



3. Lauf zur 35. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
1 (1682)	FLADER, Moritz	1991	LG Gummersbach	0:36:08	0:35:59	0:35:13	01:47:20
2 (1373)	SCHMAL, Bert	1981	Tus Deuz	0:37:18	0:36:00	0:35:08	01:48:26
3 (1377)	SCHNEIDER, Norbert	1968	Rhein-Berg Runners	0:37:01	0:37:10	0:36:57	01:51:08
4 (1157)	SCHMIDWENZL, Dirk	1971	Team Aachener Engel	0:39:04	0:39:31	0:38:43	01:57:18
5 (1744)	MÜLL, Stephan	1970	Storm-Team-Triathlon	0:39:36	0:39:30	0:38:36	01:57:42
6 (977)	HORSTMANN, Christian	1982	Rhein-Berg Runners	0:40:06	0:40:30	0:39:38	02:00:14
7 (1019)	KORTMANN, Volker	1969	TuS 08 Lintorf	0:40:52	0:40:43	0:39:20	02:00:55
8 (1124)	PÜSCHEL, Kai	1982	ASV Köln Triathlon	0:40:33	0:40:32	0:40:04	02:01:09
9 (2709)	LANGWALD, Fabian	1989		0:41:44	0:40:51	0:38:41	02:01:16
10 (1137)	REINPRECHT, Jochen	1984	EIFEL HERO Team	0:43:31	0:40:06	0:38:43	02:02:20
11 (1082)	NEUMANN, Maik	1975	DJK Gummersbach	0:41:55	0:41:56	0:41:46	02:05:37
12 (1362)	MÜLLER, Josef	1968	LT Graftschaft	0:43:19	0:42:06	0:40:39	02:06:04
13 (920)	GRANTERATH, René	1981		0:43:33	0:41:46	0:41:23	02:06:42
14 (838)	BRANG, Michael	1971	LT Graftschaft	0:44:17	0:42:47	0:41:27	02:08:31
15 (1769)	JUCKEL, Bernd	1950	SG Neukirchen-Hülchrath	0:43:19	0:43:47	0:42:54	02:10:00
16 (1173)	SCHROER, Martin	1995		0:43:22	0:41:39	0:45:17	02:10:18
17 (1995)	LÜCHTEFELD, Alice	1992	Bunert - Der Kölner Lauflade	0:49:24	0:42:18	0:41:41	02:13:23
18 (872)	DOMNIK, Kirsten	1988	MACH3 Köln	0:45:02	0:44:53	0:43:46	02:13:41
19 (877)	EBENER, Daniel	1983		0:45:48	0:44:41	0:44:22	02:14:51
20 (1326)	GESTHUIZEN, Alexander	1973	Polizei Köln	0:46:46	0:45:02	0:43:41	02:15:29
21 (1751)	MAUEL, Christoph	1968	SF69 Puderbach	0:44:41	0:45:49	0:45:01	02:15:31
22 (1317)	DONATH, Aurelius	1958		0:45:36	0:46:08	0:44:30	02:16:14
23 (913)	GILBERG, Thomas	1971		0:46:39	0:45:40	0:44:17	02:16:36
24 (864)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln	0:45:09	0:47:22	0:44:40	02:17:11
25 (841)	BRAUNER, Dirk	1969	Tusem Essen	0:46:08	0:45:48	0:45:29	02:17:25
26 (1195)	STEINMETZ, Stefan	1981		0:44:05	0:50:10	0:44:04	02:18:19
27 (984)	ISBANER, Wolfgang	1954	TSV Bayer Leverkusen	0:46:46	0:45:55	0:47:04	02:19:45
28 (854)	CANDAN, Monika	1981	TS Frechen	0:47:18	0:46:10	0:46:38	02:20:06
29 (2164)	WESCHENBACH, Guido	1967	Lauftreff Lindlar	0:47:27	0:46:39	0:46:19	02:20:25
30 (936)	HANSEN, Fabian	1989	Lauftreff Hersel	0:46:23	0:48:03	0:46:05	02:20:31
31 (1189)	SITZER, Marc	1979	SSF Bonn Triathlon	0:46:32	0:47:27	0:47:37	02:21:36
32 (807)	ASSENMACHER, Kai	1986		0:47:40	0:48:07	0:46:38	02:22:25
33 (922)	GREIF, Uwe	1965	Dürener TV 1847	0:49:24	0:47:00	0:46:20	02:22:44
34 (1176)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:49:51	0:47:35	0:46:15	02:23:41
35 (935)	HANSEN, Christoph	1965	Cologne Allblacks	0:46:30	0:47:56	0:50:07	02:24:33
36 (988)	JOHANNSEN, David	1980	KfW	0:48:40	0:49:03	0:46:54	02:24:37
37 (1086)	NIKELOWSKI, Norbert	1958	LSV Porz / Köln	0:48:47	0:48:41	0:48:03	02:25:31
38 (833)	BOHNE, Christopher	1964		0:48:49	0:49:14	0:47:54	02:25:57
39 (875)	DRESBACH, Frank	1967	Cologne Allblacks	0:49:14	0:48:58	0:47:56	02:26:08
40 (943)	HAUPT, Jan	1977	LG DüMo	0:49:15	0:49:40	0:47:22	02:26:17
41 (1032)	LANDEN, Ingo	1969	MACH3 Köln	0:51:17	0:49:36	0:46:29	02:27:22
42 (910)	GIES, Günter	1961	PSV Bonn Triathlon	0:49:14	0:50:45	0:48:41	02:28:40



