



3. Lauf zur 33. 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 (1132)	DAHL, Simon	1987	Bunert - Der Kölner Lauflade	0:33:02	0:51:14	1:16:07	02:40:23
2 (1156)	BREUNUNG, Dirk	1976	Bunert Siegburg	0:34:41	0:53:26	1:18:12	02:46:19
3 (2094)	HAASE, Hendrik	1999		0:37:26	0:57:26	1:19:55	02:54:47
4 (1155)	BORGMANN, Achim	1971	BMAI all stars	0:37:33	0:57:04	1:20:34	02:55:11
5 (1432)	HOPPE, Sebastian	1983	SSF Bonn	0:37:03	0:56:58	1:23:11	02:57:12
6 (1200)	LÜNENBORG, Jurek	1990	Lünenborgrunners	0:37:43	0:58:20	1:23:14	02:59:17
7 (1309)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:02	0:59:00	1:24:13	03:02:15
8 (132)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:38:41	1:01:32	1:23:29	03:03:42
9 (65)	DREUTH, Christoph	1980	Keno & Matilda	0:38:56	1:00:02	1:24:49	03:03:47
10 (318)	STEBER, Roland	1972		0:38:58	1:00:44	1:24:43	03:04:25
11 (1438)	PESCH, Claus	1970	Laufen gegen Leiden	0:38:54	0:59:19	1:26:14	03:04:27
12 (1193)	KRÖNKEMEIER, Dennis	1990	Kölner Triathlon Team 01	0:38:10	0:58:49	1:27:53	03:04:52
13 (1463)	ARENZ, Jens	1969	TEAM C	0:39:15	1:00:45	1:26:31	03:06:31
14 (1190)	KOLTER, Dominik	1982	Kugelblizze	0:39:31	1:00:07	1:27:18	03:06:56
15 (208)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:40:50	1:00:10	1:26:48	03:07:48
16 (1433)	RÖLLGEN, Thomas	1973	HDL Perle	0:39:26	1:00:32	1:27:58	03:07:56
17 (1191)	KOPATSCHEK, Anne	1975	MACH3 Köln e.V.	0:39:25	1:00:12	1:29:06	03:08:43
18 (236)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:25	1:01:38	1:28:19	03:10:22
19 (2098)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:40:53	1:03:55	1:26:07	03:10:55
20 (2328)	GÜLKE, Thomas	1978	Ausdauerschule by Bunert	0:41:23	1:01:40	1:28:05	03:11:08
21 (2042)	HEITKAMP, Michael	1964	SV AXA	0:40:42	1:02:32	1:28:36	03:11:50
22 (1150)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:16	1:02:04	1:28:32	03:11:52
23 (1425)	SCHMITZ, Christoph	1976	Aachener TG	0:39:59	1:02:35	1:29:55	03:12:29
24 (1405)	QUANTIUS, Andreas	1970	MACH3 Köln e.V.	0:41:26	1:02:46	1:28:43	03:12:55
25 (52)	CORNELIUS, Jana	1986	Mach3 Köln e.V.	0:41:11	1:03:12	1:28:52	03:13:15
26 (2087)	MERKEL, Eiken	1980	MACH3 Köln e.V.	0:41:21	1:01:59	1:30:57	03:14:17
27 (191)	LAST, Christoph	1977	TSG Valbert	0:42:35	1:03:12	1:28:58	03:14:45
28 (2023)	ROCHOLL, Lutz	1961	RS	0:41:14	1:03:31	1:30:07	03:14:52
29 (1413)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:03:28	1:29:35	03:14:59
30 (182)	KULLE, Marcus	1972	SV AXA	0:42:08	1:04:03	1:30:17	03:16:28
31 (1151)	BLÖCKER, Thomas	1962	Meckenheim	0:42:10	1:04:15	1:31:02	03:17:27
32 (252)	RAUTENBERG, Stefan	1967	TEAM RAUTE	0:41:10	1:04:31	1:32:01	03:17:42
33 (63)	DREESBACH, Dirk	1968	LC Weilerswist	0:41:58	1:05:39	1:34:34	03:22:11
34 (1144)	ANDERS, Lars	1976	PSV Brühl Triathlon Team	0:42:46	1:06:26	1:34:42	03:23:54
35 (272)	SCHLATTER, Mark	1972		0:42:46	1:06:48	1:35:21	03:24:55
36 (1206)	NEIS, Markus	1967		0:42:35	1:07:57	1:34:53	03:25:25
37 (167)	KÖSTER-EISERFUNKE, Julian	1987	TriathlonSteckelCologne	0:41:33	1:06:49	1:37:31	03:25:53
38 (1187)	KELOUDIS, Georgios	1969	LG Gummersbach	0:43:51	1:07:47	1:35:06	03:26:44
39 (187)	KUTHE, Thorsten	1972		0:44:32	1:08:20	1:34:25	03:27:17
40 (323)	STING, Michael	1968	VfL Wehbach	0:44:27	1:07:45	1:35:06	03:27:18
41 (2096)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:19	1:08:15	1:34:56	03:27:30
42 (267)	SACHS, Sandra	1970	LAZ Puma Rhein-Sieg	0:43:21	1:09:16	1:35:09	03:27:46



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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (56)	DINTER, Martin	1967		0:43:32	1:07:12	1:37:16	03:28:00
44 (2072)	LÜBBERT, Mark	1979		0:43:11	1:09:04	1:36:07	03:28:22
45 (348)	VON RIEWEL, Hendrik	1978		0:43:47	1:05:14	1:42:00	03:31:01
46 (1493)	RIEDER, Jürgen	1982		0:44:39	1:08:51	1:38:07	03:31:37
47 (1185)	JAKOB, Michael	1968	Rg Haldern	0:46:32	1:10:10	1:35:27	03:32:09
48 (47)	CELEBIJA, Drazen	1968	Barbariga	0:44:54	1:09:16	1:39:12	03:33:22
49 (151)	KEUSER, Thorsten	1982	S.O.A Runner	0:48:39	1:08:33	1:36:16	03:33:28
50 (303)	SCHÜTT, Jan	1985	TriCologne	0:43:03	1:08:50	1:41:40	03:33:33
51 (30)	BORSBACH, Hermann-Josef	1959	LT Saaler Mühle	0:45:59	1:10:25	1:37:18	03:33:42
52 (1411)	NEUROTH, Aaron	1997	LG Westerwald	0:43:08	1:12:14	1:38:51	03:34:13
53 (162)	KÖHLER, Jimmy	1972	KRÜGER Group Running Tea	0:44:51	1:11:02	1:38:23	03:34:16
54 (248)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:45:34	1:10:33	1:38:30	03:34:37
55 (1168)	EISENBERG, Hans	1982		0:44:54	1:10:53	1:40:31	03:36:18
56 (232)	NIEHAUS, Marco	1980		0:45:58	1:11:18	1:39:46	03:37:02
57 (331)	TEDERS, Lorenz	2000	1.FC Klausen	0:43:39	1:09:15	1:44:26	03:37:20
58 (330)	TEDERS, Michael	1956	DAV-Wuppertal	0:45:09	1:10:18	1:42:13	03:37:40
59 (66)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:45:27	1:11:44	1:40:59	03:38:10
