



3. Lauf zur 35. 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 (1310)	BUNTE, Marian	1989	Bunert - Der Kölner Lauflade	0:33:59	0:52:26	1:12:58	02:39:23
2 (1103)	PEITER, Tom	1995	LG Gummersbach	0:35:56	0:54:24	1:17:05	02:47:25
3 (1102)	PEITER, Marc	1988		0:37:37	0:56:42	1:20:21	02:54:40
4 (1878)	LYPOVKA, Pavlo	1987	SCC Berlin	0:36:48	0:57:22	1:21:16	02:55:26
5 (2286)	SCHMITZ, Nora	1992	PETERS Sportteam / LC Euski	0:36:43	0:57:09	1:22:02	02:55:54
6 (2240)	NEUMANN, Dominik	1986	PETERS Sportteam	0:36:44	0:57:10	1:22:02	02:55:56
7 (1261)	ZIMMERMANN, Chris	1986	Tri Club Wuppertal	0:37:11	0:58:21	1:21:50	02:57:22
8 (1701)	WORTH, Lucas	1997		0:39:22	0:58:27	1:20:29	02:58:18
9 (803)	ADAM, Peter	1984		0:37:21	0:57:59	1:24:40	03:00:00
10 (932)	GÜRTLER, Oliver	1978	FC Germania Zündorf	0:38:29	0:59:39	1:23:27	03:01:35
11 (1839)	WEBER, Eiken	1980	Mach 3 Köln	0:38:54	0:58:59	1:23:43	03:01:36
12 (1358)	LAND, Matthias	1980	LAZ Puma Rhein-Sieg	0:38:24	0:59:03	1:24:13	03:01:40
13 (856)	CHRISTEN, Peter	1964	ASV Köln	0:39:38	0:59:54	1:23:26	03:02:58
14 (1383)	STADTEL, Björn	1977		0:39:02	0:59:17	1:24:54	03:03:13
15 (2783)	LÜDENBACH, Tim	1989		0:39:31	1:00:21	1:24:49	03:04:41
16 (1766)	RÖSLER, Denis	1970		0:38:58	1:00:42	1:26:26	03:06:06
17 (902)	GEIMER, Christian	1992	Die MANNschaft	0:39:48	0:59:44	1:26:39	03:06:11
18 (884)	ESCH, David	1991		0:38:44	1:02:00	1:26:44	03:07:28
19 (1245)	WINKELMANN, Sven	1972	Team Kleine My	0:39:35	1:00:32	1:27:22	03:07:29
20 (2775)	KRÄKER, Thorsten	1969	Superpunk	0:39:44	1:00:49	1:27:42	03:08:15
21 (1267)	ZORKIN, Björn	1992	Piraten AG	0:39:18	1:01:06	1:29:02	03:09:26
22 (1368)	OSMANOWSKI, Piotr	1988	Lauftreff SC Vilkerath	0:39:19	1:01:06	1:29:06	03:09:31
23 (1238)	WEIß, Gerrit	1976	TriCologne	0:41:14	1:02:43	1:26:52	03:10:49
24 (1123)	PURSCHKE, Gina	1982		0:41:11	1:02:52	1:27:21	03:11:24
25 (1364)	MÜSSEL, Uwe	1971	DAV Sektion Rheinland Köln	0:40:49	1:02:10	1:28:29	03:11:28
26 (1735)	GÜLKE, Thomas	1978		0:41:09	1:03:20	1:28:42	03:13:11
27 (1141)	ROMBEY, Dennis	1985	Fortuna Düsseldorf Triathlon	0:39:43	1:02:46	1:31:03	03:13:32
28 (978)	HOUSCHT, Martin Peter	1965	Selhof Runners	0:41:20	1:02:58	1:29:22	03:13:40
29 (1315)	DIDJURGIES, Rolf	1961	SSF Bonn Triathlon	0:41:22	1:02:20	1:30:25	03:14:07
30 (1758)	LIETH, Klaus	1968	TV Refrath	0:39:35	1:02:18	1:32:38	03:14:31
31 (982)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:41:03	1:04:55	1:28:40	03:14:38
32 (1035)	LAST, Christoph	1977	TSG Valbert	0:42:33	1:06:37	1:30:47	03:19:57
33 (1061)	MECKEL, Christoph	1979		0:42:38	1:05:25	1:32:09	03:20:12
34 (813)	BALTES, Achim	1975		0:41:28	1:06:21	1:33:01	03:20:50
35 (1325)	FRANZ, Einiko	1975	1. FC Spich	0:40:57	1:04:48	1:35:07	03:20:52
36 (1872)	RAUEN-ENGELBERG, Christop	1970	FC Hennef 05	0:42:01	1:05:00	1:33:51	03:20:52
37 (1705)	HARTMANN, Frederik	1968	TV Refrath	0:42:10	1:04:23	1:34:22	03:20:55
38 (1357)	KUTHE, Thorsten	1972		0:42:58	1:05:10	1:34:02	03:22:10
39 (1335)	HENNEKEN, Claudia Maria	1985	DauerLaufVerein	0:42:41	1:08:06	1:31:24	03:22:11
40 (1733)	SCHLOEMER, Stefan	1966	KTT01	0:43:11	1:05:47	1:33:33	03:22:31
41 (1215)	TÜRK, Cornelia	1966	Rhein-Berg Runners	0:43:12	1:06:56	1:35:40	03:25:48
42 (1247)	WIRTENSOHN, Dominik	1989	Cologne Running Crew	0:44:41	1:04:14	1:38:22	03:27:17



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (972)	HOFMANN, Peter	1965	ASV Köln Laufftreff	0:43:59	1:08:13	1:36:35	03:28:47
44 (1058)	MARINGER, Niels	1978	Bojenschwimmer	0:43:49	1:07:10	1:37:50	03:28:49
45 (1333)	HASBERG, Ascelina	1989	Köln läuft!	0:43:44	1:07:42	1:39:08	03:30:34
46 (1204)	SUDMANN, Tobias	1978	Laufmonster	0:45:14	1:08:15	1:38:12	03:31:41
47 (1085)	NIEKRAWIETZ, Peter	1968		0:44:09	1:08:28	1:40:06	03:32:43
48 (903)	GEIMER, Günter	1962	Die MANNschaft	0:45:46	1:09:50	1:37:12	03:32:48
49 (802)	ADAM, Miriam	1982	ASV Köln Triathlon	0:46:21	1:08:35	1:38:02	03:32:58
50 (1367)	NEIS, Markus	1967		0:45:27	1:08:49	1:39:00	03:33:16
51 (1033)	LANGER, Nils	1975		0:55:51	1:05:07	1:32:18	03:33:16
52 (999)	KEßELER, Stefan	1978		0:43:23	1:11:41	1:38:52	03:33:56
53 (1761)	RÖLLGEN, Thomas	1973	HDL Perle	0:42:00	1:08:13	1:44:26	03:34:39
54 (2760)	GERKUM , Ralf	1969	LC Weilerswist	0:43:47	1:12:32	1:38:48	03:35:07
55 (1620)	KERKHOFF, Philipp	1980	Cologne Southside	0:44:46	1:08:53	1:41:52	03:35:31
56 (1352)	KOMMER-RITZKA, Birgit	1968	LT Alsdorf-Ost	0:45:33	1:10:49	1:39:41	03:36:03
57 (1049)	LÜBBERT, Mark	1979		0:46:36	1:10:51	1:39:31	03:36:58
58 (5)	STEINBERG, Daniel	1979		0:43:51	1:10:46	1:42:47	03:37:24
59 (1121)	PRIESS, Frank	1966	TSV Bayer Dormagen	0:46:39	1:11:07	1:40:03	03:37:49
60 (848)	BRÜNING, Robert	1972	LG Hückeswagen	0:54:16	0:56:53	1:47:59	03:39:08
61 (1827)	HÖFLICH, Jana	1988		0:44:01	1:14:33	1:40:37	03:39:11
62 (1023)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:45:53	1:11:25	1:42:14	03:39:32
63 (888)	FALLNICH, Michael	1991	Piraten AG	0:45:00	1:16:38	1:37:58	03:39:36
64 (1015)	KÖPPE, Stefan	1985	1. FC Köln	0:45:50	1:11:17	1:42:31	03:39:38
65 (1026)	KREUTNER, Sophie	1990	Piraten AG	0:45:44	1:15:21	1:39:03	03:40:08
66 (1044)	LICHT, Martin	1970	Goolge+ Running / Laufen	0:46:12	1:12:03	1:42:16	03:40:31
67 (1394)	VOSSLER, Martin	1981	Mud Monkeys OCR Team	0:49:20	1:11:45	1:39:48	03:40:53
68 (1813)	THIEME, Christain	1981	KT 01	0:46:25	1:10:49	1:43:54	03:41:08
69 (1396)	WANZEK, Thor	1976	Trollmusic Running Team	0:51:20	1:08:56	1:41:25	03:41:41
70 (1029)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:47:24	1:12:14	1:42:07	03:41:45
71 (2797)	ROCKS, Carolin	1983		0:47:36	1:12:28	1:41:45	03:41:49
72 (1888)	PAX, Stefan	1971	Ute Mückel Triathlon Team	0:43:52	1:12:09	1:45:55	03:41:56
73 (974)	HÖLZER, Thomas	1969		0:48:50	1:11:53	1:42:13	03:42:56
74 (1054)	MAIER, Alex	1979	LG Gummersbach	0:46:53	1:13:37	1:42:54	03:43:24
75 (805)	ADICK, Carolin	1983	TriCologne	0:48:10	1:12:40	1:42:36	03:43:26
76 (1113)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:47:34	1:12:00	1:44:07	03:43:41
77 (1760)	DAMEROW, Raymond	1957	Ford FCSD 05	0:54:18	1:21:24	1:27:59	03:43:41
78 (870)	DITTRICH, Winfried	1960	SCB Horrem	0:45:28	1:10:39	1:47:37	03:43:44
79 (1242)	WIESELMANN, Marcel	1978		0:48:01	1:12:59	1:42:58	03:43:58
80 (1226)	VON RIEWEL, Hendrik	1978		0:43:59	1:11:52	1:48:27	03:44:18
81 (987)	JOCHUM, Carina	1974		0:47:15	1:13:31	1:43:53	03:44:39
82 (825)	BEYER, Heinrich	1956	Mirko's Running Team	0:47:24	1:13:06	1:44:48	03:45:18
83 (1057)	MANTHEI, Christian	1962	ERGO sports Köln	0:46:27	1:12:20	1:46:45	03:45:32
84 (1831)	BOTTI, Jörg	1970		0:47:07	1:13:27	1:46:08	03:46:42



