



3. Lauf zur 36. 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 (1626)	WILD, Dominik	1984		0:38:42	---	0:39:14	01:17:56
2 (331)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:38:54	---	0:39:03	01:17:57
3 (517)	WAHL, Guido	1978	Brühler TV 1879	0:39:24	---	0:39:46	01:19:10
4 (1625)	BUSCH, Johannes	1984	LC Weilerswist	0:39:39	---	0:40:24	01:20:03
5 (41)	BALTES, Achim	1975		0:40:38	---	0:40:55	01:21:33
6 (614)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:05	---	0:41:04	01:22:09
7 (1642)	PUENTE, Angel	1983		0:40:55	---	0:41:18	01:22:13
8 (155)	FREYALDENHOVEN, Jan	1983	Köln läuft!	0:41:05	---	0:42:09	01:23:14
9 (735)	NEUMANN, Maik	1975	DJK Gummersbach	0:42:01	---	0:41:54	01:23:55
10 (598)	KLEIN, Christoph	1972	TV Attendorn	0:41:32	---	0:42:27	01:23:59
11 (1597)	KOVSHOV, Yury	1982		0:42:45	---	0:42:05	01:24:50
12 (197)	HEPPER, Daniel	1982		0:42:34	---	0:43:10	01:25:44
13 (578)	HANSEN, Fabian	1989	Lauftreff Hersel	0:43:06	---	0:42:38	01:25:44
14 (1530)	HAHN, Nathalie	2001		0:43:41	---	0:43:34	01:27:15
16 (370)	PABST, Robert	1988	Lake Run Squad	0:43:19	---	0:44:49	01:28:08
17 (737)	SOEST, Christine	1980	TSV Dieringhausen	0:45:04	---	0:43:47	01:28:51
18 (511)	VOSS, Jeanne Li	1981	HAZET	0:44:21	---	0:46:59	01:31:20
19 (397)	PROKASKA, Mark	1984	Blueline Performance	0:48:13	---	0:43:13	01:31:26
20 (92)	BURZYNSKI, Björn	1977	SV Horst 08	0:46:24	---	0:45:10	01:31:34
21 (144)	FABIAN, Steffen	1965	MACH3 Köln e.V./Team Erdi	0:46:18	---	0:45:20	01:31:38
22 (748)	HARTEMINK, Marc	1996		0:46:19	---	0:45:42	01:32:01
23 (482)	STEINMETZ, Stefan	1981		0:47:17	---	0:44:51	01:32:08
24 (115)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln e.V.	0:46:50	---	0:45:20	01:32:10
25 (585)	HILSE, Swen	1976	SFD 75' Düsseldorf	0:45:27	---	0:47:38	01:33:05
26 (633)	SITZER, Marc	1979	SSF Bonn Triathlon	0:44:22	---	0:48:45	01:33:07
27 (747)	SCHMITT, Lara	1989		0:47:16	---	0:47:21	01:34:37
28 (357)	NIKELOWSKI, Norbert	1958	LSV Porz / Köln	0:47:11	---	0:47:28	01:34:39
29 (624)	RÖHRIG, Christina	1992	Cologne Running Crew	0:48:17	---	0:46:23	01:34:40
30 (271)	KÖPPE, Stefan	1985	1. FC Köln	0:48:13	---	0:46:50	01:35:03
31 (273)	KÖPPE, Christian	1982		0:48:13	---	0:47:11	01:35:24
32 (3230)	KLEIN, Alexandra	1974	TPSK Triathlon Köln	0:48:10	---	0:47:23	01:35:33
33 (1485)	THIEME, Dieter	1964	TuS Köln rrh.	0:47:43	---	0:48:16	01:35:59
34 (491)	STRITTMATTER, Jacqueline	1974	LT Grafenschaft	0:48:49	---	0:47:35	01:36:24
35 (348)	MÜLLER, Josef	1968	LT Grafenschaft	0:48:50	---	0:47:36	01:36:26
36 (418)	RITTERBACH, Michael	1986		0:46:29	---	0:50:07	01:36:36
37 (71)	BONCZEK, Gabriel	1978	AC Valee	0:46:44	---	0:49:54	01:36:38
38 (642)	VALDER, Oliver	1980		0:47:27	---	0:49:30	01:36:57
39 (489)	STING, Michael	1968	VfL Wehbach	0:47:15	---	0:50:18	01:37:33
40 (630)	SCHULZ, Olli	1978		0:48:52	---	0:49:03	01:37:55
41 (3205)	HARBEKE, Christian	1985	FC Germania Zündorf 1913	0:48:27	---	0:49:38	01:38:05
42 (445)	SCHILD, Tobias	1985	BaDaBOOM	0:53:02	---	0:45:39	01:38:41
43 (402)	QUESTER, Markus	1976	congstar GmbH	0:49:24	---	0:49:52	01:39:16



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
44 (179)	HACKENBROICH, Wolfgang	1960	Pulheimer SC	0:48:47	---	0:50:45	01:39:32
45 (70)	BOHNE, Christopher	1964		0:49:54	---	0:49:46	01:39:40
46 (1641)	SCHMITZ, Sascha	1977		0:51:28	---	0:48:12	01:39:40
47 (329)	METE, Nicole	1971	Mach 3 Köln e.V.	0:49:08	---	0:50:38	01:39:46
48 (565)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:48:41	---	0:52:21	01:41:02
49 (457)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:48:32	---	0:52:38	01:41:10
50 (242)	KANZOW, Fabian	2003	TuS Oberkassel	0:49:52	---	0:51:23	01:41:15
