



3. Lauf zur 31. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
1 (2357)	WESTERHAUSEN, Thomas	1984	LAZ Puma Rhein-Sieg	0:36:22	0:34:49	0:34:57	01:46:08
2 (2295)	SCHNEIDER, Norbert	1968	Laufsport Bunert - Der Kölne	0:37:12	0:35:40	0:36:27	01:49:19
3 (2018)	BENDER, Dennis	1982	ASV Köln Triathlon	0:37:58	0:36:35	0:36:22	01:50:55
4 (583)	FISCHER, Jan	1991	Tri Power Rhein Sieg	0:38:24	0:36:54	0:37:58	01:53:16
5 (2421)	PÜSCHEL, Kai	1982	ASV Köln Triathlon	0:39:31	0:37:34	0:37:26	01:54:31
6 (2199)	LEIENDECKER, Matthias	1986	Aachen hat Ausdauer	0:39:11	0:37:47	0:37:46	01:54:44
7 (2409)	ENGELBRACHT, Frank	1965	Schwelmer Jungs	0:39:55	0:38:24	0:38:27	01:56:46
8 (395)	RÖSLER, Denis	1970	25MINUTES Köln	0:40:30	0:39:28	0:38:59	01:58:57
9 (2182)	KUDINOV, Alexander	1968	LG Hückeswagen	0:42:10	0:40:42	0:39:37	02:02:29
10 (549)	HARTMANN, Frederik	1968	TV Refrath	0:41:39	0:41:26	0:40:44	02:03:49
11 (253)	MAURER, Sam	1995	TFG 1878 Köln-Nippes	0:41:32	0:39:43	0:43:27	02:04:42
12 (2068)	DONATH, Aurelius	1958		0:42:01	0:42:01	0:41:59	02:06:01
13 (2243)	OTTEN, Sylvia	1981	Laufsport Bunert - Der Kölne	0:42:49	0:41:33	0:41:58	02:06:20
14 (2073)	EßER, André	1976	TV Refrath	0:43:39	0:41:27	0:41:22	02:06:28
15 (2158)	KIRSCHKE, Gerd	1956	SV Wuppertal Neuenhof	0:42:38	0:42:15	0:42:22	02:07:15
16 (2228)	MÜLLER, Josef	1968	LT Graftschaft	0:41:24	0:43:03	0:42:50	02:07:17
17 (2405)	BLÖMEN, Jeanette	1983		0:43:47	0:42:44	0:42:30	02:09:01
18 (2032)	BRANG, Michael	1971	LT Graftschaft	0:44:11	0:43:02	0:42:26	02:09:39
19 (2297)	SCHNEIDER, Marco	1978	LSM Libur	0:44:38	0:43:40	0:43:05	02:11:23
20 (2303)	SCHUSTER, Fabian	1982		0:44:56	0:42:56	0:44:26	02:12:18
21 (2410)	GLOMB, Bodo	1963		0:45:35	0:43:25	0:43:36	02:12:36
22 (2237)	NIEKRAWIETZ, Peter	1968		0:44:44	0:45:18	0:44:16	02:14:18
23 (845)	HEBENSTREIT, Heiko	1984		0:45:58	0:44:21	0:45:06	02:15:25
24 (2362)	WILBRAND, Ulrike	1955	LG Südsauerland	0:46:00	0:44:14	0:45:15	02:15:29
25 (990)	FEULBACH, Frank	1965		0:46:20	0:45:29	0:45:00	02:16:49
26 (2122)	HOCHKÖPPER, Oliver	1980	Team Luftwaffe	0:46:31	0:48:09	0:44:21	02:19:01
27 (2211)	MAURER, Franz	1955	LT Graftschaft	0:47:49	0:46:40	0:46:24	02:20:53
28 (2440)	EIDMANN, Volker	1960		0:48:32	0:46:59	0:48:01	02:23:32
29 (2261)	PRESCHA, Kristiane	1967	TriCologne	0:49:39	0:46:54	0:47:10	02:23:43
30 (2070)	DRESBACH, Frank	1967	Cologne Allblacks	0:47:32	0:45:27	0:50:47	02:23:46
31 (2341)	VOGEL, Jörg	1969		0:51:10	0:46:31	0:46:33	02:24:14
32 (168)	HANSEN, Christoph	1965	Cologne Allblacks	0:49:53	0:47:50	0:47:12	02:24:55
33 (569)	KÜTTNER, Christiane	1967	Laufmonster	0:50:27	0:48:25	0:47:16	02:26:08
34 (2051)	CORDES, Ulla	1960	LG Südsauerland	0:49:56	0:47:46	0:48:57	02:26:39
35 (516)	STIEGLER, Daniel	1985	LT Saaler Mühle	0:44:34	0:42:40	1:00:17	02:27:31
36 (2253)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:50:41	0:48:44	0:49:10	02:28:35
37 (2254)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:50:43	0:48:45	0:49:11	02:28:39
38 (2288)	SCHMIDT, Michael	1968	Team Erdinger Alkoholfrei	0:51:31	0:48:19	0:49:43	02:29:33
39 (2255)	PFITZNER, Bernd	1955		0:50:10	0:47:29	0:52:04	02:29:43
40 (2221)	MOGDANS, Joachim	1958	Jahrgang 58	0:50:19	0:47:57	0:51:35	02:29:51
41 (2343)	VOLMER, Martin	1977		0:48:45	0:52:35	0:48:45	02:30:05
42 (606)	KERSTING, Friedel	1950		0:51:21	0:49:54	0:49:09	02:30:24



