



## 3. Lauf zur 33. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG OVERALL**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
1 (1132)	DAHL, Simon	1987	Bunert - Der Kölner Lauflade	0:33:02	0:51:14	1:16:07	<b>02:40:23</b>
2 (1156)	BREUNUNG, Dirk	1976	Bunert Siegburg	0:34:41	0:53:26	1:18:12	<b>02:46:19</b>
3 (2094)	HAASE, Hendrik	1999		0:37:26	0:57:26	1:19:55	<b>02:54:47</b>
4 (1155)	BORGMANN, Achim	1971	BMAI all stars	0:37:33	0:57:04	1:20:34	<b>02:55:11</b>
5 (1432)	HOPPE, Sebastian	1983	SSF Bonn	0:37:03	0:56:58	1:23:11	<b>02:57:12</b>
6 (1200)	LÜNENBORG, Jurek	1990	Lünenborgrunners	0:37:43	0:58:20	1:23:14	<b>02:59:17</b>
7 (1309)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:02	0:59:00	1:24:13	<b>03:02:15</b>
8 (132)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:38:41	1:01:32	1:23:29	<b>03:03:42</b>
9 (65)	DREUTH, Christoph	1980	Keno & Matilda	0:38:56	1:00:02	1:24:49	<b>03:03:47</b>
10 (318)	STEBER, Roland	1972		0:38:58	1:00:44	1:24:43	<b>03:04:25</b>
11 (1438)	PESCH, Claus	1970	Laufen gegen Leiden	0:38:54	0:59:19	1:26:14	<b>03:04:27</b>
12 (1193)	KRÖNKEMEIER, Dennis	1990	Kölner Triathlon Team 01	0:38:10	0:58:49	1:27:53	<b>03:04:52</b>
13 (1463)	ARENZ, Jens	1969	TEAM C	0:39:15	1:00:45	1:26:31	<b>03:06:31</b>
14 (1190)	KOLTER, Dominik	1982	Kugelblizze	0:39:31	1:00:07	1:27:18	<b>03:06:56</b>
15 (208)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:40:50	1:00:10	1:26:48	<b>03:07:48</b>
16 (1433)	RÖLLGEN, Thomas	1973	HDL Perle	0:39:26	1:00:32	1:27:58	<b>03:07:56</b>
17 (1191)	KOPATSCHEK, Anne	1975	MACH3 Köln e.V.	0:39:25	1:00:12	1:29:06	<b>03:08:43</b>
18 (236)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:25	1:01:38	1:28:19	<b>03:10:22</b>
19 (2098)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:40:53	1:03:55	1:26:07	<b>03:10:55</b>
20 (2328)	GÜLKE, Thomas	1978	Ausdauerschule by Bunert	0:41:23	1:01:40	1:28:05	<b>03:11:08</b>
21 (2042)	HEITKAMP, Michael	1964	SV AXA	0:40:42	1:02:32	1:28:36	<b>03:11:50</b>
22 (1150)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:16	1:02:04	1:28:32	<b>03:11:52</b>
23 (1425)	SCHMITZ, Christoph	1976	Aachener TG	0:39:59	1:02:35	1:29:55	<b>03:12:29</b>
24 (1405)	QUANTIUS, Andreas	1970	MACH3 Köln e.V.	0:41:26	1:02:46	1:28:43	<b>03:12:55</b>
25 (52)	CORNELIUS, Jana	1986	Mach3 Köln e.V.	0:41:11	1:03:12	1:28:52	<b>03:13:15</b>
26 (2087)	MERKEL, Eiken	1980	MACH3 Köln e.V.	0:41:21	1:01:59	1:30:57	<b>03:14:17</b>
27 (191)	LAST, Christoph	1977	TSG Valbert	0:42:35	1:03:12	1:28:58	<b>03:14:45</b>
28 (2023)	ROCHOLL, Lutz	1961	RS	0:41:14	1:03:31	1:30:07	<b>03:14:52</b>
29 (1413)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:03:28	1:29:35	<b>03:14:59</b>
30 (182)	KULLE, Marcus	1972	SV AXA	0:42:08	1:04:03	1:30:17	<b>03:16:28</b>
31 (1151)	BLÖCKER, Thomas	1962	Meckenheim	0:42:10	1:04:15	1:31:02	<b>03:17:27</b>
32 (252)	RAUTENBERG, Stefan	1967	TEAM RAUTE	0:41:10	1:04:31	1:32:01	<b>03:17:42</b>
33 (63)	DREESBACH, Dirk	1968	LC Weilerswist	0:41:58	1:05:39	1:34:34	<b>03:22:11</b>
34 (1144)	ANDERS, Lars	1976	PSV Brühl Triathlon Team	0:42:46	1:06:26	1:34:42	<b>03:23:54</b>
35 (272)	SCHLATTER, Mark	1972		0:42:46	1:06:48	1:35:21	<b>03:24:55</b>
36 (1206)	NEIS, Markus	1967		0:42:35	1:07:57	1:34:53	<b>03:25:25</b>
37 (167)	KÖSTER-EISERFUNKE, Julian	1987	TriathlonSteckelCologne	0:41:33	1:06:49	1:37:31	<b>03:25:53</b>
38 (1187)	KELOUDIS, Georgios	1969	LG Gummersbach	0:43:51	1:07:47	1:35:06	<b>03:26:44</b>
39 (187)	KUTHE, Thorsten	1972		0:44:32	1:08:20	1:34:25	<b>03:27:17</b>
40 (323)	STING, Michael	1968	VfL Wehbach	0:44:27	1:07:45	1:35:06	<b>03:27:18</b>
41 (2096)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:19	1:08:15	1:34:56	<b>03:27:30</b>
42 (267)	SACHS, Sandra	1970	LAZ Puma Rhein-Sieg	0:43:21	1:09:16	1:35:09	<b>03:27:46</b>



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
43 (56)	DINTER, Martin	1967		0:43:32	1:07:12	1:37:16	<b>03:28:00</b>
44 (2072)	LÜBBERT, Mark	1979		0:43:11	1:09:04	1:36:07	<b>03:28:22</b>
45 (348)	VON RIEWEL, Hendrik	1978		0:43:47	1:05:14	1:42:00	<b>03:31:01</b>
46 (1493)	RIEDER, Jürgen	1982		0:44:39	1:08:51	1:38:07	<b>03:31:37</b>
47 (1185)	JAKOB, Michael	1968	Rg Haldern	0:46:32	1:10:10	1:35:27	<b>03:32:09</b>
48 (47)	CELEBIJA, Drazen	1968	Barbariga	0:44:54	1:09:16	1:39:12	<b>03:33:22</b>
49 (151)	KEUSER, Thorsten	1982	S.O.A Runner	0:48:39	1:08:33	1:36:16	<b>03:33:28</b>
50 (303)	SCHÜTT, Jan	1985	TriCologne	0:43:03	1:08:50	1:41:40	<b>03:33:33</b>
51 (30)	BORSBACH, Hermann-Josef	1959	LT Saaler Mühle	0:45:59	1:10:25	1:37:18	<b>03:33:42</b>
52 (1411)	NEUROTH, Aaron	1997	LG Westerwald	0:43:08	1:12:14	1:38:51	<b>03:34:13</b>
53 (162)	KÖHLER, Jimmy	1972	KRÜGER Group Running Tea	0:44:51	1:11:02	1:38:23	<b>03:34:16</b>
54 (248)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:45:34	1:10:33	1:38:30	<b>03:34:37</b>
55 (1168)	EISENBERG, Hans	1982		0:44:54	1:10:53	1:40:31	<b>03:36:18</b>
56 (232)	NIEHAUS, Marco	1980		0:45:58	1:11:18	1:39:46	<b>03:37:02</b>
57 (331)	TEDERS, Lorenz	2000	1.FC Klausen	0:43:39	1:09:15	1:44:26	<b>03:37:20</b>
58 (330)	TEDERS, Michael	1956	DAV-Wuppertal	0:45:09	1:10:18	1:42:13	<b>03:37:40</b>
59 (66)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:45:27	1:11:44	1:40:59	<b>03:38:10</b>
60 (146)	KERKHOFF, Philipp	1980	Cologne Southside	0:45:46	1:10:30	1:41:54	<b>03:38:10</b>
61 (149)	KEßELER, Stefan	1978		0:44:09	1:08:56	1:45:09	<b>03:38:14</b>
62 (377)	ZÖRNER, Daniel	1986	SV Dernau	0:45:24	1:06:43	1:46:59	<b>03:39:06</b>
63 (1219)	SCHULZ, Markus	1975	LT SG Selters	0:44:11	1:10:51	1:45:40	<b>03:40:42</b>
64 (2069)	BLAZEJEWSKI, Martin	1982		0:46:04	1:11:31	1:43:19	<b>03:40:54</b>
65 (1153)	BLUM, Martin	1969	LT Puderbach	0:46:37	1:11:11	1:43:40	<b>03:41:28</b>
66 (1481)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:58	1:12:39	1:42:02	<b>03:41:39</b>
67 (1412)	HOFFMANN, Sigrid	1965	LG Westerwald	0:48:23	1:12:36	1:40:45	<b>03:41:44</b>
68 (199)	LUTZ, Jürgen	1966	Ski Club Edelweiß Köln-Stam	0:46:59	1:11:48	1:43:21	<b>03:42:08</b>
69 (202)	MARINGER, Niels	1978		0:46:02	1:11:11	1:45:25	<b>03:42:38</b>
70 (2093)	HAASE, Holger	1965		0:45:10	1:11:29	1:46:11	<b>03:42:50</b>
71 (1210)	PODZUS, Horst	1961		0:48:14	1:13:26	1:44:57	<b>03:46:37</b>
72 (171)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:46:04	1:11:43	1:49:30	<b>03:47:17</b>
73 (201)	MANDT, Markus	1968	LT Saaler Mühle	0:46:22	1:13:51	1:47:13	<b>03:47:26</b>
74 (196)	LICHT, Martin	1970	Google+ Running / Laufen	0:46:47	1:17:24	1:43:20	<b>03:47:31</b>
75 (1478)	SCHUTH, Sebastian	1975		0:47:05	1:12:07	1:48:22	<b>03:47:34</b>
76 (250)	PRIESS, Frank	1966		0:48:08	1:14:10	1:45:24	<b>03:47:42</b>
77 (1410)	NEUROTH, Andre	1964	LG Westerwald	0:45:42	1:14:21	1:47:46	<b>03:47:49</b>
78 (21)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:08	1:12:14	1:47:45	<b>03:48:07</b>
79 (40)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:33	1:14:23	1:44:11	<b>03:48:07</b>
80 (1162)	BÜDENBENDER, Heike	1967	LT Puderbach	0:48:42	1:13:45	1:45:45	<b>03:48:12</b>
81 (1336)	KREDINGER, Markus	1972	Team Erdinger Alkoholfrei	0:49:14	1:13:37	1:45:30	<b>03:48:21</b>
82 (2085)	MAN, Wai-Yip	1982	MACH3 Köln e.V.	0:48:51	1:14:49	1:45:00	<b>03:48:40</b>
83 (307)	SCHWENCK, Christian	1974		0:47:37	1:14:30	1:46:37	<b>03:48:44</b>
84 (128)	HOLTHOFF, Jürgen	1966	LG Deiringsen	0:47:26	1:13:45	1:47:44	<b>03:48:55</b>



