



## 3. Lauf zur 33. Winterserie des LSV Porz

**MINI-SERIE (3X 5KM) GESAMTWERTUNG OVERALL**

| RG (STNR) | NAME, VORNAME         | JG   | VEREIN / (WOHNORT)           | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|-----------|-----------------------|------|------------------------------|---------|---------|---------|-----------------|
| 1 (1141)  | SINGBEIL, Daniel      | 1989 | Bunert - Der Kölner Lauflade | 0:15:33 | 0:15:37 | 0:15:42 | <b>00:46:52</b> |
| 2 (210)   | MICHAELIS, Fabian     | 1994 | ASV Wesseling                | 0:17:46 | 0:17:47 | 0:17:18 | <b>00:52:51</b> |
| 3 (138)   | JAKOBS, Thorsten      | 1974 | PSV Bonn Triathlon           | 0:18:06 | 0:18:17 | 0:17:56 | <b>00:54:19</b> |
| 4 (262)   | ROCHETEAU, Maxime     | 1995 | LG Gummersbach               | 0:18:22 | 0:18:12 | 0:17:45 | <b>00:54:19</b> |
| 5 (1375)  | TIMME, Volker         | 1969 | LG Gummersbach               | 0:19:57 | 0:19:35 | 0:19:09 | <b>00:58:41</b> |
| 6 (2007)  | SCHLAACK, Andreas     | 1970 | VfL Engelskirchen            | 0:19:52 | 0:19:56 | 0:19:33 | <b>00:59:21</b> |
| 7 (81)    | FISCHER, David        | 1983 | Run for your life            | 0:19:53 | 0:20:07 | 0:20:00 | <b>01:00:00</b> |
| 8 (2197)  | GAJAK, Chris          | 1974 | KTT01                        | 0:20:09 | 0:20:06 | 0:19:50 | <b>01:00:05</b> |
| 9 (2025)  | JAKOBS, Lukas         | 2002 | Hennefer TV                  | 0:21:02 | 0:19:40 | 0:19:31 | <b>01:00:13</b> |
| 10 (212)  | MIESKES, Kurt         | 1961 | MGV Oberbantenberg           | 0:20:12 | 0:20:13 | 0:20:18 | <b>01:00:43</b> |
| 11 (1138) | SCHNEIDER, Celine     | 2004 | Bunert - Der Kölner Lauflade | 0:20:41 | 0:20:32 | 0:19:51 | <b>01:01:04</b> |
| 12 (1186) | JENER, Marius         | 1974 | MJ POWER                     | 0:20:36 | 0:20:27 | 0:20:08 | <b>01:01:11</b> |
| 13 (2002) | SCHMIDT, Rene         | 1970 | LG Schnecke Düsseldorf       | 0:20:44 | 0:20:22 | 0:20:14 | <b>01:01:20</b> |
| 14 (2440) | SCHLOEMER, Stefan     | 1966 | KTT01                        | 0:20:39 | 0:20:48 | 0:19:59 | <b>01:01:26</b> |
| 15 (1364) | HIMMEL, Marius        | 1978 |                              | 0:20:54 | 0:20:45 | 0:20:24 | <b>01:02:03</b> |
| 16 (2036) | HAKE, Thomas          | 1969 |                              | 0:21:26 | 0:21:05 | 0:20:43 | <b>01:03:14</b> |
| 17 (261)  | ROCHETEAU, Dominique  | 1965 | LG Gummersbach               | 0:21:36 | 0:21:11 | 0:20:50 | <b>01:03:37</b> |
| 18 (33)   | BRASSAT, Simone       | 1996 |                              | 0:21:35 | 0:21:44 | 0:21:35 | <b>01:04:54</b> |
| 19 (2031) | JANASIK, Tadeusz      | 1961 | Team Lohmann Witten          | 0:21:40 | 0:22:09 | 0:21:30 | <b>01:05:19</b> |
| 20 (325)  | STRATMANN, Hannah     | 2002 | SG Monheim                   | 0:21:41 | 0:22:51 | 0:21:23 | <b>01:05:55</b> |
| 21 (1399) | ZEHNPFENNIG, Damian   | 1996 | TV Refrath                   | 0:22:21 | 0:22:54 | 0:21:31 | <b>01:06:46</b> |
| 22 (1152) | BLÖMACHER, Wolfgang   | 1956 | Troisdorf                    | 0:22:42 | 0:23:03 | 0:22:37 | <b>01:08:22</b> |
| 23 (2038) | KRÄMER, Paul          | 1963 |                              | 0:23:23 | 0:23:04 | 0:22:30 | <b>01:08:57</b> |
| 24 (1378) | BLOY, Jörg            | 1967 | D2SH                         | 0:23:07 | 0:23:06 | 0:22:49 | <b>01:09:02</b> |
| 25 (2006) | SCHLAACK, Leo Levent  | 2004 | VfL Engelskirchen            | 0:23:24 | 0:23:04 | 0:23:06 | <b>01:09:34</b> |
| 26 (1386) | GERHARDT, Cedric      | 2001 | Hamich Runners               | 0:23:01 | 0:23:50 | 0:23:05 | <b>01:09:56</b> |
| 27 (2047) | ORTH, Hermann Josef   | 1950 | TV Hoffnungsthal             | 0:23:20 | 0:24:11 | 0:22:50 | <b>01:10:21</b> |
| 28 (77)   | FEINDT, Reinhard      | 1950 | TV Refrath                   | 0:23:55 | 0:24:14 | 0:23:47 | <b>01:11:56</b> |
| 29 (12)   | BAUS, Reiner          | 1954 | Cologne Running Crew         | 0:24:00 | 0:24:08 | 0:24:00 | <b>01:12:08</b> |
| 30 (374)  | ZAHNEN, Fabian        | 2003 | GSV Porz                     | 0:24:35 | 0:23:56 | 0:23:58 | <b>01:12:29</b> |
| 31 (225)  | MÜHLEIS, Frauke       | 1983 | Leidenschaft-ist-Talent.com  | 0:24:35 | 0:23:50 | 0:24:37 | <b>01:13:02</b> |
| 32 (64)   | DRESBACH, Frank       | 1967 | Cologne Allblacks            | 0:25:16 | 0:24:23 | 0:24:03 | <b>01:13:42</b> |
| 33 (364)  | WINKELMANN, Christian | 1978 | Föhr Marathon e.V.           | 0:24:21 | 0:24:30 | 0:24:56 | <b>01:13:47</b> |
| 34 (1387) | GERHARDT, Enya        | 2004 | Hamich Runners               | 0:24:34 | 0:24:56 | 0:24:32 | <b>01:14:02</b> |
| 35 (1146) | BARANSKI, Maike       | 1979 | Tri - Team Ahlenberg         | 0:25:47 | 0:24:40 | 0:23:58 | <b>01:14:25</b> |
| 36 (2029) | SCHUMACHER, Nina      | 1987 | Kickboxen ATV Hückeswager    | 0:25:32 | 0:25:02 | 0:24:46 | <b>01:15:20</b> |
| 37 (130)  | HONECKER, Hagen       | 2007 | TFG Nippes                   | 0:26:15 | 0:25:58 | 0:23:29 | <b>01:15:42</b> |
| 38 (2026) | FUCHSHUBER, Kinga     | 1979 | TV Refrath                   | 0:25:30 | 0:25:06 | 0:25:29 | <b>01:16:05</b> |
| 39 (109)  | HARNAU, Jonas         | 2004 | MudRunner                    | 0:25:30 | 0:25:30 | 0:25:09 | <b>01:16:09</b> |
| 40 (257)  | REMER, Ralf           | 1962 | TRI-TEAM DEESEM              | 0:25:49 | 0:25:51 | 0:25:04 | <b>01:16:44</b> |
| 41 (1222) | SPÖLGEN, Joachim      | 1954 | SC Pulheim                   | 0:25:40 | 0:26:15 | 0:25:19 | <b>01:17:14</b> |
| 42 (1199) | LÜKE, Thomas          | 1970 | Tri - Team Ahlenberg         | 0:26:52 | 0:25:54 | 0:24:34 | <b>01:17:20</b> |



