



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (10 KM) · OVERALL-RANKING

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|-----|--------|-----------|-----------------------|------|-------------------------------|---------|----------------|
| 1. | (1522) | 1. M30 | LARISCH, Balthasar | 1991 | SV Waldkirch | 0:33:02 | 0:33:03 |
| 2. | (1561) | 2. M30 | ORTMANN, Frederik | 1992 | LAZ Rhein-Sieg | 0:33:49 | 0:33:49 |
| 3. | (1750) | 3. M30 | METTNER, Sven | 1989 | | 0:34:49 | 0:34:49 |
| 4. | (1628) | 1. W U23 | VERNIKOV, Sonja | 2001 | LAZ Rhein-Sieg | 0:35:03 | 0:35:04 |
| 5. | (1755) | 1. M | LEMBACH, Phil | 1996 | LG Rhein-Wied | 0:35:52 | 0:35:53 |
| 6. | (1754) | 1. M50 | SKOPNIK, Manuel | 1972 | TV Refrath | 0:37:19 | 0:37:20 |
| 7. | (1759) | 2. M | SCHNEIDER, Thomas | 1994 | VfL Waldbreitbach | 0:37:31 | 0:37:33 |
| 8. | (88) | 2. M50 | DENZER, Peter | 1969 | | 0:38:20 | 0:38:22 |
| 9. | (1527) | 3. M | LIEFLÄNDER, Niklas | 1998 | | 0:38:28 | 0:38:30 |
| 10. | (621) | 1. M45 | WAHL, Guido | 1978 | Brühler TV 1879 | 0:38:30 | 0:38:31 |
| 11. | (1562) | 2. M45 | OSTROMINSKI, Markus | 1977 | LAZ Rhein-Sieg | 0:38:45 | 0:38:47 |
| 12. | (1502) | 1. M35 | KÖHLER, Jonas | 1988 | | 0:39:06 | 0:39:09 |
| 13. | (255) | 1. W30 | LÜCHTEFELD, Alice | 1992 | Bunert - Der Kölner Laufladen | 0:39:44 | 0:39:46 |
| 14. | (1575) | 1. W35 | REINL, Anne-Katrin | 1984 | Team Zoot | 0:40:21 | 0:40:23 |
| 15. | (578) | 3. M45 | SCIDA, Eusonio | 1975 | Brühler TV 1879 | 0:40:21 | 0:40:24 |
| 16. | (1633) | 2. W U23 | WEHNER, Anna | 2002 | | 0:40:38 | 0:40:39 |
| 17. | (1644) | 1. M U23 | WILLAMOWSKI, Vincent | 2002 | | 0:40:39 | 0:40:39 |
| 18. | (1568) | 4. M | PRUCHA, Carl-Laszlo | 1999 | LG Leinfelden | 0:40:39 | 0:40:39 |
| 19. | (142) | 1. W40 | GÜNTHER, Marlen | 1983 | LAZ Rhein-Sieg | 0:40:40 | 0:40:41 |
| 20. | (1482) | 5. M | KELLER, Pascal | 1999 | | 0:40:44 | 0:40:46 |
| 21. | (1500) | 2. M35 | KOCH, Nicolai | 1988 | ASV Köln / DW Sport + | 0:40:48 | 0:40:51 |
| 22. | (1762) | 2. W30 | SCHNEIDER, Franziska | 1991 | | 0:40:49 | 0:40:51 |
| 23. | (704) | 3. W U23 | HAHN, Nathalie | 2001 | | 0:41:03 | 0:41:04 |
| 24. | (1732) | 4. M45 | INK, Torsten | 1976 | Brühler TV 1879 | 0:41:01 | 0:41:05 |
| 25. | (23) | 5. M45 | BAUCH, Torsten | 1978 | | 0:41:09 | 0:41:11 |
| 26. | (1745) | 1. M55 | GRUNEWALD, Ralf | 1965 | TV Rodenkirchen | 0:41:26 | 0:41:28 |
| 27. | (1758) | 1. M40 | SCHUSTER, Fabian | 1982 | | 0:41:32 | 0:41:33 |
| 28. | (1536) | 4. M30 | MAURER, René-Angelo | 1991 | | 0:41:21 | 0:41:34 |
| 29. | (1733) | 5. M30 | KRAMER, Maximilian | 1991 | | 0:41:33 | 0:41:39 |
| 30. | (18) | 6. M45 | BALTES, Achim | 1975 | -- | 0:41:47 | 0:41:50 |
| 31. | (834) | 6. M30 | BUCHNER, Marc | 1990 | | 0:41:51 | 0:41:54 |
| 32. | (1748) | 7. M45 | OLDEWURTEL, Jens | 1976 | Mach3 Köln e.V. | 0:42:28 | 0:42:37 |
| 33. | (962) | 8. M45 | EBBERT-KARROUM, | 1975 | Laufgruppe Sonnenbrücke | 0:42:12 | 0:42:38 |
| 34. | (841) | 1. WJ U20 | CHRISTEN, Sina | 2004 | | 0:42:42 | 0:42:43 |
| 35. | (809) | 3. M50 | BACHER, Joachim | 1971 | KTT 01 | 0:42:43 | 0:42:47 |
| 36. | (1650) | 6. M | ZIMMERMANN, Jan | 1999 | | 0:42:52 | 0:42:58 |
| 37. | (1410) | 2. M U23 | HEINTZE, Daniel | 2002 | | 0:42:59 | 0:43:06 |
| 38. | (1578) | 3. M35 | RICHTER, Pascal | 1984 | | 0:42:58 | 0:43:12 |
| 39. | (264) | 2. M40 | MATSCHUREK, Andreas | 1983 | VfL Engelskirchen | 0:43:46 | 0:43:47 |
| 40. | (538) | 9. M45 | RÖTTGEN, Frank | 1978 | LG Wipperfürth | 0:43:40 | 0:43:51 |
| 41. | (846) | 3. M U23 | DEIANA, Luca | 2001 | | 0:43:47 | 0:43:53 |
| 42. | (1513) | 4. M50 | KULLE, Marcus | 1972 | SV Axa | 0:43:55 | 0:44:00 |
| 43. | (1760) | 3. M40 | MÜSSIGBRODT, Matthias | 1982 | Fortuna Düsseldorf | 0:44:06 | 0:44:15 |
| 44. | (1726) | 7. M | BRUNSEN, Simon | 1999 | DSHS | 0:44:27 | 0:44:30 |



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| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|-----|--------|-----------|----------------------|------|------------------------------------|---------|----------------|
| 45. | (1735) | 4. M35 | FISCHER, Alexander | 1988 | | 0:44:24 | 0:44:32 |
| 46. | (79) | 2. W40 | CORDES, Christine | 1983 | TSG Lennestadt | 0:45:18 | 0:45:21 |
| 47. | (1539) | 1. M60 | MESSNER, Michael | 1962 | Brühler TV 1879 | 0:45:21 | 0:45:24 |
| 48. | (59) | 5. M50 | BRANG, Michael | 1971 | LT Grafenschaft | 0:45:23 | 0:45:27 |
| 49. | (288) | 2. M55 | MÜLLER, Josef | 1968 | LT Grafenschaft | 0:45:47 | 0:45:51 |
| 50. | (1742) | 8. M | BLANKE, Mirco | 1997 | | 0:45:49 | 0:45:55 |
| 51. | (1531) | 9. M | LITTA, Julian | 1996 | | 0:45:49 | 0:45:55 |
| 52. | (1546) | 3. W40 | MORITZ, Janine | 1983 | | 0:45:52 | 0:45:57 |
| 53. | (500) | 3. M55 | OSMERS, Lars | 1968 | --- | 0:45:59 | 0:46:03 |
| 54. | (572) | 4. M U23 | SCHUHMACHER, Pierre | 2002 | | 0:46:07 | 0:46:16 |
| 55. | (1799) | 10. M | FAIQ, Marovane | 1997 | | 0:46:04 | 0:46:17 |
| 56. | (1727) | 11. M | ELBARRHITI, Ayoub | 1994 | | 0:46:11 | 0:46:23 |
| 57. | (92) | 4. M40 | DIEKMANN, Sebastian | 1980 | TPSK 1925 Köln e. V. | 0:46:17 | 0:46:30 |
| 58. | (689) | 10. M45 | LAST, Christoph | 1977 | LG Ultralauf | 0:46:28 | 0:46:30 |
| 59. | (277) | 5. M35 | MITSCHKE, Johannes | 1985 | TPSK | 0:46:18 | 0:46:30 |
| 60. | (9) | 6. M50 | AYDIN, Bilgin | 1972 | Rtc dasimmerdabei 04 ev | 0:46:32 | 0:46:37 |
| 61. | (162) | 11. M45 | HEINZ, Andreas | 1978 | | 0:46:39 | 0:46:41 |
| 62. | (1537) | 7. M30 | MAUS, Andreas | 1989 | SSF Bonn | 0:46:38 | 0:46:46 |
| 63. | (587) | 5. M40 | SITZER, Marc | 1979 | SSF Bonn / Triducks | 0:46:34 | 0:46:47 |
| 64. | (1377) | 12. M | HANISCH, Christoph | 1996 | | 0:46:38 | 0:46:51 |
| 65. | (1487) | 1. W45 | KLEIN, Alexandra | 1974 | TPSK 1925 e.V | 0:46:47 | 0:46:52 |
| 66. | (26) | 2. W45 | BAUMANN, Anke | 1977 | Brühler TV 1879 | 0:46:50 | 0:46:53 |
| 67. | (154) | 5. M U23 | HASBERG, Odilo | 2002 | | 0:46:41 | 0:46:59 |
| 68. | (1761) | 2. M60 | FRINGS, Eule | 1959 | Selbstläufer Altenahr | 0:46:59 | 0:47:04 |
| 69. | (1617) | 6. M U23 | TERODDE, Justus | 2002 | | 0:47:02 | 0:47:05 |
| 70. | (1444) | 7. M U23 | KAISER, Arne | 2002 | | 0:47:05 | 0:47:07 |
| 71. | (1734) | 3. W30 | KRAMER, Anke | 1992 | | 0:47:01 | 0:47:08 |
| 72. | (835) | 13. M | BÜDEL, Nikolai | 1997 | | 0:46:45 | 0:47:11 |
| 73. | (1125) | 6. M40 | GERLACH, Thomas | 1979 | | 0:47:09 | 0:47:18 |
| 74. | (836) | 8. M U23 | BÜDENBENDER, Vincent | 2002 | | 0:47:05 | 0:47:21 |
| 75. | (1315) | 1. MJ U20 | GREWE, Mattis | 2004 | | 0:47:22 | 0:47:30 |
| 76. | (153) | 4. W30 | HASBERG, Ascelina | 1989 | | 0:47:14 | 0:47:32 |
| 77. | (1649) | 9. M U23 | ZIELINSKI, Moritz | 2001 | | 0:47:14 | 0:47:34 |
| 78. | (1221) | 7. M50 | GREWE, Marc | 1971 | Union Biesfeld Triathlon 2019 e.V. | 0:47:29 | 0:47:36 |
| 79. | (568) | 12. M45 | SCHRÖTTER, Marco | 1976 | | 0:47:27 | 0:47:38 |
| 80. | (1083) | 10. M U23 | GEISER, Timo | 2001 | | 0:47:43 | 0:47:44 |
| 81. | (1737) | 11. M U23 | BIHARI VASS, Franz | 2001 | DTV Basketball Köln | 0:47:44 | 0:47:45 |
| 82. | (1778) | 1. W55 | LENNARTZ, Birgit | 1965 | LLG St. Augustin | 0:47:45 | 0:47:47 |
| 83. | (94) | 4. M55 | DINTER, Martin | 1967 | DSD | 0:47:31 | 0:47:48 |
| 84. | (16) | 13. M45 | BAIRD, Matt | 1974 | | 0:47:44 | 0:47:49 |
| 85. | (1589) | 12. M U23 | SCHEEN, Tim | 2002 | | 0:47:49 | 0:47:50 |
| 86. | (813) | 13. M U23 | BAUSCH, Luc | 2001 | | 0:47:47 | 0:47:51 |
| 87. | (635) | 1. W65 | WILBRAND, Ulrike | 1955 | TSG Lennestadt | 0:47:49 | 0:47:52 |
| 88. | (1725) | 14. M U23 | JAKOB, Jules | 2001 | DSHS | 0:47:38 | 0:47:55 |



