

10km - Gesamtwertung

Unilaf Köln - 12. Juni 2013

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	967	Benslimane Mostafa	FSK-Aachen.de	MAR	0:32:16	0:32:17	1	M35	78	07:41 07:43 08:02 08:03
2	13	Fabianowski Dominik	ASV Köln	GER	0:32:58	0:32:58	1	MHK	89	07:41 07:55 08:11 08:22
3	46	Stollenwerk Yannic	RWTH Aachen 1	GER	0:33:25	0:33:25	2	MHK	90	07:54 08:11 08:09 08:20
4	42	Pelzer Martin	RWTH Aachen 1	GER	0:34:09	0:34:10	3	MHK	88	08:04 08:24 08:27 08:25
5	49	Werker Markus	RWTH Aachen 2	GER	0:34:36	0:34:37	4	MHK	86	08:03 08:25 08:36 08:43
6	104	Spetiotta Paul	Uni Köln 1	GER	0:35:02	0:35:02	5	MHK	90	08:18 08:33 08:38 08:46
7	43	Pietsch Gero	RWTH Aachen 2	GER	0:35:03	0:35:04	6	MHK	92	08:24 08:42 08:41 08:30
8	85	Wiese Stefan	Universität Münster 1	GER	0:35:05	0:35:06	7	MHK	84	08:03 08:42 08:52 08:41
9	34	Frielinghaus Robert	RWTH Aachen 3	GER	0:35:10	0:35:11	8	MHK	84	08:03 08:42 08:48 08:49
10	51	Zanon Lorenzo	RWTH Aachen 3	GER	0:35:15	0:35:18	9	MHK	86	08:04 08:44 08:53 08:38
11	31	Camminady Thomas	RWTH Aachen 4	GER	0:35:32	0:35:33	10	MHK	89	08:24 08:41 08:43 08:57
12	50	Wyrwoll Lothar	RWTH Aachen 4	GER	0:35:33	0:35:34	11	MHK	92	08:24 08:46 08:55 08:45
13	1179	Nolte Benedikt	Bunert	DEU	0:36:33	0:36:38	2	M35	78	08:49 09:04 09:03 08:53
14	32	Derksen Jan	RWTH Aachen	GER	0:36:40	0:36:42	12	MHK	90	08:30 09:00 09:17 09:07
15	2145	Howard Philip	prothetik@uk-koeln.de	GER	0:36:46	0:36:56	13	MHK	90	08:41 09:06 09:05 09:02
16	2288	Ferenschild Valentin	VfL Waldbreitbach	GER	0:36:47	0:36:47	14	MHK	92	08:29 08:57 09:14 09:18
17	100	Sponner Hendrik	Uni Köln 1	GER	0:37:23	0:37:25	15	MHK	91	08:39 09:11 09:22 09:20
18	1178	Schönenbrücher Thorsten	Bunert	DEU	0:37:25	0:37:29	16	MHK	91	08:49 09:05 09:16 09:25
19	33	Flohre Jan	RWTH Aachen	GER	0:37:36	0:37:39	17	MHK	84	09:13 09:16 09:23 08:56
20	37	Heuschen Martin	RWTH Aachen	GER	0:37:40	0:37:43	18	MHK	91	08:59 09:13 09:20 09:21
21	1555	Wehking Lennart	*Köln	GER	0:37:43	0:37:44	19	MHK	85	08:35 09:16 09:27 09:31
22	27	Artz Johannes	RWTH Aachen	GER	0:37:56	0:37:58	20	MHK	90	08:49 09:26 09:37 09:22
23	29	Bielefeld Phillip	RWTH Aachen	GER	0:38:00	0:38:02	21	MHK	90	08:45 09:29 09:39 09:22
24	1130	Claeßens Thomas	UCLU Cross Country and Athleti	GER	0:38:20	0:38:23	22	MHK	86	08:49 09:23 09:39 09:39
25	2304	Meyer Daniel	Wiso-Warriors	GER	0:38:34	0:38:40	23	MHK	89	08:59 09:21 09:38 09:48
26	44	Ries Benjamin	RWTH Aachen	GER	0:38:36	0:38:38	24	MHK	84	08:59 09:22 09:34 09:47
27	0	Ries Benjamin		GER	0:38:38	0:38:38	25	MHK	84	09:01 09:22 09:35 09:46
28	26	Wilms Robert	Bergische Universität Wuppert1	GER	0:38:42	0:38:44	26	MHK	87	09:14 09:15 09:47 09:35
29	0	unbekannt KN98EYH		GER	0:38:42	0:38:43	27	MHK		09:16 09:13 09:48 09:34
30	65	Waldvogel Benedikt	Uni Bonn 1	GER	0:38:43	0:38:46	28	MHK	85	08:48 09:26 09:50 09:46
31	867	Feldenkirchen Nikolai	ASV Köln Triathlon	GER	0:38:44	0:38:46	1	M30	80	08:52 09:41 09:42 09:35
32	1041	Theißen Michael	Laufftreff Hersel	GER	0:38:55	0:38:58	1	M50	59	09:01 09:36 09:46 09:44
33	810	Sauer Marc	*Köln	GER	0:39:03	0:39:06	29	MHK	86	08:59 09:40 09:55 09:40
34	1839	Robalds Arvis	Cologne Internationals	LAT	0:39:04	0:39:06	30	MHK	88	08:33 09:30 10:02 10:05
35	1438	Passgang Dominic	*Köln	GER	0:39:08	0:39:26	31	MHK	86	09:09 09:29 09:44 09:52
36	900	Poischen Thomas	BSG RheinEnergie	GER	0:39:22	0:39:27	1	M40	70	09:25 09:38 09:40 09:46
37	312	Kings Simon		GER	0:39:23	0:39:25	1	M05		09:12 09:41 09:51 09:43
38	992	Eggers Sven	Köln Triathlon	GER	0:39:24	0:39:29	2	M40	72	09:14 09:43 09:47 09:44
39	78	Machauer Marcel	Universität Münster 1	GER	0:39:33	0:39:34	2	M30	82	08:47 10:03 09:44 10:03
40	93	Kuhlmann Frederik	TU Dortmund	GER	0:39:37	0:39:41	32	MHK	88	09:12 09:37 09:50 10:09
41	2232	Bornheim Fabian	TV Eiche Vital	GER	0:39:40	0:39:43	33	MHK	88	09:33 09:46 09:49 09:40
42	21	Dröghoff Michael	Bergische Universität Wuppert1	GER	0:39:54	0:39:57	3	M30	82	09:14 09:42 10:15 09:54
43	2230	Noll Robert	TTV DJK Hürth	GER	0:40:02	0:40:03	34	MHK	93	08:57 09:56 10:11 10:09
44	766	Kruse Kristian	*Köln	GER	0:40:17	0:40:22	35	MHK	87	09:47 09:49 10:05 09:47
45	829	Stoffels Christopher	*Köln	GER	0:40:20	0:40:32	36	MHK	90	09:26 09:28 10:21 10:09
46	39	Liebsch Conrad	RWTH Aachen	GER	0:40:27	0:40:29	37	MHK	90	09:17 09:50 10:16 10:16
47	1535	Umbach Simon	*Köln	GER	0:40:34	0:40:38	38	MHK	90	09:06 09:59 10:11 10:21
48	1437	Passadakis Silvio	*Köln	GER	0:40:43	0:40:49	4	M30	79	09:36 10:05 10:09 09:55
49	28	Beumers David	RWTH Aachen	GER	0:40:51	0:40:53	39	MHK	90	09:35 10:29 10:05 09:55
50	1127	Eberhardt Jakob	TV Refrath	GER	0:40:54	0:40:54	40	MHK	85	08:46 10:07 10:38 10:25
51	1585	Dörbandt Jan	1. Judo - Club	GER	0:40:56	0:40:59	1	MJA	94	09:26 09:55 10:19 10:19
52	951	Loizzi Davide	Dreibeiner	ITA	0:40:58	0:41:06	41	MHK	85	09:34 09:58 10:16 10:16
53	1805	Limbirt Felix	Cologne Internationals	GER	0:40:58	0:41:05	42	MHK	87	09:20 09:58 10:28 10:16
54	24	Vogt Simon	Bergische Universität Wuppert2	GER	0:41:02	0:41:03	43	MHK	93	09:21 09:54 10:30 10:29
55	76	Kösters Andreas	Universität Münster 2	GER	0:41:10	0:41:14	5	M30	80	09:43 10:02 10:15 10:14
56	978	Fröhlich Philipp	Käsebröt	GER	0:41:12	0:41:17	6	M30	83	09:42 10:05 10:24 10:09
57	1324	Ritter Johannes	*Hürth	GER	0:41:23	0:41:27	1	M45	65	09:31 10:09 10:24 10:18
58	58	Grunwald Tobias Sebastian	Uni Bonn 1	GER	0:41:29	0:41:45	44	MHK	89	10:06 10:17 10:15 09:58
59	2137	Stemler Jannik	Plexus Schabadasch	GER	0:41:33	0:41:45	45	MHK	89	10:09 10:08 10:06 10:18
60	1007	Mithöfer Marcel	Kölner Bank	GER	0:41:33	0:41:38	1	MJB	97	09:44 10:07 10:23 10:22

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Unilaf Köln - 12. Juni 2013

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	1915	Bestgen Daniel Romain	Die Stecher	LUX	0:41:35	0:41:39	46	MHK	88	09:50	10:03	10:31	10:20	
62	84	V. Spiczak Jochen	Universität Münster 2	GER	0:41:36	0:41:41	7	M30	79	09:51	10:07	10:23	10:19	
63	2136	Schregel Felix	Plexus Schabadasch	GER	0:41:40	0:41:52	47	MHK	91	10:11	10:06	10:07	10:18	
64	1319	Henneberg Jakob	*Hildesheim	GER	0:41:45	0:42:27	48	MHK	91	10:29	09:57	10:13	00:00	
65	1917	Gatti Dominique	Dreibeiner	GER	0:41:45	0:41:55	49	MHK	86	09:58	10:03	10:33	10:18	
66	1730	Röth Leonce	Cologne Comparators	GER	0:41:47	0:41:49	8	M30	82	09:46	10:09	10:31	10:24	
67	67	Bauer Andreas	Universität Münster 3	GER	0:41:48	0:41:54	50	MHK	86	10:03	10:12	10:19	10:18	
68	999	Engelhardt Kai	Kölner Bank	GER	0:41:50	0:41:54	2	M45	67	09:44	10:07	10:24	10:33	
69	1736	Almanza Ramirez Andres	Cologne Internationals	MEX	0:41:52	0:41:53	51	MHK	84	09:15	10:08	10:29	10:58	
70	64	Von Negenborn Colin	Uni Bonn	GER	0:42:06	0:42:21	52	MHK	89	09:54	10:02	10:35	10:35	
71	97	Neuhard Simon	Uni Köln 2	GER	0:42:06	0:42:09	53	MHK	89	09:30	10:18	10:50	10:38	
72	727	Franitza Marek	*Köln	GER	0:42:07	0:42:12	3	M35	76	09:36	10:13	10:30	10:50	
73	41	Müllner Stefan	RWTH Aachen	GER	0:42:14	0:42:17	54	MHK	92	09:09	10:14	10:46	11:01	
74	61	Knopp Philipp	Uni Bonn	GER	0:42:17	0:42:34	55	MHK	93	09:52	10:01	10:35	10:54	
75	1048	Häusler Christoph	liveResults	GER	0:42:23	0:42:31	56	MHK	85	09:45	10:04	10:32	11:10	
76	22	Hubert Marius	Bergische Universität Wuppert2	GER	0:42:24	0:42:29	57	MHK	87	10:07	10:27	10:39	10:14	
77	887	Hartwig Matti	Bonn-Rhein-Sieg Runners	GER	0:42:32	0:42:43	58	MHK	88	10:16	10:17	10:33	10:28	
78	1006	Matheis Marco	Kölner Bank	GER	0:42:35	0:42:57	4	M35	78	10:04	10:34	10:45	10:17	
79	2242	Henkemeyer Patrick	Uni Duisburg-Essen	GER	0:42:41	0:43:04	59	MHK	88	09:59	10:22	10:40	10:42	
80	1105	Buhr Holger	Staubwolke Refrath	GER	0:42:50	0:42:55	5	M35	74	09:43	10:32	10:45	10:49	
81	1040	Stula Sebastian	Laufrausch Köln	GER	0:42:50	0:42:58	9	M30	79	10:15	10:35	10:43	10:27	
82	1918	Kottrup Marcel	Dreibeiner	GER	0:42:51	0:43:01	60	MHK	85	09:59	10:33	11:05	10:22	
83	809	Röttger Henning	*Köln	GER	0:42:52	0:43:06	10	M30	79	10:17	10:32	10:40	10:27	
84	1512	Steinle Paul	*Köln	GER	0:42:52	0:42:58	61	MHK	85	10:31	10:37	10:37	10:11	
85	1513	Stelzer Timo	*Köln	GER	0:42:53	0:43:21	62	MHK	93	10:32	10:26	10:47	10:21	
86	706	Berghausen Martin	*Köln	GER	0:42:57	0:43:04	63	MHK	87	10:08	10:30	10:37	10:43	
87	89	Grünheidt Jens	TU Dortmund	GER	0:42:57	0:43:04	64	MHK	87	10:10	10:29	10:53	10:33	
88	77	Lüker Sebastian	Universität Münster 3	GER	0:43:00	0:43:05	65	MHK	86	10:05	10:38	10:49	10:36	
89	1691	Berger Tino	CMR	GER	0:43:01	0:43:23	6	M35	78	09:59	10:13	10:50	10:57	
90	932	Pleuß Jörn	Cologne Internationals	GER	0:43:02	0:43:14	66	MHK	84	10:19	10:37	10:39	10:35	
91	1020	Blieschies Rüdiger	Laktatkönige	GER	0:43:05	0:43:08	2	M50	62	09:54	10:35	10:46	10:50	
92	1069	Pollerhoff Michael	Monis Team köln	GER	0:43:06	0:43:09	3	M45	67	09:48	10:35	10:55	10:52	
93	774	Lutz Dr. Jürgen	*Köln	GER	0:43:10	0:43:13	4	M45	68	09:55	10:30	10:56	10:51	
94	1108	Hackbarth Uli	TC Fredenbruch	GER	0:43:11	0:43:13	5	M45	64	09:49	10:18	11:04	11:02	
95	917	Trzaskalik Martin	cleverbridge AG roadrunners	GER	0:43:11	0:43:17	3	M40	73	10:02	10:38	11:00	10:41	
96	1743	Bill Andreas	Cologne Internationals	GER	0:43:13	0:43:24	67	MHK	90	10:25	10:33	10:37	10:46	
97	1651	Voss Julian	Bonn-Rhein-Sieg Runners	GER	0:43:15	0:43:25	68	MHK	90	10:16	10:40	10:49	10:43	
98	2251	Böttcher Jürgen	Valium i.V.	GER	0:43:16	0:43:26	3	M50	59	10:00	10:30	10:47	11:04	
99	878	Greger Helmut	BF Köln-nicht die Schnellsten,	GER	0:43:18	0:43:20	4	M40	70	10:05	10:41	10:54	10:44	
100	36	Hackmann Sascha	RWTH Aachen	GER	0:43:18	0:43:23	69	MHK	88	10:07	10:29	10:53	10:54	
101	1995	Rimkus Felix	Institut für Arbeits- und Wirt	GER	0:43:19	0:43:36	70	MHK	85	10:31	10:33	10:40	10:41	
102	946	Mohrmann Moehre	Der Elf und seine Freunde	GER	0:43:19	0:43:25	5	M40	73	09:58	10:24	10:56	10:58	
103	1879	Zimmermann Ralf	Cologne Internationals	GER	0:43:19	0:43:26	11	M30	81	09:46	10:56	10:56	10:48	
104	1571	Winkel Johannes Till	*Saarbrücken	GER	0:43:19	0:44:09	71	MHK	93	10:46	10:35	10:46	10:25	
105	54	Dolle Moritz	Uni Bonn	GER	0:43:20	0:43:36	72	MHK	91	10:06	10:32	11:07	10:39	
106	1819	Müllender Julien	Cologne Internationals	GER	0:43:20	0:43:27	73	MHK	90	10:15	10:13	10:54	10:52	
107	909	Beiler Hendrik	CGS Runners	GER	0:43:21	0:43:30	74	MHK	87	10:04	10:36	10:54	10:50	
108	1196	Bier Boris		GER	0:43:23	0:43:30	75	MHK	91	10:23	10:36	10:46	10:41	
109	1182	Horst Lucas		GER	0:43:27	0:43:34	76	MHK	86	10:11	10:35	10:56	10:53	
110	1084	Scholten Jan	RFH Köln	GER	0:43:29	0:43:46	77	MHK	88	10:26	10:37	10:52	10:44	
111	2207	Johnson Dr. Kevin	Team Bootshaus Biologie	GER	0:43:29	0:43:37	6	M45	64	10:31	10:31	10:40	10:46	
112	2223	Heusgen Franz Robert	Team Turbomöps	GER	0:43:30	0:43:51	78	MHK	85	10:48	10:27	10:49	10:33	
113	923	Sauermann Jan	Cologne Comparators	GER	0:43:33	0:43:35	12	M30	81	09:44	10:41	11:02	11:02	
114	1647	Sprenger Christian	Bonn Internationals / Healthy	GER	0:43:33	0:43:36	79	MHK	86	09:22	10:35	11:14	11:19	
115	1028	Lönhardt Michael	Laktatkönige	GER	0:43:38	0:43:58	4	M50	61	10:47	10:44	10:35	10:36	
116	1115	Schmitz Benno	Team Tivity	GER	0:43:39	0:43:43	13	M30	83	10:05	10:39	10:57	10:56	
117	969	Pelzer Wolfgang	Galeria Kaufhof Sportverein	GER	0:43:39	0:43:46	5	M50	62	10:26	10:32	10:49	10:51	
118	752	Hoselmann Daniel	*Köln	GER	0:43:44	0:43:58	80	MHK	86	10:57	10:48	10:59	10:16	
119	1908	Hilker Daniel	Die Flitzpiepen	GER	0:43:47	0:43:55	81	MHK	85	10:24	10:45	10:59	10:42	
120	1157	Schmitz Sam	wer bremsst verliert!	GER	0:43:50	0:43:53	6	M40	72	10:01	10:55	11:00	10:55	

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Unilauf Köln - 12. Juni 2013