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (1398)	WILLEMS, Hansjörg	1962	SSK Kerpen Triathlon	0:48:04	1:13:20	1:45:18	03:46:42
86 (1202)	STING, Michael	1968	VfL Wehbach	0:47:10	1:14:06	1:45:31	03:46:47
87 (1366)	MUTTERLOSE, Rolf	1960	SSF Bonn Triathlon	0:48:53	1:13:47	1:44:25	03:47:05
88 (1805)	BÜSCHER, Anja	1985	TV Refrath	0:47:33	1:13:50	1:46:11	03:47:34
89 (893)	FLOßBACH, Heinz	1967	Laufbrigade Oberberg	0:47:07	1:16:55	1:43:48	03:47:50
90 (1116)	PLAZINSKI, Gerhard	1975		0:52:24	1:10:22	1:45:10	03:47:56
91 (836)	BOURGUIGNON, Frank	1969	B.active Personaltraining	0:50:00	1:14:10	1:44:17	03:48:27
92 (1806)	HUPPERTZ, Christian	1968	TV Hoffnungsthal	0:48:15	1:13:51	1:46:36	03:48:42
93 (1066)	MEYER, Katrin	1987	BETTY SQUAD	0:49:53	1:14:30	1:44:41	03:49:04
94 (1047)	LIMBURG, Michael	1979		0:48:21	1:13:56	1:46:58	03:49:15
95 (1031)	KÜTTNER, Christiane	1967	Laufmonster	0:48:47	1:15:17	1:46:06	03:50:10
96 (933)	HAHN, Rolf	1961	BSG BML Bonn	0:50:19	1:13:14	1:47:32	03:51:05
97 (1239)	WELTEROTH, Marco	1972		0:50:51	1:15:42	1:44:41	03:51:14
98 (1120)	PÖRSCH, Eva	1963	MACH3 Köln	0:49:55	1:15:28	1:46:07	03:51:30
99 (991)	JÖRG, Johanna	1987		0:49:23	1:15:40	1:46:46	03:51:49
100 (1365)	MUTTERLOSE, Claudia	1965	SSF Bonn Triathlon	0:49:32	1:15:38	1:47:17	03:52:27
101 (986)	JANSEN, Maik	1984	Lauffreunde HADI Wesel	0:50:37	1:16:58	1:47:04	03:54:39
102 (1182)	SCHUSTER, Tim	1991		0:51:59	1:17:59	1:46:03	03:56:01
103 (1224)	VOLK, Carolin	1992		0:49:17	1:17:50	1:49:37	03:56:44
104 (1172)	SCHRÖDER, Wolfgang	1967	Union Biesfeld Triathlon	0:47:30	1:12:23	1:56:56	03:56:49
105 (883)	ERNST, Kathrin	1994		0:49:54	1:18:35	1:48:33	03:57:02
106 (1094)	OPPERMANN, Lukas	1991	Piraten AG	0:48:25	1:16:39	1:52:00	03:57:04
107 (1216)	URBAN, Frank	1968	Team Erdinger Alkoholfrei /	0:49:09	1:17:04	1:50:52	03:57:05
108 (1045)	LICHTENTHÄLER, Carina	1983		0:51:20	1:17:26	1:50:03	03:58:49
109 (970)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:49:52	1:17:11	1:51:50	03:58:53
110 (1745)	SAAL, Thomas	1966		0:51:36	1:17:07	1:51:00	03:59:43
111 (1718)	BUSCHMANN, Sabine	1973	LT Alsdorf Ost	0:49:07	1:15:48	1:55:26	04:00:21
112 (887)	FABIAN, Steffen	1965	MACH3 Köln / Team Erdinge	1:01:45	1:15:40	1:42:57	04:00:22
113 (1145)	RUDOLPH, Alexander	1974	Ford FCSD 05	0:51:36	1:18:44	1:50:47	04:01:07
114 (1056)	MAN, Wai-Yip	1982	MACH3 Köln	0:49:53	1:22:51	1:48:30	04:01:14
115 (1612)	CAMIDGE, Karen	1973	BISSV	0:51:06	1:19:00	1:51:28	04:01:34
116 (962)	HILSE, Swen	1976		0:52:22	1:22:03	1:47:14	04:01:39
117 (1637)	REICHOLF, Arndt	1971		0:50:32	1:18:27	1:53:10	04:02:09
118 (1152)	SCHARFENBERG, Robin	1993		0:54:29	1:16:53	1:51:10	04:02:32
119 (1837)	SCHWADORF, Michael	1987		0:49:58	1:18:00	1:55:58	04:03:56
120 (934)	HAHN, Sylvia	1968	BSG BML Bonn	0:50:18	1:19:20	1:54:46	04:04:24
121 (1140)	RÖHL, Fabian	1983		0:50:54	1:20:30	1:55:26	04:06:50
122 (1142)	ROTH, Annabel	1992	LT Saaler Mühle	0:53:44	1:20:07	1:53:34	04:07:25
123 (1001)	KEVERPÜTZ, Sascha	1971		0:49:48	1:19:11	1:59:19	04:08:18
124 (834)	BÖRSTE, Andreas	1972	TuS 07 Oberlar	0:51:43	1:21:44	1:54:52	04:08:19
125 (1804)	BRODOWSKI, Günter	1960		0:51:29	1:19:29	1:57:22	04:08:20
126 (1165)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:51:43	1:21:44	1:54:53	04:08:20