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| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|------|--------|-----------|---------------------|------|---------------------------------------|---------|----------------|
| 89. | (1528) | 14. M | LIENHARD, Jonas | 2000 | | 0:47:46 | 0:47:57 |
| 90. | (825) | 15. M | BÖHLKE, Marc | 1997 | | 0:47:45 | 0:47:58 |
| 91. | (222) | 5. M55 | KNIEBELER, Ralf | 1965 | Marathon-Club Eschweiler | 0:48:06 | 0:48:16 |
| 92. | (1621) | 16. M | TISSSEN, Oliver | 1998 | | 0:48:25 | 0:48:33 |
| 93. | (1643) | 15. M U23 | WILD, Theo | 2002 | | 0:48:32 | 0:48:38 |
| 94. | (801) | 16. M U23 | ADLER, Marlon | 2002 | | 0:48:37 | 0:48:38 |
| 95. | (1505) | 4. W U23 | KÖRHOLZ, Eva | 2001 | | 0:48:31 | 0:48:42 |
| 96. | (1764) | 5. W U23 | SCHMIDT, Luna | 2003 | | 0:48:31 | 0:48:42 |
| 97. | (1488) | 17. M U23 | KLEIN, Lennart | 2002 | | 0:48:33 | 0:48:43 |
| 98. | (1730) | 1. W50 | HEUSER, Andrea | 1972 | | 0:48:36 | 0:48:45 |
| 99. | (1062) | 17. M | FRIESS, Patrick | 1995 | | 0:48:42 | 0:48:56 |
| 100. | (1490) | 18. M U23 | KLEIN, Sven | 2001 | | 0:48:54 | 0:48:58 |
| 101. | (1744) | 1. M65 | KLOTZ, Stefan | 1958 | ASV Köln | 0:48:53 | 0:49:03 |
| 102. | (1741) | 4. W40 | HAAS, Stefanie | 1981 | | 0:48:51 | 0:49:09 |
| 103. | (817) | 19. M U23 | BERNDT, Florian | 2003 | | 0:49:11 | 0:49:12 |
| 104. | (1511) | 6. M35 | KÜHNEL, Robert | 1988 | | 0:48:55 | 0:49:12 |
| 105. | (1615) | 18. M | STOHP, Lennart | 1994 | Nike Court Cologne | 0:49:12 | 0:49:13 |
| 106. | (1746) | 3. W45 | MARCHET, Monica | 1977 | TV Hoffnungsthal | 0:49:19 | 0:49:24 |
| 107. | (1497) | 6. M55 | KLINKERT, Roman | 1965 | SSF Bonn | 0:49:28 | 0:49:36 |
| 108. | (1523) | 1. W | LAUG, Marie | 1996 | TriathlonSteckelCologne | 0:49:42 | 0:49:47 |
| 109. | (958) | 20. M U23 | DONNER, Mathis | 2003 | | 0:49:46 | 0:49:48 |
| 110. | (1538) | 19. M | MEHLHOS, Matti | 2000 | | 0:49:43 | 0:49:56 |
| 111. | (242) | 7. M55 | LEY, Thomas | 1965 | Lt.Rösratherstraße | 0:49:56 | 0:50:00 |
| 112. | (806) | 21. M U23 | AUF DER HORST, Luis | 2003 | | 0:49:53 | 0:50:00 |
| 113. | (954) | 22. M U23 | DIRKS, Jesse | 2001 | | 0:49:56 | 0:50:12 |
| 114. | (1634) | 6. W U23 | WEIL, Jennifer | 2001 | | 0:50:06 | 0:50:19 |
| 115. | (1638) | 2. W | WESKAMP, Mirjam | 1994 | FlitzBlitz | 0:50:15 | 0:50:23 |
| 116. | (80) | 1. W60 | CORDES, Ursula | 1960 | TSG Lennestadt | 0:50:25 | 0:50:28 |
| 117. | (1606) | 7. M35 | SILVA, Thiago | 1986 | | 0:50:04 | 0:50:32 |
| 118. | (1605) | 8. M35 | SILVA, Thiago | 1986 | | 0:50:04 | 0:50:32 |
| 119. | (845) | 20. M | DAHMEN, Mink | 2000 | / | 0:50:38 | 0:50:39 |
| 120. | (1574) | 23. M U23 | REINING, Tim | 2001 | | 0:50:27 | 0:50:40 |
| 121. | (728) | 7. M40 | VIANDEN, Tobias | 1983 | Mach3 e.V. | 0:50:38 | 0:50:51 |
| 122. | (243) | 2. M65 | LIEBIG, Dieter | 1958 | BSG Evonik Rheinland e.V. | 0:50:54 | 0:51:00 |
| 123. | (1541) | 8. M30 | MEYER, Niklas | 1989 | | 0:51:17 | 0:51:24 |
| 124. | (1729) | 21. M | CZAMBOR, Filip | 1997 | | 0:51:21 | 0:51:26 |
| 125. | (1728) | 3. W | TRÖGER, Julia | 2000 | | 0:51:22 | 0:51:26 |
| 126. | (73) | 2. W50 | CAMIDGE, Karen | 1973 | BISSV Bonn International School Sport | 0:51:27 | 0:51:42 |
| 127. | (992) | 24. M U23 | FRECHEN, Jonas | 2002 | | 0:51:37 | 0:51:48 |
| 128. | (1599) | 9. M30 | SCHÖPS, Marwin | 1993 | getting tough | 0:51:49 | 0:51:55 |
| 129. | (598) | 4. W45 | STRITTMATTER, | 1974 | LT Grafenschaft | 0:51:54 | 0:51:58 |
| 130. | (1436) | 7. W U23 | HÜLSMANN, Nina | 2002 | | 0:51:52 | 0:52:07 |
| 131. | (114) | 8. M55 | FABIAN, Steffen | 1965 | MACH3 Köln e.V./Team Erdinger | 0:52:07 | 0:52:17 |
| 132. | (849) | 4. W | DINGERKUS, Carina | 2000 | | 0:52:02 | 0:52:21 |



