

Kölner Zoolauf am 8. Juli 2016 - 4 Runden - 7.2km

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1353	Schog Daniel	*Erfstadt	0:30:14	1992	MHK	1	0:32:37	09:45 09:08 08:34 02:47	4:14 min/km
2	1314	Bischof Marc	Sommerbiathlon Lindlar	0:31:19	2001	MU16	1	0:31:21	07:26 07:58 08:03 07:50	4:23 min/km
3	1778	Waderna Udo	No Fun,No Run	0:34:40	1960	M55	1	0:35:37	08:43 08:27 08:41 08:47	4:51 min/km
4	1808	Broetje Michael	m.broetje@t-online.de	0:37:29	1965	M50	1	0:37:59	09:10 09:13 09:43 09:22	5:15 min/km
5	76	Rixen Christoph	*Bonn	0:38:43	1986	M30	1	0:41:21	09:58 09:35 09:35 09:34	5:25 min/km
6	1829	Nolan David	*Koeln	0:38:49	1983	M30	2	0:39:23	09:06 09:05 09:24 11:13	5:26 min/km
7	1693	Scharf Dr. Sven	*Bonn	0:39:53	1978	M35	1	0:42:12	11:24 10:02 09:26 08:58	5:35 min/km
8	800	Baack Rainer	*Troisdorf	0:39:57	1969	M45	1	0:40:09	10:11 09:50 10:06 09:49	5:35 min/km
9	1489	Albers Jon	*Bonn	0:41:03	1976	M40	1	0:42:45	10:37 10:10 10:09 10:06	5:45 min/km
10	1615	Springer Timo	Carglass	0:41:06	1990	MHK	2	0:41:38	10:29 09:59 10:16 10:20	5:45 min/km
11	359	Zepp Maximilian	*Brühl	0:41:32	2004	MU14	1	0:42:07	10:12 09:48 10:06 11:24	5:49 min/km
12	224	Witzgall Stefan	*Köln-Porz-Lind	0:41:32	1965	M50	2	0:42:48	10:21 10:19 10:32 10:18	5:49 min/km
13	219	Witzgall Andreas	andreas@witzgall.info	0:41:34	1965	M50	3	0:42:49	10:22 10:19 10:31 10:20	5:49 min/km
14	653	BruX Thomas	*Cologne	0:41:36	1966	M50	4	0:43:32	11:12 10:16 10:09 09:57	5:49 min/km
15	564	Bender Frank	Yuma	0:41:37	1968	M45	2	0:45:31	10:38 09:31 10:04 11:23	5:49 min/km
16	1802	Oymanns Martin	*Köln	0:41:52	1984	M30	3	0:44:19	10:41 10:27 10:28 10:14	5:51 min/km
17	117	Frenzel Daniel	Faultiere	0:42:35	1982	M30	4	0:44:14	11:06 10:35 10:39 10:13	5:57 min/km
18	1215	Repmann Marcel	*Köln	0:42:41	1993	MHK	3	0:44:49	11:28 10:31 10:17 10:23	5:58 min/km
19	1947	Stein Jörg		0:42:43	1964	M50	5	0:45:18	11:06 10:42 10:41 10:11	5:58 min/km
20	486	Kleine Alexander	*Leichlingen	0:42:43	1968	M45	3	0:45:17	11:05 10:44 10:41 10:11	5:58 min/km
21	205	Donauer Florian	*Köln	0:43:01	1967	M45	4	0:44:50	11:04 10:39 10:44 10:32	6:01 min/km
22	1385	Swietlik Kamil	C&C Runners - Die	0:43:11	1986	M30	5	0:45:28	10:36 10:28 11:39 10:27	6:02 min/km
23	1956	Arens Stefan		0:43:23	1975	M40	2	0:47:07	11:00 10:44 11:14 10:23	6:04 min/km
24	1296	Giesen Thomas	Haarkreativ S. Giesen	0:43:23	1975	M40	3	0:46:17	11:51 11:03 10:21 10:08	6:04 min/km
25	1150	Linden Benjamin	*Köln	0:43:29	2006	MU12	1	0:46:33	11:17 10:14 09:33 12:24	6:05 min/km