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
85 (239)	OSELKA, Sandra	1991	Lauftreff Pappelallee	0:48:04	1:13:42	1:47:11	<b>03:48:57</b>
86 (1417)	KOZYRSKA, Agnes	1972	IAC Düren	0:48:37	1:14:53	1:45:31	<b>03:49:01</b>
87 (207)	METE, Nicole	1971	Mach3 Köln e.V.	0:47:30	1:15:23	1:46:29	<b>03:49:22</b>
88 (302)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:47:39	1:13:45	1:48:08	<b>03:49:32</b>
89 (1179)	HEINEN, Olaf	1966	BV 08 Lüttringhausen	0:48:07	1:14:38	1:47:21	<b>03:50:06</b>
90 (103)	GRUNDMANN, Horst	1957	Kölner Ausdauer- & Laufsch	0:48:17	1:15:48	1:46:17	<b>03:50:22</b>
91 (31)	BÖRSTE, Andreas	1972		0:49:58	1:14:23	1:47:33	<b>03:51:54</b>
92 (1329)	KEVERPÜTZ, Sascha	1971		0:48:21	1:18:46	1:45:54	<b>03:53:01</b>
93 (2073)	BÜSCHER, Anja	1985	TV Refrath	0:50:44	1:15:28	1:46:54	<b>03:53:06</b>
94 (2074)	HUPPERTZ, Christian	1968		0:50:44	1:15:29	1:46:55	<b>03:53:08</b>
95 (260)	RITTER, Daniela	1974	SV Hellas Siegburg	0:48:33	1:15:31	1:49:20	<b>03:53:24</b>
96 (38)	BRINGS, Daniel	1979		0:48:27	1:14:39	1:50:22	<b>03:53:28</b>
97 (1416)	BUSCHMANN, Sabine	1973	LT Alsdorf OST	0:49:05	1:15:30	1:50:17	<b>03:54:52</b>
98 (150)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:48:41	1:16:11	1:50:13	<b>03:55:05</b>
99 (322)	STICHERT, Jörg	1968	Team Running Stars	0:49:33	1:16:29	1:51:41	<b>03:57:43</b>
100 (122)	HILLEN, Michael	1978	UPS	0:51:46	1:17:19	1:48:51	<b>03:57:56</b>
101 (224)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:09	1:15:52	1:52:22	<b>03:58:23</b>
102 (1458)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:50:39	1:19:38	1:48:44	<b>03:59:01</b>
103 (263)	ROSSO, Mario	1960	TUS Brauweiler	0:48:28	1:15:13	1:55:35	<b>03:59:16</b>
104 (1174)	HAHN , Sylvia	1968	BSG BML BONN	0:51:35	1:18:14	1:50:23	<b>04:00:12</b>
105 (340)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:50:30	1:17:47	1:52:07	<b>04:00:24</b>
106 (2157)	HAAK, Miriam	1976		0:58:33	1:32:09	1:29:43	<b>04:00:25</b>
107 (22)	BINDER, Konstanze	1990	TV Mannheim-Friedrichsfeld	0:52:02	1:20:39	1:49:10	<b>04:01:51</b>
108 (2302)	HARTMANN, Sven	1977		0:50:35	1:20:04	1:52:17	<b>04:02:56</b>
109 (371)	WOLFRAMM, Tobias	1975	SC Eichholz Essen	0:49:36	1:18:03	1:56:12	<b>04:03:51</b>
110 (1445)	SCHOTTEN, Günther	1939		0:51:07	1:19:26	1:53:47	<b>04:04:20</b>
111 (1212)	PTASCHLIK, Thomas	1976		0:49:50	1:20:27	1:54:06	<b>04:04:23</b>
112 (126)	HOFFMANN, Dirk	1969		0:49:41	1:20:08	1:54:41	<b>04:04:30</b>
113 (1414)	SIMION, Claudiu	1984	BAV	0:52:12	1:19:51	1:54:07	<b>04:06:10</b>
114 (1487)	MARKS, Waldemar	1960	Nonstop Köln	0:52:00	1:19:53	1:55:08	<b>04:07:01</b>
115 (1197)	LIETH, Nicole	1972		0:52:55	1:20:53	1:53:28	<b>04:07:16</b>
116 (200)	MAIER, Jörg	1973	Sportfreunde Aegidienberg	0:51:55	1:20:51	1:55:14	<b>04:08:00</b>
117 (264)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:51:23	1:23:24	1:53:20	<b>04:08:07</b>
118 (28)	BORCHERT, Annett	1971	RTC Frechen	0:48:09	1:19:56	2:00:19	<b>04:08:24</b>
119 (101)	GRIESEMANN, Georg	1974		0:54:22	1:18:55	1:56:05	<b>04:09:22</b>
120 (1169)	ELBLE, Max	1961	ERGO sports Köln	0:54:33	1:20:37	1:54:17	<b>04:09:27</b>
121 (15)	BECKER, Cornell	1979		0:52:58	1:20:19	1:57:29	<b>04:10:46</b>
122 (133)	HUPPERTZ, Horst	1963	LG Huskies	0:51:10	1:22:37	1:57:59	<b>04:11:46</b>
123 (337)	TROST, Stefan	1958	Laufzentrum Martinstraße	0:50:36	1:31:07	1:50:04	<b>04:11:47</b>
124 (1196)	LEYENS, André	1963		0:52:50	1:21:00	1:59:06	<b>04:12:56</b>
125 (1711)	WAGNER, Anja	1989	Paleo360	0:54:00	1:21:30	1:58:24	<b>04:13:54</b>
126 (1)	ADAMS, Heike	1964		0:53:29	1:22:06	1:58:35	<b>04:14:10</b>



