



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|--------------------------|------|--------------------------------------|-----------------|
| 1 (1041) | 1. M | SINGBEIL, Daniel | 1989 | Casa Ciclista | 00:16:23 |
| 2 (256) | 1. M35 | NICAISE, Jean-christophe | 1977 | EASA Running club | 00:17:44 |
| 3 (296) | 1. M40 | WIENECKE, Thorsten | 1971 | TuS Köln rrh. | 00:18:15 |
| 4 (532) | 2. M35 | KREVER, Manuel | 1980 | Laufmonster | 00:18:31 |
| 5 (542) | 2. M | ROGGEMANN, Jan | 1988 | | 00:18:35 |
| 6 (469) | 1. M30 | ZOLL, Frieder | 1982 | LG Gummersbach | 00:18:45 |
| 7 (477) | 1. M45 | WILMES, Heiko | 1969 | TV Refrath | 00:19:07 |
| 8 (270) | 2. M30 | ZENTNER, Markus | 1982 | TV Refrath | 00:19:11 |
| 9 (1237) | 1. M50 | WOLFF, Udo | 1962 | LG Gummersbach | 00:19:15 |
| 10 (458) | 2. M45 | WIRTHS, Stefan | 1968 | TSV Dieringhausen | 00:19:32 |
| 11 (456) | 1. MJ U18 | KALOGEROPOULUS, Leonidas | 1999 | LG Gummersbach | 00:19:37 |
| 12 (245) | 1. MJ U16 | KAISER, Leon Reinhard | 2000 | TSV Bayer 04 Leverkusen Triathlon | 00:19:39 |
| 13 (485) | 2. M50 | BUTZ, Andreas | 1965 | Team Laufcampus | 00:19:40 |
| 14 (468) | 3. M45 | TIMMER, Volker | 1969 | LG Gummersbach | 00:20:10 |
| 15 (2183) | 2. MJ U18 | KUDINOV, Alex | 1999 | LG Hückeswagen | 00:20:19 |
| 16 (2434) | 3. MJ U18 | CRAMER, Eric | 1999 | SV Bergisch Gladbach 1920/71 | 00:20:22 |
| 17 (507) | 1. W45 | GÖRTZ, Beate | 1969 | ASV Köln | 00:20:24 |
| 18 (2330) | 1. W U23 | VALDER, Sarah | 1993 | Laufsport Bunert - Der Kölner Laufla | 00:20:24 |
| 19 (452) | 1. WJ U18 | SCHULZ, Mala | 1999 | SV Bergisch Gladbach 1920/71 | 00:20:25 |
| 20 (491) | 4. M45 | SCHLAACK, Andreas | 1970 | VfL Engelskirchen | 00:20:55 |
| 21 (465) | 3. M50 | ROCHETEAU, Dominique | 1965 | | 00:21:01 |
| 22 (457) | 1. M55 | NEUMANN, Bruno | 1957 | | 00:21:22 |
| 23 (190) | 2. M40 | KANDITT, Stephan | 1973 | OSC Waldniel | 00:21:28 |
| 24 (510) | 5. M45 | CARBACH, Frank | 1970 | Laufmonster | 00:21:30 |
| 25 (470) | 1. W30 | ZOLL, Daniela | 1981 | LG Gummersbach | 00:21:36 |
| 26 (195) | 4. M50 | MIESKES, Kurt | 1961 | MGV Oberbantenberg | 00:21:41 |
| 27 (2323) | 3. M | THELEN, Alexander | 1986 | Polizei Köln | 00:21:57 |
| 28 (2388) | 2. MJ U16 | MANN, Moritz | 2000 | ERGO sports Köln | 00:21:58 |
| 29 (462) | 5. M50 | KARR, Thomas | 1965 | SG Zons | 00:22:07 |
| 30 (506) | 6. M45 | GREGER, Helmut | 1969 | | 00:22:13 |
| 31 (2280) | 2. M55 | SCHAFFARCZYK, Bernd | 1960 | LSV Porz / Köln | 00:22:16 |
| 32 (500) | 3. M35 | KOST, Daniel | 1980 | PSV Bonn Triathlon | 00:22:17 |
| 33 (524) | 4. M35 | MOCK, Sebastian | 1976 | | 00:22:18 |
| 34 (503) | 3. MJ U16 | BULLOCH, Maxim | 2000 | LG Hückeswagen | 00:22:21 |
| 35 (2170) | 3. M30 | KÖPPE, Stefan | 1985 | 1.FC Köln | 00:22:25 |
| 36 (519) | 4. MJ U18 | HARFF, Leander | 1999 | | 00:22:27 |
| 37 (459) | 2. W45 | HUTZ, Claudia | 1969 | SG Zons | 00:22:28 |
| 38 (1040) | 1. M U23 | SHALA, Adrian | 1995 | SC Bayer 05 Uerdingen | 00:22:38 |
| 39 (221) | 3. M40 | AYDIN, Bilgin | 1972 | Casa Ciclista | 00:22:45 |
| 40 (488) | 6. M50 | LEONHARDT, Thomas | 1965 | Laufmonster | 00:22:58 |
| 41 (451) | 2. WJ U18 | VOß, Viktoria | 1999 | LG Gummersbach | 00:23:00 |
| 42 (2379) | 1. W40 | MÖBUS, Renate | 1973 | LSV Porz / Köln | 00:23:27 |
| 43 (530) | 4. MJ U16 | MESSING, Marcel | 2001 | | 00:23:34 |
| 44 (2216) | 3. M55 | MICHAELIS, Bernd | 1957 | ASV Wesseling 1985 e.V. | 00:23:44 |
| 45 (504) | 7. M50 | SCHALLER, Dieter | 1964 | | 00:23:45 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|-----------------------|------|------------------------------|-----------------|
| 46 (203) | 1. M60 | SPÖLGEN, Joachim | 1954 | Pulheimer SC | 00:23:54 |
| 47 (522) | 1. MJ U14 | SCHEILZ, Sven | 2002 | LAZ Puma Rhein-Sieg | 00:24:07 |
| 48 (242) | 4. M | HUWE, Maximilian | 1991 | | 00:24:23 |
| 49 (1112) | 5. MJ U16 | ANKER, Erik | 2001 | | 00:24:27 |
| 50 (540) | 4. M40 | SEYFARTH, Marco | 1973 | | 00:24:32 |
| 51 (541) | 1. M85 | N.N., 541 | 1901 | bitte melden | 00:24:32 |
| 52 (1152) | 7. M45 | HAKE, Thomas | 1969 | | 00:24:38 |
| 53 (2355) | 2. M60 | WERMEKES, Dieter | 1953 | TSV Rönsahl | 00:24:39 |
| 54 (2020) | 2. W30 | BENDER, Samira | 1985 | ASV Köln Triathlon | 00:24:46 |
| 55 (515) | 6. MJ U16 | KRAUSE, Jürgen | 2001 | ernst Getränkeservice | 00:24:50 |
| 56 (2054) | 3. W30 | CORDES, Christine | 1983 | TSG Lennestadt | 00:24:57 |
| 57 (2154) | 5. MJ U18 | KIETZMANN, Tim | 1999 | LG Hückeswagen | 00:25:00 |
| 58 (299) | 7. MJ U16 | WOLFF, Marvin | 2000 | SV Bergisch Gladbach 1920/71 | 00:25:01 |
| 59 (2387) | 3. W45 | MANN, Birgit | 1970 | ERGO sports Köln | 00:25:17 |