60 (146)	KERKHOFF, Philipp	1980	Cologne Southside	0:45:46	1:10:30	1:41:54	03:38:10
61 (149)	KEßELER, Stefan	1978		0:44:09	1:08:56	1:45:09	03:38:14
62 (377)	ZÖRNER, Daniel	1986	SV Dernau	0:45:24	1:06:43	1:46:59	03:39:06
63 (1219)	SCHULZ, Markus	1975	LT SG Selters	0:44:11	1:10:51	1:45:40	03:40:42
64 (2069)	BLAZEJEWSKI, Martin	1982		0:46:04	1:11:31	1:43:19	03:40:54
65 (1153)	BLUM, Martin	1969	LT Puderbach	0:46:37	1:11:11	1:43:40	03:41:28
66 (1481)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:58	1:12:39	1:42:02	03:41:39
67 (1412)	HOFFMANN, Sigrid	1965	LG Westerwald	0:48:23	1:12:36	1:40:45	03:41:44
68 (199)	LUTZ, Jürgen	1966	Ski Club Edelweiß Köln-Stam	0:46:59	1:11:48	1:43:21	03:42:08
69 (202)	MARINGER, Niels	1978		0:46:02	1:11:11	1:45:25	03:42:38
70 (2093)	HAASE, Holger	1965		0:45:10	1:11:29	1:46:11	03:42:50
71 (1210)	PODZUS, Horst	1961		0:48:14	1:13:26	1:44:57	03:46:37
72 (171)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:46:04	1:11:43	1:49:30	03:47:17
73 (201)	MANDT, Markus	1968	LT Saaler Mühle	0:46:22	1:13:51	1:47:13	03:47:26
74 (196)	LICHT, Martin	1970	Google+ Running / Laufen	0:46:47	1:17:24	1:43:20	03:47:31
75 (1478)	SCHUTH, Sebastian	1975		0:47:05	1:12:07	1:48:22	03:47:34
76 (250)	PRIESS, Frank	1966		0:48:08	1:14:10	1:45:24	03:47:42
77 (1410)	NEUROTH, Andre	1964	LG Westerwald	0:45:42	1:14:21	1:47:46	03:47:49
78 (21)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:08	1:12:14	1:47:45	03:48:07
79 (40)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:33	1:14:23	1:44:11	03:48:07
80 (1162)	BÜDENBENDER, Heike	1967	LT Puderbach	0:48:42	1:13:45	1:45:45	03:48:12
81 (1336)	KREDINGER, Markus	1972	Team Erdinger Alkoholfrei	0:49:14	1:13:37	1:45:30	03:48:21
82 (2085)	MAN, Wai-Yip	1982	MACH3 Köln e.V.	0:48:51	1:14:49	1:45:00	03:48:40
83 (307)	SCHWENCK, Christian	1974		0:47:37	1:14:30	1:46:37	03:48:44
84 (128)	HOLTHOFF, Jürgen	1966	LG Deiringsen	0:47:26	1:13:45	1:47:44	03:48:55



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (239)	OSELKA, Sandra	1991	Lauftreff Pappelallee	0:48:04	1:13:42	1:47:11	03:48:57
86 (1417)	KOZYRSKA, Agnes	1972	IAC Düren	0:48:37	1:14:53	1:45:31	03:49:01
87 (207)	METE, Nicole	1971	Mach3 Köln e.V.	0:47:30	1:15:23	1:46:29	03:49:22
88 (302)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:47:39	1:13:45	1:48:08	03:49:32
89 (1179)	HEINEN, Olaf	1966	BV 08 Lüttringhausen	0:48:07	1:14:38	1:47:21	03:50:06
90 (103)	GRUNDMANN, Horst	1957	Kölner Ausdauer- & Laufsch	0:48:17	1:15:48	1:46:17	03:50:22
91 (31)	BÖRSTE, Andreas	1972		0:49:58	1:14:23	1:47:33	03:51:54
92 (1329)	KEVERPÜTZ, Sascha	1971		0:48:21	1:18:46	1:45:54	03:53:01
93 (2073)	BÜSCHER, Anja	1985	TV Refrath	0:50:44	1:15:28	1:46:54	03:53:06
94 (2074)	HUPPERTZ, Christian	1968		0:50:44	1:15:29	1:46:55	03:53:08
95 (260)	RITTER, Daniela	1974	SV Hellas Siegburg	0:48:33	1:15:31	1:49:20	03:53:24
96 (38)	BRINGS, Daniel	1979		0:48:27	1:14:39	1:50:22	03:53:28
97 (1416)	BUSCHMANN, Sabine	1973	LT Alsdorf OST	0:49:05	1:15:30	1:50:17	03:54:52
98 (150)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:48:41	1:16:11	1:50:13	03:55:05
99 (322)	STICHERT, Jörg	1968	Team Running Stars	0:49:33	1:16:29	1:51:41	03:57:43
100 (122)	HILLEN, Michael	1978	UPS	0:51:46	1:17:19	1:48:51	03:57:56
101 (224)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:09	1:15:52	1:52:22	03:58:23
102 (1458)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:50:39	1:19:38	1:48:44	03:59:01
103 (263)	ROSSO, Mario	1960	TUS Brauweiler	0:48:28	1:15:13	1:55:35	03:59:16
104 (1174)	HAHN , Sylvia	1968	BSG BML BONN	0:51:35	1:18:14	1:50:23	04:00:12
105 (340)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:50:30	1:17:47	1:52:07	04:00:24
106 (22)	BINDER, Konstanze	1990	TV Mannheim-Friedrichsfeld	0:52:02	1:20:39	1:49:10	04:01:51
107 (2302)	HARTMANN, Sven	1977		0:50:35	1:20:04	1:52:17	04:02:56
108 (371)	WOLFRAMM, Tobias	1975	SC Eichholz Essen	0:49:36	1:18:03	1:56:12	04:03:51
109 (1445)	SCHOTTEN, Günther	1939		0:51:07	1:19:26	1:53:47	04:04:20
110 (1212)	PTASCHLIK, Thomas	1976		0:49:50	1:20:27	1:54:06	04:04:23
111 (126)	HOFFMANN, Dirk	1969		0:49:41	1:20:08	1:54:41	04:04:30
112 (1414)	SIMION, Claudiu	1984	BAV	0:52:12	1:19:51	1:54:07	04:06:10
113 (1487)	MARKS, Waldemar	1960	Nonstop Köln	0:52:00	1:19:53	1:55:08	04:07:01
114 (1197)	LIETH, Nicole	1972		0:52:55	1:20:53	1:53:28	04:07:16
115 (200)	MAIER, Jörg	1973	Sportfreunde Aegidienberg	0:51:55	1:20:51	1:55:14	04:08:00
116 (264)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:51:23	1:23:24	1:53:20	04:08:07
117 (28)	BORCHERT, Annett	1971	RTC Frechen	0:48:09	1:19:56	2:00:19	04:08:24
118 (101)	GRIESEMANN, Georg	1974		0:54:22	1:18:55	1:56:05	04:09:22
119 (1169)	ELBLE, Max	1961	ERGO sports Köln	0:54:33	1:20:37	1:54:17	04:09:27
120 (15)	BECKER, Cornell	1979		0:52:58	1:20:19	1:57:29	04:10:46
121 (133)	HUPPERTZ, Horst	1963	LG Huskies	0:51:10	1:22:37	1:57:59	04:11:46
