



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG OVERALL**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
1 (346)	WILBERFORCE, Gary	1986	Bunert - Der Siegburger Lauf	0:33:10	0:53:28	1:19:15	<b>02:45:53</b>
2 (175)	BREUER, Laurids	1993	FortRunners Köln	0:35:32	0:56:00	1:19:42	<b>02:51:14</b>
3 (1764)	NETT, Markus	1984	PSV Bonn Triathlon	0:36:41	0:56:46	1:18:45	<b>02:52:12</b>
4 (444)	NEUMANN, Frank	1967		0:37:29	0:58:12	1:21:56	<b>02:57:37</b>
5 (1688)	GÜNDÜZ, Deniz	1974	25 MINUTES	0:37:53	0:59:11	1:21:45	<b>02:58:49</b>
6 (506)	HEIL, Dietmar	1968	1. FC Quadrath-Ichendorf	0:37:49	0:59:17	1:22:49	<b>02:59:55</b>
7 (1394)	MÜHLENSTÄDT, Gunnar	1973	Mach3 Köln	0:38:26	0:59:09	1:22:56	<b>03:00:31</b>
8 (87)	MERTESACKER, Andreas	1990	RHEX-Team	0:38:31	0:58:51	1:23:20	<b>03:00:42</b>
9 (426)	BRINKMANN, Thorsten	1972	Ski-Club Beckum	0:37:37	0:58:58	1:25:31	<b>03:02:06</b>
10 (501)	CONDON, Liam	1968	TV Refrath	0:38:18	1:00:32	1:24:04	<b>03:02:54</b>
11 (511)	HOLTHAUSEN, Manfred	1968	SSF Bonn Triathlon	0:38:44	1:00:18	1:26:07	<b>03:05:09</b>
12 (522)	MARCHLEWSKI, Nico	1969	LT Siebengebirge	0:39:27	1:00:48	1:26:50	<b>03:07:05</b>
13 (229)	HOUSCHT, Martin Peter	1965	Finisher Club	0:39:03	1:01:03	1:27:20	<b>03:07:26</b>
14 (527)	RÖSLER, Denis	1970	25MINUTES Köln	0:40:04	1:01:02	1:27:22	<b>03:08:28</b>
15 (179)	CHRISTEN, Peter	1964	Feuerwehr Köln	0:40:29	1:01:28	1:27:27	<b>03:09:24</b>
16 (2366)	SCHMÄHLING, Frank	1970	SV Hellas Siegburg	0:40:41	1:03:08	1:26:04	<b>03:09:53</b>
17 (439)	MAUTER, Jörg	1965	Wiehlaler LC	0:40:06	1:01:40	1:28:17	<b>03:10:03</b>
18 (1229)	HOPPE, Sebastian	1983	SV Blau-Weiss Bochum	0:40:56	1:01:46	1:27:39	<b>03:10:21</b>
19 (1260)	SCHNEIDER, Silke	1976	Bunert - Der Siegburger Lauf	0:40:55	1:01:53	1:28:11	<b>03:10:59</b>
20 (1736)	LAST, Christoph	1977	TSG Velbert	0:41:32	1:02:33	1:27:07	<b>03:11:12</b>
21 (2302)	STEBER, Roland	1972	LV Oelde	0:40:04	1:04:31	1:26:54	<b>03:11:29</b>
22 (1785)	MERKEL, Eiken	1980	Mach3 Köln	0:40:15	1:02:43	1:28:56	<b>03:11:54</b>
23 (496)	BLÖCKER, Thomas	1962	Meckenheim	0:40:38	1:01:54	1:29:37	<b>03:12:09</b>
24 (451)	SCHWANKE, Marco	1980		0:40:13	1:01:28	1:30:46	<b>03:12:27</b>
25 (507)	HELLEBUSCH, Timo	1980	25MINUTES Köln	0:42:07	1:03:54	1:29:10	<b>03:15:11</b>
26 (441)	MÜNZER, Christof	1969	LT Dünwaldener TV	0:41:12	1:04:38	1:30:34	<b>03:16:24</b>
27 (1220)	FRANZ, Einiko	1975	Laufftreff 1. FC Spich	0:41:16	1:03:59	1:31:50	<b>03:17:05</b>
28 (239)	KEUSER, Thorsten	1982	S.O.A Runner	0:40:12	1:01:44	1:36:36	<b>03:18:32</b>
29 (255)	KULLE, Marcus	1972	SV AXA	0:40:38	1:07:00	1:31:53	<b>03:19:31</b>
30 (1234)	KELOUDIS, Georgios	1969	LG Gummersbach	0:41:04	1:05:54	1:32:48	<b>03:19:46</b>
31 (155)	ALTMANN, Markus	1982	Run Squad CGN	0:42:24	1:06:41	1:33:29	<b>03:22:34</b>
32 (456)	ZOLL, Daniela	1981	LG Gummersbach	0:41:24	1:08:35	1:32:52	<b>03:22:51</b>
33 (452)	SCHWENDT, Horst	1968	LC Weilerswist Team Leckst	0:43:45	1:05:18	1:34:19	<b>03:23:22</b>
34 (1633)	SCHLOEMER, Stefan	1966	KTT 01	0:42:13	1:06:04	1:35:57	<b>03:24:14</b>
35 (102)	RAUTENBERG, Stefan	1967	Rauti	0:43:12	1:06:21	1:35:43	<b>03:25:16</b>
36 (503)	DREESBACH, Dirk	1968	LC Weilerswist	0:46:49	1:05:21	1:33:13	<b>03:25:23</b>
37 (437)	MANTHEI, Christian	1962	ERGO sports Köln	0:43:13	1:06:58	1:35:29	<b>03:25:40</b>
38 (266)	LÜBBERT, Mark	1979		0:43:55	1:07:21	1:34:33	<b>03:25:49</b>
39 (28)	GERSTNER, Jean-Marc	1978		0:43:04	1:07:32	1:36:32	<b>03:27:08</b>
40 (147)	WITT, Andreas	1977	RTC Frechen 80	0:43:45	1:06:22	1:37:45	<b>03:27:52</b>
41 (374)	HINTZSCHE, Dr. Ekki	1963	Ostseebad Kühlungsborn	0:42:45	1:07:15	1:38:02	<b>03:28:02</b>
42 (378)	JOCHHEIM, Sebastian	1981		0:44:41	1:08:12	1:35:38	<b>03:28:31</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG OVERALL**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (29)	GEURTS, Koen	1981		0:43:59	1:07:05	1:38:09	<b>03:29:13</b>
44 (455)	THEIS, Frank	1964	Blue-White Dynamite	0:43:15	1:07:29	1:39:23	<b>03:30:07</b>
45 (532)	STING, Michael	1968	VfL Wehbach	0:44:18	1:09:24	1:36:34	<b>03:30:16</b>
46 (224)	HIRSCHFELD, Sascha	1980	LG Heckelsiefen	0:44:58	1:09:55	1:35:27	<b>03:30:20</b>
47 (297)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:10:17	1:38:31	<b>03:30:44</b>
48 (39)	GUTH, Karl	1969	LifeParkMax e.V. Ingolstadt	0:44:52	1:08:55	1:37:43	<b>03:31:30</b>
49 (101)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:44:42	1:09:12	1:37:50	<b>03:31:44</b>
50 (1231)	JAKOB, Michael	1968	Team Radon	0:42:27	1:07:55	1:41:26	<b>03:31:48</b>
51 (1309)	GROß, Michael	1966	SV Bergisch Gladbach	0:45:14	1:07:51	1:38:44	<b>03:31:49</b>
52 (1674)	STROH, Sizzo	1984	SSF Bonn Triathlon	0:43:41	1:08:34	1:39:53	<b>03:32:08</b>
53 (1700)	BOTTI, Jörg	1970		0:45:27	1:08:37	1:38:48	<b>03:32:52</b>
54 (200)	FINDEISEN, Michael	1980		0:46:25	1:11:16	1:35:50	<b>03:33:31</b>
55 (528)	SACHS, Sandra	1970	SV Hellas Siegburg	0:45:19	1:09:58	1:38:31	<b>03:33:48</b>
56 (197)	FABIAN, Steffen	1965	MACH3 Köln e.V.	0:40:15	1:12:03	1:42:26	<b>03:34:44</b>
57 (117)	SCHNEIDER, Heide	1969	LAZ-Puma Rhein-Sieg	0:45:10	1:10:59	1:38:37	<b>03:34:46</b>
58 (1707)	MORILLAS, Antonio	1966		0:45:23	1:10:50	1:39:01	<b>03:35:14</b>
59 (423)	ANDERS, Lars	1976		0:46:10	1:10:33	1:39:05	<b>03:35:48</b>
60 (1779)	KUTHE, Thorsten	1972		0:45:07	1:08:55	1:42:39	<b>03:36:41</b>
61 (1622)	CELEBIJA, Drazen	1968	Barbariga	0:45:43	1:10:41	1:40:20	<b>03:36:44</b>
62 (48)	HOFFMANN, Sigrid	1965	LG Westerwald	0:45:53	1:10:24	1:40:48	<b>03:37:05</b>
63 (45)	HEßLING, Lars	1977		0:45:08	1:10:53	1:41:12	<b>03:37:13</b>
64 (237)	KERKHOFF, Philipp	1980	Southside Cologne	0:46:12	1:11:16	1:40:18	<b>03:37:46</b>
65 (316)	SCHUMACHER, Hans Heinz	1954	BSG Delphi Draka	0:45:09	1:10:56	1:41:55	<b>03:38:00</b>
66 (156)	ARENS, Norbert	1963	Merlin-Runners	0:45:13	1:10:52	1:42:50	<b>03:38:55</b>
67 (192)	DUNGER, Eberhard	1951	LC Wuppertal	0:46:01	1:10:42	1:42:37	<b>03:39:20</b>
68 (1732)	CARL, Thomas	1973		0:47:16	1:10:25	1:41:44	<b>03:39:25</b>
69 (510)	HILLERINGMANN, Mark	1988	PV-Triathlon Witten	0:44:26	1:08:32	1:46:43	<b>03:39:41</b>
70 (1739)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:31	1:11:24	1:42:29	<b>03:40:24</b>
71 (1646)	EISELE, Mathias	1959	mach3 EV	0:44:28	1:10:16	1:45:43	<b>03:40:27</b>
72 (65)	KONRADI, Thomas	1959	Selbstläufer SV Altenahr	0:45:52	1:12:24	1:42:16	<b>03:40:32</b>
73 (1666)	RESCH, Kilian	1961	Troisdorfer LG	0:46:08	1:13:26	1:41:06	<b>03:40:40</b>
74 (516)	KOZYRSKA, Agnes	1972	Int. Athletic Club Düren/Eifel	0:47:52	1:11:59	1:41:32	<b>03:41:23</b>
75 (329)	STEINBERG, Daniel	1979		0:46:48	1:11:11	1:44:44	<b>03:42:43</b>
