

8. Horremer Abendlauf am 12. Juni 2015

Lauf über 10km

Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	270	Jonen Christian	VfB Erftstadt	0:35:18	0:35:18	1981	M30	1	17:20 17:58 / 3:32min/km
2	414	El Makrimi Hakim	Elmarunners	0:35:26	0:35:26	1975	M40	1	17:22 18:04 / 3:33min/km
3	354	Essmann Thomas	Laufmonster	0:35:33	0:35:34	1976	M35	1	17:37 17:55 / 3:33min/km
4	427	Trems Torsten	VfB Erftstadt	0:36:21	0:36:22	1977	M35	2	17:48 18:32 / 3:38min/km
5	436	Jung Daniel	Dürener TV 1847	0:36:27	0:36:29	1993	M20	1	17:52 18:35 / 3:39min/km
6	445	Kufferath Moritz	Laufmonster	0:37:06	0:37:08	1979	M35	3	18:19 18:47 / 3:43min/km
7	26	Kaiser Thomas	Sebamed Running Team	0:37:27	0:37:27	1989	M20	2	18:11 19:15 / 3:45min/km
8	211	Kreuer Manuel	Laufmonster	0:37:29	0:37:30	1980	M35	4	18:11 19:17 / 3:45min/km
9	235	Petschellies Harald	VfB Erftstadt Multisport	0:37:48	0:37:50	1974	M40	2	18:42 19:06 / 3:47min/km
10	154	Neumann Andreas	TUS Kreuzweingarten-Rh	0:37:53	0:37:54	1969	M45	1	18:59 18:53 / 3:47min/km
11	421	Kovalovsky Oliver	PO Böttingen 30	0:38:16	0:38:20	1972	M40	3	19:11 19:05 / 3:50min/km
12	109	Teicher Ralf	Rhein Berg Runners	0:38:33	0:38:35	1969	M45	2	18:45 19:47 / 3:51min/km
13	166	Michaelis Fabian	ASV Wesseling	0:38:35	0:38:39	1994	M20	3	18:58 19:37 / 3:52min/km
14	276	Klug Oliver	VfB Erftstadt Multisport	0:38:44	0:38:47	1971	M40	4	19:17 19:26 / 3:52min/km
15	224	Fleischmann Peter	Dürener TV 1847	0:38:52	0:38:54	1958	M55	1	19:18 19:34 / 3:53min/km
16	407	Scarpello Alessandro	1.FC Quadrath-Ichendorf	0:38:53	0:38:55	1989	M20	4	19:20 19:33 / 3:53min/km
17	278	Matuschek Darius	VfB Multisport Erftstadt	0:38:57	0:39:00	1972	M40	5	19:17 19:39 / 3:54min/km
18	281	Pierz Andreas	TuS Kreuzweingarten-Rh	0:39:01	0:39:05	1985	M30	2	19:16 19:45 / 3:54min/km
19	13	Holzporz Michael	VfB Erftstadt Multisport	0:39:02	0:39:05	1968	M45	3	19:18 19:43 / 3:54min/km
20	83	Dudley Richard	LG Donatus Erftstadt e.V.	0:39:03	0:39:04	1961	M50	1	19:27 19:35 / 3:54min/km
21	195	Trué Helmut	LG Donatus Erftstadt	0:39:18	0:39:22	1967	M45	4	19:28 19:50 / 3:56min/km
22	444	Braun Sören	TV Refrath	0:39:35	0:39:37	1998	MU18	1	19:46 19:48 / 3:58min/km
23	447	Pesch Claus	LG Donatus Erftstadt	0:39:41	0:39:44	1970	M45	5	19:19 20:22 / 3:58min/km
24	32	Köthe Noël	Dürener TV 1847	0:39:58	0:40:01	1974	M40	6	20:06 19:52 / 3:60min/km
25	443	Lieth Klaus	TV Refrath	0:40:24	0:40:27	1968	M45	6	19:58 20:26 / 4:02min/km
26	428	Abts Lucas	Brühler TV 1879	0:40:27	0:40:32	1989	M20	5	19:50 20:37 / 4:03min/km
27	180	Schneider Thomas	LG RWE Power	0:40:41	0:40:46	1969	M45	7	20:12 20:29 / 4:04min/km
28	112	Röllgen Thomas	HDL Perle	0:40:48	0:40:53	1973	M40	7	19:50 20:58 / 4:05min/km
29	408	Reiser Jürgen	LG RWE Power	0:40:56	0:41:00	1963	M50	2	20:26 20:30 / 4:06min/km
30	220	Messner Michael	Brühler TV 1879	0:41:01	0:41:07	1962	M50	3	20:31 20:30 / 4:06min/km
31	205	Kaatz Michael	Kreissparkasse Köln	0:41:05	0:41:06	1982	M30	3	20:08 20:57 / 4:07min/km
32	455	Heil Dietmar	1.FC Q-I	0:41:10	0:41:12	1968	M45	8	20:19 20:51 / 4:07min/km
33	114	Blöcker Thomas	Meckenheim	0:41:16	0:41:19	1962	M50	4	20:02 21:14 / 4:08min/km
34	437	Eckhardt Alexander	allein allein	0:41:20	0:41:22	1972	M40	8	20:08 21:12 / 4:08min/km
35	277	Rummler Tobias	RTC FRECHEN 80	0:41:21	0:41:24	1959	M55	2	20:11 21:10 / 4:08min/km
36	326	Stranz Stephan	Brühler TV 1879	0:41:27	0:41:32	1994	M20	6	20:06 21:21 / 4:09min/km
37	425	Van Son Martin		0:41:29	0:41:33	1970	M45	9	19:33 21:55 / 4:09min/km
