



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · OVERALL-RANKING

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|-----|--------|-----------|------------------------|------|-------------------------------|---------|----------------|
| 1. | (970) | 1. M30 | FABIANOWSKI, Dominik | 1989 | TV refrath | 0:15:57 | 0:15:59 |
| 2. | (1776) | 1. M U23 | LAND, Jonas | 2002 | LAZ Rhein-Sieg | 0:16:13 | 0:16:14 |
| 3. | (1627) | 1. MJ U16 | VERNIKOV, Jan | 2008 | LAZ Rhein-Sieg | 0:17:34 | 0:17:35 |
| 4. | (1766) | 1. M40 | WIESEN, Christoph | 1983 | | 0:17:44 | 0:17:45 |
| 5. | (1769) | 1. M55 | RITTER, Johannes | 1965 | TV Refrath | 0:17:54 | 0:17:55 |
| 6. | (1770) | 1. M | NEUKIRCHEN, Jan Felix | 2000 | TG Neuss | 0:17:59 | 0:18:01 |
| 7. | (1800) | 2. M | GARNOWSKI, Taylor | 1995 | | 0:18:03 | 0:18:05 |
| 8. | (1774) | 2. M30 | BREUER, Laurie | 1993 | Fort Runners Köln | 0:18:09 | 0:18:11 |
| 9. | (1598) | 2. M55 | SCHNEIDER, Norbert | 1968 | Milers Colonia 2020 | 0:18:15 | 0:18:16 |
| 10. | (6) | 3. M30 | AST, Dominik | 1993 | Fort Runners Köln | 0:18:27 | 0:18:29 |
| 11. | (1639) | 1. M35 | WESTERHAUSEN, Thomas | 1984 | LAZ Rhein-Sieg | 0:18:31 | 0:18:32 |
| 12. | (637) | 4. M30 | WIONZECK, Lukas | 1990 | | 0:18:34 | 0:18:37 |
| 13. | (1783) | 3. M55 | NIEMANN, Christoph | 1968 | LG Gummersbach | 0:18:50 | 0:18:53 |
| 14. | (821) | 3. M | BITUZKI, Artem | 1997 | SLC Aachen | 0:18:58 | 0:19:04 |
| 15. | (1506) | 5. M30 | KRANTZ, Julian | 1992 | | 0:19:05 | 0:19:09 |
| 16. | (1773) | 1. M50 | WILMES, Heiko | 1969 | TV Refrath | 0:19:13 | 0:19:15 |
| 17. | (829) | 1. M45 | BÖTTCHER, Zaido | 1976 | LAZ Puma Rhein Sieg | 0:19:16 | 0:19:18 |
| 18. | (1771) | 6. M30 | SORGE, Julian | 1991 | Mach3 Köln e.V. | 0:19:26 | 0:19:29 |
| 19. | (1784) | 2. M50 | TIMME, Volker | 1969 | LG Gummersbach | 0:19:33 | 0:19:36 |
| 20. | (1756) | 1. W40 | STAUSBERG, Kathrin | 1982 | TV 1867 Bad Sobernheim | 0:19:34 | 0:19:37 |
| 21. | (1792) | 1. MJ U18 | BÖTTCHER, Marco | 2007 | LAZ Rhein-Sieg | 0:19:36 | 0:19:38 |
| 22. | (1057) | 2. M35 | FRIEDRICH, Lars | 1987 | TriathlonSteckelCologne | 0:19:41 | 0:19:46 |
| 23. | (1567) | 4. M | PINNER, Ole | 1994 | SV Hellas Siegburg | 0:19:42 | 0:19:47 |
| 24. | (1566) | 1. M60 | PFENNIG, Olaf | 1963 | LT DSHS Köln | 0:19:49 | 0:19:51 |
| 25. | (1791) | 1. WJ U20 | LANGHAMMER, Maya | 2004 | LAZ Rhein-Sieg | 0:19:53 | 0:19:56 |
| 26. | (1545) | 3. M50 | MÖLLER, Arne | 1973 | | 0:19:56 | 0:19:58 |
| 27. | (1777) | 5. M | RAFFELSIEPER, Laurenz | 1995 | | 0:19:56 | 0:19:59 |
| 28. | (1544) | 1. MJ U14 | MITZSCHKE, Simon | 2010 | HSV Leichtathletik | 0:19:57 | 0:20:00 |
| 29. | (680) | 7. M30 | FRENSER, Frank | 1989 | Feuerwehr Eil | 0:20:01 | 0:20:05 |
| 30. | (1623) | 1. W30 | VALDER, Sarah | 1993 | Bunert - Der Kölner Laufladen | 0:20:07 | 0:20:09 |
| 31. | (1785) | 2. M40 | ZOLL, Frieder | 1982 | LG Gummersbach | 0:20:16 | 0:20:21 |
| 32. | (1787) | 2. M60 | WOLFF, Udo | 1962 | LG Gummersbach | 0:20:21 | 0:20:25 |
| 33. | (204) | 2. MJ U14 | JUNKERMANN, Tobias | 2010 | GSV Porz | 0:20:33 | 0:20:35 |
| 34. | (1772) | 2. W30 | SMEDING-TERVEER, Maike | 1991 | Mach3 Köln e.V. | 0:20:33 | 0:20:39 |
| 35. | (1514) | 1. WJ U16 | KULLE, Sara | 2009 | TLG Troisdorf | 0:21:03 | 0:21:05 |
| 36. | (612) | 1. WJ U18 | VAN DER VEN, Lisa | 2007 | KTT01 | 0:21:02 | 0:21:06 |
| 37. | (1757) | 3. M35 | KERSTING, Marco | 1984 | | 0:20:59 | 0:21:07 |
| 38. | (1626) | 2. MJ U18 | VERNIKOV, Bogdan | 2007 | LAZ Rhein-Sieg | 0:21:10 | 0:21:12 |
| 39. | (669) | 1. W50 | ROCHE, Liz | 1973 | TV Refrath | 0:21:15 | 0:21:18 |
| 40. | (152) | 4. M55 | HARTMANN, Frederik | 1968 | Team Currenta | 0:21:19 | 0:21:23 |
| 41. | (249) | 3. MJ U14 | LÖBACH, Justus Timo | 2011 | Troisdorfer LG | 0:21:22 | 0:21:24 |
| 42. | (1058) | 8. M30 | FRIES, Thorbjörn | 1990 | | 0:21:27 | 0:21:32 |
| 43. | (247) | 5. M55 | LIETH, Klaus | 1968 | TV Refrath | 0:21:35 | 0:21:38 |
| 44. | (1594) | 2. WJ U20 | SCHMIDT, Saskia | 2004 | LG Gummersbach | 0:21:42 | 0:21:42 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · OVERALL-RANKING

