

# Kölner Zoolauf am 14. Juli 2017 - 6 Runden - 10.05km

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	771	Pütz Alexander	*Köln	0:44:42	1992	MHK	1	0:44:46 06:29 07:56 07:44 07:38 07:53 07:00	4:11 min/km
2	1664	Müller Lars	MBM	0:45:12	1976	M40	1	0:45:14 06:29 07:56 07:44 07:38 07:54 07:29	4:14 min/km
3	1381	Nicolini Torsten	Fledermaus	0:45:14	1987	M30	1	0:45:16 06:23 07:19 07:36 08:04 08:17 07:33	4:14 min/km
4	2204	Strickling Lukas	Rundezvous	0:46:26	1992	MHK	2	0:49:03 08:19 07:31 07:34 07:24 07:53 07:42	4:21 min/km
5	2059	Brucklacher Mo	Team Kalk Post	0:46:37	1994	MHK	3	0:46:56 07:22 07:44 08:19 07:49 07:52 07:28	4:22 min/km
6	2058	Cornelius Paul	Team Kalk Post	0:46:39	1995	MHK	4	0:46:59 07:22 07:23 07:43 08:08 08:06 07:55	4:22 min/km
7	2378	Krebs Robin		0:47:00	1983	M30	2	0:51:25 08:24 07:27 07:34 07:57 07:56 07:40	4:24 min/km
8	1669	Orth Christoph	*Alfter	0:47:15	1976	M40	2	0:48:28 08:04 07:37 08:08 07:44 08:01 07:39	4:26 min/km
9	275	Titzkus Volker	*Schwalmtal	0:47:17	1975	M40	3	0:49:53 08:34 07:37 08:05 07:42 07:42 07:34	4:26 min/km
10	1516	Stallmann Timo	*Köln	0:47:23	1982	M35	1	0:48:38 07:56 07:26 08:12 07:46 07:54 08:06	4:26 min/km
11	1502	Altkemper Christian	*Köln	0:47:24	1982	M35	2	0:48:39 07:57 07:26 08:12 07:45 07:54 08:07	4:26 min/km
12	669	Martens Hanno	*Köln	0:47:28	1990	MHK	5	0:50:21 08:10 07:50 08:18 08:16 07:56 06:55	4:27 min/km
13	21	Cox Kevin	*Köln	0:48:06	1988	MHK	6	0:48:21 07:01 07:49 08:18 08:10 08:23 08:22	4:30 min/km
14	897	De Pasca Sascha	BSG Lülldorf e.V.	0:48:20	1972	M45	1	0:48:33 07:41 08:05 08:19 08:08 08:14 07:51	4:32 min/km
15	1631	Schulze Roberg Michael	*Köln	0:48:33	1982	M35	3	0:48:39 07:47 07:55 08:15 08:12 08:19 08:03	4:33 min/km
16	159	Staubach Jonas	*Bad Bocklet	0:48:40	1998	MU20	1	0:48:54 07:30 08:06 08:13 08:22 08:21 08:04	4:33 min/km
17	1471	Ruick Jens	*Köln	0:48:52	1992	MHK	7	0:48:53 07:34 08:14 08:31 08:13 08:13 08:04	4:35 min/km
18	1496	Wentzien Moritz	*Köln	0:48:58	1997	MHK	8	0:50:01 08:15 07:44 08:22 08:31 08:12 07:51	4:35 min/km
19	2182	Pack Hannes	*Köln	0:48:59	1990	MHK	9	0:49:04 07:08 07:54 08:29 08:14 08:37 08:35	4:35 min/km
20	795	Harzen Tobias	*Köln	0:49:06	1987	M30	3	0:51:54 08:32 07:54 08:03 08:10 08:13 08:11	4:36 min/km
21	190	George Michael	Hirschfeld 1928	0:49:07	1963	M50	1	0:49:12 06:56 07:53 08:26 08:34 08:47 08:28	4:36 min/km
22	1886	Mettler Kai		0:49:22	2000	MU18	1	0:49:56 07:35 08:10 08:34 08:28 08:23 08:10	4:37 min/km
23	2120	Backes Heiko	lets metabolize	0:49:35	1972	M45	2	0:51:43 07:54 07:58 08:28 08:29 08:37 08:08	4:39 min/km
24	712	Schönfuß Daniel	#läuft	0:49:51	1983	M30	4	0:50:43 08:51 08:20 08:28 08:28 07:45 07:56	4:40 min/km
25	2066	Scianek Piotr	Legia	0:49:58	1979	M35	4	0:50:28 07:50 08:02 08:53 08:37 08:23 08:10	4:41 min/km
26	457	Scheepers Holger	Cougar Cycling	0:50:02	1969	M45	3	0:52:13 09:24 07:52 08:17 08:26 08:18 07:43	4:41 min/km
27	338	Gellermann Stefan	*Köln	0:50:13	1984	M30	5	0:50:23 08:23 08:14 08:37 08:34 08:19 08:05	4:42 min/km
28	877	Schnell Matthias	*Kerpen	0:50:17	1976	M40	4	0:50:50 08:07 08:11 08:39 08:40 08:28 08:08	4:43 min/km
29	817	Rütten Klemens	Lessenicher Zebras	0:50:25	1970	M45	4	0:50:29 08:48 08:38 08:48 08:13 08:04 07:51	4:43 min/km
30	360	Esser Uli	*Stockheim	0:50:25	1969	M45	5	0:50:29 07:44 08:06 08:27 08:30 09:16 08:19	4:43 min/km
31	1282	Danek Ingo	*Köln	0:50:33	1972	M45	6	0:53:43 08:58 08:18 08:26 08:24 08:31 07:54	4:44 min/km
32	1032	Weber Nils	*Köln	0:50:51	1980	M35	5	0:53:05 08:32 08:16 08:37 08:29 08:58 07:56	4:46 min/km
33	2065	Heying Tobias	Legia	0:50:56	1981	M35	6	0:51:27 08:45 08:30 08:44 08:29 08:30 07:55	4:46 min/km
34	2100	Steinfott Janis	*Köln	0:51:01	1991	MHK	10	0:52:05 09:00 08:44 08:54 08:24 08:21 07:36	4:47 min/km
35	2315	Grossenbauer Christoph		0:51:05	1959	M55	1	0:52:40 08:56 08:08 08:35 08:50 08:34 08:00	4:47 min/km
36	1190	Becker Thomas	Weiß nicht?	0:51:08	1967	M50	2	0:51:28 08:04 08:27 09:07 08:46 08:44 07:58	4:47 min/km
37	2330	Kirchheiner Sebastian		0:51:08	1987	M30	6	0:52:56 08:36 07:35 09:00 08:48 08:38 08:29	4:47 min/km
38	1356	Gerhard Rolf	*Köln	0:51:16	1979	M35	7	0:51:51 08:27 08:30 08:37 08:49 08:53 07:57	4:48 min/km
39	894	Liebig Dieter	BSG Lülldorf e.V.	0:51:16	1958	M55	2	0:51:36 08:09 08:17 09:02 08:49 08:38 08:19	4:48 min/km
40	1984	Quartey Herr Sandy	REWE Group	0:51:20	1983	M30	7	0:52:41 09:09 08:40 08:41 08:18 08:26 08:03	4:48 min/km
41	566	Schilling Burkhard	*Brühl	0:51:22	1958	M55	3	0:55:11 09:34 08:19 08:19 08:30 08:23 08:14	4:49 min/km
42	306	Schulz Niklas	*Niederkassel	0:51:22	1992	MHK	11	0:51:39 07:59 08:28 08:54 08:57 08:48 08:13	4:49 min/km
43	2160	Bernhardt Heiko	Hill Fighters	0:51:25	1971	M45	7	0:51:31 08:21 08:23 08:41 08:54 08:41 08:22	4:49 min/km
44	309	Schlösser Daniel	*Bonn	0:51:32	1986	M30	8	0:51:49 07:58 08:28 08:53 08:58 08:50 08:22	4:50 min/km
45	1468	Sikora Bernd	*Troisdorf	0:51:32	1976	M40	5	0:55:48 08:59 08:08 08:32 08:49 08:57 08:06	4:50 min/km
46	1250	Steinke Malte	*Nörvenich	0:51:35	1988	MHK	12	0:51:45 08:11 08:24 08:44 08:47 08:49 08:38	4:50 min/km
47	187	Linnartz Sven	DLRG Hürth	0:51:36	1972	M45	8	0:53:24 08:39 08:22 08:40 08:46 08:44 08:24	4:50 min/km
48	2085	Willcke Lucas	*Koeln	0:51:39	1993	MHK	13	0:51:48 08:22 08:59 09:44 09:30 07:46 07:16	4:50 min/km
49	253	Marek Waldemar	Für Hürth	0:51:40	1974	M40	6	0:51:47 07:47 08:21 09:00 09:03 08:56 08:30	4:50 min/km
50	653	Golinski Martin	*Pulheim	0:51:41	1981	M35	8	0:52:32 08:47 08:13 08:31 08:39 09:12 08:16	4:50 min/km
51	614	Trendafilov Boris	Borneti	0:51:57	1987	M30	9	0:54:26 09:05 08:12 08:32 08:56 08:36 08:34	4:52 min/km
52	2056	Sciascia Dario	Team Kalk Post	0:52:03	1995	MHK	14	0:52:23 07:35 08:18 08:56 08:47 09:22 09:03	4:52 min/km
53	1309	Scharferberg Stefan	Rennschnecken	0:52:07	1978	M35	9	0:53:23 08:22 08:35 08:46 08:54 09:02 08:26	4:53 min/km

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54	1307	Kather Theo	Rennschnecken	0:52:07	1966	M50	3	0:53:25	08:43	08:11	08:47	08:54	09:02	08:28	4:53 min/km
55	1029	Hauseur Pascal	*Hennef	0:52:13	1982	M35	10	0:52:57	08:16	08:14	09:01	09:04	08:54	08:39	4:53 min/km
56	699	Gehrmann Christopher	#läuft	0:52:16	1985	M30	10	0:53:04	08:47	08:26	08:33	08:46	08:59	08:41	4:54 min/km
57	60	Achnitz Bernd	Die schon wieder	0:52:24	1963	M50	4	0:52:56	09:28	08:29	08:50	08:54	08:37	08:04	4:54 min/km
58	1565	Dörr Thomas	LaufSinn Ulm	0:52:26	1975	M40	7	0:54:25	08:44	08:17	08:36	08:26	08:19	10:01	4:55 min/km
59	1764	Grzeszik Mike	*Köln	0:52:27	1985	M30	11	0:53:00	08:38	08:32	08:57	08:59	08:58	08:22	4:55 min/km
60	1242	Wüpping Stefan	*Köln	0:52:34	1978	M35	11	0:53:04	08:49	08:48	08:53	08:56	08:40	08:25	4:55 min/km
61	1612	Kessel Marcel	*Köln	0:52:35	1989	MHK	15	0:53:46	09:19	08:39	09:02	09:03	09:00	07:31	4:55 min/km
62	342	Ingenhaag Luke	VfB Erfstadt	0:52:35	2007	MU12	1	0:55:57	09:48	08:57	09:09	08:17	08:17	08:04	4:55 min/km
63	1188	Wöll Dominik	*Köln	0:52:36	1991	MHK	16	0:54:41	09:50	08:52	08:46	08:47	08:25	07:54	4:56 min/km
64	2272	Zewen Frank	xtrawell	0:52:55	1971	M45	9	0:53:02	08:15	08:18	08:58	09:11	09:07	09:04	4:57 min/km
65	1713	Sonntag Frank	ERGO sports Köln	0:53:02	1991	MHK	17	0:57:01	09:15	08:48	08:51	09:03	08:54	08:09	4:58 min/km
66	2229	Winkler Stefan	*Köln	0:53:11	1987	M30	12	0:56:39	09:47	08:25	08:41	08:52	09:00	08:23	4:59 min/km
67	980	Gerd Tisken	*Köln	0:53:21	1982	M35	12	0:54:59	08:57	08:45	09:01	09:13	09:01	08:23	4:60 min/km
68	137	Schmidt Boris	LT Tus Mondorf	0:53:21	1980	M35	13	0:56:25	08:58	08:29	09:09	09:04	09:12	08:26	4:60 min/km
69	1654	Roso Marcus	*Hilden	0:53:33	1975	M40	8	0:54:23	09:42	08:51	08:48	08:59	08:53	08:18	5:01 min/km
70	930	Weber Fabian	*Aachen	0:53:43	1991	MHK	18	0:55:58	12:47	09:04	08:10	08:11	07:55	07:34	5:02 min/km
71	2190	Lecou Dr. Christos	*Langenfeld	0:53:46	1980	M35	14	0:54:21	08:04	08:10	08:57	08:56	09:13	10:23	5:02 min/km
72	987	Langos Andreas	*Bornheim	0:53:55	1970	M45	10	0:55:01	08:49	08:55	09:01	09:04	09:07	08:57	5:03 min/km
73	1798	Winkelmann Christian	Föhr Marathon e.V.	0:53:55	1978	M35	15	0:55:15	09:00	09:02	09:12	09:06	09:10	08:24	5:03 min/km
74	2304	Schmidt Daniel	Kölner Faultiere	0:53:59	1988	MHK	19	0:57:30	09:17	08:53	09:01	09:18	09:13	08:14	5:03 min/km
75	154	Haak Christian	*Bergisch Gladbach	0:54:02	1974	M40	9	0:55:26	09:06	09:03	09:08	09:11	09:08	08:22	5:04 min/km
76	1863	Foin Frédéric	*Köln	0:54:12	1984	M30	13	0:54:48	08:18	08:14	08:58	09:05	09:11	10:24	5:05 min/km
77	838	Barion René	Team Erdinger Alkoholfrei	0:54:14	1968	M45	11	0:55:34	09:40	08:59	09:05	08:55	09:05	08:28	5:05 min/km
78	1400	Wischnewski Luca	*Bergheim	0:54:17	2005	MU14	1	0:55:29	08:43	08:43	09:04	09:02	09:37	09:06	5:05 min/km
79	69	Florich Carsten	BSG DEVK	0:54:26	1984	M30	14	0:55:04	08:55	09:01	09:17	09:25	09:10	08:37	5:06 min/km
80	264	Engermann Dirk	*Düsseldorf	0:54:37	1982	M35	16	0:59:03	11:37	09:03	08:37	08:29	08:40	08:08	5:07 min/km
81	1795	Di Blasi Giuseppe	*Köln	0:54:38	1998	MU20	2	0:58:38	09:54	09:01	08:57	09:05	09:10	08:29	5:07 min/km
82	2179	Castendiek Marc	*Köln	0:54:43	1996	MHK	20	0:57:17	09:43	08:18	09:35	08:53	09:45	08:27	5:07 min/km
83	1681	Philipp Köster	*Köln	0:54:46	1991	MHK	21	0:55:15	08:43	08:38	09:27	09:41	09:48	08:26	5:08 min/km
84	2126	Zander Dieter	*Köln	0:54:50	1983	M30	15	0:55:04	08:59	08:52	09:27	09:18	09:23	08:48	5:08 min/km
85	127	Junggeburth Oliver	*Köln	0:54:52	1973	M40	10	0:59:17	10:07	09:07	08:44	09:04	09:08	08:39	5:08 min/km
86	1015	Goldhagen Stefan	*Köln	0:55:02	1986	M30	16	0:56:35	09:31	08:49	08:58	09:08	09:38	08:56	5:09 min/km
87	1683	Frantzen Frank	Ski Club Blau Rot	0:55:02	1958	M55	4	0:57:29	09:52	09:16	09:08	09:07	09:03	08:33	5:09 min/km
88	1982	Poppelreiter Herr	REWE Group	0:55:17	1983	M30	17	0:56:23	08:50	08:51	09:13	09:32	09:37	09:12	5:11 min/km
89	182	Pford Alexander	BKZ	0:55:18	1965	M50	5	0:58:58	10:09	08:46	08:48	09:08	09:18	09:07	5:11 min/km
90	956	Seguro Moreno Juan	*Köln	0:55:24	1969	M45	12	0:55:54	09:08	09:07	09:24	09:20	09:20	09:03	5:11 min/km
91	1985	Sauer Herr Stefan	REWE Group	0:55:30	1984	M30	18	0:56:57	08:53	08:27	08:38	09:06	09:00	11:23	5:12 min/km
92	2391	Gramb Marius		0:55:32	1993	MHK	22	0:55:58	08:45	08:36	09:28	09:42	09:49	09:09	5:12 min/km
93	1345	Bockshecker Roland	Großwildjäger	0:55:41	1987	M30	19	0:55:51	09:44	10:05	08:29	09:06	09:21	08:53	5:13 min/km
94	775	Lossin Holger	Stadtsportverband	0:55:48	1969	M45	13	0:56:38	09:25	09:03	09:22	09:37	09:25	08:55	5:14 min/km
95	1129	Junker Dominik	Bock auf Kurven	0:55:49	1986	M30	20	0:58:37	10:03	08:56	09:22	09:19	09:25	08:42	5:14 min/km
96	1191	Büsch Prof. Dr. Detlef	küche kalt westerwald	0:55:57	1968	M45	14	0:56:18	08:03	08:27	09:06	08:56	11:39	09:43	5:14 min/km
97	611	Jackes Benjamin	*Sankt Augustin	0:55:57	1988	MHK	23	0:58:26	10:41	09:09	08:55	09:16	09:06	08:48	5:14 min/km
98	75	Dittmann Lars	*Kerpen	0:56:00	1970	M45	15	0:59:57	09:49	08:53	08:55	09:13	09:42	09:26	5:15 min/km
99	1687	Wilhelm Dr. Patrick	*Leverkusen	0:56:02	1978	M35	17	0:56:30	09:05	09:10	09:33	09:44	09:33	08:56	5:15 min/km
100	351	Fuchs Michael	*Köln	0:56:03	1971	M45	16	0:59:51	10:28	09:32	09:06	09:46	08:54	08:15	5:15 min/km
101	658	Eich Jörg	BSG-Lülsdorf e.V.	0:56:03	1964	M50	6	0:56:21	09:25	09:10	09:30	09:18	09:28	09:10	5:15 min/km
102	2103	Hirschfelder Patrick	*Windhagen	0:56:06	1986	M30	21	0:57:19	09:37	09:12	09:11	09:25	09:34	09:04	5:15 min/km
103	1895	Ehlenz Nikolaus	Carglass	0:56:06	1985	M30	22	0:58:52	10:02	08:57	09:16	09:29	09:46	08:32	5:15 min/km
104	2000	Von Reeken Christian	Uniklinik Köln	0:56:07	1990	MHK	24	0:58:07	09:08	07:16	08:05	08:06	07:25	16:04	5:15 min/km
105	349	Wallocha Jürgen	*Kön	0:56:07	1969	M45	17	0:57:42	09:35	09:11	09:20	09:24	09:31	09:03	5:15 min/km
106	475	Lindemann Walter	*Köln	0:56:11	1958	M55	5	0:56:17	08:46	09:12	09:25	09:44	09:40	09:22	5:16 min/km
107	606	Clemens Sebastian	*Langenfeld	0:56:13	1991	MHK	25	1:00:08	11:11	10:00	09:20	09:09	08:47	07:43	5:16 min/km
108	1928	Schenk Christof	Carglass	0:56:17	1962	M55	6	0:58:39	10:09	08:57	09:04	09:32	09:29	09:03	5:16 min/km
109	1267	Steinberg Peter	*Köln	0:56:19	1978	M35	18	0:58:06	11:45	09:58	09:23	09:12	08:20	07:39	5:16 min/km
110	1268	Fürus John Paul	*Köln	0:56:23	1975	M40	11	0:58:10	11:44	09:58	09:25	09:12	08:18	07:43	5:17 min/km

