

Kölner Nikolauslauf am 8. Dezember 2013 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	957	Rinke André	MHMK-Running	0:38:17	1991 MHK	1	0:38:17	12:16 * 12:38 * 13:21	3:50 min/km
2	3120	Orthen Johannes	TV Rodenkirchen Triathlon	0:38:24	1962 M50	1	0:38:25	12:17 * 12:38 * 13:28	3:50 min/km
3	2804	Te Boekhorst Wander	Die milde Horde	0:40:35	1975 M35	1	0:40:37	12:35 * 13:32 * 14:27	4:04 min/km
4	1795	Grewe Björn	*Köln	0:41:40	1982 M30	1	0:42:24	14:30 * 13:07 * 14:02	4:10 min/km
5	627	Kölzer Ken	*Düsseldorf	0:41:41	1987 MHK	2	0:41:44	13:21 * 13:43 * 14:36	4:10 min/km
6	1320	Zellner Markus	Depotrunners Bracht	0:41:52	1977 M35	2	0:41:55	13:37 * 13:40 * 14:34	4:11 min/km
7	983	Schaake Matt	TUSEM ESSEN	0:42:00	1989 MHK	3	0:42:02	13:31 * 14:00 * 14:28	4:12 min/km
8	447	Hecker Dirk	*Hürth	0:42:08	1974 M35	3	0:42:14	13:40 * 13:54 * 14:34	4:13 min/km
9	890	Peters Gunnar	Santas Angels	0:42:25	1974 M35	4	0:42:35	13:27 * 14:01 * 14:57	4:15 min/km
10	1571	Demircan Ozan	Lokomotive Laktat	0:42:28	1986 MHK	4	0:42:39	13:29 * 14:09 * 14:49	4:15 min/km
11	839	Niebel Dennis	Lokomotive Laktat	0:42:35	1988 MHK	5	0:42:46	13:14 * 14:28 * 14:52	4:16 min/km
12	1705	Franke Martin	Die Rute wird berechnet	0:42:37	1967 M45	1	0:42:39	13:25 * 14:24 * 14:47	4:16 min/km
13	2645	Schneider Ben	GS1 Germany 1	0:42:58	1974 M35	5	0:43:01	13:34 * 14:36 * 14:46	4:18 min/km
14	2875	Vogt Pascal	-	0:43:17	1984 MHK	6	0:43:42	13:50 * 14:22 * 15:03	4:20 min/km
15	1603	Dörnemann Frank	Blau Schwarz Düsseldorf	0:43:35	1983 M30	2	0:43:59	14:35 * 14:14 * 14:46	4:22 min/km
16	186	Csiba Philip	*Koeln	0:43:42	1971 M40	1	0:44:02	14:20 * 14:20 * 15:01	4:22 min/km
17	279	Eymers Florian	Oldenburger Wundertüte	0:43:51	1983 M30	3	0:44:14	14:45 * 14:27 * 14:39	4:23 min/km
18	1763	Gilles Raphael	Stiftung Wadentest	0:44:14	1988 MHK	7	0:44:20	14:09 * 14:32 * 15:32	4:25 min/km
19	3142	Bayse Thomas	KClG	0:44:16	0 MHK	8	0:45:16	14:57 * 14:26 * 14:51	4:26 min/km
20	30	Atamtuerk Hüseyin	FC Deutsche Post	0:44:18	1966 M45	2	0:45:18	14:20 * 14:34 * 15:23	4:26 min/km
21	1069	Schülke Michael	*Erfstadt	0:44:24	1958 M55	1	0:44:25	14:34 * 14:40 * 15:09	4:26 min/km
22	3047	Marek Adrian		0:44:29	1972 M40	2	0:45:00	14:36 * 14:26 * 15:26	4:27 min/km
23	3069	Burgmann Rafael		0:44:38	1970 M40	3	0:45:13	15:01 * 14:50 * 14:46	4:28 min/km
24	370	Glomb Bodo	Noch 3 Runners	0:44:43	1963 M50	2	0:44:59	14:45 * 14:33 * 15:23	4:28 min/km
25	2011	Bukowski Markus		0:44:44	1986 MHK	9	0:44:48	14:32 * 14:41 * 15:31	4:28 min/km
26	2673	Schröter Dirk	MHMK-Running	0:44:45	1966 M45	3	0:44:50	14:32 * 14:46 * 15:25	4:29 min/km
27	682	Kuhr Thomas	SSK Kerpen	0:44:47	1969 M40	4	0:45:06	14:31 * 14:44 * 15:31	4:29 min/km
28	3090	Palm Marvin		0:44:48	1991 MHK	10	0:45:10	14:59 * 15:07 * 14:42	4:29 min/km
29	2087	Grabosch Stefan		0:44:49	1986 MHK	11	0:45:10	15:00 * 15:06 * 14:42	4:29 min/km
30	484	Hettwer Thomas	*Bonn	0:45:03	1963 M50	3	0:47:09	14:51 * 14:27 * 15:44	4:30 min/km
31	1040	Schneider Dr. Markus	Mach3 Köln e.V.	0:45:14	1978 M35	6	0:45:19	15:07 * 14:42 * 15:23	4:31 min/km
32	359	Gernert Hendrik	*Köln	0:45:14	1971 M40	5	0:45:18	14:27 * 15:06 * 15:40	4:31 min/km
33	1724	Furhmann Pascal	LT DSHS Köln	0:45:18	1994 MJA	1	0:45:33	15:32 * 14:40 * 15:04	4:32 min/km
34	730	Lochner Stefan	*Köln	0:45:35	1981 M30	4	0:47:46	15:11 * 15:13 * 15:11	4:34 min/km
35	78	Birkenbusch Kai	Kenias Allerallerletzte	0:45:37	1983 M30	5	0:45:39	14:35 * 15:01 * 16:00	4:34 min/km
36	522	Hünseler Holger	Team Erdinger Alkoholfrei	0:45:39	1971 M40	6	0:45:59	14:46 * 14:48 * 16:03	4:34 min/km
37	2767	Stier Bernhard	Cologne	0:45:41	1990 MHK	12	0:46:27	15:52 * 14:39 * 15:10	4:34 min/km
38	2105	Kohl Felix	Cologne	0:45:42	1992 MHK	13	0:46:27	15:52 * 14:39 * 15:10	4:34 min/km
39	67	Bernhardt Heiko	SONICRUN	0:45:48	1971 M40	7	0:45:59	15:10 * 15:04 * 15:33	4:35 min/km
40	935	Reimann Sascha	Die SchönWetterLäufer	0:45:50	1980 M30	6	0:46:26	15:38 * 15:13 * 14:58	4:35 min/km
41	2965	Wohnsland Andreas	*Schöllkrippen	0:45:56	1977 M35	7	0:46:07	14:40 * 14:58 * 16:16	4:36 min/km
42	1280	Werthmann Sascha	*Troisdorf	0:45:56	1974 M35	8	0:46:10	14:59 * 15:10 * 15:46	4:36 min/km
43	1221	Van Hasselt Stefan	ix.mid läuft	0:46:04	1967 M45	4	0:47:54	15:13 * 14:55 * 15:55	4:36 min/km
44	1008	Schlochtermeier Dr.	Fersengeld Hürther	0:46:07	1970 M40	8	0:46:18	14:55 * 15:10 * 16:01	4:37 min/km
45	828	Nachtsheim Klaus	Endboss	0:46:09	1981 M30	7	0:46:52	15:15 * 15:11 * 15:41	4:37 min/km
46	1302	Wolf Harald	Lauftreff Decksteiner	0:46:11	1967 M45	5	0:46:16	14:05 * 15:32 * 16:34	4:37 min/km
47	0	Rühl Christian		0:46:16	1974 M35	9	0:46:44	15:17 * 14:58 * 16:00	4:38 min/km
48	1292	Winkelhausen Jörg	*Odenthal	0:46:22	1977 M35	10	0:46:33	15:00 * 15:06 * 16:15	4:38 min/km
49	2144	Kresser Thomas	*Köln	0:46:28	1973 M40	9	0:46:39	14:46 * 15:41 * 16:00	4:39 min/km
50	2537	Ritterbach Martin	RSC Nievenheim	0:46:28	1981 M30	8	0:46:55	15:50 * 15:01 * 15:36	4:39 min/km
51	822	Müller-Schöll Till	PUSHENSY	0:46:35	1974 M35	11	0:50:14	15:07 * 15:15 * 16:12	4:39 min/km
52	129	Breul Martin	Sportfreunde Melaten	0:46:36	1986 MHK	14	0:48:51	15:38 * 15:10 * 15:47	4:40 min/km
53	3150	Ansari Axash		0:46:41	1973 M40	10	0:46:54	14:40 * 15:56 * 16:04	4:40 min/km

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54	2153	Kuczera Darius	*Troisdorf	0:46:42	1969 M40	11	0:47:16	15:03 * 15:17 * 16:22	4:40 min/km
55	2691	Schulze Kai	Die Einzelläuferhorde	0:46:44	1990 MHK	15	0:47:08	15:30 * 15:25 * 15:48	4:40 min/km
56	59	Behrendt Christoph	*Köln	0:46:44	1988 MHK	16	0:48:41	15:31 * 15:36 * 15:36	4:40 min/km
57	1579	Deutschmann OLeg	Fear and Loathing in Köln	0:46:50	1985 MHK	17	0:47:23	15:25 * 15:09 * 16:15	4:41 min/km
58	1092	Schwitanski Dorian	Cardiff City	0:46:51	1985 MHK	18	0:47:17	15:23 * 15:20 * 16:08	4:41 min/km
59	801	Molitor Dr. Harald	ASV Triathlon Köln	0:46:53	1959 M50	4	0:48:47	15:11 * 15:32 * 16:09	4:41 min/km
60	441	Hayer Bernhard	Runners Metternich	0:46:54	1975 M35	12	0:47:02	16:17 * 14:49 * 15:47	4:41 min/km
61	561	Kalicinski Michael	Renninchen	0:46:55	1986 MHK	19	0:51:07	16:59 * 14:46 * 15:09	4:42 min/km
62	210	Djamalpour Syrus	SC 08 Elsdorf	0:47:00	1965 M45	6	0:47:08	15:07 * 15:44 * 16:09	4:42 min/km
63	1967	Jansen Andreas	Lokomotive Laktat	0:47:04	1985 MHK	20	0:47:18	15:08 * 16:03 * 15:52	4:42 min/km
64	240	Ehlen Henrik	SV Spark.KölnBonn	0:47:07	1998 MSA	1	0:47:49	15:58 * 15:19 * 15:49	4:43 min/km
65	2240	Ludemann Klaus	*Köln	0:47:08	1968 M45	7	0:47:19	14:46 * 15:41 * 16:40	4:43 min/km
66	3089	Ofer René		0:47:12	1983 M30	9	0:47:34	14:59 * 15:20 * 16:52	4:43 min/km
67	624	Köck Prof. Dr. Roger	*Köln	0:47:15	1975 M35	13	0:48:44	15:45 * 15:19 * 16:09	4:44 min/km
68	1922	Hock Michael	RaBaz	0:47:16	1980 M30	10	0:47:48	15:38 * 15:09 * 16:28	4:44 min/km
69	3110	Sowade Uli	Runing Gag Cologne	0:47:28	1970 M40	12	0:48:02	15:32 * 15:24 * 16:30	4:45 min/km
70	2601	Scherer Merlin	Die wilden 9+x	0:47:29	1994 MJA	2	0:48:47	16:18 * 15:20 * 15:50	4:45 min/km
71	424	Hamilton Alistair	-- THIS GUY IS	0:47:32	1978 M35	14	0:47:54	15:12 * 15:34 * 16:45	4:45 min/km
72	1484	Brand Andreas	*Stuttgart	0:47:36	1972 M40	13	0:47:43	16:02 * 16:40 * 14:53	4:46 min/km
73	369	Glaubach Juergen	Team Supermaus	0:47:37	1961 M50	5	0:47:43	16:13 * 15:04 * 16:19	4:46 min/km
74	1826	Haas Christoph	DSHS NWM	0:47:38	1984 MHK	21	0:48:42	15:26 * 15:27 * 16:44	4:46 min/km
75	254	Engels Malte	Sonntagsläufer	0:47:41	1968 M45	8	0:47:55	15:37 * 15:23 * 16:39	4:46 min/km
76	2731	Soppe Bastiaan	ARC Rhenus Bonn	0:47:41	1984 MHK	22	0:52:31	16:11 * 15:32 * 15:58	4:46 min/km
77	1087	Schwenck Christian	mas-Training	0:47:43	1974 M35	15	0:48:54	16:20 * 15:15 * 16:07	4:46 min/km
78	219	Dresbach Frank	Cologne Allblacks	0:47:45	1967 M45	9	0:47:58	15:42 * 15:39 * 16:23	4:47 min/km
79	864	Oppermann Axel	*Köln	0:47:45	1956 M55	2	0:49:47	16:07 * 15:35 * 16:02	4:47 min/km
80	429	Hansen Christoph	Cologne Allblacks	0:47:45	1965 M45	10	0:47:58	15:43 * 15:39 * 16:23	4:47 min/km
81	3017	Reuther Thomas		0:47:49	1964 M45	11	0:48:22	15:14 * 15:42 * 16:53	4:47 min/km
82	939	Reinecke Alexander	Gazellen vom Niederrhein	0:47:59	1968 M45	12	0:49:21	15:58 * 15:38 * 16:22	4:48 min/km
83	1033	Schnee Martin	*Troisdorf	0:48:01	1985 MHK	23	0:48:29	15:53 * 15:50 * 16:16	4:48 min/km
84	739	Loskand Dennis	GSG 93	0:48:04	1980 M30	11	0:49:22	16:13 * 15:37 * 16:13	4:48 min/km
85	1727	Gaab Jan	Familie Gaab	0:48:06	1994 MJA	3	0:50:35	18:25 * 14:46 * 14:54	4:49 min/km
86	1019	Schmidt Michael	*Sankt Augustin	0:48:06	1971 M40	14	0:48:42	15:04 * 15:53 * 17:08	4:49 min/km
87	1681	Fiege Moritz	*Köln	0:48:14	1996 MJB	1	0:48:29	15:44 * 16:15 * 16:13	4:49 min/km
88	3354	Jödicke Dirk	Kieser Training	0:48:15	1980 M30	12	0:49:22	16:56 * 15:24 * 15:54	4:50 min/km
89	921	Quester Markus	congstar	0:48:19	1976 M35	16	0:50:27	16:29 * 15:35 * 16:15	4:50 min/km
90	260	Ermisch Heinz-Werner	Happy Running Family	0:48:19	1966 M45	13	0:48:58	16:23 * 15:39 * 16:17	4:50 min/km
91	792	Michaelis Philipp	*Köln	0:48:22	1984 MHK	24	0:48:31	15:50 * 15:56 * 16:35	4:50 min/km
92	283	Faßbender Benedikt	Düxer Runners	0:48:23	1986 MHK	25	0:49:28	16:26 * 15:35 * 16:21	4:50 min/km
93	2259	Mächtle Felix	*Düsseldorf	0:48:23	1996 MJB	2	0:52:44	16:55 * 16:21 * 15:06	4:50 min/km
94	2370	Natale Riccardo	*Köln	0:48:23	1986 MHK	26	0:49:45	16:50 * 15:33 * 16:00	4:50 min/km
95	1083	Schwabe Bernd	Sonntagsläufer	0:48:24	1956 M55	3	0:48:40	15:36 * 15:53 * 16:55	4:50 min/km
96	1511	Buchholz Gereon	Sport ist ihr Hobby	0:48:24	1978 M35	17	0:48:54	16:52 * 15:15 * 16:17	4:50 min/km
97	2899	Waller Nicholas	*Bruehl	0:48:25	1989 MHK	27	0:52:50	16:45 * 15:10 * 16:29	4:51 min/km
98	3171	Gutsch Boris	TV Refrath	0:48:29	1980 M30	13	0:52:40	16:19 * 15:54 * 16:16	4:51 min/km
99	818	Müller Marko	The runningimps	0:48:31	1982 M30	14	0:49:42	16:15 * 15:37 * 16:38	4:51 min/km
100	206	Dinstühler Guido	*Köln	0:48:35	1983 M30	15	0:49:13	15:52 * 15:51 * 16:51	4:52 min/km
101	551	Jetter Oliver	RHEINSPORT	0:48:41	1973 M40	15	0:51:20	16:38 * 15:19 * 16:43	4:52 min/km
102	1271	Weisenstein René	RHEINSPORT	0:48:41	1986 MHK	28	0:51:20	16:38 * 15:19 * 16:44	4:52 min/km
103	1215	Ullrich Christian	Flitzpiepen	0:48:41	1979 M30	16	0:52:43	15:54 * 15:50 * 16:56	4:52 min/km
104	1986	Josef Hanno	*Köln	0:48:42	1977 M35	18	0:51:31	17:03 * 15:44 * 15:54	4:52 min/km
105	848	Nohl Frank	SSV-Wildbergerhuetten	0:48:45	1962 M50	6	0:50:39	16:18 * 15:50 * 16:35	4:53 min/km
106	689	Kutschker Jan	RHEINSPORT	0:48:45	1985 MHK	29	0:51:25	16:38 * 15:18 * 16:48	4:53 min/km
107	232	Dworeck Alexander	*Köln	0:48:47	1975 M35	19	0:48:53	15:24 * 16:20 * 17:01	4:53 min/km
107	200	Desprez Pierre	bachemer wahnsinn	0:48:47	1954 M55	4	0:49:42	16:33 * 15:53 * 16:20	4:53 min/km
109	3027	Heard Edward		0:48:49	0 MHK	30	0:48:53	15:54 * 16:14 * 16:40	4:53 min/km

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110	753	Marek Waldemar	*Hürth	0:48:49	1974	M35	20	0:49:23	16:27 *	15:28 *	16:53	4:53 min/km
110	1782	Gouraud Pierre	Villafrance	0:48:49	1984	MHK	31	0:50:43	16:17 *	15:46 *	16:45	4:53 min/km
112	1250	Walgenbach Bernd	Agentur für Arbeit Köln	0:48:57	1969	M40	16	0:51:24	16:07 *	16:03 *	16:47	4:54 min/km
113	1170	Strimmer Klaus	*Köln	0:48:58	1967	M45	14	0:49:02	15:53 *	16:03 *	17:01	4:54 min/km
114	1648	Engels Andreas	*Koeln	0:49:01	1976	M35	21	0:51:01	17:22 *	15:26 *	16:13	4:54 min/km
115	779	Mergler Dieter	Der Kölsche Frohsinn	0:49:02	1967	M45	15	0:51:58	16:22 *	15:52 *	16:47	4:54 min/km
116	2385	Neuheuser Florens	RC-Schmitter	0:49:04	1971	M40	17	0:49:55	17:24 *	15:57 *	15:42	4:54 min/km
117	18	Althoff Frederek	*Köln	0:49:05	1970	M40	18	0:50:59	16:27 *	16:02 *	16:36	4:55 min/km
118	1209	Tunc Izzet	RaBaz	0:49:09	1967	M45	16	0:50:09	15:59 *	15:58 *	17:12	4:55 min/km
119	758	Martens Jörn	GVG-Laufteam	0:49:15	1962	M50	7	0:49:19	15:51 *	16:30 *	16:53	4:56 min/km
120	873	Pabst Robert	*Köln	0:49:20	1988	MHK	32	0:49:23	15:54 *	16:29 *	16:57	4:56 min/km
121	2877	Voigt David	*Köln	0:49:20	1990	MHK	33	0:50:08	16:02 *	16:14 *	17:04	4:56 min/km
122	3163	Bädorf Michael		0:49:21	1994	MJA	4	0:53:10	17:55 *	15:56 *	15:29	4:56 min/km
123	1562	Danek Frank	De Infos	0:49:22	1982	M30	17	0:49:59	16:17 *	16:07 *	16:57	4:56 min/km
124	2191	Lehmann Gero	Rakete Reissdorf	0:49:23	1971	M40	19	0:49:39	16:35 *	16:04 *	16:43	4:56 min/km
125	2445	Pelzer Tristan	Running Elements	0:49:26	1987	MHK	34	0:53:35	16:47 *	16:03 *	16:35	4:57 min/km
126	2847	Trenk David	Gothaer Runners	0:49:27	1987	MHK	35	0:50:08	16:08 *	16:13 *	17:04	4:57 min/km
127	207	Djamalpour Darius	Team Erdinger Alkoholfrei	0:49:36	1964	M45	17	0:49:39	15:32 *	16:26 *	17:37	4:58 min/km
128	1465	Bolender Hans	28000 kmh	0:49:40	1956	M55	5	0:54:13	16:44 *	16:09 *	16:46	4:58 min/km
129	434	Hartmann Sven	Krüger Running Team	0:49:40	1977	M35	22	0:54:18	16:34 *	16:14 *	16:51	4:58 min/km
130	1358	Andresen Michael	*Hürth	0:49:43	1986	MHK	36	0:52:20	16:41 *	16:27 *	16:34	4:58 min/km
131	788	Metzmacher Thomas	*Swisttal	0:49:45	1985	MHK	37	0:52:28	17:06 *	16:17 *	16:22	4:59 min/km
132	900	Plück Thomas	*Erfstadt	0:49:46	1974	M35	23	0:50:41	17:02 *	16:08 *	16:35	4:59 min/km
133	368	Glandien David	The GinNastics	0:49:51	1987	MHK	38	0:54:52	17:10 *	16:23 *	16:16	4:59 min/km
134	642	Komp Oliver	Scottryan	0:49:52	1983	M30	18	0:52:25	16:50 *	15:54 *	17:08	4:59 min/km
135	1627	Ebener Daniel	Die Zaks	0:49:53	1983	M30	19	0:50:35	16:16 *	16:03 *	17:33	4:59 min/km
136	1324	Ziese Ralf	TuS Horhausen	0:49:56	1962	M50	8	0:50:15	17:22 *	17:06 *	15:27	4:60 min/km
137	693	Lammers Vincent	Lucky Stars	0:49:57	1981	M30	20	0:54:03	17:13 *	16:50 *	15:53	4:60 min/km
138	2489	Priewe Fabian	Fabian Priewe	0:49:58	1983	M30	21	0:53:45	16:51 *	16:01 *	17:05	4:60 min/km
139	734	Lohmann Jens	*Köln	0:50:06	1974	M35	24	0:51:00	16:23 *	16:17 *	17:24	5:01 min/km
140	3049	EL Fechfali Elias		0:50:06	1978	M35	25	0:51:05	16:23 *	16:18 *	17:24	5:01 min/km
141	148	Bürgel Norbert	*Köln	0:50:06	1968	M45	18	0:50:31	16:58 *	16:15 *	16:52	5:01 min/km
142	2724	Sivitos Stamatios		0:50:13	1981	M30	22	0:50:38	15:52 *	17:01 *	17:19	5:01 min/km
143	1272	Weiskopf Daniel	*Köln	0:50:17	1978	M35	26	0:50:45	16:19 *	16:32 *	17:25	5:02 min/km
144	114	Bosque Antonio Rodenas	28000 kmh	0:50:24	1988	MHK	39	0:54:52	17:29 *	16:41 *	16:13	5:02 min/km
145	1025	Schmitz Horst	*Euskirchen	0:50:24	1963	M50	9	0:52:26	16:56 *	16:11 *	17:16	5:02 min/km
145	3325	Vietzen Ronald		0:50:24	1967	M45	19	0:50:49	15:58 *	16:54 *	17:31	5:02 min/km
147	0	unbekannt DG81BDN		0:50:26	0	MHK	40	0:50:56	16:31 *	16:24 *	17:29	5:03 min/km
148	2044	Killich Marcel	*Köln	0:50:26	1982	M30	23	0:51:01	17:18 *	16:48 *	16:19	5:03 min/km
149	1770	Göddertz Kilian	Stiftung Wadentest	0:50:28	1991	MHK	41	0:50:35	16:20 *	16:40 *	17:27	5:03 min/km
150	298	Fiege Jürgen	*Köln	0:50:29	1957	M55	6	0:50:40	15:43 *	16:32 *	18:14	5:03 min/km
151	629	Kölzer Ulrich	LT RENNHAMSTER	0:50:40	1951	M60	1	0:51:11	16:28 *	16:40 *	17:31	5:04 min/km
152	1940	Holzschuh Thilo	*Stuttgart	0:50:42	1968	M45	20	0:50:48	16:03 *	16:38 *	17:59	5:04 min/km
153	2896	Walder Lars	*Köln	0:50:42	1977	M35	27	0:53:39	17:06 *	16:19 *	17:16	5:04 min/km
154	1249	Wahlen Andre	Team DNA	0:50:43	1975	M35	28	0:51:33	15:50 *	16:44 *	18:08	5:04 min/km
155	3162	Ackermann Sebastian	Köln	0:50:44	1966	M45	21	0:51:52	17:36 *	16:28 *	16:38	5:04 min/km
156	2577	Sänger Martin	*Brühl	0:50:50	1986	MHK	42	0:51:31	15:48 *	17:05 *	17:57	5:05 min/km
157	962	Rößel Klaus-Peter	Dickmann	0:50:53	1966	M45	22	0:52:07	16:36 *	16:30 *	17:45	5:05 min/km
158	1294	Wirsing Andreas	Gothaer Runners	0:50:55	1962	M50	10	0:51:37	16:08 *	16:51 *	17:54	5:06 min/km
159	194	Decker Martin	*Duisburg	0:50:56	1984	MHK	43	0:53:13	16:48 *	16:43 *	17:24	5:06 min/km
160	566	Kamp Marcel	LG RWE Power	0:50:58	1985	MHK	44	0:51:21	16:27 *	17:05 *	17:25	5:06 min/km
161	1505	Brüning Philip	SRV Kreuzgasse Köln	0:50:59	2000	MSB	1	0:54:28	17:13 *	18:01 *	15:43	5:06 min/km
162	2390	Niebel David	Lokomotive Laktat	0:51:00	1986	MHK	45	0:51:14	16:49 *	16:45 *	17:25	5:06 min/km
163	1198	Tischlinger Dirk	*Köln	0:51:00	1981	M30	24	0:55:00	18:12 *	16:33 *	16:14	5:06 min/km
164	713	Lerch Jochen	KölnTriathlon e.V.	0:51:02	1959	M50	11	0:51:35	16:24 *	16:42 *	17:55	5:06 min/km
165	1723	Furch Daniel	*Köln	0:51:02	1987	MHK	46	0:52:23	16:51 *	16:10 *	18:00	5:06 min/km