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
127 (144)	KEITEL, Sönke	1964		0:53:31	1:22:08	1:58:35	<b>04:14:14</b>
128 (82)	FLACHOWSKY, Andreas	1983		0:50:32	1:21:01	2:03:08	<b>04:14:41</b>
129 (43)	CARDUCK, Jessica	1981		0:53:25	1:24:43	1:57:06	<b>04:15:14</b>
130 (279)	SCHMIDT, Tobias	1987		0:53:11	1:23:28	1:59:53	<b>04:16:32</b>
131 (175)	KUCK, Annett	1960		0:54:25	1:22:30	1:59:45	<b>04:16:40</b>
132 (317)	STARCK, Dani	1976	LC Weilerswist	0:54:14	1:22:06	2:02:02	<b>04:18:22</b>
133 (215)	MOGA, Bruno	1952	LG Huskies	0:55:36	1:26:08	1:57:24	<b>04:19:08</b>
134 (16)	BEHRENDT, Susanne	1976	Animalcompassion	0:53:45	1:23:57	2:03:07	<b>04:20:49</b>
135 (366)	WIRTH, Camilla	1977		0:54:17	1:24:24	2:02:33	<b>04:21:14</b>
136 (160)	KOCH, Frank	1966	Isi Fitness	0:55:12	1:23:36	2:02:58	<b>04:21:46</b>
137 (45)	CARLÉ, Thomas	1969		0:53:18	1:22:08	2:06:37	<b>04:22:03</b>
138 (289)	SCHNEIDER, Sven	1980		0:55:34	1:26:31	2:01:59	<b>04:24:04</b>
139 (2063)	MAN, Wai-Hung	1980	MACH3 Köln e.V.	0:54:24	1:25:07	2:05:02	<b>04:24:33</b>
140 (186)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:55	1:27:30	2:04:01	<b>04:25:26</b>
141 (1469)	SCHLOEMER, Randolf	1971		0:55:26	1:26:08	2:05:10	<b>04:26:44</b>
142 (159)	KOCH, Simone	1966		0:58:39	1:26:08	2:02:57	<b>04:27:44</b>
143 (1173)	GREWE, Ina	1971	Union Biesfeld Triathlon	0:55:56	1:25:45	2:06:10	<b>04:27:51</b>
144 (39)	BROICH, Ralph	1970	Ford FCSD 05	0:55:48	1:27:17	2:05:09	<b>04:28:14</b>
145 (14)	BECKER, Claus	1949		0:57:21	1:26:51	2:04:18	<b>04:28:30</b>
146 (1334)	WOLLENWEBER, Uwe	1962	LSV Porz / Köln	0:57:22	1:26:59	2:04:54	<b>04:29:15</b>
147 (6)	AUDEHM, Dr. Uwe	1960	Bonn	0:55:50	1:29:21	2:04:07	<b>04:29:18</b>
148 (193)	LENSING, Britta	1969	Bonn	0:55:50	1:29:22	2:04:07	<b>04:29:19</b>
149 (324)	STING, Daniela	1972	VfL Wehbach	0:56:10	1:26:51	2:07:00	<b>04:30:01</b>
150 (1226)	VERING, Wilfried	1958	Lauftreff Leidenhausen	0:56:14	1:25:32	2:09:13	<b>04:30:59</b>
151 (309)	SEEGEBRECHT-KEITEL, Susan	1985		0:56:54	1:30:21	2:06:22	<b>04:33:37</b>
152 (1500)	RIEGER, Herbert	1966	Ahrläufer	0:56:36	1:27:43	2:09:26	<b>04:33:45</b>
153 (67)	EICHERT, Christian	1959	Erdinger Alkoholfrei	0:58:21	1:28:55	2:11:09	<b>04:38:25</b>
154 (326)	STRÜDER, Andreas	1972		0:59:32	1:28:12	2:13:41	<b>04:41:25</b>
155 (301)	SCHUMACHER, Markus	1970		1:00:08	1:28:14	2:13:42	<b>04:42:04</b>
156 (1473)	JÜNGST, Barbara	1954		0:57:51	1:31:33	2:12:47	<b>04:42:11</b>
157 (1202)	MANTHEY, Alexander	1956	TSV Bayer 04	0:58:05	1:31:42	2:16:21	<b>04:46:08</b>
158 (70)	ENGESSER, Anne	1987		0:59:38	1:30:31	2:16:11	<b>04:46:20</b>
159 (105)	HAJEK, Verena	1952	Laufmonster	0:58:40	1:31:35	2:21:21	<b>04:51:36</b>
160 (1163)	CIAMPELLI, Irene	1959	TSV BAYER 04 Lauftreff	0:58:05	1:36:02	2:18:07	<b>04:52:14</b>
161 (140)	JESCHKE, Katrin	1966	Willpower.Races	1:01:20	1:31:56	2:20:10	<b>04:53:26</b>
162 (372)	WURDA, Werner	1960	Diabetes Programm / Fort. K	1:01:14	1:31:27	2:21:04	<b>04:53:45</b>
163 (228)	MÜNCH, Daniel	1972	Team Magenta	1:02:57	1:35:56	2:28:14	<b>05:07:07</b>



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**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH GESCHLECHT**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>WEIBLICH</b>							
1 (1191)	KOPATSCHEK, Anne	1975	MACH3 Köln e.V.	0:39:25	1:00:12	1:29:06	<b>03:08:43</b>
2 (52)	CORNELIUS, Jana	1986	Mach3 Köln e.V.	0:41:11	1:03:12	1:28:52	<b>03:13:15</b>
3 (267)	SACHS, Sandra	1970	LAZ Puma Rhein-Sieg	0:43:21	1:09:16	1:35:09	<b>03:27:46</b>
4 (1412)	HOFFMANN, Sigrid	1965	LG Westerwald	0:48:23	1:12:36	1:40:45	<b>03:41:44</b>
5 (1162)	BÜDENBENDER, Heike	1967	LT Puderbach	0:48:42	1:13:45	1:45:45	<b>03:48:12</b>
6 (239)	OSELKA, Sandra	1991	Lauftreff Pappelallee	0:48:04	1:13:42	1:47:11	<b>03:48:57</b>
7 (1417)	KOZYRSKA, Agnes	1972	IAC Düren	0:48:37	1:14:53	1:45:31	<b>03:49:01</b>
8 (207)	METE, Nicole	1971	Mach3 Köln e.V.	0:47:30	1:15:23	1:46:29	<b>03:49:22</b>
9 (2073)	BÜSCHER, Anja	1985	TV Refrath	0:50:44	1:15:28	1:46:54	<b>03:53:06</b>
10 (260)	RITTER, Daniela	1974	SV Hellas Siegburg	0:48:33	1:15:31	1:49:20	<b>03:53:24</b>
11 (1416)	BUSCHMANN, Sabine	1973	LT Alsdorf OST	0:49:05	1:15:30	1:50:17	<b>03:54:52</b>
12 (150)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:48:41	1:16:11	1:50:13	<b>03:55:05</b>
13 (1174)	HAHN, Sylvia	1968	BSG BML BONN	0:51:35	1:18:14	1:50:23	<b>04:00:12</b>
14 (2157)	HAAK, Miriam	1976		0:58:33	1:32:09	1:29:43	<b>04:00:25</b>
15 (22)	BINDER, Konstanze	1990	TV Mannheim-Friedrichsfeld	0:52:02	1:20:39	1:49:10	<b>04:01:51</b>
16 (1197)	LIETH, Nicole	1972		0:52:55	1:20:53	1:53:28	<b>04:07:16</b>
17 (28)	BORCHERT, Annett	1971	RTC Frechen	0:48:09	1:19:56	2:00:19	<b>04:08:24</b>
18 (15)	BECKER, Cornell	1979		0:52:58	1:20:19	1:57:29	<b>04:10:46</b>
19 (1711)	WAGNER, Anja	1989	Paleo360	0:54:00	1:21:30	1:58:24	<b>04:13:54</b>
20 (1)	ADAMS, Heike	1964		0:53:29	1:22:06	1:58:35	<b>04:14:10</b>
21 (43)	CARDUCK, Jessica	1981		0:53:25	1:24:43	1:57:06	<b>04:15:14</b>
22 (175)	KUCK, Annett	1960		0:54:25	1:22:30	1:59:45	<b>04:16:40</b>
23 (317)	STARCK, Dani	1976	LC Weilerswist	0:54:14	1:22:06	2:02:02	<b>04:18:22</b>
24 (16)	BEHRENDT, Susanne	1976	Animalcompassion	0:53:45	1:23:57	2:03:07	<b>04:20:49</b>
25 (366)	WIRTH, Camilla	1977		0:54:17	1:24:24	2:02:33	<b>04:21:14</b>
26 (159)	KOCH, Simone	1966		0:58:39	1:26:08	2:02:57	<b>04:27:44</b>
27 (1173)	GREWE, Ina	1971	Union Biesfeld Triathlon	0:55:56	1:25:45	2:06:10	<b>04:27:51</b>
28 (193)	LENSING, Britta	1969	Bonn	0:55:50	1:29:22	2:04:07	<b>04:29:19</b>
29 (324)	STING, Daniela	1972	VfL Wehbach	0:56:10	1:26:51	2:07:00	<b>04:30:01</b>
30 (309)	SEEGEBRECHT-KEITEL, Susan	1985		0:56:54	1:30:21	2:06:22	<b>04:33:37</b>
31 (1473)	JÜNGST, Barbara	1954		0:57:51	1:31:33	2:12:47	<b>04:42:11</b>
32 (70)	ENGESSER, Anne	1987		0:59:38	1:30:31	2:16:11	<b>04:46:20</b>
33 (105)	HAJEK, Verena	1952	Laufmonster	0:58:40	1:31:35	2:21:21	<b>04:51:36</b>
34 (1163)	CIAMPELLI, Irene	1959	TSV BAYER 04 Lauftreff	0:58:05	1:36:02	2:18:07	<b>04:52:14</b>
35 (140)	JESCHKE, Katrin	1966	Willpower.Races	1:01:20	1:31:56	2:20:10	<b>04:53:26</b>