122 (337)	TROST, Stefan	1958	Laufzentrum Martinstraße	0:50:36	1:31:07	1:50:04	04:11:47
123 (1196)	LEYENS, André	1963		0:52:50	1:21:00	1:59:06	04:12:56
124 (1711)	WAGNER, Anja	1989	Paleo360	0:54:00	1:21:30	1:58:24	04:13:54
125 (1)	ADAMS, Heike	1964		0:53:29	1:22:06	1:58:35	04:14:10
126 (144)	KEITEL, Sönke	1964		0:53:31	1:22:08	1:58:35	04:14:14



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (82)	FLACHOWSKY, Andreas	1983		0:50:32	1:21:01	2:03:08	04:14:41
128 (43)	CARDUCK, Jessica	1981		0:53:25	1:24:43	1:57:06	04:15:14
129 (279)	SCHMIDT, Tobias	1987		0:53:11	1:23:28	1:59:53	04:16:32
130 (175)	KUCK, Annett	1960		0:54:25	1:22:30	1:59:45	04:16:40
131 (317)	STARCK, Dani	1976	LC Weilerswist	0:54:14	1:22:06	2:02:02	04:18:22
132 (215)	MOGA, Bruno	1952	LG Huskies	0:55:36	1:26:08	1:57:24	04:19:08
133 (16)	BEHRENDT, Susanne	1976	Animalcompassion	0:53:45	1:23:57	2:03:07	04:20:49
134 (366)	WIRTH, Camilla	1977		0:54:17	1:24:24	2:02:33	04:21:14
135 (160)	KOCH, Frank	1966	Isi Fitness	0:55:12	1:23:36	2:02:58	04:21:46
136 (45)	CARLÉ, Thomas	1969		0:53:18	1:22:08	2:06:37	04:22:03
137 (289)	SCHNEIDER, Sven	1980		0:55:34	1:26:31	2:01:59	04:24:04
138 (2063)	MAN, Wai-Hung	1980	MACH3 Köln e.V.	0:54:24	1:25:07	2:05:02	04:24:33
139 (186)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:55	1:27:30	2:04:01	04:25:26
140 (1469)	SCHLOEMER, Randolf	1971		0:55:26	1:26:08	2:05:10	04:26:44
141 (159)	KOCH, Simone	1966		0:58:39	1:26:08	2:02:57	04:27:44
142 (1173)	GREWE, Ina	1971	Union Biesfeld Triathlon	0:55:56	1:25:45	2:06:10	04:27:51
143 (39)	BROICH, Ralph	1970	Ford FCSD 05	0:55:48	1:27:17	2:05:09	04:28:14
144 (14)	BECKER, Claus	1949		0:57:21	1:26:51	2:04:18	04:28:30
145 (1334)	WOLLENWEBER, Uwe	1962	LSV Porz / Köln	0:57:22	1:26:59	2:04:54	04:29:15
146 (6)	AUDEHM, Dr. Uwe	1960	Bonn	0:55:50	1:29:21	2:04:07	04:29:18
147 (193)	LENSING, Britta	1969	Bonn	0:55:50	1:29:22	2:04:07	04:29:19
148 (324)	STING, Daniela	1972	VfL Wehbach	0:56:10	1:26:51	2:07:00	04:30:01
149 (1226)	VERING, Wilfried	1958	Laufftreff Leidenhausen	0:56:14	1:25:32	2:09:13	04:30:59
150 (309)	SEEGBRECHT-KEITEL, Susan	1985		0:56:54	1:30:21	2:06:22	04:33:37
151 (1500)	RIEGER, Herbert	1966	Ahrläufer	0:56:36	1:27:43	2:09:26	04:33:45
152 (67)	EICHERT, Christian	1959	Erdinger Alkoholfrei	0:58:21	1:28:55	2:11:09	04:38:25
153 (326)	STRÜDER, Andreas	1972		0:59:32	1:28:12	2:13:41	04:41:25
154 (301)	SCHUMACHER, Markus	1970		1:00:08	1:28:14	2:13:42	04:42:04
155 (1473)	JÜNGST, Barbara	1954		0:57:51	1:31:33	2:12:47	04:42:11
156 (1202)	MANTHEY, Alexander	1956	TSV Bayer 04	0:58:05	1:31:42	2:16:21	04:46:08
157 (70)	ENGESSER, Anne	1987		0:59:38	1:30:31	2:16:11	04:46:20
158 (105)	HAJEK, Verena	1952	LG Donatus Erftstadt	0:58:40	1:31:35	2:21:21	04:51:36
159 (1163)	CIAMPELLI, Irene	1959	TSV BAYER 04 Laufftreff	0:58:05	1:36:02	2:18:07	04:52:14
160 (140)	JESCHKE, Katrin	1966	Willpower.Races	1:01:20	1:31:56	2:20:10	04:53:26
161 (372)	WURDA, Werner	1960	Diabetes Programm / Fort. K	1:01:14	1:31:27	2:21:04	04:53:45
162 (228)	MÜNCH, Daniel	1972	Team Magenta	1:02:57	1:35:56	2:28:14	05:07:07



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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
1 (1191)	KOPATSCHEK, Anne	1975	MACH3 Köln e.V.	0:39:25	1:00:12	1:29:06	03:08:43
2 (52)	CORNELIUS, Jana	1986	Mach3 Köln e.V.	0:41:11	1:03:12	1:28:52	03:13:15
3 (267)	SACHS, Sandra	1970	LAZ Puma Rhein-Sieg	0:43:21	1:09:16	1:35:09	03:27:46
4 (1412)	HOFFMANN, Sigrid	1965	LG Westerwald	0:48:23	1:12:36	1:40:45	03:41:44
5 (1162)	BÜDENBENDER, Heike	1967	LT Puderbach	0:48:42	1:13:45	1:45:45	03:48:12
6 (239)	OSELKA, Sandra	1991	Lauftreff Pappelallee	0:48:04	1:13:42	1:47:11	03:48:57
7 (1417)	KOZYRSKA, Agnes	1972	IAC Düren	0:48:37	1:14:53	1:45:31	03:49:01
8 (207)	METE, Nicole	1971	Mach3 Köln e.V.	0:47:30	1:15:23	1:46:29	03:49:22
9 (2073)	BÜSCHER, Anja	1985	TV Refrath	0:50:44	1:15:28	1:46:54	03:53:06
10 (260)	RITTER, Daniela	1974	SV Hellas Siegburg	0:48:33	1:15:31	1:49:20	03:53:24
11 (1416)	BUSCHMANN, Sabine	1973	LT Alsdorf OST	0:49:05	1:15:30	1:50:17	03:54:52
12 (150)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:48:41	1:16:11	1:50:13	03:55:05
13 (1174)	HAHN , Sylvia	1968	BSG BML BONN	0:51:35	1:18:14	1:50:23	04:00:12
14 (22)	BINDER, Konstanze	1990	TV Mannheim-Friedrichsfeld	0:52:02	1:20:39	1:49:10	04:01:51
15 (1197)	LIETH, Nicole	1972		0:52:55	1:20:53	1:53:28	04:07:16
16 (28)	BORCHERT, Annett	1971	RTC Frechen	0:48:09	1:19:56	2:00:19	04:08:24
17 (15)	BECKER, Cornell	1979		0:52:58	1:20:19	1:57:29	04:10:46
18 (1711)	WAGNER, Anja	1989	Paleo360	0:54:00	1:21:30	1:58:24	04:13:54
19 (1)	ADAMS, Heike	1964		0:53:29	1:22:06	1:58:35	04:14:10
20 (43)	CARDUCK, Jessica	1981		0:53:25	1:24:43	1:57:06	04:15:14
21 (175)	KUCK, Annett	1960		0:54:25	1:22:30	1:59:45	04:16:40
22 (317)	STARCK, Dani	1976	LC Weilerswist	0:54:14	1:22:06	2:02:02	04:18:22
