

# Kölner Zoolauf am 3. Juli 2015 - 6 Runden - 10.2km

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	367	Breznau Dr. Nate	*Cologne	0:42:59	1979	M35	1	0:43:00	05:59 06:26 06:35 06:52 07:25 09:40	4:02 min/km
2	1769	Zopes Dr. David	MILJÖ MIEZEN	0:44:18	1984	M30	1	0:44:48	07:23 07:11 07:30 07:30 07:33 07:09	4:09 min/km
3	926	Krämer Domenico	CologneRunningCrew	0:45:51	1989	MHK	1	0:45:58	06:50 07:28 07:38 07:54 08:09 07:51	4:18 min/km
4	383	Buchmüller Daniel	*Köln	0:45:55	1988	MHK	2	0:45:59	06:56 07:24 07:40 07:52 08:10 07:51	4:18 min/km
5	591	Gilles Patric	*Bad Neuenahr-Ahrweiler	0:47:20	1989	MHK	3	0:48:00	07:34 07:42 08:04 08:00 08:09 07:49	4:26 min/km
6	1811	Stadtler Björn	REWE Group	0:47:32	1977	M35	2	0:47:34	07:27 07:49 08:06 08:06 08:09 07:52	4:27 min/km
7	323	Bode Timo		0:47:49	2000	MU16	1	0:48:51	07:34 07:37 07:52 08:02 08:58 07:45	4:29 min/km
8	216	Anders Lars	Happy Runners	0:48:49	1976	M35	3	0:49:09	08:07 08:01 08:10 08:19 08:11 07:58	4:34 min/km
9	1650	Wagner Holger	*Olpe	0:48:49	1977	M35	4	0:50:20	08:17 08:01 08:22 08:13 08:15 07:39	4:34 min/km
10	460	Dorenbeck Jan	*Neuss	0:49:05	1985	M30	2	0:50:21	08:19 07:56 08:03 08:17 08:21 08:07	4:36 min/km
11	612	Gomm Florian	*Köln	0:49:19	1993	MHK	4	0:49:53	08:33 08:11 08:06 08:04 08:21 08:02	4:37 min/km
12	1513	Sophocleous Andreas	*Köln	0:49:38	1994	MHK	5	0:49:53	08:16 08:07 08:28 08:23 08:21 08:01	4:39 min/km
13	1862	Fetzer Tillmann	Heidenheim Fechten	0:49:49	1982	M30	3	0:49:57	08:14 07:53 08:32 08:49 08:33 07:45	4:40 min/km
14	1410	Schmitz Johannes	*Köln	0:49:54	1986	MHK	6	0:50:15	08:04 08:16 08:33 08:36 08:45 07:38	4:40 min/km
15	892	Knips Florian	*Köln	0:49:56	1987	MHK	7	0:50:18	08:04 08:16 08:33 08:36 08:45 07:40	4:41 min/km
16	1250	Plihal Sascha	*Willich	0:50:04	1988	MHK	8	0:52:08	07:39 08:05 08:29 08:38 08:40 08:30	4:41 min/km
17	1223	Peltzer Jens	Wellness Lounge Ina Peltzer	0:50:22	1974	M40	1	0:52:49	08:49 08:23 08:26 08:27 08:21 07:55	4:43 min/km
18	951	Kroppenberg Oliver	*Bergisch Gladbach	0:50:47	1984	M30	4	0:51:00	07:47 08:12 08:46 08:35 08:59 08:26	4:45 min/km
19	1863	Ewert Stefan	KSK Köln	0:50:51	1977	M35	5	0:51:00	08:06 08:21 08:39 08:51 08:44 08:08	4:46 min/km
20	1857	Riedel Christian	Mach 3 Köln	0:50:59	1977	M35	6	0:54:13	08:18 08:05 08:23 08:33 09:08 08:28	4:46 min/km
21	569	Gabriel Uli	TV Attendorn TRI-TIME	0:51:06	1971	M40	2	0:51:07	07:53 08:20 08:36 08:45 08:51 08:39	4:47 min/km
22	389	Budzyn Thomas	*Köln	0:51:08	1986	MHK	9	0:52:04	08:38 08:23 08:51 09:00 08:35 07:39	4:47 min/km
23	739	Hock Michael	BSG RaBaz e. V.	0:51:09	1980	M35	7	0:51:54	08:18 08:09 08:26 08:32 09:02 08:40	4:47 min/km
24	290	Bernhardt Heiko	SONICRUN	0:51:19	1971	M40	3	0:51:32	07:57 08:10 08:28 08:48 09:02 08:51	4:48 min/km
25	248	Baldus Prof. Dr. Stephan	Köln	0:51:40	1969	M45	1	0:54:46	08:37 08:03 08:19 08:51 09:09 08:40	4:50 min/km
26	824	Kammler Reinhard		0:51:51	1963	M50	1	0:52:13	07:52 08:29 08:49 08:59 09:02 08:38	4:51 min/km
27	1028	Lorscheter Thomas	run4fun	0:51:52	1966	M45	2	0:52:16	09:00 08:40 08:40 08:39 08:42 08:08	4:51 min/km
28	896	Knors Benjamin	*Köln	0:52:20	1985	M30	5	0:52:24	07:35 08:16 08:42 09:15 09:26 09:03	4:54 min/km
29	486	Engelman Raphael	*Solingen	0:52:21	1990	MHK	10	0:52:50	09:04 08:56 09:13 08:35 08:28 08:02	4:54 min/km
30	1060	Marek Waldemar	Für Hürth	0:52:38	1974	M40	4	0:52:45	08:04 08:15 08:44 09:19 09:17 08:57	4:56 min/km
31	1201	Olschewski Stefan	Go for Jo	0:52:43	1979	M35	8	0:52:47	07:36 08:07 09:03 09:40 09:16 08:58	4:56 min/km
32	1437	Schönfuß Daniel	*Leichlingen	0:53:01	1983	M30	6	0:53:59	09:47 08:25 08:39 08:39 08:38 08:50	4:58 min/km
33	1677	Weber Nils	*Köln	0:53:05	1980	M35	9	0:55:28	08:54 09:22 08:49 08:48 08:47 08:22	4:58 min/km
34	982	Laubach Tobias	*Köln	0:53:05	1977	M35	10	0:54:26	08:06 08:18 08:58 09:03 09:20 09:17	4:58 min/km
35	225	Assenmacher Klaus	Wellenläufer	0:53:16	1973	M40	5	0:55:46	08:42 07:59 09:11 09:12 09:43 08:27	4:59 min/km
36	1286	Reinartz Michael	GVG Laufteam	0:53:22	1977	M35	11	0:56:42	09:23 08:11 08:45 08:52 09:15 08:54	4:60 min/km
37	725	Hesse Christian	Cologne Running Crew	0:53:25	1985	M30	7	0:53:55	08:43 08:07 08:50 09:06 09:16 09:21	5:00 min/km
38	418	Cramer Tim	izoy.de	0:53:26	1982	M30	8	0:55:07	09:05 08:55 09:00 09:02 09:02 08:19	5:00 min/km
39	558	Fröhlich Lukas	*Bornheim	0:53:27	1991	MHK	11	0:55:36	09:03 08:26 08:39 09:07 09:34 08:36	5:00 min/km
40	1653	Wagner Michael	*Troisdorf	0:53:35	1963	M50	2	0:56:54	12:41 09:23 07:52 08:00 08:00 07:37	5:01 min/km
41	706	Helten Frank		0:53:54	2000	MU16	2	0:56:47	09:34 08:48 08:38 08:45 09:14 08:53	5:03 min/km
42	1221	Peiker Markus	*Köln	0:53:55	1984	M30	9	0:55:34	08:49 08:57 09:07 09:13 09:14 08:33	5:03 min/km
43	833	Kather Theophil	Die Rennschnecken	0:53:59	1966	M45	3	0:54:04	08:27 08:26 09:06 09:20 09:31 09:06	5:03 min/km
44	1361	Scharfenberg Stephan	Die Rennschnecken	0:54:09	1978	M35	12	0:54:15	08:24 08:26 09:08 09:17 09:35 09:16	5:04 min/km
45	229	Axt Moritz	*Alfter	0:54:31	1991	MHK	12	0:55:52	09:38 08:08 08:37 09:05 09:33 09:28	5:06 min/km
46	1243	Pistillo Nicola	Erdmännchen	0:54:56	1985	M30	10	0:57:26	10:31 08:47 08:50 09:06 09:11 08:27	5:09 min/km
47	1366	Scheifers Dominik	Tschüss Klaus und vielen	0:55:02	1983	M30	11	0:56:21	09:40 08:42 09:24 08:40 09:45 08:49	5:09 min/km
48	317	Blümke Hendrik	V-Training Bootcamp Köln	0:55:04	1986	MHK	13	0:55:54	09:35 09:09 09:19 09:18 09:12 08:29	5:09 min/km
49	1127	Muellem Stefan	Europa	0:55:05	1975	M40	6	0:57:11	09:23 08:49 09:05 09:13 09:25 09:09	5:10 min/km
50	1064	Martens Hanno	*Aachen	0:55:06	1990	MHK	14	0:57:08	09:48 09:24 09:22 09:21 09:06 08:04	5:10 min/km
51	792	Jantsch Michael	*Köln	0:55:07	1993	MHK	15	0:56:55	09:00 08:11 08:31 09:13 10:10 09:59	5:10 min/km
52	633	Grothe Ronny	Polizei Rhein Erft	0:55:09	1969	M45	4	0:58:24	08:31 09:02 09:12 09:29 09:37 09:16	5:10 min/km
53	1685	Weissenberger Ramon	*Köln	0:55:10	1987	MHK	16	0:57:26	09:16 08:47 09:15 09:37 09:36 08:36	5:10 min/km

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54	1813	Grass Christopher	Kölsche Kenianer	0:55:11	1976	M35	13	0:55:57	08:56	08:53	09:18	09:28	09:35	08:59	5:10 min/km
55	1757	Zenck-Dürselen	Team Bockwurst	0:55:16	1993	MHK	17	0:56:23	09:45	09:17	09:26	09:05	09:03	08:39	5:11 min/km
56	1593	Tisken Gerd	*Köln	0:55:29	1982	M30	12	0:55:50	08:32	08:24	08:56	09:46	10:11	09:38	5:12 min/km
57	1830	Papsin Christopher	GRC 66 eV	0:55:43	1985	M30	13	0:56:37	09:12	09:08	09:25	09:32	09:40	08:43	5:13 min/km
58	520	Ferraresso Thomas	BANKPOWER	0:55:47	1974	M40	7	0:59:24	10:01	10:25	11:09	11:58	21:29	00:00	5:13 min/km
59	1781	Johnsen Dr. Marc	*Köln	0:55:55	1977	M35	14	0:56:01	09:21	08:39	09:11	09:25	10:04	09:13	5:14 min/km
60	667	Hammes Andreas	*Köln	0:56:03	1977	M35	15	0:56:28	08:28	08:49	09:35	09:42	09:54	09:32	5:15 min/km
61	1374	Schilling Burkhard	*Brühl	0:56:04	1958	M55	1	0:57:17	09:46	09:11	09:32	10:00	08:43	08:49	5:15 min/km
62	1137	Müller Jason	*Hausen	0:56:08	1998	MU18	1	0:56:16	07:26	08:37	09:21	09:57	11:14	09:31	5:15 min/km
63	1156	Nentwich Henry	*Köln	0:56:09	1977	M35	16	0:57:25	08:51	08:26	08:57	10:00	10:03	09:49	5:15 min/km
64	1680	Weidner Bernd	*Weilerswist	0:56:12	1993	MHK	18	0:56:21	08:46	08:39	09:39	10:16	09:44	09:04	5:16 min/km
