

Run of Colours 14. September 2013 - 10km Lauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2419	Johnstone Nikki	ISR Int. Schule Neuss	0:32:32	1984 MHK	1	0:32:35	16:03 * 16:32	3:15 min/km
2	2428	Kirchner Torben	Runners Point Hürth	0:33:41	1987 MHK	2	0:33:42	17:02 * 16:40	3:22 min/km
3	20	Schramm Till		0:33:53	1985 MHK	3	0:33:55	16:43 * 17:12	3:23 min/km
4	1674	Atenhan Kai		0:36:35	1990 MHK	4	0:36:38	17:47 * 18:50	3:40 min/km
5	2144	Bonnecke Tim		0:36:39	1979 M30	1	0:36:40	18:15 * 18:25	3:40 min/km
6	1624	Herrera Felix	Kölner Triathlon Team 01	0:36:50	1989 MHK	5	0:36:52	18:25 * 18:26	3:41 min/km
7	1523	Holzporz Michael		0:36:51	1968 M45	1	0:36:54	18:09 * 18:44	3:41 min/km
8	2173	Neubauer Dominik	Aidshilfe Köln	0:36:59	1980 M30	2	0:37:01	18:15 * 18:45	3:42 min/km
9	2391	Kurth Jürgen	rhein-in-form	0:37:08	1963 M50	1	0:37:10	18:21 * 18:49	3:43 min/km
10	2481	Görner Christoph	Runners Point	0:37:52	1982 M30	3	0:37:54	18:30 * 19:24	3:47 min/km
11	2387	Quittmann Oliver Jan	Willpowerracers	0:38:04	1991 MHK	6	0:38:09	19:00 * 19:08	3:48 min/km
12	1783	Blaeser Veit		0:38:23	1980 M30	4	0:38:30	19:20 * 19:10	3:50 min/km
13	1820	Pastoors Andreas		0:38:51	1965 M45	2	0:38:55	19:19 * 19:35	3:53 min/km
14	2037	Dudley Richard		0:39:29	1961 M50	2	0:39:33	19:57 * 19:36	3:57 min/km
15	1772	Kiechle Thomas	Los Pollos Hermanos	0:39:43	1979 M30	5	0:39:47	19:27 * 20:20	3:58 min/km
16	2019	Bartz Michael		0:39:43	1977 M35	1	0:39:47	19:20 * 20:27	3:58 min/km
17	1957	Welbers Andre	Badehaus Babylon	0:39:44	1973 M40	1	0:39:50	19:43 * 20:07	3:58 min/km
18	1614	Kropp Michael		0:39:47	1968 M45	3	0:39:49	19:49 * 20:00	3:59 min/km
19	2083	Lange Roland		0:39:57	1972 M40	2	0:40:02	19:37 * 20:24	3:60 min/km
20	2094	Nganno Daniel		0:40:16	1975 M35	2	0:40:39	20:38 * 20:01	4:02 min/km
21	1824	Sartor Arnd	Badehaus Babylon	0:40:26	1973 M40	3	0:40:31	19:54 * 20:37	4:03 min/km
22	2067	Jacob Falk		0:40:44	1980 M30	6	0:40:49	19:48 * 21:01	4:04 min/km
23	2410	Edlich Jörg	ASV Köln	0:40:57	1980 M30	7	0:41:04	20:28 * 20:35	4:06 min/km
24	2303	Kraft Nico	Birken Runner	0:41:02	1981 M30	8	0:41:11	20:27 * 20:43	4:06 min/km
25	1547	Schröder Rene		0:41:05	1978 M35	3	0:41:15	20:23 * 20:51	4:07 min/km
26	1654	Esser Lutz	MAS	0:41:10	1961 M50	3	0:41:19	20:36 * 20:43	4:07 min/km
27	2201	Natzheim Ralf	UPS	0:41:15	1960 M50	4	0:41:39	21:16 * 20:22	4:08 min/km
28	1924	Haupt Alexander		0:41:17	1969 M40	4	0:41:21	20:33 * 20:48	4:08 min/km
29	1945	Prang Kees Jan	Glücksblädchen	0:41:19	1966 M45	4	0:41:34	20:52 * 20:41	4:08 min/km
30	1935	Lopez Medina Dario		0:41:22	1980 M30	9	0:42:43	21:59 * 20:44	4:08 min/km
31	2017	Bäker Thomas		0:41:25	1964 M45	5	0:41:30	20:34 * 20:56	4:09 min/km
32	2182	Naumann Kolja		0:41:29	1979 M30	10	0:41:38	20:29 * 21:09	4:09 min/km
33	2099	Ott Alexander		0:41:40	1977 M35	4	0:41:45	20:14 * 21:31	4:10 min/km
34	2028	Borrmann Robin		0:41:52	1989 MHK	7	0:42:12	20:49 * 21:22	4:11 min/km
35	2077	Köhler Christian		0:41:58	1987 MHK	8	0:42:33	22:07 * 20:26	4:12 min/km
36	1933	Krämer Sven		0:42:04	1981 M30	11	0:42:08	21:03 * 21:04	4:12 min/km
37	2386	Philippen Thomas	Sebamed Running Team	0:42:05	1989 MHK	9	0:43:43	22:20 * 21:22	4:13 min/km
38	2167	Bieling Amon	Karate-Do Overath e.V.	0:42:08	1998 MU16	1	0:42:10	20:54 * 21:16	4:13 min/km
39	2390	Zaiser Andreas	Triathlon Steckel Cologne	0:42:23	1985 MHK	10	0:43:24	22:03 * 21:21	4:14 min/km
40	2253	Brandt Ramon	UPS	0:42:27	1979 M30	12	0:42:33	20:51 * 21:41	4:15 min/km
41	2471	Kopitz Sebastian	NetCologne	0:42:44	1985 MHK	11	0:42:49	20:28 * 22:20	4:16 min/km
42	2091	Muijers Mark	gastRUNomie e.V.	0:42:56	1979 M30	13	0:43:12	20:59 * 22:13	4:18 min/km
43	1637	Nieuwenhuysen Frank	Irrläufer	0:42:59	1985 MHK	12	0:43:10	21:18 * 21:52	4:18 min/km
44	2044	Flerus Michael		0:43:03	1983 M30	14	0:43:58	22:36 * 21:21	4:18 min/km
45	1922	Drecker Michael	Fronrunner Cologne	0:43:05	1956 M55	1	0:43:15	21:37 * 21:37	4:19 min/km
46	2400	Ngouah-Ngally Valentin		0:43:08	1963 M50	5	0:43:12	21:36 * 21:35	4:19 min/km
47	2125	Sprenker Michael	AXA	0:43:10	1955 M55	2	0:43:27	21:58 * 21:29	4:19 min/km
48	2203	Jost Dirk	UPS	0:43:15	1965 M45	6	0:43:19	21:45 * 21:34	4:20 min/km
49	1848	Wittmer Clemens		0:43:19	1970 M40	5	0:44:34	22:57 * 21:37	4:20 min/km
50	1878	Ulrich Matthias	REWE Group	0:43:20	1988 MHK	13	0:43:30	22:08 * 21:22	4:20 min/km
51	2179	Hamacher Markus		0:43:21	1967 M45	7	0:43:23	21:21 * 22:01	4:20 min/km
52	2470	Schönert Martin		0:43:29	1962 M50	6	0:43:51	22:07 * 21:44	4:21 min/km
53	2454	Arndt Hartmut	ASV Köln Triathlon	0:43:30	1957 M55	3	0:43:39	21:41 * 21:58	4:21 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
54	2063	Heller Dirk		0:43:39	1971 M40	6	0:43:47	21:40 * 22:07	4:22 min/km
55	1514	Geyer Christian		0:43:45	1983 M30	15	0:44:01	22:35 * 21:26	4:23 min/km
56	1658	Heger Steffen	Frontrunner Cologne	0:43:55	1964 M45	8	0:44:05	22:19 * 21:46	4:24 min/km
57	2132	Vavgignac Jacques	Los Pollos Hermanos	0:43:57	1980 M30	16	0:44:00	21:51 * 22:09	4:24 min/km
58	2251	Schaksmeier Philipp	UPS	0:44:00	1984 MHK	14	0:44:36	22:25 * 22:10	4:24 min/km
59	2172	Eisermann Stephan	Aidshilfe Köln	0:44:02	1966 M45	9	0:44:09	21:44 * 22:25	4:24 min/km
60	1993	Meier Stefan	Rainers Fahrschule Köln	0:44:09	1974 M35	5	0:44:38	22:28 * 22:09	4:25 min/km
