

Kölner Zoolauf am 14. Juli 2017 - 3 Runden - 4.99km

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2399	Fenich Mohamad		0:25:23	1957 M60	1	0:25:23	07:31 08:54 08:56	4:43 min/km
2	1095	Krumbach Stefan	TV Derichsweiler	0:27:01	1971 M45	1	0:27:12	08:50 09:21 08:49	5:01 min/km
3	1169	Rauch Thomas	Franco-Allemand	0:27:24	1964 M50	1	0:28:01	09:38 09:15 08:29	5:05 min/km
4	782	Hendrix Uli	*Köln	0:27:27	1965 M50	2	0:30:56	10:11 08:50 08:26	5:06 min/km
5	2192	Wunderlich Alexander	*Köln	0:28:06	1994 MHK	1	0:29:36	09:54 09:21 08:51	5:13 min/km
6	2197	Jonas Patrick	Spec Attack	0:28:17	1989 MHK	2	0:32:28	10:01 09:33 08:42	5:15 min/km
7	1897	Engert Rudinho	Carglass	0:28:29	1973 M40	1	0:30:52	09:55 09:24 09:09	5:17 min/km
8	1586	Schulz Rüdiger	*Bergneustadt	0:28:32	1968 M45	2	0:32:44	09:02 09:37 09:52	5:18 min/km
9	628	Böffgen Jörg	*Köln	0:29:21	1970 M45	3	0:31:34	10:13 09:43 09:23	5:27 min/km
10	117	Zepp Maximilian	Magic Max	0:29:38	2004 MU14	1	0:32:20	10:31 09:42 09:24	5:30 min/km
11	290	Höppner Jan	*Hürth	0:29:41	1978 M35	1	0:32:41	10:07 09:44 09:49	5:30 min/km
12	1608	Dömmecke Andreas	*Köln	0:30:21	1963 M50	3	0:32:38	10:33 10:05 09:41	5:38 min/km
13	90	Bender Frank	*Siegburg	0:30:24	1968 M45	4	0:33:07	10:50 09:42 09:51	5:39 min/km
14	455	Hamacher Konrad	*Aachen	0:30:35	2008 MU10	1	0:34:32	11:38 09:43 09:13	5:41 min/km
15	2189	Wolff Marcel	TV Altendorf-Ersdorf	0:30:46	1979 M35	2	0:31:28	10:19 10:05 10:21	5:43 min/km
16	1537	Hoffmann Michael	*Schwetzingen	0:31:12	1966 M50	4	0:32:02	10:29 10:24 10:18	5:47 min/km
17	116	Pavlovic Milan	Magic Max	0:31:17	1965 M50	5	0:34:00	11:29 10:20 09:27	5:48 min/km
18	421	Olbert Markus	LT. Hennef/Sieg	0:31:22	1961 M55	1	0:34:22	10:32 10:27 10:22	5:49 min/km
19	2053	Ayyad Nadim	*Köln	0:31:43	1987 M30	1	0:32:38	10:39 10:43 10:20	5:53 min/km
20	565	Thiele Klaus	*Adenau	0:31:53	1962 M55	2	0:35:43	10:02 10:41 11:09	5:55 min/km
21	629	Seidl Heinz	*Köln	0:31:58	1970 M45	5	0:34:10	11:00 10:33 10:24	5:56 min/km
22	1023	Flock Thomas	*Köln	0:32:05	1971 M45	6	0:33:56	12:21 10:05 09:38	5:57 min/km
23	179	Nießen Dr. Gero	BKZ	0:32:11	1969 M45	7	0:35:52	10:40 10:46 10:44	5:58 min/km
24	2341	Wiese Michael		0:32:12	1967 M50	6	0:32:13	10:14 11:05 10:51	5:58 min/km
25	2342	Hoenen Thorsten		0:32:13	1975 M40	2	0:32:15	10:15 11:05 10:53	5:59 min/km
26	756	Zander Dr. Sven	*Hamburg	0:32:26	1981 M35	3	0:36:46	12:02 11:33 08:49	6:01 min/km
27	1399	Wischnewski Waldemar	*Bergheim	0:32:27	1953 M60	2	0:34:11	11:24 10:52 10:10	6:01 min/km
28	1884	Roller Sebastian		0:32:41	2000 MU18	1	0:33:18	11:32 11:05 10:04	6:04 min/km