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (1223)	VOELZ, Chris	1974	Höllenhunde	0:57:58	1:17:25	1:53:10	04:08:33
128 (2785)	WÜST, Hans Werner	1950		0:51:21	1:22:33	1:57:04	04:10:58
129 (1228)	WAGNER, Ralph	1969	Team Laufcampus	0:53:14	1:21:00	1:56:51	04:11:05
130 (968)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:54:16	1:20:11	1:56:57	04:11:24
131 (995)	KAMPF, Roland	1964		0:54:39	1:23:50	1:53:04	04:11:33
132 (1144)	ROTTENAU, Rainer	1964	VfB Erftstadt Multisport	0:53:35	1:21:29	1:56:40	04:11:44
133 (900)	GANTNER, Werner	1951	Köln läuft!	0:52:06	1:24:53	1:55:15	04:12:14
134 (946)	HEIDCHEN, Michael	1955	VfL Engelskirchen	0:54:09	1:22:08	1:56:31	04:12:48
135 (1114)	PIECZYKOLAN, Aleks	1980		0:51:10	1:20:52	2:01:03	04:13:05
136 (804)	ADAMS, Heike	1964		0:53:05	1:24:28	1:56:07	04:13:40
137 (1016)	KÖPPL, Ralf	1968		0:53:23	1:22:25	1:58:14	04:14:02
138 (1876)	ORTHEN, Thomas	1978		0:55:14	1:23:59	1:55:01	04:14:14
139 (1356)	KÜHNE, Kai	1966		0:52:31	1:23:55	1:58:51	04:15:17
140 (1008)	KOCH, Uwe	1965		0:53:49	1:23:22	1:58:30	04:15:41
141 (1798)	GRAF, Wolfgang	1966	Herrenbalett	0:53:04	1:29:38	1:54:42	04:17:24
142 (1075)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:51:54	1:22:48	2:02:52	04:17:34
143 (997)	KEITEL, Sönke	1964		0:53:06	1:24:30	2:01:01	04:18:37
144 (1753)	SILLER, Christa	1955	LAG-Siegen	0:54:47	1:24:55	1:59:09	04:18:51
145 (862)	DELHOFEN, Markus	1972	Feuerwehr Langenfeld	0:53:37	1:26:03	1:59:16	04:18:56
146 (1248)	WIRTH, Camilla	1977		0:57:38	1:21:41	2:03:30	04:22:49
147 (1194)	STARCK, Dani	1976	LC Weilerswist	0:56:55	1:22:27	2:05:46	04:25:08
148 (1787)	LEYENDECKER, Matthias	1961	SC Fortuna Köln	0:53:57	1:29:52	2:01:49	04:25:38
149 (1065)	MEYER, Holger	1966	LT Bittermark Dortmund	0:56:29	1:27:20	2:03:50	04:27:39
150 (1186)	SENFTLEBEN, Sophie	1990		0:56:30	1:27:19	2:03:50	04:27:39
151 (882)	ERDMANN, Olaf	1976	Puls 190 effektiv trainieren	0:56:30	1:27:20	2:03:49	04:27:39
152 (1838)	KRÄMER-TANSKI, Ursula	1963	Cäcilia Neuhourath	0:55:16	1:26:24	2:06:40	04:28:20
153 (1128)	QUIRBACH, Tamara	1990		0:57:09	1:28:06	2:04:29	04:29:44
154 (1639)	GROSS, Uwe	1971	Augusta Track+Field	0:57:10	1:29:08	2:07:24	04:33:42
155 (1078)	MUTLU, Hasret	1994		0:56:04	1:30:49	2:06:52	04:33:45
156 (1891)	GIAGKIDIS, Ioannis	2000	GSV Porz Basketball	0:53:53	1:30:03	2:10:48	04:34:44
157 (1610)	MEEKER, Kristen	1972	BISSV	0:58:55	1:31:09	2:06:07	04:36:11
158 (1041)	LENSING, Britta	1969	Team Monika	0:58:18	1:31:09	2:07:41	04:37:08
159 (808)	AUDEHM, Dr. Uwe	1960	Team Monika	0:58:18	1:31:10	2:07:42	04:37:10
160 (1201)	STING, Daniela	1972	VfL Wehbach	0:57:49	1:31:32	2:09:33	04:38:54
161 (1203)	STÖTZEL-DITSCHKE, Christiane	1957	SG Siegen-Giersberg	0:59:11	1:30:33	2:09:52	04:39:36
162 (866)	DITSCHKE, Reimund	1955	SG Siegen-Giersberg	0:59:12	1:30:33	2:09:52	04:39:37
163 (958)	HESS, Volker	1965	Die Bojenschwimmer	0:56:24	1:31:57	2:12:31	04:40:52
164 (1737)	BRANDENBURG, Helga	1944	ASV Köln	0:58:42	1:29:30	2:13:12	04:41:24
165 (951)	HERMAN, Luca	2001	DJK Südwest Basketball	1:01:39	1:31:57	2:08:56	04:42:32
166 (1009)	KOHLGRAF, Linda	1977	SCB Horrem	1:02:55	1:24:22	2:16:57	04:44:14
167 (1004)	KLAASSEN, Jessi	1981		1:00:39	1:31:50	2:16:31	04:49:00
168 (1003)	KLAASSEN, Andy	1978		1:00:40	1:31:49	2:16:31	04:49:00



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
169 (1104)	PELS, Dietmar	1969	Tus Viktoria Nordholm	0:59:34	1:34:16	2:15:49	04:49:39
170 (1196)	STEINZ, Lothar	1957	Team Erdinger Alkoholfrei	1:01:39	1:33:59	2:17:48	04:53:26
171 (1390)	TESSARTZ, Amélie	1991		1:06:43	1:32:44	2:16:09	04:55:36
172 (1890)	BÜHRING, Benedicte	1993		1:06:42	1:32:42	2:16:26	04:55:50
173 (1253)	WURDA, Werner	1960	SC Fortuna Köln	0:59:58	1:35:08	2:22:48	04:57:54
174 (890)	FERDINAND, Markus	1959	BSG Airflow	0:59:35	1:33:56	2:25:45	04:59:16
175 (1734)	MENZEL, Wolfgang	1955	LLG St. Augustin	1:02:36	1:41:34	2:22:30	05:06:40
176 (1387)	STEINKE, Gerhard	1942		1:03:18	1:54:55	2:23:52	05:22:05
177 (1790)	HUTH, Margareta	1974		1:08:34	1:45:47	2:31:36	05:25:57
178 (1746)	HÜLSE, Renate	1957	LG Mauerweg Berlin e.V.	1:11:35	1:49:02	2:33:20	05:33:57



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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 (2286)	SCHMITZ, Nora	1992	PETERS Sportteam / LC Euski	0:36:43	0:57:09	1:22:02	02:55:54
2 (1123)	PURSCHKE, Gina	1982		0:41:11	1:02:52	1:27:21	03:11:24
3 (1335)	HENNEKEN, Claudia Maria	1985	DauerLaufVerein	0:42:41	1:08:06	1:31:24	03:22:11
4 (1215)	TÜRK, Cornelia	1966	Rhein-Berg Runners	0:43:12	1:06:56	1:35:40	03:25:48
5 (1333)	HASBERG, Ascelina	1989	Köln läuft!	0:43:44	1:07:42	1:39:08	03:30:34
6 (802)	ADAM, Miriam	1982	ASV Köln Triathlon	0:46:21	1:08:35	1:38:02	03:32:58
7 (1352)	KOMMER-RITZKA, Birgit	1968	LT Alsdorf-Ost	0:45:33	1:10:49	1:39:41	03:36:03
8 (1827)	HÖFLICH, Jana	1988		0:44:01	1:14:33	1:40:37	03:39:11
9 (1026)	KREUTNER, Sophie	1990	Piraten AG	0:45:44	1:15:21	1:39:03	03:40:08
10 (2797)	ROCKS, Carolin	1983		0:47:36	1:12:28	1:41:45	03:41:49
11 (805)	ADICK, Carolin	1983	TriCologne	0:48:10	1:12:40	1:42:36	03:43:26
12 (987)	JOCHUM, Carina	1974		0:47:15	1:13:31	1:43:53	03:44:39
13 (1805)	BÜSCHER, Anja	1985	TV Refrath	0:47:33	1:13:50	1:46:11	03:47:34
14 (1066)	MEYER, Katrin	1987	BETTY SQUAD	0:49:53	1:14:30	1:44:41	03:49:04
15 (1031)	KÜTTNER, Christiane	1967	Laufmonster	0:48:47	1:15:17	1:46:06	03:50:10
16 (1120)	PÖRSCH, Eva	1963	MACH3 Köln	0:49:55	1:15:28	1:46:07	03:51:30
17 (991)	JÖRG, Johanna	1987		0:49:23	1:15:40	1:46:46	03:51:49
18 (1365)	MUTTERLOSE, Claudia	1965	SSF Bonn Triathlon	0:49:32	1:15:38	1:47:17	03:52:27
19 (1224)	VOLK, Carolin	1992		0:49:17	1:17:50	1:49:37	03:56:44
20 (883)	ERNST, Kathrin	1994		0:49:54	1:18:35	1:48:33	03:57:02
21 (1045)	LICHTENTHÄLER, Carina	1983		0:51:20	1:17:26	1:50:03	03:58:49
22 (1718)	BUSCHMANN, Sabine	1973	LT Alsdorf Ost	0:49:07	1:15:48	1:55:26	04:00:21
23 (1612)	CAMIDGE, Karen	1973	BISSV	0:51:06	1:19:00	1:51:28	04:01:34
24 (934)	HAHN, Sylvia	1968	BSG BML Bonn	0:50:18	1:19:20	1:54:46	04:04:24
25 (1142)	ROTH, Annabel	1992	LT Saaler Mühle	0:53:44	1:20:07	1:53:34	04:07:25
26 (1114)	PIECZYKOLAN, Aleks	1980		0:51:10	1:20:52	2:01:03	04:13:05
27 (804)	ADAMS, Heike	1964		0:53:05	1:24:28	1:56:07	04:13:40
28 (1753)	SILLER, Christa	1955	LAG-Siegen	0:54:47	1:24:55	1:59:09	04:18:51
29 (1248)	WIRTH, Camilla	1977		0:57:38	1:21:41	2:03:30	04:22:49
30 (1194)	STARCK, Dani	1976	LC Weilerswist	0:56:55	1:22:27	2:05:46	04:25:08
31 (1186)	SENFTLEBEN, Sophie	1990		0:56:30	1:27:19	2:03:50	04:27:39
32 (1838)	KRÄMER-TANSKI, Ursula	1963	Cäcilia Neuhourath	0:55:16	1:26:24	2:06:40	04:28:20
33 (1128)	QUIRBACH, Tamara	1990		0:57:09	1:28:06	2:04:29	04:29:44
34 (1610)	MEEKER, Kristen	1972	BISSV	0:58:55	1:31:09	2:06:07	04:36:11
35 (1041)	LENSING, Britta	1969	Team Monika	0:58:18	1:31:09	2:07:41	04:37:08
36 (1201)	STING, Daniela	1972	VfL Wehbach	0:57:49	1:31:32	2:09:33	04:38:54
37 (1203)	STÖTZEL-DITSCHKE, Christiane	1957	SG Siegen-Giersberg	0:59:11	1:30:33	2:09:52	04:39:36
38 (1737)	BRANDENBURG, Helga	1944	ASV Köln	0:58:42	1:29:30	2:13:12	04:41:24
39 (1009)	KOHLGRAF, Linda	1977	SCB Horrem	1:02:55	1:24:22	2:16:57	04:44:14
40 (1004)	KLAASSEN, Jessi	1981		1:00:39	1:31:50	2:16:31	04:49:00
41 (1390)	TESSARTZ, Amélie	1991		1:06:43	1:32:44	2:16:09	04:55:36



