

# Kölner Frühlingslauf am 20. März 2016 - 10km Funlauf

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1160	Köllmann Daniel	*Köln	0:39:24	1988 MHK	1	0:39:26	12:55 * 13:16 * 13:13	3:56 min/km
2	1579	Wahl Guido	VfW Blau Weiss Köln	0:39:28	1978 M35	1	0:39:32	12:46 * 13:08 * 13:32	3:57 min/km
3	1623	Schöneburg Christian	DB Fernverkehr AG	0:39:44	1982 M30	1	0:39:49	12:46 * 13:09 * 13:48	3:58 min/km
4	1131	Kaiser Thomas	Sebamed Running Team	0:40:02	1989 MHK	2	0:40:04	12:55 * 13:18 * 13:48	4:00 min/km
5	1603	Broichmann Martin	RUNNERS POINT Run	0:40:25	1975 M40	1	0:40:27	12:58 * 13:30 * 13:56	4:03 min/km
6	1241	Marzian Holger	Aachener TG	0:40:25	1972 M40	2	0:40:28	12:47 * 13:21 * 14:17	4:03 min/km
7	1703	Van de Berg Christian	Aachener TG	0:40:26	1986 M30	2	0:40:29	12:43 * 13:24 * 14:19	4:03 min/km
8	1043	Glandien David	The GinNastics	0:41:30	1987 MHK	3	0:41:33	12:54 * 14:07 * 14:28	4:09 min/km
9	1625	Bednorz Thorsten	DB Fernverkehr AG	0:41:50	1987 MHK	4	0:41:55	13:02 * 13:55 * 14:52	4:11 min/km
10	1671	Troudi Khaled		0:42:13	1975 M40	3	0:42:18	13:25 * 14:01 * 14:47	4:13 min/km
11	1245	Matissek Max	BSG Beitragservice	0:42:14	1981 M35	2	0:42:40	13:52 * 13:59 * 14:23	4:13 min/km
12	1166	Kolz Nicolas	*Köln	0:43:23	1988 MHK	5	0:43:28	13:52 * 14:27 * 15:03	4:20 min/km
13	1084	Hellmich Sebastian	*Köln	0:43:26	1984 M30	3	0:44:17	14:10 * 14:21 * 14:54	4:21 min/km
14	1332	Praß Thomas	FC Deutsche Post	0:43:57	1971 M45	1	0:44:19	14:11 * 14:33 * 15:12	4:24 min/km
15	1159	Kockisch Andreas	*Köln	0:44:17	1987 MHK	6	0:44:27	14:02 * 14:50 * 15:23	4:26 min/km
16	1379	Sauer Fabian	*Köln	0:45:06	1992 MHK	7	0:45:41	15:09 * 14:48 * 15:08	4:31 min/km
17	1207	Lehre Tobias	*Köln	0:45:08	1988 MHK	8	0:45:16	14:29 * 15:13 * 15:25	4:31 min/km
18	404	Dinstühler Guido		0:45:14	1983 M30	4	0:45:47	14:48 * 15:00 * 15:25	4:31 min/km
19	1712	Meister Michael		0:45:21	1973 M40	4	0:45:24	14:34 * 15:13 * 15:33	4:32 min/km
20	1396	Schlochtermeyer Dr.	DEcksteiner-Rockets	0:45:31	1970 M45	2	0:46:00	14:36 * 15:05 * 15:49	4:33 min/km
21	1716	Reiner Detlev	SC Colonia 06	0:45:33	1968 M45	3	0:45:44	14:50 * 15:05 * 15:37	4:33 min/km
22	1693	Keldenick Martin	DJK LC Vettweiß	0:45:48	1980 M35	3	0:45:56	14:34 * 15:19 * 15:53	4:35 min/km
23	971	Djamalpour Syrus	*Bergheim	0:45:49	1965 M50	1	0:45:56	14:57 * 15:07 * 15:44	4:35 min/km
24	1617	Loynes Mark John	DB Fernverkehr AG	0:45:59	1970 M45	4	0:46:09	15:24 * 15:02 * 15:32	4:36 min/km
25	1529	Weißenberg Martin	*Köln	0:46:05	1977 M35	4	0:46:25	14:37 * 15:15 * 16:12	4:37 min/km
26	953	Crombach Carsten	*Köln	0:46:12	1977 M35	5	0:46:54	15:22 * 15:09 * 15:40	4:37 min/km
27	1613	Knips Florian	DB Fernverkehr AG	0:46:15	0 MHK	9	0:46:24	15:00 * 15:06 * 16:08	4:38 min/km
28	1486	Thurwach Rüdiger	Elektro Thurwach GmbH	0:46:15	1957 M55	1	0:46:16	15:05 * 15:08 * 16:01	4:38 min/km
29	279	Reichardt Philip	Team IHK	0:46:18	1985 M30	5	0:46:43	14:45 * 16:25 * 15:08	4:38 min/km
30	1358	Robben Frank	*Köln	0:46:20	1969 M45	5	0:47:28	15:22 * 15:04 * 15:53	4:38 min/km
31	1569	Zens Simon	*Lindlar	0:46:32	1984 M30	6	0:46:39	15:17 * 15:28 * 15:46	4:39 min/km
32	1556	Wisplinghoff Dr. Fabian	VINCEROLA	0:46:38	1976 M40	5	0:47:08	15:18 * 15:27 * 15:52	4:40 min/km
33	1528	Weirich Jan	*Wuppertal	0:46:39	1988 MHK	10	0:46:53	16:25 * 14:31 * 15:42	4:40 min/km
34	1291	Nierhoff Marc	TV Rodenkirchen	0:46:40	1975 M40	6	0:47:28	15:43 * 15:22 * 15:34	4:40 min/km
35	945	Casari Usama	BSG Zurich	0:47:00	1976 M40	7	0:48:08	15:26 * 15:36 * 15:58	4:42 min/km
36	1012	Fiori Marvin	kempunkt	0:47:05	1992 MHK	11	0:47:53	15:11 * 15:35 * 16:18	4:43 min/km
37	1706	Beukert Christoph	MC Bon Scotland	0:47:08	1971 M45	6	0:47:30	15:34 * 15:38 * 15:56	4:43 min/km
38	1451	Siegel Florian	TheGinnNastics	0:47:14	1988 MHK	12	0:47:35	15:10 * 15:35 * 16:28	4:43 min/km
39	1197	Langner Ralf	LT Laufmasche	0:47:18	1961 M55	2	0:47:35	15:58 * 15:30 * 15:49	4:44 min/km
40	1627	Schmidt Achim	DB Fernverkehr AG	0:47:20	1965 M50	2	0:47:31	15:30 * 15:46 * 16:03	4:44 min/km
41	1675	Krychowski Ralf	TFG Köln-Nippes	0:47:21	1969 M45	7	0:47:51	15:37 * 15:27 * 16:16	4:44 min/km
42	1236	Marek Waldemar	Für Hürth	0:47:39	1974 M40	8	0:47:56	15:48 * 15:26 * 16:23	4:46 min/km
43	587	Lammerkamp Florian	NORMA	0:47:52	1983 M30	7	0:49:36	15:37 * 15:42 * 16:31	4:47 min/km
44	1403	Schmidt Niels	*Rommerskirchen	0:47:53	1979 M35	6	0:48:06	15:40 * 15:40 * 16:33	4:47 min/km
45	1709	Diewald Dietmar	Lokomotive Impelzoven	0:47:58	1966 M50	3	0:48:32	15:40 * 15:41 * 16:35	4:48 min/km
46	1700	Adernacker Stefan		0:48:00	1972 M40	9	0:48:15	15:46 * 15:50 * 16:23	4:48 min/km
47	877	Becker Reinhard	:anlauf Siegen	0:48:00	1960 M55	3	0:48:04	15:07 * 16:02 * 16:50	4:48 min/km
48	859	Anschütz Ulrich	Diabetes Programm	0:48:03	1976 M40	10	0:50:01	16:02 * 15:47 * 16:13	4:48 min/km
49	1642	Büchel Hans	Lauf Roxy köln	0:48:04	1962 M50	4	0:48:16	14:40 * 15:52 * 17:31	4:48 min/km
50	1612	Sauer Jens	DB Fernverkehr AG	0:48:07	1971 M45	8	0:48:17	15:08 * 15:50 * 17:08	4:49 min/km
51	851	Achten Bernhard	Kölner Narrenzunft	0:48:13	1959 M55	4	0:48:18	15:24 * 15:54 * 16:53	4:49 min/km
52	1512	Walder Lars	kempunkt	0:48:14	1977 M35	7	0:49:00	15:34 * 15:40 * 16:59	4:49 min/km
53	1048	Goitowski Daniel	*Leverkusen	0:48:16	1987 MHK	13	0:48:52	16:15 * 15:50 * 16:10	4:50 min/km

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54	1196	Langhein Leif	*Köln	0:48:21	1976	M40	11	0:48:38	16:07 *	15:44 *	16:29	4:50 min/km
55	1406	Schmidt Tobias	*Köln	0:48:22	1992	MHK	14	0:48:27	15:12 *	16:14 *	16:55	4:50 min/km
56	1679	Nettersheim Wolfgang	LC Euskirchen	0:48:30	1967	M45	9	0:48:36	15:54 *	16:04 *	16:31	4:51 min/km
57	1665	Nowak Andreas		0:48:33	1951	M65	1	0:48:50	15:34 *	15:57 *	17:01	4:51 min/km
58	888	Berndsen Sascha	*Essen	0:48:34	1971	M45	10	0:50:03	16:49 *	15:51 *	15:53	4:51 min/km
59	1188	Kurth Christoph	Run Squad CGN	0:48:41	1986	M30	8	0:49:04	15:53 *	16:04 *	16:43	4:52 min/km
60	1141	Keßeler Stefan	LeseWelten	0:48:45	1978	M35	8	0:49:18	16:27 *	16:05 *	16:13	4:53 min/km
61	1552	Wirsing Andreas	Gothaer	0:48:59	1962	M50	5	0:49:05	16:09 *	15:57 *	16:52	4:54 min/km
62	1239	Martino Maurizio	*Köln	0:49:03	1978	M35	9	0:49:45	16:05 *	16:19 *	16:38	4:54 min/km
63	901	Bolle Michael	*Krefeld	0:49:08	1975	M40	12	0:49:53	15:43 *	16:16 *	17:08	4:55 min/km
64	1589	Rhymus Elmar	SG TÜV Rheinland	0:49:10	1948	M65	2	0:50:03	17:32 *	15:25 *	16:11	4:55 min/km
65	930	Bürgel Norbert	*Köln	0:49:10	1968	M45	11	0:49:48	16:54 *	16:02 *	16:13	4:55 min/km
66	1042	Glahn Fabian	*Köln	0:49:13	1988	MHK	15	0:49:35	16:21 *	16:11 *	16:39	4:55 min/km
67	1069	Hammerstein Dr.	*Köln	0:49:15	1968	M45	12	0:49:23	15:51 *	16:12 *	17:12	4:56 min/km
68	1270	Müller Hans-Peter	*Hürth	0:49:15	1961	M55	5	0:49:44	16:17 *	16:15 *	16:43	4:56 min/km
69	1504	Vogt Franz	*Köln	0:49:20	1970	M45	13	0:50:30	16:14 *	16:12 *	16:52	4:56 min/km
70	1648	Lellek Lars		0:49:24	1989	MHK	16	0:50:18	17:07 *	15:55 *	16:21	4:56 min/km
71	862	Arat Mert	LöLing	0:49:27	1978	M35	10	0:49:36	16:09 *	16:13 *	17:05	4:57 min/km
72	899	Böll Boris	*Köln	0:49:27	1978	M35	11	0:49:44	16:18 *	16:21 *	16:47	4:57 min/km
