

Run of Colours 15. September 2012 - 10km Lauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1725	Johnstone Nikki		0:34:06	1984 MHK	1	0:34:07	17:13 * 16:53	3:25 min/km
2	2227	Schramm Till	Maritim Hotel Köln	0:34:48	1985 MHK	2	0:34:49	17:13 * 17:36	3:29 min/km
3	1925	Kirchner Torben	Polizei Köln	0:35:01	1987 MHK	3	0:35:03	17:14 * 17:48	3:30 min/km
4	1685	Atenhan Kai		0:35:21	1990 MHK	4	0:35:22	17:14 * 18:07	3:32 min/km
5	1518	Neubauer Dominik	DLR e.V.	0:36:37	1980 M30	1	0:36:41	17:49 * 18:52	3:40 min/km
6	2288	Pietrzak Krystian		0:37:19	1983 MHK	5	0:37:24	18:12 * 19:12	3:44 min/km
7	2013	Herrera Felix	KTt 01	0:38:17	1989 MHK	6	0:38:19	19:13 * 19:06	3:50 min/km
8	1894	Flores Patrik		0:38:46	1973 M35	1	0:38:49	19:17 * 19:31	3:53 min/km
9	1905	Bartz Michael		0:39:21	1977 M35	2	0:39:24	19:12 * 20:11	3:56 min/km
10	1866	Müller Kai	Laufrausch Köln	0:39:39	1979 M30	2	0:39:46	19:51 * 19:54	3:58 min/km
11	1715	Pastoor's Andreas		0:40:00	1965 M45	1	0:40:02	19:52 * 20:10	4:00 min/km
12	2225	Bergbauer Knut	Turbine	0:40:11	1962 M50	1	0:40:15	19:45 * 20:29	4:01 min/km
13	2074	Natzheim Ralf		0:40:37	1960 M50	2	0:41:05	21:03 * 20:02	4:04 min/km
14	2050	Lange Roland		0:40:39	1972 M40	1	0:40:42	20:11 * 20:31	4:04 min/km
15	1780	Hamacher Markus	TEAM AZ-WEST	0:40:42	1967 M45	2	0:40:44	19:50 * 20:53	4:04 min/km
16	1676	Nießmann Jens		0:40:43	1973 M35	3	0:40:59	19:59 * 21:00	4:04 min/km
17	1813	Schemmer Ralph	4monkeys	0:40:47	1983 MHK	7	0:41:10	20:39 * 20:30	4:05 min/km
18	1541	Esser Lutz	MAS	0:40:49	1961 M50	3	0:41:12	20:31 * 20:41	4:05 min/km
19	1902	Jacob Falk		0:41:01	1980 M30	3	0:41:04	19:53 * 21:10	4:06 min/km
20	2101	Sartor Arnd	Badehaus Babylon	0:41:09	1973 M35	4	0:41:18	20:33 * 20:45	4:07 min/km
21	2187	Bäker Thomas		0:41:15	1964 M45	3	0:41:20	20:40 * 20:39	4:08 min/km
22	2038	Kreutzer Matthias	REWE GroupX	0:41:18	1980 M30	4	0:41:20	19:42 * 21:37	4:08 min/km
23	2035	Kraft Nico	Apotheken Runner	0:41:19	0 MHK	8	0:41:31	20:35 * 20:56	4:08 min/km
24	2208	Caruso Luca	*Mainz	0:41:33	1985 MHK	9	0:41:47	20:38 * 21:09	4:09 min/km
25	1817	Ziaja Sebastian		0:41:36	1982 M30	5	0:41:40	20:56 * 20:44	4:10 min/km
26	2083	Paulussen Oliver	TEAM AZ-WEST	0:41:41	1968 M40	2	0:41:48	21:00 * 20:48	4:10 min/km
27	1562	Verch Marco		0:41:47	1981 M30	6	0:41:50	21:01 * 20:49	4:11 min/km
28	1626	Kappus Reiner	BG ETEM - Laufend was	0:41:47	1962 M50	4	0:41:52	21:01 * 20:50	4:11 min/km
29	2054	Lemanczyk Michael		0:41:56	1982 M30	7	0:42:06	20:53 * 21:12	4:12 min/km
30	1970	Dörre Dirk		0:42:05	1969 M40	3	0:42:20	20:57 * 21:22	4:13 min/km
31	1758	Kreft Stefan		0:42:36	1979 M30	8	0:42:43	20:59 * 21:43	4:16 min/km
32	1962	Bussmann Fabian		0:42:39	1982 M30	9	0:42:52	21:24 * 21:28	4:16 min/km
33	2254	Walter Reimar	Rock'n Roll High School	0:42:50	1966 M45	4	0:43:17	22:14 * 21:03	4:17 min/km
34	1887	Bündgens David Ben		0:42:51	1993 MJA	1	0:43:08	21:54 * 21:14	4:17 min/km
35	2144	Van de Braak Georg	Frontrunner SC Janus	0:42:53	1974 M35	5	0:42:57	21:00 * 21:57	4:17 min/km
36	1757	Caudill James		0:42:58	1978 M30	10	0:43:10	21:32 * 21:38	4:18 min/km
37	2085	Petersen Jens		0:43:04	1968 M40	4	0:43:11	21:21 * 21:49	4:18 min/km
38	2218	Fischer Axel	*Köln	0:43:14	1975 M35	6	0:43:27	21:50 * 21:36	4:19 min/km
39	1945	Beck Manfred	Karate-Do Overath e.V.	0:43:22	1964 M45	5	0:43:47	21:50 * 21:57	4:20 min/km
40	1638	Schubert Benjamin		0:43:31	1979 M30	11	0:43:33	21:08 * 22:25	4:21 min/km
41	1575	Heger Steffen	Frontrunner Cologne	0:43:40	1964 M45	6	0:43:54	22:14 * 21:40	4:22 min/km
42	1683	Kiechle Thomas		0:43:41	1979 M30	12	0:43:46	22:19 * 21:27	4:22 min/km
43	1654	Barton Tobias		0:43:54	1985 MHK	10	0:44:01	21:54 * 22:06	4:23 min/km
44	1738	Muijers Mark		0:43:55	1979 M30	13	0:43:59	21:15 * 22:43	4:24 min/km
45	1724	Wawrzyniak Jakub		0:44:04	1980 M30	14	0:44:10	22:17 * 21:52	4:24 min/km
46	1830	Herold Matthias		0:44:07	1967 M45	7	0:44:15	21:35 * 22:39	4:25 min/km
47	2223	Schäfer Marcus		0:44:09	1973 M35	7	0:44:09	21:42 * 22:27	4:25 min/km
48	1561	Eisermann Stephan	Team Erdinger Alkoholfrei	0:44:12	1966 M45	8	0:44:17	22:06 * 22:11	4:25 min/km
49	2249	Püschmann Steffen	*Rösrath	0:44:14	1958 M50	5	0:44:47	22:29 * 22:17	4:25 min/km
50	2138	Torun Önder		0:44:17	1974 M35	8	0:45:12	23:26 * 21:45	4:26 min/km
51	0	Häcker Thilo	TSV Eintracht Karlsfeld	0:44:19	1984 MHK	11	0:44:31	22:11 * 22:20	4:26 min/km
52	2053	Launert Cedric	Karate-Do Overath e.V.	0:44:24	1989 MHK	12	0:44:50	23:17 * 21:32	4:26 min/km
53	2033	Koch Guido		0:44:25	1975 M35	9	0:44:32	22:19 * 22:12	4:27 min/km

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54	2176	Schröder Rene	projektbar GmbH	0:44:29	1978 M30	15	0:44:36	21:53 * 22:42	4:27 min/km
55	1771	Koch Marcel		0:44:32	1970 M40	5	0:44:39	21:55 * 22:44	4:27 min/km
56	2173	Firmer Patrick	projektbar GmbH	0:44:37	1977 M35	10	0:44:42	21:51 * 22:51	4:28 min/km
