



3. Lauf zur 37. 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 (1436)	HERR, Florian	1988	LAZ Puma Rhein-Sieg	0:36:27	0:34:42	0:34:10	01:45:19
2 (772)	SCHÄFFERS, Katharina	1984	TuS Deuz	0:37:43	0:38:22	0:38:12	01:54:17
3 (1089)	MATSCHUREK, Andreas	1983	VfL Engelskirchen	0:38:23	0:38:19	0:38:10	01:54:52
4 (1358)	SCHMIDWENZL, Dirk	1971	Athletikschule Schrader	0:38:53	0:39:19	0:39:02	01:57:14
5 (1413)	ZUR NIEDEN, Henning	1972	LAZ Puma Rhein-Sieg	0:39:33	0:39:43	0:40:04	01:59:20
6 (1424)	PESCH, Claus	1970	PSV Brühl	0:40:13	0:40:28	0:40:35	02:01:16
7 (1290)	KÖPPE, Stefan	1985	1. FC Köln	0:40:58	0:40:34	0:40:08	02:01:40
8 (1394)	WAHL, Guido	1978	Brühler TV 1879	0:40:05	0:42:37	0:39:54	02:02:36
9 (1086)	LÜCHTEFELD, Alice	1992	Bunert - Der Kölner Lauflade	0:42:25	0:42:24	0:41:00	02:05:49
10 (1124)	SCIDA, Eusonio	1975	Brühler TV 1879	0:40:23	0:44:38	0:41:58	02:06:59
11 (1459)	DENZER, Peter	1969		0:43:16	0:42:40	0:41:50	02:07:46
12 (440)	WINKLER, Gottfried	1981	Athletikschule Schrader	0:42:37	0:43:46	0:42:23	02:08:46
13 (1332)	PELZ, Arne	1987	Team Erdinger Alkoholfrei	0:44:57	0:43:47	0:43:59	02:12:43
14 (1187)	BRANG, Michael	1971	LT Graftschaft	0:43:48	0:44:14	0:44:48	02:12:50
15 (1141)	WANK, Michael	1969	LT Hennef/Sieg	0:44:21	0:44:23	0:44:30	02:13:14
16 (1449)	CORDES, Christine	1983		0:45:41	0:46:13	0:45:12	02:17:06
17 (570)	DÜLKEN, Ralf	1967	SV Germania Dürwiß	0:45:41	0:46:17	0:45:19	02:17:17
18 (1020)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln	0:47:09	0:46:30	0:44:47	02:18:26
19 (1445)	SCHEILZ, Celina	2000	Brander SV	0:47:31	0:48:22	0:45:16	02:21:09
20 (1163)	BAIRD, Matt	1974		0:48:06	0:47:24	0:45:56	02:21:26
21 (1090)	MATSUOKA, Mei	1981		0:46:18	0:48:39	0:46:40	02:21:37
22 (1451)	WILBRAND, Ulrike	1955	TSG Lennestadt	0:47:31	0:47:48	0:47:30	02:22:49
23 (1133)	THEUNE, Carsten	1972	#Generali bewegt Deutschla	0:48:58	0:47:56	0:47:20	02:24:14
24 (1145)	WILL, Jasmin	1987		0:47:32	0:48:17	0:48:56	02:24:45
25 (1094)	MÖSELER, Kristin	1993	LT Hennef/Sieg	0:48:08	0:48:03	0:48:47	02:24:58
26 (849)	WELLER, Nils	1983	TuS 82 Opladen	0:48:38	0:47:37	0:49:15	02:25:30
27 (850)	WELLER, Patricia	1986	TuS 82 Opladen	0:48:38	0:47:37	0:49:16	02:25:31
28 (1189)	BRAUN, Johanna	1987	Team Erdinger Alkoholfrei	0:47:27	0:47:42	0:50:39	02:25:48
29 (1153)	ALBERT, Sam	1982	Team Bullet	0:49:12	0:49:01	0:47:36	02:25:49
30 (1176)	BIRKHÖLZER, Ruth	1976		0:49:06	0:49:11	0:48:03	02:26:20
31 (1450)	CORDES, Ursula	1960		0:50:28	0:49:55	0:50:23	02:30:46