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| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|------|--------|-----------|----------------------|------|---------------------------------|---------|----------------|
| 133. | (982) | 9. M35 | BLUMSTEIN, Andreas | 1985 | | 0:52:08 | 0:52:22 |
| 134. | (61) | 2. W35 | BRAUN, Johanna | 1987 | Erdinger Active Team | 0:52:08 | 0:52:22 |
| 135. | (649) | 5. W45 | ZLOTOS, Karina | 1976 | Team Pulsschlag | 0:52:08 | 0:52:23 |
| 136. | (1498) | 8. W U23 | KOCH, Luise | 2003 | | 0:52:12 | 0:52:23 |
| 137. | (1471) | 10. M30 | KASPIROVIC, Egor | 1989 | SSF | 0:52:21 | 0:52:28 |
| 138. | (260) | 9. M55 | LUTZ, Jürgen | 1966 | SCE Köln Stammheim | 0:52:20 | 0:52:31 |
| 139. | (1519) | 14. M45 | LANDEN, Tobias | 1978 | | 0:52:18 | 0:52:33 |
| 140. | (1647) | 10. M55 | ZAUN, Peter | 1966 | | 0:52:24 | 0:52:34 |
| 141. | (1481) | 9. W U23 | KELLER, Jennifer | 2002 | SV Rot-Weiß Schlafhorst e.V. | 0:53:17 | 0:53:17 |
| 142. | (561) | 8. M40 | SCHORDE, Christoph | 1983 | TeamHKW | 0:53:09 | 0:53:22 |
| 143. | (60) | 10. M35 | BRAUN, Bastian | 1984 | TeamHKW | 0:53:11 | 0:53:22 |
| 144. | (1554) | 5. W | NIEDEGGEN, Daniela | 1995 | | 0:53:03 | 0:53:23 |
| 145. | (732) | 11. M35 | SCHRÖDER, Domenik | 1985 | LG Pronsfeld Lünebach | 0:53:58 | 0:54:01 |
| 146. | (741) | 2. WJ U20 | KREBS, Ashley | 2004 | LG Pronsfeld Lünebach | 0:53:59 | 0:54:02 |
| 147. | (1195) | 10. W U23 | GOTTSCHICK, Greta | 2001 | | 0:53:48 | 0:54:02 |
| 148. | (1613) | 11. W U23 | STÄHLER, Jolyne | 2002 | | 0:54:19 | 0:54:23 |
| 149. | (182) | 8. M50 | HOLST, Stephan | 1973 | | 0:54:03 | 0:54:28 |
| 150. | (1637) | 3. M65 | WESKAMP, Hans-Peter | 1958 | FlitzBlitz | 0:54:20 | 0:54:29 |
| 151. | (1529) | 12. M35 | LINKE, David | 1988 | | 0:54:24 | 0:54:35 |
| 152. | (1595) | 3. M60 | SCHMITZ, Volker | 1961 | PSV Bonn Triathlon | 0:54:35 | 0:54:40 |
| 153. | (1763) | 1. M70 | WÜST, Hans Werner | 1950 | | 0:54:31 | 0:54:41 |
| 154. | (1618) | 9. M50 | THEIS, Jörg | 1969 | LT Köln-Widdersdorf | 0:54:18 | 0:54:43 |
| 155. | (509) | 11. M55 | PFANNENSCHMIDT, Timo | 1966 | LC Weilerswist | 0:54:41 | 0:54:53 |
| 156. | (1485) | 6. W45 | KEUNECKE, Katerina | 1977 | TPSK 1925 e. V. | 0:54:44 | 0:54:58 |
| 157. | (130) | 4. M60 | GIES, Günter | 1961 | team gieSom.com | 0:54:47 | 0:54:58 |
| 158. | (244) | 6. W | LIEBIG, Katrin | 1995 | BSG Evonik Rheinland e.V. | 0:54:53 | 0:55:00 |
| 159. | (980) | 7. W45 | FERREIRA, Fabiana | 1976 | | 0:54:41 | 0:55:08 |
| 160. | (990) | 8. W45 | FERREIRA, Fabiana | 1976 | | 0:54:41 | 0:55:08 |
| 161. | (1520) | 12. W U23 | LANGBEHN, Antonia | 2003 | | 0:54:51 | 0:55:09 |
| 162. | (240) | 5. W40 | LEIDAG, Mirjam | 1983 | VfL Engelskirchen | 0:54:56 | 0:55:10 |
| 163. | (259) | 13. W U23 | LUTZ, Julia | 2003 | Skiclub Edelweiß Köln Stammheim | 0:55:04 | 0:55:13 |
| 164. | (1635) | 14. W U23 | WEILAND, Jette | 2002 | | 0:54:58 | 0:55:17 |
| 165. | (278) | 3. W35 | MOLDENHAUER, Marina | 1986 | FR-Training | 0:56:03 | 0:56:16 |
| 166. | (1641) | 4. W35 | WIECKMANN, Annette | 1986 | | 0:56:03 | 0:56:18 |
| 167. | (173) | 3. W50 | HEUSINGER, Antje | 1972 | MaJu SRL united | 0:56:00 | 0:56:21 |
| 168. | (1740) | 10. M50 | OHLIG, David | 1971 | | 0:56:09 | 0:56:26 |
| 169. | (804) | 1. M75 | ARETZ, Manfred | 1947 | | 0:56:13 | 0:56:32 |
| 170. | (619) | 5. M60 | WAGMER, Kalle | 1963 | TV Hoffnungsthal | 0:56:28 | 0:56:36 |
| 171. | (86) | 15. M45 | DELLAERT, Aron | 1974 | TPSK 1925 Köln e. V. | 0:56:30 | 0:56:44 |
| 172. | (959) | 5. W35 | DROSTE, Stephanie | 1987 | | 0:56:47 | 0:57:01 |
| 173. | (749) | 6. W40 | DEMMER, Sonja | 1982 | | 0:56:58 | 0:57:14 |
| 174. | (241) | 4. W50 | LENSING, Britta | 1969 | Team Monika | 0:57:37 | 0:57:56 |
| 175. | (7) | 6. M60 | AUDEHM, Dr. Uwe | 1960 | Team Monika | 0:57:38 | 0:57:57 |
| 176. | (109) | 5. W50 | ENNA, Stefania | 1973 | TS 79 Triathlon | 0:57:48 | 0:57:58 |



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| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|------|--------|-----------|------------------------|------|------------------------------|---------|----------------|
| 177. | (1743) | 6. W50 | KLOTZ, Nicole | 1972 | | 0:57:54 | 0:58:03 |
| 178. | (171) | 9. M40 | HERWEG, Christian | 1979 | | 0:58:06 | 0:58:28 |
| 179. | (113) | 2. W55 | FABIAN, Katharina | 1967 | | 0:58:15 | 0:58:32 |
| 180. | (501) | 3. W55 | OST, Birgit | 1967 | | 0:58:16 | 0:58:32 |
| 181. | (1738) | 9. W45 | BRAND, Svenja | 1974 | | 0:58:49 | 0:59:06 |
| 182. | (1373) | 7. M60 | HAAS, Ingo | 1963 | | 0:58:59 | 0:59:17 |
| 183. | (1372) | 7. W50 | HAAS, Gabriele | 1970 | | 0:59:23 | 0:59:40 |
| 184. | (1603) | 4. W55 | SCHÜRGENS, Anja | 1966 | | 0:59:28 | 0:59:45 |
| 185. | (803) | 5. W30 | AL-ZOGHOUL, Sonia | 1992 | | 0:59:54 | 1:00:14 |
| 186. | (1512) | 11. M30 | KÜHNEL, Thomas | 1991 | | 0:59:54 | 1:00:15 |
| 187. | (807) | 7. W | AXIOTOU, Maria | 1997 | | 1:01:12 | 1:01:15 |
| 188. | (218) | 8. M60 | KLEINER, Norbert | 1961 | Allwetterläufer | 1:01:23 | 1:01:29 |
| 189. | (257) | 12. M55 | LUNK, Michael Thorsten | 1968 | Allwetterläufer Dünnwald | 1:01:23 | 1:01:29 |
| 190. | (1736) | 13. M55 | KARUTH, Volker | 1964 | | 1:01:19 | 1:01:32 |
| 191. | (591) | 2. W60 | SONNTAG, Ursula | 1962 | Cologne Allblacks | 1:01:31 | 1:01:41 |
| 192. | (294) | 7. W40 | NEUMANN, Jessica | 1981 | | 1:01:38 | 1:01:54 |
| 193. | (1648) | 10. W45 | ZIDI, Christina | 1976 | Bergisch Gladbach | 1:01:40 | 1:01:55 |
| 194. | (268) | 14. M55 | MAZSITS, Stefan | 1965 | LLG Sankt Augustin | 1:01:45 | 1:02:01 |
| 195. | (77) | 15. W U23 | CHRISTEN, Lena | 2002 | | 1:02:02 | 1:02:12 |
| 196. | (629) | 11. W45 | WEDEKIND, Sandra | 1976 | SC Neptun | 1:02:26 | 1:02:47 |
| 197. | (709) | 8. W40 | KRENGEL, Sabrina | 1983 | | 1:02:26 | 1:02:47 |
| 198. | (169) | 6. W30 | HERLING, Jelena | 1993 | | 1:02:43 | 1:02:56 |
| 199. | (1739) | 8. W50 | KNEBEL, Karina | 1973 | TSV Bayer Dormagen Tri | 1:03:11 | 1:03:30 |
| 200. | (517) | 9. M60 | POHL, Walter | 1963 | Deutscher Amateur Radio Club | 1:06:18 | 1:06:33 |
| 201. | (708) | 3. W60 | HENS-HUPPERTZ, Beate | 1959 | Internationale Bunde | 1:06:56 | 1:07:00 |
| 202. | (615) | 8. W | VERHAERT, Désirée | 1994 | | 1:09:31 | 1:09:53 |
| 203. | (550) | 9. W | SCHMID, Verena | 2000 | | 1:09:34 | 1:09:55 |
| 204. | (1460) | 10. M60 | KAPPE, Dietmar | 1959 | RSF Uganda Waragi | 1:10:09 | 1:10:26 |
| 205. | (280) | 4. M65 | MOLITOR, Walter | 1955 | | 1:12:36 | 1:12:59 |
| 206. | (266) | 4. W60 | MAUER, Andrea | 1959 | | 1:13:27 | 1:13:44 |
| 207. | (1555) | 12. M30 | NIEDERAU, Marius | 1990 | | 1:16:04 | 1:16:04 |
| 208. | (1622) | 9. W40 | UNTERBERG, Conny | 1981 | | 1:18:11 | 1:18:33 |
| 209. | (633) | 11. M50 | WERHEID, Dieter | 1969 | DLRG | 1:19:06 | 1:19:06 |
| 210. | (1632) | 5. W55 | WALDORF, Elisabeth | 1964 | LG Laacher See | 1:31:01 | 1:31:27 |
| DNF | (228) | M55 | KÖPKE, Jan | 1967 | Lauffreunde Lülisdorf | | |
| DNF | (696) | M65 | STEINBACH, Dieter | 1954 | | | |
| DNF | (1507) | M30 | KRAUSE, Marc | 1989 | Alemannia Aachen | | |
| DNF | (1508) | M35 | KRÖPELIN, Joel | 1988 | | | |



