



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-----------|-----------|----------------------|------|-----------------------------------|----------|
| 1 (1141) | 1. M | SINGBEIL, Daniel | 1989 | Bunert - Der Kölner Laufladen | 00:15:33 |
| 2 (1320) | 1. M U23 | TESCH, Tobias | 1995 | SV Hellas Siegburg | 00:16:27 |
| 3 (1359) | 2. M U23 | HASSELBERG, Nils | 1997 | LAZ Puma Rhein-Sieg | 00:17:12 |
| 4 (210) | 2. M | MICHAELIS, Fabian | 1994 | ASV Wesseling | 00:17:46 |
| 5 (138) | 1. M40 | JAKOBS, Thorsten | 1974 | PSV Bonn Triathlon | 00:18:06 |
| 6 (2043) | 1. MJ U18 | THIELKE, Pascal | 2000 | Triathlon TUS Arweiler | 00:18:11 |
| 7 (262) | 3. M U23 | ROCHETEAU, Maxime | 1995 | LG Gummersbach | 00:18:22 |
| 8 (1390) | 1. M30 | RAATZ, Marcus | 1983 | LG Gummersbach | 00:18:27 |
| 9 (1394) | 2. M40 | WALLMEN, Sören | 1977 | KTT01 | 00:18:36 |
| 10 (1275) | 1. W | JASCHKE, Lisa | 1990 | Bunert - Der Kölner Laufladen | 00:18:38 |
| 11 (254) | 1. M55 | REDLICH, Michael | 1961 | VfL Engelskirchen | 00:18:52 |
| 12 (2056) | 1. M50 | RITTER, Johannes | 1965 | | 00:19:01 |
| 13 (1379) | 4. M U23 | SCHALK, Julius | 1995 | | 00:19:20 |
| 14 (2037) | 1. M35 | ZENTNER, Markus | 1982 | TV Refrath | 00:19:21 |
| 15 (1360) | 2. MJ U18 | KELLY, Luke | 2000 | LAZ Puma Rhein-Sieg | 00:19:22 |
| 16 (1369) | 1. W40 | SCHNEIDER, Silke | 1976 | Bunert - Der Siegburger Laufladen | 00:19:24 |
| 17 (209) | 2. W | MICHAELIS, Svenja | 1989 | PSV Brühl Triathlon Team | 00:19:31 |
| 18 (1383) | 2. M35 | LOHSE, Maik | 1982 | Erdinger Alkoholfrei | 00:19:44 |
| 19 (2007) | 1. M45 | SCHLAACK, Andreas | 1970 | VfL Engelskirchen | 00:19:52 |
| 20 (81) | 2. M30 | FISCHER, David | 1983 | Run for your life | 00:19:53 |
| 21 (1375) | 2. M45 | TIMME, Volker | 1969 | LG Gummersbach | 00:19:57 |
| 22 (1357) | 1. MJ U16 | MÜLLER, Luca | 2002 | LAZ Puma Rhein-Sieg | 00:20:06 |
| 23 (1136) | 1. W30 | KLEIN, Franziska | 1985 | Bunert - Der Kölner Laufladen | 00:20:08 |
| 24 (2051) | 3. M40 | GAJEK, Chris | 1974 | KTT01 | 00:20:09 |
| 25 (1134) | 2. W40 | FRONING, Marianne | 1977 | Bunert - Der Kölner Laufladen | 00:20:11 |
| 26 (212) | 2. M55 | MIESKES, Kurt | 1961 | MGV Oberbantenberg | 00:20:12 |
| 27 (1361) | 3. M35 | RIEDEL, Oliver | 1979 | TSV Dieringhausen | 00:20:12 |
| 28 (2012) | 4. M40 | HEYER, Sascha | 1976 | KTT01 | 00:20:15 |
| 29 (1358) | 2. MJ U16 | SCHEILZ, Sven | 2002 | LAZ Puma Rhein-Sieg | 00:20:18 |
| 30 (1186) | 5. M40 | JENER, Marius | 1974 | MJ POWER | 00:20:36 |
| 31 (2044) | 2. M50 | SCHLOEMER, Stefan | 1966 | KTT01 | 00:20:39 |
| 32 (1138) | 1. WJ U14 | SCHNEIDER, Celine | 2004 | Bunert - Der Kölner Laufladen | 00:20:41 |
| 33 (2002) | 3. M45 | SCHMIDT, Rene | 1970 | LG Schnecke Düsseldorf | 00:20:44 |
| 34 (1319) | 3. M55 | TESCH, Norbert | 1959 | LLG St. Augustin | 00:20:44 |
| 35 (2039) | 3. W | AHLERS, Johanna | 1994 | | 00:20:52 |
| 36 (1364) | 4. M35 | HIMMEL, Marius | 1978 | | 00:20:54 |
| 37 (426) | 3. M30 | PREUß, Stephan | 1985 | SV Auweiler-Esch | 00:20:55 |
| 38 (1264) | 4. M45 | HAGEMANN, Udo | 1970 | TV Witzhelden | 00:20:57 |
| 39 (2025) | 3. MJ U16 | JAKOBS, Lukas | 2002 | Hennefer TV | 00:21:02 |
| 40 (2055) | 5. M45 | BACHER, Joachim | 1971 | TuS Köln rrh. | 00:21:03 |
| 41 (73) | 6. M40 | EßER, André | 1976 | TV Refrath | 00:21:09 |
| 42 (2036) | 6. M45 | HAKE, Thomas | 1969 | | 00:21:26 |
| 43 (33) | 1. W U23 | BRASSAT, Simone | 1996 | | 00:21:35 |
| 44 (261) | 3. M50 | ROCHETEAU, Dominique | 1965 | LG Gummersbach | 00:21:36 |
| 45 (2040) | 1. W35 | WEINGARTZ, Justyna | 1980 | | 00:21:37 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-----------|-----------|-----------------------|------|-----------------------------|----------|
| 46 (2049) | 1. WJ U20 | SCHLOEMER, Sonja | 1999 | KTT01 | 00:21:39 |
| 47 (2031) | 4. M55 | JANASIK, Tadeusz | 1961 | Team Lohmann Witten | 00:21:40 |
| 48 (325) | 1. WJ U16 | STRATMANN, Hannah | 2002 | SG Monheim | 00:21:41 |
| 49 (1266) | 1. W45 | HECKER, Sandra | 1971 | SC OFtersheim | 00:21:41 |
| 50 (2041) | 3. W40 | MEMMINGER, Andrea | 1976 | SV Axa | 00:22:12 |
| 51 (1367) | 7. M40 | BRAUSCH, Marco | 1976 | Hunsrück marathon | 00:22:14 |
| 52 (1399) | 5. M U23 | ZEHNPFENNIG, Damian | 1996 | TV Refrath | 00:22:21 |
| 53 (347) | 4. MJ U16 | VOGT, Leon | 2002 | Laufgruppe WG-ORCA | 00:22:41 |
| 54 (1351) | 2. W35 | BECKER, Kathrin | 1982 | | 00:22:42 |
| 55 (1152) | 1. M60 | BLÖMACHER, Wolfgang | 1956 | Troisdorf | 00:22:42 |
| 56 (1386) | 3. MJ U18 | GERHARDT, Cedric | 2001 | Hamich Runners | 00:23:01 |
| 57 (1378) | 4. M50 | BLOY, Jörg | 1967 | D2SH | 00:23:07 |
| 58 (91) | 2. M60 | GAPINSKI, Marian | 1957 | Haribo | 00:23:17 |
| 59 (2047) | 1. M65 | ORTH, Hermann Josef | 1950 | TV Hoffnungsthal | 00:23:20 |
| 60 (2038) | 5. M50 | KRÄMER, Paul | 1963 | | 00:23:23 |
| 61 (1216) | 4. M30 | SCHORDE, Christoph | 1983 | AuB | 00:23:23 |
| 62 (2006) | 1. MJ U14 | SCHLAACK, Leo Levent | 2004 | Vfl Engelskirchen | 00:23:24 |
| 63 (77) | 2. M65 | FEINDT, Reinhard | 1950 | TV Refrath | 00:23:55 |
| 64 (12) | 3. M60 | BAUS, Reiner | 1954 | Cologne Running Crew | 00:24:00 |
| 65 (425) | 2. W30 | PITHAN, Isabella | 1985 | | 00:24:02 |
| 66 (1389) | 5. M55 | KIMMERLE, Helmut | 1958 | | 00:24:06 |
| 67 (364) | 5. M35 | WINKELMANN, Christian | 1978 | Föhr Marathon e.V. | 00:24:21 |
| 68 (432) | 6. M35 | SCHIERHOLZ, Michael | 1980 | Laufgruppe WG-ORCA | 00:24:25 |
| 69 (211) | 4. M60 | MICHAELIS, Bernd | 1957 | VfB Erftstadt Multisport | 00:24:27 |
