



Swim & Run Cologne, 02. Juni 2019

Volksdistanz - Männer / Frauen Wertung

Männer

Pl.	St Nr	Name	Verein	AK	Pl. (AK)	Schwimmen	W1	Laufen	Gesamt
1	59	Timo Schürmann	Reinshagener TB	TM20	1	13:35 (1)	1:05	24:01 (3)	38:41
2	169	Jens Thater		TM40	1	16:53 (8)	2:19	23:00 (2)	42:12
3	42	Matthias Wachten	Laufbrigade Oberberg	TM30	1	14:37 (3)	1:28	26:28 (13)	42:33
4	307	Andreas Hüven	TSV Solingen	TM50	1	15:03 (4)	1:28	26:43 (16)	43:13
5	202	Finn Freitag		TM20	2	17:43 (13)	2:40	22:51 (1)	43:14
6	151	Leon Vornholt		TM20	3	15:47 (5)	1:42	26:14 (10)	43:43
7	88	Marcel Brambeer	Tri-Team Merzbach	TM20	4	17:09 (11)	1:11	25:31 (7)	43:51
8	85	Patrick Benning	TRI POWER Rhein-Sieg	TM40	2	16:04 (7)	1:42	26:17 (11)	44:03
9	97	Tobias Heidelbach	TSV Hochdahl Triathlon	TM40	3	18:09 (15)	1:24	25:39 (8)	45:12
10	89	Noah Bader	TriForce Vital Remscheid	MJUN	1	20:07 (29)	1:31	24:03 (4)	45:41
11	69	Simon Neitzel	SG Mülheim	TM20	5	()		()	46:26
12	95	Dan Pütter	TSV Bayer Dormagen	TM50	2	17:28 (12)	2:07	26:54 (18)	46:29
13	192	Taigo Wiesner		TM20	6	18:39 (19)	1:51	25:59 (9)	46:29
14	205	Taiappa Davide	Calzedonians	TM30	2	18:29 (17)	1:43	26:21 (12)	46:33
15	213	Lukas Schommer	Reihn-Berg-Runner	TM20	7	20:25 (34)	1:22	25:00 (5)	46:46
16	107	Rene Nürnberger		TM40	4	16:02 (6)	2:24	29:06 (27)	47:32
17	193	Frederik Lerch	cologne Triathlon Rookies	TM30	3	18:55 (22)	1:35	27:03 (19)	47:33
18	147	Manuel Steffen		TM30	4	18:41 (20)	1:55	27:46 (20)	48:23
19	209	Florian Scheib	Team TVE Netphen	TM30	5	18:52 (21)	1:35	28:11 (23)	48:38
20	66	Ragnar Stermann	SG Mülheim	TM50	3	13:41 (2)	2:12	32:54 (47)	48:47
21	141	Julian Hall		TM50	4	21:35 (42)	1:52	25:23 (6)	48:51
22	132	Maximilian Jockers		TM20	8	20:07 (28)	2:11	26:34 (15)	48:52
23	72	Jens Matthee	SSF Bonn Triathlon	TM50	5	17:44 (14)	3:22	27:50 (21)	48:56
24	49	Marc Buschkamp	Mach3 Köln e.V.	TM30	6	21:04 (38)	1:06	26:48 (17)	48:58
25	170	Niklas Schneider		TM20	9	19:09 (23)	1:32	28:20 (25)	49:00
26	1	Uwe Jeschke	Kölner Triathlon e.V.	TM50	6	18:11 (16)	2:08	31:00 (40)	51:18
27	208	Stephan Schmid		TM50	7	19:47 (27)	2:29	29:08 (28)	51:24
28	92	Christian Gitzen	TriTeam Eifelgold	TM30	7	20:14 (32)	1:34	30:01 (33)	51:49
29	58	Leonid Gelman	Reha Lister Meile-Peinerstrasse	TM50	8	16:53 (10)	3:16	31:59 (42)	52:08
30	100	Joachim Bacher	TuS Köln rrh.	TM40	5	21:54 (44)	2:10	28:19 (24)	52:22
31	68	Darius Weber	SG Mülheim	TM20	10	16:53 (9)	2:13	34:00 (50)	53:06
32	94	Bernd Brauer	TSV Bayer Dormagen	TM50	9	21:29 (41)	2:59	28:42 (26)	53:09
33	214	Dirk Bisping	SG Zons	TM40	6	21:01 (37)	2:19	30:00 (32)	53:20
34	143	Jakob Strnad		TM20	11	22:08 (46)	3:27	27:52 (22)	53:27
35	150	David Höpfl		TM20	12	24:28 (55)	2:52	26:30 (14)	53:50
36	96	Michael Busse	TSV Bayer Dormagen Triathlon	TM40	7	22:32 (49)	2:10	29:11 (29)	53:54
37	44	Matthis Nolte	Mach 3 e.V. Köln	TM40	8	20:11 (30)	3:01	30:50 (38)	54:01
38	60	Werner Hoven	ROSE Tri Team	TM50	10	18:37 (18)	2:33	32:55 (48)	54:05
39	197	Nachmelder Nachmelder		TM20	13	21:16 (39)	2:03	31:20 (41)	54:39
40	77	Dietmar Schön	Team Erdinger Alkoholfrei	TM60	1	20:33 (35)	1:53	32:14 (44)	54:40
41	215	Andreas Nottrodt	TSV - Kirchain	TM60	2	22:52 (51)	2:35	29:19 (30)	54:46
42	130	Paul Giessler		TM20	14	19:19 (25)	3:17	32:23 (45)	54:58

