

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Männer

Seite 1

gedruckt 24.04.2017 16:13:56

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1560	Selemun Yakob	ssv gemund	0:38:21	1999 MU20	1	0:38:26	12:25 * 12:46 * 13:10	3:50 min/km
2	885	Kauschke Gunnar	*Aachen	0:40:39	1981 M35	1	0:40:46	12:42 * 13:35 * 14:21	4:04 min/km
3	1318	Knips Florian	DB Fernverkehr AG	0:41:24	1987 M30	1	0:41:30	13:52 * 13:59 * 13:33	4:08 min/km
4	1376	Kolz Nicolas	Gothaer	0:41:38	1988 MHK	1	0:41:45	12:39 * 14:03 * 14:54	4:10 min/km
5	1596	Siegel Christoph	The GinNastics &	0:42:15	1977 M40	1	0:42:22	13:36 * 13:56 * 14:42	4:14 min/km
6	458	Borzner Peter	*Köln	0:43:12	1979 M35	2	0:43:18	13:24 * 14:25 * 15:22	4:19 min/km
7	1740	Angenvoort Malo	ASV	0:43:39	1963 M50	1	0:43:48	14:07 * 14:28 * 15:04	4:22 min/km
8	933	Küchler Nils	*Köln	0:43:41	1987 M30	2	0:43:48	13:50 * 14:34 * 15:16	4:22 min/km
9	1293	Crombach Carsten	andare sport	0:43:47	1977 M40	2	0:44:27	14:23 * 14:20 * 15:02	4:23 min/km
10	720	Dieckmann Simon	*Köln	0:44:06	1987 M30	3	0:44:14	14:34 * 14:38 * 14:53	4:25 min/km
11	725	Dinstühler Guido	*Köln	0:44:24	1983 M30	4	0:44:38	14:38 * 14:34 * 15:11	4:26 min/km
12	833	Henning Mark	*Wuppertal	0:44:32	1992 MHK	2	0:44:52	14:22 * 14:44 * 15:26	4:27 min/km
13	1286	Kourkoulos Dr. Dimitrios	2 Fast 2 Frustrated	0:44:50	1986 M30	5	0:45:53	14:39 * 14:38 * 15:32	4:29 min/km
14	1319	Loynes Mark	DB Fernverkehr AG	0:44:50	1970 M45	1	0:45:25	15:04 * 14:34 * 15:11	4:29 min/km
15	1571	Adams Michael	Team LeseWelten	0:44:59	1997 MHK	3	0:46:04	14:30 * 14:54 * 15:34	4:30 min/km
16	1676	Schulz Matthias	MMP	0:45:07	1981 M35	3	0:45:33	15:33 * 14:35 * 14:59	4:31 min/km
17	939	Kuthe Thorsten	*Köln	0:45:26	1972 M45	2	0:45:51	15:16 * 14:45 * 15:25	4:33 min/km
18	1789	Schneider Ben	Cyt Team	0:45:28	1974 M40	3	0:45:34	14:56 * 15:10 * 15:21	4:33 min/km
19	1787	Pach Alex	Cyt Team	0:45:28	1978 M35	4	0:45:34	14:57 * 15:10 * 15:20	4:33 min/km
20	1324	Schmidt Achim	DB Fernverkehr AG	0:45:46	1965 M50	2	0:45:55	15:14 * 15:08 * 15:23	4:35 min/km
21	721	Diehl Oscar	*Köln	0:45:59	1999 MU20	2	0:46:39	14:28 * 15:03 * 16:27	4:36 min/km
22	1411	Brands Robert	Isi-Runner	0:46:00	1961 M55	1	0:46:15	15:08 * 15:09 * 15:42	4:36 min/km
23	1155	Simon Frank	*Köln	0:46:01	1974 M40	4	0:46:26	14:51 * 15:19 * 15:51	4:36 min/km
24	1358	Praß Thomas	FC Deutsche Post	0:46:06	1971 M45	3	0:46:43	15:03 * 15:13 * 15:49	4:37 min/km
25	1629	Schröder Alex	UPS	0:46:11	1983 M30	6	0:47:09	15:06 * 15:32 * 15:32	4:37 min/km
26	1628	Reimann Sascha	UPS	0:46:12	1980 M35	5	0:47:09	15:06 * 15:32 * 15:32	4:37 min/km
27	848	Hoff Alexander	*Köln	0:46:14	1981 M35	6	0:48:12	15:40 * 15:29 * 15:03	4:37 min/km
28	971	Martino Maurizio	*Köln	0:46:19	1978 M35	7	0:48:09	15:18 * 15:19 * 15:41	4:38 min/km
29	717	Del Olmo Roberto	*Köln	0:46:20	1982 M35	8	0:46:26	14:31 * 15:07 * 16:41	4:38 min/km
30	995	Müller Henrik	*Köln	0:46:21	1987 M30	7	0:46:29	14:22 * 15:36 * 16:21	4:38 min/km
31	1495	Kneitz Marlo	LT DSHS Köln	0:46:24	2003 MU16	1	0:46:27	14:31 * 16:13 * 15:39	4:38 min/km
32	1567	Hansmann Christoph	Team Haus Schwan	0:46:24	1973 M40	5	0:46:36	15:23 * 15:22 * 15:38	4:38 min/km
33	737	Ebener Daniel	*Köln	0:46:33	1983 M30	8	0:48:51	16:08 * 15:04 * 15:20	4:39 min/km
34	1182	Stratmann Jan	*Köln	0:46:42	1980 M35	9	0:46:55	15:16 * 15:18 * 16:07	4:40 min/km
35	1290	Weirich Jan	AA Running	0:46:43	1988 MHK	4	0:46:58	14:53 * 15:39 * 16:11	4:40 min/km
36	1592	Schmengler Heiko	Team Salü	0:46:49	1992 MHK	5	0:47:00	15:25 * 16:02 * 15:20	4:41 min/km
37	1356	Breidbach Armin	FC Deutsche Post	0:46:49	1961 M55	2	0:46:59	15:14 * 15:30 * 16:04	4:41 min/km
38	950	Lellek Lars	*Köln	0:46:54	1989 MHK	6	0:47:17	15:22 * 15:19 * 16:11	4:41 min/km
39	1555	Prinz Oliver	SC Drolshagen	0:46:54	1974 M40	6	0:47:32	15:24 * 15:06 * 16:23	4:41 min/km
40	1283	Köppe Stefan	1.FC Köln	0:47:17	1985 M30	9	0:47:30	15:42 * 15:40 * 15:53	4:44 min/km
41	1036	Petters Andreas	*Brühl	0:47:24	1978 M35	10	0:48:11	15:46 * 15:37 * 15:59	4:44 min/km
42	1118	Schmitz Martin	*Köln	0:47:30	1976 M40	7	0:47:59	17:08 * 14:39 * 15:41	4:45 min/km
43	1585	Spessert Ulf	Team LeseWelten	0:47:33	1983 M30	10	0:48:35	15:36 * 15:46 * 16:10	4:45 min/km
44	1210	Traut Johannes	*Köln	0:47:36	1985 M30	11	0:48:21	15:51 * 15:40 * 16:04	4:46 min/km
45	1359	Hassler Christoph	FC Weidenhausen e.V.	0:47:42	1980 M35	11	0:47:54	15:10 * 15:55 * 16:36	4:46 min/km
46	709	Couval Jérémy	*Köln	0:47:45	1985 M30	12	0:48:01	15:41 * 15:35 * 16:28	4:47 min/km
47	1138	Schwartz Dieter	*Köln	0:47:45	1959 M55	3	0:48:12	16:00 * 15:33 * 16:11	4:47 min/km
48	1612	Zur Nieden Tom	TV Hasten	0:47:47	1998 MU20	3	0:48:07	17:07 * 15:42 * 14:57	4:47 min/km
49	1641	Zur Nieden Jan	WSV	0:47:49	2001 MU18	1	0:48:09	15:26 * 15:55 * 16:27	4:47 min/km
50	1597	Siegel Florian	The GinNastics &	0:47:52	1988 MHK	7	0:48:37	15:10 * 15:43 * 16:57	4:47 min/km
51	1350	Thurwach Rüdiger	Elektro Thurwach GmbH	0:48:01	1957 M60	1	0:48:04	15:37 * 15:55 * 16:28	4:48 min/km
52	455	Block Christian	*Rheinbach	0:48:02	1987 M30	13	0:48:22	15:35 * 15:31 * 16:55	4:48 min/km
53	979	Metten Johannes	*Köln	0:48:08	1983 M30	14	0:48:18	15:58 * 16:03 * 16:05	4:49 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Männer

Seite 2

gedruckt 24.04.2017 16:13:56

54	1457	Pütz Dirk	Lauf Roxy	0:48:12	1966 M50	3	0:48:25	15:23 *	16:04 *	16:44	4:49 min/km
55	1019	Otto Michael	*Kerpen	0:48:21	1967 M50	4	0:48:27	15:48 *	16:04 *	16:28	4:50 min/km
56	1469	Gerhard Rolf	Laufteam Tectrion	0:48:32	1979 M35	12	0:49:57	16:04 *	15:50 *	16:36	4:51 min/km
57	603	Müller Bertram	Krombacher	0:48:44	1967 M50	5	0:48:55	16:05 *	16:02 *	16:36	4:52 min/km
58	1307	Liebig Dieter	BSG-Lülsdorf e.V.	0:48:45	1958 M55	4	0:49:04	16:04 *	16:01 *	16:39	4:53 min/km
59	806	Guy Jeff	*Köln	0:48:47	1963 M50	6	0:49:08	16:25 *	16:05 *	16:16	4:53 min/km
60	1383	Schwabe Mario	Gothaer	0:48:52	1976 M40	8	0:49:35	15:32 *	16:09 *	17:11	4:53 min/km
61	831	Hemmersbach Christian	*Essen	0:48:55	1969 M45	4	0:49:09	16:44 *	15:37 *	16:33	4:54 min/km
62	1780	Weck Jan	Fit Köln	0:48:56	1978 M35	13	0:50:29	16:50 *	16:06 *	15:59	4:54 min/km
63	904	Klute Martin	*Waltrop	0:49:09	1964 M50	7	0:49:41	16:53 *	16:04 *	16:11	4:55 min/km
64	1589	Sekulla Stefan	Team Rattenscharf	0:49:11	1978 M35	14	0:49:37	15:40 *	16:06 *	17:25	4:55 min/km
65	696	Bürgel Norbert	*Köln	0:49:11	1968 M45	5	0:49:26	16:22 *	16:07 *	16:41	4:55 min/km
66	1688	Snella Michal	NetCologne	0:49:11	1987 M30	15	0:50:15	16:15 *	16:27 *	16:28	4:55 min/km
67	1591	Ababei Ionut-Victor	Team Salü	0:49:15	1989 MHK	8	0:49:24	15:28 *	16:09 *	17:36	4:56 min/km
68	1265	Wüpping Stefan	*Köln	0:49:15	1978 M35	15	0:49:46	16:42 *	16:24 *	16:08	4:56 min/km
69	1258	Winters Laurin	*Frechen	0:49:20	1990 MHK	9	0:50:07	17:48 *	16:02 *	15:30	4:56 min/km
70	1614	Bergerhausen Henry	Tyrannosaurus quadriceps	0:49:24	1965 M50	8	0:49:35	16:03 *	16:25 *	16:54	4:56 min/km
71	1208	Tornow Tino	*Köln	0:49:27	1966 M50	9	0:49:47	15:58 *	16:27 *	17:02	4:57 min/km
72	1695	Kruth David	LT DSHS Köln	0:49:35	2005 MU14	1	0:49:47	16:24 *	15:42 *	17:27	4:58 min/km
73	1180	Stinn Ralf	*Bergisch Gladbach	0:49:39	1969 M45	6	0:49:52	16:14 *	16:42 *	16:43	4:58 min/km
74	1260	Wissen Manuel	*Bergisch Gladbach	0:49:40	1980 M35	16	0:49:52	16:15 *	16:41 *	16:43	4:58 min/km
75	818	Härtmann Eric	*Kempen	0:49:41	1965 M50	10	0:52:13	16:31 *	16:23 *	16:45	4:58 min/km
76	1363	Marek Waldemar	Für Hürth	0:49:44	1974 M40	9	0:49:52	15:34 *	16:23 *	17:46	4:58 min/km
77	1717	Molitor Harald		0:49:52	1959 M55	5	0:50:04	15:59 *	16:28 *	17:24	4:59 min/km
78	726	Döhmer Thorsten	*Frechen	0:50:09	1983 M30	16	0:50:23	15:33 *	16:25 *	18:09	5:01 min/km
79	959	Lohmann Jens	*Köln	0:50:10	1974 M40	10	0:52:42	16:30 *	16:31 *	17:09	5:01 min/km
80	1148	Siegrist Silvan	*Köln	0:50:13	1987 M30	17	0:50:20	16:58 *	16:35 *	16:38	5:01 min/km
81	1732	Scheithauer Daniel		0:50:20	1987 M30	18	0:50:38	17:05 *	17:02 *	16:12	5:02 min/km
82	1778	Danek Ingo	Lauffreunde Lunke	0:50:24	1972 M45	7	0:52:28	17:22 *	16:29 *	16:32	5:02 min/km
83	780	Geaney Michael	*Köln	0:50:25	1968 M45	8	0:52:53	17:16 *	16:05 *	17:03	5:03 min/km
84	486	Kaminski Michael	*Neuss	0:50:29	1983 M30	19	0:50:38	15:59 *	17:06 *	17:22	5:03 min/km
85	883	Kaulisch Thomas	*Köln	0:50:29	1970 M45	9	0:51:49	17:32 *	16:11 *	16:44	5:03 min/km
86	1323	Sauer Jens	DB Fernverkehr AG	0:50:35	1971 M45	10	0:50:45	16:00 *	16:41 *	17:53	5:04 min/km
87	1594	Glaubach Jürgen	Team Supermaus	0:50:39	1961 M55	6	0:50:52	15:47 *	17:03 *	17:48	5:04 min/km
88	893	Kischlat Jan	*Köln	0:50:39	1976 M40	11	0:50:59	16:45 *	16:49 *	17:05	5:04 min/km
89	1282	Eddy HENRION	--ssv gemund	0:50:42	1960 M55	7	0:50:47	15:43 *	16:52 *	18:06	5:04 min/km
90	1199	Thomas Andre	*Köln (Sürth)	0:50:43	1985 M30	20	0:50:49	15:36 *	16:52 *	18:14	5:04 min/km
91	1430	Keßeler Stefan	Köln läuft!	0:50:44	1978 M35	17	0:52:26	17:00 *	16:48 *	16:56	5:04 min/km
92	1191	Tampier Thomas	*Weilerswist	0:50:53	1969 M45	11	0:51:10	16:44 *	16:44 *	17:24	5:05 min/km
93	728	Dohr Mario	*Köln	0:51:00	1973 M40	12	0:52:20	17:28 *	16:43 *	16:48	5:06 min/km
94	919	Kothen Christoph	*Köln	0:51:01	1975 M40	13	0:52:20	17:29 *	16:43 *	16:48	5:06 min/km
95	903	Klever Martin	*Köln	0:51:03	1986 M30	21	0:51:13	15:32 *	17:02 *	18:28	5:06 min/km
96	1704	Nutz Manfred	Uni Bonn	0:51:04	1958 M55	8	0:51:52	16:51 *	16:45 *	17:28	5:06 min/km
97	1170	Stein Hans-Jörg	*Köln	0:51:18	1952 M65	1	0:52:37	16:59 *	16:42 *	17:36	5:08 min/km
98	1719	Ingenhaag Luke		0:51:25	2007 MU12	1	0:52:01	17:00 *	17:28 *	16:56	5:09 min/km
99	1671	Weber Philipp	MMP	0:51:26	1981 M35	18	0:51:58	17:47 *	17:09 *	16:28	5:09 min/km
100	735	Düster Ingo	*Berg	0:51:26	1968 M45	12	0:51:44	17:14 *	17:09 *	17:02	5:09 min/km
101	1774	Bolle Michael		0:51:27	1975 M40	14	0:51:40	16:08 *	17:10 *	18:08	5:09 min/km
102	1093	Sausner Marcel	*Lindlar	0:51:27	1981 M35	19	0:53:08	17:21 *	16:26 *	17:38	5:09 min/km
103	1542	Pavlic Goran	Rituals Cosmetics	0:51:27	1979 M35	20	0:51:53	17:16 *	16:34 *	17:36	5:09 min/km
104	1668	Feldgen Thomas	MMP	0:51:28	1985 M30	22	0:51:57	17:51 *	17:05 *	16:32	5:09 min/km
105	1115	Schmidt Thomas	*Köln	0:51:30	1984 M30	23	0:51:40	16:55 *	16:46 *	17:47	5:09 min/km
106	1499	Reich Jonathan	LT DSHS Köln	0:51:34	2007 MU12	2	0:52:11	18:04 *	16:34 *	16:55	5:09 min/km
107	1619	Althoff Felix	UPS	0:51:36	1988 MHK	10	0:52:53	16:54 *	16:52 *	17:49	5:10 min/km
108	796	Groß Laurenz	*Köln	0:51:43	2008 MU10	1	0:51:47	15:56 *	17:10 *	18:36	5:10 min/km
109	1287	Ulber Benjamin	2 Fast 2 Frustrated	0:51:53	1990 MHK	11	0:52:56	16:28 *	16:48 *	18:36	5:11 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Männer

