

Kölner Zoolauf am 11. Juli 2014 - 4 Runden - 6.8km

Ergebnisliste Männer

Seite 1

gedruckt 04.07.2015 08:45:05

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1819	Pütz Alexander		0:31:32	1992 MHK	1	0:31:33	07:00 07:47 08:22 08:22	4:25 min/km
2	1842	Schmitz Alexander	LC Weilerswist	0:34:29	2006 MU10	1	0:34:29	07:16 08:32 08:49 09:50	4:49 min/km
3	1646	Waderna Udo	*Köln	0:36:08	1960 M55	1	0:36:29	09:37 08:20 09:01 09:09	5:03 min/km
4	1383	Schlich Niklas	*Bergheim	0:36:45	1979 M35	1	0:37:53	09:17 08:55 09:16 09:17	5:08 min/km
5	332	Böttcher Dirk	*Bergheim	0:36:47	1979 M35	2	0:37:54	09:17 08:55 09:16 09:18	5:09 min/km
6	1515	Sowade Uli	Run of Colours Promoteam	0:37:13	1970 M45	1	0:37:15	07:54 08:54 09:56 10:27	5:12 min/km
7	339	Boockmann Stefan	*Essen	0:37:15	1974 M40	1	0:38:26	08:30 09:00 09:59 09:44	5:13 min/km
8	1530	Steinbach Dieter	*Erfstadt	0:38:30	1954 M60	1	0:39:26	09:36 09:27 09:38 09:47	5:23 min/km
9	1029	Lossin Holger	Ihrefelder Geissböcke	0:38:41	1969 M45	2	0:39:09	09:53 09:28 09:35 09:44	5:25 min/km
10	1473	Schwartz Dieter	*Köln	0:38:55	1959 M55	2	0:39:01	08:48 08:49 11:04 10:12	5:27 min/km
11	1303	Rixen Christoph	*Bonn	0:39:11	1986 MHK	2	0:39:45	08:38 08:59 09:20 12:12	5:29 min/km
12	1150	Murrmann Jochen		0:39:33	1964 M50	1	0:39:40	09:10 09:47 10:20 10:14	5:32 min/km
13	979	Langer Dominik	Elbseehelden	0:39:51	1986 MHK	3	0:41:21	09:54 10:10 09:38 10:07	5:34 min/km
14	1355	Schäfer David	*Bonn	0:39:51	1979 M35	3	0:40:17	09:38 09:52 10:09 10:11	5:35 min/km
15	534	Flach Christian	Die flotten Flachs	0:40:09	1968 M45	3	0:42:11	10:05 09:51 10:13 09:59	5:37 min/km
16	364	Breuer Andreas	*Hürth	0:40:11	1976 M35	4	0:41:43	09:41 09:27 10:04 10:57	5:37 min/km
17	495	Esser Achim	Tschüss Klaus und vielen	0:40:17	1968 M45	4	0:41:35	10:03 09:48 10:06 10:18	5:38 min/km
18	938	Krapp Simon	*Köln	0:40:26	1986 MHK	4	0:42:44	10:00 09:47 10:21 10:17	5:39 min/km
19	780	Jagalski Dirk	Cow & Duck	0:40:59	1968 M45	5	0:42:02	09:14 09:38 10:23 11:42	5:44 min/km
20	409	Canis Andre	*Köln	0:41:02	1975 M40	2	0:42:51	10:33 10:03 10:07 10:17	5:44 min/km
21	459	Domonyi Frigyes	*Köln	0:41:04	1977 M35	5	0:44:43	10:52 11:01 10:15 08:55	5:45 min/km
22	820	Kaletta Dr. Florian	*Köln	0:41:26	1985 M30	1	0:41:38	10:02 10:21 10:57 10:05	5:48 min/km
23	1095	Meyer Friedrich	*St. Augustin	0:41:34	1977 M35	6	0:43:32	11:01 10:19 10:24 09:49	5:49 min/km
24	1033	Luckner Michael	*Köln	0:41:51	1983 M30	2	0:45:10	09:13 09:32 10:13 12:53	5:51 min/km
25	1725	Windel Klaus	Pulheimer SC	0:41:52	1958 M55	3	0:42:05	09:14 09:41 10:12 12:43	5:51 min/km
26	1859	Kleist Dietmar	LG Colorado	0:42:04	1959 M55	4	0:43:05	10:04 09:47 10:50 11:22	5:53 min/km