3. Lauf zur 35. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (926)	GRONEWALD, Jörg	1969		0:51:34	0:50:27	0:49:29	02:31:30
44 (826)	BIRKHÖLZER, Ruth	1976		0:53:06	0:50:05	0:49:04	02:32:15
45 (1112)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:49:58	0:52:10	0:50:32	02:32:40
46 (1391)	TSCHÖKE, Thomas	1969	Immer en Bewegung	0:50:42	0:50:55	0:51:21	02:32:58
47 (1231)	WALDOFF, Sascha	1990		0:54:51	0:46:26	0:53:53	02:35:10
48 (1155)	SCHILD, Tobias	1985		1:02:50	0:48:10	0:44:15	02:35:15
49 (1807)	OEHME, Karsten	1967	LT TuS Mondorf	0:53:33	0:52:13	0:51:01	02:36:47
50 (1217)	USSELMANN, Dagmar	1963	Rösrath	0:52:55	0:53:35	0:51:36	02:38:06
51 (1072)	MÖLLER, Karin	1978		0:53:37	0:52:14	0:52:16	02:38:07
52 (1071)	MOLDENHAUER, Marina	1986	FR-Training	0:49:28	0:49:10	0:59:34	02:38:12
53 (1354)	KÖPPE, Christian	1982		0:55:20	0:53:01	0:49:52	02:38:13
54 (1014)	KÖPKE, Jan	1967	Lauffreunde Lülsdorf	0:53:37	0:53:42	0:52:19	02:39:38
55 (919)	GRAF, Andreas	1958		0:53:54	0:54:13	0:51:55	02:40:02
56 (1164)	SCHNEIDER, Dominik	2004	Orca-Runners	0:54:25	0:52:27	0:53:10	02:40:02
57 (945)	HEEP, Raphael	1988		0:56:30	0:53:24	0:50:16	02:40:10
58 (1183)	SCHWAB, Stefan	1970	Chaos Crew	0:53:12	0:54:06	0:53:07	02:40:25
59 (1154)	SCHIERHOLZ, Michael	1980	Orca-Runners	0:48:38	0:58:54	0:53:52	02:41:24
60 (1115)	PILLING-WILKE, Susan	1952		0:54:08	0:54:32	0:52:44	02:41:24
61 (1347)	KERSTING, Friedel	1950		0:53:44	0:55:45	0:52:31	02:42:00
62 (1187)	SIEMER, Thorsten	1975	Sturmflut Bremerhaven	0:55:49	0:54:34	0:53:02	02:43:25
63 (915)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:53:48	0:56:44	0:53:07	02:43:39
64 (1716)	BUSCHMANN, Frank	1966	LT Alsdorf Ost	0:54:58	0:54:43	0:54:54	02:44:35
65 (1125)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:55:55	0:53:32	0:55:39	02:45:06
66 (1814)	CARLE, Thomaj	1969		0:56:46	0:54:58	0:53:31	02:45:15
67 (1146)	RUNGE, Günther	1947	VfL Engelskirchen	0:54:54	0:55:38	0:54:47	02:45:19
68 (1729)	PAPAZOGLU, Renata	1975		0:56:35	0:55:01	0:54:30	02:46:06
69 (1346)	KERBOUB, Soreya	1985		0:56:06	0:56:42	0:53:43	02:46:31
70 (949)	HERLING, Jelena	1993		0:55:55	0:55:37	0:55:13	02:46:45
71 (844)	BRINGS, Daniel	1979		0:57:04	0:56:04	0:54:15	02:47:23
72 (814)	BARION, René	1968	Köln's allerletzte Reserve! /	0:56:01	0:57:54	0:54:29	02:48:24
73 (1020)	KOTTMANN, Thorsten	1974		0:56:57	0:56:56	0:54:58	02:48:51
74 (896)	FREYMUTH, Jürgen	1949	IAC Düren	0:55:11	0:56:19	0:57:45	02:49:15
75 (1230)	WALDOFF, Michael	1961	DUV	0:56:18	0:56:42	0:56:33	02:49:33
76 (1040)	LENHARD, Astrid	1968		0:57:10	0:57:26	0:55:27	02:50:03
77 (1395)	WAGNER, Karl-Heinz	1963	TV Hoffnungsthal	0:59:33	0:55:17	0:56:58	02:51:48
78 (1861)	PFROMM, Sebastian	1981		0:58:57	0:58:03	0:56:01	02:53:01
79 (1087)	NOWACK, Nadine	1986	SG Köln-Worringen	0:58:23	0:56:44	0:58:44	02:53:51
80 (1218)	VACANTE, Alessandro	2002	Orca-Runners	1:01:34	0:59:45	0:53:11	02:54:30
81 (1237)	WEBER, Steffen	1985		1:03:15	1:03:01	0:50:30	02:56:46
82 (967)	HLUSIAK, Ramona	1986	Lauf du Sau	1:00:10	0:59:17	0:58:59	02:58:26
83 (1360)	MARSCHKE, Dirk	1971	Laufftreff Fühlinger See	1:00:29	0:59:27	0:58:45	02:58:41
84 (891)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	0:58:49	1:01:24	0:59:42	02:59:55



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (1206)	TEPLY, Ben	2003	Orca-Runners	1:01:38	1:04:20	0:55:19	03:01:17