57	2045	Laakmann Ralf		0:44:40	1979 M30	16	0:44:59	22:58 * 22:01	4:28 min/km
58	1895	Bucerius Martin	TriCologne	0:44:47	1984 MHK	13	0:45:06	22:13 * 22:53	4:29 min/km
59	2109	Schierholz Michael	WG-Orca	0:44:53	1980 M30	17	0:45:29	23:44 * 21:44	4:29 min/km
60	2107	Schenk Martin		0:44:57	1979 M30	18	0:45:28	23:00 * 22:27	4:30 min/km
61	1859	Losch Michael		0:44:58	1978 M30	19	0:45:15	21:51 * 23:23	4:30 min/km
62	1646	Mausbach Gerd	Lauftreff Decksteiner	0:45:03	1963 M45	9	0:45:04	22:11 * 22:53	4:30 min/km
63	1576	Obermaier Stefan	SC Janus	0:45:04	1969 M40	6	0:45:11	22:16 * 22:55	4:30 min/km
64	2122	Schuster Harald	Deine Freunde	0:45:13	1970 M40	7	0:46:03	23:48 * 22:15	4:31 min/km
65	1896	Niermann Oliver	BÜNDNIS 90/DIE	0:45:13	1981 M30	20	0:45:13	22:40 * 22:33	4:31 min/km
65	2180	Höck Tobias	projektbar	0:45:13	1978 M30	20	0:45:25	22:58 * 22:26	4:31 min/km
67	1802	Uhde Andreas		0:45:14	1985 MHK	14	0:45:29	22:09 * 23:20	4:31 min/km
68	2015	Hinz Alexander		0:45:17	1969 M40	8	0:46:11	23:23 * 22:47	4:32 min/km
69	1913	Gänsicke Christian	StattGarde Colonia Ahoj	0:45:17	1962 M50	6	0:45:20	23:26 * 21:54	4:32 min/km
70	1688	Jancar Mitja		0:45:21	1989 MHK	15	0:46:03	23:30 * 22:33	4:32 min/km
71	1989	Franz Thomas		0:45:25	1980 M30	22	0:45:40	22:50 * 22:49	4:33 min/km
72	2065	Meißner Björn	Badehaus Babylon	0:45:26	1968 M40	9	0:45:35	21:34 * 24:01	4:33 min/km
73	1788	Henn Markus		0:45:31	1975 M35	11	0:45:50	22:39 * 23:10	4:33 min/km
74	1809	Thomé Arno		0:45:36	1958 M50	7	0:45:49	22:25 * 23:23	4:34 min/km
75	2266	Marchand Oliver	my-sport.ch	0:45:39	1971 M40	10	0:45:44	22:06 * 23:38	4:34 min/km
76	1598	Schneider Ferdinand		0:45:39	1967 M45	10	0:46:00	22:57 * 23:02	4:34 min/km
77	1901	Kraus Ralph	TEAM AZ-WEST	0:45:43	1968 M40	11	0:46:20	23:06 * 23:14	4:34 min/km
78	2136	Thun Timo	Karate-Do Overath e.V.	0:45:48	1994 MJA	2	0:46:01	22:17 * 23:44	4:35 min/km
79	1871	Buchstein Thomas		0:45:50	1976 M35	12	0:45:50	22:42 * 23:07	4:35 min/km
80	1703	Ellerhorst Bernhard	LG Gummersbach	0:46:01	1957 M55	1	0:46:06	22:41 * 23:24	4:36 min/km
81	1599	Krausen Sascha		0:46:05	1977 M35	13	0:46:35	23:44 * 22:50	4:37 min/km
82	1542	Scharfenstein Kai	MAS	0:46:07	1964 M45	11	0:46:18	22:58 * 23:19	4:37 min/km
83	1825	Mazander Daniel		0:46:13	1985 MHK	16	0:46:58	23:19 * 23:39	4:37 min/km
84	1968	Dormin Marko		0:46:14	1973 M35	14	0:46:24	22:33 * 23:51	4:37 min/km
85	2255	Borrmann Robin		0:46:17	1989 MHK	17	0:47:03	24:03 * 23:00	4:38 min/km
86	2170	Schmidtman Volker	projektbar GmbH	0:46:22	1963 M45	12	0:46:28	23:09 * 23:19	4:38 min/km
87	2229	Brann Oliver		0:46:23	1969 M40	12	0:46:37	23:18 * 23:19	4:38 min/km
88	2018	Jagschitz Max	Team Campus Sports	0:46:31	1982 M30	23	0:46:39	23:11 * 23:27	4:39 min/km
89	1624	Kölbl Kay	BG ETEM - Laufend was	0:46:38	1968 M40	13	0:46:43	23:09 * 23:33	4:40 min/km
90	0	unbekannt DT6ADVM		0:46:40	0 MHK	18	0:47:13	24:13 * 23:00	4:40 min/km
91	2269	Rawei Klaus	Fronrunner Cologne	0:46:41	1968 M40	14	0:46:55	22:07 * 24:47	4:40 min/km
92	1920	Schmidt Boris	Polizei Köln	0:46:44	1968 M40	15	0:46:50	23:07 * 23:43	4:40 min/km
93	1670	Burgahn Thomas	Kati&Tommy	0:46:49	1983 MHK	19	0:47:06	23:20 * 23:45	4:41 min/km
94	2143	Vahlenkamp Dennis		0:46:58	1988 MHK	20	0:47:00	23:04 * 23:56	4:42 min/km
95	1912	Pickhardt Heiner	StattGarde Colonia Ahoj	0:47:01	1963 M45	13	0:47:04	23:27 * 23:37	4:42 min/km
96	2175	Rudolf Christian	Max-Planck-Realschule	0:47:12	1996 MJB	1	0:47:32	24:10 * 23:22	4:43 min/km
97	1702	Lausmann Martin		0:47:20	1970 M40	16	0:47:36	23:36 * 24:00	4:44 min/km
98	1759	Mayer Danilo		0:47:31	1976 M35	15	0:47:37	22:56 * 24:41	4:45 min/km
99	2178	Schmitt Christoph	*Köln	0:47:33	1968 M40	17	0:47:41	23:40 * 24:01	4:45 min/km
100	1893	Roche Thomas		0:47:34	1982 M30	24	0:48:05	25:24 * 22:40	4:45 min/km
101	2274	Wozny Tobias		0:47:37	1980 M30	25	0:48:18	24:12 * 24:05	4:46 min/km
102	2197	Lange Christian	UPS	0:47:45	1977 M35	16	0:47:58	24:11 * 23:47	4:47 min/km
103	1981	Faßbender Benedikt		0:47:47	1986 MHK	21	0:47:59	24:05 * 23:54	4:47 min/km
104	1749	Imdahl Reiner		0:47:52	1967 M45	14	0:47:59	24:03 * 23:56	4:47 min/km
105	1520	Weike Udo	www.acut-edv.com	0:47:57	1957 M55	2	0:48:43	25:31 * 23:11	4:48 min/km
106	1768	Stephan Gerald		0:48:06	1979 M30	26	0:48:35	23:59 * 24:35	4:49 min/km
107	2287	Goitz Till		0:48:07	1977 M35	17	0:48:11	24:30 * 23:40	4:49 min/km
108	0	unbekannt DT36EMZ		0:48:07	0 MHK	22	0:48:40	26:17 * 22:23	4:49 min/km
109	2082	Pasalk Peter		0:48:15	1978 M30	27	0:48:32	24:38 * 23:53	4:50 min/km

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110	1508	Oppermann Axel		0:48:15	1956 M55	3	0:48:43	24:30 * 24:12	4:50 min/km
110	235	Pallarz Marcel	TEAM AZ-WEST	0:48:15	1985 MHK	23	0:48:52	24:39 * 24:13	4:50 min/km
112	1816	Tschorn Gerald		0:48:22	1967 M45	15	0:48:42	24:43 * 23:58	4:50 min/km