27	900	Koca Ramazan	*Düsseldorf	0:42:07	1969 M45	6	0:42:38	10:19 10:18 10:43 10:45	5:53 min/km
28	1012	Linden Rolf	The Roadrunners	0:42:37	1970 M45	7	0:44:11	11:13 10:41 10:37 10:04	5:58 min/km
29	680	Hasler Johannes	*Bonn	0:43:16	1990 MHK	5	0:45:03	12:13 13:26 09:14 08:21	6:03 min/km
30	1239	Pichler Klaus	Tschüss Klaus und vielen	0:43:16	1952 M60	2	0:44:39	10:19 10:22 10:21 12:13	6:03 min/km
31	1014	Lindenau Stefan	PI 5 meets PI 4	0:43:38	1983 M30	3	0:46:04	11:34 10:41 10:52 10:29	6:06 min/km
32	1453	Schünemann Benedikt	*Köln	0:43:45	1981 M30	4	0:47:20	11:30 10:47 10:50 10:36	6:07 min/km
33	1238	Pfordt Alexander	Lauffreunde BKZ	0:43:50	1965 M50	2	0:46:25	11:04 11:06 11:05 10:33	6:08 min/km
34	462	Dubberke Bjoern	*Würelen	0:44:02	1978 M35	7	0:44:21	10:05 10:09 11:55 11:52	6:10 min/km
35	1226	Perleberg Nico	*Butzheim	0:44:04	1974 M40	3	0:44:23	10:05 09:27 09:50 14:41	6:10 min/km
36	740	Hodapp-Schneider	Freunde der Braukunst	0:44:18	1972 M40	4	0:46:18	11:07 10:50 11:26 10:53	6:12 min/km
37	887	Kloy Sebastian	*Frechen	0:44:29	1985 M30	5	0:44:57	09:51 10:09 10:57 13:32	6:13 min/km
38	259	Bauer Markus	Hasi & Mausli	0:45:42	1968 M45	8	0:48:48	11:34 11:37 11:40 10:50	6:24 min/km
39	428	Daerr Max	Miljö Miezzen	0:45:43	1984 M30	6	0:46:16	11:30 12:18 11:00 10:53	6:24 min/km
40	1748	Worbis Rene	*Selm	0:45:54	1984 M30	7	0:49:19	10:23 10:19 12:01 13:10	6:25 min/km
41	484	Engel Mike	*Essen	0:45:54	1969 M45	9	0:49:20	10:23 10:20 12:01 13:09	6:25 min/km
42	1037	Ludwig Martin	*Erfurt	0:45:56	1987 MHK	6	0:48:03	11:02 10:51 11:50 12:12	6:25 min/km
43	1632	Völz Christian	taucher.koeln	0:46:09	1974 M40	5	0:49:13	12:44 11:40 11:14 10:30	6:27 min/km
44	411	Castro Roberto	*Köln	0:46:35	1979 M35	8	0:50:06	13:06 12:06 10:31 10:51	6:31 min/km
45	508	Faßbender Markus	*Bornheim	0:46:43	1992 MHK	7	0:48:53	10:47 11:17 11:44 12:53	6:32 min/km
46	1850	Mahlberg Markus		0:46:46	1967 M45	10	0:49:47	13:38 12:26 10:31 10:10	6:32 min/km
47	1845	Schumacher Marco		0:47:04	1974 M40	6	0:49:30	11:45 11:11 11:18 12:49	6:35 min/km
48	1846	Axiopoulos Pakis		0:47:06	1975 M40	7	0:49:32	11:45 11:11 11:17 12:51	6:35 min/km
49	1742	Wörmann Jonas	*Köln	0:47:13	1990 MHK	8	0:50:26	12:26 11:51 11:36 11:19	6:36 min/km
50	378	Bros Marvin	LG Gummersbach	0:47:17	1998 MU18	1	0:50:07	13:11 13:19 10:15 10:30	6:37 min/km
51	1162	Neureiter Frank	BANKPOWER	0:47:17	1972 M40	8	0:50:50	12:18 12:45 11:05 11:08	6:37 min/km
52	1148	Münch Philipp	*Ahrweiler	0:47:33	1989 MHK	9	0:48:15	10:29 10:23 12:48 13:53	6:39 min/km
53	1612	Utecht Markus	*alfter	0:48:34	1981 M30	8	0:48:48	10:31 09:54 10:54 17:15	6:48 min/km