| 60 (2432) | 3. M60 | BAUS, Reiner | 1954 | Porsche Zentrum Bensberg | 00:25:17 |
| 61 (1252) | 1. W65 | GROTT, Helga | 1948 | BSG Commerzbank Köln | 00:25:43 |
| 62 (518) | 6. MJ U18 | KEHL, Lennart | 1999 | | 00:25:47 |
| 63 (1001) | 4. M55 | BAUMEISTER, Wolfgang | 1960 | Reiswaffel Dünnwald | 00:25:48 |
| 64 (2318) | 1. WJ U14 | STRATMANN, Hannah | 2002 | LG Monheim / Baumberg | 00:25:53 |
| 65 (251) | 2. WJ U14 | MARSCHALL, Gracia | 2003 | LT Schneewittchen | 00:25:56 |
| 66 (487) | 1. W50 | BUTZ, Gisela | 1965 | Team Laufcampus | 00:25:59 |
| 67 (2115) | 7. MJ U18 | HESSE, Yannick | 1999 | LG Monheim / Baumberg | 00:26:02 |
| 68 (2173) | 8. MJ U16 | KRAMER, Marius | 2000 | | 00:26:12 |
| 69 (2273) | 8. MJ U18 | RÜFFLER, Florian | 1998 | DLRG Wipperfürth | 00:26:13 |
| 70 (294) | 1. W | STEINHAUER, Katharina | 1992 | | 00:26:15 |
| 71 (2461) | 4. W30 | PESCHEL, Denise | 1982 | PSYX | 00:26:19 |
| 72 (505) | 4. W45 | SCHALLER, Dora | 1968 | | 00:26:27 |
| 73 (2282) | 2. W | SCHECKENBACH, Julia | 1988 | TV Refrath | 00:26:39 |
| 74 (2086) | 8. M45 | FUCHSHUBER, Achim | 1969 | TV Refrath | 00:26:41 |
| 75 (2467) | 2. W40 | SCHMITZ, Anne | 1975 | | 00:26:44 |
| 76 (2435) | 3. W | DEUTZMANN, Katharina | 1989 | Southern Oregon Runners | 00:26:49 |
| 77 (2290) | 5. M55 | SCHMIDT, Hans Ulrich | 1957 | | 00:26:56 |
| 78 (2298) | 1. WJ U20 | SCHNEIDER, Clara | 1996 | | 00:27:06 |
| 79 (2430) | 9. MJ U16 | AMIAN, Lukas | 2001 | Neukirchener TV 86 | 00:27:10 |
| 80 (2084) | 1. MK U12 | FRECHEN, Tobias | 2004 | GSV Porz | 00:27:16 |
| 81 (1114) | 5. W45 | ANKER, Melanie | 1970 | | 00:27:19 |
| 82 (2081) | 5. M40 | FLOCK, Thomas | 1971 | | 00:27:24 |
| 83 (201) | 4. W | SCHUMACHER, Nina | 1987 | Boxclub Wipperfürth | 00:27:27 |
| 84 (2465) | 1. M65 | SCHMITZ, Manfred | 1950 | Team Schmitz | 00:27:34 |
| 85 (248) | 2. W50 | KRAUSE, Christiane | 1964 | Casa Ciclista | 00:27:35 |
| 86 (2008) | 9. M45 | BARION, Rene | 1968 | Team Rocket | 00:27:41 |
| 87 (521) | 5. M35 | SCHUMACHER, Nico | 1978 | | 00:27:44 |
| 88 (2419) | 10. M45 | NIERHOFF, Boris | 1969 | | 00:27:52 |
| 89 (2328) | 1. W35 | TREYßE, Michaela | 1977 | Runner's High | 00:27:53 |
| 90 (523) | 5. W | LUKANOWSKI, Katharina | 1986 | | 00:27:57 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-------------------|-----------|--------------------------|------|----------------------------|-----------------|
| 91 (2375) | 2. MJ U14 | ZAHNEN, Fabian | 2003 | GSV Porz | 00:28:08 |
| 92 (2471) | 3. MJ U14 | WADERNA, Marlon | 2003 | GSV Porz | 00:28:11 |
| 93 (282) | 2. W35 | KLEE, Susanne | 1979 | Casa Ciclista | 00:28:20 |
| 94 (2267) | 3. WJ U14 | RICHRATH, Anna-Lena | 2002 | LC Weilerswist | 00:28:23 |
| 95 (513) | 2. W U23 | MÜNZEL, Hanna | 1995 | Pulsschlag | 00:28:28 |
| 96 (514) | 6. M35 | DILLSCHNITTER, Christian | 1980 | pulsschlag | 00:28:30 |
| 97 (512) | 6. M40 | WESSELN, Holger | 1971 | Pulsschlag | 00:28:31 |
| 98 (2260) | 6. W45 | POENSGEN, Kelly | 1966 | Tierheim Troisdorf | 00:28:35 |
| 99 (2185) | 4. M60 | KUJAS, Kurt | 1952 | | 00:28:39 |
| 100 (2126) | 7. W45 | HOFFMANN, Susanne | 1968 | LT Saaler Mühle | 00:28:45 |
| 101 (529) | 3. W35 | HENZE, Miriam | 1977 | | 00:28:48 |
| 102 (2174) | 3. W50 | KRAMER, Susanne | 1963 | | 00:29:23 |
| 103 (1043) | 8. W45 | SÜß, Nicole | 1970 | Lufthansa Pinguine München | 00:29:26 |
| 104 (185) | 8. M50 | DÖMMECKE, Andreas | 1963 | | 00:29:31 |
| 105 (2160) | 7. M40 | KLINGE, Tatjana | 1971 | Dagmars After Work Runners | 00:29:35 |
| 106 (2247) | 1. W60 | PALFI, Mathilda | 1952 | LT Saaler Mühle | 00:29:38 |
| 107 (186) | 2. M65 | GLEITSMANN, Thomas | 1948 | TS 79 Bergisch Gladbach | 00:29:39 |
| 108 (2466) | 1. WK U10 | SCHMITZ, Lara | 2006 | TuS-Wesseling | 00:29:46 |
| 109 (489) | 3. W40 | DEGENER, Anja | 1972 | Tri Club Wuppertal | 00:30:00 |
| 110 (2307) | 8. M40 | SIEMER, Thorsten | 1975 | Sturmflut Bremerhaven | 00:30:05 |
| 111 (2179) | 5. W30 | KRENGEL, Sabrina | 1983 | | 00:30:26 |
| 112 (2121) | 4. WJ U14 | HIRSCHFELD, Lea Sophie | 2002 | LG Heckelsiefen | 00:30:44 |
| 113 (2277) | 1. W55 | RYPHOLZ, Monika | 1960 | ASV Köln Triathlon | 00:30:48 |
| 114 (526) | 1. M75 | BARTHEL, Hartmut | 1940 | | 00:30:57 |
| 115 (297) | 5. M | WITTIG, Nico | 1986 | Team DVAG Porz-Wahn | 00:31:00 |
| 116 (2404) | 6. W | BEHRENS, Kathrin | 1986 | | 00:31:12 |
| 117 (1102) | 4. W40 | KIRSCHKE, Thekla | 1971 | | 00:31:14 |
| 118 (202) | 2. W55 | SOMMER, Hannelore | 1958 | Dagmars After Work Runners | 00:31:21 |
| 119 (2195) | 4. M30 | LANGENKAMP, Jens | 1982 | | 00:31:21 |
| 120 (2213) | 4. W35 | MENTZEL, Sarah | 1979 | | 00:31:34 |
| 121 (481) | 5. W35 | HAUDENBICKER, Heike | 1979 | | 00:31:36 |