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LAUF (10 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|----------|-------------------------|------|-------------------------|---------|
| MÄNNLICH | | | | | | |
| 1. | (1522) | 1. M30 | LARISCH, Balthasar | 1991 | SV Waldkirch | 0:33:03 |
| 2. | (1561) | 2. M30 | ORTMANN, Frederik | 1992 | LAZ Rhein-Sieg | 0:33:49 |
| 3. | (1750) | 3. M30 | METTNER, Sven | 1989 | | 0:34:49 |
| 4. | (1755) | 1. M | LEMBACH, Phil | 1996 | LG Rhein-Wied | 0:35:53 |
| 5. | (1754) | 1. M50 | SKOPNIK, Manuel | 1972 | TV Refrath | 0:37:20 |
| 6. | (1759) | 2. M | SCHNEIDER, Thomas | 1994 | VfL Waldbreitbach | 0:37:33 |
| 7. | (88) | 2. M50 | DENZER, Peter | 1969 | | 0:38:22 |
| 8. | (1527) | 3. M | LIEFLÄNDER, Niklas | 1998 | | 0:38:30 |
| 9. | (621) | 1. M45 | WAHL, Guido | 1978 | Brühler TV 1879 | 0:38:31 |
| 10. | (1562) | 2. M45 | OSTROMINSKI, Markus | 1977 | LAZ Rhein-Sieg | 0:38:47 |
| 11. | (1502) | 1. M35 | KÖHLER, Jonas | 1988 | | 0:39:09 |
| 12. | (578) | 3. M45 | SCIDA, Eusonio | 1975 | Brühler TV 1879 | 0:40:24 |
| 13. | (1644) | 1. M U23 | WILLAMOWSKI, Vincent | 2002 | | 0:40:39 |
| 14. | (1568) | 4. M | PRUCHA, Carl-Laszlo | 1999 | LG Leinfeldern | 0:40:39 |
| 15. | (1482) | 5. M | KELLER, Pascal | 1999 | | 0:40:46 |
| 16. | (1500) | 2. M35 | KOCH, Nicolai | 1988 | ASV Köln / DW Sport + | 0:40:51 |
| 17. | (1732) | 4. M45 | INK, Torsten | 1976 | Brühler TV 1879 | 0:41:05 |
| 18. | (23) | 5. M45 | BAUCH, Torsten | 1978 | | 0:41:11 |
| 19. | (1745) | 1. M55 | GRUNEWALD, Ralf | 1965 | TV Rodenkirchen | 0:41:28 |
| 20. | (1758) | 1. M40 | SCHUSTER, Fabian | 1982 | | 0:41:33 |
| 21. | (1536) | 4. M30 | MAURER, René-Angelo | 1991 | | 0:41:34 |
| 22. | (1733) | 5. M30 | KRAMER, Maximilian | 1991 | | 0:41:39 |
| 23. | (18) | 6. M45 | BALTES, Achim | 1975 | -- | 0:41:50 |
| 24. | (834) | 6. M30 | BUCHNER, Marc | 1990 | | 0:41:54 |
| 25. | (1748) | 7. M45 | OLDEWURTEL, Jens | 1976 | Mach3 Köln e.V. | 0:42:37 |
| 26. | (962) | 8. M45 | EBBERT-KARROUM, Andreas | 1975 | Laufgruppe Sonnenbrücke | 0:42:38 |
| 27. | (809) | 3. M50 | BACHER, Joachim | 1971 | KTT 01 | 0:42:47 |
| 28. | (1650) | 6. M | ZIMMERMANN, Jan | 1999 | | 0:42:58 |
| 29. | (1410) | 2. M U23 | HEINTZE, Daniel | 2002 | | 0:43:06 |
| 30. | (1578) | 3. M35 | RICHTER, Pascal | 1984 | | 0:43:12 |
| 31. | (264) | 2. M40 | MATSCHUREK, Andreas | 1983 | VfL Engelskirchen | 0:43:47 |
| 32. | (538) | 9. M45 | RÖTTGEN, Frank | 1978 | LG Wipperfürth | 0:43:51 |
| 33. | (846) | 3. M U23 | DEIANA, Luca | 2001 | | 0:43:53 |
| 34. | (1513) | 4. M50 | KULLE, Marcus | 1972 | SV Axa | 0:44:00 |
| 35. | (1760) | 3. M40 | MÜSSIGBRODT, Matthias | 1982 | Fortuna Düsseldorf | 0:44:15 |
| 36. | (1726) | 7. M | BRUNSSSEN, Simon | 1999 | DSHS | 0:44:30 |
| 37. | (1735) | 4. M35 | FISCHER, Alexander | 1988 | | 0:44:32 |
| 38. | (1539) | 1. M60 | MESSNER, Michael | 1962 | Brühler TV 1879 | 0:45:24 |
| 39. | (59) | 5. M50 | BRANG, Michael | 1971 | LT Grafenschaft | 0:45:27 |
| 40. | (288) | 2. M55 | MÜLLER, Josef | 1968 | LT Grafenschaft | 0:45:51 |
| 41. | (1742) | 8. M | BLANKE, Mirco | 1997 | | 0:45:55 |
| 42. | (1531) | 9. M | LITTA, Julian | 1996 | | 0:45:55 |



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LAUF (10 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|----------------------|------|------------------------------------|---------|
| MÄNNLICH | | | | | | |
| 43. | (500) | 3. M55 | OSMERS, Lars | 1968 | --- | 0:46:03 |
| 44. | (572) | 4. M U23 | SCHUHMACHER, Pierre | 2002 | | 0:46:16 |
| 45. | (1799) | 10. M | FAIQ, Marovane | 1997 | | 0:46:17 |
| 46. | (1727) | 11. M | ELBARRHITI, Ayoub | 1994 | | 0:46:23 |
| 47. | (92) | 4. M40 | DIEKMANN, Sebastian | 1980 | TPSK 1925 Köln e. V. | 0:46:30 |
| 48. | (689) | 10. M45 | LAST, Christoph | 1977 | LG Ultralauf | 0:46:30 |
| 49. | (277) | 5. M35 | MITSCHE, Johannes | 1985 | TPSK | 0:46:30 |
| 50. | (9) | 6. M50 | AYDIN, Bilgin | 1972 | Rtc dasimmerdabei 04 ev | 0:46:37 |
| 51. | (162) | 11. M45 | HEINZ, Andreas | 1978 | | 0:46:41 |
| 52. | (1537) | 7. M30 | MAUS, Andreas | 1989 | SSF Bonn | 0:46:46 |
| 53. | (587) | 5. M40 | SITZER, Marc | 1979 | SSF Bonn / Triducks | 0:46:47 |
| 54. | (1377) | 12. M | HANISCH, Christoph | 1996 | | 0:46:51 |
| 55. | (154) | 5. M U23 | HASBERG, Odilo | 2002 | | 0:46:59 |
| 56. | (1761) | 2. M60 | FRINGS, Eule | 1959 | Selbstläufer Altenahr | 0:47:04 |
| 57. | (1617) | 6. M U23 | TERODDE, Justus | 2002 | | 0:47:05 |
| 58. | (1444) | 7. M U23 | KAISER, Arne | 2002 | | 0:47:07 |
| 59. | (835) | 13. M | BÜDEL, Nikolai | 1997 | | 0:47:11 |
| 60. | (1125) | 6. M40 | GERLACH, Thomas | 1979 | | 0:47:18 |
| 61. | (836) | 8. M U23 | BÜDENBENDER, Vincent | 2002 | | 0:47:21 |
| 62. | (1315) | 1. MJ U20 | GREWE, Mattis | 2004 | | 0:47:30 |
| 63. | (1649) | 9. M U23 | ZIELINSKI, Moritz | 2001 | | 0:47:34 |
| 64. | (1221) | 7. M50 | GREWE, Marc | 1971 | Union Biesfeld Triathlon 2019 e.V. | 0:47:36 |
| 65. | (568) | 12. M45 | SCHRÖTTER, Marco | 1976 | | 0:47:38 |
| 66. | (1083) | 10. M U23 | GEISER, Timo | 2001 | | 0:47:44 |
| 67. | (1737) | 11. M U23 | BIHARI VASS, Franz | 2001 | DTV Basketball Köln | 0:47:45 |
| 68. | (94) | 4. M55 | DINTER, Martin | 1967 | DSD | 0:47:48 |
| 69. | (16) | 13. M45 | BAIRD, Matt | 1974 | | 0:47:49 |
| 70. | (1589) | 12. M U23 | SCHEEN, Tim | 2002 | | 0:47:50 |
| 71. | (813) | 13. M U23 | BAUSCH, Luc | 2001 | | 0:47:51 |
| 72. | (1725) | 14. M U23 | JAKOB, Jules | 2001 | DSHS | 0:47:55 |
| 73. | (1528) | 14. M | LIENHARD, Jonas | 2000 | | 0:47:57 |
| 74. | (825) | 15. M | BÖHLKE, Marc | 1997 | | 0:47:58 |
| 75. | (222) | 5. M55 | KNIEBELER, Ralf | 1965 | Marathon-Club Eschweiler | 0:48:16 |
| 76. | (1621) | 16. M | TISSEN, Oliver | 1998 | | 0:48:33 |
| 77. | (1643) | 15. M U23 | WILD, Theo | 2002 | | 0:48:38 |
| 78. | (801) | 16. M U23 | ADLER, Marlon | 2002 | | 0:48:38 |
| 79. | (1488) | 17. M U23 | KLEIN, Lennart | 2002 | | 0:48:43 |
| 80. | (1062) | 17. M | FRIESS, Patrick | 1995 | | 0:48:56 |
| 81. | (1490) | 18. M U23 | KLEIN, Sven | 2001 | | 0:48:58 |
| 82. | (1744) | 1. M65 | KLOTZ, Stefan | 1958 | ASV Köln | 0:49:03 |
| 83. | (817) | 19. M U23 | BERNDT, Florian | 2003 | | 0:49:12 |
| 84. | (1511) | 6. M35 | KÜHNEL, Robert | 1988 | | 0:49:12 |



