gesamt | AZIZOV, Sanan | 1992 | | 00:43:38 |
| 5 (1838) | 49. gesamt | WAGNER, Andreas | 1988 | LG Deiringsen | 00:44:18 |
| 6 (14) | 53. gesamt | HESSE, Giulio | 1988 | | 00:44:39 |
| 7 (233) | 93. gesamt | FOX, Ron | 1991 | Hochstift Runners | 00:48:44 |
| 8 (1530) | 104. gesamt | KIM, Hyung Ryul | 1992 | | 00:49:44 |
| 9 (2871) | 117. gesamt | LAUMERT, Martin | 1989 | | 00:51:13 |
| SENIOREN M35 | | | | | |
| 1 (1629) | 5. gesamt | SCHMIDT, Daniel | 1986 | LG Vulkaneifel | 00:32:38 |
| 2 (1552) | 7. gesamt | LANGHE, Steffen | 1984 | Shirtwood Wermelskirchen | 00:34:07 |
| 3 (1560) | 10. gesamt | LORSBACH, Thomas | 1983 | TuS Deuz | 00:36:51 |
| 4 (1139) | 12. gesamt | VON BRACHT, Till | 1985 | | 00:38:02 |
| 5 (1089) | 13. gesamt | MATSCHUREK, Andreas | 1983 | VfL Engelskirchen | 00:38:19 |
| 6 (225) | 20. gesamt | FISCHER, Christian | 1986 | Scuderia Südstadt | 00:39:25 |
| 7 (1290) | 26. gesamt | KÖPPE, Stefan | 1985 | 1.FC Köln | 00:40:38 |
| 8 (1332) | 44. gesamt | PELZ, Arne | 1987 | Team Erdinger Alkoholfrei | 00:43:51 |
| 9 (2995) | 45. gesamt | NOUAILLE-DEGORCE, Paul | 1987 | | 00:43:52 |
| 10 (1895) | 79. gesamt | WELLER, Nils | 1983 | TuS 82 Opladen | 00:47:46 |
| 11 (1835) | 96. gesamt | WAGENER, Patrick | 1986 | Hochstift Runner's | 00:48:50 |
| 12 (1006) | 184. gesamt | BENA, Martin | 1984 | Bena | 01:01:32 |
| 13 (2953) | 189. gesamt | ULLRICH, Daniel | 1985 | | 01:03:19 |
| SENIOREN M40 | | | | | |
| 1 (93) | 9. gesamt | BEELITZ, Christian | 1981 | LAZ Puma Rhein-Sieg | 00:36:13 |
| 2 (1603) | 15. gesamt | PÜSCHEL, Kai | 1982 | | 00:38:32 |
| 3 (64) | 32. gesamt | BAUCH, Torsten | 1978 | | 00:41:48 |
| 4 (1394) | 38. gesamt | WAHL, Guido | 1978 | Brühler TV 1879 | 00:42:37 |
| 5 (440) | 43. gesamt | WINKLER, Gottfried | 1981 | Athletikschule Schrader | 00:43:46 |
| 6 (2962) | 46. gesamt | LANGHE, Torsten | 1980 | | 00:44:04 |
| 7 (1529) | 54. gesamt | KEUSER, Thorsten | 1982 | S.O.A Runner Cologne | 00:45:18 |
| 8 (1020) | 63. gesamt | DIEKMANN, Sebastian | 1980 | TPSK 1925 Köln e.V. | 00:46:37 |
| 9 (1500) | 64. gesamt | HERRGESELL, Ronny | 1982 | | 00:46:43 |
| 10 (36) | 71. gesamt | DEBRAY, Daniel | 1980 | | 00:47:22 |
| 11 (1662) | 83. gesamt | STEFFENHAGEN, Christian | 1980 | | 00:48:01 |
| 12 (1153) | 100. gesamt | ALBERT, Sam | 1982 | Team Bullet e.V. | 00:49:13 |
| 13 (1404) | 107. gesamt | WINKELMANN, Christian | 1978 | Run of Colours Promoteam | 00:50:05 |
| 14 (31) | 110. gesamt | CASPARI, Daniel | 1981 | | 00:50:25 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|-------------|------------------------|------|----------------------------------|----------|
| SENIOREN M40 | | | | | |