| 122 (474) | 5. M30 | SCHORDE, Christoph | 1983 | A u. B | 00:31:36 |
| 123 (1214) | 9. W45 | HAKE, Gisela | 1969 | | 00:31:51 |
| 124 (2066) | 6. M55 | DOHERR, Reinhard | 1956 | | 00:31:56 |
| 125 (559) | 1. MJ U20 | LOBER, Constantin | 1996 | Kerpen | 00:32:03 |
| 126 (560) | 2. MJ U20 | BERNHARDT, Benedikt | 1996 | Kerpen | 00:32:05 |
| 127 (2367) | 2. WK U10 | WINKELMANN, Lia | 2006 | | 00:32:28 |
| 128 (205) | 1. M80 | STEINBECK, Dr. Werner | 1934 | TSV Bayer 04 Leverkusen | 00:32:40 |
| 129 (520) | 2. M85 | N.N., 520 | 1901 | bitte melden | 00:32:49 |
| 130 (2249) | 7. M55 | PERSÉ, Jürgen | 1956 | RTC Frechen 80 | 00:33:31 |
| 131 (2110) | 6. W30 | HEINZEN, Sonja | 1982 | | 00:33:33 |
| 132 (277) | 6. M30 | DUFRAINE, Jean-Pierre | 1985 | Team DVAG Porz-Wahn | 00:34:06 |
| 133 (2284) | 6. W35 | SCHEIDGEN, Cornelia | 1977 | | 00:34:21 |
| 134 (2222) | 2. M80 | MOHR, Rudi | 1934 | TFG 1878 Köln-Nippes | 00:34:49 |
| 135 (2322) | 1. W70 | SÜß-DAHMEN, Renate | 1944 | LT Saaler Mühle | 00:34:50 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-------------------|-----------|---------------------------|------|----------------------------|-----------------|
| 136 (2377) | 3. W55 | ZIMMER, Brigitte | 1957 | LT Saaler Mühle | 00:35:00 |
| 137 (2344) | 7. W35 | VOLMER, Julia | 1976 | | 00:35:01 |
| 138 (492) | 10. W45 | MOGADDEM, Sandra | 1967 | | 00:35:22 |
| 139 (227) | 7. W | EBERLE, Mira | 1988 | ERGO sports Köln | 00:35:44 |
| 140 (265) | 8. W | UNFRICHT, Julia | 1989 | ERGO sports Köln | 00:35:45 |
| 141 (2045) | 2. W60 | BUCHWALD-RZEZONKA, Renate | 1955 | Dagmars After Work Runners | 00:35:47 |
| 142 (2424) | 4. W55 | SCHMIDT, Rita | 1958 | Mrs. Sporty Porz | 00:35:49 |
| 143 (2149) | 11. W45 | KEßLER, Doris | 1967 | | 00:36:06 |
| 144 (2057) | 12. W45 | DASSLER, Tanja | 1969 | freie Journalistin | 00:36:07 |
| 145 (233) | 3. W60 | GOTTWALD, Karin | 1954 | 1. FC Spich | 00:36:19 |
| 146 (538) | 5. W40 | HAMANN, Heike | 1971 | | 00:36:45 |
| 147 (537) | 11. M45 | HAMANN, Martin | 1967 | | 00:36:46 |
| 148 (232) | 5. W55 | GOTTWALD, Dagmar | 1959 | 1. FC Spich | 00:36:47 |
| 149 (2078) | 2. W65 | FEY, Maria | 1950 | | 00:37:23 |
| 150 (2206) | 9. W | LUDWIG, Jaqueline | 1986 | | 00:37:42 |
| 151 (2459) | 1. WJ U16 | NAUROTH, Leona | 2000 | SGNeuss | 00:38:17 |
| 152 (1229) | 2. M75 | MEYER, Otto | 1937 | Kall | 00:38:39 |
| 153 (2418) | 6. W55 | NAUROTH, Petra | 1960 | SGNeuss | 00:39:09 |
| 154 (2283) | 9. M40 | SCHEIDGEN, Thorsten | 1975 | | 00:40:35 |
| 155 (2171) | 4. W60 | KORDEUTER, Jutta | 1954 | ReVital Center | 00:46:00 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|------------------------|------|--------------------------------------|-----------------|
| WEIBLICH | | | | | |
| 1 (507) | 1. W45 | GÖRTZ, Beate | 1969 | ASV Köln | 00:20:24 |
| 2 (2330) | 1. W U23 | VALDER, Sarah | 1993 | Laufsport Bunert - Der Kölner Laufla | 00:20:24 |
| 3 (452) | 1. WJ U18 | SCHULZ, Mala | 1999 | SV Bergisch Gladbach 1920/71 | 00:20:25 |
| 4 (470) | 1. W30 | ZOLL, Daniela | 1981 | LG Gummersbach | 00:21:36 |
| 5 (459) | 2. W45 | HUTZ, Claudia | 1969 | SG Zons | 00:22:28 |
| 6 (451) | 2. WJ U18 | VOß, Viktoria | 1999 | LG Gummersbach | 00:23:00 |
| 7 (2379) | 1. W40 | MÖBUS, Renate | 1973 | LSV Porz / Köln | 00:23:27 |
| 8 (2020) | 2. W30 | BENDER, Samira | 1985 | ASV Köln Triathlon | 00:24:46 |
| 9 (2054) | 3. W30 | CORDES, Christine | 1983 | TSG Lennestadt | 00:24:57 |
| 10 (2387) | 3. W45 | MANN, Birgit | 1970 | ERGO sports Köln | 00:25:17 |
| 11 (1252) | 1. W65 | GROTT, Helga | 1948 | BSG Commerzbank Köln | 00:25:43 |
| 12 (2318) | 1. WJ U14 | STRATMANN, Hannah | 2002 | LG Monheim / Baumberg | 00:25:53 |
| 13 (251) | 2. WJ U14 | MARSCHALL, Gracia | 2003 | LT Schneewittchen | 00:25:56 |
| 14 (487) | 1. W50 | BUTZ, Gisela | 1965 | Team Laufcampus | 00:25:59 |
| 15 (294) | 1. W | STEINHAUER, Katharina | 1992 | | 00:26:15 |
| 16 (2461) | 4. W30 | PESCHEL, Denise | 1982 | PSYX | 00:26:19 |
| 17 (505) | 4. W45 | SCHALLER, Dora | 1968 | | 00:26:27 |
| 18 (2282) | 2. W | SCHECKENBACH, Julia | 1988 | TV Refrath | 00:26:39 |
| 19 (2467) | 2. W40 | SCHMITZ, Anne | 1975 | | 00:26:44 |
| 20 (2435) | 3. W | DEUTZMANN, Katharina | 1989 | Southern Oregon Runners | 00:26:49 |
| 21 (2298) | 1. WJ U20 | SCHNEIDER, Clara | 1996 | | 00:27:06 |
| 22 (1114) | 5. W45 | ANKER, Melanie | 1970 | | 00:27:19 |
| 23 (201) | 4. W | SCHUMACHER, Nina | 1987 | Boxclub Wipperfürth | 00:27:27 |
| 24 (248) | 2. W50 | KRAUSE, Christiane | 1964 | Casa Ciclista | 00:27:35 |
| 25 (2328) | 1. W35 | TREYßE, Michaela | 1977 | Runner's High | 00:27:53 |
| 26 (523) | 5. W | LUKANOWSKI, Katharina | 1986 | | 00:27:57 |
