

# Run of Colours 16. Juli 2011 - 10km Lauf

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2017	Weiß Sebastian	Zucker bewegt!	0:33:15	1985 MHK	1	0:33:16	16:41 * 16:35	3:20 min/km
2	2101	Kimberley James		0:33:33	1977 M30	1	0:33:36	16:41 * 16:54	3:21 min/km
3	2113	Mucha Bastian		0:35:29	1983 MHK	2	0:35:31	17:39 * 17:51	3:33 min/km
4	2137	Wienecke Thorsten	42tausend / NAO PT	0:35:44	1971 M40	1	0:35:44	17:39 * 18:04	3:34 min/km
5	1942	Schneider Thomas		0:36:56	1969 M40	2	0:36:57	18:20 * 18:36	3:42 min/km
6	2127	Schätzlein Torsten		0:37:05	1973 M35	1	0:37:06	18:14 * 18:52	3:43 min/km
7	407	Kurz Till		0:37:37	1973 M35	2	0:37:39	18:26 * 19:12	3:46 min/km
8	1604	Holzporz Michael		0:38:22	1968 M40	3	0:38:24	18:44 * 19:40	3:50 min/km
9	1505	Neubauer Dominik		0:38:22	1980 M30	2	0:38:24	18:14 * 20:10	3:50 min/km
10	1615	Atenhan Kai		0:38:22	1990 MHK	3	0:38:24	18:15 * 20:08	3:50 min/km
11	2245	Cappello Alfonso		0:38:44	1996 MSA	1	0:38:46	21:12 * 17:33	3:52 min/km
12	1944	Daub Patrick		0:38:48	1968 M40	4	0:38:52	19:19 * 19:32	3:53 min/km
13	1806	Dudley Richard-James	Fronrunner Cologne	0:38:51	1961 M50	1	0:38:52	19:10 * 19:41	3:53 min/km
14	1948	Stichler Karsten		0:38:55	1980 M30	3	0:38:59	19:04 * 19:54	3:54 min/km
15	1750	Pastoor Andreas		0:38:55	1965 M45	1	0:38:58	19:24 * 19:34	3:54 min/km
16	2108	Fein Axel	42tausend / NAO PT	0:39:15	1975 M35	3	0:39:16	19:17 * 19:58	3:56 min/km
17	1723	Engelhardt Kai	Diakonie Michaelshoven	0:39:35	1967 M40	5	0:39:37	19:17 * 20:20	3:58 min/km
18	2063	Mückenheim Sven	NetCologne	0:39:49	1974 M35	4	0:39:50	19:28 * 20:21	3:59 min/km
19	2256	Wilmes Heiko		0:39:58	1969 M40	6	0:40:01	19:29 * 20:31	3:60 min/km
20	2259	Basseng Wilfried	AXA	0:40:39	1954 M55	1	0:40:43	20:35 * 20:07	4:04 min/km
21	1808	Bartz Michael		0:41:41	1977 M30	4	0:41:42	20:05 * 21:36	4:10 min/km
22	1960	Lemanczyk Michael		0:41:47	1982 MHK	4	0:41:49	20:31 * 21:17	4:11 min/km
23	1855	Flores Patrik	Running Gag	0:41:47	1973 M35	5	0:41:50	21:02 * 20:48	4:11 min/km
24	1997	Brunotte Dirk	KVB-Marathon-Team	0:41:50	1968 M40	7	0:41:57	20:51 * 21:06	4:11 min/km
25	2104	Mannack Olaf	BEWO direkt	0:41:52	1964 M45	2	0:41:54	20:16 * 21:38	4:11 min/km
26	7	Gratwohl Joris	Aidshilfe Köln	0:41:54	1973 M35	6	0:41:57	20:49 * 21:07	4:11 min/km
27	1898	Manz Thomas	Kreissparkasse Köln	0:41:54	0 MHK	5	0:41:57	21:02 * 20:55	4:11 min/km
28	1742	Esser Lutz		0:41:55	1961 M50	2	0:42:06	20:57 * 21:09	4:12 min/km
29	2202	Kammler Reinhard	TSV Weiss-Köln	0:42:02	1963 M45	3	0:42:04	21:02 * 21:01	4:12 min/km
30	1912	Würtz Daniel	Stamm Team	0:42:10	1982 MHK	6	0:42:28	20:58 * 21:29	4:13 min/km
31	1659	Beyer Heinrich		0:42:33	1956 M55	2	0:42:42	21:04 * 21:38	4:15 min/km
32	2003	Dunkel Kai	Lesewelten	0:42:36	1968 M40	8	0:42:39	20:45 * 21:54	4:16 min/km
33	2171	Natzheim Ralf	UPS	0:42:37	1960 M50	3	0:43:20	22:11 * 21:09	4:16 min/km
34	2128	Bäker Thomas		0:42:38	1964 M45	4	0:42:44	21:15 * 21:29	4:16 min/km
35	1757	Kuhn Sebastian	Lucky Stars	0:42:43	1979 M30	5	0:43:05	20:47 * 22:18	4:16 min/km
36	1631	Otto Ewald		0:42:45	1958 M50	4	0:42:52	21:14 * 21:37	4:17 min/km
37	1980	Kraft Nico	Birken Apotheke	0:42:47	0 MHK	7	0:42:54	20:58 * 21:56	4:17 min/km
38	2028	Althoff Markus	Fronrunner/Sc Janus e.V.	0:42:48	1965 M45	5	0:42:59	21:14 * 21:45	4:17 min/km
39	2025	Van de Braak Georg	Fronrunner/Sc Janus e.V.	0:42:50	1974 M35	7	0:43:01	21:26 * 21:35	4:17 min/km
40	2047	Dreuth Christoph	B42 Fans	0:42:51	0 MHK	8	0:42:53	20:39 * 22:14	4:17 min/km
41	2026	Decker Michael	Fronrunner/Sc Janus e.V.	0:43:18	1956 M55	3	0:43:28	21:24 * 22:04	4:20 min/km
42	1995	Gyde Nikolaj		0:43:19	1981 M30	6	0:43:24	20:58 * 22:26	4:20 min/km
43	1893	Zackor Martin	Freshfields Bruckhaus	0:43:21	1975 M35	8	0:43:25	21:34 * 21:51	4:20 min/km
44	1903	Frisch Markus	Köln Marathon	0:43:28	1968 M40	9	0:43:54	22:09 * 21:45	4:21 min/km
45	2094	Land Volker	beeline Runners	0:43:29	1971 M40	10	0:43:37	21:44 * 21:53	4:21 min/km
46	2276	Walter Reimi	Speedbike Köln	0:43:40	1966 M45	6	0:44:05	22:30 * 21:34	4:22 min/km
47	1554	Willfahrt Markus		0:43:42	1964 M45	7	0:44:10	22:04 * 22:06	4:22 min/km
48	1596	Meier Stefan		0:43:47	1974 M35	9	0:44:35	23:08 * 21:27	4:23 min/km
49	1501	Bessler Dennis		0:43:52	1979 M30	7	0:43:59	21:16 * 22:43	4:23 min/km
50	1633	Reinartz Leo		0:44:17	1959 M50	5	0:44:19	20:57 * 23:22	4:26 min/km
51	1683	Cremer Jürgen		0:44:20	1962 M45	8	0:44:26	22:15 * 22:10	4:26 min/km
52	1510	Mueller Andreas		0:44:24	1969 M40	11	0:44:28	21:45 * 22:42	4:26 min/km
53	1961	Tscherwen Cord		0:44:31	1972 M35	10	0:44:55	22:57 * 21:58	4:27 min/km

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54	2118	Wolf Harald		0:44:31	1967 M40	12	0:44:40	21:38 *	23:01	4:27 min/km
55	2204	Mausbach Gerd	*Köln	0:44:37	1963 M45	9	0:44:45	21:58 *	22:46	4:28 min/km
56	267	Gam Björn		0:44:38	1976 M35	11	0:44:43	21:42 *	23:00	4:28 min/km
57	1512	Eisermann Stephan		0:44:41	1966 M45	10	0:44:45	22:01 *	22:44	4:28 min/km
58	2050	Hansen Jens	Facebook-Gewinner	0:44:46	1980 M30	8	0:45:09	22:26 *	22:42	4:29 min/km
59	2112	Wester Simon		0:44:49	1985 MHK	9	0:44:56	23:45 *	21:10	4:29 min/km
