



3. Lauf zur 36. 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 (377)	PEITER, Tom	1995	LG Gummersbach	0:33:49	---	1:17:28	01:51:17
2 (317)	MARCKS, Kai	1986	LAZ Puma Rhein-Sieg	0:36:48	---	1:20:25	01:57:13
3 (378)	PEITER, Marc	1988		0:37:00	---	1:20:48	01:57:48
4 (710)	GÜNDÜZ, Deniz	1974	Zorro	0:36:58	---	1:22:18	01:59:16
5 (547)	ZIMMERMANN, Chris	1986	TriClub Wuppertal	0:37:18	---	1:23:23	02:00:41
6 (175)	GRYSKO, Michael	1987	LG Lüdenscheid	0:37:59	---	1:23:56	02:01:55
7 (68)	BOETTCHER, Zaido	1976	LAZ Puma Rhein Sieg	0:38:24	---	1:23:49	02:02:13
8 (582)	HERRERA, Felix	1989	Bunert - Der Kölner Lauflade	0:37:36	---	1:25:07	02:02:43
9 (1501)	EBERT, Ben	1984	X Trail Aktiv	0:39:05	---	1:24:30	02:03:35
10 (1522)	SCHNEIDER, Thomas	1969	LG RWE Power	0:38:58	---	1:25:23	02:04:21
11 (293)	KUSCH, Sebastian	1987	Tri Club Wuppertal	0:36:52	---	1:29:03	02:05:55
12 (161)	GEIMER, Christian	1992	Die MANNschaft e.V.	0:38:39	---	1:27:24	02:06:03
13 (130)	DUNCKER, Tobi	1971		0:40:08	---	1:27:45	02:07:53
14 (513)	WAGENBACH, Christoph	1981		0:40:36	---	1:27:44	02:08:20
15 (207)	HIMMEL, Marius	1978	LAZ Puma Rhein-Sieg	0:39:50	---	1:28:32	02:08:22
16 (269)	KOLTER, Dominik	1982	Kugelblizze	0:40:05	---	1:28:43	02:08:48
17 (739)	SCIDA, Eusonio	1975	Brühler TV 1879	0:39:52	---	1:29:04	02:08:56
18 (429)	RÖSLER, Denis	1970	25MINUTES Köln	0:39:40	---	1:29:44	02:09:24
19 (177)	GÜRTLER, Oliver	1978	FC Germania Zündorf	0:39:23	---	1:30:26	02:09:49
20 (433)	RUHNKE, Robert	1958	LG RWE-Power	0:39:32	---	1:30:45	02:10:17
21 (4130)	KÖHNS, Thomas	1969		0:40:11	---	1:30:51	02:11:02
22 (56)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:32	---	1:30:08	02:11:40
23 (4123)	STEIGNER, Guido	1991		0:40:27	---	1:31:33	02:12:00
24 (193)	HEMMERSBACH, Stephan	1978	LAZ Puma Rhein-Sieg	0:39:38	---	1:33:00	02:12:38
25 (364)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:43	---	1:32:32	02:13:15
26 (1480)	MÜSSEL, Uwe	1971		0:40:05	---	1:33:21	02:13:26
27 (322)	MARTEN, Sascha	1980		0:41:23	---	1:32:20	02:13:43
28 (318)	MARINGER, Niels	1978	Bojenschwimmer	0:42:04	---	1:33:21	02:15:25
29 (1529)	MEULEMAN, Jana	1986		0:41:01	---	1:34:33	02:15:34
30 (31)	ADAM, Miriam	1982	ASV Köln Triathlon	0:42:13	---	1:33:47	02:16:00
31 (154)	FREUDENHAMMER, Andreas	1984		0:42:33	---	1:33:51	02:16:24
32 (171)	GRASER, Christoph	1986	TriTeam TSG Sprockhövel	0:42:45	---	1:34:09	02:16:54
33 (1515)	NEU, Wolfram	1982	Boxclub Troisdorf	0:43:34	---	1:34:41	02:18:15
34 (742)	ROCHOLL, Lutz	1961		0:42:19	---	1:36:11	02:18:30
35 (4163)	LINDNER, Jan	1996	TriathlonSteckelCologne	0:43:53	---	1:34:43	02:18:36
36 (372)	PÄFFGEN, Anne	1972	Köln Läuft!	0:43:37	---	1:35:19	02:18:56
37 (297)	LATTRICH, Klaus	1973	TriWo	0:42:42	---	1:36:41	02:19:23
38 (480)	STEINBERG, Daniel	1979		0:41:46	---	1:37:59	02:19:45
39 (310)	LÜBBERT, Mark	1979		0:44:16	---	1:36:10	02:20:26
40 (230)	JAGUSCH, Andreas	1971		0:43:20	---	1:38:09	02:21:29
41 (105)	CONRAD, Achim	1966	LG Falkenberg	0:43:59	---	1:38:26	02:22:25
42 (502)	URBAN, Frank	1968	Team Erdinger Alkoholfrei /	0:44:30	---	1:38:36	02:23:06



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GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (254)	KEßELER, Stefan	1978		0:43:51	---	1:40:33	02:24:24
44 (1479)	GEIMER, Günter	1962	Die Mannschaft e.V.	0:46:00	---	1:38:31	02:24:31
45 (98)	CELEBIJA, Drazen	1968	Team Barbariga	0:44:26	---	1:40:53	02:25:19
46 (396)	PRIESS, Frank	1966	TSV Bayer Dormagen Tri	0:46:05	---	1:40:10	02:26:15
47 (1646)	STYLA, Michael	1989		0:44:53	---	1:42:35	02:27:28
48 (749)	SCHLOEMER, Stefan	1966	KTT 01	0:46:09	---	1:42:39	02:28:48
49 (43)	BARTLETT, Denise	1987		0:47:09	---	1:42:05	02:29:14
50 (741)	HUPPERTZ, Christian	1968		0:46:42	---	1:42:37	02:29:19
51 (425)	RÖHL, Fabian	1983		0:45:04	---	1:44:47	02:29:51
52 (262)	KLOTZ, Stefan	1958	ASV Köln	0:48:22	---	1:41:58	02:30:20
53 (1537)	WANZEK, Thor	1976		0:46:18	---	1:45:12	02:31:30
54 (1510)	MORILLAS, Antonio	1966		0:46:54	---	1:44:40	02:31:34
55 (107)	CSIRE, Norman	1973	Fechtclub Krefeld/LC Duisbu	0:46:39	---	1:45:56	02:32:35
56 (74)	BOURGUIGNON, Frank	1969	B.active Personaltraining	0:47:22	---	1:45:22	02:32:44
57 (625)	ROTH, Annabel	1992	LT Saaler Mühle	0:47:49	---	1:45:23	02:33:12
58 (4140)	KÖNIGHAUS, Felicitas	1994	LC Olympia Wiesbaden	0:47:56	---	1:45:34	02:33:30
59 (1470)	SOOS, Paul	1974		0:47:12	---	1:46:56	02:34:08
60 (288)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:48:11	---	1:46:49	02:35:00
61 (67)	BOESE, Michael	1985		0:49:56	---	1:45:19	02:35:15
62 (455)	SCHRÖDER, Wolfgang	1967	Union biesfeld Triathlon	0:47:42	---	1:47:45	02:35:27
63 (222)	HÜFFELMANN, Raphael	1971		0:45:07	---	1:50:50	02:35:57
64 (437)	SAAL, Thomas	1966		0:49:04	---	1:47:20	02:36:24
65 (475)	STÄBLEIN, Michael	1961	RTB - Remscheid	0:45:22	---	1:51:12	02:36:34
66 (414)	RINGSHAUSER, Daniela	1985	SSF Bonn	0:47:52	---	1:48:46	02:36:38
67 (244)	KASEK, Heinrich	1962	RTB Remscheid	0:47:08	---	1:51:05	02:38:13
68 (255)	KEUSER, Thorsten	1982	S.O.A. Runner Cologne	0:50:22	---	1:47:59	02:38:21
69 (187)	HEEP, Raphael	1988		0:49:08	---	1:49:18	02:38:26
70 (294)	KÜTTNER, Christiane	1967	Laufmonster	0:47:56	---	1:50:32	02:38:28
71 (264)	KNIEBELER, Ralf	1965	Marathon-Club Eschweiler	0:49:11	---	1:49:37	02:38:48
72 (1471)	PNIEWSKI, Bernd	1954	Brücker Lauffreunde	0:49:42	---	1:49:15	02:38:57
73 (93)	BUSSE, Michael	1970	TSV Bayer Dormagen Triathl	0:46:19	---	1:53:07	02:39:26
74 (447)	SCHMIDT, Jürgen	1959	Marathon-Club Eschweiler	0:48:38	---	1:51:35	02:40:13
75 (343)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:48:53	---	1:51:55	02:40:48
76 (178)	GUTH, Charly	1969	Life Park Max e.V. Ingolstadt	0:49:39	---	1:51:25	02:41:04
77 (280)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:48:01	---	1:53:29	02:41:30
78 (4112)	ZWICK, Daniel	1950		0:50:02	---	1:51:47	02:41:49
79 (461)	SCHWADORF, Michael	1987		0:48:13	---	1:53:46	02:41:59
80 (48)	BECK, Stefan	1967		0:48:12	---	1:53:48	02:42:00
81 (520)	WASSER, Thorsten	1977		0:48:15	---	1:53:45	02:42:00
82 (393)	PLAZINSKI, Gerhard	1975		0:48:02	---	1:54:01	02:42:03
83 (4147)	SCHLENTNER, Dominic	1981	TSV Bayer Dormagen Tri	0:48:52	---	1:53:21	02:42:13
84 (1648)	CASPARI, Daniel	1981	Gruppen Gruscheln	0:48:03	---	1:54:44	02:42:47