| 27 (282) | 2. W35 | KLEE, Susanne | 1979 | Casa Ciclista | 00:28:20 |
| 28 (2267) | 3. WJ U14 | RICHRATH, Anna-Lena | 2002 | LC Weilerswist | 00:28:23 |
| 29 (513) | 2. W U23 | MÜNZEL, Hanna | 1995 | Pulsschlag | 00:28:28 |
| 30 (2260) | 6. W45 | POENSGEN, Kelly | 1966 | Tierheim Troisdorf | 00:28:35 |
| 31 (2126) | 7. W45 | HOFFMANN, Susanne | 1968 | LT Saaler Mühle | 00:28:45 |
| 32 (529) | 3. W35 | HENZE, Miriam | 1977 | | 00:28:48 |
| 33 (2174) | 3. W50 | KRAMER, Susanne | 1963 | | 00:29:23 |
| 34 (1043) | 8. W45 | SÜß, Nicole | 1970 | Lufthansa Pinguine München | 00:29:26 |
| 35 (2247) | 1. W60 | PALFI, Mathilda | 1952 | LT Saaler Mühle | 00:29:38 |
| 36 (2466) | 1. WK U10 | SCHMITZ, Lara | 2006 | TuS-Wesseling | 00:29:46 |
| 37 (489) | 3. W40 | DEGENER, Anja | 1972 | Tri Club Wuppertal | 00:30:00 |
| 38 (2179) | 5. W30 | KRENGEL, Sabrina | 1983 | | 00:30:26 |
| 39 (2121) | 4. WJ U14 | HIRSCHFELD, Lea Sophie | 2002 | LG Heckelsiefen | 00:30:44 |
| 40 (2277) | 1. W55 | RYPHOLZ, Monika | 1960 | ASV Köln Triathlon | 00:30:48 |
| 41 (2404) | 6. W | BEHRENS, Kathrin | 1986 | | 00:31:12 |
| 42 (1102) | 4. W40 | KIRSCHKE, Thekla | 1971 | | 00:31:14 |
| 43 (202) | 2. W55 | SOMMER, Hannelore | 1958 | Dagmars After Work Runners | 00:31:21 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|---------------------------|------|----------------------------|-----------------|
| WEIBLICH | | | | | |
| 44 (2213) | 4. W35 | MENTZEL, Sarah | 1979 | | 00:31:34 |
| 45 (481) | 5. W35 | HAUDENBICKER, Heike | 1979 | | 00:31:36 |
| 46 (1214) | 9. W45 | HAKKE, Gisela | 1969 | | 00:31:51 |
| 47 (2367) | 2. WK U10 | WINKELMANN, Lia | 2006 | | 00:32:28 |
| 48 (2110) | 6. W30 | HEINZEN, Sonja | 1982 | | 00:33:33 |
| 49 (2284) | 6. W35 | SCHEIDGEN, Cornelia | 1977 | | 00:34:21 |
| 50 (2322) | 1. W70 | SÜß-DAHMEN, Renate | 1944 | LT Saaler Mühle | 00:34:50 |
| 51 (2377) | 3. W55 | ZIMMER, Brigitte | 1957 | LT Saaler Mühle | 00:35:00 |
| 52 (2344) | 7. W35 | VOLMER, Julia | 1976 | | 00:35:01 |
| 53 (492) | 10. W45 | MOGADDEM, Sandra | 1967 | | 00:35:22 |
| 54 (227) | 7. W | EBERLE, Mira | 1988 | ERGO sports Köln | 00:35:44 |
| 55 (265) | 8. W | UNFRICHT, Julia | 1989 | ERGO sports Köln | 00:35:45 |
| 56 (2045) | 2. W60 | BUCHWALD-RZEZONKA, Renate | 1955 | Dagmars After Work Runners | 00:35:47 |
| 57 (2424) | 4. W55 | SCHMIDT, Rita | 1958 | Mrs. Sporty Porz | 00:35:49 |
| 58 (2149) | 11. W45 | KEßLER, Doris | 1967 | | 00:36:06 |
| 59 (2057) | 12. W45 | DASSLER, Tanja | 1969 | freie Journalistin | 00:36:07 |
| 60 (233) | 3. W60 | GOTTWALD, Karin | 1954 | 1. FC Spich | 00:36:19 |
| 61 (538) | 5. W40 | HAMANN, Heike | 1971 | | 00:36:45 |
| 62 (232) | 5. W55 | GOTTWALD, Dagmar | 1959 | 1. FC Spich | 00:36:47 |
| 63 (2078) | 2. W65 | FEY, Maria | 1950 | | 00:37:23 |
| 64 (2206) | 9. W | LUDWIG, Jaqueline | 1986 | | 00:37:42 |
| 65 (2459) | 1. WJ U16 | NAUROTH, Leona | 2000 | SGNeuss | 00:38:17 |
| 66 (2418) | 6. W55 | NAUROTH, Petra | 1960 | SGNeuss | 00:39:09 |
| 67 (2171) | 4. W60 | KORDEUTER, Jutta | 1954 | ReVital Center | 00:46:00 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|--------------------------|------|-----------------------------------|-----------------|
| MÄNNLICH | | | | | |
| 1 (1041) | 1. M | SINGBEIL, Daniel | 1989 | Casa Ciclista | 00:16:23 |
| 2 (256) | 1. M35 | NICAISE, Jean-christophe | 1977 | EASA Running club | 00:17:44 |
| 3 (296) | 1. M40 | WIENECKE, Thorsten | 1971 | TuS Köln rrh. | 00:18:15 |
| 4 (532) | 2. M35 | KREVER, Manuel | 1980 | Laufmonster | 00:18:31 |
| 5 (542) | 2. M | ROGGEMANN, Jan | 1988 | | 00:18:35 |
| 6 (469) | 1. M30 | ZOLL, Frieder | 1982 | LG Gummersbach | 00:18:45 |
| 7 (477) | 1. M45 | WILMES, Heiko | 1969 | TV Refrath | 00:19:07 |
| 8 (270) | 2. M30 | ZENTNER, Markus | 1982 | TV Refrath | 00:19:11 |
| 9 (1237) | 1. M50 | WOLFF, Udo | 1962 | LG Gummersbach | 00:19:15 |
| 10 (458) | 2. M45 | WIRTHS, Stefan | 1968 | TSV Dieringhausen | 00:19:32 |
| 11 (456) | 1. MJ U18 | KALOGEROPOULUS, Leonidas | 1999 | LG Gummersbach | 00:19:37 |
| 12 (245) | 1. MJ U16 | KAISER, Leon Reinhard | 2000 | TSV Bayer 04 Leverkusen Triathlon | 00:19:39 |
| 13 (485) | 2. M50 | BUTZ, Andreas | 1965 | Team Laufcampus | 00:19:40 |
| 14 (468) | 3. M45 | TIMMER, Volker | 1969 | LG Gummersbach | 00:20:10 |
| 15 (2183) | 2. MJ U18 | KUDINOV, Alex | 1999 | LG Hückeswagen | 00:20:19 |
| 16 (2434) | 3. MJ U18 | CRAMER, Eric | 1999 | SV Bergisch Gladbach 1920/71 | 00:20:22 |
| 17 (491) | 4. M45 | SCHLAACK, Andreas | 1970 | VfL Engelskirchen | 00:20:55 |
| 18 (465) | 3. M50 | ROCHETEAU, Dominique | 1965 | | 00:21:01 |
| 19 (457) | 1. M55 | NEUMANN, Bruno | 1957 | | 00:21:22 |
| 20 (190) | 2. M40 | KANDITT, Stephan | 1973 | OSC Waldniel | 00:21:28 |
