

## 5 km - Gesamtwertung

## 11. Frechener Frühlingslauf - 7. Mai 2017

## Männer

| Platz | Startnr | Name                   | Verein/*Ort                    | Gesamt  | Brutto  | AK-Pl | AK   | Jahr |         |         |
|-------|---------|------------------------|--------------------------------|---------|---------|-------|------|------|---------|---------|
| 1     | 598     | Rinke André            | Bunert - Der Kölner Laufladen  | 0:16:14 | 0:16:15 | 1     | MHK  | 1991 | 0:10:48 | 0:05:25 |
| 2     | 597     | Dahl Simon             | Bunert - Der Kölner Laufladen  | 0:16:15 | 0:16:15 | 1     | M30  | 1987 | 0:10:50 | 0:05:24 |
| 3     | 686     | Tesfu Tesfagebriel     | Bunert - Rhein Berg Runners    | 0:17:18 | 0:17:20 | 2     | M30  | 1987 | 0:11:17 | 0:06:01 |
| 4     | 889     | Müller Christian       | Kölner Ausdauer und Laufschule | 0:17:20 | 0:17:22 | 2     | MHK  | 1992 | 0:11:20 | 0:06:00 |
| 5     | 1165    | El Makrini Hakim       | LT DSHS                        | 0:17:36 | 0:17:38 | 1     | M40  | 1975 | 0:11:34 | 0:06:02 |
| 6     | 687     | Sambale Thomas         | Bunert - Rhein Berg Runners    | 0:18:33 | 0:18:35 | 1     | M50  | 1965 | 0:12:11 | 0:06:21 |
| 7     | 912     | Remming Tom            | LAV Habelrath-Grefrath         | 0:19:11 | 0:19:14 | 1     | MU16 | 2002 | 0:12:57 | 0:06:13 |
| 8     | 1089    | Köllner Niklas         | *Pulheim                       | 0:19:47 | 0:19:48 | 1     | MU20 | 1999 | 0:13:07 | 0:06:39 |
| 9     | 976     | Kessels Robin          | AV Unitas                      | 0:19:47 | 0:19:49 | 2     | M40  | 1977 | 0:13:11 | 0:06:35 |
| 10    | 952     | Hilal Ashraf           | *Frechen                       | 0:20:23 | 0:20:25 | 3     | MHK  | 1996 | 0:13:10 | 0:07:12 |
| 11    | 865     | Buschkamp Marc         | Mach 3 Köln e.V.               | 0:20:39 | 0:20:43 | 3     | M30  | 1986 | 0:13:31 | 0:07:08 |
| 12    | 1132    | Stiller Sebastian      | *Düsseldorf                    | 0:21:08 | 0:21:12 | 4     | M30  | 1983 | 0:14:01 | 0:07:07 |
| 13    | 914     | Litzner Thorsten       | LAV Habelrath-Grefrath         | 0:21:21 | 0:21:27 | 2     | M50  | 1967 | 0:13:47 | 0:07:34 |
| 14    | 216     | Danyildiz Mihail       | Realschule Frechen             | 0:21:33 | 0:21:35 | 1     | MU14 | 2004 | 0:14:31 | 0:07:01 |
| 15    | 990     | Anderson Kennet        | Frechen 20                     | 0:21:43 | 0:21:48 | 2     | MU14 | 2004 | 0:14:29 | 0:07:13 |
| 16    | 664     | Arentz Oliver          | *Köln                          | 0:21:51 | 0:22:00 | 3     | M40  | 1975 | 0:14:26 | 0:07:25 |
| 17    | 984     | Nussbaum Philip        | Frechen 20                     | 0:22:20 | 0:22:26 | 3     | MU14 | 2004 | 0:14:41 | 0:07:39 |
| 18    | 913     | Krott Ole              | LAV Habelrath-Grefrath         | 0:22:20 | 0:22:29 | 4     | MU14 | 2004 | 0:15:03 | 0:07:16 |
| 19    | 217     | Danyildiz Samet        | Realschule Frechen             | 0:22:28 | 0:22:30 | 5     | MU14 | 2004 | 0:15:00 | 0:07:27 |
| 20    | 485     | Saerbeck DR Ulrich     | Praxisteam Dr. Saerbeck MSC    | 0:22:28 | 0:22:36 | 1     | M45  | 1970 | 0:15:01 | 0:07:26 |
| 21    | 834     | Mielke Sebastian       | EDEKA Buchholz                 | 0:22:26 | 0:22:42 | 1     | M35  | 1980 | 0:15:01 | 0:07:24 |
| 22    | 1079    | Sekulla Peter          | GVG-Laufteam                   | 0:22:29 | 0:22:42 | 6     | MU14 | 2004 | 0:15:11 | 0:07:17 |
| 23    | 876     | Görner Sven            | TV Alpenglühn Balkhausen       | 0:22:35 | 0:22:46 | 5     | M30  | 1984 | 0:15:11 | 0:07:23 |
| 24    | 1077    | Sekulla Martin         | GVG-Laufteam                   | 0:22:34 | 0:22:48 | 2     | M35  | 1980 | 0:15:11 | 0:07:23 |
| 24    | 1078    | Sekulla Adam           | GVG-Laufteam                   | 0:22:35 | 0:22:48 | 2     | M35  | 1979 | 0:15:11 | 0:07:23 |
| 26    | 1158    | Brender Lukas          | *Kerpen                        | 0:22:42 | 0:22:49 | 1     | MU18 | 2000 | 0:15:24 | 0:07:17 |
| 27    | 915     | Müller Erich           | LAV Habelrath-Grefrath         | 0:22:42 | 0:22:51 | 1     | M55  | 1958 | 0:15:07 | 0:07:34 |
| 28    | 1125    | Schröder Simon         | TS Frechen                     | 0:22:57 | 0:22:58 | 7     | MU14 | 2004 | 0:14:33 | 0:08:24 |
| 29    | 677     | Heinisch Christoph     | Muschelhengste                 | 0:22:47 | 0:23:02 | 4     | M40  | 1974 | 0:15:21 | 0:07:26 |
| 30    | 1000    | El Makrini Younes      | LT DSHS Köln                   | 0:22:56 | 0:23:05 | 8     | MU14 | 2004 | 0:15:23 | 0:07:33 |