73	520	Dahmani Karim	Kreissparkasse Köln	0:49:35	1989	MHK	17	0:49:48	16:26 *	15:44 *	17:24	4:58 min/km
74	867	Bach André	GS1 Germany	0:49:37	1981	M35	12	0:50:36	15:50 *	16:15 *	17:31	4:58 min/km
75	866	Auras Michael	LT Laufmaschen	0:49:41	1958	M55	6	0:50:00	16:04 *	16:12 *	17:24	4:58 min/km
76	579	Khalil Abdo Nasan	NORMA	0:49:51	1990	MHK	18	0:51:29	16:06 *	15:51 *	17:54	4:59 min/km
77	1041	Gilles Thomas	*Bonn	0:49:54	1982	M30	9	0:50:18	16:15 *	16:44 *	16:54	4:59 min/km
78	499	Beindorf Daniel	Köln läuft	0:49:56	1982	M30	10	0:50:48	16:19 *	16:38 *	16:58	4:60 min/km
79	1427	Schröder Andreas	*Köln	0:50:02	1970	M45	14	0:50:35	16:11 *	16:42 *	17:08	5:00 min/km
80	1542	Wierk Andreas	*Köln	0:50:12	1967	M45	15	0:50:21	16:32 *	16:24 *	17:15	5:01 min/km
81	490	Warweg Justus	HCA	0:50:19	2006	MU12	1	0:50:47	17:15 *	16:19 *	16:44	5:02 min/km
82	1156	Koban Helge	Happy Running Family	0:50:23	1978	M35	13	0:51:23	17:26 *	15:56 *	17:01	5:02 min/km
83	890	Bienentreu Ralf	*Köln	0:50:29	1967	M45	16	0:51:26	16:36 *	16:30 *	17:22	5:03 min/km
84	1346	Reeff Luc	*Dudelange	0:50:29	1975	M40	13	0:51:09	16:28 *	16:33 *	17:28	5:03 min/km
85	1033	Gesche Thomas	LG MuLi	0:50:30	1966	M50	6	0:51:17	17:26 *	16:25 *	16:39	5:03 min/km
86	874	Bayer Thomas	*Köln	0:50:35	1982	M30	11	0:50:41	16:43 *	16:32 *	17:19	5:04 min/km
87	1600	Dittmann Lars	RUNNERS POINT Run	0:50:37	1970	M45	17	0:51:21	16:35 *	16:37 *	17:24	5:04 min/km
88	1685	Otto Michael		0:50:43	1967	M45	18	0:51:13	16:24 *	16:59 *	17:19	5:04 min/km
89	1656	Gillen Felix		0:50:44	1984	M30	12	0:51:31	16:46 *	16:46 *	17:11	5:04 min/km
90	884	Bergerhausen Henry	Tyrannosaurus quadriceps	0:50:44	1965	M50	7	0:51:16	16:56 *	16:33 *	17:13	5:04 min/km
91	1646	Lange Torsten	Drinkuth-Multipower	0:50:44	1961	M55	7	0:50:46	16:04 *	16:50 *	17:49	5:04 min/km
92	946	Christ Carsten	Glückauf	0:50:46	1967	M45	19	0:50:54	16:02 *	16:50 *	17:53	5:05 min/km
93	1300	Omar Sabry	Pescher Lauffreund	0:50:51	1976	M40	14	0:51:07	17:03 *	16:40 *	17:07	5:05 min/km
94	1060	Grund Dieter	*Monschau	0:50:59	1959	M55	8	0:51:19	16:02 *	16:52 *	18:04	5:06 min/km
95	1279	Narberhaus Bernd	*Köln	0:51:01	1970	M45	20	0:52:11	16:49 *	16:44 *	17:26	5:06 min/km
96	1647	Trümmer Torsten	Drinkuth-Multipower	0:51:02	1962	M50	8	0:51:04	16:26 *	17:07 *	17:28	5:06 min/km
97	1696	Schullert Traugott		0:51:09	1962	M50	9	0:51:16	15:47 *	16:57 *	18:24	5:07 min/km
98	1643	Kitzing Nils	Team Mline	0:51:10	1969	M45	21	0:51:20	16:29 *	17:17 *	17:23	5:07 min/km
99	450	Küven Jürgen	Gothaer	0:51:12	1969	M45	22	0:52:12	16:59 *	16:46 *	17:25	5:07 min/km
100	864	Arnold Karsten	Altes Brauhaus Königsdorf	0:51:23	1970	M45	23	0:51:41	16:32 *	16:56 *	17:53	5:08 min/km
101	1482	Thomas Andre	*Köln-sürth	0:51:23	1985	M30	13	0:51:54	17:01 *	16:22 *	17:59	5:08 min/km
102	1664	Scharlan Matthias		0:51:23	1973	M40	15	0:51:44	16:20 *	17:11 *	17:50	5:08 min/km
103	639	Teplitzky Nikita	Unicepta	0:51:24	1987	MHK	19	0:53:27	18:29 *	16:25 *	16:29	5:08 min/km
104	636	Fischer Sascha	Unicepta	0:51:25	1987	MHK	20	0:53:27	18:30 *	16:25 *	16:29	5:09 min/km
105	1636	Wendler Robin		0:51:26	0	MHK	21	0:52:15	17:05 *	16:54 *	17:25	5:09 min/km
106	1391	Schleicher Tim	*Leipzig	0:51:28	1987	MHK	22	0:52:31	16:48 *	16:46 *	17:53	5:09 min/km
107	1464	Stein Lothar	*Bonn	0:51:31	1957	M55	9	0:51:44	16:30 *	16:32 *	18:27	5:09 min/km
108	1684	Damek Peter		0:51:33	1970	M45	24	0:52:16	17:24 *	16:54 *	17:13	5:09 min/km
109	1697	Wendler Martin	Allrounder Sportshop	0:51:35	1976	M40	16	0:52:24	17:05 *	16:54 *	17:35	5:10 min/km

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110	1362	Roor Eugen	*Köln	0:51:37	1983 M30	14	0:52:07	17:20 *	16:43 *	17:34	5:10 min/km
111	909	Brenneisen Frank	*Hattingen	0:51:43	1978 M35	14	0:53:36	17:13 *	16:45 *	17:44	5:10 min/km
112	1674	Schürmann Henrik		0:51:48	1990 MHK	23	0:52:13	16:56 *	17:22 *	17:29	5:11 min/km
113	1698	Weber Björn		0:51:48	1981 M35	15	0:52:00	17:33 *	16:18 *	17:56	5:11 min/km
114	1688	Hilgert Erik	SV Altenberg 1948	0:51:50	1999 MU18	1	0:52:35	17:45 *	17:17 *	16:47	5:11 min/km
115	1349	Reppmann Reinhard	Aktion Canchanabury MT	0:51:59	1955 M60	1	0:52:32	18:33 *	16:50 *	16:36	5:12 min/km
116	1560	Wülfrath Daniel	*Köln	0:52:03	1977 M35	16	0:53:11	16:24 *	17:06 *	18:32	5:12 min/km
117	1280	Nebel Markus	*Köln	0:52:03	1982 M30	15	0:52:32	18:11 *	16:50 *	17:00	5:12 min/km
118	1707	Steger Peter	RTC Frechen	0:52:06	1982 M30	16	0:52:34	19:26 *	15:46 *	16:52	5:13 min/km
119	979	Dubbelfeld Markus	S.P.A.M.	0:52:13	1979 M35	17	0:54:05	16:46 *	17:25 *	18:01	5:13 min/km
120	1238	Martinez Böhme Marinao	*Köln	0:52:14	1967 M45	25	0:52:31	16:28 *	17:30 *	18:15	5:13 min/km
121	905	Braun Lothar	*Köln	0:52:16	1966 M50	10	0:52:57	18:42 *	16:32 *	17:01	5:14 min/km
122	1441	Secen Silvio	*Leverkusen	0:52:19	1981 M35	18	0:53:08	17:57 *	17:10 *	17:11	5:14 min/km
123	1299	Oestreich Dirk	*Erfstadt	0:52:29	1968 M45	26	0:53:01	16:57 *	17:10 *	18:21	5:15 min/km
124	913	Brings Daniel	BSG KVB	0:52:33	1979 M35	19	0:53:29	17:54 *	17:07 *	17:31	5:15 min/km
125	933	Büscher Thomas	*Köln	0:52:38	1970 M45	27	0:52:57	17:23 *	17:14 *	18:00	5:16 min/km
126	432	Schaack Martin		0:52:41	1962 M50	11	0:52:44	16:41 *	17:22 *	18:36	5:16 min/km
127	1129	Kaiser Andreas	*Köln	0:52:42	1976 M40	17	0:53:51	16:02 *	17:27 *	19:12	5:16 min/km
128	609	Rosin Dimitri	NORMA	0:52:43	1992 MHK	24	0:54:24	17:14 *	17:19 *	18:09	5:16 min/km
129	1655	Rantze Heiko		0:52:45	1975 M40	18	0:53:02	17:32 *	17:27 *	17:45	5:17 min/km
130	1658	Ranke Daniel		0:52:49	1979 M35	20	0:53:10	15:23 *	18:05 *	19:19	5:17 min/km
131	1526	Weidner Bernd	*Weilerswist	0:52:52	1993 MHK	25	0:53:05	18:16 *	17:14 *	17:21	5:17 min/km
132	1272	Müller Peter	*Köln	0:53:00	1979 M35	21	0:54:57	17:33 *	17:35 *	17:51	5:18 min/km
133	1281	Nebel Roland	Borussia	0:53:03	1965 M50	12	0:53:18	17:16 *	17:27 *	18:19	5:18 min/km
134	446	Emmerich Marc	Gothaer	0:53:07	1980 M35	22	0:54:06	17:48 *	17:35 *	17:44	5:19 min/km
135	786	Schneider Christoph	LT DSHS Köln	0:53:14	1977 M35	23	0:53:54	17:23 *	17:39 *	18:11	5:19 min/km
136	896	Bobek Stefan	Pulheim	0:53:16	1965 M50	13	0:53:47	18:38 *	17:35 *	17:02	5:20 min/km
137	1407	Schmiejka Thomas	HEROES CLUB	0:53:24	1979 M35	24	0:53:50	16:43 *	17:47 *	18:53	5:20 min/km
138	1336	Putzier Jens	*Leichlingen	0:53:25	1964 M50	14	0:54:43	18:32 *	17:31 *	17:21	5:21 min/km
139	1007	Faust Andreas	*Köln	0:53:27	1979 M35	25	0:53:50	17:11 *	17:08 *	19:07	5:21 min/km
140	1223	Lowag Daniel	*Leichlingen	0:53:28	1986 M30	17	0:54:44	18:34 *	17:31 *	17:21	5:21 min/km
141	925	Buchholz Gereon	*Köln	0:53:33	1978 M35	26	0:53:44	17:40 *	17:55 *	17:56	5:21 min/km
142	1351	Rhein Stefan	*Köln	0:53:36	1968 M45	28	0:54:33	17:33 *	17:41 *	18:21	5:22 min/km
143	1687	Hilgert Udo		0:53:37	1965 M50	15	0:54:22	18:05 *	17:32 *	18:00	5:22 min/km
144	1193	Lange Adrian	Roadrunner	0:53:38	1975 M40	19	0:54:05	17:22 *	17:39 *	18:36	5:22 min/km
145	1302	Orthmann Philipp	*Hürth	0:53:38	1982 M30	18	0:54:03	17:49 *	17:37 *	18:11	5:22 min/km
146	1452	Siegel Dr. Jörg	Siegel Triathlon Team	0:53:44	1952 M60	2	0:55:09	17:32 *	17:49 *	18:21	5:22 min/km