| 15 (1014) | 147. gesamt | BREYER, Rapha | 1981 | EDV Breyer Racing Team | 00:54:32 |
| SENIOREN M45 | | | | | |
| 1 (1997) | 18. gesamt | ZWEGERS, Sander | 1975 | Die Ackergäule | 00:39:10 |
| 2 (1515) | 23. gesamt | IVO, Roland | 1975 | SSG Königswinter | 00:40:15 |
| 3 (1643) | 25. gesamt | SCHÖNAUER, Thomas | 1976 | TuS Deuz | 00:40:35 |
| 4 (297) | 30. gesamt | GÜNTHER, Thomas Oliver | 1974 | SSF Bonn Triathlon | 00:41:16 |
| 5 (1577) | 51. gesamt | MOHRMANN, Moehre | 1973 | #gohardorgohomeCGN | 00:44:34 |
| 6 (1124) | 52. gesamt | SCIDA, Eusonio | 1975 | Brühler TV 1879 | 00:44:38 |
| 7 (1163) | 74. gesamt | BAIRD, Matt | 1974 | | 00:47:34 |
| 8 (1547) | 102. gesamt | KREP, Ralf | 1974 | SKM Köln | 00:49:37 |
| 9 (133) | 113. gesamt | BRANDT, Karsten | 1973 | donnerwetter.de GmbH | 00:50:37 |
| 10 (1292) | 141. gesamt | KOTTMANN, Thorsten | 1974 | | 00:53:48 |
| 11 (30) | 152. gesamt | ALLENSTEIN, Thomas | 1975 | | 00:55:09 |
| 12 (1621) | 161. gesamt | SAPORITO, Salvatore | 1975 | | 00:56:46 |
| 13 (1072) | 171. gesamt | KORNHOFF, Christian | 1973 | CRC | 00:58:59 |
| SENIOREN M50 | | | | | |
| 1 (1646) | 11. gesamt | SCHRÖDER, Frank | 1968 | TV Refrath | 00:37:00 |
| 2 (160) | 16. gesamt | BÜCHELER, Bernd | 1969 | Mönchengladbacher LG | 00:38:37 |
| 3 (1358) | 19. gesamt | SCHMIDWENZL, Dirk | 1971 | Athletikschule Schrader | 00:39:19 |
| 4 (1413) | 22. gesamt | ZUR NIEDEN, Henning | 1972 | LAZ Puma Rhein-Sieg | 00:39:44 |
| 5 (1424) | 24. gesamt | PESCH, Claus | 1970 | PSV Brühl | 00:40:30 |
| 6 (1459) | 39. gesamt | DENZER, Peter | 1969 | | 00:42:44 |
| 7 (1187) | 48. gesamt | BRANG, Michael | 1971 | LT Graftschaft | 00:44:17 |
| 8 (1141) | 50. gesamt | WANK, Michael | 1969 | LT Hennef/Sieg | 00:44:28 |
| 9 (1096) | 69. gesamt | MÜLLER, Michael | 1972 | Union biesfeld triathlon | 00:47:16 |
| 10 (1133) | 84. gesamt | THEUNE, Carsten | 1972 | #Generali bewegt Deutschland | 00:48:04 |
| 11 (1018) | 129. gesamt | DANNERT, Carsten | 1969 | ASK Köln e.V. | 00:52:54 |
| 12 (80) | 146. gesamt | BUSCH, Andreas | 1968 | | 00:54:29 |
| 13 (1210) | 159. gesamt | ERDMANN, Michael | 1969 | | 00:56:28 |
| 14 (1044) | 162. gesamt | HEUSER, Robert | 1969 | | 00:56:52 |
| 15 (1331) | 175. gesamt | PELS, Dietmar | 1969 | Run to the hills | 00:59:37 |
| 16 (1697) | 176. gesamt | HAIN, Volker | 1969 | Run for Fun | 01:00:04 |
| 17 (1527) | 181. gesamt | KELL, Lars | 1970 | Laufteam Bundeswehr und Reservis | 01:00:47 |
| 18 (1281) | 194. gesamt | KLENNER, Manfred | 1968 | | 01:05:01 |
| 19 (1329) | 207. gesamt | PADBERG, Dirk | 1969 | Cookie Monster Running | 01:27:02 |
| SENIOREN M55 | | | | | |