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (362)	OBERMAYR, Till	2002	GSV Porz	0:46:52	---	1:56:18	02:43:10
86 (363)	OBERMAYR, Marcus	1973		0:46:53	---	1:56:19	02:43:12
87 (586)	HIRSCHHÄUSER, Eva	1996	Bunert - Der Kölner Lauflade	0:48:19	---	1:55:07	02:43:26
88 (555)	ALTHOFF, Felix	1988	Bunert - Der Kölner Lauflade	0:48:18	---	1:55:15	02:43:33
89 (90)	BUDDE, Stephan	1980		0:48:14	---	1:55:22	02:43:36
90 (509)	VOELZ, Chris	1974	Höllenhunde	0:55:36	---	1:48:01	02:43:37
91 (335)	MICHEL, Anne	1985	Asc Rosellen / Neuss	0:49:28	---	1:54:11	02:43:39
92 (58)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:58	---	1:54:47	02:43:45
93 (198)	HERMANN, Michael	1994		0:51:17	---	1:52:48	02:44:05
94 (87)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:54	---	1:54:15	02:44:09
95 (4129)	WEINGARTEN, Björn	1987	Lauftreff Linkenbach	0:49:43	---	1:54:37	02:44:20
96 (349)	MÜLLER, Claudia	1982		0:49:25	---	1:55:02	02:44:27
97 (587)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:50:47	---	1:54:47	02:45:34
98 (73)	BÖRSTE, Andreas	1972	TuS 07 Oberlar e.V.	0:53:35	---	1:52:27	02:46:02
99 (611)	MARTENS, Jörn	1962	Run Of Colours Promoteam	0:48:33	---	1:57:37	02:46:10
100 (403)	RAABE, Patrick	1986		0:51:43	---	1:54:39	02:46:22
101 (740)	KREDINGER, Markus	1972	Ultra Sports	0:57:04	---	1:49:38	02:46:42
102 (302)	LICHTENTHÄLER, Carina	1983	Läufer gegen Krebs e.V.	0:55:35	---	1:51:14	02:46:49
103 (525)	WELTEROTH, Marco	1972	Läufer gegen Krebs e.V.	0:55:37	---	1:51:15	02:46:52
104 (91)	BURBACH, Patrick	1978	78er Borussen	0:55:03	---	1:52:11	02:47:14
105 (432)	RUDOLPH, Alexander	1974	Ford FCDS05	0:49:56	---	1:57:20	02:47:16
106 (530)	WIESELMANN, Marcel	1978		0:52:08	---	1:55:47	02:47:55
107 (4142)	HYNEK, Marco	1974		0:51:18	---	1:56:41	02:47:59
108 (501)	TRIEBEL, Daniel	1981		0:50:04	---	1:58:21	02:48:25
109 (366)	OLOFSSON, Simon	1983	kilometer-fuer-kinder.info	0:51:45	---	1:56:47	02:48:32
110 (1542)	HAUPTVOGEL, Katharina	1992		0:53:03	---	1:56:00	02:49:03
111 (37)	ARMAN, Efdal	1978	78er Borussen	0:55:41	---	1:53:46	02:49:27
112 (435)	RUSCHMEIER, Sebastian	1974	Männerballett Kriegsdorf e.	0:53:46	---	1:55:47	02:49:33
113 (165)	GMEINER, Edith	1982	Gruppen Gruscheln	0:50:52	---	1:58:51	02:49:43
114 (618)	PODZUS, Horst	1961		0:50:45	---	1:59:00	02:49:45
115 (1505)	SCHUHMACHER, Pierre	2002	LT Saaler Mühle	0:51:42	---	1:58:16	02:49:58
116 (290)	KÜHNEL, Robert	1988		0:54:35	---	1:55:53	02:50:28
117 (4155)	LODE, Mario	1974	Lode Runners	0:50:08	---	2:00:30	02:50:38
118 (53)	BEIN, Ingo	1981	Lauftreff Linkenbach	0:49:13	---	2:01:44	02:50:57
119 (4135)	SCHMITT, Christoph	1968		0:52:51	---	1:58:09	02:51:00
120 (1528)	BRODOWSKI, Günter	1960		0:51:48	---	1:59:26	02:51:14
121 (108)	DELLAERT, Aron	1974	TPSK Triathlon	0:53:22	---	1:58:16	02:51:38
122 (79)	BRAUN, Peter	1966		0:51:02	---	2:00:37	02:51:39
123 (616)	NEUHAUS, Arnd	1967	PSV Bonn Triathlon	0:51:14	---	2:00:38	02:51:52
124 (212)	HOFFMANN, Manuela	1977		0:56:13	---	1:56:09	02:52:22
125 (723)	DÜCHTING, Lukas	1990		0:46:56	---	2:06:53	02:53:49
126 (34)	ALBERT, Sam	1982	Team Bullet E.V.	0:48:58	---	2:04:59	02:53:57