26	1152	Zenz Lukas	*Köln	0:43:37	1981	M35	2	0:46:51	10:44 10:31 10:44 11:36	6:06 min/km
27	843	Linden Rolf	Banana13	0:43:38	1970	M45	5	0:47:18	12:08 11:08 10:37 09:45	6:06 min/km
28	1727	Kutschera Thomas	BSG Rheinenergie	0:43:39	1965	M50	6	0:44:34	10:03 12:17 10:48 10:29	6:06 min/km
29	769	Skrzypczyk Jens	*Dormagen	0:43:47	1986	M30	6	0:45:16	11:09 10:43 10:59 10:54	6:07 min/km
30	923	Langner Robert	Wellenläufer	0:45:07	1979	M35	3	0:47:01	11:08 11:03 11:22 11:32	6:19 min/km
31	1395	Qawasmi Ala	*Köln	0:45:31	1982	M30	7	0:46:33	12:05 11:00 11:25 10:59	6:22 min/km
32	1789	Sagewka Stefan	Feuerwehr-Sportverein Köln	0:45:34	1987	MHK	4	0:46:05	11:43 10:26 10:53 12:31	6:22 min/km
33	496	Raskopf Jörg	*Hürth	0:45:43	1970	M45	6	0:45:48	10:51 11:15 11:31 12:03	6:24 min/km
34	936	Stanzel Clemens	Kölsche Roadrunners	0:45:44	1963	M50	7	0:47:47	11:54 10:51 10:42 12:15	6:24 min/km
35	1178	Dingler Andreas	*Köln	0:46:01	1967	M45	7	0:47:32	10:59 11:17 11:45 11:59	6:26 min/km
36	505	Moog Denis	Freizeitgestaltung	0:46:33	1976	M40	4	0:48:06	10:58 11:36 12:01 11:56	6:31 min/km
37	200	Taubner Steven	*Köln	0:46:36	1987	MHK	5	0:47:59	11:57 11:35 11:15 11:48	6:31 min/km
38	1558	Castor Stefan	NetCologne	0:47:25	1988	MHK	6	0:49:25	12:05 12:16 12:31 10:31	6:38 min/km
39	1914	Wellner Jens		0:47:35	1981	M35	4	0:49:39	12:23 11:49 11:45 11:37	6:39 min/km
40	1911	Hemmert Stefan		0:47:41	1988	MHK	7	0:49:45	12:23 11:55 11:39 11:43	6:40 min/km
41	1912	Schöneweitz Dirk		0:47:51	1983	M30	8	0:49:56	12:22 12:00 11:37 11:50	6:42 min/km
42	89	Wirwalski Stephan	Sportteufelchen e.V.	0:48:25	1966	M50	8	0:51:40	12:37 12:29 12:17 11:01	6:46 min/km
43	109	Mann Michael	Bankpower Köln	0:48:53	1986	M30	9	0:51:27	12:24 12:10 12:09 12:08	6:50 min/km
44	1446	Hosemann Uwe	*Köln	0:49:22	1964	M50	9	0:52:12	12:03 12:27 12:28 12:21	6:54 min/km
45	78	Wader Jens	NetCologne	0:49:37	1974	M40	5	0:51:34	12:35 12:19 12:25 12:16	6:56 min/km
46	1370	Savoca Michael	*Köln	0:49:43	1985	M30	10	0:53:04	12:22 12:15 12:25 12:40	6:57 min/km
47	845	Omphalius Gregor	Banana13	0:49:52	1965	M50	10	0:53:29	12:43 12:30 12:25 12:14	6:59 min/km
48	1052	Eich Jörg	BSG-Lülsdorf e.V.	0:50:41	1964	M50	11	0:51:27	12:35 12:51 12:50 12:23	7:05 min/km
49	1051	Lorenz Markus	BSG-Lülsdorf e.V.	0:50:42	1975	M40	6	0:51:28	12:35 12:52 12:49 12:24	7:05 min/km
50	146	Deutsch Thorsten	*Köln	0:51:24	1973	M40	7	0:53:04	12:44 12:03 13:37 12:58	7:11 min/km
51	300	Wöllert Björn	Team Erdinger Alkoholfrei	0:52:03	1978	M35	5	0:52:14	11:37 13:14 14:04 13:06	7:17 min/km