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	2486	Lang Florian		GER	0:43:51	0:44:06	7	M35	75	10:16	10:47	10:57	10:46	
122	95	Feldmann Malte	Uni Köln 2	GER	0:43:54	0:43:58	82	MHK	91	10:03	10:53	11:18	10:53	
123	1113	Zordel Patrick	Team Sense	GER	0:43:55	0:44:00	83	MHK	89	10:49	10:56	10:57	10:20	
124	2023	Raspotnik Andreas	Köln läuft! Team	GER	0:43:56	0:44:15	14	M30	82	10:24	10:39	10:59	10:58	
125	1706	Wigger Christoph	CMR	GER	0:44:00	0:44:29	84	MHK	87	10:58	10:23	11:02	10:45	
126	1534	Troudi Khaled	*Köln	GER	0:44:02	0:44:31	8	M35	75	09:53	10:41	11:17	11:19	
127	1423	Nietupski Kevin	*Köln	GER	0:44:03	0:44:19	85	MHK	90	10:27	10:47	10:55	10:55	
128	1982	Esposito Gian Luca	Here for Beer	GER	0:44:04	0:44:13	86	MHK	91	10:07	10:47	11:02	11:08	
129	1870	Weber David	Cologne Internationals	GER	0:44:05	0:44:13	87	MHK	87	09:59	10:41	11:13	11:22	
130	2227	Bollwerk Dr. Markus	The Rocketman Project	GER	0:44:08	0:44:08	15	M30	80	09:48	10:24	11:29	11:31	
131	1270	Franklin Jeremy	*Kerpen	GBR	0:44:08	0:44:19	6	M50	59	10:26	10:35	10:55	11:11	
132	1692	Busch Christopher	CMR	GER	0:44:09	0:44:31	88	MHK	86	10:34	10:49	11:07	10:48	
133	2353	Frenzel Pascal	Cologne Internationals	GER	0:44:10	0:44:18	89	MHK	86	10:40	10:50	10:55	10:55	
134	2156	Yosy Lawrence	prothetik@uk-koeln.de	GER	0:44:13	0:44:25	90	MHK	92	10:14	10:51	11:03	11:09	
135	1823	Norbert Wessendorf	Cologne Internationals	GER	0:44:16	0:44:27	91	MHK	90	10:43	11:03	11:03	10:40	
136	799	Quezada Akamitl	*Bochum	MEX	0:44:22	0:44:26	16	M30	83	10:06	10:53	11:19	11:12	
137	1162	Lorre Marcus	Wiso-Warriors	GER	0:44:22	0:44:34	92	MHK	89	09:56	10:51	11:16	11:20	
138	0	unbekannt DR72FTX		GER	0:44:22	0:44:31	93	MHK		10:18	10:42	11:16	11:14	
139	984	Weber Dominic	Kleines Team	GER	0:44:30	0:44:53	17	M30	80	10:50	10:46	11:01	10:54	
140	2286	Schellmann Swen	VC Euskirchen	GER	0:44:31	0:44:41	7	M40	71	10:27	10:53	11:11	11:01	
141	1400	Mengler Til	*Köln	GER	0:44:32	0:44:39	18	M30	83	10:43	10:47	10:52	11:11	
142	1056	Wolf Harald	LT Decksteiner Weiher	GER	0:44:35	0:44:37	7	M45	67	10:08	10:53	11:24	11:12	
143	2093	Liaptsis Georgios	LKW-Schorse	GER	0:44:37	0:44:41	19	M30	81	10:14	10:57	11:19	11:09	
144	701	Baeker Thomas	*Koeln	GER	0:44:37	0:44:41	8	M45	64	10:16	10:49	11:11	11:22	
145	1859	Sommerfeld Jan	Cologne Internationals	GER	0:44:37	0:44:47	94	MHK	89	10:34	10:52	11:16	11:00	
146	1183	Helle Stefan	Cologne Internationals	GER	0:44:38	0:44:49	95	MHK	86	11:19	11:01	11:00	10:25	
147	1055	Feltens Lars	LT Decksteiner Weiher	GER	0:44:39	0:44:56	9	M35	75	10:41	10:55	11:05	10:58	
148	2155	Wessel Maximilian	prothetik@uk-koeln.de	GER	0:44:41	0:44:47	20	M30	79	10:32	11:13	11:08	10:55	
149	1492	Scholl Bernd	*Köln	GER	0:44:42	0:44:52	21	M30	80	10:12	11:09	11:04	11:26	
150	1161	Carl Jens	Wiso-Warriors	GER	0:44:46	0:44:52	96	MHK	88	09:48	10:55	11:42	11:26	
151	2495	Kirschner Christian		GER	0:44:46	0:44:51	97	MHK	88	09:44	10:45	11:35	11:40	
152	959	Cremer Jürgen	FC Deutsche Post Nationalteam	GER	0:44:49	0:44:58	7	M50	62	10:38	11:14	11:08	10:51	
153	782	Mazander Daniel	*Hürth	GER	0:44:50	0:45:03	98	MHK	85	10:59	10:59	11:04	10:56	
154	1810	Majer Simon	Cologne Internationals	GER	0:44:53	0:45:04	99	MHK	89	10:34	10:52	11:15	11:19	
155	977	Frenser Thorsten	Junge Union Köln	GER	0:44:53	0:44:53	100	MHK	87	10:27	10:42	11:19	11:26	
156	83	Uesbeck Sebastian	Universität Münster	GER	0:44:58	0:45:13	101	MHK	87	10:41	11:01	11:19	11:03	
157	839	Von Holtum Viktor	*Köln	GER	0:44:59	0:45:19	10	M35	78	10:33	10:23	11:00	11:59	
158	1377	Kühne Lucas	*Bielefeld	GER	0:45:00	0:45:00	102	MHK	90	11:23	10:22	11:05	11:10	
159	19	Arndt Prof. Hartmut	Bootshaus Biologie	GER	0:45:02	0:45:03	1	M55	57	10:44	11:08	11:07	11:01	
160	964	Klein Norman	Frontrunner Cologne	GER	0:45:05	0:45:11	11	M35	74	10:17	11:03	11:31	11:14	
161	793	Paaßens Lutz	*Köln	GER	0:45:07	0:45:14	9	M45	67	10:44	11:06	11:12	11:06	
162	1500	Schwochow Leonard	*Köln	GER	0:45:10	0:45:24	103	MHK	89	10:27	10:55	11:16	11:35	
163	88	Grube Christoph	TU Dortmund	GER	0:45:14	0:45:28	104	MHK	89	11:35	11:29	10:58	10:19	
164	1068	Beyer Heinrich	Mirkos Running Team	GER	0:45:20	0:45:32	2	M55	56	11:34	10:55	11:06	10:43	
165	2151	Rehberg Felix	prothetik@uk-koeln.de	GER	0:45:20	0:45:24	105	MHK	89	10:59	11:09	11:23	11:00	
166	1838	Riehn Pascal	Cologne Internationals	GER	0:45:22	0:45:35	106	MHK	88	10:53	10:53	11:24	11:17	
167	1059	Benner Frank	Magenta T	GER	0:45:23	0:45:43	10	M45	64	10:26	10:54	11:29	11:33	
168	1417	Neumann Maxim	*Köln	GER	0:45:26	0:45:29	107	MHK	90	10:13	11:01	11:30	11:46	
169	1131	Weidner Lukas	UCLU Cross Country and Athleti	GER	0:45:31	0:45:39	108	MHK	85	10:05	10:58	11:43	11:45	
170	72	Freye Andreas	Universität Münster	GER	0:45:31	0:45:36	22	M30	82	10:39	11:10	11:25	11:14	
171	1996	Wilbrink Florian	Institut für Gesellschaftsrech	GER	0:45:32	0:45:53	109	MHK	87	10:30	11:02	11:25	11:37	
172	1962	Rudolf Michael	Geographenmenschen	GER	0:45:36	0:45:54	110	MHK	87	10:58	11:17	11:24	11:00	
173	713	Csiba Philip	*Koeln	GBR	0:45:43	0:46:01	8	M40	71	10:48	10:55	11:24	11:34	
174	1446	Pietsch Lutz	*Simmerath	GER	0:45:46	0:45:57	12	M35	78	10:49	10:51	11:33	11:30	
175	2305	Noll Mike	Wiso-Warriors	GER	0:45:46	0:45:53	111	MHK	86	09:54	11:05	11:52	11:55	
176	987	Ligocki Joachim	Köln läuft! Team	GER	0:45:51	0:46:10	3	M55	58	10:28	11:13	11:39	11:34	
177	1424	Nieweg Marius	*Köln	GER	0:45:52	0:46:26	112	MHK	87	10:56	11:20	11:32	11:07	
178	1213	Baum Sebastian	*Köln	GER	0:45:52	0:46:06	113	MHK	86	11:01	11:13	11:30	11:08	
179	55	Faeth Thomas	Uni Bonn	GER	0:45:53	0:46:10	114	MHK	84	11:09	11:28	11:18	10:59	
180	1334	Inden Jens	*Köln	GER	0:45:54	0:46:19	115	MHK	91	11:31	11:14	11:06	11:04	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	1143	Gibhardt Jörg	Valium i.V.	GER	0:45:55	0:46:19	11	M45	68	11:32	11:06	11:12	11:10	
182	2237	Herden Jan	UK Poliklinik	GER	0:45:56	0:46:09	13	M35	77	11:14	11:15	11:18	11:06	
183	1806	Löckener Ralph	Cologne Internationals	GER	0:45:57	0:46:06	116	MHK	85	10:56	11:10	11:32	11:20	
184	1784	Heinen Sebastian	Cologne Internationals	GER	0:45:58	0:46:10	117	MHK	87	11:00	11:37	11:31	10:57	
185	768	Kühn Marcus	*Leipzig	GER	0:46:00	0:46:19	118	MHK	89	10:51	11:18	11:31	11:23	
186	838	Voigt Holger	*Köln	GER	0:46:01	0:46:19	23	M30	82	10:51	11:18	11:32	11:23	
187	703	Bednarz André	*Köln	GER	0:46:02	0:46:16	119	MHK	90	10:56	11:03	11:37	11:32	
188	965	Wittstamm Joachim	Frontrunner Cologne	GER	0:46:04	0:46:11	12	M45	66	10:35	11:10	11:44	11:32	
189	1111	Bodes Theo	Team Erdinger Alkoholfrei	GER	0:46:05	0:46:12	8	M50	59	10:24	11:22	11:40	11:35	
190	62	Müller Tobias	Uni Bonn	GER	0:46:06	0:46:09	120	MHK	84	10:19	11:15	11:46	11:47	
191	848	Wüst Hans Werner	*Köln	GER	0:46:07	0:46:16	1	M60	50	10:39	11:10	11:31	11:39	
192	874	Roppes Wolfgang	Bankers Düx	GER	0:46:07	0:46:18	13	M45	66	10:47	11:26	11:38	11:27	
193	2235	Bippus Joachim	UK Poliklinik	GER	0:46:08	0:46:18	4	M55	58	10:49	11:15	11:30	11:35	
194	1116	Welter Jean-Francois	Team Turbomöppe	GER	0:46:08	0:46:30	121	MHK	85	11:03	11:05	11:40	11:25	
195	1070	Peigne Andre	o2Runners	FRA	0:46:08	0:46:38	24	M30	80	11:21	11:05	11:19	11:20	
196	1064	Seebahn Lars-Ole	Magenta T	GER	0:46:13	0:46:33	25	M30	80	10:52	11:03	11:28	11:44	
197	1960	Mischo Hendrik	Geographenmenschen	GER	0:46:19	0:46:37	122	MHK	86	10:58	11:16	11:24	11:40	
198	1109	Jagner Prof. Dr. Andreas	Team Barfuß und authentisch	GER	0:46:20	0:46:24	123	MHK	89	10:32	11:12	11:59	11:39	
199	818	Schütten Xaver	*Köln	GER	0:46:21	0:46:29	26	M30	80	10:16	11:29	11:41	11:52	
200	1467	Rothgenger Jonathan	*Köln	GER	0:46:22	0:46:38	124	MHK	84	10:47	11:10	11:46	11:38	
201	970	Böhm Jonas	Geographenmenschen	GER	0:46:22	0:46:40	125	MHK	89	10:26	11:13	11:50	11:57	
202	1081	Fourier Ghislain	Rakete Rheinpark 04 e.V.	GER	0:46:24	0:46:45	27	M30	79	11:06	11:33	11:43	11:09	
203	1597	Wenninghoff Michael	AOK	GER	0:46:25	0:46:46	14	M45	65	11:17	11:19	11:32	11:16	
204	1516	Stetter Matthias	*Köln	GER	0:46:26	0:46:38	126	MHK	93	10:37	11:00	11:40	12:15	
205	1797	Klinger Lars	Cologne Internationals	GER	0:46:27	0:46:36	127	MHK	86	11:05	11:33	11:44	11:11	
206	1821	Müller-Jökel Mark	Cologne Internationals	GER	0:46:28	0:46:36	128	MHK	87	10:45	10:56	11:52	11:50	
207	1462	Röding Lars	*Köln	GER	0:46:29	0:46:40	129	MHK	90	10:55	11:16	11:42	11:33	
208	1988	Brueckner Christian	Hochzeits-Crasher	GER	0:46:30	0:46:30	28	M30	81	10:33	11:31	11:50	11:31	
209	840	Waßerka Boris		GER	0:46:31	0:46:34	15	M45	64	11:04	11:21	11:44	11:25	
210	1120	Petermann Christian	TriathlonSteckelCologne	GER	0:46:36	0:46:36	130	MHK	86	22:59	11:15	11:22	00:00	
211	893	Bemmann Ulrich	BSG RheinEnergie	GER	0:46:36	0:46:54	16	M45	67	11:09	11:29	11:27	11:30	
212	1121	Steckel Manfred	TriathlonSteckelCologne	GER	0:46:39	0:46:41	5	M55	55	11:03	11:21	11:47	11:24	
213	2125	Deska Dr. Jan	OC Kollifornia	GER	0:46:40	0:46:42	29	M30	79	10:45	11:17	11:59	11:39	
214	1422	Nießen Tim	*Wuppertal	GER	0:46:40	0:47:24	131	MHK	85	11:42	11:10	11:29	11:24	
215	1768	Flores Dr. Adrián	Cologne Internationals	CRC	0:46:42	0:46:56	132	MHK	84	11:05	11:05	11:54	11:32	
216	762	Knipprath Yannik	*Köln	GER	0:46:43	0:47:00	133	MHK	86	11:14	11:05	11:36	11:50	
217	976	Reidt Matthias	Institut für Gesellschaftsrech	GER	0:46:43	0:47:00	134	MHK	88	10:39	12:25	11:31	11:09	
218	763	Koch Marcel	*4916096228117	GER	0:46:44	0:46:51	9	M40	70	10:26	11:21	11:53	11:58	
219	1102	Breul Martin	Sportfreunde Melaten	GER	0:46:44	0:47:04	135	MHK	86	11:22	11:19	11:31	11:29	
220	884	Büscher Prof. Dr. Wolfgang	Bonn Internationals / Healthy	GER	0:46:45	0:47:08	9	M50	62	11:17	11:27	11:30	11:29	
221	986	Hartberger Maro	Köln läuft! Team	GER	0:46:47	0:46:59	14	M35	78	10:30	11:13	11:48	12:08	
222	1193	Bahr Florian	Bonn Rhein Sieg Runners	GER	0:46:47	0:46:57	30	M30	81	10:27	11:10	11:52	12:06	
223	92	Knierbein Michael	TU Dortmund	GER	0:46:47	0:46:59	136	MHK	90	11:06	11:35	11:38	11:31	
224	1158	Spilles Prof. Dr. Jörg	wer bremsst verliert!	GER	0:46:48	0:46:50	15	M35	74	11:03	11:37	11:48	11:17	
225	68	Bölscher Andre	Universität Münster	GER	0:46:49	0:47:04	137	MHK	90	11:26	11:42	11:38	11:11	
226	2152	Sälzer Daniel	prothetik@uk-koeln.de	GER	0:46:50	0:46:55	31	M30	82	10:33	11:23	11:41	12:03	
227	2213	Heitkemper Nils	Team Lagrange	GER	0:46:52	0:46:55	138	MHK	92	10:31	11:15	12:09	11:56	
228	2490	Bagus Johannes		GER	0:46:52	0:48:03	139	MHK	92	11:44	10:58	11:29	11:40	
229	2346	Meer Alexander		GER	0:46:52	0:48:03	140	MHK	91	11:45	11:14	11:12	11:44	
230	1852	Siebert Jan	Cologne Internationals	GER	0:46:56	0:47:04	141	MHK	89	10:58	11:39	11:52	11:30	
231	1159	Trümner Heiko	Wild Hogs	GER	0:46:56	0:47:07	32	M30	79	10:45	11:19	11:52	11:54	
232	2225	Welter Arsčne	Team Turbomöppe	GER	0:46:57	0:47:20	142	MHK	87	11:40	11:26	11:34	11:17	
233	1541	Von Bothmer Christian	*Düren	GER	0:46:57	0:47:03	143	MHK	92	10:44	11:23	11:43	12:02	
234	930	Müller Marko	Cologne Internationals	GER	0:46:58	0:47:50	33	M30	82	11:28	11:06	11:32	11:53	
235	1945	Heinen Markus	FC Keldenich	GER	0:47:01	0:47:13	10	M50	62	11:00	11:37	11:50	11:43	
236	1126	Kleefisch Dominik	TUS Königsdorf Basketball	GER	0:47:01	0:47:20	144	MHK	86	11:07	11:28	11:37	11:43	
237	1030	Nowak Andreas	Laktatkönige	GER	0:47:04	0:47:23	2	M60	51	11:22	11:36	11:36	11:24	
238	851	Zielinski Mario	*Solingen	GER	0:47:04	0:47:25	16	M35	78	11:14	11:35	11:41	11:38	
239	2161	Kleemann Marcel	Rodrod Med Flode	GER	0:47:05	0:47:19	145	MHK	84	11:28	11:24	11:33	11:46	
240	953	Schmitt Maximlian	Dynamo Tresen	GER	0:47:05	0:47:25	146	MHK	90	11:15	11:37	11:40	11:36	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2205	Frößler Felix	Team Barfuß und authentisch	GER	0:47:08	0:47:12	17	M35	78	10:32	11:11	11:53	12:20	
242	1396	Mathey Philipp	*Hürth	GER	0:47:09	0:47:14	147	MHK	88	10:52	11:34	12:08	11:37	
243	1695	Hansen Emanuel	CMR	GER	0:47:09	0:47:09	34	M30	81	10:56	11:19	11:56	11:52	
244	1360	Kockisch Andreas	*Köln	GER	0:47:11	0:47:17	148	MHK	87	10:52	11:41	11:48	11:49	
245	2163	Ulmer Kai	Rodgrad Med Flode	GER	0:47:11	0:47:26	149	MHK	88	11:19	11:24	11:44	11:44	
246	1732	Zons Gregor	Cologne Comparators	GER	0:47:12	0:47:14	35	M30	83	09:48	11:22	12:24	12:27	
247	2094	Umbach Thorsten	LKW-Schorse	GER	0:47:13	0:47:45	150	MHK	85	11:11	11:10	11:48	11:57	
248	1233	Braun Nicolas	*Köln	GER	0:47:15	0:47:31	151	MHK	88	11:00	11:14	11:53	12:00	
249	81	Stephanblome Klaus	Universität Münster	GER	0:47:17	0:47:20	17	M45	64	10:59	11:44	11:47	11:43	
250	877	Marx René	BF Köln-nicht die Schnellsten,	GER	0:47:17	0:47:36	36	M30	81	11:19	11:25	11:46	11:50	
251	1373	Kruppa Dr. Thomas	*Köln	GER	0:47:19	0:47:49	10	M40	72	12:07	11:48	11:38	10:47	
252	875	Deutsch Sascha	BF Köln-nicht die Schnellsten,	GER	0:47:21	0:47:41	152	MHK	84	11:18	11:25	11:46	11:51	
253	1614	Harke Jochen	BOCK (DR)AUF JURAI	GER	0:47:23	0:47:47	37	M30	83	11:46	11:18	11:36	11:44	
254	2106	Williams Dr. Ashley	Matter Moves	USA	0:47:25	0:47:53	18	M35	77	11:08	11:13	11:56	12:02	
255	873	Schröder Andreas	Bänklers Düx	GER	0:47:27	0:47:37	11	M40	70	11:03	11:35	11:57	11:51	
256	1051	Joppich Andre	LKW-Schorse	GER	0:47:27	0:48:01	153	MHK	85	11:26	11:21	11:51	11:47	
257	1576	Wollert Thoralf	*Köln	GER	0:47:28	0:47:38	154	MHK	85	11:12	11:20	11:54	12:00	
258	1279	Gallinat Carl	*Köln	GER	0:47:28	0:47:40	155	MHK	85	11:10	11:21	11:54	12:00	
259	1897	Bracks Christoph	Die Hürther Flitzer	GER	0:47:30	0:47:46	156	MHK	90	10:51	11:40	12:02	11:55	
260	1755	Chaam Kim	Cologne Internationals	KOR	0:47:31	0:47:55	157	MHK	87	11:17	11:12	11:43	12:12	
261	1808	Lubbers Adriaan	Cologne Internationals	GER	0:47:32	0:47:33	158	MHK	90	11:09	12:03	12:22	10:57	
262	1921	Schmitt Simon	Dynamo Tresen	GER	0:47:33	0:47:52	159	MHK	90	11:16	11:34	11:42	11:57	
263	1152	Edeling Alexander	VFR Marketing	GER	0:47:33	0:47:44	160	MHK	84	10:31	11:19	12:28	12:08	
264	1481	Schmidt Holger	*Köln	GER	0:47:35	0:47:59	38	M30	80	11:02	11:17	12:04	12:10	
265	2058	Jolk Hendrik	Kölner Bank	GER	0:47:38	0:47:52	1	MSA	99	10:57	11:16	12:00	12:19	
266	1123	Kammler Reinhard	TSV Weiss-Köln	GER	0:47:39	0:47:48	11	M50	63	10:46	11:28	12:02	12:18	
267	922	Dresbach Frank	Cologne Allblacks	GER	0:47:39	0:47:58	18	M45	67	10:55	11:42	12:01	11:56	
268	747	Harriers Holger	*Köln	GER	0:47:40	0:47:41	12	M50	63	11:04	11:44	12:03	11:47	
269	69	Döring Julian	Universität Münster	GER	0:47:41	0:47:56	161	MHK	91	11:09	11:34	11:21	12:33	
270	1820	Müller Christian	Cologne Internationals	GER	0:47:43	0:48:23	162	MHK	89	11:57	11:45	11:45	11:24	
271	1939	Reggiani Dr. Tommaso	EPO	ITA	0:47:49	0:48:42	39	M30	83	14:15	12:01	10:08	10:30	
272	1358	Knops Pieter	*Köln	GER	0:47:51	0:47:56	163	MHK	88	10:49	11:30	12:20	12:12	
273	928	Kräfte Thorsten	Cologne Internationals	GER	0:47:54	0:48:03	19	M35	77	11:06	11:43	12:07	12:00	
273	2153	Vogel Jens	prothetik@uk-koeln.de	GER	0:47:54	0:48:07	40	M30	82	11:02	11:41	12:04	12:03	
275	1843	Rueck Hanno	Cologne Internationals	GER	0:47:55	0:48:09	164	MHK	88	12:18	11:58	11:32	11:10	
276	2341	Kobelun Engelbert		GER	0:48:01	0:48:03	19	M45	67	10:43	11:51	12:29	11:53	
277	901	Rößler Marcus	BSG RheinEnergie	GER	0:48:02	0:48:20	20	M35	77	11:08	11:29	11:56	12:16	
278	2302	Houben Tobias	Wiso-Warriors	GER	0:48:04	0:48:10	165	MHK	87	10:17	11:36	12:23	12:47	
279	1546	Walz Andreas	*Köln	GER	0:48:05	0:48:21	20	M45	64	11:34	11:59	12:08	11:27	
280	1527	Predel Reinhard	Team Bootshaus Biologie	GER	0:48:07	0:48:31	13	M50	63	11:21	11:32	12:02	12:12	
281	2128	Kaletta Florian	OC Kälifornia	GER	0:48:08	0:48:33	166	MHK	85	11:32	12:06	11:47	11:41	
282	795	Petrovic Günter	*Köln	GER	0:48:11	0:48:15	3	M60	50	11:04	11:48	12:04	12:03	
283	2127	Hilken Dr. Stefan	OC Kälifornia	GER	0:48:11	0:48:43	41	M30	82	11:49	11:38	12:21	11:27	
284	1473	Schade Vincent	*Kirchgellersen	GER	0:48:12	0:48:12	167	MHK	84	12:36	11:27	11:40	11:33	
285	1855	Simon Martin	Cologne Internationals	GER	0:48:13	0:48:21	168	MHK	87	11:09	11:42	12:08	12:11	
286	1240	Capelle Vincent	*Köln	FRA	0:48:14	0:48:38	169	MHK	93	11:30	11:42	12:13	11:48	
287	858	Grimm Manfred	1. Kölner Laufstall	GER	0:48:15	0:48:21	14	M50	62	11:11	11:27	12:09	12:27	
288	704	Behrenbruch Clemens	*Köln	GER	0:48:15	0:48:19	21	M45	66	11:39	11:45	11:50	11:55	
289	1611	Hoffmann Arnt	B.C. WESTEN	GER	0:48:16	0:48:24	12	M40	73	11:31	11:39	12:05	11:56	
290	2087	Aszyk Christoph	LFI Level 4	GER	0:48:17	0:48:25	170	MHK	86	11:01	12:03	12:08	11:58	
291	1759	Eimla Holger	Cologne Internationals	GER	0:48:17	0:48:34	171	MHK	87	12:10	11:46	11:49	11:34	
292	1476	Schledde Felix	*Köln	GER	0:48:21	0:48:29	172	MHK	87	10:54	11:44	12:08	12:23	
293	931	Neukirchen Thomas	Cologne Internationals	GER	0:48:25	0:48:26	173	MHK	87	11:09	12:03	12:22	11:45	
294	808	Rode Jörg	*Köln	GER	0:48:34	0:48:55	42	M30	81	11:21	11:30	11:57	12:35	
295	1013	Von Platen Rickmann	Kölner Bank	GER	0:48:35	0:48:43	15	M50	62	10:58	11:38	11:59	12:45	
296	1543	Vybiral David	*Köln	GER	0:48:40	0:48:40	43	M30	79	10:53	12:41	12:00	11:58	
297	1122	Zaiser Andreas	TriathlonSteckelCologne	GER	0:48:40	0:49:25	174	MHK	85	12:45	11:46	11:45	11:28	
298	1580	Zang Florian	*Köln	GER	0:48:41	0:49:27	175	MHK	89	12:36	11:53	11:45	11:20	
299	1466	Root Alexander	*Michelbach an der Bilz	GER	0:48:41	0:48:54	176	MHK	91	11:25	11:08	12:31	12:31	
300	1425	Noever Nils	*Koeln	GER	0:48:42	0:49:40	177	MHK	91	11:47	11:45	12:18	11:56	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	957	Van Hasselt Stefan	Elmars Lauftreff	GER	0:48:42	0:49:20	22	M45	67	11:46	11:45	12:08	12:01	
302	2215	Schelthoff Kai	Team Lagrange	GER	0:48:43	0:48:48	178	MHK	92	10:42	11:52	12:21	12:46	
303	1114	Biesemann Andreas	Team Talanx	GER	0:48:44	0:49:01	44	M30	79	11:30	12:02	11:59	12:08	
304	1741	Bena Martin	Cologne Internationals	GER	0:48:45	0:49:23	179	MHK	84	11:42	11:39	12:21	12:02	
305	757	Kaiser Andreas	*Köln	GER	0:48:45	0:49:11	13	M40	73	11:37	11:56	12:04	12:06	
305	1851	Schnurawa Lukas	Cologne Internationals	GER	0:48:45	0:49:23	180	MHK	85	11:43	11:39	12:21	12:01	
307	2162	Köhnen Daniel	Rodgrid Med Flode	GER	0:48:46	0:49:00	181	MHK	85	11:18	11:35	12:17	12:37	
308	105	Lang Oliver	Alpenverein Köln	GER	0:48:47	0:48:57	182	MHK	87	10:39	11:40	12:27	12:56	
309	2138	Löpki Dirk	PricewaterhouseCoopers	GER	0:48:48	0:48:50	16	M50	63	11:43	11:54	11:57	12:06	
309	1019	Beuscher Armin	Laktatkönige	GER	0:48:48	0:49:09	6	M55	58	11:33	11:54	12:10	12:08	
311	1595	Keppel Frank	AOK	GER	0:48:51	0:49:12	17	M50	62	11:17	11:40	12:21	12:26	
312	1413	Müller Marius	*Köln	GER	0:48:55	0:48:57	183	MHK	86	11:23	11:48	12:17	12:32	
313	1095	Berens Markus	Shell-Fit	GER	0:48:55	0:49:15	23	M45	67	11:44	12:09	12:01	11:52	
314	1878	Zakowski Daniel	Cologne Internationals	GER	0:48:55	0:49:11	184	MHK	87	12:10	11:49	12:08	11:50	
315	1408	Michelbrink Rolf	*Kerpen	GER	0:48:56	0:48:58	7	M55	58	11:18	12:07	12:20	12:04	
316	1018	Langensiepen Dr. Günter	Laktatkönige	GER	0:48:57	0:49:17	1	M65	46	11:32	11:54	12:09	12:11	
317	1640	Opferkuch Toby	Bonn Internationals / Healthy	AUS	0:48:58	0:49:24	185	MHK	90	11:19	11:43	12:41	12:20	
318	1990	Kohl Felix	Humfakskillerz	GER	0:48:58	0:49:06	186	MHK	92	11:17	11:49	12:24	12:21	
319	2034	Kretschmer David	Kölncampus 100,0	GER	0:48:58	0:49:10	187	MHK	87	11:42	11:49	12:18	12:05	
320	1167	Göbel Jan	ww18	GER	0:49:00	0:49:18	21	M35	76	11:19	11:31	12:20	12:40	
321	855	Schroth Adrian	08/15	GER	0:49:06	0:49:39	188	MHK	85	12:21	11:45	11:54	12:00	
322	714	Dietrich Carsten	*Köln	GER	0:49:06	0:49:48	22	M35	74	12:10	11:43	12:13	12:00	
323	1063	Schönemann Heinz	Magenta T	GER	0:49:06	0:49:30	24	M45	64	11:27	12:17	12:21	12:02	
323	2383	Iser Maik	Team Bootshaus Biologie	GER	0:49:06	0:49:54	189	MHK	85	13:16	12:11	11:42	11:01	
325	2029	Löhnenbach Jost	KölnAlumni	GER	0:49:06	0:49:31	190	MHK	85	11:32	12:06	12:16	12:02	
326	820	Schwitanski Dorian	*Pulheim	GER	0:49:09	0:50:16	191	MHK	85	12:20	11:29	12:00	12:24	
327	1670	Kron Florian	CIO-Team	GER	0:49:11	0:49:41	192	MHK	86	11:53	12:01	12:07	11:49	
328	1083	Lauer Martin	RFH Köln	GER	0:49:12	0:49:30	193	MHK	88	11:29	12:01	12:26	12:14	
329	1675	Wolf Prof. Dr. Jürgen	CIO-Team	GER	0:49:13	0:49:44	18	M50	59	11:53	12:00	12:07	11:49	
330	1694	Groneck Max	CMR	GER	0:49:14	0:49:37	23	M35	77	11:28	11:45	12:21	12:34	
331	1764	Fennel Jan	Cologne Internationals	GER	0:49:14	0:49:20	194	MHK	88	11:18	12:14	12:41	12:00	
332	1553	Weckes Mike	*Dormagen	GER	0:49:14	0:49:42	24	M35	76	11:31	11:39	12:19	12:35	
333	57	Freiburg Mario	Uni Bonn	GER	0:49:15	0:49:30	195	MHK	85	11:30	12:05	12:22	12:16	
334	1175	Hanke Sascha	Zülpicher Running Gags	GER	0:49:15	0:49:20	196	MHK	87	10:52	11:44	12:47	12:48	
335	846	Wildförster Heinz-Dieter	*Kerpen	GER	0:49:17	0:49:22	19	M50	62	11:01	11:51	13:03	12:14	
336	1401	Menne Gunnar	*Köln	GER	0:49:18	0:49:42	45	M30	80	11:19	12:01	12:33	12:25	
337	787	Müller Kai	*Köln	GER	0:49:23	0:49:23	46	M30	79	11:33	11:57	11:57	12:26	
338	1156	Ripp Dieter	VTC Köln	GER	0:49:24	0:49:32	8	M55	56	11:27	11:58	12:17	12:34	
339	1837	Restle Niklas	Cologne Internationals	GER	0:49:24	0:49:33	197	MHK	89	11:12	11:53	12:29	12:44	
340	1649	Ubaldi Lorenzo	Bonn Internationals / Healthy	GER	0:49:27	0:49:53	47	M30	81	12:59	12:38	11:35	11:14	
341	2129	Hofheinz Johannes	oikos läuft	GER	0:49:27	0:50:06	198	MHK	91	13:09	10:55	11:51	12:29	
342	950	Leinekugel Peter	Die Flitzpiepen	GER	0:49:27	0:49:38	20	M50	60	11:23	12:07	12:22	12:30	
343	1802	Laso Pérez Rafael	Cologne Internationals	ESP	0:49:30	0:50:13	199	MHK	90	11:34	11:52	12:23	12:34	
344	2299	Göbert Julian	Wiso-Warriors	GER	0:49:31	0:49:38	200	MHK	90	10:43	12:18	12:41	12:44	
345	1858	Sommer Philipp	Cologne Internationals	GER	0:49:33	0:49:37	201	MHK	87	11:34	12:19	12:34	12:04	
346	1700	Mückenhoff Markus	CMR	GER	0:49:34	0:50:03	202	MHK	86	11:42	11:45	12:25	12:47	
347	767	Kühn Christoph	*Köln	GER	0:49:36	0:50:05	48	M30	81	12:08	11:51	12:18	12:18	
348	1370	Kronenberg Max	*Ratingen	GER	0:49:41	0:50:37	203	MHK	90	12:29	11:40	12:10	12:12	
349	1249	Dilkaute Marius	*Köln	GER	0:49:41	0:49:49	204	MHK	91	11:21	11:49	12:39	12:48	
350	837	Vogel Jörg	*köln	GER	0:49:41	0:49:48	14	M40	69	11:17	12:20	12:41	12:16	
351	797	Podzus Horst	*Overath	GER	0:49:42	0:49:52	21	M50	61	11:14	12:07	12:34	12:43	
352	1165	Malcus Gernot	Wupptich op dä Gass	GER	0:49:42	0:50:05	25	M35	74	12:00	12:02	12:17	12:24	
353	1987	Weber Robin	Here for Beer	GER	0:49:45	0:49:51	205	MHK	92	10:56	12:31	12:57	12:25	
354	1342	Jungs Sebastian	*Köln	GER	0:49:46	0:49:56	206	MHK	92	11:09	11:48	12:42	13:09	
355	1186	Gudemann Stephan		GER	0:49:46	0:49:47	207	MHK	84	10:46	12:07	12:53	12:59	
356	2143	Detahl Tobias	prothetik@uk-koeln.de	GER	0:49:46	0:49:57	208	MHK	88	09:49	12:57	13:39	12:25	
357	1697	Krehl Frederic	CMR	GER	0:49:47	0:50:16	209	MHK	86	12:29	12:03	12:21	12:00	
358	1012	Rossenbach Ralf	Kölner Bank	GER	0:49:47	0:49:50	25	M45	66	11:36	12:06	12:34	12:27	
359	1442	Penedo Santiago	*Köln	MEX	0:49:48	0:51:25	49	M30	82	12:50	11:56	12:01	11:57	
360	2154	Vogt Benjamin	prothetik@uk-koeln.de	GER	0:49:48	0:49:59	210	MHK	91	10:13	12:33	13:39	12:24	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	1301	Große-Ophoff Tobias	*Bonn	GER	0:49:48	0:50:24	211	MHK	89	12:01	11:45	12:21	12:37	
362	729	Freyaldenhoven Jan	*Köln	GER	0:49:49	0:50:36	50	M30	83	13:07	12:03	11:58	11:39	
363	1428	Nyhues Mathias	*Köln	GER	0:49:49	0:50:04	212	MHK	90	11:59	11:39	12:41	12:33	
364	2050	Flemm Daniel	Kölner Bank	GER	0:49:49	0:49:59	51	M30	81	12:27	12:00	12:10	12:14	
365	1457	Reiter Prof. Dr. Peter	*Köln	GER	0:49:50	0:50:01	22	M50	62	11:28	12:06	12:34	12:36	
366	1626	Hemminghaus Christian	Bonn Internationals / Healthy	GER	0:49:51	0:50:12	213	MHK	89	11:24	11:51	12:24	13:07	
367	1994	Köster-Eiserfunke Julian	Institut für Arbeits- und Wirt	GER	0:49:51	0:50:08	214	MHK	87	11:09	12:01	12:39	12:57	
368	2219	Reiter Tobias	Team Mokka	GER	0:49:53	0:50:47	215	MHK	86	12:40	11:59	12:22	11:54	
369	2005	Olbertz Dominik	JuRace	GER	0:49:53	0:50:38	216	MHK	92	12:48	12:28	11:59	11:49	
370	1395	Mathey Nikolas	*Hürth	GER	0:49:56	0:50:01	217	MHK	91	10:51	11:48	13:13	13:14	
371	1705	Springborg Martin	CMR	GER	0:49:57	0:50:23	218	MHK	87	12:32	12:04	12:20	12:00	
372	2384	Flock Andreas	Team Mokka	GER	0:49:57	0:50:51	219	MHK	87	12:40	11:58	12:21	11:55	
373	2498	Stepanek Jan		GER	0:49:59	0:50:24	52	M30	81	11:35	12:09	12:49	12:23	
374	1794	Käfer Nicolas	Cologne Internationals	GER	0:49:59	0:50:03	26	M35	78	11:32	12:08	12:43	12:36	
375	1153	Himme Dr. Alexander	VFR Marketing	GER	0:50:02	0:50:45	53	M30	79	13:25	12:10	11:59	11:28	
376	1220	Berners Karl-Peter	*Schleiden	GER	0:50:02	0:50:12	23	M50	59	12:00	12:19	12:26	12:07	
377	2140	Bremen Andreas	prothetik@uk-koeln.de	GER	0:50:02	0:50:16	220	MHK	86	11:10	12:19	12:51	12:43	
378	2378	Klemm Christoph	prothetik@uk-koeln.de	GER	0:50:03	0:50:22	54	M30	80	12:18	12:19	12:22	12:07	
379	993	Jesper Oliver	KölnAlumni	GER	0:50:03	0:50:21	221	MHK	85	12:20	12:28	12:13	12:05	
380	775	Maier Tobias	*Köln	GER	0:50:04	0:50:08	55	M30	82	11:07	12:40	12:52	12:26	
381	1607	Held Andreas	Awesome Rabbits	GER	0:50:12	0:51:16	222	MHK	89	13:02	12:19	12:21	11:34	
382	2248	Ansorge Dr. Nikolaus	Valium i.V.	GER	0:50:13	0:50:45	15	M40	73	11:58	12:01	12:34	12:30	
383	786	Mueller Andreas	*Koeln	GER	0:50:13	0:50:20	16	M40	69	11:41	12:09	12:39	12:40	
384	770	Kunkel Helmut	*Köln	GER	0:50:15	0:50:18	4	M60	51	11:34	12:14	12:25	12:48	
385	1830	Pfeffer Philipp	Cologne Internationals	GER	0:50:15	0:50:44	56	M30	82	13:43	12:00	12:04	11:31	
386	1478	Schmandra Lukas	*Köln Junkersdorf	GER	0:50:15	0:50:26	223	MHK	90	10:51	11:30	13:32	13:25	
387	862	Krause Marc	Alemannia Aachen	GER	0:50:16	0:50:19	224	MHK	89	11:30	12:10	12:56	12:36	
388	2212	Fischer Jonas	Team Lagrange	GER	0:50:18	0:50:21	225	MHK	89	10:41	13:12	13:32	11:54	
389	980	Fritz David	KC HerzGold	GER	0:50:19	0:50:36	226	MHK	88	11:40	12:26	12:53	12:28	
390	1441	Paul Mathias	OC Kälifornia	GER	0:50:20	0:50:35	227	MHK	87	10:59	12:08	13:03	13:17	
391	1045	Mertens Michael	LC Entenhausen	GER	0:50:22	0:50:41	57	M30	80	11:24	12:04	13:04	12:44	
392	802	Renzel Jörg	*Köln	GER	0:50:24	0:50:35	26	M45	64	11:14	12:14	12:57	12:51	
393	2095	Strebel Heiko	Magenta T	GER	0:50:25	0:50:47	17	M40	70	11:32	12:46	12:50	12:11	
394	1860	Spruck Stefan	Cologne Internationals	GER	0:50:25	0:50:38	58	M30	82	11:21	12:23	12:53	12:55	
394	1054	Koslowski Stephan	Los Pollos Hermanos	GER	0:50:25	0:50:44	18	M40	71	11:37	12:08	12:43	12:53	
396	1699	Maus Johannes	CMR	GER	0:50:26	0:50:55	228	MHK	89	11:22	12:09	13:01	12:50	
397	1098	Loch Christian Martin	Shell-Fit	GER	0:50:26	0:51:26	229	MHK	87	13:00	11:54	12:01	12:23	
398	1548	Waßer Florian	*Köln	GER	0:50:27	0:50:49	230	MHK	87	11:52	11:47	12:44	13:01	
399	1537	Van Well Niels	*Köln	GER	0:50:30	0:50:34	231	MHK	87	11:07	12:22	12:59	12:56	
400	1986	Meuthen Johannes	Here for Beer	GER	0:50:32	0:50:39	232	MHK	93	10:52	12:23	13:42	12:30	
401	1760	Eisenbart Tobias	Cologne Internationals	GER	0:50:36	0:51:16	233	MHK	86	11:37	11:46	12:39	13:29	
402	1145	Lülf Manfred	Valium i.V.	GER	0:50:36	0:50:46	9	M55	56	11:36	12:10	12:40	12:56	
403	1080	Lajendäcker Christoph	RailsloveRunners	GER	0:50:37	0:51:32	27	M35	75	11:39	12:11	12:45	12:55	
404	2164	Voell Bastian	Rodrod Med Flode	GER	0:50:38	0:50:52	59	M30	83	11:30	12:05	12:41	13:18	
405	1037	Spreemann Carsten	Laufhühner	GER	0:50:38	0:50:44	28	M35	75	12:01	12:18	12:54	12:17	
406	737	Gernert Hendrik	*koeln	GER	0:50:39	0:50:55	19	M40	71	11:41	12:13	12:58	12:43	
407	1207	Bahlmann Fokke	*Köln	GER	0:50:40	0:50:56	60	M30	82	11:17	12:10	12:54	13:13	
408	925	Bannas David	Cologne Internationals	GER	0:50:42	0:51:40	61	M30	79	12:56	12:03	12:23	12:17	
409	1676	Aust Niko	cleverbridge AG roadrunners	GER	0:50:44	0:51:02	62	M30	82	12:56	12:42	12:23	11:41	
410	2267	Löhr Thorsten	Valium i.V.	GER	0:50:46	0:51:16	27	M45	67	12:51	12:09	12:19	12:22	
411	1704	Schön Matthias	CMR	GER	0:50:46	0:51:12	63	M30	83	11:25	12:10	12:56	13:08	
412	1685	Schröder Torsten	cleverbridge AG roadrunners	GER	0:50:49	0:51:11	29	M35	76	12:43	12:27	12:31	12:01	
413	2159	Wonneberger Marc	Robeeko-Racing-Team	GER	0:50:55	0:51:26	64	M30	80	12:41	12:16	12:24	12:26	
414	806	Riedinger Andreas	*Köln	GER	0:50:55	0:51:10	20	M40	73	12:11	12:04	12:44	12:49	
415	1861	Sternal Martin	Cologne Internationals	GER	0:50:56	0:51:07	234	MHK	89	11:19	12:13	13:01	13:13	
416	1073	Pörtner Florian	oikos läuft	GER	0:50:57	0:51:36	235	MHK	86	13:16	12:27	12:32	11:33	
417	1288	Gödderz Kilian	*Köln	GER	0:51:01	0:51:15	236	MHK	91	11:30	12:42	12:44	12:54	
418	1584	Manke Adrian	1 HOUR OF POWER /	GER	0:51:02	0:53:01	237	MHK	84	12:55	12:17	12:23	12:29	
419	1924	Thomas Jakob	Egeschedre	GER	0:51:08	0:52:14	238	MHK	89	13:48	12:43	12:15	11:28	
420	1846	Schächter Jonas	Cologne Internationals	GER	0:51:08	0:51:49	239	MHK	86	13:22	12:48	12:25	11:33	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
421	2032	Tubis Robert	KölnAlumni	GER	0:51:08	0:51:09	65	M30	79	11:51	12:34	13:00	12:41	
422	1137	Depré Marcel	UniMensa	GER	0:51:09	0:51:15	30	M35	77	11:59	12:29	12:53	12:44	
423	914	Max Stefan	cleverbridge AG roadrunners	GER	0:51:11	0:51:17	21	M40	70	11:40	13:07	13:01	12:19	
424	894	Börold Hans	BSG RheinEnergie	GER	0:51:11	0:51:38	10	M55	57	12:12	12:33	12:50	12:25	
425	1690	Kulesza Christian	Club 311	GER	0:51:14	0:52:32	66	M30	79	14:06	12:35	11:55	11:32	
426	1057	Kölzer Ulli	LT Rennhamster	GER	0:51:14	0:51:24	5	M60	51	11:47	12:26	12:50	12:59	
427	2224	Peters Michael	Team Turbomöpse	GER	0:51:18	0:51:39	240	MHK	86	11:29	12:21	13:06	13:08	
428	756	Junker Dr. Markus	*Koeln	GER	0:51:23	0:52:29	24	M50	63	13:31	12:16	12:27	12:10	
429	1702	Schelkle Thomas	CMR	GER	0:51:23	0:51:50	67	M30	79	12:27	12:20	12:43	12:45	
430	1391	Ludwig Patrick	*Köln	GER	0:51:26	0:52:07	68	M30	81	12:58	12:25	12:34	12:29	
431	1568	Wildschrey Andreas	*Siegburg	GER	0:51:28	0:51:42	241	MHK	88	10:59	12:29	13:51	13:05	
432	769	Külheim Stefan	*Lindlar	GER	0:51:28	0:51:39	28	M45	66	11:42	12:21	12:54	13:14	
433	731	Frings Thomas	*Köln	GER	0:51:28	0:52:32	29	M45	66	13:20	12:18	12:31	12:18	
434	1222	Betke Henrik	*Köln	GER	0:51:28	0:52:05	242	MHK	88	13:18	12:50	12:45	11:40	
435	2116	Ricke Konrad	MITOMANIACS	GER	0:51:29	0:52:35	243	MHK	85	13:08	12:19	12:34	12:23	
436	709	Brands Andreas	*Köln	GER	0:51:30	0:52:25	25	M50	61	12:25	12:26	12:54	12:42	
437	777	Malara Thomas	*Köln	GER	0:51:31	0:52:25	31	M35	74	12:27	12:24	12:54	12:42	
438	2273	Rong Matthias	Valium i.V.	GER	0:51:31	0:52:06	244	MHK	85	12:33	12:11	12:45	12:56	
439	1439	Pastor Felix	*Köln	ESP	0:51:34	0:52:17	245	MHK	90	12:29	12:31	12:49	12:32	
440	1017	Ewert Stefan	KSK Köln	GER	0:51:41	0:52:08	32	M35	77	12:18	12:22	12:52	13:06	
441	1322	Herlitschka Frank	*Köln	GER	0:51:43	0:52:23	22	M40	70	12:51	12:14	13:00	12:22	
442	2157	Zalesskiy Artjom	prothetik@uk-koeln.de	GER	0:51:44	0:51:56	246	MHK	90	11:13	12:46	13:18	13:22	
443	2004	Miebach Christian	JuRace	GER	0:51:49	0:52:33	247	MHK	93	13:04	13:01	12:48	11:48	
444	1260	Egetenmeyer Jakob	*Köln	GER	0:51:50	0:52:18	69	M30	83	12:48	12:39	12:30	12:43	
445	1734	Aguirre Palma Luis Mario	Cologne Internationals	MEX	0:51:50	0:51:58	70	M30	82	10:46	13:13	13:39	13:03	
446	2465	unbekannt			0:51:50	0:52:08	248	MHK		12:00	12:11	13:03	13:25	
447	1164	Ripp Christoph	Wiso-Warriors	GER	0:51:52	0:52:09	33	M35	77	12:18	12:28	12:48	13:05	
448	2000	Hirte Alexander	Junge Union Köln	GER	0:51:56	0:53:09	2	MJB	97	15:23	17:47	07:33	09:48	
449	1399	Melchers Andreas	*Köln	GER	0:51:57	0:51:57	34	M35	77	11:40	12:29	13:09	13:22	
450	1698	Ludwig Alexander	CMR	GER	0:51:57	0:52:22	35	M35	75	11:48	12:30	13:07	13:15	
451	1471	Sallen Nikolai	*Köln	GER	0:52:01	0:53:02	249	MHK	85	12:13	12:15	13:21	13:11	
452	2268	Meyers Frederik	Valium i.V.	GER	0:52:02	0:52:05	71	M30	82	12:27	12:46	13:01	12:41	
453	1268	Fiocco Dr. Zeno	*Koeln	ITA	0:52:05	0:52:37	250	MHK	89	14:22	13:07	11:51	11:51	
454	2090	Kourkoulos Dimitrios	LKW-Schorse	GER	0:52:05	0:52:39	251	MHK	86	13:03	12:45	12:38	12:36	
455	2218	Illie Jan-Niclas	Team Mokka	GER	0:52:10	0:53:03	252	MHK	84	12:39	12:00	12:37	13:39	
456	1913	Nockemann Philipp	Die klanglichen Primzahlen	GER	0:52:16	0:53:12	253	MHK	89	12:57	12:30	13:04	12:46	
457	1970	Xing Xin	Happy Feet from BCI	GER	0:52:20	0:52:34	72	M30	83	11:46	12:57	13:08	13:18	
458	1872	Winkel Jens	Cologne Internationals	GER	0:52:24	0:52:37	254	MHK	88	12:26	12:51	13:16	12:55	
458	198	Nolte Winfried		GER	0:52:24	0:53:21	36	M35	75	13:52	13:04	12:46	11:39	
460	1937	Jensen Kai	EPO	GER	0:52:27	0:53:37	255	MHK	87	12:47	12:42	13:06	12:53	
461	1290	Götze Christian		GER	0:52:28	0:53:23	37	M35	78	13:00	12:48	12:53	12:34	
462	1079	Kus Jan	RailsloveRunners	GER	0:52:30	0:53:26	73	M30	82	12:33	12:52	13:04	12:52	
463	1022	Esters Paul	Laktatkönige	GER	0:52:31	0:52:39	26	M50	59	11:50	12:18	14:08	13:03	
464	857	Bauß Carsten	1. Kölner Laufstall	GER	0:52:32	0:52:42	30	M45	65	11:20	12:04	13:53	14:11	
465	2038	Arend Matthew	Kölner Bank	GER	0:52:33	0:52:48	256	MHK	93	13:13	12:42	13:22	12:28	
466	961	Michalski Patrick	Feuerwehr Lohmar	GER	0:52:33	0:52:48	74	M30	80	11:45	12:41	13:24	13:29	
467	890	Blau Thomas	Boxring Wesseling	GER	0:52:36	0:52:42	31	M45	68	12:50	13:00	13:08	12:35	
468	852	Zimmers Jörg	*Köln	GER	0:52:36	0:53:33	32	M45	68	13:31	13:09	12:26	12:23	
469	753	Jennemann Dirk	*Köln	GER	0:52:36	0:52:47	38	M35	75	12:37	12:55	13:11	12:49	
470	755	Jungkind Michael	*Köln	GER	0:52:38	0:53:22	257	MHK	86	13:14	13:03	12:56	12:30	
471	2169	Brüggemann Felix	Running Gags	GER	0:52:39	0:53:49	258	MHK	89	14:10	12:23	12:33	12:23	
472	1271	Frede Tobias	*Köln	GER	0:52:40	0:53:37	75	M30	83	12:44	12:40	12:58	12:57	
473	1060	Gensty Michael	Magenta T	GER	0:52:42	0:53:04	39	M35	78	12:26	12:50	13:08	13:07	
474	2222	Eisenbeiß Fabian	Team Turbomöpse	GER	0:52:42	0:53:05	259	MHK	86	11:31	12:51	13:20	13:46	
475	1206	Arroyo Ignacio	*Koeln	ESP	0:52:43	0:53:25	260	MHK	90	12:40	12:46	13:11	13:03	
476	1224	Binder Philipp	*Köln	GER	0:52:49	0:53:41	76	M30	83	13:13	12:25	12:59	13:07	
477	1491	Schönborn Wolfgang	*Kerpen Horrem	GER	0:52:50	0:53:24	23	M40	69	12:54	12:46	13:05	12:55	
478	1552	Weber Thomas	*Köln	GER	0:52:51	0:53:02	261	MHK	91	09:01	09:23	10:01	22:27	
479	2208	Neblik Andreas	Team Bootshaus Biologie	GER	0:52:52	0:53:42	262	MHK	86	13:52	12:51	13:07	12:07	
480	1502	Deisner Max	Team Bootshaus Biologie	GER	0:52:55	0:53:42	263	MHK	86	12:10	12:33	13:12	13:49	