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111	967	Pierz Andreas	*Bad Münstereifel	0:56:23	1985	M30	23	0:57:23	09:33	09:20	09:34	09:37	09:30	08:47	5:17 min/km
112	968	Zimmer Stephan	*Kerpen	0:56:24	1981	M35	19	0:57:23	09:33	09:20	09:34	09:37	09:30	08:47	5:17 min/km
113	1902	Hetzel Holger	Carglass	0:56:25	1976	M40	12	0:58:56	10:01	09:21	09:29	09:28	09:24	08:40	5:17 min/km
114	2040	Feldgen Thomas	Team MMP	0:56:30	1985	M30	24	0:58:33	10:31	10:15	08:56	09:05	09:05	08:35	5:17 min/km
115	1981	Evertz Herr Benjamin	REWE Group	0:56:41	1986	M30	25	0:57:39	09:32	09:21	09:37	09:53	09:44	08:32	5:19 min/km
116	753	Seibel Jörg	Die 3 Stooges	0:56:51	1975	M40	13	0:56:59	08:54	09:13	09:29	09:31	09:58	09:43	5:19 min/km
117	2102	Syska Michael	*Swisttal	0:56:58	1978	M35	20	0:58:07	09:41	09:13	09:56	09:43	09:31	08:51	5:20 min/km
118	3	El Makrini Ismail	LT DSHS Köln	0:57:02	2007	MU12	2	0:57:53	10:03	09:12	09:37	09:56	09:21	08:51	5:20 min/km
119	97	Krischer Benno	*Baesweiler	0:57:06	1968	M45	18	0:57:31	09:41	09:10	09:31	09:42	09:50	09:08	5:21 min/km
120	867	Jellinghaus Marc	*Köln	0:57:10	1981	M35	21	0:57:30	09:57	09:21	09:37	09:42	09:25	09:04	5:21 min/km
121	939	Groß Michael	*Köln	0:57:14	1969	M45	19	0:57:39	10:01	09:16	09:29	09:32	09:40	09:15	5:22 min/km
122	948	Berse Thomas	*Köln	0:57:17	1973	M40	14	0:58:40	09:23	09:16	09:31	09:45	09:55	09:25	5:22 min/km
123	231	Hoffmann Tim	*Pulheim	0:57:18	2001	MU18	2	0:58:26	09:42	09:29	09:39	09:53	09:38	08:56	5:22 min/km
124	2313	Cramm Carsten		0:57:23	1987	M30	26	0:58:54	10:16	09:09	09:17	09:42	09:28	09:28	5:22 min/km
125	1533	Zech Thilo	*Köln	0:57:33	1966	M50	7	1:01:19	09:51	09:33	09:33	09:27	09:41	09:25	5:23 min/km
126	1987	Walther Herr Markus	REWE Group	0:57:38	1982	M35	22	0:58:36	09:31	09:23	09:36	09:53	09:44	09:29	5:24 min/km
127	1251	Trimborn Mark	*Köln	0:57:47	1969	M45	20	0:59:17	10:03	09:29	09:31	09:30	10:24	08:47	5:25 min/km
128	2099	Pasemann Timo	*Köln	0:57:52	1989	MHK	26	0:58:54	09:01	08:46	09:36	10:22	10:18	09:46	5:25 min/km
129	1090	Rütze Andreas	*Kerpen	0:58:01	1978	M35	23	1:00:45	10:04	09:11	09:25	09:35	10:09	09:34	5:26 min/km
130	1146	Kaesmacher Alexander	*Rösrath	0:58:02	1984	M30	27	0:58:46	10:02	09:30	09:46	09:49	09:44	09:08	5:26 min/km
131	874	Houben Alexander	*Köln	0:58:04	1988	MHK	27	1:01:12	11:57	11:01	09:37	09:31	07:36	08:20	5:26 min/km
132	1319	Ballentin Matthias	*Köln	0:58:06	1977	M40	15	1:01:13	10:06	09:31	09:33	09:42	09:45	09:26	5:26 min/km
133	685	Lehmann Patrick	*Altenstadt	0:58:10	1977	M40	16	0:58:18	09:12	09:45	10:03	10:01	10:04	09:03	5:27 min/km
134	687	Hahn Markus	*Nentershausen	0:58:10	1976	M40	17	0:58:19	09:11	09:45	10:02	10:01	10:05	09:03	5:27 min/km
135	1698	Braun Justus	*Köln	0:58:12	2003	MU16	1	1:02:07	08:38	08:24	09:19	10:17	10:54	10:36	5:27 min/km
136	2314	Gottfried Igor		0:58:14	1986	M30	28	0:59:46	10:24	09:50	09:57	09:40	09:24	08:56	5:27 min/km
137	1972	Gutermann Herr Gerd	REWE Group	0:58:15	1957	M60	1	0:58:43	09:13	09:19	10:07	09:54	10:10	09:29	5:27 min/km
138	337	Wiesbaum Philip	BSG DEVK	0:58:17	1976	M40	18	0:58:53	08:57	09:05	09:48	09:53	10:10	10:22	5:28 min/km
139	632	Schilling Klaus-Dieter	Surferteam	0:58:18	1964	M50	8	0:58:42	08:49	09:28	09:46	10:06	10:09	09:58	5:28 min/km
140	1466	Klaas Werner	*Köln	0:58:19	1968	M45	21	0:58:35	09:15	10:29	09:12	09:59	10:05	09:16	5:28 min/km
141	633	Schilling Leo	Surferteam	0:58:19	1993	MHK	28	0:58:42	08:50	09:28	09:46	10:06	10:09	09:58	5:28 min/km
142	607	Kirschbaum Christian	Sport Haase Neuss	0:58:28	1984	M30	29	1:01:18	10:07	09:27	09:42	09:49	10:03	09:19	5:29 min/km
143	1463	Strohhäcker Kenan	*Köln	0:58:28	2004	MU14	2	1:00:09	10:23	09:36	09:38	10:26	10:01	08:23	5:29 min/km
144	1462	Güven Mustafa	*Köln	0:58:30	1979	M35	24	1:00:10	10:22	09:35	09:38	10:26	10:01	08:25	5:29 min/km
145	166	Lindenau Stefan	*Köln	0:58:35	1983	M30	30	1:00:52	10:32	09:17	09:32	09:42	09:53	09:36	5:29 min/km
146	2367	Krause Adrian		0:58:37	2006	MU12	3	1:02:00	09:48	08:57	09:10	10:15	10:56	09:29	5:29 min/km
147	1871	Heck Julian	*Köln	0:58:43	1989	MHK	29	1:02:58	11:00	10:01	09:36	09:28	09:25	09:11	5:30 min/km
148	661	Kraft Sebastian	Team KerryGum	0:58:45	1975	M40	19	1:00:56	11:01	09:26	09:33	09:44	09:42	09:16	5:30 min/km
149	1826	Lehmann Alexander	*Köln	0:58:52	1972	M45	22	1:01:47	10:49	10:18	09:48	09:43	09:34	08:38	5:31 min/km
150	66	Bunk Matthias	*Bonn	0:58:59	1987	M30	31	1:02:16	10:18	09:05	09:10	09:05	11:08	10:10	5:31 min/km
151	1559	Gressler Michael	*Kürten	0:59:00	1992	MHK	30	1:01:54	10:49	10:15	09:51	09:48	09:17	08:58	5:31 min/km
152	1557	Langenberg Patrick	Go Forrest	0:59:00	1991	MHK	31	1:01:54	10:50	10:14	09:51	09:48	09:17	08:57	5:32 min/km
153	1918	Martin Thorsten	Carglass	0:59:04	1973	M40	20	1:03:42	09:45	09:29	09:12	09:51	10:37	10:08	5:32 min/km
154	1825	Aquino Matheus	*Köln	0:59:04	1988	MHK	32	0:59:48	10:39	09:40	09:42	10:12	09:56	08:52	5:32 min/km
155	1657	Schäl Michael	Mikey-MonMon Team	0:59:05	1989	MHK	33	0:59:49	09:49	09:49	09:42	10:06	10:09	09:27	5:32 min/km
156	564	Schilling Sebastian	*Brühl	0:59:06	1984	M30	32	1:03:01	10:16	09:25	09:30	09:46	10:07	10:00	5:32 min/km
157	174	Schiffer Thomas	BKZ	0:59:09	1968	M45	23	1:02:50	10:38	10:02	09:50	09:48	09:37	09:11	5:32 min/km
158	198	DAX PETER	Scuolfreunde	0:59:13	1961	M55	7	1:03:16	10:18	10:04	09:48	09:53	09:44	09:24	5:33 min/km
159	506	Kahl Frédéric	*Köln	0:59:16	1980	M35	25	1:02:18	11:12	10:25	10:12	10:03	08:52	08:31	5:33 min/km
160	1996	Ewert Stefan	Köln läuft!	0:59:17	1977	M40	21	1:00:04	09:45	09:24	09:55	10:14	10:11	09:45	5:33 min/km
161	1470	Hartje Stephan	*Köln	0:59:23	1983	M30	33	1:02:07	10:11	09:49	09:52	10:07	09:53	09:28	5:34 min/km
162	1685	Trivelli Karlo	Biathlon	0:59:24	1952	M65	1	0:59:32	10:18	10:10	10:09	10:10	09:51	08:45	5:34 min/km
163	1490	Schulze Christoph	*Hürth	0:59:25	1986	M30	34	1:01:50	10:43	09:53	09:37	09:43	10:03	09:25	5:34 min/km
164	1503	Zygmanski Tom	*Hürth	0:59:27	1984	M30	35	1:02:30	10:32	10:05	10:13	09:47	09:43	09:04	5:34 min/km
165	405	Picum Jens	*Alfter	0:59:27	1972	M45	24	1:02:25	11:08	10:29	09:31	09:15	09:32	09:29	5:34 min/km
166	1619	Twehues Markus	machet jut	0:59:30	1974	M40	22	1:01:01	10:20	09:30	10:14	10:26	09:53	09:05	5:34 min/km
167	1593	Gronstedt Andreas	DB Running Stars	0:59:35	1968	M45	25	1:00:53	10:19	09:53	09:53	09:58	09:59	09:30	5:35 min/km

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168	1130	Fritz Fabian	Bock auf Kurven	0:59:40	1989	MHK	34	1:02:28	10:20	09:29	09:52	10:15	10:18	09:24	5:35 min/km
169	535	Ommen Nils	*Köln	0:59:41	1983	M30	36	1:00:34	09:19	09:26	09:56	10:10	10:28	10:20	5:35 min/km
170	1078	Claas Axel	CLA-AS Arbeitsschutz	0:59:42	1980	M35	26	1:04:07	09:31	09:34	10:02	10:15	10:28	09:49	5:35 min/km
171	184	Theunißen Stefan	*Aachen	0:59:43	1968	M45	26	1:03:59	09:55	10:03	10:11	10:01	10:08	09:22	5:36 min/km
172	1960	Müller Daniel	PM-HFC	0:59:46	1977	M40	23	1:00:26	09:47	09:44	10:16	10:28	10:06	09:22	5:36 min/km
173	1890	Bramkamp Martin	Carglass	0:59:46	1973	M40	24	1:02:09	10:09	09:36	10:02	09:57	10:11	09:48	5:36 min/km
174	933	Engel Mike	*Essen	0:59:46	1969	M45	27	1:02:18	10:16	09:10	09:48	10:16	10:28	09:46	5:36 min/km
175	944	Worbis René	*Selm	0:59:48	1984	M30	37	1:02:19	10:16	09:11	09:46	10:16	10:26	09:51	5:36 min/km
176	2275	Wagner Thom	Ruhl	0:59:48	1966	M50	9	1:02:24	11:03	09:42	09:35	09:46	10:07	09:33	5:36 min/km
177	1297	Bonn Bastian	*Köln	0:59:49	1985	M30	38	1:01:28	10:37	09:55	09:47	09:50	10:18	09:19	5:36 min/km
178	978	Woll Bjorn	*Köln	0:59:59	1976	M40	25	1:00:37	10:36	10:15	10:15	09:56	10:01	08:53	5:37 min/km
179	311	Carell Michael	Team Dr. Dicken	0:59:59	1971	M45	28	1:00:21	09:34	09:29	10:06	10:27	10:28	09:53	5:37 min/km
180	62	Dyrks Ralf	Die schon wieder	0:59:59	1967	M50	10	1:00:17	10:12	10:06	10:11	10:13	10:04	09:12	5:37 min/km
181	1292	Jürss Mika	*Leverkusen	1:00:02	2005	MU14	3	1:01:51	11:16	10:56	10:32	09:44	09:24	08:07	5:37 min/km
182	593	Zuber Mathias	*Köln	1:00:02	1978	M35	27	1:03:48	10:44	10:19	09:50	09:42	09:53	09:32	5:37 min/km
183	885	Gaberdiel Sven	*Düren	1:00:03	1981	M35	28	1:00:05	08:20	09:51	10:00	10:14	10:46	10:49	5:37 min/km
184	884	Rackebandt Sascha	*Düren	1:00:04	1984	M30	39	1:00:06	08:20	09:51	10:00	10:14	10:46	10:50	5:37 min/km
185	1180	Schnepf Andreas	*Köln	1:00:08	1985	M30	40	1:00:14	09:40	09:49	10:15	10:14	10:13	09:54	5:38 min/km
186	1835	Kaas Michael	*Köln	1:00:10	1973	M40	26	1:03:58	10:30	10:03	10:04	10:01	10:05	09:25	5:38 min/km
187	2307	Pfafferodt Johannes		1:00:11	1985	M30	41	1:00:33	10:00	09:52	10:01	10:34	10:15	09:26	5:38 min/km
188	317	Ewert Dr. Roman	*Köln	1:00:27	1987	M30	42	1:04:38	12:06	10:27	09:45	09:42	09:36	08:48	5:40 min/km
189	1722	Wurda Werner	SC Fortuna Köln	1:00:28	1960	M55	8	1:05:06	10:30	10:19	10:05	10:02	09:58	09:31	5:40 min/km
190	1222	Jambon André	*Köln	1:00:31	1969	M45	29	1:02:46	11:01	10:03	09:46	10:04	10:04	09:30	5:40 min/km
191	1616	Gauger Benjamin	machet jut	1:00:33	1981	M35	29	1:02:01	10:23	09:37	10:08	10:25	10:07	09:51	5:40 min/km
192	437	Weber Karsten	*Bonn	1:00:37	1963	M50	11	1:00:48	09:41	10:08	10:14	10:30	10:21	09:41	5:41 min/km
193	2082	Ohl Lars	*Nümbrecht	1:00:39	2002	MU16	2	1:04:19	10:37	10:22	09:58	10:14	09:59	09:25	5:41 min/km
194	2193	Schmitt Robert	*Köln	1:00:40	1980	M35	30	1:03:33	10:45	10:28	10:04	09:58	09:35	09:46	5:41 min/km
195	584	Bremke Jonathan	*Köln	1:00:40	2005	MU14	4	1:03:04	09:41	09:12	09:40	10:16	10:46	11:03	5:41 min/km
196	2037	Albers Jon	Elephantastisch	1:00:42	1976	M40	27	1:04:02	11:04	10:15	09:48	09:59	10:08	09:26	5:41 min/km
197	1185	Kleis Andreas	*Köln	1:00:51	1977	M40	28	1:05:12	10:45	10:07	09:58	10:10	10:33	09:17	5:42 min/km
198	1979	Kirsch Herr Stefan	REWE Group	1:00:56	1985	M30	43	1:01:01	09:33	10:17	10:35	10:50	10:36	09:03	5:42 min/km
199	1352	Siemetzki Janek	*Elsdorf	1:00:57	1985	M30	44	1:02:20	10:51	10:00	10:10	10:08	10:07	09:37	5:42 min/km
200	1564	Dohr Markus	*Eitorf	1:01:04	1986	M30	45	1:04:33	10:33	10:10	10:00	10:01	10:10	10:07	5:43 min/km
201	331	Dreier Sebastian	*Köln	1:01:04	1978	M35	31	1:03:02	11:04	09:52	09:48	09:57	11:23	08:57	5:43 min/km
202	1549	Baumann Jörg	*Frechen	1:01:05	1974	M40	29	1:04:53	10:52	10:32	10:02	09:52	10:03	09:41	5:43 min/km
203	1578	Grüninger Alexander	mir könne nix	1:01:05	1970	M45	30	1:04:53	10:52	10:32	10:03	09:55	10:02	09:40	5:43 min/km
204	1506	Dellaert Aron	Roads & Aces	1:01:07	1974	M40	30	1:02:07	11:06	09:32	10:17	10:13	10:16	09:40	5:43 min/km
205	1028	Wehlert Gunnar	*Köln	1:01:14	1982	M35	32	1:02:04	10:37	09:59	10:23	10:13	10:24	09:37	5:44 min/km
206	1811	Schweitzer Andreas	*Bonn	1:01:21	1979	M35	33	1:04:18	10:53	10:26	09:38	10:10	10:18	09:53	5:45 min/km
207	413	Ferraresso Thomas	*Much	1:01:22	1974	M40	31	1:05:24	10:57	10:33	10:19	10:14	10:04	09:14	5:45 min/km
208	835	Dohmann Christian	*Köln	1:01:31	1966	M50	12	1:03:51	11:09	10:37	10:21	10:10	10:00	09:12	5:46 min/km
209	481	Durst Carl Philipp	*Refrath	1:01:31	2005	MU14	5	1:02:05	09:52	10:06	10:22	11:47	10:18	09:02	5:46 min/km
210	483	Schiffer Guido	*Köln	1:01:32	1966	M50	13	1:02:05	09:53	10:07	10:20	11:50	10:17	09:03	5:46 min/km
211	747	Zischkau Dirk	Schildkröten & Schnecken	1:01:32	1976	M40	32	1:05:41	11:17	10:29	10:18	10:09	09:58	09:19	5:46 min/km
212	134	Kleinert Udo	*Odenthal	1:01:37	1964	M50	14	1:05:38	10:57	10:33	10:18	10:15	10:04	09:28	5:46 min/km
213	2396	Rösgen Frank		1:01:39	1970	M45	31	1:04:01	10:35	09:41	09:56	10:16	10:20	10:49	5:46 min/km
214	1274	Lange Michael	SC Hinkebein	1:01:49	1990	MHK	35	1:04:08	10:21	10:22	10:36	10:37	10:25	09:25	5:47 min/km
215	33	Maack Bodo	ChrissilaylaSport	1:01:53	1957	M60	2	1:04:12	10:12	09:53	10:16	10:41	10:37	10:12	5:48 min/km
216	1018	Dries Michael	Team Freilauf	1:01:55	1976	M40	33	1:02:06	09:22	10:07	10:29	10:40	10:50	10:24	5:48 min/km
217	1474	Wallmeier Christian	*Köln	1:01:59	1975	M40	34	1:06:08	11:06	10:33	10:17	10:10	10:26	09:24	5:48 min/km
218	2199	Reitebuch Lukas	*Köln	1:02:04	1993	MHK	36	1:04:37	09:46	10:16	10:20	10:43	11:02	09:54	5:49 min/km
219	587	Ebener Daniel	*Köln	1:02:06	1983	M30	46	1:04:55	11:17	10:40	10:21	10:15	10:01	09:30	5:49 min/km
220	589	Jochim Jörg	*Leverkusen	1:02:09	1984	M30	47	1:04:58	11:17	10:40	10:21	10:15	10:01	09:32	5:49 min/km
221	781	Thomas Robert	*Pulheim	1:02:11	1972	M45	32	1:03:33	10:57	10:10	10:17	10:35	10:25	09:45	5:49 min/km
222	1782	Saurwein Herbert	Herbert aus Tirol	1:02:18	1952	M65	2	1:03:59	10:19	10:17	10:27	10:30	10:34	10:09	5:50 min/km
223	11	Remarque Pascal	*Köln	1:02:25	1985	M30	48	1:03:07	09:45	10:01	10:20	10:35	10:54	10:48	5:51 min/km
224	869	Siemes Robert	*Düsseldorf	1:02:26	1967	M50	15	1:06:00	11:05	10:30	10:29	10:22	10:25	09:32	5:51 min/km

