

# Kölner Frühlingslauf am 23. März 2014 - 10km Toplauf

## Ergebnisliste Männer

Seite 1

gedruckt 25.03.2014 22:20:05

| Total. | Nr.  | Name Vorname           | Verein*/Ort              | Endzeit | AK       | AK-Platz | Bruttozeit | Rundenzeiten          | Geschwindigkeit |
|--------|------|------------------------|--------------------------|---------|----------|----------|------------|-----------------------|-----------------|
| 1      | 1710 | Keitzel Gunnar         | DLC Aachen               | 0:32:58 | 1981 M30 | 1        | 0:33:01    | 10:46 * 10:53 * 11:18 | 3:18 min/km     |
| 2      | 1652 | Fricke Marc            | Non-Stop-Ultra Brakel    | 0:33:01 | 1974 M40 | 1        | 0:33:03    | 10:47 * 10:53 * 11:20 | 3:18 min/km     |
| 3      | 189  | Heimel Andreas         | LC Olympia Wiesbaden     | 0:33:07 | 1972 M40 | 2        | 0:33:07    | 10:46 * 10:54 * 11:25 | 3:19 min/km     |
| 4      | 1720 | Ranftler David         | TV Refrath               | 0:33:33 | 1990 MHK | 1        | 0:33:36    | 11:01 * 11:07 * 11:24 | 3:21 min/km     |
| 5      | 689  | Jonen Dr. Christian    | *Köln                    | 0:34:04 | 1981 M30 | 2        | 0:34:06    | 11:02 * 11:12 * 11:50 | 3:24 min/km     |
| 6      | 174  | Bunte Marian           | *Köln                    | 0:34:33 | 1989 MHK | 2        | 0:34:35    | 11:01 * 11:18 * 12:12 | 3:27 min/km     |
| 7      | 607  | Gröppel Till           | Original Bootcamp        | 0:34:46 | 1982 M30 | 3        | 0:34:47    | 11:03 * 11:27 * 12:16 | 3:29 min/km     |
| 8      | 1708 | Schulte Thomas         | DLC Aachen               | 0:35:15 | 1985 MHK | 3        | 0:35:16    | 11:18 * 11:42 * 12:13 | 3:32 min/km     |
| 9      | 1709 | Cramer Michael         | DLC Aachen               | 0:35:17 | 1986 MHK | 4        | 0:35:18    | 11:23 * 11:48 * 12:04 | 3:32 min/km     |
| 10     | 1725 | Somssich Erik          |                          | 0:35:36 | 1985 MHK | 5        | 0:35:38    | 11:10 * 11:59 * 12:25 | 3:34 min/km     |
| 11     | 702  | Giesen Thomas          | Bunert Köln              | 0:36:05 | 1981 M30 | 4        | 0:36:07    | 11:28 * 12:02 * 12:34 | 3:37 min/km     |
| 12     | 0    | unbekannt DT78AWA      |                          | 0:36:06 | 0 MHK    | 6        | 0:36:07    | 11:30 * 11:59 * 12:36 | 3:37 min/km     |
| 13     | 713  | Luxen Richard          | VfL09Jünkerath           | 0:36:07 | 1959 M55 | 1        | 0:36:10    | 11:41 * 12:00 * 12:26 | 3:37 min/km     |
| 14     | 1711 | Wienecke Thorsten      | *Göttingen               | 0:36:19 | 1971 M40 | 3        | 0:36:21    | 11:54 * 12:05 * 12:20 | 3:38 min/km     |
| 15     | 1651 | Drüke Chris            | Non-Stop-Ultra Brakel    | 0:36:27 | 1987 MHK | 7        | 0:36:28    | 11:21 * 12:07 * 12:58 | 3:39 min/km     |
| 16     | 724  | Roggemann Jan          | Polizei Köln             | 0:36:28 | 1988 MHK | 8        | 0:36:36    | 11:56 * 12:05 * 12:26 | 3:39 min/km     |
| 17     | 698  | Püschel Kai            | ASV Köln Triathlon       | 0:37:11 | 1982 M30 | 5        | 0:37:15    | 12:21 * 12:07 * 12:41 | 3:43 min/km     |
| 18     | 406  | Mohr Benjamin          | Aachen hat Ausdauer      | 0:37:11 | 1988 MHK | 9        | 0:37:14    | 12:17 * 12:15 * 12:38 | 3:43 min/km     |
| 19     | 1705 | Naphausen Markus       | LT Decksteiner Weiher    | 0:37:12 | 1990 MHK | 10       | 0:37:17    | 11:47 * 12:16 * 13:08 | 3:43 min/km     |
| 20     | 0    | Herrera Felix          | KTT 01                   | 0:37:34 | 1989 MHK | 11       | 0:37:35    | 12:03 * 12:37 * 12:53 | 3:45 min/km     |
| 21     | 1728 | Müller Christian       | Hürth                    | 0:37:37 | 1992 MHK | 12       | 0:37:39    | 11:51 * 12:34 * 13:11 | 3:46 min/km     |
| 22     | 226  | Emig Thorsten          | *Paris                   | 0:37:39 | 1969 M45 | 1        | 0:37:43    | 12:00 * 12:24 * 13:14 | 3:46 min/km     |
| 23     | 422  | Poischen Thomas        | BSG RheinEnergie         | 0:37:57 | 1970 M40 | 4        | 0:38:01    | 12:22 * 12:30 * 13:04 | 3:48 min/km     |
| 24     | 1712 | Wilmes Heiko           | TV Refrath               | 0:37:58 | 1969 M45 | 2        | 0:38:01    | 12:03 * 12:37 * 13:17 | 3:48 min/km     |
| 25     | 1307 | Rost Dr. Steffen       | *Köln                    | 0:38:03 | 1976 M35 | 1        | 0:38:06    | 12:16 * 12:35 * 13:10 | 3:48 min/km     |
