

Kölner Frühlingslauf am 25. März 2012 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	567	Hölle Magnus	*Köln	0:40:35	1984	MHK	1	0:40:38 13:09 * 13:22 * 14:02	4:03 min/km
2	992	Guth Simon	*Rommerskirchen	0:42:26	1997	MSA	1	0:42:28 13:11 * 13:22 * 15:51	4:15 min/km
3	552	Schneider Markus	MACH3 Köln e.V.	0:42:34	1978	M30	1	0:42:35 14:24 * 13:56 * 14:13	4:15 min/km
4	404	Gottschlich Benedikt	*Bochum	0:43:25	1982	M30	2	0:43:26 14:25 * 14:17 * 14:41	4:21 min/km
5	187	Schwill Matthias	*Köln	0:43:30	1974	M35	1	0:44:19 14:20 * 14:24 * 14:45	4:21 min/km
6	925	Gladis Jens		0:43:31	1976	M35	2	0:43:35 14:17 * 14:05 * 15:07	4:21 min/km
7	936	Schlender Alexander	LTV Erfurt	0:44:02	1979	M30	3	0:44:11 14:33 * 14:34 * 14:55	4:24 min/km
8	171	Kniewel Jan	*Köln	0:44:07	1975	M35	3	0:44:55 14:15 * 14:30 * 15:21	4:25 min/km
9	935	Meray Deniz	Laufende Kosten	0:44:16	1969	M40	1	0:44:28 14:24 * 14:37 * 15:15	4:26 min/km
10	741	Schmidt Nikolaus	RheinTauchen	0:44:19	1982	M30	4	0:44:25 14:29 * 14:49 * 15:00	4:26 min/km
11	202	Claeßen Jens	ALBIS Lauftreff Vogelsang	0:44:21	1967	M45	1	0:44:38 14:51 * 14:42 * 14:47	4:26 min/km
12	246	Fiedler Jens	*Köln	0:44:22	1977	M35	4	0:45:15 14:18 * 14:23 * 15:40	4:26 min/km
13	1200	Franke Marlon	TVG Buschhütten	0:44:22	1984	MHK	2	0:44:25 13:50 * 14:53 * 15:39	4:26 min/km
14	527	Trzaskalik Martin	cleverbridge Roadrunners	0:44:47	1973	M35	5	0:44:59 14:51 * 14:39 * 15:16	4:29 min/km
15	1169	Kyrion Stephan	RUNNING KYRION	0:44:56	1970	M40	2	0:45:27 14:36 * 15:00 * 15:19	4:30 min/km
16	1160	Roth Holger	*Köln	0:44:56	1981	M30	5	0:45:57 15:14 * 14:51 * 14:51	4:30 min/km
17	403	Weber Dominic	*Köln	0:44:58	1980	M30	6	0:45:56 15:27 * 14:54 * 14:36	4:30 min/km
18	1195	Dürnagel Stefan	LG Windschatten	0:45:01	1980	M30	7	0:45:22 15:46 * 14:28 * 14:47	4:30 min/km
19	1157	Vom Wege Jan-Hendrik	*Köln	0:45:04	1977	M35	6	0:45:14 15:00 * 15:03 * 15:00	4:30 min/km
20	456	Hegenbart Carsten	Salgert Sports	0:45:13	1980	M30	8	0:45:18 15:04 * 15:10 * 14:59	4:31 min/km
21	24	Verch Marco	*Köln	0:45:22	1981	M30	9	0:45:24 13:56 * 15:26 * 16:00	4:32 min/km
22	388	De Haan Dieter	Sportuhren-Profi.de	0:45:28	1955	M55	1	0:45:58 14:45 * 14:59 * 15:42	4:33 min/km
23	790	Nadler Klaus	ALBIS Lauftreff Vogelsang	0:45:29	1965	M45	2	0:45:47 14:53 * 15:08 * 15:26	4:33 min/km
24	1235	Beyer Bengt		0:45:35	1975	M35	7	0:46:11 14:47 * 15:00 * 15:47	4:34 min/km
25	500	Atamtuerk Hüseyin	FC Deutsche Post NL	0:45:51	1966	M45	3	0:46:04 14:29 * 15:23 * 15:58	4:35 min/km
26	417	Kemper Sebastian	St. Hubertus Lürbke	0:45:54	1981	M30	10	0:45:55 14:27 * 14:55 * 16:31	4:35 min/km
27	312	Fingerhut Max	*Köln	0:46:03	1986	MHK	3	0:46:22 14:52 * 15:32 * 15:38	4:36 min/km
28	582	Ottens Thomas	*Brühl	0:46:12	1966	M45	4	0:46:32 15:20 * 15:06 * 15:45	4:37 min/km
29	170	Schneider Reiner	Running at Cologne	0:46:17	1965	M45	5	0:46:20 14:57 * 15:21 * 15:59	4:38 min/km
30	38	Langner Ralf	*schmallenberg	0:46:19	1961	M50	1	0:46:43 14:45 * 15:26 * 16:08	4:38 min/km
31	773	Danek Frank	*Langenfeld	0:46:49	1982	M30	11	0:47:26 15:01 * 15:25 * 16:22	4:41 min/km
32	890	Bölling Heiko	*Köln	0:46:51	1966	M45	6	0:47:32 14:43 * 15:41 * 16:27	4:41 min/km
33	1348	Schäfer Marcus		0:46:53	1973	M35	8	0:48:00 15:29 * 15:25 * 15:58	4:41 min/km
34	609	Zur Nieden Tom	TG Hilgen 04	0:46:56	1998	MSA	2	0:47:05 15:39 * 15:38 * 15:38	4:42 min/km
35	734	Dörffler Friedrich	*Köln	0:47:12	1961	M50	2	0:47:14 15:39 * 15:46 * 15:46	4:43 min/km
36	834	Rosso Martin	*Pulheim	0:47:13	1994	MJA	1	0:47:25 16:10 * 15:19 * 15:43	4:43 min/km
37	1009	Schlieper Armin	LeseWelten	0:47:33	2001	MSC	1	0:48:44 16:43 * 15:57 * 14:52	4:45 min/km
38	10	Ebeler Dr. Guido	Erftrunners	0:47:35	1964	M45	7	0:47:38 15:03 * 16:14 * 16:17	4:46 min/km
39	177	Albishausen Rainer	ALBIS Lauftreff Vogelsang	0:47:36	1966	M45	8	0:47:52 15:24 * 15:49 * 16:21	4:46 min/km
40	191	Kukwa Christian	Lindenthaler	0:47:36	1982	M30	12	0:47:42 15:09 * 16:03 * 16:23	4:46 min/km
41	876	Simon Volker	*Köln	0:47:50	1977	M35	9	0:48:10 15:56 * 16:00 * 15:54	4:47 min/km
42	148	Tuncer Orhan	*Köln	0:48:00	1973	M35	10	0:50:23 15:43 * 15:44 * 16:32	4:48 min/km
43	243	Germann Daniel	Kolvis Lauf-WG	0:48:08	1980	M30	13	0:48:36 16:01 * 15:53 * 16:13	4:49 min/km
44	576	Rothe Marvin		0:48:11	1980	M30	14	0:48:14 14:57 * 16:13 * 17:01	4:49 min/km
45	459	Jesper Oliver	Rote Sau	0:48:20	1985	MHK	4	0:49:02 16:28 * 16:06 * 15:44	4:50 min/km
46	1130	Ripp Christoph	*Köln	0:48:20	1977	M35	11	0:49:02 16:28 * 16:06 * 15:44	4:50 min/km
47	1120	Bauer Dirk	*Köln	0:48:22	1968	M40	3	0:49:00 15:37 * 16:02 * 16:42	4:50 min/km
48	977	Schmidt Niels	Sportuhren-Profi.de	0:48:31	1979	M30	15	0:49:04 15:39 * 16:47 * 16:04	4:51 min/km
49	866	Liepelt Maximilian	*Waltrop	0:48:31	1992	MHK	5	0:49:09 15:57 * 15:38 * 16:55	4:51 min/km
50	289	Vogelheim Markus	HCA-Schule	0:48:32	1970	M40	4	0:50:06 15:30 * 16:06 * 16:55	4:51 min/km
51	112	Schröder Andreas	Siemens CS	0:48:32	1970	M40	5	0:48:58 15:32 * 16:12 * 16:47	4:51 min/km
52	371	Manthey Michael	*Bergisch Gladbach	0:48:36	1967	M45	9	0:48:42 15:34 * 16:08 * 16:53	4:52 min/km
53	53	Tiegel Christoph	*Köln	0:48:40	1977	M35	12	0:48:50 15:47 * 16:10 * 16:43	4:52 min/km

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54	92	Liesner Fabian	*Köln	0:48:41	1985	MHK	6	0:48:44	16:31 *	16:18 *	15:51	4:52 min/km
55	941	Bonenkamp Ulrich	Conscience	0:48:50	1953	M55	2	0:48:57	15:47 *	16:16 *	16:45	4:53 min/km
56	219	Blum Thomas	TuS 1923 Winterscheid	0:48:54	1982	M30	16	0:49:09	16:12 *	16:14 *	16:27	4:53 min/km
57	422	Zito Giuseppe	*Koeln	0:48:54	1974	M35	13	0:49:55	16:12 *	16:02 *	16:39	4:53 min/km
58	62	Fuhrmann Cedric	*Köln	0:48:56	1997	MSA	3	0:49:50	16:35 *	16:18 *	16:02	4:54 min/km
59	572	Wulf Michael	*Köln	0:48:57	1959	M50	3	0:49:04	16:24 *	15:58 *	16:34	4:54 min/km
60	116	Gontermann Marko	TuS 1910 Driedorf	0:49:02	1966	M45	10	0:49:32	16:04 *	16:09 *	16:49	4:54 min/km
61	799	Dörries Klaus	Globus	0:49:23	1966	M45	11	0:49:45	15:59 *	16:20 *	17:02	4:56 min/km
62	766	Tischlinger Dirk	*Köln	0:49:23	1981	M30	17	0:50:31	16:23 *	16:16 *	16:43	4:56 min/km
63	11	Bergerhausen Heinrich	*Köln	0:49:23	1965	M45	12	0:50:22	16:26 *	16:02 *	16:54	4:56 min/km
64	382	Dietrich Eric	*Köln	0:49:28	1978	M30	18	0:49:30	15:39 *	16:20 *	17:28	4:57 min/km
65	281	Abele Kay	Original Bootcamp	0:49:29	1964	M45	13	0:50:57	15:55 *	16:17 *	17:15	4:57 min/km
66	137	Petrovic Günter	asv Köln	0:49:36	1950	M60	1	0:50:03	16:25 *	17:15 *	15:55	4:58 min/km
67	356	Spreemann Carsten	SC LWL 05	0:49:38	1975	M35	14	0:50:59	16:09 *	16:40 *	16:48	4:58 min/km
68	379	Mombauer Andreas	BrückenKrücken	0:50:08	1985	MHK	7	0:50:44	15:31 *	16:35 *	18:01	5:01 min/km
69	338	Stangl Ulrich	Ulrich Stangl	0:50:10	1957	M55	3	0:50:37	17:24 *	18:01 *	14:44	5:01 min/km
70	159	Scholz Hans	Heiligenhauser Lunge von	0:50:13	1968	M40	6	0:50:30	16:17 *	16:16 *	17:38	5:01 min/km
71	230	Czerwinski Günter	LeseWelten	0:50:13	1944	M65	1	0:50:35	16:19 *	16:29 *	17:24	5:01 min/km
72	777	Walgenbach Bernd	Aktiv für Arbeit	0:50:15	1969	M40	7	0:50:59	16:17 *	16:38 *	17:19	5:02 min/km
73	300	Fiege Jürgen	*Köln	0:50:16	1957	M55	4	0:50:20	15:58 *	16:34 *	17:43	5:02 min/km
74	1064	Sapin Jurij	*Köln	0:50:19	1962	M50	4	0:50:24	16:21 *	16:40 *	17:17	5:02 min/km
75	816	Mahlberg Marcel	*Erfstadt	0:50:20	1981	M30	19	0:50:34	15:30 *	16:31 *	18:18	5:02 min/km
76	430	Schneider Guido	Bierathleten	0:50:20	1963	M45	14	0:51:04	16:26 *	16:38 *	17:16	5:02 min/km
77	145	Tuchscherer Sven	Junge Braunsfelder	0:50:22	1976	M35	15	0:50:46	17:13 *	16:44 *	16:24	5:02 min/km
78	443	Horst Heinz	*Erfstadt	0:50:27	1960	M50	5	0:51:14	16:44 *	16:32 *	17:10	5:03 min/km
79	369	Klink-Lohmann Torsten	DB Fernverkehr AG	0:50:28	1978	M30	20	0:51:56	16:51 *	16:40 *	16:55	5:03 min/km
80	951	Franken Nils	BrückenKrücken	0:50:29	1982	M30	21	0:51:05	15:31 *	16:35 *	18:22	5:03 min/km
81	665	Vahl Axel	*köln	0:50:30	1977	M35	16	0:52:15	17:34 *	16:33 *	16:22	5:03 min/km
82	783	Gattner Marius	*Köln	0:50:30	1972	M40	8	0:51:38	16:13 *	16:25 *	17:52	5:03 min/km