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225	2079	Müskens Michael	*Köln	1:02:28	1972	M45	33	1:03:47	10:33	09:52	10:06	10:35	10:57	10:23	5:51 min/km
226	478	Heckelei Thomas	*Bornheim	1:02:30	1963	M50	16	1:04:24	11:44	10:32	10:22	10:09	10:20	09:21	5:51 min/km
227	2097	Bonzelett Lukas	WDR aktiv	1:02:30	1990	MHK	37	1:06:04	11:23	10:44	10:35	10:34	09:40	09:32	5:51 min/km
228	855	Wand Tobias	*Bornheim	1:02:35	1980	M35	34	1:04:30	11:43	10:58	09:55	10:09	10:20	09:27	5:52 min/km
229	577	Exner Dietrich	Run Didi Run	1:02:36	1950	M65	3	1:02:53	10:05	10:14	10:22	10:34	10:51	10:28	5:52 min/km
230	1618	Heinsch Stefan	machet jut	1:02:39	1978	M35	35	1:04:06	10:24	09:42	10:02	10:43	11:04	10:40	5:52 min/km
231	1686	Watroba Bartek	KRÜGER Group Runnig	1:02:42	1976	M40	35	1:06:05	11:09	10:50	10:39	10:19	10:31	09:13	5:52 min/km
232	1635	Radermacher Stefan	Krüger Running Team	1:02:46	1986	M30	49	1:06:10	11:27	11:04	10:27	10:27	09:58	09:22	5:53 min/km
233	1346	Senge Wolfgang	*Bergisch Gladbach	1:02:47	1962	M55	9	1:06:10	11:34	10:55	10:28	10:27	09:58	09:22	5:53 min/km
234	1339	De Voogd Michael	*Bergisch Gladbach	1:02:48	1963	M50	17	1:06:11	11:11	10:49	10:38	10:18	10:30	09:19	5:53 min/km
235	384	Hemmersbach Marvin	*Köln	1:02:52	1994	MHK	38	1:03:37	10:01	10:15	10:36	10:28	10:44	10:46	5:53 min/km
236	440	Offermann Alfred	Kölsche Roadrunners	1:02:57	1966	M50	18	1:04:15	10:38	10:21	10:29	10:57	10:55	09:34	5:54 min/km
237	248	Rohloff Michael	*Rheinbach	1:03:02	1976	M40	36	1:03:10	11:52	13:55	09:38	09:12	09:25	08:58	5:54 min/km
238	244	Pütz Alexander	*Köln	1:03:06	1986	M30	50	1:05:58	10:59	10:30	10:26	10:47	10:26	09:55	5:54 min/km
239	2271	Hinz Christian	xtrawell	1:03:07	1970	M45	34	1:03:14	09:15	10:14	10:44	10:56	11:16	10:39	5:55 min/km
240	682	Piplica Florian	*Bergisch Gladbach	1:03:09	1988	MHK	39	1:03:36	10:32	10:18	10:24	10:20	10:27	11:05	5:55 min/km
241	1262	Böcker Uwe	Culties	1:03:10	1959	M55	10	1:05:14	10:16	10:16	10:34	10:45	10:50	10:26	5:55 min/km
242	1868	Hansen Dr. Sven	*Köln	1:03:18	1985	M30	51	1:03:54	10:48	10:43	10:36	10:47	11:02	09:19	5:56 min/km
243	1903	Hennig Thomas	Carglass	1:03:27	1971	M45	35	1:05:54	11:00	10:18	10:15	10:36	10:30	10:46	5:57 min/km
244	1348	Szyszka Bärbel	*Frechen	1:03:31	1966	M50	19	1:07:19	11:03	10:23	10:19	10:31	10:41	10:32	5:57 min/km
245	2094	Nocke Fabian	*Köln	1:03:37	1989	MHK	40	1:05:03	11:59	11:46	11:45	09:37	09:55	08:33	5:57 min/km
246	773	Frenzel Daniel	Faultiere	1:03:42	1982	M35	36	1:05:51	11:11	10:42	10:45	10:51	10:33	09:37	5:58 min/km
247	1598	Jakat Sven	Sport Haase Neuss	1:03:44	1985	M30	52	1:06:36	10:21	10:31	10:42	10:58	10:43	10:27	5:58 min/km
248	563	Schilling Michael	*Brühl	1:03:44	1961	M55	11	1:07:35	11:07	10:43	10:30	10:28	10:27	10:25	5:58 min/km
249	1761	Titze Dominic	Rundezvous	1:03:48	1990	MHK	41	1:08:03	11:14	10:16	10:16	11:18	10:52	09:49	5:58 min/km
250	1522	Fendesack Dominik	*Köln	1:03:54	1991	MHK	42	1:08:15	10:45	10:39	10:46	10:42	10:55	10:06	5:59 min/km
251	1521	Mayer Markus	*Köln	1:03:55	1986	M30	53	1:08:15	10:46	10:38	10:46	10:42	10:55	10:06	5:59 min/km
252	2277	Loosen Philipp		1:04:01	1988	MHK	43	1:08:08	12:13	10:53	10:35	10:29	10:29	09:19	5:60 min/km
253	426	Ruhl Stephan	Kölsche Roadrunners	1:04:01	1965	M50	20	1:05:15	10:40	10:14	10:35	10:56	11:00	10:34	5:60 min/km
254	638	Schorn Georg	Bon Secours Kamerun	1:04:02	1958	M55	12	1:05:39	11:00	11:17	09:32	11:06	10:41	10:24	5:60 min/km
255	138	Rittel Roman	*Köln	1:04:02	1989	MHK	44	1:06:09	11:13	10:19	10:39	10:40	10:55	10:15	5:60 min/km
256	654	Lingner Uwe	Bonsecours	1:04:02	1962	M55	13	1:05:40	11:00	11:17	09:33	11:04	10:42	10:23	5:60 min/km
257	758	Wachholz Henning	*Bergisch Gladbach	1:04:04	1983	M30	54	1:05:45	11:21	10:51	10:36	10:30	10:14	10:29	5:60 min/km
258	1968	Stöbe Herr Danny	NetCologne	1:04:14	1978	M35	37	1:04:53	11:00	10:58	10:47	10:44	10:35	10:06	6:01 min/km
259	2303	Offermann Max		1:04:19	1995	MHK	45	1:06:26	11:18	09:51	09:52	11:09	11:04	11:02	6:01 min/km
260	59	Achnitz Marius	Die schon wieder	1:04:20	2004	MU14	6	1:04:51	10:55	10:33	11:05	10:36	10:53	10:15	6:01 min/km
261	912	Niewerth Michael	BSG Lülldorf e.V.	1:04:27	1964	M50	21	1:04:40	10:12	10:09	10:40	11:02	11:12	11:10	6:02 min/km
262	2381	Odenthal Sascha		1:04:42	1982	M35	38	1:07:07	11:23	11:08	11:14	10:34	10:26	09:55	6:04 min/km
263	903	Eul Udo	BSG Lülldorf e.V.	1:04:48	1967	M50	22	1:05:10	10:11	10:12	10:51	11:15	11:12	11:06	6:04 min/km
264	1851	Cramer Florian	*Köln	1:04:50	1991	MHK	46	1:06:56	11:42	11:19	10:47	10:26	10:37	09:56	6:04 min/km
265	932	Decker Martin	*Bonn	1:04:50	1972	M45	36	1:08:29	11:50	10:38	10:18	10:24	10:30	11:08	6:04 min/km
266	1852	Heß René	*Köln	1:04:51	1983	M30	55	1:06:58	11:42	11:17	10:46	10:29	10:37	09:58	6:04 min/km
267	1230	Heite Sebastian	Murmel	1:04:51	1988	MHK	47	1:08:55	11:55	12:06	10:19	10:46	10:12	09:30	6:04 min/km
268	2077	Göbbels Guido	Telefuchs	1:04:54	1983	M30	56	1:08:02	11:08	10:55	10:43	10:45	10:51	10:31	6:05 min/km
269	1353	Rubin Daniel	Telefuchs	1:04:55	1977	M40	37	1:08:03	11:08	10:56	10:41	10:45	10:50	10:32	6:05 min/km
270	1227	Rünzi Dr. Thomas	*Köln	1:04:55	1984	M30	57	1:06:41	11:13	10:43	10:32	10:42	10:55	10:47	6:05 min/km
271	1354	Heidrath Jörn	Telefuchs	1:04:56	1984	M30	58	1:08:03	11:09	10:56	10:42	10:45	10:51	10:31	6:05 min/km
272	1010	Pielke Gabriel	Bärenbande	1:05:00	1976	M40	38	1:06:54	11:11	10:30	10:52	11:07	11:11	10:07	6:05 min/km
273	427	Offermann Uwe	Kölsche Roadrunners	1:05:02	1972	M45	37	1:06:17	10:41	10:40	10:59	10:58	11:02	10:39	6:05 min/km
274	223	Lorenzen Michael	Team Geno	1:05:02	1963	M50	23	1:06:43	11:58	11:26	10:29	10:30	10:32	10:05	6:05 min/km
275	2296	Schmidt Volker	PSC Triathlon	1:05:05	1968	M45	38	1:08:28	11:19	10:43	11:11	11:08	10:53	09:49	6:06 min/km
276	2400	Braun Marcel		1:05:08	1995	MHK	48	1:05:43	09:56	10:36	10:42	11:31	11:26	10:55	6:06 min/km
277	1344	Pees Prof. Dr. Florian	Großwildjäger	1:05:08	1978	M35	39	1:05:18	09:43	10:08	10:37	11:13	11:44	11:40	6:06 min/km
278	1596	Sobanski Joachim	*Köln	1:05:14	1986	M30	59	1:07:22	11:09	10:53	10:50	10:52	11:01	10:26	6:07 min/km
279	703	Eichert Dennis	#läuft	1:05:15	1985	M30	60	1:06:07	11:44	10:33	10:40	10:35	10:50	10:51	6:07 min/km
280	700	Güßgen Markus	#läuft	1:05:16	1963	M50	24	1:06:07	12:25	10:59	10:52	10:18	10:23	10:15	6:07 min/km
281	1308	Kather Aaron	Rennschnecken	1:05:17	2005	MU14	7	1:06:35	10:47	09:58	10:52	11:48	11:49	10:00	6:07 min/km