| 31    | 1308    | Deschepper Lars        | Troisdorfer LG                 | 0:23:00 | 0:23:10 | 9     | MU14 | 2005 | 0:15:15 | 0:07:45 |
| 32    | 880     | Heinisch Tobias        | LG Heinisch                    | 0:22:57 | 0:23:11 | 4     | M35  | 1978 | 0:15:17 | 0:07:39 |
| 33    | 950     | Ewert Marc             | Frechen 20                     | 0:23:13 | 0:23:15 | 2     | MU18 | 2000 | 0:15:39 | 0:07:34 |
| 34    | 638     | Plunder Lutz           | Muschelhengste                 | 0:23:18 | 0:23:33 | 5     | M40  | 1975 | 0:15:24 | 0:07:53 |
| 35    | 612     | Ehmann Jochen          | *Erfstadt                      | 0:23:32 | 0:23:39 | 5     | M35  | 1982 | 0:15:26 | 0:08:06 |
| 36    | 1163    | Flock Fynn Dirk        |                                | 0:23:48 | 0:23:55 | 3     | MU18 | 2001 | 0:16:42 | 0:07:06 |
| 37    | 872     | Figge Andreas          | TS Frechen                     | 0:23:21 | 0:23:59 | 2     | M45  | 1970 | 0:15:44 | 0:07:37 |
| 38    | 925     | Pagiaroli Marcel       | Frechen 20                     | 0:23:42 | 0:24:02 | 4     | MU18 | 2001 | 0:14:56 | 0:08:45 |
| 39    | 926     | Pilewski Tom           | Frechen 20                     | 0:23:42 | 0:24:03 | 5     | MU18 | 2001 | 0:14:56 | 0:08:45 |
| 40    | 540     | Schröer Mario          | CJD Berufsbildungswerk         | 0:23:57 | 0:24:04 | 4     | MHK  | 1993 | 0:15:48 | 0:08:08 |
| 41    | 1095    | Mombauer Guido         | Bauhaus                        | 0:23:56 | 0:24:08 | 6     | M40  | 1974 | 0:15:58 | 0:07:58 |
| 42    | 863     | Schwerfel Patrick      | KSK Köln Filiale Frechen       | 0:24:02 | 0:24:10 | 5     | MHK  | 1994 | 0:15:47 | 0:08:14 |
| 43    | 748     | Khounsombath Christian | *Kerpen                        | 0:24:05 | 0:24:11 | 2     | MU20 | 1999 | 0:16:24 | 0:07:40 |
| 44    | 603     | Peters Piet            | piet spiet tiem                | 0:24:06 | 0:24:13 | 1     | M60  | 1956 | 0:15:56 | 0:08:09 |
| 45    | 438     | Rempel Anton           | *Hürth                         | 0:24:18 | 0:24:22 | 10    | MU14 | 2005 | 0:16:07 | 0:08:11 |
| 46    | 629     | Fahnert Matthias       | *Hürth                         | 0:24:18 | 0:24:24 | 6     | M35  | 1979 | 0:16:06 | 0:08:12 |
| 47    | 406     | Wirtz Stefan           | KSK Köln - Firmenkunden Ville  | 0:24:16 | 0:24:26 | 7     | M40  | 1976 | 0:16:10 | 0:08:05 |
| 48    | 1010    | Weiß Torsten           | Just Fit 03                    | 0:24:03 | 0:24:28 | 7     | M35  | 1981 | 0:16:08 | 0:07:54 |
| 49    | 219     | Hanzouli Nassim        | Realschule Frechen             | 0:24:33 | 0:24:35 | 11    | MU14 | 2004 | 0:15:00 | 0:09:33 |
| 50    | 681     | Gottschalk Andre       | VFB Stuttgart                  | 0:24:25 | 0:24:37 | 3     | M50  | 1963 | 0:16:33 | 0:07:51 |
| 51    | 971     | Porschen Michael       | P&G Running Team               | 0:24:22 | 0:24:38 | 3     | M45  | 1971 | 0:16:03 | 0:08:19 |
| 52    | 1294    | Breidbach Fynn         |                                | 0:24:27 | 0:24:39 | 2     | MU16 | 2002 | 0:16:10 | 0:08:17 |
| 53    | 610     | Yahchouchi James       | *Bergheim                      | 0:24:46 | 0:24:57 | 8     | M35  | 1979 | 0:16:21 | 0:08:24 |
| 54    | 212     | Schiffer Matthias      | Realschule Frechen             | 0:24:36 | 0:25:00 | 12    | MU14 | 2005 | 0:16:14 | 0:08:21 |
| 55    | 987     | Isidoro Tiago          | Frechen 20                     | 0:24:58 | 0:25:03 | 13    | MU14 | 2004 | 0:15:52 | 0:09:05 |
| 56    | 877     | Hundertmark Sarah      | TV Alpenglühn Balkhausen       | 0:24:53 | 0:25:04 | 3     | MU20 | 1998 | 0:16:27 | 0:08:25 |
| 57    | 407     | Völkel Florian         | KSK Köln - Firmenkunden Ville  | 0:24:54 | 0:25:04 | 9     | M35  | 1981 | 0:16:32 | 0:08:22 |
| 58    | 672     | Steffens Daniel        | *Kerpen                        | 0:24:58 | 0:25:05 | 6     | MU18 | 2000 | 0:16:38 | 0:08:20 |
| 59    | 1306    | Krause Jürgen          | erst Getränke-service          | 0:25:05 | 0:25:10 | 2     | M60  | 1957 | 0:16:30 | 0:08:35 |
| 60    | 215     | Hanzouli Amin          | Realschule Frechen             | 0:25:11 | 0:25:12 | 14    | MU14 | 2004 | 0:16:01 | 0:09:09 |
| 61    | 214     | Schauf Sven            | Realschule Frechen             | 0:24:50 | 0:25:14 | 15    | MU14 | 2004 | 0:16:14 | 0:08:35 |
| 62    | 996     | Detert Luca            | Frechen 20                     | 0:24:53 | 0:25:16 | 3     | MU16 | 2002 | 0:18:03 | 0:06:49 |