65	570	Wingert Philipp	FC Hertha Bonn	0:56:14	1981	M30	14	0:57:48	10:35	09:51	10:00	09:53	08:18	07:34	5:16 min/km
66	430	Dahlenburg Cliff	*Solingen	0:56:15	1979	M35	17	0:56:34	08:54	08:53	09:10	09:51	10:20	09:05	5:16 min/km
67	777	Ising Marc	*Köln	0:56:16	1989	MHK	19	0:58:06	08:27	08:18	09:19	09:45	10:16	10:08	5:16 min/km
68	499	Euler Klaas	*Köln	0:56:18	1985	M30	15	0:59:42	09:41	09:18	09:28	09:33	09:27	08:49	5:16 min/km
69	835	Kaumanns Markus	*Köln	0:56:29	1985	M30	16	0:56:52	08:34	09:07	09:15	09:31	09:56	10:04	5:17 min/km
70	1296	Reuter Oliver	*Köln	0:56:30	1986	MHK	20	0:56:48	08:53	09:03	09:15	09:57	10:06	09:14	5:17 min/km
71	859	Kirschbaum Christian	*Neuss	0:56:31	1984	M30	17	0:57:47	08:35	09:09	09:34	09:51	09:56	09:24	5:18 min/km
72	657	Halfen Bastian	*Bonn	0:56:36	1992	MHK	21	0:57:57	09:38	09:10	09:24	09:37	09:36	09:08	5:18 min/km
73	321	Bode Marco		0:56:41	1999	MU18	2	0:57:42	10:02	09:09	09:19	09:39	09:37	08:52	5:18 min/km
74	790	Jantsch Dirk	*Köln	0:56:50	1959	M55	2	0:58:40	09:27	09:14	09:37	09:51	09:43	08:56	5:19 min/km
75	266	Beblik Klaus	Gib mir Tiernamen!	0:56:51	1969	M45	5	0:57:29	08:46	08:56	09:32	09:57	10:06	09:32	5:19 min/km
76	1163	Neven Holger	*Köln	0:56:54	1976	M35	18	0:57:10	09:01	09:20	09:44	09:47	09:54	09:05	5:20 min/km
77	1610	Unshelm Peter	DAV Sektion Gummersbach	0:56:55	1967	M45	6	0:57:39	09:59	09:06	09:25	09:35	09:39	09:09	5:20 min/km
78	738	Hissler Pascal	*Köln	0:56:58	1980	M35	19	1:00:19	10:21	08:44	09:15	09:41	09:48	09:07	5:20 min/km
79	556	Fritz Fabian	Bock auf Kurven	0:57:00	1989	MHK	22	0:58:28	09:35	08:52	09:11	09:36	09:58	09:46	5:20 min/km
80	686	Hauseur Pascal	Polizei Köln	0:57:06	1982	M30	18	0:58:30	09:01	08:58	09:27	10:05	10:06	09:28	5:21 min/km
81	589	Gessner Pitt	*Bonn	0:57:11	1982	M30	19	0:57:41	11:03	10:45	09:34	08:46	08:43	08:17	5:21 min/km
82	542	Fontana Alberto	Erdmännchen	0:57:23	1983	M30	20	0:59:53	10:30	08:47	08:51	09:24	10:15	09:33	5:22 min/km
83	1140	Müller Marcel	*Leverkusen	0:57:27	1992	MHK	23	1:00:02	08:44	08:42	09:38	10:39	10:54	08:47	5:23 min/km
84	1363	Scheben Julian	*Köln	0:57:27	1992	MHK	24	1:00:02	10:07	09:24	09:34	09:51	09:42	08:47	5:23 min/km
85	1535	Steinke Malte	*Nörvenich	0:57:30	1988	MHK	25	0:58:26	09:37	09:25	09:40	09:52	09:41	09:14	5:23 min/km
86	1325	Rottstegge Karsten	*Bocholt	0:57:36	1973	M40	8	0:57:47	08:56	09:09	09:24	09:58	10:26	09:41	5:24 min/km
87	1251	Plücker Marco	*Leverkusen	0:57:37	1965	M50	3	1:00:35	09:33	09:17	09:22	09:37	10:18	09:28	5:24 min/km
88	1782	La Rosa Manuel	*Köln	0:57:38	1975	M40	9	0:57:44	09:33	09:21	09:52	09:46	09:59	09:05	5:24 min/km
89	1271	Radzetski Ivan	*Bielefeld	0:57:43	1988	MHK	26	0:59:44	09:49	09:24	09:18	09:25	10:15	09:30	5:24 min/km
90	1506	Snella Michal	*Erfstadt	0:57:43	1987	MHK	27	1:00:44	09:17	09:24	09:35	09:54	09:53	09:37	5:24 min/km
91	1193	Öchslein Peter	*Erfsttdt	0:57:47	1971	M40	10	1:00:00	09:40	09:29	09:39	10:00	09:58	09:00	5:25 min/km
92	599	Gnittka Michael	*Bergisch Gladbach	0:57:48	1977	M35	20	0:58:06	08:58	08:57	09:25	09:46	10:08	10:32	5:25 min/km
93	1202	Ommen Nils	*Köln	0:57:49	1983	M30	21	0:59:21	09:28	09:23	09:34	09:49	09:57	09:36	5:25 min/km
94	535	Flackskamp Mathias	*Köln	0:57:57	1993	MHK	28	1:01:16	11:25	10:08	09:44	09:27	09:07	08:03	5:26 min/km
95	816	Kaatz Michael	Kreissparkasse Köln	0:57:59	1982	M30	22	0:59:40	09:16	09:18	09:54	10:04	09:51	09:34	5:26 min/km
96	470	Dziewulski Sven	*Köln	0:58:00	1985	M30	23	1:01:15	09:20	09:00	09:23	09:52	10:20	10:03	5:26 min/km
97	565	Fuhs Hans Josef	Dauerlaufschule Köln	0:58:04	1958	M55	3	0:58:40	09:18	09:19	09:50	10:16	10:13	09:06	5:26 min/km
98	1623	Vehrenberg Daniel	*Köln	0:58:06	1992	MHK	29	0:58:24	08:50	09:07	09:47	10:05	10:22	09:54	5:26 min/km
99	1009	Lindemann Walter	Pulheimer SC	0:58:08	1958	M55	4	0:58:21	09:12	09:32	09:34	09:53	10:08	09:46	5:27 min/km
100	466	Dürbaum Nicolai	*Köln	0:58:10	1988	MHK	30	0:59:30	11:43	11:01	11:14	09:12	07:39	07:20	5:27 min/km
101	741	Höhn Sebastian	*Merzenich	0:58:15	1980	M35	21	0:59:55	08:54	09:19	10:04	10:19	10:16	09:21	5:27 min/km
102	1577	Thönnnes Uwe	DAV Sektion Gummersbach	0:58:24	1966	M45	7	0:59:09	09:59	09:25	09:35	09:59	10:02	09:21	5:28 min/km
103	1333	Rupprecht Theresia	*Köln	0:58:25	1982	M30	24	0:59:34	09:26	09:20	09:48	10:07	10:08	09:34	5:28 min/km
104	1075	Mausbach Tarzan	LT Decksteiner Weiher	0:58:27	1957	M55	5	0:59:10	10:39	10:41	09:43	09:17	09:11	08:53	5:28 min/km
105	1461	Schulz David	Die Schneckenparade	0:58:31	1987	MHK	31	1:02:09	12:21	12:08	11:58	11:48	10:36	00:00	5:29 min/km
106	1183	Nottrott Marc	BSG Rheinenergie	0:58:42	1965	M50	4	1:01:20	10:00	09:37	09:38	10:02	10:19	09:03	5:30 min/km
107	593	Glade Joachim	Gib mir Tiernamen!	0:58:42	1965	M50	5	0:59:19	09:17	09:11	09:44	10:03	10:17	10:07	5:30 min/km
108	681	Haßdenteufel Tobias	Schachfreunde St. Wendel	0:58:43	1984	M30	25	1:01:24	09:11	09:20	09:25	10:02	10:24	10:19	5:30 min/km
109	769	Ihrig Daniel	*Bottrop	0:58:43	1984	M30	26	0:59:14	09:15	09:08	12:36	09:39	09:22	08:41	5:30 min/km
110	1110	Mohr Heinz	*Bergheim - Glessen	0:58:45	1978	M35	22	1:01:08	08:45	09:01	09:24	09:30	11:05	10:59	5:30 min/km

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111	921	Koppmeier Christian	*Köln	0:58:50	1975	M40	11	1:00:03	09:58	09:22	09:43	09:59	10:03	09:42	5:31 min/km
112	546	Frank Tobias	McDonald's	0:59:00	1984	M30	27	1:02:18	09:36	09:35	09:46	10:17	10:24	09:20	5:32 min/km
113	263	Baus Reiner	CRC	0:59:02	1954	M60	1	0:59:08	08:16	09:45	09:29	10:33	10:11	10:47	5:32 min/km
114	472	Effertz Frederick	de Famillich	0:59:04	1999	MU18	3	1:00:21	09:28	08:34	08:46	09:20	11:03	11:51	5:32 min/km
115	796	Jeising Sascha	*Köln	0:59:09	1981	M30	28	1:00:01	09:33	09:26	09:52	10:05	10:23	09:47	5:32 min/km
116	932	Kramer Marius	*Köln	0:59:12	2000	MU16	3	0:59:21	09:38	09:56	08:43	09:56	10:47	10:09	5:33 min/km
117	445	Diamante Nicolas	*Frechen	0:59:13	1987	MHK	32	0:59:41	09:51	10:08	10:24	10:19	10:02	08:27	5:33 min/km
118	1171	Nies Philipp	*Troisdorf	0:59:20	1996	MU20	1	1:00:22	10:53	10:33	10:20	10:12	09:51	07:28	5:33 min/km
119	1187	Nünninghoff Derk	*Bonn	0:59:21	1968	M45	8	1:01:12	09:21	09:27	09:46	10:11	10:19	10:16	5:33 min/km
120	337	Bongartz Martin	*hennef	0:59:28	1981	M30	29	1:00:10	09:43	09:29	10:01	10:23	10:06	09:43	5:34 min/km
121	939	Kratz Sebastian	*Köln	0:59:33	1978	M35	23	1:01:17	09:19	09:20	09:47	10:22	10:41	10:01	5:35 min/km
122	368	Brinkmann Thomas	McDonald's	0:59:33	1966	M45	9	1:02:52	09:44	09:44	10:07	10:15	10:14	09:26	5:35 min/km
123	293	Berse Thomas	*Köln	0:59:42	1973	M40	12	1:00:15	09:31	09:50	10:06	10:21	10:13	09:39	5:35 min/km
124	1038	Ludwig Michael	*Bad Salzuflen	0:59:48	1959	M55	6	1:01:49	10:02	09:43	09:47	09:57	10:21	09:56	5:36 min/km
125	1595	Tokarski Henry	*Kerpen	0:59:50	1981	M30	30	1:02:33	09:19	09:41	09:41	09:55	11:01	10:10	5:36 min/km
126	538	Florczyk Pascal	Just Fit	0:59:55	1990	MHK	33	1:00:43	08:19	08:34	09:25	10:33	11:32	11:29	5:37 min/km
127	1705	Werth Thomas	*Köln	0:59:56	1961	M50	6	1:03:16	09:26	09:14	09:37	10:10	10:35	10:52	5:37 min/km
128	643	Haak Christian	*köln	1:00:00	1974	M40	13	1:00:52	10:16	09:59	10:20	10:16	10:09	08:58	5:37 min/km
129	638	Güßgen Markus	*Köln	1:00:01	1963	M50	7	1:00:43	10:35	09:53	09:46	10:03	10:54	08:47	5:37 min/km
130	770	Ilius Mario	*Bonn	1:00:06	1963	M50	8	1:00:09	09:07	09:40	10:20	10:16	10:28	10:13	5:38 min/km