147	1402	Schmidt Lionel	*Köln	0:53:44	1996 MHK	26	0:54:59	18:52 *	18:03 *	16:48	5:22 min/km
148	1453	Simmons Issac	kernpunkt	0:53:46	1985 M30	19	0:54:32	17:45 *	17:54 *	18:07	5:23 min/km
149	1645	Bennerscheid Nicolas		0:53:51	1992 MHK	27	0:54:57	17:58 *	17:29 *	18:23	5:23 min/km
150	1457	Spill Marco	*Köln	0:53:54	1977 M35	27	0:56:03	17:31 *	17:31 *	18:51	5:23 min/km
151	1705	Menne Oliver	Hennen rennen e.V.	0:53:54	1970 M45	29	0:54:13	17:14 *	17:52 *	18:47	5:23 min/km
152	1622	Tardio Giuseppe	DB Fernverkehr AG	0:53:56	1953 M60	3	0:54:04	16:49 *	18:07 *	18:58	5:24 min/km
153	1371	Rütter Philipp	Für Hürth	0:54:00	1991 MHK	28	0:54:17	16:29 *	17:42 *	19:48	5:24 min/km
154	1295	Nolden Ralf	Altes Brauhaus Königsdorf	0:54:05	1967 M45	30	0:56:36	17:39 *	17:26 *	18:59	5:25 min/km
155	568	Grykalowski Gregor	NORMA	0:54:11	1970 M45	31	0:55:49	17:46 *	17:48 *	18:35	5:25 min/km
156	1547	Willenborg Sebastian	*Köln	0:54:27	1983 M30	20	0:55:15	18:41 *	17:42 *	18:03	5:27 min/km
157	436	Schulz Günther		0:54:27	1952 M60	4	0:55:21	18:24 *	17:38 *	18:24	5:27 min/km
158	865	Auf dem Graben Peter	*Köln	0:54:37	1965 M50	16	0:56:19	18:02 *	17:35 *	18:59	5:28 min/km
159	1487	Törfler William	*Köln	0:54:38	1989 MHK	29	0:54:42	17:27 *	19:16 *	17:54	5:28 min/km
160	509	Harbordt Holger	Köln läuft	0:54:42	1973 M40	20	0:55:55	18:43 *	17:57 *	18:02	5:28 min/km
161	1234	Maras Georgios	Koufalia/Thessaloniki	0:54:49	1956 M60	5	0:54:55	18:23 *	18:13 *	18:12	5:29 min/km
162	572	Hildebrandt Martin	NORMA	0:54:51	1985 M30	21	0:56:19	18:57 *	17:25 *	18:28	5:29 min/km
163	1049	Goitowski Edmund	*Leverkusen	0:54:57	1955 M60	6	0:55:31	18:14 *	18:00 *	18:42	5:30 min/km
164	1401	Schmidt Leonard	*Köln	0:54:57	1994 MHK	30	0:56:12	18:52 *	18:05 *	17:59	5:30 min/km
165	1203	Laurenzen Hermann	*Bergisch Gladbach	0:55:02	1952 M60	7	0:56:20	19:29 *	17:43 *	17:49	5:30 min/km

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166	1355	Rieger Herbert	Campinglauf Sahrtal	0:55:03	1966 M50	17	0:56:13	17:51 *	17:36 *	19:35	5:30 min/km
167	1424	Schorn Stephan	LT Stadtwald-Enten Köln	0:55:04	1965 M50	18	0:55:35	17:53 *	18:04 *	19:06	5:30 min/km
168	1059	Grund Andreas	*Köln	0:55:06	1987 MHK	31	0:55:55	19:07 *	18:17 *	17:40	5:31 min/km
169	1251	Mellage Tim	Lebenshilfe Leverkusen	0:55:09	1971 M45	32	0:57:22	19:23 *	18:21 *	17:24	5:31 min/km
170	1444	Seibert Marcus	*Köln	0:55:11	1964 M50	19	0:56:24	19:13 *	18:20 *	17:37	5:31 min/km
171	987	Eich Jörg	Niederkassel	0:55:16	1964 M50	20	0:56:10	17:56 *	18:49 *	18:31	5:32 min/km
172	1571	Zilligen Patrick	*Köln	0:55:20	1988 MHK	32	0:55:33	17:15 *	18:34 *	19:30	5:32 min/km
173	607	Raigorodski Aleksander	NORMA	0:55:20	1982 M30	22	0:56:58	18:46 *	17:50 *	18:43	5:32 min/km
174	1192	Lang Brandon	Vincerola	0:55:24	2010 MU10	1	0:55:48	18:46 *	17:50 *	18:47	5:32 min/km
175	1507	Von Goscinski Manfred	*Köln	0:55:26	1982 M30	23	0:56:07	18:22 *	17:54 *	19:09	5:33 min/km
176	1467	Ströbelt Reiner	*Pulheim	0:55:27	1962 M50	21	0:56:12	18:59 *	18:11 *	18:15	5:33 min/km
177	1483	Thomas Marcel	*Köln-sürth	0:55:29	1993 MHK	33	0:56:02	19:05 *	17:52 *	18:31	5:33 min/km
178	1044	Gökdemir Gökhan	*Köln	0:55:36	1992 MHK	34	0:55:40	16:17 *	19:25 *	19:52	5:34 min/km
179	1399	Schluse Hartwig H.	*Köln	0:55:38	1957 M55	10	0:57:01	18:37 *	18:07 *	18:53	5:34 min/km
180	1708	Schmieder Markus		0:55:40	1985 M30	24	0:56:28	17:09 *	18:31 *	19:59	5:34 min/km
181	1463	Stein Hans-Jörg	*Köln	0:55:58	1952 M60	8	0:56:10	18:28 *	18:04 *	19:25	5:36 min/km
182	1317	Pickhard Holger	Point One Runners	0:56:02	1964 M50	22	0:57:40	19:14 *	17:56 *	18:51	5:36 min/km
183	410	Gerlach Jürgen		0:56:05	1958 M55	11	0:57:02	19:23 *	18:33 *	18:07	5:37 min/km
184	1105	Hoffsimmer Hubert	Lauffreunde Vlatten-Köln	0:56:09	1964 M50	23	0:58:04	18:45 *	18:27 *	18:56	5:37 min/km
185	1426	Schreiter Thomas	*Essen	0:56:11	1966 M50	24	0:58:20	19:01 *	18:08 *	19:01	5:37 min/km
186	1562	Wurda Werner	Diabetes Programm	0:56:16	1960 M55	12	0:58:33	18:44 *	18:34 *	18:56	5:38 min/km
187	540	Alles Karel	NORMA	0:56:16	1965 M50	25	0:57:53	18:51 *	18:38 *	18:46	5:38 min/km
188	997	Ermer Gerhard	*Hürth	0:56:17	1949 M65	3	0:56:29	18:27 *	18:30 *	19:19	5:38 min/km
189	1055	Gronstedt Andreas	*Köln	0:56:19	1968 M45	33	0:56:49	18:44 *	18:30 *	19:03	5:38 min/km
190	1024	Fuchs Stefan	*Bonn	0:56:21	1978 M35	28	0:58:16	19:03 *	18:29 *	18:47	5:38 min/km
191	1204	Laurenzen Niklas	*Bergisch Gladbach	0:56:24	1997 MU20	1	0:57:42	21:52 *	18:03 *	16:28	5:38 min/km
192	1032	Germann Daniel	*Köln	0:56:29	1980 M35	29	0:58:25	19:37 *	18:12 *	18:39	5:39 min/km
193	431	Rohloff Michael		0:56:29	1976 M40	21	0:58:26	20:16 *	18:48 *	17:24	5:39 min/km
194	445	Meckert Philipp	Express	0:56:34	1972 M40	22	0:58:04	19:10 *	18:35 *	18:49	5:39 min/km
195	900	Bönisch Thomas	st. hubert	0:56:36	1968 M45	34	0:57:13	18:41 *	18:22 *	19:32	5:40 min/km
196	1430	Schulte Tim	*Köln	0:56:38	1995 MHK	35	0:57:18	17:27 *	18:53 *	20:17	5:40 min/km
197	418	Kallrath Andreas		0:56:54	1962 M50	26	0:57:47	18:42 *	18:31 *	19:41	5:41 min/km
198	411	Gipperich Rudolf		0:56:56	1965 M50	27	0:58:54	20:16 *	18:39 *	18:01	5:42 min/km
199	1629	Kamp Stefan		0:56:57	1964 M50	28	0:57:59	19:18 *	18:49 *	18:49	5:42 min/km
200	1503	Vogel Ulrich	*Köln	0:56:58	1980 M35	30	0:58:03	19:09 *	18:36 *	19:12	5:42 min/km
201	1115	Jaeger Frank	*Brühl	0:57:00	1968 M45	35	0:57:41	18:48 *	18:37 *	19:34	5:42 min/km
202	1488	Trenz Stefan	*Köln	0:57:05	1972 M40	23	0:59:17	19:41 *	18:37 *	18:47	5:43 min/km
203	1454	Smolka Christian	*Essen	0:57:10	1977 M35	31	0:57:31	22:03 *	18:29 *	16:37	5:43 min/km
204	1310	Peters Jens	*Bonn	0:57:18	1952 M60	9	0:58:38	17:38 *	18:57 *	20:42	5:44 min/km
205	1681	Krampe Fabian	LG Gummersbach	0:57:18	1987 MHK	36	0:59:18	20:15 *	18:39 *	18:24	5:44 min/km
206	1090	Hermann Udo	*Köln	0:57:19	1967 M45	36	0:58:41	20:16 *	18:49 *	18:13	5:44 min/km
207	1101	Hötgen Pierre	*Köln	0:57:26	1981 M35	32	0:58:24	18:35 *	18:58 *	19:52	5:45 min/km
208	1604	Remus Sven	RUNNERS POINT Run	0:57:26	1976 M40	24	0:58:23	18:35 *	18:58 *	19:53	5:45 min/km
209	425	Männersdörfer Markus		0:57:27	1980 M35	33	0:58:23	18:34 *	18:59 *	19:53	5:45 min/km
210	1256	Metzemacher Marc	Altes Brauhaus Königsdorf	0:57:29	1979 M35	34	0:57:49	17:15 *	19:39 *	20:34	5:45 min/km
211	1586	Pscheidt Martin	SG TÜV Rheinland	0:57:29	1971 M45	37	0:58:15	18:48 *	18:47 *	19:53	5:45 min/km
212	1652	Hermann Frank	*Köln	0:57:43	1982 M30	25	0:58:12	18:17 *	19:33 *	19:52	5:46 min/km
213	1219	Lieser Heiner	*Köln	0:57:44	1961 M55	13	0:58:59	19:27 *	19:00 *	19:16	5:46 min/km
214	1221	Löchner Damien	*Köln	0:57:45	1984 M30	26	0:59:19	21:12 *	19:21 *	17:11	5:47 min/km
215	1148	Kirsten Dieter	BSG KVB	0:57:46	1970 M45	38	0:58:43	19:46 *	18:48 *	19:10	5:47 min/km
216	893	Birkenfeld Dr. Florian	Köln Triathlon e.V.	0:57:50	1975 M40	25	0:59:55	19:37 *	19:41 *	18:32	5:47 min/km
217	1397	Schleißer Christian	Sportshop Triathlon Team	0:57:53	1981 M35	35	0:59:32	19:25 *	19:07 *	19:21	5:47 min/km
218	1651	Padilla Juan		0:57:58	1967 M45	39	0:58:23	18:47 *	19:39 *	19:31	5:48 min/km
219	910	Breuer Andreas	*Hürth	0:58:03	1976 M40	26	0:58:28	17:43 *	19:47 *	20:32	5:48 min/km
