

Kölner Frühlingslauf am 22. März 2015 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1283	Schneider Ben	GS1 Germany GmbH	0:39:55	1974	M40	1	0:39:57	12:38 * 13:24 * 13:52	3:60 min/km
2	1345	Kräker Thorsten	Superpunk	0:40:32	1969	M45	1	0:40:33	13:09 * 13:30 * 13:52	4:03 min/km
3	455	Langiu Dario	*Overath	0:41:19	1992	MHK	1	0:41:49	13:34 * 13:36 * 14:07	4:08 min/km
4	991	Poltrok Marcin	Laczipol X-treme	0:41:24	1977	M35	1	0:41:25	13:27 * 13:33 * 14:23	4:08 min/km
5	369	Dierenbach Simon	*Köln	0:41:56	1984	M30	1	0:42:42	13:43 * 14:05 * 14:07	4:12 min/km
6	1489	Bednorz Thorsten	DB Fernverkehr AG	0:42:15	1987	MHK	2	0:43:10	13:45 * 13:54 * 14:35	4:14 min/km
7	1217	Wahl Guido	VfW Blau Weiss Köln	0:42:24	1978	M35	2	0:43:00	13:51 * 14:04 * 14:28	4:14 min/km
8	492	Köllmann Daniel	*Köln	0:42:41	1988	MHK	3	0:42:46	13:04 * 13:57 * 15:39	4:16 min/km
9	3874	Radke Sven		0:43:23	1973	M40	2	0:43:35	14:26 * 13:57 * 14:59	4:20 min/km
10	790	Marek Adrian	Für Hürth	0:43:36	1972	M40	3	0:43:52	13:56 * 14:17 * 15:22	4:22 min/km
11	654	Strittmatter Stefan	PSV Köln	0:43:37	1985	M30	2	0:43:49	14:26 * 14:06 * 15:04	4:22 min/km
12	686	Nachtsheim Klaus	*Köln	0:43:47	1981	M30	3	0:43:57	14:17 * 14:21 * 15:07	4:23 min/km
13	1005	Kuthe Thorsten	*Köln	0:43:52	1972	M40	4	0:44:04	14:27 * 14:16 * 15:08	4:23 min/km
14	3875	Haas Christoph	DSHS NWM	0:43:54	1984	M30	4	0:44:01	13:35 * 14:45 * 15:32	4:23 min/km
15	1300	Buschkamp Marc	*Ratingen	0:44:07	1986	MHK	4	0:44:17	13:58 * 14:36 * 15:32	4:25 min/km
16	956	Fiedler Jens	*Köln	0:44:21	1977	M35	3	0:45:05	14:21 * 14:30 * 15:29	4:26 min/km
17	736	Zur Nieden Tom	*Remscheid	0:44:22	1998	MU18	1	0:44:34	14:47 * 14:35 * 14:59	4:26 min/km
18	332	Dresing Jens	Hobbysportler	0:44:36	1984	M30	5	0:45:40	14:30 * 14:39 * 15:26	4:28 min/km
19	775	Greite Stefan	*Köln	0:45:03	1979	M35	4	0:45:24	14:23 * 14:56 * 15:44	4:30 min/km
20	3880	Atamtark Hüseyin	FC Deutsche Post	0:45:08	1966	M45	2	0:45:57	14:33 * 14:58 * 15:36	4:31 min/km
21	1458	Köppe Stefan	SG Köln - Worringen	0:45:19	1985	M30	6	0:45:40	14:26 * 15:10 * 15:42	4:32 min/km
22	3871	Glashagen Elmar		0:45:20	0	M	0	0:45:51	14:23 * 15:15 * 15:42	4:32 min/km
23	878	Fabian Dr. Steffen	MACH3 Köln e.V.	0:45:28	1965	M50	1	0:45:37	14:19 * 15:06 * 16:03	4:33 min/km
24	3868	Büchel Hans	Lauf Roxy Köln	0:45:29	1962	M50	2	0:45:31	14:18 * 15:16 * 15:54	4:33 min/km
25	705	Anders Lars	*Köln	0:45:46	1976	M35	5	0:45:54	15:00 * 15:12 * 15:33	4:35 min/km
26	1562	Schneeberger Korbinian	Albis Lauftreff	0:45:46	1977	M35	6	0:46:07	14:55 * 15:04 * 15:47	4:35 min/km
27	1382	Claeßen Jens	ALBIS Lauftreff	0:45:47	1967	M45	3	0:46:06	14:56 * 15:03 * 15:47	4:35 min/km
28	942	Eichel Frank	frankeichel@gmx.de	0:45:48	1976	M35	7	0:46:04	14:59 * 14:57 * 15:50	4:35 min/km
29	646	Schaefer Tim	*Köln	0:45:49	1990	MHK	5	0:46:13	15:12 * 15:12 * 15:25	4:35 min/km
30	1494	Krey Johann	DB Fernverkehr AG	0:45:51	1990	MHK	6	0:48:07	14:53 * 15:06 * 15:51	4:35 min/km
31	609	Knors Benjamin	*Köln	0:45:53	1985	M30	7	0:46:11	14:48 * 15:23 * 15:41	4:35 min/km
32	849	Bucerius Martin	TriCologne	0:45:55	1984	M30	8	0:48:30	14:48 * 14:57 * 16:08	4:36 min/km
33	451	Trott Andreas	*Köln	0:45:55	1983	M30	9	0:48:30	14:48 * 14:58 * 16:09	4:36 min/km
34	1324	Goitowski Daniel	*Leverkusen	0:46:02	1987	MHK	7	0:46:26	15:57 * 15:11 * 14:53	4:36 min/km
35	1247	Braun Noël	TUS Sören	0:46:06	1988	MHK	8	0:46:33	15:51 * 15:15 * 15:00	4:37 min/km
36	1216	Zordel Patrick	Team Sense	0:46:14	1989	MHK	9	0:46:36	15:22 * 15:28 * 15:23	4:37 min/km
37	1055	Heieis Christian	*Köln	0:46:17	1988	MHK	10	0:46:39	15:30 * 15:11 * 15:35	4:38 min/km
38	261	Kerkhoff Philipp	Southside Cologne	0:46:19	1980	M35	8	0:46:36	15:05 * 15:12 * 16:01	4:38 min/km
39	628	Glandien David	The GinNastics	0:46:22	1987	MHK	11	0:47:01	14:51 * 15:34 * 15:56	4:38 min/km
40	3851	Sommer Peter	Run for job 1 MXG	0:46:24	1973	M40	5	0:46:30	15:15 * 15:19 * 15:49	4:38 min/km
41	559	Molitor Dr. Harald	ASV Köln Triathlon	0:46:24	1959	M55	1	0:46:53	14:45 * 15:24 * 16:14	4:38 min/km
42	1307	Lehre Tobias	Turbinerüsselschwein	0:46:26	1988	MHK	12	0:46:35	14:56 * 15:27 * 16:01	4:39 min/km
43	1255	Lajendäcker Christoph	Turbine Rüsselschwein	0:46:28	1975	M40	6	0:46:37	14:57 * 15:28 * 16:03	4:39 min/km
44	395	Gerdorn Rainer	Dr. Rüger Holding GmbH	0:46:30	1956	M55	2	0:47:20	15:46 * 15:04 * 15:40	4:39 min/km
45	167	Götting Tino	NetCologne	0:46:31	1980	M35	9	0:49:07	15:29 * 15:13 * 15:48	4:39 min/km
46	799	Börste Andreas	*Troisdorf	0:46:32	1972	M40	7	0:47:11	15:10 * 15:21 * 16:00	4:39 min/km
47	3861	Bernhardt Heiko	Sonictun	0:46:38	1971	M40	8	0:46:50	15:35 * 15:20 * 15:42	4:40 min/km
48	1502	Hackenber Lasse		0:46:39	1989	MHK	13	0:47:02	15:30 * 15:12 * 15:56	4:40 min/km
49	1123	Cacciavillani León	VINCEROLA	0:46:40	2000	MU16	1	0:48:22	16:02 * 14:45 * 15:53	4:40 min/km
50	530	Feindt Reinhard	TV Refrath	0:46:41	1950	M65	1	0:46:44	15:16 * 15:18 * 16:06	4:40 min/km
51	1235	Yildiz Serkan	Team LeseWelten	0:46:43	1989	MHK	14	0:46:50	15:26 * 15:34 * 15:42	4:40 min/km
52	1045	Ewert Stefan	KSK Köln	0:46:47	1977	M35	10	0:46:57	15:11 * 15:16 * 16:19	4:41 min/km
53	1056	Jansen Dietmar	*Mülheim	0:46:48	1959	M55	3	0:48:09	16:40 * 15:07 * 15:00	4:41 min/km

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54	458	Kunze Jochen	*Köln	0:46:49	1969	M45	4	0:47:12	15:27 *	15:27 *	15:53	4:41 min/km
55	1000	Stein Jona	SoCura	0:46:49	1979	M35	11	0:49:26	16:09 *	15:02 *	15:38	4:41 min/km
56	1466	Vietzen Ronald	*Köln	0:46:58	1967	M45	5	0:48:20	15:59 *	15:20 *	15:37	4:42 min/km
57	852	Rode Jörg	RUN FOR J#1 - MX65	0:47:00	1981	M30	10	0:48:17	15:22 *	15:17 *	16:20	4:42 min/km
58	823	Herwig Heiko	die Schnellen und das	0:47:06	1973	M40	9	0:48:21	15:53 *	15:34 *	15:37	4:43 min/km
59	1434	Borchert Stefan	Kernpunkt	0:47:07	0	MHK	15	0:47:17	15:34 *	15:28 *	16:05	4:43 min/km
60	1553	Boenke Reiner	Vincerola	0:47:11	1969	M45	6	0:48:53	15:49 *	15:31 *	15:50	4:43 min/km
61	976	Wellner Jens	*Köln	0:47:13	1981	M30	11	0:47:57	15:11 *	15:48 *	16:13	4:43 min/km
62	904	Voigt Niklas	RUN SQD CGN	0:47:16	1983	M30	12	0:47:18	15:04 *	15:39 *	16:32	4:44 min/km
63	1470	Baldus Prof. Dr. Stephan	*Köln	0:47:20	1969	M45	7	0:47:30	16:10 *	15:33 *	15:36	4:44 min/km
64	1435	Walder Lars	Kernpunkt	0:47:27	0	MHK	16	0:47:27	15:44 *	15:28 *	16:15	4:45 min/km
65	1306	Mundt Constantin	*Frechen	0:47:29	1987	MHK	17	0:48:44	15:51 *	15:40 *	15:58	4:45 min/km
66	1481	Sauer Jens	DB Fernverkehr AG	0:47:35	1971	M40	10	0:48:30	15:09 *	15:37 *	16:49	4:46 min/km
67	3845	Praß Thomas	FC Deutsche Post	0:47:36	1971	M40	11	0:47:40	14:45 *	15:46 *	17:04	4:46 min/km
68	1357	Weißenberg Martin	*Köln	0:47:41	1977	M35	12	0:47:45	14:30 *	16:02 *	17:08	4:46 min/km
69	757	Roth Eric	RUN FOR J#1 - MX65	0:47:54	1982	M30	13	0:47:59	15:25 *	16:19 *	16:08	4:47 min/km
70	640	Thurwach Rüdiger	*Olpe	0:47:58	1957	M55	4	0:47:59	15:27 *	15:45 *	16:45	4:48 min/km
71	271	Ohlgschläger Dennis	Rastlos	0:48:02	1988	MHK	18	0:49:14	16:12 *	15:23 *	16:26	4:48 min/km
72	387	Auras Michael	LT Laufmasche	0:48:04	1958	M55	5	0:48:17	15:38 *	16:02 *	16:23	4:48 min/km
73	284	Langner Ralf	LT Laufmasche	0:48:06	1961	M50	3	0:48:19	15:39 *	16:05 *	16:21	4:49 min/km
74	3863	Seygewiß Johannes	1. FC Köln	0:48:08	1954	M60	1	0:48:27	15:54 *	15:41 *	16:32	4:49 min/km
75	576	Breski Stefan	*Köln	0:48:08	1977	M35	13	0:48:52	15:31 *	15:38 *	16:58	4:49 min/km
76	717	Lopez Sanchez Xavier	*40477	0:48:11	1984	M30	14	0:50:15	15:43 *	15:47 *	16:40	4:49 min/km
77	973	Siegel Florian	The	0:48:12	1988	MHK	19	0:48:54	15:56 *	15:47 *	16:28	4:49 min/km
78	615	Lindt Stefan	BAPersBw - Die	0:48:15	1980	M35	14	0:49:30	15:16 *	16:21 *	16:37	4:50 min/km
79	1274	Keiser Olaf	GS1 Germany GmbH	0:48:19	1972	M40	12	0:48:51	16:04 *	16:07 *	16:07	4:50 min/km
80	1273	Przybilla Christian	GS1 Germany GmbH	0:48:20	1973	M40	13	0:48:52	16:13 *	15:59 *	16:07	4:50 min/km
81	3852	Trimborn Johannes	LG RWE Power	0:48:20	1955	M60	2	0:48:27	15:53 *	15:53 *	16:33	4:50 min/km
82	359	Geyer Christian	*Köln	0:48:21	1983	M30	15	0:50:41	18:18 *	14:51 *	15:11	4:50 min/km
83	629	Stangl Ulrich	*Kaarst	0:48:23	1957	M55	6	0:49:53	17:44 *	15:12 *	15:26	4:50 min/km
84	1131	Mierau Thorsten	Just Fit	0:48:26	1989	MHK	20	0:49:16	15:52 *	15:53 *	16:40	4:51 min/km
85	1378	Schnepper Willi	Biggis Flitzer	0:48:34	1965	M50	4	0:48:36	15:35 *	15:51 *	17:07	4:51 min/km
86	819	Henkenjohann Tim	*Langenfeld	0:48:37	1980	M35	15	0:49:52	15:17 *	16:14 *	17:05	4:52 min/km
87	49	Weyer Oliver	congstar gmbh	0:48:46	1977	M35	16	0:50:17	16:55 *	16:11 *	15:39	4:53 min/km
88	789	Marek Waldemar	Für Hürth	0:48:50	1974	M40	14	0:49:58	16:14 *	15:45 *	16:50	4:53 min/km
89	721	Moravec Andreas	Die Bierathleten	0:48:53	1989	MHK	21	0:51:13	16:28 *	15:41 *	16:43	4:53 min/km
90	926	Steller Michael	Impuls-Lauftreff Kerpen	0:48:58	1957	M55	7	0:50:27	16:44 *	15:46 *	16:26	4:54 min/km
91	1538	Völlmücke Lars	Wolleflitzer	0:49:07	2004	MU12	1	0:49:52	16:11 *	16:06 *	16:49	4:55 min/km
92	826	Rosso Martin	helga.rosso@freenet.de	0:49:08	1994	MHK	22	0:49:58	16:28 *	16:01 *	16:38	4:55 min/km
93	1393	Stieldorf Marius	TÜV Rheinland	0:49:13	1995	MHK	23	0:50:11	18:40 *	15:34 *	14:59	4:55 min/km
94	1139	Lotze Tobias	Krombacher Alkoholfrei	0:49:15	1989	MHK	24	0:49:17	16:22 *	16:22 *	16:29	4:56 min/km
95	442	Richmann Markus	*Köln	0:49:16	1974	M40	15	0:49:24	15:30 *	16:28 *	17:18	4:56 min/km
96	1288	Martinez Böhme Mariano	*Köln	0:49:19	1967	M45	8	0:49:47	15:57 *	16:25 *	16:56	4:56 min/km
97	781	Helfen Sebastian	ASV Kronenburg	0:49:19	1982	M30	16	0:50:28	16:17 *	16:22 *	16:39	4:56 min/km