113	2052	Launert Jürgen	Karate-Do Overath e.V.	0:48:24	1962 M50	8	0:48:50	24:01 * 24:48	4:50 min/km
114	2059	Marschke Dirk		0:48:29	1971 M40	18	0:48:47	23:57 * 24:49	4:51 min/km
115	2183	Lelie Alexander	*Köln	0:48:30	1976 M35	18	0:49:15	25:35 * 23:40	4:51 min/km
116	1753	Weskamp Jörg		0:48:34	1964 M45	16	0:48:51	24:50 * 24:01	4:51 min/km
117	1509	Iselt Michael	mhplus Krankenkasse	0:48:37	1974 M35	19	0:48:58	24:20 * 24:37	4:52 min/km
118	1911	Weiden-Flottmann	StattGarde Colonia Ahoj	0:48:40	1977 M35	20	0:48:45	24:36 * 24:09	4:52 min/km
119	1701	Strimmer Klaus		0:48:44	1967 M45	17	0:49:29	25:34 * 23:55	4:52 min/km
120	2124	Schwister Jürgen		0:48:45	1967 M45	18	0:48:55	24:47 * 24:08	4:53 min/km
121	1886	Karla Frederic		0:48:46	1986 MHK	24	0:49:10	24:32 * 24:38	4:53 min/km
122	1512	Fischer Hans-Peter		0:48:47	1959 M50	9	0:49:33	24:59 * 24:33	4:53 min/km
123	1589	Rhein Christian	Laufteam Rügen	0:48:48	1977 M35	21	0:49:07	24:05 * 25:01	4:53 min/km
124	1746	Block Eike Thomas	Bündnis 90/ Die Grünen	0:48:54	1986 MHK	25	0:49:17	24:47 * 24:29	4:53 min/km
125	2228	Schüpstuhl Michael	Maritim Hotel	0:48:57	1964 M45	19	0:49:12	24:00 * 25:11	4:54 min/km
126	2248	Hammes Tom		0:49:07	1964 M45	20	0:49:26	24:28 * 24:57	4:55 min/km
127	2139	Töttler Tobias		0:49:26	1977 M35	22	0:49:57	24:23 * 25:33	4:57 min/km
128	2019	Jenetzky Tom	SC Janus Leichtathletik	0:49:34	1967 M45	21	0:50:30	26:10 * 24:20	4:57 min/km
129	1700	Siegmann Uli		0:49:37	1981 M30	28	0:50:19	25:10 * 25:09	4:58 min/km
130	1524	Redmann Stefan		0:49:38	1974 M35	23	0:49:52	25:07 * 24:44	4:58 min/km
131	2004	Habicht Willy		0:49:41	1982 M30	29	0:50:14	26:19 * 23:55	4:58 min/km
132	1639	Radau Stephan		0:49:45	1971 M40	19	0:49:58	24:34 * 25:23	4:59 min/km
133	1765	Jovanovic Sladan	Runtastic	0:49:46	1986 MHK	26	0:50:41	25:42 * 24:58	4:59 min/km
134	1506	Ilius Mario		0:49:48	1963 M45	22	0:50:17	25:55 * 24:21	4:59 min/km
135	2261	Hertel Aaron		0:49:49	1981 M30	30	0:49:58	24:21 * 25:36	4:59 min/km
136	2057	Mainz Wolfgang	Karate-Do Overath e.V.	0:49:52	1964 M45	23	0:50:18	24:29 * 25:48	4:59 min/km
137	2039	Krögerrecklenfort Lothar	REWE GroupX	0:50:00	1950 M60	1	0:50:09	24:32 * 25:36	5:00 min/km
138	1714	Schmitter Jörg	Hellige Knäächte un	0:50:02	1969 M40	20	0:50:52	26:20 * 24:32	5:00 min/km
139	1786	Baur Bernd	TEAM AZ-WEST	0:50:07	1968 M40	21	0:50:20	24:24 * 25:56	5:01 min/km
140	2234	Gaeng Lars	UPS	0:50:10	1971 M40	22	0:50:36	26:17 * 24:19	5:01 min/km
141	2172	Schmitanski Dorian	Art'otel Cologne	0:50:10	1985 MHK	27	0:51:04	27:06 * 23:58	5:01 min/km
142	1673	Schönborn Wolfgang		0:50:14	1969 M40	23	0:50:53	25:53 * 24:59	5:01 min/km
143	1504	Weiler Thomas		0:50:15	1965 M45	24	0:50:52	25:03 * 25:49	5:02 min/km
144	1635	Heinke Roland		0:50:17	1964 M45	25	0:50:31	25:07 * 25:24	5:02 min/km
145	2164	Yüksel Seraphin	Team Yüksel	0:50:18	1990 MHK	28	0:51:25	26:07 * 25:18	5:02 min/km
146	2163	Yüksel Tamino	Team Yüksel	0:50:18	1988 MHK	29	0:51:25	26:07 * 25:17	5:02 min/km
147	2086	Pfletschinger Gregor	REWE GroupX	0:50:18	1969 M40	24	0:50:57	25:15 * 25:42	5:02 min/km
148	2256	Klein Sebastian	Achitektur Büro Klein	0:50:24	1980 M30	31	0:50:30	23:55 * 26:34	5:02 min/km
148	0	unbekannt DT47K4K		0:50:24	0 MHK	30	0:51:01	25:36 * 25:25	5:02 min/km
150	2024	Kaiser Lorenz	KölnSPD	0:50:25	1965 M45	26	0:50:39	25:27 * 25:12	5:03 min/km
151	1615	Cugaly Michael		0:50:25	1968 M40	25	0:51:19	26:12 * 25:07	5:03 min/km
152	1798	Glaser Alex		0:50:28	1975 M35	24	0:50:38	24:45 * 25:53	5:03 min/km
153	1675	Mack Patrick		0:50:29	1983 MHK	31	0:50:45	25:40 * 25:05	5:03 min/km
154	0	unbekannt DW720AX		0:50:29	0 MHK	32	0:50:46	25:40 * 25:06	5:03 min/km
155	1800	Kaumanns Markus	KAJUJA Dellbrück e.V.	0:50:30	1985 MHK	33	0:50:50	25:11 * 25:38	5:03 min/km
156	2290	Gollan Stefan	Netcologne	0:50:31	1983 MHK	34	0:50:48	25:27 * 25:20	5:03 min/km
157	1649	Folkersma Patrick	CQ Marathon Team	0:50:31	1970 M40	26	0:50:48	24:46 * 26:01	5:03 min/km
158	1950	Bieling Amon	Karate-Do Overath e.V.	0:50:38	1998 MSA	1	0:51:18	27:27 * 23:51	5:04 min/km
159	1581	Stephan Christoph		0:50:40	1965 M45	27	0:51:29	26:32 * 24:56	5:04 min/km
160	1949	Bieling Thomas	Karate-Do Overath e.V.	0:50:42	1966 M45	28	0:51:22	27:27 * 23:55	5:04 min/km
161	1776	De Groot Marco		0:50:44	1974 M35	25	0:51:01	25:22 * 25:39	5:04 min/km
162	1550	W. Christian		0:50:49	1969 M40	27	0:51:05	25:02 * 26:02	5:05 min/km
163	2066	Menzel Markus	REWE GroupX	0:51:03	1981 M30	32	0:52:06	26:08 * 25:57	5:06 min/km
164	2162	Yeshak-Hagos Bernardos		0:51:04	1987 MHK	35	0:52:06	26:08 * 25:58	5:06 min/km
165	1600	Decker Marco		0:51:04	1975 M35	26	0:52:09	28:02 * 24:06	5:06 min/km

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166	1790	Zaremba Roland		0:51:08	1974 M35	27	0:51:50	26:30 * 25:19	5:07 min/km
167	1977	Ehmann Bernd		0:51:09	1967 M45	29	0:51:40	26:09 * 25:31	5:07 min/km