| 1 (275) | 31. gesamt | GRUNEWALD, Ralf | 1965 | Tv Rodenkirchen | 00:41:21 |
| 2 (219) | 59. gesamt | DÜLKEN, Ralf | 1967 | SV Germania Dürwiß | 00:46:17 |
| 3 (1628) | 111. gesamt | SCHMERBAUCH, Lutz | 1966 | | 00:50:32 |
| 4 (2986) | 119. gesamt | ALBIGHAUSEN, Rainer | 1966 | Albis Laufftreff | 00:51:37 |
| 5 (1204) | 143. gesamt | DRESBACH, Frank | 1967 | Cologne Allblacks | 00:54:02 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|-------------|-----------------------|------|-----------------------------------|----------|
| SENIOREN M55 | | | | | |
| 6 (1214) | 156. gesamt | FABIAN, Steffen | 1965 | MACH3 Köln e.V./Team Erdinger Alk | 00:56:04 |
| 7 (1393) | 164. gesamt | WAGNER, Kalle | 1963 | TV Hoffnungsthal | 00:56:55 |
| 8 (1289) | 165. gesamt | KÖPKE, Jan | 1967 | | 00:56:56 |
| 9 (1080) | 169. gesamt | LAMMEL, Georg | 1963 | LT Saaler Mühle | 00:58:51 |
| 10 (197) | 177. gesamt | COLLET, Frank | 1966 | | 01:00:13 |
| 11 (2999) | 193. gesamt | FLASKAMP, Günther | 1963 | | 01:04:33 |
| SENIOREN M60 | | | | | |
| 1 (1045) | 168. gesamt | HLUSIAK, Wolfgang | 1959 | LG Hückeswagen | 00:58:04 |
| SENIOREN M65 | | | | | |
| 1 (12) | 150. gesamt | GRUNDMANN, Horst | 1957 | KölnerAusdauer und Laufschule | 00:55:02 |
| SENIOREN M70 | | | | | |
| 1 (1032) | 180. gesamt | FREYMUTH, Jürgen | 1949 | LG Vulkaneifel | 01:00:41 |
| 2 (1660) | 190. gesamt | STÄNDER, Roland | 1952 | Lauftreff Föhlingen | 01:03:24 |
| 3 (27) | 202. gesamt | JAHNZ, Klaus | 1949 | LG Laacker See | 01:06:53 |
| 4 (1076) | 206. gesamt | KRUG, Wilfried | 1950 | | 01:14:49 |
| SENIOREN M85 | | | | | |
| 1 (2867) | 151. gesamt | N., N. | 1901 | Bitte bei Zeitnahme melden | 00:55:03 |
| MÄNNL. JUGEND U16 | | | | | |
| 1 (1514) | 27. gesamt | IVO, Jonas | 2007 | SSG Königswinter | 00:40:40 |
| 2 (71) | 198. gesamt | BECKMANN, Ben | 2008 | | 01:05:58 |
| MÄNNL. JUGEND U20 | | | | | |
| 1 (263) | 57. gesamt | GLÖKLER, Roland | 2003 | | 00:46:10 |
| FRAUEN | | | | | |
| 1 (1573) | 17. gesamt | MEYBERG, Lotte | 1997 | TSV Bayer 04 Leverkusen | 00:39:05 |
| 2 (1094) | 85. gesamt | MÖSELER, Kristin | 1993 | LT Hennef/Sieg | 00:48:08 |
| 3 (2996) | 108. gesamt | SCHLIE, Jennifer | 1993 | | 00:50:15 |
| 4 (1666) | 125. gesamt | SYBEN, Elena | 1998 | | 00:52:26 |
| 5 (1608) | 131. gesamt | REINHOLZ, Lena | 1998 | Sporthochschule Köln | 00:53:10 |
| 6 (1229) | 136. gesamt | GNAU, Katharina | 1998 | | 00:53:28 |
| 7 (1572) | 144. gesamt | METZGER, Janina | 1999 | | 00:54:02 |
| 8 (1591) | 173. gesamt | OELTERMANN, Katharina | 1998 | | 00:59:18 |
| 9 (1541) | 174. gesamt | KORN, Friederike | 1993 | Laufende Nase | 00:59:36 |
