



3. Lauf zur 34. 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 (2736)	MANSOURI, Nouredine	1981	TuS Köln rrh.	0:33:41	0:50:25	1:10:37	02:34:43
2 (90)	RINKE, André	1991	Bunert - Der Kölner Lauflade	0:34:15	0:51:29	1:12:29	02:38:13
3 (794)	FLADER, Moritz	1991	LG Gummersbach	0:35:38	0:55:07	1:16:56	02:47:41
4 (653)	KRECHEL, Wolfgang	1963	LAZ Puma Rhein-Sieg	0:35:40	0:54:18	1:17:52	02:47:50
5 (140)	ZIMMERMANN, Chris	1986	Wuppertal Tri Club/Rose KFZ	0:35:44	0:56:17	1:20:10	02:52:11
6 (214)	GIESE, Kevin	1992		0:36:09	0:58:07	1:23:39	02:57:55
7 (220)	GOL, Leonard	1991		0:36:59	0:58:07	1:23:27	02:58:33
8 (2249)	THIEL, Andreas	1978		0:38:02	0:58:59	1:24:07	03:01:08
9 (2237)	BULLACH, Andrej	1969		0:39:13	0:58:59	1:25:24	03:03:36
10 (171)	BOEHNING, Christian	1985	SSF Bonn	0:39:19	1:00:23	1:25:24	03:05:06
11 (2229)	WÖLFEL, Wilhelm	1960	VfL Engelskirchen	0:39:03	0:59:51	1:26:50	03:05:44
12 (100)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:22	1:00:01	1:26:26	03:05:49
13 (383)	RÖSLER, Denis	1970	25MINUTES	0:41:17	1:00:15	1:25:40	03:07:12
14 (365)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:02	1:01:38	1:28:47	03:10:27
15 (409)	SCHREINER, Dennis	1987		0:41:08	1:02:08	1:28:27	03:11:43
16 (718)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:08	1:02:23	1:28:23	03:11:54
17 (213)	GEIMER, Chris	1992	Die MANNschaft e.V.	0:43:29	0:59:01	1:29:34	03:12:04
18 (363)	NOONAN, Timothy	1969		0:41:45	1:03:25	1:29:32	03:14:42
19 (94)	SAVIN, Kyrylo	1976	Deutsche Welle	0:39:44	0:59:47	1:35:33	03:15:04
20 (126)	VAIL, Caitlin	1995	SSF Bonn	0:40:29	1:02:47	1:32:13	03:15:29
21 (279)	HARTMANN, Frederik	1968	TV Refrath	0:40:04	1:03:38	1:32:40	03:16:22
22 (2238)	FREUDENHAMMER, Andreas	1984		0:42:17	1:02:18	1:32:42	03:17:17
23 (2177)	HOUSCHT, Dr. Martin Peter	1965	Selhof Jogger	0:41:58	1:03:36	1:32:43	03:18:17
24 (708)	KAISER, Jörn	1975	Pulheimer SC Triathlon	0:42:30	1:04:42	1:33:04	03:20:16
25 (200)	ENGELHARDT, Kai	1967	25MINUTES	0:42:22	1:05:10	1:33:47	03:21:19
26 (724)	ROHE, Fabian	1988	TV Flerke	0:42:20	1:06:07	1:34:37	03:23:04
27 (141)	ZOLL, Daniela	1981	LG Gummersbach	0:43:22	1:06:26	1:35:42	03:25:30
28 (35)	GRUBENBECHER, Jan	1975		0:42:45	1:05:01	1:38:00	03:25:46
29 (738)	WENZEL, Björn	1992	Piraten AG	0:43:32	1:10:25	1:33:11	03:27:08
30 (420)	STEINMETZ, Stefan	1981		0:43:28	1:05:15	1:39:42	03:28:25
31 (793)	RUDA, Christian	1979	FSV Düsseldorf	0:44:19	1:07:46	1:36:20	03:28:25
32 (2023)	MICHAELI, Pascal	1974	LC Weilerswist	0:45:13	1:09:23	1:34:32	03:29:08
33 (710)	KÖHN, Luisa	2000		0:43:30	1:08:23	1:40:30	03:32:23
34 (350)	MÜHLBERG, Michael	1976	Mach3 Köln e.V.	0:45:55	1:09:41	1:37:11	03:32:47
35 (2254)	STROH, Sizzo	1984		0:45:34	1:08:27	1:40:23	03:34:24
36 (86)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:46:01	1:09:25	1:39:57	03:35:23
37 (410)	SCHRÖDER, Wolfgang	1967	Union Biesfeld triathlon	0:46:56	1:08:22	1:40:59	03:36:17
38 (119)	SUDMANN, Tobias	1978	Laufmonster	0:46:49	1:08:26	1:41:22	03:36:37
39 (64)	MARINGER, Niels	1978	Bojenschwimmer	0:45:09	1:09:58	1:41:37	03:36:44
40 (259)	DINTER, Martin	1967		0:46:51	1:10:24	1:39:32	03:36:47
41 (422)	STING, Michael	1968	VfL Wehbach	0:46:11	1:10:24	1:41:00	03:37:35
42 (340)	LÜBBERT, Mark	1979	Kugelblitzzze	0:45:33	1:09:46	1:43:04	03:38:23