83	545	Quester Markus	Tc Lohmar	0:50:38	1976	M35	17	0:51:04	16:43 *	16:38 *	17:15	5:04 min/km
84	463	Schmitz Tobias	*Bonn	0:50:41	1986	MHK	8	0:51:11	17:30 *	16:58 *	16:12	5:04 min/km
85	309	Köller Jesco	*Köln	0:50:41	1971	M40	9	0:51:27	16:42 *	16:35 *	17:23	5:04 min/km
86	1068	Hartung Martin	Wulffs Erben	0:50:46	1987	MHK	9	0:51:03	16:25 *	16:55 *	17:25	5:05 min/km
87	45	Eisermann Stephan	Team Erdinger Alkoholfrei	0:50:46	1966	M45	15	0:50:53	16:34 *	17:03 *	17:08	5:05 min/km
88	813	Breuer Joas	*Siegburg	0:50:47	1984	MHK	10	0:51:01	16:30 *	16:51 *	17:25	5:05 min/km
89	407	Schulz Andreas	*KÖLN	0:50:56	1960	M50	6	0:51:02	16:36 *	16:40 *	17:39	5:06 min/km
90	385	Kronsbein Günter	*Köln	0:51:01	1965	M45	16	0:51:22	16:45 *	16:45 *	17:31	5:06 min/km
91	97	Baedorf Dirk	Speedskater Euskirchen	0:51:02	1968	M40	10	0:51:20	16:38 *	17:02 *	17:21	5:06 min/km
92	1075	Weyer Oliver	congstar	0:51:07	1977	M35	18	0:52:26	17:21 *	17:03 *	16:43	5:07 min/km
93	416	Gilles Thomas	*Bonn	0:51:10	1982	M30	22	0:51:34	16:43 *	17:08 *	17:17	5:07 min/km
94	451	Streb Andreas	*Kerpen	0:51:11	1970	M40	11	0:51:13	16:43 *	17:03 *	17:24	5:07 min/km
95	368	Ritter Thomas	Heeresamt	0:51:11	1969	M40	12	0:51:22	16:28 *	16:55 *	17:47	5:07 min/km
96	716	Soujon Marcel	ALBIS Lauftreff Vogelsang	0:51:17	1990	MHK	11	0:51:36	16:52 *	16:52 *	17:33	5:08 min/km
97	20	Kramer Uwe	*köln	0:51:18	1962	M50	7	0:51:34	16:10 *	16:56 *	18:12	5:08 min/km
98	1191	Stöberl Ralf	*Pulheim	0:51:27	1966	M45	17	0:52:05	16:35 *	17:02 *	17:50	5:09 min/km
99	201	Muders Markus	*Köln	0:51:29	1969	M40	13	0:51:30	15:47 *	17:10 *	18:32	5:09 min/km
100	531	Christ Carsten	*Frechen	0:51:30	1967	M45	18	0:52:28	17:14 *	17:08 *	17:07	5:09 min/km
101	839	Zech Thilo	*Köln	0:51:32	1966	M45	19	0:51:53	16:39 *	16:50 *	18:03	5:09 min/km
102	454	Dornscheidt Andreas	*Köln	0:51:38	1978	M30	23	0:51:41	16:32 *	17:00 *	18:05	5:10 min/km
103	1269	Rath Dietmar		0:51:39	1967	M45	20	0:51:47	16:24 *	16:55 *	18:20	5:10 min/km
104	397	Hertel Aaron	*Hürth	0:51:39	1981	M30	24	0:53:00	16:26 *	17:05 *	18:07	5:10 min/km
105	178	Loosen Manfred	WDR Lokalzeit aus Köln	0:51:39	1960	M50	8	0:52:46	17:28 *	16:51 *	17:19	5:10 min/km
106	264	Rosso Mario	IPK	0:51:42	1960	M50	9	0:52:16	16:36 *	16:36 *	18:30	5:10 min/km
107	918	Wiese Julian Maxim	HCA-Schule	0:51:48	1998	MSA	4	0:53:01	17:47 *	17:18 *	16:42	5:11 min/km
108	1007	Backhaus Jan	*Solingen	0:51:50	1983	MHK	12	0:52:44	17:38 *	17:02 *	17:09	5:11 min/km
109	797	Erdreich Bernd	Globus	0:51:51	1975	M35	19	0:53:57	17:28 *	17:01 *	17:21	5:11 min/km

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110	1190	Frerich Gerrit	*Köln	0:51:53	1973	M35	20	0:51:57	16:27 *	17:13 *	18:11	5:11 min/km
111	387	Filz Ludwig	Sportuhren-Profi.de	0:51:57	1965	M45	21	0:52:26	16:40 *	17:22 *	17:54	5:12 min/km
112	1146	Klahr Peter	*Grevenbroich	0:52:05	1960	M50	10	0:52:47	16:59 *	17:07 *	17:58	5:13 min/km
113	931	Morant Ansgar	Laufende Kosten	0:52:10	1978	M30	25	0:52:22	17:09 *	17:03 *	17:57	5:13 min/km
114	550	Röttgen Martin	*Leverkusen	0:52:12	1977	M35	21	0:53:14	17:39 *	17:24 *	17:08	5:13 min/km
115	868	Hambloch Christoph	ALBIS Lauftreff Vogelsang	0:52:12	1964	M45	22	0:52:30	16:53 *	16:57 *	18:21	5:13 min/km
116	1263	Friem Henning		0:52:15	1985	MHK	13	0:52:30	16:54 *	17:28 *	17:52	5:14 min/km
117	1340	Wester Marc	ASV Köln	0:52:19	1979	M30	26	0:52:25	16:20 *	16:50 *	19:08	5:14 min/km
118	814	Justinger Kilian	*Königswinter	0:52:21	1988	MHK	14	0:52:35	16:32 *	17:15 *	18:33	5:14 min/km
119	13	Achten Bernhard	Kölner Narrenzunft	0:52:25	1959	M50	11	0:52:43	16:34 *	17:25 *	18:25	5:15 min/km
120	671	Kniep Dirk	*Köln	0:52:26	1971	M40	14	0:52:50	17:13 *	17:17 *	17:56	5:15 min/km
121	1193	Auf dem Graben Peter	*Köln	0:52:28	1965	M45	23	0:54:00	17:10 *	17:09 *	18:07	5:15 min/km
122	700	Sallen Nikolai	*Köln	0:52:36	1985	MHK	15	0:53:35	17:05 *	17:28 *	18:02	5:16 min/km
123	139	Weißmann Gunnar	*Köln	0:52:36	1977	M35	22	0:52:51	16:48 *	17:30 *	18:17	5:16 min/km
124	673	Beblik Klaus	Heipörfomer I	0:52:41	1969	M40	15	0:53:11	16:41 *	17:31 *	18:28	5:16 min/km
125	955	Pütz Dirk	Gruppo Pützi	0:52:42	1966	M45	24	0:53:14	16:56 *	17:26 *	18:19	5:16 min/km
126	937	Ströbelt Reiner	*Pulheim	0:52:43	1962	M50	12	0:53:40	18:21 *	17:20 *	17:01	5:16 min/km
127	293	Ashcroft Dr. Graham	*Bonn	0:52:43	1976	M35	23	0:53:37	17:05 *	17:36 *	18:02	5:16 min/km
128	455	Causemann Christian	*Köln	0:52:43	1984	MHK	16	0:52:55	16:27 *	17:22 *	18:53	5:16 min/km
129	979	Pankrath Jens	Sportuhren-Profi.de	0:52:45	1977	M35	24	0:54:51	18:32 *	17:08 *	17:03	5:17 min/km
130	120	Djamalpour Syrus	*Bergheim	0:52:48	1965	M45	25	0:53:18	16:26 *	17:24 *	18:57	5:17 min/km
131	850	Weber Dirk	Wulffs Erben	0:52:48	1979	M30	27	0:53:05	17:35 *	17:30 *	17:42	5:17 min/km
132	852	Rohde Christoph	Wulffs Erben	0:52:48	1977	M35	25	0:53:05	17:35 *	17:30 *	17:42	5:17 min/km
133	226	Maubach Rene	Aktiv für Arbeit	0:52:49	1973	M35	26	0:53:33	18:11 *	17:40 *	16:57	5:17 min/km
134	974	Schober Michael	*Langerwehe	0:52:52	1981	M30	28	0:54:26	16:45 *	17:24 *	18:42	5:17 min/km
135	231	Colling Jörn	FC Deutsche Post NL	0:52:53	1965	M45	26	0:53:12	18:27 *	18:30 *	15:55	5:17 min/km
136	66	Raeck Michael	VTC Köln	0:52:57	1958	M50	13	0:53:09	16:28 *	17:53 *	18:34	5:18 min/km
137	325	Nutz Dr. Manfred	*Köln	0:53:03	1958	M50	14	0:53:54	17:36 *	17:31 *	17:56	5:18 min/km
138	627	Schleunig Dirk	Erftrunners	0:53:04	1968	M40	16	0:54:01	17:59 *	17:49 *	17:14	5:18 min/km
139	737	Franke Markus	CTU	0:53:04	1979	M30	29	0:53:26	15:52 *	18:13 *	18:58	5:18 min/km
140	1056	Rumpel Christian	*Essen	0:53:06	1974	M35	27	0:54:09	17:13 *	17:44 *	18:08	5:19 min/km
141	1271	Schulte Gregor		0:53:07	1954	M55	5	0:53:37	16:52 *	17:23 *	18:50	5:19 min/km
142	614	Ohrem Uwe	*Köln	0:53:08	1959	M50	15	0:54:06	18:01 *	17:27 *	17:40	5:19 min/km
143	690	Schepers Sebastian	*Werne	0:53:09	1975	M35	28	0:54:14	19:22 *	16:22 *	17:25	5:19 min/km
144	754	Kraemer Jochen	Original Bootcamp	0:53:10	1982	M30	30	0:54:40	18:17 *	17:16 *	17:36	5:19 min/km
145	19	Barkhoff Nils	Original Bootcamp	0:53:10	1982	M30	31	0:54:39	18:19 *	17:16 *	17:34	5:19 min/km
146	262	Steinhauer Marcus	Lauftreff Diana	0:53:10	1973	M35	29	0:53:59	17:41 *	17:29 *	17:59	5:19 min/km
147	994	Derwenskus Dominic	*Köln	0:53:12	1982	M30	32	0:53:13	17:11 *	17:37 *	18:24	5:19 min/km
148	237	Wurda Werner	SC Fortuna Köln	0:53:15	1960	M50	16	0:55:20	17:49 *	17:32 *	17:53	5:20 min/km
149	1233	Kramer Norbert	sportuhren-profi.de	0:53:17	1964	M45	27	0:53:47	17:18 *	17:53 *	18:06	5:20 min/km
150	688	Kischelewski Sven	*Dortmund	0:53:18	1975	M35	30	0:54:23	18:23 *	17:24 *	17:30	5:20 min/km
151	149	Seibert Marcus	*Köln	0:53:21	1964	M45	28	0:53:47	19:24 *	16:41 *	17:15	5:20 min/km
152	287	Forg Kai	Wulffs Erben	0:53:22	1977	M35	31	0:53:38	17:35 *	17:31 *	18:15	5:20 min/km
153	1335	Mödder Wolfgang	Erftrunners	0:53:22	1965	M45	29	0:54:18	18:00 *	17:50 *	17:31	5:20 min/km
154	978	Velden Dieter	Sportuhren-Profi.de	0:53:24	1973	M35	32	0:53:57	16:57 *	17:40 *	18:46	5:20 min/km
155	258	Schmidt Michael	*Köln	0:53:27	1974	M35	33	0:54:30	17:39 *	17:24 *	18:24	5:21 min/km
156	891	Oussios Christos	*Köln	0:53:28	1966	M45	30	0:54:13	18:10 *	17:47 *	17:30	5:21 min/km
157	560	Dose Stefan	*Köln	0:53:29	1977	M35	34	0:54:08	17:05 *	17:44 *	18:39	5:21 min/km
158	433	Gerstner Jürgen	*Köln-Porz	0:53:32	1953	M55	6	0:53:58	18:17 *	17:56 *	17:18	5:21 min/km
159	389	Iron Bernard	Sportuhren-Profi.de	0:53:41	1964	M45	31	0:54:14	17:10 *	17:47 *	18:44	5:22 min/km
160	995	Sellugga Rainer	Laufschule Erfstadt	0:53:42	1959	M50	17	0:54:22	17:29 *	17:53 *	18:19	5:22 min/km
161	731	Hörmann Mirko	*Werne	0:53:48	1967	M45	32	0:54:20	16:54 *	17:43 *	19:10	5:23 min/km
162	304	Odindo Caleb	Medi-Dance-Group	0:53:49	1976	M35	35	0:55:18	17:57 *	17:24 *	18:26	5:23 min/km
163	988	Pistono Jürgen	*Köln	0:53:49	1988	MHK	17	0:54:02	16:37 *	18:17 *	18:54	5:23 min/km
164	82	Dichtl Josef	Erftrunners	0:53:49	1972	M40	17	0:54:47	17:59 *	17:50 *	18:00	5:23 min/km
165	336	Kaiser Dirk	*Pulheim	0:53:51	1971	M40	18	0:54:28	17:43 *	18:01 *	18:06	5:23 min/km