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (266)	KOCH, Frank	1966	Isi Fitness	0:55:07	---	1:59:06	02:54:13
128 (163)	GIESEN, Marcus	1972	TV Winterhagen	0:52:22	---	2:02:48	02:55:10
129 (64)	BLOM, Nils	1988	Team Bullet e.v.	0:50:40	---	2:04:59	02:55:39
130 (1489)	KAPELLNER, Alexander	1901	S.O.A. Runner Cologne	0:50:19	---	2:05:29	02:55:48
131 (113)	DICK, Doro	1976	iamsport	0:54:42	---	2:01:48	02:56:30
132 (3274)	QUABACH, Ben	1993	LC Lauf & Sauf 2019	0:54:32	---	2:02:44	02:57:16
133 (1488)	KAMMLER, Rheinhard	1963	Cologne Allblacks	0:51:55	---	2:05:41	02:57:36
134 (657)	JENKE, Michael	1962	Team TVE Netphen	0:55:10	---	2:02:44	02:57:54
135 (210)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:53:09	---	2:04:58	02:58:07
136 (217)	HOLST, Stephan	1973		0:53:13	---	2:04:57	02:58:10
137 (601)	KNEPPER, Michael	1963	Marathon Mülheim	0:57:21	---	2:00:52	02:58:13
138 (1503)	WAHL, Susanne	1968		0:55:43	---	2:03:10	02:58:53
139 (549)	ZIMNY, Gerrit	1986	Dellbronxer	0:50:51	---	2:08:38	02:59:29
140 (613)	MODIS, Marina	1989		0:53:34	---	2:06:12	02:59:46
141 (1495)	HERRERA, Valentin	1993	Butzelbois	0:53:36	---	2:06:12	02:59:48
142 (4146)	SCHEU, Peter	1960		0:57:00	---	2:03:17	03:00:17
143 (131)	DURMUS, Pinar	1977		0:53:11	---	2:07:45	03:00:56
144 (336)	MICHELSEN, Irina	1972		0:56:10	---	2:04:58	03:01:08
145 (4157)	SUCKER, Frank	1974	AchteaufDich	0:54:45	---	2:07:04	03:01:49
146 (261)	KLOTZ, Nicole	1972	ASV Köln	0:57:34	---	2:05:42	03:03:16
147 (746)	KOSBOW, Michael	1973		0:57:53	---	2:05:28	03:03:21
148 (204)	HEß, Pascal	1992		0:54:16	---	2:09:09	03:03:25
149 (431)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:55:01	---	2:08:38	03:03:39
150 (399)	PÜTTMANN, Randy	1974	Team Erdinger Alkoholfrei	0:50:56	---	2:13:07	03:04:03
151 (169)	GRAF, Wolfgang	1966		0:56:04	---	2:08:12	03:04:16
152 (136)	EILERS, Marieke	1983		0:55:18	---	2:09:31	03:04:49
153 (49)	BECKER, Claus	1949		0:55:53	---	2:09:27	03:05:20
154 (405)	RAMB, Birgit	1961		0:56:51	---	2:09:45	03:06:36
155 (142)	ESPENDILLER, Frank	1973	Tri Team Köln rrh.	0:59:10	---	2:08:11	03:07:21
156 (620)	QUIRBACH, Tamara	1990		0:56:23	---	2:11:11	03:07:34
157 (32)	ADAMS, Heike	1964		0:58:15	---	2:10:16	03:08:31
158 (551)	ZLOTOS, Karin	1976		0:54:15	---	2:14:42	03:08:57
159 (516)	WAGNER, Anne	1993		0:55:49	---	2:14:42	03:10:31
160 (238)	JÜNGST, Barbara	1954	ASC. Weißbachtal e.V.	0:58:06	---	2:12:38	03:10:44
161 (203)	HESS, Volker	1965	Die Bojenschwimmer	0:57:58	---	2:13:31	03:11:29
162 (1468)	SCHLUCMER, Randolph	1971		0:56:01	---	2:15:55	03:11:56
163 (1303)	UERLINGS-BAMBERGER, Heik	1974		0:58:29	---	2:14:48	03:13:17
164 (490)	STÖTZEL-DITSCHKE, Christiane	1957	SG Siegen-Giersberg	0:59:33	---	2:14:15	03:13:48
165 (250)	KEITEL, Sönke	1964		0:58:15	---	2:15:59	03:14:14
166 (603)	KÖNEN, Daniel	1989		0:57:18	---	2:18:52	03:16:10
167 (119)	DITSCHKE, Reimund	1955	SG Siegen-Giersberg	1:00:51	---	2:15:33	03:16:24
168 (394)	POPA, Alex	1986		0:58:48	---	2:18:10	03:16:58



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
169 (153)	FRANKE, Dani	1986		1:00:28	---	2:17:02	03:17:30
170 (638)	STEINKE, Gerhard	1942	---	1:00:32	---	2:18:02	03:18:34
171 (156)	FREYMUTH, Jürgen	1949	IAC Düren	1:00:52	---	2:18:19	03:19:11
172 (311)	MAASBÜLL, Frank	1969	Laufteam Sonderbusch	0:59:58	---	2:20:25	03:20:23
173 (319)	MARSCHALL, Patricia	1973	LT Schneewittchen	1:04:50	---	2:19:17	03:24:07
174 (138)	ELLENBERGER, Arvid	1967	www.arvid-hochzeitsfotogra	0:56:41	---	2:28:25	03:25:06
175 (46)	BAUER, Christiane	1964	Rheinhöhenlauf	1:05:13	---	2:26:20	03:31:33
176 (291)	KÜHNEL, Walli	1953		1:07:43	---	2:32:29	03:40:12
177 (356)	NIEHAUS, Lars	1974		1:07:31	---	2:56:48	04:04:19



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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 (1529)	MEULEMAN, Jana	1986		0:41:01	---	1:34:33	02:15:34
2 (31)	ADAM, Miriam	1982	ASV Köln Triathlon	0:42:13	---	1:33:47	02:16:00
3 (372)	PÄFFGEN, Anne	1972	Köln Läuft!	0:43:37	---	1:35:19	02:18:56
4 (43)	BARTLETT, Denise	1987		0:47:09	---	1:42:05	02:29:14
5 (625)	ROTH, Annabel	1992	LT Saaler Mühle	0:47:49	---	1:45:23	02:33:12
6 (4140)	KÖNIGHAUS, Felicitas	1994	LC Olympia Wiesbaden	0:47:56	---	1:45:34	02:33:30
7 (414)	RINGSHAUSER, Daniela	1985	SSF Bonn	0:47:52	---	1:48:46	02:36:38
8 (294)	KÜTTNER, Christiane	1967	Laufmonster	0:47:56	---	1:50:32	02:38:28
9 (586)	HIRSCHHÄUSER, Eva	1996	Bunert - Der Kölner Lauflade	0:48:19	---	1:55:07	02:43:26
10 (335)	MICHEL, Anne	1985	Asc Rosellen / Neuss	0:49:28	---	1:54:11	02:43:39
11 (349)	MÜLLER, Claudia	1982		0:49:25	---	1:55:02	02:44:27
12 (302)	LICHTENTHÄLER, Carina	1983	Läufer gegen Krebs e.V.	0:55:35	---	1:51:14	02:46:49
13 (1542)	HAUPTVOGEL, Katharina	1992		0:53:03	---	1:56:00	02:49:03
14 (165)	GMEINER, Edith	1982	Gruppen Gruscheln	0:50:52	---	1:58:51	02:49:43
15 (212)	HOFFMANN, Manuela	1977		0:56:13	---	1:56:09	02:52:22
16 (113)	DICK, Doro	1976	iamsport	0:54:42	---	2:01:48	02:56:30
17 (1503)	WAHL, Susanne	1968		0:55:43	---	2:03:10	02:58:53
18 (613)	MODIS, Marina	1989		0:53:34	---	2:06:12	02:59:46
19 (336)	MICHELTSEN, Irina	1972		0:56:10	---	2:04:58	03:01:08
20 (261)	KLOTZ, Nicole	1972	ASV Köln	0:57:34	---	2:05:42	03:03:16
21 (136)	EILERS, Marieke	1983		0:55:18	---	2:09:31	03:04:49
22 (405)	RAMB, Birgit	1961		0:56:51	---	2:09:45	03:06:36
23 (620)	QUIRBACH, Tamara	1990		0:56:23	---	2:11:11	03:07:34
24 (32)	ADAMS, Heike	1964		0:58:15	---	2:10:16	03:08:31
25 (551)	ZLOTOS, Karin	1976		0:54:15	---	2:14:42	03:08:57
26 (516)	WAGNER, Anne	1993		0:55:49	---	2:14:42	03:10:31
27 (238)	JÜNGST, Barbara	1954	ASC. Weißbachtal e.V.	0:58:06	---	2:12:38	03:10:44
28 (1303)	UERLINGS-BAMBERGER, Heik	1974		0:58:29	---	2:14:48	03:13:17
29 (490)	STÖTZEL-DITSCHKE, Christiane	1957	SG Siegen-Giersberg	0:59:33	---	2:14:15	03:13:48
30 (153)	FRANKE, Dani	1986		1:00:28	---	2:17:02	03:17:30
31 (319)	MARSCHALL, Patricia	1973	LT Schneewittchen	1:04:50	---	2:19:17	03:24:07
32 (46)	BAUER, Christiane	1964	Rheinhöhenlauf	1:05:13	---	2:26:20	03:31:33
33 (291)	KÜHNEL, Walli	1953		1:07:43	---	2:32:29	03:40:12