Seite 3

gedruckt 24.04.2017 16:13:56

110	1001	Nedumgad Tom	*Köln	0:52:04	1987 M30	24	0:52:12	16:09 *	17:31 *	18:23	5:12 min/km
111	1419	Klör Moritz	Just Fit 20	0:52:05	1988 MHK	12	0:54:14	17:42 *	16:47 *	17:35	5:13 min/km
112	1667	Okon Christian	MMP	0:52:06	1972 M45	13	0:52:36	17:50 *	17:09 *	17:06	5:13 min/km
113	687	Boll Sebastian	*Köln	0:52:07	1983 M30	25	0:53:00	17:30 *	16:52 *	17:44	5:13 min/km
114	1305	Eich Jörg	BSG-Lülsdorf e.V.	0:52:09	1964 M50	11	0:52:27	16:46 *	17:15 *	18:06	5:13 min/km
115	1353	Aidan Dr. Cowley	ESA	0:52:09	1981 M35	21	0:54:33	17:33 *	16:54 *	17:41	5:13 min/km
116	1392	Van Sambeck Philipp	GS1 Germany GmbH	0:52:11	1989 MHK	13	0:53:37	18:30 *	17:10 *	16:30	5:13 min/km
117	1321	Moteka Markus	DB Fernverkehr AG	0:52:13	1971 M45	14	0:52:22	17:00 *	17:16 *	17:56	5:13 min/km
118	1781	Vogel Christoph		0:52:21	1997 MHK	14	0:52:26	16:32 *	17:50 *	17:57	5:14 min/km
119	1142	Schwengelbeck Bjarne	*Bielefeld	0:52:29	1987 M30	26	0:52:39	16:34 *	17:25 *	18:28	5:15 min/km
120	1165	Soodt Thomas	*Köln	0:52:31	1980 M35	22	0:54:34	19:08 *	16:36 *	16:46	5:15 min/km
121	1630	Schwaab Fabian	UPS	0:52:39	1993 MHK	15	0:53:52	17:08 *	17:01 *	18:29	5:16 min/km
122	1436	Maras Georgios	Koufalia/Thessaloniki	0:52:46	1956 M60	2	0:54:16	17:17 *	17:15 *	18:13	5:17 min/km
123	1425	Hertel Aaron	KG Fischenich Runners	0:52:47	1981 M35	23	0:53:18	17:04 *	17:35 *	18:07	5:17 min/km
124	1782	Vogel Jörg		0:52:47	1969 M45	15	0:52:53	16:32 *	17:50 *	18:24	5:17 min/km
125	1554	Horrmann Hans	runners point	0:52:48	1957 M60	3	0:54:19	17:57 *	17:12 *	17:38	5:17 min/km
126	1291	Reppmann Reinhard	Aktion Canchanabury MT	0:52:56	1955 M60	4	0:53:35	18:31 *	17:05 *	17:19	5:18 min/km
127	1150	Simkus Gintautas	*Aachen	0:53:09	1991 MHK	16	0:55:38	17:33 *	17:20 *	18:15	5:19 min/km
128	1092	Sanders Simon	*Aachen	0:53:16	1989 MHK	17	0:55:45	17:32 *	17:22 *	18:20	5:20 min/km
129	1022	Padilla Alonso Juan	*Köln	0:53:31	1967 M50	12	0:53:59	17:43 *	17:06 *	18:41	5:21 min/km
130	1095	Schaaf Stefan	*Köln	0:53:31	1968 M45	16	0:53:59	17:43 *	17:06 *	18:40	5:21 min/km
131	1229	Vogt Joey	*Niederzier	0:53:40	1994 MHK	18	0:54:31	16:43 *	17:36 *	19:21	5:22 min/km
132	870	Kahl Frédéric	*Köln	0:53:44	1980 M35	24	0:54:19	17:28 *	17:29 *	18:46	5:22 min/km
133	739	Eggers Sebastian	*Köln	0:53:47	1978 M35	25	0:54:03	17:00 *	18:10 *	18:36	5:23 min/km
134	803	Grünther Olaf	*Lohmar	0:53:50	1967 M50	13	0:55:27	17:58 *	17:42 *	18:09	5:23 min/km
135	1168	Spill Marco	*Köln	0:53:51	1977 M40	15	0:54:29	16:25 *	18:11 *	19:14	5:23 min/km
135	951	Lengert Heiko	*Köln	0:53:51	1977 M40	15	0:55:05	18:27 *	17:18 *	18:05	5:23 min/km
137	1141	Schwend Wolf-Friedrich	*Köln	0:53:51	1977 M40	17	0:55:05	18:27 *	17:17 *	18:06	5:23 min/km
138	1231	Von Laguna Christian	*Köln	0:53:53	1986 M30	27	0:54:16	17:34 *	17:45 *	18:33	5:23 min/km
139	658	Auf dem Graben Peter	*Köln	0:53:57	1965 M50	14	0:55:48	18:08 *	18:07 *	17:41	5:24 min/km
140	1626	Holstein Thomas	UPS	0:54:02	1961 M55	9	0:55:19	18:38 *	17:26 *	17:56	5:24 min/km
141	1132	Schulz Günther	*Leverkusen	0:54:06	1952 M65	2	0:54:56	17:53 *	17:33 *	18:38	5:25 min/km
142	769	Frein Burkhard	*Köln	0:54:06	1959 M55	10	0:54:37	17:59 *	17:38 *	18:27	5:25 min/km
143	1131	Schulz Daniel	*Köln	0:54:08	1984 M30	28	0:55:08	18:20 *	17:31 *	18:17	5:25 min/km
144	1245	Weiden Janaki	*Bergisch Gladbach	0:54:09	1976 M40	18	0:54:24	18:01 *	17:53 *	18:14	5:25 min/km
145	1216	Van der Veen Dirk	*Dormagen	0:54:09	1976 M40	19	0:55:39	18:03 *	17:34 *	18:31	5:25 min/km
146	719	Dia Simon	*Köln	0:54:15	1983 M30	29	0:54:36	17:48 *	17:57 *	18:30	5:26 min/km
147	1406	Hütz Volker	Hildener AT	0:54:19	1965 M50	15	0:55:24	18:16 *	17:30 *	18:32	5:26 min/km
148	1355	Pagers Sven	ESV Gremberghoven	0:54:24	1966 M50	16	0:56:25	17:16 *	17:35 *	19:32	5:26 min/km
149	1574	Gerganov Petko	Team LeseWelten	0:54:24	1988 MHK	19	0:55:29	18:37 *	18:08 *	17:38	5:26 min/km
150	930	Kronsbein Günter	*Köln	0:54:26	1965 M50	17	0:55:00	17:59 *	18:05 *	18:21	5:27 min/km
151	748	Lucius Kai	*Köln	0:54:35	0 MHK	20	0:55:58	18:55 *	17:42 *	17:57	5:28 min/km
152	601	Lupa Marcus	Krombacher	0:54:37	1990 MHK	21	0:55:07	16:42 *	18:10 *	19:44	5:28 min/km
153	1576	Jansen Thomas	Team LeseWelten	0:54:42	1974 M40	20	0:55:43	19:06 *	17:27 *	18:09	5:28 min/km
154	763	Foin Frédéric	*Köln	0:54:46	1984 M30	30	0:56:49	20:05 *	17:57 *	16:43	5:29 min/km
155	1382	Schlack Thorsten	Gothaer	0:54:46	1973 M40	21	0:55:20	17:36 *	17:42 *	19:28	5:29 min/km
156	1112	Schmidt Leo	*Köln	0:54:51	1994 MHK	22	0:55:37	18:19 *	18:01 *	18:29	5:29 min/km
157	675	Beckers Stefan	*Köln	0:54:55	1969 M45	17	0:55:29	17:43 *	18:00 *	19:11	5:30 min/km
158	1584	Sommer Christopher	Team LeseWelten	0:55:03	1987 M30	31	0:56:09	19:01 *	17:37 *	18:23	5:30 min/km
159	1111	Schmidt Felix	*Köln	0:55:03	1978 M35	26	0:56:42	19:50 *	17:50 *	17:21	5:30 min/km
160	815	Haiplik Marco	*Rösrath	0:55:04	1984 M30	32	0:55:39	17:59 *	17:40 *	19:23	5:30 min/km
161	1220	Velde Moritz	*Köln	0:55:07	2004 MU14	2	0:57:28	20:54 *	18:26 *	15:46	5:31 min/km
162	1414	Link Mario	Just Fit	0:55:09	1980 M35	27	0:57:17	19:16 *	17:48 *	18:04	5:31 min/km
163	1772	Quetting Jörg		0:55:15	1968 M45	18	0:57:46	18:39 *	18:23 *	18:12	5:32 min/km
164	981	Meyer Alexander	*Köln	0:55:19	1984 M30	33	0:56:50	18:52 *	17:53 *	18:32	5:32 min/km
165	1185	Ströbelt Reiner	*Pulheim	0:55:25	1962 M55	11	0:57:07	19:11 *	18:10 *	18:03	5:33 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Männer

