

Kölner Frühlingslauf am 27. März 2011 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	755	Handwerk Matthias	DB Fernverkehr Werk	0:39:27	1977	M30	1	0:39:29 12:23 * 13:15 * 13:48	3:57 min/km
2	251	Fernandes Richard	*Burscheid	0:41:22	1970	M40	1	0:41:29 13:35 * 13:51 * 13:54	4:08 min/km
3	1384	Dinter Martin	42 Tausend	0:41:42	1967	M40	2	0:41:45 13:39 * 13:51 * 14:11	4:10 min/km
4	373	Thielen Ingo	*Köln	0:41:51	1974	M35	1	0:41:55 13:25 * 14:06 * 14:19	4:11 min/km
5	345	Jansen Dietmar	conscience	0:42:22	1959	M50	1	0:44:02 14:25 * 14:07 * 13:49	4:14 min/km
6	761	Scholz Heiko	DB Fernverkehr Werk	0:42:25	1979	M30	2	0:42:31 13:12 * 14:18 * 14:54	4:15 min/km
7	25	Kabuß Wolfgang	*Aachen	0:42:57	1978	M30	3	0:44:06 14:16 * 14:08 * 14:32	4:18 min/km
8	194	Klüver Michael	*Köln	0:43:17	1980	M30	4	0:43:27 13:51 * 14:33 * 14:53	4:20 min/km
9	149	Stangl Ulrich	*Kaarst	0:43:30	1957	M50	2	0:44:15 15:12 * 14:08 * 14:09	4:21 min/km
10	131	Von Holtum Viktor	*Köln	0:43:42	1978	M30	5	0:44:03 14:19 * 14:16 * 15:06	4:22 min/km
11	610	Schmidt Mathias	*Frankfurt am Main	0:43:52	1982	MHK	1	0:44:23 14:25 * 14:41 * 14:46	4:23 min/km
12	184	Moss Richard	ESA	0:43:57	1972	M35	2	0:44:27 14:50 * 14:46 * 14:20	4:24 min/km
13	754	Klink-Lohmann Torsten	DB Fernverkehr Werk	0:44:36	1978	M30	6	0:44:39 14:07 * 15:05 * 15:23	4:28 min/km
14	1033	Mombauer Andreas	*Köln	0:44:56	1985	MHK	2	0:45:35 14:49 * 14:59 * 15:06	4:30 min/km
15	758	Wiesemann Martin	DB Fernverkehr Werk	0:45:00	1976	M35	3	0:45:06 14:26 * 15:06 * 15:27	4:30 min/km
16	658	Danek Frank	Die 4 Frühlingstrampler	0:45:08	1982	MHK	3	0:46:16 15:20 * 14:56 * 14:51	4:31 min/km
17	1006	Fühser Carsten	Hennes VIII	0:45:34	1977	M30	7	0:46:39 15:24 * 15:00 * 15:10	4:33 min/km
18	878	Knobloch René Dirk	Globus Köln-Marsdorf	0:45:51	1988	MHK	4	0:45:52 13:41 * 15:16 * 16:53	4:35 min/km
19	436	Bauß Carsten	1. Kölner Laufstall	0:45:54	1965	M45	1	0:45:56 14:25 * 15:19 * 16:08	4:35 min/km
20	595	Stratmann Thomas	*Köln	0:45:54	1981	M30	8	0:46:15 15:28 * 15:02 * 15:23	4:35 min/km
21	442	Albert David	*Bergheim	0:45:57	1972	M35	4	0:46:05 14:18 * 14:54 * 16:44	4:36 min/km
22	214	Büchel Hans	*Frechen	0:46:00	1962	M45	2	0:46:07 14:51 * 15:35 * 15:33	4:36 min/km
23	915	Vlatten Andreas	runningGAGS&friends	0:46:14	1976	M35	5	0:46:15 14:59 * 15:34 * 15:40	4:37 min/km
24	339	Vogelheim Markus	*Köln	0:46:17	1970	M40	3	0:46:22 15:07 * 15:25 * 15:44	4:38 min/km
25	74	Ebeler Dr. Guido	MCK	0:46:17	1964	M45	3	0:47:38 15:12 * 15:49 * 15:16	4:38 min/km
26	757	Schniedergerers Moritz	DB Fernverkehr Werk	0:46:23	1978	M30	9	0:46:29 14:59 * 15:31 * 15:52	4:38 min/km
27	1022	Alsdorf Philipp	*Köln	0:46:38	1982	MHK	5	0:47:09 14:24 * 15:27 * 16:45	4:40 min/km
28	781	Ludemann Stefan	Original Bootcamp	0:46:39	1966	M45	4	0:47:07 15:18 * 15:48 * 15:32	4:40 min/km
29	283	Graf von Spee Dominik	*Sinzig	0:46:45	1962	M45	5	0:46:50 15:25 * 15:44 * 15:34	4:40 min/km
30	439	Ansari Arash	run4fun	0:46:49	1973	M35	6	0:47:04 14:22 * 16:05 * 16:21	4:41 min/km
31	225	Ingendahl Dr. Detlev	*Köln	0:46:54	1964	M45	6	0:47:24 15:19 * 15:51 * 15:44	4:41 min/km
32	322	Schlenker Ralf-Dieter	*Köln	0:47:02	1966	M45	7	0:47:44 15:49 * 15:29 * 15:44	4:42 min/km
33	418	Steller Michael	Impuls-Lauftreff Kerpen	0:47:05	1957	M50	3	0:47:37 15:31 * 15:37 * 15:56	4:43 min/km
34	414	Poreschack Uli	GS1 Germany GmbH	0:47:16	1966	M45	8	0:47:19 15:39 * 15:57 * 15:39	4:44 min/km
35	976	Eling Stefan	*Köln	0:47:33	1968	M40	4	0:47:54 18:15 * 14:33 * 14:45	4:45 min/km
36	880	Erdreich Bernd	Globus Köln-Marsdorf	0:47:39	1975	M35	7	0:47:42 15:47 * 15:58 * 15:53	4:46 min/km
37	804	Fiedler Jens	*Köln	0:47:41	1977	M30	10	0:47:52 15:09 * 15:46 * 16:45	4:46 min/km
38	845	Katafias Veit	*Köln	0:47:42	1979	M30	11	0:47:52 15:57 * 15:53 * 15:51	4:46 min/km
39	536	Schumacher Frank	*Köln	0:47:43	1963	M45	9	0:49:03 16:33 * 15:56 * 15:14	4:46 min/km
40	546	Seyen Mathias	*Köln	0:47:45	1987	MHK	6	0:48:45 15:54 * 15:34 * 16:15	4:47 min/km
41	144	Pal Martin	USAT	0:47:47	1983	MHK	7	0:48:30 15:14 * 15:59 * 16:32	4:47 min/km
42	1034	Bernard Jan	*Köln	0:47:52	1990	MHK	8	0:48:50 15:50 * 15:59 * 16:02	4:47 min/km
43	914	Schiffer Dirk	runningGAGS&friends	0:47:57	1976	M35	8	0:47:59 15:31 * 16:02 * 16:24	4:48 min/km
44	1385	Schneider Reiner	Lauflöwe 65	0:48:09	1965	M45	10	0:48:10 16:00 * 16:09 * 15:59	4:49 min/km
45	392	Schwill Matthias	*Köln	0:48:12	1974	M35	9	0:48:38 16:27 * 15:33 * 16:10	4:49 min/km
46	412	Griesbach Rolf	*Bergisch Gladbach	0:48:12	1962	M45	11	0:48:26 15:56 * 15:59 * 16:16	4:49 min/km
47	872	Wimmer Thomas	NetCologne	0:48:16	1978	M30	12	0:49:17 16:23 * 16:15 * 15:38	4:50 min/km
48	566	Harig Jens	*Kerpen	0:48:19	1967	M40	5	0:48:29 15:59 * 15:54 * 16:25	4:50 min/km
49	340	Bronny Oliver	bronny.de Running Team	0:48:20	1966	M45	12	0:49:08 16:35 * 15:53 * 15:52	4:50 min/km
50	34	Esser Marcus	Team Erdinger Alkoholfrei	0:48:21	1975	M35	10	0:48:34 15:57 * 16:00 * 16:23	4:50 min/km
51	146	Dietrich Eric	*Köln	0:48:25	1978	M30	13	0:49:31 17:03 * 15:55 * 15:26	4:51 min/km
52	100	Bürgel Norbert	*Köln	0:48:33	1968	M40	6	0:48:54 16:40 * 15:47 * 16:05	4:51 min/km
53	141	Batti Heinz-Peter	DJK-Herzogenrath	0:48:38	1971	M40	7	0:48:56 16:03 * 16:20 * 16:14	4:52 min/km

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54	156	Högener Oliver	Laufftreff Kleinenbroich	0:48:39	1970 M40	8	0:48:56	16:01 * 16:22 * 16:15	4:52 min/km
55	329	Gontermann Marko	TuS 1910 Driedorf	0:48:44	1966 M45	13	0:49:18	16:08 * 16:15 * 16:20	4:52 min/km
56	330	Baldsiefen Jan	*Lindlar	0:48:47	1982 MHK	9	0:48:58	16:04 * 16:21 * 16:21	4:53 min/km
57	174	Baedorf Dirk	Speedskater Euskirchen	0:48:51	1968 M40	9	0:48:57	16:07 * 16:12 * 16:30	4:53 min/km
58	168	Fiege Jürgen	*Köln	0:48:55	1957 M50	4	0:48:56	15:14 * 16:37 * 17:02	4:54 min/km
59	300	Atamtuerk Hüseyin	FC Deutsche Post NL	0:48:57	1966 M45	14	0:50:19	16:00 * 16:09 * 16:47	4:54 min/km
60	210	Germann Daniel	*Köln	0:49:06	1980 M30	14	0:49:58	16:14 * 16:24 * 16:26	4:55 min/km
61	1032	Grube Christian		0:49:17	1981 M30	15	0:49:25	15:55 * 16:33 * 16:48	4:56 min/km
62	486	Gilles Thomas	*Bonn	0:49:28	1982 MHK	10	0:50:24	16:11 * 16:40 * 16:36	4:57 min/km
63	327	Gross Roland	*Köln	0:49:28	1968 M40	10	0:49:43	15:46 * 16:37 * 17:03	4:57 min/km
64	596	Claßen Ferdinand	*Aachen	0:49:28	1965 M45	15	0:49:46	16:03 * 16:29 * 16:56	4:57 min/km
65	28	Demmer Christian	*Köln	0:49:30	1977 M30	16	0:50:08	16:56 * 16:26 * 16:08	4:57 min/km
66	420	Heller Peter	*Kerpen	0:49:38	1951 M60	1	0:50:12	16:53 * 16:27 * 16:17	4:58 min/km
67	585	Brink Dr. Stephan	*Köln	0:49:42	1971 M40	11	0:50:07	16:42 * 16:56 * 16:03	4:58 min/km
68	1386	Schwan Holger	PROJEKTSERVICE	0:49:43	1968 M40	12	0:50:06	16:41 * 16:28 * 16:33	4:58 min/km