## 3. Lauf zur 33. Winterserie des LSV Porz

**MINI-SERIE (3X 5KM) GESAMTWERTUNG OVERALL**

| RG (STNR) | NAME, VORNAME              | JG   | VEREIN / (WOHNORT)        | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|-----------|----------------------------|------|---------------------------|---------|---------|---------|-----------------|
| 43 (1398) | ZEHNPENNIG, Stephan        | 1965 |                           | 0:26:07 | 0:26:08 | 0:25:39 | <b>01:17:54</b> |
| 44 (1211) | POENSGEN, Kelly            | 1966 | Tierheim Troisdorf        | 0:26:20 | 0:26:12 | 0:25:34 | <b>01:18:06</b> |
| 45 (211)  | MICHAELIS, Bernd           | 1957 | VfB Erftstadt Multisport  | 0:24:27 | 0:26:41 | 0:27:33 | <b>01:18:41</b> |
| 46 (42)   | BUSCHER, Marco             | 1991 |                           | 0:26:52 | 0:26:20 | 0:25:46 | <b>01:18:58</b> |
| 47 (2169) | SINGBEIL, Klaus            | 1955 |                           | 0:26:40 | 0:26:47 | 0:26:23 | <b>01:19:50</b> |
| 48 (1215) | RUNGE, Günther             | 1947 | VfL Engelskirchen         | 0:28:22 | 0:25:58 | 0:25:38 | <b>01:19:58</b> |
| 49 (1395) | HERRERA, Valentin          | 1993 | KTT01                     | 0:27:04 | 0:26:55 | 0:26:18 | <b>01:20:17</b> |
| 50 (363)  | WINKELMANN, Leona          | 2004 | Föhr Marathon e.V.        | 0:26:24 | 0:28:16 | 0:26:01 | <b>01:20:41</b> |
| 51 (1345) | LOPEZ-SALGADO, Antonio     | 2004 |                           | 0:27:10 | 0:26:00 | 0:28:40 | <b>01:21:50</b> |
| 52 (1401) | SCHNEIDER, Clara           | 1996 |                           | 0:28:15 | 0:27:00 | 0:26:48 | <b>01:22:03</b> |
| 53 (1166) | DEUTZMANN, Katharina       | 1989 | Southern Oregon Runners   | 0:27:21 | 0:27:37 | 0:27:25 | <b>01:22:23</b> |
| 54 (310)  | SELINIOTAKIS, Nadine Diana | 1979 |                           | 0:27:19 | 0:27:32 | 0:27:57 | <b>01:22:48</b> |
| 55 (1332) | RASCH, Steffi              | 1981 | #IAMSPORT by M.Raatz      | 0:27:42 | 0:27:39 | 0:28:02 | <b>01:23:23</b> |
| 56 (349)  | WEBER, Markus              | 1978 | KSK Köln                  | 0:27:03 | 0:29:33 | 0:27:06 | <b>01:23:42</b> |
| 57 (1402) | OLOFSSON, Simon            | 1983 |                           | 0:28:33 | 0:27:45 | 0:27:28 | <b>01:23:46</b> |
| 58 (1347) | PHILIPP, Justin            | 2004 | Jugendzentrum Dransdorf   | 0:28:40 | 0:30:26 | 0:28:42 | <b>01:27:48</b> |
| 59 (1204) | MEHLMANN, Konstantin       | 1987 | Kickboxen ATV Hückeswagen | 0:30:23 | 0:30:47 | 0:26:53 | <b>01:28:03</b> |
| 60 (1343) | NDASHI, Moni               | 2003 | Jugendzentrum Dransdorf   | 0:28:47 | 0:31:59 | 0:28:32 | <b>01:29:18</b> |
| 61 (1157) | BROCKHOFF, Andrea          | 1971 | Pfaffenheck               | 0:30:54 | 0:30:27 | 0:28:30 | <b>01:29:51</b> |
| 62 (291)  | SCHNEIDERS, Julia          | 1991 | LT Dünwalder TV           | 0:29:50 | 0:29:47 | 0:30:16 | <b>01:29:53</b> |
| 63 (2003) | STIEHL, Hans-Detlev        | 1942 | Tiere in Not Brühl        | 0:30:20 | 0:30:22 | 0:29:59 | <b>01:30:41</b> |
| 64 (123)  | HIRSCHFELD, Lea Sophie     | 2002 | LG Hirschfeld             | 0:29:35 | 0:31:11 | 0:30:27 | <b>01:31:13</b> |
| 65 (172)  | KREMERS, Michelle          | 1994 |                           | 0:32:34 | 0:29:37 | 0:30:18 | <b>01:32:29</b> |
| 66 (3)    | ALFLEN, Monika             | 1958 | Lt Saaler Mühle           | 0:31:10 | 0:31:12 | 0:30:38 | <b>01:33:00</b> |
| 67 (113)  | HAUPTVOGEL, Katharina      | 1992 | ASICS Frontrunner         | 0:32:21 | 0:31:26 | 0:29:41 | <b>01:33:28</b> |
| 68 (2035) | HAKE, Gisela               | 1969 |                           | 0:31:47 | 0:31:27 | 0:32:50 | <b>01:36:04</b> |
| 69 (336)  | TOELLNER, Stefanie         | 1978 |                           | 0:32:51 | 0:32:01 | 0:32:02 | <b>01:36:54</b> |
| 70 (139)  | JANZEN, Sebastian          | 2007 | SG N+K114euss             | 0:33:23 | 0:32:40 | 0:31:51 | <b>01:37:54</b> |
| 71 (99)   | GRÄTER, Kurt               | 1948 | GVG Laufteam              | 0:32:16 | 0:33:49 | 0:32:24 | <b>01:38:29</b> |
| 72 (96)   | GLEITSMANN, Thomas         | 1948 | TS 79 Bergisch Gladbach   | 0:33:41 | 0:33:01 | 0:32:33 | <b>01:39:15</b> |
| 73 (328)  | SÜß-DAHMEN, Renate         | 1944 | LT Saaler Mühle           | 0:33:38 | 0:33:13 | 0:32:29 | <b>01:39:20</b> |
| 74 (158)  | KNÜTTEL, Karlheinz         | 1957 |                           | 0:32:42 | 0:33:29 | 0:33:11 | <b>01:39:22</b> |
| 75 (1403) | HAUS, David                | 2002 |                           | 0:37:46 | 0:31:18 | 0:31:15 | <b>01:40:19</b> |
| 76 (258)  | REMER, Ralf                | 1963 | TRI-TEAM DEESEM           | 0:31:53 | 0:36:30 | 0:32:13 | <b>01:40:36</b> |
| 77 (1385) | GERHARDT, Uwe              | 1965 | Hamich Runners            | 0:33:54 | 0:34:39 | 0:33:41 | <b>01:42:14</b> |
| 78 (24)   | BLASS, Frank               | 1967 |                           | 0:33:28 | 0:33:54 | 0:35:13 | <b>01:42:35</b> |
| 79 (245)  | PERSÉ, Jürgen              | 1956 | RTC Frechen 80            | 0:34:45 | 0:34:54 | 0:33:59 | <b>01:43:38</b> |
| 80 (112)  | HAUCK-KNÜTTEL, Kerstin     | 1963 |                           | 0:35:17 | 0:35:11 | 0:35:40 | <b>01:46:08</b> |
| 81 (2425) | FRINGS, Celine             | 2000 | Jugendzentrum Dransdorf   | 0:40:36 | 0:34:07 | 0:32:41 | <b>01:47:24</b> |
| 82 (509)  | HEERSTRAß, Oliver          | 1984 |                           | 0:36:55 | 0:35:51 | 0:37:00 | <b>01:49:46</b> |
| 83 (26)   | BOHLEN, Björn              | 2004 | Laufgruppe WG-ORCA        | 0:31:56 | 0:48:00 | 0:30:43 | <b>01:50:39</b> |
| 84 (283)  | SCHMITZ, Mandy             | 1983 |                           | 0:36:50 | 0:41:23 | 0:33:05 | <b>01:51:18</b> |