29	1927	Schellen Christian	Carglass	0:32:56	1986 M30	2	0:35:36	16:19 15:10 01:26	6:07 min/km
30	1822	Wollny Mathis	*Aachen	0:33:40	2004 MU14	2	0:36:00	09:57 09:39 14:02	6:15 min/km
31	677	Ranke Max	*Köln	0:33:40	2001 MU18	2	0:38:13	11:22 11:27 10:50	6:15 min/km
32	372	Horn Jürgen	*Overath	0:33:49	1956 M60	3	0:37:34	11:43 10:56 11:09	6:17 min/km
33	1673	Behrend Jörg	Lauffreunde	0:33:56	1974 M40	3	0:37:05	11:25 11:21 11:10	6:18 min/km
34	1680	Boetselaars Mike	*Pulheim	0:34:22	1968 M45	8	0:35:36	11:34 11:24 11:23	6:23 min/km
35	2284	Heinemeyer Alexander		0:34:39	1986 M30	3	0:35:27	11:06 11:45 11:46	6:26 min/km
36	849	Roth Steffen	*Frechen	0:34:39	1970 M45	9	0:37:44	12:19 11:30 10:49	6:26 min/km
37	896	König Michael	BSG Lülldorf e.V.	0:35:05	1965 M50	7	0:35:31	11:23 11:53 11:47	6:31 min/km
38	1552	Krone Christian	*Köln	0:35:08	1958 M55	3	0:36:35	11:51 11:33 11:43	6:31 min/km
39	2141	Feige Manfred	Cologne Allblacks	0:35:44	1947 M70	1	0:38:22	12:40 11:53 11:10	6:38 min/km
40	472	Beelitz Christian	Brausebären	0:36:07	1981 M35	4	0:38:59	11:19 13:01 11:46	6:42 min/km
41	93	Weber Jan	*Köln	0:36:13	1978 M35	5	0:37:49	11:59 11:39 12:33	6:43 min/km
42	543	Patt Dominik	*Bonn	0:36:22	1987 M30	4	0:37:59	11:35 12:04 12:42	6:45 min/km
43	2154	Grimm Stefan	*Bergheim	0:36:25	1979 M35	6	0:38:23	11:36 11:43 13:05	6:45 min/km
44	183	Pford Johannes	BKZ	0:36:37	2004 MU14	3	0:40:15	12:22 12:09 12:06	6:48 min/km
45	2055	Bergner Hans Peter	Laufftreff Saarla Mühle	0:36:39	1949 M65	1	0:39:52	12:10 12:21 12:07	6:48 min/km
46	1820	Stanzel Clemens	*Aachen	0:36:41	1963 M50	8	0:39:01	12:43 12:09 11:48	6:48 min/km
47	129	Wertenbruch Tim	*Niederkassel	0:36:55	1985 M30	5	0:40:00	12:10 12:00 12:44	6:51 min/km
48	902	Pick Sascha	BSG Lülldorf e.V.	0:37:16	1975 M40	4	0:37:55	12:57 12:57 11:22	6:55 min/km
49	176	Schiffer Tobias	BKZ	0:37:26	2000 MU18	3	0:41:09	12:18 15:59 09:07	6:57 min/km
50	865	Benneker Bernd	Veni Vidi Colonia	0:37:48	1973 M40	5	0:42:06	11:50 12:16 13:41	7:01 min/km
51	1791	Brehm Hendrik	*Köln	0:38:03	1980 M35	7	0:41:17	13:00 12:37 12:25	7:04 min/km
52	283	Szymczak Dieter	Schimmis	0:38:04	1975 M40	6	0:41:49	12:48 12:51 12:24	7:04 min/km
53	284	Kukli Christian	Schimmis	0:38:05	1980 M35	8	0:41:50	12:48 12:51 12:25	7:04 min/km

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54	1924	Rauch Jörg	Carglass	0:38:07	1954 M60	4	0:40:47	12:01 11:58 14:07	7:04 min/km
55	2005	Nowicki Patryk	Kreissparkasse Köln	0:38:21	1985 M30	6	0:42:11	12:46 13:38 11:56	7:07 min/km
56	1501	Schäfer Björn	*Kerpen	0:39:11	1982 M35	9	0:41:57	13:08 12:35 13:27	7:16 min/km