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43	211	Oliver Bronny	TSV Bayer Dormagen	TM50	11	20:11 (31)	2:59	32:02 (43)	55:11
44	118	Marcel Lauderbach		TM30	8	22:29 (47)	3:02	30:05 (35)	55:36
45	198	Thomas Wierig	SV Hellas Siegburg	TM40	9	19:31 (26)	2:09	33:57 (49)	55:37
46	16	Rolf Hahn	BSG BML Bonn	TM50	12	24:11 (53)	1:51	30:16 (36)	56:18
47	87	Günter Brambeer	Tri-Team Merzbach	TM50	13	24:27 (54)	2:39	30:24 (37)	57:31
48	199	Peter Stern	Pulheimer SC	TM50	14	19:14 (24)	2:40	35:59 (56)	57:53
49	149	Christian Marusczyk		TM40	10	25:13 (57)	3:32	30:05 (34)	58:50
50	3	Harald Lingenauer	AS Neukirchen-Vluyn	TM60	3	21:17 (40)	3:20	34:27 (52)	59:03
51	171	Markus Hildenbeutel		TM40	11	20:21 (33)	2:02	36:53 (57)	59:16
52	23	Peter Ulmer	DNF is no option	TM50	15	22:48 (50)	2:22	34:24 (51)	59:34
53	164	Frank Reinhardt		TM50	16	22:30 (48)	1:48	35:22 (54)	59:40
54	12	Randolf Allenstein	beVegt.de	TM50	17	27:41 (61)	3:55	29:57 (31)	1:01:32
55	102	Christian Klos	Two Towers Running Club	TM30	9	28:13 (62)	4:23	30:50 (39)	1:03:27
56	191	Michael Donimiersli	Mach3 Köln e.v.	TM40	12	24:44 (56)	3:48	35:26 (55)	1:03:58
57	204	Ali Harb		TM40	13	28:28 (63)	3:40	32:52 (46)	1:05:00
58	20	Jochen Maier	Cologne Triathlon Rookies	TM40	14	()		35:05 (53)	1:05:04
59	154	Matthias Weiler		TM30	10	21:59 (45)	5:47	37:27 (60)	1:05:12
60	142	Klaus Salterberg		TM60	4	20:46 (36)	3:56	42:36 (67)	1:07:17
61	19	Pablo Carulla	Carulla Hausv. TRI	TM50	18	26:46 (59)	2:38	38:26 (61)	1:07:51
62	156	Martin Pieck		TM30	11	22:56 (52)	4:19	42:28 (66)	1:09:43
63	55	Ilker Karaca	Profitrise Sport	TM30	12	21:53 (43)	3:24	44:58 (70)	1:10:14
64	124	Haiko Haller		TM40	15	31:21 (68)	2:51	37:23 (59)	1:11:35
65	62	Lars Hein	RUNNERS POINT Run Club	TM40	16	30:47 (66)	3:26	37:23 (58)	1:11:35
66	48	Yusuf Mete	MACH3 Köln e.V.	TM50	19	27:07 (60)	5:28	39:04 (62)	1:11:39
67	21	Dirk Laufenberg	Cologne TriathlonRookies	TM50	20	28:48 (64)	3:13	39:54 (65)	1:11:55
68	126	Clemens Trachternach		TM30	13	29:07 (65)	3:20	39:34 (64)	1:12:01
69	196	Christian Eichert	Go Man Go	TM60	5	26:26 (58)	3:02	44:06 (69)	1:13:35
70	185	Mike Scheer	3 Exercise SG Worringen	TM40	17	32:01 (70)	3:41	39:04 (63)	1:14:46
71	133	Sharat Deepala		TM30	14	31:49 (69)	4:31	42:57 (68)	1:19:18
72	190	Heiko Hübl		TM50	21	30:53 (67)	4:22	49:32 (72)	1:24:48
73	61	Jürgen Persé	RTC Frechen 80	TM60	6	44:05 (71)	5:15	46:18 (71)	1:35:38

