

23. Sommerabendlauf in Porz 13. Juli 2012

1 Km Lauf

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|-----------------------|------------------------|------|----|---|----|---|
| 1. Krämer, Jakob | VFL Engelskirchen | 3:57 | 03 | M | 9 | 1 |
| 2. Klein, Florian | Neunkirchen Seelscheid | 3:58 | 02 | M | 10 | 1 |
| 3. Krämer, Maximilian | VFL Engelskirchen | 4:09 | 00 | M | 12 | 1 |
| 4. Katschke, Jan | Lohmar | 4:11 | 01 | M | 11 | 1 |
| 5. Jankuloski, Lea | LT TuS Mondorf | 4:29 | 02 | W | 10 | 1 |

5 Km Lauf

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|--------------------------|-------------------------|-------|----|---|-----|---|
| 1. Gröppel, Till | Pulheim | 17:25 | 82 | M | 30 | 1 |
| 2. Jahner, Detlef | TV Refrath | 17:31 | 64 | M | 45 | 1 |
| 3. Krechel, Wolfgang | Troisdorfer LG | 17:44 | 63 | M | 45 | 2 |
| 4. Niemann, Christoph | LG Gummersbach | 17:58 | 68 | M | 40 | 1 |
| 5. Wilmes, Heiko | TV Refrath | 18:02 | 69 | M | 40 | 2 |
| 6. Jankuloski, Boris | LT TuS Mondorf | 18:17 | 73 | W | 35 | 1 |
| 7. König, Dieter | TSV Dieringhausen | 18:30 | 67 | M | 45 | 3 |
| 8. Oberndörfer, Martin | LLG St. Augustin | 18:55 | 72 | M | 40 | 3 |
| 9. Titze, Jürgen | Troisdorfer LG M. u. T. | 19:02 | 63 | M | 45 | 4 |
| 10. Wolff, Udo | LG Gummersbach | 19:29 | 62 | M | 50 | 1 |
| 11. Gradowski, Marina | TuS rrrh. Köln | 20:07 | 85 | W | HK | 1 |
| 12. Thüs, Andreas | LG Gummersbach | 20:12 | 70 | M | 40 | 4 |
| 13. Nisius, Joshua | TSV Bayer Dormagen | 20:14 | 97 | M | 15 | 1 |
| 14. Kaufmann, Hannah | VFL Engelskirchen | 20:24 | 99 | W | 13 | 1 |
| 15. Hinze, Katja | LG Gummersbach | 21:02 | 72 | W | 40 | 1 |
| 16. Aydemir, Gürhan | Pro Athletes | 21:23 | 67 | M | 45 | 5 |
| 17. Berghaus, Michaela | TuS Köln rrrh. | 21:36 | 87 | W | HK | 2 |
| 18. Burkhardt, Frank | SSF Bonn Triathlon | 21:41 | 56 | M | 55 | 1 |
| 19. Lotz, Dirk-Henning | TV Refrath | 21:49 | 74 | M | 35 | 1 |
| 20. Vizzari, Susanne | Kom*Sport | 22:20 | 77 | W | 35 | 2 |
| 21. Müller, Harald | LLG St. Augustin | 22:26 | 67 | M | 45 | 6 |
| 22. Feindt, Reinhard | Bergisch Gladbach | 22:54 | 50 | M | 60 | 1 |
| 23. Brassat, Simone | TV Refrath | 23:01 | 96 | W | JgB | 1 |
| 24. Runge, Günther | VFL Engelskirchen | 23:31 | 47 | M | 65 | 1 |
| 25. Kemmerling, Manfred | LG RWE Power | 23:34 | 62 | M | 50 | 2 |
| 26. Robl, Joachim | Porz-Grengel | 23:46 | 60 | M | 50 | 3 |
| 27. Kemmerling, Susanne | LG RWE Power | 25:22 | 70 | W | 40 | 2 |
| 28. Jaschky-Sterzenbach, | ASV Sankt Augustin | 25:38 | 61 | W | 50 | 1 |
| 29. Houben, Jennifer | Köln | 25:53 | 85 | W | HK | 3 |
| 30. Warnecke, Dietmar | 7 Hillsrunners | 25:55 | 70 | M | 40 | 5 |
| 31. Göbbels, Ralf | Köln-Rath | 26:01 | 64 | M | 45 | 7 |
| 32. Siemons, Elisabeth | Köln | 26:45 | 66 | W | 45 | 1 |
| 33. Dumondt, Hans | Hennes der Achte | 26:56 | 61 | M | 50 | 4 |
| 34. Böffgen, Jörg | Köln-Porz | 27:12 | 70 | M | 40 | 6 |
| 35. Möser, Wolfgang | Alfterer SC | 27:35 | 41 | M | 70 | 1 |
| 36. Barthel, Hartmut | FC Ford Niehl | 27:37 | 40 | M | 70 | 2 |
| 37. Schlüsener, Hans-H. | SG Castrop | 27:47 | 68 | M | 40 | 7 |
| 38. Voosen, Karin | LSV Porz | 27:53 | 58 | W | 50 | 2 |
| 39. Stiehl, Hans-Detlev | Team Tierheim Bergheim | 28:00 | 42 | M | 70 | 3 |
| 40. Gröppel, Frank | Pulheimer SC | 28:06 | 49 | M | 60 | 2 |
| 41. Wolter, Renate | Alfterer SC | 28:13 | 61 | W | 50 | 3 |
| 42. Hoyer, Christina | Bridge Queens | 28:14 | 69 | W | 40 | 3 |
| 43. Weilandt, Stephan | Bensberg | 28:55 | 34 | M | 75 | 1 |
| 44. Marsch, Peter | TSV Dieringhausen | 29:09 | 42 | M | 70 | 4 |
| 45. Lamsfuss-Rönn, Anne | Bridge Queens | 30:45 | 69 | W | 40 | 4 |
| 46. Kling, Andrea | Bergheim | 30:47 | 70 | W | 40 | 5 |
| 47. Müller, Marion | Köln | 30:48 | 88 | W | HK | 4 |
| 48. Netz, Andrea | Bridge Queens | 31:55 | 73 | W | 35 | 3 |
| 49. Charov, Irina | Köln | 31:59 | 83 | W | HK | 5 |
| 50. Herweg, Sonja | TV Büschergrund | 32:02 | 71 | W | 40 | 6 |
| 51. Brzenska, Martin | Köln | 32:16 | 85 | M | HK | 1 |
| 52. Lang, Linus | LT TuS Mondorf | 33:08 | 04 | M | 8 | 1 |
| 53. Wons, Magdalena | Just for Fun. . . | 33:18 | 84 | W | HK | 6 |