| 70 (1387) | 2. WJ U14 | GERHARDT, Enya | 2004 | Hamich Runners | 00:24:34 |
| 71 (225) | 3. W30 | MÜHLEIS, Frauke | 1983 | Leidenschaft-ist-Talent.com | 00:24:35 |
| 72 (374) | 5. MJ U16 | ZAHNEN, Fabian | 2003 | GSV Porz | 00:24:35 |
| 73 (1393) | 5. M60 | KRAUSE, Jürgen | 1957 | ernstgetränkesservice | 00:24:40 |
| 74 (1366) | 7. M35 | BRINGS, Daniel | 1979 | | 00:25:14 |
| 75 (1406) | 4. W30 | SELLMANN, Nina | 1987 | TV Rodenkirchen Triathlon | 00:25:14 |
| 76 (2032) | 5. W30 | SUHREN, Katharina | 1987 | | 00:25:15 |
| 77 (64) | 6. M50 | DRESBACH, Frank | 1967 | Cologne Allblacks | 00:25:16 |
| 78 (2034) | 8. M40 | ÖZER, Orlando | 1976 | TVR | 00:25:19 |
| 79 (1373) | 3. M | WILDERMUTH, Benjamin | 1993 | | 00:25:27 |
| 80 (430) | 3. WJ U14 | ROTTENAU, Anna | 2004 | VfB Erftstadt Multisport | 00:25:30 |
| 81 (2026) | 3. W35 | FUCHSHUBER, Kinga | 1979 | TV Refrath | 00:25:30 |
| 82 (109) | 2. MJ U14 | HARNAU, Jonas | 2004 | MudRunner | 00:25:30 |
| 83 (2029) | 6. W30 | SCHUMACHER, Nina | 1987 | Kickboxen ATV Hückeswagen | 00:25:32 |
| 84 (1175) | 7. M45 | HARNAU, Volker | 1972 | MudRunner | 00:25:35 |
| 85 (2045) | 8. M35 | THIEME, Christian | 1981 | Nonstop/ KTT | 00:25:37 |
| 86 (1222) | 6. M60 | SPÖLGEN, Joachim | 1954 | SC Pulheim | 00:25:40 |
| 87 (1146) | 4. W35 | BARANSKI, Maïke | 1979 | Tri - Team Ahlenberg | 00:25:47 |
| 88 (257) | 6. M55 | REMERS, Ralf | 1962 | TRI-TEAM DEESEM | 00:25:49 |
| 89 (1388) | 3. MJ U14 | KIMMERLE, Tillmann | 2004 | | 00:25:53 |
| 90 (2022) | 1. W50 | ROTTENAU, Sylke | 1967 | | 00:25:58 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------|-----------|----------------------------|------|---------------------------|----------|
| 91 (1314) | 2. W45 | SIEBEL, Helga | 1968 | | 00:25:59 |
| 92 (1278) | 7. M50 | KELLER, Andreas | 1965 | | 00:26:00 |
| 93 (1398) | 8. M50 | ZEHNPFENNIG, Stephan | 1965 | | 00:26:07 |
| 94 (130) | 1. MK U12 | HONECKER, Hagen | 2007 | TFG Nippes | 00:26:15 |
| 95 (1211) | 2. W50 | POENSGEN, Kelly | 1966 | Tierheim Troisdorf | 00:26:20 |
| 96 (363) | 4. WJ U14 | WINKELMANN, Leona | 2004 | Föhr Marathon e.V. | 00:26:24 |
| 97 (2053) | 9. M40 | SCHIRMER, Sebastian | 1976 | | 00:26:25 |
| 98 (2011) | 7. M60 | SINGBEIL, Klaus | 1955 | | 00:26:40 |
| 99 (2033) | 8. M45 | WESSELN, Holger | 1971 | Pulsschlag | 00:26:44 |
| 100 (1199) | 9. M45 | LÜKE, Thomas | 1970 | Tri - Team Ahlenberg | 00:26:52 |
| 101 (42) | 4. M | BUSCHER, Marco | 1991 | | 00:26:52 |
| 102 (349) | 9. M35 | WEBER, Markus | 1978 | KSK Köln | 00:27:03 |
| 103 (1395) | 5. M | HERRERA, Valentin | 1993 | Kölner Triathlon Team 01 | 00:27:04 |
| 104 (1345) | 4. MJ U14 | LOPEZ-SALGADO, Antonio | 2004 | | 00:27:10 |
| 105 (310) | 5. W35 | SELINIOTAKIS, Nadine Diana | 1979 | | 00:27:19 |
| 106 (1192) | 10. M45 | KOSTINS, Stefan | 1970 | Kickboxen ATV Hückeswagen | 00:27:19 |
| 107 (1166) | 4. W | DEUTZMANN, Katharina | 1989 | Southern Oregon Runners | 00:27:21 |
| 108 (1332) | 6. W35 | RASCH, Steffi | 1981 | #IAMSPORT by M.Raatz | 00:27:42 |
| 109 (1228) | 6. MJ U16 | WADERNA, Marlon | 2003 | GSV Porz | 00:28:08 |
| 110 (237) | 7. MJ U16 | OBERSTE-LEHN, Dorian | 2002 | Laufgruppe WG-ORCA | 00:28:10 |
| 111 (1401) | 2. W U23 | SCHNEIDER, Clara | 1996 | | 00:28:15 |
| 112 (180) | 3. M65 | KUJAS, Kurt | 1952 | | 00:28:18 |
| 113 (1215) | 1. M70 | RUNGE, Günther | 1947 | VfL Engelskirchen | 00:28:22 |
| 114 (2050) | 1. W55 | KÜHN-NEUMANN, Gudrun | 1959 | | 00:28:31 |
| 115 (1158) | 2. WJ U16 | BROCKHOFF, Sophia | 2002 | SSV Pfaffenheck | 00:28:32 |
| 116 (1402) | 5. M30 | OLOFSSON, Simon | 1983 | | 00:28:33 |
| 117 (1347) | 5. MJ U14 | PHILIPP, Justin | 2004 | Jugendzentrum Dransdorf | 00:28:40 |
| 118 (1343) | 3. WJ U16 | NDASHI, Moni | 2003 | Jugendzentrum Dransdorf | 00:28:47 |
| 119 (2017) | 7. W35 | BAATH, Julia | 1981 | | 00:28:54 |
| 120 (1382) | 7. W30 | PATRICELLI, Maria-Rosa | 1986 | Erdinger Alkoholfrei | 00:29:14 |
| 121 (123) | 4. WJ U16 | HIRSCHFELD, Lea Sophie | 2002 | LG Hirschfeld | 00:29:35 |
| 122 (1391) | 5. W | SIEBERTZ, Daniela | 1990 | | 00:29:39 |
| 123 (1380) | 6. W | MÜLLER, Linda | 1993 | | 00:29:43 |
| 124 (291) | 7. W | SCHNEIDERS, Julia | 1991 | LT Dünwalder TV | 00:29:50 |
| 125 (2003) | 1. M75 | STIEHL, Hans-Detlev | 1942 | Tiere in Not Brühl | 00:30:20 |
| 126 (1204) | 6. M30 | MEHLMANN, Konstantin | 1987 | Kickboxen ATV Hückeswagen | 00:30:23 |
| 127 (1288) | 8. W | LOVERIDGE, Julia | 1991 | Gloucester AC (England) | 00:30:25 |
| 128 (1368) | 1. W65 | ARNDT, Bärbel | 1952 | | 00:30:29 |
| 129 (1344) | 6. MJ U14 | PAUL, David | 2004 | Jugendzentrum Dransdorf | 00:30:35 |
| 130 (1157) | 3. W45 | BROCKHOFF, Andrea | 1971 | Pfaffenheck | 00:30:54 |
| 131 (3) | 2. W55 | ALFLEN, Monika | 1958 | LT Saaler Mühle | 00:31:10 |
| 132 (1287) | 8. MJ U16 | LEIGERS, Ben | 2003 | | 00:31:16 |
| 133 (1286) | 9. M50 | LEIGERS, Andreas | 1964 | | 00:31:17 |
| 134 (2035) | 4. W45 | HAKE, Gisela | 1969 | | 00:31:47 |
| 135 (258) | 3. W50 | REMERS, Ralf | 1963 | TRI-TEAM DEESEM | 00:31:53 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-------------------|------------|------------------------|------|-------------------------|-----------------|
| 136 (1324) | 9. MJ U16 | WASSERHEß, Marcel | 2003 | Laufgruppe WG-ORCA | 00:31:55 |
| 137 (26) | 7. MJ U14 | BOHLEN, Björn | 2004 | Laufgruppe WG-ORCA | 00:31:56 |
| 138 (2057) | 6. M U23 | MEIßNER, Rene | 1995 | | 00:32:04 |
| 139 (1325) | 9. W | WENDEL, Anna | 1994 | | 00:32:05 |
| 140 (99) | 4. M65 | GRÄTER, Kurt | 1948 | GVG Laufteam | 00:32:16 |