38	182	Johnen Kenny	LG RWE Power	0:41:33	0:41:37	1985	M30	4	20:26 21:06 / 4:09min/km
39	193	Asmus Udo	LG Donatus Erftstadt	0:41:39	0:41:41	1967	M45	10	20:07 21:31 / 4:10min/km
40	406	Müller Hubertus	HKV	0:41:51	0:41:57	1969	M45	11	20:09 21:42 / 4:11min/km
41	75	Hansen Jens	Team ERDINGER Alkoh	0:42:00	0:42:05	1970	M45	12	20:50 21:10 / 4:12min/km
42	103	Sudmann Tobias	Laufmonster	0:42:01	0:42:10	1978	M35	5	20:21 21:40 / 4:12min/km
43	410	Steiner Thomas	Team Talanx	0:42:12	0:42:19	1979	M35	6	20:40 21:31 / 4:13min/km
44	801	Nolte Joachim	Brühler TV 1879	0:42:22	0:42:28	1965	M50	5	20:59 21:22 / 4:14min/km
45	300	Sekulla Adam	GVG	0:42:22	0:42:26	1979	M35	7	20:51 21:31 / 4:14min/km
46	15	Oswald Thomas	LG RWE Power	0:42:23	0:42:28	2001	MU16	1	21:07 21:16 / 4:14min/km
47	343	Fiedler Jens		0:42:29	0:42:36	1977	M35	8	20:27 22:02 / 4:15min/km
48	261	Urlewitz Frank	Urlewitz	0:42:46	0:42:48	1969	M45	13	20:34 22:11 / 4:17min/km
49	212	Schmitz Christoph	*Aachen	0:42:46	0:42:58	1976	M35	9	21:27 21:19 / 4:17min/km
50	283	Pretorius Dirk	LG Donatus Erftstadt	0:42:49	0:43:02	1969	M45	14	21:31 21:17 / 4:17min/km
51	420	Marek Adrian	Für Hürth	0:42:49	0:42:54	1972	M40	9	20:40 22:09 / 4:17min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	435	Neumann Ralf	Dürener TV 1847	0:43:00	0:43:04	1960	M55	3	21:24 21:36 / 4:18min/km
53	56	Hilden Dirk	Bayer CropScience	0:43:05	0:43:23	1966	M45	15	22:07 20:57 / 4:19min/km
54	50	Saerbeck, Dr. Ulrich	FSV	0:43:16	0:43:21	1970	M45	16	21:09 22:06 / 4:20min/km
55	442	Schwendt Horst	LC Weilerswist	0:43:21	0:43:27	1968	M45	17	21:05 22:15 / 4:20min/km
56	335	Bell Daniel		0:43:28	0:43:32	1986	M20	7	21:23 22:05 / 4:21min/km
57	155	Engelhardt Kai	Laufmonster	0:43:32	0:43:33	1967	M45	18	20:11 23:20 / 4:21min/km
58	259	Steinhauer Achim	LG RWE Power	0:43:36	0:43:46	1965	M50	6	21:34 22:01 / 4:22min/km
59	174	Krones Helmut	RHEIN-ERFT AKADEMIE	0:43:42	0:43:58	1964	M50	7	21:21 22:20 / 4:22min/km
60	439	Brod Thomas	MC Eschweiler	0:43:43	0:43:57	1978	M35	10	20:57 22:45 / 4:22min/km
61	251	Ermert Dirk	Stadtwerke Solingen	0:43:58	0:43:59	1970	M45	19	21:34 22:23 / 4:24min/km
62	273	Jenniges Heinz Peter	LT Jugend 07 Bergheim	0:44:05	0:44:11	1965	M50	8	21:37 22:27 / 4:25min/km
63	81	Franklin Jeremy	*Kerpen	0:44:10	0:44:20	1959	M55	4	21:14 22:56 / 4:25min/km
64	413	Dreesbach Dirk	LC Weilerswist	0:44:13	0:44:27	1968	M45	20	21:37 22:36 / 4:25min/km
65	137	Kosarik Matthias	RHEIN-ERFT AKADEMIE	0:44:15	0:44:21	1968	M45	21	21:48 22:26 / 4:26min/km
66	230	Rüter Daniel	Brühler TV 1879	0:44:28	0:44:34	1977	M35	11	20:57 23:30 / 4:27min/km
67	221	Davanture Christian	SC Kölsch Fründe	0:44:32	0:44:51	1980	M35	12	22:03 22:28 / 4:27min/km
68	225	Gehler Udo	*Erfstadt	0:44:38	0:44:45	1961	M50	9	21:40 22:58 / 4:28min/km
69	405	Messing Uli	LC Weilerswist	0:44:40	0:44:55	1970	M45	22	21:54 22:46 / 4:28min/km
70	253	Morlak Jörg	*Pulheim	0:44:42	0:44:43	1966	M45	23	19:34 25:07 / 4:28min/km
71	108	Pohl Stefan	Brühler TV 1879	0:44:47	0:44:54	1968	M45	24	22:05 22:41 / 4:29min/km
72	33	Wellner Jens	*Köln	0:45:00	0:45:07	1981	M30	5	21:53 23:07 / 4:30min/km
73	320	Börner Yannik	Volksbank Erft	0:45:16	0:45:43	1995	M20	8	23:07 22:08 / 4:32min/km
74	301	Sekulla Martin	GVG	0:45:25	0:45:29	1980	M35	13	22:17 23:07 / 4:33min/km
75	177	Witzel Wolfram	AG Kerpen	0:45:28	0:45:35	1959	M55	5	21:31 23:57 / 4:33min/km
76	131	Breuer Sven	ERGO sports Köln	0:45:37	0:45:45	1982	M30	6	22:10 23:26 / 4:34min/km