220	1570	Ziekow Eike	*Sankt Augustin	0:58:04	1984 M30	27	0:59:13	19:23 *	19:10 *	19:30	5:48 min/km
221	869	Bachus Patrick	*Erfstadt	0:58:10	1980 M35	36	0:58:45	19:24 *	19:22 *	19:24	5:49 min/km

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222	1388	Schiffer Thomas	Lauffreunde BKZ	0:58:14	1968 M45	40	0:59:33	19:53 *	18:54 *	19:26	5:49 min/km
223	1314	Pford Alexander	Lauffreunde BKZ	0:58:14	1965 M50	29	0:59:33	19:55 *	18:52 *	19:26	5:49 min/km
224	1540	Wick Torsten	*Puhlheim	0:58:15	1973 M40	27	0:59:25	18:12 *	19:10 *	20:52	5:50 min/km
225	1499	Völker Christian	*Köln	0:58:18	1975 M40	28	1:00:33	21:11 *	19:24 *	17:43	5:50 min/km
226	1233	Manista Dr. Djordje	*Köln	0:58:18	1974 M40	29	1:00:33	21:11 *	19:24 *	17:42	5:50 min/km
227	1085	Hellrung Christian	*Bergheim	0:58:22	1985 M30	28	1:00:27	19:52 *	19:09 *	19:20	5:50 min/km
228	992	Emigholz Johannes	*Köln	0:58:23	1985 M30	29	0:59:25	22:30 *	18:16 *	17:37	5:50 min/km
229	1246	Matthias Vogel	*Köln	0:58:24	1984 M30	30	0:59:34	18:11 *	19:11 *	21:01	5:50 min/km
230	917	Bröschel Martin	*Köln	0:58:25	1984 M30	31	1:00:08	19:04 *	19:22 *	19:58	5:51 min/km
231	996	Erdenberger Thomas	*Köln	0:58:28	1979 M35	37	1:00:20	19:37 *	20:05 *	18:44	5:51 min/km
232	1490	Ullrich Christian	*Köln	0:58:32	1979 M35	38	1:00:28	22:31 *	17:02 *	18:58	5:51 min/km
233	1418	Schnöger David	*Grafschaft-Lantershofen	0:58:32	1968 M45	41	0:59:24	19:13 *	19:17 *	20:02	5:51 min/km
234	1127	Kaborn Maurice	MTV	0:58:47	1988 MHK	37	0:59:06	19:49 *	20:34 *	18:23	5:53 min/km
235	1583	Dettlaff Markus	Just Fit 20	0:58:49	1967 M45	42	0:59:40	19:04 *	19:09 *	20:36	5:53 min/km
236	1690	Willers Dennis	CSC	0:58:50	1996 MHK	38	1:00:55	21:24 *	19:14 *	18:11	5:53 min/km
237	1093	Herrmann Frank	FFO	0:58:52	1965 M50	30	0:59:19	19:04 *	19:19 *	20:28	5:53 min/km
238	1534	Wetzel Andreas	LeseWelten	0:58:56	1955 M60	10	0:59:36	19:11 *	19:06 *	20:37	5:54 min/km
239	1086	Henn Michael	*Hürth	0:59:03	1963 M50	31	0:59:37	18:28 *	19:43 *	20:51	5:54 min/km
240	1174	Kreiterling Sascha	LG RWE Power	0:59:15	1995 MHK	39	0:59:52	19:02 *	19:11 *	21:01	5:56 min/km
241	1438	Schwert Sascha	LG RWE Power	0:59:16	1987 MHK	40	0:59:52	19:03 *	19:11 *	21:00	5:56 min/km
242	1072	Hartmann Werner	Köln-Porz	0:59:29	1955 M60	11	1:00:05	19:47 *	19:36 *	20:05	5:57 min/km
243	1691	Noack Ian	CSC	0:59:30	1989 MHK	41	1:01:37	21:23 *	19:15 *	18:52	5:57 min/km
244	983	Ebert Stefan	*Leverkusen	0:59:41	1981 M35	39	1:00:31	19:55 *	19:54 *	19:50	5:58 min/km
245	856	Altmann Stefan	*Köln	0:59:56	1974 M40	30	1:00:14	19:55 *	19:45 *	20:15	5:60 min/km
246	1389	Schiffer Tobias	Lauffreunde BKZ	1:00:08	2000 MU18	2	1:01:27	20:09 *	19:38 *	20:19	6:01 min/km
247	1380	Sauer Norbert	*Kerpen	1:00:34	1960 M55	14	1:01:20	19:51 *	20:09 *	20:32	6:03 min/km
248	1009	Federl Sebastian	*Moers	1:00:35	1984 M30	32	1:02:45	24:12 *	16:19 *	20:03	6:04 min/km
249	616	Schumacher Sascha	NORMA	1:00:50	1982 M30	33	1:02:38	20:02 *	20:26 *	20:22	6:05 min/km
250	580	Kirchhoff Martin	NORMA	1:00:57	1970 M45	43	1:02:40	21:42 *	19:42 *	19:32	6:06 min/km
251	531	Gorges Björn	NetCologne	1:00:58	1979 M35	40	1:02:13	19:42 *	20:00 *	21:15	6:06 min/km
252	951	Claus Christoph	*Köln	1:01:03	1988 MHK	42	1:01:53	20:11 *	19:54 *	20:57	6:06 min/km
253	1182	Küchler Uwe	Diabetes Programm	1:01:10	1959 M55	15	1:01:59	19:45 *	20:19 *	21:06	6:07 min/km
254	1701	Eckelkamp Joris		1:01:19	1974 M40	31	1:03:34	20:38 *	19:56 *	20:45	6:08 min/km
255	1505	Voigt Anton	*Köln	1:01:20	1983 M30	34	1:01:58	20:47 *	20:04 *	20:29	6:08 min/km
256	1394	Schlieper Peter	Team LeseWelten	1:01:22	1945 M70	1	1:03:30	20:13 *	19:59 *	21:09	6:08 min/km
257	1393	Schlieper Michael	Team LeseWelten	1:01:23	1968 M45	44	1:03:31	20:14 *	19:59 *	21:10	6:08 min/km
258	1480	Thieme Dieter	TuS Köln rrh.	1:01:26	1964 M50	32	1:01:52	20:14 *	20:12 *	20:59	6:09 min/km
259	1171	Krahmer Constantin	Gachuchos Mex	1:01:27	1986 M30	35	1:02:45	20:21 *	19:56 *	21:09	6:09 min/km
260	1493	Van Dinter Michael	TV Orken	1:01:35	1974 M40	32	1:02:11	20:52 *	21:14 *	19:27	6:10 min/km
261	1692	Ley Berndhard	CSC	1:01:43	1959 M55	16	1:03:50	21:23 *	19:28 *	20:51	6:10 min/km
262	1558	Wolf Tobias	*Hamburg	1:01:45	1986 M30	36	1:03:55	21:01 *	19:51 *	20:53	6:11 min/km
263	453	Pütz Christoph	Gothaer	1:01:54	1983 M30	37	1:02:51	20:49 *	20:48 *	20:16	6:11 min/km
264	454	Raskin Bernhard	Gothaer	1:01:55	1955 M60	12	1:02:55	20:20 *	20:29 *	21:05	6:12 min/km
265	1539	Wicha Gábor	OSE	1:02:01	1978 M35	41	1:03:00	20:40 *	20:35 *	20:45	6:12 min/km
266	1657	Stachelhaus Carsten		1:02:05	1969 M45	45	1:04:12	19:37 *	20:06 *	22:22	6:13 min/km
267	1378	Sanchez Manuel	*Köln	1:02:18	1963 M50	33	1:02:40	19:49 *	20:15 *	22:13	6:14 min/km
268	827	Pollok Paul	Vincerola	1:02:19	1977 M35	42	1:02:49	19:47 *	22:11 *	20:20	6:14 min/km
269	1136	Kegler Tobi	VINCEROLA	1:02:20	1983 M30	38	1:02:49	19:48 *	21:26 *	21:04	6:14 min/km
270	1306	Pahde Thomas	Team PAHDE	1:02:26	1971 M45	46	1:02:54	19:25 *	21:07 *	21:53	6:15 min/km
271	1249	Meijerink Jordi	Team LeseWelten	1:03:12	2007 MU10	2	1:04:28	25:27 *	18:19 *	19:25	6:19 min/km
272	1274	Murkisch Christoph	*Siegburg	1:03:17	1986 M30	39	1:05:19	19:43 *	20:31 *	23:02	6:20 min/km
273	533	Snella Michal	NetCologne	1:03:20	1987 MHK	43	1:05:19	22:19 *	20:24 *	20:36	6:20 min/km
274	629	Wolany Willi	NORMA	1:03:31	1962 M50	34	1:05:14	22:25 *	21:01 *	20:05	6:21 min/km
275	491	Antunovic Ivica	Just Fit	1:03:35	0 MHK	44	1:04:08	21:08 *	21:47 *	20:39	6:22 min/km
276	1313	Petry Markus	*Köln	1:03:36	1982 M30	40	1:04:03	20:53 *	21:11 *	21:31	6:22 min/km
277	1468	Strohacker Carsten	*Köln	1:03:37	1971 M45	47	1:04:58	21:48 *	23:10 *	18:38	6:22 min/km

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278	1669	Strohhäcker Jörg		1:03:37	1975	M40	33	1:04:58	21:49 *	23:10 *	18:38	6:22 min/km
279	943	Caricato Nino	*Rommerskirchen	1:03:42	1986	M30	41	1:03:57	20:07 *	21:23 *	22:10	6:22 min/km
280	1497	Vetter Raimund	Diabetes Programm	1:03:42	1952	M60	13	1:04:57	19:44 *	21:13 *	22:44	6:22 min/km
281	942	Canis Andre	*Köln	1:03:48	1975	M40	34	1:05:58	21:52 *	20:29 *	21:26	6:23 min/km
282	954	Daennart Tobias	*Rommerskirchen	1:04:02	1987	MHK	45	1:04:17	20:08 *	21:23 *	22:30	6:24 min/km
283	1287	Neumann Joschka	*Rommerskirchen	1:04:03	1984	M30	42	1:04:15	20:12 *	21:21 *	22:29	6:24 min/km
284	994	Engel Mike	*Essen	1:04:06	1969	M45	48	1:05:03	21:42 *	19:55 *	22:27	6:25 min/km
285	1372	Rupar Reiner	*Krefeld	1:04:06	1970	M45	49	1:05:22	21:39 *	20:28 *	21:57	6:25 min/km
286	1328	Poiré Michel	*Köln	1:05:03	1988	MHK	46	1:07:06	21:08 *	21:39 *	22:15	6:30 min/km
287	1169	Kraft Sebastian	Team KerryGum	1:05:12	1975	M40	35	1:07:26	21:36 *	22:03 *	21:33	6:31 min/km
288	915	Brod Marcus	Team KerryGum	1:05:13	1974	M40	36	1:07:27	21:36 *	21:15 *	22:21	6:31 min/km
289	470	Breloer David	HCA	1:05:25	2008	MU10	3	1:07:09	22:44 *	22:04 *	20:36	6:33 min/km
290	1650	Kallenberg Albert		1:05:45	1946	M70	2	1:06:10	21:12 *	21:31 *	23:00	6:35 min/km
291	1076	Hefft Alexander	*Köln	1:05:53	1988	MHK	47	1:07:06	21:54 *	21:32 *	22:26	6:35 min/km
292	1411	Schmitz Philipp	*Köln	1:05:53	1993	MHK	48	1:07:07	21:54 *	21:31 *	22:27	6:35 min/km