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LAUF (10 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|----------------------|------|---|---------|
| MÄNNLICH | | | | | | |
| 85. | (1615) | 18. M | STOHP, Lennart | 1994 | Nike Court Cologne | 0:49:13 |
| 86. | (1497) | 6. M55 | KLINKERT, Roman | 1965 | SSF Bonn | 0:49:36 |
| 87. | (958) | 20. M U23 | DONNER, Mathis | 2003 | | 0:49:48 |
| 88. | (1538) | 19. M | MEHLHOS, Matti | 2000 | | 0:49:56 |
| 89. | (242) | 7. M55 | LEY, Thomas | 1965 | Lt.Rösratherstraße | 0:50:00 |
| 90. | (806) | 21. M U23 | AUF DER HORST, Luis | 2003 | | 0:50:00 |
| 91. | (954) | 22. M U23 | DIRKS, Jesse | 2001 | | 0:50:12 |
| 92. | (1606) | 7. M35 | SILVA, Thiago | 1986 | | 0:50:32 |
| 93. | (1605) | 8. M35 | SILVA, Thiago | 1986 | | 0:50:32 |
| 94. | (845) | 20. M | DAHMEN, Mink | 2000 | / | 0:50:39 |
| 95. | (1574) | 23. M U23 | REINING, Tim | 2001 | | 0:50:40 |
| 96. | (728) | 7. M40 | VIANDEN, Tobias | 1983 | Mach3 e.V. | 0:50:51 |
| 97. | (243) | 2. M65 | LIEBIG, Dieter | 1958 | BSG Evonik Rheinland e.V. | 0:51:00 |
| 98. | (1541) | 8. M30 | MEYER, Niklas | 1989 | | 0:51:24 |
| 99. | (1729) | 21. M | CZAMBOR, Filip | 1997 | | 0:51:26 |
| 100. | (992) | 24. M U23 | FRECHEN, Jonas | 2002 | | 0:51:48 |
| 101. | (1599) | 9. M30 | SCHÖPS, Marwin | 1993 | getting tough | 0:51:55 |
| 102. | (114) | 8. M55 | FABIAN, Steffen | 1965 | MACH3 Köln e.V./Team Erdinger Alkoholfrei | 0:52:17 |
| 103. | (982) | 9. M35 | BLUMSTEIN, Andreas | 1985 | | 0:52:22 |
| 104. | (1471) | 10. M30 | KASPIROVIC, Egor | 1989 | SSF | 0:52:28 |
| 105. | (260) | 9. M55 | LUTZ, Jürgen | 1966 | SCE Köln Stammheim | 0:52:31 |
| 106. | (1519) | 14. M45 | LANDEN, Tobias | 1978 | | 0:52:33 |
| 107. | (1647) | 10. M55 | ZAUN, Peter | 1966 | | 0:52:34 |
| 108. | (561) | 8. M40 | SCHORDE, Christoph | 1983 | TeamHKW | 0:53:22 |
| 109. | (60) | 10. M35 | BRAUN, Bastian | 1984 | TeamHKW | 0:53:22 |
| 110. | (732) | 11. M35 | SCHRÖDER, Domenik | 1985 | LG Pronsfeld Lünebach | 0:54:01 |
| 111. | (182) | 8. M50 | HOLST, Stephan | 1973 | | 0:54:28 |
| 112. | (1637) | 3. M65 | WESKAMP, Hans-Peter | 1958 | FlitzBlitz | 0:54:29 |
| 113. | (1529) | 12. M35 | LINKE, David | 1988 | | 0:54:35 |
| 114. | (1595) | 3. M60 | SCHMITZ, Volker | 1961 | PSV Bonn Triathlon | 0:54:40 |
| 115. | (1763) | 1. M70 | WÜST, Hans Werner | 1950 | | 0:54:41 |
| 116. | (1618) | 9. M50 | THEIS, Jörg | 1969 | LT Köln-Widdersdorf | 0:54:43 |
| 117. | (509) | 11. M55 | PFANNENSCHMIDT, Timo | 1966 | LC Weilerswist | 0:54:53 |
| 118. | (130) | 4. M60 | GIES, Günter | 1961 | team gieSom.com | 0:54:58 |
| 119. | (1740) | 10. M50 | OHLIG, David | 1971 | | 0:56:26 |
| 120. | (804) | 1. M75 | ARETZ, Manfred | 1947 | | 0:56:32 |
| 121. | (619) | 5. M60 | WAGMER, Kalle | 1963 | TV Hoffnungsthal | 0:56:36 |
| 122. | (86) | 15. M45 | DELLAERT, Aron | 1974 | TPSK 1925 Köln e. V. | 0:56:44 |
| 123. | (7) | 6. M60 | AUDEHM, Dr. Uwe | 1960 | Team Monika | 0:57:57 |
| 124. | (171) | 9. M40 | HERWEG, Christian | 1979 | | 0:58:28 |
| 125. | (1373) | 7. M60 | HAAS, Ingo | 1963 | | 0:59:17 |
| 126. | (1512) | 11. M30 | KÜHNEL, Thomas | 1991 | | 1:00:15 |



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LAUF (10 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|---------|------------------------|------|------------------------------|----------------|
| MÄNNLICH | | | | | | |
| 127. | (218) | 8. M60 | KLEINER, Norbert | 1961 | Allwetterläufer | 1:01:29 |
| 128. | (257) | 12. M55 | LUNK, Michael Thorsten | 1968 | Allwetterläufer Dünnwald | 1:01:29 |
| 129. | (1736) | 13. M55 | KARUTH, Volker | 1964 | | 1:01:32 |
| 130. | (268) | 14. M55 | MAZSITS, Stefan | 1965 | LLG Sankt Augustin | 1:02:01 |
| 131. | (517) | 9. M60 | POHL, Walter | 1963 | Deutscher Amateur Radio Club | 1:06:33 |
| 132. | (1460) | 10. M60 | KAPPE, Dietmar | 1959 | RSF Uganda Waragi | 1:10:26 |
| 133. | (280) | 4. M65 | MOLITOR, Walter | 1955 | | 1:12:59 |
| 134. | (1555) | 12. M30 | NIEDERAU, Marius | 1990 | | 1:16:04 |
| 135. | (633) | 11. M50 | WERHEID, Dieter | 1969 | DLRG | 1:19:06 |
| DNF | (228) | M55 | KÖPKE, Jan | 1967 | Lauffreunde Lülisdorf | |
| DNF | (696) | M65 | STEINBACH, Dieter | 1954 | | |
| DNF | (1507) | M30 | KRAUSE, Marc | 1989 | Alemannia Aachen | |
| DNF | (1508) | M35 | KRÖPELIN, Joel | 1988 | | |



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LAUF (10 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|--------------------------|------|--|---------|
| WEIBLICH | | | | | | |
| 1. | (1628) | 1. W U23 | VERNIKOV, Sonja | 2001 | LAZ Rhein-Sieg | 0:35:04 |
| 2. | (255) | 1. W30 | LÜCHTEFELD, Alice | 1992 | Bunert - Der Kölner Laufladen | 0:39:46 |
| 3. | (1575) | 1. W35 | REINL, Anne-Katrin | 1984 | Team Zoot | 0:40:23 |
| 4. | (1633) | 2. W U23 | WEHNER, Anna | 2002 | | 0:40:39 |
| 5. | (142) | 1. W40 | GÜNTHER, Marlen | 1983 | LAZ Rhein-Sieg | 0:40:41 |
| 6. | (1762) | 2. W30 | SCHNEIDER, Franziska | 1991 | | 0:40:51 |
| 7. | (704) | 3. W U23 | HAHN, Nathalie | 2001 | | 0:41:04 |
| 8. | (841) | 1. WJ U20 | CHRISTEN, Sina | 2004 | | 0:42:43 |
| 9. | (79) | 2. W40 | CORDES, Christine | 1983 | TSG Lennestadt | 0:45:21 |
| 10. | (1546) | 3. W40 | MORITZ, Janine | 1983 | | 0:45:57 |
| 11. | (1487) | 1. W45 | KLEIN, Alexandra | 1974 | TPSK 1925 e.V | 0:46:52 |
| 12. | (26) | 2. W45 | BAUMANN, Anke | 1977 | Brühler TV 1879 | 0:46:53 |
| 13. | (1734) | 3. W30 | KRAMER, Anke | 1992 | | 0:47:08 |
| 14. | (153) | 4. W30 | HASBERG, Ascelina | 1989 | | 0:47:32 |
| 15. | (1778) | 1. W55 | LENNARTZ, Birgit | 1965 | LLG St. Augustin | 0:47:47 |
| 16. | (635) | 1. W65 | WILBRAND, Ulrike | 1955 | TSG Lennestadt | 0:47:52 |
| 17. | (1505) | 4. W U23 | KÖRHOLZ, Eva | 2001 | | 0:48:42 |
| 18. | (1764) | 5. W U23 | SCHMIDT, Luna | 2003 | | 0:48:42 |
| 19. | (1730) | 1. W50 | HEUSER, Andrea | 1972 | | 0:48:45 |
| 20. | (1741) | 4. W40 | HAAS, Stefanie | 1981 | | 0:49:09 |
| 21. | (1746) | 3. W45 | MARCHET, Monica | 1977 | TV Hoffnungsthal | 0:49:24 |
| 22. | (1523) | 1. W | LAUG, Marie | 1996 | TriathlonSteckelCologne | 0:49:47 |
| 23. | (1634) | 6. W U23 | WEIL, Jennifer | 2001 | | 0:50:19 |
| 24. | (1638) | 2. W | WESKAMP, Mirjam | 1994 | FlitzBlitz | 0:50:23 |
| 25. | (80) | 1. W60 | CORDES, Ursula | 1960 | TSG Lennestadt | 0:50:28 |
| 26. | (1728) | 3. W | TRÖGER, Julia | 2000 | | 0:51:26 |
| 27. | (73) | 2. W50 | CAMIDGE, Karen | 1973 | BISSV Bonn International School Sport Verein | 0:51:42 |
| 28. | (598) | 4. W45 | STRITTMATTER, Jacqueline | 1974 | LT Grafenschaft | 0:51:58 |
| 29. | (1436) | 7. W U23 | HÜLSMANN, Nina | 2002 | | 0:52:07 |
| 30. | (849) | 4. W | DINGERKUS, Carina | 2000 | | 0:52:21 |
| 31. | (61) | 2. W35 | BRAUN, Johanna | 1987 | Erdinger Active Team | 0:52:22 |
| 32. | (649) | 5. W45 | ZLOTOS, Karina | 1976 | Team Pulsschlag | 0:52:23 |
| 33. | (1498) | 8. W U23 | KOCH, Luise | 2003 | | 0:52:23 |
| 34. | (1481) | 9. W U23 | KELLER, Jennifer | 2002 | SV Rot-Weiß Schlafhorst e.V. | 0:53:17 |
| 35. | (1554) | 5. W | NIEDEGGEN, Daniela | 1995 | | 0:53:23 |
| 36. | (741) | 2. WJ U20 | KREBS, Ashley | 2004 | LG Pronsfeld Lünebach | 0:54:02 |
| 37. | (1195) | 10. W U23 | GOTTSCHICK, Greta | 2001 | | 0:54:02 |
| 38. | (1613) | 11. W U23 | STÄHLER, Jolyne | 2002 | | 0:54:23 |
| 39. | (1485) | 6. W45 | KEUNECKE, Katerina | 1977 | TPSK 1925 e. V. | 0:54:58 |
| 40. | (244) | 6. W | LIEBIG, Katrin | 1995 | BSG Evonik Rheinland e.V. | 0:55:00 |
| 41. | (980) | 7. W45 | FERREIRA, Fabiana | 1976 | | 0:55:08 |
| 42. | (990) | 8. W45 | FERREIRA, Fabiana | 1976 | | 0:55:08 |