| 26     | 630  | Otto Achim             | Frontrunner Cologne      | 0:38:09 | 1964 M50 | 1        | 0:38:13    | 12:17 * 12:35 * 13:16 | 3:49 min/km     |
| 27     | 553  | Schneider Thomas       | LG RWE Power             | 0:39:08 | 1969 M45 | 3        | 0:39:12    | 12:37 * 13:05 * 13:25 | 3:55 min/km     |
| 28     | 1164 | Seiwert Paul           | Aachen hat Ausdauer      | 0:39:12 | 1989 MHK | 13       | 0:39:18    | 12:32 * 12:51 * 13:48 | 3:55 min/km     |
| 28     | 745  | Grewe Björn            | *Köln                    | 0:39:12 | 1982 M30 | 6        | 0:39:24    | 13:05 * 12:53 * 13:13 | 3:55 min/km     |
| 30     | 1237 | Thoenissen Boris       | *Discovery Bay, Hong     | 0:39:13 | 1975 M35 | 2        | 0:39:21    | 12:56 * 12:59 * 13:16 | 3:55 min/km     |
| 31     | 1732 | Schneider Guido        | ASV St. Augustin         | 0:39:13 | 1969 M45 | 4        | 0:39:28    | 13:17 * 12:52 * 13:03 | 3:55 min/km     |
| 32     | 0    | unbekannt DZ525BW      |                          | 0:39:16 | 0 MHK    | 14       | 0:39:18    | 12:24 * 13:17 * 13:34 | 3:56 min/km     |
| 33     | 382  | Hunold Maximilian      | *Köln                    | 0:39:21 | 1989 MHK | 15       | 0:39:23    | 13:01 * 13:01 * 13:17 | 3:56 min/km     |
| 34     | 730  | Sarantopoulos Philip   | MTV Köln                 | 0:39:22 | 1988 MHK | 16       | 0:39:24    | 12:32 * 13:10 * 13:39 | 3:56 min/km     |
| 35     | 670  | Leierendecker Matthias | Aachen hat Ausdauer      | 0:39:28 | 1986 MHK | 17       | 0:39:34    | 12:39 * 13:10 * 13:38 | 3:57 min/km     |
| 36     | 314  | Van Geöns Patrick      | *Köln                    | 0:39:33 | 1984 M30 | 7        | 0:39:38    | 12:49 * 13:11 * 13:32 | 3:57 min/km     |
| 37     | 210  | Verch Marco            | Trusted Runners          | 0:39:36 | 1981 M30 | 8        | 0:39:39    | 12:46 * 13:06 * 13:43 | 3:58 min/km     |
| 38     | 177  | Franke Martin          | Die Route wird berechnet | 0:39:51 | 1967 M45 | 5        | 0:39:55    | 12:48 * 13:18 * 13:44 | 3:59 min/km     |
| 39     | 659  | Dudley Richard         | LG Donatus               | 0:40:02 | 1961 M50 | 2        | 0:40:05    | 13:11 * 13:08 * 13:43 | 4:00 min/km     |
| 40     | 1698 | Koslow Wadim           |                          | 0:40:06 | 1991 MHK | 18       | 0:40:17    | 13:06 * 13:09 * 13:50 | 4:01 min/km     |
| 41     | 405  | Schwane Adrien         | Aachen hat Ausdauer      | 0:40:11 | 1987 MHK | 19       | 0:40:15    | 12:41 * 13:49 * 13:39 | 4:01 min/km     |
| 42     | 656  | Siebert Steve          | *Köln                    | 0:40:19 | 1988 MHK | 20       | 0:40:24    | 12:57 * 13:20 * 14:01 | 4:02 min/km     |
| 43     | 124  | Hoffmann Carsten       | TSG Valbert              | 0:40:25 | 1975 M35 | 3        | 0:40:30    | 13:04 * 13:27 * 13:53 | 4:03 min/km     |
| 44     | 662  | Owen Andrew            | Team Ice Cream Glove     | 0:40:26 | 1973 M40 | 5        | 0:40:34    | 13:05 * 13:17 * 14:03 | 4:03 min/km     |
| 45     | 757  | Dollo Benjamin         | Happy Tri Friends        | 0:40:31 | 1980 M30 | 9        | 0:40:44    | 13:25 * 13:22 * 13:43 | 4:03 min/km     |
| 46     | 729  | Hautmann Dr. Marco     | *Leverkusen              | 0:40:32 | 1973 M40 | 6        | 0:40:37    | 13:04 * 13:19 * 14:08 | 4:03 min/km     |
| 47     | 1727 | Buttighoffer Mathieu   | ASV Köln Triathlon       | 0:40:39 | 1971 M40 | 7        | 0:40:44    | 13:08 * 13:19 * 14:11 | 4:04 min/km     |
| 48     | 1733 | Freyaldenhoven Jan     | *Köln                    | 0:40:41 | 1983 M30 | 10       | 0:40:51    | 12:44 * 13:35 * 14:21 | 4:04 min/km     |
| 49     | 558  | Winkler Ingolf         | TG Neuss                 | 0:40:41 | 1972 M40 | 8        | 0:40:47    | 13:30 * 13:40 * 13:30 | 4:04 min/km     |
| 50     | 447  | Heinzelmann Till       | *Köln                    | 0:40:52 | 1972 M40 | 9        | 0:40:55    | 13:00 * 13:36 * 14:15 | 4:05 min/km     |
| 51     | 714  | Edlich Jörn            | ASV Köln Triathlon       | 0:41:00 | 1980 M30 | 11       | 0:41:05    | 13:21 * 13:37 * 14:02 | 4:06 min/km     |
| 52     | 663  | Richter Dirk           | 1.FC Köln                | 0:41:01 | 1973 M40 | 10       | 0:41:03    | 13:00 * 13:33 * 14:27 | 4:06 min/km     |
| 53     | 1721 | Stockmann Maik         |                          | 0:41:04 | 1975 M35 | 4        | 0:41:11    | 13:17 * 13:31 * 14:15 | 4:06 min/km     |