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166	811	Müller Ariel	S.V. Ertstolz	0:51:04	1975 M35	29	0:51:27	16:26 *	16:57 *	17:40	5:06 min/km
167	521	Hülsen Michael	Rodriguez	0:51:04	1985 MHK	47	0:52:55	16:12 *	16:30 *	18:21	5:06 min/km
168	79	Birkenfeld Gero	SV Bayer 08	0:51:06	1972 M40	20	0:55:15	17:19 *	16:36 *	17:10	5:07 min/km
169	1735	Gamer Gunnar	*Köln	0:51:11	1980 M30	25	0:54:09	18:10 *	16:21 *	16:39	5:07 min/km
170	1911	Hierl Alexander	Der Kölsche Frohsinn	0:51:13	1995 MJA	5	0:54:07	16:54 *	16:13 *	18:04	5:07 min/km
171	274	Evers Felix	*Köln	0:51:13	1954 M55	7	0:53:12	16:46 *	16:43 *	17:42	5:07 min/km
172	1602	Döhmer Thorsten	*Köln	0:51:16	1983 M30	26	0:51:56	16:39 *	16:44 *	17:53	5:08 min/km
173	703	Lauer Hans-Georg	*Troisdorf	0:51:18	1963 M50	12	0:52:36	18:16 *	16:07 *	16:55	5:08 min/km
174	2918	Wegmann Martin	Die milde Horde	0:51:20	1981 M30	27	0:51:25	16:10 *	17:18 *	17:51	5:08 min/km
175	1398	Becerra Christopher	SRV Kreuzgasse Köln	0:51:21	1998 MSA	2	0:54:49	17:14 *	18:01 *	16:05	5:08 min/km
176	923	Radics Zsolt	GL8 Sport	0:51:23	1970 M40	21	0:55:20	16:42 *	16:34 *	18:05	5:08 min/km
177	563	Kallrath Andreas	Running Elements	0:51:24	1962 M50	13	0:55:39	17:28 *	16:34 *	17:21	5:08 min/km
178	874	Pannenbecker Till	*Köln	0:51:25	1972 M40	22	0:51:59	17:15 *	16:48 *	17:21	5:09 min/km
179	3001	Zoske Detlef	RC-Schmitter	0:51:26	1960 M50	14	0:52:19	17:26 *	16:32 *	17:27	5:09 min/km
180	2481	Pons Georges	*Köln	0:51:28	1972 M40	23	0:52:32	16:37 *	16:21 *	18:28	5:09 min/km
181	944	Remus Sven	Zumbaholics	0:51:28	1976 M35	30	0:52:29	17:15 *	16:32 *	17:41	5:09 min/km
182	1496	Breuer Stephan	RC-Schmitter	0:51:30	1966 M45	23	0:52:19	17:24 *	16:37 *	17:27	5:09 min/km
183	1676	Ferreira da Silva Luiz	*Köln	0:51:33	1977 M35	31	0:52:26	17:34 *	16:36 *	17:22	5:09 min/km
184	2993	Zientek Johannes	TC Lese Grün-Weiß	0:51:33	1952 M60	2	0:51:51	16:43 *	16:48 *	18:01	5:09 min/km
185	1052	Schönwälder Peter	TC Lese Grün-Weiß	0:51:33	1963 M50	15	0:53:37	18:02 *	17:03 *	16:28	5:09 min/km
186	2413	Olbert Florian	*Köln	0:51:35	1996 MJB	3	0:55:18	17:00 *	17:04 *	17:30	5:10 min/km
187	0	Jacob Ronny		0:51:37	1980 M30	28	0:52:10	16:40 *	17:00 *	17:56	5:10 min/km
188	1199	Tokarski Henry	*Elsdorf	0:51:38	1981 M30	29	0:54:11	17:02 *	17:02 *	17:34	5:10 min/km
189	2101	Körner Lucas	FKK Köln Sülz	0:51:40	1987 MHK	48	0:56:14	17:33 *	16:45 *	17:20	5:10 min/km
190	929	Reiche Hansjörg	*Köln	0:51:42	1960 M50	16	0:52:26	16:22 *	17:02 *	18:17	5:10 min/km
191	1645	Elsner Tim	congstar	0:51:44	1973 M40	24	0:52:09	17:26 *	16:57 *	17:20	5:10 min/km
192	226	Dubbelfeld Markus	Der Kölsche Frohsinn	0:51:45	1979 M30	30	0:54:40	17:04 *	16:43 *	17:57	5:11 min/km
193	104	Böhm Marcel	*Köln	0:51:48	1975 M35	32	0:53:42	17:58 *	17:03 *	16:46	5:11 min/km
194	173	Castillo Eugenio	28000 kmh	0:51:50	1969 M40	25	0:56:19	17:12 *	16:58 *	17:39	5:11 min/km
195	1555	Däuwel Sebastian	*Ludwigshafen	0:51:50	1983 M30	31	0:54:25	17:16 *	17:13 *	17:21	5:11 min/km
196	2098	König Daniel	*Köln	0:51:53	1988 MHK	49	0:53:50	18:24 *	16:45 *	16:43	5:11 min/km
197	1182	Thalhofer Richard	Die wilden 9+x	0:51:58	1981 M30	32	0:52:21	16:19 *	17:41 *	17:57	5:12 min/km
198	1278	Werner Christoph	BSG RheinEnergie	0:52:00	1965 M45	24	0:55:03	17:49 *	17:07 *	17:03	5:12 min/km
199	2304	Mialka David	*Köln	0:52:01	1985 MHK	50	0:55:37	18:58 *	16:27 *	16:35	5:12 min/km
200	2768	Still Steffen	Stiftung Wadentest	0:52:02	1988 MHK	51	0:52:09	16:40 *	17:01 *	18:20	5:12 min/km
201	2212	Lichtenberg Georg	ix.mid läuft	0:52:02	1965 M45	25	0:56:17	17:44 *	16:57 *	17:21	5:12 min/km
202	220	Dresel Stephan	TV-Kierdorf	0:52:04	1970 M40	26	0:54:19	17:30 *	17:09 *	17:25	5:12 min/km
203	20	Anhalt Michael	Gothaer Runners	0:52:05	1964 M45	26	0:52:58	17:36 *	17:14 *	17:13	5:13 min/km
204	1187	Thielen Christoph	Quäl Dich Du Sau e.V.	0:52:06	1979 M30	33	0:52:57	17:30 *	17:19 *	17:17	5:13 min/km
205	2851	Tubis Robert	Nerdic by Nature	0:52:09	1979 M30	34	0:52:18	17:27 *	17:26 *	17:14	5:13 min/km
206	2344	Müller Helmut	Müllers Overath	0:52:09	1960 M50	17	0:52:39	17:26 *	17:00 *	17:42	5:13 min/km
207	31	Auf dem Graben Peter	*Köln	0:52:12	1965 M45	27	0:56:07	18:14 *	17:04 *	16:53	5:13 min/km
208	1077	Schulz Christian	*Swisttal-Odendorf	0:52:13	1981 M30	35	0:54:55	17:06 *	16:31 *	18:36	5:13 min/km
209	810	Mueller Andreas	*Köln	0:52:13	1969 M40	27	0:56:31	18:57 *	17:51 *	15:24	5:13 min/km
210	1228	Verhey Sascha	Lucky Stars	0:52:15	1975 M35	33	0:56:22	17:14 *	16:57 *	18:04	5:14 min/km
211	488	Heuser Michael	*Köln	0:52:16	1973 M40	28	0:52:33	18:39 *	16:28 *	17:07	5:14 min/km
212	1045	Schoberth Dr. Peter	Sonntagsläufer	0:52:16	1962 M50	18	0:52:30	17:07 *	17:19 *	17:48	5:14 min/km
213	407	Güld Mark Oliver	ix.mid läuft	0:52:20	1974 M35	34	0:56:40	17:36 *	17:00 *	17:43	5:14 min/km
214	2811	Terasa Udo	*Düsseldorf	0:52:23	1958 M55	8	0:54:33	17:23 *	16:55 *	18:05	5:14 min/km
214	1925	Hölscher Tobias	*Wermelskirchen	0:52:23	1985 MHK	52	0:54:23	16:57 *	17:03 *	18:23	5:14 min/km
216	310	Förster Dirk	*Köln	0:52:28	1971 M40	29	0:52:41	15:46 *	17:42 *	18:58	5:15 min/km
217	2201	Lenz Patrick	*Köln	0:52:28	1988 MHK	53	0:53:13	17:03 *	16:48 *	18:37	5:15 min/km
218	1704	Franke Markus	*Troisdorf	0:52:29	1978 M35	35	0:55:16	18:12 *	16:53 *	17:23	5:15 min/km
219	2954	Winkelmann Christian	SG Deutsche Bank Köln	0:52:29	1978 M35	36	0:54:58	17:02 *	17:12 *	18:14	5:15 min/km
220	1155	Stephan Christoph	*Köln	0:52:30	1965 M45	28	0:54:52	17:28 *	17:14 *	17:48	5:15 min/km
221	953	Reuter Dietmar	*Kön	0:52:31	1959 M50	19	0:55:34	18:22 *	16:51 *	17:17	5:15 min/km

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222	2176	Lamann Dr. Rainer	Rodriguez	0:52:32	1982 M30	36	0:54:23	17:42 *	17:19 *	17:30	5:15 min/km
222	468	Herbst Oliver	The runningimps	0:52:32	1972 M40	30	0:53:42	17:38 *	17:00 *	17:53	5:15 min/km
222	3331	Hoffmann Martin	LT DSHS Köln	0:52:32	0 MHK	54	0:54:23	17:42 *	17:19 *	17:30	5:15 min/km
225	1319	Zech Thilo	*Köln	0:52:33	1966 M45	29	0:53:05	17:10 *	17:19 *	18:04	5:15 min/km
226	1880	Heldmaier Christian	Phalanx	0:52:34	1980 M30	37	0:52:39	16:13 *	17:29 *	18:52	5:15 min/km
227	26	Arnold Karsten	*Frechen	0:52:48	1970 M40	31	0:54:39	16:49 *	17:29 *	18:30	5:17 min/km
228	2774	Stoecker Tobias	*Köln	0:52:49	1978 M35	37	0:54:53	18:13 *	17:35 *	17:00	5:17 min/km
229	2465	Plate Tim	Phoenix Runners	0:52:51	1987 MHK	55	0:53:17	18:06 *	16:43 *	18:02	5:17 min/km
230	2655	Schönborn Wolfgang	*Kerpen	0:52:52	1969 M40	32	0:57:24	18:04 *	17:07 *	17:40	5:17 min/km
231	1141	Stascheit-Busch Andreas	*Frechen	0:52:54	1958 M55	9	0:56:38	18:00 *	17:21 *	17:33	5:17 min/km
232	3140	Kleiner Johannes	Lebensdurst-ICH e.V.	0:52:55	1990 MHK	56	0:53:51	17:28 *	17:00 *	18:26	5:18 min/km
233	3141	Valder Simon	Lebensdurst-ICH e.V.	0:52:55	0 MHK	57	0:53:51	17:27 *	17:00 *	18:27	5:18 min/km
234	322	Friedrichs Frank	Sportverein Sparkasse	0:52:55	1970 M40	33	0:53:48	17:38 *	17:01 *	18:16	5:18 min/km
235	1224	Vehreschild Tim	*Köln	0:52:57	1979 M30	38	0:53:33	18:05 *	17:29 *	17:22	5:18 min/km
236	952	Reusch Dr. Matthias	colonia-team	0:52:59	1942 M70	1	0:53:36	17:27 *	17:18 *	18:13	5:18 min/km
237	107	Bollin Sven	AachenMünchener II	0:53:00	1973 M40	34	0:53:41	17:47 *	17:15 *	17:57	5:18 min/km
238	1037	Schneider Ingo	*Köln	0:53:03	1964 M45	30	0:55:24	18:41 *	16:27 *	17:53	5:18 min/km
239	2830	Thomas Andre	*Köln-Sürth	0:53:03	1986 MHK	58	0:53:31	17:11 *	17:09 *	18:42	5:18 min/km
240	1205	Trier Olaf	LT XING-Köln, by run2	0:53:03	1974 M35	38	0:54:17	18:38 *	17:03 *	17:21	5:18 min/km
241	390	Grevelding Andreas	Laufschule Erfstadt	0:53:04	1964 M45	31	0:53:57	17:11 *	17:22 *	18:29	5:18 min/km
242	357	Germann Daniel	Flitzpiepen	0:53:05	1980 M30	39	0:57:15	17:50 *	17:13 *	18:01	5:19 min/km
243	1232	Volkman Holger	*köln	0:53:06	1968 M45	32	0:54:26	17:07 *	17:20 *	18:38	5:19 min/km
244	1111	Siegel Florian	The GinNastics	0:53:07	1988 MHK	59	0:57:58	17:41 *	17:28 *	17:58	5:19 min/km
245	1877	Heitmann Kai-Thomas	*Köln	0:53:08	1989 MHK	60	0:54:26	20:23 *	16:25 *	16:19	5:19 min/km
246	889	Petermann Christian	TriathlonSteckelCologne	0:53:08	1986 MHK	61	0:55:03	16:45 *	17:29 *	18:54	5:19 min/km
247	1774	Goffart Markus	ix.mid läuft	0:53:09	1982 M30	40	0:57:29	17:52 *	17:33 *	17:43	5:19 min/km
248	1752	Gericke Wilfried	*Kassel	0:53:10	1950 M60	3	0:53:19	17:30 *	16:54 *	18:44	5:19 min/km
249	2800	Tanir Umut	*Köln	0:53:10	1983 M30	41	0:53:19	17:30 *	16:54 *	18:45	5:19 min/km
250	2363	Myrick Daryl	Eifel Yetis	0:53:12	1990 MHK	62	0:57:09	19:41 *	16:30 *	17:00	5:19 min/km
251	674	Kudick Lothar	*Köln	0:53:16	1962 M50	20	0:53:54	18:36 *	17:34 *	17:05	5:20 min/km
252	972	Royer Herbert	sparkasse koelnbonn	0:53:17	1965 M45	33	0:54:05	17:47 *	17:08 *	18:21	5:20 min/km
253	1098	Seibert Marcus	MHMK-Running	0:53:21	1964 M45	34	0:54:56	19:07 *	16:39 *	17:34	5:20 min/km
254	271	Esters Paul	Laktatkönige	0:53:22	1959 M50	21	0:53:50	18:36 *	17:35 *	17:09	5:20 min/km
255	1036	Schneider Helmut	Kölner Narren-Zunft	0:53:26	1966 M45	35	0:53:36	16:54 *	17:37 *	18:53	5:21 min/km
256	454	Heinke Roland	Roland Heinke	0:53:26	1964 M45	36	0:53:30	17:02 *	17:49 *	18:34	5:21 min/km
256	531	Hussy Dirk	LAV Habbelrath (Abt. TT)	0:53:26	1976 M35	39	0:54:32	18:18 *	17:36 *	17:31	5:21 min/km
258	659	Kramer Uwe	*Köln	0:53:26	1962 M50	22	0:54:30	17:21 *	17:25 *	18:40	5:21 min/km
259	1180	Tegtmeier Joachim	BiTriTeam	0:53:27	1957 M55	10	0:53:47	17:46 *	17:27 *	18:13	5:21 min/km
260	1081	Schuster Harald	Les Agents Provocateurs	0:53:28	1970 M40	35	0:56:19	20:09 *	17:02 *	16:15	5:21 min/km
261	373	Gölden Horst	*Euskirchen	0:53:32	1963 M50	23	0:55:33	19:08 *	17:09 *	17:14	5:21 min/km
262	1075	Schultz Adrian	*Ratingen	0:53:34	2002 MSC	1	0:53:44	18:06 *	18:13 *	17:14	5:21 min/km
263	1786	Gramlich Till	*Köln	0:53:34	1978 M35	40	0:54:09	17:55 *	17:40 *	17:58	5:21 min/km
264	3347	Müller Jürgen	Kieser Training	0:53:36	1961 M50	24	0:54:43	17:56 *	17:34 *	18:06	5:22 min/km
265	66	Bergerhausen	*Köln	0:53:47	1965 M45	37	0:54:01	19:05 *	16:44 *	17:57	5:23 min/km
266	3061	Rudolph Jost-Henrich		0:53:47	1966 M45	38	0:56:43	18:22 *	17:40 *	17:44	5:23 min/km
267	897	Pickhard Holger	Point One Runners	0:53:48	1964 M45	39	0:56:11	18:52 *	17:12 *	17:44	5:23 min/km
268	591	Kessler Thomas	DEG Road Runner	0:53:49	1955 M55	11	0:54:53	17:14 *	17:47 *	18:46	5:23 min/km
269	948	Reppi Reppmann	Aktion CanchanaburyAIDS	0:53:51	1955 M55	12	0:56:28	19:48 *	17:00 *	17:01	5:23 min/km
270	539	Ingendahl Dr. Detlev	Die RadLosen	0:53:54	1964 M45	40	0:58:39	18:29 *	17:19 *	18:06	5:23 min/km
271	3115	Jungclaus Fynn		0:53:55	2003 MSC	2	0:54:50	18:18 *	17:42 *	17:54	5:24 min/km
272	3114	Jungclaus Mathias		0:53:56	1969 M40	36	0:54:51	18:18 *	17:42 *	17:55	5:24 min/km
273	1884	Hempfen Sebastian	Kölsche Ren(n)dierche	0:53:57	1985 MHK	63	0:56:05	19:14 *	17:39 *	17:03	5:24 min/km
274	1924	Hölscher Daniel	FIT-MIT-SVEN	0:54:00	1982 M30	42	0:56:32	18:41 *	17:31 *	17:47	5:24 min/km
275	2674	Schröter Karsten	1. Kölner Laufstall	0:54:02	1963 M50	25	0:54:28	18:18 *	17:36 *	18:07	5:24 min/km
276	2296	Mertens Daniel	*Köln	0:54:05	1987 MHK	64	0:55:04	17:35 *	17:33 *	18:56	5:25 min/km
277	1122	Solich Roger	ASV Köln Triathlon	0:54:07	1967 M45	41	0:56:00	18:14 *	17:35 *	18:17	5:25 min/km

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278	2277	Maroni Dirk	*Köln	0:54:07	1965	M45	42	0:56:06	18:27 *	17:59 *	17:41	5:25 min/km
279	607	Klein Michael	*Köln	0:54:07	1965	M45	43	0:56:50	18:26 *	17:53 *	17:48	5:25 min/km
280	1149	Stein Hans-Jörg	*Köln	0:54:08	1952	M60	4	0:54:47	17:30 *	17:53 *	18:44	5:25 min/km
281	2395	Nölling Jens	*köln	0:54:12	1971	M40	37	0:56:02	19:03 *	17:51 *	17:17	5:25 min/km
282	2464	Pitzler Joseph	*Köln	0:54:14	1957	M55	13	0:54:26	17:40 *	17:20 *	19:13	5:25 min/km
283	40	Bahling Stefan	Team Erdinger Alkoholfrei	0:54:15	1971	M40	38	0:55:33	19:13 *	17:31 *	17:30	5:26 min/km
284	398	Gross Roland	Gaffelkönige	0:54:17	1968	M45	44	0:58:50	18:41 *	17:20 *	18:15	5:26 min/km
285	553	Jüttner Jens	*Köln	0:54:18	1971	M40	39	0:58:23	19:04 *	17:15 *	17:57	5:26 min/km
286	2261	Mahlberg Michael	just4fun	0:54:18	1967	M45	45	0:55:02	18:15 *	17:49 *	18:14	5:26 min/km
287	1510	Buchen Tobias	*Köln	0:54:19	1976	M35	41	0:54:23	16:45 *	17:58 *	19:35	5:26 min/km
288	1347	Ahmann Paul	*Köln	0:54:19	1974	M35	42	0:54:23	16:45 *	18:00 *	19:33	5:26 min/km
289	183	Cramer Mathias	*Köln	0:54:25	1969	M40	40	0:55:51	18:20 *	17:55 *	18:09	5:27 min/km
290	748	Maihöfer Philipp	DJK Roland Köln-West	0:54:25	1983	M30	43	0:57:55	18:38 *	18:04 *	17:42	5:27 min/km
291	3315	Eggers Sebastian		0:54:27	1978	M35	43	0:58:24	18:20 *	17:23 *	18:43	5:27 min/km
292	799	Mörsdorf Klaus	LöWi-Dreamteam	0:54:29	1970	M40	41	0:57:26	19:06 *	17:42 *	17:41	5:27 min/km
292	53	Becker Dieter	*Köln	0:54:29	1956	M55	14	0:55:11	18:24 *	17:53 *	18:11	5:27 min/km
294	38	Baedorf Dirk	Speedskater Euskirchen	0:54:32	1968	M45	46	0:55:15	18:13 *	18:03 *	18:15	5:27 min/km
295	1776	Gonzalez Carracelas	TOXIC TEAM	0:54:32	1973	M40	42	0:55:16	19:14 *	18:01 *	17:16	5:27 min/km
296	52	Becker Alexander	*Erfstadt	0:54:33	1975	M35	44	0:55:26	18:22 *	17:39 *	18:30	5:27 min/km
297	142	Bruns Daniel	Flotte Sohle	0:54:34	1981	M30	44	0:59:22	18:43 *	17:54 *	17:56	5:27 min/km
298	1173	Ströter Thomas	*Köln	0:54:35	1979	M30	45	0:59:02	19:19 *	17:58 *	17:16	5:28 min/km
299	1766	Glaubach Dennis	Team Supermaus	0:54:39	1994	MJA	6	0:54:45	16:17 *	18:44 *	19:37	5:28 min/km
300	2271	Mans Nicolaas	Team DNA	0:54:42	1986	MHK	65	0:55:33	18:02 *	18:00 *	18:38	5:28 min/km
301	270	Esser Volker	Eifel Yetis	0:54:43	1973	M40	43	0:58:40	19:47 *	17:43 *	17:11	5:28 min/km
302	423	Hambloch Christoph	Albis Laufftreff	0:54:43	1964	M45	47	0:56:38	18:26 *	17:31 *	18:45	5:28 min/km
303	1028	Schmitz Thomas	Eifel Yetis	0:54:43	1971	M40	44	0:58:41	19:46 *	17:44 *	17:12	5:28 min/km
304	3357	Börner Uwe	Kieser Training	0:54:43	1964	M45	48	0:55:46	18:52 *	17:51 *	18:00	5:28 min/km
305	0	Börner Uwe	SSK Kerpen	0:54:44	1964	M45	49	0:55:46	18:52 *	17:51 *	18:00	5:28 min/km
306	3036	Sülzner Mike		0:54:44	1979	M30	46	0:56:01	17:53 *	18:06 *	18:45	5:28 min/km
307	1873	Heinzel Joachim	Nerdic by Nature	0:54:45	1988	MHK	66	0:54:54	17:27 *	18:16 *	19:00	5:29 min/km
308	175	Challe Fabian	*KOLN	0:54:46	1962	M50	26	0:58:24	18:03 *	18:00 *	18:42	5:29 min/km
309	3135	Marzari Kester	TSV Dieringhausen	0:54:46	1969	M40	45	0:58:53	18:35 *	17:43 *	18:27	5:29 min/km
310	2855	Ullmann Daniel	Victoria 069 Neuenhaßlau	0:54:47	1962	M50	27	0:54:49	17:04 *	18:08 *	19:34	5:29 min/km
311	1217	Ungeheuer Stefan	One year runner	0:54:49	1964	M45	50	0:56:50	17:56 *	17:55 *	18:58	5:29 min/km
312	502	Hörmann Mirko	*Hürth-Stotzheim	0:54:51	1967	M45	51	0:55:24	17:12 *	18:31 *	19:08	5:29 min/km
313	2609	Schlechtriem Andreas	SSV Griechenmarkt	0:54:52	1968	M45	52	0:55:47	17:59 *	18:07 *	18:46	5:29 min/km
314	1749	Gensch Robin	*Köln	0:54:53	1988	MHK	67	0:57:20	18:32 *	17:41 *	18:39	5:29 min/km
315	3167	Hren Jannik		0:54:53	1993	MHK	68	0:59:46	20:51 *	18:33 *	15:28	5:29 min/km
316	3040	Dingel Jens		0:54:53	1982	M30	47	0:58:29	18:06 *	17:59 *	18:46	5:29 min/km
317	2188	Lazic Marko	Pellk-Friends Lindenthal	0:54:53	1982	M30	48	0:59:20	20:13 *	17:20 *	17:19	5:29 min/km
318	797	Mitschke Martin	*Köln	0:54:55	1980	M30	49	0:59:06	20:00 *	17:43 *	17:11	5:30 min/km
319	2275	Markschläger Rudolf	*Trier	0:54:57	1957	M55	15	0:56:56	18:02 *	18:00 *	18:54	5:30 min/km
320	1865	Heidenreich Marius	*Aachen	0:55:06	1986	MHK	69	0:55:10	17:00 *	19:19 *	18:47	5:31 min/km
321	3158	Gilles Thomas		0:55:08	1982	M30	50	0:57:54	19:05 *	18:07 *	17:55	5:31 min/km
322	3335	Rymus Elmar	SG TÜV Rheinland	0:55:08	1948	M65	1	0:59:59	20:51 *	17:17 *	17:00	5:31 min/km
323	611	Kleis Winfried	atemrausch*	0:55:09	1973	M40	46	0:56:44	19:53 *	16:52 *	18:24	5:31 min/km
324	945	Renard Dirk	Köln läuft!	0:55:09	1972	M40	47	0:55:57	18:31 *	18:05 *	18:32	5:31 min/km
325	570	Kann Gilbert	klotzkoepfe	0:55:10	1972	M40	48	0:55:57	18:32 *	18:06 *	18:31	5:31 min/km
326	770	Maydeu Bosch Jordi	TOXIC TEAM	0:55:10	1983	M30	51	0:55:55	19:13 *	18:01 *	17:54	5:31 min/km
327	1190	Thomas Marcel	*Köln-Rondorf	0:55:10	1993	MHK	70	0:55:41	17:39 *	17:53 *	19:37	5:31 min/km
328	1501	Bruckwilder Hans Jörg	-	0:55:12	1955	M55	16	0:56:05	18:05 *	18:09 *	18:57	5:31 min/km
329	3052	Schmitz Thomas		0:55:13	1985	MHK	71	0:59:51	19:11 *	18:11 *	17:50	5:31 min/km
330	2314	Milione Ciro	LAUFMAMALAUFL	0:55:14	1978	M35	45	0:57:55	20:41 *	17:12 *	17:20	5:31 min/km
331	2931	Wesp Adrian	*Köln Junkersdorf	0:55:15	1995	MJA	7	0:58:44	17:37 *	18:08 *	19:28	5:32 min/km
332	1433	Bihn Daniel	*Köln	0:55:15	1973	M40	49	0:56:16	18:58 *	18:03 *	18:13	5:32 min/km
333	1043	Schnittger Gerald	*Köln	0:55:15	1964	M45	53	0:57:49	19:13 *	17:46 *	18:15	5:32 min/km

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334	2754	Steinborn Maurice	*Köln	0:55:16	1998 MSA	3	0:59:58	20:59 *	17:17 *	16:59	5:32 min/km
335	378	Golda Björn	*Köln	0:55:17	1987 MHK	72	0:58:02	18:30 *	17:51 *	18:55	5:32 min/km
336	1062	Schrennen Martin	*Overath	0:55:22	1962 M50	28	0:55:50	18:37 *	18:00 *	18:44	5:32 min/km
337	1768	Goblet Markus	*Köln	0:55:22	1985 MHK	73	0:58:56	19:16 *	17:51 *	18:14	5:32 min/km
338	2879	Voll Harald	Diabetes Programm	0:55:25	1959 M50	29	0:59:21	18:57 *	17:48 *	18:39	5:33 min/km
339	1131	Speck Holger	klotzkoepfe	0:55:28	1968 M45	54	0:56:15	18:33 *	18:05 *	18:49	5:33 min/km
340	511	Holstein Thomas	Die SchönWetterLäufer	0:55:29	1961 M50	30	0:56:03	17:48 *	17:51 *	19:49	5:33 min/km
341	1996	Kaifer Ulrich	mach3	0:55:29	1964 M45	55	0:59:20	19:15 *	17:57 *	18:16	5:33 min/km
342	1362	Arat Mert	*Köln	0:55:30	1978 M35	46	0:55:38	17:36 *	17:57 *	19:56	5:33 min/km
343	3095	Cendleushi Thomas		0:55:31	1989 MHK	74	0:56:12	17:57 *	17:59 *	19:34	5:33 min/km
344	1519	Büttner Markus	LöLing	0:55:31	1969 M40	50	0:55:38	17:36 *	17:57 *	19:56	5:33 min/km
345	472	Herr Heiko	RC-Schmitter	0:55:31	1968 M45	56	0:56:24	18:05 *	18:13 *	19:12	5:33 min/km
346	2651	Schnorbach Jonas	*Bielefeld	0:55:31	1988 MHK	75	0:57:47	18:11 *	18:38 *	18:41	5:33 min/km
347	567	Kamp Stefan	*Köln	0:55:33	1964 M45	57	0:56:48	19:01 *	17:58 *	18:33	5:33 min/km
348	1678	Feuereisel Torben	running sucks	0:55:34	1982 M30	52	0:57:56	21:11 *	16:47 *	17:35	5:33 min/km
349	1513	Buchmüller Rainer	*Frechen	0:55:35	1971 M40	51	0:57:35	18:50 *	18:04 *	18:40	5:34 min/km
350	938	Reinartz Michael	*Bergheim	0:55:37	1977 M35	47	1:00:03	18:35 *	18:07 *	18:53	5:34 min/km
351	3303	Kessler Michael		0:55:41	1988 MHK	76	0:57:43	19:34 *	17:49 *	18:17	5:34 min/km
352	166	Callies Carsten	Flitzpiepen	0:55:42	1985 MHK	77	1:00:19	18:43 *	18:17 *	18:41	5:34 min/km
353	259	Ermer Gerhard	*hürth	0:55:42	1949 M60	5	0:56:21	18:15 *	18:16 *	19:10	5:34 min/km
354	1461	Bogdan Zygmunt	*Tübingen	0:55:42	1950 M60	6	0:55:58	17:02 *	18:21 *	20:18	5:34 min/km
355	670	Krone Aaron	just4fun	0:55:49	2002 MSC	3	0:56:32	17:40 *	19:15 *	18:53	5:35 min/km
356	1583	Dicks Arne	GS1 Germany 1	0:55:50	1979 M30	53	1:00:11	18:35 *	18:03 *	19:12	5:35 min/km
357	2046	KINNER OLIVER	*Köln	0:55:51	1972 M40	52	0:56:33	18:00 *	19:29 *	18:21	5:35 min/km
358	872	Otto Ewald	KVB Marathonverein	0:55:56	1958 M55	17	0:59:00	19:12 *	17:54 *	18:49	5:36 min/km
359	2052	Kläsener Klaus	ix.mid läuft	0:55:56	1968 M45	58	1:00:15	18:22 *	18:12 *	19:21	5:36 min/km
360	0	unbekannt DT53FZW		0:55:58	0 MHK	78	0:56:00	16:53 *	19:02 *	20:01	5:36 min/km
361	1375	Bacht Andreas	Die Rute wird berechnet	0:56:00	1973 M40	53	0:56:03	16:20 *	19:20 *	20:19	5:36 min/km
362	2820	Thielen Jens	*Hennef	0:56:03	1969 M40	54	0:56:45	18:08 *	18:16 *	19:37	5:36 min/km
363	418	Häger Hermann-Josef	*Lohmar	0:56:12	1954 M55	18	0:58:28	19:14 *	18:16 *	18:42	5:37 min/km
364	668	Krieger Christian	Laufende Nasen	0:56:13	1990 MHK	79	0:56:48	18:45 *	18:29 *	18:57	5:37 min/km
365	2508	Regh Stephan	Sportfreunde Melaten	0:56:14	1984 MHK	80	0:58:31	17:33 *	18:47 *	19:53	5:37 min/km
366	1459	Börner Mats	Original Bootcamp	0:56:14	1989 MHK	81	0:58:33	21:34 *	16:01 *	18:38	5:37 min/km
367	1687	Fiolka Raimund	RC Racing Elephants	0:56:15	1962 M50	31	0:57:21	18:54 *	19:05 *	18:15	5:38 min/km
368	1843	Hammerstein Albert	*Köln	0:56:17	1998 MSA	4	1:00:47	19:54 *	17:56 *	18:26	5:38 min/km
369	2710	Seggern Valentin	Lokomotive Laufschnell	0:56:17	1982 M30	54	0:57:18	19:29 *	19:02 *	17:45	5:38 min/km
370	425	Hammerstein Dr.	*Köln	0:56:17	1968 M45	59	1:00:47	19:55 *	18:17 *	18:05	5:38 min/km
371	2012	Schneider Andreas		0:56:21	1964 M45	60	0:56:26	18:05 *	18:33 *	19:43	5:38 min/km
372	1162	Stillig Michael	*Köln	0:56:23	1973 M40	55	0:56:40	18:30 *	18:31 *	19:21	5:38 min/km
373	1533	Carra Uge	*Köln	0:56:24	1975 M35	48	0:58:22	18:29 *	17:58 *	19:56	5:38 min/km
374	2718	Siegel Dr. Jörg	The GinNastics	0:56:25	1951 M60	7	1:01:16	18:35 *	18:31 *	19:18	5:39 min/km
375	1532	Carax Julian	Lange Föös	0:56:28	1970 M40	56	1:00:17	19:22 *	18:24 *	18:42	5:39 min/km
376	1526	Burgos Alex	*Köln	0:56:30	1970 M40	57	0:56:35	19:39 *	18:08 *	18:42	5:39 min/km
377	1311	Wurda Werner	SC Fortuna Köln	0:56:30	1960 M50	32	1:01:35	19:19 *	18:12 *	18:58	5:39 min/km
378	816	Müller Jörg	*Bergheim	0:56:30	1965 M45	61	1:00:57	18:38 *	18:29 *	19:23	5:39 min/km
379	760	Marzian Holger	Original Bootcamp	0:56:35	1972 M40	58	0:58:55	21:03 *	18:40 *	16:51	5:40 min/km
380	3121	Fradin Bernard		0:56:36	1947 M65	2	0:56:46	18:55 *	18:31 *	19:09	5:40 min/km
381	783	Metzemacher Heinrich	Petőfi-Runners	0:56:36	1953 M60	8	0:58:52	19:54 *	18:10 *	18:31	5:40 min/km
382	282	Farrell Allan	LaufLövenich2010	0:56:37	1970 M40	59	0:58:59	19:37 *	17:59 *	19:00	5:40 min/km
383	401	Grunow Michael	*Köln	0:56:37	1967 M45	62	0:56:54	18:44 *	18:24 *	19:28	5:40 min/km
384	1093	Schymura Adalbert	Les Agents Provocateurs	0:56:39	1971 M40	60	0:59:33	19:07 *	18:30 *	19:01	5:40 min/km
385	87	Blaum Roland	NetCologne	0:56:40	1969 M40	61	0:57:35	18:53 *	18:07 *	19:40	5:40 min/km
386	697	Langen Peter	Altstädter Köln 1922	0:56:41	2000 MSB	2	0:57:16	17:12 *	17:55 *	21:34	5:40 min/km
387	2912	Weber Jens	*Köln	0:56:48	1971 M40	62	0:59:41	18:36 *	18:13 *	19:59	5:41 min/km
388	1091	Schwieters Andreas	*Köln	0:56:49	1971 M40	63	1:01:16	19:37 *	18:37 *	18:33	5:41 min/km
389	2517	Reinermann Frank	*Köln	0:56:53	1987 MHK	82	0:59:23	20:19 *	18:10 *	18:23	5:41 min/km

