



3. Lauf zur 32. 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 (1349)	HERR, Florian	1988	Bunert - Der Siegburger Lauf	0:34:22	0:33:44	0:33:47	01:41:53
2 (564)	SCHNEIDER, Norbert	1968	Bunert - Der Kölner Lauflade	0:35:34	0:35:57	0:34:48	01:46:19
3 (1676)	KRAEMER, Marian	1990	LAZ Puma Rhein-Sieg	0:35:29	0:36:33	0:35:58	01:48:00
4 (1393)	FLADER, Moritz	1991	LG Gummersbach	0:35:51	0:36:43	0:36:29	01:49:03
5 (1098)	BIELER, Maximilian	1996	ASV Köln	0:36:46	0:36:19	0:36:12	01:49:17
6 (1761)	KREUER, Manuel	1980	Laufmonster	0:36:30	0:36:38	0:37:03	01:50:11
7 (278)	MÜLLER, Josef	1968	LT Graftschaft	0:39:40	0:39:35	0:38:28	01:57:43
8 (1261)	SCHNEIDER, Marco	1978	Sportshop-Triathlon Team	0:40:46	0:41:03	0:39:15	02:01:04
9 (1649)	MEISEN, Max	1990	LC Euskirchen	0:40:36	0:40:26	0:41:02	02:02:04
10 (143)	VALDER, Sarah	1993	bunert - Der Siegburger Lauf	0:41:09	0:40:53	0:40:34	02:02:36
11 (7)	BRANG, Michael	1971	LT Graftschaft	0:40:38	0:41:05	0:41:01	02:02:44
12 (213)	GNIFFKE, Michael	1972	SC Westfalia 04 Herne Triat	0:41:23	0:40:48	0:41:24	02:03:35
13 (458)	BLÖMEN, Jeanette	1983		0:42:32	0:41:51	0:41:33	02:05:56
14 (1672)	SCHWANE, Adnen	1987	Aachen hat Ausdauer	0:46:26	0:40:06	0:39:26	02:05:58
15 (31)	GÖTZENICH, Alexander	1973		0:41:55	0:43:07	0:42:40	02:07:42
16 (467)	KUDINOV, Alexander	1968	LG Hückeswagen	0:41:56	0:42:45	0:43:03	02:07:44
17 (1687)	HARTMANN, Frederik	1968	TV Refrath	0:42:35	0:41:27	0:43:59	02:08:01
18 (553)	NIEKRAWIETZ, Peter	1968		0:43:05	0:43:57	0:43:26	02:10:28
19 (1675)	HEBENSTREIT, Heiko	1984	Aachen hat Ausdauer	0:44:11	0:43:40	0:43:13	02:11:04
20 (1760)	RITTER, Ronald	1960		0:43:01	0:44:25	0:43:45	02:11:11
21 (461)	DONATH, Aurelius	1958		0:43:35	0:44:26	0:43:35	02:11:36
22 (463)	FREUDENHAMMER, Andreas	1984		0:43:52	0:43:08	0:44:50	02:11:50
23 (538)	DUBIEL, Jaroslaw	1971	Int. Athletic Club Düren/Eifel	0:44:25	0:44:45	0:44:12	02:13:22
24 (1648)	SCHÖLLER, Helga	1969	LC Euskirchen	0:44:26	0:44:56	0:44:07	02:13:29
25 (464)	GLOMB, Bodo	1963		0:47:06	0:44:42	0:43:17	02:15:05
26 (190)	DRESBACH, Frank	1967	Cologne Allblacks	0:45:26	0:45:13	0:44:34	02:15:13
27 (460)	DINTER, Martin	1967	----	0:45:53	0:45:31	0:44:48	02:16:12
28 (58)	KLINGENBERG, Florian	1983	Lauftreff Lindlar	0:45:43	0:45:30	0:45:03	02:16:16
29 (480)	WILBRAND, Ulrike	1955	LG Südsauerland	0:45:13	0:45:40	0:45:45	02:16:38
30 (1400)	HORSTMANN, Christian	1982		0:45:53	0:46:03	0:44:55	02:16:51
31 (15)	DÜCKERS, Thomas	1977	RC Mistral Köln	0:45:37	0:45:55	0:45:30	02:17:02
32 (1218)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:22	0:47:24	0:45:23	02:17:09
33 (419)	MÖBUS, Renate	1973	LSV Porz / Köln	0:46:26	0:45:21	0:45:49	02:17:36
34 (472)	RIEDEL, Oliver	1979	TSV Dieringhausen	0:45:57	0:46:13	0:45:48	02:17:58
35 (551)	MENDEN, Bettina	1969	LC Weilerswist	0:47:02	0:46:59	0:45:56	02:19:57
36 (1706)	BITTENS, Linda	1984	ASV Köln	0:46:33	0:48:00	0:46:00	02:20:33
37 (1713)	KAISER, Daniel	1972	LT Decksteiner Weiher	0:49:23	0:46:09	0:45:09	02:20:41
38 (283)	NOWICKI, Patryk	1985	Kreissparkasse Köln	0:46:53	0:48:03	0:45:59	02:20:55
39 (1711)	BARTMANN, Kosta	1977		0:49:19	0:46:49	0:45:47	02:21:55
40 (552)	MÖBUS, Volkmar	1953	LT Skinny Bergheim 02	0:48:05	0:47:14	0:47:26	02:22:45
41 (44)	HEß, Richard	1962	LC Weilerswist	0:47:48	0:48:52	0:46:48	02:23:28
42 (539)	EIDMANN, Volker	1960	Wuppertal	0:47:27	0:49:16	0:48:06	02:24:49



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (223)	HILSE, Swen	1976		0:49:11	0:48:35	0:47:13	02:24:59
44 (1720)	LENZ, Astrid	1972	ASV Köln	0:47:50	0:49:01	0:48:27	02:25:18
45 (281)	NOLDA, Isabel	1990		0:47:43	0:49:54	0:48:01	02:25:38
46 (84)	MAURER, Franz	1955	LT Graftschaft	0:49:09	0:48:56	0:47:46	02:25:51
47 (550)	MAY, Achim	1964	TV Witzhelden	0:48:44	0:48:52	0:49:27	02:27:03
48 (573)	WINKELMANN, Christian	1978	SG Deutsche Bank Köln e.V.	0:49:38	0:49:22	0:48:43	02:27:43
49 (265)	LORENZO LÓPEZ, José Manue	1971	LT Decksteiner Weiher	0:49:44	0:49:46	0:49:06	02:28:36
50 (542)	GROBER, Christian	1984		0:51:03	0:49:11	0:48:25	02:28:39
