

10km - Gesamtwertung

Unilaf Köln - 8. Juni 2011

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	1280	Ochal Pawel	*Bydgoszcz	GER	0:31:35	0:31:38	1	M30	81	07:37 07:47 07:45 07:48
2	27	Haferkamp Lars	Uni Köln	GER	0:32:51	0:32:52	2	M30	79	07:59 08:04 08:08 07:56
3	2563	Pupkes Eike Carsten	*Köln	DEU	0:32:51	0:32:53	1	MHK	84	07:59 08:00 08:04 08:04
4	2	Nawrocki Philipp	RWTH Aachen	GER	0:32:57	0:32:59	3	M30	77	07:57 08:05 08:15 07:55
5	24	Tellkamp Benjamin	Uni Köln	GER	0:33:07	0:33:08	2	MHK	87	08:00 08:03 08:08 08:12
6	1	Schnorr Stefan	RWTH Aachen	GER	0:33:30	0:33:31	3	MHK	85	07:59 08:14 08:21 08:12
7	1121	Naegeli Jacob	*Bonn	USA	0:34:20	0:34:22	4	MHK	90	08:18 08:17 08:24 08:35
8	14	Werker Markus	RWTH Aachen	GER	0:34:33	0:34:35	5	MHK	86	08:18 08:27 08:32 08:29
9	18	Keitzel Gunnar	RWTH Aachen	GER	0:34:38	0:34:40	4	M30	81	08:18 08:28 08:33 08:39
10	23	Mucha Bastian	Uni Köln	GER	0:34:42	0:34:45	6	MHK	83	08:04 08:41 08:38 08:36
11	7	Pelzer Martin	RWTH Aachen	GER	0:35:10	0:35:12	7	MHK	88	08:18 08:31 08:49 08:45
12	17	Frielinghaus Robert	RWTH Aachen	GER	0:35:43	0:35:46	8	MHK	84	08:12 08:46 09:02 08:56
13	71	Wiese Stefan	Uni Münster	GER	0:36:00	0:36:01	9	MHK	84	08:07 09:02 09:12 08:54
14	30	Paulsen Dirk	Uni Köln	GER	0:36:04	0:36:06	10	MHK	83	08:40 08:48 08:51 08:58
15	1442	Joisten Christian	VfL Kommern	GER	0:36:28	0:36:32	11	MHK	83	08:38 08:59 09:08 08:58
16	1428	Rühe Stephan	TriathlonSteckelCologne	GER	0:36:29	0:36:32	12	MHK	83	08:33 09:03 09:11 08:56
17	16	Flohre Jan	RWTH Aachen	GER	0:36:39	0:36:43	13	MHK	84	09:02 09:08 09:01 08:42
18	28	Freese Mathias	Uni Köln	GER	0:36:45	0:36:49	14	MHK	86	08:41 09:03 09:11 09:00
19	44	Handschuh Stephan	Uni Siegen	GER	0:36:50	0:36:52	15	MHK	82	09:09 09:00 08:59 08:54
20	1304	Sixtus Florian	42tausend / NAO PT	GER	0:36:56	0:37:00	1	M35	73	08:28 09:10 09:25 09:09
21	1175	Nieswand Patrick	Deutz 05	GER	0:36:57	0:37:02	2	M35	73	08:38 09:02 09:15 09:11
22	55	Schmechel Tobias	Uni Siegen	GER	0:36:58	0:37:01	3	M35	76	09:01 09:06 09:01 09:06
23	35	Dröghoff Michael	Uni Wuppertal	GER	0:37:02	0:37:05	16	MHK	82	08:47 08:56 09:16 09:16
24	1410	Wiesen Klaus	SSF Bonn	GER	0:37:13	0:37:14	17	MHK	83	08:40 09:00 09:16 09:25
25	1380	Essmann Thomas	Laufen gegen Atomstrom	GER	0:37:26	0:37:35	4	M35	76	08:59 09:14 09:17 09:11
26	76	Waldvogel Benedikt	Uni Bonn	GER	0:37:27	0:37:31	18	MHK	85	08:51 09:08 09:17 09:22
27	1116	König André	*Köln	GER	0:37:35	0:37:35	5	M30	80	09:04 09:09 09:26 09:12
28	8	Ries Benjamin	RWTH Aachen	GER	0:37:36	0:37:38	19	MHK	84	08:51 09:10 09:23 09:24
29	1343	Neubauer Dominik	DLR e.V.	GER	0:37:42	0:37:49	6	M30	80	08:51 09:12 09:22 09:26
30	66	Rinckens Johannes	Uni Münster	GER	0:37:58	0:38:00	20	MHK	86	08:56 09:26 09:29 09:23
31	1323	Hülse Dominik	Central-Team	GER	0:38:01	0:38:05	7	M30	80	09:03 09:16 09:25 09:32
32	15	Bielefeld Philipp	RWTH Aachen	GER	0:38:19	0:38:21	21	MHK	90	08:43 09:22 09:41 09:46
33	1264	Foest Jörg	*Köln	GER	0:38:24	0:38:28	1	M45	64	09:11 09:25 09:29 09:28
34	1401	Poischen Thomas	RheinEnergie AG	GER	0:38:34	0:38:38	1	M40	70	09:22 09:27 09:31 09:27
35	1247	Wilmes Heiko	TV Refrath	GER	0:38:39	0:38:43	2	M40	69	08:59 09:29 09:43 09:39
36	75	Bruske Armin	Uni Bonn	GER	0:38:41	0:38:46	22	MHK	86	08:51 09:34 09:47 09:38
37	67	Roethemeyer Marvin	Uni Münster	GER	0:38:42	0:38:44	23	MHK	89	09:08 09:34 09:42 09:29
38	56	Dallmann Anno	Uni Siegen	GER	0:38:43	0:38:46	24	MHK	85	08:51 09:29 09:47 09:44
39	1097	Budnikow Ilja	*Köln	GER	0:38:46	0:38:49	25	MHK	88	09:03 09:42 09:39 09:34
40	47	Gawehn Steffen	Uni Siegen	GER	0:38:48	0:38:48	26	MHK	90	09:39 09:44 09:27 09:16
41	1298	Stühn Dennis	*Wilnsdorf	GER	0:38:48	0:38:54	27	MHK	82	09:30 09:37 09:32 09:22
42	1236	Neuhauser Andreas	SMA Masters	GER	0:38:52	0:39:04	28	MHK	85	09:33 09:26 09:35 09:32
43	1261	Eggers Sven	*Köln	GER	0:38:53	0:38:58	5	M35	72	08:58 09:27 10:01 09:36
44	1164	Nußbaum Johannes	Cologne Internationals	GER	0:38:55	0:39:00	29	MHK	87	09:23 09:37 09:38 09:32
45	149	Theisen Erik	Köln Triathlon e.V.		0:38:56	0:39:00	3	M40	69	08:51 09:28 09:51 09:57
46	1288	Röttger Henning	*Köln	GER	0:39:00	0:39:08	8	M30	79	09:18 09:38 09:44 09:32
47	1184	Akessa Tariku Fufa	FH Köln	ETH	0:39:06	0:39:08	9	M30	80	08:39 10:01 10:01 09:40
48	1354	Niemann Christoph	FH Köln meets Open-C	GER	0:39:17	0:39:22	4	M40	68	09:34 09:38 09:40 09:38
49	1345	Haasner Olaf	DSHS Köln	GER	0:39:18	0:39:29	30	MHK	87	09:41 09:27 09:42 09:37
50	1283	Pastoors Andreas	*Köln	GER	0:39:23	0:39:27	2	M45	65	09:21 09:40 09:43 09:45
51	1262	Feldenkirchen Nikolai	*Köln	GER	0:39:28	0:39:34	10	M30	80	09:06 09:51 09:50 09:48
52	1358	Dudley Richard-James	Frontrunner Cologne SC Janus	GBR	0:39:30	0:39:33	1	M50	61	09:28 09:39 09:50 09:39
53	1229	Peters Norman	Roadrunners	GER	0:39:32	0:39:35	31	MHK	88	09:06 09:45 10:00 09:52
54	1220	Rehberg Felix	prothetik@uk-koeln.de		0:39:36	0:39:40	32	MHK	89	09:12 10:01 10:07 09:30
55	74	Müller Tobias	Uni Bonn	GER	0:39:45	0:39:48	33	MHK	84	09:31 09:51 09:51 09:42
56	2464	Weiß Matthias	Stadtwerke Köln Konzern	GER	0:39:45	0:39:50	5	M40	70	09:26 09:46 09:58 09:49
57	114	Engelhardt Kai	Kölner Bank		0:39:48	0:39:50	6	M40	67	09:22 09:34 09:55 10:03
58	1157	Dralle Heiner	Cologne Internationals	GER	0:39:52	0:40:02	34	MHK	87	09:33 09:43 09:50 09:59
59	1841	Ehrhardt Niels	*Köln	GER	0:40:09	0:40:25	35	MHK	89	09:36 09:28 09:58 10:13
60	1119	Matthies Johannes	*Köln	GER	0:40:09	0:40:22	36	MHK	90	09:44 09:49 09:58 09:54

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Unilaf Köln - 8. Juni 2011

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
61	1308	Alotto Giuseppe	Alotto Corre	ITA	0:40:09	0:40:09	3	M45	66	09:29	09:48	10:01	09:59
62	1388	Theißen Michael	Laufftreff Hersel	GER	0:40:12	0:40:18	2	M50	59	09:39	09:50	10:09	09:47
63	1996	Rafii Michael	*Düsseldorf	GER	0:40:15	0:44:29	37	MHK	84	09:50	09:56	09:48	09:45
64	42	Mank Paul	Uni Siegen	GER	0:40:20	0:40:22	38	MHK	89	09:24	09:57	10:00	10:13
65	1243	Abdelfattah Mohamed	TriathlonSteckelCologne	EGY	0:40:25	0:40:30	39	MHK	82	09:06	10:04	10:11	10:11
66	1265	Franitza Marek	*Köln	GER	0:40:27	0:40:43	6	M35	76	09:51	09:28	09:51	10:21
67	1341	Verhoeven Stefan	Currentes	GER	0:40:28	0:40:42	40	MHK	85	09:43	09:57	10:05	09:54
67	1409	Siller Christian	Sportfreunde Siller	GER	0:40:28	0:40:32	7	M40	68	09:23	10:02	10:05	10:07
69	2541	Troudi Khaled	Wendelinis	GER	0:40:30	0:40:40	7	M35	75	09:13	10:02	10:04	10:19
70	1365	Gerdes Florian	genetically modified runners	GER	0:40:34	0:40:45	11	M30	80	09:42	09:53	10:10	09:57
71	1434	Hölle Magnus	Uni Karlsruhe	GER	0:40:37	0:40:47	41	MHK	84	09:49	09:57	10:02	09:56
72	1200	Buxel Oliver	LG Ahrem	GER	0:40:40	0:40:50	12	M30	79	10:15	10:19	10:05	09:12
73	1166	Rekers Jasper	Cologne Internationals	GER	0:40:42	0:40:46	42	MHK	88	09:26	09:56	10:07	10:12