| 141 (113) | 10. W | HAUPTVOGEL, Katharina | 1992 | ASICS Frontrunner | 00:32:21 |
| 142 (172) | 11. W | KREMERS, Michelle | 1994 | | 00:32:34 |
| 143 (158) | 8. M60 | KNÜTTEL, Karlheinz | 1957 | | 00:32:42 |
| 144 (115) | 8. W35 | HEINZEN, Sonja | 1982 | | 00:32:45 |
| 145 (55) | 4. W40 | DIEDENHOFEN, Nadine | 1976 | | 00:32:46 |
| 146 (1376) | 10. M50 | WIESEN, Rolf | 1965 | | 00:32:47 |
| 147 (1352) | 5. W45 | HOCHHAUSEN, Kira | 1971 | | 00:32:48 |
| 148 (336) | 9. W35 | TOELLNER, Stefanie | 1978 | | 00:32:51 |
| 149 (139) | 2. MK U12 | JANZEN, Sebastian | 2007 | SG Neuss | 00:33:23 |
| 150 (24) | 11. M50 | BLASS, Frank | 1967 | | 00:33:28 |
| 151 (1327) | 8. W30 | WIDDIG, Sina | 1986 | | 00:33:32 |
| 152 (328) | 1. W70 | SÜß-DAHMEN, Renate | 1944 | LT Saaler Mühle | 00:33:38 |
| 153 (96) | 5. M65 | GLEITSMANN, Thomas | 1948 | TS 79 Bergisch Gladbach | 00:33:41 |
| 154 (1385) | 12. M50 | GERHARDT, Uwe | 1965 | Hamich Runners | 00:33:54 |
| 155 (1381) | 6. M | GÖTZ, Jan | 1991 | | 00:34:25 |
| 156 (1311) | 10. W35 | SCHRÖDER, Cindy | 1982 | | 00:34:26 |
| 157 (1274) | 12. W | HÜMANN, Ulrike | 1994 | | 00:34:26 |
| 158 (1262) | 5. W40 | FIEDLER, Lena | 1977 | Happy Running Family | 00:34:43 |
| 159 (245) | 9. M60 | PERSÉ, Jürgen | 1956 | RTC Frechen 80 | 00:34:45 |
| 160 (216) | 1. M80 | MOHR, Rudi | 1935 | | 00:35:14 |
| 161 (112) | 4. W50 | HAUCK-KNÜTTEL, Kerstin | 1963 | | 00:35:17 |
| 162 (1400) | 6. W45 | SCHWANDECKER, Eva | 1969 | Mano leto Club | 00:36:15 |
| 163 (292) | 3. W55 | SCHOLZ, Ulrike | 1960 | | 00:36:24 |
| 164 (283) | 9. W30 | SCHMITZ, Mandy | 1983 | | 00:36:50 |
| 165 (282) | 10. M40 | SCHMITZ, Andreas | 1977 | | 00:36:50 |
| 166 (1355) | 7. M30 | HEERSTRAß, Oliver | 1984 | ASG Elsdorf | 00:36:55 |
| 167 (300) | 11. W35 | SCHULZ, Kerstin | 1981 | | 00:37:42 |
| 168 (203) | 13. W | MATTHES, Pia | 1991 | Raketentreff Deesem | 00:37:42 |
| 169 (1145) | 12. W35 | BACH, Anna | 1980 | | 00:37:43 |
| 170 (129) | 11. M45 | HOLZ, Gerd | 1971 | | 00:37:46 |
| 171 (1403) | 10. MJ U16 | HAUS, David | 2002 | | 00:37:46 |
| 172 (2046) | 1. W60 | ZIMMER, Brigitte | 1957 | | 00:38:07 |
| 173 (1354) | 11. M40 | KÖNIGS, Thomas | 1974 | ASG Elsdorf | 00:38:12 |
| 174 (230) | 4. W55 | NAUROTH, Petra | 1960 | SG Neuss | 00:38:43 |
| 175 (89) | 5. W55 | FRÖHLICH, Marianne | 1961 | | 00:38:56 |
| 176 (1370) | 7. W45 | RICK, Dunja | 1969 | | 00:38:56 |
| 177 (58) | 6. W55 | DITTRICH, Karin | 1960 | SCB Horrem e. V. | 00:39:10 |
| 178 (189) | 5. WJ U14 | LAMMEL, Ariane | 2004 | LT Saaler Mühle | 00:39:34 |
| 179 (188) | 13. M50 | LAMMEL, Georg | 1963 | LT Saaler Mühle | 00:39:36 |
| 180 (1350) | 1. WJ U18 | FRINGS, Celine | 2000 | Jugendzentrum Dransdorf | 00:40:36 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-------------------|-----------|-------------------|------|-------------------------|-----------------|
| 181 (1372) | 14. W | BIRBIR, Yasemin | 1991 | | 00:40:38 |
| 182 (294) | 5. W50 | SCHÖNBERG, Marion | 1967 | | 00:41:50 |
| 183 (1346) | 8. MJ U14 | BENALI, Armin | 2004 | Jugendzentrum Dransdorf | 00:43:05 |
| 184 (165) | 2. W60 | KORDEUTER, Jutta | 1954 | ReVital Center Bergheim | 00:45:43 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|----------------------------|------|-----------------------------------|-----------------|
| WEIBLICH | | | | | |
| 1 (1275) | 1. W | JASCHKE, Lisa | 1990 | Bunert - Der Kölner Laufladen | 00:18:38 |
| 2 (1369) | 1. W40 | SCHNEIDER, Silke | 1976 | Bunert - Der Siegburger Laufladen | 00:19:24 |
| 3 (209) | 2. W | MICHAELIS, Svenja | 1989 | PSV Brühl Triathlon Team | 00:19:31 |
| 4 (1136) | 1. W30 | KLEIN, Franziska | 1985 | Bunert - Der Kölner Laufladen | 00:20:08 |
| 5 (1134) | 2. W40 | FRONING, Marianne | 1977 | Bunert - Der Kölner Laufladen | 00:20:11 |
| 6 (1138) | 1. WJ U14 | SCHNEIDER, Celine | 2004 | Bunert - Der Kölner Laufladen | 00:20:41 |
| 7 (2039) | 3. W | AHLERS, Johanna | 1994 | | 00:20:52 |
| 8 (33) | 1. W U23 | BRASSAT, Simone | 1996 | | 00:21:35 |
| 9 (2040) | 1. W35 | WEINGARTZ, Justyna | 1980 | | 00:21:37 |
| 10 (2049) | 1. WJ U20 | SCHLOEMER, Sonja | 1999 | KTT01 | 00:21:39 |
| 11 (325) | 1. WJ U16 | STRATMANN, Hannah | 2002 | SG Monheim | 00:21:41 |
| 12 (1266) | 1. W45 | HECKER, Sandra | 1971 | SC Oftersheim | 00:21:41 |
| 13 (2041) | 3. W40 | MEMMINGER, Andrea | 1976 | SV Axa | 00:22:12 |
| 14 (1351) | 2. W35 | BECKER, Kathrin | 1982 | | 00:22:42 |
| 15 (425) | 2. W30 | PITHAN, Isabella | 1985 | | 00:24:02 |
| 16 (1387) | 2. WJ U14 | GERHARDT, Enya | 2004 | Hamich Runners | 00:24:34 |
| 17 (225) | 3. W30 | MÜHLEIS, Frauke | 1983 | Leidenschaft-ist-Talent.com | 00:24:35 |
| 18 (1406) | 4. W30 | SELLMANN, Nina | 1987 | TV Rodenkirchen Triathlon | 00:25:14 |
| 19 (2032) | 5. W30 | SUHREN, Katharina | 1987 | | 00:25:15 |
| 20 (430) | 3. WJ U14 | ROTTENAU, Anna | 2004 | VfB Erftstadt Multisport | 00:25:30 |
| 21 (2026) | 3. W35 | FUCHSHUBER, Kinga | 1979 | TV Refrath | 00:25:30 |
| 22 (2029) | 6. W30 | SCHUMACHER, Nina | 1987 | Kickboxen ATV Hückeswagen | 00:25:32 |
| 23 (1146) | 4. W35 | BARANSKI, Maike | 1979 | Tri - Team Ahlenberg | 00:25:47 |
| 24 (2022) | 1. W50 | ROTTENAU, Sylke | 1967 | | 00:25:58 |
| 25 (1314) | 2. W45 | SIEBEL, Helga | 1968 | | 00:25:59 |
| 26 (1211) | 2. W50 | POENSGEN, Kelly | 1966 | Tierheim Troisdorf | 00:26:20 |
| 27 (363) | 4. WJ U14 | WINKELMANN, Leona | 2004 | Föhr Marathon e.V. | 00:26:24 |
| 28 (310) | 5. W35 | SELINIOTAKIS, Nadine Diana | 1979 | | 00:27:19 |
| 29 (1166) | 4. W | DEUTZMANN, Katharina | 1989 | Southern Oregon Runners | 00:27:21 |