Seite 4

gedruckt 24.04.2017 16:13:56

166	1579	Lueke Stefan	Team LeseWelten	0:55:27	1981 M35	28	0:56:30	18:16 *	18:15 *	18:55	5:33 min/km
167	1091	Sanchez Manuel	*Köln	0:55:34	1963 M50	18	0:56:14	18:30 *	18:07 *	18:55	5:33 min/km
168	1784	Mesenholl Jens		0:55:36	1987 M30	34	0:57:08	19:36 *	17:22 *	18:38	5:34 min/km
169	1762	Kurm Franz Josef		0:55:44	1967 M50	19	0:57:34	20:04 *	17:45 *	17:53	5:34 min/km
170	1333	Achnitz Bernd	Die schon wieder	0:55:47	1963 M50	20	0:57:37	21:05 *	17:19 *	17:22	5:35 min/km
171	985	Meyer Dr. Rolf	*Köln	0:55:51	1957 M60	5	0:56:08	17:42 *	17:59 *	20:09	5:35 min/km
172	983	Meyer Frederick	*Köln	0:55:54	1999 MU20	4	0:56:08	17:44 *	17:59 *	20:09	5:35 min/km
173	1509	Espendiller Frank	Marathonis Merheim	0:56:09	1973 M40	22	0:57:23	18:27 *	18:25 *	19:16	5:37 min/km
174	1034	Peters Jens	*Bonn	0:56:09	1952 M65	3	0:57:33	18:05 *	18:46 *	19:18	5:37 min/km
175	650	Altmann Stefan	*Köln	0:56:18	1974 M40	23	0:56:58	19:43 *	18:49 *	17:46	5:38 min/km
176	1269	Ziegler Stefan	*Köln	0:56:18	1979 M35	29	0:57:52	19:12 *	18:22 *	18:44	5:38 min/km
177	1248	Weismantel Thomas	*Köln	0:56:19	1968 M45	19	0:57:05	17:31 *	18:35 *	20:12	5:38 min/km
178	1420	Nait-Kabache Tobias	Just Fit 20	0:56:26	1989 MHK	23	0:58:35	18:52 *	18:35 *	18:59	5:39 min/km
179	991	Mrosek Damian	*Frechen	0:56:29	1980 M35	30	0:58:04	20:56 *	18:09 *	17:23	5:39 min/km
180	656	Artus Kay	*Frechen	0:56:29	1979 M35	31	0:58:04	20:57 *	18:09 *	17:23	5:39 min/km
181	1552	Bootz Andreas	Runner Boys	0:56:30	1958 M55	12	0:56:48	18:48 *	17:42 *	19:59	5:39 min/km
182	1083	Roth Matthias	*Mainz	0:56:36	1968 M45	20	0:57:21	19:30 *	18:38 *	18:27	5:40 min/km
183	708	Conrady Benedikt	*Köln	0:56:38	1985 M30	35	0:58:05	19:55 *	18:10 *	18:32	5:40 min/km
184	684	Blüm Stephan	*Pulheim	0:56:41	1968 M45	21	0:57:45	20:18 *	18:14 *	18:09	5:40 min/km
185	1368	Von Döhren Burkhard	Gehzeitenläufer	0:56:47	1956 M60	6	0:57:57	18:22 *	18:44 *	19:40	5:41 min/km
186	1418	Faber Martin	Just Fit 20	0:56:47	1962 M55	13	0:58:56	19:15 *	18:28 *	19:03	5:41 min/km
187	1481	Büttner Markus	LöLing	0:56:50	1969 M45	22	0:57:08	18:18 *	18:19 *	20:12	5:41 min/km
188	1480	Arat Mert	LöLing	0:56:50	1978 M35	32	0:57:08	18:18 *	18:19 *	20:12	5:41 min/km
189	730	Dreier Sebastian	*Köln	0:57:01	1978 M35	33	0:59:03	18:33 *	18:59 *	19:29	5:42 min/km
190	1266	Wujec Daniel	*Köln	0:57:03	1990 MHK	24	0:57:56	19:30 *	18:45 *	18:46	5:42 min/km
191	1400	Rödding Constantin	HCA	0:57:22	2006 MU12	3	0:57:25	20:12 *	19:35 *	17:34	5:44 min/km
192	1448	Heringhaus Jens	KRÜGER Running Team	0:57:24	1968 M45	23	0:58:55	20:27 *	18:55 *	18:01	5:44 min/km
193	1072	Rodewig Stephan	*Köln	0:57:25	1985 M30	36	0:58:54	19:14 *	19:10 *	19:00	5:45 min/km
194	692	Brunengo David	*Köln	0:57:27	1990 MHK	25	0:59:28	19:05 *	19:01 *	19:20	5:45 min/km
195	837	Hermann Udo	*Köln	0:57:33	1967 M50	21	0:59:18	19:46 *	18:40 *	19:06	5:45 min/km
196	1325	Tardio Giuseppe	DB Fernverkehr AG	0:57:34	1953 M60	7	0:57:43	17:54 *	19:08 *	20:31	5:45 min/km
197	783	Germann Daniel	*Köln	0:57:51	1980 M35	34	0:59:58	19:33 *	18:48 *	19:29	5:47 min/km
198	1125	Schöttmer Gerhard	*meppen	0:57:59	1954 M60	8	0:58:08	18:16 *	19:07 *	20:34	5:48 min/km
199	1328	Kessler Thomas	DEG road runner	0:58:03	1955 M60	9	1:00:31	18:28 *	19:08 *	20:25	5:48 min/km
200	1553	Bootz Thomas	Runner Boys	0:58:12	1955 M60	10	0:58:29	18:49 *	19:29 *	19:53	5:49 min/km
201	1570	Kraft Sebastian	Team KerryGum	0:58:12	1975 M40	24	0:59:22	21:44 *	18:27 *	18:00	5:49 min/km
202	994	Müller Frank	*Köln	0:58:19	1963 M50	22	1:00:37	18:42 *	19:19 *	20:17	5:50 min/km
203	1043	Pleines Roland	Weihnachtsspeck	0:58:24	1971 M45	24	0:59:08	20:43 *	18:50 *	18:50	5:50 min/km
204	902	Klemm Sven	*Köln	0:58:25	1966 M50	23	0:58:35	18:25 *	20:35 *	19:24	5:51 min/km
205	523	Sennholz Ingo	*Wennigsen	0:58:28	1972 M45	25	0:59:41	20:09 *	19:00 *	19:18	5:51 min/km
206	1551	Sehl Jürgen	RTV1847	0:58:28	1968 M45	26	0:59:16	18:36 *	19:03 *	20:47	5:51 min/km
207	1213	Twehues Markus	*Köln	0:58:29	1974 M40	25	1:01:20	19:27 *	19:41 *	19:19	5:51 min/km
208	711	Dahmen Rene	*Köln	0:58:32	1971 M45	27	1:00:29	20:22 *	19:01 *	19:08	5:51 min/km
209	845	Hoechst Martin	*Hürth	0:58:33	1978 M35	35	1:00:53	20:00 *	19:01 *	19:31	5:51 min/km
210	1153	Simon Andreas	*Köln	0:58:37	1968 M45	28	0:59:14	20:03 *	19:28 *	19:05	5:52 min/km
211	1300	Schwank Sascha	Athletico Weiden	0:58:43	1981 M35	36	1:00:53	19:25 *	19:09 *	20:08	5:52 min/km
212	1311	Kolling Dirk	CDU-Asbach	0:58:49	1968 M45	29	1:00:12	19:47 *	19:18 *	19:42	5:53 min/km
213	1073	Rödding Adalbert	*Köln	0:58:51	1970 M45	30	0:58:56	20:07 *	19:39 *	19:04	5:53 min/km
214	801	Gruber Ralf	*Köln	0:58:53	1971 M45	31	0:59:11	19:41 *	19:36 *	19:35	5:53 min/km
215	1236	Wallenstein Bodo	*Delmenhorst	0:58:55	1967 M50	24	1:00:13	19:22 *	19:07 *	20:26	5:54 min/km
216	1316	Gehrke Maximilian	DB Fernverkehr AG	0:58:56	1993 MHK	26	0:59:04	17:38 *	20:11 *	21:06	5:54 min/km
217	1211	Tuckermann David	*Köln	0:59:00	1985 M30	37	0:59:18	18:34 *	19:29 *	20:56	5:54 min/km
218	1802	Senge Wolfgang	KRÜGER Running Team	0:59:02	1962 M55	14	1:00:34	20:28 *	19:01 *	19:31	5:54 min/km
219	832	Henn Michael	*Hürth	0:59:02	1963 M50	25	0:59:44	19:28 *	19:28 *	20:05	5:54 min/km
220	878	Kasiske Andř	*Köln	0:59:02	1973 M40	26	1:00:03	25:21 *	16:24 *	17:17	5:54 min/km
221	1301	Schröder Andreas	Bankers Düx	0:59:02	1970 M45	32	0:59:44	19:28 *	19:27 *	20:06	5:54 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Männer