51 (12)	CORDES, Ulla	1960	LG Suedsauerland	0:47:04	0:53:08	0:48:32	02:28:44
52 (2490)	ACKERMANN, Sebastian	1966	Triathlon Nonstop Köln	0:49:46	0:50:39	0:49:12	02:29:37
53 (549)	LEY, Thomas	1965	Lt Rösrtherstraße	0:48:35	0:49:09	0:51:56	02:29:40
54 (1673)	GERMEROTT, Maximilian	1992	FC Lindau	0:51:42	0:51:06	0:46:56	02:29:44
55 (462)	ELS, Jürgen	1969	Bsg Rheinenergie	0:50:33	0:50:38	0:49:57	02:31:08
56 (299)	ROMES, Christoph	1969		0:50:38	0:51:07	0:50:02	02:31:47
57 (290)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:52:17	0:50:21	0:49:18	02:31:56
58 (566)	SONNTAG, Frank	1991	ERGO sports Köln	0:53:52	0:49:39	0:48:26	02:31:57
59 (291)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:52:18	0:50:22	0:49:19	02:31:59
60 (1221)	GAUNITZ, Franziska	1990	Triathlon Verein Dresden	0:49:09	0:53:50	0:49:06	02:32:05
61 (574)	WIRSIK, Marko	1980	flitzi flitzi Kreuzkapelle	0:50:36	0:53:02	0:48:47	02:32:25
62 (474)	SCHULZ, Torsten	1968	1. FC Spich	0:51:10	0:51:37	0:50:47	02:33:34
63 (1758)	KERSTING, Friedel	1950		0:51:04	0:51:39	0:53:58	02:36:41
64 (557)	PAULWITZ, Saskia	1999		0:55:27	0:52:37	0:49:00	02:37:04
65 (212)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:53:40	0:52:59	0:51:11	02:37:50
66 (563)	SCHIEFFER, Christa	1951	LT Alsdorf-Ost	0:52:33	0:53:29	0:52:13	02:38:15
67 (570)	VOGT, Petra	1972	Mach3 Köln e.V.	0:51:11	0:56:26	0:50:52	02:38:29
68 (547)	KITZING, Nils	1969	TEAM M LINE	0:52:26	0:54:07	0:53:02	02:39:35
69 (66)	KORNHOFF, Christian	1973		0:51:39	0:53:58	0:54:01	02:39:38
70 (569)	VIRNICH, Dennis	1983	DJK Blumenthal	0:54:07	0:53:43	0:51:48	02:39:38
71 (173)	BREDOW, Tanja	1972		0:54:07	0:53:42	0:52:21	02:40:10
72 (149)	WOHLFAHRT, Marion	1964	SV Windhagen	0:49:59	0:57:11	0:53:30	02:40:40
73 (270)	MEIER, Roman	1990		0:53:04	0:53:21	0:54:22	02:40:47
74 (113)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:54:23	0:53:32	0:52:59	02:40:54
75 (354)	ZIMMER, Andrea	1974	SV Windhagen	0:50:21	0:57:10	0:53:30	02:41:01
76 (478)	VERING, Wilfried	1958	LT Leidenhausen	0:52:24	0:54:55	0:53:47	02:41:06
77 (245)	KÖPPL, Ralf	1968		0:54:25	0:53:44	0:53:11	02:41:20
78 (554)	NOLTE, Anke	1979	LG Neuperath	0:55:11	0:53:49	0:52:22	02:41:22
79 (2407)	JOBST, Andreas	1963	NAO-PT	0:53:15	0:54:22	0:53:46	02:41:23
80 (314)	SCHULZ, Joachim	1977	Team ERDINGER Alkoholfrei	0:52:42	0:53:35	0:55:19	02:41:36
81 (186)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:53:15	0:54:18	0:54:21	02:41:54
82 (248)	KOTTMANN, Thorsten	1974		0:54:40	0:54:39	0:52:39	02:41:58
83 (473)	SCHAACK, Martin	1962		0:54:59	0:54:07	0:52:53	02:41:59
84 (556)	OHL, Heinz	1955	Ohl Family Collies	0:52:17	0:56:26	0:53:57	02:42:40



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (193)	ERDMANN, Frank	1962		0:52:24	0:57:03	0:53:56	02:43:23
86 (98)	OMAR, Sabry	1976		0:57:04	0:54:55	0:51:28	02:43:27
87 (1607)	WÜST, Manfred	1955	LG Alsdorf-Ost	0:54:12	0:56:25	0:54:46	02:45:23
88 (1658)	KAUERT, Barbara	1986		0:59:06	0:58:16	0:48:23	02:45:45
89 (2087)	WERTH, Thomas	1961		0:56:02	0:57:07	0:56:17	02:49:26
90 (253)	KUJAS, Kurt	1952		0:56:38	0:56:57	0:56:08	02:49:43
91 (548)	KÜHN, Mario	1995		0:56:50	0:58:25	0:55:45	02:51:00
92 (571)	WERNER, Benjamin	1989	Dünsch	0:55:24	0:56:52	0:59:43	02:51:59
93 (2217)	ESSER, Heike	1966	Weight Watchers Kürten	0:57:27	0:58:47	0:55:47	02:52:01
94 (75)	FRANZEN, Manuela	1963	LT Grafenschaft	0:58:19	0:58:45	0:57:48	02:54:52
95 (1661)	THRON, Hans-Peter	1957	ESV Gremberghoven	0:58:43	0:58:33	0:57:39	02:54:55
96 (1313)	WÖLM, Carsten	1975	ERGO sports Köln	1:00:35	0:57:36	0:57:19	02:55:30
97 (572)	WINKELMANN, Nina	1978	Föhr Marathon e.V.	0:58:13	1:00:50	0:56:51	02:55:54
98 (1352)	SCHULZ, Detlef	1959	SV Bergisch Gladbach	1:01:20	0:58:26	0:56:35	02:56:21
99 (3089)	DORSCHTEL, Valerie	1983	Mach 3 Köln e.V.	0:56:49	1:01:43	0:57:19	02:55:51
100 (133)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	0:56:16	1:00:57	0:59:25	02:56:38
101 (475)	STEBER, Johanna	1992		1:00:10	0:58:46	0:57:58	02:56:54
