



3. Lauf zur 30. 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 (2227)	FABIANOWSKI, Dominik	1989		0:33:08	0:48:26	1:10:30	02:32:04
2 (1651)	SCHOMMERS, Lukas	1993	ASV Köln	0:34:32	0:53:37	1:14:55	02:43:04
3 (1165)	BREUNUNG, Dirk	1976	TEA	0:35:11	0:53:48	1:18:49	02:47:48
4 (403)	LÖSCHNER, Frank	1959		0:37:39	0:57:16	1:20:11	02:55:06
5 (1296)	RÖPSTORF, Uwe	1963	SC Bayer 05 Uerdingen	0:37:52	0:57:13	1:21:51	02:56:56
6 (1808)	SOMMERSHOF, Joachim	1963	PSV Bonn Triathlon	0:38:25	0:59:31	1:23:03	03:00:59
7 (1111)	RUHNKE, Robert	1958	Uta Oehl	0:39:10	0:59:24	1:23:40	03:02:14
8 (1656)	DUDLEY, Richard-James	1961	Team Erdinger Alkoholfrei	0:39:13	0:59:52	1:25:39	03:04:44
9 (1653)	KELOUDIS, Georgios	1969	LG Gummersbach	0:39:04	1:00:22	1:25:55	03:05:21
10 (1043)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:39:23	1:00:26	1:25:34	03:05:23
11 (1670)	MÄDJE, Ingo	1963	Union Biesfeld Triathlon	0:39:48	1:00:32	1:26:05	03:06:25
12 (242)	MAUTER, Jörg	1965	Wiehlaler LC	0:39:45	1:01:38	1:25:19	03:06:42
13 (1837)	SCARPELLO, Alessandro	1989	1. FC Quadrath-Ichendorf	0:39:59	1:02:00	1:25:40	03:07:39
14 (1319)	SIEBERT, Steve	1988		0:38:36	0:59:58	1:29:24	03:07:58
15 (1654)	GÜNTHER, Marlen	1983	Runners Point Bonn	0:39:37	1:01:34	1:28:01	03:09:12
16 (1098)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:40:14	1:01:33	1:27:47	03:09:34
17 (1104)	QUANTIUS, Andreas	1970		0:39:41	1:02:13	1:27:50	03:09:44
18 (1151)	BALTES, Achim	1975		0:39:50	1:01:20	1:29:08	03:10:18
19 (1144)	WOYWOD, Roland	1968	Der Baron	0:40:50	1:03:55	1:25:40	03:10:25
20 (1681)	FRENZ, Andreas	1969	Bundesfinanzministerium	0:40:19	1:00:39	1:29:48	03:10:46
21 (1848)	HOLTHAUSEN, Manfred	1968	SSF Bonn Triathlon	0:40:03	1:01:27	1:29:32	03:11:02
22 (1668)	BIERMANN, Klaus	1962	LT Dünwaldener TV	0:41:10	1:02:40	1:28:45	03:12:35
23 (1176)	DICKMEIS, Michael	1984		0:39:28	1:02:50	1:30:23	03:12:41
24 (1217)	HERTEN, David	1988	Cologne Stadtwald Razorbac	0:40:31	1:02:41	1:31:06	03:14:18
25 (1014)	BOVO, Frank	1968	Köln	0:41:58	1:03:24	1:29:20	03:14:42
26 (1062)	KALINER, Silke	1969	k1-media	0:41:55	1:03:30	1:30:45	03:16:10
27 (1350)	WOTZLAW, Mathias	1963	ASV Köln Triathlon	0:40:45	1:03:11	1:32:22	03:16:18
28 (470)	HEITKAMP, Michael	1964	SV AXA Köln	0:40:56	1:03:04	1:32:20	03:16:20
29 (1845)	KULLE, Marcus	1972	LT AXA	0:41:15	1:03:49	1:31:23	03:16:27
30 (1169)	CHRISTEN, Peter	1964		0:41:43	1:03:21	1:31:30	03:16:34
31 (1665)	GREWE, Björn	1982		0:40:03	1:07:17	1:29:15	03:16:35
32 (1119)	SEHNKE, Peter	1968	CVJM Lüttringhausen	0:41:57	1:02:59	1:31:45	03:16:41
33 (1632)	STEINHAUER, Ulrich	1953	LG Plettenberg/Herscheid	0:41:48	1:03:50	1:31:17	03:16:55
34 (445)	BULLACH, Georg	1962	LG Hückeswagen	0:43:33	1:08:50	1:24:55	03:17:18
35 (260)	WULF, Thomas	1960	TV Attendorn	0:40:48	1:04:03	1:32:32	03:17:23
36 (844)	KANDITT, Katja	1977	OSC Waldniel	0:41:49	1:03:53	1:32:03	03:17:45
37 (203)	PETRORIUS, Dirk	1969	LG Donatus Erftstadt	0:42:44	1:03:58	1:31:33	03:18:15
38 (1202)	HAGEMANN, Udo	1970	TV Witzhelden	0:41:59	1:03:39	1:33:01	03:18:39
39 (1634)	TIEPOLT, Jens	1965	SV AXA Köln	0:41:12	1:02:57	1:34:35	03:18:44
40 (214)	NEUENFELDT, Norbert	1967	Team-LGN	0:42:30	1:04:58	1:31:37	03:19:05
41 (1270)	MÜNZER, Christof	1969		0:42:39	1:05:04	1:31:40	03:19:23
42 (1187)	EßER, André	1976	Team Luftwaffe	0:42:02	1:04:59	1:32:40	03:19:41



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (1842)	LAST, Christoph	1977	Feelgood-Meinerzhagen	0:41:54	1:04:54	1:33:34	03:20:22
44 (1191)	GENENDER, Peter	1971	PHV Krefeld-Wallenburg	0:42:18	1:05:41	1:32:56	03:20:55
45 (1605)	ESCHWEILER, Marion	1972	TSV Weiss-Köln	0:42:56	1:06:03	1:32:10	03:21:09
46 (1159)	BLÖCKER, Thomas	1962	Meckenheim	0:41:48	1:05:22	1:34:04	03:21:14
47 (1603)	DIEFENBACH, Thomas	1967	TPSK Triathlon	0:41:59	1:05:53	1:33:28	03:21:20
48 (1229)	HOLTHOFF, Carsten	1976	LG Monheim/Baumberg	0:41:55	1:03:46	1:35:42	03:21:23
49 (1080)	MARCUS, Holger	1964	TRlandertaler Mettmann	0:42:04	1:04:45	1:35:05	03:21:54
50 (1101)	PLOEGER, Peter	1971	Pulheimer SC	0:42:07	1:04:27	1:35:37	03:22:11
51 (1258)	MANTHEI, Christian	1962	ERGO sports Köln	0:42:55	1:06:07	1:34:58	03:24:00
52 (1265)	MORILLAS, Antonio	1966		0:43:14	1:05:59	1:36:13	03:25:26
53 (1256)	LÜBBERT, Mark	1979		0:43:18	1:05:50	1:36:53	03:26:01
54 (1090)	MUELLER, Ingemar	1978	TriCologne	0:43:42	1:06:33	1:36:17	03:26:32
55 (274)	HÖLZER, Thomas	1969		0:42:45	1:05:25	1:38:54	03:27:04
56 (1237)	KIESEL, Ralf	1959		0:43:22	1:07:04	1:38:05	03:28:31
57 (691)	PÜSCHMANN, Steffen	1958		0:45:09	1:06:41	1:37:04	03:28:54
58 (1181)	DREESBACH, Dirk	1968	LC Weilerswist	0:43:00	1:06:23	1:39:39	03:29:02
59 (1682)	HILLERINGMANN, Mark	1988	TG Holzwickede Lauftreff	0:45:15	1:05:49	1:39:06	03:30:10
60 (1669)	ARENS, Norbert	1963	Merlin-Runners	0:44:11	1:06:21	1:39:47	03:30:19
61 (1070)	KRULL, Robert	1972		0:44:25	1:07:27	1:39:25	03:31:17
62 (1604)	DÖRKEN, Christoph	1987	TriCologne	0:43:35	1:08:21	1:39:32	03:31:28
63 (1805)	NIKELOWSKI, Renate	1964	LT Köln-Esch	0:44:11	1:09:08	1:38:20	03:31:39
64 (1326)	STRIEGLER, Daniel	1985	LT Saaler Mühle	0:43:58	1:06:45	1:41:15	03:31:58
65 (1206)	HÄRTEL, Matthias	1971		0:46:01	1:08:00	1:38:04	03:32:05
66 (1399)	SCHAFFARCZYK, Bernd	1960	LSV Porz	0:44:57	1:08:06	1:40:14	03:33:17
67 (1316)	SCHUMACHER, Hans Heinz	1954	BSG Delphi Draka	0:45:20	1:08:55	1:39:21	03:33:36
68 (1028)	DONATH, Aurelius	1958		0:44:17	1:07:51	1:41:35	03:33:43
69 (411)	RESCH, Kilian	1961		0:45:27	1:10:00	1:39:11	03:34:38
70 (1105)	RENARD, Dirk	1972	Klotzkoepfe	0:44:41	1:10:23	1:40:05	03:35:09
71 (480)	CORBACH, Frank	1901		0:44:05	1:07:23	1:44:07	03:35:35
72 (1011)	BOBETH, Michael	1962	Dauerlaufschule Köln	0:44:47	1:13:40	1:37:26	03:35:53
73 (481)	LEONHARDT, Thomas	1965	Laufmonster	0:43:14	1:08:16	1:44:28	03:35:58
74 (1038)	GIEBEL, Oliver	1972	LSF Nordeifel	0:44:31	1:10:44	1:40:56	03:36:11
75 (1106)	RÖHL, Fabian	1983		0:51:02	1:15:43	1:29:50	03:36:35
76 (1027)	DINTER, Martin	1967		0:45:30	1:09:55	1:41:24	03:36:49
77 (1334)	VIZZARI, Susanne	1977	speed»cat	0:45:31	1:09:38	1:41:54	03:37:03
78 (1650)	KÖPPE, Stefan	1985	1.FC Köln	0:46:02	1:10:07	1:40:54	03:37:03
79 (250)	UFER, Andreas	1959	TV Attendorn	0:46:10	1:11:08	1:39:47	03:37:05
80 (294)	MÜLLER, Ralf	1965	Team Luftwaffe Köln	0:45:42	1:11:54	1:39:58	03:37:34
81 (1652)	SEYFARTH, Marco	1973	BSG BML Bonn	0:47:19	1:13:01	1:38:20	03:38:40
82 (210)	DUNGER, Eberhard	1951	LC Wuppertal	0:47:10	1:11:18	1:41:50	03:40:18
83 (1067)	KÖNGETER, Hans	1954	SCB Horrem	0:46:03	1:11:59	1:42:18	03:40:20
84 (1301)	SALLEN, Niko	1985		0:45:55	1:09:31	1:45:06	03:40:32