168	1650	Fey Dietwald	Fanprojekt Leverkusen	0:51:14	1961 M50	10	0:51:18	24:29 * 26:48	5:07 min/km
169	1559	Karow Ralph	Deutsche Telekom	0:51:30	1973 M35	28	0:51:48	26:04 * 25:44	5:09 min/km
170	1674	Rudolph Christian		0:51:31	1985 MHK	36	0:52:01	26:13 * 25:48	5:09 min/km
171	1969	Dörpinghaus Guido		0:51:39	1968 M40	28	0:51:50	25:50 * 25:59	5:10 min/km
172	2285	Eisele Mathias		0:51:41	1959 M50	11	0:51:51	27:29 * 24:21	5:10 min/km
173	1514	Wähling Jens		0:51:50	1964 M45	30	0:52:03	25:22 * 26:41	5:11 min/km
174	2092	Rezai Mohammad	WG-Orca	0:51:53	1998 MSA	2	0:52:28	27:30 * 24:57	5:11 min/km
175	1574	Koch Guido		0:51:57	1969 M40	29	0:52:05	23:58 * 28:06	5:12 min/km
176	1996	Giannotta Andrea		0:51:57	1976 M35	29	0:52:11	25:25 * 26:46	5:12 min/km
177	1984	Fink Marko		0:52:10	1977 M35	30	0:52:54	26:53 * 26:01	5:13 min/km
178	1921	Schenk Oliver	Polizei Köln	0:52:17	1969 M40	30	0:52:54	27:25 * 25:29	5:14 min/km
179	1586	Nettersheim-Meyer		0:52:19	1960 M50	12	0:52:48	27:01 * 25:46	5:14 min/km
180	2246	Kesting Jörg	*Hürth	0:52:22	1964 M45	31	0:52:44	26:36 * 26:07	5:14 min/km
181	1601	Schnorrenberg Markus	TSV Alemannia Aachen	0:52:27	1984 MHK	37	0:52:30	26:11 * 26:18	5:15 min/km
182	2008	Hartstein Jörn		0:52:32	1985 MHK	38	0:52:49	26:39 * 26:09	5:15 min/km
183	2186	Stollenwerk Thomas	projektbar	0:52:34	1976 M35	31	0:53:19	26:38 * 26:40	5:15 min/km
184	1904	Ortiz Liz Carlos Alfredo		0:52:35	1988 MHK	39	0:52:37	25:05 * 27:32	5:15 min/km
185	2026	Kempowski Dirk	KölnSPD	0:52:36	1966 M45	32	0:52:51	26:43 * 26:08	5:16 min/km
186	1689	Pagers Sven	ESV Gremberghoven	0:52:38	1966 M45	33	0:53:32	27:22 * 26:10	5:16 min/km
187	1503	Bellancini Marco	Bello1974	0:52:39	1974 M35	32	0:53:11	26:29 * 26:42	5:16 min/km
188	2014	Herzog Thorsten	REWE GroupX	0:52:39	1986 MHK	40	0:53:36	27:25 * 26:10	5:16 min/km
189	2179	Schulenburg Bodo	*Köln	0:52:42	1962 M50	13	0:52:49	25:20 * 27:29	5:16 min/km
190	1760	Sallen Nikolai		0:52:46	1985 MHK	41	0:53:35	26:11 * 27:23	5:17 min/km
191	1903	Spothelfer Dominik		0:52:48	1988 MHK	42	0:52:54	25:33 * 27:21	5:17 min/km
192	2118	Scholz Alexander	4 Gewinnt	0:52:48	1981 M30	33	0:53:11	27:32 * 25:39	5:17 min/km
193	2061	Maucher Matthias	4 Gewinnt	0:52:49	1980 M30	34	0:53:11	27:32 * 25:39	5:17 min/km
194	2006	Hahn Valentin		0:52:52	1987 MHK	43	0:53:43	28:49 * 24:54	5:17 min/km
195	2149	Wagner Michael		0:52:52	1982 M30	35	0:53:14	27:32 * 25:41	5:17 min/km
196	1528	Sdrenka Sebastian		0:52:56	1975 M35	33	0:53:55	27:59 * 25:55	5:18 min/km
197	2262	Schwitalla Joachim		0:52:58	1946 M65	1	0:53:37	27:00 * 26:37	5:18 min/km
198	1900	Voss Danny		0:53:04	1981 M30	36	0:53:36	27:08 * 26:27	5:18 min/km
199	1824	Neubauer Hartmut	BÜNDNIS 90/DIE	0:53:08	1957 M55	4	0:53:46	26:32 * 27:13	5:19 min/km
200	2200	Lehmann Michael	Deutsche Ärzte Finanz	0:53:11	1971 M40	31	0:53:20	26:07 * 27:12	5:19 min/km
201	1954	Blatzheim Markus	Headlounge	0:53:34	1968 M40	32	0:53:39	25:12 * 28:26	5:21 min/km
202	2169	Büyükdabasi Ufuk	AZ West	0:53:43	1981 M30	37	0:54:40	27:37 * 27:03	5:22 min/km
203	1988	Flury Volker	Globus Köln-Marsdorf	0:53:47	1969 M40	33	0:54:33	27:23 * 27:09	5:23 min/km
204	1756	Oerschkes Bastian		0:53:47	1981 M30	38	0:54:35	28:36 * 25:58	5:23 min/km
205	1531	Weiler Michael		0:53:50	1965 M45	34	0:54:22	26:36 * 27:46	5:23 min/km
206	1566	Fliri Gregor	KSK Köln, RD 1 Team	0:53:52	1967 M45	35	0:54:06	25:48 * 28:18	5:23 min/km
207	1631	Stephani Frank	BG ETEM - Laufend was	0:53:58	1971 M40	34	0:54:46	27:58 * 26:47	5:24 min/km
208	1582	Wittmann Dennis		0:54:08	1981 M30	39	0:54:53	27:19 * 27:33	5:25 min/km
209	2198	Nießen Wilhelm	*Köln	0:54:16	1953 M55	5	0:54:40	27:02 * 27:38	5:26 min/km
210	1694	Volkmer Rainer	LT Sommersberg	0:54:17	1961 M50	14	0:55:06	27:26 * 27:39	5:26 min/km
211	1908	Steinbrecher Meik	StattGarde Colonia Ahoj	0:54:19	1970 M40	35	0:54:24	27:21 * 27:03	5:26 min/km
212	2105	Scheers Fred		0:54:23	1967 M45	36	0:54:56	27:25 * 27:31	5:26 min/km
213	1607	Eger Christian		0:54:26	1986 MHK	44	0:55:18	28:49 * 26:28	5:27 min/km
214	2166			0:54:26	0 MHK	45	0:54:46	27:07 * 27:39	5:27 min/km
215	1933	Altobelli Marco	Globus Köln-Marsdorf	0:54:28	1978 M30	40	0:55:13	27:31 * 27:42	5:27 min/km
216	2283	Jung Wolfgang		0:54:30	1963 M45	37	0:55:07	28:09 * 26:57	5:27 min/km
217	1951	Biesenbach Ralf		0:54:37	1961 M50	15	0:55:30	28:01 * 27:29	5:28 min/km
218	1767	Goldmann Ralf		0:54:43	1965 M45	38	0:55:00	26:55 * 28:05	5:28 min/km
219	2279	Hartmair Thomas	*Königswinter	0:54:45	1977 M35	34	0:54:53	27:01 * 27:51	5:29 min/km
220	1555	Stöckert Andrea	Bavarian Runners	0:54:46	1980 M30	41	0:54:53	27:01 * 27:51	5:29 min/km
221	1684	Forkel David		0:54:47	1985 MHK	46	0:54:49	26:25 * 28:24	5:29 min/km

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222	2239	Lang Helmut		0:54:47	1969 M40	36	0:55:42	27:58 * 27:44	5:29 min/km