Frauen

Pl.	St Nr	Name	Verein	AK	Pl. (AK)	Schwimmen	W1	Laufen	Gesamt
1	90	Sina Böhne	TriForce Vital Remscheid	TW20	1	16:53 (4)	1:11	24:54 (1)	42:58
2	52	Nina Zammit	Nina Zammit	TW20	2	17:45 (6)	1:00	28:10 (4)	46:54
3	91	Isabelle Weyland	TriSpeed Marienfeld	TW20	3	16:58 (5)	1:03	30:54 (10)	48:56
4	216	Gertie Beurskens		TW50	1	18:44 (9)	2:38	27:59 (3)	49:21
5	37	Steffi Hollberg	IN FORM Team BSG Bonn	TW30	1	20:13 (19)	1:38	28:49 (5)	50:41
6	45	Alexandra Collong	mach3	TW20	4	17:51 (7)	1:50	31:14 (12)	50:54
7	93	Fabienne Peters	TSV 09 Twiste	TW20	5	19:06 (12)	1:35	30:34 (9)	51:15



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8	84	Annika Milz	Tri POWER Rhein Sieg	TW20	6	19:29 (16)	1:40	31:37 (14)	52:47
9	24	Jana Nikaj	Dreambig	TW30	2	23:20 (48)	2:05	27:35 (2)	52:59
10	67	Vera Weskamp	SG Mülheim	TW20	7	16:45 (3)	2:45	33:46 (31)	53:16
11	207	Christina Heinrich	Brander SV Tri-Team	TW30	3	20:02 (17)	2:31	30:57 (11)	53:30
12	212	Eva Hirschhäuser	Bunert	TW20	8	23:01 (45)	2:04	29:23 (6)	54:29
13	179	Carmen Hoffstadt		TW20	9	15:51 (2)	3:25	35:45 (48)	55:01
14	122	Yvonne Dickmeis		TW30	4	20:06 (18)	2:02	33:15 (25)	55:23
15	57	Ilonka Fischer	Pulheimer SC	TW50	2	21:04 (24)	2:03	32:33 (20)	55:40
16	127	Victoria Köllner		TW20	10	20:22 (20)	1:59	33:26 (27)	55:47
17	98	Nicole Elle-Hüren	TSV Solingen Aufderhöhe 1877	TW40	1	21:19 (28)	1:51	33:04 (22)	56:15
18	15	Laura Tegtmeier	Bojenschwimmer	TW40	2	19:21 (15)	2:34	34:40 (38)	56:35
19	10	Carolin Jungenblut	ASC Ahlen	WJUN	1	21:12 (26)	1:44	33:44 (30)	56:40
20	172	Camila Gergaut		TW20	11	20:46 (21)	3:26	33:03 (21)	57:14
21	195	Ina Düll	Sportbox Walldürn	TW30	5	21:38 (32)	1:58	33:48 (32)	57:24
22	99	Anja Hesse	TTD	TW30	6	23:39 (51)	2:07	31:55 (16)	57:42
23	186	Marieke Martens		TW20	12	22:40 (41)	3:14	31:53 (15)	57:46
24	73	Ulla Hoenig	SSF Bonn Triathlon	TW50	3	18:45 (10)	1:52	37:16 (57)	57:54