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| 54. | Runge, Jörg | Just for Fun. . . | 33:19 | 72 | M 40 | 8 |
| 55. | Sitzler, Gerhard | Köln | 33:36 | 61 | M 50 | 5 |
| 56. | Kühnel, Wolfgang | Los Köln 09 | 34:05 | 35 | M 75 | 2 |
| 57. | Schröder, Hartmut | SV Lüderich | 35:33 | 45 | M 65 | 2 |
| 58. | Schwanstecher, Eva | Douglas Hühner | 36:07 | 69 | W 40 | 7 |

10 Km Lauf

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| 1. | Johnstone, Nikki | Neuss | 34:42 | 84 | M HK | 1 |
| 2. | Lässig, Robert | Tri team FS Düsseldorf | 34:52 | 84 | M HK | 2 |
| 3. | Skopnik, Manuel | TV Refrath | 35:42 | 72 | M 40 | 1 |
| 4. | Spanier, Rene Siegburg | | 36:04 | 77 | M 35 | 1 |
| 5. | Warkentin, Jens | TV Refrath | 36:11 | 66 | M 45 | 1 |
| 6. | Schneider, Thomas | LG REWE Power | 38:09 | 69 | M 40 | 2 |
| 7. | Wölfel, Wilhelm | VFL Engelskirchen | 38:18 | 60 | M 50 | 1 |
| 8. | Jahner, Detlef | TV Refrath | 38:20 | 64 | M 45 | 2 |
| 9. | Lohmeier, Patrick | ASV Köln Triathlon | 38:26 | 75 | M 35 | 2 |
| 10. | Sidorov, Sascha | Dauerlauf-Köln | 39:02 | 82 | M 30 | 1 |
| 11. | Wierig, Christoph | Siegburg | 39:11 | 76 | M 35 | 3 |
| 12. | Klappert, Andreas | TV Büschergrund | 39:16 | 70 | M 40 | 3 |
| 13. | Ulmer, Jens | TuS Deuz | 39:19 | 69 | M 40 | 4 |
| 14. | Nieswand, Patrick | SV Deutz 05 | 39:28 | 73 | M 35 | 4 |
| 15. | Timme, Volker | LG Gummersbach | 39:40 | 69 | M 40 | 5 |
| 16. | Quadt, Dominik | SSV Kaldauen | 39:55 | 81 | M 30 | 2 |
| 17. | Wilczewski, Stefan | Kierspe | 40:25 | 64 | M 45 | 3 |
| 18. | Baltes, Achim | Köln-Porz | 40:59 | 75 | M 35 | 5 |
| 19. | Kruse, Stephan | TV Refrath | 41:22 | 71 | M 40 | 6 |
| 20. | Schneider, Dirk | SC Neptun Köln-Porz | 41:26 | 80 | M 30 | 3 |
| 21. | Natzke, Holger | TuS Deuz | 41:29 | 58 | M 50 | 2 |
| 22. | Wawrzinek, Arnulf | Mediterrana | 41:47 | 65 | M 45 | 4 |
| 23. | Lorbach, Daniel | TuS rrrh. Köln | 41:58 | 82 | M 30 | 4 |
| 24. | Schober, Christian | TuS rrrh. Köln | 42:00 | 81 | M 30 | 5 |
| 25. | Boeruer, Petra | Anlauf Marathonteam 2012 | 42:17 | 73 | W 35 | 1 |
| 26. | Stinn, Frank | VFL Engelskirchen | 42:31 | 70 | M 40 | 7 |