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166	944	Schönwitz Andreas	DB Fernverkehr AG	0:53:51	1964 M45	33	0:55:23	17:42 *	17:36 *	18:33	5:23 min/km
167	398	Kampen Hans-Joachim	LeseWelten	0:53:54	1957 M55	7	0:53:57	17:37 *	18:08 *	18:09	5:23 min/km
168	619	Fuchs Heinz	*frechen	0:53:59	1961 M50	18	0:54:40	17:49 *	17:48 *	18:21	5:24 min/km
169	1127	Busch Thomas	conscience	0:54:00	1961 M50	19	0:54:15	17:00 *	18:15 *	18:44	5:24 min/km
170	69	Henn Franz	VTC Köln	0:54:02	1955 M55	8	0:54:15	17:08 *	18:05 *	18:48	5:24 min/km
171	1346	Herweg Michael	Team Krögl's	0:54:05	1971 M40	19	0:54:40	18:47 *	17:41 *	17:36	5:25 min/km
172	100	Peters Jens	*Bonn	0:54:06	1952 M60	2	0:56:00	16:52 *	18:07 *	19:06	5:25 min/km
173	345	Krones Andreas	TriCologne	0:54:17	1985 MHK	18	0:55:03	18:01 *	18:06 *	18:10	5:26 min/km
174	194	Steubesand Herbert	ASV Triathlon	0:54:18	1965 M45	34	0:55:15	18:01 *	17:27 *	18:49	5:26 min/km
174	1010	Weber Ulrich	*Köln	0:54:18	1964 M45	34	0:55:27	17:54 *	18:05 *	18:19	5:26 min/km
176	1059	Sieg Tobias	*Köln	0:54:18	1975 M35	36	0:54:22	16:34 *	18:21 *	19:22	5:26 min/km
177	940	Bruckwilder Hans Jörg	*Köln	0:54:21	1955 M55	9	0:54:57	17:22 *	18:03 *	18:54	5:26 min/km
178	840	Hafner Ulrich	Conscience	0:54:25	1960 M50	20	0:54:39	17:21 *	17:58 *	19:06	5:27 min/km
179	490	Schmitter Jörg	Hellige Knäächte un	0:54:27	1969 M40	20	0:56:21	18:56 *	18:00 *	17:29	5:27 min/km
180	425	Vahl Jörg	*Köln	0:54:28	1962 M50	21	0:54:56	18:18 *	17:56 *	18:14	5:27 min/km
181	943	Schauerte Bernd	DB Fernverkehr AG	0:54:29	1986 MHK	19	0:55:57	17:20 *	18:06 *	19:02	5:27 min/km
182	152	Martens Jörn	Laufftreff BG ETEM	0:54:29	1962 M50	22	0:56:13	17:03 *	18:05 *	19:20	5:27 min/km
183	706	Kolakowski Prof. Dr.	*Köln	0:54:39	1961 M50	23	0:55:46	19:03 *	17:49 *	17:47	5:28 min/km
184	712	Albrecht Alexander	*Köln	0:54:40	1984 MHK	20	0:55:11	17:52 *	18:17 *	18:30	5:28 min/km
185	188	Zalfen Thomas	*Köln	0:54:41	1972 M40	21	0:55:48	19:03 *	17:49 *	17:48	5:28 min/km
186	827	Breidenbach Andreas	Eckdorfer Eilzug	0:54:41	1969 M40	22	0:55:44	17:41 *	17:54 *	19:05	5:28 min/km
187	1158	Wulf Tim	*Köln	0:54:47	1990 MHK	21	0:55:01	16:49 *	18:57 *	19:00	5:29 min/km
188	645	Altmann Stefan	*Köln	0:54:48	1974 M35	37	0:55:44	18:15 *	18:10 *	18:21	5:29 min/km
189	359	Soos Paul		0:54:50	1974 M35	38	0:54:53	17:14 *	18:33 *	19:02	5:29 min/km
190	546	Krapp Simon	*Köln	0:55:02	1986 MHK	22	0:55:32	18:33 *	18:12 *	18:17	5:30 min/km
191	855	Plück Wolfgang	*Bergheim	0:55:05	1962 M50	24	0:56:13	18:36 *	18:03 *	18:25	5:31 min/km
192	1116	Schlieper Michael	LeseWelten	0:55:05	1968 M40	23	0:56:11	18:52 *	18:08 *	18:04	5:31 min/km
193	954	Courbiere Renaud	*Köln	0:55:06	1969 M40	24	0:55:56	18:33 *	18:06 *	18:26	5:31 min/km
194	255	Hermann Udo	*Köln	0:55:13	1967 M45	36	0:56:32	18:18 *	17:47 *	19:08	5:31 min/km
195	606	Turner Karl	Heiligenhauser Lunge	0:55:16	1970 M40	25	0:55:34	18:22 *	17:55 *	18:58	5:32 min/km
196	929	Georgi Christopher	Siemens Bonn	0:55:17	1981 M30	33	0:56:23	18:30 *	18:15 *	18:31	5:32 min/km
197	758	Watermann Jan	Prophetic Girls	0:55:19	1979 M30	34	0:55:31	17:31 *	18:15 *	19:32	5:32 min/km
198	570	Baumann Lars	*Köln	0:55:20	1978 M30	35	0:55:40	17:13 *	18:43 *	19:24	5:32 min/km
199	686	Hoff Sascha	*Königswinter	0:55:24	1995 MJB	1	0:56:53	19:27 *	18:06 *	17:50	5:32 min/km
200	815	Sander Fabian	*Königswinter	0:55:25	1985 MHK	23	0:55:40	16:28 *	16:53 *	22:04	5:33 min/km
201	0	unbekannt DR1KX2E		0:55:33	0 MHK	24	0:55:33	18:40 *	17:56 *	18:57	5:33 min/km
202	862	Schnepper Willi	*Rösrath	0:55:34	1965 M45	37	0:56:25	18:27 *	18:12 *	18:54	5:33 min/km
203	697	Schmok Jörg	*Bonn	0:55:35	1975 M35	39	0:55:50	18:25 *	18:25 *	18:44	5:34 min/km
204	236	Witzleben Jürgen	Nickys Flitzer	0:55:35	1970 M40	26	0:56:25	18:28 *	18:12 *	18:54	5:34 min/km
205	782	Reetz Tobias	Werder Bremen	0:55:38	1972 M40	27	0:56:47	18:17 *	18:23 *	18:57	5:34 min/km
206	549	Bornemann Matthias	LeseWelten	0:55:43	1951 M60	3	0:56:27	18:42 *	18:14 *	18:46	5:34 min/km
207	888	Stock Wilhelm	Erftrunners	0:55:46	1960 M50	25	0:56:45	17:58 *	17:47 *	20:00	5:35 min/km
208	1349	Stople Till		0:55:47	0 MHK	25	0:57:14	19:12 *	18:09 *	18:26	5:35 min/km
209	0	unbekannt DG1YEB7		0:55:50	0 MHK	26	0:55:50	18:40 *	18:25 *	18:44	5:35 min/km
210	738	Pömpner Alexander	*Köln	0:55:56	1975 M35	40	0:56:49	18:53 *	18:24 *	18:38	5:36 min/km
211	759	Zander Dirk	Prophetic Girls	0:55:56	1971 M40	28	0:56:08	17:31 *	18:22 *	20:03	5:36 min/km
212	418	Nanni Sabato	*Köln	0:55:56	1966 M45	38	0:56:54	17:36 *	17:50 *	20:29	5:36 min/km
213	928	Warnebier Dr. Philipp	*Köln	0:56:02	1976 M35	41	0:56:52	18:55 *	18:24 *	18:41	5:36 min/km
214	144	Füllenbach Robert	*Köln	0:56:21	1976 M35	42	0:56:35	17:29 *	18:19 *	20:32	5:38 min/km
215	529	Stauf Alex	*Köln	0:56:22	1979 M30	36	0:58:22	20:39 *	17:39 *	18:02	5:38 min/km
216	313	Bäurich Arne	*Haan	0:56:22	1982 M30	37	0:56:42	18:16 *	18:50 *	19:15	5:38 min/km
217	259	Jeannot Gael	*Brühl	0:56:24	1983 MHK	27	0:57:00	18:37 *	18:42 *	19:04	5:38 min/km
218	163	Beauvisage Christian	*Köln	0:56:25	1981 M30	38	0:57:14	19:31 *	18:42 *	18:11	5:39 min/km
219	250	Häger Hermann-Josef	*Lohmar	0:56:25	1954 M55	10	0:57:14	17:33 *	18:53 *	19:58	5:39 min/km
220	634	Maurer Tobias	*Hochberg-Remseck	0:56:27	1988 MHK	28	0:57:05	18:47 *	18:23 *	19:15	5:39 min/km
221	633	Weyers Niklas	*Straelen	0:56:28	1988 MHK	29	0:57:06	18:48 *	18:23 *	19:16	5:39 min/km

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222	214	Wurz Andreas	*Köln	0:56:29	1978 M30	39	0:56:45	18:24 *	18:25 *	19:39	5:39 min/km
223	822	Havermann Olaf	SV Quitt Ankum	0:56:30	1976 M35	43	0:57:19	18:16 *	18:21 *	19:52	5:39 min/km
224	1076	Antheus Barry	HCA-Schule	0:56:35	2002 MSC	2	0:57:50	19:33 *	17:40 *	19:22	5:40 min/km
225	473	Bührmann Magnus	REWE Group	0:56:37	1977 M35	44	0:57:13	18:54 *	18:34 *	19:08	5:40 min/km
226	1044	Schneider Leonard	HCA-Schule	0:56:40	1998 MSA	5	0:59:24	17:44 *	19:57 *	18:57	5:40 min/km
227	794	Flury Volker	Globus	0:56:44	1969 M40	29	0:57:06	18:45 *	18:31 *	19:27	5:40 min/km
228	802	Soravia Gianni	*Köln	0:56:48	2000 MSB	1	0:57:45	18:39 *	19:02 *	19:07	5:41 min/km
229	87	Schumann Olaf	*Köln	0:56:49	1976 M35	45	0:58:21	18:01 *	18:46 *	20:02	5:41 min/km
230	769	Krause Janek	*Köln	0:56:58	1983 MHK	30	0:57:12	18:35 *	21:32 *	16:51	5:42 min/km
231	528	Hammerstein Dr.	*Köln	0:56:58	1968 M40	30	0:57:57	18:13 *	19:02 *	19:43	5:42 min/km
232	1183	Dahmen René	*Köln	0:56:59	1971 M40	31	0:57:30	18:34 *	19:06 *	19:18	5:42 min/km
233	566	Kramer Daniel	*Köln	0:57:03	1973 M35	46	0:57:42	18:45 *	19:01 *	19:16	5:42 min/km
234	986	Hedwig Thomas	*Köln	0:57:03	1989 MHK	31	0:57:16	19:14 *	19:17 *	18:32	5:42 min/km
235	801	Soravia Dr. Dario	*Köln	0:57:04	1959 M50	26	0:58:01	18:38 *	19:02 *	19:23	5:42 min/km
236	43	Klobukowski Mark	Hellige Knäächte un	0:57:07	1977 M35	47	0:59:01	19:54 *	18:05 *	19:07	5:43 min/km
237	870	Zipper Ulrich	Die Motivierten	0:57:08	1961 M50	27	0:58:44	19:01 *	18:46 *	19:21	5:43 min/km
238	967	Breuer Herbert	Gruppo Pützi	0:57:10	1968 M40	32	0:57:45	19:12 *	18:54 *	19:03	5:43 min/km
239	175	Becker Dieter	*Köln	0:57:13	1956 M55	11	0:57:37	18:32 *	18:51 *	19:49	5:43 min/km
240	228	Grunewald Joachim	*Köln	0:57:14	1978 M30	40	0:58:07	18:01 *	19:05 *	20:07	5:43 min/km
241	811	Auweiler Klaus	*Köln	0:57:15	1966 M45	39	0:57:50	18:48 *	18:14 *	20:12	5:44 min/km
242	537	Hüsken Heinz	*Köln	0:57:15	1972 M40	33	0:58:48	18:45 *	18:57 *	19:33	5:44 min/km
243	99	Witsch Jürgen	Jürgen Witsch	0:57:31	1956 M55	12	0:58:10	18:47 *	18:59 *	19:45	5:45 min/km
244	401	Garito Adrian	FC Deutsche Post NL	0:57:38	1971 M40	34	0:59:30	21:01 *	19:00 *	17:36	5:46 min/km
245	1309	Gall Torsten		0:57:39	1970 M40	35	0:58:06	18:20 *	19:06 *	20:12	5:46 min/km
246	248	Forster Sebastian	*Köln	0:57:39	1984 MHK	32	0:59:23	19:39 *	19:23 *	18:36	5:46 min/km
247	885	Merl Johannes	*Odenthal	0:57:39	1984 MHK	33	0:59:23	19:39 *	19:23 *	18:36	5:46 min/km
248	502	Hoffmann Carsten	TSG Valbert	0:57:41	1975 M35	48	0:59:02	19:55 *	18:27 *	19:18	5:46 min/km
