



3. Lauf zur 38. Winterserie des LSV Porz

GROÙE SERIE (10+15+21 KM) · OVERALL-RANKING

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
1.	(613)	VAN RIESEN, Thierry	1990	LG Rhein-Wied	0:33:29	0:51:25	1:13:34	2:38:28
2.	(187)	HORCH, Viktor	1980	TuS Deuz	0:34:40	0:53:07	1:15:48	2:43:35
3.	(814)	BECKER, Christian	1981	TuS Deuz	0:34:55	0:53:42	1:17:03	2:45:40
4.	(139)	GRYSKO, Michael	1987	LG Wuppertal	0:35:01	0:54:14	1:16:40	2:45:55
5.	(227)	KOPEZKI, Yannik	1994	TV Refrath	0:35:54	0:55:25	1:19:48	2:51:07
6.	(1532)	LORSBACH, Thomas	1983	TuS Deuz	0:35:59	0:55:34	1:19:50	2:51:23
7.	(646)	ZIMMERMANN, Chris	1986	Tri Club Wuppertal	0:34:57	0:57:43	1:19:36	2:52:16
8.	(236)	KUSCH, Sebastian	1987	Tri Club Wuppertal	0:36:39	0:57:57	1:22:38	2:57:14
9.	(557)	SCHNEIDER, Thomas	1969	LG RWE Power	0:37:56	0:58:12	1:23:21	2:59:29
10.	(603)	TALLMANN, Joanna	1991	Selbstläufer Altenahr	0:37:55	0:58:51	1:23:45	3:00:31
11.	(609)	TRZASKALIK, Martin	1973		0:39:12	0:58:58	1:22:43	3:00:53
12.	(705)	DIETRICH, Sven	1992	Nifty Wolves OCR Cologne	0:39:41	0:59:05	1:22:55	3:01:41
13.	(289)	MÜLLER, Matthias	1988		0:38:26	0:59:53	1:23:26	3:01:45
14.	(699)	PILGRAM, Stefan	1981	Tischlerei Schmitz + Pilgram	0:37:34	0:57:57	1:26:20	3:01:51
15.	(25)	BAUM, Gregor	1993	Triathlon-Werkstatt Bonn	0:39:09	0:58:51	1:28:26	3:06:26
16.	(99)	DUNCKER, Tobi	1971		0:39:24	1:00:24	1:27:41	3:07:29
17.	(123)	FREYALDENHOVEN, Jan	1983	Köln läuft	0:40:59	1:01:32	1:26:39	3:09:10
18.	(703)	WEBER, Eiken	1980	Mach3 Köln e.V.	0:41:45	1:01:29	1:29:15	3:12:29
19.	(522)	RAHMLow, Alexander	1979		0:40:59	1:02:27	1:29:32	3:12:58
20.	(693)	PESCH, Claus	1970		0:41:46	1:02:36	1:28:56	3:13:18
21.	(507)	PEMBAUR, Felix	1994	Campana Racing Team / RV Adler	0:39:17	1:02:09	1:33:20	3:14:46
22.	(608)	TRAPP, Frank	1974	Raketen rot-weiß	0:41:25	1:02:58	1:31:11	3:15:34
23.	(594)	STEEGER, Stefan	1974		0:42:24	1:05:58	1:27:52	3:16:14
24.	(698)	GÜNTHER, Thomas Oliver	1974	SSF Bonn Triathlon	0:40:51	1:02:34	1:33:04	3:16:29
25.	(199)	JONIETZ, Andreas	1962	Lanxess Roadrunners	0:42:47	1:05:37	1:29:35	3:17:59
26.	(737)	RIDDER, Florian	1995		0:43:06	1:03:35	1:31:20	3:18:01
27.	(167)	HEMMERSBACH, Stephan	1978	LAZ Rhein-Sieg	0:40:24	1:02:26	1:37:00	3:19:50
28.	(82)	DAMBON, Martin	1981	Run for Anna	0:43:47	1:05:13	1:31:29	3:20:29
29.	(131)	GISSLER, Andreas	1974		0:41:58	1:05:03	1:33:45	3:20:46
30.	(577)	SCHWEDHELM, Heiko	1987		0:43:46	1:05:41	1:31:43	3:21:10
31.	(93)	DIETZLER, Frank	1972	25minutes	0:43:00	1:06:26	1:34:04	3:23:30
32.	(165)	HELLMANN, Andreas	1978		0:43:22	1:05:23	1:37:02	3:25:47
33.	(269)	MECKEL, Christoph	1979	SSF Bonn	0:43:45	1:08:06	1:34:36	3:26:27
34.	(730)	HAUCK, Matthias	1980	TV Refrath	0:43:21	1:08:15	1:35:40	3:27:16
35.	(499)	ORLOWSKI, Bernd	1957	USC Bochum	0:42:16	1:07:45	1:38:11	3:28:12
36.	(83)	DANIEL, Fabian	1996		0:43:08	1:07:40	1:37:33	3:28:21
37.	(564)	SCHREINER, Marc	1975	Raketen rot-weiß	0:43:46	1:07:29	1:37:48	3:29:03
38.	(688)	QUANTIUS, Andreas	1970	Mach3 Köln e.V.	0:42:14	1:09:07	1:37:45	3:29:06
39.	(170)	HERRGESELL, Ronny	1982		0:44:27	1:08:00	1:37:23	3:29:50
40.	(736)	LÜGHAUSEN, Bernd	1990		0:43:48	1:13:02	1:37:29	3:34:19
41.	(226)	KOLTER, Dominik	1982	Kugelblizze	0:40:54	1:03:29	1:50:59	3:35:22
42.	(519)	PRIESS, Frank	1966	TSV Bayer Dormagen TRI	0:46:12	1:10:36	1:39:41	3:36:29
43.	(4)	ALTHOFF, Frederek	1970	ASV Köln	0:45:30	1:10:20	1:41:12	3:37:02
44.	(211)	KEßELER, Stefan	1978		0:46:18	1:10:38	1:40:53	3:37:49