223	1784	Hartmann Tino	TEAM AZ-WEST	0:54:49	1978 M30	42	0:55:00	26:01 * 28:58	5:29 min/km
224	1565	Kaatz Michael	KSK Köln, RD 1 Team	0:54:49	1982 M30	43	0:55:19	27:53 * 27:26	5:29 min/km
225	1750	Imdahl-Egeling Michael		0:54:52	1966 M45	39	0:54:58	26:23 * 28:35	5:29 min/km
226	1557	Stratmann Gerd	Gelpegazellen Wuppertal	0:54:53	1954 M55	6	0:55:47	27:48 * 27:58	5:29 min/km
227	2005	Häcker Ralf		0:55:01	1965 M45	40	0:55:54	27:43 * 28:11	5:30 min/km
228	1523	Anders Georg		0:55:02	1963 M45	41	0:55:09	26:49 * 28:19	5:30 min/km
229	1914	Lomborg Ulrich	Irgendwann ist JETZT	0:55:04	1956 M55	7	0:55:28	27:40 * 27:47	5:30 min/km
230	2184	Laubert Thomas		0:55:17	1979 M30	44	0:55:47	27:52 * 27:55	5:32 min/km
231	2243	Fröhling Markus		0:55:17	1975 M35	35	0:55:50	28:51 * 26:59	5:32 min/km
232	1811	Schwarz Werner		0:55:19	1948 M60	2	0:55:28	28:32 * 26:56	5:32 min/km
233	1979	Erdogan Sebahattin		0:55:19	1969 M40	37	0:55:50	28:28 * 27:22	5:32 min/km
234	1932	Alkenbrecher Andreas		0:55:24	1983 MHK	47	0:55:55	29:08 * 26:46	5:32 min/km
235	1691	Dreßen Vera		0:55:26	1996 MJB	2	0:56:22	28:19 * 28:03	5:33 min/km
236	2155	Wipperfürth Kai		0:55:37	1970 M40	38	0:56:27	29:21 * 27:06	5:34 min/km
237	1966	Diaz Guido	REWE GroupX	0:56:14	1976 M35	36	0:56:52	28:50 * 28:02	5:37 min/km
237	2102	Sauer Stefan	REWE GroupX	0:56:14	1984 MHK	48	0:56:52	28:49 * 28:03	5:37 min/km
239	2131	Soos Paul		0:56:14	1974 M35	37	0:57:05	28:10 * 28:54	5:37 min/km
240	1729	Klobukowski Mark	Hellige Knäächte un	0:56:22	1977 M35	38	0:57:15	29:50 * 27:25	5:38 min/km
241	1810	Ritter Martin		0:56:27	1967 M45	42	0:57:07	29:14 * 27:52	5:39 min/km
242	1538	Van Issem Hans-Jürgen		0:56:29	1964 M45	43	0:56:53	26:46 * 30:07	5:39 min/km
243	1549	Bey Jürgen		0:56:46	1967 M45	44	0:57:42	29:59 * 27:42	5:41 min/km
244	2108	Scherer Robert		0:56:49	1965 M45	45	0:57:43	30:05 * 27:37	5:41 min/km
245	2205	Tietze Bernd	*Köln	0:56:58	1966 M45	46	0:57:54	29:30 * 28:23	5:42 min/km
246	2245	Schneider Hans		0:57:10	1981 M30	45	0:57:31	29:23 * 28:08	5:43 min/km
247	1579	Scholl Mirko	mhplus Krankenkasse	0:57:11	1976 M35	39	0:57:31	29:22 * 28:08	5:43 min/km
248	2	Paszek Christian		0:57:21	1958 M50	16	0:57:26	27:37 * 29:48	5:44 min/km
249	1987	Flommersfeld Harald		0:57:24	1964 M45	47	0:57:55	28:29 * 29:26	5:44 min/km
250	2268	Heperle Jens		0:57:29	1970 M40	39	0:58:01	29:03 * 28:58	5:45 min/km
251	2003	Haag Marc		0:57:35	1980 M30	46	0:58:05	29:09 * 28:56	5:46 min/km
252	557	Köhler Thomas	Apotheken Runner	0:57:54	0 MHK	49	0:58:04	29:24 * 28:40	5:47 min/km
253	1740	Köhler Clemens	GOPA-Runners	0:57:56	1980 M30	47	0:58:04	28:53 * 29:11	5:48 min/km
254	2207	Ensemeier Guido		0:58:10	1953 M55	8	0:59:02	30:12 * 28:50	5:49 min/km
255	1527	Strathmann Falk		0:58:18	1979 M30	48	0:59:17	31:01 * 28:15	5:50 min/km
256	1935	Arslan Cevdet		0:58:36	1973 M35	40	0:59:05	27:44 * 31:21	5:52 min/km
257	2189	Lennartz Florian	Projektbar	0:58:46	1954 M55	9	0:59:08	29:10 * 29:58	5:53 min/km
258	2188	Lennartz Heinz-Josef	Projektbar	0:58:46	1991 MHK	50	0:59:08	29:45 * 29:22	5:53 min/km
259	1998	Gießen-Vorwald Frank	speckATTACK	0:58:54	1974 M35	41	0:59:10	28:53 * 30:17	5:53 min/km
260	1632	Müller-Georgé Jochen	BG ETEM - Laufend was	0:58:57	1970 M40	40	0:59:09	29:54 * 29:15	5:54 min/km
261	1543	J. David		0:58:58	1974 M35	42	0:59:15	29:59 * 29:16	5:54 min/km
262	1629	Havemeister Klaus	BG ETEM - Laufend was	0:59:17	1969 M40	41	1:00:05	31:24 * 28:41	5:56 min/km
263	0	Harneidt Ralf	Lucky Loser	0:59:43	1963 M45	48	0:59:47	29:34 * 30:13	5:58 min/km
264	1814	Dreßen Michael		1:00:07	1979 M30	49	1:00:28	30:06 * 30:22	6:01 min/km
265	1994	Germann Daniel		1:00:32	1980 M30	50	1:01:29	31:04 * 30:25	6:03 min/km
266	0	unbekannt DY18VXN		1:00:32	0 MHK	51	1:01:29	31:04 * 30:25	6:03 min/km
267	0	unbekannt HZ3M2A7		1:00:35	0 MHK	52	1:01:11	31:58 * 29:12	6:04 min/km
268	1501	Herriger Helmut		1:00:56	1969 M40	42	1:01:42	30:30 * 31:11	6:06 min/km
269	1855	Birkenfeld Florian		1:01:09	1975 M35	43	1:02:09	31:43 * 30:26	6:07 min/km
270	2094	Riegauf Rudolf	Karate-Do Overath e.V.	1:01:16	1954 M55	10	1:01:54	31:03 * 30:51	6:08 min/km
271	2142	V. Gäßler Thomas	Karate-Do Overath e.V.	1:01:18	1953 M55	11	1:01:54	31:23 * 30:31	6:08 min/km
272	589	Seehafer Ingo	UPS	1:01:29	1984 MHK	53	1:01:59	30:45 * 31:14	6:09 min/km
273	2087	Pohl Walter		1:01:32	1963 M45	49	1:02:22	29:58 * 32:23	6:09 min/km
274	1648	Deiters Lothar		1:01:55	1934 M75	1	1:02:49	31:48 * 31:01	6:12 min/km
275	0	unbekannt KN9KF0Z		1:01:59	0 MHK	54	1:02:21	32:14 * 30:06	6:12 min/km
276	1596	Boeker Stefan		1:02:06	1966 M45	50	1:02:50	32:54 * 29:56	6:13 min/km
277	2224	Tieglers Markus	SPD Schwusos Köln	1:02:29	1970 M40	43	1:02:44	30:48 * 31:55	6:15 min/km

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278	2154	Wimmer Thomas	NetCologne	1:02:43	1978 M30	51	1:03:08	32:04 * 31:04	6:16 min/km