61	2198	TORUN ÖNDER	UPS	0:44:10	1974 M35	6	0:44:12	21:35 * 22:36	4:25 min/km
62	1989	Pinner Thomas	DJK Frankonia Porz	0:44:22	1961 M50	7	0:45:38	23:30 * 22:08	4:26 min/km
63	1535	Schwitanski Dorian		0:44:27	1985 MHK	15	0:44:58	23:19 * 21:39	4:27 min/km
64	2284	Es Salhi Mohammed	UPS	0:44:32	1980 M30	17	0:44:38	21:40 * 22:58	4:27 min/km
65	2415	Bauer Christian		0:44:32	1980 M30	18	0:44:47	22:35 * 22:12	4:27 min/km
66	2385	Klöppner Sven	Hardtseematia	0:44:33	1977 M35	7	0:45:27	23:10 * 22:17	4:27 min/km
66	2473	Gajek Christian	KKT 01	0:44:33	1974 M35	7	0:44:39	19:47 * 24:51	4:27 min/km
68	2146	Müller Karsten	Rainer Fahrschule	0:44:35	1972 M40	7	0:45:07	22:28 * 22:39	4:28 min/km
69	1517	Besseler Dennis	www.insektenlutscher.de	0:44:36	1979 M30	19	0:44:46	22:54 * 21:51	4:28 min/km
70	2061	Heinrich Jonas		0:44:41	1986 MHK	16	0:44:53	22:08 * 22:45	4:28 min/km
71	1852	Eckert Wolfgang	Team KSK Köln, Direktion	0:44:42	1965 M45	10	0:44:52	22:22 * 22:29	4:28 min/km
72	2189	Klein Christian	Old School Runners	0:45:05	1978 M35	9	0:45:32	22:06 * 23:26	4:30 min/km
73	2472	Franz Thomas		0:45:12	1980 M30	20	0:45:55	23:09 * 22:46	4:31 min/km
74	2436	Reichwein Peter	Frontrun	0:45:19	1961 M50	8	0:45:44	22:49 * 22:54	4:32 min/km
75	1570	Zinzius Elmar		0:45:23	1973 M40	8	0:46:01	23:44 * 22:16	4:32 min/km
76	2451	Brandes Thomas	Frontrunner Cologne	0:45:30	1960 M50	9	0:45:39	22:16 * 23:23	4:33 min/km
77	2016	Bahne Benjamin		0:45:38	1984 MHK	17	0:45:42	22:29 * 23:12	4:34 min/km
78	1954	Tscherwen Cord	Köln Triathlon e.V.	0:45:41	1972 M40	9	0:45:56	23:41 * 22:15	4:34 min/km
79	1875	Neumann Carsten	REWE Group	0:45:42	1983 M30	21	0:45:46	23:17 * 22:29	4:34 min/km
80	1982	Faßbender Benedikt		0:45:44	1986 MHK	18	0:45:58	23:07 * 22:51	4:34 min/km
81	1605	Kelm Florian	Rechtsanwälte Zacher &	0:45:46	1975 M35	10	0:46:14	23:21 * 22:53	4:35 min/km
82	2026	Böhm Jonas		0:45:47	1989 MHK	19	0:46:27	22:54 * 23:33	4:35 min/km
83	2423	Linke Mathias		0:45:50	1959 M50	10	0:46:19	22:53 * 23:26	4:35 min/km
84	2467	Götting Tino		0:45:52	1980 M30	22	0:47:01	24:01 * 22:59	4:35 min/km
85	2412	Wilkens Robert	SG Sportfreunde 69	0:46:04	1964 M45	11	0:46:20	22:45 * 23:34	4:36 min/km
86	103	Schäfer Marcus		0:46:06	1973 M40	10	0:46:09	22:30 * 23:39	4:37 min/km
87	1519	Lohmann Sebastian		0:46:07	1978 M35	11	0:46:16	22:59 * 23:17	4:37 min/km
88	2248	Schröder Alex	UPS	0:46:10	1983 M30	23	0:46:19	22:14 * 24:05	4:37 min/km
89	2295	Malavasi Marco	KölnSPD	0:46:13	1974 M35	12	0:46:53	23:40 * 23:12	4:37 min/km
90	1859	Landow Tobias		0:46:19	1979 M30	24	0:46:43	24:01 * 22:42	4:38 min/km
91	2169	Schmidtman Volker	Aidshilfe Köln	0:46:21	1963 M50	11	0:46:27	22:58 * 23:28	4:38 min/km
92	2267	Gäng Lars	UPS	0:46:22	1971 M40	11	0:46:28	22:44 * 23:43	4:38 min/km
93	1812	Meißner Björn	Badehaus Babylon	0:46:22	1968 M45	12	0:46:28	22:21 * 24:07	4:38 min/km
94	2181	Nispel Jan		0:46:25	1981 M30	25	0:46:32	22:05 * 24:26	4:38 min/km
95	2462	Gassel Laurens Christian		0:46:26	1989 MHK	20	0:47:03	24:08 * 22:54	4:39 min/km
96	1662	Mies Klaus	Gelpegazellen Wuppertal	0:46:26	1954 M55	4	0:46:48	23:20 * 23:27	4:39 min/km
97	2465	Espinosa Wang Felipe		0:46:28	1984 MHK	21	0:46:36	23:50 * 22:46	4:39 min/km
98	1823	Rhein Christian	Laufteam Rügen	0:46:30	1977 M35	13	0:46:52	23:21 * 23:31	4:39 min/km
99	2234	Lange Christian	UPS	0:46:30	1977 M35	14	0:46:34	23:07 * 23:27	4:39 min/km
100	2236	Aka Bülent	UPS	0:46:32	1978 M35	15	0:46:34	23:07 * 23:27	4:39 min/km
101	2168	Bieling Thomas	Karate-Do Overath e.V.	0:46:36	1966 M45	13	0:46:38	23:07 * 23:31	4:40 min/km
102	1574	Schneider Ferdinand		0:46:42	1967 M45	14	0:47:16	24:17 * 22:59	4:40 min/km
103	2252	Seget David	UPS	0:46:45	1979 M30	26	0:46:51	22:33 * 24:18	4:41 min/km
104	2135	Volz Rainer		0:46:45	1959 M50	12	0:46:57	23:31 * 23:26	4:41 min/km
105	2286	GETZ JAN	UPS	0:47:01	1982 M30	27	0:47:07	23:12 * 23:54	4:42 min/km
106	2309	Blömer Kasten	EY	0:47:04	0 MHK	22	0:47:11	23:15 * 23:56	4:42 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
107	2115	Schmidt Michael		0:47:06	1971 M40	12	0:47:56	24:37 * 23:18	4:43 min/km
108	1572	Obermaier Stefan	SC Janus	0:47:12	1969 M40	13	0:47:21	23:21 * 24:00	4:43 min/km
109	1842	Uhde Andreas		0:47:12	1985 MHK	23	0:47:36	23:05 * 24:31	4:43 min/km
110	2010	Kolf Jan Alexander	pronova BKK	0:47:22	1983 M30	28	0:47:35	23:15 * 24:19	4:44 min/km
111	1631	Apel Michael		0:47:22	1973 M40	14	0:47:28	23:21 * 24:06	4:44 min/km
112	2101	Parting Marc		0:47:23	1977 M35	16	0:47:42	23:20 * 24:21	4:44 min/km
113	0	unbekannt DN3V6G4		0:47:23	0 MHK	24	0:47:25	23:57 * 23:28	4:44 min/km
114	2081	Kühn Christoph		0:47:26	1981 M30	29	0:47:43	24:13 * 23:30	4:45 min/km
115	1524	Mueller Andreas		0:47:37	1969 M40	15	0:48:00	24:44 * 23:16	4:46 min/km
116	1952	Storch Fabian		0:47:42	1974 M35	17	0:47:54	24:19 * 23:34	4:46 min/km
117	2469	Schoppen Dirk		0:47:51	1967 M45	15	0:48:00	23:26 * 24:33	4:47 min/km
118	2413	Kremer Frank	LT Hennef/Sieg	0:47:52	1963 M50	13	0:48:39	24:54 * 23:45	4:47 min/km
119	2096	Niermann Oliver	Bündnis 90/Die Grünen	0:47:54	1981 M30	30	0:47:57	24:08 * 23:48	4:47 min/km
120	1708	Kramer Uwe		0:48:02	1962 M50	14	0:48:21	23:58 * 24:23	4:48 min/km
121	1872	Scharfenstein Kai	REWE Group	0:48:03	1964 M45	16	0:48:19	24:00 * 24:19	4:48 min/km
122	1518	Iselt Michael	mhplus Krankenkasse	0:48:09	1974 M35	18	0:48:18	23:23 * 24:54	4:49 min/km