Kölner Zoolauf am 11. Juli 2014 - 4 Runden - 6.8km

Ergebnisliste Männer

Seite 2

gedruckt 04.07.2015 08:45:05

54	1649	Wagner Dennis	*Bonn	0:48:49	1984	M30	9	0:50:26	10:47	11:16	13:27	13:18	6:50 min/km
55	1099	Meyer Nicolas	Bon Secours Kamerun	0:48:55	1960	M55	5	0:49:48	11:07	11:35	13:31	12:40	6:50 min/km
56	1639	Von Auw Alexander	The DOMinators	0:49:03	1989	MHK	10	0:49:37	09:30	09:40	13:47	16:05	6:52 min/km
57	646	Habetz Hans-Jürgen	de Famillisch	0:49:18	1966	M45	11	0:50:38	11:17	12:54	15:43	09:24	6:54 min/km
58	401	Burgis Florian	*Bonn	0:50:22	1988	MHK	11	0:50:37	11:55	12:16	13:09	13:01	7:03 min/km
59	1134	Müller Daniel	NetCologne	0:51:19	1977	M35	9	0:54:21	11:43	11:55	12:53	14:47	7:11 min/km
60	1259	Proietto Giann	Stadtaffen	0:52:23	1972	M40	9	0:53:03	11:49	12:09	13:56	14:28	7:20 min/km
61	424	Da Silva Luis	Stadtaffen	0:52:24	1970	M45	12	0:53:04	11:49	12:09	13:56	14:29	7:20 min/km
62	923	Korten Eberhard	*Köln	0:53:45	1956	M55	6	0:53:59	11:24	12:33	12:51	16:55	7:31 min/km
63	514	Feige Manfred	Cologne Allblacks	0:54:04	1947	M65	1	0:57:43	12:39	14:46	12:58	13:40	7:34 min/km
64	1521	Stanzel Clemens	*Aachen	0:54:45	1963	M50	3	0:57:51	13:08	13:01	12:25	16:10	7:40 min/km
65	1620	Vaubourg Stéphane	*KÖLN Allemagne	0:56:02	1978	M35	10	0:56:14	12:11	14:14	14:33	15:02	7:50 min/km
66	536	Flintrop Benjamin	*Köln	0:57:54	1979	M35	11	0:59:58	12:55	14:08	15:30	15:20	8:06 min/km
67	1702	Werner Stefan	*Herford	0:58:03	1980	M35	12	1:00:07	12:54	14:07	15:31	15:29	8:07 min/km
68	936	Krams Jürgen	www.glühweinlauf.de	0:59:53	1963	M50	4	1:00:51	12:39	14:31	15:18	17:24	8:23 min/km
69	281	Benneker Bernd	Veni Vidi Colonia	1:00:58	1973	M40	10	1:04:12	13:05	14:56	15:47	17:08	8:32 min/km
70	895	Knops Elmar	*Rösrath	1:02:02	1968	M45	13	1:05:38	13:35	14:39	15:33	18:13	8:41 min/km
71	278	Bender Dirk	*Niederkassel	1:05:31	1969	M45	14	1:07:43	12:18	14:19	13:13	25:40	9:10 min/km
72	724	Heß Martin	*Köln	1:05:37	1983	M30	10	1:09:10	12:13	11:26	11:27	30:29	9:11 min/km
73	875	Kleinschmidt Erik	*Köln	1:07:11	1968	M45	15	1:10:51	12:30	12:09	09:42	32:49	9:24 min/km
74	1467	Schulze Wilk	*kerpen	1:08:08	1967	M45	16	1:11:23	14:59	16:05	17:16	19:46	9:32 min/km