57	530	Loreck Armin	NEW Runners, MGladbach	0:39:53	1963 M50	9	0:41:14	11:42 10:54 17:17	7:24 min/km
58	1360	Hassel Moritz	LiMoLuKr	0:40:18	2008 MU10	2	0:43:05	14:05 13:11 13:01	7:29 min/km
59	879	Moog Denis	*Bonn	0:40:36	1976 M40	7	0:41:08	12:42 13:36 14:18	7:32 min/km
60	2130	Neureiter Franco	*Köln	0:42:04	1972 M45	10	0:45:59	13:09 15:39 13:16	7:48 min/km
61	435	Hamacher Ralf	*Bad Münstereifel	0:42:46	1932 M80	1	0:46:44	14:10 14:17 14:18	7:56 min/km
62	1167	Petit Hans	Franco-Allemand	0:43:20	2007 MU12	1	0:45:46	10:08 11:59 21:11	8:02 min/km
63	1135	Omphalius Gregor	Banana13	0:43:21	1965 M50	10	0:45:37	14:12 13:21 15:48	8:03 min/km
64	1486	Schürmann Martin	*Moormerland	0:45:13	1960 M55	4	0:47:34	14:26 15:29 15:18	8:24 min/km
65	195	Tietze Jürgen	*Gummersbach	0:46:30	1948 M65	2	0:47:40	15:07 15:45 15:37	8:38 min/km
66	822	Siebertz Thomas	*Bergisch Gladbach	0:47:14	1968 M45	11	0:50:27	13:25 13:03 20:45	8:46 min/km
67	1003	Scheumer Jens	*Leverkusen	0:51:50	1971 M45	12	0:54:47	14:20 15:15 22:14	9:37 min/km
68	746	Stanuschewski Werner	wellness studio la beaute	0:57:29	1953 M60	5	1:02:03	17:22 19:19 20:47	10:40 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	886	Liedtke Manuela	*Stelle	0:25:21	1978 W35	1	0:25:36	07:50 08:42 08:49	4:42 min/km
2	1976	Tünneßen Frau Lisa	REWE Group	0:26:45	1987 W30	1	0:26:49	08:29 09:01 09:15	4:58 min/km
3	955	Nicolini Andrea	BSG DEVK	0:27:14	1968 W45	1	0:30:48	09:22 08:59 08:52	5:03 min/km
4	1149	Schmidt Stephanie	*Leverkusen	0:27:55	1987 W30	2	0:28:07	09:10 09:30 09:14	5:11 min/km
5	2394	Hein Carmen	*Leverkusen	0:28:09	1989 WHK	1	0:28:22	09:09 09:30 09:28	5:13 min/km
6	1922	Polat Yildiz	Carglass	0:28:22	1975 W40	1	0:30:55	09:16 09:00 10:05	5:16 min/km
7	1233	Fuchs Heike	*Pulheim	0:28:49	1975 W40	2	0:33:17	10:00 09:36 09:12	5:21 min/km
8	1442	Wienecke Ruth	*Bergheim	0:28:50	1971 W45	2	0:33:17	10:00 09:36 09:13	5:21 min/km
9	1726	Rotarius Hanna	Die Schildkrötschen	0:29:10	1984 W30	3	0:31:13	10:18 09:44 09:07	5:25 min/km
10	954	Hungenberg Sandra	Flitzbienen	0:29:19	1975 W40	3	0:32:53	09:57 09:38 09:43	5:26 min/km
11	110	Steinbock Kerstin	*Köln	0:29:24	1982 W35	2	0:30:29	09:52 09:26 10:04	5:27 min/km
12	2211	Haviar Georgina	*Köln	0:29:29	1995 WHK	2	0:30:58	10:13 09:42 09:33	5:28 min/km
13	389	Krevel Janine	*Köln	0:29:40	1975 W40	4	0:30:42	10:08 10:01 09:30	5:30 min/km
14	1921	Nikula Anna	Carglass	0:29:44	1984 W30	4	0:30:38	09:38 10:11 09:54	5:31 min/km
15	2231	Hangen Hanne	*Köln	0:30:06	1978 W35	3	0:33:34	09:58 09:58 10:09	5:35 min/km
16	868	Haberstroh Stefanie	*Köln	0:30:19	1989 WHK	3	0:30:27	09:03 10:00 11:15	5:38 min/km