69	532	Barthen Christian	*Köln	0:49:45	1978 M30	17	0:50:09	16:42 * 16:56 * 16:05	4:59 min/km
70	967	Guth Simon	Spohoathletes	0:49:45	1997 MSA	1	0:50:52	17:28 * 16:45 * 15:31	4:59 min/km
71	940	Klahr Peter	*Grevenbroich	0:49:47	1960 M50	5	0:49:59	15:54 * 16:32 * 17:20	4:59 min/km
72	27	Achten Bernhard	Kölner Narrenzunft	0:49:48	1959 M50	6	0:49:54	16:01 * 16:38 * 17:08	4:59 min/km
73	969	Auf dem Graben Peter	*KÖLN	0:49:49	1965 M45	16	0:49:59	16:00 * 16:37 * 17:11	4:59 min/km
74	745	Leikert Leonard	Schweinehund a.D.	0:49:54	1998 MSB	1	0:50:35	17:05 * 16:30 * 16:18	4:59 min/km
75	712	Hartung Jonas	*Köln	0:49:55	1983 MHK	11	0:50:04	16:39 * 16:41 * 16:33	4:60 min/km
76	959	De Haan Dieter	Hennes VIII	0:50:01	1956 M55	1	0:51:16	18:10 * 16:45 * 15:04	5:00 min/km
77	230	Voß Ulrich	*Köln	0:50:04	1949 M60	2	0:50:20	16:50 * 16:28 * 16:45	5:00 min/km
78	244	Schröder Andreas	Siemens SC	0:50:06	1970 M40	13	0:50:56	16:19 * 16:42 * 17:04	5:01 min/km
79	894	Zur Nieden Tom	*Wermelskirchen	0:50:14	1998 MSB	2	0:50:57	18:25 * 16:52 * 14:57	5:01 min/km
80	821	Hesse Philipp	*Köln	0:50:27	1995 MJB	1	0:50:45	17:24 * 16:57 * 16:06	5:03 min/km
81	85	Scholz Hans	Heiligenhauser Lunge von	0:50:34	1968 M40	14	0:50:48	17:09 * 16:32 * 16:52	5:03 min/km
82	389	Dehnen Holger	42tausend	0:50:40	1966 M45	17	0:51:15	16:15 * 17:29 * 16:55	5:04 min/km
83	415	Boer Bodo	GS1 Germany GmbH	0:50:43	1965 M45	18	0:50:48	16:59 * 16:54 * 16:49	5:04 min/km
84	489	Mattes Helge	*Köln	0:50:44	1967 M40	15	0:50:52	16:07 * 16:53 * 17:43	5:04 min/km
85	272	Langner Ralf	FALKE Laufmasche	0:50:45	1961 M50	7	0:51:06	17:31 * 16:46 * 16:27	5:05 min/km
86	760	Sauer Jens	DB Fernverkehr Werk	0:50:46	1971 M40	16	0:51:36	17:00 * 16:41 * 17:04	5:05 min/km
87	310	Dietrich Peter	*Wesseling	0:50:49	1980 M30	18	0:51:54	17:04 * 16:52 * 16:53	5:05 min/km
88	158	Derichs Hans-Jürgen	*Köln	0:50:53	1959 M50	8	0:51:43	16:32 * 16:50 * 17:29	5:05 min/km
89	635	Burmann Nico	Kölsche Grashopper	0:50:56	1977 M30	19	0:52:24	17:48 * 16:37 * 16:30	5:06 min/km
90	160	Beyer Mathias	*Köln	0:50:56	1977 M30	20	0:51:57	17:41 * 16:58 * 16:15	5:06 min/km
91	913	Ströbelt Reiner	*Pulheim	0:50:59	1962 M45	19	0:51:14	17:23 * 17:02 * 16:34	5:06 min/km
92	208	Weidner Rochus	*Köln	0:51:10	1971 M40	17	0:51:19	16:59 * 17:09 * 17:01	5:07 min/km
93	388	Jürgens Manfred	42tausend	0:51:18	1980 M30	21	0:51:54	16:29 * 17:15 * 17:33	5:08 min/km
94	516	Schönborn Wolfgang	*Kerpen-Horrem	0:51:20	1969 M40	18	0:52:07	16:59 * 16:59 * 17:21	5:08 min/km
95	873	Boos Heinz-Günter		0:51:24	1958 M50	9	0:52:24	16:46 * 16:59 * 17:39	5:08 min/km
96	38	Friedmann Thorsten	*Frechen	0:51:27	1973 M35	11	0:51:48	17:01 * 16:58 * 17:27	5:09 min/km
97	838	Deckers Hendrik	*Köln	0:51:31	1979 M30	22	0:51:36	15:48 * 17:36 * 18:06	5:09 min/km
98	853	Petersen Ian	ESA	0:51:34	1983 MHK	12	0:52:06	19:15 * 17:21 * 14:57	5:09 min/km
99	63	Schmidt Michael	*Köln	0:51:40	1974 M35	12	0:53:04	17:47 * 16:58 * 16:53	5:10 min/km
100	456	Krist Stephan	*Bergheim	0:51:40	1969 M40	19	0:51:44	15:51 * 17:02 * 18:47	5:10 min/km
101	1158	Häger Hermann- Josef	*Lohmar	0:51:43	1954 M55	2	0:52:58	17:44 * 16:46 * 17:12	5:10 min/km
102	360	Pfisterer Jörg	*Köln	0:51:45	1958 M50	10	0:52:31	17:28 * 17:05 * 17:11	5:11 min/km
103	463	Beißel Udo	*Frechen	0:51:46	1966 M45	20	0:52:06	17:04 * 17:06 * 17:35	5:11 min/km
104	0	unbekannt DW1NGGY		0:51:46	0 MHK	13	0:52:06	17:05 * 17:06 * 17:35	5:11 min/km
105	316	Hesse Axel	*Köln	0:51:55	1958 M50	11	0:52:13	17:25 * 16:59 * 17:30	5:12 min/km
106	717	Meier Rudolf	*Zülpich	0:52:03	1994 MJB	2	0:52:57	19:20 * 16:59 * 15:43	5:12 min/km
107	718	Haak Carsten	*Zülpich	0:52:03	1994 MJB	3	0:52:58	19:19 * 16:59 * 15:44	5:12 min/km
108	91	Evans John	*Köln	0:52:05	1967 M40	20	0:52:18	17:06 * 17:27 * 17:31	5:13 min/km
109	92	Symms Nigel	*Newcastle Under Lyme	0:52:05	1966 M45	21	0:52:18	17:07 * 17:27 * 17:30	5:13 min/km

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110	538	Raack Michael	Sparkasse KölnBonn	0:52:05	1958 M50	12	0:52:29	17:28 *	17:17 *	17:19	5:13 min/km
111	928	Spittel Marco	SKUKdo@Bundeswehr	0:52:10	1971 M40	21	0:52:13	15:47 *	17:13 *	19:09	5:13 min/km
112	713	Sander Fabian	*Königswinter	0:52:11	1985 MHK	14	0:52:50	17:52 *	17:41 *	16:38	5:13 min/km
113	714	Breuer Joas	*Köln	0:52:12	1984 MHK	15	0:52:50	17:52 *	17:41 *	16:38	5:13 min/km
114	394	Urban Andreas	*Köln	0:52:13	1969 M40	22	0:53:21	16:37 *	17:37 *	17:58	5:13 min/km
115	66	Röttgen Martin	*Köln	0:52:14	1977 M30	23	0:53:38	17:47 *	16:59 *	17:27	5:13 min/km
116	24	Hinz Günter	www.hinz-koeln.de	0:52:15	1965 M45	22	0:52:17	16:53 *	18:00 *	17:20	5:14 min/km
117	237	Fischer Hermann Josef	TV Voiswinkel 1919 e.V.	0:52:16	1944 M65	1	0:52:52	17:07 *	17:18 *	17:51	5:14 min/km
118	1018	Tomson Christian	*Köln	0:52:17	1972 M35	13	0:53:08	17:29 *	17:19 *	17:28	5:14 min/km
119	270	Vogt Daniel	42tausend	0:52:19	1975 M35	14	0:52:56	17:16 *	17:32 *	17:30	5:14 min/km
120	852	Heilig Lars	conscience	0:52:20	2006 MSD	1	0:53:10	17:00 *	17:42 *	17:37	5:14 min/km
121	931	Bormann Tobias	*Köln	0:52:25	1980 M30	24	0:53:21	16:53 *	17:06 *	18:25	5:15 min/km
122	39	Ermer Gerhard	Lauftreff Diana	0:52:26	1949 M60	3	0:52:34	17:14 *	17:24 *	17:47	5:15 min/km
123	759	Schönwitz Andreas	DB Fernverkehr Werk	0:52:31	1964 M45	23	0:52:37	16:57 *	17:28 *	18:05	5:15 min/km
124	352	Hintzen Uwe	*Köln	0:52:40	1959 M50	13	0:52:48	18:06 *	17:15 *	17:17	5:16 min/km
125	55	Schorn Walter	LT Saaler Mühle	0:52:43	1957 M50	14	0:52:55	17:07 *	17:30 *	18:05	5:16 min/km
126	282	Lopez de Quintana	Selbst-Läufer	0:52:47	1965 M45	24	0:53:02	17:54 *	17:31 *	17:21	5:17 min/km
127	313	Walpert Jens	42tausend	0:52:48	1966 M45	25	0:53:24	18:16 *	17:33 *	16:57	5:17 min/km
128	960	Reisch Uli	run4fun	0:52:50	1966 M45	26	0:54:09	17:09 *	17:42 *	17:58	5:17 min/km
129	796	Colling Jörn	FC Deutsche Post NL	0:52:51	1965 M45	27	0:54:17	18:09 *	17:34 *	17:08	5:17 min/km
130	395	Peters Jens	*Bonn	0:52:53	1952 M55	3	0:55:13	16:57 *	17:36 *	18:19	5:17 min/km
131	374	Nieder Falk	*Köln	0:52:54	1973 M35	15	0:53:00	17:00 *	17:39 *	18:14	5:17 min/km
132	984	Münzel Justus	LT DSHS Köln	0:53:01	1999 MSB	3	0:54:03	18:12 *	17:43 *	17:05	5:18 min/km
133	988	Wiese Julian Maxim	LT DSHS Köln	0:53:03	1998 MSB	4	0:54:04	18:12 *	17:43 *	17:07	5:18 min/km
134	138	Witzleben Jürgen	*Bergisch Gladbach	0:53:05	1970 M40	23	0:54:17	17:42 *	17:24 *	17:58	5:19 min/km
135	136	Füllenbach Robert	*Köln	0:53:07	1976 M35	16	0:54:14	18:18 *	17:31 *	17:16	5:19 min/km
136	289	Tesch Friedrich	St. Sebastianus	0:53:10	1958 M50	15	0:54:31	17:59 *	17:24 *	17:46	5:19 min/km
137	97	Konz Peter	*Köln	0:53:15	1961 M50	16	0:53:29	17:37 *	18:02 *	17:36	5:20 min/km
138	521	Schleunig Dirk	*Bergheim	0:53:19	1968 M40	24	0:54:39	18:11 *	17:50 *	17:18	5:20 min/km