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|-----|--------|-----------|-------------------------|------|------------------------------|---------|----------------|
| 45. | (1767) | 1. W35 | RIETZSCHEL, Tina | 1985 | SSF Bonn Triathlon | 0:21:39 | 0:21:44 |
| 46. | (127) | 2. M U23 | GERHARDT, Cedric | 2001 | Habich Runners e.V. | 0:21:42 | 0:21:46 |
| 47. | (1788) | 2. MJ U16 | MIDDEKE, Phillip | 2008 | TV Herkenrath | 0:21:49 | 0:21:53 |
| 48. | (13) | 1. W | BAIKOWSKI, Laura | 1999 | SG Zons | 0:21:50 | 0:21:54 |
| 49. | (1576) | 1. W60 | RENTERGENT, Carola | 1963 | TV Refrath | 0:22:03 | 0:22:06 |
| 50. | (694) | 4. M35 | FRENSER, Thorsten | 1987 | Stadt Porz am Rhein | 0:22:02 | 0:22:17 |
| 51. | (1340) | 1. MK U12 | GRIMMER, Simon | 2012 | Mach3 Köln e.V. | 0:22:15 | 0:22:18 |
| 52. | (991) | 3. W30 | FLEMM, Kristina | 1989 | | 0:22:13 | 0:22:19 |
| 53. | (1629) | 3. M40 | VON DER MÜHLEN, Henning | 1979 | FT-Club Köln | 0:22:06 | 0:22:23 |
| 54. | (1786) | 2. W40 | ZOLL, Daniela | 1981 | LG Gummersbach | 0:22:36 | 0:22:40 |
| 55. | (1569) | 6. M55 | PUST, Oliver | 1965 | Team Trailrunning Westerwald | 0:22:58 | 0:23:03 |
| 56. | (91) | 4. W30 | DEUTZMANN, Katharina | 1989 | | 0:23:14 | 0:23:20 |
| 57. | (800) | 2. W | ABECK, Elisa | 1996 | RSV St. Hubertus Wesel | 0:23:15 | 0:23:32 |
| 58. | (1394) | 3. MJ U16 | NAUCKE, Louis | 2008 | SpVgg Lülldorf-Ranzel | 0:23:34 | 0:23:37 |
| 59. | (1570) | 3. MJ U18 | RAAB, Nico | 2006 | SLC Aachen | 0:23:30 | 0:23:37 |
| 60. | (955) | 5. W30 | DOBBEK, Annchristin | 1993 | Hellas Siegburg | 0:23:35 | 0:23:41 |
| 61. | (1571) | 7. M55 | RADERSCHADT, Dr. Günter | 1964 | Triathlon-Werkstatt | 0:23:42 | 0:23:49 |
| 62. | (489) | 4. MJ U16 | ISTAS, Janis | 2008 | SpVgg Lülldorf-Ranzel | 0:23:48 | 0:23:50 |
| 63. | (1790) | 4. M40 | MÜNZENMAIER, Andreas | 1982 | | 0:23:45 | 0:23:53 |
| 64. | (819) | 2. W35 | BEYER, Heike | 1984 | SSF Bonn Triathlon | 0:23:51 | 0:23:58 |
| 65. | (1768) | 1. WK U12 | ENGELS, Nina | 2012 | | 0:23:53 | 0:23:58 |
| 66. | (484) | 2. W60 | KNIPP-DIAWUOH, Helga | 1961 | VfL Engelskirchen | 0:23:54 | 0:23:59 |
| 67. | (666) | 3. W40 | SOEST, Christine | 1980 | TSV Dieringhausen | 0:23:56 | 0:24:01 |
| 68. | (518) | 8. M55 | POSCHMANN, Mike | 1967 | TSV Dieringhausen | 0:24:05 | 0:24:09 |
| 69. | (528) | 3. M60 | REMERS, Ralf | 1962 | Triathlonteam Deesem | 0:24:02 | 0:24:10 |
| 70. | (494) | 2. WJ U16 | STERNBERG, Emma | 2009 | SpVgg Lülldorf-Ranzel | 0:24:09 | 0:24:12 |
| 71. | (670) | 4. M60 | WILLEMS, Hansjörg | 1962 | SSK Kerpen Triathlon | 0:24:10 | 0:24:16 |
| 72. | (661) | 9. M55 | BLOY, Jörg | 1967 | DZSH | 0:24:16 | 0:24:32 |
| 73. | (183) | 4. M50 | HOLZ, Gerd | 1971 | We Run This Cologne | 0:24:34 | 0:24:40 |
| 74. | (582) | 1. W45 | SEWERYNIK, Paulina | 1974 | SSF Bonn Triathlon | 0:24:53 | 0:25:00 |
| 75. | (514) | 3. W35 | PITHAN, Isabella | 1985 | TV Refrath | 0:24:58 | 0:25:04 |
| 76. | (252) | 2. M45 | LOTZ, Dirk-Henning | 1974 | TV Refrath | 0:25:00 | 0:25:07 |
| 77. | (108) | 4. W35 | EKBERG, Denise | 1986 | | 0:25:11 | 0:25:17 |
| 78. | (1636) | 1. W65 | WEISS, Sabine | 1957 | Pulheimer Sport Club | 0:25:14 | 0:25:18 |
| 79. | (74) | 4. W40 | CANDAN, Monika | 1981 | | 0:25:12 | 0:25:19 |
| 80. | (559) | 5. M35 | SCHOCH, Sebastian | 1988 | | 0:25:26 | 0:25:34 |
| 81. | (103) | 3. W | EBERHARD, Kim | 1999 | Tus Köln rrh | 0:25:29 | 0:25:35 |
| 82. | (599) | 5. M50 | STROMPEN, Oliver | 1970 | ohne | 0:25:27 | 0:25:37 |
| 83. | (1138) | 6. M50 | GIRBIG, Holger | 1973 | | 0:25:34 | 0:25:39 |
| 84. | (143) | 1. W55 | FISCHER, Ilonka | 1966 | Pulheimer SC | 0:25:38 | 0:25:42 |
| 85. | (1443) | 1. M65 | KAHLKE, Wolfgang | 1957 | Knickfööss Köln | 0:25:33 | 0:25:43 |
| 86. | (291) | 9. M30 | NACHTSHEIM, Christoph | 1993 | Tri Team Sinzig | 0:25:40 | 0:25:47 |
| 87. | (1333) | 4. MJ U14 | GRIMMER, Marlene | 2010 | Mach3 Köln e.V. | 0:25:43 | 0:25:55 |
| 88. | (38) | 1. W U23 | BEUTLER, Madita | 2003 | | 0:25:49 | 0:25:59 |



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LAUF (5 KM) · OVERALL-RANKING

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|------|--------|-----------|--------------------------|------|------------------------------|---------|----------------|
| 89. | (1565) | 5. M60 | PAVLIK, Klaus | 1962 | EVL BSG-Lauftreff | 0:25:49 | 0:25:59 |
| 90. | (129) | 10. M55 | GERHARDT, Uwe | 1965 | Hamich Runners e.V. | 0:26:09 | 0:26:13 |
| 91. | (1439) | 5. M40 | JUNKERMANN, Frank | 1980 | | 0:26:03 | 0:26:22 |
| 92. | (1795) | 2. W55 | KÖNIG, Iris | 1968 | Laufschule Erftstadt | 0:26:23 | 0:26:30 |
| 93. | (136) | 1. WJ U14 | GREGUS, Maybrit | 2011 | ASV | 0:26:17 | 0:26:33 |
| 94. | (475) | 4. W | DIAWUOH, Barbara | 1994 | VfL Engelskirchen | 0:26:37 | 0:26:41 |
| 95. | (177) | 6. M40 | HIRSCHFELD, Sascha | 1980 | | 0:26:45 | 0:26:53 |
| 96. | (495) | 2. WJ U18 | STERNBERG, Klara Maria | 2006 | SpVgg Lülsdorf-Ranzel | 0:26:51 | 0:26:55 |
| 97. | (1516) | 3. WJ U20 | KURLAND, Gabriella | 2004 | | 0:26:53 | 0:27:03 |
| 98. | (48) | 2. W45 | BLARR, Maike | 1974 | | 0:26:58 | 0:27:08 |
| 99. | (284) | 3. W60 | MOTTER, Heidi | 1961 | LG Stolberg | 0:27:04 | 0:27:13 |
| 100. | (824) | 11. M55 | BOELEN-THEILE, Claus | 1966 | | 0:27:03 | 0:27:23 |
| 101. | (44) | 2. WJ U14 | BINZ, Lori | 2011 | ASV Köln | 0:27:14 | 0:27:26 |
| 102. | (1552) | 3. M45 | NETZEL, Michael | 1977 | MTV Vater Jahn Peine | 0:27:09 | 0:27:29 |
| 103. | (90) | 6. W30 | DEUTSCH, Nadine | 1989 | | 0:27:29 | 0:27:34 |
| 104. | (971) | 2. W50 | FAKLER, Petra | 1973 | Mach3 Köln e.V. | 0:27:26 | 0:27:40 |
| 105. | (683) | 5. W40 | FUCHSHUBER, Kinga | 1979 | TV Refrath | 0:27:29 | 0:27:43 |
| 106. | (251) | 5. W35 | LOTHMANN, Jasmin | 1986 | | 0:27:31 | 0:27:44 |
| 107. | (1483) | 12. M55 | KELLER, Theo | 1967 | SV Rot-Weiß Schlafhorst e.V. | 0:27:34 | 0:27:46 |
| 108. | (97) | 13. M55 | DRESBACH, Frank | 1967 | Cologne Allblacks | 0:27:40 | 0:27:52 |
| 109. | (118) | 3. W50 | FIGUEROA CARRASCO, Lidia | 1973 | Cologne Allblacks | 0:27:40 | 0:27:52 |
| 110. | (148) | 14. M55 | HANSEN, Christoph | 1965 | Cologne Allblacks | 0:27:40 | 0:27:52 |
| 111. | (66) | 2. M65 | BRIEGER, Thomas | 1956 | 1. FC Spich | 0:28:09 | 0:28:15 |
| 112. | (194) | 5. MJ U14 | JACH, Konstantin | 2010 | Die Jachs | 0:28:11 | 0:28:21 |
| 113. | (234) | 15. M55 | KÜHNE, Kai | 1966 | | 0:28:10 | 0:28:22 |
| 114. | (1765) | 6. W40 | SALAS, Isabel | 1983 | | 0:28:16 | 0:28:24 |
| 115. | (742) | 6. W35 | JUNG, Isabella Rosa | 1984 | | 0:28:07 | 0:28:26 |
| 116. | (1775) | 7. W40 | DICK, Britta | 1979 | Hamich Runners | 0:28:20 | 0:28:29 |
| 117. | (1560) | 6. M35 | ONISCHTSCHENKO, Tobias | 1986 | | 0:28:20 | 0:28:30 |
| 118. | (571) | 4. W50 | SCHUHMACHER, Michaela | 1972 | | 0:28:21 | 0:28:35 |
| 119. | (219) | 5. W50 | KLINGE, Tatjana | 1971 | | 0:28:24 | 0:28:38 |
| 120. | (553) | 3. WJ U18 | SCHNEIDER, Julia | 2007 | | 0:28:27 | 0:28:38 |
| 121. | (201) | 4. WJ U18 | JOVANOVSKI, Lea | 2007 | | 0:28:26 | 0:28:38 |
| 122. | (1752) | 6. M60 | ASSELBORN, Klaus | 1959 | | 0:28:29 | 0:28:39 |
| 123. | (513) | 8. W40 | PIECZYKOLAN, Aleks | 1980 | | 0:28:28 | 0:28:40 |
| 124. | (673) | 4. M45 | LEFFELSEUDER, Thomas | 1977 | | 0:28:27 | 0:28:43 |
| 125. | (623) | 7. W35 | WAITE, Laura | 1987 | | 0:28:35 | 0:28:46 |
| 126. | (611) | 7. M60 | VAN DER VEN, Christian | 1963 | | 0:28:39 | 0:28:49 |
| 127. | (580) | 9. W40 | SERHANE, Nadine | 1981 | | 0:28:42 | 0:28:51 |
| 128. | (200) | 8. W35 | JOOS, Liane | 1984 | LSV Porz / Köln | 0:28:40 | 0:28:55 |
| 129. | (45) | 10. W40 | BINZ, Nathalie | 1981 | ASV Köln | 0:28:43 | 0:28:55 |
| 130. | (210) | 1. M70 | KERSTING, Friedel | 1950 | | 0:28:49 | 0:28:58 |
| 131. | (502) | 16. M55 | PAGERS, Sven | 1966 | ESV Gremberghoven | 0:28:44 | 0:29:02 |
| 132. | (485) | 3. WJ U14 | NOGALSKI, Laryssa | 2011 | VfL Engelskirchen | 0:28:57 | 0:29:12 |