3. Lauf zur 34. 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
43 (375)	PLAZINSKI, Gerhard	1975		0:46:46	1:10:44	1:41:44	03:39:14
44 (6)	BERKOWICZ, Lars	1972	SGV Linkenbach e.V.	0:47:40	1:10:32	1:41:22	03:39:34
45 (14)	BREUER, Philipp	1986		0:41:08	1:14:51	1:44:02	03:40:01
46 (2259)	MORILLAS, Antonio	1966		0:47:57	1:10:20	1:41:56	03:40:13
47 (2)	ADICK, Carolin	1983	Tricologne e.V.	0:47:32	1:13:21	1:39:22	03:40:15
48 (786)	WOTZLAW, Mathias	1963	ASV Köln Triathlon	0:45:36	1:11:39	1:43:22	03:40:37
49 (28)	ENGELS, Andreas	1976	Lauf su Sau	0:45:36	1:09:45	1:45:27	03:40:48
50 (313)	KOMMER-RITZKA, Birgit	1968	LT Alsdorf-Ost	0:46:36	1:11:26	1:42:53	03:40:55
51 (732)	SCHÜTT, Jan	1985	TriCologne	0:45:53	1:10:57	1:44:56	03:41:46
52 (686)	FALLNICH, Michael	1991	Piraten AG	0:45:08	1:17:17	1:40:36	03:43:01
53 (20)	DELLGRÜN, Hans-Jürgen	1958	Köln Triathlon e.V.	0:48:00	1:11:56	1:44:13	03:44:09
54 (55)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:46:18	1:12:01	1:45:55	03:44:14
55 (307)	KEßELER, Stefan	1978		0:46:22	1:14:02	1:43:59	03:44:23
56 (185)	CHRISTIAN, Manfred	1985		0:45:41	1:10:22	1:49:05	03:45:08
57 (300)	JAGUSCH, Andreas	1971		0:47:17	1:11:32	1:46:48	03:45:37
58 (2226)	PABST, Robert	1988		0:47:04	1:10:55	1:47:52	03:45:51
59 (106)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:48:21	1:13:39	1:44:14	03:46:14
60 (662)	ROHE, Lena	1991	TV Flerke	0:48:21	1:13:16	1:44:41	03:46:18
61 (87)	PLAMBECK, Birgit	1984		0:48:28	1:12:27	1:45:38	03:46:33
62 (2083)	BECKER, Kurt	1962		0:48:53	1:13:11	1:44:31	03:46:35
63 (2256)	BOHR, Oliver	1968	SSF Bonn Triathlon	0:47:14	1:14:40	1:45:05	03:46:59
64 (18)	BRUENING, Robert	1972	LG Hueckeswagen	0:48:26	1:13:41	1:44:53	03:47:00
65 (91)	RÖHL, Fabian	1983		0:48:06	1:14:35	1:45:30	03:48:11
66 (301)	JOCHUM, Carina	1974		0:46:44	1:17:29	1:44:15	03:48:28
67 (13)	BRAUNSTEIN, Andreas	1982	Team Erdinger Alkoholfrei	0:52:41	1:23:19	1:32:29	03:48:29
68 (314)	KÖPPE, Stefan	1985	1.FC Köln	0:48:33	1:13:16	1:46:51	03:48:40
69 (223)	GREBER, Mathieu	1985	DW Sport plus e.V.	0:49:41	1:03:12	1:56:14	03:49:07
70 (2022)	ROEDER, Jens	1969		0:48:56	1:11:22	1:48:51	03:49:09
71 (702)	HOX, Thomas	1970	ASV KÖLN	0:48:32	1:15:03	1:46:32	03:50:07
72 (778)	ZIELKE, Christian	1972		0:50:06	1:13:49	1:46:16	03:50:11
73 (441)	WEBER, Markus	1972	VfL Engelskirchen	0:47:39	1:12:02	1:52:13	03:51:54
74 (275)	BUSCHMANN, Sabine	1973	LT Alsdorf-Ost	0:49:14	1:14:50	1:48:35	03:52:39
75 (361)	NIKELOWSKI, Norbert	1958	Marathonfreunde Köln	0:49:06	1:15:38	1:47:56	03:52:40
76 (713)	KÜTTNER, Christiane	1967	Laufmonster	0:49:27	1:13:55	1:49:59	03:53:21
77 (311)	KNEPPER, Michael	1963	Marathon Mülheim	0:49:08	1:16:07	1:48:09	03:53:24
78 (2269)	HOFFMANN, Dirk	1969		0:49:35	1:15:23	1:48:47	03:53:45
79 (63)	MAIER, Alex	1979	LG Gummersbach	0:47:58	1:14:07	1:51:51	03:53:56
80 (33)	GROßE WINKELSETT, Elmar	1985		0:48:46	1:14:59	1:50:20	03:54:05
81 (643)	ELBLE, Max	1961	ERGO sports Köln	0:50:50	1:15:58	1:48:34	03:55:22
82 (692)	HAHN, Rolf	1961	BSG BML Bonn	0:54:59	1:15:18	1:46:37	03:56:54
83 (673)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:49:56	1:15:45	1:52:20	03:58:01
84 (371)	PESCH, Luisa	1991		0:48:41	1:17:30	1:52:21	03:58:32