74	1300	Waldmüller Johannes	*Köln	GER	0:40:47	0:41:02	43	MHK	83	10:01	09:48	10:03	10:04
75	1132	Schulze Dr. Thorben	*Weilerswist	GER	0:40:47	0:41:03	8	M35	76	10:20	09:53	10:08	09:35
76	1242	Passadakis Silvio	the human atombombs	GER	0:40:50	0:40:50	13	M30	79	09:22	09:56	10:18	10:19
77	0	unbekannt DZ1YVGY			0:40:54	0:41:15	0	M		09:46	10:01	10:13	10:05
78	1700	Pleuß Jörn	Marketing Horizonte 2011	GER	0:40:57	0:40:57	44	MHK	84	09:35	10:07	10:15	10:06
79	1278	Neimeke Ralf	*Köln	GER	0:40:58	0:41:04	8	M40	70	09:42	09:59	10:15	10:11
80	1651	Weiche Benjamin	Genetically modified runners	GER	0:40:58	0:41:11	45	MHK	84	09:58	09:54	10:11	10:05
81	1314	Meyer Karsten	ASV KÖLN Triathlon	GER	0:40:59	0:41:11	14	M30	80	09:40	10:04	10:13	10:09
82	52	Schäfer David	Uni Siegen	GER	0:41:01	0:41:08	46	MHK	87	09:20	10:27	10:27	09:55
83	1406	Schumacher Sebastian	Saga Team Reisen	GER	0:41:03	0:42:00	15	M30	78	11:53	13:38	14:12	16:49
84	2516	Plaschke Christopher	Turbostart(er)	GER	0:41:08	0:41:51	47	MHK	89	10:11	09:47	10:15	10:03
85	1405	Mückenheim Sven	RunningCoach.ch	GER	0:41:11	0:41:18	9	M35	74	09:45	10:12	10:21	10:04
86	1152	Lightwood Dr. Matthew	CES Runners	GBR	0:41:11	0:41:19	10	M35	76	09:37	10:16	10:18	10:09
87	1185	Yegon Martin Kibiwott	FH Köln	KEN	0:41:11	0:41:14	48	MHK	86	08:58	10:24	10:42	10:20
88	1114	Kirch Kristian	*Köln	GER	0:41:15	0:41:34	49	MHK	88	09:45	10:03	10:22	10:17
89	2431	Lange Lukas		GER	0:41:17	0:41:22	16	M30	80	09:44	09:56	10:24	10:18
90	1126	Pristup Alexander	prothetik@uni-koeln.de	GER	0:41:18	0:41:26	50	MHK	88	09:18	10:06	10:36	10:31
91	1103	Gaßen Ingo	*Köln	GER	0:41:19	0:41:25	51	MHK	85	10:02	10:10	10:10	10:03
92	1128	Rost Alexander	*Köln	GER	0:41:19	0:41:25	52	MHK	82	09:37	10:11	10:19	10:22
93	1183	Mazari Ibrahim	ESL	GER	0:41:22	0:41:31	11	M35	74	09:44	10:15	10:18	10:12
94	1240	Rost Dr. Steffen	Team Quantensprung	GER	0:41:26	0:41:45	12	M35	76	09:43	09:52	10:25	10:30
95	1255	Bauer Christian	*Köln	GER	0:41:27	0:41:30	13	M35	73	09:12	10:08	10:38	10:33
96	1149	Bauer Paul	Bonn-Rhein-Sieg-Runners	GER	0:41:29	0:41:39	53	MHK	88	10:14	10:29	10:31	09:31
97	1258	Berghausen Martin	*Köln	GER	0:41:31	0:41:37	54	MHK	87	09:41	10:08	10:28	10:19
98	1548	Stockmann Maik	*Köln	GER	0:41:31	0:41:33	14	M35	75	10:02	10:05	10:09	10:18
99	1355	Fresenborg Mike	Fresenborg Mike	GER	0:41:31	0:41:46	9	M40	70	10:14	09:53	10:12	10:19
99	2299	Khallouki Ismail	Eduardus Krankenhaus	GER	0:41:31	0:41:43	55	MHK	89	10:32	10:11	10:16	09:45
101	51	Forster Benedikt	Uni Siegen	GER	0:41:37	0:42:00	56	MHK	85	10:22	10:09	10:10	10:05
102	1424	Mohrmann Moehre	The Elf and friends	GER	0:41:40	0:41:58	15	M35	73	09:59	10:04	10:23	10:21
103	1524	Riefe Sebastian	*Köln	GER	0:41:43	0:41:45	17	M30	78	09:51	10:23	10:25	10:15
104	1198	Von Bargaen Tobias	Junge Union	GER	0:41:44	0:42:10	57	MHK	88	10:26	10:16	10:27	09:46
105	1219	Pristup Julij	prothetik@uk-koeln.de		0:41:44	0:41:52	58	MHK	89	09:25	10:15	10:42	10:34
106	1173	Krewer Till	Currentes	GER	0:41:46	0:41:56	59	MHK	84	09:46	09:58	10:18	10:46
107	910	Schneider Matthias	die Holland Freizeitcamper	GER	0:41:46	0:41:50	60	MHK	83	10:04	10:21	10:32	09:55
108	1312	Bender Dennis	ASV Köln Triathlon	GER	0:41:52	0:41:58	61	MHK	82	09:49	10:21	10:27	10:25
109	1394	Gröner Ole	Mach3 Neptunbad	GER	0:41:54	0:42:05	10	M40	68	10:18	10:10	10:19	10:16
110	1359	Heinrich Alexander	Fronrunner Cologne SC Janus	GER	0:41:59	0:43:33	11	M40	68	09:40	10:17	10:41	10:31
111	69	Spangenberg Veit	Uni Münster	GER	0:42:01	0:42:10	62	MHK	86	10:02	10:08	10:31	10:31
112	1403	Lehnigk Matthias	RTL Mediengruppe	GER	0:42:02	0:42:07	4	M45	63	09:46	10:20	10:36	10:31
113	2063	Vybiral David	*Köln	GER	0:42:02	0:42:03	18	M30	79	09:57	10:21	10:30	10:27
114	1273	Kröling Matthias	*Köln	GER	0:42:04	0:42:12	63	MHK	89	10:01	10:21	10:29	10:21
115	1245	Kruczynski Philipp	TriathlonSteckelCologne	GER	0:42:08	0:42:16	19	M30	81	10:21	10:22	10:29	10:05
116	1429	Isbaner Wolfgang	TSV Bayer 04 Laufftreff	GER	0:42:09	0:42:14	1	M55	54	10:02	10:31	10:32	10:11
117	73	v. Spiczak Jochen	Uni Münster	GER	0:42:10	0:42:12	20	M30	79	09:17	10:09	10:40	11:17
118	2120	Bischoff Johannes	BC Runners		0:42:12	0:42:54	64	MHK	86	10:25	10:18	10:36	09:50
119	1284	Pilz Andreas	*Hürth	GER	0:42:14	0:42:25	16	M35	74	10:22	10:26	10:24	10:11
120	1146	Forge Ralf	Bonn Internationals	GER	0:42:15	0:42:24	65	MHK	87	09:37	10:20	10:43	10:39

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
121	1106	Haasner Adrian	*Köln	GER	0:42:21	0:42:21	17	M35	76	20:02	10:56	10:33	00:00
122	1561	Willnauer Dr. Walter	*Köln	GER	0:42:22	0:42:27	3	M50	59	09:13	10:23	10:55	10:52
123	1381	Schmidt Bodo	Laufclub Lützinghausen	GER	0:42:23	0:42:28	2	M55	54	09:49	10:21	10:38	10:40
124	1326	Trzaskalik Martin	cleverbridge AG	DEU	0:42:28	0:42:33	18	M35	73	09:36	10:17	10:49	10:56
125	1416	Nüsse-Maas Ludger	Stadtwerke Köln Konzern	DEU	0:42:29	0:42:35	5	M45	62	09:56	10:31	10:40	10:34
126	1413	Gassen-Wendler Frank	Stadtwerke Köln Konzern	GER	0:42:30	0:42:37	4	M50	60	09:52	10:23	10:47	10:37
127	1362	Krafft Jörg	Frontrunner Cologne SC Janus	GER	0:42:33	0:42:51	5	M50	61	09:55	10:17	10:44	10:41
128	1257	Bergbauer Knut	*köln	GER	0:42:37	0:42:42	6	M45	62	09:55	10:23	10:40	10:41
129	1190	Johnson Dr. Kevin	Genetically modified runners	GER	0:42:40	0:42:57	7	M45	64	10:40	10:27	10:25	10:15
130	148	Doppelfeld Mark	Köln Triathlon e.V.		0:42:46	0:42:52	12	M40	70	09:48	10:16	10:45	10:58
131	1177	Lüttenberg Christoph	DFM	GER	0:42:50	0:42:58	66	MHK	89	11:05	10:39	10:33	09:48
132	39	Donaubauer Julian	Uni Wuppertal	GER	0:42:55	0:43:02	21	M30	81	10:03	10:43	10:44	10:37
133	1436	Gimbarov Sergey	UniKlinik Köln	GER	0:42:59	0:43:02	8	M45	66	10:02	10:33	10:50	10:44
134	1158	Eilts Florian	Cologne Internationals	GER	0:42:59	0:43:08	67	MHK	84	10:00	10:15	10:38	11:04
135	1268	Husemann Georg	*Köln	GER	0:43:04	0:43:21	13	M40	68	10:21	10:23	10:41	10:42
136	2271	Spruck Stefan	Cologne Internationals	GER	0:43:06	0:43:22	68	MHK	82	10:18	10:45	10:42	10:30
137	2233	Gepfert Christian	Cologne Internationals	GER	0:43:06	0:44:46	69	MHK	84	10:25	10:24	10:49	10:39
138	1897	Jagdfeld Nils	*Düren	GER	0:43:07	0:43:19	70	MHK	82	10:30	10:01	10:50	10:55
139	48	Bäuerle Björn	Uni Siegen	GER	0:43:08	0:43:30	71	MHK	85	11:10	10:27	10:19	10:19
140	46	Grodde Fabian	Uni Siegen	GER	0:43:12	0:43:37	72	MHK	85	10:27	10:25	10:38	10:52
141	2482	Ermes Christoph	The Medium is the Message	GER	0:43:14	0:44:00	73	MHK	84	10:13	10:26	10:47	10:50
142	1244	Duivenvoorden Kasper	TriathlonSteckelCologne	NEL	0:43:14	0:43:35	74	MHK	86	10:30	10:33	10:57	10:29
143	1115	Kirschner Marc	*Köln	GER	0:43:16	0:43:28	22	M30	80	09:59	10:31	10:54	10:58
144	2550	Osmalz Oliver-Christian	WiSo Warriors	GER	0:43:16	0:43:27	23	M30	80	10:49	10:38	10:45	10:13
145	1290	Schaffgans Franz	*Frechen	GER	0:43:18	0:43:25	9	M45	63	09:58	10:45	10:55	10:43