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85 (2234)	LICHTENBERG, Peter	1971	LT Siebengebirge	0:46:53	1:14:09	1:39:36	03:40:38
86 (1609)	KIMMERLE, Helmut	1958		0:47:11	1:10:37	1:43:09	03:40:57
87 (1100)	PLAZINSKI, Gerhard	1975		0:46:30	1:13:30	1:41:11	03:41:11
88 (690)	JOKISCH, Frank	1955		0:48:00	1:14:12	1:39:44	03:41:56
89 (265)	HUFNAGEL, Mario	1973	TV Attendorn	0:46:13	1:12:24	1:43:27	03:42:04
90 (268)	CREMER, Christoph	1962	TV Attendorn	0:46:54	1:11:28	1:44:06	03:42:28
91 (459)	LECK, Frank-Andreas	1965		0:47:00	1:13:08	1:42:21	03:42:29
92 (1242)	KNEPPER, Michael	1963	Marathon Mülheim	0:48:58	1:11:00	1:42:36	03:42:34
93 (879)	STROH, Sizzo	1984	SSF Bonn	0:46:26	1:13:01	1:44:10	03:43:37
94 (2245)	GEBERS, Marko	1977		0:47:39	1:13:00	1:43:25	03:44:04
95 (1227)	HÖHMANN, Marc	1964	MUckis Köln	0:46:17	1:10:17	1:48:03	03:44:37
96 (1241)	KLOCKNER, Uli	1961	Vegan Runners	0:47:55	1:12:58	1:43:52	03:44:45
97 (1156)	BEYER, Heinrich	1956	Mirko's Running Team	0:45:18	1:12:33	1:47:03	03:44:54
98 (478)	DREES, Volker	1966		0:45:22	1:16:58	1:42:34	03:44:54
99 (241)	PEIKERT, Alexander	1956	Brücker Lauffreunde	0:48:00	1:13:06	1:45:02	03:46:08
100 (1457)	SCHARWÄCHTER, Micheline	1972	sms/ism	0:47:52	1:13:13	1:45:24	03:46:29
101 (1325)	STRIEDER, Stefanie	1970	MACH3 Köln e.V.	0:47:52	1:13:50	1:45:45	03:47:27
102 (1136)	WALTER, Uwe	1969		0:49:39	1:13:38	1:44:30	03:47:47
103 (412)	SCHÜTZEICHEL, Britta	1983		0:48:33	1:12:51	1:47:20	03:48:44
104 (1288)	POSCHMANN, Mike	1967	LG Gummersbach	0:47:44	1:14:54	1:46:35	03:49:13
105 (1205)	HARNAU, Volker	1972	Gipfelstürmer Vorgebirge	0:46:45	1:12:41	1:50:00	03:49:26
106 (255)	BRÜNING, Robert	1972	LG Hückeswagen	0:50:34	1:14:01	1:45:10	03:49:45
107 (1849)	EIMANN VON DEN BERGEN,	1966	Team Erdinger Alkoholfrei	0:48:10	1:13:29	1:48:11	03:49:50
108 (1280)	PALMISANO, Giuseppe	1956	THC Brühl e. V.	0:48:01	1:14:50	1:47:20	03:50:11
109 (1123)	STINN, Ralf	1969		0:48:09	1:14:50	1:47:21	03:50:20
110 (1063)	KERSJES, Wilhelm	1957		0:49:25	1:14:12	1:46:50	03:50:27
111 (477)	LATTRICH, Klaus	1973		0:48:05	1:14:43	1:48:05	03:50:53
112 (256)	HOLBEIN, Petra	1964	Pulheimer SC	0:48:33	1:13:28	1:49:11	03:51:12
113 (434)	MESSING, Uli	1970	LC Weilerswist	0:48:56	1:18:01	1:45:09	03:52:06
114 (1615)	MOHRMANN, Moehre	1973	Der Elf und seine Freunde	0:53:56	1:02:00	1:56:30	03:52:26
115 (1048)	HEISTER, Julia	1982	1. FFC Bergisch Gladbach	0:48:11	1:14:22	1:49:54	03:52:27
116 (258)	MICHELS, Susanne	1964	TV Attendorn	0:49:47	1:14:41	1:48:50	03:53:18
117 (1211)	HEIDCHEN, Michael	1955	VfL Engelskirchen	0:48:56	1:15:25	1:49:08	03:53:29
118 (2235)	SCHULTE, SILVIA	1971	LT Siebengebirge	0:50:15	1:15:48	1:47:35	03:53:38
119 (1008)	BENDER, Matthias	1956	SSF Bonn Triathlon	0:48:40	1:14:48	1:50:11	03:53:39
120 (401)	KOSMOL, Heike	1970	ESV Gremberghoven	0:50:00	1:15:23	1:48:17	03:53:40
121 (1629)	SCHNEIDER, Guido	1967		0:50:25	1:12:17	1:50:58	03:53:40
122 (438)	BRODOWSKI, Günther	1960		0:47:15	1:15:49	1:50:41	03:53:45
123 (1278)	PABST, Robert	1988		0:48:37	1:15:05	1:50:12	03:53:54
124 (1254)	LEY, Thomas	1965	Lt Rösratherstraße	0:48:06	1:15:04	1:50:58	03:54:08
125 (1110)	ROTHMANN, Lutz	1964		0:48:48	1:15:50	1:49:34	03:54:12
126 (1108)	ROHLAND, Bernd	1960	PSV Bonn Triathlon	0:48:25	1:14:06	1:52:09	03:54:40



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (1042)	GRAU, Holger	1969	VfB Lövenich	0:48:35	1:14:38	1:51:33	03:54:46
128 (1620)	PARTING, Marc	1977		0:46:17	1:12:23	1:56:09	03:54:49
129 (467)	NEUGEBAUER, Markus	1967		0:51:29	1:22:34	1:41:10	03:55:13
130 (1214)	HEINRICH, Tina	1974		0:48:29	1:15:25	1:51:31	03:55:25
131 (1032)	FISCHER, Ilonka	1966	Pulheimer SC	0:48:27	1:15:39	1:51:21	03:55:27
132 (1248)	KÜHNE, Kai	1966	Galeria Kaufhof Sportverein	0:47:43	1:14:28	1:53:27	03:55:38
133 (370)	SUHR, Monika	1957		0:50:05	1:16:22	1:49:21	03:55:48
134 (479)	OVER, Bernd	1976		0:53:17	1:14:45	1:48:05	03:56:07
135 (1112)	RUNGE, Günther	1947	VfL Engelskirchen	0:50:05	1:14:53	1:51:21	03:56:19
136 (1834)	PHLIPPEN, Christoph	1992		0:49:44	1:17:27	1:49:12	03:56:23
137 (1263)	MIDDENDORF, Joerg	1978		0:52:11	1:15:58	1:48:16	03:56:25
138 (1306)	SCHMIDT, Tanja	1976	BSG BML Bonn	0:48:06	1:16:15	1:52:42	03:57:03
139 (1215)	HEINTZE, Erik	1977		0:51:29	1:14:46	1:51:51	03:58:06
140 (240)	AHRENS, Heike	1965	BSG Stadt Köln	0:51:48	1:16:18	1:50:11	03:58:17
141 (1839)	REESE, Lydia	1979	Bundespolizei	0:46:38	1:19:07	1:52:43	03:58:28
142 (1222)	HOFFMANN, Jürgen	1969	LT Saaler Mühle	0:49:43	1:14:31	1:54:37	03:58:51
143 (1246)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:51:46	1:18:42	1:48:38	03:59:06
144 (1137)	WASSERFUHR, Barbara	1962	Team Erdinger Alkoholfrei	0:51:06	1:17:17	1:50:46	03:59:09
145 (1679)	BELLINGHAUSEN, Nicole	1976		0:48:49	1:19:07	1:52:46	04:00:42
146 (408)	HULITZ, Albert	1962		0:50:36	1:17:11	1:52:58	04:00:45
147 (1168)	CARLE, Thomas	1969		0:48:34	1:18:21	1:56:02	04:02:57
148 (1192)	GEPPERT, Dietmar	1967		0:51:47	1:18:46	1:52:29	04:03:02
149 (1109)	ROSSO, Mario	1960		0:50:46	1:20:46	1:51:31	04:03:03
150 (1074)	LAMERS, Michael	1962	Laufzentrum Martinstraße	0:50:30	1:19:26	1:54:59	04:04:55
151 (1330)	THÖNNES, Uwe	1966	DAV Sektion Gummersbach	0:49:37	1:19:29	1:55:51	04:04:57
152 (257)	WAHL, Susanne	1968		0:52:19	1:19:43	1:53:11	04:05:13
153 (1117)	SCHULZ, Detlef	1959	SV Bergisch Gladbach 1920/	0:50:55	1:20:49	1:54:08	04:05:52
154 (1235)	KEITEL, Sönke	1964		0:51:34	1:21:44	1:52:53	04:06:11
155 (284)	VAHLKAMP, Ulrike	1968	LC Weilerswist	0:52:57	1:20:10	1:54:33	04:07:40
156 (1405)	BIERE, Kirsten	1963	Glühwürmchen	0:51:35	1:21:56	1:54:18	04:07:49
157 (476)	ZENA, Alexander	1974		0:48:42	1:22:26	1:56:46	04:07:54
158 (223)	OEHME, Karsten	1967		0:51:33	1:20:24	1:56:04	04:08:01
159 (1806)	BÖCKER, Doreen	1972	LT Saaler Mühle	0:52:08	1:21:43	1:55:25	04:09:16
160 (1251)	LAMMEL, Georg	1963	LT Saaler Mühle, Karategem	0:53:05	1:21:19	1:55:10	04:09:34
161 (1616)	MOHRMANN, Follow Hollow	1970	Der Elf und seine Freunde	0:53:56	1:19:56	1:56:30	04:10:22
162 (1103)	PRAUTSCH, Peter	1957		0:50:49	1:19:15	2:00:27	04:10:31
163 (457)	BRANDHORST, Markus	1963		0:53:24	1:20:46	1:56:57	04:11:07
164 (1130)	URBAN, Alexandra	1981	ELEX	0:52:35	1:17:59	2:00:49	04:11:23
165 (992)	GÖBLING, Tobias	1970	kleiner Laufangriff	0:50:38	1:20:38	2:01:38	04:12:54
166 (463)	SCHORN, Michael	1974		0:54:25	1:22:20	1:56:33	04:13:18
167 (1164)	BREDOW, Tanja	1972		0:53:21	1:21:18	1:58:54	04:13:33
168 (1145)	ZENS, Simon	1984		0:52:01	1:23:12	1:58:21	04:13:34



