

Kölner Nikolauslauf am 3. Dezember 2017 - 10km Toplauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3476	Repha Maarouf		0:31:47	1992 M20	1	0:31:47	20:47 * 10:29 * 00:30	3:11 min/km
2	305	Juschka Björn	TSV Bayer 04 Leverkusen	0:32:14	1994 M20	2	0:32:15	10:28 * 10:43 * 11:01	3:13 min/km
3	478	Dahl Simon	Bunert- Der Kölner	0:32:33	1987 M30	1	0:32:33	10:29 * 10:44 * 11:19	3:15 min/km
4	3447	Ackermann Johann	Mach 3 Köln eV	0:33:15	1984 M30	2	0:33:16	10:28 * 10:57 * 11:48	3:20 min/km
5	390	Bunte Marian	Bunert - Der Kölner	0:33:22	1989 M20	3	0:33:23	10:35 * 11:03 * 11:43	3:20 min/km
6	479	Schoenball Patrick	Bunert- Der Kölner	0:33:38	1989 M20	4	0:33:39	10:47 * 11:15 * 11:35	3:22 min/km
7	309	Schröder Alexander	LG Kreis Lübbecke	0:33:41	1990 M20	5	0:33:42	10:49 * 11:20 * 11:32	3:22 min/km
8	494	El Makrini Hakim	LT DSHS Köln eV	0:33:45	1974 M40	1	0:33:45	10:54 * 11:14 * 11:35	3:23 min/km
9	393	Meurer Sebastian	Bunert - Der Kölner	0:33:46	1986 M30	3	0:33:47	10:32 * 11:27 * 11:46	3:23 min/km
10	387	Fricke Marc	Bunert / Rhein-Berg	0:33:57	1974 M40	2	0:33:57	10:55 * 11:14 * 11:47	3:24 min/km
11	216	Linden Sebastian	Rhein-Berg Runners	0:34:52	1989 M20	6	0:34:53	11:28 * 11:28 * 11:54	3:29 min/km
12	3449	Vega Severino	RFCL	0:35:33	1966 M50	1	0:35:34	11:29 * 11:40 * 12:24	3:33 min/km
13	418	Metcalfe Alan	Run Squad CGN	0:35:34	1989 M20	7	0:35:36	11:40 * 11:43 * 12:10	3:33 min/km
14	3466	Franzky Johannes	ASV Köln Triathlon	0:35:40	1981 M35	1	0:35:41	11:24 * 11:46 * 12:30	3:34 min/km
15	467	Müller Christian	Kölner Ausdauer und	0:35:42	1992 M20	8	0:35:43	11:16 * 11:53 * 12:33	3:34 min/km
16	472	Scheidweiler Rolf	LC Euskirchen	0:35:44	1973 M40	3	0:35:45	11:28 * 11:44 * 12:31	3:34 min/km
17	286	Schiller Dr. Wolfgang	Heart Team Bonn	0:35:51	1967 M50	2	0:35:53	18:38 * 00:00 * 00:00	3:35 min/km
18	490	Rehorst Sebastian	LT DSHS Köln eV	0:35:56	1997 M20	9	0:35:58	11:40 * 11:58 * 12:16	3:36 min/km
19	3467	Trems Torsten	Central-Team.de	0:36:02	1977 M40	4	0:36:02	11:32 * 11:55 * 12:34	3:36 min/km
20	374	Diblik Jens	FC Keldenich	0:36:22	1987 M30	4	0:36:27	11:38 * 12:00 * 12:43	3:38 min/km
21	389	Singbeil Daniel	Bunert - Der Kölner	0:36:58	1989 M20	10	0:36:59	11:49 * 12:21 * 12:47	3:42 min/km
22	318	Haase Tobias	*Köln	0:37:10	1990 M20	11	0:37:16	12:06 * 12:11 * 12:51	3:43 min/km
23	456	Nicaise Jean-Christophe	EASA	0:37:13	1977 M40	5	0:37:13	12:01 * 12:17 * 12:54	3:43 min/km
24	3457	Sindern Jörn		0:37:17	1967 M50	3	0:37:23	12:08 * 12:14 * 12:53	3:44 min/km
25	245	Verch Marco	ASICS Frontrunner	0:37:19	1981 M35	2	0:37:20	12:02 * 12:20 * 12:56	3:44 min/km
26	3452	Kunz Tom		0:37:19	1992 M20	12	0:37:20	11:23 * 12:51 * 13:04	3:44 min/km
27	203	De Kroon Laurens	Run Squad Cologne	0:37:42	1987 M30	5	0:37:44	11:44 * 12:46 * 13:10	3:46 min/km
28	355	Hochheim Martin	BSG RheinEnergie	0:37:42	1988 M20	13	0:37:44	12:04 * 12:29 * 13:08	3:46 min/km
29	249	Sutcliffe Dominic	*Aachen	0:37:43	1996 M20	14	0:37:50	12:16 * 12:21 * 13:05	3:46 min/km
30	266	Wenner Lukas	*Köln	0:38:09	1986 M30	6	0:38:12	12:16 * 12:45 * 13:08	3:49 min/km
31	3471	Buhs Andreas	ASV Köln Triathlon	0:38:11	1983 M30	7	0:38:13	12:22 * 12:40 * 13:08	3:49 min/km
32	215	Naumann Dr. Kolja	Appellhofraketen	0:38:12	1980 M35	3	0:38:18	12:12 * 12:35 * 13:25	3:49 min/km
33	3453	Blauth Christian	SV Bergwacht Rohren	0:38:20	1976 M40	6	0:38:22	12:03 * 12:49 * 13:27	3:50 min/km
34	271	Ohlendorf Luis	*Köln	0:38:35	1994 M20	15	0:38:43	12:26 * 12:46 * 13:23	3:52 min/km
35	353	Poischen Thomas	BSG RheinEnergie	0:38:39	1970 M45	1	0:38:44	12:28 * 12:46 * 13:24	3:52 min/km
36	3384	Städel Björn		0:38:40	1977 M40	7	0:38:46	12:24 * 12:48 * 13:27	3:52 min/km
37	68	Grysko Michael	*Köln	0:38:40	1987 M30	8	0:38:46	12:39 * 12:38 * 13:22	3:52 min/km
38	65	Azad Dr. Farshid	*Köln	0:38:48	1964 M50	4	0:39:26	17:35 * 20:16 * 00:57	3:53 min/km
39	3450	Rocks Didier	R.F.C.L.	0:38:49	1982 M35	4	0:38:50	12:26 * 12:53 * 13:28	3:53 min/km
40	236	Steil Heiko	*Köln	0:38:50	1976 M40	8	0:39:07	12:41 * 12:51 * 13:18	3:53 min/km
41	322	Schneider Thomas	LG RWE Power	0:39:00	1969 M45	2	0:39:04	12:36 * 12:54 * 13:30	3:54 min/km
42	211	Siemer Mark	*Köln	0:39:04	1977 M40	9	0:39:24	12:41 * 12:54 * 13:27	3:54 min/km
43	241	Stamm Hendrik	#Team17	0:39:05	1997 M20	16	0:39:14	12:50 * 13:04 * 13:11	3:55 min/km
44	3460	Marchal Pierre	Tri Cologne	0:39:10	1983 M30	9	0:39:15	12:37 * 12:55 * 13:36	3:55 min/km
45	120	Böttcher Zaido	Kindertagespflege in	0:39:12	1976 M40	10	0:39:21	12:55 * 12:47 * 13:29	3:55 min/km
46	91	Zwickert Patrick	Lavakraft	0:39:12	1968 M45	3	0:39:26	12:40 * 12:52 * 13:40	3:55 min/km
47	348	Kaatz Michael	Köln läuft!	0:39:16	1982 M35	5	0:39:21	12:39 * 13:04 * 13:32	3:56 min/km
48	228	Risch Marius	RUN SQUAD CGN	0:39:17	1988 M20	17	0:39:22	12:54 * 13:01 * 13:21	3:56 min/km
49	282	Winters Laurin	ASV Köln	0:39:20	1990 M20	18	0:39:26	13:15 * 12:54 * 13:09	3:56 min/km