249	472	Prochotta Bart	GELADA	0:57:47	1977 M35	49	0:59:41	18:52 *	19:05 *	19:48	5:47 min/km
250	199	Wetzel Andreas	LeseWelten	0:57:50	1955 M55	13	0:58:52	18:27 *	18:42 *	20:40	5:47 min/km
251	339	Jones Gavin	*Bonn	0:57:51	1976 M35	50	0:58:00	18:14 *	19:27 *	20:09	5:47 min/km
252	1250	Gutenschwager Martin		0:57:52	1973 M35	51	0:58:37	18:04 *	19:31 *	20:16	5:47 min/km
253	423	Henke David	*Bonn	0:57:56	1971 M40	36	0:59:45	18:55 *	18:51 *	20:09	5:48 min/km
254	702	Heinrichs Maroc	Erfrunners	0:57:57	1968 M40	37	0:58:54	18:00 *	18:54 *	21:02	5:48 min/km
255	52	Busch Tobias	Lauftreff Schnecken-tempo	0:57:58	1972 M40	38	0:58:45	19:14 *	19:18 *	19:24	5:48 min/km
256	1312	Steinz Lothar	ASV	0:58:04	1957 M55	14	0:59:01	18:10 *	19:09 *	20:45	5:48 min/km
257	299	Reinold Michael	*Bergheim	0:58:11	1959 M50	28	0:59:01	19:43 *	19:14 *	19:12	5:49 min/km
258	114	Van issem Hans-jürgen	*Köln	0:58:14	1964 M45	40	0:59:14	18:31 *	19:07 *	20:35	5:49 min/km
259	843	Renzenbrink Werner	LG RWE Power	0:58:19	1950 M60	4	0:59:27	18:58 *	19:12 *	20:08	5:50 min/km
260	1006	Diegel Rainer	*Köln	0:58:29	1965 M45	41	0:58:33	18:32 *	19:04 *	20:52	5:51 min/km
261	431	Schilly Karsten	*Köln	0:58:30	1961 M50	29	0:58:37	18:59 *	19:27 *	20:03	5:51 min/km
262	1117	Hecht Rüdiger	LeseWelten	0:58:30	1957 M55	15	0:59:22	19:56 *	19:10 *	19:23	5:51 min/km
263	678	Thomas Marcel	*Köln	0:58:38	1993 MJA	2	0:58:43	18:55 *	19:44 *	19:58	5:52 min/km
264	772	Klaaßen Andre	*Mönchengladbach	0:58:38	1979 M30	41	0:59:16	17:59 *	19:50 *	20:49	5:52 min/km
265	1050	Reimer Alex	*Lingen	0:58:39	1979 M30	42	0:59:42	18:54 *	19:27 *	20:16	5:52 min/km
266	679	Thomas Andre	*Köln	0:58:41	1985 MHK	34	0:58:46	18:55 *	19:44 *	20:01	5:52 min/km
267	1194	Dürrnagel Markus	LG Windschatten	0:58:43	1970 M40	39	0:59:03	19:18 *	21:31 *	17:53	5:52 min/km
268	970	Niehus Dr. Karsten	HCA-Schule	0:58:53	1962 M50	30	1:00:39	19:58 *	19:41 *	19:14	5:53 min/km
269	969	Niehus Nikolai	HCA-Schule	0:58:54	2000 MSB	2	1:00:39	19:58 *	19:41 *	19:14	5:53 min/km
270	982	Kramer Felix	Sportuhren-Profi.de	0:58:55	1990 MHK	35	0:59:24	19:36 *	19:55 *	19:23	5:54 min/km
271	1149	Rumpel Tobias	*Lauenau	0:59:00	1996 MJB	2	1:00:04	19:26 *	19:10 *	20:22	5:54 min/km
272	158	Balanze Frank	Team Erdinger Alkoholfrei	0:59:01	1966 M45	42	0:59:31	17:20 *	17:48 *	23:52	5:54 min/km
273	222	Seelbach Armin	*Köln	0:59:02	1968 M40	40	0:59:53	20:29 *	19:58 *	18:34	5:54 min/km
274	1350	Burfeid Thomas	ASV Köln	0:59:05	1964 M45	43	1:00:21	19:04 *	19:25 *	20:34	5:55 min/km
275	88	Josten Wilhelm	*Köln	0:59:06	1965 M45	44	1:00:44	20:01 *	19:49 *	19:15	5:55 min/km
276	1272	Stachelhaus Carsten		0:59:10	1969 M40	41	1:01:03	20:13 *	18:57 *	19:59	5:55 min/km
277	1118	Koslowski Boris	Fit-mit-Sven	0:59:13	1976 M35	52	1:00:26	20:02 *	19:19 *	19:51	5:55 min/km

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278	307	Zitzen Bernd	LT Schneewittchen	0:59:17	1955 M55	16	1:01:02	20:09 *	19:33 *	19:35	5:56 min/km
279	905	Boese Michel	*Köln	0:59:19	1970 M40	42	1:00:41	19:15 *	19:34 *	20:29	5:56 min/km
280	216	Dresing Jens	*Köln	0:59:25	1984 MHK	36	0:59:58	19:05 *	19:54 *	20:25	5:57 min/km
281	575	Ziegler Ferdinand	endura Training	0:59:28	1981 M30	43	1:00:49	18:26 *	22:17 *	18:44	5:57 min/km
282	1207	Rauchholz Frank	*Köln	0:59:28	1964 M45	45	1:00:50	20:00 *	19:38 *	19:49	5:57 min/km
283	444	Schneider Andreas	HCA-Schule	0:59:45	1964 M45	46	1:02:28	23:00 *	18:31 *	18:12	5:59 min/km
284	305	Metternich Dennis	YourNextLevel	0:59:45	1980 M30	44	1:01:27	19:23 *	19:46 *	20:35	5:59 min/km
285	12	Klinger Sascha	*Köln	0:59:47	1971 M40	43	1:01:17	19:41 *	19:40 *	20:25	5:59 min/km
286	1311	Trömel Marcus	*Köln	0:59:51	1979 M30	45	1:01:21	19:59 *	19:38 *	20:13	5:59 min/km
287	543	Schoppen Dirk	*Erfstadt	1:00:08	1967 M45	47	1:01:12	21:36 *	21:33 *	16:58	6:01 min/km
288	836	Baltzer Frederik	*Bonn	1:00:11	1980 M30	46	1:00:47	20:31 *	19:38 *	20:01	6:01 min/km
289	1187	Roenz Stefan	SteRnchen	1:00:13	1971 M40	44	1:01:18	20:31 *	20:58 *	18:43	6:01 min/km
290	691	Havermeier Ingo	*Lüdinghausen	1:00:15	1972 M40	45	1:00:15	20:27 *	19:49 *	19:58	6:02 min/km
291	499	Burbach Dr. Rolf	hca-grundschule	1:00:17	1962 M50	31	1:01:33	20:56 *	19:41 *	19:39	6:02 min/km
292	1305	Schmitz Hans-Jürgen		1:00:28	1965 M45	48	1:00:55	19:03 *	20:45 *	20:38	6:03 min/km
293	1132	Weber Jens	Wulffs Erben	1:00:35	1981 M30	47	1:00:51	19:53 *	20:17 *	20:24	6:04 min/km
294	1337	Müller Herbert E.	LAV Bayer	1:00:36	1929 M70	1	1:01:34	19:20 *	20:15 *	21:00	6:04 min/km
295	631	Stiller Frank	*Leichlingen	1:00:40	1980 M30	48	1:01:17	19:53 *	20:19 *	20:27	6:04 min/km
296	332	Strobl Ulli	Vogelsanger Mailauf	1:00:40	1956 M55	17	1:02:41	20:17 *	19:57 *	20:25	6:04 min/km
297	1276	Weyers Dr. Gerd	*Straelen	1:00:44	1955 M55	18	1:01:20	19:54 *	20:19 *	20:30	6:04 min/km
298	414	Severloh Kai	*Koeln	1:00:45	1964 M45	49	1:01:01	19:58 *	20:21 *	20:25	6:05 min/km
298	1339	Kölsch Tobias		1:00:45	1978 M30	49	1:01:36	20:29 *	19:58 *	20:18	6:05 min/km
300	663	Gohlke Benjamin	Gohlke Ben	1:00:53	1983 MHK	37	1:02:20	22:18 *	18:56 *	19:38	6:05 min/km
301	1244	Römers Harald	HCA-Schule	1:01:02	1971 M40	46	1:01:43	21:52 *	19:59 *	19:10	6:06 min/km
302	1319	Kemper Bernd	Villa Weiden	1:01:06	1956 M55	19	1:01:47	19:52 *	20:39 *	20:35	6:07 min/km
303	396	Korts Sebastian	ASV	1:01:07	1957 M55	20	1:01:47	19:52 *	20:39 *	20:34	6:07 min/km
304	118	Runzheimer Joachim	LT Cafe Elmar	1:01:08	1959 M50	32	1:02:56	20:52 *	19:51 *	20:24	6:07 min/km
305	1004	Maihöfer Philipp	Vogelsanger Mailauf	1:01:24	1983 MHK	38	1:03:20	20:46 *	20:02 *	20:36	6:08 min/km
306	143	Paszek Christian	*Köln	1:01:44	1958 M50	33	1:02:05	18:49 *	20:20 *	22:34	6:10 min/km
307	914	Adamczak Jan	*Köln	1:01:49	1979 M30	50	1:02:35	20:53 *	20:39 *	20:17	6:11 min/km
308	295	Erdenberger Thomas	Laufschabe & Friends	1:01:50	1979 M30	51	1:02:50	21:07 *	19:41 *	21:01	6:11 min/km
309	1013	Katlun Dr. Heinz	*Köln	1:02:00	1961 M50	34	1:02:46	20:50 *	20:47 *	20:21	6:12 min/km
310	437	Bürgel Norbert	*Köln	1:02:01	1968 M40	47	1:02:24	21:07 *	20:26 *	20:27	6:12 min/km
311	1003	Maihöfer Reinhard	Vogelsanger Mailauf	1:02:01	1952 M60	5	1:03:57	20:29 *	20:02 *	21:29	6:12 min/km
312	863	Schuderer Nico	*Leverkusen	1:02:02	1996 MJB	3	1:02:53	21:42 *	22:04 *	18:15	6:12 min/km
313	413	Mennicken Hermann	*Frechen	1:02:07	1962 M50	35	1:02:18	20:15 *	19:56 *	21:55	6:13 min/km
314	1133	Burghardt Dirk	LeseWelten	1:02:08	1971 M40	48	1:03:26	22:38 *	21:19 *	18:10	6:13 min/km
315	1051	Wittur Randolf	*Köln	1:02:09	1969 M40	49	1:03:27	20:50 *	19:54 *	21:24	6:13 min/km
316	256	Metzner Marcus	*Neuss	1:02:10	1969 M40	50	1:03:27	20:51 *	19:54 *	21:24	6:13 min/km
317	602	Fuhrmann Robin	*Köln	1:02:12	2000 MSB	3	1:03:06	22:58 *	22:27 *	16:46	6:13 min/km
318	1270	Hardt Florian		1:02:17	1986 MHK	39	1:02:39	21:26 *	20:24 *	20:26	6:14 min/km
319	930	Hamet Brice	*köln	1:02:19	1962 M50	36	1:03:47	21:39 *	19:37 *	21:01	6:14 min/km
320	689	Schepers Jörg	*Köln	1:02:25	1971 M40	51	1:03:30	18:24 *	19:56 *	24:04	6:15 min/km
321	723	Lenz Stefan	ICU.net.AG	1:02:36	1961 M50	37	1:03:23	20:35 *	20:32 *	21:27	6:16 min/km
322	509	Klemmt Florian	*Köln	1:02:45	1974 M35	53	1:04:37	21:05 *	20:02 *	21:37	6:17 min/km
323	1008	Behrendt Dirk	HCA-Schule	1:02:49	1966 M45	50	1:04:35	20:48 *	20:41 *	21:19	6:17 min/km
324	303	Kreuer Andreas	*Elsdorf	1:02:50	1974 M35	54	1:04:56	21:26 *	19:35 *	21:48	6:17 min/km
325	745	Pauly Andreas	*Köln	1:02:57	1974 M35	55	1:03:25	20:11 *	21:23 *	21:22	6:18 min/km
326	220	Mickeleit Uwe	*Pulheim	1:02:57	1966 M45	51	1:04:42	20:50 *	21:13 *	20:53	6:18 min/km
327	115	Kaulen Andreas	GRACE Running Team	1:03:01	1968 M40	52	1:04:55	21:12 *	21:17 *	20:31	6:18 min/km
328	981	Kramer Achim	Sportuhren-Profi.de	1:03:06	1963 M45	52	1:03:37	19:34 *	21:18 *	22:13	6:19 min/km
329	101	Lopez de Quintana	Die Hasen	1:03:06	1961 M50	38	1:04:54	21:41 *	20:16 *	21:09	6:19 min/km
330	825	Bunse Nils	*Essen	1:03:17	1977 M35	56	1:04:03	22:37 *	21:05 *	19:34	6:20 min/km
331	225	Deiters Lothar	GSV-Porz/Köln	1:03:29	1934 M70	2	1:04:57	21:08 *	20:43 *	21:37	6:21 min/km