139	870	Greger Thomas	*Köln	0:53:20	1992 MJA	1	0:54:27	17:39 *	17:42 *	17:57	5:20 min/km
140	636	Reicher Ronald	Kölsche Grashopper	0:53:20	1975 M35	17	0:54:48	18:20 *	17:27 *	17:32	5:20 min/km
141	359	Baumann Uwe	*Köln	0:53:20	1966 M45	28	0:54:39	17:10 *	17:41 *	18:28	5:20 min/km
142	3	Bickelmeyer Tim	Dinger's Gartencenter	0:53:21	1975 M35	18	0:53:57	19:06 *	17:59 *	16:15	5:20 min/km
143	871	Langer Lars	NetCologne	0:53:22	1972 M35	19	0:54:11	18:13 *	17:38 *	17:30	5:20 min/km
144	943	Herweg Michael	runningGAGS&friends	0:53:39	1971 M40	25	0:54:06	18:09 *	17:40 *	17:49	5:22 min/km
145	75	Kaiser Dirk	*Pulheim	0:53:40	1971 M40	26	0:54:29	17:05 *	18:08 *	18:25	5:22 min/km
146	217	Gaab Jan	*Köln	0:53:42	1994 MJB	4	0:54:56	17:29 *	17:49 *	18:23	5:22 min/km
147	530	Stolpe Till	*Köln	0:53:42	1973 M35	20	0:53:55	17:57 *	17:55 *	17:49	5:22 min/km
148	457	Raitz Günter	SV Nohn	0:53:43	1957 M50	17	0:54:22	18:47 *	17:56 *	16:58	5:22 min/km
149	818	Puchowski Adrian	*Bornheim	0:53:45	1978 M30	25	0:54:48	18:44 *	17:51 *	17:10	5:23 min/km
150	906	Weber Ulrich	*Köln	0:53:49	1964 M45	29	0:54:18	18:55 *	18:05 *	16:47	5:23 min/km
151	137	Kaulen Andreas	HARIBO Solingen	0:53:53	1968 M40	27	0:55:18	17:51 *	17:50 *	18:12	5:23 min/km
152	135	Runzheimer Joachim	LT Café El-Mar	0:53:53	1959 M50	18	0:54:16	18:00 *	18:09 *	17:44	5:23 min/km
153	886	Dobecki Andreas	*Köln	0:53:54	1961 M50	19	0:54:29	18:19 *	17:30 *	18:04	5:23 min/km
154	371	Lorscheter Thomas	*Bonn	0:53:55	1966 M45	30	0:54:29	18:19 *	17:30 *	18:05	5:24 min/km
155	902	Schlüter Felix	Zollstocker Blitze	0:54:02	1999 MSB	5	0:54:43	17:34 *	18:15 *	18:12	5:24 min/km
156	660	Klaaßen Andre	Die 4 Frühlingstrampler	0:54:02	1979 M30	26	0:55:10	17:54 *	17:49 *	18:18	5:24 min/km
157	62	Bey Jürgen	*Köln	0:54:10	1967 M40	28	0:54:47	18:57 *	18:05 *	17:06	5:25 min/km
158	465	Lammers Georg	*Grevenbroich	0:54:12	1965 M45	31	0:55:11	18:36 *	17:41 *	17:54	5:25 min/km
159	2009	Schewiola Hans	*Bergheim	0:54:14	1949 M60	4	0:55:34	18:12 *	17:54 *	18:06	5:25 min/km
160	665	Carrano Marco	ESA	0:54:16	1984 MHK	16	0:54:48	19:14 *	17:22 *	17:39	5:26 min/km
161	666	Castillo Eugenio	ESA	0:54:16	1969 M40	29	0:54:48	19:15 *	17:22 *	17:38	5:26 min/km
162	551	Schreitmüller Stefan	Rauchen, Saufen, Laufen	0:54:18	1977 M30	27	0:54:21	18:16 *	18:02 *	17:58	5:26 min/km
163	670	Andersen Jan	Bickenbacher Flitzer	0:54:27	1966 M45	32	0:55:22	18:48 *	17:29 *	18:09	5:27 min/km
164	58	Hansen Karsten	*köln	0:54:30	1975 M35	21	0:54:43	17:10 *	18:14 *	19:05	5:27 min/km
165	419	Wilden Willi	*Kerpen	0:54:35	1955 M55	4	0:55:09	18:32 *	17:44 *	18:19	5:28 min/km

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166	400	Geus Jörg	Bauhaus	0:54:41	1975 M35	22	0:55:01	19:04 * 17:47 * 17:50	5:28 min/km
167	706	Walther Jörg	Kanuklub Unna 1949 e.V.	0:54:45	1953 M55	5	0:55:41	20:00 * 17:37 * 17:07	5:29 min/km
167	707	Walther Andre	*Iserlohn	0:54:45	1980 M30	28	0:55:41	20:00 * 17:37 * 17:07	5:29 min/km
169	512	Dahmen Rene	*Köln	0:54:47	1971 M40	30	0:55:16	18:55 * 18:05 * 17:46	5:29 min/km
170	450	Perthen Tobias	*Köln	0:54:48	1963 M45	33	0:55:02	18:11 * 18:09 * 18:27	5:29 min/km
171	955	Steuer Bjoern	*Koeln	0:54:52	1974 M35	23	0:55:13	18:44 * 18:28 * 17:39	5:29 min/km
172	637	Edel Jan	*Köln	0:55:00	1983 MHK	17	0:55:44	19:26 * 18:14 * 17:19	5:30 min/km
173	638	Meyer-Glauner Fridtjof	*Köln	0:55:00	1983 MHK	18	0:55:44	19:27 * 18:14 * 17:19	5:30 min/km
174	405	Griypstra Andreas	Kreissparkasse Köln BSG	0:55:06	1972 M35	24	0:55:27	18:43 * 18:32 * 17:50	5:31 min/km
175	2	Geitner Tim	Dinger's Gartencenter	0:55:09	1975 M35	25	0:55:44	19:07 * 17:59 * 18:02	5:31 min/km
176	885	Miske Gerd	*Köln	0:55:11	1960 M50	20	0:55:43	19:17 * 18:22 * 17:31	5:31 min/km
177	474	Butsch Eugene	Eugen Butsch	0:55:11	1986 MHK	19	0:55:15	19:10 * 17:55 * 18:05	5:31 min/km
178	1008	Siekman Manuel	*Köln	0:55:12	1984 MHK	20	0:55:24	17:39 * 18:15 * 19:18	5:31 min/km
179	545	Reimer Jonas	Rhein Energie Koeln	0:55:16	1972 M35	26	0:56:29	19:04 * 18:08 * 18:03	5:32 min/km
180	297	Steinkrüger Christian	Bauhaus	0:55:18	1975 M35	27	0:55:37	18:13 * 18:28 * 18:36	5:32 min/km
181	364	Flury Volker	Globus Köln-Marsdorf	0:55:20	1969 M40	31	0:55:22	16:54 * 18:35 * 19:50	5:32 min/km
182	492	Höbelheinrich Jens	*Köln	0:55:21	1974 M35	28	0:56:32	18:52 * 18:12 * 18:16	5:32 min/km
183	314	Wurda Werner	SC Fortuna Köln	0:55:23	1960 M50	21	0:56:57	18:21 * 18:36 * 18:24	5:32 min/km
184	199	Witsch Jürgen	*Köln	0:55:24	1956 M55	6	0:55:51	18:12 * 18:27 * 18:43	5:32 min/km
185	669	Wolf Dietmar	Bickenbacher Flitzer	0:55:27	1961 M50	22	0:56:21	18:42 * 18:34 * 18:10	5:33 min/km
186	276	Kuttner Siegfried	*Köln	0:55:27	1959 M50	23	0:56:04	18:58 * 18:05 * 18:23	5:33 min/km
187	71	Becker Dieter	*Köln	0:55:29	1956 M55	7	0:56:21	18:59 * 18:32 * 17:58	5:33 min/km
188	841	Schafhausen Jörg	*Köln	0:55:33	1970 M40	32	0:56:29	18:23 * 18:16 * 18:52	5:33 min/km
189	860	Brenneisen Frank	Laufschabe & Friends	0:55:35	1978 M30	29	0:55:51	17:05 * 17:58 * 20:31	5:34 min/km
190	547	Jakobs Andreas	Katzenquäler	0:55:37	1961 M50	24	0:56:05	18:21 * 18:42 * 18:33	5:34 min/km
191	812	Bergerhausen Heinrich	*Köln	0:55:41	1965 M45	34	0:55:41	00:00 * 00:00 * 00:00	5:34 min/km
192	493	Thomas Marcel	*Köln	0:55:42	1993 MJA	2	0:55:44	18:32 * 19:50 * 17:19	5:34 min/km
193	522	Heinrichs Marco	Die müden Rentner	0:55:45	1968 M40	33	0:57:07	19:07 * 18:42 * 17:55	5:35 min/km
194	836	Flörke Wilko	*Köln	0:56:00	1977 M30	30	0:56:20	18:37 * 19:23 * 17:59	5:36 min/km
195	271	Balanze Frank	Team Erdinger Alkoholfrei	0:56:11	1966 M45	35	0:57:07	19:14 * 19:15 * 17:41	5:37 min/km
196	867	Altmann Stefan	*Köln	0:56:12	1974 M35	29	0:57:37	18:42 * 18:55 * 18:34	5:37 min/km
197	617	Opitz Dr. Hartmut	TSV Imsum	0:56:16	1954 M55	8	0:56:26	17:35 * 19:19 * 19:21	5:38 min/km
198	774	Reuter Tim	*Essen	0:56:23	1985 MHK	21	0:57:22	20:16 * 20:29 * 15:37	5:38 min/km
199	1013	Stock Willi	Erfrunners	0:56:27	1960 M50	25	0:57:49	19:09 * 18:44 * 18:33	5:39 min/km
200	291	Wauquier Marco	congstar	0:56:30	1973 M35	30	0:57:15	19:02 * 18:06 * 19:21	5:39 min/km
201	571	Kopp Alexander	*Köln	0:56:34	1974 M35	31	0:57:36	20:08 * 19:02 * 17:23	5:39 min/km
202	447	Römmeler Axel	TC Lese RW Köln	0:56:41	1961 M50	26	0:57:27	18:38 * 18:39 * 19:22	5:40 min/km
203	381	Mans Norbert	Spohoathletes	0:56:49	1961 M50	27	0:57:55	18:53 * 18:44 * 19:12	5:41 min/km
204	782	Mandelartz Jörg	Original Bootcamp	0:56:50	1968 M40	34	0:57:18	18:49 * 19:01 * 18:59	5:41 min/km
205	248	Ullrich Christian	LT Flinke Fööss	0:57:05	1979 M30	31	0:57:58	19:15 * 19:38 * 18:11	5:43 min/km
206	893	Zur Nieden Jürgen	*Wermelskirchen	0:57:13	1961 M50	28	0:57:55	19:27 * 18:53 * 18:52	5:43 min/km
207	679	Gohlke Benjamin	*Düsseldorf	0:57:13	1983 MHK	22	0:57:37	19:32 * 18:50 * 18:51	5:43 min/km