146	1402	Arndt Hartmut	ASV Köln Triathlon	GER	0:43:19	0:43:27	6	M50	57	10:32	10:40	10:42	10:31
147	1101	Franklin Dr. Jeremy	*Kerpen	GER	0:43:19	0:43:35	7	M50	59	10:42	10:35	10:31	10:37
148	1549	Te Heesen Till	*Köln	GER	0:43:19	0:43:34	75	MHK	84	10:28	10:16	10:52	10:46
149	1163	Mertesacker Sebastian	Cologne Internationals	GER	0:43:22	0:43:32	76	MHK	89	10:12	10:47	10:53	10:32
150	1356	Althoff Markus	Frontrunner Cologne SC Janus	GER	0:43:26	0:43:45	10	M45	65	10:17	10:30	10:50	10:50
151	1205	Hellmann Markus	Markus Hellmann RACING	GER	0:43:28	0:43:39	77	MHK	88	09:53	10:40	11:00	10:58
152	1425	Steckel Manfred	TriathlonSteckelCologne	DEU	0:43:28	0:43:44	3	M55	55	10:42	10:36	10:44	10:31
153	1384	Bosbach Prof. Dr. Gerd	Laufransch	GER	0:43:31	0:43:41	4	M55	53	10:38	10:43	10:43	10:32
154	1420	Eisermann Stephan	Team Erdinger Alkoholfrei	GER	0:43:31	0:43:46	11	M45	66	10:23	10:43	10:53	10:35
155	1572	Schütte Marc	1. Kölner Laufstall	GER	0:43:34	0:43:39	19	M35	75	10:07	10:40	10:58	10:50
156	1846	Fink Leonard	*Köln	GER	0:43:38	0:43:40	20	M35	76	10:08	10:30	11:07	10:53
157	1375	Kunert Egbert	Laktatkönige	GER	0:43:38	0:43:59	8	M50	60	10:47	10:40	10:43	10:37
158	2554	Von Dreden Tobias	WiSo Warriors	GER	0:43:39	0:43:59	78	MHK	88	10:30	10:38	10:54	10:47
159	1228	Hilpert Martin	RADIO SABOR	GER	0:43:42	0:44:04	79	MHK	86	10:41	10:39	10:49	10:39
160	1266	Gruschwitz Axel	*Köln	GER	0:43:42	0:44:05	24	M30	79	10:43	10:36	10:49	10:38
161	1293	Schütte Jan Karl	*Köln	GER	0:43:43	0:44:05	25	M30	78	10:51	10:40	10:41	10:41
162	1210	Mohr Alexander	mhm running	GER	0:43:45	0:43:52	80	MHK	89	10:39	10:48	10:59	10:35
163	1780	Först Manuel	WiSo Warriors	GER	0:43:47	0:43:59	81	MHK	88	10:39	10:33	10:58	10:47
164	1369	Frenser Thorsten	Junge Union	GER	0:43:47	0:44:12	82	MHK	87	10:35	10:25	10:42	11:08
165	1363	Van de Braak Georg	Frontrunner Cologne SC Janus	GER	0:43:50	0:44:09	21	M35	74	10:27	10:46	10:58	10:45
166	87	Hupertz Thomas	Uni Dortmund	GER	0:43:52	0:44:08	83	MHK		10:50	10:27	10:58	10:47
167	1350	Cremer Jürgen	FC Deutsche Post NL Köln-	GER	0:43:52	0:43:56	12	M45	62	10:26	10:39	10:55	10:58
167	80	Riedel Nico	Uni Bonn	GER	0:43:52	0:44:00	84	MHK	87	10:21	10:46	11:05	10:45
169	1139	Wisdorf Vincent	*Köln	GER	0:43:52	0:44:06	85	MHK	86	10:19	10:33	10:50	11:12
170	1248	Fietkau Sebastian	UKK-Anästhesie-Laufteam	GER	0:43:54	0:44:17	26	M30	80	10:31	10:42	10:55	10:48
171	1422	Jakobs Benedikt	TeamRici	GER	0:43:54	0:44:21	86	MHK	90	10:58	10:59	10:45	10:18
172	1150	Kühl Matthias	Bonn-Rhein-Sieg-Runners	GER	0:43:56	0:44:02	87	MHK	89	09:45	10:59	11:25	10:54
173	105	Jolk Hendrik	Kölner Bank		0:43:56	0:43:56	1	MSA	99	09:46	10:46	11:17	11:12
174	1391	Schmitz Benno	LT Flinke Fööss	GER	0:43:57	0:44:03	88	MHK	83	10:10	10:55	11:07	10:54
175	2151	Hientzsch Lars Eric	Bonn Internationals	GER	0:43:57	0:44:57	89	MHK	90	11:03	10:33	10:40	10:50
176	1171	Kipping Prof. Dr. Christopher	Cream Team Cologne	GER	0:43:58	0:44:05	90	MHK	84	10:36	11:16	10:49	10:25
177	1322	Müller Thomas	CCB GE	GER	0:44:00	0:44:08	22	M35	74	10:27	10:47	11:06	10:49
178	1276	Kwasny Tomek	*köln	GER	0:44:00	0:44:12	27	M30	78	10:24	10:47	11:02	10:53
179	1194	Gulinin Stanislav	hüächä	GER	0:44:03	0:44:21	91	MHK	83	10:27	10:52	11:02	10:51
180	1378	NOWAK ANDREAS	Laktatkönige	GER	0:44:03	0:44:17	1	M60	51	10:38	10:48	10:51	10:48

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
181	1397	Klingen Reinhard	QS Frechen	GER	0:44:04	0:44:09	13	M45	66	10:04	10:56	11:08	10:58
182	1415	Mörl Lars	Stadtwerke Köln Konzern	DEU	0:44:05	0:44:21	92	MHK	82	10:57	11:01	10:50	10:24
183	1393	Möbus Dr. Volkmar	LT Mombasa	GER	0:44:05	0:44:10	5	M55	53	10:28	10:52	11:02	10:47
184	1433	Zehner Ingo	UKK-Anästhesie-Laufteam	GER	0:44:11	0:44:34	14	M40	69	10:53	10:35	10:50	10:56
185	1250	Bippus Joachim	UniKlinik Köln	GER	0:44:11	0:44:24	93	MHK		10:43	10:47	11:00	10:50
186	1270	Kelm Florian	*Köln	GER	0:44:12	0:44:19	23	M35	75	10:33	10:47	11:00	10:54
187	81	Belke Lara	Uni Bonn	GER	0:44:14	0:44:23	94	MHK	88	10:26	10:38	11:00	11:08
188	1555	Von Holtum Viktor	*Köln	GER	0:44:14	0:44:24	28	M30	78	10:30	10:20	10:57	11:25
189	1287	Reek Martin	*Köln	GER	0:44:15	0:44:27	15	M40	68	10:39	10:54	10:53	10:52
190	1339	Pfeiffer Jens	Currentes	GER	0:44:15	0:44:33	95	MHK	85	11:16	10:51	10:40	10:32
191	1368	Arentz Oliver	Hauptsache ankommen!	GER	0:44:16	0:44:29	24	M35	75	10:25	10:45	10:57	11:08
192	1357	Drecker Michael	Frontrunner Cologne SC Janus	GER	0:44:17	0:44:35	6	M55	56	10:31	10:32	10:58	11:12
193	1661	Becker Jan	hüächa	GER	0:44:17	0:44:38	96	MHK	86	10:36	10:42	11:05	10:59
194	2012	Schlax David	*Köln	GER	0:44:20	0:44:27	97	MHK	85	10:36	10:57	11:09	10:51
195	1573	Wolf Harald	1. Kölner Laufstall	GER	0:44:20	0:44:23	16	M40	67	10:06	10:55	11:07	11:17
196	1310	Kohtes Robert	ASV Köln	GER	0:44:21	0:44:41	98	MHK	83	10:54	11:03	11:05	10:21
197	1129	Rothgenger Jonathan	*Köln	GER	0:44:21	0:44:42	99	MHK	84	10:55	11:01	11:11	10:22
198	1907	Kellaway Keyn	*Köln	GBR	0:44:21	0:44:40	25	M35	74	10:35	10:42	11:06	11:04
199	1441	Lülf Manfred	Valium i.v.	GER	0:44:24	0:44:36	7	M55	56	11:13	10:54	10:41	10:38
200	1305	Benner Frank	aCRM	GER	0:44:26	0:44:33	14	M45	64	10:05	11:00	11:14	11:10
201	50	Polier Thomas	Uni Siegen	GER	0:44:27	0:44:48	29	M30	78	10:48	10:51	10:59	10:55
202	36	Braasch Andreas	Uni Wuppertal	GER	0:44:27	0:45:11	30	M30	79	10:41	10:41	10:59	11:02
203	96	Ebbinghaus Thomas	Kölner Bank		0:44:28	0:44:29	100	MHK	91	10:08	10:48	11:12	11:33
204	1286	Quezada Akamitl	*Bochum	MEX	0:44:29	0:44:49	101	MHK	83	10:20	11:03	11:15	11:07
205	1272	König Bernd	*Köln	GER	0:44:30	0:44:41	17	M40	70	10:17	10:51	11:17	11:08
206	1123	Palatnik Dmitry	*Köln	RUS	0:44:30	0:44:43	102	MHK	90	10:02	10:38	11:09	11:43
207	2527	Berger Volker	Valium i.v.	GER	0:44:31	0:44:43	103	MHK	84	10:00	10:47	11:23	11:20
208	1351	Lieb Thomas	FFO Köln	GER	0:44:32	0:44:50	9	M50	61	10:23	10:56	11:07	11:08
209	1333	Brenzinger Matthias	Cologne Internationals	GER	0:44:33	0:44:45	10	M50	57	10:30	11:02	11:06	10:57
210	1503	Lersch Daniel	*Köln	GER	0:44:34	0:46:03	104	MHK	83	11:46	10:37	10:41	10:40
211	1142	Courbier Michael	aCRM	GER	0:44:40	0:44:57	18	M40	67	10:53	10:55	11:04	10:53
212	1161	Kowalczyk Krzysztof	Cologne Internationals	POL	0:44:42	0:44:52	105	MHK	88	10:44	11:08	11:10	10:47
213	1783	Schöneweis Christian	www.king-of-sports.de	GER	0:44:42	0:44:44	26	M35	74	10:02	10:52	11:24	11:23
214	1984	Pietsch Lutz	*Simmerath	GER	0:44:43	0:44:51	31	M30	78	10:57	11:00	11:06	10:45
215	1977	Oehler Matthias	*Köln	GER	0:44:44	0:44:55	106	MHK	85	11:14	10:41	10:59	11:01
216	1108	HERVE Simon	*Köln	FRA	0:44:45	0:44:55	107	MHK	88	10:21	10:44	11:15	11:26
217	1396	Bock Olaf	Nele & Nils Racing	GER	0:44:45	0:45:02	19	M40	67	11:14	10:58	10:56	10:49
218	2407	Hilken Stefan	OC Köllefortia	GER	0:44:47	0:44:57	108	MHK	82	10:59	11:00	11:17	10:43