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
169 (1299)	RUSCHMEIER, Sebastian	1974		0:54:16	1:24:24	1:55:42	04:14:22
170 (1223)	HOFFMANN, Nicole	1973	LT Saaler Mühle	0:52:09	1:21:46	2:01:18	04:15:13
171 (1809)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:29	1:22:31	2:00:02	04:16:02
172 (351)	HARTMANN, Hagen	1954	born to run	0:53:28	1:22:43	2:00:45	04:16:56
173 (1135)	WALD, Ilona	1965	PSV Bonn Triathlon	0:54:32	1:23:04	1:59:31	04:17:07
174 (1317)	SCHWAB, Stefan	1970		0:52:00	1:25:26	2:00:36	04:18:02
175 (286)	STEINKE, Gerhard	1942		0:55:14	1:25:02	1:58:15	04:18:31
176 (1282)	PEUKERT, Bastian	1982	Boys Club United	0:57:40	1:23:18	1:57:42	04:18:40
177 (1267)	MUELLER, Stefan	1965		0:54:31	1:23:36	2:01:06	04:19:13
178 (253)	HERZOG, Thomas	1964	LT Hennef/Sieg	0:49:54	1:20:28	2:09:18	04:19:40
179 (244)	BÖSE, Annette	1969	BSG Delphi Draka	0:54:22	1:26:05	2:02:03	04:22:30
180 (1348)	WOLLENWEBER, Uwe	1962	Ausdauer-Shop Betzdorf	0:54:54	1:25:01	2:03:50	04:23:45
181 (1601)	BECKER, Claus	1949		0:55:01	1:24:46	2:03:58	04:23:45
182 (1132)	VON LEY, Petra	1958		0:55:25	1:24:23	2:04:36	04:24:24
183 (1147)	AMBERG, Philipp	1981		0:53:09	1:22:19	2:09:08	04:24:36
184 (1233)	KAATZ, Sascha	1984	TuS Kaatz	0:55:24	1:24:06	2:07:41	04:27:11
185 (1836)	WAGNER, Helmut	1956		0:57:13	1:25:56	2:05:04	04:28:13
186 (1307)	SCHMITT, Jürgen	1963		0:57:05	1:28:06	2:05:03	04:30:14
187 (1201)	HÄCKER, Ralf	1965		0:57:10	1:26:31	2:06:46	04:30:27
188 (1078)	LÜCKERATH, Dr. Evelin	1975		0:54:58	1:30:27	2:05:34	04:30:59
189 (1655)	NOWACK, Nadine	1986	SG Köln-Worringen	0:56:43	1:26:03	2:10:27	04:33:13
190 (1447)	MISCHKE, Gerhard	1959	VASELINO QUATTRO	0:58:19	1:29:53	2:06:27	04:34:39
191 (1271)	NAGEL, Janet	1971	LT Saaler Mühle	0:58:50	1:30:14	2:11:24	04:40:28
192 (414)	HUNSMANN, Heike	1979	TriCologne	0:56:36	1:32:38	2:11:19	04:40:33
193 (1477)	WILBERT, Sylvia	1961	VASELINO QUATTRO	1:00:40	1:31:10	2:09:14	04:41:04
194 (1140)	WESTERICH, Hermann	1958		0:59:04	1:26:29	2:15:52	04:41:25
195 (454)	KUPINSKI, Waldemar	1952		0:59:35	1:30:56	2:11:48	04:42:19
196 (1153)	BAUCHMÜLLER, Nenita	1968		1:00:52	1:31:27	2:13:48	04:46:07
197 (1607)	HELLER, Marlene	1952		1:00:39	1:31:37	2:15:10	04:47:26
198 (816)	MÜLLER, Clemens	1938	Brasil	1:01:29	1:32:29	2:15:40	04:49:38
199 (439)	HEUSCHÖTTER, Klaus	1964	Turbo-Tiger	0:59:27	1:32:36	2:19:27	04:51:30
200 (1320)	SITRAN, Nadine	1980		0:59:02	1:35:36	2:19:29	04:54:07
201 (1037)	GEORGY, Ursula	1958		1:00:58	1:34:21	2:22:47	04:58:06
202 (1234)	KABEL, Julia	1982		0:59:02	1:32:58	2:27:59	04:59:59
203 (243)	BÖSE, Jürgen	1960		1:04:56	1:44:11	2:30:35	05:19:42



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
1 (1654)	GÜNTHER, Marlen	1983	Runners Point Bonn	0:39:37	1:01:34	1:28:01	03:09:12
2 (1062)	KALINER, Silke	1969	k1-media	0:41:55	1:03:30	1:30:45	03:16:10
3 (844)	KANDITT, Katja	1977	OSC Waldniel	0:41:49	1:03:53	1:32:03	03:17:45
4 (1605)	ESCHWEILER, Marion	1972	TSV Weiss-Köln	0:42:56	1:06:03	1:32:10	03:21:09
5 (1805)	NIKELOWSKI, Renate	1964	LT Köln-Esch	0:44:11	1:09:08	1:38:20	03:31:39
6 (1334)	VIZZARI, Susanne	1977	speed»cat	0:45:31	1:09:38	1:41:54	03:37:03
7 (1457)	SCHARWÄCHTER, Micheline	1972	sms/ism	0:47:52	1:13:13	1:45:24	03:46:29
8 (1325)	STRIEDER, Stefanie	1970	MACH3 Köln e.V.	0:47:52	1:13:50	1:45:45	03:47:27
9 (412)	SCHÜTZEICHEL, Britta	1983		0:48:33	1:12:51	1:47:20	03:48:44
10 (256)	HOLBEIN, Petra	1964	Pulheimer SC	0:48:33	1:13:28	1:49:11	03:51:12
11 (1048)	HEISTER, Julia	1982	1. FFC Bergisch Gladbach	0:48:11	1:14:22	1:49:54	03:52:27
12 (258)	MICHELS, Susanne	1964	TV Attendorn	0:49:47	1:14:41	1:48:50	03:53:18
13 (2235)	SCHULTE, SILVIA	1971	LT Siebengebirge	0:50:15	1:15:48	1:47:35	03:53:38
14 (401)	KOSMOL, Heike	1970	ESV Gremberghoven	0:50:00	1:15:23	1:48:17	03:53:40
15 (1214)	HEINRICH, Tina	1974		0:48:29	1:15:25	1:51:31	03:55:25
16 (1032)	FISCHER, Ilonka	1966	Pulheimer SC	0:48:27	1:15:39	1:51:21	03:55:27
17 (370)	SUHR, Monika	1957		0:50:05	1:16:22	1:49:21	03:55:48
18 (1306)	SCHMIDT , Tanja	1976	BSG BML Bonn	0:48:06	1:16:15	1:52:42	03:57:03
19 (240)	AHRENS, Heike	1965	BSG Stadt Köln	0:51:48	1:16:18	1:50:11	03:58:17
20 (1839)	REESE, Lydia	1979	Bundespolizei	0:46:38	1:19:07	1:52:43	03:58:28
21 (1137)	WASSERFUHR, Barbara	1962	Team Erdinger Alkoholfrei	0:51:06	1:17:17	1:50:46	03:59:09
22 (1679)	BELLINGHAUSEN, Nicole	1976		0:48:49	1:19:07	1:52:46	04:00:42
23 (257)	WAHL, Susanne	1968		0:52:19	1:19:43	1:53:11	04:05:13
24 (284)	VAHLKAMP, Ulrike	1968	LC Weilerswist	0:52:57	1:20:10	1:54:33	04:07:40
25 (1405)	BIERE, Kirsten	1963	Glühwürmchen	0:51:35	1:21:56	1:54:18	04:07:49
26 (1806)	BÖCKER, Doreen	1972	LT Saaler Mühle	0:52:08	1:21:43	1:55:25	04:09:16
27 (1616)	MOHRMANN, Follow Hollow	1970	Der Elf und seine Freunde	0:53:56	1:19:56	1:56:30	04:10:22
28 (1130)	URBAN, Alexandra	1981	ELEX	0:52:35	1:17:59	2:00:49	04:11:23
29 (1164)	BREDOW, Tanja	1972		0:53:21	1:21:18	1:58:54	04:13:33
30 (1223)	HOFFMANN, Nicole	1973	LT Saaler Mühle	0:52:09	1:21:46	2:01:18	04:15:13
31 (1135)	WALD, Ilona	1965	PSV Bonn Triathlon	0:54:32	1:23:04	1:59:31	04:17:07
32 (244)	BÖSE, Annette	1969	BSG Delphi Draka	0:54:22	1:26:05	2:02:03	04:22:30
33 (1132)	VON LEY, Petra	1958		0:55:25	1:24:23	2:04:36	04:24:24
34 (1078)	LÜCKERATH, Dr. Evelin	1975		0:54:58	1:30:27	2:05:34	04:30:59
35 (1655)	NOWACK, Nadine	1986	SG Köln-Worringen	0:56:43	1:26:03	2:10:27	04:33:13
36 (1271)	NAGEL, Janet	1971	LT Saaler Mühle	0:58:50	1:30:14	2:11:24	04:40:28
37 (414)	HUNSMANN, Heike	1979	TriCologne	0:56:36	1:32:38	2:11:19	04:40:33
38 (1477)	WILBERT, Sylvia	1961	VASELINO QUATTRO	1:00:40	1:31:10	2:09:14	04:41:04
39 (1153)	BAUCHMÜLLER , Nenita	1968		1:00:52	1:31:27	2:13:48	04:46:07
40 (1607)	HELLER, Marlene	1952		1:00:39	1:31:37	2:15:10	04:47:26
41 (1320)	SITRAN, Nadine	1980		0:59:02	1:35:36	2:19:29	04:54:07