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
1 (1132)	DAHL, Simon	1987	Bunert - Der Kölner Lauflade	0:33:02	0:51:14	1:16:07	<b>02:40:23</b>
2 (1156)	BREUNUNG, Dirk	1976	Bunert Siegburg	0:34:41	0:53:26	1:18:12	<b>02:46:19</b>
3 (2094)	HAASE, Hendrik	1999		0:37:26	0:57:26	1:19:55	<b>02:54:47</b>
4 (1155)	BORGMANN, Achim	1971	BMAI all stars	0:37:33	0:57:04	1:20:34	<b>02:55:11</b>
5 (1432)	HOPPE, Sebastian	1983	SSF Bonn	0:37:03	0:56:58	1:23:11	<b>02:57:12</b>
6 (1200)	LÜNENBORG, Jurek	1990	Lünenborgrunners	0:37:43	0:58:20	1:23:14	<b>02:59:17</b>
7 (1309)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:02	0:59:00	1:24:13	<b>03:02:15</b>
8 (132)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:38:41	1:01:32	1:23:29	<b>03:03:42</b>
9 (65)	DREUTH, Christoph	1980	Keno & Matilda	0:38:56	1:00:02	1:24:49	<b>03:03:47</b>
10 (318)	STEBER, Roland	1972		0:38:58	1:00:44	1:24:43	<b>03:04:25</b>
11 (1438)	PESCH, Claus	1970	Laufen gegen Leiden	0:38:54	0:59:19	1:26:14	<b>03:04:27</b>
12 (1193)	KRÖNKEMEIER, Dennis	1990	Kölner Triathlon Team 01	0:38:10	0:58:49	1:27:53	<b>03:04:52</b>
13 (1463)	ARENZ, Jens	1969	TEAM C	0:39:15	1:00:45	1:26:31	<b>03:06:31</b>
14 (1190)	KOLTER, Dominik	1982	Kugelblizze	0:39:31	1:00:07	1:27:18	<b>03:06:56</b>
15 (208)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:40:50	1:00:10	1:26:48	<b>03:07:48</b>
16 (1433)	RÖLLGEN, Thomas	1973	HDL Perle	0:39:26	1:00:32	1:27:58	<b>03:07:56</b>
17 (236)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:25	1:01:38	1:28:19	<b>03:10:22</b>
18 (2098)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:40:53	1:03:55	1:26:07	<b>03:10:55</b>
19 (2328)	GÜLKE, Thomas	1978	Ausdauerschule by Bunert	0:41:23	1:01:40	1:28:05	<b>03:11:08</b>
20 (2042)	HEITKAMP, Michael	1964	SV AXA	0:40:42	1:02:32	1:28:36	<b>03:11:50</b>
21 (1150)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:16	1:02:04	1:28:32	<b>03:11:52</b>
22 (1425)	SCHMITZ, Christoph	1976	Aachener TG	0:39:59	1:02:35	1:29:55	<b>03:12:29</b>
23 (1405)	QUANTIUS, Andreas	1970	MACH3 Köln e.V.	0:41:26	1:02:46	1:28:43	<b>03:12:55</b>
24 (2087)	MERKEL, Eiken	1980	MACH3 Köln e.V.	0:41:21	1:01:59	1:30:57	<b>03:14:17</b>
25 (191)	LAST, Christoph	1977	TSG Valbert	0:42:35	1:03:12	1:28:58	<b>03:14:45</b>
26 (2023)	ROCHOLL, Lutz	1961	RS	0:41:14	1:03:31	1:30:07	<b>03:14:52</b>
27 (1413)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:03:28	1:29:35	<b>03:14:59</b>
28 (182)	KULLE, Marcus	1972	SV AXA	0:42:08	1:04:03	1:30:17	<b>03:16:28</b>
29 (1151)	BLÖCKER, Thomas	1962	Meckenheim	0:42:10	1:04:15	1:31:02	<b>03:17:27</b>
30 (252)	RAUTENBERG, Stefan	1967	TEAM RAUTE	0:41:10	1:04:31	1:32:01	<b>03:17:42</b>
31 (63)	DREESBACH, Dirk	1968	LC Weilerswist	0:41:58	1:05:39	1:34:34	<b>03:22:11</b>
32 (1144)	ANDERS, Lars	1976	PSV Brühl Triathlon Team	0:42:46	1:06:26	1:34:42	<b>03:23:54</b>
33 (272)	SCHLATTER, Mark	1972		0:42:46	1:06:48	1:35:21	<b>03:24:55</b>
34 (1206)	NEIS, Markus	1967		0:42:35	1:07:57	1:34:53	<b>03:25:25</b>
35 (167)	KÖSTER-EISERFUNKE, Julian	1987	TriathlonSteckelCologne	0:41:33	1:06:49	1:37:31	<b>03:25:53</b>
36 (1187)	KELOUDIS, Georgios	1969	LG Gummersbach	0:43:51	1:07:47	1:35:06	<b>03:26:44</b>
37 (187)	KUTHE, Thorsten	1972		0:44:32	1:08:20	1:34:25	<b>03:27:17</b>
38 (323)	STING, Michael	1968	VfL Wehbach	0:44:27	1:07:45	1:35:06	<b>03:27:18</b>
39 (2096)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:19	1:08:15	1:34:56	<b>03:27:30</b>
40 (56)	DINTER, Martin	1967		0:43:32	1:07:12	1:37:16	<b>03:28:00</b>
41 (2072)	LÜBBERT, Mark	1979		0:43:11	1:09:04	1:36:07	<b>03:28:22</b>