219	2505	Linden Martin	Trotz Saufen Laufen	GER	0:44:49	0:45:31	109	MHK	90	11:47	10:44	10:49	10:36
220	1693	Häusler Christoph	liveResults	GER	0:44:49	0:44:54	110	MHK	85	11:03	11:07	11:13	10:39
221	1254	Wagner Andreas	Valium i.v.	GER	0:44:49	0:44:55	32	M30	80	10:16	11:04	11:21	11:19
222	1199	Schäfer Gerd	Laktatkönige	GER	0:44:51	0:45:13	20	M40	69	10:14	10:36	11:21	11:40
223	1364	Wittstamm Joachim	Frontrunner Cologne SC Janus	GER	0:44:51	0:45:11	15	M45	66	10:29	10:51	11:22	11:13
224	153	Brauer Ralf	Köln läuft		0:44:55	0:45:08	33	M30	81	11:20	10:57	11:02	10:45
225	2222	Breitbach Werner	Cologne Internationals	GER	0:44:57	0:45:21	111	MHK	86	11:36	10:59	10:54	10:33
226	1694	Kögler Markus	liveResults	GER	0:44:58	0:45:02	34	M30	80	11:03	11:07	11:10	10:45
227	1367	Stratmann Thomas	Genetically modified runners	GER	0:44:59	0:45:15	35	M30	81	11:12	11:03	10:52	10:53
228	1334	Harnischmacher Jan	Cologne Internationals	GER	0:44:59	0:45:09	112	MHK	84	10:38	10:56	11:12	11:12
229	1373	Eckert Wolfgang	Kreissparkasse Köln	GER	0:44:59	0:45:07	16	M45	65	10:35	10:53	11:29	11:03
230	104	Matheis Marco	Kölner Bank		0:45:00	0:46:07	36	M30	78	11:27	10:58	10:46	10:56
231	1211	Pohlmann Johannes	mhm running	GER	0:45:00	0:45:07	113	MHK	90	10:30	10:57	11:32	11:10
231	2125	Wagner Tobias	BC Runners		0:45:00	0:45:41	113	MHK	82	10:55	10:52	11:21	10:55
233	1708	Zarges Frank	o2Runners	GER	0:45:00	0:45:00	21	M40	68	10:49	11:00	11:08	11:11
234	1100	Feldmann Severin	*Köln	GER	0:45:01	0:45:03	115	MHK	88	09:45	11:15	11:29	11:35
235	2493	Rump Manfred	The Medium is the Message	GER	0:45:01	0:45:47	116	MHK	89	11:28	10:46	10:58	10:49
236	1439	Baum Jürgen	Valium i.v.	GER	0:45:04	0:45:08	2	M60	49	10:57	11:04	11:12	10:58
237	1930	Küchler Nils	*Köln	GER	0:45:04	0:46:17	117	MHK	87	11:45	10:46	10:58	10:41
238	2484	Lux Christian	The Medium is the Message	GER	0:45:08	0:45:15	118	MHK	87	11:06	11:11	11:08	10:49
239	1197	Fuchs Robert	Junge Union	GER	0:45:09	0:45:29	119	MHK	89	10:46	11:07	11:17	11:11
239	1138	Von Moers Henrik	*Köln	GER	0:45:09	0:45:29	119	MHK	90	10:45	11:07	11:16	11:11

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
241	1204	Edeling Alexander	Marceling	GER	0:45:11	0:45:30	121	MHK	84	10:55	11:03	11:06	11:11
242	1109	Holl Marius	*Köln	GER	0:45:11	0:45:32	122	MHK	88	11:37	11:13	10:50	10:41
243	1259	Coutelle Dr. Oliver	*Köln	GER	0:45:12	0:45:26	22	M40	71	10:54	11:06	11:13	11:05
244	1227	Brinkmann Wanja	RADIO SABOR	GER	0:45:15	0:45:36	123	MHK	84	10:55	11:02	11:21	10:59
245	2354	Von Bomhard Philipp	Kappa Delta Pi	GER	0:45:17	0:45:49	124	MHK	89	11:13	11:01	11:06	11:02
246	1417	Otto Ewald	Stadtwerke Köln Konzern	DEU	0:45:17	0:45:20	11	M50	58	10:16	11:14	11:23	11:26
247	1311	Petrovic Günter	ASV Köln	GER	0:45:18	0:45:24	3	M60	50	10:32	11:11	11:16	11:16
248	1705	Mueller Andreas	NHD Power	GER	0:45:18	0:45:39	23	M40	69	11:24	10:59	10:59	11:01
249	57	Von Tongelen Holger	Uni Duisburg	GER	0:45:19	0:45:32	24	M40	68	10:55	10:54	11:06	11:29
250	1696	Lademann Hans	LKW Schorse	GER	0:45:19	0:46:52	37	M30	80	11:46	10:47	10:53	10:57
251	1135	Stüttem Etienne	*Köln	GER	0:45:20	0:45:40	125	MHK	85	11:33	11:04	11:13	10:40
252	1707	Steil Heiko	o2Runners	GER	0:45:20	0:45:25	27	M35	76	10:54	11:10	11:18	11:11
253	2290	Santen Erik	die Außerirdischen	GER	0:45:21	0:46:06	126	MHK	86	11:17	10:46	11:03	11:16
254	2551	Roßbach Simon	WiSo Warriors	GER	0:45:22	0:45:36	127	MHK	89	10:22	11:17	11:28	11:19
255	1999	Riedel Sascha	*Köln	GER	0:45:22	0:46:46	128	MHK	86	10:53	10:51	11:16	11:23
256	2351	Klatt Philipp	Kappa Delta Pi	GER	0:45:24	0:45:55	129	MHK	89	11:14	11:01	11:06	11:06
257	1820	Brinkmann Simon	*Köln	GER	0:45:24	0:46:37	130	MHK	86	11:45	10:46	11:00	10:53
258	1389	Heß Richard	LC Weilerswist	GER	0:45:27	0:45:42	17	M45	62	10:48	11:01	11:17	11:22
259	1328	Winkelhausen Jörg	Collegium musicum	GER	0:45:27	0:45:40	38	M30	77	11:07	11:15	11:19	10:59
260	1330	Dresbach Frank	Cologne Allblacks	GER	0:45:28	0:45:45	25	M40	67	10:48	11:08	11:21	11:12
261	1144	Bednarczyk Wojciech	Bonn Internationals	POL	0:45:29	0:45:42	131	MHK	88	10:53	22:39	11:04	00:00
262	1929	Kreuer Stefan	*Witten	GER	0:45:30	0:45:31	132	MHK	88	10:50	11:11	11:15	11:16
263	1297	Stepkes Franz-Heinrich	*Köln	GER	0:45:33	0:45:49	28	M35	73	11:13	11:02	11:21	11:00
264	1235	Schröder Sven	Saga Team Reisen	GER	0:45:34	0:45:59	26	M40	71	11:22	11:20	11:15	10:39
265	2526	Behle Stefan	Valium i.v.	GER	0:45:36	0:45:47	133	MHK	88	10:17	11:02	11:44	11:32
266	2104	Herweg Jens	AG Schwarz		0:45:38	0:46:05	39	M30	78	10:46	11:15	11:18	11:27
267	1620	Hippler Frank	Cologne Internationals	GER	0:45:39	0:45:52	18	M45	63	10:59	11:02	11:26	11:13
267	1143	Strebel Heiko	aCRM	GER	0:45:39	0:45:56	27	M40	70	10:53	11:02	11:26	11:17
269	53	Henrich Holger	Uni Siegen	GER	0:45:40	0:46:00	134	MHK	86	11:02	11:03	11:12	11:19
270	2217	Bantel Oliver	Cologne Internationals	GER	0:45:40	0:46:18	40	M30	81	11:46	11:07	11:03	10:52
271	2465	Fischer Axel	SV Westernhausen	GER	0:45:42	0:45:45	29	M35	75	10:49	11:13	11:23	11:19
272	1105	Gräfer Justin	*Köln	GER	0:45:42	0:46:25	135	MHK	91	11:44	10:45	11:13	10:59
273	2170	Petrik Martin	Bonn Internationals	SVK	0:45:43	0:46:10	136	MHK	88	11:36	11:12	11:15	10:48
274	1327	Kämmerling Cornelius	Collegium musicum	GER	0:45:45	0:45:57	137	MHK	84	11:35	11:14	11:15	10:50
275	2266	Schnurawa Lukas	Cologne Internationals	GER	0:45:46	0:45:56	138	MHK	85	11:00	11:24	11:18	11:09
276	1325	Barr David	cleverbridge AG	GBR	0:45:47	0:46:06	139	MHK	83	10:49	11:18	11:22	11:18
277	1392	Hackenbroich Wolfgang	LT Köln-Esch	GER	0:45:51	0:45:57	12	M50	60	10:39	11:21	11:23	11:27
278	1294	Schuh Helmut René	*Bonn	GER	0:45:53	0:46:17	13	M50	59	11:06	11:13	11:21	11:15
279	1582	Waldoff Michael	ASV Köln	GER	0:45:53	0:45:54	14	M50	61	10:39	11:12	11:36	11:24
280	1813	Boddenberg Jan	*Köln	GER	0:45:53	0:46:14	140	MHK	84	10:53	11:09	11:28	11:28
281	1344	Schweter Andreas	DPAG Rentenservice	GER	0:45:55	0:46:10	28	M40	67	10:56	11:14	11:24	11:22
282	2353	Thomas Jakob	Kappa Delta Pi	GER	0:45:56	0:46:28	141	MHK	89	11:43	11:13	11:19	10:54
283	2177	Winter Raphael	Bonn Internationals	GER	0:45:57	0:47:01	142	MHK	90	12:05	11:02	11:16	10:42
284	1234	Fischer Marcus	Saga Team Reisen	GER	0:45:58	0:46:23	29	M40	70	11:22	11:20	11:17	11:05
285	1316	Büscher Prof. Dr. Wolfgang	Bonn Internationals	GER	0:46:00	0:46:22	19	M45	62	11:22	11:07	11:17	11:14
286	1252	Herden Jan	UniKlinik Köln	GER	0:46:00	0:46:24	143	MHK		11:29	11:21	11:15	11:02
287	2552	Schweigert Nicolas	WiSo Warriors	GER	0:46:04	0:46:18	144	MHK	89	11:06	11:13	11:25	11:27
288	2088	Bürger Prof. Dr. Marc Oliver	Abteilung Gefahr	GER	0:46:04	0:46:44	145	MHK	84	11:48	10:40	11:12	11:28
289	1727	Obermaier Stefan	SC Janus	GER	0:46:04	0:46:06	30	M40	69	10:57	11:09	11:25	11:37
290	1566	Bauß Carsten	1. Kölner Laufstall	GER	0:46:05	0:46:06	20	M45	65	10:43	11:05	11:34	11:48
