

Kölner Frühlingslauf am 26. März 2017 - 10km Azubilauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	77	Pieters Fabian	AXA Versicherung	0:36:01	1993	MHK	1	0:36:03 11:47 * 12:01 * 12:12	3:36 min/km
2	160	Haase Hendrik	Lidl	0:36:56	1999	MU20	1	0:36:59 11:48 * 12:20 * 12:47	3:42 min/km
3	109	Beigel Timon	Flughafen Köln Bonn	0:40:32	1998	MU20	2	0:40:45 12:53 * 13:31 * 14:07	4:03 min/km
4	81	Beilfuß Jan	Bayer AG	0:43:47	1998	MU20	3	0:44:14 14:38 * 14:19 * 14:49	4:23 min/km
5	215	Tchao Alexandre	Nissan	0:44:26	1987	M30	1	0:46:10 14:13 * 14:47 * 15:25	4:27 min/km
6	59	Tombers Tobias	ALDI Dormagen	0:45:28	1992	MHK	2	0:46:48 14:30 * 14:56 * 16:01	4:33 min/km
7	345	Föll Denis	Team Loco-Soft	0:45:38	1979	M35	1	0:45:49 14:45 * 15:41 * 15:11	4:34 min/km
8	210	Königs Kevin	Nissan	0:45:42	1992	MHK	3	0:45:56 14:58 * 15:04 * 15:39	4:34 min/km
9	83	Nassenstein Joscha	Bayer AG	0:46:11	1996	MHK	4	0:46:42 14:40 * 15:09 * 16:21	4:37 min/km
10	336	König Timo	Schütte	0:46:30	1993	MHK	5	0:46:37 14:59 * 15:42 * 15:47	4:39 min/km
11	178	Pesch Joachim Markus	Lidl	0:46:52	1993	MHK	6	0:48:04 15:21 * 15:27 * 16:03	4:41 min/km
12	248	Lammerkamp Florian	NORMA	0:48:18	1983	M30	2	0:48:46 16:11 * 15:08 * 16:57	4:50 min/km
13	1	Bockenfeld Christian	*Leverkusen	0:49:48	1994	MHK	7	0:50:22 15:49 * 16:55 * 17:03	4:59 min/km
14	182	Schüler Kevin	Lidl	0:50:17	1992	MHK	8	0:50:21 15:30 * 17:05 * 17:41	5:02 min/km
15	375	Kipp Leon	SWB Runners	0:50:31	1998	MU20	4	0:51:38 17:22 * 16:34 * 16:34	5:03 min/km
16	323	Schweiger Maximilian	RWE Power	0:50:49	1994	MHK	9	0:51:45 16:54 * 16:35 * 17:19	5:05 min/km
17	33	Domingos Bill	ALDI Dormagen	0:50:50	1994	MHK	10	0:52:12 17:19 * 16:13 * 17:18	5:05 min/km
18	355	Ciupke Dennis	Team Möbel Hausmann	0:51:26	1992	MHK	11	0:52:25 16:33 * 16:19 * 18:33	5:09 min/km
19	3	Buck Phil-Mo	*Leverkusen	0:51:31	1998	MU20	5	0:52:06 17:34 * 17:03 * 16:53	5:09 min/km
20	368	Rath Florian	*Koeln	0:51:35	1990	MHK	12	0:52:09 17:35 * 17:03 * 16:56	5:10 min/km
21	188	Stausberg Christoph	Lidl	0:51:39	1984	M30	3	0:52:55 16:21 * 17:21 * 17:56	5:10 min/km
22	158	Groß Heiko	Lidl	0:51:40	1969	M45	1	0:52:55 16:21 * 17:17 * 18:01	5:10 min/km
23	141	Ahmad Nils	Lidl	0:51:41	1984	M30	4	0:52:55 16:20 * 17:18 * 18:01	5:10 min/km
24	372	Marx Eric	SWB Runners	0:51:43	1969	M45	2	0:52:50 17:17 * 16:40 * 17:45	5:10 min/km
25	352	Bienentreu Ralf	Team Möbel Hausmann	0:51:51	1967	M50	1	0:52:50 16:54 * 16:58 * 17:58	5:11 min/km
26	196	Zynda Marc	Lidl	0:52:21	1995	MHK	13	0:53:54 19:22 * 18:08 * 14:50	5:14 min/km
27	217	Khalil Abdo	NORMA	0:52:32	1990	MHK	14	0:53:02 16:09 * 17:06 * 19:16	5:15 min/km
28	274	Jonas Michael	NORMA	0:52:42	1998	MU20	6	0:53:14 16:43 * 16:34 * 19:23	5:16 min/km
29	244	Berger Domenic	NORMA	0:52:43	1995	MHK	15	0:53:15 16:45 * 17:24 * 18:32	5:16 min/km
30	218	Schmied Adrian	NORMA	0:52:45	1992	MHK	16	0:53:17 16:38 * 17:33 * 18:34	5:17 min/km