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LAUF (10 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|----------------------|------|---------------------------------|---------|
| WEIBLICH | | | | | | |
| 43. | (1520) | 12. W U23 | LANGBEHN, Antonia | 2003 | | 0:55:09 |
| 44. | (240) | 5. W40 | LEIDAG, Mirjam | 1983 | VfL Engelskirchen | 0:55:10 |
| 45. | (259) | 13. W U23 | LUTZ, Julia | 2003 | Skiclub Edelweiß Köln Stammheim | 0:55:13 |
| 46. | (1635) | 14. W U23 | WEILAND, Jette | 2002 | | 0:55:17 |
| 47. | (278) | 3. W35 | MOLDENHAUER, Marina | 1986 | FR-Training | 0:56:16 |
| 48. | (1641) | 4. W35 | WIECKMANN, Annette | 1986 | | 0:56:18 |
| 49. | (173) | 3. W50 | HEUSINGER, Antje | 1972 | MaJu SRL united | 0:56:21 |
| 50. | (959) | 5. W35 | DROSTE, Stephanie | 1987 | | 0:57:01 |
| 51. | (749) | 6. W40 | DEMMER, Sonja | 1982 | | 0:57:14 |
| 52. | (241) | 4. W50 | LENSING, Britta | 1969 | Team Monika | 0:57:56 |
| 53. | (109) | 5. W50 | ENNA, Stefania | 1973 | TS 79 Triathlon | 0:57:58 |
| 54. | (1743) | 6. W50 | KLOTZ, Nicole | 1972 | | 0:58:03 |
| 55. | (113) | 2. W55 | FABIAN, Katharina | 1967 | | 0:58:32 |
| 56. | (501) | 3. W55 | OST, Birgit | 1967 | | 0:58:32 |
| 57. | (1738) | 9. W45 | BRAND, Svenja | 1974 | | 0:59:06 |
| 58. | (1372) | 7. W50 | HAAS, Gabriele | 1970 | | 0:59:40 |
| 59. | (1603) | 4. W55 | SCHÜRGER, Anja | 1966 | | 0:59:45 |
| 60. | (803) | 5. W30 | AL-ZOGHOUL, Sonia | 1992 | | 1:00:14 |
| 61. | (807) | 7. W | AXIOTOU, Maria | 1997 | | 1:01:15 |
| 62. | (591) | 2. W60 | SONNTAG, Ursula | 1962 | Cologne Allblacks | 1:01:41 |
| 63. | (294) | 7. W40 | NEUMANN, Jessica | 1981 | | 1:01:54 |
| 64. | (1648) | 10. W45 | ZIDI, Christina | 1976 | Bergisch Gladbach | 1:01:55 |
| 65. | (77) | 15. W U23 | CHRISTEN, Lena | 2002 | | 1:02:12 |
| 66. | (629) | 11. W45 | WEDEKIND, Sandra | 1976 | SC Neptun | 1:02:47 |
| 67. | (709) | 8. W40 | KRENGEL, Sabrina | 1983 | | 1:02:47 |
| 68. | (169) | 6. W30 | HERLING, Jelena | 1993 | | 1:02:56 |
| 69. | (1739) | 8. W50 | KNEBEL, Karina | 1973 | TSV Bayer Dormagen Tri | 1:03:30 |
| 70. | (708) | 3. W60 | HENS-HUPPERTZ, Beate | 1959 | Internationale Bunde | 1:07:00 |
| 71. | (615) | 8. W | VERHAERT, Désirée | 1994 | | 1:09:53 |
| 72. | (550) | 9. W | SCHMID, Verena | 2000 | | 1:09:55 |
| 73. | (266) | 4. W60 | MAUER, Andrea | 1959 | | 1:13:44 |
| 74. | (1622) | 9. W40 | UNTERBERG, Conny | 1981 | | 1:18:33 |
| 75. | (1632) | 5. W55 | WALDORF, Elisabeth | 1964 | LG Laacher See | 1:31:27 |

Anzahl Teilnehmer: 214



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|---------------|--------|-------|---------------------|------|--------------------|----------------|
| MÄNNER | | | | | | |
| 1. | (1755) | 4. M | LEMBACH, Phil | 1996 | LG Rhein-Wied | 0:35:53 |
| 2. | (1759) | 6. M | SCHNEIDER, Thomas | 1994 | VfL Waldbreitbach | 0:37:33 |
| 3. | (1527) | 8. M | LIEFLÄNDER, Niklas | 1998 | | 0:38:30 |
| 4. | (1568) | 14. M | PRUCHA, Carl-Laszlo | 1999 | LG Leinfelden | 0:40:39 |
| 5. | (1482) | 15. M | KELLER, Pascal | 1999 | | 0:40:46 |
| 6. | (1650) | 28. M | ZIMMERMANN, Jan | 1999 | | 0:42:58 |
| 7. | (1726) | 36. M | BRUNSEN, Simon | 1999 | DSHS | 0:44:30 |
| 8. | (1742) | 41. M | BLANKE, Mirco | 1997 | | 0:45:55 |
| 9. | (1531) | 42. M | LITTA, Julian | 1996 | | 0:45:55 |
| 10. | (1799) | 45. M | FAIQ, Marovane | 1997 | | 0:46:17 |
| 11. | (1727) | 46. M | ELBARRHITI, Ayoub | 1994 | | 0:46:23 |
| 12. | (1377) | 54. M | HANISCH, Christoph | 1996 | | 0:46:51 |
| 13. | (835) | 59. M | BÜDEL, Nikolai | 1997 | | 0:47:11 |
| 14. | (1528) | 73. M | LIENHARD, Jonas | 2000 | | 0:47:57 |
| 15. | (825) | 74. M | BÖHLKE, Marc | 1997 | | 0:47:58 |
| 16. | (1621) | 76. M | TISSSEN, Oliver | 1998 | | 0:48:33 |
| 17. | (1062) | 80. M | FRIESS, Patrick | 1995 | | 0:48:56 |
| 18. | (1615) | 85. M | STOHP, Lennart | 1994 | Nike Court Cologne | 0:49:13 |
| 19. | (1538) | 88. M | MEHLHOS, Matti | 2000 | | 0:49:56 |
| 20. | (845) | 94. M | DAHMEN, Mink | 2000 | / | 0:50:39 |
| 21. | (1729) | 99. M | CZAMBOR, Filip | 1997 | | 0:51:26 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|---------------------|--------|--------|----------------------|------|---------------------|---------|
| JUNIOREN U23 | | | | | | |
| 1. | (1644) | 13. M | WILLAMOWSKI, Vincent | 2002 | | 0:40:39 |
| 2. | (1410) | 29. M | HEINTZE, Daniel | 2002 | | 0:43:06 |
| 3. | (846) | 33. M | DEIANA, Luca | 2001 | | 0:43:53 |
| 4. | (572) | 44. M | SCHUHMACHER, Pierre | 2002 | | 0:46:16 |
| 5. | (154) | 55. M | HASBERG, Odilo | 2002 | | 0:46:59 |
| 6. | (1617) | 57. M | TERODDE, Justus | 2002 | | 0:47:05 |
| 7. | (1444) | 58. M | KAISER, Arne | 2002 | | 0:47:07 |
| 8. | (836) | 61. M | BÜDENBENDER, Vincent | 2002 | | 0:47:21 |
| 9. | (1649) | 63. M | ZIELINSKI, Moritz | 2001 | | 0:47:34 |
| 10. | (1083) | 66. M | GEISER, Timo | 2001 | | 0:47:44 |
| 11. | (1737) | 67. M | BIHARI VASS, Franz | 2001 | DTV Basketball Köln | 0:47:45 |
| 12. | (1589) | 70. M | SCHEEN, Tim | 2002 | | 0:47:50 |
| 13. | (813) | 71. M | BAUSCH, Luc | 2001 | | 0:47:51 |
| 14. | (1725) | 72. M | JAKOB, Jules | 2001 | DSHS | 0:47:55 |
| 15. | (1643) | 77. M | WILD, Theo | 2002 | | 0:48:38 |
| 16. | (801) | 78. M | ADLER, Marlon | 2002 | | 0:48:38 |
| 17. | (1488) | 79. M | KLEIN, Lennart | 2002 | | 0:48:43 |
| 18. | (1490) | 81. M | KLEIN, Sven | 2001 | | 0:48:58 |
| 19. | (817) | 83. M | BERNDT, Florian | 2003 | | 0:49:12 |
| 20. | (958) | 87. M | DONNER, Mathis | 2003 | | 0:49:48 |
| 21. | (806) | 90. M | AUF DER HORST, Luis | 2003 | | 0:50:00 |
| 22. | (954) | 91. M | DIRKS, Jesse | 2001 | | 0:50:12 |
| 23. | (1574) | 95. M | REINING, Tim | 2001 | | 0:50:40 |
| 24. | (992) | 100. M | FRECHEN, Jonas | 2002 | | 0:51:48 |
| SENIOREN M30 | | | | | | |
| 1. | (1522) | 1. M | LARISCH, Balthasar | 1991 | SV Waldkirch | 0:33:03 |
| 2. | (1561) | 2. M | ORTMANN, Frederik | 1992 | LAZ Rhein-Sieg | 0:33:49 |
| 3. | (1750) | 3. M | METTNER, Sven | 1989 | | 0:34:49 |
| 4. | (1536) | 21. M | MAURER, René-Angelo | 1991 | | 0:41:34 |
| 5. | (1733) | 22. M | KRAMER, Maximilian | 1991 | | 0:41:39 |
| 6. | (834) | 24. M | BUCHNER, Marc | 1990 | | 0:41:54 |
| 7. | (1537) | 52. M | MAUS, Andreas | 1989 | SSF Bonn | 0:46:46 |
| 8. | (1541) | 98. M | MEYER, Niklas | 1989 | | 0:51:24 |
| 9. | (1599) | 101. M | SCHÖPS, Marwin | 1993 | getting tough | 0:51:55 |
| 10. | (1471) | 104. M | KASPIROVIC, Egor | 1989 | SSF | 0:52:28 |
| 11. | (1512) | 126. M | KÜHNEL, Thomas | 1991 | | 1:00:15 |
| 12. | (1555) | 134. M | NIEDERAU, Marius | 1990 | | 1:16:04 |
| DNF | (1507) | M | KRAUSE, Marc | 1989 | Alemannia Aachen | |