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
42 (1037)	GEORGY, Ursula	1958		1:00:58	1:34:21	2:22:47	04:58:06
43 (1234)	KABEL, Julia	1982		0:59:02	1:32:58	2:27:59	04:59:59



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
1 (2227)	FABIANOWSKI, Dominik	1989		0:33:08	0:48:26	1:10:30	02:32:04
2 (1651)	SCHOMMERS, Lukas	1993	ASV Köln	0:34:32	0:53:37	1:14:55	02:43:04
3 (1165)	BREUNUNG, Dirk	1976	TEA	0:35:11	0:53:48	1:18:49	02:47:48
4 (403)	LÖSCHNER, Frank	1959		0:37:39	0:57:16	1:20:11	02:55:06
5 (1296)	RÖPSTORF, Uwe	1963	SC Bayer 05 Uerdingen	0:37:52	0:57:13	1:21:51	02:56:56
6 (1808)	SOMMERSHOF, Joachim	1963	PSV Bonn Triathlon	0:38:25	0:59:31	1:23:03	03:00:59
7 (1111)	RUHNKE, Robert	1958	Uta Oehl	0:39:10	0:59:24	1:23:40	03:02:14
8 (1656)	DUDLEY, Richard-James	1961	Team Erdinger Alkoholfrei	0:39:13	0:59:52	1:25:39	03:04:44
9 (1653)	KELOUDIS, Georgios	1969	LG Gummersbach	0:39:04	1:00:22	1:25:55	03:05:21
10 (1043)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:39:23	1:00:26	1:25:34	03:05:23
11 (1670)	MÄDJE, Ingo	1963	Union Biesfeld Triathlon	0:39:48	1:00:32	1:26:05	03:06:25
12 (242)	MAUTER, Jörg	1965	Wiehltaler LC	0:39:45	1:01:38	1:25:19	03:06:42
13 (1837)	SCARPELLO, Alessandro	1989	1. FC Quadrath-Ichendorf	0:39:59	1:02:00	1:25:40	03:07:39
14 (1319)	SIEBERT, Steve	1988		0:38:36	0:59:58	1:29:24	03:07:58
15 (1098)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:40:14	1:01:33	1:27:47	03:09:34
16 (1104)	QUANTIUS, Andreas	1970		0:39:41	1:02:13	1:27:50	03:09:44
17 (1151)	BALTES, Achim	1975		0:39:50	1:01:20	1:29:08	03:10:18
18 (1144)	WOYWOD, Roland	1968	Der Baron	0:40:50	1:03:55	1:25:40	03:10:25
19 (1681)	FRENZ, Andreas	1969	Bundesfinanzministerium	0:40:19	1:00:39	1:29:48	03:10:46
20 (1848)	HOLTHAUSEN, Manfred	1968	SSF Bonn Triathlon	0:40:03	1:01:27	1:29:32	03:11:02
21 (1668)	BIERMANN, Klaus	1962	LT Dünwaldener TV	0:41:10	1:02:40	1:28:45	03:12:35
22 (1176)	DICKMEIS, Michael	1984		0:39:28	1:02:50	1:30:23	03:12:41
23 (1217)	HERTEN, David	1988	Cologne Stadtwald Razorbac	0:40:31	1:02:41	1:31:06	03:14:18
24 (1014)	BOVO, Frank	1968	Köln	0:41:58	1:03:24	1:29:20	03:14:42
25 (1350)	WOTZLAW, Mathias	1963	ASV Köln Triathlon	0:40:45	1:03:11	1:32:22	03:16:18
26 (470)	HEITKAMP, Michael	1964	SV AXA Köln	0:40:56	1:03:04	1:32:20	03:16:20
27 (1845)	KULLE, Marcus	1972	LT AXA	0:41:15	1:03:49	1:31:23	03:16:27
28 (1169)	CHRISTEN, Peter	1964		0:41:43	1:03:21	1:31:30	03:16:34
29 (1665)	GREWE, Björn	1982		0:40:03	1:07:17	1:29:15	03:16:35
30 (1119)	SEHNKE, Peter	1968	CVJM Lüttringhausen	0:41:57	1:02:59	1:31:45	03:16:41
31 (1632)	STEINHAUER, Ulrich	1953	LG Plettenberg/Herscheid	0:41:48	1:03:50	1:31:17	03:16:55
32 (445)	BULLACH, Georg	1962	LG Hückeswagen	0:43:33	1:08:50	1:24:55	03:17:18
33 (260)	WULF, Thomas	1960	TV Attendorn	0:40:48	1:04:03	1:32:32	03:17:23
34 (203)	PETRORIUS, Dirk	1969	LG Donatus Erftstadt	0:42:44	1:03:58	1:31:33	03:18:15
35 (1202)	HAGEMANN, Udo	1970	TV Witzhelden	0:41:59	1:03:39	1:33:01	03:18:39
36 (1634)	TIEPOLT, Jens	1965	SV AXA Köln	0:41:12	1:02:57	1:34:35	03:18:44
37 (214)	NEUENFELDT, Norbert	1967	Team-LGN	0:42:30	1:04:58	1:31:37	03:19:05
38 (1270)	MÜNZER, Christof	1969		0:42:39	1:05:04	1:31:40	03:19:23
39 (1187)	EßER, André	1976	Team Luftwaffe	0:42:02	1:04:59	1:32:40	03:19:41
40 (1842)	LAST, Christoph	1977	Feelgood-Meinerzhagen	0:41:54	1:04:54	1:33:34	03:20:22
41 (1191)	GENENDER, Peter	1971	PHV Krefeld-Wallenburg	0:42:18	1:05:41	1:32:56	03:20:55