3. Lauf zur 36. 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							
1 (377)	PEITER, Tom	1995	LG Gummersbach	0:33:49	---	1:17:28	01:51:17
2 (317)	MARCKS, Kai	1986	LAZ Puma Rhein-Sieg	0:36:48	---	1:20:25	01:57:13
3 (378)	PEITER, Marc	1988		0:37:00	---	1:20:48	01:57:48
4 (710)	GÜNDÜZ, Deniz	1974	Zorro	0:36:58	---	1:22:18	01:59:16
5 (547)	ZIMMERMANN, Chris	1986	TriClub Wuppertal	0:37:18	---	1:23:23	02:00:41
6 (175)	GRYSKO, Michael	1987	LG Lüdenscheid	0:37:59	---	1:23:56	02:01:55
7 (68)	BOETTCHER, Zaido	1976	LAZ Puma Rhein Sieg	0:38:24	---	1:23:49	02:02:13
8 (582)	HERRERA, Felix	1989	Bunert - Der Kölner Lauflade	0:37:36	---	1:25:07	02:02:43
9 (1501)	EBERT, Ben	1984	X Trail Aktiv	0:39:05	---	1:24:30	02:03:35
10 (1522)	SCHNEIDER, Thomas	1969	LG RWE Power	0:38:58	---	1:25:23	02:04:21
11 (293)	KUSCH, Sebastian	1987	Tri Club Wuppertal	0:36:52	---	1:29:03	02:05:55
12 (161)	GEIMER, Christian	1992	Die MANNschaft e.V.	0:38:39	---	1:27:24	02:06:03
13 (130)	DUNCKER, Tobi	1971		0:40:08	---	1:27:45	02:07:53
14 (513)	WAGENBACH, Christoph	1981		0:40:36	---	1:27:44	02:08:20
15 (207)	HIMMEL, Marius	1978	LAZ Puma Rhein-Sieg	0:39:50	---	1:28:32	02:08:22
16 (269)	KOLTER, Dominik	1982	Kugelblizze	0:40:05	---	1:28:43	02:08:48
17 (739)	SCIDA, Eusonio	1975	Brühler TV 1879	0:39:52	---	1:29:04	02:08:56
18 (429)	RÖSLER, Denis	1970	25MINUTES Köln	0:39:40	---	1:29:44	02:09:24
19 (177)	GÜRTLER, Oliver	1978	FC Germania Zündorf	0:39:23	---	1:30:26	02:09:49
20 (433)	RUHNKE, Robert	1958	LG RWE-Power	0:39:32	---	1:30:45	02:10:17
21 (4130)	KÖHNS, Thomas	1969		0:40:11	---	1:30:51	02:11:02
22 (56)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:32	---	1:30:08	02:11:40
23 (4123)	STEIGNER, Guido	1991		0:40:27	---	1:31:33	02:12:00
24 (193)	HEMMERSBACH, Stephan	1978	LAZ Puma Rhein-Sieg	0:39:38	---	1:33:00	02:12:38
25 (364)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:43	---	1:32:32	02:13:15
26 (1480)	MÜSSEL, Uwe	1971		0:40:05	---	1:33:21	02:13:26
27 (322)	MARTEN, Sascha	1980		0:41:23	---	1:32:20	02:13:43
28 (318)	MARINGER, Niels	1978	Bojenschwimmer	0:42:04	---	1:33:21	02:15:25
29 (154)	FREUDENHAMMER, Andreas	1984		0:42:33	---	1:33:51	02:16:24
30 (171)	GRASER, Christoph	1986	TriTeam TSG Sprockhövel	0:42:45	---	1:34:09	02:16:54
31 (1515)	NEU, Wolfram	1982	Boxclub Troisdorf	0:43:34	---	1:34:41	02:18:15
32 (742)	ROCHOLL, Lutz	1961		0:42:19	---	1:36:11	02:18:30
33 (4163)	LINDNER, Jan	1996	TriathlonSteckelCologne	0:43:53	---	1:34:43	02:18:36
34 (297)	LATTRICH, Klaus	1973	TriWo	0:42:42	---	1:36:41	02:19:23
35 (480)	STEINBERG, Daniel	1979		0:41:46	---	1:37:59	02:19:45
36 (310)	LÜBBERT, Mark	1979		0:44:16	---	1:36:10	02:20:26
37 (230)	JAGUSCH, Andreas	1971		0:43:20	---	1:38:09	02:21:29
38 (105)	CONRAD, Achim	1966	LG Falkenberg	0:43:59	---	1:38:26	02:22:25
39 (502)	URBAN, Frank	1968	Team Erdinger Alkoholfrei /	0:44:30	---	1:38:36	02:23:06
40 (254)	KEßELER, Stefan	1978		0:43:51	---	1:40:33	02:24:24
41 (1479)	GEIMER, Günter	1962	Die Mannschaft e.V.	0:46:00	---	1:38:31	02:24:31