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Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
481	1509	Stähling Franz-Georg	*Köln	GER	0:52:55	0:53:22	33	M45	66	13:01	12:51	13:09	12:49	
482	1189	Lauritz Fynn		GER	0:52:56	0:53:05	264	MHK	86	11:31	13:52	13:31	12:52	
483	1976	Jürgens Christoph	Hemmer	GER	0:52:56	0:53:47	265	MHK	88	13:24	12:46	12:46	12:55	
484	1980	Polke Jan	Hemmer	GER	0:52:56	0:53:48	266	MHK	87	13:24	12:38	12:53	12:54	
485	1817	Mindl Felix	Cologne Internationals	GER	0:52:57	0:53:04	267	MHK	91	12:06	12:33	12:54	14:02	
486	833	Urbann Andreas	*Köln	GER	0:53:02	0:53:33	24	M40	69	12:13	12:38	13:24	13:40	
487	796	Plück Wolfgang	*Bergheim	GER	0:53:06	0:53:14	27	M50	62	12:36	12:57	13:15	13:04	
488	773	Loewer Ralf	*Köln	GER	0:53:08	0:53:18	34	M45	65	12:23	13:06	13:03	13:24	
489	1099	Nebel Ralph	Shell-Fit	GER	0:53:10	0:53:22	35	M45	65	12:28	13:15	13:18	13:04	
490	2172	Landfried Severin	Schmetten AHO!	GER	0:53:11	0:53:50	268	MHK	89	13:21	13:36	13:56	11:18	
491	2170	Gries Sven	Running Gags	GER	0:53:12	0:54:23	269	MHK	88	14:10	12:21	12:36	12:58	
492	1188	Jansen Jochen	Shell-Fit	GER	0:53:13	0:54:13	25	M40	71	13:40	12:50	12:40	12:42	
493	1440	Paul Claudius	*Köln	GER	0:53:14	0:53:29	36	M45	68	12:56	12:49	13:12	13:10	
494	1053	Dinslaken Dirk	Los Diegos	GER	0:53:17	0:53:43	26	M40	73	12:18	12:26	13:06	14:06	
495	1551	Weber Nils	*Köln	GER	0:53:17	0:53:43	270	MHK	88	13:03	12:51	13:13	13:09	
496	2217	Vom Eysler Max	Team Lagrange	GER	0:53:20	0:53:29	271	MHK	93	12:47	13:04	13:38	12:54	
497	1914	Schlax David	Die klanglichen Primzahlen	GER	0:53:23	0:54:19	272	MHK	85	13:12	11:58	13:15	13:57	
498	861	Weike Udo	ACUT	GER	0:53:24	0:54:32	11	M55	57	13:31	13:03	12:57	12:50	
499	1665	Bernschein Andreas	CIO-Team	GER	0:53:25	0:53:57	40	M35	76	12:47	12:52	13:33	13:06	
500	1132	Engelmann Udo	UK Poliklinik	GER	0:53:26	0:54:13	6	M60	49	13:27	12:42	12:58	13:05	
501	2236	Gimbarov Sergeij	UK Poliklinik	GER	0:53:26	0:54:13	37	M45	66	13:26	12:43	12:58	13:04	
502	1508	Soulios Max	*Frechen	GER	0:53:26	0:54:43	273	MHK	89	15:20	13:20	12:22	11:23	
503	1190	Gerth Wolfgang		GER	0:53:34	0:54:26	27	M40	72	12:02	12:42	13:35	14:02	
504	2053	Hermansen Klaus	Kölner Bank	GER	0:53:35	0:53:53	28	M50	60	12:39	12:45	13:13	13:38	
505	1392	Lutz Miguel	*Köln	GER	0:53:41	0:53:45	2	MSA	99	13:20	13:23	13:14	12:43	
506	2348	Pere Jean		GER	0:53:42	0:53:53	77	M30	80	11:56	12:57	14:28	13:12	
507	2068	Todemann Stefan	Kölner Bank	GER	0:53:44	0:53:57	274	MHK	86	12:34	13:02	13:23	13:34	
508	891	Jettkant Klaus	Boys Club United	GER	0:53:51	0:54:20	78	M30	79	13:00	13:02	13:18	13:22	
508	1652	Peukert Bastian	Boys Club United	GER	0:53:51	0:54:20	78	M30	82	12:59	13:02	13:18	13:22	
510	836	Vis Juergen	*Bergisch Gladbach	GER	0:53:55	0:54:11	29	M50	62	12:08	13:06	13:32	13:50	
511	1729	Linden Benedikt	Cologne Comparators	GER	0:53:56	0:54:13	275	MHK	89	12:58	12:56	13:19	13:32	
512	2269	Meyers Dr. Johannes-Otto	Valium i.V.	GER	0:53:57	0:54:20	7	M60	53	13:11	13:03	13:14	13:18	
513	2046	Bunn Fred	Kölner Bank	GER	0:53:57	0:54:18	80	M30	79	12:28	12:51	13:43	13:43	
514	1146	Müller Gregor	Valium i.V.	GER	0:53:57	0:54:20	38	M45	64	13:15	13:00	13:14	13:18	
515	751	Herbers Meike	*Köln	GER	0:53:58	0:53:59	276	MHK	87	12:06	13:23	13:35	13:45	
516	2234	Bähr Thomas	UK Poliklinik	GER	0:53:59	0:54:32	28	M40	73	12:57	12:41	13:21	13:48	
517	898	Neven Holger	BSG RheinEnergie	GER	0:54:05	0:54:30	41	M35	76	13:08	13:17	13:27	13:07	
518	1887	Klöpisch Volker	CSV Marathon Krefeld	GER	0:54:07	0:54:15	2	M65	48	12:49	13:10	13:33	13:22	
519	1615	Niemczyk Arthur	BOCK (DR)AUF JURAI	GER	0:54:08	0:54:33	81	M30	82	12:06	13:32	13:48	13:38	
520	1403	Mertens Daniel	*Köln	GER	0:54:17	0:54:40	277	MHK	87	12:24	13:09	13:55	13:40	
521	2351	Solecki Siegfried		GER	0:54:21	0:54:29	30	M50	62	12:52	13:18	13:36	13:26	
522	2214	Rückle Marvin	Team Lagrange	GER	0:54:22	0:54:31	278	MHK	91	12:24	13:25	13:41	13:48	
523	2132	Dreydoppel Thimo	Operation Sixpack	GER	0:54:22	0:55:10	42	M35	76	14:51	13:59	12:01	12:16	
524	1282	Gattner Marius	*Köln	GER	0:54:25	0:54:44	29	M40	72	12:29	12:46	13:31	14:16	
525	2216	Schinke Philipp	Team Lagrange	GER	0:54:27	0:54:36	279	MHK	93	12:46	13:03	13:40	13:48	
526	1507	Sommer Oliver	*köln	GER	0:54:28	0:54:30	43	M35	77	12:09	13:38	13:54	13:36	
527	1228	Boden Alexander	*Köln	GER	0:54:30	0:55:14	280	MHK	88	13:48	13:17	13:17	13:06	
528	974	Dr. Heinen-Schuermann Dr.	Holger Dr. Heinen-Schuermann	GER	0:54:31	0:55:01	31	M50	59	13:14	13:19	13:38	13:12	
529	2026	Eller Klaas Hendrik	KölnAlumni	GER	0:54:32	0:55:49	281	MHK	85	13:37	12:41	13:59	13:15	
530	1170	Thomas Jürgen	www.hoevi-land.de	GER	0:54:34	0:55:01	32	M50	59	13:16	13:19	13:37	13:12	
531	1263	Engel Tim	*Köln	GER	0:54:38	0:55:34	282	MHK	85	13:01	12:47	14:43	13:01	
532	1062	Preikschas Paul	Magenta T	GER	0:54:42	0:55:03	33	M50	60	12:08	13:28	13:55	13:55	
533	2499	Zuper Dirk		GER	0:54:45	0:54:52	30	M40	73	13:22	13:12	13:23	13:35	
534	2247	Sturgeon Robert	Uni Duisburg-Essen	GER	0:54:46	0:55:08	31	M40	70	11:30	12:28	13:55	15:54	
535	1380	Leschenar Marc	*Pulheim	GER	0:54:50	0:55:50	39	M45	68	13:29	12:57	13:25	13:44	
536	1356	Knölle Bernhard	*Köln	GER	0:54:51	0:55:50	12	M55	57	13:48	13:13	13:29	13:11	
537	2360	Fliehmann Martin	KölnAlumni	GER	0:54:52	0:55:54	44	M35	76	13:32	13:27	13:40	13:14	
538	1827	Partyka Karol	Cologne Internationals	POL	0:54:54	0:56:10	283	MHK	90	13:09	13:12	13:47	13:39	
539	1662	Buckenmaier Johannes	CGS Runners	GER	0:54:56	0:55:09	284	MHK	85	12:14	12:38	14:02	14:41	
540	2033	Altehenger Tobias	Köln-campus 100,0	GER	0:54:57	0:55:08	285	MHK	87	12:12	13:13	14:00	14:13	