51 (1614)	ICKERT, Alexander	1980		0:51:08	---	0:50:25	01:41:33
52 (647)	WINKELMANN, Christian	1978	Run of Colours Promoteam	0:51:31	---	0:50:34	01:42:05
53 (150)	FISCHER, Sabine	1961	SG Zons	0:49:51	---	0:53:33	01:43:24
54 (564)	DRESBACH, Frank	1967	Cologne Allblacks	0:52:12	---	0:51:27	01:43:39
55 (1475)	HALLMANN, Peter	1970	TuS Schmidt	1:01:01	---	0:42:43	01:43:44
56 (338)	MOLDENHAUER, Marina	1986	FR-Training	0:51:46	---	0:51:59	01:43:45
57 (173)	GREIF, Uwe	1965	Dürener TV 1847	0:51:21	---	0:52:55	01:44:16
58 (653)	WOTHE, Jens	1974	Run Club CGN	0:51:28	---	0:52:51	01:44:19
59 (738)	KERSTING, Friedel	1950		0:52:25	---	0:52:47	01:45:12
60 (3281)	SAFAVI, Benjamin Turbo	1988	Stammtisch der Stürzer	0:54:03	---	0:52:55	01:46:58
61 (388)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:56:01	---	0:51:23	01:47:24
62 (19)	FRENSER, Frank	1989	Freiwillige Feuerwehr Eil	0:44:11	---	1:03:32	01:47:43
63 (258)	KLEIN, Wolfgang	1965		0:53:55	---	0:54:05	01:48:00
64 (589)	HUNEKE, Jens	1974	--	0:56:22	---	0:51:55	01:48:17
65 (245)	KATZKI, Nicole	1987	BaDaBOOM	0:54:10	---	0:54:20	01:48:30
66 (228)	ISBANNER, Anja	1970	SV Hellas Siegburg	0:54:31	---	0:54:31	01:49:02
67 (441)	SCHÄFER, Florian	2003	TuS Oberkassel	0:54:49	---	0:54:26	01:49:15
68 (190)	HEINEN, Michael	1971		0:55:32	---	0:53:47	01:49:19
69 (116)	DIETERICH, Erwin	1962		0:54:14	---	0:55:14	01:49:28
70 (368)	OTTINGER, Rupert	2000		0:53:05	---	0:56:38	01:49:43
71 (1581)	BRANDENBURG, Daniel	1992		0:54:12	---	0:55:33	01:49:45
72 (583)	HEUSER, Robert	1969		0:56:53	---	0:53:10	01:50:03
73 (572)	GERRITS, Andrea	1971	mach 3 Köln e.V.	0:56:03	---	0:54:24	01:50:27
74 (139)	ENNA, Stefania	1973		0:57:02	---	0:53:34	01:50:36
75 (400)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:54:39	---	0:56:28	01:51:07
76 (274)	KÖPPL, Ralf	1968		0:56:00	---	0:55:22	01:51:22
77 (1481)	ERDMANN, Dieter	1975		0:54:53	---	0:56:48	01:51:41
78 (141)	ERDMANN, Michael	1969		0:54:54	---	0:56:48	01:51:42
79 (369)	OTTINGER, Stefan	1967		0:55:11	---	0:56:38	01:51:49
80 (277)	KOTTMANN, Thorsten	1974		0:56:15	---	0:55:53	01:52:08
81 (503)	USSELMANN, Dagmar	1963	Rösrath	0:55:31	---	0:57:19	01:52:50
82 (214)	HÖFLICH, Jana	1988	Lake Run Squad	1:02:49	---	0:50:17	01:53:06
83 (168)	GRAF, Michael	1959	TuS Oberkassel	0:56:44	---	0:56:24	01:53:08
84 (544)	ZIEMER, Frank	1959		1:02:48	---	0:50:42	01:53:30
85 (145)	FABIAN, Katharina	1967		0:56:15	---	0:57:21	01:53:36



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
86 (375)	PAPAZOGLU, Renata	1975	Lauftreff Brühl	0:57:29	---	0:56:27	01:53:56
87 (350)	MÜLLER, Nadine	1981		0:56:48	---	0:57:28	01:54:16
88 (298)	LEERS, Christian	1968	SCB Horrem	1:02:41	---	0:51:41	01:54:22
89 (528)	WERWIE, Reiner	1964	SMILE EYES	0:57:14	---	0:57:27	01:54:41
90 (344)	MÜHLEGGGER-LEERS, Elke	1968	SCB Horrem	0:55:36	---	0:59:28	01:55:04
91 (1001)	AMENDT, Julia	1999		0:53:12	---	1:02:10	01:55:22
92 (1580)	HERLING, Jelena	1993		0:56:23	---	0:59:02	01:55:25
93 (3309)	VOLZ, Saskia	2000		1:02:56	---	0:52:59	01:55:55
94 (382)	PELZ, Arne	1987	Sonntagsläufer	1:10:54	---	0:45:11	01:56:05
95 (1635)	MIGUNOVA, Anastasia	1989	LC Weilerswist	0:58:49	---	0:58:04	01:56:53
96 (358)	NOWACK, Nadine	1986	SG Köln-Worringen	0:56:54	---	1:00:58	01:57:52
97 (85)	BREYER, Rapha	1981	Gruppen Gruscheln	0:58:38	---	0:59:15	01:57:53
98 (355)	NEUMANN, Jessica	1981		0:58:48	---	0:59:24	01:58:12
99 (359)	NUNEZ DIAZ, Paola	1984	TPSK 1925 e.V. Köln	0:58:28	---	0:59:46	01:58:14
100 (129)	DUENSING, Johanne	1978		0:59:23	---	0:58:51	01:58:14
101 (227)	HÜTTEN, Kerstin	1976		0:58:54	---	0:59:26	01:58:20
102 (592)	HÜPGEN, Susanne	1981	LG Ultralauf	0:51:28	---	1:08:03	01:59:31