3. Lauf zur 38. Winterserie des LSV Porz

GROÙE SERIE (10+15+21 KM) · OVERALL-RANKING

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
45.	(539)	RUDOLPH, Alexander	1974	FCSD05	0:47:20	1:13:25	1:40:55	3:41:40
46.	(707)	HUPPERTZ, Christian	1968		0:49:28	1:13:04	1:39:13	3:41:45
47.	(731)	WELLER, Nils	1983	TuS 82 Opladen	0:47:09	1:11:06	1:43:54	3:42:09
48.	(733)	WELLER, Patricia	1986	TuS 82 Opladen	0:47:09	1:11:07	1:43:54	3:42:10
49.	(197)	JAGUSCH, Andreas	1971		0:45:24	1:10:19	1:46:59	3:42:42
50.	(232)	KRÄMER-WOLF, Petra	1974	TuS Kreuzweingarten/ Rheder	0:47:21	1:11:31	1:44:40	3:43:32
51.	(601)	SUER, Manuel	2001	Anchor Running Crew Duisburg	0:44:59	1:14:40	1:45:02	3:44:41
52.	(58)	BOURGUIGNON, Natascha	1987	Bactive	0:47:41	1:11:45	1:46:01	3:45:27
53.	(175)	HILLERINGMANN, Mark	1988	RC Windschatten 05 Aachen	0:47:34	1:14:15	1:44:22	3:46:11
54.	(69)	BRÜNING, Robert	1972	LG Hückeswagen	0:48:24	1:13:57	1:44:51	3:47:12
55.	(1307)	BÜSCHER, Anja	2000		0:49:25	1:13:03	1:44:48	3:47:16
56.	(729)	HILLEN, Michael	1978	Die Muskelkater	0:49:00	1:15:04	1:43:25	3:47:29
57.	(734)	BECKER, Kurt	1962		0:48:51	1:14:31	1:45:12	3:48:34
58.	(95)	DITTRICH, Jörg	1960	Laufftreff Puderbach	0:47:16	1:15:19	1:46:34	3:49:09
59.	(195)	JACH, Ricardo	1977	Die Jachs	0:49:42	1:14:45	1:45:31	3:49:58
60.	(231)	KRAFT, Artem	1985	TV1960Langenholdinghausen	0:46:28	1:13:44	1:51:44	3:51:56
61.	(632)	WENZ, Ralf	1959	TV Alpenglühn	0:49:00	1:14:47	1:48:21	3:52:08
62.	(573)	SCHULISCH, Mike	1975	Laufteam Bundeswehr &	0:48:21	1:12:13	1:51:58	3:52:32
63.	(624)	WANZEK, Thor	1976		0:45:06	1:17:51	1:50:57	3:53:54
64.	(690)	ROCHOLL, Lutz	1961		0:44:52	1:20:04	1:49:56	3:54:52
65.	(168)	HENSCHER, Frank	1973	Mach3 Köln e.V.	0:48:13	1:18:19	1:49:35	3:56:07
66.	(706)	KOCH, Frank	1966	Triathlon SC-Neptun Köln-Porz	0:57:53	1:27:05	1:31:45	3:56:43
67.	(566)	SCHRÖDER, Wolfgang	1967	Union Biesfeld Triathlon 2019	0:50:37	1:16:58	1:49:26	3:57:01
68.	(626)	WASSER, Thorsten	1977		0:49:55	1:20:14	1:46:52	3:57:01
69.	(692)	HINZE, Yvonne	1981		0:49:14	1:16:46	1:52:33	3:58:33
70.	(576)	SCHWADORF, Michael	1987		0:49:58	1:19:55	1:48:41	3:58:34
71.	(515)	PLAZINSKI, Gerhard	1975		0:50:39	1:16:14	1:51:44	3:58:37
72.	(552)	SCHNEIDER, Frank	1974	TV 1960 Langenholdinghausen	0:50:48	1:16:42	1:51:44	3:59:14
73.	(144)	HAHN, Rolf	1961	BSG BML Bonn	0:48:41	1:17:42	1:53:46	4:00:09
74.	(702)	KONERMANN, Michael	1975	DJK Amisia Rheine	0:52:24	1:15:04	1:52:43	4:00:11
75.	(250)	LODE, Mario	1974	Runnies United	0:56:34	1:26:49	1:38:31	4:01:54
76.	(192)	HUNTSCHA, Siegfried	1961	T#SoloNdk	0:49:09	1:16:08	1:56:58	4:02:15
77.	(296)	NGO, Olaf	1986		0:50:37	1:17:25	1:55:32	4:03:34
78.	(554)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:54:36	1:23:01	1:46:33	4:04:10
79.	(181)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:51:39	1:19:10	1:53:44	4:04:33
80.	(101)	DWARS, Thomas	1967		0:52:03	1:19:48	1:55:30	4:07:21
81.	(526)	REINECK, Katharina	1982	TriCologne	0:50:18	1:21:07	1:56:01	4:07:26
82.	(213)	KEVERPÜTZ, Sascha	1971	Keverpütz Bau AG	0:51:05	1:19:32	1:57:08	4:07:45
83.	(145)	HAHN, Sylvia	1968	BSG BML Bonn	0:52:43	1:21:58	1:53:46	4:08:27
84.	(40)	BEYER, Heinrich	1956	Mirko's Running Team	0:53:18	1:22:22	1:56:01	4:11:41
85.	(67)	BRILL, Holger	1964	LSV Porz	0:54:26	1:21:39	1:59:39	4:15:44
86.	(510)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:53:30	1:23:37	2:02:47	4:19:54
87.	(89)	DERSCHEID, Fabian	1980	FamDer	0:54:38	1:22:09	2:04:02	4:20:49
88.	(548)	SCHLARBAUM, Ingolf	1973	Team Laurens	0:54:26	1:26:12	2:02:15	4:22:53