| 30 (1332) | 6. W35 | RASCH, Steffi | 1981 | #IAMSPORT by M.Raatz | 00:27:42 |
| 31 (1401) | 2. W U23 | SCHNEIDER, Clara | 1996 | | 00:28:15 |
| 32 (2050) | 1. W55 | KÜHN-NEUMANN, Gudrun | 1959 | | 00:28:31 |
| 33 (1158) | 2. WJ U16 | BROCKHOFF, Sophia | 2002 | SSV Pfaffenheck | 00:28:32 |
| 34 (1343) | 3. WJ U16 | NDASHI, Moni | 2003 | Jugendzentrum Dransdorf | 00:28:47 |
| 35 (2017) | 7. W35 | BAATH, Julia | 1981 | | 00:28:54 |
| 36 (1382) | 7. W30 | PATRICELLI, Maria-Rosa | 1986 | Erdinger Alkoholfrei | 00:29:14 |
| 37 (123) | 4. WJ U16 | HIRSCHFELD, Lea Sophie | 2002 | LG Hirschfeld | 00:29:35 |
| 38 (1391) | 5. W | SIEBERTZ, Daniela | 1990 | | 00:29:39 |
| 39 (1380) | 6. W | MÜLLER, Linda | 1993 | | 00:29:43 |
| 40 (291) | 7. W | SCHNEIDERS, Julia | 1991 | LT Dünnwalder TV | 00:29:50 |
| 41 (1288) | 8. W | LOVERIDGE, Julia | 1991 | Gloucester AC (England) | 00:30:25 |
| 42 (1368) | 1. W65 | ARNDT, Bärbel | 1952 | | 00:30:29 |
| 43 (1157) | 3. W45 | BROCKHOFF, Andrea | 1971 | Pfaffenheck | 00:30:54 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|------------------------|------|-------------------------|-----------------|
| WEIBLICH | | | | | |
| 44 (3) | 2. W55 | ALFLEN, Monika | 1958 | LT Saaler Mühle | 00:31:10 |
| 45 (2035) | 4. W45 | HAKE, Gisela | 1969 | | 00:31:47 |
| 46 (258) | 3. W50 | REMERS, Ralf | 1963 | TRI-TEAM DEESEM | 00:31:53 |
| 47 (1325) | 9. W | WENDEL, Anna | 1994 | | 00:32:05 |
| 48 (113) | 10. W | HAUPTVOGEL, Katharina | 1992 | ASICS Frontrunner | 00:32:21 |
| 49 (172) | 11. W | KREMERS, Michelle | 1994 | | 00:32:34 |
| 50 (115) | 8. W35 | HEINZEN, Sonja | 1982 | | 00:32:45 |
| 51 (55) | 4. W40 | DIEDENHOFEN, Nadine | 1976 | | 00:32:46 |
| 52 (1352) | 5. W45 | HOOCHHAUSEN, Kira | 1971 | | 00:32:48 |
| 53 (336) | 9. W35 | TOELLNER, Stefanie | 1978 | | 00:32:51 |
| 54 (1327) | 8. W30 | WIDDIG, Sina | 1986 | | 00:33:32 |
| 55 (328) | 1. W70 | SÜß-DAHMEN, Renate | 1944 | LT Saaler Mühle | 00:33:38 |
| 56 (1311) | 10. W35 | SCHRÖDER, Cindy | 1982 | | 00:34:26 |
| 57 (1274) | 12. W | HÜMANN, Ulrike | 1994 | | 00:34:26 |
| 58 (1262) | 5. W40 | FIEDLER, Lena | 1977 | Happy Running Family | 00:34:43 |
| 59 (112) | 4. W50 | HAUCK-KNÜTTEL, Kerstin | 1963 | | 00:35:17 |
| 60 (1400) | 6. W45 | SCHWANDECKER, Eva | 1969 | Mano leto Club | 00:36:15 |
| 61 (292) | 3. W55 | SCHOLZ, Ulrike | 1960 | | 00:36:24 |
| 62 (283) | 9. W30 | SCHMITZ, Mandy | 1983 | | 00:36:50 |
| 63 (300) | 11. W35 | SCHULZ, Kerstin | 1981 | | 00:37:42 |
| 64 (203) | 13. W | MATTHES, Pia | 1991 | Raketentreff Deesem | 00:37:42 |
| 65 (1145) | 12. W35 | BACH, Anna | 1980 | | 00:37:43 |
| 66 (2046) | 1. W60 | ZIMMER, Brigitte | 1957 | | 00:38:07 |
| 67 (230) | 4. W55 | NAUROTH, Petra | 1960 | SG Neuss | 00:38:43 |
| 68 (89) | 5. W55 | FRÖHLICH, Marianne | 1961 | | 00:38:56 |
| 69 (1370) | 7. W45 | RICK, Dunja | 1969 | | 00:38:56 |
| 70 (58) | 6. W55 | DITTRICH, Karin | 1960 | SCB Horrem e. V. | 00:39:10 |
| 71 (189) | 5. WJ U14 | LAMMEL, Ariane | 2004 | LT Saaler Mühle | 00:39:34 |
| 72 (1350) | 1. WJ U18 | FRINGS, Celine | 2000 | Jugendzentrum Dransdorf | 00:40:36 |
| 73 (1372) | 14. W | BIRBIR, Yasemin | 1991 | | 00:40:38 |
| 74 (294) | 5. W50 | SCHÖNBERG, Marion | 1967 | | 00:41:50 |
| 75 (165) | 2. W60 | KORDEUTER, Jutta | 1954 | ReVital Center Bergheim | 00:45:43 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|----------------------|------|-------------------------------|-----------------|
| MÄNNLICH | | | | | |
| 1 (1141) | 1. M | SINGBEIL, Daniel | 1989 | Bunert - Der Kölner Laufladen | 00:15:33 |
| 2 (1320) | 1. M U23 | TESCH, Tobias | 1995 | SV Hellas Siegburg | 00:16:27 |
| 3 (1359) | 2. M U23 | HASSELBERG, Nils | 1997 | LAZ Puma Rhein-Sieg | 00:17:12 |
| 4 (210) | 2. M | MICHAELIS, Fabian | 1994 | ASV Wesseling | 00:17:46 |
| 5 (138) | 1. M40 | JAKOBS, Thorsten | 1974 | PSV Bonn Triathlon | 00:18:06 |
| 6 (2043) | 1. MJ U18 | THIELKE, Pascal | 2000 | Triathlon TUS Arweiler | 00:18:11 |
| 7 (262) | 3. M U23 | ROCHETEAU, Maxime | 1995 | LG Gummersbach | 00:18:22 |
| 8 (1390) | 1. M30 | RAATZ, Marcus | 1983 | LG Gummersbach | 00:18:27 |
| 9 (1394) | 2. M40 | WALLMEN, Sören | 1977 | KTT01 | 00:18:36 |
| 10 (254) | 1. M55 | REDLICH, Michael | 1961 | VfL Engelskirchen | 00:18:52 |
| 11 (2056) | 1. M50 | RITTER, Johannes | 1965 | | 00:19:01 |
| 12 (1379) | 4. M U23 | SCHALK, Julius | 1995 | | 00:19:20 |
| 13 (2037) | 1. M35 | ZENTNER, Markus | 1982 | TV Refrath | 00:19:21 |
| 14 (1360) | 2. MJ U18 | KELLY, Luke | 2000 | LAZ Puma Rhein-Sieg | 00:19:22 |
| 15 (1383) | 2. M35 | LOHSE, Maik | 1982 | Erdinger Alkoholfrei | 00:19:44 |
| 16 (2007) | 1. M45 | SCHLAACK, Andreas | 1970 | Vfl Engelskirchen | 00:19:52 |
| 17 (81) | 2. M30 | FISCHER, David | 1983 | Run for your life | 00:19:53 |
| 18 (1375) | 2. M45 | TIMME, Volker | 1969 | LG Gummersbach | 00:19:57 |
| 19 (1357) | 1. MJ U16 | MÜLLER, Luca | 2002 | LAZ Puma Rhein-Sieg | 00:20:06 |
| 20 (2051) | 3. M40 | GAJEK, Chris | 1974 | KTT01 | 00:20:09 |
| 21 (212) | 2. M55 | MIESKES, Kurt | 1961 | MGV Oberbantenberg | 00:20:12 |
| 22 (1361) | 3. M35 | RIEDEL, Oliver | 1979 | TSV Dieringhausen | 00:20:12 |
| 23 (2012) | 4. M40 | HEYER, Sascha | 1976 | KTT01 | 00:20:15 |
| 24 (1358) | 2. MJ U16 | SCHEILZ, Sven | 2002 | LAZ Puma Rhein-Sieg | 00:20:18 |
| 25 (1186) | 5. M40 | JENER, Marius | 1974 | MJ POWER | 00:20:36 |
| 26 (2044) | 2. M50 | SCHLOEMER, Stefan | 1966 | KTT01 | 00:20:39 |
| 27 (1319) | 3. M55 | TESCH, Norbert | 1959 | LLG St. Augustin | 00:20:44 |