98	830	Achten Bernhard	Kölner Narrenzunft	0:49:21	1959	M55	8	0:49:30	15:43 *	16:17 *	17:19	4:56 min/km
99	1031	Hambloch Christoph	Albis Lauftreff	0:49:25	1964	M50	5	0:49:46	16:00 *	16:13 *	17:11	4:57 min/km
100	959	Oueriemmi Bassem	*Köln	0:49:27	1986	MHK	25	0:49:49	15:53 *	16:17 *	17:17	4:57 min/km
101	1437	Biela Simon	Kernpunkt	0:49:29	0	MHK	26	0:49:39	16:00 *	16:30 *	16:57	4:57 min/km
102	1321	Dürnagel Stefan	*Aachen	0:49:35	1980	M35	17	0:50:45	17:07 *	16:19 *	16:08	4:58 min/km
103	474	Pagers Sven	ESV Gremberghoven	0:49:47	1966	M45	9	0:50:21	16:19 *	16:25 *	17:02	4:59 min/km
104	1085	Peters Dr. Heiko	*Köln	0:49:50	1973	M40	16	0:50:10	16:24 *	16:22 *	17:03	4:59 min/km
105	737	Zur Nieden Jan	*Remscheid	0:49:54	2001	MU16	2	0:50:06	16:33 *	16:22 *	16:58	4:59 min/km
106	1376	Christ Carsten	Glückauf	0:49:54	1967	M45	10	0:50:14	16:29 *	16:32 *	16:52	4:59 min/km
107	1380	Cendlewski Thomas	*Engelskirchen	0:50:03	1989	MHK	27	0:51:17	16:56 *	16:16 *	16:50	5:00 min/km
108	631	Eckler Matthias	*Köln	0:50:04	1966	M45	11	0:50:12	16:13 *	16:27 *	17:23	5:00 min/km
109	844	Nertinger Frank	*Dormagen	0:50:05	1968	M45	12	0:50:43	16:44 *	16:33 *	16:47	5:01 min/km

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110	843	Kirberg Tobias	*Köln	0:50:05	1981 M30	17	0:50:43	16:45 *	16:34 *	16:46	5:01 min/km
111	1011	Fleischhauer Thomas	RUN FOR J#1 - MX65	0:50:07	1978 M35	18	0:50:13	16:20 *	16:46 *	17:00	5:01 min/km
112	1078	Handstein Holger	der-privatanleger.de	0:50:18	1976 M35	19	0:51:45	16:44 *	16:29 *	17:03	5:02 min/km
113	1551	Hammerstein Dr.		0:50:20	1968 M45	13	0:50:38	16:30 *	16:33 *	17:16	5:02 min/km
114	1183	Dohalt Lars	PulRemrennt	0:50:21	1975 M40	17	0:52:36	16:49 *	16:49 *	16:42	5:02 min/km
115	1270	Rombelsheim Benjamin	*Leverkusen	0:50:21	1982 M30	18	0:52:51	17:06 *	16:40 *	16:34	5:02 min/km
116	529	Hess Dirk	*Köln	0:50:23	1970 M45	14	0:51:13	16:45 *	16:32 *	17:05	5:02 min/km
117	703	Cwiecek Przemyslaw	*Bruehl	0:50:25	1982 M30	19	0:51:00	16:26 *	16:30 *	17:28	5:03 min/km
118	1292	Nentwich Henry	*Köln	0:50:31	1977 M35	20	0:51:15	17:50 *	16:10 *	16:30	5:03 min/km
119	1212	Matissek Max	*Hürth	0:50:33	1981 M30	20	0:51:09	17:23 *	16:26 *	16:43	5:03 min/km
120	1169	Schumann Olaf	Köln Lläuft!	0:50:38	1976 M35	21	0:50:56	15:24 *	16:51 *	18:22	5:04 min/km
121	712	Schröder Andreas	Bankers DÜx	0:50:40	1970 M45	15	0:52:11	16:38 *	16:39 *	17:21	5:04 min/km
122	1044	Hutschenreiter Frank	*Neuss	0:50:44	1972 M40	18	0:52:47	17:18 *	16:09 *	17:16	5:04 min/km
123	1220	Kaifer Ulrich	NaoPT Mach3	0:50:45	1964 M50	6	0:51:02	16:24 *	16:45 *	17:36	5:05 min/km
124	695	Brings Daniel	*Köln	0:50:48	1979 M35	22	0:52:07	16:52 *	16:39 *	17:16	5:05 min/km
125	482	Peter Ronald	HLG 98 Wuppertal	0:50:49	1960 M55	9	0:51:04	16:34 *	16:46 *	17:28	5:05 min/km
126	1463	Auf dem Graben Peter	*Köln	0:50:50	1965 M50	7	0:52:10	17:31 *	16:35 *	16:43	5:05 min/km
127	355	Kramer Uwe	Stammtisch Typisch	0:50:58	1962 M50	8	0:51:48	16:29 *	16:39 *	17:50	5:06 min/km
128	1075	Gilles Thomas	*Bonn	0:51:03	1982 M30	21	0:52:28	16:19 *	17:14 *	17:30	5:06 min/km
129	802	Dubbelfeld Markus	S.P.A.M.	0:51:04	1979 M35	23	0:52:29	16:05 *	16:48 *	18:11	5:06 min/km
130	1556	Sabato Nanni		0:51:09	1967 M45	16	0:51:29	16:29 *	16:46 *	17:53	5:07 min/km
131	937	Weber Axel	*Köln	0:51:11	1971 M40	19	0:51:55	16:52 *	16:46 *	17:33	5:07 min/km
132	485	Schulz Christian	*Swisttal-Odendorf	0:51:17	1981 M30	22	0:53:41	18:38 *	17:48 *	14:51	5:08 min/km
133	913	Niemczyk Arthur	BUTLERS GmbH & Co.	0:51:21	1982 M30	23	0:53:48	17:10 *	17:06 *	17:04	5:08 min/km
134	1511	Icks Wolfgang	Fairplay-Smart-Team	0:51:21	0 M	0	0:52:26	17:35 *	16:36 *	17:09	5:08 min/km
135	80	Rosso Mario	helga.rosso@freenet.de	0:51:22	1960 M55	10	0:52:13	17:24 *	16:48 *	17:09	5:08 min/km
136	437	Meyer Benedikt	Nici Running Squad	0:51:25	1986 MHK	28	0:51:41	16:37 *	16:54 *	17:54	5:09 min/km
137	389	Niemand Stephan	*Münster	0:51:26	1984 M30	24	0:51:42	16:37 *	16:53 *	17:55	5:09 min/km
138	1141	Weber André	Krombacher Alkoholfrei	0:51:36	1997 MU20	1	0:52:08	16:24 *	17:11 *	17:59	5:10 min/km
139	817	Spix Matthias	*Köln	0:51:37	1982 M30	25	0:52:36	16:55 *	17:10 *	17:31	5:10 min/km
140	425	Kothen Christoph	*Köln	0:51:39	1975 M40	20	0:53:35	17:36 *	16:59 *	17:03	5:10 min/km
141	1175	Wessels Michael	PulRemRennt	0:51:40	1962 M50	9	0:54:04	18:53 *	17:28 *	15:18	5:10 min/km
142	424	Dohr Mario	*Köln	0:51:41	1973 M40	21	0:53:35	17:38 *	16:59 *	17:03	5:10 min/km
143	535	Zenger Ralph-Eduard	*Köln	0:51:41	1984 M30	26	0:53:07	16:23 *	17:29 *	17:48	5:10 min/km
144	894	Keil Philipp	*Köln	0:51:43	1981 M30	27	0:52:43	16:55 *	17:08 *	17:39	5:10 min/km
145	447	Wardenbach Thomas	*Köln	0:51:44	1967 M45	17	0:53:30	16:26 *	17:17 *	18:01	5:10 min/km
146	1428	Hobbs Mark	Techniker Krankenkasse	0:51:57	1974 M40	22	0:54:37	18:20 *	16:59 *	16:37	5:12 min/km
147	323	Cramer Mathias	*Köln	0:52:01	1969 M45	18	0:52:44	17:20 *	17:00 *	17:40	5:12 min/km
148	3862	Bolledin Marcel	Sonicrun	0:52:02	1978 M35	24	0:52:15	16:32 *	17:15 *	18:14	5:12 min/km
149	700	Wallocha Jürgen	*Köln	0:52:04	1969 M45	19	0:52:58	16:56 *	17:04 *	18:02	5:12 min/km
150	779	Dohalt Nicki	PulRemRennt	0:52:09	1979 M35	25	0:54:27	17:52 *	16:43 *	17:33	5:13 min/km
151	650	Bürgel Norbert	*Köln	0:52:10	1968 M45	20	0:52:35	18:28 *	17:15 *	16:26	5:13 min/km
152	403	Bergerhausen Henry	Tyrranosaurus quadriceps	0:52:14	1965 M50	10	0:53:24	17:45 *	16:43 *	17:44	5:13 min/km
153	526	Großbecker Patrick	*Hürth	0:52:17	1972 M40	23	0:52:42	16:35 *	17:33 *	18:08	5:14 min/km
154	396	Gerdom René	Dr. Rüger Holding GmbH	0:52:17	1982 M30	28	0:53:07	16:08 *	17:36 *	18:32	5:14 min/km
155	890	Van Dinter Michael	TV Orken	0:52:19	1974 M40	24	0:54:25	17:43 *	16:56 *	17:40	5:14 min/km
156	1508	Christian	Fairplay-Smart-Team	0:52:20	0 M	0	0:53:24	18:10 *	16:48 *	17:20	5:14 min/km
157	1440	Simmons Issac	Kernpunkt	0:52:20	0 MHK	29	0:52:33	16:48 *	17:26 *	18:04	5:14 min/km
158	1433	Fiori Marvin	Kernpunkt	0:52:20	0 MHK	30	0:52:32	15:45 *	18:31 *	18:04	5:14 min/km
159	1560	Schcömer Jochem		0:52:33	1967 M45	21	0:52:55	16:23 *	17:04 *	19:05	5:15 min/km
160	833	Pickhard Holger	Point One Runners	0:52:34	1964 M50	11	0:55:00	17:59 *	16:58 *	17:36	5:15 min/km
161	1404	Klus Julian	HCA	0:52:38	2004 MU12	2	0:52:53	17:18 *	17:25 *	17:54	5:16 min/km
162	710	Starosczyk Roman	BAPersBw - Die	0:52:40	1974 M40	25	0:53:58	18:27 *	16:36 *	17:35	5:16 min/km
163	871	Seibert Marcus	*Köln	0:52:43	1964 M50	12	0:53:50	16:40 *	18:03 *	17:59	5:16 min/km
164	998	Reiland Dominic	SoCura	0:52:45	1983 M30	29	0:55:22	17:22 *	17:11 *	18:10	5:17 min/km
165	1117	Hertzfeld Dr. Herbert	*Köln	0:52:48	1970 M45	22	0:54:44	17:55 *	17:04 *	17:47	5:17 min/km

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166	677	Schlieper Michael	Team LeseWelten	0:52:52	1968 M45	23	0:53:42	18:21 *	17:05 *	17:25	5:17 min/km
167	947	Oestreich Dirk	PSV Brühl Triathlon Team	0:52:54	1968 M45	24	0:53:22	16:14 *	17:52 *	18:47	5:17 min/km
168	1483	Loynes Mark John	DB Fernverkehr AG	0:52:55	1970 M45	25	0:55:12	18:58 *	17:14 *	16:43	5:18 min/km
169	1238	Vis Juergen	*Bergisch Gladbach	0:52:57	1962 M50	13	0:53:52	16:57 *	17:26 *	18:33	5:18 min/km
170	1289	Bahlo Nils	ASV Lauftreff	0:52:57	1983 M30	30	0:54:51	17:55 *	17:25 *	17:37	5:18 min/km
171	1059	Jelic Nikola	*Aachen	0:53:05	1970 M45	26	0:55:32	18:00 *	17:08 *	17:56	5:19 min/km
172	354	Toker Murat	*Köln	0:53:06	1979 M35	26	0:54:35	18:40 *	17:29 *	16:57	5:19 min/km
173	975	Siegel Dr. Jörg	*Köln	0:53:10	1952 M60	3	0:53:53	17:10 *	17:36 *	18:23	5:19 min/km
174	854	Münch Gabor	DJK-GSG-Pulheim	0:53:12	1997 MU20	2	0:53:24	18:26 *	17:01 *	17:44	5:19 min/km
175	566	Heinen Simon	*aachen	0:53:13	1983 M30	31	0:54:04	17:23 *	18:06 *	17:43	5:19 min/km
176	1260	Wömpner Florian	MTV Köln 1850	0:53:16	1989 MHK	31	0:53:19	16:56 *	17:36 *	18:43	5:20 min/km
177	499	Krohmann Michael	*Köln	0:53:19	1981 M30	32	0:55:57	17:55 *	17:28 *	17:55	5:20 min/km
178	1529	Marcel Souvjon	Albis Lauftreff	0:53:23	1990 MHK	32	0:53:43	16:55 *	17:32 *	18:55	5:20 min/km
179	3870	Timo Michael		0:53:26	1974 M40	26	0:54:29	18:13 *	18:03 *	17:09	5:21 min/km
180	787	Thomas Andre	*köln	0:53:28	1985 M30	33	0:53:56	17:15 *	17:19 *	18:53	5:21 min/km
181	1138	Wierk Andreas	Krombacher Alkoholfrei	0:53:31	1967 M45	27	0:54:13	18:28 *	17:20 *	17:42	5:21 min/km
182	422	Zensen Florian	*Köln	0:53:31	1986 MHK	33	0:56:00	18:23 *	17:43 *	17:25	5:21 min/km
183	1541	Bonenkamp Ulrich		0:53:32	1953 M60	4	0:54:55	18:06 *	17:48 *	17:36	5:21 min/km
184	608	Conrady Benedikt	*Köln	0:53:35	1985 M30	34	0:54:21	17:37 *	17:46 *	18:10	5:22 min/km
185	1084	Rantze Heiko	*Köln	0:53:35	1975 M40	27	0:53:56	17:30 *	17:34 *	18:30	5:22 min/km
186	1559	Siep Alexander		0:53:37	1969 M45	28	0:53:56	17:31 *	17:35 *	18:29	5:22 min/km
187	3885	Paeper Thorsten	Frühlingsland	0:53:38	1984 M30	35	0:55:09	17:49 *	17:29 *	18:19	5:22 min/km
188	1479	Thorausch Nathanael	Leichtathletik-Team DSHS	0:53:38	2002 MU14	1	0:53:39	17:28 *	18:36 *	17:33	5:22 min/km
189	1281	Dicks Arne	GS1 Germany GmbH	0:53:39	1970 M45	29	0:56:07	17:32 *	17:36 *	18:30	5:22 min/km
190	1372	Pfisterer Jörg	*Köln	0:53:43	1958 M55	11	0:55:14	17:47 *	17:34 *	18:22	5:22 min/km
191	970	Scheifers Dominik	*Köln	0:53:43	1983 M30	36	0:54:32	19:09 *	18:32 *	16:01	5:22 min/km
192	684	Seggewiss Jens	RUN FOR J#1 - MX65	0:53:45	1981 M30	37	0:55:02	18:51 *	17:25 *	17:28	5:23 min/km
193	3850	Schroeder Christian	Team Erdinger Alkoholfrei	0:53:47	1981 M30	38	0:54:28	17:34 *	17:40 *	18:33	5:23 min/km
