



3. Lauf zur 30. 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 (1833)	SCHNEIDER, Norbert	1968	Bunert - Der Kölner Lauflade	0:35:33	0:35:06	0:35:55	01:46:34
2 (994)	BREITBACH, Dominik	1986	ASV Köln	0:37:45	0:37:31	0:37:29	01:52:45
3 (1637)	WILCZEK, Tobias	1995	SV Bergisch Gladbach 1920/	0:38:48	0:38:19	0:37:08	01:54:15
4 (1667)	LEVERKÖHNE, Frank	1975		0:39:36	0:38:40	0:37:56	01:56:12
5 (1269)	MÜLLER, Josef	1968	LT Graftschaft	0:39:36	0:38:40	0:37:58	01:56:14
6 (1614)	MOHR, Benjamin	1988	Aachen hat Ausdauer	0:39:48	0:38:21	0:38:18	01:56:27
7 (447)	SCHRÖTER, Martin	1971	ERGO sports Köln	0:39:47	0:39:02	0:39:49	01:58:38
8 (1820)	HARTMANN, Frederik	1968	TV Refrath	0:40:14	0:40:43	0:39:49	02:00:46
9 (1672)	SCHWANE, Adrien	1987	Aachen hat Ausdauer	0:40:10	0:40:51	0:39:54	02:00:55
10 (1129)	ULMEN, Fabian	1993		0:42:52	0:40:24	0:41:11	02:04:27
11 (206)	HOFFMANN, Carsten	1975	TSG Valbert	0:41:56	0:41:29	0:41:28	02:04:53
12 (1336)	WANK, Michael	1969	LT Hennef/Sieg	0:42:33	0:41:55	0:41:37	02:06:05
13 (1359)	MIESEN, Jannic	1996	GSV Porz	0:41:20	0:43:16	0:42:03	02:06:39
14 (1141)	WILMS, Robert	1987	SG Wenden	0:37:16	0:40:18	0:49:09	02:06:43
15 (1016)	BRAUNER, Dirk	1969	TUSEM ESSEN	0:41:58	0:42:44	0:43:09	02:07:51
16 (138)	LENNARTZ, Birgit	1965	LLG St. Augustin	0:42:44	0:42:51	0:42:37	02:08:12
17 (1687)	BLATZHEIM, Marko	1989	Aachen hat Ausdauer	0:45:02	0:42:15	0:41:01	02:08:18
18 (222)	RÖLLGEN, Thomas	1973	HDL Perle	0:43:14	0:43:12	0:42:48	02:09:14
19 (1641)	NIEKRAWIETZ, Peter	1968		0:43:09	0:43:34	0:43:18	02:10:01
20 (1009)	BERGRATH, Markus	1976	Moritzebillys	0:44:37	0:43:15	0:42:26	02:10:18
21 (1004)	BARTON, Tobias	1985		0:45:22	0:43:46	0:42:53	02:12:01
22 (1658)	KAISER, Stephan	1967	ERGO sports Köln	0:44:17	0:45:28	0:43:59	02:13:44
23 (220)	DÜNNER, Joachim	1962	SV Bergisch Gladbach 1920/	0:47:01	0:43:35	0:44:23	02:14:59
24 (995)	EISERMANN, Stephan	1966		0:45:05	0:43:59	0:46:22	02:15:26
25 (1322)	SONNTAG, Frank	1991	ERGO sports Köln	0:46:36	0:45:00	0:43:56	02:15:32
26 (1815)	WILBRAND, Ulrike	1955	LG Südsauerland	0:45:34	0:45:18	0:44:55	02:15:47
27 (1813)	GMÄHLE, Max	1965		0:45:37	0:45:34	0:44:40	02:15:51
28 (1324)	STRAUB, Peter	1975		0:45:39	0:45:30	0:45:19	02:16:28
29 (1357)	ZÖHRERBAUER, Mathias	1969		0:46:05	0:45:59	0:44:50	02:16:54
30 (1083)	MAURER, Franz	1955	LT Graftschaft	0:46:09	0:45:35	0:46:13	02:17:57
31 (1182)	DRESBACH, Frank	1967	Cologne Allblacks	0:47:33	0:46:30	0:45:54	02:19:57
32 (1204)	HANSEN, Christoph	1965	Cologne Allblacks	0:47:38	0:46:17	0:47:17	02:21:12
33 (1602)	DEGENHARDT, Olaf	1967		0:48:14	0:47:19	0:45:41	02:21:14
34 (1642)	MOLITOR, Sven	1974	LEONI	0:48:44	0:46:31	0:46:16	02:21:31
35 (248)	KÜTTNER, Christiane	1967	Laufmonster	0:47:57	0:46:44	0:47:13	02:21:54
36 (216)	WOJCIECHOWSKI, Henryk	1949		0:47:51	0:47:33	0:47:17	02:22:41
37 (1391)	FORSCH, Axel	1994	TPSK-Rudern	0:48:41	0:47:50	0:46:56	02:23:27
38 (1184)	EIDMANN, Volker	1960	Wuppertal	0:47:43	0:47:43	0:48:25	02:23:51
39 (1183)	EGGER, Andy	1978	Team Handelshof	0:48:12	0:48:41	0:47:29	02:24:22
40 (999)	MEURER, Thomas	1957		0:48:58	0:48:15	0:47:25	02:24:38
41 (1392)	KERSJES, Richard	1994	TPSK-Rudern	0:51:23	0:47:32	0:46:12	02:25:07
42 (1625)	RUSTEMEIER, Stefan	1975	SSV-Marienhöhe	0:50:27	0:47:37	0:48:03	02:26:07