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282	94	Merfort Michael	*Köln	1:05:30	1985	M30	61	1:07:07	10:19	10:08	10:50	11:01	11:29	11:42	6:08 min/km
283	1959	Kunze Andreas	NetCologne	1:05:31	1971	M45	39	1:07:01	11:19	10:50	10:45	10:51	11:00	10:43	6:08 min/km
284	1748	Heß Martin	Lets metabolize	1:05:33	1983	M30	62	1:09:11	11:10	10:14	10:39	10:53	11:24	11:11	6:08 min/km
285	373	Schmidt Heribert	*Overath	1:05:43	1963	M50	25	1:09:29	10:49	10:48	10:44	11:05	11:17	10:57	6:09 min/km
286	895	Schultz Andreas	BSG Lülldorf e.V.	1:05:43	1978	M35	40	1:06:09	10:51	11:22	11:15	11:00	10:46	10:28	6:09 min/km
287	240	Waßer Peter	WAGWASKES	1:05:52	1959	M55	14	1:09:30	10:43	10:45	10:42	11:12	11:12	11:16	6:10 min/km
288	215	Brenig Kilian	Team Geno	1:05:55	1984	M30	63	1:07:35	12:04	11:42	11:33	10:29	10:26	09:39	6:10 min/km
289	625	Kunyashev Timur	Zolwik	1:05:57	1990	MHK	49	1:07:21	10:34	09:06	11:27	10:47	15:15	08:46	6:11 min/km
290	484	Brungs Stefan	*Köln	1:06:00	1982	M35	41	1:10:03	11:27	10:57	10:46	10:54	11:05	10:49	6:11 min/km
291	453	Weißgerber Frank	Laufen und Saufen	1:06:04	1970	M45	40	1:08:57	10:57	11:21	11:22	11:05	10:59	10:18	6:11 min/km
292	1341	Barthel Björn-Erik	*Lindlar	1:06:05	1963	M50	26	1:09:26	11:36	10:55	10:41	10:58	11:08	10:43	6:11 min/km
293	1071	Mertens Pascal	Team Mertens	1:06:10	1989	MHK	50	1:07:56	11:12	10:35	10:51	11:04	11:07	11:18	6:12 min/km
294	1325	Völlmecke Frank	*Köln	1:06:12	1972	M45	41	1:07:04	11:08	11:44	10:50	10:59	10:52	10:36	6:12 min/km
295	1072	Mertens Wolfram	*Wachtendonk	1:06:12	1962	M55	15	1:07:57	11:02	10:48	10:50	11:03	11:13	11:14	6:12 min/km
296	533	Auweiler Klaus	*Köln	1:06:17	1966	M50	27	1:10:08	11:54	11:05	11:15	11:09	10:47	10:03	6:12 min/km
297	1893	Büttgenbach Matthias	Carglass	1:06:20	1981	M35	42	1:09:01	11:44	11:12	11:12	10:56	10:56	10:18	6:13 min/km
298	996	Knorr Dr. Gunnar	*Köln	1:06:21	1973	M40	39	1:07:01	11:03	11:00	11:13	11:25	11:26	10:11	6:13 min/km
299	2322	Sagewka Stefan	Feuerwehrsportverein Köln	1:06:22	1987	M30	64	1:09:40	12:51	10:10	11:42	10:51	10:48	09:57	6:13 min/km
300	224	Brockhaus Oliver	Team Geno	1:06:39	1964	M50	28	1:08:29	11:53	11:22	10:29	10:31	11:07	11:15	6:15 min/km
301	1057	Klett Marcos	Die Kletten	1:06:40	1983	M30	65	1:10:37	11:29	10:51	10:41	10:54	11:03	11:39	6:15 min/km
302	295	Seidel Roman Carsten	RCS 1978	1:06:48	1978	M35	43	1:10:53	11:19	10:45	11:07	11:20	11:13	11:02	6:15 min/km
303	2395	Küsterl Christian		1:06:49	1982	M35	44	1:10:44	11:10	10:54	10:58	10:53	11:23	11:28	6:15 min/km
304	1239	Rinck Matthias	*Bonn	1:06:53	1993	MHK	51	1:07:12	12:08	12:53	10:44	10:51	10:22	09:53	6:16 min/km
305	901	Pick Cris	BSG Lülldorf e.V.	1:06:54	2004	MU14	8	1:07:33	12:57	12:26	11:31	10:22	10:14	09:21	6:16 min/km
306	2151	Salomon Robert	*Weilerswist	1:06:56	1990	MHK	52	1:07:59	11:16	11:02	10:42	11:25	11:25	11:04	6:16 min/km
307	345	Trimborn Lars	*Hürth	1:06:57	1978	M35	45	1:11:03	11:55	12:26	10:57	11:10	10:32	09:53	6:16 min/km
308	1637	Mutter Felix	*Köln	1:07:01	1983	M30	66	1:10:27	12:11	11:31	11:21	10:53	11:52	09:12	6:17 min/km
309	737	Lorenz Joonas	Triple Generation	1:07:08	1978	M35	46	1:11:14	11:42	11:20	11:13	10:57	11:14	10:40	6:17 min/km
310	485	Kuckertz Denis	*Frechen	1:07:08	1978	M35	47	1:09:20	11:53	11:35	11:27	11:10	10:55	10:06	6:17 min/km
311	2134	Hilker Daniel	*Köln	1:07:08	1988	MHK	53	1:10:24	12:37	11:20	10:58	11:01	10:39	10:30	6:17 min/km
312	486	Kuckertz Hans Josef	*Frechen	1:07:09	1951	M65	4	1:09:21	11:53	11:35	11:27	11:10	10:56	10:06	6:17 min/km
313	738	Weller Wilhelm	Triple Generation	1:07:10	1953	M60	3	1:11:16	11:41	11:20	11:13	10:57	11:15	10:42	6:17 min/km
314	444	Gendig Till Lukas	Die Unfassbaren	1:07:17	1985	M30	67	1:10:21	11:27	10:54	11:00	11:08	11:29	11:16	6:18 min/km
315	1620	Riehle Lothar	*Bergisch Gladbach	1:07:17	1965	M50	29	1:11:27	11:34	11:06	10:54	11:09	10:50	11:41	6:18 min/km
316	1709	Kastl Egon	*Bergisch Gladbach	1:07:19	1951	M65	5	1:10:33	11:42	11:29	11:42	11:00	10:35	10:48	6:18 min/km
317	1043	Morck Marcel	Kölner Faultiere	1:07:21	1989	MHK	54	1:10:51	11:26	11:20	11:50	11:37	11:16	09:50	6:18 min/km
318	807	Sina Jan	*Rösrath	1:07:21	1979	M35	48	1:09:36	11:50	11:39	11:46	10:59	10:49	10:16	6:18 min/km
319	1000	Berg Patrick	*Brühl	1:07:22	1991	MHK	55	1:10:13	11:10	11:19	11:15	11:23	11:19	10:53	6:18 min/km
320	871	Kutsche Johann	*Köln	1:07:22	1953	M60	4	1:11:24	11:08	10:46	10:44	11:05	11:40	11:58	6:19 min/km
321	1445	Markus Berns	*Köln	1:07:35	1981	M35	49	1:08:03	10:39	10:51	11:04	13:03	11:28	10:29	6:20 min/km
322	151	Van Issem Hans-Jürgenrun of colours		1:07:36	1964	M50	30	1:09:58	10:47	10:02	11:15	11:45	12:27	11:18	6:20 min/km
323	1711	Waschelewski Andreas	*Herten	1:07:37	1982	M35	50	1:09:07	11:36	10:29	10:18	11:19	12:18	11:34	6:20 min/km
324	1302	Grigo Klaus	*Gelsenkirchen	1:07:41	1958	M55	16	1:11:16	10:07	10:15	11:02	11:52	12:37	11:45	6:20 min/km
325	112	Dählmann Carsten	*Rösrath	1:07:44	1991	MHK	56	1:11:26	11:23	11:10	11:21	11:26	11:26	10:56	6:21 min/km
326	1387	Umansky Dr. Andrej	#runningwithasloth	1:07:49	1983	M30	68	1:11:55	12:19	11:59	11:27	11:10	10:46	10:05	6:21 min/km
327	217	Roth Jörn	Team Geno	1:07:58	1980	M35	51	1:09:47	11:50	11:26	10:29	12:47	11:02	10:22	6:22 min/km
328	1079	Link Uwe	Mit-Links	1:08:03	1984	M30	69	1:08:55	10:25	09:57	11:27	13:23	12:35	10:14	6:22 min/km
329	1638	Behera Satyanarayan	*Köln	1:08:04	1987	M30	70	1:11:29	12:11	11:31	11:21	10:53	11:51	10:14	6:22 min/km
330	1081	Link Lars-Ole	Mit-Links	1:08:10	2002	MU16	3	1:08:54	10:34	09:56	11:33	13:16	12:25	10:24	6:23 min/km
331	650	Wagner Rüdiger	Waldläufer	1:08:27	1940	M75	1	1:08:57	12:08	12:03	11:24	11:27	11:02	10:21	6:25 min/km
332	466	Kreinberg Holger	Sportteufelchen Bad	1:08:29	1959	M55	17	1:10:29	11:37	10:56	11:17	11:38	11:38	11:22	6:25 min/km
333	704	Hosemann Uwe	#läuft	1:08:34	1964	M50	31	1:09:28	11:47	11:37	11:32	11:26	11:26	10:44	6:25 min/km
334	1453	Weißhaar Ingo	*Erfstadt	1:08:36	1975	M40	40	1:12:59	11:56	11:55	11:34	11:07	10:55	11:06	6:25 min/km
335	2309	Demirci Yavuz		1:08:42	1979	M35	52	1:09:17	11:42	11:51	11:42	13:19	10:16	09:49	6:26 min/km
336	29	Heß Carsten	RunningteamKiTaHüppekäst	08:43	1978	M35	53	1:09:17	11:42	11:52	11:42	13:18	10:17	09:50	6:26 min/km
337	1284	Dahmer Denis	*Köln	1:08:46	1984	M30	71	1:09:55	11:42	11:37	12:59	11:29	11:02	09:55	6:26 min/km
338	2022	Büktel Harun		1:08:50	1981	M35	54	1:12:17	12:12	11:37	11:58	12:22	10:57	09:41	6:27 min/km

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339	2019	Stein Tobias-Daniel		1:08:50	1979	M35	55	1:12:18	12:12	11:35	11:59	12:22	10:58	09:41	6:27 min/km
340	328	Hippe Karsten	*Alfter	1:08:55	1963	M50	32	1:09:55	11:41	11:24	11:36	11:29	11:50	10:52	6:27 min/km
341	293	Krämer Timo	Kölner Faulpelze	1:09:16	1987	M30	72	1:12:47	11:25	11:21	11:50	11:37	11:18	11:43	6:29 min/km
342	1066	Blaß Lorenz	Affenbande	1:09:17	1989	MHK	57	1:12:42	12:19	11:39	11:43	11:47	11:32	10:15	6:29 min/km
343	1361	Hassel Lutz	LiMoLuKr	1:09:39	1973	M40	41	1:12:25	14:06	13:11	13:18	09:56	10:04	09:02	6:31 min/km
344	2245	Wagner Stefan	*Köln	1:09:50	1984	M30	73	1:13:08	11:43	11:48	11:40	11:59	11:47	10:51	6:32 min/km
345	315	Hahn Rene	*Lohmar	1:09:52	1975	M40	42	1:10:07	10:16	10:54	11:48	12:29	12:09	12:14	6:33 min/km
346	1913	Kunnig Sven	Carglass	1:09:57	1981	M35	56	1:12:37	11:44	11:12	11:12	11:31	12:14	12:00	6:33 min/km
347	1186	Werner Wolfgang	happyfeet	1:10:00	1960	M55	18	1:11:44	12:16	12:58	13:10	10:24	10:31	10:37	6:33 min/km
348	2109	Fischer Dirk	*Köln	1:10:01	1966	M50	33	1:13:12	11:41	11:17	11:25	11:41	12:10	11:44	6:33 min/km
349	2295	Mathey Nikolas	happyfeet	1:10:02	1991	MHK	58	1:11:45	12:16	11:45	11:54	11:31	11:37	10:56	6:33 min/km
350	1314	Thiel Harald	*Erzhausen	1:10:44	1949	M65	6	1:14:20	11:52	11:42	11:56	11:59	11:54	11:20	6:37 min/km
351	1219	Frank Fabian	Frank	1:10:46	2004	MU14	9	1:13:58	12:33	10:22	13:41	12:12	10:54	11:02	6:38 min/km
352	1487	Dündar Can	Roads & Aces	1:10:52	1972	M45	42	1:11:52	11:10	11:11	11:34	12:02	12:30	12:21	6:38 min/km
353	1122	Eiglmeier Michael	Erdmännchen-Lovers	1:10:54	1972	M45	43	1:15:23	11:58	12:51	12:01	12:12	11:48	10:03	6:38 min/km
354	784	Malinka Jörg	RUN4FUN	1:11:04	1971	M45	44	1:15:12	11:56	11:39	11:52	11:52	11:58	11:45	6:39 min/km
355	1148	Unshelm Peter	DAV Sektion Gummersbach	1:11:05	1967	M50	34	1:12:08	11:31	10:40	12:44	12:51	11:57	11:19	6:39 min/km
356	1479	Büttgen Ulrich	bützels	1:11:15	1965	M50	35	1:12:54	11:31	11:11	12:56	12:06	11:50	11:39	6:40 min/km
357	441	Jantz Dirk	*Köln	1:11:18	1973	M40	43	1:11:43	11:15	11:24	11:48	12:15	12:27	12:07	6:41 min/km
358	2138	Schnell Rainer	*Köln	1:11:26	1969	M45	45	1:14:49	13:06	12:23	11:53	11:54	11:16	10:51	6:41 min/km
359	1430	Wellner Jens	*Köln	1:11:28	1981	M35	57	1:14:48	13:09	12:22	11:10	13:00	12:05	09:40	6:42 min/km
360	2324	Meillard Lionel		1:11:35	1988	MHK	59	1:14:49	13:15	12:45	08:53	08:44	09:08	18:47	6:42 min/km
361	2246	Backhaus Jan	*Solingen	1:11:41	1983	M30	74	1:15:01	13:10	12:21	11:10	12:33	11:20	11:03	6:43 min/km
362	1978	Müller Herr Axel	REWE Group	1:11:53	1986	M30	75	1:16:01	12:21	12:40	12:13	12:27	11:40	10:29	6:44 min/km
363	2372	Hach Ulrich	LT Dünwalder TV	1:11:59	1958	M55	19	1:15:02	11:34	11:27	11:32	12:04	12:44	12:36	6:44 min/km
364	1099	Schmitz Sven	*Dormagen	1:12:04	1977	M40	44	1:15:59	12:46	12:32	12:13	12:08	11:41	10:41	6:45 min/km
365	1599	Lammel Georg	LT Saaler Mühle	1:12:31	1963	M50	36	1:16:35	13:03	15:02	17:33	09:46	08:36	08:29	6:47 min/km
366	67	Werner Kurt	*Mechernich	1:12:43	1963	M50	37	1:13:24	11:18	11:41	11:49	12:31	12:50	12:31	6:49 min/km
367	1573	Schirmer Tjerk	*Bergheim	1:12:48	2004	MU14	10	1:14:00	08:44	08:48	09:53	11:11	12:11	21:58	6:49 min/km
368	1237	Kossmann Matthias	*Köln	1:12:54	1988	MHK	60	1:16:09	11:32	10:42	03:46	10:00	18:29	18:23	6:50 min/km
369	1067	Hammesfahr André	*Köln	1:13:01	1974	M40	45	1:15:45	12:24	12:24	12:13	12:06	12:01	11:50	6:50 min/km
370	1846	Von Minden Chris	Ausdauerschule by bunert	1:13:12	1948	M65	7	1:16:50	12:06	12:11	12:15	12:35	12:23	11:38	6:51 min/km
371	1833	Muszynski Matthias	*Bonn	1:13:21	1983	M30	76	1:14:48	13:07	12:33	12:27	12:05	12:08	11:00	6:52 min/km
372	1719	Arenz Helmut	Sportverein Sparkasse	1:13:23	1952	M65	8	1:17:05	12:19	11:58	11:57	12:53	12:13	12:01	6:52 min/km
373	1779	Bönisch Yannick	*Köln	1:13:28	2008	MU10	1	1:17:21	12:25	12:02	12:38	13:11	13:29	09:40	6:53 min/km
374	1115	Rohmann Christian	--E.U.L.E--	1:13:36	1982	M35	58	1:16:47	11:53	12:04	11:59	12:34	12:34	12:29	6:53 min/km
375	1097	Fortvingel Sven	*Untergruppenbach	1:13:37	1974	M40	46	1:14:50	11:29	11:31	11:44	12:59	13:30	12:22	6:54 min/km
376	1767	Puschmann Sven	*Lindlar	1:13:52	1979	M35	59	1:17:11	12:45	12:15	12:06	12:18	12:23	12:03	6:55 min/km
377	320	Saturnus Thomas	*Leverkusen	1:14:12	1965	M50	38	1:15:14	09:58	09:18	10:04	10:25	10:52	23:33	6:57 min/km
378	927	Brüggemeier Philip	Haarkreativ Giesen	1:14:15	2008	MU10	2	1:18:08	12:24	12:04	12:37	13:14	13:28	10:25	6:57 min/km
379	801	Deden Sascha	*Köln	1:14:23	1985	M30	77	1:18:53	12:12	12:41	12:24	12:29	12:40	11:55	6:58 min/km
380	1786	Birk Volker	*Köln	1:14:24	1949	M65	9	1:19:00	12:22	12:59	12:37	12:31	12:27	11:24	6:58 min/km
381	982	Weiss Matthias	*Köln	1:14:24	1984	M30	78	1:18:53	12:15	12:40	12:26	12:31	12:35	11:55	6:58 min/km
382	1082	Link Jan-Lukas	Mit-Links	1:14:25	2004	MU14	11	1:15:13	10:19	10:02	11:26	13:29	15:48	13:20	6:58 min/km
383	613	Strauch Uwe	ustra	1:14:40	1962	M55	20	1:15:55	11:34	11:48	12:23	12:59	13:06	12:47	6:59 min/km
384	1708	Wiegand Martin	*Bonn	1:15:05	1977	M40	47	1:18:57	12:23	10:48	12:32	14:16	12:38	12:25	7:02 min/km
385	2281	Jeena Ganga	Ceplas	1:15:09	1985	M30	79	1:17:55	13:35	12:51	12:15	11:58	12:14	12:13	7:02 min/km
386	1113	Bender Stefan	*Euskirchen	1:15:53	1960	M55	21	1:19:37	11:36	12:04	12:17	12:51	13:32	13:31	7:06 min/km
387	416	Ott Michael	Ottifanten	1:16:04	1952	M65	10	1:20:14	12:29	12:05	11:58	12:41	13:54	12:55	7:07 min/km
388	620	Liebrecht Mark	BSG Rheinpark	1:16:15	1977	M40	48	1:19:46	12:50	12:58	12:55	12:55	12:48	11:46	7:08 min/km
389	220	Ziegert Michael	Team Geno	1:16:35	1988	MHK	61	1:18:29	12:30	12:14	12:21	13:25	13:19	12:45	7:10 min/km
390	973	Sharma Sumit	*Köln	1:16:39	1981	M35	60	1:20:09	11:15	12:10	13:15	13:26	13:10	13:21	7:11 min/km
391	482	Durst Andreas	*Refrath	1:16:42	1966	M50	39	1:17:14	11:34	12:03	13:20	13:09	13:12	13:21	7:11 min/km
392	368	Jaramillo Juan	*Köln	1:16:48	1975	M40	49	1:18:26	12:17	13:01	13:13	13:48	13:17	11:10	7:11 min/km
393	2168	Hilgenfeld Nils	*Bodenheim	1:16:48	1990	MHK	62	1:18:27	12:17	13:00	13:23	13:38	13:17	11:12	7:12 min/km
394	1376	Quabach Ralf	NRWs RennSchnecken	1:16:54	1963	M50	40	1:20:03	12:58	12:54	12:53	12:59	12:53	12:15	7:12 min/km
395	1429	Mache Roland	BSG Lülldorf e.V.	1:17:00	1969	M45	46	1:17:28	10:48	11:22	11:16	10:01	10:26	23:04	7:13 min/km