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390	742	Lück Frank	*Hürth	0:56:55	1965 M45	63	0:58:51	19:35 *	17:35 *	19:44	5:42 min/km
391	695	Lange Michael	*Gummersbach	0:56:57	1961 M50	33	0:58:19	18:53 *	18:35 *	19:29	5:42 min/km
392	2769	Stimke Joey	Die wilden 9+x	0:57:01	1990 MHK	83	0:58:19	18:56 *	18:41 *	19:22	5:42 min/km
393	2570	Ruf Joachim	RaBaz	0:57:05	1961 M50	34	1:00:36	19:51 *	18:25 *	18:48	5:43 min/km
394	663	Kremer Guido	NetCologne	0:57:09	1970 M40	64	1:00:49	18:55 *	18:43 *	19:30	5:43 min/km
395	2939	Wielpütz Arndt	*KÖln	0:57:09	1977 M35	49	0:58:21	19:30 *	18:47 *	18:52	5:43 min/km
396	634	Körner Guido	Santas Six	0:57:10	1962 M50	35	0:57:36	18:50 *	18:49 *	19:30	5:43 min/km
397	1739	Gattner Marius	*Köln	0:57:11	1972 M40	65	1:01:10	18:36 *	18:35 *	20:00	5:43 min/km
398	3075	Bungard Holger		0:57:15	1971 M40	66	0:57:52	19:36 *	18:50 *	18:48	5:44 min/km
399	258	Erdenberger Thomas	Laufschabe & Friends	0:57:15	1979 M30	55	1:00:52	19:35 *	18:31 *	19:09	5:44 min/km
400	2279	Martínez-Böhme Mariano	*Köln	0:57:16	1967 M45	64	0:57:54	18:53 *	18:44 *	19:38	5:44 min/km
401	2226	Lockhorn Mario	Torpedo Ehrenfeld 09	0:57:19	1977 M35	50	1:00:17	19:05 *	18:19 *	19:53	5:44 min/km
402	807	Morgenstern Michael	*Köln	0:57:21	1967 M45	65	0:58:10	20:53 *	19:57 *	16:29	5:44 min/km
403	2077	Klüfer Tristan	Deichmann	0:57:24	1996 MJB	4	1:02:05	19:52 *	18:21 *	19:10	5:44 min/km
404	579	Keilberg Stephan	*Kerpen	0:57:24	1988 MHK	84	1:00:21	18:32 *	19:04 *	19:47	5:44 min/km
405	2907	Wardenbach Thomas	*Köln	0:57:26	1976 M35	51	1:01:56	18:53 *	18:52 *	19:40	5:45 min/km
406	1845	Hansel Dirk	Die Celler	0:57:28	1966 M45	66	0:57:40	18:26 *	18:49 *	20:13	5:45 min/km
407	766	Maubach Rene	Agentur für Arbeit Köln	0:57:29	1973 M40	67	0:59:59	19:30 *	18:43 *	19:16	5:45 min/km
408	789	Meyer Hans Arnold	*Stolberg	0:57:31	1960 M50	36	0:58:11	23:10 *	16:57 *	17:23	5:45 min/km
409	2963	Witte Philip	*Köln	0:57:32	1980 M30	56	0:57:37	18:17 *	19:03 *	20:12	5:45 min/km
410	1710	Franz Tobias	*Kaiserslautern	0:57:35	1993 MHK	85	0:58:20	18:47 *	18:52 *	19:55	5:46 min/km
411	141	Brunner Ulrich	*Köln	0:57:40	1937 M75	1	0:58:14	18:50 *	19:02 *	19:47	5:46 min/km
412	803	Mondroch Michael	Petöfi-Runners	0:57:41	1977 M35	52	0:59:57	19:55 *	18:17 *	19:28	5:46 min/km
413	1731	Gaertner Mathias	*Köln	0:57:42	1984 MHK	86	0:58:53	19:44 *	18:34 *	19:23	5:46 min/km
414	1290	Willms Björn	*Köln	0:57:43	1981 M30	57	0:59:59	20:08 *	19:00 *	18:34	5:46 min/km
415	711	Lemke Andreas	*Köln	0:57:44	1973 M40	68	1:00:28	20:53 *	17:48 *	19:02	5:46 min/km
416	2499	Ranke Daniel	The GinNastics	0:57:44	1979 M30	58	1:02:48	19:30 *	20:03 *	18:11	5:46 min/km
417	2051	Klaczinski Tim	*Köln	0:57:45	1980 M30	59	1:00:02	20:08 *	19:00 *	18:37	5:47 min/km
418	3148	Pütz Horst		0:57:50	1954 M55	19	0:58:11	19:27 *	19:23 *	19:00	5:47 min/km
419	3326	Scheer Martin	Die Stadtwaldhasen	0:57:53	1974 M35	53	1:02:10	19:35 *	19:09 *	19:07	5:47 min/km
420	2125	Krajinovic Mladen	Telefonica runner	0:57:55	1986 MHK	87	0:58:31	18:40 *	18:55 *	20:19	5:48 min/km
421	478	Herschel Dr. Siegfried	*Koeln	0:57:55	1952 M60	9	1:00:03	19:31 *	18:34 *	19:49	5:48 min/km
422	911	Priewe Willmar	Fabian Priewe	0:57:56	1952 M60	10	1:01:44	19:12 *	19:10 *	19:33	5:48 min/km
423	1078	Schulz Joachim	Team NiK	0:57:57	1977 M35	54	0:58:57	17:03 *	19:18 *	21:36	5:48 min/km
424	1737	Garbe Simon	Running Elements	0:58:00	1987 MHK	88	1:02:11	19:27 *	18:49 *	19:44	5:48 min/km
425	2603	Schier Robert	*Köln	0:58:05	1979 M30	60	1:02:51	21:31 *	19:10 *	17:23	5:49 min/km
426	2311	Miestereck Jan	*Köln	0:58:05	1976 M35	55	1:02:51	21:32 *	19:09 *	17:23	5:49 min/km
427	1543	Clemens Tobias	JLpersonalTRAINING	0:58:05	1983 M30	61	0:58:45	22:01 *	17:29 *	18:35	5:49 min/km
428	2496	Rader Matthias	*Leverkusen	0:58:08	1974 M35	56	0:58:27	18:56 *	18:39 *	20:31	5:49 min/km
429	787	Metzmacher Marc	*Köln	0:58:08	1974 M35	57	1:00:52	20:42 *	18:36 *	18:49	5:49 min/km
430	2581	Salomon Martin	*Köln	0:58:09	1982 M30	62	1:02:01	19:38 *	19:21 *	19:09	5:49 min/km
431	3172	Chwallek Burkhard		0:58:11	1955 M55	20	0:58:30	20:59 *	17:55 *	19:16	5:49 min/km
432	124	Braun Peter	*Bonn	0:58:13	1966 M45	67	0:59:10	19:11 *	18:50 *	20:11	5:49 min/km
433	1771	Görgen Michael	*Lindlar	0:58:14	1971 M40	69	0:59:01	19:02 *	19:18 *	19:54	5:49 min/km
434	1312	Wurz Andreas	*Köln	0:58:15	1978 M35	58	1:02:11	20:02 *	18:59 *	19:13	5:50 min/km
435	1104	Sender Thomas	SV Spark.KölnBonn	0:58:19	1976 M35	59	0:59:11	18:29 *	19:13 *	20:36	5:50 min/km
436	620	Knittel Dirk	*Köln	0:58:21	1977 M35	60	1:00:59	20:47 *	18:53 *	18:40	5:50 min/km
437	1095	Seelbach Armin	*Köln	0:58:24	1968 M45	68	1:02:49	19:43 *	19:06 *	19:35	5:50 min/km
438	264	Espendiller Frank	*Köln	0:58:25	1973 M40	70	1:00:48	18:38 *	18:48 *	20:58	5:51 min/km
439	2270	Mannweiler Enrico	*Frechen	0:58:27	1989 MHK	89	1:01:00	19:13 *	18:42 *	20:31	5:51 min/km
440	1722	Funke Rudolf	*Rheinbach	0:58:27	1944 M65	3	0:59:32	20:01 *	18:45 *	19:40	5:51 min/km
441	2253	Maacks Oli	myself	0:58:27	1972 M40	71	1:01:00	19:13 *	18:43 *	20:30	5:51 min/km
442	1663	Evangelinos Konstantin	*Köln	0:58:31	1955 M55	21	1:02:22	19:00 *	19:51 *	19:39	5:51 min/km
443	2284	Mausberg Martin	*Dormagen	0:58:32	1987 MHK	90	1:02:27	19:58 *	19:00 *	19:33	5:51 min/km
444	1449	Bochner Carsten	Squirrels	0:58:33	1978 M35	61	1:02:56	19:53 *	19:09 *	19:29	5:51 min/km
445	871	Otten Rolf	*Köln	0:58:35	1964 M45	69	0:59:38	19:41 *	19:17 *	19:36	5:52 min/km

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446	143	Buchstein Thomas	die Hasen	0:58:35	1976	M35	62	1:03:06	21:54 *	19:33 *	17:07	5:52 min/km
447	1291	Wimmer Thomas	NetCologne	0:58:36	1978	M35	63	1:01:16	19:55 *	18:46 *	19:55	5:52 min/km
448	2649	Schneider Peter	ARC Rhenus Bonn	0:58:41	1983	M30	63	1:03:28	19:48 *	18:54 *	19:58	5:52 min/km
449	159	Burth Thomas	*Bornheim	0:58:42	1972	M40	72	1:03:16	21:25 *	19:57 *	17:19	5:52 min/km
450	3125	Maye Michael	Neptunbad	0:58:44	1965	M45	70	1:01:47	20:22 *	18:26 *	19:55	5:52 min/km
451	2132	Krause Michael	Lauf-Wurst	0:58:44	1996	MJB	5	1:00:36	19:05 *	19:15 *	20:24	5:52 min/km
452	3126	Marx Florian		0:58:45	1995	MJA	8	1:01:47	20:23 *	18:26 *	19:55	5:53 min/km
453	1100	Seitz Thomas	*Köln	0:58:45	1978	M35	64	1:00:48	18:52 *	19:18 *	20:35	5:53 min/km
454	1544	Coberger Bernd	LT XING-Köln, by run2	0:58:49	1957	M55	22	1:03:25	20:37 *	19:34 *	18:38	5:53 min/km
455	2985	Zahren Martin	SRV Kreuzgasse Köln	0:58:50	2001	MSB	3	1:02:19	19:17 *	20:28 *	19:04	5:53 min/km
456	2860	Urhahne Tobi	*Pulheim	0:58:55	1998	MSA	5	1:03:13	20:10 *	18:50 *	19:54	5:54 min/km
457	1328	Zimmermann Knut	*köln	0:58:55	1973	M40	73	1:00:45	19:20 *	19:05 *	20:30	5:54 min/km
458	353	Gerke Prof. Dr. Jürgen	*Hürth	0:58:56	1946	M65	4	0:59:15	18:55 *	19:52 *	20:09	5:54 min/km
459	1741	Gavrilov Boris	*Köln	0:58:57	1981	M30	64	1:00:07	19:37 *	19:28 *	19:51	5:54 min/km
460	901	Plück Wolfgang	*Bergheim	0:58:57	1962	M50	37	1:01:21	20:34 *	18:56 *	19:25	5:54 min/km
461	1788	Graovac Boban	*Köln	0:58:58	1978	M35	65	1:00:08	19:38 *	19:27 *	19:51	5:54 min/km
462	383	Gottschalch Frank	KALS	0:58:59	1961	M50	38	1:02:47	20:35 *	19:06 *	19:17	5:54 min/km
463	2381	Neuerbourg Oliver	*Köln	0:59:02	1965	M45	71	0:59:33	18:24 *	19:14 *	21:23	5:54 min/km
464	784	Metzemacher Marc	Altes Brauhaus Königsdorf	0:59:02	1979	M30	65	1:00:53	18:09 *	19:11 *	21:40	5:54 min/km
465	2050	Klaaßen Andre	De Infos	0:59:02	1979	M30	66	0:59:44	18:02 *	19:44 *	21:16	5:54 min/km
466	2888	Vozlic Uros	*Hürth	0:59:03	1986	MHK	91	1:02:55	20:23 *	18:31 *	20:07	5:54 min/km
467	2661	Schon Torsten	*Köln	0:59:04	1968	M45	72	1:00:59	19:41 *	19:07 *	20:14	5:54 min/km
468	281	Fabian Dr. Steffen	*Bornheim	0:59:06	1965	M45	73	1:03:40	21:25 *	19:58 *	17:43	5:55 min/km
469	1300	Woehr Juergen	*Köln	0:59:09	1975	M35	66	1:01:08	19:20 *	19:47 *	20:01	5:55 min/km
470	110	Bongartz Ulrich Ignaz	*Hennef	0:59:10	1953	M60	11	1:01:45	20:28 *	19:31 *	19:10	5:55 min/km
471	1890	Herden David	Team DNA	0:59:11	1988	MHK	92	1:01:19	20:20 *	19:34 *	19:16	5:55 min/km
472	1698	Flümann Simon	*Köln	0:59:11	1985	MHK	93	1:01:21	20:48 *	18:48 *	19:35	5:55 min/km
473	3046	Schmidt Volker		0:59:11	1968	M45	74	1:01:45	20:29 *	19:32 *	19:10	5:55 min/km
474	2480	Pongs Guido	*Würselen	0:59:12	1969	M40	74	1:02:02	20:24 *	18:57 *	19:50	5:55 min/km
475	2007	Kannengießler Ralf	*Bergheim	0:59:13	1971	M40	75	1:01:07	19:19 *	19:35 *	20:17	5:55 min/km
476	1106	Senger Martin	*Frechen	0:59:16	1980	M30	67	1:01:38	20:15 *	19:32 *	19:27	5:56 min/km
477	1058	Schorn Stephan	LT Stadtwald-Enten Köln	0:59:18	1965	M45	75	1:02:09	19:42 *	18:55 *	20:40	5:56 min/km
478	33	Auweiler Klaus	*Köln	0:59:23	1966	M45	76	1:00:12	20:00 *	19:18 *	20:04	5:56 min/km
479	1539	Chain Djamal	*Düsseldorf	0:59:24	1983	M30	68	1:02:14	20:00 *	19:16 *	20:07	5:56 min/km
480	2916	Wedel Peter	*Köln	0:59:25	1959	M50	39	1:00:44	20:59 *	19:08 *	19:17	5:57 min/km
481	251	Engels Daniel	*Köln	0:59:29	1988	MHK	94	1:01:05	20:10 *	20:18 *	19:00	5:57 min/km
482	1751	Georgi Sebastian	*Köln	0:59:34	1976	M35	67	1:00:57	20:14 *	19:31 *	19:48	5:57 min/km
483	95	Blüggel Dirk	Die Ren(n)tiere	0:59:36	1967	M45	77	1:00:31	19:32 *	19:39 *	20:23	5:58 min/km
484	1379	Ballentin Matthias	Noch 3 Runners	0:59:36	1977	M35	68	1:03:23	20:28 *	19:13 *	19:54	5:58 min/km
485	1992	Jungmann Leon	*Gevelsberg	0:59:41	1998	MSA	6	1:03:49	21:15 *	19:15 *	19:11	5:58 min/km
486	1447	Blume Gerhard	*Köln	0:59:45	1950	M60	12	1:00:43	20:05 *	20:07 *	19:32	5:59 min/km
487	21	Anschütz Ulrich	Das Kleine Team	0:59:48	1976	M35	69	1:03:45	20:54 *	19:28 *	19:25	5:59 min/km
488	333	Füllenbach Robert	Original Bootcamp	0:59:49	1976	M35	70	1:02:01	19:21 *	20:46 *	19:41	5:59 min/km
489	3060	Schierenberg Einhard		0:59:50	1948	M65	5	1:00:54	20:15 *	19:41 *	19:53	5:59 min/km
490	1688	Firla Jonas	Die Celler	0:59:51	1995	MJA	9	1:00:04	18:25 *	19:46 *	21:39	5:59 min/km
491	2317	Minas Sevan	Team HKK	0:59:52	1979	M30	69	1:00:08	19:42 *	19:49 *	20:20	5:59 min/km
492	2319	Mitschkal Christian	*Kreidach	0:59:53	1977	M35	71	1:01:59	21:15 *	19:45 *	18:51	5:59 min/km
493	749	Maihöfer Reinhard	Vogelsanger Mailauf	0:59:55	1952	M60	13	1:02:59	20:39 *	19:28 *	19:47	5:60 min/km
494	1651	Englmeier Marco	*köln	0:59:57	1977	M35	72	1:02:05	22:09 *	18:53 *	18:54	5:60 min/km
495	1181	Tenhumberg Dieter	mas-Training	1:00:00	1964	M45	78	1:01:13	20:05 *	19:38 *	20:17	6:00 min/km
496	860	Offermann Andreas	Dunnerkiel Running Team	1:00:03	1966	M45	79	1:04:09	20:21 *	19:44 *	19:57	6:00 min/km
497	98	Bodewig Rolf	*Köln	1:00:04	1967	M45	80	1:02:39	20:41 *	19:27 *	19:55	6:00 min/km
498	1003	Schindler Udo	*Köln	1:00:07	1961	M50	40	1:00:52	20:27 *	19:21 *	20:18	6:01 min/km
499	3098	Schröder Michael	FSV Werdohl	1:00:08	1952	M60	14	1:05:05	20:39 *	19:28 *	20:00	6:01 min/km
500	1821	Guldner Erik	atemrausch*	1:00:08	1978	M35	73	1:01:43	20:24 *	19:47 *	19:57	6:01 min/km
501	3183	Weck Helmut		1:00:08	1958	M55	23	1:05:05	20:40 *	19:27 *	20:00	6:01 min/km

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502	179	Conradi Stephan	atemrausch*	1:00:09	1979 M30	70	1:01:43	20:49 *	19:43 *	19:36	6:01 min/km
503	2092	Kocura Christian	*Leverkusen	1:00:09	1977 M35	74	1:00:53	19:04 *	18:34 *	22:30	6:01 min/km
504	2000	Kalkbrenner Dietmar	*Pulheim	1:00:16	1969 M40	76	1:00:59	19:01 *	19:48 *	21:27	6:02 min/km
505	160	Busch Tobias	*Köln	1:00:17	1972 M40	77	1:04:17	21:07 *	19:48 *	19:21	6:02 min/km
506	1119	Sinnwell Peter	28000 kmh	1:00:18	1979 M30	71	1:04:49	19:58 *	19:44 *	20:34	6:02 min/km
507	3039	Stauf Oliver		1:00:23	1975 M35	75	1:03:56	21:01 *	19:47 *	19:33	6:02 min/km
508	916	Puchowski Adrian	Conetics	1:00:23	1978 M35	76	1:04:09	19:46 *	19:40 *	20:56	6:02 min/km
509	2187	Lausmann Sebastian	Conetics	1:00:23	1985 MHK	95	1:04:09	19:45 *	19:38 *	20:59	6:02 min/km
510	2135	Krause Uwe	Lauf-Wurst	1:00:24	1963 M50	41	1:02:17	19:04 *	19:33 *	21:46	6:02 min/km
511	606	Klein Andreas	*Witten	1:00:25	1982 M30	72	1:01:59	21:43 *	20:03 *	18:38	6:03 min/km
512	2244	Lücke Philipp	atemrausch*	1:00:26	1983 M30	73	1:01:59	21:44 *	20:03 *	18:38	6:03 min/km
513	2309	Mielcarek Sascha	*Köln	1:00:27	1972 M40	78	1:03:20	20:42 *	19:42 *	20:01	6:03 min/km
514	835	Neumann Manfred	Das Kleine Team	1:00:31	1973 M40	79	1:04:28	20:54 *	19:26 *	20:10	6:03 min/km
515	3093	Schnabel Ronald		1:00:32	1954 M55	24	1:04:21	19:00 *	20:22 *	21:10	6:03 min/km
516	2940	Wierk Andreas	*Köln	1:00:33	1967 M45	81	1:01:59	21:28 *	19:22 *	19:42	6:03 min/km
517	3177	Peters Jens	*Bonn	1:00:33	1952 M60	15	1:04:32	18:43 *	20:06 *	21:43	6:03 min/km
518	485	Heumos Philipp	MAS Institut	1:00:35	1983 M30	74	1:01:52	22:02 *	19:48 *	18:45	6:04 min/km
519	1780	Goost Nikolas	Ghostbuster	1:00:36	2003 MSC	4	1:04:25	20:29 *	21:28 *	18:38	6:04 min/km
520	2641	Schmitz Peter	Recht mäßig	1:00:37	1959 M50	42	1:00:50	21:24 *	19:00 *	20:12	6:04 min/km
521	381	Goost Dr. Hans	Ghostbuster	1:00:38	1970 M40	80	1:04:27	22:26 *	19:31 *	18:40	6:04 min/km
522	1080	Schumann Olaf	*Köln	1:00:39	1976 M35	77	1:02:42	19:57 *	19:55 *	20:46	6:04 min/km
523	47	Battel Rainer	*Oldenburg	1:00:40	1963 M50	43	1:01:59	19:07 *	20:14 *	21:17	6:04 min/km
524	2770	Stimke Johann	Die wilden 9+x	1:00:44	1956 M55	25	1:01:59	20:02 *	19:38 *	21:04	6:04 min/km
525	2430	Overzier Dirk	*Frechen	1:00:45	1964 M45	82	1:02:12	21:19 *	20:24 *	19:01	6:05 min/km
526	492	Hierl Detlef	Der Kölsche Frohsinn	1:00:49	1965 M45	83	1:03:43	19:59 *	19:58 *	20:50	6:05 min/km
527	903	Pohl Walter	DARC	1:00:51	1963 M50	44	1:02:52	20:17 *	20:02 *	20:31	6:05 min/km
528	2287	Meiner Philipp	*Köln	1:00:53	1986 MHK	96	1:04:48	20:20 *	19:26 *	21:06	6:05 min/km
529	2452	Peters Thorsten	*Köln	1:00:53	1983 M30	75	1:04:48	20:18 *	19:29 *	21:06	6:05 min/km
530	3133	Drossard Peter	Stadtsparkasse Köln	1:01:00	1956 M55	26	1:02:13	19:58 *	20:09 *	20:52	6:06 min/km
531	3329	Kauffmann Thilo	Team Engelchen	1:01:00	1980 M30	76	1:02:22	20:58 *	20:00 *	20:02	6:06 min/km
532	439	Haubold Marcel	*Köln	1:01:04	1990 MHK	97	1:03:30	20:12 *	20:17 *	20:35	6:06 min/km
533	2476	Pollmann Martin	*Bornheim	1:01:07	1972 M40	81	1:05:21	21:10 *	19:33 *	20:22	6:07 min/km
534	0	unbekannt DT7RBTZ		1:01:07	0 MHK	98	1:03:52	22:11 *	20:05 *	18:50	6:07 min/km
535	601	Kirsten Dieter	SPECK&RUN	1:01:08	1970 M40	82	1:03:52	22:21 *	19:56 *	18:50	6:07 min/km
536	451	Heidrich Andreas	*Köln	1:01:09	1961 M50	45	1:04:14	20:34 *	19:19 *	21:15	6:07 min/km
537	1443	Blöcher Steffen	LT DSHS Köln	1:01:14	1990 MHK	99	1:05:51	22:54 *	22:26 *	15:53	6:07 min/km
538	662	Krechting Michael	*Münster	1:01:16	1977 M35	78	1:03:25	21:31 *	20:02 *	19:41	6:08 min/km
539	1085	Schwarz Dr. Andreas	*Köln	1:01:21	1965 M45	84	1:03:44	22:44 *	19:14 *	19:22	6:08 min/km
540	2684	Schütz Hermann	Die Schützschlumpfe	1:01:24	1958 M55	27	1:05:35	21:30 *	19:56 *	19:57	6:08 min/km
541	493	Hillebrand Martin	*Köln	1:01:31	1962 M50	46	1:02:28	19:59 *	20:20 *	21:11	6:09 min/km
542	361	Geuer Martin	Original Bootcamp	1:01:31	1982 M30	77	1:03:53	21:07 *	20:37 *	19:46	6:09 min/km
543	978	Salomon Markus	11Runners	1:01:41	1967 M45	85	1:05:42	20:57 *	20:00 *	20:43	6:10 min/km
544	1333	Zöpel Jochen	11Runners	1:01:41	1969 M40	83	1:05:42	20:57 *	20:00 *	20:43	6:10 min/km
545	961	Roeder Wilfried	Road Runners	1:01:44	1949 M60	16	1:04:05	20:18 *	20:29 *	20:56	6:10 min/km
546	2427	Ott Ricardo	*Köln	1:01:44	1963 M50	47	1:06:11	21:32 *	20:04 *	20:07	6:10 min/km
547	3143	Zagares Juan	KCIG	1:01:44	0 MHK	100	1:02:42	19:56 *	20:06 *	21:41	6:10 min/km
548	3124	Barkhoff Nils	Original Bootcamp	1:01:46	1982 M30	78	1:03:57	21:31 *	20:23 *	19:51	6:11 min/km
549	3041	Waller Matthias		1:01:48	1983 M30	79	1:04:16	22:54 *	21:59 *	16:54	6:11 min/km
550	755	Marquard Moritz	Original Bootcamp	1:01:50	1991 MHK	101	1:03:58	21:19 *	20:34 *	19:57	6:11 min/km
551	2927	Werner Robert	*Köln	1:01:52	1970 M40	84	1:06:04	20:47 *	20:35 *	20:29	6:11 min/km
552	150	Büscher Sven	*Köln	1:01:54	1977 M35	79	1:02:12	18:40 *	20:57 *	22:17	6:11 min/km
553	2590	Sawyer Tom	Lange Föös	1:01:55	1999 MSA	7	1:05:38	19:26 *	19:55 *	22:33	6:12 min/km
554	1820	Günes Ünal	*Köln	1:01:55	1977 M35	80	1:02:32	21:16 *	20:11 *	20:27	6:12 min/km
555	1261	Weber Klaus	*Pulheim	1:01:56	1963 M50	48	1:05:58	20:38 *	20:30 *	20:48	6:12 min/km
556	725	Lingner Uwe	Bon Secours Kamerun	1:01:57	1962 M50	49	1:06:32	22:02 *	19:46 *	20:08	6:12 min/km
557	1067	Schrörs Tobias	Tobias Schrörs	1:02:01	1989 MHK	102	1:06:17	20:53 *	20:03 *	21:03	6:12 min/km