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (873)	MEIER, Christin	1983		0:50:45	0:50:14	0:50:00	02:30:59
44 (291)	REINARTZ, Michael	1977	GVG Laufteam	0:53:34	0:50:21	0:48:04	02:31:59
45 (2272)	RÜFFLER, Andreas	1971	DLRG Wipperfürth	0:51:26	0:50:50	0:49:48	02:32:04
46 (992)	UNGER, Stefan	1962	LC Weilerswist	0:49:29	0:55:39	0:47:03	02:32:11
47 (622)	EICHHORN, Nadine	1981	SVBG Bergisch Gladbach	0:53:00	0:50:56	0:48:57	02:32:53
48 (607)	FEIGE, Claudia	1972	TV Refrath	0:52:14	0:51:15	0:49:49	02:33:18
49 (2451)	KOGLIN, Bodo	1943		0:52:41	0:51:13	0:50:26	02:34:20
50 (2264)	RAMB, Birgit	1961		0:52:56	0:50:55	0:51:30	02:35:21
51 (304)	MICHALSKI, Harm	1984		0:53:12	0:51:12	0:51:10	02:35:34
52 (619)	KEPPLER, Markus	1979		0:52:42	0:51:36	0:51:48	02:36:06
53 (2251)	PETER, Ronald	1960	HLG 98 Wuppertal	0:53:24	0:51:34	0:51:43	02:36:41
54 (2246)	PAGERS, Sven	1966	ESV Gremberghoven	0:53:00	0:53:35	0:50:32	02:37:07
55 (572)	SCHRÖTER, Swetlana	1968	Selbstläufer SV Altenahr	0:53:57	0:51:29	0:52:27	02:37:53
56 (2056)	DAHL-KLEMS, Kerstin	1974		0:53:24	0:52:23	0:52:19	02:38:06
57 (2300)	SCHULZ, Joachim	1977		0:53:19	0:51:36	0:53:16	02:38:11
58 (2065)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:53:28	0:52:24	0:52:26	02:38:18
59 (2112)	HERGARTEN, Justin	2001	Laufgruppe WG-Orca	0:55:43	0:55:41	0:48:31	02:39:55
60 (2304)	SCHWAB, Stefan	1970		0:52:21	0:53:06	0:54:44	02:40:11
61 (624)	BÖCKENFELD, Brita	1967		0:56:04	0:52:42	0:52:03	02:40:49
62 (2346)	WAGNER, Ellen	1968		0:56:55	0:52:33	0:53:05	02:42:33
63 (2200)	LEYENDECKER, Matthias	1961	SC Fortuna Köln	0:56:01	0:53:06	0:53:30	02:42:37
64 (2092)	GLOMBIZA, Rainer	1958	Flitzi Flitzi Kreuzkapelle	0:53:36	0:57:06	0:52:34	02:43:16
65 (623)	EGGERS, Marion	1973		0:56:55	0:54:01	0:52:54	02:43:50
66 (2289)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:57:11	0:53:52	0:53:59	02:45:02
67 (2074)	EßER, Andrea	1978		0:54:33	0:55:33	0:56:18	02:46:24
68 (2053)	CORDES, Ingo	1967		0:55:32	0:54:40	0:56:19	02:46:31
69 (2123)	HOFFMANN, Nicole	1973		1:01:25	0:54:05	0:52:31	02:48:01
70 (2156)	KIND, Verena	1982	Colinians Cologne	0:58:17	0:55:16	0:54:38	02:48:11
71 (2172)	KOTTMANN, Thorsten	1974		0:58:39	0:55:41	0:55:34	02:49:54
72 (2310)	SOHNS, Marc	1974		1:02:58	0:55:50	0:52:04	02:50:52
73 (638)	JAMBOR, Elisabeth	1978		1:01:53	0:51:33	0:57:32	02:50:58
74 (2291)	SCHMITT, Jürgen	1963		0:59:00	0:56:51	0:56:41	02:52:32
75 (2460)	OHL, Heinz	1955	Ohl Family Collies	0:56:48	0:58:09	0:59:13	02:54:10
76 (2241)	OFFERMANN, Tanja	1972	LT Saaler Mühle	1:00:48	0:56:39	0:57:22	02:54:49
77 (2239)	NOBEN, Simone	1959	ISI-RUNNER	0:58:26	0:56:14	1:00:10	02:54:50
78 (2316)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	0:57:22	0:58:53	0:58:52	02:55:07
79 (2047)	CARL, Gaby	1972		0:59:48	0:58:07	0:57:42	02:55:37
80 (2389)	KOHL, Helga	1964	ERGO sports Köln	1:00:35	0:57:43	0:57:55	02:56:13
81 (209)	ZIMMERMANN, Jessica	1984		0:59:26	0:57:19	1:00:34	02:57:19
82 (2417)	MÖLLER, Geli	1964	LSH Elsdorf	1:01:08	0:58:59	0:57:19	02:57:26
83 (2386)	BOTT, Alexander	1976	ERGO sports Köln	0:59:56	0:59:24	0:58:48	02:58:08
84 (2145)	KARES, Désirée	1992		1:01:33	0:59:20	0:58:36	02:59:29



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG OVERALL

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (2384)	SONNTAG, Ursula	1962	ERGO sports Köln	1:01:10	0:59:03	0:59:30	02:59:43