131	1802	Wierk Andreas		1:00:13	1967	M45	10	1:02:19	10:42	10:03	09:54	09:52	09:59	09:40	5:38 min/km
132	1147	Müllers Frank	*Bergisch Gladbach	1:00:19	1977	M35	24	1:02:09	10:32	10:00	09:44	10:10	10:10	09:41	5:39 min/km
133	1505	Smets Daniel	*Köln	1:00:20	1991	MHK	34	1:01:01	10:30	10:15	10:14	10:05	10:10	09:04	5:39 min/km
134	563	Fuchs Michael	*Köln	1:00:23	1971	M40	14	1:01:34	09:44	09:46	10:33	10:03	11:05	09:08	5:39 min/km
135	1721	Wilhelm Dr. Patrick	*Köln	1:00:31	1978	M35	25	1:00:48	09:24	09:17	09:45	10:33	11:01	10:29	5:40 min/km
136	1640	Von Lüdinghausen Enno	*Köln	1:00:34	1983	M30	31	1:02:49	10:07	09:52	09:55	10:20	10:21	09:56	5:40 min/km
137	366	Breuer Michael	*Köln	1:00:34	1981	M30	32	1:02:49	10:07	09:51	09:56	10:19	10:22	09:56	5:40 min/km
138	1835	Lange Torsten	Team Drinkuth-Multipower	1:00:37	1961	M50	9	1:01:05	09:20	09:35	10:07	10:39	10:47	10:07	5:41 min/km
139	832	Kasten Oliver	*Troisdorf	1:00:38	1980	M35	26	1:01:38	09:46	09:23	09:59	10:30	10:38	10:19	5:41 min/km
140	443	Denker Dr. Michael	*Dueren	1:00:45	1976	M35	27	1:01:19	09:39	09:50	10:05	10:26	10:34	10:08	5:41 min/km
141	1761	Ziegler Hermann	Tschüss Klaus und vielen	1:01:02	1955	M60	2	1:02:19	11:00	10:23	09:54	10:26	09:56	09:20	5:43 min/km
142	1749	Wurda Werner	Diabetes Programm	1:01:04	1960	M55	7	1:04:49	10:03	09:57	10:07	10:24	10:38	09:52	5:43 min/km
143	236	Baginski Peter	*Marienheide	1:01:07	1959	M55	8	1:03:55	11:08	10:20	10:09	09:59	10:19	09:11	5:43 min/km
144	482	Elfmann Jörg	*Neunkirchen-Seelscheid	1:01:09	1957	M55	9	1:01:19	08:56	09:48	10:18	10:35	10:54	10:35	5:44 min/km
145	1323	Rothmann Aaron	*köln	1:01:11	1997	MU20	2	1:03:13	10:42	09:59	10:19	09:56	10:17	09:56	5:44 min/km
146	626	Grondal Joel	*Bergisch Gladbach	1:01:13	1991	MHK	35	1:04:11	10:04	09:48	10:07	10:53	11:22	08:56	5:44 min/km
147	669	Hanitzsch Patrick	SV Immerath	1:01:17	1985	M30	33	1:02:11	10:27	08:09	09:41	11:41	10:21	10:56	5:44 min/km
148	1000	Leuchtenberg Frank	*Köln	1:01:24	1964	M50	10	1:01:41	09:18	08:39	10:30	10:48	11:16	10:50	5:45 min/km
149	1759	Zervakakis Jannik	*Frechen	1:01:24	1988	MHK	36	1:03:00	10:31	09:58	09:58	10:25	10:26	10:03	5:45 min/km
150	1764	Zilger Max	*Köln	1:01:25	1988	MHK	37	1:03:00	10:32	09:57	10:00	10:24	10:26	10:04	5:45 min/km
151	1777	Thorausch Nathanael	LT DSHS Köln	1:01:27	2002	MU14	1	1:02:32	09:53	09:46	10:30	10:26	10:39	10:10	5:45 min/km
152	976	Lang Alexander	*Köln	1:01:30	1977	M35	28	1:02:11	11:38	10:34	10:15	09:58	09:44	09:17	5:46 min/km
153	250	Bank Max	*Köln	1:01:30	1982	M30	34	1:02:11	11:38	10:35	10:16	09:58	09:44	09:17	5:46 min/km
154	475	Eichert Dennis	To	1:01:33	1985	M30	35	1:02:20	10:30	09:52	09:43	10:23	10:40	10:23	5:46 min/km
155	1079	Meier Marcel	*Frechen	1:01:38	1988	MHK	38	1:04:23	10:50	10:01	09:59	10:12	10:29	10:04	5:46 min/km
156	251	Barion René	Team Rocket	1:01:51	1968	M45	11	1:04:09	10:12	10:07	11:07	10:12	10:17	09:53	5:48 min/km
157	1525	Steckel Manfred	TriathlonSteckelCologne	1:01:52	1955	M60	3	1:04:05	11:05	11:00	10:17	10:18	10:23	08:46	5:48 min/km
158	1372	Schiffer Thomas	Lauffreunde BKZ	1:01:54	1968	M45	12	1:04:29	10:43	10:20	10:19	10:15	10:23	09:51	5:48 min/km
159	1501	Siemes Robert	*Düsseldorf	1:01:56	1967	M45	13	1:02:26	09:07	09:34	10:08	10:40	11:08	11:16	5:48 min/km
160	324	Bodenstein Martin	*Ratingen	1:01:58	1981	M30	36	1:03:59	08:47	07:34	08:21	08:42	08:38	19:54	5:48 min/km
161	692	Hedderich Stefan	*Bergneustadt	1:01:59	1980	M35	29	1:02:22	09:20	09:27	10:05	10:48	11:54	10:22	5:48 min/km
162	458	Dohmann Christian	*Köln	1:02:06	1966	M45	14	1:02:53	10:15	10:11	10:17	10:41	10:29	10:11	5:49 min/km
163	1146	Müller-Leon Nico	*Köln	1:02:07	1982	M30	37	1:03:46	08:36	09:34	10:27	11:00	11:14	11:13	5:49 min/km
164	560	Frohn Ivo	*Pulheim	1:02:11	1984	M30	38	1:04:35	09:16	09:38	10:11	10:48	11:20	10:55	5:49 min/km
165	1486	Seguro Moreno Juan	*Köln	1:02:12	1969	M45	15	1:02:28	09:44	09:37	10:05	10:49	11:07	10:47	5:49 min/km
166	1687	Weißhaar Ingo	*Erfstadt	1:02:15	1975	M40	15	1:05:31	11:12	09:45	09:34	09:56	11:38	10:07	5:50 min/km
167	925	Kotten Udo	Team Mopsolinos	1:02:16	1974	M40	16	1:04:43	11:27	12:16	11:38	11:10	07:40	08:03	5:50 min/km

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168	916	Köbler Prof. Sebastian	*Köln	1:02:17	1984	M30	39	1:02:43	10:23	11:57	08:46	10:20	10:40	10:08	5:50 min/km
169	764	Hüskens Udo	*Nörvenich	1:02:35	1959	M55	10	1:04:33	10:52	10:14	10:26	10:30	10:36	09:54	5:52 min/km
170	1270	Rader Matthias	*Leichlingen	1:02:39	1974	M40	17	1:04:57	11:20	08:57	10:00	10:52	11:13	10:15	5:52 min/km
171	1843	Vogt Jürgen		1:02:40	1967	M45	16	1:05:00	09:43	09:12	09:45	10:08	12:23	11:26	5:52 min/km
172	1477	Schweitzer Andreas	*Bonn	1:02:40	1979	M35	30	1:05:48	11:46	10:09	10:24	10:29	10:23	09:26	5:52 min/km
173	521	Fiebiger Hartmut	Asbacher Laufmäuse	1:02:44	1963	M50	11	1:05:14	12:12	11:13	10:12	09:39	09:46	09:39	5:52 min/km
174	1579	Thomas Carsten	*Frechen	1:02:51	1980	M35	31	1:02:52	09:34	10:33	10:46	11:00	10:43	10:13	5:53 min/km
175	611	Golinski Martin	*Pulheim	1:02:52	1981	M30	40	1:04:31	09:45	09:49	10:18	11:01	11:21	10:36	5:53 min/km
176	1228	Peter Ronald	HLG 98 Wuppertal	1:02:54	1960	M55	11	1:04:46	10:45	10:33	10:34	10:37	10:23	09:59	5:53 min/km
177	1179	Nohr Stephan	*Erfstadt	1:03:08	1978	M35	32	1:04:16	11:22	09:54	10:00	10:58	11:07	09:45	5:55 min/km
178	354	Braun Daniel	*Kerpen	1:03:10	1986	MHK	39	1:05:20	10:37	10:10	10:45	10:31	11:02	10:03	5:55 min/km
179	1581	Thomas Ingo	*Köln	1:03:11	1965	M50	12	1:04:40	11:20	10:27	10:20	10:31	10:29	10:02	5:55 min/km
180	1493	Serbee Daniel	NetCologne	1:03:13	1983	M30	41	1:04:55	10:38	10:17	10:28	10:47	10:56	10:03	5:55 min/km
181	1670	Wardé André	*Köln	1:03:23	1967	M45	17	1:05:19	10:53	10:28	10:27	10:40	10:50	10:01	5:56 min/km
181	1334	Rusche Christian	*Köln	1:03:23	1976	M35	33	1:04:05	11:37	12:00	11:58	09:31	09:25	08:50	5:56 min/km
183	1448	Schröter Thomas	*Hürth	1:03:27	1971	M40	18	1:04:09	09:23	09:42	10:08	10:38	12:35	10:58	5:57 min/km
184	1197	Offermann Andreas	Dunnerkiel Running Team	1:03:31	1966	M45	18	1:03:51	11:10	10:20	10:25	10:47	10:42	10:04	5:57 min/km
185	812	Junker Dominik	Bock auf Kurven	1:03:36	1986	MHK	40	1:05:03	09:36	09:33	10:14	11:25	11:40	11:05	5:57 min/km
186	830	Kasperek Kevin	*Köln-Lövenich	1:03:42	1994	MHK	41	1:05:25	11:51	11:00	11:05	10:47	10:15	08:42	5:58 min/km
187	391	Bürger Dennis	*Köln	1:03:43	1986	MHK	42	1:05:26	11:51	11:00	11:05	10:47	10:15	08:43	5:58 min/km
188	1825	Hoenen Thorsten	Zoo	1:03:55	1975	M40	19	1:03:57	09:42	10:00	10:46	11:00	11:11	11:14	5:59 min/km
189	1739	Wischniewski Luca	*Bergheim	1:03:58	2005	MU12	1	1:05:16	09:53	09:36	10:23	11:10	11:46	11:07	5:59 min/km
190	1316	Roso Dr. Marcus	*Hilden	1:03:59	1975	M40	20	1:07:24	11:13	10:42	10:26	10:28	10:33	10:34	5:59 min/km
191	1159	Neuhaus Daniel	*Betzdorf	1:04:14	1981	M30	42	1:04:58	10:10	09:55	10:53	11:07	11:13	10:53	6:01 min/km
192	1638	Voigt Thomas	*Troisdorf	1:04:18	1984	M30	43	1:05:18	10:24	10:18	09:46	11:04	11:55	10:49	6:01 min/km
193	1834	Liebig Dieter	SV Niederkassel	1:04:41	1958	M55	12	1:07:25	10:33	10:21	11:30	12:08	10:59	09:07	6:03 min/km
194	1634	Vogt Joey	*Niederzier	1:04:43	1994	MHK	43	1:07:03	10:27	09:58	10:11	10:56	12:00	11:08	6:04 min/km
195	798	Jochim Jörg	*Leverkusen	1:04:46	1984	M30	44	1:07:44	10:26	10:20	10:31	11:34	10:57	10:56	6:04 min/km