76 (519)	LUDWIG, Frank	1959		0:48:24	1:13:07	1:41:34	<b>03:43:05</b>
77 (181)	DAHM, Martin	1973		0:52:19	1:11:40	1:39:32	<b>03:43:31</b>
78 (36)	GRIMM, Torsten	1980		0:50:11	1:13:51	1:40:01	<b>03:44:03</b>
79 (508)	HELLMANN, Andreas	1978		0:46:59	1:14:10	1:43:18	<b>03:44:27</b>
80 (1610)	LÜCKERATH, Volker	1964	Hobbysport Robben	0:46:10	1:12:50	1:45:37	<b>03:44:37</b>
81 (1)	ADICK, Carolin	1983		0:47:25	1:14:15	1:43:22	<b>03:45:02</b>
82 (207)	FLOßBACH, Heinz	1967		0:47:32	1:14:24	1:43:17	<b>03:45:13</b>
83 (2358)	GRÖNER, Ole	1968		0:46:00	1:12:10	1:47:45	<b>03:45:55</b>
84 (1766)	EICHHOLZ, Tobias	1988		0:50:04	1:12:55	1:43:42	<b>03:46:41</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG OVERALL**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (292)	PLAZINSKI, Gerhard	1975		0:49:15	1:16:27	1:41:01	<b>03:46:43</b>
86 (515)	KÖPPE, Stefan	1985	1. FC Köln	0:48:28	1:12:37	1:46:24	<b>03:47:29</b>
87 (457)	ZUBER, Alexander	1986	Clüb Emmessen	0:48:11	1:14:01	1:45:21	<b>03:47:33</b>
88 (524)	MÜLLER, Ralf	1965	LSV Porz / Köln	0:47:28	1:12:46	1:47:34	<b>03:47:48</b>
89 (306)	SCHEURER, Thorsten	1980		0:46:37	1:14:14	1:47:29	<b>03:48:20</b>
90 (272)	METE, Nicole	1971	Mach 3 Köln e.V.	0:47:38	1:14:35	1:46:29	<b>03:48:42</b>
91 (119)	SCHNITZLER, Birgit	1984		0:48:02	1:14:29	1:46:23	<b>03:48:54</b>
92 (448)	RITTER, Daniela	1974	SV Hellas Siegburg	0:47:29	1:18:29	1:43:00	<b>03:48:58</b>
93 (1216)	CREMER, Jürgen	1962		0:46:06	1:15:24	1:47:48	<b>03:49:18</b>
94 (1718)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:47:58	1:14:46	1:46:55	<b>03:49:39</b>
95 (142)	URBAN, Alexandra	1981		0:48:04	1:15:16	1:46:27	<b>03:49:47</b>
96 (259)	KÜTTNER, Christiane	1967	Laufmonster	0:49:12	1:15:17	1:46:56	<b>03:51:25</b>
97 (1721)	STASCHIK, Lothar	1960		0:48:14	1:14:47	1:48:40	<b>03:51:41</b>
98 (1652)	SEELA, Sebastian	1979	DJK Marienstatt	0:49:23	1:15:46	1:47:23	<b>03:52:32</b>
99 (195)	ESSER, Stephanie	1989		0:49:04	1:15:32	1:48:02	<b>03:52:38</b>
100 (24)	FLOCK, Andreas	1987	Team Mokka	0:44:59	1:12:11	1:55:53	<b>03:53:03</b>
101 (421)	ZANGE, Gabi	1960	LSV Porz / Köln	0:49:18	1:15:42	1:48:03	<b>03:53:03</b>
102 (38)	GRUNDMANN, Horst	1957	Kölner Ausdauer- und Laufsc	0:47:19	1:16:07	1:49:55	<b>03:53:21</b>
103 (1223)	HAHN, Rolf	1961	BSG BML Bonn	0:47:34	1:10:43	1:55:10	<b>03:53:27</b>
104 (11)	BUSCHKAMP, Marc	1986	MACH3 Köln e.V.	0:43:48	1:17:07	1:52:50	<b>03:53:45</b>
105 (251)	KRÖHNERT, Katharina	1987	MACH3 Köln e.V.	0:47:37	1:14:50	1:52:51	<b>03:55:18</b>
106 (128)	SIEBERTZ, Miriam	1970	TV Forsbach	0:51:44	1:16:56	1:48:30	<b>03:57:10</b>
107 (432)	HOFFMANN, Norbert	1939	LG Westerwald	0:50:42	1:16:20	1:50:12	<b>03:57:14</b>
108 (450)	SCHMIDT, Jürgen	1959	SV Germania Dürwiß	0:50:35	1:19:01	1:47:44	<b>03:57:20</b>
109 (434)	KNAUT, Andreas	1986	Clüb Emmessen	0:50:16	1:16:09	1:51:06	<b>03:57:31</b>
110 (1745)	BÜSCHER, Anja	1985	TV Refrath	0:49:52	1:17:53	1:50:09	<b>03:57:54</b>
111 (1746)	HUPPERTZ, Christian	1968		0:49:53	1:17:53	1:50:09	<b>03:57:55</b>
112 (526)	PODZUS, Horst	1961		0:50:52	1:16:25	1:51:49	<b>03:59:06</b>
113 (176)	BROICH, Ralph	1970	Ford FCSD	0:50:17	1:19:05	1:50:12	<b>03:59:34</b>
114 (530)	SCHWIENHEER, Stephan	1967	Laufteam Sonderbusch	0:49:34	1:18:21	1:51:45	<b>03:59:40</b>
115 (165)	BINDER, Konstanze	1990	TV 1892 Mannheim-Friedric	0:51:51	1:18:32	1:50:52	<b>04:01:15</b>
116 (50)	HOFFMANN, Dirk	1969		0:50:33	1:18:26	1:52:44	<b>04:01:43</b>
117 (103)	REIMER, Antonia	1995	Team Erdinger Alkoholfrei	0:47:31	1:18:26	1:55:53	<b>04:01:50</b>
118 (3139)	BRODOWSKI, Günter	1960		0:49:29	1:20:34	1:52:29	<b>04:02:32</b>
119 (1710)	WOLFF, Mirja	1977	MACH3 Köln e.V.	0:51:30	1:14:39	1:56:29	<b>04:02:38</b>
120 (1224)	HAHN, Sylvia	1968	BSG BML Bonn	0:47:36	1:20:03	1:55:11	<b>04:02:50</b>
121 (118)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:50:53	1:19:21	1:53:15	<b>04:03:29</b>
122 (523)	MÖBUS, Vera	1967	LT Skinny Bergheim 02	0:52:29	1:19:46	1:51:18	<b>04:03:33</b>
123 (497)	BÖRSTE, Andreas	1972		0:50:39	1:19:22	1:53:56	<b>04:03:57</b>
124 (277)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:38	1:19:24	1:53:56	<b>04:03:58</b>
125 (1244)	LIGOCKI, Sabine	1986	Run4Pänz	0:52:45	1:21:46	1:50:28	<b>04:04:59</b>
126 (79)	LIGOCKI, Joachim	1958	run4pänz	0:52:45	1:21:46	1:50:29	<b>04:05:00</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG OVERALL**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (520)	MAASBÜLL, Frank	1969	Laufteam Sonderbusch	0:50:19	1:18:32	1:56:20	<b>04:05:11</b>
128 (263)	LENSING, Britta	1969		0:51:59	1:21:25	1:53:03	<b>04:06:27</b>
129 (189)	AUDEHM, Dr. Uwe	1960	Alfterer SC	0:52:01	1:21:25	1:53:04	<b>04:06:30</b>
130 (1740)	MORICK, Andreas	1967	know Jesus, know Life!	0:53:06	1:19:22	1:54:02	<b>04:06:30</b>
131 (336)	THIELE, Jonas	1984		0:52:02	1:18:14	1:56:31	<b>04:06:47</b>
132 (17)	EBERTH, Siegfried	1967		0:51:14	1:22:10	1:53:49	<b>04:07:13</b>
133 (3129)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:54:13	1:18:59	1:54:08	<b>04:07:20</b>
134 (227)	HOFFMANN, Nicole	1973	LT Saaler Mühle	0:52:38	1:21:19	1:53:36	<b>04:07:33</b>
135 (1632)	SCHLOEMER, Randolph	1971		0:53:44	1:21:03	1:52:58	<b>04:07:45</b>
136 (3131)	WANNING, Annalena	1987		0:51:56	1:21:54	1:54:32	<b>04:08:22</b>
137 (106)	ROSSO, Mario	1960		0:53:33	1:19:56	1:55:15	<b>04:08:44</b>
138 (1768)	TAUTZ, Stefanie	1987		0:50:04	1:22:33	1:56:29	<b>04:09:06</b>
139 (35)	GRIESEMANN, Georg	1974		0:52:39	1:18:13	1:58:44	<b>04:09:36</b>
140 (141)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:51:34	1:22:20	1:56:55	<b>04:10:49</b>
141 (4)	BECKMANN, Edith	1976		0:50:11	1:19:52	2:00:59	<b>04:11:02</b>
142 (1375)	HARTMANN, Hagen	1954	running blues	0:53:54	1:21:01	1:56:18	<b>04:11:13</b>
143 (53)	JACOBS, Jan Tim	1979	FWVK	0:55:08	1:20:12	1:56:28	<b>04:11:48</b>
144 (110)	SCHALLENBERG, Jörg	1968	KTT01	1:00:21	1:30:48	1:40:41	<b>04:11:50</b>
145 (499)	BUSCHMANN, Sabine	1973	LT-Alsdorf Ost	0:51:27	1:22:18	1:58:41	<b>04:12:26</b>
146 (271)	MEISTER, Uwe	1966	DAV Sektion Gummersbach	0:51:36	1:22:54	1:58:15	<b>04:12:45</b>
147 (430)	GROCHAU, Christian Alexand	1990		0:53:45	1:21:31	1:57:43	<b>04:12:59</b>
148 (303)	SAMARDZIC, Dino	1991		0:47:19	1:22:04	2:04:49	<b>04:14:12</b>
149 (529)	SCHALL, Manfred	1955		0:57:22	1:23:31	1:53:24	<b>04:14:17</b>
150 (144)	WALD, Ilona	1965	PSV Bonn Triathlon	0:53:38	1:23:34	1:58:21	<b>04:15:33</b>
151 (1725)	KIND, Verena	1982	Colinians Cologne	0:55:34	1:23:22	1:57:35	<b>04:16:31</b>
152 (525)	OGUZ, Svenja	1981	SPORTSHOP-TRIATHLON TE	0:52:18	1:22:09	2:02:33	<b>04:17:00</b>