31	55	Pabst Thorsten	ALDI Dormagen	0:52:54	1972	M45	3	0:54:20 17:30 * 17:08 * 18:16	5:17 min/km
32	49	Meyer Sebastian	ALDI Dormagen	0:53:00	1989	MHK	17	0:54:20 17:04 * 17:38 * 18:16	5:18 min/km
33	156	Funk Alexander	Lidl	0:53:07	1996	MHK	18	0:54:19 16:33 * 17:50 * 18:44	5:19 min/km
34	318	Schäfer Rene	RWE Power	0:53:12	2000	MU18	1	0:54:06 17:28 * 17:39 * 18:04	5:19 min/km
35	285	Prusvic Sven	NORMA	0:53:32	0	MHK	19	0:54:32 17:21 * 17:34 * 18:36	5:21 min/km
36	302	Conzen Ralf	RWE Power	0:53:32	1965	M50	2	0:55:32 17:51 * 17:34 * 18:07	5:21 min/km
37	316	Ringel Roger	RWE Power	0:53:38	1968	M45	4	0:54:33 18:09 * 17:15 * 18:12	5:22 min/km
38	281	Wycisk Sebastian	NORMA	0:54:13	1979	M35	2	0:54:41 17:28 * 18:16 * 18:29	5:25 min/km
39	350	Rosner Timo	Team Loco-Soft	0:54:38	1997	MHK	20	0:54:51 18:45 * 17:40 * 18:12	5:28 min/km
40	275	Faust Paul	NORMA	0:54:44	1964	M50	3	0:55:11 18:14 * 18:09 * 18:20	5:28 min/km
41	145	Becker Nicolai	Lidl	0:55:09	1984	M30	5	0:56:29 17:48 * 17:35 * 19:45	5:31 min/km
42	151	Deubert Maximilian	Lidl	0:55:10	1987	M30	6	0:56:29 17:49 * 17:35 * 19:45	5:31 min/km
43	205	Caba Martin	Nissan	0:56:01	1987	M30	7	0:56:51 21:07 * 17:20 * 17:33	5:36 min/km
44	93	Ruettgers Yannick	Bayer AG	0:56:11	1998	MU20	7	0:56:42 18:26 * 18:45 * 18:58	5:37 min/km
45	242	Wodzikowski Dennis	NORMA	0:56:48	0	MHK	21	0:57:48 19:56 * 18:05 * 18:45	5:41 min/km
46	296	Hoberg Florian Paul	PlusServer	0:57:05	1987	M30	8	0:57:25 17:13 * 18:34 * 21:18	5:43 min/km
47	173	McClenaghan Duncan	Lidl	0:57:50	1998	MU20	8	0:59:26 19:19 * 18:18 * 20:12	5:47 min/km
48	267	Knechtel Markus	NORMA	0:58:14	1977	M40	1	0:59:19 19:45 * 19:18 * 19:10	5:49 min/km
49	98	Neuenhaus Yanik	DER Touristik Köln	0:58:28	1995	MHK	22	1:00:58 16:54 * 19:43 * 21:50	5:51 min/km
50	71	Kafka Marcel	AVG Feuerläufer	0:59:18	1987	M30	9	1:01:29 20:18 * 19:16 * 19:42	5:56 min/km
51	344	Shimmary Sammy	Schütte	1:00:15	1995	MHK	23	1:01:01 20:30 * 19:24 * 20:19	6:02 min/km
52	165	Keller Thomas	Lidl	1:00:56	1996	MHK	24	1:02:12 21:09 * 19:53 * 19:54	6:06 min/km
53	292	Widmann Walter	NORMA	1:03:28	1978	M35	3	1:03:58 21:27 * 20:39 * 21:20	6:21 min/km

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54	263	Alles Marcel	NORMA	1:04:01	0 MHK	25	1:04:56	19:53 *	22:22 *	21:44	6:24 min/km
55	241	Neumann Dennis	NORMA	1:04:10	0 MHK	26	1:05:07	20:57 *	21:39 *	21:33	6:25 min/km
56	373	Drees Felix	SWB Runners	1:04:57	1994 MHK	27	1:06:05	20:56 *	21:10 *	22:50	6:30 min/km
57	149	Bolga Florian	Lidl	1:05:06	1989 MHK	28	1:06:25	21:44 *	21:16 *	22:05	6:31 min/km
58	185	Sosch Adam Martin	Lidl	1:05:09	1988 MHK	29	1:06:26	21:45 *	21:16 *	22:06	6:31 min/km
59	356	Kubera Benjamin	Team Möbel Hausmann	1:05:25	1991 MHK	30	1:06:23	21:40 *	21:22 *	22:22	6:33 min/km
60	353	Caglayan Emrah	Team Möbel Hausmann	1:06:11	1997 MHK	31	1:06:24	22:03 *	21:44 *	22:23	6:37 min/km