208	809	Halfenberg Thorsten	*bollendorf	0:57:24	1987 MHK	23	0:58:07	19:31 * 18:48 * 19:05	5:44 min/km
209	49	Tuchscherer Sven	*Köln	0:57:24	1976 M35	32	0:58:06	19:31 * 18:48 * 19:05	5:44 min/km
210	382	Bührmann Magnus	*Köln	0:57:25	1977 M30	32	0:58:50	19:35 * 18:44 * 19:05	5:45 min/km
211	625	Hölzer Armin	VfB Köln 05	0:57:25	1967 M40	35	0:58:11	21:06 * 19:29 * 16:49	5:45 min/km
212	923	Kniep Dirk	*Köln	0:57:25	1971 M40	36	0:58:07	19:32 * 18:48 * 19:05	5:45 min/km
213	1155	Valentin Bernd	*Köln	0:57:26	1977 M30	33	0:57:30	15:52 * 22:47 * 18:46	5:45 min/km
214	200	Stahlberg Frank	*Köln	0:57:34	1966 M45	36	0:58:08	19:41 * 19:04 * 18:48	5:45 min/km
215	1166	Höft Bernd	*Köln	0:57:45	1968 M40	37	0:58:45	19:40 * 19:14 * 18:50	5:47 min/km
216	367	Schlott Rüdiger	*Köln	0:57:47	1964 M45	37	0:58:45	19:43 * 19:13 * 18:50	5:47 min/km
217	431	Stommel Jochen	Bürgergarde Blau-Gold	0:57:47	1971 M40	38	0:58:45	19:43 * 19:13 * 18:49	5:47 min/km
218	182	Feick Jürgen	*Köln	0:57:51	1956 M55	9	0:58:47	19:14 * 19:48 * 18:49	5:47 min/km
219	840	Baltzer Frederik	M&M Management	0:57:53	1980 M30	34	0:58:32	19:05 * 19:15 * 19:32	5:47 min/km
220	94	Ostrowski Sascha	Juze Buir	0:57:55	1966 M45	38	0:58:08	19:03 * 19:03 * 19:48	5:48 min/km
221	128	Beys Andreas	*Köln	0:58:03	1971 M40	39	0:58:52	20:23 * 19:26 * 18:12	5:48 min/km

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222	630	Buron Philipp	*Köln	0:58:13	1980 M30	35	0:58:19	19:30 *	19:26 *	19:17	5:49 min/km
223	212	Schneider Heinz	*Köln	0:58:16	1963 M45	39	0:59:06	19:23 *	19:13 *	19:39	5:50 min/km
224	110	Bell Georg	*Niederkassel	0:58:17	1967 M40	40	0:59:22	18:41 *	19:32 *	20:03	5:50 min/km
225	668	Diehl Oscar	*Köln	0:58:20	1999 MSB	6	0:59:39	19:20 *	19:55 *	19:03	5:50 min/km
226	256	Haak Reiner	*Zülpich	0:58:27	1965 M45	40	0:59:20	18:44 *	19:29 *	20:12	5:51 min/km
227	613	Filz Jürgen	*Elsdorf	0:58:36	1964 M45	41	0:59:40	20:01 *	19:36 *	18:58	5:52 min/km
228	1	Dinger Christian	Dinger's Gartencenter	0:58:38	1966 M45	42	1:00:09	19:14 *	18:59 *	20:23	5:52 min/km
229	817	Riesen Oliver	*Gummersbach	0:58:42	1965 M45	43	0:59:46	21:35 *	19:49 *	17:18	5:52 min/km
230	779	Greaves-Guertin	ESA	0:58:43	1982 MHK	24	0:59:14	19:09 *	19:53 *	19:40	5:52 min/km
231	393	Lauer Martin	*Pulheim	0:58:48	1988 MHK	25	1:00:13	20:28 *	19:50 *	18:29	5:53 min/km
232	689	Weber Dirk	*Siegburg	0:58:49	1978 M30	36	1:00:19	20:46 *	19:26 *	18:36	5:53 min/km
233	481	Wetzel Andreas	*Köln	0:58:57	1955 M55	10	0:59:54	20:00 *	19:16 *	19:40	5:54 min/km
234	667	Poole Jeremy	*Köln	0:58:59	1963 M45	44	1:00:18	19:20 *	19:55 *	19:43	5:54 min/km
235	849	Heilig Marc	conscience	0:59:02	1968 M40	41	1:01:16	20:23 *	18:26 *	20:12	5:54 min/km
236	973	Hombrecher Nils	*Köln	0:59:05	1983 MHK	26	0:59:54	20:11 *	20:02 *	18:51	5:55 min/km
237	164	Burfeid Thomas	ASV Köln	0:59:06	1964 M45	45	0:59:38	19:55 *	19:41 *	19:29	5:55 min/km
238	1012	Dichtl Josef	Erftrunners	0:59:07	1972 M35	33	1:00:29	19:10 *	19:14 *	20:42	5:55 min/km
239	874	Frysch Martin		0:59:17	1959 M50	29	1:00:17	19:42 *	19:45 *	19:49	5:56 min/km
240	953	Maihöfer Reinhard	*Köln	0:59:22	1952 M55	11	0:59:50	19:18 *	19:58 *	20:05	5:56 min/km
241	296	Detmer Hanspeter	Altstädter Köln 1922 e.V.	0:59:22	1946 M65	2	1:00:20	19:44 *	19:48 *	19:49	5:56 min/km
242	811	Soravia Gianni	*köln	0:59:23	2000 MSC	1	0:59:38	19:38 *	20:09 *	19:35	5:56 min/km
243	810	Soravia Dr. Dario	*Köln	0:59:23	1959 M50	30	0:59:38	19:38 *	20:09 *	19:35	5:56 min/km
244	683	Bolkart Stephan	*Köln	0:59:28	1975 M35	34	1:00:52	20:24 *	19:36 *	19:27	5:57 min/km
245	814	Edelmann Klaus	*Köln	0:59:43	1967 M40	42	1:00:37	19:32 *	19:47 *	20:23	5:58 min/km
246	789	Geus Wolfgang	*Bergisch Gladbach	0:59:48	1942 M65	3	1:00:07	19:05 *	19:38 *	21:05	5:59 min/km
247	793	Stiehls Florian	*Dormagen	0:59:50	1997 MSA	2	1:00:50	20:04 *	20:01 *	19:44	5:59 min/km
248	794	Heilmann Mario	*Dormagen	0:59:52	1998 MSB	7	1:00:52	20:04 *	20:02 *	19:45	5:59 min/km
248	797	Henseler Florian	*Dormagen	0:59:52	1996 MSA	3	1:00:52	20:03 *	20:01 *	19:47	5:59 min/km
250	799	Kebbe Guido	*Dormagen	0:59:52	1969 M40	43	1:00:52	20:05 *	20:01 *	19:45	5:59 min/km
251	1160	Linden Frank	*Niederkassel	0:59:52	1965 M45	46	0:59:55	19:55 *	20:24 *	19:33	5:59 min/km
252	773	Ewertz Till	Kölsche Grashopper	1:00:00	1969 M40	44	1:01:29	21:51 *	20:39 *	17:29	6:00 min/km
253	305	Kreuer Andreas	*Elsdorf	1:00:23	1974 M35	35	1:02:07	21:01 *	19:54 *	19:28	6:02 min/km
254	587	Hamm Peter	*Köln	1:00:26	1965 M45	47	1:00:48	19:09 *	20:32 *	20:44	6:03 min/km
255	1024	Stachelhaus Carsten	*Köln	1:00:49	1969 M40	45	1:02:04	20:34 *	19:38 *	20:36	6:05 min/km
256	1381	Schneider Helmut	Kölner-Narren Zunft	1:01:01	1966 M45	48	1:01:07	18:53 *	20:10 *	21:57	6:06 min/km
257	918	Slickers Werner	runningGAGS&friends	1:01:12	1970 M40	46	1:01:37	19:41 *	20:27 *	21:03	6:07 min/km
258	1377	Forg Kai	*Hürth	1:01:15	1977 M30	37	1:01:17	19:45 *	21:23 *	20:05	6:08 min/km
259	490	Pauly Andreas	*Köln	1:01:15	1974 M35	36	1:01:43	19:56 *	20:52 *	20:27	6:08 min/km
260	697	Brinkmann Thomas	*Alsbach	1:01:24	1966 M45	49	1:02:38	20:21 *	20:37 *	20:25	6:08 min/km
261	632	VALENTE SEBASTIAN	*köln	1:01:24	1985 MHK	27	1:01:54	20:31 *	20:12 *	20:40	6:08 min/km
262	692	Desombre Gottfried	*Köln	1:01:26	1940 M70	1	1:01:47	20:16 *	21:21 *	19:48	6:09 min/km
263	328	Kaminski Hans	*Pulheim	1:01:29	1975 M35	37	1:01:45	18:53 *	21:20 *	21:14	6:09 min/km
264	954	Marx Helmut	*Köln	1:01:29	1941 M70	2	1:01:34	19:32 *	20:39 *	21:17	6:09 min/km
265	776	Petri Stephan	congstar	1:01:33	1982 MHK	28	1:02:17	20:47 *	20:21 *	20:23	6:09 min/km
266	1031	Somborn Oliver	*Hagen	1:01:34	0 M	0	1:01:44	19:18 *	20:44 *	21:31	6:09 min/km
267	1383	Klapper Rainer	*Bergheim	1:01:35	1956 M55	12	1:01:50	19:51 *	20:27 *	21:16	6:10 min/km
268	673	Stimke Johann	Bickenbacher Flitzer	1:02:02	1956 M55	13	1:02:58	18:48 *	21:39 *	21:34	6:12 min/km
269	167	Dündar Can	42tausend	1:02:12	1972 M35	38	1:02:45	19:47 *	20:51 *	21:32	6:13 min/km
270	264	Meyer Peter	HappyRunnings	1:02:13	1973 M35	39	1:02:53	21:15 *	21:05 *	19:52	6:13 min/km
271	186	Baginski Wolfgang	*Köln	1:02:19	1954 M55	14	1:03:22	21:26 *	20:36 *	20:16	6:14 min/km
272	117	Mose Rüdiger	LC Weilerswist	1:02:20	1960 M50	31	1:03:00	20:21 *	20:41 *	21:17	6:14 min/km
273	16	Klinger Sascha	*Köln	1:02:34	1971 M40	47	1:03:58	21:24 *	20:48 *	20:20	6:15 min/km
274	788	Wilkening Rubik	*Köln	1:02:49	1975 M35	40	1:03:09	19:04 *	20:37 *	23:08	6:17 min/km
275	691	Pack Michael	BETU	1:02:54	1973 M35	41	1:04:05	18:52 *	20:49 *	23:12	6:17 min/km
276	470	Vogedes Thorsten	Running for London	1:03:20	1972 M35	42	1:03:53	22:01 *	21:28 *	19:50	6:20 min/km
277	1010	Normann Ulrich	*Köln	1:03:24	1965 M45	50	1:04:11	22:25 *	20:48 *	20:10	6:20 min/km