| 21 (510) | 5. M45 | CARBACH, Frank | 1970 | Laufmonster | 00:21:30 |
| 22 (195) | 4. M50 | MIESKES, Kurt | 1961 | MGV Oberbantenberg | 00:21:41 |
| 23 (2323) | 3. M | THELEN, Alexander | 1986 | Polizei Köln | 00:21:57 |
| 24 (2388) | 2. MJ U16 | MANN, Moritz | 2000 | ERGO sports Köln | 00:21:58 |
| 25 (462) | 5. M50 | KARR, Thomas | 1965 | SG Zons | 00:22:07 |
| 26 (506) | 6. M45 | GREGER, Helmut | 1969 | | 00:22:13 |
| 27 (2280) | 2. M55 | SCHAFFARCZYK, Bernd | 1960 | LSV Porz / Köln | 00:22:16 |
| 28 (500) | 3. M35 | KOST, Daniel | 1980 | PSV Bonn Triathlon | 00:22:17 |
| 29 (524) | 4. M35 | MOCK, Sebastian | 1976 | | 00:22:18 |
| 30 (503) | 3. MJ U16 | BULLOCH, Maxim | 2000 | LG Hückeswagen | 00:22:21 |
| 31 (2170) | 3. M30 | KÖPPE, Stefan | 1985 | 1.FC Köln | 00:22:25 |
| 32 (519) | 4. MJ U18 | HARFF, Leander | 1999 | | 00:22:27 |
| 33 (1040) | 1. M U23 | SHALA, Adrian | 1995 | SC Bayer 05 Uerdingen | 00:22:38 |
| 34 (221) | 3. M40 | AYDIN, Bilgin | 1972 | Casa Ciclista | 00:22:45 |
| 35 (488) | 6. M50 | LEONHARDT, Thomas | 1965 | Laufmonster | 00:22:58 |
| 36 (530) | 4. MJ U16 | MESSING, Marcel | 2001 | | 00:23:34 |
| 37 (2216) | 3. M55 | MICHAELIS, Bernd | 1957 | ASV Wesseling 1985 e.V. | 00:23:44 |
| 38 (504) | 7. M50 | SCHALLER, Dieter | 1964 | | 00:23:45 |
| 39 (203) | 1. M60 | SPÖLGEN, Joachim | 1954 | Pulheimer SC | 00:23:54 |
| 40 (522) | 1. MJ U14 | SCHEILZ, Sven | 2002 | LAZ Puma Rhein-Sieg | 00:24:07 |
| 41 (242) | 4. M | HUWE, Maximilian | 1991 | | 00:24:23 |
| 42 (1112) | 5. MJ U16 | ANKER, Erik | 2001 | | 00:24:27 |
| 43 (540) | 4. M40 | SEYFARTH, Marco | 1973 | | 00:24:32 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|--------------------------|------|------------------------------|-----------------|
| MÄNNLICH | | | | | |
| 44 (541) | 1. M85 | N.N., 541 | 1901 | bitte melden | 00:24:32 |
| 45 (1152) | 7. M45 | HAKE, Thomas | 1969 | | 00:24:38 |
| 46 (2355) | 2. M60 | WERMEKES, Dieter | 1953 | TSV Rönsahl | 00:24:39 |
| 47 (515) | 6. MJ U16 | KRAUSE, Jürgen | 2001 | ernst Getränkeservice | 00:24:50 |
| 48 (2154) | 5. MJ U18 | KIETZMANN, Tim | 1999 | LG Hückeswagen | 00:25:00 |
| 49 (299) | 7. MJ U16 | WOLFF, Marvin | 2000 | SV Bergisch Gladbach 1920/71 | 00:25:01 |
| 50 (2432) | 3. M60 | BAUS, Reiner | 1954 | Porsche Zentrum Bensberg | 00:25:17 |
| 51 (518) | 6. MJ U18 | KEHL, Lennart | 1999 | | 00:25:47 |
| 52 (1001) | 4. M55 | BAUMEISTER, Wolfgang | 1960 | Reiswaffel Dünnwald | 00:25:48 |
| 53 (2115) | 7. MJ U18 | HESSE, Yannick | 1999 | LG Monheim / Baumberg | 00:26:02 |
| 54 (2173) | 8. MJ U16 | KRAMER, Marius | 2000 | | 00:26:12 |
| 55 (2273) | 8. MJ U18 | RÜFFLER, Florian | 1998 | DLRG Wipperfürth | 00:26:13 |
| 56 (2086) | 8. M45 | FUCHSHUBER, Achim | 1969 | TV Refrath | 00:26:41 |
| 57 (2290) | 5. M55 | SCHMIDT, Hans Ulrich | 1957 | | 00:26:56 |
| 58 (2430) | 9. MJ U16 | AMIAN, Lukas | 2001 | Neukirchener TV 86 | 00:27:10 |
| 59 (2084) | 1. MK U12 | FRECHEN, Tobias | 2004 | GSV Porz | 00:27:16 |
| 60 (2081) | 5. M40 | FLOCK, Thomas | 1971 | | 00:27:24 |
| 61 (2465) | 1. M65 | SCHMITZ, Manfred | 1950 | Team Schmitz | 00:27:34 |
| 62 (2008) | 9. M45 | BARION, Rene | 1968 | Team Rocket | 00:27:41 |
| 63 (521) | 5. M35 | SCHUMACHER, Nico | 1978 | | 00:27:44 |
| 64 (2419) | 10. M45 | NIERHOFF, Boris | 1969 | | 00:27:52 |
| 65 (2375) | 2. MJ U14 | ZAHNEN, Fabian | 2003 | GSV Porz | 00:28:08 |
| 66 (2471) | 3. MJ U14 | WADERNA, Marlon | 2003 | GSV Porz | 00:28:11 |
| 67 (514) | 6. M35 | DILLSCHNITTER, Christian | 1980 | pulsschlag | 00:28:30 |
| 68 (512) | 6. M40 | WESSELN, Holger | 1971 | Pulsschlag | 00:28:31 |
| 69 (2185) | 4. M60 | KUJAS, Kurt | 1952 | | 00:28:39 |
| 70 (185) | 8. M50 | DÖMMECKE, Andreas | 1963 | | 00:29:31 |
| 71 (2160) | 7. M40 | KLINGE, Tatjana | 1971 | Dagmars After Work Runners | 00:29:35 |
| 72 (186) | 2. M65 | GLEITSMANN, Thomas | 1948 | TS 79 Bergisch Gladbach | 00:29:39 |
| 73 (2307) | 8. M40 | SIEMER, Thorsten | 1975 | Sturmflut Bremerhaven | 00:30:05 |
| 74 (526) | 1. M75 | BARTHEL, Hartmut | 1940 | | 00:30:57 |
| 75 (297) | 5. M | WITTIG, Nico | 1986 | Team DVAG Porz-Wahn | 00:31:00 |
| 76 (2195) | 4. M30 | LANGENKAMP, Jens | 1982 | | 00:31:21 |
| 77 (474) | 5. M30 | SCHORDE, Christoph | 1983 | A u. B | 00:31:36 |
| 78 (2066) | 6. M55 | DOHERR, Reinhard | 1956 | | 00:31:56 |
| 79 (559) | 1. MJ U20 | LOBER, Constantin | 1996 | Kerpen | 00:32:03 |
| 80 (560) | 2. MJ U20 | BERNHARDT, Benedikt | 1996 | Kerpen | 00:32:05 |
| 81 (205) | 1. M80 | STEINBECK, Dr. Werner | 1934 | TSV Bayer 04 Leverkusen | 00:32:40 |
| 82 (520) | 2. M85 | N.N., 520 | 1901 | bitte melden | 00:32:49 |
