

Siebengebirgscup 2019, Lauf 3, Löwenburglauf
(markierte Teilnehmer = bisher immer teilgenommen = mit Cup-Wertung)

| Name, Vorname | Verein/ Team | Jahrgang | Klasse | Zeit | Punkte |
|------------------------|--------------------------|----------|--------|----------|--------|
| Worring, Martin | | | M | 00:55:55 | 300,00 |
| Pietsch, Gero | Aachener TG | | M | 00:55:57 | 299,85 |
| Peiter, Tom | LG Gummersbach | | M | 00:58:04 | 290,39 |
| Richrath, Vincent | PSV Bonn Triathlon | | M | 00:58:19 | 289,27 |
| Jeschke, Andreas | SRL Triathlon Koblenz | | M35 | 00:59:08 | 285,62 |
| von Kuk, Carsten | LT DSHS Köln | | M50 | 01:02:24 | 271,01 |
| Rüdinger, Gordon | JUNG | | MJ U18 | 01:02:26 | 270,86 |
| Rivers, Matt | | | M | 01:02:31 | 270,49 |
| Grohmann, Jens | Grohmann & Partner StB | | M35 | 01:02:40 | 269,82 |
| Kozak, Jan | Team Kozak | | M30 | 01:02:59 | 268,41 |
| Land, Matthias | LAZ Puma Rhein-Sieg | | M35 | 01:03:04 | 268,03 |
| Patterer, Jan | | | M | 01:03:51 | 264,53 |
| Dasch, Thomas | SSF Bonn | | M30 | 01:03:58 | 264,01 |
| Hackhausen, Jörg | | | M40 | 01:04:01 | 263,79 |
| Issel, Martin | LG Heimerzheim 1989 e.V. | | M35 | 01:04:12 | 262,97 |
| Körbs, Joe | Laufen im Rheinland | | M50 | 01:04:20 | 262,37 |
| Dietrich, Sven | | | M | 01:04:39 | 260,95 |
| Heller, Nick | SSG Königswinter | | MJ U18 | 01:04:49 | 260,21 |
| Böhning, Christian | SSF Bonn | | M30 | 01:04:58 | 259,54 |
| Büsching, HaJo | Mohrsching | | M35 | 01:05:34 | 256,86 |
| Schulz, Stefan | Aletica Winner Foligno | | M50 | 01:05:56 | 255,22 |
| Schmitz, Marc | 7G runergy Laufteam | | M30 | 01:06:06 | 254,47 |
| Schröter, Martin | 7G runergy Laufteam | | M45 | 01:06:10 | 254,17 |
| Pilgram, Marcel | | | M | 01:06:18 | 253,58 |
| Nawrath, Stefan | Robinson wellfit bonn | | M40 | 01:06:47 | 251,42 |
| Krott, Claudio | Mach3 Köln | | MJ U23 | 01:06:50 | 251,19 |
| Roth, Andreas | ASV Köln Triathlon | | M40 | 01:07:04 | 250,15 |
| Straußfeld, Michael | LT Siebengebirge | | M40 | 01:07:10 | 249,70 |
| Schwanke, Marco | | | M35 | 01:07:11 | 249,63 |
| Haaser, Matthias | TV Witzhelden | | M50 | 01:07:14 | 249,40 |
| Schneider, Franziska | VfL Waldbreitbach | | W | 01:07:53 | 246,50 |
| Franke, Benno | | | M30 | 01:07:56 | 246,27 |
| Lixfeld, Simon | | | M40 | 01:07:59 | 246,05 |
| Alotto, Giuseppe | Alotto Corre | | M50 | 01:08:03 | 245,75 |
| Weber, Silvio | ASFM Göttingen | | M35 | 01:08:04 | 245,68 |
| Butz, Manuel | LT-Emmershausen | | M35 | 01:08:13 | 245,01 |
| Rohner, Marc | | | M40 | 01:08:18 | 244,63 |
| Seidel, Heiko | | | M50 | 01:08:26 | 244,04 |
| Freudenhammer, Andreas | | | M35 | 01:08:29 | 243,82 |
| Frings, Eule | Selbstläufer SV Altenahr | | M60 | 01:08:32 | 243,59 |
| Knaub, Richard | Cologne Running Crew | | M | 01:08:32 | 243,59 |
| Radner, Nick | Team Magenta | | M | 01:09:02 | 241,36 |