50	119	Gasper Dennis	RUN SQUAD CGN	0:39:20	1984 M30	10	0:39:40	12:45 * 13:02 * 13:32	3:56 min/km
51	3351	Breuer Laurids		0:39:29	1993 M20	19	0:39:40	12:56 * 13:06 * 13:25	3:57 min/km
52	36	Schreiner Dennis	*Bitzen	0:39:49	1987 M30	11	0:39:54	12:48 * 13:09 * 13:51	3:59 min/km
53	3481	Heilinger Andreas	XTrail-aktiv	0:39:50	1990 M20	20	0:39:54	12:39 * 13:21 * 13:49	3:59 min/km

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54	401	Woiwode Rob	PV Triathlon Witten e.v.	0:39:53	1979	M35	6	0:39:54	12:38 *	13:17 *	13:57	3:59 min/km
55	3458	Schmidt Lukas		0:40:06	1992	M20	21	0:40:16	12:32 *	13:06 *	14:28	4:01 min/km
56	3333	Ebert Ben	XTrail-Aktiv	0:40:08	1984	M30	12	0:40:12	12:40 *	13:20 *	14:08	4:01 min/km
57	240	Friedrich Lars	TriathlonSteckelCologne	0:40:14	1987	M30	13	0:40:19	13:00 *	13:33 *	13:40	4:01 min/km
58	464	Chao Martinez Juan	*Köln	0:40:18	1989	M20	22	0:40:39	13:24 *	13:31 *	13:22	4:02 min/km
59	185	Spicher Konstantin	*Kerpen	0:40:20	1997	M20	23	0:40:35	15:01 *	17:16 *	08:01	4:02 min/km
60	3448	Weishaupt David	Team Decathlon	0:40:22	1992	M20	24	0:40:45	12:48 *	13:31 *	14:02	4:02 min/km
61	3322	Glatz Jorit	*Köln	0:40:23	1998	MU20	1	0:40:44	13:48 *	13:22 *	13:12	4:02 min/km
62	3470	Schuster Fabian		0:40:28	1982	M35	7	0:40:28	12:56 *	13:23 *	14:08	4:03 min/km
63	360	Spangardt Florian	BSG KVB Köln	0:40:29	1995	M20	25	0:40:31	13:12 *	13:24 *	13:52	4:03 min/km
64	375	Kehlenbach Lukas	TuS Köln rrh.	0:40:29	1994	M20	26	0:40:34	13:20 *	13:39 *	13:29	4:03 min/km
65	111	Bovo Frank	*Köln	0:40:30	1968	M45	4	0:40:32	12:47 *	13:23 *	14:18	4:03 min/km
66	285	Probst Dr. Chris	Heart Team Bonn	0:40:38	1970	M45	5	0:40:41	12:42 *	13:39 *	14:16	4:04 min/km
67	198	Moritz Ralf	Born to Run	0:40:39	1968	M45	6	0:40:41	13:09 *	13:30 *	13:59	4:04 min/km
68	288	Eckermann Dr. Lutz	Heart Team Bonn	0:40:39	1962	M55	1	0:40:42	12:42 *	13:39 *	14:16	4:04 min/km
69	302	Oeppert Tom Jasper	LT DSHS	0:40:39	1998	MU20	2	0:40:50	12:32 *	13:32 *	14:34	4:04 min/km
70	102	Behle Stefan	LTV Lippstadt	0:40:42	1988	M20	27	0:40:51	13:04 *	13:28 *	14:09	4:04 min/km
71	445	Kurth Jürgen	Pulheimer SC	0:40:47	1963	M50	5	0:40:57	12:51 *	13:38 *	14:17	4:05 min/km
72	3337	Schneider Emmanuel	MKF Running	0:40:55	1989	M20	28	0:41:30	13:45 *	13:18 *	13:50	4:06 min/km
73	290	Horlbeck Dr. Fritz	Heart Team Bonn	0:41:00	1978	M35	8	0:41:03	13:12 *	13:33 *	14:14	4:06 min/km
74	3332	Kirschtowski Jan	VfL Oldesloe	0:41:05	1988	M20	29	0:41:10	12:39 *	13:40 *	14:45	4:07 min/km
75	425	Koch Rio	*Köln	0:41:11	1997	M20	30	0:41:22	13:04 *	13:30 *	14:35	4:07 min/km
76	403	Hinteresch Florian	*Münster	0:41:12	1998	MU20	3	0:41:22	12:38 *	13:43 *	14:50	4:07 min/km
77	99	Götzfried Philipp	MKF Running	0:41:12	1991	M20	31	0:41:47	13:46 *	13:18 *	14:08	4:07 min/km
78	299	Schalk Julius	*Köln	0:41:12	1995	M20	32	0:41:40	14:17 *	13:27 *	13:27	4:07 min/km
79	3473	Hazer Sascha	KTT 01	0:41:12	1976	M40	11	0:41:14	12:56 *	13:43 *	14:32	4:07 min/km
80	251	Poensgen Peter	F.I.S.-Rheinland	0:41:20	1972	M45	7	0:41:25	13:16 *	13:48 *	14:14	4:08 min/km
81	372	Müller Klaus		0:41:21	1970	M45	8	0:41:43	13:33 *	13:33 *	14:14	4:08 min/km
82	3326	Eggers Sven	*Köln	0:41:28	1972	M45	9	0:41:35	13:14 *	13:57 *	14:16	4:09 min/km
83	293	Siegert Robin	Run Squad CGN	0:41:31	1986	M30	14	0:41:53	13:54 *	13:50 *	13:46	4:09 min/km
84	427	Kemmesies Rainer	Team Arezen	0:41:34	1961	M55	2	0:41:41	13:32 *	13:50 *	14:11	4:09 min/km
85	311	Bacher Joachim	TuS Köln rrh.	0:41:40	1971	M45	10	0:41:47	13:48 *	13:38 *	14:12	4:10 min/km
86	407	Decker Torre	TriathlonSteckelCologne	0:41:43	1990	M20	33	0:41:47	13:18 *	14:03 *	14:21	4:10 min/km
87	23	Schmitz Thilo	Project 63	0:41:51	1989	M20	34	0:42:15	14:02 *	13:45 *	14:04	4:11 min/km
88	248	Milach Nick	Milach	0:41:55	2001	MU18	1	0:41:59	13:20 *	14:06 *	14:28	4:12 min/km
89	3418	Schmidt Florian	Run Squad CGN	0:42:00	1986	M30	15	0:42:20	13:34 *	13:57 *	14:27	4:12 min/km
90	101	Casale Gino	*Köln	0:42:04	1986	M30	16	0:42:22	13:34 *	14:01 *	14:28	4:12 min/km
91	468	Mohrmann Moehre	Runnerspoint RunClub	0:42:11	1973	M40	12	0:42:32	13:42 *	13:58 *	14:29	4:13 min/km
92	175	Van Dillen Tobias	run squad cgn	0:42:12	1976	M40	13	0:42:34	13:55 *	13:51 *	14:25	4:13 min/km
93	412	Uyar Ismail	Worthoff Boxing	0:42:13	1989	M20	35	0:43:20	13:24 *	14:01 *	14:46	4:13 min/km
94	332	Bahreini Alia	*Köln	0:42:19	1999	MU20	4	0:42:20	12:50 *	14:11 *	15:17	4:14 min/km
95	281	Linke Phillip	ERGO sports Köln	0:42:20	1985	M30	17	0:42:35	14:05 *	13:48 *	14:26	4:14 min/km
96	118	Wanzek Thor	Trollmusic Running Team	0:42:20	1976	M40	14	0:42:45	13:51 *	14:15 *	14:14	4:14 min/km
97	261	Küssner Thorsten	*Köln	0:42:24	1982	M35	9	0:42:41	13:57 *	13:53 *	14:33	4:14 min/km
98	207	Altmann Markus	Run Squad CGN	0:42:26	1982	M35	10	0:42:46	13:36 *	14:00 *	14:48	4:15 min/km
99	199	Zickwolf Alexander	*Bonn	0:42:27	1983	M30	18	0:42:34	14:04 *	14:09 *	14:13	4:15 min/km
100	237	Fischer Alexander	*Lindlar	0:42:30	1988	M20	36	0:42:34	13:15 *	14:23 *	14:51	4:15 min/km