123	2478	Boelter Thomas	LLG 80 Nordpark Köln	0:48:10	1963 M50	15	0:48:43	24:52 * 23:51	4:49 min/km
124	2139	Walter Daniel		0:48:13	1977 M35	19	0:48:48	25:42 * 23:05	4:49 min/km
125	2463	Zuper Dirk		0:48:17	1973 M40	16	0:48:44	24:48 * 23:55	4:50 min/km
126	2104	Pöttgen Frank		0:48:31	1960 M50	16	0:49:03	24:46 * 24:16	4:51 min/km
127	2302	Jahn Thorsten	Birken Runner	0:48:33	1979 M30	31	0:48:42	24:04 * 24:38	4:51 min/km
128	1868	Kuhn Christian	REWE Group	0:48:37	1981 M30	32	0:49:57	25:57 * 24:00	4:52 min/km
129	1813	Mergler Dieter		0:48:37	1967 M45	17	0:48:57	23:56 * 25:00	4:52 min/km
130	1649	Bucerius Martin	TriCologne	0:48:41	1984 MHK	25	0:48:45	23:56 * 24:48	4:52 min/km
131	1809	Lohrmann Torsten		0:48:42	1967 M45	18	0:48:56	24:51 * 24:04	4:52 min/km
132	1755	Martens Jörn	GVG-Laufteam	0:48:46	1962 M50	17	0:48:51	23:22 * 25:28	4:53 min/km
133	2137	Voß Roland		0:48:47	1966 M45	19	0:49:18	24:54 * 24:24	4:53 min/km
134	1916	Barth Frank		0:48:50	1975 M35	20	0:49:12	25:16 * 23:55	4:53 min/km
135	1509	Redmann Stefan	B42 - Be Part of it	0:48:53	1974 M35	21	0:49:19	24:55 * 24:24	4:53 min/km
136	1710	Milk Andreas		0:48:54	1966 M45	20	0:49:33	25:26 * 24:07	4:53 min/km
137	1512	Bellancini Marco		0:48:55	1974 M35	22	0:49:37	25:00 * 24:36	4:54 min/km
138	0	unbekannt DK86A1Z		0:48:57	0 MHK	26	0:49:11	24:12 * 24:59	4:54 min/km
139	1797	Kastleiner Roman		0:49:03	1979 M30	33	0:49:04	23:06 * 25:58	4:54 min/km
140	2048	Fröhlking Markus		0:49:08	1975 M35	23	0:49:51	25:00 * 24:50	4:55 min/km
141	2476	Rademacher Tom	*Köln	0:49:22	1981 M30	34	0:49:56	25:56 * 24:00	4:56 min/km
142	1554	Fischer Hans-Peter		0:49:23	1959 M50	18	0:50:29	25:56 * 24:33	4:56 min/km
143	1503	Weskamp Jörg	Ost-West-Beziehung	0:49:23	1964 M45	21	0:50:03	26:17 * 23:45	4:56 min/km
144	1894	Fischer Maik	REWE Group	0:49:24	1978 M35	24	0:49:57	25:05 * 24:52	4:56 min/km
145	1807	Landwehr Otto	LT Rüniger Roadrunner	0:49:26	1960 M50	19	0:50:03	26:17 * 23:45	4:57 min/km
146	2318	Den Ouden Rainer	beeline	0:49:36	1980 M30	35	0:49:50	24:20 * 25:29	4:58 min/km
147	2202	REUDENBACH	UPS	0:49:41	1973 M40	17	0:49:53	24:45 * 25:07	4:58 min/km
148	1832	Schönborn Wolfgang		0:49:46	1969 M40	18	0:50:35	25:47 * 24:48	4:59 min/km
149	1979	Heinen Olaf		0:49:54	1977 M35	25	0:49:59	24:21 * 25:37	4:59 min/km
150	2422	Welter Ralf		0:49:55	1972 M40	19	0:50:23	25:20 * 25:02	4:60 min/km
151	2031	Bürger Dennis	KSG Dalheim Bürgers	0:50:05	1986 MHK	27	0:50:16	25:12 * 25:04	5:01 min/km
152	1537	Schwab Stefan		0:50:10	1970 M40	20	0:50:44	25:06 * 25:38	5:01 min/km
153	1741	Stephan Christoph		0:50:15	1965 M45	22	0:50:52	26:13 * 24:38	5:02 min/km
154	1784	Bongertz Fabian		0:50:16	1986 MHK	28	0:50:32	25:25 * 25:07	5:02 min/km
155	1719	Herres Dirk		0:50:16	1968 M45	23	0:50:23	25:26 * 24:57	5:02 min/km
156	1913	Koslowski Stefan	Los Locos	0:50:21	1983 M30	36	0:50:39	25:03 * 25:36	5:02 min/km
157	1987	Schwarz Torsten		0:50:24	1967 M45	24	0:50:37	24:55 * 25:42	5:02 min/km
158	1716	Nieder Falk		0:50:27	1973 M40	21	0:51:03	25:58 * 25:05	5:03 min/km
159	1986	Oberländer Thomas		0:50:44	1981 M30	37	0:50:59	24:38 * 26:21	5:04 min/km

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160	2183	Poggensiek Björn		0:50:45	1983 M30	38	0:50:53	25:24 * 25:28	5:05 min/km
161	2407	Marschke Dirk		0:50:45	1971 M40	22	0:50:57	24:42 * 26:15	5:05 min/km
162	1932	Krahn Andreas		0:50:47	1989 MHK	29	0:51:07	25:13 * 25:53	5:05 min/km
163	1671	Weiste Martin		0:50:48	1980 M30	39	0:50:59	25:13 * 25:46	5:05 min/km
164	2034	Conrad Andreas		0:50:51	1972 M40	23	0:51:17	26:51 * 24:25	5:05 min/km
165	2055	Grimm Gerald		0:50:51	1957 M55	5	0:51:09	25:16 * 25:53	5:05 min/km
166	2485	Schmitz Josef	Alemannia Aachen	0:50:55	1962 M50	20	0:51:22	25:23 * 25:59	5:06 min/km
167	1844	Ungeheuer Stefan		0:50:59	1964 M45	25	0:51:18	25:35 * 25:43	5:06 min/km
168	1766	Hegenbarth Thomas	Piratenpartei Köln	0:51:02	1964 M45	26	0:51:30	26:27 * 25:02	5:06 min/km
169	2123	Sobieroj Matthias	Laufmonster	0:51:07	1966 M45	27	0:51:26	25:47 * 25:39	5:07 min/km
170	2209	Poggensee Jens	UPS	0:51:10	1961 M50	21	0:51:59	26:30 * 25:29	5:07 min/km
171	2043	Faß Thorsten		0:51:11	1972 M40	24	0:51:55	26:33 * 25:22	5:07 min/km
172	1850	Wurda Werner	Diabetes Programm	0:51:15	1960 M50	22	0:52:34	27:01 * 25:33	5:08 min/km
173	1940	Michaelis Thomas		0:51:18	1959 M50	23	0:52:35	26:45 * 25:50	5:08 min/km
174	1943	Plohr Martin	Badehaus Babylon	0:51:19	1967 M45	28	0:51:26	24:53 * 26:32	5:08 min/km
175	1959	Zech Thilo		0:51:27	1966 M45	29	0:51:59	26:38 * 25:20	5:09 min/km
176	2306	Schüpstuhl Michael	Maritim Hotel Köln	0:51:28	1964 M45	30	0:52:09	26:24 * 25:44	5:09 min/km
177	0	unbekannt KN93CRS		0:51:31	0 MHK	30	0:51:55	26:05 * 25:49	5:09 min/km
178	2433	Obst Philipp		0:51:34	1987 MHK	31	0:51:59	26:05 * 25:53	5:09 min/km
179	1532	Männersdörfer Markus	Zumbaholics	0:51:35	1980 M30	40	0:51:43	25:13 * 26:29	5:10 min/km
180	2379	Elm-Hartwig Christian		0:51:36	1964 M45	31	0:51:56	25:19 * 26:36	5:10 min/km
181	1793	Hertel Aaron		0:51:36	1981 M30	41	0:51:56	25:28 * 26:28	5:10 min/km
182	1976	Winkelbach Florian		0:51:37	1987 MHK	32	0:51:42	24:56 * 26:45	5:10 min/km
183	1668	Dresbach Nils		0:51:41	1995 MU20	1	0:52:20	26:12 * 26:08	5:10 min/km
184	2073	Kiefer Dennis		0:51:43	1978 M35	26	0:52:18	25:43 * 26:35	5:10 min/km