17	1724	Klein Sabine	*Bergisch Gladbach	0:30:37	1981 W35	4	0:30:45	09:22 10:31 10:44	5:41 min/km
18	229	Bartz Gudrun	Freche Früchtchen	0:30:48	1967 W50	1	0:32:04	10:15 10:24 10:08	5:43 min/km
19	630	Seidl Andrea	*Köln	0:30:58	1970 W45	3	0:33:10	10:45 10:14 09:58	5:45 min/km
20	2289	Piecowski Sabine	Central-team.de	0:31:22	1970 W45	4	0:35:24	10:46 10:31 10:03	5:49 min/km
21	243	Thienel Sonja	*Köln	0:31:39	1983 W30	5	0:34:31	10:59 10:30 10:09	5:52 min/km
22	423	Olbert Lea	*Hennef	0:31:48	2000 WU18	1	0:34:49	11:12 10:34 10:00	5:54 min/km
23	918	Wiegard Annika	*Gummersbach	0:31:58	1979 W35	5	0:36:12	11:11 10:40 10:06	5:56 min/km
24	1919	Nachtwey Wiebke	Carglass	0:32:08	1971 W45	5	0:34:38	10:25 10:49 10:53	5:58 min/km
25	581	Michels Alexia	*Köln	0:32:11	1976 W40	5	0:35:30	11:31 11:13 09:25	5:58 min/km
26	823	Münzberg Maren	*Köln	0:32:14	1974 W40	6	0:35:32	11:32 11:13 09:28	5:59 min/km
27	2002	Herber Sylvia	Uniklinik Köln	0:32:15	1972 W45	6	0:34:15	10:46 10:55 10:33	5:59 min/km
28	22	Deeke Alja-Louisa	*Köln	0:32:22	1994 WHK	4	0:32:37	10:11 11:03 11:07	6:00 min/km
29	1398	Wischniewski Lea	*Bergheim	0:32:26	2000 WU18	2	0:34:13	11:22 10:50 10:12	6:01 min/km
30	585	Bremke Stephanie	*Köln	0:32:26	1970 W45	7	0:35:45	11:30 11:00 09:56	6:01 min/km
31	2332	Müller Claudia		0:32:43	1985 W30	6	0:35:03	11:40 11:10 09:52	6:04 min/km
32	545	Hebbinghaus Anna	*Köln	0:32:43	1984 W30	7	0:36:46	11:30 11:02 10:10	6:04 min/km
33	1916	Lohse Nadine	Carglass	0:32:56	1981 W35	6	0:35:37	16:19 15:09 01:27	6:07 min/km
34	145	Frechen Swenja	*Troisdorf	0:33:11	1996 WHK	5	0:34:28	12:00 11:00 10:11	6:09 min/km
35	146	Frechen Alina	*Troisdorf	0:33:12	1995 WHK	6	0:34:29	12:00 11:00 10:11	6:10 min/km
36	2269	Grande Stephanie		0:33:27	1967 W50	2	0:33:30	11:02 11:24 11:00	6:12 min/km
37	104	Koch Sabrina	*Köln	0:33:43	1986 W30	8	0:37:35	11:23 11:14 11:05	6:15 min/km
38	469	Süß Alina	LT Saaler Mühle	0:33:44	2000 WU18	3	0:35:31	10:53 11:22 11:29	6:16 min/km
39	538	Eidens Birte	*Köln	0:33:52	1981 W35	7	0:37:20	11:41 11:15 10:55	6:17 min/km
40	2242	Yu Daniela	*Huerth	0:34:03	1994 WHK	7	0:35:32	10:52 12:02 11:08	6:19 min/km
41	925	Mehrens Maren	*Erkelenz	0:34:10	1984 W30	9	0:35:23	11:24 11:17 11:28	6:20 min/km
42	89	Bender Gaby	Yuma	0:34:11	1969 W45	8	0:36:54	11:36 11:30 11:04	6:21 min/km
43	721	Kelm Manuela	*Köln	0:34:13	1971 W45	9	0:35:29	11:49 11:22 11:01	6:21 min/km
44	594	Hültzbeck Michaela	QuadratlatschEn unterwegs	0:34:17	1968 W45	10	0:38:03	11:24 11:47 11:05	6:22 min/km
45	1873	Sebastian Emily	*Köln	0:34:20	2004 WU14	1	0:34:49	10:50 13:05 10:24	6:22 min/km