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## 11. Frechener Frühlingslauf - 7. Mai 2017

## Männer

| Platz | Startnr | Name                        | Verein*/Ort                | Gesamt  | Brutto  | AK-Pl | AK   | Jahr |         |         |
|-------|---------|-----------------------------|----------------------------|---------|---------|-------|------|------|---------|---------|
| 63    | 848     | Abdelaal Yaser              | Burgschule Frechen         | 0:25:16 | 0:25:23 | 16    | MU14 | 2005 | 0:15:51 | 0:09:25 |
| 64    | 844     | Gamgami Nassim              | Burgschule Frechen         | 0:25:17 | 0:25:24 | 1     | MU12 | 2006 | 0:15:52 | 0:09:25 |
| 65    | 784     | Wegner T.                   | Bauhaus                    | 0:25:15 | 0:25:24 | 8     | M40  | 1974 | 0:16:55 | 0:08:19 |
| 66    | 867     | Koytek Ben                  | *Frechen                   | 0:25:10 | 0:25:26 | 4     | MU16 | 2002 | 0:15:49 | 0:09:20 |
| 67    | 953     | Althoff Björn               | LAV Habelrath-Grefrath     | 0:25:23 | 0:25:27 | 10    | M35  | 1978 | 0:16:23 | 0:08:59 |
| 68    | 868     | Koytek Till                 | *Frechen                   | 0:25:12 | 0:25:27 | 5     | MU16 | 2002 | 0:15:45 | 0:09:26 |
| 69    | 668     | Pyde Bernd                  | Muschelhengste             | 0:25:13 | 0:25:28 | 9     | M40  | 1975 | 0:16:28 | 0:08:44 |
| 70    | 900     | Schiffer Marco              | LC Jugend 07 Bergheim e.V. | 0:25:01 | 0:25:29 | 6     | MHK  | 1989 | 0:16:52 | 0:08:08 |
| 71    | 899     | Schiffer Marcel             | LC Jugend 07 Bergheim e.V. | 0:25:01 | 0:25:29 | 6     | M30  | 1983 | 0:16:51 | 0:08:09 |
| 72    | 1299    | Tews Karl-Heinz             |                            | 0:25:41 | 0:25:41 | 1     | M65  | 1950 | 0:17:03 | 0:08:38 |
| 73    | 1081    | Spölgén Joachim             | GVG-Laufteam               | 0:25:29 | 0:25:42 | 3     | M60  | 1954 | 0:16:54 | 0:08:34 |
| 74    | 711     | Radtké Robert               | Bauhaus                    | 0:25:00 | 0:25:48 | 7     | MHK  | 1988 | 0:16:51 | 0:08:08 |
| 75    | 529     | Faust Fabian                | *Bedburg                   | 0:25:39 | 0:25:48 | 8     | MHK  | 1997 | 0:17:21 | 0:08:18 |
| 76    | 763     | Steppat Marian              | Bauhaus                    | 0:25:42 | 0:25:50 | 9     | MHK  | 1988 | 0:16:38 | 0:09:04 |
| 77    | 428     | Heider Christoph            | AOK-Laufteam               | 0:25:11 | 0:25:51 | 7     | M30  | 1987 | 0:17:01 | 0:08:10 |
| 78    | 1143    | Chantre Ulrich              | *Köln                      | 0:25:30 | 0:25:53 | 11    | M35  | 1980 | 0:17:09 | 0:08:21 |
| 79    | 923     | Habicht Gerd                | LAV Habelrath-Grefrath     | 0:25:49 | 0:25:59 | 4     | M50  | 1963 | 0:16:52 | 0:08:57 |
| 80    | 924     | Meul Marcel                 | Frechen 20                 | 0:25:59 | 0:26:02 | 7     | MU18 | 2001 | 0:16:50 | 0:09:08 |
| 81    | 719     | Kuhl Markus                 | Bauhaus                    | 0:25:17 | 0:26:04 | 8     | M30  | 1984 | 0:16:56 | 0:08:21 |
| 82    | 878     | Schmitz Manfred             | Team Schmitz               | 0:25:49 | 0:26:05 | 2     | M65  | 1950 | 0:17:17 | 0:08:31 |
| 83    | 644     | Krings Peter                | *Frechen                   | 0:25:50 | 0:26:07 | 4     | M45  | 1968 | 0:17:00 | 0:08:49 |
| 84    | 1063    | Nitsch Ralf                 | GVG-Laufteam               | 0:26:04 | 0:26:12 | 2     | M55  | 1962 | 0:17:26 | 0:08:38 |
| 85    | 1038    | Fiedler Stefan              | GVG-Laufteam               | 0:26:10 | 0:26:13 | 3     | M55  | 1958 | 0:17:12 | 0:08:57 |
| 86    | 1070    | Reinartz Michael            | GVG-Laufteam               | 0:26:20 | 0:26:39 | 10    | M40  | 1977 | 0:17:06 | 0:09:13 |
| 87    | 389     | Oberzier Simon              | *Frechen                   | 0:26:33 | 0:26:39 | 17    | MU14 | 2004 | 0:17:31 | 0:09:02 |
| 88    | 528     | Faust Paul                  | *Bedburg                   | 0:26:34 | 0:26:44 | 5     | M50  | 1964 | 0:17:57 | 0:08:37 |
| 89    | 920     | Benke Günter                | LAV Habelrath-Grefrath     | 0:26:44 | 0:26:54 | 4     | M60  | 1956 | 0:17:37 | 0:09:07 |
| 90    | 1028    | Coste Timm                  | GVG-Laufteam               | 0:26:21 | 0:26:56 | 5     | M45  | 1970 | 0:17:42 | 0:08:39 |
| 91    | 919     | Köhler Oliver               | LAV Habelrath-Grefrath     | 0:26:40 | 0:26:57 | 6     | M45  | 1969 | 0:17:44 | 0:08:56 |
| 92    | 995     | Grußmann Luca               | Frechen 20                 | 0:26:45 | 0:27:08 | 6     | MU16 | 2003 | 0:18:03 | 0:08:41 |
| 93    | 994     | Lode Luca                   | Frechen 20                 | 0:26:45 | 0:27:08 | 7     | MU16 | 2003 | 0:18:03 | 0:08:41 |
| 94    | 871     | Wirtz Constantin            | TS Frechen                 | 0:26:31 | 0:27:09 | 4     | M55  | 1960 | 0:17:33 | 0:08:58 |
| 95    | 806     | Burdinski Sinan             | TS Frechen                 | 0:27:04 | 0:27:23 | 8     | MU16 | 2002 | 0:17:54 | 0:09:10 |
| 96    | 993     | Sykes Calum                 | Frechen 20                 | 0:27:19 | 0:27:24 | 9     | MU16 | 2003 | 0:17:56 | 0:09:23 |
| 97    | 962     | Karzoum Abdelkarim          | *Frechen                   | 0:27:27 | 0:27:28 | 10    | MHK  | 1992 | 0:17:10 | 0:10:16 |
| 98    | 1001    | El Makrini Ismail           | LT DSHS Köln               | 0:27:20 | 0:27:29 | 2     | MU12 | 2007 | 0:18:16 | 0:09:03 |
| 99    | 1145    | Baumann Eike                | Köln Lläuft                | 0:27:01 | 0:27:31 | 12    | M35  | 1978 | 0:17:46 | 0:09:15 |
| 100   | 1140    | Rautenberg Ingo             | *Frechen                   | 0:27:22 | 0:27:33 | 7     | M45  | 1971 | 0:18:00 | 0:09:21 |
| 101   | 980     | Rueß Fiete                  | *Frechen                   | 0:27:26 | 0:27:35 | 1     | MU10 | 2008 | 0:18:32 | 0:08:53 |
| 102   | 575     | Becker Frank                | *Frechen                   | 0:27:14 | 0:27:35 | 13    | M35  | 1982 | 0:17:43 | 0:09:31 |
| 102   | 999     | Suleiman Alawi              | *Frechen                   | 0:27:34 | 0:27:35 | 11    | MHK  | 1996 | 0:17:28 | 0:10:05 |
| 104   | 979     | Rueß DR Daniel              | *Frechen                   | 0:27:27 | 0:27:36 | 11    | M40  | 1975 | 0:18:32 | 0:08:54 |
| 105   | 1008    | Eicler David                | Just Fit 03                | 0:27:19 | 0:27:37 | 9     | M30  | 1983 | 0:17:42 | 0:09:37 |
| 106   | 522     | Schulte-Werflinghoff Daniel | AOK-Laufteam               | 0:27:24 | 0:27:44 | 12    | MHK  | 1990 | 0:17:55 | 0:09:28 |
| 107   | 921     | Steffens Peter              | LAV Habelrath-Grefrath     | 0:27:28 | 0:27:44 | 1     | M70  | 1944 | 0:18:24 | 0:09:03 |
| 108   | 413     | Nagel Hermann- Josef        | Frau                       | 0:27:19 | 0:27:48 | 3     | M65  | 1949 | 0:18:01 | 0:09:17 |
| 109   | 462     | Sicora Jörg                 | *Pulheim                   | 0:27:52 | 0:28:00 | 5     | M55  | 1962 | 0:18:10 | 0:09:41 |
| 110   | 378     | Von Döhren Burkhard         | privat                     | 0:27:42 | 0:28:02 | 5     | M60  | 1956 | 0:18:21 | 0:09:20 |
| 111   | 938     | Stephan Fietz               | *Frechen                   | 0:27:32 | 0:28:08 | 6     | M50  | 1963 | 0:18:21 | 0:09:10 |
| 112   | 1032    | Donat Michael               | GVG-Laufteam               | 0:27:59 | 0:28:19 | 7     | M50  | 1965 | 0:18:20 | 0:09:38 |
| 113   | 983     | Nagel Liam                  | Frechen 20                 | 0:28:14 | 0:28:20 | 18    | MU14 | 2004 | 0:18:22 | 0:09:52 |
| 114   | 991     | Steffens Ramon              | Frechen 20                 | 0:28:15 | 0:28:21 | 19    | MU14 | 2004 | 0:18:11 | 0:10:04 |
| 115   | 955     | Lipinski Nico               | *Frechen                   | 0:28:19 | 0:28:21 | 10    | MU16 | 2003 | 0:17:46 | 0:10:33 |
| 116   | 206     | Termado Leo                 | Realschule Frechen         | 0:28:05 | 0:28:29 | 20    | MU14 | 2005 | 0:18:32 | 0:09:32 |
| 117   | 989     | El Khattouti Nabil          | Frechen 20                 | 0:28:25 | 0:28:30 | 21    | MU14 | 2004 | 0:18:08 | 0:10:16 |
| 118   | 1297    | Padberg Reinulf             | CVJM Frechen               | 0:27:58 | 0:28:35 | 8     | M50  | 1964 | 0:18:40 | 0:09:18 |
| 119   | 509     | Lommersum Sebastian         | Früh Sport Team            | 0:27:37 | 0:28:38 | 14    | M35  | 1982 | 0:18:57 | 0:08:40 |
| 120   | 722     | Simons Alessandro           | Bauhaus                    | 0:27:55 | 0:28:42 | 13    | MHK  | 1994 | 0:19:18 | 0:08:37 |
| 121   | 727     | Tiemann Sebastian           | Bauhaus                    | 0:27:55 | 0:28:45 | 10    | M30  | 1985 | 0:18:14 | 0:09:41 |
| 122   | 1138    | Maass Yannick               | TuS Schildgen              | 0:28:21 | 0:28:49 | 22    | MU14 | 2004 | 0:18:39 | 0:09:41 |
| 123   | 691     | Wahl Stephan                | *Frechen                   | 0:28:20 | 0:28:49 | 15    | M35  | 1979 | 0:19:00 | 0:09:19 |
| 124   | 745     | Flieher Marko               | Bauhaus                    | 0:28:05 | 0:28:55 | 16    | M35  | 1978 | 0:19:15 | 0:08:50 |