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
42 (1890)	BÜHRING, Benedicte	1993		1:06:42	1:32:42	2:16:26	04:55:50
43 (1746)	HÜLSE, Renate	1957	LG Mauerweg Berlin e.V.	1:11:35	1:49:02	2:33:20	05:33:57



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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
MÄNNLICH							
1 (1310)	BUNTE, Marian	1989	Bunert - Der Kölner Lauflade	0:33:59	0:52:26	1:12:58	02:39:23
2 (1103)	PEITER, Tom	1995	LG Gummersbach	0:35:56	0:54:24	1:17:05	02:47:25
3 (1102)	PEITER, Marc	1988		0:37:37	0:56:42	1:20:21	02:54:40
4 (1878)	LYPOVKA, Pavlo	1987	SCC Berlin	0:36:48	0:57:22	1:21:16	02:55:26
5 (2240)	NEUMANN, Dominik	1986	PETERS Sportteam	0:36:44	0:57:10	1:22:02	02:55:56
6 (1261)	ZIMMERMANN, Chris	1986	Tri Club Wuppertal	0:37:11	0:58:21	1:21:50	02:57:22
7 (1701)	WORTH, Lucas	1997		0:39:22	0:58:27	1:20:29	02:58:18
8 (803)	ADAM, Peter	1984		0:37:21	0:57:59	1:24:40	03:00:00
9 (932)	GÜRTLER, Oliver	1978	FC Germania Zündorf	0:38:29	0:59:39	1:23:27	03:01:35
10 (1839)	WEBER, Eiken	1980	Mach 3 Köln	0:38:54	0:58:59	1:23:43	03:01:36
11 (1358)	LAND, Matthias	1980	LAZ Puma Rhein-Sieg	0:38:24	0:59:03	1:24:13	03:01:40
12 (856)	CHRISTEN, Peter	1964	ASV Köln	0:39:38	0:59:54	1:23:26	03:02:58
13 (1383)	STADTEL, Björn	1977		0:39:02	0:59:17	1:24:54	03:03:13
14 (2783)	LÜDENBACH, Tim	1989		0:39:31	1:00:21	1:24:49	03:04:41
15 (1766)	RÖSLER, Denis	1970		0:38:58	1:00:42	1:26:26	03:06:06
16 (902)	GEIMER, Christian	1992	Die MANNschaft	0:39:48	0:59:44	1:26:39	03:06:11
17 (884)	ESCH, David	1991		0:38:44	1:02:00	1:26:44	03:07:28
18 (1245)	WINKELMANN, Sven	1972	Team Kleine My	0:39:35	1:00:32	1:27:22	03:07:29
19 (2775)	KRÄKER, Thorsten	1969	Superpunk	0:39:44	1:00:49	1:27:42	03:08:15
20 (1267)	ZORKIN, Björn	1992	Piraten AG	0:39:18	1:01:06	1:29:02	03:09:26
21 (1368)	OSMANOWSKI, Piotr	1988	Lauftreff SC Vilkerath	0:39:19	1:01:06	1:29:06	03:09:31
22 (1238)	WEIß, Gerrit	1976	TriCologne	0:41:14	1:02:43	1:26:52	03:10:49
23 (1364)	MÜSSEL, Uwe	1971	DAV Sektion Rheinland Köln	0:40:49	1:02:10	1:28:29	03:11:28
24 (1735)	GÜLKE, Thomas	1978		0:41:09	1:03:20	1:28:42	03:13:11
25 (1141)	ROMBEY, Dennis	1985	Fortuna Düsseldorf Triathlon	0:39:43	1:02:46	1:31:03	03:13:32
26 (978)	HOUSCHT, Martin Peter	1965	Selhof Runners	0:41:20	1:02:58	1:29:22	03:13:40
27 (1315)	DIDJURGIES, Rolf	1961	SSF Bonn Triathlon	0:41:22	1:02:20	1:30:25	03:14:07
28 (1758)	LIETH, Klaus	1968	TV Refrath	0:39:35	1:02:18	1:32:38	03:14:31
29 (982)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:41:03	1:04:55	1:28:40	03:14:38
30 (1035)	LAST, Christoph	1977	TSG Valbert	0:42:33	1:06:37	1:30:47	03:19:57
31 (1061)	MECKEL, Christoph	1979		0:42:38	1:05:25	1:32:09	03:20:12
32 (813)	BALTES, Achim	1975		0:41:28	1:06:21	1:33:01	03:20:50
33 (1325)	FRANZ, Einiko	1975	1. FC Spich	0:40:57	1:04:48	1:35:07	03:20:52
34 (1872)	RAUEN-ENGELBERG, Christop	1970	FC Hennef 05	0:42:01	1:05:00	1:33:51	03:20:52
35 (1705)	HARTMANN, Frederik	1968	TV Refrath	0:42:10	1:04:23	1:34:22	03:20:55
36 (1357)	KUTHE, Thorsten	1972		0:42:58	1:05:10	1:34:02	03:22:10
37 (1733)	SCHLOEMER, Stefan	1966	KTT01	0:43:11	1:05:47	1:33:33	03:22:31
38 (1247)	WIRTENSOHN, Dominik	1989	Cologne Running Crew	0:44:41	1:04:14	1:38:22	03:27:17
39 (972)	HOFMANN, Peter	1965	ASV Köln Lauftreff	0:43:59	1:08:13	1:36:35	03:28:47
40 (1058)	MARINGER, Niels	1978	Bojenschwimmer	0:43:49	1:07:10	1:37:50	03:28:49
41 (1204)	SUDMANN, Tobias	1978	Laufmonster	0:45:14	1:08:15	1:38:12	03:31:41