290	1440	Coenen Theo	Valium i.v.	GER	0:46:05	0:46:05	8	M55	56	11:12	11:16	11:21	11:20
292	1576	Walpert Jens	42tausend / NAO PT	GER	0:46:08	0:46:36	21	M45	66	11:34	11:25	11:04	11:08
293	1408	Feindt Reinhard	SC Bockenberg Bensberg	GER	0:46:10	0:46:27	4	M60	50	11:30	11:14	11:14	11:13
294	1376	Langensiepen Dr. Günter	Laktatkönige	GER	0:46:10	0:46:25	1	M65	46	11:04	11:17	11:33	11:17
295	1374	Beuscher Armin	Laktatkönige	GER	0:46:11	0:46:25	15	M50	58	11:05	11:18	11:33	11:17
296	2430	Kreuer Thomas	runningmate.eu	GER	0:46:13	0:46:14	146	MHK	84	10:49	11:11	11:37	11:41
297	1504	Loewer Ralf	*Köln	GER	0:46:13	0:46:16	22	M45	65	11:33	11:13	11:10	11:21
298	1706	Peigné André	o2Runners	FRA	0:46:14	0:46:20	41	M30	80	10:57	11:12	11:34	11:30
299	2490	Pfefferkorn Georg	The Medium is the Message	GER	0:46:16	0:46:23	147	MHK	86	11:06	11:12	11:29	11:29
300	1321	Kudzsus Jörg	C.R.A.P. H3	GER	0:46:17	0:46:33	148	MHK	84	11:10	11:12	11:22	11:30

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Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
361	1159	Hughes Martin	Cologne Internationals	GER	0:47:32	0:47:38	51	M30	77	11:04 11:35 11:55 11:56
362	1301	Truemner Heiko	1. FC Köln	GER	0:47:32	0:47:50	52	M30	79	11:27 11:44 11:54 11:33
363	2411	Löpki Dirk	PricewaterhouseCoopers	GER	0:47:33	0:47:37	31	M45	63	11:36 11:34 11:45 11:37
364	1717	Werner Christoph	RheinEnergie AG	GER	0:47:35	0:47:46	32	M45	65	11:46 11:45 11:30 11:34
365	1335	Kowalski Robyn	Cologne Internationals	GER	0:47:35	0:47:46	42	M40	69	11:01 11:42 11:53 11:57
366	1207	Bubenzeer Dennis	mhm running	GER	0:47:35	0:47:40	176	MHK	88	11:04 11:57 12:23 11:20
367	1342	Leinekugel Peter	Die Flitzpiepen	GER	0:47:36	0:47:44	16	M50	60	10:54 11:33 11:57 12:10
368	1665	Schnippering Erik	Köln	GER	0:47:38	0:47:59	43	M40	69	11:36 11:39 11:44 11:44
369	1883	Held Andreas	*Hürth	GER	0:47:39	0:47:44	177	MHK	89	11:25 11:24 11:40 12:11
370	1317	Illner Stephan	Bonn Internationals	GER	0:47:39	0:47:56	53	M30	80	11:11 11:27 11:54 12:01
371	1975	Ockenfels-Rudies Philipp	*Köln	GER	0:47:39	0:47:54	54	M30	79	10:54 11:33 12:02 12:07
372	1864	Grapentin Till	*Köln	GER	0:47:40	0:48:17	178	MHK	84	12:32 11:40 11:40 11:02
373	2454	Giakoumelos Ioannis	Sponsored by E.U. & I.M.F	GER	0:47:42	0:51:57	179	MHK	83	11:12 11:46 11:42 12:06
374	1225	Wessel Maximilian	prothetik@uk-koeln.de		0:47:42	0:48:09	180	MHK	82	11:51 11:47 11:42 11:26
375	1961	Melchers Andreas	*Köln	GER	0:47:44	0:48:04	55	M30	77	11:04 11:26 11:55 12:16
376	1296	Sistermann Reinhard	*Würselen	GER	0:47:45	0:48:15	35	M35	76	11:12 11:42 12:03 11:48
377	2316	Boué Tilman	Gaucht & Friends	GER	0:47:45	0:48:27	181	MHK	86	13:36 12:21 10:41 10:17
378	70	Stephanblome Klaus	Uni Münster	GER	0:47:47	0:47:49	33	M45	64	11:03 11:38 12:04 12:04
379	1947	Liebig Stefan	*Köln	GER	0:47:48	0:48:01	56	M30	81	11:32 11:39 11:56 11:45
380	1385	Cogel Dr. Berthold	Laufrausch	GER	0:47:48	0:48:09	17	M50	61	11:43 11:46 11:39 11:44
381	2263	Ruppert Martin	Cologne Internationals	GER	0:47:48	0:48:20	182	MHK	82	10:53 11:43 12:29 11:45
382	1275	Kuhna Bartholomäus	*Leverkusen	GER	0:47:49	0:48:03	183	MHK	82	11:07 11:36 11:58 12:12
383	1643	Harriers Holger	EvT	GER	0:47:50	0:47:59	34	M45	63	11:41 11:40 11:48 11:41
384	2558	Schröter Marc-André	center tv	GER	0:47:52	0:47:53	184	MHK	85	11:53 11:45 11:51 11:28
385	2014	Schlömer Robin	*köln	GER	0:47:54	0:48:13	185	MHK	88	11:59 11:41 11:45 11:40
386	2556	Pudelko Noah	center tv	GER	0:47:54	0:47:55	57	M30	78	11:52 11:45 11:51 11:29
387	1729	Schröder Andreas	Siemens TSS 7A	GER	0:47:55	0:48:14	44	M40	70	11:35 11:37 11:50 11:55
388	1605	Pieper Lars	BSV Heidenoldendorf 1919 e.V.	GER	0:47:55	0:49:23	58	M30	80	13:11 10:54 11:45 11:06
389	1750	Biesemann Andreas	Team Talanx	GER	0:47:57	0:48:06	59	M30	79	11:52 11:42 11:40 11:45
390	1988	Prentzel Carsten	*Köln	GER	0:48:01	0:48:05	60	M30	78	11:18 11:40 11:51 12:08
391	124	Rossenbach Ralf	Kölner Bank		0:48:01	0:48:04	35	M45	66	11:38 11:35 11:47 11:59
392	2503	Buschmann Georg	Trotz Saufen Laufen	GER	0:48:02	0:48:42	186	MHK	89	12:50 11:47 11:37 10:59
393	1856	Geraats Matthias	*Köln	GER	0:48:02	0:48:15	187	MHK	85	11:52 12:00 11:45 11:28
394	2544	Hoogen Andreas	WiSo Warriors	GER	0:48:02	0:48:15	61	M30	80	10:57 11:33 12:10 12:18
395	92	Görk Sebastian	Kölner Bank		0:48:05	0:48:08	188	MHK	82	10:39 11:51 12:14 12:28
396	2325	Wachsmuth Laurens	Genetically modified runners	GER	0:48:09	0:48:16	189	MHK	84	11:48 11:50 11:55 11:42
397	1188	Steinbusch Thomas	Frontrunner Cologne SC Janus	GER	0:48:10	0:48:28	45	M40	68	11:08 11:36 11:59 12:19
397	1346	Schmitz-Elvenich Dr. Guido	Eduardus Krankenhaus	GER	0:48:10	0:48:34	45	M40	69	11:32 11:51 11:54 11:50
399	1894	Hortmann Clemens	*Köln	GER	0:48:12	0:48:55	190	MHK	86	11:19 11:34 12:06 12:12
400	2146	Callo-Concha Dr. Daniel	Bonn Internationals	PER	0:48:13	0:49:12	36	M35	72	13:39 11:41 11:12 10:45
401	1353	Niemann Andreas	FH Köln meets Open-C	GER	0:48:13	0:48:25	36	M45	64	11:21 11:57 11:57 11:57
402	1808	Berners Karl-Peter	*Schleiden	GER	0:48:14	0:48:18	18	M50	59	11:50 11:50 11:49 11:43
403	1186	Bejia Mehdi	FH Köln meets Open-C	TUN	0:48:14	0:48:24	191	MHK	86	11:46 12:12 12:06 11:18
404	45	Glenwinkel Timo	Uni Siegen	GER	0:48:15	0:48:37	192	MHK	85	11:01 11:44 12:16 12:15
405	1098	Dauwe Sascha	*Köln	GER	0:48:15	0:48:37	193	MHK	86	11:52 11:53 11:52 11:44
406	1214	Will Thomas	MitUns	GER	0:48:18	0:48:44	62	M30	81	11:54 11:56 11:46 11:45
407	2273	Stock Cornelius	Cologne Internationals	GER	0:48:18	0:49:18	194	MHK	84	12:41 11:58 11:42 11:01
408	1271	Koch Marcel	*Köln	GER	0:48:19	0:48:30	47	M40	70	11:05 11:34 12:13 12:22
409	1568	Grimm Manfred	1. Kölner Laufstall	GER	0:48:20	0:48:23	37	M45	62	11:21 11:45 12:06 12:04
410	1237	Serce Kenan	Stadtwerke Köln Konzern	GER	0:48:22	0:48:26	38	M45	64	11:12 12:03 12:13 11:57
411	1361	Köper Johannes	Frontrunner Cologne SC Janus	GER	0:48:23	0:48:43	37	M35	74	11:25 11:51 12:02 12:06
412	1899	Jahn Nils	*Köln	GER	0:48:24	0:49:46	195	MHK	87	12:12 11:57 11:48 11:36
413	2106	Klein Julian	AG Schwarz		0:48:24	0:48:52	196	MHK	85	12:03 11:45 11:45 11:47
414	1633	Thiebes Markus	cool runners	GER	0:48:27	0:48:33	48	M40	69	11:49 11:51 11:49 11:54
415	1692	Weber Thomas	LG Würzburg	GER	0:48:28	0:48:30	39	M45	64	10:55 12:01 12:16 12:12
416	1182	Ulbrich Sven	Dynamo Dauerregen	GER	0:48:29	0:48:59	197	MHK	82	11:06 11:39 12:19 12:28
417	1585	Trill Henning	BC Runners		0:48:29	0:49:12	38	M35	73	11:52 11:43 11:51 12:05
418	1461	Carle Thomas	*Köln	GER	0:48:31	0:48:39	49	M40	69	11:56 11:24 12:06 12:03
419	1591	Dykstra Tobias	Bonn Internationals	GER	0:48:31	0:48:54	198	MHK	82	11:50 11:38 12:01 12:04
419	1916	Kleemann Marcel			0:48:31	0:49:21	198	MHK	84	13:11 11:57 11:47 10:48

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Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