153 (445)	PINNER, Thomas	1961	DJK Frankonia Porz	0:57:29	1:22:30	1:57:08	<b>04:17:07</b>
154 (276)	MOREL, Daniela	1972	Lauffieber	1:00:15	1:22:25	1:54:42	<b>04:17:22</b>
155 (249)	KOZIK, Eren	1976	SEOPT Road Runners	0:51:58	1:21:23	2:04:03	<b>04:17:24</b>
156 (67)	KOSBOW, Michael	1973		0:55:06	1:24:30	1:59:01	<b>04:18:37</b>
157 (158)	BEHNECKE, Marcus	1969	TV Frisch Auf Lennep	0:52:51	1:23:30	2:03:08	<b>04:19:29</b>
158 (417)	WOLLENWEBER, Uwe	1962	LSV Porz/Köln	0:54:27	1:25:17	2:00:28	<b>04:20:12</b>
159 (139)	TWELLMEYER, Thomas	1984		1:08:29	1:19:28	1:52:28	<b>04:20:25</b>
160 (131)	SPIEGEL, Rosemarie	1958	DJK Frankonia Porz	0:57:28	1:23:21	2:00:36	<b>04:21:25</b>
161 (2)	BACKS, Olivier	1967	SG Stern	0:53:52	1:25:44	2:04:13	<b>04:23:49</b>
162 (20)	ETGETON, Dirk	1968		0:56:16	1:26:06	2:02:11	<b>04:24:33</b>
163 (86)	MEINARDUS-LOGEMANN, Bä	1959	Röntgensportclub Remschei	0:55:32	1:25:13	2:04:14	<b>04:24:59</b>
164 (1634)	STEINKE, Gerhard	1942		0:56:25	1:26:55	2:02:06	<b>04:25:26</b>
165 (108)	SABEL, Frank	1967		0:55:02	1:26:38	2:03:56	<b>04:25:36</b>
166 (120)	SCHÖCKEL, Claudia	1970		0:55:02	1:26:38	2:03:56	<b>04:25:36</b>
167 (64)	KOCH, Simone	1966		0:56:06	1:27:03	2:04:00	<b>04:27:09</b>
168 (54)	KARLA, Ulrich	1982		0:52:26	1:30:03	2:04:41	<b>04:27:10</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG OVERALL**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>169</b> (502)	CONRADY, Nadine	1976		0:54:55	1:30:59	2:01:32	<b>04:27:26</b>
<b>170</b> (1274)	WAUBEN, Annett	1969	Schleichende Hühner	0:55:03	1:25:43	2:07:54	<b>04:28:40</b>
<b>171</b> (10)	BRUNS, Daniel	1981		0:53:59	1:27:46	2:07:51	<b>04:29:36</b>
<b>172</b> (27)	GEPPERT, Dietmar	1967		0:56:55	1:28:37	2:04:45	<b>04:30:17</b>
<b>173</b> (109)	SALLER, Nina	1980	CfWP	0:54:41	1:26:26	2:09:17	<b>04:30:24</b>
<b>174</b> (323)	SELLMANN, Nina	1987		0:54:58	1:26:26	2:09:16	<b>04:30:40</b>
<b>175</b> (347)	WILBERT, Sylvia	1961	Vaselino Quattro	0:56:21	1:31:21	2:03:18	<b>04:31:00</b>
<b>176</b> (2374)	BOXBERG, Peter	1959		0:56:51	1:27:49	2:07:36	<b>04:32:16</b>
<b>177</b> (241)	KIESE, Dirk	1972	DJK Marienstatt	0:56:31	1:30:18	2:05:52	<b>04:32:41</b>
<b>178</b> (1230)	ISHITA, Mayumi	1974		0:58:06	1:29:59	2:05:08	<b>04:33:13</b>
<b>179</b> (1753)	RIEGER, Herbert	1966		0:53:53	1:26:05	2:14:24	<b>04:34:22</b>
<b>180</b> (342)	WAGNER, Helmut	1956		0:56:59	1:29:37	2:07:53	<b>04:34:29</b>
<b>181</b> (349)	WURDA, Werner	1960	Diabetes Programm Deutsch	0:55:16	1:30:57	2:10:06	<b>04:36:19</b>
<b>182</b> (1217)	EICHERT, Christian	1959	GoManGo	0:56:02	1:29:04	2:11:17	<b>04:36:23</b>
<b>183</b> (2408)	KAPPE, Dietmar	1959	RSF Uganda Waragi	0:56:11	1:29:50	2:10:55	<b>04:36:56</b>
<b>184</b> (320)	SEEGBRECHT-KEITEL, Susan	1985		0:57:06	1:30:43	2:09:07	<b>04:36:56</b>
<b>185</b> (2349)	PILLE, Heike	1970	Hobbysportrobber	0:59:20	1:30:20	2:08:35	<b>04:38:15</b>
<b>186</b> (310)	SCHMITT, Jürgen	1963		0:58:37	1:30:32	2:09:24	<b>04:38:33</b>
<b>187</b> (1249)	METZMACHER, Marc	1974		0:53:55	1:31:10	2:13:47	<b>04:38:52</b>
<b>188</b> (531)	STING, Daniela	1972	VfL Wehbach	0:57:11	1:33:15	2:08:35	<b>04:39:01</b>
<b>189</b> (194)	ESPENDILLER, Frank	1973	Team Merheim	1:00:34	1:36:41	2:01:47	<b>04:39:02</b>
<b>190</b> (1724)	KIND, Friedhelm	1952		0:56:44	1:33:48	2:10:20	<b>04:40:52</b>
<b>191</b> (47)	HLUSIAK, Ramona	1986		0:58:16	1:30:11	2:12:49	<b>04:41:16</b>
<b>192</b> (2227)	GROHMANN, Ralf	1954	VTC Köln	0:56:45	1:29:30	2:17:06	<b>04:43:21</b>
<b>193</b> (275)	MISCHKE, Gerhard	1959	Vaselino Quattro	0:59:46	1:31:00	2:13:42	<b>04:44:28</b>
<b>194</b> (504)	GROCHAU, Ursula	1962		1:01:14	1:34:12	2:09:43	<b>04:45:09</b>
<b>195</b> (505)	GROCHAU, Karl-Heinz	1958		1:01:13	1:34:13	2:09:44	<b>04:45:10</b>
<b>196</b> (203)	FISCHER, Roman	1982		1:00:18	1:30:22	2:14:49	<b>04:45:29</b>
<b>197</b> (235)	JÜNGST, Barbara	1954	Siegen	1:01:32	1:34:35	2:18:16	<b>04:54:23</b>
<b>198</b> (313)	SCHROEDER-KOPP, Johann-P	1961	DJK-SV Mitteleschenbach	1:05:37	1:41:22	2:08:30	<b>04:55:29</b>
<b>199</b> (268)	MARKUS, Ferdinand	1959	BSG Airflow	0:59:46	1:38:25	2:23:11	<b>05:01:22</b>
<b>200</b> (285)	OSTERODE, Maik	1979	Läufers?!	1:02:58	1:46:01	2:15:52	<b>05:04:51</b>





## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH GESCHLECHT**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>WEIBLICH</b>							
<b>1</b> (1260)	SCHNEIDER, Silke	1976	Bunert - Der Siegburger Lauf	0:40:55	1:01:53	1:28:11	<b>03:10:59</b>
<b>2</b> (456)	ZOLL, Daniela	1981	LG Gummersbach	0:41:24	1:08:35	1:32:52	<b>03:22:51</b>
<b>3</b> (528)	SACHS, Sandra	1970	SV Hellas Siegburg	0:45:19	1:09:58	1:38:31	<b>03:33:48</b>
<b>4</b> (117)	SCHNEIDER, Heide	1969	LAZ-Puma Rhein-Sieg	0:45:10	1:10:59	1:38:37	<b>03:34:46</b>
<b>5</b> (48)	HOFFMANN, Sigrid	1965	LG Westerwald	0:45:53	1:10:24	1:40:48	<b>03:37:05</b>
<b>6</b> (516)	KOZYRSKA, Agnes	1972	Int. Athletic Club Düren/Eifel	0:47:52	1:11:59	1:41:32	<b>03:41:23</b>
<b>7</b> (1)	ADICK, Carolin	1983		0:47:25	1:14:15	1:43:22	<b>03:45:02</b>
<b>8</b> (272)	METE, Nicole	1971	Mach 3 Köln e.V.	0:47:38	1:14:35	1:46:29	<b>03:48:42</b>
<b>9</b> (119)	SCHNITZLER, Birgit	1984		0:48:02	1:14:29	1:46:23	<b>03:48:54</b>
<b>10</b> (448)	RITTER, Daniela	1974	SV Hellas Siegburg	0:47:29	1:18:29	1:43:00	<b>03:48:58</b>
<b>11</b> (1718)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:47:58	1:14:46	1:46:55	<b>03:49:39</b>
<b>12</b> (142)	URBAN, Alexandra	1981		0:48:04	1:15:16	1:46:27	<b>03:49:47</b>
<b>13</b> (259)	KÜTTNER, Christiane	1967	Laufmonster	0:49:12	1:15:17	1:46:56	<b>03:51:25</b>
<b>14</b> (195)	ESSER, Stephanie	1989		0:49:04	1:15:32	1:48:02	<b>03:52:38</b>
<b>15</b> (421)	ZANGE, Gabi	1960	LSV Porz / Köln	0:49:18	1:15:42	1:48:03	<b>03:53:03</b>
<b>16</b> (251)	KRÖHNERT, Katharina	1987	MACH3 Köln e.V.	0:47:37	1:14:50	1:52:51	<b>03:55:18</b>
<b>17</b> (128)	SIEBERTZ, Miriam	1970	TV Forsbach	0:51:44	1:16:56	1:48:30	<b>03:57:10</b>
<b>18</b> (1745)	BÜSCHER, Anja	1985	TV Refrath	0:49:52	1:17:53	1:50:09	<b>03:57:54</b>
<b>19</b> (165)	BINDER, Konstanze	1990	TV 1892 Mannheim-Friedric	0:51:51	1:18:32	1:50:52	<b>04:01:15</b>
<b>20</b> (103)	REIMER, Antonia	1995	Team Erdinger Alkoholfrei	0:47:31	1:18:26	1:55:53	<b>04:01:50</b>
<b>21</b> (1710)	WOLFF, Mirja	1977	MACH3 Köln e.V.	0:51:30	1:14:39	1:56:29	<b>04:02:38</b>
<b>22</b> (1224)	HAHN, Sylvia	1968	BSG BML Bonn	0:47:36	1:20:03	1:55:11	<b>04:02:50</b>
<b>23</b> (523)	MÖBUS, Vera	1967	LT Skinny Bergheim 02	0:52:29	1:19:46	1:51:18	<b>04:03:33</b>
<b>24</b> (1244)	LIGOCKI, Sabine	1986	Run4Pänz	0:52:45	1:21:46	1:50:28	<b>04:04:59</b>
<b>25</b> (263)	LENSING, Britta	1969		0:51:59	1:21:25	1:53:03	<b>04:06:27</b>