293	1412	Schmitz Sebastian	*Köln	1:05:53	1988	MHK	49	1:07:07	21:54 *	21:32 *	22:26	6:35 min/km
294	1258	Meutgens Ralf	*Köln	1:05:57	1963	M50	35	1:07:07	20:54 *	22:00 *	23:03	6:36 min/km
295	1263	Mohr Ralph	*Bonn	1:06:22	1966	M50	36	1:07:31	21:44 *	21:55 *	22:42	6:38 min/km
296	588	Leifgen Martin	NORMA	1:07:03	1985	M30	43	1:08:48	21:24 *	21:54 *	23:44	6:42 min/km
297	727	Johann Bernd	*Köln	1:07:07	1967	M45	50	1:07:48	22:46 *	23:32 *	20:47	6:43 min/km
298	1104	Hoffmann Peter	*Köln	1:07:27	1980	M35	43	1:09:18	23:14 *	22:12 *	22:00	6:45 min/km
299	462	Witzgall Andreas	Gothaer	1:07:31	1965	M50	37	1:08:33	22:01 *	22:13 *	23:17	6:45 min/km
300	463	Witzgall Stefan	Gothaer	1:07:32	1965	M50	38	1:08:33	22:01 *	22:13 *	23:17	6:45 min/km
301	1255	Mennicken Hermann	*Frechen	1:07:36	1962	M50	39	1:09:36	22:26 *	20:38 *	24:31	6:46 min/km
302	576	Kater Axel	NORMA	1:07:37	1969	M45	51	1:09:15	22:04 *	22:48 *	22:44	6:46 min/km
303	1546	Willamowski Peter	*Grafschaft	1:08:04	1970	M45	52	1:08:56	22:33 *	22:03 *	23:27	6:48 min/km
304	1025	Funke Benjamin	*Köln	1:08:11	1990	MHK	50	1:08:22	20:58 *	22:38 *	24:34	6:49 min/km
305	1672	Juchen Tobias		1:08:26	1985	M30	44	1:11:22	23:03 *	23:07 *	22:14	6:51 min/km
306	1091	Heros Manfred	*Köln	1:08:32	1968	M45	53	1:10:43	22:55 *	23:00 *	22:36	6:51 min/km
307	1050	Grabowsky Georg	*Köln	1:08:51	1971	M45	54	1:09:49	22:25 *	22:36 *	23:49	6:53 min/km
308	885	Berghoff Reiner	Lauffreunde gnadenlos	1:10:26	1981	M35	44	1:12:26	23:56 *	22:04 *	24:25	7:03 min/km
309	1214	Leppin Jürgen	*Berlin	1:10:40	1950	M65	4	1:12:18	22:47 *	22:58 *	24:54	7:04 min/km
310	934	Burauen Thomas	*Köln	1:10:59	1994	MHK	51	1:12:15	22:31 *	22:32 *	25:56	7:06 min/km
311	1277	Nachsel Achim	Buckelwale	1:12:00	1955	M60	14	1:13:55	22:46 *	23:46 *	25:27	7:12 min/km
312	1506	Von Carlowitz Hans Peter	*Köln	1:12:22	1963	M50	40	1:14:11	23:53 *	23:43 *	24:45	7:14 min/km
313	936	Burgis Prof. Theobald	*Beuel	1:12:41	1956	M60	15	1:13:00	23:20 *	23:51 *	25:28	7:16 min/km
314	935	Burgis Dr. Florian	*Beuel	1:12:41	1988	MHK	52	1:13:01	23:20 *	23:51 *	25:29	7:16 min/km
315	493	Bünzow Thomas	Just Fit	1:12:52	0	MHK	53	1:13:25	21:53 *	25:07 *	25:51	7:17 min/km
316	1213	Lenzen Jürgen	Hobbyläufer	1:13:45	1984	M30	45	1:15:19	23:58 *	24:28 *	25:18	7:23 min/km
317	1026	Gatzke André	Team Lesewelten	1:16:53	1975	M40	37	1:17:06	25:05 *	26:10 *	25:38	7:41 min/km
318	1027	Gatzke Dennis	Team Lesewelten	1:16:55	1981	M35	45	1:17:07	17:33 *	33:02 *	26:19	7:42 min/km
319	857	Altmeppen-Többen	*Köln	1:17:06	1985	M30	46	1:18:25	24:58 *	25:17 *	26:49	7:43 min/km
320	554	Chariskos Dimitros	NORMA	1:28:14	1995	MHK	54	1:28:14	00:00 *	00:00 *	00:00	8:49 min/km
321	548	Bernat Dominik	NORMA	1:28:14	1990	MHK	55	1:28:14	00:00 *	00:00 *	00:00	8:49 min/km
322	552	Bürgers Philipp	NORMA	1:28:15	1988	MHK	56	1:28:15	00:00 *	00:00 *	00:00	8:50 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1163	Königsegg Gabrielle	*Köln	0:43:17	1995 WHK	1	0:43:21	12:27 * 14:05 * 16:44	4:20 min/km
2	1013	Fischer Julia	TriathlonSteckelCologne	0:44:39	1990 WHK	2	0:45:20	15:14 * 14:25 * 14:58	4:28 min/km
3	999	Eschweiler Marion	*Köln	0:45:33	1972 W40	1	0:45:44	14:50 * 15:05 * 15:36	4:33 min/km
4	1630	Lehmann Sarah		0:47:14	1983 W30	1	0:47:16	15:39 * 15:37 * 15:58	4:43 min/km
5	960	Dettmer Christiane	*Köln	0:47:34	1978 W35	1	0:47:54	15:41 * 15:26 * 16:26	4:45 min/km
6	1597	Horn Anita	RUNNERS POINT Run	0:47:52	1982 W30	2	0:48:14	15:34 * 15:58 * 16:19	4:47 min/km
7	1298	Odendahl Heike	*Leverkusen	0:48:30	1987 WHK	3	0:49:25	15:56 * 15:53 * 16:40	4:51 min/km
8	1442	Seeler Julia	*Köln	0:48:31	1989 WHK	4	0:49:25	15:56 * 15:53 * 16:40	4:51 min/km
9	1678	Wagner Sabine	LC Euskirchen	0:48:31	1967 W45	1	0:48:36	15:55 * 16:04 * 16:31	4:51 min/km
10	1694	Domgörgen Evi	DJK LC Vettweiß	0:49:14	1983 W30	3	0:49:23	16:07 * 16:23 * 16:43	4:55 min/km
11	1294	Nolda Isabel	*Düsseldorf	0:49:23	1990 WHK	5	0:49:35	16:30 * 16:09 * 16:42	4:56 min/km
12	1683	Nicaise Charlotte		0:49:29	1982 W30	4	0:49:31	15:24 * 16:33 * 17:30	4:57 min/km
13	911	Breuer Claudia	*Köln	0:49:40	1969 W45	2	0:49:51	16:05 * 16:23 * 17:12	4:58 min/km
14	948	Chrzanowski Nina	*Köln	0:49:51	1980 W35	2	0:50:33	16:22 * 16:26 * 17:02	4:59 min/km
15	1309	Pauling Vivien	*Berlin	0:50:09	1994 WHK	6	0:50:16	16:09 * 16:08 * 17:51	5:01 min/km
16	1565	Zahn Johanna	TriathlonSteckelCologne	0:50:22	1993 WHK	7	0:51:40	18:03 * 16:22 * 15:56	5:02 min/km
17	1034	Gesche Tina	LG MuLi	0:50:31	1973 W40	2	0:51:17	17:26 * 16:25 * 16:39	5:03 min/km
18	428	Ozolina Anna		0:50:37	1994 WHK	8	0:51:06	16:11 * 16:57 * 17:28	5:04 min/km
19	970	Diruf Antonia	*Köln	0:50:45	1983 W30	5	0:51:38	18:10 * 16:29 * 16:05	5:05 min/km
20	1357	Ritz Vettorazzi Cecilia	*Hürth	0:50:51	1995 WHK	9	0:51:20	16:44 * 16:45 * 17:21	5:05 min/km
21	417	Jung Anja		0:51:08	1979 W35	3	0:52:43	16:52 * 16:42 * 17:33	5:07 min/km
22	1559	Wolff Sandra	*Köln	0:51:23	1970 W45	3	0:51:35	16:15 * 17:02 * 18:05	5:08 min/km
23	1173	Kreher Elisa	*Leipzig	0:51:28	1989 WHK	10	0:52:31	16:48 * 16:47 * 17:52	5:09 min/km
24	512	Ockenfels Janine	Köln läuft	0:51:28	1977 W35	4	0:52:15	17:12 * 16:45 * 17:30	5:09 min/km
25	990	Ellmann Vanessa	*Bad Neuenahr	0:51:34	1993 WHK	11	0:52:10	17:09 * 16:34 * 17:51	5:09 min/km
26	1242	Marzian Manu	*Linnich	0:51:36	1971 W45	4	0:51:39	16:53 * 17:03 * 17:38	5:10 min/km
27	1068	Hammerle Anna-Lena	*Köln	0:51:40	1994 WHK	12	0:51:56	17:17 * 16:27 * 17:54	5:10 min/km
28	654	Schäfer Daniela	RUNNERS POINT Run	0:51:54	1977 W35	5	0:52:50	16:21 * 16:54 * 18:37	5:11 min/km
29	876	Becker Marina	*Erfstadt	0:51:58	1985 W30	6	0:52:30	17:30 * 17:11 * 17:15	5:12 min/km
30	1602	Brüning Beate	RUNNERS POINT Run	0:52:01	1955 W60	1	0:52:04	16:43 * 17:18 * 17:58	5:12 min/km
31	1601	Voosen Karin	RUNNERS POINT Run	0:52:03	1958 W55	1	0:52:06	16:43 * 17:18 * 18:01	5:12 min/km
32	1588	Horst Claudia	SG TÜV Rheinland	0:52:05	1965 W50	1	0:52:55	17:30 * 16:55 * 17:39	5:13 min/km
33	1070	Hanfand Ulrike	*Köln	0:52:05	1973 W40	3	0:52:36	18:01 * 17:01 * 17:02	5:13 min/km
34	1518	Wangler Sara	*Köln	0:52:06	1984 W30	7	0:52:22	16:57 * 17:10 * 17:58	5:13 min/km
35	494	Flesch Nadine	Just Fit	0:52:10	0 WHK	13	0:52:42	17:10 * 17:16 * 17:43	5:13 min/km
36	1676	Andres Jeanine		0:52:12	1982 W30	8	0:52:29	16:57 * 17:04 * 18:10	5:13 min/km
37	1202	Laurenzen Hannah	TriathlonStreckelCologne	0:52:20	1992 WHK	14	0:53:38	18:03 * 16:22 * 17:54	5:14 min/km
38	1543	Wiethölter Alina	*Frechen	0:52:22	1995 WHK	15	0:52:41	17:18 * 17:19 * 17:43	5:14 min/km
39	1374	Rupprecht Theresia	*Köln	0:52:26	1982 W30	9	0:53:56	17:10 * 17:08 * 18:06	5:15 min/km
40	1447	Sellmann Nina	*Köln	0:52:28	1987 WHK	16	0:53:25	17:53 * 17:07 * 17:27	5:15 min/km
41	1376	Saller Nina	CfWP	0:52:30	1980 W35	6	0:53:27	17:53 * 17:07 * 17:29	5:15 min/km
42	1599	Mürmann Clara	RUNNERS POINT Run	0:52:38	1991 WHK	17	0:52:41	16:08 * 18:00 * 18:29	5:16 min/km
43	1489	Triebus Jennifer	*Köln	0:52:40	1986 W30	10	0:53:13	17:29 * 17:14 * 17:56	5:16 min/km
44	1031	Gerdes Sabine	MTV Köln	0:52:48	1966 W50	2	0:53:07	17:18 * 17:20 * 18:09	5:17 min/km