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RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
42 (348)	VON RIEWEL, Hendrik	1978		0:43:47	1:05:14	1:42:00	<b>03:31:01</b>
43 (1493)	RIEDER, Jürgen	1982		0:44:39	1:08:51	1:38:07	<b>03:31:37</b>
44 (1185)	JAKOB, Michael	1968	Rg Haldern	0:46:32	1:10:10	1:35:27	<b>03:32:09</b>
45 (47)	CELEBIJA, Drazen	1968	Barbariga	0:44:54	1:09:16	1:39:12	<b>03:33:22</b>
46 (151)	KEUSER, Thorsten	1982	S.O.A Runner	0:48:39	1:08:33	1:36:16	<b>03:33:28</b>
47 (303)	SCHÜTT, Jan	1985	TriCologne	0:43:03	1:08:50	1:41:40	<b>03:33:33</b>
48 (30)	BORSBACH, Hermann-Josef	1959	LT Saaler Mühle	0:45:59	1:10:25	1:37:18	<b>03:33:42</b>
49 (1411)	NEUROTH, Aaron	1997	LG Westerwald	0:43:08	1:12:14	1:38:51	<b>03:34:13</b>
50 (162)	KÖHLER, Jimmy	1972	KRÜGER Group Running Tea	0:44:51	1:11:02	1:38:23	<b>03:34:16</b>
51 (248)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:45:34	1:10:33	1:38:30	<b>03:34:37</b>
52 (1168)	EISENBERG, Hans	1982		0:44:54	1:10:53	1:40:31	<b>03:36:18</b>
53 (232)	NIEHAUS, Marco	1980		0:45:58	1:11:18	1:39:46	<b>03:37:02</b>
54 (331)	TEDERS, Lorenz	2000	1.FC Klausen	0:43:39	1:09:15	1:44:26	<b>03:37:20</b>
55 (330)	TEDERS, Michael	1956	DAV-Wuppertal	0:45:09	1:10:18	1:42:13	<b>03:37:40</b>
56 (66)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:45:27	1:11:44	1:40:59	<b>03:38:10</b>
57 (146)	KERKHOFF, Philipp	1980	Cologne Southside	0:45:46	1:10:30	1:41:54	<b>03:38:10</b>
58 (149)	KEßELER, Stefan	1978		0:44:09	1:08:56	1:45:09	<b>03:38:14</b>
59 (377)	ZÖRNER, Daniel	1986	SV Dernau	0:45:24	1:06:43	1:46:59	<b>03:39:06</b>
60 (1219)	SCHULZ, Markus	1975	LT SG Selters	0:44:11	1:10:51	1:45:40	<b>03:40:42</b>
61 (2069)	BLAZEJEWSKI, Martin	1982		0:46:04	1:11:31	1:43:19	<b>03:40:54</b>
62 (1153)	BLUM, Martin	1969	LT Puderbach	0:46:37	1:11:11	1:43:40	<b>03:41:28</b>
63 (1481)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:58	1:12:39	1:42:02	<b>03:41:39</b>
64 (199)	LUTZ, Jürgen	1966	Ski Club Edelweiß Köln-Stam	0:46:59	1:11:48	1:43:21	<b>03:42:08</b>
65 (202)	MARINGER, Niels	1978		0:46:02	1:11:11	1:45:25	<b>03:42:38</b>
66 (2093)	HAASE, Holger	1965		0:45:10	1:11:29	1:46:11	<b>03:42:50</b>
67 (1210)	PODZUS, Horst	1961		0:48:14	1:13:26	1:44:57	<b>03:46:37</b>
68 (171)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:46:04	1:11:43	1:49:30	<b>03:47:17</b>
69 (201)	MANDT, Markus	1968	LT Saaler Mühle	0:46:22	1:13:51	1:47:13	<b>03:47:26</b>
70 (196)	LICHT, Martin	1970	Google+ Running / Laufen	0:46:47	1:17:24	1:43:20	<b>03:47:31</b>
71 (1478)	SCHUTH, Sebastian	1975		0:47:05	1:12:07	1:48:22	<b>03:47:34</b>
72 (250)	PRIESS, Frank	1966		0:48:08	1:14:10	1:45:24	<b>03:47:42</b>
73 (1410)	NEUROTH, Andre	1964	LG Westerwald	0:45:42	1:14:21	1:47:46	<b>03:47:49</b>
74 (21)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:08	1:12:14	1:47:45	<b>03:48:07</b>
75 (40)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:33	1:14:23	1:44:11	<b>03:48:07</b>
76 (1336)	KREDINGER, Markus	1972	Team Erdinger Alkoholfrei	0:49:14	1:13:37	1:45:30	<b>03:48:21</b>
77 (2085)	MAN, Wai-Yip	1982	MACH3 Köln e.V.	0:48:51	1:14:49	1:45:00	<b>03:48:40</b>
78 (307)	SCHWENCK, Christian	1974		0:47:37	1:14:30	1:46:37	<b>03:48:44</b>
79 (128)	HOLTHOFF, Jürgen	1966	LG Deiringsen	0:47:26	1:13:45	1:47:44	<b>03:48:55</b>
80 (302)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:47:39	1:13:45	1:48:08	<b>03:49:32</b>
81 (1179)	HEINEN, Olaf	1966	BV 08 Lüttringhausen	0:48:07	1:14:38	1:47:21	<b>03:50:06</b>
82 (103)	GRUNDMANN, Horst	1957	Kölner Ausdauer- & Laufsch	0:48:17	1:15:48	1:46:17	<b>03:50:22</b>



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**GROSSE SERIE (10+15+21 KM) GESAMTWERTUNG NACH GESCHLECHT**

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
83 (31)	BÖRSTE, Andreas	1972		0:49:58	1:14:23	1:47:33	<b>03:51:54</b>
84 (1329)	KEVERPÜTZ, Sascha	1971		0:48:21	1:18:46	1:45:54	<b>03:53:01</b>
85 (2074)	HUPPERTZ, Christian	1968		0:50:44	1:15:29	1:46:55	<b>03:53:08</b>
86 (38)	BRINGS, Daniel	1979		0:48:27	1:14:39	1:50:22	<b>03:53:28</b>
87 (322)	STICHERT, Jörg	1968	Team Running Stars	0:49:33	1:16:29	1:51:41	<b>03:57:43</b>
88 (122)	HILLEN, Michael	1978	UPS	0:51:46	1:17:19	1:48:51	<b>03:57:56</b>
89 (224)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:09	1:15:52	1:52:22	<b>03:58:23</b>
90 (1458)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:50:39	1:19:38	1:48:44	<b>03:59:01</b>
91 (263)	ROSSO, Mario	1960	TUS Brauweiler	0:48:28	1:15:13	1:55:35	<b>03:59:16</b>
92 (340)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:50:30	1:17:47	1:52:07	<b>04:00:24</b>
93 (2302)	HARTMANN, Sven	1977		0:50:35	1:20:04	1:52:17	<b>04:02:56</b>
94 (371)	WOLFRAMM, Tobias	1975	SC Eichholz Essen	0:49:36	1:18:03	1:56:12	<b>04:03:51</b>
95 (1445)	SCHOTTEN, Günther	1939		0:51:07	1:19:26	1:53:47	<b>04:04:20</b>
96 (1212)	PTASCHLIK, Thomas	1976		0:49:50	1:20:27	1:54:06	<b>04:04:23</b>
97 (126)	HOFFMANN, Dirk	1969		0:49:41	1:20:08	1:54:41	<b>04:04:30</b>
98 (1414)	SIMION, Claudiu	1984	BAV	0:52:12	1:19:51	1:54:07	<b>04:06:10</b>
99 (1487)	MARKS, Waldemar	1960	Nonstop Köln	0:52:00	1:19:53	1:55:08	<b>04:07:01</b>
100 (200)	MAIER, Jörg	1973	Sportfreunde Aegidienberg	0:51:55	1:20:51	1:55:14	<b>04:08:00</b>
101 (264)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:51:23	1:23:24	1:53:20	<b>04:08:07</b>
102 (101)	GRIESEMANN, Georg	1974		0:54:22	1:18:55	1:56:05	<b>04:09:22</b>
103 (1169)	ELBLE, Max	1961	ERGO sports Köln	0:54:33	1:20:37	1:54:17	<b>04:09:27</b>
104 (133)	HUPPERTZ, Horst	1963	LG Huskies	0:51:10	1:22:37	1:57:59	<b>04:11:46</b>
105 (337)	TROST, Stefan	1958	Laufzentrum Martinstraße	0:50:36	1:31:07	1:50:04	<b>04:11:47</b>
106 (1196)	LEYENS, André	1963		0:52:50	1:21:00	1:59:06	<b>04:12:56</b>
107 (144)	KEITEL, Sönke	1964		0:53:31	1:22:08	1:58:35	<b>04:14:14</b>
108 (82)	FLACHOWSKY, Andreas	1983		0:50:32	1:21:01	2:03:08	<b>04:14:41</b>
109 (279)	SCHMIDT, Tobias	1987		0:53:11	1:23:28	1:59:53	<b>04:16:32</b>
110 (215)	MOGA, Bruno	1952	LG Huskies	0:55:36	1:26:08	1:57:24	<b>04:19:08</b>
111 (160)	KOCH, Frank	1966	Isi Fitness	0:55:12	1:23:36	2:02:58	<b>04:21:46</b>
112 (45)	CARLÉ, Thomas	1969		0:53:18	1:22:08	2:06:37	<b>04:22:03</b>
113 (289)	SCHNEIDER, Sven	1980		0:55:34	1:26:31	2:01:59	<b>04:24:04</b>
114 (2063)	MAN, Wai-Hung	1980	MACH3 Köln e.V.	0:54:24	1:25:07	2:05:02	<b>04:24:33</b>
115 (186)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:55	1:27:30	2:04:01	<b>04:25:26</b>
116 (1469)	SCHLOEMER, Randolf	1971		0:55:26	1:26:08	2:05:10	<b>04:26:44</b>
117 (39)	BROICH, Ralph	1970	Ford FCSD 05	0:55:48	1:27:17	2:05:09	<b>04:28:14</b>
118 (14)	BECKER, Claus	1949		0:57:21	1:26:51	2:04:18	<b>04:28:30</b>
119 (1334)	WOLLENWEBER, Uwe	1962	LSV Porz / Köln	0:57:22	1:26:59	2:04:54	<b>04:29:15</b>
120 (6)	AUDEHM, Dr. Uwe	1960	Bonn	0:55:50	1:29:21	2:04:07	<b>04:29:18</b>
121 (1226)	VERING, Wilfried	1958	Laufftreff Leidenhausen	0:56:14	1:25:32	2:09:13	<b>04:30:59</b>
122 (1500)	RIEGER, Herbert	1966	Ahrläufer	0:56:36	1:27:43	2:09:26	<b>04:33:45</b>
123 (67)	EICHERT, Christian	1959	Erdinger Alkoholfrei	0:58:21	1:28:55	2:11:09	<b>04:38:25</b>