23 (16)	BEHRENDT, Susanne	1976	Animalcompassion	0:53:45	1:23:57	2:03:07	04:20:49
24 (366)	WIRTH, Camilla	1977		0:54:17	1:24:24	2:02:33	04:21:14
25 (159)	KOCH, Simone	1966		0:58:39	1:26:08	2:02:57	04:27:44
26 (1173)	GREWE, Ina	1971	Union Biesfeld Triathlon	0:55:56	1:25:45	2:06:10	04:27:51
27 (193)	LENSING, Britta	1969	Bonn	0:55:50	1:29:22	2:04:07	04:29:19
28 (324)	STING, Daniela	1972	VfL Wehbach	0:56:10	1:26:51	2:07:00	04:30:01
29 (309)	SEEGEBRECHT-KEITEL, Susan	1985		0:56:54	1:30:21	2:06:22	04:33:37
30 (1473)	JÜNGST, Barbara	1954		0:57:51	1:31:33	2:12:47	04:42:11
31 (70)	ENGESSER, Anne	1987		0:59:38	1:30:31	2:16:11	04:46:20
32 (105)	HAJEK, Verena	1952	LG Donatus Erftstadt	0:58:40	1:31:35	2:21:21	04:51:36
33 (1163)	CIAMPELLI, Irene	1959	TSV BAYER 04 Lauftreff	0:58:05	1:36:02	2:18:07	04:52:14
34 (140)	JESCHKE, Katrin	1966	Willpower.Races	1:01:20	1:31:56	2:20:10	04:53:26



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
1 (1132)	DAHL, Simon	1987	Bunert - Der Kölner Lauflade	0:33:02	0:51:14	1:16:07	02:40:23
2 (1156)	BREUNUNG, Dirk	1976	Bunert Siegburg	0:34:41	0:53:26	1:18:12	02:46:19
3 (2094)	HAASE, Hendrik	1999		0:37:26	0:57:26	1:19:55	02:54:47
4 (1155)	BORGMANN, Achim	1971	BMAI all stars	0:37:33	0:57:04	1:20:34	02:55:11
5 (1432)	HOPPE, Sebastian	1983	SSF Bonn	0:37:03	0:56:58	1:23:11	02:57:12
6 (1200)	LÜNENBORG, Jurek	1990	Lünenborgrunners	0:37:43	0:58:20	1:23:14	02:59:17
7 (1309)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:02	0:59:00	1:24:13	03:02:15
8 (132)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:38:41	1:01:32	1:23:29	03:03:42
9 (65)	DREUTH, Christoph	1980	Keno & Matilda	0:38:56	1:00:02	1:24:49	03:03:47
10 (318)	STEBER, Roland	1972		0:38:58	1:00:44	1:24:43	03:04:25
11 (1438)	PESCH, Claus	1970	Laufen gegen Leiden	0:38:54	0:59:19	1:26:14	03:04:27
12 (1193)	KRÖNKEMEIER, Dennis	1990	Kölner Triathlon Team 01	0:38:10	0:58:49	1:27:53	03:04:52
13 (1463)	ARENZ, Jens	1969	TEAM C	0:39:15	1:00:45	1:26:31	03:06:31
14 (1190)	KOLTER, Dominik	1982	Kugelblizze	0:39:31	1:00:07	1:27:18	03:06:56
15 (208)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:40:50	1:00:10	1:26:48	03:07:48
16 (1433)	RÖLLGEN, Thomas	1973	HDL Perle	0:39:26	1:00:32	1:27:58	03:07:56
17 (236)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:25	1:01:38	1:28:19	03:10:22
18 (2098)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:40:53	1:03:55	1:26:07	03:10:55
19 (2328)	GÜLKE, Thomas	1978	Ausdauerschule by Bunert	0:41:23	1:01:40	1:28:05	03:11:08
20 (2042)	HEITKAMP, Michael	1964	SV AXA	0:40:42	1:02:32	1:28:36	03:11:50
21 (1150)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:16	1:02:04	1:28:32	03:11:52
22 (1425)	SCHMITZ, Christoph	1976	Aachener TG	0:39:59	1:02:35	1:29:55	03:12:29
23 (1405)	QUANTIUS, Andreas	1970	MACH3 Köln e.V.	0:41:26	1:02:46	1:28:43	03:12:55
24 (2087)	MERKEL, Eiken	1980	MACH3 Köln e.V.	0:41:21	1:01:59	1:30:57	03:14:17
25 (191)	LAST, Christoph	1977	TSG Valbert	0:42:35	1:03:12	1:28:58	03:14:45
26 (2023)	ROCHOLL, Lutz	1961	RS	0:41:14	1:03:31	1:30:07	03:14:52
27 (1413)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:03:28	1:29:35	03:14:59
28 (182)	KULLE, Marcus	1972	SV AXA	0:42:08	1:04:03	1:30:17	03:16:28
29 (1151)	BLÖCKER, Thomas	1962	Meckenheim	0:42:10	1:04:15	1:31:02	03:17:27
30 (252)	RAUTENBERG, Stefan	1967	TEAM RAUTE	0:41:10	1:04:31	1:32:01	03:17:42
31 (63)	DREESBACH, Dirk	1968	LC Weilerswist	0:41:58	1:05:39	1:34:34	03:22:11
32 (1144)	ANDERS, Lars	1976	PSV Brühl Triathlon Team	0:42:46	1:06:26	1:34:42	03:23:54
33 (272)	SCHLATTER, Mark	1972		0:42:46	1:06:48	1:35:21	03:24:55
34 (1206)	NEIS, Markus	1967		0:42:35	1:07:57	1:34:53	03:25:25
35 (167)	KÖSTER-EISERFUNKE, Julian	1987	TriathlonSteckelCologne	0:41:33	1:06:49	1:37:31	03:25:53
36 (1187)	KELOUDIS, Georgios	1969	LG Gummersbach	0:43:51	1:07:47	1:35:06	03:26:44
37 (187)	KUTHE, Thorsten	1972		0:44:32	1:08:20	1:34:25	03:27:17
38 (323)	STING, Michael	1968	VfL Wehbach	0:44:27	1:07:45	1:35:06	03:27:18
39 (2096)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:19	1:08:15	1:34:56	03:27:30
40 (56)	DINTER, Martin	1967		0:43:32	1:07:12	1:37:16	03:28:00
41 (2072)	LÜBBERT, Mark	1979		0:43:11	1:09:04	1:36:07	03:28:22



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
42 (348)	VON RIEWEL, Hendrik	1978		0:43:47	1:05:14	1:42:00	03:31:01
43 (1493)	RIEDER, Jürgen	1982		0:44:39	1:08:51	1:38:07	03:31:37
44 (1185)	JAKOB, Michael	1968	Rg Haldern	0:46:32	1:10:10	1:35:27	03:32:09
45 (47)	CELEBIJA, Drazen	1968	Barbariga	0:44:54	1:09:16	1:39:12	03:33:22
46 (151)	KEUSER, Thorsten	1982	S.O.A Runner	0:48:39	1:08:33	1:36:16	03:33:28
47 (303)	SCHÜTT, Jan	1985	TriCologne	0:43:03	1:08:50	1:41:40	03:33:33
48 (30)	BORSBACH, Hermann-Josef	1959	LT Saaler Mühle	0:45:59	1:10:25	1:37:18	03:33:42
49 (1411)	NEUROTH, Aaron	1997	LG Westerwald	0:43:08	1:12:14	1:38:51	03:34:13