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LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|---------------------|--------|--------|--------------------|------|-----------------------|---------|
| SENIOREN M35 | | | | | | |
| 1. | (1502) | 11. M | KÖHLER, Jonas | 1988 | | 0:39:09 |
| 2. | (1500) | 16. M | KOCH, Nicolai | 1988 | ASV Köln / DW Sport + | 0:40:51 |
| 3. | (1578) | 30. M | RICHTER, Pascal | 1984 | | 0:43:12 |
| 4. | (1735) | 37. M | FISCHER, Alexander | 1988 | | 0:44:32 |
| 5. | (277) | 49. M | MITSCHE, Johannes | 1985 | TPSK | 0:46:30 |
| 6. | (1511) | 84. M | KÜHNEL, Robert | 1988 | | 0:49:12 |
| 7. | (1606) | 92. M | SILVA, Thiago | 1986 | | 0:50:32 |
| 8. | (1605) | 93. M | SILVA, Thiago | 1986 | | 0:50:32 |
| 9. | (982) | 103. M | BLUMSTEIN, Andreas | 1985 | | 0:52:22 |
| 10. | (60) | 109. M | BRAUN, Bastian | 1984 | TeamHKW | 0:53:22 |
| 11. | (732) | 110. M | SCHRÖDER, Domenik | 1985 | LG Pronsfeld Lünebach | 0:54:01 |
| 12. | (1529) | 113. M | LINKE, David | 1988 | | 0:54:35 |
| DNF | (1508) | M | KRÖPELIN, Joel | 1988 | | |

SENIOREN M40

| | | | | | | |
|----|--------|--------|-----------------------|------|----------------------|---------|
| 1. | (1758) | 20. M | SCHUSTER, Fabian | 1982 | | 0:41:33 |
| 2. | (264) | 31. M | MATSCHUREK, Andreas | 1983 | VfL Engelskirchen | 0:43:47 |
| 3. | (1760) | 35. M | MÜSSIGBRODT, Matthias | 1982 | Fortuna Düsseldorf | 0:44:15 |
| 4. | (92) | 47. M | DIEKMANN, Sebastian | 1980 | TPSK 1925 Köln e. V. | 0:46:30 |
| 5. | (587) | 53. M | SITZER, Marc | 1979 | SSF Bonn / Triducks | 0:46:47 |
| 6. | (1125) | 60. M | GERLACH, Thomas | 1979 | | 0:47:18 |
| 7. | (728) | 96. M | VIANDEN, Tobias | 1983 | Mach3 e.V. | 0:50:51 |
| 8. | (561) | 108. M | SCHORDE, Christoph | 1983 | TeamHKW | 0:53:22 |
| 9. | (171) | 124. M | HERWEG, Christian | 1979 | | 0:58:28 |

SENIOREN M45

| | | | | | | |
|-----|--------|--------|-------------------------|------|-------------------------|---------|
| 1. | (621) | 9. M | WAHL, Guido | 1978 | Brühler TV 1879 | 0:38:31 |
| 2. | (1562) | 10. M | OSTROMINSKI, Markus | 1977 | LAZ Rhein-Sieg | 0:38:47 |
| 3. | (578) | 12. M | SCIDA, Eusonio | 1975 | Brühler TV 1879 | 0:40:24 |
| 4. | (1732) | 17. M | INK, Torsten | 1976 | Brühler TV 1879 | 0:41:05 |
| 5. | (23) | 18. M | BAUCH, Torsten | 1978 | | 0:41:11 |
| 6. | (18) | 23. M | BALTES, Achim | 1975 | -- | 0:41:50 |
| 7. | (1748) | 25. M | OLDEWURTEL, Jens | 1976 | Mach3 Köln e.V. | 0:42:37 |
| 8. | (962) | 26. M | EBBERT-KARROUM, Andreas | 1975 | Laufgruppe Sonnenbrücke | 0:42:38 |
| 9. | (538) | 32. M | RÖTTGEN, Frank | 1978 | LG Wipperfürth | 0:43:51 |
| 10. | (689) | 48. M | LAST, Christoph | 1977 | LG Ultralauf | 0:46:30 |
| 11. | (162) | 51. M | HEINZ, Andreas | 1978 | | 0:46:41 |
| 12. | (568) | 65. M | SCHRÖTTER, Marco | 1976 | | 0:47:38 |
| 13. | (16) | 69. M | BAIRD, Matt | 1974 | | 0:47:49 |
| 14. | (1519) | 106. M | LANDEN, Tobias | 1978 | | 0:52:33 |
| 15. | (86) | 122. M | DELLAERT, Aron | 1974 | TPSK 1925 Köln e. V. | 0:56:44 |



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LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|---------------------|--------|--------|------------------------|------|---|---------|
| SENIOREN M50 | | | | | | |
| 1. | (1754) | 5. M | SKOPNIK, Manuel | 1972 | TV Refrath | 0:37:20 |
| 2. | (88) | 7. M | DENZER, Peter | 1969 | | 0:38:22 |
| 3. | (809) | 27. M | BACHER, Joachim | 1971 | KTT 01 | 0:42:47 |
| 4. | (1513) | 34. M | KULLE, Marcus | 1972 | SV Axa | 0:44:00 |
| 5. | (59) | 39. M | BRANG, Michael | 1971 | LT Grafenschaft | 0:45:27 |
| 6. | (9) | 50. M | AYDIN, Bilgin | 1972 | Rtc dasimmerdabei 04 ev | 0:46:37 |
| 7. | (1221) | 64. M | GREWE, Marc | 1971 | Union Biesfeld Triathlon 2019 e.V. | 0:47:36 |
| 8. | (182) | 111. M | HOLST, Stephan | 1973 | | 0:54:28 |
| 9. | (1618) | 116. M | THEIS, Jörg | 1969 | LT Köln-Widdersdorf | 0:54:43 |
| 10. | (1740) | 119. M | OHLIG, David | 1971 | | 0:56:26 |
| 11. | (633) | 135. M | WERHEID, Dieter | 1969 | DLRG | 1:19:06 |
| SENIOREN M55 | | | | | | |
| 1. | (1745) | 19. M | GRUNEWALD, Ralf | 1965 | TV Rodenkirchen | 0:41:28 |
| 2. | (288) | 40. M | MÜLLER, Josef | 1968 | LT Grafenschaft | 0:45:51 |
| 3. | (500) | 43. M | OSMERS, Lars | 1968 | --- | 0:46:03 |
| 4. | (94) | 68. M | DINTER, Martin | 1967 | DSD | 0:47:48 |
| 5. | (222) | 75. M | KNIEBELER, Ralf | 1965 | Marathon-Club Eschweiler | 0:48:16 |
| 6. | (1497) | 86. M | KLINKERT, Roman | 1965 | SSF Bonn | 0:49:36 |
| 7. | (242) | 89. M | LEY, Thomas | 1965 | Lt.Rösratherstraße | 0:50:00 |
| 8. | (114) | 102. M | FABIAN, Steffen | 1965 | MACH3 Köln e.V./Team Erdinger Alkoholfrei | 0:52:17 |
| 9. | (260) | 105. M | LUTZ, Jürgen | 1966 | SCE Köln Stammheim | 0:52:31 |
| 10. | (1647) | 107. M | ZAUN, Peter | 1966 | | 0:52:34 |
| 11. | (509) | 117. M | PFANNENSCHMIDT, Timo | 1966 | LC Weilerswist | 0:54:53 |
| 12. | (257) | 128. M | LUNK, Michael Thorsten | 1968 | Allwetterläufer Dünnwald | 1:01:29 |
| 13. | (1736) | 129. M | KARUTH, Volker | 1964 | | 1:01:32 |
| 14. | (268) | 130. M | MAZSITS, Stefan | 1965 | LLG Sankt Augustin | 1:02:01 |
| DNF | (228) | M | KÖPKE, Jan | 1967 | Lauffreunde Lülisdorf | |
| SENIOREN M60 | | | | | | |
| 1. | (1539) | 38. M | MESSNER, Michael | 1962 | Brühler TV 1879 | 0:45:24 |
| 2. | (1761) | 56. M | FRINGS, Eule | 1959 | Selbstläufer Altenahr | 0:47:04 |
| 3. | (1595) | 114. M | SCHMITZ, Volker | 1961 | PSV Bonn Triathlon | 0:54:40 |
| 4. | (130) | 118. M | GIES, Günter | 1961 | team gieSom.com | 0:54:58 |
| 5. | (619) | 121. M | WAGMER, Kalle | 1963 | TV Hoffnungsthal | 0:56:36 |
| 6. | (7) | 123. M | AUDEHM, Dr. Uwe | 1960 | Team Monika | 0:57:57 |
| 7. | (1373) | 125. M | HAAS, Ingo | 1963 | | 0:59:17 |
| 8. | (218) | 127. M | KLEINER, Norbert | 1961 | Allwetterläufer | 1:01:29 |
| 9. | (517) | 131. M | POHL, Walter | 1963 | Deutscher Amateur Radio Club | 1:06:33 |
| 10. | (1460) | 132. M | KAPPE, Dietmar | 1959 | RSF Uganda Waragi | 1:10:26 |