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LAUF (5 KM) · OVERALL-RANKING

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|------|--------|-----------|------------------------|------|-------------------------|---------|---------|
| 133. | (605) | 7. W30 | THIELE, Stephanie | 1989 | | 0:28:56 | 0:29:13 |
| 134. | (1751) | 7. M40 | NOGALSKI, Martin | 1981 | | 0:29:04 | 0:29:20 |
| 135. | (282) | 17. M55 | MONTWILL, Andree | 1965 | | 0:29:10 | 0:29:23 |
| 136. | (43) | 4. WJ U14 | BINZ, Kira | 2011 | ASV Köln | 0:29:13 | 0:29:25 |
| 137. | (747) | 5. WJ U14 | KÜHNE, Marie | 2010 | ASV Köln | 0:29:09 | 0:29:25 |
| 138. | (1354) | 4. W60 | GRÜNWALD, Adelheid | 1960 | Hamich Runners e. V. | 0:29:22 | 0:29:31 |
| 139. | (1607) | 6. MJ U14 | SNIADY, Maciej | 2010 | | 0:29:33 | 0:29:42 |
| 140. | (1608) | 5. M45 | SNIADY, Plotr | 1976 | | 0:29:32 | 0:29:43 |
| 141. | (10) | 5. W60 | BAER, Renate | 1961 | TUS Mondorf | 0:29:46 | 0:29:49 |
| 142. | (85) | 7. M50 | DELHOFEN, Markus | 1972 | Running Team Grafenberg | 0:29:40 | 0:29:57 |
| 143. | (491) | 11. W40 | LORENTZ, Susanne | 1981 | SpVgg Lülldorf-Ranzel | 0:29:40 | 0:29:57 |
| 144. | (14) | 12. W40 | BAIRD, Carolin | 1981 | SpVgg. Lülldorf-Ranzel | 0:29:54 | 0:30:10 |
| 145. | (593) | 3. M65 | SPÖLGEN, Joachim | 1954 | Erfstadt | 0:30:12 | 0:30:20 |
| 146. | (190) | 6. WJ U14 | HÜFFELMANN, Linda | 2010 | | 0:30:13 | 0:30:21 |
| 147. | (570) | 9. W35 | SCHUBA, Sandra | 1984 | | 0:30:20 | 0:30:33 |
| 148. | (569) | 7. WJ U14 | SCHUBA, Laura | 2011 | | 0:30:20 | 0:30:33 |
| 149. | (5) | 2. W65 | ANNETTE, Roder | 1956 | TS Frechen | 0:30:31 | 0:30:38 |
| 150. | (684) | 8. W30 | MENNICKEN-COERS, Tina | 1989 | NW Readytorun | 0:30:57 | 0:31:14 |
| 151. | (1753) | 9. W30 | MATTHES, Pia | 1991 | | 0:31:24 | 0:31:33 |
| 152. | (174) | 8. M60 | HILDEBRANDT, Oliver | 1961 | | 0:31:28 | 0:31:47 |
| 153. | (748) | 2. W U23 | HIRSCHFELD, Lea Sophie | 2002 | | 0:31:41 | 0:31:48 |
| 154. | (52) | 6. M45 | BONCZEK, Gabriel | 1978 | | 0:31:34 | 0:31:54 |
| 155. | (503) | 1. W70 | PALFI, Matilda | 1952 | MP.Ladies Run | 0:31:49 | 0:32:03 |
| 156. | (832) | 4. M65 | BRUCKWILDER, Hans Jörg | 1955 | | 0:32:03 | 0:32:15 |
| 157. | (1793) | 3. W45 | HÜFFELMANN, Sonja | 1976 | | 0:32:26 | 0:32:34 |
| 158. | (112) | 5. W | FABER, Rebecca | 1995 | | 0:33:02 | 0:33:09 |
| 159. | (274) | 5. M65 | MICHAELIS, Bernd | 1957 | VFB Erfstsstadt | 0:33:42 | 0:33:55 |
| 160. | (3) | 3. W65 | ALFLEN, Monika | 1958 | | 0:33:57 | 0:34:10 |
| 161. | (1597) | 10. M30 | SCHNEIDER, Marius | 1990 | Hase & Igel | 0:34:13 | 0:34:36 |
| 162. | (285) | 2. M70 | MOTTER, Willi | 1953 | LG Stolberg | 0:34:26 | 0:34:45 |
| 163. | (151) | 7. M45 | HARITZ, Holger | 1975 | Feuerwehr Langenfeld | 0:34:28 | 0:34:50 |
| 164. | (1509) | 3. M70 | KRUG, Wilfried | 1950 | | 0:34:41 | 0:35:00 |
| 165. | (602) | 1. W75 | SÜß-DAHMEN, Renate | 1944 | | 0:34:48 | 0:35:01 |
| 166. | (1521) | 13. W40 | LAPPA, Marina | 1980 | | 0:34:59 | 0:35:15 |
| 167. | (253) | 3. W U23 | LOZADA, Katy | 2002 | Die Jachs | 0:35:05 | 0:35:16 |
| 168. | (1798) | 8. M45 | KÖNIGS, Thomas | 1975 | | 0:35:17 | 0:35:23 |
| 169. | (1233) | 3. WJ U16 | RESSEL, Emilia | 2009 | SpVgg Lülldorf-Ranzel | 0:35:17 | 0:35:23 |
| 170. | (579) | 9. M45 | SERHANE, Anouar | 1977 | | 0:36:20 | 0:36:21 |
| 171. | (1182) | 10. W35 | GONSIOR, Andrea | 1986 | | 0:36:23 | 0:36:23 |
| 172. | (8) | 4. W65 | AYCHE, Karin | 1954 | Laufmariechen Köln | 0:36:09 | 0:36:24 |
| 173. | (34) | 11. W35 | BERK, Sarah | 1986 | | 0:36:05 | 0:36:26 |
| 174. | (100) | 4. W45 | DÜRBAUM, Natascha | 1976 | | 0:36:05 | 0:36:26 |
| 175. | (12) | 6. W60 | BAHLS, Roswitha | 1961 | LSV Porz / Köln | 0:36:38 | 0:37:00 |
| 176. | (638) | 4. M70 | WISCHNEWSKI, Jürgen | 1953 | Baumberger TSC | 0:38:33 | 0:38:48 |



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LAUF (5 KM) · OVERALL-RANKING