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278	529	Blum Thomas	42tausend/NAO PT	1:03:36	1982	MHK	29	1:04:14	20:30 *	21:21 *	21:45	6:22 min/km
279	937	Belo Noel	*Köln	1:03:39	1978	M30	38	1:04:02	20:25 *	21:35 *	21:38	6:22 min/km
280	696	Müller-Dumont Christoph	*Köln	1:03:51	1958	M50	32	1:05:05	21:17 *	21:14 *	21:20	6:23 min/km
281	454	Bringmann Juergen	*Köln	1:04:11	1951	M60	5	1:05:44	21:54 *	21:37 *	20:39	6:25 min/km
282	767	Barkhoff Nils	Original Bootcamp	1:04:39	1982	MHK	30	1:05:10	20:11 *	21:31 *	22:55	6:28 min/km
283	18	Möller Joachim	TuS Badbergen	1:04:56	1955	M55	15	1:06:23	21:07 *	21:34 *	22:14	6:30 min/km
284	542	Bongartz Marius	*Köln	1:05:14	1975	M35	43	1:05:37	21:19 *	21:36 *	22:19	6:31 min/km
285	88	Kloda Martin Matthias	*Köln	1:05:18	1962	M45	51	1:05:32	21:35 *	21:43 *	21:58	6:32 min/km
285	213	Reimann Frank	*Köln	1:05:18	1962	M45	51	1:06:10	21:13 *	21:45 *	22:19	6:32 min/km
287	375	Drouvé Frank	*Köln	1:05:49	1965	M45	53	1:07:02	22:05 *	21:50 *	21:54	6:35 min/km
288	461	Schöffmann Dieter	*Köln	1:06:39	1953	M55	16	1:06:40	20:58 *	22:59 *	22:42	6:40 min/km
289	259	Halas Ingo	Die Vambiere	1:06:50	1976	M35	44	1:08:13	21:55 *	22:25 *	22:29	6:41 min/km
290	383	Behrendt Andreas	Zollstocker Blitze	1:07:47	1972	M35	45	1:08:29	20:26 *	22:50 *	24:30	6:47 min/km
291	716	Paessler Paul	*Köln	1:07:49	2001	MSC	2	1:09:06	22:57 *	23:56 *	20:55	6:47 min/km
292	1163	Berger Norbert	*Frechen	1:08:17	1962	M45	54	1:09:19	22:19 *	22:25 *	23:31	6:50 min/km
293	103	Heinrichs Jan	*Köln	1:08:29	1983	MHK	31	1:09:56	22:11 *	22:46 *	23:31	6:51 min/km
294	602	Kremer Robert	BIG-FSS e.V.	1:08:56	1964	M45	55	1:09:13	24:25 *	22:04 *	22:26	6:54 min/km
295	550	Krüger Arnim	Katzenquäler	1:09:14	1967	M40	48	1:09:43	21:28 *	23:18 *	24:27	6:55 min/km
296	106	Böhling Ralf	*Köln	1:09:15	1966	M45	56	1:10:18	22:10 *	23:00 *	24:04	6:56 min/km
297	964	Große Entrup Norbert	run4fun	1:10:20	1968	M40	49	1:11:48	23:54 *	23:16 *	23:08	7:02 min/km
298	963	Drögsler Daniel	run4fun	1:10:20	1964	M45	57	1:11:48	23:54 *	23:15 *	23:09	7:02 min/km
299	606	Haag Gerhardt	*Köln	1:10:53	1950	M60	6	1:11:54	23:43 *	23:58 *	23:11	7:05 min/km
300	122	Ouali Mounir	*Köln	1:16:00	1964	M45	58	1:17:23	24:03 *	25:09 *	26:47	7:36 min/km
301	105	Antes Marko	Koeln Triathlon	1:19:28	1972	M35	46	1:20:55	27:40 *	25:20 *	26:27	7:57 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	281	Kopatschek Anne	42tausend	0:40:29	1975 W35	1	0:40:31	13:27 * 13:38 * 13:23	4:03 min/km
2	584	Wenke Sonja	*Köln	0:42:41	1990 WHK	1	0:42:52	14:29 * 14:09 * 14:03	4:16 min/km
3	944	Grave Agnes	GS1 Germany GmbH	0:47:18	1975 W35	2	0:47:20	15:40 * 15:57 * 15:40	4:44 min/km
4	315	Gschwandtner Isabella	ISI-RUNNERS	0:47:25	1978 W30	1	0:47:29	15:42 * 15:54 * 15:48	4:45 min/km
5	863	Baten Nina	*Düsseldorf	0:47:49	1980 W30	2	0:48:24	15:45 * 15:58 * 16:06	4:47 min/km
6	376	Schäfer Daniela	*Köln	0:47:51	1977 W30	3	0:47:55	16:02 * 15:46 * 16:02	4:47 min/km
7	377	Hoffmann Katharina	*Köln	0:48:25	1981 W30	4	0:48:30	16:04 * 16:12 * 16:08	4:51 min/km
8	207	Hahn Marion	*Kerpen	0:48:26	1969 W40	1	0:48:37	15:35 * 16:08 * 16:42	4:51 min/km
9	518	Speckmann Lena	MTV Aurich	0:49:06	1989 WHK	2	0:49:14	16:10 * 16:22 * 16:33	4:55 min/km
10	209	Weidner Uta	*Köln	0:49:11	1971 W40	2	0:49:20	16:01 * 16:29 * 16:40	4:55 min/km
11	198	Schmidt Martina	*Köln	0:49:18	1963 W45	1	0:50:07	16:16 * 16:27 * 16:34	4:56 min/km
12	1050	Lindsay Marie	*Köln	0:49:49	1989 WHK	3	0:50:01	16:34 * 16:43 * 16:31	4:59 min/km
13	924	Servos Ulrike	LAV Habbelrath-Grefrath	0:49:54	1994 WJB	1	0:49:59	17:04 * 16:42 * 16:07	4:59 min/km
14	17	Bauer Nadine	*Hürth	0:50:29	1975 W35	3	0:50:36	16:06 * 16:53 * 17:29	5:03 min/km
15	155	Vahlkamp Ulrike	*Zülpich	0:50:39	1968 W40	3	0:51:08	16:19 * 17:02 * 17:18	5:04 min/km
16	44	Henges Antje	*Pulheim	0:50:47	1961 W50	1	0:51:11	17:20 * 16:38 * 16:49	5:05 min/km
17	26	Miebach Alexandra	*Köln	0:51:16	1980 W30	5	0:51:54	16:56 * 16:33 * 17:46	5:08 min/km
18	515	Schönborn Claudia	*kerpen -Horrem	0:51:33	1969 W40	4	0:52:21	17:04 * 17:01 * 17:28	5:09 min/km
19	589	Struyck Sarah	*Köln	0:51:38	1982 WHK	4	0:52:05	18:03 * 16:57 * 16:37	5:10 min/km
20	226	Kopp Isabella	Running Chickens	0:51:43	1965 W45	2	0:52:58	18:17 * 16:12 * 17:12	5:10 min/km
21	646	Heinke Suzanne	*Köln	0:51:47	1978 W30	6	0:52:03	17:05 * 17:06 * 17:35	5:11 min/km
22	957	Stiel Kirsten	Komet Steckenborn	0:51:47	1970 W40	5	0:51:50	16:59 * 17:24 * 17:24	5:11 min/km
23	958	Jung Gitta	*Simmerath	0:51:48	1971 W40	6	0:51:50	16:59 * 17:23 * 17:25	5:11 min/km
24	240	Lutter Jasmin Maria	*Köln	0:51:53	1982 WHK	5	0:52:58	17:09 * 17:23 * 17:20	5:11 min/km
25	159	Liebert Antje	germanwings running	0:52:04	1980 W30	7	0:52:13	17:38 * 17:15 * 17:10	5:12 min/km
26	391	Langenbach Tasje	TriCologne	0:52:05	1977 W30	8	0:52:31	17:00 * 17:25 * 17:39	5:13 min/km
27	361	Retzlaff Liane	*Köln	0:52:07	1957 W50	2	0:52:13	17:31 * 17:17 * 17:17	5:13 min/km
28	452	Reichert Daniela	TSV Glessen	0:52:07	1973 W35	4	0:52:16	17:16 * 17:28 * 17:23	5:13 min/km
29	455	Krist Tanja	TSV Glessen	0:52:08	1969 W40	7	0:52:16	17:16 * 17:28 * 17:23	5:13 min/km
30	265	Albrecht Julia	SG Heidelberg-Kirchheim	0:52:13	1990 WHK	6	0:53:02	16:44 * 18:06 * 17:22	5:13 min/km
31	407	Möller Geli	Erfrunners	0:52:14	1964 W45	3	0:53:35	17:40 * 17:22 * 17:11	5:13 min/km
32	228	Mansius Christine	Running Chickens	0:52:14	1965 W45	4	0:53:29	18:19 * 16:36 * 17:18	5:13 min/km
33	727	Heiders Ruth	*mechemich	0:52:15	1972 W35	5	0:52:27	17:33 * 17:29 * 17:12	5:14 min/km
34	744	Bahrenberg Barbara	Schweinehund a.D.	0:52:22	1963 W45	5	0:53:07	17:10 * 17:39 * 17:33	5:14 min/km
35	526	Busch Sabine	*Köln	0:52:28	1968 W40	8	0:53:30	17:16 * 17:20 * 17:50	5:15 min/km
36	440	Marburger Sabrina	*Köln	0:52:28	1981 W30	9	0:52:39	17:41 * 17:54 * 16:52	5:15 min/km
37	686	Hecht Ines	*Köln	0:52:30	1989 WHK	7	0:52:34	16:10 * 17:45 * 18:35	5:15 min/km
38	868	Hemker Viktoria	*Köln-Weiden	0:52:41	1990 WHK	8	0:52:48	19:14 * 00:00 * 00:00	5:16 min/km
39	372	Beul Evelyn	*Köln	0:52:52	1977 W30	10	0:52:57	17:01 * 17:39 * 18:11	5:17 min/km
40	616	Kawaters Sandra	*Köln	0:52:52	1972 W35	6	0:53:03	17:44 * 17:29 * 17:39	5:17 min/km
41	273	Langner Susann	*Schmallenberg	0:53:06	1969 W40	9	0:53:26	17:31 * 17:31 * 18:03	5:19 min/km
42	9	Scheifgen Alexandra	*Köln	0:53:21	1975 W35	7	0:54:05	17:33 * 17:52 * 17:56	5:20 min/km
43	65	Lappé Caroline	*Erfstadt	0:53:23	1978 W30	11	0:53:51	18:09 * 17:34 * 17:39	5:20 min/km
44	170	Rosen Sabine	42tausend	0:53:25	1977 W30	12	0:53:59	16:17 * 17:52 * 19:15	5:21 min/km
45	803	Zaufall Monika	*Köln	0:53:42	1991 WHK	9	0:54:56	17:29 * 17:49 * 18:23	5:22 min/km
46	98	Barwinski Irina	Hottentotten	0:53:52	1972 W35	8	0:55:16	17:50 * 17:50 * 18:10	5:23 min/km
47	1153	Feldhaus Doris	*Köln	0:53:58	1948 W60	1	0:54:16	17:42 * 17:58 * 18:17	5:24 min/km