185	1973	Häcker Ralf		0:51:47	1965 M45	32	0:52:46	26:10 * 26:36	5:11 min/km
186	2449	Hippler Frank	LT Decksteiner Weiher	0:51:54	1963 M50	24	0:52:56	26:53 * 26:02	5:11 min/km
187	9	Friedrich Hanno		0:52:01	1966 M45	33	0:52:03	25:08 * 26:55	5:12 min/km
188	2450	Pauly Thomas	*Köln	0:52:05	1952 M60	1	0:52:29	26:40 * 25:49	5:13 min/km
189	1830	Schneider Dirk	Badehaus Babylon	0:52:06	1976 M35	27	0:52:32	25:49 * 26:42	5:13 min/km
190	2039	Engelhardt Lars		0:52:10	1976 M35	28	0:53:21	27:53 * 25:28	5:13 min/km
191	1536	Hardung Frank		0:52:10	1971 M40	25	0:52:36	26:42 * 25:54	5:13 min/km
192	1664	Langer Jochen		0:52:17	1963 M50	25	0:52:33	26:21 * 26:12	5:14 min/km
193	2141	West Daniel		0:52:24	1981 M30	42	0:52:43	25:44 * 26:58	5:14 min/km
194	1694	Germann Daniel		0:52:26	1980 M30	43	0:53:36	27:36 * 26:00	5:15 min/km
195	1877	Diaz Guido	REWE Group	0:52:40	1976 M35	29	0:53:17	27:39 * 25:38	5:16 min/km
196	1953	Stratmann Gerd	Gelpegazellen Wuppertal	0:52:42	1954 M55	6	0:53:04	26:08 * 26:56	5:16 min/km
197	2319	Hasenbach Carsten	beeline	0:52:49	1975 M35	30	0:53:03	26:30 * 26:33	5:17 min/km
198	629	Mayer Simon	UPS	0:52:52	1981 M30	44	0:53:20	26:09 * 27:10	5:17 min/km
199	2089	Mauer Roland		0:53:00	1967 M45	34	0:53:15	26:31 * 26:44	5:18 min/km
200	2119	Schreiner Frank	Raderthaler Junge	0:53:05	1978 M35	31	0:53:57	27:09 * 26:48	5:19 min/km
201	1539	Weiler Michael	Aidshilfe Köln	0:53:07	1965 M45	35	0:53:23	26:00 * 27:23	5:19 min/km
202	2382	Neuber Jens		0:53:08	1978 M35	32	0:54:12	27:58 * 26:14	5:19 min/km
203	2009	Borchert Thomas	pronova BKK	0:53:11	1965 M45	36	0:54:16	27:35 * 26:40	5:19 min/km
204	2250	Holstein Thomas	UPS	0:53:16	1961 M50	26	0:53:50	26:41 * 27:08	5:20 min/km
205	1520	Cugaly Michael		0:53:18	1968 M45	37	0:54:13	27:30 * 26:43	5:20 min/km
206	1854	Fliri Gregor	Team KSK Köln, Direktion	0:53:21	1967 M45	38	0:53:31	26:24 * 27:07	5:20 min/km
207	2275	KÖDER THOMAS	UPS	0:53:33	1978 M35	33	0:53:58	27:10 * 26:47	5:21 min/km
208	2072	Kessemeier Christof		0:53:36	1976 M35	34	0:54:23	26:39 * 27:44	5:22 min/km
209	0	unbekannt DG585WH		0:53:44	0 MHK	33	0:53:58	27:46 * 26:12	5:22 min/km
210	2133	Volkmer Rainer	LT Sommersberg	0:53:45	1961 M50	27	0:54:14	26:47 * 27:26	5:23 min/km
211	1597	Schalk Albrecht		0:53:51	1947 M65	1	0:54:36	28:00 * 26:36	5:23 min/km
212	2112	Scherer Robert		0:53:52	1965 M45	39	0:54:39	28:30 * 26:08	5:23 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
213	2215	Scheers Fred	UPS	0:53:54	1967 M45	40	0:54:42	27:43 * 26:58	5:23 min/km
214	1847	Auf dem Graben Peter		0:53:56	1965 M45	41	0:54:52	28:15 * 26:36	5:24 min/km
215	1907	Fritsche Armin	REWE Group	0:53:57	1980 M30	45	0:54:15	27:15 * 26:59	5:24 min/km
216	1712	Ilius Mario		0:53:58	1963 M50	28	0:54:11	26:58 * 27:12	5:24 min/km
217	1912	Küçük Ethem	Los Locos	0:53:58	1983 M30	46	0:54:16	26:29 * 27:46	5:24 min/km
218	1983	Kronsbein Günter		0:53:59	1965 M45	42	0:54:31	27:41 * 26:50	5:24 min/km
219	2401	Grohme Martin	G+L	0:54:00	1975 M35	35	0:55:15	29:32 * 25:43	5:24 min/km
220	1988	Fietz André	'alles fussball - der shop'	0:54:10	1987 MHK	34	0:54:31	26:09 * 28:22	5:25 min/km
221	1723	Heinke Roland		0:54:10	1964 M45	43	0:54:18	27:06 * 27:12	5:25 min/km
222	2397	Hogen Günter		0:54:11	1963 M50	29	0:54:24	26:55 * 27:28	5:25 min/km
223	1886	Strohhäcker Carsten	REWE Group	0:54:11	1971 M40	26	0:54:45	27:32 * 27:12	5:25 min/km
224	2206	FLOMMERSFELD	UPS	0:54:13	1964 M45	44	0:54:41	27:59 * 26:41	5:25 min/km
225	1917	Benkendorf Jens		0:54:13	1978 M35	36	0:54:57	27:52 * 27:05	5:25 min/km
226	1938	Meurer Thomas		0:54:13	1964 M45	45	0:54:36	26:46 * 27:50	5:25 min/km
227	2060	Heinen Michael		0:54:14	1965 M45	46	0:54:27	27:25 * 27:01	5:25 min/km
228	2305	Köhler Thomas	Birken Runner	0:54:16	1971 M40	27	0:54:26	27:20 * 27:06	5:26 min/km
229	2145	Hissler Pascal		0:54:22	1980 M30	47	0:55:36	30:14 * 25:21	5:26 min/km
230	1775	Schlangen Thomas	Running TV Bedburg	0:54:28	1972 M40	28	0:55:41	28:19 * 27:21	5:27 min/km
231	2389	Balk Robin		0:54:29	1985 MHK	35	0:55:31	28:41 * 26:50	5:27 min/km
232	0	unbekannt KX1CX2Y		0:54:29	0 MHK	36	0:55:29	29:06 * 26:22	5:27 min/km
233	1934	Lanza Massimo		0:54:30	1968 M45	47	0:55:08	29:38 * 25:30	5:27 min/km
234	1735	Kreusch Harald	Fast Foots Cologne	0:54:31	1962 M50	30	0:54:45	27:22 * 27:22	5:27 min/km
235	1736	Fischer Sven	Fast Foots Cologne	0:54:31	1971 M40	29	0:54:46	27:23 * 27:22	5:27 min/km
236	1892	Hoeveler Uwe	REWE Group	0:54:42	1960 M50	31	0:55:49	29:00 * 26:49	5:28 min/km
237	2177	Hartmann Tino		0:54:56	1978 M35	37	0:55:20	27:17 * 28:02	5:30 min/km
238	2446	Klassen Andre	Fronrunner Cologne	0:55:02	1984 MHK	37	0:56:00	29:28 * 26:31	5:30 min/km
239	0	unbekannt DG8Y6W2		0:55:20	0 MHK	38	0:55:44	27:09 * 28:34	5:32 min/km
240	2276	LEONHARDT STEPHAN	UPS	0:55:21	1979 M30	48	0:55:46	27:10 * 28:36	5:32 min/km
241	49	Endt Tobias M.		0:55:22	1975 M35	38	0:55:44	27:53 * 27:51	5:32 min/km
242	1576	Wittmann Dennis		0:55:23	1981 M30	49	0:56:27	27:49 * 28:38	5:32 min/km
243	2380	Savoca Michael		0:55:33	1985 MHK	39	0:56:38	29:54 * 26:43	5:33 min/km
244	1746	Müller Hermann Peter	Prof. Dr. Baum	0:55:35	1940 M70	1	0:56:08	28:16 * 27:51	5:34 min/km
245	2166	Krebs Matthias	Karate-Do Overath e.V.	0:55:44	1957 M55	7	0:56:51	30:28 * 26:22	5:34 min/km