102 (459)	DIETZE, Lutz	1963	LG Deutz	0:59:28	0:58:55	0:58:59	02:57:22
103 (546)	HOFFSIMMER, Hubert	1964	Lauffreunde Vlatten-Köln	1:00:07	0:59:20	0:58:30	02:57:57
104 (555)	NOWACK, Nadine	1986	SG Köln - Worringen	1:00:56	0:58:58	0:58:08	02:58:02
105 (3093)	WICHMANN, Jana	1984	NAO PT	0:59:06	1:00:16	0:57:42	02:57:04
106 (1397)	FROBÖSE, Ingo	1947	BSV Delphi	0:59:30	0:59:24	1:00:25	02:59:19
107 (41)	HAHS, Eveline	1958	LT Hennef / Sieg	0:57:16	1:00:22	1:01:53	02:59:31
108 (558)	PELZER, Wolfgang	1968		1:01:11	0:59:20	0:59:35	03:00:06
109 (135)	STRERATH, Paul Rainer	1969	NNZ	1:01:24	0:58:29	1:00:48	03:00:41
110 (1621)	KNIPP, Robert	1977		0:58:35	1:01:02	1:03:19	03:02:56
111 (150)	WOLF, Petra	1965	ERGO sports Köln	1:01:13	1:01:21	1:00:41	03:03:15
112 (315)	SCHULZ, Kerstin	1981		0:57:56	1:01:55	1:04:35	03:04:26
113 (326)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:01:22	1:02:40	1:00:31	03:04:33
114 (159)	BENATIA, Brigitte	1966	flitzi flitzi Kreuzkapelle	0:59:52	1:06:11	0:58:50	03:04:53
115 (537)	DEICHMANN, Larissa	1984		1:00:29	1:05:11	0:59:38	03:05:18
116 (1744)	FIALA, Andreas	1958	PSV Bonn Triathlon	1:04:15	1:02:51	0:59:06	03:06:12
117 (388)	LANG, Sonja	1958	DJK Marienstatt	1:03:05	1:03:14	1:03:42	03:10:01
118 (543)	HAMM, Marina	1962	ESV Gremberghoven	1:03:02	1:03:42	1:04:16	03:11:00
119 (43)	HERBERGS, Josef	1948	TV Refrath	1:05:11	1:03:32	1:03:22	03:12:05
120 (40)	HAHNER, Stefan	1964		1:07:10	1:02:52	1:02:36	03:12:38
121 (13)	DIEDENHOFEN, Nadine	1976		1:05:32	1:02:13	1:05:47	03:13:32
122 (211)	GLEITSMANN, Thomas	1948	TS 79 Bergisch Gladbach	1:05:49	1:05:07	1:02:48	03:13:44
123 (215)	GRÄTER, Kurt	1948	BLACKFOOT COLOGNE	1:04:42	1:05:27	1:04:12	03:14:21
124 (167)	BLASS, Frank	1967		1:02:28	1:06:50	1:05:20	03:14:38
125 (267)	MALZAHN, Norbert	1964		1:07:25	1:05:01	1:02:49	03:15:15
126 (132)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:04:59	1:05:10	1:07:45	03:17:54



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (308)	SCHMEINCK, Kristina	1993		1:08:28	1:07:08	1:02:53	03:18:29
128 (481)	WILCZEK, Eva	1946	BSG Hilden	1:04:43	1:06:20	1:08:31	03:19:34
129 (1625)	HEINZ, Arthur	1988		1:07:44	1:06:10	1:08:47	03:22:41
130 (466)	KÖPPE, Christa	1960		1:09:52	1:11:28	1:09:18	03:30:38
131 (210)	GLAGOW, Nina	1979	Deutsche Rheuma-Liga NRW	1:12:06	1:10:19	1:10:50	03:33:15
132 (1645)	FEIGE, Manfred	1947	Cologne Allblacks	1:15:50	1:16:31	1:06:57	03:39:18
133 (221)	HERBER, Meike	1981		1:15:44	1:14:09	1:12:38	03:42:31



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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 (143)	VALDER, Sarah	1993	bunert - Der Siegburger Lauf	0:41:09	0:40:53	0:40:34	02:02:36
2 (458)	BLÖMEN, Jeanette	1983		0:42:32	0:41:51	0:41:33	02:05:56
3 (1648)	SCHÖLLER, Helga	1969	LC Euskirchen	0:44:26	0:44:56	0:44:07	02:13:29
4 (480)	WILBRAND, Ulrike	1955	LG Südsauerland	0:45:13	0:45:40	0:45:45	02:16:38
5 (419)	MÖBUS, Renate	1973	LSV Porz / Köln	0:46:26	0:45:21	0:45:49	02:17:36
6 (551)	MENDEN, Bettina	1969	LC Weilerswist	0:47:02	0:46:59	0:45:56	02:19:57
7 (1706)	BITTENS, Linda	1984	ASV Köln	0:46:33	0:48:00	0:46:00	02:20:33
8 (1720)	LENZ, Astrid	1972	ASV Köln	0:47:50	0:49:01	0:48:27	02:25:18
9 (281)	NOLDA, Isabel	1990		0:47:43	0:49:54	0:48:01	02:25:38
10 (12)	CORDES, Ulla	1960	LG Suedsauerland	0:47:04	0:53:08	0:48:32	02:28:44
11 (1221)	GAUNITZ, Franziska	1990	Triathlon Verein Dresden	0:49:09	0:53:50	0:49:06	02:32:05
12 (557)	PAULWITZ, Saskia	1999		0:55:27	0:52:37	0:49:00	02:37:04
13 (563)	SCHIEFFER, Christa	1951	LT Alsdorf-Ost	0:52:33	0:53:29	0:52:13	02:38:15
14 (570)	VOGT, Petra	1972	Mach3 Köln e.V.	0:51:11	0:56:26	0:50:52	02:38:29
15 (173)	BREDOW, Tanja	1972		0:54:07	0:53:42	0:52:21	02:40:10
16 (149)	WOHLFAHRT, Marion	1964	SV Windhagen	0:49:59	0:57:11	0:53:30	02:40:40
17 (354)	ZIMMER, Andrea	1974	SV Windhagen	0:50:21	0:57:10	0:53:30	02:41:01
18 (554)	NOLTE, Anke	1979	LG Neuperath	0:55:11	0:53:49	0:52:22	02:41:22
19 (1658)	KAUERT, Barbara	1986		0:59:06	0:58:16	0:48:23	02:45:45