| 28 (2002) | 3. M45 | SCHMIDT, Rene | 1970 | LG Schnecke Düsseldorf | 00:20:44 |
| 29 (1364) | 4. M35 | HIMMEL, Marius | 1978 | | 00:20:54 |
| 30 (426) | 3. M30 | PREUß, Stephan | 1985 | SV Auweiler-Esch | 00:20:55 |
| 31 (1264) | 4. M45 | HAGEMANN, Udo | 1970 | TV Witzhelden | 00:20:57 |
| 32 (2025) | 3. MJ U16 | JAKOBS, Lukas | 2002 | Hennefer TV | 00:21:02 |
| 33 (2055) | 5. M45 | BACHER, Joachim | 1971 | TuS Köln rrh. | 00:21:03 |
| 34 (73) | 6. M40 | EßER, André | 1976 | TV Refrath | 00:21:09 |
| 35 (2036) | 6. M45 | HAKE, Thomas | 1969 | | 00:21:26 |
| 36 (261) | 3. M50 | ROCHETEAU, Dominique | 1965 | LG Gummersbach | 00:21:36 |
| 37 (2031) | 4. M55 | JANASIK, Tadeusz | 1961 | Team Lohmann Witten | 00:21:40 |
| 38 (1367) | 7. M40 | BRAUSCH, Marco | 1976 | Hunsrück marathon | 00:22:14 |
| 39 (1399) | 5. M U23 | ZEHNPFENNIG, Damian | 1996 | TV Refrath | 00:22:21 |
| 40 (347) | 4. MJ U16 | VOGT, Leon | 2002 | Laufgruppe WG-ORCA | 00:22:41 |
| 41 (1152) | 1. M60 | BLÖMACHER, Wolfgang | 1956 | Troisdorf | 00:22:42 |
| 42 (1386) | 3. MJ U18 | GERHARDT, Cedric | 2001 | Hamich Runners | 00:23:01 |
| 43 (1378) | 4. M50 | BLOY, Jörg | 1967 | D2SH | 00:23:07 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|------------------------|------|---------------------------|-----------------|
| MÄNNLICH | | | | | |
| 44 (91) | 2. M60 | GAPINSKI, Marian | 1957 | Haribo | 00:23:17 |
| 45 (2047) | 1. M65 | ORTH, Hermann Josef | 1950 | TV Hoffnungsthal | 00:23:20 |
| 46 (2038) | 5. M50 | KRÄMER, Paul | 1963 | | 00:23:23 |
| 47 (1216) | 4. M30 | SCHORDE, Christoph | 1983 | AuB | 00:23:23 |
| 48 (2006) | 1. MJ U14 | SCHLAACK, Leo Levent | 2004 | Vfl Engelskirchen | 00:23:24 |
| 49 (77) | 2. M65 | FEINDT, Reinhard | 1950 | TV Refrath | 00:23:55 |
| 50 (12) | 3. M60 | BAUS, Reiner | 1954 | Cologne Running Crew | 00:24:00 |
| 51 (1389) | 5. M55 | KIMMERLE, Helmut | 1958 | | 00:24:06 |
| 52 (364) | 5. M35 | WINKELMANN, Christian | 1978 | Föhr Marathon e.V. | 00:24:21 |
| 53 (432) | 6. M35 | SCHIERHOLZ, Michael | 1980 | Laufgruppe WG-ORCA | 00:24:25 |
| 54 (211) | 4. M60 | MICHAELIS, Bernd | 1957 | VfB Ertstadt Multisport | 00:24:27 |
| 55 (374) | 5. MJ U16 | ZAHNEN, Fabian | 2003 | GSV Porz | 00:24:35 |
| 56 (1393) | 5. M60 | KRAUSE, Jürgen | 1957 | ernstgetränkesservice | 00:24:40 |
| 57 (1366) | 7. M35 | BRINGS, Daniel | 1979 | | 00:25:14 |
| 58 (64) | 6. M50 | DREBACH, Frank | 1967 | Cologne Allblacks | 00:25:16 |
| 59 (2034) | 8. M40 | ÖZER, Orlando | 1976 | TVR | 00:25:19 |
| 60 (1373) | 3. M | WILDERMUTH, Benjamin | 1993 | | 00:25:27 |
| 61 (109) | 2. MJ U14 | HARNAU, Jonas | 2004 | MudRunner | 00:25:30 |
| 62 (1175) | 7. M45 | HARNAU, Volker | 1972 | MudRunner | 00:25:35 |
| 63 (2045) | 8. M35 | THIEME, Christian | 1981 | Nonstop/ KTT | 00:25:37 |
| 64 (1222) | 6. M60 | SPÖLGEN, Joachim | 1954 | SC Pulheim | 00:25:40 |
| 65 (257) | 6. M55 | REMERS, Ralf | 1962 | TRI-TEAM DEESEM | 00:25:49 |
| 66 (1388) | 3. MJ U14 | KIMMERLE, Tillmann | 2004 | | 00:25:53 |
| 67 (1278) | 7. M50 | KELLER, Andreas | 1965 | | 00:26:00 |
| 68 (1398) | 8. M50 | ZEHNPFENNIG, Stephan | 1965 | | 00:26:07 |
| 69 (130) | 1. MK U12 | HONECKER, Hagen | 2007 | TFG Nippes | 00:26:15 |
| 70 (2053) | 9. M40 | SCHIRMER, Sebastian | 1976 | | 00:26:25 |
| 71 (2011) | 7. M60 | SINGBEIL, Klaus | 1955 | | 00:26:40 |
| 72 (2033) | 8. M45 | WESSELN, Holger | 1971 | Pulsschlag | 00:26:44 |
| 73 (1199) | 9. M45 | LÜKE, Thomas | 1970 | Tri - Team Ahlenberg | 00:26:52 |
| 74 (42) | 4. M | BUSCHER, Marco | 1991 | | 00:26:52 |
| 75 (349) | 9. M35 | WEBER, Markus | 1978 | KSK Köln | 00:27:03 |
| 76 (1395) | 5. M | HERRERA, Valentin | 1993 | Kölner Triathlon Team 01 | 00:27:04 |
| 77 (1345) | 4. MJ U14 | LOPEZ-SALGADO, Antonio | 2004 | | 00:27:10 |
| 78 (1192) | 10. M45 | KOSTINS, Stefan | 1970 | Kickboxen ATV Hückeswagen | 00:27:19 |
| 79 (1228) | 6. MJ U16 | WADERNA, Marlon | 2003 | GSV Porz | 00:28:08 |
| 80 (237) | 7. MJ U16 | OBERSTE-LEHN, Dorian | 2002 | Laufgruppe WG-ORCA | 00:28:10 |
| 81 (180) | 3. M65 | KUJAS, Kurt | 1952 | | 00:28:18 |
| 82 (1215) | 1. M70 | RUNGE, Günther | 1947 | VfL Engelskirchen | 00:28:22 |
| 83 (1402) | 5. M30 | OLOFSSON, Simon | 1983 | | 00:28:33 |
| 84 (1347) | 5. MJ U14 | PHILIPP, Justin | 2004 | Jugendzentrum Dransdorf | 00:28:40 |
| 85 (2003) | 1. M75 | STIEHL, Hans-Detlev | 1942 | Tiere in Not Brühl | 00:30:20 |
| 86 (1204) | 6. M30 | MEHLMANN, Konstantin | 1987 | Kickboxen ATV Hückeswagen | 00:30:23 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-------------------|------------|--------------------|------|-------------------------|-----------------|
| MÄNNLICH | | | | | |
| 87 (1344) | 6. MJ U14 | PAUL, David | 2004 | Jugendzentrum Dransdorf | 00:30:35 |
| 88 (1287) | 8. MJ U16 | LEIGERS, Ben | 2003 | | 00:31:16 |
| 89 (1286) | 9. M50 | LEIGERS, Andreas | 1964 | | 00:31:17 |
| 90 (1324) | 9. MJ U16 | WASSERHEß, Marcel | 2003 | Laufgruppe WG-ORCA | 00:31:55 |
| 91 (26) | 7. MJ U14 | BOHLEN, Björn | 2004 | Laufgruppe WG-ORCA | 00:31:56 |
| 92 (2057) | 6. M U23 | MEIßNER, Rene | 1995 | | 00:32:04 |
| 93 (99) | 4. M65 | GRÄTER, Kurt | 1948 | GVG Laufteam | 00:32:16 |
| 94 (158) | 8. M60 | KNÜTTEL, Karlheinz | 1957 | | 00:32:42 |
| 95 (1376) | 10. M50 | WIESEN, Rolf | 1965 | | 00:32:47 |
| 96 (139) | 2. MK U12 | JANZEN, Sebastian | 2007 | SG Neuss | 00:33:23 |
| 97 (24) | 11. M50 | BLASS, Frank | 1967 | | 00:33:28 |
| 98 (96) | 5. M65 | GLEITSMANN, Thomas | 1948 | TS 79 Bergisch Gladbach | 00:33:41 |