194	861	Thönnnes Uwe	DAV Sektion	0:53:51	1966 M45	30	0:54:30	18:15 *	17:28 *	18:07	5:23 min/km
195	834	Unshelm Peter	DAV Sektion	0:53:51	1967 M45	31	0:54:30	18:16 *	17:28 *	18:07	5:23 min/km
196	862	Achenbach Oliver	ISI-Runner	0:53:52	1970 M45	32	0:54:21	17:19 *	17:47 *	18:44	5:23 min/km
197	252	Melms Peter	*Köln	0:53:52	1974 M40	28	0:53:57	16:31 *	17:57 *	19:23	5:23 min/km
198	663	Ullrich Christian	*Köln	0:53:54	1979 M35	27	0:55:55	18:49 *	17:38 *	17:26	5:23 min/km
199	1259	Schreiter Thomas	*Essen	0:53:56	1966 M45	33	0:55:56	17:45 *	17:36 *	18:34	5:24 min/km
200	1504	Reusch Dr. Matthias	Colonia	0:54:09	1942 M70	1	0:54:31	17:19 *	17:58 *	18:50	5:25 min/km
201	1359	Leufgen Ingo	--	0:54:09	1974 M40	29	0:55:28	17:10 *	18:06 *	18:51	5:25 min/km
202	1427	Von Herz Bendikt	Techniker Krankenkasse	0:54:09	1987 MHK	34	0:56:49	18:20 *	17:00 *	18:49	5:25 min/km
203	1158	Binger Sebastian		0:54:13	1987 MHK	35	0:55:09	18:44 *	17:33 *	17:55	5:25 min/km
204	1322	Dürnagel Markus	*Köln	0:54:23	1970 M45	34	0:55:32	18:06 *	17:32 *	18:44	5:26 min/km
205	273	Hamelmann Guido	*Leichlingen	0:54:28	1968 M45	35	0:55:38	17:17 *	18:06 *	19:04	5:27 min/km
206	818	Nolden Ralf	Altes Brauhaus Trebels	0:54:39	1967 M45	36	0:55:19	17:29 *	18:17 *	18:53	5:28 min/km
207	1546	Frenken Manfred		0:54:41	1961 M50	14	0:55:28	17:36 *	18:07 *	18:57	5:28 min/km
208	950	Derst Norbert	*Würselen	0:54:44	1948 M65	2	0:55:23	17:17 *	18:01 *	19:25	5:28 min/km
209	1353	Bayer Thomas	*Köln	0:54:46	1982 M30	39	0:55:54	19:34 *	17:51 *	17:20	5:29 min/km
210	856	Grunewald Joachim	*Pulheim	0:54:46	0 MHK	36	0:55:01	17:40 *	18:21 *	18:45	5:29 min/km
211	1363	Zyla Daniel	*Köln	0:54:50	1980 M35	28	0:56:52	18:26 *	17:53 *	18:30	5:29 min/km
212	1053	Gross Roland	*Köln	0:54:52	1968 M45	37	0:55:18	18:43 *	17:55 *	18:14	5:29 min/km
213	726	Jacken Karl Heinz	Pulheimer sc	0:54:59	1951 M60	5	0:55:43	18:10 *	17:36 *	19:12	5:30 min/km
214	972	Sehl Jürgen	RTV 1847	0:55:00	1968 M45	38	0:55:32	18:07 *	18:02 *	18:50	5:30 min/km
215	634	Ruckober Manuel	*Köln	0:55:01	1988 MHK	37	0:57:22	18:29 *	17:50 *	18:41	5:30 min/km
216	524	Weiß Michael	*Köln	0:55:02	1976 M35	29	0:57:25	19:09 *	17:43 *	18:09	5:30 min/km
217	770	Germann Daniel	*Köln	0:55:02	1980 M35	30	0:57:03	18:50 *	17:38 *	18:33	5:30 min/km
218	644	Bauer M.	*Köln	0:55:04	1978 M35	31	0:55:39	18:45 *	17:53 *	18:25	5:30 min/km
219	334	Jeising Sascha	*Köln	0:55:07	1981 M30	40	0:56:08	17:03 *	17:42 *	20:21	5:31 min/km
220	1112	Feidler Steffen	*Köln	0:55:10	1980 M35	32	0:57:00	17:59 *	17:56 *	19:14	5:31 min/km
221	1379	Hesse Christian	*Köln	0:55:11	1985 M30	41	0:56:42	19:18 *	17:37 *	18:15	5:31 min/km

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222	748	Muhs Tim-Cedric	Stadt Köln	0:55:13	1992	MHK	38	0:55:43	18:25 *	18:04 *	18:43	5:31 min/km
223	1442	Pscheidt Martin	SG TÜV Rheinland	0:55:13	1971	M40	30	0:58:35	18:14 *	18:22 *	18:36	5:31 min/km
224	704	Stein Hans-Jörg	*Köln	0:55:14	1952	M60	6	0:55:35	18:16 *	18:28 *	18:29	5:31 min/km
225	788	Thomas Marcel	*köln	0:55:15	1993	MHK	39	0:55:45	18:25 *	18:03 *	18:46	5:32 min/km
226	1034	Birtel Andreas	central-team.de	0:55:16	1960	M55	12	0:56:12	18:22 *	18:02 *	18:51	5:32 min/km
227	1486	Schauerte Bernd	DB Fernverkehr AG	0:55:17	1986	MHK	40	0:57:35	18:20 *	18:11 *	18:46	5:32 min/km
228	519	Farrell Allan	LaufLövenich2010	0:55:19	1970	M45	39	0:56:03	18:37 *	17:53 *	18:48	5:32 min/km
229	1552	Fröhlich Philipp		0:55:24	2007	MU10	1	0:55:25	16:38 *	18:21 *	20:24	5:32 min/km
230	885	Törfler William	*Köln	0:55:27	1989	MHK	41	0:57:09	18:29 *	18:08 *	18:49	5:33 min/km
231	1258	Baev Anton	Cologne Running Crew	0:55:28	1988	MHK	42	0:56:58	19:18 *	17:38 *	18:31	5:33 min/km
232	908	Arat Mert	LöLing	0:55:39	1978	M35	33	0:56:01	18:13 *	18:11 *	19:14	5:34 min/km
233	907	Büttner Markus	LöLing	0:55:40	1969	M45	40	0:56:02	18:13 *	18:11 *	19:14	5:34 min/km
234	1325	Goitowski Edmund	*Leverkusen	0:55:41	1955	M60	7	0:56:06	17:48 *	18:25 *	19:27	5:34 min/km
235	1488	Giuseppe Tardio		0:55:44	0	M30	42	0:57:56	18:22 *	18:14 *	19:07	5:34 min/km
236	427	Piontkowitz Nicolas	*Köln	0:55:48	1982	M30	43	0:56:21	18:35 *	18:49 *	18:23	5:35 min/km
237	1422	Warweg Justus	HCA	0:55:48	2006	MU10	2	0:55:49	20:39 *	19:21 *	15:46	5:35 min/km
238	523	Kröger Nils	*Köln	0:55:48	1974	M40	31	0:58:12	19:09 *	18:12 *	18:25	5:35 min/km
239	961	Bruckwilder Hans Jörg	-	0:55:49	1955	M60	8	0:56:27	18:10 *	18:42 *	18:57	5:35 min/km
240	1023	Bachus-Heinze Patrick	*Erfstadt	0:55:50	1980	M35	34	0:56:40	18:38 *	18:34 *	18:37	5:35 min/km
241	461	Mertens Daniel	*Köln	0:55:53	1987	MHK	43	0:56:50	18:22 *	18:01 *	19:29	5:35 min/km
242	678	Schlieper Peter	Team LeseWelten	0:55:54	1945	M70	2	0:56:45	18:20 *	18:12 *	19:21	5:35 min/km
243	329	Reppmann Reinhard	Aktion Canchanabury MT	0:55:56	1955	M60	9	0:58:41	19:34 *	18:06 *	18:15	5:36 min/km
244	771	Lorson Olaf	*Sankt Augustin	0:55:58	1971	M40	32	0:56:36	18:52 *	18:05 *	19:00	5:36 min/km
245	1159	Hoffmann Philipp		0:55:58	1986	MHK	44	0:56:54	18:50 *	18:13 *	18:54	5:36 min/km
246	476	Schniering Jörg	*Köln	0:55:58	1963	M50	15	0:56:49	18:12 *	18:26 *	19:19	5:36 min/km
247	906	Vianden Wolfgang	andare sport	0:56:00	1965	M50	16	0:57:30	18:23 *	21:47 *	15:49	5:36 min/km
248	1261	Graalman Dirk	*Köln	0:56:00	1974	M40	33	0:57:04	20:23 *	18:00 *	17:36	5:36 min/km
249	573	Specht Stephan	*Köln	0:56:00	1987	MHK	45	0:56:31	19:15 *	18:29 *	18:15	5:36 min/km
250	543	Ermer Gerhard	*Hürth	0:56:00	1949	M65	3	0:56:21	18:16 *	18:28 *	19:15	5:36 min/km
251	761	Ehnert Lukas	*Köln	0:56:01	1984	M30	44	0:56:33	19:14 *	18:30 *	18:16	5:36 min/km
252	289	Rothmann Aaron	*köln	0:56:02	1997	MU20	3	0:57:31	19:20 *	18:02 *	18:38	5:36 min/km
253	1540	Sänger Rainer		0:56:04	1956	M55	13	0:58:09	19:04 *	18:14 *	18:45	5:36 min/km
254	544	Erdenberger Thomas	Laufschabe & Friends	0:56:04	1979	M35	35	0:58:10	19:00 *	18:30 *	18:34	5:36 min/km
255	502	Kessler Thomas	DEG Road Runners	0:56:05	1955	M60	10	0:56:16	17:48 *	18:31 *	19:45	5:37 min/km
256	808	Meckert Philipp	*Köln	0:56:06	1972	M40	34	0:57:18	18:33 *	18:25 *	19:07	5:37 min/km
257	500	Wienand Dirk	TJW Running	0:56:07	1974	M40	35	0:57:29	19:28 *	18:13 *	18:25	5:37 min/km
258	581	Schlüter Dr. Stephan	*Kassel	0:56:22	1983	M30	45	0:57:02	19:08 *	18:32 *	18:40	5:38 min/km
259	456	Eggers Sebastian	*Köln	0:56:25	1978	M35	36	0:57:25	18:14 *	18:31 *	19:39	5:39 min/km
260	1157	Minas Sevan		0:56:26	1979	M35	37	0:57:28	18:30 *	18:34 *	19:21	5:39 min/km
260	1362	Böhm Marcel	*Köln	0:56:26	1975	M40	36	0:57:54	19:20 *	18:11 *	18:54	5:39 min/km
262	1459	Sczesny Harald	Laufende Nasen	0:56:28	1983	M30	46	0:58:16	18:59 *	18:33 *	18:54	5:39 min/km
263	16	Wurz Andreas	*Köln	0:56:32	1978	M35	38	0:57:25	19:22 *	18:13 *	18:55	5:39 min/km
264	3876	Ieannis Metaxas		0:56:36	1975	M40	37	0:57:42	19:48 *	19:04 *	17:43	5:40 min/km
265	601	Proietto Gianni	*Köln	0:56:39	1972	M40	38	0:59:06	19:34 *	18:16 *	18:48	5:40 min/km
266	514	Artler Franz	MSV Kollifornia	0:56:42	1967	M45	41	0:57:51	19:03 *	18:37 *	19:01	5:40 min/km
267	603	Walther Frank	*Bornheim	0:56:42	1965	M50	17	0:57:34	18:11 *	18:26 *	20:05	5:40 min/km
268	426	Krause Carina	*Köln	0:56:50	1981	M30	47	0:57:24	18:25 *	19:00 *	19:24	5:41 min/km
269	1099	Piller Matthias	*Köln	0:56:51	1985	M30	48	0:57:23	18:26 *	19:00 *	19:24	5:41 min/km
270	693	Canis Andre	*Köln	0:56:52	1975	M40	39	0:58:52	20:06 *	18:27 *	18:18	5:41 min/km
271	715	Henze Dr. Björn	*Köln	0:57:05	1972	M40	40	0:59:27	19:20 *	18:23 *	19:21	5:43 min/km
272	1319	Gipperich Rudolf	LG Gummersbach	0:57:09	1965	M50	18	0:58:45	19:08 *	18:42 *	19:18	5:43 min/km
273	3878	Stübner Alexander		0:57:10	1990	MHK	46	0:58:16	19:48 *	19:04 *	18:17	5:43 min/km
274	488	Wassermann Benjamin	*Tübingen	0:57:10	1981	M30	49	0:59:35	19:28 *	18:38 *	19:03	5:43 min/km
275	816	Wurda Werner	Diabetes Programm	0:57:11	1960	M55	14	1:00:00	19:08 *	18:35 *	19:26	5:43 min/km
276	281	Braun Lothar	*Köln	0:57:11	1966	M45	42	0:59:38	20:15 *	19:02 *	17:54	5:43 min/km
277	898	Korn Dietmar	*Kerpen	0:57:11	1972	M40	41	0:59:05	17:53 *	18:58 *	20:19	5:43 min/km

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278	517	Gehler Roland	*Merzenich	0:57:12	1980 M35	39	0:59:05	17:54 *	18:58 *	20:18	5:43 min/km
279	268	Vogel Ulrich	*Köln	0:57:12	1980 M35	40	0:58:33	19:34 *	18:36 *	19:01	5:43 min/km
280	258	Völlmecke Frank	Wolleflitzer	0:57:17	1972 M40	42	0:58:02	18:59 *	18:57 *	19:20	5:44 min/km
281	675	Flock Thomas	*Köln	0:57:17	1971 M40	43	0:58:16	17:42 *	18:46 *	20:48	5:44 min/km
282	1020	Hansmann Christoph	Hans-Christian-Andersen-	0:57:25	1973 M40	44	0:57:40	25:06 *	16:03 *	16:15	5:45 min/km
283	1566	Nießing Uwe	Mach3 Köln e.V.	0:57:27	1971 M40	45	0:58:11	18:42 *	19:35 *	19:09	5:45 min/km
284	555	Aussem Christoph	*Köln	0:57:30	1980 M35	41	0:58:15	16:48 *	19:45 *	20:56	5:45 min/km
285	1219	Schlösser Michael	*Hürth	0:57:31	1982 M30	50	0:58:08	18:56 *	18:51 *	19:43	5:45 min/km
286	314	Schmitz Tobias	*Bonn	0:57:37	1986 MHK	47	0:59:43	20:36 *	20:30 *	16:31	5:46 min/km
287	943	Schneider David	*Köln	0:57:38	1982 M30	51	0:58:16	19:21 *	19:15 *	19:01	5:46 min/km
288	1416	Wilhelm Christopher	HCA	0:57:42	2005 MU12	3	0:57:45	18:03 *	19:25 *	20:13	5:46 min/km
289	1425	Baldus Ferdinand	HCA	0:57:42	2005 MU12	4	0:57:44	18:02 *	19:25 *	20:14	5:46 min/km
290	1254	Nottrott Marc	BSG RheinEnergie	0:57:43	1965 M50	19	1:00:44	18:20 *	19:08 *	20:14	5:46 min/km
291	419	Weißgerber Frank	*Köln	0:57:44	1970 M45	43	1:00:44	18:20 *	19:09 *	20:14	5:46 min/km