86 (996)	KATZKI, Nicole	1987		1:02:51	1:01:43	0:58:54	03:03:28
87 (1088)	NUNEZ DIAZ, Paola	1984	TPSK 1925 Köln	1:02:57	1:02:02	0:59:12	03:04:11
88 (1064)	METE, Yusuf	1969	MACH3 Köln	1:03:38	1:04:59	0:57:00	03:05:37
89 (1207)	THEIS, Dominik	2004	Orca-Runners	1:01:35	0:55:39	1:09:38	03:06:52
90 (961)	HILDEBRANDT, Oliver	1961	LSV Porz / Köln	1:04:11	1:03:19	1:01:34	03:09:04
91 (1159)	SCHMITT, Jürgen	1963		1:03:41	1:03:40	1:02:26	03:09:47
92 (1234)	WÄTZOLD, Alexandra	1978		1:03:22	1:03:21	1:03:16	03:09:59
93 (914)	GLEITSMANN, Thomas	1948	TS 79 Bergisch Gladbach	1:04:23	1:03:34	1:02:10	03:10:07
94 (1178)	SCHUMACHER, Alice	1969	GO! DO SPORTS!	1:07:37	1:02:33	1:02:21	03:12:31
95 (1714)	MATILDA, Palfi	1952	LT Saaler Mühle	1:02:21	1:08:21	1:02:55	03:13:37
96 (1767)	RIEMENSCHNEIDER, Barbara	1966	KALS	1:06:51	1:05:15	1:06:13	03:18:19
97 (1210)	TRAMONTIN, Marco	1976		1:05:17	1:03:11	1:10:04	03:18:32
98 (1192)	SPERLING, Daniela	1973	Team Erdinger Alkoholfrei	1:07:45	1:07:25	1:05:34	03:20:44
99 (1219)	VALDER, Barbara	1970		1:10:39	1:08:15	1:06:05	03:24:59
100 (2524)	BIRK, Volker	1949	Uniquetraining	1:12:10	1:08:14	1:04:40	03:25:04
101 (1098)	PAFFRATH, Ralf	1965		1:13:27	1:08:18	1:04:36	03:26:21
102 (1836)	WASSER, Jasmin	1977		1:07:27	1:13:17	1:06:12	03:26:56
103 (1062)	MENTZEL, Sarah	1979	Alles für meine Kids	1:07:56	1:09:51	1:10:58	03:28:45
104 (1185)	SEIDEL, Marcel	1977	Schmitz Fitness	1:13:49	1:09:35	1:05:46	03:29:10
105 (1385)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	1:14:08	1:03:18	1:12:17	03:29:43
106 (1353)	KÖPPE, Christa	1960		1:11:16	1:10:37	1:09:58	03:31:51
107 (1771)	REHBERG, Julia	1977		1:13:48	1:08:31	1:11:34	03:33:53
108 (1384)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:14:08	1:11:42	1:12:17	03:38:07
109 (1257)	ZAK, Evelin	1982		1:18:05	1:15:17	1:12:51	03:46:13
110 (829)	BODE, Anja	1968		1:19:50	1:16:15	1:11:26	03:47:31
111 (1126)	QUANTMEYER DE POLACK, Si	1971	St. Sebastianus Schützenbr	1:27:52	1:18:50	1:19:43	04:06:25
112 (869)	DITTRICH, Karin	1960	SCB Horrem	1:25:45	1:24:33	1:24:08	04:14:26



3. Lauf zur 35. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
1 (1995)	LÜCHTEFELD, Alice	1992	Bunert - Der Kölner Lauflade	0:49:24	0:42:18	0:41:41	02:13:23
2 (872)	DOMNIK, Kirsten	1988	MACH3 Köln	0:45:02	0:44:53	0:43:46	02:13:41
3 (854)	CANDAN, Monika	1981	TS Frechen	0:47:18	0:46:10	0:46:38	02:20:06
4 (826)	BIRKHÖLZER, Ruth	1976		0:53:06	0:50:05	0:49:04	02:32:15
5 (1112)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:49:58	0:52:10	0:50:32	02:32:40
6 (1217)	USSELMANN, Dagmar	1963	Rösrath	0:52:55	0:53:35	0:51:36	02:38:06
7 (1072)	MÖLLER, Karin	1978		0:53:37	0:52:14	0:52:16	02:38:07
8 (1071)	MOLDENHAUER, Marina	1986	FR-Training	0:49:28	0:49:10	0:59:34	02:38:12
9 (1115)	PILLING-WILKE, Susan	1952		0:54:08	0:54:32	0:52:44	02:41:24
10 (1729)	PAPAZOGLU, Renata	1975		0:56:35	0:55:01	0:54:30	02:46:06
11 (1346)	KERBOUB, Soreya	1985		0:56:06	0:56:42	0:53:43	02:46:31
12 (949)	HERLING, Jelena	1993		0:55:55	0:55:37	0:55:13	02:46:45
13 (1040)	LENHARD, Astrid	1968		0:57:10	0:57:26	0:55:27	02:50:03
14 (1087)	NOWACK, Nadine	1986	SG Köln-Worringen	0:58:23	0:56:44	0:58:44	02:53:51
15 (967)	HLUSIAK, Ramona	1986	Lauf du Sau	1:00:10	0:59:17	0:58:59	02:58:26
16 (891)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	0:58:49	1:01:24	0:59:42	02:59:55