## 3. Lauf zur 33. Winterserie des LSV Porz

**GROSSE SERIE (10+15+21 KM)** GESAMTWERTUNG NACH GESCHLECHT

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNLICH</b>							
<b>124</b>	(326) STRÜDER, Andreas	1972		0:59:32	1:28:12	2:13:41	<b>04:41:25</b>
<b>125</b>	(301) SCHUMACHER, Markus	1970		1:00:08	1:28:14	2:13:42	<b>04:42:04</b>
<b>126</b>	(1202) MANTHEY, Alexander	1956	TSV Bayer 04	0:58:05	1:31:42	2:16:21	<b>04:46:08</b>
<b>127</b>	(372) WURDA, Werner	1960	Diabetes Programm / Fort. K	1:01:14	1:31:27	2:21:04	<b>04:53:45</b>
<b>128</b>	(228) MÜNCH, Daniel	1972	Team Magenta	1:02:57	1:35:56	2:28:14	<b>05:07:07</b>



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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>MÄNNER</b>							
1 (1200)	LÜNENBORG, Jurek	1990	Lünenborgrunners	0:37:43	0:58:20	1:23:14	<b>02:59:17</b>
2 (1193)	KRÖNKEMEIER, Dennis	1990	Kölner Triathlon Team 01	0:38:10	0:58:49	1:27:53	<b>03:04:52</b>
3 (1150)	BERTELS, Christoph	1988	25MINUTES Köln	0:41:16	1:02:04	1:28:32	<b>03:11:52</b>
<b>JUNIOREN U23</b>							
1 (1411)	NEUROTH, Aaron	1997	LG Westerwald	0:43:08	1:12:14	1:38:51	<b>03:34:13</b>
<b>SENIOREN M30</b>							
1 (1132)	DAHL, Simon	1987	Bunert - Der Kölner Lauflade	0:33:02	0:51:14	1:16:07	<b>02:40:23</b>
2 (1432)	HOPPE, Sebastian	1983	SSF Bonn	0:37:03	0:56:58	1:23:11	<b>02:57:12</b>
3 (167)	KÖSTER-EISERFUNKE, Julian	1987	TriathlonSteckelCologne	0:41:33	1:06:49	1:37:31	<b>03:25:53</b>
4 (303)	SCHÜTT, Jan	1985	TriCologne	0:43:03	1:08:50	1:41:40	<b>03:33:33</b>
5 (377)	ZÖRNER, Daniel	1986	SV Dernau	0:45:24	1:06:43	1:46:59	<b>03:39:06</b>
6 (1414)	SIMION, Claudiu	1984	BAV	0:52:12	1:19:51	1:54:07	<b>04:06:10</b>
7 (82)	FLACHOWSKY, Andreas	1983		0:50:32	1:21:01	2:03:08	<b>04:14:41</b>
8 (279)	SCHMIDT, Tobias	1987		0:53:11	1:23:28	1:59:53	<b>04:16:32</b>
<b>SENIOREN M35</b>							
1 (65)	DREUTH, Christoph	1980	Keno & Matilda	0:38:56	1:00:02	1:24:49	<b>03:03:47</b>
2 (1190)	KOLTER, Dominik	1982	Kugelblizze	0:39:31	1:00:07	1:27:18	<b>03:06:56</b>
3 (208)	MEULEMAN, Jan	1981	Mach3 Köln e.V.	0:40:50	1:00:10	1:26:48	<b>03:07:48</b>
4 (2328)	GÜLKE, Thomas	1978	Ausdauerschule by Bunert	0:41:23	1:01:40	1:28:05	<b>03:11:08</b>
5 (2087)	MERKEL, Eiken	1980	MACH3 Köln e.V.	0:41:21	1:01:59	1:30:57	<b>03:14:17</b>
6 (2072)	LÜBBERT, Mark	1979		0:43:11	1:09:04	1:36:07	<b>03:28:22</b>
7 (348)	VON RIEWEL, Hendrik	1978		0:43:47	1:05:14	1:42:00	<b>03:31:01</b>
8 (1493)	RIEDER, Jürgen	1982		0:44:39	1:08:51	1:38:07	<b>03:31:37</b>
9 (151)	KEUSER, Thorsten	1982	S.O.A Runner	0:48:39	1:08:33	1:36:16	<b>03:33:28</b>
10 (1168)	EISENBERG, Hans	1982		0:44:54	1:10:53	1:40:31	<b>03:36:18</b>
11 (232)	NIEHAUS, Marco	1980		0:45:58	1:11:18	1:39:46	<b>03:37:02</b>
12 (146)	KERKHOFF, Philipp	1980	Cologne Southside	0:45:46	1:10:30	1:41:54	<b>03:38:10</b>
13 (149)	KEßELER, Stefan	1978		0:44:09	1:08:56	1:45:09	<b>03:38:14</b>
14 (2069)	BLAZEJEWSKI, Martin	1982		0:46:04	1:11:31	1:43:19	<b>03:40:54</b>
15 (202)	MARINGER, Niels	1978		0:46:02	1:11:11	1:45:25	<b>03:42:38</b>
16 (2085)	MAN, Wai-Yip	1982	MACH3 Köln e.V.	0:48:51	1:14:49	1:45:00	<b>03:48:40</b>
17 (38)	BRINGS, Daniel	1979		0:48:27	1:14:39	1:50:22	<b>03:53:28</b>
18 (122)	HILLEN, Michael	1978	UPS	0:51:46	1:17:19	1:48:51	<b>03:57:56</b>
19 (289)	SCHNEIDER, Sven	1980		0:55:34	1:26:31	2:01:59	<b>04:24:04</b>
20 (2063)	MAN, Wai-Hung	1980	MACH3 Köln e.V.	0:54:24	1:25:07	2:05:02	<b>04:24:33</b>
<b>SENIOREN M40</b>							
1 (1156)	BREUNUNG, Dirk	1976	Bunert Siegburg	0:34:41	0:53:26	1:18:12	<b>02:46:19</b>
2 (1433)	RÖLLGEN, Thomas	1973	HDL Perle	0:39:26	1:00:32	1:27:58	<b>03:07:56</b>