32 (1404)	WINKELMANN, Christian	1978	Run of Colours Promoteam	0:51:06	0:49:50	0:50:03	02:30:59
33 (1385)	ULMEN, Fabian	1993	Badorfer G's	0:51:10	0:50:47	0:49:08	02:31:05
34 (2998)	HOFMANN, Hanne	1984		0:49:04	0:51:58	0:50:26	02:31:28
35 (1411)	ZLOTOS, Karina	1976		0:50:22	0:52:46	0:52:43	02:35:51
36 (777)	SCHMERBAUCH, Lutz	1966		0:55:02	0:50:24	0:52:02	02:37:28
37 (1229)	GNAU, Katharina	1998		0:53:04	0:53:13	0:52:46	02:39:03
38 (1196)	CREMER, Felix	1999		0:53:04	0:53:13	0:53:02	02:39:19
39 (862)	WOYTOWICZ, Maxim	1997		0:50:56	0:55:25	0:54:38	02:40:59
40 (1292)	KOTTMANN, Thorsten	1974		0:54:07	0:53:33	0:54:40	02:42:20
41 (1204)	DRESBACH, Frank	1967	Cologne Allblacks	0:53:18	0:53:55	0:55:10	02:42:23
42 (1478)	LAMBOY, Petra	1971		0:54:29	0:53:40	0:55:26	02:43:35



3. Lauf zur 37. 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 (1467)	WEISBACH, Heike	1975		0:54:49	0:54:54	0:54:06	02:43:49
44 (881)	SALISCH, Hendrikje	1982		0:55:29	0:57:32	0:54:59	02:48:00
45 (1044)	HEUSER, Robert	1969		0:55:36	0:56:32	0:56:25	02:48:33
46 (1393)	WAGNER, Kalle	1963	TV Hoffnungsthal	0:56:19	0:56:39	0:55:51	02:48:49
47 (1213)	FABIAN, Katharina	1967	Mach3 Köln	0:56:51	0:55:56	0:56:49	02:49:36
48 (1014)	BREYER, Rapha	1981	EDV Breyer Racing Team	0:57:33	0:54:16	0:59:02	02:50:51
49 (880)	BERENS, Silvia	1975		0:57:43	0:57:32	0:56:40	02:51:55
50 (1006)	BENA, Martin	1984	Bena	0:55:51	1:01:18	0:55:14	02:52:23
51 (1032)	FREYMUTH, Jürgen	1949	LG Vulkaneifel	0:56:16	1:00:20	0:57:11	02:53:47
52 (1291)	KÖRTGEN, Silvia	1970	Team Erdinger Alkoholfrei	0:57:34	0:56:25	1:00:01	02:54:00
53 (1697)	HAIN, Volker	1969	Schneider Electric	0:57:25	0:59:35	0:57:31	02:54:31
54 (1045)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:59:42	0:57:39	0:57:21	02:54:42
55 (1331)	PELS, Dietmar	1969	Run to the hills	0:58:15	0:59:12	0:57:26	02:54:53
56 (1214)	FABIAN, Steffen	1965	Mach3 Köln / Team Erdinger	1:07:44	0:55:56	0:51:28	02:55:08
57 (1072)	KORNHOFF, Christian	1973	Cologne Running Crew	0:58:55	0:58:42	0:59:28	02:57:05
58 (743)	PELS, Susanne	1977		0:58:34	1:00:11	1:00:23	02:59:08
59 (1080)	LAMMEL, Georg	1963	LT Saaler Mühle	0:58:26	0:58:28	1:02:55	02:59:49
60 (1058)	KASEK, Lydia	1963	RTB Remscheid	1:00:07	1:00:50	0:59:43	03:00:40
61 (1461)	FRIEDENBERGER, Silvia	1968		1:00:34	1:01:23	0:59:38	03:01:35
62 (1088)	MARINGER, Sabine	1975		1:01:07	1:00:28	1:01:04	03:02:39
63 (1372)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:01:41	1:01:41	0:59:30	03:02:52