50 (162)	KÖHLER, Jimmy	1972	KRÜGER Group Running Tea	0:44:51	1:11:02	1:38:23	03:34:16
51 (248)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:45:34	1:10:33	1:38:30	03:34:37
52 (1168)	EISENBERG, Hans	1982		0:44:54	1:10:53	1:40:31	03:36:18
53 (232)	NIEHAUS, Marco	1980		0:45:58	1:11:18	1:39:46	03:37:02
54 (331)	TEDERS, Lorenz	2000	1.FC Klausen	0:43:39	1:09:15	1:44:26	03:37:20
55 (330)	TEDERS, Michael	1956	DAV-Wuppertal	0:45:09	1:10:18	1:42:13	03:37:40
56 (66)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:45:27	1:11:44	1:40:59	03:38:10
57 (146)	KERKHOFF, Philipp	1980	Cologne Southside	0:45:46	1:10:30	1:41:54	03:38:10
58 (149)	KEßELER, Stefan	1978		0:44:09	1:08:56	1:45:09	03:38:14
59 (377)	ZÖRNER, Daniel	1986	SV Dernau	0:45:24	1:06:43	1:46:59	03:39:06
60 (1219)	SCHULZ, Markus	1975	LT SG Selters	0:44:11	1:10:51	1:45:40	03:40:42
61 (2069)	BLAZEJEWSKI, Martin	1982		0:46:04	1:11:31	1:43:19	03:40:54
62 (1153)	BLUM, Martin	1969	LT Puderbach	0:46:37	1:11:11	1:43:40	03:41:28
63 (1481)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:58	1:12:39	1:42:02	03:41:39
64 (199)	LUTZ, Jürgen	1966	Ski Club Edelweiß Köln-Stam	0:46:59	1:11:48	1:43:21	03:42:08
65 (202)	MARINGER, Niels	1978		0:46:02	1:11:11	1:45:25	03:42:38
66 (2093)	HAASE, Holger	1965		0:45:10	1:11:29	1:46:11	03:42:50
67 (1210)	PODZUS, Horst	1961		0:48:14	1:13:26	1:44:57	03:46:37
68 (171)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:46:04	1:11:43	1:49:30	03:47:17
69 (201)	MANDT, Markus	1968	LT Saaler Mühle	0:46:22	1:13:51	1:47:13	03:47:26
70 (196)	LICHT, Martin	1970	Google+ Running / Laufen	0:46:47	1:17:24	1:43:20	03:47:31
71 (1478)	SCHUTH, Sebastian	1975		0:47:05	1:12:07	1:48:22	03:47:34
72 (250)	PRIESS, Frank	1966		0:48:08	1:14:10	1:45:24	03:47:42
73 (1410)	NEUROTH, Andre	1964	LG Westerwald	0:45:42	1:14:21	1:47:46	03:47:49
74 (21)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:08	1:12:14	1:47:45	03:48:07
75 (40)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:33	1:14:23	1:44:11	03:48:07
76 (1336)	KREDINGER, Markus	1972	Team Erdinger Alkoholfrei	0:49:14	1:13:37	1:45:30	03:48:21
77 (2085)	MAN, Wai-Yip	1982	MACH3 Köln e.V.	0:48:51	1:14:49	1:45:00	03:48:40
78 (307)	SCHWENCK, Christian	1974		0:47:37	1:14:30	1:46:37	03:48:44
79 (128)	HOLTHOFF, Jürgen	1966	LG Deiringsen	0:47:26	1:13:45	1:47:44	03:48:55
80 (302)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:47:39	1:13:45	1:48:08	03:49:32
81 (1179)	HEINEN, Olaf	1966	BV 08 Lüttringhausen	0:48:07	1:14:38	1:47:21	03:50:06
82 (103)	GRUNDMANN, Horst	1957	Kölner Ausdauer- & Laufschi	0:48:17	1:15:48	1:46:17	03:50:22



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
83 (31)	BÖRSTE, Andreas	1972		0:49:58	1:14:23	1:47:33	03:51:54
84 (1329)	KEVERPÜTZ, Sascha	1971		0:48:21	1:18:46	1:45:54	03:53:01
85 (2074)	HUPPERTZ, Christian	1968		0:50:44	1:15:29	1:46:55	03:53:08
86 (38)	BRINGS, Daniel	1979		0:48:27	1:14:39	1:50:22	03:53:28
87 (322)	STICHERT, Jörg	1968	Team Running Stars	0:49:33	1:16:29	1:51:41	03:57:43
88 (122)	HILLEN, Michael	1978	UPS	0:51:46	1:17:19	1:48:51	03:57:56
89 (224)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:09	1:15:52	1:52:22	03:58:23
90 (1458)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:50:39	1:19:38	1:48:44	03:59:01
91 (263)	ROSSO, Mario	1960	TUS Brauweiler	0:48:28	1:15:13	1:55:35	03:59:16
92 (340)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:50:30	1:17:47	1:52:07	04:00:24
93 (2302)	HARTMANN, Sven	1977		0:50:35	1:20:04	1:52:17	04:02:56
94 (371)	WOLFRAMM, Tobias	1975	SC Eichholz Essen	0:49:36	1:18:03	1:56:12	04:03:51
95 (1445)	SCHOTTEN, Günther	1939		0:51:07	1:19:26	1:53:47	04:04:20
96 (1212)	PTASCHLIK, Thomas	1976		0:49:50	1:20:27	1:54:06	04:04:23
97 (126)	HOFFMANN, Dirk	1969		0:49:41	1:20:08	1:54:41	04:04:30
98 (1414)	SIMION, Claudiu	1984	BAV	0:52:12	1:19:51	1:54:07	04:06:10
99 (1487)	MARKS, Waldemar	1960	Nonstop Köln	0:52:00	1:19:53	1:55:08	04:07:01
100 (200)	MAIER, Jörg	1973	Sportfreunde Aegidienberg	0:51:55	1:20:51	1:55:14	04:08:00
101 (264)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:51:23	1:23:24	1:53:20	04:08:07
102 (101)	GRIESEMANN, Georg	1974		0:54:22	1:18:55	1:56:05	04:09:22
103 (1169)	ELBLE, Max	1961	ERGO sports Köln	0:54:33	1:20:37	1:54:17	04:09:27
104 (133)	HUPPERTZ, Horst	1963	LG Huskies	0:51:10	1:22:37	1:57:59	04:11:46
105 (337)	TROST, Stefan	1958	Laufzentrum Martinstraße	0:50:36	1:31:07	1:50:04	04:11:47
106 (1196)	LEYENS, André	1963		0:52:50	1:21:00	1:59:06	04:12:56
107 (144)	KEITEL, Sönke	1964		0:53:31	1:22:08	1:58:35	04:14:14
108 (82)	FLACHOWSKY, Andreas	1983		0:50:32	1:21:01	2:03:08	04:14:41
109 (279)	SCHMIDT, Tobias	1987		0:53:11	1:23:28	1:59:53	04:16:32
110 (215)	MOGA, Bruno	1952	LG Huskies	0:55:36	1:26:08	1:57:24	04:19:08
111 (160)	KOCH, Frank	1966	Isi Fitness	0:55:12	1:23:36	2:02:58	04:21:46