60	8	Spang Marcel	Aidshilfe Köln	0:44:55	1984 MHK	10	0:44:55	22:05 *	22:50	4:30 min/km
61	2182	Flosbach	UPS	0:45:04	1976 M35	12	0:45:04	21:43 *	23:20	4:30 min/km
62	1788	Thepbandalphon		0:45:13	1978 M30	9	0:45:29	21:59 *	23:30	4:31 min/km
63	2010	Albert David		0:45:15	1972 M35	13	0:45:25	22:12 *	23:13	4:32 min/km
64	1611	Obermaier Stefan		0:45:26	1969 M40	13	0:45:31	22:37 *	22:54	4:33 min/km
65	1811	Walpert Jens	42tausend / NAO PT	0:45:31	1966 M45	11	0:46:01	22:38 *	23:23	4:33 min/km
66	2251	Palmero Rose		0:45:35	1968 M40	14	0:46:40	22:41 *	23:58	4:34 min/km
67	1929	Jähde Frank		0:45:39	1964 M45	12	0:45:52	22:51 *	23:01	4:34 min/km
68	2166	Schmidt Michael	Fronrunner Köln	0:45:53	1965 M45	13	0:46:07	22:46 *	23:21	4:35 min/km
69	2147	Mörschbach Udo		0:46:00	1952 M55	4	0:46:09	23:15 *	22:54	4:36 min/km
70	2293	Nowak Andreas		0:46:01	1951 M60	1	0:46:09	22:50 *	23:18	4:36 min/km
71	1720	Beuscher Armin	Diakonie Michaelshoven	0:46:02	1958 M50	6	0:46:09	22:50 *	23:19	4:36 min/km
72	2125	Matner Johannes		0:46:05	1967 M40	15	0:46:12	22:23 *	23:48	4:37 min/km
73	2280	Hustadt Andreas	*Köln	0:46:06	1963 M45	14	0:46:12	22:44 *	23:28	4:37 min/km
74	1967	Kesting Jörg		0:46:10	1964 M45	15	0:46:15	22:56 *	23:19	4:37 min/km
75	2160	Potraz Stefan		0:46:15	1976 M35	14	0:47:07	24:40 *	22:27	4:38 min/km
76	2129	Muijers Mark		0:46:15	1979 M30	10	0:46:24	22:28 *	23:55	4:38 min/km
77	1754	Heger Steffen	Fronrunner SC Janus	0:46:19	1964 M45	16	0:46:31	22:46 *	23:45	4:38 min/km
78	2027	Opitz Till	Fronrunner/Sc Janus e.V.	0:46:20	1977 M30	11	0:46:32	23:30 *	23:01	4:38 min/km
79	2029	Krafft Jörg	Fronrunner/Sc Janus e.V.	0:46:20	1961 M50	7	0:46:31	23:16 *	23:14	4:38 min/km
80	1820	Berger Peter	BEWO direkt	0:46:22	1959 M50	8	0:46:36	23:02 *	23:34	4:38 min/km
81	2106	Kowalski Robyn	LT Decksteiner Weiher	0:46:23	1965 M45	17	0:46:30	22:58 *	23:31	4:38 min/km
82	2132	Feige Stefan		0:46:24	1978 M30	12	0:47:23	25:33 *	21:50	4:38 min/km
83	2121	Kersting Friedel		0:46:26	1950 M60	2	0:46:29	23:02 *	23:26	4:39 min/km
84	2055	Kuhl Oliver	NetCologne	0:46:31	1977 M30	13	0:46:43	23:28 *	23:15	4:39 min/km
85	1847	Schäfer Guido		0:46:38	1967 M40	16	0:46:49	23:36 *	23:13	4:40 min/km
86	2004	Backes Wilfried	Auf EXTRAtour	0:46:43	1960 M50	9	0:47:04	23:02 *	24:02	4:40 min/km
87	1734	Obermüller Frank	Diakonie Michaelshoven	0:46:46	1987 MHK	11	0:46:46	24:00 *	22:46	4:41 min/km
88	1767	Koch Marcel		0:46:46	1970 M40	17	0:47:37	24:03 *	23:33	4:41 min/km
89	1640	Raschdorf Siegfried		0:46:48	1969 M40	18	0:46:59	23:42 *	23:17	4:41 min/km
90	1991	Wisotzki Holger	Diakonie Michaelshoven	0:46:54	1960 M50	10	0:47:11	23:20 *	23:51	4:41 min/km
91	1610	Blameuser Ralf		0:46:57	1962 M45	18	0:47:08	23:28 *	23:40	4:42 min/km
92	1542	Korfmacher Holger	Diakonie Michaelshoven	0:46:59	1963 M45	19	0:47:12	23:17 *	23:55	4:42 min/km
93	1566	Schwietert Frank	Diakonie Michaelshoven	0:47:02	1964 M45	20	0:47:31	23:23 *	24:07	4:42 min/km
94	1917	Jenetzky Thomas		0:47:08	1967 M40	19	0:47:37	23:23 *	24:13	4:43 min/km
95	1862	Wenzel Ingo		0:47:08	1979 M30	14	0:47:15	23:55 *	23:19	4:43 min/km
96	2059	Laukötter Hubert	NetCologne	0:47:10	1959 M50	11	0:47:24	23:32 *	23:51	4:43 min/km
97	6	Marquardt Lutz	Aidshilfe Köln	0:47:12	1975 M35	15	0:47:12	22:04 *	25:07	4:43 min/km
98	1572	Mecker Michael		0:47:13	1966 M45	21	0:48:13	26:10 *	22:03	4:43 min/km
99	2208	Blumentritt Gunter		0:47:13	1964 M45	22	0:47:16	23:06 *	24:09	4:43 min/km
100	2272	Holtey Michael	Fronrunners Cologne	0:47:14	1971 M40	20	0:47:25	23:22 *	24:02	4:43 min/km
101	1564	Schmitz Jörg Johann	Diakonie Michaelshoven	0:47:16	1966 M45	23	0:47:42	23:47 *	23:55	4:44 min/km
102	2282	Frenzel Stefan	*Köln	0:47:18	1978 M30	15	0:47:24	23:49 *	23:35	4:44 min/km
103	1658	Förster Hajo		0:47:23	1964 M45	24	0:47:26	22:50 *	24:35	4:44 min/km
104	2148	Exner Tobias		0:47:33	1983 MHK	12	0:47:56	24:07 *	23:49	4:45 min/km
105	1514	Weike Udo	ACUT EDV-Beratung	0:47:38	1957 M50	12	0:48:31	25:08 *	23:23	4:46 min/km
106	2230	Goffart Ralf	KT 1843 e.V.	0:47:49	1965 M45	25	0:47:56	23:43 *	24:12	4:47 min/km
107	1715	Hinderks Dirk		0:47:49	1968 M40	21	0:48:18	24:06 *	24:12	4:47 min/km
108	1603	March Marco		0:48:01	1981 M30	16	0:52:41	27:41 *	24:59	4:48 min/km
109	1728	Horschmann Tim	Diakonie Michaelshoven	0:48:06	1995 MJB	1	0:48:09	23:41 *	24:28	4:49 min/km

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110	2203	Müller Karsten	Janus	0:48:10	1972	M35	16	0:48:58	23:16 *	25:41	4:49 min/km
111	1727	Von Harlessem Klaus	Diakonie Michaelshoven	0:48:11	1945	M65	1	0:48:28	24:06 *	24:21	4:49 min/km
112	1743	Scharfenstein Kai		0:48:13	1964	M45	26	0:48:25	23:59 *	24:26	4:49 min/km
113	2086	Bekir Corum Ebu	Köln Marathon Street Run	0:48:17	1994	MJB	2	0:49:04	24:40 *	24:24	4:50 min/km
114	2212	Scharwat Oliver		0:48:27	1974	M35	17	0:49:04	25:54 *	23:10	4:51 min/km
115	423	Wagner Thilo	Elle-World Running Team	0:48:38	1974	M35	18	0:49:17	25:53 *	23:23	4:52 min/km
116	2240	Lindemann Falko		0:48:40	1974	M35	19	0:49:33	26:13 *	23:19	4:52 min/km
117	2274	Friedrich Markus		0:48:43	1974	M35	20	0:49:29	25:34 *	23:55	4:52 min/km