| 27. | Land, Matthias | Siegburg | 42:47 | 80 | M 30 | 6 |
| 28. | Ziegler, Joachim | LG Heimersheim | 42:52 | 62 | M 50 | 3 |
| 29. | Schedletzky, Michael | SV Sparkasse KölnBonn | 43:10 | 82 | M 30 | 7 |
| 30. | Nettekoven, Jürgen | Bergheim | 44:26 | 67 | M 45 | 5 |
| 31. | Knepper, Michael | Marathon Mülheim | 44:27 | 63 | M 45 | 6 |
| 32. | Foß, Jürgen | Animal Liberation Racing | 44:29 | 63 | M 45 | 7 |
| 33. | Nehring, Helga | Siegburger Ruderverein | 44:31 | 68 | W 40 | 1 |
| 34. | Matschull, Frank | Für meine Jungs | 44:41 | 67 | M 45 | 8 |
| 35. | Dörre, Dirk | Köln | 44:41 | 69 | M 40 | 8 |
| 36. | Schoenert, Martin | Just-me-myself-and-i | 45:13 | 62 | M 50 | 4 |
| 37. | Resch, Kilian | Köln-Porz | 45:27 | 61 | M 50 | 5 |
| 38. | Schlichting, Hans-D. | Raodrunner | 45:32 | 57 | M 55 | 1 |
| 39. | Basinski, Jolanta | TV Refrath | 45:38 | 75 | W 35 | 2 |
| 40. | Schaffarczyk, Bernd | Krüger Running Team | 45:47 | 60 | M 50 | 6 |
| 41. | Holst, Stephan | BSG Rheinpark e. V. | 45:52 | 73 | M 35 | 6 |
| 42. | Kannenmilch, Lars | Barfuss Betlehem | 46:09 | 81 | M 30 | 8 |
| 43. | Brodowski, Günter | Köln-Porz | 46:22 | 60 | M 50 | 7 |
| 44. | Ueberberg, Markus | VFL Engelskirchen | 46:24 | 74 | M 35 | 7 |
| 45. | Schröder, Rene | Köln-Porz | 46:33 | 78 | M 30 | 9 |
| 46. | Schultheiß, Volker | Team-Erdinger Alkoholfr | 46:45 | 56 | M 55 | 2 |
| 47. | Heinrichs, Michael | TV Refrath | 46:51 | 63 | M 45 | 9 |
| 48. | Rieplmeier, Ulrich | Köln | 47:18 | 66 | M 45 | 10 |
| 49. | Mandt, Markus | LT Saaler Mühle | 47:26 | 68 | M 40 | 9 |
| 50. | Schreiner, Jan | 1. FC Plautze 04 | 47:30 | 75 | M 35 | 8 |
| 51. | Goffart, Ralf | Köln | 47:47 | 65 | M 45 | 11 |
| 52. | Bleibaum, Ernesto | LT Schneewittchen | 48:15 | 52 | M 60 | 1 |
| 53. | Thiel, Melanie | Köln-Porz | 48:20 | 78 | W 30 | 1 |
| 54. | Koch, Frank | SC Neptun Köln-Porz | 48:27 | 66 | M 45 | 12 |
| 55. | Kersting, Friedel | Köln | 48:47 | 50 | M 60 | 2 |
| 56. | Klatschke, Marc | Lohmar | 48:58 | 73 | M 35 | 9 |
| 57. | Kosmol, Heike | ESV Gremberghoven | 49:07 | 70 | W 40 | 2 |