292	282	Mackeldey André	*Köln	0:57:47	1974 M40	46	1:00:20	19:37 *	18:53 *	19:16	5:47 min/km
293	508	Steubesand Herbert	ASV Triathlon	0:57:51	1965 M50	20	0:58:50	19:25 *	18:40 *	19:45	5:47 min/km
294	3887	Kretzschmar Björn	Runner's High Köln	0:58:05	1973 M40	47	0:59:52	18:52 *	18:06 *	21:06	5:49 min/km
295	1028	Schlochtermeier Marius	HCA-Schule	0:58:10	2005 MU12	5	0:58:11	18:39 *	19:35 *	19:55	5:49 min/km
296	724	Krian Patrick	Point One Runners	0:58:11	1975 M40	48	0:59:39	19:27 *	18:37 *	20:07	5:49 min/km
297	1030	Thiesing Dr. Peter	*Köln	0:58:14	1963 M50	21	0:59:27	19:30 *	18:59 *	19:44	5:49 min/km
298	1032	Windel Klaus	Pulheimer SC	0:58:14	1958 M55	15	0:59:28	19:29 *	18:58 *	19:45	5:49 min/km
299	1243	Fröhlich Lukas	*Düsseldorf	0:58:16	2005 MU12	6	0:58:16	18:40 *	19:35 *	20:00	5:50 min/km
300	470	Bienentreu Ralf	*Köln	0:58:17	1967 M45	44	0:59:12	19:18 *	18:55 *	20:03	5:50 min/km
301	1180	Krummenast Thomas	PulRemRennt	0:58:19	1977 M35	42	1:00:40	19:45 *	19:05 *	19:29	5:50 min/km
302	910	Josten Wilhelm	BUTLERS GmbH & Co.	0:58:20	1965 M50	22	1:00:46	19:09 *	18:55 *	20:16	5:50 min/km
303	1367	Kind Friedhelm	*Bergisch Gladbach	0:58:21	1952 M60	11	0:59:40	19:12 *	19:06 *	20:02	5:50 min/km
304	1107	Joachim Paulick	*Köln	0:58:22	1986 MHK	48	0:59:49	20:08 *	19:51 *	18:22	5:50 min/km
305	1008	Warweg Dr. Tobias	Hans-Christian-Andersen	0:58:22	1973 M40	49	0:58:23	20:39 *	19:22 *	18:21	5:50 min/km
306	1370	Keltek Namik	*Köln	0:58:22	1960 M55	16	0:59:15	18:46 *	19:10 *	20:26	5:50 min/km
307	1302	Zavorotniy Andrej	*Köln	0:58:24	1977 M35	43	1:01:26	20:13 *	19:11 *	19:00	5:50 min/km
308	1064	Kolarczyk Lukas	*Köln	0:58:26	1987 MHK	49	0:59:24	19:19 *	19:12 *	19:53	5:51 min/km
309	1205	Repke Marco	NetCologne	0:58:29	1976 M35	44	1:00:46	19:53 *	18:36 *	19:59	5:51 min/km
310	987	Bonn Bastian	*Köln	0:58:31	1985 M30	52	0:59:18	19:22 *	19:33 *	19:36	5:51 min/km
311	842	Gerstner Jürgen	*Köln	0:58:35	1953 M60	12	0:59:49	19:38 *	19:27 *	19:29	5:52 min/km
312	662	Heying Tobias	VS738	0:58:36	1981 M30	53	0:59:45	19:22 *	19:16 *	19:58	5:52 min/km
313	3886	Daners Tobias		0:58:37	1983 M30	54	1:00:57	18:07 *	18:54 *	21:36	5:52 min/km
314	287	Daners Thorsten	*Köln	0:58:38	1980 M35	45	1:00:57	18:07 *	18:55 *	21:35	5:52 min/km
315	1140	Weber Dietmar	Krombacher Alkoholfrei	0:58:41	1966 M45	45	1:00:07	20:08 *	19:11 *	19:22	5:52 min/km
316	597	Buehner Jens	Me Myself & I	0:58:46	1975 M40	50	0:59:52	19:49 *	19:04 *	19:53	5:53 min/km
317	1134	Golbar Christian	Just Fit	0:58:48	1987 MHK	50	0:59:38	18:01 *	20:02 *	20:44	5:53 min/km
318	605	Lutter Christian	*Köln	0:58:48	1977 M35	46	1:01:00	19:49 *	19:09 *	19:49	5:53 min/km
319	279	Jaeger Frank	*Brühl	0:58:51	1968 M45	46	1:01:17	20:15 *	19:02 *	19:33	5:53 min/km
320	1026	Schneider Lars	*Mittelkirchen	0:58:53	1981 M30	55	1:01:04	22:23 *	17:54 *	18:36	5:53 min/km
321	577	Giese Peter	*Köln	0:58:54	1962 M50	23	1:00:52	20:31 *	19:15 *	19:07	5:53 min/km
322	767	Schneider Markus	*Köln	0:58:54	1976 M35	47	1:01:04	22:15 *	18:02 *	18:36	5:53 min/km
323	997	Wester David	SoCura	0:59:06	1983 M30	56	1:01:42	20:09 *	18:30 *	20:25	5:55 min/km
324	1456	Wolter Sascha	*Köln	0:59:06	1976 M35	48	1:00:30	20:43 *	19:13 *	19:09	5:55 min/km
325	372	Jasper Stefan	*Köln	0:59:11	1980 M35	49	1:00:39	19:56 *	19:27 *	19:47	5:55 min/km
326	109	Scherer Christian	Running Team Elsner	0:59:17	1978 M35	50	0:59:37	18:43 *	19:35 *	20:57	5:56 min/km
327	1451	Blüm Stephan	*Pulheim	0:59:17	1968 M45	47	1:01:27	21:05 *	19:54 *	18:16	5:56 min/km
328	533	Faulhammer Artur	*Titz - Jackerath	0:59:20	1960 M55	17	1:01:32	20:36 *	19:16 *	19:28	5:56 min/km
329	538	Palmisano Dr. Daniele	*Hürth	0:59:21	1981 M30	57	1:01:17	20:03 *	19:44 *	19:33	5:56 min/km
330	311	Lehmann Gero	*Neuss	0:59:22	1971 M40	51	0:59:50	19:09 *	19:28 *	20:45	5:56 min/km
331	310	Lehmann Hanno	*Köln	0:59:23	1969 M45	48	0:59:50	19:10 *	19:26 *	20:46	5:56 min/km
332	1443	Rymus Elmar	SG TÜV Rheinland	0:59:25	1948 M65	4	1:00:22	19:11 *	19:40 *	20:33	5:57 min/km
333	952	Laue Philip	*Köln	0:59:36	1976 M35	51	1:02:22	19:22 *	19:47 *	20:25	5:58 min/km

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334	866	Schiffer Thomas	Lauffreunde BKZ	0:59:41	1968 M45	49	1:01:00	20:33 *	19:32 *	19:35	5:58 min/km
335	625	Kasper Gordian	*Greifswald	0:59:43	1988 MHK	51	1:01:12	19:42 *	19:43 *	20:16	5:58 min/km
336	1347	Küchler Uwe	Diabetes Programm	0:59:50	1959 M55	18	1:01:09	19:21 *	19:43 *	20:45	5:59 min/km
337	50	Schmidt Lionel	*Köln	0:59:50	1996 MU20	4	1:01:23	21:13 *	19:16 *	19:20	5:59 min/km
338	1233	Ranke Max	Team LeseWelten	0:59:53	2001 MU16	3	1:01:30	18:45 *	20:46 *	20:21	5:59 min/km
339	3841	Navarro Martinez Tino	Dorsal 19	0:59:55	1966 M45	50	1:00:26	19:34 *	19:48 *	20:33	5:60 min/km
340	1465	Albishausen Rainer	ALBIS Lauftreff Vogelsang	1:00:00	1966 M45	51	1:01:13	19:51 *	20:01 *	20:07	6:00 min/km
341	3822	Spitovski Anton	KöllerAlarm e.V.	1:00:07	1996 MU20	5	1:01:41	21:15 *	19:49 *	19:02	6:01 min/km
342	669	Töpfer Felix	*Köln	1:00:17	1989 MHK	52	1:01:49	19:53 *	19:33 *	20:51	6:02 min/km
343	831	Mitschein Timo	*Brühl	1:00:18	1989 MHK	53	1:01:49	19:54 *	19:33 *	20:50	6:02 min/km
344	367	Kraft Sebastian	Team Kerrygum	1:00:25	1975 M40	52	1:03:00	22:16 *	19:14 *	18:55	6:03 min/km
345	266	Brod Marcus	Team KerryGum	1:00:27	1974 M40	53	1:03:02	22:18 *	19:13 *	18:56	6:03 min/km
346	331	Steffen Dr. Carsten	Team Kerry Gum	1:00:29	1975 M40	54	1:03:04	22:17 *	19:14 *	18:58	6:03 min/km
347	1046	Paaßens Lutz	*Köln	1:00:57	1967 M45	52	1:01:56	20:11 *	20:48 *	19:57	6:06 min/km
348	3847	Reisch Max	Widdersdorf	1:01:03	2002 MU14	2	1:01:44	21:36 *	19:21 *	20:05	6:06 min/km
349	1341	Rhein Stefan	*Köln	1:01:04	1968 M45	53	1:01:30	19:31 *	20:23 *	21:08	6:06 min/km
350	3846	Reisch Uli	Widdersdorf	1:01:04	1966 M45	54	1:01:45	21:37 *	19:21 *	20:05	6:06 min/km
351	3860	Neuhaus Christian	SG TÜV	1:01:07	1970 M45	55	1:01:43	19:35 *	19:56 *	21:35	6:07 min/km
352	1441	Olbrück Hans-Hürgen	SG TÜV Rheinland	1:01:07	1963 M50	24	1:01:43	20:18 *	19:13 *	21:35	6:07 min/km
353	868	Pfordt Alexander	Lauffreunde BKZ	1:01:12	1965 M50	25	1:02:30	20:34 *	20:55 *	19:42	6:07 min/km
354	1351	Delhofen Markus	*Langenfeld	1:01:13	1972 M40	55	1:04:30	20:34 *	20:05 *	20:34	6:07 min/km
355	1058	Juchem Tobizzle	*Köln	1:01:16	1985 M30	58	1:02:41	21:42 *	21:10 *	18:23	6:08 min/km
355	1215	Denker Dr. Michael	*Dueren	1:01:16	1976 M35	52	1:02:26	20:30 *	19:57 *	20:48	6:08 min/km
357	766	Koch Johannes	*Köln	1:01:23	1968 M45	56	1:03:12	20:40 *	20:03 *	20:39	6:08 min/km
358	1173	Timm Dierk	PulRemRennt	1:01:24	1967 M45	57	1:03:42	19:56 *	19:31 *	21:56	6:08 min/km
359	1474	Hedderich Stefan	*Bergneustadt	1:01:28	1980 M35	53	1:03:22	19:20 *	19:34 *	22:33	6:09 min/km
360	1365	Dahms Michael	*Köln	1:01:32	1979 M35	54	1:04:09	22:10 *	22:12 *	17:09	6:09 min/km
361	541	Mahlberg Dr. Markus	Fam. Scholz/Mahlberg	1:01:46	1967 M45	58	1:03:41	24:44 *	18:44 *	18:17	6:11 min/km
362	1436	Hänel Michael	Kernpunkt	1:01:46	0 MHK	54	1:02:04	19:21 *	20:23 *	22:01	6:11 min/km
363	292	Demirci Yavuz	*köln	1:01:46	1979 M35	55	1:02:52	20:12 *	20:37 *	20:56	6:11 min/km
364	720	Gluschko Ivan	Die Bierathleten	1:01:47	1986 MHK	55	1:04:09	21:41 *	19:01 *	21:03	6:11 min/km
365	1066	Spill Marco	*Köln	1:02:02	1977 M35	56	1:04:31	19:35 *	20:25 *	22:01	6:12 min/km
366	1484	Puccio Salvatore	DB Fernverkehr AG	1:02:05	1969 M45	59	1:04:23	19:51 *	20:06 *	22:07	6:13 min/km
367	612	Dworschah Johannes	*Köln	1:02:11	1981 M30	59	1:03:11	20:19 *	20:19 *	21:32	6:13 min/km
368	804	Smollich Christoph	S.P.A.M.	1:02:12	1987 MHK	56	1:03:39	19:33 *	19:52 *	22:47	6:13 min/km
369	953	Da Costa Ribeiro Joao	*Frechen	1:02:12	1958 M55	19	1:03:52	21:54 *	19:54 *	20:23	6:13 min/km
370	1265	Kampen Hans-Joachim	Team LeseWelten	1:02:15	1957 M55	20	1:03:01	23:43 *	19:09 *	19:22	6:14 min/km
371	1231	Ranke Tim	Team LeseWelten	1:02:19	1972 M40	56	1:03:59	20:44 *	20:26 *	21:09	6:14 min/km
372	1368	Maihöfer Reinhard	*Köln	1:02:30	1952 M60	13	1:04:37	19:59 *	19:37 *	22:53	6:15 min/km
373	732	Struve Norbert	*Köln	1:02:32	1960 M55	21	1:05:05	21:10 *	21:28 *	19:54	6:15 min/km
374	733	Samimi-Bayat Kami	*Köln	1:02:32	1978 M35	57	1:05:06	21:10 *	21:27 *	19:55	6:15 min/km
375	951	Hibbeln Pim	*Engelskirchen	1:02:39	1963 M50	26	1:03:19	19:59 *	20:50 *	21:49	6:16 min/km
376	1240	Gröger Thomas	*Troisdorf	1:02:43	1969 M45	60	1:06:12	23:10 *	21:14 *	18:19	6:16 min/km
377	1392	Beckschulte Mats	Leichtathletik-Team DSHS	1:02:46	2005 MU12	7	1:04:32	20:22 *	20:24 *	21:59	6:17 min/km
378	784	SOLAR DAVID	Team LeseWelten	1:02:51	1977 M35	58	1:02:54	24:40 *	16:26 *	21:43	6:17 min/km
379	299	Busch Tobias	*Köln	1:02:56	1972 M40	57	1:04:49	21:12 *	20:53 *	20:49	6:18 min/km
380	371	Mick Tobias	Nici Running Squad	1:02:58	1986 MHK	57	1:05:09	20:35 *	20:26 *	21:56	6:18 min/km
381	558	Molitor Walter	*Bedburg	1:03:03	1955 M60	14	1:03:33	20:12 *	20:31 *	22:19	6:18 min/km
382	3890	Kietzmann Tom		1:03:08	1973 M40	58	1:06:03	24:25 *	19:20 *	19:23	6:19 min/km
383	688	Morawe Stefan	Team LeseWelten	1:03:09	1964 M50	27	1:04:31	21:05 *	20:31 *	21:33	6:19 min/km
384	1527	Thomas Robert		1:03:20	1972 M40	59	1:04:57	22:31 *	19:26 *	21:21	6:20 min/km
385	821	Shim Jaeyoung	*Düsseldorf	1:03:28	1980 M35	59	1:06:06	22:27 *	19:04 *	21:55	6:21 min/km
386	1182	Heuser Rainer	PulRemRennt	1:03:44	1950 M65	5	1:06:06	21:41 *	20:24 *	21:38	6:22 min/km
387	1210	Gorges Björn	NetCologne	1:03:45	1979 M35	60	1:05:49	21:52 *	20:24 *	21:28	6:23 min/km
388	595	Frein Burkhard	*Köln	1:03:50	1959 M55	22	1:05:10	21:21 *	21:07 *	21:21	6:23 min/km