112 (45)	CARLÉ, Thomas	1969		0:53:18	1:22:08	2:06:37	04:22:03
113 (289)	SCHNEIDER, Sven	1980		0:55:34	1:26:31	2:01:59	04:24:04
114 (2063)	MAN, Wai-Hung	1980	MACH3 Köln e.V.	0:54:24	1:25:07	2:05:02	04:24:33
115 (186)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:55	1:27:30	2:04:01	04:25:26
116 (1469)	SCHLOEMER, Randolph	1971		0:55:26	1:26:08	2:05:10	04:26:44
117 (39)	BROICH, Ralph	1970	Ford FCSD 05	0:55:48	1:27:17	2:05:09	04:28:14
118 (14)	BECKER, Claus	1949		0:57:21	1:26:51	2:04:18	04:28:30
119 (1334)	WOLLENWEBER, Uwe	1962	LSV Porz / Köln	0:57:22	1:26:59	2:04:54	04:29:15
120 (6)	AUDEHM, Dr. Uwe	1960	Bonn	0:55:50	1:29:21	2:04:07	04:29:18
121 (1226)	VERING, Wilfried	1958	Laufftreff Leidenhausen	0:56:14	1:25:32	2:09:13	04:30:59
122 (1500)	RIEGER, Herbert	1966	Ahrläufer	0:56:36	1:27:43	2:09:26	04:33:45
123 (67)	EICHERT, Christian	1959	Erdinger Alkoholfrei	0:58:21	1:28:55	2:11:09	04:38:25



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
124	(326) STRÜDER, Andreas	1972		0:59:32	1:28:12	2:13:41	04:41:25
125	(301) SCHUMACHER, Markus	1970		1:00:08	1:28:14	2:13:42	04:42:04
126	(1202) MANTHEY, Alexander	1956	TSV Bayer 04	0:58:05	1:31:42	2:16:21	04:46:08
127	(372) WURDA, Werner	1960	Diabetes Programm / Fort. K	1:01:14	1:31:27	2:21:04	04:53:45
128	(228) MÜNCH, Daniel	1972	Team Magenta	1:02:57	1:35:56	2:28:14	05:07:07



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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNER							
1 (1200)	LÜNENBORG, Jurek	1990	Lünenborgrunners	0:37:43	0:58:20	1:23:14	02:59:17
2 (1193)	KRÖNKEMEIER, Dennis	1990	Kölner Triathlon Team 01	0:38:10	0:58:49	1:27:53	03:04:52
3 (1150)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:16	1:02:04	1:28:32	03:11:52
JUNIOREN U23							
1 (1411)	NEUROTH, Aaron	1997	LG Westerwald	0:43:08	1:12:14	1:38:51	03:34:13
SENIOREN M30							
1 (1132)	DAHL, Simon	1987	Bunert - Der Kölner Lauflade	0:33:02	0:51:14	1:16:07	02:40:23
2 (1432)	HOPPE, Sebastian	1983	SSF Bonn	0:37:03	0:56:58	1:23:11	02:57:12
3 (167)	KÖSTER-EISERFUNKE, Julian	1987	TriathlonSteckelCologne	0:41:33	1:06:49	1:37:31	03:25:53
4 (303)	SCHÜTT, Jan	1985	TriCologne	0:43:03	1:08:50	1:41:40	03:33:33
5 (377)	ZÖRNER, Daniel	1986	SV Dernau	0:45:24	1:06:43	1:46:59	03:39:06
6 (1414)	SIMION, Claudiu	1984	BAV	0:52:12	1:19:51	1:54:07	04:06:10
7 (82)	FLACHOWSKY, Andreas	1983		0:50:32	1:21:01	2:03:08	04:14:41
8 (279)	SCHMIDT, Tobias	1987		0:53:11	1:23:28	1:59:53	04:16:32
SENIOREN M35							
1 (65)	DREUTH, Christoph	1980	Keno & Matilda	0:38:56	1:00:02	1:24:49	03:03:47
2 (1190)	KOLTER, Dominik	1982	Kugelblizze	0:39:31	1:00:07	1:27:18	03:06:56
3 (208)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:40:50	1:00:10	1:26:48	03:07:48
4 (2328)	GÜLKE, Thomas	1978	Ausdauerschule by Bunert	0:41:23	1:01:40	1:28:05	03:11:08
5 (2087)	MERKEL, Eiken	1980	MACH3 Köln e.V.	0:41:21	1:01:59	1:30:57	03:14:17
6 (2072)	LÜBBERT, Mark	1979		0:43:11	1:09:04	1:36:07	03:28:22
7 (348)	VON RIEWEL, Hendrik	1978		0:43:47	1:05:14	1:42:00	03:31:01
8 (1493)	RIEDER, Jürgen	1982		0:44:39	1:08:51	1:38:07	03:31:37
9 (151)	KEUSER, Thorsten	1982	S.O.A Runner	0:48:39	1:08:33	1:36:16	03:33:28
10 (1168)	EISENBERG, Hans	1982		0:44:54	1:10:53	1:40:31	03:36:18
11 (232)	NIEHAUS, Marco	1980		0:45:58	1:11:18	1:39:46	03:37:02
12 (146)	KERKHOFF, Philipp	1980	Cologne Southside	0:45:46	1:10:30	1:41:54	03:38:10
13 (149)	KEßELER, Stefan	1978		0:44:09	1:08:56	1:45:09	03:38:14
14 (2069)	BLAZEJEWSKI, Martin	1982		0:46:04	1:11:31	1:43:19	03:40:54
15 (202)	MARINGER, Niels	1978		0:46:02	1:11:11	1:45:25	03:42:38
16 (2085)	MAN, Wai-Yip	1982	MACH3 Köln e.V.	0:48:51	1:14:49	1:45:00	03:48:40
17 (38)	BRINGS, Daniel	1979		0:48:27	1:14:39	1:50:22	03:53:28
18 (122)	HILLEN, Michael	1978	UPS	0:51:46	1:17:19	1:48:51	03:57:56
19 (289)	SCHNEIDER, Sven	1980		0:55:34	1:26:31	2:01:59	04:24:04
20 (2063)	MAN, Wai-Hung	1980	MACH3 Köln e.V.	0:54:24	1:25:07	2:05:02	04:24:33
SENIOREN M40							
1 (1156)	BREUNUNG, Dirk	1976	Bunert Siegburg	0:34:41	0:53:26	1:18:12	02:46:19
2 (1433)	RÖLLGEN, Thomas	1973	HDL Perle	0:39:26	1:00:32	1:27:58	03:07:56



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M40							
3 (1425)	SCHMITZ, Christoph	1976	Aachener TG	0:39:59	1:02:35	1:29:55	03:12:29
4 (191)	LAST, Christoph	1977	TSG Valbert	0:42:35	1:03:12	1:28:58	03:14:45
5 (1144)	ANDERS, Lars	1976	PSV Brühl Triathlon Team	0:42:46	1:06:26	1:34:42	03:23:54
6 (1219)	SCHULZ, Markus	1975	LT SG Selters	0:44:11	1:10:51	1:45:40	03:40:42
7 (171)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:46:04	1:11:43	1:49:30	03:47:17
8 (1478)	SCHUTH, Sebastian	1975		0:47:05	1:12:07	1:48:22	03:47:34
9 (307)	SCHWENCK, Christian	1974		0:47:37	1:14:30	1:46:37	03:48:44
10 (1458)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:50:39	1:19:38	1:48:44	03:59:01