279	2230	Mbialeu Jean Louis		1:03:23	1977 M35	44	1:03:50	29:34 * 34:16	6:20 min/km
280	2121	Schulze Rainer	Karate-Do Overath e.V.	1:03:26	1965 M45	51	1:04:05	31:32 * 32:33	6:21 min/km
281	2277	Wolfgarten Marco		1:04:11	1974 M35	45	1:04:25	30:56 * 33:28	6:25 min/km
282	1936	Aschenbrenner	WG-Orca	1:04:17	1998 MSA	3	1:04:53	27:30 * 37:23	6:26 min/km
283	1718	Gritzmann Uwe		1:04:42	1961 M50	17	1:05:24	31:15 * 34:09	6:28 min/km
284	1573	Scholl Ronny		1:04:57	1979 M30	52	1:05:49	31:41 * 34:07	6:30 min/km
285	1546	Mies Klaus		1:05:08	1954 M55	12	1:06:00	32:10 * 33:49	6:31 min/km
286	1693	Paschedag Meike		1:05:28	1980 M30	53	1:06:10	33:21 * 32:49	6:33 min/km
287	1711	Weidner Andreas	BG ETEM - Laufend was	1:05:49	1965 M45	52	1:06:02	32:53 * 33:08	6:35 min/km
288	1519	Weike Marcel	www.acut-edv.com	1:06:44	1995 MJB	3	1:07:29	33:48 * 33:41	6:40 min/km
289	1728	Haun Oliver		1:06:53	1968 M40	44	1:07:35	33:35 * 34:00	6:41 min/km
290	1801	Aretz Christian		1:07:55	1975 M35	46	1:08:09	29:57 * 38:12	6:48 min/km
291	1812	Herrmann Bodo		1:09:25	1966 M45	53	1:10:08	33:47 * 36:21	6:57 min/km
292	1957	Breutzmann Kurt-Michael	Karate-Do Overath e.V.	1:16:17	1967 M45	54	1:16:58	38:43 * 38:15	7:38 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1928	Jansen Nicole	Polizei Köln	0:44:03	1974 W35	1	0:44:17	22:06 * 22:11	4:24 min/km
2	2250	Dillmann Kirsten	*Frechen	0:44:27	1965 W45	1	0:45:00	22:54 * 22:06	4:27 min/km
3	1822	Herscheid Anne	TriCologne	0:44:47	1985 WHK	1	0:45:06	22:13 * 22:52	4:29 min/km
4	2177	Thiel Melanie	projektbar GmbH	0:44:49	1978 W30	1	0:44:55	22:01 * 22:53	4:29 min/km
5	1777	Möbus Renate		0:45:47	1973 W35	2	0:45:54	22:56 * 22:57	4:35 min/km
6	2096	Rosenbaum Susanne		0:46:01	1970 W40	1	0:46:40	23:42 * 22:58	4:36 min/km
7	1963	Christ Astrid	Rainer Frank-Gerhard	0:46:10	1964 W45	2	0:46:12	22:44 * 23:27	4:37 min/km
8	1637	Söntgerath Birgit		0:46:15	1972 W40	2	0:46:44	23:46 * 22:58	4:38 min/km
9	1748	Symhardt Ina		0:46:47	1979 W30	2	0:47:21	23:53 * 23:27	4:41 min/km
10	1698	Schreich Eva		0:46:52	1977 W35	3	0:47:08	23:36 * 23:31	4:41 min/km
11	1952	Bion Anja		0:47:03	1968 W40	3	0:47:10	23:53 * 23:17	4:42 min/km
12	2289	Borgloh Sarah	*Willich	0:47:34	1981 W30	3	0:47:50	23:53 * 23:56	4:45 min/km
13	2271	Wozny Julia		0:47:39	1981 W30	4	0:48:18	24:10 * 24:07	4:46 min/km
14	1625	Frömmig Yvonne	BG ETEM - Laufend was	0:47:40	1979 W30	5	0:47:46	23:37 * 24:09	4:46 min/km
15	1806	Herbers Meike	Laufrausch Köln	0:47:49	1987 WHK	2	0:48:27	24:15 * 24:11	4:47 min/km
16	1861	Schnurr Sabrina		0:48:40	1991 WHK	3	0:49:27	32:57 * 16:30	4:52 min/km
17	1857	Neumann Anna		0:48:41	1991 WHK	4	0:49:27	32:57 * 16:30	4:52 min/km
18	1636	Cremer Michaela		0:49:32	1972 W40	4	0:49:33	25:21 * 24:11	4:57 min/km
19	2196	Böckenfeld Brita	*Bonn	0:49:55	1967 W45	3	0:50:04	24:57 * 25:06	4:60 min/km
20	1739	Dörre Tanja	GOPA-Runners	0:49:57	1978 W30	6	0:50:06	24:46 * 25:19	4:60 min/km
21	11	Trinker Heike		0:50:15	1961 W50	1	0:50:17	24:03 * 26:14	5:02 min/km
22	1567	Fliri Elke	KSK Köln, RD 1 Team	0:50:28	1969 W40	5	0:50:41	25:21 * 25:19	5:03 min/km
23	1775	Warren Sarah		0:50:28	1978 W30	7	0:51:14	25:53 * 25:21	5:03 min/km
24	1672	Schönborn Claudia		0:50:41	1969 W40	6	0:51:20	25:53 * 25:27	5:04 min/km
25	1856	Alphons Stephanie	Frontrunners Cologne	0:50:54	1965 W45	4	0:51:00	24:31 * 26:29	5:05 min/km
26	2010	Heinrichs Birgitt	REWE GroupX	0:51:00	1963 W45	5	0:51:20	25:37 * 25:43	5:06 min/km
27	1832	Becker Kirsten	Elle World Köln	0:51:08	1973 W35	4	0:51:38	26:05 * 25:32	5:07 min/km
28	2280	Duphorn Elke	Lauftreff Decksteiner	0:51:14	1969 W40	7	0:51:26	25:49 * 25:36	5:07 min/km
29	2098	Rühmann Anna	Karate-Do Overath e.V.	0:51:39	1983 WHK	5	0:52:16	25:42 * 26:33	5:10 min/km
30	2167	Weber Maren	*Köln	0:51:53	1987 WHK	6	0:52:48	26:34 * 26:13	5:11 min/km
31	2150	Wanstrath Christina		0:51:58	1981 W30	8	0:52:23	26:39 * 25:43	5:12 min/km
32	2226	Franke Karoline		0:52:01	1981 W30	9	0:52:21	26:16 * 26:05	5:12 min/km
33	1929	Schmidt Inga	Polizei Köln	0:52:24	1982 W30	10	0:53:01	27:24 * 25:37	5:14 min/km
34	2072	Musiol Linda		0:52:34	1984 WHK	7	0:52:50	26:39 * 26:10	5:15 min/km
35	1763	Quitau Julia		0:52:36	1978 W30	11	0:53:05	27:02 * 26:02	5:16 min/km
36	1848	Herbers Anja		0:53:07	1985 WHK	8	0:53:44	27:33 * 26:10	5:19 min/km
37	1505	Ahl Madeleine		0:53:20	1962 W50	2	0:53:48	26:36 * 27:12	5:20 min/km
38	1794	Matl Alexandra		0:53:33	1985 WHK	9	0:54:04	27:12 * 26:52	5:21 min/km
39	1872	Peters Bernadette		0:53:33	1962 W50	3	0:54:07	27:42 * 26:25	5:21 min/km
40	1815	Tschorn Kirsten		0:53:39	1968 W40	8	0:53:57	27:03 * 26:54	5:22 min/km
41	2199	Mosch Mira	Gymnasium Pesch	0:53:46	1981 W30	12	0:54:34	28:36 * 25:57	5:23 min/km
42	1868	Schumacher Birgit		0:53:48	1978 W30	13	0:54:35	28:49 * 25:45	5:23 min/km
43	1833	Bolz-Friedmann Carina		0:54:03	1969 W40	9	0:54:21	27:41 * 26:40	5:24 min/km