48	825	Bahr Nina	*Köln	0:54:06	1986 WHK	10	0:54:18	17:37 * 18:14 * 18:14	5:25 min/km
49	59	Sicking Sarah	*Bergheim	0:54:09	1979 W30	13	0:55:02	18:40 * 17:42 * 17:46	5:25 min/km
50	320	Pereira Teixeira Irene	FC Deutsche Post NL	0:54:10	1962 W45	6	0:55:39	19:09 * 17:35 * 17:26	5:25 min/km
51	57	Pauly Dr. Anne	*Köln	0:54:33	1976 W35	9	0:55:01	18:02 * 18:28 * 18:02	5:27 min/km
52	215	Göbbels Angelika	*Kerpen	0:54:33	1963 W45	7	0:54:44	17:36 * 18:12 * 18:45	5:27 min/km
53	288	Schmelzer Dörte	*Zinnowitz	0:54:38	1969 W40	10	0:55:00	17:29 * 18:12 * 18:55	5:28 min/km

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54	753	Neumeyer Dietlind	*Köln	0:54:38	1974 W35	10	0:55:29	17:50 *	18:12 *	18:35	5:28 min/km
55	746	Leikert Karin	Schweinehund a.D.	0:54:39	1963 W45	8	0:55:21	17:49 *	18:17 *	18:32	5:28 min/km
56	260	Zens Claudia	*mechernich	0:54:45	1977 W30	14	0:54:57	16:53 *	18:57 *	18:54	5:29 min/km
57	1165	Husmann Sylvia	*Köln	0:54:56	1978 W30	15	0:55:05	17:38 *	18:21 *	18:56	5:30 min/km
58	1164	Giers Sandra	KHTC Blau Weiß Köln	0:54:56	1971 W40	11	0:55:05	17:39 *	18:21 *	18:56	5:30 min/km
59	1016	Porzler-Adams Christine	*Köln	0:54:57	1961 W50	3	0:56:12	19:18 *	18:02 *	17:35	5:30 min/km
60	309	Bongartz Anna Regine	*Köln	0:54:59	1968 W40	12	0:55:08	17:58 *	18:23 *	18:36	5:30 min/km
61	865	Christensen Frauke	*Köln	0:55:00	1970 W40	13	0:55:45	19:00 *	17:57 *	18:03	5:30 min/km
62	612	Martin Anika	*Köln	0:55:03	1984 WHK	11	0:55:40	18:23 *	18:22 *	18:17	5:30 min/km
63	250	Klostermann Ulrike	*Köln	0:55:11	1962 W45	9	0:55:43	19:17 *	18:22 *	17:31	5:31 min/km
64	831	Krause Carina	*Köln	0:55:18	0 WHK	12	0:56:30	19:02 *	18:08 *	18:07	5:32 min/km
65	791	Beijer Asa	*Köln	0:55:18	1982 WHK	13	0:55:39	17:50 *	18:37 *	18:50	5:32 min/km
66	356	Söntgerath Birgit	ISI-RUNNERS	0:55:19	1972 W35	11	0:56:02	18:45 *	18:10 *	18:23	5:32 min/km
67	280	Münzel Andrea	*Köln	0:55:27	1967 W40	14	0:56:28	18:31 *	18:12 *	18:42	5:33 min/km
68	84	Scholz Barbara	Heiligenhauser Lunge von	0:55:29	1971 W40	15	0:55:42	18:07 *	18:26 *	18:55	5:33 min/km
69	531	Stolpe Mareile	*Köln	0:55:29	1972 W35	12	0:55:42	18:07 *	18:27 *	18:55	5:33 min/km
70	750	Hauke Angelika	*Köln	0:55:31	1978 W30	16	0:55:49	17:51 *	18:37 *	19:02	5:33 min/km
71	1021	Müller Jana	SG Heidelberg-Kirchheim	0:55:35	1991 WHK	14	0:56:24	19:09 *	18:44 *	17:41	5:34 min/km
72	89	Kloda Vera	*Köln	0:55:50	1962 W45	10	0:56:04	18:53 *	18:53 *	18:03	5:35 min/km
73	864	Braun Nadine	*Köln	0:55:51	1980 W30	17	0:56:04	18:55 *	18:29 *	18:26	5:35 min/km
74	766	Herrmannsdoerfer Saskia	Original Bootcamp	0:55:55	1982 WHK	15	0:56:26	19:54 *	19:23 *	16:38	5:36 min/km
75	254	Huppelsberg Dorthe	*Köln	0:55:57	1984 WHK	16	0:57:07	19:22 *	18:21 *	18:12	5:36 min/km
76	598	Leipert Sabine	*Köln	0:56:06	1973 W35	13	0:56:24	18:46 *	18:38 *	18:41	5:37 min/km
77	10	Wasserhess Barbara	Essener	0:56:11	1970 W40	16	0:56:50	18:59 *	18:32 *	18:39	5:37 min/km
78	970	Nettersheim Rosa	*KÖLN	0:56:18	1951 W60	2	0:56:28	18:09 *	18:41 *	19:27	5:38 min/km
79	896	Mans Carolin	Spohoathletes	0:56:21	1990 WHK	17	0:57:27	18:53 *	18:43 *	18:44	5:38 min/km
80	353	Burghardt Lena	*Werne	0:56:32	1994 WJB	2	0:56:40	18:06 *	18:30 *	19:54	5:39 min/km
81	830	Geer Anja	*Düsseldorf	0:56:43	1966 W45	11	0:57:55	19:06 *	18:46 *	18:50	5:40 min/km
82	690	Seefeldt Antje	*Köln	0:56:58	1983 WHK	18	0:57:16	19:24 *	18:57 *	18:36	5:42 min/km
83	12	Wegener Sabine	LG Donatus Erftstadt	0:57:03	1969 W40	17	0:57:18	18:21 *	19:20 *	19:21	5:42 min/km
84	284	Nussmann Michaela	*Köln	0:57:05	1964 W45	12	0:57:14	18:25 *	19:11 *	19:28	5:43 min/km
85	790	Blömacher Margit	*Köln	0:57:08	1981 W30	18	0:57:28	18:54 *	19:07 *	19:06	5:43 min/km
86	232	Klumpp Katharina Anna	*Köln	0:57:13	1984 WHK	19	0:57:31	19:23 *	18:58 *	18:51	5:43 min/km
87	36	Fischer Christine	Team Erdinger Alkoholfrei	0:57:22	1971 W40	18	0:58:17	19:15 *	19:15 *	18:51	5:44 min/km
88	331	Weise Silke	*Köln	0:57:24	1969 W40	19	0:57:41	19:02 *	19:27 *	18:53	5:44 min/km
89	510	Ebeler Annette	*Elsdorf	0:57:26	1967 W40	20	0:58:47	19:09 *	18:57 *	19:20	5:45 min/km
90	206	Höhner Elena	*Köln	0:57:36	1961 W50	4	0:57:54	19:02 *	19:29 *	19:03	5:46 min/km
91	981	Liebscher Jule	TC Lese RW Köln	0:57:39	2001 WSC	1	0:57:55	19:50 *	19:21 *	18:26	5:46 min/km
92	42	Kierspel Renate	*Koeln	0:57:40	1966 W45	13	0:58:25	19:47 *	19:12 *	18:40	5:46 min/km
93	298	Ehrhardt Andrea	*Köln	0:57:47	1981 W30	19	0:58:45	19:44 *	19:13 *	18:49	5:47 min/km
94	657	Schlag Melanie	Die 4 Frühlingstrampler	0:57:47	1983 WHK	20	0:58:55	19:28 *	19:00 *	19:19	5:47 min/km
95	130	Becker Jennifer	Die drei	0:57:53	1982 WHK	21	0:59:19	20:09 *	19:11 *	18:33	5:47 min/km
96	577	Rietschle Ruth	Die drei	0:57:54	1987 WHK	22	0:59:20	20:09 *	19:11 *	18:33	5:47 min/km
97	576	Georgiev Alexandra	Die drei	0:57:54	1987 WHK	23	0:59:19	20:09 *	19:12 *	18:32	5:47 min/km
98	846	Scharfenberg Vera	M&M Management	0:57:54	1978 W30	20	0:58:32	19:06 *	19:15 *	19:32	5:47 min/km
99	575	Beys-Döhring Nadine	*Köln	0:58:03	1976 W35	14	0:58:52	20:23 *	19:27 *	18:12	5:48 min/km
100	287	Bräutigam Nicole	MAS	0:58:05	1979 W30	21	0:58:48	19:27 *	19:16 *	19:21	5:49 min/km
101	139	Brunsmann Ramona	*Hürth	0:58:10	1974 W35	15	0:58:29	18:24 *	19:38 *	20:07	5:49 min/km
102	675	Bühler Annemarie	TriathlonSteckelCologne	0:58:10	1982 WHK	24	0:58:29	19:23 *	18:59 *	19:48	5:49 min/km
103	631	Schipper Anika	*Köln	0:58:13	1985 WHK	25	0:58:19	19:29 *	19:26 *	19:16	5:49 min/km
104	243	Wolf Petra	MediVital	0:58:13	1965 W45	14	0:58:54	19:15 *	18:58 *	19:59	5:49 min/km
105	897	Van Kerkom Dr. Kerstin	Original Bootcamp	0:58:15	1964 W45	15	0:58:46	19:27 *	19:27 *	19:20	5:50 min/km
106	70	Weber Ulrike	*Pulheim	0:58:16	1965 W45	16	0:59:12	19:24 *	19:20 *	19:31	5:50 min/km
107	301	Kroggel Nicole	FC Deutsche Post NL	0:58:17	1966 W45	17	0:59:46	19:45 *	21:18 *	17:13	5:50 min/km
108	829	Jokic Rose	*Köln	0:58:17	1978 W30	22	0:59:46	19:45 *	21:18 *	17:13	5:50 min/km
109	890	Schanbacher Andrea	Verband	0:58:20	1983 WHK	26	0:59:01	19:44 *	19:39 *	18:56	5:50 min/km

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110	370	Walker Karin	Verband	0:58:21	1975 W35	16	0:59:01	19:44 *	19:39 *	18:56	5:50 min/km
111	335	Krick Silke	Die Renttiere	0:58:24	1977 W30	23	0:58:36	19:22 *	19:39 *	19:22	5:50 min/km
112	508	Schäfer Prof. Dr.	Die Renttiere	0:58:25	1970 W40	21	0:58:36	19:23 *	19:39 *	19:22	5:51 min/km
113	1382	Cataro Rosa Luciana	*Frechen	0:58:31	1969 W40	22	0:59:57	20:36 *	19:10 *	18:44	5:51 min/km
114	485	Dietzsch Anke	*Bonn	0:58:35	1981 W30	24	0:59:32	18:59 *	19:25 *	20:10	5:52 min/km
115	15	Berg Kerstin	*Köln	0:58:36	1968 W40	23	0:59:06	19:44 *	19:13 *	19:39	5:52 min/km
116	464	Lühr Chrsitina	*Köln	0:58:37	1980 W30	25	0:59:16	21:18 *	20:02 *	17:16	5:52 min/km