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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIOREN M40</b>							
3 (1425)	SCHMITZ, Christoph	1976	Aachener TG	0:39:59	1:02:35	1:29:55	<b>03:12:29</b>
4 (191)	LAST, Christoph	1977	TSG Valbert	0:42:35	1:03:12	1:28:58	<b>03:14:45</b>
5 (1144)	ANDERS, Lars	1976	PSV Brühl Triathlon Team	0:42:46	1:06:26	1:34:42	<b>03:23:54</b>
6 (1219)	SCHULZ, Markus	1975	LT SG Selters	0:44:11	1:10:51	1:45:40	<b>03:40:42</b>
7 (171)	KRAWCZYK, Sascha	1974	Lauf(b)engel	0:46:04	1:11:43	1:49:30	<b>03:47:17</b>
8 (1478)	SCHUTH, Sebastian	1975		0:47:05	1:12:07	1:48:22	<b>03:47:34</b>
9 (307)	SCHWENCK, Christian	1974		0:47:37	1:14:30	1:46:37	<b>03:48:44</b>
10 (1458)	VON NISWANDT, Timo	1973	ERGO sports Köln	0:50:39	1:19:38	1:48:44	<b>03:59:01</b>
11 (2302)	HARTMANN, Sven	1977		0:50:35	1:20:04	1:52:17	<b>04:02:56</b>
12 (371)	WOLFRAMM, Tobias	1975	SC Eichholz Essen	0:49:36	1:18:03	1:56:12	<b>04:03:51</b>
13 (1212)	PTASCHLIK, Thomas	1976		0:49:50	1:20:27	1:54:06	<b>04:04:23</b>
14 (200)	MAIER, Jörg	1973	Sportfreunde Aegidienberg	0:51:55	1:20:51	1:55:14	<b>04:08:00</b>
15 (101)	GRIESEMANN, Georg	1974		0:54:22	1:18:55	1:56:05	<b>04:09:22</b>
<b>SENIOREN M45</b>							
1 (1155)	BORGMANN, Achim	1971	BMAI all stars	0:37:33	0:57:04	1:20:34	<b>02:55:11</b>
2 (1309)	SCHNEIDER, Thomas	1969	LG RWE Power	0:39:02	0:59:00	1:24:13	<b>03:02:15</b>
3 (132)	HUFNAGEL, Carsten	1969	Team Bauchfleisch	0:38:41	1:01:32	1:23:29	<b>03:03:42</b>
4 (318)	STEBER, Roland	1972		0:38:58	1:00:44	1:24:43	<b>03:04:25</b>
5 (1438)	PESCH, Claus	1970	Laufen gegen Leiden	0:38:54	0:59:19	1:26:14	<b>03:04:27</b>
6 (1463)	ARENZ, Jens	1969	TEAM C	0:39:15	1:00:45	1:26:31	<b>03:06:31</b>
7 (236)	OBERNDÖRFER, Martin	1972	LLG St. Augustin	0:40:25	1:01:38	1:28:19	<b>03:10:22</b>
8 (2098)	GREWE, Marc	1971	Union Biesfeld Triathlon	0:40:53	1:03:55	1:26:07	<b>03:10:55</b>
9 (1405)	QUANTIUS, Andreas	1970	MACH3 Köln e.V.	0:41:26	1:02:46	1:28:43	<b>03:12:55</b>
10 (182)	KULLE, Marcus	1972	SV AXA	0:42:08	1:04:03	1:30:17	<b>03:16:28</b>
11 (63)	DREESBACH, Dirk	1968	LC Weilerswist	0:41:58	1:05:39	1:34:34	<b>03:22:11</b>
12 (272)	SCHLATTER, Mark	1972		0:42:46	1:06:48	1:35:21	<b>03:24:55</b>
13 (1187)	KELOUDIS, Georgios	1969	LG Gummersbach	0:43:51	1:07:47	1:35:06	<b>03:26:44</b>
14 (187)	KUTHE, Thorsten	1972		0:44:32	1:08:20	1:34:25	<b>03:27:17</b>
15 (323)	STING, Michael	1968	VfL Wehbach	0:44:27	1:07:45	1:35:06	<b>03:27:18</b>
16 (1185)	JAKOB, Michael	1968	Rg Haldern	0:46:32	1:10:10	1:35:27	<b>03:32:09</b>
17 (47)	CELEBIJA, Drazen	1968	Barbariga	0:44:54	1:09:16	1:39:12	<b>03:33:22</b>
18 (162)	KÖHLER, Jimmy	1972	KRÜGER Group Running Tea	0:44:51	1:11:02	1:38:23	<b>03:34:16</b>
19 (1153)	BLUM, Martin	1969	LT Puderbach	0:46:37	1:11:11	1:43:40	<b>03:41:28</b>
20 (1481)	SCHMIDT, Alexander	1970	DJK Gummersbach	0:46:58	1:12:39	1:42:02	<b>03:41:39</b>
21 (201)	MANDT, Markus	1968	LT Saaler Mühle	0:46:22	1:13:51	1:47:13	<b>03:47:26</b>
22 (196)	LICHT, Martin	1970	Google+ Running / Laufen	0:46:47	1:17:24	1:43:20	<b>03:47:31</b>
23 (40)	BRÜNING, Robert	1972	LG Hückeswagen	0:49:33	1:14:23	1:44:11	<b>03:48:07</b>
24 (1336)	KREDINGER, Markus	1972	Team Erdinger Alkoholfrei	0:49:14	1:13:37	1:45:30	<b>03:48:21</b>
25 (31)	BÖRSTE, Andreas	1972		0:49:58	1:14:23	1:47:33	<b>03:51:54</b>
26 (1329)	KEVERPÜTZ, Sascha	1971		0:48:21	1:18:46	1:45:54	<b>03:53:01</b>



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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIOREN M45</b>							
27 (2074)	HUPPERTZ, Christian	1968		0:50:44	1:15:29	1:46:55	<b>03:53:08</b>
28 (322)	STICHERT, Jörg	1968	Team Running Stars	0:49:33	1:16:29	1:51:41	<b>03:57:43</b>
29 (126)	HOFFMANN, Dirk	1969		0:49:41	1:20:08	1:54:41	<b>04:04:30</b>
30 (45)	CARLÉ, Thomas	1969		0:53:18	1:22:08	2:06:37	<b>04:22:03</b>
31 (1469)	SCHLOEMER, Randolph	1971		0:55:26	1:26:08	2:05:10	<b>04:26:44</b>
32 (39)	BROICH, Ralph	1970	Ford FCSD 05	0:55:48	1:27:17	2:05:09	<b>04:28:14</b>
33 (326)	STRÜDER, Andreas	1972		0:59:32	1:28:12	2:13:41	<b>04:41:25</b>
34 (301)	SCHUMACHER, Markus	1970		1:00:08	1:28:14	2:13:42	<b>04:42:04</b>
35 (228)	MÜNCH, Daniel	1972	Team Magenta	1:02:57	1:35:56	2:28:14	<b>05:07:07</b>
<b>SENIOREN M50</b>							
1 (2042)	HEITKAMP, Michael	1964	SV AXA	0:40:42	1:02:32	1:28:36	<b>03:11:50</b>
2 (1413)	RIEDEL, Roland	1963	LG Westerwald	0:41:56	1:03:28	1:29:35	<b>03:14:59</b>
3 (252)	RAUTENBERG, Stefan	1967	TEAM RAUTE	0:41:10	1:04:31	1:32:01	<b>03:17:42</b>
4 (1206)	NEIS, Markus	1967		0:42:35	1:07:57	1:34:53	<b>03:25:25</b>
5 (2096)	EISERMANN, Stephan	1966	Team Erdinger Alkoholfrei	0:44:19	1:08:15	1:34:56	<b>03:27:30</b>
6 (56)	DINTER, Martin	1967		0:43:32	1:07:12	1:37:16	<b>03:28:00</b>
7 (248)	PFOLK, Dieter	1963	Laufzentrum Martinstraße	0:45:34	1:10:33	1:38:30	<b>03:34:37</b>
8 (199)	LUTZ, Jürgen	1966	Ski Club Edelweiß Köln-Stam	0:46:59	1:11:48	1:43:21	<b>03:42:08</b>
9 (2093)	HAASE, Holger	1965		0:45:10	1:11:29	1:46:11	<b>03:42:50</b>
10 (250)	PRIESS, Frank	1966		0:48:08	1:14:10	1:45:24	<b>03:47:42</b>
11 (1410)	NEUROTH, Andre	1964	LG Westerwald	0:45:42	1:14:21	1:47:46	<b>03:47:49</b>
12 (128)	HOLTHOFF, Jürgen	1966	LG Deiringsen	0:47:26	1:13:45	1:47:44	<b>03:48:55</b>
13 (1179)	HEINEN, Olaf	1966	BV 08 Lüttringhausen	0:48:07	1:14:38	1:47:21	<b>03:50:06</b>
14 (224)	MUELLER, Stefan	1965	Troisdorfer LG / Basketball	0:50:09	1:15:52	1:52:22	<b>03:58:23</b>
15 (340)	UNSHELM, Peter	1967	DAV Sektion Gummersbach	0:50:30	1:17:47	1:52:07	<b>04:00:24</b>
16 (264)	ROTTENAU, Rainer	1964	VFB Erftstadt Multisport	0:51:23	1:23:24	1:53:20	<b>04:08:07</b>
17 (133)	HUPPERTZ, Horst	1963	LG Huskies	0:51:10	1:22:37	1:57:59	<b>04:11:46</b>
18 (1196)	LEYENS, André	1963		0:52:50	1:21:00	1:59:06	<b>04:12:56</b>
19 (144)	KEITEL, Sönke	1964		0:53:31	1:22:08	1:58:35	<b>04:14:14</b>
20 (160)	KOCH, Frank	1966	Isi Fitness	0:55:12	1:23:36	2:02:58	<b>04:21:46</b>
21 (186)	KUSCH, Thomas	1965	PSV Bonn Triathlon	0:53:55	1:27:30	2:04:01	<b>04:25:26</b>
22 (1500)	RIEGER, Herbert	1966	Ahrläufer	0:56:36	1:27:43	2:09:26	<b>04:33:45</b>
<b>SENIOREN M55</b>							
1 (2023)	ROCHOLL, Lutz	1961	RS	0:41:14	1:03:31	1:30:07	<b>03:14:52</b>
2 (1151)	BLÖCKER, Thomas	1962	Meckenheim	0:42:10	1:04:15	1:31:02	<b>03:17:27</b>
3 (30)	BORSBACH, Hermann-Josef	1959	LT Saaler Mühle	0:45:59	1:10:25	1:37:18	<b>03:33:42</b>
4 (66)	DUPONT, Jürgen	1960	LTD Köln-Dellbrück	0:45:27	1:11:44	1:40:59	<b>03:38:10</b>
5 (1210)	PODZUS, Horst	1961		0:48:14	1:13:26	1:44:57	<b>03:46:37</b>
6 (263)	ROSSO, Mario	1960	TUS Brauweiler	0:48:28	1:15:13	1:55:35	<b>03:59:16</b>