246	1650	Schwarz Werner		0:55:53	1948 M65	2	0:56:23	29:25 * 26:58	5:35 min/km
247	2420	Laubart Wolfgang		0:55:54	1967 M45	48	0:56:23	28:49 * 27:34	5:35 min/km
248	1728	Wennekamp Daniel		0:56:03	1978 M35	39	0:57:06	28:58 * 28:08	5:36 min/km
249	1837	Sprengart Sven		0:56:05	1969 M40	30	0:56:50	28:50 * 28:00	5:37 min/km
250	1529	Van Issem Hans-Jürgen	Aidshilfe Köln	0:56:10	1964 M45	49	0:56:24	26:12 * 30:11	5:37 min/km
251	1795	Hierl Detlef		0:56:18	1965 M45	50	0:56:41	28:16 * 28:24	5:38 min/km
252	2103	Platten Bruno		0:56:22	1947 M65	3	0:57:07	28:59 * 28:07	5:38 min/km
253	1962	Haag Rudi	CafeBar Leone im	0:56:23	1964 M45	51	0:56:56	28:58 * 27:58	5:38 min/km
254	314	Nagl Arnd		0:56:26	1969 M40	31	0:56:55	28:57 * 27:58	5:39 min/km
255	1563	Reehe Dieter		0:56:26	1963 M50	32	0:56:55	28:56 * 27:58	5:39 min/km
256	1762	Allgaier Reinhard		0:56:33	1954 M55	8	0:56:44	28:13 * 28:30	5:39 min/km
257	1704	Golbach Ralf		0:56:34	1977 M35	40	0:57:41	30:40 * 27:01	5:39 min/km
258	2100	Paczelt Perid		0:56:41	1971 M40	32	0:56:53	27:13 * 29:39	5:40 min/km
259	2395	Kirsten Dieter	rhein-in-form	0:56:42	1970 M40	33	0:57:12	29:59 * 27:13	5:40 min/km
260	1528	Schubert Benjamin		0:56:42	1979 M30	50	0:57:05	30:01 * 27:03	5:40 min/km
261	2075	Kießling Anne		0:56:45	1981 M30	51	0:57:08	29:11 * 27:56	5:41 min/km
262	2070	Kelter Thomas	Badehaus Babylon	0:56:56	1964 M45	52	0:57:04	28:26 * 28:37	5:42 min/km
263	2136	Von Hoegen Gregor	Badehaus Babylon	0:56:56	1966 M45	53	0:57:04	28:26 * 28:37	5:42 min/km
264	1575	Rudl Heiko		0:57:03	1978 M35	41	0:57:39	28:42 * 28:57	5:42 min/km
265	2461	Bless Torsten	Allround Tepm	0:57:03	1967 M45	54	0:57:30	28:42 * 28:47	5:42 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
266	2013	Paszek Christian	pronova BKK	0:57:22	1958 M55	9	0:57:32	28:12 * 29:19	5:44 min/km
267	401	Sauer Sascha		0:57:30	1977 M35	42	0:58:21	27:43 * 30:38	5:45 min/km
268	2416	Jelinek Stefan		0:57:37	1986 MHK	40	0:58:41	29:58 * 28:43	5:46 min/km
269	1997	Hackländer Tim		0:57:45	1980 M30	52	0:58:31	29:46 * 28:44	5:47 min/km
270	1900	Wudtke Frank	REWE Group	0:57:49	1966 M45	55	0:58:35	29:17 * 29:18	5:47 min/km
271	0	unbekannt HE36DTD		0:57:51	0 MHK	41	0:58:58	29:59 * 28:59	5:47 min/km
272	2417	Thimm Sven		0:58:01	1987 MHK	42	0:58:56	28:47 * 30:08	5:48 min/km
273	2405	Makarowski Klaus	Frontrun Cologne	0:58:07	1952 M60	2	0:58:52	28:55 * 29:56	5:49 min/km
274	1773	Dündar Can		0:58:12	1972 M40	34	0:59:15	30:10 * 29:04	5:49 min/km
275	1955	Wasser Martin		0:58:12	1965 M45	56	0:59:21	29:50 * 29:30	5:49 min/km
276	1621	Thieme Alexander		0:58:15	1983 M30	53	0:59:15	30:39 * 28:35	5:50 min/km
277	2427	Daum Robert		0:58:38	1964 M45	57	0:59:35	29:24 * 30:10	5:52 min/km
278	1596	Füllenbach Robert		0:58:44	1976 M35	43	0:59:53	29:15 * 30:38	5:52 min/km
279	1860	Schöneborn Udo		0:58:50	1977 M35	44	0:59:19	30:08 * 29:11	5:53 min/km
280	1978	Pohl Walter		0:58:53	1963 M50	33	0:59:07	28:39 * 30:27	5:53 min/km
281	2161	Riegauf Rudolf	Karate-Do Overath e.V.	0:58:57	1954 M55	10	1:00:04	30:28 * 29:35	5:54 min/km
282	1641	Helms Timo		0:58:58	1977 M35	45	1:00:09	30:33 * 29:36	5:54 min/km
283	2157	Launert Jürgen	Karate-Do Overath e.V.	0:58:58	1962 M50	34	1:00:03	30:29 * 29:34	5:54 min/km
284	2290	BLUME PATRICK	UPS	0:59:00	1984 MHK	43	0:59:06	29:24 * 29:42	5:54 min/km
285	2165	Mainz Wolfgang	Karate-Do Overath e.V.	0:59:09	1964 M45	58	1:00:17	30:32 * 29:44	5:55 min/km
286	1543	Ahlfr Frank		0:59:29	1968 M45	59	0:59:56	29:48 * 30:07	5:57 min/km
287	1786	Buchen Tobias	Die Buchens	0:59:55	1976 M35	46	1:01:08	30:23 * 30:45	5:60 min/km
288	2047	Friedrich Thorsten		1:00:22	1972 M40	35	1:00:47	30:42 * 30:05	6:02 min/km
289	1920	Daniel Jörg	StattGarde Colonia Ahoj	1:00:39	1969 M40	36	1:01:32	31:21 * 30:10	6:04 min/km
290	2435	Hepperle Jens		1:00:52	1970 M40	37	1:01:02	29:26 * 31:36	6:05 min/km
291	1937	Meurer Michael		1:00:58	1979 M30	54	1:01:21	30:21 * 31:00	6:06 min/km
292	2040	Ensemeier Guido		1:00:58	1953 M60	3	1:02:07	31:36 * 30:30	6:06 min/km
293	1744	Exner Dietrich	BSG Nikon	1:01:03	1950 M60	4	1:02:17	31:52 * 30:25	6:06 min/km
294	1522	Herriger Helmut		1:01:41	1969 M40	38	1:02:40	32:07 * 30:32	6:10 min/km
295	2418	Repke Marco	NetCologne	1:02:06	1976 M35	47	1:02:58	31:23 * 31:34	6:13 min/km
296	1515	Wolfgarten Marco	Bratwurst und Bier	1:02:46	1974 M35	48	1:02:46	32:19 * 30:27	6:17 min/km
297	2111	Schemberg Kurt	Bimo Mare LT	1:02:54	1952 M60	5	1:03:15	30:04 * 33:11	6:17 min/km
298	2110	Rothenmeyer Alfred		1:03:15	1960 M50	35	1:03:54	32:17 * 31:37	6:20 min/km
299	2140	Wesen Andreas		1:03:33	1972 M40	39	1:04:18	31:25 * 32:53	6:21 min/km
300	1565	Braun Andreas		1:03:38	1977 M35	49	1:04:53	33:37 * 31:16	6:22 min/km
301	1726	Koca Ramazan		1:03:38	1969 M40	40	1:04:14	31:56 * 32:18	6:22 min/km
302	1701	Kania Lydia		1:03:57	1982 M30	55	1:04:14	31:19 * 32:55	6:24 min/km
303	2429	Oberbrinkmann Björn	*Troisdorf	1:06:17	1966 M45	60	1:07:14	33:21 * 33:53	6:38 min/km
304	1915	Koslowski Jürgen	Los Locos	1:06:45	1958 M55	11	1:07:03	32:56 * 34:06	6:41 min/km
305	1921	Deiters Lothar	LSV Porz / Köln	1:07:45	1934 M75	1	1:08:39	34:44 * 33:55	6:47 min/km
306	1659	Weimer Philip		1:08:37	1986 MHK	44	1:09:13	32:47 * 36:26	6:52 min/km
307	1560	Delogu Giovanni		1:10:03	1973 M40	41	1:11:14	33:18 * 37:56	7:00 min/km
308	1561	Klein Walter		1:10:03	1959 M50	36	1:11:14	33:45 * 37:29	7:00 min/km