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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
85 (703)	ISBANER, Wolfgang	1954	TSV Bayer 04 Leverkusen	0:49:59	1:17:43	1:51:58	03:59:40
86 (663)	RUDOLPH, Alexander	1974	Ford FCSD05	0:51:02	1:16:45	1:52:22	04:00:09
87 (19)	CLAASSEN, Manfred	1940	Laufmonster	0:53:38	1:17:31	1:49:23	04:00:32
88 (407)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:48:16	1:23:59	1:48:21	04:00:36
89 (3035)	SCHALLER, Dieter	1964		0:49:39	1:16:06	1:54:57	04:00:42
90 (137)	ZACHGO, Lars	1990	Pathion	0:49:02	1:22:29	1:49:16	04:00:47
91 (51)	KNAUT, Andreas	1986	Clüb Emmessen	0:49:03	1:22:28	1:49:16	04:00:47
92 (74)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:49:08	1:18:12	1:53:45	04:01:05
93 (705)	JANKE, Dietmar	1951	LT SC Selters	0:49:50	1:21:13	1:53:03	04:04:06
94 (182)	BROICH, Ralph	1970	Ford FCSD 05	0:51:54	1:20:34	1:51:42	04:04:10
95 (2228)	SUHR, Monika	1957		0:51:48	1:18:13	1:54:28	04:04:29
96 (46)	JUNG, Winfried	1962	SC Rotenstein	0:51:56	1:19:20	1:53:14	04:04:30
97 (704)	JÄGER, Andy	1988		0:51:28	1:17:28	1:55:42	04:04:38
98 (719)	OPPERMANN, Lukas	1991	Piraten AG	0:49:33	1:17:17	1:59:52	04:06:42
99 (780)	HASERICH, Dirk	1964		0:50:47	1:19:44	1:56:17	04:06:48
100 (779)	MÜLLER, Karin	1967		0:50:47	1:19:44	1:56:18	04:06:49
101 (384)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:52:33	1:20:06	1:57:15	04:09:54
102 (174)	BÖRSTE, Andreas	1972	TuS 07 Oberlar e.V.	0:52:21	1:24:00	1:53:46	04:10:07
103 (2014)	LECHELT, Stefan	1975	RUN	0:53:15	1:20:22	1:57:39	04:11:16
104 (376)	PRACHT, Frank	1977		0:47:20	1:18:38	2:05:35	04:11:33
105 (142)	ADAMS, Heike	1964		0:52:29	1:20:57	1:58:19	04:11:45
106 (2020)	PENKERT, Bastian	1982		0:53:43	1:23:31	1:56:34	04:13:48
107 (2015)	BRODOWSKI, Günter	1960		0:52:11	1:18:23	2:03:48	04:14:22
108 (306)	KEITEL, Sönke	1964		0:52:33	1:20:56	2:01:19	04:14:48
109 (2012)	WAHL, Susanne	1968		0:55:06	1:20:56	1:59:03	04:15:05
110 (336)	LICHTENTHÄLER, Carina	1983		0:55:14	1:23:16	1:56:50	04:15:20
111 (2250)	KRICHEL, Andreas	1964		0:55:36	1:22:23	1:57:49	04:15:48
112 (67)	MATTICK, Corinna	1981	LG Gummersbach	0:54:31	1:23:40	1:58:14	04:16:25
113 (215)	GIPPERICH, Rudolf	1965	LG Gummersbach	0:54:31	1:23:40	2:02:53	04:21:04
114 (4)	BECKER, Claus	1949		0:56:08	1:26:12	2:02:13	04:24:33
115 (787)	FAHL, Thomas	1973		0:54:38	1:20:37	2:09:55	04:25:10
116 (145)	AUDEHM, Dr. Uwe	1960	Team Monika	0:55:08	1:28:11	2:04:23	04:27:42
117 (42)	HESS, Volker	1965	Bojenschwimmer	0:53:58	1:25:16	2:08:31	04:27:45
118 (2258)	SCHMITT, Rolf	1956		1:01:34	1:25:58	2:04:26	04:31:58
119 (294)	BRANDENBURG, Helga	1944	ASV Koeln e.V.	0:57:21	1:26:49	2:09:34	04:33:44
120 (47)	JÜNGST, Barbara	1954	SG Siegen-Giersberg	0:57:41	1:28:10	2:10:54	04:36:45
121 (303)	KAESMACHER, Alexander	1984		0:55:00	1:27:43	2:18:10	04:40:53
122 (456)	ZEHNPFENNIG, Jacqueline	1987		0:55:02	1:27:43	2:18:10	04:40:55
123 (45)	HÜPPELER, Antje	1965		0:59:29	1:29:38	2:11:51	04:40:58
124 (2089)	PFLICHTBEIL, Claudia	1984		1:02:07	1:32:49	2:06:40	04:41:36
125 (15)	BREYER, Rapha	1981	EDV Breyer Racing Team	0:55:22	1:33:35	2:13:49	04:42:46
126 (699)	HILD, Johannes Christian	1989	Lauftreff Hochschulsport AC	1:00:10	1:30:31	2:12:41	04:43:22



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (207)	FERDINAND, Markus	1959	BSG Airflow	0:59:10	1:32:11	2:14:48	04:46:09
128 (79)	NOONAN, Kelly	1962		1:00:44	1:37:17	2:13:49	04:51:50
129 (423)	STING, Daniela	1972	VfL Wehbach	1:01:31	1:32:05	2:21:01	04:54:37
130 (432)	VALDER, Barbara	1970		1:02:54	1:34:57	2:18:54	04:56:45
131 (2262)	KIRK, Leonie	1987		1:04:50	1:34:42	2:21:08	05:00:40
132 (454)	WURDA, Werner	1960	SC Fortuna Köln	0:59:14	1:35:51	2:25:40	05:00:45
133 (2260)	LIEBRENZ, Annika	1986		1:04:50	1:36:25	2:30:39	05:11:54
134 (366)	OLBERT, Marc	1961	Lt Hennef/Sieg	0:59:41	1:43:51	2:37:42	05:21:14
135 (227)	HAHS, Eveline	1958	Lt Hennef/Sieg	1:04:22	1:43:50	2:37:42	05:25:54
136 (133)	HÜLSE, Renate	1957	LG Mauerweg Berlin	1:14:43	1:52:00	2:39:54	05:46:37



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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 (126)	VAIL, Caitlin	1995	SSF Bonn	0:40:29	1:02:47	1:32:13	03:15:29
2 (141)	ZOLL, Daniela	1981	LG Gummersbach	0:43:22	1:06:26	1:35:42	03:25:30
3 (710)	KÖHN, Luisa	2000		0:43:30	1:08:23	1:40:30	03:32:23
4 (2)	ADICK, Carolin	1983	Tricologne e.V.	0:47:32	1:13:21	1:39:22	03:40:15
5 (313)	KOMMER-RITZKA, Birgit	1968	LT Alsdorf-Ost	0:46:36	1:11:26	1:42:53	03:40:55
6 (662)	ROHE, Lena	1991	TV Flerke	0:48:21	1:13:16	1:44:41	03:46:18
7 (87)	PLAMBECK, Birgit	1984		0:48:28	1:12:27	1:45:38	03:46:33
8 (301)	JOCHUM, Carina	1974		0:46:44	1:17:29	1:44:15	03:48:28
9 (275)	BUSCHMANN, Sabine	1973	LT Alsdorf-Ost	0:49:14	1:14:50	1:48:35	03:52:39
10 (713)	KÜTTNER, Christiane	1967	Laufmonster	0:49:27	1:13:55	1:49:59	03:53:21
11 (371)	PESCH, Luisa	1991		0:48:41	1:17:30	1:52:21	03:58:32
12 (2228)	SUHR, Monika	1957		0:51:48	1:18:13	1:54:28	04:04:29
13 (779)	MÜLLER, Karin	1967		0:50:47	1:19:44	1:56:18	04:06:49
14 (142)	ADAMS, Heike	1964		0:52:29	1:20:57	1:58:19	04:11:45
15 (2012)	WAHL, Susanne	1968		0:55:06	1:20:56	1:59:03	04:15:05
16 (336)	LICHTENTHÄLER, Carina	1983		0:55:14	1:23:16	1:56:50	04:15:20
17 (67)	MATTICK, Corinna	1981	LG Gummersbach	0:54:31	1:23:40	1:58:14	04:16:25
18 (294)	BRANDENBURG, Helga	1944	ASV Koeln e.V.	0:57:21	1:26:49	2:09:34	04:33:44
19 (47)	JÜNGST, Barbara	1954	SG Siegen-Giersberg	0:57:41	1:28:10	2:10:54	04:36:45
20 (456)	ZEHNPFENNIG, Jacqueline	1987		0:55:02	1:27:43	2:18:10	04:40:55
21 (45)	HÜPPELER, Antje	1965		0:59:29	1:29:38	2:11:51	04:40:58
22 (2089)	PFLICHTBEIL, Claudia	1984		1:02:07	1:32:49	2:06:40	04:41:36
23 (79)	NOONAN, Kelly	1962		1:00:44	1:37:17	2:13:49	04:51:50
24 (423)	STING, Daniela	1972	VfL Wehbach	1:01:31	1:32:05	2:21:01	04:54:37
25 (432)	VALDER, Barbara	1970		1:02:54	1:34:57	2:18:54	04:56:45
26 (2262)	KIRK, Leonie	1987		1:04:50	1:34:42	2:21:08	05:00:40
27 (2260)	LIEBRENZ, Annika	1986		1:04:50	1:36:25	2:30:39	05:11:54
28 (227)	HAHS, Eveline	1958	Lt Hennef/Sieg	1:04:22	1:43:50	2:37:42	05:25:54
29 (133)	HÜLSE, Renate	1957	LG Mauerweg Berlin	1:14:43	1:52:00	2:39:54	05:46:37