44	2238	Skilich Claudia	BSG Siemens	0:54:09	1972 W40	10	0:55:02	28:07 * 26:55	5:25 min/km
45	2244	Born Caroline	*Köln	0:54:10	1969 W40	11	0:54:30	26:43 * 27:46	5:25 min/km
46	1733	Jansen Beate		0:54:22	1962 W50	4	0:54:41	27:35 * 27:05	5:26 min/km
47	1687	Wirtz Christiane	True Colours	0:54:26	1966 W45	6	0:54:34	26:23 * 28:11	5:27 min/km
48	2075	Naumann Lisa		0:54:28	1990 WHK	10	0:55:15	28:12 * 27:02	5:27 min/km
49	2191	Otto Angelika	Projektbar	0:54:31	1960 W50	5	0:54:44	27:51 * 26:52	5:27 min/km
50	1888	Drees Bärbel		0:54:45	1964 W45	7	0:55:31	28:47 * 26:43	5:29 min/km
51	1564	Kaatz Miriam	KSK Köln, RD 1 Team	0:54:49	1981 W30	14	0:55:19	27:53 * 27:26	5:29 min/km
52	1976	Eggers Marion	PSV Bonn Triathlon	0:54:53	1973 W35	5	0:54:57	27:05 * 27:51	5:29 min/km
53	2267	Schmid Miriam		0:54:54	1975 W35	6	0:55:33	28:12 * 27:21	5:29 min/km

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54	1837	Kewitz Sabine	Hornhaut - Burnout	0:54:54	1972 W40	12	0:55:22	28:16 * 27:06	5:29 min/km
55	1838	Riepe Sabine	Hornhaut - Burnout	0:55:32	1966 W45	8	0:55:59	28:16 * 27:43	5:33 min/km
56	1927	Block Martina	Polizei Köln	0:55:41	1985 WHK	11	0:55:45	27:33 * 28:12	5:34 min/km
57	1917	Kremer Dajana	Polizei Köln	0:55:43	1989 WHK	12	0:55:48	27:29 * 28:19	5:34 min/km
58	1926	Borchert Isabell	Polizei Köln	0:55:43	1984 WHK	13	0:55:48	27:29 * 28:19	5:34 min/km
59	2064	Meffert Jessica	speckATTACK	0:55:43	1987 WHK	14	0:56:04	29:10 * 26:54	5:34 min/km
60	1997	Gießen-Vorwald Stefanie	speckATTACK	0:55:44	1973 W35	7	0:56:04	29:19 * 26:45	5:34 min/km
61	2130	Sonnenschein Stephanie	speckATTACK	0:55:44	1984 WHK	15	0:56:08	29:10 * 26:57	5:34 min/km
62	1628	Wendlandt Anke	BG ETEM - Laufend was	0:55:50	1968 W40	13	0:56:01	28:18 * 27:43	5:35 min/km
63	1547	Spektor Nani		0:55:53	1974 W35	8	0:56:15	27:31 * 28:43	5:35 min/km
64	1792	Froom Nina		0:55:57	1990 WHK	16	0:56:43	28:09 * 28:33	5:36 min/km
65	2041	Kühl Vanessa		0:55:59	1987 WHK	17	0:56:08	27:33 * 28:35	5:36 min/km
66	2260	Beyer Birgit	*Köln	0:56:05	1961 W50	6	0:56:15	28:19 * 27:55	5:37 min/km
67	2126	Sicklinger Sonja		0:56:13	1989 WHK	18	0:56:34	27:56 * 28:37	5:37 min/km
68	2204	Mayrhofer Katja	Drob Inn	0:56:24	1975 W35	9	0:57:20	29:30 * 27:50	5:38 min/km
69	1823	Siemons Elisabeth		0:56:28	1966 W45	9	0:57:15	29:34 * 27:41	5:39 min/km
70	1751	Roy Christina		0:56:55	1978 W30	15	0:57:10	28:17 * 28:53	5:42 min/km
71	2265	Ressler Lisa		0:57:00	1977 W35	10	0:57:46	31:00 * 26:46	5:42 min/km
72	2133	Steinberg Anne		0:57:00	1986 WHK	19	0:57:13	28:50 * 28:23	5:42 min/km
73	1805	Roesen Anja	Running Gag Cologne	0:57:21	1974 W35	11	0:58:14	30:53 * 27:21	5:44 min/km
74	1845	Cafaro Rosa	Team CoCo	0:57:22	1969 W40	14	0:58:14	30:44 * 27:30	5:44 min/km
75	1899	Schwark Marina		0:57:23	1987 WHK	20	0:58:24	28:49 * 29:34	5:44 min/km
76	1795	Abts Anne	Running Gag	0:57:23	1975 W35	12	0:58:16	30:53 * 27:22	5:44 min/km
77	2103	Savelsberg Sabine		0:57:24	1981 W30	16	0:57:55	28:29 * 29:26	5:44 min/km
78	2201	Kremer Bettina	SC Fretter	0:57:32	1964 W45	10	0:57:35	28:35 * 29:00	5:45 min/km
79	1619	Heidkamp Eva-Maria		0:57:51	1954 W55	1	0:58:18	29:16 * 29:01	5:47 min/km
80	1618	Lippold Karoline		0:57:51	1964 W45	11	0:58:18	29:17 * 29:01	5:47 min/km
81	1744	Hofbauer Laura		0:58:04	1983 WHK	21	0:58:53	30:46 * 28:07	5:48 min/km
82	2115	Schneider Sabine		0:58:31	1962 W50	7	0:58:47	30:39 * 28:07	5:51 min/km
83	1560	Karow Petra		0:58:38	1974 W35	13	0:58:57	29:18 * 29:38	5:52 min/km
84	2046	Lahr Christiane	REWE GroupX	0:58:40	1978 W30	17	0:59:19	31:18 * 28:00	5:52 min/km
85	1992	Geist Therese	REWE GroupX	0:58:41	1980 W30	18	0:59:19	31:18 * 28:00	5:52 min/km
86	2000	Glende Brigitte	4 Gewinnt	0:58:41	1981 W30	19	0:59:03	30:00 * 29:02	5:52 min/km
87	19	Afarsion Farida		0:58:43	1980 W30	20	0:58:58	28:15 * 30:42	5:52 min/km
88	1707	Schröder Cornelia		0:58:50	1980 W30	21	0:59:11	31:31 * 27:40	5:53 min/km
89	1916	Pannke Nadine	Polizei Köln	0:58:59	1976 W35	14	0:59:36	30:36 * 29:00	5:54 min/km
90	1755	Weitner Heike		0:59:09	1975 W35	15	1:00:00	31:19 * 28:41	5:55 min/km
91	2146	Venning Barbara		0:59:10	1964 W45	12	0:59:35	29:34 * 30:01	5:55 min/km
92	1630	Schössler Tiana	BG ETEM - Laufend was	0:59:17	1980 W30	22	1:00:05	31:24 * 28:40	5:56 min/km
93	1712	Meyer Melanie	SC LWL 05	0:59:18	1976 W35	16	0:59:25	29:07 * 30:18	5:56 min/km
94	1717	Hüppeler Antje		0:59:20	1965 W45	13	0:59:47	30:52 * 28:54	5:56 min/km
95	1614	Weiler Anja		0:59:26	1978 W30	23	0:59:42	28:58 * 30:44	5:57 min/km
96	1965	Coenenberg Judith	4 Gewinnt	0:59:35	1981 W30	24	0:59:58	30:00 * 29:57	5:58 min/km
97	2174	Bilik Gülay	MAx-Planck-RS	0:59:50	1981 W30	25	1:00:10	28:38 * 31:32	5:59 min/km
98	1934	Angenvoort Anne	REWE GroupX	0:59:52	1988 WHK	22	1:00:10	29:52 * 30:18	5:59 min/km
99	1796	Gareis Nina		0:59:53	1983 WHK	23	1:00:36	32:08 * 28:28	5:59 min/km