52	1048	Rau Michael	*Köln	0:52:09	1971	M45	8	0:54:22	10:53 10:01 11:08 20:06	7:18 min/km
53	100	Neureiter Frank	Bankpower Köln	0:53:06	1972	M40	8	0:55:37	13:13 13:55 13:09 12:47	7:26 min/km

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54	629	Von Wolff Axel	Fahrradingenieur	0:53:27	1968	M45	9	0:53:51	12:35	13:13	13:56	13:42	7:29 min/km
55	635	Tietze Max Klaus	*Köln	0:54:49	1950	M65	1	0:55:24	12:50	14:50	14:10	12:57	7:40 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1692	Krell Theresia	*Köln	0:39:50	1990 WHK	1	0:42:11	11:23 10:02 09:26 08:58	5:34 min/km
2	1729	Haas Jennifer	*Köln	0:39:51	1986 W30	1	0:42:18	11:57 11:24 12:30 03:59	5:34 min/km
3	617	Forough Aida	*Köln	0:40:11	1988 WHK	2	0:40:18	09:16 10:10 10:45 09:59	5:37 min/km
4	1774	Jürgens Marianne	*Köln	0:40:14	1960 W55	1	0:41:43	09:54 09:57 10:17 10:05	5:38 min/km
5	1696	Bärwolff Katrin	*Köln	0:40:20	1990 WHK	3	0:42:39	11:25 10:02 09:27 09:25	5:39 min/km
6	1867	Schneider Pia	LT DSHS Köln	0:41:15	2001 WU16	1	0:41:59	10:52 10:11 10:19 09:52	5:46 min/km
7	408	Klein Martina	*Weilerswist	0:42:12	1972 W40	1	0:42:32	10:39 10:18 10:26 10:47	5:54 min/km
8	116	Frenzel Dorothee	Faultiere	0:42:41	1984 W30	2	0:44:20	11:07 10:36 10:38 10:19	5:58 min/km
9	675	Köthe Christine	JAMMER NET, LAUF!	0:42:50	1973 W40	2	0:43:36	10:45 10:50 10:46 10:27	5:59 min/km
10	1149	Walter Marlen	*Köln	0:43:30	1978 W35	1	0:46:33	11:17 10:13 09:34 12:24	6:05 min/km
11	679	Karhoff Melissa	*Frechen	0:43:38	1997 WU20	1	0:46:48	11:17 11:03 10:57 10:20	6:06 min/km
12	1620	Wedding Ute	Carglass	0:44:15	1966 W50	1	0:44:39	10:30 10:38 11:19 11:46	6:11 min/km
13	1605	Ricklefs Sonja	Carglass	0:44:15	1969 W45	1	0:44:39	10:30 10:38 11:19 11:46	6:11 min/km
14	650	Blaschke Rebecca	*Frechen	0:44:39	1982 W30	3	0:47:30	11:47 11:06 10:43 11:02	6:15 min/km
15	905	Gruber Sara	Gruber	0:45:06	1980 W35	2	0:48:05	11:09 11:30 11:30 10:56	6:19 min/km
16	290	Hähnel Tanja	*Sankt Augustin	0:45:24	1973 W40	3	0:45:45	11:09 11:04 11:30 11:40	6:21 min/km
17	838	Bauer Ruth	*Bergisch Gladbach	0:45:38	1972 W40	4	0:49:36	10:53 11:06 11:17 12:21	6:23 min/km
18	1507	Ploecks Sara	*Willich	0:45:40	1980 W35	3	0:48:11	11:18 11:01 11:37 11:43	6:23 min/km
19	634	Bausch-Linden Rita	*Köln	0:45:42	1959 W55	2	0:46:08	10:49 11:21 11:50 11:41	6:24 min/km
20	1286	Schmitz Gabi	*Köln	0:45:53	1985 W30	4	0:49:29	11:33 11:31 11:40 11:07	6:25 min/km
21	83	Hupperich Margit	*Grafschaft	0:45:58	1963 W50	2	0:49:16	11:50 11:28 11:22 11:16	6:26 min/km
22	288	Barrios Martina	f.barrios@web.de	0:46:18	1976 W40	5	0:46:39	10:56 11:21 11:47 12:12	6:29 min/km