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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							
1 (2736)	MANSOURI, Nouredine	1981	TuS Köln rrh.	0:33:41	0:50:25	1:10:37	02:34:43
2 (90)	RINKE, André	1991	Bunert - Der Kölner Lauflade	0:34:15	0:51:29	1:12:29	02:38:13
3 (794)	FLADER, Moritz	1991	LG Gummersbach	0:35:38	0:55:07	1:16:56	02:47:41
4 (653)	KRECHEL, Wolfgang	1963	LAZ Puma Rhein-Sieg	0:35:40	0:54:18	1:17:52	02:47:50
5 (140)	ZIMMERMANN, Chris	1986	Wuppertal Tri Club/Rose KFZ0	0:35:44	0:56:17	1:20:10	02:52:11
6 (214)	GIESE, Kevin	1992		0:36:09	0:58:07	1:23:39	02:57:55
7 (220)	GOL, Leonard	1991		0:36:59	0:58:07	1:23:27	02:58:33
8 (2249)	THIEL, Andreas	1978		0:38:02	0:58:59	1:24:07	03:01:08
9 (2237)	BULLACH, Andrej	1969		0:39:13	0:58:59	1:25:24	03:03:36
10 (171)	BOEHNING, Christian	1985	SSF Bonn	0:39:19	1:00:23	1:25:24	03:05:06
11 (2229)	WÖLFEL, Wilhelm	1960	VfL Engelskirchen	0:39:03	0:59:51	1:26:50	03:05:44
12 (100)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:22	1:00:01	1:26:26	03:05:49
13 (383)	RÖSLER, Denis	1970	25MINUTES	0:41:17	1:00:15	1:25:40	03:07:12
14 (365)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:02	1:01:38	1:28:47	03:10:27
15 (409)	SCHREINER, Dennis	1987		0:41:08	1:02:08	1:28:27	03:11:43
16 (718)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:08	1:02:23	1:28:23	03:11:54
17 (213)	GEIMER, Chris	1992	Die MANNschaft e.V.	0:43:29	0:59:01	1:29:34	03:12:04
18 (363)	NOONAN, Timothy	1969		0:41:45	1:03:25	1:29:32	03:14:42
19 (94)	SAVIN, Kyrylo	1976	Deutsche Welle	0:39:44	0:59:47	1:35:33	03:15:04
20 (279)	HARTMANN, Frederik	1968	TV Refrath	0:40:04	1:03:38	1:32:40	03:16:22
21 (2238)	FREUDENHAMMER, Andreas	1984		0:42:17	1:02:18	1:32:42	03:17:17
22 (2177)	HOUSCHT, Dr. Martin Peter	1965	Selhof Jogger	0:41:58	1:03:36	1:32:43	03:18:17
23 (708)	KAISER, Jörn	1975	Pulheimer SC Triathlon	0:42:30	1:04:42	1:33:04	03:20:16
24 (200)	ENGELHARDT, Kai	1967	25MINUTES	0:42:22	1:05:10	1:33:47	03:21:19
25 (724)	ROHE, Fabian	1988	TV Flerke	0:42:20	1:06:07	1:34:37	03:23:04
26 (35)	GRUBENBECHER, Jan	1975		0:42:45	1:05:01	1:38:00	03:25:46
27 (738)	WENZEL, Björn	1992	Piraten AG	0:43:32	1:10:25	1:33:11	03:27:08
28 (420)	STEINMETZ, Stefan	1981		0:43:28	1:05:15	1:39:42	03:28:25
29 (793)	RUDA, Christian	1979	FSV Düsseldorf	0:44:19	1:07:46	1:36:20	03:28:25
30 (2023)	MICHAELI, Pascal	1974	LC Weilerswist	0:45:13	1:09:23	1:34:32	03:29:08
31 (350)	MÜHLBERG, Michael	1976	Mach3 Köln e.V.	0:45:55	1:09:41	1:37:11	03:32:47
32 (2254)	STROH, Sizzo	1984		0:45:34	1:08:27	1:40:23	03:34:24
33 (86)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:46:01	1:09:25	1:39:57	03:35:23
34 (410)	SCHRÖDER, Wolfgang	1967	Union Biesfeld triathlon	0:46:56	1:08:22	1:40:59	03:36:17
35 (119)	SUDMANN, Tobias	1978	Laufmonster	0:46:49	1:08:26	1:41:22	03:36:37
36 (64)	MARINGER, Niels	1978	Bojenschwimmer	0:45:09	1:09:58	1:41:37	03:36:44
37 (259)	DINTER, Martin	1967		0:46:51	1:10:24	1:39:32	03:36:47
38 (422)	STING, Michael	1968	VfL Wehbach	0:46:11	1:10:24	1:41:00	03:37:35
39 (340)	LÜBBERT, Mark	1979	Kugelblitzzze	0:45:33	1:09:46	1:43:04	03:38:23
40 (375)	PLAZINSKI, Gerhard	1975		0:46:46	1:10:44	1:41:44	03:39:14
41 (6)	BERKOWICZ, Lars	1972	SGV Linkenbach e.V.	0:47:40	1:10:32	1:41:22	03:39:34