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
42 (1159)	BLÖCKER, Thomas	1962	Meckenheim	0:41:48	1:05:22	1:34:04	03:21:14
43 (1603)	DIEFENBACH, Thomas	1967	TPSK Triathlon	0:41:59	1:05:53	1:33:28	03:21:20
44 (1229)	HOLTHOFF, Carsten	1976	LG Monheim/Baumberg	0:41:55	1:03:46	1:35:42	03:21:23
45 (1080)	MARCUS, Holger	1964	TRlandertaler Mettmann	0:42:04	1:04:45	1:35:05	03:21:54
46 (1101)	PLOEGER, Peter	1971	Pulheimer SC	0:42:07	1:04:27	1:35:37	03:22:11
47 (1258)	MANTHEI, Christian	1962	ERGO sports Köln	0:42:55	1:06:07	1:34:58	03:24:00
48 (1265)	MORILLAS, Antonio	1966		0:43:14	1:05:59	1:36:13	03:25:26
49 (1256)	LÜBBERT, Mark	1979		0:43:18	1:05:50	1:36:53	03:26:01
50 (1090)	MUELLER, Ingemar	1978	TriCologne	0:43:42	1:06:33	1:36:17	03:26:32
51 (274)	HÖLZER, Thomas	1969		0:42:45	1:05:25	1:38:54	03:27:04
52 (1237)	KIESEL, Ralf	1959		0:43:22	1:07:04	1:38:05	03:28:31
53 (691)	PÜSCHMANN, Steffen	1958		0:45:09	1:06:41	1:37:04	03:28:54
54 (1181)	DREESBACH, Dirk	1968	LC Weilerswist	0:43:00	1:06:23	1:39:39	03:29:02
55 (1682)	HILLERINGMANN, Mark	1988	TG Holzwickede Lauftreff	0:45:15	1:05:49	1:39:06	03:30:10
56 (1669)	ARENS, Norbert	1963	Merlin-Runners	0:44:11	1:06:21	1:39:47	03:30:19
57 (1070)	KRULL, Robert	1972		0:44:25	1:07:27	1:39:25	03:31:17
58 (1604)	DÖRKEN, Christoph	1987	TriCologne	0:43:35	1:08:21	1:39:32	03:31:28
59 (1326)	STRIEGLER, Daniel	1985	LT Saaler Mühle	0:43:58	1:06:45	1:41:15	03:31:58
60 (1206)	HÄRTEL, Matthias	1971		0:46:01	1:08:00	1:38:04	03:32:05
61 (1399)	SCHAFFARCZYK, Bernd	1960	LSV Porz	0:44:57	1:08:06	1:40:14	03:33:17
62 (1316)	SCHUMACHER, Hans Heinz	1954	BSG Delphi Draka	0:45:20	1:08:55	1:39:21	03:33:36
63 (1028)	DONATH, Aurelius	1958		0:44:17	1:07:51	1:41:35	03:33:43
64 (411)	RESCH, Kilian	1961		0:45:27	1:10:00	1:39:11	03:34:38
65 (1105)	RENARD, Dirk	1972	Klotzkoepfe	0:44:41	1:10:23	1:40:05	03:35:09
66 (480)	CORBACH, Frank	1901		0:44:05	1:07:23	1:44:07	03:35:35
67 (1011)	BOBETH, Michael	1962	Dauerlaufschule Köln	0:44:47	1:13:40	1:37:26	03:35:53
68 (481)	LEONHARDT, Thomas	1965	Laufmonster	0:43:14	1:08:16	1:44:28	03:35:58
69 (1038)	GIEBEL, Oliver	1972	LSF Nordeifel	0:44:31	1:10:44	1:40:56	03:36:11
70 (1106)	RÖHL, Fabian	1983		0:51:02	1:15:43	1:29:50	03:36:35
71 (1027)	DINTER, Martin	1967		0:45:30	1:09:55	1:41:24	03:36:49
72 (1650)	KÖPPE, Stefan	1985	1.FC Köln	0:46:02	1:10:07	1:40:54	03:37:03
73 (250)	UFER, Andreas	1959	TV Attendorn	0:46:10	1:11:08	1:39:47	03:37:05
74 (294)	MÜLLER, Ralf	1965	Team Luftwaffe Köln	0:45:42	1:11:54	1:39:58	03:37:34
75 (1652)	SEYFARTH, Marco	1973	BSG BML Bonn	0:47:19	1:13:01	1:38:20	03:38:40
76 (210)	DUNGER, Eberhard	1951	LC Wuppertal	0:47:10	1:11:18	1:41:50	03:40:18
77 (1067)	KÖNGETER, Hans	1954	SCB Horrem	0:46:03	1:11:59	1:42:18	03:40:20
78 (1301)	SALLEN, Niko	1985		0:45:55	1:09:31	1:45:06	03:40:32
79 (2234)	LICHTENBERG, Peter	1971	LT Siebengebirge	0:46:53	1:14:09	1:39:36	03:40:38
80 (1609)	KIMMERLE, Helmut	1958		0:47:11	1:10:37	1:43:09	03:40:57
81 (1100)	PLAZINSKI, Gerhard	1975		0:46:30	1:13:30	1:41:11	03:41:11
82 (690)	JOKISCH, Frank	1955		0:48:00	1:14:12	1:39:44	03:41:56



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
83 (265)	HUFNAGEL, Mario	1973	TV Attendorn	0:46:13	1:12:24	1:43:27	03:42:04
84 (268)	CREMER, Christoph	1962	TV Attendorn	0:46:54	1:11:28	1:44:06	03:42:28
85 (459)	LECK, Frank-Andreas	1965		0:47:00	1:13:08	1:42:21	03:42:29
86 (1242)	KNEPPER, Michael	1963	Marathon Mülheim	0:48:58	1:11:00	1:42:36	03:42:34
87 (879)	STROH, Sizzo	1984	SSF Bonn	0:46:26	1:13:01	1:44:10	03:43:37
88 (2245)	GEBERS, Marko	1977		0:47:39	1:13:00	1:43:25	03:44:04
89 (1227)	HÖHMANN, Marc	1964	MUcKis Köln	0:46:17	1:10:17	1:48:03	03:44:37
90 (1241)	KLOCKNER, Uli	1961	Vegan Runners	0:47:55	1:12:58	1:43:52	03:44:45
91 (1156)	BEYER, Heinrich	1956	Mirko's Running Team	0:45:18	1:12:33	1:47:03	03:44:54
92 (478)	DREES, Volker	1966		0:45:22	1:16:58	1:42:34	03:44:54
93 (241)	PEIKERT, Alexander	1956	Brücker Lauffreunde	0:48:00	1:13:06	1:45:02	03:46:08
94 (1136)	WALTER, Uwe	1969		0:49:39	1:13:38	1:44:30	03:47:47
95 (1288)	POSCHMANN, Mike	1967	LG Gummersbach	0:47:44	1:14:54	1:46:35	03:49:13
96 (1205)	HARNAU, Volker	1972	Gipfelstürmer Vorgebirge	0:46:45	1:12:41	1:50:00	03:49:26
97 (255)	BRÜNING, Robert	1972	LG Hückeswagen	0:50:34	1:14:01	1:45:10	03:49:45
98 (1849)	EIMANN VON DEN BERGEN,	1966	Team Erdinger Alkoholfrei	0:48:10	1:13:29	1:48:11	03:49:50
99 (1280)	PALMISANO, Giuseppe	1956	THC Brühl e. V.	0:48:01	1:14:50	1:47:20	03:50:11
100 (1123)	STINN, Ralf	1969		0:48:09	1:14:50	1:47:21	03:50:20
101 (1063)	KERSJES, Wilhelm	1957		0:49:25	1:14:12	1:46:50	03:50:27
102 (477)	LATTRICH, Klaus	1973		0:48:05	1:14:43	1:48:05	03:50:53
103 (434)	MESSING, Uli	1970	LC Weilerswist	0:48:56	1:18:01	1:45:09	03:52:06
104 (1615)	MOHRMANN, Moehre	1973	Der Elf und seine Freunde	0:53:56	1:02:00	1:56:30	03:52:26
105 (1211)	HEIDCHEN, Michael	1955	VfL Engelskirchen	0:48:56	1:15:25	1:49:08	03:53:29
106 (1008)	BENDER, Matthias	1956	SSF Bonn Triathlon	0:48:40	1:14:48	1:50:11	03:53:39
107 (1629)	SCHNEIDER, Guido	1967		0:50:25	1:12:17	1:50:58	03:53:40
108 (438)	BRODOWSKI, Günther	1960		0:47:15	1:15:49	1:50:41	03:53:45
109 (1278)	PABST, Robert	1988		0:48:37	1:15:05	1:50:12	03:53:54
110 (1254)	LEY, Thomas	1965	Lt Rösratherstraße	0:48:06	1:15:04	1:50:58	03:54:08
111 (1110)	ROTHMANN, Lutz	1964		0:48:48	1:15:50	1:49:34	03:54:12
112 (1108)	ROHLAND, Bernd	1960	PSV Bonn Triathlon	0:48:25	1:14:06	1:52:09	03:54:40
113 (1042)	GRAU, Holger	1969	VfB Lövenich	0:48:35	1:14:38	1:51:33	03:54:46
114 (1620)	PARTING, Marc	1977		0:46:17	1:12:23	1:56:09	03:54:49
115 (467)	NEUGEBAUER, Markus	1967		0:51:29	1:22:34	1:41:10	03:55:13
116 (1248)	KÜHNE, Kai	1966	Galeria Kaufhof Sportverein	0:47:43	1:14:28	1:53:27	03:55:38
117 (479)	OVER, Bernd	1976		0:53:17	1:14:45	1:48:05	03:56:07
118 (1112)	RUNGE, Günther	1947	VfL Engelskirchen	0:50:05	1:14:53	1:51:21	03:56:19
119 (1834)	PHLIPPEN, Christoph	1992		0:49:44	1:17:27	1:49:12	03:56:23
120 (1263)	MIDDENDORF, Joerg	1978		0:52:11	1:15:58	1:48:16	03:56:25
121 (1215)	HEINTZE, Erik	1977		0:51:29	1:14:46	1:51:51	03:58:06
122 (1222)	HOFFMANN, Jürgen	1969	LT Saaler Mühle	0:49:43	1:14:31	1:54:37	03:58:51
123 (1246)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:51:46	1:18:42	1:48:38	03:59:06