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | NETTO | ZEIT |
|------------|--------|-----------|---------------------|------|----------------------|---------|----------------|
| 177. | (238) | 9. M60 | LEEFERS, Helge | 1963 | | 0:38:40 | 0:39:01 |
| 178. | (745) | 10. W30 | SIEGEL, Sandra | 1989 | | 0:39:03 | 0:39:11 |
| 179. | (511) | 14. W40 | PFROMM, Sarah | 1979 | Pfrotzel | 0:39:26 | 0:39:38 |
| 180. | (512) | 8. M40 | PFROMM, Sebastian | 1981 | Pfrotzel | 0:40:25 | 0:40:25 |
| 181. | (128) | 4. WJ U20 | GERHARDT, Enya | 2004 | Hamich Runners e.V. | 0:40:13 | 0:40:32 |
| 182. | (209) | 10. M60 | KERKOW, Detlev | 1963 | LTMONHEIMRUNWALK | 0:40:29 | 0:40:40 |
| 183. | (665) | 6. M65 | BAUS, Reiner | 1954 | Cologne Running Crew | 0:40:46 | 0:41:02 |
| 184. | (212) | 3. W55 | KEBLER, Doris | 1967 | | 0:40:56 | 0:41:14 |
| 185. | (84) | 6. W50 | DASSLER, Tanja | 1969 | | 0:40:56 | 0:41:14 |
| 186. | (744) | | SIEGEL, Christopher | | | 0:41:07 | 0:41:16 |
| 187. | (648) | 7. M65 | ZITZEN, Bernd | 1955 | | 0:45:10 | 0:45:33 |
| DNF | (1547) | MJ U16 | MÜLLER, Felix | 2008 | LLG Hunsrück | | |
| DNF | (1588) | W | SCHÄFER, Hannah | 1994 | SSF Bonn | | |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|-------------------------|------|------------------------------|---------|
| MÄNNLICH | | | | | | |
| 1. | (970) | 1. M30 | FABIANOWSKI, Dominik | 1989 | TV refrath | 0:15:59 |
| 2. | (1776) | 1. M U23 | LAND, Jonas | 2002 | LAZ Rhein-Sieg | 0:16:14 |
| 3. | (1627) | 1. MJ U16 | VERNIKOV, Jan | 2008 | LAZ Rhein-Sieg | 0:17:35 |
| 4. | (1766) | 1. M40 | WIESEN, Christoph | 1983 | | 0:17:45 |
| 5. | (1769) | 1. M55 | RITTER, Johannes | 1965 | TV Refrath | 0:17:55 |
| 6. | (1770) | 1. M | NEUKIRCHEN, Jan Felix | 2000 | TG Neuss | 0:18:01 |
| 7. | (1800) | 2. M | GARNOWSKI, Taylor | 1995 | | 0:18:05 |
| 8. | (1774) | 2. M30 | BREUER, Laurie | 1993 | Fort Runners Köln | 0:18:11 |
| 9. | (1598) | 2. M55 | SCHNEIDER, Norbert | 1968 | Milers Colonia 2020 | 0:18:16 |
| 10. | (6) | 3. M30 | AST, Dominik | 1993 | Fort Runners Köln | 0:18:29 |
| 11. | (1639) | 1. M35 | WESTERHAUSEN, Thomas | 1984 | LAZ Rhein-Sieg | 0:18:32 |
| 12. | (637) | 4. M30 | WIONZECK, Lukas | 1990 | | 0:18:37 |
| 13. | (1783) | 3. M55 | NIEMANN, Christoph | 1968 | LG Gummersbach | 0:18:53 |
| 14. | (821) | 3. M | BITUZKI, Artem | 1997 | SLC Aachen | 0:19:04 |
| 15. | (1506) | 5. M30 | KRANTZ, Julian | 1992 | | 0:19:09 |
| 16. | (1773) | 1. M50 | WILMES, Heiko | 1969 | TV Refrath | 0:19:15 |
| 17. | (829) | 1. M45 | BÖTTCHER, Zaido | 1976 | LAZ Puma Rhein Sieg | 0:19:18 |
| 18. | (1771) | 6. M30 | SORGE, Julian | 1991 | Mach3 Köln e.V. | 0:19:29 |
| 19. | (1784) | 2. M50 | TIMME, Volker | 1969 | LG Gummersbach | 0:19:36 |
| 20. | (1792) | 1. MJ U18 | BÖTTCHER, Marco | 2007 | LAZ Rhein-Sieg | 0:19:38 |
| 21. | (1057) | 2. M35 | FRIEDRICH, Lars | 1987 | TriathlonSteckelCologne | 0:19:46 |
| 22. | (1567) | 4. M | PINNER, Ole | 1994 | SV Hellas Siegburg | 0:19:47 |
| 23. | (1566) | 1. M60 | PFENNIG, Olaf | 1963 | LT DSHS Köln | 0:19:51 |
| 24. | (1545) | 3. M50 | MÖLLER, Arne | 1973 | | 0:19:58 |
| 25. | (1777) | 5. M | RAFFELSIEPER, Laurenz | 1995 | | 0:19:59 |
| 26. | (1544) | 1. MJ U14 | MITZSCHKE, Simon | 2010 | HSV Leichtathletik | 0:20:00 |
| 27. | (680) | 7. M30 | FRENSER, Frank | 1989 | Feuerwehr Eil | 0:20:05 |
| 28. | (1785) | 2. M40 | ZOLL, Frieder | 1982 | LG Gummersbach | 0:20:21 |
| 29. | (1787) | 2. M60 | WOLFF, Udo | 1962 | LG Gummersbach | 0:20:25 |
| 30. | (204) | 2. MJ U14 | JUNKERMANN, Tobias | 2010 | GSV Porz | 0:20:35 |
| 31. | (1757) | 3. M35 | KERSTING, Marco | 1984 | | 0:21:07 |
| 32. | (1626) | 2. MJ U18 | VERNIKOV, Bogdan | 2007 | LAZ Rhein-Sieg | 0:21:12 |
| 33. | (152) | 4. M55 | HARTMANN, Frederik | 1968 | Team Currenta | 0:21:23 |
| 34. | (249) | 3. MJ U14 | LÖBACH, Justus Timo | 2011 | Troisdorfer LG | 0:21:24 |
| 35. | (1058) | 8. M30 | FRIES, Thorbjörn | 1990 | | 0:21:32 |
| 36. | (247) | 5. M55 | LIETH, Klaus | 1968 | TV Refrath | 0:21:38 |
| 37. | (127) | 2. M U23 | GERHARDT, Cedric | 2001 | Habich Runners e.V. | 0:21:46 |
| 38. | (1788) | 2. MJ U16 | MIDDEKE, Phillip | 2008 | TV Herkenrath | 0:21:53 |
| 39. | (694) | 4. M35 | FRENSER, Thorsten | 1987 | Stadt Porz am Rhein | 0:22:17 |
| 40. | (1340) | 1. MK U12 | GRIMMER, Simon | 2012 | Mach3 Köln e.V. | 0:22:18 |
| 41. | (1629) | 3. M40 | VON DER MÜHLEN, Henning | 1979 | FT-Club Köln | 0:22:23 |
| 42. | (1569) | 6. M55 | PUST, Oliver | 1965 | Team Trailrunning Westerwald | 0:23:03 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|-------------------------|------|------------------------------|---------|
| MÄNNLICH | | | | | | |
| 43. | (1394) | 3. MJ U16 | NAUCKE, Louis | 2008 | SpVgg Lülsdorf-Ranzel | 0:23:37 |
| 44. | (1570) | 3. MJ U18 | RAAB, Nico | 2006 | SLC Aachen | 0:23:37 |
| 45. | (1571) | 7. M55 | RADERSCHADT, Dr. Günter | 1964 | Triathlon-Werkstatt | 0:23:49 |
| 46. | (489) | 4. MJ U16 | ISTAS, Janis | 2008 | SpVgg Lülsdorf-Ranzel | 0:23:50 |
| 47. | (1790) | 4. M40 | MÜNZENMAIER, Andreas | 1982 | | 0:23:53 |
| 48. | (518) | 8. M55 | POSCHMANN, Mike | 1967 | TSV Dieringhausen | 0:24:09 |
| 49. | (528) | 3. M60 | REMERS, Ralf | 1962 | Triathlonteam Deesem | 0:24:10 |
| 50. | (670) | 4. M60 | WILLEMS, Hansjörg | 1962 | SSK Kerpen Triathlon | 0:24:16 |
| 51. | (661) | 9. M55 | BLOY, Jörg | 1967 | DZSH | 0:24:32 |
| 52. | (183) | 4. M50 | HOLZ, Gerd | 1971 | We Run This Cologne | 0:24:40 |
| 53. | (252) | 2. M45 | LOTZ, Dirk-Henning | 1974 | TV Refrath | 0:25:07 |
| 54. | (559) | 5. M35 | SCHOCH, Sebastian | 1988 | | 0:25:34 |
| 55. | (599) | 5. M50 | STROMPEN, Oliver | 1970 | ohne | 0:25:37 |
| 56. | (1138) | 6. M50 | GIRBIG, Holger | 1973 | | 0:25:39 |
| 57. | (1443) | 1. M65 | KAHLKE, Wolfgang | 1957 | Knickfööss Köln | 0:25:43 |
| 58. | (291) | 9. M30 | NACHTSHEIM, Christoph | 1993 | Tri Team Sinzig | 0:25:47 |
| 59. | (1333) | 4. MJ U14 | GRIMMER, Marlene | 2010 | Mach3 Köln e.V. | 0:25:55 |
| 60. | (1565) | 5. M60 | PAVLIK, Klaus | 1962 | EVL BSG-Lauftreff | 0:25:59 |
| 61. | (129) | 10. M55 | GERHARDT, Uwe | 1965 | Hamich Runners e.V. | 0:26:13 |
| 62. | (1439) | 5. M40 | JUNKERMANN, Frank | 1980 | | 0:26:22 |
| 63. | (177) | 6. M40 | HIRSCHFELD, Sascha | 1980 | | 0:26:53 |
| 64. | (824) | 11. M55 | BOELEN-THEILE, Claus | 1966 | | 0:27:23 |
| 65. | (1552) | 3. M45 | NETZEL, Michael | 1977 | MTV Vater Jahn Peine | 0:27:29 |
| 66. | (1483) | 12. M55 | KELLER, Theo | 1967 | SV Rot-Weiß Schlafhorst e.V. | 0:27:46 |
| 67. | (97) | 13. M55 | DRESBACH, Frank | 1967 | Cologne Allblacks | 0:27:52 |
| 68. | (148) | 14. M55 | HANSEN, Christoph | 1965 | Cologne Allblacks | 0:27:52 |
| 69. | (66) | 2. M65 | BRIEGER, Thomas | 1956 | 1. FC Spich | 0:28:15 |
| 70. | (194) | 5. MJ U14 | JACH, Konstantin | 2010 | Die Jachs | 0:28:21 |
| 71. | (234) | 15. M55 | KÜHNE, Kai | 1966 | | 0:28:22 |
| 72. | (1560) | 6. M35 | ONISCHTSCHENKO, Tobias | 1986 | | 0:28:30 |
| 73. | (1752) | 6. M60 | ASSELBORN, Klaus | 1959 | | 0:28:39 |
| 74. | (673) | 4. M45 | LEFFELSEUDER, Thomas | 1977 | | 0:28:43 |
| 75. | (611) | 7. M60 | VAN DER VEN, Christian | 1963 | | 0:28:49 |
| 76. | (210) | 1. M70 | KERSTING, Friedel | 1950 | | 0:28:58 |
| 77. | (502) | 16. M55 | PAGERS, Sven | 1966 | ESV Gremberghoven | 0:29:02 |
| 78. | (1751) | 7. M40 | NOGALSKI, Martin | 1981 | | 0:29:20 |
| 79. | (282) | 17. M55 | MONTWILL, Andree | 1965 | | 0:29:23 |
| 80. | (1607) | 6. MJ U14 | SNIADY, Maciej | 2010 | | 0:29:42 |
| 81. | (1608) | 5. M45 | SNIADY, Piotr | 1976 | | 0:29:43 |
| 82. | (85) | 7. M50 | DELHOFEN, Markus | 1972 | Running Team Grafenberg | 0:29:57 |
| 83. | (593) | 3. M65 | SPÖLGEN, Joachim | 1954 | Erfstadt | 0:30:20 |