3. Lauf zur 34. 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							
42 (14)	BREUER, Philipp	1986		0:41:08	1:14:51	1:44:02	03:40:01
43 (2259)	MORILLAS, Antonio	1966		0:47:57	1:10:20	1:41:56	03:40:13
44 (786)	WOTZLAW, Mathias	1963	ASV Köln Triathlon	0:45:36	1:11:39	1:43:22	03:40:37
45 (28)	ENGELS, Andreas	1976	Lauf su Sau	0:45:36	1:09:45	1:45:27	03:40:48
46 (732)	SCHÜTT, Jan	1985	TriCologne	0:45:53	1:10:57	1:44:56	03:41:46
47 (686)	FALLNICH, Michael	1991	Piraten AG	0:45:08	1:17:17	1:40:36	03:43:01
48 (20)	DELLGRÜN, Hans-Jürgen	1958	Köln Triathlon e.V.	0:48:00	1:11:56	1:44:13	03:44:09
49 (55)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:46:18	1:12:01	1:45:55	03:44:14
50 (307)	KEßELER, Stefan	1978		0:46:22	1:14:02	1:43:59	03:44:23
51 (185)	CHRISTIAN, Manfred	1985		0:45:41	1:10:22	1:49:05	03:45:08
52 (300)	JAGUSCH, Andreas	1971		0:47:17	1:11:32	1:46:48	03:45:37
53 (2226)	PABST, Robert	1988		0:47:04	1:10:55	1:47:52	03:45:51
54 (106)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:48:21	1:13:39	1:44:14	03:46:14
55 (2083)	BECKER, Kurt	1962		0:48:53	1:13:11	1:44:31	03:46:35
56 (2256)	BOHR, Oliver	1968	SSF Bonn Triathlon	0:47:14	1:14:40	1:45:05	03:46:59
57 (18)	BRUENING, Robert	1972	LG Hueckeswagen	0:48:26	1:13:41	1:44:53	03:47:00
58 (91)	RÖHL, Fabian	1983		0:48:06	1:14:35	1:45:30	03:48:11
59 (13)	BRAUNSTEIN, Andreas	1982	Team Erdinger Alkoholfrei	0:52:41	1:23:19	1:32:29	03:48:29
60 (314)	KÖPPE, Stefan	1985	1.FC Köln	0:48:33	1:13:16	1:46:51	03:48:40
61 (223)	GREBER, Mathieu	1985	DW Sport plus e.V.	0:49:41	1:03:12	1:56:14	03:49:07
62 (2022)	ROEDER, Jens	1969		0:48:56	1:11:22	1:48:51	03:49:09
63 (702)	HOX, Thomas	1970	ASV KÖLN	0:48:32	1:15:03	1:46:32	03:50:07
64 (778)	ZIELKE, Christian	1972		0:50:06	1:13:49	1:46:16	03:50:11
65 (441)	WEBER, Markus	1972	VfL Engelskirchen	0:47:39	1:12:02	1:52:13	03:51:54
66 (361)	NIKELOWSKI, Norbert	1958	Marathonfreunde Köln	0:49:06	1:15:38	1:47:56	03:52:40
67 (311)	KNEPPER, Michael	1963	Marathon Mülheim	0:49:08	1:16:07	1:48:09	03:53:24
68 (2269)	HOFFMANN, Dirk	1969		0:49:35	1:15:23	1:48:47	03:53:45
69 (63)	MAIER, Alex	1979	LG Gummersbach	0:47:58	1:14:07	1:51:51	03:53:56
70 (33)	GROßE WINKELSETT, Elmar	1985		0:48:46	1:14:59	1:50:20	03:54:05
71 (643)	ELBLE, Max	1961	ERGO sports Köln	0:50:50	1:15:58	1:48:34	03:55:22
72 (692)	HAHN, Rolf	1961	BSG BML Bonn	0:54:59	1:15:18	1:46:37	03:56:54
73 (673)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:49:56	1:15:45	1:52:20	03:58:01
74 (703)	ISBANER, Wolfgang	1954	TSV Bayer 04 Leverkusen	0:49:59	1:17:43	1:51:58	03:59:40
75 (663)	RUDOLPH, Alexander	1974	Ford FCSD05	0:51:02	1:16:45	1:52:22	04:00:09
76 (19)	CLAASSEN, Manfred	1940	Laufmonster	0:53:38	1:17:31	1:49:23	04:00:32
77 (407)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:48:16	1:23:59	1:48:21	04:00:36
78 (3035)	SCHALLER, Dieter	1964		0:49:39	1:16:06	1:54:57	04:00:42
79 (137)	ZACHGO, Lars	1990	Pathion	0:49:02	1:22:29	1:49:16	04:00:47
80 (51)	KNAUT, Andreas	1986	Clüb Emmessen	0:49:03	1:22:28	1:49:16	04:00:47
81 (74)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:49:08	1:18:12	1:53:45	04:01:05
82 (705)	JANKE, Dietmar	1951	LT SC Selters	0:49:50	1:21:13	1:53:03	04:04:06



3. Lauf zur 34. 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							
83 (182)	BROICH, Ralph	1970	Ford FCSD 05	0:51:54	1:20:34	1:51:42	04:04:10
84 (46)	JUNG, Winfried	1962	SC Rotenstein	0:51:56	1:19:20	1:53:14	04:04:30
85 (704)	JÄGER, Andy	1988		0:51:28	1:17:28	1:55:42	04:04:38
86 (719)	OPPERMANN, Lukas	1991	Piraten AG	0:49:33	1:17:17	1:59:52	04:06:42
87 (780)	HASERICH, Dirk	1964		0:50:47	1:19:44	1:56:17	04:06:48
88 (384)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:52:33	1:20:06	1:57:15	04:09:54
89 (174)	BÖRSTE, Andreas	1972	TuS 07 Oberlar e.V.	0:52:21	1:24:00	1:53:46	04:10:07
90 (2014)	LECHELT, Stefan	1975	RUN	0:53:15	1:20:22	1:57:39	04:11:16
91 (376)	PRACHT, Frank	1977		0:47:20	1:18:38	2:05:35	04:11:33
92 (2020)	PENKERT, Bastian	1982		0:53:43	1:23:31	1:56:34	04:13:48
93 (2015)	BRODOWSKI, Günter	1960		0:52:11	1:18:23	2:03:48	04:14:22
94 (306)	KEITEL, Sönke	1964		0:52:33	1:20:56	2:01:19	04:14:48
95 (2250)	KRICHEL, Andreas	1964		0:55:36	1:22:23	1:57:49	04:15:48
96 (215)	GIPPERICH, Rudolf	1965	LG Gummersbach	0:54:31	1:23:40	2:02:53	04:21:04
97 (4)	BECKER, Claus	1949		0:56:08	1:26:12	2:02:13	04:24:33
98 (787)	FAHL, Thomas	1973		0:54:38	1:20:37	2:09:55	04:25:10
99 (145)	AUDEHM, Dr. Uwe	1960	Team Monika	0:55:08	1:28:11	2:04:23	04:27:42
100 (42)	HESS, Volker	1965	Bojenschwimmer	0:53:58	1:25:16	2:08:31	04:27:45
101 (2258)	SCHMITT, Rolf	1956		1:01:34	1:25:58	2:04:26	04:31:58
102 (303)	KAESMACHER, Alexander	1984		0:55:00	1:27:43	2:18:10	04:40:53
103 (15)	BREYER, Rapha	1981	EDV Breyer Racing Team	0:55:22	1:33:35	2:13:49	04:42:46
104 (699)	HILD, Johannes Christian	1989	Lauftreff Hochschulsport AC	1:00:10	1:30:31	2:12:41	04:43:22
105 (207)	FERDINAND, Markus	1959	BSG Airflow	0:59:10	1:32:11	2:14:48	04:46:09
106 (454)	WURDA, Werner	1960	SC Fortuna Köln	0:59:14	1:35:51	2:25:40	05:00:45
107 (366)	OLBERT, Marc	1961	Lt Hennef/Sieg	0:59:41	1:43:51	2:37:42	05:21:14



