

Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|--------|----------------------|------|-------------------------------|---------|
| 1 | (178) | 1. | M U23 | Otto, Dominik | 1992 | | 0:35:28 |
| 2 | (494) | 1. | M30 | Rauch, Markus | 1980 | PSV Bonn Triathlon | 0:37:07 |
| 3 | (899) | 1. | M35 | Röttgen, Frank | 1978 | | 0:37:36 |
| 4 | (538) | 1. | M45 | Fetting, Stefan | 1964 | Tri Power Rhein Sieg | 0:37:39 |
| 5 | (1107) | 2. | M45 | Zwickert, Patrick | 1968 | lavakraft | 0:38:04 |
| 6 | (217) | 2. | M35 | Nürnberger, Peter | 1978 | | 0:38:11 |
| 7 | (533) | 1. | M | Steglich, Marco | 1984 | Kopfjaeger-Sport e.V. | 0:38:58 |
| 8 | (175) | 3. | M45 | Müller, Josef | 1968 | LT Graftschaft | 0:39:44 |
| 9 | (163) | 2. | M | Friedrich, Toni | 1987 | Zimmerei Heiko Friedrich | 0:39:46 |
| 10 | (199) | 3. | M35 | Baltes, Achim | 1975 | | 0:39:51 |
| 11 | (496) | 4. | M35 | Grüne, Ansgar | 1974 | PSV Bonn Triathlon | 0:39:55 |
| 12 | (176) | 5. | M35 | Murru, Ivo | 1974 | SSF Bonn Triathlon | 0:40:10 |
| 13 | (1151) | 6. | M35 | Jewer, Marius | 1974 | MJ Power | 0:40:39 |
| 14 | (858) | 1. | M40 | Öhlenbeck, Martin | 1970 | RCB Bonn | 0:41:34 |
| 15 | (218) | 3. | M | Oswald, Matthias | 1985 | Deutsche Sporthochschule Köln | 0:41:36 |
| 16 | (843) | 1. | W45 | Orgeldinger, Micaela | 1968 | SSF Bonn | 0:41:51 |
| 17 | (194) | 2. | M40 | Wank, Michael | 1969 | LT Hennef/Sieg | 0:42:19 |
| 18 | (1149) | 2. | M30 | Hörnchen, Marco | 1981 | LC Euskirchen | 0:42:38 |
| 19 | (812) | 3. | M40 | Brauner, Dirk | 1969 | TUSEM ESSEN | 0:43:02 |
| 20 | (465) | 7. | M35 | Reglin, Alexander | 1976 | LLG St. Augustin | 0:43:02 |
| 21 | (188) | 1. | M50 | Schaffarczyk, Bernd | 1960 | krüger running team | 0:43:09 |
| 22 | (169) | 4. | M45 | Kirchner, Lothar | 1967 | | 0:43:24 |
| 23 | (1166) | 8. | M35 | Schröder, Rene | 1978 | | 0:43:41 |
| 24 | (1159) | 4. | M | Gebert, Jan | 1988 | Trommelpeders | 0:43:45 |
| 25 | (177) | 5. | M45 | Niekrawietz, Peter | 1968 | | 0:43:50 |
| 26 | (162) | 5. | M | Frenser, Thorsten | 1987 | Feuerwehr Köln | 0:43:55 |
| 27 | (436) | 1. | W40 | Schneider, Caterina | 1971 | Imkerei im Melbtal | 0:44:01 |
| 28 | (215) | 3. | M30 | Langnau, Stefan | 1983 | Tri City e.V. | 0:44:02 |
| 29 | (1161) | 6. | M | Lüdke, Jonas | 1988 | Trommelpeders | 0:44:14 |
| 30 | (811) | 9. | M35 | Böttcher, Waldemar | 1978 | LLG St. Augustin | 0:44:15 |
| 31 | (171) | 4. | M40 | Koller, Thomas | 1971 | LC Schneller das Ding | 0:44:18 |
| 32 | (1170) | 10. | M35 | Gajek, Chris | 1974 | KTT 01 | 0:44:21 |
| 33 | (1055) | 6. | M45 | Gröner, Ole | 1968 | MACH3-Köln e.V. | 0:44:23 |
| 34 | (881) | 1. | WJ U18 | Feldwisch, Marla | 1996 | TV Herkenrath | 0:44:26 |
| 35 | (819) | 7. | M45 | Müller, Haraln | 1967 | LLG St. Augustin | 0:44:28 |
| 36 | (227) | 1. | W55 | Wilbrand, Ulrike | 1955 | LG Südsauerland | 0:44:30 |
| 37 | (1165) | 1. | M55 | Maurer, Franz | 1955 | LT Graftschaft | 0:44:37 |
| 38 | (206) | 7. | M | Engel, Marian-Heinz | 1988 | ASV Köln Triathlon | 0:44:52 |
| 39 | (160) | 2. | M50 | Eidmann, Volker | 1960 | | 0:44:56 |
| 40 | (1090) | 8. | M | Dickmeis, Michael | 1984 | SSF Bonn | 0:45:24 |
| 41 | (815) | 1. | W50 | Cordes, Ulla | 1960 | LG Südsauerland | 0:45:50 |
| 42 | (1089) | 9. | M | Christensen, Mikael | 1986 | | 0:45:59 |
| 43 | (879) | 2. | M U23 | Sonntag, Frank | 1991 | ERGO Sports Köln | 0:46:02 |
| 44 | (226) | 10. | M | van Geöns, Patrick | 1984 | | 0:46:03 |
| 45 | (873) | 2. | W45 | Schulz, Anja | 1968 | SV Bergisch Gladbach | 0:46:06 |