100	1946	Becker Martina	speckATTACK	1:00:15	1982 W30	26	1:00:36	29:19 * 31:16	6:02 min/km
101	1840	Wegener Nora	Hornhaut - Burnout	1:00:23	1982 W30	27	1:00:51	30:36 * 30:15	6:02 min/km
102	1978	Eichenauer Stefanie	NetCologne	1:00:26	1984 WHK	24	1:00:43	30:03 * 30:40	6:03 min/km
103	2257	Zickermann Yvonne		1:00:35	1975 W35	17	1:01:35	32:12 * 29:22	6:04 min/km
104	2012	Hennig Christina	Hellige Knäächte un	1:00:37	1981 W30	28	1:01:30	31:34 * 29:55	6:04 min/km
105	1779	Harmuth Petra		1:00:52	1968 W40	15	1:01:15	31:55 * 29:19	6:05 min/km
106	1778	Knauer Hilde		1:00:52	1963 W45	14	1:01:15	31:55 * 29:19	6:05 min/km
107	1647	Gerlach Katrin	4monkeys	1:01:05	1983 WHK	25	1:01:30	31:52 * 29:38	6:07 min/km
108	1953	Birkenfeld Mascha		1:01:09	1976 W35	18	1:02:09	31:43 * 30:25	6:07 min/km
109	1973	Dursun Nurcan		1:01:24	1979 W30	29	1:01:59	30:45 * 31:14	6:08 min/km

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110	1826	Schalke Christine		1:01:37	1988 WHK	26	1:02:22	32:56 * 29:26	6:10 min/km
111	2106	Schenk Marika		1:01:43	1981 W30	30	1:02:14	31:37 * 30:37	6:10 min/km
112	1526	Lüke Sandra		1:01:50	1981 W30	31	1:02:48	31:05 * 31:42	6:11 min/km
113	1699	Rulle Claudia		1:02:00	1967 W45	15	1:02:23	32:14 * 30:08	6:12 min/km
114	1947	Berger Nadja		1:02:29	1978 W30	32	1:03:01	32:43 * 30:17	6:15 min/km
115	1885	Landesfeind Meike		1:02:42	1980 W30	33	1:03:08	32:04 * 31:04	6:16 min/km
116	1939	Axmacher Barbara		1:02:57	1966 W45	16	1:03:32	30:59 * 32:33	6:18 min/km
117	1732	Kremer Tina		1:03:13	1967 W45	17	1:03:37	31:30 * 32:07	6:19 min/km
118	2220	Görtz Dagmar	*Köln	1:03:21	1965 W45	18	1:04:18	32:02 * 32:16	6:20 min/km
119	1583	Becher In Ok Kim		1:03:27	1978 W30	34	1:03:38	31:11 * 32:26	6:21 min/km
120	1511	Kick Sabine		1:03:32	1961 W50	8	1:04:07	31:35 * 32:32	6:21 min/km
121	1592	Oguz Svenja	Die wilden Kerle	1:04:11	1981 W30	35	1:04:25	30:56 * 33:28	6:25 min/km
122	1770	Waldhardt Elke		1:04:20	1974 W35	19	1:04:50	31:48 * 33:02	6:26 min/km
123	2048	Lange Sabrina		1:04:21	1983 WHK	27	1:05:10	33:04 * 32:06	6:26 min/km
124	2032	Kloke-Kniesburges	Running Gags	1:04:30	1984 WHK	28	1:04:55	31:52 * 33:03	6:27 min/km
125	2055	Liedmann Marina	REWE GroupX	1:04:41	1979 W30	36	1:04:52	31:12 * 33:40	6:28 min/km
126	1804	Olk Simone		1:04:52	1983 WHK	29	1:05:19	32:13 * 33:05	6:29 min/km
127	1797	Seithe Janetta		1:05:00	1982 W30	37	1:05:27	31:34 * 33:52	6:30 min/km
128	1558	Stratmann Brigitte	Gelpegazellen Wuppertal	1:05:03	1953 W55	2	1:05:57	32:11 * 33:46	6:30 min/km
129	1591	Henk Elisabeth		1:05:14	1987 WHK	30	1:05:57	32:19 * 33:37	6:31 min/km
130	1578	Schmitt Michaela	mhplus Krankenkasse	1:05:44	1976 W35	20	1:06:06	32:38 * 33:28	6:34 min/km
131	1644	Thiemicke Katja	Kati&Tommy	1:05:49	1969 W40	16	1:06:06	31:13 * 34:53	6:35 min/km
132	1	Hehl Susanne	Renntiere	1:05:53	1973 W35	21	1:06:22	33:05 * 33:17	6:35 min/km
133	1719	Sahl Sarah		1:05:55	1986 WHK	31	1:06:38	33:08 * 33:29	6:36 min/km
134	1721	Müller Christine		1:05:59	1987 WHK	32	1:06:41	33:09 * 33:31	6:36 min/km
135	2181	Schneider Barbara	*Köln	1:05:59	0 WHK	33	1:06:53	33:32 * 33:21	6:36 min/km
136	1956	Bräutigam Nicole	REWE GroupX	1:06:02	1979 W30	38	1:06:14	33:06 * 33:07	6:36 min/km
137	1772	Dassler Tanja		1:06:20	1969 W40	17	1:06:51	33:10 * 33:41	6:38 min/km
138	1737	Habezai-Fekri Shari	Bündnis 90/ Die Grünen	1:07:01	1965 W45	19	1:07:19	31:18 * 36:01	6:42 min/km
139	2156	Wirtz Bianca		1:07:55	1982 W30	39	1:08:24	33:19 * 35:04	6:48 min/km
140	1876	Peters Elke		1:08:14	1965 W45	20	1:08:50	34:55 * 33:54	6:49 min/km
141	1874	Wolter Claudia		1:08:15	1965 W45	21	1:08:50	34:55 * 33:54	6:50 min/km
142	1682	Heide Sandra	mhplus Krankenkasse	1:09:02	1978 W30	40	1:09:23	32:37 * 36:46	6:54 min/km
143	1536	Heinz Julia		1:09:36	1975 W35	22	1:09:55	34:07 * 35:48	6:58 min/km
144	1849	Paulsen Marie Kristin		1:10:09	1985 WHK	34	1:10:33	33:49 * 36:43	7:01 min/km
145	1752	Glüsing Dr Ann-Katrin		1:10:10	1966 W45	22	1:10:27	35:27 * 34:59	7:01 min/km
146	1580	Daniels Sonja	Chaoslarp e.V.	1:10:19	1975 W35	23	1:11:03	36:08 * 34:54	7:02 min/km
147	1762	Dauber Kirstin		1:10:56	1984 WHK	35	1:11:40	36:08 * 35:31	7:06 min/km
148	1879	Florczak Claudia		1:11:28	1964 W45	23	1:12:03	35:50 * 36:13	7:09 min/km
149	1515	Jürges Trudlinda		1:11:30	1953 W55	3	1:12:24	36:40 * 35:44	7:09 min/km
150	1967	Döring Birgit	Karate-Do Overath e.V.	1:16:17	1960 W50	9	1:16:58	39:04 * 37:54	7:38 min/km
151	2165	Zanders Jutta	Karate-Do Overath e.V.	1:16:17	1955 W55	4	1:16:58	39:04 * 37:53	7:38 min/km
152	2141	V. Gäßler Eva	Karate-Do Overath e.V.	1:16:18	1954 W55	5	1:16:58	38:43 * 38:15	7:38 min/km
153	1890	Rohmoser Felicitas	Laufmariechen Köln	1:18:25	1956 W55	6	1:19:27	37:39 * 41:48	7:51 min/km
154	1889	Rohmoser Eva-Maria	Laufmariechen Köln	1:18:25	1954 W55	7	1:19:27	37:38 * 41:48	7:51 min/km