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GROÙE SERIE (10+15+21 KM) · OVERALL-RANKING

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
89.	(221)	KNEPPER, Michael	1963		1:01:22	1:24:11	1:58:37	4:24:10
90.	(516)	PLENNE, Andrej	1989	Kreis des Vertrauens	0:50:47	1:17:00	2:17:44	4:25:31
91.	(660)	WIESELMANN, Marcel	1978		0:54:06	1:26:55	2:04:35	4:25:36
92.	(1610)	SOLTIS, Igor	1972		0:53:05	1:24:10	2:09:25	4:26:40
93.	(537)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:55:34	1:28:02	2:05:01	4:28:37
94.	(178)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:58:12	1:27:52	2:04:27	4:30:31
95.	(551)	SCHMITT, Dr. Rolf	1956		0:55:37	1:26:10	2:10:12	4:31:59
96.	(267)	MAUKISCH, Robin	1990		0:58:53	1:23:54	2:09:50	4:32:37
97.	(525)	REICHMANN, Monika	1971	maju srl united	0:58:03	1:26:57	2:09:38	4:34:38
98.	(697)	PODZUS, Horst	1961		0:57:51	1:28:35	2:08:30	4:34:56
99.	(691)	KOCZOR, Carsten	1972	ASC Weißbachtal	0:57:12	1:29:56	2:08:37	4:35:45
100.	(627)	WEBER, Anouk	1996		0:58:54	1:27:02	2:09:50	4:35:46
101.	(727)	HAMROUNI, Chamse	1996		0:55:26	1:32:31	2:09:51	4:37:48
102.	(110)	ESPENDILLER, Frank	1973	power&pace	0:56:19	1:32:31	2:11:52	4:40:42
103.	(106)	EISENBEIÙ, Cathleen	1984		1:02:51	1:30:28	2:12:11	4:45:30
104.	(556)	SCHNEIDER, Michael	1973		1:00:04	1:34:22	2:12:02	4:46:28
105.	(160)	HAZEBROUCK, Jan-Peter	1969		0:55:30	1:28:23	2:23:20	4:47:13
106.	(68)	BRÜHL, Andrea	1981		1:02:28	1:32:53	2:14:29	4:49:50
107.	(20)	BARGON, Stephan	1968		0:54:36	1:39:48	2:24:10	4:58:34
108.	(695)	MÜCK, Petra	1962		1:07:28	1:43:01	2:24:20	5:14:49
109.	(534)	ROOSEN, Annette	1956		1:07:25	1:44:03	2:26:32	5:18:00
110.	(270)	MENZEL, Wolfgang	1955	LLG St. Augustin	1:14:50	1:58:54	2:13:41	5:27:25
111.	(575)	SCHUMACHER, Alice	1969	IAC Düren	1:12:10	1:57:44	3:14:02	6:23:56