86 (2100)	GUZZO-FOLIARO, Franco	1967		1:04:24	1:00:56	0:54:45	03:00:05
87 (565)	BROICH, Christian	1990		1:02:57	0:59:17	0:58:18	03:00:32
88 (2317)	STEFFAN, Martin	2000	Laufgruppe WG-Orca	1:10:22	0:55:40	0:58:18	03:04:20
89 (2101)	HAHS, Eveline	1958	LT Hennef/Sieg	1:03:57	1:01:11	0:59:15	03:04:23
90 (2240)	NOWACK, Nadine	1986	SG Köln Worringen	1:05:03	1:00:20	0:59:06	03:04:29
91 (2029)	BLASS, Frank	1967		1:03:19	1:00:45	1:00:37	03:04:41
92 (567)	BREER, Sandra	1976		1:01:39	1:01:57	1:01:54	03:05:30
93 (2016)	BENATIA, Brigitte	1966	Flitzi Flitzi Kreuzkapelle	1:02:57	1:03:04	0:59:50	03:05:51
94 (2060)	DIEDENHOFEN, Nadine	1976	Polizei Köln	1:04:18	1:01:37	1:01:01	03:06:56
95 (1266)	BRUNNER, Ulrich	1937		1:02:37	1:02:55	1:01:54	03:07:26
96 (196)	PINNER, Kathrin	1997	DJK Frankonia Porz	1:08:11	1:01:07	1:00:42	03:10:00
97 (2041)	BROCKHOFF, Franziska	1998	SSV Pfaffenheck	1:04:46	0:59:15	1:06:08	03:10:09
98 (2369)	WOLF, Petra	1965	ERGO sports Köln	1:07:22	1:02:23	1:03:20	03:13:05
99 (2229)	MÜNCH, Daniel	1972		1:06:54	1:01:16	1:05:57	03:14:07
100 (498)	HERGARTEN, Dieter	1943	ERGO sports Köln	1:04:05	1:07:12	1:03:07	03:14:24
101 (2094)	GRÄTER, Kurt	1948	BLACKFOOT COLOGNE	1:06:17	1:04:46	1:03:41	03:14:44
102 (2244)	PAFFRATH, Ralf	1965	Aquarena Neunkirchen-Seel	1:05:16	1:02:17	1:07:55	03:15:28
103 (2315)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:05:42	1:04:56	1:06:22	03:17:00
104 (968)	SCHULZE, Bärbel	1951	TV 08 Lohmar	1:09:26	1:04:57	1:04:02	03:18:25
105 (528)	PUPPE, Manfred	1979	MACH3 Köln e.V.	1:10:43	1:00:34	1:10:38	03:21:55
106 (167)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	1:11:14	1:07:41	1:04:54	03:23:49
107 (2169)	KÖPPE, Christa	1960	NordDünwald	1:15:27	1:08:17	1:09:03	03:32:47
108 (608)	FEIGE, Manfred	1947	Cologne Allblacks	1:13:59	1:08:31	1:11:46	03:34:16
109 (2363)	WILCZEK, Eva	1946	BSG Hilden	1:20:33	1:12:27	1:08:57	03:41:57
110 (2138)	JACK, Daniel	1971		1:20:03	1:15:40	1:11:01	03:46:44
111 (292)	RÖDEL, Antje	1965		1:21:02	1:13:46	1:18:28	03:53:16



3. Lauf zur 31. Winterserie des LSV Porz

KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
WEIBLICH							
1 (2243)	OTTEN, Sylvia	1981	Laufsport Bunert - Der Kölne	0:42:49	0:41:33	0:41:58	02:06:20
2 (2405)	BLÖMEN, Jeanette	1983		0:43:47	0:42:44	0:42:30	02:09:01
3 (2362)	WILBRAND, Ulrike	1955	LG Südsauerland	0:46:00	0:44:14	0:45:15	02:15:29
4 (2261)	PRESCHA, Kristiane	1967	TriCologne	0:49:39	0:46:54	0:47:10	02:23:43
5 (569)	KÜTTNER, Christiane	1967	Laufmonster	0:50:27	0:48:25	0:47:16	02:26:08
6 (2051)	CORDES, Ulla	1960	LG Südsauerland	0:49:56	0:47:46	0:48:57	02:26:39
7 (873)	MEIER, Christin	1983		0:50:45	0:50:14	0:50:00	02:30:59
8 (622)	EICHHORN, Nadine	1981	SVBG Bergisch Gladbach	0:53:00	0:50:56	0:48:57	02:32:53
9 (607)	FEIGE, Claudia	1972	TV Refrath	0:52:14	0:51:15	0:49:49	02:33:18
10 (2264)	RAMB, Birgit	1961		0:52:56	0:50:55	0:51:30	02:35:21
11 (572)	SCHRÖTER, Swetlana	1968	Selbstläufer SV Altenahr	0:53:57	0:51:29	0:52:27	02:37:53
12 (2056)	DAHL-KLEMS, Kerstin	1974		0:53:24	0:52:23	0:52:19	02:38:06
13 (624)	BÖCKENFELD, Brita	1967		0:56:04	0:52:42	0:52:03	02:40:49
14 (2346)	WAGNER, Ellen	1968		0:56:55	0:52:33	0:53:05	02:42:33
15 (623)	EGGERS, Marion	1973		0:56:55	0:54:01	0:52:54	02:43:50
16 (2074)	EßER, Andrea	1978		0:54:33	0:55:33	0:56:18	02:46:24