| 83 (2249) | 7. M55 | PERSÉ, Jürgen | 1956 | RTC Frechen 80 | 00:33:31 |
| 84 (277) | 6. M30 | DUFRAINE, Jean-Pierre | 1985 | Team DVAG Porz-Wahn | 00:34:06 |
| 85 (2222) | 2. M80 | MOHR, Rudi | 1934 | TFG 1878 Köln-Nippes | 00:34:49 |
| 86 (537) | 11. M45 | HAMANN, Martin | 1967 | | 00:36:46 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|--------|---------------------|------|--------------------|-----------------|
| MÄNNLICH | | | | | |
| 87 (1229) | 2. M75 | MEYER, Otto | 1937 | Kall | 00:38:39 |
| 88 (2283) | 9. M40 | SCHEIDGEN, Thorsten | 1975 | | 00:40:35 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|-------------|--------------------------|------|----------------------------|----------|
| MÄNNER | | | | | |
| 1 (1041) | 1. gesamt | SINGBEIL, Daniel | 1989 | Casa Ciclista | 00:16:23 |
| 2 (542) | 5. gesamt | ROGGEMANN, Jan | 1988 | | 00:18:35 |
| 3 (2323) | 27. gesamt | THELEN, Alexander | 1986 | Polizei Köln | 00:21:57 |
| 4 (242) | 48. gesamt | HUWE, Maximilian | 1991 | | 00:24:23 |
| 5 (297) | 115. gesamt | WITTIG, Nico | 1986 | Team DVAG Porz-Wahn | 00:31:00 |
| JUNIOREN U23 | | | | | |
| 1 (1040) | 38. gesamt | SHALA, Adrian | 1995 | SC Bayer 05 Uerdingen | 00:22:38 |
| SENIOREN M30 | | | | | |
| 1 (469) | 6. gesamt | ZOLL, Frieder | 1982 | LG Gummersbach | 00:18:45 |
| 2 (270) | 8. gesamt | ZENTNER, Markus | 1982 | TV Refrath | 00:19:11 |
| 3 (2170) | 35. gesamt | KÖPPE, Stefan | 1985 | 1.FC Köln | 00:22:25 |
| 4 (2195) | 119. gesamt | LANGENKAMP, Jens | 1982 | | 00:31:21 |
| 5 (474) | 122. gesamt | SCHORDE, Christoph | 1983 | A u. B | 00:31:36 |
| 6 (277) | 132. gesamt | DUFRAINE, Jean-Pierre | 1985 | Team DVAG Porz-Wahn | 00:34:06 |
| SENIOREN M35 | | | | | |
| 1 (256) | 2. gesamt | NICAISE, Jean-christophe | 1977 | EASA Running club | 00:17:44 |
| 2 (532) | 4. gesamt | KREVER, Manuel | 1980 | Laufmonster | 00:18:31 |
| 3 (500) | 32. gesamt | KOST, Daniel | 1980 | PSV Bonn Triathlon | 00:22:17 |
| 4 (524) | 33. gesamt | MOCK, Sebastian | 1976 | | 00:22:18 |
| 5 (521) | 87. gesamt | SCHUMACHER, Nico | 1978 | | 00:27:44 |
| 6 (514) | 96. gesamt | DILLSCHNITTER, Christian | 1980 | pulsschlag | 00:28:30 |
| SENIOREN M40 | | | | | |
| 1 (296) | 3. gesamt | WIENECKE, Thorsten | 1971 | TuS Köln rrh. | 00:18:15 |
| 2 (190) | 23. gesamt | KANDITT, Stephan | 1973 | OSC Waldniel | 00:21:28 |
| 3 (221) | 39. gesamt | AYDIN, Bilgin | 1972 | Casa Ciclista | 00:22:45 |
| 4 (540) | 50. gesamt | SEYFARTH, Marco | 1973 | | 00:24:32 |
| 5 (2081) | 82. gesamt | FLOCK, Thomas | 1971 | | 00:27:24 |
| 6 (512) | 97. gesamt | WESSELN, Holger | 1971 | Pulsschlag | 00:28:31 |
| 7 (2160) | 105. gesamt | KLINGE, Tatjana | 1971 | Dagmars After Work Runners | 00:29:35 |
| 8 (2307) | 110. gesamt | SIEMER, Thorsten | 1975 | Sturmflut Bremerhaven | 00:30:05 |
| 9 (2283) | 154. gesamt | SCHEIDGEN, Thorsten | 1975 | | 00:40:35 |
| SENIOREN M45 | | | | | |
| 1 (477) | 7. gesamt | WILMES, Heiko | 1969 | TV Refrath | 00:19:07 |
| 2 (458) | 10. gesamt | WIRTHS, Stefan | 1968 | TSV Dieringhausen | 00:19:32 |
| 3 (468) | 14. gesamt | TIMMER, Volker | 1969 | LG Gummersbach | 00:20:10 |
| 4 (491) | 20. gesamt | SCHLAACK, Andreas | 1970 | VfL Engelskirchen | 00:20:55 |
| 5 (510) | 24. gesamt | CARBACH, Frank | 1970 | Laufmonster | 00:21:30 |
| 6 (506) | 30. gesamt | GREGGER, Helmut | 1969 | | 00:22:13 |
| 7 (1152) | 52. gesamt | HAKE, Thomas | 1969 | | 00:24:38 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|-------------|-----------------------|------|--------------------------|----------|
| SENIOREN M45 | | | | | |
| 8 (2086) | 74. gesamt | FUCHSHUBER, Achim | 1969 | TV Refrath | 00:26:41 |
| 9 (2008) | 86. gesamt | BARION, Rene | 1968 | Team Rocket | 00:27:41 |
| 10 (2419) | 88. gesamt | NIERHOFF, Boris | 1969 | | 00:27:52 |
| 11 (537) | 147. gesamt | HAMANN, Martin | 1967 | | 00:36:46 |
| SENIOREN M50 | | | | | |
| 1 (1237) | 9. gesamt | WOLFF, Udo | 1962 | LG Gummersbach | 00:19:15 |
| 2 (485) | 13. gesamt | BUTZ, Andreas | 1965 | Team Laufcampus | 00:19:40 |
| 3 (465) | 21. gesamt | ROCHETEAU, Dominique | 1965 | | 00:21:01 |
| 4 (195) | 26. gesamt | MIESKES, Kurt | 1961 | MGV Oberbantenberg | 00:21:41 |
| 5 (462) | 29. gesamt | KARR, Thomas | 1965 | SG Zons | 00:22:07 |
| 6 (488) | 40. gesamt | LEONHARDT, Thomas | 1965 | Laufmonster | 00:22:58 |
| 7 (504) | 45. gesamt | SCHALLER, Dieter | 1964 | | 00:23:45 |
| 8 (185) | 104. gesamt | DÖMMECKE, Andreas | 1963 | | 00:29:31 |
| SENIOREN M55 | | | | | |
| 1 (457) | 22. gesamt | NEUMANN, Bruno | 1957 | | 00:21:22 |
| 2 (2280) | 31. gesamt | SCHAFFARCZYK, Bernd | 1960 | LSV Porz / Köln | 00:22:16 |
| 3 (2216) | 44. gesamt | MICHAELIS, Bernd | 1957 | ASV Wesseling 1985 e.V. | 00:23:44 |