17 (996)	KATZKI, Nicole	1987		1:02:51	1:01:43	0:58:54	03:03:28
18 (1088)	NUNEZ DIAZ, Paola	1984	TPSK 1925 Köln	1:02:57	1:02:02	0:59:12	03:04:11
19 (1234)	WÄTZOLD, Alexandra	1978		1:03:22	1:03:21	1:03:16	03:09:59
20 (1178)	SCHUMACHER, Alice	1969	GO! DO SPORTS!	1:07:37	1:02:33	1:02:21	03:12:31
21 (1714)	MATILDA, Palfi	1952	LT Saaler Mühle	1:02:21	1:08:21	1:02:55	03:13:37
22 (1767)	RIEMENSCHNEIDER, Barbara	1966	KALS	1:06:51	1:05:15	1:06:13	03:18:19
23 (1192)	SPERLING, Daniela	1973	Team Erdinger Alkoholfrei	1:07:45	1:07:25	1:05:34	03:20:44
24 (1219)	VALDER, Barbara	1970		1:10:39	1:08:15	1:06:05	03:24:59
25 (1836)	WASSER, Jasmin	1977		1:07:27	1:13:17	1:06:12	03:26:56
26 (1062)	MENTZEL, Sarah	1979	Alles für meine Kids	1:07:56	1:09:51	1:10:58	03:28:45
27 (1353)	KÖPPE, Christa	1960		1:11:16	1:10:37	1:09:58	03:31:51
28 (1771)	REHBERG, Julia	1977		1:13:48	1:08:31	1:11:34	03:33:53
29 (1257)	ZAK, Evelin	1982		1:18:05	1:15:17	1:12:51	03:46:13
30 (829)	BODE, Anja	1968		1:19:50	1:16:15	1:11:26	03:47:31
31 (1126)	QUANTMEYER DE POLACK, Si	1971	St. Sebastianus Schützenbr	1:27:52	1:18:50	1:19:43	04:06:25
32 (869)	DITTRICH, Karin	1960	SCB Horrem	1:25:45	1:24:33	1:24:08	04:14:26



3. Lauf zur 35. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
1 (1682)	FLADER, Moritz	1991	LG Gummersbach	0:36:08	0:35:59	0:35:13	01:47:20
2 (1373)	SCHMAL, Bert	1981	Tus Deuz	0:37:18	0:36:00	0:35:08	01:48:26
3 (1377)	SCHNEIDER, Norbert	1968	Rhein-Berg Runners	0:37:01	0:37:10	0:36:57	01:51:08
4 (1157)	SCHMIDWENZL, Dirk	1971	Team Aachener Engel	0:39:04	0:39:31	0:38:43	01:57:18
5 (1744)	MÜLL, Stephan	1970	Storm-Team-Triathlon	0:39:36	0:39:30	0:38:36	01:57:42
6 (977)	HORSTMANN, Christian	1982	Rhein-Berg Runners	0:40:06	0:40:30	0:39:38	02:00:14
7 (1019)	KORTMANN, Volker	1969	TuS 08 Lintorf	0:40:52	0:40:43	0:39:20	02:00:55
8 (1124)	PÜSCHEL, Kai	1982	ASV Köln Triathlon	0:40:33	0:40:32	0:40:04	02:01:09
9 (2709)	LANGWALD, Fabian	1989		0:41:44	0:40:51	0:38:41	02:01:16
10 (1137)	REINPRECHT, Jochen	1984	EIFEL HERO Team	0:43:31	0:40:06	0:38:43	02:02:20
11 (1082)	NEUMANN, Maik	1975	DJK Gummersbach	0:41:55	0:41:56	0:41:46	02:05:37
12 (1362)	MÜLLER, Josef	1968	LT Grafschaft	0:43:19	0:42:06	0:40:39	02:06:04
13 (920)	GRANTERATH, René	1981		0:43:33	0:41:46	0:41:23	02:06:42
14 (838)	BRANG, Michael	1971	LT Grafschaft	0:44:17	0:42:47	0:41:27	02:08:31
15 (1769)	JUCKEL, Bernd	1950	SG Neukirchen-Hülchrath	0:43:19	0:43:47	0:42:54	02:10:00
16 (1173)	SCHROER, Martin	1995		0:43:22	0:41:39	0:45:17	02:10:18
17 (877)	EBENER, Daniel	1983		0:45:48	0:44:41	0:44:22	02:14:51
18 (1326)	GESTHUIZEN, Alexander	1973	Polizei Köln	0:46:46	0:45:02	0:43:41	02:15:29
19 (1751)	MAUEL, Christoph	1968	SF69 Puderbach	0:44:41	0:45:49	0:45:01	02:15:31
20 (1317)	DONATH, Aurelius	1958		0:45:36	0:46:08	0:44:30	02:16:14
21 (913)	GILBERG, Thomas	1971		0:46:39	0:45:40	0:44:17	02:16:36
22 (864)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln	0:45:09	0:47:22	0:44:40	02:17:11
23 (841)	BRAUNER, Dirk	1969	Tusem Essen	0:46:08	0:45:48	0:45:29	02:17:25
24 (1195)	STEINMETZ, Stefan	1981		0:44:05	0:50:10	0:44:04	02:18:19
25 (984)	ISBANER, Wolfgang	1954	TSV Bayer Leverkusen	0:46:46	0:45:55	0:47:04	02:19:45
26 (2164)	WESCHENBACH, Guido	1967	Lauftreff Lindlar	0:47:27	0:46:39	0:46:19	02:20:25