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558	2687	Schuler Bertram	*Köln	1:02:01	1975	M35	81	1:04:13	20:21 *	20:10 *	21:29	6:12 min/km
559	856	Odindo Caleb	Project-One-to-One	1:02:03	1976	M35	82	1:04:07	21:27 *	20:39 *	19:55	6:12 min/km
560	2904	Wanninger Chris	*Brüggen	1:02:05	1962	M50	50	1:03:34	19:46 *	20:31 *	21:47	6:13 min/km
561	2948	Wilkening Rubik	*Köln	1:02:07	1975	M35	83	1:04:18	19:33 *	20:29 *	22:03	6:13 min/km
562	426	Hand Helmut	Skater-Team-Kölsch	1:02:12	1947	M65	6	1:05:18	21:18 *	19:57 *	20:56	6:13 min/km
563	427	Hand Jürgen	*Kerpen	1:02:12	1981	M30	80	1:05:19	21:18 *	19:57 *	20:57	6:13 min/km
564	406	Güdemann Stephan	Eisschrank	1:02:17	1984	MHK	103	1:04:55	23:19 *	22:37 *	16:20	6:14 min/km
565	1775	Golsch Andreas	aixcologne	1:02:17	1969	M40	85	1:05:02	22:22 *	20:10 *	19:44	6:14 min/km
566	2539	Ritzen Michael	aixcologne	1:02:17	1977	M35	84	1:05:02	22:23 *	20:10 *	19:44	6:14 min/km
566	3345	Willenberg Sebastian	Kieser Training	1:02:17	1983	M30	81	1:04:55	21:51 *	20:12 *	20:13	6:14 min/km
568	2806	Teiwes Tobias	Original Bootcamp	1:02:17	1980	M30	82	1:04:36	22:03 *	20:38 *	19:36	6:14 min/km
569	269	Esser Thomas	*Frechen-Königsdorf	1:02:24	1961	M50	51	1:03:47	20:45 *	20:22 *	21:16	6:14 min/km
570	2596	Schattenberg Martin	XTrail-Aktiv	1:02:25	1958	M55	28	1:05:28	21:01 *	20:25 *	20:58	6:15 min/km
571	880	Pauly Andreas	*Köln	1:02:26	1974	M35	85	1:03:01	20:39 *	20:25 *	21:21	6:15 min/km
572	1057	Schorn Georg	Bon Secours Kamerun	1:02:28	1958	M55	29	1:07:03	22:02 *	19:46 *	20:38	6:15 min/km
573	3338	Pietrzak Krystian	Kieser Training	1:02:43	1983	M30	83	1:05:28	21:53 *	20:03 *	20:45	6:16 min/km
574	1171	Strobl Ulli	Vogelsanger Mailauf	1:02:50	1956	M55	30	1:06:44	20:32 *	20:25 *	21:52	6:17 min/km
574	489	Heuser Rainer	Die Lüttis	1:02:50	1950	M60	17	1:04:56	20:59 *	20:47 *	21:03	6:17 min/km
576	229	Dündar Can	*Köln	1:02:52	1972	M40	86	1:07:05	20:38 *	20:32 *	21:42	6:17 min/km
577	878	Paszek Christian	*Köln	1:02:57	1958	M55	31	1:06:54	19:31 *	20:32 *	22:53	6:18 min/km
578	2307	Michel Max	GS1 Germany 3	1:02:59	2002	MSC	5	1:03:26	21:30 *	21:44 *	19:45	6:18 min/km
579	2035	Kerluku Alkid	*Köln	1:03:01	1974	M35	86	1:03:18	20:55 *	23:52 *	18:13	6:18 min/km
580	2268	Mandelkow Sascha	JLpersonalTRAINING	1:03:02	1973	M40	87	1:03:46	21:58 *	20:22 *	20:41	6:18 min/km
581	2130	Kraus Stephan	LöWi-Dreamteam	1:03:06	1958	M55	32	1:06:04	20:53 *	20:28 *	21:43	6:19 min/km
582	2622	Schlüter Dr. Stephan	*Kassel	1:03:08	1983	M30	84	1:04:30	21:33 *	20:39 *	20:55	6:19 min/km
583	10	Adelmann Michael	Original Bootcamp	1:03:09	1982	M30	85	1:05:25	20:55 *	20:12 *	22:02	6:19 min/km
584	471	Hermann Udo	*Köln	1:03:16	1967	M45	86	1:05:16	22:15 *	23:29 *	17:32	6:20 min/km
585	2715	Selvanera Marco	*Köln	1:03:17	1980	M30	86	1:07:21	21:29 *	20:32 *	21:15	6:20 min/km
586	776	Meinel Heiko	Die Schützschlumpfe	1:03:20	1971	M40	88	1:05:33	20:59 *	20:51 *	21:29	6:20 min/km
587	461	Helleckes Carsten	Die Schützschlumpfe	1:03:21	1975	M35	87	1:05:34	20:59 *	20:52 *	21:29	6:20 min/km
588	97	Blume Jürgen	TriCologne	1:03:24	1962	M50	52	1:07:15	22:06 *	20:24 *	20:54	6:20 min/km
589	2859	Urhahne Joseph	*Pulheim	1:03:28	1965	M45	87	1:07:53	22:04 *	20:12 *	21:10	6:21 min/km
590	2005	Kampmann Christian	*Essen	1:03:29	1965	M45	88	1:07:16	20:40 *	20:31 *	22:17	6:21 min/km
591	564	Kallrath Marc	*Köln	1:03:30	1996	MJB	6	1:07:46	23:06 *	22:07 *	18:16	6:21 min/km
592	1622	Duffek Thomas	REWE	1:03:33	1982	M30	87	1:07:16	21:34 *	20:36 *	21:22	6:21 min/km
593	1079	Schumacher Heinz	*Sankt Augustin	1:03:37	1963	M50	53	1:03:56	19:59 *	20:45 *	22:52	6:22 min/km
594	886	Penschinski Benjamin	*Köln	1:03:39	1982	M30	88	1:04:54	21:54 *	20:47 *	20:56	6:22 min/km
595	2090	Koch Johannes	*Köln	1:03:39	1967	M45	89	1:07:23	21:33 *	20:37 *	21:28	6:22 min/km
596	1206	Trömel Marcus	Project-One-to-One	1:03:44	1979	M30	89	1:05:48	21:27 *	20:41 *	21:35	6:22 min/km
597	2199	Lenz Ingo	*Köln	1:03:47	1975	M35	88	1:06:33	23:12 *	21:10 *	19:24	6:23 min/km
598	724	Lindenroth Lukas	28000 kmh	1:03:47	1988	MHK	104	1:08:16	21:02 *	21:23 *	21:21	6:23 min/km
599	2466	Platz Christian	*Köln	1:03:48	1978	M35	89	1:06:34	23:12 *	21:10 *	19:24	6:23 min/km
600	577	Kegler Tobias	Kölsche Ren(n)dierche	1:03:50	1983	M30	90	1:05:59	20:38 *	21:53 *	21:18	6:23 min/km
601	681	Kürz Christoph	LT Düsseldorf Süd	1:03:52	1986	MHK	105	1:06:47	20:53 *	21:02 *	21:57	6:23 min/km
602	622	Koch Dr. Stephan	*Remagen	1:03:56	1960	M50	54	1:05:16	21:04 *	20:47 *	22:04	6:24 min/km
603	719	Liesenfeld Walter	*Köln	1:03:56	1953	M60	18	1:08:22	21:48 *	20:49 *	21:18	6:24 min/km
604	1105	Senge Wolfgang	Krüger Running Team	1:03:57	1962	M50	55	1:07:42	21:20 *	20:57 *	21:38	6:24 min/km
605	44	Barthel Björn-Erik	Krüger Running Team	1:03:58	1963	M50	56	1:07:42	21:22 *	20:58 *	21:37	6:24 min/km
606	1061	Schrennen Julian	*Overath	1:04:00	1990	MHK	106	1:04:29	21:47 *	20:47 *	21:25	6:24 min/km
607	587	Kemper Bernd	social runners	1:04:04	1956	M55	33	1:05:14	22:17 *	22:11 *	19:35	6:24 min/km
608	1899	Herzogenrath Daniel	*Brühl	1:04:05	1980	M30	91	1:05:11	22:28 *	21:34 *	20:02	6:25 min/km
609	348	Geers Wolfgang	*münster	1:04:07	1954	M55	34	1:05:14	22:21 *	22:07 *	19:38	6:25 min/km
610	1930	Hoffner Jérôme	Team Jérôme	1:04:07	1984	MHK	107	1:08:44	22:02 *	21:04 *	21:00	6:25 min/km
611	556	Jung Ingolf	LT XING-Köln, by run2	1:04:10	1964	M45	90	1:08:01	21:23 *	21:01 *	21:45	6:25 min/km
612	162	Buttrey Rich	Mach3	1:04:11	1965	M45	91	1:08:03	21:48 *	20:36 *	21:46	6:25 min/km
613	683	Kumhofer Markus	*Hennef	1:04:22	1970	M40	89	1:07:09	20:44 *	21:18 *	22:19	6:26 min/km

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614	826	Nachsel Achim	Buckelwale	1:04:23	1955 M55	35	1:05:44	21:06 *	20:49 *	22:27	6:26 min/km
615	2479	Pommer Dr. Jens	*Düsseldorf	1:04:23	1968 M45	92	1:08:49	21:05 *	22:18 *	20:59	6:26 min/km
616	1830	Häusling André	*Köln	1:04:24	1977 M35	90	1:05:39	21:34 *	21:00 *	21:49	6:26 min/km
617	2127	Kran Martin	*Köln	1:04:24	1985 MHK	108	1:05:39	21:34 *	21:00 *	21:49	6:26 min/km
618	412	Haak Christian	*Köln	1:04:24	1974 M35	91	1:08:27	21:41 *	20:44 *	21:59	6:26 min/km
619	1585	Diedrich Oliver	*Köln	1:04:25	1970 M40	90	1:05:45	21:58 *	20:46 *	21:40	6:27 min/km
620	2140	Kreisler Michael	*Köln	1:04:27	1980 M30	92	1:07:18	22:18 *	21:02 *	21:06	6:27 min/km
621	2231	Lohmann Damian	Original Bootcamp	1:04:27	1985 MHK	109	1:06:37	22:16 *	21:10 *	21:01	6:27 min/km
622	595	Kienberger Mischa	Running for Kids	1:04:31	1980 M30	93	1:08:30	22:11 *	20:58 *	21:22	6:27 min/km
623	1070	Schüren Andreas	Running Elements	1:04:32	1980 M30	94	1:08:44	21:42 *	21:03 *	21:46	6:27 min/km
624	74	Biewer Christian	Running Elements	1:04:32	1983 M30	95	1:08:44	21:42 *	21:03 *	21:47	6:27 min/km
625	118	Brand Axel	Team Laufcampus	1:04:34	1959 M50	57	1:06:38	20:05 *	20:50 *	23:38	6:27 min/km
626	1279	Werthmann Oliver	*Troisdorf	1:04:36	1972 M40	91	1:08:57	22:40 *	22:38 *	19:18	6:28 min/km
627	1004	Schlack Thorsten	GoRunnings	1:04:42	1973 M40	92	1:07:08	23:30 *	24:46 *	16:26	6:28 min/km
628	505	Hoffmann Michael	*Schwetzingen	1:04:46	1966 M45	93	1:07:39	21:56 *	21:09 *	21:40	6:29 min/km
629	13	Ahlfeldt Christian	Die Einzelläuferhorde	1:04:49	1963 M50	58	1:09:09	21:59 *	21:33 *	21:17	6:29 min/km
630	2306	Michel Frank	GS1 Germany 3	1:04:59	0 MHK	110	1:05:26	21:30 *	21:44 *	21:44	6:30 min/km
631	1958	Illg Thorsten	*Köln	1:05:04	1977 M35	92	1:06:16	19:42 *	21:15 *	24:06	6:30 min/km
632	2682	Schuetz Andreas	Running Gag	1:05:09	1976 M35	93	1:07:26	23:36 *	20:48 *	20:44	6:31 min/km
633	907	Preiß Quinten	*Köln	1:05:13	2000 MSB	4	1:06:28	19:18 *	19:19 *	26:35	6:31 min/km
634	1460	Bogdan Tobias	Nightmare before	1:05:19	1979 M30	96	1:08:07	21:29 *	21:19 *	22:30	6:32 min/km
635	1649	Engels Lukas	*Bergisch Gladbach	1:05:19	1991 MHK	111	1:06:48	21:22 *	21:37 *	22:20	6:32 min/km
636	906	Preiß Jürgen	*Köln	1:05:23	1962 M50	59	1:06:38	19:18 *	21:44 *	24:20	6:32 min/km
637	1747	Geller Ulrich	Dünnwalder TV	1:05:36	1962 M50	60	1:08:27	22:50 *	21:27 *	21:19	6:34 min/km
638	947	Repke Marco	NetCologne	1:05:43	1976 M35	94	1:06:40	21:29 *	21:59 *	22:15	6:34 min/km
639	397	Gronstedt Andreas	*Köln	1:05:49	1968 M45	94	1:07:46	21:52 *	21:25 *	22:31	6:35 min/km
640	2824	Thiem Wolfgang	schrummies	1:05:50	1960 M50	61	1:07:22	22:19 *	21:35 *	21:55	6:35 min/km
641	2353	Müller Timo	Müllers Overath	1:05:51	1992 MHK	112	1:06:22	21:46 *	20:56 *	23:09	6:35 min/km
642	2351	Müller Steve	JLpersonalTRAINING	1:05:54	1980 M30	97	1:06:38	21:58 *	21:00 *	22:55	6:35 min/km
643	3128	Engels Dieter	Genussläufer	1:06:00	1963 M50	62	1:07:28	21:22 *	21:35 *	23:02	6:36 min/km
644	3030	Heck Moritz	Grün-Weiß	1:06:06	2000 MSB	5	1:10:02	22:32 *	22:15 *	21:18	6:37 min/km
645	1026	Schmitz Markus	*Köln	1:06:09	1964 M45	95	1:09:04	22:53 *	21:29 *	21:46	6:37 min/km
646	1608	Donsbach Fabian	*Köln	1:06:09	1986 MHK	113	1:10:16	22:19 *	21:28 *	22:22	6:37 min/km
647	1177	Szemmeit Jörg	*Köln	1:06:10	1968 M45	96	1:09:04	22:54 *	21:28 *	21:47	6:37 min/km
648	1479	Bork- Braun Andreas	*Köln	1:06:15	1966 M45	97	1:10:59	21:57 *	21:44 *	22:33	6:38 min/km
649	2753	Steinborn Jürgen	*Köln	1:06:46	1961 M50	63	1:11:29	22:43 *	21:56 *	22:06	6:41 min/km
650	1046	Schobeß Christoph	*Köln	1:06:48	1986 MHK	114	1:07:45	20:52 *	21:19 *	24:36	6:41 min/km
651	1110	Siebertz Klaus	Aggerfitness	1:06:48	1940 M70	2	1:07:17	21:07 *	22:04 *	23:36	6:41 min/km
652	1761	Ghorban Farhad	*Köln	1:06:49	1979 M30	98	1:12:17	22:12 *	21:51 *	22:45	6:41 min/km
653	197	Deiters Lothar	LSV Porz / Köln	1:06:58	1934 M75	2	1:09:58	22:35 *	21:55 *	22:27	6:42 min/km
654	2162	Kukurenda Bernd	Die Rute wird berechnet	1:07:06	1956 M55	36	1:10:06	23:10 *	22:11 *	21:44	6:43 min/km
655	2953	Winkel Johannes	*Hürth	1:07:07	1962 M50	64	1:09:03	23:44 *	23:11 *	20:11	6:43 min/km
656	2630	Schmidt Marcel	Die Rute wird berechnet	1:07:08	1986 MHK	115	1:10:06	23:11 *	22:11 *	21:45	6:43 min/km
657	568	Kamps Martin	*Brühl	1:07:14	1960 M50	65	1:11:17	22:17 *	22:01 *	22:55	6:43 min/km
658	1055	Schoppen Dirk	*Erfstadt	1:07:14	1967 M45	98	1:09:53	22:55 *	21:41 *	22:37	6:43 min/km
659	1574	Dernbach Michael	*Köln	1:07:32	1969 M40	93	1:07:41	20:39 *	22:43 *	24:09	6:45 min/km
660	2471	Poehlmann Lars Timo	NOGI V RUKI	1:07:40	2003 MSC	6	1:11:28	21:53 *	22:16 *	23:30	6:46 min/km
661	0	unbekannt DT6NNHD		1:07:42	0 MHK	116	1:11:42	21:44 *	21:11 *	24:46	6:46 min/km
662	1799	Gröger Oliver	*Köln	1:07:44	2004 MSD	1	1:12:37	23:51 *	22:03 *	21:49	6:46 min/km
663	2004	Kamphausen Christoph	Die Liste	1:07:44	1984 MHK	117	1:08:46	22:16 *	26:50 *	18:38	6:46 min/km
664	174	Chakroun Ramzi	Die Liste	1:07:44	1984 MHK	118	1:08:46	22:14 *	26:53 *	18:37	6:46 min/km
665	530	Huss Klaus	*Köln	1:07:51	1967 M45	99	1:10:15	21:33 *	22:09 *	24:08	6:47 min/km
666	1428	Beul Dominik	*Köln	1:07:52	1985 MHK	119	1:12:13	22:12 *	22:18 *	23:20	6:47 min/km
667	288	Feige Manfred J	Cologne Allblacks	1:07:59	1947 M65	7	1:08:15	21:40 *	22:31 *	23:48	6:48 min/km
668	134	Brod Marcus	Team KerryGum	1:08:00	1974 M35	95	1:10:37	23:40 *	25:08 *	19:11	6:48 min/km
669	2746	Steffen Dr. Carsten	Team KerryGum	1:08:00	1975 M35	96	1:10:37	23:40 *	25:09 *	19:10	6:48 min/km

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670	43	Barth Fritz	KALS	1:08:02	1949 M60	19	1:12:42	22:53 *	21:51 *	23:17	6:48 min/km
671	494	Hillesheim Ivo	*Köln	1:08:02	1969 M40	94	1:12:42	22:53 *	21:52 *	23:17	6:48 min/km
672	762	Matakas Frank	Laktatkönige	1:08:05	1939 M70	3	1:11:43	22:34 *	22:11 *	23:19	6:49 min/km
673	2876	Voigt Anton	NOGI V RUKI	1:08:05	1983 M30	99	1:11:56	25:08 *	23:32 *	19:24	6:49 min/km
674	41	Bajahr Frank	LT Saaler Mühle	1:08:07	1967 M45	100	1:12:02	22:31 *	21:57 *	23:39	6:49 min/km
675	293	Feldhofer Ulrich	*Hürth	1:08:08	1953 M60	20	1:09:36	21:16 *	22:00 *	24:52	6:49 min/km
676	2346	Müller Jens	Original Bootcamp	1:08:16	1973 M40	95	1:10:43	22:08 *	22:21 *	23:45	6:50 min/km
677	1154	Steinz Lothar	*Köln	1:08:16	1957 M55	37	1:09:31	23:55 *	22:16 *	22:03	6:50 min/km
678	1462	Bohl Ralf	*Köln	1:08:19	1957 M55	38	1:08:21	21:36 *	22:45 *	23:56	6:50 min/km
679	575	Kaulen Andreas	Shaolin Kempo Chuan Fa	1:08:22	1968 M45	101	1:13:21	24:35 *	21:25 *	22:21	6:50 min/km
680	0	unbekannt DW2MD4R		1:08:23	0 MHK	120	1:10:31	23:11 *	23:58 *	21:13	6:50 min/km
681	773	Mehl Simon	Original Bootcamp	1:08:24	1984 MHK	121	1:10:31	22:19 *	24:51 *	21:13	6:50 min/km
682	2195	Lengenberg Yannik	Original Bootcamp	1:08:33	1987 MHK	122	1:10:58	22:22 *	21:45 *	24:25	6:51 min/km
683	1014	Schmidt Carsten	*Köln	1:08:39	1969 M40	96	1:10:35	21:13 *	22:33 *	24:52	6:52 min/km
684	902	Podsada Michael	*Meerbusch	1:08:46	1960 M50	66	1:13:44	23:11 *	22:36 *	22:59	6:53 min/km
685	3021	Schneider Sydney		1:08:53	1966 M45	102	1:09:58	22:25 *	22:05 *	24:23	6:53 min/km
686	2699	Schwarz Alex	*Köln	1:08:53	1974 M35	97	1:10:27	23:13 *	22:17 *	23:23	6:53 min/km
687	255	Engels Philip	*Bornheim	1:09:01	1971 M40	97	1:12:06	22:38 *	22:54 *	23:28	6:54 min/km
688	365	Gineiger Ulrich	*Köln	1:09:01	1955 M55	39	1:12:40	22:18 *	22:34 *	24:08	6:54 min/km
689	1926	Hölzenbein Alfons	RaBaz	1:09:02	1954 M55	40	1:10:59	22:40 *	21:41 *	24:40	6:54 min/km
690	917	Pütter Michel	*Moers	1:09:12	1970 M40	98	1:10:09	22:36 *	22:24 *	24:11	6:55 min/km
691	3080	Nadzeika Mattis		1:09:12	2005 MSD	2	1:12:05	23:59 *	23:08 *	22:05	6:55 min/km
692	3164	Nadzeika Frank		1:09:12	1965 M45	103	1:12:05	23:59 *	23:08 *	22:05	6:55 min/km
693	188	Dahlke Carsten	Gaffelkönige	1:09:13	1974 M35	98	1:13:45	21:20 *	21:54 *	25:58	6:55 min/km
694	1557	Dahlke Michael	Gaffelkönige	1:09:16	1968 M45	104	1:13:45	21:23 *	21:54 *	25:58	6:56 min/km
695	356	Gerlach Uwe	*Bergheim	1:09:21	1962 M50	67	1:11:19	23:44 *	22:39 *	22:57	6:56 min/km
696	2662	Schreiner Robinson	*Köln	1:09:24	1986 MHK	123	1:12:32	23:07 *	22:10 *	24:06	6:56 min/km
697	542	Jacobsen Sven	FIT-MIT-SVEN	1:09:39	1976 M35	99	1:12:07	23:17 *	22:57 *	23:24	6:58 min/km
698	1134	Spiller Otto	SG-Worringen	1:09:44	1944 M65	8	1:10:26	23:06 *	23:56 *	22:41	6:58 min/km
699	436	Hathaway Philip	PUSHENSY	1:09:50	1975 M35	100	1:09:50	28:24 *	21:40 *	19:46	6:59 min/km
700	202	Detmer Hanspeter	Altstädter Köln Reiterkorps	1:09:52	1946 M65	9	1:11:18	22:07 *	23:27 *	24:17	6:59 min/km
701	1814	Grunwald Christian	*Xanten	1:10:13	1991 MHK	124	1:13:12	24:38 *	23:07 *	22:28	7:01 min/km
702	2160	Kuhlmann Prof. Dr.	blitzschnell	1:10:14	1972 M40	99	1:15:17	23:59 *	22:52 *	23:21	7:01 min/km
703	1630	Eckes Christian	*Köln	1:10:14	1969 M40	100	1:15:18	23:59 *	22:53 *	23:22	7:01 min/km
704	446	Heck Michael	Laufftreff Wickrath	1:10:19	1963 M50	68	1:14:06	23:23 *	23:27 *	23:28	7:02 min/km
705	671	Krone Dietmar	just4fun	1:10:43	1962 M50	69	1:11:27	21:49 *	23:16 *	25:37	7:04 min/km
706	1591	Diers Hartmut	Diabetes Programm	1:10:48	1956 M55	41	1:12:12	22:27 *	23:49 *	24:31	7:05 min/km
707	599	Kirschner Erich	*Köln	1:10:49	1941 M70	4	1:13:03	22:04 *	22:48 *	25:56	7:05 min/km
708	2113	Kommer Klaus	Diabetes-Program-Deuts	1:10:53	1955 M55	42	1:12:16	22:26 *	22:47 *	25:39	7:05 min/km
709	1754	Gerke Lars-Erik	*Hürth	1:11:02	1988 MHK	125	1:13:44	23:20 *	22:52 *	24:50	7:06 min/km
710	636	Kohl Michael	*Pulheim	1:11:05	1968 M45	105	1:14:04	23:26 *	22:57 *	24:42	7:07 min/km
711	603	Klänhardt Markus	Die Lüttis	1:11:41	1979 M30	100	1:13:44	23:17 *	24:08 *	24:15	7:10 min/km
712	1430	Biatour Patrick	*Köln	1:11:57	1980 M30	101	1:12:00	23:00 *	23:03 *	25:53	7:12 min/km
713	1387	Bartizal Stefan	*Bottrop	1:12:06	1990 MHK	126	1:16:57	23:37 *	23:06 *	25:23	7:13 min/km
714	1781	Gotthardt Manfred	*Köln	1:12:08	1943 M70	5	1:15:56	22:48 *	23:50 *	25:28	7:13 min/km
715	1633	Ehrlich Marcel	Bon Secours Kamerun	1:12:21	1990 MHK	127	1:16:57	22:02 *	25:46 *	24:32	7:14 min/km
716	977	Runzheimer Joachim	*Nideggen	1:12:28	1959 M50	70	1:17:21	23:04 *	23:00 *	26:24	7:15 min/km
717	2432	Oyen Jörg	MHMK-Running	1:12:51	1967 M45	106	1:14:52	21:47 *	23:05 *	27:58	7:17 min/km
718	1928	Höfl Stefan	*Köln	1:13:16	1980 M30	102	1:17:18	23:20 *	24:00 *	25:54	7:20 min/km
719	3097	Schröder Heinz-Peter		1:13:33	1952 M60	21	1:18:30	24:04 *	24:24 *	25:05	7:21 min/km
720	2969	Wolf Sebastian	*Köln	1:14:25	1981 M30	103	1:19:19	25:04 *	24:27 *	24:52	7:27 min/km
721	2084	Knoblich Christian	SRV Kreuzgasse Köln	1:15:01	1948 M65	10	1:18:41	22:21 *	24:51 *	27:48	7:30 min/km
722	2944	Wiesweg Frank	XTrail-Aktiv	1:15:42	1968 M45	107	1:18:46	24:59 *	25:13 *	25:29	7:34 min/km
723	3320	Breunung Guido		1:15:44	1971 M40	101	1:19:45	24:07 *	26:23 *	25:14	7:34 min/km
724	3077	Smith Töwe		1:16:10	1962 M50	71	1:20:41	25:14 *	24:34 *	26:21	7:37 min/km
725	737	Loke Joachim	*Wesseling	1:16:14	1959 M50	72	1:19:01	25:01 *	24:49 *	26:23	7:37 min/km