25	163	Esther Sperlich		TW20	13	22:36 (38)	2:00	33:24 (26)	58:00
26	165	Nadja Drusenheimer		TW40	3	24:36 (59)	3:10	30:16 (8)	58:02
27	63	Nicole Schäfer	SC Rondorf	TW20	14	23:33 (49)	2:27	32:10 (17)	58:10
28	145	Hanna Achenbach		TW20	15	22:21 (37)	2:12	34:12 (36)	58:44
29	194	Melanie Mayer		TW30	7	22:38 (40)	3:02	33:06 (23)	58:46
30	25	Berna Ekmekci	Dreambig Sportsclub	TW20	16	27:07 (73)	2:05	29:35 (7)	58:47
31	101	Julia Elis	TV Rodenkirchen Triathlon	TW40	4	22:13 (36)	1:53	35:02 (42)	59:09
32	36	Julia Steffen	Heul nicht... Lauf!	TW20	17	21:56 (35)	1:45	35:43 (46)	59:24
33	56	Despina Sourli	PTSV Aachen	TW30	8	24:15 (54)	2:10	33:32 (28)	59:58
34	14	Finja Allenstein	beVegt.de	TW20	18	22:52 (43)	2:52	34:25 (37)	1:00:09
35	26	Kristina Merbecks	Dreambig Sportsclub	TW30	9	22:57 (44)	2:06	35:06 (43)	1:00:09
36	161	Jule Rieseberg		TW20	19	15:44 (1)	2:54	41:40 (74)	1:00:18
37	18	Jasmin Lutter	BSG DEVK	TW30	10	27:16 (74)	1:45	31:28 (13)	1:00:29
38	65	Julia Langen	Schwimmverein Horrem-Sindorf	TW20	20	18:25 (8)	3:53	38:18 (62)	1:00:37
39	113	Katja Müller		TW40	5	21:44 (33)	4:21	34:43 (39)	1:00:48
40	117	Theresa Hirthammer		TW20	21	22:36 (39)	3:23	35:01 (40)	1:00:59
41	38	Rita Gemmel	Islandhopper	TW30	11	21:19 (27)	2:28	37:20 (58)	1:01:07
42	183	Franziska Abeler	SV Wuppertal Neuenhof 1930 e.V.	TW50	4	21:02 (23)	2:09	38:05 (61)	1:01:16
43	39	Svenja Brand	Köln Triathlon e.V.	TW40	6	23:43 (52)	2:40	35:02 (41)	1:01:25
44	64	Amelie Leist	Schwimmverein Horrem-Sindorf	TW30	12	25:04 (61)	2:42	34:05 (34)	1:01:50
45	51	Michaela Urban	Meddys LWT Koblenz	TW40	7	24:34 (57)	3:08	34:10 (35)	1:01:52
46	109	Silke Heinzemann		TW40	8	26:44 (71)	2:43	32:26 (18)	1:01:52
47	173	Veronika Sagolla		TW20	22	19:11 (13)	2:45	39:57 (67)	1:01:53
48	11	Bianca Allenstein	beVegt.de	TW50	5	23:12 (46)	3:15	36:01 (49)	1:02:27
49	22	Katharina Jakobs	Cologne Triathlon Rookies	TW40	9	26:16 (66)	2:35	33:40 (29)	1:02:31