103 (648)	WINKELMANN, Leona	2004		0:57:36	---	1:02:07	01:59:43
104 (305)	LISTER, Frank	1971		0:59:44	---	1:01:15	02:00:59
105 (66)	BOENKE, Jörg	1968		0:57:32	---	1:03:37	02:01:09
106 (176)	GU, Ying	1979	China-Sport	1:04:44	---	0:57:36	02:02:20
107 (101)	CHEN, Hong	1980		1:04:45	---	0:57:36	02:02:21
108 (584)	HILDEBRANDT, Oliver	1961	LSV Porz / Köln	1:02:02	---	1:01:25	02:03:27
109 (4124)	POHL, Walter	1963		1:03:33	---	1:00:20	02:03:53
110 (488)	STING, Daniela	1972	VfL Wehbach	1:00:49	---	1:03:49	02:04:38
111 (538)	WURDA, Werner	1960	SC Fortuna Köln	1:01:48	---	1:05:05	02:06:53
112 (320)	MARSCHKE, Dirk	1971	Lauftreff Fühlinger See	1:01:53	---	1:05:02	02:06:55
113 (20)	FRENSER, Simone	1988	Freiwillige Feuerwehr Eil	1:04:42	---	1:04:30	02:09:12
114 (650)	WINKELMANN, Nina	1978	NWLauftrainer.com	1:05:37	---	1:04:00	02:09:37
115 (265)	KOC, Mehmet	1972	Sparkasse KölnBonn	1:02:55	---	1:07:15	02:10:10
116 (389)	PFEIFFER, Stefanie	1982		1:08:23	---	1:02:11	02:10:34
117 (527)	WERNER, Elisa	1976		1:09:07	---	1:02:42	02:11:49
118 (143)	ESSER, Christina	1993		1:07:26	---	1:04:43	02:12:09
119 (189)	HEIN, Andrea	1976	LLG 80 Nordpark Köln	1:09:28	---	1:02:42	02:12:10
120 (149)	FINDIK, Gaetana	1980		1:09:28	---	1:02:42	02:12:10
121 (537)	WOLF, Petra	1965	ERGO sports Köln	1:06:44	---	1:06:19	02:13:03
122 (1511)	TÜSCHENBÖNNER, Sandy	1974	saulecker.de	1:04:36	---	1:08:38	02:13:14
123 (367)	OST, Birgit	1967		1:10:36	---	1:04:33	02:15:09
124 (282)	KRUG, Wilfried	1950		1:08:15	---	1:06:59	02:15:14
125 (223)	HUNDHAUSEN, Thomas	1976	Hundhausen Runners	1:08:03	---	1:07:53	02:15:56
126 (550)	ZIMPRICHOVÁ, Dr. Dita	1963		1:04:15	---	1:11:42	02:15:57
127 (518)	WALDOFF, Melanie	1991		1:07:40	---	1:08:33	02:16:13



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
128 (519)	WASSER, Jasmin	1977		1:08:01	---	1:08:13	02:16:14
129 (476)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:07:09	---	1:15:41	02:22:50
130 (272)	KÖPPE, Christa	1960	Dünnwald	1:11:36	---	1:13:18	02:24:54
131 (736)	NEUMANN, Oskar	1938	DJK Gummersbach	1:12:42	---	1:13:10	02:25:52
132 (354)	DÜRBAUM, Natascha	1976		1:15:38	---	1:12:15	02:27:53
133 (54)	BERK, Sarah	1986		1:15:39	---	1:12:17	02:27:56
134 (459)	SCHUMACHER, Alice	1969	IAC Dueren	1:09:00	---	1:23:31	02:32:31



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
1 (1530)	HAHN, Nathalie	2001		0:43:41	---	0:43:34	01:27:15
2 (737)	SOEST, Christine	1980	TSV Dieringhausen	0:45:04	---	0:43:47	01:28:51
3 (511)	VOSS, Jeanne Li	1981	HAZET	0:44:21	---	0:46:59	01:31:20
4 (747)	SCHMITT, Lara	1989		0:47:16	---	0:47:21	01:34:37
5 (624)	RÖHRIG, Christina	1992	Cologne Running Crew	0:48:17	---	0:46:23	01:34:40
6 (3230)	KLEIN, Alexandra	1974	TPSK Triathlon Köln	0:48:10	---	0:47:23	01:35:33
7 (491)	STRITTMATTER, Jacqueline	1974	LT Grafenschaft	0:48:49	---	0:47:35	01:36:24
8 (329)	METE, Nicole	1971	Mach 3 Köln e.V.	0:49:08	---	0:50:38	01:39:46
9 (150)	FISCHER, Sabine	1961	SG Zons	0:49:51	---	0:53:33	01:43:24
10 (338)	MOLDENHAUER, Marina	1986	FR-Training	0:51:46	---	0:51:59	01:43:45
11 (245)	KATZKI, Nicole	1987	BaDaBOOM	0:54:10	---	0:54:20	01:48:30
12 (228)	ISBANNER, Anja	1970	SV Hellas Siegburg	0:54:31	---	0:54:31	01:49:02
13 (572)	GERRITS, Andrea	1971	mach 3 Köln e.V.	0:56:03	---	0:54:24	01:50:27
14 (139)	ENNA, Stefania	1973		0:57:02	---	0:53:34	01:50:36
15 (503)	USSELMANN, Dagmar	1963	Rösrath	0:55:31	---	0:57:19	01:52:50
16 (214)	HÖFLICH, Jana	1988	Lake Run Squad	1:02:49	---	0:50:17	01:53:06
17 (145)	FABIAN, Katharina	1967		0:56:15	---	0:57:21	01:53:36
18 (375)	PAPAZOGLU, Renata	1975	Lauftreff Brühl	0:57:29	---	0:56:27	01:53:56
19 (350)	MÜLLER, Nadine	1981		0:56:48	---	0:57:28	01:54:16