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396	1394	Semsch Vincent Neo	*Leverkusen	1:17:33	2007	MU12	4	1:19:24	11:07	11:17	13:54	14:16	14:26	12:33	7:16 min/km
397	1304	Leppin Jürgen	*Berlin	1:17:41	1950	M65	11	1:18:50	12:02	12:16	12:42	13:17	13:41	13:41	7:16 min/km
398	1421	Jordans Jörg	*Köln	1:17:54	1965	M50	41	1:18:18	11:54	12:28	12:31	10:23	10:08	20:27	7:18 min/km
399	2171	Krawczyk Matthias	*Gütersloh	1:17:56	1992	MHK	63	1:19:12	11:51	12:46	12:59	13:29	13:32	13:17	7:18 min/km
400	1874	Neise Michael	Food Runner	1:19:03	1985	M30	80	1:21:52	12:42	12:31	12:57	13:25	13:56	13:30	7:24 min/km
401	1182	Müller André	Running Gag	1:19:09	1989	MHK	64	1:19:55	14:52	13:59	13:41	11:56	12:21	12:17	7:25 min/km
402	1889	Bork Siggj	Carglass	1:19:21	1959	M55	22	1:21:54	12:55	13:07	13:06	13:23	13:32	13:13	7:26 min/km
403	1261	Böcker Timo	Culties	1:19:31	1997	MHK	65	1:21:26	08:51	09:03	09:33	10:02	10:19	31:40	7:27 min/km
404	713	Offermann Norbert	*Leverkusen	1:19:36	1964	M50	42	1:21:43	12:53	13:10	12:51	13:33	14:29	12:36	7:27 min/km
405	2392	Duffek Thomas	Der Donut muss weg	1:20:26	1982	M35	61	1:21:18	12:42	12:39	13:26	14:18	13:49	13:29	7:32 min/km
406	2267	Maceus Carsten		1:20:29	0	M	0	1:21:19	12:45	12:39	13:26	14:18	13:49	13:30	7:32 min/km
407	624	Müller Benjamin	Zolwik	1:20:35	1989	MHK	66	1:22:11	11:55	12:52	13:23	14:37	14:42	13:03	7:33 min/km
408	1611	Streit Gregor	*Heimersheim	1:21:41	1968	M45	47	1:23:45	14:00	13:55	14:12	13:32	13:30	12:30	7:39 min/km
409	235	Wirwalski Stefan	Sportteufelchen e.V.	1:21:45	1966	M50	43	1:23:43	14:05	13:53	14:14	13:32	13:30	12:29	7:39 min/km
410	313	Brüggemann Simon	Fysio Frings	1:22:44	1989	MHK	67	1:22:57	13:14	13:38	14:04	14:16	14:21	13:09	7:45 min/km
411	2327	Stevens Peter		1:23:10	1963	M50	44	1:27:47	13:56	13:37	13:45	14:00	14:07	13:42	7:47 min/km
412	308	Schunkert Christoph	*Niederkassel	1:23:26	1986	M30	81	1:23:44	13:05	14:01	13:59	14:12	14:20	13:46	7:49 min/km
413	1084	Link Tadeo Frederic	Mit-Links	1:25:53	2009	MU10	3	1:26:39	11:43	12:26	17:58	19:38	13:03	11:02	8:03 min/km
414	846	Kirschner Erich	born 2 run	1:28:18	1941	M75	2	1:31:45	14:23	14:58	15:17	16:16	14:40	12:42	8:16 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2119	Cremer Anna Lena	lets metabolize	0:47:58	1990 WHK	1	0:50:06	07:51 07:55 08:05 08:20 08:04 07:40	4:30 min/km
2	1249	Steinbach Laura	*Nörvenich	0:51:35	1987 W30	1	0:51:44	08:12 08:24 08:45 08:46 08:49 08:37	4:50 min/km
3	186	Schulze Johann Petra	*Gummersbach	0:52:30	1976 W40	1	0:54:07	09:27 08:41 08:38 08:43 08:47 08:11	4:55 min/km
4	999	Tessmann Julia	*Brühl	0:52:43	1992 WHK	2	0:55:35	09:16 08:45 08:39 08:54 08:38 08:29	4:56 min/km
5	597	Mühl Garwina	*Weilerswist	0:52:52	1991 WHK	3	0:53:03	08:54 08:43 09:10 08:48 08:44 08:31	4:57 min/km
6	1034	Lichtebau Silke	BSG Lülldorf e.V.	0:52:57	1988 WHK	4	0:53:16	08:25 08:31 09:20 09:23 08:57 08:18	4:57 min/km
7	1328	Von Darl Gisela	Fledermaus	0:53:02	1964 W50	1	0:53:05	08:27 08:43 08:54 08:58 09:04 08:53	4:58 min/km
8	1384	Gutknecht Katrin	Jasmin Brandt	0:53:07	1975 W40	2	0:53:22	08:33 08:48 09:02 09:07 09:04 08:30	4:58 min/km
9	19	Hille Fabienne	*Weilerswist	0:53:28	1993 WHK	5	0:53:33	08:13 08:50 09:16 09:11 09:11 08:45	5:00 min/km
10	1124	Lück Daniela	*Königswinter	0:55:12	1990 WHK	6	0:55:21	08:33 09:24 09:23 09:19 09:23 09:07	5:10 min/km
11	910	Braun Claudia	BSG Lülldorf e.V.	0:55:31	1969 W45	1	0:55:44	08:41 09:12 09:21 09:27 09:33 09:14	5:12 min/km
12	1670	Orth Jannine	*Alfter	0:55:35	1974 W40	3	0:56:48	09:32 08:58 09:19 09:20 09:26 08:58	5:12 min/km
13	2183	Jolie Marieke	*Köln	0:55:45	1991 WHK	7	0:55:50	08:42 09:19 09:55 09:30 09:25 08:51	5:13 min/km
14	136	Schmidt Katja	LT TuS Mondorf	0:56:03	1981 W35	1	0:59:07	09:05 09:18 09:26 09:28 09:32 09:12	5:15 min/km
15	446	Pesch Luisa	*Köln	0:56:11	1991 WHK	8	0:56:17	08:46 09:12 09:25 09:44 09:40 09:22	5:16 min/km
16	2262	Althoff Kerstin	*Kerpen	0:56:24	1971 W45	2	1:00:48	09:26 08:44 09:31 09:51 11:11 07:39	5:17 min/km
17	2285	Toczek-Thiel Joanna		0:56:27	1990 WHK	9	0:58:00	09:43 09:09 09:21 09:34 09:38 09:00	5:17 min/km
18	943	Kaulisch Marion	Komplizen	0:56:46	1967 W50	2	0:58:22	10:08 09:11 09:22 09:34 09:21 09:08	5:19 min/km
19	1298	Decloux Celine	*Bochum	0:56:55	1995 WHK	10	0:58:33	10:37 09:56 09:47 09:50 08:48 07:56	5:20 min/km
20	1856	Delord Fabienne	*Köln	0:57:16	1982 W35	2	1:00:25	10:08 09:27 09:31 09:44 09:43 08:40	5:22 min/km
21	230	Löfl Katja	*Pulheim	0:57:17	2001 WU18	1	0:58:26	09:41 09:29 09:39 09:53 09:38 08:56	5:22 min/km
22	604	Abts Anne	*Köln	0:57:18	1975 W40	4	1:00:43	10:20 09:37 09:21 09:22 09:27 09:07	5:22 min/km
23	2312	Breitenstein Pia	Atomic Tiitten	0:57:33	1990 WHK	11	0:57:39	08:59 09:38 10:32 09:43 09:35 09:04	5:23 min/km
24	319	Jebens Tanja	*Leverkusen	0:57:39	1979 W35	3	0:58:40	09:43 09:25 09:30 09:38 09:44 09:36	5:24 min/km
25	985	Rennings Corinna	*Köln	0:57:41	1977 W40	5	0:58:19	10:01 09:31 09:35 09:43 09:35 09:14	5:24 min/km
26	710	Loosen Claudia	#läuft	0:57:45	1982 W35	4	0:58:39	09:20 08:58 09:40 09:47 10:07 09:51	5:25 min/km
27	1147	Zehnpfennig Jacqueline	*Rösrath	0:58:02	1987 W30	2	0:58:46	10:02 09:30 09:46 09:49 09:44 09:09	5:26 min/km
28	875	Lippert Imke	*Köln	0:58:05	1983 W30	3	1:01:12	10:06 09:31 09:33 09:43 09:45 09:26	5:26 min/km
29	1799	Winkelmann Leona	Föhr Marathon e.V.	0:58:07	2004 WU14	1	0:59:24	09:46 09:45 09:51 09:50 09:52 09:00	5:27 min/km
30	1051	Blum Sabrina	*Köln	0:58:07	1985 W30	4	0:59:23	09:58 09:35 09:38 09:57 09:50 09:05	5:27 min/km
31	1050	Blum Katharina	*Köln	0:58:13	1985 W30	5	0:59:29	10:01 09:33 09:38 09:57 09:51 09:11	5:27 min/km
32	2152	Bomm Janine	*Hennef	0:58:14	1990 WHK	12	0:59:43	09:39 09:23 09:36 09:55 10:11 09:27	5:27 min/km
33	608	Kirschbaum Verena	Sport Haase Neuss	0:58:27	1983 W30	6	1:01:17	10:06 09:28 09:42 09:48 10:03 09:18	5:28 min/km
34	1465	Harms Tanja	*Köln	0:58:28	1970 W45	3	0:58:44	09:16 09:44 09:54 09:58 10:08 09:26	5:29 min/km
35	292	Tempel Christine	*Frechen	0:58:31	1981 W35	5	1:02:57	10:32 09:54 09:35 09:43 09:33 09:12	5:29 min/km
35	1195	Abbing Dr. Julia	*Wesseling-Urfeld	0:58:31	1977 W40	6	0:59:49	10:24 09:43 09:37 09:43 09:52 09:10	5:29 min/km
37	167	Hanisch Natascha	*Köln	0:58:36	1988 WHK	13	1:00:52	10:32 09:18 09:32 09:42 09:53 09:36	5:29 min/km
38	1857	Strömer Jasmin	*Köln	0:58:41	1993 WHK	14	1:00:36	10:59 09:32 09:40 09:44 09:54 08:48	5:30 min/km
39	2254	Krumscheid Sarah	Aktivita Roadkiller	0:58:42	1985 W30	7	0:59:01	09:51 09:26 09:58 09:52 09:55 09:37	5:30 min/km
40	1781	Fischer Anna-Lea	*Grevenbroich	0:58:43	1991 WHK	15	1:02:58	11:00 10:00 09:35 09:29 09:25 09:11	5:30 min/km
41	616	Meurer Laura	Territory Webguerillas	0:58:43	1989 WHK	16	1:00:36	11:02 09:32 09:40 09:44 09:55 08:48	5:30 min/km
42	893	Liebig Katrin	BSG Lülldorf e.V.	0:58:43	1995 WHK	17	0:59:01	09:59 09:50 09:55 10:11 09:47 09:00	5:30 min/km
43	314	Poschen Natalie	*Erfstadt	0:58:51	1982 W35	6	1:00:07	10:12 10:12 10:02 09:53 09:56 08:34	5:31 min/km
44	1812	Jonas Andrea	*Bonn	0:58:51	1981 W35	7	1:01:48	10:54 10:26 09:34 09:43 09:33 08:38	5:31 min/km
45	2074	Schmitz Anne	Team RunVicht...en	0:58:52	1982 W35	8	1:00:07	10:13 10:12 10:01 09:53 09:56 08:34	5:31 min/km
46	722	Breuer Esther	*Bonn	0:58:57	1971 W45	4	1:03:19	10:48 10:08 09:39 09:34 09:35 09:12	5:31 min/km
47	1656	De Meulder Moniek	Mikey-MonMon Team	0:58:59	1988 WHK	18	0:59:43	09:50 09:49 09:42 10:07 10:08 09:21	5:31 min/km
48	695	Malan Daniela	*Bonn	0:58:59	1973 W40	7	1:02:17	10:17 09:06 09:10 09:04 11:08 10:10	5:31 min/km
49	1747	Al-Maarri Mona	Lets metabolize	0:59:06	1986 W30	8	1:02:44	11:10 09:48 09:40 09:36 09:48 09:02	5:32 min/km
50	128	Weber Andrea	*Köln	0:59:08	1968 W45	5	1:00:06	12:29 09:22 09:26 09:28 09:28 08:53	5:32 min/km
51	1572	Schirner Daniela	*Bergheim	0:59:09	1978 W35	9	1:00:55	10:47 09:26 09:37 09:46 10:02 09:28	5:32 min/km
52	1443	Keil Miriam	*Köln	0:59:10	1984 W30	9	0:59:38	10:25 10:00 09:49 10:06 09:50 08:57	5:32 min/km
53	1587	Pursche Manja	*Köln	0:59:13	1973 W40	8	1:02:25	10:39 09:52 09:40 09:40 09:49 09:31	5:33 min/km

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54	1813	Geiger Mo	*Bergisch Gladbach	0:59:28	1964	W50	3	0:59:39	10:06	09:53	09:53	10:00	09:56	09:38	5:34 min/km
55	1495	Zygmann Moni	*Hürth	0:59:28	1980	W35	10	1:02:31	10:33	10:06	10:13	09:47	09:43	09:04	5:34 min/km
56	1014	Höfler Meike	ERGO sports Köln	0:59:32	1988	WHK	19	1:01:06	09:55	09:24	09:49	10:12	10:11	09:57	5:34 min/km
57	50	Walbrodt Katja	*Köln	0:59:44	1972	W45	6	1:00:55	10:32	10:04	10:07	09:40	09:56	09:21	5:36 min/km
58	1622	Foitzik Carola	*Bergisch Gladbach	0:59:45	1973	W40	9	1:03:53	10:36	10:00	09:51	09:54	10:06	09:16	5:36 min/km
59	580	Ruland Janina	*Köln	0:59:52	1982	W35	11	1:02:45	11:16	10:35	09:47	09:42	09:28	09:02	5:36 min/km
60	2207	Hochweller Laeticia	*Hürth	0:59:54	2003	WU16	1	1:04:05	10:15	09:38	09:40	09:51	10:16	10:11	5:37 min/km
61	228	Lössl Helga	Freche Fröchtchen	0:59:59	1964	W50	4	1:01:16	09:54	09:48	09:59	10:06	10:24	09:45	5:37 min/km
62	1303	Leppin Tanja	*Frechen	1:00:02	1983	W30	10	1:01:11	09:54	09:44	09:56	10:08	10:17	10:00	5:37 min/km
63	403	Grossenbacher Elke	*Kerpen	1:00:02	1960	W55	1	1:01:37	10:36	10:21	10:15	10:12	09:26	09:10	5:37 min/km
64	1684	Trivelli Dagmar	Biathlon	1:00:06	1964	W50	5	1:00:14	10:17	10:10	10:09	10:11	10:00	09:17	5:38 min/km
65	1179	Müthing Martina	*Hürth	1:00:09	1987	W30	11	1:00:15	09:40	09:49	10:15	10:14	10:16	09:53	5:38 min/km
66	1221	Jambon Alex	*Köln	1:00:29	1968	W45	7	1:02:43	11:01	10:03	09:46	10:02	10:04	09:30	5:40 min/km
67	1206	Krischer Dr. Melanie	*bonn	1:00:32	1971	W45	8	1:01:49	10:25	10:03	10:13	11:10	09:26	09:11	5:40 min/km
68	793	Müller Linda Anna	*Köln	1:00:34	1988	WHK	20	1:03:23	10:03	09:56	10:02	10:15	10:15	10:01	5:40 min/km
69	2248	Bunte Cornelia	*Köln	1:00:39	1959	W55	2	1:01:19	09:34	10:04	10:08	10:30	10:28	09:52	5:41 min/km
70	2162	Reifenrath Julia	*Köln	1:00:40	1981	W35	12	1:03:32	11:16	10:34	09:47	09:40	09:30	09:50	5:41 min/km
71	1472	Calliari Sara	*Köln	1:00:42	1996	WHK	21	1:04:51	11:05	10:34	10:15	10:07	09:39	09:00	5:41 min/km
72	81	Spohner Gisela	*Pulheim	1:00:43	1971	W45	9	1:01:11	10:16	10:14	10:08	10:15	10:18	09:29	5:41 min/km
73	731	Holstein Sabrina	*Erfstadt	1:00:46	1987	W30	12	1:00:53	09:11	09:27	09:41	13:07	09:44	09:34	5:41 min/km
74	2259	Blankenheim Julia	*Euskirchen	1:00:55	1994	WHK	22	1:02:08	10:00	10:03	10:08	10:23	10:32	09:47	5:42 min/km
75	1351	Franke Dani	Team Unicorn	1:00:57	1986	W30	13	1:02:20	10:52	10:00	10:11	10:08	10:07	09:37	5:43 min/km
76	740	Fischer Nicole	*Köln	1:00:58	1991	WHK	23	1:02:11	09:52	09:52	10:07	10:30	10:30	10:04	5:43 min/km
77	739	Geller Monika	*Köln	1:00:58	1962	W55	3	1:02:11	09:52	09:53	10:06	10:30	10:30	10:04	5:43 min/km
78	443	Gendig Nele	Die Unfassbaren	1:00:58	1991	WHK	24	1:04:04	10:25	09:52	09:42	10:37	10:23	09:59	5:43 min/km
79	1551	Kreutner Anke	*Frechen	1:01:05	1977	W40	10	1:04:53	10:52	10:32	10:02	09:52	10:03	09:41	5:43 min/km
80	993	Schneider Clara	*Köln	1:01:07	1992	WHK	25	1:03:12	10:09	10:13	10:23	10:30	10:15	09:35	5:43 min/km
81	1492	Van den Bogaard Franka	*Köln	1:01:09	1994	WHK	26	1:01:46	11:07	10:47	10:31	10:08	09:54	08:40	5:44 min/km
82	1491	Drees Melissa	*Bergisch Gladbach	1:01:09	1996	WHK	27	1:01:46	11:07	10:47	10:31	10:08	09:55	08:40	5:44 min/km
83	133	Basener Verena	*Bergisch Gladbach	1:01:11	1985	W30	14	1:03:17	10:06	09:48	10:05	10:35	10:26	10:09	5:44 min/km
84	1555	Kühnen Birgit	Veni Vidi Colonia	1:01:11	1968	W45	10	1:05:22	10:50	10:24	10:14	10:07	10:11	09:24	5:44 min/km
85	2060	Dippold Janina	*Köln	1:01:18	1996	WHK	28	1:01:49	10:19	10:24	10:17	10:19	10:26	09:31	5:44 min/km
86	1554	Kühnen Maria	Veni Vidi Colonia	1:01:25	1962	W55	4	1:05:36	10:49	10:23	10:14	10:06	10:12	09:37	5:45 min/km
87	908	Heyer Elena	BSG Lülldorf e.V.	1:01:25	1992	WHK	29	1:02:04	11:05	08:05	10:07	11:03	12:33	08:29	5:45 min/km
88	1161	Vollmer Caroline	BANKPOWER	1:01:26	1986	W30	15	1:05:20	11:12	10:25	10:17	10:16	10:04	09:09	5:45 min/km
89	1580	Deutsch Nadine	*Köln	1:01:29	1989	WHK	30	1:01:53	09:54	10:09	10:10	10:22	10:45	10:07	5:45 min/km
90	1751	Rack Ariane	*Pulheim-Brauweiler	1:01:32	1978	W35	13	1:05:20	11:11	10:19	09:57	10:11	10:17	09:34	5:46 min/km
91	1160	Knecht Lisa	*Sankt Augustin	1:01:41	1993	WHK	31	1:02:08	10:11	09:47	10:14	10:38	10:42	10:06	5:47 min/km
92	836	Pantenburg Ute	*Leichlingen	1:01:45	1970	W45	11	1:04:05	10:32	10:07	10:11	10:28	10:23	10:01	5:47 min/km
93	1547	Reeker Viola	*Troisdorf	1:01:45	1975	W40	11	1:06:01	10:32	10:21	10:15	10:18	10:25	09:51	5:47 min/km
94	16	Körner Eva	*Köln	1:01:45	1980	W35	14	1:04:04	11:24	10:24	10:18	10:01	10:05	09:31	5:47 min/km
95	2292	Meyer Jeanne		1:01:53	1995	WHK	32	1:03:04	10:27	10:18	10:30	10:31	10:38	09:25	5:48 min/km
96	705	Nowak Daniela	#läuft	1:01:59	1982	W35	15	1:02:53	10:11	10:13	10:21	10:29	10:37	10:06	5:48 min/km
97	1107	Tönnies Larissa	-	1:02:02	1994	WHK	33	1:03:23	10:38	09:59	10:33	10:47	10:53	09:09	5:49 min/km
98	2398	Meyer Annemarie		1:02:03	1983	W30	16	1:05:42	10:54	10:18	10:00	10:08	10:26	10:14	5:49 min/km
99	1117	Zitzer Alena	*Köln	1:02:11	1984	W30	17	1:04:37	11:15	10:02	10:19	10:21	10:16	09:55	5:49 min/km
100	53	Putz Julia	Happy Hobbits	1:02:12	1991	WHK	34	1:02:56	10:20	10:12	10:32	10:42	10:45	09:39	5:50 min/km
101	2291	Grandjean Elisabeth		1:02:18	1977	W40	12	1:03:27	10:29	10:18	10:31	10:32	10:37	09:48	5:50 min/km
102	1045	Catta Marie-Laetitia	*Bonn	1:02:18	1985	W30	18	1:05:37	11:06	10:36	10:26	10:23	10:14	09:30	5:50 min/km
103	49	Wesche Eva	*Köln	1:02:18	1980	W35	16	1:03:26	11:02	10:53	11:01	10:25	10:24	08:30	5:50 min/km
104	1910	Klingel Natascha	Carglass	1:02:19	1979	W35	17	1:04:41	10:29	09:55	10:22	10:14	10:23	10:52	5:50 min/km
105	297	Van Rijswijk Valesca	*Cuijk	1:02:21	1979	W35	18	1:03:46	10:53	10:14	10:19	10:27	10:35	09:51	5:50 min/km
106	296	Van Rijswijk Nora	*Köln	1:02:23	1981	W35	19	1:03:46	10:54	10:14	10:19	10:27	10:36	09:51	5:50 min/km
107	664	Jansen Beate	*Köln	1:02:29	1962	W55	5	1:03:45	10:21	10:01	10:18	10:39	10:39	10:29	5:51 min/km
108	1473	Schäfer Claudia	*Köln	1:02:32	1990	WHK	35	1:06:42	11:06	10:33	10:16	10:15	10:22	09:57	5:51 min/km
109	1275	Klose Anja	I love Rath-Heumar	1:02:33	1982	W35	20	1:03:38	11:13	10:44	10:34	10:36	10:19	09:07	5:51 min/km
110	591	Schmitz Nicole	*Köln	1:02:36	1982	W35	21	1:02:53	10:13	10:25	10:57	10:44	10:32	09:42	5:52 min/km