3. Lauf zur 29. Winterserie des LSV Porz

Sonntag, 3. März 2013

15:54:09

Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|-------|-----------------------|------|---------------------------|---------|
| 46 | (861) | 1. | W | Pflug, Jeanette | 1987 | PSV Bonn | 0:46:27 |
| 47 | (1102) | 11. | M35 | Schreiner, Jan | 1975 | 1. FC Plautze 04 | 0:46:27 |
| 48 | (807) | 4. | M30 | Riedel, Oliver | 1979 | | 0:46:29 |
| 49 | (1160) | 8. | M45 | Wolf, Ralf | 1966 | TuS Nister | 0:46:36 |
| 50 | (704) | 5. | M30 | Schorde, Christoph | 1983 | | 0:46:36 |
| 51 | (888) | 9. | M45 | Albishausen, Rainer | 1966 | ASV Team 42 | 0:46:37 |
| 52 | (1162) | 11. | M | Schmitt, Maximilian | 1990 | Trommelpeders | 0:46:38 |
| 53 | (159) | 10. | M45 | Dresbach, Frank | 1967 | Cologne Allblacks | 0:46:40 |
| 54 | (829) | 11. | M45 | Hansen, Christoph | 1965 | Cologne Allblacks | 0:46:41 |
| 55 | (167) | 12. | M35 | Jahn, Thorsten | 1975 | Optik Jahn Hörakustik | 0:47:04 |
| 56 | (486) | 1. | M60 | Wojciechowski, Henryk | 1949 | | 0:47:07 |
| 57 | (170) | 6. | M30 | Klippert, Florian | 1982 | | 0:47:14 |
| 58 | (1185) | 3. | M50 | Podzus, Horst | 1961 | | 0:47:34 |
| 59 | (1156) | 12. | M45 | Ackermann, Sebastian | 1966 | Team Intelligente Energie | 0:47:50 |
| 60 | (1083) | 5. | M40 | Bednarz, Ralf | 1969 | | 0:48:03 |
| 61 | (200) | 13. | M45 | Bauß, Carsten | 1965 | 1. Kölner Laufstall | 0:48:04 |
| 62 | (1163) | 7. | M30 | Baumeister, Sebastian | 1982 | Beueler Maratonne | 0:48:05 |
| 63 | (817) | 3. | W45 | Siebel, Helga | 1968 | TuS Deuz | 0:48:11 |
| 64 | (1150) | 2. | M55 | Oschwald, Alfred | 1958 | | 0:48:23 |
| 65 | (168) | 6. | M40 | Kanne, Christoph | 1973 | Golfstylaz | 0:48:29 |
| 66 | (156) | 14. | M45 | Djamalpour, Darius | 1964 | Team Erdinger Alkoholfrei | 0:48:32 |
| 67 | (1173) | 2. | M60 | Bleibaum, Ernst | 1952 | LT Schneewittchen | 0:48:35 |
| 68 | (185) | 4. | M50 | Robl, Joachim | 1960 | | 0:48:37 |
| 69 | (1208) | 13. | M35 | Rustemeier, Stefan | 1975 | ssv-marienheide | 0:48:42 |
| 70 | (801) | 1. | W30 | Franck, Hannah | 1983 | | 0:48:47 |
| 71 | (1081) | 1. | W U23 | Alsfasser, Annika | 1993 | | 0:48:52 |
| 72 | (1153) | 2. | W30 | Post, Kathrin | 1979 | | 0:49:00 |
| 73 | (222) | 15. | M45 | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 0:49:08 |
| 74 | (866) | 16. | M45 | Weiß, Richard | 1967 | 1. Kölner Laufstall | 0:49:12 |
| 75 | (157) | 17. | M45 | Djamalpour, Syrus | 1965 | | 0:49:16 |
| 76 | (1152) | 8. | M30 | Stenaneck, Jan | 1981 | SSK Kernen | 0:49:16 |
| 77 | (1164) | 5. | M50 | Baumeister, Wolfgang | 1960 | Dünwalder Maratonne | 0:49:26 |
| 78 | (210) | 1. | M65 | Gansow, Diethard | 1944 | Triathlon Team Indeland | 0:49:27 |
| 79 | (164) | 6. | M50 | Gutmann, Matthias | 1959 | DJKMarienstatt | 0:49:28 |
| 80 | (1087) | 4. | W45 | Buechel, erika | 1966 | Lahme Ente | 0:49:38 |
| 81 | (203) | 3. | W30 | Dietze, Stine | 1981 | 1. Kölner Laufstall | 0:49:41 |
| 82 | (1167) | 1. | W35 | Thiel, Melanie | 1978 | FMTB 11 | 0:49:42 |
| 83 | (1155) | 18. | M45 | Wilkens, Robert | 1964 | SG Sportfreunde 69 | 0:49:44 |
| 84 | (1175) | 7. | M40 | Brünning, Robert | 1972 | | 0:49:58 |
| 85 | (1169) | 19. | M45 | Ingendahl, Detlev | 1964 | | 0:50:09 |
| 86 | (1168) | 14. | M35 | Gierschner, Andrea | 1976 | PSV Bonn | 0:51:00 |
| 87 | (1088) | 7. | M50 | Buechel, Heinz | 1963 | Mach3 Köln EV | 0:51:15 |
| 88 | (201) | 8. | M50 | Burghardt, Stephan | 1961 | www.idaa.de | 0:51:39 |
| 89 | (1091) | 8. | M40 | Göcke, Thorsten | 1973 | | 0:52:09 |
| 90 | (1099) | 9. | M50 | Meyer, Hans Arnold | 1960 | | 0:52:13 |

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Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|--------|--------------------------|------|-------------------------|---------|
| 91 | (446) | 12. | M | Nowicki, Patryk | 1985 | | 0:52:20 |
| 92 | (275) | 20. | M45 | Weisser, Dieter | 1967 | | 0:52:26 |
| 93 | (1172) | 21. | M45 | Zimmermann, Norbert | 1965 | LT TR | 0:52:28 |
| 94 | (109) | 9. | M30 | Linden, Alii | 1980 | B...M...S...F | 0:52:30 |
| 95 | (1082) | 3. | M55 | Becker, Dieter | 1956 | | 0:52:31 |
| 96 | (150) | 22. | M45 | Beckmann, Bernd | 1966 | Troisdorf | 0:52:36 |
| 97 | (154) | 15. | M35 | Brungs, Alexander | 1977 | | 0:52:44 |
| 98 | (1158) | 10. | M30 | Schlebusch, Mirco | 1979 | Troisdorfer LG MUT | 0:53:06 |
| 99 | (1100) | 4. | W30 | Obot, Maimouna | 1982 | | 0:53:15 |
| 100 | (1171) | 23. | M45 | Krichel, Andreas | 1964 | | 0:53:16 |
| 101 | (193) | 11. | M30 | Virnich, Dennis | 1983 | DJK Blumenthal | 0:53:19 |
| 102 | (172) | 16. | M35 | Kottmann, Thorsten | 1974 | | 0:53:27 |
| 103 | (152) | 24. | M45 | Blass, Frank | 1967 | | 0:53:28 |
| 104 | (205) | 2. | W50 | Ebelshäuser, Claudia | 1963 | 1. Kölner Laufstall | 0:53:39 |
| 105 | (1105) | 4. | M55 | Wolley, Kevin | 1957 | | 0:53:45 |
| 106 | (179) | 25. | M45 | Pagers, Sven | 1966 | ESV Gremberghoven | 0:53:50 |
| 107 | (52) | 2. | W40 | Sachs, Sandra | 1970 | LT Hennef | 0:53:52 |
| 108 | (867) | 12. | M30 | Kohshneusen, Daniel | 1979 | LT Hennef | 0:53:52 |
| 109 | (878) | 2. | W | Sicklinger, Sonja | 1989 | KTT 01 | 0:53:55 |
| 110 | (214) | 5. | W30 | Kruse, Linda | 1981 | | 0:53:59 |
| 111 | (181) | 3. | M U23 | Pfannenschmidt, Nils | 1993 | LC Weilerswist | 0:54:38 |
| 112 | (182) | 26. | M45 | Pfannenschmidt, Timo | 1966 | LC Weilerswist | 0:54:38 |
| 113 | (1093) | 4. | M U23 | Junge, Julian | 1991 | | 0:54:44 |
| 114 | (202) | 13. | M | Causemann, Christian | 1984 | | 0:54:49 |
| 115 | (1030) | 6. | W30 | Haentjes, Sonja | 1981 | | 0:55:06 |
| 116 | (1092) | 3. | W50 | Hamann, Brigitta | 1963 | | 0:55:15 |
| 117 | (61) | 5. | M55 | Stratmann, Gerd | 1954 | Gelpegazellen Wuppertal | 0:55:41 |
| 118 | (1098) | 1. | WJ U20 | Meder, Judith Helena | 1995 | | 0:55:59 |
| 119 | (1097) | 3. | W40 | Maurer, Regina | 1970 | | 0:56:05 |
| 120 | (211) | 6. | M55 | Glombitza, Rainer | 1958 | | 0:56:31 |
| 121 | (1157) | 3. | W | Mäling, Anna | 1984 | Troisdorf | 0:57:04 |
| 122 | (165) | 7. | M55 | Hartmann, Werner | 1955 | Köln-Porz | 0:57:09 |
| 123 | (564) | 5. | W45 | Meyer, Heidi | 1968 | SSF Bonn | 0:57:21 |
| 124 | (525) | 1. | M75 | Brunner, Ulrich | 1937 | | 0:57:27 |
| 125 | (1085) | 4. | W40 | Bent, Tracey | 1971 | | 0:57:30 |
| 126 | (161) | 13. | M30 | Engel, Sascha | 1979 | www.nekoelschefetz.de | 0:57:34 |
| 127 | (25) | 10. | M50 | Hildebrandt, Oliver | 1961 | | 0:58:02 |
| 128 | (155) | 8. | M55 | Büsing, Ralf | 1958 | | 0:58:06 |
| 129 | (186) | 7. | W30 | Schaefer, Nicola | 1981 | Polizei Bonn | 0:58:36 |
| 130 | (125) | 2. | W55 | Schaefer, Monika | 1956 | Polizei Bonn | 0:58:37 |
| 131 | (820) | 5. | W40 | Figueroa Carrasco, Lidia | 1973 | Cologne Allblacks | 0:58:40 |
| 132 | (1154) | 6. | W45 | Kierdorf, Inge | 1964 | Mach3 | 0:58:51 |
| 133 | (442) | 9. | M55 | Thron, Hans-Peter | 1957 | ESV Gremberghoven | 0:59:04 |
| 134 | (173) | 14. | M | Kuhnke, Christian | 1986 | | 0:59:05 |
| 135 | (180) | 1. | W60 | Palfi, Mathilda | 1952 | LT Saaler Mühle | 0:59:13 |

Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|-----|--------------------------|------|-------------------------|---------|
| 136 | (869) | 2. | W35 | Blantzik, Martina | 1975 | | 0:59:25 |
| 137 | (216) | 2. | M65 | Lemaire, Heinz | 1946 | | 1:00:04 |
| 138 | (174) | 14. | M30 | Lütge, Karsten | 1980 | | 1:00:22 |
| 139 | (831) | 11. | M50 | Hermanowski, Torsten | 1962 | RSF Frohe Felge | 1:00:32 |
| 140 | (880) | 3. | M60 | Ständer, Gerhard | 1950 | Lauftreff Fühlinger See | 1:00:38 |
| 141 | (197) | 7. | W45 | Wolf, Petra | 1965 | ERGO sports Köln | 1:00:39 |
| 142 | (184) | 8. | W30 | Rauhut, Nadine | 1979 | | 1:00:49 |
| 143 | (191) | 15. | M30 | Schüren, Andreas | 1980 | Running Elements | 1:01:43 |
| 144 | (1080) | 9. | M40 | Allen, Christopher | 1969 | | 1:02:23 |
| 145 | (1084) | 10. | M40 | Bent, Brian | 1971 | | 1:02:31 |
| 146 | (984) | 9. | W30 | Oguz, Svenja | 1981 | | 1:04:34 |
| 147 | (582) | 3. | W35 | Breer, Sandra | 1976 | | 1:05:17 |
| 148 | (148) | 3. | W55 | Alflen, Monika | 1958 | Lt Saaler Mühle | 1:05:26 |
| 149 | (476) | 10. | W30 | Kramer, Sabrina | 1980 | | 1:06:19 |
| 150 | (475) | 17. | M35 | Leffelsender, Thomas | 1977 | FSV Köln | 1:06:19 |
| 151 | (223) | 4. | W50 | Schmottlach, Marita | 1959 | | 1:06:41 |
| 152 | (183) | 8. | W45 | Quanz-Riechling, Natalie | 1967 | | 1:06:53 |
| 153 | (964) | 3. | M65 | Uebber, Dieter | 1946 | | 1:13:45 |
| 154 | (166) | 18. | M35 | Heinrich, Ringolf | 1975 | | 1:14:44 |
| 155 | (1079) | 6. | W40 | Allen, Amy | 1972 | | 1:17:36 |
| 156 | (1095) | 2. | M75 | Linden, Heinz | 1938 | | 2:46:37 |

3. Lauf zur 29. Winterserie des LSV Porz

Sonntag, 3. März 2013

15:54:49

Wertung nach Altersklassen

Lauf (10 km) - Frauen (gesamt)

| Rang | StN | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|--------|--------------------------|------|----------------------|---------|
| 1 | (843) | 1. | W45 | Orgeldinger, Micaela | 1968 | SSF Bonn | 0:41:51 |
| 2 | (436) | 1. | W40 | Schneider, Caterina | 1971 | Imkerei im Melbtal | 0:44:01 |
| 3 | (881) | 1. | WJ U18 | Feldwisch, Marla | 1996 | TV Herkenrath | 0:44:26 |
| 4 | (227) | 1. | W55 | Wilbrand, Ulrike | 1955 | LG Südsauerland | 0:44:30 |
| 5 | (815) | 1. | W50 | Cordes, Ulla | 1960 | LG Südsauerland | 0:45:50 |
| 6 | (873) | 2. | W45 | Schulz, Anja | 1968 | SV Bergisch Gladbach | 0:46:06 |
| 7 | (861) | 1. | W | Pflug, Jeanette | 1987 | PSV Bonn | 0:46:27 |
| 8 | (817) | 3. | W45 | Siebel, Helga | 1968 | TuS Deuz | 0:48:11 |
| 9 | (801) | 1. | W30 | Franck, Hannah | 1983 | | 0:48:47 |
| 10 | (1081) | 1. | W U23 | Alsfasser, Annika | 1993 | | 0:48:52 |
| 11 | (1153) | 2. | W30 | Post, Kathrin | 1979 | | 0:49:00 |
| 12 | (1087) | 4. | W45 | Buechel, erika | 1966 | Lahme Ente | 0:49:38 |
| 13 | (203) | 3. | W30 | Dietze, Stine | 1981 | 1. Kölner Laufstall | 0:49:41 |
| 14 | (1167) | 1. | W35 | Thiel, Melanie | 1978 | FMTB 11 | 0:49:42 |
| 15 | (1100) | 4. | W30 | Obot, Maimouna | 1982 | | 0:53:15 |
| 16 | (205) | 2. | W50 | Ebelshäuser, Claudia | 1963 | 1. Kölner Laufstall | 0:53:39 |
| 17 | (52) | 2. | W40 | Sachs, Sandra | 1970 | LT Hennef | 0:53:52 |
| 18 | (878) | 2. | W | Sickliger, Sonja | 1989 | KTT 01 | 0:53:55 |
| 19 | (214) | 5. | W30 | Kruse, Linda | 1981 | | 0:53:59 |
| 20 | (1030) | 6. | W30 | Haentjes, Sonja | 1981 | | 0:55:06 |
| 21 | (1092) | 3. | W50 | Hamann, Brigitta | 1963 | | 0:55:15 |
| 22 | (1098) | 1. | WJ U20 | Meder, Judith Helena | 1995 | | 0:55:59 |
| 23 | (1097) | 3. | W40 | Maurer, Regina | 1970 | | 0:56:05 |
| 24 | (1157) | 3. | W | Mäling, Anna | 1984 | Troisdorf | 0:57:04 |
| 25 | (564) | 5. | W45 | Meyer, Heidi | 1968 | SSF Bonn | 0:57:21 |
| 26 | (1085) | 4. | W40 | Bent, Tracey | 1971 | | 0:57:30 |
| 27 | (186) | 7. | W30 | Schaefer, Nicola | 1981 | Polizei Bonn | 0:58:36 |
| 28 | (125) | 2. | W55 | Schaefer, Monika | 1956 | Polizei Bonn | 0:58:37 |
| 29 | (820) | 5. | W40 | Figueroa Carrasco, Lidia | 1973 | Cologne Allblacks | 0:58:40 |
| 30 | (1154) | 6. | W45 | Kierdorf, Inge | 1964 | Mach3 | 0:58:51 |
| 31 | (180) | 1. | W60 | Palfi, Mathilda | 1952 | LT Saaler Mühle | 0:59:13 |
| 32 | (869) | 2. | W35 | Blantzik, Martina | 1975 | | 0:59:25 |
| 33 | (197) | 7. | W45 | Wolf, Petra | 1965 | ERGO sports Köln | 1:00:39 |
| 34 | (184) | 8. | W30 | Rauhut, Nadine | 1979 | | 1:00:49 |
| 35 | (984) | 9. | W30 | Oguz, Svenja | 1981 | | 1:04:34 |
| 36 | (582) | 3. | W35 | Breer, Sandra | 1976 | | 1:05:17 |
| 37 | (148) | 3. | W55 | Alflen, Monika | 1958 | Lt Saaler Mühle | 1:05:26 |
| 38 | (476) | 10. | W30 | Kramer, Sabrina | 1980 | | 1:06:19 |
| 39 | (223) | 4. | W50 | Schmottlach, Marita | 1959 | | 1:06:41 |
| 40 | (183) | 8. | W45 | Quanz-Riechling, Natalie | 1967 | | 1:06:53 |
| 41 | (1079) | 6. | W40 | Allen, Amy | 1972 | | 1:17:36 |