77	14	Matschull Frank	für meine Jungs	0:45:44	0:45:49	1967	M45	25	21:45 23:59 / 4:34min/km
78	106	Schwert Sascha	LG RWE Power	0:45:54	0:45:57	1987	M20	9	22:10 23:43 / 4:35min/km
79	66	Junglas Frank	SSK Kerpen	0:45:54	0:46:04	1972	M40	10	22:46 23:07 / 4:35min/km
80	85	Todt Elmar	*Elsdorf	0:45:56	0:46:17	1970	M45	26	23:06 22:50 / 4:36min/km
81	223	Prediger Alf	LG Donatus Erfstadt	0:46:11	0:46:20	1977	M35	14	23:05 23:06 / 4:37min/km
82	232	Matheisen Peter	LT Jugend 07 Bergheim	0:46:12	0:46:23	1961	M50	10	23:13 22:58 / 4:37min/km
83	102	Unger Stefan	LC Weilerswist	0:46:25	0:46:44	1962	M50	11	22:57 23:28 / 4:39min/km
84	331	Raabe Kai	Gottfried-Kinkel-RS Liblar	0:46:28	0:46:36	1999	MU18	2	22:15 24:12 / 4:39min/km
85	265	Thiedecke Pascal	Hardtsee Mafia	0:46:28	0:46:35	1984	M30	7	23:22 23:06 / 4:39min/km
86	432	Dambacher Ralf	LC Donatus	0:46:32	0:46:39	1963	M50	12	22:56 23:36 / 4:39min/km
87	298	Retiene Roman	GVG	0:46:39	0:46:51	1986	M20	10	23:48 22:51 / 4:40min/km
88	28	Djampour Syrus	*Bergheim	0:46:44	0:46:53	1965	M50	13	22:46 23:57 / 4:40min/km
89	91	Otto Ulrich	LG Donatus Erfstadt	0:46:48	0:46:55	1959	M55	6	23:08 23:39 / 4:41min/km
90	418	Gil Ricart Javier	TV Huchem-Stammeln	0:46:49	0:46:59	1964	M50	14	23:21 23:28 / 4:41min/km
91	168	Odenius Jacques	Hardtseemafia Triathlon e	0:46:54	0:47:01	1986	M20	11	22:55 23:58 / 4:41min/km
92	239	Köppe Stefan	*Köln	0:46:56	0:47:07	1985	M30	8	23:20 23:36 / 4:42min/km
93	158	Hecker Wolfgang	Krabbelgruppe Neurath	0:47:06	0:47:18	1965	M50	15	23:24 23:42 / 4:43min/km
94	433	Becker Alexander	Playböcke	0:47:10	0:47:18	1975	M40	11	22:42 24:27 / 4:43min/km
95	246	Desprez Pierre	Bachemer Wahnsinn	0:47:15	0:47:31	1954	M60	1	23:30 23:44 / 4:44min/km
96	322	Sparwasser Philipp		0:47:17	0:47:24	1991	M20	12	22:50 24:26 / 4:44min/km
97	260	Harzheim Oliver	TSV Bayer Dormagen	0:47:19	0:47:32	1970	M45	27	23:17 24:01 / 4:44min/km
98	130	Roth Helmut	Laufend unterwegs	0:47:21	0:47:33	1971	M40	12	23:05 24:15 / 4:44min/km
99	199	Krieger Tom	Brühler TV 1879	0:47:25	0:47:38	1969	M45	28	22:58 24:26 / 4:45min/km
100	448	Kiehn Rainer	Bachemer Wahnsinn	0:47:34	0:47:50	1967	M45	29	23:30 24:03 / 4:45min/km
101	417	Osbahr Sven		0:47:34	0:47:40	1966	M45	30	23:19 24:15 / 4:45min/km
102	104	Schreiber Tobias	Team Talanx	0:47:36	0:47:58	1979	M35	15	23:41 23:55 / 4:46min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
103	123	Müller Erich	LAV Habbelrath-Grefrath	0:47:36	0:48:00	1958	M55	7	23:38 23:58 / 4:46min/km
104	402	Petrovic Günter	GVG	0:47:38	0:47:44	1950	M65	1	23:25 24:12 / 4:46min/km
105	207	Pommerening Thomas	*Kerpen	0:47:39	0:47:49	1986	M20	13	23:19 24:19 / 4:46min/km
106	208	Nickel Thorsten	*Kerpen	0:47:39	0:47:50	1983	M30	9	23:19 24:20 / 4:46min/km
107	147	Siebert Peter	RHEIN-ERFT AKADEMIE	0:47:44	0:47:53	1954	M60	2	23:31 24:13 / 4:46min/km
108	38	Erken Claus	LG Donatus Erftstadt	0:47:56	0:48:16	1965	M50	16	24:34 23:22 / 4:48min/km
109	46	Freitag Kilian	*Kerpen-horrem	0:47:57	0:48:19	1990	M20	14	22:24 25:33 / 4:48min/km
110	171	Schaffranek Daniel	LG Donatus Erftstadt	0:48:06	0:48:09	1977	M35	16	20:49 27:16 / 4:49min/km
111	150	Barucha Arnold	RHEIN-ERFT AKADEMIE	0:48:15	0:48:31	1967	M45	31	23:43 24:32 / 4:50min/km
112	135	Könen Michael	Joachim Bals	0:48:18	0:48:54	1968	M45	32	24:27 23:51 / 4:50min/km
113	132	Eich Werner	LG Donatus Erftstadt	0:48:22	0:48:30	1945	M70	1	23:55 24:26 / 4:50min/km