118	2165	Steller Thomas	Decksteiner Weiher	0:48:44	1961	M50	13	0:48:52	24:25 *	24:26	4:52 min/km
119	2277	Hoch Dietmar		0:48:45	1963	M45	27	0:49:25	25:29 *	23:56	4:53 min/km
120	2100	Leclercq Werner		0:48:53	1965	M45	28	0:49:40	25:02 *	24:37	4:53 min/km
121	1741	Gärtner Matthias		0:48:57	1977	M30	17	0:49:05	25:31 *	23:34	4:54 min/km
122	2090	Bulut Ismail	Köln Marathon Street Run	0:49:01	1996	MSA	2	0:49:49	24:11 *	25:37	4:54 min/km
123	1958	Grimm Gerald		0:49:08	1957	M50	14	0:49:35	24:47 *	24:48	4:55 min/km
124	296	Pfalzgraf Jürgen		0:49:08	1967	M40	22	0:49:11	24:00 *	25:10	4:55 min/km
125	2200	Reda Karl-Heinz	ERGOsports Köln	0:49:11	1953	M55	5	0:49:43	24:55 *	24:47	4:55 min/km
126	1647	Borchert Thomas		0:49:15	1965	M45	29	0:49:23	24:27 *	24:55	4:56 min/km
127	1916	Colter Andreas		0:49:16	1971	M40	23	0:49:40	25:33 *	24:06	4:56 min/km
128	1688	Pütz Andreas		0:49:19	1958	M50	15	0:49:28	23:57 *	25:31	4:56 min/km
129	2049	Seifert Ingo	Facebook-Gewinner	0:49:20	1972	M35	21	0:49:35	24:27 *	25:08	4:56 min/km
130	1613	Fischer Hans-Peter		0:49:24	1959	M50	16	0:49:46	24:34 *	25:11	4:56 min/km
131	1773	Stang Johannes	Solarläufer	0:49:24	1985	MHK	13	0:50:02	25:21 *	24:40	4:56 min/km
132	2266	Hülsemann Benedikt	TheDaemon.de	0:49:25	1990	MHK	14	0:49:38	24:57 *	24:40	4:57 min/km
133	1730	Kühne Arno	Diakonie Michaelshoven	0:49:27	1965	M45	30	0:49:30	25:25 *	24:04	4:57 min/km
134	1565	Schrumpf Malte- Thorben	Diakonie Michaelshoven	0:49:29	1975	M35	22	0:49:38	25:33 *	24:05	4:57 min/km
135	2205	Hamed Kian	AFC	0:49:30	1981	M30	18	0:49:36	24:57 *	24:39	4:57 min/km
136	2172	Reudenbach Thomas	UPS	0:49:32	1973	M35	23	0:50:16	25:31 *	24:44	4:57 min/km
137	1776	Jakisch Lukas	Solarläufer	0:49:33	1978	M30	19	0:50:09	25:21 *	24:47	4:57 min/km
138	1760	Barton Tobias		0:49:39	1985	MHK	15	0:50:03	25:28 *	24:34	4:58 min/km
139	1796	Bouillet Laurent		0:49:42	1975	M35	24	0:49:53	24:08 *	25:44	4:58 min/km
140	1570	Uluyol Sami	Diakonie Michaelshoven	0:49:43	1968	M40	24	0:50:12	24:59 *	25:13	4:58 min/km
141	1913	Koch Guido		0:49:45	1969	M40	25	0:50:10	25:17 *	24:53	4:59 min/km
142	1818	Fries Yannic	BEWO direkt	0:49:45	1991	MHK	16	0:50:01	24:40 *	25:21	4:59 min/km
143	2151	Simon Tim		0:49:46	1981	M30	20	0:50:38	26:31 *	24:06	4:59 min/km
144	2083	Ebenfeld Peter	Badehaus Babylon	0:49:47	1969	M40	26	0:50:02	23:57 *	26:05	4:59 min/km
145	2078	Klemmer Frank	Badehaus Babylon	0:49:49	1976	M35	25	0:50:14	24:08 *	26:06	4:59 min/km
146	2030	Erdreich Bernd		0:49:51	1975	M35	26	0:50:55	25:35 *	25:20	4:59 min/km
147	1538	Friedrich Albert	Diakonie Michaelshoven	0:50:12	1959	M50	17	0:51:05	26:42 *	24:23	5:01 min/km
148	2057	Huerkamp Martin	NetCologne	0:50:17	1960	M50	18	0:50:29	24:59 *	25:29	5:02 min/km
149	1520	Oppermann Axel		0:50:17	1956	M55	6	0:50:47	25:06 *	25:40	5:02 min/km
150	1653	Soulivongsak Vanhnasay		0:50:25	1973	M35	27	0:50:49	26:28 *	24:20	5:03 min/km
151	1906	Binner Johannes	Stamm Team	0:50:26	1985	MHK	17	0:50:42	26:31 *	24:10	5:03 min/km
152	1557	Pohl Christian	Diakonie Michaelshoven	0:50:30	1962	M45	31	0:51:12	25:30 *	25:41	5:03 min/km
153	1694	Siegmann Uli		0:50:31	1981	M30	21	0:51:29	26:12 *	25:17	5:03 min/km
154	2058	Langer Lars	NetCologne	0:50:35	1972	M35	28	0:51:29	26:12 *	25:16	5:04 min/km
155	1836	Güde Peter		0:50:39	1977	M30	22	0:50:58	25:37 *	25:21	5:04 min/km
156	1936	Sauer Sascha		0:50:42	1977	M30	23	0:51:23	25:31 *	25:52	5:04 min/km
157	1686	Pickhard Holger	Point One Runners	0:50:48	1964	M45	32	0:51:41	26:41 *	24:59	5:05 min/km
158	1770	Wagner Martin	TV Deilinghofen	0:50:54	1961	M50	19	0:51:45	27:37 *	24:08	5:05 min/km
159	1764	Nettersheim-Meyer		0:50:57	1960	M50	20	0:51:17	26:20 *	24:57	5:06 min/km
160	1628	Spill Marco	Diakonie Michaelshoven	0:50:58	1977	M30	24	0:51:31	24:57 *	26:33	5:06 min/km
161	1573	Kempowski Dirk		0:50:58	1966	M45	33	0:51:13	25:40 *	25:33	5:06 min/km
162	1630	Hertel Aaron		0:51:00	1981	M30	25	0:51:04	24:54 *	26:10	5:06 min/km
163	1798	Strimmer Klaus		0:51:01	1967	M40	27	0:51:08	25:22 *	25:45	5:06 min/km
164	1791	Hoffmann Michael		0:51:06	1966	M45	34	0:51:36	29:27 *	22:09	5:07 min/km
165	1646	Hinterberger Johannes		0:51:08	1956	M55	7	0:51:54	25:59 *	25:55	5:07 min/km

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166	1769	Schulte Oliver	TV Deilinghofen	0:51:09	1967 M40	28	0:51:59	27:34 *	24:24	5:07 min/km
167	1563	Sawinski Udo	Diakonie Michaelshoven	0:51:10	1957 M50	21	0:51:42	26:34 *	25:07	5:07 min/km
168	1507	Malig Sven Hauke	Tempo, kleine Schnecke	0:51:11	1972 M35	29	0:51:22	25:11 *	26:11	5:07 min/km
169	2254	Lausmann Martin	CK Cologne Kickboxers	0:51:12	1970 M40	29	0:51:54	27:11 *	24:42	5:07 min/km
170	1848	Schmidt Ralf		0:51:12	1959 M50	22	0:51:31	25:36 *	25:54	5:07 min/km
171	1838	Wendel Andreas		0:51:13	1981 M30	26	0:51:59	27:07 *	24:51	5:07 min/km
172	1644	Scheu Peter		0:51:13	1960 M50	23	0:51:51	25:34 *	26:17	5:07 min/km
173	2097	Mergler Dieter	DB Schenker -	0:51:15	1967 M40	30	0:52:02	26:33 *	25:28	5:07 min/km
174	1737	Seiger Bernhard	Diakonie Michaelshoven	0:51:21	1963 M45	35	0:51:47	26:14 *	25:32	5:08 min/km