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (1283)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:49:39	0:48:57	0:47:55	02:26:31
44 (1284)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:49:39	0:48:58	0:47:56	02:26:33
45 (1114)	SCHMIDT, Michael	1968	Team Erdinger Alkoholfrei	0:50:39	0:48:26	0:48:13	02:27:18
46 (1142)	WILMS, Karoline	1990	LKD Düsseldorf	0:48:10	0:50:33	0:48:51	02:27:34
47 (1177)	DJAMALPOUR, Syrus	1965	SC 08 Elsdorf	0:46:05	0:48:19	0:53:24	02:27:48
48 (266)	SACHS, Sandra	1970	LT Hennef/Sieg	0:49:10	0:49:49	0:48:57	02:27:56
49 (1178)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:49:33	0:50:31	0:50:03	02:30:07
50 (1393)	MATARÉ, Birgit	1962	TPSK-Rudern	0:49:56	0:50:20	0:50:21	02:30:37
51 (1297)	ROTH, Wolfgang	1969		0:50:45	0:49:48	0:51:24	02:31:57
52 (2317)	BÜHLER, Gerd	1967		0:52:40	0:49:46	0:49:42	02:32:08
53 (208)	HOFFMANN, Sara	1982	TSG Valbert	0:51:04	0:50:57	0:50:37	02:32:38
54 (1107)	ROBBEN, Frank	1969		0:53:40	0:51:27	0:49:50	02:34:57
55 (453)	LEYENDECKER, Matthias	1961		0:52:14	0:52:57	0:50:30	02:35:41
56 (1356)	ZIMMERMANN, Ralf	1960	EVL Lauftreff	0:54:16	0:51:48	0:50:21	02:36:25
57 (1209)	HAUPTMANN, Sven	1983	1. FC Spich 1911 e.V.	0:52:45	0:54:00	0:52:34	02:39:19
58 (1244)	KOTTMANN, Thorsten	1974		0:52:21	0:53:56	0:53:06	02:39:23
59 (1617)	MORITZ, Ursula	1970		0:53:46	0:53:58	0:51:55	02:39:39
60 (1331)	UNVERDORBEN, Sandra	1977		0:54:50	0:51:44	0:53:47	02:40:21
61 (1255)	LINDEMANN, Kai	1986		0:52:22	0:55:56	0:52:46	02:41:04
62 (1196)	GLOMBITZA, Rainer	1958		0:54:03	0:54:37	0:52:39	02:41:19
63 (1238)	KIRBERG, Tobias	1981		0:55:44	0:53:13	0:52:56	02:41:53
64 (461)	ESSER, Hans	1968		0:55:57	0:54:18	0:51:43	02:41:58
65 (232)	NERTINGER, Frank	1968		0:55:43	0:53:49	0:52:56	02:42:28
66 (1635)	TILLMANN, Detlef	1958	TUS Mechernich 1897 e. v.	0:54:15	0:55:15	0:52:59	02:42:29
67 (1819)	SAUREN, Natalie	1970	Team Laufcampus	0:52:06	0:58:20	0:52:23	02:42:49
68 (428)	KARITZKY, Jan	1971		0:56:18	0:54:19	0:53:04	02:43:41
69 (1124)	STRATMANN, Gerd	1954	Gelpegazellen Wuppertal	0:53:41	0:53:46	0:56:41	02:44:08
70 (1171)	DAHL-KLEMS, Kerstin	1974		0:56:12	0:54:38	0:53:19	02:44:09
71 (1266)	MUCHA, Tanja	1981	SV Bergisch Gladbach 1920/	0:54:50	0:55:06	0:54:33	02:44:29
72 (1158)	BLASS, Frank	1967		0:54:53	0:54:34	0:55:11	02:44:38
73 (1036)	GENTNER, Nicole	1977		0:56:27	0:54:59	0:54:22	02:45:48
74 (426)	NEUBER, Ralph	1967		0:57:29	0:55:19	0:53:15	02:46:03
75 (1286)	PLÜCK, Wolfgang	1962		0:56:53	0:54:29	0:55:15	02:46:37
76 (1606)	FRANZEN, Manuela	1963	LT Grafenschaft	0:56:29	0:55:29	0:54:52	02:46:50
77 (1817)	RITTER, Daniela	1974	SSV Hellas	0:56:07	0:56:24	0:54:38	02:47:09
78 (1340)	WERHEID, Dieter	1969		0:54:38	0:57:21	0:56:09	02:48:08
79 (1854)	GUHLEMANN, Ingrid	1950	Lauftreff Alt Erkrath	0:56:48	0:56:19	0:56:02	02:49:09
80 (1208)	HARTMANN, Werner	1955	Köln-Porz	0:58:02	0:55:47	0:55:58	02:49:47
81 (1618)	NOBEN, Simone	1959	ISI-RUNNER	0:57:34	0:57:33	0:56:51	02:51:58
82 (1138)	WASSERFUHR, Karl-Heinz	1951	SSV Marienheide	0:57:51	0:56:11	0:59:28	02:53:30
83 (1089)	MÖLLER, Geli	1964	LSH Elsdorf	0:58:50	0:57:49	0:57:48	02:54:27
84 (1225)	HOFFMANN, Susanne	1968	LT Saaler Mühle	0:59:10	0:58:56	0:57:57	02:56:03