196	447	Dick Fabien	Team MDR	1:04:51	2004	MU12	2	1:07:04	11:21	10:06	10:41	10:59	10:52	10:49	6:04 min/km
197	736	Hinzmann Florian	*Leverkusen	1:04:58	1987	MHK	44	1:07:49	10:54	10:45	10:53	10:59	10:59	10:26	6:05 min/km
198	703	Hellrung Christian	*Köln	1:05:03	1985	M30	45	1:06:54	10:31	10:03	10:14	10:51	11:52	11:30	6:05 min/km
199	490	Erdmann Felix	*Köln	1:05:03	1978	M35	34	1:07:18	10:17	09:57	10:22	11:10	11:31	11:43	6:05 min/km
200	1858	Balzheim Jürgen	Gib mir Tiernamen !	1:05:04	1970	M45	19	1:05:42	10:16	10:31	10:48	11:06	11:17	11:03	6:06 min/km
201	1456	Schüßler Amnon	*Hilden	1:05:07	1984	M30	46	1:06:37	10:00	10:12	11:13	11:37	11:40	10:22	6:06 min/km
202	826	Kappelhoff Alexander	*Kall	1:05:16	1976	M35	35	1:07:28	11:27	11:08	10:56	10:54	10:48	10:01	6:07 min/km
203	338	Bonn Bastian	*Köln	1:05:25	1985	M30	47	1:07:05	11:29	11:07	11:21	11:30	10:39	09:17	6:08 min/km
204	539	Florich Carsten	Tschüss Klaus und vielen	1:05:27	1984	M30	48	1:06:51	11:46	10:36	10:48	10:55	10:58	10:20	6:08 min/km
205	440	Demirci Yavuz	*Köln	1:05:33	1979	M35	36	1:06:12	10:05	10:34	11:13	11:24	11:37	10:38	6:08 min/km
206	253	Bartholomy Dirk	LSG Eschweiler	1:05:36	1971	M40	21	1:07:37	10:58	10:27	10:44	11:15	11:31	10:38	6:09 min/km
207	306	Bläser Ralf	GGG Kopernikus	1:05:46	1961	M50	13	1:06:24	10:31	10:50	11:03	11:20	11:22	10:38	6:10 min/km
208	1017	Linke Dr. Ulrich	*Köln	1:05:48	1968	M45	20	1:07:20	10:37	10:46	11:26	12:04	11:55	08:58	6:10 min/km
209	676	Hardt Thomas	*Kempen	1:05:57	1964	M50	14	1:06:03	10:21	10:46	11:09	11:18	11:12	11:09	6:11 min/km
210	509	Fastenrath Torsten	*Köln	1:06:13	1979	M35	37	1:07:00	10:46	10:19	10:37	12:29	11:22	10:37	6:12 min/km
211	1312	Rohloff Michael	Freunde der Braukunst	1:06:14	1976	M35	38	1:08:13	11:10	10:47	11:26	11:10	11:29	10:09	6:12 min/km
212	1277	Rau Michael	*Köln	1:06:21	1971	M40	22	1:08:42	11:46	10:33	10:36	12:00	11:07	10:16	6:13 min/km
213	308	Blasberg Alexander	*Köln	1:06:28	1977	M35	39	1:08:07	11:24	10:54	11:00	10:53	11:19	10:54	6:13 min/km
214	1305	Röder Daniel	*Brühl	1:06:30	1987	MHK	45	1:08:07	11:27	10:56	10:58	10:56	11:28	10:42	6:14 min/km
215	1818	Dries Michael		1:06:35	1976	M35	40	1:07:02	09:22	09:53	11:05	12:10	12:11	11:50	6:14 min/km
216	720	Hertel Tim	*Neuss	1:06:39	1999	MU18	4	1:08:00	08:07	08:15	08:58	09:54	10:07	21:15	6:14 min/km
217	688	Heckmair Manuel	*Köln	1:06:50	1982	M30	49	1:07:36	10:37	10:30	11:42	11:27	11:21	11:10	6:15 min/km
218	1824	Metzenthin Dennis		1:06:50	1987	MHK	46	1:08:56	12:00	12:13	11:17	10:42	10:59	09:36	6:16 min/km
219	1755	Zander Dr. Sven	*Hamburg	1:06:56	1981	M30	50	1:07:55	10:46	11:16	12:20	12:53	13:05	06:33	6:16 min/km
220	408	Canet Sascha	*Köln	1:06:58	1972	M40	23	1:09:40	10:51	10:43	11:08	11:42	11:30	11:02	6:16 min/km
221	1153	Neeb Lian	*Köln	1:07:01	2004	MU12	3	1:09:13	11:27	10:33	10:16	10:57	12:03	11:42	6:17 min/km
222	446	Dick Christoph	Team MDR	1:07:02	1971	M40	24	1:09:15	11:21	10:07	10:41	13:18	10:38	10:55	6:17 min/km
223	513	Feider Daniel	1,2,3... Oberkörper frei!	1:07:02	1984	M30	51	1:09:47	11:13	11:00	11:15	11:38	11:06	10:47	6:17 min/km
224	1624	Vennen Luca	*Köln	1:07:03	1999	MU18	5	1:09:24	11:41	11:10	11:15	11:38	11:28	09:48	6:17 min/km

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225	1822	Timmers Daniel		1:07:06	1985	M30	52	1:09:11	12:01	12:16	11:14	10:42	10:59	09:52	6:17 min/km
226	1744	Wolber Daniel	Freunde der Braukunst	1:07:11	1974	M40	25	1:09:12	11:09	10:49	11:24	11:10	11:30	11:07	6:17 min/km
227	1806	Schmidt Volker		1:07:24	1968	M45	21	1:10:36	11:04	11:20	11:23	11:23	11:35	10:35	6:19 min/km
228	774	Ingenhaag Luke	*Erfstadt	1:07:24	2007	MU10	1	1:10:36	11:04	11:16	11:15	11:31	11:21	10:54	6:19 min/km
229	1256	Preuße Olaf	*Oldenburg	1:07:27	1966	M45	22	1:09:10	11:13	11:09	11:09	11:21	11:21	11:12	6:19 min/km
230	998	Lerm Ralf	*Pulheim	1:07:28	1975	M40	26	1:07:45	09:43	09:47	10:54	12:32	13:16	11:13	6:19 min/km
231	578	Gauer Florian	*Köln	1:07:34	1992	MHK	47	1:07:42	08:54	10:24	11:27	11:59	12:41	12:06	6:20 min/km
232	1679	Wehlert Gunnar	Bickendorfer Rochusclub	1:08:00	1982	M30	53	1:11:25	11:15	11:03	10:52	11:37	11:44	11:26	6:22 min/km
233	608	Golbar Christian	Just Fit	1:08:00	1987	MHK	48	1:08:49	09:21	10:05	12:11	12:32	12:58	10:50	6:22 min/km
234	1320	Roth Gerhardt	Sportteufelchen e.V.	1:08:34	1955	M60	4	1:11:25	11:57	11:33	11:24	11:17	11:31	10:50	6:25 min/km
235	1136	Müller Hans-Dieter	Sportteufelchen Bad	1:08:35	1963	M50	15	1:11:26	11:56	11:25	11:05	11:28	11:47	10:51	6:25 min/km
236	1686	Weißgerber Frank	*Köln	1:08:36	1970	M45	23	1:11:15	10:51	11:08	11:21	11:46	12:13	11:14	6:25 min/km
237	1856	Vogler Wolfgang	Attac Köln	1:08:43	1949	M65	1	1:10:49	10:32	10:26	10:48	11:40	12:39	12:35	6:26 min/km
238	249	Bamberg Dennis	Tierselfies	1:08:50	1990	MHK	49	1:09:40	10:02	09:29	10:26	11:53	14:21	12:36	6:27 min/km
239	1797	Tenhumberg Dieter	REWE Group	1:08:53	1964	M50	16	1:10:45	10:59	11:37	11:49	11:10	12:03	11:12	6:27 min/km
240	771	Immeln Marian	Die Schneckenparade	1:09:02	1993	MHK	50	1:12:40	12:20	12:09	11:58	11:47	10:36	10:10	6:28 min/km
241	1425	Schneider Stephan	*Köln	1:09:03	1972	M40	27	1:09:53	10:38	11:12	11:44	12:06	12:06	11:15	6:28 min/km
242	1709	Westermann Peter	*Bonn	1:09:04	1963	M50	17	1:10:53	10:54	10:23	10:13	13:14	12:51	11:26	6:28 min/km
243	1212	Paczelt Perid	*Köln	1:09:06	1971	M40	28	1:10:40	10:37	10:46	11:25	12:05	12:55	11:16	6:28 min/km
244	1288	Reiners Heinz Josef	*Erkelenz	1:09:07	1959	M55	13	1:11:09	10:35	10:41	11:09	11:55	12:29	12:18	6:28 min/km
245	449	Diel Patrick	*Bonn	1:09:13	1963	M50	18	1:09:24	14:20	13:03	10:32	10:32	10:31	10:14	6:29 min/km
246	934	Krammer Daniel	Team Bring It	1:09:14	1987	MHK	51	1:11:31	11:26	11:19	11:34	11:51	11:48	11:14	6:29 min/km
247	1026	Lorenz Florian	Frikandel spezial	1:09:20	1988	MHK	52	1:10:40	11:27	11:11	11:16	11:52	11:38	11:54	6:30 min/km
248	1600	Trimborn Lars	*Hürth	1:09:31	1978	M35	41	1:12:15	10:22	10:33	11:30	14:12	11:56	10:57	6:31 min/km
249	749	Holz Bernhard	*Koeln	1:09:33	1954	M60	5	1:11:05	10:49	10:55	11:27	11:53	12:22	12:05	6:31 min/km
250	1548	Stöter Dominik	*Hilden	1:09:46	1986	MHK	53	1:11:16	10:17	10:25	12:11	12:27	12:15	12:09	6:32 min/km
251	602	Göbgen Christian	*Köln	1:09:52	1987	MHK	54	1:10:14	11:13	11:07	11:53	12:08	12:03	11:25	6:33 min/km
252	1342	Sagewka Stefan	Feuerwehr Lövenich	1:09:52	1987	MHK	55	1:10:14	11:14	11:07	11:52	12:08	12:04	11:25	6:33 min/km
253	1522	Stappert Lukas	*Bergisch Gladbach	1:10:00	1992	MHK	56	1:10:02	09:43	09:59	10:46	13:07	13:05	13:16	6:33 min/km
254	1426	Schnell Matthias	*Kerpen	1:10:04	1976	M35	42	1:12:18	11:38	11:37	11:48	12:08	11:55	10:56	6:34 min/km
255	1626	Vetter Raimund	Diabetes Programm	1:10:05	1952	M60	6	1:13:11	11:10	11:06	11:46	11:50	12:32	11:39	6:34 min/km
256	1143	Müller Sebastian	*Langenfeld	1:10:10	1984	M30	54	1:11:09	10:30	11:18	12:23	12:00	12:23	11:34	6:34 min/km
257	815	Kaas Michael	*Köln	1:10:28	1973	M40	29	1:13:20	11:17	11:21	11:34	11:58	12:19	11:56	6:36 min/km
258	828	Karras Sven	*Friedberg	1:10:41	1977	M35	43	1:12:05	12:01	12:46	10:50	11:01	12:02	11:57	6:37 min/km
259	649	Hackmann Volker	Gib mir Tiernamen!	1:10:48	1980	M35	44	1:11:26	10:03	10:00	12:53	12:16	13:11	12:23	6:38 min/km
260	1001	Lewkow Noah	*Kerpen	1:10:56	1997	MU20	3	1:13:09	10:52	09:56	10:27	11:31	12:47	15:21	6:39 min/km