17 (2123)	HOFFMANN, Nicole	1973		1:01:25	0:54:05	0:52:31	02:48:01
18 (2156)	KIND, Verena	1982	Colinians Cologne	0:58:17	0:55:16	0:54:38	02:48:11
19 (638)	JAMBOR, Elisabeth	1978		1:01:53	0:51:33	0:57:32	02:50:58
20 (2241)	OFFERMANN, Tanja	1972	LT Saaler Mühle	1:00:48	0:56:39	0:57:22	02:54:49
21 (2239)	NOBEN, Simone	1959	ISI-RUNNER	0:58:26	0:56:14	1:00:10	02:54:50
22 (2047)	CARL, Gaby	1972		0:59:48	0:58:07	0:57:42	02:55:37
23 (2389)	KOHL, Helga	1964	ERGO sports Köln	1:00:35	0:57:43	0:57:55	02:56:13
24 (209)	ZIMMERMANN, Jessica	1984		0:59:26	0:57:19	1:00:34	02:57:19
25 (2417)	MÖLLER, Geli	1964	LSH Elsdorf	1:01:08	0:58:59	0:57:19	02:57:26
26 (2145)	KARES, Désirée	1992		1:01:33	0:59:20	0:58:36	02:59:29
27 (2384)	SONNTAG, Ursula	1962	ERGO sports Köln	1:01:10	0:59:03	0:59:30	02:59:43
28 (2101)	HAHS, Eveline	1958	LT Hennef/Sieg	1:03:57	1:01:11	0:59:15	03:04:23
29 (2240)	NOWACK, Nadine	1986	SG Köln Worringen	1:05:03	1:00:20	0:59:06	03:04:29
30 (567)	BREER, Sandra	1976		1:01:39	1:01:57	1:01:54	03:05:30
31 (2016)	BENATIA, Brigitte	1966	Flitzi Flitzi Kreuzkapelle	1:02:57	1:03:04	0:59:50	03:05:51
32 (2060)	DIEDENHOFEN, Nadine	1976	Polizei Köln	1:04:18	1:01:37	1:01:01	03:06:56
33 (196)	PINNER, Kathrin	1997	DJK Frankonia Porz	1:08:11	1:01:07	1:00:42	03:10:00
34 (2041)	BROCKHOFF, Franziska	1998	SSV Pfaffenheck	1:04:46	0:59:15	1:06:08	03:10:09
35 (2369)	WOLF, Petra	1965	ERGO sports Köln	1:07:22	1:02:23	1:03:20	03:13:05
36 (968)	SCHULZE, Bärbel	1951	TV 08 Lohmar	1:09:26	1:04:57	1:04:02	03:18:25
37 (167)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	1:11:14	1:07:41	1:04:54	03:23:49
38 (2169)	KÖPPE, Christa	1960	NordDünwald	1:15:27	1:08:17	1:09:03	03:32:47
39 (2363)	WILCZEK, Eva	1946	BSG Hilden	1:20:33	1:12:27	1:08:57	03:41:57
40 (292)	RÖDEL, Antje	1965		1:21:02	1:13:46	1:18:28	03:53:16



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
1 (2357)	WESTERHAUSEN, Thomas	1984	LAZ Puma Rhein-Sieg	0:36:22	0:34:49	0:34:57	01:46:08
2 (2295)	SCHNEIDER, Norbert	1968	Laufsport Bunert - Der Kölne	0:37:12	0:35:40	0:36:27	01:49:19
3 (2018)	BENDER, Dennis	1982	ASV Köln Triathlon	0:37:58	0:36:35	0:36:22	01:50:55
4 (583)	FISCHER, Jan	1991	Tri Power Rhein Sieg	0:38:24	0:36:54	0:37:58	01:53:16
5 (2421)	PÜSCHEL, Kai	1982	ASV Köln Triathlon	0:39:31	0:37:34	0:37:26	01:54:31
6 (2199)	LEIENDECKER, Matthias	1986	Aachen hat Ausdauer	0:39:11	0:37:47	0:37:46	01:54:44
7 (2409)	ENGELBRACHT, Frank	1965	Schwelmer Jungs	0:39:55	0:38:24	0:38:27	01:56:46
8 (395)	RÖSLER, Denis	1970	25MINUTES Köln	0:40:30	0:39:28	0:38:59	01:58:57
9 (2182)	KUDINOV, Alexander	1968	LG Hückeswagen	0:42:10	0:40:42	0:39:37	02:02:29
10 (549)	HARTMANN, Frederik	1968	TV Refrath	0:41:39	0:41:26	0:40:44	02:03:49
11 (253)	MAURER, Sam	1995	TFG 1878 Köln-Nippes	0:41:32	0:39:43	0:43:27	02:04:42
12 (2068)	DONATH, Aurelius	1958		0:42:01	0:42:01	0:41:59	02:06:01
13 (2073)	EßER, André	1976	TV Refrath	0:43:39	0:41:27	0:41:22	02:06:28
14 (2158)	KIRSCHKE, Gerd	1956	SV Wuppertal Neuenhof	0:42:38	0:42:15	0:42:22	02:07:15
15 (2228)	MÜLLER, Josef	1968	LT Graftschaft	0:41:24	0:43:03	0:42:50	02:07:17
16 (2032)	BRANG, Michael	1971	LT Graftschaft	0:44:11	0:43:02	0:42:26	02:09:39
17 (2297)	SCHNEIDER, Marco	1978	LSM Libur	0:44:38	0:43:40	0:43:05	02:11:23
18 (2303)	SCHUSTER, Fabian	1982		0:44:56	0:42:56	0:44:26	02:12:18