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
124 (408)	HULITZ, Albert	1962		0:50:36	1:17:11	1:52:58	04:00:45
125 (1168)	CARLE, Thomas	1969		0:48:34	1:18:21	1:56:02	04:02:57
126 (1192)	GEPPERT, Dietmar	1967		0:51:47	1:18:46	1:52:29	04:03:02
127 (1109)	ROSSO, Mario	1960		0:50:46	1:20:46	1:51:31	04:03:03
128 (1074)	LAMERS, Michael	1962	Laufzentrum Martinstraße	0:50:30	1:19:26	1:54:59	04:04:55
129 (1330)	THÖNNES, Uwe	1966	DAV Sektion Gummersbach	0:49:37	1:19:29	1:55:51	04:04:57
130 (1117)	SCHULZ, Detlef	1959	SV Bergisch Gladbach 1920/	0:50:55	1:20:49	1:54:08	04:05:52
131 (1235)	KEITEL, Sönke	1964		0:51:34	1:21:44	1:52:53	04:06:11
132 (476)	ZENA, Alexander	1974		0:48:42	1:22:26	1:56:46	04:07:54
133 (223)	OEHME, Karsten	1967		0:51:33	1:20:24	1:56:04	04:08:01
134 (1251)	LAMMEL, Georg	1963	LT Saaler Mühle, Karategem	0:53:05	1:21:19	1:55:10	04:09:34
135 (1103)	PRAUTSCH, Peter	1957		0:50:49	1:19:15	2:00:27	04:10:31
136 (457)	BRANDHORST, Markus	1963		0:53:24	1:20:46	1:56:57	04:11:07
137 (992)	GÖßLING, Tobias	1970	kleiner Laufangriff	0:50:38	1:20:38	2:01:38	04:12:54
138 (463)	SCHORN, Michael	1974		0:54:25	1:22:20	1:56:33	04:13:18
139 (1145)	ZENS, Simon	1984		0:52:01	1:23:12	1:58:21	04:13:34
140 (1299)	RUSCHMEIER, Sebastian	1974		0:54:16	1:24:24	1:55:42	04:14:22
141 (1809)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:29	1:22:31	2:00:02	04:16:02
142 (351)	HARTMANN, Hagen	1954	born to run	0:53:28	1:22:43	2:00:45	04:16:56
143 (1317)	SCHWAB, Stefan	1970		0:52:00	1:25:26	2:00:36	04:18:02
144 (286)	STEINKE, Gerhard	1942		0:55:14	1:25:02	1:58:15	04:18:31
145 (1282)	PEUKERT, Bastian	1982	Boys Club United	0:57:40	1:23:18	1:57:42	04:18:40
146 (1267)	MUELLER, Stefan	1965		0:54:31	1:23:36	2:01:06	04:19:13
147 (253)	HERZOG, Thomas	1964	LT Hennef/Sieg	0:49:54	1:20:28	2:09:18	04:19:40
148 (1348)	WOLLENWEBER, Uwe	1962	Ausdauer-Shop Betzdorf	0:54:54	1:25:01	2:03:50	04:23:45
149 (1601)	BECKER, Claus	1949		0:55:01	1:24:46	2:03:58	04:23:45
150 (1147)	AMBERG, Philipp	1981		0:53:09	1:22:19	2:09:08	04:24:36
151 (1233)	KAATZ, Sascha	1984	TuS Kaatz	0:55:24	1:24:06	2:07:41	04:27:11
152 (1836)	WAGNER, Helmut	1956		0:57:13	1:25:56	2:05:04	04:28:13
153 (1307)	SCHMITT, Jürgen	1963		0:57:05	1:28:06	2:05:03	04:30:14
154 (1201)	HÄCKER, Ralf	1965		0:57:10	1:26:31	2:06:46	04:30:27
155 (1447)	MISCHKE, Gerhard	1959	VASELINO QUATTRO	0:58:19	1:29:53	2:06:27	04:34:39
156 (1140)	WESTERICH, Hermann	1958		0:59:04	1:26:29	2:15:52	04:41:25
157 (454)	KUPINSKI, Waldemar	1952		0:59:35	1:30:56	2:11:48	04:42:19
158 (816)	MÜLLER, Clemens	1938	Brasil	1:01:29	1:32:29	2:15:40	04:49:38
159 (439)	HEUSCHÖTTER, Klaus	1964	Turbo-Tiger	0:59:27	1:32:36	2:19:27	04:51:30
160 (243)	BÖSE, Jürgen	1960		1:04:56	1:44:11	2:30:35	05:19:42



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNER							
1 (2227)	FABIANOWSKI, Dominik	1989		0:33:08	0:48:26	1:10:30	02:32:04
2 (1837)	SCARPELLO, Alessandro	1989	1. FC Quadrath-Ichendorf	0:39:59	1:02:00	1:25:40	03:07:39
3 (1319)	SIEBERT, Steve	1988		0:38:36	0:59:58	1:29:24	03:07:58
4 (1217)	HERTEN, David	1988	Cologne Stadtwald Razorbac	0:40:31	1:02:41	1:31:06	03:14:18
5 (1682)	HILLERINGMANN, Mark	1988	TG Holzwickede Laufftreff	0:45:15	1:05:49	1:39:06	03:30:10
6 (1604)	DÖRKEN, Christoph	1987	TriCologne	0:43:35	1:08:21	1:39:32	03:31:28
7 (1326)	STRIEGLER, Daniel	1985	LT Saaler Mühle	0:43:58	1:06:45	1:41:15	03:31:58
8 (1650)	KÖPPE, Stefan	1985	1.FC Köln	0:46:02	1:10:07	1:40:54	03:37:03
9 (1301)	SALLEN, Niko	1985		0:45:55	1:09:31	1:45:06	03:40:32
10 (1278)	PABST, Robert	1988		0:48:37	1:15:05	1:50:12	03:53:54
JUNIOREN U23							
1 (1651)	SCHOMMERS, Lukas	1993	ASV Köln	0:34:32	0:53:37	1:14:55	02:43:04
2 (1834)	PHLIPPEN, Christoph	1992		0:49:44	1:17:27	1:49:12	03:56:23
SENIOREN M30							
1 (1176)	DICKMEIS, Michael	1984		0:39:28	1:02:50	1:30:23	03:12:41
2 (1665)	GREWE, Björn	1982		0:40:03	1:07:17	1:29:15	03:16:35
3 (1106)	RÖHL, Fabian	1983		0:51:02	1:15:43	1:29:50	03:36:35
4 (879)	STROH, Sizzo	1984	SSF Bonn	0:46:26	1:13:01	1:44:10	03:43:37
5 (1145)	ZENS, Simon	1984		0:52:01	1:23:12	1:58:21	04:13:34
6 (1282)	PEUKERT, Bastian	1982	Boys Club United	0:57:40	1:23:18	1:57:42	04:18:40
7 (1147)	AMBERG, Philipp	1981		0:53:09	1:22:19	2:09:08	04:24:36
8 (1233)	KAATZ, Sascha	1984	TuS Kaatz	0:55:24	1:24:06	2:07:41	04:27:11
SENIOREN M35							
1 (1165)	BREUNUNG, Dirk	1976	TEA	0:35:11	0:53:48	1:18:49	02:47:48
2 (1151)	BALTES, Achim	1975		0:39:50	1:01:20	1:29:08	03:10:18
3 (1187)	EßER, André	1976	Team Luftwaffe	0:42:02	1:04:59	1:32:40	03:19:41
4 (1842)	LAST, Christoph	1977	Feelgood-Meinerzhagen	0:41:54	1:04:54	1:33:34	03:20:22
5 (1229)	HOLTHOFF, Carsten	1976	LG Monheim/Baumberg	0:41:55	1:03:46	1:35:42	03:21:23
6 (1256)	LÜBBERT, Mark	1979		0:43:18	1:05:50	1:36:53	03:26:01
7 (1090)	MUELLER, Ingemar	1978	TriCologne	0:43:42	1:06:33	1:36:17	03:26:32
8 (1100)	PLAZINSKI, Gerhard	1975		0:46:30	1:13:30	1:41:11	03:41:11
9 (2245)	GEBERS, Marko	1977		0:47:39	1:13:00	1:43:25	03:44:04
10 (1620)	PARTING, Marc	1977		0:46:17	1:12:23	1:56:09	03:54:49
11 (479)	OVER, Bernd	1976		0:53:17	1:14:45	1:48:05	03:56:07
12 (1263)	MIDDENDORF, Joerg	1978		0:52:11	1:15:58	1:48:16	03:56:25
13 (1215)	HEINTZE, Erik	1977		0:51:29	1:14:46	1:51:51	03:58:06
SENIOREN M40							
1 (1043)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:39:23	1:00:26	1:25:34	03:05:23



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M40							
2 (1104)	QUANTIUS, Andreas	1970		0:39:41	1:02:13	1:27:50	03:09:44
3 (1845)	KULLE, Marcus	1972	LT AXA	0:41:15	1:03:49	1:31:23	03:16:27
4 (1202)	HAGEMANN, Udo	1970	TV Witzhelden	0:41:59	1:03:39	1:33:01	03:18:39
5 (1191)	GENENDER, Peter	1971	PHV Krefeld-Wallenburg	0:42:18	1:05:41	1:32:56	03:20:55
6 (1101)	PLOEGER, Peter	1971	Pulheimer SC	0:42:07	1:04:27	1:35:37	03:22:11
7 (1070)	KRULL, Robert	1972		0:44:25	1:07:27	1:39:25	03:31:17
8 (1206)	HÄRTEL, Matthias	1971		0:46:01	1:08:00	1:38:04	03:32:05
9 (1105)	RENARD, Dirk	1972	Klotzkoepfe	0:44:41	1:10:23	1:40:05	03:35:09
10 (480)	CORBACH, Frank	1901		0:44:05	1:07:23	1:44:07	03:35:35
11 (1038)	GIEBEL, Oliver	1972	LSF Nordeifel	0:44:31	1:10:44	1:40:56	03:36:11
12 (1652)	SEYFARTH, Marco	1973	BSG BML Bonn	0:47:19	1:13:01	1:38:20	03:38:40
13 (2234)	LICHTENBERG, Peter	1971	LT Siebengebirge	0:46:53	1:14:09	1:39:36	03:40:38
14 (265)	HUFNAGEL, Mario	1973	TV Attendorn	0:46:13	1:12:24	1:43:27	03:42:04
15 (1205)	HARNAU, Volker	1972	Gipfelstürmer Vorgebirge	0:46:45	1:12:41	1:50:00	03:49:26
16 (255)	BRÜNING, Robert	1972	LG Hückeswagen	0:50:34	1:14:01	1:45:10	03:49:45
17 (477)	LATTRICH, Klaus	1973		0:48:05	1:14:43	1:48:05	03:50:53
18 (434)	MESSING, Uli	1970	LC Weilerswist	0:48:56	1:18:01	1:45:09	03:52:06
19 (1615)	MOHRMANN, Moehre	1973	Der Elf und seine Freunde	0:53:56	1:02:00	1:56:30	03:52:26
20 (1246)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:51:46	1:18:42	1:48:38	03:59:06
21 (476)	ZENA, Alexander	1974		0:48:42	1:22:26	1:56:46	04:07:54
22 (992)	GÖßLING, Tobias	1970	kleiner Laufangriff	0:50:38	1:20:38	2:01:38	04:12:54
23 (463)	SCHORN, Michael	1974		0:54:25	1:22:20	1:56:33	04:13:18
24 (1299)	RUSCHMEIER, Sebastian	1974		0:54:16	1:24:24	1:55:42	04:14:22
25 (1317)	SCHWAB, Stefan	1970		0:52:00	1:25:26	2:00:36	04:18:02