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (1300)	RYPHOLZ, Monika	1960	ASV Köln Triathlon	0:59:36	0:57:50	0:59:02	02:56:28
86 (1173)	DAUBER, Kirstin	1984		1:00:08	0:58:30	0:58:17	02:56:55
87 (1155)	BENATIA, Brigitte	1966		0:59:35	0:58:12	0:59:09	02:56:56
88 (1021)	CARL, Gaby	1972		1:00:54	0:57:53	0:58:59	02:57:46
89 (1257)	LÜTGE, Karsten	1980		1:01:38	0:59:06	1:02:01	03:02:45
90 (1071)	KUHNKE, Christian	1986		1:01:39	1:00:17	1:00:55	03:02:51
91 (1013)	BOSCH, Sandra	1973		0:59:55	1:01:15	1:01:59	03:03:09
92 (458)	STÄNDER, Roland	1952		1:00:18	1:04:08	0:59:46	03:04:12
93 (1125)	STRUBE, Benjamin	1982		1:03:04	1:00:16	1:01:05	03:04:25
94 (304)	SCHMELTER, Sabine	1971		1:03:05	1:02:16	1:00:38	03:05:59
95 (1050)	HERBERTZ, Stephan	1964		1:08:40	0:53:16	1:07:53	03:09:49
96 (659)	LENZ, Julia	2003	DJK Frankonia Porz	1:05:40	1:02:28	1:01:56	03:10:04
97 (1188)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	1:06:40	1:01:47	1:01:39	03:10:06
98 (663)	PINNER, Kathrin	1997	DJK Frankonia Porz	1:05:40	1:02:29	1:01:58	03:10:07
99 (1068)	KRAMS, Sabine	1964	Team Erdinger Alkoholfrei	1:03:41	1:04:21	1:02:47	03:10:49
100 (201)	HOFFMANN, Michael	1966		1:03:41	1:04:21	1:02:48	03:10:50
101 (460)	STÄNDER, Gerhard	1950	Lauftreff Fühlingersee	1:03:00	1:04:10	1:04:24	03:11:34
102 (1298)	RUPIETTA, Susanne	1964	Colombina Colonia	1:03:34	1:04:20	1:05:50	03:13:44
103 (436)	FEIGE, Manfred	1947	Cologne Allblacks	1:06:40	1:07:40	1:02:55	03:17:15
104 (440)	HIRSCH, Manfred	1971		1:05:52	1:05:17	1:06:45	03:17:54
105 (2384)	TUTAS, Werner	1947		1:05:17	1:06:50	1:08:35	03:20:42
106 (1321)	SONNTAG, Ursula	1962	ERGO sports Köln	1:06:58	1:06:49	1:07:50	03:21:37
107 (1195)	GLOMBITZA, LYDIA	1986		1:09:23	1:08:49	1:06:57	03:25:09
108 (1657)	KÖPPE, Christa	1960		1:08:55	1:10:15	1:09:09	03:28:19
109 (1243)	KORDEUTER, Jutta	1954	ReVital Center	1:25:24	1:23:32	1:23:16	04:12:12
110 (1190)	FUCHS, Christa	1956		1:28:31	1:29:43	1:31:23	04:29:37
111 (989)	ELISSEN-GÖBLING, Natascha	1971	kleiner Laufangriff	1:01:32	1:03:27	3:05:46	05:10:45



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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 (138)	LENNARTZ, Birgit	1965	LLG St. Augustin	0:42:44	0:42:51	0:42:37	02:08:12
2 (1815)	WILBRAND, Ulrike	1955	LG Südsauerland	0:45:34	0:45:18	0:44:55	02:15:47
3 (248)	KÜTTNER, Christiane	1967	Laufmonster	0:47:57	0:46:44	0:47:13	02:21:54
4 (1142)	WILMS, Karoline	1990	LKD Düsseldorf	0:48:10	0:50:33	0:48:51	02:27:34
5 (266)	SACHS, Sandra	1970	LT Hennef/Sieg	0:49:10	0:49:49	0:48:57	02:27:56
6 (1393)	MATARÉ, Birgit	1962	TPSK-Rudern	0:49:56	0:50:20	0:50:21	02:30:37
7 (208)	HOFFMANN, Sara	1982	TSG Valbert	0:51:04	0:50:57	0:50:37	02:32:38
8 (1617)	MORITZ, Ursula	1970		0:53:46	0:53:58	0:51:55	02:39:39
9 (1331)	UNVERDORBEN, Sandra	1977		0:54:50	0:51:44	0:53:47	02:40:21
10 (1819)	SAUREN , Natalie	1970	Team Laufcampus	0:52:06	0:58:20	0:52:23	02:42:49
11 (1171)	DAHL-KLEMS, Kerstin	1974		0:56:12	0:54:38	0:53:19	02:44:09
12 (1266)	MUCHA, Tanja	1981	SV Bergisch Gladbach 1920/	0:54:50	0:55:06	0:54:33	02:44:29
13 (1036)	GENTNER, Nicole	1977		0:56:27	0:54:59	0:54:22	02:45:48
14 (1606)	FRANZEN, Manuela	1963	LT Grafenschaft	0:56:29	0:55:29	0:54:52	02:46:50
15 (1817)	RITTER, Daniela	1974	SSV Hellas	0:56:07	0:56:24	0:54:38	02:47:09