19 (2410)	GLOMB, Bodo	1963		0:45:35	0:43:25	0:43:36	02:12:36
20 (2237)	NIEKRAWIETZ, Peter	1968		0:44:44	0:45:18	0:44:16	02:14:18
21 (845)	HEBENSTREIT, Heiko	1984		0:45:58	0:44:21	0:45:06	02:15:25
22 (990)	FEULBACH, Frank	1965		0:46:20	0:45:29	0:45:00	02:16:49
23 (2122)	HOCHKÖPPER, Oliver	1980	Team Luftwaffe	0:46:31	0:48:09	0:44:21	02:19:01
24 (2211)	MAURER, Franz	1955	LT Graftschaft	0:47:49	0:46:40	0:46:24	02:20:53
25 (2440)	EIDMANN, Volker	1960		0:48:32	0:46:59	0:48:01	02:23:32
26 (2070)	DRESBACH, Frank	1967	Cologne Allblacks	0:47:32	0:45:27	0:50:47	02:23:46
27 (2341)	VOGEL, Jörg	1969		0:51:10	0:46:31	0:46:33	02:24:14
28 (168)	HANSEN, Christoph	1965	Cologne Allblacks	0:49:53	0:47:50	0:47:12	02:24:55
29 (516)	STIEGLER, Daniel	1985	LT Saaler Mühle	0:44:34	0:42:40	1:00:17	02:27:31
30 (2253)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:50:41	0:48:44	0:49:10	02:28:35
31 (2254)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:50:43	0:48:45	0:49:11	02:28:39
32 (2288)	SCHMIDT, Michael	1968	Team Erdinger Alkoholfrei	0:51:31	0:48:19	0:49:43	02:29:33
33 (2255)	PFITZNER, Bernd	1955		0:50:10	0:47:29	0:52:04	02:29:43
34 (2221)	MOGDANS, Joachim	1958	Jahrgang 58	0:50:19	0:47:57	0:51:35	02:29:51
35 (2343)	VOLMER, Martin	1977		0:48:45	0:52:35	0:48:45	02:30:05
36 (606)	KERSTING, Friedel	1950		0:51:21	0:49:54	0:49:09	02:30:24
37 (291)	REINARTZ, Michael	1977	GVG Laufteam	0:53:34	0:50:21	0:48:04	02:31:59
38 (2272)	RÜFFLER, Andreas	1971	DLRG Wipperfürth	0:51:26	0:50:50	0:49:48	02:32:04
39 (992)	UNGER, Stefan	1962	LC Weilerswist	0:49:29	0:55:39	0:47:03	02:32:11
40 (2451)	KOGLIN, Bodo	1943		0:52:41	0:51:13	0:50:26	02:34:20
41 (304)	MICHALSKI, Harm	1984		0:53:12	0:51:12	0:51:10	02:35:34



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNLICH							
42 (619)	KEPLER, Markus	1979		0:52:42	0:51:36	0:51:48	02:36:06
43 (2251)	PETER, Ronald	1960	HLG 98 Wuppertal	0:53:24	0:51:34	0:51:43	02:36:41
44 (2246)	PAGERS, Sven	1966	ESV Gremberghoven	0:53:00	0:53:35	0:50:32	02:37:07
45 (2300)	SCHULZ, Joachim	1977		0:53:19	0:51:36	0:53:16	02:38:11
46 (2065)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:53:28	0:52:24	0:52:26	02:38:18
47 (2112)	HERGARTEN, Justin	2001	Laufgruppe WG-Orca	0:55:43	0:55:41	0:48:31	02:39:55
48 (2304)	SCHWAB, Stefan	1970		0:52:21	0:53:06	0:54:44	02:40:11
49 (2200)	LEYENDECKER, Matthias	1961	SC Fortuna Köln	0:56:01	0:53:06	0:53:30	02:42:37
50 (2092)	GLOMBIZA, Rainer	1958	Flitzi Flitzi Kreuzkapelle	0:53:36	0:57:06	0:52:34	02:43:16
51 (2289)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:57:11	0:53:52	0:53:59	02:45:02
52 (2053)	CORDES, Ingo	1967		0:55:32	0:54:40	0:56:19	02:46:31
53 (2172)	KOTTMANN, Thorsten	1974		0:58:39	0:55:41	0:55:34	02:49:54
54 (2310)	SOHNS, Marc	1974		1:02:58	0:55:50	0:52:04	02:50:52
55 (2291)	SCHMITT, Jürgen	1963		0:59:00	0:56:51	0:56:41	02:52:32
56 (2460)	OHL, Heinz	1955	Ohl Family Collies	0:56:48	0:58:09	0:59:13	02:54:10
57 (2316)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	0:57:22	0:58:53	0:58:52	02:55:07
58 (2386)	BOTT, Alexander	1976	ERGO sports Köln	0:59:56	0:59:24	0:58:48	02:58:08
59 (2100)	GUZZO-FOLIARO, Franco	1967		1:04:24	1:00:56	0:54:45	03:00:05
60 (565)	BROICH, Christian	1990		1:02:57	0:59:17	0:58:18	03:00:32
61 (2317)	STEFFAN, Martin	2000	Laufgruppe WG-Orca	1:10:22	0:55:40	0:58:18	03:04:20