101	3339	Solecki Martin	*Kerpen	0:42:30	1980	M35	11	0:42:35	13:48 *	14:03 *	14:38	4:15 min/km
102	104	Tim Rademacher	Deutsche	0:42:39	1998	MU20	5	0:43:14	13:52 *	14:01 *	14:45	4:16 min/km
103	80	Górny Maciej	SAFANDULA NIE BEDE	0:42:41	1983	M30	19	0:43:03	13:35 *	13:59 *	15:06	4:16 min/km
104	321	Strompen Dennis	*Köln	0:42:53	1994	M20	37	0:42:59	14:32 *	13:58 *	14:22	4:17 min/km
105	232	Popp Daniel	LG Donatus	0:43:00	1985	M30	20	0:43:10	13:36 *	14:19 *	15:04	4:18 min/km
106	3329	Dudley Richard	LG Donatus Erftstadt e.V.	0:43:02	1961	M55	3	0:43:05	14:26 *	13:57 *	14:38	4:18 min/km
107	3459	Engelkes Luca		0:43:02	1994	M20	38	0:43:11	14:00 *	14:05 *	14:56	4:18 min/km
108	306	Mannheim Florian	Sporthochschule Köln	0:43:04	1997	M20	39	0:43:14	13:57 *	14:17 *	14:49	4:18 min/km
109	274	Remshagen Norman	*langerwehe	0:43:07	1992	M20	40	0:43:17	13:59 *	14:05 *	15:02	4:19 min/km

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110	463	Beyer Michael	*Düsseldorf	0:43:09	1967 M50	6	0:43:15	13:41	* 14:15	* 15:12	4:19 min/km
111	291	Uphoff Henning	Run Squad CGN	0:43:13	1989 M20	41	0:43:35	14:01	* 14:19	* 14:53	4:19 min/km
112	136	Berghaus Maxim	*Köln	0:43:15	1994 M20	42	0:43:38	14:41	* 14:05	* 14:27	4:20 min/km
113	157	Stephan Heinz Michael	*Köln	0:43:15	1961 M55	4	0:43:22	14:00	* 14:14	* 15:00	4:20 min/km
114	217	Mika Maximilian	DSHS	0:43:16	1995 M20	43	0:43:18	12:42	* 14:04	* 16:29	4:20 min/km
115	399	Siek Johannes	Bertbaum	0:43:17	1988 M20	44	0:43:33	14:12	* 14:21	* 14:42	4:20 min/km
116	419	Weithoff Johannes	Bertbaum Internet	0:43:18	1987 M30	21	0:43:33	14:13	* 14:21	* 14:43	4:20 min/km
117	346	Umbach Thorsten	Köln läuft!	0:43:22	1985 M30	22	0:43:48	14:10	* 14:16	* 14:55	4:20 min/km
118	424	Zampolin Luca	*Köln	0:43:24	1997 M20	45	0:43:34	14:10	* 14:41	* 14:32	4:20 min/km
119	3341	Becker Rainer	Laktatjunkies Rheinland	0:43:25	1972 M45	11	0:43:47	13:53	* 13:58	* 15:34	4:21 min/km
120	246	Schenk Olaf	*Köln	0:43:26	1968 M45	12	0:43:52	14:17	* 14:16	* 14:52	4:21 min/km
121	200	Hand Leon	TV Blatzheim	0:43:30	1996 M20	46	0:44:03	14:24	* 14:18	* 14:47	4:21 min/km
122	383	Görres Jascha	*Köln	0:43:31	1997 M20	47	0:43:42	14:34	* 14:16	* 14:40	4:21 min/km
123	28	Rode Michel	*Köln	0:43:32	1985 M30	23	0:43:56	14:40	* 14:19	* 14:32	4:21 min/km
124	93	Voigt Maik	*Leverkusen	0:43:34	1981 M35	12	0:43:56	14:14	* 14:13	* 15:06	4:21 min/km
125	366	Fischer David	NetCologne	0:43:39	1983 M30	24	0:43:41	13:39	* 14:29	* 15:31	4:22 min/km
126	121	Schauch Bastian	Rennschnecken 2000 e.V.	0:43:40	1975 M40	15	0:43:45	13:54	* 14:13	* 15:31	4:22 min/km
127	208	Waßeka Boris	*Köln	0:43:41	1964 M50	7	0:43:57	14:26	* 14:20	* 14:54	4:22 min/km
128	451	Manz Thomas	*Köln	0:43:44	1973 M40	16	0:44:18	14:36	* 14:24	* 14:42	4:22 min/km
129	411	Von Lehmann Oscar	*Köln	0:43:45	1998 MU20	6	0:43:56	14:34	* 14:17	* 14:53	4:23 min/km
130	335	Frankenberger Hagen	*Köln	0:43:45	1998 MU20	7	0:43:57	14:34	* 14:17	* 14:53	4:23 min/km
131	308	Nickels Fynn Janne	*Köln	0:43:45	1996 M20	48	0:44:01	13:46	* 14:31	* 15:27	4:23 min/km
132	187	Wenzel Björn	Piraten AG	0:43:48	1992 M20	49	0:43:57	14:08	* 14:29	* 15:10	4:23 min/km
133	146	Woinowski Benjamin	SC Bayer 05 Uerdingen	0:43:49	1985 M30	25	0:44:07	14:39	* 14:46	* 14:22	4:23 min/km
134	35	Suermann Michael	*Düsseldorf	0:43:51	1969 M45	13	0:44:19	14:34	* 14:41	* 14:35	4:23 min/km
135	452	Körner Lutz	*Hürth	0:43:54	1997 M20	50	0:44:04	14:03	* 14:21	* 15:28	4:23 min/km
136	3335	Greite Stefan	BSG Stadt Köln	0:43:54	1979 M35	13	0:44:23	14:23	* 14:32	* 14:58	4:23 min/km
137	327	Domke Andreas	Haus der Gesundheit	0:44:04	1974 M40	17	0:44:24	14:19	* 14:18	* 15:26	4:24 min/km
138	426	Van de Braak Georg	Fronrunners Cologne	0:44:09	1974 M40	18	0:44:26	14:12	* 14:37	* 15:19	4:25 min/km
139	252	Maus Dietmar E.A.	F.I.S.-Rheinland	0:44:12	1972 M45	14	0:44:18	14:09	* 14:33	* 15:28	4:25 min/km
140	3393	Kesete Hugos		0:44:15	1998 MU20	8	0:44:16	12:24	* 17:17	* 14:33	4:26 min/km
141	352	Keßeler Stefan	Köln läuft!	0:44:20	1978 M35	14	0:44:35	14:16	* 14:46	* 15:17	4:26 min/km
142	450	Kresser Thomas	*Köln	0:44:20	1973 M40	19	0:44:58	14:42	* 14:34	* 15:03	4:26 min/km
143	317	Hoge Jonas	*Köln	0:44:26	1997 M20	51	0:44:31	14:33	* 14:20	* 15:32	4:27 min/km
144	151	Hollatz Hajo	*Köln	0:44:26	1994 M20	52	0:44:34	14:13	* 14:25	* 15:47	4:27 min/km
145	189	Küster Sebastian	*Aachen	0:44:27	1986 M30	26	0:44:45	14:13	* 14:18	* 15:56	4:27 min/km
146	3408	Hecker Martin	Dolomit Runners	0:44:27	1979 M35	15	0:44:58	14:45	* 14:38	* 15:04	4:27 min/km
147	460	Wolters Georg	*Köln	0:44:28	1991 M20	53	0:44:40	14:22	* 14:42	* 15:23	4:27 min/km
148	300	Csiba Philip	Pine Cone Runners	0:44:29	1971 M45	15	0:44:35	14:11	* 14:41	* 15:35	4:27 min/km
149	3340	Welte Johannes	*Köln	0:44:34	1983 M30	27	0:44:49	14:24	* 14:27	* 15:41	4:27 min/km
150	82	Reiß Christian	*Erfstadt	0:44:34	1976 M40	20	0:45:15	14:55	* 14:18	* 15:20	4:27 min/km