16 (1854)	GUHLEMANN, Ingrid	1950	Lauftreff Alt Erkrath	0:56:48	0:56:19	0:56:02	02:49:09
17 (1618)	NOBEN, Simone	1959	ISI-RUNNER	0:57:34	0:57:33	0:56:51	02:51:58
18 (1089)	MÖLLER, Geli	1964	LSH Elsdorf	0:58:50	0:57:49	0:57:48	02:54:27
19 (1225)	HOFFMANN, Susanne	1968	LT Saaler Mühle	0:59:10	0:58:56	0:57:57	02:56:03
20 (1300)	RYPHOLZ, Monika	1960	ASV Köln Triathlon	0:59:36	0:57:50	0:59:02	02:56:28
21 (1173)	DAUBER, Kirstin	1984		1:00:08	0:58:30	0:58:17	02:56:55
22 (1155)	BENATIA, Brigitte	1966		0:59:35	0:58:12	0:59:09	02:56:56
23 (1021)	CARL, Gaby	1972		1:00:54	0:57:53	0:58:59	02:57:46
24 (1013)	BOSCH, Sandra	1973		0:59:55	1:01:15	1:01:59	03:03:09
25 (304)	SCHMELTER, Sabine	1971		1:03:05	1:02:16	1:00:38	03:05:59
26 (659)	LENZ, Julia	2003	DJK Frankonia Porz	1:05:40	1:02:28	1:01:56	03:10:04
27 (1188)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	1:06:40	1:01:47	1:01:39	03:10:06
28 (663)	PINNER, Kathrin	1997	DJK Frankonia Porz	1:05:40	1:02:29	1:01:58	03:10:07
29 (1068)	KRAMS, Sabine	1964	Team Erdinger Alkoholfrei	1:03:41	1:04:21	1:02:47	03:10:49
30 (1298)	RUPIETTA, Susanne	1964	Colombina Colonia	1:03:34	1:04:20	1:05:50	03:13:44
31 (1321)	SONNTAG, Ursula	1962	ERGO sports Köln	1:06:58	1:06:49	1:07:50	03:21:37
32 (1195)	GLOMBITZA, LYDIA	1986		1:09:23	1:08:49	1:06:57	03:25:09
33 (1657)	KÖPPE, Christa	1960		1:08:55	1:10:15	1:09:09	03:28:19
34 (1243)	KORDEUTER, Jutta	1954	ReVital Center	1:25:24	1:23:32	1:23:16	04:12:12
35 (1190)	FUCHS, Christa	1956		1:28:31	1:29:43	1:31:23	04:29:37
36 (989)	ELISSEN-GÖBLING, Natascha	1971	kleiner Laufangriff	1:01:32	1:03:27	3:05:46	05:10:45



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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 (1833)	SCHNEIDER, Norbert	1968	Bunert - Der Kölner Lauflade	0:35:33	0:35:06	0:35:55	01:46:34
2 (994)	BREITBACH, Dominik	1986	ASV Köln	0:37:45	0:37:31	0:37:29	01:52:45
3 (1637)	WILCZEK, Tobias	1995	SV Bergisch Gladbach 1920/	0:38:48	0:38:19	0:37:08	01:54:15
4 (1667)	LEVERKÖHNE, Frank	1975		0:39:36	0:38:40	0:37:56	01:56:12
5 (1269)	MÜLLER, Josef	1968	LT Graftschaft	0:39:36	0:38:40	0:37:58	01:56:14
6 (1614)	MOHR, Benjamin	1988	Aachen hat Ausdauer	0:39:48	0:38:21	0:38:18	01:56:27
7 (447)	SCHRÖTER, Martin	1971	ERGO sports Köln	0:39:47	0:39:02	0:39:49	01:58:38
8 (1820)	HARTMANN, Frederik	1968	TV Refrath	0:40:14	0:40:43	0:39:49	02:00:46
9 (1672)	SCHWANE, Adrien	1987	Aachen hat Ausdauer	0:40:10	0:40:51	0:39:54	02:00:55
10 (1129)	ULMEN, Fabian	1993		0:42:52	0:40:24	0:41:11	02:04:27
11 (206)	HOFFMANN, Carsten	1975	TSG Valbert	0:41:56	0:41:29	0:41:28	02:04:53
12 (1336)	WANK, Michael	1969	LT Hennef/Sieg	0:42:33	0:41:55	0:41:37	02:06:05
13 (1359)	MIESEN, Jannic	1996	GSV Porz	0:41:20	0:43:16	0:42:03	02:06:39
14 (1141)	WILMS, Robert	1987	SG Wenden	0:37:16	0:40:18	0:49:09	02:06:43
15 (1016)	BRAUNER, Dirk	1969	TUSEM ESSEN	0:41:58	0:42:44	0:43:09	02:07:51
16 (1687)	BLATZHEIM, Marko	1989	Aachen hat Ausdauer	0:45:02	0:42:15	0:41:01	02:08:18
17 (222)	RÖLLGEN, Thomas	1973	HDL Perle	0:43:14	0:43:12	0:42:48	02:09:14
18 (1641)	NIEKRAWIETZ, Peter	1968		0:43:09	0:43:34	0:43:18	02:10:01
19 (1009)	BERGRATH, Markus	1976	Moritzebillys	0:44:37	0:43:15	0:42:26	02:10:18
20 (1004)	BARTON, Tobias	1985		0:45:22	0:43:46	0:42:53	02:12:01
21 (1658)	KAISER, Stephan	1967	ERGO sports Köln	0:44:17	0:45:28	0:43:59	02:13:44