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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							
42 (98)	CELEBIJA, Drazen	1968	Team Barbariga	0:44:26	---	1:40:53	02:25:19
43 (396)	PRIESS, Frank	1966	TSV Bayer Dormagen Tri	0:46:05	---	1:40:10	02:26:15
44 (1646)	STYLA, Michael	1989		0:44:53	---	1:42:35	02:27:28
45 (749)	SCHLOEMER, Stefan	1966	KTT 01	0:46:09	---	1:42:39	02:28:48
46 (741)	HUPPERTZ, Christian	1968		0:46:42	---	1:42:37	02:29:19
47 (425)	RÖHL, Fabian	1983		0:45:04	---	1:44:47	02:29:51
48 (262)	KLOTZ, Stefan	1958	ASV Köln	0:48:22	---	1:41:58	02:30:20
49 (1537)	WANZEK, Thor	1976		0:46:18	---	1:45:12	02:31:30
50 (1510)	MORILLAS, Antonio	1966		0:46:54	---	1:44:40	02:31:34
51 (107)	CSIRE, Norman	1973	Fechtclub Krefeld/LC Duisbu	0:46:39	---	1:45:56	02:32:35
52 (74)	BOURGUIGNON, Frank	1969	B.active Personaltraining	0:47:22	---	1:45:22	02:32:44
53 (1470)	SOOS, Paul	1974		0:47:12	---	1:46:56	02:34:08
54 (288)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:48:11	---	1:46:49	02:35:00
55 (67)	BOESE, Michael	1985		0:49:56	---	1:45:19	02:35:15
56 (455)	SCHRÖDER, Wolfgang	1967	Union biesfeld Triathlon	0:47:42	---	1:47:45	02:35:27
57 (222)	HÜFFELMANN, Raphael	1971		0:45:07	---	1:50:50	02:35:57
58 (437)	SAAL, Thomas	1966		0:49:04	---	1:47:20	02:36:24
59 (475)	STÄBLEIN, Michael	1961	RTB - Remscheid	0:45:22	---	1:51:12	02:36:34
60 (244)	KASEK, Heinrich	1962	RTB Remscheid	0:47:08	---	1:51:05	02:38:13
61 (255)	KEUSER, Thorsten	1982	S.O.A. Runner Cologne	0:50:22	---	1:47:59	02:38:21
62 (187)	HEEP, Raphael	1988		0:49:08	---	1:49:18	02:38:26
63 (264)	KNIEBELER, Ralf	1965	Marathon-Club Eschweiler	0:49:11	---	1:49:37	02:38:48
64 (1471)	PNIEWSKI, Bernd	1954	Brücker Lauffreunde	0:49:42	---	1:49:15	02:38:57
65 (93)	BUSSE, Michael	1970	TSV Bayer Dormagen Triathl	0:46:19	---	1:53:07	02:39:26
66 (447)	SCHMIDT, Jürgen	1959	Marathon-Club Eschweiler	0:48:38	---	1:51:35	02:40:13
67 (343)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:48:53	---	1:51:55	02:40:48
68 (178)	GUTH, Charly	1969	Life Park Max e.V. Ingolstadt	0:49:39	---	1:51:25	02:41:04
69 (280)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:48:01	---	1:53:29	02:41:30
70 (4112)	ZWICK, Daniel	1950		0:50:02	---	1:51:47	02:41:49
71 (461)	SCHWADORF, Michael	1987		0:48:13	---	1:53:46	02:41:59
72 (48)	BECK, Stefan	1967		0:48:12	---	1:53:48	02:42:00
73 (520)	WASSER, Thorsten	1977		0:48:15	---	1:53:45	02:42:00
74 (393)	PLAZINSKI, Gerhard	1975		0:48:02	---	1:54:01	02:42:03
75 (4147)	SCHLENTNER, Dominic	1981	TSV Bayer Dormagen Tri	0:48:52	---	1:53:21	02:42:13
76 (1648)	CASPARI, Daniel	1981	Gruppen Gruscheln	0:48:03	---	1:54:44	02:42:47
77 (362)	OBERMAYR, Till	2002	GSV Porz	0:46:52	---	1:56:18	02:43:10
78 (363)	OBERMAYR, Marcus	1973		0:46:53	---	1:56:19	02:43:12
79 (555)	ALTHOFF, Felix	1988	Bunert - Der Kölner Lauflade	0:48:18	---	1:55:15	02:43:33
80 (90)	BUDDE, Stephan	1980		0:48:14	---	1:55:22	02:43:36
81 (509)	VOELZ, Chris	1974	Höllenhunde	0:55:36	---	1:48:01	02:43:37
82 (58)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:58	---	1:54:47	02:43:45



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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 (198)	HERMANN, Michael	1994		0:51:17	---	1:52:48	02:44:05
84 (87)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:54	---	1:54:15	02:44:09
85 (4129)	WEINGARTEN, Björn	1987	Lauftreff Linkenbach	0:49:43	---	1:54:37	02:44:20
86 (587)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:50:47	---	1:54:47	02:45:34
87 (73)	BÖRSTE, Andreas	1972	TuS 07 Oberlar e.V.	0:53:35	---	1:52:27	02:46:02
88 (611)	MARTENS, Jörn	1962	Run Of Colours Promoteam	0:48:33	---	1:57:37	02:46:10
89 (403)	RAABE, Patrick	1986		0:51:43	---	1:54:39	02:46:22
90 (740)	KREDINGER, Markus	1972	Ultra Sports	0:57:04	---	1:49:38	02:46:42
91 (525)	WELTEROTH, Marco	1972	Läufer gegen Krebs e.V.	0:55:37	---	1:51:15	02:46:52
92 (91)	BURBACH, Patrick	1978	78er Borussen	0:55:03	---	1:52:11	02:47:14
93 (432)	RUDOLPH, Alexander	1974	Ford FCDS05	0:49:56	---	1:57:20	02:47:16
94 (530)	WIESELMANN, Marcel	1978		0:52:08	---	1:55:47	02:47:55
95 (4142)	HYNEK, Marco	1974		0:51:18	---	1:56:41	02:47:59
96 (501)	TRIEBEL, Daniel	1981		0:50:04	---	1:58:21	02:48:25
97 (366)	OLOFSSON, Simon	1983	kilometer-fuer-kinder.info	0:51:45	---	1:56:47	02:48:32
98 (37)	ARMAN, Efdal	1978	78er Borussen	0:55:41	---	1:53:46	02:49:27
99 (435)	RUSCHMEIER, Sebastian	1974	Männerballett Kriegsdorf e.	0:53:46	---	1:55:47	02:49:33
100 (618)	PODZUS, Horst	1961		0:50:45	---	1:59:00	02:49:45
101 (1505)	SCHUHMACHER, Pierre	2002	LT Saaler Mühle	0:51:42	---	1:58:16	02:49:58
102 (290)	KÜHNEL, Robert	1988		0:54:35	---	1:55:53	02:50:28
103 (4155)	LODE, Mario	1974	Lode Runners	0:50:08	---	2:00:30	02:50:38
104 (53)	BEIN, Ingo	1981	Lauftreff Linkenbach	0:49:13	---	2:01:44	02:50:57
105 (4135)	SCHMITT, Christoph	1968		0:52:51	---	1:58:09	02:51:00
106 (1528)	BRODOWSKI, Günter	1960		0:51:48	---	1:59:26	02:51:14
107 (108)	DELLAERT, Aron	1974	TPSK Triathlon	0:53:22	---	1:58:16	02:51:38
108 (79)	BRAUN, Peter	1966		0:51:02	---	2:00:37	02:51:39
109 (616)	NEUHAUS, Arnd	1967	PSV Bonn Triathlon	0:51:14	---	2:00:38	02:51:52
110 (723)	DÜCHTING, Lukas	1990		0:46:56	---	2:06:53	02:53:49
111 (34)	ALBERT, Sam	1982	Team Bullet E.V.	0:48:58	---	2:04:59	02:53:57
112 (266)	KOCH, Frank	1966	Isi Fitness	0:55:07	---	1:59:06	02:54:13
113 (163)	GIESEN, Marcus	1972	TV Winterhagen	0:52:22	---	2:02:48	02:55:10
114 (64)	BLOM, Nils	1988	Team Bullet e.v.	0:50:40	---	2:04:59	02:55:39
115 (1489)	KAPPELLNER, Alexander	1901	S.O.A. Runner Cologne	0:50:19	---	2:05:29	02:55:48
116 (3274)	QUABACH, Ben	1993	LC Lauf & Sauf 2019	0:54:32	---	2:02:44	02:57:16
117 (1488)	KAMMLER, Rheinhard	1963	Cologne Allblacks	0:51:55	---	2:05:41	02:57:36
118 (657)	JENKE, Michael	1962	Team TVE Netphen	0:55:10	---	2:02:44	02:57:54
119 (210)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:53:09	---	2:04:58	02:58:07
120 (217)	HOLST, Stephan	1973		0:53:13	---	2:04:57	02:58:10
121 (601)	KNEPPER, Michael	1963	Marathon Mülheim	0:57:21	---	2:00:52	02:58:13
122 (549)	ZIMNY, Gerrit	1986	Dellbronxer	0:50:51	---	2:08:38	02:59:29
123 (1495)	HERRERA, Valentin	1993	Butzelboiis	0:53:36	---	2:06:12	02:59:48