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LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|--------------------------|--------|--------|---------------------|------|---------------------------|----------------|
| SENIOREN M65 | | | | | | |
| 1. | (1744) | 82. M | KLOTZ, Stefan | 1958 | ASV Köln | 0:49:03 |
| 2. | (243) | 97. M | LIEBIG, Dieter | 1958 | BSG Evonik Rheinland e.V. | 0:51:00 |
| 3. | (1637) | 112. M | WESKAMP, Hans-Peter | 1958 | FlitzBlitz | 0:54:29 |
| 4. | (280) | 133. M | MOLITOR, Walter | 1955 | | 1:12:59 |
| DNF | (696) | M | STEINBACH, Dieter | 1954 | | |
| SENIOREN M70 | | | | | | |
| 1. | (1763) | 115. M | WÜST, Hans Werner | 1950 | | 0:54:41 |
| SENIOREN M75 | | | | | | |
| 1. | (804) | 120. M | ARETZ, Manfred | 1947 | | 0:56:32 |
| MÄNNL. JUGEND U20 | | | | | | |
| 1. | (1315) | 62. M | GREWE, Mattis | 2004 | | 0:47:30 |
| FRAUEN | | | | | | |
| 1. | (1523) | 22. W | LAUG, Marie | 1996 | TriathlonSteckelCologne | 0:49:47 |
| 2. | (1638) | 24. W | WESKAMP, Mirjam | 1994 | FlitzBlitz | 0:50:23 |
| 3. | (1728) | 26. W | TRÖGER, Julia | 2000 | | 0:51:26 |
| 4. | (849) | 30. W | DINGERKUS, Carina | 2000 | | 0:52:21 |
| 5. | (1554) | 35. W | NIEDEGGEN, Daniela | 1995 | | 0:53:23 |
| 6. | (244) | 40. W | LIEBIG, Katrin | 1995 | BSG Evonik Rheinland e.V. | 0:55:00 |
| 7. | (807) | 61. W | AXIOTOU, Maria | 1997 | | 1:01:15 |
| 8. | (615) | 71. W | VERHAERT, Désirée | 1994 | | 1:09:53 |
| 9. | (550) | 72. W | SCHMID, Verena | 2000 | | 1:09:55 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|------------------------|--------|-------|----------------------|------|---------------------------------|---------|
| JUNIORINNEN U23 | | | | | | |
| 1. | (1628) | 1. W | VERNIKOV, Sonja | 2001 | LAZ Rhein-Sieg | 0:35:04 |
| 2. | (1633) | 4. W | WEHNER, Anna | 2002 | | 0:40:39 |
| 3. | (704) | 7. W | HAHN, Nathalie | 2001 | | 0:41:04 |
| 4. | (1505) | 17. W | KÖRHOLZ, Eva | 2001 | | 0:48:42 |
| 5. | (1764) | 18. W | SCHMIDT, Luna | 2003 | | 0:48:42 |
| 6. | (1634) | 23. W | WEIL, Jennifer | 2001 | | 0:50:19 |
| 7. | (1436) | 29. W | HÜLSMANN, Nina | 2002 | | 0:52:07 |
| 8. | (1498) | 33. W | KOCH, Luise | 2003 | | 0:52:23 |
| 9. | (1481) | 34. W | KELLER, Jennifer | 2002 | SV Rot-Weiß Schlafhorst e.V. | 0:53:17 |
| 10. | (1195) | 37. W | GOTTSCHICK, Greta | 2001 | | 0:54:02 |
| 11. | (1613) | 38. W | STÄHLER, Jolyne | 2002 | | 0:54:23 |
| 12. | (1520) | 43. W | LANGBEHN, Antonia | 2003 | | 0:55:09 |
| 13. | (259) | 45. W | LUTZ, Julia | 2003 | Skiclub Edelweiß Köln Stammheim | 0:55:13 |
| 14. | (1635) | 46. W | WEILAND, Jette | 2002 | | 0:55:17 |
| 15. | (77) | 65. W | CHRISTEN, Lena | 2002 | | 1:02:12 |
| SENIORINNEN W30 | | | | | | |
| 1. | (255) | 2. W | LÜCHTEFELD, Alice | 1992 | Bunert - Der Kölner Laufladen | 0:39:46 |
| 2. | (1762) | 6. W | SCHNEIDER, Franziska | 1991 | | 0:40:51 |
| 3. | (1734) | 13. W | KRAMER, Anke | 1992 | | 0:47:08 |
| 4. | (153) | 14. W | HASBERG, Ascelina | 1989 | | 0:47:32 |
| 5. | (803) | 60. W | AL-ZOGHOUL, Sonia | 1992 | | 1:00:14 |
| 6. | (169) | 68. W | HERLING, Jelena | 1993 | | 1:02:56 |
| SENIORINNEN W35 | | | | | | |
| 1. | (1575) | 3. W | REINL, Anne-Katrin | 1984 | Team Zoot | 0:40:23 |
| 2. | (61) | 31. W | BRAUN, Johanna | 1987 | Erdinger Active Team | 0:52:22 |
| 3. | (278) | 47. W | MOLDENHAUER, Marina | 1986 | FR-Training | 0:56:16 |
| 4. | (1641) | 48. W | WIECKMANN, Annette | 1986 | | 0:56:18 |
| 5. | (959) | 50. W | DROSTE, Stephanie | 1987 | | 0:57:01 |
| SENIORINNEN W40 | | | | | | |
| 1. | (142) | 5. W | GÜNTHER, Marlen | 1983 | LAZ Rhein-Sieg | 0:40:41 |
| 2. | (79) | 9. W | CORDES, Christine | 1983 | TSG Lennestadt | 0:45:21 |
| 3. | (1546) | 10. W | MORITZ, Janine | 1983 | | 0:45:57 |
| 4. | (1741) | 20. W | HAAS, Stefanie | 1981 | | 0:49:09 |
| 5. | (240) | 44. W | LEIDAG, Mirjam | 1983 | VfL Engelskirchen | 0:55:10 |
| 6. | (749) | 51. W | DEMMER, Sonja | 1982 | | 0:57:14 |
| 7. | (294) | 63. W | NEUMANN, Jessica | 1981 | | 1:01:54 |
| 8. | (709) | 67. W | KRENGEL, Sabrina | 1983 | | 1:02:47 |
| 9. | (1622) | 74. W | UNTERBERG, Conny | 1981 | | 1:18:33 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|--------------------------|--------|-------|--------------------------|------|--|---------|
| SENIORINNEN W45 | | | | | | |
| 1. | (1487) | 11. W | KLEIN, Alexandra | 1974 | TPSK 1925 e.V | 0:46:52 |
| 2. | (26) | 12. W | BAUMANN, Anke | 1977 | Brühler TV 1879 | 0:46:53 |
| 3. | (1746) | 21. W | MARCHET, Monica | 1977 | TV Hoffnungsthal | 0:49:24 |
| 4. | (598) | 28. W | STRITTMATTER, Jacqueline | 1974 | LT Grafenschaft | 0:51:58 |
| 5. | (649) | 32. W | ZLOTOS, Karina | 1976 | Team Pulsschlag | 0:52:23 |
| 6. | (1485) | 39. W | KEUNECKE, Katerina | 1977 | TPSK 1925 e. V. | 0:54:58 |
| 7. | (980) | 41. W | FERREIRA, Fabiana | 1976 | | 0:55:08 |
| 8. | (990) | 42. W | FERREIRA, Fabiana | 1976 | | 0:55:08 |
| 9. | (1738) | 57. W | BRAND, Svenja | 1974 | | 0:59:06 |
| 10. | (1648) | 64. W | ZIDI, Christina | 1976 | Bergisch Gladbach | 1:01:55 |
| 11. | (629) | 66. W | WEDEKIND, Sandra | 1976 | SC Neptun | 1:02:47 |
| SENIORINNEN W50 | | | | | | |
| 1. | (1730) | 19. W | HEUSER, Andrea | 1972 | | 0:48:45 |
| 2. | (73) | 27. W | CAMIDGE, Karen | 1973 | BISSV Bonn International School Sport Verein | 0:51:42 |
| 3. | (173) | 49. W | HEUSINGER, Antje | 1972 | MaJu SRL united | 0:56:21 |
| 4. | (241) | 52. W | LENSING, Britta | 1969 | Team Monika | 0:57:56 |
| 5. | (109) | 53. W | ENNA, Stefania | 1973 | TS 79 Triathlon | 0:57:58 |
| 6. | (1743) | 54. W | KLOTZ, Nicole | 1972 | | 0:58:03 |
| 7. | (1372) | 58. W | HAAS, Gabriele | 1970 | | 0:59:40 |
| 8. | (1739) | 69. W | KNEBEL, Karina | 1973 | TSV Bayer Dormagen Tri | 1:03:30 |
| SENIORINNEN W55 | | | | | | |
| 1. | (1778) | 15. W | LENNARTZ, Birgit | 1965 | LLG St. Augustin | 0:47:47 |
| 2. | (113) | 55. W | FABIAN, Katharina | 1967 | | 0:58:32 |
| 3. | (501) | 56. W | OST, Birgit | 1967 | | 0:58:32 |
| 4. | (1603) | 59. W | SCHÜRGERS, Anja | 1966 | | 0:59:45 |
| 5. | (1632) | 75. W | WALDORF, Elisabeth | 1964 | LG Laacher See | 1:31:27 |
| SENIORINNEN W60 | | | | | | |
| 1. | (80) | 25. W | CORDES, Ursula | 1960 | TSG Lennestadt | 0:50:28 |
| 2. | (591) | 62. W | SONNTAG, Ursula | 1962 | Cologne Allblacks | 1:01:41 |
| 3. | (708) | 70. W | HENS-HUPPERTZ, Beate | 1959 | Internationale Bunde | 1:07:00 |
| 4. | (266) | 73. W | MAUER, Andrea | 1959 | | 1:13:44 |
| SENIORINNEN W65 | | | | | | |
| 1. | (635) | 16. W | WILBRAND, Ulrike | 1955 | TSG Lennestadt | 0:47:52 |
| WEIBL. JUGEND U20 | | | | | | |
| 1. | (841) | 8. W | CHRISTEN, Sina | 2004 | | 0:42:43 |
| 2. | (741) | 36. W | KREBS, Ashley | 2004 | LG Pronsfeld Lünebach | 0:54:02 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (10 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|----|----|-------|---------------|----|--------|------|
|----|----|-------|---------------|----|--------|------|

Anzahl Teilnehmer: 214