22 (220)	DÜNNER, Joachim	1962	SV Bergisch Gladbach 1920/	0:47:01	0:43:35	0:44:23	02:14:59
23 (995)	EISERMANN, Stephan	1966		0:45:05	0:43:59	0:46:22	02:15:26
24 (1322)	SONNTAG, Frank	1991	ERGO sports Köln	0:46:36	0:45:00	0:43:56	02:15:32
25 (1813)	GMÄHLE, Max	1965		0:45:37	0:45:34	0:44:40	02:15:51
26 (1324)	STRAUB, Peter	1975		0:45:39	0:45:30	0:45:19	02:16:28
27 (1357)	ZÖHRERBAUER, Mathias	1969		0:46:05	0:45:59	0:44:50	02:16:54
28 (1083)	MAURER, Franz	1955	LT Graftschaft	0:46:09	0:45:35	0:46:13	02:17:57
29 (1182)	DRESBACH, Frank	1967	Cologne Allblacks	0:47:33	0:46:30	0:45:54	02:19:57
30 (1204)	HANSEN, Christoph	1965	Cologne Allblacks	0:47:38	0:46:17	0:47:17	02:21:12
31 (1602)	DEGENHARDT, Olaf	1967		0:48:14	0:47:19	0:45:41	02:21:14
32 (1642)	MOLITOR, Sven	1974	LEONI	0:48:44	0:46:31	0:46:16	02:21:31
33 (216)	WOJCIECHOWSKI, Henryk	1949		0:47:51	0:47:33	0:47:17	02:22:41
34 (1391)	FORSCH, Axel	1994	TPSK-Rudern	0:48:41	0:47:50	0:46:56	02:23:27
35 (1184)	EIDMANN, Volker	1960	Wuppertal	0:47:43	0:47:43	0:48:25	02:23:51
36 (1183)	EGGER, Andy	1978	Team Handelshof	0:48:12	0:48:41	0:47:29	02:24:22
37 (999)	MEURER, Thomas	1957		0:48:58	0:48:15	0:47:25	02:24:38
38 (1392)	KERSJES, Richard	1994	TPSK-Rudern	0:51:23	0:47:32	0:46:12	02:25:07
39 (1625)	RUSTEMEIER, Stefan	1975	SSV-Marienhede	0:50:27	0:47:37	0:48:03	02:26:07
40 (1283)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:49:39	0:48:57	0:47:55	02:26:31
41 (1284)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:49:39	0:48:58	0:47:56	02:26:33



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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							
42 (1114)	SCHMIDT, Michael	1968	Team Erdinger Alkoholfrei	0:50:39	0:48:26	0:48:13	02:27:18
43 (1177)	DJAMALPOUR, Syrus	1965	SC 08 Elsdorf	0:46:05	0:48:19	0:53:24	02:27:48
44 (1178)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:49:33	0:50:31	0:50:03	02:30:07
45 (1297)	ROTH, Wolfgang	1969		0:50:45	0:49:48	0:51:24	02:31:57
46 (2317)	BÜHLER, Gerd	1967		0:52:40	0:49:46	0:49:42	02:32:08
47 (1107)	ROBBEN, Frank	1969		0:53:40	0:51:27	0:49:50	02:34:57
48 (453)	LEYENDECKER, Matthias	1961		0:52:14	0:52:57	0:50:30	02:35:41
49 (1356)	ZIMMERMANN, Ralf	1960	EVL Lauftreff	0:54:16	0:51:48	0:50:21	02:36:25
50 (1209)	HAUPTMANN, Sven	1983	1. FC Spich 1911 e.V.	0:52:45	0:54:00	0:52:34	02:39:19
51 (1244)	KOTTMANN, Thorsten	1974		0:52:21	0:53:56	0:53:06	02:39:23
52 (1255)	LINDEMANN, Kai	1986		0:52:22	0:55:56	0:52:46	02:41:04
53 (1196)	GLOMBITZA, Rainer	1958		0:54:03	0:54:37	0:52:39	02:41:19
54 (1238)	KIRBERG, Tobias	1981		0:55:44	0:53:13	0:52:56	02:41:53
55 (461)	ESSER, Hans	1968		0:55:57	0:54:18	0:51:43	02:41:58
56 (232)	NERTINGER, Frank	1968		0:55:43	0:53:49	0:52:56	02:42:28
57 (1635)	TILLMANN, Detlef	1958	TUS Mechernich 1897 e. v.	0:54:15	0:55:15	0:52:59	02:42:29
58 (428)	KARITZKY, Jan	1971		0:56:18	0:54:19	0:53:04	02:43:41
59 (1124)	STRATMANN, Gerd	1954	Gelpegazellen Wuppertal	0:53:41	0:53:46	0:56:41	02:44:08
60 (1158)	BLASS, Frank	1967		0:54:53	0:54:34	0:55:11	02:44:38
61 (426)	NEUBER, Ralph	1967		0:57:29	0:55:19	0:53:15	02:46:03
62 (1286)	PLÜCK, Wolfgang	1962		0:56:53	0:54:29	0:55:15	02:46:37
63 (1340)	WERHEID, Dieter	1969		0:54:38	0:57:21	0:56:09	02:48:08