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GROÙE SERIE (10+15+21 KM) · GESAMTWERTUNG NACH GESCHLECHT

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
MÄNNLICH								
1.	(613)	VAN RIESEN, Thierry	1990	LG Rhein-Wied	0:33:29	0:51:25	1:13:34	2:38:28
2.	(187)	HORCH, Viktor	1980	TuS Deuz	0:34:40	0:53:07	1:15:48	2:43:35
3.	(814)	BECKER, Christian	1981	TuS Deuz	0:34:55	0:53:42	1:17:03	2:45:40
4.	(139)	GRYSKO, Michael	1987	LG Wuppertal	0:35:01	0:54:14	1:16:40	2:45:55
5.	(227)	KOPEZKI, Yannik	1994	TV Refrath	0:35:54	0:55:25	1:19:48	2:51:07
6.	(1532)	LORSBACH, Thomas	1983	TuS Deuz	0:35:59	0:55:34	1:19:50	2:51:23
7.	(646)	ZIMMERMANN, Chris	1986	Tri Club Wuppertal	0:34:57	0:57:43	1:19:36	2:52:16
8.	(236)	KUSCH, Sebastian	1987	Tri Club Wuppertal	0:36:39	0:57:57	1:22:38	2:57:14
9.	(557)	SCHNEIDER, Thomas	1969	LG RWE Power	0:37:56	0:58:12	1:23:21	2:59:29
10.	(609)	TRZASKALIK, Martin	1973		0:39:12	0:58:58	1:22:43	3:00:53
11.	(705)	DIETRICH, Sven	1992	Nifty Wolves OCR Cologne	0:39:41	0:59:05	1:22:55	3:01:41
12.	(289)	MÜLLER, Matthias	1988		0:38:26	0:59:53	1:23:26	3:01:45
13.	(699)	PILGRAM, Stefan	1981	Tischlerei Schmitz + Pilgram	0:37:34	0:57:57	1:26:20	3:01:51
14.	(25)	BAUM, Gregor	1993	Triathlon-Werkstatt Bonn	0:39:09	0:58:51	1:28:26	3:06:26
15.	(99)	DUNCKER, Tobi	1971		0:39:24	1:00:24	1:27:41	3:07:29
16.	(123)	FREYALDENHOVEN, Jan	1983	Köln läuft	0:40:59	1:01:32	1:26:39	3:09:10
17.	(703)	WEBER, Eiken	1980	Mach3 Köln e.V.	0:41:45	1:01:29	1:29:15	3:12:29
18.	(522)	RAHMLow, Alexander	1979		0:40:59	1:02:27	1:29:32	3:12:58
19.	(693)	PESCH, Claus	1970		0:41:46	1:02:36	1:28:56	3:13:18
20.	(507)	PEMBAUR, Felix	1994	Campana Racing Team / RV Adler	0:39:17	1:02:09	1:33:20	3:14:46
21.	(608)	TRAPP, Frank	1974	Raketen rot-weiß	0:41:25	1:02:58	1:31:11	3:15:34
22.	(594)	STEEGER, Stefan	1974		0:42:24	1:05:58	1:27:52	3:16:14
23.	(698)	GÜNTHER, Thomas Oliver	1974	SSF Bonn Triathlon	0:40:51	1:02:34	1:33:04	3:16:29
24.	(199)	JONIETZ, Andreas	1962	Lanxess Roadrunners	0:42:47	1:05:37	1:29:35	3:17:59
25.	(737)	RIDDER, Florian	1995		0:43:06	1:03:35	1:31:20	3:18:01
26.	(167)	HEMMERSBACH, Stephan	1978	LAZ Rhein-Sieg	0:40:24	1:02:26	1:37:00	3:19:50
27.	(82)	DAMBON, Martin	1981	Run for Anna	0:43:47	1:05:13	1:31:29	3:20:29
28.	(131)	GISSLER, Andreas	1974		0:41:58	1:05:03	1:33:45	3:20:46
29.	(577)	SCHWEDHELM, Heiko	1987		0:43:46	1:05:41	1:31:43	3:21:10
30.	(93)	DIETZLER, Frank	1972	25minutes	0:43:00	1:06:26	1:34:04	3:23:30
31.	(165)	HELLMANN, Andreas	1978		0:43:22	1:05:23	1:37:02	3:25:47
32.	(269)	MECKEL, Christoph	1979	SSF Bonn	0:43:45	1:08:06	1:34:36	3:26:27
33.	(730)	HAUCK, Matthias	1980	TV Refrath	0:43:21	1:08:15	1:35:40	3:27:16
34.	(499)	ORLOWSKI, Bernd	1957	USC Bochum	0:42:16	1:07:45	1:38:11	3:28:12
35.	(83)	DANIEL, Fabian	1996		0:43:08	1:07:40	1:37:33	3:28:21
36.	(564)	SCHREINER, Marc	1975	Raketen rot-weiß	0:43:46	1:07:29	1:37:48	3:29:03
37.	(688)	QUANTIUS, Andreas	1970	Mach3 Köln e.V.	0:42:14	1:09:07	1:37:45	3:29:06
38.	(170)	HERRGESELL, Ronny	1982		0:44:27	1:08:00	1:37:23	3:29:50
39.	(736)	LÜGHAUSEN, Bernd	1990		0:43:48	1:13:02	1:37:29	3:34:19
40.	(226)	KOLTER, Dominik	1982	Kugelblizze	0:40:54	1:03:29	1:50:59	3:35:22
41.	(519)	PRIESS, Frank	1966	TSV Bayer Dormagen TRI	0:46:12	1:10:36	1:39:41	3:36:29
42.	(4)	ALTHOFF, Frederek	1970	ASV Köln	0:45:30	1:10:20	1:41:12	3:37:02