23	428	Pflüger Imke	*Hürth	0:46:31	1966 W50	3	0:49:22	12:00 11:46 11:41 11:03	6:30 min/km
24	1163	Stawarz Nadine	*Köln	0:46:32	1986 W30	5	0:48:30	12:12 11:58 11:33 10:48	6:30 min/km
25	563	Bender Gaby	Yuma	0:46:33	1969 W45	2	0:50:26	11:41 11:41 11:44 11:25	6:31 min/km
26	1025	Gross Steffi	*Köln	0:46:41	1986 W30	6	0:47:50	11:19 11:31 12:10 11:40	6:32 min/km
27	1438	Küster Stephanie	TV Rodenkirchen Triathlon	0:46:42	1984 W30	7	0:50:02	11:27 11:58 11:47 11:27	6:32 min/km
28	282	Höfinghoff Anna	*Köln	0:47:00	1988 WHK	4	0:50:02	12:09 11:48 11:39 11:22	6:34 min/km
29	318	Schaeven Nadine	*Köln	0:47:01	1977 W35	4	0:50:25	11:28 11:41 11:54 11:57	6:35 min/km
30	1795	Wischnewski Tanja	*Bergheim	0:47:26	1972 W40	6	0:51:08	11:54 11:51 11:57 11:43	6:38 min/km
31	1208	Nachbaur-Sturm	*Eitorf	0:47:27	1964 W50	4	0:48:35	12:01 12:00 12:00 11:23	6:38 min/km
32	1910	Dinu Ioana		0:47:48	1988 WHK	5	0:49:52	12:23 11:55 11:39 11:50	6:41 min/km
33	1035	Daniel Juliane	*Siegburg	0:47:52	1957 W55	3	0:50:05	13:03 12:48 12:27 09:32	6:42 min/km
34	902	Vogl Carolin	*Monheim am Rhein	0:47:58	1990 WHK	6	0:50:12	12:07 11:59 12:27 11:23	6:43 min/km
35	1230	Bommel Franziska	*Köln	0:47:58	1989 WHK	7	0:50:28	12:25 12:23 11:59 11:10	6:43 min/km
36	1114	Schildt Cornelia	*Köln	0:48:04	1980 W35	5	0:48:38	11:07 11:19 13:11 12:25	6:43 min/km
37	267	Dubbel Elke	*Köln	0:48:15	1967 W45	3	0:51:23	11:52 12:03 12:04 12:15	6:45 min/km
38	822	Gessert Susanne	*Köln	0:48:28	1985 W30	8	0:51:40	12:11 12:05 12:08 12:03	6:47 min/km
39	1690	Wipperfürth Loraine	*Köln	0:48:47	1990 WHK	8	0:49:50	12:08 12:04 12:37 11:55	6:49 min/km
40	1659	Gebhardt Isabelle	*Bonn	0:48:47	1991 WHK	9	0:49:50	12:09 12:04 12:37 11:56	6:49 min/km
41	374	Wirth Michaela	*Troisdorf	0:49:02	1980 W35	6	0:52:41	11:47 11:58 12:04 13:11	6:51 min/km
42	371	Wirth Elsbeth	*Troisdorf	0:49:02	1953 W60	1	0:52:40	11:47 11:58 12:04 13:11	6:51 min/km
43	375	Evert Dr. Katja	*Regensburg	0:49:02	1977 W35	7	0:52:40	12:09 12:12 11:54 12:45	6:51 min/km
44	1741	Kirschbaum Sabine	*Kerpen	0:49:16	1985 W30	9	0:52:36	11:38 11:29 11:10 14:56	6:53 min/km
45	1369	Thelen Alexandra	*Köln	0:49:16	1986 W30	10	0:52:37	11:38 11:29 11:10 14:57	6:53 min/km
46	788	Kelm Manuela	*Köln	0:49:37	1971 W45	4	0:51:35	12:35 12:19 12:25 12:17	6:56 min/km
47	1182	Agiannidis Athina	*Köln	0:49:49	1980 W35	8	0:52:22	12:42 12:56 12:07 12:02	6:58 min/km
48	1923	Hähn Sabine		0:49:51	1977 W35	9	0:53:38	12:02 12:34 12:41 12:32	6:58 min/km