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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							
124	(4146) SCHEU, Peter	1960		0:57:00	---	2:03:17	03:00:17
125	(131) DURMUS, Pinar	1977		0:53:11	---	2:07:45	03:00:56
126	(4157) SUCKER, Frank	1974	AchteaufDich	0:54:45	---	2:07:04	03:01:49
127	(746) KOSBOW, Michael	1973		0:57:53	---	2:05:28	03:03:21
128	(204) HEß, Pascal	1992		0:54:16	---	2:09:09	03:03:25
129	(431) ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:55:01	---	2:08:38	03:03:39
130	(399) PÜTTMANN, Randy	1974	Team Erdinger Alkoholfrei	0:50:56	---	2:13:07	03:04:03
131	(169) GRAF, Wolfgang	1966		0:56:04	---	2:08:12	03:04:16
132	(49) BECKER, Claus	1949		0:55:53	---	2:09:27	03:05:20
133	(142) ESPENDILLER, Frank	1973	Tri Team Köln rrh.	0:59:10	---	2:08:11	03:07:21
134	(203) HESS, Volker	1965	Die Bojenschwimmer	0:57:58	---	2:13:31	03:11:29
135	(1468) SCHLUCMER, Randolf	1971		0:56:01	---	2:15:55	03:11:56
136	(250) KEITEL, Sönke	1964		0:58:15	---	2:15:59	03:14:14
137	(603) KÖNEN, Daniel	1989		0:57:18	---	2:18:52	03:16:10
138	(119) DITSCHKE, Reimund	1955	SG Siegen-Giersberg	1:00:51	---	2:15:33	03:16:24
139	(394) POPA, Alex	1986		0:58:48	---	2:18:10	03:16:58
140	(638) STEINKE, Gerhard	1942	---	1:00:32	---	2:18:02	03:18:34
141	(156) FREYMUTH, Jürgen	1949	IAC Düren	1:00:52	---	2:18:19	03:19:11
142	(311) MAASBÜLL, Frank	1969	Laufteam Sonderbusch	0:59:58	---	2:20:25	03:20:23
143	(138) ELLENBERGER, Arvid	1967	www.arvid-hochzeitsfotogra	0:56:41	---	2:28:25	03:25:06
144	(356) NIEHAUS, Lars	1974		1:07:31	---	2:56:48	04:04:19



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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
MÄNNER							
1 (377)	PEITER, Tom	1995	LG Gummersbach	0:33:49	---	1:17:28	01:51:17
2 (161)	GEIMER, Christian	1992	Die MANNschaft e.V.	0:38:39	---	1:27:24	02:06:03
3 (4123)	STEIGNER, Guido	1991		0:40:27	---	1:31:33	02:12:00
4 (4163)	LINDNER, Jan	1996	TriathlonSteckelCologne	0:43:53	---	1:34:43	02:18:36
5 (198)	HERMANN, Michael	1994		0:51:17	---	1:52:48	02:44:05
6 (3274)	QUABACH, Ben	1993	LC Lauf & Sauf 2019	0:54:32	---	2:02:44	02:57:16
7 (1495)	HERRERA, Valentin	1993	Butzelboiis	0:53:36	---	2:06:12	02:59:48
8 (204)	HEß, Pascal	1992		0:54:16	---	2:09:09	03:03:25

SENIOREN M30							
1 (317)	MARCKS, Kai	1986	LAZ Puma Rhein-Sieg	0:36:48	---	1:20:25	01:57:13
2 (378)	PEITER, Marc	1988		0:37:00	---	1:20:48	01:57:48
3 (547)	ZIMMERMANN, Chris	1986	TriClub Wuppertal	0:37:18	---	1:23:23	02:00:41
4 (175)	GRYSKO, Michael	1987	LG Lüdenscheid	0:37:59	---	1:23:56	02:01:55
5 (582)	HERRERA, Felix	1989	Bunert - Der Kölner Lauflade	0:37:36	---	1:25:07	02:02:43
6 (293)	KUSCH, Sebastian	1987	Tri Club Wuppertal	0:36:52	---	1:29:03	02:05:55
7 (56)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:32	---	1:30:08	02:11:40
8 (171)	GRASER, Christoph	1986	TriTeam TSG Sprockhövel	0:42:45	---	1:34:09	02:16:54
9 (1646)	STYLA, Michael	1989		0:44:53	---	1:42:35	02:27:28
10 (187)	HEEP, Raphael	1988		0:49:08	---	1:49:18	02:38:26
11 (461)	SCHWADORF, Michael	1987		0:48:13	---	1:53:46	02:41:59
12 (555)	ALTHOFF, Felix	1988	Bunert - Der Kölner Lauflade	0:48:18	---	1:55:15	02:43:33
13 (4129)	WEINGARTEN, Björn	1987	Lauftreff Linkenbach	0:49:43	---	1:54:37	02:44:20
14 (403)	RAABE, Patrick	1986		0:51:43	---	1:54:39	02:46:22
15 (290)	KÜHNEL, Robert	1988		0:54:35	---	1:55:53	02:50:28
16 (723)	DÜCHTING, Lukas	1990		0:46:56	---	2:06:53	02:53:49
17 (64)	BLOM, Nils	1988	Team Bullet e.v.	0:50:40	---	2:04:59	02:55:39
18 (549)	ZIMNY, Gerrit	1986	Dellbronxer	0:50:51	---	2:08:38	02:59:29
19 (603)	KÖNEN, Daniel	1989		0:57:18	---	2:18:52	03:16:10
20 (394)	POPA, Alex	1986		0:58:48	---	2:18:10	03:16:58

SENIOREN M35							
1 (1501)	EBERT, Ben	1984	X Trail Aktiv	0:39:05	---	1:24:30	02:03:35
2 (513)	WAGENBACH, Christoph	1981		0:40:36	---	1:27:44	02:08:20
3 (269)	KOLTER, Dominik	1982	Kugelblizze	0:40:05	---	1:28:43	02:08:48
4 (154)	FREUDENHAMMER, Andreas	1984		0:42:33	---	1:33:51	02:16:24
5 (1515)	NEU, Wolfram	1982	Boxclub Troisdorf	0:43:34	---	1:34:41	02:18:15
6 (425)	RÖHL, Fabian	1983		0:45:04	---	1:44:47	02:29:51
7 (67)	BOESE, Michael	1985		0:49:56	---	1:45:19	02:35:15
8 (255)	KEUSER, Thorsten	1982	S.O.A. Runner Cologne	0:50:22	---	1:47:59	02:38:21
9 (4147)	SCHLENTNER, Dominic	1981	TSV Bayer Dormagen Tri	0:48:52	---	1:53:21	02:42:13