| 84. | (174) | 8. M60 | HILDEBRANDT, Oliver | 1961 | | 0:31:47 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG | AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----|--------|------------------------|------|----------------------|---------|
| MÄNNLICH | | | | | | | |
| 85. | (52) | 6. | M45 | BONCZEK, Gabriel | 1978 | | 0:31:54 |
| 86. | (832) | 4. | M65 | BRUCKWILDER, Hans Jörg | 1955 | | 0:32:15 |
| 87. | (274) | 5. | M65 | MICHAELIS, Bernd | 1957 | VFB Erftsstadt | 0:33:55 |
| 88. | (1597) | 10. | M30 | SCHNEIDER, Marius | 1990 | Hase & Igel | 0:34:36 |
| 89. | (285) | 2. | M70 | MOTTER, Willi | 1953 | LG Stolberg | 0:34:45 |
| 90. | (151) | 7. | M45 | HARITZ, Holger | 1975 | Feuerwehr Langenfeld | 0:34:50 |
| 91. | (1509) | 3. | M70 | KRUG, Wilfried | 1950 | | 0:35:00 |
| 92. | (1798) | 8. | M45 | KÖNIGS, Thomas | 1975 | | 0:35:23 |
| 93. | (579) | 9. | M45 | SERHANE, Anouar | 1977 | | 0:36:21 |
| 94. | (638) | 4. | M70 | WISCHNEWSKI, Jürgen | 1953 | Baumberger TSC | 0:38:48 |
| 95. | (238) | 9. | M60 | LEEFERS, Helge | 1963 | | 0:39:01 |
| 96. | (512) | 8. | M40 | PFROMM, Sebastian | 1981 | Pfrotzel | 0:40:25 |
| 97. | (209) | 10. | M60 | KERKOW, Detlev | 1963 | LTMONHEIMRUNWALK | 0:40:40 |
| 98. | (665) | 6. | M65 | BAUS, Reiner | 1954 | Cologne Running Crew | 0:41:02 |
| 99. | (744) | | | SIEGEL, Christopher | | | 0:41:16 |
| 100. | (648) | 7. | M65 | ZITZEN, Bernd | 1955 | | 0:45:33 |
| DNF | (1547) | | MJ U16 | MÜLLER, Felix | 2008 | LLG Hunsrück | |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|---------------------------|------|-----------------------------------|---------|
| WEIBLICH | | | | | | |
| 1. | (1756) | 1. W40 | STAUSBERG, Kathrin | 1982 | TV 1867 Bad Sobernheim | 0:19:37 |
| 2. | (1791) | 1. WJ U20 | LANGHAMMER, Maya | 2004 | LAZ Rhein-Sieg | 0:19:56 |
| 3. | (1623) | 1. W30 | VALDER, Sarah | 1993 | Bunert - Der Kölner Laufladen | 0:20:09 |
| 4. | (1772) | 2. W30 | SMEDING-TERVEER, Maike | 1991 | Mach3 Köln e.V. | 0:20:39 |
| 5. | (1514) | 1. WJ U16 | KULLE, Sara | 2009 | TLG Troisdorf | 0:21:05 |
| 6. | (612) | 1. WJ U18 | VAN DER VEN, Lisa | 2007 | KTT01 | 0:21:06 |
| 7. | (669) | 1. W50 | ROCHE, Liz | 1973 | TV Refrath | 0:21:18 |
| 8. | (1594) | 2. WJ U20 | SCHMIDT, Saskia | 2004 | LG Gummersbach | 0:21:42 |
| 9. | (1767) | 1. W35 | RIETZSCHEL, Tina | 1985 | SSF Bonn Triathlon | 0:21:44 |
| 10. | (13) | 1. W | BAIKOWSKI, Laura | 1999 | SG Zons | 0:21:54 |
| 11. | (1576) | 1. W60 | RENTERGENT, Carola | 1963 | TV Refrath | 0:22:06 |
| 12. | (991) | 3. W30 | FLEMM, Kristina | 1989 | | 0:22:19 |
| 13. | (1786) | 2. W40 | ZOLL, Daniela | 1981 | LG Gummersbach | 0:22:40 |
| 14. | (91) | 4. W30 | DEUTZMANN, Katharina | 1989 | | 0:23:20 |
| 15. | (800) | 2. W | ABECK, Elisa | 1996 | RSV St. Hubertus Wesel Obrighoven | 0:23:32 |
| 16. | (955) | 5. W30 | DOBBEK, Annchristin | 1993 | Hellas Siegburg | 0:23:41 |
| 17. | (819) | 2. W35 | BEYER, Heike | 1984 | SSF Bonn Triathlon | 0:23:58 |
| 18. | (1768) | 1. WK U12 | ENGELS, Nina | 2012 | | 0:23:58 |
| 19. | (484) | 2. W60 | KNIPP-DIAWUOH, Helga | 1961 | VfL Engelskirchen | 0:23:59 |
| 20. | (666) | 3. W40 | SOEST, Christine | 1980 | TSV Dieringhausen | 0:24:01 |
| 21. | (494) | 2. WJ U16 | STERNBERG, Emma Magdalena | 2009 | SpVgg Lülsdorf-Ranzel | 0:24:12 |
| 22. | (582) | 1. W45 | SEWERYNIK, Paulina | 1974 | SSF Bonn Triathlon | 0:25:00 |
| 23. | (514) | 3. W35 | PITHAN, Isabella | 1985 | TV Refrath | 0:25:04 |
| 24. | (108) | 4. W35 | EKBERG, Denise | 1986 | | 0:25:17 |
| 25. | (1636) | 1. W65 | WEISS, Sabine | 1957 | Pulheimer Sport Club | 0:25:18 |
| 26. | (74) | 4. W40 | CANDAN, Monika | 1981 | | 0:25:19 |
| 27. | (103) | 3. W | EBERHARD, Kim | 1999 | Tus Köln rrh | 0:25:35 |
| 28. | (143) | 1. W55 | FISCHER, Ilonka | 1966 | Pulheimer SC | 0:25:42 |
| 29. | (38) | 1. W U23 | BEUTLER, Madita | 2003 | | 0:25:59 |
| 30. | (1795) | 2. W55 | KÖNIG, Iris | 1968 | Laufschule Erftstadt | 0:26:30 |
| 31. | (136) | 1. WJ U14 | GREGUS, Maybrit | 2011 | ASV | 0:26:33 |
| 32. | (475) | 4. W | DIAWUOH, Barbara | 1994 | VfL Engelskirchen | 0:26:41 |
| 33. | (495) | 2. WJ U18 | STERNBERG, Klara Maria | 2006 | SpVgg Lülsdorf-Ranzel | 0:26:55 |
| 34. | (1516) | 3. WJ U20 | KURLAND, Gabriella | 2004 | | 0:27:03 |
| 35. | (48) | 2. W45 | BLARR, Maike | 1974 | | 0:27:08 |
| 36. | (284) | 3. W60 | MOTTER, Heidi | 1961 | LG Stolberg | 0:27:13 |
| 37. | (44) | 2. WJ U14 | BINZ, Lori | 2011 | ASV Köln | 0:27:26 |
| 38. | (90) | 6. W30 | DEUTSCH, Nadine | 1989 | | 0:27:34 |
| 39. | (971) | 2. W50 | FAKLER, Petra | 1973 | Mach3 Köln e.V. | 0:27:40 |
| 40. | (683) | 5. W40 | FUCHSHUBER, Kinga | 1979 | TV Refrath | 0:27:43 |
| 41. | (251) | 5. W35 | LOTHMANN, Jasmin | 1986 | | 0:27:44 |
| 42. | (118) | 3. W50 | FIGUEROA CARRASCO, Lidia | 1973 | Cologne Allblacks | 0:27:52 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|-----------|------------------------|------|------------------------|---------|
| WEIBLICH | | | | | | |
| 43. | (1765) | 6. W40 | SALAS, Isabel | 1983 | | 0:28:24 |
| 44. | (742) | 6. W35 | JUNG, Isabella Rosa | 1984 | | 0:28:26 |
| 45. | (1775) | 7. W40 | DICK, Britta | 1979 | Hamich Runners | 0:28:29 |
| 46. | (571) | 4. W50 | SCHUHMACHER, Michaela | 1972 | | 0:28:35 |
| 47. | (219) | 5. W50 | KLINGE, Tatjana | 1971 | | 0:28:38 |
| 48. | (553) | 3. WJ U18 | SCHNEIDER, Julia | 2007 | | 0:28:38 |
| 49. | (201) | 4. WJ U18 | JOVANOVSKI, Lea | 2007 | | 0:28:38 |
| 50. | (513) | 8. W40 | PIECZYKOLAN, Aleks | 1980 | | 0:28:40 |
| 51. | (623) | 7. W35 | WAITE, Laura | 1987 | | 0:28:46 |
| 52. | (580) | 9. W40 | SERHANE, Nadine | 1981 | | 0:28:51 |
| 53. | (200) | 8. W35 | JOOS, Liane | 1984 | LSV Porz / Köln | 0:28:55 |
| 54. | (45) | 10. W40 | BINZ, Nathalie | 1981 | ASV Köln | 0:28:55 |
| 55. | (485) | 3. WJ U14 | NOGALSKI, Laryssa | 2011 | VfL Engelskirchen | 0:29:12 |
| 56. | (605) | 7. W30 | THIELE, Stephanie | 1989 | | 0:29:13 |
| 57. | (43) | 4. WJ U14 | BINZ, Kira | 2011 | ASV Köln | 0:29:25 |
| 58. | (747) | 5. WJ U14 | KÜHNE, Marie | 2010 | ASV Köln | 0:29:25 |
| 59. | (1354) | 4. W60 | GRÜN WALD, Adelheid | 1960 | Hamich Runners e. V. | 0:29:31 |
| 60. | (10) | 5. W60 | BAER, Renate | 1961 | TUS Mondorf | 0:29:49 |
| 61. | (491) | 11. W40 | LORENTZ, Susanne | 1981 | SpVgg Lülsdorf-Ranzel | 0:29:57 |
| 62. | (14) | 12. W40 | BAIRD, Carolin | 1981 | SpVgg. Lülsdorf-Ranzel | 0:30:10 |
| 63. | (190) | 6. WJ U14 | HÜFFELMANN, Linda | 2010 | | 0:30:21 |
| 64. | (570) | 9. W35 | SCHUBA, Sandra | 1984 | | 0:30:33 |
| 65. | (569) | 7. WJ U14 | SCHUBA, Laura | 2011 | | 0:30:33 |
| 66. | (5) | 2. W65 | ANNETTE, Roder | 1956 | TS Frechen | 0:30:38 |
| 67. | (684) | 8. W30 | MENNICKEN-COERS, Tina | 1989 | NW Readytorun | 0:31:14 |
| 68. | (1753) | 9. W30 | MATTHES, Pia | 1991 | | 0:31:33 |
| 69. | (748) | 2. W U23 | HIRSCHFELD, Lea Sophie | 2002 | | 0:31:48 |
| 70. | (503) | 1. W70 | PALFI, Matilda | 1952 | MP.Ladies Run | 0:32:03 |
| 71. | (1793) | 3. W45 | HÜFFELMANN, Sonja | 1976 | | 0:32:34 |
| 72. | (112) | 5. W | FABER, Rebecca | 1995 | | 0:33:09 |
| 73. | (3) | 3. W65 | ALFLEN, Monika | 1958 | | 0:34:10 |
| 74. | (602) | 1. W75 | SÜß-DAHMEN, Renate | 1944 | | 0:35:01 |
| 75. | (1521) | 13. W40 | LAPPA, Marina | 1980 | | 0:35:15 |
| 76. | (253) | 3. W U23 | LOZADA, Katy | 2002 | Die Jachs | 0:35:16 |
| 77. | (1233) | 3. WJ U16 | RESSEL, Emilia | 2009 | SpVgg Lülsdorf-Ranzel | 0:35:23 |
| 78. | (1182) | 10. W35 | GONSIOR, Andrea | 1986 | | 0:36:23 |
| 79. | (8) | 4. W65 | AYCHE, Karin | 1954 | Laufmariechen Köln | 0:36:24 |
| 80. | (34) | 11. W35 | BERK, Sarah | 1986 | | 0:36:26 |
| 81. | (100) | 4. W45 | DÜRBAUM, Natascha | 1976 | | 0:36:26 |
| 82. | (12) | 6. W60 | BAHLS, Roswitha | 1961 | LSV Porz / Köln | 0:37:00 |
| 83. | (745) | 10. W30 | SIEGEL, Sandra | 1989 | | 0:39:11 |
| 84. | (511) | 14. W40 | PFROMM, Sarah | 1979 | Pfrotzel | 0:39:38 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH GESCHLECHT