421	2415	Christ Johannes	pronova BKK	GER	0:48:31	0:49:24	63	M30	81	11:50	11:57	12:02	11:41
422	1193	Kavelmann Hans	Hans Kavelmann	GER	0:48:33	0:48:50	200	MHK	90	11:47	11:52	11:59	11:56
423	1718	Vermöhlen Daniel	Roadrunners	GER	0:48:33	0:49:16	201	MHK	87	11:50	11:51	12:05	11:49
424	2220	Böhm Jonas	Cologne Internationals	GER	0:48:33	0:48:49	202	MHK	89	12:13	11:45	12:11	11:40
425	2352	Queiser Michael	Kappa Delta Pi	GER	0:48:34	0:49:05	203	MHK	91	12:05	11:37	11:58	11:59
426	1950	Liwschitz Maxim	*Köln	GER	0:48:34	0:48:38	204	MHK	86	11:10	11:33	12:18	12:29
427	1094	Bauduin Daniel	*Köln	GER	0:48:34	0:48:50	205	MHK	85	12:32	11:53	11:40	11:31
428	2315	Heger Dr. Steffen	Frontrunner Cologne SC Janus	GER	0:48:35	0:48:56	40	M45	64	12:19	11:51	11:54	11:33
429	1223	Steffen Benedikt	prothetik@uk-koeln.de		0:48:36	0:49:03	206	MHK	87	11:52	11:47	11:59	12:05
430	2358	Ohrndorf Pascal	L24	GER	0:48:37	0:50:26	207	MHK	85	11:34	10:29	10:52	11:33
431	2276	Wallsersheim Adrian	Cologne Internationals	GER	0:48:37	0:48:43	208	MHK	83	11:44	12:22	11:56	11:34
432	2419	Morbitzer Patrick	RFH Köln	GER	0:48:38	0:49:14	209	MHK	88	12:42	11:49	11:41	11:26
433	1985	Pilimatalauwe Prasanna	*Bonn	GER	0:48:40	0:49:51	64	M30	80	13:00	11:39	11:33	11:36
434	2094	Spilles Prof. Dr. Markus	Abteilung Gefahr	GER	0:48:44	0:49:23	210	MHK	89	12:48	11:54	11:40	11:25
435	1469	Freund Thomas	*Koeln	GER	0:48:46	0:49:40	50	M40	68	12:46	12:01	11:49	11:14
436	1427	Philippen Thomas	TriathlonSteckelCologne	GER	0:48:49	0:49:04	211	MHK	89	11:36	11:55	12:10	12:05
437	1710	Sitte Matthias	Physik	GER	0:48:51	0:50:05	212	MHK	82	12:40	11:38	11:52	11:42
438	1460	Calenberg Dr. Michael	*Kürten	GER	0:48:52	0:49:05	41	M45	64	11:45	11:50	12:03	12:12
439	2307	Backhaus Jan	FH Köln meets Open-C	GER	0:48:54	0:48:55	213	MHK	86	11:54	12:10	12:20	11:37
440	2274	Stoeber Hendrik	Cologne Internationals	GER	0:48:54	0:49:54	214	MHK	85	12:51	10:51	11:06	12:58
441	2294	Schulte-Herbrüggen David	Dreamteam	GER	0:48:55	0:49:00	65	M30	78	11:42	11:55	12:02	12:12
442	1956	Manke Adrian	*Köln	GER	0:48:56	0:50:11	215	MHK	86	12:22	11:58	12:09	11:33
443	1291	Schiffmann Lars	*Köln	GER	0:48:59	0:49:13	216	MHK	86	11:27	11:41	11:57	12:44
444	1675	Esters Paul	Laktatkönige	GER	0:49:00	0:50:01	19	M50	59	12:24	11:36	11:51	12:05
445	1793	Augner Daniel	*Köln	GER	0:49:00	0:49:31	217	MHK	83	11:41	11:59	12:11	12:09
446	2097	Bunzel Adrian	AG Schwarz		0:49:02	0:49:31	218	MHK	89	11:28	11:08	12:15	13:10
447	1848	Fischer Sören	*Köln	GER	0:49:04	0:49:25	66	M30	78	11:47	12:00	12:30	11:52
448	1923	Könen Daniel			0:49:05	0:49:55	219	MHK	85	12:37	12:29	11:47	11:16
449	2006	Sanchez Sala Juan Jose	*Köln	ESP	0:49:05	0:49:23	67	M30	77	11:44	11:55	12:41	11:45
450	2131	Endres Dr. Janis	Beschleunigte Teilchen	GER	0:49:05	0:49:22	220	MHK	82	12:11	11:50	12:07	11:58
451	41	Poggel Holger	Uni Siegen	GER	0:49:06	0:49:06	20	M50	58	11:08	12:06	12:32	12:25
452	1493	Junggeburth Karl Josef	*Lindlar	GER	0:49:06	0:50:11	21	M50	61	12:09	11:55	11:58	12:01
453	1432	Verleger Achim	TVG Kaiserau	GER	0:49:08	0:49:20	42	M45	65	11:19	11:16	12:14	13:08
454	1453	Boelen-Theile Claus	*Rösrath	GER	0:49:11	0:50:01	43	M45	66	12:44	11:27	11:42	12:10
455	1426	Petermann Christian	TriathlonSteckelCologne	GER	0:49:12	0:49:31	221	MHK	86	11:33	12:08	12:15	12:14
456	2472	Higgins Ronan	Team Quantensprung	GER	0:49:14	0:50:53	68	M30	81	13:08	12:15	11:48	11:06
457	33	Anton Christian	Uni Wuppertal	GER	0:49:16	0:49:41	222	MHK	87	11:39	12:02	12:19	12:18
458	1226	Zolesskiy Artjom	prothetik@uk-koeln.de		0:49:21	0:49:29	223	MHK	89	10:54	12:13	12:37	12:37
459	1881	Heibel Volker	*Fachbach	GER	0:49:22	0:49:44	69	M30	80	11:47	11:57	12:21	12:12
460	1803	Becker Daniel	*Köln	GER	0:49:22	0:50:47	224	MHK	86	12:38	11:50	12:01	12:00
460	58	Matzke Christian	Uni Duisburg	GER	0:49:22	0:49:44	224	MHK	82	11:47	12:04	12:18	12:17
462	1395	Koslowski Stephan	Mika Timing	GER	0:49:23	0:49:29	51	M40	71	10:40	12:07	12:42	12:52
463	2479	Kunkel Lukas	The Beach	GER	0:49:23	0:49:42	226	MHK	89	12:13	12:08	12:16	11:44
464	1752	Hajek Mirko	The Beach	GER	0:49:23	0:49:42	227	MHK	87	12:13	12:09	12:16	11:43
465	1462	Csiba Philip	*Köln	GBR	0:49:24	0:49:43	52	M40	71	11:33	11:51	12:22	12:30
466	1854	Gaßen Jens	*Köln	GER	0:49:27	0:50:12	228	MHK	88	12:44	12:01	12:07	11:41
467	1492	Jüttner Jens	*Köln	GER	0:49:29	0:49:38	53	M40	71	11:55	12:07	12:13	12:08
468	1859	Geuer Peter	*Köln	GER	0:49:30	0:50:10	229	MHK	84	12:04	11:50	12:20	12:24
469	2391	Den Ouden Hendrik	MoKo	GER	0:49:32	0:50:51	230	MHK	84	12:48	11:39	11:53	12:12
470	1836	Drees Hajo	*Köln	GER	0:49:33	0:49:49	231	MHK	85	12:12	12:21	12:09	11:50
471	1551	Teutsch Uwe	*Erfstadt	GER	0:49:34	0:49:46	44	M45	63	12:12	12:07	12:06	12:00
472	2308	Danisch Rafael	FH Köln meets Open-C	GER	0:49:34	0:51:00	232	MHK	83	13:57	11:45	11:34	11:25
473	2169	Peetz Martin	Bonn Internationals	GER	0:49:35	0:50:42	233	MHK	89	12:59	11:38	11:50	12:08
474	2161	Kupisch Moritz	Bonn Internationals	GER	0:49:36	0:49:36	234	MHK	83	14:47	22:52	10:56	00:00
475	2171	Ramirez Pena Miguel Angel	Bonn Internationals	GER	0:49:40	0:50:01	70	M30	81	11:18	11:45	11:56	13:45
476	128	Kern Sascha	Kölner Bank		0:49:41	0:50:11	39	M35	74	11:48	12:03	12:30	12:22
477	2539	Stute Matthias	Valium i.v.	GER	0:49:41	0:49:54	40	M35	76	11:54	12:08	12:23	12:11
478	1160	Karlsaune BÍrd	Cologne Internationals	NOR	0:49:41	0:49:46	235	MHK	85	10:46	12:24	12:59	12:39
479	1347	Reda Karl-Heinz	ERGO sports Köln	GER	0:49:45	0:49:53	9	M55	53	11:01	12:14	12:46	12:40
480	2111	Schwarz Günter	AG Schwarz		0:49:45	0:50:12	54	M40	70	11:43	12:03	12:26	12:30

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
841	2511	Schneberger Andreas	Trotz Saufen Laufen	GER	1:02:42	1:04:20	396	MHK	90	15:23	15:10	15:28	15:30	
842	2524	Schmitt Yann	UniKlinik Köln	GER	1:02:45	1:03:32	397	MHK		15:30	14:23	15:19	16:12	
843	1213	Özden Hayati	MitUns	GER	1:02:46	1:02:54	72	M45	64	14:18	15:25	15:46	16:04	
844	2160	Kulpa Thomas	Bonn Internationals	GER	1:02:52	1:04:27	49	M50	59	15:47	14:50	15:33	15:32	
845	2446	Kühn Christopher	SIFE Cologne	GER	1:02:59	1:03:23	398	MHK	90	15:04	14:51	14:49	16:51	
846	1904	Kalfic Boris	*Köln	CRO	1:03:10	1:04:49	399	MHK	87	15:21	15:17	15:38	15:47	
847	2283	Kronenberg Alexander	DFM	GER	1:03:12	1:04:20	400	MHK	90	14:56	15:43	15:56	15:30	
848	2224	Buchwald Alvarez Rolf	Cologne Internationals	GER	1:03:21	1:03:47	401	MHK	83	13:24	12:50	21:27	14:26	
849	1964	Menzel Kai	*Köln	GER	1:03:30	1:04:42	76	M35	74	15:22	15:06	16:01	15:53	
850	2320	Berishvili Giorgi	Genetically modified runners	GEO	1:03:39	1:05:05	77	M35	76	14:21	16:13	16:07	15:42	
851	2137	Nellißen Martin	Beschleunigte Teilchen	GER	1:03:40	1:05:12	73	M45	66	15:42	15:23	15:32	15:43	
852	2297	Krüger Dr. Andreas	Dynamo Dauerregen	GER	1:03:41	1:04:54	76	M40	68	16:11	15:49	15:29	15:02	