389	1143	Paszek Christian	Krombacher Alkoholfrei	1:04:00	1958 M55	23	1:05:19	19:22 *	20:57 *	23:40	6:24 min/km

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390	1444	Sellmann Henry	HCA	1:04:03	2007 MU10	3	1:06:28	21:43 *	20:35 *	21:45	6:24 min/km
391	436	Reeff Luc	*Dudelange	1:04:06	1975 M40	60	1:04:32	19:42 *	21:54 *	22:29	6:25 min/km
392	810	Bette Henning	*Hürth	1:04:06	1970 M45	61	1:06:22	22:31 *	21:01 *	20:34	6:25 min/km
393	809	Bimmler Michael	*Köln	1:04:07	1972 M40	61	1:06:22	22:31 *	21:01 *	20:34	6:25 min/km
394	623	Schlößer Christian	*Kerpen	1:04:22	1981 M30	60	1:06:51	21:42 *	21:20 *	21:19	6:26 min/km
395	735	Zur Nieden Jürgen	*Remscheid	1:04:29	1961 M50	28	1:06:25	22:11 *	21:20 *	20:57	6:27 min/km
396	3866	Hönig Marc		1:04:31	1963 M50	29	1:06:15	23:22 *	20:32 *	20:36	6:27 min/km
397	1342	Strobl Ulrich	*Köln	1:04:32	1956 M55	24	1:06:39	20:58 *	21:09 *	22:24	6:27 min/km
398	594	Von Brandenstein Moritz	*Lindlar	1:04:51	1978 M35	61	1:07:01	20:54 *	20:54 *	23:02	6:29 min/km
399	659	Deisenroth Christian	*Köln	1:05:23	1987 MHK	58	1:07:42	22:43 *	22:14 *	20:25	6:32 min/km
400	702	Steinz Lothar	*Köln	1:05:29	1957 M55	25	1:06:46	25:02 *	19:31 *	20:55	6:33 min/km
401	940	Mohr Ralph	BAPersBw - Die	1:05:41	1966 M45	62	1:06:58	21:41 *	21:17 *	22:41	6:34 min/km
402	1191	Voigt Bennet	Leichtathletik-Team DSHS	1:05:46	2006 MU10	4	1:07:27	22:11 *	21:29 *	22:05	6:35 min/km
403	627	Pauly Andreas	*Köln	1:05:50	1974 M40	62	1:06:46	20:46 *	22:25 *	22:38	6:35 min/km
404	522	Schöffmann Dieter	Team LeseWelten	1:05:52	1953 M60	15	1:05:56	20:30 *	22:09 *	23:13	6:35 min/km
405	999	Bovelet Mirko	SoCura	1:05:55	1975 M40	63	1:08:33	23:04 *	21:39 *	21:12	6:36 min/km
406	270	Vetter Raimund	Diabetes Programm	1:06:19	1952 M60	16	1:07:39	20:16 *	22:30 *	23:32	6:38 min/km
407	1418	Gutschow Bruno	HCA	1:06:45	2005 MU12	8	1:06:47	18:20 *	21:20 *	27:05	6:41 min/km
408	888	Gerganovo Petko	Team LeseWelten	1:07:09	1988 MHK	59	1:08:49	22:33 *	21:39 *	22:56	6:43 min/km
409	1426	Heck Matteo	HCA	1:07:21	2006 MU10	5	1:07:22	18:20 *	21:19 *	27:40	6:44 min/km
410	1269	Ansari Arash	*Köln	1:07:21	1973 M40	64	1:07:59	20:31 *	22:35 *	24:14	6:44 min/km
411	1039	Gerke Prof. Dr. Jürgen	*Hürth	1:07:34	1946 M65	6	1:08:13	22:06 *	21:35 *	23:53	6:45 min/km
412	478	Czerwinski Günter	Team LeseWelten	1:07:40	1944 M70	3	1:10:16	25:28 *	25:33 *	16:38	6:46 min/km
413	1290	Zöller Andreas	Fisch Runners	1:07:41	1981 M30	61	1:09:51	21:37 *	22:04 *	23:59	6:46 min/km
414	754	Henrichs Benedikt	*Köln	1:08:00	1987 MHK	60	1:10:39	22:46 *	22:08 *	23:06	6:48 min/km
415	473	Lenz Alexander	*53721	1:08:07	1991 MHK	61	1:08:59	22:10 *	23:10 *	22:46	6:49 min/km
416	1103	Helmut Wenzel	Campinglauf-Sahrtal	1:08:09	1960 M55	26	1:10:47	22:19 *	22:32 *	23:17	6:49 min/km
417	1102	Herbert Rieger	Campinglauf-Sahrtal	1:08:11	1966 M45	63	1:10:49	22:19 *	24:25 *	21:26	6:49 min/km
418	876	Voigt Anton	*Köln	1:08:27	1983 M30	62	1:11:12	22:38 *	22:45 *	23:04	6:51 min/km
419	1155	Nolte Daniel	DKMS-Team	1:08:49	1980 M35	62	1:09:18	22:29 *	23:55 *	22:24	6:53 min/km
420	996	Donimierski Michael	*Pulheim	1:09:08	1977 M35	63	1:10:40	20:58 *	23:45 *	24:24	6:55 min/km
421	556	Detmer Hanspeter	Altstädter Köln	1:09:14	1946 M65	7	1:11:22	22:39 *	22:54 *	23:41	6:55 min/km
422	655	Mathar Gregor	*Hürth	1:09:21	1969 M45	64	1:11:42	23:18 *	22:26 *	23:36	6:56 min/km
423	845	Cönen Horst	Heiter bis Sportlich	1:09:34	1966 M45	65	1:12:17	23:38 *	23:18 *	22:38	6:57 min/km
424	1004	Nachsel Achim	*Köln	1:09:37	1955 M60	17	1:11:42	22:49 *	22:40 *	24:08	6:58 min/km
425	1105	Weiden Martin	*Köln	1:09:40	1971 M40	65	1:12:19	23:18 *	23:01 *	23:20	6:58 min/km
426	1303	Voigt Stefan	*Köln	1:12:00	1967 M45	66	1:13:50	25:56 *	22:40 *	23:23	7:12 min/km
427	579	Hillenbach Sebastian	*Köln	1:12:00	1975 M40	66	1:14:12	23:12 *	23:04 *	25:44	7:12 min/km
428	1041	Gerke Lars-Erik	*Hürth	1:12:02	1988 MHK	62	1:14:09	22:39 *	23:20 *	26:02	7:12 min/km
429	963	Knabe Florian	*Bonn	1:12:10	1984 M30	63	1:14:40	23:16 *	23:36 *	25:16	7:13 min/km
430	1506	Gatzke André	Team LeseWelten	1:12:49	1975 M40	67	1:12:49	25:26 *	22:33 *	24:49	7:17 min/km
431	667	Richter Pascal	Vincerola	1:13:21	1988 MHK	63	1:15:10	24:06 *	24:26 *	24:49	7:20 min/km
432	977	Wild Michael	Vincerola	1:13:22	1973 M40	68	1:15:10	24:07 *	24:26 *	24:48	7:20 min/km
433	1340	Sinzig Michael	*Köln	1:13:25	1978 M35	64	1:15:00	22:48 *	24:03 *	26:33	7:21 min/km
434	257	Lauterbach Ingo	Wolleflitzer	1:14:12	1968 M45	67	1:14:57	18:58 *	17:39 *	37:33	7:25 min/km
435	300	Nießén Sven	YourNextLevel	1:16:24	1984 M30	64	1:17:52	24:11 *	25:06 *	27:06	7:38 min/km
436	1550	Bednorz Joachim		1:18:36	1947 M65	8	1:20:33	22:53 *	26:35 *	29:06	7:52 min/km
437	591	Zischkau Dirk	*Erfstadt	1:20:48	1976 M35	65	1:22:59	24:50 *	27:04 *	28:53	8:05 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	893	Kröhnert Katharina	MACH3 Köln e.v.	0:43:18	1987 WHK	1	0:43:27	14:07 * 14:14 * 14:56	4:20 min/km
2	1461	Jäkel Merle	*Köln	0:44:25	1975 W40	1	0:44:27	13:59 * 14:42 * 15:43	4:27 min/km
3	941	Dreschmann Corinna	Mach3 Köln e.V.	0:46:00	1987 WHK	2	0:46:08	14:22 * 15:22 * 16:15	4:36 min/km
4	1350	Dueck Lina-Marie	*Köln	0:46:25	1989 WHK	3	0:46:44	15:55 * 15:24 * 15:05	4:39 min/km
5	1128	Frieler Sonja	Albis Laufftreff	0:46:40	1990 WHK	4	0:47:01	15:30 * 15:12 * 15:57	4:40 min/km
6	532	Aulmann Julia	*Köln	0:46:52	1988 WHK	5	0:46:57	15:14 * 15:17 * 16:20	4:41 min/km
7	1467	Vietzen Ulrike	*Köln	0:47:01	1967 W45	1	0:48:21	15:59 * 15:23 * 15:39	4:42 min/km
8	692	Ziarnik Claudina	*Grevenbroich	0:47:07	1987 WHK	6	0:47:19	15:36 * 15:30 * 16:00	4:43 min/km
9	1218	Dubenkropp Kim	*Köln	0:47:18	1987 WHK	7	0:47:39	15:53 * 15:24 * 15:59	4:44 min/km
10	1229	Mete Nicole	Team LeseWelten	0:47:20	1971 W40	2	0:47:28	15:25 * 15:34 * 16:20	4:44 min/km
11	177	Abels Franziska	Mach3	0:47:23	1988 WHK	8	0:47:32	15:24 * 15:34 * 16:24	4:44 min/km
12	449	Thelen Miriam	*Cala Ratjada	0:48:05	1984 W30	1	0:48:08	15:22 * 16:02 * 16:40	4:49 min/km
13	1346	Zähringer Monika	Run Squad CNG	0:48:14	1987 WHK	9	0:48:17	15:32 * 15:51 * 16:50	4:49 min/km
14	391	Gerdom Diana	Dr. Rüger Holding GmbH	0:48:25	1977 W35	1	0:49:15	15:54 * 15:53 * 16:37	4:51 min/km
15	1133	Golbar Saskia	Just Fit	0:48:26	1988 WHK	10	0:49:16	15:52 * 15:53 * 16:40	4:51 min/km
16	1192	Kerl Annika	Leichtathletik-Team DSHS	0:48:28	1992 WHK	11	0:48:28	00:00 * 00:00 * 00:00	4:51 min/km
17	1532	Rech-Heider Monika		0:48:30	1969 W45	2	0:49:11	16:15 * 15:40 * 16:34	4:51 min/km
18	1298	Hejl Franziska	ALBIS Laufftreff	0:49:07	1983 W30	2	0:49:29	15:46 * 16:21 * 16:59	4:55 min/km
19	1021	Garbe Judith	Mach3	0:49:13	1988 WHK	12	0:51:21	16:28 * 16:00 * 16:43	4:55 min/km
20	343	Förderer Valentina	*Köln	0:49:32	1989 WHK	13	0:49:50	15:59 * 16:15 * 17:17	4:57 min/km
21	1272	Heitkamp Silke	GS1 Germany GmbH	0:49:38	1969 W45	3	0:52:07	17:31 * 17:36 * 14:29	4:58 min/km
22	308	Meier Christin	*Aachen	0:49:45	1983 W30	3	0:51:16	16:55 * 16:11 * 16:37	4:59 min/km
23	1394	Bendix Anna	HCA	0:49:57	2004 WU12	1	0:49:57	07:31 * 16:36 * 25:50	4:60 min/km
24	1127	Besseling Jasmina	*Köln	0:50:00	1978 W35	2	0:50:02	15:59 * 16:39 * 17:21	5:00 min/km
25	1354	Meibeck Anja	*Köln	0:50:02	1971 W40	3	0:50:43	16:15 * 16:20 * 17:25	5:00 min/km
26	1294	Klein Olivia	*Pulheim	0:50:10	1996 WU20	1	0:50:36	15:59 * 16:32 * 17:38	5:01 min/km
27	32	Stegmann Johanna	*Stuttgart	0:50:34	1991 WHK	14	0:50:52	15:37 * 16:41 * 18:15	5:03 min/km
28	936	Schmitz Katharina	X-Trail	0:51:12	1984 W30	4	0:51:55	16:53 * 16:46 * 17:33	5:07 min/km
29	694	Grott Helga	BSG Commerzbank Köln	0:51:19	1948 W65	1	0:51:23	16:15 * 17:00 * 18:03	5:08 min/km
30	3883	Domgörgen Eri	DJK LC Vettweiß	0:51:23	1983 W30	5	0:51:56	16:58 * 16:54 * 17:30	5:08 min/km
31	390	Knorr Sarah	*Münster	0:51:25	1985 W30	6	0:51:42	16:36 * 16:54 * 17:55	5:09 min/km
32	462	König Svenja	*Köln	0:51:37	1974 W40	4	0:52:23	16:42 * 17:07 * 17:46	5:10 min/km
33	1430	Maurer Judith	Techniker Krankenkasse	0:51:38	1987 WHK	15	0:54:17	18:20 * 16:59 * 16:18	5:10 min/km
34	1549	Richts Stefanie		0:51:47	1983 W30	7	0:52:06	17:13 * 16:53 * 17:41	5:11 min/km
35	1477	Münzel Jule	Leichtathletik-Team DSHS	0:52:19	2003 WU14	1	0:54:02	17:25 * 16:43 * 18:10	5:14 min/km
36	1355	Rupprecht Theresia	*Köln	0:52:26	1982 W30	8	0:53:53	17:12 * 17:02 * 18:11	5:15 min/km
37	979	Najdanovska Dobrica	*Kerpen	0:52:32	1966 W45	4	0:53:03	17:16 * 17:13 * 18:02	5:15 min/km
38	3814	Horst Claudia	SG TÜV Rheinland	0:52:33	1965 W50	1	0:52:55	17:17 * 17:13 * 18:02	5:15 min/km
39	1230	Wöbbeking Liane	Team LeseWelten	0:52:34	1960 W55	1	0:52:40	16:54 * 17:25 * 18:14	5:15 min/km
40	1245	Heß Heidi	ESV Gremberghoven	0:52:37	1960 W55	2	0:53:38	17:44 * 17:11 * 17:40	5:16 min/km
41	386	Klapp Hannah	*Bonn	0:52:40	1987 WHK	16	0:52:53	17:47 * 17:25 * 17:27	5:16 min/km
42	1377	Schirmer Sky	*Kerpen-Brüggen	0:52:41	1996 WU20	2	0:53:00	17:20 * 17:22 * 17:58	5:16 min/km
43	561	Weinert Viola	*Köln	0:52:49	1983 W30	9	0:52:59	16:39 * 17:28 * 18:41	5:17 min/km
44	829	Bredow Tanja	*Wipperfürth	0:53:15	1972 W40	5	0:54:36	17:29 * 17:20 * 18:25	5:20 min/km
45	794	Neumann Henni	andare sport	0:53:31	1969 W45	5	0:55:00	17:46 * 17:21 * 18:23	5:21 min/km
46	321	Wolff Sandra	*Köln	0:53:34	1970 W45	6	0:53:57	16:48 * 17:54 * 18:51	5:21 min/km
47	1558	Siep Esther		0:53:35	1976 W35	3	0:53:56	17:30 * 17:34 * 18:29	5:22 min/km
48	1163	Hohelüchter Katia	Köln Läufer!	0:53:36	1981 W30	10	0:54:14	17:26 * 17:45 * 18:24	5:22 min/km
49	1369	Kind Verena	Colinians Cologne	0:53:41	1982 W30	11	0:55:00	18:35 * 17:19 * 17:46	5:22 min/km