## 5 km - Gesamtwertung

## 11. Frechener Frühlingslauf - 7. Mai 2017

## Männer

| Platz | Startnr | Name                | Verein/*Ort              | Gesamt  | Brutto  | AK-PI | AK   | Jahr |         |         |
|-------|---------|---------------------|--------------------------|---------|---------|-------|------|------|---------|---------|
| 125   | 623     | Ediale Lawrence     | *Koblenz                 | 0:28:27 | 0:28:56 | 6     | M55  | 1959 | 0:18:39 | 0:09:48 |
| 126   | 576     | Audard Clement      | Integrationsrat Frechen  | 0:28:42 | 0:28:57 | 17    | M35  | 1980 | 0:19:14 | 0:09:28 |
| 127   | 853     | Klaus Heinz         | Telering                 | 0:28:57 | 0:29:00 | 9     | M50  | 1964 | 0:18:36 | 0:10:20 |
| 128   | 934     | Becker Aaron        | Frechen 20               | 0:28:02 | 0:29:07 | 23    | MU14 | 2005 | 0:19:44 | 0:08:18 |
| 129   | 736     | Frings Kevin        | Bauhaus                  | 0:28:19 | 0:29:08 | 14    | MHK  | 1991 | 0:19:13 | 0:09:05 |
| 130   | 782     | Cenet M.            | Bauhaus                  | 0:28:59 | 0:29:09 | 18    | M35  | 1978 | 0:18:33 | 0:10:26 |
| 131   | 929     | Koltermann Pascal   | Frechen 20               | 0:28:11 | 0:29:15 | 24    | MU14 | 2005 | 0:19:43 | 0:08:27 |
| 132   | 390     | Oberzier Jonas      | *Frechen                 | 0:29:16 | 0:29:19 | 2     | MU10 | 2008 | 0:19:31 | 0:09:45 |
| 133   | 427     | Gisbertz Jochen     | AOK-Laufteam             | 0:28:41 | 0:29:21 | 8     | M45  | 1971 | 0:19:21 | 0:09:19 |
| 134   | 830     | Hagelberg Timo      | Herbalife Rhein-Erft     | 0:29:17 | 0:29:23 | 25    | MU14 | 2004 | 0:18:21 | 0:10:56 |
| 135   | 580     | Almasri Ibrahim     | SPD Frechen              | 0:28:23 | 0:29:25 | 11    | M30  | 1987 | 0:18:05 | 0:10:17 |
| 136   | 932     | Herrlich Florian    | Frechen 20               | 0:28:26 | 0:29:30 | 26    | MU14 | 2005 | 0:19:43 | 0:08:42 |
| 137   | 936     | Koltermann Dirk     | Frechen 20               | 0:28:26 | 0:29:32 | 9     | M45  | 1968 | 0:19:41 | 0:08:44 |
| 138   | 1139    | Lay Chhay Hak       | *Frechen                 | 0:29:19 | 0:29:32 | 10    | M50  | 1965 | 0:18:37 | 0:10:42 |
| 139   | 931     | Leitheiser Jakob    | Frechen 20               | 0:28:29 | 0:29:32 | 27    | MU14 | 2005 | 0:19:43 | 0:08:45 |
| 140   | 1052    | Krieger Burkhard    | GVG-Laufteam             | 0:29:04 | 0:29:35 | 7     | M55  | 1960 | 0:18:40 | 0:10:23 |
| 141   | 571     | Tigges Philipp      | *Pulheim                 | 0:29:33 | 0:29:45 | 12    | M30  | 1985 | 0:19:30 | 0:10:02 |
| 142   | 857     | Hetmank Markus      | Telering                 | 0:28:57 | 0:29:48 | 10    | M45  | 1972 | 0:19:45 | 0:09:12 |
| 143   | 602     | Apel Stephan        | *Köln                    | 0:29:37 | 0:30:02 | 19    | M35  | 1979 | 0:19:48 | 0:09:49 |
| 144   | 918     | Winter Manfred      | LAV Habelrath-Grefrath   | 0:29:31 | 0:30:03 | 11    | M50  | 1966 | 0:19:34 | 0:09:56 |
| 145   | 917     | Winter Robert       | LAV Habelrath-Grefrath   | 0:29:31 | 0:30:04 | 4     | MU20 | 1999 | 0:19:35 | 0:09:56 |
| 146   | 1066    | Pötter Manfred      | GVG-Laufteam             | 0:29:24 | 0:30:05 | 4     | M65  | 1951 | 0:19:49 | 0:09:34 |
| 147   | 495     | Kinne Maximilian    | fresh open               | 0:29:49 | 0:30:13 | 15    | MHK  | 1992 | 0:20:01 | 0:09:47 |
| 148   | 496     | Bagatur Ugur        | fresh open               | 0:29:49 | 0:30:13 | 16    | MHK  | 1988 | 0:20:02 | 0:09:47 |
| 149   | 684     | Sandmann Ingo       | *Frechen                 | 0:29:27 | 0:30:14 | 20    | M35  | 1979 | 0:19:47 | 0:09:39 |
| 150   | 1005    | Jäger Alexander     | *Frechen                 | 0:29:28 | 0:30:15 | 21    | M35  | 1978 | 0:19:47 | 0:09:40 |
| 151   | 710     | Ferber Thomas       | Bauhaus                  | 0:29:34 | 0:30:23 | 13    | M30  | 1985 | 0:19:45 | 0:09:48 |
| 152   | 930     | Venker Jan          | Frechen 20               | 0:29:36 | 0:30:40 | 28    | MU14 | 2005 | 0:19:45 | 0:09:51 |
| 153   | 1134    | Padberg Benjamin    | CVJM Frechen             | 0:30:07 | 0:30:43 | 11    | MU16 | 2002 | 0:19:03 | 0:11:03 |
| 154   | 1160    | Best Jörg           | *Frechen                 | 0:30:27 | 0:30:48 | 12    | M50  | 1965 | 0:20:08 | 0:10:19 |
| 155   | 510     | Jungherz Björn      | Früh Sport Team          | 0:29:46 | 0:30:48 | 14    | M30  | 1983 | 0:19:47 | 0:09:59 |
| 156   | 832     | Labitzke Wilfried   | Marktkauf                | 0:30:25 | 0:30:53 | 13    | M50  | 1966 | 0:20:29 | 0:09:55 |
| 157   | 1129    | Keilbar Christian   | InterSport Drucks        | 0:30:05 | 0:31:08 | 17    | MHK  | 1991 | 0:21:10 | 0:08:54 |
| 158   | 1080    | Shakib Masoud       | GVG-Laufteam             | 0:30:30 | 0:31:15 | 11    | M45  | 1969 | 0:20:09 | 0:10:21 |
| 159   | 467     | Rühle Magnus        | Run of Colours Promoteam | 0:31:05 | 0:31:18 | 15    | M30  | 1985 | 0:20:43 | 0:10:21 |
| 160   | 712     | Zollorsch Lars      | Bauhaus                  | 0:30:29 | 0:31:23 | 18    | MHK  | 1996 | 0:19:56 | 0:10:32 |
| 161   | 579     | Klünder Andreas     | SPD Frechen              | 0:30:22 | 0:31:30 | 12    | M45  | 1970 | 0:21:03 | 0:09:18 |
| 162   | 978     | Wieland Lars        | *Frechen                 | 0:31:21 | 0:31:37 | 12    | M40  | 1974 | 0:20:19 | 0:11:01 |
| 163   | 733     | Suchland Sven       | Bauhaus                  | 0:30:56 | 0:31:44 | 16    | M30  | 1986 | 0:20:35 | 0:10:20 |
| 164   | 794     | Koenen Andre        | Bauhaus                  | 0:30:51 | 0:31:45 | 19    | MHK  | 1990 | 0:20:29 | 0:10:22 |
| 165   | 1159    | Schröder Patrick    | Gymnasium Frechen        | 0:31:02 | 0:31:46 | 12    | MU16 | 2002 | 0:21:08 | 0:09:53 |
| 166   | 1317    | Jasik Martin        | Gymnasium Frechen        | 0:31:03 | 0:31:46 | 13    | MU16 | 2003 | 0:21:08 | 0:09:54 |
| 167   | 777     | Nachtigal Jens      | Bauhaus                  | 0:31:38 | 0:31:53 | 17    | M30  | 1986 | 0:20:53 | 0:10:44 |
| 168   | 966     | Wirtz Markus        | *Kerpen                  | 0:31:16 | 0:31:56 | 18    | M30  | 1986 | 0:21:25 | 0:09:50 |
| 169   | 967     | Van Acken Alexander | *Kerpen                  | 0:31:19 | 0:31:58 | 19    | M30  | 1987 | 0:21:26 | 0:09:53 |
| 170   | 854     | Zech Yannick        | Telering                 | 0:31:19 | 0:32:04 | 14    | MU16 | 2002 | 0:21:10 | 0:10:08 |
| 171   | 0       | unbekannt 1MN62HW   |                          | 0:32:13 | 0:32:13 | 20    | MHK  |      | 0:20:50 | 0:11:22 |
| 172   | 1311    | Pilewski Wolfgang   | *Frechen                 | 0:31:51 | 0:32:14 | 14    | M50  | 1965 | 0:20:50 | 0:11:00 |
| 173   | 1135    | Padberg Jonathan    | CVJM Frechen             | 0:31:39 | 0:32:16 | 21    | MHK  | 1994 | 0:21:18 | 0:10:20 |
| 174   | 211     | Borawsky Jan        | Realschule Frechen       | 0:31:52 | 0:32:16 | 29    | MU14 | 2005 | 0:20:19 | 0:11:33 |
| 175   | 1056    | Martini Rainer      | GVG-Laufteam             | 0:31:58 | 0:32:17 | 6     | M60  | 1953 | 0:20:12 | 0:11:45 |
| 176   | 551     | Schlösser Walter    | TuS BW Königsdorf        | 0:32:20 | 0:32:22 | 1     | M75  | 1939 | 0:21:32 | 0:10:47 |
| 177   | 1126    | Schwab Andreas      | InterSport Drucks        | 0:31:20 | 0:32:23 | 22    | MHK  | 1992 | 0:21:10 | 0:10:09 |
| 178   | 1127    | Odentahl Florian    | InterSport Drucks        | 0:31:20 | 0:32:23 | 23    | MHK  | 1992 | 0:21:11 | 0:10:09 |
| 179   | 1157    | Brender Norbert     |                          | 0:31:50 | 0:32:29 | 13    | M45  | 1969 | 0:21:51 | 0:09:58 |
| 180   | 1137    | Sanders Thomas      | *Frechen                 | 0:32:05 | 0:32:32 | 15    | M50  | 1965 | 0:21:13 | 0:10:51 |
| 181   | 964     | Kriesch Benjamin    | *Frechen                 | 0:32:14 | 0:32:37 | 20    | M30  | 1986 | 0:21:40 | 0:10:33 |
| 182   | 780     | Simmonds M.         | Bauhaus                  | 0:32:27 | 0:32:38 | 24    | MHK  | 1993 | 0:21:03 | 0:11:23 |
| 183   | 1068    | Reder Jörg          | GVG-Laufteam             | 0:32:26 | 0:32:56 | 14    | M45  | 1969 | 0:21:54 | 0:10:31 |
| 184   | 539     | Bück Dennis         | CJD Berufsbildungswerk   | 0:32:51 | 0:32:58 | 5     | MU20 | 1998 | 0:21:31 | 0:11:19 |
| 185   | 928     | Klein Sean-Luca     | Frechen 20               | 0:32:00 | 0:33:04 | 30    | MU14 | 2005 | 0:21:25 | 0:10:34 |
| 186   | 753     | Borner Max          | Bauhaus                  | 0:32:07 | 0:33:06 | 31    | MU14 | 2005 | 0:21:54 | 0:10:13 |