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#### MINI-SERIE (3X 5KM) GESAMTWERTUNG OVERALL

| RG (STNR)        | NAME, VORNAME      | JG   | VEREIN / (WOHNORT) | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|------------------|--------------------|------|--------------------|---------|---------|---------|-----------------|
| <b>85</b> (216)  | MOHR, Rudi         | 1935 |                    | 0:35:14 | 0:38:56 | 0:37:13 | <b>01:51:23</b> |
| <b>86</b> (282)  | SCHMITZ, Andreas   | 1977 |                    | 0:36:50 | 0:36:55 | 0:37:42 | <b>01:51:27</b> |
| <b>87</b> (129)  | HOLZ, Gerd         | 1971 |                    | 0:37:46 | 0:38:14 | 0:36:23 | <b>01:52:23</b> |
| <b>88</b> (189)  | LAMMEL, Ariane     | 2004 | LT Saaler Mühle    | 0:39:34 | 0:37:54 | 0:36:04 | <b>01:53:32</b> |
| <b>89</b> (188)  | LAMMEL, Georg      | 1963 | LT Saaler Mühle    | 0:39:36 | 0:37:56 | 0:36:05 | <b>01:53:37</b> |
| <b>90</b> (1145) | BACH, Anna         | 1980 |                    | 0:37:43 | 0:39:06 | 0:36:50 | <b>01:53:39</b> |
| <b>91</b> (115)  | HEINZEN, Sonja     | 1982 |                    | 0:32:45 | 0:39:38 | 0:42:15 | <b>01:54:38</b> |
| <b>92</b> (230)  | NAUROTH, Petra     | 1960 | SG N+K170euss      | 0:38:43 | 0:40:35 | 0:40:18 | <b>01:59:36</b> |
| <b>93</b> (89)   | FRÖHLICH, Marianne | 1961 |                    | 0:38:56 | 0:39:37 | 0:42:14 | <b>02:00:47</b> |
| <b>94</b> (294)  | SCHÖNBERG, Marion  | 1967 |                    | 0:41:50 | 0:41:20 | 0:42:19 | <b>02:05:29</b> |
| <b>95</b> (165)  | KORDEUTER, Jutta   | 1954 | ReVital Center     | 0:45:43 | 0:44:34 | 0:44:41 | <b>02:14:58</b> |



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**MINI-SERIE (3X 5KM) GESAMTWERTUNG NACH GESCHLECHT**

| RG (STNR)       | NAME, VORNAME              | JG   | VEREIN / (WOHNORT)           | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|-----------------|----------------------------|------|------------------------------|---------|---------|---------|-----------------|
| <b>WEIBLICH</b> |                            |      |                              |         |         |         |                 |
| 1 (1138)        | SCHNEIDER, Celine          | 2004 | Bunert - Der Kölner Lauflade | 0:20:41 | 0:20:32 | 0:19:51 | <b>01:01:04</b> |
| 2 (33)          | BRASSAT, Simone            | 1996 |                              | 0:21:35 | 0:21:44 | 0:21:35 | <b>01:04:54</b> |
| 3 (325)         | STRATMANN, Hannah          | 2002 | SG Monheim                   | 0:21:41 | 0:22:51 | 0:21:23 | <b>01:05:55</b> |
| 4 (225)         | MÜHLEIS, Frauke            | 1983 | Leidenschaft-ist-Talent.com  | 0:24:35 | 0:23:50 | 0:24:37 | <b>01:13:02</b> |
| 5 (1387)        | GERHARDT, Enya             | 2004 | Hamich Runners               | 0:24:34 | 0:24:56 | 0:24:32 | <b>01:14:02</b> |
| 6 (1146)        | BARANSKI, Maïke            | 1979 | Tri - Team Ahlenberg         | 0:25:47 | 0:24:40 | 0:23:58 | <b>01:14:25</b> |
| 7 (2029)        | SCHUMACHER, Nina           | 1987 | Kickboxen ATV Hückeswager    | 0:25:32 | 0:25:02 | 0:24:46 | <b>01:15:20</b> |
| 8 (2026)        | FUCHSHUBER, Kinga          | 1979 | TV Refrath                   | 0:25:30 | 0:25:06 | 0:25:29 | <b>01:16:05</b> |
| 9 (1211)        | POENSGEN, Kelly            | 1966 | Tierheim Troisdorf           | 0:26:20 | 0:26:12 | 0:25:34 | <b>01:18:06</b> |
| 10 (363)        | WINKELMANN, Leona          | 2004 | Föhr Marathon e.V.           | 0:26:24 | 0:28:16 | 0:26:01 | <b>01:20:41</b> |
| 11 (1401)       | SCHNEIDER, Clara           | 1996 |                              | 0:28:15 | 0:27:00 | 0:26:48 | <b>01:22:03</b> |
| 12 (1166)       | DEUTZMANN, Katharina       | 1989 | Southern Oregon Runners      | 0:27:21 | 0:27:37 | 0:27:25 | <b>01:22:23</b> |
| 13 (310)        | SELINIOTAKIS, Nadine Diana | 1979 |                              | 0:27:19 | 0:27:32 | 0:27:57 | <b>01:22:48</b> |
| 14 (1332)       | RASCH, Steffi              | 1981 | #IAMSPORT by M.Raatz         | 0:27:42 | 0:27:39 | 0:28:02 | <b>01:23:23</b> |
| 15 (1343)       | NDASHI, Moni               | 2003 | Jugendzentrum Dransdorf      | 0:28:47 | 0:31:59 | 0:28:32 | <b>01:29:18</b> |
| 16 (1157)       | BROCKHOFF, Andrea          | 1971 | Pfaffenheck                  | 0:30:54 | 0:30:27 | 0:28:30 | <b>01:29:51</b> |
| 17 (291)        | SCHNEIDERS, Julia          | 1991 | LT Dünwalder TV              | 0:29:50 | 0:29:47 | 0:30:16 | <b>01:29:53</b> |
| 18 (123)        | HIRSCHFELD, Lea Sophie     | 2002 | LG Hirschfeld                | 0:29:35 | 0:31:11 | 0:30:27 | <b>01:31:13</b> |
| 19 (172)        | KREMERS, Michelle          | 1994 |                              | 0:32:34 | 0:29:37 | 0:30:18 | <b>01:32:29</b> |
| 20 (3)          | ALFLEN, Monika             | 1958 | Lt Saaler Mühle              | 0:31:10 | 0:31:12 | 0:30:38 | <b>01:33:00</b> |
| 21 (113)        | HAUPTVOGEL, Katharina      | 1992 | ASICS Frontrunner            | 0:32:21 | 0:31:26 | 0:29:41 | <b>01:33:28</b> |
| 22 (2035)       | HAKE, Gisela               | 1969 |                              | 0:31:47 | 0:31:27 | 0:32:50 | <b>01:36:04</b> |
| 23 (336)        | TOELLNER, Stefanie         | 1978 |                              | 0:32:51 | 0:32:01 | 0:32:02 | <b>01:36:54</b> |
| 24 (328)        | SÜß-DAHMEN, Renate         | 1944 | LT Saaler Mühle              | 0:33:38 | 0:33:13 | 0:32:29 | <b>01:39:20</b> |
| 25 (258)        | REMERS, Ralf               | 1963 | TRI-TEAM DEESEM              | 0:31:53 | 0:36:30 | 0:32:13 | <b>01:40:36</b> |
| 26 (112)        | HAUCK-KNÜTTEL, Kerstin     | 1963 |                              | 0:35:17 | 0:35:11 | 0:35:40 | <b>01:46:08</b> |
| 27 (2425)       | FRINGS, Celine             | 2000 | Jugendzentrum Dransdorf      | 0:40:36 | 0:34:07 | 0:32:41 | <b>01:47:24</b> |
| 28 (283)        | SCHMITZ, Mandy             | 1983 |                              | 0:36:50 | 0:41:23 | 0:33:05 | <b>01:51:18</b> |
| 29 (189)        | LAMMEL, Ariane             | 2004 | LT Saaler Mühle              | 0:39:34 | 0:37:54 | 0:36:04 | <b>01:53:32</b> |
| 30 (1145)       | BACH, Anna                 | 1980 |                              | 0:37:43 | 0:39:06 | 0:36:50 | <b>01:53:39</b> |
| 31 (115)        | HEINZEN, Sonja             | 1982 |                              | 0:32:45 | 0:39:38 | 0:42:15 | <b>01:54:38</b> |
| 32 (230)        | NAUROTH, Petra             | 1960 | SG N+K170euss                | 0:38:43 | 0:40:35 | 0:40:18 | <b>01:59:36</b> |
| 33 (89)         | FRÖHLICH, Marianne         | 1961 |                              | 0:38:56 | 0:39:37 | 0:42:14 | <b>02:00:47</b> |
| 34 (294)        | SCHÖNBERG, Marion          | 1967 |                              | 0:41:50 | 0:41:20 | 0:42:19 | <b>02:05:29</b> |
| 35 (165)        | KORDEUTER, Jutta           | 1954 | ReVital Center               | 0:45:43 | 0:44:34 | 0:44:41 | <b>02:14:58</b> |