332	110	Detmer Hanspeter	Altstädter Köln	1:03:35	1946 M65	2	1:03:54	20:36 *	21:06 *	21:52	6:22 min/km
333	1223	Warnecke Dietmar	Citroen	1:03:42	1970 M40	53	1:05:07	21:42 *	20:38 *	21:21	6:22 min/km

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334	1227	Roth Oliver	Citroen	1:03:44	1970 M40	54	1:05:07	21:43 *	19:36 *	22:24	6:22 min/km
335	896	Muders Eric	LeseWelten	1:03:51	1965 M45	53	1:04:55	23:30 *	19:47 *	20:33	6:23 min/km
336	223	Haag Gerhardt	Theater im Bauturm	1:04:12	1949 M60	6	1:05:35	21:34 *	21:26 *	21:11	6:25 min/km
337	1275	Waege Gunter		1:04:15	1940 M70	3	1:04:47	20:44 *	20:49 *	22:41	6:26 min/km
338	533	Hütz Wolfgang	Die Gaense	1:04:29	1949 M60	7	1:05:54	22:50 *	22:23 *	19:16	6:27 min/km
339	536	Herman Luca	*Köln	1:04:34	2001 MSC	3	1:05:35	21:49 *	22:05 *	20:39	6:27 min/km
340	31	Nachsel Achim	*Köln	1:04:38	1955 M55	21	1:06:20	20:53 *	21:12 *	22:32	6:28 min/km
341	1062	Kuhse Jan	*Köln	1:04:50	1977 M35	57	1:06:31	21:53 *	21:13 *	21:43	6:29 min/km
342	483	Magnus Detlef-Alexander	RV Komet Delia	1:04:52	1971 M40	55	1:05:05	21:13 *	21:36 *	22:03	6:29 min/km
343	629	Buchstein Thomas	Die Hasen	1:05:06	1976 M35	58	1:06:54	21:37 *	21:02 *	22:26	6:31 min/km
344	1317	Gineiger Ulrich		1:05:12	0 MHK	40	1:06:24	21:50 *	21:24 *	21:57	6:31 min/km
345	322	Geißler Christof	TSV Weiss-Köln	1:05:16	1963 M45	54	1:05:37	21:35 *	21:34 *	22:06	6:32 min/km
346	1016	Steinborn Jürgen	*Köln	1:05:39	1961 M50	39	1:07:30	22:55 *	21:15 *	21:29	6:34 min/km
347	1178	Richter Thomas	*köln	1:05:57	1970 M40	56	1:07:25	22:16 *	21:04 *	22:36	6:36 min/km
348	1268	Perroudon Thomas		1:06:17	0 MHK	41	1:08:06	20:44 *	21:54 *	23:37	6:38 min/km
349	0	Kwasny Thomas		1:06:42	1978 MHK	42	1:06:42	25:08 *	21:10 *	20:24	6:40 min/km
350	428	Bundschuh Bernd	*Troisdorf	1:07:00	1960 M50	40	1:08:55	24:19 *	21:02 *	21:38	6:42 min/km
351	900	Klein Timo	TMC	1:07:07	1986 MHK	43	1:07:23	20:32 *	23:32 *	23:02	6:43 min/km
352	320	Völker Maximilian	TMC	1:07:08	1980 M30	52	1:07:23	20:32 *	23:32 *	23:03	6:43 min/km
353	321	Maßberg Wolfgang	TMC	1:07:09	1986 MHK	44	1:07:23	20:32 *	23:32 *	23:03	6:43 min/km
354	990	Merz Wolfgang	*Köln	1:07:11	1955 M55	22	1:08:28	22:45 *	22:28 *	21:57	6:43 min/km
355	584	Fink Hans Gerd	*Esch	1:07:23	1957 M55	23	1:07:37	21:18 *	23:05 *	22:58	6:44 min/km
356	605	Emonds Tim	*Köln	1:07:37	1980 M30	53	1:07:58	23:28 *	22:05 *	22:03	6:46 min/km
357	601	Mende Thomas	*Köln	1:07:38	1984 MHK	45	1:08:30	23:00 *	21:58 *	22:38	6:46 min/km
358	1052	Grimm Stefan	*Bergheim	1:08:29	1979 M30	54	1:08:58	20:04 *	23:05 *	25:20	6:51 min/km
359	127	Möller Joachim	TuS Badbergen	1:08:50	1955 M55	24	1:10:36	22:05 *	23:01 *	23:43	6:53 min/km
360	283	Merwitz Jan	*Düsseldorf	1:09:23	1977 M35	59	1:10:46	22:58 *	23:16 *	23:08	6:56 min/km
361	1025	Müller Manfred	*Pulheim	1:09:35	1948 M60	8	1:10:30	22:10 *	23:11 *	24:12	6:58 min/km
362	1063	Haupt Ulrich	*Iohmar	1:09:39	1943 M65	3	1:11:04	23:04 *	23:49 *	22:45	6:58 min/km
363	622	Jacobsen Sven	Fit-mit-Sven	1:09:51	1976 M35	60	1:11:07	21:49 *	22:49 *	25:13	6:59 min/km
364	154	Kirstein Andreas	Team Sechtem	1:09:51	1974 M35	61	1:11:55	24:37 *	24:35 *	20:38	6:59 min/km
365	993	Morawe Stefan	LeseWelten	1:10:35	1964 M45	55	1:11:46	23:55 *	23:26 *	23:13	7:04 min/km
366	284	Busch Lutz	*Hürth	1:11:00	1970 M40	57	1:12:27	22:27 *	22:49 *	25:43	7:06 min/km
367	751	Schöffmann Dieter	LeseWelten	1:11:31	1953 M55	25	1:12:34	23:33 *	23:39 *	24:19	7:09 min/km
368	714	Paulus Michael	*Kreuzau	1:11:50	1985 MHK	46	1:13:15	23:02 *	22:55 *	25:52	7:11 min/km
369	1252	Grüne Rainer		1:12:00	1967 M45	56	1:13:13	23:03 *	23:33 *	25:23	7:12 min/km
370	880	Höfl Stefan	*Köln	1:12:18	1980 M30	55	1:13:58	23:11 *	23:46 *	25:20	7:14 min/km
371	33	Mose Rüdiger	LC-Weilerswist	1:12:28	1960 M50	41	1:14:10	22:17 *	26:06 *	24:03	7:15 min/km
372	279	Zaeske Hans-Jürgen	*Köln	1:13:32	1956 M55	26	1:14:59	24:07 *	23:55 *	25:29	7:21 min/km
373	435	Hummelsheim Dr.	LeseWelten	1:15:28	1966 M45	57	1:16:38	26:52 *	24:32 *	24:04	7:33 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	98	Hoffmann Katharina	*Köln	0:45:06	1981 W30	1	0:45:50	14:27 * 15:07 * 15:31	4:31 min/km
2	316	Eschweiler Marion	TSV Weiss-Köln	0:45:17	1972 W40	1	0:45:20	14:50 * 14:56 * 15:29	4:32 min/km
3	174	Heinke Suzanne	*Köln	0:47:00	1978 W30	2	0:47:05	15:04 * 15:34 * 16:21	4:42 min/km
4	91	Schelenz Stefanie	Fit-mit-Sven	0:47:00	1982 W30	3	0:48:11	15:36 * 15:18 * 16:05	4:42 min/km
5	1209	Grimmelsmann Karina	*Köln	0:47:41	1984 WHK	1	0:48:34	15:46 * 15:35 * 16:19	4:46 min/km
6	872	Nentwig Anna	LT DSHS Köln	0:48:41	1987 WHK	2	0:48:53	16:00 * 16:04 * 16:37	4:52 min/km
7	761	Trantes Marion	Prophetic Girls	0:48:43	1986 WHK	3	0:48:48	15:37 * 15:56 * 17:09	4:52 min/km
8	270	Gehrke Julia	ISI-RUNNERS	0:48:44	1978 W30	4	0:49:26	15:59 * 16:03 * 16:42	4:52 min/km
9	755	Zaglauer Katharina	Prophetic Girls	0:49:06	1980 W30	5	0:49:11	15:37 * 16:14 * 17:14	4:55 min/km
10	253	Kogel Ulrike	*Köln	0:49:26	1975 W35	1	0:49:29	15:42 * 16:32 * 17:11	4:57 min/km
11	103	Schmidt Martina	*Köln	0:49:42	1963 W45	1	0:50:10	16:04 * 16:36 * 17:02	4:58 min/km
12	926	Topolar Daniela		0:49:48	1980 W30	6	0:49:52	15:42 * 16:32 * 17:33	4:59 min/km
13	493	Goldberg Ines	ErfRunners	0:49:59	1972 W40	2	0:50:57	15:55 * 16:18 * 17:45	4:60 min/km
14	157	Langenbach Tasia	TriCologne	0:50:24	1977 W35	2	0:51:13	16:11 * 16:52 * 17:20	5:02 min/km
15	861	Czerlitzki Nicole	*Köln	0:50:30	1985 WHK	4	0:51:08	16:39 * 16:40 * 17:11	5:03 min/km
16	78	Ishag Martina	*Langenfeld	0:50:43	1971 W40	3	0:51:30	16:42 * 16:35 * 17:26	5:04 min/km
17	265	Gehrke Marie-Jan	Vorwärts Köln	0:50:45	1974 W35	3	0:50:52	16:33 * 17:03 * 17:07	5:04 min/km
18	68	Henges Antje	VTC Köln	0:50:55	1961 W50	1	0:51:08	16:26 * 16:51 * 17:37	5:06 min/km
19	987	Pistono Elke	*Köln	0:50:56	1985 WHK	5	0:51:09	16:47 * 16:42 * 17:27	5:06 min/km
20	1001	Greene Nathifa	*50931	0:50:59	1989 WHK	6	0:52:38	16:59 * 16:34 * 17:25	5:06 min/km
21	720	Illjuk Anastasija	RTHC Bayer Leverkusen	0:51:05	1990 WHK	7	0:51:21	16:43 * 16:52 * 17:29	5:07 min/km
22	186	Leipert Sabine	*Köln	0:51:06	1973 W35	4	0:51:11	16:36 * 16:56 * 17:32	5:07 min/km
23	1238	Frieler Sonja	Albis Laufftreff	0:51:11	1990 WHK	8	0:51:29	16:53 * 16:58 * 17:20	5:07 min/km
24	571	Waidelich Kerstin	*Köln	0:51:24	1983 WHK	9	0:51:35	16:36 * 17:00 * 17:47	5:08 min/km
25	1029	Weidenbruch Nina	*Köln	0:51:37	1979 W30	7	0:52:14	18:10 * 16:25 * 17:01	5:10 min/km
26	367	Klinker Friederike	*Köln	0:51:39	1984 WHK	10	0:52:17	18:10 * 16:26 * 17:03	5:10 min/km
27	386	Roszinsky Mareike	Sportuhren-Profi.de	0:51:57	1980 W30	8	0:52:26	16:42 * 17:20 * 17:54	5:12 min/km
28	138	Schmidt-Küster Dorle	asv Köln	0:52:01	1958 W50	2	0:52:27	16:27 * 17:14 * 18:19	5:12 min/km
29	733	Lecouty Lea	Cleverbridge Roadrunners	0:52:18	1986 WHK	11	0:53:00	19:00 * 16:35 * 16:43	5:14 min/km
30	278	Zaeske Nina	*Köln	0:52:36	1988 WHK	12	0:53:02	16:59 * 17:16 * 18:19	5:16 min/km
31	1119	Pereira Teixeira Irene	FC Deutsche Post NL	0:52:38	1966 W45	2	0:52:48	17:19 * 17:13 * 18:05	5:16 min/km
32	362	Strunck Jessica	Original Bootcamp	0:52:38	1984 WHK	13	0:54:08	16:20 * 17:09 * 19:08	5:16 min/km
33	354	Schmitz Diana		0:52:54	1980 W30	9	0:53:38	16:41 * 17:37 * 18:35	5:17 min/km
34	934	Nickol Eva	Laufende Kosten	0:52:55	1981 W30	10	0:53:07	17:10 * 17:39 * 18:06	5:18 min/km
35	519	Meier Christin	*Köln	0:52:58	1983 WHK	14	0:54:05	17:34 * 17:20 * 18:04	5:18 min/km
36	165	Pinell Nicole	*Köln	0:53:01	1982 W30	11	0:54:21	18:26 * 17:19 * 17:15	5:18 min/km
37	657	Kröhnert Ellen	Original Bootcamp	0:53:10	1966 W45	3	0:54:41	18:17 * 17:15 * 17:37	5:19 min/km
38	420	Mans Carolin	*Köln	0:53:13	1990 WHK	15	0:53:17	17:09 * 17:48 * 18:15	5:19 min/km
39	346	Terbrüggen Barbara	ALBIS Laufftreff Vogelsang	0:53:20	1968 W40	4	0:53:36	17:13 * 17:43 * 18:24	5:20 min/km
40	227	Grunewald Dorit	*Köln	0:53:33	1977 W35	5	0:54:26	18:01 * 17:55 * 17:37	5:21 min/km
41	675	Brandt Conny	*Köln	0:53:34	1983 WHK	16	0:54:23	18:21 * 17:37 * 17:34	5:21 min/km