| Dreesbach, Herbert | Skiclub Sieglar | | M50 | 01:09:12 | 240,61 |
| Franz, Einiko | LT 1. FC Spich | | M40 | 01:09:14 | 240,46 |
| Günther, Marlen | LAZ Puma Rhein-Sieg | | W35 | 01:09:25 | 239,64 |
| Peters, Florian | | | M30 | 01:09:27 | 239,49 |
| Purschke, Gina | | | W35 | 01:10:00 | 237,03 |
| Schmidt, Michel | | | M35 | 01:10:08 | 236,44 |
| Moermans, Dirk | Fett durch den Winter | | M45 | 01:10:31 | 234,72 |
| Tallmann, Joanna | | | W | 01:11:11 | 231,74 |
| Schneider, Caterina | LT Venusberg | | W45 | 01:11:57 | 228,32 |
| Wiemer, Nils | LT Ennert | | M40 | 01:11:58 | 228,24 |
| Blümke, Hendrik | 7G runergy Laufteam | | M30 | 01:12:10 | 227,35 |
| Keuker-Sample, Colin | | | M50 | 01:12:49 | 224,44 |
| Gorynia, Guido | LAZ Puma Rhein-Sieg | | M55 | 01:13:01 | 223,55 |

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|-----------------------|-------------------------------------|----------|--------|----------|--------|
| Freudenhammer, Markus | Blueline Performance | | M40 | 01:13:09 | 222,95 |
| Floß, Patrick | Team Magenta | | M30 | 01:13:15 | 222,50 |
| Kerren, Luc | | | M | 01:13:22 | 221,98 |
| Arp, Joachim | Lauftreff Hersel | | M35 | 01:13:35 | 221,01 |
| Zinser, Werner | Team Magenta | | M55 | 01:13:36 | 220,94 |
| Wirtgen, Jürgen | | | M45 | 01:13:42 | 220,49 |
| Mongiati, Marcel | Duracellwiesel | | M35 | 01:14:10 | 218,41 |
| Hanselka, Sebastian | | | M35 | 01:14:29 | 216,99 |
| Luig-d'Alquen, Julien | | | M40 | 01:14:31 | 216,84 |
| Janz, Karin | TV Refrath | | W50 | 01:14:34 | 216,62 |
| Germanc, Corazza | Selbstläufer SV Altenahr | | M45 | 01:15:31 | 212,37 |
| Hamann, Maren | free-OCR-runners | | W30 | 01:15:42 | 211,55 |
| Ulrich, Charlotte | SSG Königswinter | | WJ U16 | 01:15:47 | 211,18 |
| Busch, Stephan | Team Magenta | | M50 | 01:15:48 | 211,10 |
| Wanski, Michal | | | M35 | 01:15:52 | 210,80 |
| Pohl, Tobias | | | M40 | 01:15:59 | 210,28 |
| Wietscher, Antje | TV Refrath | | W60 | 01:16:15 | 209,09 |
| Lindlahr, Sebastian | Blueline Performance | | M30 | 01:16:48 | 206,63 |
| Witte, Stefan | | | M50 | 01:17:00 | 205,74 |
| Jedras, Barbara | Tusem Essen | | W45 | 01:17:05 | 205,37 |
| Reintzsch, Ingo | Team Erdinger Alkoholfrei Köln | | M40 | 01:17:11 | 204,92 |
| Reinisch, Frank | LAZ Puma Rhein-Sieg | | M60 | 01:17:16 | 204,55 |
| Mohrmann, Rebekka | | | W30 | 01:17:27 | 203,73 |
| Pleß, Volker | Freie Schwimmer Düsseldorf | | M55 | 01:18:15 | 200,15 |
| Hecking, Florian | | | M | 01:18:45 | 197,91 |
| Parisi, Enzo | Il Capello | | M50 | 01:18:48 | 197,69 |
| Schlunke, Oliver | | | M50 | 01:19:00 | 196,80 |
| Schmitz, Ilse | LLG St. Augustin | | W55 | 01:19:13 | 195,83 |
| Mayer, Phyllis Emilia | | | WJ U23 | 01:19:19 | 195,38 |
| Glander, Karl-Heinz | TV Königswinter | | M70 | 01:19:23 | 195,08 |
| Frings, Sebastian | Team Magenta | | M | 01:19:32 | 194,41 |