SENIOREN M45

1 (1653)	KELOUDIS, Georgios	1969	LG Gummersbach	0:39:04	1:00:22	1:25:55	03:05:21
2 (242)	MAUTER, Jörg	1965	Wiehltaler LC	0:39:45	1:01:38	1:25:19	03:06:42
3 (1144)	WOYWOD, Roland	1968	Der Baron	0:40:50	1:03:55	1:25:40	03:10:25
4 (1681)	FRENZ, Andreas	1969	Bundesfinanzministerium	0:40:19	1:00:39	1:29:48	03:10:46
5 (1848)	HOLTHAUSEN, Manfred	1968	SSF Bonn Triathlon	0:40:03	1:01:27	1:29:32	03:11:02
6 (1014)	BOVO, Frank	1968	Köln	0:41:58	1:03:24	1:29:20	03:14:42
7 (1119)	SEHNKE, Peter	1968	CVJM Lüttringhausen	0:41:57	1:02:59	1:31:45	03:16:41
8 (203)	PETRORIUS, Dirk	1969	LG Donatus Erftstadt	0:42:44	1:03:58	1:31:33	03:18:15
9 (1634)	TIEPOLT, Jens	1965	SV AXA Köln	0:41:12	1:02:57	1:34:35	03:18:44
10 (214)	NEUENFELDT, Norbert	1967	Team-LGN	0:42:30	1:04:58	1:31:37	03:19:05
11 (1270)	MÜNZER, Christof	1969		0:42:39	1:05:04	1:31:40	03:19:23
12 (1603)	DIEFENBACH, Thomas	1967	TPSK Triathlon	0:41:59	1:05:53	1:33:28	03:21:20
13 (1265)	MORILLAS, Antonio	1966		0:43:14	1:05:59	1:36:13	03:25:26
14 (274)	HÖLZER, Thomas	1969		0:42:45	1:05:25	1:38:54	03:27:04
15 (1181)	DREESBACH, Dirk	1968	LC Weilerswist	0:43:00	1:06:23	1:39:39	03:29:02



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M45							
16 (481)	LEONHARDT, Thomas	1965	Laufmonster	0:43:14	1:08:16	1:44:28	03:35:58
17 (1027)	DINTER, Martin	1967		0:45:30	1:09:55	1:41:24	03:36:49
18 (294)	MÜLLER, Ralf	1965	Team Luftwaffe Köln	0:45:42	1:11:54	1:39:58	03:37:34
19 (459)	LECK, Frank-Andreas	1965		0:47:00	1:13:08	1:42:21	03:42:29
20 (478)	DREES, Volker	1966		0:45:22	1:16:58	1:42:34	03:44:54
21 (1136)	WALTER, Uwe	1969		0:49:39	1:13:38	1:44:30	03:47:47
22 (1288)	POSCHMANN, Mike	1967	LG Gummersbach	0:47:44	1:14:54	1:46:35	03:49:13
23 (1849)	EIMANN VON DEN BERGEN,	1966	Team Erdinger Alkoholfrei	0:48:10	1:13:29	1:48:11	03:49:50
24 (1123)	STINN, Ralf	1969		0:48:09	1:14:50	1:47:21	03:50:20
25 (1629)	SCHNEIDER, Guido	1967		0:50:25	1:12:17	1:50:58	03:53:40
26 (1254)	LEY, Thomas	1965	Lt Rösratherstraße	0:48:06	1:15:04	1:50:58	03:54:08
27 (1042)	GRAU, Holger	1969	VfB Lövenich	0:48:35	1:14:38	1:51:33	03:54:46
28 (467)	NEUGEBAUER, Markus	1967		0:51:29	1:22:34	1:41:10	03:55:13
29 (1248)	KÜHNE, Kai	1966	Galeria Kaufhof Sportverein	0:47:43	1:14:28	1:53:27	03:55:38
30 (1222)	HOFFMANN, Jürgen	1969	LT Saaler Mühle	0:49:43	1:14:31	1:54:37	03:58:51
31 (1168)	CARLE, Thomas	1969		0:48:34	1:18:21	1:56:02	04:02:57
32 (1192)	GEPPERT, Dietmar	1967		0:51:47	1:18:46	1:52:29	04:03:02
33 (1330)	THÖNNES, Uwe	1966	DAV Sektion Gummersbach	0:49:37	1:19:29	1:55:51	04:04:57
34 (223)	OEHME, Karsten	1967		0:51:33	1:20:24	1:56:04	04:08:01
35 (1267)	MUELLER, Stefan	1965		0:54:31	1:23:36	2:01:06	04:19:13
36 (1201)	HÄCKER, Ralf	1965		0:57:10	1:26:31	2:06:46	04:30:27
SENIOREN M50							
1 (1296)	RÖPSTORF, Uwe	1963	SC Bayer 05 Uerdingen	0:37:52	0:57:13	1:21:51	02:56:56
2 (1808)	SOMMERSHOF, Joachim	1963	PSV Bonn Triathlon	0:38:25	0:59:31	1:23:03	03:00:59
3 (1656)	DUDLEY, Richard-James	1961	Team Erdinger Alkoholfrei	0:39:13	0:59:52	1:25:39	03:04:44
4 (1670)	MÄDJE, Ingo	1963	Union Biesfeld Triathlon	0:39:48	1:00:32	1:26:05	03:06:25
5 (1098)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:40:14	1:01:33	1:27:47	03:09:34
6 (1668)	BIERMANN, Klaus	1962	LT Dünwalder TV	0:41:10	1:02:40	1:28:45	03:12:35
7 (1350)	WOTZLAW, Mathias	1963	ASV Köln Triathlon	0:40:45	1:03:11	1:32:22	03:16:18
8 (470)	HEITKAMP, Michael	1964	SV AXA Köln	0:40:56	1:03:04	1:32:20	03:16:20
9 (1169)	CHRISTEN, Peter	1964		0:41:43	1:03:21	1:31:30	03:16:34
10 (445)	BULLACH, Georg	1962	LG Hückeswagen	0:43:33	1:08:50	1:24:55	03:17:18
11 (260)	WULF, Thomas	1960	TV Attendorn	0:40:48	1:04:03	1:32:32	03:17:23
12 (1159)	BLÖCKER, Thomas	1962	Meckenheim	0:41:48	1:05:22	1:34:04	03:21:14
13 (1080)	MARCUS, Holger	1964	TRlandertaler Mettmann	0:42:04	1:04:45	1:35:05	03:21:54
14 (1258)	MANTHEI, Christian	1962	ERGO sports Köln	0:42:55	1:06:07	1:34:58	03:24:00
15 (1669)	ARENS, Norbert	1963	Merlin-Runners	0:44:11	1:06:21	1:39:47	03:30:19
16 (1399)	SCHAFFARCZYK, Bernd	1960	LSV Porz	0:44:57	1:08:06	1:40:14	03:33:17
17 (411)	RESCH, Kilian	1961		0:45:27	1:10:00	1:39:11	03:34:38
18 (1011)	BOBETH, Michael	1962	Dauerlaufschule Köln	0:44:47	1:13:40	1:37:26	03:35:53



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M50							
19 (268)	CREMER, Christoph	1962	TV Attendorn	0:46:54	1:11:28	1:44:06	03:42:28
20 (1242)	KNEPPER, Michael	1963	Marathon Mülheim	0:48:58	1:11:00	1:42:36	03:42:34
21 (1227)	HÖHMANN, Marc	1964	MUcKis Köln	0:46:17	1:10:17	1:48:03	03:44:37
22 (1241)	KLOCKNER, Uli	1961	Vegan Runners	0:47:55	1:12:58	1:43:52	03:44:45
23 (438)	BRODOWSKI, Günther	1960		0:47:15	1:15:49	1:50:41	03:53:45
24 (1110)	ROTHMANN, Lutz	1964		0:48:48	1:15:50	1:49:34	03:54:12
25 (1108)	ROHLAND, Bernd	1960	PSV Bonn Triathlon	0:48:25	1:14:06	1:52:09	03:54:40
26 (408)	HULITZ, Albert	1962		0:50:36	1:17:11	1:52:58	04:00:45
27 (1109)	ROSSO, Mario	1960		0:50:46	1:20:46	1:51:31	04:03:03
28 (1074)	LAMERS, Michael	1962	Laufzentrum Martinstraße	0:50:30	1:19:26	1:54:59	04:04:55
29 (1235)	KEITEL, Sönke	1964		0:51:34	1:21:44	1:52:53	04:06:11
30 (1251)	LAMMEL, Georg	1963	LT Saaler Mühle, Karategem	0:53:05	1:21:19	1:55:10	04:09:34
31 (457)	BRANDHORST, Markus	1963		0:53:24	1:20:46	1:56:57	04:11:07
32 (253)	HERZOG, Thomas	1964	LT Hennef/Sieg	0:49:54	1:20:28	2:09:18	04:19:40
33 (1348)	WOLLENWEBER, Uwe	1962	Ausdauer-Shop Betzdorf	0:54:54	1:25:01	2:03:50	04:23:45
34 (1307)	SCHMITT, Jürgen	1963		0:57:05	1:28:06	2:05:03	04:30:14
35 (439)	HEUSCHÖTTER, Klaus	1964	Turbo-Tiger	0:59:27	1:32:36	2:19:27	04:51:30
36 (243)	BÖSE, Jürgen	1960		1:04:56	1:44:11	2:30:35	05:19:42