Kölner Zoolauf am 11. Juli 2014 - 4 Runden - 6.8km

Ergebnisliste Frauen

Seite 3
gedruckt 04.07.2015 08:45:05

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1368	Scherer Miriam	*Köln	0:39:18	1987 WHK	1	0:40:04	10:26 10:32 10:20 07:58	5:30 min/km
2	908	Köhn Petra		0:39:34	1966 W45	1	0:39:41	09:10 09:47 10:21 10:15	5:32 min/km
3	906	Koehler Jana	DKMS	0:39:37	1992 WHK	2	0:42:32	10:47 09:38 09:37 09:33	5:33 min/km
4	870	Klein Alex	*Attendorn	0:39:40	1974 W40	1	0:40:10	09:31 09:51 10:09 10:07	5:33 min/km
5	1642	Vorholzer Jule	*Köln	0:40:38	1987 WHK	3	0:41:40	09:59 09:30 10:32 10:36	5:41 min/km
6	375	Broichhaus Petra	*Köln	0:41:04	1970 W45	2	0:41:33	10:09 09:55 10:24 10:35	5:45 min/km
7	1517	Sprengart Petra	*Höhr-Grenzhausen	0:41:28	1990 WHK	4	0:41:39	10:03 10:21 10:58 10:05	5:48 min/km
8	858	Kirsch Melinda	*Köln	0:41:30	1980 W35	1	0:42:47	10:15 10:08 10:35 10:31	5:48 min/km
9	1543	Stiefelhagen Andrea	*Köln	0:41:38	1988 WHK	5	0:45:07	10:09 09:33 10:30 11:24	5:49 min/km
10	1246	Pleus Frauke	Hennes Crew	0:41:39	1984 W30	1	0:42:50	10:52 10:17 10:20 10:09	5:50 min/km
11	1734	Wipperfürth Loraine	*Köln	0:41:54	1990 WHK	6	0:42:20	09:57 10:16 10:45 10:55	5:52 min/km
12	304	Bisdorf Claudia	*Düsseldorf	0:41:58	1972 W40	2	0:42:30	10:18 10:17 10:28 10:54	5:52 min/km
13	241	Baier Frauke Gerrit	Tus 05 Quettingen	0:42:29	1966 W45	3	0:42:40	10:26 10:40 10:48 10:34	5:57 min/km
14	1213	Paffrath Martina	TuS 05 Quettingen	0:42:30	1962 W50	1	0:42:42	10:25 10:40 10:48 10:35	5:57 min/km
15	252	Barth Karoline	*Bergisch Gladbach	0:42:51	1982 W30	2	0:43:35	10:09 09:56 10:56 11:49	5:60 min/km
16	276	Bellen Sabrina	DKMS	0:43:09	1978 W35	2	0:46:04	10:58 10:33 10:44 10:51	6:02 min/km
17	674	Hardt Brigitte	*Kempen	0:43:17	1963 W50	2	0:43:24	10:21 10:47 11:09 10:59	6:03 min/km
18	1503	Simon Kathrin	NetCologne	0:43:34	1985 W30	3	0:44:24	10:51 10:45 11:05 10:52	6:06 min/km
19	668	Hanisch Natascha	PI 5 meets PI 4	0:43:37	1988 WHK	7	0:46:03	11:33 10:41 10:53 10:29	6:06 min/km
20	245	Baldus Anna	*Köln	0:43:40	2003 WU14	1	0:46:52	11:34 11:00 10:49 10:16	6:07 min/km
21	644	Haak Miriam	*Köln	0:43:44	1976 W35	3	0:44:42	10:48 10:55 11:22 10:38	6:07 min/km
22	1018	Lippok Sylvia	*Köln	0:44:05	1989 WHK	8	0:44:51	10:38 10:47 11:25 11:14	6:10 min/km
23	1400	Schmidt Nicole	*Köln	0:44:05	1979 W35	4	0:46:20	11:03 10:51 10:58 11:11	6:10 min/km
24	937	Krams Sabine	www.glühweinlauf.de	0:44:14	1964 W50	3	0:45:12	11:04 11:04 11:16 10:49	6:11 min/km
25	1292	Remiorz Annette	running gag	0:44:14	1964 W50	4	0:44:59	14:12 15:06 17:28 00:00	6:11 min/km
26	1664	Walleneit Gaby	*Köln	0:44:35	1976 W35	5	0:47:44	11:27 10:53 10:57 11:16	6:14 min/km