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
42 (1085)	NIEKRAWIETZ, Peter	1968		0:44:09	1:08:28	1:40:06	03:32:43
43 (903)	GEIMER, Günter	1962	Die MANNschaft	0:45:46	1:09:50	1:37:12	03:32:48
44 (1367)	NEIS, Markus	1967		0:45:27	1:08:49	1:39:00	03:33:16
45 (1033)	LANGER, Nils	1975		0:55:51	1:05:07	1:32:18	03:33:16
46 (999)	KEßELER, Stefan	1978		0:43:23	1:11:41	1:38:52	03:33:56
47 (1761)	RÖLLGEN, Thomas	1973	HDL Perle	0:42:00	1:08:13	1:44:26	03:34:39
48 (2760)	GERKUM, Ralf	1969	LC Weilerswist	0:43:47	1:12:32	1:38:48	03:35:07
49 (1620)	KERKHOFF, Philipp	1980	Cologne Southside	0:44:46	1:08:53	1:41:52	03:35:31
50 (1049)	LÜBBERT, Mark	1979		0:46:36	1:10:51	1:39:31	03:36:58
51 (5)	STEINBERG, Daniel	1979		0:43:51	1:10:46	1:42:47	03:37:24
52 (1121)	PRIESS, Frank	1966	TSV Bayer Dormagen	0:46:39	1:11:07	1:40:03	03:37:49
53 (848)	BRÜNING, Robert	1972	LG Hückeswagen	0:54:16	0:56:53	1:47:59	03:39:08
54 (1023)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:45:53	1:11:25	1:42:14	03:39:32
55 (888)	FALLNICH, Michael	1991	Piraten AG	0:45:00	1:16:38	1:37:58	03:39:36
56 (1015)	KÖPPE, Stefan	1985	1. FC Köln	0:45:50	1:11:17	1:42:31	03:39:38
57 (1044)	LICHT, Martin	1970	Goolge+ Running / Laufen	0:46:12	1:12:03	1:42:16	03:40:31
58 (1394)	VOSSLER, Martin	1981	Mud Monkeys OCR Team	0:49:20	1:11:45	1:39:48	03:40:53
59 (1813)	THIEME, Christain	1981	KTT 01	0:46:25	1:10:49	1:43:54	03:41:08
60 (1396)	WANZEK, Thor	1976	Trollmusic Running Team	0:51:20	1:08:56	1:41:25	03:41:41
61 (1029)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:47:24	1:12:14	1:42:07	03:41:45
62 (1888)	PAX, Stefan	1971	Ute Mückel Triathlon Team	0:43:52	1:12:09	1:45:55	03:41:56
63 (974)	HÖLZER, Thomas	1969		0:48:50	1:11:53	1:42:13	03:42:56
64 (1054)	MAIER, Alex	1979	LG Gummersbach	0:46:53	1:13:37	1:42:54	03:43:24
65 (1113)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:47:34	1:12:00	1:44:07	03:43:41
66 (1760)	DAMEROW, Raymond	1957	Ford FCSD 05	0:54:18	1:21:24	1:27:59	03:43:41
67 (870)	DITTRICH, Winfried	1960	SCB Horrem	0:45:28	1:10:39	1:47:37	03:43:44
68 (1242)	WIESELMANN, Marcel	1978		0:48:01	1:12:59	1:42:58	03:43:58
69 (1226)	VON RIEWEL, Hendrik	1978		0:43:59	1:11:52	1:48:27	03:44:18
70 (825)	BEYER, Heinrich	1956	Mirko's Running Team	0:47:24	1:13:06	1:44:48	03:45:18
71 (1057)	MANTHEI, Christian	1962	ERGO sports Köln	0:46:27	1:12:20	1:46:45	03:45:32
72 (1831)	BOTTI, Jörg	1970		0:47:07	1:13:27	1:46:08	03:46:42
73 (1398)	WILLEMS, Hansjörg	1962	SSK Kerpen Triathlon	0:48:04	1:13:20	1:45:18	03:46:42
74 (1202)	STING, Michael	1968	VfL Wehbach	0:47:10	1:14:06	1:45:31	03:46:47
75 (1366)	MUTTERLOSE, Rolf	1960	SSF Bonn Triathlon	0:48:53	1:13:47	1:44:25	03:47:05
76 (893)	FLOßBACH, Heinz	1967	Laufbrigade Oberberg	0:47:07	1:16:55	1:43:48	03:47:50
77 (1116)	PLAZINSKI, Gerhard	1975		0:52:24	1:10:22	1:45:10	03:47:56
78 (836)	BOURGUIGNON, Frank	1969	B.active Personaltraining	0:50:00	1:14:10	1:44:17	03:48:27
79 (1806)	HUPPERTZ, Christian	1968	TV Hoffnungsthal	0:48:15	1:13:51	1:46:36	03:48:42
80 (1047)	LIMBURG, Michael	1979		0:48:21	1:13:56	1:46:58	03:49:15
81 (933)	HAHN, Rolf	1961	BSG BML Bonn	0:50:19	1:13:14	1:47:32	03:51:05
82 (1239)	WELTEROTH, Marco	1972		0:50:51	1:15:42	1:44:41	03:51:14



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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
MÄNNLICH							
83 (986)	JANSEN, Maik	1984	Lauffreunde HADI Wesel	0:50:37	1:16:58	1:47:04	03:54:39
84 (1182)	SCHUSTER, Tim	1991		0:51:59	1:17:59	1:46:03	03:56:01
85 (1172)	SCHRÖDER, Wolfgang	1967	Union Biesfeld Triathlon	0:47:30	1:12:23	1:56:56	03:56:49
86 (1094)	OPPERMANN, Lukas	1991	Piraten AG	0:48:25	1:16:39	1:52:00	03:57:04
87 (1216)	URBAN, Frank	1968	Team Erdinger Alkoholfrei /	0:49:09	1:17:04	1:50:52	03:57:05
88 (970)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:49:52	1:17:11	1:51:50	03:58:53
89 (1745)	SAAL, Thomas	1966		0:51:36	1:17:07	1:51:00	03:59:43
90 (887)	FABIAN, Steffen	1965	MACH3 Köln / Team Erdinge	1:01:45	1:15:40	1:42:57	04:00:22
91 (1145)	RUDOLPH, Alexander	1974	Ford FCSD 05	0:51:36	1:18:44	1:50:47	04:01:07
92 (1056)	MAN, Wai-Yip	1982	MACH3 Köln	0:49:53	1:22:51	1:48:30	04:01:14
93 (962)	HILSE, Swen	1976		0:52:22	1:22:03	1:47:14	04:01:39
94 (1637)	REICHOLF, Arndt	1971		0:50:32	1:18:27	1:53:10	04:02:09
95 (1152)	SCHARFENBERG, Robin	1993		0:54:29	1:16:53	1:51:10	04:02:32
96 (1837)	SCHWADORF, Michael	1987		0:49:58	1:18:00	1:55:58	04:03:56
97 (1140)	RÖHL, Fabian	1983		0:50:54	1:20:30	1:55:26	04:06:50
98 (1001)	KEVERPÜTZ, Sascha	1971		0:49:48	1:19:11	1:59:19	04:08:18
99 (834)	BÖRSTE, Andreas	1972	TuS 07 Oberlar	0:51:43	1:21:44	1:54:52	04:08:19
100 (1804)	BRODOWSKI, Günter	1960		0:51:29	1:19:29	1:57:22	04:08:20
101 (1165)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:51:43	1:21:44	1:54:53	04:08:20
102 (1223)	VOELZ, Chris	1974	Höllenhunde	0:57:58	1:17:25	1:53:10	04:08:33
103 (2785)	WÜST, Hans Werner	1950		0:51:21	1:22:33	1:57:04	04:10:58
104 (1228)	WAGNER, Ralph	1969	Team Laufcampus	0:53:14	1:21:00	1:56:51	04:11:05
105 (968)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:54:16	1:20:11	1:56:57	04:11:24
106 (995)	KAMPF, Roland	1964		0:54:39	1:23:50	1:53:04	04:11:33
107 (1144)	ROTTENAU, Rainer	1964	VfB Erftstadt Multisport	0:53:35	1:21:29	1:56:40	04:11:44
108 (900)	GANTNER, Werner	1951	Köln läuft!	0:52:06	1:24:53	1:55:15	04:12:14
109 (946)	HEIDCHEN, Michael	1955	VfL Engelskirchen	0:54:09	1:22:08	1:56:31	04:12:48
110 (1016)	KÖPPL, Ralf	1968		0:53:23	1:22:25	1:58:14	04:14:02
111 (1876)	ORTHEN, Thomas	1978		0:55:14	1:23:59	1:55:01	04:14:14
112 (1356)	KÜHNE, Kai	1966		0:52:31	1:23:55	1:58:51	04:15:17
113 (1008)	KOCH, Uwe	1965		0:53:49	1:23:22	1:58:30	04:15:41
114 (1798)	GRAF, Wolfgang	1966	Herrenbalett	0:53:04	1:29:38	1:54:42	04:17:24
115 (1075)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:51:54	1:22:48	2:02:52	04:17:34
116 (997)	KEITEL, Sönke	1964		0:53:06	1:24:30	2:01:01	04:18:37
117 (862)	DELHOFEN, Markus	1972	Feuerwehr Langenfeld	0:53:37	1:26:03	1:59:16	04:18:56
118 (1787)	LEYENDECKER, Matthias	1961	SC Fortuna Köln	0:53:57	1:29:52	2:01:49	04:25:38
119 (1065)	MEYER, Holger	1966	LT Bittermark Dortmund	0:56:29	1:27:20	2:03:50	04:27:39
120 (882)	ERDMANN, Olaf	1976	Puls 190 effektiv trainieren	0:56:30	1:27:20	2:03:49	04:27:39
121 (1639)	GROSS, Uwe	1971	Augusta Track+Field	0:57:10	1:29:08	2:07:24	04:33:42
122 (1078)	MUTLU, Hasret	1994		0:56:04	1:30:49	2:06:52	04:33:45
123 (1891)	GIAGKIDIS, Ioannis	2000	GSV Porz Basketball	0:53:53	1:30:03	2:10:48	04:34:44