| Rüdinger, Jens | JUNG | | M45 | 01:19:49 | 193,14 |
| Wiese, Marco | | | M35 | 01:19:54 | 192,77 |
| Kaiser, Klaus | LLG Sankt Augustin | | M60 | 01:20:15 | 191,21 |
| Niefanger, Frank | Lauftreff Hersel | | M60 | 01:20:27 | 190,31 |
| Kahl, Mathias | Die Durchgriller e.V. Siebengebirge | | M45 | 01:20:39 | 189,42 |
| Hofmann, Dieter | Brühler TV 1879 | | M55 | 01:20:40 | 189,34 |
| Golchert, Klaus | Waldläufer Siebengebirge | | M50 | 01:20:41 | 189,27 |
| Breitbarth, Dirk | SV WINDHAGEN | | M40 | 01:20:43 | 189,12 |
| Frenzel, Nils | | | M | 01:20:45 | 188,97 |
| Henk, Sascha | SV Windhagen | | M40 | 01:20:53 | 188,38 |
| Franzen, Norbert | BSG Kreissparkasse Köln | | M50 | 01:20:54 | 188,30 |
| Liebe-Beyer, Uwe | | | M55 | 01:20:56 | 188,15 |
| Biesenbach, Andreas | | | MJ U23 | 01:20:58 | 188,00 |
| Löser, Martin | Malteser | | M | 01:21:16 | 186,66 |
| Bayerl, Oliver | | | M45 | 01:21:46 | 184,43 |
| Bhargava, Ramesh | | | M40 | 01:22:02 | 183,23 |
| Jahn, Frank | LG Heimerzheim 1989 e.V. | | M50 | 01:22:34 | 180,85 |
| Driesch, Markus | Team Kobolt | | M55 | 01:22:39 | 180,48 |
| Dybek, MadDoc André | #nurwegenderbananenhier | | M45 | 01:22:40 | 180,40 |
| Lentner, Christian | Bonnmanrun | | M50 | 01:22:50 | 179,66 |
| Steinhauer, Dirk | | | M50 | 01:22:50 | 179,66 |
| Pervan, Marin | | | M35 | 01:22:57 | 179,14 |
| Gartzke, Jörg | Durchgriller e.V. | | M50 | 01:23:08 | 178,32 |
| Liebig, Dieter | BSG Evonik Rheinland e.V. | | M60 | 01:23:25 | 177,05 |

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|---------------------------------|--------------------------------|----------|--------|----------|--------|
| Gruß, Oliver | | | M50 | 01:23:48 | 175,34 |
| Strauß, Markus | | | M30 | 01:23:52 | 175,04 |
| Beuermann, Marco | | | M35 | 01:23:58 | 174,59 |
| Schmandt, Torsten | Laufen im Park | | M45 | 01:24:01 | 174,37 |
| Rosso, Mario | TuS Brauweiler | | M55 | 01:24:03 | 174,22 |
| Sandhage-Hofmann, Alexandra | Brühler TV1879 | | W55 | 01:24:29 | 172,28 |
| Klaka, Frank | Box Club Wipperfürth 1978 e.V. | | M55 | 01:25:01 | 169,90 |
| Faßbender, Patrick | | | M30 | 01:25:02 | 169,82 |
| Pabst, Stefan | | | M40 | 01:25:26 | 168,03 |
| Küttner, Christiane | Laufmonster | | W50 | 01:25:54 | 165,95 |
| Albert, Matthias | LT TuS Meindorf | | M55 | 01:26:06 | 165,05 |
| Irmer, Ralf | | | M45 | 01:26:15 | 164,38 |
| Panka, Lars | | | M40 | 01:26:38 | 162,67 |
| Brunner, Ralf | MSC Bad Godesberg | | M45 | 01:26:57 | 161,25 |
| Weißenfels, Andrea | Team Erdinger Alkoholfrei | | W50 | 01:27:19 | 159,61 |
| Holste, Michael | | | M50 | 01:27:20 | 159,54 |
| Pittler, Ferenc | BLUELINE performance | | M30 | 01:28:27 | 154,55 |
| Schütz, Thomas | LA TuS Mayen | | M55 | 01:28:28 | 154,47 |
| Heid, Helge | Waldläufer 7gebirge | | M50 | 01:28:49 | 152,91 |