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GROÙE SERIE (10+15+21 KM) · GESAMTWERTUNG NACH GESCHLECHT

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
MÄNNLICH								
43.	(211)	KEßELER, Stefan	1978		0:46:18	1:10:38	1:40:53	3:37:49
44.	(539)	RUDOLPH, Alexander	1974	FCSD05	0:47:20	1:13:25	1:40:55	3:41:40
45.	(707)	HUPPERTZ, Christian	1968		0:49:28	1:13:04	1:39:13	3:41:45
46.	(731)	WELLER, Nils	1983	TuS 82 Opladen	0:47:09	1:11:06	1:43:54	3:42:09
47.	(197)	JAGUSCH, Andreas	1971		0:45:24	1:10:19	1:46:59	3:42:42
48.	(601)	SUER, Manuel	2001	Anchor Running Crew Duisburg	0:44:59	1:14:40	1:45:02	3:44:41
49.	(175)	HILLERINGMANN, Mark	1988	RC Windschatten 05 Aachen	0:47:34	1:14:15	1:44:22	3:46:11
50.	(69)	BRÜNING, Robert	1972	LG Hückeswagen	0:48:24	1:13:57	1:44:51	3:47:12
51.	(729)	HILLEN, Michael	1978	Die Muskelkater	0:49:00	1:15:04	1:43:25	3:47:29
52.	(734)	BECKER, Kurt	1962		0:48:51	1:14:31	1:45:12	3:48:34
53.	(95)	DITTRICH, Jörg	1960	Laufftreff Puderbach	0:47:16	1:15:19	1:46:34	3:49:09
54.	(195)	JACH, Ricardo	1977	Die Jachs	0:49:42	1:14:45	1:45:31	3:49:58
55.	(231)	KRAFT, Artem	1985	TV1960Langenholdinghausen	0:46:28	1:13:44	1:51:44	3:51:56
56.	(632)	WENZ, Ralf	1959	TV Alpenglühn	0:49:00	1:14:47	1:48:21	3:52:08
57.	(573)	SCHULISCH, Mike	1975	Laufteam Bundeswehr &	0:48:21	1:12:13	1:51:58	3:52:32
58.	(624)	WANZEK, Thor	1976		0:45:06	1:17:51	1:50:57	3:53:54
59.	(690)	ROCHOLL, Lutz	1961		0:44:52	1:20:04	1:49:56	3:54:52
60.	(168)	HENSCHER, Frank	1973	Mach3 Köln e.V.	0:48:13	1:18:19	1:49:35	3:56:07
61.	(706)	KOCH, Frank	1966	Triathlon SC-Neptun Köln-Porz	0:57:53	1:27:05	1:31:45	3:56:43
62.	(566)	SCHRÖDER, Wolfgang	1967	Union Biesfeld Triathlon 2019	0:50:37	1:16:58	1:49:26	3:57:01
63.	(626)	WASSER, Thorsten	1977		0:49:55	1:20:14	1:46:52	3:57:01
64.	(576)	SCHWADORF, Michael	1987		0:49:58	1:19:55	1:48:41	3:58:34
65.	(515)	PLAZINSKI, Gerhard	1975		0:50:39	1:16:14	1:51:44	3:58:37
66.	(552)	SCHNEIDER, Frank	1974	TV 1960 Langenholdinghausen	0:50:48	1:16:42	1:51:44	3:59:14
67.	(144)	HAHN, Rolf	1961	BSG BML Bonn	0:48:41	1:17:42	1:53:46	4:00:09
68.	(702)	KONERMANN, Michael	1975	DJK Amisia Rheine	0:52:24	1:15:04	1:52:43	4:00:11
69.	(250)	LODE, Mario	1974	Runnies United	0:56:34	1:26:49	1:38:31	4:01:54
70.	(192)	HUNTSCHA, Siegfried	1961	T#SoloNdk	0:49:09	1:16:08	1:56:58	4:02:15
71.	(296)	NGO, Olaf	1986		0:50:37	1:17:25	1:55:32	4:03:34
72.	(554)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:54:36	1:23:01	1:46:33	4:04:10
73.	(181)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:51:39	1:19:10	1:53:44	4:04:33
74.	(101)	DWARS, Thomas	1967		0:52:03	1:19:48	1:55:30	4:07:21
75.	(213)	KEVERPÜTZ, Sascha	1971	Keverpütz Bau AG	0:51:05	1:19:32	1:57:08	4:07:45
76.	(40)	BEYER, Heinrich	1956	Mirko's Running Team	0:53:18	1:22:22	1:56:01	4:11:41
77.	(67)	BRILL, Holger	1964	LSV Porz	0:54:26	1:21:39	1:59:39	4:15:44
78.	(89)	DERSCHEID, Fabian	1980	FamDer	0:54:38	1:22:09	2:04:02	4:20:49
79.	(548)	SCHLARBAUM, Ingolf	1973	Team Laurens	0:54:26	1:26:12	2:02:15	4:22:53
80.	(221)	KNEPPER, Michael	1963		1:01:22	1:24:11	1:58:37	4:24:10
81.	(516)	PLENNE, Andrej	1989	Kreis des Vertrauens	0:50:47	1:17:00	2:17:44	4:25:31
82.	(660)	WIESELMANN, Marcel	1978		0:54:06	1:26:55	2:04:35	4:25:36
83.	(1610)	SOLTIS, Igor	1972		0:53:05	1:24:10	2:09:25	4:26:40
84.	(537)	ROTTENAU, Rainer	1964	VFB Ertstadt Multisport	0:55:34	1:28:02	2:05:01	4:28:37