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Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
541	1250	Dörfler Johannes	*Köln	GER	0:54:58	0:55:13	286	MHK	91	12:06	13:19	14:03	14:25	
542	2091	Krumrain Julian	LKW-Schorse	GER	0:55:11	0:55:46	82	M30	82	12:17	13:06	13:58	14:34	
543	1283	Gellermann Stefan	*Köln	GER	0:55:12	0:56:19	287	MHK	84	13:49	13:26	13:33	13:08	
544	1385	Limburg Michael	*Bergisch Gladbach	GER	0:55:16	0:56:12	83	M30	79	13:15	13:01	13:42	14:00	
545	2306	Hausmann Tobias	Wolle	GER	0:55:16	0:56:29	84	M30	83	14:01	13:16	13:27	13:28	
546	1680	Gödersmann David	cleverbridge AG roadrunners	GER	0:55:27	0:56:03	288	MHK	89	13:13	13:40	14:00	13:29	
547	1061	Kamp Stefan	Magenta T	GER	0:55:30	0:55:53	32	M40	72	12:17	12:43	14:46	14:30	
548	1788	Hurek Christoph	Cologne Internationals	GER	0:55:31	0:56:38	289	MHK	88	15:27	13:59	12:41	12:20	
549	1258	Ebert Steffen	*Köln	GER	0:55:34	0:56:26	85	M30	80	13:31	13:26	13:55	13:28	
550	2081	Hadenfeld Dr. Karsten	Laufgeschwister	GER	0:55:36	0:56:11	45	M35	74	13:11	13:20	14:05	13:54	
551	948	Wurda Werner	Diabetes Programm	GER	0:55:43	0:57:09	34	M50	60	14:07	13:27	13:31	13:27	
552	907	Seibert Marcus	Caterpillar	GER	0:55:45	0:55:49	40	M45	64	12:02	14:11	14:16	13:58	
553	720	Falge Andreas	*Bergisch Gladbach	GER	0:55:48	0:56:45	41	M45	68	13:31	13:09	13:51	14:02	
554	2226	Wiedebusch Felix	Team Turbomöppe	GER	0:55:50	0:56:12	290	MHK	86	13:04	13:29	13:52	14:03	
555	1302	Günther Christian	*Köln	GER	0:55:51	0:56:00	291	MHK	86	12:43	13:21	14:08	14:23	
556	1604	Dartmann Matthias	Awesome Rabbits	GER	0:55:55	0:57:00	292	MHK	89	13:15	13:27	14:18	13:56	
557	940	Thiebes Markus	cool runners	GER	0:55:56	0:56:05	33	M40	69	12:01	13:35	14:34	14:29	
558	1634	Lin Hsinhung	Bonn Internationals / Healthy	GER	0:55:58	0:56:23	293	MHK	92	12:36	13:29	13:53	14:44	
559	1978	Laschet Gero	Hemmer	GER	0:56:01	0:56:52	294	MHK	90	13:42	13:18	13:44	14:05	
560	2008	Schubert Marc	JuRace	GER	0:56:05	0:56:48	34	M40	69	13:04	13:11	14:18	14:18	
561	2203	Gretzki Christopher	Team Awesome	GER	0:56:06	0:56:56	295	MHK	84	13:13	12:57	14:14	14:36	
562	1793	Juvet Neven	Cologne Internationals	SUI	0:56:13	0:56:57	296	MHK	86	13:15	13:47	14:02	14:00	
563	1252	Donath Dr. Tobias	*Köln	GER	0:56:15	0:56:55	46	M35	78	13:30	13:36	14:06	13:48	
564	1309	Haller Prof. Dr. Klaus J.	*Bergisch Gladbach	GER	0:56:15	0:56:55	13	M55	54	13:30	13:35	14:07	13:48	
565	2092	Kuhlmann Jan-Carlos	LKW-Schorse	GER	0:56:15	0:56:44	86	M30	82	13:24	13:33	14:18	13:53	
566	1744	Bohlemann Ulf	Cologne Internationals	GER	0:56:21	0:56:37	297	MHK	87	13:45	13:58	14:10	13:29	
567	765	Kreiß Thomas	*Bonn	GER	0:56:25	0:57:00	14	M55	58	13:20	13:33	14:04	14:15	
568	2239	Gerigk Joachim	Uni -Fit	GER	0:56:26	0:56:32	42	M45	67	12:51	13:54	14:30	13:59	
569	805	Richter Thomas	*Köln	GER	0:56:27	0:56:53	35	M40	69	14:07	13:38	13:53	13:42	
570	1883	Schmidt Benjamin	Colognerunners	GER	0:56:29	0:57:53	87	M30	79	13:29	13:33	14:08	14:20	
571	708	Böll Boris	*Köln	GER	0:56:36	0:56:50	47	M35	78	13:45	14:03	14:04	13:31	
572	1016	Sprenger Peter	Kölner Studentenwerk	GER	0:56:36	0:56:41	15	M55	55	13:39	13:12	14:15	14:12	
573	896	Klatt Christof	BSG RheinEnergie	GER	0:56:40	0:57:17	36	M40	72	14:29	13:41	13:51	13:34	
574	1942	Walkowitz Gari	EPO	GER	0:56:40	0:57:34	48	M35	75	14:14	13:07	14:10	14:00	
575	2044	Blumenberg Tim	Kölner Bank	GER	0:56:41	0:56:55	37	M40	71	13:47	14:04	13:57	13:43	
576	2198	Regh Stephan	Sportfreunde Melaten	GER	0:56:46	0:57:45	298	MHK	84	13:26	13:46	14:20	14:03	
577	1822	Nevries Fabian	Cologne Internationals	GER	0:56:50	0:57:31	299	MHK	88	14:00	13:32	14:13	13:59	
578	2238	Odenthal Andreas	UK Poliklinik	GER	0:56:57	0:57:31	88	M30	79	13:56	13:28	13:58	14:19	
579	2030	Ohnemüller Jan	KölnAlumni	GER	0:57:00	0:58:01	89	M30	82	13:32	13:19	14:15	14:41	
580	899	Nottrott Marc	BSG RheinEnergie	GER	0:57:01	0:57:26	43	M45	65	13:30	13:52	14:25	13:59	
581	1104	Fiedler Stefan	SSK-Kerpen	GER	0:57:01	0:57:49	16	M55	58	13:28	13:54	14:09	14:15	
582	2043	Becker Heribert	Kölner Bank	GER	0:57:02	0:57:21	35	M50	61	13:49	13:56	14:06	14:03	
583	2048	Dlugosch Kai	Kölner Bank	GER	0:57:05	0:57:18	300	MHK	90	14:13	14:18	14:12	13:24	
584	1710	Delaplace Renaud	Collegium Musicum	FRA	0:57:06	0:57:49	90	M30	81	13:11	14:08	14:22	14:19	
585	2065	Reusch Dr. Matthias	Kölner Bank	GER	0:57:06	0:57:28	1	M70	42	12:52	13:49	14:37	14:32	
586	943	Sabel Frank	D5_130612_laeuft.exe	GER	0:57:10	0:57:32	44	M45	67	12:32	13:34	14:39	15:11	
587	2130	Wittke Jan	oikos läuft	GER	0:57:12	0:57:50	91	M30	81	14:00	13:35	14:15	14:10	
588	2135	Radakovic Zoran	PhD student	CRO	0:57:17	0:58:34	301	MHK	84	13:53	14:00	14:37	13:34	
589	911	Bretschneider Frank	cleverbridge AG roadrunners	GER	0:57:22	0:57:36	49	M35	76	13:01	13:42	16:24	13:01	
590	2063	Michalski Harm	Kölner Bank	GER	0:57:23	0:57:43	302	MHK	84	14:48	13:11	14:08	14:12	
591	2037	Arend Kevin	Kölner Bank	GER	0:57:25	0:57:37	303	MHK	91	14:40	14:21	14:06	13:03	
592	1895	Corsten Swen	Der späte Wurm entgeht dem	GER	0:57:36	0:58:14	50	M35	78	13:15	13:52	14:21	14:47	
593	825	Sommer Stefan		GER	0:57:39	0:57:39	17	M55	57	12:54	13:51	14:47	14:52	
593	1253	Dratsch Thomas	*Köln	GER	0:57:39	0:58:45	304	MHK	84	17:37	14:01	12:01	12:53	
595	1219	Goffart Markus	Elmars Lauftreff	DJI	0:57:46	0:58:25	92	M30	82	13:24	13:51	14:19	14:54	
596	1520	Strehlau Markus	*Overath	GER	0:57:47	0:59:05	305	MHK	87	17:50	13:29	13:00	12:26	
597	1147	Neugebauer Thorsten	Valium i.V.	GER	0:57:49	0:58:23	93	M30	82	14:50	14:13	13:52	13:37	
598	1992	Hoppe Michael	Institut für Arbeits- und Wirt	GER	0:57:50	0:59:01	94	M30	83	12:52	13:45	14:37	15:16	
599	1540	Vollmer Moritz	*Köln	GER	0:57:58	0:58:42	306	MHK	88	14:43	14:05	13:55	14:07	
600	1850	Schneider Sebastian	Cologne Internationals	GER	0:58:01	0:58:27	307	MHK	88	14:51	14:10	14:02	13:47	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
601	2468	unbekannt			0:58:02	0:58:20	308	MHK		13:17	13:57	14:40	14:47	
602	1074	Pickhard Holger	Point One Runners	GER	0:58:04	0:59:26	45	M45	64	14:45	13:59	14:08	13:57	
603	2042	Balk Robin	Kölner Bank	GER	0:58:06	0:58:51	309	MHK	85	14:36	13:44	14:22	14:16	
604	2134	Weiß Christian	Operation Sixpack	GER	0:58:07	0:58:55	38	M40	69	14:52	14:03	14:06	13:58	
605	1194	Reinecke Jürgen		GER	0:58:12	0:58:53	39	M40	69	14:25	14:15	14:22	14:05	
606	1971	Gorecki Adalbert	HardCore	GER	0:58:17	0:58:17	95	M30	79	57:04	00:00	00:00	00:00	
607	1107	Lenarz Thomas	Talanx	GER	0:58:22	0:59:25	46	M45	68	14:38	14:15	14:25	13:55	
608	1696	Kemper Thorsten	CMR	GER	0:58:27	0:58:57	96	M30	80	13:50	14:10	14:38	14:46	
609	1086	Schüren Andreas	Running Elements	GER	0:58:31	0:59:48	97	M30	80	14:22	14:07	14:25	14:21	
610	1477	Schluse Hartwig H.	*Köln	GER	0:58:35	0:58:57	18	M55	57	13:12	13:52	14:54	15:16	
611	739	Gross Roland	*Köln	GER	0:58:45	0:59:46	47	M45	68	14:28	13:58	14:22	14:39	
612	2078	Hoffmann Paul	Laktatkönige	GER	0:58:51	0:59:03	310	MHK	92	12:57	15:25	14:29	14:50	
613	728	Frese Reinold	*Köln	GER	0:58:53	0:59:05	36	M50	62	13:28	14:16	14:42	15:03	
614	1687	Statz Guido	cleverbridge AG roadrunners	GER	0:59:05	0:59:30	40	M40	69	14:27	14:41	14:28	14:17	
615	1575	Wolf Gregor	*Köln	GER	0:59:06	0:59:59	41	M40	71	14:22	13:26	15:25	14:44	
616	1501	Seegenschmiedt Johannes	*Leichlingen	GER	0:59:10	0:59:54	311	MHK	85	14:14	13:56	14:38	14:56	
617	1242	Cieslik Jonathan	*Dormagen	GER	0:59:12	0:59:52	312	MHK	93	15:54	14:46	14:12	13:15	
618	1336	Jacobs Nils	*Köln	GER	0:59:12	0:59:52	313	MHK	92	15:54	14:45	14:12	13:15	
619	1876	Yoon Sie-hun	Cologne Internationals	GER	0:59:13	1:00:04	51	M35	76	14:19	14:12	14:47	14:44	
620	1856	Slak Robert	Cologne Internationals	GER	0:59:17	1:00:27	314	MHK	88	14:52	14:37	15:07	13:29	
621	2047	Cnotka Daniel	Kölner Bank	GER	0:59:21	0:59:34	52	M35	75	13:57	14:32	14:46	14:47	
622	1772	Furmanek Karol	Cologne Internationals	POL	0:59:23	0:59:54	315	MHK	89	14:30	14:05	14:39	15:01	
623	892	Mann Martin	Brave 8 Duftown	GER	0:59:24	1:00:15	48	M45	68	14:25	14:25	14:45	14:23	
624	1426	Noras Erik	*Köln	GER	0:59:24	0:59:36	37	M50	60	13:38	14:34	15:03	14:57	
625	937	Heidrich Andreas	Colognerunners	GER	0:59:31	1:00:55	38	M50	61	14:35	14:16	14:34	14:46	
626	1530	Thul Sebastian	*Köln	GER	0:59:34	1:00:16	316	MHK	85	15:25	14:22	14:18	14:15	
627	1000	Esser Günter	Kölner Bank	GER	0:59:36	1:00:38	39	M50	61	14:07	14:25	14:53	14:52	
628	783	Meller Christian	*Köln	GER	0:59:36	1:00:35	317	MHK	86	14:52	13:47	14:51	14:56	
629	1776	Glaser Christian	Cologne Internationals	GER	0:59:39	0:59:39	318	MHK	87	14:03	13:54	14:36	00:00	
630	1880	Dahm Peter	Colognerunners	GER	0:59:45	1:01:07	42	M40	71	14:27	14:00	14:59	14:56	
631	1223	Bickel Marco	*Koeln	GER	0:59:46	1:00:45	319	MHK	93	15:24	14:42	14:26	14:00	
632	1058	Schwarz Werner	Mach3 Koeln e.V	GER	0:59:47	0:59:47	3	M65	48	15:24	14:40	14:34	13:59	
633	2045	Breitmer Andreas	Kölner Bank	GER	0:59:52	1:00:06	320	MHK	86	13:58	14:25	15:19	14:55	
634	1363	Kößler Sebastian	*Köln	GER	1:00:06	1:00:51	321	MHK	84	13:32	13:55	15:14	16:05	
635	1103	Kotterba Peter	ssk kerpen	GER	1:00:18	1:00:56	8	M60	52	14:14	14:29	15:10	15:03	
636	1266	Esposito Michele	*Hürth	ITA	1:00:20	1:00:20	3	MJB	96	11:05	12:50	13:04	13:23	
637	1357	Knoop Andre	*Münster	GER	1:00:21	1:00:36	322	MHK	88	15:57	17:56	13:57	11:32	
638	1940	Rilke Rainer	EPO	GER	1:00:29	1:01:22	98	M30	83	14:35	14:06	14:31	15:46	
639	2369	Köhler Rene	Team Bootshaus Biologie	GER	1:00:43	1:01:31	99	M30	83	14:33	14:12	14:55	15:42	
640	2035	Aleth Hermann	Kölner Bank	GER	1:00:47	1:01:34	49	M45	65	15:29	14:29	14:31	14:59	
641	1804	Levytskyy Serhiy	Cologne Internationals	UKR	1:00:48	1:01:57	100	M30	83	15:46	15:12	14:52	13:55	
642	1787	Hong Samuel S-Y	Cologne Internationals	GER	1:00:48	1:01:57	101	M30	82	15:47	15:12	14:52	13:54	
643	2354	Storbakken Derek James	Cologne Internationals	GER	1:00:56	1:01:30	102	M30	81	14:53	15:10	15:18	14:37	
644	0	Rath Andre	CPAG	GER	1:01:00	1:01:34	103	M30	82	14:42	14:50	15:13	15:08	
645	1071	Berkessel Prof. Dr. Albrecht	OC Kölleifornia	GER	1:01:00	1:02:13	19	M55	55	14:37	14:51	15:12	15:07	
646	1015	Wolfgarten Marco	Kölner Bank	GER	1:01:03	1:01:48	53	M35	75	14:12	13:58	15:31	16:15	
647	1337	Janßen Lars	*Köln	GER	1:01:17	1:02:21	323	MHK	85	14:46	14:50	14:52	15:27	
648	982	Anschütz Ulrich	Kleines Team	GER	1:01:17	1:02:25	54	M35	76	15:15	15:23	15:09	14:31	
649	1998	Butsch Eugen	Junge Union Köln	GER	1:01:19	1:02:32	324	MHK	86	15:24	14:43	14:42	15:14	
650	1001	Gößling Tobias	Kölner Bank	GER	1:01:35	1:01:48	43	M40	70	12:57	14:19	16:55	16:13	
651	1771	Fuchs Johannes	Cologne Internationals	GER	1:01:39	1:02:46	325	MHK	91	15:28	14:42	15:05	15:19	
652	1639	Oerter Niko	Bonn Internationals / Healthy	GER	1:01:40	1:02:16	326	MHK	88	13:52	14:15	15:50	16:25	
653	1926	Thomas Ralf	Egeschehedre	GER	1:01:52	1:02:58	40	M50	61	15:48	15:13	14:57	14:36	
654	2117	Ziebolz Alexander	MITOMANIACS	GER	1:01:56	1:03:02	327	MHK	90	14:24	14:55	15:38	15:38	
655	2195	Körner Carsten	Spartak Statistik	GER	1:01:57	1:02:51	104	M30	79	14:44	14:45	15:25	15:44	
656	832	Thomas Reiner	*Hürth	GER	1:02:00	1:03:33	20	M55	54	15:00	15:20	15:33	14:54	
656	722	Feldhofer Felix	*Köln	GER	1:02:00	1:03:33	105	M30	82	15:01	15:19	15:33	14:54	
658	1151	Schneider David	Vasavasorum	GER	1:02:02	1:02:47	106	M30	82	15:23	14:43	15:09	15:24	
659	962	Hertel Aaron	Fischenich Alaaf	GER	1:02:12	1:02:18	107	M30	81	11:46	13:05	13:20	22:40	
660	742	Hach Ulrich	*Köln	GER	1:02:15	1:03:37	21	M55	58	14:52	14:35	15:11	16:06	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
661	2313	Roeben Dominik	Wolle	GER	1:02:19	1:03:35	328	MHK	85	14:12	13:03	17:48	15:57	
662	1683	Kohnen Holger	cleverbridge AG roadrunners	GER	1:02:27	1:03:56	50	M45	67	15:38	14:58	15:03	15:21	
663	831	Thomas Marcel	*köln	GER	1:02:30	1:02:44	329	MHK	93	13:07	15:29	16:22	16:02	
664	1243	Conrad Holger	*Bergheim	GER	1:02:30	1:03:57	55	M35	76	15:39	15:04	15:39	14:52	
665	2133	Kremer Michael	Operation Sixpack	GER	1:02:31	1:03:20	56	M35	76	14:55	15:06	15:41	15:32	
666	1655	Hintze Dag	BSG RheinEnergie	GER	1:02:37	1:03:35	51	M45	65	15:09	14:54	15:20	15:45	
667	2118	Kuck Jens	MitUns	GER	1:02:50	1:03:09	52	M45	64	13:50	15:27	16:10	16:04	
668	2041	Außem Ralf	Kölner Bank	GER	1:03:06	1:03:30	41	M50	63	14:15	15:21	15:44	16:14	
669	1754	Castelli Pablo	Cologne Internationals	ARG	1:03:16	1:03:44	108	M30	81	14:58	15:11	15:53	15:54	
670	888	De Oliveira Gonçalves	Boseniuk Racing Team	GER	1:03:31	1:04:34	109	M30	81	15:01	14:37	16:06	16:21	
671	1542	Von Moers Volker	*Koeln	GER	1:03:32	1:04:18	53	M45	67	15:15	15:45	16:06	15:11	
672	2202	Rachwalski Martin	Team AM	GER	1:03:44	1:05:04	110	M30	81	15:09	14:53	16:08	16:07	
673	1688	Szabo Istvan	cleverbridge AG roadrunners	GER	1:03:55	1:04:24	330	MHK	85	16:02	16:02	15:29	15:08	
674	2131	Dabbert Torsten	Operation Sixpack	GER	1:03:56	1:04:45	44	M40	70	14:56	15:18	15:56	16:10	
675	1677	Bünder Volker	cleverbridge AG roadrunners	GER	1:03:57	1:04:22	111	M30	80	14:30	15:21	16:05	16:34	
676	791	Odenthal Thorsten	*Erkelenz	GER	1:04:01	1:05:13	57	M35	77	14:47	15:33	16:40	15:52	
677	1460	Ries Jasper	*Köln	GER	1:04:10	1:04:56	331	MHK	85	16:03	15:49	15:30	15:25	
678	1486	Schneider Gisbert	*Köln	GER	1:04:11	1:05:39	54	M45	66	15:37	15:07	15:37	16:17	
679	979	Henneke Dr. Karl-Wilhelm	karl_he@gmx.de	GER	1:04:23	1:05:21	4	M65	47	15:45	15:40	15:45	15:46	
680	1681	Heyna Philipp	cleverbridge AG roadrunners	GER	1:04:35	1:05:12	332	MHK	85	15:54	15:50	15:54	15:43	
681	215	Sohns Jari	*Köln	GER	1:04:36	1:05:17	3	MSA	05	16:16	16:10	15:56	14:55	
682	824	Sohns Marc	*Köln	GER	1:04:37	1:05:18	58	M35	74	16:16	16:10	15:56	14:55	
683	784	Meyer Nicolas	*Köln	GER	1:04:38	1:05:56	42	M50	60	15:38	15:51	15:48	15:55	
684	1644	Schmeier Daniel	Bonn Internationals / Healthy	GER	1:04:39	1:05:26	333	MHK	89	16:15	15:53	16:00	15:17	
685	1472	Savoca Michael	*Koeln	GER	1:05:01	1:06:02	334	MHK	85	15:57	15:29	16:21	15:51	
686	1014	Wolfertz Holger	Kölner Bank	GER	1:05:09	1:05:26	22	M55	56	14:32	15:44	16:33	16:48	
687	1239	Busch Fabian	*Köln	GER	1:05:13	1:05:31	335	MHK	89	15:08	15:51	16:21	16:25	
688	1419	Nguyen Jürgen	*Bonn	GER	1:05:18	1:06:03	112	M30	82	14:49	15:44	16:35	16:44	
689	817	Schüßler Thomas	*Köln	GER	1:05:21	1:06:33	43	M50	59	14:57	15:40	16:24	16:43	
690	2336	Glaubitz Achim		GER	1:05:27	1:05:55	59	M35	77	14:41	15:54	16:39	16:52	
691	1813	Mavroyiannis Diomides	Cologne Internationals	TAH	1:05:42	1:06:11	336	MHK	90	16:09	16:19	18:05	14:14	
692	2002	Schmitz Christoph	Junge Union Köln	GER	1:05:46	1:06:57	337	MHK	85	14:14	15:53	16:52	17:16	
693	743	Hacke Peter	*Köln	GER	1:06:07	1:06:59	338	MHK	85	15:56	16:00	16:17	16:24	
694	758	Kaminski Hans	*Frechen	GER	1:06:36	1:07:36	60	M35	75	15:25	15:52	16:28	17:43	
695	1404	Merz Sebastian	*Köln	GER	1:06:43	1:07:41	339	MHK	85	16:21	16:24	16:28	16:25	
696	723	Feldhofer Ulrich	*Hürth	GER	1:07:16	1:08:40	9	M60	53	15:09	15:49	17:26	17:17	
697	989	Ludwigs Alexander	Köln läuft! Team	GER	1:07:17	1:08:18	55	M45	67	16:26	15:46	16:24	17:08	
698	1654	Grätz Georg	BSG RheinEnergie	GER	1:07:20	1:07:58	44	M50	62	16:36	16:40	16:13	16:16	
699	918	Berger Carl	CM4all	GER	1:07:36	1:08:14	56	M45	67	16:01	16:27	16:48	16:45	
700	1956	Förster Peter	Fortuna Köln	GER	1:08:02	1:08:21	45	M40	72	14:34	17:21	17:41	17:04	
701	2464	unbekannt			1:08:03	1:08:27	340	MHK		15:56	15:56	16:55	17:34	
702	780	Marx Andreas	*Köln	GER	1:08:12	1:08:32	341	MHK	89	13:59	16:36	17:19	18:48	
703	1124	Möller Joachim	TuS Badbergen	GER	1:08:47	1:09:49	23	M55	55	15:30	16:19	17:26	17:55	
704	2012	Desczyk Christian	KC HerzGold	GER	1:08:53	1:09:12	342	MHK	86	15:56	16:36	17:29	17:27	
705	1603	Yavuz Cüneyt	August Bebel Haus	GER	1:09:08	1:09:09	343	MHK	89	15:20	17:58	17:41	16:49	
706	1011	Riemers Heiko	Kölner Bank	GER	1:09:15	1:10:39	344	MHK	86	16:23	16:33	17:20	17:33	
707	998	Detmer Hanspeter	Kölner Bank	GER	1:09:47	1:10:18	5	M65	46	16:37	17:07	17:21	17:06	
708	1487	Schneider Kai	*Köln	GER	1:10:11	1:11:16	46	M40	73	16:42	16:31	17:03	18:30	
709	778	Mango Jamal	*Köln	GER	1:10:18	1:11:04	345	MHK	84	15:59	16:41	18:14	17:55	
710	1984	Kleine-Birkenheuer Ivo	Here for Beer	GER	1:10:33	1:10:41	346	MHK	93	14:24	00:00	00:00	00:00	
711	2007	Petsch Lennart	JuRace	GER	1:11:17	1:12:02	347	MHK	88	15:36	17:40	18:00	18:27	
712	1072	Feige Manfred	ohne	GER	1:11:19	1:12:42	6	M65	47	17:54	17:17	17:22	17:09	
713	1372	Krüger Daniel	*Hellwege	GER	1:11:58	1:13:07	61	M35	74	16:41	17:45	17:53	18:01	
714	951	Loizzi Davide	Dreibeiner	ITA	1:12:06	1:12:26	348	MHK	85	17:16	17:31	17:56	17:44	
715	860	Weike Marcel	ACUT	GER	1:12:34	1:13:43	2	MJA	95	16:44	17:48	18:00	18:25	
716	1826	Parmaksiz Tekin	Cologne Internationals	GER	1:14:09	1:14:16	47	M40	73	17:46	19:22	19:22	16:08	
717	1273	Friedrichs Elias	*Köln	GER	1:16:53	1:18:13	349	MHK	87	17:48	17:08	16:04	17:26	
718	2314	Stauber Johannes	Wolle	GER	1:18:07	1:19:22	350	MHK	90	17:03	18:48	20:09	20:31	