64 (1156)	ARMAN, Yasemin	1979	78'er Borussen	1:06:35	0:53:28	1:09:09	03:09:12
65 (1245)	HANSEN, Daniela	1969		1:03:38	1:02:45	1:04:26	03:10:49
66 (1281)	KLENNER, Manfred	1968		1:04:05	1:04:42	1:05:05	03:13:52
67 (1261)	HUTH, Margareta	1974		1:04:05	1:04:42	1:05:05	03:13:52
68 (1276)	KERN-NESTLER, Julia	1983		1:04:07	1:06:19	1:04:05	03:14:31
69 (1099)	NEUMANN, Jessica	1981		1:05:54	1:04:18	1:04:21	03:14:33
70 (2999)	FLASKAMP, Günther	1963		1:06:23	1:04:12	1:04:56	03:15:31
71 (1304)	LORBACH, Gudrun	1962		1:05:31	1:06:07	1:07:35	03:19:13
72 (1112)	SCHLEDDE, Simone	1975		1:05:14	1:07:26	1:08:49	03:21:29
73 (1076)	KRUG, Wilfried	1950		1:09:48	1:14:24	1:07:47	03:31:59



3. Lauf zur 37. 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 (772)	SCHÄFERS, Katharina	1984	TuS Deuz	0:37:43	0:38:22	0:38:12	01:54:17
2 (1086)	LÜCHTEFELD, Alice	1992	Bunert - Der Kölner Lauflade	0:42:25	0:42:24	0:41:00	02:05:49
3 (1449)	CORDES, Christine	1983		0:45:41	0:46:13	0:45:12	02:17:06
4 (1445)	SCHEILZ, Celina	2000	Brander SV	0:47:31	0:48:22	0:45:16	02:21:09
5 (1090)	MATSUOKA, Mei	1981		0:46:18	0:48:39	0:46:40	02:21:37
6 (1451)	WILBRAND, Ulrike	1955	TSG Lennestadt	0:47:31	0:47:48	0:47:30	02:22:49
7 (1145)	WILL, Jasmin	1987		0:47:32	0:48:17	0:48:56	02:24:45
8 (1094)	MÖSELER, Kristin	1993	LT Hennef/Sieg	0:48:08	0:48:03	0:48:47	02:24:58
9 (850)	WELLER, Patricia	1986	TuS 82 Opladen	0:48:38	0:47:37	0:49:16	02:25:31
10 (1189)	BRAUN, Johanna	1987	Team Erdinger Alkoholfrei	0:47:27	0:47:42	0:50:39	02:25:48
11 (1176)	BIRKHÖLZER, Ruth	1976		0:49:06	0:49:11	0:48:03	02:26:20
12 (1450)	CORDES, Ursula	1960		0:50:28	0:49:55	0:50:23	02:30:46
13 (2998)	HOFMANN, Hanne	1984		0:49:04	0:51:58	0:50:26	02:31:28
14 (1411)	ZLOTOS, Karina	1976		0:50:22	0:52:46	0:52:43	02:35:51
15 (1229)	GNAU, Katharina	1998		0:53:04	0:53:13	0:52:46	02:39:03
16 (1478)	LAMBOY, Petra	1971		0:54:29	0:53:40	0:55:26	02:43:35
17 (1467)	WEISBACH, Heike	1975		0:54:49	0:54:54	0:54:06	02:43:49
18 (881)	SALISCH, Hendrikje	1982		0:55:29	0:57:32	0:54:59	02:48:00
19 (1213)	FABIAN, Katharina	1967	Mach3 Köln	0:56:51	0:55:56	0:56:49	02:49:36
20 (880)	BERENS, Silvia	1975		0:57:43	0:57:32	0:56:40	02:51:55
21 (1291)	KÖRTGEN, Silvia	1970	Team Erdinger Alkoholfrei	0:57:34	0:56:25	1:00:01	02:54:00
22 (743)	PELS, Susanne	1977		0:58:34	1:00:11	1:00:23	02:59:08
23 (1058)	KASEK, Lydia	1963	RTB Remscheid	1:00:07	1:00:50	0:59:43	03:00:40
24 (1461)	FRIEDENBERGER, Silvia	1968		1:00:34	1:01:23	0:59:38	03:01:35