3. Lauf zur 38. Winterserie des LSV Porz

GROÙE SERIE (10+15+21 KM) · GESAMTWERTUNG NACH GESCHLECHT

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
MÄNNLICH								
85.	(178)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:58:12	1:27:52	2:04:27	4:30:31
86.	(551)	SCHMITT, Dr. Rolf	1956		0:55:37	1:26:10	2:10:12	4:31:59
87.	(267)	MAUKISCH, Robin	1990		0:58:53	1:23:54	2:09:50	4:32:37
88.	(697)	PODZUS, Horst	1961		0:57:51	1:28:35	2:08:30	4:34:56
89.	(691)	KOCZOR, Carsten	1972	ASC Weißbachtal	0:57:12	1:29:56	2:08:37	4:35:45
90.	(727)	HAMROUNI, Chamse	1996		0:55:26	1:32:31	2:09:51	4:37:48
91.	(110)	ESPENDILLER, Frank	1973	power&pace	0:56:19	1:32:31	2:11:52	4:40:42
92.	(556)	SCHNEIDER, Michael	1973		1:00:04	1:34:22	2:12:02	4:46:28
93.	(160)	HAZEBROUCK, Jan-Peter	1969		0:55:30	1:28:23	2:23:20	4:47:13
94.	(20)	BARGON, Stephan	1968		0:54:36	1:39:48	2:24:10	4:58:34
95.	(270)	MENZEL, Wolfgang	1955	LLG St. Augustin	1:14:50	1:58:54	2:13:41	5:27:25
WEIBLICH								
1.	(603)	TALLMANN, Joanna	1991	Selbstläufer Altenahr	0:37:55	0:58:51	1:23:45	3:00:31
2.	(733)	WELLER, Patricia	1986	TuS 82 Opladen	0:47:09	1:11:07	1:43:54	3:42:10
3.	(232)	KRÄMER-WOLF, Petra	1974	TuS Kreuzweingarten/ Rheder	0:47:21	1:11:31	1:44:40	3:43:32
4.	(58)	BOURGUIGNON, Natascha	1987	Bactive	0:47:41	1:11:45	1:46:01	3:45:27
5.	(1307)	BÜSCHER, Anja	2000		0:49:25	1:13:03	1:44:48	3:47:16
6.	(692)	HINZE, Yvonne	1981		0:49:14	1:16:46	1:52:33	3:58:33
7.	(526)	REINECK, Katharina	1982	TriCologne	0:50:18	1:21:07	1:56:01	4:07:26
8.	(145)	HAHN, Sylvia	1968	BSG BML Bonn	0:52:43	1:21:58	1:53:46	4:08:27
9.	(510)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:53:30	1:23:37	2:02:47	4:19:54
10.	(525)	REICHMANN, Monika	1971	maju srl united	0:58:03	1:26:57	2:09:38	4:34:38
11.	(627)	WEBER, Anouk	1996		0:58:54	1:27:02	2:09:50	4:35:46
12.	(106)	EISENBEIÙ, Cathleen	1984		1:02:51	1:30:28	2:12:11	4:45:30
13.	(68)	BRÜHL, Andrea	1981		1:02:28	1:32:53	2:14:29	4:49:50
14.	(695)	MÜCK, Petra	1962		1:07:28	1:43:01	2:24:20	5:14:49
15.	(534)	ROOSEN, Annette	1956		1:07:25	1:44:03	2:26:32	5:18:00
16.	(575)	SCHUMACHER, Alice	1969	IAC Düren	1:12:10	1:57:44	3:14:02	6:23:56



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GROÙE SERIE (10+15+21 KM) · OVERALL-RANKING

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
1.	(613)	VAN RIESEN, Thierry	1990	LG Rhein-Wied	0:33:29	0:51:25	1:13:34	2:38:28
2.	(187)	HORCH, Viktor	1980	TuS Deuz	0:34:40	0:53:07	1:15:48	2:43:35
3.	(814)	BECKER, Christian	1981	TuS Deuz	0:34:55	0:53:42	1:17:03	2:45:40
4.	(139)	GRYSKO, Michael	1987	LG Wuppertal	0:35:01	0:54:14	1:16:40	2:45:55
5.	(227)	KOPEZKI, Yannik	1994	TV Refrath	0:35:54	0:55:25	1:19:48	2:51:07
6.	(1532)	LORSBACH, Thomas	1983	TuS Deuz	0:35:59	0:55:34	1:19:50	2:51:23
7.	(646)	ZIMMERMANN, Chris	1986	Tri Club Wuppertal	0:34:57	0:57:43	1:19:36	2:52:16
8.	(236)	KUSCH, Sebastian	1987	Tri Club Wuppertal	0:36:39	0:57:57	1:22:38	2:57:14
9.	(557)	SCHNEIDER, Thomas	1969	LG RWE Power	0:37:56	0:58:12	1:23:21	2:59:29
10.	(603)	TALLMANN, Joanna	1991	Selbstläufer Altenahr	0:37:55	0:58:51	1:23:45	3:00:31
11.	(609)	TRZASKALIK, Martin	1973		0:39:12	0:58:58	1:22:43	3:00:53
12.	(705)	DIETRICH, Sven	1992	Nifty Wolves OCR Cologne	0:39:41	0:59:05	1:22:55	3:01:41
13.	(289)	MÜLLER, Matthias	1988		0:38:26	0:59:53	1:23:26	3:01:45
14.	(699)	PILGRAM, Stefan	1981	Tischlerei Schmitz + Pilgram	0:37:34	0:57:57	1:26:20	3:01:51
15.	(25)	BAUM, Gregor	1993	Triathlon-Werkstatt Bonn	0:39:09	0:58:51	1:28:26	3:06:26
16.	(99)	DUNCKER, Tobi	1971		0:39:24	1:00:24	1:27:41	3:07:29
17.	(123)	FREYALDENHOVEN, Jan	1983	Köln läuft	0:40:59	1:01:32	1:26:39	3:09:10
18.	(703)	WEBER, Eiken	1980	Mach3 Köln e.V.	0:41:45	1:01:29	1:29:15	3:12:29
19.	(522)	RAHMLow, Alexander	1979		0:40:59	1:02:27	1:29:32	3:12:58
20.	(693)	PESCH, Claus	1970		0:41:46	1:02:36	1:28:56	3:13:18
21.	(507)	PEMBAUR, Felix	1994	Campana Racing Team / RV Adler	0:39:17	1:02:09	1:33:20	3:14:46
22.	(608)	TRAPP, Frank	1974	Raketen rot-weiß	0:41:25	1:02:58	1:31:11	3:15:34
23.	(594)	STEEGER, Stefan	1974		0:42:24	1:05:58	1:27:52	3:16:14
24.	(698)	GÜNTHER, Thomas Oliver	1974	SSF Bonn Triathlon	0:40:51	1:02:34	1:33:04	3:16:29
25.	(199)	JONIETZ, Andreas	1962	Lanxess Roadrunners	0:42:47	1:05:37	1:29:35	3:17:59
26.	(737)	RIDDER, Florian	1995		0:43:06	1:03:35	1:31:20	3:18:01
27.	(167)	HEMMERSBACH, Stephan	1978	LAZ Rhein-Sieg	0:40:24	1:02:26	1:37:00	3:19:50
28.	(82)	DAMBON, Martin	1981	Run for Anna	0:43:47	1:05:13	1:31:29	3:20:29
29.	(131)	GISSLER, Andreas	1974		0:41:58	1:05:03	1:33:45	3:20:46
30.	(577)	SCHWEDHELM, Heiko	1987		0:43:46	1:05:41	1:31:43	3:21:10
31.	(93)	DIETZLER, Frank	1972	25minutes	0:43:00	1:06:26	1:34:04	3:23:30
32.	(165)	HELLMANN, Andreas	1978		0:43:22	1:05:23	1:37:02	3:25:47
33.	(269)	MECKEL, Christoph	1979	SSF Bonn	0:43:45	1:08:06	1:34:36	3:26:27
34.	(730)	HAUCK, Matthias	1980	TV Refrath	0:43:21	1:08:15	1:35:40	3:27:16
35.	(499)	ORLOWSKI, Bernd	1957	USC Bochum	0:42:16	1:07:45	1:38:11	3:28:12
36.	(83)	DANIEL, Fabian	1996		0:43:08	1:07:40	1:37:33	3:28:21
37.	(564)	SCHREINER, Marc	1975	Raketen rot-weiß	0:43:46	1:07:29	1:37:48	3:29:03
38.	(688)	QUANTIUS, Andreas	1970	Mach3 Köln e.V.	0:42:14	1:09:07	1:37:45	3:29:06
39.	(170)	HERRGESELL, Ronny	1982		0:44:27	1:08:00	1:37:23	3:29:50
40.	(736)	LÜGHAUSEN, Bernd	1990		0:43:48	1:13:02	1:37:29	3:34:19
41.	(226)	KOLTER, Dominik	1982	Kugelblizze	0:40:54	1:03:29	1:50:59	3:35:22
42.	(519)	PRIESS, Frank	1966	TSV Bayer Dormagen TRI	0:46:12	1:10:36	1:39:41	3:36:29
43.	(4)	ALTHOFF, Frederek	1970	ASV Köln	0:45:30	1:10:20	1:41:12	3:37:02
44.	(211)	KEßELER, Stefan	1978		0:46:18	1:10:38	1:40:53	3:37:49