11 (2302)	HARTMANN, Sven	1977		0:50:35	1:20:04	1:52:17	04:02:56
12 (371)	WOLFRAMM, Tobias	1975	SC Eichholz Essen	0:49:36	1:18:03	1:56:12	04:03:51
13 (1212)	PTASCHLIK, Thomas	1976		0:49:50	1:20:27	1:54:06	04:04:23
14 (200)	MAIER, Jörg	1973	Sportfreunde Aegidienberg	0:51:55	1:20:51	1:55:14	04:08:00
15 (101)	GRIESEMANN, Georg	1974		0:54:22	1:18:55	1:56:05	04:09:22
SENIOREN M45							
1 (1155)	BORGMANN, Achim	1971	BMAI all stars	0:37:33	0:57:04	1:20:34	02:55:11
2 (1309)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:02	0:59:00	1:24:13	03:02:15
3 (132)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:38:41	1:01:32	1:23:29	03:03:42
4 (318)	STEBER, Roland	1972		0:38:58	1:00:44	1:24:43	03:04:25
5 (1438)	PESCH, Claus	1970	Laufen gegen Leiden	0:38:54	0:59:19	1:26:14	03:04:27
6 (1463)	ARENZ, Jens	1969	TEAM C	0:39:15	1:00:45	1:26:31	03:06:31
7 (236)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:25	1:01:38	1:28:19	03:10:22
8 (2098)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:40:53	1:03:55	1:26:07	03:10:55
9 (1405)	QUANTIUS, Andreas	1970	MACH3 Köln e.V.	0:41:26	1:02:46	1:28:43	03:12:55
10 (182)	KULLE, Marcus	1972	SV AXA	0:42:08	1:04:03	1:30:17	03:16:28
11 (63)	DREESBACH, Dirk	1968	LC Weilerswist	0:41:58	1:05:39	1:34:34	03:22:11
12 (272)	SCHLATTER, Mark	1972		0:42:46	1:06:48	1:35:21	03:24:55
13 (1187)	KELOUDIS, Georgios	1969	LG Gummersbach	0:43:51	1:07:47	1:35:06	03:26:44
14 (187)	KUTHE, Thorsten	1972		0:44:32	1:08:20	1:34:25	03:27:17
15 (323)	STING, Michael	1968	VfL Wehbach	0:44:27	1:07:45	1:35:06	03:27:18
16 (1185)	JAKOB, Michael	1968	Rg Haldern	0:46:32	1:10:10	1:35:27	03:32:09
17 (47)	CELEBIJA, Drazen	1968	Barbariga	0:44:54	1:09:16	1:39:12	03:33:22
18 (162)	KÖHLER, Jimmy	1972	KRÜGER Group Running Tea	0:44:51	1:11:02	1:38:23	03:34:16
19 (1153)	BLUM, Martin	1969	LT Puderbach	0:46:37	1:11:11	1:43:40	03:41:28
20 (1481)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:58	1:12:39	1:42:02	03:41:39
21 (201)	MANDT, Markus	1968	LT Saaler Mühle	0:46:22	1:13:51	1:47:13	03:47:26
22 (196)	LICHT, Martin	1970	Google+ Running / Laufen	0:46:47	1:17:24	1:43:20	03:47:31
23 (40)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:33	1:14:23	1:44:11	03:48:07
24 (1336)	KREDINGER, Markus	1972	Team Erdinger Alkoholfrei	0:49:14	1:13:37	1:45:30	03:48:21
25 (31)	BÖRSTE, Andreas	1972		0:49:58	1:14:23	1:47:33	03:51:54
26 (1329)	KEVERPÜTZ, Sascha	1971		0:48:21	1:18:46	1:45:54	03:53:01



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M45							
27 (2074)	HUPPERTZ, Christian	1968		0:50:44	1:15:29	1:46:55	03:53:08
28 (322)	STICHERT, Jörg	1968	Team Running Stars	0:49:33	1:16:29	1:51:41	03:57:43
29 (126)	HOFFMANN, Dirk	1969		0:49:41	1:20:08	1:54:41	04:04:30
30 (45)	CARLÉ, Thomas	1969		0:53:18	1:22:08	2:06:37	04:22:03
31 (1469)	SCHLOEMER, Randolph	1971		0:55:26	1:26:08	2:05:10	04:26:44
32 (39)	BROICH, Ralph	1970	Ford FCSD 05	0:55:48	1:27:17	2:05:09	04:28:14
33 (326)	STRÜDER, Andreas	1972		0:59:32	1:28:12	2:13:41	04:41:25
34 (301)	SCHUMACHER, Markus	1970		1:00:08	1:28:14	2:13:42	04:42:04
35 (228)	MÜNCH, Daniel	1972	Team Magenta	1:02:57	1:35:56	2:28:14	05:07:07
SENIOREN M50							
1 (2042)	HEITKAMP, Michael	1964	SV AXA	0:40:42	1:02:32	1:28:36	03:11:50
2 (1413)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:03:28	1:29:35	03:14:59
3 (252)	RAUTENBERG, Stefan	1967	TEAM RAUTE	0:41:10	1:04:31	1:32:01	03:17:42
4 (1206)	NEIS, Markus	1967		0:42:35	1:07:57	1:34:53	03:25:25
5 (2096)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:19	1:08:15	1:34:56	03:27:30
6 (56)	DINTER, Martin	1967		0:43:32	1:07:12	1:37:16	03:28:00
7 (248)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:45:34	1:10:33	1:38:30	03:34:37
8 (199)	LUTZ, Jürgen	1966	Ski Club Edelweiß Köln-Stam	0:46:59	1:11:48	1:43:21	03:42:08
9 (2093)	HAASE, Holger	1965		0:45:10	1:11:29	1:46:11	03:42:50
10 (250)	PRIESS, Frank	1966		0:48:08	1:14:10	1:45:24	03:47:42
11 (1410)	NEUROTH, Andre	1964	LG Westerwald	0:45:42	1:14:21	1:47:46	03:47:49
12 (128)	HOLTHOFF, Jürgen	1966	LG Deiringsen	0:47:26	1:13:45	1:47:44	03:48:55
13 (1179)	HEINEN, Olaf	1966	BV 08 Lüttringhausen	0:48:07	1:14:38	1:47:21	03:50:06
14 (224)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:09	1:15:52	1:52:22	03:58:23
15 (340)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:50:30	1:17:47	1:52:07	04:00:24
16 (264)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:51:23	1:23:24	1:53:20	04:08:07
17 (133)	HUPPERTZ, Horst	1963	LG Huskies	0:51:10	1:22:37	1:57:59	04:11:46
18 (1196)	LEYENS, André	1963		0:52:50	1:21:00	1:59:06	04:12:56
19 (144)	KEITEL, Sönke	1964		0:53:31	1:22:08	1:58:35	04:14:14
20 (160)	KOCH, Frank	1966	Isi Fitness	0:55:12	1:23:36	2:02:58	04:21:46
21 (186)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:55	1:27:30	2:04:01	04:25:26
22 (1500)	RIEGER, Herbert	1966	Ahrläufer	0:56:36	1:27:43	2:09:26	04:33:45