20 (344)	MÜHLEGGGER-LEERS, Elke	1968	SCB Horrem	0:55:36	---	0:59:28	01:55:04
21 (1001)	AMENDT, Julia	1999		0:53:12	---	1:02:10	01:55:22
22 (1580)	HERLING, Jelena	1993		0:56:23	---	0:59:02	01:55:25
23 (3309)	VOLZ, Saskia	2000		1:02:56	---	0:52:59	01:55:55
24 (1635)	MIGUNOVA, Anastasia	1989	LC Weilerswist	0:58:49	---	0:58:04	01:56:53
25 (358)	NOWACK, Nadine	1986	SG Köln-Worringen	0:56:54	---	1:00:58	01:57:52
26 (355)	NEUMANN, Jessica	1981		0:58:48	---	0:59:24	01:58:12
27 (359)	NUNEZ DIAZ, Paola	1984	TPSK 1925 e.V. Köln	0:58:28	---	0:59:46	01:58:14
28 (129)	DUENSING, Johanne	1978		0:59:23	---	0:58:51	01:58:14
29 (227)	HÜTTEN, Kerstin	1976		0:58:54	---	0:59:26	01:58:20
30 (592)	HÜPGEN, Susanne	1981	LG Ultralauf	0:51:28	---	1:08:03	01:59:31
31 (648)	WINKELMANN, Leona	2004		0:57:36	---	1:02:07	01:59:43
32 (176)	GU, Ying	1979	China-Sport	1:04:44	---	0:57:36	02:02:20
33 (101)	CHEN, Hong	1980		1:04:45	---	0:57:36	02:02:21
34 (488)	STING, Daniela	1972	VfL Wehbach	1:00:49	---	1:03:49	02:04:38
35 (20)	FRENSER, Simone	1988	Freiwillige Feuerwehr Eil	1:04:42	---	1:04:30	02:09:12
36 (650)	WINKELMANN, Nina	1978	NWLauftrainer.com	1:05:37	---	1:04:00	02:09:37
37 (389)	PFEIFFER, Stefanie	1982		1:08:23	---	1:02:11	02:10:34
38 (527)	WERNER, Elisa	1976		1:09:07	---	1:02:42	02:11:49
39 (143)	ESSER, Christina	1993		1:07:26	---	1:04:43	02:12:09
40 (149)	FINDIK, Gaetana	1980		1:09:28	---	1:02:42	02:12:10
41 (189)	HEIN, Andrea	1976	LLG 80 Nordpark Köln	1:09:28	---	1:02:42	02:12:10



3. Lauf zur 36. 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							
42 (537)	WOLF, Petra	1965	ERGO sports Köln	1:06:44	---	1:06:19	02:13:03
43 (1511)	TÜSCHENBÖNNER, Sandy	1974	saulecker.de	1:04:36	---	1:08:38	02:13:14
44 (367)	OST, Birgit	1967		1:10:36	---	1:04:33	02:15:09
45 (550)	ZIMPRICHOVÁ, Dr. Dita	1963		1:04:15	---	1:11:42	02:15:57
46 (518)	WALDOFF, Melanie	1991		1:07:40	---	1:08:33	02:16:13
47 (519)	WASSER, Jasmin	1977		1:08:01	---	1:08:13	02:16:14
48 (272)	KÖPPE, Christa	1960	Dünnwald	1:11:36	---	1:13:18	02:24:54
49 (354)	DÜRBAUM, Natascha	1976		1:15:38	---	1:12:15	02:27:53
50 (54)	BERK, Sarah	1986		1:15:39	---	1:12:17	02:27:56
51 (459)	SCHUMACHER, Alice	1969	IAC Dueren	1:09:00	---	1:23:31	02:32:31



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
1 (1626)	WILD, Dominik	1984		0:38:42	---	0:39:14	01:17:56
2 (331)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:38:54	---	0:39:03	01:17:57
3 (517)	WAHL, Guido	1978	Brühler TV 1879	0:39:24	---	0:39:46	01:19:10
4 (1625)	BUSCH, Johannes	1984	LC Weilerswist	0:39:39	---	0:40:24	01:20:03
5 (41)	BALTES, Achim	1975		0:40:38	---	0:40:55	01:21:33
6 (614)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:05	---	0:41:04	01:22:09
7 (1642)	PUENTE, Angel	1983		0:40:55	---	0:41:18	01:22:13
8 (155)	FREYALDENHOVEN, Jan	1983	Köln läuft!	0:41:05	---	0:42:09	01:23:14
9 (735)	NEUMANN, Maik	1975	DJK Gummersbach	0:42:01	---	0:41:54	01:23:55
10 (598)	KLEIN, Christoph	1972	TV Attendorn	0:41:32	---	0:42:27	01:23:59
11 (1597)	KOVSHOV, Yury	1982		0:42:45	---	0:42:05	01:24:50
12 (197)	HEPPER, Daniel	1982		0:42:34	---	0:43:10	01:25:44
13 (578)	HANSEN, Fabian	1989	Lauftreff Hersel	0:43:06	---	0:42:38	01:25:44
15 (370)	PABST, Robert	1988	Lake Run Squad	0:43:19	---	0:44:49	01:28:08
16 (397)	PROKASKA, Mark	1984	Blueline Performance	0:48:13	---	0:43:13	01:31:26
17 (92)	BURZYNSKI, Björn	1977	SV Horst 08	0:46:24	---	0:45:10	01:31:34
18 (144)	FABIAN, Steffen	1965	MACH3 Köln e.V./Team Erdi	0:46:18	---	0:45:20	01:31:38
19 (748)	HARTEMINK, Marc	1996		0:46:19	---	0:45:42	01:32:01
20 (482)	STEINMETZ, Stefan	1981		0:47:17	---	0:44:51	01:32:08