261	1346	Salomon Martin	*Köln	1:10:57	1982	M30	55	1:11:23	09:29	09:42	10:02	10:31	10:42	20:28	6:39 min/km
262	503	Exner Dietrich	LSG Nikon	1:11:06	1950	M65	2	1:11:19	10:47	11:07	11:28	11:55	12:55	12:52	6:40 min/km
263	940	Krause Felix	Die Krauses	1:11:35	1989	MHK	57	1:13:59	12:04	11:47	11:34	12:04	12:37	11:27	6:42 min/km
264	1016	Lingnau Carsten	*Köln	1:11:36	1977	M35	45	1:13:35	11:50	11:53	12:01	12:10	12:19	11:22	6:42 min/km
265	997	Lerm Bernd	*Köln	1:11:38	1980	M35	46	1:11:57	10:56	11:17	11:47	12:21	12:51	12:23	6:42 min/km
266	861	Kissel Martin	*Aschaffenburg	1:11:58	1972	M40	30	1:13:16	11:18	11:14	11:52	12:57	05:47	18:49	6:44 min/km
267	1786	Jirsak Jens	REWE Group	1:12:06	1966	M45	24	1:13:40	10:12	11:31	12:15	12:46	12:56	12:24	6:45 min/km
268	477	Eichinger Jochen	Himmlisch Jeck	1:12:19	1993	MHK	58	1:14:29	11:59	11:41	11:34	14:48	12:00	10:15	6:46 min/km
269	884	Kloss Bastian	*Bonn	1:12:22	1992	MHK	59	1:12:59	12:05	11:52	12:01	12:19	12:42	11:20	6:47 min/km
270	1500	Siegmann Uli	Die Grauen Burggeister	1:12:22	1956	M55	14	1:14:51	11:18	11:33	11:55	12:55	12:35	12:04	6:47 min/km
271	549	Franz Marco	*Köln	1:12:36	1972	M40	31	1:14:22	11:25	12:16	10:53	12:12	11:08	14:40	6:48 min/km
272	1040	Lübbbers Frederik	*Köln	1:12:47	1987	MHK	60	1:13:37	09:07	09:13	09:57	10:31	11:06	22:50	6:49 min/km
273	1708	Westdörp Keno	Einer von Zwei	1:12:50	1985	M30	56	1:15:23	12:20	12:05	12:03	12:08	12:34	11:37	6:49 min/km
274	1837	Malmen René	Schnuterüsselteam	1:12:55	1983	M30	57	1:15:15	11:44	11:09	11:21	12:01	13:07	13:31	6:50 min/km
275	1838	Hauswald Fritz	Schnutenrüsselteam	1:12:55	1965	M50	19	1:15:16	11:37	11:10	11:24	12:02	13:07	13:32	6:50 min/km
276	343	Borkowski Dr. Gregor	borkowski solutions	1:13:10	1979	M35	47	1:14:08	10:47	11:17	12:20	12:53	13:09	12:43	6:51 min/km
277	708	Henn Hans	Freunde der Braukunst	1:13:12	1974	M40	32	1:15:08	11:13	11:02	12:13	13:04	12:39	12:58	6:51 min/km
278	1145	Müller-Dumont Christop	McDonald's	1:13:22	1960	M55	15	1:16:45	11:55	11:52	12:08	12:31	12:48	12:04	6:52 min/km
279	1582	Thomas Robert	Thomas	1:13:22	1972	M40	33	1:14:29	12:01	11:43	12:04	12:30	13:02	12:00	6:52 min/km
280	1714	Wiemers Denis	*Weilerswist	1:14:02	1986	MHK	61	1:15:08	11:38	11:32	12:25	12:45	12:53	12:48	6:56 min/km
281	1520	Stäblein Volker	*St. Augustin	1:14:09	1968	M45	25	1:14:38	10:51	11:13	12:39	12:54	14:15	12:14	6:57 min/km

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282	1207	Ostermeyer Levin	*Köln	1:14:12	1998	MU18	6	1:17:28	11:03	11:44	12:08	12:58	13:16	13:00	6:57 min/km
283	891	Knipprath Christoph	*Köln	1:14:42	1980	M35	48	1:14:54	11:11	11:45	12:26	12:52	13:34	12:50	6:60 min/km
284	1208	Ott Michael	Ottifanten	1:14:44	1952	M60	7	1:18:08	13:40	12:11	12:14	12:41	12:31	11:25	6:60 min/km
285	1736	Wirwalski Stephan	Sportteufelchen e.V.	1:15:03	1966	M45	26	1:17:54	13:22	13:00	13:00	11:34	12:17	11:47	7:02 min/km
286	348	Bozdech Sven	*Frechen	1:15:05	1979	M35	49	1:18:01	11:37	12:00	12:20	12:41	13:56	12:28	7:02 min/km
287	1336	Säger Nico	*Bonn	1:15:20	2004	MU12	4	1:15:51	09:26	09:43	10:21	14:36	17:39	13:32	7:03 min/km
288	1747	Wolter Peter	*Düren	1:15:58	1963	M50	20	1:18:39	11:29	11:35	13:31	13:43	13:26	12:11	7:07 min/km
289	1331	Ruhl Stephan	*Köln	1:16:53	1965	M50	21	1:20:21	11:14	11:44	13:09	14:06	13:44	12:54	7:12 min/km
290	297	Bienengräber Fabian	*Köln	1:17:09	1987	MHK	62	1:18:14	11:19	12:04	12:44	13:19	14:34	13:07	7:13 min/km
291	1107	Minnig Martin	*Köln	1:17:09	1978	M35	50	1:18:45	12:33	12:33	11:56	12:56	13:38	13:32	7:14 min/km
292	1606	Turhan Onur	*Kerpen	1:17:44	1984	M30	58	1:21:18	12:10	12:13	12:39	13:25	13:52	13:22	7:17 min/km
293	1446	Schröder Christian	FC Deutsche Post	1:18:51	1984	M30	59	1:19:15	09:56	10:22	10:54	27:40	10:13	09:44	7:23 min/km
294	623	Grimm Gerald	Wilde Wutz	1:19:37	1957	M55	16	1:22:10	11:59	11:45	11:36	17:39	15:11	11:25	7:27 min/km
295	750	Hombach Markus	Die Grauen Burggeister	1:20:20	1957	M55	17	1:23:32	13:10	13:10	13:17	14:17	13:58	12:24	7:31 min/km
296	471	Eckert Uli	*Dormagen	1:23:30	1959	M55	18	1:24:38	14:53	13:25	13:36	14:22	14:11	13:02	7:49 min/km
297	1257	Prinz Daniel	*Köln	1:23:52	1986	MHK	63	1:27:15	12:57	13:23	13:29	14:14	15:22	14:25	7:51 min/km
298	1317	Roß Thomas	*Köln	1:24:35	1969	M45	27	1:27:37	13:32	13:38	14:04	14:40	15:04	13:36	7:55 min/km
299	512	Fechner Björn	SchlöLeFe	1:29:08	1982	M30	60	1:30:58	14:08	15:21	15:55	14:48	15:18	13:36	8:21 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1067	Marxen Anne	Stefan - Auf ins Sabbatjahr	0:48:59	1982	W30	1	0:50:11	08:32 08:27 08:30 07:52 08:01 07:34	4:35 min/km
2	1160	Neumann Lena	*Köln	0:50:33	1995	WHK	1	0:50:41	08:45 09:04 08:14 08:15 08:14 07:59	4:44 min/km
3	1752	Zaglauer Katharina	*Kölm	0:51:20	1980	W35	1	0:52:38	08:10 08:18 08:39 08:49 08:53 08:28	4:48 min/km
4	823	Kammler Monika		0:53:34	1963	W50	1	0:53:56	08:50 08:59 09:06 08:57 08:59 08:42	5:01 min/km
5	1078	Mehlwitz Sonja	*Köln	0:54:31	1975	W40	1	0:54:52	08:08 08:04 08:24 08:38 08:58 12:16	5:06 min/km
6	609	Golbar Saskia	Just Fit	0:54:49	1988	WHK	2	0:55:37	08:18 08:38 09:03 09:48 09:50 09:10	5:08 min/km
7	226	Assmann Eva	*Köln	0:54:52	1991	WHK	3	0:56:57	08:43 08:37 09:13 09:28 09:48 09:02	5:08 min/km
8	562	Frohn Sandra	*Bergheim-Glessen	0:54:54	1982	W30	2	0:57:16	09:02 08:53 09:24 09:20 09:23 08:49	5:08 min/km
9	955	Kubitta Natalie	*Langenfeld	0:55:29	1989	WHK	4	0:57:22	09:03 08:53 09:10 09:29 09:43 09:08	5:12 min/km
10	691	Hedderich Sonja	SG Wenden	0:55:59	1981	W30	3	0:56:25	09:18 09:27 10:03 09:20 09:04 08:45	5:15 min/km
11	439	Dederichs Conny	TUS 05 Quettingen	0:56:27	1961	W50	2	0:59:21	09:23 09:23 09:32 09:36 09:35 08:55	5:17 min/km
12	433	De la Cruz García Rocío	*Köln	0:56:30	1985	W30	4	0:56:39	08:33 08:54 09:42 10:06 09:58 09:14	5:18 min/km
13	590	Geyer Sarah	*Köln	0:56:54	1986	WHK	5	0:57:10	09:01 09:21 09:44 09:48 09:54 09:05	5:20 min/km
14	1074	Maurer Judith	*Köln	0:57:11	1987	WHK	6	0:57:40	11:03 10:45 09:34 08:46 08:43 08:17	5:21 min/km
15	847	Kern Lara	*Köln	0:57:29	1989	WHK	7	0:59:19	08:43 08:58 09:33 09:50 10:37 09:45	5:23 min/km
16	1531	Steinbach Laura	*Rodenkirchen	0:57:30	1987	WHK	8	0:58:26	09:37 09:25 09:39 09:53 09:40 09:13	5:23 min/km
17	1121	Mühl Garwina	*Weilerswist	0:57:35	1991	WHK	9	0:57:44	08:46 08:39 09:39 10:16 10:23 09:48	5:24 min/km
18	525	Fischborn Katja	*Köln	0:57:37	1980	W35	2	0:57:48	08:56 09:04 09:29 09:59 10:25 09:42	5:24 min/km
19	910	Koenen Sophia Pauline	Cologne Running Crew	0:57:45	1994	WHK	10	0:57:52	08:37 09:25 10:02 10:07 10:05 09:27	5:25 min/km
20	817	Kaatz Miriam	Kreissparkasse Köln	0:57:59	1981	W30	5	0:59:39	09:16 09:18 09:55 10:03 09:52 09:33	5:26 min/km
21	911	König Steffi	*Attendorn	0:58:25	1978	W35	3	0:58:56	09:31 09:50 09:51 09:49 09:54 09:28	5:28 min/km
22	1444	Schroeder Anne	*Köln	0:58:30	1976	W35	4	0:59:20	09:40 09:41 09:56 10:04 09:52 09:14	5:29 min/km
23	694	Heinen Anna	*Köln	0:58:36	1988	WHK	11	1:02:01	09:47 09:19 09:33 09:57 10:18 09:41	5:29 min/km
24	1669	Wanstrath Christina	*Köln	0:58:37	1981	W30	6	0:59:47	10:06 09:51 09:48 09:35 09:51 09:24	5:29 min/km
25	673	Harder Renate	Sportteufelchen e.V.	0:58:38	1975	W40	2	1:01:14	10:28 09:37 09:45 09:57 09:41 09:06	5:29 min/km
26	1044	Lux Anna-Sophia	*Bottrop	0:58:43	1987	WHK	12	0:59:14	09:15 09:08 12:36 09:39 09:23 08:41	5:30 min/km