Kölner Nikolauslauf am 8. Dezember 2013 - 10km Funlauf

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726	1064	Schröder Mario	*Waldfeucht	1:16:31	1968	M45	108	1:21:26	25:01 *	24:44 *	26:45	7:39 min/km
727	1159	Stevens Peter	Deichmann	1:16:36	1963	M50	73	1:21:19	24:58 *	25:08 *	26:28	7:40 min/km
728	3168	Vargas Enrique		1:17:05	1967	M45	109	1:17:18	21:03 *	23:50 *	32:10	7:43 min/km
729	1548	Conradi Herbert	atemrausch*	1:17:16	1945	M65	11	1:18:43	34:18 *	20:40 *	22:17	7:44 min/km
730	1623	Dufour Arthur	Original Bootcamp	1:17:28	1965	M45	110	1:19:58	24:45 *	25:25 *	27:18	7:45 min/km
731	1332	Zöller Andreas	Noch 3 Runners	1:22:08	1981	M30	104	1:25:44	24:55 *	27:28 *	29:44	8:13 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	91	Blömen Jeanette	Noch 3 Runners	0:44:42	1983	W30	1	0:44:59 14:45 * 14:33 * 15:24	4:28 min/km
2	1738	Garve Agnes	GS1 Germany 1	0:44:57	1975	W35	1	0:45:19 14:51 * 14:42 * 15:23	4:30 min/km
3	2886	Voß Laura	LT DSHS Köln	0:45:16	1994	WJA	1	0:45:31 15:33 * 14:40 * 15:02	4:32 min/km
4	339	Gall Michelle	LT dshs Köln	0:45:23	2001	WSB	1	0:45:27 14:24 * 14:59 * 15:59	4:32 min/km
5	3134	Bange Dagmar	TSV Dieringhausen	0:45:47	1972	W40	1	0:45:50 14:33 * 15:12 * 16:01	4:35 min/km
6	1412	Benning Friederike	*Köln	0:46:00	1992	WHK	1	0:46:05 14:58 * 15:13 * 15:47	4:36 min/km
7	146	Büdenbender Heike	LT Puderbach	0:46:39	1967	W45	1	0:46:58 15:20 * 15:09 * 16:10	4:40 min/km
8	2428	Otten Nadine	*Bergisch Gladbach	0:47:10	1978	W35	2	0:47:22 15:04 * 15:32 * 16:33	4:43 min/km
9	1189	Thissen Regina	Lokomotive Laktat	0:47:44	1984	WHK	2	0:47:54 15:57 * 15:32 * 16:14	4:46 min/km
10	68	Berninger Ilona	Lokomotive Laktat	0:47:45	1985	WHK	3	0:47:54 15:58 * 15:32 * 16:15	4:47 min/km
11	1226	Velde Claudia	*Köln	0:48:05	1967	W45	2	0:50:14 16:34 * 15:32 * 15:59	4:49 min/km
12	2972	Wolken Johanna	Albis Laufftreff	0:48:19	1984	WHK	4	0:48:25 15:49 * 15:48 * 16:41	4:50 min/km
13	1359	Angleys Beatrice	mach3 Köln	0:48:38	1984	WHK	5	0:49:43 16:35 * 15:47 * 16:14	4:52 min/km
14	2787	Strieder Stefanie	Mach3	0:48:38	1970	W40	2	0:49:43 16:35 * 15:47 * 16:15	4:52 min/km
15	576	Kaunzner Sabine	*Köln	0:48:40	1970	W40	3	0:50:00 16:30 * 15:16 * 16:54	4:52 min/km
16	1914	Himmelskamp Laura	Spoho Erstis	0:48:42	1992	WHK	6	0:48:51 16:33 * 15:52 * 16:16	4:52 min/km
17	2196	Lenhard Astrid	*Meinerzhagen	0:48:49	1968	W45	3	0:49:29 16:19 * 15:57 * 16:31	4:53 min/km
18	583	Keller Anka	*Bergheim	0:48:54	1978	W35	3	0:49:14 15:39 * 16:03 * 17:11	4:53 min/km
19	709	Leipert Sabine	ASV Köln	0:49:02	1973	W40	4	0:51:03 16:47 * 16:14 * 16:01	4:54 min/km
20	1376	Baetcke Dorit Elisa	*Köln	0:49:03	1981	W30	2	0:49:07 15:16 * 16:33 * 17:13	4:54 min/km
21	2814	Thannen Luisa	*Bornheim	0:49:05	1996	WJB	1	0:49:08 14:33 * 15:57 * 18:34	4:55 min/km
22	2599	Scheidler Lara	Jokala	0:49:10	1986	WHK	7	0:53:20 17:02 * 15:44 * 16:23	4:55 min/km
23	278	Eymers Annika	*Köln	0:49:12	1981	W30	3	0:49:35 16:07 * 15:56 * 17:08	4:55 min/km
24	464	Hennecke Ursel	Gothaer Runners	0:49:27	1960	W50	1	0:50:08 16:10 * 16:13 * 17:04	4:57 min/km
25	898	Pietzko Mandy	ASV Köln Triathlon	0:49:31	1986	WHK	8	0:51:33 16:08 * 16:05 * 17:17	4:57 min/km
26	2099	Körkemeyer Carla	*Ahaus	0:49:32	1995	WJA	2	0:49:41 15:59 * 16:15 * 17:17	4:57 min/km
27	428	Hannon Emily	Sport ist ihr Hobby	0:49:40	1986	WHK	9	0:50:10 16:52 * 16:09 * 16:38	4:58 min/km
28	364	Giesen-Vorwald Stefanie	Pulheimer SC	0:49:44	1973	W40	5	0:50:01 16:46 * 16:22 * 16:35	4:58 min/km
29	189	Daniels Anke	Kölner Turnerschaft	0:49:59	1974	W35	4	0:51:04 16:30 * 16:14 * 17:14	4:60 min/km
30	2900	Walter Cristine	*Willich	0:50:03	1974	W35	5	0:50:09 16:02 * 16:50 * 17:10	5:00 min/km
31	913	Profus Stefanie	*Köln	0:50:26	1988	WHK	10	0:51:43 17:11 * 16:21 * 16:53	5:03 min/km
32	802	Moll Katja	Lokomotive Laktat	0:50:30	1985	WHK	11	0:50:39 16:02 * 16:48 * 17:39	5:03 min/km
33	1935	Hohndorf Dorothea	Spoho Erstis	0:50:31	1989	WHK	12	0:52:26 16:57 * 16:24 * 17:09	5:03 min/km
34	775	Meier Kirstin	*Bonn	0:50:31	1985	WHK	13	0:53:14 17:06 * 16:18 * 17:06	5:03 min/km
35	475	Herrig Denise	*Köln	0:50:32	1986	WHK	14	0:52:46 17:44 * 17:09 * 15:37	5:03 min/km
36	306	Fißmer Nele (Cornelia)	*Köln	0:50:33	1976	W35	6	0:50:40 16:01 * 16:41 * 17:50	5:03 min/km
37	899	Pinell Nicole	*Köln	0:50:46	1982	W30	4	0:51:15 17:24 * 16:18 * 17:03	5:05 min/km
38	1265	Weide Michaela	*Köln	0:50:46	1976	W35	7	0:50:50 16:25 * 17:10 * 17:10	5:05 min/km
39	1042	Schnettler Nadja	Renninchen	0:50:52	1986	WHK	15	0:55:05 16:59 * 16:30 * 17:22	5:05 min/km
40	1909	Heythausen Julia	Spoho Erstis	0:50:57	1992	WHK	16	0:51:04 16:41 * 16:41 * 17:34	5:06 min/km
41	2410	Offergeld Johanna	*Köln	0:51:00	1989	WHK	17	0:51:23 16:27 * 17:05 * 17:27	5:06 min/km
42	2929	Werth Marilena	Spoho Erstis	0:51:03	1992	WHK	18	0:51:13 16:41 * 16:51 * 17:30	5:06 min/km
43	2791	Stumpp Bettina	*Köln	0:51:18	1971	W40	6	0:55:52 17:53 * 16:37 * 16:48	5:08 min/km
44	1832	Hafer Katharina	*Köln	0:51:24	1994	WJA	3	0:51:35 16:49 * 16:58 * 17:36	5:08 min/km
45	1383	Bartetzko Nicola	*Rösrath	0:51:24	1976	W35	8	0:51:48 16:43 * 16:22 * 18:18	5:08 min/km
46	2342	Müller Carina	Spoho Erstis	0:51:27	1994	WJA	4	0:55:17 18:17 * 16:04 * 17:05	5:09 min/km
47	2625	Schmid Theresa	*Köln	0:51:27	1993	WHK	19	0:51:43 15:48 * 16:50 * 18:48	5:09 min/km
48	1966	Jakobi Eileen	*Köln Junkersdorf	0:51:31	1995	WJA	5	0:51:32 15:49 * 17:28 * 18:12	5:09 min/km
49	1742	Gehlen Tamara	*Köln	0:51:32	1994	WJA	6	0:51:34 15:49 * 17:28 * 18:14	5:09 min/km
49	1494	Breuer Sonja	*Köln	0:51:32	1985	WHK	20	0:51:33 15:49 * 17:29 * 18:13	5:09 min/km
51	3131	Frieler Sonja		0:51:32	1990	WHK	21	0:55:42 17:50 * 16:43 * 16:58	5:09 min/km
52	438	Haubold Lea	*Köln	0:51:35	1991	WHK	22	0:54:01 18:16 * 17:01 * 16:17	5:10 min/km
52	215	Dörrzapf Anja	*Frechen-königsdorf	0:51:35	1977	W35	9	0:51:55 16:25 * 17:02 * 18:08	5:10 min/km

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54	2061	Klein Alina	*Köln	0:51:36	1991 WHK	23	0:52:22	16:28 *	17:16 *	17:50	5:10 min/km
55	3144	Bayse Olga	KClG	0:51:46	0 WHK	24	0:52:46	17:37 *	17:12 *	16:56	5:11 min/km
56	1823	Gutseel Katrin	*Köln	0:51:57	1984 WHK	25	0:52:48	17:44 *	16:46 *	17:26	5:12 min/km
57	993	Schelenz Stefanie	fit-mit-Sven	0:51:59	1982 W30	5	0:52:41	17:04 *	17:00 *	17:55	5:12 min/km
58	2068	Klinnert Charlotte	*Köln	0:52:06	1970 W40	7	0:54:14	17:39 *	17:05 *	17:20	5:13 min/km
59	1844	Hansel Annika	Die Celler	0:52:08	1995 WJA	7	0:52:19	18:27 *	16:18 *	17:21	5:13 min/km
60	2264	Makaridze Maja	*Köln	0:52:15	1980 W30	6	0:52:22	16:39 *	17:21 *	18:14	5:14 min/km
61	1516	Bühl Linda	Spoho Erstis	0:52:16	1992 WHK	26	0:52:28	16:48 *	17:18 *	18:09	5:14 min/km
62	1354	Allion Sarah	*Köln	0:52:17	1993 WHK	27	0:52:28	16:49 *	17:17 *	18:10	5:14 min/km
63	2350	Müller Sophie		0:52:27	1979 W30	7	0:52:53	16:58 *	17:17 *	18:11	5:15 min/km
64	75	Bilginoglu Diana	*Köln	0:52:28	1980 W30	8	0:53:19	17:08 *	17:25 *	17:54	5:15 min/km
65	1629	Eckertz Dr. Sabrina	The runningimps	0:52:31	1978 W35	10	0:53:41	17:37 *	17:00 *	17:53	5:15 min/km
66	1833	Hagelskamp Lisa	*Köln	0:52:32	1994 WJA	8	0:55:07	18:00 *	17:03 *	17:27	5:15 min/km
67	2439	Paul Alice	*Bornheim	0:52:33	1986 WHK	28	0:52:56	16:41 *	17:19 *	18:32	5:15 min/km
68	433	Hartje Alexandra	*Köln	0:52:33	1986 WHK	29	0:55:34	18:07 *	16:54 *	17:31	5:15 min/km
69	1573	Dengel Maria	*Oberhausen	0:52:36	1954 W55	1	0:55:35	18:34 *	16:42 *	17:20	5:16 min/km
70	360	Gesing Dagmar	*Köln	0:52:38	1967 W45	4	0:53:31	17:22 *	17:12 *	18:04	5:16 min/km
71	2202	Lenz Regina	*Köln	0:52:39	1994 WJA	9	0:52:48	16:44 *	17:45 *	18:10	5:16 min/km
72	1192	Thoß Nicole	TV Attendorn	0:52:39	1975 W35	11	0:52:50	16:32 *	17:34 *	18:32	5:16 min/km
73	2725	Sliber Anna	*Düsseldorf	0:52:41	1987 WHK	30	0:53:05	18:04 *	17:18 *	17:18	5:16 min/km
74	2892	Wahden Marilena	Spoho Erstis	0:52:45	1994 WJA	10	0:53:00	17:28 *	17:33 *	17:44	5:17 min/km
75	1109	Severiens Julia	*Köln	0:52:46	1985 WHK	31	0:53:21	17:26 *	17:18 *	18:01	5:17 min/km
76	2048	Kircher Isabell	*Köln	0:52:46	1993 WHK	32	0:52:50	13:19 *	15:51 *	23:35	5:17 min/km
77	35	Baal Marlies	*Köln	0:52:49	1967 W45	5	0:54:02	18:07 *	18:09 *	16:32	5:17 min/km
78	1175	Stula Rosel	Pulheimer SC	0:52:52	1958 W55	2	0:53:08	17:17 *	17:37 *	17:57	5:17 min/km
79	1581	DI CAPUA AIGOIN Dr.	*KÖLN	0:52:52	1979 W30	9	0:53:30	17:24 *	17:19 *	18:07	5:17 min/km
80	514	Honacker Dr. Astrid	*Marburg	0:52:53	1983 W30	10	0:53:08	17:18 *	17:37 *	17:56	5:17 min/km
81	1144	Stautemas Sarah	central-team.de	0:52:54	1978 W35	12	0:53:19	17:20 *	17:20 *	18:13	5:17 min/km
82	182	Coutellier Ute	*köln	0:52:54	1962 W50	2	0:56:49	17:39 *	17:08 *	18:06	5:17 min/km
83	2695	Schuster Dr. Ute	Les Agents Provocateurs	0:53:00	1970 W40	8	0:55:52	19:02 *	16:31 *	17:26	5:18 min/km
84	483	Heß Sabine	Xtrail-aktiv	0:53:04	1966 W45	6	0:54:14	17:19 *	17:27 *	18:17	5:18 min/km
85	157	Burger Jeannette	Flitzpiepen	0:53:06	1983 W30	11	0:57:15	17:51 *	17:12 *	18:02	5:19 min/km
86	1617	Dudziec Anne	*Köln	0:53:08	1986 WHK	33	0:55:22	17:54 *	17:07 *	18:06	5:19 min/km
87	628	Kölzer Naomi	*Düsseldorf	0:53:08	1989 WHK	34	0:53:39	17:03 *	17:32 *	18:33	5:19 min/km
88	70	Bestler Susanne	*Köln	0:53:14	1966 W45	7	0:54:34	17:17 *	17:29 *	18:27	5:19 min/km
89	3086	Thelen Sylvia	ix.mid läuft	0:53:17	1978 W35	13	0:57:36	17:52 *	17:42 *	17:42	5:20 min/km
90	548	Jambor Elisabeth	28000 kmh	0:53:18	1978 W35	14	0:57:48	18:14 *	17:21 *	17:42	5:20 min/km
91	1416	Berge Jennifer	*Köln - Lindenthal	0:53:26	1993 WHK	35	0:57:17	18:26 *	17:35 *	17:24	5:21 min/km
92	358	Germes Birte	Les Agents Provocateurs	0:53:27	1972 W40	9	0:56:20	20:09 *	17:02 *	16:16	5:21 min/km
93	387	Gramann Bettina	*Köln	0:53:28	1965 W45	8	0:54:30	18:33 *	17:12 *	17:42	5:21 min/km
94	176	Chammae Nora	Die Ren(n)tiere	0:53:30	1980 W30	12	0:53:35	17:12 *	17:45 *	18:32	5:21 min/km
95	950	Retzlaff Liane	*Köln	0:53:30	1957 W55	3	0:53:42	17:40 *	17:19 *	18:31	5:21 min/km
96	3132	Kottkamp Corinna		0:53:31	1987 WHK	36	0:57:41	17:50 *	17:25 *	18:15	5:21 min/km
97	349	Gehrke Julia	ISI-RUNNER	0:53:35	1978 W35	15	0:54:46	19:12 *	16:51 *	17:31	5:22 min/km
98	1368	Auerbach Elisabeth	*Köln	0:53:45	1978 W35	16	0:57:39	17:54 *	17:37 *	18:13	5:23 min/km
99	2505	Reckers Britta	*Ahaus	0:53:45	1994 WJA	11	0:53:58	16:54 *	17:41 *	19:09	5:23 min/km
100	1053	Schönwälder Susanne	TC Lese Grün-Weiß	0:53:47	1966 W45	9	0:55:51	18:03 *	17:37 *	18:07	5:23 min/km
101	1346	Afflerbach Jule	Spoho Erstis	0:53:48	1993 WHK	37	0:57:55	16:57 *	18:04 *	18:46	5:23 min/km
102	1530	Butzkamm Isabelle	Spoho Erstis	0:53:50	1995 WJA	12	0:53:59	16:51 *	17:52 *	19:05	5:23 min/km
103	1919	Hinternesch Sina	*Köln	0:53:51	1994 WJA	13	0:53:59	17:17 *	18:15 *	18:18	5:23 min/km
104	2368	Nakahira Sadaka	*Köln	0:53:57	1980 W30	13	0:54:43	18:53 *	17:37 *	17:25	5:24 min/km
105	2579	Sahner Michael	ARC Rhenus Bonn	0:53:57	1987 WHK	38	0:58:45	18:00 *	17:06 *	18:51	5:24 min/km
106	415	Haas Doro	ix.mid läuft	0:53:58	1967 W45	10	0:58:17	17:52 *	17:42 *	18:23	5:24 min/km
107	290	Feith Birgit	*Köln	0:54:02	1976 W35	17	0:54:32	17:29 *	17:39 *	18:52	5:24 min/km
108	2742	Stangl Katharina	*Köln	0:54:02	1993 WHK	39	0:54:51	18:18 *	17:52 *	17:51	5:24 min/km
109	1577	Deters Franziska	*Köln	0:54:06	1993 WHK	40	0:56:42	19:56 *	16:57 *	17:12	5:25 min/km

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110	1121	Solich Monika	ASV Köln Triathlon	0:54:07	1967	W45	11	0:56:00	18:15 *	17:35 *	18:16	5:25 min/km
111	1032	Schnabel Julia	AachenMünchener II	0:54:09	1982	W30	14	0:57:57	17:40 *	18:01 *	18:26	5:25 min/km
112	1446	Blume Franziska	*Barsinghausen	0:54:10	1993	WHK	41	0:58:01	18:24 *	17:37 *	18:08	5:25 min/km
113	550	Jansen Natalie	Team Laufcampus	0:54:10	1970	W40	10	0:54:31	18:05 *	17:47 *	18:18	5:25 min/km
114	1856	Haupt Julia	*Köln	0:54:10	1974	W35	18	0:54:31	18:05 *	17:46 *	18:18	5:25 min/km
115	60	Behrendt Lisa	Köln läuft!	0:54:11	1982	W30	15	0:57:06	18:30 *	17:15 *	18:25	5:25 min/km
116	2029	Keller Laura	*Bergisch Gladbach	0:54:17	1991	WHK	42	0:55:08	18:07 *	17:38 *	18:30	5:26 min/km
117	2748	Steiling Anja	*Köln	0:54:26	1976	W35	19	0:55:45	18:12 *	17:50 *	18:23	5:27 min/km
118	2654	Schönborn Claudia	*Kerpen	0:54:26	1969	W40	11	0:58:57	18:05 *	17:47 *	18:32	5:27 min/km
119	1293	Winter Bianca	Agentur für Arbeit Köln	0:54:26	1977	W35	20	0:56:58	18:41 *	17:36 *	18:08	5:27 min/km
120	2915	Weber-Wang Yao	*Langerwehe	0:54:28	1978	W35	21	0:55:55	18:27 *	17:58 *	18:02	5:27 min/km
121	3165	Kings Esther	Cologne Dance Center	0:54:31	1996	WJB	2	0:54:59	17:55 *	17:59 *	18:36	5:27 min/km
122	1404	Becker-Treß Simone	*Erfstadt	0:54:33	1975	W35	22	0:55:25	18:22 *	17:40 *	18:30	5:27 min/km
123	1868	Hein Carla	Noch 3 Runners	0:54:35	1986	WHK	43	0:58:23	18:34 *	18:00 *	18:01	5:28 min/km
124	2562	Rotthege Susanne	Sportfreunde Melaten	0:54:36	1983	W30	16	0:56:51	18:37 *	17:48 *	18:10	5:28 min/km
125	185	Cramer Stephanie	*Köln	0:54:38	1967	W45	12	0:56:03	18:43 *	17:38 *	18:15	5:28 min/km
126	1637	Eisenreich Theres	*Köln	0:54:38	1981	W30	17	0:54:51	17:30 *	18:00 *	19:08	5:28 min/km
127	727	Linnartz Isabel	*Köln	0:54:44	1981	W30	18	0:56:01	17:54 *	18:08 *	18:42	5:28 min/km
128	2458	Pias Kathrin	atemrausch*	0:54:45	1986	WHK	44	0:56:20	19:11 *	17:19 *	18:15	5:29 min/km
129	131	Brion Anne	Villafrance	0:54:46	1981	W30	19	0:56:44	18:55 *	17:34 *	18:17	5:29 min/km
130	2792	Stumpp Daniela	*Maintal	0:54:47	1969	W40	12	0:54:49	17:05 *	18:08 *	19:34	5:29 min/km
131	1410	Beissel Marisa	LT XING-Köln, by run2	0:54:48	1978	W35	23	0:57:28	19:13 *	17:53 *	17:41	5:29 min/km
132	1384	Barthel Sophie		0:54:49	1988	WHK	45	0:55:51	18:14 *	17:39 *	18:55	5:29 min/km
133	17	Al-Debai Fadia	*Köln	0:54:53	1984	WHK	46	0:55:25	18:12 *	18:16 *	18:24	5:29 min/km
134	2246	Lügger Barbara	*Köln	0:54:53	1987	WHK	47	0:57:21	18:32 *	17:42 *	18:39	5:29 min/km
135	2504	Raven Hanna	LAUFMAMALAUFL	0:54:56	1980	W30	20	0:59:12	19:24 *	17:30 *	18:01	5:30 min/km
136	458	Heinz Dr. Christina	*Köln	0:54:57	1981	W30	21	0:58:57	18:28 *	17:49 *	18:39	5:30 min/km
137	320	Friederichs Katja	Renninchen	0:55:00	1985	WHK	48	0:59:12	18:20 *	17:51 *	18:48	5:30 min/km
138	2893	Wahlen Edith	Ergo Sports	0:55:03	1967	W45	13	0:57:42	18:16 *	18:14 *	18:32	5:30 min/km
139	1146	Steffen Natalie	*Köln	0:55:05	1973	W40	13	0:59:21	18:58 *	17:51 *	18:15	5:31 min/km
140	893	Petersen Nora	28000 kmh	0:55:06	1977	W35	24	0:59:36	19:06 *	17:34 *	18:25	5:31 min/km
141	2079	Knackstedt Franziska	*Homburg	0:55:10	1989	WHK	49	0:57:01	18:36 *	18:00 *	18:33	5:31 min/km
142	3149	Kölker Christiane		0:55:10	1964	W45	14	0:55:33	19:23 *	17:27 *	18:19	5:31 min/km
143	926	Rau Simona	*Köln	0:55:10	1969	W40	14	0:57:54	18:29 *	17:52 *	18:48	5:31 min/km
144	2080	Knackstedt Marion	*Erfstadt	0:55:11	1960	W50	3	0:57:02	18:37 *	18:00 *	18:33	5:31 min/km
145	1060	Schreiner Birgit	TC Weiden	0:55:12	1960	W50	4	0:57:59	18:36 *	18:20 *	18:15	5:31 min/km
146	699	Langfermann Vanessa	*Köln	0:55:12	1985	WHK	50	0:56:18	18:05 *	17:52 *	19:15	5:31 min/km
147	1050	Schöner Nina	*Köln	0:55:16	1970	W40	15	0:55:26	17:40 *	18:16 *	19:18	5:32 min/km
148	73	Biehl Carola	*Berlin	0:55:21	1965	W45	15	0:55:49	18:37 *	17:59 *	18:44	5:32 min/km
149	292	Feldhaus Doris	*Köln	0:55:21	1948	W65	1	0:56:25	18:23 *	18:09 *	18:48	5:32 min/km
150	2873	Vogelmann Karin	karin vogelmann	0:55:22	1970	W40	16	0:55:28	18:09 *	18:07 *	19:05	5:32 min/km
151	2478	Pommer Charlotte	*Düsseldorf	0:55:23	1997	WJB	3	0:59:45	19:30 *	17:47 *	18:05	5:32 min/km
152	3054	Kriegenherdt Katrin		0:55:23	1974	W35	25	0:56:23	18:50 *	17:55 *	18:36	5:32 min/km
153	549	Jansen Beate	*Köln	0:55:24	1962	W50	5	0:56:37	18:07 *	18:10 *	19:06	5:32 min/km
154	2230	Löschcke Kerstin	*Hürth	0:55:30	1984	WHK	51	0:59:04	19:08 *	18:10 *	18:12	5:33 min/km
155	233	Ebelshäuser Claudia	1. Kölner Laufstall	0:55:31	1963	W50	6	0:57:56	18:34 *	18:11 *	18:46	5:33 min/km
156	837	Neuß Dr. Susanne	Gothaer Runners	0:55:36	1964	W45	16	0:56:19	17:59 *	18:24 *	19:12	5:34 min/km
157	2415	Onkelbach Annika	*Bedburg	0:55:38	1993	WHK	52	0:55:52	18:18 *	18:29 *	18:50	5:34 min/km
158	2777	Stolz Gisela	*Köln	0:55:38	1977	W35	26	0:57:35	19:48 *	17:49 *	18:00	5:34 min/km
159	3302	Rhomberg Carina		0:55:40	1987	WHK	53	0:57:42	19:33 *	17:50 *	18:16	5:34 min/km
160	3078	Engler Marie		0:55:41	1991	WHK	54	0:57:38	18:25 *	17:31 *	19:45	5:34 min/km
161	422	Haite Julia	Flitzpiepen	0:55:41	1987	WHK	55	1:00:19	18:44 *	18:15 *	18:41	5:34 min/km
162	714	Lewandowski Birgit	Laktatkönige	0:55:46	1965	W45	17	0:56:46	18:45 *	18:22 *	18:39	5:35 min/km
163	61	Behrendt Susanne	*Köln	0:55:52	1976	W35	27	0:56:39	17:57 *	18:24 *	19:31	5:35 min/km
164	726	Linke Inge	*koeln	0:55:55	1969	W40	17	0:59:00	19:11 *	17:54 *	18:49	5:36 min/km
165	2826	Thierhoff Corinna	Original Bootcamp	0:55:56	1967	W45	18	0:58:13	18:46 *	18:10 *	18:59	5:36 min/km