175	1837	Ahrens Hermann-Josef		0:51:25	1977 M30	27	0:52:11	27:07 *	25:03	5:09 min/km
176	1527	Weiler Michael		0:51:26	1965 M45	36	0:52:09	26:28 *	25:40	5:09 min/km
177	1947	Kinas André		0:51:28	1981 M30	28	0:51:50	25:34 *	26:15	5:09 min/km
178	1546	Bergfeld Benjamin	Diakonie Michaelshoven	0:51:29	1982 MHK	18	0:51:59	25:21 *	26:38	5:09 min/km
179	2150	Bohn Tobias		0:51:33	1990 MHK	19	0:52:12	25:31 *	26:40	5:09 min/km
180	2211	Korte Andreas		0:51:33	1977 M30	29	0:51:38	25:57 *	25:41	5:09 min/km
181	1712	Missmahl Marc		0:51:33	1969 M40	31	0:52:07	26:11 *	25:55	5:09 min/km
182	1671	Lomberg Ulrich		0:51:34	1956 M55	8	0:51:43	26:11 *	25:31	5:09 min/km
183	1599	Redmann Stefan		0:51:38	1974 M35	30	0:52:04	26:00 *	26:04	5:10 min/km
184	1667	Drach Karl-Heinz		0:51:38	1948 M60	3	0:52:30	26:47 *	25:43	5:10 min/km
185	2232	Bumiller Wilhelm	*Köln	0:51:46	1936 M75	1	0:51:53	25:35 *	26:17	5:11 min/km
186	2033	Dörries Klaus		0:51:47	1966 M45	37	0:52:14	25:24 *	26:50	5:11 min/km
187	2039	Tholey Jochen	Polizei Köln	0:51:49	1974 M35	31	0:52:06	24:52 *	27:14	5:11 min/km
188	2261	Eschweiler Uwe	AXA SV	0:51:54	1962 M45	38	0:52:35	25:51 *	26:43	5:11 min/km
189	1755	Wähling Jens		0:51:55	1964 M45	39	0:52:07	25:19 *	26:48	5:12 min/km
190	1745	Heinke Roland		0:52:00	1964 M45	40	0:52:13	25:53 *	26:19	5:12 min/km
191	1605	Stratmann Gerd		0:52:02	1954 M55	9	0:52:33	25:38 *	26:54	5:12 min/km
192	2102	Brand Hans		0:52:05	1952 M55	10	0:52:24	25:46 *	26:38	5:13 min/km
193	1545	Auth Jürgen	Diakonie Michaelshoven	0:52:10	1954 M55	11	0:52:40	26:32 *	26:07	5:13 min/km
194	2186	Brinkmann Michael	UPS	0:52:11	1966 M45	41	0:53:00	26:39 *	26:21	5:13 min/km
195	1558	Porten Rudi	Diakonie Michaelshoven	0:52:12	1960 M50	24	0:52:44	25:13 *	27:31	5:13 min/km
196	2228	Bührmann Magnus		0:52:15	1977 M30	30	0:53:04	26:46 *	26:18	5:14 min/km
197	1762	Heidmeyer Ismael	Rico	0:52:15	1976 M35	32	0:52:25	24:39 *	27:45	5:14 min/km
198	1829	Börold Hans	Der flotte Dreier	0:52:18	1957 M50	25	0:53:17	26:42 *	26:34	5:14 min/km
199	2243	van Geons Patrick		0:52:19	1984 MHK	20	0:52:43	25:59 *	26:44	5:14 min/km
200	1981	Köhler Hermann	Birken Apotheke	0:52:30	1948 M60	4	0:52:51	26:19 *	26:31	5:15 min/km
201	1853	Hofmann Michael		0:52:34	1959 M50	26	0:52:48	25:02 *	27:45	5:15 min/km
202	1746	Schlösser Tim Johannes		0:52:37	1981 M30	31	0:52:37	25:14 *	27:23	5:16 min/km
203	1784	Mackeben Thomas		0:52:45	1964 M45	42	0:53:19	27:23 *	25:55	5:17 min/km
204	1617	Standke Olaf		0:52:47	1964 M45	43	0:52:57	27:48 *	25:08	5:17 min/km
205	1777	Nixdorf Ilja	Solarläufer	0:52:55	1977 M30	32	0:53:34	27:03 *	26:30	5:18 min/km
206	1594	Schmitter Jörg	Hellige Knäächte un	0:52:57	1969 M40	32	0:53:53	27:56 *	25:57	5:18 min/km
207	1772	Adrian Michael	Solarläufer	0:52:59	1954 M55	12	0:53:39	26:14 *	27:24	5:18 min/km
208	1577	De Groot Marco		0:53:01	1974 M35	33	0:53:07	25:58 *	27:09	5:18 min/km
209	2116	Raden Stefan		0:53:03	1969 M40	33	0:53:55	26:45 *	27:10	5:18 min/km
210	2267	Rautsola Pasi	SV AXA Köln	0:53:05	1958 M50	27	0:53:47	26:24 *	27:22	5:19 min/km
211	2140	Schwarz Werner	42tausend / NAO PT	0:53:10	1948 M60	5	0:53:41	27:56 *	25:45	5:19 min/km
212	2298	Stute Uli	ABS lass laufen	0:53:12	1967 M40	34	0:53:26	25:56 *	27:30	5:19 min/km
213	1915	Krosch Hans Walter		0:53:17	1963 M45	44	0:53:49	27:25 *	26:23	5:20 min/km
214	1729	Jonas Simon	Diakonie Michaelshoven	0:53:18	1972 M35	34	0:53:20	25:49 *	27:31	5:20 min/km
215	2103	Müller Hermann Peter		0:53:22	1949 M60	6	0:53:42	27:09 *	26:33	5:20 min/km
216	1950	Badewitz Thilo	SV AXA Köln	0:53:22	1963 M45	45	0:54:04	27:08 *	26:55	5:20 min/km
217	2115	Wasser Marcus		0:53:23	1968 M40	35	0:53:43	27:05 *	26:38	5:20 min/km
218	1966	Brasse Olaf		0:53:31	1969 M40	36	0:54:00	27:20 *	26:40	5:21 min/km
219	2155	Eckert Holger		0:53:31	1968 M40	37	0:54:02	27:20 *	26:42	5:21 min/km
220	1560	Reitinger Herbert	Diakonie Michaelshoven	0:53:34	1963 M45	46	0:54:02	27:58 *	26:04	5:21 min/km
221	1575	Gehde Christoph		0:53:36	1979 M30	33	0:53:56	25:36 *	28:19	5:22 min/km

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222	1701	Kampen Hans-Joachim	LeseWelten	0:53:41	1957 M50	28	0:54:06	27:20 *	26:45	5:22 min/km
223	1805	Poschen Ralf		0:53:43	1963 M45	47	0:54:27	26:59 *	27:28	5:22 min/km
224	1693	Wittmann Dennis		0:53:46	1981 M30	34	0:54:46	27:38 *	27:08	5:23 min/km
225	2009	Bless Torsten		0:53:52	1967 M40	38	0:54:08	26:49 *	27:19	5:23 min/km
226	1606	Boxberg Paul		0:54:01	1959 M50	29	0:54:42	25:51 *	28:50	5:24 min/km
227	2260	Eisele Mathias	42tausend	0:54:12	1959 M50	30	0:54:44	27:56 *	26:47	5:25 min/km
228	2001	Dien Tom		0:54:25	1970 M40	39	0:54:38	25:51 *	28:47	5:27 min/km
229	2036	Schwung Ralf	Polizei Köln	0:54:26	1959 M50	31	0:54:44	27:21 *	27:22	5:27 min/km
230	1655	Jagner Johannes		0:54:29	1950 M60	7	0:55:00	27:03 *	27:57	5:27 min/km
231	2247	Schnell Holger	Hellige Knäächte un	0:54:30	1967 M40	40	0:55:38	27:57 *	27:41	5:27 min/km
232	1867	Derigs Dieter		0:54:32	1972 M35	35	0:55:16	27:10 *	28:05	5:27 min/km
233	1584	Fliri Gregor	Kreissparkasse Köln	0:54:43	1967 M40	41	0:54:53	26:54 *	27:58	5:28 min/km