27	516	Feneberg Magdalena	*Sankt Augustin	0:58:45	1960	W55	1	0:59:10	09:27 09:26 09:49 10:03 10:09 09:50	5:30 min/km
28	237	Bagnetti Claudia	*Köln	0:58:50	1985	W30	7	1:00:12	09:57 09:30 09:41 09:58 10:14 09:27	5:31 min/km
29	1035	Ludwig Christina	*Köln	0:58:56	1992	WHK	13	1:00:57	10:03 09:42 09:45 09:58 09:52 09:34	5:31 min/km
30	231	Bach Nadine	Forster	0:58:58	1978	W35	5	1:00:57	09:14 09:25 09:46 10:12 10:22 09:57	5:31 min/km
31	1184	Nottrott Sarah	BSG Rheinenergie	0:59:06	1992	WHK	14	1:01:42	10:02 09:35 09:40 10:01 10:11 09:34	5:32 min/km
32	420	Cremer Anne	*Odenthal	0:59:16	1994	WHK	15	0:59:17	08:58 09:43 10:16 10:30 10:23 09:24	5:33 min/km
33	1063	Martens Chantal	*Aachen	0:59:27	1991	WHK	16	1:01:35	10:15 09:21 09:47 09:58 10:12 09:50	5:34 min/km
34	1235	Pfau Romie	Central-Team.de	0:59:35	1977	W35	6	1:00:26	09:37 09:42 10:06 10:31 10:01 09:34	5:35 min/km
35	1529	Stein Rebecca	*Köln	0:59:37	1995	WHK	17	0:59:45	09:32 09:45 10:07 10:19 10:31 09:21	5:35 min/km
36	1421	Schneider Clara	*Köln	0:59:40	1996	WU20	1	1:00:05	09:05 09:18 09:46 10:13 10:42 10:34	5:35 min/km
37	1332	Rulf Ellen	*Frechen	0:59:52	1995	WHK	18	0:59:59	09:33 09:45 10:07 10:19 10:30 09:35	5:36 min/km
38	1436	Börger Simone	Rut Wiess Dreckelisch	0:59:52	1984	W30	8	1:01:12	10:21 09:33 09:37 09:46 10:33 10:00	5:36 min/km
39	1217	Paul Barbara	Forster	0:59:57	1977	W35	7	1:01:48	09:22 09:25 09:53 10:23 10:32 10:20	5:37 min/km
40	1847	Berghöfer Sandra		0:59:57	1981	W30	9	1:01:20	09:57 09:33 09:52 10:20 10:05 10:08	5:37 min/km
41	206	Ahl Madeleine	*Bonn	1:00:09	1962	W50	3	1:00:12	09:11 09:40 10:17 10:15 10:28 10:15	5:38 min/km
42	1507	Sobieray Miriam	Running Elements	1:00:19	1986	WHK	19	1:01:00	10:28 10:17 10:13 10:05 10:05 09:08	5:39 min/km
43	684	Haupt Ilona	*Köln	1:00:29	1976	W35	8	1:00:30	09:29 10:10 10:27 10:27 10:20 09:34	5:40 min/km
44	677	Harms Tanja	*Köln	1:00:37	1970	W45	1	1:02:03	09:57 09:58 10:11 10:22 10:15 09:50	5:41 min/km
45	1438	Schönwald Bozena	LG Eischeid	1:00:39	1974	W40	3	1:00:52	09:39 09:47 10:06 10:23 10:42 10:00	5:41 min/km
46	1698	Wenzel Carina	*Köln	1:00:41	1987	WHK	20	1:02:13	09:18 09:45 10:15 10:37 10:42 10:02	5:41 min/km
47	1787	Kramer Anja	REWE Group	1:00:45	1983	W30	10	1:02:45	09:27 09:42 10:09 10:36 11:02 09:45	5:41 min/km
48	745	Hoffmann Alessia	*bonn	1:01:04	1986	WHK	21	1:02:37	10:36 09:52 09:58 10:25 10:25 09:45	5:43 min/km
49	1032	Lubos Renate	*Bonn	1:01:04	1983	W30	11	1:02:37	10:36 09:52 09:57 10:26 10:24 09:45	5:43 min/km
50	310	Bleffert Christina	*Bonn	1:01:04	1986	WHK	22	1:02:37	10:36 09:52 09:58 10:25 10:25 09:45	5:43 min/km
51	1350	Sander Anna	*Bad Neuenahr-Ahrweiler	1:01:11	1990	WHK	23	1:01:53	10:29 10:10 10:04 10:12 10:21 09:54	5:44 min/km
52	227	Astner Beate	TV Witzhelden	1:01:14	1969	W45	2	1:04:08	09:42 09:58 10:17 10:38 10:34 10:03	5:44 min/km
53	731	Himmelberg Anna-Sophi	*Köln	1:01:17	1995	WHK	24	1:01:21	09:46 10:10 10:17 10:38 10:27 09:55	5:44 min/km

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54	1720	Wiethölter Alina	*Frechen	1:01:17	1995 WHK	25	1:01:21	09:46	10:10	10:17	10:38	10:27	09:56	5:44 min/km
55	372	Bröker Ingeborg	Bocholt	1:01:25	1964 W50	4	1:01:30	09:40	09:39	09:51	10:44	11:20	10:07	5:45 min/km
56	1855	Graca Diana		1:01:44	1988 WHK	26	1:03:44	10:36	10:55	11:03	10:10	10:02	08:55	5:47 min/km
57	1403	Schmitt Kim	*Köln	1:02:12	1988 WHK	27	1:02:15	09:42	09:14	09:32	10:35	11:49	11:18	5:49 min/km
58	1676	Weber Marina	*Bonn	1:02:13	1987 WHK	28	1:02:31	09:10	09:43	10:37	11:05	11:03	10:32	5:50 min/km
59	786	Jansen Beate	*Simmerath	1:02:16	1962 W50	5	1:02:48	10:18	10:14	10:19	10:24	10:38	10:22	5:50 min/km
60	230	Baal Marlies	*Köln	1:02:17	1967 W45	3	1:02:48	10:18	10:13	10:19	10:22	10:37	10:25	5:50 min/km
61	1706	Wesche Eva	Team Schnapetenraketen	1:02:27	1980 W35	9	1:04:36	11:02	10:59	10:17	10:19	10:15	09:33	5:51 min/km
62	1660	Walbrodt Katja	Team Schnapetenraketen	1:02:28	1972 W40	4	1:04:37	11:01	10:59	10:17	10:19	10:15	09:34	5:51 min/km
63	1113	Mohrmann Follow Holloway	Der Elf und seine Freunde	1:02:28	1970 W45	4	1:05:38	10:03	09:32	15:07	09:18	09:27	08:58	5:51 min/km
64	1269	Rabiega Nina	*Münster	1:02:33	1985 W30	12	1:04:32	10:52	10:14	10:26	10:30	10:36	09:53	5:51 min/km
65	897	Knospe Melanie	*Bonn	1:02:41	1981 W30	13	1:04:07	10:31	10:37	10:36	10:46	10:45	09:22	5:52 min/km
66	803	Jonas Andrea	*Bonn	1:02:42	1981 W30	14	1:05:52	11:45	10:09	10:24	10:29	10:24	09:29	5:52 min/km
67	1681	Weil Claudia	SSK Kerpen	1:02:45	1965 W50	6	1:02:54	10:00	09:59	10:17	10:40	11:51	09:56	5:53 min/km
68	802	Jokic Dragi	*köln	1:02:46	1980 W35	10	1:05:55	10:53	10:08	10:15	10:32	10:36	10:19	5:53 min/km
69	755	Horst Claudia	TÜV Rheinland	1:02:47	1965 W50	7	1:05:56	10:51	10:15	10:16	10:29	10:41	10:12	5:53 min/km
70	733	Hinterholzer Ramona	*Köln	1:03:26	1992 WHK	29	1:06:52	11:28	10:29	10:05	10:41	10:41	09:58	5:56 min/km
71	748	Hollweg Deborah	*köln	1:03:26	1992 WHK	30	1:06:52	11:28	10:30	10:05	10:42	10:41	09:59	5:56 min/km
72	631	Große-Veldmann	*Bonn	1:03:29	1984 W30	15	1:03:31	09:47	10:01	10:30	10:48	11:11	11:09	5:57 min/km
73	532	Fischer Nicole	*Köln	1:03:34	1991 WHK	31	1:05:37	10:29	10:29	10:43	10:51	10:49	10:10	5:57 min/km
74	585	Geller Monika	*Köln	1:03:35	1962 W50	8	1:05:37	10:30	10:29	10:44	10:51	10:49	10:10	5:57 min/km
75	781	Jagusch Nadine	*Köln	1:03:39	1976 W35	11	1:04:01	10:31	10:12	10:25	11:04	11:05	10:20	5:58 min/km
76	448	Diedenhofen Nadine	*Niederkassel	1:03:42	1976 W35	12	1:05:36	10:39	10:38	10:49	10:42	10:40	10:12	5:58 min/km
77	360	Breitenbach Melanie	TV Witzhelden	1:03:45	1982 W30	16	1:06:43	10:04	09:48	10:07	10:53	11:30	11:20	5:58 min/km
78	716	Hercher Isabel	*Köln	1:03:55	1987 WHK	32	1:07:30	11:30	10:48	10:49	10:53	10:35	09:17	5:59 min/km
79	1690	Weißhaar Wiebke	*Erfstadt	1:03:58	1988 WHK	33	1:07:13	10:22	10:21	09:50	11:32	11:05	10:47	5:59 min/km
80	972	Labitzke Fleur Christin	*Köln	1:04:10	1986 WHK	34	1:04:58	09:44	10:03	10:31	11:08	11:45	10:56	6:01 min/km
81	551	Freitag Anja	*Steinhagen	1:04:13	1975 W40	5	1:06:35	11:31	11:02	11:45	10:18	09:59	09:35	6:01 min/km
82	427	Dämmrich Diana	*Köln	1:04:18	1986 WHK	35	1:07:09	10:12	10:04	10:36	11:12	11:34	10:38	6:01 min/km
83	454	Distelrath Andrea	bewegtes-lernen-distelrath	1:04:22	1964 W50	9	1:07:15	10:37	10:29	10:32	10:43	11:04	10:53	6:02 min/km
84	1573	Thienel Sonja	*Köln	1:04:22	1983 W30	17	1:07:57	11:31	10:47	10:50	10:54	10:34	09:44	6:02 min/km
85	775	Inkelhofen Iris	bewegtes-lernen-distelrath	1:04:22	1968 W45	5	1:07:15	10:38	10:29	10:32	10:43	11:04	10:53	6:02 min/km
86	977	Lang Jutta	*Köln	1:04:26	1986 WHK	36	1:06:52	10:57	10:28	10:21	10:50	11:06	10:43	6:02 min/km
87	393	Büth Bianca	BANKPOWER	1:04:28	1980 W35	13	1:08:03	12:16	12:26	12:40	13:31	13:53	00:00	6:02 min/km
88	1636	Vogt Petra	*Köln	1:04:32	1972 W40	6	1:06:33	10:40	10:55	11:04	10:43	10:50	10:18	6:03 min/km
89	1168	Niehaus Bianca	DoBi	1:04:39	1987 WHK	37	1:05:45	10:28	11:35	10:44	10:53	10:51	10:05	6:03 min/km
90	1289	Reiners Melissa	*Erkelenz	1:04:45	1994 WHK	38	1:06:44	10:38	10:40	10:56	10:51	11:00	10:37	6:04 min/km
91	809	Jüliger Ute	ENDO-Runners	1:04:46	1965 W50	10	1:06:48	10:36	10:09	10:46	11:03	11:26	10:43	6:04 min/km
92	1380	Schlesiger Kerstin	*Köln	1:04:50	1978 W35	14	1:07:04	11:04	10:51	10:59	11:22	10:33	10:00	6:04 min/km