62 (2029)	BLASS, Frank	1967		1:03:19	1:00:45	1:00:37	03:04:41
63 (1266)	BRUNNER, Ulrich	1937		1:02:37	1:02:55	1:01:54	03:07:26
64 (2229)	MÜNCH, Daniel	1972		1:06:54	1:01:16	1:05:57	03:14:07
65 (498)	HERGARTEN, Dieter	1943	ERGO sports Köln	1:04:05	1:07:12	1:03:07	03:14:24
66 (2094)	GRÄTER, Kurt	1948	BLACKFOOT COLOGNE	1:06:17	1:04:46	1:03:41	03:14:44
67 (2244)	PAFFRATH, Ralf	1965	Aquarena Neunkirchen-Seel	1:05:16	1:02:17	1:07:55	03:15:28
68 (2315)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:05:42	1:04:56	1:06:22	03:17:00
69 (528)	PUPPE, Manfred	1979	MACH3 Köln e.V.	1:10:43	1:00:34	1:10:38	03:21:55
70 (608)	FEIGE, Manfred	1947	Cologne Allblacks	1:13:59	1:08:31	1:11:46	03:34:16
71 (2138)	JACK, Daniel	1971		1:20:03	1:15:40	1:11:01	03:46:44



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
MÄNNER							
1 (583)	FISCHER, Jan	1991	Tri Power Rhein Sieg	0:38:24	0:36:54	0:37:58	01:53:16
2 (2199)	LEIENDECKER, Matthias	1986	Aachen hat Ausdauer	0:39:11	0:37:47	0:37:46	01:54:44
3 (565)	BROICH, Christian	1990		1:02:57	0:59:17	0:58:18	03:00:32
JUNIOREN U23							
1 (253)	MAURER, Sam	1995	TFG 1878 Köln-Nippes	0:41:32	0:39:43	0:43:27	02:04:42
2 (2253)	PFANNENSCHMIDT, Nils	1993	LC Weilerswist	0:50:41	0:48:44	0:49:10	02:28:35
SENIOREN M30							
1 (2357)	WESTERHAUSEN, Thomas	1984	LAZ Puma Rhein-Sieg	0:36:22	0:34:49	0:34:57	01:46:08
2 (2018)	BENDER, Dennis	1982	ASV Köln Triathlon	0:37:58	0:36:35	0:36:22	01:50:55
3 (2421)	PÜSCHEL, Kai	1982	ASV Köln Triathlon	0:39:31	0:37:34	0:37:26	01:54:31
4 (2303)	SCHUSTER, Fabian	1982		0:44:56	0:42:56	0:44:26	02:12:18
5 (845)	HEBENSTREIT, Heiko	1984		0:45:58	0:44:21	0:45:06	02:15:25
6 (516)	STIEGLER, Daniel	1985	LT Saaler Mühle	0:44:34	0:42:40	1:00:17	02:27:31
7 (304)	MICHALSKI, Harm	1984		0:53:12	0:51:12	0:51:10	02:35:34
SENIOREN M35							
1 (2073)	EßER, André	1976	TV Refrath	0:43:39	0:41:27	0:41:22	02:06:28
2 (2297)	SCHNEIDER, Marco	1978	LSM Libur	0:44:38	0:43:40	0:43:05	02:11:23
3 (2122)	HOCHKÖPPER, Oliver	1980	Team Luftwaffe	0:46:31	0:48:09	0:44:21	02:19:01
4 (2343)	VOLMER, Martin	1977		0:48:45	0:52:35	0:48:45	02:30:05
5 (291)	REINARTZ, Michael	1977	GVG Laufteam	0:53:34	0:50:21	0:48:04	02:31:59
6 (619)	KEPPLER, Markus	1979		0:52:42	0:51:36	0:51:48	02:36:06
7 (2300)	SCHULZ, Joachim	1977		0:53:19	0:51:36	0:53:16	02:38:11
8 (2386)	BOTT, Alexander	1976	ERGO sports Köln	0:59:56	0:59:24	0:58:48	02:58:08
9 (528)	PUPPE, Manfred	1979	MACH3 Köln e.V.	1:10:43	1:00:34	1:10:38	03:21:55
SENIOREN M40							
1 (2032)	BRANG, Michael	1971	LT Grafenschaft	0:44:11	0:43:02	0:42:26	02:09:39
2 (2272)	RÜFFLER, Andreas	1971	DLRG Wipperfürth	0:51:26	0:50:50	0:49:48	02:32:04
3 (2172)	KOTTMANN, Thorsten	1974		0:58:39	0:55:41	0:55:34	02:49:54
4 (2310)	SOHNS, Marc	1974		1:02:58	0:55:50	0:52:04	02:50:52
5 (2229)	MÜNCH, Daniel	1972		1:06:54	1:01:16	1:05:57	03:14:07
6 (2138)	JACK, Daniel	1971		1:20:03	1:15:40	1:11:01	03:46:44
SENIOREN M45							
1 (2295)	SCHNEIDER, Norbert	1968	Laufsport Bunert - Der Kölne	0:37:12	0:35:40	0:36:27	01:49:19
2 (395)	RÖSLER, Denis	1970	25MINUTES Köln	0:40:30	0:39:28	0:38:59	01:58:57
3 (2182)	KUDINOV, Alexander	1968	LG Hückeswagen	0:42:10	0:40:42	0:39:37	02:02:29
4 (549)	HARTMANN, Frederik	1968	TV Refrath	0:41:39	0:41:26	0:40:44	02:03:49
5 (2228)	MÜLLER, Josef	1968	LT Grafenschaft	0:41:24	0:43:03	0:42:50	02:07:17