21 (115)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln e.V.	0:46:50	---	0:45:20	01:32:10
22 (585)	HILSE, Swen	1976	SFD 75' Düsseldorf	0:45:27	---	0:47:38	01:33:05
23 (633)	SITZER, Marc	1979	SSF Bonn Triathlon	0:44:22	---	0:48:45	01:33:07
24 (357)	NIKELOWSKI, Norbert	1958	LSV Porz / Köln	0:47:11	---	0:47:28	01:34:39
25 (271)	KÖPPE, Stefan	1985	1. FC Köln	0:48:13	---	0:46:50	01:35:03
26 (273)	KÖPPE, Christian	1982		0:48:13	---	0:47:11	01:35:24
27 (1485)	THIEME, Dieter	1964	TuS Köln rrh.	0:47:43	---	0:48:16	01:35:59
28 (348)	MÜLLER, Josef	1968	LT Grafenschaft	0:48:50	---	0:47:36	01:36:26
29 (418)	RITTERBACH, Michael	1986		0:46:29	---	0:50:07	01:36:36
30 (71)	BONCZEK, Gabriel	1978	AC Valee	0:46:44	---	0:49:54	01:36:38
31 (642)	VALDER, Oliver	1980		0:47:27	---	0:49:30	01:36:57
32 (489)	STING, Michael	1968	VfL Wehbach	0:47:15	---	0:50:18	01:37:33
33 (630)	SCHULZ, Olli	1978		0:48:52	---	0:49:03	01:37:55
34 (3205)	HARBEKE, Christian	1985	FC Germania Zündorf 1913	0:48:27	---	0:49:38	01:38:05
35 (445)	SCHILD, Tobias	1985	BaDaBOOM	0:53:02	---	0:45:39	01:38:41
36 (402)	QUESTER, Markus	1976	congstar GmbH	0:49:24	---	0:49:52	01:39:16
37 (179)	HACKENBROICH, Wolfgang	1960	Pulheimer SC	0:48:47	---	0:50:45	01:39:32
38 (70)	BOHNE, Christopher	1964		0:49:54	---	0:49:46	01:39:40
39 (1641)	SCHMITZ, Sascha	1977		0:51:28	---	0:48:12	01:39:40
40 (565)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:48:41	---	0:52:21	01:41:02
41 (457)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:48:32	---	0:52:38	01:41:10
42 (242)	KANZOW, Fabian	2003	TuS Oberkassel	0:49:52	---	0:51:23	01:41:15



3. Lauf zur 36. 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							
43 (1614)	ICKERT, Alexander	1980		0:51:08	---	0:50:25	01:41:33
44 (647)	WINKELMANN, Christian	1978	Run of Colours Promoteam	0:51:31	---	0:50:34	01:42:05
45 (564)	DRESBACH, Frank	1967	Cologne Allblacks	0:52:12	---	0:51:27	01:43:39
46 (1475)	HALLMANN, Peter	1970	TuS Schmidt	1:01:01	---	0:42:43	01:43:44
47 (173)	GREIF, Uwe	1965	Dürener TV 1847	0:51:21	---	0:52:55	01:44:16
48 (653)	WOTHE, Jens	1974	Run Club CGN	0:51:28	---	0:52:51	01:44:19
49 (738)	KERSTING, Friedel	1950		0:52:25	---	0:52:47	01:45:12
50 (3281)	SAFAVI, Benjamin Turbo	1988	Stammtisch der Stürzer	0:54:03	---	0:52:55	01:46:58
51 (388)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:56:01	---	0:51:23	01:47:24
52 (19)	FRENSER, Frank	1989	Freiwillige Feuerwehr Eil	0:44:11	---	1:03:32	01:47:43
53 (258)	KLEIN, Wolfgang	1965		0:53:55	---	0:54:05	01:48:00
54 (589)	HUNEKE, Jens	1974	--	0:56:22	---	0:51:55	01:48:17
55 (441)	SCHÄFER, Florian	2003	TuS Oberkassel	0:54:49	---	0:54:26	01:49:15
56 (190)	HEINEN, Michael	1971		0:55:32	---	0:53:47	01:49:19
57 (116)	DIETERICH, Erwin	1962		0:54:14	---	0:55:14	01:49:28
58 (368)	OTTINGER, Rupert	2000		0:53:05	---	0:56:38	01:49:43
59 (1581)	BRANDENBURG, Daniel	1992		0:54:12	---	0:55:33	01:49:45
60 (583)	HEUSER, Robert	1969		0:56:53	---	0:53:10	01:50:03
61 (400)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:54:39	---	0:56:28	01:51:07
62 (274)	KÖPPL, Ralf	1968		0:56:00	---	0:55:22	01:51:22
63 (1481)	ERDMANN, Dieter	1975		0:54:53	---	0:56:48	01:51:41
64 (141)	ERDMANN, Michael	1969		0:54:54	---	0:56:48	01:51:42
65 (369)	OTTINGER, Stefan	1967		0:55:11	---	0:56:38	01:51:49
66 (277)	KOTTMANN, Thorsten	1974		0:56:15	---	0:55:53	01:52:08
67 (168)	GRAF, Michael	1959	TuS Oberkassel	0:56:44	---	0:56:24	01:53:08
68 (544)	ZIEMER, Frank	1959		1:02:48	---	0:50:42	01:53:30
69 (298)	LEERS, Christian	1968	SCB Horrem	1:02:41	---	0:51:41	01:54:22
70 (528)	WERWIE, Reiner	1964	SMILE EYES	0:57:14	---	0:57:27	01:54:41
71 (382)	PELZ, Arne	1987	Sonntagsläufer	1:10:54	---	0:45:11	01:56:05