234	1559	Potthast Günter	Diakonie Michaelshoven	0:54:46	1957 M50	32	0:55:21	27:53 *	27:27	5:29 min/km
235	1823	Eisenbach Bernd		0:54:51	1964 M45	48	0:55:22	28:25 *	26:56	5:29 min/km
236	1800	Cugaly Michael		0:54:57	1968 M40	42	0:55:33	28:18 *	27:14	5:30 min/km
237	1547	Bey Jürgen	Diakonie Michaelshoven	0:55:00	1967 M40	43	0:55:20	27:31 *	27:49	5:30 min/km
238	2285	Quetting Jörg	*Köln	0:55:01	1968 M40	44	0:55:55	28:39 *	27:16	5:30 min/km
239	1670	Schaack Martin		0:55:01	1962 M45	49	0:56:04	27:31 *	28:32	5:30 min/km
240	0	unbekannt CB20029		0:55:02	0 MHK	21	0:55:11	28:02 *	27:09	5:30 min/km
241	2144	Neubauer Hartmut		0:55:02	1957 M50	33	0:55:47	27:44 *	28:03	5:30 min/km
242	2041	Klagmann Michael	Polizei Köln	0:55:03	1973 M35	36	0:55:20	27:22 *	27:58	5:30 min/km
243	480	Schmitz Udo		0:55:17	1960 M50	34	0:56:03	27:49 *	28:14	5:32 min/km
244	2175	Scheers Fred	UPS	0:55:22	1967 M40	45	0:56:06	28:15 *	27:51	5:32 min/km
245	2271	Johnen Ralf	*Köln	0:55:26	1963 M45	50	0:56:27	27:46 *	28:41	5:33 min/km
246	2181	Bastian Dennis	UPS	0:55:29	1980 M30	35	0:56:19	26:43 *	29:35	5:33 min/km
247	1978	Ilius Mario		0:55:33	1963 M45	51	0:56:10	28:35 *	27:35	5:33 min/km
248	2019	Linka André	Zucker bewegt!	0:55:45	1970 M40	46	0:56:13	28:09 *	28:04	5:35 min/km
249	2114	Hübsch Frank	DB Schenker -	0:55:49	1973 M35	37	0:56:37	29:24 *	27:12	5:35 min/km
250	1700	Biesenbach Ralf		0:55:57	1961 M50	35	0:56:20	27:40 *	28:40	5:36 min/km
251	1600	Klobukowski Mark		0:55:57	1977 M30	36	0:56:54	29:29 *	27:25	5:36 min/km
252	1607	Weißelberg Willi		0:56:15	1940 M70	1	0:57:00	28:36 *	28:24	5:38 min/km
253	1739	Haag Marc		0:56:38	1980 M30	37	0:57:28	29:15 *	28:13	5:40 min/km
254	2038	Schmidt Boris	Polizei Köln	0:56:41	1968 M40	47	0:56:57	27:55 *	29:01	5:40 min/km
255	2006	Gröppel Frank		0:56:59	1949 M60	8	0:57:11	27:39 *	29:32	5:42 min/km
256	21	Herriger Helmut		0:57:01	1969 M40	48	0:57:51	29:25 *	28:26	5:42 min/km
257	1932	Weitz Stefan		0:57:05	1977 M30	38	0:57:43	27:50 *	29:52	5:43 min/km
258	1801	Müller Herbert		0:57:27	1970 M40	49	0:57:58	28:17 *	29:40	5:45 min/km
259	1802	Lamprecht Torsten		0:57:27	1970 M40	50	0:57:57	28:18 *	29:39	5:45 min/km
260	1864	Gatzen Ralf		0:57:38	1972 M35	38	0:58:32	30:01 *	28:30	5:46 min/km
261	1673	Stempel Thomas		0:57:40	1955 M55	13	0:57:53	28:13 *	29:40	5:46 min/km
262	1591	Adamczyk Jörg	ONI Runners	0:57:42	1968 M40	51	0:57:52	27:57 *	29:55	5:46 min/km
263	1993	Bontemps Olaf	B42 Fans	0:57:47	1968 M40	52	0:58:27	29:42 *	28:45	5:47 min/km
264	2246	Lüder Klaus	ASV Köln	0:57:52	1959 M50	36	0:58:42	29:32 *	29:10	5:47 min/km
265	2074	Plohr Martin	Badehaus Babylon	0:57:55	1967 M40	53	0:57:59	29:42 *	28:17	5:48 min/km
266	1828	Nottrott Marc	Der flotte Dreier	0:58:02	1965 M45	52	0:59:00	30:33 *	28:27	5:48 min/km
267	1725	Görres Sven	Diakonie Michaelshoven	0:58:16	1971 M40	54	0:59:09	30:53 *	28:15	5:50 min/km
268	1513	Weike Marcel	ACUT EDV-Beratung	0:58:23	1995 MJB	3	0:59:16	29:25 *	29:50	5:50 min/km
269	2060	Verfürth Felix	NetCologne	0:58:31	1984 MHK	22	0:58:43	31:00 *	27:42	5:51 min/km
270	1619	Spreemann Carsten		0:58:37	1975 M35	39	0:58:41	28:35 *	30:06	5:52 min/km
271	1748	Wetzel Andreas	LeseWelten	0:58:43	1955 M55	14	0:59:07	28:23 *	30:44	5:52 min/km
272	1983	Köhler Thomas	Birken Apotheke	0:58:44	1971 M40	55	0:59:07	30:06 *	29:00	5:52 min/km
273	2287	Volkmer Rainer	LT Sommersberg	0:58:47	0 MHK	23	0:59:28	28:51 *	30:37	5:53 min/km
274	1581	Müller Karl-Heinz	Kreissparkasse Köln	0:58:51	1957 M50	37	0:59:38	30:05 *	29:33	5:53 min/km
275	1578	Müller Sven	Kreissparkasse Köln	0:58:59	1985 MHK	24	0:59:45	32:05 *	27:40	5:54 min/km
276	1989	Seibert Olaf	Diakonie Michaelshoven	0:59:07	1961 M50	38	0:59:49	29:58 *	29:50	5:55 min/km
277	2051	Gollan Stefan	Facebook-Gewinner	0:59:08	1983 MHK	25	0:59:22	29:32 *	29:50	5:55 min/km

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278	1533	Lamers Jürgen		0:59:27	1965 M45	53	1:00:19	30:36 *	29:43	5:57 min/km
279	1987	Hach Ulrich	Diakonie Michaelshoven	0:59:31	1958 M50	39	1:00:06	30:33 *	29:32	5:57 min/km
280	2031	Altobelli Marco		0:59:51	1978 M30	39	1:00:17	29:17 *	31:00	5:59 min/km
281	2054	Sänger Marco		0:59:55	1972 M35	40	0:59:56	30:12 *	29:43	5:60 min/km
282	2154	Krähwinkel Alexander	Black Horse Investments	1:00:12	1970 M40	56	1:00:47	30:00 *	30:46	6:01 min/km
283	1845	Strathmann Falk		1:00:30	1979 M30	40	1:01:22	32:17 *	29:04	6:03 min/km
284	2265	Besok Barak	TheDaemon.de	1:00:35	1969 M40	57	1:00:48	28:06 *	32:42	6:04 min/km
285	1999	Dederichs Achim		1:00:47	1970 M40	58	1:01:38	30:19 *	31:19	6:05 min/km
286	1819	Husemann Stefan	BEWO direkt	1:01:13	1968 M40	59	1:01:33	30:15 *	31:18	6:07 min/km
287	1589	Kern Thorsten	ONI Runners	1:01:22	1971 M40	60	1:01:32	29:22 *	32:10	6:08 min/km
288	1724	Hölscher Dirk	Facebook-Gewinner	1:01:22	1971 M40	61	1:02:20	31:36 *	30:44	6:08 min/km
289	1781	Dündar Can		1:01:33	1972 M35	41	1:02:02	30:59 *	31:02	6:09 min/km
290	1766	Deiters Lothar		1:01:35	1934 M75	2	1:02:30	31:38 *	30:51	6:10 min/km
291	1553	Fischer Martin	Diakonie Michaelshoven	1:01:51	1955 M55	15	1:02:37	32:04 *	30:33	6:11 min/km