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**MINI-SERIE (3X 5KM) GESAMTWERTUNG NACH GESCHLECHT**

| RG (STNR)       | NAME, VORNAME          | JG   | VEREIN / (WOHNORT)           | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|-----------------|------------------------|------|------------------------------|---------|---------|---------|-----------------|
| <b>MÄNNLICH</b> |                        |      |                              |         |         |         |                 |
| 1 (1141)        | SINGBEIL, Daniel       | 1989 | Bunert - Der Kölner Lauflade | 0:15:33 | 0:15:37 | 0:15:42 | <b>00:46:52</b> |
| 2 (210)         | MICHAELIS, Fabian      | 1994 | ASV Wesseling                | 0:17:46 | 0:17:47 | 0:17:18 | <b>00:52:51</b> |
| 3 (138)         | JAKOBS, Thorsten       | 1974 | PSV Bonn Triathlon           | 0:18:06 | 0:18:17 | 0:17:56 | <b>00:54:19</b> |
| 4 (262)         | ROCHETEAU, Maxime      | 1995 | LG Gummersbach               | 0:18:22 | 0:18:12 | 0:17:45 | <b>00:54:19</b> |
| 5 (1375)        | TIMME, Volker          | 1969 | LG Gummersbach               | 0:19:57 | 0:19:35 | 0:19:09 | <b>00:58:41</b> |
| 6 (2007)        | SCHLAACK, Andreas      | 1970 | VfL Engelskirchen            | 0:19:52 | 0:19:56 | 0:19:33 | <b>00:59:21</b> |
| 7 (81)          | FISCHER, David         | 1983 | Run for your life            | 0:19:53 | 0:20:07 | 0:20:00 | <b>01:00:00</b> |
| 8 (2197)        | GAJAK, Chris           | 1974 | KTT01                        | 0:20:09 | 0:20:06 | 0:19:50 | <b>01:00:05</b> |
| 9 (2025)        | JAKOBS, Lukas          | 2002 | Hennefer TV                  | 0:21:02 | 0:19:40 | 0:19:31 | <b>01:00:13</b> |
| 10 (212)        | MIESKES, Kurt          | 1961 | MGV Oberbantenberg           | 0:20:12 | 0:20:13 | 0:20:18 | <b>01:00:43</b> |
| 11 (1186)       | JENER, Marius          | 1974 | MJ POWER                     | 0:20:36 | 0:20:27 | 0:20:08 | <b>01:01:11</b> |
| 12 (2002)       | SCHMIDT, Rene          | 1970 | LG Schnecke Düsseldorf       | 0:20:44 | 0:20:22 | 0:20:14 | <b>01:01:20</b> |
| 13 (2440)       | SCHLOEMER, Stefan      | 1966 | KTT01                        | 0:20:39 | 0:20:48 | 0:19:59 | <b>01:01:26</b> |
| 14 (1364)       | HIMMEL, Marius         | 1978 |                              | 0:20:54 | 0:20:45 | 0:20:24 | <b>01:02:03</b> |
| 15 (2036)       | HAKE, Thomas           | 1969 |                              | 0:21:26 | 0:21:05 | 0:20:43 | <b>01:03:14</b> |
| 16 (261)        | ROCHETEAU, Dominique   | 1965 | LG Gummersbach               | 0:21:36 | 0:21:11 | 0:20:50 | <b>01:03:37</b> |
| 17 (2031)       | JANASIK, Tadeusz       | 1961 | Team Lohmann Witten          | 0:21:40 | 0:22:09 | 0:21:30 | <b>01:05:19</b> |
| 18 (1399)       | ZEHNPENNIG, Damian     | 1996 | TV Refrath                   | 0:22:21 | 0:22:54 | 0:21:31 | <b>01:06:46</b> |
| 19 (1152)       | BLÖMACHER, Wolfgang    | 1956 | Troisdorf                    | 0:22:42 | 0:23:03 | 0:22:37 | <b>01:08:22</b> |
| 20 (2038)       | KRÄMER, Paul           | 1963 |                              | 0:23:23 | 0:23:04 | 0:22:30 | <b>01:08:57</b> |
| 21 (1378)       | BLOY, Jörg             | 1967 | D2SH                         | 0:23:07 | 0:23:06 | 0:22:49 | <b>01:09:02</b> |
| 22 (2006)       | SCHLAACK, Leo Levent   | 2004 | VfL Engelskirchen            | 0:23:24 | 0:23:04 | 0:23:06 | <b>01:09:34</b> |
| 23 (1386)       | GERHARDT, Cedric       | 2001 | Hamich Runners               | 0:23:01 | 0:23:50 | 0:23:05 | <b>01:09:56</b> |
| 24 (2047)       | ORTH, Hermann Josef    | 1950 | TV Hoffnungsthal             | 0:23:20 | 0:24:11 | 0:22:50 | <b>01:10:21</b> |
| 25 (77)         | FEINDT, Reinhard       | 1950 | TV Refrath                   | 0:23:55 | 0:24:14 | 0:23:47 | <b>01:11:56</b> |
| 26 (12)         | BAUS, Reiner           | 1954 | Cologne Running Crew         | 0:24:00 | 0:24:08 | 0:24:00 | <b>01:12:08</b> |
| 27 (374)        | ZAHNEN, Fabian         | 2003 | GSV Porz                     | 0:24:35 | 0:23:56 | 0:23:58 | <b>01:12:29</b> |
| 28 (64)         | DRESBACH, Frank        | 1967 | Cologne Allblacks            | 0:25:16 | 0:24:23 | 0:24:03 | <b>01:13:42</b> |
| 29 (364)        | WINKELMANN, Christian  | 1978 | Föhr Marathon e.V.           | 0:24:21 | 0:24:30 | 0:24:56 | <b>01:13:47</b> |
| 30 (130)        | HONECKER, Hagen        | 2007 | TFG Nippes                   | 0:26:15 | 0:25:58 | 0:23:29 | <b>01:15:42</b> |
| 31 (109)        | HARNAU, Jonas          | 2004 | MudRunner                    | 0:25:30 | 0:25:30 | 0:25:09 | <b>01:16:09</b> |
| 32 (257)        | REMER, Ralf            | 1962 | TRI-TEAM DEESEM              | 0:25:49 | 0:25:51 | 0:25:04 | <b>01:16:44</b> |
| 33 (1222)       | SPÖLGEN, Joachim       | 1954 | SC Pulheim                   | 0:25:40 | 0:26:15 | 0:25:19 | <b>01:17:14</b> |
| 34 (1199)       | LÜKE, Thomas           | 1970 | Tri - Team Ahlenberg         | 0:26:52 | 0:25:54 | 0:24:34 | <b>01:17:20</b> |
| 35 (1398)       | ZEHNPENNIG, Stephan    | 1965 |                              | 0:26:07 | 0:26:08 | 0:25:39 | <b>01:17:54</b> |
| 36 (211)        | MICHAELIS, Bernd       | 1957 | VfB Erftstadt Multisport     | 0:24:27 | 0:26:41 | 0:27:33 | <b>01:18:41</b> |
| 37 (42)         | BUSCHER, Marco         | 1991 |                              | 0:26:52 | 0:26:20 | 0:25:46 | <b>01:18:58</b> |
| 38 (2169)       | SINGBEIL, Klaus        | 1955 |                              | 0:26:40 | 0:26:47 | 0:26:23 | <b>01:19:50</b> |
| 39 (1215)       | RUNGE, Günther         | 1947 | VfL Engelskirchen            | 0:28:22 | 0:25:58 | 0:25:38 | <b>01:19:58</b> |
| 40 (1395)       | HERRERA, Valentin      | 1993 | KTT01                        | 0:27:04 | 0:26:55 | 0:26:18 | <b>01:20:17</b> |
| 41 (1345)       | LOPEZ-SALGADO, Antonio | 2004 |                              | 0:27:10 | 0:26:00 | 0:28:40 | <b>01:21:50</b> |