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Pl.	St Nr	Name	Verein	AK	Pl. (AK)	Schwimmen	W1	Laufen	Gesamt
50	178	Ilona Herbert		TW20	23	21:24 (30)	2:31	39:05 (66)	1:03:00
51	41	Ramona Hlusiak	Lauf du Sau!	TW30	13	21:37 (31)	2:27	38:59 (64)	1:03:04
52	78	Tatjana Wippenfeld	Team Erdinger Alkoholfrei	TW20	24	26:56 (72)	3:40	32:30 (19)	1:03:06
53	47	Sadaka Ondrejka	Mach3	TW30	14	23:45 (53)	4:12	35:19 (44)	1:03:17
54	159	Eva Sabine Hederich		TW40	10	27:21 (75)	3:13	33:13 (24)	1:03:47
55	27	Renate Dikta	Dürener TV	TW50	6	19:02 (11)	2:28	42:17 (76)	1:03:47
56	180	Patricia Sarr		TW20	25	24:28 (55)	2:57	36:25 (51)	1:03:50
57	200	Katja Müller		TW40	11	24:54 (60)	3:37	35:43 (45)	1:04:14
58	175	Olga Chumanskaya		TW20	26	26:41 (70)	1:59	35:43 (47)	1:04:23
59	17	Sylvia Hahn	BSG BML Bonn	TW50	7	25:33 (63)		()	1:04:40
59	146	Annika Achenbach		TW30	15	21:46 (34)	2:25	40:29 (70)	1:04:40
61	120	Denise Dr.lohmann		TW40	12	27:34 (76)	3:27	34:04 (33)	1:05:05
62	152	Julia Langenohl		TW30	16	24:34 (58)	3:33	37:05 (55)	1:05:12
62	153	Sabrina Weiler		TW30	16	21:12 (25)	6:30	37:31 (59)	1:05:12
64	426	Celine Hackstein		TW20	27	26:38 (68)	2:24	36:16 (50)	1:05:18
65	33	Maggie Gutzen	Fortuna Duesseldorf	TW60	1	26:39 (69)	2:10	37:00 (54)	1:05:48
66	139	Iris Wolter		TW30	18	21:23 (29)	4:03	40:39 (71)	1:06:05
67	182	Sabine Wildrath	Mach3 Köln e.V.	TW30	19	25:44 (64)	2:04	38:51 (63)	1:06:40
68	155	Nicole Witkowski		TW40	13	23:15 (47)	3:44	40:10 (68)	1:07:10
69	115	Bianca Hitschel		TW30	20	28:31 (78)	2:10	36:43 (52)	1:07:23
70	70	Michaela Fuchs	SRL Triathlon Koblenz	TW30	21	28:32 (79)	2:08	36:43 (53)	1:07:23
71	108	Rachel Fevin	Cologne Triathlon Rookies	TW30	22	23:37 (50)	2:13	41:45 (75)	1:07:35
72	104	Anke Müller	Union Biesfeld Triathlon	TW20	28	19:15 (14)	2:51	45:57 (81)	1:08:02
73	188	Vanessa Buccheri		TW30	23	29:11 (80)	2:29	37:09 (56)	1:08:49
74	157	Daniela Meier		TW30	24	22:43 (42)	3:19	43:42 (78)	1:09:43
75	201	Alexandra Brune		TW40	14	26:09 (65)	2:23	41:39 (73)	1:10:11
76	184	Katharina Fabian		TW50	8	26:28 (67)	6:07	39:03 (65)	1:11:38
77	206	Ines Menne	Trias Hamm	TW50	9	25:09 (62)	4:03	44:19 (79)	1:13:31
78	28	Doris Peitz	Dürener TV 1847	TW60	2	32:51 (87)	3:53	37:37 (60)	1:14:21
79	80	Manu Hennes	TMK Mülheim-Kärlich	TW40	15	28:08 (77)	4:13	42:32 (77)	1:14:53
80	2	Elli Schilling	AS Neukirchen Vluyn	TW60	3	33:26 (88)	2:14	40:27 (69)	1:16:07
81	203	Sabrina Collerone	Rookie 2019	TW30	25	29:30 (81)	2:09	44:39 (80)	1:16:18
82	54	Jennifer Busch-Cassens	Privat	TW40	16	30:45 (84)	5:14	41:04 (72)	1:17:03
83	406	Susanne Lux		TW50	10	30:30 (82)	5:09	46:19 (82)	1:21:58
84	158	Steffi Alt		TW40	17	30:44 (83)	6:06	47:08 (83)	1:23:58
85	189	Klaudia Schumann-Hübl		TW50	11	30:55 (86)	4:22	49:31 (84)	1:24:48
86	83	Jasmin Jabeur	Tri Familia The Sporting JJs	TW40	18	30:53 (85)	4:42	1:05:16 (85)	1:40:52