| Srinivasan, Gowthaman Sriramulu | Fett durch den Winter | | M30 | 01:30:03 | 147,39 |
| Schwan, Reimund | Borussia Mönchengladbach | | M55 | 01:30:16 | 146,42 |
| Sieburg, Mike | BSG Evonik Rheinland e.V. | | M60 | 01:30:27 | 145,60 |
| Sattler, Detlef | TV Königswinter | | M55 | 01:30:31 | 145,31 |
| Bäte, Jens | | | M50 | 01:31:07 | 142,62 |
| Aretz, Manfred | | | M70 | 01:31:55 | 139,05 |
| Freiling, Camille | | | WJ U23 | 01:32:24 | 136,89 |
| Vörkel, Kirstin | Laufladen Bonn | | W45 | 01:32:46 | 135,25 |
| Asmus, Sven | DreamTeam | | M55 | 01:32:49 | 135,02 |
| Metzler, Frank Derek | Der Saabrunner | | M50 | 01:34:27 | 127,72 |
| Gopalan, Srin | Der Tiger von Eschnapur | | M45 | 01:34:38 | 126,90 |
| Weil, Helmuth | Der Tiger von Eschnapur | | M50 | 01:34:39 | 126,83 |
| Reinhardt, Michaela | DreamTeam | | W45 | 01:34:41 | 126,68 |
| Thelen, Beate | Altenahrer SC | | W55 | 01:35:00 | 125,26 |
| Bietke, Jenny | | | W35 | 01:35:02 | 125,11 |
| Steven, Eva | | | W | 01:36:53 | 116,84 |
| Hartzsch, Gabriele | LT TuS Meindorf | | W50 | 01:37:16 | 115,13 |
| Koster, Regina | 7G runergy | | W50 | 01:37:17 | 115,05 |
| Jäkel, Sarah | | | W35 | 01:37:37 | 113,56 |
| Kurbel, Stefanie | Polizei Bonn | | W40 | 01:37:37 | 113,56 |
| Schlemmer, Beate | | | W50 | 01:38:34 | 109,31 |
| Dühendorf, Achim | SV Vettelschoss | | M60 | 01:38:35 | 109,24 |
| Bison, Thomas | | | M55 | 01:38:46 | 108,42 |
| Kempe, Horst | ASV Wesseling | | M70 | 01:38:58 | 107,53 |
| Thelen, Richard | Alfterer SC | | M65 | 01:39:14 | 106,33 |
| Müller, Stefan | | | M55 | 01:39:22 | 105,74 |
| Thees, Rebecca | | | W40 | 01:39:22 | 105,74 |
| Witte, Heike | | | W45 | 01:40:36 | 100,22 |
| Brinkmann, Reiner | | | M45 | 01:40:53 | 98,96 |
| Kampa, Oliver | Lauftreff Siebengebirge | | M45 | 01:41:02 | 98,29 |
| Hahlweg, Laura | Alpenverein | | W50 | 01:41:26 | 96,50 |
| Reiter, Mathias | Walking Dead | | M35 | 01:42:33 | 91,51 |
| Rüdinger, Nora | JUNG | | WJ U16 | 01:43:19 | 88,08 |
| Rüdinger, Ute | JUNG | | W45 | 01:43:20 | 88,00 |
| Camidge, Karen | | | W45 | 01:43:34 | 86,96 |
| Meeker, Kristen | | | W45 | 01:43:34 | 86,96 |

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|---------------------------|-------------------------|----------|--------|----------|--------|
| Orth, Annika | Davika | | W30 | 01:44:32 | 82,64 |
| Vianden, Sarah | | | W35 | 01:46:05 | 75,71 |
| Gauf, Angela | | | W40 | 01:46:29 | 73,92 |
| Gottschling, Ricarda | BSG Evonik Rheinland eV | | W55 | 01:47:16 | 70,42 |
| Hoenig, Ulla | SSF Bonn | | W55 | 01:48:27 | 65,13 |
| Hajek, Verena | LLG 80 Nordpark Köln | | W65 | 01:50:03 | 57,97 |
| Schwering, Bruno | | | M60 | 01:54:40 | 37,33 |
| Hubrig-Schaumburg, Sabine | LT Hennef / Sieg | | W55 | 01:59:53 | 14,01 |
| Scheer, Karin | TV Kleinwiedenest | | W70 | 02:00:51 | 9,69 |
| Schmidtke, Armin | | | M50 | 02:15:57 | -57,82 |