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M35							
10 (1648)	CASPARI, Daniel	1981	Gruppen Gruscheln	0:48:03	---	1:54:44	02:42:47
11 (501)	TRIEBEL, Daniel	1981		0:50:04	---	1:58:21	02:48:25
12 (366)	OLOFSSON, Simon	1983	kilometer-fuer-kinder.info	0:51:45	---	1:56:47	02:48:32
13 (53)	BEIN, Ingo	1981	Lauftreff Linkenbach	0:49:13	---	2:01:44	02:50:57
14 (34)	ALBERT, Sam	1982	Team Bullet E.V.	0:48:58	---	2:04:59	02:53:57
SENIOREN M40							
1 (68)	BOETTCHER, Zaido	1976	LAZ Puma Rhein Sieg	0:38:24	---	1:23:49	02:02:13
2 (207)	HIMMEL, Marius	1978	LAZ Puma Rhein-Sieg	0:39:50	---	1:28:32	02:08:22
3 (177)	GÜRTLER, Oliver	1978	FC Germania Zündorf	0:39:23	---	1:30:26	02:09:49
4 (193)	HEMMERSBACH, Stephan	1978	LAZ Puma Rhein-Sieg	0:39:38	---	1:33:00	02:12:38
5 (322)	MARTEN, Sascha	1980		0:41:23	---	1:32:20	02:13:43
6 (318)	MARINGER, Niels	1978	Bojenschwimmer	0:42:04	---	1:33:21	02:15:25
7 (480)	STEINBERG, Daniel	1979		0:41:46	---	1:37:59	02:19:45
8 (310)	LÜBBERT, Mark	1979		0:44:16	---	1:36:10	02:20:26
9 (254)	KEßLER, Stefan	1978		0:43:51	---	1:40:33	02:24:24
10 (1537)	WANZEK, Thor	1976		0:46:18	---	1:45:12	02:31:30
11 (520)	WASSER, Thorsten	1977		0:48:15	---	1:53:45	02:42:00
12 (90)	BUDDE, Stephan	1980		0:48:14	---	1:55:22	02:43:36
13 (91)	BURBACH, Patrick	1978	78er Borussen	0:55:03	---	1:52:11	02:47:14
14 (530)	WIESELMANN, Marcel	1978		0:52:08	---	1:55:47	02:47:55
15 (37)	ARMAN, Efdal	1978	78er Borussen	0:55:41	---	1:53:46	02:49:27
16 (131)	DURMUS, Pinar	1977		0:53:11	---	2:07:45	03:00:56
SENIOREN M45							
1 (710)	GÜNDÜZ, Deniz	1974	Zorro	0:36:58	---	1:22:18	01:59:16
2 (130)	DUNCKER, Tobi	1971		0:40:08	---	1:27:45	02:07:53
3 (739)	SCIDA, Eusonio	1975	Brühler TV 1879	0:39:52	---	1:29:04	02:08:56
4 (364)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:43	---	1:32:32	02:13:15
5 (1480)	MÜSSEL, Uwe	1971		0:40:05	---	1:33:21	02:13:26
6 (297)	LATTRICH, Klaus	1973	TriWo	0:42:42	---	1:36:41	02:19:23
7 (230)	JAGUSCH, Andreas	1971		0:43:20	---	1:38:09	02:21:29
8 (107)	CSIRE, Norman	1973	Fechtclub Krefeld/LC Duisbu	0:46:39	---	1:45:56	02:32:35
9 (1470)	SOOS, Paul	1974		0:47:12	---	1:46:56	02:34:08
10 (222)	HÜFFELMANN, Raphael	1971		0:45:07	---	1:50:50	02:35:57
11 (280)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:48:01	---	1:53:29	02:41:30
12 (393)	PLAZINSKI, Gerhard	1975		0:48:02	---	1:54:01	02:42:03
13 (363)	OBERMAYR, Marcus	1973		0:46:53	---	1:56:19	02:43:12
14 (509)	VOELZ, Chris	1974	Höllenhunde	0:55:36	---	1:48:01	02:43:37
15 (87)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:54	---	1:54:15	02:44:09
16 (73)	BÖRSTE, Andreas	1972	TuS 07 Oberlar e.V.	0:53:35	---	1:52:27	02:46:02



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M45							
17 (740)	KREDINGER, Markus	1972	Ultra Sports	0:57:04	---	1:49:38	02:46:42
18 (525)	WELTEROTH, Marco	1972	Läufer gegen Krebs e.V.	0:55:37	---	1:51:15	02:46:52
19 (432)	RUDOLPH, Alexander	1974	Ford FCDS05	0:49:56	---	1:57:20	02:47:16
20 (4142)	HYNEK, Marco	1974		0:51:18	---	1:56:41	02:47:59
21 (435)	RUSCHMEIER, Sebastian	1974	Männerballett Kriegsdorf e.	0:53:46	---	1:55:47	02:49:33
22 (4155)	LODE, Mario	1974	Lode Runners	0:50:08	---	2:00:30	02:50:38
23 (108)	DELLAERT, Aron	1974	TPSK Triathlon	0:53:22	---	1:58:16	02:51:38
24 (163)	GIESEN, Marcus	1972	TV Winterhagen	0:52:22	---	2:02:48	02:55:10
25 (217)	HOLST, Stephan	1973		0:53:13	---	2:04:57	02:58:10
26 (4157)	SUCKER, Frank	1974	AchteaufDich	0:54:45	---	2:07:04	03:01:49
27 (746)	KOSBOW, Michael	1973		0:57:53	---	2:05:28	03:03:21
28 (399)	PÜTTMANN, Randy	1974	Team Erdinger Alkoholfrei	0:50:56	---	2:13:07	03:04:03
29 (142)	ESPENDILLER, Frank	1973	Tri Team Köln rrh.	0:59:10	---	2:08:11	03:07:21
30 (1468)	SCHLUCMER, Randolf	1971		0:56:01	---	2:15:55	03:11:56
31 (356)	NIEHAUS, Lars	1974		1:07:31	---	2:56:48	04:04:19
SENIOREN M50							
1 (1522)	SCHNEIDER, Thomas	1969	LG RWE Power	0:38:58	---	1:25:23	02:04:21
2 (429)	RÖSLER, Denis	1970	25MINUTES Köln	0:39:40	---	1:29:44	02:09:24
3 (4130)	KÖHNS, Thomas	1969		0:40:11	---	1:30:51	02:11:02
4 (105)	CONRAD, Achim	1966	LG Falkenberg	0:43:59	---	1:38:26	02:22:25
5 (502)	URBAN, Frank	1968	Team Erdinger Alkoholfrei /	0:44:30	---	1:38:36	02:23:06
6 (98)	CELEBIJA, Drazen	1968	Team Barbariga	0:44:26	---	1:40:53	02:25:19
7 (396)	PRIESS, Frank	1966	TSV Bayer Dormagen Tri	0:46:05	---	1:40:10	02:26:15
8 (749)	SCHLOEMER, Stefan	1966	KTT 01	0:46:09	---	1:42:39	02:28:48
9 (741)	HUPPERTZ, Christian	1968		0:46:42	---	1:42:37	02:29:19
10 (1510)	MORILLAS, Antonio	1966		0:46:54	---	1:44:40	02:31:34
11 (74)	BOURGUIGNON, Frank	1969	B.active Personaltraining	0:47:22	---	1:45:22	02:32:44
12 (455)	SCHRÖDER, Wolfgang	1967	Union biesfeld Triathlon	0:47:42	---	1:47:45	02:35:27
13 (437)	SAAL, Thomas	1966		0:49:04	---	1:47:20	02:36:24
14 (93)	BUSSE, Michael	1970	TSV Bayer Dormagen Triathl	0:46:19	---	1:53:07	02:39:26
15 (178)	GUTH, Charly	1969	Life Park Max e.V. Ingolstadt	0:49:39	---	1:51:25	02:41:04
16 (48)	BECK, Stefan	1967		0:48:12	---	1:53:48	02:42:00
17 (587)	HOFFMANN, Dirk	1969	Cologne Running Crew	0:50:47	---	1:54:47	02:45:34
18 (4135)	SCHMITT, Christoph	1968		0:52:51	---	1:58:09	02:51:00
19 (79)	BRAUN, Peter	1966		0:51:02	---	2:00:37	02:51:39
20 (616)	NEUHAUS, Arnd	1967	PSV Bonn Triathlon	0:51:14	---	2:00:38	02:51:52
21 (266)	KOCH, Frank	1966	Isi Fitness	0:55:07	---	1:59:06	02:54:13
22 (169)	GRAF, Wolfgang	1966		0:56:04	---	2:08:12	03:04:16
23 (311)	MAASBÜLL, Frank	1969	Laufteam Sonderbusch	0:59:58	---	2:20:25	03:20:23
24 (138)	ELLENBERGER, Arvid	1967	www.arvid-hochzeitsfotogra	0:56:41	---	2:28:25	03:25:06