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GROÙE SERIE (10+15+21 KM) · OVERALL-RANKING

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
45.	(539)	RUDOLPH, Alexander	1974	FCSD05	0:47:20	1:13:25	1:40:55	3:41:40
46.	(707)	HUPPERTZ, Christian	1968		0:49:28	1:13:04	1:39:13	3:41:45
47.	(731)	WELLER, Nils	1983	TuS 82 Opladen	0:47:09	1:11:06	1:43:54	3:42:09
48.	(733)	WELLER, Patricia	1986	TuS 82 Opladen	0:47:09	1:11:07	1:43:54	3:42:10
49.	(197)	JAGUSCH, Andreas	1971		0:45:24	1:10:19	1:46:59	3:42:42
50.	(232)	KRÄMER-WOLF, Petra	1974	TuS Kreuzweingarten/ Rheder	0:47:21	1:11:31	1:44:40	3:43:32
51.	(601)	SUER, Manuel	2001	Anchor Running Crew Duisburg	0:44:59	1:14:40	1:45:02	3:44:41
52.	(58)	BOURGUIGNON, Natascha	1987	Bactive	0:47:41	1:11:45	1:46:01	3:45:27
53.	(175)	HILLERINGMANN, Mark	1988	RC Windschatten 05 Aachen	0:47:34	1:14:15	1:44:22	3:46:11
54.	(69)	BRÜNING, Robert	1972	LG Hückeswagen	0:48:24	1:13:57	1:44:51	3:47:12
55.	(1307)	BÜSCHER, Anja	2000		0:49:25	1:13:03	1:44:48	3:47:16
56.	(729)	HILLEN, Michael	1978	Die Muskelkater	0:49:00	1:15:04	1:43:25	3:47:29
57.	(734)	BECKER, Kurt	1962		0:48:51	1:14:31	1:45:12	3:48:34
58.	(95)	DITTRICH, Jörg	1960	Laufftreff Puderbach	0:47:16	1:15:19	1:46:34	3:49:09
59.	(195)	JACH, Ricardo	1977	Die Jachs	0:49:42	1:14:45	1:45:31	3:49:58
60.	(231)	KRAFT, Artem	1985	TV1960Langenholdinghausen	0:46:28	1:13:44	1:51:44	3:51:56
61.	(632)	WENZ, Ralf	1959	TV Alpenglühn	0:49:00	1:14:47	1:48:21	3:52:08
62.	(573)	SCHULISCH, Mike	1975	Laufteam Bundeswehr &	0:48:21	1:12:13	1:51:58	3:52:32
63.	(624)	WANZEK, Thor	1976		0:45:06	1:17:51	1:50:57	3:53:54
64.	(690)	ROCHOLL, Lutz	1961		0:44:52	1:20:04	1:49:56	3:54:52
65.	(168)	HENSCHEL, Frank	1973	Mach3 Köln e.V.	0:48:13	1:18:19	1:49:35	3:56:07
66.	(706)	KOCH, Frank	1966	Triathlon SC-Neptun Köln-Porz	0:57:53	1:27:05	1:31:45	3:56:43
67.	(566)	SCHRÖDER, Wolfgang	1967	Union Biesfeld Triathlon 2019	0:50:37	1:16:58	1:49:26	3:57:01
68.	(626)	WASSER, Thorsten	1977		0:49:55	1:20:14	1:46:52	3:57:01
69.	(692)	HINZE, Yvonne	1981		0:49:14	1:16:46	1:52:33	3:58:33
70.	(576)	SCHWADORF, Michael	1987		0:49:58	1:19:55	1:48:41	3:58:34
71.	(515)	PLAZINSKI, Gerhard	1975		0:50:39	1:16:14	1:51:44	3:58:37
72.	(552)	SCHNEIDER, Frank	1974	TV 1960 Langenholdinghausen	0:50:48	1:16:42	1:51:44	3:59:14
73.	(144)	HAHN, Rolf	1961	BSG BML Bonn	0:48:41	1:17:42	1:53:46	4:00:09
74.	(702)	KONERMANN, Michael	1975	DJK Amisia Rheine	0:52:24	1:15:04	1:52:43	4:00:11
75.	(250)	LODE, Mario	1974	Runnies United	0:56:34	1:26:49	1:38:31	4:01:54
76.	(192)	HUNTSCHA, Siegfried	1961	T#SoloNdk	0:49:09	1:16:08	1:56:58	4:02:15
77.	(296)	NGO, Olaf	1986		0:50:37	1:17:25	1:55:32	4:03:34
78.	(554)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:54:36	1:23:01	1:46:33	4:04:10
79.	(181)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:51:39	1:19:10	1:53:44	4:04:33
80.	(101)	DWARS, Thomas	1967		0:52:03	1:19:48	1:55:30	4:07:21
81.	(526)	REINECK, Katharina	1982	TriCologne	0:50:18	1:21:07	1:56:01	4:07:26
82.	(213)	KEVERPÜTZ, Sascha	1971	Keverpütz Bau AG	0:51:05	1:19:32	1:57:08	4:07:45
83.	(145)	HAHN, Sylvia	1968	BSG BML Bonn	0:52:43	1:21:58	1:53:46	4:08:27
84.	(40)	BEYER, Heinrich	1956	Mirko's Running Team	0:53:18	1:22:22	1:56:01	4:11:41
85.	(67)	BRILL, Holger	1964	LSV Porz	0:54:26	1:21:39	1:59:39	4:15:44
86.	(510)	PFEIL-BONNIN, Beate	1961	PSV Bonn Triathlon	0:53:30	1:23:37	2:02:47	4:19:54
87.	(89)	DERSCHEID, Fabian	1980	FamDer	0:54:38	1:22:09	2:04:02	4:20:49
88.	(548)	SCHLARBAUM, Ingolf	1973	Team Laurens	0:54:26	1:26:12	2:02:15	4:22:53