25 (1088)	MARINGER, Sabine	1975		1:01:07	1:00:28	1:01:04	03:02:39
26 (1372)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:01:41	1:01:41	0:59:30	03:02:52
27 (1156)	ARMAN, Yasemin	1979	78'er Borussen	1:06:35	0:53:28	1:09:09	03:09:12
28 (1245)	HANSEN, Daniela	1969		1:03:38	1:02:45	1:04:26	03:10:49
29 (1261)	HUTH, Margareta	1974		1:04:05	1:04:42	1:05:05	03:13:52
30 (1276)	KERN-NESTLER, Julia	1983		1:04:07	1:06:19	1:04:05	03:14:31
31 (1099)	NEUMANN, Jessica	1981		1:05:54	1:04:18	1:04:21	03:14:33
32 (1304)	LORBACH, Gudrun	1962		1:05:31	1:06:07	1:07:35	03:19:13
33 (1112)	SCHLEDDE, Simone	1975		1:05:14	1:07:26	1:08:49	03:21:29



3. Lauf zur 37. 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 (1436)	HERR, Florian	1988	LAZ Puma Rhein-Sieg	0:36:27	0:34:42	0:34:10	01:45:19
2 (1089)	MATSCHUREK, Andreas	1983	VfL Engelskirchen	0:38:23	0:38:19	0:38:10	01:54:52
3 (1358)	SCHMIDWENZL, Dirk	1971	Athletikschule Schrader	0:38:53	0:39:19	0:39:02	01:57:14
4 (1413)	ZUR NIEDEN, Henning	1972	LAZ Puma Rhein-Sieg	0:39:33	0:39:43	0:40:04	01:59:20
5 (1424)	PESCH, Claus	1970	PSV Brühl	0:40:13	0:40:28	0:40:35	02:01:16
6 (1290)	KÖPPE, Stefan	1985	1. FC Köln	0:40:58	0:40:34	0:40:08	02:01:40
7 (1394)	WAHL, Guido	1978	Brühler TV 1879	0:40:05	0:42:37	0:39:54	02:02:36
8 (1124)	SCIDA, Eusonio	1975	Brühler TV 1879	0:40:23	0:44:38	0:41:58	02:06:59
9 (1459)	DENZER, Peter	1969		0:43:16	0:42:40	0:41:50	02:07:46
10 (440)	WINKLER, Gottfried	1981	Athletikschule Schrader	0:42:37	0:43:46	0:42:23	02:08:46
11 (1332)	PELZ, Arne	1987	Team Erdinger Alkoholfrei	0:44:57	0:43:47	0:43:59	02:12:43
12 (1187)	BRANG, Michael	1971	LT Graftschaft	0:43:48	0:44:14	0:44:48	02:12:50
13 (1141)	WANK, Michael	1969	LT Hennef/Sieg	0:44:21	0:44:23	0:44:30	02:13:14
14 (570)	DÜLKEN, Ralf	1967	SV Germania Dürwiß	0:45:41	0:46:17	0:45:19	02:17:17
15 (1020)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln	0:47:09	0:46:30	0:44:47	02:18:26
16 (1163)	BAIRD, Matt	1974		0:48:06	0:47:24	0:45:56	02:21:26
17 (1133)	THEUNE, Carsten	1972	#Generali bewegt Deutschla	0:48:58	0:47:56	0:47:20	02:24:14
18 (849)	WELLER, Nils	1983	TuS 82 Opladen	0:48:38	0:47:37	0:49:15	02:25:30
19 (1153)	ALBERT, Sam	1982	Team Bullet	0:49:12	0:49:01	0:47:36	02:25:49
20 (1404)	WINKELMANN, Christian	1978	Run of Colours Promoteam	0:51:06	0:49:50	0:50:03	02:30:59
21 (1385)	ULMEN, Fabian	1993	Badorfer G's	0:51:10	0:50:47	0:49:08	02:31:05
22 (777)	SCHMERBAUCH, Lutz	1966		0:55:02	0:50:24	0:52:02	02:37:28