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Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	98	Schön Maike	Uni Köln 1	GER	0:37:04	0:37:05	1	WHK	89	08:29 09:00 09:23 09:19
2	80	Salzwedel Sophia	Universität Münster 1	GER	0:39:12	0:39:15	2	WHK	87	09:16 09:32 09:44 09:44
3	30	Böhmer Lea	RWTH Aachen 1	GER	0:39:27	0:39:29	3	WHK	84	09:17 09:49 09:50 09:40
4	47	Tiegel Alexandra	RWTH Aachen 2	GER	0:40:42	0:40:45	4	WHK	84	10:09 09:54 09:57 09:48
5	886	Kümpers Julia	Bonn Internationals / Healthy	GER	0:41:08	0:41:12	5	WHK	92	09:30 10:05 10:19 10:18
6	2350	Salord Aude		GER	0:41:18	0:41:21	6	WHK	88	09:22 10:04 10:27 10:13
7	555	Bang Anna	Cologne Internationals	GER	0:41:49	0:41:50	1	W35	76	09:49 10:17 10:27 10:22
8	847	Wilmschen Sarah	*Köln	GER	0:42:27	0:42:38	7	WHK	86	10:17 10:19 10:25 10:27
9	1021	Drumm-Becker Sabine	Laktatkönige	GER	0:43:37	0:43:57	1	W45	67	10:50 10:41 10:35 10:35
10	70	Eggers Marike	Universität Münster 2	GER	0:43:43	0:43:48	8	WHK	91	10:04 10:39 10:57 11:02
11	1365	Kowarik Evelyn	*Hürth	GER	0:44:53	0:45:00	9	WHK	93	10:56 10:58 11:02 10:58
12	2149	Mohr Clara	prothetik@uk-koeln.de	GER	0:45:29	0:45:34	10	WHK	89	10:59 11:11 11:22 11:01
13	75	Körner Carolin	Universität Münster 3	GER	0:45:32	0:45:38	11	WHK	89	10:39 11:09 11:25 11:22
14	35	Gottowik Jacqueline	RWTH Aachen 3	GER	0:46:48	0:46:51	12	WHK	89	11:14 11:35 11:37 11:21
15	2472	Seker Jessica		GER	0:46:52	0:48:02	1	WJA	95	11:44 10:59 11:28 11:42
16	1405	Messerschmidt Lina	*Köln	GER	0:46:52	0:48:03	13	WHK	92	11:45 10:58 11:28 11:41
17	1236	Burckhardt Sabrina	*Köln	GER	0:46:55	0:47:02	14	WHK	92	10:43 11:19 11:49 11:56
18	868	Minor Astrid	ASV köln triathlon	GER	0:47:03	0:47:06	1	W40	73	10:58 11:43 11:47 11:33
19	96	Gaede Hannah	Uni Köln 2	GER	0:47:14	0:47:21	1	W30	80	10:46 11:35 12:02 11:48
20	71	Feikus Anna	Universität Münster	GER	0:47:18	0:47:32	15	WHK	88	11:11 11:42 11:47 11:36
21	1790	Jirsikova Iva	Cologne Internationals	CZE	0:47:27	0:47:47	16	WHK	89	11:08 11:26 11:53 11:55
22	82	Strahl Julia	Universität Münster	GER	0:47:40	0:47:55	17	WHK	88	11:09 11:34 11:53 12:01
23	1629	Irvine Anna	Bonn Internationals / Healthy	USA	0:48:10	0:49:11	18	WHK	91	15:57 16:04 14:52 18:11
24	812	Schlemmer Franca	*Köln	GER	0:48:18	0:48:38	2	W30	82	11:32 11:52 12:06 11:46
25	23	Matyas Jennifer	Bergische Universität Wuppertal1	GER	0:48:19	0:48:30	19	WHK	89	11:21 11:57 12:04 11:56
26	25	Wilms Karoline	Bergische Universität Wuppertal2	GER	0:48:22	0:48:28	20	WHK	90	11:11 11:48 12:01 12:14
27	2031	Schöneborn Sandra	KölnAlumni	GER	0:48:32	0:49:08	2	W35	78	11:23 11:57 12:14 11:57
28	1474	Scheffter Tatjana	*Ratingen	GER	0:48:57	0:49:52	21	WHK	90	12:58 11:54 11:33 11:31
29	1799	Koukkula Hanna	Cologne Internationals	GER	0:49:16	0:49:39	22	WHK	88	12:26 12:17 12:04 11:32
30	60	Janetzke Kim-Janina	Uni Bonn 1	GER	0:49:16	0:49:33	23	WHK	92	11:40 12:17 12:16 11:58
31	740	Große Hovest Miriam	*Köln	GER	0:49:17	0:49:30	3	W35	78	11:19 11:59 12:27 12:31
32	792	Okay Dr. Yasemin	*Köln	GER	0:49:18	0:49:27	3	W30	81	11:15 11:52 12:29 12:34
33	904	Könsgen Sara	BSG Stadt Köln e.V.	GER	0:49:21	0:49:40	4	W30	79	11:30 12:00 12:28 12:17
34	1868	Van Vught Irene	Cologne Internationals	GER	0:49:26	0:49:34	24	WHK	87	10:40 12:10 12:48 12:50
35	990	Prescha Kristiane	Köln läuft! Team	GER	0:49:30	0:49:30	2	W45	67	11:15 12:21 12:21 12:20
36	1693	Frische Myriell	CMR	GER	0:49:32	0:49:54	25	WHK	90	11:53 12:03 12:18 12:17
37	738	Gossel Julia	*Kreuzau	GER	0:49:33	0:50:47	26	WHK	88	12:36 11:58 12:02 12:00
38	772	Lövenich Greta	*Köln	GER	0:49:34	0:50:47	27	WHK	90	12:37 11:59 12:01 12:00
39	1969	Viol Linda	Happy Feet from BCI	GER	0:49:35	0:49:49	28	WHK	88	11:22 11:59 13:05 12:04
40	1912	Berker Linda	Die klanglichen Primzahlen	GER	0:49:47	0:50:43	29	WHK	92	13:12 11:54 11:51 11:41
41	1778	Gossen Julia	Cologne Internationals	GER	0:49:51	0:50:08	30	WHK	90	11:50 12:10 12:37 12:11
42	1572	Wisse Dorothea	*Köln	GER	0:49:51	0:50:08	31	WHK	89	11:50 12:09 12:37 12:12
43	1795	Kimmich Nicole	Cologne Internationals	GER	0:49:52	0:50:29	5	W30	83	12:08 12:00 12:22 12:19
44	1184	Lukas Claudia		GER	0:49:54	0:50:00	1	W50	61	11:50 12:08 12:25 12:26
45	1033	Becker Romana	Laktatkönige Köln	GER	0:49:56	0:50:06	32	WHK	88	12:06 12:10 12:10 12:24
46	1807	Löw Anna	Cologne Internationals	GER	0:50:00	0:50:08	6	W30	82	11:24 12:07 12:43 12:37
47	1448	Poguntke Svea	*Köln	GER	0:50:02	0:50:09	33	WHK	89	11:36 12:14 12:24 12:43
48	2349	Piwowar Ursula		POL	0:50:09	0:50:26	34	WHK	84	11:29 12:22 12:43 12:30
49	1034	Feldmann-Hunold Marion	Laktatkönige Köln	GER	0:50:23	0:50:42	3	W45	65	11:42 12:24 12:31 12:38
50	2150	Pohl Jana	prothetik@uk-koeln.de	GER	0:50:34	0:50:47	35	WHK	89	11:50 12:23 12:37 12:40
51	2231	Lagier Isabel	Tus 08 Schleiden	GER	0:50:37	0:51:38	36	WHK	93	12:34 12:11 12:16 12:25
52	1351	Kleffner Christine	*Pulheim	GER	0:50:40	0:50:46	37	WHK	86	11:23 12:24 12:55 12:55
53	1753	Bustillos Alicia	Cologne Internationals	BOL	0:50:41	0:50:56	38	WHK	87	11:04 12:24 13:00 13:07
54	1149	Zielenbach Tanja	Valium i.V.	GER	0:50:44	0:51:15	2	W40	73	12:49 12:09 12:17 12:25
55	2245	Sae-Lao Parichat	Uni Duisburg-Essen	GER	0:50:50	0:51:13	7	W30	82	11:36 12:21 12:35 13:14
56	913	Lecouty Léa	cleverbridge AG roadrunners	GER	0:50:56	0:51:15	39	WHK	86	13:15 12:18 12:10 12:11
57	1388	Liu Pauline	*Köln	GER	0:51:00	0:51:15	40	WHK	88	11:25 12:22 13:01 13:04
58	2148	Menge Anna	prothetik@uk-koeln.de	GER	0:51:09	0:51:24	41	WHK	92	11:30 12:28 12:57 13:01
59	1010	Pinell Nicky	Kölner Bank	GER	0:51:12	0:51:31	42	WHK	85	12:36 12:23 12:33 12:33
60	2270	Mittag Nicole	Valium i.V.	GER	0:51:12	0:51:47	43	WHK	86	12:32 12:09 12:36 12:42

Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	1433	Oortwyn Denise	*Hürth	GER	0:51:13	0:51:19	44	WHK	90	11:52	12:34	12:55	12:45	
62	1269	Frank Ann-Kristin	*Karlsruhe	GER	0:51:19	0:51:25	2	WJA	94	11:52	12:34	12:55	12:46	
63	1280	Garreis Simone	*Aachen	GER	0:51:50	0:52:26	45	WHK	85	14:03	12:21	12:26	12:00	
64	1031	Wolf Ulrike	Laktatkönige	GER	0:51:50	0:52:00	1	W55	58	12:10	12:29	12:58	13:03	
65	1338	Jensen Gonna	*Köln	GER	0:51:54	0:52:48	46	WHK	91	12:25	12:30	12:59	12:47	
66	1378	Lake Gwendolin	*Köln	GER	0:51:54	0:52:48	3	WJA	94	12:25	12:30	12:59	12:49	
67	1769	Franken Franziska	Cologne Internationals	GER	0:51:54	0:51:54	47	WHK	87	12:17	12:37	13:03	12:52	
68	1241	Cauvin Morgane	*Hürth-Efferen	FRA	0:51:56	0:52:29	48	WHK	93	13:05	12:34	12:38	12:36	
69	700	Bachem Elisa	*Köln	GER	0:51:56	0:52:27	8	W30	81	12:41	12:28	12:49	12:50	
70	1144	Heine Sarah	Valium i.V.	GER	0:52:02	0:52:05	9	W30	83	12:27	12:46	13:01	12:42	
71	1964	Herzog Sandra	Happy Feet from BCI	GER	0:52:14	0:52:27	10	W30	80	11:47	12:56	13:09	13:14	
72	945	Mohrmann Follow Hollow	Der Elf und seine Freunde	GER	0:52:15	0:52:29	3	W40	70	12:02	12:44	13:01	13:11	
73	1384	Lied Rieke	*Köln	GER	0:52:23	0:52:26	49	WHK	92	12:31	13:16	12:27	12:57	
74	1218	Benning Friederike	*Ibbenbüren	GER	0:52:24	0:52:44	50	WHK	92	12:28	12:42	13:07	13:01	
75	1456	Reimer Alinda	*Hörstel	GER	0:52:25	0:52:44	51	WHK	91	12:28	12:42	13:07	13:01	
76	2147	Kottmann Hannah	prothetik@uk-koeln.de	GER	0:52:29	0:52:46	52	WHK	92	11:45	12:47	13:27	13:22	
77	876	Hülsmann Ricarda	BF Köln-nicht die Schnellsten,	GER	0:52:31	0:52:50	53	WHK	86	12:28	12:53	13:11	12:50	
78	1659	Bruckmann Inga	CFP Brands	GER	0:52:36	0:53:23	54	WHK	85	13:33	12:43	12:52	12:27	
79	1951	Milles Carina	Fleuretten	GER	0:52:37	0:52:46	55	WHK	88	12:45	12:47	13:04	12:55	
80	1818	Moerders Lena	Cologne Internationals	GER	0:52:38	0:52:55	56	WHK	84	13:01	12:52	13:06	12:34	
81	2370	DuMarais Gabrielle	Oikos	GER	0:52:39	0:53:16	57	WHK	92	11:43	12:29	13:20	13:49	
82	1779	Greifenberg Anja	Cologne Internationals	GER	0:52:39	0:52:55	58	WHK	88	13:01	12:52	13:07	12:35	
83	2340	Ilcin Sümeyya		GER	0:52:49	0:53:27	0	W		12:31	12:45	13:13	13:12	
84	1490	Schönborn Claudia	*Kerpen Horrem	GER	0:52:50	0:53:24	4	W40	69	12:54	12:46	13:06	12:55	
85	1841	Roeber Sabine	Cologne Internationals	GER	0:52:52	0:53:44	11	W30	83	12:15	12:46	13:20	13:16	
86	20	Beab Annika	Bergische Universität Wupperta	GER	0:52:56	0:53:05	59	WHK	90	11:31	13:52	13:31	12:53	
87	1981	Reimsbach Madita	Hemmer	GER	0:52:57	0:53:47	60	WHK	89	13:14	12:55	12:58	12:44	
88	1261	Eichel Andrea	*Köln	GER	0:53:11	0:53:17	61	WHK	86	12:28	12:54	13:18	13:13	
89	519	Besel Valeria		GER	0:53:26	0:53:35	62	WHK	89	12:09	12:59	13:33	13:31	
90	1881	Hayna Ursula	Colognerunners	GER	0:53:26	0:54:46	5	W40	69	13:38	12:59	12:51	12:48	
91	1256	Drost Katinka	*Köln	GER	0:53:28	0:53:48	12	W30	83	12:52	12:56	13:36	13:01	
92	59	Inkermann Helena	Uni Bonn	GER	0:53:35	0:53:52	63	WHK	88	12:35	13:03	13:26	13:20	
93	712	Burger Jeannette	*Köln	GER	0:53:39	0:54:01	13	W30	83	12:50	12:56	13:41	13:00	
94	734	Gehrke Julia	*Köln	GER	0:53:41	0:54:46	4	W35	78	13:24	12:58	13:16	12:54	
95	2243	Jansen Luca Lena	Uni Duisburg-Essen	GER	0:53:41	0:54:04	64	WHK	91	12:29	13:06	13:33	13:24	
96	52	Bender Marion	Uni Bonn	GER	0:53:41	0:53:58	65	WHK	90	12:25	12:49	13:38	13:46	
97	56	Flender Lisa	Uni Bonn	GER	0:53:41	0:53:58	66	WHK	90	12:34	13:04	13:25	13:23	
98	2322	Sternberg Antje	ZfläuferInnen	GER	0:53:42	0:54:03	67	WHK	87	12:17	12:46	13:39	13:58	
99	1531	Timmermann Hella	*Köln	GER	0:53:44	0:53:44	14	W30	83	14:09	12:39	12:50	12:56	
100	1556	Weide Michaela	*Köln	GER	0:53:48	0:54:03	5	W35	76	13:11	13:13	13:18	13:01	
101	954	Gimbarova Elena	Elisabeth-von-Thüringen-Gymna	RUS	0:53:57	0:54:03	6	W40	72	12:51	13:04	13:22	13:31	
102	1246	Deters Franziska	*Köln	GER	0:53:57	0:54:20	68	WHK	93	13:27	12:58	13:07	13:15	
103	814	Schmidt-Küster Dorle	*Köln	GER	0:53:58	0:54:03	2	W55	58	12:12	13:02	13:37	13:53	
104	1305	Hagelskamp Lisa	*Köln	GER	0:53:58	0:54:21	4	WJA	94	13:28	12:58	13:07	13:16	
105	1484	Schmitz Luisa	*Köln	GER	0:53:58	0:54:21	69	WHK	91	13:27	12:58	13:07	13:15	
106	1415	Neher Eva	*Köln	GER	0:53:59	0:54:39	70	WHK	87	13:26	12:56	13:04	13:24	
107	947	Daub Kathrin	Der späte Wurm entgeht dem	GER	0:54:08	0:54:46	15	W30	82	13:15	12:55	13:14	13:28	
108	1359	Koch Helen	*Sankt Augustin	GER	0:54:11	0:54:42	71	WHK	93	13:21	13:10	13:20	13:10	
109	794	Pabst Monika	*Köln	GER	0:54:17	0:54:33	2	W50	62	12:57	13:12	13:33	13:24	
110	2144	Edimiris Alexandra	prothetik@uk-koeln.de	GER	0:54:18	0:54:31	72	WHK	92	11:50	12:48	14:00	14:30	
111	895	Holtkamp Kamilla	BSG RheinEnergie	GER	0:54:22	0:54:46	7	W40	72	13:12	13:24	13:19	13:15	
112	827	Steffen Natalie	*Köln	GER	0:54:27	0:54:34	8	W40	73	12:51	13:07	13:28	13:46	
113	45	Schnorr Andrea	RWTH Aachen 4	GER	0:54:29	0:54:32	73	WHK	89	12:19	13:25	13:43	13:50	
114	1430	Odenthal Ann-Katrin	*Bergisch Gladbach	GER	0:54:33	0:54:34	74	WHK	93	12:36	13:14	13:40	13:44	
115	1756	Civeira Elena	Cologne Internationals	ESP	0:54:34	0:55:17	75	WHK	91	12:40	13:00	13:41	14:04	
116	1701	Rückert Désirée	CMR	GER	0:54:35	0:54:58	76	WHK	86	12:46	13:07	13:37	13:53	
117	1558	Weidner Larissa	*Köln	GER	0:54:36	0:55:11	77	WHK	91	13:27	13:31	13:19	13:14	
118	2107	Wolters Steffi	Matter Moves	GER	0:54:37	0:54:51	78	WHK	84	13:04	13:08	13:29	13:41	
119	1941	Schweizer Katja	EPO	GER	0:54:38	0:55:46	79	WHK	84	13:32	13:15	13:50	12:54	
120	1950	Lemkamp Lena	Fleuretten	GER	0:54:41	0:54:52	80	WHK	88	12:59	13:03	13:37	13:46	