3. Lauf zur 34. Winterserie des LSV Porz

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 (90)	RINKE, André	1991	Bunert - Der Kölner Lauflade	0:34:15	0:51:29	1:12:29	02:38:13
2 (794)	FLADER, Moritz	1991	LG Gummersbach	0:35:38	0:55:07	1:16:56	02:47:41
3 (214)	GIESE, Kevin	1992		0:36:09	0:58:07	1:23:39	02:57:55
4 (220)	GOL, Leonard	1991		0:36:59	0:58:07	1:23:27	02:58:33
5 (213)	GEIMER, Chris	1992	Die MANNschaft e.V.	0:43:29	0:59:01	1:29:34	03:12:04
6 (738)	WENZEL, Björn	1992	Piraten AG	0:43:32	1:10:25	1:33:11	03:27:08
7 (686)	FALLNICH, Michael	1991	Piraten AG	0:45:08	1:17:17	1:40:36	03:43:01
8 (137)	ZACHGO, Lars	1990	Pathion	0:49:02	1:22:29	1:49:16	04:00:47
9 (719)	OPPERMANN, Lukas	1991	Piraten AG	0:49:33	1:17:17	1:59:52	04:06:42
10 (699)	HILD, Johannes Christian	1989	Lauftreff Hochschulsport AC	1:00:10	1:30:31	2:12:41	04:43:22

SENIOREN M30

1 (140)	ZIMMERMANN, Chris	1986	Wuppertal Tri Club/Rose KFZ	0:35:44	0:56:17	1:20:10	02:52:11
2 (171)	BOEHNING, Christian	1985	SSF Bonn	0:39:19	1:00:23	1:25:24	03:05:06
3 (409)	SCHREINER, Dennis	1987		0:41:08	1:02:08	1:28:27	03:11:43
4 (2238)	FREUDENHAMMER, Andreas	1984		0:42:17	1:02:18	1:32:42	03:17:17
5 (724)	ROHE, Fabian	1988	TV Flerke	0:42:20	1:06:07	1:34:37	03:23:04
6 (2254)	STROH, Sizzo	1984		0:45:34	1:08:27	1:40:23	03:34:24
7 (14)	BREUER, Philipp	1986		0:41:08	1:14:51	1:44:02	03:40:01
8 (732)	SCHÜTT, Jan	1985	TriCologne	0:45:53	1:10:57	1:44:56	03:41:46
9 (185)	CHRISTIAN, Manfred	1985		0:45:41	1:10:22	1:49:05	03:45:08
10 (2226)	PABST, Robert	1988		0:47:04	1:10:55	1:47:52	03:45:51
11 (314)	KÖPPE, Stefan	1985	1.FC Köln	0:48:33	1:13:16	1:46:51	03:48:40
12 (223)	GREBER, Mathieu	1985	DW Sport plus e.V.	0:49:41	1:03:12	1:56:14	03:49:07
13 (33)	GROÙE WINKELSETT, Elmar	1985		0:48:46	1:14:59	1:50:20	03:54:05
14 (51)	KNAUT, Andreas	1986	Clüb Emmessen	0:49:03	1:22:28	1:49:16	04:00:47
15 (704)	JÄGER, Andy	1988		0:51:28	1:17:28	1:55:42	04:04:38
16 (303)	KAESMACHER, Alexander	1984		0:55:00	1:27:43	2:18:10	04:40:53

SENIOREN M35

1 (2736)	MANSOURI, Nouredine	1981	TuS Köln rrh.	0:33:41	0:50:25	1:10:37	02:34:43
2 (420)	STEINMETZ, Stefan	1981		0:43:28	1:05:15	1:39:42	03:28:25
3 (793)	RUDA, Christian	1979	FSV Düsseldorf	0:44:19	1:07:46	1:36:20	03:28:25
4 (340)	LÜBBERT, Mark	1979	Kugelblitzzzze	0:45:33	1:09:46	1:43:04	03:38:23
5 (91)	RÖHL, Fabian	1983		0:48:06	1:14:35	1:45:30	03:48:11
6 (13)	BRAUNSTEIN, Andreas	1982	Team Erdinger Alkoholfrei	0:52:41	1:23:19	1:32:29	03:48:29
7 (63)	MAIER, Alex	1979	LG Gummersbach	0:47:58	1:14:07	1:51:51	03:53:56
8 (2020)	PENKERT, Bastian	1982		0:53:43	1:23:31	1:56:34	04:13:48
9 (15)	BREYER, Rapha	1981	EDV Breyer Racing Team	0:55:22	1:33:35	2:13:49	04:42:46