50	409	Sommer Katrin	XTrail-Aktiv	0:53:47	1977 W35	4	0:54:30	17:39 * 17:51 * 18:16	5:23 min/km
51	863	Achenbach Sandra	ISI-Runner	0:53:51	1975 W40	6	0:54:21	17:19 * 17:47 * 18:44	5:23 min/km
52	689	Von der Heyden Anne	Team LeseWelten	0:53:57	1975 W40	7	0:55:21	17:34 * 17:36 * 18:47	5:24 min/km
53	1129	Cramer Stephanie		0:54:04	1967 W45	7	0:54:47	17:47 * 17:44 * 18:32	5:24 min/km

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54	939	Meurers Astrid	FxMayr	0:54:10	1969	W45	8	0:55:37	18:50 *	17:22 *	17:57	5:25 min/km
55	933	Junk Elke	FXMayr	0:54:10	1972	W40	8	0:55:37	18:50 *	17:22 *	17:57	5:25 min/km
56	774	Kött Rebecca	Pulheimer SC	0:54:18	1994	WHK	17	0:55:02	18:10 *	17:36 *	18:31	5:26 min/km
57	405	Cordes Sandra	*Köln	0:54:23	1986	WHK	18	0:55:37	18:40 *	17:23 *	18:20	5:26 min/km
58	406	Cordes Silke	*Köln	0:54:24	1983	W30	12	0:55:37	18:40 *	17:24 *	18:19	5:26 min/km
59	750	Krist Johanna	*Bergisch Gladbach	0:54:27	1979	W35	5	0:56:17	18:17 *	17:44 *	18:25	5:27 min/km
60	751	Derkum Simone	*Köln	0:54:27	1979	W35	6	0:56:17	18:18 *	17:44 *	18:25	5:27 min/km
61	272	Ohlgschläger Alina	*Leichlingen	0:54:29	1988	WHK	19	0:55:38	17:43 *	17:40 *	19:04	5:27 min/km
62	582	Nauen Christine	*Köln	0:54:33	1988	WHK	20	0:55:34	18:30 *	17:50 *	18:11	5:27 min/km
63	521	Schäfers Katharina	*Köln	0:54:33	1980	W35	7	0:55:54	17:32 *	17:53 *	19:07	5:27 min/km
64	1308	Koß Anna-Katharina	Turbine Rüsselschwein	0:54:35	1982	W30	13	0:54:44	17:12 *	18:20 *	19:02	5:28 min/km
65	1060	Schreiner Birgit	TC Weiden	0:54:51	1960	W55	3	0:56:02	18:14 *	18:09 *	18:27	5:29 min/km
66	1268	Funk Kerstin	*Köln	0:54:52	1978	W35	8	0:55:34	17:13 *	18:15 *	19:23	5:29 min/km
67	3872	Dicken Sandra	TG Neuss	0:54:54	1988	WHK	21	0:55:26	18:38 *	18:11 *	18:04	5:29 min/km
68	494	Hatton Pollyanna	Vincerola GmbH	0:54:58	1976	W35	9	0:56:38	17:59 *	18:09 *	18:49	5:30 min/km
69	1161	Broichhaus Ellen	Köln Lläuft!	0:55:00	1972	W40	9	0:57:43	18:30 *	18:01 *	18:28	5:30 min/km
70	633	Hallerbach Alina	*Köln	0:55:01	1992	WHK	22	0:57:22	18:29 *	17:50 *	18:41	5:30 min/km
71	513	Bender Dany	*Bonn	0:55:03	1980	W35	10	0:56:25	18:28 *	18:04 *	18:31	5:30 min/km
72	930	Spelter Betti	*Dormagen	0:55:03	1981	W30	14	0:55:46	18:01 *	18:08 *	18:54	5:30 min/km
73	643	Röttgers A.	*Köln	0:55:05	1981	W30	15	0:55:39	18:45 *	17:54 *	18:24	5:31 min/km
74	388	Grundmann Sigrid	LT Laufmasche	0:55:14	1965	W50	2	0:55:56	17:53 *	18:25 *	18:55	5:31 min/km
75	596	Wiens Lara	TUS Köln Rrh.	0:55:18	1989	WHK	23	0:57:23	18:13 *	18:10 *	18:54	5:32 min/km
76	435	Bendler Beatrix	*Köln	0:55:21	1982	W30	16	0:56:33	18:04 *	18:17 *	18:59	5:32 min/km
77	320	Dörpinghaus Aylin	*Remscheid	0:55:27	1989	WHK	24	0:58:06	18:45 *	18:12 *	18:30	5:33 min/km
78	1033	Mürmann Clara	Cologne Running Crew	0:55:29	1991	WHK	25	0:56:58	19:19 *	17:38 *	18:31	5:33 min/km
79	905	Weitzenbürger Anja	Andare Sport	0:55:30	1971	W40	10	0:56:58	18:07 *	18:21 *	19:01	5:33 min/km
80	1446	Schmitz Britta	Köln läuft!	0:55:30	1963	W50	3	0:55:43	17:47 *	18:31 *	19:11	5:33 min/km
81	411	Heineberg-Zeus Ute	*Köln	0:55:46	1963	W50	4	0:57:54	18:06 *	18:23 *	19:17	5:35 min/km
82	483	Herold Christine	... und tschüß!	0:55:53	1979	W35	11	0:58:16	18:39 *	17:56 *	19:17	5:35 min/km
83	506	Podlinski Silja	Lauf-Masche	0:56:05	1973	W40	11	0:56:44	18:23 *	18:30 *	19:11	5:37 min/km
84	370	Kersting Janet	Lauf-Masche	0:56:05	1967	W45	9	0:56:44	18:24 *	18:30 *	19:10	5:37 min/km
85	1166	Broichhaus Petra	Köln Lläuft!	0:56:09	1970	W45	10	0:58:52	18:40 *	18:19 *	19:09	5:37 min/km
86	285	Langner Susann	LT Laufmasche	0:56:15	1969	W45	11	0:56:57	17:33 *	18:45 *	19:56	5:38 min/km
87	948	Stais Christiane	*neuss	0:56:16	1986	WHK	26	0:56:53	19:03 *	18:10 *	19:01	5:38 min/km
88	915	Theilmann Natalie	BUTLERS GmbH & Co.	0:56:18	1994	WHK	27	0:58:42	19:10 *	18:28 *	18:39	5:38 min/km
89	3849	Lemaire Melanie	FC Deutsche Post	0:56:18	1985	W30	17	0:56:23	17:29 *	19:12 *	19:37	5:38 min/km
90	978	Najdanovska Julia	*Kerpen	0:56:23	1992	WHK	28	0:56:54	18:16 *	18:55 *	19:11	5:38 min/km
91	1176	Herpel Wiebke	PulRemRennt	0:56:23	1970	W45	12	0:57:04	18:11 *	18:28 *	19:42	5:38 min/km
92	657	Schaper Frederike	*Köln	0:56:25	1974	W40	12	0:57:32	18:33 *	18:24 *	19:27	5:39 min/km
93	1464	Untrieser Kirstin	*Wuppertal	0:56:28	1984	W30	18	0:58:17	19:13 *	18:20 *	18:55	5:39 min/km
94	15	Bent Rebecca	*köln	0:56:30	1982	W30	19	0:57:26	19:20 *	18:13 *	18:56	5:39 min/km
95	610	Meyer Sonja	ELEMENTS Cologne	0:56:35	1979	W35	12	0:58:53	19:52 *	18:36 *	18:06	5:40 min/km
96	340	Kessens Meike	*Köln	0:56:35	1984	W30	20	0:57:35	20:05 *	18:27 *	18:01	5:40 min/km
97	1122	Munzert Anne	*Köln	0:56:36	1986	WHK	29	0:58:01	19:51 *	18:10 *	18:34	5:40 min/km
98	614	Schmidt Rahel	*Köln	0:56:37	1997	WU20	3	0:58:12	19:30 *	18:27 *	18:38	5:40 min/km
99	1572	Marenbach Anke		0:56:42	1983	W30	21	0:56:45	18:19 *	18:44 *	19:39	5:40 min/km
100	1573	Arians Nina		0:56:42	1982	W30	22	0:56:45	18:19 *	18:44 *	19:39	5:40 min/km
101	782	Pesch Bettina	ASV Kronenburg	0:56:42	1986	WHK	30	0:57:51	19:03 *	18:38 *	19:01	5:40 min/km
102	307	Fuchs Katja	Original Bootcamp	0:56:45	1975	W40	13	0:57:27	18:50 *	18:19 *	19:35	5:41 min/km
103	630	Karatas Anne	*Düsseldorf	0:56:46	1977	W35	13	0:58:01	19:25 *	18:26 *	18:54	5:41 min/km
104	982	Probst Mirjam	Team Erdinger Alkoholfrei	0:56:47	1978	W35	14	0:59:24	21:14 *	17:28 *	18:04	5:41 min/km
105	642	Bader Julia	*Köln	0:56:48	1981	W30	23	0:58:27	20:00 *	18:11 *	18:36	5:41 min/km
106	1472	Nicolai-Meier Yvonne	DKMS	0:56:49	1973	W40	14	0:57:10	19:07 *	18:46 *	18:54	5:41 min/km
107	501	Chaves Kerstin	*Köln	0:57:02	1964	W50	5	0:57:51	19:11 *	18:28 *	19:22	5:42 min/km
108	1118	Kühn Alexandra	*Köln	0:57:09	1985	W30	24	0:58:12	18:23 *	18:52 *	19:52	5:43 min/km
109	1371	Mattick Corinna	LG Gummersbach	0:57:10	1981	W30	25	0:58:46	19:09 *	18:42 *	19:18	5:43 min/km

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110	756	Bornemann Jutta	*Hürth	0:57:18	1984 W30	26	0:59:55	20:09 *	18:29 *	18:39	5:44 min/km
111	1284	Boenisch Birte	*Gevelsberg	0:57:21	1970 W45	13	1:01:06	18:47 *	18:51 *	19:42	5:44 min/km
112	835	Neuschütz Talita	MACH3 Köln e.V.	0:57:23	1976 W35	15	0:58:08	19:21 *	18:56 *	19:05	5:44 min/km
113	707	Dousi Marlies	Vincerola	0:57:34	1977 W35	16	0:59:22	19:43 *	19:27 *	18:22	5:45 min/km
114	1119	Jungmann Sigrun	*Gevelsberg	0:57:40	1961 W50	6	1:01:26	18:57 *	18:53 *	19:49	5:46 min/km
115	481	Schomakers Julia	*Köln	0:57:44	1979 W35	17	0:59:20	20:01 *	19:45 *	17:57	5:46 min/km
116	889	Richter Renate	Union Biesfeld Triathlon	0:57:45	1951 W60	1	1:00:19	19:37 *	18:35 *	19:32	5:47 min/km
117	448	Steinmetz Juliane	*Düsseldorf	0:57:45	1983 W30	27	0:58:00	18:29 *	18:59 *	20:16	5:47 min/km
118	1431	Barysevich Olga	Techniker Krankenkasse	0:57:45	1983 W30	28	1:00:30	22:11 *	18:25 *	17:09	5:47 min/km
119	574	Hintz Anja	ISI-RUNNER	0:57:47	1978 W35	18	0:58:14	19:16 *	19:18 *	19:12	5:47 min/km
120	254	Schwane Leonie	*Köln	0:57:57	1987 WHK	31	1:00:48	19:58 *	18:43 *	19:15	5:48 min/km
121	360	Hahn Michaela	*Köln	0:57:57	1982 W30	29	1:00:16	18:54 *	18:46 *	20:16	5:48 min/km
122	253	Ingenpaß Sabine	*Frankfurt am Main	0:57:57	1986 WHK	32	1:00:49	19:59 *	18:42 *	19:16	5:48 min/km
123	1311	Leist Amelie	*Ransbach-Baumbach	0:57:59	1988 WHK	33	0:59:49	20:13 *	19:36 *	18:09	5:48 min/km
124	1449	Lippert Henriette	Köln läuft!	0:58:01	1982 W30	30	0:59:02	19:41 *	18:52 *	19:27	5:48 min/km
125	671	Jakobs Simone	*Köln	0:58:03	1987 WHK	34	0:58:56	19:08 *	19:12 *	19:42	5:48 min/km
126	666	Hansen Sigrid	XTrail-Aktiv	0:58:06	1966 W45	14	0:59:24	18:39 *	19:27 *	19:59	5:49 min/km
127	255	Wirtz Heidi	*Köln	0:58:16	1971 W40	15	0:59:12	19:17 *	18:56 *	20:03	5:50 min/km
128	1471	Baldus Anna	*Köln	0:58:18	2003 WU14	2	0:58:28	19:04 *	19:17 *	19:55	5:50 min/km
129	1301	Kratz Martina	*Köln	0:58:24	1988 WHK	35	1:01:26	20:13 *	19:11 *	19:00	5:50 min/km
130	65	Widders Christine	*Köln	0:58:26	1986 WHK	36	0:59:24	19:19 *	19:12 *	19:53	5:51 min/km
131	1271	Rypholz Monika	ASV Köln Triathlon	0:58:31	1960 W55	4	0:59:11	18:49 *	19:13 *	20:27	5:51 min/km
132	927	Heck Uta	Hans-Christian-Andersen	0:58:31	1968 W45	15	0:58:42	19:13 *	19:35 *	19:43	5:51 min/km
133	983	Hofmann Daniela	HAns-CHristian-Andersen-	0:58:31	1970 W45	16	0:58:43	19:13 *	19:35 *	19:43	5:51 min/km
134	825	Schöppgens Nannette	die Schnellen und das	0:58:33	1975 W40	16	0:59:47	19:34 *	19:23 *	19:35	5:51 min/km
135	679	Kukuczka Dr. Bernadeta	vs738	0:58:38	1984 W30	31	0:59:46	19:22 *	19:17 *	19:58	5:52 min/km
136	1164	Funk Ulrike	Köln Läufer!	0:58:39	1975 W40	17	1:00:15	19:52 *	19:19 *	19:27	5:52 min/km
137	3877	Günther Isabel		0:58:41	1990 WHK	37	0:59:47	19:49 *	19:03 *	19:48	5:52 min/km
138	740	Franz Ann-Kristin	-	0:58:45	1984 W30	32	1:01:57	19:38 *	19:03 *	20:03	5:53 min/km
139	3879	Stübner Elke		0:58:46	1961 W50	7	0:59:52	19:41 *	19:13 *	19:52	5:53 min/km
140	1048	Pöhlmann Mukaddam	*Köln	0:58:47	1974 W40	18	1:01:32	20:02 *	19:03 *	19:42	5:53 min/km
141	604	Heigl Nadine	*Köln	0:58:48	1980 W35	19	1:00:59	19:49 *	19:09 *	19:49	5:53 min/km
142	1473	Sykes Jacqueline	DKMS	0:58:58	1964 W50	8	0:59:20	19:06 *	18:46 *	21:04	5:54 min/km
143	480	Schomakers Wencke	*Köln	0:59:00	1973 W40	19	1:00:37	20:01 *	19:47 *	19:11	5:54 min/km
144	746	Domgörgen Anja	*Hürth	0:59:01	1977 W35	20	1:00:08	18:47 *	19:09 *	21:04	5:54 min/km
145	811	Schmidt Sonja Karina	*Köln	0:59:02	1981 W30	33	1:00:40	20:22 *	19:04 *	19:35	5:54 min/km
146	1383	Dohmen Sarah	Cologne Running Crew	0:59:07	1994 WHK	38	1:00:37	19:45 *	19:16 *	20:06	5:55 min/km