151	319	Gude Tobias	*Köln	0:44:35	1994 M20	54	0:44:42	14:09	* 14:59	* 15:26	4:28 min/km
152	320	Heidorn Valentin	*Köln	0:44:35	1997 M20	55	0:44:42	14:09	* 14:59	* 15:26	4:28 min/km
153	270	Pach Alex	CYT	0:44:36	1978 M35	16	0:44:45	14:32	* 14:37	* 15:25	4:28 min/km
154	385	Annegarn Oliver	*Ostbevern	0:44:46	1994 M20	56	0:45:20	14:58	* 14:44	* 15:03	4:29 min/km
155	325	Mike Heck	TriCologne e.V	0:44:47	1973 M40	21	0:45:00	14:17	* 14:58	* 15:31	4:29 min/km
156	192	Kröger Benjamin	*Köln	0:44:52	1998 MU20	9	0:45:10	14:22	* 15:10	* 15:20	4:29 min/km
157	125	Görtz Niklas	*Köln	0:44:54	1996 M20	57	0:45:09	15:01	* 14:48	* 15:04	4:29 min/km
158	54	Cadard Helmut	*Kürten	0:44:55	1974 M40	22	0:45:17	14:17	* 14:39	* 15:59	4:30 min/km
159	126	Franzen Nils	*Köln	0:44:56	1996 M20	58	0:45:11	15:01	* 14:48	* 15:06	4:30 min/km
160	57	Biedermann Thomad	*Köln	0:44:58	1966 M50	8	0:45:08	15:20	* 14:39	* 14:58	4:30 min/km
161	377	Lütgen Patrick	FC Keldenich	0:44:58	1992 M20	59	0:45:03	14:20	* 14:51	* 15:46	4:30 min/km
162	133	Vouhé Jonathan	*Köln	0:44:59	1988 M20	60	0:45:31	15:18	* 14:31	* 15:10	4:30 min/km
163	438	Omiecinski Alexander	*köln	0:45:00	1993 M20	61	0:45:09	14:47	* 14:56	* 15:17	4:30 min/km
164	138	Zuhr Erik	*Köln	0:45:01	1997 M20	62	0:45:10	14:47	* 14:56	* 15:17	4:30 min/km
165	127	Nieder Aaron	*Köln	0:45:02	1999 MU20	10	0:45:10	13:38	* 15:33	* 15:50	4:30 min/km

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166	330	Fick Julian	*Köln	0:45:03	1996 M20	63	0:45:16	14:17 *	14:33 *	16:12	4:30 min/km
167	89	Helme Thomas	BSG Beitragservice	0:45:04	1993 M20	64	0:45:47	14:28 *	15:02 *	15:33	4:30 min/km
168	72	Horstink Tim	*Köln	0:45:04	1984 M30	28	0:45:36	15:05 *	14:51 *	15:07	4:30 min/km
169	229	Wortmann Vincent	*Koeln	0:45:04	1998 MU20	11	0:45:16	14:34 *	14:17 *	16:12	4:30 min/km
170	351	Seiwert Olivier	Köln läuft!	0:45:06	1975 M40	23	0:45:21	14:44 *	14:55 *	15:25	4:31 min/km
171	258	Sampels Reinhold	*50171	0:45:06	1988 M20	65	0:45:33	14:37 *	14:38 *	15:51	4:31 min/km
172	471	Heuser Andreas	*Köln	0:45:07	1980 M35	17	0:45:27	14:38 *	15:06 *	15:22	4:31 min/km
173	244	Soos Paul	TV Rodenkirchen Triathlon	0:45:08	1974 M40	24	0:45:35	14:32 *	14:52 *	15:43	4:31 min/km
174	323	Frohn Julian	*Junkersdorf	0:45:11	1996 M20	66	0:45:33	15:29 *	15:13 *	14:28	4:31 min/km
175	423	Scholz David	Worthoff Boxing	0:45:12	1993 M20	67	0:46:19	14:04 *	15:09 *	15:58	4:31 min/km
176	3334	Von Baeyer Richard	*Köln	0:45:15	1967 M50	9	0:45:56	15:04 *	14:54 *	15:16	4:32 min/km
177	483	Bednorz Thorsten	FV	0:45:16	1987 M30	29	0:45:41	14:24 *	15:04 *	15:47	4:32 min/km
178	370	Neukirchen Dirk	Krüger Running Team	0:45:18	1966 M50	10	0:45:52	14:57 *	15:08 *	15:12	4:32 min/km
179	158	Marek Adrian	Für Hürth	0:45:19	1972 M45	16	0:45:30	13:55 *	15:35 *	15:48	4:32 min/km
180	24	Lennarz Joachim	*Köln	0:45:19	1975 M40	25	0:45:32	15:15 *	14:48 *	15:15	4:32 min/km
181	53	Flynn Richard	*Köln	0:45:20	1978 M35	18	0:45:56	15:20 *	14:51 *	15:08	4:32 min/km
182	230	HUber Christian	*Köln	0:45:21	1971 M45	17	0:45:39	14:35 *	14:57 *	15:48	4:32 min/km
183	257	Kramer Luis	*Freiburg	0:45:22	1995 M20	68	0:45:33	14:09 *	15:10 *	16:03	4:32 min/km
184	159	Milzarek Christian	*Köln	0:45:23	1987 M30	30	0:45:40	14:20 *	15:01 *	16:02	4:32 min/km
185	268	Geertsen John Henry	*Köln	0:45:26	1997 M20	69	0:45:45	14:21 *	15:13 *	15:51	4:33 min/km
186	416	Hasemann Michael	*Köln	0:45:28	1997 M20	70	0:45:34	14:33 *	14:50 *	16:04	4:33 min/km
187	164	Amelung Max Jonas	*Köln	0:45:30	1997 M20	71	0:45:38	15:46 *	15:14 *	14:29	4:33 min/km
188	453	Dialo Uri	SC Janus Frontrunners	0:45:30	1996 M20	72	0:45:36	14:04 *	15:24 *	16:02	4:33 min/km
189	256	Kreutzberg Jonas	*Köln	0:45:31	1998 MU20	12	0:45:44	14:15 *	15:24 *	15:51	4:33 min/km
190	328	Schmitz Benno	*Köln	0:45:32	1983 M30	31	0:45:39	14:48 *	15:14 *	15:29	4:33 min/km
191	186	Bühler Pascal	*Köln	0:45:37	1995 M20	73	0:46:15	14:36 *	15:04 *	15:55	4:34 min/km
192	30	Küppers Julius	*Köln	0:45:37	1991 M20	74	0:46:15	14:37 *	15:04 *	15:56	4:34 min/km
193	3362	Steinebach Ulf		0:45:39	1975 M40	26	0:45:50	14:36 *	14:57 *	16:05	4:34 min/km
194	42	Beck Christian	*Köln	0:45:44	1983 M30	32	0:46:26	15:13 *	15:04 *	15:26	4:34 min/km
195	129	Wolf-Voigt Hauke	*Köln	0:45:44	1992 M20	75	0:46:02	14:22 *	15:10 *	16:11	4:34 min/km
196	384	Behlau Johannes	*Köln	0:45:53	1999 MU20	13	0:46:04	14:34 *	14:17 *	17:01	4:35 min/km
197	134	Zewe Niklas	*Bergheim	0:45:55	1999 MU20	14	0:45:58	14:19 *	15:24 *	16:11	4:36 min/km
198	459	Riedel Oliver	*Köln	0:45:56	1996 M20	76	0:46:11	14:03 *	15:25 *	16:27	4:36 min/km
199	84	Bendel Michael	*Nörvenich	0:45:56	1982 M35	19	0:46:20	14:16 *	15:27 *	16:12	4:36 min/km
200	184	Kosubek Robert	*Köln	0:45:58	1976 M40	27	0:46:32	15:07 *	15:01 *	15:50	4:36 min/km
201	428	Bitter Christian	Worthoff Boxing	0:45:59	1982 M35	20	0:46:28	14:50 *	15:07 *	16:01	4:36 min/km