64 (1208)	HARTMANN, Werner	1955	Köln-Porz	0:58:02	0:55:47	0:55:58	02:49:47
65 (1138)	WASSERFUHR, Karl-Heinz	1951	SSV Marienheide	0:57:51	0:56:11	0:59:28	02:53:30
66 (1257)	LÜTGE, Karsten	1980		1:01:38	0:59:06	1:02:01	03:02:45
67 (1071)	KUHNKE, Christian	1986		1:01:39	1:00:17	1:00:55	03:02:51
68 (458)	STÄNDER, Roland	1952		1:00:18	1:04:08	0:59:46	03:04:12
69 (1125)	STRUBE, Benjamin	1982		1:03:04	1:00:16	1:01:05	03:04:25
70 (1050)	HERBERTZ, Stephan	1964		1:08:40	0:53:16	1:07:53	03:09:49
71 (201)	HOFFMANN, Michael	1966		1:03:41	1:04:21	1:02:48	03:10:50
72 (460)	STÄNDER, Gerhard	1950	Lauftreff Fühlingersee	1:03:00	1:04:10	1:04:24	03:11:34
73 (436)	FEIGE, Manfred	1947	Cologne Allblacks	1:06:40	1:07:40	1:02:55	03:17:15
74 (440)	HIRSCH, Manfred	1971		1:05:52	1:05:17	1:06:45	03:17:54
75 (2384)	TUTAS, Werner	1947		1:05:17	1:06:50	1:08:35	03:20:42



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNER							
1 (994)	BREITBACH, Dominik	1986	ASV Köln	0:37:45	0:37:31	0:37:29	01:52:45
2 (1614)	MOHR, Benjamin	1988	Aachen hat Ausdauer	0:39:48	0:38:21	0:38:18	01:56:27
3 (1672)	SCHWANE, Adrien	1987	Aachen hat Ausdauer	0:40:10	0:40:51	0:39:54	02:00:55
4 (1141)	WILMS, Robert	1987	SG Wenden	0:37:16	0:40:18	0:49:09	02:06:43
5 (1687)	BLATZHEIM, Marko	1989	Aachen hat Ausdauer	0:45:02	0:42:15	0:41:01	02:08:18
6 (1004)	BARTON, Tobias	1985		0:45:22	0:43:46	0:42:53	02:12:01
7 (1322)	SONNTAG, Frank	1991	ERGO sports Köln	0:46:36	0:45:00	0:43:56	02:15:32
8 (1255)	LINDEMANN, Kai	1986		0:52:22	0:55:56	0:52:46	02:41:04
9 (1071)	KUHNKE, Christian	1986		1:01:39	1:00:17	1:00:55	03:02:51
JUNIOREN U23							
1 (1129)	ULMEN, Fabian	1993		0:42:52	0:40:24	0:41:11	02:04:27
2 (1391)	FORSCH, Axel	1994	TPSK-Rudern	0:48:41	0:47:50	0:46:56	02:23:27
3 (1392)	KERSJES, Richard	1994	TPSK-Rudern	0:51:23	0:47:32	0:46:12	02:25:07
4 (1283)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:49:39	0:48:57	0:47:55	02:26:31
SENIOREN M30							
1 (1209)	HAUPTMANN, Sven	1983	1. FC Spich 1911 e.V.	0:52:45	0:54:00	0:52:34	02:39:19
2 (1238)	KIRBERG, Tobias	1981		0:55:44	0:53:13	0:52:56	02:41:53
3 (1257)	LÜTGE, Karsten	1980		1:01:38	0:59:06	1:02:01	03:02:45
4 (1125)	STRUBE, Benjamin	1982		1:03:04	1:00:16	1:01:05	03:04:25
SENIOREN M35							
1 (1667)	LEVERKÖHNE, Frank	1975		0:39:36	0:38:40	0:37:56	01:56:12
2 (206)	HOFFMANN, Carsten	1975	TSG Valbert	0:41:56	0:41:29	0:41:28	02:04:53
3 (1009)	BERGRATH, Markus	1976	Moritzebillys	0:44:37	0:43:15	0:42:26	02:10:18
4 (1324)	STRAUB, Peter	1975		0:45:39	0:45:30	0:45:19	02:16:28
5 (1183)	EGGER, Andy	1978	Team Handelshof	0:48:12	0:48:41	0:47:29	02:24:22
6 (1625)	RUSTEMEIER, Stefan	1975	SSV-Marienheide	0:50:27	0:47:37	0:48:03	02:26:07
SENIOREN M40							
1 (447)	SCHRÖTER, Martin	1971	ERGO sports Köln	0:39:47	0:39:02	0:39:49	01:58:38
2 (222)	RÖLLGEN, Thomas	1973	HDL Perle	0:43:14	0:43:12	0:42:48	02:09:14
3 (1642)	MOLITOR, Sven	1974	LEONI	0:48:44	0:46:31	0:46:16	02:21:31
4 (1244)	KOTTMANN, Thorsten	1974		0:52:21	0:53:56	0:53:06	02:39:23
5 (428)	KARITZKY, Jan	1971		0:56:18	0:54:19	0:53:04	02:43:41
6 (440)	HIRSCH, Manfred	1971		1:05:52	1:05:17	1:06:45	03:17:54
SENIOREN M45							
1 (1833)	SCHNEIDER, Norbert	1968	Bunert - Der Kölner Lauflade	0:35:33	0:35:06	0:35:55	01:46:34
2 (1269)	MÜLLER, Josef	1968	LT Graftschaft	0:39:36	0:38:40	0:37:58	01:56:14