## 5 km - Gesamtwertung

## 11. Frechener Frühlingslauf - 7. Mai 2017

## Männer

| Platz | Startnr | Name                    | Verein*/Ort              | Gesamt  | Brutto  | AK-Pl | AK   | Jahr |         |         |
|-------|---------|-------------------------|--------------------------|---------|---------|-------|------|------|---------|---------|
| 187   | 1151    | Königs Thomas           | ASG Elsdorf              | 0:32:56 | 0:33:14 | 13    | M40  | 1975 | 0:21:15 | 0:11:40 |
| 188   | 903     | Hall Miguel             | Team Hall                | 0:32:21 | 0:33:19 | 32    | MU14 | 2005 | 0:21:54 | 0:10:26 |
| 189   | 747     | Marino Giannino         | Bauhaus                  | 0:32:26 | 0:33:26 | 14    | M40  | 1977 | 0:21:58 | 0:10:28 |
| 190   | 1121    | Müller Matthias         | GVG-Laufteam             | 0:32:54 | 0:33:30 | 7     | M60  | 1956 | 0:21:32 | 0:11:21 |
| 191   | 403     | Battke Andreas          | *Frechen                 | 0:32:42 | 0:33:39 | 22    | M35  | 1978 | 0:22:06 | 0:10:36 |
| 192   | 1043    | Gräter Kurt             | GVG-Laufteam             | 0:33:16 | 0:33:45 | 5     | M65  | 1948 | 0:22:09 | 0:11:06 |
| 193   | 755     | Lobbene Tino            | Bauhaus                  | 0:32:55 | 0:33:55 | 15    | M45  | 1968 | 0:21:56 | 0:10:58 |
| 194   | 968     | Knipping Michael        | *Hückeswagen             | 0:33:44 | 0:34:00 | 16    | M45  | 1971 | 0:22:45 | 0:10:59 |
| 195   | 1047    | Heller Jupp             | GVG-Laufteam             | 0:33:42 | 0:34:01 | 8     | M60  | 1955 | 0:21:51 | 0:11:51 |
| 196   | 477     | Joppich DR Helmut       | *Frechen                 | 0:33:01 | 0:34:03 | 2     | M70  | 1943 | 0:22:03 | 0:10:58 |
| 197   | 842     | Ten Adrian              | Burgschule Frechen       | 0:33:42 | 0:34:06 | 3     | MU10 | 2009 | 0:21:52 | 0:11:49 |
| 198   | 494     | Liotta Nicolo           | fresh open               | 0:33:49 | 0:34:14 | 8     | M55  | 1961 | 0:22:10 | 0:11:39 |
| 199   | 493     | Langen Sascha           | fresh open               | 0:33:49 | 0:34:14 | 25    | MHK  | 1992 | 0:22:10 | 0:11:39 |
| 200   | 765     | Buchholz Torben         | Bauhaus                  | 0:33:38 | 0:34:18 | 21    | M30  | 1987 | 0:22:02 | 0:11:36 |
| 201   | 1295    | Figge Thomas            | *Frechen                 | 0:33:48 | 0:34:25 | 17    | M45  | 1968 | 0:22:02 | 0:11:46 |
| 202   | 1133    | Padberg Josua           | CVJM Frechen             | 0:33:51 | 0:34:27 | 15    | MU16 | 2002 | 0:22:19 | 0:11:31 |
| 203   | 591     | Cüceoglu Ercan          | *Köln                    | 0:34:12 | 0:34:30 | 26    | MHK  | 1991 | 0:22:07 | 0:12:04 |
| 204   | 586     | Schmitz Michael         | Die jecken Vier          | 0:34:06 | 0:34:33 | 9     | M55  | 1958 | 0:22:44 | 0:11:22 |
| 205   | 737     | Waiss Michael           | Bauhaus                  | 0:33:47 | 0:34:34 | 27    | MHK  | 1994 | 0:22:27 | 0:11:20 |
| 206   | 1062    | Naumann Mirko           | GVG-Laufteam             | 0:34:08 | 0:34:39 | 15    | M40  | 1973 | 0:22:09 | 0:11:58 |
| 207   | 515     | Schnatmeyer Nicolai     | *Frechen                 | 0:34:43 | 0:34:55 | 22    | M30  | 1985 | 0:22:01 | 0:12:42 |
| 208   | 577     | Peters Carsten          | SPD Frechen              | 0:34:02 | 0:35:06 | 16    | M50  | 1966 | 0:22:10 | 0:11:51 |
| 209   | 922     | Eggers Holger           | LAV Habelrath-Grefrath   | 0:35:04 | 0:35:09 | 16    | M40  | 1976 | 0:23:02 | 0:12:01 |
| 210   | 985     | Özdemir Yusuf           | Frechen 20               | 0:35:09 | 0:35:26 | 33    | MU14 | 2004 | 0:26:06 | 0:09:02 |
| 211   | 884     | Marx Winfried           | *Frechen                 | 0:35:32 | 0:35:52 | 1     | M80  | 1937 | 0:22:52 | 0:12:39 |
| 212   | 213     | Gültekin Koray          | Realschule Frechen       | 0:35:52 | 0:36:17 | 34    | MU14 | 2005 | 0:23:13 | 0:12:39 |
| 213   | 578     | Krings Hans             | SPD Frechen              | 0:35:56 | 0:36:22 | 2     | M75  | 1942 | 0:23:29 | 0:12:26 |
| 214   | 420     | Berkle Alexander        | KSK Köln Filiale Frechen | 0:36:20 | 0:36:32 | 17    | M40  | 1976 | 0:23:06 | 0:13:13 |
| 215   | 840     | Leppin Jürgen           | *Berlin                  | 0:36:24 | 0:36:50 | 6     | M65  | 1950 | 0:23:59 | 0:12:25 |
| 216   | 802     | Langguth Andreas        | AOK-Laufteam             | 0:36:36 | 0:37:20 | 17    | M50  | 1964 | 0:24:22 | 0:12:14 |
| 217   | 1124    | Vasios Georgios         | *Frechen                 | 0:36:53 | 0:37:55 | 18    | M40  | 1974 | 0:24:26 | 0:12:26 |
| 218   | 1076    | Seidel Alexander        | GVG-Laufteam             | 0:38:02 | 0:38:27 | 28    | MHK  | 1988 | 0:24:35 | 0:13:27 |
| 219   | 592     | Köppinger Markus        | Frechen gegen Rassismus  | 0:38:17 | 0:38:44 | 23    | M30  | 1986 | 0:25:35 | 0:12:42 |
| 220   | 714     | Rasqué Andreas          | Bauhaus                  | 0:38:01 | 0:38:50 | 19    | M40  | 1974 | 0:25:16 | 0:12:44 |
| 221   | 1149    | Heerstraß Oliver        | ASG Elsdorf              | 0:38:22 | 0:38:51 | 24    | M30  | 1984 | 0:25:13 | 0:13:08 |
| 222   | 770     | Janke Jan-Pasquale      | Bauhaus                  | 0:39:18 | 0:39:32 | 29    | MHK  | 1992 | 0:27:43 | 0:11:34 |
| 223   | 781     | Schreiber S.            | Bauhaus                  | 0:40:05 | 0:40:18 | 20    | M40  | 1976 | 0:25:36 | 0:14:28 |
| 224   | 581     | Schneider Andreas       | SPD Frechen              | 0:39:15 | 0:40:20 | 30    | MHK  | 1997 | 0:26:56 | 0:12:18 |
| 225   | 981     | Zülch Bennet            | Frechen 20               | 0:40:44 | 0:41:02 | 35    | MU14 | 2004 | 0:26:06 | 0:14:38 |
| 226   | 933     | Tsouparidis Dimosthenis | Frechen 20               | 0:39:59 | 0:41:03 | 36    | MU14 | 2005 | 0:25:19 | 0:14:39 |
| 227   | 1106    | Dutluca Dirk            | Raiba Frechen            | 0:40:26 | 0:41:27 | 18    | M45  | 1972 | 0:27:24 | 0:13:02 |
| 228   | 1105    | Margreiter Matthias     | Raiba Frechen            | 0:40:28 | 0:41:27 | 10    | M55  | 1958 | 0:27:25 | 0:13:02 |
| 229   | 731     | Reimann Marek           | Bauhaus                  | 0:40:47 | 0:41:31 | 19    | M45  | 1968 | 0:27:05 | 0:13:41 |
| 230   | 738     | Volkenborn Paul         | Bauhaus                  | 0:41:14 | 0:42:04 | 25    | M30  | 1984 | 0:26:43 | 0:14:31 |
| 231   | 627     | Kasic Thomas            | LuKa                     | 0:42:08 | 0:42:43 | 20    | M45  | 1970 | 0:28:07 | 0:14:00 |
| 232   | 456     | Piselli Marco           | *Köln                    | 0:42:53 | 0:43:19 | 31    | MHK  | 1990 | 0:28:29 | 0:14:23 |
| 233   | 1314    | Pfeil Wolfgang          | TuS Ehrenfeld 1865       | 0:44:00 | 0:44:28 | 11    | M55  | 1960 | 0:29:05 | 0:14:55 |
| 234   | 796     | Hoffmann Markus         | Bauhaus                  | 0:47:30 | 0:48:09 | 21    | M40  | 1973 | 0:32:17 | 0:15:13 |
| 235   | 492     | Huppert Norbert         | fresh open               | 0:50:35 | 0:50:59 | 7     | M65  | 1951 | 0:32:56 | 0:17:39 |

