



## Time &amp; Voice Lauf Cup Köln 2019

**GESAMTWERTUNG · NACH ALTERSKLASSEN**

| RG | NAME, VORNAME | VEREIN / TEAM | #1 | #2 | #3 | #4 | #5 | #6a | #6b | #7 | #8 | BON | GES |
|----|---------------|---------------|----|----|----|----|----|-----|-----|----|----|-----|-----|
|----|---------------|---------------|----|----|----|----|----|-----|-----|----|----|-----|-----|

**MÄNNER**

|    |                  |                         |     |     |     |  |     |     |     |  |  |    |     |
|----|------------------|-------------------------|-----|-----|-----|--|-----|-----|-----|--|--|----|-----|
| 1. | SONNTAG, Frank   | ERGO sports Köln        |     | 289 | 296 |  | 300 | 283 |     |  |  | +1 | 886 |
| 2. | LINDNER, Jan     | TriathlonSteckelCologne | 299 |     |     |  |     |     | 293 |  |  |    | 592 |
| 3. | GRIMMINGER, Maik |                         | 290 |     |     |  |     | 298 |     |  |  |    | 588 |
| 4. | GEMMER, Lars     |                         |     |     |     |  |     | 287 | 287 |  |  |    | 574 |

**JUNIOREN U23**

|    |                     |  |     |  |  |  |     |  |  |  |  |  |     |
|----|---------------------|--|-----|--|--|--|-----|--|--|--|--|--|-----|
| 1. | RADOLOVSKI, Kaloyan |  | 297 |  |  |  | 300 |  |  |  |  |  | 597 |
|----|---------------------|--|-----|--|--|--|-----|--|--|--|--|--|-----|

**SENIOREN M30**

|    |                     |                      |     |     |  |  |  |     |     |  |  |  |     |
|----|---------------------|----------------------|-----|-----|--|--|--|-----|-----|--|--|--|-----|
| 1. | GILLEN, Philippe    | Run Squad CGN        |     | 300 |  |  |  |     | 300 |  |  |  | 600 |
| 2. | WIRTENSOHN, Dominik | Cologne Running Crew | 295 | 299 |  |  |  |     |     |  |  |  | 594 |
| 3. | LINKE, Phillip      | ERGO sports Köln     |     |     |  |  |  | 294 | 279 |  |  |  | 573 |

**SENIOREN M35**

|    |                       |                            |     |     |     |     |     |     |     |  |  |    |     |
|----|-----------------------|----------------------------|-----|-----|-----|-----|-----|-----|-----|--|--|----|-----|
| 1. | PENSCHINSKI, Benjamin |                            | 297 | 300 | 299 | 298 | 297 | 297 |     |  |  | +3 | 900 |
| 2. | JONEN, Christian      | #GeneralibewegtDeutschland | 300 | 299 |     | 300 |     |     |     |  |  |    | 899 |
| 3. | HELLEBUSCH, Timo      | 25MINUTES Köln             | 296 |     | 299 | 298 |     |     |     |  |  |    | 893 |
| 4. | KLEEFISCH, Johannes   | Team Erdinger Alkoholfrei  | 291 |     |     |     | 288 |     |     |  |  |    | 579 |
| 5. | WOLGAST, Alexander    | Run of Colours Promoteam   |     |     |     |     | 293 |     | 283 |  |  |    | 576 |

**SENIOREN M40**

|     |                   |                      |     |     |  |     |     |     |     |  |  |  |     |
|-----|-------------------|----------------------|-----|-----|--|-----|-----|-----|-----|--|--|--|-----|
| 1.  | REINTZSCH, Ingo   | Alfterer SC          |     | 292 |  |     | 297 |     | 292 |  |  |  | 881 |
| 2.  | BLAUTH, Christian | SV Bergwacht Rohren  | 300 |     |  |     |     |     | 300 |  |  |  | 600 |
| 3.  | ABDELHEDI, Nils   | TuS Deuz             | 299 |     |  |     |     |     | 299 |  |  |  | 598 |
| 4.  | PETERS, Jörg      | LLG 80 Nordpark Köln | 296 |     |  |     |     | 300 |     |  |  |  | 596 |
| 5.  | WANZEK, Thor      | Maternus-Grundschule | 295 |     |  |     | 299 |     |     |  |  |  | 594 |
| 6.  | HEYNE, Karsten    | Familie Heyne        | 294 |     |  | 300 |     |     |     |  |  |  | 594 |
| 7.  | RATH, Steffen     | SG Siegen-Giersberg  |     |     |  |     | 295 |     | 289 |  |  |  | 584 |
| 8.  | MÜCKE, Jan        | Run Riot             | 290 |     |  |     |     |     | 290 |  |  |  | 580 |
| 9.  | SEEF, Dirk        | RunRiot              | 287 |     |  |     |     |     | 288 |  |  |  | 575 |
| 10. | BOTT, Alexander   | ERGO sports Köln     | 291 |     |  |     |     | 278 |     |  |  |  | 569 |
| 11. | JESCHOR, Thomas   |                      |     |     |  |     |     | 283 | 282 |  |  |  | 565 |