42	318	Linnarz Sylvia	*Köln	0:53:48	1971 W40	5	0:54:29	17:49 * 17:42 * 18:16	5:23 min/km
43	1208	Doebel Jutta	fit für fünf Km - Erfstadt	0:53:54	1964 W45	4	0:54:32	17:01 * 17:53 * 19:00	5:23 min/km
44	37	Langner Susann	LT Laufmasche	0:53:59	1969 W40	6	0:54:23	17:21 * 17:56 * 18:41	5:24 min/km
45	1058	Stotz Rebecca	*Köln	0:54:01	1981 W30	12	0:54:05	16:34 * 18:21 * 19:05	5:24 min/km
46	807	Marx Lisa	*Köln	0:54:09	1987 WHK	17	0:54:24	17:46 * 18:06 * 18:16	5:25 min/km
47	757	Molnar Emöke	Prophetic Girls	0:54:14	1985 WHK	18	0:54:20	17:17 * 17:50 * 19:07	5:25 min/km
48	480	Stangl Antonia	*Kaarst	0:54:17	1991 WHK	19	0:54:45	17:23 * 18:01 * 18:52	5:26 min/km
49	1122	Rust Vivan	*Köln	0:54:19	1985 WHK	20	0:54:21	17:08 * 18:25 * 18:44	5:26 min/km
50	742	Reisch Ina Bianca	*Köln	0:54:27	1979 W30	13	0:55:45	18:18 * 17:38 * 18:30	5:27 min/km
51	856	Buchen Uschi	*Ebgelskirchen	0:54:28	1973 W35	6	0:55:16	18:22 * 17:55 * 18:10	5:27 min/km
52	21	Seifriz Britta	*Frechen	0:54:28	1972 W40	7	0:54:31	17:31 * 18:13 * 18:43	5:27 min/km
53	821	Franzus Melanie	*Köln	0:54:42	1974 W35	7	0:55:36	18:17 * 17:48 * 18:36	5:28 min/km

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54	169	Klumpp Katharina Anna	*Köln	0:54:43	1984 WHK	21	0:55:33	18:39 *	17:57 *	18:05	5:28 min/km
55	197	Siemons Elisabeth	*Köln	0:54:54	1966 W45	5	0:55:58	18:28 *	18:06 *	18:19	5:29 min/km
56	881	Hofmann-Unverhau	*Köln	0:54:58	1991 WHK	22	0:55:47	17:56 *	18:25 *	18:37	5:30 min/km
57	728	Jobst Melanie	Cleverbridge Roadrunners	0:55:08	1985 WHK	23	0:55:50	18:21 *	18:05 *	18:41	5:31 min/km
58	160	Scholz Barbara	*Overath	0:55:15	1971 W40	8	0:55:32	18:22 *	17:51 *	19:00	5:32 min/km
59	374	Drees Bärbel	*Köln	0:55:19	1964 W45	6	0:56:06	18:05 *	18:07 *	19:06	5:32 min/km
60	687	Hoff Sandra	*Königswinter	0:55:23	1988 WHK	24	0:56:52	19:27 *	18:05 *	17:50	5:32 min/km
61	1248	Busch Pamela		0:55:26	1971 W40	9	0:57:04	17:56 *	18:16 *	19:13	5:33 min/km
62	1204	Theis Sabrina	*Köln	0:55:39	1986 WHK	25	0:57:21	18:28 *	18:01 *	19:09	5:34 min/km
63	1198	Landsberg Kimberly	*Freudenberg	0:55:45	1982 W30	14	0:55:49	17:56 *	18:30 *	19:18	5:35 min/km
64	892	Feith Birgit	*Köln	0:55:47	1976 W35	8	0:57:07	18:26 *	18:13 *	19:07	5:35 min/km
65	348	Wasserhess Barbara	Essener	0:55:50	1970 W40	10	0:56:34	18:20 *	18:17 *	19:12	5:35 min/km
66	555	Flecken Heidrun	TEAM ERDINGER	0:55:55	1954 W55	1	0:56:01	18:22 *	18:30 *	19:02	5:36 min/km
67	591	Offermanns Heike	*Rösrath	0:55:59	1973 W35	9	0:56:08	18:40 *	18:16 *	19:02	5:36 min/km
68	206	Avenwedde Claudia	*Rösrath	0:56:00	1969 W40	11	0:56:08	18:41 *	18:16 *	19:02	5:36 min/km
69	776	Georgiev Alexandra	*Köln	0:56:01	1987 WHK	26	0:56:51	19:17 *	18:05 *	18:39	5:36 min/km
70	1156	Galweit Karen	*Köln	0:56:05	1980 W30	15	0:56:12	18:44 *	17:51 *	19:29	5:37 min/km
71	190	Linsenboll Jane	*Köln	0:56:06	1975 W35	10	0:56:48	17:58 *	18:20 *	19:47	5:37 min/km
72	991	Guth Julia	*Rommerskirchen	0:56:20	1990 WHK	27	0:56:24	17:09 *	19:09 *	20:01	5:38 min/km
73	73	Kewitz Sabine	*Kerpen-Horrem	0:56:21	1972 W40	12	0:57:29	18:48 *	18:35 *	18:56	5:38 min/km
74	1020	Van Kerkom Dr. Kerstin	Original Bootcamp	0:56:23	1964 W45	7	0:57:53	18:25 *	18:48 *	19:09	5:38 min/km
75	1241	Glauer Katrin	LeseWelten	0:56:26	1971 W40	13	0:57:37	19:23 *	18:43 *	18:19	5:39 min/km
76	696	Bent Rebecca	*Köln	0:56:29	1982 W30	16	0:56:45	18:25 *	18:25 *	19:38	5:39 min/km
77	524	Ebeler Annette	ErftRunners	0:56:35	1967 W45	8	0:57:32	18:59 *	18:35 *	19:01	5:40 min/km
78	857	Arntz Anna	*Köln	0:56:45	1988 WHK	28	0:57:20	18:07 *	18:57 *	19:40	5:41 min/km
79	476	Schmitz Vera	*Pulheim	0:57:02	1971 W40	14	0:57:29	18:35 *	18:46 *	19:40	5:42 min/km
80	327	Weller Silke	*Köln	0:57:04	1969 W40	15	0:57:42	18:46 *	18:59 *	19:18	5:42 min/km
81	429	Feldhaus Doris	*Köln	0:57:06	1948 W60	1	0:57:48	18:41 *	18:45 *	19:39	5:43 min/km
82	966	Breuer Claudia	Gruppo Pützi	0:57:10	1969 W40	16	0:57:45	19:12 *	18:54 *	19:03	5:43 min/km
83	709	Bühler Annemarie	*Köln	0:57:15	1982 W30	17	0:58:05	18:39 *	19:00 *	19:35	5:44 min/km
84	247	Urhahn Petra	*Hürth	0:57:17	1957 W55	2	0:57:53	18:50 *	18:52 *	19:34	5:44 min/km
85	419	Hennecke-Ernsting Ursel	Gothaer Lauftreff	0:57:18	1960 W50	3	0:57:38	18:50 *	18:59 *	19:28	5:44 min/km
86	326	Koch Kristina	*Köln	0:57:33	1973 W35	11	0:58:11	18:47 *	18:59 *	19:47	5:45 min/km
87	503	Hoffmann Sara	*Meinerzhagen	0:57:42	1982 W30	18	0:59:02	19:17 *	19:06 *	19:17	5:46 min/km
88	916	Bruce Stephanie	*Bonn	0:57:50	1986 WHK	29	0:58:00	18:13 *	19:26 *	20:10	5:47 min/km
89	1249	Malisova Monika		0:57:53	1976 W35	12	0:58:37	18:04 *	19:32 *	20:16	5:47 min/km
90	421	Stölting Christiane	*Köln	0:57:56	1968 W40	17	0:59:45	18:55 *	18:51 *	20:09	5:48 min/km
91	767	Heinz Dr. Christina	*Köln	0:57:57	1981 W30	19	0:59:05	18:32 *	18:56 *	20:28	5:48 min/km
92	132	Fischer Christine	Team Erdinger Alkoholfrei	0:58:00	1971 W40	18	0:59:31	18:41 *	19:00 *	20:18	5:48 min/km
93	1266	Tschirpke Meike		0:58:00	1976 W35	13	0:59:30	18:41 *	19:01 *	20:18	5:48 min/km
94	134	Bäuerlen Jana	Original Bootcamp	0:58:23	1979 W30	20	0:59:53	18:48 *	19:05 *	20:29	5:50 min/km
95	775	Georgiev Stefanie	*Leverkusen	0:58:27	1987 WHK	30	0:59:17	20:52 *	19:12 *	18:22	5:51 min/km
96	849	Rütjes Anika	*Köln	0:58:39	1985 WHK	31	0:59:32	19:43 *	19:19 *	19:36	5:52 min/km
97	848	Rütjes Kristin	*Köln	0:58:39	1983 WHK	32	0:59:32	19:42 *	19:19 *	19:37	5:52 min/km
98	1060	Gorte Christine	*Köln	0:58:40	1984 WHK	33	0:58:52	18:57 *	19:31 *	20:11	5:52 min/km
99	729	Pollmann Anke	Cleverbridge Roadrunners	0:58:44	1984 WHK	34	0:59:26	19:12 *	19:22 *	20:10	5:52 min/km
100	1264	Kleuskens Iris		0:58:46	1965 W45	9	0:58:58	18:49 *	19:32 *	20:24	5:53 min/km
101	462	Born Caro	*Köln	0:58:47	1969 W40	19	0:59:15	18:07 *	19:33 *	21:06	5:53 min/km
102	923	Richter Stephanie		0:58:49	1980 W30	21	0:59:31	19:04 *	19:26 *	20:19	5:53 min/km
103	859	Ziffer Maria	*Köln	0:58:53	1986 WHK	35	0:59:45	20:28 *	19:12 *	19:12	5:53 min/km
104	352	Krick Silke	Renntiere	0:58:53	1977 W35	14	0:59:37	19:02 *	19:26 *	20:24	5:53 min/km
105	784	Rietschle Ruth	*Köln	0:58:53	1987 WHK	36	0:59:45	20:29 *	19:11 *	19:12	5:53 min/km
106	203	Jagusch Nadine	*Köln	0:58:55	1976 W35	15	0:59:59	18:47 *	19:26 *	20:42	5:54 min/km
107	355	Meyer Melanie	SC LWL 05	0:59:07	1976 W35	16	1:00:28	18:31 *	19:41 *	20:54	5:55 min/km
108	1128	Wendig Melanie	*Rösrath	0:59:10	1969 W40	20	0:59:19	18:52 *	19:32 *	20:45	5:55 min/km
109	335	Kaiser Silke	*Pulheim	0:59:12	1975 W35	17	0:59:49	19:07 *	19:38 *	20:27	5:55 min/km

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110	1306	Knebel Kari	MAS	0:59:14	1973	W35	18	0:59:48	19:06 *	19:28 *	20:40	5:55 min/km
111	1333	Seeger Silke		0:59:15	1974	W35	19	1:00:27	19:30 *	19:28 *	20:16	5:56 min/km
112	481	Kroggel Nicole	FC Deutsche Post NL	0:59:15	1966	W45	10	1:01:05	20:48 *	19:15 *	19:11	5:56 min/km
113	501	Jokic Rose	FC Deutsche Post NL	0:59:16	1978	W30	22	1:01:05	20:48 *	19:16 *	19:11	5:56 min/km
114	48	Gebhart Jane	*Köln	0:59:21	1984	WHK	37	0:59:38	19:04 *	19:17 *	20:59	5:56 min/km
115	434	Hupfeld Isabel	Bierathleten	0:59:22	1974	W35	20	1:00:06	18:47 *	19:56 *	20:38	5:56 min/km
116	765	Schramke Julia	*Köln	0:59:25	1981	W30	23	0:59:58	19:05 *	19:54 *	20:25	5:57 min/km
117	445	Schneider Uta-Maria	HCA-Schule	0:59:28	1966	W45	11	1:02:12	19:29 *	19:41 *	20:17	5:57 min/km
118	838	Breuer Eva	Wulffs Erben	0:59:33	1984	WHK	38	0:59:50	19:05 *	19:42 *	20:45	5:57 min/km
119	167	Jansen Beate	*Köln	0:59:33	1962	W50	4	1:00:39	19:26 *	19:56 *	20:11	5:57 min/km
120	1196	Halupczok Ute	LG Windschatten	0:59:41	1971	W40	21	1:00:00	19:18 *	19:39 *	20:42	5:58 min/km
121	651	Vormweg Petra	bc eslohe 1918 e.v.	0:59:41	1969	W40	22	1:00:04	19:00 *	19:43 *	20:56	5:58 min/km
122	96	Schilling Jana	*Koeln	0:59:44	1997	WSA	1	1:00:39	20:23 *	19:36 *	19:45	5:58 min/km
123	306	Lindenlauf Marisa	YourNextLevel	0:59:45	1979	W30	24	1:01:26	19:24 *	19:47 *	20:34	5:59 min/km
124	989	Hupprecht Lucia	RUNNING-GÄCK	0:59:47	1985	WHK	39	1:01:07	20:20 *	19:45 *	19:41	5:59 min/km
125	1332	Bastin-Jansen Tabea		0:59:48	1984	WHK	40	1:01:29	19:21 *	19:42 *	20:44	5:59 min/km