3. Lauf zur 35. Winterserie des LSV Porz

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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
124	(808) AUDEHM, Dr. Uwe	1960	Team Monika	0:58:18	1:31:10	2:07:42	04:37:10
125	(866) DITSCHKE, Reimund	1955	SG Siegen-Giersberg	0:59:12	1:30:33	2:09:52	04:39:37
126	(958) HESS, Volker	1965	Die Bojenschwimmer	0:56:24	1:31:57	2:12:31	04:40:52
127	(951) HERMAN, Luca	2001	DJK Südwest Basketball	1:01:39	1:31:57	2:08:56	04:42:32
128	(1003) KLAASSEN, Andy	1978		1:00:40	1:31:49	2:16:31	04:49:00
129	(1104) PELS, Dietmar	1969	Tus Viktoria Nordholm	0:59:34	1:34:16	2:15:49	04:49:39
130	(1196) STEINZ, Lothar	1957	Team Erdinger Alkoholfrei	1:01:39	1:33:59	2:17:48	04:53:26
131	(1253) WURDA, Werner	1960	SC Fortuna Köln	0:59:58	1:35:08	2:22:48	04:57:54
132	(890) FERDINAND, Markus	1959	BSG Airflow	0:59:35	1:33:56	2:25:45	04:59:16
133	(1734) MENZEL, Wolfgang	1955	LLG St. Augustin	1:02:36	1:41:34	2:22:30	05:06:40
134	(1387) STEINKE, Gerhard	1942		1:03:18	1:54:55	2:23:52	05:22:05
135	(1790) HUTH, Margareta	1974		1:08:34	1:45:47	2:31:36	05:25:57



3. Lauf zur 35. Winterserie des LSV Porz

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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNER							
1 (1103)	PEITER, Tom	1995	LG Gummersbach	0:35:56	0:54:24	1:17:05	02:47:25
2 (902)	GEIMER, Christian	1992	Die MANNschaft	0:39:48	0:59:44	1:26:39	03:06:11
3 (884)	ESCH, David	1991		0:38:44	1:02:00	1:26:44	03:07:28
4 (1267)	ZORKIN, Björn	1992	Piraten AG	0:39:18	1:01:06	1:29:02	03:09:26
5 (888)	FALLNICH, Michael	1991	Piraten AG	0:45:00	1:16:38	1:37:58	03:39:36
6 (1182)	SCHUSTER, Tim	1991		0:51:59	1:17:59	1:46:03	03:56:01
7 (1094)	OPPERMANN, Lukas	1991	Piraten AG	0:48:25	1:16:39	1:52:00	03:57:04
8 (1152)	SCHARFENBERG, Robin	1993		0:54:29	1:16:53	1:51:10	04:02:32
9 (1078)	MUTLU, Hasret	1994		0:56:04	1:30:49	2:06:52	04:33:45
JUNIOREN U23							
1 (1701)	WORTH, Lucas	1997		0:39:22	0:58:27	1:20:29	02:58:18
SENIOREN M30							
1 (1310)	BUNTE, Marian	1989	Bunert - Der Kölner Lauflade	0:33:59	0:52:26	1:12:58	02:39:23
2 (1102)	PEITER, Marc	1988		0:37:37	0:56:42	1:20:21	02:54:40
3 (1878)	LYPOVKA, Pavlo	1987	SCC Berlin	0:36:48	0:57:22	1:21:16	02:55:26
4 (2240)	NEUMANN, Dominik	1986	PETERS Sportteam	0:36:44	0:57:10	1:22:02	02:55:56
5 (1261)	ZIMMERMANN, Chris	1986	Tri Club Wuppertal	0:37:11	0:58:21	1:21:50	02:57:22
6 (2783)	LÜDENBACH, Tim	1989		0:39:31	1:00:21	1:24:49	03:04:41
7 (1368)	OSMANOWSKI, Piotr	1988	Laufftreff SC Vilkerath	0:39:19	1:01:06	1:29:06	03:09:31
8 (1141)	ROMBEY, Dennis	1985	Fortuna Düsseldorf Triathlon	0:39:43	1:02:46	1:31:03	03:13:32
9 (1247)	WIRTENSOHN, Dominik	1989	Cologne Running Crew	0:44:41	1:04:14	1:38:22	03:27:17
10 (1015)	KÖPPE, Stefan	1985	1. FC Köln	0:45:50	1:11:17	1:42:31	03:39:38
11 (1837)	SCHWADORF, Michael	1987		0:49:58	1:18:00	1:55:58	04:03:56
SENIOREN M35							
1 (803)	ADAM, Peter	1984		0:37:21	0:57:59	1:24:40	03:00:00
2 (1839)	WEBER, Eiken	1980	Mach 3 Köln	0:38:54	0:58:59	1:23:43	03:01:36
3 (1358)	LAND, Matthias	1980	LAZ Puma Rhein-Sieg	0:38:24	0:59:03	1:24:13	03:01:40
4 (1620)	KERKHOFF, Philipp	1980	Cologne Southside	0:44:46	1:08:53	1:41:52	03:35:31
5 (1394)	VOSSLER, Martin	1981	Mud Monkeys OCR Team	0:49:20	1:11:45	1:39:48	03:40:53
6 (1813)	THIEME, Christain	1981	KTT 01	0:46:25	1:10:49	1:43:54	03:41:08
7 (986)	JANSEN, Maik	1984	Lauffreunde HADI Wesel	0:50:37	1:16:58	1:47:04	03:54:39
8 (1056)	MAN, Wai-Yip	1982	MACH3 Köln	0:49:53	1:22:51	1:48:30	04:01:14
9 (1140)	RÖHL, Fabian	1983		0:50:54	1:20:30	1:55:26	04:06:50
SENIOREN M40							
1 (932)	GÜRTLER, Oliver	1978	FC Germania Zündorf	0:38:29	0:59:39	1:23:27	03:01:35
2 (1383)	STADTEL, Björn	1977		0:39:02	0:59:17	1:24:54	03:03:13
3 (1238)	WEIß, Gerrit	1976	TriCologne	0:41:14	1:02:43	1:26:52	03:10:49
4 (1735)	GÜLKE, Thomas	1978		0:41:09	1:03:20	1:28:42	03:13:11