| RG | NR | RG | AK | NAME, VORNAME | JG | VEREIN | ZEIT |
|-----------------|--------|----|--------|-----------------|------|---------------------|----------------|
| WEIBLICH | | | | | | | |
| 85. | (128) | 4. | WJ U20 | GERHARDT, Enya | 2004 | Hamich Runners e.V. | 0:40:32 |
| 86. | (212) | 3. | W55 | KEßLER, Doris | 1967 | | 0:41:14 |
| 87. | (84) | 6. | W50 | DASSLER, Tanja | 1969 | | 0:41:14 |
| DNF | (1588) | | W | SCHÄFER, Hannah | 1994 | SSF Bonn | |

Anzahl Teilnehmer: 189



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG | MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|---------------------|--------|-----|----|-------------------------|------|-------------------------|---------|
| MÄNNER | | | | | | | |
| 1. | (1770) | 6. | M | NEUKIRCHEN, Jan Felix | 2000 | TG Neuss | 0:18:01 |
| 2. | (1800) | 7. | M | GARNOWSKI, Taylor | 1995 | | 0:18:05 |
| 3. | (821) | 14. | M | BITUZKI, Artem | 1997 | SLC Aachen | 0:19:04 |
| 4. | (1567) | 22. | M | PINNER, Ole | 1994 | SV Hellas Siegburg | 0:19:47 |
| 5. | (1777) | 25. | M | RAFFELSIEPER, Laurenz | 1995 | | 0:19:59 |
| JUNIOREN U23 | | | | | | | |
| 1. | (1776) | 2. | M | LAND, Jonas | 2002 | LAZ Rhein-Sieg | 0:16:14 |
| 2. | (127) | 37. | M | GERHARDT, Cedric | 2001 | Habich Runners e.V. | 0:21:46 |
| SENIOREN M30 | | | | | | | |
| 1. | (970) | 1. | M | FABIANOWSKI, Dominik | 1989 | TV refrath | 0:15:59 |
| 2. | (1774) | 8. | M | BREUER, Laurie | 1993 | Fort Runners Köln | 0:18:11 |
| 3. | (6) | 10. | M | AST, Dominik | 1993 | Fort Runners Köln | 0:18:29 |
| 4. | (637) | 12. | M | WIONZECK, Lukas | 1990 | | 0:18:37 |
| 5. | (1506) | 15. | M | KRANTZ, Julian | 1992 | | 0:19:09 |
| 6. | (1771) | 18. | M | SORGE, Julian | 1991 | Mach3 Köln e.V. | 0:19:29 |
| 7. | (680) | 27. | M | FRENSER, Frank | 1989 | Feuerwehr Eil | 0:20:05 |
| 8. | (1058) | 35. | M | FRIES, Thorbjörn | 1990 | | 0:21:32 |
| 9. | (291) | 58. | M | NACHTSHEIM, Christoph | 1993 | Tri Team Sinzig | 0:25:47 |
| 10. | (1597) | 88. | M | SCHNEIDER, Marius | 1990 | Hase & Igel | 0:34:36 |
| SENIOREN M35 | | | | | | | |
| 1. | (1639) | 11. | M | WESTERHAUSEN, Thomas | 1984 | LAZ Rhein-Sieg | 0:18:32 |
| 2. | (1057) | 21. | M | FRIEDRICH, Lars | 1987 | TriathlonSteckelCologne | 0:19:46 |
| 3. | (1757) | 31. | M | KERSTING, Marco | 1984 | | 0:21:07 |
| 4. | (694) | 39. | M | FRENSER, Thorsten | 1987 | Stadt Porz am Rhein | 0:22:17 |
| 5. | (559) | 54. | M | SCHOCH, Sebastian | 1988 | | 0:25:34 |
| 6. | (1560) | 72. | M | ONISCHTSCHENKO, Tobias | 1986 | | 0:28:30 |
| SENIOREN M40 | | | | | | | |
| 1. | (1766) | 4. | M | WIESEN, Christoph | 1983 | | 0:17:45 |
| 2. | (1785) | 28. | M | ZOLL, Frieder | 1982 | LG Gummersbach | 0:20:21 |
| 3. | (1629) | 41. | M | VON DER MÜHLEN, Henning | 1979 | FT-Club Köln | 0:22:23 |
| 4. | (1790) | 47. | M | MÜNZENMAIER, Andreas | 1982 | | 0:23:53 |
| 5. | (1439) | 62. | M | JUNKERMANN, Frank | 1980 | | 0:26:22 |
| 6. | (177) | 63. | M | HIRSCHFELD, Sascha | 1980 | | 0:26:53 |
| 7. | (1751) | 78. | M | NOGALSKI, Martin | 1981 | | 0:29:20 |
| 8. | (512) | 96. | M | PFROMM, Sebastian | 1981 | Pfrotzel | 0:40:25 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG | MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|---------------------|--------|-----|----|-------------------------|------|------------------------------|---------|
| SENIOREN M45 | | | | | | | |
| 1. | (829) | 17. | M | BÖTTCHER, Zaido | 1976 | LAZ Puma Rhein Sieg | 0:19:18 |
| 2. | (252) | 53. | M | LOTZ, Dirk-Henning | 1974 | TV Refrath | 0:25:07 |
| 3. | (1552) | 65. | M | NETZEL, Michael | 1977 | MTV Vater Jahn Peine | 0:27:29 |
| 4. | (673) | 74. | M | LEFFELSEUDER, Thomas | 1977 | | 0:28:43 |
| 5. | (1608) | 81. | M | SNIADY, Plotr | 1976 | | 0:29:43 |
| 6. | (52) | 85. | M | BONCZEK, Gabriel | 1978 | | 0:31:54 |
| 7. | (151) | 90. | M | HARITZ, Holger | 1975 | Feuerwehr Langenfeld | 0:34:50 |
| 8. | (1798) | 92. | M | KÖNIGS, Thomas | 1975 | | 0:35:23 |
| 9. | (579) | 93. | M | SERHANE, Anouar | 1977 | | 0:36:21 |
| SENIOREN M50 | | | | | | | |
| 1. | (1773) | 16. | M | WILMES, Heiko | 1969 | TV Refrath | 0:19:15 |
| 2. | (1784) | 19. | M | TIMME, Volker | 1969 | LG Gummersbach | 0:19:36 |
| 3. | (1545) | 24. | M | MÖLLER, Arne | 1973 | | 0:19:58 |
| 4. | (183) | 52. | M | HOLZ, Gerd | 1971 | We Run This Cologne | 0:24:40 |
| 5. | (599) | 55. | M | STROMPEN, Oliver | 1970 | ohne | 0:25:37 |
| 6. | (1138) | 56. | M | GIRBIG, Holger | 1973 | | 0:25:39 |
| 7. | (85) | 82. | M | DELHOFEN, Markus | 1972 | Running Team Grafenberg | 0:29:57 |
| SENIOREN M55 | | | | | | | |
| 1. | (1769) | 5. | M | RITTER, Johannes | 1965 | TV Refrath | 0:17:55 |
| 2. | (1598) | 9. | M | SCHNEIDER, Norbert | 1968 | Milers Colonia 2020 | 0:18:16 |
| 3. | (1783) | 13. | M | NIEMANN, Christoph | 1968 | LG Gummersbach | 0:18:53 |
| 4. | (152) | 33. | M | HARTMANN, Frederik | 1968 | Team Currenta | 0:21:23 |
| 5. | (247) | 36. | M | LIETH, Klaus | 1968 | TV Refrath | 0:21:38 |
| 6. | (1569) | 42. | M | PUST, Oliver | 1965 | Team Trailrunning Westerwald | 0:23:03 |
| 7. | (1571) | 45. | M | RADERSCHADT, Dr. Günter | 1964 | Triathlon-Werkstatt | 0:23:49 |
| 8. | (518) | 48. | M | POSCHMANN, Mike | 1967 | TSV Dieringhausen | 0:24:09 |
| 9. | (661) | 51. | M | BLOY, Jörg | 1967 | DZSH | 0:24:32 |
| 10. | (129) | 61. | M | GERHARDT, Uwe | 1965 | Hamich Runners e.V. | 0:26:13 |
| 11. | (824) | 64. | M | BOELEN-THEILE, Claus | 1966 | | 0:27:23 |
| 12. | (1483) | 66. | M | KELLER, Theo | 1967 | SV Rot-Weiß Schlafhorst e.V. | 0:27:46 |
| 13. | (97) | 67. | M | DRESBACH, Frank | 1967 | Cologne Allblacks | 0:27:52 |
| 14. | (148) | 68. | M | HANSEN, Christoph | 1965 | Cologne Allblacks | 0:27:52 |
| 15. | (234) | 71. | M | KÜHNE, Kai | 1966 | | 0:28:22 |
| 16. | (502) | 77. | M | PAGERS, Sven | 1966 | ESV Gremberghoven | 0:29:02 |
| 17. | (282) | 79. | M | MONTWILL, Andree | 1965 | | 0:29:23 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG | MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|--------------------------|--------|------|----|------------------------|------|------------------------|---------|
| SENIOREN M60 | | | | | | | |
| 1. | (1566) | 23. | M | PFENNIG, Olaf | 1963 | LT DSHS Köln | 0:19:51 |
| 2. | (1787) | 29. | M | WOLFF, Udo | 1962 | LG Gummersbach | 0:20:25 |
| 3. | (528) | 49. | M | REMERS, Ralf | 1962 | Triathlonteam Deesem | 0:24:10 |
| 4. | (670) | 50. | M | WILLEMS, Hansjörg | 1962 | SSK Kerpen Triathlon | 0:24:16 |
| 5. | (1565) | 60. | M | PAVLIK, Klaus | 1962 | EVL BSG-Lauftreff | 0:25:59 |
| 6. | (1752) | 73. | M | ASSELBORN, Klaus | 1959 | | 0:28:39 |
| 7. | (611) | 75. | M | VAN DER VEN, Christian | 1963 | | 0:28:49 |
| 8. | (174) | 84. | M | HILDEBRANDT, Oliver | 1961 | | 0:31:47 |
| 9. | (238) | 95. | M | LEEFERS, Helge | 1963 | | 0:39:01 |
| 10. | (209) | 97. | M | KERKOW, Detlev | 1963 | LTMONHEIMRUNWALK | 0:40:40 |
| SENIOREN M65 | | | | | | | |
| 1. | (1443) | 57. | M | KAHLKE, Wolfgang | 1957 | Knickfööss Köln | 0:25:43 |
| 2. | (66) | 69. | M | BRIEGER, Thomas | 1956 | 1. FC Spich | 0:28:15 |
| 3. | (593) | 83. | M | SPÖLGEN, Joachim | 1954 | Erfstadt | 0:30:20 |
| 4. | (832) | 86. | M | BRUCKWILDER, Hans Jörg | 1955 | | 0:32:15 |
| 5. | (274) | 87. | M | MICHAELIS, Bernd | 1957 | VFB Erfstsstadt | 0:33:55 |
| 6. | (665) | 98. | M | BAUS, Reiner | 1954 | Cologne Running Crew | 0:41:02 |
| 7. | (648) | 100. | M | ZITZEN, Bernd | 1955 | | 0:45:33 |
| SENIOREN M70 | | | | | | | |
| 1. | (210) | 76. | M | KERSTING, Friedel | 1950 | | 0:28:58 |
| 2. | (285) | 89. | M | MOTTER, Willi | 1953 | LG Stolberg | 0:34:45 |
| 3. | (1509) | 91. | M | KRUG, Wilfried | 1950 | | 0:35:00 |
| 4. | (638) | 94. | M | WISCHNEWSKI, Jürgen | 1953 | Baumberger TSC | 0:38:48 |
| MÄNNL. JUGEND U14 | | | | | | | |
| 1. | (1544) | 26. | M | MITZSCHKE, Simon | 2010 | HSV Leichtathletik | 0:20:00 |
| 2. | (204) | 30. | M | JUNKERMANN, Tobias | 2010 | GSV Porz | 0:20:35 |