27 (936)	HANSEN, Fabian	1989	Lauftreff Hersel	0:46:23	0:48:03	0:46:05	02:20:31
28 (1189)	SITZER, Marc	1979	SSF Bonn Triathlon	0:46:32	0:47:27	0:47:37	02:21:36
29 (807)	ASSENMACHER, Kai	1986		0:47:40	0:48:07	0:46:38	02:22:25
30 (922)	GREIF, Uwe	1965	Dürener TV 1847	0:49:24	0:47:00	0:46:20	02:22:44
31 (1176)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:49:51	0:47:35	0:46:15	02:23:41
32 (935)	HANSEN, Christoph	1965	Cologne Allblacks	0:46:30	0:47:56	0:50:07	02:24:33
33 (988)	JOHANNSEN, David	1980	KfW	0:48:40	0:49:03	0:46:54	02:24:37
34 (1086)	NIKELOWSKI, Norbert	1958	LSV Porz / Köln	0:48:47	0:48:41	0:48:03	02:25:31
35 (833)	BOHNE, Christopher	1964		0:48:49	0:49:14	0:47:54	02:25:57
36 (875)	DRESBACH, Frank	1967	Cologne Allblacks	0:49:14	0:48:58	0:47:56	02:26:08
37 (943)	HAUPT, Jan	1977	LG DüMo	0:49:15	0:49:40	0:47:22	02:26:17
38 (1032)	LANDEN, Ingo	1969	MACH3 Köln	0:51:17	0:49:36	0:46:29	02:27:22
39 (910)	GIES, Günter	1961	PSV Bonn Triathlon	0:49:14	0:50:45	0:48:41	02:28:40
40 (926)	GRONEWALD, Jörg	1969		0:51:34	0:50:27	0:49:29	02:31:30
41 (1391)	TSCHÖKE, Thomas	1969	Immer en Bewegung	0:50:42	0:50:55	0:51:21	02:32:58



3. Lauf zur 35. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
42 (1231)	WALDOFF, Sascha	1990		0:54:51	0:46:26	0:53:53	02:35:10
43 (1155)	SCHILD, Tobias	1985		1:02:50	0:48:10	0:44:15	02:35:15
44 (1807)	OEHME, Karsten	1967	LT TuS Mondorf	0:53:33	0:52:13	0:51:01	02:36:47
45 (1354)	KÖPPE, Christian	1982		0:55:20	0:53:01	0:49:52	02:38:13
46 (1014)	KÖPKE, Jan	1967	Lauffreunde Lülisdorf	0:53:37	0:53:42	0:52:19	02:39:38
47 (919)	GRAF, Andreas	1958		0:53:54	0:54:13	0:51:55	02:40:02
48 (1164)	SCHNEIDER, Dominik	2004	Orca-Runners	0:54:25	0:52:27	0:53:10	02:40:02
49 (945)	HEEP, Raphael	1988		0:56:30	0:53:24	0:50:16	02:40:10
50 (1183)	SCHWAB, Stefan	1970	Chaos Crew	0:53:12	0:54:06	0:53:07	02:40:25
51 (1154)	SCHIERHOLZ, Michael	1980	Orca-Runners	0:48:38	0:58:54	0:53:52	02:41:24
52 (1347)	KERSTING, Friedel	1950		0:53:44	0:55:45	0:52:31	02:42:00
53 (1187)	SIEMER, Thorsten	1975	Sturmflut Bremerhaven	0:55:49	0:54:34	0:53:02	02:43:25
54 (915)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:53:48	0:56:44	0:53:07	02:43:39
55 (1716)	BUSCHMANN, Frank	1966	LT Alsdorf Ost	0:54:58	0:54:43	0:54:54	02:44:35
56 (1125)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:55:55	0:53:32	0:55:39	02:45:06
57 (1814)	CARLE, Thomaj	1969		0:56:46	0:54:58	0:53:31	02:45:15
58 (1146)	RUNGE, Günther	1947	VfL Engelskirchen	0:54:54	0:55:38	0:54:47	02:45:19
59 (844)	BRINGS, Daniel	1979		0:57:04	0:56:04	0:54:15	02:47:23
60 (814)	BARION, René	1968	Köln's allerletzte Reserve! /	0:56:01	0:57:54	0:54:29	02:48:24
61 (1020)	KOTTMANN, Thorsten	1974		0:56:57	0:56:56	0:54:58	02:48:51
62 (896)	FREYMUTH, Jürgen	1949	IAC Düren	0:55:11	0:56:19	0:57:45	02:49:15
63 (1230)	WALDOFF, Michael	1961	DUV	0:56:18	0:56:42	0:56:33	02:49:33
64 (1395)	WAGNER, Karl-Heinz	1963	TV Hoffnungsthal	0:59:33	0:55:17	0:56:58	02:51:48
65 (1861)	PFROMM, Sebastian	1981		0:58:57	0:58:03	0:56:01	02:53:01
66 (1218)	VACANTE, Alessandro	2002	Orca-Runners	1:01:34	0:59:45	0:53:11	02:54:30
67 (1237)	WEBER, Steffen	1985		1:03:15	1:03:01	0:50:30	02:56:46
68 (1360)	MARSCHKE, Dirk	1971	Lauftreff Fühlinger See	1:00:29	0:59:27	0:58:45	02:58:41
69 (1206)	TEPLY, Ben	2003	Orca-Runners	1:01:38	1:04:20	0:55:19	03:01:17