126	676	Lena Wehe	LG Wuppertal	0:59:51	1979	W30	25	1:00:38	18:49 *	19:45 *	21:16	5:59 min/km
127	854	Schmid Judith	*Köln	0:59:51	1984	WHK	41	1:00:05	19:04 *	20:30 *	20:16	5:59 min/km
128	172	Barwinski Irina	*Köln	0:59:55	1972	W40	23	1:01:48	18:53 *	20:06 *	20:54	5:60 min/km
129	998	Tebert Miriam	*Köln	0:59:59	1971	W40	24	1:01:42	20:27 *	19:53 *	19:39	5:60 min/km
130	999	Krahn Annika	*Köln	1:00:00	1979	W30	26	1:01:43	20:27 *	19:53 *	19:39	6:00 min/km
131	730	Albrecht Ulrike	*Köln	1:00:02	1983	WHK	42	1:01:05	18:47 *	19:29 *	21:45	6:00 min/km
132	817	Braun Nadine	*Köln	1:00:22	1980	W30	27	1:02:03	20:50 *	20:09 *	19:23	6:02 min/km
133	508	Koch Katharina	*Köln	1:00:34	1980	W30	28	1:02:25	21:06 *	20:00 *	19:27	6:03 min/km
134	554	Nussmann Michaela	*Köln	1:00:37	1964	W45	12	1:02:08	19:29 *	20:06 *	21:02	6:04 min/km
135	1092	Vogelmann Greta	HCA-Schule	1:00:53	2001	WSC	1	1:02:36	21:16 *	19:37 *	19:59	6:05 min/km
136	136	Rieck Nicole	TV Wuze	1:00:53	1969	W40	25	1:01:15	19:44 *	20:48 *	20:20	6:05 min/km
137	477	Brenner Nathalie	*Köln	1:00:55	1991	WHK	43	1:02:35	19:26 *	19:43 *	21:45	6:06 min/km
138	40	Barthel Cathleen	isi-fitness	1:00:57	1989	WHK	44	1:01:43	19:54 *	20:01 *	21:00	6:06 min/km
139	41	Hennig Christina	Hellige Knäächte un	1:00:59	1981	W30	29	1:02:53	20:01 *	20:07 *	20:50	6:06 min/km
140	35	Schaffrath Andrea	*Dahlem	1:01:10	1978	W30	30	1:01:56	19:54 *	20:02 *	21:13	6:07 min/km
141	285	Pöll Gisela	*Köln	1:01:10	1946	W65	1	1:02:43	19:14 *	20:12 *	21:42	6:07 min/km
142	830	Zimmermann Sandra	*Köln	1:01:12	1981	W30	31	1:02:44	22:53 *	18:43 *	19:35	6:07 min/km
143	819	Riehe Bettina	*Köln	1:01:12	1985	WHK	45	1:01:34	21:25 *	20:23 *	19:24	6:07 min/km
144	49	Berg Kerstin	*Köln	1:01:16	1968	W40	26	1:02:16	19:44 *	20:22 *	21:09	6:08 min/km
145	25	Kraus Stephanie	*Köln	1:01:17	1989	WHK	46	1:01:22	19:21 *	19:45 *	22:10	6:08 min/km
146	1040	Blumenstein Anke	Wulffs Erben	1:01:20	1977	W35	21	1:01:37	19:53 *	20:17 *	21:10	6:08 min/km
147	415	Dietzsch Anke	*Bonn	1:01:35	1981	W30	32	1:01:59	19:11 *	20:31 *	21:53	6:10 min/km
148	1159	Tholen Katja	Internationale	1:01:43	1981	W30	33	1:02:50	21:40 *	20:33 *	19:30	6:10 min/km
149	1163	Kar Sara	*Köln	1:01:43	2003	WSD	1	1:02:50	21:40 *	20:33 *	19:30	6:10 min/km
150	1164	Kar Vera	*Köln	1:01:44	2000	WSB	1	1:02:49	21:41 *	20:33 *	19:28	6:10 min/km
151	1165	Müller Molina Aitana	*Köln	1:01:44	2001	WSC	2	1:02:49	21:41 *	20:33 *	19:28	6:10 min/km
152	1192	Nettersheim Rosa	*KÖLN	1:01:46	1952	W60	2	1:03:18	19:54 *	20:19 *	21:32	6:11 min/km
153	915	Adamczak Ingrid	*Köln	1:01:49	1980	W30	34	1:02:35	20:52 *	20:39 *	20:17	6:11 min/km
154	294	Breer Sandra	Laufschabe & Friends	1:01:51	1976	W35	22	1:02:50	21:07 *	19:41 *	21:01	6:11 min/km
155	708	Lindner Dr. Sonja	*Köln	1:01:54	1971	W40	27	1:02:48	19:51 *	20:47 *	21:15	6:11 min/km
156	685	Beutler Katharina	CTU	1:01:55	1981	W30	35	1:03:25	20:44 *	20:22 *	20:48	6:12 min/km
157	438	Bürgel Monika	*Köln	1:02:01	1968	W40	28	1:02:24	21:07 *	20:26 *	20:27	6:12 min/km
158	538	Meuser Dagmar	LLG 80 Nordpark	1:02:02	1967	W45	13	1:02:26	21:07 *	20:23 *	20:32	6:12 min/km
159	610	Zur Nieden Claudia	*Remscheid	1:02:08	1963	W45	14	1:02:20	19:14 *	20:50 *	22:03	6:13 min/km
160	268	Reimers Brigitte	Conscience	1:02:14	1967	W45	15	1:02:43	20:31 *	20:13 *	21:29	6:13 min/km
161	701	Knopf Anika	*Köln	1:02:16	1987	WHK	47	1:02:39	21:26 *	20:23 *	20:26	6:14 min/km
162	245	Hecht Ines	*Köln	1:02:17	1989	WHK	48	1:03:31	18:51 *	18:16 *	25:10	6:14 min/km
163	710	Wanstrath Verena	*Köln	1:02:19	1979	W30	36	1:03:07	20:53 *	20:27 *	20:58	6:14 min/km
164	1336	Müller Iris	MACH3 Köln e.V.	1:02:19	1966	W45	16	1:03:33	20:07 *	20:26 *	21:46	6:14 min/km
165	1080	Bock Nele	HCA-Schule	1:02:21	2002	WSC	3	1:04:04	21:16 *	19:38 *	21:26	6:14 min/km

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166	63	Busch Sabine	*Köln	1:02:30	1968 W40	29	1:04:07	20:05 *	20:21 *	22:03	6:15 min/km
167	516	Stauf Heike	*Köln	1:02:32	1978 W30	37	1:04:33	20:41 *	20:39 *	21:12	6:15 min/km
168	221	Mickeleit Jil	*Pulheim	1:02:35	2000 WSB	2	1:04:19	20:51 *	21:13 *	20:30	6:16 min/km
168	1267	Rath Gaby		1:02:35	1969 W40	30	1:02:43	20:30 *	21:07 *	20:57	6:16 min/km
170	1047	Degener Bettina	*Langenfeld	1:02:35	1963 W45	17	1:03:20	20:14 *	20:51 *	21:29	6:16 min/km
171	666	Fekete Hanna	*Köln	1:02:41	1987 WHK	49	1:04:21	20:50 *	20:15 *	21:35	6:16 min/km
172	809	Mandt Angelika	*Dormagen	1:02:44	1960 W50	5	1:03:30	19:39 *	20:41 *	22:23	6:16 min/km
173	74	Breideneichen Stefanie	*Kerpen	1:02:54	1983 WHK	50	1:04:25	20:36 *	20:22 *	21:55	6:17 min/km
174	302	Schleiden Hildegard	*bergisch gladbach	1:02:56	1959 W50	6	1:04:27	20:36 *	20:22 *	21:57	6:18 min/km
175	1046	Wierz Ulrike	*Langenfeld	1:02:58	1961 W50	7	1:03:43	20:15 *	20:51 *	21:51	6:18 min/km
176	1176	Gaens Brigitte	Die Gaense	1:03:01	1960 W50	8	1:04:25	22:50 *	22:22 *	17:47	6:18 min/km
177	1205	Schuy Jennifer	*Solingen	1:03:01	1982 W30	38	1:04:55	21:13 *	21:17 *	20:31	6:18 min/km
178	1213	Wulf Daniela	*Köln	1:03:08	1963 W45	18	1:03:16	20:30 *	21:07 *	21:30	6:19 min/km
179	835	Sühr Judith	ALBIS Lauftreff Vogelsang	1:03:11	1996 WJB	1	1:03:30	20:18 *	20:29 *	22:24	6:19 min/km
180	749	Otten Petra	*Köln	1:03:21	1964 W45	19	1:03:37	20:24 *	20:56 *	22:00	6:20 min/km
181	234	Bauer Petra	BSG-AWB Köln GmbH &	1:03:21	1966 W45	20	1:03:37	20:24 *	20:56 *	22:00	6:20 min/km
182	164	Löschmann Anna	*Köln	1:03:21	1983 WHK	51	1:04:10	19:37 *	20:59 *	22:44	6:20 min/km
183	400	Garito Rosamunde	FC Deutsche Post NL	1:03:23	1970 W40	31	1:05:13	22:55 *	21:06 *	19:21	6:20 min/km
184	1015	Schultz Birgit	Laufschule-Erfstadt	1:03:31	1965 W45	21	1:04:11	20:33 *	21:11 *	21:45	6:21 min/km
185	347	Kley Sandra		1:03:36	1972 W40	32	1:03:59	20:00 *	22:06 *	21:29	6:22 min/km
186	364	Kraus Beate	*Köln	1:03:40	1964 W45	22	1:05:15	21:20 *	20:43 *	21:36	6:22 min/km
187	1228	Roth Britta	Citroen	1:03:43	1970 W40	33	1:05:07	21:43 *	20:38 *	21:21	6:22 min/km
188	647	Freuen Stefanie	*Nideggen	1:03:48	1974 W35	23	1:05:42	21:30 *	20:56 *	21:21	6:23 min/km
189	949	Heck Uta	HCA-Schule	1:03:54	1968 W40	34	1:05:10	22:34 *	21:16 *	20:02	6:23 min/km
190	1053	Pilgram-Hesse Anne	Joggtussies	1:04:10	1976 W35	24	1:04:28	20:06 *	21:20 *	22:43	6:25 min/km
191	358	Blessinger Andrea		1:04:13	1983 WHK	52	1:05:34	20:32 *	21:24 *	22:16	6:25 min/km
192	1024	Schmitz-Verhjnjak Sylvia	TEAM RAFA	1:04:28	1951 W60	3	1:05:23	21:10 *	21:14 *	22:04	6:27 min/km
193	895	Mellouk-Roemers Fatima	HCA-Schule	1:04:29	1969 W40	35	1:05:10	22:35 *	20:44 *	21:09	6:27 min/km
194	292	Neumann Jessica	*Aachen	1:04:30	1981 W30	39	1:05:28	21:48 *	21:36 *	21:05	6:27 min/km
195	1011	Renner Angelika	*Bergheim-Glessen	1:04:31	1959 W50	9	1:05:16	20:45 *	21:02 *	22:42	6:27 min/km
196	439	Broich Helga	Erftrunners	1:04:43	1970 W40	36	1:05:39	20:18 *	21:26 *	22:59	6:28 min/km
197	372	Manthey Nicole	*Bergisch Gladbach	1:04:47	1976 W35	25	1:04:53	19:17 *	21:31 *	23:58	6:29 min/km
198	1061	Khosla Sumalee	*Köln	1:04:50	1977 W35	26	1:06:31	21:53 *	21:13 *	21:43	6:29 min/km
198	1181	Vukota Lena	DLR	1:04:50	1991 WHK	53	1:06:46	22:43 *	21:18 *	20:49	6:29 min/km
200	375	Bujko Kamila	*Köln	1:04:51	1980 W30	40	1:06:42	23:17 *	21:10 *	20:24	6:29 min/km
201	1121	Heinen Susanne	*Weilerswist	1:04:52	1971 W40	37	1:05:05	21:13 *	21:36 *	22:03	6:29 min/km
202	1245	Jorde Cita		1:04:53	1980 W30	41	1:06:33	22:17 *	20:50 *	21:45	6:29 min/km
203	512	Patzwald Sabine	*Köln	1:05:01	1966 W45	23	1:06:39	25:05 *	19:49 *	20:06	6:30 min/km
204	341	Daniels Anke	*Köln	1:05:02	1974 W35	27	1:06:14	21:51 *	21:23 *	21:47	6:30 min/km
205	628	Budde Heidrun	Die Hasen	1:05:05	1978 W30	42	1:06:54	21:37 *	21:02 *	22:25	6:31 min/km
206	976	Brüderle Martina	*Ratingen	1:05:13	1980 W30	43	1:06:40	22:29 *	21:20 *	21:23	6:31 min/km
207	806	Rexfort Claudia	*Köln	1:05:23	1972 W40	38	1:05:50	21:13 *	21:34 *	22:36	6:32 min/km
208	125	Wetzel Kirsten	*Köln	1:05:27	1969 W40	39	1:06:48	21:12 *	21:32 *	22:42	6:33 min/km
209	1032	Denson Jesse	*Köln	1:05:36	1984 WHK	54	1:07:28	23:11 *	21:11 *	21:13	6:34 min/km