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166	351	Geller Monika	*Köln	0:55:56	1962	W50	7	0:58:00	18:40 *	18:03 *	19:12	5:36 min/km
167	303	Fischer Nicole	*Köln	0:55:56	1991	WHK	56	0:58:00	18:40 *	18:04 *	19:11	5:36 min/km
168	2950	Will Yvonne	Original Bootcamp	0:55:57	1987	WHK	57	0:58:13	21:13 *	16:58 *	17:45	5:36 min/km
169	1912	Hildebrand Stella	*Köln	0:55:57	1994	WJA	14	0:56:46	18:21 *	18:32 *	19:02	5:36 min/km
170	3059	Vietzen Ulrike		0:55:59	1967	W45	19	0:56:23	20:02 *	18:31 *	17:26	5:36 min/km
171	793	Mickeleit Jil	*Pulheim	0:56:03	2000	WSB	2	1:00:30	17:39 *	18:46 *	19:37	5:36 min/km
172	992	Scheifgen Alexandra	Alftere Sportclub	0:56:06	1975	W35	28	0:56:37	18:41 *	18:23 *	19:01	5:37 min/km
173	2117	Kosch Martina	*Köln	0:56:07	1962	W50	8	0:56:19	18:51 *	18:03 *	19:11	5:37 min/km
174	1135	Spittel Rebecca	*Köln	0:56:07	1987	WHK	58	1:00:12	19:45 *	18:03 *	18:19	5:37 min/km
175	2610	Schlesiger Kerstin	sektamschuh	0:56:08	1978	W35	29	0:56:42	18:50 *	18:30 *	18:47	5:37 min/km
176	1517	Bühler Annemarie	*Köln	0:56:11	1982	W30	22	0:58:30	18:26 *	18:42 *	19:02	5:37 min/km
177	1172	Ströter Bixi	*Kerpen	0:56:12	1968	W45	20	1:00:40	19:23 *	18:01 *	18:47	5:37 min/km
178	2250	Lukate Johanna	Lokomotive Laufschnell	0:56:16	1990	WHK	59	0:57:15	19:29 *	19:02 *	17:43	5:38 min/km
179	733	Lohmann Dr. Denise	*Köln	0:56:17	1978	W35	30	0:57:12	19:01 *	18:57 *	18:17	5:38 min/km
180	2301	Meyer Simone	Köln läuft!	0:56:20	1978	W35	31	0:59:16	18:47 *	18:03 *	19:29	5:38 min/km
181	1253	Wallenfang Janine	*Köln	0:56:21	1982	W30	23	0:56:58	18:53 *	18:44 *	18:42	5:38 min/km
182	3147	Schneider Uta-Maria	Decksteiner Rennmäuse	0:56:21	1966	W45	21	0:56:26	18:05 *	18:33 *	19:42	5:38 min/km
183	1767	Glauer Katrin	Shintai Köln	0:56:22	1971	W40	18	1:01:05	19:46 *	18:33 *	18:02	5:38 min/km
184	2020	Katzenburg Maria	Lokomotive Laktat	0:56:25	1992	WHK	60	0:56:38	17:57 *	18:42 *	19:45	5:39 min/km
185	2222	Lingemann Nadine	Original Bootcamp	0:56:26	1976	W35	32	0:58:40	18:53 *	18:17 *	19:15	5:39 min/km
186	832	Nettersheim Caroline	Central-Team	0:56:29	1977	W35	33	0:56:55	18:00 *	18:44 *	19:44	5:39 min/km
187	2694	Schumacher Heide	*Köln	0:56:30	1962	W50	9	0:57:57	18:21 *	18:17 *	19:51	5:39 min/km
188	735	Lohrer Nadja	Girls	0:56:31	1986	WHK	61	0:58:50	20:45 *	17:15 *	18:31	5:39 min/km
189	2441	Pein Cornelia	*Köln	0:56:36	1980	W30	24	1:00:31	20:16 *	17:37 *	18:42	5:40 min/km
190	2047	Kirchen Susanne	*Köln	0:56:36	1992	WHK	62	0:56:56	18:36 *	18:34 *	19:26	5:40 min/km
191	231	Duve Kathrin	sektamschuh	0:56:37	1970	W40	19	0:57:10	18:50 *	18:30 *	19:16	5:40 min/km
192	964	Rohrbach Friederike	*Köln	0:56:37	1985	WHK	63	0:58:48	18:39 *	18:32 *	19:26	5:40 min/km
193	3091	Mardak Nathalie		0:56:38	1976	W35	34	0:56:54	18:45 *	18:24 *	19:28	5:40 min/km
194	448	Hegmann Mona	*Köln	0:56:39	1993	WHK	64	0:56:56	18:39 *	18:33 *	19:26	5:40 min/km
195	1872	Heins Jennifer	RHEINSPORT	0:56:39	1990	WHK	65	0:59:16	18:57 *	18:36 *	19:06	5:40 min/km
196	930	Reichel Claudia	*Köln	0:56:40	1964	W45	22	0:58:35	18:48 *	18:18 *	19:33	5:40 min/km
197	791	Meyer Sonja	ELEMENTS Cologne	0:56:41	1979	W30	25	0:57:35	18:54 *	18:06 *	19:41	5:40 min/km
198	680	Küpper Mirjam	Noch 3 Runners	0:56:45	1982	W30	26	1:00:31	18:43 *	18:51 *	19:11	5:41 min/km
199	2121	Krämer Britta	*Bergisch Gladbach	0:56:45	1989	WHK	66	1:01:05	19:33 *	18:38 *	18:33	5:41 min/km
200	2448	Peters Danielle	ISI-RUNNER	0:56:52	1967	W45	23	0:58:14	19:42 *	18:34 *	18:35	5:41 min/km
201	1892	Herlitze Anne-Kathrin	*Köln	0:56:53	1991	WHK	67	0:59:23	20:20 *	18:09 *	18:23	5:41 min/km
202	3175	Magnus Antje		0:56:56	1965	W45	24	0:58:58	18:48 *	18:27 *	19:39	5:42 min/km
203	3065	Kalverkamp Meike		0:57:06	1988	WHK	68	1:01:53	20:30 *	18:19 *	18:17	5:43 min/km
204	757	Marsen-Monich Sabine	Laufperlen	0:57:10	1955	W55	4	0:57:36	18:45 *	18:46 *	19:38	5:43 min/km
205	329	Frohn Sandra	*Pulheim	0:57:12	1982	W30	27	0:58:37	19:22 *	18:24 *	19:25	5:43 min/km
206	463	Hembach Sandra	Rudolf Express	0:57:14	1983	W30	28	1:01:32	20:26 *	18:46 *	18:01	5:43 min/km
207	614	Klinker Friederike	Rudolf Express	0:57:14	1984	WHK	69	1:01:32	20:26 *	18:47 *	18:00	5:43 min/km
208	600	Kirst Anne	Rudolf Express	0:57:15	1983	W30	29	1:01:32	20:25 *	18:47 *	18:02	5:44 min/km
209	2675	Schubert Rita	*Köln	0:57:15	1983	W30	30	0:57:59	20:31 *	18:18 *	18:25	5:44 min/km
210	1628	Eckert Jessica	*Hennef	0:57:16	1985	WHK	70	0:57:58	20:31 *	18:18 *	18:25	5:44 min/km
211	414	Haas Brigitte	Fronrunner Cologne	0:57:18	1977	W35	35	0:58:24	18:43 *	18:50 *	19:44	5:44 min/km
212	2245	Lückerath Dr. Evelin	*Düsseldorf	0:57:19	1975	W35	36	0:59:31	18:45 *	18:41 *	19:52	5:44 min/km
213	805	Monix Mechthild	Laktatkönige	0:57:22	1967	W45	25	0:58:22	19:06 *	18:43 *	19:32	5:44 min/km
214	2571	Rupprecht Theresia	*Köln	0:57:22	1982	W30	31	0:59:37	19:39 *	18:58 *	18:44	5:44 min/km
215	2477	Polo Itziar	*Köln	0:57:25	1988	WHK	71	0:57:35	19:18 *	18:38 *	19:28	5:44 min/km
216	2951	Wilz Janine	*Kerpen	0:57:26	1990	WHK	72	1:00:22	18:32 *	19:04 *	19:48	5:45 min/km
217	1504	Brüning Beate	LT XING-Köln, by run2	0:57:26	1955	W55	5	0:57:50	18:07 *	19:07 *	20:12	5:45 min/km
218	519	Hrebicek Sandra	Villafrance	0:57:29	1977	W35	37	0:59:27	18:55 *	18:21 *	20:12	5:45 min/km
219	2315	Milz Christina	*Bonn	0:57:30	1984	WHK	73	1:01:13	19:08 *	18:43 *	19:38	5:45 min/km
220	1666	Faßbender Sarah	*Köln	0:57:30	1985	WHK	74	1:01:13	19:09 *	18:43 *	19:38	5:45 min/km
220	712	Leonhardt Tina	VfL Lingen	0:57:30	1961	W50	10	0:58:10	18:55 *	18:42 *	19:52	5:45 min/km

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222	2320	Mittmann Anne	TV Arnsberg	0:57:35	1986	WHK	75	1:01:38	19:12 *	18:44 *	19:38	5:46 min/km
223	1486	Braun Anna	*Kürten	0:57:37	1993	WHK	76	0:58:15	19:22 *	18:26 *	19:48	5:46 min/km
224	1938	Hollinger Anna	Spoho Erstis	0:57:41	1993	WHK	77	0:58:28	18:46 *	18:52 *	20:02	5:46 min/km
225	804	Mondroch Stefanie	Petőfi-Runners	0:57:41	1981	W30	32	0:59:56	19:55 *	18:18 *	19:28	5:46 min/km
226	2635	Schmitt Katharina	*Köln	0:57:42	1984	WHK	78	0:57:51	19:18 *	18:38 *	19:44	5:46 min/km
227	660	Kramp Lydia	*Köln	0:57:49	1959	W50	11	0:59:47	18:54 *	18:52 *	20:02	5:47 min/km
228	533	Husztı Orsolya	Team hun-Heart-Seedling	0:57:51	1976	W35	38	1:01:49	19:03 *	18:45 *	20:03	5:47 min/km
229	3327	Vondermaßen Simone	Die Stadtwaldhasen	0:57:52	1982	W30	33	1:02:10	19:35 *	19:10 *	19:06	5:47 min/km
230	1044	Schnitzler Patricia	LLG 80 Nordpark Köln	0:57:56	1959	W50	12	0:58:52	18:59 *	19:01 *	19:55	5:48 min/km
231	156	Burde Kathleen	*Köln	0:57:56	1984	WHK	79	0:58:26	20:04 *	18:48 *	19:03	5:48 min/km
232	1163	Stirnat Kathrin	Running Elements	0:58:01	1985	WHK	80	1:02:11	19:27 *	18:49 *	19:44	5:48 min/km
233	2393	Niehl Celine	JLpersonalTRAINING	0:58:06	1986	WHK	81	0:58:45	22:01 *	17:29 *	18:35	5:49 min/km
234	3301	May Stephanie		0:58:09	1986	WHK	82	1:02:02	19:39 *	19:20 *	19:09	5:49 min/km
235	1295	Wirtz Dr. Nina	*Köln	0:58:10	1977	W35	39	0:59:05	19:01 *	18:57 *	20:11	5:49 min/km
236	125	Braun Sarah	*Bonn	0:58:13	1978	W35	40	0:59:10	19:11 *	18:50 *	20:11	5:49 min/km
237	1437	Birkner Carina	*Hagen	0:58:13	1989	WHK	83	0:58:50	20:54 *	19:27 *	17:51	5:49 min/km
238	403	Gschwandtner ISI	ISI-RUNNER	0:58:14	1978	W35	41	0:59:02	19:01 *	19:07 *	20:05	5:49 min/km
239	847	Noben Simone	ISI-RUNNER	0:58:16	1959	W50	13	0:59:02	19:03 *	19:07 *	20:05	5:50 min/km
240	840	Niehaus Bianca	*Köln	0:58:18	1987	WHK	84	1:00:33	19:40 *	19:01 *	19:36	5:50 min/km
241	1276	Wendt Andrea	XTrail-Aktiv	0:58:18	1968	W45	26	0:59:29	19:22 *	18:54 *	20:01	5:50 min/km
242	2624	Schmid Katharina	Team Jérôme	0:58:18	1985	WHK	85	1:02:56	21:42 *	18:18 *	18:17	5:50 min/km
243	955	Rheinschmidt Silke	*Köln	0:58:21	1979	W30	34	1:00:59	20:47 *	18:53 *	18:40	5:50 min/km
244	2905	Wanninger Danja	*Brüggen	0:58:25	1966	W45	27	0:59:50	18:55 *	18:51 *	20:38	5:51 min/km
245	410	Gutte Julia	Happy Running Family	0:58:30	1981	W30	35	0:59:08	19:38 *	19:15 *	19:36	5:51 min/km
246	22	Anthofer Petra	1. Kölner Laufstall	0:58:32	1964	W45	28	0:58:59	18:47 *	19:32 *	20:11	5:51 min/km
247	1944	Horn Birgit	Squirrels	0:58:32	1973	W40	20	1:02:56	19:54 *	19:10 *	19:28	5:51 min/km
248	2169	Kunze Janina	*Dormagen	0:58:33	1985	WHK	86	1:02:27	19:59 *	19:00 *	19:34	5:51 min/km
249	2743	Stebelezkaja Marina	ICU.net.AG	0:58:35	1977	W35	42	0:58:56	20:21 *	19:16 *	18:57	5:52 min/km
250	613	Klick Lea	*Remagen	0:58:35	1991	WHK	87	1:00:25	19:03 *	19:17 *	20:15	5:52 min/km
251	694	Landesfeind Meike	Thr33ky Friends Cologne	0:58:36	1980	W30	36	1:01:16	19:55 *	18:45 *	19:55	5:52 min/km
252	609	Kleinekarhoff Karin	*Remagen	0:58:36	1990	WHK	88	1:00:25	19:04 *	19:16 *	20:15	5:52 min/km
253	3117	Lindloff Maike		0:58:40	1984	WHK	89	1:02:56	20:22 *	19:36 *	18:42	5:52 min/km
254	404	Gsella Theresa	*Köln	0:58:44	1985	WHK	90	1:02:43	19:46 *	18:49 *	20:08	5:52 min/km
255	2614	Schlieben Pia	FKK Köln Sülz	0:58:47	1986	WHK	91	1:01:52	20:34 *	19:18 *	18:53	5:53 min/km
256	3166	Schaaf Ute	LLG 80 Nordpark Köln	0:58:49	1968	W45	29	1:03:41	20:14 *	19:13 *	19:21	5:53 min/km
257	1041	Schnell Dr. Anne	*Köln	0:58:51	1986	WHK	92	0:58:52	17:48 *	19:49 *	21:13	5:53 min/km
258	3082	Tigges Mariekatrin		0:58:51	1992	WHK	93	1:00:41	20:14 *	19:09 *	19:27	5:53 min/km
259	541	Islam Shahana	*Köln	0:58:54	1976	W35	43	1:01:00	21:16 *	18:38 *	18:58	5:53 min/km
260	2706	Schwiede Julia	*Bergisch Gladbach	0:58:55	1990	WHK	94	1:03:19	19:58 *	19:10 *	19:46	5:54 min/km
261	588	Kemski Nicoll	*Köln	0:58:58	1971	W40	21	1:02:01	20:18 *	19:10 *	19:29	5:54 min/km
262	0	Flockenhaus Sinje		0:59:00	1978	W35	44	0:59:48	19:39 *	19:25 *	19:54	5:54 min/km
263	831	Neelsen Karin	*Köln	0:59:00	1974	W35	45	0:59:47	19:36 *	19:35 *	19:48	5:54 min/km
264	48	Bauer Petra	BSG RheinEnergie	0:59:04	1966	W45	30	1:00:06	19:41 *	19:18 *	20:04	5:54 min/km
265	1094	Seeger Silke	*Köln	0:59:05	1974	W35	46	1:00:20	19:24 *	19:29 *	20:12	5:55 min/km
266	328	Frohn Monika	*Pulheim	0:59:05	1952	W60	1	1:00:29	19:37 *	19:11 *	20:16	5:55 min/km
267	1561	Dams Kathrin	Bio läuft!	0:59:08	1992	WHK	95	0:59:28	18:36 *	19:27 *	21:04	5:55 min/km
268	1853	Haselhoff Anke	*Düsseldorf	0:59:08	1983	W30	37	1:03:15	19:18 *	19:34 *	20:15	5:55 min/km
269	1809	Groß Luisa	*Bergisch Gladbach	0:59:09	1995	WJA	15	0:59:14	19:34 *	19:46 *	19:48	5:55 min/km
269	1551	Cox Verena	*Köln	0:59:09	1970	W40	22	1:01:20	20:59 *	19:09 *	19:00	5:55 min/km
271	2908	Waschek Katharina	*Köln	0:59:10	1984	WHK	96	1:01:20	20:47 *	18:48 *	19:34	5:55 min/km
272	1267	Weil Claudia	*Köln	0:59:12	1965	W45	31	1:01:45	20:22 *	19:38 *	19:11	5:55 min/km
273	2433	Ozolina Anna	*Aachen	0:59:12	1994	WJA	16	1:01:24	17:57 *	19:12 *	22:02	5:55 min/km
274	1604	Dörpinghaus Aylin	*Wipperfürth	0:59:13	1989	WHK	97	1:02:08	20:56 *	19:13 *	19:02	5:55 min/km
275	2120	Kraemer Sandra	LAUFMAMALAUFL	0:59:13	1976	W35	47	1:03:29	19:30 *	19:25 *	20:17	5:55 min/km
276	1948	Huben Marion	*Köln	0:59:14	1986	WHK	98	1:00:09	20:59 *	18:48 *	19:26	5:55 min/km
277	1947	Huben Christine	*Köln	0:59:15	1983	W30	38	1:00:09	20:59 *	18:49 *	19:26	5:56 min/km

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278	2003	Kamp Sophie	*Köln	0:59:18	1987	WHK	99	1:01:52	20:44 *	19:47 *	18:45	5:56 min/km
279	2139	Kreisler Nicole	Speedy & Co	0:59:19	1983	W30	39	0:59:58	21:01 *	18:54 *	19:23	5:56 min/km
280	2996	Zimmermann Jeanette	Speedy & Co	0:59:20	1983	W30	40	0:59:59	21:01 *	18:55 *	19:23	5:56 min/km
281	2262	Maier Elisabeth	atemrausch*	0:59:23	1986	WHK	100	1:00:56	20:45 *	19:44 *	18:53	5:56 min/km
282	2919	Wegner Frauke	*Düsseldorf	0:59:24	1983	W30	41	1:02:14	20:00 *	19:16 *	20:08	5:56 min/km
283	1233	Volkman Mona	*Köln	0:59:25	1971	W40	23	1:00:44	20:58 *	19:08 *	19:17	5:57 min/km
284	2419	Opp Mona	Girls	0:59:25	1987	WHK	101	1:01:44	20:45 *	18:55 *	19:44	5:57 min/km
285	165	Cafaro Rosa	Angstfrei töpfen	0:59:28	1969	W40	24	1:03:08	20:05 *	19:17 *	20:06	5:57 min/km
286	2459	Piecowski Sabine	central-team.de	0:59:29	1970	W40	25	0:59:54	19:22 *	19:37 *	20:29	5:57 min/km
287	315	Frein Petra	die Rennschnecken	0:59:30	1981	W30	42	1:01:43	20:38 *	19:25 *	19:26	5:57 min/km
288	2218	Lindhorst Anja	*Köln	0:59:34	1989	WHK	102	1:00:06	20:27 *	19:22 *	19:44	5:57 min/km
289	517	Horton Bridget	*Koeln	0:59:36	1974	W35	48	1:04:16	19:32 *	19:32 *	20:31	5:58 min/km
290	2145	Kretschmer Dr. Janet	*Köln	0:59:36	1977	W35	49	1:01:37	20:22 *	19:32 *	19:41	5:58 min/km
291	2720	Siep Esther	*50939	0:59:36	1976	W35	50	1:01:37	20:22 *	19:32 *	19:41	5:58 min/km
292	1959	Ilse Felicitas	*Köln	0:59:43	1984	WHK	103	0:59:50	18:44 *	19:54 *	21:04	5:58 min/km
293	1339	Zygmanski Moni	Köln läuft!	0:59:47	1980	W30	43	1:02:42	19:59 *	19:36 *	20:11	5:59 min/km
294	1634	Eichel Ninja Olivia	LT DSHS Köln	0:59:47	2003	WSC	1	1:04:18	20:12 *	19:02 *	20:32	5:59 min/km
295	2040	Kessens Meike	Team HKK	0:59:53	1984	WHK	104	1:00:09	19:42 *	19:49 *	20:21	5:59 min/km
296	2845	Towa Jacqueline	*Köln	0:59:53	1989	WHK	105	1:03:27	20:23 *	19:20 *	20:09	5:59 min/km
297	2456	Pflockschi Martina	Triabolas. Hamburg e.V.	0:59:56	1965	W45	32	1:03:45	19:49 *	19:15 *	20:51	5:60 min/km
298	1236	Von Bassewitz Sibylle	Lauftreff Anke Daniels	1:00:03	1970	W40	26	1:01:17	20:17 *	19:25 *	20:20	6:00 min/km
299	2897	Walkowiak Sandra	*Köln	1:00:04	1973	W40	27	1:03:05	21:15 *	19:27 *	19:20	6:00 min/km
300	1409	Beier Andrea	*Köln	1:00:04	1971	W40	28	1:00:45	19:53 *	19:34 *	20:36	6:00 min/km
301	1156	Stettes Svenja	Mokkaschnitte	1:00:05	1974	W35	51	1:01:09	20:37 *	19:47 *	19:40	6:01 min/km
302	1039	Schneider Maria-Cecile	LT XING-Köln, by run2	1:00:05	1966	W45	33	1:00:15	18:58 *	19:32 *	21:34	6:01 min/km
303	927	Raulin Sigrid	BSG RheinEnergie	1:00:05	1957	W55	6	1:01:07	19:13 *	19:43 *	21:07	6:01 min/km
304	1660	Eßer Tanja	atemrausch*	1:00:06	1981	W30	44	1:01:39	20:43 *	19:42 *	19:40	6:01 min/km
305	408	Guldner Caroline	atemrausch*	1:00:08	1981	W30	45	1:01:43	20:29 *	19:41 *	19:57	6:01 min/km
306	1125	Sommerberg Melanie	Dunnekiel Running	1:00:08	1978	W35	52	1:04:13	20:23 *	19:44 *	20:00	6:01 min/km
307	1862	Heck Janina	*Mönchengladbach	1:00:11	1992	WHK	106	1:03:58	20:40 *	19:46 *	19:45	6:01 min/km
308	2600	Scherer Daniela	Köln läuft!	1:00:12	1988	WHK	107	1:03:10	20:37 *	19:11 *	20:24	6:01 min/km
309	180	Conrady Nadine	PUSHENSY	1:00:15	1976	W35	53	1:03:56	20:29 *	19:40 *	20:05	6:02 min/km
310	571	Kanuma-Kölzer Kazuko	*Düsseldorf	1:00:15	1955	W55	7	1:00:46	19:22 *	20:11 *	20:41	6:02 min/km
311	759	Marx Lisa	Noch 3 Runners	1:00:16	1987	WHK	108	1:04:04	20:12 *	19:31 *	20:32	6:02 min/km
312	1807	Groß Birgit	*Bergisch Gladbach	1:00:17	1962	W50	14	1:00:22	19:34 *	19:57 *	20:45	6:02 min/km
313	1918	Hinkerode Inga	*Bochum	1:00:17	1988	WHK	109	1:04:32	21:11 *	19:21 *	19:44	6:02 min/km
314	3112	Schumacher Patricia		1:00:20	1969	W40	29	1:03:13	20:40 *	19:43 *	19:55	6:02 min/km
315	979	Sander Anna	*Bad Neuenahr-Ahrweiler	1:00:22	1990	WHK	110	1:01:39	20:29 *	20:00 *	19:51	6:02 min/km
316	3038	Stauf Miriam		1:00:23	1979	W30	46	1:03:56	21:01 *	19:49 *	19:32	6:02 min/km
317	2681	Schüttert Ute	*Köln	1:00:25	1983	W30	47	1:04:58	21:43 *	21:11 *	17:29	6:03 min/km
318	879	Patzwald Sabine	*Köln	1:00:25	1966	W45	34	1:01:02	19:38 *	19:32 *	21:15	6:03 min/km
319	1012	Schmidgen Dagmar	LLG 80 Nordpark Köln	1:00:25	1967	W45	35	1:00:49	19:42 *	19:44 *	20:58	6:03 min/km
320	2310	Mielcarek Sylvia	*Köln	1:00:26	1974	W35	54	1:03:21	20:41 *	19:42 *	20:02	6:03 min/km
321	2124	Krahé Danja	asv	1:00:26	1978	W35	55	1:04:06	20:49 *	19:34 *	20:02	6:03 min/km
322	2526	Ressler Lisa	*Köln	1:00:27	1977	W35	56	1:04:30	21:43 *	19:11 *	19:33	6:03 min/km
323	1717	Fries Amelie	Geronto-Style	1:00:27	1991	WHK	111	1:00:54	19:53 *	19:54 *	20:39	6:03 min/km
324	2621	Schlüter Michaela	Geronto-Style	1:00:28	1990	WHK	112	1:00:55	19:53 *	19:54 *	20:40	6:03 min/km
325	3173	Burwinkel Laura		1:00:29	1987	WHK	113	1:00:47	21:00 *	19:50 *	19:39	6:03 min/km
326	657	Kramer Anja	*Köln	1:00:29	1983	W30	48	1:02:30	20:35 *	19:50 *	20:04	6:03 min/km
327	2947	Wilhelm Nadine	*Nümbrecht	1:00:31	1987	WHK	114	1:04:21	18:56 *	20:21 *	21:13	6:03 min/km
328	1730	Gaal Monika	Das Kleine Team	1:00:32	1980	W30	49	1:04:28	20:55 *	19:28 *	20:08	6:03 min/km
329	2418	Opp Kerstin	REWE	1:00:33	1977	W35	57	1:02:42	19:52 *	19:50 *	20:50	6:03 min/km
330	96	Blum Sabine	central-team.de	1:00:34	1974	W35	58	1:01:00	19:21 *	20:02 *	21:10	6:03 min/km
331	1610	Drees Jutta	Die RadLosen	1:00:37	1967	W45	36	1:05:21	21:03 *	20:12 *	19:21	6:04 min/km
332	2794	Suck Janika	*Köln	1:00:37	1985	WHK	115	1:05:02	21:46 *	19:47 *	19:03	6:04 min/km
333	2834	Thoring Helena	*Köln	1:00:38	1993	WHK	116	1:00:57	19:19 *	19:59 *	21:19	6:04 min/km

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334	477	Herrmann Sarah	*Köln	1:00:38	1985 WHK	117	1:05:02	21:46 *	19:48 *	19:03	6:04 min/km
335	2298	Mescher Mira	*Köln	1:00:38	1984 WHK	118	1:05:03	21:46 *	19:47 *	19:04	6:04 min/km
336	1746	Geller Katharina	*Köln	1:00:38	1986 WHK	119	1:03:30	19:49 *	19:51 *	20:57	6:04 min/km
337	2648	Schneider Michaela	*Morsbach	1:00:38	1972 W40	30	1:00:50	21:25 *	19:00 *	20:12	6:04 min/km
338	312	Franken Lea	*Köln	1:00:38	1989 WHK	120	1:00:57	19:19 *	19:57 *	21:21	6:04 min/km
339	2417	Opitz Patrizia	*Köln	1:00:39	1986 WHK	121	1:05:03	21:47 *	19:47 *	19:04	6:04 min/km
340	106	Bolliger Anna	*Köln	1:00:39	1985 WHK	122	1:01:23	20:53 *	19:23 *	20:22	6:04 min/km
341	234	Eberhard Ulla	*Köln	1:00:45	1958 W55	8	1:01:33	19:04 *	20:04 *	21:36	6:05 min/km
342	676	Kühn Anja	*Köln	1:00:47	1977 W35	59	1:01:23	19:17 *	20:02 *	21:27	6:05 min/km
343	275	Everschor Petra	Agentur für Arbeit Köln	1:00:47	1986 WHK	123	1:01:36	20:14 *	20:00 *	20:32	6:05 min/km
344	2394	Nikolova Niia	*Cologne	1:00:52	1988 WHK	124	1:05:00	20:59 *	19:41 *	20:12	6:05 min/km
345	2795	Sujazow Olivia	*Köln	1:00:52	1981 W30	50	1:05:00	20:59 *	19:41 *	20:11	6:05 min/km
346	2799	Tack Hannah	*Köln	1:00:53	1987 WHK	125	1:04:48	20:18 *	19:29 *	21:06	6:05 min/km
347	1819	Günes Ilknur	*Köln	1:00:54	1968 W45	37	1:01:32	21:15 *	20:11 *	19:27	6:05 min/km
348	2444	Pelzer Saskia	*Hennef	1:00:57	1989 WHK	126	1:05:05	20:23 *	20:05 *	20:28	6:06 min/km
349	3328	Wagner Juliana	Team Engelchen	1:01:00	1985 WHK	127	1:02:22	20:57 *	20:00 *	20:03	6:06 min/km
350	1691	Fischer Kristin	*Köln	1:01:01	1985 WHK	128	1:01:30	20:44 *	19:53 *	20:23	6:06 min/km
351	1993	Junker Petra	*Hürth	1:01:01	1979 W30	51	1:01:30	20:43 *	19:53 *	20:23	6:06 min/km
352	761	Marzian Manuela	Original Bootcamp	1:01:02	1971 W40	31	1:03:21	21:03 *	20:09 *	19:49	6:06 min/km
353	377	Götze Kerstin	*Köln	1:01:03	1982 W30	52	1:01:50	19:21 *	19:59 *	21:41	6:06 min/km
354	2930	Wertz Elke	Köln läuft!	1:01:08	1968 W45	38	1:02:03	20:28 *	19:52 *	20:48	6:07 min/km
355	1897	Herter Ulla	XTrail-Aktiv	1:01:12	1957 W55	9	1:02:23	19:22 *	19:56 *	21:53	6:07 min/km
356	2991	Zerres Stefanie	*Köln	1:01:13	1980 W30	53	1:02:22	21:53 *	19:36 *	19:44	6:07 min/km
357	881	Pawlucka Martyna	*Siegburg	1:01:15	1984 WHK	129	1:05:30	21:10 *	19:35 *	20:29	6:08 min/km
358	836	Neuschmelting Tina	*Münster	1:01:15	1978 W35	60	1:03:25	21:31 *	20:02 *	19:41	6:08 min/km
359	2552	Roose Julika	atemrausch*	1:01:16	1979 W30	54	1:02:51	20:48 *	19:44 *	20:43	6:08 min/km
360	2064	Kleine Marlene	LT DSHS Köln	1:01:16	2003 WSC	2	1:05:50	21:21 *	20:39 *	19:16	6:08 min/km
361	3074	Weißhaupt Julia		1:01:16	1979 W30	55	1:03:25	21:32 *	20:02 *	19:41	6:08 min/km
362	1128	Sorgler Bärbel	Galeria Sportverein eV	1:01:16	1978 W35	61	1:05:30	21:10 *	19:36 *	20:29	6:08 min/km
363	2623	Schmatz Laura	*Köln	1:01:17	1988 WHK	130	1:05:30	21:10 *	19:36 *	20:29	6:08 min/km
364	149	Bürgers Marion	*Grevenbroich	1:01:18	1975 W35	62	1:05:26	22:17 *	19:14 *	19:46	6:08 min/km
365	2506	Reckmann Luzie	LT DSHS Köln	1:01:18	2003 WSC	3	1:05:51	21:21 *	20:39 *	19:17	6:08 min/km
366	2115	Kopmann Katharina	*Köln	1:01:18	1989 WHK	131	1:02:19	21:08 *	20:07 *	20:02	6:08 min/km
367	2547	Rohde Tamara	*Köln	1:01:23	1954 W55	10	1:01:36	19:37 *	20:33 *	21:12	6:08 min/km
368	2313	Mildorf Julia	*Köln	1:01:23	1981 W30	56	1:02:33	21:52 *	19:36 *	19:54	6:08 min/km
369	476	Herrmann Maria	*Köln	1:01:24	1954 W55	11	1:05:50	21:24 *	20:23 *	19:36	6:08 min/km
370	667	Krick Silke	Köln läuft!	1:01:26	1977 W35	63	1:02:18	20:30 *	19:52 *	21:03	6:09 min/km
371	2167	Kunz Rebekka	*Köln	1:01:28	1981 W30	57	1:02:41	19:26 *	20:20 *	21:41	6:09 min/km
372	117	Brand Andrea	Team Laufcampus	1:01:31	1960 W50	15	1:03:34	22:37 *	18:44 *	20:09	6:09 min/km
373	2733	Sowa Kamila	*Troisdorf	1:01:34	1986 WHK	132	1:05:30	21:11 *	20:24 *	19:58	6:09 min/km
374	239	Ehlen Daniela	SV Spark.KölnBonn	1:01:35	1966 W45	39	1:05:36	20:45 *	19:59 *	20:50	6:10 min/km
375	2878	Volkman Lea	Reitgemeinschaft Gut	1:01:36	1987 WHK	133	1:02:04	20:43 *	20:01 *	20:51	6:10 min/km
376	1343	Achenbach Sandra	ISI-RUNNER	1:01:37	1975 W35	64	1:02:26	20:59 *	20:10 *	20:28	6:10 min/km
377	84	Blanz Sandra	Original Bootcamp	1:01:42	1983 W30	58	1:04:00	21:33 *	20:17 *	19:51	6:10 min/km
378	2949	Will Jasmin	Original Bootcamp	1:01:44	1987 WHK	134	1:04:00	21:35 *	20:17 *	19:51	6:10 min/km
379	2116	Korang Karin	*köln	1:01:45	1959 W50	16	1:02:15	20:11 *	20:04 *	21:29	6:11 min/km
380	2138	Kreckel Charlotte	*Dortmund	1:01:46	1992 WHK	135	1:04:22	19:56 *	19:46 *	22:04	6:11 min/km
381	1016	Schmidt Kim	...und Tschüß!	1:01:48	1981 W30	59	1:06:01	21:23 *	19:59 *	20:25	6:11 min/km
382	1331	Zlonicky Lena	*Köln	1:01:48	1960 W50	17	1:05:31	20:33 *	20:50 *	20:24	6:11 min/km
383	2839	Timm Petra	*Sankt Augustin	1:01:49	1961 W50	18	1:03:46	20:37 *	20:06 *	21:05	6:11 min/km
384	2793	Sturm Betty	*Köln	1:01:49	1969 W40	32	1:01:53	19:40 *	20:25 *	21:44	6:11 min/km
385	121	Brandt Jasmin	Original Bootcamp	1:01:51	1990 WHK	136	1:03:57	21:19 *	20:34 *	19:56	6:11 min/km
386	245	Elsig Kerstin	*Bonn	1:01:55	1983 W30	60	1:06:28	21:27 *	20:19 *	20:09	6:12 min/km
387	1991	Jungmann Hildburg	*Gevelsberg	1:01:57	1961 W50	19	1:06:02	21:18 *	19:49 *	20:50	6:12 min/km
388	1913	Hildebrandt Christin	Tobias Schrörs	1:02:01	1988 WHK	137	1:06:17	20:54 *	20:04 *	21:02	6:12 min/km
389	1891	Herentrey Julia	*Köln	1:02:01	1973 W40	33	1:03:05	20:22 *	20:09 *	21:29	6:12 min/km