20 (2217)	ESSER, Heike	1966	Weight Watchers Kürten	0:57:27	0:58:47	0:55:47	02:52:01
21 (75)	FRANZEN, Manuela	1963	LT Graftschaft	0:58:19	0:58:45	0:57:48	02:54:52
22 (572)	WINKELMANN, Nina	1978	Föhr Marathon e.V.	0:58:13	1:00:50	0:56:51	02:55:54
23 (3089)	DORSCHER, Valerie	1983	Mach 3 Köln e.V.	0:56:49	1:01:43	0:57:19	02:55:51
24 (475)	STEBER, Johanna	1992		1:00:10	0:58:46	0:57:58	02:56:54
25 (555)	NOWACK, Nadine	1986	SG Köln - Worringen	1:00:56	0:58:58	0:58:08	02:58:02
26 (41)	HAHS, Eveline	1958	LT Hennef / Sieg	0:57:16	1:00:22	1:01:53	02:59:31
27 (3093)	WICHMANN, Jana	1984	NAO PT	0:59:06	1:00:16	0:57:42	02:57:04
28 (150)	WOLF, Petra	1965	ERGO sports Köln	1:01:13	1:01:21	1:00:41	03:03:15
29 (315)	SCHULZ, Kerstin	1981		0:57:56	1:01:55	1:04:35	03:04:26
30 (326)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:01:22	1:02:40	1:00:31	03:04:33
31 (159)	BENATIA, Brigitte	1966	flitzi flitzi Kreuzkapelle	0:59:52	1:06:11	0:58:50	03:04:53
32 (537)	DEICHMANN, Larissa	1984		1:00:29	1:05:11	0:59:38	03:05:18
33 (388)	LANG, Sonja	1958	DJK Marienstatt	1:03:05	1:03:14	1:03:42	03:10:01
34 (543)	HAMM, Marina	1962	ESV Gremberghoven	1:03:02	1:03:42	1:04:16	03:11:00
35 (13)	DIEDENHOFEN, Nadine	1976		1:05:32	1:02:13	1:05:47	03:13:32
36 (308)	SCHMEINCK, Kristina	1993		1:08:28	1:07:08	1:02:53	03:18:29
37 (481)	WILCZEK, Eva	1946	BSG Hilden	1:04:43	1:06:20	1:08:31	03:19:34
38 (466)	KÖPPE, Christa	1960		1:09:52	1:11:28	1:09:18	03:30:38
39 (210)	GLAGOW, Nina	1979	Deutsche Rheuma-Liga NRW	1:12:06	1:10:19	1:10:50	03:33:15
40 (221)	HERBER, Meike	1981		1:15:44	1:14:09	1:12:38	03:42:31



3. Lauf zur 32. 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 (1349)	HERR, Florian	1988	Bunert - Der Siegburger Lauf	0:34:22	0:33:44	0:33:47	01:41:53
2 (564)	SCHNEIDER, Norbert	1968	Bunert - Der Kölner Lauflade	0:35:34	0:35:57	0:34:48	01:46:19
3 (1676)	KRAEMER, Marian	1990	LAZ Puma Rhein-Sieg	0:35:29	0:36:33	0:35:58	01:48:00
4 (1393)	FLADER, Moritz	1991	LG Gummersbach	0:35:51	0:36:43	0:36:29	01:49:03
5 (1098)	BIELER, Maximilian	1996	ASV Köln	0:36:46	0:36:19	0:36:12	01:49:17
6 (1761)	KREUER, Manuel	1980	Laufmonster	0:36:30	0:36:38	0:37:03	01:50:11
7 (278)	MÜLLER, Josef	1968	LT Graftschaft	0:39:40	0:39:35	0:38:28	01:57:43
8 (1261)	SCHNEIDER, Marco	1978	Sportshop-Triathlon Team	0:40:46	0:41:03	0:39:15	02:01:04
9 (1649)	MEISEN, Max	1990	LC Euskirchen	0:40:36	0:40:26	0:41:02	02:02:04
10 (7)	BRANG, Michael	1971	LT Graftschaft	0:40:38	0:41:05	0:41:01	02:02:44
11 (213)	GNIFFKE, Michael	1972	SC Westfalia 04 Herne Triat	0:41:23	0:40:48	0:41:24	02:03:35
12 (1672)	SCHWANE, Adnen	1987	Aachen hat Ausdauer	0:46:26	0:40:06	0:39:26	02:05:58
13 (31)	GÖTZENICH, Alexander	1973		0:41:55	0:43:07	0:42:40	02:07:42
14 (467)	KUDINOV, Alexander	1968	LG Hückeswagen	0:41:56	0:42:45	0:43:03	02:07:44
15 (1687)	HARTMANN, Frederik	1968	TV Refrath	0:42:35	0:41:27	0:43:59	02:08:01
16 (553)	NIEKRAWIETZ, Peter	1968		0:43:05	0:43:57	0:43:26	02:10:28
17 (1675)	HEBENSTREIT, Heiko	1984	Aachen hat Ausdauer	0:44:11	0:43:40	0:43:13	02:11:04
18 (1760)	RITTER, Ronald	1960		0:43:01	0:44:25	0:43:45	02:11:11
19 (461)	DONATH, Aurelius	1958		0:43:35	0:44:26	0:43:35	02:11:36
20 (463)	FREUDENHAMMER, Andreas	1984		0:43:52	0:43:08	0:44:50	02:11:50
21 (538)	DUBIEL, Jaroslaw	1971	Int. Athletic Club Düren/Eifel	0:44:25	0:44:45	0:44:12	02:13:22
22 (464)	GLOMB, Bodo	1963		0:47:06	0:44:42	0:43:17	02:15:05
23 (190)	DRESBACH, Frank	1967	Cologne Allblacks	0:45:26	0:45:13	0:44:34	02:15:13
24 (460)	DINTER, Martin	1967	----	0:45:53	0:45:31	0:44:48	02:16:12
25 (58)	KLINGENBERG, Florian	1983	Lauftreff Lindlar	0:45:43	0:45:30	0:45:03	02:16:16
26 (1400)	HORSTMANN, Christian	1982		0:45:53	0:46:03	0:44:55	02:16:51
27 (15)	DÜCKERS, Thomas	1977	RC Mistral Köln	0:45:37	0:45:55	0:45:30	02:17:02
28 (1218)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:22	0:47:24	0:45:23	02:17:09
29 (472)	RIEDEL, Oliver	1979	TSV Dieringhausen	0:45:57	0:46:13	0:45:48	02:17:58
30 (1713)	KAISER, Daniel	1972	LT Decksteiner Weiher	0:49:23	0:46:09	0:45:09	02:20:41