45	1267	Mühl Garwina	*Weilerswist	0:52:52	1991 WHK	18	0:53:05	18:16 * 17:14 * 17:21	5:17 min/km
46	906	Bredow Tanja	*Wipperfürth	0:52:57	1972 W40	4	0:53:46	17:19 * 17:20 * 18:17	5:18 min/km
47	881	Bendler Beatrix	*Köln	0:53:12	1982 W30	11	0:53:53	17:26 * 17:28 * 18:17	5:19 min/km
48	1423	Schorn Katharina	LT Stadtwald-Enten Köln	0:53:18	1994 WHK	19	0:53:50	17:34 * 17:38 * 18:06	5:20 min/km
49	873	Bayer Stefanie	*Köln	0:53:20	1985 W30	12	0:53:26	16:55 * 17:56 * 18:28	5:20 min/km
50	1235	Marek Susann	*merenberg	0:53:26	1983 W30	13	0:54:50	17:53 * 17:05 * 18:27	5:21 min/km
51	926	Buchholz Heike	*Köln	0:53:32	1978 W35	7	0:53:44	17:41 * 17:56 * 17:55	5:21 min/km
52	1644	Kemmer Kerstin	Team Mline	0:53:32	1973 W40	5	0:53:42	16:56 * 17:53 * 18:42	5:21 min/km
53	1301	Orthmann Natalie	*Hürth	0:53:38	1984 W30	14	0:54:03	17:49 * 17:38 * 18:10	5:22 min/km

# Kölner Frühlingslauf am 20. März 2016 - 10km Funlauf

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54	1323	Ploog Jennifer	*Köln	0:53:41	1984 W30	15	0:55:42	18:42 *	17:22 *	17:37	5:22 min/km
55	1446	Seliniotakis Nadine Diana	*Köln	0:53:47	1979 W35	8	0:53:50	16:47 *	17:56 *	19:03	5:23 min/km
56	1259	Meyer Katrin	*Köln	0:53:51	1987 WHK	20	0:54:57	17:58 *	17:28 *	18:23	5:23 min/km
57	1058	Groß Tizia	KHTC Blau-Weiß e.V.	0:53:56	2005 WU12	1	0:53:58	15:57 *	17:52 *	20:05	5:24 min/km
58	1363	Roor Yulia	Erdinger Alkoholfrei	0:54:06	1982 W30	16	0:54:33	17:21 *	18:03 *	18:40	5:25 min/km
59	1596	Dorschel Valerie	RUNNERS POINT Run	0:54:10	1983 W30	17	0:54:32	18:04 *	17:59 *	18:05	5:25 min/km
60	1598	Abels Franziska	RUNNERS POINT Run	0:54:10	1988 WHK	21	0:54:32	18:04 *	18:00 *	18:05	5:25 min/km
61	1019	Frey Nina	*Köln	0:54:22	1993 WHK	22	0:55:29	18:56 *	17:59 *	17:26	5:26 min/km
62	1081	Heinemann Wiebke	*Soest	0:54:31	1995 WHK	23	0:54:46	17:59 *	17:59 *	18:32	5:27 min/km
63	904	Braun Corinna	*Köln	0:54:31	1985 W30	18	0:54:37	17:25 *	18:25 *	18:40	5:27 min/km
64	965	Dierickx Sandra	*Köln	0:54:43	1984 W30	19	0:54:49	17:14 *	18:20 *	19:08	5:28 min/km
65	1113	Hotel Kerstin	*Köln	0:54:48	1982 W30	20	0:55:56	18:08 *	17:48 *	18:52	5:29 min/km
66	964	Diepenthal Lina	Vincerola	0:55:04	2009 WU10	1	0:55:29	18:47 *	17:48 *	18:28	5:30 min/km
67	963	Diepenthal Gela	Vincerola	0:55:05	1984 W30	21	0:55:31	18:46 *	17:48 *	18:29	5:31 min/km
68	1347	Reimann Klara	*Köln	0:55:05	1988 WHK	24	0:55:55	19:07 *	18:17 *	17:40	5:31 min/km
69	1535	Wetzel Anna	LeseWelten	0:55:06	2000 WU18	1	0:55:45	17:49 *	18:25 *	18:51	5:31 min/km
70	1073	Hatton Pollyanna	Vincerola	0:55:15	1976 W40	6	0:55:39	18:46 *	17:50 *	18:38	5:32 min/km
71	1061	Grundmann Sigrid	LT Laufmaschen	0:55:18	1965 W50	3	0:55:38	17:43 *	18:14 *	19:20	5:32 min/km
72	950	Clark Diepenthal Carol	Vincerola	0:55:28	1954 W60	2	0:55:53	18:46 *	17:49 *	18:52	5:33 min/km
73	1637	Flammang Rebecca		0:55:31	1997 WU20	1	0:56:57	18:33 *	17:53 *	19:04	5:33 min/km
74	1638	Leisch Laura		0:55:31	1990 WHK	25	0:56:57	18:33 *	17:53 *	19:04	5:33 min/km
75	1514	Wallenfang Janine	*Köln	0:55:37	1982 W30	22	0:57:08	18:17 *	18:17 *	19:02	5:34 min/km
76	1390	Schiweck Ute	Fit-mit-Sven	0:55:43	1969 W45	5	0:56:30	18:07 *	18:18 *	19:18	5:34 min/km
77	1220	Linde Daria	*Köln	0:55:45	1991 WHK	26	0:57:10	18:54 *	18:02 *	18:48	5:35 min/km
78	1521	Weber Andrea	*Köln	0:55:52	1968 W45	6	0:57:05	18:44 *	18:22 *	18:44	5:35 min/km
79	1260	Meyer Stefanie	*Köln	0:55:54	1984 W30	23	0:56:29	17:45 *	18:25 *	19:43	5:35 min/km
80	1209	Lemaire Melanie	FC Deutsche Post	0:55:56	1985 W30	24	0:56:19	17:46 *	18:37 *	19:32	5:36 min/km
81	868	Bachmann Anne	GinNastics	0:55:59	1991 WHK	27	0:58:03	19:12 *	18:32 *	18:13	5:36 min/km
82	1218	Levinskaja Irina	*Köln	0:56:08	1986 W30	25	0:56:31	17:39 *	19:09 *	19:19	5:37 min/km
83	1040	Gilles Anke	*Bonn	0:56:13	1981 W35	9	0:56:37	18:04 *	18:34 *	19:33	5:37 min/km
84	1404	Schmidt Rahel	*Köln	0:56:17	1997 WU20	2	0:57:32	18:50 *	18:32 *	18:54	5:38 min/km
85	858	Andres Karin	*Köln	0:56:33	1990 WHK	28	0:57:25	19:17 *	18:42 *	18:33	5:39 min/km
86	1010	Feldhaus Doris	*Köln	0:56:33	1948 W65	1	0:57:44	18:45 *	18:27 *	19:21	5:39 min/km
87	947	Christ Petra	Glückauf	0:56:36	1976 W40	7	0:56:44	17:46 *	18:57 *	19:52	5:40 min/km
88	976	Dousi Marlies	Vincerola	0:56:37	1977 W35	10	0:57:05	18:35 *	18:33 *	19:29	5:40 min/km
89	1502	Vogel Sabine	*Erfurt	0:56:43	1972 W40	8	0:58:48	18:50 *	18:49 *	19:03	5:40 min/km
90	1184	Kühnert Natalie	*Köln	0:56:44	1987 WHK	29	0:58:50	18:48 *	18:37 *	19:18	5:40 min/km
91	853	Albshausen Mechthild	ALBIS Lauftreff Vogelsang	0:56:45	1967 W45	7	0:56:55	18:31 *	18:44 *	19:29	5:41 min/km
92	1297	Nussmann Michaela	*Köln	0:56:47	1963 W50	4	0:57:56	18:33 *	18:46 *	19:27	5:41 min/km
93	601	Morozova Svetlana	NORMA	0:56:52	1969 W45	8	0:58:29	18:43 *	18:27 *	19:42	5:41 min/km
94	1498	Vinzelberg Julia	*Wesseling	0:56:57	1980 W35	11	0:57:40	18:43 *	18:54 *	19:20	5:42 min/km
95	1077	Hegmanns Dorothee	Original Bootcamp	0:56:59	1983 W30	26	0:57:41	18:09 *	18:49 *	20:00	5:42 min/km
96	1108	Hollstein Julia	*Köln	0:57:04	1989 WHK	30	0:59:15	19:41 *	18:38 *	18:45	5:42 min/km
97	421	Kühnen Maria	Veni Vidi Colonia	0:57:12	1962 W50	5	0:58:05	18:51 *	18:19 *	20:01	5:43 min/km
98	921	Brucherseifer Anke	*Köln	0:57:13	1972 W40	9	0:59:13	19:46 *	18:37 *	18:49	5:43 min/km
99	1714	Horck Petra	Kölle Alarm e.V.	0:57:18	1968 W45	9	0:57:58	18:57 *	18:59 *	19:22	5:44 min/km
100	441	Bellen Sabrina	DKMS	0:57:21	1978 W35	12	0:59:24	20:06 *	18:40 *	18:34	5:44 min/km
101	1341	Radic Natalie	*Köln	0:57:24	1985 W30	27	0:57:56	18:41 *	18:57 *	19:45	5:44 min/km
102	1247	Meier Katharina	*Köln	0:57:26	1984 W30	28	0:58:23	18:34 *	18:59 *	19:52	5:45 min/km
103	1096	Hesse Jasmin	*Köln	0:57:53	1977 W35	13	0:58:17	18:16 *	19:20 *	20:16	5:47 min/km
104	513	Schmitz Britta	Köln läuft	0:57:57	1963 W50	6	0:58:22	18:48 *	19:06 *	20:02	5:48 min/km
105	500	Broichhaus Petra	Köln läuft	0:57:59	1970 W45	10	0:58:22	18:48 *	19:06 *	20:03	5:48 min/km
106	991	Elsner Eva	*Bonn	0:58:01	1980 W35	14	0:58:16	18:24 *	19:18 *	20:17	5:48 min/km
107	1098	Höcker Marion	*Salzkotten	0:58:05	1984 W30	29	0:59:00	18:58 *	18:52 *	20:14	5:49 min/km
108	1437	Schwender Kerstin	*Köln	0:58:06	1966 W50	7	0:58:45	19:11 *	19:06 *	19:47	5:49 min/km
109	1028	Gebhart Jane	*Köln	0:58:06	1984 W30	30	0:59:01	18:58 *	18:52 *	20:16	5:49 min/km



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110	1682	Mattick Corinna	LG Gummersbach	0:58:16	1981 W35	15	1:00:15	20:14 *	18:40 *	19:21	5:50 min/km
111	1099	Höfer Tanja	*Köln	0:58:22	1975 W40	10	1:00:13	19:01 *	19:27 *	19:54	5:50 min/km
112	525	SOHNI Marion	LLG St. Augustin	0:58:26	1970 W45	11	0:59:37	19:18 *	19:09 *	19:57	5:51 min/km
113	1564	Yadav Sharon	*Köln	0:58:30	1976 W40	11	0:59:27	18:35 *	19:28 *	20:26	5:51 min/km
114	962	Dienemann Sandra	*Köln	0:58:31	1984 W30	31	0:59:22	19:57 *	20:04 *	18:29	5:51 min/km
115	1324	Podobinski Stephanie	*Köln	0:58:33	1971 W45	12	0:59:31	19:12 *	19:15 *	20:05	5:51 min/km
116	1420	Schöttler Ann Kathrin	*Köln	0:58:37	1987 WHK	31	0:58:46	18:47 *	19:28 *	20:21	5:52 min/km
117	1689	Ley Katharina		0:58:37	1990 WHK	32	1:00:43	21:23 *	19:15 *	17:59	5:52 min/km