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390	126	Breer Sandra	Laufschabe & Friends	1:02:02	1976	W35	65	1:05:01	20:04 *	20:08 *	21:49	6:12 min/km
391	3130	Kings Heike		1:02:02	1970	W40	34	1:05:34	20:50 *	21:02 *	20:10	6:12 min/km
392	3152	Helmecke Katrein		1:02:04	1985	WHK	138	1:06:40	22:29 *	20:12 *	19:22	6:12 min/km
393	1334	Zoerner Andrea	*Köln	1:02:06	1981	W30	61	1:04:47	22:19 *	20:13 *	19:33	6:13 min/km
394	1357	Andres Martina	*Köln	1:02:08	1981	W30	62	1:05:09	22:06 *	20:37 *	19:24	6:13 min/km
395	996	Scherwaß Dr. Anja	Die RadLosen	1:02:09	1966	W45	40	1:06:54	21:03 *	20:12 *	20:53	6:13 min/km
396	2583	Samadan Susanne	*Köln	1:02:10	1975	W35	66	1:02:57	19:34 *	20:29 *	22:06	6:13 min/km
397	1759	Geurts Sonja	*Wuppertal	1:02:12	1971	W40	35	1:03:22	20:58 *	20:10 *	21:03	6:13 min/km
398	2810	Terasa Monika	*Düsseldorf	1:02:13	1961	W50	20	1:04:24	20:03 *	20:30 *	21:38	6:13 min/km
399	1875	Heiser Susanne	Köln läuft!	1:02:14	1965	W45	41	1:05:10	19:57 *	20:24 *	21:52	6:13 min/km
400	1136	Staab Simone	Mokkaschnitte	1:02:16	1974	W35	67	1:03:21	20:36 *	20:03 *	21:35	6:14 min/km
401	1113	Siekmeier Annika	Original Bootcamp	1:02:17	1985	WHK	139	1:04:27	21:20 *	20:48 *	20:09	6:14 min/km
402	1114	Siekmeier Julia	Original Bootcamp	1:02:17	1982	W30	63	1:04:27	21:20 *	20:47 *	20:09	6:14 min/km
403	1933	Hofmann Tina	Original Bootcamp	1:02:18	1981	W30	64	1:04:36	22:03 *	20:38 *	19:36	6:14 min/km
404	1556	Dafft Gabriele	*Bonn	1:02:18	1970	W40	36	1:04:49	21:42 *	20:18 *	20:18	6:14 min/km
405	1870	Heininger Kathrin	*Köln	1:02:19	1973	W40	37	1:03:43	21:04 *	20:35 *	20:39	6:14 min/km
406	137	Brucherseifer Anke	*Köln	1:02:19	1972	W40	38	1:04:51	21:43 *	20:16 *	20:19	6:14 min/km
407	2347	Müller Sabine	Müllers Overath	1:02:19	1955	W55	12	1:02:49	19:49 *	20:15 *	22:14	6:14 min/km
408	3139	Hollborn Claudia	Flotte Sohle	1:02:21	1977	W35	68	1:07:10	21:43 *	20:26 *	20:12	6:14 min/km
409	2779	Strahl Eva	TV Attendorn	1:02:22	1984	WHK	140	1:03:20	20:55 *	20:19 *	21:06	6:14 min/km
410	1598	Disse Daniela	Flotte Sohle	1:02:22	1985	WHK	141	1:07:11	21:50 *	20:19 *	20:12	6:14 min/km
411	1166	Strahl Nina	TV Attendorn	1:02:23	1980	W30	65	1:03:20	20:56 *	20:19 *	21:06	6:14 min/km
412	2778	Stommelen Astrid	*Frechen-Königsdorf	1:02:25	1969	W40	39	1:03:48	20:46 *	20:22 *	21:17	6:15 min/km
413	2564	Ruckes Verena	*Köln	1:02:28	1972	W40	40	1:06:30	20:45 *	20:04 *	21:38	6:15 min/km
414	2773	Stöber Kathrin	*köln	1:02:28	1980	W30	66	1:04:31	21:11 *	20:17 *	20:59	6:15 min/km
415	3100	Aßmann Yvonne		1:02:31	1977	W35	69	1:06:37	21:03 *	21:07 *	20:19	6:15 min/km
416	2707	Schwinges Barbara	*Mönchengladbach	1:02:38	1976	W35	70	1:06:39	21:15 *	20:33 *	20:49	6:16 min/km
416	2405	Ochoa Fernández Esther	*Mönchengladbach	1:02:38	1978	W35	70	1:06:39	21:14 *	20:34 *	20:49	6:16 min/km
418	51	Bebendorf Ramona	mas institut	1:02:40	1982	W30	67	1:03:56	21:15 *	20:31 *	20:53	6:16 min/km
419	2186	Lauri Jennifer	*Köln	1:02:42	1982	W30	68	1:03:49	20:53 *	20:17 *	21:31	6:16 min/km
420	2726	Sobczyk Jolanta	*Köln	1:02:42	1977	W35	72	1:05:28	21:52 *	20:05 *	20:45	6:16 min/km
421	1406	Beckmann Maike	*Köln	1:02:42	1980	W30	69	1:05:24	22:19 *	20:13 *	20:10	6:16 min/km
422	450	Hehl Susanne	Köln läuft!	1:02:43	1973	W40	41	1:03:36	21:06 *	21:02 *	20:34	6:16 min/km
423	2983	Yusuf Bokah	*Köln	1:02:43	1980	W30	70	1:05:28	21:53 *	20:04 *	20:44	6:16 min/km
424	241	Eichler Heike	MumPIZ	1:02:50	1965	W45	42	1:03:14	21:28 *	20:20 *	21:01	6:17 min/km
425	147	Bürgel Monika	MumPIZ	1:02:50	1968	W45	43	1:03:14	21:29 *	20:20 *	21:01	6:17 min/km
426	2305	Michalowski Renate	MumPIZ	1:02:51	1970	W40	42	1:03:14	21:30 *	20:20 *	21:01	6:17 min/km
427	1822	Gunia Marei	*Frechen	1:02:52	1964	W45	44	1:04:19	21:19 *	20:25 *	21:07	6:17 min/km
428	2671	Schroers Anne	Original Bootcamp	1:02:52	1985	WHK	142	1:05:56	21:34 *	20:49 *	20:28	6:17 min/km
429	1839	Hamacher Dr. Claudia	Running Elements	1:02:53	1983	W30	71	1:07:04	21:06 *	20:44 *	21:01	6:17 min/km
430	1816	Gruschke Lisa-Marie	*Köln	1:02:54	1995	WJA	17	1:03:02	18:00 *	21:24 *	23:29	6:17 min/km
431	982	Schaaf Katrin	Jokala	1:02:55	1979	W30	72	1:07:05	21:09 *	20:59 *	20:46	6:18 min/km
432	919	Pullem Kerstin	*Köln	1:02:59	1953	W60	2	1:04:51	20:19 *	20:41 *	21:58	6:18 min/km
433	2345	Müller Janine	*Köln	1:03:01	1987	WHK	143	1:03:42	21:31 *	20:43 *	20:46	6:18 min/km
434	2274	Margherita Letizia	JLpersonalTRAINING	1:03:04	1984	WHK	144	1:03:45	22:00 *	20:22 *	20:40	6:18 min/km
435	1440	Blauen Ruth	*Köln	1:03:04	1986	WHK	145	1:05:43	21:20 *	20:34 *	21:10	6:18 min/km
436	3174	Schöttler Petra	*Troisdorf	1:03:10	1970	W40	43	1:06:45	21:39 *	21:23 *	20:07	6:19 min/km
437	133	Brocker Sandra	Original Bootcamp	1:03:11	1985	WHK	146	1:05:25	20:56 *	20:12 *	22:02	6:19 min/km
438	3159	Gilles Anke		1:03:13	1981	W30	73	1:05:56	20:52 *	20:22 *	21:58	6:19 min/km
439	1531	Campeggio Gabriella	*Köln	1:03:17	1982	W30	74	1:07:21	21:29 *	20:32 *	21:15	6:20 min/km
440	2156	Kühn Angela	*köln	1:03:20	1980	W30	75	1:06:01	21:20 *	20:23 *	21:35	6:20 min/km
441	1828	Hadenfeld Dr. Manal	*Köln	1:03:21	1979	W30	76	1:06:01	21:22 *	20:23 *	21:35	6:20 min/km
442	1456	Böhm Ulli	*Köln	1:03:21	1977	W35	73	1:06:01	21:22 *	20:23 *	21:35	6:20 min/km
443	1260	Nadzeika Eva	*Köln	1:03:23	1971	W40	44	1:06:15	22:17 *	21:55 *	19:11	6:20 min/km
444	1088	Schwenk Tanja	*Köln	1:03:25	1985	WHK	147	1:04:02	20:48 *	20:51 *	21:45	6:21 min/km
445	1011	Schmenn Vanessa	LT Saaler Mühle	1:03:26	1988	WHK	148	1:04:02	20:54 *	20:45 *	21:46	6:21 min/km

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446	2166	Kunert Ina	*Köln	1:03:27	1990 WHK	149	1:06:07	21:24 *	20:58 *	21:04	6:21 min/km
447	419	Hahmann Beate	TuS 82 Opladen	1:03:29	1968 W45	45	1:07:29	21:40 *	20:25 *	21:23	6:21 min/km
448	2626	Schmidt Cathrin	*Zülpich	1:03:34	1966 W45	46	1:05:47	21:23 *	20:46 *	21:24	6:21 min/km
449	1831	Haeussler Miriam	*Köln	1:03:35	1983 W30	77	1:04:10	21:24 *	21:02 *	21:08	6:22 min/km
450	2628	Schmidt Luise	*Zülpich	1:03:35	1990 WHK	150	1:05:48	21:24 *	20:46 *	21:24	6:22 min/km
451	2408	Odenthal Martina	FIT-MIT-SVEN	1:03:35	1982 W30	78	1:06:06	22:42 *	19:57 *	20:55	6:22 min/km
452	2924	Wellmann Annette	*Köln	1:03:35	1974 W35	74	1:07:07	20:50 *	21:02 *	21:43	6:22 min/km
453	1656	Erwig Susanne	Köln läuft!	1:03:36	1956 W55	13	1:04:29	21:06 *	21:02 *	21:27	6:22 min/km
454	1721	Fuchs Konstanze	*Köln	1:03:36	1991 WHK	151	1:04:57	21:33 *	20:40 *	21:22	6:22 min/km
455	1593	Dietrich Anita	*Monheim	1:03:37	1980 W30	79	1:04:12	21:23 *	21:02 *	21:10	6:22 min/km
456	2243	Lück Andrea	*Hürth	1:03:37	1970 W40	45	1:05:33	21:15 *	21:14 *	21:07	6:22 min/km
457	1864	Heickenfeld Simone	Kasica	1:03:38	1983 W30	80	1:06:39	22:14 *	20:22 *	21:01	6:22 min/km
458	2073	Klosterhalfen Laura	*Königswinter	1:03:38	1992 WHK	152	1:03:56	19:59 *	20:45 *	22:53	6:22 min/km
459	1646	Elwitz Karin	*Köln	1:03:38	1985 WHK	153	1:04:54	21:53 *	20:47 *	20:56	6:22 min/km
460	1998	Kaiser Ines	*Köln	1:03:39	1987 WHK	154	1:04:54	21:54 *	20:48 *	20:56	6:22 min/km
461	1589	Dieringer Kathleen	*Köln	1:03:40	1986 WHK	155	1:07:23	21:33 *	20:37 *	21:29	6:22 min/km
462	780	Merten Mareike	Original Bootcamp	1:03:40	1985 WHK	156	1:05:56	21:14 *	20:50 *	21:35	6:22 min/km
463	1850	Hartisch Maria	Flitzpiepen	1:03:43	1987 WHK	157	1:08:09	21:05 *	20:43 *	21:53	6:22 min/km
464	316	Frentz Anna	Schneehäschen	1:03:44	1988 WHK	158	1:07:43	21:51 *	20:42 *	21:10	6:22 min/km
465	273	Evers Annika	*Köln	1:03:46	1989 WHK	159	1:05:45	21:33 *	20:54 *	21:18	6:23 min/km
466	42	Barile Giulia	Schneehäschen	1:03:47	1986 WHK	160	1:07:45	21:51 *	20:42 *	21:12	6:23 min/km
467	1719	Froitzheim Teresa	Köln läuft!	1:03:48	1991 WHK	161	1:06:44	20:05 *	21:43 *	21:58	6:23 min/km
468	65	Bent Rebecca	*Köln	1:03:49	1982 W30	81	1:07:45	21:10 *	20:40 *	21:58	6:23 min/km
469	850	Novak Dr. Kerstin	Hardtseemafia Triathlon	1:03:50	1977 W35	75	1:06:14	21:39 *	20:51 *	21:20	6:23 min/km
470	1318	Zaumbrecher Carola	*Köln	1:03:50	1976 W35	76	1:06:14	21:39 *	20:49 *	21:22	6:23 min/km
470	1381	Barile Sandra	Schneehäschen	1:03:50	1977 W35	76	1:07:50	21:50 *	20:42 *	21:17	6:23 min/km
472	1836	Hahn Janina	Lauftreff Düsseldorf Süd	1:03:52	1986 WHK	162	1:06:47	20:53 *	21:02 *	21:56	6:23 min/km
473	1145	Steffen Christine	*Köln	1:03:53	1984 WHK	163	1:07:36	22:06 *	21:05 *	20:41	6:23 min/km
474	46	Bartsch Kathrin	Original Bootcamp	1:03:54	1976 W35	78	1:06:21	22:02 *	21:02 *	20:49	6:23 min/km
475	2658	Schönleben Sandra	Original Bootcamp	1:03:54	1988 WHK	164	1:06:21	22:01 *	21:02 *	20:49	6:23 min/km
476	1923	Höcker Marion	Noch 3 Runners	1:03:54	1984 WHK	165	1:07:43	20:47 *	21:00 *	22:06	6:23 min/km
477	1435	Binder Janine	*Wachtberg	1:03:54	1981 W30	82	1:04:25	21:34 *	21:27 *	20:52	6:23 min/km
478	311	Francis Kerstin	*Köln	1:03:55	1975 W35	79	1:05:51	21:03 *	20:52 *	21:59	6:24 min/km
479	547	Jahn Steffi	*Köln	1:03:55	1988 WHK	166	1:05:51	21:03 *	20:52 *	21:59	6:24 min/km
480	347	Gebhart Jane	Noch 3 Runners	1:03:55	1984 WHK	167	1:07:43	20:48 *	21:00 *	22:06	6:24 min/km
481	1829	Häsner Jennifer	Flotte Sohle	1:03:55	1981 W30	83	1:08:44	21:50 *	20:24 *	21:41	6:24 min/km
482	1624	Duketis Inés	Flotte Sohle	1:03:56	1980 W30	84	1:08:45	21:49 *	20:24 *	21:41	6:24 min/km
483	914	Proske Eva	Weiter gehts gemeinsam!	1:03:56	1961 W50	21	1:08:22	21:49 *	20:49 *	21:18	6:24 min/km
484	2692	Schulze Paula	Santas Six	1:03:58	1994 WJA	18	1:04:20	21:44 *	21:15 *	20:57	6:24 min/km
485	2808	Tempel Christine	LAUFMAMALAUFL	1:03:58	1981 W30	85	1:08:47	22:18 *	20:49 *	20:49	6:24 min/km
486	2322	Moda Linda	Santas Six	1:03:58	1993 WHK	168	1:04:20	21:45 *	21:15 *	20:57	6:24 min/km
487	416	Hachenberg Sonja	Krüger Running Team	1:03:58	1974 W35	80	1:07:43	21:21 *	20:58 *	21:38	6:24 min/km
488	2348	Müller Saskia	*Overath	1:04:01	1990 WHK	169	1:04:30	21:47 *	20:48 *	21:25	6:24 min/km
489	2749	Stein Martina	FIT-MIT-SVEN	1:04:02	1978 W35	81	1:06:31	22:12 *	21:22 *	20:27	6:24 min/km
490	771	McDermott Karen	*Koeln	1:04:03	1980 W30	86	1:07:53	21:57 *	20:46 *	21:19	6:24 min/km
491	1558	Dahmen Lena	*Düsseldorf	1:04:03	1987 WHK	170	1:07:53	21:57 *	20:46 *	21:19	6:24 min/km
492	2049	Kistner-Bahr Hanna	*Koeln	1:04:04	1978 W35	82	1:08:26	22:06 *	20:49 *	21:08	6:24 min/km
493	687	Kuschel Andrea	*Köln	1:04:04	1979 W30	87	1:06:13	22:27 *	21:00 *	20:36	6:24 min/km
494	336	Gaede Barbara	Telgte	1:04:05	1962 W50	22	1:06:18	21:38 *	20:33 *	21:53	6:25 min/km
495	2170	Kupries Simone	*Köln	1:04:06	1983 W30	88	1:06:13	22:30 *	21:00 *	20:36	6:25 min/km
496	2172	Labod Christine	*Overath	1:04:06	1984 WHK	171	1:06:13	22:30 *	20:59 *	20:36	6:25 min/km
497	1576	Despineux Chantal	*Frechen	1:04:08	1989 WHK	172	1:04:29	21:19 *	20:58 *	21:49	6:25 min/km
498	1399	Becher Corinna	*Köln	1:04:08	1991 WHK	173	1:04:29	21:20 *	20:58 *	21:49	6:25 min/km
499	3044	Bloch Annett		1:04:08	1969 W40	46	1:05:36	21:17 *	20:42 *	22:08	6:25 min/km
500	3053	Schrieder Jacqueline		1:04:11	1966 W45	47	1:08:03	21:50 *	20:36 *	21:45	6:25 min/km
501	2447	Peterka Kristin	*Wermelskirchen	1:04:15	1983 W30	89	1:06:14	21:16 *	20:48 *	22:10	6:25 min/km

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502	2454	Pfeiffer Carolin	*Wermelskirchen	1:04:15	1982	W30	90	1:06:15	21:17 *	20:48 *	22:10	6:26 min/km
503	764	Matthes Christine	*Köln	1:04:16	1977	W35	83	1:05:18	21:04 *	21:09 *	22:03	6:26 min/km
504	1502	Brückner Conny	Mach 3 Köln e.V	1:04:16	1978	W35	84	1:05:18	21:04 *	21:09 *	22:03	6:26 min/km
505	888	Petereit Juliana	lufthansa sport	1:04:18	1955	W55	14	1:07:20	22:21 *	20:36 *	21:19	6:26 min/km
506	15	Ahnert Ute	*Köln	1:04:18	1961	W50	23	1:05:00	20:38 *	21:03 *	22:37	6:26 min/km
507	833	Nettersheim Rosa	*Köln	1:04:19	1951	W60	3	1:08:13	21:00 *	21:04 *	22:14	6:26 min/km
508	2206	Lepper Yvonne	*Köln	1:04:20	1974	W35	85	1:06:19	21:18 *	20:58 *	22:04	6:26 min/km
509	127	Breisser Brigitte	*Hennef	1:04:23	1971	W40	47	1:07:10	20:44 *	21:19 *	22:19	6:26 min/km
510	413	Haak Miriam	*Köln	1:04:24	1976	W35	86	1:08:27	21:41 *	20:44 *	21:59	6:26 min/km
511	465	Henze Daniela	Original Bootcamp	1:04:26	1969	W40	48	1:06:37	22:15 *	21:09 *	21:02	6:27 min/km
512	1783	Graaf Kathinka	Run Run Beautiful	1:04:27	1986	WHK	174	1:07:18	22:21 *	21:01 *	21:05	6:27 min/km
513	2901	Walter Katharina	Run Run Beautiful	1:04:27	1986	WHK	175	1:07:18	22:21 *	21:01 *	21:05	6:27 min/km
514	936	Reimer Stephanie	Running Elements	1:04:28	1986	WHK	176	1:08:44	21:38 *	21:03 *	21:46	6:27 min/km
515	1138	Stahl Kathrin	*koeln	1:04:32	1970	W40	49	1:05:57	22:27 *	23:37 *	18:27	6:27 min/km
516	1716	Friedeheim Susanne	*Aachen	1:04:32	1969	W40	50	1:06:02	21:42 *	20:34 *	22:15	6:27 min/km
517	2421	Ortmanns Tanja	*Aachen	1:04:33	1972	W40	51	1:06:02	21:43 *	20:34 *	22:15	6:27 min/km
518	1908	Heyne Heike	*Merzenich	1:04:36	1981	W30	91	1:08:30	22:15 *	20:57 *	21:23	6:28 min/km
519	1848	Harms Tanja	Team educcare	1:04:40	1970	W40	52	1:07:00	22:03 *	21:07 *	21:29	6:28 min/km
519	1711	Frechen Melanie	Team educcare	1:04:40	1982	W30	92	1:07:00	22:03 *	21:06 *	21:29	6:28 min/km
519	317	Freuen Stefanie	*Nideggen	1:04:40	1974	W35	87	1:09:38	22:01 *	21:01 *	21:37	6:28 min/km
522	661	Krams Sabine	www.gluhweinlauf.de	1:04:46	1964	W45	48	1:07:40	21:56 *	21:09 *	21:41	6:29 min/km
523	1729	Gaab Renate	Familie Gaab	1:04:47	1961	W50	24	1:07:16	21:32 *	21:38 *	21:36	6:29 min/km
524	0	Kirchner Sabrina		1:04:48	1984	WHK	177	1:05:21	20:25 *	21:18 *	23:04	6:29 min/km
525	2062	Klein Janina	ICU.net.AG	1:04:48	1983	W30	93	1:05:09	20:33 *	21:15 *	22:59	6:29 min/km
526	506	Hoffmann Susanne	LT Saaler Mühle	1:04:51	1968	W45	49	1:08:45	22:32 *	21:52 *	20:26	6:29 min/km
527	266	Esser Britta	Eifel Yetis	1:04:52	1976	W35	88	1:08:45	22:16 *	20:57 *	21:38	6:29 min/km
528	1306	Wolff Sandra	*Köln	1:04:59	1975	W35	89	1:06:58	21:56 *	20:28 *	22:34	6:30 min/km
529	1441	Bleyer Julia	*Köln	1:05:02	1985	WHK	178	1:08:39	21:26 *	21:10 *	22:26	6:30 min/km
530	3096	Janssen Franziska		1:05:03	1998	WSA	1	1:09:04	21:27 *	20:43 *	22:52	6:30 min/km
531	1356	Andel-Freitag Michaela	Die Ren(n)tiere	1:05:04	1967	W45	50	1:05:59	21:27 *	21:15 *	22:21	6:30 min/km
532	845	Noack Anke	Die Ren(n)tiere	1:05:04	1971	W40	53	1:05:59	21:27 *	21:15 *	22:21	6:30 min/km
533	1373	Ayrault Florence	Team Jérôme	1:05:08	1981	W30	94	1:09:46	22:01 *	21:04 *	22:02	6:31 min/km
534	307	Flechner Stefanie	HappyTriFriends	1:05:12	1985	WHK	179	1:08:10	22:14 *	21:12 *	21:44	6:31 min/km
535	2545	Röwert Claudia	*Köln	1:05:17	1975	W35	90	1:09:41	21:46 *	21:27 *	22:03	6:32 min/km
536	509	Hogrefe Silke	Nightmare before	1:05:19	1983	W30	95	1:08:07	21:30 *	21:19 *	22:29	6:32 min/km
537	1160	Stevens Petra	Deichmann	1:05:20	1969	W40	54	1:10:00	21:24 *	21:09 *	22:46	6:32 min/km
538	372	Göke-Fritsch Christine	*Gladbeck	1:05:25	1960	W50	25	1:08:00	21:51 *	21:30 *	22:03	6:33 min/km
539	1124	Sommer Dr. Katrin	Shintai Köln	1:05:31	1977	W35	91	1:08:06	22:30 *	21:18 *	21:42	6:33 min/km
540	1378	Bahrig Chiara	*Köln	1:05:32	1984	WHK	180	1:08:03	20:38 *	21:35 *	23:18	6:33 min/km
540	2871	Vogel Britta	*Odenthal	1:05:32	1976	W35	92	1:08:06	22:30 *	21:18 *	21:43	6:33 min/km
542	2354	Müller-Jänsch Jeanette	*Neunkirchen	1:05:32	1968	W45	51	1:06:04	23:12 *	21:30 *	20:48	6:33 min/km
543	3153	Retzsch Anja		1:05:39	1979	W30	96	1:10:15	22:29 *	21:02 *	22:08	6:34 min/km
544	1348	Ahumada Christiane	*Köln	1:05:40	1981	W30	97	1:08:16	22:28 *	21:26 *	21:45	6:34 min/km
545	1920	Hintz Anja	ISI-RUNNER	1:05:40	1978	W35	93	1:06:29	21:51 *	21:32 *	22:16	6:34 min/km
546	2221	Lingemann Julia	JLpersonalTRAINING	1:05:48	1981	W30	98	1:06:28	22:01 *	21:00 *	22:46	6:35 min/km
547	2045	Kindermann Kerstin	*köln	1:05:50	1980	W30	99	1:07:22	22:19 *	21:35 *	21:55	6:35 min/km
548	244	Elies Susanne	NetCologne	1:05:54	1986	WHK	181	1:06:48	21:39 *	21:51 *	22:23	6:35 min/km
549	2781	Stratmann Edith	*Schalksmühle	1:05:54	1958	W55	15	1:06:12	20:54 *	21:52 *	23:07	6:35 min/km
550	2756	Steinkemper Hannah	*Köln	1:05:55	1994	WJA	19	1:06:06	18:41 *	21:41 *	25:33	6:36 min/km
551	2416	Opitz Charlotte	*Köln	1:05:56	1978	W35	94	1:08:43	22:58 *	21:06 *	21:52	6:36 min/km
552	623	Koch Tanja	*Köln	1:05:59	1976	W35	95	1:08:37	22:40 *	21:29 *	21:49	6:36 min/km
553	2081	Knaup Julia	Tcfk	1:06:00	1962	W50	26	1:10:24	21:42 *	20:49 *	23:28	6:36 min/km
554	1458	Boenisch Birte	*Gevelsberg	1:06:02	1970	W40	55	1:10:08	22:04 *	21:37 *	22:20	6:36 min/km
555	2324	Mörs-Edeling Marion	*Köln	1:06:03	1968	W45	52	1:10:57	23:52 *	20:35 *	21:35	6:36 min/km
556	536	Ihm Manuela	*Bornheim	1:06:07	1980	W30	100	1:09:04	22:51 *	21:29 *	21:47	6:37 min/km
557	537	Ihm Sindy	*Bornheim	1:06:08	1979	W30	101	1:09:04	22:52 *	21:28 *	21:47	6:37 min/km