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111	2142	Tran My-Ly	Lets metabolize	1:02:44	1989	WHK	36	1:06:23	11:09	09:57	10:22	10:31	10:28	10:14	5:53 min/km
112	732	Sonntag Ursula	ERGO Sports Köln	1:02:46	1962	W55	6	1:06:45	11:20	10:45	10:25	10:13	10:07	09:54	5:53 min/km
113	1794	Florath Jana	*Köln	1:02:46	1991	WHK	37	1:06:45	10:08	10:01	10:16	10:50	10:58	10:32	5:53 min/km
114	1634	Knips Catherine	Krüger Running Team	1:02:50	1976	W40	13	1:06:10	11:31	11:04	10:28	10:27	09:57	09:22	5:53 min/km
115	1060	Streber Hanni	*Köln	1:02:53	1976	W40	14	1:03:15	09:35	10:33	10:51	10:53	10:50	10:10	5:53 min/km
116	1355	Hüwel Eva	*Köln	1:02:55	1988	WHK	38	1:03:36	10:04	10:15	10:37	10:28	10:44	10:45	5:54 min/km
117	1011	Pielke Jessica	Bärenbande	1:02:56	1977	W40	15	1:04:47	10:56	10:13	10:21	10:27	10:38	10:19	5:54 min/km
118	972	Benner Iris	*Köln	1:02:57	1969	W45	12	1:03:12	10:42	10:31	10:38	10:36	10:33	09:56	5:54 min/km
119	937	Acri Sonia	*Königswinter	1:02:58	1976	W40	16	1:03:12	10:42	10:31	10:38	10:36	10:33	09:56	5:54 min/km
120	683	Andres Elena	*Leichlingen	1:03:09	1988	WHK	39	1:03:35	10:32	10:18	10:25	10:21	10:26	11:05	5:55 min/km
121	958	Pecher Karina	*Niederkassel	1:03:12	1980	W35	22	1:03:38	10:13	10:11	10:27	10:42	10:52	10:44	5:55 min/km
122	1760	Frank Johanna	Rundezvous	1:03:13	1992	WHK	40	1:07:28	11:56	10:39	10:00	10:51	10:25	09:20	5:55 min/km
123	812	Fröhling Kolinda	Ollum-Runners	1:03:20	1975	W40	17	1:06:34	11:24	12:03	11:15	09:53	09:41	09:02	5:56 min/km
124	1287	Huse Susanne	*Köln	1:03:21	1975	W40	18	1:04:08	10:40	10:38	10:30	10:53	10:36	10:03	5:56 min/km
125	2113	Meyer Elisabeth	*Köln	1:03:29	1990	WHK	41	1:07:29	11:14	10:52	10:42	10:36	10:23	09:40	5:57 min/km
126	163	Bartel Sandra	*Köln	1:03:31	1977	W40	19	1:04:42	10:33	10:18	10:28	11:03	11:04	10:02	5:57 min/km
127	164	Bartel Karla	*Köln	1:03:33	2007	WU12	1	1:04:42	10:33	10:05	10:07	11:39	11:05	10:02	5:57 min/km
128	2263	Lorenz Ilka	Eli & Ilka	1:03:36	1986	W30	19	1:07:36	11:13	10:52	10:42	10:35	10:23	09:48	5:57 min/km
129	1058	Heuser Annika	*Köln	1:03:38	1983	W30	20	1:04:01	10:00	10:20	10:40	10:57	11:36	10:03	5:58 min/km
130	734	Pelzer Bettina	*Bornheim	1:03:39	1966	W50	6	1:04:25	10:56	10:44	10:50	10:58	11:03	09:06	5:58 min/km
131	1862	Dick Mélanie	*Köln	1:03:41	1985	W30	21	1:04:17	10:48	10:43	10:37	10:47	11:03	09:41	5:58 min/km
132	772	Frenzel Dorothee	Faultiere	1:03:43	1984	W30	22	1:05:52	11:11	10:49	10:38	10:49	10:35	09:38	5:58 min/km
133	561	Fütterer Miriam	Schwadorf Ramazzotti	1:03:44	1986	W30	23	1:07:35	11:08	10:42	10:30	10:28	10:28	10:26	5:58 min/km
134	1814	Franck Julia	*Hürth	1:03:51	1989	WHK	42	1:05:13	11:57	11:15	10:11	10:25	10:32	09:29	5:59 min/km
135	1368	Franke Nadin	*Köln	1:03:51	1981	W35	23	1:04:59	10:44	10:17	10:36	10:53	10:57	10:20	5:59 min/km
136	1743	Mertens Kristina	LiMoLuKr	1:03:57	2000	WU18	2	1:06:42	11:03	10:46	10:47	10:39	10:43	09:56	5:59 min/km
137	397	Wies Christine	*Köln	1:03:57	1983	W30	24	1:07:08	11:04	10:42	10:35	10:34	10:39	10:21	5:59 min/km
138	1510	Döring Nele	*Leverkusen	1:04:01	1998	WU20	1	1:04:40	11:11	11:02	11:07	11:05	10:14	09:18	5:60 min/km
139	1389	Drägestein Melanie	*Köln	1:04:01	1992	WHK	43	1:07:13	11:18	10:58	10:39	10:40	10:15	10:09	5:60 min/km
140	1200	Saal Michelle	Die Laufmaschen	1:04:02	1991	WHK	44	1:06:12	10:28	10:03	10:25	10:40	11:00	11:23	5:60 min/km
141	1971	Eschweiler Frau Claudia	REWE Group	1:04:02	1986	W30	25	1:08:09	12:13	10:53	10:35	10:29	10:29	09:20	5:60 min/km
142	569	Engelbert Jennifer	*Morsbach	1:04:02	1987	W30	26	1:07:52	10:46	10:41	10:39	10:44	10:45	10:25	5:60 min/km
143	679	Stratmann Julia	*Köln	1:04:05	1987	W30	27	1:05:46	11:21	10:51	10:35	10:30	10:14	10:30	6:00 min/km
144	1804	Pfleger Joanne	*Hürth	1:04:15	1996	WHK	45	1:04:54	10:27	10:07	10:19	10:57	11:32	10:50	6:01 min/km
145	816	Rütten Ulrike	Lessenicher Zebras	1:04:16	1970	W45	13	1:04:18	10:09	10:32	10:53	11:00	10:59	10:41	6:01 min/km
146	847	Kirschner Claudia	born 2 run	1:04:16	1963	W50	7	1:07:43	11:03	10:50	10:42	10:41	10:41	10:17	6:01 min/km
147	58	Achnitz Inge	Die schon wieder	1:04:19	1970	W45	14	1:04:51	10:55	10:33	10:44	11:00	10:49	10:16	6:01 min/km
148	1231	Jäkel Kathrin	*Köln	1:04:20	1992	WHK	46	1:07:59	11:52	11:12	10:39	10:31	10:14	09:49	6:01 min/km
149	1588	Brück Katharina	*Köln	1:04:24	1986	W30	28	1:04:52	11:01	10:50	10:51	11:02	10:45	09:52	6:02 min/km
150	1964	Rasque Sylvia	NetCologne	1:04:25	1970	W45	15	1:05:54	11:22	10:50	10:35	10:45	10:37	10:15	6:02 min/km
151	1540	Siebentritt Diana	*Eitorf	1:04:27	1966	W50	8	1:08:44	11:38	10:52	10:46	10:36	10:35	09:58	6:02 min/km
152	960	Nachbaur-Sturm	Zatopek-eitorf	1:04:28	1964	W50	9	1:08:44	11:39	10:52	10:46	10:36	10:35	09:58	6:02 min/km
153	396	Kirsten Silvia	*Köln	1:04:36	1984	W30	29	1:07:45	11:13	11:24	11:14	10:48	10:18	09:36	6:03 min/km
154	40	Hensgens Daniela	*Gangelt	1:04:42	1972	W45	16	1:07:07	11:22	11:07	11:15	10:34	10:25	09:55	6:04 min/km
155	1213	Pálfi Matilda	LT Saaler Mühle	1:04:45	1952	W65	1	1:06:35	11:35	10:41	10:34	10:41	10:44	10:28	6:04 min/km
156	809	Wesche Corinna	*Berlin	1:04:47	1964	W50	10	1:05:56	11:01	10:30	10:39	11:03	11:03	10:29	6:04 min/km
157	48	Wesche Sandra	*Köln	1:04:49	1978	W35	24	1:05:57	11:02	10:28	10:41	11:03	11:02	10:30	6:04 min/km
158	1411	Wessendorf Tanja	*Köln	1:04:52	1978	W35	25	1:06:00	10:42	10:38	10:32	11:00	10:52	11:06	6:04 min/km
159	1864	Wiepking Julia	Die Schildkrötschen	1:04:53	1991	WHK	47	1:06:57	11:44	11:19	10:48	10:32	10:32	09:55	6:05 min/km
160	1723	Ilieva Lyuba	Die Schildkrötschen	1:04:53	1984	W30	30	1:06:56	11:45	11:18	10:46	10:35	10:33	09:55	6:05 min/km
161	126	Schmitz Heidi	TuS Quettingen	1:04:55	1969	W45	17	1:05:52	10:20	10:17	10:35	11:11	11:22	11:06	6:05 min/km
162	376	Van Eickels Mirjam	*Köln	1:04:55	1988	WHK	48	1:09:14	11:08	11:13	10:42	10:32	10:49	10:29	6:05 min/km
163	1226	Baumann Dr. Jenny	*Köln	1:04:56	1986	W30	31	1:06:41	11:14	10:43	10:32	10:42	10:55	10:47	6:05 min/km
164	221	Eckrodt Navina	Team Geno	1:05:00	1987	W30	32	1:06:43	11:57	11:27	10:41	10:18	10:31	10:05	6:05 min/km
165	219	Nobis Nadia	Team Geno	1:05:01	1988	WHK	49	1:06:43	11:57	11:26	10:41	10:18	10:31	10:05	6:05 min/km
166	503	KÜPPERS Andrea	*Innenstadt - Köln Altstadt	1:05:02	1979	W35	26	1:08:12	11:35	11:10	11:09	10:35	10:36	09:54	6:05 min/km
167	358	Esser Eli	*Stockheim	1:05:02	1971	W45	18	1:05:06	10:33	10:46	10:51	11:20	10:52	10:37	6:05 min/km

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168	356	Wolff Heike	*Kreuzau	1:05:04	1970	W45	19	1:05:09	10:34	10:46	10:51	11:20	10:52	10:39	6:06 min/km
169	800	Schäfer Henrike	AXA	1:05:09	1970	W45	20	1:08:02	10:57	11:21	11:22	11:05	10:58	09:23	6:06 min/km
170	957	Seguro Moreno Sylke	*Köln	1:05:12	1970	W45	21	1:05:37	10:38	10:37	11:00	11:04	11:04	10:46	6:06 min/km
171	644	Mang Birgit	*Brühl	1:05:14	1964	W50	11	1:05:58	10:57	10:44	10:50	10:59	11:08	10:34	6:06 min/km
172	1397	Wischnewski Tanja	*Bergheim	1:05:14	1972	W45	22	1:07:03	11:21	10:57	10:45	10:47	10:46	10:35	6:06 min/km
173	34	Wiersberg Anne	*Düsseldorf	1:05:14	1986	W30	33	1:07:22	11:10	10:53	10:50	10:52	11:01	10:26	6:07 min/km
174	422	Hahs Eveline	LT. Hennef/Sieg	1:05:16	1958	W55	7	1:08:18	11:06	10:41	10:53	11:04	10:56	10:33	6:07 min/km
175	702	Nehaus Claudia	#läuft	1:05:17	1984	W30	34	1:06:09	10:25	10:39	11:05	11:13	11:00	10:53	6:07 min/km
176	2377	Wagner Angelika		1:05:18	1972	W45	23	1:05:21	10:13	10:58	11:03	11:13	11:09	10:40	6:07 min/km
177	1053	Duven Henriette	*Köln	1:05:20	1990	WHK	50	1:05:40	10:52	10:45	10:36	11:25	11:17	10:23	6:07 min/km
178	1054	Peters Katharina	*Weimar	1:05:21	1991	WHK	51	1:05:41	10:52	10:45	10:36	11:25	11:16	10:24	6:07 min/km
179	1184	Linnartz Christina	Running Gag	1:05:29	1988	WHK	52	1:06:58	11:21	10:51	10:44	10:51	11:00	10:40	6:08 min/km
180	152	Kurz Anna	*Rösrath	1:05:29	1984	W30	35	1:05:45	10:15	10:52	10:58	11:14	11:27	10:41	6:08 min/km
181	1671	Lemor Sonia	*Bad Honnef	1:05:29	1980	W35	27	1:06:45	11:03	10:56	10:48	11:13	10:48	10:39	6:08 min/km
182	656	Schmidt Alexandra	SSK Kerpen	1:05:31	1978	W35	28	1:07:45	11:12	11:04	11:20	11:24	10:44	09:45	6:08 min/km
183	271	Klein Martina	*Brühl	1:05:36	1972	W45	24	1:07:21	11:23	11:00	10:54	11:08	10:33	10:35	6:09 min/km
184	1819	Albers Doreen	Elephantastisch	1:05:36	1982	W35	29	1:08:56	11:05	10:52	10:55	10:56	10:55	10:50	6:09 min/km
185	2205	Wolf Annette	*Lindlar	1:05:41	1976	W40	20	1:05:52	11:01	11:02	11:00	11:06	11:08	10:22	6:09 min/km
186	2125	Huppertz Kaya	*Köln	1:05:43	1993	WHK	53	1:05:57	10:35	10:32	11:08	11:12	11:28	10:47	6:09 min/km
187	717	Goldberg Kim	*Sprockhövel	1:05:45	1986	W30	36	1:09:29	10:51	10:48	10:45	11:06	11:16	10:57	6:09 min/km
188	2344	Schmitty Kim-Jenny		1:05:47	1988	WHK	54	1:05:49	08:46	10:25	11:06	11:52	11:47	11:48	6:10 min/km
189	2340	Sarago Assonta		1:05:48	1994	WHK	55	1:05:49	08:46	10:25	11:06	11:52	11:47	11:48	6:10 min/km
190	856	Jung Verena	*Köln	1:05:51	1988	WHK	56	1:09:25	11:54	11:07	10:45	11:01	10:48	10:14	6:10 min/km
191	720	Neveling Kirsten	*Hürth	1:05:52	1989	WHK	57	1:09:24	11:54	11:09	10:44	11:01	10:48	10:13	6:10 min/km
192	438	Stüßer Dr. Ulla	Sportteufelchen	1:05:53	1960	W55	8	1:07:54	11:37	10:51	10:48	11:06	11:08	10:22	6:10 min/km
193	1888	Bork Claudia	Carglass	1:05:56	1970	W45	25	1:08:28	10:40	10:30	10:49	10:50	11:13	11:53	6:10 min/km
194	696	Stachelscheid Viktoria	*Bonn	1:06:03	1993	WHK	58	1:09:19	11:38	11:26	11:13	10:55	10:26	10:22	6:11 min/km
195	595	Kübbeler-Spandau	QuadratratschEn unterwegs	1:06:05	1976	W40	21	1:09:50	10:58	10:57	11:14	11:18	11:22	10:13	6:11 min/km
196	1342	Hachenberg Sonja	*Lindlar	1:06:07	1974	W40	22	1:09:28	11:38	10:55	10:41	10:58	11:08	10:45	6:11 min/km
197	2064	Kukuczka Dr. Bernadeta	Legia	1:06:07	1984	W30	37	1:06:38	13:31	15:52	09:01	09:25	09:26	08:49	6:12 min/km
198	1202	Toliati Yasmin	*Bonn	1:06:07	1973	W40	23	1:07:26	10:24	10:21	10:34	11:07	12:15	11:23	6:12 min/km
199	143	Buer Frauke	*Köln	1:06:09	1985	W30	38	1:08:47	11:32	11:04	10:44	10:50	11:00	10:56	6:12 min/km
200	142	Stecken Karoline	Rennschnecken	1:06:10	1967	W50	12	1:08:46	11:33	11:05	10:43	10:50	11:00	10:56	6:12 min/km
201	1073	Krenz Jessica	*Geldern	1:06:11	1989	WHK	59	1:07:56	11:14	10:34	10:52	11:05	11:05	11:18	6:12 min/km
202	1324	Völlmecke Maike	RuN Nordlicht	1:06:11	1974	W40	24	1:07:03	11:08	11:44	10:49	11:00	10:52	10:35	6:12 min/km
203	1074	Mertens Desiree	*Köln	1:06:12	1986	W30	39	1:07:56	11:14	10:35	10:51	11:05	11:06	11:18	6:12 min/km
204	1318	Pinciu Gerlinde	*Darmstadt	1:06:13	1961	W55	9	1:09:47	11:38	11:03	11:00	10:58	10:56	10:36	6:12 min/km
205	462	Telaak-Delfmann Doris	*Köln	1:06:17	1961	W55	10	1:10:31	11:28	10:56	10:42	10:55	11:02	11:10	6:12 min/km
206	762	Borchert Nadine	*Bergisch Gladbach	1:06:19	1985	W30	40	1:10:25	11:28	10:59	10:56	11:03	10:59	10:50	6:13 min/km
207	470	Pflüger Imke	*Hürth	1:06:20	1966	W50	13	1:08:33	11:12	11:12	11:02	11:03	11:04	10:44	6:13 min/km
208	2052	Arntz Juliane	*Köln	1:06:20	1986	W30	41	1:07:16	11:38	11:08	11:02	11:01	10:56	10:33	6:13 min/km
209	461	Hüffer Elisabeth	*Köln	1:06:21	1966	W50	14	1:10:35	11:29	10:56	10:43	10:55	11:02	11:13	6:13 min/km
210	719	Peters Hannah	*Köln	1:06:23	1986	W30	42	1:09:55	11:55	11:08	10:59	10:58	10:55	10:25	6:13 min/km
211	2200	Ernst Anna Maria	*Köln	1:06:23	1988	WHK	60	1:08:56	11:04	11:00	11:12	11:21	10:50	10:54	6:13 min/km
212	1382	Scheithe Annika	*Hürth	1:06:25	1995	WHK	61	1:09:51	11:31	11:48	11:00	11:18	11:01	09:45	6:13 min/km
213	2214	Saarinen Susanna	*Köln	1:06:26	1997	WHK	62	1:09:51	11:31	11:48	11:00	11:18	11:01	09:45	6:13 min/km
214	2184	Fischer Dr. Kirstin	*Lohmar	1:06:28	1977	W40	25	1:07:49	11:21	10:55	11:00	11:03	11:12	10:55	6:13 min/km
215	1750	Fernandez Carla	Jande	1:06:29	1977	W40	26	1:09:55	12:09	11:15	10:57	10:58	11:04	10:03	6:14 min/km
216	55	Brück Tanja	*Leverkusen	1:06:31	1977	W40	27	1:10:15	11:28	11:03	10:50	11:45	10:44	10:38	6:14 min/km
217	1455	Schwendemann Christina	Neunkirchen-Seelscheid	1:06:32	1982	W35	30	1:08:00	11:30	10:51	10:59	11:07	11:06	10:56	6:14 min/km
218	218	Nassenstein Laura	Team Geno	1:06:45	1987	W30	43	1:08:29	11:45	11:15	10:50	10:32	11:06	11:14	6:15 min/km
219	1697	Raeder Anja	*Oldenburg	1:06:50	1979	W35	31	1:08:20	11:41	11:14	11:26	11:06	10:59	10:22	6:15 min/km
220	1290	Jürss Melanie	*Leverkusen	1:06:52	1969	W45	26	1:08:43	11:52	11:01	10:59	11:06	11:14	10:37	6:16 min/km
221	1827	Eeltink Christina	*Köln	1:06:56	1976	W40	28	1:09:49	11:16	10:35	11:15	11:28	11:22	10:57	6:16 min/km
222	2150	Brohl Dominique	*Weilerswist	1:06:56	1990	WHK	63	1:07:59	11:15	11:03	10:41	11:25	11:25	11:04	6:16 min/km
223	1695	Feldhaus Anika	*Köln	1:06:57	1991	WHK	64	1:07:23	11:00	11:18	11:17	11:33	11:23	10:24	6:16 min/km
224	456	Scheepers Susanne	Cougar Cycling	1:07:09	1969	W45	27	1:09:20	11:54	11:35	11:27	11:10	10:55	10:06	6:17 min/km