| 3. | (249) | 34. | M | LÖBACH, Justus Timo | 2011 | Troisdorfer LG | 0:21:24 |
| 4. | (1333) | 59. | M | GRIMMER, Marlene | 2010 | Mach3 Köln e.V. | 0:25:55 |
| 5. | (194) | 70. | M | JACH, Konstantin | 2010 | Die Jachs | 0:28:21 |
| 6. | (1607) | 80. | M | SNIADY, Maciej | 2010 | | 0:29:42 |
| MÄNNL. JUGEND U16 | | | | | | | |
| 1. | (1627) | 3. | M | VERNIKOV, Jan | 2008 | LAZ Rhein-Sieg | 0:17:35 |
| 2. | (1788) | 38. | M | MIDDEKE, Phillip | 2008 | TV Herkenrath | 0:21:53 |
| 3. | (1394) | 43. | M | NAUCKE, Louis | 2008 | SpVgg Lülisdorf-Ranzel | 0:23:37 |
| 4. | (489) | 46. | M | ISTAS, Janis | 2008 | SpVgg Lülisdorf-Ranzel | 0:23:50 |
| DNF | (1547) | | M | MÜLLER, Felix | 2008 | LLG Hunsrück | |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG | MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|--------------------------|--------|-----|----|------------------------|------|-----------------------------------|----------------|
| MÄNNL. JUGEND U18 | | | | | | | |
| 1. | (1792) | 20. | M | BÖTTCHER, Marco | 2007 | LAZ Rhein-Sieg | 0:19:38 |
| 2. | (1626) | 32. | M | VERNIKOV, Bogdan | 2007 | LAZ Rhein-Sieg | 0:21:12 |
| 3. | (1570) | 44. | M | RAAB, Nico | 2006 | SLC Aachen | 0:23:37 |
| MÄNNL. KINDER U12 | | | | | | | |
| 1. | (1340) | 40. | M | GRIMMER, Simon | 2012 | Mach3 Köln e.V. | 0:22:18 |
| FRAUEN | | | | | | | |
| 1. | (13) | 10. | W | BAIKOWSKI, Laura | 1999 | SG Zons | 0:21:54 |
| 2. | (800) | 15. | W | ABECK, Elisa | 1996 | RSV St. Hubertus Wesel Obrighoven | 0:23:32 |
| 3. | (103) | 27. | W | EBERHARD, Kim | 1999 | Tus Köln rrh | 0:25:35 |
| 4. | (475) | 32. | W | DIAWUOH, Barbara | 1994 | VfL Engelskirchen | 0:26:41 |
| 5. | (112) | 72. | W | FABER, Rebecca | 1995 | | 0:33:09 |
| DNF | (1588) | | W | SCHÄFER, Hannah | 1994 | SSF Bonn | |
| JUNIORINNEN U23 | | | | | | | |
| 1. | (38) | 29. | W | BEUTLER, Madita | 2003 | | 0:25:59 |
| 2. | (748) | 69. | W | HIRSCHFELD, Lea Sophie | 2002 | | 0:31:48 |
| 3. | (253) | 76. | W | LOZADA, Katy | 2002 | Die Jachs | 0:35:16 |
| SENIORINNEN W30 | | | | | | | |
| 1. | (1623) | 3. | W | VALDER, Sarah | 1993 | Bunert - Der Kölner Laufladen | 0:20:09 |
| 2. | (1772) | 4. | W | SMEDING-TERVEER, Maike | 1991 | Mach3 Köln e.V. | 0:20:39 |
| 3. | (991) | 12. | W | FLEMM, Kristina | 1989 | | 0:22:19 |
| 4. | (91) | 14. | W | DEUTZMANN, Katharina | 1989 | | 0:23:20 |
| 5. | (955) | 16. | W | DOBBEK, Annchristin | 1993 | Hellas Siegburg | 0:23:41 |
| 6. | (90) | 38. | W | DEUTSCH, Nadine | 1989 | | 0:27:34 |
| 7. | (605) | 56. | W | THIELE, Stephanie | 1989 | | 0:29:13 |
| 8. | (684) | 67. | W | MENNICKEN-COERS, Tina | 1989 | NW Readytorun | 0:31:14 |
| 9. | (1753) | 68. | W | MATTHES, Pia | 1991 | | 0:31:33 |
| 10. | (745) | 83. | W | SIEGEL, Sandra | 1989 | | 0:39:11 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG | MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|------------------------|--------|-----|----|--------------------------|------|------------------------|----------------|
| SENIORINNEN W35 | | | | | | | |
| 1. | (1767) | 9. | W | RIETZSCHEL, Tina | 1985 | SSF Bonn Triathlon | 0:21:44 |
| 2. | (819) | 17. | W | BEYER, Heike | 1984 | SSF Bonn Triathlon | 0:23:58 |
| 3. | (514) | 23. | W | PITHAN, Isabella | 1985 | TV Refrath | 0:25:04 |
| 4. | (108) | 24. | W | EKBERG, Denise | 1986 | | 0:25:17 |
| 5. | (251) | 41. | W | LOTHMANN, Jasmin | 1986 | | 0:27:44 |
| 6. | (742) | 44. | W | JUNG, Isabella Rosa | 1984 | | 0:28:26 |
| 7. | (623) | 51. | W | WAITE, Laura | 1987 | | 0:28:46 |
| 8. | (200) | 53. | W | JOOS, Liane | 1984 | LSV Porz / Köln | 0:28:55 |
| 9. | (570) | 64. | W | SCHUBA, Sandra | 1984 | | 0:30:33 |
| 10. | (1182) | 78. | W | GONSIOR, Andrea | 1986 | | 0:36:23 |
| 11. | (34) | 80. | W | BERK, Sarah | 1986 | | 0:36:26 |
| SENIORINNEN W40 | | | | | | | |
| 1. | (1756) | 1. | W | STAUSBERG, Kathrin | 1982 | TV 1867 Bad Sobernheim | 0:19:37 |
| 2. | (1786) | 13. | W | ZOLL, Daniela | 1981 | LG Gummersbach | 0:22:40 |
| 3. | (666) | 20. | W | SOEST, Christine | 1980 | TSV Dieringhausen | 0:24:01 |
| 4. | (74) | 26. | W | CANDAN, Monika | 1981 | | 0:25:19 |
| 5. | (683) | 40. | W | FUCHSHUBER, Kinga | 1979 | TV Refrath | 0:27:43 |
| 6. | (1765) | 43. | W | SALAS, Isabel | 1983 | | 0:28:24 |
| 7. | (1775) | 45. | W | DICK, Britta | 1979 | Hamich Runners | 0:28:29 |
| 8. | (513) | 50. | W | PIECZYKOLAN, Aleks | 1980 | | 0:28:40 |
| 9. | (580) | 52. | W | SERHANE, Nadine | 1981 | | 0:28:51 |
| 10. | (45) | 54. | W | BINZ, Nathalie | 1981 | ASV Köln | 0:28:55 |
| 11. | (491) | 61. | W | LORENTZ, Susanne | 1981 | SpVgg Lülldorf-Ranzel | 0:29:57 |
| 12. | (14) | 62. | W | BAIRD, Carolin | 1981 | SpVgg. Lülldorf-Ranzel | 0:30:10 |
| 13. | (1521) | 75. | W | LAPPA, Marina | 1980 | | 0:35:15 |
| 14. | (511) | 84. | W | PFROMM, Sarah | 1979 | Pfrotzel | 0:39:38 |
| SENIORINNEN W45 | | | | | | | |
| 1. | (582) | 22. | W | SEWERYNIK, Paulina | 1974 | SSF Bonn Triathlon | 0:25:00 |
| 2. | (48) | 35. | W | BLARR, Maike | 1974 | | 0:27:08 |
| 3. | (1793) | 71. | W | HÜFFELMANN, Sonja | 1976 | | 0:32:34 |
| 4. | (100) | 81. | W | DÜRBAUM, Natascha | 1976 | | 0:36:26 |
| SENIORINNEN W50 | | | | | | | |
| 1. | (669) | 7. | W | ROCHE, Liz | 1973 | TV Refrath | 0:21:18 |
| 2. | (971) | 39. | W | FAKLER, Petra | 1973 | Mach3 Köln e.V. | 0:27:40 |
| 3. | (118) | 42. | W | FIGUEROA CARRASCO, Lidia | 1973 | Cologne Allblacks | 0:27:52 |
| 4. | (571) | 46. | W | SCHUHMACHER, Michaela | 1972 | | 0:28:35 |
| 5. | (219) | 47. | W | KLINGE, Tatjana | 1971 | | 0:28:38 |
| 6. | (84) | 87. | W | DASSLER, Tanja | 1969 | | 0:41:14 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG | MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|--------------------------|--------|-----|----|---------------------------|------|------------------------|----------------|
| SENIORINNEN W55 | | | | | | | |
| 1. | (143) | 28. | W | FISCHER, Ilonka | 1966 | Pulheimer SC | 0:25:42 |
| 2. | (1795) | 30. | W | KÖNIG, Iris | 1968 | Laufschule Erftstadt | 0:26:30 |
| 3. | (212) | 86. | W | KEßLER, Doris | 1967 | | 0:41:14 |
| SENIORINNEN W60 | | | | | | | |
| 1. | (1576) | 11. | W | RENTERGENT, Carola | 1963 | TV Refrath | 0:22:06 |
| 2. | (484) | 19. | W | KNIPP-DIAWUOH, Helga | 1961 | VfL Engelskirchen | 0:23:59 |
| 3. | (284) | 36. | W | MOTTER, Heidi | 1961 | LG Stolberg | 0:27:13 |
| 4. | (1354) | 59. | W | GRÜNWALD, Adelheid | 1960 | Hamich Runners e. V. | 0:29:31 |
| 5. | (10) | 60. | W | BAER, Renate | 1961 | TUS Mondorf | 0:29:49 |
| 6. | (12) | 82. | W | BAHLS, Roswitha | 1961 | LSV Porz / Köln | 0:37:00 |
| SENIORINNEN W65 | | | | | | | |
| 1. | (1636) | 25. | W | WEISS, Sabine | 1957 | Pulheimer Sport Club | 0:25:18 |
| 2. | (5) | 66. | W | ANNETTE, Roder | 1956 | TS Frechen | 0:30:38 |
| 3. | (3) | 73. | W | ALFLEN, Monika | 1958 | | 0:34:10 |
| 4. | (8) | 79. | W | AYCHE, Karin | 1954 | Laufmariechen Köln | 0:36:24 |
| SENIORINNEN W70 | | | | | | | |
| 1. | (503) | 70. | W | PALFI, Matilda | 1952 | MP.Ladies Run | 0:32:03 |
| SENIORINNEN W75 | | | | | | | |
| 1. | (602) | 74. | W | SÜß-DAHMEN, Renate | 1944 | | 0:35:01 |
| WEIBL. JUGEND U14 | | | | | | | |
| 1. | (136) | 31. | W | GREGUS, Maybrit | 2011 | ASV | 0:26:33 |
| 2. | (44) | 37. | W | BINZ, Lori | 2011 | ASV Köln | 0:27:26 |
| 3. | (485) | 55. | W | NOGALSKI, Laryssa | 2011 | VfL Engelskirchen | 0:29:12 |
| 4. | (43) | 57. | W | BINZ, Kira | 2011 | ASV Köln | 0:29:25 |
| 5. | (747) | 58. | W | KÜHNE, Marie | 2010 | ASV Köln | 0:29:25 |
| 6. | (190) | 63. | W | HÜFFELMANN, Linda | 2010 | | 0:30:21 |
| 7. | (569) | 65. | W | SCHUBA, Laura | 2011 | | 0:30:33 |
| WEIBL. JUGEND U16 | | | | | | | |
| 1. | (1514) | 5. | W | KULLE, Sara | 2009 | TLG Troisdorf | 0:21:05 |
| 2. | (494) | 21. | W | STERNBERG, Emma Magdalena | 2009 | SpVgg Lülisdorf-Ranzel | 0:24:12 |
| 3. | (1233) | 77. | W | RESSEL, Emilia | 2009 | SpVgg Lülisdorf-Ranzel | 0:35:23 |