| 10 (228) | 187. gesamt | FITZ, Lina | 1999 | LT Hennef (Sieg) | 01:02:30 |
| 11 (1651) | 201. gesamt | SCHÜTTE, Susann | 1993 | | 01:06:47 |
| JUNIORINNEN U23 | | | | | |
| 1 (1606) | 73. gesamt | REBBERT, Daria | 2002 | | 00:47:32 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------------|-------------|-----------------------|------|-------------------------------|----------|
| JUNIORINNEN U23 | | | | | |
| 2 (222) | 77. gesamt | ESSEL, Jule | 2000 | Sporthochschule Köln | 00:47:43 |
| 3 (1445) | 87. gesamt | SCHEILZ, Celina | 2000 | Brander SV | 00:48:22 |
| 4 (4) | 116. gesamt | AKIN, Sezin | 2000 | | 00:51:05 |
| 5 (1550) | 118. gesamt | KÜSTER, Lilly | 2002 | | 00:51:14 |
| 6 (1866) | 120. gesamt | WEBER, Charis-Monique | 2001 | | 00:51:38 |
| 7 (1544) | 122. gesamt | KREMER, Emma | 2000 | | 00:51:58 |
| 8 (1594) | 130. gesamt | PESTER, Fenja | 2001 | | 00:52:58 |
| 9 (2827) | 137. gesamt | PAPAPETROU, Anna | 2001 | SPOHO | 00:53:37 |
| 10 (1555) | 148. gesamt | LAUFS, Mona | 2001 | | 00:54:33 |
| 11 (1571) | 153. gesamt | MERKER, Lorena | 2002 | | 00:55:11 |
| SENIORINNEN W30 | | | | | |
| 1 (1661) | 34. gesamt | STEAD, Susan | 1989 | Team Erdinger Alkoholfrei | 00:41:58 |
| 2 (1086) | 37. gesamt | LÜCHTEFELD, Alice | 1992 | Bunert - Der Kölner Laufladen | 00:42:25 |
| 3 (354) | 124. gesamt | HAUBOLD, Lea | 1991 | Die Haus | 00:52:11 |
| 4 (1562) | 163. gesamt | LOVERIDGE, Julia | 1991 | Aachener Weiher parkrun | 00:56:54 |
| SENIORINNEN W35 | | | | | |
| 1 (1623) | 14. gesamt | SCHÄFERS, Katharina | 1984 | TuS Deuz | 00:38:22 |
| 2 (1449) | 58. gesamt | CORDES, Christine | 1983 | | 00:46:14 |
| 3 (1907) | 78. gesamt | WELLER, Patricia | 1986 | TuS 82 Opladen | 00:47:46 |
| 4 (1189) | 81. gesamt | BRAUN, Johanna | 1987 | Team Erdinger Alkoholfrei | 00:47:47 |
| 5 (1145) | 88. gesamt | WILL, Jasmin | 1987 | | 00:48:28 |
| 6 (390) | 109. gesamt | HERR, Kyra | 1987 | LAZ Puma Rhein-Sieg | 00:50:19 |
| 7 (2998) | 123. gesamt | HOFMANN, Hanne | 1984 | | 00:52:10 |
| 8 (1598) | 158. gesamt | POLATSCHEK, Linda | 1983 | | 00:56:19 |
| 9 (291) | 196. gesamt | GÜNTHER, Alexandra | 1984 | SSF Bonn Triathlon | 01:05:18 |
| 10 (77) | 197. gesamt | BECKMANN, Ivana | 1984 | | 01:05:58 |
| 11 (1276) | 200. gesamt | KERN-NESTLER, Julia | 1983 | | 01:06:41 |
| SENIORINNEN W40 | | | | | |
| 1 (19) | 47. gesamt | REISER, Felicitas | 1982 | | 00:44:16 |
| 2 (1090) | 95. gesamt | MATSUOKA, Mei | 1981 | | 00:48:50 |
| 3 (1212) | 134. gesamt | EßER, Liisa | 1981 | | 00:53:17 |
| 4 (1156) | 140. gesamt | ARMAN, Yasemin | 1979 | 78'er Borussen | 00:53:47 |
| 5 (6) | 166. gesamt | SALISCH, Hendrikje | 1982 | | 00:57:57 |