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225	2135	Dinu Ioana	*Köln	1:07:10	1988	WHK	65	1:10:25	12:37	11:20	10:58	11:00	10:41	10:31	6:17 min/km
226	1728	Unger Patricia	WDR Aktiv	1:07:16	1983	W30	44	1:11:49	12:09	11:46	11:45	11:36	11:09	08:49	6:18 min/km
227	189	Schwickert Susanne	Hirschfeld 1928	1:07:17	1965	W50	15	1:11:13	11:21	11:09	11:05	11:17	11:21	11:01	6:18 min/km
228	1119	Dammann Jutta	BSG DEVK	1:07:18	1964	W50	16	1:09:16	11:20	11:04	11:09	11:07	11:36	10:58	6:18 min/km
229	1093	Kania Lydia	*Hürth	1:07:20	1982	W35	32	1:10:24	10:34	10:37	11:15	11:30	11:48	11:34	6:18 min/km
230	1511	Döring Laura	*Leverkusen	1:07:23	1998	WU20	2	1:08:03	11:11	11:02	11:07	11:09	11:33	11:18	6:19 min/km
231	256	Nettesheim Heide	*Köln	1:07:25	1971	W45	28	1:07:50	11:00	11:15	11:22	11:28	11:27	10:51	6:19 min/km
232	257	Joschek Dr. Katrin	*Köln	1:07:25	1971	W45	29	1:07:50	11:00	11:15	11:21	11:28	11:27	10:50	6:19 min/km
233	1475	Symnick Inga	*Bergneustadt	1:07:28	1990	WHK	66	1:11:37	11:50	11:25	11:14	11:40	10:54	10:23	6:19 min/km
234	125	Schäfflein Kerstin	TuS Quettingen	1:07:28	1970	W45	30	1:08:24	11:36	11:01	11:06	11:08	11:20	11:15	6:19 min/km
235	352	Gross Steffi	*Frechen	1:07:31	1986	W30	45	1:11:40	11:50	11:25	11:14	11:40	10:54	10:26	6:19 min/km
236	1824	Miranda Julia	*Köln	1:07:37	1990	WHK	67	1:08:19	11:04	10:49	11:22	11:25	11:15	11:40	6:20 min/km
237	1651	Görtz Stephanie	*Köln	1:07:39	1986	W30	46	1:11:46	12:19	11:59	11:27	11:09	10:46	09:56	6:20 min/km
238	111	Manderfeld Sandra	*Köln	1:07:40	1993	WHK	68	1:11:22	11:23	11:10	11:21	11:26	11:25	10:53	6:20 min/km
239	1436	Wagner Anne	*Kreuzau	1:07:41	1993	WHK	69	1:10:06	11:38	11:35	11:01	11:39	11:29	10:16	6:20 min/km
240	2220	Zlotos Karin	*Langerwehe	1:07:42	1976	W40	29	1:10:07	11:38	11:36	11:01	11:38	11:29	10:18	6:20 min/km
241	1507	Waleczek Laura	*Köln	1:07:48	1994	WHK	70	1:10:37	11:37	11:36	11:17	11:07	11:09	10:58	6:21 min/km
242	1544	Walleneit Gaby	*Köln	1:07:49	1976	W40	30	1:11:15	11:58	10:53	11:10	11:25	11:21	10:58	6:21 min/km
243	1553	Neunzerling Janina	*Brühl	1:07:49	1975	W40	31	1:11:16	11:58	10:53	11:10	11:26	11:21	10:59	6:21 min/km
244	1048	Heland Andrea	*Köln	1:08:02	1975	W40	32	1:09:31	11:50	11:13	11:10	11:24	11:28	10:54	6:22 min/km
245	1214	Akby Zara	Team Geno	1:08:03	1992	WHK	71	1:09:46	11:45	11:15	10:50	12:47	11:02	10:21	6:22 min/km
246	1044	Brechmann Sandra	Hettwich Fanclub	1:08:14	1976	W40	33	1:09:48	11:36	11:21	11:14	11:14	11:49	10:56	6:23 min/km
247	979	Staufenbiel Melanie	BSG Rheinpark	1:08:21	1988	WHK	72	1:11:06	11:26	11:27	11:15	11:12	11:39	11:20	6:24 min/km
248	526	Pesiou Athanasia	*Köln	1:08:27	1989	WHK	73	1:12:46	11:22	11:16	11:26	11:31	11:35	11:14	6:25 min/km
249	2018	Braun Sabine	LT DSHS Köln	1:08:33	1969	W45	31	1:12:30	11:58	11:18	11:30	11:08	13:03	09:33	6:25 min/km
250	1332	Kollin Agnes	*Köln	1:08:34	1985	W30	47	1:12:50	11:50	12:06	11:37	11:17	11:00	10:41	6:25 min/km
251	1380	Koser Katja	Fledermaus	1:08:45	1985	W30	48	1:08:49	10:02	10:47	11:01	12:39	12:36	11:37	6:26 min/km
252	334	Faßbender Lisa	*Bergisch Gladbach	1:08:48	2002	WU16	2	1:12:08	11:45	11:05	10:36	12:32	11:10	11:38	6:27 min/km
253	1727	Marquis Alina	WDR Aktiv	1:08:48	1986	W30	49	1:13:20	12:10	11:46	11:45	11:36	11:09	10:20	6:27 min/km
254	362	Lus Jana	*Bad Münstereifel	1:08:54	1990	WHK	74	1:11:32	12:53	11:34	11:15	11:12	11:10	10:47	6:27 min/km
255	547	Tilly Sandra	TuS05 Quettingen	1:08:54	1983	W30	50	1:09:51	11:37	10:59	11:06	12:03	12:19	10:47	6:27 min/km
256	1270	Straube Leona	*Köln	1:08:57	1986	W30	51	1:10:04	11:37	11:23	11:23	11:40	11:46	11:07	6:27 min/km
257	329	Neschen Julia	*Pulheim	1:08:58	1982	W35	33	1:09:56	11:43	11:23	11:37	11:29	11:50	10:53	6:27 min/km
258	1585	Kibilka Susanne	*Titz	1:09:00	1974	W40	34	1:11:38	11:53	11:44	11:28	11:36	11:08	11:08	6:28 min/km
259	1335	Schoenrock Maj Lina	*Bonn	1:09:05	1990	WHK	75	1:11:57	12:01	11:42	11:33	11:39	11:30	10:37	6:28 min/km
260	1338	Waldau Svenja	*Bonn	1:09:05	1994	WHK	76	1:11:57	12:02	11:42	11:33	11:39	11:30	10:37	6:28 min/km
261	966	Donat Gabriele	BSG Rheinpark	1:09:06	1959	W55	11	1:11:52	11:28	11:26	11:17	11:23	11:55	11:35	6:28 min/km
262	2255	Limbach Christina	Aktivita roadkiller	1:09:08	1971	W45	32	1:09:27	10:25	11:19	11:28	12:20	12:04	11:30	6:28 min/km
263	267	Hinsen Elke	*Troisdorf	1:09:09	1975	W40	35	1:10:09	11:16	11:11	11:28	11:54	11:54	11:23	6:28 min/km
264	268	Schmidt Marlies	Team Erdinger alkoholfrei	1:09:09	1969	W45	33	1:10:09	11:17	11:11	11:28	11:55	11:54	11:23	6:29 min/km
265	1415	Reichert Bettina	*Köln	1:09:10	1969	W45	34	1:10:01	11:39	11:18	11:26	11:40	11:46	11:19	6:29 min/km
266	1628	Schmelzer Janet	*Overath	1:09:14	1979	W35	34	1:12:45	11:10	11:24	11:41	11:48	11:54	11:14	6:29 min/km
267	1204	Kern Franziska	Affenbande	1:09:17	1994	WHK	77	1:12:42	12:19	11:39	11:43	11:47	11:32	10:15	6:29 min/km
268	269	Malz Heike	*Weilerswist	1:09:22	1970	W45	35	1:11:06	11:23	11:00	11:22	11:52	11:58	11:44	6:30 min/km
269	1077	Claas Janina	CLA-AS Arbeitsschutz	1:09:29	1980	W35	35	1:13:54	11:36	11:44	11:35	11:34	11:38	11:19	6:30 min/km
270	1248	Neyer Anja	*Dortmund	1:09:36	1980	W35	36	1:11:48	13:16	10:41	11:04	12:40	11:00	10:53	6:31 min/km
271	238	Kokoska Marie-Angela	*Bonn	1:09:36	1982	W35	37	1:13:13	11:40	11:29	11:17	11:48	11:50	11:29	6:31 min/km
272	1327	Empl Ruth	Fledermaus	1:09:39	1970	W45	36	1:09:53	10:48	11:26	11:37	11:47	12:06	11:52	6:31 min/km
273	764	Büsdorf Dorothea	*Köln	1:09:39	1984	W30	52	1:09:50	10:54	10:50	10:54	11:44	13:07	12:08	6:31 min/km
274	763	Witt Kristine	*Wesseling	1:09:40	1991	WHK	78	1:09:50	10:54	10:50	10:54	11:44	13:07	12:08	6:31 min/km
275	596	Beer Susanne	*Köln	1:09:42	1981	W35	38	1:12:38	12:19	11:59	11:47	11:33	11:16	10:46	6:32 min/km
276	1241	Schwalenstöcker Carolin	Die Seitenstecher	1:09:50	1984	W30	53	1:13:08	11:43	11:48	11:41	11:58	11:49	10:49	6:32 min/km
277	680	Braun Marion	Folivoras hopsas	1:09:55	1981	W35	39	1:12:06	12:12	12:47	12:33	11:24	10:56	10:00	6:33 min/km
278	681	Müller Susanne	Folivoras hopsas	1:09:55	1982	W35	40	1:12:06	12:12	12:47	12:33	11:24	10:56	10:01	6:33 min/km
279	1484	Auler Martina	*Bonn	1:09:59	1987	W30	54	1:10:32	09:30	09:15	09:56	10:03	10:20	20:52	6:33 min/km
280	995	Oepen Meta	happyfeet	1:10:02	1991	WHK	79	1:11:45	12:17	11:45	11:54	11:31	11:37	10:55	6:34 min/km
281	765	Windhausen Beate	Running Friends Bedburg	1:10:15	1963	W50	17	1:13:19	11:43	11:20	12:12	11:34	12:29	10:54	6:35 min/km