27	959	Kühnen Birgit	Veni Vidi Colonia	0:44:43	1968 W45	4	0:47:45	11:22 11:10 11:13 10:56	6:15 min/km
28	1672	Warnke Hund Silke	*Bergheim	0:45:04	1978 W35	6	0:45:21	10:00 10:56 11:49 12:18	6:18 min/km
29	889	Kluth Katharina	*Köln	0:45:17	1982 W30	4	0:47:42	11:25 11:21 11:25 11:04	6:20 min/km
30	945	Kreer Britta	*Köln	0:45:17	1986 WHK	9	0:47:42	11:25 11:19 11:29 11:03	6:20 min/km
31	442	Deniz Nevroz	BANKPOWER	0:45:36	1977 W35	7	0:49:08	12:13 11:15 11:10 10:56	6:23 min/km
32	768	Huwer Janine	BANKPOWER	0:45:37	1988 WHK	10	0:49:08	12:14 11:15 11:10 10:56	6:23 min/km
33	1123	Mühl Sabine	*Weilerswist	0:46:05	1964 W50	5	0:46:14	09:41 11:37 12:01 12:44	6:27 min/km
34	1625	Verhaagen Kolinda	*Köln	0:46:07	1975 W40	3	0:49:12	12:39 11:41 11:15 10:30	6:27 min/km
35	1065	Marx Marie Christine	Team Mopsolinos	0:46:22	1986 WHK	11	0:48:48	11:27 12:16 11:38 11:00	6:29 min/km
36	1180	Nolden Ute	Team Erdinger Alkoholfrei	0:46:27	1965 W50	6	0:47:30	10:59 11:29 12:30 11:28	6:30 min/km
37	1409	Schmitz Elke	*Erfstadt	0:46:33	1972 W40	4	0:49:05	11:42 11:44 11:38 11:27	6:31 min/km
38	224	Assenmacher Jasmin	Wellenläufer	0:46:39	1980 W35	8	0:49:07	11:50 11:37 11:39 11:32	6:32 min/km
39	904	Koch Katharina	Hennes Crew	0:46:52	1996 WU20	1	0:48:02	11:46 11:36 11:50 11:39	6:33 min/km
40	656	Halbe Johanna	Tschüss Klaus und vielen	0:46:54	0 W55	1	0:48:18	12:18 12:25 12:19 09:50	6:34 min/km
41	811	Jung Verena	*Köln	0:47:03	1988 WHK	12	0:48:25	12:00 11:21 12:07 11:34	6:35 min/km
42	287	Berlin Marie-Christine	Seeteufel	0:47:05	1976 W35	9	0:47:18	10:06 10:50 13:15 12:52	6:35 min/km
43	1349	Samimi Melanie	BANKPOWER	0:47:15	1973 W40	5	0:50:50	11:20 11:55 12:05 11:54	6:37 min/km
44	678	Hartwig Laura	LG Gummersbach	0:47:17	1998 WU18	1	0:50:07	13:11 13:19 10:15 10:30	6:37 min/km
45	1707	Wesche Sandra	Team Schnapetenraketen	0:47:22	1978 W35	10	0:49:30	11:02 11:08 12:06 13:04	6:37 min/km
46	1542	Stevens Andrea	Happy Runners	0:47:42	1978 W35	11	0:48:03	11:27 11:46 12:05 12:22	6:40 min/km
47	299	Bierwirth Vanessa	*Köln	0:47:49	1987 WHK	13	0:51:15	11:36 11:26 12:09 12:36	6:41 min/km
48	1783	Breuer Birte	REWE Group	0:47:53	1980 W35	12	0:49:38	11:57 11:48 11:59 12:07	6:42 min/km
49	1801	Zacharias Alexandra	REWE Group	0:47:53	1985 W30	5	0:49:39	11:58 11:47 11:59 12:08	6:42 min/km
50	275	Bell Jenny	*Köln	0:47:54	1986 WHK	14	0:50:51	12:46 11:59 11:47 11:21	6:42 min/km
51	564	Fuhrmann Irina	*Köln	0:47:55	1987 WHK	15	0:50:52	12:45 11:51 11:51 11:27	6:42 min/km
52	346	Bozdech Britta	*Köln	0:47:56	1979 W35	13	0:50:53	12:46 11:59 11:47 11:23	6:42 min/km
53	1789	Löckenhoff Nadine	REWE Group	0:47:56	1986 WHK	16	0:49:36	11:29 11:30 12:08 12:48	6:42 min/km