Seite 5

gedruckt 24.04.2017 16:13:56

222	1313	Secen Silvio	CRO Running Team	0:59:03	1981 M35	37	1:00:29	20:45 *	19:45 *	18:32	5:54 min/km
223	821	Von Carlowitz Hans Peter*	Wiehl	0:59:19	1963 M50	26	1:01:41	23:53 *	17:45 *	17:40	5:56 min/km
224	1314	Schneider Christoph	Dansweiler Alaaf	0:59:31	1977 M40	27	1:00:59	19:41 *	19:46 *	20:03	5:57 min/km
225	1009	Noetzel Jörg	*Lemgo	0:59:32	1967 M50	27	0:59:45	18:07 *	19:41 *	21:43	5:57 min/km
226	1256	Wind Michael	*Köln	0:59:34	1987 M30	38	1:00:35	20:32 *	19:13 *	19:48	5:57 min/km
227	1767	Becker Frank		0:59:40	1967 M50	28	0:59:51	19:39 *	19:35 *	20:25	5:58 min/km
228	1035	Petersmann Sebastian	*Köln	0:59:41	1982 M35	38	1:00:14	20:47 *	21:31 *	17:23	5:58 min/km
229	1460	Farrell Allan	LaufLövenich2010	0:59:41	1970 M45	33	1:01:03	19:58 *	19:43 *	19:59	5:58 min/km
230	643	Nöthen Claus		0:59:43	1981 M35	39	1:01:25	19:14 *	19:34 *	20:53	5:58 min/km
231	1440	De Voogd Mik	KRÜGER Running Team	0:59:47	1963 M50	29	1:01:17	20:32 *	18:58 *	20:17	5:59 min/km
232	792	Grefe Julius	*Köln	0:59:53	2006 MU12	4	0:59:57	20:16 *	18:56 *	20:40	5:59 min/km
233	772	Frossard David	*Köln	0:59:55	2007 MU12	5	1:01:20	20:04 *	18:43 *	21:07	5:60 min/km
234	1161	Sitte Dirk	*Köln	0:59:57	1957 M60	11	1:01:58	20:19 *	19:39 *	19:57	5:60 min/km
235	627	Kräker Thorsten	Superpunk	1:00:01	1969 M45	34	1:01:26	20:03 *	18:43 *	21:13	6:00 min/km
236	648	Althof Moritz	*köln	1:00:05	2001 MU18	2	1:02:23	22:23 *	19:18 *	18:23	6:01 min/km
237	1752	Wüst Hans Werner	ASV Köln	1:00:06	1950 M65	4	1:00:29	19:51 *	19:33 *	20:41	6:01 min/km
238	1044	Pley Johannes	*Hürth	1:00:17	1978 M35	40	1:01:26	19:50 *	19:51 *	20:35	6:02 min/km
239	1127	Schreiter Thomas	*Essen	1:00:17	1966 M50	30	1:03:09	19:18 *	20:03 *	20:55	6:02 min/km
240	667	Bauhardt Sven	*Köln	1:00:24	1976 M40	28	1:02:35	19:51 *	19:38 *	20:54	6:02 min/km
241	1304	Wiesbaum Philip	BSG DEVK	1:00:24	1976 M40	29	1:02:34	19:52 *	19:38 *	20:54	6:02 min/km
242	1164	Solf Wolfgang	*Hürth	1:00:27	1969 M45	35	1:02:23	22:57 *	18:55 *	18:34	6:03 min/km
243	900	Klemm Manuel	*Köln	1:00:34	1979 M35	41	1:02:36	20:10 *	19:47 *	20:36	6:03 min/km
244	828	Heinsch Stevie	*Köln	1:00:34	1978 M35	42	1:03:25	19:28 *	19:43 *	21:23	6:03 min/km
245	777	Gauger Benjamin	*Hürth	1:00:34	1981 M35	43	1:03:26	19:29 *	19:42 *	21:23	6:03 min/km
246	1249	Weiß Micha	*Köln	1:00:36	1976 M40	30	1:01:02	22:09 *	18:17 *	20:09	6:04 min/km
247	1389	Kieper Christoph	GS1 Germany GmbH	1:00:37	1968 M45	36	1:02:04	20:51 *	19:50 *	19:56	6:04 min/km
248	1510	Steiner Dr. Timm	MKG Lindenthal	1:00:39	1971 M45	37	1:02:19	21:25 *	19:27 *	19:46	6:04 min/km
249	1264	Wülker Michael	*Roetgen	1:00:40	1964 M50	31	1:01:13	20:58 *	19:50 *	19:51	6:04 min/km
250	1302	Ebert Stefan	bofrost läuft	1:00:46	1981 M35	44	1:02:12	20:45 *	19:45 *	20:15	6:05 min/km
251	1295	Möckel Dr. Herbert	ASV	1:00:51	1976 M40	31	1:02:50	19:46 *	20:00 *	21:03	6:05 min/km
252	1537	Fuhrmann Sebastian	Rituals Cosmetics	1:00:55	1989 MHK	27	1:01:20	19:29 *	19:53 *	21:32	6:06 min/km
253	1056	Rademaker Florian	*Köln	1:00:55	1961 M55	15	1:02:46	20:52 *	19:55 *	20:07	6:06 min/km
254	1529	Ohligschläger Dennis	Rastlos	1:01:09	1988 MHK	28	1:02:45	21:32 *	21:06 *	18:29	6:07 min/km
255	1227	Vogel Ulrich	*Köln	1:01:17	1980 M35	45	1:02:05	20:25 *	20:00 *	20:52	6:08 min/km
256	1670	Natusch Adrian	MMP	1:01:21	1990 MHK	29	1:01:54	20:01 *	20:40 *	20:40	6:08 min/km
257	1024	Pahde Thomas	*Köln	1:01:25	1971 M45	38	1:03:25	19:45 *	20:14 *	21:25	6:09 min/km
258	1696	Beyenburg Frank	EhrenGarde der Stadt	1:01:44	1973 M40	32	1:02:09	20:30 *	20:37 *	20:36	6:10 min/km
259	1803	Diaz Mauricio		1:01:46	1980 M35	46	1:03:47	19:54 *	19:13 *	22:37	6:11 min/km
260	996	Müller Jens	*Köln	1:01:54	1987 M30	39	1:02:44	20:30 *	20:56 *	20:27	6:11 min/km
261	1381	Ruland Stefan	Gothaer	1:02:02	1969 M45	39	1:02:36	20:05 *	20:15 *	21:41	6:12 min/km
262	827	Heinrichs Bernd	*Bergisch Gladbach	1:02:19	1975 M40	33	1:03:49	21:56 *	20:11 *	20:11	6:14 min/km
263	1106	Schilly Hendrik	*Bergneustadt	1:02:20	1986 M30	40	1:03:49	21:57 *	20:11 *	20:11	6:14 min/km
264	1577	Lis Adam	Team LeseWelten	1:02:28	1969 M45	40	1:03:27	20:18 *	20:38 *	21:31	6:15 min/km
265	1252	Wiesmann Jan	*Köln	1:02:39	1983 M30	41	1:03:10	19:26 *	20:59 *	22:12	6:16 min/km
266	1677	Hollmann Jens		1:02:40	1961 M55	16	1:04:27	23:22 *	19:31 *	19:46	6:16 min/km
267	1000	Nebelin Golo	*Köln	1:02:53	2005 MU14	3	1:03:07	19:36 *	21:28 *	21:48	6:17 min/km
268	1459	Herbert Rieger	Lauffreunde der Ahr	1:03:33	1966 M50	32	1:05:58	19:50 *	21:28 *	22:14	6:21 min/km
269	1393	Uhlhorn Kurt	Hallo Du	1:03:36	1961 M55	17	1:04:06	20:16 *	20:25 *	22:54	6:22 min/km
270	1735	Ranke Daniel		1:03:46	1980 M35	47	1:06:14	22:53 *	20:35 *	20:17	6:23 min/km
271	1395	Koban Helge	Happy Running Family	1:04:06	1978 M35	48	1:04:46	21:41 *	21:12 *	21:12	6:25 min/km
272	750	Ewert Dr. Roman	*Köln	1:04:09	1987 M30	42	1:06:19	25:02 *	21:30 *	17:36	6:25 min/km
273	1733	Werner Robert		1:04:23	1970 M45	41	1:06:40	21:55 *	20:25 *	22:02	6:26 min/km
274	1012	Nork Stefan	*Köln	1:04:24	1981 M35	49	1:06:00	20:58 *	20:30 *	22:55	6:26 min/km
275	874	Kaminski Hans	*Pulheim	1:04:25	1975 M40	34	1:06:00	20:58 *	20:31 *	22:55	6:27 min/km
276	759	Flache Stefan	*Köln	1:04:27	1983 M30	43	1:05:43	22:47 *	21:03 *	20:36	6:27 min/km
277	1048	Prinz Rainer	*Frechen	1:04:28	1971 M45	42	1:06:31	22:36 *	21:02 *	20:49	6:27 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Männer

Seite 6

gedruckt 24.04.2017 16:13:56

278	1176	Stillig Jonathan	*Köln	1:04:28	2002 MU16	2	1:06:51	22:24 *	22:26 *	19:38	6:27 min/km
279	1209	Tourney Christian	*Köln	1:04:31	1984 M30	44	1:05:47	22:47 *	21:01 *	20:42	6:27 min/km
280	1439	Barthel Björn-Erik	KRÜGER Running Team	1:04:32	1963 M50	33	1:06:04	21:43 *	21:03 *	21:46	6:27 min/km
281	1476	Schlieper Peter	LeseWelten	1:04:33	1945 M70	1	1:05:34	20:40 *	21:17 *	22:35	6:27 min/km
282	733	Driesch Jürgen	*KÖLN	1:04:37	1963 M50	34	1:07:01	21:19 *	20:46 *	22:32	6:28 min/km
283	1698	Willnauer Walter	EhrenGarde der Stadt	1:04:39	1959 M55	18	1:05:04	20:25 *	20:42 *	23:31	6:28 min/km
284	703	Canisius Matthias	*Köln	1:04:45	1975 M40	35	1:06:45	21:49 *	20:56 *	21:59	6:29 min/km
285	891	Kemper Jens	*Köln	1:04:46	1972 M45	43	1:06:46	21:49 *	20:56 *	22:00	6:29 min/km
286	1179	Stillig Michael	*Köln	1:04:48	1973 M40	36	1:07:10	22:24 *	22:26 *	19:56	6:29 min/km
287	1417	Witzel Kai	Just Fit	1:04:48	1995 MHK	30	1:06:56	22:42 *	20:44 *	21:21	6:29 min/km
288	693	Brungs Stefan	*Köln	1:04:54	1982 M35	50	1:07:08	22:22 *	21:22 *	21:09	6:29 min/km
289	1139	Schwarz Alex	*Köln	1:04:55	1974 M40	37	1:06:58	21:57 *	21:19 *	21:38	6:30 min/km
290	1144	Seppelt André	*Bonn	1:04:58	1965 M50	35	1:05:07	20:44 *	21:45 *	22:28	6:30 min/km
291	1512	Hüber Ralf	ohne	1:04:59	1977 M40	38	1:06:10	20:31 *	21:01 *	23:26	6:30 min/km
292	1556	Wurda Werner	SC Fortuna Köln	1:05:07	1960 M55	19	1:07:41	22:19 *	21:31 *	21:16	6:31 min/km
293	1808	Drechsler Thomas	Der Nichtraucher	1:05:10	1969 M45	44	1:05:16	20:38 *	21:49 *	22:42	6:31 min/km
294	647	Althof Marius	*köln	1:05:13	2004 MU14	4	1:07:31	22:26 *	20:43 *	22:03	6:31 min/km
295	1458	Eisenhut David	Laufen gegen Leiden e.V.	1:05:16	1977 M40	39	1:06:46	23:00 *	22:08 *	20:06	6:32 min/km
296	1598	Klaes Rainer	The human Maserati	1:05:16	1967 M50	36	1:07:30	21:28 *	21:00 *	22:47	6:32 min/km
297	1482	Segeroth Peter	Lokomotive Assindia	1:05:17	1967 M50	37	1:07:31	21:29 *	20:58 *	22:49	6:32 min/km
298	1478	Wetzel Andreas	LeseWelten	1:05:19	1955 M60	12	1:05:59	21:08 *	21:21 *	22:49	6:32 min/km
299	1087	Rupar Reiner	*Krefeld	1:05:44	1970 M45	45	1:07:59	22:36 *	21:15 *	21:52	6:34 min/km
300	1622	Birke Marek	UPS	1:05:44	1964 M50	38	1:07:20	22:58 *	24:00 *	18:45	6:34 min/km
301	1627	Lieschke Mathias	UPS	1:05:44	1986 M30	45	1:07:20	21:50 *	21:33 *	22:20	6:34 min/km
302	1031	Paszek Christian		1:05:57	1958 M55	20	1:06:37	20:18 *	21:06 *	24:32	6:36 min/km
303	766	Francke Joel	*Köln	1:06:02	2009 MU10	2	1:06:08	24:06 *	20:31 *	21:24	6:36 min/km
304	849	Hoffmann Frank	*Köln	1:06:04	1968 M45	46	1:06:52	21:48 *	21:18 *	22:56	6:36 min/km
305	817	Happ Christian	*Krefeld	1:06:09	1981 M35	51	1:06:24	21:22 *	21:52 *	22:54	6:37 min/km
306	949	Leiden Michael	*Neuss	1:06:14	1959 M55	21	1:08:08	22:01 *	21:29 *	22:43	6:37 min/km
307	1062	Rantze Nick	*Köln	1:06:38	2006 MU12	6	1:09:00	24:58 *	20:52 *	20:47	6:40 min/km
308	1177	Stillig Marvin	*Köln	1:06:50	2006 MU12	7	1:09:11	23:33 *	22:35 *	20:41	6:41 min/km
309	1343	Gerlach Markus	DKMS	1:06:55	1980 M35	52	1:08:40	22:40 *	22:10 *	22:04	6:42 min/km
310	1330	Vetter Raimund	Diabetes Programm	1:06:58	1952 M65	5	1:08:34	21:00 *	22:24 *	23:33	6:42 min/km
311	1505	Hach Ulrich	LT Dünnwalder TV	1:07:11	1958 M55	22	1:09:45	22:18 *	21:31 *	23:20	6:43 min/km
312	702	Bussee Nils	*Krefeld	1:07:27	1971 M45	47	1:07:50	23:59 *	24:45 *	18:43	6:45 min/km
313	1137	Schwabe Michael	*Dormagen	1:07:29	1969 M45	48	1:09:26	22:37 *	22:02 *	22:49	6:45 min/km
314	1336	Dyrks Ralf	Die schon wieder	1:07:37	1967 M50	39	1:08:04	22:06 *	22:34 *	22:56	6:46 min/km
315	887	Keller Markus	*BN Vals	1:07:48	1964 M50	40	1:10:16	23:11 *	22:07 *	22:29	6:47 min/km
316	862	Jessen Frank	*Aachen	1:07:54	1972 M45	49	1:10:24	22:52 *	22:48 *	22:12	6:47 min/km
317	1720	Schmidt Volker		1:08:14	1968 M45	50	1:08:52	22:27 *	22:40 *	23:06	6:49 min/km
318	1710	Beyenburg Thomas		1:08:28	1982 M35	53	1:08:52	20:29 *	22:10 *	25:47	6:51 min/km
319	946	Lausmann Sebastian	*Düren	1:08:28	1985 M30	46	1:10:36	22:44 *	21:55 *	23:49	6:51 min/km
320	1151	Simmons Issac	*50733	1:08:43	1982 M35	54	1:11:06	23:14 *	22:48 *	22:40	6:52 min/km
321	1766	Kantor Martin		1:08:55	1980 M35	55	1:09:04	19:43 *	23:12 *	25:59	6:54 min/km
322	998	Nano Alexis	*Köln	1:08:55	1982 M35	56	1:10:29	21:47 *	23:48 *	23:20	6:54 min/km
323	1309	Nachsel Achim	Buckelwale	1:09:16	1955 M60	13	1:11:29	22:42 *	22:49 *	23:43	6:56 min/km
324	1731	Dr. Rawat Vimal		1:09:16	1983 M30	47	1:11:21	22:46 *	23:10 *	23:19	6:56 min/km
325	1080	Roscher Simon	Weihnachtsspeck	1:09:38	2006 MU12	8	1:10:19	22:30 *	22:06 *	25:01	6:58 min/km
326	1037	Pfeiffer Pascal	*Kerpen	1:09:54	1988 MHK	31	1:12:23	22:54 *	22:48 *	24:11	6:59 min/km
327	1473	Muders Eric	LeseWelten	1:09:58	1965 M50	41	1:10:41	22:29 *	23:00 *	24:28	6:60 min/km
328	962	Ludwig Robert	*Mönchengladbach	1:10:07	1981 M35	57	1:12:34	22:23 *	23:59 *	23:45	7:01 min/km
329	1727	Birk Volker		1:10:19	1949 M65	6	1:11:53	24:33 *	24:05 *	21:40	7:02 min/km
330	1337	Siep Alexander	DJK Südwest Köln	1:10:30	1969 M45	51	1:12:50	25:01 *	23:32 *	21:56	7:03 min/km
331	376	Conzen Timo	RWE Power AG	1:10:50	2004 MU14	5	1:11:49	21:49 *	23:32 *	25:29	7:05 min/km
332	1401	Rödding Justus	HCA	1:11:19	2007 MU12	9	1:11:22	21:27 *	25:44 *	24:07	7:08 min/km
333	1639	Waßer Peter	WagWasKes	1:12:08	1959 M55	23	1:14:15	23:44 *	24:57 *	23:26	7:13 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Männer