70 (1064)	METE, Yusuf	1969	MACH3 Köln	1:03:38	1:04:59	0:57:00	03:05:37
71 (1207)	THEIS, Dominik	2004	Orca-Runners	1:01:35	0:55:39	1:09:38	03:06:52
72 (961)	HILDEBRANDT, Oliver	1961	LSV Porz / Köln	1:04:11	1:03:19	1:01:34	03:09:04
73 (1159)	SCHMITT, Jürgen	1963		1:03:41	1:03:40	1:02:26	03:09:47
74 (914)	GLEITSMANN, Thomas	1948	TS 79 Bergisch Gladbach	1:04:23	1:03:34	1:02:10	03:10:07
75 (1210)	TRAMONTIN, Marco	1976		1:05:17	1:03:11	1:10:04	03:18:32
76 (2524)	BIRK, Volker	1949	Uniquetraining	1:12:10	1:08:14	1:04:40	03:25:04
77 (1098)	PAFFRATH, Ralf	1965		1:13:27	1:08:18	1:04:36	03:26:21
78 (1185)	SEIDEL, Marcel	1977	Schmitz Fitness	1:13:49	1:09:35	1:05:46	03:29:10
79 (1385)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	1:14:08	1:03:18	1:12:17	03:29:43
80 (1384)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:14:08	1:11:42	1:12:17	03:38:07



3. Lauf zur 35. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNER							
1 (1682)	FLADER, Moritz	1991	LG Gummersbach	0:36:08	0:35:59	0:35:13	01:47:20
2 (1173)	SCHROER, Martin	1995		0:43:22	0:41:39	0:45:17	02:10:18
3 (1231)	WALDOFF, Sascha	1990		0:54:51	0:46:26	0:53:53	02:35:10
SENIOREN M30							
1 (2709)	LANGWALD, Fabian	1989		0:41:44	0:40:51	0:38:41	02:01:16
2 (936)	HANSEN, Fabian	1989	Lauftreff Hersel	0:46:23	0:48:03	0:46:05	02:20:31
3 (807)	ASSENMACHER, Kai	1986		0:47:40	0:48:07	0:46:38	02:22:25
4 (1155)	SCHILD, Tobias	1985		1:02:50	0:48:10	0:44:15	02:35:15
5 (945)	HEEP, Raphael	1988		0:56:30	0:53:24	0:50:16	02:40:10
6 (1237)	WEBER, Steffen	1985		1:03:15	1:03:01	0:50:30	02:56:46
SENIOREN M35							
1 (1373)	SCHMAL, Bert	1981	Tus Deuz	0:37:18	0:36:00	0:35:08	01:48:26
2 (977)	HORSTMANN, Christian	1982	Rhein-Berg Runners	0:40:06	0:40:30	0:39:38	02:00:14
3 (1124)	PÜSCHEL, Kai	1982	ASV Köln Triathlon	0:40:33	0:40:32	0:40:04	02:01:09
4 (1137)	REINPRECHT, Jochen	1984	EIFEL HERO Team	0:43:31	0:40:06	0:38:43	02:02:20
5 (920)	GRANTERATH, René	1981		0:43:33	0:41:46	0:41:23	02:06:42
6 (877)	EBENER, Daniel	1983		0:45:48	0:44:41	0:44:22	02:14:51
7 (864)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln	0:45:09	0:47:22	0:44:40	02:17:11
8 (1195)	STEINMETZ, Stefan	1981		0:44:05	0:50:10	0:44:04	02:18:19
9 (988)	JOHANNSEN, David	1980	KfW	0:48:40	0:49:03	0:46:54	02:24:37
10 (1354)	KÖPPE, Christian	1982		0:55:20	0:53:01	0:49:52	02:38:13
11 (1154)	SCHIERHOLZ, Michael	1980	Orca-Runners	0:48:38	0:58:54	0:53:52	02:41:24
12 (1861)	PFROMM, Sebastian	1981		0:58:57	0:58:03	0:56:01	02:53:01
SENIOREN M40							
1 (1082)	NEUMANN, Maik	1975	DJK Gummersbach	0:41:55	0:41:56	0:41:46	02:05:37
2 (1189)	SITZER, Marc	1979	SSF Bonn Triathlon	0:46:32	0:47:27	0:47:37	02:21:36
3 (1176)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:49:51	0:47:35	0:46:15	02:23:41
4 (943)	HAUPT, Jan	1977	LG DüMo	0:49:15	0:49:40	0:47:22	02:26:17
5 (1187)	SIEMER, Thorsten	1975	Sturmflut Bremerhaven	0:55:49	0:54:34	0:53:02	02:43:25
6 (844)	BRINGS, Daniel	1979		0:57:04	0:56:04	0:54:15	02:47:23
7 (1210)	TRAMONTIN, Marco	1976		1:05:17	1:03:11	1:10:04	03:18:32
8 (1185)	SEIDEL, Marcel	1977	Schmitz Fitness	1:13:49	1:09:35	1:05:46	03:29:10
SENIOREN M45							
1 (1157)	SCHMIDWENZL, Dirk	1971	Team Aachener Engel	0:39:04	0:39:31	0:38:43	01:57:18
2 (1744)	MÜLL, Stephan	1970	Storm-Team-Triathlon	0:39:36	0:39:30	0:38:36	01:57:42
3 (838)	BRANG, Michael	1971	LT Graftschaft	0:44:17	0:42:47	0:41:27	02:08:31