## Frauen

| Platz | Startnr | Name                 | Verein*/Ort                   | Gesamt  | Brutto  | AK-PI | AK   | Jahr |         |         |
|-------|---------|----------------------|-------------------------------|---------|---------|-------|------|------|---------|---------|
| 1     | 596     | Jaschke Lisa         | Bunert - Der Kölner Laufladen | 0:18:35 | 0:18:36 | 1     | WHK  | 1990 | 0:12:13 | 0:06:22 |
| 2     | 595     | Schneider Claudia    | Bunert - Der Kölner Laufladen | 0:19:31 | 0:19:32 | 1     | W35  | 1978 | 0:12:57 | 0:06:33 |
| 3     | 977     | Berk Venetia         | AV Unitas                     | 0:19:51 | 0:19:54 | 1     | W30  | 1983 | 0:13:13 | 0:06:38 |
| 4     | 1020    | Pundt Julia          | Mach3 Köln                    | 0:20:55 | 0:20:57 | 2     | WHK  | 1990 | 0:13:45 | 0:07:10 |
| 5     | 1014    | Weiss Annette        | LAZ Puma RheinSieg            | 0:21:39 | 0:21:42 | 1     | W45  | 1968 | 0:14:17 | 0:07:21 |
| 6     | 809     | Link Annika          | TS Frechen                    | 0:22:50 | 0:22:51 | 1     | WU18 | 2001 | 0:14:56 | 0:07:54 |
| 7     | 1305    | Abels Franziska      | Mach3 eV                      | 0:22:49 | 0:22:52 | 3     | WHK  | 1988 | 0:15:08 | 0:07:40 |
| 8     | 1153    | Bonczek Gabriel      | *Köln                         | 0:22:33 | 0:22:58 | 2     | W35  | 1978 | 0:14:41 | 0:07:51 |
| 9     | 907     | Schäfer Sophie       | LAV Habelrath-Grefrath        | 0:23:03 | 0:23:06 | 1     | WU16 | 2002 | 0:15:12 | 0:07:50 |
| 10    | 908     | Beran Hannah         | LAV Habelrath-Grefrath        | 0:23:25 | 0:23:29 | 1     | WU14 | 2004 | 0:15:21 | 0:08:04 |
| 11    | 811     | Candan Monika        | TS Frechen                    | 0:23:38 | 0:23:43 | 3     | W35  | 1981 | 0:15:40 | 0:07:57 |
| 12    | 864     | Kröhnert Katharina   | Burgschule Frechen            | 0:23:41 | 0:23:45 | 2     | W30  | 1987 | 0:15:30 | 0:08:10 |
| 13    | 841     | Steckenborn Nadine   | 1987                          | 0:24:15 | 0:24:20 | 3     | W30  | 1987 | 0:16:04 | 0:08:10 |
| 14    | 909     | Räkow Ina            | LAV Habelrath-Grefrath        | 0:24:31 | 0:24:35 | 2     | WU18 | 2001 | 0:16:22 | 0:08:09 |
| 15    | 916     | Van Son Nike         | LAV Habelrath-Grefrath        | 0:24:32 | 0:24:37 | 2     | WU14 | 2004 | 0:16:20 | 0:08:11 |
| 16    | 808     | Link Jana            | TS Frechen                    | 0:24:35 | 0:24:38 | 1     | WU20 | 1999 | 0:16:06 | 0:08:29 |
| 17    | 366     | Liedtke Manuela      | TSV Stelle                    | 0:24:48 | 0:24:51 | 4     | W35  | 1978 | 0:16:15 | 0:08:33 |
| 18    | 526     | Nußbaum Tessa        | AOK-Laufteam                  | 0:24:33 | 0:24:53 | 4     | WHK  | 1993 | 0:16:20 | 0:08:12 |
| 19    | 436     | Rempel Svetlana      | *Hürth                        | 0:25:04 | 0:25:07 | 5     | W35  | 1982 | 0:16:29 | 0:08:34 |
| 20    | 460     | Wiebe Birte          | *Köln                         | 0:25:08 | 0:25:13 | 5     | WHK  | 1991 | 0:16:36 | 0:08:32 |
| 21    | 376     | Schützeberg Cassie   | *Frechen                      | 0:25:15 | 0:25:23 | 6     | W35  | 1979 | 0:16:36 | 0:08:39 |
| 22    | 1123    | Breidbach Kyra       | TV Alpenglühn                 | 0:25:16 | 0:25:27 | 2     | WU20 | 1999 | 0:16:29 | 0:08:46 |
| 23    | 1146    | Hartwig Caren        |                               | 0:25:28 | 0:25:35 | 6     | WHK  | 1988 | 0:17:01 | 0:08:26 |
| 24    | 1031    | Donat Nicol          | GVG-Laufteam                  | 0:25:44 | 0:25:46 | 2     | W45  | 1968 | 0:16:54 | 0:08:49 |
| 25    | 706     | Hochweg Marica       | *Kerpen                       | 0:25:43 | 0:25:50 | 3     | WU18 | 2000 | 0:16:45 | 0:08:57 |
| 26    | 648     | Leinweber Kristina   | Mrs.Sporty Frechen            | 0:25:31 | 0:25:53 | 4     | W30  | 1984 | 0:17:11 | 0:08:20 |
| 27    | 645     | Krings Lisa          | *Frechen                      | 0:25:49 | 0:26:07 | 7     | WHK  | 1996 | 0:17:00 | 0:08:48 |
| 28    | 837     | Funtek Ildiko        | EDEKA Buchholz                | 0:25:58 | 0:26:14 | 1     | W50  | 1966 | 0:17:16 | 0:08:41 |
| 29    | 810     | Figge Lara           | TS Frechen                    | 0:26:26 | 0:26:28 | 4     | WU18 | 2001 | 0:16:52 | 0:09:34 |
| 30    | 1101    | Reinartz Felina      | GVG-Laufteam                  | 0:26:20 | 0:26:39 | 1     | WU12 | 2007 | 0:17:07 | 0:09:13 |
| 31    | 761     | Duwe Jennifer        | Bauhaus                       | 0:26:34 | 0:26:42 | 8     | WHK  | 1988 | 0:17:26 | 0:09:08 |
| 32    | 440     | Kubo Carolin         | *Köln                         | 0:26:32 | 0:26:49 | 7     | W35  | 1980 | 0:17:33 | 0:08:58 |
| 33    | 1310    | Elsner Tanith        | TS Frechen                    | 0:26:47 | 0:26:50 | 5     | WU18 | 2000 | 0:17:07 | 0:09:40 |
| 34    | 1015    | Schier Irmi          | LAZ Puma RheinSieg            | 0:26:40 | 0:26:52 | 1     | W60  | 1955 | 0:17:52 | 0:08:47 |
| 35    | 1072    | Schmidt-Küster Dorle | GVG-Laufteam                  | 0:26:52 | 0:26:56 | 1     | W55  | 1958 | 0:17:38 | 0:09:13 |
| 36    | 637     | Roth Pauline         | *Frechen                      | 0:26:59 | 0:27:07 | 2     | WU16 | 2003 | 0:17:25 | 0:09:33 |
| 37    | 692     | Winkelmann Leona     | Föhr Marathon e.V.            | 0:27:07 | 0:27:10 | 3     | WU14 | 2004 | 0:17:56 | 0:09:10 |
| 38    | 1141    | Rautenberg Mia       | *Frechen                      | 0:27:21 | 0:27:30 | 2     | WU12 | 2006 | 0:18:03 | 0:09:18 |
| 39    | 1309    | Weeger Sandra        | *Köln                         | 0:27:39 | 0:27:44 | 2     | W50  | 1967 | 0:18:21 | 0:09:17 |
| 40    | 521     | Yurtseven Damla      | AOK-Laufteam                  | 0:27:25 | 0:27:45 | 9     | WHK  | 1990 | 0:17:56 | 0:09:29 |
| 41    | 839     | Zahn Vilasina        | EDEKA Buchholz                | 0:27:43 | 0:28:00 | 3     | W50  | 1967 | 0:18:18 | 0:09:25 |
| 42    | 838     | Pohl Bianca          | EDEKA Buchholz                | 0:27:44 | 0:28:01 | 4     | W50  | 1967 | 0:18:17 | 0:09:26 |
| 43    | 534     | Linnartz Isabel      | Sportshop-Triathlon Team      | 0:27:49 | 0:28:03 | 8     | W35  | 1981 | 0:18:31 | 0:09:17 |
| 44    | 1007    | Leppin Tanja         | Just Fit 03                   | 0:27:40 | 0:28:05 | 5     | W30  | 1983 | 0:18:29 | 0:09:10 |
| 45    | 667     | Ewert Martina        | KSK Köln                      | 0:27:16 | 0:28:14 | 9     | W35  | 1982 | 0:18:29 | 0:08:47 |
| 46    | 911     | Krott Finja          | LAV Habelrath-Grefrath        | 0:28:18 | 0:28:26 | 3     | WU12 | 2006 | 0:17:43 | 0:10:34 |
| 47    | 593     | Mischke Mareike      | Frechen Gegen Rassismus       | 0:28:10 | 0:28:37 | 10    | W35  | 1978 | 0:18:34 | 0:09:35 |
| 48    | 1073    | Schmitz Alexandra    | GVG-Laufteam                  | 0:28:18 | 0:28:49 | 3     | W45  | 1971 | 0:18:41 | 0:09:37 |
| 49    | 653     | Hansen Annett        | Mrs.Sporty Frechen            | 0:28:39 | 0:29:00 | 4     | W45  | 1970 | 0:19:08 | 0:09:30 |
| 50    | 1034    | Brengmann DR Sandra  | GVG-Laufteam                  | 0:28:28 | 0:29:01 | 1     | W40  | 1976 | 0:18:52 | 0:09:36 |
| 51    | 463     | Sicora Mathilde      | Pulheimer SC                  | 0:29:04 | 0:29:12 | 2     | W60  | 1957 | 0:18:53 | 0:10:11 |
| 52    | 892     | Schirmer Daniela     | *Bergheim                     | 0:28:45 | 0:29:15 | 11    | W35  | 1978 | 0:19:37 | 0:09:07 |
| 53    | 401     | Wallraf Marion       | *Frechen                      | 0:29:01 | 0:29:20 | 2     | W40  | 1973 | 0:19:44 | 0:09:17 |
| 54    | 425     | Köllejan Sabine      | AOK-Laufteam                  | 0:28:41 | 0:29:21 | 2     | W55  | 1961 | 0:19:22 | 0:09:19 |
| 55    | 975     | Adelsbach Alessa     | Alpenglühn                    | 0:29:17 | 0:29:28 | 6     | WU18 | 2000 | 0:19:23 | 0:09:54 |
| 56    | 693     | Katzek Meike         | *Erfurt                       | 0:28:26 | 0:29:28 | 10    | WHK  | 1995 | 0:19:07 | 0:09:18 |
| 57    | 910     | Benke Katrin         | LAV Habelrath-Grefrath        | 0:29:15 | 0:29:30 | 11    | WHK  | 1991 | 0:20:16 | 0:08:58 |
| 58    | 611     | Ehmann Lisa          | *Erfstadt                     | 0:29:30 | 0:29:37 | 6     | W30  | 1984 | 0:19:57 | 0:09:32 |
| 59    | 621     | Duensing Johanne     | Frau                          | 0:29:33 | 0:29:37 | 12    | W35  | 1978 | 0:19:16 | 0:10:16 |
| 60    | 973     | Schulze Nina         | *Kerpen                       | 0:29:37 | 0:29:47 | 3     | WU20 | 1999 | 0:19:23 | 0:10:13 |
| 61    | 862     | Simeth Manuela       | Telering                      | 0:28:56 | 0:29:48 | 13    | W35  | 1980 | 0:19:44 | 0:09:12 |
| 62    | 452     | Tempel Christine     | *Frechen                      | 0:29:02 | 0:29:49 | 14    | W35  | 1981 | 0:19:44 | 0:09:17 |