Wertung nach Altersklassen

Lauf (10 km) - Männer (gesamt)

| Rang | StN | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|-------|---------------------|------|-------------------------------|---------|
| 1 | (178) | 1. | M U23 | Otto, Dominik | 1992 | | 0:35:28 |
| 2 | (494) | 1. | M30 | Rauch, Markus | 1980 | PSV Bonn Triathlon | 0:37:07 |
| 3 | (899) | 1. | M35 | Röttgen, Frank | 1978 | | 0:37:36 |
| 4 | (538) | 1. | M45 | Fetting, Stefan | 1964 | Tri Power Rhein Sieg | 0:37:39 |
| 5 | (1107) | 2. | M45 | Zwickert, Patrick | 1968 | lavakraft | 0:38:04 |
| 6 | (217) | 2. | M35 | Nürnberger, Peter | 1978 | | 0:38:11 |
| 7 | (533) | 1. | M | Steglich, Marco | 1984 | Kopfjaeger-Sport e.V. | 0:38:58 |
| 8 | (175) | 3. | M45 | Müller, Josef | 1968 | LT Grafenschaft | 0:39:44 |
| 9 | (163) | 2. | M | Friedrich, Toni | 1987 | Zimmerei Heiko Friedrich | 0:39:46 |
| 10 | (199) | 3. | M35 | Baltes, Achim | 1975 | | 0:39:51 |
| 11 | (496) | 4. | M35 | Grüne, Ansgar | 1974 | PSV Bonn Triathlon | 0:39:55 |
| 12 | (176) | 5. | M35 | Murru, Ivo | 1974 | SSF Bonn Triathlon | 0:40:10 |
| 13 | (1151) | 6. | M35 | Jewer, Marius | 1974 | MJ Power | 0:40:39 |
| 14 | (858) | 1. | M40 | Öhlenbeck, Martin | 1970 | RCB Bonn | 0:41:34 |
| 15 | (218) | 3. | M | Oswald, Matthias | 1985 | Deutsche Sporthochschule Köln | 0:41:36 |
| 16 | (194) | 2. | M40 | Wank, Michael | 1969 | LT Hennef/Sieg | 0:42:19 |
| 17 | (1149) | 2. | M30 | Hörnchen, Marco | 1981 | LC Euskirchen | 0:42:38 |
| 18 | (812) | 3. | M40 | Brauner, Dirk | 1969 | TUSEM ESSEN | 0:43:02 |
| 19 | (465) | 7. | M35 | Reglin, Alexander | 1976 | LLG St. Augustin | 0:43:02 |
| 20 | (188) | 1. | M50 | Schaffarczyk, Bernd | 1960 | krüger running team | 0:43:09 |
| 21 | (169) | 4. | M45 | Kirchner, Lothar | 1967 | | 0:43:24 |
| 22 | (1166) | 8. | M35 | Schröder, Rene | 1978 | | 0:43:41 |
| 23 | (1159) | 4. | M | Gebert, Jan | 1988 | Trommelpeders | 0:43:45 |
| 24 | (177) | 5. | M45 | Niekrawietz, Peter | 1968 | | 0:43:50 |
| 25 | (162) | 5. | M | Frenser, Thorsten | 1987 | Feuerwehr Köln | 0:43:55 |
| 26 | (215) | 3. | M30 | Langnau, Stefan | 1983 | Tri City e.V. | 0:44:02 |
| 27 | (1161) | 6. | M | Lüdke, Jonas | 1988 | Trommelpeders | 0:44:14 |
| 28 | (811) | 9. | M35 | Böttcher, Waldemar | 1978 | LLG St. Augustin | 0:44:15 |
| 29 | (171) | 4. | M40 | Koller, Thomas | 1971 | LC Schneller das Ding | 0:44:18 |
| 30 | (1170) | 10. | M35 | Gajek, Chris | 1974 | KTT 01 | 0:44:21 |
| 31 | (1055) | 6. | M45 | Gröner, Ole | 1968 | MACH3-Köln e.V. | 0:44:23 |
| 32 | (819) | 7. | M45 | Müller, Haraln | 1967 | LLG St. Augustin | 0:44:28 |
| 33 | (1165) | 1. | M55 | Maurer, Franz | 1955 | LT Grafenschaft | 0:44:37 |
| 34 | (206) | 7. | M | Engel, Marian-Heinz | 1988 | ASV Köln Triathlon | 0:44:52 |
| 35 | (160) | 2. | M50 | Eidmann, Volker | 1960 | | 0:44:56 |
| 36 | (1090) | 8. | M | Dickmeis, Michael | 1984 | SSF Bonn | 0:45:24 |
| 37 | (1089) | 9. | M | Christensen, Mikael | 1986 | | 0:45:59 |
| 38 | (879) | 2. | M U23 | Sonntag, Frank | 1991 | ERGO Sports Köln | 0:46:02 |
| 39 | (226) | 10. | M | van Geöns, Patrick | 1984 | | 0:46:03 |
| 40 | (1102) | 11. | M35 | Schreiner, Jan | 1975 | 1. FC Plautze 04 | 0:46:27 |
| 41 | (807) | 4. | M30 | Riedel, Oliver | 1979 | | 0:46:29 |
| 42 | (1160) | 8. | M45 | Wolf, Ralf | 1966 | TuS Nister | 0:46:36 |
| 43 | (704) | 5. | M30 | Schorde, Christoph | 1983 | | 0:46:36 |
| 44 | (888) | 9. | M45 | Albishausen, Rainer | 1966 | ASV Team 42 | 0:46:37 |