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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
SENIOREN M40							
5 (1035)	LAST, Christoph	1977	TSG Valbert	0:42:33	1:06:37	1:30:47	03:19:57
6 (1061)	MECKEL, Christoph	1979		0:42:38	1:05:25	1:32:09	03:20:12
7 (813)	BALTES, Achim	1975		0:41:28	1:06:21	1:33:01	03:20:50
8 (1325)	FRANZ, Einiko	1975	1. FC Spich	0:40:57	1:04:48	1:35:07	03:20:52
9 (1058)	MARINGER, Niels	1978	Bojenschwimmer	0:43:49	1:07:10	1:37:50	03:28:49
10 (1204)	SUDMANN, Tobias	1978	Laufmonster	0:45:14	1:08:15	1:38:12	03:31:41
11 (1033)	LANGER, Nils	1975		0:55:51	1:05:07	1:32:18	03:33:16
12 (999)	KEßELER, Stefan	1978		0:43:23	1:11:41	1:38:52	03:33:56
13 (1049)	LÜBBERT, Mark	1979		0:46:36	1:10:51	1:39:31	03:36:58
14 (5)	STEINBERG, Daniel	1979		0:43:51	1:10:46	1:42:47	03:37:24
15 (1396)	WANZEK, Thor	1976	Trollmusic Running Team	0:51:20	1:08:56	1:41:25	03:41:41
16 (1054)	MAIER, Alex	1979	LG Gummersbach	0:46:53	1:13:37	1:42:54	03:43:24
17 (1242)	WIESELMANN, Marcel	1978		0:48:01	1:12:59	1:42:58	03:43:58
18 (1226)	VON RIEWEL, Hendrik	1978		0:43:59	1:11:52	1:48:27	03:44:18
19 (1116)	PLAZINSKI, Gerhard	1975		0:52:24	1:10:22	1:45:10	03:47:56
20 (1047)	LIMBURG, Michael	1979		0:48:21	1:13:56	1:46:58	03:49:15
21 (962)	HILSE, Swen	1976		0:52:22	1:22:03	1:47:14	04:01:39
22 (1876)	ORTHEN, Thomas	1978		0:55:14	1:23:59	1:55:01	04:14:14
23 (882)	ERDMANN, Olaf	1976	Puls 190 effektiv trainieren	0:56:30	1:27:20	2:03:49	04:27:39
24 (1003)	KLAASSEN, Andy	1978		1:00:40	1:31:49	2:16:31	04:49:00
SENIOREN M45							
1 (1766)	RÖSLER, Denis	1970		0:38:58	1:00:42	1:26:26	03:06:06
2 (1245)	WINKELMANN, Sven	1972	Team Kleine My	0:39:35	1:00:32	1:27:22	03:07:29
3 (1364)	MÜSSEL, Uwe	1971	DAV Sektion Rheinland Köln	0:40:49	1:02:10	1:28:29	03:11:28
4 (1872)	RAUEN-ENGELBERG, Christop	1970	FC Hennef 05	0:42:01	1:05:00	1:33:51	03:20:52
5 (1357)	KUTHE, Thorsten	1972		0:42:58	1:05:10	1:34:02	03:22:10
6 (1761)	RÖLLGEN, Thomas	1973	HDL Perle	0:42:00	1:08:13	1:44:26	03:34:39
7 (848)	BRÜNING, Robert	1972	LG Hückeswagen	0:54:16	0:56:53	1:47:59	03:39:08
8 (1023)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:45:53	1:11:25	1:42:14	03:39:32
9 (1044)	LICHT, Martin	1970	Goolge+ Running / Laufen	0:46:12	1:12:03	1:42:16	03:40:31
10 (1888)	PAX, Stefan	1971	Ute Mückel Triathlon Team	0:43:52	1:12:09	1:45:55	03:41:56
11 (1831)	BOTTI, Jörg	1970		0:47:07	1:13:27	1:46:08	03:46:42
12 (1239)	WELTEROTH, Marco	1972		0:50:51	1:15:42	1:44:41	03:51:14
13 (1145)	RUDOLPH, Alexander	1974	Ford FCSD 05	0:51:36	1:18:44	1:50:47	04:01:07
14 (1637)	REICHOLF, Arndt	1971		0:50:32	1:18:27	1:53:10	04:02:09
15 (1001)	KEVERPÜTZ, Sascha	1971		0:49:48	1:19:11	1:59:19	04:08:18
16 (834)	BÖRSTE, Andreas	1972	TuS 07 Oberlar	0:51:43	1:21:44	1:54:52	04:08:19
17 (1223)	VOELZ, Chris	1974	Höllenhunde	0:57:58	1:17:25	1:53:10	04:08:33
18 (862)	DELHOFEN, Markus	1972	Feuerwehr Langenfeld	0:53:37	1:26:03	1:59:16	04:18:56
19 (1639)	GROSS, Uwe	1971	Augusta Track+Field	0:57:10	1:29:08	2:07:24	04:33:42



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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
SENIOREN M45							
20 (1790)	HUTH, Margareta	1974		1:08:34	1:45:47	2:31:36	05:25:57
SENIOREN M50							
1 (2775)	KRÄKER, Thorsten	1969	Superpunk	0:39:44	1:00:49	1:27:42	03:08:15
2 (978)	HOUSCHT, Martin Peter	1965	Selhof Runners	0:41:20	1:02:58	1:29:22	03:13:40
3 (1758)	LIETH, Klaus	1968	TV Refrath	0:39:35	1:02:18	1:32:38	03:14:31
4 (982)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:41:03	1:04:55	1:28:40	03:14:38
5 (1705)	HARTMANN, Frederik	1968	TV Refrath	0:42:10	1:04:23	1:34:22	03:20:55
6 (1733)	SCHLOEMER, Stefan	1966	KTT01	0:43:11	1:05:47	1:33:33	03:22:31
7 (972)	HOFMANN, Peter	1965	ASV Köln Lauftreff	0:43:59	1:08:13	1:36:35	03:28:47
8 (1085)	NIEKRAWIETZ, Peter	1968		0:44:09	1:08:28	1:40:06	03:32:43
9 (1367)	NEIS, Markus	1967		0:45:27	1:08:49	1:39:00	03:33:16
10 (2760)	GERKUM , Ralf	1969	LC Weilerswist	0:43:47	1:12:32	1:38:48	03:35:07
11 (1121)	PRIESS, Frank	1966	TSV Bayer Dormagen	0:46:39	1:11:07	1:40:03	03:37:49
12 (974)	HÖLZER, Thomas	1969		0:48:50	1:11:53	1:42:13	03:42:56
13 (1202)	STING, Michael	1968	VfL Wehbach	0:47:10	1:14:06	1:45:31	03:46:47
14 (893)	FLOßBACH, Heinz	1967	Laufbrigade Oberberg	0:47:07	1:16:55	1:43:48	03:47:50
15 (836)	BOURGUIGNON, Frank	1969	B.active Personaltraining	0:50:00	1:14:10	1:44:17	03:48:27
16 (1806)	HUPPERTZ, Christian	1968	TV Hoffnungsthal	0:48:15	1:13:51	1:46:36	03:48:42
17 (1172)	SCHRÖDER, Wolfgang	1967	Union Biesfeld Triathlon	0:47:30	1:12:23	1:56:56	03:56:49
18 (1216)	URBAN, Frank	1968	Team Erdinger Alkoholfrei /	0:49:09	1:17:04	1:50:52	03:57:05
19 (970)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:49:52	1:17:11	1:51:50	03:58:53
20 (1745)	SAAL, Thomas	1966		0:51:36	1:17:07	1:51:00	03:59:43
21 (887)	FABIAN, Steffen	1965	MACH3 Köln / Team Erdinge	1:01:45	1:15:40	1:42:57	04:00:22
22 (1228)	WAGNER, Ralph	1969	Team Laufcampus	0:53:14	1:21:00	1:56:51	04:11:05
23 (1016)	KÖPPL, Ralf	1968		0:53:23	1:22:25	1:58:14	04:14:02
24 (1356)	KÜHNE, Kai	1966		0:52:31	1:23:55	1:58:51	04:15:17
25 (1008)	KOCH, Uwe	1965		0:53:49	1:23:22	1:58:30	04:15:41
26 (1798)	GRAF, Wolfgang	1966	Herrenbalett	0:53:04	1:29:38	1:54:42	04:17:24
27 (1075)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:51:54	1:22:48	2:02:52	04:17:34
28 (1065)	MEYER, Holger	1966	LT Bittermark Dortmund	0:56:29	1:27:20	2:03:50	04:27:39
29 (958)	HESS, Volker	1965	Die Bojenschwimmer	0:56:24	1:31:57	2:12:31	04:40:52
30 (1104)	PELS, Dietmar	1969	Tus Viktoria Nordholm	0:59:34	1:34:16	2:15:49	04:49:39
SENIOREN M55							
1 (856)	CHRISTEN, Peter	1964	ASV Köln	0:39:38	0:59:54	1:23:26	03:02:58
2 (1315)	DIDJURGIES, Rolf	1961	SSF Bonn Triathlon	0:41:22	1:02:20	1:30:25	03:14:07
3 (903)	GEIMER, Günter	1962	Die MANNSchaft	0:45:46	1:09:50	1:37:12	03:32:48
4 (1029)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:47:24	1:12:14	1:42:07	03:41:45
5 (1113)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:47:34	1:12:00	1:44:07	03:43:41
6 (870)	DITTRICH, Winfried	1960	SCB Horrem	0:45:28	1:10:39	1:47:37	03:43:44