23 (1196)	CREMER, Felix	1999		0:53:04	0:53:13	0:53:02	02:39:19
24 (862)	WOYTOWICZ, Maxim	1997		0:50:56	0:55:25	0:54:38	02:40:59
25 (1292)	KOTTMANN, Thorsten	1974		0:54:07	0:53:33	0:54:40	02:42:20
26 (1204)	DRESBACH, Frank	1967	Cologne Allblacks	0:53:18	0:53:55	0:55:10	02:42:23
27 (1044)	HEUSER, Robert	1969		0:55:36	0:56:32	0:56:25	02:48:33
28 (1393)	WAGNER, Kalle	1963	TV Hoffnungsthal	0:56:19	0:56:39	0:55:51	02:48:49
29 (1014)	BREYER, Rapha	1981	EDV Breyer Racing Team	0:57:33	0:54:16	0:59:02	02:50:51
30 (1006)	BENA, Martin	1984	Bena	0:55:51	1:01:18	0:55:14	02:52:23
31 (1032)	FREYMUTH, Jürgen	1949	LG Vulkaneifel	0:56:16	1:00:20	0:57:11	02:53:47
32 (1697)	HAIN, Volker	1969	Schneider Electric	0:57:25	0:59:35	0:57:31	02:54:31
33 (1045)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:59:42	0:57:39	0:57:21	02:54:42
34 (1331)	PELS, Dietmar	1969	Run to the hills	0:58:15	0:59:12	0:57:26	02:54:53
35 (1214)	FABIAN, Steffen	1965	Mach3 Köln / Team Erdinger	1:07:44	0:55:56	0:51:28	02:55:08
36 (1072)	KORNHOFF, Christian	1973	Cologne Running Crew	0:58:55	0:58:42	0:59:28	02:57:05
37 (1080)	LAMMEL, Georg	1963	LT Saaler Mühle	0:58:26	0:58:28	1:02:55	02:59:49
38 (1281)	KLENNER, Manfred	1968		1:04:05	1:04:42	1:05:05	03:13:52
39 (2999)	FLASKAMP, Günther	1963		1:06:23	1:04:12	1:04:56	03:15:31
40 (1076)	KRUG, Wilfried	1950		1:09:48	1:14:24	1:07:47	03:31:59



3. Lauf zur 37. 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 (1385)	ULMEN, Fabian	1993	Badorfer G's	0:51:10	0:50:47	0:49:08	02:31:05
2 (1196)	CREMER, Felix	1999		0:53:04	0:53:13	0:53:02	02:39:19
3 (862)	WOYTOWICZ, Maxim	1997		0:50:56	0:55:25	0:54:38	02:40:59
SENIOREN M30							
1 (1436)	HERR, Florian	1988	LAZ Puma Rhein-Sieg	0:36:27	0:34:42	0:34:10	01:45:19
SENIOREN M35							
1 (1089)	MATSCHUREK, Andreas	1983	VfL Engelskirchen	0:38:23	0:38:19	0:38:10	01:54:52
2 (1290)	KÖPPE, Stefan	1985	1. FC Köln	0:40:58	0:40:34	0:40:08	02:01:40
3 (1332)	PELZ, Arne	1987	Team Erdinger Alkoholfrei	0:44:57	0:43:47	0:43:59	02:12:43
4 (849)	WELLER, Nils	1983	TuS 82 Opladen	0:48:38	0:47:37	0:49:15	02:25:30
5 (1006)	BENA, Martin	1984	Bena	0:55:51	1:01:18	0:55:14	02:52:23
SENIOREN M40							
1 (1394)	WAHL, Guido	1978	Brühler TV 1879	0:40:05	0:42:37	0:39:54	02:02:36
2 (440)	WINKLER, Gottfried	1981	Athletikschule Schrader	0:42:37	0:43:46	0:42:23	02:08:46
3 (1020)	DIEKMANN, Sebastian	1980	TPSK 1925 Köln	0:47:09	0:46:30	0:44:47	02:18:26
4 (1153)	ALBERT, Sam	1982	Team Bullet	0:49:12	0:49:01	0:47:36	02:25:49