147	980	Neveling Eva-Maria	Cologne Running Crew	0:59:07	1992 WHK	39	1:00:37	19:45 *	19:15 *	20:06	5:55 min/km
148	1010	Dotzauer Helena	Your Next Level	0:59:08	1984 W30	34	1:00:34	19:50 *	19:34 *	19:43	5:55 min/km
149	722	Bäumler Tania	Die Bierathleten	0:59:12	1984 W30	35	1:01:33	21:43 *	19:00 *	18:29	5:55 min/km
150	1286	Merlevede Christina	TV Rodt Müllenbach	0:59:12	1962 W50	9	1:00:19	20:30 *	18:56 *	19:45	5:55 min/km
151	903	Elsner Eva	Running Team Elsner	0:59:16	1980 W35	21	0:59:36	18:45 *	19:35 *	20:55	5:56 min/km
152	3867	Halbach Veronika		0:59:17	1985 W30	36	1:01:25	19:28 *	19:05 *	20:43	5:56 min/km
153	801	Olesen Julia	*Hennef	0:59:19	1987 WHK	40	1:01:12	20:16 *	19:19 *	19:44	5:56 min/km
154	539	Kasper Eva	*Köln	0:59:20	1989 WHK	41	1:01:17	20:03 *	19:19 *	19:58	5:56 min/km
155	934	Seyedi Renate	ISI-Runner	0:59:22	1959 W55	5	0:59:46	20:59 *	19:09 *	19:13	5:56 min/km
156	364	Schwender Kerstin	*Köln	0:59:22	1966 W45	17	1:00:21	19:51 *	19:30 *	20:00	5:56 min/km
157	841	Pirk Sarah	*Jülich	0:59:24	1987 WHK	42	1:01:29	20:16 *	19:12 *	19:54	5:56 min/km
158	1374	Nussmann Michaela	*Köln	0:59:27	1964 W50	10	1:01:52	19:26 *	19:38 *	20:22	5:57 min/km
159	668	Koch Katharina	*Köln	0:59:27	1987 WHK	43	1:00:21	19:12 *	19:47 *	20:28	5:57 min/km
160	1323	Berghaus Marion	*Köln	0:59:27	1985 W30	37	1:00:23	18:42 *	19:56 *	20:48	5:57 min/km
161	914	Walter Christine	BUTLERS GmbH & Co.	0:59:28	1993 WHK	44	1:01:53	19:10 *	19:11 *	21:06	5:57 min/km
162	383	Balzer Christine	*Köln	0:59:33	1980 W35	22	0:59:45	19:00 *	19:38 *	20:54	5:57 min/km
163	459	Molnar Sandra	*Köln	0:59:39	1987 WHK	45	1:00:12	18:57 *	20:03 *	20:38	5:58 min/km
164	723	Moravec Valentina	Die Bierathleten	0:59:40	1961 W50	11	1:02:02	21:42 *	19:00 *	18:58	5:58 min/km
165	626	Hlavsa Lisanne	*Köln	0:59:43	1992 WHK	46	1:01:12	19:43 *	19:43 *	20:16	5:58 min/km

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166	938	Schmiing Maria Denise	*Köln	0:59:50	1986	WHK	47	1:00:59	20:25 *	19:59 *	19:25	5:59 min/km
167	1450	Simon Marlies	Köln läuft!	0:59:51	1956	W55	6	1:01:25	20:07 *	19:33 *	20:10	5:59 min/km
168	949	Maskalewicz Lydia	*Neuss	0:59:51	1964	W50	12	1:00:29	20:03 *	19:42 *	20:06	5:59 min/km
169	503	Luther Sarah	*Berg. Gladbach	0:59:52	1992	WHK	48	0:59:57	19:00 *	19:44 *	21:07	5:59 min/km
170	711	De Jong-Engel Alexandra	*Köln	0:59:57	1975	W40	20	1:01:44	19:44 *	19:28 *	20:43	5:60 min/km
171	1309	Gröger Beate	LG Gummersbach	0:59:57	1965	W50	13	1:01:07	19:57 *	19:56 *	20:04	5:60 min/km
172	1101	Pfromm Doris	*Hürth	0:59:59	1970	W45	18	1:02:31	20:17 *	19:32 *	20:09	5:60 min/km
173	1460	Schabel Rita	*Niederkassel	0:59:59	1968	W45	19	1:02:32	20:18 *	19:32 *	20:09	5:60 min/km
174	1457	Nowack Nadine	SG Köln - Worringen	1:00:05	1986	WHK	49	1:00:41	19:08 *	19:58 *	20:57	6:01 min/km
175	1083	Hand Stephanie	*Mechernich	1:00:10	1984	W30	38	1:00:45	19:10 *	19:47 *	21:11	6:01 min/km
176	660	Wolf Petra	ERGO sports Köln	1:00:10	1965	W50	14	1:02:29	19:58 *	19:28 *	20:43	6:01 min/km
177	1076	Gilles Anke	*Bonn	1:00:12	1981	W30	39	1:01:37	19:16 *	19:39 *	21:16	6:01 min/km
178	475	El-Edrissi Nadia	*Köln	1:00:12	1993	WHK	50	1:01:24	19:44 *	19:51 *	20:37	6:01 min/km
179	1565	McMillan Wilhelm Kathy	HCA	1:00:16	1962	W50	15	1:00:24	19:17 *	19:35 *	21:23	6:02 min/km
180	727	Klinge Tatjana	Dagmars After Work	1:00:19	1971	W40	21	1:02:11	20:59 *	19:19 *	20:00	6:02 min/km
181	1006	Gerhardt Sabine	ASV Köln Lauftreff	1:00:22	1976	W35	23	1:02:15	20:06 *	20:15 *	20:00	6:02 min/km
182	1054	Otremba Maybritt	*Köln	1:00:22	1984	W30	40	1:02:15	20:06 *	20:15 *	20:00	6:02 min/km
183	1077	Sommer Hannelore	Dagmar s After Work	1:00:26	1958	W55	7	1:02:19	20:58 *	19:18 *	20:09	6:03 min/km
184	697	Mergemann Gabriela	Kals	1:00:29	1954	W60	2	1:02:21	19:50 *	19:46 *	20:51	6:03 min/km
185	534	Faulhammer Jeannine	*Titz - Jackerath	1:00:29	1969	W45	20	1:02:42	20:45 *	19:34 *	20:09	6:03 min/km
186	324	Mersch Raphaela	Team KerryGum	1:00:30	1985	W30	41	1:03:04	22:17 *	19:14 *	18:58	6:03 min/km
187	3821	Finke Kerstin	KölleAlarm e.V.	1:00:31	1968	W45	21	1:02:05	21:15 *	19:50 *	19:26	6:03 min/km
188	545	Breer Sandra	Laufschabe & Friends	1:00:35	1976	W35	24	1:01:55	20:13 *	19:51 *	20:30	6:04 min/km
189	1312	Langen Julia	*Kerpen	1:00:36	1990	WHK	51	1:02:29	20:11 *	19:36 *	20:48	6:04 min/km
190	649	Bürgel Monika	*Köln	1:00:37	1968	W45	22	1:01:01	20:13 *	19:43 *	20:39	6:04 min/km
191	651	Eichler Heike	*Frechen	1:00:37	1965	W50	16	1:01:01	20:14 *	19:43 *	20:40	6:04 min/km
192	3882	Müller Gezine		1:00:39	1998	WU18	1	1:01:57	19:59 *	19:57 *	20:42	6:04 min/km
193	883	Thelen Anja	*Kerpen Horrem	1:00:39	1996	WU20	4	1:01:57	19:58 *	19:58 *	20:42	6:04 min/km
194	1043	Briante Annette	*Köln	1:00:48	1972	W40	22	1:02:50	20:04 *	20:12 *	20:30	6:05 min/km
195	1568	Kolicke Merlene		1:00:52	1976	W35	25	1:01:04	19:15 *	19:59 *	21:37	6:05 min/km
196	725	Ringer Petra	*Köln	1:00:54	1971	W40	23	1:02:05	20:10 *	19:47 *	20:55	6:05 min/km
197	1047	Paaßens Lena	*Köln	1:00:56	2005	WU12	2	1:01:56	20:11 *	20:48 *	19:56	6:06 min/km
198	599	Sonnefeld Heike	*Köln	1:00:57	1958	W55	8	1:01:21	20:15 *	19:50 *	20:52	6:06 min/km
199	783	Schmidt Claudia	*Köln	1:01:04	1985	W30	42	1:02:55	20:15 *	20:15 *	20:34	6:06 min/km
200	1462	Nettersheim Rosa	*Köln	1:01:11	1951	W60	3	1:02:31	20:26 *	20:08 *	20:36	6:07 min/km
201	1095	Kühnen Birgit	Veni Vidi Colonia	1:01:15	1968	W45	23	1:04:51	20:36 *	20:09 *	20:29	6:08 min/km
202	1094	Kühnen Maria	Veni Vidi Colonia	1:01:17	1962	W50	17	1:04:54	20:36 *	20:09 *	20:32	6:08 min/km
203	468	Scholz Jana-Anna	*Köln	1:01:21	1988	WHK	52	1:02:52	19:50 *	20:10 *	21:19	6:08 min/km
204	765	Dieringer Kathleen	*Köln	1:01:23	1986	WHK	53	1:03:13	20:40 *	20:03 *	20:39	6:08 min/km
205	450	Lindig Alissa	*Köln	1:01:32	1984	W30	43	1:04:07	19:38 *	20:06 *	21:46	6:09 min/km
206	260	Stöber Kathrin	*Köln	1:01:34	1980	W35	26	1:02:07	19:37 *	20:23 *	21:32	6:09 min/km
207	806	Rückerl Judith	*Köln	1:01:37	1982	W30	44	1:02:44	20:26 *	19:59 *	21:10	6:10 min/km
208	479	Neuerburg Andrea	*Köln	1:01:37	1967	W45	24	1:03:14	20:02 *	19:57 *	21:38	6:10 min/km
209	278	Jaeger Steffi	*Brühl	1:01:39	1971	W40	24	1:04:05	20:48 *	20:08 *	20:41	6:10 min/km
210	880	Kammer Carolina	DJK-GSG-Pulheim	1:01:45	1998	WU18	2	1:02:11	18:32 *	20:58 *	22:14	6:11 min/km
211	554	Adam Sophie	*Köln	1:02:09	1982	W30	45	1:03:12	20:17 *	20:19 *	21:32	6:13 min/km
212	401	Von Thenen Jessica	*Köln	1:02:11	1981	W30	46	1:03:52	21:54 *	19:54 *	20:23	6:13 min/km
213	1387	Day Monika	*Köln	1:02:13	1967	W45	25	1:03:49	19:37 *	20:29 *	22:06	6:13 min/km
214	839	Hartung Ann-Cathrin	*Jülich	1:02:23	1985	W30	47	1:04:28	20:20 *	20:30 *	21:32	6:14 min/km
215	1336	Dünnwald Charlotte	*Köln	1:02:27	1988	WHK	54	1:02:56	19:40 *	20:51 *	21:55	6:15 min/km
216	822	Mentzel Sarah	*Hennef	1:02:28	1979	W35	27	1:03:07	19:22 *	20:43 *	22:22	6:15 min/km
217	1287	Bongartz Marianne	*Köln	1:02:37	1960	W55	9	1:04:34	22:20 *	19:44 *	20:32	6:16 min/km
218	490	Marquardt Dr. Angelika	*Brühl	1:02:42	1965	W50	18	1:03:06	19:43 *	21:34 *	21:24	6:16 min/km
219	846	Cönen Nina	Heiter bis Sportlich	1:02:45	1967	W45	26	1:05:26	22:01 *	20:18 *	20:25	6:17 min/km
220	995	Strohe Christine	Vincerola	1:02:48	1979	W35	28	1:05:01	20:40 *	20:41 *	21:26	6:17 min/km
221	1179	Heuser Annika	PulRemRennt	1:02:49	1983	W30	48	1:05:11	21:40 *	20:01 *	21:08	6:17 min/km

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222	557	Francki Verena	*Köln	1:02:49	1988 WHK	55	1:04:03	21:50 *	20:17 *	20:42	6:17 min/km
223	832	Terasa Monika	lt-run4fun.de	1:02:52	1961 W50	19	1:05:33	20:20 *	20:40 *	21:50	6:17 min/km
224	1106	Lang Jutta	*Köln	1:02:58	1986 WHK	56	1:05:13	22:12 *	20:12 *	20:33	6:18 min/km
225	827	Wetzel Neele	Team LeseWelten	1:03:03	2001 WU16	1	1:03:09	20:20 *	22:35 *	20:07	6:18 min/km
226	1381	Soßdorf Anna	*Düsseldorf	1:03:05	1979 W35	29	1:04:47	21:11 *	20:45 *	21:08	6:19 min/km
227	1453	Blüm Alena	*Pulheim	1:03:05	1998 WU18	3	1:05:18	21:03 *	20:14 *	21:47	6:19 min/km
228	960	Mucha Luzie	*Köln	1:03:14	1986 WHK	57	1:04:55	21:10 *	20:46 *	21:17	6:19 min/km
229	1528	Thomas Birgit		1:03:21	1972 W40	25	1:04:57	21:45 *	20:14 *	21:21	6:20 min/km
230	328	Markus Désirée	*Wuppertal	1:03:25	1991 WHK	58	1:04:24	20:52 *	20:46 *	21:46	6:21 min/km
231	433	Koch Tanja	*Köln	1:03:27	1976 W35	30	1:05:34	00:00 *	00:00 *	00:00	6:21 min/km
232	661	Eberhard Ulla	Team LeseWelten	1:03:35	1958 W55	10	1:03:41	19:36 *	21:09 *	22:50	6:22 min/km
233	399	Kirchkesner Viki	*Pulheim	1:03:37	1985 W30	49	1:06:20	20:40 *	21:55 *	21:02	6:22 min/km
234	52	Kühnle Ele	*Köln	1:03:40	1963 W50	20	1:05:15	21:15 *	20:58 *	21:26	6:22 min/km
235	567	Driesnack Natalie	*Köln	1:03:40	1987 WHK	59	1:04:13	20:28 *	20:55 *	22:17	6:22 min/km
236	413	Göke-Fritsch Christine	*Gladbeck	1:03:45	1960 W55	11	1:06:07	21:21 *	20:57 *	21:26	6:23 min/km
237	867	Schiffer Anke	Lauffreunde BKZ	1:03:45	1969 W45	27	1:05:03	20:38 *	20:53 *	22:14	6:23 min/km
238	1574	Plitzko Anna		1:03:53	1984 W30	50	1:03:58	21:19 *	21:19 *	21:15	6:23 min/km
239	1571	Eichler Silke		1:03:54	1982 W30	51	1:03:58	21:19 *	21:19 *	21:15	6:23 min/km
240	805	Meller Alexandra	S.P.A.M.	1:03:54	1989 WHK	60	1:05:21	21:45 *	20:33 *	21:35	6:23 min/km
241	687	Ruckes Verena	Team LeseWelten	1:03:58	1972 W40	26	1:05:22	21:04 *	20:44 *	22:09	6:24 min/km
242	1057	Steup Hannah Marie	*Köln	1:04:02	1990 WHK	61	1:05:26	21:42 *	21:10 *	21:09	6:24 min/km
243	553	Berling-Klappstein	VINCEROLA	1:04:12	1968 W45	28	1:05:54	20:26 *	21:26 *	22:19	6:25 min/km
244	768	Reimers Brigitte	*Köln	1:04:22	1967 W45	29	1:06:58	22:08 *	20:47 *	21:26	6:26 min/km