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282	1816	Bickendorf Marion	Running Friends Bedburg	1:10:15	1963	W50	18	1:13:19	11:43	11:20	12:14	11:26	12:30	10:59	6:35 min/km
283	47	Eißen Susanne	*Heinsberg	1:10:27	1978	W35	41	1:12:54	11:24	11:07	11:20	11:58	12:22	12:14	6:36 min/km
284	61	Dyrks Monika	Die schon wieder	1:10:30	1966	W50	19	1:10:59	11:21	11:53	11:59	11:38	11:59	11:38	6:36 min/km
285	383	Lehwalder Diane	*Kaarst	1:10:35	1972	W45	37	1:14:40	12:09	11:21	11:35	11:50	12:01	11:36	6:37 min/km
286	255	Winzen Heike	*Kaarst	1:10:41	1969	W45	38	1:14:46	12:10	11:22	11:34	11:51	12:00	11:42	6:37 min/km
287	1796	Wooock Jasmin	*Köln	1:10:42	1991	WHK	80	1:14:41	11:47	11:51	12:06	12:02	11:53	11:01	6:37 min/km
288	261	Büsscher Jutta	Sportteufelchen e.V.	1:10:51	1955	W60	1	1:12:51	11:45	11:45	11:35	12:01	12:10	11:32	6:38 min/km
289	1064	Groll Claudia	Erdmännchen-Lovers	1:10:52	1966	W50	20	1:15:21	11:54	12:48	12:06	12:12	11:49	10:01	6:38 min/km
290	1063	Maci Nicole	Erdmännchen-Lovers	1:10:53	1971	W45	39	1:15:21	11:55	12:49	12:05	12:14	11:47	10:00	6:38 min/km
291	1062	Remter Nicole	Erdmännchen-Lovers	1:10:54	1971	W45	40	1:15:23	11:56	12:48	12:01	12:15	11:50	10:01	6:38 min/km
292	411	Samimi Gharaiy Melanie*	Rösrath	1:10:58	1973	W40	36	1:14:55	12:31	11:52	11:44	11:42	11:48	11:19	6:39 min/km
293	412	Büth Bianca	*Much	1:10:58	1980	W35	42	1:14:55	12:31	11:52	11:44	11:42	11:48	11:19	6:39 min/km
294	468	Süß-Dahmen Renate	LT Saaler Mühle	1:10:59	1944	W70	1	1:12:49	12:01	11:51	11:51	11:52	11:57	11:26	6:39 min/km
295	1199	Nilges Tina	Die Laufmaschen	1:11:01	1987	W30	55	1:13:11	11:32	11:41	11:58	11:54	12:06	11:47	6:39 min/km
296	1116	Johnen Christiane	Babbo Racing Team	1:11:04	1961	W55	12	1:12:08	11:31	10:40	12:44	12:51	11:58	11:18	6:39 min/km
297	272	Maul Monika	*Erfstadt	1:11:06	1969	W45	41	1:12:52	11:48	11:48	12:11	11:56	11:52	11:28	6:39 min/km
298	783	Malinka Heike	RUN4FUN	1:11:06	1971	W45	42	1:15:14	11:56	11:39	11:52	11:52	11:58	11:47	6:39 min/km
299	1772	Riehle Blanka	*Ebersbach	1:11:08	1996	WHK	81	1:15:19	11:55	11:23	11:44	11:54	12:23	11:46	6:40 min/km
300	1478	Büttgen-Stenzel Julia	bützels	1:11:15	1978	W35	43	1:12:54	11:30	11:11	12:56	12:06	12:05	11:25	6:40 min/km
301	442	Jantz Petra	*Köln	1:11:18	1970	W45	43	1:11:43	11:16	11:27	11:42	12:12	12:25	12:14	6:41 min/km
302	1556	Lutkewitz Ursula	Veni Vidi Colonia	1:11:33	1953	W60	2	1:15:45	11:58	11:56	12:03	12:05	11:57	11:32	6:42 min/km
303	1736	Griemsmann Stephanie	*Köln	1:11:34	1984	W30	56	1:14:50	13:15	12:23	11:09	13:00	12:04	09:42	6:42 min/km
304	43	Simon Anja	*Erfstadt	1:11:36	1968	W45	44	1:13:18	12:13	12:19	11:53	11:43	12:25	11:01	6:42 min/km
305	429	Vaissière Maryse	*Paris	1:11:57	1987	W30	57	1:15:20	12:44	12:19	12:30	12:23	11:55	10:03	6:44 min/km
306	1386	Mathieu Mylčne	#runningwithasloth	1:11:57	1984	W30	58	1:16:04	12:21	12:40	12:13	12:27	11:41	10:32	6:44 min/km
307	428	Pestel Hélične	*Bonn	1:11:57	1987	W30	59	1:15:20	12:45	12:19	12:30	12:23	11:55	10:03	6:44 min/km
308	1100	Garnefeld Jana	*Dormagen	1:12:04	1981	W35	44	1:15:59	12:46	12:32	12:13	12:08	11:41	10:41	6:45 min/km
309	467	Kreinberg Cilly	Sportteufelchen Bad	1:12:06	1959	W55	13	1:14:05	11:38	11:25	12:05	12:20	12:52	11:44	6:45 min/km
310	450	Schmitz Iris	*Leverkusen	1:12:07	1969	W45	45	1:15:03	11:53	11:59	11:43	12:03	12:08	12:18	6:45 min/km
311	2121	Arellano Vasquez Patricia	Mapuche Libre	1:12:07	1982	W35	45	1:15:34	12:48	12:20	11:20	12:32	12:30	10:34	6:45 min/km
312	1800	Farsi Yasmin	*Bochum	1:12:08	1988	WHK	82	1:15:07	12:57	11:21	11:35	12:44	12:02	11:27	6:45 min/km
313	1603	Junker Lara	*Hürth	1:12:13	1996	WHK	83	1:12:56	12:02	12:11	13:08	12:39	11:20	10:52	6:46 min/km
314	1860	Hellenkamp Ute	*Köln	1:12:19	1989	WHK	84	1:13:42	11:56	11:15	11:25	12:21	12:24	12:56	6:46 min/km
315	1865	Kirchholtes Marla	*Köln	1:12:23	2004	WU14	2	1:13:31	12:13	11:09	11:58	11:38	13:53	11:30	6:47 min/km
316	1805	Schönenberg Daniela	Mit-Links	1:12:29	1987	W30	60	1:13:20	11:18	11:03	11:07	11:44	12:35	14:40	6:47 min/km
317	2108	Bonni Sabine	Team Supermaus	1:12:46	1963	W50	21	1:14:19	11:49	11:42	11:32	12:30	13:16	11:56	6:49 min/km
318	1238	Huwer Janine	*Köln	1:12:53	1988	WHK	85	1:16:09	11:31	11:09	11:05	11:03	11:36	16:27	6:50 min/km
319	425	Linden Angelina	*53840	1:12:58	1994	WHK	86	1:15:10	11:56	12:18	12:14	12:07	12:22	11:58	6:50 min/km
320	1823	Stokem Heike	*Roetgen	1:13:07	1971	W45	46	1:15:28	12:43	12:06	12:03	11:59	12:18	11:55	6:51 min/km
321	1832	Tüschenbönner Sandy	*Much	1:13:22	1974	W40	37	1:14:48	13:07	12:32	12:27	12:04	12:08	11:00	6:52 min/km
322	1720	Schwadorf Hilde	Sportverein Sparkasse	1:13:23	1960	W55	14	1:17:05	12:18	11:59	11:58	12:52	12:14	11:59	6:52 min/km
323	479	Heckelei Sabine	*Bornheim	1:13:23	1966	W50	22	1:15:18	12:24	12:19	12:18	12:19	12:18	11:44	6:52 min/km
324	494	Welter Heidi	BSG Rheinpark e. V. Köln	1:13:30	1964	W50	23	1:17:14	11:37	11:41	11:31	11:31	15:22	11:46	6:53 min/km
325	239	Wagner Regina	WAGWASKES	1:13:31	1979	W35	46	1:17:09	11:30	11:57	12:13	12:25	12:36	12:47	6:53 min/km
326	970	Schmitz Stefanie	BUD Wilmes	1:13:36	1983	W30	61	1:16:47	11:54	12:03	11:58	12:40	12:31	12:26	6:54 min/km
327	1114	Meyer Annika	--E.U.L.E.--	1:13:36	1987	W30	62	1:16:48	11:54	12:04	12:02	12:38	12:29	12:27	6:54 min/km
328	815	Oetter Kerstin	Lessenicher Zebras	1:13:42	1972	W45	47	1:13:48	10:40	12:50	12:30	12:51	12:55	11:55	6:54 min/km
329	180	Nießen Daniela	BKZ	1:13:43	1969	W45	48	1:17:30	12:15	12:16	12:18	12:21	12:14	12:17	6:54 min/km
330	1778	Bönisch Andrea	*Köln	1:13:45	1977	W40	38	1:17:38	12:35	11:55	12:36	13:15	13:33	09:48	6:54 min/km
331	818	Bakir Gülay	Lessenicher Zebras	1:13:45	1975	W40	39	1:13:48	10:48	12:56	12:33	12:38	12:51	11:56	6:54 min/km
332	1347	Bladt Ute	*Overath	1:13:47	1967	W50	24	1:17:13	12:35	12:09	12:16	12:18	12:21	12:05	6:55 min/km
333	819	Nichau Sabine	Lessenicher Zebras	1:13:50	1973	W40	40	1:13:50	10:51	12:56	12:33	12:39	12:52	11:56	6:55 min/km
334	1766	Puschmann Nicole	*Lindlar	1:13:52	1981	W35	47	1:17:11	12:45	12:14	12:08	12:15	12:23	12:03	6:55 min/km
335	1254	Wester Andrea	*Köln	1:13:59	1983	W30	63	1:15:56	12:01	12:23	12:30	12:45	12:44	11:34	6:56 min/km
336	1283	Lenzen Inga	*Köln	1:14:10	1989	WHK	87	1:15:16	11:44	11:38	12:58	12:17	12:49	12:42	6:57 min/km
337	1621	Riehle Anke	*Bergisch Gladbach	1:14:10	1968	W45	49	1:18:21	12:12	12:13	12:18	12:30	12:30	12:23	6:57 min/km
338	162	Walbrodt Lisa	*Köln	1:14:14	1980	W35	48	1:15:26	12:11	11:55	12:13	12:44	12:58	12:11	6:57 min/km

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339	161	Bartsch Britta	*Köln	1:14:14	1973	W40	41	1:15:26	12:12	11:55	12:13	12:43	12:58	12:10	6:57 min/km
340	1541	Köhler Ursula	*Köln	1:14:16	1965	W50	25	1:14:38	09:55	09:48	10:02	10:27	10:55	23:07	6:57 min/km
341	335	Schmitz Claudia	*Bergisch Gladbach	1:14:18	1975	W40	42	1:17:41	12:04	12:16	12:21	12:45	12:26	12:24	6:57 min/km
342	333	Faßbender Anita	*Bergisch Gladbach	1:14:18	1973	W40	43	1:17:40	12:03	12:17	12:20	12:45	12:26	12:24	6:57 min/km
343	1980	Pacholczyk Frau Katja	REWE Group	1:14:19	1994	WHK	88	1:15:56	12:25	12:21	12:30	12:21	12:50	11:50	6:58 min/km
344	751	Seibel Birgit	Die 3 Stooges	1:14:22	1982	W35	49	1:14:31	11:58	12:50	13:33	13:50	14:18	07:51	6:58 min/km
345	981	Farrenschon Nicole	*Köln	1:14:24	1988	WHK	89	1:18:53	12:15	12:39	12:27	12:30	12:35	11:55	6:58 min/km
346	802	Kowolik Ann-Kathrin	*Köln	1:14:25	1987	W30	64	1:18:53	12:15	12:39	12:24	12:29	12:40	11:55	6:58 min/km
347	288	Marquadsen Gesa	*Karlsruhe	1:14:43	1972	W45	50	1:17:44	12:38	12:40	12:36	12:42	12:11	11:53	6:60 min/km
348	5	Okon Kathrin	Team MMP	1:14:59	1973	W40	44	1:18:52	10:52	10:27	10:33	12:49	15:37	14:39	7:01 min/km
349	1706	Krings Rebecca	*Alfter	1:15:05	1979	W35	50	1:18:57	12:23	10:47	12:33	14:15	12:39	12:25	7:02 min/km
350	1707	Brückner Corina	*Alfter	1:15:05	1984	W30	65	1:18:57	12:23	10:48	12:32	14:17	12:38	12:25	7:02 min/km
351	1702	May Daniela	*Hürth	1:15:13	1978	W35	51	1:17:43	12:11	12:14	12:16	13:01	12:41	12:46	7:03 min/km
352	540	Nabbefeld Birgit	*Königswinter	1:15:16	1980	W35	52	1:18:07	11:56	12:01	12:02	13:03	13:06	13:07	7:03 min/km
353	76	Lussem Marion	*Kerpen	1:15:18	1971	W45	51	1:19:19	12:49	12:36	12:31	12:37	12:37	12:06	7:03 min/km
354	622	Makalowski Jennifer	*Köln	1:15:33	1983	W30	66	1:19:03	12:51	12:58	12:55	12:56	12:48	11:03	7:04 min/km
355	621	Liebrecht Valérie	*Köln	1:16:15	1983	W30	67	1:19:46	12:51	12:57	12:55	12:54	12:44	11:51	7:08 min/km
356	1393	Semsch Denise	*Leverkusen	1:16:26	1977	W40	45	1:18:20	12:07	12:13	12:21	13:11	13:27	13:05	7:09 min/km
357	1301	Pielka Brita	*Rees-Haldern	1:16:28	1971	W45	52	1:20:03	12:32	12:54	12:53	12:59	12:53	12:15	7:10 min/km
358	562	Illgen Jolene	*Brühl	1:16:29	1988	WHK	90	1:20:26	11:52	12:23	12:52	13:15	13:20	12:44	7:10 min/km
359	649	Wagner Elisabeth	Waldläufer	1:16:30	1949	W65	2	1:16:59	12:11	12:45	12:57	13:02	13:04	12:28	7:10 min/km
360	480	Durst Donata	*Refrath	1:16:42	2008	WU10	1	1:17:14	11:34	12:02	13:20	13:09	13:12	13:21	7:11 min/km
361	645	Noirhomme Julia	*Brühl	1:16:46	1963	W50	26	1:17:32	11:51	12:20	12:50	12:55	13:19	13:29	7:11 min/km
362	302	Schlösser Corinna	*Niederkassel	1:17:07	1991	WHK	91	1:17:25	12:38	12:50	13:02	13:09	13:05	12:20	7:13 min/km
363	303	Schasse Sarah	*Köln	1:17:09	1991	WHK	92	1:17:26	12:39	12:51	13:02	13:09	13:06	12:20	7:13 min/km
364	2185	Nickel Svenja	Turtles	1:17:17	1978	W35	53	1:21:23	12:36	13:11	12:47	13:06	12:42	12:53	7:14 min/km
365	881	Krause Carina	CaPiRi	1:17:18	1981	W35	54	1:21:01	13:12	13:17	13:47	13:57	13:19	09:42	7:14 min/km
366	1930	Schödel Verena	Carglass	1:17:20	1973	W40	46	1:20:00	12:05	12:16	12:48	13:16	13:36	13:16	7:14 min/km
367	1019	Heimann Ursula	*Bonn	1:17:27	1978	W35	55	1:18:10	11:47	11:11	12:48	12:44	16:55	11:59	7:15 min/km
368	1047	Hampel Martina	Wadersloher Duo	1:17:28	1978	W35	56	1:18:11	11:47	11:11	12:47	12:43	16:55	12:01	7:15 min/km
369	1310	Holtermann Anja	*Leverkusen	1:17:29	1970	W45	53	1:19:24	11:48	11:36	12:48	14:15	14:26	12:32	7:15 min/km
370	1875	Neise Kimi-Sue	Food Runner	1:17:30	1987	W30	68	1:20:18	13:11	12:50	12:31	13:06	13:16	12:33	7:15 min/km
371	1721	Reimann-Junker Sonja	Food-Runners	1:17:31	1976	W40	47	1:20:18	13:10	12:51	12:31	13:06	13:16	12:34	7:16 min/km
372	1693	Becker Melanie	*Köln	1:17:31	1987	W30	69	1:21:45	12:51	14:15	12:21	12:59	13:13	11:50	7:16 min/km
373	1705	Schranz Anja	*Köln	1:17:56	1994	WHK	93	1:19:12	11:51	12:46	12:59	13:29	13:32	13:16	7:18 min/km
374	305	Friedrichs Anna	*Niederkassel	1:18:04	1991	WHK	94	1:18:20	13:01	12:31	13:01	13:09	13:05	13:14	7:19 min/km
375	1263	Thier Jana	*Bonn	1:18:05	1998	WU20	3	1:19:09	13:11	13:39	13:32	13:21	13:09	11:11	7:19 min/km
376	270	Heuckeroth Elke	*Brühl	1:18:09	1970	W45	54	1:19:55	11:56	12:13	13:05	12:31	14:25	13:57	7:19 min/km
377	273	Natt Alice	*Hürth	1:18:10	1966	W50	27	1:19:55	11:56	12:13	13:04	12:31	14:25	13:57	7:19 min/km
378	401	Terstegge Friedel	*Bonn	1:18:31	1988	WHK	95	1:20:10	12:16	13:01	13:13	13:48	13:16	12:54	7:21 min/km
379	2167	Leers Birte	*Köln	1:18:33	1988	WHK	96	1:20:11	12:17	13:01	13:23	13:37	13:17	12:55	7:21 min/km
380	2143	Geus Sonja	*Niederkassel	1:19:00	2002	WU16	3	1:22:05	12:03	12:03	12:18	18:57	12:35	11:01	7:24 min/km
381	768	Degenhardt Lena	*Bonn	1:19:18	1986	W30	70	1:21:14	12:42	13:15	13:33	13:40	13:36	12:29	7:26 min/km
382	1343	Müller Nadine	Bierfreunde	1:19:22	1981	W35	57	1:22:19	13:52	14:22	14:20	14:41	11:22	10:42	7:26 min/km
383	883	Marigliano Rina	CaPiRi	1:19:23	1984	W30	71	1:23:05	13:13	13:18	13:47	13:58	13:19	11:46	7:26 min/km
384	1336	Geveler-Barros Valquiria	*Siegburg	1:19:24	1971	W45	55	1:22:20	13:53	14:22	14:20	14:41	11:22	10:43	7:26 min/km
385	714	Erdmann Petra	*Leverkusen	1:19:36	1963	W50	28	1:21:43	12:53	13:11	12:51	13:33	14:29	12:36	7:27 min/km
386	1563	Müller Melanie	*Eitorf	1:20:20	1990	WHK	97	1:23:52	12:45	12:14	12:04	14:08	16:34	12:33	7:31 min/km
387	1562	Quadt Katrin	*Eitorf	1:20:20	1987	W30	72	1:23:52	12:44	12:14	12:04	14:07	16:34	12:33	7:31 min/km
388	160	Schwamborn Simone	*Overath	1:20:24	1969	W45	56	1:20:39	10:23	11:07	12:59	14:41	16:02	15:10	7:32 min/km
389	280	Jänicke Ute-Angelika	*Köln	1:20:27	1953	W60	3	1:22:17	12:53	12:58	13:04	15:01	14:25	12:02	7:32 min/km
390	2268	Bluhm Biggi		1:20:29	0	W	0	1:21:19	12:44	12:39	13:27	14:18	13:49	13:29	7:32 min/km
391	42	Jung Nathalie	Der Donut muss weg	1:20:29	1992	WHK	98	1:21:18	12:46	12:38	13:26	14:18	13:49	13:29	7:32 min/km
392	623	Zielinski Bozena	Zolwik	1:20:35	1990	WHK	99	1:22:11	11:56	12:52	13:23	15:11	14:09	13:03	7:33 min/km
393	1326	Esser Ulrike	Fledermaus	1:21:13	1958	W55	15	1:21:27	13:18	13:34	13:16	13:45	13:58	13:19	7:36 min/km
394	882	Marigliano Giuseppina	CaPiRi	1:21:53	1984	W30	73	1:25:36	13:13	13:17	13:50	14:17	14:04	13:11	7:40 min/km
395	39	Jacobs Juliane	*Rheinbreitbach	1:21:56	1981	W35	58	1:23:02	12:19	13:22	14:14	14:18	14:09	13:31	7:40 min/km

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396	312	Vogel Jolin	Fysio Frings	1:22:51	1986	W30	74	1:23:01	13:19	13:38	14:03	14:17	14:23	13:09	7:45 min/km
397	1967	Stöbe Frau Sabrina	NetCologne	1:23:08	1980	W35	59	1:23:48	13:03	13:45	13:59	14:34	14:11	13:35	7:47 min/km
398	1126	Stadler Kirsten	*Köln	1:23:21	1991	WHK	100	1:26:16	13:44	14:53	14:47	13:21	13:32	13:02	7:48 min/km
399	1125	Bohr Anna	*Köln	1:23:21	1988	WHK	101	1:26:16	13:45	14:53	14:47	13:20	13:31	13:03	7:48 min/km
400	304	Erberich Romina	*Niederkassel	1:23:30	1991	WHK	102	1:23:46	13:07	14:01	13:59	14:11	14:21	13:48	7:49 min/km
401	532	Keck Marisa	*Köln	1:25:09	1980	W35	60	1:28:36	13:22	13:55	13:45	15:06	14:48	14:12	7:58 min/km
402	1970	Castellano Frau Nadja	REWE Group	1:25:12	1982	W35	61	1:26:11	13:34	14:19	14:17	14:30	14:51	13:39	7:59 min/km
403	1364	Werner Hanna	*Leverkusen	1:25:31	2004	WU14	3	1:27:22	10:59	10:36	10:29	10:50	10:58	31:37	8:00 min/km
404	2176	Emara Jennifer	2 Fast 2 Frustrated	1:25:34	1989	WHK	103	1:28:37	12:25	14:21	14:25	14:50	15:08	14:23	8:01 min/km
405	1080	Link Claudia	Mit-Links	1:25:53	1973	W40	48	1:26:39	11:45	12:24	17:59	19:37	13:04	11:02	8:02 min/km
406	241	Kessler Ira	WAGWASKES	1:28:06	1980	W35	62	1:31:46	13:10	13:24	14:28	15:57	16:55	14:09	8:15 min/km
407	410	Henseler Lea	*Bonn	1:30:41	1990	WHK	104	1:30:56	13:20	14:37	15:28	16:14	16:14	14:47	8:30 min/km
408	1215	Bieker Melanie	*Köln	1:30:42	1979	W35	63	1:30:56	13:20	14:37	15:28	16:14	16:14	14:47	8:30 min/km