## 5 km - Gesamtwertung

## 11. Frechener Frühlingslauf - 7. Mai 2017

## Frauen

| Platz | Startnr | Name                    | Verein*/Ort                   | Gesamt  | Brutto  | AK-PI | AK   | Jahr |         |         |
|-------|---------|-------------------------|-------------------------------|---------|---------|-------|------|------|---------|---------|
| 63    | 927     | Pütz-Pilewski Katharina | Frechen 20                    | 0:29:39 | 0:30:02 | 3     | W55  | 1961 | 0:19:53 | 0:09:46 |
| 64    | 455     | Herzeler Katarina       | *Köln                         | 0:29:53 | 0:30:05 | 12    | WHK  | 1992 | 0:20:02 | 0:09:51 |
| 65    | 790     | Wegner S.               | Bauhaus                       | 0:29:49 | 0:30:05 | 15    | W35  | 1981 | 0:20:04 | 0:09:45 |
| 66    | 391     | Philippi Ida            | *Frechen                      | 0:30:10 | 0:30:14 | 1     | WU10 | 2008 | 0:19:36 | 0:10:33 |
| 67    | 399     | Schmitz Nadine          | *Frechen                      | 0:29:56 | 0:30:15 | 16    | W35  | 1979 | 0:19:48 | 0:10:07 |
| 68    | 764     | Eehalt Nicole           | Bauhaus                       | 0:30:18 | 0:30:28 | 7     | W30  | 1985 | 0:19:35 | 0:10:43 |
| 69    | 870     | Ewert Petra             | TS Frechen                    | 0:30:16 | 0:30:31 | 5     | W45  | 1969 | 0:19:57 | 0:10:19 |
| 70    | 654     | Bender-Schaaf Marianne  | Mrs.Sporty Frechen            | 0:30:11 | 0:30:34 | 1     | W65  | 1950 | 0:19:59 | 0:10:11 |
| 71    | 1152    | Werner Helga            | GVG-Laufteam                  | 0:30:08 | 0:30:37 | 6     | W45  | 1969 | 0:20:19 | 0:09:49 |
| 72    | 901     | Rolfes Lena             | LC Jugend 07 Bergheim e.V.    | 0:30:11 | 0:30:40 | 7     | WU18 | 2001 | 0:20:28 | 0:09:42 |
| 73    | 873     | Blaschke Hannah         | TS Frechen                    | 0:30:04 | 0:30:49 | 2     | WU10 | 2009 | 0:19:57 | 0:10:06 |
| 74    | 574     | Ruff Verena             | Kita ARTE                     | 0:30:15 | 0:30:50 | 17    | W35  | 1979 | 0:20:33 | 0:09:42 |
| 75    | 1301    | Gutte Julia             | Happy Running Family / Tea    | 0:30:36 | 0:30:57 | 18    | W35  | 1981 | 0:20:30 | 0:10:06 |
| 76    | 959     | Engelage Tanja          | Kita Arte                     | 0:30:27 | 0:31:01 | 3     | W40  | 1975 | 0:20:34 | 0:09:52 |
| 77    | 207     | Schröter Zoe            | Realschule Frechen            | 0:30:37 | 0:31:02 | 4     | WU12 | 2006 | 0:19:50 | 0:10:47 |
| 78    | 1327    | Esch Eva                |                               | 0:31:07 | 0:31:07 | 4     | W40  | 1973 | 0:20:40 | 0:10:26 |
| 79    | 866     | Koytek Andrea           | *Frechen                      | 0:30:22 | 0:31:20 | 7     | W45  | 1968 | 0:20:43 | 0:09:39 |
| 80    | 831     | Labitzke Sylvia         | Marktkauf                     | 0:30:52 | 0:31:21 | 5     | W40  | 1974 | 0:20:42 | 0:10:10 |
| 81    | 1155    | Wasmuth Vera            | GVG-Laufteam                  | 0:30:54 | 0:31:24 | 8     | W45  | 1969 | 0:20:19 | 0:10:35 |
| 82    | 606     | Blaschke Rebecca        | *Frechen                      | 0:30:38 | 0:31:24 | 19    | W35  | 1982 | 0:20:53 | 0:09:45 |
| 83    | 1011    | Breitmoser Melanie      | Just Fit 03                   | 0:30:59 | 0:31:27 | 6     | W40  | 1976 | 0:20:56 | 0:10:02 |
| 84    | 869     | Breitenbach Beata       | *Frechen                      | 0:30:29 | 0:31:28 | 9     | W45  | 1968 | 0:20:42 | 0:09:46 |
| 85    | 483     | Kosma Annette           | *Frechen                      | 0:30:30 | 0:31:31 | 8     | WU18 | 2001 | 0:21:04 | 0:09:25 |
| 86    | 421     | Berkle Viginia          | KSK Köln Filiale Frechen      | 0:31:21 | 0:31:33 | 20    | W35  | 1979 | 0:20:46 | 0:10:34 |
| 87    | 702     | Kraus Monika            | *Kerpen-Horrem                | 0:31:10 | 0:31:42 | 5     | W50  | 1965 | 0:21:00 | 0:10:10 |
| 88    | 750     | Guenther Ines           | *Bachem-Frechen               | 0:30:46 | 0:31:43 | 21    | W35  | 1979 | 0:20:37 | 0:10:09 |
| 89    | 732     | Kleinmann Natalie       | Bauhaus                       | 0:30:56 | 0:31:44 | 22    | W35  | 1981 | 0:20:35 | 0:10:20 |
| 90    | 481     | Kosma Ulrike            | *Frechen                      | 0:30:50 | 0:31:51 | 10    | W45  | 1970 | 0:21:04 | 0:09:45 |
| 91    | 615     | Becker Katarzyna        | *Frechen                      | 0:31:06 | 0:31:52 | 23    | W35  | 1980 | 0:20:55 | 0:10:10 |
| 92    | 945     | Theis Gisela            | Willkommen in Weiden&Lövenich | 0:31:32 | 0:31:54 | 11    | W45  | 1970 | 0:20:53 | 0:10:38 |
| 93    | 939     | Prior DR Verena         | Willkommen in Weiden&Lövenich | 0:31:32 | 0:31:55 | 6     | W50  | 1964 | 0:20:53 | 0:10:39 |
| 94    | 937     | Figge Andrea            | *Frechen                      | 0:31:30 | 0:32:08 | 12    | W45  | 1970 | 0:21:05 | 0:10:25 |
| 95    | 590     | Austermann Angela       | *Swisttal                     | 0:31:56 | 0:32:14 | 13    | W45  | 1971 | 0:20:43 | 0:11:12 |
| 96    | 890     | Wischniewski Tanja      | *Bergheim                     | 0:31:46 | 0:32:16 | 14    | W45  | 1972 | 0:20:47 | 0:10:59 |
| 97    | 445     | Bauer Nicole            | AOK-Laufteam                  | 0:32:06 | 0:32:26 | 13    | WHK  | 1993 | 0:21:28 | 0:10:37 |
| 97    | 525     | Kurth Nora              | AOK-Laufteam                  | 0:32:05 | 0:32:26 | 13    | WHK  | 1993 | 0:21:27 | 0:10:38 |
| 99    | 1304    | Wagner Nicole           | RTC Frechen                   | 0:31:57 | 0:32:27 | 7     | W50  | 1967 | 0:21:34 | 0:10:22 |
| 100   | 792     | Butz .                  | Bauhaus                       | 0:32:15 | 0:32:30 | 8     | W30  | 1984 | 0:21:02 | 0:11:13 |
| 101   | 626     | Lutz Anke               | LuKa                          | 0:32:18 | 0:32:32 | 15    | W45  | 1970 | 0:21:25 | 0:10:52 |
| 102   | 487     | Saerbeck Britta         | Praxisteam Dr. Saerbeck MSc   | 0:32:13 | 0:32:36 | 7     | W40  | 1975 | 0:21:40 | 0:10:33 |
| 103   | 476     | Vogelfänger Judith      | *Bergheim                     | 0:32:08 | 0:32:39 | 24    | W35  | 1981 | 0:21:20 | 0:10:48 |
| 104   | 721     | Ries V.                 | Bauhaus                       | 0:32:27 | 0:32:44 | 15    | WHK  | 1990 | 0:21:51 | 0:10:36 |
| 105   | 836     | Keylon Carina           | EDEKA Buchholz                | 0:32:19 | 0:32:45 | 9     | W30  | 1986 | 0:21:46 | 0:10:33 |
| 106   | 882     | Schröter Lea            | *Frechen                      | 0:32:23 | 0:32:48 | 5     | WU12 | 2006 | 0:20:33 | 0:11:49 |
| 107   | 1122    | Zollersch Maike         | TS Frechen                    | 0:32:06 | 0:32:49 | 16    | WHK  | 1993 | 0:21:40 | 0:10:26 |
| 108   | 365     | Nogueira Cardoso Maria  | *Köln                         | 0:32:49 | 0:32:55 | 8     | W50  | 1963 | 0:21:49 | 0:11:00 |
| 109   | 397     | Paschke Janine          | *Hürth                        | 0:32:50 | 0:32:55 | 17    | WHK  | 1991 | 0:21:49 | 0:11:01 |
| 110   | 208     | Lipinski Samantha       | Realschule Frechen            | 0:32:34 | 0:32:57 | 4     | WU14 | 2005 | 0:22:07 | 0:10:26 |
| 111   | 751     | Gerlach Claudia         | Bauhaus                       | 0:32:08 | 0:33:07 | 8     | W40  | 1975 | 0:21:54 | 0:10:13 |
| 112   | 935     | Koltermann Birgitt      | Frechen 20                    | 0:32:07 | 0:33:11 | 16    | W45  | 1970 | 0:21:23 | 0:10:43 |
| 113   | 482     | Kosma Pauline           | *Frechen                      | 0:32:14 | 0:33:16 | 9     | WU18 | 2000 | 0:21:32 | 0:10:42 |
| 114   | 833     | Suchalla Sandra         | Marktkauf                     | 0:32:53 | 0:33:20 | 17    | W45  | 1972 | 0:21:48 | 0:11:05 |
| 115   | 430     | Bröders Nicole          | Team Hasenkamp                | 0:32:54 | 0:33:21 | 25    | W35  | 1980 | 0:22:21 | 0:10:33 |
| 115   | 431     | Lenormand Clara         | Team Hasenkamp                | 0:32:54 | 0:33:21 | 18    | W45  | 1971 | 0:22:21 | 0:10:32 |
| 117   | 860     | Hoffmann Ina            | Telering                      | 0:32:33 | 0:33:24 | 18    | WHK  | 1988 | 0:21:31 | 0:11:02 |
| 118   | 858     | Kazmirci Jacqueline     | Telering                      | 0:32:40 | 0:33:31 | 10    | W30  | 1983 | 0:22:02 | 0:10:37 |
| 119   | 572     | Tuchscherer Annika      | *Pulheim                      | 0:33:23 | 0:33:35 | 19    | WHK  | 1994 | 0:21:22 | 0:12:00 |
| 120   | 402     | Cabie Johanna           | *Frechen                      | 0:32:41 | 0:33:39 | 19    | W45  | 1972 | 0:22:05 | 0:10:35 |
| 121   | 754     | Lobbene Meike           | Bauhaus                       | 0:32:57 | 0:33:55 | 9     | W40  | 1973 | 0:21:57 | 0:10:59 |
| 122   | 1060    | Müller Dagmar           | GVG-Laufteam                  | 0:33:38 | 0:34:11 | 20    | W45  | 1972 | 0:22:23 | 0:11:14 |
| 123   | 746     | Vohs Franziska          | Bauhaus                       | 0:34:12 | 0:34:30 | 20    | WHK  | 1990 | 0:22:08 | 0:12:03 |
| 124   | 410     | Strand Susanne          | *Frechen                      | 0:34:25 | 0:34:31 | 10    | W40  | 1974 | 0:22:34 | 0:11:51 |