**SENIOREN M45**

|     |                     |                          |     |     |     |     |     |     |     |  |  |    |     |
|-----|---------------------|--------------------------|-----|-----|-----|-----|-----|-----|-----|--|--|----|-----|
| 1.  | MEYER, Irek         | TV Refrath               | 299 | 300 |     |     | 300 | 300 |     |  |  | +1 | 901 |
| 2.  | OBERNDÖRFER, Martin | 25MINUTES Köln           | 298 | 299 |     |     | 299 |     | 294 |  |  | +1 | 897 |
| 3.  | RÖSLER, Denis       | 25MINUTES Köln           | 297 | 296 | 300 |     |     |     |     |  |  |    | 893 |
| 4.  | VON NISWANDT, Timo  | ERGO sports Köln         | 296 | 291 | 295 |     |     |     | 279 |  |  | +1 | 883 |
| 5.  | GÜNDÜZ, Deniz       | LLG 80 Nordpark Köln     | 300 |     |     |     |     |     | 298 |  |  |    | 598 |
| 6.  | SIXTUS, Florian     | Run of Colours Promoteam | 298 |     |     |     |     |     | 296 |  |  |    | 594 |
| 7.  | CARBACH, Frank      | LT SV Westum             | 289 |     |     | 299 |     |     |     |  |  |    | 588 |
| 8.  | SOWADE, Uli         | Run of Colours Promoteam | 291 |     | 293 |     |     |     |     |  |  |    | 584 |
| 9.  | MISSENBERGER, Marco | 25MINUTES Köln           | 287 | 294 |     |     |     |     |     |  |  |    | 581 |
| 10. | SCHMITZ, Jochen     | ERGO sports Köln         |     |     |     |     |     | 287 | 283 |  |  |    | 570 |
| 11. | LODE, Mario         | Lode Runners             | 292 |     |     |     |     |     | 277 |  |  |    | 569 |



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|----|---------------|---------------|----|----|----|----|----|-----|-----|----|----|-----|-----|
|----|---------------|---------------|----|----|----|----|----|-----|-----|----|----|-----|-----|

### SENIOREN M50

|     |                        |                           |     |     |     |     |     |     |     |  |  |    |     |
|-----|------------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|--|--|----|-----|
| 1.  | SCHNEIDER, Thomas      | 25MINUTES Köln            | 290 | 299 | 298 | 300 |     |     |     |  |  | +1 | 898 |
| 2.  | MANN, Martin           | ERGO sports Köln          | 288 |     | 296 | 295 |     |     |     |  |  |    | 879 |
| 3.  | VOGEL, Jörg            |                           | 296 | 288 |     |     | 294 |     |     |  |  |    | 878 |
| 4.  | EISERMANN, Stephan     | Team Erdinger Alkoholfrei |     | 292 | 297 |     |     |     | 288 |  |  |    | 877 |
| 5.  | RITTER, Johannes       |                           |     | 300 | 300 |     |     |     |     |  |  |    | 600 |
| 6.  | SCHNEIDER, Norbert     | Rhein-Berg Runners        | 300 |     | 299 |     |     |     |     |  |  |    | 599 |
| 7.  | DREBACH, Frank         | Cologne Allblacks         |     |     |     | 298 | 297 |     |     |  |  |    | 595 |
| 8.  | OTTO, Michael          |                           | 295 |     |     |     | 293 |     |     |  |  |    | 588 |
| 9.  | HILPERT-JANßEN, Thomas |                           |     | 287 |     |     | 295 |     |     |  |  |    | 582 |
| 10. | PAGERS, Sven           | ESV Gremberghoven         |     |     |     |     | 292 | 279 |     |  |  |    | 571 |