| 99 (1385) | 12. M50 | GERHARDT, Uwe | 1965 | Hamich Runners | 00:33:54 |
| 100 (1381) | 6. M | GÖTZ, Jan | 1991 | | 00:34:25 |
| 101 (245) | 9. M60 | PERSÉ, Jürgen | 1956 | RTC Frechen 80 | 00:34:45 |
| 102 (216) | 1. M80 | MOHR, Rudi | 1935 | | 00:35:14 |
| 103 (282) | 10. M40 | SCHMITZ, Andreas | 1977 | | 00:36:50 |
| 104 (1355) | 7. M30 | HEERSTRAB, Oliver | 1984 | ASG Elsdorf | 00:36:55 |
| 105 (129) | 11. M45 | HOLZ, Gerd | 1971 | | 00:37:46 |
| 106 (1403) | 10. MJ U16 | HAUS, David | 2002 | | 00:37:46 |
| 107 (1354) | 11. M40 | KÖNIGS, Thomas | 1974 | ASG Elsdorf | 00:38:12 |
| 108 (188) | 13. M50 | LAMMEL, Georg | 1963 | LT Saaler Mühle | 00:39:36 |
| 109 (1346) | 8. MJ U14 | BENALI, Armin | 2004 | Jugendzentrum Dransdorf | 00:43:05 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|-------------|-----------------------|------|-------------------------------|----------|
| MÄNNER | | | | | |
| 1 (1141) | 1. gesamt | SINGBEIL, Daniel | 1989 | Bunert - Der Kölner Laufladen | 00:15:33 |
| 2 (210) | 4. gesamt | MICHAELIS, Fabian | 1994 | ASV Wesseling | 00:17:46 |
| 3 (1373) | 79. gesamt | WILDERMUTH, Benjamin | 1993 | | 00:25:27 |
| 4 (42) | 101. gesamt | BUSCHER, Marco | 1991 | | 00:26:52 |
| 5 (1395) | 103. gesamt | HERRERA, Valentin | 1993 | Kölner Triathlon Team 01 | 00:27:04 |
| 6 (1381) | 155. gesamt | GÖTZ, Jan | 1991 | | 00:34:25 |
| JUNIOREN U23 | | | | | |
| 1 (1320) | 2. gesamt | TESCH, Tobias | 1995 | SV Hellas Siegburg | 00:16:27 |
| 2 (1359) | 3. gesamt | HASSELBERG, Nils | 1997 | LAZ Puma Rhein-Sieg | 00:17:12 |
| 3 (262) | 7. gesamt | ROCHETEAU, Maxime | 1995 | LG Gummersbach | 00:18:22 |
| 4 (1379) | 13. gesamt | SCHALK, Julius | 1995 | | 00:19:20 |
| 5 (1399) | 52. gesamt | ZEHNPENNIG, Damian | 1996 | TV Refrath | 00:22:21 |
| 6 (2057) | 138. gesamt | MEIßNER, Rene | 1995 | | 00:32:04 |
| SENIOREN M30 | | | | | |
| 1 (1390) | 8. gesamt | RAATZ, Marcus | 1983 | LG Gummersbach | 00:18:27 |
| 2 (81) | 20. gesamt | FISCHER, David | 1983 | Run for your life | 00:19:53 |
| 3 (426) | 37. gesamt | PREUß, Stephan | 1985 | SV Auweiler-Esch | 00:20:55 |
| 4 (1216) | 61. gesamt | SCHORDE, Christoph | 1983 | AuB | 00:23:23 |
| 5 (1402) | 116. gesamt | OLOFSSON, Simon | 1983 | | 00:28:33 |
| 6 (1204) | 126. gesamt | MEHLMANN, Konstantin | 1987 | Kickboxen ATV Hückeswagen | 00:30:23 |
| 7 (1355) | 166. gesamt | HEERSTRAß, Oliver | 1984 | ASG Elsdorf | 00:36:55 |
| SENIOREN M35 | | | | | |
| 1 (2037) | 14. gesamt | ZENTNER, Markus | 1982 | TV Refrath | 00:19:21 |
| 2 (1383) | 18. gesamt | LOHSE, Maik | 1982 | Erdinger Alkoholfrei | 00:19:44 |
| 3 (1361) | 27. gesamt | RIEDEL, Oliver | 1979 | TSV Dieringhausen | 00:20:12 |
| 4 (1364) | 36. gesamt | HIMMEL, Marius | 1978 | | 00:20:54 |
| 5 (364) | 67. gesamt | WINKELMANN, Christian | 1978 | Föhr Marathon e.V. | 00:24:21 |
| 6 (432) | 68. gesamt | SCHIERHOLZ, Michael | 1980 | Laufgruppe WG-ORCA | 00:24:25 |
| 7 (1366) | 74. gesamt | BRINGS, Daniel | 1979 | | 00:25:14 |
| 8 (2045) | 85. gesamt | THIEME, Christian | 1981 | Nonstop/ KTT | 00:25:37 |
| 9 (349) | 102. gesamt | WEBER, Markus | 1978 | KSK Köln | 00:27:03 |
| SENIOREN M40 | | | | | |
| 1 (138) | 5. gesamt | JAKOBS, Thorsten | 1974 | PSV Bonn Triathlon | 00:18:06 |
| 2 (1394) | 9. gesamt | WALLMEN, Sören | 1977 | KTT01 | 00:18:36 |
| 3 (2051) | 24. gesamt | GAJEK, Chris | 1974 | KTT01 | 00:20:09 |
| 4 (2012) | 28. gesamt | HEYER, Sascha | 1976 | KTT01 | 00:20:15 |
| 5 (1186) | 30. gesamt | JENER, Marius | 1974 | MJ POWER | 00:20:36 |
| 6 (73) | 41. gesamt | EßER, André | 1976 | TV Refrath | 00:21:09 |
| 7 (1367) | 51. gesamt | BRAUSCH, Marco | 1976 | Hunsrück marathon | 00:22:14 |
| 8 (2034) | 78. gesamt | ÖZER, Orlando | 1976 | TVR | 00:25:19 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|-------------|----------------------|------|---------------------------|----------|
| SENIOREN M40 | | | | | |
| 9 (2053) | 97. gesamt | SCHIRMER, Sebastian | 1976 | | 00:26:25 |
| 10 (282) | 165. gesamt | SCHMITZ, Andreas | 1977 | | 00:36:50 |
| 11 (1354) | 173. gesamt | KÖNIGS, Thomas | 1974 | ASG Elsdorf | 00:38:12 |
| SENIOREN M45 | | | | | |
| 1 (2007) | 19. gesamt | SCHLAACK, Andreas | 1970 | Vfl Engelskirchen | 00:19:52 |
| 2 (1375) | 21. gesamt | TIMME, Volker | 1969 | LG Gummersbach | 00:19:57 |
| 3 (2002) | 33. gesamt | SCHMIDT, Rene | 1970 | LG Schnecke Düsseldorf | 00:20:44 |
| 4 (1264) | 38. gesamt | HAGEMANN, Udo | 1970 | TV Witzhelden | 00:20:57 |
| 5 (2055) | 40. gesamt | BACHER, Joachim | 1971 | TuS Köln rrh. | 00:21:03 |
| 6 (2036) | 42. gesamt | HAKE, Thomas | 1969 | | 00:21:26 |
| 7 (1175) | 84. gesamt | HARNAU, Volker | 1972 | MudRunner | 00:25:35 |
| 8 (2033) | 99. gesamt | WESSELN, Holger | 1971 | Pulsschlag | 00:26:44 |
| 9 (1199) | 100. gesamt | LÜKE, Thomas | 1970 | Tri - Team Ahlenberg | 00:26:52 |
| 10 (1192) | 106. gesamt | KOSTINS, Stefan | 1970 | Kickboxen ATV Hückeswagen | 00:27:19 |
| 11 (129) | 170. gesamt | HOLZ, Gerd | 1971 | | 00:37:46 |
| SENIOREN M50 | | | | | |
| 1 (2056) | 12. gesamt | RITTER, Johannes | 1965 | | 00:19:01 |
| 2 (2044) | 31. gesamt | SCHLOEMER, Stefan | 1966 | KTT01 | 00:20:39 |
| 3 (261) | 44. gesamt | ROCHETEAU, Dominique | 1965 | LG Gummersbach | 00:21:36 |
| 4 (1378) | 57. gesamt | BLOY, Jörg | 1967 | D2SH | 00:23:07 |
| 5 (2038) | 60. gesamt | KRÄMER, Paul | 1963 | | 00:23:23 |
| 6 (64) | 77. gesamt | DREBACH, Frank | 1967 | Cologne Allblacks | 00:25:16 |
| 7 (1278) | 92. gesamt | KELLER, Andreas | 1965 | | 00:26:00 |
| 8 (1398) | 93. gesamt | ZEHNPFENNIG, Stephan | 1965 | | 00:26:07 |