# Kölner Frühlingslauf am 23. März 2014 - 10km Toplauf

## Ergebnisliste Männer

Seite 2

gedruckt 25.03.2014 22:20:05

|     |      |                      |                           |         |          |    |         |         |         |       |             |
|-----|------|----------------------|---------------------------|---------|----------|----|---------|---------|---------|-------|-------------|
| 54  | 1722 | Schöneweis Christian |                           | 0:41:08 | 1974 M40 | 11 | 0:41:14 | 13:18 * | 13:31 * | 14:18 | 4:07 min/km |
| 55  | 679  | Reinhardt Ingo       | *Köln                     | 0:41:11 | 1977 M35 | 5  | 0:41:13 | 13:18 * | 13:49 * | 14:03 | 4:07 min/km |
| 56  | 267  | Kretschmer Holger    | *Köln                     | 0:41:16 | 1975 M35 | 6  | 0:41:22 | 13:19 * | 13:35 * | 14:21 | 4:08 min/km |
| 57  | 619  | Heil Dietmar         | *Bergheim                 | 0:41:20 | 1968 M45 | 6  | 0:41:40 | 13:39 * | 13:26 * | 14:13 | 4:08 min/km |
| 58  | 665  | Neimeke Ralf         | Superpunk                 | 0:41:23 | 1970 M40 | 12 | 0:41:31 | 13:11 * | 13:46 * | 14:25 | 4:08 min/km |
| 59  | 473  | Ahaus Marcel         | *Düsseldorf               | 0:41:23 | 1980 M30 | 12 | 0:41:32 | 13:31 * | 13:29 * | 14:23 | 4:08 min/km |
| 60  | 883  | Thamm Sebastian      | Team Vama Veche           | 0:41:27 | 1986 MHK | 21 | 0:41:33 | 13:16 * | 13:36 * | 14:34 | 4:09 min/km |
| 61  | 1699 | Mildner Constantin   | LG Hungerast              | 0:41:27 | 1990 MHK | 22 | 0:41:30 | 13:16 * | 13:44 * | 14:26 | 4:09 min/km |
| 62  | 1684 | Berghoff Sven        |                           | 0:41:28 | 1973 M40 | 13 | 0:41:44 | 13:24 * | 13:51 * | 14:13 | 4:09 min/km |
| 63  | 1724 | Weiß Gerrit          |                           | 0:41:29 | 1976 M35 | 7  | 0:41:38 | 13:06 * | 13:48 * | 14:33 | 4:09 min/km |
| 64  | 500  | Reinisch Frank       | LLG St. Augustin          | 0:41:35 | 1958 M55 | 2  | 0:41:42 | 13:18 * | 13:45 * | 14:30 | 4:10 min/km |
| 65  | 1633 | Hellmann Detlef      | *Köln                     | 0:41:39 | 1962 M50 | 3  | 0:41:41 | 13:09 * | 13:46 * | 14:42 | 4:10 min/km |
| 66  | 429  | Blatzheim Marko      | Aachen hat Ausdauer       | 0:41:49 | 1989 MHK | 23 | 0:41:52 | 12:53 * | 13:57 * | 14:58 | 4:11 min/km |
| 67  | 1166 | Breiter Jannik       | Aachen hat Ausdauer       | 0:41:50 | 1990 MHK | 24 | 0:41:57 | 13:36 * | 13:49 * | 14:24 | 4:11 min/km |
| 68  | 1704 | Engel Marian-Heinz   | Mach 3                    | 0:41:59 | 1988 MHK | 25 | 0:42:04 | 13:35 * | 14:00 * | 14:23 | 4:12 min/km |
| 69  | 644  | Hartberger Maro      | SG TÜV Rheinland          | 0:42:00 | 1978 M35 | 8  | 0:42:11 | 13:34 * | 13:46 * | 14:39 | 4:12 min/km |
| 70  | 205  | Sancho Daniel        | ---                       | 0:42:02 | 1976 M35 | 9  | 0:42:07 | 12:59 * | 14:09 * | 14:53 | 4:12 min/km |
| 71  | 262  | Wollgarten Daniel    | TuS 05 Daun Triathlon     | 0:42:18 | 1980 M30 | 13 | 0:42:27 | 13:43 * | 13:50 * | 14:44 | 4:14 min/km |
| 72  | 1718 | Kruse Kristian       |                           | 0:42:22 | 1987 MHK | 26 | 0:42:32 | 13:30 * | 14:01 * | 14:50 | 4:14 min/km |
| 73  | 257  | Pier Gregor          | Lauftreff BVA             | 0:42:23 | 1968 M45 | 7  | 0:42:27 | 13:35 * | 13:57 * | 14:50 | 4:14 min/km |
| 74  | 1205 | Schmitz Christoph    | *Aachen                   | 0:42:29 | 1976 M35 | 10 | 0:42:40 | 13:54 * | 13:58 * | 14:36 | 4:15 min/km |
| 75  | 229  | Baars Dr. Henning    | WI@Uni-Stuttgart.de       | 0:42:32 | 1971 M40 | 14 | 0:42:41 | 13:35 * | 14:08 * | 14:48 | 4:15 min/km |
| 76  | 734  | Höche Bodo           | *Bergisch Gladbach        | 0:42:33 | 1968 M45 | 8  | 0:42:42 | 13:17 * | 14:15 * | 15:00 | 4:15 min/km |
| 77  | 563  | Hattendorf Kai       | LT Decksteiner Weiher     | 0:42:33 | 1973 M40 | 15 | 0:42:38 | 13:52 * | 14:03 * | 14:38 | 4:15 min/km |
| 78  | 292  | Schülke Michael      | 1958                      | 0:42:46 | 1958 M55 | 3  | 0:42:52 | 13:37 * | 14:08 * | 15:00 | 4:17 min/km |
| 79  | 794  | Flashhoff Jan        | BHC TriTeam               | 0:42:49 | 1981 M30 | 14 | 0:42:57 | 13:50 * | 14:08 * | 14:51 | 4:17 min/km |
| 80  | 520  | Philippen Thomas     | Sebamed Running Team      | 0:42:50 | 1989 MHK | 27 | 0:42:57 | 13:39 * | 14:14 * | 14:57 | 4:17 min/km |