SENIOREN M40



3. Lauf zur 34. Winterserie des LSV Porz

GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M40							
1 (2249)	THIEL, Andreas	1978		0:38:02	0:58:59	1:24:07	03:01:08
2 (94)	SAVIN, Kyrylo	1976	Deutsche Welle	0:39:44	0:59:47	1:35:33	03:15:04
3 (708)	KAISER, Jörn	1975	Pulheimer SC Triathlon	0:42:30	1:04:42	1:33:04	03:20:16
4 (35)	GRUBENBECHER, Jan	1975		0:42:45	1:05:01	1:38:00	03:25:46
5 (2023)	MICHAELI, Pascal	1974	LC Weilerswist	0:45:13	1:09:23	1:34:32	03:29:08
6 (350)	MÜHLBERG, Michael	1976	Mach3 Köln e.V.	0:45:55	1:09:41	1:37:11	03:32:47
7 (119)	SUDMANN, Tobias	1978	Laufmonster	0:46:49	1:08:26	1:41:22	03:36:37
8 (64)	MARINGER, Niels	1978	Bojenschwimmer	0:45:09	1:09:58	1:41:37	03:36:44
9 (375)	PLAZINSKI, Gerhard	1975		0:46:46	1:10:44	1:41:44	03:39:14
10 (28)	ENGELS, Andreas	1976	Lauf su Sau	0:45:36	1:09:45	1:45:27	03:40:48
11 (307)	KEßELER, Stefan	1978		0:46:22	1:14:02	1:43:59	03:44:23
12 (663)	RUDOLPH, Alexander	1974	Ford FCSD05	0:51:02	1:16:45	1:52:22	04:00:09
13 (2014)	LECHELT, Stefan	1975	RUN	0:53:15	1:20:22	1:57:39	04:11:16
14 (376)	PRACHT, Frank	1977		0:47:20	1:18:38	2:05:35	04:11:33
SENIOREN M45							
1 (2237)	BULLACH, Andrej	1969		0:39:13	0:58:59	1:25:24	03:03:36
2 (100)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:22	1:00:01	1:26:26	03:05:49
3 (383)	RÖSLER, Denis	1970	25MINUTES	0:41:17	1:00:15	1:25:40	03:07:12
4 (365)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:02	1:01:38	1:28:47	03:10:27
5 (718)	MÜNZER, Christof	1969	LT Dünwalder TV	0:41:08	1:02:23	1:28:23	03:11:54
6 (363)	NOONAN, Timothy	1969		0:41:45	1:03:25	1:29:32	03:14:42
7 (6)	BERKOWICZ, Lars	1972	SGV Linkenbach e.V.	0:47:40	1:10:32	1:41:22	03:39:34
8 (300)	JAGUSCH, Andreas	1971		0:47:17	1:11:32	1:46:48	03:45:37
9 (18)	BRUENING, Robert	1972	LG Hueckeswagen	0:48:26	1:13:41	1:44:53	03:47:00
10 (2022)	ROEDER, Jens	1969		0:48:56	1:11:22	1:48:51	03:49:09
11 (702)	HOX, Thomas	1970	ASV KÖLN	0:48:32	1:15:03	1:46:32	03:50:07
12 (778)	ZIELKE, Christian	1972		0:50:06	1:13:49	1:46:16	03:50:11
13 (441)	WEBER, Markus	1972	VfL Engelskirchen	0:47:39	1:12:02	1:52:13	03:51:54
14 (2269)	HOFFMANN, Dirk	1969		0:49:35	1:15:23	1:48:47	03:53:45
15 (673)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:49:56	1:15:45	1:52:20	03:58:01
16 (182)	BROICH, Ralph	1970	Ford FCSD 05	0:51:54	1:20:34	1:51:42	04:04:10
17 (174)	BÖRSTE, Andreas	1972	TuS 07 Oberlar e.V.	0:52:21	1:24:00	1:53:46	04:10:07
18 (787)	FAHL, Thomas	1973		0:54:38	1:20:37	2:09:55	04:25:10
SENIOREN M50							
1 (279)	HARTMANN, Frederik	1968	TV Refrath	0:40:04	1:03:38	1:32:40	03:16:22
2 (2177)	HOUSCHT, Dr. Martin Peter	1965	Selhof Jogger	0:41:58	1:03:36	1:32:43	03:18:17
3 (200)	ENGELHARDT, Kai	1967	25MINUTES	0:42:22	1:05:10	1:33:47	03:21:19
4 (410)	SCHRÖDER, Wolfgang	1967	Union Biesfeld triathlon	0:46:56	1:08:22	1:40:59	03:36:17
5 (259)	DINTER, Martin	1967		0:46:51	1:10:24	1:39:32	03:36:47