SENIOREN M55							
1 (2023)	ROCHOLL, Lutz	1961	RS	0:41:14	1:03:31	1:30:07	03:14:52
2 (1151)	BLÖCKER, Thomas	1962	Meckenheim	0:42:10	1:04:15	1:31:02	03:17:27
3 (30)	BORSBACH, Hermann-Josef	1959	LT Saaler Mühle	0:45:59	1:10:25	1:37:18	03:33:42
4 (66)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:45:27	1:11:44	1:40:59	03:38:10
5 (1210)	PODZUS, Horst	1961		0:48:14	1:13:26	1:44:57	03:46:37
6 (263)	ROSSO, Mario	1960	TUS Brauweiler	0:48:28	1:15:13	1:55:35	03:59:16



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M55							
7 (1487)	MARKS, Waldemar	1960	Nonstop Köln	0:52:00	1:19:53	1:55:08	04:07:01
8 (1169)	ELBLE, Max	1961	ERGO sports Köln	0:54:33	1:20:37	1:54:17	04:09:27
9 (337)	TROST, Stefan	1958	Laufzentrum Martinstraße	0:50:36	1:31:07	1:50:04	04:11:47
10 (1334)	WOLLENWEBER, Uwe	1962	LSV Porz / Köln	0:57:22	1:26:59	2:04:54	04:29:15
11 (6)	AUDEHM, Dr. Uwe	1960	Bonn	0:55:50	1:29:21	2:04:07	04:29:18
12 (1226)	VERING, Wilfried	1958	Lauftreff Leidenhausen	0:56:14	1:25:32	2:09:13	04:30:59
13 (67)	EICHERT, Christian	1959	Erdinger Alkoholfrei	0:58:21	1:28:55	2:11:09	04:38:25
14 (372)	WURDA, Werner	1960	Diabetes Programm / Fort. K1:01:14	1:31:27	2:21:04		04:53:45
SENIOREN M60							
1 (330)	TEDERS, Michael	1956	DAV-Wuppertal	0:45:09	1:10:18	1:42:13	03:37:40
2 (21)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:08	1:12:14	1:47:45	03:48:07
3 (302)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:47:39	1:13:45	1:48:08	03:49:32
4 (103)	GRUNDMANN, Horst	1957	Kölner Ausdauer- & Laufsch	0:48:17	1:15:48	1:46:17	03:50:22
5 (1202)	MANTHEY, Alexander	1956	TSV Bayer 04	0:58:05	1:31:42	2:16:21	04:46:08
SENIOREN M65							
1 (215)	MOGA, Bruno	1952	LG Huskies	0:55:36	1:26:08	1:57:24	04:19:08
2 (14)	BECKER, Claus	1949		0:57:21	1:26:51	2:04:18	04:28:30
SENIOREN M75							
1 (1445)	SCHOTTEN, Günther	1939		0:51:07	1:19:26	1:53:47	04:04:20
MÄNNL. JUGEND U18							
1 (331)	TEDERS, Lorenz	2000	1.FC Klausen	0:43:39	1:09:15	1:44:26	03:37:20
MÄNNL. JUGEND U20							
1 (2094)	HAASE, Hendrik	1999		0:37:26	0:57:26	1:19:55	02:54:47
FRAUEN							
1 (239)	OSELKA, Sandra	1991	Lauftreff Pappelallee	0:48:04	1:13:42	1:47:11	03:48:57
2 (22)	BINDER, Konstanze	1990	TV Mannheim-Friedrichsfeld	0:52:02	1:20:39	1:49:10	04:01:51
3 (1711)	WAGNER, Anja	1989	Paleo360	0:54:00	1:21:30	1:58:24	04:13:54
SENIORINNEN W30							
1 (52)	CORNELIUS, Jana	1986	Mach3 Köln e.V.	0:41:11	1:03:12	1:28:52	03:13:15
2 (2073)	BÜSCHER, Anja	1985	TV Refrath	0:50:44	1:15:28	1:46:54	03:53:06
3 (309)	SEEGEBRECHT-KEITEL, Susan	1985		0:56:54	1:30:21	2:06:22	04:33:37
4 (70)	ENGESSER, Anne	1987		0:59:38	1:30:31	2:16:11	04:46:20
SENIORINNEN W35							
1 (15)	BECKER, Cornell	1979		0:52:58	1:20:19	1:57:29	04:10:46
2 (43)	CARDUCK, Jessica	1981		0:53:25	1:24:43	1:57:06	04:15:14



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W40							
1 (1191)	KOPATSCHEK, Anne	1975	MACH3 Köln e.V.	0:39:25	1:00:12	1:29:06	03:08:43
2 (260)	RITTER, Daniela	1974	SV Hellas Siegburg	0:48:33	1:15:31	1:49:20	03:53:24
3 (1416)	BUSCHMANN, Sabine	1973	LT Alsdorf OST	0:49:05	1:15:30	1:50:17	03:54:52
4 (150)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:48:41	1:16:11	1:50:13	03:55:05
5 (317)	STARCK, Dani	1976	LC Weilerswist	0:54:14	1:22:06	2:02:02	04:18:22
6 (16)	BEHRENDT, Susanne	1976	Animalcompassion	0:53:45	1:23:57	2:03:07	04:20:49
7 (366)	WIRTH, Camilla	1977		0:54:17	1:24:24	2:02:33	04:21:14
SENIORINNEN W45							
1 (267)	SACHS, Sandra	1970	LAZ Puma Rhein-Sieg	0:43:21	1:09:16	1:35:09	03:27:46
2 (1417)	KOZYRSKA, Agnes	1972	IAC Düren	0:48:37	1:14:53	1:45:31	03:49:01
3 (207)	METE, Nicole	1971	Mach3 Köln e.V.	0:47:30	1:15:23	1:46:29	03:49:22
4 (1174)	HAHN , Sylvia	1968	BSG BML BONN	0:51:35	1:18:14	1:50:23	04:00:12
5 (1197)	LIETH, Nicole	1972		0:52:55	1:20:53	1:53:28	04:07:16
6 (28)	BORCHERT, Annett	1971	RTC Frechen	0:48:09	1:19:56	2:00:19	04:08:24
7 (1173)	GREWE, Ina	1971	Union Biesfeld Triathlon	0:55:56	1:25:45	2:06:10	04:27:51
8 (193)	LENSING, Britta	1969	Bonn	0:55:50	1:29:22	2:04:07	04:29:19
9 (324)	STING, Daniela	1972	VfL Wehbach	0:56:10	1:26:51	2:07:00	04:30:01
SENIORINNEN W50							
1 (1412)	HOFFMANN, Sigrid	1965	LG Westerwald	0:48:23	1:12:36	1:40:45	03:41:44
2 (1162)	BÜDENBENDER, Heike	1967	LT Puderbach	0:48:42	1:13:45	1:45:45	03:48:12
3 (1)	ADAMS, Heike	1964		0:53:29	1:22:06	1:58:35	04:14:10
4 (159)	KOCH, Simone	1966		0:58:39	1:26:08	2:02:57	04:27:44
5 (140)	JESCHKE, Katrin	1966	Willpower.Races	1:01:20	1:31:56	2:20:10	04:53:26
SENIORINNEN W55							
1 (175)	KUCK, Annett	1960		0:54:25	1:22:30	1:59:45	04:16:40
2 (1163)	CIAMPELLI, Irene	1959	TSV BAYER 04 Lauftreff	0:58:05	1:36:02	2:18:07	04:52:14
SENIORINNEN W60							
1 (1473)	JÜNGST, Barbara	1954		0:57:51	1:31:33	2:12:47	04:42:11
SENIORINNEN W65							
1 (105)	HAJEK, Verena	1952	LG Donatus Erftstadt	0:58:40	1:31:35	2:21:21	04:51:36