117	927	Wahlers Katharina	*Pulheim	0:58:48	1989 WHK	27	1:00:13	20:27 *	19:51 *	18:29	5:53 min/km
118	224	Winterling Gaby	TSV Bayer 04 Leverkusen	0:58:48	1970 W40	24	1:00:19	20:47 *	19:25 *	18:35	5:53 min/km
119	743	Clever Waltraud	Schweinehund a.D.	0:58:49	1965 W45	18	0:59:35	20:31 *	19:28 *	18:49	5:53 min/km
120	41	Seifriz Britta	*Frechen	0:58:49	1972 W35	17	0:59:56	19:20 *	19:54 *	19:34	5:53 min/km
121	548	Schmittner Melanie	Katzenquäler	0:58:59	1988 WHK	28	0:59:28	20:03 *	20:05 *	18:50	5:54 min/km
122	1019	Tomson Susanne	*Köln	0:59:01	1975 W35	18	0:59:51	20:00 *	19:40 *	19:20	5:54 min/km
123	685	Bolkart Sonja	*Köln	0:59:05	1979 W30	26	1:00:28	20:24 *	19:37 *	19:04	5:55 min/km
124	972	Ksiazek Karoline	*Köln	0:59:06	1983 WHK	29	0:59:54	20:11 *	20:02 *	18:52	5:55 min/km
125	806	Breuer Sabine	*Köln	0:59:10	1965 W45	19	0:59:37	19:25 *	19:38 *	20:06	5:55 min/km
126	600	Grußendorf Heike	*Reichshof	0:59:11	1953 W55	1	0:59:36	20:04 *	19:43 *	19:24	5:55 min/km
127	645	Schmitz Baerbel	*Koeln	0:59:12	1974 W35	19	1:00:32	20:18 *	19:32 *	19:21	5:55 min/km
128	866	Mostert Catharina	*Köln	0:59:15	1972 W35	20	0:59:59	19:15 *	19:09 *	20:49	5:56 min/km
129	460	Klein Gabi	*Köln	0:59:15	1967 W40	25	0:59:56	19:59 *	19:45 *	19:30	5:56 min/km
130	202	Knebel Kari	mas	0:59:16	1973 W35	21	1:00:36	20:18 *	19:32 *	19:25	5:56 min/km
131	507	Erler Prof. Dr. Melanie	Die Renttiere	0:59:23	1976 W35	22	0:59:34	19:49 *	20:21 *	19:12	5:56 min/km
132	537	Schumacher Elke	*Köln	0:59:24	1965 W45	20	1:00:43	18:57 *	19:51 *	20:35	5:56 min/km
133	40	Ermer Diana	Lauftreff Diana	0:59:36	1977 W30	27	0:59:46	19:28 *	19:58 *	20:09	5:58 min/km
134	235	Andree Maria	*Köln	0:59:41	1984 WHK	30	1:00:35	19:32 *	19:48 *	20:21	5:58 min/km
135	479	Rommel Claudia	*Köln	0:59:43	1986 WHK	31	1:00:11	20:09 *	20:04 *	19:29	5:58 min/km
136	618	Schilling Jana	*Köln	0:59:46	1997 WSA	1	1:00:51	20:46 *	19:50 *	19:09	5:59 min/km
137	350	Breer Sandra	Laufschabe & Friends	0:59:51	1976 W35	23	1:00:07	19:29 *	19:54 *	20:27	5:59 min/km
138	619	Schilling Julia	*Köln	1:00:06	1995 WJB	3	1:01:12	20:46 *	19:49 *	19:29	6:01 min/km
139	509	Hehl Susanne	Die Renttiere	1:00:10	1973 W35	24	1:00:22	19:48 *	20:21 *	20:00	6:01 min/km
140	239	Ellerbrock Antje	Köln-Fitness Group	1:00:11	1980 W30	28	1:00:42	20:20 *	19:48 *	20:03	6:01 min/km
141	83	Frühauf Maren	*Köln	1:00:18	1978 W30	29	1:00:57	21:18 *	20:02 *	18:57	6:02 min/km
142	258	Hemmer Inge	42tausend	1:00:23	1979 W30	30	1:00:57	20:04 *	20:29 *	19:50	6:02 min/km
143	741	Meyer Gudrun	Schweinehund a.D.	1:00:25	1967 W40	26	1:01:12	20:31 *	19:35 *	20:18	6:03 min/km
144	586	Schneider Britta	*Köln	1:00:26	1971 W40	27	1:00:48	19:09 *	20:32 *	20:44	6:03 min/km
145	742	Peinze Petra	Schweinehund a.D.	1:00:27	1967 W40	28	1:01:12	20:04 *	20:09 *	20:13	6:03 min/km
146	417	Mühlichen Margit	Tri-Power Rhein Sieg	1:00:31	1960 W50	5	1:01:35	20:10 *	19:51 *	20:28	6:03 min/km
147	559	Salentin Miri	*Köln	1:00:38	1977 W30	31	1:01:01	19:54 *	20:27 *	20:16	6:04 min/km
148	533	Ferber Jeanette	*Köln	1:00:49	1982 WHK	32	1:01:28	20:20 *	20:08 *	20:19	6:05 min/km
149	826	Meyer Manuela	*Köln	1:01:00	1982 WHK	33	1:01:28	20:32 *	20:12 *	20:15	6:06 min/km
150	311	Prämaßing Silke	*Frechen	1:01:05	1975 W35	25	1:01:26	19:44 *	21:23 *	19:58	6:07 min/km
151	190	Pöll Gisela	*Köln	1:01:07	1946 W65	1	1:01:51	19:53 *	20:23 *	20:50	6:07 min/km
152	109	Falkenberg Susanne	*Frechen	1:01:07	1966 W45	21	1:02:12	19:28 *	20:38 *	21:00	6:07 min/km
153	729	Elster Theresia	*Köln	1:01:09	1986 WHK	34	1:02:07	20:17 *	20:48 *	20:03	6:07 min/km
154	480	Peters Isabel	*Köln	1:01:23	1983 WHK	35	1:02:21	20:17 *	20:49 *	20:16	6:08 min/km
155	578	Klöck Dr. Daniela	*Köln	1:01:24	1963 W45	22	1:02:17	20:37 *	20:30 *	20:16	6:08 min/km
156	569	Fervers Stephanie	*langenfeld	1:01:24	1966 W45	23	1:02:17	20:37 *	20:30 *	20:16	6:08 min/km
157	842	Vogelheim Dr. Silke	*Köln	1:01:29	1969 W40	29	1:01:34	19:46 *	20:40 *	21:02	6:09 min/km
158	802	Müller Kerstin	*Köln	1:01:29	1982 WHK	36	1:01:44	19:21 *	20:35 *	21:32	6:09 min/km
159	572	Kopp Alexandra	*Köln	1:01:41	1969 W40	30	1:02:43	20:08 *	20:37 *	20:55	6:10 min/km
160	448	Römmeler Elke	TC Lese RW Köln	1:01:48	1966 W45	24	1:02:34	19:38 *	20:45 *	21:24	6:11 min/km
161	834	Huelbach Alexandra	*Köln	1:01:50	1969 W40	31	1:02:15	20:09 *	19:58 *	21:42	6:11 min/km
162	835	Winter Dr. Marion	*Köln	1:01:50	1967 W40	32	1:02:15	20:09 *	19:58 *	21:42	6:11 min/km
163	425	Santamaria Jana	42tausend	1:01:51	1979 W30	32	1:02:25	20:04 *	20:27 *	21:19	6:11 min/km
164	800	Burkert Susanne	*Dormagen	1:01:56	1981 W30	33	1:02:57	20:04 *	20:01 *	21:50	6:12 min/km
165	387	Seibert Anette	*Köln	1:02:00	1965 W45	25	1:02:49	20:10 *	20:46 *	21:03	6:12 min/km

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166	562	Mose Lisa-Marie	*Weilerswist	1:02:02	1996 WSA	2	1:02:43	20:21	* 20:41	* 20:59	6:12 min/km
167	652	Gaab Renate	KTT 01	1:02:03	1961 W50	6	1:03:17	20:59	* 20:38	* 20:25	6:12 min/km
168	503	Goost Hanna	*Köln	1:02:08	2001 WSC	2	1:03:25	22:59	* 23:12	* 15:55	6:13 min/km
169	856	Chepkova Maria	*Köln	1:02:10	1982 WHK	37	1:03:26	20:48	* 20:42	* 20:39	6:13 min/km
170	732	Breuer Martina	HappyRunnings	1:02:14	1975 W35	26	1:02:54	21:15	* 21:05	* 19:53	6:13 min/km
171	633	Schmiing Maria Denise	Die Vambiere	1:02:19	1986 WHK	38	1:03:43	21:48	* 20:11	* 20:18	6:14 min/km
172	1017	Schmitz-Verhjnjak Sylvia	Team Rafa	1:02:19	1951 W60	3	1:03:22	21:26	* 20:36	* 20:16	6:14 min/km
173	580	Freuen Stefanie	*Nideggen	1:02:21	1974 W35	27	1:03:45	21:36	* 20:31	* 20:13	6:14 min/km
174	813	Romanus Nina	*Köln	1:02:22	1981 W30	34	1:02:43	19:44	* 21:23	* 21:14	6:14 min/km
175	861	Stoeber Kathrin	*Köln	1:02:26	1980 W30	35	1:03:00	20:19	* 20:24	* 21:42	6:15 min/km
176	29	Fuhrmann Michaela	*köln	1:02:39	1967 W40	33	1:03:27	21:40	* 21:16	* 19:42	6:16 min/km
177	346	Dormagen Christiane	conscience	1:02:48	1968 W40	34	1:03:36	20:33	* 20:42	* 21:33	6:17 min/km
178	344	Reimers Brigitte	conscience	1:02:49	1967 W40	35	1:03:37	20:33	* 20:42	* 21:34	6:17 min/km
179	956	Frömberg Gabi	*Köln	1:02:52	1966 W45	26	1:03:49	21:38	* 21:53	* 19:19	6:17 min/km
180	647	Hazel Claudia	MTV	1:02:54	1965 W45	27	1:03:40	21:06	* 20:11	* 21:36	6:17 min/km
181	1025	Wedekind Johanna	*Köln	1:03:01	1985 WHK	39	1:03:51	20:50	* 20:50	* 21:20	6:18 min/km
182	857	Thasler Janine	*Köln	1:03:20	1984 WHK	40	1:04:36	20:49	* 21:01	* 21:30	6:20 min/km
183	482	Spachholz Maria Luise	*Köln	1:03:25	1956 W55	2	1:03:53	19:53	* 21:21	* 22:10	6:21 min/km
184	69	Göke-Fritsch Christine	*Gladbeck	1:03:36	1960 W50	7	1:04:40	20:24	* 21:13	* 21:58	6:22 min/km
185	936	Minkwitz Nicole	*Frechen	1:03:39	1961 W50	8	1:04:02	20:25	* 21:35	* 21:38	6:22 min/km
186	498	Huwald Anja	*Köln	1:03:43	1979 W30	36	1:04:14	20:50	* 21:09	* 21:43	6:22 min/km