Wertung nach Altersklassen

Lauf (10 km) - Männer (gesamt)

| Rang | StN | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|-----|-----------------------|------|---------------------------|---------|
| 45 | (1162) | 11. | M | Schmitt, Maximilian | 1990 | Trommelpeders | 0:46:38 |
| 46 | (159) | 10. | M45 | Dresbach, Frank | 1967 | Cologne Allblacks | 0:46:40 |
| 47 | (829) | 11. | M45 | Hansen, Christoph | 1965 | Cologne Allblacks | 0:46:41 |
| 48 | (167) | 12. | M35 | Jahn, Thorsten | 1975 | Optik Jahn Hörakustik | 0:47:04 |
| 49 | (486) | 1. | M60 | Wojciechowski, Henryk | 1949 | | 0:47:07 |
| 50 | (170) | 6. | M30 | Klippert, Florian | 1982 | | 0:47:14 |
| 51 | (1185) | 3. | M50 | Podzus, Horst | 1961 | | 0:47:34 |
| 52 | (1156) | 12. | M45 | Ackermann, Sebastian | 1966 | Team Intelligente Energie | 0:47:50 |
| 53 | (1083) | 5. | M40 | Bednarz, Ralf | 1969 | | 0:48:03 |
| 54 | (200) | 13. | M45 | Bauß, Carsten | 1965 | 1. Kölner Laufstall | 0:48:04 |
| 55 | (1163) | 7. | M30 | Baumeister, Sebastian | 1982 | Beueler Maratonne | 0:48:05 |
| 56 | (1150) | 2. | M55 | Oswald, Alfred | 1958 | | 0:48:23 |
| 57 | (168) | 6. | M40 | Kanne, Christoph | 1973 | Golfstylaz | 0:48:29 |
| 58 | (156) | 14. | M45 | Djamalpour, Darius | 1964 | Team Erdinger Alkoholfrei | 0:48:32 |
| 59 | (1173) | 2. | M60 | Bleibaum, Ernst | 1952 | LT Schneewittchen | 0:48:35 |
| 60 | (185) | 4. | M50 | Robl, Joachim | 1960 | | 0:48:37 |
| 61 | (1208) | 13. | M35 | Rustemeier, Stefan | 1975 | ssv-marienhöhe | 0:48:42 |
| 62 | (222) | 15. | M45 | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 0:49:08 |
| 63 | (866) | 16. | M45 | Weiß, Richard | 1967 | 1. Kölner Laufstall | 0:49:12 |
| 64 | (157) | 17. | M45 | Djamalpour, Syrus | 1965 | | 0:49:16 |
| 65 | (1152) | 8. | M30 | Stenaneck, Jan | 1981 | SSK Kernen | 0:49:16 |
| 66 | (1164) | 5. | M50 | Baumeister, Wolfgang | 1960 | Dünnwalder Maratonne | 0:49:26 |
| 67 | (210) | 1. | M65 | Gansow, Diethard | 1944 | Triathlon Team Indeland | 0:49:27 |
| 68 | (164) | 6. | M50 | Gutmann, Matthias | 1959 | DJKMarienstatt | 0:49:28 |
| 69 | (1155) | 18. | M45 | Wilkens, Robert | 1964 | SG Sportfreunde 69 | 0:49:44 |
| 70 | (1175) | 7. | M40 | Brünning, Robert | 1972 | | 0:49:58 |
| 71 | (1169) | 19. | M45 | Ingendahl, Detlev | 1964 | | 0:50:09 |
| 72 | (1168) | 14. | M35 | Gierschner, Andrea | 1976 | PSV Bonn | 0:51:00 |
| 73 | (1088) | 7. | M50 | Buechel, Heinz | 1963 | Mach3 Köln EV | 0:51:15 |
| 74 | (201) | 8. | M50 | Burghardt, Stephan | 1961 | www.idaa.de | 0:51:39 |
| 75 | (1091) | 8. | M40 | Göcke, Thorsten | 1973 | | 0:52:09 |
| 76 | (1099) | 9. | M50 | Meyer, Hans Arnold | 1960 | | 0:52:13 |
| 77 | (446) | 12. | M | Nowicki, Patryk | 1985 | | 0:52:20 |
| 78 | (275) | 20. | M45 | Weisser, Dieter | 1967 | | 0:52:26 |
| 79 | (1172) | 21. | M45 | Zimmermann, Norbert | 1965 | LT TR | 0:52:28 |
| 80 | (109) | 9. | M30 | Linden, Alii | 1980 | B...M...S...F | 0:52:30 |
| 81 | (1082) | 3. | M55 | Becker, Dieter | 1956 | | 0:52:31 |
| 82 | (150) | 22. | M45 | Beckmann, Bernd | 1966 | Troisdorf | 0:52:36 |
| 83 | (154) | 15. | M35 | Brungs, Alexander | 1977 | | 0:52:44 |
| 84 | (1158) | 10. | M30 | Schlebusch, Mirco | 1979 | Troisdorfer LG MUT | 0:53:06 |
| 85 | (1171) | 23. | M45 | Krichel, Andreas | 1964 | | 0:53:16 |
| 86 | (193) | 11. | M30 | Virnich, Dennis | 1983 | DJK Blumenthal | 0:53:19 |
| 87 | (172) | 16. | M35 | Kottmann, Thorsten | 1974 | | 0:53:27 |
| 88 | (152) | 24. | M45 | Blass, Frank | 1967 | | 0:53:28 |

Wertung nach Altersklassen

Lauf (10 km) - Männer (gesamt)

| Rang | StN | Rg | AK | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----|-------|----------------------|------|-------------------------|---------|
| 89 | (1105) | 4. | M55 | Wolley, Kevin | 1957 | | 0:53:45 |
| 90 | (179) | 25. | M45 | Pagers, Sven | 1966 | ESV Gremberghoven | 0:53:50 |
| 91 | (867) | 12. | M30 | Kohshneusen, Daniel | 1979 | LT Hennef | 0:53:52 |
| 92 | (181) | 3. | M U23 | Pfannenschmidt, Nils | 1993 | LC Weilerswist | 0:54:38 |
| 93 | (182) | 26. | M45 | Pfannenschmidt, Timo | 1966 | LC Weilerswist | 0:54:38 |
| 94 | (1093) | 4. | M U23 | Junge, Julian | 1991 | | 0:54:44 |
| 95 | (202) | 13. | M | Causemann, Christian | 1984 | | 0:54:49 |
| 96 | (61) | 5. | M55 | Stratmann, Gerd | 1954 | Gelpegazellen Wuppertal | 0:55:41 |
| 97 | (211) | 6. | M55 | Glombitza, Rainer | 1958 | | 0:56:31 |
| 98 | (165) | 7. | M55 | Hartmann, Werner | 1955 | Köln-Porz | 0:57:09 |
| 99 | (525) | 1. | M75 | Brunner, Ulrich | 1937 | | 0:57:27 |
| 100 | (161) | 13. | M30 | Engel, Sascha | 1979 | www.nekoelschefetz.de | 0:57:34 |
| 101 | (25) | 10. | M50 | Hildebrandt, Oliver | 1961 | | 0:58:02 |
| 102 | (155) | 8. | M55 | Büsing, Ralf | 1958 | | 0:58:06 |
| 103 | (442) | 9. | M55 | Thron, Hans-Peter | 1957 | ESV Gremberghoven | 0:59:04 |
| 104 | (173) | 14. | M | Kuhnke, Christian | 1986 | | 0:59:05 |
| 105 | (216) | 2. | M65 | Lemaire, Heinz | 1946 | | 1:00:04 |
| 106 | (174) | 14. | M30 | Lütge, Karsten | 1980 | | 1:00:22 |
| 107 | (831) | 11. | M50 | Hermanowski, Torsten | 1962 | RSF Frohe Felge | 1:00:32 |
| 108 | (880) | 3. | M60 | Ständer, Gerhard | 1950 | Lauftreff Fühlinger See | 1:00:38 |
| 109 | (191) | 15. | M30 | Schüren, Andreas | 1980 | Running Elements | 1:01:43 |
| 110 | (1080) | 9. | M40 | Allen, Christopher | 1969 | | 1:02:23 |
| 111 | (1084) | 10. | M40 | Bent, Brian | 1971 | | 1:02:31 |
| 112 | (475) | 17. | M35 | Leffelsender, Thomas | 1977 | FSV Köln | 1:06:19 |
| 113 | (964) | 3. | M65 | Uebber, Dieter | 1946 | | 1:13:45 |
| 114 | (166) | 18. | M35 | Heinrich, Ringolf | 1975 | | 1:14:44 |
| 115 | (1095) | 2. | M75 | Linden, Heinz | 1938 | | 2:46:37 |