### SENIOREN M55

|     |                       |                           |     |     |     |     |     |     |     |  |  |    |     |
|-----|-----------------------|---------------------------|-----|-----|-----|-----|-----|-----|-----|--|--|----|-----|
| 1.  | FINKEN, Ralph         | Team Erdinger Alkoholfrei |     | 298 | 297 | 300 | 300 | 294 |     |  |  | +2 | 900 |
| 2.  | MERMET, Frank         | ERGO sports Köln          | 300 | 300 | 299 |     |     | 298 |     |  |  | +1 | 900 |
| 3.  | BOELTER, Thomas       | ERGO sports Köln          | 299 | 295 | 296 | 299 | 297 |     |     |  |  | +2 | 897 |
| 4.  | HUPPERTZ, Horst       | LG Huskies                | 295 |     | 293 | 298 |     |     |     |  |  |    | 886 |
| 5.  | LEYENDECKER, Matthias | SC Fortuna Köln           |     | 293 |     |     | 295 | 288 |     |  |  |    | 876 |
| 6.  | WURDA, Werner         | SC Fortuna Köln           |     | 291 | 290 |     | 293 | 283 |     |  |  | +1 | 875 |
| 7.  | MANTHEI, Christian    | ERGO sports Köln          |     | 297 |     |     | 299 |     |     |  |  |    | 596 |
| 8.  | BÄKER, Thomas         |                           |     |     | 298 |     |     | 297 |     |  |  |    | 595 |
| 9.  | HÖFER, Claus          | Sportline Cologne         |     | 296 |     |     | 298 |     |     |  |  |    | 594 |
| 10. | CREMER, Jürgen        | LLG 80 Nordpark Köln      | 298 |     | 295 |     |     |     |     |  |  |    | 593 |
| 11. | DEMOND, Ralf          | LT Dünnwalder TV          | 296 | 292 |     |     |     |     |     |  |  |    | 588 |
| 12. | PODZUS, Horst         |                           |     |     |     |     | 296 |     | 287 |  |  |    | 583 |
| 13. | WIEMAR, Dirk          |                           |     | 290 |     |     |     | 280 |     |  |  |    | 570 |
| 14. | POHL, Walter          | DARC                      |     |     | 289 |     |     | 281 |     |  |  |    | 570 |

### SENIOREN M60

|    |                        |                           |     |     |     |     |     |     |  |  |  |    |     |
|----|------------------------|---------------------------|-----|-----|-----|-----|-----|-----|--|--|--|----|-----|
| 1. | MICHELS, Olaf          | ERGO sports Köln          | 297 | 299 | 300 | 299 |     | 297 |  |  |  | +2 | 900 |
| 2. | MÜLLER, Ralf           | Schnaufgruppe             | 298 |     | 299 |     |     | 299 |  |  |  |    | 896 |
| 3. | MENZEL, Wolfgang       | LLG St. Augustin          | 293 |     | 296 | 295 |     |     |  |  |  |    | 884 |
| 4. | DÖRING, Uwe            | LLG 80 Nordpark Köln      | 299 |     |     | 298 |     |     |  |  |  |    | 597 |
| 5. | BRUCKWILDER, Hans Jörg |                           |     |     |     | 297 | 296 |     |  |  |  |    | 593 |
| 6. | BREUER, Norbert        | Team Erdinger Alkoholfrei |     | 292 | 298 |     |     |     |  |  |  |    | 590 |
| 7. | BUSCHAM, Helmut        | LLG 80 Nordpark Köln      | 294 |     | 295 |     |     |     |  |  |  |    | 589 |

### SENIOREN M65

|    |                   |                         |     |     |     |     |     |     |     |  |  |    |     |
|----|-------------------|-------------------------|-----|-----|-----|-----|-----|-----|-----|--|--|----|-----|
| 1. | WINKLER, Benno    | Alleinunterhalter       | 299 | 299 | 300 |     | 300 | 300 |     |  |  | +2 | 902 |
| 2. | PNIEWSKI, Bernd   | Brücker Lauffreunde     |     | 296 | 299 |     | 299 |     | 299 |  |  | +1 | 898 |
| 3. | ISBANER, Wolfgang | TSV Bayer 04 Leverkusen | 300 | 298 |     |     |     | 299 |     |  |  |    | 897 |
| 4. | KERSTING, Friedel |                         | 298 | 293 | 298 |     | 298 |     |     |  |  | +1 | 895 |
| 5. | REDA, Karl-Heinz  | ERGO sports Köln        | 294 | 294 |     | 300 | 296 |     | 295 |  |  | +2 | 893 |
| 6. | WÜST, Hans Werner |                         | 297 | 295 |     |     | 297 |     | 296 |  |  | +1 | 891 |
| 7. | SCHARDT, Michael  | LSF Köln                |     | 290 |     | 299 | 295 |     |     |  |  |    | 884 |