31 (283)	NOWICKI, Patryk	1985	Kreissparkasse Köln	0:46:53	0:48:03	0:45:59	02:20:55
32 (1711)	BARTMANN, Kosta	1977		0:49:19	0:46:49	0:45:47	02:21:55
33 (552)	MÖBUS, Volkmar	1953	LT Skinny Bergheim 02	0:48:05	0:47:14	0:47:26	02:22:45
34 (44)	HEß, Richard	1962	LC Weilerswist	0:47:48	0:48:52	0:46:48	02:23:28
35 (539)	EIDMANN, Volker	1960	Wuppertal	0:47:27	0:49:16	0:48:06	02:24:49
36 (223)	HILSE, Swen	1976		0:49:11	0:48:35	0:47:13	02:24:59
37 (84)	MAURER, Franz	1955	LT Graftschaft	0:49:09	0:48:56	0:47:46	02:25:51
38 (550)	MAY, Achim	1964	TV Witzhelden	0:48:44	0:48:52	0:49:27	02:27:03
39 (573)	WINKELMANN, Christian	1978	SG Deutsche Bank Köln e.V.	0:49:38	0:49:22	0:48:43	02:27:43
40 (265)	LORENZO LÓPEZ, José Manue	1971	LT Decksteiner Weiher	0:49:44	0:49:46	0:49:06	02:28:36
41 (542)	GROBER, Christian	1984		0:51:03	0:49:11	0:48:25	02:28:39



3. Lauf zur 32. 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 (2490)	ACKERMANN, Sebastian	1966	Triathlon Nonstop Köln	0:49:46	0:50:39	0:49:12	02:29:37
43 (549)	LEY, Thomas	1965	Lt Rösrtherstraße	0:48:35	0:49:09	0:51:56	02:29:40
44 (1673)	GERMEROTT, Maximilian	1992	FC Lindau	0:51:42	0:51:06	0:46:56	02:29:44
45 (462)	ELS, Jürgen	1969	Bsg Rheinenergie	0:50:33	0:50:38	0:49:57	02:31:08
46 (299)	ROMES, Christoph	1969		0:50:38	0:51:07	0:50:02	02:31:47
47 (290)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:52:17	0:50:21	0:49:18	02:31:56
48 (566)	SONNTAG, Frank	1991	ERGO sports Köln	0:53:52	0:49:39	0:48:26	02:31:57
49 (291)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:52:18	0:50:22	0:49:19	02:31:59
50 (574)	WIRSIK, Marko	1980	flitzi flitzi Kreuzkapelle	0:50:36	0:53:02	0:48:47	02:32:25
51 (474)	SCHULZ, Torsten	1968	1. FC Spich	0:51:10	0:51:37	0:50:47	02:33:34
52 (1758)	KERSTING, Friedel	1950		0:51:04	0:51:39	0:53:58	02:36:41
53 (212)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:53:40	0:52:59	0:51:11	02:37:50
54 (547)	KITZING, Nils	1969	TEAM M LINE	0:52:26	0:54:07	0:53:02	02:39:35
55 (66)	KORNHOFF, Christian	1973		0:51:39	0:53:58	0:54:01	02:39:38
56 (569)	VIRNICH, Dennis	1983	DJK Blumenthal	0:54:07	0:53:43	0:51:48	02:39:38
57 (270)	MEIER, Roman	1990		0:53:04	0:53:21	0:54:22	02:40:47
58 (113)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:54:23	0:53:32	0:52:59	02:40:54
59 (478)	VERING, Wilfried	1958	LT Leidenhausen	0:52:24	0:54:55	0:53:47	02:41:06
60 (245)	KÖPPL, Ralf	1968		0:54:25	0:53:44	0:53:11	02:41:20
61 (2407)	JOBST, Andreas	1963	NAO-PT	0:53:15	0:54:22	0:53:46	02:41:23
62 (314)	SCHULZ, Joachim	1977	Team ERDINGER Alkoholfrei	0:52:42	0:53:35	0:55:19	02:41:36
63 (186)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:53:15	0:54:18	0:54:21	02:41:54
64 (248)	KOTTMANN, Thorsten	1974		0:54:40	0:54:39	0:52:39	02:41:58
65 (473)	SCHAACK, Martin	1962		0:54:59	0:54:07	0:52:53	02:41:59
66 (556)	OHL, Heinz	1955	Ohl Family Colliers	0:52:17	0:56:26	0:53:57	02:42:40
67 (193)	ERDMANN, Frank	1962		0:52:24	0:57:03	0:53:56	02:43:23
68 (98)	OMAR, Sabry	1976		0:57:04	0:54:55	0:51:28	02:43:27
69 (1607)	WÜST, Manfred	1955	LG Alsdorf-Ost	0:54:12	0:56:25	0:54:46	02:45:23
70 (2087)	WERTH, Thomas	1961		0:56:02	0:57:07	0:56:17	02:49:26
71 (253)	KUJAS, Kurt	1952		0:56:38	0:56:57	0:56:08	02:49:43
72 (548)	KÜHN, Mario	1995		0:56:50	0:58:25	0:55:45	02:51:00
73 (571)	WERNER, Benjamin	1989	Düsch	0:55:24	0:56:52	0:59:43	02:51:59
74 (1661)	THRON, Hans-Peter	1957	ESV Gremberghoven	0:58:43	0:58:33	0:57:39	02:54:55
75 (1313)	WÖLM, Carsten	1975	ERGO sports Köln	1:00:35	0:57:36	0:57:19	02:55:30
76 (1352)	SCHULZ, Detlef	1959	SV Bergisch Gladbach	1:01:20	0:58:26	0:56:35	02:56:21
77 (133)	STÄNDER, Roland	1952	Laufftreff Fühlinger See	0:56:16	1:00:57	0:59:25	02:56:38
78 (459)	DIETZE, Lutz	1963	LG Deutz	0:59:28	0:58:55	0:58:59	02:57:22
79 (546)	HOFFSIMMER, Hubert	1964	Lauffreunde Vlatten-Köln	1:00:07	0:59:20	0:58:30	02:57:57
80 (1397)	FROBÖSE, Ingo	1947	BSV Delphi	0:59:30	0:59:24	1:00:25	02:59:19
81 (558)	PELZER, Wolfgang	1968		1:01:11	0:59:20	0:59:35	03:00:06