3 (1820)	HARTMANN, Frederik	1968	TV Refrath	0:40:14	0:40:43	0:39:49	02:00:46



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M45							
4 (1336)	WANK, Michael	1969	LT Hennef/Sieg	0:42:33	0:41:55	0:41:37	02:06:05
5 (1016)	BRAUNER, Dirk	1969	TUSEM ESSEN	0:41:58	0:42:44	0:43:09	02:07:51
6 (1641)	NIEKRAWIETZ, Peter	1968		0:43:09	0:43:34	0:43:18	02:10:01
7 (1658)	KAISER, Stephan	1967	ERGO sports Köln	0:44:17	0:45:28	0:43:59	02:13:44
8 (995)	EISERMANN, Stephan	1966		0:45:05	0:43:59	0:46:22	02:15:26
9 (1813)	GMÄHLE, Max	1965		0:45:37	0:45:34	0:44:40	02:15:51
10 (1357)	ZÖHRERBAUER, Mathias	1969		0:46:05	0:45:59	0:44:50	02:16:54
11 (1182)	DRESBACH, Frank	1967	Cologne Allblacks	0:47:33	0:46:30	0:45:54	02:19:57
12 (1204)	HANSEN, Christoph	1965	Cologne Allblacks	0:47:38	0:46:17	0:47:17	02:21:12
13 (1602)	DEGENHARDT, Olaf	1967		0:48:14	0:47:19	0:45:41	02:21:14
14 (1284)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:49:39	0:48:58	0:47:56	02:26:33
15 (1114)	SCHMIDT, Michael	1968	Team Erdinger Alkoholfrei	0:50:39	0:48:26	0:48:13	02:27:18
16 (1177)	DJAMALPOUR, Syrus	1965	SC 08 Elsdorf	0:46:05	0:48:19	0:53:24	02:27:48
17 (1297)	ROTH, Wolfgang	1969		0:50:45	0:49:48	0:51:24	02:31:57
18 (2317)	BÜHLER, Gerd	1967		0:52:40	0:49:46	0:49:42	02:32:08
19 (1107)	ROBBEN, Frank	1969		0:53:40	0:51:27	0:49:50	02:34:57
20 (461)	ESSER, Hans	1968		0:55:57	0:54:18	0:51:43	02:41:58
21 (232)	NERTINGER, Frank	1968		0:55:43	0:53:49	0:52:56	02:42:28
22 (1158)	BLASS, Frank	1967		0:54:53	0:54:34	0:55:11	02:44:38
23 (426)	NEUBER, Ralph	1967		0:57:29	0:55:19	0:53:15	02:46:03
24 (1340)	WERHEID, Dieter	1969		0:54:38	0:57:21	0:56:09	02:48:08
25 (201)	HOFFMANN, Michael	1966		1:03:41	1:04:21	1:02:48	03:10:50
SENIOREN M50							
1 (220)	DÜNNER, Joachim	1962	SV Bergisch Gladbach 1920/	0:47:01	0:43:35	0:44:23	02:14:59
2 (1184)	EIDMANN, Volker	1960	Wuppertal	0:47:43	0:47:43	0:48:25	02:23:51
3 (1178)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:49:33	0:50:31	0:50:03	02:30:07
4 (453)	LEYENDECKER, Matthias	1961		0:52:14	0:52:57	0:50:30	02:35:41
5 (1356)	ZIMMERMANN, Ralf	1960	EVL Lauftreff	0:54:16	0:51:48	0:50:21	02:36:25
6 (1286)	PLÜCK, Wolfgang	1962		0:56:53	0:54:29	0:55:15	02:46:37
7 (1050)	HERBERTZ, Stephan	1964		1:08:40	0:53:16	1:07:53	03:09:49
SENIOREN M55							
1 (1083)	MAURER, Franz	1955	LT Grafenschaft	0:46:09	0:45:35	0:46:13	02:17:57
2 (999)	MEURER, Thomas	1957		0:48:58	0:48:15	0:47:25	02:24:38
3 (1196)	GLOMBITZA, Rainer	1958		0:54:03	0:54:37	0:52:39	02:41:19
4 (1635)	TILLMANN, Detlef	1958	TUS Mechernich 1897 e. v.	0:54:15	0:55:15	0:52:59	02:42:29
5 (1208)	HARTMANN, Werner	1955	Köln-Porz	0:58:02	0:55:47	0:55:58	02:49:47
SENIOREN M60							
1 (1124)	STRATMANN, Gerd	1954	Gelpegazellen Wuppertal	0:53:41	0:53:46	0:56:41	02:44:08



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M60							
2 (1138)	WASSERFUHR, Karl-Heinz	1951	SSV Marienheide	0:57:51	0:56:11	0:59:28	02:53:30
3 (458)	STÄNDER, Roland	1952		1:00:18	1:04:08	0:59:46	03:04:12
4 (460)	STÄNDER, Gerhard	1950	Lauftreff Fühlingersee	1:03:00	1:04:10	1:04:24	03:11:34
SENIOREN M65							
1 (216)	WOJCIECHOWSKI, Henryk	1949		0:47:51	0:47:33	0:47:17	02:22:41
2 (436)	FEIGE, Manfred	1947	Cologne Allblacks	1:06:40	1:07:40	1:02:55	03:17:15