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| 58. | Dreßbach, Frank | Cologne Allblacks | 49:14 | 67 | M 45 | 13 |
| 59. | Carlé, Thomas | Köln | 49:16 | 69 | M 40 | 10 |
| 60. | Westerkamp, Beate | Köln | 49:22 | 64 | W 45 | 1 |
| 61. | Schreiber, Caroline | Köln | 49:23 | 62 | W 50 | 1 |
| 62. | Wauters, Jens St. | Augustin | 49:33 | 52 | M 60 | 3 |
| 63. | Wermekes, Dieter | TSV Rönsahl 1886 | 49:35 | 53 | M 55 | 3 |
| 64. | Bittens, Linda | Köln | 49:36 | 84 | W HK | 1 |
| 65. | Klein, Stephan | LT Düsseldorf Süd | 49:39 | 61 | M 50 | 8 |
| 66. | Hastrich, Andreas | TV Refrath | 49:42 | 66 | M 45 | 14 |
| 67. | Schneider, Marco | Köln-Porz | 49:45 | 78 | M 30 | 10 |
| 68. | Blum, Thomas | TuS 1923 Winterscheid | 49:58 | 82 | M 30 | 11 |
| 69. | Gardemann, Jürgen | TV Germ. Nordhemmern | 50:01 | 60 | M 50 | 9 |
| 70. | Berweiler, Martin | SSV Bonn | 50:05 | 62 | M 50 | 10 |
| 71. | Krüger, Gerhard | TV Refrath | 50:20 | 40 | M 70 | 1 |
| 72. | Sasse, Lutz | Union Biesfeld Triathlon | 50:45 | 57 | M 55 | 4 |
| 73. | Wurda, Werner | Diabetes Programm Deutsch | 51:56 | 60 | M 50 | 11 |
| 74. | Junggeburth, Kalle | Lindlar | 52:42 | 61 | M 50 | 12 |
| 75. | Lüke, Sabine | ESV Gremberghoven | 52:49 | 60 | W 50 | 2 |
| 76. | Kosmol, Robert | ESV Gremberghoven | 53:22 | 67 | M 45 | 15 |
| 77. | Dalheimer, Jürgen | Düsseldorfer TV | 53:35 | 48 | M 60 | 4 |
| 78. | Schmitz, Diana | Köln | 53:38 | 80 | W 30 | 2 |
| 79. | Wolfgarten, Marco | Bratwurst und Bier | 54:11 | 74 | M 35 | 10 |
| 80. | Göbgen, Rolf | Köln-Pesch | 54:23 | 57 | M 55 | 5 |
| 81. | Hajek, Verena | LG Donatus Erftstadt | 54:47 | 52 | W 60 | 1 |
| 82. | John, Gerd | 1/2 Marathon rrrh. | 54:51 | 41 | M 70 | 2 |
| 83. | Schlichting Alexandr | Raodrunner | 54:51 | 62 | W 50 | 3 |
| 84. | Mann, Martin | Brave 8 Dufftown | 54:56 | 68 | M 40 | 11 |
| 85. | Seidler, Stefan | LK 42,2 St. Augustin | 55:11 | 51 | M 60 | 5 |
| 86. | Freikamp, Gisela | Lichtkreis Köln | 58:05 | 47 | W 65 | 1 |
| 87. | Hengstler, Jochen | Ballyoo-team Bonn | 58:06 | 53 | M 55 | 6 |
| 88. | Tomida, Daisuke | Düsseldorf | 58:10 | 68 | M 40 | 12 |
| 89. | Gajewski, Martina | Köln | 58:11 | 62 | W 50 | 4 |
| 90. | Krams, Sabine | Team Erdinger Alkoholfrei | 58:39 | 64 | W 45 | 2 |
| 91. | Hoffman, Michael | Null hand | 58:40 | 66 | M 45 | 16 |
| 92. | Wahl, Susan | Köln | 58:48 | 75 | M 35 | 11 |
| 93. | Eisenmann, Stephan | Team Erdinger Alkoholfr | 58:49 | 66 | M 45 | 17 |
| 94. | Noeres, Bruno | Leverkusen | 59:03 | 64 | M 45 | 18 |
| 95. | Pingel, Andreas | Köln-Porz | 59:38 | 63 | M 45 | 19 |
| 96. | Hack, Martin | Köln | 60:02 | 55 | M 55 | 7 |
| 97. | Stephan, Nadja | Team Motorrad Stephan | 60:02 | 73 | W 35 | 3 |
| 98. | Baum, Dr. Clemens | Bergisch-Gladbach | 60:32 | 41 | M 70 | 3 |
| 99. | Hach, Ulrich | LT Dünnwalder TV 1905 | 60:53 | 58 | M 50 | 13 |
| 100. | Richter, Thomas | Köln | 61:51 | 70 | M 40 | 13 |
| 101. | Wienhold, Jürgen | Düsseldorf | 62:31 | 61 | M 50 | 14 |
| 102. | Hofmann, Miriam | Köln-Porz | 64:36 | 80 | W 30 | 3 |
| 103. | Heintz, Gerd | Köln | 65:43 | 61 | M 50 | 15 |
| 104. | Schäfer, Ingrid | Köln | 65:45 | 52 | W 60 | 2 |
| 105. | Naujokat, Carsten | LT Düsseldorf Süd | 67:30 | 74 | M 35 | 12 |
| 106. | Noack, Christian | Köln-Rath | 68:43 | 67 | M 45 | 20 |
| 107. | Holz, René | Köln | 68:45 | 72 | M 40 | 14 |