82 (135)	STRERATH, Paul Rainer	1969	NNZ	1:01:24	0:58:29	1:00:48	03:00:41



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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
MÄNNLICH							
83	(1621) KNIPP, Robert	1977		0:58:35	1:01:02	1:03:19	03:02:56
84	(1744) FIALA, Andreas	1958	PSV Bonn Triathlon	1:04:15	1:02:51	0:59:06	03:06:12
85	(43) HERBERGS, Josef	1948	TV Refrath	1:05:11	1:03:32	1:03:22	03:12:05
86	(40) HAHNER, Stefan	1964		1:07:10	1:02:52	1:02:36	03:12:38
87	(211) GLEITSMANN, Thomas	1948	TS 79 Bergisch Gladbach	1:05:49	1:05:07	1:02:48	03:13:44
88	(215) GRÄTER, Kurt	1948	BLACKFOOT COLOGNE	1:04:42	1:05:27	1:04:12	03:14:21
89	(167) BLASS, Frank	1967		1:02:28	1:06:50	1:05:20	03:14:38
90	(267) MALZAHN, Norbert	1964		1:07:25	1:05:01	1:02:49	03:15:15
91	(132) STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:04:59	1:05:10	1:07:45	03:17:54
92	(1625) HEINZ, Arthur	1988		1:07:44	1:06:10	1:08:47	03:22:41
93	(1645) FEIGE, Manfred	1947	Cologne Allblacks	1:15:50	1:16:31	1:06:57	03:39:18



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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 (1349)	HERR, Florian	1988	Bunert - Der Siegburger Lauf	0:34:22	0:33:44	0:33:47	01:41:53
2 (1676)	KRAEMER, Marian	1990	LAZ Puma Rhein-Sieg	0:35:29	0:36:33	0:35:58	01:48:00
3 (1393)	FLADER, Moritz	1991	LG Gummersbach	0:35:51	0:36:43	0:36:29	01:49:03
4 (1649)	MEISEN, Max	1990	LC Euskirchen	0:40:36	0:40:26	0:41:02	02:02:04
5 (1672)	SCHWANE, Adnen	1987	Aachen hat Ausdauer	0:46:26	0:40:06	0:39:26	02:05:58
6 (1673)	GERMEROTT, Maximilian	1992	FC Lindau	0:51:42	0:51:06	0:46:56	02:29:44
7 (290)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:52:17	0:50:21	0:49:18	02:31:56
8 (566)	SONNTAG, Frank	1991	ERGO sports Köln	0:53:52	0:49:39	0:48:26	02:31:57
9 (270)	MEIER, Roman	1990		0:53:04	0:53:21	0:54:22	02:40:47
10 (571)	WERNER, Benjamin	1989	Dünsch	0:55:24	0:56:52	0:59:43	02:51:59
11 (1625)	HEINZ, Arthur	1988		1:07:44	1:06:10	1:08:47	03:22:41
JUNIOREN U23							
1 (1098)	BIELER, Maximilian	1996	ASV Köln	0:36:46	0:36:19	0:36:12	01:49:17
2 (548)	KÜHN, Mario	1995		0:56:50	0:58:25	0:55:45	02:51:00
SENIOREN M30							
1 (1675)	HEBENSTREIT, Heiko	1984	Aachen hat Ausdauer	0:44:11	0:43:40	0:43:13	02:11:04
2 (463)	FREUDENHAMMER, Andreas	1984		0:43:52	0:43:08	0:44:50	02:11:50
3 (58)	KLINGENBERG, Florian	1983	Lauftreff Lindlar	0:45:43	0:45:30	0:45:03	02:16:16
4 (1400)	HORSTMANN, Christian	1982		0:45:53	0:46:03	0:44:55	02:16:51
5 (283)	NOWICKI, Patryk	1985	Kreissparkasse Köln	0:46:53	0:48:03	0:45:59	02:20:55
6 (542)	GROBER, Christian	1984		0:51:03	0:49:11	0:48:25	02:28:39
7 (569)	VIRNICH, Dennis	1983	DJK Blumenthal	0:54:07	0:53:43	0:51:48	02:39:38
8 (3093)	WICHMANN, Jana	1984	NAO PT	0:59:06	1:00:16	0:57:42	02:57:04
SENIOREN M35							
1 (1761)	KREUER, Manuel	1980	Laufmonster	0:36:30	0:36:38	0:37:03	01:50:11
2 (1261)	SCHNEIDER, Marco	1978	Sportshop-Triathlon Team	0:40:46	0:41:03	0:39:15	02:01:04
3 (15)	DÜCKERS, Thomas	1977	RC Mistral Köln	0:45:37	0:45:55	0:45:30	02:17:02
4 (472)	RIEDEL, Oliver	1979	TSV Dieringhausen	0:45:57	0:46:13	0:45:48	02:17:58
5 (1711)	BARTMANN, Kosta	1977		0:49:19	0:46:49	0:45:47	02:21:55
6 (573)	WINKELMANN, Christian	1978	SG Deutsche Bank Köln e.V.	0:49:38	0:49:22	0:48:43	02:27:43
7 (574)	WIRSIK, Marko	1980	flitzi flitzi Kreuzkapelle	0:50:36	0:53:02	0:48:47	02:32:25
8 (314)	SCHULZ, Joachim	1977	Team ERDINGER Alkoholfrei	0:52:42	0:53:35	0:55:19	02:41:36
9 (1621)	KNIPP, Robert	1977		0:58:35	1:01:02	1:03:19	03:02:56
SENIOREN M40							
1 (213)	GNIFFKE, Michael	1972	SC Westfalia 04 Herne Triat	0:41:23	0:40:48	0:41:24	02:03:35
2 (31)	GÖTZENICH, Alexander	1973		0:41:55	0:43:07	0:42:40	02:07:42
3 (1713)	KAISER, Daniel	1972	LT Decksteiner Weiher	0:49:23	0:46:09	0:45:09	02:20:41
4 (223)	HILSE, Swen	1976		0:49:11	0:48:35	0:47:13	02:24:59



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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 M40							
5 (66)	KORNHOFF, Christian	1973		0:51:39	0:53:58	0:54:01	02:39:38