114	107	Grell Ludwig	LG Donatus Erftstadt	0:48:22	0:48:25	1950	M65	2	23:33 24:48 / 4:50min/km
115	288	Gmähle Max	GVG	0:48:28	0:48:35	1965	M50	17	23:28 25:00 / 4:51min/km
116	12	Abels Sascha	*Kerpen	0:48:38	0:48:41	1972	M40	13	23:29 25:09 / 4:52min/km
117	18	Basham Colin	SSK Kerpen	0:48:38	0:48:47	1949	M65	3	23:53 24:45 / 4:52min/km
118	882	Schaaf Markus		0:48:39	0:48:42	1974	M40	14	23:18 25:20 / 4:52min/km
119	139	Steinbach Dieter	RHEIN-ERFT AKADEMIE	0:48:39	0:48:48	1954	M60	3	23:32 25:06 / 4:52min/km
120	293	Liebertz Marvin	GVG	0:48:48	0:49:02	1993	M20	15	24:31 24:17 / 4:53min/km
121	429	Schuck Johannes	LG Donatus Erftstadt	0:48:59	0:49:07	1968	M45	33	24:11 24:48 / 4:54min/km
122	308	Weber Thomas		0:49:08	0:49:17	1969	M45	34	24:27 24:40 / 4:55min/km
123	430	Jäger Walter	LC Decksteiner Weiher	0:49:10	0:49:28	1953	M60	4	24:30 24:39 / 4:55min/km
124	98	Bär Sebastian	BüroBär e.K.	0:49:22	0:50:02	1985	M30	10	26:38 22:43 / 4:56min/km
125	48	Werner Christoph	*Hürth	0:49:34	0:49:54	1965	M50	18	24:57 24:37 / 4:57min/km
126	294	Martens Jörn	GVG	0:49:35	0:49:52	1962	M50	19	24:15 25:19 / 4:58min/km
127	333	Cenik Aytekih	FC Deutsche Post	0:49:42	0:49:57	1988	M20	16	23:12 26:30 / 4:58min/km
128	416	Ehlers Joachim	Pulheimer SC	0:49:43	0:49:49	1967	M45	35	24:22 25:21 / 4:58min/km
129	72	Beckert Ingo	Team ERDINGER Alkoh	0:49:44	0:50:02	1969	M45	36	24:55 24:49 / 4:58min/km
130	183	Hecker Martin	*Frechen	0:49:48	0:50:00	1979	M35	17	25:02 24:45 / 4:59min/km
131	76	Herres Dirk	Team ERDINGER Alkoh	0:49:50	0:49:56	1968	M45	37	24:00 25:50 / 4:59min/km
132	242	Sulz Patrick	SSK-Kerpen Triathlon Ju	0:49:54	0:50:04	1998	MU18	3	24:43 25:10 / 4:59min/km
133	178	Willems Hansjörg	Team ERDINGER Alkoh	0:49:56	0:50:11	1962	M50	20	24:38 25:18 / 4:60min/km
134	216	Kannengießler Marc	Taekwondo Kerpen Hwa-	0:49:56	0:50:28	1970	M45	38	25:18 24:38 / 4:60min/km
135	431	Wüst Hans Werner	DSV	0:49:57	0:50:05	1950	M65	4	24:39 25:17 / 4:60min/km
136	336	Heuter Pascal		0:49:59	0:50:26	1990	M20	17	24:53 25:05 / 4:60min/km
137	82	Röse Michael	*Köln	0:50:05	0:50:10	1966	M45	39	24:41 25:24 / 5:01min/km
138	419	Hein Manfred	Pulheimer SC	0:50:08	0:50:16	1947	M65	5	24:47 25:21 / 5:01min/km
139	422	Witt Andreas	RTC Frechen 80	0:50:12	0:50:18	1977	M35	18	24:11 26:00 / 5:01min/km
140	51	Hupfer Klaus	*Kerpen	0:50:15	0:50:29	1967	M45	40	24:30 25:45 / 5:02min/km
141	40	Meyer Wilfried	SC Kölsch Fründe	0:50:17	0:50:35	1948	M65	6	24:51 25:26 / 5:02min/km
142	280	Spölgel Joachim	Rhein-Erft Akademie	0:50:20	0:50:22	1954	M60	5	24:19 26:00 / 5:02min/km
143	454	Lapajne Marko	WDR	0:50:20	0:50:40	1961	M50	21	24:49 25:31 / 5:02min/km
144	190	Bayer Stephan	LG RWE Power	0:50:23	0:50:33	1962	M50	22	25:04 25:18 / 5:02min/km
145	297	Retiene Kurt	GVG	0:50:25	0:50:36	1953	M60	6	24:41 25:44 / 5:03min/km
146	236	Eiden Sebastian	*Kerpen	0:50:28	0:50:47	1982	M30	11	24:54 25:34 / 5:03min/km
147	342	Habicht Gerd	LAV Habbelrath-Grefrath	0:50:31	0:50:55	1963	M50	23	24:45 25:45 / 5:03min/km
148	4	Nowag Ralf	Team 18	0:50:31	0:50:43	1967	M45	41	25:06 25:25 / 5:03min/km
149	286	Fiedler Stefan	GVG	0:50:32	0:50:41	1958	M55	8	24:30 26:01 / 5:03min/km
150	303	Teutsch Uwe	GVG	0:50:38	0:50:50	1963	M50	24	24:50 25:47 / 5:04min/km
151	248	Steller Michael	Impuls-Lauftreff Kerpen	0:50:42	0:50:59	1957	M55	9	24:49 25:52 / 5:04min/km
152	16	Oster Tobias	*Kerpen	0:51:04	0:51:36	1990	M20	18	25:09 25:54 / 5:06min/km
153	52	Watzl Holger	Kreissparkasse Köln	0:51:06	0:51:30	1966	M45	42	25:25 25:41 / 5:07min/km