202	371	Abdel-Kafi Hussam	Krüger Running Team	0:46:01	1966 M50	11	0:46:35	14:56 *	15:08 *	15:56	4:36 min/km
203	409	Aschenbrenner Daniel	*Köln	0:46:03	1993 M20	77	0:46:22	14:50 *	14:47 *	16:24	4:36 min/km
204	316	Heinze Jonah	*Köln	0:46:03	1997 M20	78	0:46:22	14:50 *	14:47 *	16:24	4:36 min/km
205	2543	Schmitz Sascha	*Köln	0:46:03	1977 M40	28	0:46:24	15:12 *	15:13 *	15:37	4:36 min/km
206	298	Pehar Jakov	*Freiburg im Breisgau	0:46:07	1996 M20	79	0:46:29	15:29 *	15:13 *	15:24	4:37 min/km
207	3331	Kühnel Leon	Tropenvögel	0:46:12	1999 MU20	15	0:46:23	14:09 *	15:10 *	16:52	4:37 min/km
208	369	Krause Falko	Leibniz-Gymnasium	0:46:14	1976 M40	29	0:46:38	14:55 *	15:14 *	16:04	4:37 min/km
209	3323	Brauner Lars	*Duisburg	0:46:22	1995 M20	80	0:46:26	14:19 *	15:24 *	16:39	4:38 min/km
210	103	Wilkens Robert	FC Keldenich	0:46:31	1964 M50	12	0:46:35	14:34 *	15:37 *	16:19	4:39 min/km
211	454	Nieland Michael	*Köln	0:46:32	1994 M20	81	0:46:46	15:30 *	15:17 *	15:44	4:39 min/km
212	3413	Braun Stephan	Feuerwehr Frechen	0:46:34	1988 M20	82	0:47:07	14:45 *	15:16 *	16:32	4:39 min/km
213	50	Eidens Georg	GVG Team	0:46:34	1961 M55	5	0:46:47	14:55 *	15:20 *	16:18	4:39 min/km
214	3336	Wieschollek Florian	*Hürth	0:46:35	1968 M45	18	0:47:03	15:13 *	15:25 *	15:56	4:40 min/km
215	182	Löber Yuri	*Köln	0:46:38	1996 M20	83	0:46:39	15:52 *	15:06 *	15:39	4:40 min/km
215	435	Trümner Olaf	Worthoff Boxing	0:46:38	1982 M35	21	0:47:06	15:12 *	15:23 *	16:02	4:40 min/km
217	40	Stünkel Daniel	*Köln	0:46:46	1987 M30	33	0:47:09	15:10 *	15:19 *	16:15	4:41 min/km
218	90	März Christian	*Köln	0:46:47	1985 M30	34	0:47:00	14:43 *	15:14 *	16:49	4:41 min/km
219	160	Schmitt Christian	Run Squad CGN	0:46:47	1990 M20	84	0:47:08	14:42 *	15:47 *	16:17	4:41 min/km
220	15	Moustakas Louis	*Köln	0:46:48	1986 M30	35	0:47:00	14:51 *	15:37 *	16:19	4:41 min/km
221	38	Wulf Jost	Zitronenfalter	0:46:49	1974 M40	30	0:47:14	15:06 *	15:19 *	16:22	4:41 min/km

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222	145	Tries Tom	*Köln	0:46:50	1994 M20	85	0:46:58	15:46 *	15:27 *	15:35	4:41 min/km
223	408	Göschel Justus	*Aachen	0:46:52	1997 M20	86	0:47:23	15:24 *	15:36 *	15:51	4:41 min/km
224	443	Özbay Okan-Tamer	*Kerpen	0:46:53	1993 M20	87	0:47:31	15:18 *	15:23 *	16:10	4:41 min/km
225	269	Wittpahl Michael	*Aachen	0:46:53	1992 M20	88	0:47:24	15:24 *	15:37 *	15:51	4:41 min/km
226	59	Höfer Timm	*Aachen	0:46:54	1995 M20	89	0:47:11	16:01 *	15:44 *	15:08	4:41 min/km
227	58	Kinkel Moritz	*Aachen	0:46:55	1995 M20	90	0:47:12	16:01 *	15:44 *	15:09	4:42 min/km
228	3436	Schumacher Sebastian		0:46:55	1997 M20	91	0:47:05	14:46 *	15:21 *	16:47	4:42 min/km
229	19	Ebbinghaus Thomas	Santas reindeer	0:46:55	1991 M20	92	0:47:27	14:38 *	15:49 *	16:27	4:42 min/km
230	287	Masseli Dr. Franz	Heart Team Bonn	0:46:58	1982 M35	22	0:47:01	15:22 *	15:33 *	16:01	4:42 min/km
231	156	Mühlberg Michael	Run Squad CGN	0:46:58	1976 M40	31	0:47:21	14:50 *	15:26 *	16:41	4:42 min/km
232	3345	Peigné André	o2 Runners	0:46:58	1980 M35	23	0:47:16	14:57 *	15:24 *	16:36	4:42 min/km
233	83	Bartmann Stephan	*Köln	0:46:58	1988 M20	93	0:47:21	15:06 *	15:45 *	16:06	4:42 min/km
234	1663	Petters Andreas	de Familich	0:47:00	1978 M35	24	0:47:34	15:14 *	15:45 *	16:00	4:42 min/km
235	480	Strimmer Klaus		0:47:02	1967 M50	13	0:47:16	15:23 *	15:27 *	16:11	4:42 min/km
236	481	Thorausch Nathanael	LT DSHS Köln eV	0:47:10	2002 MU16	1	0:47:36	15:30 *	16:06 *	15:33	4:43 min/km
237	179	Reisdorf Raffael	*Grevenbroich	0:47:11	1997 M20	94	0:47:50	15:23 *	15:39 *	16:08	4:43 min/km
238	313	Probst Moritz	*Dogern	0:47:13	1998 MU20	16	0:47:25	14:23 *	15:33 *	17:15	4:43 min/km
239	336	Woywodt Benjamin	*köln	0:47:15	1990 M20	95	0:47:50	15:19 *	15:23 *	16:33	4:44 min/km
240	329	Mertens Henrik	*Rüthen	0:47:18	1999 MU20	17	0:47:25	14:26 *	15:37 *	17:14	4:44 min/km
241	79	Bachmann Jens	*Aldenhoven	0:47:21	1986 M30	36	0:48:01	15:23 *	15:45 *	16:12	4:44 min/km
242	3343	Dollberg Lukas	*Köln	0:47:24	1998 MU20	18	0:48:03	15:25 *	15:20 *	16:38	4:44 min/km
243	3342	Dollberg Christian	*Köln	0:47:24	1995 M20	96	0:48:04	15:25 *	15:20 *	16:39	4:44 min/km
244	429	Lubitz Jürgen	*Köln	0:47:26	1966 M50	14	0:47:58	15:08 *	15:35 *	16:41	4:45 min/km
245	3327	Benninghoff Derk	TriCologne	0:47:27	1970 M45	19	0:48:06	16:01 *	16:15 *	15:10	4:45 min/km
246	439	Lönhardt Michael	Laktatkönige	0:47:32	1961 M55	6	0:47:56	15:36 *	15:36 *	16:20	4:45 min/km
247	250	Corzelius Mathias	*Bad Münstereifel	0:47:38	1970 M45	20	0:48:11	16:01 *	15:30 *	16:07	4:46 min/km
248	315	Wolber Kalle	Lucas Runners	0:47:38	1963 M50	15	0:47:38	15:12 *	15:46 *	16:39	4:46 min/km
249	3482	Ludemann Klaus		0:47:46	1968 M45	21	0:48:23	15:33 *	15:52 *	16:20	4:47 min/km
250	339	Dethlefs Wilfried	Team Erdinger Alkoholfrei	0:47:46	1956 M60	1	0:47:55	15:06 *	15:49 *	16:50	4:47 min/km
251	379	Engelhardt Lars	*Köln	0:47:49	1976 M40	32	0:48:17	15:40 *	16:01 *	16:08	4:47 min/km