6 (248)	KOTTMANN, Thorsten	1974		0:54:40	0:54:39	0:52:39	02:41:58
7 (98)	OMAR, Sabry	1976		0:57:04	0:54:55	0:51:28	02:43:27
8 (1313)	WÖLM, Carsten	1975	ERGO sports Köln	1:00:35	0:57:36	0:57:19	02:55:30
SENIOREN M45							
1 (564)	SCHNEIDER, Norbert	1968	Bunert - Der Kölner Lauflade	0:35:34	0:35:57	0:34:48	01:46:19
2 (278)	MÜLLER, Josef	1968	LT Graftschaft	0:39:40	0:39:35	0:38:28	01:57:43
3 (7)	BRANG, Michael	1971	LT Graftschaft	0:40:38	0:41:05	0:41:01	02:02:44
4 (467)	KUDINOV, Alexander	1968	LG Hückeswagen	0:41:56	0:42:45	0:43:03	02:07:44
5 (1687)	HARTMANN, Frederik	1968	TV Refrath	0:42:35	0:41:27	0:43:59	02:08:01
6 (553)	NIEKRAWIETZ, Peter	1968		0:43:05	0:43:57	0:43:26	02:10:28
7 (538)	DUBIEL, Jaroslaw	1971	Int. Athletic Club Düren/Eifel	0:44:25	0:44:45	0:44:12	02:13:22
8 (190)	DRESBACH, Frank	1967	Cologne Allblacks	0:45:26	0:45:13	0:44:34	02:15:13
9 (460)	DINTER, Martin	1967	----	0:45:53	0:45:31	0:44:48	02:16:12
10 (265)	LORENZO LÓPEZ, José Manue	1971	LT Decksteiner Weiher	0:49:44	0:49:46	0:49:06	02:28:36
11 (462)	ELS, Jürgen	1969	Bsg Rheinenergie	0:50:33	0:50:38	0:49:57	02:31:08
12 (299)	ROMES, Christoph	1969		0:50:38	0:51:07	0:50:02	02:31:47
13 (474)	SCHULZ, Torsten	1968	1. FC Spich	0:51:10	0:51:37	0:50:47	02:33:34
14 (547)	KITZING, Nils	1969	TEAM M LINE	0:52:26	0:54:07	0:53:02	02:39:35
15 (113)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:54:23	0:53:32	0:52:59	02:40:54
16 (245)	KÖPPL, Ralf	1968		0:54:25	0:53:44	0:53:11	02:41:20
17 (558)	PELZER, Wolfgang	1968		1:01:11	0:59:20	0:59:35	03:00:06
18 (135)	STRERATH, Paul Rainer	1969	NNZ	1:01:24	0:58:29	1:00:48	03:00:41
19 (167)	BLASS, Frank	1967		1:02:28	1:06:50	1:05:20	03:14:38
SENIOREN M50							
1 (464)	GLOMB, Bodo	1963		0:47:06	0:44:42	0:43:17	02:15:05
2 (1218)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:22	0:47:24	0:45:23	02:17:09
3 (44)	HEß, Richard	1962	LC Weilerswist	0:47:48	0:48:52	0:46:48	02:23:28
4 (550)	MAY, Achim	1964	TV Witzhelden	0:48:44	0:48:52	0:49:27	02:27:03
5 (2490)	ACKERMANN, Sebastian	1966	Triathlon Nonstop Köln	0:49:46	0:50:39	0:49:12	02:29:37
6 (549)	LEY, Thomas	1965	Lt Rösratherstraße	0:48:35	0:49:09	0:51:56	02:29:40
7 (291)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:52:18	0:50:22	0:49:19	02:31:59
8 (2407)	JOBST, Andreas	1963	NAO-PT	0:53:15	0:54:22	0:53:46	02:41:23
9 (186)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:53:15	0:54:18	0:54:21	02:41:54
10 (473)	SCHAACK, Martin	1962		0:54:59	0:54:07	0:52:53	02:41:59
11 (193)	ERDMANN, Frank	1962		0:52:24	0:57:03	0:53:56	02:43:23
12 (459)	DIETZE, Lutz	1963	LG Deutz	0:59:28	0:58:55	0:58:59	02:57:22
13 (546)	HOFFSIMMER, Hubert	1964	Lauffreunde Vlaten-Köln	1:00:07	0:59:20	0:58:30	02:57:57
14 (40)	HÄHNER, Stefan	1964		1:07:10	1:02:52	1:02:36	03:12:38



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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							
15 (267)	MALZAHN, Norbert	1964		1:07:25	1:05:01	1:02:49	03:15:15
SENIOREN M55							
1 (1760)	RITTER, Ronald	1960		0:43:01	0:44:25	0:43:45	02:11:11
2 (461)	DONATH, Aurelius	1958		0:43:35	0:44:26	0:43:35	02:11:36
3 (539)	EIDMANN, Volker	1960	Wuppertal	0:47:27	0:49:16	0:48:06	02:24:49
4 (212)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:53:40	0:52:59	0:51:11	02:37:50
5 (478)	VERING, Wilfried	1958	LT Leidenhausen	0:52:24	0:54:55	0:53:47	02:41:06
6 (2087)	WERTH, Thomas	1961		0:56:02	0:57:07	0:56:17	02:49:26
7 (1661)	THRON, Hans-Peter	1957	ESV Gremberghoven	0:58:43	0:58:33	0:57:39	02:54:55
8 (1352)	SCHULZ, Detlef	1959	SV Bergisch Gladbach	1:01:20	0:58:26	0:56:35	02:56:21
9 (1744)	FIALA, Andreas	1958	PSV Bonn Triathlon	1:04:15	1:02:51	0:59:06	03:06:12
SENIOREN M60							
1 (552)	MÖBUS, Volkmar	1953	LT Skinny Bergheim 02	0:48:05	0:47:14	0:47:26	02:22:45
2 (84)	MAURER, Franz	1955	LT Graftschaft	0:49:09	0:48:56	0:47:46	02:25:51
3 (556)	OHL, Heinz	1955	Ohl Family Collies	0:52:17	0:56:26	0:53:57	02:42:40
4 (1607)	WÜST, Manfred	1955	LG Alsdorf-Ost	0:54:12	0:56:25	0:54:46	02:45:23