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154	159	Schichtel Lothar	Krabbelgruppe Neurath	0:51:07	0:51:21	1967	M45	43	25:08 25:59 / 5:07min/km
155	186	Kuhlemann Dieter	LG RWE Power	0:51:08	0:51:14	1942	M70	2	25:00 26:08 / 5:07min/km
156	113	Schneider Konrad	LG RWE Power	0:51:13	0:51:25	1954	M60	7	25:37 25:36 / 5:07min/km
157	325	Ayman	Horremer SV	0:51:19	0:52:07	2003	MU14	1	24:51 26:28 / 5:08min/km
158	122	Krychowski Markus	LAV Habbelrath-Grefrath	0:51:22	0:51:30	1968	M45	44	25:37 25:44 / 5:08min/km
159	366	Speth Michael		0:51:24	0:51:47	1965	M50	25	25:17 26:06 / 5:08min/km
160	451	Venticinque Andreas		0:51:40	0:51:46	1970	M45	45	24:47 26:53 / 5:10min/km
161	111	Matteis Rainer	Running TV Bedburg	0:51:42	0:52:03	1972	M40	15	25:23 26:19 / 5:10min/km
162	20	Polis Alexis	*Kerpen	0:51:50	0:52:05	1982	M30	12	25:06 26:44 / 5:11min/km
163	284	Abromeit Werner	GVG	0:51:58	0:52:23	1965	M50	26	26:04 25:54 / 5:12min/km
164	334	Handock Stephan		0:51:59	0:52:17	1983	M30	13	25:33 26:25 / 5:12min/km
165	39	Ladenthin Mario	Feuerwehr Erftstadt	0:52:03	0:52:27	1978	M35	19	25:10 26:53 / 5:12min/km
166	403	Schulz Joachim	Team Erdinger Alkoholfrei	0:52:05	0:52:23	1977	M35	20	25:00 27:05 / 5:13min/km
167	110	Striepe Stephan	*horrem	0:52:07	0:52:29	1982	M30	14	25:31 26:35 / 5:13min/km
168	61	Laumanns Dirk	*Bergheim	0:52:11	0:52:30	1970	M45	46	25:39 26:31 / 5:13min/km
169	69	Hermansen Michael	*Elsdorf	0:52:22	0:52:49	1970	M45	47	26:12 26:09 / 5:14min/km
170	3	Räkow Robert	Team 18	0:52:25	0:52:40	1996	MU20	1	24:57 27:28 / 5:15min/km
171	170	Berger Peter	*Köln	0:52:31	0:52:53	1959	M55	10	24:50 27:41 / 5:15min/km
172	282	Ehlers Wilhelm	Alfterer SC	0:52:32	0:52:45	1935	M80	1	26:10 26:21 / 5:15min/km
173	344	Reis Oliver		0:52:34	0:53:09	1971	M40	16	26:42 25:52 / 5:15min/km
174	84	Rottenau Rainer	*Erftstadt	0:52:49	0:52:57	1964	M50	27	25:23 27:26 / 5:17min/km
175	63	Krause Hans-Günther	Studio X2	0:52:52	0:53:12	1970	M45	48	25:39 27:12 / 5:17min/km
176	134	Bals Joachim	Joachim Bals	0:53:02	0:53:39	1963	M50	28	26:37 26:25 / 5:18min/km
177	191	Guzik Jan	*Kerpen	0:53:03	0:53:23	1970	M45	49	26:35 26:28 / 5:18min/km
178	450	Quadt Hans-Jürgen	LG RWE Power	0:53:09	0:53:37	1968	M45	50	27:26 25:43 / 5:19min/km
179	311	Rey Benjamin	Feuerwehr Götzenkirchen	0:53:20	0:54:06	2002	MU14	2	27:29 25:51 / 5:20min/km
180	423	Jansen Volker		0:53:41	0:53:56	1971	M40	17	25:59 27:41 / 5:22min/km
181	424	Bullmann Sven		0:53:42	0:53:56	1988	M20	19	26:00 27:41 / 5:22min/km
182	140	Plück Thomas	RHEIN-ERFT AKADEMIE	0:53:46	0:54:11	1974	M40	18	26:36 27:10 / 5:23min/km
183	141	Smiezewski Stefan	RHEIN-ERFT AKADEMIE	0:53:48	0:54:11	1974	M40	19	25:09 28:38 / 5:23min/km
184	68	Holger Abels	*Elsdorf	0:53:49	0:54:16	1976	M35	21	26:13 27:36 / 5:23min/km
185	243	Müller Hubert	SSK Kerpen	0:53:50	0:54:06	1965	M50	29	26:48 27:01 / 5:23min/km
186	184	Debald Volker	ASV Wesseling 1985 e.V.	0:53:57	0:54:08	1944	M70	3	26:10 27:47 / 5:24min/km
187	161	Wahnfried Uwe	Krabbelgruppe Neurath	0:54:01	0:54:16	1961	M50	30	26:40 27:20 / 5:24min/km
188	35	Siegburg Wilfried	*Kerpen	0:54:15	0:54:31	1963	M50	31	26:17 27:57 / 5:26min/km
189	29	Ballmann Jürgen	*Kerpen	0:54:16	0:54:31	1971	M40	20	26:17 27:58 / 5:26min/km
190	314	Kummert Peer Anthony	HSV D2	0:54:16	0:55:01	2004	MU12	1	26:23 27:52 / 5:26min/km
191	64	Schäfer Axel	*Kerpen	0:54:28	0:54:53	1976	M35	22	26:55 27:32 / 5:27min/km
192	19	Zeumer Heiko	*Kerpen	0:54:37	0:54:51	1974	M40	21	26:36 28:00 / 5:28min/km
193	172	Johnen Manfred	LG RWE Power	0:54:52	0:55:19	1958	M55	11	27:25 27:26 / 5:29min/km
194	227	Hofmann Thomas	*Kerpen	0:54:53	0:55:10	1980	M35	23	27:00 27:52 / 5:29min/km
195	244	Ferres Andreas	Fitness Point	0:55:03	0:55:23	1987	M20	20	27:28 27:35 / 5:30min/km
196	24	Wagner Georg	TV Bedburg	0:55:07	0:55:16	1961	M50	32	25:31 29:35 / 5:31min/km
197	96	Simons Jens	BüroBär e.K.	0:55:08	0:55:38	1976	M35	24	26:47 28:20 / 5:31min/km
198	127	Pfordt Alexander	Lauffreunde BKZ	0:55:19	0:55:49	1965	M50	33	27:33 27:46 / 5:32min/km
199	148	Mücke Klaus	RHEIN-ERFT AKADEMIE	0:55:35	0:55:52	1960	M55	12	27:45 27:49 / 5:34min/km
200	146	Grevelding Andreas	RHEIN-ERFT AKADEMIE	0:55:41	0:56:05	1964	M50	34	27:40 28:00 / 5:34min/km
201	292	Küppers Jürgen	GVG	0:55:42	0:56:07	1958	M55	13	26:52 28:49 / 5:34min/km
202	340	Loosen Peter		0:55:46	0:56:05	1945	M70	4	27:27 28:18 / 5:35min/km
203	9	Broszat Björn	*Bergheim	0:55:46	0:56:17	1982	M30	15	27:37 28:08 / 5:35min/km
204	25	Röblitz Frank	VfL Sindorf	0:55:51	0:56:03	1957	M55	14	26:42 29:09 / 5:35min/km