<b>26</b> (3129)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:54:13	1:18:59	1:54:08	<b>04:07:20</b>
<b>27</b> (227)	HOFFMANN, Nicole	1973	LT Saaler Mühle	0:52:38	1:21:19	1:53:36	<b>04:07:33</b>
<b>28</b> (3131)	WANNING, Annalena	1987		0:51:56	1:21:54	1:54:32	<b>04:08:22</b>
<b>29</b> (1768)	TAUTZ, Stefanie	1987		0:50:04	1:22:33	1:56:29	<b>04:09:06</b>
<b>30</b> (4)	BECKMANN, Edith	1976		0:50:11	1:19:52	2:00:59	<b>04:11:02</b>
<b>31</b> (499)	BUSCHMANN, Sabine	1973	LT-Alsdorf Ost	0:51:27	1:22:18	1:58:41	<b>04:12:26</b>
<b>32</b> (144)	WALD, Ilona	1965	PSV Bonn Triathlon	0:53:38	1:23:34	1:58:21	<b>04:15:33</b>
<b>33</b> (1725)	KIND, Verena	1982	Colinians Cologne	0:55:34	1:23:22	1:57:35	<b>04:16:31</b>
<b>34</b> (525)	OGUZ, Svenja	1981	SPORTSHOP-TRIATHLON TE	0:52:18	1:22:09	2:02:33	<b>04:17:00</b>
<b>35</b> (276)	MOREL, Daniela	1972	Lauffieber	1:00:15	1:22:25	1:54:42	<b>04:17:22</b>
<b>36</b> (131)	SPIEGEL, Rosemarie	1958	DJK Frankonia Porz	0:57:28	1:23:21	2:00:36	<b>04:21:25</b>
<b>37</b> (86)	MEINARDUS-LOGEMANN, Bä	1959	Röntgensportclub Remschei	0:55:32	1:25:13	2:04:14	<b>04:24:59</b>
<b>38</b> (120)	SCHÖCKEL, Claudia	1970		0:55:02	1:26:38	2:03:56	<b>04:25:36</b>
<b>39</b> (64)	KOCH, Simone	1966		0:56:06	1:27:03	2:04:00	<b>04:27:09</b>
<b>40</b> (502)	CONRADY, Nadine	1976		0:54:55	1:30:59	2:01:32	<b>04:27:26</b>
<b>41</b> (1274)	WAUBEN, Annett	1969	Schleichende Hühner	0:55:03	1:25:43	2:07:54	<b>04:28:40</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM)** GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>WEIBLICH</b>							
<b>42</b> (109)	SALLER, Nina	1980	CfWP	0:54:41	1:26:26	2:09:17	<b>04:30:24</b>
<b>43</b> (323)	SELLMANN, Nina	1987		0:54:58	1:26:26	2:09:16	<b>04:30:40</b>
<b>44</b> (347)	WILBERT, Sylvia	1961	Vaselino Quattro	0:56:21	1:31:21	2:03:18	<b>04:31:00</b>
<b>45</b> (1230)	ISHITA, Mayumi	1974		0:58:06	1:29:59	2:05:08	<b>04:33:13</b>
<b>46</b> (320)	SEEGBRECHT-KEITEL, Susan	1985		0:57:06	1:30:43	2:09:07	<b>04:36:56</b>
<b>47</b> (2349)	PILLE, Heike	1970	Hobbysportrobber	0:59:20	1:30:20	2:08:35	<b>04:38:15</b>
<b>48</b> (531)	STING, Daniela	1972	VfL Wehbach	0:57:11	1:33:15	2:08:35	<b>04:39:01</b>
<b>49</b> (47)	HLUSIAK, Ramona	1986		0:58:16	1:30:11	2:12:49	<b>04:41:16</b>
<b>50</b> (504)	GROCHAU, Ursula	1962		1:01:14	1:34:12	2:09:43	<b>04:45:09</b>
<b>51</b> (235)	JÜNGST, Barbara	1954	Siegen	1:01:32	1:34:35	2:18:16	<b>04:54:23</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH GESCHLECHT**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
<b>1</b> (346)	WILBERFORCE, Gary	1986	Bunert - Der Siegburger Lauf	0:33:10	0:53:28	1:19:15	<b>02:45:53</b>
<b>2</b> (175)	BREUER, Laurids	1993	FortRunners Köln	0:35:32	0:56:00	1:19:42	<b>02:51:14</b>
<b>3</b> (1764)	NETT, Markus	1984	PSV Bonn Triathlon	0:36:41	0:56:46	1:18:45	<b>02:52:12</b>
<b>4</b> (444)	NEUMANN, Frank	1967		0:37:29	0:58:12	1:21:56	<b>02:57:37</b>
<b>5</b> (1688)	GÜNDÜZ, Deniz	1974	25 MINUTES	0:37:53	0:59:11	1:21:45	<b>02:58:49</b>
<b>6</b> (506)	HEIL, Dietmar	1968	1. FC Quadrath-Ichendorf	0:37:49	0:59:17	1:22:49	<b>02:59:55</b>
<b>7</b> (1394)	MÜHLENSTÄDT, Gunnar	1973	Mach3 Köln	0:38:26	0:59:09	1:22:56	<b>03:00:31</b>
<b>8</b> (87)	MERTESACKER, Andreas	1990	RHEX-Team	0:38:31	0:58:51	1:23:20	<b>03:00:42</b>
<b>9</b> (426)	BRINKMANN, Thorsten	1972	Ski-Club Beckum	0:37:37	0:58:58	1:25:31	<b>03:02:06</b>
<b>10</b> (501)	CONDON, Liam	1968	TV Refrath	0:38:18	1:00:32	1:24:04	<b>03:02:54</b>
<b>11</b> (511)	HOLTHAUSEN, Manfred	1968	SSF Bonn Triathlon	0:38:44	1:00:18	1:26:07	<b>03:05:09</b>
<b>12</b> (522)	MARCHLEWSKI, Nico	1969	LT Siebengebirge	0:39:27	1:00:48	1:26:50	<b>03:07:05</b>
<b>13</b> (229)	HOUSCHT, Martin Peter	1965	Finisher Club	0:39:03	1:01:03	1:27:20	<b>03:07:26</b>
<b>14</b> (527)	RÖSLER, Denis	1970	25MINUTES Köln	0:40:04	1:01:02	1:27:22	<b>03:08:28</b>
<b>15</b> (179)	CHRISTEN, Peter	1964	Feuerwehr Köln	0:40:29	1:01:28	1:27:27	<b>03:09:24</b>
<b>16</b> (2366)	SCHMÄHLING, Frank	1970	SV Hellas Siegburg	0:40:41	1:03:08	1:26:04	<b>03:09:53</b>
<b>17</b> (439)	MAUTER, Jörg	1965	Wiehlaler LC	0:40:06	1:01:40	1:28:17	<b>03:10:03</b>
<b>18</b> (1229)	HOPPE, Sebastian	1983	SV Blau-Weiss Bochum	0:40:56	1:01:46	1:27:39	<b>03:10:21</b>
<b>19</b> (1736)	LAST, Christoph	1977	TSG Velbert	0:41:32	1:02:33	1:27:07	<b>03:11:12</b>
<b>20</b> (2302)	STEBER, Roland	1972	LV Oelde	0:40:04	1:04:31	1:26:54	<b>03:11:29</b>
<b>21</b> (1785)	MERKEL, Eiken	1980	Mach3 Köln	0:40:15	1:02:43	1:28:56	<b>03:11:54</b>
<b>22</b> (496)	BLÖCKER, Thomas	1962	Meckenheim	0:40:38	1:01:54	1:29:37	<b>03:12:09</b>
<b>23</b> (451)	SCHWANKE, Marco	1980		0:40:13	1:01:28	1:30:46	<b>03:12:27</b>
<b>24</b> (507)	HELLEBUSCH, Timo	1980	25MINUTES Köln	0:42:07	1:03:54	1:29:10	<b>03:15:11</b>
<b>25</b> (441)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:12	1:04:38	1:30:34	<b>03:16:24</b>
<b>26</b> (1220)	FRANZ, Einiko	1975	Laufftreff 1. FC Spich	0:41:16	1:03:59	1:31:50	<b>03:17:05</b>
<b>27</b> (239)	KEUSER, Thorsten	1982	S.O.A Runner	0:40:12	1:01:44	1:36:36	<b>03:18:32</b>
<b>28</b> (255)	KULLE, Marcus	1972	SV AXA	0:40:38	1:07:00	1:31:53	<b>03:19:31</b>
<b>29</b> (1234)	KELOUDIS, Georgios	1969	LG Gummersbach	0:41:04	1:05:54	1:32:48	<b>03:19:46</b>
<b>30</b> (155)	ALTMANN, Markus	1982	Run Squad CGN	0:42:24	1:06:41	1:33:29	<b>03:22:34</b>
<b>31</b> (452)	SCHWENDT, Horst	1968	LC Weilerswist Team Leckst	0:43:45	1:05:18	1:34:19	<b>03:23:22</b>
<b>32</b> (1633)	SCHLOEMER, Stefan	1966	KTT 01	0:42:13	1:06:04	1:35:57	<b>03:24:14</b>
<b>33</b> (102)	RAUTENBERG, Stefan	1967	Rauti	0:43:12	1:06:21	1:35:43	<b>03:25:16</b>
<b>34</b> (503)	DREESBACH, Dirk	1968	LC Weilerswist	0:46:49	1:05:21	1:33:13	<b>03:25:23</b>
<b>35</b> (437)	MANTHEI, Christian	1962	ERGO sports Köln	0:43:13	1:06:58	1:35:29	<b>03:25:40</b>
<b>36</b> (266)	LÜBBERT, Mark	1979		0:43:55	1:07:21	1:34:33	<b>03:25:49</b>
<b>37</b> (28)	GERSTNER, Jean-Marc	1978		0:43:04	1:07:32	1:36:32	<b>03:27:08</b>
<b>38</b> (147)	WITT, Andreas	1977	RTC Frechen 80	0:43:45	1:06:22	1:37:45	<b>03:27:52</b>
<b>39</b> (374)	HINTZSCHE, Dr. Ekki	1963	Ostseebad Kühlungsborn	0:42:45	1:07:15	1:38:02	<b>03:28:02</b>
<b>40</b> (378)	JOCHHEIM, Sebastian	1981		0:44:41	1:08:12	1:35:38	<b>03:28:31</b>
<b>41</b> (29)	GEURTS, Koen	1981		0:43:59	1:07:05	1:38:09	<b>03:29:13</b>





## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH GESCHLECHT**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
42 (455)	THEIS, Frank	1964	Blue-White Dynamite	0:43:15	1:07:29	1:39:23	<b>03:30:07</b>
43 (532)	STING, Michael	1968	VfL Wehbach	0:44:18	1:09:24	1:36:34	<b>03:30:16</b>