4 (1326)	GESTHUIZEN, Alexander	1973	Polizei Köln	0:46:46	0:45:02	0:43:41	02:15:29
5 (913)	GILBERG, Thomas	1971		0:46:39	0:45:40	0:44:17	02:16:36



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M45							
6 (1183)	SCHWAB, Stefan	1970	Chaos Crew	0:53:12	0:54:06	0:53:07	02:40:25
7 (1020)	KOTTMANN, Thorsten	1974		0:56:57	0:56:56	0:54:58	02:48:51
8 (1360)	MARSCHKE, Dirk	1971	Lauftreff Fühlinger See	1:00:29	0:59:27	0:58:45	02:58:41
SENIOREN M50							
1 (1377)	SCHNEIDER, Norbert	1968	Rhein-Berg Runners	0:37:01	0:37:10	0:36:57	01:51:08
2 (1019)	KORTMANN, Volker	1969	TuS 08 Lintorf	0:40:52	0:40:43	0:39:20	02:00:55
3 (1362)	MÜLLER, Josef	1968	LT Graftschaft	0:43:19	0:42:06	0:40:39	02:06:04
4 (1751)	MAUEL, Christoph	1968	SF69 Puderbach	0:44:41	0:45:49	0:45:01	02:15:31
5 (841)	BRAUNER, Dirk	1969	Tusem Essen	0:46:08	0:45:48	0:45:29	02:17:25
6 (2164)	WESCHENBACH, Guido	1967	Lauftreff Lindlar	0:47:27	0:46:39	0:46:19	02:20:25
7 (922)	GREIF, Uwe	1965	Dürener TV 1847	0:49:24	0:47:00	0:46:20	02:22:44
8 (935)	HANSEN, Christoph	1965	Cologne Allblacks	0:46:30	0:47:56	0:50:07	02:24:33
9 (875)	DRESBACH, Frank	1967	Cologne Allblacks	0:49:14	0:48:58	0:47:56	02:26:08
10 (1032)	LANDEN, Ingo	1969	MACH3 Köln	0:51:17	0:49:36	0:46:29	02:27:22
11 (926)	GRONEWALD, Jörg	1969		0:51:34	0:50:27	0:49:29	02:31:30
12 (1391)	TSCHÖKE, Thomas	1969	Immer en Bewegung	0:50:42	0:50:55	0:51:21	02:32:58
13 (1807)	OEHME, Karsten	1967	LT TuS Mondorf	0:53:33	0:52:13	0:51:01	02:36:47
14 (1014)	KÖPKE, Jan	1967	Lauffreunde Lülsdorf	0:53:37	0:53:42	0:52:19	02:39:38
15 (1716)	BUSCHMANN, Frank	1966	LT Alsdorf Ost	0:54:58	0:54:43	0:54:54	02:44:35
16 (1814)	CARLE, Thomaj	1969		0:56:46	0:54:58	0:53:31	02:45:15
17 (814)	BARION, René	1968	Köln's allerletzte Reserve! /	0:56:01	0:57:54	0:54:29	02:48:24
18 (1064)	METE, Yusuf	1969	MACH3 Köln	1:03:38	1:04:59	0:57:00	03:05:37
19 (1098)	PAFFRATH, Ralf	1965		1:13:27	1:08:18	1:04:36	03:26:21
SENIOREN M55							
1 (833)	BOHNE, Christopher	1964		0:48:49	0:49:14	0:47:54	02:25:57
2 (910)	GIES, Günter	1961	PSV Bonn Triathlon	0:49:14	0:50:45	0:48:41	02:28:40
3 (1125)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:55:55	0:53:32	0:55:39	02:45:06
4 (1230)	WALDOFF, Michael	1961	DUV	0:56:18	0:56:42	0:56:33	02:49:33
5 (1395)	WAGNER, Karl-Heinz	1963	TV Hoffnungsthal	0:59:33	0:55:17	0:56:58	02:51:48
6 (961)	HILDEBRANDT, Oliver	1961	LSV Porz / Köln	1:04:11	1:03:19	1:01:34	03:09:04
7 (1159)	SCHMITT, Jürgen	1963		1:03:41	1:03:40	1:02:26	03:09:47
SENIOREN M60							
1 (1317)	DONATH, Aurelius	1958		0:45:36	0:46:08	0:44:30	02:16:14
2 (1086)	NIKELOWSKI, Norbert	1958	LSV Porz / Köln	0:48:47	0:48:41	0:48:03	02:25:31
3 (919)	GRAF, Andreas	1958		0:53:54	0:54:13	0:51:55	02:40:02
4 (915)	GLOMBITZA, Rainer	1958	flitzi flitzi Kreuzkapelle	0:53:48	0:56:44	0:53:07	02:43:39
SENIOREN M65							
1 (1769)	JUCKEL, Bernd	1950	SG Neukirchen-Hülchrath	0:43:19	0:43:47	0:42:54	02:10:00



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M65							
2 (984)	ISBANER, Wolfgang	1954	TSV Bayer Leverkusen	0:46:46	0:45:55	0:47:04	02:19:45
3 (1347)	KERSTING, Friedel	1950		0:53:44	0:55:45	0:52:31	02:42:00
4 (1385)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	1:14:08	1:03:18	1:12:17	03:29:43
5 (1384)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:14:08	1:11:42	1:12:17	03:38:07