| 9 (1286) | 133. gesamt | LEIGERS, Andreas | 1964 | | 00:31:17 |
| 10 (1376) | 146. gesamt | WIESEN, Rolf | 1965 | | 00:32:47 |
| 11 (24) | 150. gesamt | BLASS, Frank | 1967 | | 00:33:28 |
| 12 (1385) | 154. gesamt | GERHARDT, Uwe | 1965 | Hamich Runners | 00:33:54 |
| 13 (188) | 179. gesamt | LAMMEL, Georg | 1963 | LT Saaler Mühle | 00:39:36 |
| SENIOREN M55 | | | | | |
| 1 (254) | 11. gesamt | REDLICH, Michael | 1961 | VfL Engelskirchen | 00:18:52 |
| 2 (212) | 26. gesamt | MIESKES, Kurt | 1961 | MGV Oberbantenberg | 00:20:12 |
| 3 (1319) | 34. gesamt | TESCH, Norbert | 1959 | LLG St. Augustin | 00:20:44 |
| 4 (2031) | 47. gesamt | JANASIK, Tadeusz | 1961 | Team Lohmann Witten | 00:21:40 |
| 5 (1389) | 66. gesamt | KIMMERLE, Helmut | 1958 | | 00:24:06 |
| 6 (257) | 88. gesamt | REMERS, Ralf | 1962 | TRI-TEAM DEESEM | 00:25:49 |
| SENIOREN M60 | | | | | |
| 1 (1152) | 55. gesamt | BLÖMACHER, Wolfgang | 1956 | Troisdorf | 00:22:42 |
| 2 (91) | 58. gesamt | GAPINSKI, Marian | 1957 | Haribo | 00:23:17 |
| 3 (12) | 64. gesamt | BAUS, Reiner | 1954 | Cologne Running Crew | 00:24:00 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|-------------|------------------------|------|--------------------------|----------|
| SENIOREN M60 | | | | | |
| 4 (211) | 69. gesamt | MICHAELIS, Bernd | 1957 | VfB Erftstadt Multisport | 00:24:27 |
| 5 (1393) | 73. gesamt | KRAUSE, Jürgen | 1957 | ernstgetränkesservice | 00:24:40 |
| 6 (1222) | 86. gesamt | SPÖLGEN, Joachim | 1954 | SC Pulheim | 00:25:40 |
| 7 (2011) | 98. gesamt | SINGBEIL, Klaus | 1955 | | 00:26:40 |
| 8 (158) | 143. gesamt | KNÜTTEL, Karlheinz | 1957 | | 00:32:42 |
| 9 (245) | 159. gesamt | PERSÉ, Jürgen | 1956 | RTC Frechen 80 | 00:34:45 |
| SENIOREN M65 | | | | | |
| 1 (2047) | 59. gesamt | ORTH, Hermann Josef | 1950 | TV Hoffnungsthal | 00:23:20 |
| 2 (77) | 63. gesamt | FEINDT, Reinhard | 1950 | TV Refrath | 00:23:55 |
| 3 (180) | 112. gesamt | KUJAS, Kurt | 1952 | | 00:28:18 |
| 4 (99) | 140. gesamt | GRÄTER, Kurt | 1948 | GVG Laufteam | 00:32:16 |
| 5 (96) | 153. gesamt | GLEITSMANN, Thomas | 1948 | TS 79 Bergisch Gladbach | 00:33:41 |
| SENIOREN M70 | | | | | |
| 1 (1215) | 113. gesamt | RUNGE, Günther | 1947 | VfL Engelskirchen | 00:28:22 |
| SENIOREN M75 | | | | | |
| 1 (2003) | 125. gesamt | STIEHL, Hans-Detlev | 1942 | Tiere in Not Brühl | 00:30:20 |
| SENIOREN M80 | | | | | |
| 1 (216) | 160. gesamt | MOHR, Rudi | 1935 | | 00:35:14 |
| MÄNNL. JUGEND U14 | | | | | |
| 1 (2006) | 62. gesamt | SCHLAACK, Leo Levent | 2004 | VfL Engelskirchen | 00:23:24 |
| 2 (109) | 82. gesamt | HARNAU, Jonas | 2004 | MudRunner | 00:25:30 |
| 3 (1388) | 89. gesamt | KIMMERLE, Tillmann | 2004 | | 00:25:53 |
| 4 (1345) | 104. gesamt | LOPEZ-SALGADO, Antonio | 2004 | | 00:27:10 |
| 5 (1347) | 117. gesamt | PHILIPP, Justin | 2004 | Jugendzentrum Dransdorf | 00:28:40 |
| 6 (1344) | 129. gesamt | PAUL, David | 2004 | Jugendzentrum Dransdorf | 00:30:35 |
| 7 (26) | 137. gesamt | BOHLEN, Björn | 2004 | Laufgruppe WG-ORCA | 00:31:56 |
| 8 (1346) | 183. gesamt | BENALI, Armin | 2004 | Jugendzentrum Dransdorf | 00:43:05 |
| MÄNNL. JUGEND U16 | | | | | |
| 1 (1357) | 22. gesamt | MÜLLER, Luca | 2002 | LAZ Puma Rhein-Sieg | 00:20:06 |
| 2 (1358) | 29. gesamt | SCHEILZ, Sven | 2002 | LAZ Puma Rhein-Sieg | 00:20:18 |
| 3 (2025) | 39. gesamt | JAKOBS, Lukas | 2002 | Hennefer TV | 00:21:02 |
| 4 (347) | 53. gesamt | VOGT, Leon | 2002 | Laufgruppe WG-ORCA | 00:22:41 |
| 5 (374) | 72. gesamt | ZAHNEN, Fabian | 2003 | GSV Porz | 00:24:35 |
| 6 (1228) | 109. gesamt | WADERNA, Marlon | 2003 | GSV Porz | 00:28:08 |
| 7 (237) | 110. gesamt | OBERSTE-LEHN, Dorian | 2002 | Laufgruppe WG-ORCA | 00:28:10 |
| 8 (1287) | 132. gesamt | LEIGERS, Ben | 2003 | | 00:31:16 |
| 9 (1324) | 136. gesamt | WASSERHEß, Marcel | 2003 | Laufgruppe WG-ORCA | 00:31:55 |
| 10 (1403) | 171. gesamt | HAUS, David | 2002 | | 00:37:46 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|-------------|------------------------|------|-------------------------------|----------|
| MÄNNL. JUGEND U18 | | | | | |
| 1 (2043) | 6. gesamt | THIELKE, Pascal | 2000 | Triathlon TUS Arweiler | 00:18:11 |
| 2 (1360) | 15. gesamt | KELLY, Luke | 2000 | LAZ Puma Rhein-Sieg | 00:19:22 |
| 3 (1386) | 56. gesamt | GERHARDT, Cedric | 2001 | Hamich Runners | 00:23:01 |
| MÄNNL. KINDER U12 | | | | | |
| 1 (130) | 94. gesamt | HONECKER, Hagen | 2007 | TFG Nippes | 00:26:15 |
| 2 (139) | 149. gesamt | JANZEN, Sebastian | 2007 | SG Neuss | 00:33:23 |
| FRAUEN | | | | | |
| 1 (1275) | 10. gesamt | JASCHKE, Lisa | 1990 | Bunert - Der Kölner Laufladen | 00:18:38 |
| 2 (209) | 17. gesamt | MICHAELIS, Svenja | 1989 | PSV Brühl Triathlon Team | 00:19:31 |
| 3 (2039) | 35. gesamt | AHLERS, Johanna | 1994 | | 00:20:52 |
| 4 (1166) | 107. gesamt | DEUTZMANN, Katharina | 1989 | Southern Oregon Runners | 00:27:21 |
| 5 (1391) | 122. gesamt | SIEBERTZ, Daniela | 1990 | | 00:29:39 |
| 6 (1380) | 123. gesamt | MÜLLER, Linda | 1993 | | 00:29:43 |
| 7 (291) | 124. gesamt | SCHNEIDERS, Julia | 1991 | LT Dünwaldener TV | 00:29:50 |
| 8 (1288) | 127. gesamt | LOVERIDGE, Julia | 1991 | Gloucester AC (England) | 00:30:25 |
| 9 (1325) | 139. gesamt | WENDEL, Anna | 1994 | | 00:32:05 |
| 10 (113) | 141. gesamt | HAUPTVOGEL, Katharina | 1992 | ASICS Frontrunner | 00:32:21 |
| 11 (172) | 142. gesamt | KREMERS, Michelle | 1994 | | 00:32:34 |
| 12 (1274) | 157. gesamt | HÜMANN, Ulrike | 1994 | | 00:34:26 |
| 13 (203) | 168. gesamt | MATTHES, Pia | 1991 | Raketentreff Deesem | 00:37:42 |