5 (1404)	WINKELMANN, Christian	1978	Run of Colours Promoteam	0:51:06	0:49:50	0:50:03	02:30:59
6 (1014)	BREYER, Rapha	1981	EDV Breyer Racing Team	0:57:33	0:54:16	0:59:02	02:50:51
SENIOREN M45							
1 (1124)	SCIDA, Eusonio	1975	Brühler TV 1879	0:40:23	0:44:38	0:41:58	02:06:59
2 (1163)	BAIRD, Matt	1974		0:48:06	0:47:24	0:45:56	02:21:26
3 (1292)	KOTTMANN, Thorsten	1974		0:54:07	0:53:33	0:54:40	02:42:20
4 (1072)	KORNHOFF, Christian	1973	Cologne Running Crew	0:58:55	0:58:42	0:59:28	02:57:05
SENIOREN M50							
1 (1358)	SCHMIDWENZL, Dirk	1971	Athletikschule Schrader	0:38:53	0:39:19	0:39:02	01:57:14
2 (1413)	ZUR NIEDEN, Henning	1972	LAZ Puma Rhein-Sieg	0:39:33	0:39:43	0:40:04	01:59:20
3 (1424)	PESCH, Claus	1970	PSV Brühl	0:40:13	0:40:28	0:40:35	02:01:16
4 (1459)	DENZER, Peter	1969		0:43:16	0:42:40	0:41:50	02:07:46
5 (1187)	BRANG, Michael	1971	LT Grafenschaft	0:43:48	0:44:14	0:44:48	02:12:50
6 (1141)	WANK, Michael	1969	LT Hennef/Sieg	0:44:21	0:44:23	0:44:30	02:13:14
7 (1133)	THEUNE, Carsten	1972	#Generali bewegt Deutschla	0:48:58	0:47:56	0:47:20	02:24:14
8 (1044)	HEUSER, Robert	1969		0:55:36	0:56:32	0:56:25	02:48:33
9 (1697)	HAIN, Volker	1969	Schneider Electric	0:57:25	0:59:35	0:57:31	02:54:31
10 (1331)	PELS, Dietmar	1969	Run to the hills	0:58:15	0:59:12	0:57:26	02:54:53
11 (1281)	KLENNER, Manfred	1968		1:04:05	1:04:42	1:05:05	03:13:52
SENIOREN M55							



3. Lauf zur 37. 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							
1 (570)	DÜLKEN, Ralf	1967	SV Germania Dürwiß	0:45:41	0:46:17	0:45:19	02:17:17
2 (777)	SCHMERBAUCH, Lutz	1966		0:55:02	0:50:24	0:52:02	02:37:28
3 (1204)	DRESBACH, Frank	1967	Cologne Allblacks	0:53:18	0:53:55	0:55:10	02:42:23
4 (1393)	WAGNER, Kalle	1963	TV Hoffnungsthal	0:56:19	0:56:39	0:55:51	02:48:49
5 (1214)	FABIAN, Steffen	1965	Mach3 Köln / Team Erdinger	1:07:44	0:55:56	0:51:28	02:55:08
6 (1080)	LAMMEL, Georg	1963	LT Saaler Mühle	0:58:26	0:58:28	1:02:55	02:59:49
7 (2999)	FLASKAMP, Günther	1963		1:06:23	1:04:12	1:04:56	03:15:31
SENIOREN M60							
1 (1045)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:59:42	0:57:39	0:57:21	02:54:42
SENIOREN M70							
1 (1032)	FREYMUTH, Jürgen	1949	LG Vulkaneifel	0:56:16	1:00:20	0:57:11	02:53:47
2 (1076)	KRUG, Wilfried	1950		1:09:48	1:14:24	1:07:47	03:31:59
FRAUEN							
1 (1094)	MÖSELER, Kristin	1993	LT Hennef/Sieg	0:48:08	0:48:03	0:48:47	02:24:58
2 (1229)	GNAU, Katharina	1998		0:53:04	0:53:13	0:52:46	02:39:03