309	1861	Lomberg Ulrich	Uli's LT Irgendwann ist	1:10:53	1956 M55	12	1:11:56	35:42 * 36:13	7:05 min/km
310	1644	Geller Ulrich		1:12:18	1962 M50	37	1:13:01	35:12 * 37:49	7:14 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1836	Spielvogel Marlen	XTrail-Aktiv	0:42:40	1986 WHK	1	0:42:48	21:16 * 21:31	4:16 min/km
2	1564	Klein Alex		0:42:48	1974 W35	1	0:42:55	21:32 * 21:23	4:17 min/km
3	1764	Gschwandtner ISI	ISI-RUNNER	0:44:03	1978 W35	2	0:44:09	21:44 * 22:25	4:24 min/km
4	2298	Herber Gianna		0:46:01	1989 WHK	2	0:46:12	22:53 * 23:19	4:36 min/km
5	1546	Thiel Melanie		0:46:02	1978 W35	3	0:46:11	22:50 * 23:20	4:36 min/km
6	1899	Schwarz Denise	REWE Group	0:46:28	1978 W35	4	0:47:15	23:53 * 23:22	4:39 min/km
7	2174	Hark Andrea	Aidshilfe Köln	0:46:35	1960 W50	1	0:46:41	22:14 * 24:27	4:40 min/km
8	2086	Lövenich Greta		0:46:57	1990 WHK	3	0:47:17	24:18 * 22:59	4:42 min/km
8	2052	Gossel Julia		0:46:57	1988 WHK	3	0:47:17	24:18 * 22:59	4:42 min/km
10	1768	Pradella Anja		0:47:31	1987 WHK	5	0:48:30	24:28 * 24:01	4:45 min/km
11	1639	Blameuser Carmen	Running Sisters	0:47:41	1993 WHK	6	0:48:19	23:22 * 24:56	4:46 min/km
12	2162	Böckmann Britta	Karate-Do Overath e.V.	0:47:49	1967 W45	1	0:48:07	24:06 * 24:00	4:47 min/km
13	2434	Krogsel Nicole	LLG Nordpark	0:48:11	1966 W45	2	0:48:45	24:58 * 23:46	4:49 min/km
14	1998	Bachem Elisa		0:48:41	1981 W30	1	0:48:49	23:53 * 24:56	4:52 min/km
15	2029	Breuer Gina	Team Ormont	0:48:48	1992 WHK	7	0:49:26	25:29 * 23:56	4:53 min/km
16	1985	Böckenfeld Brita	LT Saaler Mühle	0:48:51	1967 W45	3	0:49:12	24:33 * 24:38	4:53 min/km
17	2464	Lindmaier Hannah		0:49:00	1987 WHK	8	0:49:08	24:03 * 25:04	4:54 min/km
18	1925	Heller Kirsten	Köln Triathlon e.V.	0:49:24	1973 W40	1	0:49:38	24:33 * 25:05	4:56 min/km
19	1636	Pütz Nicole		0:49:31	1986 WHK	9	0:50:12	25:05 * 25:07	4:57 min/km
20	2474	Diawuoh Jacqueline		0:49:44	1992 WHK	10	0:50:16	23:43 * 26:33	4:58 min/km
21	1647	Schäfer Daniela		0:49:57	1977 W35	5	0:50:33	25:15 * 25:17	4:60 min/km
22	1697	Alphons Stephanie	FrontRunners Cologne	0:50:05	1965 W45	4	0:50:15	24:23 * 25:51	5:01 min/km
23	1794	Heß Sabine	XTrail-Aktiv	0:50:16	1966 W45	5	0:50:24	25:05 * 25:18	5:02 min/km
24	1910	Heinrichs Janine	REWE Group	0:50:50	1990 WHK	11	0:51:06	25:04 * 26:01	5:05 min/km
25	1677	Müller Marina	RG Leipzig	0:50:55	1982 W30	2	0:51:31	25:37 * 25:54	5:06 min/km
26	1831	Schönborn Claudia		0:50:58	1969 W40	2	0:51:48	26:01 * 25:46	5:06 min/km
27	1718	Bredow Tanja		0:51:10	1972 W40	3	0:51:17	25:24 * 25:53	5:07 min/km
28	2443	Herber Manuela		0:51:21	1967 W45	6	0:51:47	26:08 * 25:39	5:08 min/km
29	2455	Profus Stefanie		0:51:26	1988 WHK	12	0:52:32	27:14 * 25:17	5:09 min/km
30	2171	Kewitz Sabine	Aidshilfe Köln	0:51:30	1972 W40	4	0:51:44	25:36 * 26:07	5:09 min/km
31	1721	Graulich Natalia		0:51:34	1979 W30	3	0:51:40	25:12 * 26:28	5:09 min/km
32	2438	Wahl Susanne		0:51:36	1968 W45	7	0:52:18	26:28 * 25:49	5:10 min/km
33	1707	Fitz Martina	LT Hennef/Sieg	0:51:37	1969 W40	5	0:52:25	26:07 * 26:17	5:10 min/km
34	2088	Martin Ricarda		0:51:38	1969 W40	6	0:51:50	25:23 * 26:27	5:10 min/km
35	1745	Geler Katharina		0:51:40	1986 WHK	13	0:51:42	24:56 * 26:45	5:10 min/km
36	1853	Fliri Elke	Team KSK Köln, Direktion	0:51:51	1969 W40	7	0:52:02	25:50 * 26:12	5:11 min/km
37	1638	Blameuser Nicole	Running Sisters	0:52:00	1990 WHK	14	0:52:38	26:34 * 26:04	5:12 min/km
38	1525	Steffen Natalie		0:52:07	1973 W40	8	0:52:30	26:45 * 25:45	5:13 min/km
39	1555	Jansen Beate		0:52:13	1962 W50	2	0:52:49	26:44 * 26:05	5:13 min/km
40	1995	Paul Josefine	BÜNDNIS 90/DIE	0:52:16	1982 W30	4	0:52:19	25:20 * 26:59	5:14 min/km
41	1790	Frieler Sonja		0:52:27	1990 WHK	15	0:53:36	27:36 * 25:59	5:15 min/km
42	1792	Haite Julia		0:52:32	1987 WHK	16	0:53:41	27:37 * 26:03	5:15 min/km
43	2149	Leesberg Ute		0:52:36	1978 W35	6	0:53:01	26:05 * 26:56	5:16 min/km
44	1788	Drees Bärbel		0:53:02	1964 W45	8	0:53:34	27:38 * 25:55	5:18 min/km
45	2317	Bebek Nicole	beeline	0:53:14	1988 WHK	17	0:53:29	26:37 * 26:51	5:19 min/km
46	404	Schütza Barbara	Im Rueckenwind	0:53:21	1974 W35	7	0:53:56	27:23 * 26:33	5:20 min/km
47	2065	Herbers Anja		0:53:54	1985 WHK	18	0:54:37	28:07 * 26:30	5:23 min/km
48	1711	Ahl Madeleine		0:53:57	1962 W50	3	0:54:10	26:58 * 27:11	5:24 min/km
49	2143	Lahr Christiane		0:54:01	1978 W35	8	0:54:38	27:39 * 26:59	5:24 min/km
50	2421	Welter Birgit		0:54:05	1964 W45	9	0:54:33	27:02 * 27:30	5:25 min/km
51	1800	Frese Kirsten	ShaoHai	0:54:09	0 WHK	19	0:54:30	27:26 * 27:03	5:25 min/km
52	2285	Savelsberg Sabine	UPS	0:54:20	1981 W30	5	0:54:41	27:57 * 26:44	5:26 min/km
53	1587	Peters Bernadette		0:54:42	1962 W50	4	0:55:31	28:30 * 27:00	5:28 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
54	2442	Wölm Kerstin	ERGO Sports Köln	0:54:53	1974 W35	9	0:55:16	27:58 * 27:17	5:29 min/km
55	1602	Peters Sarah		0:54:55	1984 WHK	20	0:55:44	28:30 * 27:13	5:30 min/km
56	2126	Stephan Hannah		0:55:17	1985 WHK	21	0:56:24	28:32 * 27:52	5:32 min/km
57	1903	Maurer Charlotte	REWE Group	0:55:17	1986 WHK	22	0:56:24	28:49 * 27:34	5:32 min/km
58	1740	Schneckenburger		0:55:28	1983 W30	6	0:55:47	28:29 * 27:18	5:33 min/km
59	2114	Schmelzer Dörte	Lauftreff Zinnowitz	0:55:42	1969 W40	9	0:56:17	28:00 * 28:17	5:34 min/km
60	2059	Haupt Ilona		0:55:45	1976 W35	10	0:56:04	28:05 * 27:58	5:35 min/km