| 81  | 169  | Weschenbach Guido    | FC Deutsche Post          | 0:42:54 | 1967 M45 | 9  | 0:43:01 | 13:45 * | 14:14 * | 14:55 | 4:17 min/km |
| 82  | 1723 | Hohagen Tobias       | Team Ice Cream Glove      | 0:43:04 | 1984 M30 | 15 | 0:43:14 | 13:45 * | 14:04 * | 15:14 | 4:18 min/km |
| 83  | 717  | Thelen Alexander     | Polizei Köln              | 0:43:07 | 1986 MHK | 28 | 0:43:15 | 13:49 * | 14:31 * | 14:45 | 4:19 min/km |
| 84  | 1697 | Egen Marc            |                           | 0:43:09 | 1974 M40 | 16 | 0:43:18 | 13:58 * | 14:33 * | 14:37 | 4:19 min/km |
| 85  | 556  | Lehnigk Matthias     | TV SCREENWORKS            | 0:43:11 | 1963 M50 | 4  | 0:43:31 | 14:26 * | 14:18 * | 14:26 | 4:19 min/km |
| 86  | 741  | Sallen Niko          | Polizei Köln              | 0:43:15 | 1985 MHK | 29 | 0:43:23 | 13:33 * | 14:32 * | 15:09 | 4:20 min/km |
| 87  | 561  | Thuermer Burkhard    | TSV Bayer Leverkusen      | 0:43:21 | 1961 M50 | 5  | 0:43:27 | 13:49 * | 14:27 * | 15:04 | 4:20 min/km |
| 88  | 647  | Bekel Lars           | SG TÜV Rheinland          | 0:43:36 | 1974 M40 | 17 | 0:43:42 | 14:20 * | 14:25 * | 14:50 | 4:22 min/km |
| 89  | 731  | Fink Daniel          | Laufmonster               | 0:43:36 | 1979 M35 | 11 | 0:43:40 | 13:48 * | 14:30 * | 15:17 | 4:22 min/km |
| 90  | 240  | Renner Michael       | *München                  | 0:43:43 | 1963 M50 | 6  | 0:43:50 | 14:17 * | 14:26 * | 14:58 | 4:22 min/km |
| 91  | 758  | Flanagan Michael     | *Hürth                    | 0:43:44 | 1981 M30 | 16 | 0:44:01 | 14:18 * | 14:18 * | 15:08 | 4:22 min/km |
| 92  | 559  | Gmähle Max           | *Hürth                    | 0:43:46 | 1965 M45 | 10 | 0:43:49 | 13:56 * | 14:39 * | 15:11 | 4:23 min/km |
| 93  | 650  | Bäker Thomas         | *Köln                     | 0:43:53 | 1964 M50 | 7  | 0:43:55 | 13:48 * | 14:34 * | 15:30 | 4:23 min/km |
| 94  | 433  | Lambertz Sebastian   | Wohnung 37                | 0:43:56 | 1987 MHK | 30 | 0:44:07 | 14:21 * | 14:35 * | 14:58 | 4:24 min/km |
| 95  | 761  | Mausbach Gerd        | LT Decksteiner Weiher     | 0:43:56 | 1963 M50 | 8  | 0:44:04 | 14:07 * | 14:43 * | 15:06 | 4:24 min/km |
| 96  | 342  | Brustbauer Jürgen    | *Kön                      | 0:43:58 | 1978 M35 | 12 | 0:44:15 | 14:19 * | 14:34 * | 15:03 | 4:24 min/km |
| 97  | 459  | Eisermann Stephan    | Run of Colours            | 0:43:59 | 1966 M45 | 11 | 0:44:05 | 13:47 * | 14:35 * | 15:36 | 4:24 min/km |
| 98  | 85   | Fourrier Cedric      | *Hürth                    | 0:44:04 | 1975 M35 | 13 | 0:44:07 | 13:36 * | 14:17 * | 16:09 | 4:24 min/km |
| 99  | 1168 | Ihne René            | Aachen hat Ausdauer       | 0:44:04 | 1987 MHK | 31 | 0:44:11 | 14:18 * | 14:42 * | 15:03 | 4:24 min/km |
| 100 | 568  | Boenisch Winfried    | TG Neuss Triathlon        | 0:44:04 | 1959 M55 | 4  | 0:44:10 | 13:51 * | 14:48 * | 15:24 | 4:24 min/km |
| 101 | 1729 | Eisele Mathias       |                           | 0:44:05 | 1959 M55 | 5  | 0:44:21 | 14:08 * | 14:34 * | 15:23 | 4:25 min/km |
| 102 | 235  | Hünseler Holger      | Team Erdinger Alkoholfrei | 0:44:12 | 1971 M40 | 18 | 0:44:20 | 13:43 * | 14:44 * | 15:43 | 4:25 min/km |
| 103 | 1435 | Koch Steffen         | *Köln                     | 0:44:13 | 1984 M30 | 17 | 0:44:29 | 14:17 * | 14:36 * | 15:18 | 4:25 min/km |
| 104 | 624  | Takahashi Winni      | *Köln                     | 0:44:16 | 1972 M40 | 19 | 0:44:20 | 13:57 * | 14:48 * | 15:31 | 4:26 min/km |
| 105 | 199  | Scheidler Uwe        | ISI-RUNNER                | 0:44:24 | 1963 M50 | 9  | 0:44:29 | 14:10 * | 14:53 * | 15:20 | 4:26 min/km |
| 106 | 421  | Brandes Thomas       | Fronrunner Cologne        | 0:44:33 | 1960 M50 | 10 | 0:44:46 | 13:58 * | 14:44 * | 15:50 | 4:27 min/km |
| 107 | 322  | Laroche Peter        | *Köln                     | 0:44:36 | 1972 M40 | 20 | 0:44:46 | 14:26 * | 14:40 * | 15:29 | 4:28 min/km |
| 108 | 17   | Krones Helmut        | *Hürth-Berrenrath         | 0:44:39 | 1964 M50 | 11 | 0:44:57 | 15:19 * | 14:28 * | 14:52 | 4:28 min/km |
| 109 | 1730 | Pfennig Uwe          | *Kerpen                   | 0:44:43 | 1983 M30 | 18 | 0:44:45 | 14:01 * | 15:16 * | 15:26 | 4:28 min/km |