44 (224)	HIRSCHFELD, Sascha	1980	LG Heckelsiefen	0:44:58	1:09:55	1:35:27	<b>03:30:20</b>
45 (297)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:10:17	1:38:31	<b>03:30:44</b>
46 (39)	GUTH, Karl	1969	LifeParkMax e.V. Ingolstadt	0:44:52	1:08:55	1:37:43	<b>03:31:30</b>
47 (101)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:44:42	1:09:12	1:37:50	<b>03:31:44</b>
48 (1231)	JAKOB, Michael	1968	Team Radon	0:42:27	1:07:55	1:41:26	<b>03:31:48</b>
49 (1309)	GROß, Michael	1966	SV Bergisch Gladbach	0:45:14	1:07:51	1:38:44	<b>03:31:49</b>
50 (1674)	STROH, Sizzo	1984	SSF Bonn Triathlon	0:43:41	1:08:34	1:39:53	<b>03:32:08</b>
51 (1700)	BOTTI, Jörg	1970		0:45:27	1:08:37	1:38:48	<b>03:32:52</b>
52 (200)	FINDEISEN, Michael	1980		0:46:25	1:11:16	1:35:50	<b>03:33:31</b>
53 (197)	FABIAN, Steffen	1965	MACH3 Köln e.V.	0:40:15	1:12:03	1:42:26	<b>03:34:44</b>
54 (1707)	MORILLAS, Antonio	1966		0:45:23	1:10:50	1:39:01	<b>03:35:14</b>
55 (423)	ANDERS, Lars	1976		0:46:10	1:10:33	1:39:05	<b>03:35:48</b>
56 (1779)	KUTHE, Thorsten	1972		0:45:07	1:08:55	1:42:39	<b>03:36:41</b>
57 (1622)	CELEBIJA, Drazen	1968	Barbariga	0:45:43	1:10:41	1:40:20	<b>03:36:44</b>
58 (45)	HEßLING, Lars	1977		0:45:08	1:10:53	1:41:12	<b>03:37:13</b>
59 (237)	KERKHOFF, Philipp	1980	Southside Cologne	0:46:12	1:11:16	1:40:18	<b>03:37:46</b>
60 (316)	SCHUMACHER, Hans Heinz	1954	BSG Delphi Draka	0:45:09	1:10:56	1:41:55	<b>03:38:00</b>
61 (156)	ARENS, Norbert	1963	Merlin-Runners	0:45:13	1:10:52	1:42:50	<b>03:38:55</b>
62 (192)	DUNGER, Eberhard	1951	LC Wuppertal	0:46:01	1:10:42	1:42:37	<b>03:39:20</b>
63 (1732)	CARL, Thomas	1973		0:47:16	1:10:25	1:41:44	<b>03:39:25</b>
64 (510)	HILLERINGMANN, Mark	1988	PV-Triathlon Witten	0:44:26	1:08:32	1:46:43	<b>03:39:41</b>
65 (1739)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:31	1:11:24	1:42:29	<b>03:40:24</b>
66 (1646)	EISELE, Mathias	1959	mach3 EV	0:44:28	1:10:16	1:45:43	<b>03:40:27</b>
67 (65)	KONRADI, Thomas	1959	Selbstläufer SV Altenahr	0:45:52	1:12:24	1:42:16	<b>03:40:32</b>
68 (1666)	RESCH, Kilian	1961	Troisdorfer LG	0:46:08	1:13:26	1:41:06	<b>03:40:40</b>
69 (329)	STEINBERG, Daniel	1979		0:46:48	1:11:11	1:44:44	<b>03:42:43</b>
70 (519)	LUDWIG, Frank	1959		0:48:24	1:13:07	1:41:34	<b>03:43:05</b>
71 (181)	DAHM, Martin	1973		0:52:19	1:11:40	1:39:32	<b>03:43:31</b>
72 (36)	GRIMM, Torsten	1980		0:50:11	1:13:51	1:40:01	<b>03:44:03</b>
73 (508)	HELLMANN, Andreas	1978		0:46:59	1:14:10	1:43:18	<b>03:44:27</b>
74 (1610)	LÜCKERATH, Volker	1964	Hobbysport Robben	0:46:10	1:12:50	1:45:37	<b>03:44:37</b>
75 (207)	FLOßBACH, Heinz	1967		0:47:32	1:14:24	1:43:17	<b>03:45:13</b>
76 (2358)	GRÖNER, Ole	1968		0:46:00	1:12:10	1:47:45	<b>03:45:55</b>
77 (1766)	EICHHOLZ, Tobias	1988		0:50:04	1:12:55	1:43:42	<b>03:46:41</b>
78 (292)	PLAZINSKI, Gerhard	1975		0:49:15	1:16:27	1:41:01	<b>03:46:43</b>
79 (515)	KÖPPE, Stefan	1985	1. FC Köln	0:48:28	1:12:37	1:46:24	<b>03:47:29</b>
80 (457)	ZUBER, Alexander	1986	Clüb Emmessen	0:48:11	1:14:01	1:45:21	<b>03:47:33</b>
81 (524)	MÜLLER, Ralf	1965	LSV Porz / Köln	0:47:28	1:12:46	1:47:34	<b>03:47:48</b>
82 (306)	SCHEURER, Thorsten	1980		0:46:37	1:14:14	1:47:29	<b>03:48:20</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH GESCHLECHT**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
83 (1216)	CREMER, Jürgen	1962		0:46:06	1:15:24	1:47:48	<b>03:49:18</b>
84 (1721)	STASCHIK, Lothar	1960		0:48:14	1:14:47	1:48:40	<b>03:51:41</b>
85 (1652)	SEELA, Sebastian	1979	DJK Marienstatt	0:49:23	1:15:46	1:47:23	<b>03:52:32</b>
86 (24)	FLOCK, Andreas	1987	Team Mokka	0:44:59	1:12:11	1:55:53	<b>03:53:03</b>
87 (38)	GRUNDMANN, Horst	1957	Kölner Ausdauer- und Laufsc	0:47:19	1:16:07	1:49:55	<b>03:53:21</b>
88 (1223)	HAHN, Rolf	1961	BSG BML Bonn	0:47:34	1:10:43	1:55:10	<b>03:53:27</b>
89 (11)	BUSCHKAMP, Marc	1986	MACH3 Köln e.V.	0:43:48	1:17:07	1:52:50	<b>03:53:45</b>
90 (432)	HOFFMANN, Norbert	1939	LG Westerwald	0:50:42	1:16:20	1:50:12	<b>03:57:14</b>
91 (450)	SCHMIDT, Jürgen	1959	SV Germania Dürwiß	0:50:35	1:19:01	1:47:44	<b>03:57:20</b>
92 (434)	KNAUT, Andreas	1986	Clüb Emmessen	0:50:16	1:16:09	1:51:06	<b>03:57:31</b>
93 (1746)	HUPPERTZ, Christian	1968		0:49:53	1:17:53	1:50:09	<b>03:57:55</b>
94 (526)	PODZUS, Horst	1961		0:50:52	1:16:25	1:51:49	<b>03:59:06</b>
95 (176)	BROICH, Ralph	1970	Ford FCSD	0:50:17	1:19:05	1:50:12	<b>03:59:34</b>
96 (530)	SCHWIENHEER, Stephan	1967	Laufteam Sonderbusch	0:49:34	1:18:21	1:51:45	<b>03:59:40</b>
97 (50)	HOFFMANN, Dirk	1969		0:50:33	1:18:26	1:52:44	<b>04:01:43</b>
98 (3139)	BRODOWSKI, Günter	1960		0:49:29	1:20:34	1:52:29	<b>04:02:32</b>
99 (118)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:50:53	1:19:21	1:53:15	<b>04:03:29</b>
100 (497)	BÖRSTE, Andreas	1972		0:50:39	1:19:22	1:53:56	<b>04:03:57</b>
101 (277)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:38	1:19:24	1:53:56	<b>04:03:58</b>
102 (79)	LIGOCKI, Joachim	1958	run4pänz	0:52:45	1:21:46	1:50:29	<b>04:05:00</b>
103 (520)	MAASBÜLL, Frank	1969	Laufteam Sonderbusch	0:50:19	1:18:32	1:56:20	<b>04:05:11</b>
104 (189)	AUDEHM, Dr. Uwe	1960	Alfterer SC	0:52:01	1:21:25	1:53:04	<b>04:06:30</b>
105 (1740)	MORICK, Andreas	1967	know Jesus, know Life!	0:53:06	1:19:22	1:54:02	<b>04:06:30</b>
106 (336)	THIELE, Jonas	1984		0:52:02	1:18:14	1:56:31	<b>04:06:47</b>
107 (17)	EBERTH, Siegfried	1967		0:51:14	1:22:10	1:53:49	<b>04:07:13</b>
108 (1632)	SCHLOEMER, Randolf	1971		0:53:44	1:21:03	1:52:58	<b>04:07:45</b>
109 (106)	ROSSO, Mario	1960		0:53:33	1:19:56	1:55:15	<b>04:08:44</b>
110 (35)	GRIESEMANN, Georg	1974		0:52:39	1:18:13	1:58:44	<b>04:09:36</b>
111 (141)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:51:34	1:22:20	1:56:55	<b>04:10:49</b>
112 (1375)	HARTMANN, Hagen	1954	running blues	0:53:54	1:21:01	1:56:18	<b>04:11:13</b>
113 (53)	JACOBS, Jan Tim	1979	FWVK	0:55:08	1:20:12	1:56:28	<b>04:11:48</b>
114 (110)	SCHALLENBERG, Jörg	1968	KTT01	1:00:21	1:30:48	1:40:41	<b>04:11:50</b>
115 (271)	MEISTER, Uwe	1966	DAV Sektion Gummersbach	0:51:36	1:22:54	1:58:15	<b>04:12:45</b>
116 (430)	GROCHAU, Christian Alexand	1990		0:53:45	1:21:31	1:57:43	<b>04:12:59</b>
117 (303)	SAMARDZIC, Dino	1991		0:47:19	1:22:04	2:04:49	<b>04:14:12</b>
118 (529)	SCHALL, Manfred	1955		0:57:22	1:23:31	1:53:24	<b>04:14:17</b>
119 (445)	PINNER, Thomas	1961	DJK Frankonia Porz	0:57:29	1:22:30	1:57:08	<b>04:17:07</b>
120 (249)	KOZIK, Eren	1976	SEOPT Road Runners	0:51:58	1:21:23	2:04:03	<b>04:17:24</b>
121 (67)	KOSBOW, Michael	1973		0:55:06	1:24:30	1:59:01	<b>04:18:37</b>
122 (158)	BEHNECKE, Marcus	1969	TV Frisch Auf Lennep	0:52:51	1:23:30	2:03:08	<b>04:19:29</b>