187	30	Noras Britta	Düx Delüx & Friends	1:03:51	1973 W35	28	1:04:16	20:43	* 21:24	* 21:43	6:23 min/km
188	607	Zersch Doro	*Köln	1:04:03	1969 W40	36	1:04:57	21:49	* 21:10	* 21:03	6:24 min/km
189	157	Schaab Heike	*Köln	1:04:04	1968 W40	37	1:04:56	21:49	* 21:11	* 21:03	6:24 min/km
190	366	Matzerath Ute	Globus Köln-Marsdorf	1:04:04	1967 W40	38	1:04:08	19:55	* 21:32	* 22:36	6:24 min/km
191	848	Bohaty Renate	*Köln	1:04:06	1950 W60	4	1:04:49	21:25	* 21:20	* 21:20	6:25 min/km
192	847	Beu Marlene	*Köln	1:04:09	1955 W55	3	1:04:52	21:25	* 21:20	* 21:23	6:25 min/km
193	73	Kaiser Silke	*Pulheim	1:04:23	1975 W35	29	1:05:21	22:08	* 21:41	* 20:33	6:26 min/km
194	114	Jürgens Dr. Ruth	*Köln	1:04:28	1959 W50	9	1:04:42	21:35	* 21:14	* 21:38	6:27 min/km
195	169	Berthold Petra	*Köln	1:04:29	1960 W50	10	1:04:37	21:39	* 21:35	* 21:15	6:27 min/km
196	733	Glehn Anita	HappyRunnings	1:04:45	1978 W30	37	1:05:23	21:27	* 21:28	* 21:49	6:29 min/km
197	734	Vogelfänger Susanne	HappyRunnings	1:04:45	1964 W45	28	1:05:22	21:28	* 21:27	* 21:49	6:29 min/km
198	565	Flanagan Sabine	*Köln	1:04:45	1982 WHK	41	1:05:25	20:32	* 22:47	* 21:25	6:29 min/km
199	61	Reketat Nicole	*Köln	1:05:00	1977 W30	38	1:05:25	20:43	* 22:01	* 22:15	6:30 min/km
200	543	Lorrai Christina	*Köln	1:05:14	1975 W35	30	1:05:37	21:19	* 21:36	* 22:18	6:31 min/km
201	599	Schimmel Tina	*Bergneustadt	1:05:25	1974 W35	31	1:05:50	20:59	* 22:07	* 22:18	6:33 min/km
202	887	Becker Elke	*Frechen	1:05:49	1966 W45	29	1:06:06	20:09	* 21:57	* 23:43	6:35 min/km
203	304	Heyer Petra	Zollstocker Blitze	1:05:53	1974 W35	32	1:06:35	20:23	* 18:57	* 26:32	6:35 min/km
204	626	Huerth Angela	*Troisdorf	1:05:58	1976 W35	33	1:06:41	21:43	* 21:36	* 22:38	6:36 min/km
205	60	Slowik Petra	*Pulheim	1:06:07	1967 W40	39	1:07:05	22:08	* 21:42	* 22:16	6:37 min/km
206	837	Zeh Giulietta	*Köln	1:06:19	1986 WHK	42	1:07:33	22:24	* 22:11	* 21:43	6:38 min/km
207	724	Tomczak Andrea	*Köln	1:06:36	1970 W40	40	1:06:56	22:06	* 22:47	* 21:43	6:40 min/km
208	948	Kapune Bettina	*Köln	1:06:41	1959 W50	11	1:07:38	21:39	* 22:23	* 22:39	6:40 min/km
209	634	Rückerl Judith	Die Vambiere	1:06:50	1982 WHK	43	1:08:13	21:54	* 22:25	* 22:29	6:41 min/km
210	693	Zielinski Janine	*Köln	1:06:55	1977 W30	39	1:08:11	22:13	* 22:06	* 22:36	6:42 min/km
211	704	Wolf Verena	*Köln	1:06:56	1982 WHK	44	1:08:11	22:13	* 22:05	* 22:36	6:42 min/km
212	662	Bürgel Monika	MumPIZ	1:06:58	1968 W40	41	1:07:20	22:04	* 22:31	* 22:22	6:42 min/km
212	725	Grewer-Willwoll Janna	*Wermelskirchen	1:06:58	1963 W45	30	1:07:17	22:06	* 22:46	* 22:05	6:42 min/km
214	655	Neelsen Karin	*Köln	1:06:58	1974 W35	34	1:07:52	22:14	* 23:00	* 21:43	6:42 min/km
215	663	Eichler Heike	MumPIZ	1:06:58	1965 W45	31	1:07:20	22:04	* 22:31	* 22:22	6:42 min/km
216	605	Meuser Dagmar	*Köln	1:06:58	1967 W40	42	1:07:21	22:04	* 22:31	* 22:23	6:42 min/km
217	661	Michalowski Renate	MumPIZ	1:06:59	1970 W40	43	1:07:22	22:04	* 22:32	* 22:23	6:42 min/km
218	1048	Schlösser Claudia	*Köln	1:07:08	1987 WHK	45	1:07:19	20:47	* 23:12	* 23:09	6:43 min/km
219	459	Eberhard Ulla	*Köln	1:07:24	1958 W50	12	1:07:25	20:58	* 22:59	* 23:26	6:44 min/km
220	901	Schlüter Fiona	Zollstocker Blitze	1:07:47	1999 WSB	1	1:08:29	20:21	* 22:51	* 24:34	6:47 min/km
221	432	Dunkel Silke	*Köln	1:07:47	1969 W40	44	1:08:59	23:02	* 22:06	* 22:39	6:47 min/km

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222	72	Hoffmann Petra	LT Dünnwalder TV	1:07:57	1967	W40	45	1:09:09	22:13 *	23:10 *	22:33	6:48 min/km
223	601	Ritz Anja	LT Dünnwalder TV	1:07:57	1965	W45	32	1:09:09	22:13 *	23:10 *	22:33	6:48 min/km
224	80	Abbott Catherine	*Essen	1:07:59	1973	W35	35	1:09:00	21:27 *	22:45 *	23:46	6:48 min/km
225	227	Stephan Nadja	Running Chickens	1:08:14	1973	W35	36	1:09:29	19:10 *	21:57 *	27:06	6:49 min/km
226	862	Franzen Angelika	*Köln	1:08:30	1963	W45	33	1:09:50	22:24 *	22:53 *	23:12	6:51 min/km
227	150	Gerlach Claudia	*Bergheim	1:08:30	1965	W45	34	1:09:15	23:42 *	23:05 *	21:42	6:51 min/km
227	855	Hennig Tanja	*Köln	1:08:30	1966	W45	34	1:09:50	22:23 *	22:53 *	23:13	6:51 min/km
229	573	Busch Bettina	*Köln	1:08:46	1971	W40	46	1:09:34	22:50 *	23:21 *	22:35	6:53 min/km
230	1380	Klemenz Irmgild	RAFA	1:08:51	1953	W55	4	1:09:53	23:18 *	22:50 *	22:42	6:53 min/km
231	916	Bremer Birgit	runningGAGS&friends	1:08:58	1975	W35	37	1:09:25	22:45 *	22:34 *	23:38	6:54 min/km
232	843	Fass Heike	Düx Delüx & Friends	1:09:02	1974	W35	38	1:09:28	22:55 *	22:56 *	23:10	6:54 min/km
233	574	Schuhmann Sabine	*Köln	1:09:06	1959	W50	13	1:09:53	22:50 *	23:21 *	22:54	6:55 min/km
234	549	Luz-Schmittner Gabriele	Katzenquäler	1:09:14	1960	W50	14	1:09:43	21:28 *	23:18 *	24:27	6:55 min/km
235	134	Walz Susanne	LT Café El-Mar	1:09:36	1966	W45	36	1:11:00	23:57 *	23:19 *	22:19	6:58 min/km
236	398	Rohrmoser Felicitas	*Köln	1:09:46	1956	W55	5	1:10:08	22:47 *	23:38 *	23:20	6:59 min/km
237	255	Paessler Michaela	*Köln	1:09:46	1968	W40	47	1:11:04	22:57 *	23:56 *	22:52	6:59 min/km
238	397	Rohrmoser Eva-Maria	Laufmariechen Köln	1:09:50	1954	W55	6	1:10:12	22:47 *	23:38 *	23:24	6:59 min/km
239	628	Drauz Eva	*Köln	1:09:57	1974	W35	39	1:10:48	24:19 *	23:25 *	22:12	6:60 min/km
240	749	Scherf Anja	*Köln	1:09:57	1973	W35	40	1:10:48	24:20 *	23:25 *	22:12	6:60 min/km
241	962	Reisch Hanna	run4fun	1:10:23	1999	WSB	2	1:11:41	23:40 *	23:27 *	23:14	7:02 min/km
242	961	Reisch Marion	run4fun	1:10:23	1966	W45	37	1:11:41	23:40 *	23:27 *	23:14	7:02 min/km
243	900	Pilgram-Hesse Anne	Jogtussies	1:11:02	1976	W35	41	1:12:10	23:50 *	23:42 *	23:29	7:06 min/km
244	406	Zöhner Anja	*Dormagen	1:11:24	1963	W45	38	1:12:14	22:17 *	24:01 *	25:05	7:08 min/km
245	747	Bündgen Maja	Schweinehund a.D.	1:11:28	1990	WHK	46	1:12:16	24:12 *	23:34 *	23:42	7:09 min/km
246	748	Seever Anne	Schweinehund a.D.	1:11:29	1990	WHK	47	1:12:16	24:12 *	23:34 *	23:41	7:09 min/km
247	544	Goslicki Kathleen	Die Ersten Vorm	1:11:50	1986	WHK	48	1:12:23	22:18 *	24:00 *	25:32	7:11 min/km
248	1027	Keilen Simone	The Original Bootcamp	1:12:40	1978	W30	40	1:13:13	23:39 *	24:25 *	24:34	7:16 min/km
249	1028	Voß Britta	The Original Bootcamp	1:12:41	1978	W30	41	1:13:13	23:40 *	24:25 *	24:34	7:16 min/km
250	1026	McCarthy Andrea	The Original Bootcamp	1:12:41	1978	W30	42	1:13:14	23:41 *	24:25 *	24:35	7:16 min/km
251	708	Hausherr Johanna	*Köln	1:13:10	1984	WHK	49	1:14:10	22:36 *	24:21 *	26:12	7:19 min/km
252	752	Pahlow Hedwig	*Bergheim	1:14:39	1955	W55	7	1:16:18	25:19 *	25:17 *	24:01	7:28 min/km
253	919	Keulertz Eleonore	*Bergheim	1:14:39	1959	W50	15	1:16:18	25:19 *	25:17 *	24:01	7:28 min/km
254	567	Radermacher Annelie	*Köln	1:16:01	1982	WHK	50	1:17:23	24:04 *	25:10 *	26:46	7:36 min/km
255	674	Stimke Lara	Bickenbacher Flitzer	1:16:24	1994	WJB	4	1:17:17	24:14 *	25:27 *	26:43	7:38 min/km