## 3. Lauf zur 33. Winterserie des LSV Porz

**MINI-SERIE (3X 5KM) GESAMTWERTUNG NACH GESCHLECHT**

| RG (STNR)        | NAME, VORNAME        | JG   | VEREIN / (WOHNORT)        | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|------------------|----------------------|------|---------------------------|---------|---------|---------|-----------------|
| <b>MÄNNLICH</b>  |                      |      |                           |         |         |         |                 |
| <b>42</b> (349)  | WEBER, Markus        | 1978 | KSK Köln                  | 0:27:03 | 0:29:33 | 0:27:06 | <b>01:23:42</b> |
| <b>43</b> (1402) | OLOFSSON, Simon      | 1983 |                           | 0:28:33 | 0:27:45 | 0:27:28 | <b>01:23:46</b> |
| <b>44</b> (1347) | PHILIPP, Justin      | 2004 | Jugendzentrum Dransdorf   | 0:28:40 | 0:30:26 | 0:28:42 | <b>01:27:48</b> |
| <b>45</b> (1204) | MEHLMANN, Konstantin | 1987 | Kickboxen ATV Hückeswager | 0:30:23 | 0:30:47 | 0:26:53 | <b>01:28:03</b> |
| <b>46</b> (2003) | STIEHL, Hans-Detlev  | 1942 | Tiere in Not Brühl        | 0:30:20 | 0:30:22 | 0:29:59 | <b>01:30:41</b> |
| <b>47</b> (139)  | JANZEN, Sebastian    | 2007 | SG N+K114euss             | 0:33:23 | 0:32:40 | 0:31:51 | <b>01:37:54</b> |
| <b>48</b> (99)   | GRÄTER, Kurt         | 1948 | GVG Laufteam              | 0:32:16 | 0:33:49 | 0:32:24 | <b>01:38:29</b> |
| <b>49</b> (96)   | GLEITSMANN, Thomas   | 1948 | TS 79 Bergisch Gladbach   | 0:33:41 | 0:33:01 | 0:32:33 | <b>01:39:15</b> |
| <b>50</b> (158)  | KNÜTTEL, Karlheinz   | 1957 |                           | 0:32:42 | 0:33:29 | 0:33:11 | <b>01:39:22</b> |
| <b>51</b> (1403) | HAUS, David          | 2002 |                           | 0:37:46 | 0:31:18 | 0:31:15 | <b>01:40:19</b> |
| <b>52</b> (1385) | GERHARDT, Uwe        | 1965 | Hamich Runners            | 0:33:54 | 0:34:39 | 0:33:41 | <b>01:42:14</b> |
| <b>53</b> (24)   | BLASS, Frank         | 1967 |                           | 0:33:28 | 0:33:54 | 0:35:13 | <b>01:42:35</b> |
| <b>54</b> (245)  | PERSÉ, Jürgen        | 1956 | RTC Frechen 80            | 0:34:45 | 0:34:54 | 0:33:59 | <b>01:43:38</b> |
| <b>55</b> (509)  | HEERSTRAß, Oliver    | 1984 |                           | 0:36:55 | 0:35:51 | 0:37:00 | <b>01:49:46</b> |
| <b>56</b> (26)   | BOHLEN, Björn        | 2004 | Laufgruppe WG-ORCA        | 0:31:56 | 0:48:00 | 0:30:43 | <b>01:50:39</b> |
| <b>57</b> (216)  | MOHR, Rudi           | 1935 |                           | 0:35:14 | 0:38:56 | 0:37:13 | <b>01:51:23</b> |
| <b>58</b> (282)  | SCHMITZ, Andreas     | 1977 |                           | 0:36:50 | 0:36:55 | 0:37:42 | <b>01:51:27</b> |
| <b>59</b> (129)  | HOLZ, Gerd           | 1971 |                           | 0:37:46 | 0:38:14 | 0:36:23 | <b>01:52:23</b> |
| <b>60</b> (188)  | LAMMEL, Georg        | 1963 | LT Saaler Mühle           | 0:39:36 | 0:37:56 | 0:36:05 | <b>01:53:37</b> |