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M45							
6 (2237)	NIEKRAWIETZ, Peter	1968		0:44:44	0:45:18	0:44:16	02:14:18
7 (2070)	DRESBACH, Frank	1967	Cologne Allblacks	0:47:32	0:45:27	0:50:47	02:23:46
8 (2341)	VOGEL, Jörg	1969		0:51:10	0:46:31	0:46:33	02:24:14
9 (2254)	PFANNENSCHMIDT, Timo	1966	LC Weilerswist	0:50:43	0:48:45	0:49:11	02:28:39
10 (2288)	SCHMIDT, Michael	1968	Team Erdinger Alkoholfrei	0:51:31	0:48:19	0:49:43	02:29:33
11 (2246)	PAGERS, Sven	1966	ESV Gremberghoven	0:53:00	0:53:35	0:50:32	02:37:07
12 (2304)	SCHWAB, Stefan	1970		0:52:21	0:53:06	0:54:44	02:40:11
13 (2289)	SCHMIDT, Ralf	1967	Okinawa Running Fighters	0:57:11	0:53:52	0:53:59	02:45:02
14 (2053)	CORDES, Ingo	1967		0:55:32	0:54:40	0:56:19	02:46:31
15 (2100)	GUZZO-FOLIARO, Franco	1967		1:04:24	1:00:56	0:54:45	03:00:05
16 (2029)	BLASS, Frank	1967		1:03:19	1:00:45	1:00:37	03:04:41
SENIOREN M50							
1 (2409)	ENGELBRACHT, Frank	1965	Schwelmer Jungs	0:39:55	0:38:24	0:38:27	01:56:46
2 (2410)	GLOMB, Bodo	1963		0:45:35	0:43:25	0:43:36	02:12:36
3 (990)	FEULBACH, Frank	1965		0:46:20	0:45:29	0:45:00	02:16:49
4 (168)	HANSEN, Christoph	1965	Cologne Allblacks	0:49:53	0:47:50	0:47:12	02:24:55
5 (992)	UNGER, Stefan	1962	LC Weilerswist	0:49:29	0:55:39	0:47:03	02:32:11
6 (2065)	DJAMALPOUR, Darius	1964	Team Erdinger Alkoholfrei	0:53:28	0:52:24	0:52:26	02:38:18
7 (2200)	LEYENDECKER, Matthias	1961	SC Fortuna Köln	0:56:01	0:53:06	0:53:30	02:42:37
8 (2291)	SCHMITT, Jürgen	1963		0:59:00	0:56:51	0:56:41	02:52:32
9 (2244)	PAFFRATH, Ralf	1965	Aquarena Neunkirchen-Seel	1:05:16	1:02:17	1:07:55	03:15:28
SENIOREN M55							
1 (2068)	DONATH, Aurelius	1958		0:42:01	0:42:01	0:41:59	02:06:01
2 (2158)	KIRSCHKE, Gerd	1956	SV Wuppertal Neuenhof	0:42:38	0:42:15	0:42:22	02:07:15
3 (2440)	EIDMANN, Volker	1960		0:48:32	0:46:59	0:48:01	02:23:32
4 (2221)	MOGDANS, Joachim	1958	Jahrgang 58	0:50:19	0:47:57	0:51:35	02:29:51
5 (2251)	PETER, Ronald	1960	HLG 98 Wuppertal	0:53:24	0:51:34	0:51:43	02:36:41
6 (2092)	GLOMBIZA, Rainer	1958	Flitzi Flitzi Kreuzkapelle	0:53:36	0:57:06	0:52:34	02:43:16
SENIOREN M60							
1 (2211)	MAURER, Franz	1955	LT Grafenschaft	0:47:49	0:46:40	0:46:24	02:20:53
2 (2255)	PFITZNER, Bernd	1955		0:50:10	0:47:29	0:52:04	02:29:43
3 (2460)	OHL, Heinz	1955	Ohl Family Collies	0:56:48	0:58:09	0:59:13	02:54:10
4 (2316)	STÄNDER, Roland	1952	Lauftreff Fühlinger See	0:57:22	0:58:53	0:58:52	02:55:07
SENIOREN M65							
1 (606)	KERSTING, Friedel	1950		0:51:21	0:49:54	0:49:09	02:30:24
2 (2094)	GRÄTER, Kurt	1948	BLACKFOOT COLOGNE	1:06:17	1:04:46	1:03:41	03:14:44
3 (2315)	STÄNDER, Gerhard	1950	Lauftreff Fühlinger See	1:05:42	1:04:56	1:06:22	03:17:00
4 (608)	FEIGE, Manfred	1947	Cologne Allblacks	1:13:59	1:08:31	1:11:46	03:34:16



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIOREN M70							
1 (2451)	KOGLIN, Bodo	1943		0:52:41	0:51:13	0:50:26	02:34:20
2 (498)	HERGARTEN, Dieter	1943	ERGO sports Köln	1:04:05	1:07:12	1:03:07	03:14:24
SENIOREN M75							
1 (1266)	BRUNNER, Ulrich	1937		1:02:37	1:02:55	1:01:54	03:07:26
MÄNNL. JUGEND U16							
1 (2112)	HERGARTEN, Justin	2001	Laufgruppe WG-Orca	0:55:43	0:55:41	0:48:31	02:39:55
2 (2317)	STEFFAN, Martin	2000	Laufgruppe WG-Orca	1:10:22	0:55:40	0:58:18	03:04:20
FRAUEN							
1 (2145)	KARES, Désirée	1992		1:01:33	0:59:20	0:58:36	02:59:29