210	22	Sommer Dr. Katrin	Sportschule Shintai	1:05:36	1977 W35	28	1:07:12	22:44 *	21:47 *	21:04	6:34 min/km
211	1030	Willmes Diana	*köln	1:05:36	1980 W30	44	1:07:29	23:12 *	21:11 *	21:13	6:34 min/km
212	1017	Steinborn Jacqueline	*Köln	1:05:40	1994 WJA	1	1:07:31	22:55 *	21:15 *	21:29	6:34 min/km
213	1168	Hille Sophia	*Köln	1:05:42	1985 WHK	55	1:07:25	22:30 *	21:22 *	21:49	6:34 min/km
214	1202	Hennig Tanja	*Köln	1:06:01	1966 W45	24	1:06:07	21:08 *	22:50 *	22:02	6:36 min/km
215	732	Frias Bettina	ISI-RUNNERS	1:06:07	1963 W45	25	1:06:47	20:49 *	22:09 *	23:08	6:37 min/km
216	541	Lang Dr. Birgitta	*Köln	1:06:13	1973 W35	29	1:08:00	22:17 *	21:41 *	22:14	6:37 min/km
217	945	Schönwitz Britta	DB Fernverkehr AG	1:06:14	1968 W40	40	1:07:46	22:11 *	21:41 *	22:21	6:37 min/km
218	1222	Thuir Julia	frubiase sport	1:06:20	1979 W30	45	1:06:49	21:32 *	22:18 *	22:28	6:38 min/km
219	1151	Schwerdtle Manuela	*Overath	1:06:22	1964 W45	26	1:08:09	22:14 *	21:28 *	22:39	6:38 min/km
220	787	Alber Kerstin	Fit-mit-Sven	1:06:28	1979 W30	46	1:07:43	22:36 *	21:15 *	22:36	6:39 min/km
221	506	Seibert Anette	*Köln	1:06:40	1965 W45	27	1:07:23	20:55 *	22:00 *	23:44	6:40 min/km

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222	1012	Katlun Karoline	*Köln	1:06:42	1970 W40	41	1:07:27	21:34 *	22:38 *	22:28	6:40 min/km
223	424	Beckmann Heide	*Roßdorf	1:06:43	1956 W55	3	1:06:54	22:19 *	23:11 *	21:12	6:40 min/km
224	661	Heinz Brigitte	*Düren	1:06:44	1964 W45	28	1:07:39	21:51 *	22:00 *	22:52	6:40 min/km
225	1129	Müller Diana	DLR	1:06:49	1981 W30	47	1:08:46	22:25 *	22:21 *	22:03	6:41 min/km
226	917	Van Buuren-Wiese Gloria	HCA-Schule	1:06:51	1967 W45	29	1:08:06	21:15 *	22:02 *	23:34	6:41 min/km
227	61	Fuhrmann Michaela	*Köln	1:07:05	1967 W45	30	1:08:00	22:59 *	22:26 *	21:39	6:43 min/km
228	973	Streit Maike	*Köln	1:07:25	1987 WHK	56	1:08:59	21:15 *	22:25 *	23:43	6:45 min/km
229	1173	Kröger Melanie	*Osnabrück	1:07:34	1978 W30	48	1:08:23	22:37 *	23:01 *	21:55	6:45 min/km
230	392	Hoffmann Ulrike	Sportuhren-Profi.de	1:07:34	1969 W40	42	1:08:06	21:27 *	22:52 *	23:15	6:45 min/km
231	604	Kunzmann Heike	*Köln	1:07:37	1982 W30	49	1:07:58	23:28 *	22:05 *	22:03	6:46 min/km
232	770	Schuderer Vanessa	*Leverkusen	1:07:46	1987 WHK	57	1:08:37	21:42 *	22:23 *	23:40	6:47 min/km
233	721	Klein Janina	ICUnet.AG	1:07:49	1983 WHK	58	1:08:36	21:59 *	22:47 *	23:02	6:47 min/km
234	273	Uesbeck Monika	*Köln	1:07:59	1962 W50	10	1:08:52	22:08 *	22:32 *	23:18	6:48 min/km
235	474	Bühmann Agnes	REWE Group	1:08:00	1977 W35	30	1:08:35	22:09 *	22:25 *	23:26	6:48 min/km
236	924	Schuller Inge		1:08:04	1972 W40	43	1:08:30	23:01 *	22:12 *	22:50	6:48 min/km
237	1077	Behrendt Hannah	HCA-Schule	1:08:11	2002 WSC	4	1:09:55	23:12 *	24:32 *	20:26	6:49 min/km
238	715	Kuckoreit Sarah	*Kreuzau	1:08:22	1987 WHK	59	1:09:47	23:01 *	22:55 *	22:25	6:50 min/km
239	1240	Weller Emma	LeseWelten	1:08:29	2000 WSB	3	1:09:43	22:10 *	22:27 *	23:51	6:51 min/km
239	1242	Diepa Glauer Dalia	LeseWelten	1:08:29	2000 WSB	3	1:09:44	22:10 *	22:27 *	23:51	6:51 min/km
241	912	Wiegand Julia	*Köln	1:08:58	1979 W30	50	1:10:24	23:04 *	22:50 *	23:03	6:54 min/km
242	942	Schlömer Katja	*Köln	1:08:59	1968 W40	44	1:10:24	23:04 *	22:50 *	23:04	6:54 min/km
243	334	Slowik Petra	*Pulheim	1:09:12	1967 W45	31	1:10:31	23:11 *	22:36 *	23:24	6:55 min/km
244	119	Walz Susanne	*Nideggen	1:09:21	1966 W45	32	1:11:16	24:41 *	21:15 *	23:24	6:56 min/km
245	847	Uhlmann Yvonne	*Köln	1:09:22	1977 W35	31	1:10:46	22:58 *	23:16 *	23:08	6:56 min/km
246	32	Nachsel Monika	*Köln	1:09:35	1956 W55	4	1:11:14	23:01 *	23:04 *	23:29	6:58 min/km
247	156	Hardt Beryth	*Köln	1:09:36	1972 W40	45	1:11:21	23:48 *	23:32 *	22:15	6:58 min/km
248	1171	Schmidt Nadine	*Köln	1:09:36	1980 W30	51	1:11:21	23:49 *	23:31 *	22:15	6:58 min/km
249	280	Brohl Annabella	Original Bootcamp	1:09:39	1970 W40	46	1:11:09	22:55 *	22:28 *	24:16	6:58 min/km
250	623	Böttcher Nicole	Fit-mit-Sven	1:09:52	1978 W30	52	1:11:07	21:49 *	22:49 *	25:13	6:59 min/km
251	1300	Franke Yvonne	Fit mit Sven	1:09:52	1978 W30	53	1:11:08	21:49 *	22:49 *	25:12	6:59 min/km
252	1057	Pötschke Kathi	*Köln	1:10:00	1988 WHK	60	1:10:00	22:24 *	22:58 *	24:37	7:00 min/km
253	282	Eschbach Rita	LeseWelten	1:10:35	1964 W45	33	1:11:46	23:55 *	23:26 *	23:13	7:04 min/km
254	491	Zöhner Anja	*Dormagen	1:10:52	1963 W45	34	1:11:20	22:38 *	23:20 *	24:53	7:05 min/km
255	26	Rondholz Katja	*Bornheim	1:11:00	1976 W35	32	1:12:27	22:27 *	22:49 *	25:43	7:06 min/km
256	539	Vukota Nicola	DLR	1:11:01	1964 W45	35	1:12:58	22:42 *	24:13 *	24:05	7:06 min/km
257	0	Reifenrath Gianna		1:11:09	1953 WHK	61	1:11:09	24:25 *	22:28 *	24:16	7:07 min/km
258	752	Eberhard Ulla	LeseWelten	1:11:33	1958 W50	11	1:12:34	24:54 *	22:19 *	24:19	7:09 min/km
259	947	Körfer Jacqueline	*Mönchengladbach	1:11:45	1983 WHK	62	1:12:43	23:38 *	23:16 *	24:50	7:11 min/km
260	713	Franz Anke	*Kreuzau	1:11:50	1988 WHK	63	1:13:15	23:01 *	22:55 *	25:52	7:11 min/km
261	643	Moll Marion	*Köln	1:11:56	1962 W50	12	1:13:36	23:07 *	23:28 *	25:20	7:12 min/km
262	1251	Kapune Bettina		1:12:00	1959 W50	13	1:13:13	23:05 *	23:32 *	25:23	7:12 min/km
263	1114	Wischer Sigrid	*Köln	1:12:07	1965 W45	36	1:13:11	23:00 *	24:00 *	25:07	7:13 min/km
264	55	Spittel Rebecca	*Köln	1:12:10	1987 WHK	64	1:14:07	24:03 *	23:30 *	24:36	7:13 min/km
265	927	Kaufmann Bianca	*Köln	1:12:14	1981 W30	54	1:13:50	22:27 *	23:47 *	26:00	7:13 min/km
266	879	Gattermann Lea	*Köln	1:12:17	1984 WHK	65	1:13:58	23:11 *	23:46 *	25:20	7:14 min/km
267	34	Mose Lisa-Marie	*Weilerswist	1:12:28	1996 WJB	2	1:14:10	22:17 *	26:06 *	24:04	7:15 min/km
268	510	Mattes Katrin	*Köln	1:12:32	1972 W40	47	1:13:41	23:22 *	24:11 *	24:58	7:15 min/km
269	1143	Mattes Ilka	*Köln	1:12:34	2002 WSC	5	1:13:42	23:24 *	24:11 *	24:58	7:15 min/km
270	583	Steigler-Kutz Christiane	*Brühl	1:12:52	1966 W45	37	1:13:13	27:21 *	27:05 *	18:24	7:17 min/km
271	882	Mack Alexandra	*Köln	1:13:00	1956 W55	5	1:14:12	23:05 *	24:04 *	25:50	7:18 min/km
272	252	Kohlhammer Conny	*Leverkusen	1:13:08	1975 W35	33	1:13:55	22:33 *	26:43 *	23:51	7:19 min/km
273	652	Van Treeck Jana	*Bonn	1:13:20	1989 WHK	66	1:13:37	24:33 *	24:37 *	24:09	7:20 min/km
274	846	Zaeske Nicole	*Köln	1:13:31	1959 W50	14	1:14:59	24:07 *	23:55 *	25:29	7:21 min/km
275	946	Keulertz Eleonore	*Bergheim	1:13:36	1959 W50	15	1:14:37	24:16 *	23:43 *	25:36	7:22 min/km
276	618	Pahlow Hedwig	*Bergheim	1:13:42	1955 W55	6	1:14:43	24:16 *	23:43 *	25:42	7:22 min/km
277	812	Kümmelberg Elke	Die Motivierten	1:13:57	1961 W50	16	1:15:32	25:28 *	23:09 *	25:19	7:24 min/km

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278	869	Heiderich Ute	Die Motivierten	1:14:01	1964 W45	38	1:15:36	24:10 *	24:27 *	25:23	7:24 min/km
279	600	Effertz Tamara	*Köln	1:14:03	1988 WHK	67	1:14:56	22:59 *	25:17 *	25:46	7:24 min/km
280	1215	Niehus Lara	HCA-Schule	1:14:05	2001 WSC	6	1:15:49	23:13 *	24:32 *	26:19	7:25 min/km
281	968	Niehus Andrea	HCA-Schule	1:14:05	1966 W45	39	1:15:49	23:13 *	24:32 *	26:19	7:25 min/km
282	903	Rodemers Leonie	*Köln	1:14:05	1989 WHK	68	1:15:55	24:09 *	24:13 *	25:43	7:25 min/km
283	901	Stockhausen Julia	*Köln	1:14:05	1980 W30	55	1:15:56	24:09 *	24:13 *	25:43	7:25 min/km
284	902	Keßel Simone	*Köln	1:14:05	1975 W35	34	1:15:55	24:09 *	24:13 *	25:42	7:25 min/km
285	599	Kutsch Rebecca	*Köln	1:14:13	1986 WHK	69	1:15:06	23:00 *	25:17 *	25:56	7:25 min/km
286	907	Möller Birgit	ohne	1:14:23	1962 W50	17	1:16:03	25:41 *	23:53 *	24:48	7:26 min/km
287	1188	Heinze Lydia	SteRnchen	1:16:15	1986 WHK	70	1:17:22	25:10 *	25:16 *	25:48	7:38 min/km
288	832	Adali Bianca	*Köln	1:16:37	1967 W45	40	1:17:43	25:15 *	25:15 *	26:06	7:40 min/km
289	1232	Keil Marion		1:17:03	1970 W40	48	1:17:43	24:03 *	25:39 *	27:19	7:42 min/km
290	1041	Aus den Erlen Birgit	LeseWelten	1:17:45	1970 W40	49	1:18:22	26:23 *	25:34 *	25:48	7:47 min/km
291	450	Dunkel Hannah	LeseWelten	1:20:47	2002 WSC	7	1:21:49	26:28 *	27:39 *	26:38	8:05 min/km
292	411	Kordeuter Jutta	ReVital Center	1:21:39	1954 W55	7	1:23:38	26:48 *	26:52 *	27:57	8:10 min/km