252	404	Horstjann Hendrik	*Bad Bentheim	0:47:53	1996 M20	97	0:48:04	14:19 *	15:25 *	18:07	4:47 min/km
253	279	Boelter Thomas	ERGO sports Köln	0:47:53	1963 M50	16	0:48:02	15:58 *	15:46 *	16:08	4:47 min/km
254	737	Wilms Martin	*Köln	0:47:57	1974 M40	33	0:48:38	16:10 *	16:45 *	15:01	4:48 min/km
255	394	Weber Moritz	Bunert - Der Kölner	0:47:58	1996 M20	98	0:48:01	15:46 *	15:52 *	16:20	4:48 min/km
256	391	Kamann Ben	Bunert - Der Kölner	0:47:59	1984 M30	37	0:48:02	15:45 *	15:52 *	16:21	4:48 min/km
257	242	Keating David	*Köln	0:48:00	1995 M20	99	0:48:12	15:37 *	15:55 *	16:26	4:48 min/km
258	402	Mayer Dominik	*Köln	0:48:00	1999 MU20	19	0:48:13	15:37 *	15:55 *	16:26	4:48 min/km
259	470	Hemmersbach Luca	*Köln	0:48:01	1998 MU20	20	0:48:02	15:57 *	15:46 *	16:17	4:48 min/km
260	247	Milach Sylvio	Milach	0:48:14	1966 M50	17	0:48:17	15:05 *	16:01 *	17:07	4:49 min/km
261	381	Hunold Marc	Die Selbstläufer	0:48:15	1993 M20	100	0:48:29	15:15 *	16:14 *	16:44	4:50 min/km
262	272	Boll Augustin	*Köln	0:48:17	1994 M20	101	0:48:24	14:46 *	16:07 *	17:23	4:50 min/km
263	3456	Schacht Frederik		0:48:18	1988 M20	102	0:48:58	15:39 *	15:45 *	16:53	4:50 min/km
264	128	Wegler Thomas	WSVB	0:48:19	1964 M50	18	0:48:59	16:01 *	16:03 *	16:14	4:50 min/km
265	11	Feindt Reinhard	TV Refrath	0:48:22	1950 M65	1	0:48:36	15:43 *	15:57 *	16:40	4:50 min/km
266	421	Gudat Volker	Worthoff Boxing	0:48:23	1967 M50	19	0:48:52	15:22 *	15:54 *	17:06	4:50 min/km
267	41	Von Blumröder Markus	*Köln	0:48:27	1971 M45	22	0:48:44	15:36 *	16:07 *	16:43	4:51 min/km
268	400	Wist Dennis	*Köln	0:48:31	1993 M20	103	0:48:44	14:26 *	16:10 *	17:54	4:51 min/km
269	442	Akray Deniz	*Kerpen	0:48:33	1995 M20	104	0:49:11	15:18 *	15:42 *	17:31	4:51 min/km
270	466	Goinis Georgios	Worthoff Boxing	0:48:35	1982 M35	25	0:49:05	15:21 *	16:04 *	17:09	4:52 min/km
271	359	Folwaczny Thomas	BSG KVB Köln	0:48:37	1995 M20	105	0:49:01	15:42 *	15:52 *	17:02	4:52 min/km
272	262	Fuß Stephan	*Alfter	0:48:40	1992 M20	106	0:49:00	15:36 *	16:00 *	17:03	4:52 min/km
273	338	Thiemermann Norbert	Team Erdinger Alkoholfrei	0:48:42	1963 M50	20	0:48:52	15:17 *	16:18 *	17:06	4:52 min/km
274	331	Hauck Matthias	3some	0:48:46	1980 M35	26	0:49:26	15:43 *	16:09 *	16:53	4:53 min/km
275	205	Brands Robert	Microsoft Deutschland	0:48:48	1961 M55	7	0:49:25	15:27 *	16:07 *	17:13	4:53 min/km
276	21	Netzer Stefan	*Köln	0:49:02	1970 M45	23	0:49:34	15:55 *	16:10 *	16:56	4:54 min/km
277	485	Steckel Manfred	TriathlonSteckelCologne	0:49:09	1955 M60	2	0:49:35	16:46 *	16:09 *	16:13	4:55 min/km

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278	27	Makline Benjamin	*Köln	0:49:11	1983 M30	38	0:49:42	15:23 *	16:30 *	17:17	4:55 min/km
279	180	Becker Reinhard	:anlauf Siegen	0:49:11	1960 M55	8	0:49:37	15:49 *	16:17 *	17:05	4:55 min/km
280	12	Katzwinkel Peter	ASV-Köln	0:49:28	1968 M45	24	0:50:08	16:12 *	16:21 *	16:54	4:57 min/km
281	3407	Zanther Christian	Dolomit Runners	0:49:28	1977 M40	34	0:49:59	16:02 *	16:23 *	17:02	4:57 min/km
282	48	Kelterbaum Michael	*Frechen	0:49:29	1984 M30	39	0:50:10	16:25 *	16:24 *	16:38	4:57 min/km
283	437	Wüst Moritz	*Köln	0:49:29	1997 M20	107	0:50:03	15:27 *	16:42 *	17:19	4:57 min/km
284	406	Strohn Carsten	Suchthilfe gGmbH	0:49:32	1973 M40	35	0:50:07	15:55 *	16:30 *	17:06	4:57 min/km
285	433	Schürmann Henrik	*Köln	0:49:33	1990 M20	108	0:49:59	15:56 *	16:29 *	17:08	4:57 min/km
286	238	Harmel Hajo	*Köln	0:49:34	1963 M50	21	0:50:10	16:09 *	16:28 *	16:56	4:57 min/km
287	122	Knorr Michael	Feuerwehr	0:49:36	1989 M20	109	0:50:08	16:13 *	16:24 *	16:58	4:58 min/km
288	71	Zoch Roman	*Weilerswist	0:49:37	1980 M35	27	0:50:23	16:16 *	16:18 *	17:02	4:58 min/km
289	448	Krauß Jonas	*Bad Saeckingen	0:49:38	1998 MU20	21	0:49:56	16:06 *	16:33 *	16:58	4:58 min/km
290	206	Lebherz Gerold	*Bruehl	0:49:38	1977 M40	36	0:50:05	15:44 *	16:35 *	17:19	4:58 min/km
291	194	König Leon	*Aachen	0:49:40	1996 M20	110	0:49:59	16:01 *	16:38 *	17:00	4:58 min/km
292	114	Trelenberg Prof. Dr. Jörg	*Hemer	0:49:42	1965 M50	22	0:50:18	15:47 *	16:30 *	17:25	4:58 min/km
293	81	Ewert Stefan	KSK Köln	0:49:46	1977 M40	37	0:50:07	15:51 *	16:25 *	17:29	4:59 min/km
294	3484	Hautzel Martin	1. FC Lias Leo	0:49:50	1975 M40	38	0:50:20	16:18 *	16:20 *	17:11	4:59 min/km
295	413	Dilling Johannes	Worthoff Boxing	0:49:53	1976 M40	39	0:50:20	15:38 *	16:51 *	17:22	4:59 min/km
296	135	Ansari Arash	*Köln	0:50:02	1973 M40	40	0:50:26	14:37 *	16:38 *	18:46	5:00 min/km
297	243	Leeser Jörg	*Köln	0:50:08	1967 M50	23	0:50:35	16:22 *	16:25 *	17:19	5:01 min/km
298	88	Ridder Florian	*Köln	0:50:10	1988 M20	111	0:50:39	16:14 *	16:35 *	17:21	5:01 min/km
299	664	Steffens Jörg	*Köln	0:50:26	1971 M45	25	0:50:34	16:11 *	16:44 *	17:30	5:03 min/km
300	350	Beindorf Daniel	Köln läuft!	0:50:29	1982 M35	28	0:50:44	15:39 *	16:35 *	18:15	5:03 min/km
301	422	Schillbach Ralf	*Köln	0:50:42	1963 M50	24	0:51:24	16:16 *	16:47 *	17:38	5:04 min/km
302	3367	Nimtz Markus		0:50:54	1970 M45	26	0:51:27	16:22 *	16:40 *	17:50	5:05 min/km