| 4 (1001) | 63. gesamt | BAUMEISTER, Wolfgang | 1960 | Reiswaffel Dünnwald | 00:25:48 |
| 5 (2290) | 77. gesamt | SCHMIDT, Hans Ulrich | 1957 | | 00:26:56 |
| 6 (2066) | 124. gesamt | DOHERR, Reinhard | 1956 | | 00:31:56 |
| 7 (2249) | 130. gesamt | PERSE, Jürgen | 1956 | RTC Frechen 80 | 00:33:31 |
| SENIOREN M60 | | | | | |
| 1 (203) | 46. gesamt | SPÖLGEN, Joachim | 1954 | Pulheimer SC | 00:23:54 |
| 2 (2355) | 53. gesamt | WERMEKES, Dieter | 1953 | TSV Rönsahl | 00:24:39 |
| 3 (2432) | 60. gesamt | BAUS, Reiner | 1954 | Porsche Zentrum Bensberg | 00:25:17 |
| 4 (2185) | 99. gesamt | KUJAS, Kurt | 1952 | | 00:28:39 |
| SENIOREN M65 | | | | | |
| 1 (2465) | 84. gesamt | SCHMITZ, Manfred | 1950 | Team Schmitz | 00:27:34 |
| 2 (186) | 107. gesamt | GLEITSMANN, Thomas | 1948 | TS 79 Bergisch Gladbach | 00:29:39 |
| SENIOREN M75 | | | | | |
| 1 (526) | 114. gesamt | BARTHEL, Hartmut | 1940 | | 00:30:57 |
| 2 (1229) | 152. gesamt | MEYER, Otto | 1937 | Kall | 00:38:39 |
| SENIOREN M80 | | | | | |
| 1 (205) | 128. gesamt | STEINBECK, Dr. Werner | 1934 | TSV Bayer 04 Leverkusen | 00:32:40 |
| 2 (2222) | 134. gesamt | MOHR, Rudi | 1934 | TFG 1878 Köln-Nippes | 00:34:49 |
| SENIOREN M85 | | | | | |
| 1 (541) | 51. gesamt | N.N., 541 | 1901 | bitte melden | 00:24:32 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|--------------------|--------------------------|------|-----------------------------------|----------|
| SENIOREN M85 | | | | | |
| 2 | (520) 129. gesamt | N.N., 520 | 1901 | bitte melden | 00:32:49 |
| MÄNNL. JUGEND U14 | | | | | |
| 1 | (522) 47. gesamt | SCHEILZ, Sven | 2002 | LAZ Puma Rhein-Sieg | 00:24:07 |
| 2 | (2375) 91. gesamt | ZAHNEN, Fabian | 2003 | GSV Porz | 00:28:08 |
| 3 | (2471) 92. gesamt | WADERNA, Marlon | 2003 | GSV Porz | 00:28:11 |
| MÄNNL. JUGEND U16 | | | | | |
| 1 | (245) 12. gesamt | KAISER, Leon Reinhard | 2000 | TSV Bayer 04 Leverkusen Triathlon | 00:19:39 |
| 2 | (2388) 28. gesamt | MANN, Moritz | 2000 | ERGO sports Köln | 00:21:58 |
| 3 | (503) 34. gesamt | BULLOCH, Maxim | 2000 | LG Hückeswagen | 00:22:21 |
| 4 | (530) 43. gesamt | MESSING, Marcel | 2001 | | 00:23:34 |
| 5 | (1112) 49. gesamt | ANKER, Erik | 2001 | | 00:24:27 |
| 6 | (515) 55. gesamt | KRAUSE, Jürgen | 2001 | ernst Getränkeservice | 00:24:50 |
| 7 | (299) 58. gesamt | WOLFF, Marvin | 2000 | SV Bergisch Gladbach 1920/71 | 00:25:01 |
| 8 | (2173) 68. gesamt | KRAMER, Marius | 2000 | | 00:26:12 |
| 9 | (2430) 79. gesamt | AMIAN, Lukas | 2001 | Neukirchener TV 86 | 00:27:10 |
| MÄNNL. JUGEND U18 | | | | | |
| 1 | (456) 11. gesamt | KALOGEROPOULUS, Leonidas | 1999 | LG Gummersbach | 00:19:37 |
| 2 | (2183) 15. gesamt | KUDINOV, Alex | 1999 | LG Hückeswagen | 00:20:19 |
| 3 | (2434) 16. gesamt | CRAMER, Eric | 1999 | SV Bergisch Gladbach 1920/71 | 00:20:22 |
| 4 | (519) 36. gesamt | HARFF, Leander | 1999 | | 00:22:27 |
| 5 | (2154) 57. gesamt | KIETZMANN, Tim | 1999 | LG Hückeswagen | 00:25:00 |
| 6 | (518) 62. gesamt | KEHL, Lennart | 1999 | | 00:25:47 |
| 7 | (2115) 67. gesamt | HESSE, Yannick | 1999 | LG Monheim / Baumberg | 00:26:02 |
| 8 | (2273) 69. gesamt | RÜFFLER, Florian | 1998 | DLRG Wipperfürth | 00:26:13 |
| MÄNNL. JUGEND U20 | | | | | |
| 1 | (559) 125. gesamt | LOBER, Constantin | 1996 | Kerpen | 00:32:03 |
| 2 | (560) 126. gesamt | BERNHARDT, Benedikt | 1996 | Kerpen | 00:32:05 |
| MÄNNL. KINDER U12 | | | | | |
| 1 | (2084) 80. gesamt | FRECHEN, Tobias | 2004 | GSV Porz | 00:27:16 |
| FRAUEN | | | | | |
| 1 | (294) 70. gesamt | STEINHAUER, Katharina | 1992 | | 00:26:15 |
| 2 | (2282) 73. gesamt | SCHECKENBACH, Julia | 1988 | TV Refrath | 00:26:39 |
| 3 | (2435) 76. gesamt | DEUTZMANN, Katharina | 1989 | Southern Oregon Runners | 00:26:49 |
| 4 | (201) 83. gesamt | SCHUMACHER, Nina | 1987 | Boxclub Wipperfürth | 00:27:27 |
| 5 | (523) 90. gesamt | LUKANOWSKI, Katharina | 1986 | | 00:27:57 |
| 6 | (2404) 116. gesamt | BEHRENS, Kathrin | 1986 | | 00:31:12 |
| 7 | (227) 139. gesamt | EBERLE, Mira | 1988 | ERGO sports Köln | 00:35:44 |
| 8 | (265) 140. gesamt | UNFRICHT, Julia | 1989 | ERGO sports Köln | 00:35:45 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------------|--------|---------------|---------------------|--------------------|---|
| FRAUEN | | | | | |
| 9 | (2206) | 150. gesamt | LUDWIG, Jaqueline | 1986 | 00:37:42 |
| JUNIORINNEN U23 | | | | | |
| 1 | (2330) | 18. gesamt | VALDER, Sarah | 1993 | Laufsport Bunert - Der Kölner Laufla 00:20:24 |
| 2 | (513) | 95. gesamt | MÜNZEL, Hanna | 1995 | Pulsschlag 00:28:28 |
| SENIORINNEN W30 | | | | | |
| 1 | (470) | 25. gesamt | ZOLL, Daniela | 1981 | LG Gummersbach 00:21:36 |