123 (417)	WOLLENWEBER, Uwe	1962	LSV Porz/Köln	0:54:27	1:25:17	2:00:28	<b>04:20:12</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM)** GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
<b>124</b>	(139) TWELLMEYER, Thomas	1984		1:08:29	1:19:28	1:52:28	<b>04:20:25</b>
<b>125</b>	(2) BACKS, Olivier	1967	SG Stern	0:53:52	1:25:44	2:04:13	<b>04:23:49</b>
<b>126</b>	(20) ETGETON, Dirk	1968		0:56:16	1:26:06	2:02:11	<b>04:24:33</b>
<b>127</b>	(1634) STEINKE, Gerhard	1942		0:56:25	1:26:55	2:02:06	<b>04:25:26</b>
<b>128</b>	(108) SABEL, Frank	1967		0:55:02	1:26:38	2:03:56	<b>04:25:36</b>
<b>129</b>	(54) KARLA, Ulrich	1982		0:52:26	1:30:03	2:04:41	<b>04:27:10</b>
<b>130</b>	(10) BRUNS, Daniel	1981		0:53:59	1:27:46	2:07:51	<b>04:29:36</b>
<b>131</b>	(27) GEPPERT, Dietmar	1967		0:56:55	1:28:37	2:04:45	<b>04:30:17</b>
<b>132</b>	(2374) BOXBERG, Peter	1959		0:56:51	1:27:49	2:07:36	<b>04:32:16</b>
<b>133</b>	(241) KIESE, Dirk	1972	DJK Marienstatt	0:56:31	1:30:18	2:05:52	<b>04:32:41</b>
<b>134</b>	(1753) RIEGER, Herbert	1966		0:53:53	1:26:05	2:14:24	<b>04:34:22</b>
<b>135</b>	(342) WAGNER, Helmut	1956		0:56:59	1:29:37	2:07:53	<b>04:34:29</b>
<b>136</b>	(349) WURDA, Werner	1960	Diabetes Programm Deutsch	0:55:16	1:30:57	2:10:06	<b>04:36:19</b>
<b>137</b>	(1217) EICHERT, Christian	1959	GoManGo	0:56:02	1:29:04	2:11:17	<b>04:36:23</b>
<b>138</b>	(2408) KAPPE, Dietmar	1959	RSF Uganda Waragi	0:56:11	1:29:50	2:10:55	<b>04:36:56</b>
<b>139</b>	(310) SCHMITT, Jürgen	1963		0:58:37	1:30:32	2:09:24	<b>04:38:33</b>
<b>140</b>	(1249) METZMACHER, Marc	1974		0:53:55	1:31:10	2:13:47	<b>04:38:52</b>
<b>141</b>	(194) ESPENDILLER, Frank	1973	Team Merheim	1:00:34	1:36:41	2:01:47	<b>04:39:02</b>
<b>142</b>	(1724) KIND, Friedhelm	1952		0:56:44	1:33:48	2:10:20	<b>04:40:52</b>
<b>143</b>	(2227) GROHMANN, Ralf	1954	VTC Köln	0:56:45	1:29:30	2:17:06	<b>04:43:21</b>
<b>144</b>	(275) MISCHKE, Gerhard	1959	Vaselino Quattro	0:59:46	1:31:00	2:13:42	<b>04:44:28</b>
<b>145</b>	(505) GROCHAU, Karl-Heinz	1958		1:01:13	1:34:13	2:09:44	<b>04:45:10</b>
<b>146</b>	(203) FISCHER, Roman	1982		1:00:18	1:30:22	2:14:49	<b>04:45:29</b>
<b>147</b>	(313) SCHROEDER-KOPP, Johann-P	1961	DJK-SV Mitteleschenbach	1:05:37	1:41:22	2:08:30	<b>04:55:29</b>
<b>148</b>	(268) MARKUS, Ferdinand	1959	BSG Airflow	0:59:46	1:38:25	2:23:11	<b>05:01:22</b>
<b>149</b>	(285) OSTERODE, Maik	1979	Läufers?!	1:02:58	1:46:01	2:15:52	<b>05:04:51</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNER</b>							
1 (175)	BREUER, Laurids	1993	FortRunners Köln	0:35:32	0:56:00	1:19:42	<b>02:51:14</b>
2 (87)	MERTESACKER, Andreas	1990	RHEX-Team	0:38:31	0:58:51	1:23:20	<b>03:00:42</b>
3 (510)	HILLERINGMANN, Mark	1988	PV-Triathlon Witten	0:44:26	1:08:32	1:46:43	<b>03:39:41</b>
4 (1766)	EICHHOLZ, Tobias	1988		0:50:04	1:12:55	1:43:42	<b>03:46:41</b>
5 (24)	FLOCK, Andreas	1987	Team Mokka	0:44:59	1:12:11	1:55:53	<b>03:53:03</b>
6 (430)	GROCHAU, Christian Alexand	1990		0:53:45	1:21:31	1:57:43	<b>04:12:59</b>
7 (303)	SAMARDZIC, Dino	1991		0:47:19	1:22:04	2:04:49	<b>04:14:12</b>
<b>SENIOREN M30</b>							
1 (346)	WILBERFORCE, Gary	1986	Bunert - Der Siegburger Lauf	0:33:10	0:53:28	1:19:15	<b>02:45:53</b>
2 (1764)	NETT, Markus	1984	PSV Bonn Triathlon	0:36:41	0:56:46	1:18:45	<b>02:52:12</b>
3 (1229)	HOPPE, Sebastian	1983	SV Blau-Weiss Bochum	0:40:56	1:01:46	1:27:39	<b>03:10:21</b>
4 (239)	KEUSER, Thorsten	1982	S.O.A Runner	0:40:12	1:01:44	1:36:36	<b>03:18:32</b>
5 (155)	ALTMANN, Markus	1982	Run Squad CGN	0:42:24	1:06:41	1:33:29	<b>03:22:34</b>
6 (1674)	STROH, Sizzo	1984	SSF Bonn Triathlon	0:43:41	1:08:34	1:39:53	<b>03:32:08</b>
7 (515)	KÖPPE, Stefan	1985	1. FC Köln	0:48:28	1:12:37	1:46:24	<b>03:47:29</b>
8 (457)	ZUBER, Alexander	1986	Clüb Emmessen	0:48:11	1:14:01	1:45:21	<b>03:47:33</b>
9 (11)	BUSCHKAMP, Marc	1986	MACH3 Köln e.V.	0:43:48	1:17:07	1:52:50	<b>03:53:45</b>
10 (434)	KNAUT, Andreas	1986	Clüb Emmessen	0:50:16	1:16:09	1:51:06	<b>03:57:31</b>
11 (336)	THIELE, Jonas	1984		0:52:02	1:18:14	1:56:31	<b>04:06:47</b>
12 (139)	TWELLMAYER, Thomas	1984		1:08:29	1:19:28	1:52:28	<b>04:20:25</b>
13 (54)	KARLA, Ulrich	1982		0:52:26	1:30:03	2:04:41	<b>04:27:10</b>
14 (203)	FISCHER, Roman	1982		1:00:18	1:30:22	2:14:49	<b>04:45:29</b>
<b>SENIOREN M35</b>							
1 (1736)	LAST, Christoph	1977	TSG Velbert	0:41:32	1:02:33	1:27:07	<b>03:11:12</b>
2 (1785)	MERKEL, Eiken	1980	Mach3 Köln	0:40:15	1:02:43	1:28:56	<b>03:11:54</b>
3 (451)	SCHWANKE, Marco	1980		0:40:13	1:01:28	1:30:46	<b>03:12:27</b>
4 (507)	HELLEBUSCH, Timo	1980	25MINUTES Köln	0:42:07	1:03:54	1:29:10	<b>03:15:11</b>
5 (266)	LÜBBERT, Mark	1979		0:43:55	1:07:21	1:34:33	<b>03:25:49</b>
6 (28)	GERSTNER, Jean-Marc	1978		0:43:04	1:07:32	1:36:32	<b>03:27:08</b>
7 (147)	WITT, Andreas	1977	RTC Frechen 80	0:43:45	1:06:22	1:37:45	<b>03:27:52</b>
8 (378)	JOCHHEIM, Sebastian	1981		0:44:41	1:08:12	1:35:38	<b>03:28:31</b>
9 (29)	GEURTS, Koen	1981		0:43:59	1:07:05	1:38:09	<b>03:29:13</b>
10 (224)	HIRSCHFELD, Sascha	1980	LG Heckelsiefen	0:44:58	1:09:55	1:35:27	<b>03:30:20</b>
11 (200)	FINDEISEN, Michael	1980		0:46:25	1:11:16	1:35:50	<b>03:33:31</b>
12 (45)	HEßLING, Lars	1977		0:45:08	1:10:53	1:41:12	<b>03:37:13</b>
13 (237)	KERKHOFF, Philipp	1980	Southside Cologne	0:46:12	1:11:16	1:40:18	<b>03:37:46</b>
14 (329)	STEINBERG, Daniel	1979		0:46:48	1:11:11	1:44:44	<b>03:42:43</b>
15 (36)	GRIMM, Torsten	1980		0:50:11	1:13:51	1:40:01	<b>03:44:03</b>
16 (508)	HELLMANN, Andreas	1978		0:46:59	1:14:10	1:43:18	<b>03:44:27</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIOREN M35</b>							
17 (306)	SCHEURER, Thorsten	1980		0:46:37	1:14:14	1:47:29	<b>03:48:20</b>
18 (1652)	SEELA, Sebastian	1979	DJK Marienstatt	0:49:23	1:15:46	1:47:23	<b>03:52:32</b>
19 (53)	JACOBS, Jan Tim	1979	FWVK	0:55:08	1:20:12	1:56:28	<b>04:11:48</b>
20 (10)	BRUNS, Daniel	1981		0:53:59	1:27:46	2:07:51	<b>04:29:36</b>
21 (285)	OSTERODE, Maik	1979	Läufers?!	1:02:58	1:46:01	2:15:52	<b>05:04:51</b>
<b>SENIOREN M40</b>							
1 (1688)	GÜNDÜZ, Deniz	1974	25 MINUTES	0:37:53	0:59:11	1:21:45	<b>02:58:49</b>
2 (1394)	MÜHLENSTÄDT, Gunnar	1973	Mach3 Köln	0:38:26	0:59:09	1:22:56	<b>03:00:31</b>
3 (426)	BRINKMANN, Thorsten	1972	Ski-Club Beckum	0:37:37	0:58:58	1:25:31	<b>03:02:06</b>
4 (2302)	STEBER, Roland	1972	LV Oelde	0:40:04	1:04:31	1:26:54	<b>03:11:29</b>
5 (1220)	FRANZ, Einiko	1975	Lauftreff 1. FC Spich	0:41:16	1:03:59	1:31:50	<b>03:17:05</b>
6 (255)	KULLE, Marcus	1972	SV AXA	0:40:38	1:07:00	1:31:53	<b>03:19:31</b>
7 (423)	ANDERS, Lars	1976		0:46:10	1:10:33	1:39:05	<b>03:35:48</b>
8 (1779)	KUTHE, Thorsten	1972		0:45:07	1:08:55	1:42:39	<b>03:36:41</b>