93	642	Gutknecht Katrin	*Köln	1:04:52	1975 W40	7	1:05:16	10:10	10:20	11:23	11:56	11:15	09:45	6:04 min/km
94	735	Hinzmann Dagmar	*Leverkusen	1:04:58	1962 W50	11	1:07:49	10:53	10:45	10:55	10:57	11:00	10:25	6:05 min/km
95	244	Bakir Gülay	Lessenicher Zebras	1:04:59	1975 W40	8	1:05:02	10:09	10:28	10:53	11:14	11:26	10:46	6:05 min/km
96	1713	Wieder Tanja	Lessenicher Zebras	1:05:00	1983 W30	18	1:05:01	10:11	10:25	10:49	11:13	11:19	11:01	6:05 min/km
97	1196	Oetter Kerstin	Lessenicher Zebras	1:05:01	1972 W40	9	1:05:01	10:09	10:28	10:48	11:14	11:19	11:01	6:05 min/km
98	1328	Rütten Ulrike	Lessenicher Zebras	1:05:01	1970 W45	6	1:05:02	10:11	10:28	10:54	11:14	11:26	10:46	6:05 min/km
99	663	Hamm Daniela	*Brühl	1:05:02	1982 W30	19	1:05:53	10:49	11:00	11:17	11:34	10:59	09:20	6:05 min/km
100	661	Hallek Elisabeth	*Köln	1:05:04	1962 W50	12	1:05:06	09:57	10:21	11:13	11:18	11:51	10:22	6:06 min/km
101	412	Ceruti Dr. Tiziana	Erdmännchen	1:05:05	1986 WHK	39	1:07:38	10:28	09:47	10:50	11:18	11:24	11:15	6:06 min/km
102	1294	Reuter Anna-Lena	*Paderborn	1:05:14	1991 WHK	40	1:05:44	09:42	10:26	10:43	11:22	11:44	11:14	6:07 min/km
103	1553	Stratmann Julia	*Köln	1:05:24	1987 WHK	41	1:06:11	10:30	10:03	10:47	11:39	11:45	10:37	6:07 min/km
104	1569	Theisen Silke	LSG Eschweiler	1:05:36	1973 W40	10	1:07:37	10:58	10:28	10:43	11:15	11:32	10:38	6:09 min/km
105	962	Kufner Lisa	*Gundelfingen	1:05:36	1995 WHK	42	1:06:50	11:23	10:46	10:52	11:04	10:56	10:32	6:09 min/km
106	799	Jochims Sarah	Krabbenfischer	1:05:37	1989 WHK	43	1:08:27	11:05	10:38	10:43	11:13	11:24	10:31	6:09 min/km
107	296	Biel Jantje Maria	*Köln	1:05:54	1989 WHK	44	1:07:02	10:03	10:58	11:22	11:34	11:35	10:20	6:10 min/km
108	987	Lehmann Claudia	SSK Kerpen	1:06:00	1969 W45	7	1:06:09	10:27	10:43	11:13	11:15	11:27	10:52	6:11 min/km
109	1697	Wenkel Pia	*Bonn	1:06:07	1971 W40	11	1:08:07	10:37	11:01	11:17	11:26	11:26	10:19	6:12 min/km
110	928	Krämer Sandra Anita	*Köln	1:06:12	1977 W35	15	1:07:00	10:46	10:19	10:37	12:29	11:23	10:36	6:12 min/km



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111	273	Beier Julia	Hennes Crew	1:06:18	1996	WU20	2	1:07:28	11:46	11:35	11:47	11:18	10:49	09:01	6:13 min/km
112	358	Breidenbach Lena	Hennes Crew	1:06:19	1999	WU18	1	1:07:28	11:47	11:35	11:47	11:17	10:49	09:01	6:13 min/km
113	907	Köhler Ursula	*Köln	1:06:21	1965	W50	13	1:06:39	10:03	10:05	10:41	11:01	11:48	12:40	6:13 min/km
114	1726	Windhausen Beate	Running Friends Bedburg	1:06:39	1963	W50	14	1:09:41	11:26	10:47	10:56	11:24	11:19	10:45	6:14 min/km
115	1280	Rehaag Simone	*Hilden	1:06:43	1977	W35	16	1:09:26	11:29	11:30	11:29	11:15	10:51	10:06	6:15 min/km
116	1234	Peulings Sinje	*Marburg	1:06:48	1993	WHK	45	1:07:12	09:07	10:05	11:41	12:13	12:21	11:20	6:15 min/km
117	1717	Wieser Eva-Charlotte	*Bergisch Gladbach	1:07:00	1987	WHK	46	1:10:00	12:13	11:32	11:20	11:02	10:47	10:03	6:16 min/km
118	866	Klasen Cordula	*Bornheim	1:07:01	1978	W35	17	1:09:47	11:12	11:00	11:15	11:37	11:07	10:46	6:17 min/km
119	543	Forough Aida	*Köln	1:07:03	1988	WHK	47	1:08:50	11:31	10:57	11:09	11:28	11:11	10:44	6:17 min/km
120	272	Beer Susanne	*Köln	1:07:13	1981	W30	20	1:09:17	11:23	11:14	11:34	11:25	11:10	10:25	6:18 min/km
121	1152	Neeb Angela	*Köln	1:07:19	1971	W40	12	1:09:31	11:26	10:34	10:16	11:00	12:00	12:01	6:18 min/km
122	960	Kühnen Maria	Veni Vidi Colonia	1:07:24	1962	W50	15	1:10:28	11:20	11:10	11:13	11:09	11:27	11:02	6:19 min/km
123	444	Dercks Elena	*Brühl	1:07:25	1989	WHK	48	1:11:03	11:14	11:03	11:13	11:27	11:32	10:54	6:19 min/km
124	550	Frauendorf Elke	ERGO Sports Koeln	1:07:28	1968	W45	8	1:08:21	10:13	10:31	11:22	11:49	12:05	11:26	6:19 min/km
125	1255	Preis Diana	*Köln	1:07:28	1968	W45	9	1:09:12	11:14	11:09	11:09	11:21	11:20	11:13	6:19 min/km
126	1404	Schmitt Verena	*Köln	1:07:35	1991	WHK	49	1:07:42	09:01	10:17	11:27	12:00	12:41	12:08	6:20 min/km
127	1209	Ott Sandra	*Köln	1:07:54	1989	WHK	50	1:11:19	12:12	11:46	11:16	11:14	11:10	10:12	6:21 min/km
128	918	Kohlen Sabrina	*Köln	1:07:54	1986	WHK	51	1:11:19	12:12	11:47	11:15	11:15	11:11	10:12	6:21 min/km
129	277	Bender Dany	*Köln	1:07:54	1980	W35	18	1:10:06	09:34	09:53	09:41	09:42	10:05	18:56	6:22 min/km
130	1069	Mathieu Mylčne	*Köln	1:07:55	1984	W30	21	1:11:19	12:13	11:46	11:17	11:14	11:10	10:12	6:22 min/km
131	1172	Nießen Jana	Lauffreunde BKZ	1:08:02	2001	WU16	1	1:10:43	11:00	11:13	11:49	12:37	11:22	09:58	6:22 min/km
132	1300	Rieger Eva	*Köln	1:08:05	1988	WHK	52	1:08:35	11:03	11:04	11:23	11:18	11:50	11:25	6:23 min/km
133	924	Koßmann Lisa	*Köln	1:08:05	1988	WHK	53	1:09:25	11:43	11:00	11:17	12:07	11:11	10:44	6:23 min/km
134	1015	Lindner Stephanie	*Duisburg	1:08:11	1994	WHK	54	1:10:31	10:27	09:58	10:11	10:54	12:20	14:18	6:23 min/km
135	698	Heinzen Sonja	*Köln	1:08:16	1982	W30	22	1:10:10	10:40	10:39	11:12	12:05	12:26	11:13	6:24 min/km
136	1100	Meyer-Shirzadi Beate	*Köln	1:08:18	1985	W30	23	1:09:33	12:16	12:01	11:37	11:27	11:07	09:48	6:24 min/km
137	1751	Younes Elena	*Köln	1:08:18	1986	WHK	55	1:09:33	12:17	12:00	11:37	11:27	11:07	09:48	6:24 min/km
138	215	Anderer Birgit	Wilde Wutz	1:08:32	1957	W55	2	1:11:04	11:58	11:45	11:27	11:32	11:18	10:29	6:25 min/km
139	1085	Mentzel Sarah	Da Mentzels	1:08:36	1979	W35	19	1:10:58	10:30	11:00	11:50	12:09	12:00	11:03	6:25 min/km
140	1512	Sonntag Ursula	ERGO Sports Köln	1:08:56	1962	W50	16	1:09:18	09:53	10:51	11:37	12:27	12:29	11:36	6:27 min/km
141	877	Klinge Tatjana	Dagmars After Work	1:09:09	1971	W40	13	1:12:01	11:51	11:23	11:16	12:09	11:19	11:10	6:29 min/km
142	374	Broichhaus Ellen	*Köln	1:09:14	1972	W40	14	1:09:42	10:19	10:49	11:18	11:49	13:18	11:39	6:29 min/km
143	933	Kramer Susanne	*Köln	1:09:21	1963	W50	17	1:09:31	09:42	10:28	11:26	12:55	12:40	12:08	6:30 min/km
144	800	Johanns Larissa	*Gummersbach	1:09:41	1963	W50	18	1:09:45	11:01	11:26	11:30	11:39	11:52	12:11	6:32 min/km
145	298	Bienengräber Lisa	*Köln	1:10:08	1989	WHK	56	1:11:13	10:25	10:39	11:06	11:20	13:24	13:12	6:34 min/km
146	1041	Lugner Stefanie	*Niederkassel	1:10:08	1991	WHK	57	1:11:53	11:45	11:30	11:37	11:53	12:06	11:14	6:34 min/km
147	629	Groß Romina	*Erfstadt	1:10:09	1990	WHK	58	1:11:53	11:46	11:30	11:37	11:53	12:06	11:15	6:34 min/km
148	1392	Schmid Katharina	*Köln	1:10:16	1985	W30	24	1:11:10	11:08	11:27	11:49	11:49	12:09	11:51	6:35 min/km
149	1468	Schumacher Ina	*Bergheim	1:10:43	1981	W30	25	1:13:32	10:59	11:24	12:02	12:30	12:09	11:37	6:37 min/km
150	511	Faulhaber Anne	*Bergheim	1:10:43	1981	W30	26	1:13:32	10:52	11:30	12:02	12:30	12:10	11:37	6:37 min/km
151	1760	Zeyer Susanne	Happy Runners	1:10:57	1978	W35	20	1:11:17	11:28	11:46	12:02	12:43	11:53	11:03	6:39 min/km
152	1347	Salomon Stephanie	*Köln	1:10:57	1986	WHK	59	1:11:24	09:29	09:42	10:02	10:31	10:43	20:28	6:39 min/km
153	1641	Vondracek Sarah	*Bonn	1:10:57	1985	W30	27	1:12:32	10:53	11:12	13:28	12:53	11:43	10:47	6:39 min/km
154	865	Klaffke Korinna	*Bonn	1:10:59	1966	W45	10	1:11:24	11:17	11:46	11:54	12:17	12:20	11:24	6:39 min/km
155	344	Bosch Sandra	*ZÜLPICH	1:10:59	1973	W40	15	1:13:11	11:26	11:10	11:03	11:07	12:15	13:55	6:39 min/km
156	1696	Wendeler Christel	Hennes Crew	1:11:06	1992	WHK	60	1:12:16	11:25	11:38	11:43	12:07	12:24	11:46	6:39 min/km
157	1309	Röttger Anne	*Haan	1:11:15	1976	W35	21	1:13:58	11:49	11:47	11:35	12:12	13:40	10:10	6:40 min/km