5 (253)	KUJAS, Kurt	1952		0:56:38	0:56:57	0:56:08	02:49:43
6 (133)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	0:56:16	1:00:57	0:59:25	02:56:38
SENIOREN M65							
1 (1758)	KERSTING, Friedel	1950		0:51:04	0:51:39	0:53:58	02:36:41
2 (1397)	FROBÖSE, Ingo	1947	BSV Delphi	0:59:30	0:59:24	1:00:25	02:59:19
3 (43)	HERBERGS, Josef	1948	TV Refrath	1:05:11	1:03:32	1:03:22	03:12:05
4 (211)	GLEITSMANN, Thomas	1948	TS 79 Bergisch Gladbach	1:05:49	1:05:07	1:02:48	03:13:44
5 (215)	GRÄTER, Kurt	1948	BLACKFOOT COLOGNE	1:04:42	1:05:27	1:04:12	03:14:21
6 (132)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:04:59	1:05:10	1:07:45	03:17:54
7 (1645)	FEIGE, Manfred	1947	Cologne Allblacks	1:15:50	1:16:31	1:06:57	03:39:18
FRAUEN							
1 (143)	VALDER, Sarah	1993	bunert - Der Siegburger Lauf	0:41:09	0:40:53	0:40:34	02:02:36
2 (281)	NOLDA, Isabel	1990		0:47:43	0:49:54	0:48:01	02:25:38
3 (1221)	GAUNITZ, Franziska	1990	Triathlon Verein Dresden	0:49:09	0:53:50	0:49:06	02:32:05
4 (475)	STEBER, Johanna	1992		1:00:10	0:58:46	0:57:58	02:56:54
5 (308)	SCHMEINCK, Kristina	1993		1:08:28	1:07:08	1:02:53	03:18:29
SENIORINNEN W30							
1 (458)	BLÖMEN, Jeanette	1983		0:42:32	0:41:51	0:41:33	02:05:56
2 (1706)	BITTENS, Linda	1984	ASV Köln	0:46:33	0:48:00	0:46:00	02:20:33
3 (1658)	KAUERT, Barbara	1986		0:59:06	0:58:16	0:48:23	02:45:45
4 (3089)	DORSCHER, Valerie	1983	Mach 3 Köln e.V.	0:56:49	1:01:43	0:57:19	02:55:51



3. Lauf zur 32. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W30							
5 (555)	NOWACK, Nadine	1986	SG Köln - Worringen	1:00:56	0:58:58	0:58:08	02:58:02
6 (537)	DEICHMANN, Larissa	1984		1:00:29	1:05:11	0:59:38	03:05:18
SENIORINNEN W35							
1 (554)	NOLTE, Anke	1979	LG Neuperath	0:55:11	0:53:49	0:52:22	02:41:22
2 (572)	WINKELMANN, Nina	1978	Föhr Marathon e.V.	0:58:13	1:00:50	0:56:51	02:55:54
3 (315)	SCHULZ, Kerstin	1981		0:57:56	1:01:55	1:04:35	03:04:26
4 (210)	GLAGOW, Nina	1979	Deutsche Rheuma-Liga NRW	1:12:06	1:10:19	1:10:50	03:33:15
5 (221)	HERBER, Meike	1981		1:15:44	1:14:09	1:12:38	03:42:31
SENIORINNEN W40							
1 (419)	MÖBUS, Renate	1973	LSV Porz / Köln	0:46:26	0:45:21	0:45:49	02:17:36
2 (1720)	LENZ, Astrid	1972	ASV Köln	0:47:50	0:49:01	0:48:27	02:25:18
3 (570)	VOGT, Petra	1972	Mach3 Köln e.V.	0:51:11	0:56:26	0:50:52	02:38:29
4 (173)	BREDOW, Tanja	1972		0:54:07	0:53:42	0:52:21	02:40:10
5 (354)	ZIMMER, Andrea	1974	SV Windhagen	0:50:21	0:57:10	0:53:30	02:41:01
6 (13)	DIEDENHOFEN, Nadine	1976		1:05:32	1:02:13	1:05:47	03:13:32
SENIORINNEN W45							
1 (1648)	SCHÖLLER, Helga	1969	LC Euskirchen	0:44:26	0:44:56	0:44:07	02:13:29
2 (551)	MENDEN, Bettina	1969	LC Weilerswist	0:47:02	0:46:59	0:45:56	02:19:57
SENIORINNEN W50							
1 (149)	WOHLFAHRT, Marion	1964	SV Windhagen	0:49:59	0:57:11	0:53:30	02:40:40
2 (2217)	ESSER, Heike	1966	Weight Watchers Kürten	0:57:27	0:58:47	0:55:47	02:52:01
3 (75)	FRANZEN, Manuela	1963	LT Grafschaft	0:58:19	0:58:45	0:57:48	02:54:52
4 (150)	WOLF, Petra	1965	ERGO sports Köln	1:01:13	1:01:21	1:00:41	03:03:15
5 (326)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:01:22	1:02:40	1:00:31	03:04:33
6 (159)	BENATIA, Brigitte	1966	flitzi flitzi Kreuzkapelle	0:59:52	1:06:11	0:58:50	03:04:53
7 (543)	HAMM, Marina	1962	ESV Gremberghoven	1:03:02	1:03:42	1:04:16	03:11:00
SENIORINNEN W55							
1 (12)	CORDES, Ulla	1960	LG Suedsauerland	0:47:04	0:53:08	0:48:32	02:28:44
2 (41)	HAHS, Eveline	1958	LT Hennef / Sieg	0:57:16	1:00:22	1:01:53	02:59:31
3 (388)	LANG, Sonja	1958	DJK Marienstatt	1:03:05	1:03:14	1:03:42	03:10:01
4 (466)	KÖPPE, Christa	1960		1:09:52	1:11:28	1:09:18	03:30:38
SENIORINNEN W60							
1 (480)	WILBRAND, Ulrike	1955	LG Südsauerland	0:45:13	0:45:40	0:45:45	02:16:38
SENIORINNEN W65							
1 (563)	SCHIEFFER, Christa	1951	LT Alsdorf-Ost	0:52:33	0:53:29	0:52:13	02:38:15



3. Lauf zur 32. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W70							
1 (481)	WILCZEK, Eva	1946	BSG Hilden	1:04:43	1:06:20	1:08:31	03:19:34
WEIBL. JUGEND U18							
1 (557)	PAULWITZ, Saskia	1999		0:55:27	0:52:37	0:49:00	02:37:04