## 3. Lauf zur 33. Winterserie des LSV Porz

**MINI-SERIE (3X 5KM)** GESAMTWERTUNG NACH ALTERSKLASSEN

| RG (STNR)           | NAME, VORNAME         | JG   | VEREIN / (WOHNORT)           | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|---------------------|-----------------------|------|------------------------------|---------|---------|---------|-----------------|
| <b>MÄNNER</b>       |                       |      |                              |         |         |         |                 |
| 1 (1141)            | SINGBEIL, Daniel      | 1989 | Bunert - Der Kölner Lauflade | 0:15:33 | 0:15:37 | 0:15:42 | <b>00:46:52</b> |
| 2 (210)             | MICHAELIS, Fabian     | 1994 | ASV Wesseling                | 0:17:46 | 0:17:47 | 0:17:18 | <b>00:52:51</b> |
| 3 (42)              | BUSCHER, Marco        | 1991 |                              | 0:26:52 | 0:26:20 | 0:25:46 | <b>01:18:58</b> |
| 4 (1395)            | HERRERA, Valentin     | 1993 | KTT01                        | 0:27:04 | 0:26:55 | 0:26:18 | <b>01:20:17</b> |
| <b>JUNIOREN U23</b> |                       |      |                              |         |         |         |                 |
| 1 (262)             | ROCHETEAU, Maxime     | 1995 | LG Gummersbach               | 0:18:22 | 0:18:12 | 0:17:45 | <b>00:54:19</b> |
| 2 (1399)            | ZEHNPFFENNIG, Damian  | 1996 | TV Refrath                   | 0:22:21 | 0:22:54 | 0:21:31 | <b>01:06:46</b> |
| <b>SENIOREN M30</b> |                       |      |                              |         |         |         |                 |
| 1 (81)              | FISCHER, David        | 1983 | Run for your life            | 0:19:53 | 0:20:07 | 0:20:00 | <b>01:00:00</b> |
| 2 (1402)            | OLOFSSON, Simon       | 1983 |                              | 0:28:33 | 0:27:45 | 0:27:28 | <b>01:23:46</b> |
| 3 (1204)            | MEHLMANN, Konstantin  | 1987 | Kickboxen ATV Hückeswager    | 0:30:23 | 0:30:47 | 0:26:53 | <b>01:28:03</b> |
| 4 (509)             | HEERSTRAß, Oliver     | 1984 |                              | 0:36:55 | 0:35:51 | 0:37:00 | <b>01:49:46</b> |
| <b>SENIOREN M35</b> |                       |      |                              |         |         |         |                 |
| 1 (1364)            | HIMMEL, Marius        | 1978 |                              | 0:20:54 | 0:20:45 | 0:20:24 | <b>01:02:03</b> |
| 2 (364)             | WINKELMANN, Christian | 1978 | Föhr Marathon e.V.           | 0:24:21 | 0:24:30 | 0:24:56 | <b>01:13:47</b> |
| 3 (349)             | WEBER, Markus         | 1978 | KSK Köln                     | 0:27:03 | 0:29:33 | 0:27:06 | <b>01:23:42</b> |
| <b>SENIOREN M40</b> |                       |      |                              |         |         |         |                 |
| 1 (138)             | JAKOBS, Thorsten      | 1974 | PSV Bonn Triathlon           | 0:18:06 | 0:18:17 | 0:17:56 | <b>00:54:19</b> |
| 2 (2197)            | GAJAK, Chris          | 1974 | KTT01                        | 0:20:09 | 0:20:06 | 0:19:50 | <b>01:00:05</b> |
| 3 (1186)            | JENER, Marius         | 1974 | MJ POWER                     | 0:20:36 | 0:20:27 | 0:20:08 | <b>01:01:11</b> |
| 4 (282)             | SCHMITZ, Andreas      | 1977 |                              | 0:36:50 | 0:36:55 | 0:37:42 | <b>01:51:27</b> |
| <b>SENIOREN M45</b> |                       |      |                              |         |         |         |                 |
| 1 (1375)            | TIMME, Volker         | 1969 | LG Gummersbach               | 0:19:57 | 0:19:35 | 0:19:09 | <b>00:58:41</b> |
| 2 (2007)            | SCHLAACK, Andreas     | 1970 | VfL Engelskirchen            | 0:19:52 | 0:19:56 | 0:19:33 | <b>00:59:21</b> |
| 3 (2002)            | SCHMIDT, Rene         | 1970 | LG Schnecke Düsseldorf       | 0:20:44 | 0:20:22 | 0:20:14 | <b>01:01:20</b> |
| 4 (2036)            | HAKE, Thomas          | 1969 |                              | 0:21:26 | 0:21:05 | 0:20:43 | <b>01:03:14</b> |
| 5 (1199)            | LÜKE, Thomas          | 1970 | Tri - Team Ahlenberg         | 0:26:52 | 0:25:54 | 0:24:34 | <b>01:17:20</b> |
| 6 (129)             | HOLZ, Gerd            | 1971 |                              | 0:37:46 | 0:38:14 | 0:36:23 | <b>01:52:23</b> |
| <b>SENIOREN M50</b> |                       |      |                              |         |         |         |                 |
| 1 (2440)            | SCHLOEMER, Stefan     | 1966 | KTT01                        | 0:20:39 | 0:20:48 | 0:19:59 | <b>01:01:26</b> |
| 2 (261)             | ROCHETEAU, Dominique  | 1965 | LG Gummersbach               | 0:21:36 | 0:21:11 | 0:20:50 | <b>01:03:37</b> |
| 3 (2038)            | KRÄMER, Paul          | 1963 |                              | 0:23:23 | 0:23:04 | 0:22:30 | <b>01:08:57</b> |
| 4 (1378)            | BLOY, Jörg            | 1967 | D2SH                         | 0:23:07 | 0:23:06 | 0:22:49 | <b>01:09:02</b> |
| 5 (64)              | DRESBACH, Frank       | 1967 | Cologne Allblacks            | 0:25:16 | 0:24:23 | 0:24:03 | <b>01:13:42</b> |
| 6 (1398)            | ZEHNPFFENNIG, Stephan | 1965 |                              | 0:26:07 | 0:26:08 | 0:25:39 | <b>01:17:54</b> |
| 7 (1385)            | GERHARDT, Uwe         | 1965 | Hamich Runners               | 0:33:54 | 0:34:39 | 0:33:41 | <b>01:42:14</b> |