Seite 7

gedruckt 24.04.2017 16:13:56

334	980	Metzen Benedikt	*Köln	1:12:18	1977 M40	40	1:14:26	23:52 *	23:42 *	24:43	7:14 min/km
335	1637	Wild Michael	Vincerola	1:12:47	1973 M40	41	1:14:08	23:57 *	24:37 *	24:12	7:17 min/km
336	1004	Neise Michael	*Köln	1:13:24	1985 M30	48	1:15:29	24:14 *	23:59 *	25:10	7:20 min/km
337	1477	Schöffmann Dieter	LeseWelten	1:13:54	1953 M60	14	1:14:31	24:05 *	24:38 *	25:09	7:23 min/km
338	1159	Sinzig Michael	*Köln	1:13:59	1978 M35	58	1:16:28	17:16 *	17:27 *	39:15	7:24 min/km
339	1028	Pal Stefan	*Köln	1:14:24	1987 M30	49	1:16:44	25:20 *	24:39 *	24:25	7:26 min/km
340	1416	Springer Thilo	Just Fit	1:15:26	1983 M30	50	1:17:32	24:47 *	24:36 *	26:02	7:33 min/km
341	915	Kohlert Nicolas	*Frechen	1:15:36	2001 MU18	3	1:17:29	24:47 *	24:46 *	26:01	7:34 min/km
342	1517	Hefft Alexander	Profitrise Sports	1:16:54	1988 MHK	32	1:19:00	24:53 *	24:54 *	27:06	7:41 min/km
343	1518	Schmitz Philipp	Profitrise Sports	1:16:54	1993 MHK	33	1:19:01	24:54 *	25:07 *	26:53	7:41 min/km
344	1519	Schmitz Sebastian	Profitrise Sports	1:16:54	1988 MHK	34	1:19:01	24:54 *	25:07 *	26:52	7:41 min/km
345	1230	Von Contzen Max	*Köln	1:17:07	1986 M30	51	1:19:12	23:54 *	25:50 *	27:21	7:43 min/km
346	839	Hild Johannes Christian	*Aachen	1:17:13	1989 MHK	35	1:19:42	25:21 *	25:14 *	26:36	7:43 min/km
347	691	Brüggemann Simon	*Willich	1:17:14	1989 MHK	36	1:19:31	25:42 *	25:48 *	25:42	7:43 min/km
348	1329	Wiemer Michael	Deichläufer	1:18:08	1963 M50	42	1:20:22	25:43 *	25:27 *	26:57	7:49 min/km
349	1029	Pal Thomas	*Köln	1:19:48	1984 M30	52	1:22:05	25:48 *	26:12 *	27:47	7:59 min/km
350	1385	Dahmen Christoph	GS1 Germany GmbH	1:19:54	1963 M50	43	1:21:22	29:45 *	24:40 *	25:29	7:59 min/km
351	1768	Schmitz Ingo	Würselen	1:20:26	1968 M45	52	1:22:03	23:22 *	27:03 *	30:00	8:03 min/km
352	892	Kirschner Erich	*Köln	1:21:25	1941 M75	1	1:23:38	26:40 *	26:40 *	28:04	8:09 min/km
353	1775	Schneider Rocky		1:21:54	1976 M40	42	1:24:21	23:34 *	23:52 *	34:27	8:11 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Frauen

Seite 8

gedruckt 24.04.2017 16:13:56

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	463	Busse Katrin	*Köln	0:44:50	1973	W40	1	0:44:53 14:34 * 14:51 * 15:24	4:29 min/km
2	989	Mohr Lisa	*Köln	0:47:53	1991	WHK	1	0:48:00 15:17 * 15:56 * 16:39	4:47 min/km
3	1292	Chrzanowski Nina	andare sport	0:48:03	1980	W35	1	0:48:03 16:09 * 15:19 * 16:34	4:48 min/km
4	1456	Breuer Claudia	Lauf Roxy	0:48:13	1969	W45	1	0:48:25 15:24 * 16:04 * 16:44	4:49 min/km
5	1659	Jansen Janine	LT DSHS Köln	0:48:27	2004	WU14	1	0:48:45 15:29 * 16:00 * 16:57	4:51 min/km
6	1262	Wolff Sandra	*Köln	0:48:51	1970	W45	2	0:49:13 15:40 * 16:05 * 17:05	4:53 min/km
7	1765	Sikut Dorota		0:49:13	1987	W30	1	0:49:22 15:31 * 16:17 * 17:24	4:55 min/km
8	1507	Kröhnert Katharina	Mach3 Köln e.V.	0:49:15	1987	W30	2	0:50:33 16:13 * 16:13 * 16:48	4:56 min/km
9	1810	Domgörgen Evi	DJK LC Vettweiß	0:49:38	1983	W30	3	0:49:48 16:07 * 16:34 * 16:56	4:58 min/km
10	551	Sarateanu Lorbach	ASV Köln	0:49:49	1979	W35	2	0:50:09 16:48 * 16:34 * 16:26	4:59 min/km
11	1243	Wehrmann Silvia		0:50:10	1974	W40	2	0:50:38 16:26 * 16:35 * 17:07	5:01 min/km
12	958	Lohmann Dr. Denise	*Köln	0:50:10	1978	W35	3	0:52:42 16:30 * 16:31 * 17:09	5:01 min/km
13	1107	Schippa Beatrix	*Frechen	0:50:22	1989	WHK	2	0:51:09 17:38 * 16:34 * 16:09	5:02 min/km
14	913	Körfer Sandra	*Köln	0:50:35	1980	W35	4	0:50:47 16:48 * 16:29 * 17:18	5:04 min/km
15	1431	Lippert Hetty	Köln läuft!	0:50:35	0	WHK	3	0:52:26 16:57 * 16:28 * 17:09	5:04 min/km
16	1289	Müller Sarah	AA Running	0:50:50	1985	W30	4	0:51:05 16:38 * 16:50 * 17:21	5:05 min/km
17	1186	Sturmhöfel Sandra	*Weilerswist	0:50:51	1969	W45	3	0:51:10 16:42 * 16:44 * 17:24	5:05 min/km
18	729	Dowe Marlina	*Solinen	0:50:55	1996	WHK	4	0:51:08 16:49 * 16:39 * 17:26	5:06 min/km
19	716	Deerberg Greta	*Köln	0:50:59	1997	WHK	5	0:51:05 15:47 * 16:41 * 18:30	5:06 min/km
20	906	Knöll Laura	*Köln	0:50:59	1991	WHK	6	0:51:19 16:42 * 17:04 * 17:11	5:06 min/km
21	856	Ide Verena	*Köln	0:50:59	1996	WHK	7	0:51:05 15:47 * 16:41 * 18:30	5:06 min/km
22	788	Goeble Anne Christin	*Simmerath	0:51:01	1993	WHK	8	0:51:07 15:48 * 16:41 * 18:32	5:06 min/km
23	1432	Ockenfels Janine	Köln läuft!	0:51:03	1977	W40	3	0:52:54 16:58 * 16:28 * 17:36	5:06 min/km
24	1550	Goebels Simone	Roadrunner Mip Mip	0:51:21	1971	W45	4	0:51:31 17:04 * 16:42 * 17:35	5:08 min/km
25	736	Düster Rabea	*Hürth	0:51:26	1996	WHK	9	0:51:44 17:13 * 17:09 * 17:02	5:09 min/km
26	1545	Rettstadt Diana	Rituals Cosmetics	0:51:28	1987	W30	5	0:51:53 17:12 * 16:52 * 17:23	5:09 min/km
27	1407	Becker Marina	Hockeydamen Erfstadt	0:51:28	1985	W30	6	0:51:53 17:12 * 16:52 * 17:24	5:09 min/km
28	791	Goldschmidt Nora	*Köln	0:51:34	1991	WHK	10	0:52:53 17:34 * 17:13 * 16:46	5:09 min/km
29	1188	Syrbe Manu	*Köln	0:51:36	1984	W30	7	0:51:57 16:42 * 17:04 * 17:49	5:10 min/km
30	1471	Anna Wetzel	LeseWelten	0:51:52	2000	WU18	1	0:52:29 16:22 * 17:28 * 18:02	5:11 min/km
31	1511	Eberlein Sabrina	MSV Köln	0:52:04	1981	W35	5	0:52:25 16:26 * 17:44 * 17:52	5:12 min/km
32	800	Growe Marie	*Köln	0:52:13	1991	WHK	11	0:52:36 16:08 * 17:34 * 18:31	5:13 min/km
33	1261	Witt Saskia	*Emsdetten	0:52:26	1976	W40	4	0:52:44 16:24 * 17:19 * 18:42	5:15 min/km
34	993	Mühlbauer Charlotte	*Köln	0:52:39	1992	WHK	12	0:53:06 17:35 * 17:18 * 17:46	5:16 min/km
35	1805	Becker Cornell		0:52:41	1979	W35	6	0:52:56 16:26 * 17:30 * 18:43	5:16 min/km
36	715	Decloux Celine	*Köln	0:52:49	1995	WHK	13	0:54:59 18:04 * 17:00 * 17:43	5:17 min/km
37	1032	Peterka Kristin	*Wermelskirchen	0:52:53	1983	W30	8	0:54:14 18:24 * 16:51 * 17:37	5:17 min/km
38	690	Bredow Tanja	*Wipperfürth	0:53:23	1972	W45	5	0:54:59 17:37 * 17:27 * 18:18	5:20 min/km
39	1408	Myrhaug Hanne	IFK Eltern	0:53:28	1971	W45	6	0:54:24 17:59 * 17:16 * 18:12	5:21 min/km
40	1201	Thome Valentina	*Köln	0:53:29	1985	W30	9	0:53:49 17:12 * 17:41 * 18:35	5:21 min/km
41	1124	Schöttmer Frauke	*Köln	0:53:41	1982	W35	7	0:53:50 17:28 * 17:54 * 18:18	5:22 min/km
42	1008	Noetzel Ida	*Lemgo	0:53:53	1996	WHK	14	0:54:06 18:13 * 19:37 * 16:03	5:23 min/km
43	978	Metten Isabella	*Köln	0:54:01	1987	W30	10	0:54:13 17:06 * 18:12 * 18:42	5:24 min/km
44	718	Deutsch Katja	*Kircheib	0:54:16	1973	W40	5	0:54:49 17:32 * 17:54 * 18:49	5:26 min/km
45	1105	Schiefer Danica	*Frechen	0:54:19	1988	WHK	15	0:54:44 18:51 * 17:28 * 17:59	5:26 min/km
46	1198	Thiesen Miriam	*Köln	0:54:19	1987	W30	11	0:54:44 18:51 * 17:28 * 17:59	5:26 min/km
47	1706	Deifu? Dörthe		0:54:22	1969	W45	7	0:54:58 17:52 * 17:44 * 18:45	5:26 min/km
48	645	Ahrens Martina	*Pulheim	0:54:24	1964	W50	1	0:55:00 17:53 * 17:44 * 18:46	5:26 min/km
49	526	Sommerfeld Julia	*Hamburg	0:54:28	1986	W30	12	0:54:42 17:45 * 17:48 * 18:54	5:27 min/km
50	826	Heidrich Margarete	*Weilerswist	0:54:32	1982	W35	8	0:54:49 17:28 * 18:15 * 18:48	5:27 min/km
51	1428	Jansen Beate	Köln läuft!	0:54:39	1962	W55	1	0:55:11 18:00 * 18:17 * 18:22	5:28 min/km
52	1632	Kühnen Maria	Veni Vidi Colonia	0:54:47	1962	W55	2	0:55:09 18:23 * 17:52 * 18:32	5:29 min/km
53	860	Jebens Tanja	*Leverkusen	0:54:58	1979	W35	9	0:55:49 19:15 * 18:01 * 17:41	5:30 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Frauen