9 (1732)	CARL, Thomas	1973		0:47:16	1:10:25	1:41:44	<b>03:39:25</b>
10 (181)	DAHM, Martin	1973		0:52:19	1:11:40	1:39:32	<b>03:43:31</b>
11 (292)	PLAZINSKI, Gerhard	1975		0:49:15	1:16:27	1:41:01	<b>03:46:43</b>
12 (497)	BÖRSTE, Andreas	1972		0:50:39	1:19:22	1:53:56	<b>04:03:57</b>
13 (35)	GRIESEMANN, Georg	1974		0:52:39	1:18:13	1:58:44	<b>04:09:36</b>
14 (249)	KOZIK, Eren	1976	SEOPT Road Runners	0:51:58	1:21:23	2:04:03	<b>04:17:24</b>
15 (67)	KOSBOW, Michael	1973		0:55:06	1:24:30	1:59:01	<b>04:18:37</b>
16 (241)	KIESE, Dirk	1972	DJK Marienstatt	0:56:31	1:30:18	2:05:52	<b>04:32:41</b>
17 (1249)	METZMACHER, Marc	1974		0:53:55	1:31:10	2:13:47	<b>04:38:52</b>
18 (194)	ESPENDILLER, Frank	1973	Team Merheim	1:00:34	1:36:41	2:01:47	<b>04:39:02</b>
<b>SENIOREN M45</b>							
1 (444)	NEUMANN, Frank	1967		0:37:29	0:58:12	1:21:56	<b>02:57:37</b>
2 (506)	HEIL, Dietmar	1968	1. FC Quadrath-Ichendorf	0:37:49	0:59:17	1:22:49	<b>02:59:55</b>
3 (501)	CONDON, Liam	1968	TV Refrath	0:38:18	1:00:32	1:24:04	<b>03:02:54</b>
4 (511)	HOLTHAUSEN, Manfred	1968	SSF Bonn Triathlon	0:38:44	1:00:18	1:26:07	<b>03:05:09</b>
5 (522)	MARCHLEWSKI, Nico	1969	LT Siebengebirge	0:39:27	1:00:48	1:26:50	<b>03:07:05</b>
6 (527)	RÖSLER, Denis	1970	25MINUTES Köln	0:40:04	1:01:02	1:27:22	<b>03:08:28</b>
7 (2366)	SCHMÄHLING, Frank	1970	SV Hellas Siegburg	0:40:41	1:03:08	1:26:04	<b>03:09:53</b>
8 (441)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:12	1:04:38	1:30:34	<b>03:16:24</b>
9 (1234)	KELOUDIS, Georgios	1969	LG Gummersbach	0:41:04	1:05:54	1:32:48	<b>03:19:46</b>
10 (452)	SCHWENDT, Horst	1968	LC Weilerswist Team Leckst	0:43:45	1:05:18	1:34:19	<b>03:23:22</b>
11 (102)	RAUTENBERG, Stefan	1967	Rauti	0:43:12	1:06:21	1:35:43	<b>03:25:16</b>
12 (503)	DREESBACH, Dirk	1968	LC Weilerswist	0:46:49	1:05:21	1:33:13	<b>03:25:23</b>
13 (532)	STING, Michael	1968	VfL Wehbach	0:44:18	1:09:24	1:36:34	<b>03:30:16</b>
14 (39)	GUTH, Karl	1969	LifeParkMax e.V. Ingolstadt	0:44:52	1:08:55	1:37:43	<b>03:31:30</b>





## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIOREN M45</b>							
15 (1231)	JAKOB, Michael	1968	Team Radon	0:42:27	1:07:55	1:41:26	<b>03:31:48</b>
16 (1700)	BOTTI, Jörg	1970		0:45:27	1:08:37	1:38:48	<b>03:32:52</b>
17 (1622)	CELEBIJA, Drazen	1968	Barbariga	0:45:43	1:10:41	1:40:20	<b>03:36:44</b>
18 (1739)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:31	1:11:24	1:42:29	<b>03:40:24</b>
19 (207)	FLOßBACH, Heinz	1967		0:47:32	1:14:24	1:43:17	<b>03:45:13</b>
20 (2358)	GRÖNER, Ole	1968		0:46:00	1:12:10	1:47:45	<b>03:45:55</b>
21 (1746)	HUPPERTZ, Christian	1968		0:49:53	1:17:53	1:50:09	<b>03:57:55</b>
22 (176)	BROICH, Ralph	1970	Ford FCSD	0:50:17	1:19:05	1:50:12	<b>03:59:34</b>
23 (530)	SCHWIENHEER, Stephan	1967	Laufteam Sonderbusch	0:49:34	1:18:21	1:51:45	<b>03:59:40</b>
24 (50)	HOFFMANN, Dirk	1969		0:50:33	1:18:26	1:52:44	<b>04:01:43</b>
25 (520)	MAASBÜLL, Frank	1969	Laufteam Sonderbusch	0:50:19	1:18:32	1:56:20	<b>04:05:11</b>
26 (1740)	MORICK, Andreas	1967	know Jesus, know Life!	0:53:06	1:19:22	1:54:02	<b>04:06:30</b>
27 (17)	EBERTH, Siegfried	1967		0:51:14	1:22:10	1:53:49	<b>04:07:13</b>
28 (1632)	SCHLOEMER, Randolf	1971		0:53:44	1:21:03	1:52:58	<b>04:07:45</b>
29 (141)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:51:34	1:22:20	1:56:55	<b>04:10:49</b>
30 (110)	SCHALLENBERG, Jörg	1968	KTT01	1:00:21	1:30:48	1:40:41	<b>04:11:50</b>
31 (158)	BEHNECKE, Marcus	1969	TV Frisch Auf Lennep	0:52:51	1:23:30	2:03:08	<b>04:19:29</b>
32 (2)	BACKS, Olivier	1967	SG Stern	0:53:52	1:25:44	2:04:13	<b>04:23:49</b>
33 (20)	ETGETON, Dirk	1968		0:56:16	1:26:06	2:02:11	<b>04:24:33</b>
34 (108)	SABEL, Frank	1967		0:55:02	1:26:38	2:03:56	<b>04:25:36</b>
35 (27)	GEPPERT, Dietmar	1967		0:56:55	1:28:37	2:04:45	<b>04:30:17</b>
<b>SENIOREN M50</b>							
1 (229)	HOUSCHT, Martin Peter	1965	Finisher Club	0:39:03	1:01:03	1:27:20	<b>03:07:26</b>
2 (179)	CHRISTEN, Peter	1964	Feuerwehr Köln	0:40:29	1:01:28	1:27:27	<b>03:09:24</b>
3 (439)	MAUTER, Jörg	1965	Wiehltaler LC	0:40:06	1:01:40	1:28:17	<b>03:10:03</b>
4 (496)	BLÖCKER, Thomas	1962	Meckenheim	0:40:38	1:01:54	1:29:37	<b>03:12:09</b>
5 (1633)	SCHLOEMER, Stefan	1966	KTT 01	0:42:13	1:06:04	1:35:57	<b>03:24:14</b>
6 (437)	MANTHEI, Christian	1962	ERGO sports Köln	0:43:13	1:06:58	1:35:29	<b>03:25:40</b>
7 (374)	HINTZSCHE, Dr. Ekki	1963	Ostseebad Kühlungsborn	0:42:45	1:07:15	1:38:02	<b>03:28:02</b>
8 (455)	THEIS, Frank	1964	Blue-White Dynamite	0:43:15	1:07:29	1:39:23	<b>03:30:07</b>
9 (297)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:10:17	1:38:31	<b>03:30:44</b>
10 (101)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:44:42	1:09:12	1:37:50	<b>03:31:44</b>
11 (1309)	GROß, Michael	1966	SV Bergisch Gladbach	0:45:14	1:07:51	1:38:44	<b>03:31:49</b>
12 (197)	FABIAN, Steffen	1965	MACH3 Köln e.V.	0:40:15	1:12:03	1:42:26	<b>03:34:44</b>
13 (1707)	MORILLAS, Antonio	1966		0:45:23	1:10:50	1:39:01	<b>03:35:14</b>
14 (156)	ARENS, Norbert	1963	Merlin-Runners	0:45:13	1:10:52	1:42:50	<b>03:38:55</b>
15 (1610)	LÜCKERATH, Volker	1964	Hobbysport Robben	0:46:10	1:12:50	1:45:37	<b>03:44:37</b>
16 (524)	MÜLLER, Ralf	1965	LSV Porz / Köln	0:47:28	1:12:46	1:47:34	<b>03:47:48</b>
17 (1216)	CREMER, Jürgen	1962		0:46:06	1:15:24	1:47:48	<b>03:49:18</b>
18 (277)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:38	1:19:24	1:53:56	<b>04:03:58</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIOREN M50</b>							
19 (271)	MEISTER, Uwe	1966	DAV Sektion Gummersbach	0:51:36	1:22:54	1:58:15	<b>04:12:45</b>
20 (417)	WOLLENWEBER, Uwe	1962	LSV Porz/Köln	0:54:27	1:25:17	2:00:28	<b>04:20:12</b>
21 (1753)	RIEGER, Herbert	1966		0:53:53	1:26:05	2:14:24	<b>04:34:22</b>
22 (310)	SCHMITT, Jürgen	1963		0:58:37	1:30:32	2:09:24	<b>04:38:33</b>
<b>SENIOREN M55</b>							
1 (1646)	EISELE, Mathias	1959	mach3 EV	0:44:28	1:10:16	1:45:43	<b>03:40:27</b>
2 (65)	KONRADI, Thomas	1959	Selbstläufer SV Altenahr	0:45:52	1:12:24	1:42:16	<b>03:40:32</b>
3 (1666)	RESCH, Kilian	1961	Troisdorfer LG	0:46:08	1:13:26	1:41:06	<b>03:40:40</b>
4 (519)	LUDWIG, Frank	1959		0:48:24	1:13:07	1:41:34	<b>03:43:05</b>
5 (1721)	STASCHIK, Lothar	1960		0:48:14	1:14:47	1:48:40	<b>03:51:41</b>
6 (38)	GRUNDMANN, Horst	1957	Kölner Ausdauer- und Laufsc	0:47:19	1:16:07	1:49:55	<b>03:53:21</b>
7 (1223)	HAHN, Rolf	1961	BSG BML Bonn	0:47:34	1:10:43	1:55:10	<b>03:53:27</b>
8 (450)	SCHMIDT, Jürgen	1959	SV Germania Dürwiß	0:50:35	1:19:01	1:47:44	<b>03:57:20</b>
9 (526)	PODZUS, Horst	1961		0:50:52	1:16:25	1:51:49	<b>03:59:06</b>
10 (3139)	BRODOWSKI, Günter	1960		0:49:29	1:20:34	1:52:29	<b>04:02:32</b>