| 6 (1255) | 172. gesamt | HÖFS, Andrea | 1979 | Cologne Running Crew | 00:59:10 |
| 7 (1179) | 178. gesamt | BOECKING, Vanessa | 1981 | | 01:00:32 |
| 8 (1099) | 192. gesamt | NEUMANN, Jessica | 1981 | | 01:04:27 |
| SENIORINNEN W45 | | | | | |
| 1 (1520) | 67. gesamt | JOCHUM, Carina | 1974 | Selbstläufer Altenahr | 00:47:01 |
| 2 (1176) | 101. gesamt | BIRKHÖLZER, Ruth | 1976 | | 00:49:18 |
| 3 (1411) | 133. gesamt | ZLOTOS, Karina | 1976 | | 00:53:17 |



2. Lauf zur 37. Winterserie des LSV Porz

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|--------|---------------|-----------------------|--------------------------------|----------|
| SENIORINNEN W45 | | | | | |
| 4 | (75) | 145. gesamt | BUSCH, Andrea | 1974 | 00:54:29 |
| 5 | (1467) | 154. gesamt | WEISBACH, Heike | 1975 | 00:55:20 |
| 6 | (5) | 167. gesamt | BERENS, Silvia | 1975 | 00:57:57 |
| 7 | (15) | 179. gesamt | PELS, Susanne | 1977 | 01:00:37 |
| 8 | (1088) | 182. gesamt | MARINGER, Sabine | 1975 | 01:00:56 |
| 9 | (1261) | 195. gesamt | HUTH, Margareta | 1974 | 01:05:01 |
| 10 | (1110) | 203. gesamt | ROTH, Astrid | 1975 / | 01:07:37 |
| 11 | (1112) | 204. gesamt | SCHLEDDE, Simone | 1975 | 01:07:47 |
| SENIORINNEN W50 | | | | | |
| 1 | (1504) | 28. gesamt | HINZE-THÜS, Katja | 1972 SG Wenden | 00:40:51 |
| 2 | (1632) | 40. gesamt | SCHNEIDER, Caterina | 1971 LT Ennert | 00:42:52 |
| 3 | (1478) | 142. gesamt | LAMBOY, Petra | 1971 | 00:53:52 |
| 4 | (1291) | 160. gesamt | KÖRTGEN, Silvia | 1970 Team Erdinger Alkoholfrei | 00:56:30 |
| 5 | (1537) | 170. gesamt | KOCH, Susi | 1971 Team Erdinger Alkoholfrei | 00:58:59 |
| 6 | (1461) | 185. gesamt | FRIEDENBERGER, Silvia | 1968 | 01:01:41 |
| 7 | (1245) | 188. gesamt | HANSEN, Daniela | 1969 | 01:03:05 |
| 8 | (1051) | 205. gesamt | HÜLSKAMP, Tatjana | 1969 | 01:14:07 |
| SENIORINNEN W55 | | | | | |
| 1 | (1213) | 157. gesamt | FABIAN, Katharina | 1967 MACH3 Köln e.V. | 00:56:05 |
| 2 | (1058) | 183. gesamt | KASEK, Lydia | 1963 RTB Remscheid | 01:01:09 |
| SENIORINNEN W60 | | | | | |
| 1 | (1450) | 106. gesamt | CORDES, Ursula | 1960 | 00:49:56 |
| 2 | (1372) | 186. gesamt | SONNTAG, Ursula | 1962 ERGO Sports Köln | 01:01:58 |
| 3 | (1304) | 199. gesamt | LORBACH, Gudrun | 1962 | 01:06:30 |
| SENIORINNEN W65 | | | | | |
| 1 | (1451) | 82. gesamt | WILBRAND, Ulrike | 1955 TSG Lennestadt | 00:47:48 |
| WEIBL. JUGEND U20 | | | | | |
| 1 | (221) | 72. gesamt | EICKMANN, Mia | 2003 | 00:47:31 |
| 2 | (2845) | 127. gesamt | LEIFELD, Eva | 2004 TSV Bayer 04 Leverkusen | 00:52:39 |
| 3 | (1624) | 128. gesamt | SCHEPP, Josefa | 2003 TSV Bayer 04 Leverkusen | 00:52:39 |
| 4 | (1516) | 138. gesamt | JÄCKEL, Annika | 2004 | 00:53:37 |