# Kölner Frühlingslauf am 23. März 2014 - 10km Toplauf

## Ergebnisliste Männer

Seite 3

gedruckt 25.03.2014 22:20:05

|     |      |                      |                           |         |      |      |    |         |         |         |       |             |
|-----|------|----------------------|---------------------------|---------|------|------|----|---------|---------|---------|-------|-------------|
| 110 | 482  | Sonntag Frank        | ERGO sports Köln          | 0:44:50 | 1991 | MHK  | 32 | 0:45:03 | 14:19 * | 14:55 * | 15:35 | 4:29 min/km |
| 111 | 699  | Kühn Axel            | Mach3 Köln                | 0:44:51 | 1967 | M45  | 12 | 0:45:06 | 14:10 * | 15:05 * | 15:35 | 4:29 min/km |
| 112 | 295  | Walter Michael       | Nacktschneckenjäger       | 0:44:52 | 1967 | M45  | 13 | 0:45:05 | 14:44 * | 14:55 * | 15:13 | 4:29 min/km |
| 113 | 0    | unbekannt KN94DWY    |                           | 0:45:00 | 0    | MHK  | 33 | 0:45:08 | 14:25 * | 14:49 * | 15:45 | 4:30 min/km |
| 114 | 0    | unbekannt DY7G86F    |                           | 0:45:01 | 0    | MHK  | 34 | 0:45:08 | 14:25 * | 14:49 * | 15:46 | 4:30 min/km |
| 115 | 1726 | Kotthaus Michael     | LLG Köln Nordpark         | 0:45:01 | 1973 | M40  | 21 | 0:45:16 | 14:39 * | 14:50 * | 15:32 | 4:30 min/km |
| 116 | 20   | Kühn Christoph       | *Köln                     | 0:45:02 | 1981 | M30  | 19 | 0:45:17 | 14:43 * | 14:47 * | 15:30 | 4:30 min/km |
| 117 | 110  | Kurschildgen Martin  | Theken Lauftreff          | 0:45:03 | 1983 | M30  | 20 | 0:45:14 | 14:18 * | 14:43 * | 16:01 | 4:30 min/km |
| 118 | 385  | Schwingeler Theodor  | *Bonn                     | 0:45:07 | 1969 | M45  | 14 | 0:45:16 | 14:25 * | 14:55 * | 15:46 | 4:31 min/km |
| 119 | 81   | Kümpel Matthias      | pixelrund                 | 0:45:09 | 1976 | M35  | 14 | 0:45:27 | 14:23 * | 14:55 * | 15:49 | 4:31 min/km |
| 120 | 344  | Breidbach Armin      | FC Deutsche Post          | 0:45:10 | 1961 | M50  | 12 | 0:45:17 | 14:20 * | 15:00 * | 15:49 | 4:31 min/km |
| 121 | 484  | Holst Stephan        | TV Dellbrück              | 0:45:21 | 1973 | M40  | 22 | 0:45:31 | 14:34 * | 14:50 * | 15:56 | 4:32 min/km |
| 122 | 1636 | Zienke Stefan        |                           | 0:45:24 | 1963 | M50  | 13 | 0:45:35 | 14:33 * | 15:04 * | 15:46 | 4:32 min/km |
| 123 | 280  | Gerhard Rolf         | Feuerwehr Köln            | 0:45:34 | 1979 | M35  | 15 | 0:45:50 | 14:40 * | 15:19 * | 15:35 | 4:33 min/km |
| 124 | 130  | Gedom Rainer         | Vincerola                 | 0:45:36 | 1956 | M55  | 6  | 0:45:44 | 14:18 * | 15:20 * | 15:57 | 4:34 min/km |
| 125 | 21   | Matschull Frank      | fuer meine Jungs          | 0:45:55 | 1967 | M45  | 15 | 0:45:57 | 14:22 * | 15:20 * | 16:12 | 4:36 min/km |
| 126 | 379  | Heger Dr. Steffen    | Fronrunner Cologne        | 0:45:56 | 1964 | M50  | 14 | 0:46:09 | 15:35 * | 14:55 * | 15:26 | 4:36 min/km |
| 127 | 1706 | Herrmann Uwe         | *Burscheid                | 0:46:03 | 1963 | M50  | 15 | 0:46:12 | 14:42 * | 15:26 * | 15:55 | 4:36 min/km |
| 128 | 915  | Schog Marcel         | Vincerola                 | 0:46:10 | 1995 | MU20 | 1  | 0:46:18 | 14:01 * | 15:34 * | 16:34 | 4:37 min/km |
| 129 | 1714 | Grau Holger          | VfB Lövenich              | 0:46:17 | 1969 | M45  | 16 | 0:46:32 | 14:51 * | 15:14 * | 16:11 | 4:38 min/km |
| 130 | 1329 | Roepert Carsten      | *Köln                     | 0:46:32 | 1972 | M40  | 23 | 0:46:52 | 15:19 * | 15:24 * | 15:48 | 4:39 min/km |
| 131 | 711  | Wilkens Robert       | FC Keldenich              | 0:46:34 | 1964 | M50  | 16 | 0:46:42 | 14:58 * | 15:29 * | 16:06 | 4:39 min/km |
| 132 | 732  | Brauer Ralf          | Levi + Enna               | 0:46:39 | 1981 | M30  | 21 | 0:46:46 | 14:37 * | 15:28 * | 16:32 | 4:40 min/km |
| 133 | 417  | Drecker Michael      | Fronrunner Cologne        | 0:46:39 | 1956 | M55  | 7  | 0:46:52 | 14:44 * | 15:38 * | 16:16 | 4:40 min/km |
| 134 | 581  | Solecki Martin       | *Kerpen                   | 0:46:40 | 1980 | M30  | 22 | 0:46:42 | 15:07 * | 15:25 * | 16:08 | 4:40 min/km |
| 135 | 143  | Wiesemann Mark       | Team Erdinger Alkoholfrei | 0:46:41 | 1980 | M30  | 23 | 0:46:52 | 14:57 * | 15:30 * | 16:13 | 4:40 min/km |
| 136 | 207  | Ripp Dieter          | VTC Köln                  | 0:46:43 | 1956 | M55  | 8  | 0:46:54 | 15:07 * | 15:32 * | 16:03 | 4:40 min/km |