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M50							
6 (422)	STING, Michael	1968	VfL Wehbach	0:46:11	1:10:24	1:41:00	03:37:35
7 (2259)	MORILLAS, Antonio	1966		0:47:57	1:10:20	1:41:56	03:40:13
8 (2256)	BOHR, Oliver	1968	SSF Bonn Triathlon	0:47:14	1:14:40	1:45:05	03:46:59
9 (3035)	SCHALLER, Dieter	1964		0:49:39	1:16:06	1:54:57	04:00:42
10 (74)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:49:08	1:18:12	1:53:45	04:01:05
11 (780)	HASERICH, Dirk	1964		0:50:47	1:19:44	1:56:17	04:06:48
12 (384)	ROTTENAU, Rainer	1964	VfB Erftstadt Multisport	0:52:33	1:20:06	1:57:15	04:09:54
13 (306)	KEITEL, Sönke	1964		0:52:33	1:20:56	2:01:19	04:14:48
14 (2250)	KRICHEL, Andreas	1964		0:55:36	1:22:23	1:57:49	04:15:48
15 (215)	GIPPERICH, Rudolf	1965	LG Gummersbach	0:54:31	1:23:40	2:02:53	04:21:04
16 (42)	HESS, Volker	1965	Bojenschwimmer	0:53:58	1:25:16	2:08:31	04:27:45
SENIOREN M55							
1 (653)	KRECHEL, Wolfgang	1963	LAZ Puma Rhein-Sieg	0:35:40	0:54:18	1:17:52	02:47:50
2 (2229)	WÖLFEL, Wilhelm	1960	VfL Engelskirchen	0:39:03	0:59:51	1:26:50	03:05:44
3 (86)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:46:01	1:09:25	1:39:57	03:35:23
4 (786)	WOTZLAW, Mathias	1963	ASV Köln Triathlon	0:45:36	1:11:39	1:43:22	03:40:37
5 (55)	KÜHLERT-HABRICHT, Andreas	1962	Bojenschwimmer	0:46:18	1:12:01	1:45:55	03:44:14
6 (2083)	BECKER, Kurt	1962		0:48:53	1:13:11	1:44:31	03:46:35
7 (311)	KNEPPER, Michael	1963	Marathon Mülheim	0:49:08	1:16:07	1:48:09	03:53:24
8 (643)	ELBLE, Max	1961	ERGO sports Köln	0:50:50	1:15:58	1:48:34	03:55:22
9 (692)	HAHN, Rolf	1961	BSG BML Bonn	0:54:59	1:15:18	1:46:37	03:56:54
10 (407)	SCHNEIDER, Jürgen	1961	TuS 07 Oberlar	0:48:16	1:23:59	1:48:21	04:00:36
11 (46)	JUNG, Winfried	1962	SC Rotenstein	0:51:56	1:19:20	1:53:14	04:04:30
12 (2015)	BRODOWSKI, Günter	1960		0:52:11	1:18:23	2:03:48	04:14:22
13 (145)	AUDEHM, Dr. Uwe	1960	Team Monika	0:55:08	1:28:11	2:04:23	04:27:42
14 (207)	FERDINAND, Markus	1959	BSG Airflow	0:59:10	1:32:11	2:14:48	04:46:09
15 (454)	WURDA, Werner	1960	SC Fortuna Köln	0:59:14	1:35:51	2:25:40	05:00:45
16 (366)	OLBERT, Marc	1961	Lt Hennef/Sieg	0:59:41	1:43:51	2:37:42	05:21:14
SENIOREN M60							
1 (20)	DELLGRÜN, Hans-Jürgen	1958	Köln Triathlon e.V.	0:48:00	1:11:56	1:44:13	03:44:09
2 (106)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:48:21	1:13:39	1:44:14	03:46:14
3 (361)	NIKELOWSKI, Norbert	1958	Marathonfreunde Köln	0:49:06	1:15:38	1:47:56	03:52:40
4 (703)	ISBANER, Wolfgang	1954	TSV Bayer 04 Leverkusen	0:49:59	1:17:43	1:51:58	03:59:40
5 (2258)	SCHMITT, Rolf	1956		1:01:34	1:25:58	2:04:26	04:31:58
SENIOREN M65							
1 (705)	JANKE, Dietmar	1951	LT SC Selters	0:49:50	1:21:13	1:53:03	04:04:06
2 (4)	BECKER, Claus	1949		0:56:08	1:26:12	2:02:13	04:24:33
SENIOREN M75							



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M75							
1 (19)	CLAASSEN, Manfred	1940	Laufmonster	0:53:38	1:17:31	1:49:23	04:00:32
FRAUEN							
1 (126)	VAIL, Caitlin	1995	SSF Bonn	0:40:29	1:02:47	1:32:13	03:15:29
2 (662)	ROHE, Lena	1991	TV Flerke	0:48:21	1:13:16	1:44:41	03:46:18
3 (371)	PESCH, Luisa	1991		0:48:41	1:17:30	1:52:21	03:58:32
SENIORINNEN W30							
1 (87)	PLAMBECK, Birgit	1984		0:48:28	1:12:27	1:45:38	03:46:33
2 (456)	ZEHNPENNIG, Jacqueline	1987		0:55:02	1:27:43	2:18:10	04:40:55
3 (2089)	PFLICHTBEIL, Claudia	1984		1:02:07	1:32:49	2:06:40	04:41:36
4 (2262)	KIRK, Leonie	1987		1:04:50	1:34:42	2:21:08	05:00:40
5 (2260)	LIEBRENZ, Annika	1986		1:04:50	1:36:25	2:30:39	05:11:54
SENIORINNEN W35							
1 (141)	ZOLL, Daniela	1981	LG Gummersbach	0:43:22	1:06:26	1:35:42	03:25:30
2 (2)	ADICK, Carolin	1983	Tricologne e.V.	0:47:32	1:13:21	1:39:22	03:40:15
3 (336)	LICHTENTHÄLER, Carina	1983		0:55:14	1:23:16	1:56:50	04:15:20
4 (67)	MATTICK, Corinna	1981	LG Gummersbach	0:54:31	1:23:40	1:58:14	04:16:25
SENIORINNEN W40							
1 (301)	JOCHUM, Carina	1974		0:46:44	1:17:29	1:44:15	03:48:28
SENIORINNEN W45							
1 (275)	BUSCHMANN, Sabine	1973	LT Alsdorf-Ost	0:49:14	1:14:50	1:48:35	03:52:39
2 (423)	STING, Daniela	1972	VfL Wehbach	1:01:31	1:32:05	2:21:01	04:54:37
3 (432)	VALDER, Barbara	1970		1:02:54	1:34:57	2:18:54	04:56:45
SENIORINNEN W50							
1 (313)	KOMMER-RITZKA, Birgit	1968	LT Alsdorf-Ost	0:46:36	1:11:26	1:42:53	03:40:55
2 (713)	KÜTTNER, Christiane	1967	Laufmonster	0:49:27	1:13:55	1:49:59	03:53:21
3 (779)	MÜLLER, Karin	1967		0:50:47	1:19:44	1:56:18	04:06:49
4 (142)	ADAMS, Heike	1964		0:52:29	1:20:57	1:58:19	04:11:45
5 (2012)	WAHL, Susanne	1968		0:55:06	1:20:56	1:59:03	04:15:05
6 (45)	HÜPPELER, Antje	1965		0:59:29	1:29:38	2:11:51	04:40:58
SENIORINNEN W55							
1 (79)	NOONAN, Kelly	1962		1:00:44	1:37:17	2:13:49	04:51:50
SENIORINNEN W60							
1 (2228)	SUHR, Monika	1957		0:51:48	1:18:13	1:54:28	04:04:29
2 (47)	JÜNGST, Barbara	1954	SG Siegen-Giersberg	0:57:41	1:28:10	2:10:54	04:36:45
3 (227)	HAHS, Eveline	1958	Lt Hennef/Sieg	1:04:22	1:43:50	2:37:42	05:25:54



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W60							
4 (133)	HÜLSE, Renate	1957	LG Mauerweg Berlin	1:14:43	1:52:00	2:39:54	05:46:37
SENIORINNEN W70							
1 (294)	BRANDENBURG, Helga	1944	ASV Koeln e.V.	0:57:21	1:26:49	2:09:34	04:33:44
WEIBL. JUGEND U20							
1 (710)	KÖHN, Luisa	2000		0:43:30	1:08:23	1:40:30	03:32:23