| 2 | (2020) | 54. gesamt | BENDER, Samira | 1985 | ASV Köln Triathlon 00:24:46 |
| 3 | (2054) | 56. gesamt | CORDES, Christine | 1983 | TSG Lennestadt 00:24:57 |
| 4 | (2461) | 71. gesamt | PESCHEL, Denise | 1982 | PSYX 00:26:19 |
| 5 | (2179) | 111. gesamt | KRENGEL, Sabrina | 1983 | 00:30:26 |
| 6 | (2110) | 131. gesamt | HEINZEN, Sonja | 1982 | 00:33:33 |
| SENIORINNEN W35 | | | | | |
| 1 | (2328) | 89. gesamt | TREYßE, Michaela | 1977 | Runner's High 00:27:53 |
| 2 | (282) | 93. gesamt | KLEE, Susanne | 1979 | Casa Ciclista 00:28:20 |
| 3 | (529) | 101. gesamt | HENZE, Miriam | 1977 | 00:28:48 |
| 4 | (2213) | 120. gesamt | MENTZEL, Sarah | 1979 | 00:31:34 |
| 5 | (481) | 121. gesamt | HAUDENBICKER, Heike | 1979 | 00:31:36 |
| 6 | (2284) | 133. gesamt | SCHEIDGEN, Cornelia | 1977 | 00:34:21 |
| 7 | (2344) | 137. gesamt | VOLMER, Julia | 1976 | 00:35:01 |
| SENIORINNEN W40 | | | | | |
| 1 | (2379) | 42. gesamt | MÖBUS, Renate | 1973 | LSV Porz / Köln 00:23:27 |
| 2 | (2467) | 75. gesamt | SCHMITZ, Anne | 1975 | 00:26:44 |
| 3 | (489) | 109. gesamt | DEGENER, Anja | 1972 | Tri Club Wuppertal 00:30:00 |
| 4 | (1102) | 117. gesamt | KIRSCHKE, Thekla | 1971 | 00:31:14 |
| 5 | (538) | 146. gesamt | HAMANN, Heike | 1971 | 00:36:45 |
| SENIORINNEN W45 | | | | | |
| 1 | (507) | 17. gesamt | GÖRTZ, Beate | 1969 | ASV Köln 00:20:24 |
| 2 | (459) | 37. gesamt | HUTZ, Claudia | 1969 | SG Zons 00:22:28 |
| 3 | (2387) | 59. gesamt | MANN, Birgit | 1970 | ERGO sports Köln 00:25:17 |
| 4 | (505) | 72. gesamt | SCHALLER, Dora | 1968 | 00:26:27 |
| 5 | (1114) | 81. gesamt | ANKER, Melanie | 1970 | 00:27:19 |
| 6 | (2260) | 98. gesamt | POENSGEN, Kelly | 1966 | Tierheim Troisdorf 00:28:35 |
| 7 | (2126) | 100. gesamt | HOFFMANN, Susanne | 1968 | LT Saaler Mühle 00:28:45 |
| 8 | (1043) | 103. gesamt | SÜß, Nicole | 1970 | Lufthansa Pinguine München 00:29:26 |
| 9 | (1214) | 123. gesamt | HAKE, Gisela | 1969 | 00:31:51 |
| 10 | (492) | 138. gesamt | MOGADDEM, Sandra | 1967 | 00:35:22 |
| 11 | (2149) | 143. gesamt | KEßLER, Doris | 1967 | 00:36:06 |
| 12 | (2057) | 144. gesamt | DASSLER, Tanja | 1969 | freie Journalistin 00:36:07 |



1. Lauf zur 31. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|-------------|---------------------------|------|------------------------------|----------|
| SENIORINNEN W50 | | | | | |
| 1 (487) | 66. gesamt | BUTZ, Gisela | 1965 | Team Laufcampus | 00:25:59 |
| 2 (248) | 85. gesamt | KRAUSE, Christiane | 1964 | Casa Ciclista | 00:27:35 |
| 3 (2174) | 102. gesamt | KRAMER, Susanne | 1963 | | 00:29:23 |
| SENIORINNEN W55 | | | | | |
| 1 (2277) | 113. gesamt | RYPHOLZ, Monika | 1960 | ASV Köln Triathlon | 00:30:48 |
| 2 (202) | 118. gesamt | SOMMER, Hannelore | 1958 | Dagmars After Work Runners | 00:31:21 |
| 3 (2377) | 136. gesamt | ZIMMER, Brigitte | 1957 | LT Saaler Mühle | 00:35:00 |
| 4 (2424) | 142. gesamt | SCHMIDT, Rita | 1958 | Mrs. Sporty Porz | 00:35:49 |
| 5 (232) | 148. gesamt | GOTTWALD, Dagmar | 1959 | 1. FC Spich | 00:36:47 |
| 6 (2418) | 153. gesamt | NAUROTH, Petra | 1960 | SGNeuss | 00:39:09 |
| SENIORINNEN W60 | | | | | |
| 1 (2247) | 106. gesamt | PALFI, Mathilda | 1952 | LT Saaler Mühle | 00:29:38 |
| 2 (2045) | 141. gesamt | BUCHWALD-RZEZONKA, Renate | 1955 | Dagmars After Work Runners | 00:35:47 |
| 3 (233) | 145. gesamt | GOTTWALD, Karin | 1954 | 1. FC Spich | 00:36:19 |
| 4 (2171) | 155. gesamt | KORDEUTER, Jutta | 1954 | ReVital Center | 00:46:00 |
| SENIORINNEN W65 | | | | | |
| 1 (1252) | 61. gesamt | GROTT, Helga | 1948 | BSG Commerzbank Köln | 00:25:43 |
| 2 (2078) | 149. gesamt | FEY, Maria | 1950 | | 00:37:23 |
| SENIORINNEN W70 | | | | | |
| 1 (2322) | 135. gesamt | SÜß-DAHMEN, Renate | 1944 | LT Saaler Mühle | 00:34:50 |
| WEIBL. JUGEND U14 | | | | | |
| 1 (2318) | 64. gesamt | STRATMANN, Hannah | 2002 | LG Monheim / Baumberg | 00:25:53 |
| 2 (251) | 65. gesamt | MARSCHALL, Gracia | 2003 | LT Schneewittchen | 00:25:56 |
| 3 (2267) | 94. gesamt | RICHRATH, Anna-Lena | 2002 | LC Weilerswist | 00:28:23 |
| 4 (2121) | 112. gesamt | HIRSCHFELD, Lea Sophie | 2002 | LG Heckelsiefen | 00:30:44 |
| WEIBL. JUGEND U16 | | | | | |
| 1 (2459) | 151. gesamt | NAUROTH, Leona | 2000 | SGNeuss | 00:38:17 |
| WEIBL. JUGEND U18 | | | | | |
| 1 (452) | 19. gesamt | SCHULZ, Mala | 1999 | SV Bergisch Gladbach 1920/71 | 00:20:25 |
| 2 (451) | 41. gesamt | VOß, Viktoria | 1999 | LG Gummersbach | 00:23:00 |
| WEIBL. JUGEND U20 | | | | | |
| 1 (2298) | 78. gesamt | SCHNEIDER, Clara | 1996 | | 00:27:06 |
| WEIBL. KINDER U10 | | | | | |
| 1 (2466) | 108. gesamt | SCHMITZ, Lara | 2006 | TuS-Wesseling | 00:29:46 |
| 2 (2367) | 127. gesamt | WINKELMANN, Lia | 2006 | | 00:32:28 |