303	3468	Wüst Hans Werner		0:51:03	1950 M65	2	0:51:29	16:29 *	16:47 *	17:46	5:06 min/km
304	265	Lentzen Felix	*Schwalmtal	0:51:05	1998 MU20	22	0:51:23	16:06 *	16:49 *	18:09	5:07 min/km
305	167	Schlentner Dominic	*Erfstadt	0:51:10	1981 M35	29	0:51:27	15:41 *	17:11 *	18:18	5:07 min/km
306	214	Rockstroh Sebastian	Appellhofraketen	0:51:11	1979 M35	30	0:51:23	15:39 *	17:09 *	18:21	5:07 min/km
307	226	Wagner Sebastian	*Köln	0:51:15	1994 M20	112	0:51:33	15:34 *	17:04 *	18:36	5:08 min/km
308	3442	Kahsnitz Stephan		0:51:23	1982 M35	31	0:51:51	16:23 *	16:58 *	18:01	5:08 min/km
309	362	Brings Daniel	BSG KVB Köln	0:51:30	1979 M35	32	0:51:53	16:13 *	16:59 *	18:17	5:09 min/km
310	3469	Schotten Prof. Dr.		0:51:33	1939 M75	1	0:51:59	16:19 *	16:49 *	18:24	5:09 min/km
311	489	Roeb Klaus	Kieser Training	0:51:36	1975 M40	41	0:52:19	16:42 *	17:11 *	17:41	5:10 min/km
312	284	Welz Prof. Dr. Armin	Heart Team Bonn	0:51:38	1951 M65	3	0:51:40	16:08 *	17:08 *	18:21	5:10 min/km
313	212	Haußer David	*Straßberg	0:51:45	1997 M20	113	0:51:50	15:33 *	17:39 *	18:31	5:11 min/km
314	436	Spanke Leroy	*Ahlen	0:51:46	1993 M20	114	0:52:20	15:37 *	17:29 *	18:39	5:11 min/km
315	106	Koelzer Kaspar David	*Düsseldorf	0:52:04	1984 M30	40	0:52:42	16:08 *	17:15 *	18:40	5:12 min/km
316	3328	Leferink Manfred	*Köln	0:52:14	1964 M50	25	0:52:50	16:44 *	17:12 *	18:17	5:13 min/km
317	188	Haiplik Marco	*Rösrath	0:52:16	1984 M30	41	0:52:24	16:17 *	17:15 *	18:43	5:14 min/km
318	227	Jäger Walter	LT Decksteiner Weiher	0:52:17	1953 M60	3	0:52:47	16:55 *	17:22 *	17:59	5:14 min/km
319	222	Vogel Jörg	*köln	0:52:22	1969 M45	27	0:52:50	16:54 *	17:24 *	18:03	5:14 min/km
320	43	Mielcarek Sascha	*Köln	0:52:32	1972 M45	28	0:53:14	16:44 *	17:24 *	18:23	5:15 min/km
321	3462	Lechelt Stefan	RUN	0:53:10	1975 M40	42	0:53:39	16:54 *	17:23 *	18:52	5:19 min/km
322	123	Buchholz Erik	Feuerwehr	0:53:14	1976 M40	43	0:53:45	16:32 *	17:46 *	18:55	5:19 min/km
323	3377	Harrer Florian		0:53:21	1997 M20	115	0:53:43	17:55 *	17:48 *	17:37	5:20 min/km
324	64	Krill Uwe	*Köln	0:53:22	1963 M50	26	0:53:59	17:35 *	17:53 *	17:53	5:20 min/km
325	56	Fink Sergej	*Hürth	0:53:45	1979 M35	33	0:54:28	16:55 *	17:42 *	19:08	5:23 min/km
326	3318	Yalovenko Igor	Fronrunners SC Janus	0:53:49	1972 M45	29	0:54:06	15:52 *	17:35 *	20:21	5:23 min/km
327	458	Bongartz Peter	Team Unterstützung	0:54:20	1991 M20	116	0:54:33	15:31 *	18:26 *	20:22	5:26 min/km
328	69	Merten Jan-Christoph	Team Erdinger Alkoholfrei	0:55:04	1985 M30	42	0:55:29	16:24 *	18:10 *	20:29	5:30 min/km
329	3344	Meyer Leo	*Köln	0:55:40	1979 M35	34	0:56:01	16:57 *	18:38 *	20:04	5:34 min/km
330	345	Hammerstein Friedrich	Köln läuft!	0:59:35	1968 M45	30	1:00:12	16:06 *	00:00 *	00:00	5:58 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	493	Wrede Linda	LT DSHS Köln eV	0:37:05	1993 W20	1	0:37:07	12:12 * 12:10 * 12:42	3:43 min/km
2	307	Kappeler Madlen	TV Immenstadt	0:37:09	1997 W20	2	0:37:13	12:10 * 12:10 * 12:47	3:43 min/km
3	477	Jaschke Lisa	Bunert- Der Kölner	0:37:34	1990 W20	3	0:37:35	12:00 * 12:28 * 13:05	3:45 min/km
4	3472	Gaus Nadja	ASV Köln	0:38:44	1983 W30	1	0:38:48	12:48 * 12:48 * 13:07	3:52 min/km
5	312	Schröder Melinda	TSV Zarpen	0:38:56	1997 W20	4	0:39:00	12:40 * 12:50 * 13:25	3:54 min/km
6	105	Bender Lisa	*Leverkusen	0:39:00	1991 W20	5	0:39:38	17:08 * 16:08 * 05:44	3:54 min/km
7	386	Lüchtfeld Alice	Bunert - Der Kölner	0:40:47	1992 W20	6	0:40:48	13:16 * 13:30 * 14:00	4:05 min/km
8	392	Schwartz Heidi	Bunert - Der Kölner	0:40:48	1989 W20	7	0:40:50	13:15 * 13:30 * 14:02	4:05 min/km
9	486	Drumm-Becker Sabine	Kieser Training	0:41:38	1967 W50	1	0:42:04	13:38 * 13:44 * 14:14	4:10 min/km
10	343	Diethers Andrea	ASICS FrontRunner	0:41:44	1984 W30	2	0:42:05	13:46 * 13:43 * 14:14	4:10 min/km
11	388	Valder Sarah	Bunert - Der Kölner	0:41:45	1993 W20	8	0:41:47	13:12 * 13:34 * 14:58	4:11 min/km
12	3465	Hollendung Katrin	Run Squad CGN	0:42:02	1988 W20	9	0:42:21	13:56 * 13:50 * 14:14	4:12 min/km
13	3338	Reske Vanessa	*Berlin	0:42:03	1993 W20	10	0:42:38	13:46 * 13:40 * 14:36	4:12 min/km
14	276	Fries Joana	Run Squad CGN	0:42:20	1985 W30	3	0:42:41	13:55 * 13:50 * 14:34	4:14 min/km
15	3419	Rick Antonia	Asics Fronrunner	0:42:21	1988 W20	11	0:42:42	13:54 * 13:53 * 14:33	4:14 min/km
16	295	Lagemann Doreen	Heart Team Bonn	0:42:22	1994 W20	12	0:42:25	13:23 * 14:08 * 14:50	4:14 min/km
17	457	Hoffmann-Lenz Natalie	TV Refrath	0:42:33	1971 W45	1	0:42:40	13:50 * 14:00 * 14:43	4:15 min/km
18	263	Zimmermann Carmen	*Bedburg	0:43:40	1977 W40	1	0:43:44	14:11 * 14:21 * 15:07	4:22 min/km
19	455	Whybra-Döttelbeck	*Pulheim	0:44:01	1970 W45	2	0:44:18	14:26 * 14:21 * 15:13	4:24 min/km
20	13	Jänicke Franziska	*Köln	0:44:32	1989 W20	13	0:44:43	14:44 * 14:44 * 15:04	4:27 min/km
21	373	Diblik Jenny	FC Keldenich	0:44:59	1986 W30	4	0:45:04	14:20 * 14:51 * 15:46	4:30 min/km
22	349	Päffgen Anne	Köln läuft!	0:45:02	1972 W45	3	0:45:18	14:57 * 14:51 * 15:13	4:30 min/km