10km - Gesamtwertung

Unilaf Köln - 12. Juni 2013

Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	2310	Liebst Amelie	Wolle	GER	0:54:43	0:55:58	81	WHK	91	14:09	13:07	13:15	13:04	
122	1443	Peters Anna	*Köln	GER	0:54:44	0:54:48	82	WHK	86	13:30	13:30	13:41	13:00	
123	1329	Hönnicke Silke	*Köln	GER	0:54:45	0:54:48	9	W40	71	12:34	13:15	13:51	13:47	
124	963	Hafner Simone	Fleurettten	GER	0:54:45	0:54:55	16	W30	80	13:00	13:24	13:43	13:26	
125	1325	Heuckmann Anne-Kathrin	*Köln	GER	0:54:47	0:55:52	83	WHK	89	13:40	13:31	13:39	12:52	
126	2139	Alkim Corum	prothetik@uk-koeln.de	GER	0:54:51	0:55:04	17	W30	82	11:49	12:52	15:04	14:02	
127	1627	Hung Yichen	Bonn Internationals / Healthy	TPE	0:54:52	0:55:15	84	WHK	92	12:24	12:29	15:04	13:53	
128	2104	Ermolaeva Dr. Maria	Matter Moves	RUS	0:54:55	0:55:00	18	W30	80	11:55	13:17	14:02	14:24	
129	1348	Kerkhof Anna	*Köln	GER	0:55:00	0:55:01	85	WHK	89	11:34	12:59	14:20	14:46	
130	2039	Außem Alina	Kölner Bank	GER	0:55:01	0:55:25	1	WJB	96	13:00	13:15	13:46	13:50	
131	1235	Büscher Janina	*Köln	GER	0:55:02	0:55:18	86	WHK	87	13:06	13:19	13:41	13:41	
131	1488	Schneider Kathrin	*Köln	GER	0:55:02	0:55:18	86	WHK	89	13:06	13:19	13:42	13:41	
133	2171	Djalili Isabelle	Schmetten AHOI!	GER	0:55:07	0:55:46	88	WHK	87	13:23	13:35	13:56	13:00	
134	17	Mans Carolin		GER	0:55:09	0:55:12	89	WHK	90	12:31	13:16	14:07	14:04	
135	2210	Bäumer Dr. Margret	Team Hajo	GER	0:55:11	0:56:04	4	W45	64	13:49	13:23	13:34	13:15	
136	1857	Sobotta Miriam	Cologne Internationals	GER	0:55:15	0:55:35	90	WHK	89	12:27	13:01	14:01	14:31	
137	1782	Groten Elisabeth Christine	Cologne Internationals	GER	0:55:15	0:55:35	91	WHK	86	12:28	13:01	14:01	14:30	
138	1528	Neupert Susanne	Team Bootshaus Biologie	GER	0:55:23	0:56:10	6	W35	78	13:34	13:22	13:41	13:32	
139	1394	Matern Stephanie	*Köln	GER	0:55:34	0:56:01	92	WHK	89	13:44	13:36	13:40	13:20	
140	1275	Friedsam Maryia	*Köln	BLR	0:55:41	0:55:50	19	W30	83	12:26	13:46	14:02	14:11	
141	1450	Popova Kseniia	*Köln	UKR	0:55:42	0:55:50	93	WHK	91	12:23	13:11	13:56	14:55	
142	958	Hilger Katrin	EPO	GER	0:55:42	0:56:49	20	W30	83	13:33	13:17	13:52	13:47	
143	2311	Mecking Annika	Wolle	GER	0:55:45	0:57:00	94	WHK	90	14:12	13:04	13:32	13:45	
144	2307	Hupperz Anita	Wolle	GER	0:55:49	0:57:05	95	WHK	89	14:12	13:03	13:32	13:46	
145	2309	Lautze Mirjam	Wolle	GER	0:55:50	0:57:05	96	WHK	90	14:12	13:03	13:33	13:46	
146	2199	Rotthege Susanne	Sportfreunde Melaten	GER	0:55:51	0:56:50	21	W30	83	14:41	13:52	13:26	12:47	
147	859	Klußmann Tanja	1. Kölner Laufstall	GER	0:56:03	0:56:31	10	W40	69	13:34	13:38	13:52	13:45	
148	1550	Weber Melek	*Grevenbroich	GER	0:56:05	0:56:47	97	WHK	87	13:59	13:23	14:04	13:29	
149	1674	Starbatty Barbara	CIO-Team	GER	0:56:14	0:56:45	7	W35	75	13:49	13:39	13:55	13:39	
150	2290	Benkowski Stefanie	VFR Marketing	GER	0:56:16	0:56:58	22	W30	83	13:49	13:30	14:17	13:39	
151	748	Harriers Mo	*Köln	GER	0:56:23	0:56:26	5	W45	66	12:38	14:00	14:25	14:07	
152	2334	Ebert Charlotte		GER	0:56:28	0:56:31	98	WHK	87	13:34	14:05	14:03	13:42	
153	781	Marx Lisa	*Köln	GER	0:56:31	0:56:31	99	WHK	87	13:34	14:07	14:02	13:42	
154	1026	Lewandowski Birgit	Laktatkönige	GER	0:56:43	0:56:54	6	W45	65	13:32	13:59	14:08	13:50	
155	1864	Tarazona Motes Marta	Cologne Internationals	ESP	0:56:44	0:57:27	100	WHK	90	12:57	13:49	14:19	14:19	
156	1432	Offen Clara	*HürEfferen	GER	0:56:45	0:57:18	101	WHK	93	13:47	13:52	14:14	13:54	
157	102	Rom Sarah	Allgemeine Psychologie 2	GER	0:56:53	0:57:14	102	WHK	88	13:33	13:58	14:09	14:02	
158	1201	Aceto Fencia	*Hürth-Efferen	GER	0:56:53	0:57:26	5	WJA	94	13:48	13:52	14:14	13:56	
159	1882	Köhler Birgit	Colognerunners	GER	0:56:53	0:58:15	7	W45	67	14:04	13:31	14:00	14:05	
160	771	Liersch Anna	*Köln	GER	0:56:56	0:57:22	103	WHK	92	13:23	14:14	14:20	13:48	
161	103	Rinscher Laura	Allgemeine Psychologie 2	GER	0:57:01	0:57:22	104	WHK	88	13:33	13:58	14:09	14:07	
162	1975	Arnold Christina	Hemmer	GER	0:57:12	0:58:02	105	WHK	89	14:08	13:48	14:01	14:07	
163	760	Kassel Julia	*Köln	GER	0:57:12	0:57:43	23	W30	82	14:43	14:22	13:46	13:14	
164	830	Thönißen Clarissa	*Köln	GER	0:57:14	0:58:12	106	WHK	88	14:52	13:47	13:45	13:36	
165	1948	Schäfer Caroline	Fitness First	GER	0:57:15	0:57:33	107	WHK	89	13:27	14:04	14:05	14:19	
166	1245	Dehghan Sarah	*Köln	GER	0:57:19	0:57:45	108	WHK	87	13:23	14:15	14:20	14:08	
167	2036	Arend Birgit	Kölner Bank	GER	0:57:26	0:57:37	3	W50	63	14:40	14:21	14:06	13:03	
168	2103	Diletta Dr. Edifizi	Matter Moves	GER	0:57:27	0:57:40	109	WHK	88	13:05	13:45	14:43	14:51	
169	856	Anthofer Petra	1. Kölner Laufstall	GER	0:57:34	0:58:02	8	W45	64	13:47	13:39	14:18	14:31	
170	2196	Knopp Eva	Sportfreunde Melaten	GER	0:57:34	0:58:33	8	W35	78	14:41	13:54	13:55	13:52	
171	2308	Kochtokrax Anna	Wolle	GER	0:57:39	0:58:54	110	WHK	89	14:21	13:59	14:03	14:02	
172	1763	Farkas Agnes	Cologne Internationals	HUN	0:57:49	0:58:20	111	WHK	88	14:30	14:04	14:05	13:56	
173	1938	Peeters Katharina	EPO	BEL	0:57:53	0:58:46	112	WHK	88	14:34	14:07	14:31	13:36	
174	2489	Mengels Anna		GER	0:57:55	0:59:09	113	WHK	89	13:30	14:02	14:38	14:33	
175	1350	Klecza Margarethe	*Köln	GER	0:57:58	0:58:42	114	WHK	87	14:43	14:05	13:55	14:07	
176	1645	Schrage Ramona	Bonn Internationals / Healthy	GER	0:58:05	0:58:25	115	WHK	84	17:35	19:20	19:22	00:00	
177	1346	Keil Miriam	*Köln	GER	0:58:11	0:58:47	116	WHK	84	14:04	13:51	14:35	14:28	
178	912	Jobst Melanie	cleverbridge AG roadrunners	GER	0:58:14	0:58:32	117	WHK	85	13:59	14:01	14:32	14:25	
179	2166	Middelhaufe Charlotte	Rollmöpse	GER	0:58:14	0:59:04	118	WHK	93	14:01	13:50	14:38	14:33	
180	1689	Böhnlein Joana	Club 311	GER	0:58:16	0:59:34	119	WHK	84	14:09	14:11	14:28	14:18	

Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	1140	Drees Bärbel	Valium i.V.	GER	0:58:20	0:58:54	9	W45	64	14:03	13:53	14:37	14:34	
182	1032	Wolff Sabine	Laktatkönige	GER	0:58:28	0:59:16	10	W45	66	14:38	14:18	14:31	13:51	
183	1464	Rösel Kristina	*Köln	GER	0:58:29	0:58:44	120	WHK	89	13:12	14:22	14:49	14:48	
184	1811	Makaridze Maja	Cologne Internationals	GER	0:58:33	0:59:26	24	W30	80	14:20	13:46	14:20	14:47	
185	2228	Treiber Kerstin	The Rocketman Project	GER	0:58:35	0:58:57	9	W35	78	14:21	13:53	14:30	14:41	
186	1536	Van der Meulen Feline	*Köln	GER	0:58:42	0:59:02	121	WHK	89	13:22	14:39	14:59	14:33	
187	1142	Ganz Ute	Valium i.V.	GER	0:58:42	0:59:16	11	W45	64	14:03	14:00	14:49	14:30	
188	1832	Porstmann Elisa	Cologne Internationals	GER	0:58:42	0:59:08	122	WHK	88	14:50	14:10	14:18	14:18	
189	1039	Hajek Verena	Laufmonster	GER	0:58:45	0:59:09	1	W60	52	14:11	14:20	14:25	14:33	
190	2296	Tokarski Kim	VFR Marketing	GER	0:58:47	0:59:29	123	WHK	86	14:33	14:20	14:32	14:18	
191	2295	Thiel Svenja	VFR Marketing	GER	0:58:48	0:59:31	124	WHK	85	14:32	14:20	14:32	14:19	
192	1154	Theis Sabrina	VFR Marketing	GER	0:58:49	0:59:31	125	WHK	86	14:32	14:20	14:32	14:19	
193	1027	Lewandowski Lisa	Laktatkönige	GER	0:58:51	0:59:03	126	WHK	93	12:56	14:40	15:15	14:49	
194	1390	Loosen Martina Margarethe	*Köl	GER	0:58:56	0:59:00	127	WHK	86	13:30	13:42	14:56	15:34	
195	1989	Karrenbauer Katrin	Hochzeits-Crasher	GER	0:59:00	0:59:02	128	WHK	87	13:09	14:13	15:09	15:13	
196	2298	Schulte Stephanie	wer bremsst verliert!	GER	0:59:02	0:59:38	129	WHK	86	14:19	14:30	14:32	14:26	
197	955	Weeger Sandra	Elisabeth-von-Thüringen-Gymna	GER	0:59:02	0:59:08	12	W45	67	13:29	14:28	15:01	14:55	
198	1669	Hepperger Eva	CIO-Team	AUT	0:59:08	1:00:50	13	W45	65	14:01	14:06	14:39	15:03	
199	1025	Ladenburger Petra	Laktatkönige	GER	0:59:08	0:59:57	4	W50	62	14:38	14:18	14:31	14:24	
200	1538	Veismann Maria	*Siegen	GER	0:59:09	0:59:28	130	WHK	92	13:41	14:12	14:56	15:00	
201	1314	Hebbinghaus Silvia	*Leichlingen	GER	0:59:10	0:59:54	131	WHK	84	14:14	13:58	14:36	14:57	
202	1758	Eichmann Christine	Cologne Internationals	GER	0:59:16	0:59:32	11	W40	73	14:05	13:44	14:44	15:17	
203	1257	Durá Aranda Maria	Cologne Internationals	ESP	0:59:18	1:00:01	132	WHK	90	13:05	14:03	15:01	15:51	
204	903	Tanski Ursula	BSG RheinEnergie	GER	0:59:23	1:00:00	5	W50	63	14:18	14:27	14:40	14:38	
205	1286	Ghennam Erika	*Huerth	GER	0:59:28	0:59:28	133	WHK	93	14:37	14:12	14:46	14:46	
206	1160	Anderer Birgit	Wilde Wutz	GER	0:59:30	0:59:42	3	W55	57	13:34	14:31	15:03	15:02	
207	1435	Otto Sandra	*Köln	GER	0:59:33	1:00:26	12	W40	73	14:22	14:16	14:42	14:52	
208	15	Kumazawa Naoki	Cologne Internationals	GER	0:59:34	1:00:03	134	WHK	84	14:44	14:17	14:36	14:37	
209	1200	Abmeier Nina	*Berlin	GER	0:59:34	1:00:16	135	WHK	88	15:25	14:22	14:18	14:15	
210	1468	Rueck Neele	*Wülfrath	GER	0:59:35	1:00:33	136	WHK	92	15:24	14:42	14:26	14:01	
211	1522	Sturm Bettina	*Köln	GER	0:59:36	0:59:37	13	W40	69	13:32	14:55	14:41	15:12	
212	1087	Stirnat Kathrin	Running Elements	GER	0:59:45	1:01:01	137	WHK	85	14:49	14:36	14:51	14:15	
213	2342	Lieblang Anni		GER	0:59:53	1:00:31	138	WHK	88	13:15	14:31	15:24	15:27	
214	927	Klein Dr. Kristina	Cologne Internationals	GER	0:59:54	1:00:12	25	W30	81	13:57	14:11	14:55	15:35	
215	1650	Volmer Julia	Bonn Internationals / Healthy	GER	0:59:55	1:00:21	139	WHK	88	14:49	14:49	15:03	14:03	
216	1315	Hein Sarah	*Köln	GER	1:00:00	1:00:45	140	WHK	84	15:00	14:38	14:41	14:28	
217	1944	Reinert Noémie	FC Jeunesse Junglinster	LUX	1:00:05	1:00:58	141	WHK	93	14:53	14:36	14:50	14:29	
218	1052	Köhnen Dr. Anne	LKW-Schorse	GER	1:00:11	1:00:46	26	W30	80	14:51	14:58	14:57	14:25	
219	1050	Cordes Sandra	LKW-Schorse	GER	1:00:12	1:00:47	142	WHK	86	14:51	14:58	14:57	14:24	
220	1459	Riehle Katharina	*Köln	GER	1:00:14	1:01:03	27	W30	83	14:33	14:38	14:57	14:47	
221	2168	Nitsche Dr. Sara	Running Elements	GER	1:00:17	1:01:33	28	W30	83	14:49	14:36	14:52	14:47	
222	1979	Panteleit Julia	Hemmer	GER	1:00:20	1:01:10	143	WHK	90	14:52	14:37	14:50	14:50	
223	1909	Hoolt Sarah	Die Flitzpiepen	GER	1:00:25	1:00:40	144	WHK	88	13:07	15:01	15:37	15:19	
224	916	Pollmann Anke	cleverbridge AG roadrunners	GER	1:00:29	1:00:47	145	WHK	84	13:57	14:17	15:13	15:35	
225	902	Sezan Hüriye	BSG RheinEnergie	GER	1:00:35	1:01:11	14	W40	73	14:20	14:27	15:05	15:28	
226	926	Froitzheim Aurelia	Cologne Internationals	GER	1:00:43	1:01:37	146	WHK	84	14:36	14:44	14:53	15:08	
227	717	Eichmann Kim	*Köln	GER	1:00:44	1:01:04	147	WHK	86	14:18	14:29	15:25	15:14	
228	764	Kölzer Naomi	*Düsseldorf	GER	1:00:44	1:02:04	148	WHK	89	15:04	14:45	15:10	14:30	
229	813	Schlobinski Fenja	*Köln	GER	1:00:44	1:01:04	149	WHK	86	14:19	14:29	15:25	15:14	
230	1327	Hilla Dorothea	*Köln	GER	1:00:47	1:01:28	150	WHK	93	14:39	15:02	15:29	14:32	
231	702	Bäuerlen Jana	*Köln	GER	1:00:53	1:01:51	29	W30	79	15:24	15:13	14:40	14:21	
232	721	Feldhaus Doris	*Köln	GER	1:00:55	1:01:19	1	W65	48	14:44	14:42	15:05	15:01	
233	741	Haas Doro	*Köln	GER	1:00:56	1:01:33	14	W45	67	14:22	14:54	15:05	15:10	
234	1596	Schulze Sandra	AOK	GER	1:01:01	1:01:35	30	W30	83	14:42	14:51	15:13	15:07	
235	1364	Kopmann Katharina	*Köln	GER	1:01:14	1:01:25	151	WHK	89	14:28	14:40	15:07	15:44	
236	749	Hartmann Sarah	*Köln	GER	1:01:15	1:01:25	10	W35	77	13:26	14:58	15:51	15:44	
237	908	Apostel Anna	CFP Brands	GER	1:01:15	1:02:04	152	WHK	85	14:58	14:36	15:07	15:10	
238	1166	Malcus Katja	Wupptich op dä Gass	GER	1:01:18	1:01:41	11	W35	77	14:21	14:34	15:21	15:40	
239	2126	Harnying Dr. Wacharee	OC Kälifornia	THA	1:01:19	1:02:32	12	W35	75	14:45	14:56	15:09	15:13	
240	1482	Schmied Karoline	*Köln	GER	1:01:26	1:02:29	153	WHK	89	15:29	15:13	14:53	14:35	