245	1207	Tuschen Christine	NetCologne	1:04:23	1972 W40	27	1:06:41	21:52 *	20:49 *	21:41	6:26 min/km
246	922	Sparwasser Elke	Impuls-Lauftreff Kerpen	1:04:46	1966 W45	30	1:06:17	22:19 *	20:46 *	21:40	6:29 min/km
247	1563	Vielhaber Christiane		1:04:47	1965 W50	21	1:07:24	21:58 *	20:58 *	21:50	6:29 min/km
248	665	Müller Sophie	*Köln	1:04:49	1986 WHK	62	1:06:13	20:43 *	20:49 *	23:16	6:29 min/km
249	1132	Gontermann Christine	Just Fit	1:04:51	1972 W40	28	1:05:41	20:59 *	21:07 *	22:44	6:29 min/km
250	392	Thierbach Ramona	Dr. Rüger Holding GmbH	1:04:54	1975 W40	29	1:05:57	23:00 *	20:28 *	21:26	6:29 min/km
251	851	Hauff Carola	isi-fitness	1:04:57	1968 W45	31	1:05:22	21:25 *	22:04 *	21:26	6:30 min/km
252	510	Eichenauer Sarah	*Köln	1:05:02	1986 WHK	63	1:07:10	22:30 *	21:17 *	21:13	6:30 min/km
253	511	Franken Veronika	*Köln	1:05:03	1986 WHK	64	1:07:12	22:30 *	21:17 *	21:15	6:30 min/km
254	798	Herbst Andrea	*Köln	1:05:06	1970 W45	32	1:07:41	22:09 *	20:47 *	22:09	6:31 min/km
255	929	Kirschner Claudia	*Köln	1:05:12	1963 W50	22	1:07:07	22:04 *	21:29 *	21:38	6:31 min/km
256	981	Leddin-Wunstorff Sandra	*Pulheim	1:05:13	1970 W45	33	1:06:11	21:21 *	22:07 *	21:44	6:31 min/km
257	446	Rohde-Wardenbach	*Köln	1:05:16	1966 W45	34	1:07:03	21:27 *	21:27 *	22:21	6:32 min/km
258	879	Fabian Dr. Katharina	MACH3 Köln e.V.	1:05:17	1967 W45	35	1:06:21	21:34 *	21:29 *	22:12	6:32 min/km
259	1037	Booms Nadine	MACH3 e.V. Köln	1:05:18	1983 W30	52	1:06:21	21:36 *	21:30 *	22:12	6:32 min/km
260	1113	Woytevicz Daniela	*Köln	1:05:18	1988 WHK	65	1:06:45	22:38 *	21:24 *	21:15	6:32 min/km
261	1452	Blüm Andrea	*Pulheim	1:05:19	1967 W45	36	1:07:31	21:33 *	21:03 *	22:41	6:32 min/km
262	734	Zur Nieden Claudia	*Remscheid	1:05:20	1963 W50	23	1:07:17	22:11 *	21:20 *	21:48	6:32 min/km
263	333	Dresing Julia	Hobbysportler	1:05:26	1981 W30	53	1:06:33	21:03 *	21:06 *	23:16	6:33 min/km
264	489	Schultz Verena	*Köln	1:05:32	1984 W30	54	1:07:04	21:10 *	21:34 *	22:46	6:33 min/km
265	607	Hein Dörte	*Rösrath	1:05:36	1968 W45	37	1:06:53	21:40 *	21:17 *	22:37	6:34 min/km
266	477	Demmer Johanna	*Köln	1:05:49	1987 WHK	66	1:07:03	22:04 *	21:35 *	22:10	6:35 min/km
267	368	Schmidt Kirsten	*Köln	1:06:11	1972 W40	30	1:06:53	21:07 *	21:51 *	23:13	6:37 min/km
268	1116	Behr Britta	*Köln	1:06:16	1979 W35	31	1:06:23	22:07 *	22:50 *	21:18	6:38 min/km
269	404	Lausberg Hella	*Pulheim	1:06:24	1977 W35	32	1:09:07	20:41 *	21:55 *	23:47	6:38 min/km
270	1263	Bartsch Kathrin	*Köln	1:06:25	1976 W35	33	1:07:28	20:25 *	22:23 *	23:36	6:39 min/km
271	743	Monreal Tamara	*Köln	1:06:35	1988 WHK	67	1:08:32	22:39 *	22:00 *	21:54	6:40 min/km
272	742	Berkdar Samira	*Köln	1:06:36	1987 WHK	68	1:08:32	22:40 *	22:00 *	21:55	6:40 min/km
273	837	RYU TAE-KYEONG	*Düsseldorf	1:06:45	1982 W30	55	1:09:24	22:27 *	22:16 *	22:01	6:41 min/km
274	850	Mauel Eva	*Frankfurt am Main	1:06:49	1986 WHK	69	1:07:42	20:56 *	22:14 *	23:38	6:41 min/km
275	352	Rausch Julia	*Köln	1:06:55	1990 WHK	70	1:08:43	21:38 *	21:17 *	23:59	6:42 min/km
276	590	Von Brandenstein Dr.	*Lindlar	1:07:05	1978 W35	34	1:09:16	21:02 *	21:45 *	24:17	6:43 min/km
277	813	Hammermann Micky	*Köln	1:07:18	1982 W30	56	1:08:56	23:12 *	22:23 *	21:41	6:44 min/km

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278	812	Hagen Margarete	*Köln	1:07:22	1989 WHK	71	1:09:01	23:12 *	22:24 *	21:46	6:44 min/km
279	408	Kusserow Anna	*Köln	1:07:29	1989 WHK	72	1:10:04	23:17 *	22:26 *	21:44	6:45 min/km
280	1526	Krafisch Malgoszata	Hospizverein köln e.V.	1:07:36	1954 W60	4	1:08:31	21:43 *	22:00 *	23:53	6:46 min/km
281	3884	Pöpping Tanja	Kölner Freiwilligen Agentur	1:07:37	1973 W40	31	1:07:44	21:06 *	21:57 *	24:33	6:46 min/km
282	891	Bürgers Marion	TV Orken	1:07:37	1975 W40	32	1:09:41	22:04 *	22:00 *	23:32	6:46 min/km
283	1022	Gebhart Jane	Mach3	1:07:41	1984 W30	57	1:09:50	21:38 *	22:05 *	23:57	6:46 min/km
284	1291	Schneider Kathrin	Fisch Runners	1:07:42	1985 W30	58	1:09:51	21:39 *	22:04 *	23:58	6:46 min/km
285	1373	Diedenhofen Nadine	*Niederkassel	1:08:01	1976 W35	35	1:09:34	21:12 *	22:12 *	24:35	6:48 min/km
286	753	Tauziöde Mathilde	*Köln	1:08:01	1991 WHK	73	1:10:39	22:48 *	22:07 *	23:06	6:48 min/km
287	877	Tokareva Liubov	*Köln	1:08:28	1983 W30	59	1:11:12	22:38 *	22:45 *	23:04	6:51 min/km
288	1318	Siebertz Hanna	*Dortmund	1:08:34	1987 WHK	74	1:09:44	21:06 *	22:22 *	25:05	6:51 min/km
289	457	Schmitz Gabriele	*Köln	1:08:40	1985 W30	60	1:09:37	20:33 *	22:05 *	26:01	6:52 min/km
290	1545	Vujasinovic Adriane		1:08:41	1971 W40	33	1:09:06	21:36 *	22:58 *	24:06	6:52 min/km
291	1124	Himpel Annette	Birkesdorfer Turnverein	1:08:47	1963 W50	24	1:09:47	23:03 *	22:23 *	23:20	6:53 min/km
292	1150	Gehrlein Claudia	DKMS-Team	1:08:50	1968 W45	38	1:09:17	22:32 *	23:55 *	22:23	6:53 min/km
293	1096	Lutkewitz Ursula	Veni Vidi Colonia	1:09:00	1953 W60	5	1:12:37	22:13 *	23:04 *	23:42	6:54 min/km
294	1204	Simon Kathrin	NetCologne	1:09:05	1985 W30	61	1:11:10	22:58 *	22:36 *	23:30	6:55 min/km
295	491	WITZKONSKI Sonja	ASV	1:09:11	1971 W40	34	1:11:05	21:40 *	22:27 *	25:02	6:55 min/km
296	911	Kaufmann Bianca	BUTLERS GmbH & Co.	1:09:18	1981 W30	62	1:11:44	22:25 *	22:56 *	23:56	6:56 min/km
297	803	Dubbelfeld Petra	S.P.A.M.	1:09:19	1981 W30	63	1:10:46	21:45 *	23:37 *	23:56	6:56 min/km
298	656	Mathar Bettina	*Hürth	1:09:22	1979 W35	36	1:11:42	23:19 *	22:25 *	23:37	6:56 min/km
299	1091	Heinzen Sonja	*Köln	1:09:25	1982 W30	64	1:10:58	21:12 *	22:12 *	26:00	6:57 min/km
300	1339	Spachtholz Maria Luise	*Köln	1:09:28	1956 W55	12	1:11:34	21:47 *	22:54 *	24:46	6:57 min/km
301	315	Rother Petra	*Köln	1:09:29	1962 W50	25	1:11:59	22:34 *	22:44 *	24:09	6:57 min/km
302	730	Gutknecht Katrin	*Köln	1:09:35	1975 W40	35	1:10:35	22:12 *	22:54 *	24:29	6:58 min/km
303	836	Driessen Saskia	*Köln	1:09:36	1976 W35	37	1:10:35	22:12 *	22:54 *	24:29	6:58 min/km
304	797	Buchwald-Rzezonka	Dagmars after work	1:09:36	1955 W60	6	1:11:27	23:06 *	22:38 *	23:51	6:58 min/km
305	1232	Ranke Birgit	Team LeseWelten	1:09:50	1964 W50	26	1:11:28	22:12 *	23:08 *	24:30	6:59 min/km
306	1024	Nadja Decker	Arminia Bielefeld	1:09:56	1982 W30	65	1:12:36	23:17 *	23:01 *	23:38	6:60 min/km
307	1012	Everartz Senta	Sparta	1:10:06	1981 W30	66	1:10:13	21:34 *	23:11 *	25:20	7:01 min/km
308	602	Bauer Diana	*Bonn	1:10:09	1985 W30	67	1:14:06	22:41 *	23:46 *	23:42	7:01 min/km
309	747	Nellessen Eva	*Bonn	1:10:09	1983 W30	68	1:14:06	22:40 *	23:46 *	23:42	7:01 min/km
310	728	Weber Ulrike	*Köln	1:10:36	1965 W50	27	1:12:39	23:26 *	22:35 *	24:34	7:04 min/km
311	815	Oestreicher Tanja	Team WürmPchen	1:10:36	1977 W35	38	1:12:30	22:49 *	23:39 *	24:08	7:04 min/km
312	3816	Steinbüchel Constanze	KölleAlarm e.V.	1:10:51	1966 W45	39	1:12:26	23:50 *	22:33 *	24:28	7:05 min/km
313	1013	Beljin Gabriele	Heiter bis Sportlich	1:10:54	1971 W40	36	1:13:37	23:37 *	23:18 *	23:58	7:05 min/km
314	864	Grüterich Anja	Heiter bis Sportlich	1:11:22	1964 W50	28	1:14:06	23:37 *	23:18 *	24:26	7:08 min/km
315	778	Dohalt-Schulze Annika	PulRemRennt	1:11:52	1980 W35	39	1:14:12	24:07 *	23:20 *	24:24	7:11 min/km
316	580	Reketat Nicole	*Köln	1:12:01	1977 W35	40	1:14:12	23:13 *	23:04 *	25:44	7:12 min/km
317	645	Beielstein Anna	The GinNastics	1:12:01	1993 WHK	75	1:14:12	23:23 *	23:30 *	25:07	7:12 min/km
318	965	Conrad Larissa	*Waldbröl	1:12:09	1988 WHK	76	1:14:40	23:15 *	23:37 *	25:16	7:13 min/km
319	962	Conrad Jana	*Waldbröl	1:12:10	1991 WHK	77	1:14:40	23:15 *	23:37 *	25:17	7:13 min/km
320	964	Schulz Kerstin	*Much	1:12:10	1981 W30	69	1:14:39	23:16 *	23:35 *	25:18	7:13 min/km
321	713	Lammert Tina	*Pulheim	1:12:19	1977 W35	41	1:13:52	24:09 *	23:39 *	24:30	7:14 min/km
322	1338	Nonnenmühlen Johanna	*Pulheim	1:12:20	1982 W30	70	1:13:52	24:09 *	23:40 *	24:30	7:14 min/km
323	988	Pott Brigitte	*Köln	1:12:22	1955 W60	7	1:14:49	22:42 *	23:24 *	26:15	7:14 min/km
324	1211	Falkenberg Manuela	NetCologne	1:12:32	1978 W35	42	1:14:43	24:00 *	26:58 *	21:32	7:15 min/km
325	3854	Fink Patricia		1:12:38	1966 W45	40	1:14:13	23:48 *	24:02 *	24:48	7:16 min/km
326	498	Bausch-Linden Rita	Team LeseWelten	1:13:10	1959 W55	13	1:13:24	22:56 *	24:01 *	26:12	7:19 min/km
327	326	Franzen Insa	*Moormerland	1:13:13	1984 W30	71	1:14:40	24:12 *	24:14 *	24:47	7:19 min/km
328	1147	Jansen Anne		1:13:25	1989 WHK	78	1:15:00	22:48 *	24:03 *	26:33	7:21 min/km
329	327	Franzen Hilke	*Köln	1:13:32	1987 WHK	79	1:14:59	24:12 *	24:14 *	25:06	7:21 min/km
330	691	Riedhammer Claudia	*Köln	1:14:00	1986 WHK	80	1:15:27	24:23 *	24:40 *	24:57	7:24 min/km
331	1333	Keil Marion	Kölsche Laufamazonen	1:14:42	1970 W45	41	1:16:49	23:05 *	24:51 *	26:46	7:28 min/km
332	1125	Himpel Steffi	Birkesdorfer Turnverein	1:15:25	1996 WU20	5	1:16:25	23:47 *	25:46 *	25:51	7:33 min/km
333	1042	Harnoth Juliane	*Köln	1:15:34	1983 W30	72	1:19:05	24:26 *	25:34 *	25:33	7:33 min/km

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334	1548	Mazzoni Gabriele		1:15:35	1976 W35	43	1:19:05	24:26 *	25:34 *	25:33	7:34 min/km
335	896	Rohrmoser Eva-Maria	Laufmariechen Köln	1:18:10	1954 W60	8	1:18:28	25:11 *	25:41 *	27:16	7:49 min/km
336	593	Moog Nina	*Köln	1:19:35	1979 W35	44	1:21:45	24:51 *	27:04 *	27:39	7:58 min/km
337	592	Zischkau Ilona	*Erfstadt	1:20:50	1981 W30	73	1:23:00	24:52 *	27:04 *	28:54	8:05 min/km
338	729	Gutknecht Emilia	*Köln	1:21:38	2006 WU10	1	1:22:37	27:49 *	33:24 *	20:24	8:10 min/km
339	865	Fuchs Christa	*Bergheim	1:23:16	1956 W55	14	1:26:03	27:04 *	27:23 *	28:48	8:20 min/km
340	706	Kordeuter Jutta	ReVital Center	1:26:18	1954 W60	9	1:29:02	28:26 *	28:26 *	29:25	8:38 min/km