72 (85)	BREYER, Rapha	1981	Gruppen Gruscheln	0:58:38	---	0:59:15	01:57:53
73 (305)	LISTER, Frank	1971		0:59:44	---	1:01:15	02:00:59
74 (66)	BOENKE, Jörg	1968		0:57:32	---	1:03:37	02:01:09
75 (584)	HILDEBRANDT, Oliver	1961	LSV Porz / Köln	1:02:02	---	1:01:25	02:03:27
76 (4124)	POHL, Walter	1963		1:03:33	---	1:00:20	02:03:53
77 (538)	WURDA, Werner	1960	SC Fortuna Köln	1:01:48	---	1:05:05	02:06:53
78 (320)	MARSCHKE, Dirk	1971	Lauftreff Fühlinger See	1:01:53	---	1:05:02	02:06:55
79 (265)	KOC, Mehmet	1972	Sparkasse KölnBonn	1:02:55	---	1:07:15	02:10:10
81 (282)	KRUG, Wilfried	1950		1:08:15	---	1:06:59	02:15:14
82 (223)	HUNDHAUSEN, Thomas	1976	Hundhausen Runners	1:08:03	---	1:07:53	02:15:56
83 (476)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:07:09	---	1:15:41	02:22:50
84 (736)	NEUMANN, Oskar	1938	DJK Gummersbach	1:12:42	---	1:13:10	02:25:52



3. Lauf zur 36. 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 (748)	HARTEMINK, Marc	1996		0:46:19	---	0:45:42	01:32:01
2 (1581)	BRANDENBURG, Daniel	1992		0:54:12	---	0:55:33	01:49:45
JUNIOREN U23							
1 (368)	OTTINGER, Rupert	2000		0:53:05	---	0:56:38	01:49:43
SENIOREN M30							
1 (578)	HANSEN, Fabian	1989	Lauftreff Hersel	0:43:06	---	0:42:38	01:25:44
3 (370)	PABST, Robert	1988	Lake Run Squad	0:43:19	---	0:44:49	01:28:08
4 (418)	RITTERBACH, Michael	1986		0:46:29	---	0:50:07	01:36:36
5 (3281)	SAFAVI, Benjamin Turbo	1988	Stammtisch der Stürzer	0:54:03	---	0:52:55	01:46:58
6 (19)	FRENSER, Frank	1989	Freiwillige Feuerwehr Eil	0:44:11	---	1:03:32	01:47:43
7 (382)	PELZ, Arne	1987	Sonntagsläufer	1:10:54	---	0:45:11	01:56:05
SENIOREN M35							
1 (1626)	WILD, Dominik	1984		0:38:42	---	0:39:14	01:17:56
2 (331)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:38:54	---	0:39:03	01:17:57
3 (1625)	BUSCH, Johannes	1984	LC Weilerswist	0:39:39	---	0:40:24	01:20:03
4 (1642)	PUENTE, Angel	1983		0:40:55	---	0:41:18	01:22:13
5 (155)	FREYALDENHOVEN, Jan	1983	Köln läuft!	0:41:05	---	0:42:09	01:23:14
6 (1597)	KOVSHOV, Yury	1982		0:42:45	---	0:42:05	01:24:50
7 (197)	HEPPER, Daniel	1982		0:42:34	---	0:43:10	01:25:44
8 (397)	PROKASKA, Mark	1984	Blueline Performance	0:48:13	---	0:43:13	01:31:26
9 (482)	STEINMETZ, Stefan	1981		0:47:17	---	0:44:51	01:32:08
10 (271)	KÖPPE, Stefan	1985	1. FC Köln	0:48:13	---	0:46:50	01:35:03
11 (273)	KÖPPE, Christian	1982		0:48:13	---	0:47:11	01:35:24
12 (3205)	HARBEKE, Christian	1985	FC Germania Zündorf 1913	0:48:27	---	0:49:38	01:38:05
13 (445)	SCHILD, Tobias	1985	BaDaBOOM	0:53:02	---	0:45:39	01:38:41
14 (85)	BREYER, Rapha	1981	Gruppen Gruscheln	0:58:38	---	0:59:15	01:57:53
SENIOREN M40							
1 (517)	WAHL, Guido	1978	Brühler TV 1879	0:39:24	---	0:39:46	01:19:10
2 (92)	BURZYNSKI, Björn	1977	SV Horst 08	0:46:24	---	0:45:10	01:31:34
3 (115)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln e.V.	0:46:50	---	0:45:20	01:32:10
4 (585)	HILSE, Swen	1976	SFD 75' Düsseldorf	0:45:27	---	0:47:38	01:33:05
5 (633)	SITZER, Marc	1979	SSF Bonn Triathlon	0:44:22	---	0:48:45	01:33:07
6 (71)	BONCZEK, Gabriel	1978	AC Valee	0:46:44	---	0:49:54	01:36:38
7 (642)	VALDER, Oliver	1980		0:47:27	---	0:49:30	01:36:57
8 (630)	SCHULZ, Olli	1978		0:48:52	---	0:49:03	01:37:55
9 (402)	QUESTER, Markus	1976	congstar GmbH	0:49:24	---	0:49:52	01:39:16
10 (1641)	SCHMITZ, Sascha	1977		0:51:28	---	0:48:12	01:39:40
11 (457)	SCHULZ, Joachim	1977	Team Erdinger Alkoholfrei	0:48:32	---	0:52:38	01:41:10



3. Lauf zur 36. 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
SENIOREN M40							
12 (1614)	ICKERT, Alexander	1980		0:51:08	---	0:50:25	01:41:33
13 (647)	WINKELMANN, Christian	1978	Run of Colours Promoteam	0:51:31	---	0:50:34	01:42:05