Seite 9

gedruckt 24.04.2017 16:13:56

54	1657	Roth Matea	LT DSHS Köln	0:55:18	2004 WU14	2	0:56:03	19:30 *	18:38 *	17:10	5:32 min/km
55	1187	Süß Stephanie	*Bonn	0:55:19	1988 WHK	16	0:56:50	18:53 *	17:53 *	18:33	5:32 min/km
56	1631	Kühnen Birgit	Veni Vidi Colonia	0:56:01	1968 W45	8	0:56:22	18:22 *	18:49 *	18:49	5:36 min/km
57	850	Hofmann Elli	*Köln	0:56:02	1995 WHK	17	0:56:47	18:19 *	18:28 *	19:13	5:36 min/km
58	1114	Schmidt Rahel	*Köln	0:56:05	1997 WHK	18	0:56:50	18:03 *	18:11 *	19:50	5:37 min/km
59	1149	Silberhorn Lena	*Köln	0:56:05	1985 W30	13	0:56:16	19:20 *	19:23 *	17:21	5:37 min/km
60	1412	Horst Tanja	Isi-Runner	0:56:10	1974 W40	6	0:56:28	17:52 *	18:29 *	19:47	5:37 min/km
61	1625	Holstein Sabrina	UPS	0:56:14	1987 W30	14	0:57:31	18:39 *	18:04 *	19:30	5:37 min/km
62	1130	Schultheiss Meike	*Nümbrecht	0:56:38	1981 W35	10	0:58:37	18:41 *	18:37 *	19:19	5:40 min/km
63	1251	Wiebe Birte	*Köln	0:56:43	1991 WHK	19	0:58:23	17:45 *	18:31 *	20:26	5:40 min/km
64	1421	Sakautzki Christine	Just Fit 20	0:56:47	1962 W55	3	0:58:56	19:14 *	18:29 *	19:04	5:41 min/km
65	1607	Lingemann Nadine	TriCologne	0:57:01	1976 W40	7	0:58:49	18:58 *	18:35 *	19:27	5:42 min/km
66	781	Gebbs Linda	*Köln	0:57:03	1992 WHK	20	0:57:56	19:30 *	18:45 *	18:46	5:42 min/km
67	1636	Strohe Christine	VINCEROLA	0:57:04	1979 W35	11	0:58:24	18:14 *	19:29 *	19:19	5:42 min/km
68	1068	Richerzhagen Bianca	*Köln	0:57:11	1986 W30	15	0:57:53	19:02 *	18:55 *	19:12	5:43 min/km
69	1308	Liebig Katrin	BSG-Lülsdorf e.V.	0:57:14	1995 WHK	21	0:57:33	19:05 *	18:54 *	19:14	5:43 min/km
70	1451	Mann Sarah	KRÜGER Running Team	0:57:26	1977 W40	8	0:58:59	20:26 *	18:55 *	18:04	5:45 min/km
71	722	Diehl Tanja	*Köln	0:57:36	1966 W50	2	0:58:19	19:01 *	18:56 *	19:38	5:46 min/km
72	1244	Weickmann Nicole	*Köln	0:57:42	1970 W45	9	0:59:06	19:38 *	18:46 *	19:16	5:46 min/km
73	1202	Thorn Sina	*Köln	0:57:47	1992 WHK	22	1:00:07	19:03 *	18:54 *	19:49	5:47 min/km
74	1054	Putzke Sarah	*Köln	0:57:47	1994 WHK	23	1:00:07	19:04 *	18:54 *	19:48	5:47 min/km
75	1135	Schumacher Pia	*Köln	0:57:54	1991 WHK	24	0:59:54	18:41 *	18:37 *	20:35	5:47 min/km
76	706	Collum Dr. Caroline	*Köln	0:57:56	1983 W30	16	0:58:11	18:24 *	19:34 *	19:57	5:48 min/km
77	1206	Tiggemann-Klein Claudia	*Köln	0:57:59	1970 W45	10	0:58:31	18:58 *	18:54 *	20:06	5:48 min/km
78	861	Jentges Laura	*Köln	0:58:19	1992 WHK	25	1:00:37	18:42 *	19:19 *	20:17	5:50 min/km
79	1214	Uygun Yasemen	*Lünen	0:58:25	1983 W30	17	0:58:58	20:31 *	19:03 *	18:49	5:51 min/km
80	1193	Tempel Christine	*Frechen	0:58:25	1981 W35	12	1:00:40	20:19 *	18:49 *	19:15	5:51 min/km
81	1145	Seuthe Melanie	*Plettenberg	0:58:27	1989 WHK	26	0:59:01	20:30 *	19:03 *	18:52	5:51 min/km
82	453	Bent Rebecca	*Wennigsen	0:58:27	1982 W35	13	0:59:41	20:09 *	19:00 *	19:18	5:51 min/km
83	1033	Peters Danielle	*Köln	0:58:29	1967 W50	3	0:58:43	18:32 *	19:25 *	20:31	5:51 min/km
84	1224	Vinzelberg Julia	*Wesseling	0:58:39	1980 W35	14	0:59:31	20:22 *	18:53 *	19:22	5:52 min/km
85	724	Dillenburg - Lux Manuela	*Hürth	0:58:43	1963 W50	4	0:59:55	19:37 *	19:04 *	20:01	5:52 min/km
86	782	Geller Monika	*Köln	0:58:55	1962 W55	4	1:00:13	19:22 *	19:07 *	20:25	5:54 min/km
87	727	Dohr Janine	*Köln	0:58:57	1972 W45	11	1:00:35	20:17 *	19:19 *	19:21	5:54 min/km
88	1098	Schauerte Birgit	*Köln	0:58:57	1965 W50	5	1:00:36	20:16 *	19:19 *	19:21	5:54 min/km
89	679	Bilger Sabrina	*Köln	0:59:00	1986 W30	18	0:59:18	18:34 *	19:29 *	20:56	5:54 min/km
90	1450	Knips Catherine	KRÜGER Running Team	0:59:02	1976 W40	9	1:00:34	20:28 *	19:01 *	19:31	5:54 min/km
91	943	Langer Henrike	*Dormagen	0:59:04	1987 W30	19	1:00:15	20:06 *	18:59 *	19:58	5:54 min/km
92	825	Hehn Eva	*Köln	0:59:08	1988 WHK	27	1:00:56	20:19 *	18:52 *	19:56	5:55 min/km
93	829	Heller Elke	*Frechen	0:59:10	1967 W50	6	1:00:47	19:00 *	19:46 *	20:22	5:55 min/km
94	1157	Simon Martina	*Köln	0:59:10	1967 W50	7	0:59:46	20:04 *	19:28 *	19:38	5:55 min/km
95	1563	Nussmann Michaela	Team Erdinger	0:59:11	1964 W50	8	1:00:16	19:07 *	19:35 *	20:27	5:55 min/km
96	1006	Niebuhr Dr. Dorothee	*Köln	0:59:14	1988 WHK	28	1:00:53	20:58 *	19:05 *	19:09	5:55 min/km
97	1051	Pünter Eike	*Köln	0:59:20	1987 W30	20	0:59:46	20:05 *	19:35 *	19:39	5:56 min/km
98	1129	Schulin Jerusha	*Köln	0:59:22	1983 W30	21	1:01:01	20:59 *	19:05 *	19:16	5:56 min/km
99	819	Hartmann Melanie	*Koeln	0:59:22	1981 W35	15	1:01:01	20:59 *	19:05 *	19:16	5:56 min/km
100	1217	Van Rijswijk Nora	*Köln	0:59:23	1981 W35	16	1:01:24	20:44 *	19:21 *	19:17	5:56 min/km
101	1429	Kerboub Soreya	Köln läuft!	0:59:27	1985 W30	22	1:01:33	20:53 *	19:30 *	19:02	5:57 min/km
102	1466	Neuerburg Lilli	Laufschnecken	0:59:28	2006 WU12	1	1:01:10	20:55 *	19:25 *	19:07	5:57 min/km
103	1464	Neuerburg Andrea	Laufschnecken	0:59:32	1967 W50	9	1:01:16	20:52 *	19:26 *	19:13	5:57 min/km
104	680	Bley Sabrina	*Köln	0:59:33	1986 W30	23	1:00:34	20:31 *	19:13 *	19:47	5:57 min/km
105	1573	Ganster Sonja	Team LeseWelten	0:59:37	1983 W30	24	1:00:43	20:29 *	20:29 *	18:38	5:58 min/km
106	1467	Schomakers Wencke	Laufschnecken	0:59:39	1973 W40	10	1:01:23	20:54 *	19:25 *	19:19	5:58 min/km
107	890	Kempener Anna-Christin	*Köln	0:59:45	1983 W30	25	1:01:07	20:08 *	19:13 *	20:23	5:59 min/km
108	1190	Tajes Rosa	*Köln	0:59:46	1973 W40	11	1:00:39	20:21 *	19:25 *	19:59	5:59 min/km
109	1094	Schaaf Simone	*Köln	0:59:46	1968 W45	12	1:01:41	20:56 *	19:22 *	19:27	5:59 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Frauen

Seite 10

gedruckt 24.04.2017 16:13:56

110	1699	Beyenburg Michaela	EhrenGarde der Stadt	0:59:47	1970 W45	13	1:00:11	19:42 *	19:41 *	20:23	5:59 min/km
111	864	Johann Petra	*KÖLN	0:59:50	1963 W50	10	1:02:13	20:28 *	19:22 *	19:59	5:59 min/km
112	1284	Nowack Nadine	1.FC Köln	0:59:53	1986 W30	26	1:01:03	19:56 *	19:33 *	20:23	5:59 min/km
113	1162	Sitte Jennifer	*Köln	0:59:56	1986 W30	27	1:01:58	20:19 *	19:39 *	19:57	5:60 min/km
114	920	Krämer-Staisch Maya	*Köln	0:59:57	1978 W35	17	1:01:18	19:41 *	19:54 *	20:21	5:60 min/km
115	1171	Steiner Kathrin	*Köln	0:59:57	1972 W45	14	1:00:24	19:00 *	19:47 *	21:09	5:60 min/km
116	896	Klein Jennifer	*Köln	1:00:04	1987 W30	28	1:00:14	19:20 *	19:55 *	20:47	6:00 min/km
117	897	Klein Miriam	*Köln	1:00:04	1992 WHK	29	1:00:14	19:21 *	19:55 *	20:48	6:00 min/km
118	1606	Jenz Susanne	TriCologne	1:00:07	1977 W40	12	1:01:57	20:14 *	19:56 *	19:57	6:01 min/km
119	966	Mäder Dörte	*Köln	1:00:13	1974 W40	13	1:00:25	19:16 *	19:47 *	21:09	6:01 min/km
120	1063	Rayle Tanja	*Köln	1:00:22	1970 W45	15	1:02:17	20:55 *	19:23 *	20:03	6:02 min/km
121	875	Kammer Carolina	*Pulheim	1:00:38	1998 WU20	1	1:01:26	20:28 *	20:20 *	19:50	6:04 min/km
122	1422	Dowideit Anette	KG Apollonia	1:00:48	1978 W35	18	1:02:26	21:26 *	19:28 *	19:53	6:05 min/km
123	764	Franck Julia	*Hürth	1:00:55	1989 WHK	30	1:01:25	20:42 *	19:47 *	20:25	6:06 min/km
124	1769	Geurts Sonja		1:01:00	1971 W45	16	1:03:08	21:27 *	19:51 *	19:41	6:06 min/km
125	1379	Ruland Sandra	Gothaer	1:01:01	1973 W40	14	1:01:35	20:05 *	20:14 *	20:41	6:06 min/km
126	1357	Lemaire Melanie	FC Deutsche Post	1:01:03	1985 W30	29	1:01:41	19:45 *	20:15 *	21:01	6:06 min/km
127	1274	Zimmer-Beukert Sonja	*Bonn	1:01:10	1974 W40	15	1:02:37	21:23 *	20:32 *	19:14	6:07 min/km
128	1016	Ohlmann Kathrin	*Juechen	1:01:19	1980 W35	19	1:01:58	19:18 *	20:34 *	21:26	6:08 min/km
129	1057	Rader Sabrina	*Brühl	1:01:39	1982 W35	20	1:02:32	20:22 *	20:12 *	21:04	6:10 min/km
130	1240	Wassenberg Leonie	*Köln	1:01:47	1982 W35	21	1:02:08	19:23 *	20:58 *	21:25	6:11 min/km
131	1173	Stennes Heike	*Köln	1:01:47	1980 W35	22	1:02:08	19:23 *	20:58 *	21:25	6:11 min/km
132	1540	Nowarra Julia	Rituals Cosmetics	1:02:15	1990 WHK	31	1:02:42	19:55 *	20:21 *	21:58	6:14 min/km
133	1799	Mucha Luzie		1:02:21	1986 W30	30	1:02:33	20:33 *	20:43 *	21:03	6:14 min/km
134	1586	Bürgel Monika	Team MumPIZ	1:02:21	1968 W45	17	1:02:39	20:26 *	20:28 *	21:26	6:14 min/km
135	1588	Michalowski Renate	Team MumPIZ	1:02:22	1970 W45	18	1:02:39	20:27 *	20:28 *	21:26	6:14 min/km
136	1587	Eichler Heike	Team MumPIZ	1:02:23	1965 W50	11	1:02:39	20:27 *	20:28 *	21:26	6:14 min/km
137	1665	Sieland Louisa	MMP	1:02:23	1998 WU20	2	1:02:56	20:48 *	20:23 *	21:11	6:14 min/km
138	674	Beckers Marion	*Köln	1:02:28	1971 W45	19	1:03:02	20:01 *	20:37 *	21:50	6:15 min/km
139	872	Kaiser Ines	*Köln	1:02:31	1987 W30	31	1:03:15	20:30 *	20:06 *	21:54	6:15 min/km
140	1546	Röper Karina	Rituals Cosmetics	1:02:31	1996 WHK	32	1:02:56	21:53 *	21:39 *	18:58	6:15 min/km
141	1174	Stewen Lorena	*Köln	1:02:33	1987 W30	32	1:03:18	20:29 *	20:06 *	21:57	6:15 min/km
142	955	Linda Hegenberg	*Köln	1:02:33	1987 W30	33	1:04:03	20:26 *	21:25 *	20:41	6:15 min/km
143	1023	Pätzold Eva	*Köln	1:02:34	1978 W35	23	1:02:57	20:45 *	20:15 *	21:33	6:15 min/km
144	857	Jaksch Gaby	*Köln	1:02:34	1964 W50	12	1:02:57	20:44 *	20:15 *	21:34	6:15 min/km
145	1207	Todt Juliane	*Köln	1:02:39	1977 W40	16	1:03:30	20:51 *	20:21 *	21:26	6:16 min/km
146	1334	Achnitz Inge	Die schon wieder	1:02:43	1970 W45	20	1:04:30	21:08 *	20:27 *	21:08	6:16 min/km
147	1513	Huber Andrea	Original Bootcamp	1:02:44	1980 W35	24	1:05:16	21:45 *	20:03 *	20:55	6:16 min/km
148	1514	Sitran Nadine	Original Bootcamp	1:02:56	1980 W35	25	1:05:28	21:45 *	20:03 *	21:06	6:18 min/km
149	1085	Roth Uta	*Köln	1:03:04	1969 W45	21	1:03:48	21:03 *	20:46 *	21:15	6:18 min/km
150	1222	Vielhaber Christiane	*Köln	1:03:07	1965 W50	13	1:05:22	21:19 *	20:30 *	21:16	6:19 min/km
151	1806	van Eickels Miriam		1:03:08	1988 WHK	33	1:04:00	20:36 *	20:46 *	21:45	6:19 min/km
152	1360	Kirschner Claudia	FIT.Köln	1:03:09	1963 W50	14	1:05:20	20:49 *	20:37 *	21:42	6:19 min/km
153	1669	Riedel Kiara	MMP	1:03:22	1991 WHK	34	1:03:52	20:02 *	20:40 *	22:38	6:20 min/km
154	1640	Kokoska Marie-Angela	Weihnachtsspeck	1:03:24	1982 W35	26	1:04:10	21:16 *	20:58 *	21:09	6:20 min/km
155	984	Meyer Johanna	*Bonn	1:03:26	1993 WHK	35	1:05:49	23:29 *	19:51 *	20:06	6:21 min/km
156	1581	Pfeiffer Anne	Team LeseWelten	1:03:28	1961 W55	5	1:04:34	20:30 *	21:09 *	21:48	6:21 min/km
157	1010	Noetzel Maren	*Lemgo	1:03:30	2001 WU18	2	1:03:43	19:11 *	21:41 *	22:37	6:21 min/km
158	1047	Pop Anamaria	*Köln	1:03:30	1977 W40	17	1:05:48	21:15 *	20:18 *	21:56	6:21 min/km
159	1438	Voß Andrea	Krombacher	1:03:48	1983 W30	34	1:06:05	22:26 *	20:37 *	20:44	6:23 min/km
160	1391	Schröder Birgit	GS1 Germany GmbH	1:03:59	1973 W40	18	1:05:26	21:26 *	20:53 *	21:38	6:24 min/km
161	934	Kühnle Ele	*Köln	1:04:01	1963 W50	15	1:04:48	21:35 *	21:17 *	21:09	6:24 min/km
162	1280	Zurianova Jana	*Köln	1:04:05	1981 W35	27	1:04:25	20:23 *	21:04 *	22:37	6:25 min/km
163	921	Kranz Sarah	*Köln	1:04:06	1990 WHK	36	1:04:46	21:41 *	20:53 *	21:32	6:25 min/km
164	1475	Neele Wetzels	LeseWelten	1:04:12	2001 WU18	3	1:04:53	21:15 *	21:58 *	20:58	6:25 min/km
165	1049	Prinz Valeria	*Frechen	1:04:28	1983 W30	35	1:06:31	22:35 *	21:02 *	20:49	6:27 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Frauen