61	2445	Stempel Sandra		0:55:49	1986 WHK	23	0:56:36	27:31 * 29:05	5:35 min/km
62	2057	Hanisch Claudia	Ruhepol Köln	0:55:57	1976 W35	11	0:56:31	28:03 * 28:27	5:36 min/km
63	1688	Hackmann Stefanie		0:56:01	1985 WHK	24	0:57:07	30:28 * 26:38	5:36 min/km
64	1635	Roye Henriette		0:56:04	1979 W30	7	0:56:30	28:13 * 28:17	5:36 min/km
65	2023	Birkenfeld Mascha	Wusniki	0:56:17	1976 W35	12	0:57:28	29:14 * 28:14	5:38 min/km
66	1991	Roy Christina		0:56:20	1978 W35	13	0:56:36	27:28 * 29:07	5:38 min/km
67	2079	Kronberg Ute		0:56:38	1973 W40	10	0:56:59	28:04 * 28:54	5:40 min/km
68	1632	Anderer Birgit		0:56:44	1957 W55	1	0:57:42	28:51 * 28:50	5:40 min/km
69	1678	Meyer Melanie		0:56:56	1976 W35	14	0:57:17	28:24 * 28:52	5:42 min/km
70	1681	Lehberger Regine		0:57:07	1980 W30	8	0:57:33	28:10 * 29:22	5:43 min/km
71	1551	Falat Olivia		0:57:08	1983 W30	9	0:57:17	27:16 * 30:00	5:43 min/km
72	1511	Ressler Lisa		0:57:29	1977 W35	15	0:58:30	30:47 * 27:43	5:45 min/km
73	2409	Palfi Mathilda		0:57:35	1952 W60	1	0:57:57	29:23 * 28:34	5:46 min/km
74	2003	Schlupp Michaela	Lauf Roxy	0:57:36	1979 W30	10	0:58:23	29:34 * 28:48	5:46 min/km
75	2121	Serafin Svenja		0:57:38	1986 WHK	25	0:58:08	28:40 * 29:27	5:46 min/km
76	2002	Kassel Julia		0:57:41	1982 W30	11	0:58:18	31:13 * 27:05	5:46 min/km
77	1700	Weins Martina		0:57:46	1984 WHK	26	0:58:04	29:05 * 28:58	5:47 min/km
78	1699	Juchem Maria		0:57:47	1982 W30	12	0:58:04	29:06 * 28:58	5:47 min/km
79	1865	Schwarz Marita	Uli's LT Irgendwann ist	0:57:57	1965 W45	10	0:58:57	31:17 * 27:40	5:48 min/km
80	2406	Hansmann Heike		0:58:08	0 WHK	27	0:58:15	29:22 * 28:53	5:49 min/km
81	1919	Dahlmann Pamela		0:58:12	1982 W30	13	0:58:36	28:53 * 29:43	5:49 min/km
82	1863	Geiger Monika	Uli's LT Irgendwann ist	0:58:13	1964 W45	11	0:59:13	31:17 * 27:56	5:49 min/km
83	2297	Blask Meike		0:58:15	1984 WHK	28	0:58:46	30:03 * 28:43	5:50 min/km
84	1770	Kucharska Malgorzata		0:58:17	1983 W30	14	0:59:31	29:58 * 29:32	5:50 min/km
85	1801	Klotz Susanne	ShaoHai	0:58:20	1971 W40	11	0:59:03	30:14 * 28:48	5:50 min/km
86	2008	Balgün Melek	pronova BKK	0:58:22	1988 WHK	29	0:59:38	29:54 * 29:44	5:50 min/km
87	1622	Husmeier Inka		0:58:23	1986 WHK	30	0:59:23	30:40 * 28:42	5:50 min/km
88	1610	Ihm Sindy		0:58:27	1979 W30	15	0:59:19	30:17 * 29:01	5:51 min/km
89	1926	Heller Marlene		0:58:29	1952 W60	2	0:58:49	29:32 * 29:17	5:51 min/km
90	1608	Schulze Katrin		0:58:38	1975 W35	16	0:59:35	36:22 * 23:12	5:52 min/km
91	1819	PASCHEDAG Annika		0:58:51	1985 WHK	31	0:59:53	30:18 * 29:35	5:53 min/km
92	1689	Hahs Eveline		0:58:51	1958 W55	2	0:59:42	30:06 * 29:36	5:53 min/km
93	1858	Ladow Nadine		0:58:53	1982 W30	16	0:59:19	30:08 * 29:11	5:53 min/km
94	2160	Höner Alexandra	Karate-Do Overath e.V.	0:59:09	1968 W45	12	1:00:15	30:32 * 29:43	5:55 min/km
94	1767	Brunk Anika		0:59:09	1988 WHK	32	1:00:09	30:18 * 29:51	5:55 min/km
96	1727	Schwabe-Morvan Ingrid		0:59:11	1962 W50	5	1:00:04	30:04 * 29:59	5:55 min/km
97	2045	Flink Claudia	ERGO Sports Köln	0:59:22	1967 W45	13	0:59:39	30:25 * 29:13	5:56 min/km
98	1595	Garbe Carolin		0:59:26	1979 W30	17	0:59:59	30:01 * 29:58	5:57 min/km
99	1733	Korfmacher Britta		0:59:29	1979 W30	18	0:59:56	29:48 * 30:07	5:57 min/km
100	1742	Taxacher Alexandra		0:59:37	1968 W45	14	1:00:15	29:51 * 30:23	5:58 min/km
101	1785	Buchen Sandra	Die Buchens	0:59:55	1977 W35	17	1:01:09	30:23 * 30:45	5:60 min/km
102	2301	Giebl Jeannine	Birken Runner	1:00:02	1985 WHK	33	1:00:14	28:04 * 32:09	6:00 min/km
103	1682	Brohl Annabella		1:00:08	1970 W40	12	1:00:33	29:52 * 30:40	6:01 min/km
104	2093	Nettersheim Rosa		1:00:09	1951 W60	3	1:01:05	30:32 * 30:32	6:01 min/km
105	2076	Klein Katja	ERGO sports Köln	1:00:11	1973 W40	13	1:00:28	30:27 * 30:01	6:01 min/km
106	2080	Kühn Anja		1:00:32	1977 W35	18	1:01:22	30:26 * 30:56	6:03 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
107	1951	Stiwitz Verena	Die Jagd geht weiter!	1:00:52	1976 W35	19	1:01:40	32:03 * 29:36	6:05 min/km
108	1931	Klein Myriam	Die Jagd geht weiter!	1:00:53	1972 W40	14	1:01:40	32:03 * 29:37	6:05 min/km
109	2396	Windau Tanja	rhein-in-form	1:01:00	1985 WHK	34	1:01:31	31:16 * 30:14	6:06 min/km
110	2062	Heise Sandra		1:01:04	1974 W35	20	1:02:02	31:21 * 30:41	6:06 min/km
111	1729	Carl Gaby		1:01:04	1972 W40	15	1:01:19	30:48 * 30:30	6:06 min/km
112	1722	Diedenhofen Nadine		1:01:04	1976 W35	21	1:01:19	30:48 * 30:30	6:06 min/km
113	2148	Steinacker Gritta		1:01:07	1970 W40	16	1:02:00	32:52 * 29:07	6:07 min/km
114	2147	Mittelstädt Janine		1:01:13	1977 W35	22	1:02:06	32:52 * 29:13	6:07 min/km
115	1510	Oguz Svenja	Herzlauf-Hilden.de	1:01:25	1981 W30	19	1:02:43	32:19 * 30:24	6:09 min/km
116	1902	Angenvoort Anne	REWE Group	1:01:27	1988 WHK	35	1:02:33	30:56 * 31:37	6:09 min/km
117	1975	Feußner Christina	Team Erdinger Alkoholfrei	1:01:28	1975 W35	23	1:01:47	29:47 * 32:00	6:09 min/km
118	2004	Sitran Nadine		1:01:46	1980 W30	20	1:02:23	31:15 * 31:08	6:11 min/km
119	2087	Lüffe Anna		1:01:57	1981 W30	21	1:02:27	30:28 * 31:59	6:12 min/km
120	2444	Booch Nicole	ISI Runner	1:01:57	1974 W35	24	1:02:05	30:19 * 31:45	6:12 min/km
121	1796	Hintz Anja	ISI-RUNNER	1:01:57	1978 W35	25	1:02:05	30:19 * 31:46	6:12 min/km
122	1871	Bräutigam Nicole	REWE Group	1:02:03	1979 W30	22	1:02:53	32:29 * 30:24	6:12 min/km
123	2424	Peter Susanne	NetCologne	1:02:07	1980 W30	23	1:02:58	31:23 * 31:35	6:13 min/km