SENIOREN M55							
1 (403)	LÖSCHNER, Frank	1959		0:37:39	0:57:16	1:20:11	02:55:06
2 (1111)	RUHNKE, Robert	1958	Uta Oehl	0:39:10	0:59:24	1:23:40	03:02:14
3 (1237)	KIESEL, Ralf	1959		0:43:22	1:07:04	1:38:05	03:28:31
4 (691)	PÜSCHMANN, Steffen	1958		0:45:09	1:06:41	1:37:04	03:28:54
5 (1028)	DONATH, Aurelius	1958		0:44:17	1:07:51	1:41:35	03:33:43
6 (250)	UFER, Andreas	1959	TV Attendorn	0:46:10	1:11:08	1:39:47	03:37:05
7 (1609)	KIMMERLE, Helmut	1958		0:47:11	1:10:37	1:43:09	03:40:57
8 (690)	JOKISCH, Frank	1955		0:48:00	1:14:12	1:39:44	03:41:56
9 (1156)	BEYER, Heinrich	1956	Mirko's Running Team	0:45:18	1:12:33	1:47:03	03:44:54
10 (241)	PEIKERT, Alexander	1956	Brücker Lauffreunde	0:48:00	1:13:06	1:45:02	03:46:08
11 (1280)	PALMISANO, Giuseppe	1956	THC Brühl e. V.	0:48:01	1:14:50	1:47:20	03:50:11
12 (1063)	KERSJES, Wilhelm	1957		0:49:25	1:14:12	1:46:50	03:50:27
13 (1211)	HEIDCHEN, Michael	1955	VfL Engelskirchen	0:48:56	1:15:25	1:49:08	03:53:29
14 (1008)	BENDER, Matthias	1956	SSF Bonn Triathlon	0:48:40	1:14:48	1:50:11	03:53:39
15 (1117)	SCHULZ, Detlef	1959	SV Bergisch Gladbach 1920/	0:50:55	1:20:49	1:54:08	04:05:52
16 (1103)	PRAUTSCH, Peter	1957		0:50:49	1:19:15	2:00:27	04:10:31
17 (1809)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:29	1:22:31	2:00:02	04:16:02
18 (1836)	WAGNER, Helmut	1956		0:57:13	1:25:56	2:05:04	04:28:13
19 (1447)	MISCHKE, Gerhard	1959	VASELINO QUATTRO	0:58:19	1:29:53	2:06:27	04:34:39
20 (1140)	WESTERICH, Hermann	1958		0:59:04	1:26:29	2:15:52	04:41:25



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M60							
1 (1632)	STEINHAUER, Ulrich	1953	LG Plettenberg/Herscheid	0:41:48	1:03:50	1:31:17	03:16:55
2 (1316)	SCHUMACHER, Hans Heinz	1954	BSG Delphi Draka	0:45:20	1:08:55	1:39:21	03:33:36
3 (210)	DUNGER, Eberhard	1951	LC Wuppertal	0:47:10	1:11:18	1:41:50	03:40:18
4 (1067)	KÖNGETER, Hans	1954	SCB Horrem	0:46:03	1:11:59	1:42:18	03:40:20
5 (351)	HARTMANN, Hagen	1954	born to run	0:53:28	1:22:43	2:00:45	04:16:56
6 (454)	KUPINSKI, Waldemar	1952		0:59:35	1:30:56	2:11:48	04:42:19
SENIOREN M65							
1 (1112)	RUNGE, Günther	1947	VfL Engelskirchen	0:50:05	1:14:53	1:51:21	03:56:19
2 (1601)	BECKER, Claus	1949		0:55:01	1:24:46	2:03:58	04:23:45
SENIOREN M70							
1 (286)	STEINKE, Gerhard	1942		0:55:14	1:25:02	1:58:15	04:18:31
SENIOREN M75							
1 (816)	MÜLLER, Clemens	1938	Brasil	1:01:29	1:32:29	2:15:40	04:49:38
FRAUEN							
1 (1655)	NOWACK, Nadine	1986	SG Köln-Worringen	0:56:43	1:26:03	2:10:27	04:33:13
SENIORINNEN W30							
1 (1654)	GÜNTHER, Marlen	1983	Runners Point Bonn	0:39:37	1:01:34	1:28:01	03:09:12
2 (412)	SCHÜTZEICHEL, Britta	1983		0:48:33	1:12:51	1:47:20	03:48:44
3 (1048)	HEISTER, Julia	1982	1. FFC Bergisch Gladbach	0:48:11	1:14:22	1:49:54	03:52:27
4 (1130)	URBAN, Alexandra	1981	ELEX	0:52:35	1:17:59	2:00:49	04:11:23
5 (1320)	SITRAN, Nadine	1980		0:59:02	1:35:36	2:19:29	04:54:07
6 (1234)	KÄSEL, Julia	1982		0:59:02	1:32:58	2:27:59	04:59:59
SENIORINNEN W35							
1 (844)	KANDITT, Katja	1977	OSC Waldniel	0:41:49	1:03:53	1:32:03	03:17:45
2 (1334)	VIZZARI, Susanne	1977	speed»cat	0:45:31	1:09:38	1:41:54	03:37:03
3 (1306)	SCHMIDT, Tanja	1976	BSG BML Bonn	0:48:06	1:16:15	1:52:42	03:57:03
4 (1839)	REESE, Lydia	1979	Bundespolizei	0:46:38	1:19:07	1:52:43	03:58:28
5 (1679)	BELLINGHAUSEN, Nicole	1976		0:48:49	1:19:07	1:52:46	04:00:42
6 (1078)	LÜCKERATH, Dr. Evelin	1975		0:54:58	1:30:27	2:05:34	04:30:59
7 (414)	HUNSMANN, Heike	1979	TriCologne	0:56:36	1:32:38	2:11:19	04:40:33
SENIORINNEN W40							
1 (1605)	ESCHWEILER, Marion	1972	TSV Weiss-Köln	0:42:56	1:06:03	1:32:10	03:21:09
2 (1457)	SCHARWÄCHTER, Micheline	1972	sms/ism	0:47:52	1:13:13	1:45:24	03:46:29
3 (1325)	STRIEDER, Stefanie	1970	MACH3 Köln e.V.	0:47:52	1:13:50	1:45:45	03:47:27
4 (2235)	SCHULTE, SILVIA	1971	LT Siebengebirge	0:50:15	1:15:48	1:47:35	03:53:38



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W40							
5 (401)	KOSMOL, Heike	1970	ESV Gremberghoven	0:50:00	1:15:23	1:48:17	03:53:40
6 (1214)	HEINRICH, Tina	1974		0:48:29	1:15:25	1:51:31	03:55:25
7 (1806)	BÖCKER, Doreen	1972	LT Saaler Mühle	0:52:08	1:21:43	1:55:25	04:09:16
8 (1616)	MOHRMANN, Follow Hollow	1970	Der Elf und seine Freunde	0:53:56	1:19:56	1:56:30	04:10:22
9 (1164)	BREDOW, Tanja	1972		0:53:21	1:21:18	1:58:54	04:13:33
10 (1223)	HOFFMANN, Nicole	1973	LT Saaler Mühle	0:52:09	1:21:46	2:01:18	04:15:13
11 (1271)	NAGEL, Janet	1971	LT Saaler Mühle	0:58:50	1:30:14	2:11:24	04:40:28
SENIORINNEN W45							
1 (1062)	KALINER, Silke	1969	k1-media	0:41:55	1:03:30	1:30:45	03:16:10
2 (1032)	FISCHER, Ilonka	1966	Pulheimer SC	0:48:27	1:15:39	1:51:21	03:55:27
3 (240)	AHRENS, Heike	1965	BSG Stadt Köln	0:51:48	1:16:18	1:50:11	03:58:17
4 (257)	WAHL, Susanne	1968		0:52:19	1:19:43	1:53:11	04:05:13
5 (284)	VAHLKAMP, Ulrike	1968	LC Weilerswist	0:52:57	1:20:10	1:54:33	04:07:40
6 (1135)	WALD, Ilona	1965	PSV Bonn Triathlon	0:54:32	1:23:04	1:59:31	04:17:07
7 (244)	BÖSE, Annette	1969	BSG Delphi Draka	0:54:22	1:26:05	2:02:03	04:22:30
8 (1153)	BAUCHMÜLLER, Nenita	1968		1:00:52	1:31:27	2:13:48	04:46:07
SENIORINNEN W50							
1 (1805)	NIKELOWSKI, Renate	1964	LT Köln-Esch	0:44:11	1:09:08	1:38:20	03:31:39
2 (256)	HOLBEIN, Petra	1964	Pulheimer SC	0:48:33	1:13:28	1:49:11	03:51:12
3 (258)	MICHELS, Susanne	1964	TV Attendorn	0:49:47	1:14:41	1:48:50	03:53:18
4 (1137)	WASSERFUHR, Barbara	1962	Team Erdinger Alkoholfrei	0:51:06	1:17:17	1:50:46	03:59:09
5 (1405)	BIERE, Kirsten	1963	Glühwürmchen	0:51:35	1:21:56	1:54:18	04:07:49
6 (1477)	WILBERT, Sylvia	1961	VASELINO QUATTRO	1:00:40	1:31:10	2:09:14	04:41:04
SENIORINNEN W55							
1 (370)	SUHR, Monika	1957		0:50:05	1:16:22	1:49:21	03:55:48
2 (1132)	VON LEY, Petra	1958		0:55:25	1:24:23	2:04:36	04:24:24
3 (1037)	GEORGY, Ursula	1958		1:00:58	1:34:21	2:22:47	04:58:06
SENIORINNEN W60							
1 (1607)	HELLER, Marlene	1952		1:00:39	1:31:37	2:15:10	04:47:26