SENIOREN M70							
1 (1146)	RUNGE, Günther	1947	VfL Engelskirchen	0:54:54	0:55:38	0:54:47	02:45:19
2 (896)	FREYMUTH, Jürgen	1949	IAC Düren	0:55:11	0:56:19	0:57:45	02:49:15
3 (914)	GLEITSMANN, Thomas	1948	TS 79 Bergisch Gladbach	1:04:23	1:03:34	1:02:10	03:10:07
4 (2524)	BIRK, Volker	1949	Uniquetraining	1:12:10	1:08:14	1:04:40	03:25:04
MÄNNL. JUGEND U16							
1 (1164)	SCHNEIDER, Dominik	2004	Orca-Runners	0:54:25	0:52:27	0:53:10	02:40:02
2 (1207)	THEIS, Dominik	2004	Orca-Runners	1:01:35	0:55:39	1:09:38	03:06:52
MÄNNL. JUGEND U18							
1 (1218)	VACANTE, Alessandro	2002	Orca-Runners	1:01:34	0:59:45	0:53:11	02:54:30
2 (1206)	TEPLY, Ben	2003	Orca-Runners	1:01:38	1:04:20	0:55:19	03:01:17
FRAUEN							
1 (1995)	LÜCHTEFELD, Alice	1992	Bunert - Der Kölner Laufclub	0:49:24	0:42:18	0:41:41	02:13:23
2 (949)	HERLING, Jelena	1993		0:55:55	0:55:37	0:55:13	02:46:45
SENIORINNEN W30							
1 (872)	DOMNIK, Kirsten	1988	MACH3 Köln	0:45:02	0:44:53	0:43:46	02:13:41
2 (1071)	MOLDENHAUER, Marina	1986	FR-Training	0:49:28	0:49:10	0:59:34	02:38:12
3 (1346)	KERBOUB, Soreya	1985		0:56:06	0:56:42	0:53:43	02:46:31
4 (1087)	NOWACK, Nadine	1986	SG Köln-Worringen	0:58:23	0:56:44	0:58:44	02:53:51
5 (967)	HLUSIAK, Ramona	1986	Lauf du Sau	1:00:10	0:59:17	0:58:59	02:58:26
6 (996)	KATZKI, Nicole	1987		1:02:51	1:01:43	0:58:54	03:03:28
SENIORINNEN W35							
1 (854)	CANDAN, Monika	1981	TS Frechen	0:47:18	0:46:10	0:46:38	02:20:06
2 (1088)	NUNEZ DIAZ, Paola	1984	TPSK 1925 Köln	1:02:57	1:02:02	0:59:12	03:04:11
3 (1257)	ZAK, Evelin	1982		1:18:05	1:15:17	1:12:51	03:46:13
SENIORINNEN W40							
1 (826)	BIRKHÖLZER, Ruth	1976		0:53:06	0:50:05	0:49:04	02:32:15
2 (1072)	MÖLLER, Karin	1978		0:53:37	0:52:14	0:52:16	02:38:07
3 (1729)	PAPAZOGLU, Renata	1975		0:56:35	0:55:01	0:54:30	02:46:06
4 (1234)	WÄTZOLD, Alexandra	1978		1:03:22	1:03:21	1:03:16	03:09:59
5 (1836)	WASSER, Jasmin	1977		1:07:27	1:13:17	1:06:12	03:26:56



3. Lauf zur 35. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W40							
6 (1062)	MENTZEL, Sarah	1979	Alles für meine Kids	1:07:56	1:09:51	1:10:58	03:28:45
7 (1771)	REHBERG, Julia	1977		1:13:48	1:08:31	1:11:34	03:33:53
SENIORINNEN W45							
1 (891)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	0:58:49	1:01:24	0:59:42	02:59:55
2 (1192)	SPERLING, Daniela	1973	Team Erdinger Alkoholfrei	1:07:45	1:07:25	1:05:34	03:20:44
3 (1219)	VALDER, Barbara	1970		1:10:39	1:08:15	1:06:05	03:24:59
4 (1126)	QUANTMEYER DE POLACK, Si	1971	St. Sebastianus Schützenbr	1:27:52	1:18:50	1:19:43	04:06:25
SENIORINNEN W50							
1 (1040)	LENHARD, Astrid	1968		0:57:10	0:57:26	0:55:27	02:50:03
2 (1178)	SCHUMACHER, Alice	1969	GO! DO SPORTS!	1:07:37	1:02:33	1:02:21	03:12:31
3 (1767)	RIEMENSCHNEIDER, Barbara	1966	KALS	1:06:51	1:05:15	1:06:13	03:18:19
4 (829)	BODE, Anja	1968		1:19:50	1:16:15	1:11:26	03:47:31
SENIORINNEN W55							
1 (1112)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:49:58	0:52:10	0:50:32	02:32:40
2 (1217)	USSELMANN, Dagmar	1963	Rösrath	0:52:55	0:53:35	0:51:36	02:38:06
3 (1353)	KÖPPE, Christa	1960		1:11:16	1:10:37	1:09:58	03:31:51
4 (869)	DITTRICH, Karin	1960	SCB Horrem	1:25:45	1:24:33	1:24:08	04:14:26
SENIORINNEN W65							
1 (1115)	PILLING-WILKE, Susan	1952		0:54:08	0:54:32	0:52:44	02:41:24
2 (1714)	MATILDA, Palfi	1952	LT Saaler Mühle	1:02:21	1:08:21	1:02:55	03:13:37