| 137 | 893  | Gräuling Jens        | *Köln                     | 0:46:44 | 1984 | M30  | 24 | 0:46:57 | 14:49 * | 15:20 * | 16:34 | 4:40 min/km |
| 138 | 350  | Vogel Jörg           | *köln                     | 0:47:06 | 1969 | M45  | 17 | 0:47:16 | 14:43 * | 15:41 * | 16:40 | 4:43 min/km |
| 139 | 631  | Zenck-Dürselen       | Warm Up                   | 0:47:11 | 1993 | MHK  | 35 | 0:47:23 | 14:15 * | 14:31 * | 18:24 | 4:43 min/km |
| 140 | 149  | Djalmpour Syrus      | SC08 Elsdorf              | 0:47:11 | 1965 | M45  | 18 | 0:47:28 | 15:14 * | 15:53 * | 16:03 | 4:43 min/km |
| 141 | 742  | Bonmann Theo         | *Kerpen                   | 0:47:21 | 1970 | M40  | 24 | 0:47:34 | 15:23 * | 15:44 * | 16:14 | 4:44 min/km |
| 142 | 596  | Ermisch Heinz-Werner | Krombacher                | 0:47:25 | 1966 | M45  | 19 | 0:47:41 | 15:45 * | 15:47 * | 15:52 | 4:45 min/km |
| 143 | 432  | Leeser Jörg          | *Köln                     | 0:47:25 | 1967 | M45  | 20 | 0:47:35 | 14:58 * | 15:56 * | 16:30 | 4:45 min/km |
| 144 | 548  | Müller Björn         | TSV Bayer 04 Triathlon    | 0:47:33 | 1996 | MU20 | 2  | 0:47:36 | 13:56 * | 16:06 * | 17:30 | 4:45 min/km |
| 145 | 694  | Schneider Dr. Markus | MACH3 Köln e.V.           | 0:47:37 | 1978 | M35  | 16 | 0:47:52 | 15:07 * | 15:57 * | 16:31 | 4:46 min/km |
| 146 | 582  | Ewert Stefan         | KSK Köln                  | 0:47:47 | 1977 | M35  | 17 | 0:47:57 | 15:30 * | 16:03 * | 16:13 | 4:47 min/km |
| 147 | 264  | Koch Frank           | ISI-RUNNER                | 0:47:51 | 1966 | M45  | 21 | 0:47:56 | 15:03 * | 15:55 * | 16:53 | 4:47 min/km |
| 148 | 193  | Prieß Frank          | TSV Bayer Dormagen        | 0:47:51 | 1966 | M45  | 22 | 0:48:00 | 15:25 * | 15:56 * | 16:29 | 4:47 min/km |
| 149 | 43   | Katzwinkel Peter     | ASV                       | 0:47:58 | 1968 | M45  | 23 | 0:48:16 | 15:44 * | 15:55 * | 16:18 | 4:48 min/km |
| 150 | 1150 | Strube Thomas        | *Köln                     | 0:47:59 | 1976 | M35  | 18 | 0:48:03 | 14:50 * | 16:04 * | 17:03 | 4:48 min/km |
| 151 | 7    | Zotos Theodoros      | *Bornheim                 | 0:48:09 | 1977 | M35  | 19 | 0:48:30 | 15:18 * | 15:55 * | 16:55 | 4:49 min/km |
| 152 | 1713 | Biedermann Thomas    | TÜV Rheinland             | 0:48:16 | 1966 | M45  | 24 | 0:48:22 | 15:30 * | 16:15 * | 16:30 | 4:50 min/km |
| 153 | 188  | Heiske Dr. Andreas   | *Marburg                  | 0:48:17 | 1955 | M55  | 9  | 0:48:34 | 15:26 * | 16:03 * | 16:47 | 4:50 min/km |
| 154 | 1193 | Krauskopf Alexander  | *Köln                     | 0:48:17 | 1985 | MHK  | 36 | 0:48:36 | 15:52 * | 16:05 * | 16:19 | 4:50 min/km |
| 155 | 387  | Övermöhle Matthias   | congstar                  | 0:48:20 | 1964 | M50  | 17 | 0:48:24 | 14:51 * | 15:59 * | 17:29 | 4:50 min/km |
| 156 | 234  | Zimmer Andreas       | TV Witzhelden             | 0:48:20 | 1969 | M45  | 25 | 0:48:30 | 14:56 * | 16:20 * | 17:04 | 4:50 min/km |
| 157 | 112  | Klein Florian        | Theken Lauftreff          | 0:48:25 | 1984 | M30  | 25 | 0:48:37 | 15:58 * | 16:06 * | 16:20 | 4:51 min/km |
| 158 | 1469 | Keller Sebastian     | *Muggensturm              | 0:48:37 | 1992 | MHK  | 37 | 0:48:50 | 15:27 * | 16:17 * | 16:52 | 4:52 min/km |
| 159 | 788  | Klapp Thomas         | SSV Wildbergerhütte       | 0:48:50 | 1960 | M50  | 18 | 0:49:04 | 15:26 * | 15:55 * | 17:28 | 4:53 min/km |
| 160 | 1678 | Haub Karl Erivan     | ASV                       | 0:48:51 | 1962 | M50  | 19 | 0:49:00 | 16:01 * | 16:23 * | 16:26 | 4:53 min/km |
| 161 | 602  | Poos Jörg            | Solinger Lc               | 0:48:53 | 1962 | M50  | 20 | 0:49:09 | 15:09 * | 16:22 * | 17:21 | 4:53 min/km |
| 162 | 1137 | Reiner mann Frank    | Wohnung 37                | 0:48:57 | 1987 | MHK  | 38 | 0:49:12 | 15:55 * | 16:07 * | 16:53 | 4:54 min/km |
| 163 | 517  | Gardemann Jürgen     | TV Germania               | 0:48:59 | 1960 | M50  | 21 | 0:49:09 | 15:30 * | 16:17 * | 17:11 | 4:54 min/km |
| 164 | 1700 | Schoblach Constantin |                           | 0:49:00 | 1980 | M30  | 26 | 0:49:15 | 16:14 * | 16:29 * | 16:16 | 4:54 min/km |
| 165 | 1716 | Donnowsky Timon      |                           | 0:49:14 | 1991 | MHK  | 39 | 0:49:28 | 15:46 * | 16:04 * | 17:22 | 4:55 min/km |