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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIOREN M55</b>							
7 (1487)	MARKS, Waldemar	1960	Nonstop Köln	0:52:00	1:19:53	1:55:08	<b>04:07:01</b>
8 (1169)	ELBLE, Max	1961	ERGO sports Köln	0:54:33	1:20:37	1:54:17	<b>04:09:27</b>
9 (337)	TROST, Stefan	1958	Laufzentrum Martinstraße	0:50:36	1:31:07	1:50:04	<b>04:11:47</b>
10 (1334)	WOLLENWEBER, Uwe	1962	LSV Porz / Köln	0:57:22	1:26:59	2:04:54	<b>04:29:15</b>
11 (6)	AUDEHM, Dr. Uwe	1960	Bonn	0:55:50	1:29:21	2:04:07	<b>04:29:18</b>
12 (1226)	VERING, Wilfried	1958	Lauftreff Leidenhausen	0:56:14	1:25:32	2:09:13	<b>04:30:59</b>
13 (67)	EICHERT, Christian	1959	Erdinger Alkoholfrei	0:58:21	1:28:55	2:11:09	<b>04:38:25</b>
14 (372)	WURDA, Werner	1960	Diabetes Programm / Fort. K1:01:14	1:31:27	2:21:04		<b>04:53:45</b>
<b>SENIOREN M60</b>							
1 (330)	TEDERS, Michael	1956	DAV-Wuppertal	0:45:09	1:10:18	1:42:13	<b>03:37:40</b>
2 (21)	BEYER, Heinrich	1956	Mirko's Running Team	0:48:08	1:12:14	1:47:45	<b>03:48:07</b>
3 (302)	SCHUMACHER, Hans Heinz	1954	Tri Club Wuppertal	0:47:39	1:13:45	1:48:08	<b>03:49:32</b>
4 (103)	GRUNDMANN, Horst	1957	Kölner Ausdauer- & Laufsch	0:48:17	1:15:48	1:46:17	<b>03:50:22</b>
5 (1202)	MANTHEY, Alexander	1956	TSV Bayer 04	0:58:05	1:31:42	2:16:21	<b>04:46:08</b>
<b>SENIOREN M65</b>							
1 (215)	MOGA, Bruno	1952	LG Huskies	0:55:36	1:26:08	1:57:24	<b>04:19:08</b>
2 (14)	BECKER, Claus	1949		0:57:21	1:26:51	2:04:18	<b>04:28:30</b>
<b>SENIOREN M75</b>							
1 (1445)	SCHOTTEN, Günther	1939		0:51:07	1:19:26	1:53:47	<b>04:04:20</b>
<b>MÄNNL. JUGEND U18</b>							
1 (331)	TEDERS, Lorenz	2000	1.FC Klausen	0:43:39	1:09:15	1:44:26	<b>03:37:20</b>
<b>MÄNNL. JUGEND U20</b>							
1 (2094)	HAASE, Hendrik	1999		0:37:26	0:57:26	1:19:55	<b>02:54:47</b>
<b>FRAUEN</b>							
1 (239)	OSELKA, Sandra	1991	Lauftreff Pappelallee	0:48:04	1:13:42	1:47:11	<b>03:48:57</b>
2 (22)	BINDER, Konstanze	1990	TV Mannheim-Friedrichsfeld	0:52:02	1:20:39	1:49:10	<b>04:01:51</b>
3 (1711)	WAGNER, Anja	1989	Paleo360	0:54:00	1:21:30	1:58:24	<b>04:13:54</b>
<b>SENIORINNEN W30</b>							
1 (52)	CORNELIUS, Jana	1986	Mach3 Köln e.V.	0:41:11	1:03:12	1:28:52	<b>03:13:15</b>
2 (2073)	BÜSCHER, Anja	1985	TV Refrath	0:50:44	1:15:28	1:46:54	<b>03:53:06</b>
3 (309)	SEEGBRECHT-KEITEL, Susan	1985		0:56:54	1:30:21	2:06:22	<b>04:33:37</b>
4 (70)	ENGESSER, Anne	1987		0:59:38	1:30:31	2:16:11	<b>04:46:20</b>
<b>SENIORINNEN W35</b>							
1 (15)	BECKER, Cornell	1979		0:52:58	1:20:19	1:57:29	<b>04:10:46</b>
2 (43)	CARDUCK, Jessica	1981		0:53:25	1:24:43	1:57:06	<b>04:15:14</b>



## 3. Lauf zur 33. Winterserie des LSV Porz

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

RG (STNR)	NAME, VORNAME	JG	VEREIN / (WOHNORT)	LAUF 1	LAUF 2	LAUF 3	ZEIT
<b>SENIORINNEN W40</b>							
1 (1191)	KOPATSCHEK, Anne	1975	MACH3 Köln e.V.	0:39:25	1:00:12	1:29:06	<b>03:08:43</b>
2 (260)	RITTER, Daniela	1974	SV Hellas Siegburg	0:48:33	1:15:31	1:49:20	<b>03:53:24</b>
3 (1416)	BUSCHMANN, Sabine	1973	LT Alsdorf OST	0:49:05	1:15:30	1:50:17	<b>03:54:52</b>
4 (150)	KEUNECKE, Katerina	1977	TPSK Triathlon	0:48:41	1:16:11	1:50:13	<b>03:55:05</b>
5 (2157)	HAAK, Miriam	1976		0:58:33	1:32:09	1:29:43	<b>04:00:25</b>
6 (317)	STARCK, Dani	1976	LC Weilerswist	0:54:14	1:22:06	2:02:02	<b>04:18:22</b>
7 (16)	BEHRENDT, Susanne	1976	Animalcompassion	0:53:45	1:23:57	2:03:07	<b>04:20:49</b>
8 (366)	WIRTH, Camilla	1977		0:54:17	1:24:24	2:02:33	<b>04:21:14</b>
<b>SENIORINNEN W45</b>							
1 (267)	SACHS, Sandra	1970	LAZ Puma Rhein-Sieg	0:43:21	1:09:16	1:35:09	<b>03:27:46</b>
2 (1417)	KOZYRSKA, Agnes	1972	IAC Düren	0:48:37	1:14:53	1:45:31	<b>03:49:01</b>
3 (207)	METE, Nicole	1971	Mach3 Köln e.V.	0:47:30	1:15:23	1:46:29	<b>03:49:22</b>
4 (1174)	HAHN, Sylvia	1968	BSG BML BONN	0:51:35	1:18:14	1:50:23	<b>04:00:12</b>
5 (1197)	LIETH, Nicole	1972		0:52:55	1:20:53	1:53:28	<b>04:07:16</b>
6 (28)	BORCHERT, Annett	1971	RTC Frechen	0:48:09	1:19:56	2:00:19	<b>04:08:24</b>
7 (1173)	GREWE, Ina	1971	Union Biesfeld Triathlon	0:55:56	1:25:45	2:06:10	<b>04:27:51</b>
8 (193)	LENSING, Britta	1969	Bonn	0:55:50	1:29:22	2:04:07	<b>04:29:19</b>
9 (324)	STING, Daniela	1972	VfL Wehbach	0:56:10	1:26:51	2:07:00	<b>04:30:01</b>
<b>SENIORINNEN W50</b>							
1 (1412)	HOFFMANN, Sigrid	1965	LG Westerwald	0:48:23	1:12:36	1:40:45	<b>03:41:44</b>
2 (1162)	BÜDENBENDER, Heike	1967	LT Puderbach	0:48:42	1:13:45	1:45:45	<b>03:48:12</b>
3 (1)	ADAMS, Heike	1964		0:53:29	1:22:06	1:58:35	<b>04:14:10</b>
4 (159)	KOCH, Simone	1966		0:58:39	1:26:08	2:02:57	<b>04:27:44</b>
5 (140)	JESCHKE, Katrin	1966	Willpower.Races	1:01:20	1:31:56	2:20:10	<b>04:53:26</b>
<b>SENIORINNEN W55</b>							
1 (175)	KUCK, Annett	1960		0:54:25	1:22:30	1:59:45	<b>04:16:40</b>
2 (1163)	CIAMPELLI, Irene	1959	TSV BAYER 04 Lauftreff	0:58:05	1:36:02	2:18:07	<b>04:52:14</b>
<b>SENIORINNEN W60</b>							
1 (1473)	JÜNGST, Barbara	1954		0:57:51	1:31:33	2:12:47	<b>04:42:11</b>
<b>SENIORINNEN W65</b>							
1 (105)	HAJEK, Verena	1952	Laufmonster	0:58:40	1:31:35	2:21:21	<b>04:51:36</b>