8. Horremer Abendlauf am 12. Juni 2015

Lauf über 10km

Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
205	185	Jacoby Georg	TV Altendorf-Ersdorf	0:55:52	0:56:10	1964	M50	35	27:12 28:40 / 5:35min/km
206	441	Dulle Klaus	*Erfstadt	0:56:01	0:56:18	1970	M45	51	28:46 27:14 / 5:36min/km
207	43	Küstlers Thomas	*Kerpen	0:56:04	0:56:27	1968	M45	52	28:10 27:54 / 5:36min/km
208	60	Neumann Helge	*Kerpen	0:56:08	0:56:21	1978	M35	25	26:54 29:14 / 5:37min/km
209	233	Zanther Christian	*Frechen	0:56:11	0:56:22	1977	M35	26	28:01 28:09 / 5:37min/km
210	17	Keller René	*Kerpen	0:56:14	0:56:50	1968	M45	53	28:44 27:30 / 5:37min/km
211	252	Tschersich Detlef	*Kerpen	0:56:16	0:56:39	1966	M45	54	28:10 28:06 / 5:38min/km
212	90	Wagner Guido	Running TV Bedburg	0:56:19	0:56:39	1969	M45	55	27:23 28:55 / 5:38min/km
213	94	Diers Jürgen	LG Donatus Erfstadt	0:56:29	0:56:40	1944	M70	5	27:18 29:10 / 5:39min/km
214	133	Maier Peter	*Köln	0:56:33	0:57:00	1969	M45	56	28:09 28:24 / 5:39min/km
215	175	Barz Hans	RHEIN-ERFT AKADEMIE	0:56:37	0:56:54	1959	M55	15	27:46 28:51 / 5:40min/km
216	317	Vennemann Jan	Horremer SV	0:56:42	0:57:28	2004	MU12	2	26:35 30:07 / 5:40min/km
217	153	Mikoleizik Peter	SCB	0:56:57	0:57:32	1970	M45	57	28:44 28:12 / 5:42min/km
218	316	Scheffer Daniel	Horremer SV	0:57:00	0:57:46	2004	MU12	3	28:06 28:53 / 5:42min/km
219	321	Fix Erik	Horremer SV	0:57:03	0:57:49	2003	MU14	3	27:28 29:34 / 5:42min/km
220	324	Özkan Arda	LC Pütz-Benden	0:57:08	0:57:19	1972	M40	22	26:56 30:12 / 5:43min/km
221	452	Mödder Wolfgang	Erftrunners	0:57:09	0:57:30	1965	M50	36	28:42 28:27 / 5:43min/km
222	219	Vilvo Konrad	TV Huchem-Stammeln	0:57:12	0:57:23	1938	M75	1	28:10 29:01 / 5:43min/km
223	187	Neis Dr. Stephan	*Kerpen	0:57:15	0:57:18	1966	M45	58	23:55 33:19 / 5:44min/km
224	446	Ernst Martin	*Baesweiler	0:57:18	0:57:40	1959	M55	16	28:24 28:53 / 5:44min/km
225	231	Breuer Bernd	Running TV Bedburg	0:57:25	0:57:45	1975	M40	23	27:57 29:27 / 5:44min/km
226	34	Wurda Werner	Diabetes Programm Deut	0:57:46	0:58:33	1960	M55	17	29:04 28:41 / 5:47min/km
227	143	Krenzlin Wolfram	RHEIN-ERFT AKADEMIE	0:57:47	0:58:07	1955	M60	8	28:13 29:33 / 5:47min/km
228	23	Riegel Florian	*Köln	0:57:53	0:58:08	1986	M20	21	26:48 31:04 / 5:47min/km
229	312	Groschwitz Alfred		0:58:05	0:58:34	1947	M65	7	28:10 29:55 / 5:49min/km
230	318	Tregy Zolana	Horremer SV	0:58:33	0:59:19	2003	MU14	4	28:18 30:15 / 5:51min/km
231	125	Schiffer Thomas	Lauffreunde BKZ	0:59:09	0:59:38	1968	M45	59	30:27 28:42 / 5:55min/km
232	197	Nobis Olaf	SCB Horrem	0:59:18	0:59:35	1968	M45	60	30:03 29:14 / 5:56min/km
233	256	Tontsch Rüdiger	LC Weilerswist	0:59:26	0:59:43	1960	M55	18	29:01 30:25 / 5:57min/km
234	449	Lambertz Jörg	Ergo Sports	0:59:32	0:59:41	1972	M40	24	28:28 31:04 / 5:57min/km
235	200	Varoquier Bernd	SSK Kerpen Triathlon	0:59:38	1:00:08	1967	M45	61	29:21 30:16 / 5:58min/km
236	44	Janßen Ralf	*Kerpen	0:59:52	1:00:16	1974	M40	25	28:10 31:42 / 5:59min/km
237	213	Tillack Thomas	Taekwondo Kerpen Hwa-	1:00:17	1:00:48	1970	M45	62	30:21 29:56 / 6:02min/km
238	345	Freihoff Johannes		1:00:18	1:00:41	1966	M45	63	29:22 30:56 / 6:02min/km
239	218	Wedowski Thomas	Taekwondo Kerpen Hwa-	1:00:38	1:01:10	1960	M55	19	30:30 30:07 / 6:04min/km
240	209	Clevinghaus, Dr. Tobias	*Kerpen	1:00:42	1:01:05	1976	M35	27	29:07 31:34 / 6:04min/km
241	129	Spürck Dieter	*Kerpen	1:00:42	1:01:05	1966	M45	64	29:16 31:26 / 6:04min/km
242	54	Über Frank	*Frechen	1:00:44	1:00:51	1971	M40	26	29:27 31:17 / 6:04min/km
243	99	Preukschas Wolfgang	BüroBär e.K.	1:01:00	1:01:31	1958	M55	20	29:59 31:01 / 6:06min/km
244	323	Fass Niklas	Horremer SV	1:01:05	1:01:50	2003	MU14	5	29:57 31:07 / 6:07min/km
245	319	Ramscheid Louis	Horremer SV	1:01:05	1:01:51	2003	MU14	6	29:57 31:08 / 6:07min/km
246	237	Büsgen Herbert	LG RWE Power	1:01:08	1:01:18	1949	M65	8	28:17 32:50 / 6:07min/km
247	47	Welter Michael	*Kerpen	1:01:12	1:01:38	1956	M55	21	30:14 30:57 / 6:07min/km
248	45	Faßbender Kalle	*Kerpen	1:01:13	1:01:38	1963	M50	37	30:15 30:58 / 6:07min/km
249	257	Spürck David	Horremer SV	1:01:13	1:01:58	2003	MU14	7	29:58 31:15 / 6:07min/km
250	37	Bicker Stefan	*Kerpen	1:01:14	1:01:39	1965	M50	38	30:15 30:58 / 6:07min/km
251	214	Billig Guido	Taekwondo Kerpen Hwa-	1:01:17	1:01:49	1970	M45	65	30:45 30:32 / 6:08min/km
252	271	Katschke Michael	LC Weilerswist	1:01:45	1:02:02	1969	M45	66	29:01 32:43 / 6:11min/km
253	434	Heitz Reiner	Team Erdinger Alkoholfrei	1:01:58	1:02:26	1949	M65	9	29:56 32:02 / 6:12min/km
254	57	Lewkow Noah	*Horrem	1:02:09	1:02:44	1997	MU20	2	32:15 29:54 / 6:13min/km
255	307	Batty Heinz	SCB Horrem	1:02:17	1:02:36	1944	M70	6	30:29 31:48 / 6:14min/km

8. Horremer Abendlauf am 12. Juni 2015 Lauf über 10km

Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
256	341	Gabriele Giuseppe	Volksbank Erft eG	1:02:52	1:03:18	1979	M35	28	33:39 29:13 / 6:17min/km
257	285	Aleth Hermann	GVG	1:03:43	1:03:55	1965	M50	39	30:23 33:20 / 6:22min/km
258	328	Piontek Noah		1:04:42	1:05:09	2002	MU14	8	32:57 31:45 / 6:28min/km
259	274	Jonas Martin	*Köln	1:04:57	1:05:19	1981	M30	16	32:21 32:36 / 6:30min/km
260	255	Bragard Josef	Düren	1:05:18	1:05:23	1940	M75	2	31:39 33:38 / 6:32min/km
261	268	Runge Roland	*Frechen	1:06:59	1:07:25	1972	M40	27	33:18 33:41 / 6:42min/km
262	95	May Dieter	BüroBär e.K.	1:08:09	1:08:40	1966	M45	67	32:47 35:21 / 6:49min/km
263	194	Gast Wolfgang	*Hürtgenwald	1:08:22	1:08:24	1966	M45	68	30:26 37:55 / 6:50min/km
264	338	Oehmcke Christian		1:10:51	1:11:18	1983	M30	17	34:01 36:49 / 7:05min/km
265	100	Schillermann Mario	BüroBär e.K.	1:12:19	1:12:50	1982	M30	18	33:56 38:22 / 7:14min/km
266	97	Bär Rudy	BüroBär e.K.	1:12:28	1:13:00	1961	M50	40	34:08 38:20 / 7:15min/km
267	164	Eichinger Jochen	Himmlisch Jeck	1:13:15	1:13:51	1993	M20	22	36:42 36:33 / 7:20min/km