## 5 km - Gesamtwertung

## 11. Frechener Frühlingslauf - 7. Mai 2017

## Frauen

| Platz | Startnr | Name                  | Verein*/Ort                 | Gesamt  | Brutto  | AK-Pl | AK   | Jahr |         |         |
|-------|---------|-----------------------|-----------------------------|---------|---------|-------|------|------|---------|---------|
| 125   | 641     | Van den Hoogen Andrea | Kita Arte                   | 0:33:54 | 0:34:40 | 26    | W35  | 1979 | 0:22:22 | 0:11:32 |
| 126   | 434     | Funk-Hilger Myriam    | *Frechen                    | 0:34:22 | 0:34:44 | 21    | W45  | 1969 | 0:22:56 | 0:11:26 |
| 127   | 435     | Baaken Daniela        | *Frechen                    | 0:34:23 | 0:34:45 | 11    | W30  | 1987 | 0:22:56 | 0:11:26 |
| 128   | 716     | Joussen C             | Bauhaus                     | 0:33:54 | 0:34:47 | 21    | WHK  | 1995 | 0:22:23 | 0:11:31 |
| 129   | 888     | Drossart Mathilde     | *Köln                       | 0:33:58 | 0:34:53 | 4     | W55  | 1962 | 0:22:25 | 0:11:33 |
| 130   | 516     | Mamouli Katerina      | *Frechen                    | 0:34:43 | 0:34:55 | 22    | WHK  | 1994 | 0:22:01 | 0:12:42 |
| 131   | 651     | Maxrath Marie         | Mrs.Sporty Frechen          | 0:34:39 | 0:35:01 | 23    | WHK  | 1997 | 0:23:15 | 0:11:23 |
| 132   | 769     | Stückemann Jutta      | Bauhaus                     | 0:34:45 | 0:35:02 | 11    | W40  | 1975 | 0:22:39 | 0:12:06 |
| 133   | 1002    | Meurs Marie           | *Bergheim-Glessen           | 0:34:55 | 0:35:09 | 10    | WU18 | 2000 | 0:23:30 | 0:11:25 |
| 134   | 650     | Maxrath Andrea        | Mrs.Sporty Frechen          | 0:34:55 | 0:35:16 | 12    | W40  | 1976 | 0:23:16 | 0:11:39 |
| 135   | 649     | Gauger Jeanette       | Mrs.Sporty Frechen          | 0:34:59 | 0:35:21 | 27    | W35  | 1978 | 0:23:14 | 0:11:44 |
| 136   | 965     | Wirtz Sarah           | *Kerpen                     | 0:34:55 | 0:35:33 | 12    | W30  | 1987 | 0:23:04 | 0:11:51 |
| 137   | 1003    | Vasios Claudia        | *Frechen                    | 0:35:30 | 0:35:43 | 22    | W45  | 1969 | 0:23:28 | 0:12:01 |
| 138   | 902     | Alves-Hall Silvia     | Team Hall                   | 0:34:54 | 0:35:52 | 28    | W35  | 1979 | 0:23:01 | 0:11:52 |
| 139   | 789     | Struk .               | Bauhaus                     | 0:35:47 | 0:36:01 | 24    | WHK  | 1994 | 0:23:10 | 0:12:37 |
| 140   | 484     | Kosma Marianna        | *Frechen                    | 0:35:30 | 0:36:31 | 5     | WU14 | 2004 | 0:22:45 | 0:12:44 |
| 141   | 489     | Reszies Saskia        | Praxisteam Dr. Saerbeck MSc | 0:36:05 | 0:36:37 | 25    | WHK  | 1997 | 0:22:48 | 0:13:17 |
| 142   | 488     | Wiens Helene          | Praxisteam Dr. Saerbeck MSc | 0:36:06 | 0:36:38 | 29    | W35  | 1980 | 0:22:48 | 0:13:17 |
| 143   | 744     | Wegmann Cindy         | Bauhaus                     | 0:36:27 | 0:37:15 | 13    | W30  | 1983 | 0:24:32 | 0:11:54 |
| 144   | 804     | Weber Yvonne          | AOK-Laufteam                | 0:36:35 | 0:37:20 | 14    | W30  | 1983 | 0:24:21 | 0:12:14 |
| 145   | 209     | Dabbe Neele           | Realschule Frechen          | 0:36:57 | 0:37:20 | 6     | WU12 | 2006 | 0:23:45 | 0:13:11 |
| 146   | 803     | Schreiber Elena       | AOK-Laufteam                | 0:36:52 | 0:37:36 | 3     | WU16 | 2002 | 0:24:22 | 0:12:30 |
| 147   | 210     | Üke Samira            | Realschule Frechen          | 0:37:24 | 0:37:47 | 6     | WU14 | 2005 | 0:24:24 | 0:12:59 |
| 148   | 791     | Krause T.             | Bauhaus                     | 0:37:43 | 0:37:58 | 26    | WHK  | 1992 | 0:24:13 | 0:13:30 |
| 149   | 783     | Henning T.            | Bauhaus                     | 0:37:48 | 0:37:58 | 13    | W40  | 1977 | 0:24:17 | 0:13:31 |
| 150   | 760     | Lukaschewski Heike    | Bauhaus                     | 0:37:38 | 0:38:25 | 15    | W30  | 1987 | 0:24:34 | 0:13:03 |
| 151   | 675     | Zischkau Ilona        | *Erfstadt                   | 0:38:41 | 0:39:18 | 30    | W35  | 1981 | 0:26:09 | 0:12:31 |
| 152   | 1009    | Felbel Helga          | Just Fit 03                 | 0:39:03 | 0:39:31 | 3     | W60  | 1953 | 0:25:59 | 0:13:04 |
| 153   | 717     | Schenk Ronja          | Bauhaus                     | 0:38:58 | 0:39:49 | 27    | WHK  | 1994 | 0:25:39 | 0:13:18 |
| 154   | 718     | Schenk S              | Bauhaus                     | 0:38:58 | 0:39:50 | 28    | WHK  | 1994 | 0:25:39 | 0:13:19 |
| 155   | 218     | Sandmann Alina        | Realschule Frechen          | 0:39:31 | 0:39:54 | 7     | WU14 | 2005 | 0:24:22 | 0:15:08 |
| 156   | 676     | Moog Nina             | *Erfstadt                   | 0:39:39 | 0:40:16 | 31    | W35  | 1979 | 0:26:09 | 0:13:29 |
| 157   | 735     | Diehl Sandra          | Bauhaus                     | 0:39:24 | 0:40:16 | 29    | WHK  | 1990 | 0:26:41 | 0:12:43 |
| 158   | 1109    | Hütte Katharina       | Raiba Frechen               | 0:40:27 | 0:41:26 | 30    | WHK  | 1996 | 0:27:22 | 0:13:04 |
| 159   | 1107    | Rheinfeld Tanja       | Raiba Frechen               | 0:40:26 | 0:41:26 | 23    | W45  | 1970 | 0:27:23 | 0:13:03 |
| 160   | 1108    | Zimmermann Julia      | Raiba Frechen               | 0:40:27 | 0:41:26 | 31    | WHK  | 1989 | 0:27:22 | 0:13:04 |
| 161   | 730     | Reimann Ursula        | Bauhaus                     | 0:40:48 | 0:41:31 | 14    | W40  | 1973 | 0:26:48 | 0:14:00 |
| 162   | 95      | Maniou Nikoleta       | Burgschule Frechen          | 0:40:27 | 0:41:32 | 3     | WU10 | 2009 | 0:25:21 | 0:15:06 |
| 163   | 1027    | Coste Angelika        | GVG-Laufteam                | 0:41:30 | 0:42:02 | 5     | W55  | 1962 | 0:27:13 | 0:14:17 |
| 164   | 1150    | Leuchtenberg Sabrina  | ASG Elsdorf                 | 0:41:40 | 0:42:08 | 16    | W30  | 1983 | 0:27:33 | 0:14:07 |
| 165   | 767     | Kallabis Natalie      | Bauhaus                     | 0:42:45 | 0:43:00 | 32    | WHK  | 1988 | 0:28:02 | 0:14:43 |
| 166   | 775     | Fischer Franziska     | Bauhaus                     | 0:42:48 | 0:43:03 | 33    | WHK  | 1993 | 0:28:03 | 0:14:45 |
| 167   | 618     | Vozar Marina          | *Hürth                      | 0:44:14 | 0:44:59 | 17    | W30  | 1983 | 0:28:26 | 0:15:47 |
| 168   | 795     | Hürten Elisabeth      | Bauhaus                     | 0:47:33 | 0:48:13 | 15    | W40  | 1976 | 0:32:17 | 0:15:15 |