292	1860	Frank Peter	Running Gag	1:01:52	1972 M35	42	1:02:13	29:45 *	32:27	6:11 min/km
293	2290	Weimer Philip		1:02:27	1986 MHK	26	1:02:43	29:02 *	33:40	6:15 min/km
294	2252	Eisenbarth Felix	die Rennschnecken	1:02:34	1992 MJA	1	1:03:19	32:26 *	30:52	6:15 min/km
295	2187	Mbialeu Jean Louis	UPS	1:02:59	1977 M30	41	1:03:43	30:21 *	33:21	6:18 min/km
296	1625	Heiligtag Kevin	Diakonie Michaelshoven	1:02:59	1991 MHK	27	1:03:39	30:13 *	33:26	6:18 min/km
297	1511	Dinslaken Heinz-Jürgen		1:03:25	1955 M55	16	1:03:57	31:27 *	32:30	6:21 min/km
298	1963	Buurunkhii Amrit		1:04:31	1977 M30	42	1:04:47	22:01 *	42:46	6:27 min/km
299	2238	Schreiber Dirk		1:04:58	1968 M40	62	1:05:42	30:22 *	35:20	6:30 min/km
300	1943	Grimm Hans-Joachim	SV AXA Köln	1:05:47	1956 M55	17	1:06:28	33:35 *	32:52	6:35 min/km
301	1988	Nordbruch Oliver	Diakonie Michaelshoven	1:06:46	1969 M40	63	1:07:13	33:09 *	34:03	6:41 min/km
302	1676	Jürges Trudinde		1:06:58	1953 M55	18	1:07:25	33:12 *	34:12	6:42 min/km
303	1629	Uebber Dieter		1:07:05	1946 M65	2	1:07:56	35:23 *	32:33	6:43 min/km
304	109	Lübke Wolfgang		1:07:11	1947 M60	9	1:07:58	35:03 *	32:55	6:43 min/km
305	1923	Herrmann René		1:07:55	1970 M40	64	1:08:20	33:15 *	35:04	6:48 min/km
306	1618	Witzgall Stefan		1:07:59	1965 M45	54	1:08:54	34:42 *	34:12	6:48 min/km
307	1643	Witzgall Andreas		1:07:59	1965 M45	55	1:08:54	34:42 *	34:12	6:48 min/km
308	1648	Haag Gerhardt		1:09:08	1949 M60	10	1:09:40	35:55 *	33:45	6:55 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2141	Kopatschek Anne	42tausend / NAO PT	0:39:33	1975 W35	1	0:39:33	19:18 * 20:15	3:57 min/km
2	1918	Stöcker Kathrin		0:40:18	1967 W40	1	0:40:20	19:58 * 20:22	4:02 min/km
3	1992	Damaschke Regina	LeseWelten	0:42:09	1969 W40	2	0:42:33	21:00 * 21:33	4:13 min/km
4	1974	Bang Anna		0:42:22	1976 W35	2	0:42:23	20:47 * 21:36	4:14 min/km
5	1815	Ulbrich Manuela	BEWO direkt	0:42:54	1965 W45	1	0:42:55	21:14 * 21:41	4:17 min/km
6	2040	Blömen Jeanette	Polizei Köln	0:43:11	1983 WHK	1	0:43:28	21:10 * 22:18	4:19 min/km
7	1973	Hohage Anna		0:44:50	1978 W30	1	0:44:54	22:02 * 22:51	4:29 min/km
8	2231	Hark Andrea	Pulheimer SC	0:45:12	1960 W50	1	0:45:16	22:19 * 22:56	4:31 min/km
9	2157	Rosenbaum Susanne		0:45:55	1970 W40	3	0:46:13	22:43 * 23:29	4:36 min/km
10	2149	Schreich Eva	frontrunner cologne	0:47:21	1977 W30	2	0:47:32	23:55 * 23:37	4:44 min/km
11	1804	Dannowski Eileen		0:47:26	1981 W30	3	0:47:50	24:34 * 23:15	4:45 min/km
12	1571	Mecker Heike		0:47:31	1975 W35	3	0:48:30	26:10 * 22:20	4:45 min/km
13	1902	Küttner Christiane		0:47:40	1967 W40	4	0:47:59	24:06 * 23:52	4:46 min/km
14	1896	Dierking Laura	Freshfields Bruckhaus	0:47:52	1979 W30	4	0:47:56	23:05 * 24:50	4:47 min/km
15	1964	Piana Silke		0:47:54	1974 W35	4	0:48:11	24:09 * 24:01	4:47 min/km
16	1941	Janssen Sylvia		0:48:00	1969 W40	5	0:48:09	23:37 * 24:31	4:48 min/km
17	1996	Rosen Sabine	42tausend / NAO PT	0:48:16	1977 W30	5	0:48:33	23:35 * 24:58	4:50 min/km
18	2122	Regnery Helma	Lauftreff Decksteiner	0:48:19	1982 WHK	2	0:48:26	24:25 * 24:01	4:50 min/km
19	2098	Nissen Nicole		0:48:44	1973 W35	5	0:48:52	24:24 * 24:27	4:52 min/km
20	1639	Lahusen Cindy		0:48:57	1976 W35	6	0:49:05	25:31 * 23:34	4:54 min/km
21	1953	Vogt Petra		0:49:07	1965 W45	2	0:49:11	24:00 * 25:10	4:55 min/km
22	1979	Remshagen Doris		0:49:19	1967 W40	6	0:49:25	24:06 * 25:18	4:56 min/km
23	1524	Eschbach Rita	LeseWelten	0:49:45	1964 W45	3	0:50:08	24:56 * 25:12	4:59 min/km
24	2007	Okan Meryem		0:49:49	1971 W40	7	0:50:16	25:24 * 24:51	4:59 min/km
25	1574	Bolz-Friedman Carina		0:49:54	1969 W40	8	0:50:13	25:17 * 24:56	4:59 min/km
26	1949	Feige Claudia	SV AXA Köln	0:50:03	1972 W35	7	0:50:33	25:20 * 25:13	5:00 min/km
27	1816	Ulbrich Simone	BEWO direkt	0:50:09	1972 W35	8	0:50:25	24:40 * 25:44	5:01 min/km
28	1861	Mertens Christina		0:50:13	1987 WHK	3	0:50:27	25:16 * 25:11	5:01 min/km
29	1593	Disselkamp Heike		0:50:31	1970 W40	9	0:51:25	26:33 * 24:51	5:03 min/km
30	1827	Holtkamp Kamilla	Der flotte Dreier	0:50:37	1972 W35	9	0:51:35	26:42 * 24:52	5:04 min/km
31	1832	Söntgerath Birgit	Facebook-Gewinner	0:51:18	1972 W35	10	0:51:33	25:37 * 25:55	5:08 min/km
32	1940	Siebertz Miriam		0:51:19	1970 W40	10	0:51:23	25:35 * 25:48	5:08 min/km
33	1722	Blome-Drees Pia	Diakonie Michaelshoven	0:51:21	1968 W40	11	0:51:27	25:34 * 25:52	5:08 min/km
34	1561	Rommel Silvia	Diakonie Michaelshoven	0:51:28	1965 W45	4	0:51:55	26:08 * 25:47	5:09 min/km
35	1550	Carlitscheck Mareike	Diakonie Michaelshoven	0:51:31	1979 W30	6	0:52:03	26:34 * 25:28	5:09 min/km
36	2145	Pauly Gabi		0:51:38	1967 W40	12	0:51:46	25:36 * 26:09	5:10 min/km
37	1711	Schaefer Maren		0:51:52	1974 W35	11	0:52:46	26:33 * 26:12	5:11 min/km
38	1970	Schmitz Diana		0:52:09	1980 W30	7	0:52:13	25:35 * 26:37	5:13 min/km
39	2183	Savelsberg Sabine	UPS	0:52:12	1981 W30	8	0:53:01	26:39 * 26:21	5:13 min/km
40	1502	Siemons Elisabeth		0:52:16	1966 W45	5	0:52:33	26:02 * 26:31	5:14 min/km
41	1998	Herber Manuela		0:52:21	1967 W40	13	0:52:42	26:19 * 26:22	5:14 min/km
42	1583	Fliri Elke	Kreissparkasse Köln	0:52:27	1969 W40	14	0:52:36	26:20 * 26:15	5:15 min/km