14 (223)	HUNDHAUSEN, Thomas	1976	Hundhausen Runners	1:08:03	---	1:07:53	02:15:56
SENIOREN M45							
1 (41)	BALTES, Achim	1975		0:40:38	---	0:40:55	01:21:33
2 (735)	NEUMANN, Maik	1975	DJK Gummersbach	0:42:01	---	0:41:54	01:23:55
3 (598)	KLEIN, Christoph	1972	TV Attendorn	0:41:32	---	0:42:27	01:23:59
4 (653)	WOTHE, Jens	1974	Run Club CGN	0:51:28	---	0:52:51	01:44:19
5 (589)	HUNEKE, Jens	1974	--	0:56:22	---	0:51:55	01:48:17
6 (190)	HEINEN, Michael	1971		0:55:32	---	0:53:47	01:49:19
7 (1481)	ERDMANN, Dieter	1975		0:54:53	---	0:56:48	01:51:41
8 (277)	KOTTMANN, Thorsten	1974		0:56:15	---	0:55:53	01:52:08
9 (305)	LISTER, Frank	1971		0:59:44	---	1:01:15	02:00:59
10 (320)	MARSCHKE, Dirk	1971	Lauftreff Fühlinger See	1:01:53	---	1:05:02	02:06:55
11 (265)	KOC, Mehmet	1972	Sparkasse KölnBonn	1:02:55	---	1:07:15	02:10:10
SENIOREN M50							
1 (614)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:05	---	0:41:04	01:22:09
2 (348)	MÜLLER, Josef	1968	LT Grafschaft	0:48:50	---	0:47:36	01:36:26
3 (489)	STING, Michael	1968	VfL Wehbach	0:47:15	---	0:50:18	01:37:33
4 (564)	DRESBACH, Frank	1967	Cologne Allblacks	0:52:12	---	0:51:27	01:43:39
5 (1475)	HALLMANN, Peter	1970	TuS Schmidt	1:01:01	---	0:42:43	01:43:44
6 (388)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:56:01	---	0:51:23	01:47:24
7 (583)	HEUSER, Robert	1969		0:56:53	---	0:53:10	01:50:03
8 (274)	KÖPPL, Ralf	1968		0:56:00	---	0:55:22	01:51:22
9 (141)	ERDMANN, Michael	1969		0:54:54	---	0:56:48	01:51:42
10 (369)	OTTINGER, Stefan	1967		0:55:11	---	0:56:38	01:51:49
11 (298)	LEERS, Christian	1968	SCB Horrem	1:02:41	---	0:51:41	01:54:22
12 (66)	BOENKE, Jörg	1968		0:57:32	---	1:03:37	02:01:09
SENIOREN M55							
1 (144)	FABIAN, Steffen	1965	MACH3 Köln e.V./Team Erdi	0:46:18	---	0:45:20	01:31:38
2 (1485)	THIEME, Dieter	1964	TuS Köln rrh.	0:47:43	---	0:48:16	01:35:59
3 (70)	BOHNE, Christopher	1964		0:49:54	---	0:49:46	01:39:40
4 (173)	GREIF, Uwe	1965	Dürener TV 1847	0:51:21	---	0:52:55	01:44:16
5 (258)	KLEIN, Wolfgang	1965		0:53:55	---	0:54:05	01:48:00
6 (116)	DIETERICH, Erwin	1962		0:54:14	---	0:55:14	01:49:28
7 (400)	PÜTZ, Burkhard	1963	SV Germania Dürwiss	0:54:39	---	0:56:28	01:51:07
8 (528)	WERWIE, Reiner	1964	SMILE EYES	0:57:14	---	0:57:27	01:54:41
9 (584)	HILDEBRANDT, Oliver	1961	LSV Porz / Köln	1:02:02	---	1:01:25	02:03:27



3. Lauf zur 36. 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
SENIOREN M55							
10 (4124)	POHL, Walter	1963		1:03:33	---	1:00:20	02:03:53
SENIOREN M60							
1 (357)	NIKELOWSKI, Norbert	1958	LSV Porz / Köln	0:47:11	---	0:47:28	01:34:39
2 (179)	HACKENBROICH, Wolfgang	1960	Pulheimer SC	0:48:47	---	0:50:45	01:39:32
3 (565)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:48:41	---	0:52:21	01:41:02
4 (168)	GRAF, Michael	1959	TuS Oberkassel	0:56:44	---	0:56:24	01:53:08
5 (544)	ZIEMER, Frank	1959		1:02:48	---	0:50:42	01:53:30
6 (538)	WURDA, Werner	1960	SC Fortuna Köln	1:01:48	---	1:05:05	02:06:53
SENIOREN M70							
1 (738)	KERSTING, Friedel	1950		0:52:25	---	0:52:47	01:45:12
2 (282)	KRUG, Wilfried	1950		1:08:15	---	1:06:59	02:15:14
3 (476)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:07:09	---	1:15:41	02:22:50
SENIOREN M80							
1 (736)	NEUMANN, Oskar	1938	DJK Gummersbach	1:12:42	---	1:13:10	02:25:52
MÄNNL. JUGEND U18							
1 (242)	KANZOW, Fabian	2003	TuS Oberkassel	0:49:52	---	0:51:23	01:41:15
2 (441)	SCHÄFER, Florian	2003	TuS Oberkassel	0:54:49	---	0:54:26	01:49:15
FRAUEN							
1 (624)	RÖHRIG, Christina	1992	Cologne Running Crew	0:48:17	---	0:46:23	01:34:40
2 (1580)	HERLING, Jelena	1993		0:56:23	---	0:59:02	01:55:25