5 Km Nordic Walking

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|-----|------------------------|----------------------------|-------|----|------|---|
| 1. | Meller, Barbara | Nordic-Walkingtr. LSV Porz | 36:47 | 63 | W 45 | 1 |
| 2. | Hermann, Klaus | Meddys LWT Koblenz +TEA | 37:24 | 57 | M 55 | 1 |
| 3. | Zühlsdorf, Horst | Nordic-Walkingtr. LSV Porz | 37:53 | 37 | M 75 | 1 |
| 4. | Kirshberg, Wilhelm | GAG Lauftreff | 38:27 | 55 | M 55 | 2 |
| 5. | Auweiler, Herm.-Jos. | Nordic-Walk. LSV Porz | 38:31 | 48 | M 60 | 1 |
| 6. | Neumann, Dietmar | Köln-Porz | 38:33 | 46 | M 65 | 1 |
| 7. | Zühlsdorf, Erna | Nordic-Walkingtr. LSV Porz | 39:29 | 39 | W 70 | 1 |
| 8. | Hunger, Ursula | Nordic-Walkingtr. LSV Porz | 40:13 | 50 | W 60 | 1 |
| 9. | Ehren, Klaus-Günter | LT Federath 61 | 40:29 | 61 | M 50 | 1 |
| 10. | Hennecke, Gerd-Manfred | SV Bayer 04 Lev o4 | 43:33 | 36 | M 75 | 2 |
| 11. | Schultheiß, Eveline | Meddys LWT Koblenz +TEA | 44:55 | 60 | W 50 | 1 |