43	2015	Kaden Svenja		0:52:29	1974 W35	12	0:52:48	26:18 * 26:30	5:15 min/km
44	1924	Stephan Hannah	Mariuhannah	0:52:30	1985 WHK	4	0:52:37	25:41 * 26:56	5:15 min/km
45	1616	Michels Elisabeth		0:52:49	1981 W30	9	0:52:58	27:49 * 25:09	5:17 min/km
46	1738	Armbrust Leslie	Diakonie Michaelshoven	0:52:58	1975 W35	13	0:53:00	25:53 * 27:06	5:18 min/km
47	1914	Ehrgott Regine		0:53:17	1959 W50	2	0:53:48	27:25 * 26:23	5:20 min/km
48	1651	Peters Bernadette		0:53:33	1962 W45	6	0:54:15	27:36 * 26:38	5:21 min/km
49	1945	Hiesel Stefanie	run4fun	0:53:52	1983 WHK	5	0:54:17	26:55 * 27:21	5:23 min/km
50	1756	Kuhn Andrea	Lucky Star	0:53:54	1980 W30	10	0:54:17	27:02 * 27:15	5:23 min/km
51	2146	Simon Antje		0:54:00	1977 W30	11	0:54:50	27:54 * 26:56	5:24 min/km
52	2214	Becker Kirsten	Elleworld Running Team	0:54:14	1973 W35	14	0:54:54	27:25 * 27:28	5:25 min/km
53	2016	Pichler Daniela		0:54:16	1980 W30	12	0:54:33	27:24 * 27:09	5:26 min/km

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54	1926	Drees Bärbel		0:54:17	1964	W45	7	0:54:50	27:45 *	27:05	5:26 min/km
55	1859	Hamann Herta		0:54:23	1942	W65	1	0:54:42	26:40 *	28:02	5:26 min/km
56	1661	Peukert Manuela	Hellige Knäächte un	0:54:26	1973	W35	15	0:55:23	27:57 *	27:26	5:27 min/km
57	2139	Witt Nadine	42tausend / NAO PT	0:54:48	1969	W40	15	0:55:16	27:35 *	27:41	5:29 min/km
58	2281	Hemmer Alicia	42tausend	0:54:48	1979	W30	13	0:55:16	27:35 *	27:41	5:29 min/km
59	1609	Pamp Eleonora		0:54:49	1976	W35	16	0:55:03	27:08 *	27:54	5:29 min/km
60	1749	Otter-Worbis Melanie		0:54:52	1983	WHK	6	0:54:55	26:05 *	28:50	5:29 min/km
61	2270	Paschant Silke		0:54:54	1982	WHK	7	0:55:45	27:55 *	27:49	5:29 min/km
62	1925	Paschedag Annika		0:54:57	1985	WHK	8	0:55:52	28:34 *	27:18	5:30 min/km
63	1977	Ahl Madeleine		0:55:32	1962	W45	8	0:56:10	28:35 *	27:35	5:33 min/km
64	1506	Malig Susanne	Tempo, kleine Schnecke	0:55:39	1967	W40	16	0:55:48	27:29 *	28:19	5:34 min/km
65	1719	Abts Anne	Kreissparkasse Köln	0:55:39	1975	W35	17	0:56:00	28:20 *	27:40	5:34 min/km
66	1972	Klein Katrin	Hildener AT-tri	0:55:40	1978	W30	14	0:55:48	28:24 *	27:23	5:34 min/km
67	1702	Wasserhess Barbara		0:55:52	1970	W40	17	0:56:42	28:41 *	28:01	5:35 min/km
68	1504	Hennig Christina		0:55:57	1981	W30	15	0:56:54	29:29 *	27:25	5:36 min/km
69	1858	Hamann Brigitta		0:55:57	1963	W45	9	0:56:18	27:18 *	28:59	5:36 min/km
70	1822	Eisenbach Anja		0:56:00	1967	W40	18	0:56:31	28:25 *	28:05	5:36 min/km
71	2237	Ruhl Uta		0:56:12	1961	W50	3	0:57:05	29:43 *	27:22	5:37 min/km
72	2035	Cafaro Rosa #Luciana		0:56:24	1969	W40	19	0:57:08	28:41 *	28:27	5:38 min/km
73	2224	Kremer Bettina	SC Fretter	0:56:27	1964	W45	10	0:56:40	27:56 *	28:43	5:39 min/km
74	2241	Wagenbrenner Stefanie	Coelna	0:56:28	1982	WHK	9	0:57:01	29:43 *	27:17	5:39 min/km
75	1539	Hahmann Susanne	Diakonie Michaelshoven	0:56:29	1964	W45	11	0:57:07	27:46 *	29:20	5:39 min/km
76	1568	Stenger Maja	Diakonie Michaelshoven	0:56:29	1971	W40	20	0:57:07	27:47 *	29:20	5:39 min/km
77	1951	Grünfeld Annemone		0:56:30	1969	W40	21	0:57:21	28:49 *	28:32	5:39 min/km
78	1664	Krisor Sandra		0:56:33	1975	W35	18	0:56:56	28:49 *	28:07	5:39 min/km
79	1665	Reichert Anke		0:56:34	1969	W40	22	0:56:56	28:49 *	28:07	5:39 min/km
80	1621	Lippold Karoline		0:56:36	1964	W45	12	0:57:02	28:35 *	28:26	5:40 min/km
81	1622	Heidkamp Eva-Maria		0:56:37	1954	W55	1	0:57:02	28:35 *	28:26	5:40 min/km
82	2037	Trieschnigg Barbara	Polizei Köln	0:56:39	1984	WHK	10	0:56:56	27:55 *	29:00	5:40 min/km
83	1540	Heydweiller Helga	Diakonie Michaelshoven	0:56:59	1957	W50	4	0:57:09	28:42 *	28:27	5:42 min/km
83	1821	Mauer Heidrun	BEWO direkt	0:56:59	1972	W35	19	0:57:18	28:04 *	29:13	5:42 min/km
85	1627	Kucharska Malgorzata	Diakonie Michaelshoven	0:57:07	1983	WHK	11	0:57:22	27:35 *	29:47	5:43 min/km
86	1971	Te Pass Christine		0:57:08	1963	W45	13	0:57:15	28:24 *	28:50	5:43 min/km
87	1968	Bohlender Eva		0:57:36	1987	WHK	12	0:57:59	29:13 *	28:46	5:46 min/km
88	1965	Kuhnhenne Miriam		0:57:36	1981	W30	16	0:57:59	29:13 *	28:46	5:46 min/km
89	1922	Engelkamp Barbara		0:57:37	1964	W45	14	0:57:52	28:58 *	28:53	5:46 min/km
90	1863	Jahn-Gatzen Judith		0:57:38	1976	W35	20	0:58:32	30:01 *	28:30	5:46 min/km
91	1866	Schwarze Michaela		0:57:38	1976	W35	21	0:58:22	28:38 *	29:44	5:46 min/km
92	1934	Kern Susanne	ONI Runners	0:57:42	1968	W40	23	0:57:52	27:57 *	29:55	5:46 min/km
93	1541	Kersting Manuela	Diakonie Michaelshoven	0:57:57	1961	W50	5	0:58:23	28:56 *	29:26	5:48 min/km
94	1509	Steffen Natalie		0:58:09	1973	W35	22	0:58:46	30:02 *	28:44	5:49 min/km
95	1731	Lücking Jana	Diakonie Michaelshoven	0:58:11	1988	WHK	13	0:58:22	29:05 *	29:17	5:49 min/km
96	1556	Polat Gülden	Diakonie Michaelshoven	0:58:13	1983	WHK	14	0:58:46	28:56 *	29:49	5:49 min/km
97	1522	Klein Kristina		0:58:15	1981	W30	17	0:58:50	29:23 *	29:26	5:50 min/km
98	1957	Anderer Birgit		0:58:27	1957	W50	6	0:59:09	29:17 *	29:51	5:51 min/km
99	1620	Meyer Melanie		0:58:36	1976	W35	23	0:58:41	28:42 *	29:59	5:52 min/km
100	1763	Goertz Dagmar		0:58:37	1965	W45	15	0:59:25	29:44 *	29:40	5:52 min/km
101	1888	Seidel Anja	Freshfields Bruckhaus	0:58:38	1973	W35	24	0:59:23	29:30 *	29:52	5:52 min/km