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M55							
1 (742)	ROCHOLL, Lutz	1961		0:42:19	---	1:36:11	02:18:30
2 (1479)	GEIMER, Günter	1962	Die Mannschaft e.V.	0:46:00	---	1:38:31	02:24:31
3 (288)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:48:11	---	1:46:49	02:35:00
4 (475)	STÄBLEIN, Michael	1961	RTB - Remscheid	0:45:22	---	1:51:12	02:36:34
5 (244)	KASEK, Heinrich	1962	RTB Remscheid	0:47:08	---	1:51:05	02:38:13
6 (264)	KNIEBELER, Ralf	1965	Marathon-Club Eschweiler	0:49:11	---	1:49:37	02:38:48
7 (343)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:48:53	---	1:51:55	02:40:48
8 (611)	MARTENS, Jörn	1962	Run Of Colours Promoteam	0:48:33	---	1:57:37	02:46:10
9 (618)	PODZUS, Horst	1961		0:50:45	---	1:59:00	02:49:45
10 (1488)	KAMMLER, Rheinhard	1963	Cologne Allblacks	0:51:55	---	2:05:41	02:57:36
11 (657)	JENKE, Michael	1962	Team TVE Netphen	0:55:10	---	2:02:44	02:57:54
12 (601)	KNEPPER, Michael	1963	Marathon Mülheim	0:57:21	---	2:00:52	02:58:13
13 (431)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:55:01	---	2:08:38	03:03:39
14 (203)	HESS, Volker	1965	Die Bojenschwimmer	0:57:58	---	2:13:31	03:11:29
15 (250)	KEITEL, Sönke	1964		0:58:15	---	2:15:59	03:14:14
SENIOREN M60							
1 (433)	RUHNKE, Robert	1958	LG RWE-Power	0:39:32	---	1:30:45	02:10:17
2 (262)	KLOTZ, Stefan	1958	ASV Köln	0:48:22	---	1:41:58	02:30:20
3 (447)	SCHMIDT, Jürgen	1959	Marathon-Club Eschweiler	0:48:38	---	1:51:35	02:40:13
4 (58)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:58	---	1:54:47	02:43:45
5 (1528)	BRODOWSKI, Günter	1960		0:51:48	---	1:59:26	02:51:14
6 (210)	HLUSIAK, Wolfgang	1959	LG Hückeswagen	0:53:09	---	2:04:58	02:58:07
7 (4146)	SCHEU, Peter	1960		0:57:00	---	2:03:17	03:00:17
SENIOREN M65							
1 (1471)	PNIEWSKI, Bernd	1954	Brücker Lauffreunde	0:49:42	---	1:49:15	02:38:57
2 (119)	DITSCHKE, Reimund	1955	SG Siegen-Giersberg	1:00:51	---	2:15:33	03:16:24
SENIOREN M70							
1 (4112)	ZWICK, Daniel	1950		0:50:02	---	1:51:47	02:41:49
2 (49)	BECKER, Claus	1949		0:55:53	---	2:09:27	03:05:20
3 (156)	FREYMUTH, Jürgen	1949	IAC Düren	1:00:52	---	2:18:19	03:19:11
SENIOREN M75							
1 (638)	STEINKE, Gerhard	1942	---	1:00:32	---	2:18:02	03:18:34
SENIOREN M85							
1 (1489)	KAPELLNER, Alexander	1901	S.O.A. Runner Cologne	0:50:19	---	2:05:29	02:55:48
MÄNNL. JUGEND U20							
1 (362)	OBERMAYR, Till	2002	GSV Porz	0:46:52	---	1:56:18	02:43:10



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNL. JUGEND U20							
2 (1505)	SCHUHMACHER, Pierre	2002	LT Saaler Mühle	0:51:42	---	1:58:16	02:49:58
FRAUEN							
1 (625)	ROTH, Annabel	1992	LT Saaler Mühle	0:47:49	---	1:45:23	02:33:12
2 (4140)	KÖNIGHAUS, Felicitas	1994	LC Olympia Wiesbaden	0:47:56	---	1:45:34	02:33:30
3 (586)	HIRSCHHÄUSER, Eva	1996	Bunert - Der Kölner Lauflade	0:48:19	---	1:55:07	02:43:26
4 (1542)	HAUPTVOGEL, Katharina	1992		0:53:03	---	1:56:00	02:49:03
5 (516)	WAGNER, Anne	1993		0:55:49	---	2:14:42	03:10:31
SENIORINNEN W30							
1 (1529)	MEULEMAN, Jana	1986		0:41:01	---	1:34:33	02:15:34
2 (43)	BARTLETT, Denise	1987		0:47:09	---	1:42:05	02:29:14
3 (613)	MODIS, Marina	1989		0:53:34	---	2:06:12	02:59:46
4 (620)	QUIRBACH, Tamara	1990		0:56:23	---	2:11:11	03:07:34
5 (153)	FRANKE, Dani	1986		1:00:28	---	2:17:02	03:17:30
SENIORINNEN W35							
1 (31)	ADAM, Miriam	1982	ASV Köln Triathlon	0:42:13	---	1:33:47	02:16:00
2 (414)	RINGSHAUSER, Daniela	1985	SSF Bonn	0:47:52	---	1:48:46	02:36:38
3 (335)	MICHEL, Anne	1985	Asc Rosellen / Neuss	0:49:28	---	1:54:11	02:43:39
4 (349)	MÜLLER, Claudia	1982		0:49:25	---	1:55:02	02:44:27
5 (302)	LICHTENTHÄLER, Carina	1983	Läufer gegen Krebs e.V.	0:55:35	---	1:51:14	02:46:49
6 (165)	GMEINER, Edith	1982	Gruppen Gruscheln	0:50:52	---	1:58:51	02:49:43
7 (136)	EILERS, Marieke	1983		0:55:18	---	2:09:31	03:04:49
SENIORINNEN W40							
1 (212)	HOFFMANN, Manuela	1977		0:56:13	---	1:56:09	02:52:22
2 (113)	DICK, Doro	1976	iamsport	0:54:42	---	2:01:48	02:56:30
3 (551)	ZLOTOS, Karin	1976		0:54:15	---	2:14:42	03:08:57
SENIORINNEN W45							
1 (372)	PÄFFGEN, Anne	1972	Köln Lläuft!	0:43:37	---	1:35:19	02:18:56
2 (336)	MICHELTSEN, Irina	1972		0:56:10	---	2:04:58	03:01:08
3 (261)	KLOTZ, Nicole	1972	ASV Köln	0:57:34	---	2:05:42	03:03:16
4 (1303)	UERLINGS-BAMBERGER, Heik	1974		0:58:29	---	2:14:48	03:13:17
5 (319)	MARSCHALL, Patricia	1973	LT Schneewittchen	1:04:50	---	2:19:17	03:24:07
SENIORINNEN W50							
1 (294)	KÜTTNER, Christiane	1967	Laufmonster	0:47:56	---	1:50:32	02:38:28
2 (1503)	WAHL, Susanne	1968		0:55:43	---	2:03:10	02:58:53
SENIORINNEN W55							



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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
SENIORINNEN W55							
1 (405)	RAMB, Birgit	1961		0:56:51	---	2:09:45	03:06:36
2 (32)	ADAMS, Heike	1964		0:58:15	---	2:10:16	03:08:31
3 (46)	BAUER, Christiane	1964	Rheinhöhenlauf	1:05:13	---	2:26:20	03:31:33
SENIORINNEN W60							
1 (490)	STÖTZEL-DITSCHKE, Christiane	1957	SG Siegen-Giersberg	0:59:33	---	2:14:15	03:13:48
SENIORINNEN W65							
1 (238)	JÜNGST, Barbara	1954	ASC. Weißbachtal e.V.	0:58:06	---	2:12:38	03:10:44
2 (291)	KÜHNEL, Walli	1953		1:07:43	---	2:32:29	03:40:12