3. Lauf zur 38. Winterserie des LSV Porz

GROÙE SERIE (10+15+21 KM) · OVERALL-RANKING

RG	NR	NAME, VORNAME	JG	VEREIN	#1	#2	#3	GESAMT
89.	(221)	KNEPPER, Michael	1963		1:01:22	1:24:11	1:58:37	4:24:10
90.	(516)	PLENNE, Andrej	1989	Kreis des Vertrauens	0:50:47	1:17:00	2:17:44	4:25:31
91.	(660)	WIESELMANN, Marcel	1978		0:54:06	1:26:55	2:04:35	4:25:36
92.	(1610)	SOLTIS, Igor	1972		0:53:05	1:24:10	2:09:25	4:26:40
93.	(537)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:55:34	1:28:02	2:05:01	4:28:37
94.	(178)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:58:12	1:27:52	2:04:27	4:30:31
95.	(551)	SCHMITT, Dr. Rolf	1956		0:55:37	1:26:10	2:10:12	4:31:59
96.	(267)	MAUKISCH, Robin	1990		0:58:53	1:23:54	2:09:50	4:32:37
97.	(525)	REICHMANN, Monika	1971	maju srl united	0:58:03	1:26:57	2:09:38	4:34:38
98.	(697)	PODZUS, Horst	1961		0:57:51	1:28:35	2:08:30	4:34:56
99.	(691)	KOCZOR, Carsten	1972	ASC Weißbachtal	0:57:12	1:29:56	2:08:37	4:35:45
100.	(627)	WEBER, Anouk	1996		0:58:54	1:27:02	2:09:50	4:35:46
101.	(727)	HAMROUNI, Chamse	1996		0:55:26	1:32:31	2:09:51	4:37:48
102.	(110)	ESPENDILLER, Frank	1973	power&pace	0:56:19	1:32:31	2:11:52	4:40:42
103.	(106)	EISENBEIÙ, Cathleen	1984		1:02:51	1:30:28	2:12:11	4:45:30
104.	(556)	SCHNEIDER, Michael	1973		1:00:04	1:34:22	2:12:02	4:46:28
105.	(160)	HAZEBROUCK, Jan-Peter	1969		0:55:30	1:28:23	2:23:20	4:47:13
106.	(68)	BRÜHL, Andrea	1981		1:02:28	1:32:53	2:14:29	4:49:50
107.	(20)	BARGON, Stephan	1968		0:54:36	1:39:48	2:24:10	4:58:34
108.	(695)	MÜCK, Petra	1962		1:07:28	1:43:01	2:24:20	5:14:49
109.	(534)	ROOSEN, Annette	1956		1:07:25	1:44:03	2:26:32	5:18:00
110.	(270)	MENZEL, Wolfgang	1955	LLG St. Augustin	1:14:50	1:58:54	2:13:41	5:27:25
111.	(575)	SCHUMACHER, Alice	1969	IAC Düren	1:12:10	1:57:44	3:14:02	6:23:56