Seite 11

gedruckt 24.04.2017 16:13:56

166	762	Floßdorf Pia	*Köln	1:04:28	1978	W35	28	1:05:43	22:47 *	21:02 *	20:38	6:27 min/km
167	752	Felten Vera	*Köln	1:04:31	1961	W55	6	1:05:10	21:07 *	21:13 *	22:10	6:27 min/km
168	651	Altmann Tina	*Köln	1:04:31	1975	W40	19	1:05:10	21:07 *	21:13 *	22:10	6:27 min/km
169	753	Feuster Svenja	*Köln	1:04:31	1987	W30	36	1:05:46	22:47 *	21:03 *	20:40	6:27 min/km
170	1005	Nettersheim Rosa	*Köln	1:04:32	1951	W65	1	1:06:23	21:06 *	21:06 *	22:20	6:27 min/km
171	1447	Hachenberg Sonja	KRÜGER Running Team	1:04:32	1974	W40	20	1:06:04	21:42 *	21:03 *	21:46	6:27 min/km
172	808	Hage Angelika	*Hürth	1:04:34	1956	W60	1	1:05:23	20:54 *	21:22 *	22:17	6:27 min/km
173	713	Daub-Driesch Margit	*Köln	1:04:38	1964	W50	16	1:07:02	21:19 *	20:46 *	22:32	6:28 min/km
174	952	Lenz Stephanie	*Bedburg	1:04:40	1974	W40	21	1:05:35	20:54 *	21:24 *	22:21	6:28 min/km
175	1700	Sahm Anna	EhrenGarde der Stadt	1:04:41	1989	WHK	37	1:05:04	20:30 *	20:39 *	23:31	6:28 min/km
176	948	Leiden Mara	*Neuss	1:04:43	1993	WHK	38	1:06:38	22:02 *	21:10 *	21:30	6:28 min/km
177	1427	Harders Sina	Köln läuft!	1:04:47	1965	W50	17	1:06:11	20:23 *	21:18 *	23:05	6:29 min/km
178	1413	Kleppert Julia	Just Fit	1:04:48	1994	WHK	39	1:06:56	22:42 *	20:44 *	21:21	6:29 min/km
179	1121	Schneider Sarah	*Köln	1:04:48	1989	WHK	40	1:05:58	22:28 *	21:45 *	20:34	6:29 min/km
180	986	Michalak Kathrin	*Köln	1:04:50	1983	W30	37	1:06:40	22:36 *	20:58 *	21:15	6:29 min/km
181	1194	Ternes Annika	*Köln	1:04:50	1981	W35	29	1:06:41	22:36 *	20:59 *	21:15	6:29 min/km
182	662	Balthesen-Hilger Anne	*Köln	1:04:52	1963	W50	18	1:05:43	21:25 *	21:11 *	22:14	6:29 min/km
183	1154	Simon Anja	*Erfstadt	1:04:52	1968	W45	22	1:06:03	21:28 *	21:29 *	21:54	6:29 min/km
184	1557	Burghaus Petra	SC Janus	1:04:53	1972	W45	23	1:07:03	22:30 *	20:59 *	21:23	6:29 min/km
185	911	Könen Martina	*Bergheim	1:04:53	1966	W50	19	1:06:50	21:57 *	21:07 *	21:48	6:29 min/km
186	868	Junggeburth Petra	*Bergheim	1:04:54	1966	W50	20	1:06:50	21:57 *	21:07 *	21:49	6:29 min/km
187	732	Dres-Seppelt Brigitte	*Bonn	1:04:58	1965	W50	21	1:05:08	20:44 *	21:45 *	22:28	6:30 min/km
188	649	Althof Nina	*köln	1:05:13	1973	W40	22	1:07:31	22:26 *	20:43 *	22:03	6:31 min/km
189	1742	Streber Hanni		1:05:13	1976	W40	23	1:06:01	21:26 *	21:30 *	22:17	6:31 min/km
190	755	Fiedler Gianna	*Köln	1:05:15	1987	W30	38	1:05:37	21:23 *	21:31 *	22:20	6:32 min/km
191	1052	Puetz Susy	*Wesseling-Urfeld	1:05:16	1968	W45	24	1:05:38	21:24 *	21:31 *	22:20	6:32 min/km
192	1549	Zahidi Shamma	Rituals Cosmetics	1:05:19	1966	W50	22	1:05:43	20:46 *	22:11 *	22:22	6:32 min/km
193	742	Engel Alexandra	*Köln	1:05:31	1975	W40	24	1:07:46	22:36 *	21:15 *	21:39	6:33 min/km
194	1624	Heinen Susanne	UPS	1:05:44	1971	W45	25	1:07:20	21:50 *	21:32 *	22:20	6:34 min/km
195	743	Thiery Patricia	*Köln	1:05:45	1982	W35	30	1:07:59	22:37 *	21:14 *	21:52	6:35 min/km
196	1788	Brückner Conny	Cyt Team	1:05:47	1978	W35	31	1:06:07	20:39 *	22:06 *	23:01	6:35 min/km
197	1192	Telaak-Delfmann Doris	*Köln	1:05:48	1961	W55	7	1:06:36	22:19 *	21:19 *	22:09	6:35 min/km
198	907	Koch Melanie	*Köln	1:05:48	1976	W40	25	1:06:30	21:38 *	21:36 *	22:33	6:35 min/km
199	830	Heller Marlene		1:05:56	1952	W65	2	1:07:52	22:06 *	21:31 *	22:18	6:36 min/km
200	1235	Walleneit Gaby	*Köln	1:06:02	1976	W40	26	1:07:43	22:46 *	21:42 *	21:33	6:36 min/km
201	866	Jokic Dragana	*Köln	1:06:03	1989	WHK	41	1:07:44	22:46 *	21:43 *	21:33	6:36 min/km
202	836	Herentrey Julia	*Köln	1:06:04	1973	W40	27	1:06:52	21:16 *	21:51 *	22:56	6:36 min/km
203	1373	Böttcher Andrea	Gothaer	1:06:04	1981	W35	32	1:08:23	21:26 *	21:25 *	23:12	6:36 min/km
204	770	Friedrich Annette	*köln	1:06:12	1971	W45	26	1:06:39	21:25 *	21:58 *	22:48	6:37 min/km
205	1524	Von Deylen Jennifer	Räfeds Pömps	1:06:23	1974	W40	28	1:07:31	21:49 *	21:51 *	22:42	6:38 min/km
206	747	Esser Birgit	*Köln	1:06:37	1977	W40	29	1:07:57	21:40 *	21:42 *	23:15	6:40 min/km
207	1299	Zipperle Madeleine	ASV Köln Triathlon	1:06:40	1978	W35	33	1:09:03	21:36 *	22:06 *	22:57	6:40 min/km
208	917	Konopka Karolin	*Köln	1:06:51	1994	WHK	42	1:07:43	21:56 *	21:52 *	23:02	6:41 min/km
209	1347	Taubenrauch Claudia	DKMS	1:06:53	1987	W30	39	1:08:39	22:36 *	22:13 *	22:03	6:41 min/km
210	1339	Bellen Sabrina	DKMS	1:06:53	1978	W35	34	1:08:39	22:35 *	22:13 *	22:04	6:41 min/km
211	1342	Gehrlein Claudia	DKMS	1:06:54	1968	W45	27	1:08:40	22:36 *	22:13 *	22:04	6:41 min/km
212	1348	Weise Jasmin	DKMS	1:06:56	1988	WHK	43	1:08:41	22:40 *	22:11 *	22:04	6:42 min/km
213	1345	Matschke Julia	DKMS	1:06:56	1990	WHK	44	1:08:41	22:38 *	22:13 *	22:05	6:42 min/km
214	682	Blüm Andrea	*Pulheim	1:07:05	1967	W50	23	1:08:07	22:22 *	21:38 *	23:03	6:43 min/km
215	1786	Delau Yvonne		1:07:05	1980	W35	35	1:09:16	22:16 *	21:34 *	23:14	6:43 min/km
216	1583	Schilz Maria	Team LeseWelten	1:07:08	1971	W45	28	1:08:12	24:04 *	21:13 *	21:50	6:43 min/km
217	1582	Pleitgen Vanessa	Team LeseWelten	1:07:12	1972	W45	29	1:08:14	24:05 *	21:14 *	21:53	6:43 min/km
218	964	Lübbe Annika	*Köln	1:07:14	1980	W35	36	1:09:46	22:43 *	22:14 *	22:15	6:43 min/km
219	924	Kremeike Kerstin	*Köln	1:07:23	1977	W40	30	1:09:53	23:11 *	22:06 *	22:05	6:44 min/km
220	1025	Pahlow Eva	*Bergheim	1:07:23	1985	W30	40	1:07:56	21:43 *	22:22 *	23:18	6:44 min/km
221	908	Koch Tanja	*Köln	1:07:28	1976	W40	31	1:09:27	22:36 *	22:02 *	22:49	6:45 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Frauen