### SENIOREN M70

|    |              |                |  |     |     |  |  |  |  |  |  |  |     |
|----|--------------|----------------|--|-----|-----|--|--|--|--|--|--|--|-----|
| 1. | BIRK, Volker | Uniquetraining |  | 300 | 300 |  |  |  |  |  |  |  | 600 |
|----|--------------|----------------|--|-----|-----|--|--|--|--|--|--|--|-----|



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| RG                  | NAME, VORNAME  | VEREIN / TEAM        | #1  | #2  | #3  | #4  | #5  | #6a | #6b | #7 | #8 | BON | GES        |
|---------------------|----------------|----------------------|-----|-----|-----|-----|-----|-----|-----|----|----|-----|------------|
| <b>SENIOREN M75</b> |                |                      |     |     |     |     |     |     |     |    |    |     |            |
| 1.                  | BECKER, Walter | LLG 80 Nordpark Köln | 300 | 300 | 300 | 300 | 300 |     |     |    |    | +1  | <b>901</b> |



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|------------------------|-------------------------|-------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|------------|
| <b>FRAUEN</b>          |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | LÜCHTEFELD, Alice       | Bunert - Der Kölner Laufladen | 297 |     |     |     |     | 300 |     |     |    |     | <b>597</b> |
| <b>SENIORINNEN W30</b> |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | HENNEKEN, Claudia Maria | 25MINUTES Köln                | 300 | 300 | 300 | 300 |     |     |     |     |    | +1  | <b>901</b> |
| 2.                     | CARREIRA, Liliana       |                               | 299 |     |     |     |     |     | 295 |     |    |     | <b>594</b> |
| <b>SENIORINNEN W35</b> |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | HEINEMANN, Steffi       | 25MINUTES Köln                |     | 300 | 300 | 296 |     |     |     |     |    |     | <b>896</b> |
| 2.                     | MATHIEU, Mylène         |                               |     |     |     | 300 |     |     | 299 |     |    |     | <b>599</b> |
| <b>SENIORINNEN W40</b> |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | KALUZNY, Jasmin         |                               |     |     |     |     |     | 295 | 292 |     |    |     | <b>587</b> |
| <b>SENIORINNEN W45</b> |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | ROCHE, Liz              | TV Refrath                    | 300 |     | 300 | 300 | 300 |     |     |     |    | +1  | <b>901</b> |
| 2.                     | BLÜMEL, Melanie         | ERGO sports Köln              | 300 |     | 299 |     |     |     | 298 |     |    |     | <b>897</b> |
| 3.                     | STEINKE, Claudia        |                               |     |     |     |     | 299 | 297 |     |     |    |     | <b>596</b> |
| 4.                     | PFAHLBUSCH, Elgard      | Run of Colours Promoteam      | 297 |     |     |     |     |     |     | 284 |    |     | <b>581</b> |
| 5.                     | KNEBEL, Karina          | Team Erdinger Alkoholfrei     |     |     |     |     |     | 287 | 282 |     |    |     | <b>569</b> |
| <b>SENIORINNEN W50</b> |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | WAHLEN, Edith           | ERGO sports Köln              | 297 | 299 | 300 |     |     |     |     |     |    |     | <b>896</b> |
| 2.                     | GRIGUTSCH-HARDT, Katrin | LLG 80 Nordpark Köln          |     | 300 |     |     | 300 |     |     |     |    |     | <b>600</b> |
| <b>SENIORINNEN W55</b> |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | ZANGE, Gabi             | LLG 80 Nordpark Köln          | 300 |     | 300 | 300 | 300 |     |     |     |    | +1  | <b>901</b> |
| 2.                     | SONNTAG, Ursula         | ERGO sports Köln              | 297 |     | 299 |     |     |     | 295 |     |    |     | <b>891</b> |
| <b>SENIORINNEN W65</b> |                         |                               |     |     |     |     |     |     |     |     |    |     |            |
| 1.                     | HAJEK, Verena           | LLG 80 Nordpark Köln          | 300 | 300 |     |     | 300 |     |     |     |    |     | <b>900</b> |
| 2.                     | ROHRMOSER, Eva-Maria    | Laufmariechen Köln            | 299 |     |     |     | 299 |     |     |     |    |     | <b>598</b> |