| 14 (1372) | 181. gesamt | BIRBIR, Yasemin | 1991 | | 00:40:38 |
| JUNIORINNEN U23 | | | | | |
| 1 (33) | 43. gesamt | BRASSAT, Simone | 1996 | | 00:21:35 |
| 2 (1401) | 111. gesamt | SCHNEIDER, Clara | 1996 | | 00:28:15 |
| SENIORINNEN W30 | | | | | |
| 1 (1136) | 23. gesamt | KLEIN, Franziska | 1985 | Bunert - Der Kölner Laufladen | 00:20:08 |
| 2 (425) | 65. gesamt | PITHAN, Isabella | 1985 | | 00:24:02 |
| 3 (225) | 71. gesamt | MÜHLEIS, Frauke | 1983 | Leidenschaft-ist-Talent.com | 00:24:35 |
| 4 (1406) | 75. gesamt | SELLMANN, Nina | 1987 | TV Rodenkirchen Triathlon | 00:25:14 |
| 5 (2032) | 76. gesamt | SUHREN, Katharina | 1987 | | 00:25:15 |
| 6 (2029) | 83. gesamt | SCHUMACHER, Nina | 1987 | Kickboxen ATV Hückeswagen | 00:25:32 |
| 7 (1382) | 120. gesamt | PATRICELLI, Maria-Rosa | 1986 | Erdinger Alkoholfrei | 00:29:14 |
| 8 (1327) | 151. gesamt | WIDDIG, Sina | 1986 | | 00:33:32 |
| 9 (283) | 164. gesamt | SCHMITZ, Mandy | 1983 | | 00:36:50 |
| SENIORINNEN W35 | | | | | |
| 1 (2040) | 45. gesamt | WEINGARTZ, Justyna | 1980 | | 00:21:37 |
| 2 (1351) | 54. gesamt | BECKER, Kathrin | 1982 | | 00:22:42 |
| 3 (2026) | 81. gesamt | FUCHSHUBER, Kinga | 1979 | TV Refrath | 00:25:30 |
| 4 (1146) | 87. gesamt | BARANSKI, Maïke | 1979 | Tri - Team Ahlenberg | 00:25:47 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------------|-------------|----------------------------|------|-----------------------------------|----------|
| SENIORINNEN W35 | | | | | |
| 5 (310) | 105. gesamt | SELINIOTAKIS, Nadine Diana | 1979 | | 00:27:19 |
| 6 (1332) | 108. gesamt | RASCH, Steffi | 1981 | #IAMSPORT by M.Raatz | 00:27:42 |
| 7 (2017) | 119. gesamt | BAATH, Julia | 1981 | | 00:28:54 |
| 8 (115) | 144. gesamt | HEINZEN, Sonja | 1982 | | 00:32:45 |
| 9 (336) | 148. gesamt | TOELLNER, Stefanie | 1978 | | 00:32:51 |
| 10 (1311) | 156. gesamt | SCHRÖDER, Cindy | 1982 | | 00:34:26 |
| 11 (300) | 167. gesamt | SCHULZ, Kerstin | 1981 | | 00:37:42 |
| 12 (1145) | 169. gesamt | BACH, Anna | 1980 | | 00:37:43 |
| SENIORINNEN W40 | | | | | |
| 1 (1369) | 16. gesamt | SCHNEIDER, Silke | 1976 | Bunert - Der Siegburger Laufladen | 00:19:24 |
| 2 (1134) | 25. gesamt | FRONING, Marianne | 1977 | Bunert - Der Kölner Laufladen | 00:20:11 |
| 3 (2041) | 50. gesamt | MEMMINGER, Andrea | 1976 | SV Axa | 00:22:12 |
| 4 (55) | 145. gesamt | DIEDENHOFEN, Nadine | 1976 | | 00:32:46 |
| 5 (1262) | 158. gesamt | FIEDLER, Lena | 1977 | Happy Running Family | 00:34:43 |
| SENIORINNEN W45 | | | | | |
| 1 (1266) | 49. gesamt | HECKER, Sandra | 1971 | SC OFtersheim | 00:21:41 |
| 2 (1314) | 91. gesamt | SIEBEL, Helga | 1968 | | 00:25:59 |
| 3 (1157) | 130. gesamt | BROCKHOFF, Andrea | 1971 | Pfaffenheck | 00:30:54 |
| 4 (2035) | 134. gesamt | HAKE, Gisela | 1969 | | 00:31:47 |
| 5 (1352) | 147. gesamt | HOOCHHAUSEN, Kira | 1971 | | 00:32:48 |
| 6 (1400) | 162. gesamt | SCHWANDECKER, Eva | 1969 | Mano leto Club | 00:36:15 |
| 7 (1370) | 176. gesamt | RICK, Dunja | 1969 | | 00:38:56 |
| SENIORINNEN W50 | | | | | |
| 1 (2022) | 90. gesamt | ROTTENAU, Sylke | 1967 | | 00:25:58 |
| 2 (1211) | 95. gesamt | POENSGEN, Kelly | 1966 | Tierheim Troisdorf | 00:26:20 |
| 3 (258) | 135. gesamt | REMERS, Ralf | 1963 | TRI-TEAM DEESEM | 00:31:53 |
| 4 (112) | 161. gesamt | HAUCK-KNÜTTEL, Kerstin | 1963 | | 00:35:17 |
| 5 (294) | 182. gesamt | SCHÖNBERG, Marion | 1967 | | 00:41:50 |
| SENIORINNEN W55 | | | | | |
| 1 (2050) | 114. gesamt | KÜHN-NEUMANN, Gudrun | 1959 | | 00:28:31 |
| 2 (3) | 131. gesamt | ALFLEN, Monika | 1958 | LT Saaler Mühle | 00:31:10 |
| 3 (292) | 163. gesamt | SCHOLZ, Ulrike | 1960 | | 00:36:24 |
| 4 (230) | 174. gesamt | NAUROTH, Petra | 1960 | SG Neuss | 00:38:43 |
| 5 (89) | 175. gesamt | FRÖHLICH, Marianne | 1961 | | 00:38:56 |
| 6 (58) | 177. gesamt | DITTRICH, Karin | 1960 | SCB Horrem e. V. | 00:39:10 |
| SENIORINNEN W60 | | | | | |
| 1 (2046) | 172. gesamt | ZIMMER, Brigitte | 1957 | | 00:38:07 |
| 2 (165) | 184. gesamt | KORDEUTER, Jutta | 1954 | ReVital Center Bergheim | 00:45:43 |



1. Lauf zur 33. Winterserie des LSV Porz

LAUF (5 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|-------------|------------------------|------|-------------------------------|-----------------|
| SENIORINNEN W65 | | | | | |
| 1 (1368) | 128. gesamt | ARNDT, Bärbel | 1952 | | 00:30:29 |
| SENIORINNEN W70 | | | | | |
| 1 (328) | 152. gesamt | SÜß-DAHMEN, Renate | 1944 | LT Saaler Mühle | 00:33:38 |
| WEIBL. JUGEND U14 | | | | | |
| 1 (1138) | 32. gesamt | SCHNEIDER, Celine | 2004 | Bunert - Der Kölner Laufladen | 00:20:41 |
| 2 (1387) | 70. gesamt | GERHARDT, Enya | 2004 | Hamich Runners | 00:24:34 |
| 3 (430) | 80. gesamt | ROTTENAU, Anna | 2004 | VfB Ertstadt Multisport | 00:25:30 |
| 4 (363) | 96. gesamt | WINKELMANN, Leona | 2004 | Föhr Marathon e.V. | 00:26:24 |
| 5 (189) | 178. gesamt | LAMMEL, Ariane | 2004 | LT Saaler Mühle | 00:39:34 |
| WEIBL. JUGEND U16 | | | | | |
| 1 (325) | 48. gesamt | STRATMANN, Hannah | 2002 | SG Monheim | 00:21:41 |
| 2 (1158) | 115. gesamt | BROCKHOFF, Sophia | 2002 | SSV Pfaffenheck | 00:28:32 |
| 3 (1343) | 118. gesamt | NDASHI, Moni | 2003 | Jugendzentrum Dransdorf | 00:28:47 |
| 4 (123) | 121. gesamt | HIRSCHFELD, Lea Sophie | 2002 | LG Hirschfeld | 00:29:35 |
| WEIBL. JUGEND U18 | | | | | |
| 1 (1350) | 180. gesamt | FRINGS, Celine | 2000 | Jugendzentrum Dransdorf | 00:40:36 |
| WEIBL. JUGEND U20 | | | | | |
| 1 (2049) | 46. gesamt | SCHLOEMER, Sonja | 1999 | KTT01 | 00:21:39 |