158	406	Byvank Verena	*Engelskirchen	1:11:16	1986	WHK	61	1:14:19	12:21	12:04	11:57	11:37	11:47	11:28	6:40 min/km
159	404	Byvank Daniela	*Köln	1:11:19	1984	W30	28	1:14:19	12:23	12:00	12:01	11:37	11:46	11:28	6:41 min/km
160	941	Krause Pia	Die Krauses	1:11:33	1992	WHK	62	1:13:57	12:04	11:47	11:34	12:04	12:37	11:24	6:42 min/km
161	1552	Straßfeld Sandra	*Köln	1:11:35	1975	W40	16	1:13:34	11:50	11:53	12:00	12:10	12:19	11:21	6:42 min/km
162	1470	Schwab Stephanie	*Köln	1:11:45	1986	WHK	63	1:14:17	11:53	11:46	11:48	12:21	12:18	11:36	6:43 min/km
163	876	Klimek Christina	*Bonn	1:11:46	1989	WHK	64	1:14:18	11:54	11:45	11:48	12:22	12:17	11:37	6:43 min/km
164	986	Leciejewski Barbara	*Bonn	1:11:47	1988	WHK	65	1:14:18	11:54	11:46	11:48	12:22	12:16	11:37	6:43 min/km
165	1756	Zeidler Claudia	*Bonn	1:11:47	1987	WHK	66	1:14:18	11:55	11:49	11:44	12:22	12:18	11:37	6:43 min/km
166	860	Kirschbaum Verena	*Neuss	1:11:58	1983	W30	29	1:13:17	11:18	11:14	11:52	12:57	05:47	18:49	6:44 min/km
167	1478	Schwemmer Jeanette	LG Gummersbach	1:12:16	1966	W45	11	1:13:14	11:04	11:34	12:10	12:41	12:50	11:55	6:46 min/km

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168	1823	Dleisbach Anna		1:12:21	1987	WHK	67	1:14:26	12:01	12:13	11:53	12:09	12:11	11:52	6:46 min/km
169	1034	Ludwig Christina	*Bad Salzuflen	1:12:21	1989	WHK	68	1:13:01	11:28	11:36	11:58	13:24	12:28	11:25	6:47 min/km
170	711	Hennig Christina	*Köln	1:12:22	1992	WHK	69	1:13:01	11:27	11:36	11:58	13:25	12:29	11:25	6:47 min/km
171	1549	Stolz Gisela	TV Dellbrück	1:12:23	1963	W50	19	1:15:45	12:14	11:44	12:14	12:43	13:16	10:09	6:47 min/km
172	885	Kloss Corinna	*Bonn	1:12:23	1989	WHK	70	1:13:00	12:06	11:52	12:01	12:19	12:42	11:21	6:47 min/km
173	1814	Cremer Petra		1:12:24	1970	W45	12	1:14:40	11:22	11:35	11:54	13:04	12:32	11:55	6:47 min/km
174	1434	Schödder Lena	*Kerpen	1:12:27	1996	WU20	3	1:14:36	12:00	11:40	11:35	14:47	12:01	10:22	6:47 min/km
175	947	Kremer Tina	*Lindlar	1:12:32	1967	W45	13	1:15:53	12:14	11:43	11:44	12:04	12:23	12:21	6:48 min/km
176	1656	Wagner Sandra	*Köln	1:12:47	1975	W40	17	1:14:18	12:09	12:16	12:18	12:20	12:06	11:36	6:49 min/km
177	312	Bleyer Julia	Einer von Zwei	1:12:50	1985	W30	30	1:15:22	12:21	12:05	12:03	12:09	12:33	11:37	6:49 min/km
178	754	Horst Christina	Humpelstilzchen	1:12:51	1990	WHK	71	1:15:29	12:00	12:30	12:27	12:00	12:12	11:39	6:49 min/km
179	1836	Berens Daniela	Schnuterüsselteam	1:12:54	1982	W30	31	1:15:15	11:43	11:08	11:20	12:01	13:07	13:31	6:50 min/km
180	504	Fabian Sabine	*Düsseldorf	1:12:59	1979	W35	22	1:15:42	11:50	11:47	11:35	12:12	13:40	11:54	6:50 min/km
181	652	Hagen Margarete	*Köln	1:13:02	1989	WHK	72	1:15:21	11:47	11:56	11:51	12:02	14:30	10:53	6:50 min/km
182	665	Hammermann Micky	*Köln	1:13:02	1982	W30	32	1:15:21	11:48	11:56	11:51	12:02	14:29	10:52	6:50 min/km
183	269	Becker Jennifer	Himmlich Jeck	1:13:07	1992	WHK	73	1:15:16	12:00	11:40	11:40	14:42	12:01	11:01	6:51 min/km
184	1144	Müller Thessa	Himmlich Jeck	1:13:07	1996	WU20	4	1:15:16	12:00	11:40	11:35	14:48	12:00	11:02	6:51 min/km
185	1578	Thomas Birgit	Thomas	1:13:22	1972	W40	18	1:14:29	12:00	11:48	12:00	12:43	12:49	12:00	6:52 min/km
186	1694	Welp Nadine	*Vettweiß	1:13:32	1975	W40	19	1:13:48	11:04	11:32	12:11	14:16	13:11	11:14	6:53 min/km
187	1415	Schmitz Stefanie	*Köln	1:14:02	1983	W30	33	1:15:07	11:38	11:32	12:25	12:45	12:53	12:47	6:56 min/km
188	1519	Stäblein Nicole	*St. Augustin	1:14:08	1975	W40	20	1:14:37	10:53	11:12	12:43	12:52	14:13	12:12	6:57 min/km
189	1743	Wohlfeld Jana	*Köln	1:14:42	1980	W35	23	1:14:55	11:11	11:46	12:26	12:52	13:34	12:51	6:60 min/km
190	696	Heinz Brigitte	*Düren	1:14:57	1964	W50	20	1:18:20	12:14	11:44	12:15	12:42	13:16	12:43	7:01 min/km
191	953	Krupp Susanne	*Sinzig	1:15:04	1987	WHK	74	1:15:44	10:28	10:10	10:19	10:57	11:25	21:42	7:02 min/km
192	1766	Zimmermann Jessica	GVG Laufteam	1:15:05	1984	W30	34	1:18:26	14:48	15:18	15:41	10:07	09:59	09:09	7:02 min/km
193	268	Becker Elisabeth	*Sarmersbach	1:15:17	1983	W30	35	1:15:42	11:53	12:12	13:14	12:32	12:49	12:35	7:03 min/km
194	607	Götz Kathrin	*Hürth	1:15:18	1985	W30	36	1:18:01	11:31	11:29	11:29	12:34	15:11	13:02	7:03 min/km
195	1716	Wieschalla Nani	*Hürth	1:15:19	1981	W30	37	1:18:01	11:34	11:28	11:41	12:19	15:28	12:45	7:03 min/km
196	1406	Schmitz Annika	*Köln	1:15:23	1988	WHK	75	1:16:14	10:50	11:24	12:23	13:36	13:59	13:09	7:04 min/km
197	240	Bahrig Chiara	*Köln	1:15:52	1984	W30	38	1:18:42	13:19	13:52	13:09	12:17	12:12	11:01	7:06 min/km
198	399	Burghardt Anne	*Stuttgart	1:16:07	1985	W30	39	1:18:41	12:34	12:08	12:23	13:09	13:37	12:13	7:08 min/km
199	255	Basener Verena	*Bergisch Gladbach	1:16:16	1985	W30	40	1:16:19	10:05	11:13	14:40	13:46	13:37	12:53	7:09 min/km
200	666	Hammerschmidt Freire	*Köln	1:16:22	1989	WHK	76	1:19:58	12:31	13:32	12:26	12:40	12:51	12:20	7:09 min/km
201	592	Gillich Eva	*Köln	1:16:25	1986	WHK	77	1:20:02	12:30	13:35	12:29	12:49	12:49	12:11	7:09 min/km
202	596	Glashagen Inga	*Köln	1:16:27	1989	WHK	78	1:20:03	12:30	13:32	12:26	12:39	12:53	12:25	7:10 min/km
203	894	Knoppik Vanessa	*Köln	1:16:35	1985	W30	41	1:19:22	11:53	12:12	13:44	12:43	12:58	13:03	7:10 min/km
204	530	Fischer Dr. Janina	*Köln	1:16:36	1985	W30	42	1:19:22	11:54	12:13	13:44	12:42	12:58	13:03	7:10 min/km
205	1011	Linden Angelina	*Troisdorf	1:17:05	1994	WHK	79	1:20:34	13:10	13:22	13:10	12:52	12:47	11:43	7:13 min/km
206	1450	Schülein Karoline	*Binswangen	1:17:13	1991	WHK	80	1:18:26	12:20	12:09	13:06	13:29	13:27	12:38	7:14 min/km
207	1002	Lewonko Maggie	*Köln	1:17:44	1985	W30	43	1:21:18	12:11	12:13	12:39	13:25	13:52	13:22	7:17 min/km
208	601	Göbel-Grzonka Simone	*Bergheim	1:18:00	1980	W35	24	1:18:16	10:01	10:55	11:40	11:11	11:23	22:47	7:18 min/km
209	1671	Warnecke Doreen	WaRun	1:19:22	1982	W30	44	1:22:41	12:37	12:52	13:43	14:01	13:28	12:38	7:26 min/km
210	1195	Oestreicher Tanja	Team WürmPchen	1:19:47	1977	W35	25	1:22:32	11:54	12:20	15:22	13:34	13:38	12:57	7:28 min/km
211	359	Breisser Brigitte	*Hennef	1:19:58	1971	W40	21	1:21:53	11:49	12:56	13:32	14:07	14:09	13:22	7:29 min/km
212	1006	Liebrecht Valérie	*Köln	1:20:16	1983	W30	45	1:21:11	12:40	13:00	14:23	14:10	13:24	12:35	7:31 min/km
213	295	Bieker Lea	*Köln	1:20:16	1990	WHK	81	1:21:11	12:40	13:00	14:23	14:10	13:24	12:36	7:31 min/km
214	913	Körner Dr. Eva	*Köln	1:20:24	1980	W35	26	1:22:10	12:43	11:11	11:39	11:52	11:32	21:24	7:32 min/km
215	347	Bozdech Eva	*Frechen	1:22:05	1983	W30	46	1:25:01	13:32	13:32	13:50	13:49	14:03	13:17	7:41 min/km
216	882	Klöttsch Sandra	*Köln	1:22:47	1982	W30	47	1:26:06	12:37	12:52	13:43	14:02	16:10	13:21	7:45 min/km
217	288	Bernardi Sabine	*Dormagen	1:23:30	1959	W55	3	1:24:38	14:51	13:13	13:48	14:23	14:10	13:02	7:49 min/km
218	635	GUADAGNI ANNA RITA	Erdmännchen	1:23:31	1983	W30	48	1:26:05	12:45	14:06	14:04	15:57	13:55	12:41	7:49 min/km
219	494	Esposito Luisa	Erdmännchen	1:23:33	1981	W30	49	1:26:06	12:47	14:04	14:04	15:57	13:55	12:43	7:49 min/km
220	1758	Zenker Anna	*Köln	1:23:51	1990	WHK	82	1:27:14	12:57	13:23	13:29	14:14	15:21	14:24	7:51 min/km
221	1036	Ludwig Dagmar	*Bad Salzuflen	1:25:50	1957	W55	4	1:27:57	13:38	14:36	14:18	14:34	14:50	13:51	8:02 min/km
222	1413	Schmitz Nicole	*Köln	1:40:51	1982	W30	50	1:42:51	15:44	16:36	17:16	17:11	17:25	16:38	9:27 min/km
223	645	Haas Steffi	*Köln	1:40:52	1984	W30	51	1:42:51	15:44	16:36	17:15	17:12	17:25	16:37	9:27 min/km