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**MINI-SERIE (3X 5KM)** GESAMTWERTUNG NACH ALTERSKLASSEN

| RG (STNR)                | NAME, VORNAME          | JG   | VEREIN / (WOHNORT)       | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|--------------------------|------------------------|------|--------------------------|---------|---------|---------|-----------------|
| <b>SENIOREN M50</b>      |                        |      |                          |         |         |         |                 |
| 8 (24)                   | BLASS, Frank           | 1967 |                          | 0:33:28 | 0:33:54 | 0:35:13 | <b>01:42:35</b> |
| 9 (188)                  | LAMMEL, Georg          | 1963 | LT Saaler Mühle          | 0:39:36 | 0:37:56 | 0:36:05 | <b>01:53:37</b> |
| <b>SENIOREN M55</b>      |                        |      |                          |         |         |         |                 |
| 1 (212)                  | MIESKES, Kurt          | 1961 | MGV Oberbantenberg       | 0:20:12 | 0:20:13 | 0:20:18 | <b>01:00:43</b> |
| 2 (2031)                 | JANASIK, Tadeusz       | 1961 | Team Lohmann Witten      | 0:21:40 | 0:22:09 | 0:21:30 | <b>01:05:19</b> |
| 3 (257)                  | REMER, Ralf            | 1962 | TRI-TEAM DEESEM          | 0:25:49 | 0:25:51 | 0:25:04 | <b>01:16:44</b> |
| <b>SENIOREN M60</b>      |                        |      |                          |         |         |         |                 |
| 1 (1152)                 | BLÖMACHER, Wolfgang    | 1956 | Troisdorf                | 0:22:42 | 0:23:03 | 0:22:37 | <b>01:08:22</b> |
| 2 (12)                   | BAUS, Reiner           | 1954 | Cologne Running Crew     | 0:24:00 | 0:24:08 | 0:24:00 | <b>01:12:08</b> |
| 3 (1222)                 | SPÖLGEN, Joachim       | 1954 | SC Pulheim               | 0:25:40 | 0:26:15 | 0:25:19 | <b>01:17:14</b> |
| 4 (211)                  | MICHAELIS, Bernd       | 1957 | VfB Erftstadt Multisport | 0:24:27 | 0:26:41 | 0:27:33 | <b>01:18:41</b> |
| 5 (2169)                 | SINGBEIL, Klaus        | 1955 |                          | 0:26:40 | 0:26:47 | 0:26:23 | <b>01:19:50</b> |
| 6 (158)                  | KNÜTTEL, Karlheinz     | 1957 |                          | 0:32:42 | 0:33:29 | 0:33:11 | <b>01:39:22</b> |
| 7 (245)                  | PERSÉ, Jürgen          | 1956 | RTC Frechen 80           | 0:34:45 | 0:34:54 | 0:33:59 | <b>01:43:38</b> |
| <b>SENIOREN M65</b>      |                        |      |                          |         |         |         |                 |
| 1 (2047)                 | ORTH, Hermann Josef    | 1950 | TV Hoffnungsthal         | 0:23:20 | 0:24:11 | 0:22:50 | <b>01:10:21</b> |
| 2 (77)                   | FEINDT, Reinhard       | 1950 | TV Refrath               | 0:23:55 | 0:24:14 | 0:23:47 | <b>01:11:56</b> |
| 3 (99)                   | GRÄTER, Kurt           | 1948 | GVG Laufteam             | 0:32:16 | 0:33:49 | 0:32:24 | <b>01:38:29</b> |
| 4 (96)                   | GLEITSMANN, Thomas     | 1948 | TS 79 Bergisch Gladbach  | 0:33:41 | 0:33:01 | 0:32:33 | <b>01:39:15</b> |
| <b>SENIOREN M70</b>      |                        |      |                          |         |         |         |                 |
| 1 (1215)                 | RUNGE, Günther         | 1947 | VfL Engelskirchen        | 0:28:22 | 0:25:58 | 0:25:38 | <b>01:19:58</b> |
| <b>SENIOREN M75</b>      |                        |      |                          |         |         |         |                 |
| 1 (2003)                 | STIEHL, Hans-Detlev    | 1942 | Tiere in Not Brühl       | 0:30:20 | 0:30:22 | 0:29:59 | <b>01:30:41</b> |
| <b>SENIOREN M80</b>      |                        |      |                          |         |         |         |                 |
| 1 (216)                  | MOHR, Rudi             | 1935 |                          | 0:35:14 | 0:38:56 | 0:37:13 | <b>01:51:23</b> |
| <b>MÄNNL. JUGEND U14</b> |                        |      |                          |         |         |         |                 |
| 1 (2006)                 | SCHLAACK, Leo Levent   | 2004 | VfL Engelskirchen        | 0:23:24 | 0:23:04 | 0:23:06 | <b>01:09:34</b> |
| 2 (109)                  | HARNAU, Jonas          | 2004 | MudRunner                | 0:25:30 | 0:25:30 | 0:25:09 | <b>01:16:09</b> |
| 3 (1345)                 | LOPEZ-SALGADO, Antonio | 2004 |                          | 0:27:10 | 0:26:00 | 0:28:40 | <b>01:21:50</b> |
| 4 (1347)                 | PHILIPP, Justin        | 2004 | Jugendzentrum Dransdorf  | 0:28:40 | 0:30:26 | 0:28:42 | <b>01:27:48</b> |
| 5 (26)                   | BOHLEN, Björn          | 2004 | Laufgruppe WG-ORCA       | 0:31:56 | 0:48:00 | 0:30:43 | <b>01:50:39</b> |
| <b>MÄNNL. JUGEND U16</b> |                        |      |                          |         |         |         |                 |
| 1 (2025)                 | JAKOBS, Lukas          | 2002 | Hennefer TV              | 0:21:02 | 0:19:40 | 0:19:31 | <b>01:00:13</b> |
| 2 (374)                  | ZAHNEN, Fabian         | 2003 | GSV Porz                 | 0:24:35 | 0:23:56 | 0:23:58 | <b>01:12:29</b> |
| 3 (1403)                 | HAUS, David            | 2002 |                          | 0:37:46 | 0:31:18 | 0:31:15 | <b>01:40:19</b> |





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**MINI-SERIE (3X 5KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