Wertung nach Altersklassen

Lauf (10 km) - Frauen

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-------------------|------|---------------|---------|
| 1 | (861) | Pflug, Jeanette | 1987 | PSV Bonn | 0:46:27 |
| 2 | (878) | Sicklinger, Sonja | 1989 | KTT 01 | 0:53:55 |
| 3 | (1157) | Mäling, Anna | 1984 | Troisdorf | 0:57:04 |

Lauf (10 km) - Junioren U23

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|----------------------|------|------------------|---------|
| 1 | (178) | Otto, Dominik | 1992 | | 0:35:28 |
| 2 | (879) | Sonntag, Frank | 1991 | ERGO Sports Köln | 0:46:02 |
| 3 | (181) | Pfannenschmidt, Nils | 1993 | LC Weilerswist | 0:54:38 |
| 4 | (1093) | Junge, Julian | 1991 | | 0:54:44 |

Lauf (10 km) - Juniorinnen U23

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-------------------|------|---------------|---------|
| 1 | (1081) | Alsfasser, Annika | 1993 | | 0:48:52 |

Lauf (10 km) - Männer

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|----------------------|------|-------------------------------|---------|
| 1 | (533) | Steglich, Marco | 1984 | Kopfjaeger-Sport e.V. | 0:38:58 |
| 2 | (163) | Friedrich, Toni | 1987 | Zimmerei Heiko Friedrich | 0:39:46 |
| 3 | (218) | Oschwald, Matthias | 1985 | Deutsche Sporthochschule Köln | 0:41:36 |
| 4 | (1159) | Gebert, Jan | 1988 | Trommelpeders | 0:43:45 |
| 5 | (162) | Frenser, Thorsten | 1987 | Feuerwehr Köln | 0:43:55 |
| 6 | (1161) | Lüdke, Jonas | 1988 | Trommelpeders | 0:44:14 |
| 7 | (206) | Engel, Marian-Heinz | 1988 | ASV Köln Triathlon | 0:44:52 |
| 8 | (1090) | Dickmeis, Michael | 1984 | SSF Bonn | 0:45:24 |
| 9 | (1089) | Christensen, Mikael | 1986 | | 0:45:59 |
| 10 | (226) | van Geöns, Patrick | 1984 | | 0:46:03 |
| 11 | (1162) | Schmitt, Maximilian | 1990 | Trommelpeders | 0:46:38 |
| 12 | (446) | Nowicki, Patryk | 1985 | | 0:52:20 |
| 13 | (202) | Causemann, Christian | 1984 | | 0:54:49 |
| 14 | (173) | Kuhnke, Christian | 1986 | | 0:59:05 |

Wertung nach Altersklassen

Lauf (10 km) - Senioren M30

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----------------------|------|-----------------------|---------|
| 1 | (494) | Rauch, Markus | 1980 | PSV Bonn Triathlon | 0:37:07 |
| 2 | (1149) | Hörnchen, Marco | 1981 | LC Euskirchen | 0:42:38 |
| 3 | (215) | Langnau, Stefan | 1983 | Tri City e.V. | 0:44:02 |
| 4 | (807) | Riedel, Oliver | 1979 | | 0:46:29 |
| 5 | (704) | Schorde, Christoph | 1983 | | 0:46:36 |
| 6 | (170) | Klippert, Florian | 1982 | | 0:47:14 |
| 7 | (1163) | Baumeister, Sebastian | 1982 | Beueler Maratone | 0:48:05 |
| 8 | (1152) | Stenaneck, Jan | 1981 | SSK Kernen | 0:49:16 |
| 9 | (109) | Linden, Alii | 1980 | B...M...S...F | 0:52:30 |
| 10 | (1158) | Schlebusch, Mirco | 1979 | Troisdorfer LG MUT | 0:53:06 |
| 11 | (193) | Virnich, Dennis | 1983 | DJK Blumenthal | 0:53:19 |
| 12 | (867) | Kohshneusen, Daniel | 1979 | LT Hennef | 0:53:52 |
| 13 | (161) | Engel, Sascha | 1979 | www.nekoelschefetz.de | 0:57:34 |
| 14 | (174) | Lütge, Karsten | 1980 | | 1:00:22 |
| 15 | (191) | Schüren, Andreas | 1980 | Running Elements | 1:01:43 |

Lauf (10 km) - Senioren M35

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|----------------------|------|-----------------------|---------|
| 1 | (899) | Röttgen, Frank | 1978 | | 0:37:36 |
| 2 | (217) | Nürnberg, Peter | 1978 | | 0:38:11 |
| 3 | (199) | Baltes, Achim | 1975 | | 0:39:51 |
| 4 | (496) | Grüne, Ansgar | 1974 | PSV Bonn Triathlon | 0:39:55 |
| 5 | (176) | Murru, Ivo | 1974 | SSF Bonn Triathlon | 0:40:10 |
| 6 | (1151) | Jewer, Marius | 1974 | MJ Power | 0:40:39 |
| 7 | (465) | Reglin, Alexander | 1976 | LLG St. Augustin | 0:43:02 |
| 8 | (1166) | Schröder, Rene | 1978 | | 0:43:41 |
| 9 | (811) | Böttcher, Waldemar | 1978 | LLG St. Augustin | 0:44:15 |
| 10 | (1170) | Gajek, Chris | 1974 | KTT 01 | 0:44:21 |
| 11 | (1102) | Schreiner, Jan | 1975 | 1. FC Plautze 04 | 0:46:27 |
| 12 | (167) | Jahn, Thorsten | 1975 | Optik Jahn Hörakustik | 0:47:04 |
| 13 | (1208) | Rustemeier, Stefan | 1975 | ssv-marienheide | 0:48:42 |
| 14 | (1168) | Gierschner, Andrea | 1976 | PSV Bonn | 0:51:00 |
| 15 | (154) | Brungs, Alexander | 1977 | | 0:52:44 |
| 16 | (172) | Kottmann, Thorsten | 1974 | | 0:53:27 |
| 17 | (475) | Leffelsender, Thomas | 1977 | FSV Köln | 1:06:19 |
| 18 | (166) | Heinrich, Ringolf | 1975 | | 1:14:44 |

Wertung nach Altersklassen

Lauf (10 km) - Senioren M40

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|--------------------|------|-----------------------|---------|
| 1 | (858) | Öhlenbeck, Martin | 1970 | RCB Bonn | 0:41:34 |
| 2 | (194) | Wank, Michael | 1969 | LT Hennef/Sieg | 0:42:19 |
| 3 | (812) | Brauner, Dirk | 1969 | TUSEM ESSEN | 0:43:02 |
| 4 | (171) | Koller, Thomas | 1971 | LC Schneller das Ding | 0:44:18 |
| 5 | (1083) | Bednarz, Ralf | 1969 | | 0:48:03 |
| 6 | (168) | Kanne, Christoph | 1973 | Golfstylaz | 0:48:29 |
| 7 | (1175) | Brünning, Robert | 1972 | | 0:49:58 |
| 8 | (1091) | Göcke, Thorsten | 1973 | | 0:52:09 |
| 9 | (1080) | Allen, Christopher | 1969 | | 1:02:23 |
| 10 | (1084) | Bent, Brian | 1971 | | 1:02:31 |