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558	237	Eggers Anja	die Rennschnecken	1:06:08	1980 W30	102	1:08:23	21:01 * 21:40 * 23:27	6:37 min/km
559	2688	Schuler Ina	*Bad Überkingen	1:06:09	1982 W30	103	1:10:15	22:19 * 21:28 * 22:22	6:37 min/km
560	2380	Nettesheim Isabel	*Köln	1:06:10	1971 W40	56	1:10:37	22:37 * 21:33 * 21:58	6:37 min/km
561	3029	Heck Uta		1:06:10	1968 W45	53	1:10:06	22:32 * 22:15 * 21:23	6:37 min/km
562	2683	Schütz Eveline	Die Schüttschlümpfe	1:06:14	1961 W50	27	1:10:24	22:29 * 21:43 * 22:01	6:37 min/km
563	1478	Bork Pia	*Köln	1:06:16	1969 W40	57	1:10:59	21:58 * 21:44 * 22:34	6:38 min/km
564	196	Deichmann Larissa	*Köln	1:06:21	1984 WHK	182	1:07:42	20:52 * 21:42 * 23:47	6:38 min/km
565	2067	Klinken Rebekka	*Köln	1:06:23	1985 WHK	183	1:07:55	22:18 * 21:35 * 22:29	6:38 min/km
566	2798	Szyjka Sandra	*Duisburg	1:06:28	1988 WHK	184	1:07:07	21:01 * 21:40 * 23:47	6:39 min/km
567	297	Fiedler Sarah	Bon Secours Kamerun	1:06:28	1990 WHK	185	1:11:03	22:02 * 24:41 * 19:44	6:39 min/km
568	1985	Joost Julia	*Dinslaken	1:06:29	1988 WHK	186	1:07:08	21:00 * 21:39 * 23:48	6:39 min/km
569	1957	Icks Nina	*Köln	1:06:29	1974 W35	96	1:09:05	22:28 * 21:54 * 22:06	6:39 min/km
570	342	Gareis-Strengé Karin	Laufperlen	1:06:33	1964 W45	54	1:06:59	21:22 * 22:00 * 23:10	6:39 min/km
571	1229	Vielhaber Christiane	*Köln	1:06:33	1965 W45	55	1:11:02	22:15 * 21:43 * 22:34	6:39 min/km
572	2128	Kratzke Ute	*Gevelsberg	1:06:34	1968 W45	56	1:10:40	22:04 * 21:36 * 22:52	6:39 min/km
573	2486	Poser Elke	*Köln	1:06:37	1972 W40	58	1:07:50	21:30 * 21:53 * 23:13	6:40 min/km
574	2102	Körner Martina	Santas Six	1:06:39	1989 WHK	187	1:07:02	21:17 * 21:42 * 23:39	6:40 min/km
575	2805	Teich Nelly	Köln läuft!	1:06:41	1974 W35	97	1:07:01	20:35 * 22:33 * 23:32	6:40 min/km
576	1436	Birkenfeld Anja	SV Bayer 08	1:06:45	1974 W35	98	1:10:55	22:49 * 21:47 * 22:08	6:41 min/km
577	912	Prömse Kirsten	*Köln	1:06:45	1971 W40	59	1:09:17	21:42 * 21:45 * 23:17	6:41 min/km
578	2752	Steinborn Jacqueline	*Köln	1:06:47	1994 WJA	20	1:11:29	22:44 * 21:56 * 22:06	6:41 min/km
579	1457	Bölk Aline	*Gummersbach	1:06:48	1981 W30	104	1:12:17	22:11 * 21:51 * 22:45	6:41 min/km
580	1202	Tresch Lena	*Köln	1:06:48	1989 WHK	188	1:07:45	20:52 * 21:19 * 24:36	6:41 min/km
581	1305	Wolff Andrea	Aggerfitness	1:06:50	1960 W50	28	1:07:17	21:09 * 22:04 * 23:36	6:41 min/km
582	2744	Steckenborn Nadine	*Köln	1:06:51	1987 WHK	189	1:10:51	23:42 * 22:01 * 21:06	6:41 min/km
583	2154	Kuczera Monika	*Troisdorf	1:06:52	1974 W35	99	1:11:11	22:01 * 21:36 * 23:14	6:41 min/km
584	593	Keulertz Constance	*Bonn	1:06:53	1974 W35	100	1:08:59	21:44 * 22:01 * 23:07	6:41 min/km
585	1179	Szyplinski Sabrina	*Dormagen	1:06:54	1985 WHK	190	1:07:20	21:30 * 21:31 * 23:51	6:41 min/km
586	1355	Althof Nina	LAUFMAMALAUf	1:06:55	1973 W40	60	1:11:43	23:31 * 21:55 * 21:29	6:42 min/km
587	2336	Mosdzien Julie	*Dormagen	1:06:57	1984 WHK	191	1:11:52	24:46 * 23:29 * 18:40	6:42 min/km
588	1650	Englmeier Anina	*Köln	1:06:59	1978 W35	101	1:09:05	22:23 * 21:50 * 22:45	6:42 min/km
589	729	Lippe Nadine	Die Rute wird berechnet	1:07:02	1980 W30	105	1:10:00	23:11 * 22:09 * 21:41	6:42 min/km
590	2106	Kohl Jessica	*Hürth	1:07:04	1985 WHK	192	1:10:03	22:50 * 21:21 * 22:52	6:42 min/km
591	690	Lakämper Miriam	PSV Bonn Triathlon	1:07:04	1982 W30	106	1:10:03	22:50 * 21:21 * 22:53	6:42 min/km
592	838	Nicolaioni Paola	*Köln	1:07:06	1966 W45	57	1:11:57	22:52 * 22:10 * 22:03	6:43 min/km
593	2164	Kukurenda Winnie	Die Rute wird berechnet	1:07:08	1981 W30	107	1:10:06	23:11 * 22:13 * 21:44	6:43 min/km
594	1296	Wischer Sigrid	*Köln	1:07:10	1965 W45	58	1:11:32	22:30 * 21:52 * 22:47	6:43 min/km
595	37	Bach Manuela	*Wesseling	1:07:11	1973 W40	61	1:11:32	23:00 * 22:17 * 21:53	6:43 min/km
596	2039	Keßel Simone	*Köln	1:07:11	1975 W35	102	1:10:04	22:37 * 21:44 * 22:49	6:43 min/km
596	2055	Klarmann Tina-Jasmin	Original Bootcamp	1:07:11	1983 W30	108	1:09:34	22:50 * 21:51 * 22:29	6:43 min/km
598	350	Geisler-Nick Astrid	LT Saaler Mühle	1:07:11	1969 W40	62	1:11:05	22:58 * 22:00 * 22:13	6:43 min/km
599	1542	Cichos Uli	LT Saaler Mühle	1:07:11	1966 W45	59	1:11:05	22:58 * 22:00 * 22:13	6:43 min/km
600	2772	Stockhausen Julia	*Köln	1:07:11	1980 W30	109	1:10:04	22:37 * 21:44 * 22:50	6:43 min/km
601	3348	Wilkens Anja	Kieser Training	1:07:12	1971 W40	63	1:08:20	23:13 * 23:00 * 20:58	6:43 min/km
602	1659	Eßer Liisa	KSG Köln	1:07:13	1981 W30	110	1:09:31	22:47 * 22:22 * 22:03	6:43 min/km
603	844	Nixtatis Cora	*Brühl	1:07:13	1975 W35	103	1:11:16	22:17 * 22:01 * 22:55	6:43 min/km
604	1056	Schoppen Ricarda	*Erfstadt	1:07:13	1975 W35	104	1:09:53	22:54 * 21:41 * 22:37	6:43 min/km
605	2938	Wickenhagen Dörte	Original Bootcamp	1:07:14	1982 W30	111	1:09:40	22:37 * 22:09 * 22:26	6:43 min/km
606	3012	Hager Sabine	SG TÜV Rheinland	1:07:14	1963 W50	29	1:11:16	22:18 * 22:00 * 22:55	6:43 min/km
607	1906	Heyden Johanna	Rakete Reissdorf	1:07:16	1977 W35	105	1:11:06	22:11 * 21:45 * 23:18	6:44 min/km
608	1979	Jennessen Elke	allrounder.de	1:07:16	1974 W35	106	1:08:42	22:12 * 22:29 * 22:34	6:44 min/km
608	2642	Schmitz Rebecca	Rakete Reissdorf	1:07:16	1983 W30	112	1:11:06	22:12 * 21:45 * 23:18	6:44 min/km
610	2457	Pfütznér Dorothea	allrounder.de	1:07:16	1980 W30	113	1:08:42	22:15 * 22:26 * 22:34	6:44 min/km
611	2970	Wolf Tatjana	*Wegberg	1:07:22	1989 WHK	193	1:07:30	19:54 * 23:30 * 23:57	6:44 min/km
612	486	Heuser Annika	Die Lüttis	1:07:23	1983 W30	114	1:09:28	21:42 * 22:21 * 23:18	6:44 min/km
613	2516	Reinecke Dr. Christine	*Köln	1:07:32	1969 W40	64	1:08:55	22:26 * 22:47 * 22:18	6:45 min/km

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614	2409	Oestreicher Tanja	*Frechen	1:07:38	1977	W35	107	1:11:12	20:53 *	21:19 *	25:25	6:46 min/km
615	2586	Sanktjohanser Jana	OBC be strong	1:07:43	1984	WHK	194	1:11:42	21:44 *	21:11 *	24:47	6:46 min/km
616	1470	Booms Nadine	FIT-MIT-SVEN	1:07:45	1983	W30	115	1:10:17	22:09 *	22:30 *	23:05	6:47 min/km
617	2131	Krause Lisa	Die Liste	1:07:45	1987	WHK	195	1:08:46	22:14 *	26:53 *	18:36	6:47 min/km
618	2473	Poehlmann	NOGI V RUKI	1:07:46	1974	W35	108	1:11:34	21:52 *	22:17 *	23:37	6:47 min/km
619	1524	Burger-Küchler Dagmar	*Köln	1:07:48	1962	W50	30	1:11:42	21:44 *	21:51 *	24:11	6:47 min/km
620	393	Gröger Michaela	*Köln	1:07:51	1968	W45	60	1:12:45	23:52 *	22:02 *	21:56	6:47 min/km
621	529	Huss Claudia	*Köln	1:07:51	1971	W40	65	1:10:15	21:34 *	22:09 *	24:08	6:47 min/km
622	2247	Lügger Katharina	*Köln	1:07:52	1986	WHK	196	1:12:13	22:13 *	22:18 *	23:20	6:47 min/km
623	443	Hecht Ines Larissa	*Düsseldorf	1:07:52	1989	WHK	197	1:12:32	23:51 *	22:06 *	21:54	6:47 min/km
624	444	Hecht Pia Alina	Deichmann	1:07:55	1987	WHK	198	1:12:34	23:51 *	22:06 *	21:57	6:47 min/km
625	1074	Schulte-König Sonja	FIT-MIT-SVEN	1:07:56	1979	W30	116	1:10:24	22:18 *	23:17 *	22:20	6:48 min/km
626	3045	Aych Karin	Laufmariechen Köln	1:08:00	1954	W55	16	1:08:14	21:41 *	22:30 *	23:48	6:48 min/km
627	299	Figueroa Carrasco Lidia	Cologne Allblacks	1:08:00	1973	W40	66	1:08:14	21:41 *	22:30 *	23:48	6:48 min/km
628	2982	Yaktubay Sibel	*Köln	1:08:01	1990	WHK	199	1:09:20	21:48 *	22:27 *	23:46	6:48 min/km
629	2087	Knopp Sabrina	*Köln	1:08:01	1990	WHK	200	1:09:20	21:48 *	22:27 *	23:46	6:48 min/km
630	1508	Buccheri Christiane	*Solingen	1:08:04	1956	W55	17	1:10:15	22:44 *	22:04 *	23:16	6:48 min/km
631	384	Gracka Eva	ISI-RUNNER	1:08:05	1974	W35	109	1:08:44	20:04 *	24:21 *	23:40	6:49 min/km
631	2521	Rommel Maike	*Wuppertal	1:08:05	1983	W30	117	1:10:16	22:45 *	22:04 *	23:16	6:49 min/km
633	1584	Dieckmann Claudia	*Remscheid	1:08:06	1991	WHK	201	1:11:12	23:30 *	22:42 *	21:52	6:49 min/km
634	1509	Buccheri Vanessa	*Solingen	1:08:06	1981	W30	118	1:10:15	22:45 *	22:04 *	23:16	6:49 min/km
635	503	Hötgen Caro	Lauftreff Köln Süd	1:08:07	1989	WHK	202	1:09:06	22:05 *	22:23 *	23:38	6:49 min/km
636	598	Kirschner Claudia	*Köln	1:08:09	1963	W50	31	1:10:24	22:03 *	22:12 *	23:53	6:49 min/km
637	2402	Oberwinter Claire-Marie	*Köln	1:08:10	1980	W30	119	1:13:07	22:48 *	22:22 *	23:00	6:49 min/km
638	1352	Höllermann Susanne	*Pulheim	1:08:11	1972	W40	67	1:10:33	21:46 *	23:08 *	23:15	6:49 min/km
639	1889	Herbst Andrea	*Köln	1:08:11	1970	W40	68	1:12:55	22:53 *	22:04 *	23:13	6:49 min/km
640	937	Reimers Brigitte	*Köln	1:08:11	1967	W45	61	1:12:56	22:53 *	22:04 *	23:13	6:49 min/km
641	1748	Gennes Peggy	*Köln	1:08:12	1983	W30	120	1:13:08	22:49 *	22:21 *	23:01	6:49 min/km
642	2200	Lenz Katja	*Köln	1:08:12	1980	W30	121	1:12:02	22:22 *	22:42 *	23:07	6:49 min/km
643	2278	Marsoin Jeanne	Villafrance	1:08:13	1983	W30	122	1:10:11	22:19 *	22:36 *	23:18	6:49 min/km
644	2538	Rittierodt Jasmin	Original Bootcamp	1:08:16	1978	W35	110	1:10:43	22:09 *	22:21 *	23:45	6:50 min/km
645	2510	Reich Sylvia	*Köln	1:08:19	1976	W35	111	1:10:18	21:56 *	22:22 *	24:00	6:50 min/km
646	2412	Ohler Sylvia	*Köln	1:08:19	1959	W50	32	1:08:21	21:37 *	22:45 *	23:56	6:50 min/km
647	2286	Meier Katharina	*Köln	1:08:21	1984	WHK	203	1:09:20	22:04 *	22:22 *	23:53	6:50 min/km
648	2697	Schuy Jennifer	Shaolin Kempo Chuan Fa	1:08:21	1982	W30	123	1:13:19	24:35 *	21:25 *	22:20	6:50 min/km
649	1130	Specht Sabine	*Bonn	1:08:22	1975	W35	112	1:12:35	23:06 *	22:19 *	22:55	6:50 min/km
650	171	Casparly Catja	*Köln	1:08:22	1979	W30	124	1:08:28	21:23 *	22:52 *	24:07	6:50 min/km
651	1787	Granrath Sarah	*Frechen	1:08:23	1983	W30	125	1:08:28	21:23 *	22:52 *	24:07	6:50 min/km
652	2550	Roor Yulia	*Köln	1:08:24	1982	W30	126	1:09:15	23:13 *	21:59 *	23:11	6:50 min/km
653	2979	Wurzel Nicole	*Köln	1:08:25	1979	W30	127	1:09:15	23:13 *	21:59 *	23:11	6:51 min/km
654	2865	Van der Hoek Anke	Original Bootcamp	1:08:32	1982	W30	128	1:10:58	22:22 *	21:45 *	24:25	6:51 min/km
655	2022	Kaufhold Ira	Köln läuft!	1:08:35	1968	W45	62	1:11:22	22:44 *	22:25 *	23:25	6:52 min/km
656	2946	Wilhelm Kathy	*Köln	1:08:36	1962	W50	33	1:12:41	22:32 *	22:01 *	24:02	6:52 min/km
657	1834	Hagemann Ricarda	*Köln	1:08:36	1976	W35	113	1:12:41	22:32 *	22:01 *	24:02	6:52 min/km
658	2863	Van Buuren-Wiese Gloria	*Köln	1:08:37	1967	W45	63	1:11:08	21:49 *	22:33 *	24:13	6:52 min/km
659	1529	Buszkiewicz Ute	Original Bootcamp	1:08:37	1967	W45	64	1:11:03	22:38 *	22:23 *	23:35	6:52 min/km
659	2503	Rath-Stoffels Ulla	*Köln	1:08:37	1975	W35	114	1:10:38	21:39 *	23:04 *	23:53	6:52 min/km
661	2968	Wolf Michaela	Original Bootcamp	1:08:38	1980	W30	129	1:11:03	22:39 *	22:24 *	23:35	6:52 min/km
662	2468	Podsada Regina	*Meerbusch	1:08:46	1962	W50	34	1:13:43	23:12 *	22:36 *	22:58	6:53 min/km
663	2069	Klocke Ulla	*Köln	1:08:46	1964	W45	65	1:13:43	23:12 *	22:36 *	22:58	6:53 min/km
664	1895	Herrmann Marie	Eisschrank	1:08:52	1988	WHK	204	1:11:31	23:18 *	22:37 *	22:55	6:53 min/km
665	1408	Beielstein Anna	The GinNastics	1:08:52	1993	WHK	205	1:13:54	23:43 *	22:55 *	22:14	6:53 min/km
666	3022	Schneider Andrea		1:08:53	1970	W40	69	1:09:57	22:25 *	22:04 *	24:23	6:53 min/km
667	1594	Dietrich- Meuer Tatjana	*Hennef	1:09:01	1974	W35	115	1:12:06	22:38 *	22:54 *	23:27	6:54 min/km
668	2708	Seehusen Dr. Jaane	Original Bootcamp	1:09:02	1980	W30	130	1:11:31	24:29 *	23:31 *	21:01	6:54 min/km
669	870	Otten Petra	*Köln	1:09:06	1964	W45	66	1:10:08	21:29 *	22:25 *	25:10	6:55 min/km

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670	1527	Busch Betti	*Köln	1:09:13	1971	W40	70	1:10:10	22:37 *	22:24 *	24:11	6:55 min/km
671	355	Gerlach Claudia	*Bergheim	1:09:20	1965	W45	67	1:11:19	23:44 *	22:39 *	22:57	6:56 min/km
672	558	Just Katharina	*Köln	1:09:24	1982	W30	131	1:12:31	23:08 *	22:10 *	24:05	6:56 min/km
673	2216	Lietz-Brkljac Tamara	*Köln	1:09:24	1982	W30	132	1:12:31	23:07 *	22:10 *	24:06	6:56 min/km
673	2184	Laub Teresa	Original Bootcamp	1:09:24	1982	W30	132	1:12:31	23:08 *	22:08 *	24:07	6:56 min/km
675	1256	Wanstrath Christina	*Köln	1:09:25	1981	W30	134	1:12:31	23:07 *	22:09 *	24:07	6:56 min/km
676	2467	Plier Jasmin	Mili Guka Ja!	1:09:28	1977	W35	116	1:13:51	23:29 *	22:19 *	23:38	6:57 min/km
677	3122	Tenhaken Nathalie		1:09:28	1984	WHK	206	1:11:19	23:11 *	22:43 *	23:33	6:57 min/km
678	1796	Grimberg Gundi	Mili Guka Ja!	1:09:28	1975	W35	117	1:13:51	23:29 *	22:20 *	23:38	6:57 min/km
679	2227	Loecken Margot	*Erfstadt	1:09:29	1950	W60	4	1:10:01	22:04 *	22:49 *	24:34	6:57 min/km
680	1480	Bormann Nadine	*Köln	1:09:29	1977	W35	118	1:12:00	21:57 *	22:40 *	24:52	6:57 min/km
681	1841	Hamm Marina	ESV	1:09:30	1962	W50	35	1:10:28	22:02 *	23:06 *	24:22	6:57 min/km
681	1283	Weyh Diana	*Troisdorf	1:09:30	1977	W35	119	1:13:50	22:40 *	22:38 *	24:11	6:57 min/km
683	2703	Schwarz Gisa	*Köln	1:09:31	1971	W40	71	1:11:05	23:13 *	22:17 *	24:00	6:57 min/km
684	1785	Grambusch Jessica	*Hürth	1:09:32	1981	W30	135	1:13:42	23:30 *	23:12 *	22:49	6:57 min/km
685	2994	Ziffer Maria	*Köln	1:09:33	1986	WHK	207	1:14:25	22:38 *	22:55 *	23:59	6:57 min/km
686	1090	Schwertfeger Melissa	LAUFMAMALAUF	1:09:35	1984	WHK	208	1:14:24	25:32 *	21:52 *	22:10	6:58 min/km
687	1129	Spachtholz Maria Luise	TUS Brauweiler	1:09:39	1956	W55	18	1:11:34	21:29 *	23:03 *	25:06	6:58 min/km
688	745	Märkel Andrea	FIT-MIT-SVEN	1:09:40	1981	W30	136	1:12:08	23:18 *	22:56 *	23:25	6:58 min/km
689	2735	Spiller Ruth	*Köln	1:09:44	1979	W30	137	1:10:26	23:05 *	23:56 *	22:41	6:58 min/km
690	2872	Vogel Lara	Bio läuft!	1:09:51	1992	WHK	209	1:10:13	22:46 *	23:17 *	23:47	6:59 min/km
691	1560	Dallmann Jennifer	The GinNastics	1:09:53	1988	WHK	210	1:14:55	23:43 *	22:55 *	23:14	6:59 min/km
692	2001	Kamacik Buket	*Alfter	1:09:58	1987	WHK	211	1:12:32	22:09 *	22:42 *	25:06	6:60 min/km
693	1024	Schmitz Elke	*Erfstadt	1:10:08	1972	W40	72	1:13:02	23:33 *	22:47 *	23:46	7:01 min/km
694	330	Froitzheim Gabi	*Erfstadt	1:10:08	1964	W45	68	1:13:02	23:33 *	22:47 *	23:46	7:01 min/km
695	2604	Schildgen Stephanie	*Bonn	1:10:14	1993	WHK	212	1:13:12	24:39 *	23:07 *	22:27	7:01 min/km
696	2235	Loskand Sandra	Köln läuft!	1:10:19	1981	W30	138	1:11:41	23:24 *	23:15 *	23:40	7:02 min/km
697	2955	Winkelmann Leona	*Köln	1:10:21	2004	WSD	1	1:14:10	23:14 *	24:17 *	22:49	7:02 min/km
698	2401	Nürnberger Simone	Laufmaschen	1:10:28	1978	W35	120	1:14:10	23:46 *	23:03 *	23:38	7:03 min/km
699	1916	Himpel Stefanie	*Düren	1:10:28	1996	WJB	4	1:13:01	23:41 *	22:51 *	23:55	7:03 min/km
700	754	Marggraf Marion	Kenias Allerallerletzte	1:10:29	1982	W30	139	1:14:27	22:35 *	23:22 *	24:32	7:03 min/km
701	2593	Schaeven Nadine	*Köln	1:10:31	1977	W35	121	1:13:05	24:28 *	22:55 *	23:07	7:03 min/km
702	2491	Prinzler Jeanette	*Niederkassel	1:10:31	1977	W35	122	1:13:05	24:27 *	22:56 *	23:07	7:03 min/km
703	2880	Vollmar Sandra	*Köln	1:10:31	1978	W35	123	1:10:49	22:56 *	23:17 *	24:17	7:03 min/km
704	2849	Trinks Carolin	Kasica	1:10:31	1987	WHK	213	1:13:32	23:26 *	23:11 *	23:54	7:03 min/km
705	1915	Himpel Annette	*Düren	1:10:33	1963	W50	36	1:13:06	23:41 *	22:54 *	23:57	7:03 min/km
706	2528	Rest Silke	Laufmaschen	1:10:34	1976	W35	124	1:14:17	23:45 *	23:03 *	23:44	7:03 min/km
707	633	Körner Beatrix	Santas Six	1:10:38	1963	W50	37	1:11:02	21:50 *	22:59 *	25:48	7:04 min/km
708	2100	Körner Andrea	Santas Six	1:10:39	1991	WHK	214	1:11:02	21:51 *	22:59 *	25:47	7:04 min/km
709	544	Jaekel Caroline	*koeln	1:10:43	1968	W45	69	1:12:57	23:44 *	22:59 *	23:58	7:04 min/km
710	1482	Boydell Gemma	*Efferen	1:10:46	1987	WHK	215	1:15:18	22:38 *	22:31 *	25:36	7:05 min/km
711	2238	Lubig Sabine	*Bonn	1:10:50	1984	WHK	216	1:11:54	23:20 *	23:04 *	24:24	7:05 min/km
712	2329	Molitor Sara	*Bonn	1:10:51	1986	WHK	217	1:11:55	23:19 *	23:05 *	24:25	7:05 min/km
713	778	Mentzel Sarah	*Hennef	1:10:53	1979	W30	140	1:11:36	21:26 *	23:36 *	25:49	7:05 min/km
714	1600	Dittrich Gaby	*Aachen	1:10:57	1982	W30	141	1:12:26	22:46 *	22:45 *	25:25	7:06 min/km
715	214	Döring Natalie	*köln	1:11:03	1976	W35	125	1:15:08	24:13 *	23:10 *	23:39	7:06 min/km
716	2443	Pelzer Michaela	*Hennef	1:11:03	1960	W50	38	1:15:11	22:10 *	23:10 *	25:42	7:06 min/km
717	2210	Leusch-Kohl Yvonne	*Pulheim	1:11:06	1975	W35	126	1:14:04	23:26 *	22:57 *	24:42	7:07 min/km
718	1497	Brieger Claudia	*LEVERKUSEN	1:11:11	1965	W45	70	1:15:10	23:27 *	23:14 *	24:29	7:07 min/km
719	2669	Schröper Silvia	*Brühl	1:11:15	1981	W30	142	1:13:08	22:53 *	24:56 *	23:26	7:08 min/km
720	1216	Ungeheuer Hannah	One year runner	1:11:50	1998	WSA	2	1:13:51	22:25 *	23:40 *	25:44	7:11 min/km
721	604	Klarmann-Schulz Ute	*Swisttal-Odendorf	1:11:51	1977	W35	127	1:16:04	23:25 *	23:28 *	24:56	7:11 min/km
722	2891	Wagner Sandra	*Köln	1:11:56	1975	W35	128	1:16:30	23:22 *	23:34 *	24:59	7:12 min/km
723	2507	Reeb Uta	*köln	1:11:56	1975	W35	129	1:13:56	22:15 *	23:29 *	26:11	7:12 min/km
724	2114	Konigorski Sarah	*Bottrop	1:12:07	1991	WHK	218	1:16:57	23:38 *	23:06 *	25:23	7:13 min/km
725	3037	Wetzel Neele		1:12:14	2001	WSB	3	1:13:00	23:05 *	24:15 *	24:54	7:13 min/km