118	1382	Schaper Frederike	*Köln	0:58:43	1974 W40	12	0:59:54	19:47 *	19:18 *	19:37	5:52 min/km
119	1582	Kallrath Petra	Just Fit 20	0:58:48	1965 W50	8	0:59:39	19:04 *	19:09 *	20:35	5:53 min/km
120	1145	Kienle Natalie	*Köln	0:58:48	1978 W35	16	0:59:57	19:23 *	19:18 *	20:06	5:53 min/km
121	1307	Pahde Sierra Clara	Team PAHDE	0:59:00	2004 WU14	1	0:59:28	18:59 *	19:19 *	20:41	5:54 min/km
122	1572	Zimmer-Beukert Sonja	*Bonn	0:59:01	1974 W40	13	1:01:05	21:01 *	18:55 *	19:04	5:54 min/km
123	1087	Henny Ulrike	Gachuchos Mex	0:59:03	1982 W30	32	1:00:20	20:22 *	18:49 *	19:51	5:54 min/km
124	1039	Gijzel Darinde	*Koeln	0:59:05	1988 WHK	33	0:59:57	19:57 *	19:49 *	19:19	5:55 min/km
125	1112	Horton Bridget	*Koeln	0:59:06	1974 W40	14	0:59:35	19:15 *	19:29 *	20:21	5:55 min/km
126	1137	Kelley Lisa	*Junkersdorf	0:59:07	1997 WU20	3	0:59:22	20:06 *	19:11 *	19:49	5:55 min/km
127	1440	Scribe Caroline	*Köln	0:59:09	1984 W30	33	1:00:00	20:10 *	19:50 *	19:07	5:55 min/km
128	1711	Dielmann Ann-Kristin		0:59:17	1987 WHK	34	1:00:08	19:44 *	19:53 *	19:39	5:56 min/km
129	1132	Kammer Carolina	*Pulheim	0:59:20	1998 WU20	4	1:01:25	19:45 *	19:42 *	19:52	5:56 min/km
130	1067	Hage Angelika	*Hürth	0:59:26	1956 W60	3	0:59:53	19:27 *	19:36 *	20:22	5:57 min/km
131	1121	Jenei Katica	OSE	0:59:30	1980 W35	17	1:00:29	20:29 *	19:17 *	19:43	5:57 min/km
132	1103	Hoffmann Britta	Team MumPIZ	0:59:31	1963 W50	9	1:00:08	19:46 *	19:36 *	20:08	5:57 min/km
133	1495	Van Rijswijk Nora	*Köln	0:59:34	1981 W35	18	1:01:25	20:17 *	19:28 *	19:47	5:57 min/km
134	1111	Honay Paula	*Wien	0:59:45	1990 WHK	35	1:01:38	20:19 *	19:07 *	20:18	5:59 min/km
135	855	Altmann Christina	*Köln	0:59:53	1975 W40	15	1:00:14	19:52 *	19:46 *	20:14	5:59 min/km
136	1538	Weyer-Lichy Juliane	*Köln	0:59:57	1983 W30	34	1:02:09	20:00 *	19:34 *	20:22	5:60 min/km
137	1431	Schulze Monika	*Köln	1:00:05	1963 W50	10	1:01:26	20:17 *	19:29 *	20:18	6:01 min/km
138	1520	Wawro Sandra	Wawrockisch	1:00:10	1990 WHK	36	1:00:22	18:29 *	20:11 *	21:29	6:01 min/km
139	1456	Sommer Hannelore	*Köln	1:00:23	1958 W55	2	1:02:21	19:59 *	19:44 *	20:39	6:02 min/km
140	1064	Haaf Miriam	*Köln	1:00:35	1991 WHK	37	1:01:58	18:58 *	19:56 *	21:39	6:04 min/km
141	1632	Goblet Alicia	Temmer	1:00:35	1984 W30	35	1:02:36	24:54 *	17:06 *	18:34	6:04 min/km
142	1248	Meier Sissy	*Erfstadt	1:00:45	1989 WHK	38	1:01:11	20:00 *	19:34 *	21:11	6:05 min/km
143	1035	Gesdorf Julia	*Köln	1:00:49	1980 W35	19	1:02:48	20:01 *	19:43 *	21:04	6:05 min/km
144	1473	Taxhet Martina	*Köln	1:01:00	1969 W45	13	1:03:13	20:00 *	19:56 *	21:03	6:06 min/km
145	929	Bürgel Monika	Team MumPIZ	1:01:05	1968 W45	14	1:01:42	20:03 *	20:14 *	20:47	6:07 min/km
146	1262	Michalowski Renate	Team MumPIZ	1:01:08	1970 W45	15	1:01:43	20:05 *	20:15 *	20:47	6:07 min/km
147	1325	Pöhlmann Mukaddam	*Köln	1:01:20	1974 W40	16	1:01:58	20:47 *	20:04 *	20:28	6:08 min/km
148	1481	Thieme Ursula	TuS Köln rrh.	1:01:26	1964 W50	11	1:01:52	20:14 *	20:13 *	20:59	6:09 min/km
149	1230	Mais-Ramm Lydia	*Kerpen	1:01:35	1965 W50	12	1:02:14	20:03 *	20:20 *	21:10	6:10 min/km
150	1350	Reuter Marie Luise	*Trier	1:01:35	1988 WHK	39	1:03:31	20:19 *	20:16 *	20:58	6:10 min/km
151	1216	Lesch Annika	Uniklinik Bonn- NIPS	1:01:42	1991 WHK	40	1:02:18	19:38 *	20:01 *	22:01	6:10 min/km
152	1038	Gießmann Katharina	*Frechen	1:01:45	1989 WHK	41	1:03:55	21:00 *	19:51 *	20:53	6:11 min/km
153	1206	Lehmann Claudia	SSK Kerpen	1:01:45	1969 W45	16	1:02:25	20:04 *	20:20 *	21:20	6:11 min/km
154	1282	Nettersheim Rosa	*Köln	1:01:48	1951 W65	2	1:03:30	20:24 *	20:26 *	20:57	6:11 min/km
155	1022	Fuchs Caroline	*Bonn	1:01:57	1978 W35	20	1:03:54	20:25 *	20:28 *	21:03	6:12 min/km
155	1167	Kordes Maria	*Köln	1:01:57	1981 W35	20	1:03:54	20:25 *	20:28 *	21:03	6:12 min/km
157	1551	Willwerth Lisa	MTV	1:02:16	1989 WHK	42	1:02:36	19:48 *	20:34 *	21:52	6:14 min/km
158	1123	Joisten Martina	*Koeln	1:02:16	1973 W40	17	1:04:19	21:02 *	19:56 *	21:17	6:14 min/km
159	1286	Neumann Jessica	*Aachen	1:02:19	1981 W35	22	1:04:15	20:14 *	20:29 *	21:34	6:14 min/km
160	1000	Eske Magda	*Bergisch Gladbach	1:02:21	1988 WHK	43	1:03:55	21:27 *	20:18 *	20:36	6:14 min/km
161	408	Esser Annette	Laufenden Nasen	1:02:24	1961 W55	3	1:03:35	21:00 *	20:24 *	20:59	6:14 min/km
162	1283	Neu Kerstin	*Köln	1:02:25	1977 W35	23	1:04:17	20:16 *	20:20 *	21:48	6:15 min/km
163	492	Borgmann Raphaela	Just Fit	1:02:30	0 WHK	44	1:03:02	19:24 *	20:50 *	22:16	6:15 min/km
164	1361	Romanowski Ligia	*Köln	1:02:37	1978 W35	24	1:04:35	22:00 *	20:24 *	20:11	6:16 min/km
165	1422	Schomackers Wencke	*köln	1:02:37	1973 W40	18	1:03:13	19:46 *	20:40 *	22:10	6:16 min/km

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166	1284	Neuerburg Andrea	*Köln	1:02:39	1967 W45	17	1:03:14	19:47 *	20:40 *	22:11	6:16 min/km
167	1119	Janßen Annika	*Köln	1:02:51	1986 W30	36	1:03:29	22:52 *	19:43 *	20:15	6:17 min/km
168	1469	Stubbe Nicole	*Köln	1:03:01	1986 W30	37	1:05:06	20:56 *	20:14 *	21:50	6:18 min/km
169	1186	Kunz Lili	*Köln	1:03:02	1976 W40	19	1:05:06	20:55 *	20:15 *	21:51	6:18 min/km
170	1107	Hollstein Beate	*Köln	1:03:06	1963 W50	13	1:04:22	21:12 *	21:19 *	20:33	6:19 min/km
171	1533	Werner Dr. Nadine	Atemlos durch die Stadt	1:03:18	1984 W30	38	1:05:17	20:18 *	20:54 *	22:04	6:20 min/km
172	1541	Wiens Lara	*Köln	1:03:24	1989 WHK	45	1:04:35	21:00 *	20:47 *	21:36	6:20 min/km
173	1273	Müller Sophie	*Köln	1:03:29	1986 W30	39	1:04:02	20:22 *	20:52 *	22:14	6:21 min/km
174	532	Grau Annina Vanessa	NetCologne	1:03:32	1987 WHK	46	1:05:31	22:20 *	20:24 *	20:47	6:21 min/km
175	1177	Krone Melanie	*Köln	1:03:39	1982 W30	40	1:04:49	22:02 *	20:52 *	20:44	6:22 min/km
176	1425	Erken Temina	*Rommerskirchen	1:03:41	1985 W30	41	1:03:57	20:06 *	21:24 *	22:10	6:22 min/km
177	898	Böhme Hannah	*Rommerskirchen	1:03:46	1996 WHK	47	1:03:59	22:44 *	21:16 *	19:44	6:23 min/km
178	897	Böhm Susanne	*Köln	1:03:55	1971 W45	18	1:04:46	20:56 *	21:00 *	21:58	6:24 min/km
179	1449	Siburg Simona	*Köln	1:04:05	1977 W35	25	1:05:23	21:39 *	20:28 *	21:56	6:25 min/km
180	993	Engel Alexandra	*Köln	1:04:05	1975 W40	20	1:05:22	21:39 *	20:28 *	21:57	6:25 min/km
181	1257	Meurer Caroline	*Rommerskirchen	1:04:05	1985 W30	42	1:04:17	20:12 *	21:22 *	22:30	6:25 min/km
182	1268	Mühl Sabine	*Weilerswist	1:04:15	1964 W50	14	1:04:29	20:51 *	21:11 *	22:12	6:26 min/km
183	1561	Wüstefeld Silke	RunningKäfer	1:04:16	1968 W45	19	1:05:41	22:05 *	21:05 *	21:05	6:26 min/km
184	932	Bürgers Marion	TV Orken	1:04:37	1975 W40	21	1:05:15	20:54 *	21:16 *	22:26	6:28 min/km
185	1215	Leppin Tanja	*kerpen	1:04:38	1983 W30	43	1:06:17	22:47 *	21:54 *	19:56	6:28 min/km
186	1191	Lammers Sabrina	*Hürth	1:04:56	1981 W35	26	1:05:20	21:13 *	21:31 *	22:11	6:30 min/km
187	495	Hisgen Sabrina	Just Fit	1:05:46	0 WHK	48	1:06:18	21:08 *	21:57 *	22:40	6:35 min/km
188	1413	Schmitz Svenja	*Köln	1:05:53	1989 WHK	49	1:07:06	21:54 *	21:32 *	22:26	6:35 min/km
189	1653	Lenz Stephanie		1:05:58	1974 W40	22	1:07:25	21:38 *	21:36 *	22:42	6:36 min/km
190	1205	Layer Brigitte	*Köln	1:06:09	1974 W40	23	1:07:28	22:24 *	22:20 *	21:24	6:37 min/km
191	1611	Druiventak Salina	LT DSHS Köln	1:06:34	2004 WU14	2	1:07:55	21:20 *	22:43 *	22:29	6:39 min/km