3 (2384)	TUTAS, Werner	1947		1:05:17	1:06:50	1:08:35	03:20:42
MÄNNL. JUGEND U20							
1 (1637)	WILCZEK, Tobias	1995	SV Bergisch Gladbach 1920/	0:38:48	0:38:19	0:37:08	01:54:15
2 (1359)	MIESEN, Jannic	1996	GSV Porz	0:41:20	0:43:16	0:42:03	02:06:39
FRAUEN							
1 (1142)	WILMS, Karoline	1990	LKD Düsseldorf	0:48:10	0:50:33	0:48:51	02:27:34
2 (1195)	GLOMBITZA, LYDIA	1986		1:09:23	1:08:49	1:06:57	03:25:09
SENIORINNEN W30							
1 (208)	HOFFMANN, Sara	1982	TSG Valbert	0:51:04	0:50:57	0:50:37	02:32:38
2 (1266)	MUCHA, Tanja	1981	SV Bergisch Gladbach 1920/	0:54:50	0:55:06	0:54:33	02:44:29
3 (1173)	DAUBER, Kirstin	1984		1:00:08	0:58:30	0:58:17	02:56:55
SENIORINNEN W35							
1 (1331)	UNVERDORBEN, Sandra	1977		0:54:50	0:51:44	0:53:47	02:40:21
2 (1036)	GENTNER, Nicole	1977		0:56:27	0:54:59	0:54:22	02:45:48
SENIORINNEN W40							
1 (266)	SACHS, Sandra	1970	LT Hennef/Sieg	0:49:10	0:49:49	0:48:57	02:27:56
2 (1617)	MORITZ, Ursula	1970		0:53:46	0:53:58	0:51:55	02:39:39
3 (1819)	SAUREN, Natalie	1970	Team Laufcampus	0:52:06	0:58:20	0:52:23	02:42:49
4 (1171)	DAHL-KLEMS, Kerstin	1974		0:56:12	0:54:38	0:53:19	02:44:09
5 (1817)	RITTER, Daniela	1974	SSV Hellas	0:56:07	0:56:24	0:54:38	02:47:09
6 (1021)	CARL, Gaby	1972		1:00:54	0:57:53	0:58:59	02:57:46
7 (1013)	BOSCH, Sandra	1973		0:59:55	1:01:15	1:01:59	03:03:09
8 (304)	SCHMELTER, Sabine	1971		1:03:05	1:02:16	1:00:38	03:05:59
9 (1188)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	1:06:40	1:01:47	1:01:39	03:10:06
10 (989)	ELISSEN-GÖBLING, Natascha	1971	kleiner Laufangriff	1:01:32	1:03:27	3:05:46	05:10:45
SENIORINNEN W45							
1 (138)	LENNARTZ, Birgit	1965	LLG St. Augustin	0:42:44	0:42:51	0:42:37	02:08:12
2 (248)	KÜTTNER, Christiane	1967	Laufmonster	0:47:57	0:46:44	0:47:13	02:21:54
3 (1225)	HOFFMANN, Susanne	1968	LT Saaler Mühle	0:59:10	0:58:56	0:57:57	02:56:03



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W45							
4 (1155)	BENATIA, Brigitte	1966		0:59:35	0:58:12	0:59:09	02:56:56
SENIORINNEN W50							
1 (1393)	MATARÉ, Birgit	1962	TPSK-Rudern	0:49:56	0:50:20	0:50:21	02:30:37
2 (1606)	FRANZEN, Manuela	1963	LT Grafenschaft	0:56:29	0:55:29	0:54:52	02:46:50
3 (1089)	MÖLLER, Geli	1964	LSH Elsdorf	0:58:50	0:57:49	0:57:48	02:54:27
4 (1300)	RYPHOLZ, Monika	1960	ASV Köln Triathlon	0:59:36	0:57:50	0:59:02	02:56:28
5 (1068)	KRAMS, Sabine	1964	Team Erdinger Alkoholfrei	1:03:41	1:04:21	1:02:47	03:10:49
6 (1298)	RUPIETTA, Susanne	1964	Colombina Colonia	1:03:34	1:04:20	1:05:50	03:13:44
7 (1321)	SONNTAG, Ursula	1962	ERGO sports Köln	1:06:58	1:06:49	1:07:50	03:21:37
8 (1657)	KÖPPE, Christa	1960		1:08:55	1:10:15	1:09:09	03:28:19
SENIORINNEN W55							
1 (1815)	WILBRAND, Ulrike	1955	LG Südsauerland	0:45:34	0:45:18	0:44:55	02:15:47
2 (1618)	NOBEN, Simone	1959	ISI-RUNNER	0:57:34	0:57:33	0:56:51	02:51:58
3 (1190)	FUCHS, Christa	1956		1:28:31	1:29:43	1:31:23	04:29:37
SENIORINNEN W60							
1 (1854)	GUHLEMANN, Ingrid	1950	Lauftreff Alt Erkrath	0:56:48	0:56:19	0:56:02	02:49:09
2 (1243)	KORDEUTER, Jutta	1954	ReVital Center	1:25:24	1:23:32	1:23:16	04:12:12
WEIBL. JUGEND U18							
1 (663)	PINNER, Kathrin	1997	DJK Frankonia Porz	1:05:40	1:02:29	1:01:58	03:10:07
WEIBL. KINDER U12							
1 (659)	LENZ, Julia	2003	DJK Frankonia Porz	1:05:40	1:02:28	1:01:56	03:10:04