Lauf (10 km) - Senioren M45

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|----------------------|------|---------------------------|---------|
| 1 | (538) | Fetting, Stefan | 1964 | Tri Power Rhein Sieg | 0:37:39 |
| 2 | (1107) | Zwickert, Patrick | 1968 | lavakraft | 0:38:04 |
| 3 | (175) | Müller, Josef | 1968 | LT Grafschaft | 0:39:44 |
| 4 | (169) | Kirchner, Lothar | 1967 | | 0:43:24 |
| 5 | (177) | Niekrawietz, Peter | 1968 | | 0:43:50 |
| 6 | (1055) | Gröner, Ole | 1968 | MACH3-Köln e.V. | 0:44:23 |
| 7 | (819) | Müller, Haraln | 1967 | LLG St. Augustin | 0:44:28 |
| 8 | (1160) | Wolf, Ralf | 1966 | TuS Nister | 0:46:36 |
| 9 | (888) | Albishausen, Rainer | 1966 | ASV Team 42 | 0:46:37 |
| 10 | (159) | Dresbach, Frank | 1967 | Cologne Allblacks | 0:46:40 |
| 11 | (829) | Hansen, Christoph | 1965 | Cologne Allblacks | 0:46:41 |
| 12 | (1156) | Ackermann, Sebastian | 1966 | Team Intelligente Energie | 0:47:50 |
| 13 | (200) | Bauß, Carsten | 1965 | 1. Kölner Laufstall | 0:48:04 |
| 14 | (156) | Djamalpour, Darius | 1964 | Team Erdinger Alkoholfrei | 0:48:32 |
| 15 | (222) | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 0:49:08 |
| 16 | (866) | Weiß, Richard | 1967 | 1. Kölner Laufstall | 0:49:12 |
| 17 | (157) | Djamalpour, Syrus | 1965 | | 0:49:16 |
| 18 | (1155) | Wilkens, Robert | 1964 | SG Sportfreunde 69 | 0:49:44 |
| 19 | (1169) | Ingendahl, Detlev | 1964 | | 0:50:09 |
| 20 | (275) | Weisser, Dieter | 1967 | | 0:52:26 |
| 21 | (1172) | Zimmermann, Norbert | 1965 | LT TR | 0:52:28 |
| 22 | (150) | Beckmann, Bernd | 1966 | Troisdorf | 0:52:36 |
| 23 | (1171) | Krichel, Andreas | 1964 | | 0:53:16 |
| 24 | (152) | Blass, Frank | 1967 | | 0:53:28 |
| 25 | (179) | Pagers, Sven | 1966 | ESV Gremberghoven | 0:53:50 |
| 26 | (182) | Pfannenschmidt, Timo | 1966 | LC Weilerswist | 0:54:38 |

Wertung nach Altersklassen

Lauf (10 km) - Senioren M50

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|----------------------|------|----------------------|---------|
| 1 | (188) | Schaffarczyk, Bernd | 1960 | krüger running team | 0:43:09 |
| 2 | (160) | Eidmann, Volker | 1960 | | 0:44:56 |
| 3 | (1185) | Podzus, Horst | 1961 | | 0:47:34 |
| 4 | (185) | Robl, Joachim | 1960 | | 0:48:37 |
| 5 | (1164) | Baumeister, Wolfgang | 1960 | Dünnwalder Maratonne | 0:49:26 |
| 6 | (164) | Gutmann, Matthias | 1959 | DJKMarienstatt | 0:49:28 |
| 7 | (1088) | Buechel, Heinz | 1963 | Mach3 Köln EV | 0:51:15 |
| 8 | (201) | Burghardt, Stephan | 1961 | www.idaa.de | 0:51:39 |
| 9 | (1099) | Meyer, Hans Arnold | 1960 | | 0:52:13 |
| 10 | (25) | Hildebrandt, Oliver | 1961 | | 0:58:02 |
| 11 | (831) | Hermanowski, Torsten | 1962 | RSF Frohe Felge | 1:00:32 |

Lauf (10 km) - Senioren M55

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-------------------|------|-------------------------|---------|
| 1 | (1165) | Maurer, Franz | 1955 | LT Grafschaft | 0:44:37 |
| 2 | (1150) | Oschwald, Alfred | 1958 | | 0:48:23 |
| 3 | (1082) | Becker, Dieter | 1956 | | 0:52:31 |
| 4 | (1105) | Wolley, Kevin | 1957 | | 0:53:45 |
| 5 | (61) | Stratmann, Gerd | 1954 | Gelpegazellen Wuppertal | 0:55:41 |
| 6 | (211) | Glombitza, Rainer | 1958 | | 0:56:31 |
| 7 | (165) | Hartmann, Werner | 1955 | Köln-Porz | 0:57:09 |
| 8 | (155) | Büsing, Ralf | 1958 | | 0:58:06 |
| 9 | (442) | Thron, Hans-Peter | 1957 | ESV Gremberghoven | 0:59:04 |

Lauf (10 km) - Senioren M60

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----------------------|------|-------------------------|---------|
| 1 | (486) | Wojciechowski, Henryk | 1949 | | 0:47:07 |
| 2 | (1173) | Bleibaum, Ernst | 1952 | LT Schneewittchen | 0:48:35 |
| 3 | (880) | Ständer, Gerhard | 1950 | Lauftreff Fühlinger See | 1:00:38 |

Lauf (10 km) - Senioren M65

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|-------|------------------|------|-------------------------|---------|
| 1 | (210) | Gansow, Diethard | 1944 | Triathlon Team Indeland | 0:49:27 |
| 2 | (216) | Lemaire, Heinz | 1946 | | 1:00:04 |
| 3 | (964) | Uebber, Dieter | 1946 | | 1:13:45 |

Lauf (10 km) - Senioren M75

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-----------------|------|---------------|---------|
| 1 | (525) | Brunner, Ulrich | 1937 | | 0:57:27 |
| 2 | (1095) | Linden, Heinz | 1938 | | 2:46:37 |

Wertung nach Altersklassen

Lauf (10 km) - Seniorinnen W30

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|------------------|------|---------------------|---------|
| 1 | (801) | Franck, Hannah | 1983 | | 0:48:47 |
| 2 | (1153) | Post, Kathrin | 1979 | | 0:49:00 |
| 3 | (203) | Dietze, Stine | 1981 | 1. Kölner Laufstall | 0:49:41 |
| 4 | (1100) | Obot, Maimouna | 1982 | | 0:53:15 |
| 5 | (214) | Kruse, Linda | 1981 | | 0:53:59 |
| 6 | (1030) | Haentjes, Sonja | 1981 | | 0:55:06 |
| 7 | (186) | Schaefer, Nicola | 1981 | Polizei Bonn | 0:58:36 |
| 8 | (184) | Rauhut, Nadine | 1979 | | 1:00:49 |
| 9 | (984) | Oguz, Svenja | 1981 | | 1:04:34 |
| 10 | (476) | Kramer, Sabrina | 1980 | | 1:06:19 |

Lauf (10 km) - Seniorinnen W35

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|-------------------|------|---------------|---------|
| 1 | (1167) | Thiel, Melanie | 1978 | FMTB 11 | 0:49:42 |
| 2 | (869) | Blantzik, Martina | 1975 | | 0:59:25 |
| 3 | (582) | Breer, Sandra | 1976 | | 1:05:17 |