11 (118)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:50:53	1:19:21	1:53:15	<b>04:03:29</b>
12 (79)	LIGOCKI, Joachim	1958	run4pänz	0:52:45	1:21:46	1:50:29	<b>04:05:00</b>
13 (189)	AUDEHM, Dr. Uwe	1960	Alfterer SC	0:52:01	1:21:25	1:53:04	<b>04:06:30</b>
14 (106)	ROSSO, Mario	1960		0:53:33	1:19:56	1:55:15	<b>04:08:44</b>
15 (445)	PINNER, Thomas	1961	DJK Frankonia Porz	0:57:29	1:22:30	1:57:08	<b>04:17:07</b>
16 (2374)	BOXBERG, Peter	1959		0:56:51	1:27:49	2:07:36	<b>04:32:16</b>
17 (349)	WURDA, Werner	1960	Diabetes Programm Deutsch	0:55:16	1:30:57	2:10:06	<b>04:36:19</b>
18 (1217)	EICHERT, Christian	1959	GoManGo	0:56:02	1:29:04	2:11:17	<b>04:36:23</b>
19 (2408)	KAPPE, Dietmar	1959	RSF Uganda Waragi	0:56:11	1:29:50	2:10:55	<b>04:36:56</b>
20 (275)	MISCHKE, Gerhard	1959	Vaselino Quattro	0:59:46	1:31:00	2:13:42	<b>04:44:28</b>
21 (505)	GROCHAU, Karl-Heinz	1958		1:01:13	1:34:13	2:09:44	<b>04:45:10</b>
22 (313)	SCHROEDER-KOPP, Johann-P	1961	DJK-SV Mitteleschenbach	1:05:37	1:41:22	2:08:30	<b>04:55:29</b>
23 (268)	MARKUS, Ferdinand	1959	BSG Airflow	0:59:46	1:38:25	2:23:11	<b>05:01:22</b>
<b>SENIOREN M60</b>							
1 (316)	SCHUMACHER, Hans Heinz	1954	BSG Delphi Draka	0:45:09	1:10:56	1:41:55	<b>03:38:00</b>
2 (1375)	HARTMANN, Hagen	1954	running blues	0:53:54	1:21:01	1:56:18	<b>04:11:13</b>
3 (529)	SCHALL, Manfred	1955		0:57:22	1:23:31	1:53:24	<b>04:14:17</b>
4 (342)	WAGNER, Helmut	1956		0:56:59	1:29:37	2:07:53	<b>04:34:29</b>
5 (1724)	KIND, Friedhelm	1952		0:56:44	1:33:48	2:10:20	<b>04:40:52</b>
6 (2227)	GROHMANN, Ralf	1954	VTC Köln	0:56:45	1:29:30	2:17:06	<b>04:43:21</b>
<b>SENIOREN M65</b>							
1 (192)	DUNGER, Eberhard	1951	LC Wuppertal	0:46:01	1:10:42	1:42:37	<b>03:39:20</b>
<b>SENIOREN M70</b>							



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIOREN M70</b>							
1 (1634)	STEINKE, Gerhard	1942		0:56:25	1:26:55	2:02:06	<b>04:25:26</b>
<b>SENIOREN M75</b>							
1 (432)	HOFFMANN, Norbert	1939	LG Westerwald	0:50:42	1:16:20	1:50:12	<b>03:57:14</b>
<b>FRAUEN</b>							
1 (195)	ESSER, Stephanie	1989		0:49:04	1:15:32	1:48:02	<b>03:52:38</b>
2 (251)	KRÖHNERT, Katharina	1987	MACH3 Köln e.V.	0:47:37	1:14:50	1:52:51	<b>03:55:18</b>
3 (165)	BINDER, Konstanze	1990	TV 1892 Mannheim-Friedric	0:51:51	1:18:32	1:50:52	<b>04:01:15</b>
4 (3131)	WANNING, Annalena	1987		0:51:56	1:21:54	1:54:32	<b>04:08:22</b>
5 (1768)	TAUTZ, Stefanie	1987		0:50:04	1:22:33	1:56:29	<b>04:09:06</b>
6 (323)	SELLMANN, Nina	1987		0:54:58	1:26:26	2:09:16	<b>04:30:40</b>
<b>JUNIORINNEN U23</b>							
1 (103)	REIMER, Antonia	1995	Team Erdinger Alkoholfrei	0:47:31	1:18:26	1:55:53	<b>04:01:50</b>
<b>SENIORINNEN W30</b>							
1 (1)	ADICK, Carolin	1983		0:47:25	1:14:15	1:43:22	<b>03:45:02</b>
2 (119)	SCHNITZLER, Birgit	1984		0:48:02	1:14:29	1:46:23	<b>03:48:54</b>
3 (1745)	BÜSCHER, Anja	1985	TV Refrath	0:49:52	1:17:53	1:50:09	<b>03:57:54</b>
4 (1244)	LIGOCKI, Sabine	1986	Run4Pänz	0:52:45	1:21:46	1:50:28	<b>04:04:59</b>
5 (1725)	KIND, Verena	1982	Colinians Cologne	0:55:34	1:23:22	1:57:35	<b>04:16:31</b>
6 (320)	SEEGEBRECHT-KEITEL, Susan	1985		0:57:06	1:30:43	2:09:07	<b>04:36:56</b>
7 (47)	HLUSIAK, Ramona	1986		0:58:16	1:30:11	2:12:49	<b>04:41:16</b>
<b>SENIORINNEN W35</b>							
1 (456)	ZOLL, Daniela	1981	LG Gummersbach	0:41:24	1:08:35	1:32:52	<b>03:22:51</b>
2 (1718)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:47:58	1:14:46	1:46:55	<b>03:49:39</b>
3 (142)	URBAN, Alexandra	1981		0:48:04	1:15:16	1:46:27	<b>03:49:47</b>
4 (1710)	WOLFF, Mirja	1977	MACH3 Köln e.V.	0:51:30	1:14:39	1:56:29	<b>04:02:38</b>
5 (525)	OGUZ, Svenja	1981	SPORTSHOP-TRIATHLON TE	0:52:18	1:22:09	2:02:33	<b>04:17:00</b>
6 (109)	SALLER, Nina	1980	CfWP	0:54:41	1:26:26	2:09:17	<b>04:30:24</b>
<b>SENIORINNEN W40</b>							
1 (1260)	SCHNEIDER, Silke	1976	Bunert - Der Siegburger Lauf	0:40:55	1:01:53	1:28:11	<b>03:10:59</b>
2 (516)	KOZYRSKA, Agnes	1972	Int. Athletic Club Düren/Eifel	0:47:52	1:11:59	1:41:32	<b>03:41:23</b>
3 (448)	RITTER, Daniela	1974	SV Hellas Siegburg	0:47:29	1:18:29	1:43:00	<b>03:48:58</b>
4 (227)	HOFFMANN, Nicole	1973	LT Saaler Mühle	0:52:38	1:21:19	1:53:36	<b>04:07:33</b>
5 (4)	BECKMANN, Edith	1976		0:50:11	1:19:52	2:00:59	<b>04:11:02</b>
6 (499)	BUSCHMANN, Sabine	1973	LT-Alsdorf Ost	0:51:27	1:22:18	1:58:41	<b>04:12:26</b>
7 (276)	MOREL, Daniela	1972	Lauffieber	1:00:15	1:22:25	1:54:42	<b>04:17:22</b>
8 (502)	CONRADY, Nadine	1976		0:54:55	1:30:59	2:01:32	<b>04:27:26</b>



## 3. Lauf zur 32. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIORINNEN W40</b>							
9 (1230)	ISHITA, Mayumi	1974		0:58:06	1:29:59	2:05:08	<b>04:33:13</b>
10 (531)	STING, Daniela	1972	VfL Wehbach	0:57:11	1:33:15	2:08:35	<b>04:39:01</b>
<b>SENIORINNEN W45</b>							
1 (528)	SACHS, Sandra	1970	SV Hellas Siegburg	0:45:19	1:09:58	1:38:31	<b>03:33:48</b>
2 (117)	SCHNEIDER, Heide	1969	LAZ-Puma Rhein-Sieg	0:45:10	1:10:59	1:38:37	<b>03:34:46</b>
3 (272)	METE, Nicole	1971	Mach 3 Köln e.V.	0:47:38	1:14:35	1:46:29	<b>03:48:42</b>
4 (259)	KÜTTNER, Christiane	1967	Laufmonster	0:49:12	1:15:17	1:46:56	<b>03:51:25</b>
5 (128)	SIEBERTZ, Miriam	1970	TV Forsbach	0:51:44	1:16:56	1:48:30	<b>03:57:10</b>
6 (1224)	HAHN, Sylvia	1968	BSG BML Bonn	0:47:36	1:20:03	1:55:11	<b>04:02:50</b>
7 (523)	MÖBUS, Vera	1967	LT Skinny Bergheim 02	0:52:29	1:19:46	1:51:18	<b>04:03:33</b>
8 (263)	LENSING, Britta	1969		0:51:59	1:21:25	1:53:03	<b>04:06:27</b>
9 (120)	SCHÖCKEL, Claudia	1970		0:55:02	1:26:38	2:03:56	<b>04:25:36</b>
10 (1274)	WAUBEN, Annett	1969	Schleichende Hühner	0:55:03	1:25:43	2:07:54	<b>04:28:40</b>
11 (2349)	PILLE, Heike	1970	Hobbysportrobber	0:59:20	1:30:20	2:08:35	<b>04:38:15</b>
<b>SENIORINNEN W50</b>							
1 (48)	HOFFMANN, Sigrid	1965	LG Westerwald	0:45:53	1:10:24	1:40:48	<b>03:37:05</b>
2 (144)	WALD, Ilona	1965	PSV Bonn Triathlon	0:53:38	1:23:34	1:58:21	<b>04:15:33</b>
3 (64)	KOCH, Simone	1966		0:56:06	1:27:03	2:04:00	<b>04:27:09</b>
4 (504)	GROCHAU, Ursula	1962		1:01:14	1:34:12	2:09:43	<b>04:45:09</b>
<b>SENIORINNEN W55</b>							
1 (421)	ZANGE, Gabi	1960	LSV Porz / Köln	0:49:18	1:15:42	1:48:03	<b>03:53:03</b>
2 (3129)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:54:13	1:18:59	1:54:08	<b>04:07:20</b>
3 (131)	SPIEGEL, Rosemarie	1958	DJK Frankonia Porz	0:57:28	1:23:21	2:00:36	<b>04:21:25</b>
4 (86)	MEINARDUS-LOGEMANN, Bä	1959	Röntgensportclub Remschei	0:55:32	1:25:13	2:04:14	<b>04:24:59</b>
5 (347)	WILBERT, Sylvia	1961	Vaselino Quattro	0:56:21	1:31:21	2:03:18	<b>04:31:00</b>
<b>SENIORINNEN W60</b>							
1 (235)	JÜNGST, Barbara	1954	Siegen	1:01:32	1:34:35	2:18:16	<b>04:54:23</b>