49	844	Omphalius Melanie	Banana13	0:49:53	1973 W40	7	0:53:28	12:44 12:29 12:24 12:15	6:59 min/km
50	530	Birska Sylwia	DGUV-Team	0:49:56	1978 W35	10	0:51:38	12:31 12:47 12:32 12:04	6:59 min/km
51	124	Rollmann Susanne	Hahnenberg	0:49:59	1957 W55	4	0:50:41	12:21 11:23 10:40 15:33	6:59 min/km
52	1224	Schulz Anja	Fellstylisten	0:50:08	1970 W45	5	0:53:41	12:11 12:17 13:13 12:26	7:01 min/km
53	1225	Remter Nicole	Fellstylisten	0:50:08	1971 W45	6	0:53:41	12:11 12:17 13:13 12:26	7:01 min/km

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54	1089	Engels Nadine	RIV GmbH	0:50:18	1994 WHK	10	0:52:18	12:47	12:08	12:51	12:31	7:02 min/km
55	262	Klosterhalfen Nadine	Singel Ladies	0:50:57	1983 W30	11	0:52:42	13:12	12:51	12:46	12:07	7:08 min/km
56	1805	Nickel Svenja	Turtles	0:51:22	1978 W35	11	0:54:09	13:06	13:06	13:01	12:07	7:11 min/km
57	52	Schmitz Claudia	*Bergisch Gladbach	0:51:39	1975 W40	8	0:55:38	13:05	13:04	12:53	12:36	7:14 min/km
58	51	Faßbender Anita	*Bergisch Gladbach	0:51:40	1973 W40	9	0:55:39	13:05	13:03	12:53	12:36	7:14 min/km
59	1013	Schneider Kirsten	Runtanplan	0:51:47	1986 W30	12	0:53:23	12:33	12:40	13:26	13:06	7:15 min/km
60	71	Hemming Sarah	*Bergisch Gladbach	0:52:33	1977 W35	12	0:56:33	13:06	13:32	13:09	12:45	7:21 min/km
61	842	Hauschildt Kornelia	*Wiehl	0:53:04	1956 W60	2	0:53:21	12:45	13:19	13:31	13:27	7:25 min/km
62	765	Scheele Selma	Team Trompetenkäfer	0:53:20	1982 W30	13	0:54:55	13:07	13:35	12:43	13:54	7:28 min/km
63	766	Timmermann Brit	Team Trompetenkäfer	0:53:20	1985 W30	14	0:54:55	13:08	13:34	12:43	13:54	7:28 min/km
64	1738	Morch Karin	*Köln	0:53:22	1983 W30	15	0:55:01	14:05	13:35	13:16	12:24	7:28 min/km
65	348	Weinmiller Corinna	*Egelsbach	0:53:22	1975 W40	10	0:55:00	14:05	13:35	13:17	12:24	7:28 min/km
66	630	Metternich Kirsten	Fahrradingenieur	0:53:28	1969 W45	7	0:53:51	12:36	13:12	13:55	13:43	7:29 min/km
67	1077	Beuke Melanie	*Köln	0:53:55	1985 W30	16	0:58:02	12:34	13:08	13:18	14:53	7:32 min/km
68	1022	Müller Jessica	*Merzenich	0:54:08	1979 W35	13	0:54:48	13:10	13:34	14:38	12:45	7:34 min/km
69	1889	Ayertey Helen		0:54:12	1974 W40	11	0:55:15	11:42	13:27	14:31	14:30	7:35 min/km
70	1382	Pass Annette	Just for fun	0:54:12	1982 W30	17	0:56:06	12:37	13:13	13:38	14:42	7:35 min/km
71	1029	Wolber Meike	Wormersdorfer	0:54:25	1979 W35	14	0:56:47	12:15	12:28	13:09	16:31	7:37 min/km
72	726	Zinnemann Paula	Poorzer Hätz	0:54:35	1999 WU18	1	0:56:16	12:59	13:54	13:53	13:48	7:38 min/km
73	927	Siebers Nina	*Köln	0:54:48	1981 W35	15	0:56:20	11:59	12:34	13:29	16:44	7:40 min/km