JUNIORINNEN U23							
1 (1445)	SCHEILZ, Celina	2000	Brander SV	0:47:31	0:48:22	0:45:16	02:21:09
SENIORINNEN W30							
1 (1086)	LÜCHTEFELD, Alice	1992	Bunert - Der Kölner Lauflade	0:42:25	0:42:24	0:41:00	02:05:49
SENIORINNEN W35							
1 (772)	SCHÄFERS, Katharina	1984	TuS Deuz	0:37:43	0:38:22	0:38:12	01:54:17
2 (1449)	CORDES, Christine	1983		0:45:41	0:46:13	0:45:12	02:17:06
3 (1145)	WILL, Jasmin	1987		0:47:32	0:48:17	0:48:56	02:24:45
4 (850)	WELLER, Patricia	1986	TuS 82 Opladen	0:48:38	0:47:37	0:49:16	02:25:31
5 (1189)	BRAUN, Johanna	1987	Team Erdinger Alkoholfrei	0:47:27	0:47:42	0:50:39	02:25:48
6 (2998)	HOFMANN, Hanne	1984		0:49:04	0:51:58	0:50:26	02:31:28
7 (1276)	KERN-NESTLER, Julia	1983		1:04:07	1:06:19	1:04:05	03:14:31
SENIORINNEN W40							
1 (1090)	MATSUOKA, Mei	1981		0:46:18	0:48:39	0:46:40	02:21:37
2 (881)	SALISCH, Hendrikje	1982		0:55:29	0:57:32	0:54:59	02:48:00
3 (1156)	ARMAN, Yasemin	1979	78'er Borussen	1:06:35	0:53:28	1:09:09	03:09:12
4 (1099)	NEUMANN, Jessica	1981		1:05:54	1:04:18	1:04:21	03:14:33
SENIORINNEN W45							
1 (1176)	BIRKHÖLZER, Ruth	1976		0:49:06	0:49:11	0:48:03	02:26:20
2 (1411)	ZLOTOS, Karina	1976		0:50:22	0:52:46	0:52:43	02:35:51



3. Lauf zur 37. 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 W45							
3 (1467)	WEISBACH, Heike	1975		0:54:49	0:54:54	0:54:06	02:43:49
4 (880)	BERENS, Silvia	1975		0:57:43	0:57:32	0:56:40	02:51:55
5 (743)	PELS, Susanne	1977		0:58:34	1:00:11	1:00:23	02:59:08
6 (1088)	MARINGER, Sabine	1975		1:01:07	1:00:28	1:01:04	03:02:39
7 (1261)	HUTH, Margareta	1974		1:04:05	1:04:42	1:05:05	03:13:52
8 (1112)	SCHLEDDE, Simone	1975		1:05:14	1:07:26	1:08:49	03:21:29
SENIORINNEN W50							
1 (1478)	LAMBOY, Petra	1971		0:54:29	0:53:40	0:55:26	02:43:35
2 (1291)	KÖRTGEN, Silvia	1970	Team Erdinger Alkoholfrei	0:57:34	0:56:25	1:00:01	02:54:00
3 (1461)	FRIEDENBERGER, Silvia	1968		1:00:34	1:01:23	0:59:38	03:01:35
4 (1245)	HANSEN, Daniela	1969		1:03:38	1:02:45	1:04:26	03:10:49
SENIORINNEN W55							
1 (1213)	FABIAN, Katharina	1967	Mach3 Köln	0:56:51	0:55:56	0:56:49	02:49:36
2 (1058)	KASEK, Lydia	1963	RTB Remscheid	1:00:07	1:00:50	0:59:43	03:00:40
SENIORINNEN W60							
1 (1450)	CORDES, Ursula	1960		0:50:28	0:49:55	0:50:23	02:30:46
2 (1372)	SONNTAG, Ursula	1962	ERGO Sports Köln	1:01:41	1:01:41	0:59:30	03:02:52
3 (1304)	LORBACH, Gudrun	1962		1:05:31	1:06:07	1:07:35	03:19:13
SENIORINNEN W65							
1 (1451)	WILBRAND, Ulrike	1955	TSG Lennestadt	0:47:31	0:47:48	0:47:30	02:22:49