61	226	Kater Axel	NORMA	1:06:32	0 MHK	32	1:07:28	21:51 *	21:55 *	22:45	6:39 min/km
62	358	Mungwakuzwe Pascal	Team Möbel Hausmann	1:07:18	1996 MHK	33	1:08:17	22:18 *	21:55 *	23:04	6:44 min/km
63	16	Voss Thomas	Lebensbaum	1:09:03	1983 M30	10	1:10:11	22:04 *	22:19 *	24:38	6:54 min/km
64	354	Chatrus Peman	Team Möbel Hausmann	1:10:16	1988 MHK	34	1:11:17	21:17 *	23:51 *	25:07	7:02 min/km
65	317	Sadow Kai	RWE Power	1:15:26	1983 M30	11	1:16:22	24:38 *	25:14 *	25:34	7:33 min/km

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Ergebnisliste Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	311	Lohrer Nadja	RWE Power	0:46:29	1986	W30	1	0:47:20	15:14 * 15:18 * 15:56	4:39 min/km
2	86	Vaitl Maresa	Bayer AG	0:51:23	1997	WHK	1	0:52:43	16:42 * 17:07 * 17:33	5:08 min/km
3	79	Mirgel Charlotte	Bayer AG	0:53:34	1996	WHK	2	0:54:54	17:30 * 17:50 * 18:13	5:21 min/km
4	17	Wenker Celine	*Erfstadt	0:53:52	1995	WHK	3	0:54:09	16:48 * 17:27 * 19:36	5:23 min/km
5	349	Mattick Corinna	Team Loco-Soft	0:55:13	1981	W35	1	0:55:24	18:02 * 18:26 * 18:44	5:31 min/km
6	211	Krause Ribeiro Natalie	Nissan	0:57:44	1992	WHK	4	0:58:36	19:50 * 18:47 * 19:07	5:46 min/km
7	74	Schweiger Laurence	AVG Feuerläufer	0:58:19	1967	W50	1	1:00:29	19:06 * 19:21 * 19:51	5:50 min/km
8	20	Hoffmann Annika	AachenMünchener	1:00:22	1994	WHK	5	1:01:32	19:50 * 19:51 * 20:40	6:02 min/km
9	208	Grandvaux Fanny	Nissan	1:01:33	1988	WHK	6	1:03:24	19:47 * 20:19 * 21:26	6:09 min/km
10	41	Keutgen Yvonne	ALDI Dormagen	1:03:21	1989	WHK	7	1:05:10	20:20 * 20:39 * 22:21	6:20 min/km
11	67	Ellermann Claudia	AVG Feuerläufer	1:03:52	1963	W50	2	1:06:00	20:29 * 21:21 * 22:01	6:23 min/km
12	220	Lohkamp Alexandra	NORMA	1:04:09	0	WHK	8	1:05:06	20:56 * 21:39 * 21:33	6:25 min/km
13	236	Alzer Christina	NORMA	1:04:32	1979	W35	2	1:05:26	21:24 * 21:26 * 21:41	6:27 min/km
14	161	Hardy Vivien	Lidl	1:05:09	1992	WHK	9	1:06:25	21:46 * 21:16 * 22:05	6:31 min/km
15	167	Kotthaus Isabella	Lidl	1:05:13	1975	W40	1	1:06:31	21:02 * 21:31 * 22:39	6:31 min/km
16	65	Bachhuber Melina	AVG Feuerläufer	1:05:33	1995	WHK	10	1:07:43	21:44 * 21:22 * 22:26	6:33 min/km
17	206	Calvi Melanie	Nissan	1:05:49	1972	W45	1	1:06:09	21:13 * 21:28 * 23:06	6:35 min/km
18	357	Mann Stefanie	Team Möbel Hausmann	1:07:20	1994	WHK	11	1:08:19	22:04 * 22:31 * 22:44	6:44 min/km
19	351	Banik Monika	Team Möbel Hausmann	1:07:24	1995	WHK	12	1:08:24	22:09 * 22:25 * 22:49	6:44 min/km
20	9	Mudring-Langel Bettina	Lebensbaum	1:09:02	1971	W45	2	1:10:12	22:03 * 22:19 * 24:39	6:54 min/km
21	5	Docken Christina	Lebensbaum	1:09:05	1971	W45	3	1:10:12	22:05 * 22:20 * 24:39	6:55 min/km
22	96	Jakobs Theresa	DER Touristik Köln	1:11:58	1996	WHK	13	1:11:58	27:12 * 22:08 * 22:38	7:12 min/km
23	101	Tausch Hanna	DER Touristik Köln	1:12:06	1996	WHK	14	1:12:06	27:12 * 22:08 * 22:46	7:13 min/km
24	97	Möbus Pia Alina	DER Touristik Köln	1:12:07	1996	WHK	15	1:12:07	27:11 * 22:08 * 22:47	7:13 min/km