102	1817	Ulbrich Petra	BEWO direkt	0:58:52	1968	W40	24	0:59:11	28:53 *	30:17	5:53 min/km
103	1636	Wolf Petra		0:58:54	1965	W45	16	0:59:28	29:49 *	29:39	5:53 min/km
104	1752	Jansen Beate		0:58:56	1962	W45	17	0:59:24	29:08 *	30:16	5:54 min/km
105	2109	Becker Jennifer	Dos Laufos	0:59:04	1982	WHK	15	0:59:23	30:44 *	28:39	5:54 min/km
106	2110	Rietschle Ruth	Dos Laufos	0:59:05	1987	WHK	16	0:59:24	30:44 *	28:39	5:55 min/km
107	2061	Eichenauer Stefanie	NetCologne	0:59:08	1984	WHK	17	0:59:22	29:33 *	29:49	5:55 min/km
108	2142	Krause Nora	42tausend / NAO PT	0:59:14	1978	W30	18	0:59:43	30:23 *	29:20	5:55 min/km
109	1699	Lotz Simone		0:59:19	1976	W35	25	0:59:55	29:45 *	30:10	5:56 min/km

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110	1907	Ebert Christina	Stamm Team	0:59:21	1983 WHK	18	0:59:39	28:34 *	31:05	5:56 min/km
111	2134	Schreiber Shella Marie		0:59:33	1971 W40	25	0:59:50	29:19 *	30:31	5:57 min/km
112	1698	Höpke Steffi		0:59:36	1977 W30	19	1:00:11	30:02 *	30:09	5:58 min/km
113	1939	Knoll Christiane		0:59:36	1968 W40	26	1:00:32	31:14 *	29:18	5:58 min/km
114	1552	Engelhardt Christina	Diakonie Michaelshoven	0:59:57	1971 W40	27	1:00:31	30:33 *	29:58	5:60 min/km
115	2162	Siever Lara Louisa		0:59:58	1993 WJA	1	1:00:06	26:08 *	33:57	5:60 min/km
116	1666	Hehl Susanne		1:00:02	1973 W35	26	1:00:36	31:31 *	29:04	6:00 min/km
117	1641	Krause Carina		1:00:03	1981 W30	20	1:00:49	31:23 *	29:25	6:00 min/km
118	1642	Weber Silke		1:00:04	1982 WHK	19	1:00:49	31:23 *	29:25	6:00 min/km
119	1657	Klein Gabi	LeseWelten	1:00:32	1967 W40	28	1:00:58	30:34 *	30:24	6:03 min/km
120	2220	Zickermann Yvonne	1.FC Mika Beuel	1:00:46	1977 W30	21	1:01:38	30:19 *	31:19	6:05 min/km
121	1709	Brohl Annabella		1:00:47	1970 W40	29	1:01:25	30:36 *	30:49	6:05 min/km
122	1713	Seiger Christine	Diakonie Michaelshoven	1:00:54	1965 W45	18	1:01:20	30:39 *	30:41	6:05 min/km
123	1852	Brandt Jasmin	Original Bootcamp	1:01:01	1990 WHK	20	1:01:38	30:44 *	30:54	6:06 min/km
123	1562	Rilke-Haerst Veronika	Diakonie Michaelshoven	1:01:01	1952 W55	2	1:01:23	30:05 *	31:17	6:06 min/km
125	1990	Seuthe Iris	Diakonie Michaelshoven	1:01:02	1956 W55	3	1:01:23	30:06 *	31:17	6:06 min/km
126	1548	Breitenbach Petra	Diakonie Michaelshoven	1:01:19	1962 W45	19	1:01:52	31:18 *	30:34	6:08 min/km
127	1690	Böhmer Iris		1:01:28	1971 W40	30	1:01:50	30:21 *	31:29	6:09 min/km
128	2269	Szpakowska Angnieszka	Hennings Groupies	1:01:37	1978 W30	22	1:02:36	32:03 *	30:33	6:10 min/km
129	1921	Müller Dagmar	42tausend sozial ist was	1:01:44	1969 W40	31	1:02:38	32:03 *	30:35	6:10 min/km
130	1549	Brüssel Conny	Diakonie Michaelshoven	1:02:06	1957 W50	7	1:02:48	31:37 *	31:10	6:13 min/km
131	1555	Peter Katrin	Diakonie Michaelshoven	1:02:20	1958 W50	8	1:02:51	31:37 *	31:13	6:14 min/km
132	2253	Sass Anne	die Rennschnecken	1:02:34	1987 WHK	21	1:03:19	32:26 *	30:52	6:15 min/km
133	2133	Kremer Tina		1:02:41	1967 W40	32	1:03:07	30:54 *	32:13	6:16 min/km
134	2032	Lenzen Helga		1:02:59	1959 W50	9	1:03:29	31:33 *	31:56	6:18 min/km
135	1846	Lörges Annika		1:03:28	1973 W35	27	1:04:03	31:46 *	32:17	6:21 min/km
136	1775	Schmidt Kerstin	Solarläufer	1:03:37	1971 W40	33	1:04:16	32:35 *	31:41	6:22 min/km
137	1780	Kick Sabine		1:03:53	1961 W50	10	1:04:30	31:53 *	32:37	6:23 min/km
138	1761	Hausmann Susanna		1:04:05	1974 W35	28	1:04:41	32:07 *	32:33	6:25 min/km
139	2229	Bührmann Agnes		1:04:25	1977 W30	23	1:05:14	32:47 *	32:26	6:27 min/km
140	1736	Schlichte Gudrun	Diakonie Michaelshoven	1:04:26	1962 W45	20	1:05:11	31:51 *	33:19	6:27 min/km
141	1689	Wichterich Andrea		1:04:35	1969 W40	34	1:04:50	31:05 *	33:44	6:28 min/km
142	1684	Eberhard Ulla	LeseWelten	1:05:01	1958 W50	11	1:05:22	32:19 *	33:02	6:30 min/km
143	1771	Groß Julia	Solarläufer	1:05:10	1980 W30	24	1:05:50	32:35 *	33:15	6:31 min/km
144	1783	Dunkel Silke	LeseWelten	1:05:13	1969 W40	35	1:05:33	31:12 *	34:20	6:31 min/km
145	1645	Freytag Claudia		1:05:35	1967 W40	36	1:05:51	32:39 *	33:12	6:34 min/km
146	1778	Rogalski Victoria		1:05:46	1981 W30	25	1:06:17	32:48 *	33:29	6:35 min/km
147	1807	Schwefer Carolin		1:06:48	1988 WHK	22	1:07:29	33:08 *	34:21	6:41 min/km
148	1733	Müller Kerstin	Diakonie Michaelshoven	1:06:54	1969 W40	37	1:07:50	35:08 *	32:42	6:41 min/km
149	106	Paschedag Meike		1:06:58	1980 W30	26	1:07:55	35:33 *	32:21	6:42 min/km
150	1795	Riedel Regine		1:07:03	1983 WHK	23	1:07:59	37:13 *	30:46	6:42 min/km
151	1678	Zingsheim Anja		1:07:19	1976 W35	29	1:08:09	34:43 *	33:25	6:44 min/km
152	2126	Sax Nana		1:07:51	1980 W30	27	1:08:44	34:14 *	34:30	6:47 min/km
153	2268	von Gustedt Isabell	Henning's Groupies	1:08:58	1981 W30	28	1:09:54	35:21 *	34:32	6:54 min/km
154	1650	Peters Elke		1:09:34	1965 W45	21	1:10:18	35:28 *	34:49	6:57 min/km
155	1675	Florczak Claudia		1:09:35	1964 W45	22	1:10:18	35:29 *	34:49	6:58 min/km
156	1652	Wolter Claudia		1:09:35	1965 W45	23	1:10:18	35:27 *	34:51	6:58 min/km
157	2263	Fuchs Christa		1:17:39	1956 W55	4	1:18:14	38:34 *	39:40	7:46 min/km
158	1933	Kern Claudia	ONI Runners	1:23:20	1965 W45	24	1:23:28	40:14 *	43:14	8:20 min/km