Kölner Zoolauf am 11. Juli 2014 - 4 Runden - 6.8km

Ergebnisliste Frauen

Seite 4

gedruckt 04.07.2015 08:45:05

54	1628	Vieten Vera	Die Schneckenparade	0:47:59	1994 WHK	17	0:51:36	12:22	12:08	11:57	11:30	6:43 min/km
55	1308	Rösgen Ute	*Blankenheim	0:48:04	1965 W50	7	0:51:38	11:49	11:54	12:01	12:18	6:43 min/km
56	365	Breuer Hannah	*Köln	0:48:04	1986 WHK	18	0:49:28	12:01	11:50	12:02	12:09	6:43 min/km
57	825	Kania Lydia	*Hürth	0:48:16	1982 W30	6	0:48:41	11:02	12:27	12:24	12:23	6:45 min/km
58	1227	Peter Caroline	*Grafschaft	0:49:23	1995 WHK	19	0:50:05	10:23	10:26	10:48	17:45	6:55 min/km
59	476	Eichinger Heike	Himmlisch Jeck	0:49:45	1986 WHK	20	0:51:55	12:02	11:39	11:40	14:22	6:58 min/km
60	515	Feile Ramona	*Köln	0:50:27	1985 W30	7	0:51:54	11:18	13:07	13:35	12:27	7:03 min/km
61	1056	Mana da Costa Milena	Miljö Miezen	0:50:33	1987 WHK	21	0:51:06	11:31	12:18	15:35	11:07	7:04 min/km
62	743	Hoever Ingrid	SV Windhagen	0:50:42	1959 W55	2	0:53:11	12:15	12:18	13:26	12:41	7:05 min/km
63	522	Fiebiger Sabine	SV Windhagen	0:50:42	1964 W50	8	0:53:12	12:14	12:18	13:26	12:43	7:06 min/km
64	765	Hupperich Margit	*Grafschaft Holzweiler	0:50:48	1963 W50	9	0:53:28	13:34	13:03	12:56	11:14	7:06 min/km
65	1556	Stüßer Dr. Ulla	Sportteufelchen	0:50:49	1960 W55	3	0:53:26	13:36	13:01	12:59	11:12	7:07 min/km
66	1674	Waschkewitz Katharina	*Leverkusen	0:50:55	2004 WU12	1	0:54:17	12:25	12:11	13:23	12:54	7:07 min/km
67	493	Eske Magda	*Bergisch Gladbach	0:51:03	1988 WHK	22	0:52:04	12:14	12:29	13:12	13:06	7:09 min/km
68	597	Glink Angela	*Rheinland-Pfalz -	0:51:14	1990 WHK	23	0:51:56	12:20	12:45	13:06	13:01	7:10 min/km
69	488	Engert Melanie	*Bad Neuenahr	0:51:14	1991 WHK	24	0:51:57	12:20	12:46	13:06	13:02	7:10 min/km
70	205	Agoston Ildiko	NetCologne	0:51:17	1979 W35	14	0:54:22	11:40	11:55	12:53	14:48	7:10 min/km
71	1020	Lötje Ute	NetCologne	0:51:17	1978 W35	15	0:54:22	11:40	11:55	12:52	14:49	7:10 min/km
72	893	Knitter Andrea	LG Gummersbach	0:51:36	1964 W50	10	0:54:26	13:11	13:38	12:56	11:49	7:13 min/km
73	1071	Mattick Corinna	LG Gummersbach	0:51:36	1981 W30	8	0:54:25	13:06	13:36	13:05	11:48	7:13 min/km
74	1844	Voß Silke	^LG Gummersbach	0:51:36	1970 W45	5	0:54:25	13:05	13:34	13:06	11:50	7:13 min/km
75	1601	True Monika	*Rösrath	0:51:39	1963 W50	11	0:54:30	13:11	13:37	12:57	11:52	7:14 min/km
76	967	Kunst Carmen		0:52:03	1966 W45	6	0:53:02	11:35	12:58	13:45	13:43	7:17 min/km
77	905	Köbke Steffi	Hennes Crew	0:52:10	1981 W30	9	0:53:22	12:01	11:19	12:58	15:50	7:18 min/km
78	331	Boese Anna-Lena	Hennes Crew	0:52:11	1992 WHK	25	0:53:22	12:01	11:19	12:58	15:51	7:18 min/km
79	239	Bahrig Celestine	*Köln	0:52:13	1986 WHK	26	0:55:02	13:20	13:52	13:09	11:50	7:18 min/km