# Kölner Frühlingslauf am 23. März 2014 - 10km Toplauf

## Ergebnisliste Männer

Seite 4

gedruckt 25.03.2014 22:20:05

|     |      |                       |                           |         |      |     |    |         |         |         |       |             |
|-----|------|-----------------------|---------------------------|---------|------|-----|----|---------|---------|---------|-------|-------------|
| 166 | 1715 | Spethmann Lasse       |                           | 0:49:14 | 1993 | MHK | 40 | 0:49:28 | 15:46 * | 16:04 * | 17:23 | 4:55 min/km |
| 167 | 1262 | Dirnberger Robert     | *Epsendorf                | 0:49:19 | 1993 | MHK | 41 | 0:49:24 | 13:55 * | 17:11 * | 18:12 | 4:56 min/km |
| 168 | 494  | Auer Thomas           | KVB Köln                  | 0:49:59 | 1968 | M45 | 26 | 0:50:12 | 16:23 * | 16:45 * | 16:50 | 4:60 min/km |
| 169 | 442  | Mohrmann Moehre       | Der Elf und seine Freunde | 0:50:01 | 1973 | M40 | 25 | 0:50:16 | 16:14 * | 16:29 * | 17:17 | 5:00 min/km |
| 170 | 576  | Peitsch Volker        | *Köln                     | 0:50:10 | 1964 | M50 | 22 | 0:50:25 | 15:56 * | 16:27 * | 17:46 | 5:01 min/km |
| 171 | 575  | Wirsing Andreas       | *Brühl                    | 0:50:32 | 1962 | M50 | 23 | 0:50:46 | 15:55 * | 16:41 * | 17:54 | 5:03 min/km |
| 172 | 1284 | Trenk David           | *Köln                     | 0:50:36 | 1987 | MHK | 42 | 0:50:50 | 15:55 * | 16:14 * | 18:26 | 5:04 min/km |
| 173 | 1283 | Hesse Jörg            | *Köln                     | 0:50:38 | 1965 | M45 | 27 | 0:50:53 | 15:54 * | 16:39 * | 18:03 | 5:04 min/km |
| 174 | 966  | Benning Sebastian     | *Köln                     | 0:50:49 | 1980 | M30 | 27 | 0:51:09 | 16:07 * | 17:04 * | 17:38 | 5:05 min/km |
| 175 | 427  | Peeters Wolfgang      | Tus Mechernich 1897       | 0:51:08 | 1946 | M65 | 1  | 0:51:26 | 16:47 * | 16:52 * | 17:28 | 5:07 min/km |
| 176 | 341  | Maraite Oliver        | *Bornheim                 | 0:51:20 | 1977 | M35 | 20 | 0:51:38 | 16:28 * | 16:50 * | 18:01 | 5:08 min/km |
| 177 | 1328 | Zenck-Dürselen Daniel | Warm Up                   | 0:52:00 | 1994 | MHK | 43 | 0:52:12 | 15:14 * | 17:51 * | 18:54 | 5:12 min/km |
| 178 | 814  | Von Eitzen Alexander  | *Köln                     | 0:52:17 | 1984 | M30 | 28 | 0:52:30 | 15:34 * | 18:13 * | 18:29 | 5:14 min/km |
| 179 | 402  | Gross Roland          | *Köln                     | 0:52:21 | 1968 | M45 | 28 | 0:52:33 | 15:51 * | 17:29 * | 19:01 | 5:14 min/km |
| 180 | 964  | Edel Jan              | *Köln                     | 0:52:28 | 1983 | M30 | 29 | 0:52:47 | 16:15 * | 17:14 * | 18:58 | 5:15 min/km |
| 181 | 343  | Trenkmann Bastian     | *Köln                     | 0:52:55 | 1976 | M35 | 21 | 0:53:13 | 16:32 * | 18:04 * | 18:18 | 5:18 min/km |
| 182 | 28   | Farrell Allan         | LaufLövenich2010          | 0:55:33 | 1970 | M40 | 26 | 0:55:47 | 17:45 * | 18:29 * | 19:18 | 5:33 min/km |