Seite 12

gedruckt 24.04.2017 16:13:56

222	1064	Reddin Doris	*Pulheim	1:07:32	1971 W45	30	1:09:41	21:59 *	22:29 *	23:03	6:45 min/km
223	1143	Sell Ulrike	*Pulheim	1:07:32	1975 W40	32	1:09:41	21:58 *	22:30 *	23:03	6:45 min/km
224	1075	Roland Tanja	*Linnich	1:07:33	1971 W45	31	1:08:05	21:42 *	22:23 *	23:27	6:45 min/km
225	1335	Dyrks Monika	Die schon wieder	1:07:37	1966 W50	24	1:08:04	22:06 *	22:35 *	22:56	6:46 min/km
226	694	Bruns Anke	*Köln	1:07:47	1966 W50	25	1:10:15	23:12 *	22:06 *	22:28	6:47 min/km
227	745	Erdenberger Sandra	*Köln	1:07:48	1976 W40	33	1:08:45	21:16 *	22:21 *	24:10	6:47 min/km
228	1178	Stillig Micaela	*Köln	1:08:06	1973 W40	34	1:10:28	23:32 *	22:34 *	21:58	6:49 min/km
229	852	Hübsch Jeanette	*Bergheim	1:08:11	1977 W40	35	1:10:25	26:49 *	20:43 *	20:38	6:49 min/km
230	1067	Ressler Lisa	*Köln	1:08:19	1977 W40	36	1:10:44	24:53 *	22:26 *	20:59	6:50 min/km
231	1279	Zulum Melissa	*Düren	1:08:28	1984 W30	41	1:10:36	22:44 *	21:55 *	23:49	6:51 min/km
232	790	Göke-Fritsch Christine	*Gladbeck	1:08:36	1960 W55	8	1:10:12	22:12 *	22:27 *	23:56	6:52 min/km
233	1152	Simmons Sarah	*Köln	1:08:44	1983 W30	42	1:11:07	23:14 *	22:48 *	22:40	6:52 min/km
234	1470	Lambrecht Sarah	Lauftreff Anke Daniels	1:08:48	1985 W30	43	1:09:36	22:43 *	22:31 *	23:33	6:53 min/km
235	1263	Woltering Britta	*Köln	1:08:48	1974 W40	37	1:09:36	21:48 *	22:33 *	24:25	6:53 min/km
236	1437	Huckestein Michaela	Krombacher	1:09:08	1984 W30	44	1:11:25	22:40 *	22:02 *	24:25	6:55 min/km
237	738	Effmann Eva	*Wuppertal	1:09:13	1978 W35	37	1:10:02	22:36 *	22:52 *	23:45	6:55 min/km
238	1136	Schuster Wiebke	*Köln	1:09:14	1984 W30	45	1:10:36	23:00 *	22:59 *	23:14	6:55 min/km
239	1146	SHARMA Dr. RANU	*KOELN	1:09:16	1985 W30	46	1:11:21	22:46 *	23:10 *	23:19	6:56 min/km
240	956	Linden Svenja	*Odenthal	1:09:18	1992 WHK	45	1:09:39	21:54 *	23:52 *	23:31	6:56 min/km
241	1364	Doschat Renate	Gehzeitenläufer	1:09:28	1967 W50	26	1:10:36	23:06 *	23:20 *	23:01	6:57 min/km
242	1572	Bausch-Linden Rita	Team LeseWelten	1:09:31	1959 W55	9	1:10:31	22:16 *	22:46 *	24:27	6:57 min/km
243	1366	Giesen- Vorwald Stefanie	Gehzeitenläufer	1:09:33	1973 W40	38	1:10:41	23:29 *	22:56 *	23:07	6:57 min/km
244	1770	Schwanstecker Eva	Manolito	1:09:37	1969 W45	32	1:10:26	22:48 *	22:59 *	23:50	6:58 min/km
245	731	Drerup Birgit	*Köln	1:09:47	1975 W40	39	1:10:07	22:22 *	23:10 *	24:13	6:59 min/km
246	789	Göhner Jana	*Köln	1:09:48	1991 WHK	46	1:11:58	24:39 *	24:23 *	20:45	6:59 min/km
247	712	DAttorre Giorgina	*Kerpen	1:09:53	1990 WHK	47	1:12:23	22:53 *	22:48 *	24:11	6:59 min/km
248	1474	Muders Leah	LeseWelten	1:09:59	1999 WU20	3	1:10:41	22:30 *	23:00 *	24:28	6:60 min/km
249	1593	Bonni Sabine	Team Supermaus	1:10:18	1963 W50	27	1:10:35	23:05 *	22:45 *	24:28	7:02 min/km
250	1472	Eberhard Ulla	LeseWelten	1:10:27	1958 W55	10	1:11:04	22:14 *	23:20 *	24:52	7:03 min/km
251	1338	Siep Luise	DJK Südwest Köln	1:10:29	2008 WU10	1	1:12:50	25:02 *	23:31 *	21:55	7:03 min/km
252	1060	Rantze Julia	*Köln	1:10:30	2008 WU10	2	1:12:50	24:56 *	23:37 *	21:56	7:03 min/km
253	1234	Waldoff Melanie	*Kerpen	1:11:01	1991 WHK	48	1:12:12	22:45 *	23:26 *	24:49	7:06 min/km
254	1197	Thiele Petra	*Köln	1:11:28	1967 W50	28	1:12:01	23:09 *	23:27 *	24:51	7:09 min/km
255	705	Coeln E	*Köln	1:12:09	1956 W60	2	1:14:02	23:42 *	24:36 *	23:49	7:13 min/km
256	1410	Stücke Lena	Isi Running	1:12:14	1989 WHK	49	1:12:33	23:18 *	24:11 *	24:44	7:13 min/km
257	1409	Stücke Ina	Isi Running	1:12:38	1961 W55	11	1:13:00	22:59 *	24:27 *	25:11	7:16 min/km
258	1247	Weismantel Irina	*Köln	1:12:43	1972 W45	33	1:13:30	22:04 *	24:16 *	26:22	7:16 min/km
259	1365	Gieg Katja	Gehzeitenläufer	1:12:44	1971 W45	34	1:13:56	23:26 *	24:44 *	24:33	7:16 min/km
260	923	Kreiser Anita	*Köln	1:12:46	1962 W55	12	1:15:11	23:41 *	24:06 *	24:57	7:17 min/km
261	1065	Reimann-Junker Sonja	*Köln	1:12:57	1976 W40	40	1:15:02	24:56 *	23:50 *	24:10	7:18 min/km
262	767	Franke Petra	*Köln	1:12:58	1979 W35	38	1:15:03	24:56 *	23:50 *	24:11	7:18 min/km
263	1682	Ayche Karin		1:13:03	1954 W60	3	1:13:31	23:12 *	24:17 *	25:34	7:18 min/km
264	1681	Schulze Bärbel		1:13:03	1951 W65	3	1:13:31	23:12 *	24:17 *	25:34	7:18 min/km
265	1377	Meurer Ina	Gothaer	1:13:11	1970 W45	35	1:14:37	23:39 *	24:04 *	25:27	7:19 min/km
266	1723	Thul Gerlinde		1:13:13	1955 W60	4	1:15:17	24:02 *	23:48 *	25:22	7:19 min/km
267	1370	Knötgen Nadine	Gezeitenläufer	1:13:15	1976 W40	41	1:14:26	23:26 *	24:44 *	25:04	7:20 min/km
268	1003	Neise Kimi-Sue	*Köln	1:13:19	1987 W30	47	1:15:25	24:56 *	23:50 *	24:32	7:20 min/km
269	1369	Weyer Heike	Gehzeitenläufer	1:13:26	1972 W45	36	1:14:35	23:28 *	24:45 *	25:12	7:21 min/km
270	1559	Kimmerle-Lindner	SG TÜV Rheinland	1:13:36	1961 W55	13	1:16:02	23:34 *	23:52 *	26:08	7:22 min/km
271	1463	Emmerich Ilka	Laufmaschen	1:13:42	1969 W45	37	1:15:36	24:46 *	24:47 *	24:08	7:22 min/km
272	871	Kaibel Karoline	*Köln	1:14:24	1980 W35	39	1:16:43	25:22 *	24:37 *	24:24	7:26 min/km
273	1764	Pöll Gisela		1:14:32	1946 W70	1	1:16:49	23:46 *	24:12 *	26:33	7:27 min/km
274	840	Himpel Annette	*Düren	1:14:33	1963 W50	29	1:16:21	24:41 *	24:22 *	25:30	7:27 min/km
275	734	Dubbel Elke	*Köln	1:14:49	1967 W50	30	1:16:42	23:42 *	24:37 *	26:29	7:29 min/km
276	863	Jochmann Sarah	*Köln	1:15:03	1983 W30	48	1:16:52	24:07 *	25:06 *	25:50	7:30 min/km
277	1415	Orejuela De Kühl Lorena	Just Fit	1:15:25	1973 W40	42	1:17:33	24:45 *	24:37 *	26:02	7:33 min/km

Kölner Frühlingslauf am 26. März 2017 - 10km Funlauf

Ergebnisliste Frauen

Seite 13

gedruckt 24.04.2017 16:13:56

278	1354	Kimberly Cuskelly	ESA	1:15:28	1984	W30	49	1:17:54	24:02 *	24:50 *	26:36	7:33 min/km
279	1580	Parton Liesbert	Team LeseWelten	1:15:32	1982	W35	40	1:16:33	24:23 *	24:22 *	26:47	7:33 min/km
280	1713	Böge Eli		1:15:32	1972	W45	38	1:17:26	24:46 *	24:47 *	25:58	7:33 min/km
281	1638	Wagner Regina	WagWasKes	1:15:32	1979	W35	41	1:17:39	23:44 *	24:58 *	26:50	7:33 min/km
282	914	Kohlert Martina	*Frechen	1:15:34	1974	W40	43	1:17:27	24:46 *	24:49 *	25:58	7:33 min/km
283	652	Alvarez Gonzalez Monica	*Köln	1:16:20	1978	W35	42	1:18:19	24:26 *	24:39 *	27:13	7:38 min/km
284	802	Gründler Petra	*Bad Lippspringe	1:16:20	1971	W45	39	1:18:20	24:27 *	24:39 *	27:14	7:38 min/km
285	823	Hecht Pia Alina	*Köln	1:16:42	1987	W30	50	1:19:12	25:20 *	25:15 *	26:06	7:40 min/km
286	1520	Stock Isabel	Profitrise Sports	1:16:53	1993	WHK	50	1:19:01	24:53 *	25:07 *	26:51	7:41 min/km
287	1515	Berthold Andrea	Profitrise Sports	1:16:54	1992	WHK	51	1:19:01	24:54 *	24:52 *	27:07	7:41 min/km
288	1516	Böttger Muriel	Profitrise Sports	1:16:55	1993	WHK	52	1:19:01	24:55 *	25:07 *	26:52	7:42 min/km
289	936	Küthe Jana	*Köln	1:17:04	1986	W30	51	1:19:05	25:13 *	25:28 *	26:22	7:42 min/km
290	937	Kuppels Anne	*Köln	1:17:09	1986	W30	52	1:19:13	23:53 *	25:52 *	27:22	7:43 min/km
291	1225	Vogel Jolin	*Willich	1:17:13	1986	W30	53	1:19:31	25:42 *	25:49 *	25:42	7:43 min/km
292	1561	Kröhnert Bettina	SV Metternich	1:17:23	1984	W30	54	1:18:42	26:44 *	24:58 *	25:39	7:44 min/km
293	749	Ewert Heike Christine	*Köln	1:17:35	1986	W30	55	1:19:45	25:03 *	25:00 *	27:31	7:46 min/km
294	1140	Schweer Lena	*Duisburg	1:18:08	1993	WHK	53	1:20:22	25:29 *	25:40 *	26:57	7:49 min/km
295	1508	Espendiller Conny	Marathonis Merheim	1:19:18	1972	W45	40	1:20:32	26:48 *	25:57 *	26:32	7:56 min/km
296	1521	Hültzbeck Michaela	QuadratlatschEn	1:19:36	1968	W45	41	1:22:00	26:39 *	25:48 *	27:08	7:58 min/km
297	377	Conzen Ursel	RWE Power AG	1:19:46	1971	W45	42	1:20:45	25:09 *	26:25 *	28:12	7:59 min/km
298	1027	Pál Anja	*Köln	1:19:48	1981	W35	43	1:22:05	25:48 *	26:12 *	27:47	7:59 min/km
299	1532	Abendroth Christina	Rituals Cosmetics	1:19:59	1992	WHK	54	1:20:23	26:29 *	26:53 *	26:36	7:60 min/km
300	1541	Okutucu Gülbahar	Rituals Cosmetics	1:20:01	1973	W40	44	1:20:25	26:29 *	26:53 *	26:38	8:00 min/km
301	1535	Boudouft Patricia	Rituals Cosmetics	1:20:07	1988	WHK	55	1:20:31	26:29 *	26:53 *	26:44	8:01 min/km
302	1181	Stoll Anne	*Köln	1:20:30	1981	W35	44	1:22:17	26:05 *	26:00 *	28:24	8:03 min/km
303	910	Köchling Jana	*Köln	1:20:33	1989	WHK	56	1:22:19	26:07 *	26:00 *	28:25	8:03 min/km
304	1461	Rohrmoser Eva-Maria	Laufmariechen Köln	1:20:49	1954	W60	5	1:23:04	27:55 *	26:25 *	26:28	8:05 min/km
305	976	Merz Alexandra	*Essen	1:21:20	1970	W45	43	1:23:46	26:21 *	27:12 *	27:45	8:08 min/km
306	1285	Emara Jennifer	2 Fast 2 Frustrated	1:26:23	1989	WHK	57	1:27:29	26:00 *	29:11 *	31:10	8:38 min/km