2 (2240)	NOWACK, Nadine	1986	SG Köln Worringen	1:05:03	1:00:20	0:59:06	03:04:29
SENIORINNEN W30							
1 (2243)	OTTEN, Sylvia	1981	Laufsport Bunert - Der Kölne	0:42:49	0:41:33	0:41:58	02:06:20
2 (2405)	BLÖMEN, Jeanette	1983		0:43:47	0:42:44	0:42:30	02:09:01
3 (873)	MEIER, Christin	1983		0:50:45	0:50:14	0:50:00	02:30:59
4 (622)	EICHHORN, Nadine	1981	SVBG Bergisch Gladbach	0:53:00	0:50:56	0:48:57	02:32:53
5 (2156)	KIND, Verena	1982	Colinians Cologne	0:58:17	0:55:16	0:54:38	02:48:11
6 (209)	ZIMMERMANN, Jessica	1984		0:59:26	0:57:19	1:00:34	02:57:19
SENIORINNEN W35							
1 (2074)	EßER, Andrea	1978		0:54:33	0:55:33	0:56:18	02:46:24
2 (638)	JAMBOR, Elisabeth	1978		1:01:53	0:51:33	0:57:32	02:50:58
3 (567)	BREER, Sandra	1976		1:01:39	1:01:57	1:01:54	03:05:30
4 (2060)	DIEDENHOFEN, Nadine	1976	Polizei Köln	1:04:18	1:01:37	1:01:01	03:06:56
SENIORINNEN W40							
1 (607)	FEIGE, Claudia	1972	TV Refrath	0:52:14	0:51:15	0:49:49	02:33:18
2 (2056)	DAHL-KLEMS, Kerstin	1974		0:53:24	0:52:23	0:52:19	02:38:06
3 (2123)	HOFFMANN, Nicole	1973		1:01:25	0:54:05	0:52:31	02:48:01
4 (2241)	OFFERMANN, Tanja	1972	LT Saaler Mühle	1:00:48	0:56:39	0:57:22	02:54:49
5 (2047)	CARL, Gaby	1972		0:59:48	0:58:07	0:57:42	02:55:37
6 (167)	FIGUEROA CARRASCO, Lidia	1973	Cologne Allblacks	1:11:14	1:07:41	1:04:54	03:23:49
SENIORINNEN W45							
1 (2261)	PRESCHA, Kristiane	1967	TriCologne	0:49:39	0:46:54	0:47:10	02:23:43
2 (569)	KÜTTNER, Christiane	1967	Laufmonster	0:50:27	0:48:25	0:47:16	02:26:08
3 (572)	SCHRÖTER, Swetlana	1968	Selbstläufer SV Altenahr	0:53:57	0:51:29	0:52:27	02:37:53
4 (624)	BÖCKENFELD, Brita	1967		0:56:04	0:52:42	0:52:03	02:40:49
5 (2346)	WAGNER, Ellen	1968		0:56:55	0:52:33	0:53:05	02:42:33



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KLEINE SERIE (3X 10KM) GESAMTWERTUNG NACH ALTERSKLASSEN

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
SENIORINNEN W45							
6 (623)	EGGERS, Marion	1973		0:56:55	0:54:01	0:52:54	02:43:50
7 (2016)	BENATIA, Brigitte	1966	Flitzi Flitzi Kreuzkapelle	1:02:57	1:03:04	0:59:50	03:05:51
SENIORINNEN W50							
1 (2264)	RAMB, Birgit	1961		0:52:56	0:50:55	0:51:30	02:35:21
2 (2389)	KOHL, Helga	1964	ERGO sports Köln	1:00:35	0:57:43	0:57:55	02:56:13
3 (2417)	MÖLLER, Geli	1964	LSH Elsdorf	1:01:08	0:58:59	0:57:19	02:57:26
4 (2384)	SONNTAG, Ursula	1962	ERGO sports Köln	1:01:10	0:59:03	0:59:30	02:59:43
5 (2369)	WOLF, Petra	1965	ERGO sports Köln	1:07:22	1:02:23	1:03:20	03:13:05
6 (292)	RÖDEL, Antje	1965		1:21:02	1:13:46	1:18:28	03:53:16
SENIORINNEN W55							
1 (2051)	CORDES, Ulla	1960	LG Südsauerland	0:49:56	0:47:46	0:48:57	02:26:39
2 (2239)	NOBEN, Simone	1959	ISI-RUNNER	0:58:26	0:56:14	1:00:10	02:54:50
3 (2101)	HAHS, Eveline	1958	LT Hennef/Sieg	1:03:57	1:01:11	0:59:15	03:04:23
4 (2169)	KÖPPE, Christa	1960	NordDünnwald	1:15:27	1:08:17	1:09:03	03:32:47
SENIORINNEN W60							
1 (2362)	WILBRAND, Ulrike	1955	LG Südsauerland	0:46:00	0:44:14	0:45:15	02:15:29
2 (968)	SCHULZE, Bärbel	1951	TV 08 Lohmar	1:09:26	1:04:57	1:04:02	03:18:25
SENIORINNEN W65							
1 (2363)	WILCZEK, Eva	1946	BSG Hilden	1:20:33	1:12:27	1:08:57	03:41:57
WEIBL. JUGEND U18							
1 (2041)	BROCKHOFF, Franziska	1998	SSV Pfaffenheck	1:04:46	0:59:15	1:06:08	03:10:09
WEIBL. JUGEND U20							
1 (196)	PINNER, Kathrin	1997	DJK Frankonia Porz	1:08:11	1:01:07	1:00:42	03:10:00