853	2298	Ludwig Patrick	Dynamo Dauerregen	GER	1:03:41	1:04:54	135	M30	81	16:11	15:49	15:29	15:02	
854	2201	Knörr Torsten	cleverbridge AG	GER	1:03:44	1:04:36	136	M30	78	16:15	15:16	15:21	15:31	
855	2184	Eisenbart Tobias	Bonn-Rhein-Sieg-Runners	GER	1:03:46	1:04:31	402	MHK	86	12:43	12:03	12:13	12:44	
856	1601	Schulz Christian	Bonn Internationals	GER	1:03:48	1:04:12	137	M30	81	15:02	15:31	15:58	16:03	
857	2538	Seidel Volker	Valium i.v.	GER	1:03:52	1:04:18	78	M35	75	15:52	15:52	15:28	15:22	
858	1660	Dinslaken Heinz-Jürgen	Hoppelala	GER	1:04:13	1:04:40	21	M55	55	15:15	15:45	15:58	15:59	
859	1888	Hessling Thomas	*Erkelenz	GER	1:04:16	1:05:42	79	M35	76	15:24	15:48	16:05	15:47	
860	2163	Lee Johann	Bonn Internationals	GER	1:04:37	1:05:43	403	MHK	88	13:08	16:47	18:42	14:43	
861	1634	Pohl Walter	DARC	GER	1:04:45	1:05:30	74	M45	63	15:11	15:35	16:03	16:41	
862	2502	Mack Jürgen	Torpedo GKS	GER	1:04:48	1:06:31	404	MHK	83	16:07	16:19	15:57	15:17	
863	2449	Smirnov Dmitry	SIFE Cologne	RUS	1:05:09	1:05:36	405	MHK	88	14:02	16:02	16:38	17:14	
864	59	Rotzsche Wilfried	Uni Duisburg	GER	1:05:20	1:06:09	50	M50	61	15:41	15:24	16:15	16:47	
865	139	Mertens Ralph	Belve-Sport-Team		1:05:23	1:06:17	77	M40	68	16:46	14:51	17:02	15:22	
866	144	Kayahan Harkan	Belve-Sport-Team		1:05:25	1:06:17	5	MSA	96	14:42	16:13	17:45	15:22	
867	1530	Schmidt Andreas	*Köln	GER	1:05:27	1:06:44	78	M40	67	14:24	14:14	16:46	18:34	
868	2462	Krater Klaus-Jürgen	Stadtwerke Köln Konzern	GER	1:05:29	1:05:53	51	M50	60	15:26	15:49	16:06	16:42	
869	1919	Koch Karl-Benjamin	*Köln	GER	1:05:46	1:07:06	406	MHK	86	15:44	15:59	16:15	16:35	
870	2179	Zedow Dieter	Bonn Internationals	GER	1:05:48	1:06:44	9	M60	51	15:28	15:10	16:22	17:16	
871	2206	Uzokwe Augustine	cleverbridge AG	GER	1:05:53	1:06:25	138	M30	79	15:52	15:56	16:15	16:21	
872	2509	Reineck Philipp	Trotz Saufen Laufen	GER	1:06:01	1:07:39	407	MHK	85	15:53	16:54	16:35	15:29	
873	2338	Salimi Dafsari Hormos	GRÜN	GER	1:06:02	1:06:40	408	MHK	90	14:52	17:45	16:02	16:05	
874	2098	Busch Jakob Daniel	AG Schwarz		1:06:15	1:06:52	139	M30	81	16:00	17:25	15:45	15:59	
875	1790	Anderbrügge Ulf	*Köln	GER	1:06:16	1:06:26	80	M35	74	15:13	15:59	16:44	16:55	
876	1810	Birkenbach Benedikt	*Köln	GER	1:06:17	1:07:45	140	M30	79	16:01	15:50	16:28	16:34	
877	1580	Henneke Dr. Karl-Wilhelm	ASV Köln	GER	1:06:23	1:07:20	10	M60	47	16:23	16:17	16:02	16:15	
878	2053	Tran Van Kiem	*Wuppertal	GER	1:06:42	1:06:51	52	M50	60	14:55	16:41	17:07	16:34	
879	1819	Brenig Hendrik	*Köln	GER	1:07:24	1:08:40	53	M50	61	16:18	16:25	17:01	16:23	
880	2133	Hess Herbert	Beschleunigte Teilchen	GER	1:08:04	1:09:35	81	M35	72	16:15	16:23	17:03	17:00	
881	2084	Herrmann Bodo	- - -	GER	1:08:26	1:09:24	75	M45	66	16:43	16:45	16:59	16:35	
882	1619	Grimm Hans-Joachim	Cologne Internationals	GER	1:08:55	1:09:02	22	M55	56	16:40	17:05	17:22	16:23	
883	1735	Esser Norbert	Stadtwerke Köln Konzern	DEU	1:09:23	1:10:59	54	M50	60	16:08	16:47	17:06	17:41	
884	2108	Läser Adolf	AG Schwarz		1:10:48	1:11:21	76	M45	66	16:19	17:05	17:38	18:15	
885	1806	Beilmann Wolfgang	*Bergisch Gladbach	GER	1:11:01	1:11:07	55	M50	61	16:25	17:09	17:53	18:05	
886	1593	Fankel Stefan	Bonn Internationals	GER	1:11:28	1:12:02	141	M30	77	17:04	17:45	17:41	17:31	
887	145	Tunc Caner	Belve-Sport-Team		1:12:12	1:13:06	6	MSA	96	14:58	15:22	24:25	16:14	
888	1590	Dirk Cornelius	Bonn Internationals	GER	1:13:06	1:13:27	409	MHK	84	17:02	17:57	18:22	18:16	
889	1578	Otto Uwe	AG Schwarz		1:18:52	1:19:19	23	M55	56	16:25	19:31	20:23	20:44	
890	2507	Nicot Patrick	Trotz Saufen Laufen	GER	1:27:08	1:28:47	410	MHK	89	19:11	20:24	21:51	24:24	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	1699	Verhey Vera	Lucky Stars	GER	0:56:54	0:57:50	22	W30	80	13:41	13:28	14:12	14:21	
182	2239	Herstatt Vica	Cologne Internationals	GER	0:56:54	0:58:04	114	WHK	85	14:23	13:31	14:12	13:38	
183	1963	Mennig Regina	*Köln	GER	0:56:55	0:57:58	115	WHK	85	16:25	12:57	13:22	13:16	
184	2514	Gerber Marie	Turbostart(er)	GER	0:57:04	0:57:06	116	WHK	87	13:28	13:49	14:18	14:19	
185	2061	Vogel Uschi	*Köln	GER	0:57:05	0:57:26	11	W45	63	13:36	13:31	14:11	14:30	
186	1681	Wolff Sabine	Laktatkönige	GER	0:57:06	0:58:08	12	W45	66	14:31	14:01	13:52	13:35	
187	1677	Ladenburger Petra	Laktatkönige	GER	0:57:06	0:58:08	10	W50	61	14:31	14:01	13:52	13:35	
188	2255	Mammeas Steffi	Cologne Internationals	GER	0:57:06	0:57:19	117	WHK	83	13:23	13:59	14:21	14:14	
189	1915	Kleccka Margarethe	*Köln	GER	0:57:07	0:57:13	118	WHK	87	14:28	13:47	13:41	13:59	
190	1541	Siemons Elisabeth	*Köln	GER	0:57:08	0:57:30	13	W45	66	13:54	13:47	14:18	13:56	
191	1884	Hellmann Jenny	*Bonn	GER	0:57:09	0:58:12	119	WHK	86	16:25	12:56	13:23	13:17	
192	2370	Zelinsky Barbara	Laufrausch	GER	0:57:09	0:58:36	2	W55	55	14:22	13:36	13:53	14:04	
193	2050	Tiedig Sadja			0:57:14	0:58:04	120	WHK	85	14:03	13:51	14:14	14:02	
194	2064	Warmbier Sabine	*Köln	GER	0:57:14	0:57:48	121	WHK	89	14:12	14:02	13:54	13:56	
195	1640	Wasserhess Barbara	Essener	GER	0:57:15	0:58:09	14	W40	70	14:25	13:55	13:56	13:49	
196	2016	Schmiesing Sabine	*Köln	GER	0:57:15	0:58:24	15	W40	69	14:43	13:52	13:54	13:39	
197	1628	Weise Silke	Cologne Internationals	GER	0:57:15	0:57:32	16	W40	69	13:55	13:44	14:08	14:17	
198	2456	Außem Alina	Stadtwerke Köln Konzern	GER	0:57:16	0:57:56	1	WSA	96	14:07	14:18	14:21	13:31	
199	2335	Hummel Lea	GRÜN	GER	0:57:17	0:57:52	122	WHK	87	14:12	13:59	14:05	13:46	
200	2087	Alktout Amina	Abteilung Gefahr	GER	0:57:17	0:57:57	23	W30	79	14:47	13:51	13:42	13:47	
201	2089	Gräfen Prof. Dr. Annalena	Abteilung Gefahr	GER	0:57:18	0:57:58	123	WHK	86	14:48	13:50	13:42	13:47	
202	2417	Schmidt Anne	pronova BKK	GER	0:57:18	0:58:11	24	W30	80	13:18	13:38	14:14	14:50	
203	1785	Adams Kerstin	*Köln	GER	0:57:20	0:58:17	124	WHK	86	14:47	14:20	13:58	13:16	
204	2079	Zeh Giulietta	*Köln	GER	0:57:25	0:58:15	125	WHK	86	14:36	14:08	13:45	13:52	
205	1483	Harbauer Berit	*Köln	GER	0:57:30	0:58:40	25	W30	78	14:15	13:39	14:02	14:19	
206	1997	Reckenthäler Melissa	*Kürten	GER	0:57:36	0:57:42	126	WHK	87	14:27	14:10	13:54	13:54	
207	1795	Bach Dominique	*Köln	GER	0:57:37	0:59:23	26	W30	80	14:53	14:28	14:05	13:10	
208	1155	Girasole Allison	Cologne Internationals	GER	0:57:42	0:58:54	127	WHK	88	14:23	13:40	14:01	14:33	
209	1751	Everschor Petra	TFG Nippes 1878 e. V.	GER	0:57:44	0:58:58	128	WHK	86	14:58	14:18	14:06	13:24	
210	2281	Wollenweber Heike	Cologne Runners	GER	0:57:46	0:58:05	17	W40	69	13:54	13:58	14:20	14:20	
211	2489	Pein Marie	The Medium is the Message	GER	0:57:46	0:58:29	129	WHK	91	14:06	14:00	14:09	14:12	
212	1621	Klein Kristina	Cologne Internationals	GER	0:57:49	0:58:26	27	W30	81	14:37	13:52	14:01	14:05	
213	1831	Detlefsen Sonja	*Köln	GER	0:57:49	0:58:06	130	WHK	88	13:41	13:25	14:36	14:54	