74	891	Strudthoff Nicole	*Köln	0:55:21	1984 W30	18	0:58:18	12:21	13:16	16:08	13:34	7:45 min/km
75	1767	Ohl Sabrina	*Nümbrecht	0:55:51	1987 WHK	11	0:58:13	12:19	15:13	14:06	14:12	7:49 min/km
76	436	Büsscher Jutta	Sportteufelchen e.V.	0:56:03	1955 W60	3	0:59:20	13:52	14:02	14:16	13:52	7:50 min/km
77	582	Mersch Raphaela	KerryGum	0:56:08	1985 W30	19	0:57:02	11:25	11:38	12:18	20:46	7:51 min/km
78	893	Hagenhoff Anne	KerryGum	0:56:08	1984 W30	20	0:57:02	11:25	11:39	12:18	20:46	7:51 min/km
79	382	Manteufel Jennifer	*Köln	0:56:13	1987 WHK	12	0:59:21	12:38	12:37	16:59	13:57	7:52 min/km
80	884	Rüßmann Anne	*Wuppertal	0:56:13	1989 WHK	13	0:56:37	12:49	13:29	14:58	14:55	7:52 min/km
81	175	Mews Birgit	*Wesseling	0:56:24	1967 W45	8	0:58:58	14:02	14:00	14:02	14:19	7:53 min/km
82	1892	Schaberick-Thaut		0:56:28	1960 W55	5	0:57:27	13:20	14:37	17:37	10:52	7:54 min/km
83	1732	Söntgen Gabriela	*Bergheim	0:56:36	1970 W45	9	1:00:04	12:55	13:58	15:04	14:37	7:55 min/km
84	1330	Oberzier Ilona	*Köln	0:56:54	1954 W60	4	1:00:07	13:57	14:19	14:38	13:59	7:58 min/km
85	1159	Fahrenberger	*Rheinbach	0:57:02	1991 WHK	14	1:01:06	12:27	13:49	15:37	15:07	7:59 min/km
86	958	Kemmerling Anna	*Köln	0:57:52	1984 W30	21	1:01:14	12:31	12:29	13:26	19:25	8:06 min/km
87	1297	Sönlein Karuna	Run Fun	0:58:48	1979 W35	16	0:58:59	13:18	13:53	15:05	16:30	8:13 min/km
88	1298	Scharrenberg-schilirio	Run Fun	0:58:48	1980 W35	17	0:59:00	13:18	13:53	15:05	16:30	8:14 min/km
89	1607	Rutkowski Myriam	Carglass	0:58:57	1972 W40	12	0:59:30	13:28	15:02	16:00	14:27	8:15 min/km
90	1490	Geiermann Susann	*Köln	0:59:23	1989 WHK	15	1:02:24	12:50	14:03	16:08	16:21	8:18 min/km
91	602	Sänger Monika	BSG RheinEnergie	0:59:30	1976 W40	13	1:03:01	14:14	15:06	15:09	14:59	8:19 min/km
92	926	Baatz Viktoria	Kuhberggirls	1:01:01	2006	1	1:03:07	14:14	22:27	12:34	11:45	8:32 min/km
93	921	Fekih ahmed Yasmina	*köln	1:01:16	1968 W45	10	1:02:11	14:26	15:22	15:49	15:37	8:34 min/km
94	1118	Windhausen Julia	Running Friends Bedburg	1:02:58	1993 WHK	16	1:06:41	13:34	13:23	20:01	15:58	8:48 min/km
95	1119	Sarrazin Desiree	Running Friends Bedburg	1:02:59	1993 WHK	17	1:06:42	13:35	13:23	20:01	15:58	8:49 min/km
96	745	Thorn Lisa	mika:timing	1:06:45	1988 WHK	18	1:08:28	14:15	16:07	17:30	18:51	9:20 min/km
97	746	Gambale Samantha	mika:timing	1:06:46	1991 WHK	19	1:08:29	14:16	16:06	17:34	18:48	9:20 min/km
98	1748	Bertelsmeier Franziska	DRH	1:08:31	1981 W35	18	1:11:27	12:13	35:12	11:04	10:01	9:35 min/km
99	1771	Horn Anna	BSG-Lülsdorf e.V.	1:11:34	1998 WU20	2	1:12:21	12:40	12:37	21:58	24:18	10:01