3 (143)	ESSER, Christina	1993		1:07:26	---	1:04:43	02:12:09
4 (518)	WALDOFF, Melanie	1991		1:07:40	---	1:08:33	02:16:13
JUNIORINNEN U23							
1 (1001)	AMENDT, Julia	1999		0:53:12	---	1:02:10	01:55:22
2 (3309)	VOLZ, Saskia	2000		1:02:56	---	0:52:59	01:55:55
SENIORINNEN W30							
1 (747)	SCHMITT, Lara	1989		0:47:16	---	0:47:21	01:34:37
2 (338)	MOLDENHAUER, Marina	1986	FR-Training	0:51:46	---	0:51:59	01:43:45
3 (245)	KATZKI, Nicole	1987	BaDaBOOM	0:54:10	---	0:54:20	01:48:30
4 (214)	HÖFLICH, Jana	1988	Lake Run Squad	1:02:49	---	0:50:17	01:53:06
5 (1635)	MIGUNOVA, Anastasia	1989	LC Weilerswist	0:58:49	---	0:58:04	01:56:53
6 (358)	NOWACK, Nadine	1986	SG Köln-Worringen	0:56:54	---	1:00:58	01:57:52
7 (20)	FRENSER, Simone	1988	Freiwillige Feuerwehr Eil	1:04:42	---	1:04:30	02:09:12
8 (54)	BERK, Sarah	1986		1:15:39	---	1:12:17	02:27:56
SENIORINNEN W35							



3. Lauf zur 36. 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 W35							
1 (511)	VOSS, Jeanne Li	1981	HAZET	0:44:21	---	0:46:59	01:31:20
2 (350)	MÜLLER, Nadine	1981		0:56:48	---	0:57:28	01:54:16
3 (355)	NEUMANN, Jessica	1981		0:58:48	---	0:59:24	01:58:12
4 (359)	NUNEZ DIAZ, Paola	1984	TPSK 1925 e.V. Köln	0:58:28	---	0:59:46	01:58:14
5 (592)	HÜPGEN, Susanne	1981	LG Ultralauf	0:51:28	---	1:08:03	01:59:31
6 (389)	PFEIFFER, Stefanie	1982		1:08:23	---	1:02:11	02:10:34
SENIORINNEN W40							
1 (737)	SOEST, Christine	1980	TSV Dieringhausen	0:45:04	---	0:43:47	01:28:51
2 (129)	DUENSING, Johanne	1978		0:59:23	---	0:58:51	01:58:14
3 (227)	HÜTTEN, Kerstin	1976		0:58:54	---	0:59:26	01:58:20
4 (176)	GU, Ying	1979	China-Sport	1:04:44	---	0:57:36	02:02:20
5 (101)	CHEN, Hong	1980		1:04:45	---	0:57:36	02:02:21
6 (650)	WINKELMANN, Nina	1978	NWLauftrainer.com	1:05:37	---	1:04:00	02:09:37
7 (527)	WERNER, Elisa	1976		1:09:07	---	1:02:42	02:11:49
8 (189)	HEIN, Andrea	1976	LLG 80 Nordpark Köln	1:09:28	---	1:02:42	02:12:10
9 (149)	FINDIK, Gaetana	1980		1:09:28	---	1:02:42	02:12:10
10 (519)	WASSER, Jasmin	1977		1:08:01	---	1:08:13	02:16:14
11 (354)	DÜRBAUM, Natascha	1976		1:15:38	---	1:12:15	02:27:53
SENIORINNEN W45							
1 (3230)	KLEIN, Alexandra	1974	TPSK Triathlon Köln	0:48:10	---	0:47:23	01:35:33
2 (491)	STRITTMATTER, Jacqueline	1974	LT Graftschaft	0:48:49	---	0:47:35	01:36:24
3 (329)	METE, Nicole	1971	Mach 3 Köln e.V.	0:49:08	---	0:50:38	01:39:46
4 (572)	GERRITS, Andrea	1971	mach 3 Köln e.V.	0:56:03	---	0:54:24	01:50:27
5 (139)	ENNA, Stefania	1973		0:57:02	---	0:53:34	01:50:36
6 (375)	PAPAZOGLU, Renata	1975	Lauftreff Brühl	0:57:29	---	0:56:27	01:53:56
7 (488)	STING, Daniela	1972	VfL Wehbach	1:00:49	---	1:03:49	02:04:38
8 (1511)	TÜSCHENBÖNNER, Sandy	1974	saulecker.de	1:04:36	---	1:08:38	02:13:14
SENIORINNEN W50							
1 (228)	ISBANNER, Anja	1970	SV Hellas Siegburg	0:54:31	---	0:54:31	01:49:02
2 (145)	FABIAN, Katharina	1967		0:56:15	---	0:57:21	01:53:36
3 (344)	MÜHLEGGGER-LEERS, Elke	1968	SCB Horrem	0:55:36	---	0:59:28	01:55:04
4 (367)	OST, Birgit	1967		1:10:36	---	1:04:33	02:15:09
5 (459)	SCHUMACHER, Alice	1969	IAC Dueren	1:09:00	---	1:23:31	02:32:31
SENIORINNEN W55							
1 (150)	FISCHER, Sabine	1961	SG Zons	0:49:51	---	0:53:33	01:43:24
2 (503)	USSELMANN, Dagmar	1963	Rösrath	0:55:31	---	0:57:19	01:52:50
3 (537)	WOLF, Petra	1965	ERGO sports Köln	1:06:44	---	1:06:19	02:13:03
4 (550)	ZIMPRICHOVÁ, Dr. Dita	1963		1:04:15	---	1:11:42	02:15:57



3. Lauf zur 36. 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 W60							
1 (272)	KÖPPE, Christa	1960	Dünnwald	1:11:36	---	1:13:18	02:24:54
WEIBL. JUGEND U18							
1 (648)	WINKELMANN, Leona	2004		0:57:36	---	1:02:07	01:59:43
WEIBL. JUGEND U20							
1 (1530)	HAHN, Nathalie	2001		0:43:41	---	0:43:34	01:27:15