# Kölner Frühlingslauf am 23. März 2014 - 10km Toplauf

## Ergebnisliste Frauen

Seite 5

gedruckt 25.03.2014 22:20:05

| Total. | Nr.  | Name Vorname           | Verein/*Ort               | Endzeit | AK        | AK-Platz | Bruttozeit | Rundenzeiten          | Geschwindigkeit |
|--------|------|------------------------|---------------------------|---------|-----------|----------|------------|-----------------------|-----------------|
| 1      | 1701 | Coutellier Vera        | ASV Köln Laufteam         | 0:37:51 | 1995 WU20 | 1        | 0:37:56    | 12:34 * 12:25 * 12:51 | 3:47 min/km     |
| 2      | 750  | Musielak Heike         | Adler-Langlauf Bottrop    | 0:39:27 | 1967 W45  | 1        | 0:39:29    | 12:36 * 13:05 * 13:45 | 3:57 min/km     |
| 3      | 1707 | Honke Nora             | DLC Aachen                | 0:39:37 | 1983 W30  | 1        | 0:39:39    | 12:43 * 13:10 * 13:43 | 3:58 min/km     |
| 4      | 664  | Jäkel Merle            | *Köln                     | 0:43:15 | 1975 W35  | 1        | 0:43:23    | 14:06 * 14:20 * 14:48 | 4:20 min/km     |
| 5      | 1731 | Reh Julia              | Köln läuft!               | 0:43:15 | 1989 WHK  | 1        | 0:43:26    | 14:12 * 14:19 * 14:43 | 4:20 min/km     |
| 6      | 1702 | Kleiss Sarah           | ASV Köln Laufteam         | 0:43:15 | 1997 WU18 | 1        | 0:43:20    | 14:12 * 14:26 * 14:37 | 4:20 min/km     |
| 7      | 569  | Kowarik Evelyn         | *Hürth                    | 0:43:57 | 1993 WHK  | 2        | 0:44:02    | 14:30 * 14:33 * 14:52 | 4:24 min/km     |
| 8      | 1719 | Thomä Julia            |                           | 0:44:01 | 1982 W30  | 2        | 0:44:11    | 14:14 * 14:43 * 15:02 | 4:24 min/km     |
| 9      | 851  | Heister Geraldine      | Theken Lauftreff          | 0:44:06 | 1986 WHK  | 3        | 0:44:16    | 14:16 * 14:32 * 15:17 | 4:25 min/km     |
| 10     | 572  | Gschwandtner ISI       | ISI-RUNNER                | 0:44:09 | 1978 W35  | 2        | 0:44:13    | 13:48 * 14:36 * 15:44 | 4:25 min/km     |
| 11     | 1679 | Steinbuch Hannah       | ASV Köln Laufteam         | 0:44:23 | 1995 WU20 | 2        | 0:44:28    | 13:44 * 14:58 * 15:40 | 4:26 min/km     |
| 12     | 514  | Heinke Suzi            | Suzis Rennstall Köln      | 0:44:42 | 1978 W35  | 3        | 0:44:52    | 14:22 * 14:44 * 15:36 | 4:28 min/km     |
| 13     | 751  | Servos Ulrike          | *Kerpen                   | 0:44:49 | 1994 WHK  | 4        | 0:45:05    | 14:33 * 14:48 * 15:27 | 4:29 min/km     |
| 14     | 1171 | Barthel Sophie         | *Köln                     | 0:44:51 | 1988 WHK  | 5        | 0:44:58    | 14:09 * 14:53 * 15:47 | 4:29 min/km     |
| 15     | 430  | Fluchs Sarah           | Aachen hat Ausdauer       | 0:45:11 | 1990 WHK  | 6        | 0:45:18    | 14:28 * 15:03 * 15:39 | 4:31 min/km     |
| 16     | 472  | Ahaus Sibylle          | *Düsseldorf               | 0:45:13 | 1981 W30  | 3        | 0:45:28    | 14:47 * 14:54 * 15:31 | 4:31 min/km     |
| 17     | 147  | Steffens Tanja         | Düren                     | 0:46:05 | 1975 W35  | 4        | 0:46:12    | 14:43 * 15:26 * 15:55 | 4:37 min/km     |
| 18     | 424  | Darnauer Katharina     | *Köln                     | 0:46:14 | 1989 WHK  | 7        | 0:46:20    | 14:19 * 15:19 * 16:35 | 4:37 min/km     |
| 19     | 1243 | Dohle Simone           | Gevelsberger Ladies       | 0:46:27 | 1981 W30  | 4        | 0:46:40    | 14:56 * 15:23 * 16:07 | 4:39 min/km     |
| 20     | 131  | Gerdom Diana           | Vincerola                 | 0:48:28 | 1977 W35  | 5        | 0:48:36    | 15:28 * 16:13 * 16:45 | 4:51 min/km     |
| 21     | 1135 | Herlitz Anne-Kathrin   | Wohnung 37                | 0:48:56 | 1991 WHK  | 8        | 0:49:12    | 15:55 * 16:08 * 16:53 | 4:54 min/km     |
| 22     | 703  | Pietzko Mandy          | *Köln                     | 0:48:58 | 1986 WHK  | 9        | 0:49:07    | 15:45 * 16:24 * 16:48 | 4:54 min/km     |
| 23     | 574  | Hennecke Ursel         | Gothaer                   | 0:49:24 | 1960 W50  | 1        | 0:49:38    | 15:54 * 16:15 * 17:13 | 4:56 min/km     |
| 24     | 145  | Bilginoglu Diana       | *Köln                     | 0:49:35 | 1980 W30  | 5        | 0:49:54    | 16:20 * 16:34 * 16:40 | 4:58 min/km     |
| 25     | 786  | Klapp Hannah           | *Bonn                     | 0:49:40 | 1987 WHK  | 10       | 0:49:53    | 16:20 * 16:41 * 16:37 | 4:58 min/km     |
| 26     | 495  | Zimmermann Francine    | KVB Köln                  | 0:50:00 | 1977 W35  | 6        | 0:50:12    | 16:23 * 16:45 * 16:51 | 5:00 min/km     |
| 27     | 443  | Mohrmann Follow Hollow | Der Elf und seine Freunde | 0:50:02 | 1970 W40  | 1        | 0:50:16    | 16:15 * 16:30 * 17:16 | 5:00 min/km     |
| 28     | 529  | Duphorn Elke           | LT Decksteiner Weiher     | 0:52:23 | 1969 W45  | 2        | 0:52:35    | 16:52 * 17:24 * 18:06 | 5:14 min/km     |
| 29     | 743  | Alphons Stephanie      | Fronrunner Cologne        | 0:52:44 | 1965 W45  | 3        | 0:52:57    | 16:36 * 17:29 * 18:37 | 5:16 min/km     |
| 30     | 859  | Fischer Katina         | *Köln                     | 0:57:20 | 1984 W30  | 6        | 0:57:35    | 18:22 * 19:04 * 19:53 | 5:44 min/km     |
| 31     | 939  | Schmidt Eva            | *Köln                     | 0:57:21 | 1990 WHK  | 11       | 0:57:35    | 18:22 * 19:04 * 19:54 | 5:44 min/km     |