10km - Gesamtwertung

Unilaf Köln - 12. Juni 2013

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2297	Ostersetzer Prof. Dr. Lara	wer bremst verliert!	GER	1:01:26	1:01:29	31	W30	79	14:17	15:12	15:25	15:08	
242	1247	Diedel Nina	*Köln	GER	1:01:27	1:02:07	154	WHK	90	14:39	15:02	15:29	15:06	
243	1110	Scherwaß Dr. Anja	Team Bootshaus Biologie	GER	1:01:28	1:02:16	15	W45	66	14:58	14:48	15:23	14:58	
244	2167	Ulrich Katharina	Rollmöpse	GER	1:01:29	1:02:19	155	WHK	93	14:19	15:02	15:36	15:11	
245	2355	Stubbe Carolin	Cologne Internationals	GER	1:01:39	1:02:46	156	WHK	90	15:28	14:42	15:05	15:19	
246	1227	Bock von Wülfingen Amelie	*Köln	GER	1:01:45	1:02:17	157	WHK	92	14:22	14:46	15:15	16:03	
247	759	Kanuma-Kölzer Kazuko	*Düsseldorf	JPN	1:01:48	1:03:08	4	W55	55	15:03	14:45	15:10	15:32	
248	1925	Thomas Lilian	Egeschehedre	GER	1:01:52	1:02:58	2	WJB	96	15:48	15:14	14:58	14:36	
249	1579	Zalewska Natalia	*Köln	GER	1:01:55	1:02:16	158	WHK	91	14:47	15:10	15:30	15:17	
250	2025	Schöps Astrid	Köln läuft! Team	GER	1:01:57	1:02:54	13	W35	74	15:36	14:59	15:06	15:05	
251	1265	Ernst Lea	*Köln	GER	1:02:01	1:02:48	159	WHK	87	13:45	15:16	16:20	15:17	
252	1570	Winkel Hannah	*Köln	GER	1:02:03	1:02:54	160	WHK	90	15:21	15:08	15:25	14:56	
253	1036	Meyer Melanie	Laufhühner	GER	1:02:11	1:02:16	14	W35	76	14:11	15:10	15:35	15:56	
254	2312	Pilz Regina	Wolle	GER	1:02:19	1:03:35	161	WHK	90	14:25	14:16	16:22	15:57	
255	2315	Vauth Clara	Wolle	GER	1:02:22	1:03:36	162	WHK	89	14:16	14:51	15:48	16:05	
256	1511	Stegert Paula	*Bonn	GER	1:02:24	1:03:40	163	WHK	88	15:23	15:01	15:15	15:25	
257	1461	Rimmer Olga	*Soest	GER	1:02:26	1:02:47	164	WHK	90	15:13	15:19	15:12	15:17	
258	750	Heißenberg Daniela	*Köln	GER	1:02:26	1:03:11	15	W40	72	15:36	15:08	15:20	15:05	
259	1259	Egbringhoff Andrea	*Bonn	GER	1:02:28	1:02:55	165	WHK	88	14:18	15:18	15:42	15:56	
260	1752	Burkevica Zane	Cologne Internationals	LAT	1:02:32	1:03:04	166	WHK	87	14:22	14:26	15:44	16:31	
261	1291	Golik Alexandra	*Wuppertal	GER	1:02:44	1:03:05	167	WHK	84	15:00	15:06	15:35	15:39	
262	1330	Hommerding Isabel	*Köln	GER	1:02:48	1:03:43	168	WHK	88	14:52	15:19	16:06	15:15	
263	889	Schmitz Nele Marie	Boseniuk Racing Team	GER	1:02:48	1:03:51	169	WHK	85	15:01	14:37	16:03	15:51	
264	1539	Vogel Uschi	*Köln	GER	1:02:49	1:03:17	6	W50	63	14:24	15:06	15:37	16:16	
265	1886	Wollenweber Heike	Colognerunners	GER	1:02:52	1:04:13	16	W40	69	14:49	14:47	15:29	16:18	
266	1885	Still Claudia	Colognerunners	GER	1:02:52	1:04:14	16	W45	66	14:50	14:47	15:29	16:18	
266	2105	Gutschmidt Aljona	Matter Moves	GER	1:02:52	1:03:06	170	WHK	86	14:07	15:38	15:48	15:53	
268	2197	Nalesinski Marja	Sportfreunde Melaten	GER	1:02:52	1:03:52	171	WHK	86	14:41	14:40	15:44	16:26	
269	1118	Knipprath Christine	Thorr-Runner	GER	1:02:54	1:03:10	7	W50	61	14:26	15:05	15:52	16:06	
270	1504	Severiens Julia	*Köln	GER	1:02:57	1:03:38	172	WHK	85	14:46	15:36	15:35	15:42	
271	941	Schöckel Claudia	D5_130612_laeuft.exe	GER	1:02:57	1:03:31	17	W40	70	15:23	15:17	15:27	15:25	
272	707	Blau Elke	*Bornheim	GER	1:02:58	1:03:04	17	W45	65	15:04	15:22	15:44	15:27	
273	798	Propheter Ute	*Köln	GER	1:03:07	1:04:27	18	W45	64	15:38	15:28	15:22	15:18	
274	1347	Kerim Juliet	*Haan	GER	1:03:12	1:04:10	173	WHK	91	15:48	15:57	15:04	14:56	
275	1353	Klein Lena	*Köln	GER	1:03:17	1:04:39	174	WHK	89	16:24	15:26	14:47	15:29	
276	1458	Rembold Martina	*Köln	GER	1:03:22	1:04:04	15	W35	74	15:09	14:59	16:01	15:51	
277	2076	Hopp Carina	la blonde et la brunette	GER	1:03:32	1:04:46	175	WHK	90	15:59	16:03	15:57	14:27	
278	2077	Reisner Anastasia	la blonde et la brunette	GER	1:03:33	1:04:46	176	WHK	84	15:59	16:02	15:57	14:27	
278	1519	Strahl Sarah	*Bonn	GER	1:03:33	1:04:35	176	WHK	92	15:28	15:12	15:16	16:09	
280	1205	Altenbokum Katharina	*Düsseldorf	GER	1:03:41	1:04:36	178	WHK	84	14:52	14:49	16:16	16:26	
281	2201	Lazowska Agata Aleksandra	Team AM	POL	1:03:44	1:05:04	179	WHK	86	15:08	14:53	16:08	16:06	
282	1211	Bauersachs Hannah	*Köln	GER	1:03:52	1:04:37	180	WHK	86	15:42	15:53	15:38	15:30	
283	1621	Chen Yu Min	Bonn Internationals / Healthy	GER	1:03:57	1:04:22	181	WHK	92	13:29	16:09	16:09	00:00	
284	1480	Schmidt Arnika	*Köln	GER	1:04:09	1:04:55	32	W30	81	15:07	15:28	15:52	16:13	
285	801	Reif Hanna	*Köln	GER	1:04:10	1:04:56	182	WHK	86	16:03	15:49	15:30	15:25	
286	1733	Adolfson Veera	Cologne Internationals	FIN	1:04:14	1:04:44	183	WHK	90	15:31	15:46	16:22	15:15	
287	1789	Jang Mariana	Cologne Internationals	GER	1:04:14	1:05:23	184	WHK	85	15:50	15:50	15:43	15:39	
288	1326	Heuser Denise	*Köln	GER	1:04:26	1:04:31	185	WHK	85	14:42	16:10	15:54	16:11	
289	735	Gehrlein Claudia	*Köln	GER	1:04:28	1:05:25	19	W45	68	15:38	15:41	15:49	15:54	
290	1667	Frangenberg Anneke	CIO-Team	GER	1:04:31	1:05:10	186	WHK	86	15:06	16:12	15:57	15:51	
291	1623	Dercks Elena	Bonn Internationals / Healthy	GER	1:04:39	1:05:26	187	WHK	89	16:14	15:53	16:00	15:17	
292	2079	Monix Mechthild	Laktatkönige	GER	1:04:39	1:04:52	20	W45	67	15:05	15:47	16:18	16:05	
293	1002	Hardenberg-Kühnel Walli	Kölner Bank	GER	1:04:45	1:05:19	2	W60	53	15:03	15:49	16:12	16:13	
294	1544	Wagner Petra	*Köln	GER	1:04:52	1:05:12	188	WHK	89	14:39	15:52	16:33	16:29	
295	1525	Thelen Alex	*Köln	GER	1:05:01	1:06:02	189	WHK	86	15:57	15:29	16:21	15:51	
296	872	Wernsing Laura	Auszeit	GER	1:05:04	1:06:05	190	WHK	88	15:35	15:47	16:18	15:58	
297	1517	Stöber Kathrin	*Köln	GER	1:05:06	1:05:32	33	W30	80	14:33	15:33	16:28	17:00	
298	2040	Außem Nadine	Kölner Bank	GER	1:05:09	1:05:34	191	WHK	91	14:22	15:23	16:27	17:34	
299	1362	König Amrei	*Bonn	GER	1:05:13	1:05:48	192	WHK	89	15:55	15:15	16:02	16:43	
300	1496	Schulze-Hagen Leonie	*Bonn	GER	1:05:13	1:05:48	193	WHK	90	15:55	15:15	16:02	16:44	

10km - Gesamtwertung

Unilaf Köln - 12. Juni 2013

Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	1869	Velleuer Leona	Cologne Internationals	GER	1:05:14	1:05:50	194	WHK	87	14:36	15:51	17:03	16:26	
302	1873	Wochner Julia	Cologne Internationals	GER	1:05:15	1:05:50	195	WHK	87	14:36	15:51	17:03	16:26	
303	1278	Gärtner Carina	*Höchberg	GER	1:05:16	1:05:30	196	WHK	89	15:11	15:51	16:20	16:26	
304	1678	Fleischer Stephanie	cleverbridge AG roadrunners	GER	1:05:25	1:05:48	197	WHK	84	14:24	15:35	16:41	17:08	
305	745	Hanst Karin	*Köln	GER	1:05:33	1:06:45	21	W45	68	15:43	15:52	16:23	16:03	
306	1251	Donat Saskia	*koeln	GER	1:05:33	1:05:50	198	WHK	91	15:06	15:55	16:25	16:39	
307	811	Scherbarth Nicole	*Köln	GER	1:05:34	1:06:45	18	W40	69	15:43	15:52	16:24	16:02	
308	785	Michelis Anna	*Köln	GER	1:05:47	1:06:50	199	WHK	86	16:14	15:49	16:08	16:10	
309	1409	Michelis Marina	*Lohmar	GER	1:05:48	1:06:51	200	WHK	88	16:14	15:48	16:08	16:10	
310	1582	Zentay Andrea	*Köln	GER	1:05:51	1:06:12	8	W50	63	14:17	15:43	16:38	17:40	
311	1406	Meyer Hannah	*Koeln	GER	1:05:52	1:06:55	201	WHK	93	15:33	15:18	16:33	17:09	
312	1712	Gogl Leonie	Collegium Musicum	GER	1:06:10	1:06:26	202	WHK	93	15:11	16:40	16:34	16:28	
313	1642	Quantmeyer de Polack	Bonn Internationals / Healthy	GER	1:06:36	1:07:31	19	W40	71	15:40	16:25	16:19	16:52	
314	2064	Oguz Svenja	Kölner Bank	GER	1:06:37	1:07:21	203	WHK	84	14:39	32:38	17:46	00:00	
315	822	Sitran Nadine	*Köln	GER	1:06:38	1:07:09	34	W30	80	14:43	16:15	17:13	17:04	
316	841	Weiduschat Vera	*Köln	GER	1:06:43	1:07:05	16	W35	76	15:35	16:23	16:27	16:50	
317	1367	Kratschmer Ann-Kathrin	*Köln	GER	1:06:49	1:07:39	204	WHK	88	16:08	16:30	18:00	15:01	
318	1974	Wilbrand-Hennes Astrid	HardCore	GER	1:07:00	1:07:53	9	W50	63	16:35	16:39	16:36	15:59	
319	1349	Khelil Teona	*Köln	GEO	1:07:01	1:07:31	35	W30	82	15:35	16:34	17:13	16:09	
320	2049	Elissen-Gößling Natascha	Kölner Bank	GER	1:07:18	1:07:31	20	W40	71	14:37	16:00	17:11	17:46	
321	1427	Nußbaum Anna-Lena	*Köln	GER	1:07:28	1:08:32	205	WHK	89	15:28	16:06	17:57	16:34	
322	1972	Hensen Ira	HardCore	GER	1:07:30	1:08:20	206	WHK	85	16:37	16:39	16:36	15:59	
323	2200	Schmitz-Verhajak Sylvia	TEAM RAFA	AUT	1:07:30	1:07:40	3	W60	51	16:20	16:33	16:36	16:32	
324	789	Nägler Jana	*Bonn	GER	1:07:45	1:08:49	207	WHK	88	16:31	16:35	16:41	16:39	
325	779	Martinjak Julia	*Frechen	GER	1:07:48	1:09:02	36	W30	81	15:30	16:39	18:02	16:08	
326	1229	Böll Samay	*Köln	GER	1:07:58	1:08:13	17	W35	76	16:18	16:32	16:55	16:38	
327	1660	Kania Eva	CFP Brands	GER	1:08:00	1:08:48	37	W30	83	15:07	16:39	17:03	17:34	
328	864	Hänel-Hensel Monika	ASV	GER	1:08:03	1:08:41	10	W50	62	15:57	15:54	17:12	17:29	
329	2496	Kirschner Claudia		GER	1:08:13	1:08:37	11	W50	63	16:09	16:32	17:01	17:04	
330	1499	Schwamb Janine	*Köln	GER	1:08:26	1:08:41	38	W30	81	16:20	16:40	16:56	17:02	
331	1505	Shumareye Suad	*Elsdorf	GER	1:08:33	1:09:23	39	W30	82	16:24	16:34	17:05	17:12	
332	1803	Lepik Kristel	Cologne Internationals	EST	1:08:42	1:08:43	208	WHK	85	15:07	16:28	18:01	17:40	
333	1389	Löbber Kristina	*Köln	GER	1:08:47	1:08:50	40	W30	83	15:28	16:45	17:24	17:36	
334	1038	Rohrmoser Eva-Maria	Laufmariechen Köln	GER	1:08:48	1:09:35	5	W55	54	16:13	17:05	17:30	16:28	
335	1306	Hagin Helga	*Köln	GER	1:08:58	1:10:14	2	W65	48	16:40	16:55	16:46	17:02	
336	1686	Stang Tabitha	cleverbridge AG roadrunners	GER	1:09:23	1:09:46	41	W30	79	16:38	16:53	17:15	17:03	
337	1369	Krause Catarina	*Köln	GER	1:10:01	1:11:22	209	WHK	87	16:24	16:46	17:17	18:01	
338	1383	Lied Alina	*Köln	GER	1:10:05	1:10:20	210	WHK	92	15:57	17:56	17:32	17:10	
339	2115	Koker Mirjam	Mily	GER	1:10:07	1:10:59	42	W30	82	16:38	16:01	18:01	17:42	
340	2114	Fernandez Cuesta Lynnette	Mily	GER	1:10:07	1:11:00	43	W30	81	16:38	16:07	17:55	17:42	
341	2233	Bähr Esther	UK Poliklinik	GER	1:10:12	1:10:45	44	W30	79	15:34	16:41	17:41	18:33	
342	1577	Wunderlich Lena	*Lübbecke	GER	1:10:22	1:11:04	211	WHK	87	16:07	17:32	17:53	17:20	
343	1565	Wies Johanna	*Köln	GER	1:10:24	1:11:14	212	WHK	88	16:09	16:30	18:10	18:11	
344	1630	Johnson Rachel	Bonn Internationals / Healthy	USA	1:10:30	1:11:31	213	WHK	92	15:57	16:10	17:57	18:57	
345	1042	Maassen Helga	LAV Habelrath	GER	1:10:33	1:10:58	1	W75	38	16:38	17:29	17:18	17:34	
346	1656	Reinartz Barbara	BSG RheinEnergie	GER	1:10:35	1:11:12	12	W50	62	16:21	17:09	17:30	17:53	
347	2356	Yoo Sarah	Cologne Internationals	GER	1:11:08	1:11:36	214	WHK	84	16:09	16:19	18:11	18:48	
348	2006	Otte-Korts Milena	JuRace	GER	1:11:16	1:11:59	215	WHK	93	15:33	17:19	18:24	18:26	
349	1272	Freytag Jana	*Köln	GER	1:11:53	1:12:24	216	WHK	91	17:16	17:47	17:50	17:28	
350	1532	Todorova Vyara	*Köln	GER	1:11:54	1:12:24	217	WHK	85	17:17	17:47	17:50	17:28	
351	1255	Drexel Mariela	*Köln	GER	1:12:07	1:12:25	218	WHK	89	17:19	17:31	17:57	17:43	
352	1343	Junkersdorf Silke	*Zülpich	GER	1:13:05	1:13:56	18	W35	78	16:49	18:00	19:09	17:40	
353	1783	Gruß Lara	Cologne Internationals	GER	1:13:42	1:14:02	219	WHK	88	16:06	17:37	18:53	19:23	
354	1475	Scheibe Julia	*Koeln	GER	1:15:03	1:16:21	220	WHK	88	18:10	19:09	19:11	17:09	
355	2471	Rößer Margit	Köln läuft e.V.	GER	1:15:26	1:16:27	13	W50	59	16:55	18:01	18:47	19:49	
356	1524	Teodosiu Oana	*Köln	ROM	1:16:48	1:17:53	45	W30	81	17:39	19:00	19:47	18:39	
357	1549	Weber Julia	*Köln	GER	1:16:53	1:18:14	221	WHK	87	18:08	19:09	19:11	18:50	
358	1529	Eckardt Sarah	Team Bootshaus Biologie	GER	1:17:39	1:18:27	222	WHK	89	16:23	19:01	20:37	19:59	
359	1209	Barth Corinna	*Hürth	GER	1:18:07	1:19:22	223	WHK	91	17:02	18:49	20:09	20:30	
360	1289	Göttke Eva	*Köln	GER	1:54:24	1:54:24	224	WHK	92	11:29	01:48	12:58	13:25	

Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
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