80	624	Gröger Beate	LG Gummersbach	0:52:34	1965 W50	12	0:55:21	13:07	13:36	13:06	12:42	7:21 min/km
81	235	Baginski Jutta	Lg Gummersbach	0:52:35	1962 W50	13	0:55:23	13:06	13:36	13:04	12:47	7:21 min/km
82	313	Bloch Sabine	*Köln	0:52:59	1988 WHK	27	0:56:18	11:39	11:12	11:22	18:44	7:25 min/km
83	264	Bauschen Nicole	*Köln	0:53:43	1978 W35	16	0:54:24	11:43	11:57	12:23	17:38	7:31 min/km
84	843	Keppler Esther	*Köln	0:53:43	1977 W35	17	0:54:23	11:45	11:55	12:25	17:36	7:31 min/km
85	994	Lenzhölzer Birgitt	TuS 05 Quettingen	0:54:21	1963 W50	14	0:57:15	11:24	11:31	11:40	19:45	7:36 min/km
86	600	Gobelius Doris	*Euskirchen	0:54:23	1958 W55	4	0:55:00	13:06	14:51	15:09	11:16	7:36 min/km
87	1545	Stockem Heike	Medaix	0:54:46	1971 W40	6	0:57:52	13:08	13:01	12:25	16:11	7:40 min/km
88	407	Camps Julia	*Hürth	0:54:53	1983 W30	10	0:55:17	12:52	14:16	14:13	13:31	7:41 min/km
89	1167	Niederstein Petra	Ergo Sports Köln	0:56:00	1967 W45	7	0:58:40	14:12	13:57	14:06	13:43	7:50 min/km
90	952	Krumbein Alexandra	*Brühl	0:56:16	1984 W30	11	0:57:43	11:41	14:42	14:25	15:26	7:52 min/km
91	839	Keller Prof. Stefanie	Professorsse	0:56:24	1984 W30	12	0:57:13	12:59	14:04	16:52	12:28	7:53 min/km
92	1399	Schmidt Lea	*Pulheim	0:56:34	1999 WU18	2	0:59:46	11:04	11:18	11:40	22:30	7:55 min/km
93	314	Blotzheim Gudrun	*köln	0:56:47	1960 W55	5	0:58:19	13:16	13:57	14:44	14:48	7:57 min/km
94	854	Kietschka Jennifer	*Köln	0:57:26	1989 WHK	28	1:00:10	13:51	13:33	14:34	15:26	8:02 min/km
95	1775	Zimmer Shannon	LT DSHS Köln	0:57:29	2002 WU14	2	0:58:27	11:45	13:46	14:38	17:19	8:02 min/km
96	1770	Zuhmann Michaela	*Köln	0:57:45	1969 W45	8	1:01:13	14:16	14:12	14:48	14:27	8:05 min/km
97	1442	Schramm Vanessa	*Köln	0:57:53	1983 W30	13	0:59:58	12:54	14:08	15:30	15:19	8:06 min/km
98	1084	Menrath Iris	*Köln	1:00:51	1981 W30	14	1:04:21	13:07	13:53	19:38	14:11	8:31 min/km
99	1120	Mrasek Claudia	*Köln	1:00:51	1989 WHK	29	1:04:21	13:08	13:52	19:38	14:11	8:31 min/km
100	1558	Süß-Dahmen Renate	LT Saaler Mühle	1:01:21	1944 W70	1	1:02:35	12:27	12:22	12:51	23:39	8:35 min/km
101	350	Braggion Alessandra	*Köln	1:03:58	1963 W50	15	1:04:53	14:52	15:40	16:10	17:14	8:57 min/km
102	223	Arzani Birgani Ariane	*Bonn	1:05:29	1998 WU18	3	1:07:40	12:19	14:19	13:15	25:35	9:10 min/km
103	1510	Soesters Martina	*Bonn	1:05:32	1961 W50	16	1:07:43	12:19	14:18	13:11	25:42	9:10 min/km
104	208	Al-Maarri Mona	*Köln	1:05:36	1986 WHK	30	1:09:09	12:14	11:26	11:27	30:28	9:11 min/km
105	242	Baitzel Catherina	*Hennef	1:05:38	1985 W30	15	1:09:11	12:14	11:27	11:27	30:30	9:11 min/km
106	1258	Prinzhausen Iris	*Köln	1:07:09	1961 W50	17	1:10:49	12:30	12:10	14:34	27:53	9:24 min/km
107	1463	Schulze Cornelia	*kerpen	1:08:08	1968 W45	9	1:11:24	14:59	16:05	17:15	19:48	9:32 min/km