23	147	Stiller-Unruh Tabea	LAUFMAMALAUF	0:45:06	1981 W35	1	0:45:34	14:35 * 14:45 * 15:45	4:31 min/km
24	181	Orlova Anna	*Köln	0:45:09	1990 W20	14	0:45:18	14:06 * 15:03 * 16:00	4:31 min/km
25	3391	Gerdes Lilo	Appellhofraketen	0:45:31	1988 W20	15	0:45:43	15:38 * 14:31 * 15:21	4:33 min/km
26	260	Müller Claudia	*Köln	0:46:15	1982 W35	2	0:46:37	14:58 * 15:18 * 15:58	4:38 min/km
27	152	Rollenske Martina	Zitronenfalter	0:46:29	1980 W35	3	0:46:55	15:03 * 15:21 * 16:05	4:39 min/km
28	382	Brysch Bettina	Die Selbstläufer	0:46:37	1989 W20	16	0:46:52	15:14 * 16:15 * 15:07	4:40 min/km
29	449	Severiens Julia	ASICS FrontRunner	0:46:41	1985 W30	5	0:47:02	15:00 * 15:39 * 16:01	4:40 min/km
30	446	Kaumanns Daniela	*Bedburg	0:46:57	1987 W30	6	0:47:16	15:03 * 15:38 * 16:15	4:42 min/km
31	292	Kipschull Stefanie	Run Squad Cgn	0:46:58	1984 W30	7	0:47:19	14:55 * 15:35 * 16:27	4:42 min/km
32	144	Wehrmann Silvia	*Köln	0:47:00	1974 W40	2	0:47:15	15:20 * 15:27 * 16:13	4:42 min/km
33	3330	Walter Marlen	*köln	0:47:28	1978 W35	4	0:48:03	15:39 * 15:37 * 16:11	4:45 min/km
34	166	Plate Leonie Sophie	Deutsche	0:47:47	1996 W20	17	0:48:13	14:54 * 15:52 * 17:00	4:47 min/km
35	22	Rumpel Joana	Project 63	0:47:49	1991 W20	18	0:48:19	15:33 * 15:39 * 16:35	4:47 min/km
36	108	Hendriks Sandra	*Erfstadt	0:47:49	1975 W40	3	0:47:56	15:02 * 15:57 * 16:49	4:47 min/km
37	3347	Goldschmidt Nora		0:47:55	1991 W20	19	0:48:15	15:32 * 15:49 * 16:32	4:48 min/km
38	2880	Krüger Julia	Spoho Köln	0:48:18	1998 WU20	1	0:48:29	15:29 * 15:40 * 17:08	4:50 min/km
39	1411	Witzke Melanie	MACH3 Köln e.V.	0:48:28	1983 W30	8	0:48:51	15:48 * 16:00 * 16:39	4:51 min/km
40	77	Raven Dr. Hanna	LAUFMAMALAUF	0:48:34	1980 W35	5	0:49:01	14:48 * 16:18 * 17:26	4:51 min/km
41	356	Antfang Jennifer	BSG RheinEnergie	0:48:38	1988 W20	20	0:48:50	15:32 * 16:01 * 17:04	4:52 min/km
42	344	Lorenz Carina	Köln läuft!	0:48:46	1995 W20	21	0:49:23	15:38 * 15:56 * 17:11	4:53 min/km
43	294	Keunecke Dr. Katerina	TPSK 1925 e. V.	0:48:58	1977 W40	4	0:49:15	15:53 * 16:20 * 16:44	4:54 min/km
44	44	Schuster Eva	Gazelle Nippes	0:49:05	1975 W40	5	0:49:45	16:01 * 16:14 * 16:49	4:55 min/km
45	378	Lindenthal Jessica	*Köln	0:49:09	1995 W20	22	0:49:21	15:38 * 16:04 * 17:26	4:55 min/km
46	132	Hunzelmann Ramona	*Köln	0:49:09	1987 W30	9	0:49:41	16:17 * 16:16 * 16:35	4:55 min/km
47	255	Lieding Helen	*Köln	0:49:13	1997 W20	23	0:49:25	48:26 * 00:00 * 00:00	4:55 min/km
48	213	Dannert Caroline	ASV	0:49:36	1973 W40	6	0:50:05	16:17 * 16:28 * 16:50	4:58 min/km
49	177	Brächer Elena	SE Orenhofen	0:49:36	1994 W20	24	0:50:03	16:14 * 16:30 * 16:51	4:58 min/km
50	115	Bromand Jana	*Düren	0:49:44	1998 WU20	2	0:50:11	16:14 * 16:30 * 16:59	4:58 min/km
51	3249	Arlt Carina	*Köln	0:49:50	1994 W20	25	0:50:24	16:16 * 16:26 * 17:07	4:59 min/km
52	178	König Madeleine	*Köln	0:50:05	1998 WU20	3	0:50:24	16:01 * 16:39 * 17:23	5:01 min/km
53	324	Thomaschewski Ricarda	*Bonn	0:50:05	1997 W20	26	0:50:24	16:02 * 16:39 * 17:23	5:01 min/km

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54	210	Schwarz Denise	*Köln	0:50:13	1978 W35	6	0:50:33	15:44 *	16:42 *	17:46	5:01 min/km
55	25	Bartholomaeus Miriam	RSV Viktoria Lövenich	0:50:14	1983 W30	10	0:50:45	16:15 *	16:57 *	17:01	5:01 min/km
56	52	Endrulat Ulrike	LT Saaler Mühle	0:50:17	1962 W55	1	0:50:50	16:14 *	16:23 *	17:39	5:02 min/km
57	96	Krischker Fabienne	*Köln	0:50:29	1998 WU20	4	0:50:57	16:23 *	16:50 *	17:16	5:03 min/km
58	487	Von Radetzky Pauline	Kieser Training	0:50:32	1995 W20	27	0:51:10	16:27 *	16:36 *	17:29	5:03 min/km
59	253	Wendling Larissa	*Köln Junkersdorf	0:50:39	1998 WU20	5	0:51:08	16:40 *	16:37 *	17:20	5:04 min/km
60	254	Thole Carla	*Köln	0:50:40	1998 WU20	6	0:51:09	16:40 *	16:37 *	17:22	5:04 min/km
61	430	Bastgen Anne	FC Keldenich	0:50:51	1983 W30	11	0:50:56	15:33 *	17:23 *	17:55	5:05 min/km
62	130	Wandel Rosine	Die leichtfüssigen Vier	0:50:58	1968 W45	4	0:51:30	16:30 *	16:50 *	17:37	5:06 min/km
63	162	Geier Sandra	*Pulheim	0:51:10	1990 W20	28	0:51:26	15:41 *	17:11 *	18:18	5:07 min/km
64	396	Häußler Lea	*Köln	0:51:27	1995 W20	29	0:51:39	16:23 *	17:23 *	17:40	5:09 min/km
65	314	Otten Simone	DJK Elmar Kohlscheid	0:51:45	1969 W45	5	0:51:53	16:36 *	17:01 *	18:07	5:11 min/km
66	78	Schnelle Nathalie	*Köln	0:51:46	1978 W35	7	0:52:20	16:49 *	17:08 *	17:48	5:11 min/km
67	165	Van Kempen Lorena	*Köln	0:51:52	1992 W20	30	0:52:31	16:46 *	17:11 *	17:54	5:11 min/km
68	259	Schlieder Jacqueline	*Köln	0:52:04	1966 W50	2	0:52:43	16:12 *	17:20 *	18:31	5:12 min/km
69	176	Schnitzler Laura	*Kerpen	0:52:11	1998 WU20	7	0:52:39	16:22 *	17:21 *	18:27	5:13 min/km
70	94	Kopmann Katharina	*Köln	0:52:36	1989 W20	31	0:53:14	16:47 *	17:10 *	18:37	5:16 min/km
71	326	Heck Marie-Jan	Jorge Sports	0:54:04	1974 W40	7	0:54:47	17:46 *	17:53 *	18:24	5:24 min/km
72	20	Ozolina Anna	Santas reindeer	0:54:16	1994 W20	32	0:54:57	16:51 *	18:10 *	19:14	5:26 min/km