124	1642	Santamaria Jana	Cologne on fire	1:02:11	1979 W30	24	1:02:57	30:54 * 32:03	6:13 min/km
125	1808	Lewke Meta		1:02:11	1988 WHK	36	1:02:30	31:34 * 30:56	6:13 min/km
126	2212	HOCHGÜRTEL HEIKE	UPS	1:02:11	1980 W30	25	1:02:14	30:55 * 31:19	6:13 min/km
127	1656	Gerhardt Sabine		1:02:21	1976 W35	26	1:03:14	32:17 * 30:56	6:14 min/km
128	1606	Stöcker Claudia		1:02:27	1971 W40	17	1:03:07	30:57 * 32:09	6:15 min/km
129	1661	Henk Elisabeth		1:02:30	1987 WHK	37	1:03:38	31:39 * 31:58	6:15 min/km
130	1885	Engler Simone	REWE Group	1:02:32	1974 W35	27	1:03:23	32:29 * 30:54	6:15 min/km
131	1758	Schönberg Constanze		1:02:45	1965 W45	15	1:03:26	31:48 * 31:37	6:17 min/km
132	1504	Glüsing Dr. Ann-Katrin	Ost-West-Beziehung	1:02:49	1966 W45	16	1:03:29	31:50 * 31:39	6:17 min/km
133	1590	Deider Monika		1:02:56	1959 W50	6	1:03:12	30:11 * 33:01	6:18 min/km
134	1778	Lochmann Ursula	Takatomo	1:02:59	1970 W40	18	1:03:09	30:45 * 32:23	6:18 min/km
135	1571	Hartenauer Monika	Frontrunners Cologne	1:03:01	1981 W30	26	1:03:47	32:42 * 31:05	6:18 min/km
136	241	Sanktjohanser Jana	REWE Group	1:03:06	1984 WHK	38	1:04:11	32:51 * 31:20	6:19 min/km
137	1887	Preisen Christiane	REWE Group	1:03:06	1976 W35	28	1:04:11	32:51 * 31:20	6:19 min/km
138	1611	Buer Frauke		1:03:18	1985 WHK	39	1:03:34	31:41 * 31:53	6:20 min/km
139	1866	Berger Regine	Uli's LT Irgendwann ist	1:03:24	1963 W50	7	1:04:27	32:47 * 31:39	6:20 min/km
140	1777	Sackmann Alexandra		1:03:25	1977 W35	29	1:04:10	32:41 * 31:29	6:21 min/km
141	1556	Stöber Frauke		1:03:26	1973 W40	19	1:04:04	30:49 * 33:14	6:21 min/km
142	2197	STROWA KERSTIN	UPS	1:03:37	1984 WHK	40	1:03:50	30:01 * 33:49	6:22 min/km
143	1928	Herrmannn Marita		1:03:38	1958 W55	3	1:04:16	31:54 * 32:22	6:22 min/km
144	1725	Bisdorf Claudia		1:03:40	1972 W40	20	1:04:15	31:45 * 32:30	6:22 min/km
145	2325	Zimmermann Steffi	beeline	1:03:41	1981 W30	27	1:04:56	32:54 * 32:01	6:22 min/km
146	2468	Schneider Barbara		1:03:45	1954 W55	4	1:04:41	32:53 * 31:47	6:23 min/km
147	1558	Bodis Katharina		1:03:46	1984 WHK	41	1:05:01	33:37 * 31:24	6:23 min/km
148	2426	Schenk Simone	LT Hennef/Sieg	1:03:48	1979 W30	28	1:04:37	30:59 * 33:38	6:23 min/km
149	1999	Sahl Sarah		1:03:48	1986 WHK	42	1:04:36	32:24 * 32:12	6:23 min/km
150	1798	Kings Heike		1:04:34	1970 W40	21	1:05:26	32:33 * 32:53	6:27 min/km
151	1845	Wellmann Annette		1:04:34	1974 W35	30	1:05:26	32:33 * 32:53	6:27 min/km
152	1715	Dascoulidou-Marquardt		1:04:43	1965 W45	17	1:05:29	32:42 * 32:46	6:28 min/km
153	2058	Harms Sandra	Running Elements	1:04:50	1987 WHK	43	1:06:02	33:26 * 32:36	6:29 min/km
154	2005	Reimer Stephanie	Running Elements	1:04:50	1986 WHK	44	1:06:02	33:26 * 32:36	6:29 min/km
155	1833	Schwefer Carolin		1:04:53	1988 WHK	45	1:05:24	32:24 * 33:00	6:29 min/km
156	2155	Lerch-Vosse Alexandra		1:04:57	1970 W40	22	1:05:43	33:17 * 32:26	6:30 min/km
157	2156	Göbel-Grzonka Simone		1:04:58	1980 W30	29	1:05:43	33:17 * 32:26	6:30 min/km
158	1974	Bodden Gisela		1:04:58	1965 W45	18	1:05:43	33:17 * 32:26	6:30 min/km
159	1687	Lanzenrath Jennifer		1:05:02	1986 WHK	46	1:06:08	32:23 * 33:44	6:30 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
160	1577	Paschedag Meike		1:05:08	1980 W30	30	1:06:11	33:10 * 33:01	6:31 min/km
161	1676	Waldhardt Elke		1:05:25	1974 W35	31	1:05:56	32:57 * 32:58	6:33 min/km
162	1898	Ihm Manuela	REWE Group	1:05:33	1981 W30	31	1:06:23	33:02 * 33:21	6:33 min/km
163	2384	Novak Kerstin	Hardtseematia	1:06:04	1977 W35	32	1:06:59	33:52 * 33:06	6:36 min/km
164	2054	Grefkes Maike		1:06:11	1993 WHK	47	1:06:27	32:45 * 33:41	6:37 min/km
165	1552	Sahler Doris	laufend-in-bewegung.de	1:06:16	1962 W50	8	1:07:11	33:49 * 33:22	6:38 min/km
166	1665	Reifenrath Gianna		1:06:17	1953 W60	4	1:06:43	32:40 * 34:02	6:38 min/km
167	1862	Hoffmann Dorothea	Uli's LT Irgendwann ist	1:06:26	1956 W55	5	1:07:28	35:00 * 32:28	6:39 min/km
168	2131	Tortelli Noemi		1:06:30	1952 W60	5	1:07:13	33:49 * 33:24	6:39 min/km
169	1594	Alflen Monika	LT Saaler Mühle	1:06:41	1958 W55	6	1:07:02	34:10 * 32:51	6:40 min/km
170	1911	Koslowski Kerstin	Los Locos	1:06:45	1987 WHK	48	1:07:03	32:57 * 34:06	6:41 min/km
171	1619	Rohrmoser Eva-Maria	Laufmariechen Köln	1:06:51	1954 W55	7	1:07:52	34:20 * 33:32	6:41 min/km
172	2046	Florczak Claudia		1:07:00	1964 W45	19	1:07:49	33:45 * 34:03	6:42 min/km
173	1857	Mann Dana		1:07:07	1978 W35	33	1:07:31	34:42 * 32:49	6:43 min/km
174	2383	Zausbrecher Carola		1:07:07	1979 W30	32	1:08:01	33:52 * 34:09	6:43 min/km
175	2482	Ayche Karin	Laufmariechen Köln	1:07:20	1954 W55	8	1:08:22	34:20 * 34:01	6:44 min/km
176	1843	Ungeheuer Hannah		1:07:51	1998 WU16	1	1:08:09	33:11 * 34:57	6:47 min/km
177	2128	Süß-Dahmen Renate	LT Saaler Mühle	1:07:59	1944 W65	1	1:08:21	34:21 * 33:59	6:48 min/km
178	2158	Von Gäßler Eva	Karate-Do Overath e.V.	1:08:07	1954 W55	9	1:09:13	34:55 * 34:17	6:49 min/km
179	1588	Wolter Claudia		1:09:16	1965 W45	20	1:10:04	34:57 * 35:07	6:56 min/km
180	2142	Zimmer Brigitte		1:10:16	1957 W55	10	1:10:37	34:28 * 36:09	7:02 min/km
181	1864	Holl Ruth	Uli's LT Irgendwann ist	1:10:53	1965 W45	21	1:11:56	35:42 * 36:13	7:05 min/km
182	1643	Schmidt-Geller Kordula		1:12:19	1962 W50	9	1:13:01	35:12 * 37:48	7:14 min/km
183	1663	Leisten Corinna		1:14:14	1988 WHK	49	1:15:14	35:50 * 39:23	7:25 min/km