Lauf (10 km) - Seniorinnen W40

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|--------------------------|------|--------------------|---------|
| 1 | (436) | Schneider, Caterina | 1971 | Imkerei im Melbtal | 0:44:01 |
| 2 | (52) | Sachs, Sandra | 1970 | LT Hennef | 0:53:52 |
| 3 | (1097) | Maurer, Regina | 1970 | | 0:56:05 |
| 4 | (1085) | Bent, Tracey | 1971 | | 0:57:30 |
| 5 | (820) | Figueroa Carrasco, Lidia | 1973 | Cologne Allblacks | 0:58:40 |
| 6 | (1079) | Allen, Amy | 1972 | | 1:17:36 |

Lauf (10 km) - Seniorinnen W45

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|--------------------------|------|----------------------|---------|
| 1 | (843) | Orgeldinger, Micaela | 1968 | SSF Bonn | 0:41:51 |
| 2 | (873) | Schulz, Anja | 1968 | SV Bergisch Gladbach | 0:46:06 |
| 3 | (817) | Siebel, Helga | 1968 | TuS Deuz | 0:48:11 |
| 4 | (1087) | Buechel, erika | 1966 | Lahme Ente | 0:49:38 |
| 5 | (564) | Meyer, Heidi | 1968 | SSF Bonn | 0:57:21 |
| 6 | (1154) | Kierdorf, Inge | 1964 | Mach3 | 0:58:51 |
| 7 | (197) | Wolf, Petra | 1965 | ERGO sports Köln | 1:00:39 |
| 8 | (183) | Quanz-Riechling, Natalie | 1967 | | 1:06:53 |

Lauf (10 km) - Seniorinnen W50

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|----------------------|------|---------------------|---------|
| 1 | (815) | Cordes, Ulla | 1960 | LG Südsauerland | 0:45:50 |
| 2 | (205) | Ebelshäuser, Claudia | 1963 | 1. Kölner Laufstall | 0:53:39 |
| 3 | (1092) | Hamann, Brigitta | 1963 | | 0:55:15 |
| 4 | (223) | Schmottlach, Marita | 1959 | | 1:06:41 |

3. Lauf zur 29. Winterserie des LSV Porz

Sonntag, 3. März 2013

15:55:22

Wertung nach Altersklassen

Lauf (10 km) - Seniorinnen W55

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|-------|------------------|------|-----------------|---------|
| 1 | (227) | Wilbrand, Ulrike | 1955 | LG Südsauerland | 0:44:30 |
| 2 | (125) | Schaefer, Monika | 1956 | Polizei Bonn | 0:58:37 |
| 3 | (148) | Alflen, Monika | 1958 | Lt Saaler Mühle | 1:05:26 |

Lauf (10 km) - Seniorinnen W60

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|-------|-----------------|------|-----------------|---------|
| 1 | (180) | Palfi, Mathilda | 1952 | LT Saaler Mühle | 0:59:13 |

Lauf (10 km) - weibl. Jugend U18

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|-------|------------------|------|---------------|---------|
| 1 | (881) | Feldwisch, Marla | 1996 | TV Herkenrath | 0:44:26 |

Lauf (10 km) - weibl. Jugend U20

| Rang | StNr | Name, Vorname | Jg. | Team / Verein | Zeit |
|------|--------|----------------------|------|---------------|---------|
| 1 | (1098) | Meder, Judith Helena | 1995 | | 0:55:59 |

Mannschaftswertung (mixed)

Lauf (10 km)

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|--------|----------------------------|------|-----------------|----------------|
| 1 | | LLG St. Augustin | | | 2:11:48 |
| | (465) | Reglin, Alexander | 1976 | Senioren M35 | 0:43:03 |
| | (811) | Böttcher, Waldemar | 1978 | Senioren M35 | 0:44:16 |
| | (819) | Müller, Haraln | 1967 | Senioren M45 | 0:44:29 |
| 1 | | LLG St. Augustin | | | 2:11:48 |
| | (465) | Reglin, Alexander | 1976 | Senioren M35 | 0:43:03 |
| | (811) | Böttcher, Waldemar | 1978 | Senioren M35 | 0:44:16 |
| | (819) | Müller, Haraln | 1967 | Senioren M45 | 0:44:29 |
| 2 | | Trommelpeders | | | 2:14:40 |
| | (1159) | Gebert, Jan | 1988 | Männer | 0:43:46 |
| | (1161) | Lüdke, Jonas | 1988 | Männer | 0:44:15 |
| | (1162) | Schmitt, Maximilian | 1990 | Männer | 0:46:39 |
| 2 | | Trommelpeders | | | 2:14:40 |
| | (1159) | Gebert, Jan | 1988 | Männer | 0:43:46 |
| | (1161) | Lüdke, Jonas | 1988 | Männer | 0:44:15 |
| | (1162) | Schmitt, Maximilian | 1990 | Männer | 0:46:39 |
| 3 | | SSF Bonn | | | 2:24:39 |
| | (843) | Orgeldinger, Micaela | 1968 | Seniorinnen W45 | 0:41:52 |
| | (1090) | Dickmeis, Michael | 1984 | Männer | 0:45:25 |
| | (564) | Meyer, Heidi | 1968 | Seniorinnen W45 | 0:57:22 |
| 3 | | SSF Bonn | | | 2:24:39 |
| | (843) | Orgeldinger, Micaela | 1968 | Seniorinnen W45 | 0:41:52 |
| | (1090) | Dickmeis, Michael | 1984 | Männer | 0:45:25 |
| | (564) | Meyer, Heidi | 1968 | Seniorinnen W45 | 0:57:22 |
| 4 | | 1. Kölner Laufstall | | | 2:26:27 |
| | (200) | Bauß, Carsten | 1965 | Senioren M45 | 0:48:05 |
| | (222) | Schepers, Thomas | 1965 | Senioren M45 | 0:49:09 |
| | (866) | Weiß, Richard | 1967 | Senioren M45 | 0:49:13 |

Mannschaftswertung nach Geschlecht (DLV)

Lauf (10 km) - männlich

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|--------|----------------------------|------|--------------|----------------|
| 1 | | LLG St. Augustin | | | 2:11:48 |
| | (465) | Reglin, Alexander | 1976 | Senioren M35 | 0:43:03 |
| | (811) | Böttcher, Waldemar | 1978 | Senioren M35 | 0:44:16 |
| | (819) | Müller, Haraln | 1967 | Senioren M45 | 0:44:29 |
| 1 | | LLG St. Augustin | | | 2:11:48 |
| | (465) | Reglin, Alexander | 1976 | Senioren M35 | 0:43:03 |
| | (811) | Böttcher, Waldemar | 1978 | Senioren M35 | 0:44:16 |
| | (819) | Müller, Haraln | 1967 | Senioren M45 | 0:44:29 |
| 2 | | Trommelpeders | | | 2:14:40 |
| | (1159) | Gebert, Jan | 1988 | Männer | 0:43:46 |
| | (1161) | Lüdke, Jonas | 1988 | Männer | 0:44:15 |
| | (1162) | Schmitt, Maximilian | 1990 | Männer | 0:46:39 |
| 2 | | Trommelpeders | | | 2:14:40 |
| | (1159) | Gebert, Jan | 1988 | Männer | 0:43:46 |
| | (1161) | Lüdke, Jonas | 1988 | Männer | 0:44:15 |
| | (1162) | Schmitt, Maximilian | 1990 | Männer | 0:46:39 |
| 3 | | 1. Kölner Laufstall | | | 2:26:27 |
| | (200) | Bauß, Carsten | 1965 | Senioren M45 | 0:48:05 |
| | (222) | Schepers, Thomas | 1965 | Senioren M45 | 0:49:09 |
| | (866) | Weiß, Richard | 1967 | Senioren M45 | 0:49:13 |