8. Horremer Abendlauf am 12. Juni 2015

Lauf über 10km

Frauen

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
1	409	Geiken Annette	LG RWE Power	0:40:54	0:40:58	1967	W45	1	20:26 20:28 / 4:05min/km
2	426	Schwanke Martina	VfB Erfstadt	0:42:24	0:42:26	1970	W45	2	20:28 21:56 / 4:14min/km
3	330	Gossel Julia	Dürener TV	0:45:10	0:45:14	1988	W20	1	22:20 22:50 / 4:31min/km
4	217	Kannengießler Brigitte	Taekwondo Kerpen Hwa-	0:46:08	0:46:17	1985	W30	1	22:59 23:09 / 4:37min/km
5	181	Raab Daniela	LC Weilerswist	0:46:09	0:46:22	1974	W40	1	22:56 23:12 / 4:37min/km
6	198	Bochem Gabriele	1. FC Quadrath-Ichendorf	0:46:12	0:46:26	1970	W45	3	22:59 23:13 / 4:37min/km
7	453	Geschwandtner Isabella	ISI-Runner	0:47:01	0:47:01	1977	W35	1	23:29 23:31 / 4:42min/km
8	222	Prediger Kristina	LG Donatus Erfstadt	0:47:30	0:47:35	1974	W40	2	23:29 24:00 / 4:45min/km
9	238	Roitzsch Katjana	FC Keldenich	0:47:32	0:47:48	1978	W35	2	23:30 24:02 / 4:45min/km
10	263	Menden Bettina	LC Weilerswist	0:47:47	0:48:04	1969	W45	4	23:20 24:26 / 4:47min/km
11	87	Döring Carina	Aachener TG	0:47:53	0:48:03	1992	W20	2	23:43 24:10 / 4:47min/km
12	258	Weber-Steinhauer Birgit	LG RWE Power	0:47:56	0:48:06	1963	W50	1	23:25 24:30 / 4:48min/km
13	229	Rüter Annika	Brühler TV 1879	0:48:01	0:48:14	1980	W35	3	23:56 24:05 / 4:48min/km
14	267	Meisen Nicole	*Kerpen	0:48:24	0:48:32	1974	W40	3	22:43 25:40 / 4:50min/km
15	42	Rach Martina	FC Keldenich	0:49:09	0:49:25	1981	W30	2	24:15 24:54 / 4:55min/km
16	226	Paulsen Birgit	ASV Wesseling 1985 e.V.	0:49:20	0:49:29	1972	W40	4	23:56 25:23 / 4:56min/km
17	70	Schuler Stefanie	*Elsdorf	0:50:06	0:50:11	1990	W20	3	24:40 25:25 / 5:01min/km
18	1	Räkow Ina	Team 18	0:50:57	0:51:05	2001	WU16	1	25:37 25:19 / 5:06min/km
19	144	Hartmann Claudia	RHEIN-ERFT AKADEMIE	0:51:16	0:51:25	1965	W50	2	25:21 25:55 / 5:08min/km
20	279	Krychowski Frederike	LAV Habbelrath-Grefrath	0:51:19	0:51:30	1995	W20	4	25:35 25:43 / 5:08min/km
21	138	Steinbach Laura	RHEIN-ERFT AKADEMIE	0:52:05	0:52:14	1987	W20	5	25:27 26:38 / 5:13min/km
22	329	Bartneck Tina	Team Erdinger	0:52:09	0:52:19	1975	W40	5	25:32 26:36 / 5:13min/km
23	287	Franke Manuela	GVG	0:53:17	0:53:31	1987	W20	6	25:40 27:37 / 5:20min/km
24	145	De Bouteiller Alexandra	RHEIN-ERFT AKADEMIE	0:53:47	0:54:11	1979	W35	4	26:37 27:10 / 5:23min/km
25	7	Steffen Natalie	Laufen gegen Leiden	0:53:55	0:54:19	1973	W40	6	26:53 27:02 / 5:24min/km
26	339	Schorr Susanne		0:54:21	0:54:41	1970	W45	5	27:26 26:54 / 5:26min/km
27	62	Waters Claudia	TuS Königsdorf	0:54:25	0:54:51	1967	W45	6	26:54 27:31 / 5:27min/km
28	189	Dillenburg Kathrin	*Kerpen	0:54:26	0:54:51	1981	W30	3	26:55 27:31 / 5:27min/km
29	117	Esser Heidrun	*Bergheim	0:54:27	0:54:45	1960	W55	1	27:17 27:10 / 5:27min/km
30	65	Pierunek Nadine	*Kerpen	0:54:30	0:54:56	1978	W35	5	26:54 27:35 / 5:27min/km
31	201	Schmidt Claudia	SSK Kerpen Triathlon	0:54:53	0:55:04	1966	W45	7	25:39 29:13 / 5:29min/km
32	228	Hofmann Michaela	*Kerpen	0:54:56	0:55:13	1973	W40	7	27:00 27:55 / 5:30min/km
33	332	Sauer Kerstin	TuS Kreuzweingarten Rh	0:56:17	0:56:22	1983	W30	4	27:21 28:56 / 5:38min/km
34	30	Leist Amelie	*Ransbach-Baumbach	0:56:21	0:56:50	1988	W20	7	28:08 28:12 / 5:38min/km
35	162	Reif Elke	Stadt Kerpen	0:56:21	0:56:37	1973	W40	8	27:10 29:11 / 5:38min/km
36	315	Fock Janine		0:56:27	0:56:42	1975	W40	9	27:17 29:09 / 5:39min/km
37	401	Schmidt-Küster Dorle	GVG	0:56:32	0:56:44	1958	W55	2	27:04 29:27 / 5:39min/km
38	272	Böhnke Susan	TV Wisskirchen	0:56:38	0:57:04	1972	W40	10	28:09 28:28 / 5:40min/km
39	309	Roggow Manuela		0:56:55	0:57:28	1968	W45	8	27:03 29:52 / 5:42min/km
40	105	Hajek Verena	LG Donatus Erfstadt	0:57:36	0:57:46	1952	W60	1	28:24 29:11 / 5:46min/km
41	266	Benden Nicole	*Kerpen	0:57:46	0:58:14	1972	W40	11	28:04 29:42 / 5:47min/km
42	179	Stich Silke	RHEIN-ERFT AKADEMIE	0:57:50	0:58:05	1977	W35	6	28:23 29:27 / 5:47min/km
43	31	Langen Julia	Schwimmverein Horrem	0:58:37	0:59:07	1990	W20	8	28:34 30:03 / 5:52min/km
44	73	Fischer Christine	Team ERDINGER Alkoh	0:58:56	0:59:27	1971	W40	12	29:37 29:19 / 5:54min/km
45	289	Hoster Rita	GVG	0:59:17	0:59:46	1968	W45	9	30:13 29:04 / 5:56min/km
46	116	Farley Tanja	LG Donatus Erfstadt	0:59:19	0:59:31	1977	W35	7	28:59 30:19 / 5:56min/km
47	88	Kalupke Sibylle	LG Donatus Erfstadt	0:59:51	1:00:03	1954	W60	2	29:43 30:08 / 5:59min/km
48	119	Herrmann Michaela	LG Donatus Erfstadt	0:59:58	1:00:11	1968	W45	10	30:07 29:50 / 5:60min/km
49	173	Radtke Manuela	LG Donatus Erfstadt	0:59:58	1:00:12	1974	W40	13	30:06 29:52 / 5:60min/km
50	206	Kaatz Miriam	Kreissparkasse Köln	1:00:00	1:00:32	1981	W30	5	29:20 30:40 / 6:00min/km
51	210	Grzesiek Sandra	*Kerpen	1:00:01	1:00:33	1971	W40	14	29:20 30:40 / 6:00min/km