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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
SENIOREN M55							
7 (1057)	MANTHEI, Christian	1962	ERGO sports Köln	0:46:27	1:12:20	1:46:45	03:45:32
8 (1398)	WILLEMS, Hansjörg	1962	SSK Kerpen Triathlon	0:48:04	1:13:20	1:45:18	03:46:42
9 (1366)	MUTTERLOSE, Rolf	1960	SSF Bonn Triathlon	0:48:53	1:13:47	1:44:25	03:47:05
10 (933)	HAHN, Rolf	1961	BSG BML Bonn	0:50:19	1:13:14	1:47:32	03:51:05
11 (1804)	BRODOWSKI, Günter	1960		0:51:29	1:19:29	1:57:22	04:08:20
12 (1165)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:51:43	1:21:44	1:54:53	04:08:20
13 (995)	KAMPF, Roland	1964		0:54:39	1:23:50	1:53:04	04:11:33
14 (1144)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:53:35	1:21:29	1:56:40	04:11:44
15 (997)	KEITEL, Sönke	1964		0:53:06	1:24:30	2:01:01	04:18:37
16 (1787)	LEYENDECKER, Matthias	1961	SC Fortuna Köln	0:53:57	1:29:52	2:01:49	04:25:38
17 (808)	AUDEHM, Dr. Uwe	1960	Team Monika	0:58:18	1:31:10	2:07:42	04:37:10
18 (1253)	WURDA, Werner	1960	SC Fortuna Köln	0:59:58	1:35:08	2:22:48	04:57:54
SENIOREN M60							
1 (1760)	DAMEROW, Raymond	1957	Ford FCSD 05	0:54:18	1:21:24	1:27:59	03:43:41
2 (825)	BEYER, Heinrich	1956	Mirko's Running Team	0:47:24	1:13:06	1:44:48	03:45:18
3 (968)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:54:16	1:20:11	1:56:57	04:11:24
4 (946)	HEIDCHEN, Michael	1955	VfL Engelskirchen	0:54:09	1:22:08	1:56:31	04:12:48
5 (866)	DITSCHKE, Reimund	1955	SG Siegen-Giersberg	0:59:12	1:30:33	2:09:52	04:39:37
6 (1196)	STEINZ, Lothar	1957	Team Erdinger Alkoholfrei	1:01:39	1:33:59	2:17:48	04:53:26
7 (890)	FERDINAND, Markus	1959	BSG Airflow	0:59:35	1:33:56	2:25:45	04:59:16
8 (1734)	MENZEL, Wolfgang	1955	LLG St. Augustin	1:02:36	1:41:34	2:22:30	05:06:40
SENIOREN M65							
1 (2785)	WÜST, Hans Werner	1950		0:51:21	1:22:33	1:57:04	04:10:58
2 (900)	GANTNER, Werner	1951	Köln läuft!	0:52:06	1:24:53	1:55:15	04:12:14
SENIOREN M75							
1 (1387)	STEINKE, Gerhard	1942		1:03:18	1:54:55	2:23:52	05:22:05
MÄNNL. JUGEND U20							
1 (1891)	GIAGKIDIS, Ioannis	2000	GSV Porz Basketball	0:53:53	1:30:03	2:10:48	04:34:44
2 (951)	HERMAN, Luca	2001	DJK Südwest Basketball	1:01:39	1:31:57	2:08:56	04:42:32
FRAUEN							
1 (2286)	SCHMITZ, Nora	1992	PETERS Sportteam / LC Euski	0:36:43	0:57:09	1:22:02	02:55:54
2 (1026)	KREUTNER, Sophie	1990	Piraten AG	0:45:44	1:15:21	1:39:03	03:40:08
3 (1224)	VOLK, Carolin	1992		0:49:17	1:17:50	1:49:37	03:56:44
4 (883)	ERNST, Kathrin	1994		0:49:54	1:18:35	1:48:33	03:57:02
5 (1142)	ROTH, Annabel	1992	LT Saaler Mühle	0:53:44	1:20:07	1:53:34	04:07:25
6 (1186)	SENFTLEBEN, Sophie	1990		0:56:30	1:27:19	2:03:50	04:27:39
7 (1128)	QUIRBACH, Tamara	1990		0:57:09	1:28:06	2:04:29	04:29:44



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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
FRAUEN							
8 (1390)	TESSARTZ, Amélie	1991		1:06:43	1:32:44	2:16:09	04:55:36
9 (1890)	BÜHRING, Benedicte	1993		1:06:42	1:32:42	2:16:26	04:55:50
SENIORINNEN W30							
1 (1335)	HENNEKEN, Claudia Maria	1985	DauerLaufVerein	0:42:41	1:08:06	1:31:24	03:22:11
2 (1333)	HASBERG, Ascelina	1989	Köln läuft!	0:43:44	1:07:42	1:39:08	03:30:34
3 (1827)	HÖFLICH, Jana	1988		0:44:01	1:14:33	1:40:37	03:39:11
4 (1805)	BÜSCHER, Anja	1985	TV Refrath	0:47:33	1:13:50	1:46:11	03:47:34
5 (1066)	MEYER, Katrin	1987	BETTY SQUAD	0:49:53	1:14:30	1:44:41	03:49:04
6 (991)	JÖRG, Johanna	1987		0:49:23	1:15:40	1:46:46	03:51:49
SENIORINNEN W35							
1 (1123)	PURSCHKE, Gina	1982		0:41:11	1:02:52	1:27:21	03:11:24
2 (802)	ADAM, Miriam	1982	ASV Köln Triathlon	0:46:21	1:08:35	1:38:02	03:32:58
3 (2797)	ROCKS, Carolin	1983		0:47:36	1:12:28	1:41:45	03:41:49
4 (805)	ADICK, Carolin	1983	TriCologne	0:48:10	1:12:40	1:42:36	03:43:26
5 (1045)	LICHTENTHÄLER, Carina	1983		0:51:20	1:17:26	1:50:03	03:58:49
6 (1114)	PIECZYKOLAN, Aleks	1980		0:51:10	1:20:52	2:01:03	04:13:05
7 (1004)	KLAASSEN, Jessi	1981		1:00:39	1:31:50	2:16:31	04:49:00
SENIORINNEN W40							
1 (1248)	WIRTH, Camilla	1977		0:57:38	1:21:41	2:03:30	04:22:49
2 (1194)	STARCK, Dani	1976	LC Weilerswist	0:56:55	1:22:27	2:05:46	04:25:08
3 (1009)	KOHLGRAF, Linda	1977	SCB Horrem	1:02:55	1:24:22	2:16:57	04:44:14
SENIORINNEN W45							
1 (987)	JOCHUM, Carina	1974		0:47:15	1:13:31	1:43:53	03:44:39
2 (1718)	BUSCHMANN, Sabine	1973	LT Alsdorf Ost	0:49:07	1:15:48	1:55:26	04:00:21
3 (1612)	CAMIDGE, Karen	1973	BISSV	0:51:06	1:19:00	1:51:28	04:01:34
4 (1610)	MEEKER, Kristen	1972	BISSV	0:58:55	1:31:09	2:06:07	04:36:11
5 (1201)	STING, Daniela	1972	VfL Wehbach	0:57:49	1:31:32	2:09:33	04:38:54
SENIORINNEN W50							
1 (1215)	TÜRK, Cornelia	1966	Rhein-Berg Runners	0:43:12	1:06:56	1:35:40	03:25:48
2 (1352)	KOMMER-RITZKA, Birgit	1968	LT Alsdorf-Ost	0:45:33	1:10:49	1:39:41	03:36:03
3 (1031)	KÜTTNER, Christiane	1967	Laufmonster	0:48:47	1:15:17	1:46:06	03:50:10
4 (1365)	MUTTERLOSE, Claudia	1965	SSF Bonn Triathlon	0:49:32	1:15:38	1:47:17	03:52:27
5 (934)	HAHN, Sylvia	1968	BSG BML Bonn	0:50:18	1:19:20	1:54:46	04:04:24
6 (1041)	LENSING, Britta	1969	Team Monika	0:58:18	1:31:09	2:07:41	04:37:08
SENIORINNEN W55							
1 (1120)	PÖRSCH, Eva	1963	MACH3 Köln	0:49:55	1:15:28	1:46:07	03:51:30



3. Lauf zur 35. Winterserie des LSV Porz

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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W55							
2 (804)	ADAMS, Heike	1964		0:53:05	1:24:28	1:56:07	04:13:40
3 (1838)	KRÄMER-TANSKI, Ursula	1963	Cäcilia Neuhourath	0:55:16	1:26:24	2:06:40	04:28:20
SENIORINNEN W60							
1 (1753)	SILLER, Christa	1955	LAG-Siegen	0:54:47	1:24:55	1:59:09	04:18:51
2 (1203)	STÖTZEL-DITSCHKE, Christiane	1957	SG Siegen-Giersberg	0:59:11	1:30:33	2:09:52	04:39:36
3 (1746)	HÜLSE, Renate	1957	LG Mauerweg Berlin e.V.	1:11:35	1:49:02	2:33:20	05:33:57
SENIORINNEN W75							
1 (1737)	BRANDENBURG, Helga	1944	ASV Köln	0:58:42	1:29:30	2:13:12	04:41:24