3. Lauf zur 38. Winterserie des LSV Porz

LAUF (5 KM) · WERTUNG NACH ALTERSKLASSEN

| RG | NR | RG | MW | NAME, VORNAME | JG | VEREIN | ZEIT |
|--------------------------|--------|-----|----|------------------------|------|-----------------------|----------------|
| WEIBL. JUGEND U18 | | | | | | | |
| 1. | (612) | 6. | W | VAN DER VEN, Lisa | 2007 | KTT01 | 0:21:06 |
| 2. | (495) | 33. | W | STERNBERG, Klara Maria | 2006 | SpVgg Lülsdorf-Ranzel | 0:26:55 |
| 3. | (553) | 48. | W | SCHNEIDER, Julia | 2007 | | 0:28:38 |
| 4. | (201) | 49. | W | JOVANOVSKI, Lea | 2007 | | 0:28:38 |
| WEIBL. JUGEND U20 | | | | | | | |
| 1. | (1791) | 2. | W | LANGHAMMER, Maya | 2004 | LAZ Rhein-Sieg | 0:19:56 |
| 2. | (1594) | 8. | W | SCHMIDT, Saskia | 2004 | LG Gummersbach | 0:21:42 |
| 3. | (1516) | 34. | W | KURLAND, Gabriella | 2004 | | 0:27:03 |
| 4. | (128) | 85. | W | GERHARDT, Enya | 2004 | Hamich Runners e.V. | 0:40:32 |
| WEIBL. KINDER U12 | | | | | | | |
| 1. | (1768) | 18. | W | ENGELS, Nina | 2012 | | 0:23:58 |

Anzahl Teilnehmer: 188