8. Horremer Abendlauf am 12. Juni 2015

Lauf über 10km

Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	Brutto	Jahrgang	AK	AK-Platz	Runden / Geschwindigkeit
52	204	Mais-Ramm Lydia	SSK Kerpen Triathlon	1:00:07	1:00:36	1965	W50	3	30:08 29:59 / 6:01min/km
53	203	Lehmann Claudia	SSK Kerpen Triathlon	1:00:19	1:00:47	1969	W45	11	30:09 30:10 / 6:02min/km
54	188	Fähse Tine	*Kerpen	1:00:25	1:00:56	1989	W20	9	29:14 31:10 / 6:03min/km
55	404	Flesch Kirsten	*Kerpen	1:00:42	1:01:05	1965	W50	4	29:17 31:25 / 6:04min/km
56	169	Berger Gabriele	*Köln	1:00:53	1:01:15	1962	W50	5	30:08 30:45 / 6:05min/km
57	21	Lechtenfeld Christine	*Kerpen	1:01:25	1:01:53	1962	W50	6	29:55 31:30 / 6:09min/km
58	2	Räkow Iris	Team 18	1:01:41	1:02:15	1969	W45	12	30:27 31:14 / 6:10min/km
59	58	Poloczek Aniela	*Kerpen	1:02:17	1:02:36	1966	W45	13	30:41 31:35 / 6:14min/km
60	234	Krüger Lidia	*Kerpen	1:02:19	1:02:39	1966	W45	14	30:41 31:38 / 6:14min/km
61	240	Nowack Nadine	*Köln	1:02:31	1:02:59	1986	W20	10	30:57 31:34 / 6:15min/km
62	93	Diers Ellen	LG Donatus Erfstadt	1:03:17	1:03:30	1954	W60	3	30:49 32:27 / 6:20min/km
63	156	Meyer Melanie	Brühler TV 1879	1:04:19	1:04:32	1976	W35	8	29:49 34:30 / 6:26min/km
64	215	Billig Birgit	Taekwondo Kerpen Hwa-	1:04:23	1:04:56	1972	W40	15	32:05 32:17 / 6:26min/km
65	67	Damps Jean	LG RWE POWER	1:04:52	1:05:19	1968	W45	15	31:10 33:41 / 6:29min/km
66	275	Ogilvie Johanna	*Köln	1:04:58	1:05:19	1986	W20	11	32:22 32:36 / 6:30min/km
67	313	Zeuner Simone		1:05:15	1:05:30	1977	W35	9	31:43 33:31 / 6:32min/km
68	77	Hintz Anja	Team ERDINGER Alkoh	1:05:34	1:06:04	1978	W35	10	32:35 32:59 / 6:33min/km
69	192	Groß Hanna	*Kerpen	1:05:36	1:05:57	1960	W55	3	31:16 34:19 / 6:34min/km
70	126	Schiffer Anke	Lauffreunde BKZ	1:06:02	1:06:31	1969	W45	16	31:59 34:03 / 6:36min/km
71	241	Blume Anke	LC Weilerswist	1:06:10	1:06:38	1969	W45	17	32:00 34:10 / 6:37min/km
72	327	Thissen Martina		1:06:25	1:06:51	1964	W50	7	33:38 32:46 / 6:39min/km
73	456	Ayche Karin	*Köln	1:06:57	1:07:25	1954	W60	4	33:16 33:41 / 6:42min/km
74	120	Zarbo Angela	SCB Horrem e. V.	1:07:35	1:07:54	1960	W55	4	32:10 35:25 / 6:46min/km
75	269	Kummert-Gnewuch Sil	*Kerpen	1:08:48	1:09:13	1974	W40	16	32:16 36:31 / 6:53min/km
76	310	Mertens Ilka		1:08:57	1:09:27	1967	W45	18	33:59 34:58 / 6:54min/km
77	337	Jaster Sarah		1:10:51	1:11:18	1981	W30	6	34:01 36:49 / 7:05min/km
78	202	Tokarz-Weidgang Anna	SSK Kerpen Triathlon	1:11:22	1:11:52	1972	W40	17	34:22 37:00 / 7:08min/km
79	53	Über Sylvia	*Frechen	1:11:31	1:11:38	1971	W40	18	34:44 36:46 / 7:09min/km
80	440	Berk-Schwanenberg Hele	Wellenwesen	1:12:19	1:12:51	1958	W55	5	34:55 37:23 / 7:14min/km
81	163	Becker Jennifer	Himmlich Jeck	1:13:50	1:14:27	1992	W20	12	36:42 37:08 / 7:23min/km
82	412	Eichinger Heike	Himmlich Jeck	1:16:09	1:16:46	1986	W20	13	36:42 39:26 / 7:37min/km
83	262	Süßke Jeannette	Himmlich Jeck	1:16:10	1:16:46	1991	W20	14	36:44 39:26 / 7:37min/km
84	86	Todt Susanne	*Elsdorf	1:16:19	1:16:40	1971	W40	19	37:20 38:58 / 7:38min/km
85	254	Bragard Karin	Düren	1:17:30	1:17:35	1943	W70	1	37:42 39:48 / 7:45min/km
86	118	Canton Astrid	*Aachen	1:20:15	1:20:46	1955	W60	5	37:21 42:53 / 8:02min/km