214	2259	Moje Kirsi	Cologne Internationals	GER	0:57:50	0:58:22	131	WHK	85	14:14	14:02	14:12	14:12	
215	2467	Andree Silke	Team Quantensprung	GER	0:57:50	0:58:03	132	WHK	86	13:23	14:13	14:28	14:27	
216	2459	Frigols Judith	Stadtwerke Köln Konzern	GER	0:57:53	0:59:17	28	W30	81	14:32	14:21	14:26	13:30	
217	2463	Schmid Sandra	Stadtwerke Köln Konzern	GER	0:57:54	0:59:21	18	W40	69	14:41	14:07	14:23	13:39	
218	2208	Engelschalk Clara	Collegium musicum	GER	0:57:54	0:58:04	133	WHK	88	13:52	14:07	14:16	14:30	
219	2363	Schmidt Julia	Laufen für Rita	GER	0:57:54	0:58:05	134	WHK	86	13:52	14:07	14:16	14:30	
220	2270	Spee Katharina	Cologne Internationals	GER	0:57:58	0:59:31	135	WHK	82	14:43	13:48	14:14	14:04	
221	2305	Helling Sarah	EvT	GER	0:57:59	0:59:25	136	WHK	82	15:18	14:19	14:03	13:13	
222	1824	Brustat Rabea	*Köln	GER	0:58:02	0:59:12	137	WHK	90	15:24	14:41	13:47	13:13	
223	1716	Maus Andrea	RheinEnergie AG	GER	0:58:09	0:58:12	29	W30	77	13:46	14:42	14:16	14:21	
224	2336	Jansen Merel	GRÜN	GER	0:58:10	0:58:47	138	WHK	88	14:54	14:20	14:00	13:55	
225	2337	Rockholtz Carolin	GRÜN	GER	0:58:10	0:58:47	139	WHK	89	14:54	14:20	14:01	13:55	
226	1448	Beck Henriette	*Köln	GER	0:58:13	0:58:28	140	WHK	85	13:58	14:09	14:24	14:26	
227	1499	Krams Sabine	*Wiehl	GER	0:58:13	0:58:22	14	W45	64	14:04	14:20	14:23	14:15	
228	1973	Nitsche Sara	*Düsseldorf	GER	0:58:19	0:59:29	141	WHK	83	14:28	14:26	14:17	14:02	
229	1807	Berger Maria	*Köln	GER	0:58:19	0:59:00	142	WHK	85	14:25	14:10	14:16	14:20	
230	1724	Lindlahr Nina	Saga Team Reisen	GER	0:58:19	0:59:23	30	W30	80	14:51	14:04	14:13	13:57	
231	1678	Lewandowski Birgit	Laktatkönige	GER	0:58:28	0:59:29	15	W45	65	14:24	14:29	14:24	13:57	
232	1829	Demirkol Tugba	*Köln	GER	0:58:28	0:58:39	143	WHK	87	13:01	14:00	15:25	14:52	
233	63	Luckmann Kathrin	Uni Duisburg	GER	0:58:33	0:59:22	144	WHK	83	14:54	14:14	14:13	14:05	
234	1547	Steffen Natalie	*Koeln	GER	0:58:34	0:59:49	13	W35	73	15:14	14:23	14:07	13:42	
235	2389	Schöckel Claudia	MitUns	GER	0:58:35	0:58:43	19	W40	70	14:03	14:06	14:31	14:37	
236	1935	Lafrai Jasmin	*Köln	GER	0:58:36	0:58:59	31	W30	80	14:03	14:17	14:36	14:29	
237	1851	Francois Sandra	*Essen	GER	0:58:37	0:59:03	14	W35	74	14:23	14:18	14:37	14:09	
238	2494	Schiemann Caroline	The Medium is the Message	GER	0:58:38	0:59:00	145	WHK	91	15:01	14:39	14:13	13:48	
239	2488	Ostersehle Nina	The Medium is the Message	GER	0:58:39	0:59:01	146	WHK	90	15:01	14:39	14:13	13:48	
240	2520	Van Diepen Yvonne	UniFit		0:58:39	0:58:50	147	WHK	86	14:53	14:06	14:25	14:02	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2435	Karsten Cathlen	Saga Team Reisen	GER	1:06:57	1:07:59	217	WHK	85	15:52	16:36	16:32	16:24	
362	2349	Plonsker Romina	Junge Union	GER	1:07:17	1:08:52	218	WHK	88	14:51	16:15	17:25	17:16	
363	2083	Zinter Juliane	*Köln	GER	1:07:21	1:08:24	219	WHK	87	16:25	15:35	17:51	16:26	
364	1860	Gilhaus Lena	*Köln	GER	1:07:22	1:08:24	220	WHK	85	16:26	17:16	16:10	16:26	
365	2054	Trebing Catharina	*Köln	GER	1:07:25	1:09:11	221	WHK	83	15:22	16:32	17:11	16:59	
366	2528	Kolvenbach Simone	Valium i.v.	GER	1:07:34	1:08:00	222	WHK	82	15:49	15:55	16:50	17:28	
367	1685	Rohrmoser Felicitas	Laufmariechen Köln	GER	1:07:43	1:09:10	4	W55	56	16:13	16:13	16:32	17:24	
368	2295	Manthei Laura	Dynamisches Duo	GER	1:07:51	1:08:18	223	WHK	90	16:05	16:02	16:43	17:28	
369	2296	Thalmann Laura	Dynamisches Duo	GER	1:07:51	1:08:18	224	WHK	89	16:05	16:02	16:43	17:28	
370	1733	Corzilius Sofia	Stadtwerke Köln Konzern	GER	1:08:22	1:09:48	13	W50	57	16:17	16:53	17:11	16:37	
371	1853	Gareis Nina	*Köln	GER	1:08:26	1:09:24	225	WHK	83	16:43	16:46	16:58	16:35	
372	1516	Pöll Gisela	*Köln	GER	1:08:35	1:10:00	1	W65	46	15:40	16:27	17:04	17:43	
373	2102	Grünwald Nora	AG Schwarz		1:08:39	1:09:58	226	WHK	85	16:22	16:20	17:09	17:28	
374	2107	Kowalczyk Sarah	AG Schwarz		1:08:39	1:09:58	227	WHK	84	16:22	16:21	17:09	17:29	
375	2403	Zaubrecher Simone	MoKo	GER	1:08:43	1:10:04	54	W30	79	16:32	17:02	17:03	16:42	
376	1937	Langenbach Katharina	*Bonn	GER	1:08:45	1:09:45	228	WHK	82	16:58	16:58	16:58	16:29	
377	1936	Langenbach Dorothee	*Bonn	GER	1:08:46	1:09:45	229	WHK	86	16:58	16:58	16:59	16:29	
378	2040	Steup Hannah Marie	*Köln	GER	1:08:47	1:09:51	230	WHK	90	16:58	16:54	17:00	16:35	
379	1940	Lehnen Nathalie	*Mönchen Gladbach	GER	1:08:50	1:09:53	231	WHK	90	16:58	16:55	17:00	16:35	
380	1906	Katenbrink Nele	*Köln	GER	1:08:50	1:10:07	20	W35	72	16:18	16:28	17:15	17:23	
381	1959	Marx Johanna	*Köln	GER	1:08:50	1:10:07	21	W35	72	16:18	16:28	17:14	17:24	
382	2188	Liersch Svenja	Bonn-Rhein-Sieg-Runners	GER	1:09:03	1:10:37	232	WHK	89	16:33	17:03	17:11	16:55	
383	1684	Rohrmoser Eva-Maria	Laufmariechen Köln	GER	1:09:08	1:10:36	5	W55	54	15:29	16:21	17:45	17:58	
384	2306	Spelleken-Scheffers Anna	EvT	GER	1:09:09	1:10:43	14	W50	58	16:31	16:53	17:10	17:05	
385	2304	Gentile Martina	EvT	GER	1:09:09	1:10:43	26	W45	65	16:31	16:54	17:10	17:05	
386	2071	Wienken Anne	*Köln	GER	1:09:17	1:10:27	27	W45	62	16:00	16:50	16:41	18:06	
387	2195	Schupp Bettina	C.R.A.P. H3	GER	1:09:25	1:11:03	22	W35	75	16:42	16:55	17:06	17:20	
388	2364	Sievert Nina	Laufen gegen Atomstrom	GER	1:09:29	1:11:58	55	W30	81	15:13	17:27	35:26	00:00	
389	2426	Pitsch Maria	Roadrunners	GER	1:10:21	1:11:42	233	WHK	86	17:58	17:24	16:41	16:54	
390	2158	Knof Pia	Bonn Internationals	GER	1:10:43	1:11:17	234	WHK	85	16:46	17:04	17:34	17:58	
390	2154	Janas Christina	Bonn Internationals	GER	1:10:43	1:11:16	234	WHK	87	16:46	17:04	17:34	17:58	
392	1801	Baumgart Carola	*Bergisch Gladbach	GER	1:11:01	1:11:08	15	W50	60	16:27	17:06	17:53	18:06	
393	2157	Klein Melina	Bonn Internationals	GER	1:11:28	1:12:02	236	WHK	84	17:04	17:44	17:41	17:31	
394	1458	Breiden Katharina	*Odenthal	GER	1:11:47	1:12:42	237	WHK	87	16:40	17:34	18:01	18:06	
395	2166	Messingfeld Lydia	Bonn Internationals	GER	1:13:01	1:13:25	238	WHK	83	16:34	18:16	18:40	18:03	
396	2172	Rau Hellen	Bonn Internationals	GER	1:13:05	1:13:26	239	WHK	89	17:03	17:56	18:22	18:17	
397	2176	Widdig Jessica	Bonn Internationals	GER	1:13:06	1:13:27	240	WHK	87	17:03	17:57	18:22	18:17	
398	2471	Gärtner Sabrina	Team Quantensprung	GER	1:13:13	1:14:49	56	W30	81	17:11	18:20	18:23	17:42	
399	1902	Julia Marks	*Köln	GER	1:13:56	1:15:28	241	WHK	83	16:27	17:09	19:20	19:26	
400	1903	Jung Barbara	*Frickhofen	GER	1:13:57	1:15:28	242	WHK	83	16:27	17:10	19:20	19:26	
401	2394	Heyne Maike	MoKo	GER	1:14:05	1:15:28	243	WHK	85	16:46	18:09	18:20	19:26	
402	1844	Fast Gisela	*Köln	GER	1:14:43	1:15:47	244	WHK	84	16:33	17:08	21:59	17:39	
403	1821	Brockmann Laura	*Köln	GER	1:14:58	1:15:23	245	WHK	86	17:06	18:10	18:55	19:16	
404	2096	Arjune Sita	AG Schwarz		1:18:43	1:19:19	246	WHK	87	16:16	19:30	20:23	20:45	
405	2396	Kettel Ronja	MoKo	GER	1:19:26	1:20:47	247	WHK	89	17:08	18:55	21:14	20:31	
406	2398	Metz Viola	MoKo	GER	1:19:26	1:20:47	248	WHK	88	17:07	18:55	21:14	20:31	