| RG (STNR)                | NAME, VORNAME              | JG   | VEREIN / (WOHNORT)          | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|--------------------------|----------------------------|------|-----------------------------|---------|---------|---------|-----------------|
| <b>MÄNNL. JUGEND U18</b> |                            |      |                             |         |         |         |                 |
| 1 (1386)                 | GERHARDT, Cedric           | 2001 | Hamich Runners              | 0:23:01 | 0:23:50 | 0:23:05 | <b>01:09:56</b> |
| <b>MÄNNL. KINDER U12</b> |                            |      |                             |         |         |         |                 |
| 1 (130)                  | HONECKER, Hagen            | 2007 | TFG Nippes                  | 0:26:15 | 0:25:58 | 0:23:29 | <b>01:15:42</b> |
| 2 (139)                  | JANZEN, Sebastian          | 2007 | SG N+K114euss               | 0:33:23 | 0:32:40 | 0:31:51 | <b>01:37:54</b> |
| <b>FRAUEN</b>            |                            |      |                             |         |         |         |                 |
| 1 (1166)                 | DEUTZMANN, Katharina       | 1989 | Southern Oregon Runners     | 0:27:21 | 0:27:37 | 0:27:25 | <b>01:22:23</b> |
| 2 (291)                  | SCHNEIDERS, Julia          | 1991 | LT Dünnewalder TV           | 0:29:50 | 0:29:47 | 0:30:16 | <b>01:29:53</b> |
| 3 (172)                  | KREMERS, Michelle          | 1994 |                             | 0:32:34 | 0:29:37 | 0:30:18 | <b>01:32:29</b> |
| 4 (113)                  | HAUPTVOGEL, Katharina      | 1992 | ASICS Frontrunner           | 0:32:21 | 0:31:26 | 0:29:41 | <b>01:33:28</b> |
| <b>JUNIORINNEN U23</b>   |                            |      |                             |         |         |         |                 |
| 1 (33)                   | BRASSAT, Simone            | 1996 |                             | 0:21:35 | 0:21:44 | 0:21:35 | <b>01:04:54</b> |
| 2 (1401)                 | SCHNEIDER, Clara           | 1996 |                             | 0:28:15 | 0:27:00 | 0:26:48 | <b>01:22:03</b> |
| <b>SENIORINNEN W30</b>   |                            |      |                             |         |         |         |                 |
| 1 (225)                  | MÜHLEIS, Frauke            | 1983 | Leidenschaft-ist-Talent.com | 0:24:35 | 0:23:50 | 0:24:37 | <b>01:13:02</b> |
| 2 (2029)                 | SCHUMACHER, Nina           | 1987 | Kickboxen ATV Hückeswager   | 0:25:32 | 0:25:02 | 0:24:46 | <b>01:15:20</b> |
| 3 (283)                  | SCHMITZ, Mandy             | 1983 |                             | 0:36:50 | 0:41:23 | 0:33:05 | <b>01:51:18</b> |
| <b>SENIORINNEN W35</b>   |                            |      |                             |         |         |         |                 |
| 1 (1146)                 | BARANSKI, Maike            | 1979 | Tri - Team Ahlenberg        | 0:25:47 | 0:24:40 | 0:23:58 | <b>01:14:25</b> |
| 2 (2026)                 | FUCHSHUBER, Kinga          | 1979 | TV Refrath                  | 0:25:30 | 0:25:06 | 0:25:29 | <b>01:16:05</b> |
| 3 (310)                  | SELINIOTAKIS, Nadine Diana | 1979 |                             | 0:27:19 | 0:27:32 | 0:27:57 | <b>01:22:48</b> |
| 4 (1332)                 | RASCH, Steffi              | 1981 | #IAMSPORT by M.Raatz        | 0:27:42 | 0:27:39 | 0:28:02 | <b>01:23:23</b> |
| 5 (336)                  | TOELLNER, Stefanie         | 1978 |                             | 0:32:51 | 0:32:01 | 0:32:02 | <b>01:36:54</b> |
| 6 (1145)                 | BACH, Anna                 | 1980 |                             | 0:37:43 | 0:39:06 | 0:36:50 | <b>01:53:39</b> |
| 7 (115)                  | HEINZEN, Sonja             | 1982 |                             | 0:32:45 | 0:39:38 | 0:42:15 | <b>01:54:38</b> |
| <b>SENIORINNEN W45</b>   |                            |      |                             |         |         |         |                 |
| 1 (1157)                 | BROCKHOFF, Andrea          | 1971 | Pfaffenheck                 | 0:30:54 | 0:30:27 | 0:28:30 | <b>01:29:51</b> |
| 2 (2035)                 | HAKE, Gisela               | 1969 |                             | 0:31:47 | 0:31:27 | 0:32:50 | <b>01:36:04</b> |
| <b>SENIORINNEN W50</b>   |                            |      |                             |         |         |         |                 |
| 1 (1211)                 | POENSGEN, Kelly            | 1966 | Tierheim Troisdorf          | 0:26:20 | 0:26:12 | 0:25:34 | <b>01:18:06</b> |
| 2 (258)                  | REMER, Ralf                | 1963 | TRI-TEAM DEESEM             | 0:31:53 | 0:36:30 | 0:32:13 | <b>01:40:36</b> |
| 3 (112)                  | HAUCK-KNÜTTEL, Kerstin     | 1963 |                             | 0:35:17 | 0:35:11 | 0:35:40 | <b>01:46:08</b> |
| 4 (294)                  | SCHÖNBERG, Marion          | 1967 |                             | 0:41:50 | 0:41:20 | 0:42:19 | <b>02:05:29</b> |
| <b>SENIORINNEN W55</b>   |                            |      |                             |         |         |         |                 |
| 1 (3)                    | ALFLEN, Monika             | 1958 | Lt Saaler Mühle             | 0:31:10 | 0:31:12 | 0:30:38 | <b>01:33:00</b> |
| 2 (230)                  | NAUROTH, Petra             | 1960 | SG N+K170euss               | 0:38:43 | 0:40:35 | 0:40:18 | <b>01:59:36</b> |



## 3. Lauf zur 33. Winterserie des LSV Porz

**MINI-SERIE (3X 5KM) GESAMTWERTUNG NACH ALTERSKLASSEN**

| RG (STNR)                | NAME, VORNAME          | JG   | VEREIN / (WOHNORT)           | LAUF 1  | LAUF 2  | LAUF 3  | ZEIT            |
|--------------------------|------------------------|------|------------------------------|---------|---------|---------|-----------------|
| <b>SENIORINNEN W55</b>   |                        |      |                              |         |         |         |                 |
| 3 (89)                   | FRÖHLICH, Marianne     | 1961 |                              | 0:38:56 | 0:39:37 | 0:42:14 | <b>02:00:47</b> |
| <b>SENIORINNEN W60</b>   |                        |      |                              |         |         |         |                 |
| 1 (165)                  | KORDEUTER, Jutta       | 1954 | ReVital Center               | 0:45:43 | 0:44:34 | 0:44:41 | <b>02:14:58</b> |
| <b>SENIORINNEN W70</b>   |                        |      |                              |         |         |         |                 |
| 1 (328)                  | SÜß-DAHMEN, Renate     | 1944 | LT Saaler Mühle              | 0:33:38 | 0:33:13 | 0:32:29 | <b>01:39:20</b> |
| <b>WEIBL. JUGEND U14</b> |                        |      |                              |         |         |         |                 |
| 1 (1138)                 | SCHNEIDER, Celine      | 2004 | Bunert - Der Kölner Lauflade | 0:20:41 | 0:20:32 | 0:19:51 | <b>01:01:04</b> |
| 2 (1387)                 | GERHARDT, Enya         | 2004 | Hamich Runners               | 0:24:34 | 0:24:56 | 0:24:32 | <b>01:14:02</b> |
| 3 (363)                  | WINKELMANN, Leona      | 2004 | Föhr Marathon e.V.           | 0:26:24 | 0:28:16 | 0:26:01 | <b>01:20:41</b> |
| 4 (189)                  | LAMMEL, Ariane         | 2004 | LT Saaler Mühle              | 0:39:34 | 0:37:54 | 0:36:04 | <b>01:53:32</b> |
| <b>WEIBL. JUGEND U16</b> |                        |      |                              |         |         |         |                 |
| 1 (325)                  | STRATMANN, Hannah      | 2002 | SG Monheim                   | 0:21:41 | 0:22:51 | 0:21:23 | <b>01:05:55</b> |
| 2 (1343)                 | NDASHI, Moni           | 2003 | Jugendzentrum Dransdorf      | 0:28:47 | 0:31:59 | 0:28:32 | <b>01:29:18</b> |
| 3 (123)                  | HIRSCHFELD, Lea Sophie | 2002 | LG Hirschfeld                | 0:29:35 | 0:31:11 | 0:30:27 | <b>01:31:13</b> |
| <b>WEIBL. JUGEND U18</b> |                        |      |                              |         |         |         |                 |
| 1 (2425)                 | FRINGS, Celine         | 2000 | Jugendzentrum Dransdorf      | 0:40:36 | 0:34:07 | 0:32:41 | <b>01:47:24</b> |