192	1316	Pickel Vanessa	*Pulheim	1:06:36	1991 WHK	50	1:07:59	21:52 *	22:11 *	22:32	6:40 min/km
193	635	Aguilar Patricia	Unicepta	1:06:58	1981 W35	27	1:09:01	22:55 *	21:49 *	22:14	6:42 min/km
194	1517	Wandschneider Anne	*Duisburg	1:07:02	1981 W35	28	1:08:58	22:31 *	21:58 *	22:31	6:42 min/km
195	916	Brodersen Doerte	BSG Beitragservice	1:07:10	1962 W50	15	1:08:43	21:28 *	21:49 *	23:53	6:43 min/km
196	1185	Kühnle Ele	*Köln	1:07:11	1963 W50	16	1:08:25	22:30 *	22:21 *	22:19	6:43 min/km
197	1161	Könen Martina	*Bergheim	1:07:12	1966 W50	17	1:08:35	22:24 *	21:43 *	23:04	6:43 min/km
198	1126	Junggeburth Petra	*Bergheim	1:07:12	1966 W50	18	1:08:35	22:25 *	21:43 *	23:04	6:43 min/km
199	1037	Giesen Britta	*Köln	1:07:14	1979 W35	29	1:08:33	22:24 *	22:21 *	22:28	6:43 min/km
200	1568	Zender Christiane	*Köln	1:07:23	1984 W30	44	1:08:18	22:18 *	21:58 *	23:06	6:44 min/km
201	1180	Krutzler Tamara	*Wien	1:07:24	1987 WHK	51	1:09:17	22:08 *	22:15 *	22:59	6:44 min/km
202	1114	Ilsemann Mareike	*Köln	1:07:26	1975 W40	24	1:08:18	21:18 *	22:29 *	23:37	6:45 min/km
203	982	Eberhard Ulla	LeseWelten	1:07:27	1958 W55	4	1:08:07	20:40 *	22:24 *	24:21	6:45 min/km
204	1266	Mory Josephine	*Hetzenhausen	1:07:28	1987 WHK	52	1:09:19	23:15 *	22:12 *	22:01	6:45 min/km
205	1577	Zurkowski Jennifer	*Köln	1:07:36	1992 WHK	53	1:09:45	22:26 *	22:35 *	22:34	6:46 min/km
206	429	Pollauf Sarah		1:07:44	1986 W30	45	1:08:10	21:10 *	22:28 *	24:05	6:46 min/km
207	1370	Ruepp Claudia	*Köln	1:07:52	1989 WHK	54	1:08:55	22:30 *	21:49 *	23:33	6:47 min/km
208	1201	Lauer Ute	*Bergisch Gladbach	1:07:58	1963 W50	19	1:09:15	22:21 *	22:33 *	23:03	6:48 min/km
209	1288	Nicole Zavelberg	*Köln	1:08:11	1992 WHK	55	1:08:22	20:59 *	22:38 *	24:33	6:49 min/km
210	438	Steup Hannah		1:08:26	1990 WHK	56	1:11:22	23:04 *	23:07 *	22:15	6:51 min/km
211	1172	Kreer Britta	*Köln	1:08:28	1986 W30	46	1:10:20	23:28 *	22:40 *	22:20	6:51 min/km
212	1330	Poschmann Katrin	*Köln	1:08:51	1978 W35	30	1:09:49	22:24 *	22:36 *	23:49	6:53 min/km
213	1092	Herrmann Angela	CREATIVO	1:08:56	1973 W40	25	1:10:12	22:59 *	22:16 *	23:39	6:54 min/km
214	637	Heidemann Lena	Unicepta	1:09:10	1983 W30	47	1:11:13	22:55 *	22:36 *	23:39	6:55 min/km
215	1513	Wallenborn Sonja	Nordseekrabben	1:09:33	1964 W50	20	1:10:17	22:47 *	22:44 *	24:01	6:57 min/km
216	1047	Götteng Diana	*Köln	1:09:34	1992 WHK	57	1:10:16	22:19 *	22:28 *	24:46	6:57 min/km
217	1187	Kupsch Sarah	*Köln	1:09:35	1988 WHK	58	1:10:16	22:20 *	22:28 *	24:45	6:58 min/km
218	1224	Lutkewitz Ursula	Veni Vidi Colonia	1:09:36	1953 W60	4	1:10:59	22:48 *	22:55 *	23:52	6:58 min/km
219	1311	Petito Cristina	*Köln	1:09:42	1981 W35	31	1:11:41	24:21 *	22:00 *	23:20	6:58 min/km
220	914	Brockhage Doro	*kaarst	1:09:47	1969 W45	20	1:11:48	23:28 *	22:49 *	23:29	6:59 min/km
221	1333	Prömse Kirsten	*Köln	1:09:47	1971 W45	21	1:11:48	23:29 *	22:49 *	23:29	6:59 min/km

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222	1303	Oudehinkel Hilde	*Köln	1:09:52	1973	W40	26	1:10:55	23:19	*	23:22	*	23:09	6:59 min/km
223	1398	Schlößer Sabrina	Sportshop Triathlon Team	1:10:02	1985	W30	48	1:11:40	22:48	*	22:57	*	24:16	7:00 min/km
224	638	Schreiber Tina	Unicepta	1:10:04	1987	WHK	59	1:10:59	23:17	*	22:59	*	23:46	7:00 min/km
225	1536	Wetzel Neele	LeseWelten	1:10:21	2001	WU16	1	1:11:41	21:38	*	22:35	*	26:07	7:02 min/km
226	1139	Kempener Anna-Christin	Lauffreunde gnadenlos	1:10:24	1983	W30	49	1:12:25	23:02	*	22:57	*	24:23	7:02 min/km
227	1252	Meller Alexandra	S.P.A.M.	1:10:29	1989	WHK	60	1:10:59	22:49	*	22:49	*	24:50	7:03 min/km
228	928	Bürfent Dr. Tanja	Hans-Christian-Anderson	1:10:36	1970	W45	22	1:12:05	25:15	*	25:13	*	20:06	7:04 min/km
229	1100	Höppner Saskia	Vincerola	1:10:36	1976	W40	27	1:11:00	22:02	*	23:04	*	25:30	7:04 min/km
230	1375	Saarni Anna	*Essen	1:10:37	1978	W35	32	1:11:00	22:02	*	23:03	*	25:31	7:04 min/km
231	1179	Kronen Bettina	*Köln	1:11:00	1965	W50	21	1:11:32	24:21	*	23:52	*	22:46	7:06 min/km
232	1428	Schruff Lisa	*Köln	1:11:01	1985	W30	50	1:12:35	24:49	*	23:18	*	22:53	7:06 min/km
233	1515	Wallenfang Rabea	*Köln	1:11:02	1986	W30	51	1:12:35	24:51	*	23:17	*	22:53	7:06 min/km
234	931	Buerger Anne	*Koeln	1:11:14	1969	W45	23	1:12:06	23:32	*	23:29	*	24:12	7:07 min/km
235	981	Duensing Johanne	*Köln	1:11:22	1978	W35	33	1:12:43	23:50	*	23:33	*	23:58	7:08 min/km
236	860	Anzt Sarah	*Köln	1:11:38	1985	W30	52	1:12:54	23:13	*	23:39	*	24:45	7:10 min/km
237	1459	Stahl Teresa	*Düsseldorf	1:12:09	1986	W30	53	1:14:09	23:27	*	24:00	*	24:41	7:13 min/km
238	1154	Knof Pia	*Köln	1:12:09	1985	W30	54	1:14:10	23:27	*	24:00	*	24:41	7:13 min/km
239	522	Krause Carolin	Kreissparkasse Köln	1:12:45	1989	WHK	61	1:13:52	23:26	*	23:39	*	25:39	7:17 min/km
240	523	Müller Lisa	Kreissparkasse Köln	1:12:45	1989	WHK	62	1:13:52	23:26	*	23:39	*	25:39	7:17 min/km
241	1106	Hohn Daniele Maria	*Köln	1:12:59	1978	W35	34	1:13:32	23:24	*	23:48	*	25:47	7:18 min/km
242	878	Becker Romy	*Köln	1:13:00	1982	W30	55	1:13:32	23:24	*	23:48	*	25:47	7:18 min/km
243	952	Comito Claudia	*Köln	1:13:19	1975	W40	28	1:14:49	26:03	*	24:25	*	22:50	7:20 min/km
244	1018	Franzen Insa	*Moormerland	1:13:43	1984	W30	56	1:14:29	23:11	*	23:52	*	26:39	7:22 min/km
245	973	Dörries Helga	Hobbyläufer	1:13:45	1959	W55	5	1:15:19	23:59	*	24:28	*	25:18	7:23 min/km
246	529	Becker Jennifer	NetCologne	1:14:10	1990	WHK	63	1:16:09	24:55	*	23:51	*	25:23	7:25 min/km
247	485	Schlochtermeyer Anna	HCA	1:14:15	2007	WU10	2	1:16:09	23:22	*	25:12	*	25:41	7:26 min/km
248	1395	Schlochtermeyer Anja	HCA	1:14:17	1974	W40	29	1:16:10	23:23	*	25:11	*	25:42	7:26 min/km
249	1584	Priet Svenja	SG TÜV Rheinland	1:15:07	1991	WHK	64	1:16:55	24:35	*	24:49	*	25:43	7:31 min/km
250	1587	Krämer Johanna	SG TÜV Rheinland	1:15:08	1985	W30	57	1:16:56	24:35	*	24:49	*	25:43	7:31 min/km
251	1414	Schneider Anna	Lords of Locomotion	1:15:18	1986	W30	58	1:17:28	24:10	*	24:43	*	26:25	7:32 min/km
252	1415	Schneider Berenike	Lords of Locomotion	1:15:28	1992	WHK	65	1:17:39	24:16	*	24:36	*	26:36	7:33 min/km
253	1308	Parton Liesbert	LeseWelten	1:16:53	1982	W30	59	1:17:06	25:05	*	26:11	*	25:37	7:41 min/km
254	1305	Pagel Stefanie	*Köln	1:17:05	1987	WHK	66	1:18:24	24:58	*	25:18	*	26:48	7:43 min/km
255	882	Berentzen Mareike	*Köln	1:17:05	1986	W30	60	1:18:24	24:58	*	25:18	*	26:48	7:43 min/km
256	980	Dubbelfeld Petra	S.P.A.M.	1:18:21	1981	W35	35	1:18:52	25:16	*	25:41	*	27:23	7:50 min/km
257	887	Berling-Klappstein	VINCEROLA	1:21:56	1968	W45	24	1:21:56	00:00	*	00:00	*	00:00	8:12 min/km
258	606	Plein Tamara	NORMA	1:28:14	1993	WHK	67	1:28:14	00:00	*	00:00	*	00:00	8:49 min/km
259	544	Ankowski Malgorzata	NORMA	1:28:14	1977	W35	36	1:28:14	00:00	*	00:00	*	00:00	8:49 min/km
260	537	Al Ghaddioui Siham	NORMA	1:28:14	1988	WHK	68	1:28:14	00:00	*	00:00	*	00:00	8:49 min/km
261	630	Wolf Claudia	NORMA	1:28:14	1988	WHK	69	1:28:14	00:00	*	00:00	*	00:00	8:49 min/km
262	542	Amos Michelle	NORMA	1:28:15	0	WHK	70	1:28:15	00:00	*	00:00	*	00:00	8:50 min/km
263	551	Bohlscheid Cindy	NORMA	1:28:15	0	WHK	71	1:28:15	00:00	*	00:00	*	00:00	8:50 min/km
264	595	Milden Alexandra	NORMA	1:28:15	1986	W30	61	1:28:15	00:00	*	00:00	*	00:00	8:50 min/km