46	1872	Weigner Leonie	*Köln	0:34:20	1994 WHK	8	0:34:49	10:51 13:05 10:23	6:22 min/km
47	1679	Breitmoser Melanie	*Pulheim	0:34:22	1976 W40	7	0:35:36	11:34 11:25 11:23	6:23 min/km
48	1264	Konrad Claudia	*Leichlingen	0:34:50	1963 W50	3	0:35:44	11:47 11:35 11:27	6:28 min/km
49	2038	Albrecht Anja	Team MMP	0:35:08	1995 WHK	9	0:37:11	10:32 11:36 12:59	6:31 min/km
50	2282	Ludewig Roxanne		0:35:16	1992 WHK	10	0:36:05	11:13 11:38 12:24	6:33 min/km
51	1882	Mettler Sandra		0:35:21	1971 W45	11	0:35:57	11:32 11:56 11:51	6:34 min/km
52	2093	Gerner Jessica	*Köln	0:35:22	1987 W30	10	0:36:47	11:59 11:46 11:36	6:34 min/km
53	1258	Weiß Lisa	Running Girls	0:35:23	1992 WHK	11	0:35:45	11:54 11:50 11:38	6:34 min/km

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54	1801	Müller Eva	*Radevormwald	0:35:23	1990 WHK	12	0:35:45	11:54	11:50	11:38	6:34 min/km
55	652	Hippchen Natalie	*Bergisch Gladbach	0:35:23	1988 WHK	13	0:39:49	11:37	11:51	11:54	6:34 min/km
56	1447	Hombach Susanne	*Köln	0:35:26	1961 W55	1	0:36:13	11:52	11:50	11:43	6:34 min/km
57	1391	Sirin Zeynep	*Dortmund	0:35:33	1989 WHK	14	0:38:32	12:58	11:21	11:14	6:36 min/km
58	1756	Bührend Pia	*Iserlohn	0:35:36	1995 WHK	15	0:36:09	11:40	12:14	11:42	6:36 min/km
59	1176	Stricker Myria	Myriaden	0:35:41	1980 W35	8	0:36:45	11:30	11:38	12:32	6:37 min/km
60	12	Hombach Sabrina	*Köln	0:35:47	1986 W30	11	0:36:52	12:25	11:48	11:33	6:38 min/km
61	1607	Dömmecke Monika	*Köln	0:35:50	1963 W50	4	0:38:08	12:19	12:35	10:55	6:39 min/km
62	1746	Schaps Dorothy	*Köln	0:35:55	1984 W30	12	0:39:29	11:53	12:04	11:56	6:40 min/km
63	318	Ewert Heike	*Köln	0:35:55	1986 W30	13	0:40:06	12:07	12:11	11:36	6:40 min/km
64	1955	Kroppenstedt-Krützen	NetCologne	0:36:05	1973 W40	8	0:36:45	11:58	12:13	11:53	6:42 min/km
65	473	Peters Julia	Brausebären	0:36:06	1983 W30	14	0:38:57	11:19	13:01	11:44	6:42 min/km
66	870	Kutsche Andrea	*Köln	0:36:10	1983 W30	15	0:40:12	11:49	12:07	12:13	6:43 min/km
67	542	Nußbaum Sabrina	*Bonn	0:36:23	1991 WHK	16	0:37:58	11:36	12:05	12:41	6:45 min/km
68	1420	Nigro-Jordans Ornella	*Köln	0:36:36	1967 W50	5	0:37:00	11:55	12:28	12:13	6:48 min/km
69	888	Schlingensief Eva	absolutanzbar	0:36:38	1950 W65	1	0:38:39	12:20	12:27	11:50	6:48 min/km
70	850	Fath Julia	*Frechen	0:36:38	1970 W45	12	0:39:44	12:40	12:30	11:27	6:48 min/km
71	947	Eckhardt Jana	*Troisdorf	0:36:39	1981 W35	9	0:37:51	12:26	12:25	11:47	6:48 min/km
72	1140	Merks Elisa		0:36:48	2007 WU12	1	0:41:11	12:29	13:00	11:18	6:50 min/km
73	1454	Weißhaar Stephanie	*Erfstadt	0:36:48	1979 W35	10	0:41:11	12:29	13:00	11:18	6:50 min/km
74	983	Werner Stefanie	happyfeet	0:36:49	1991 WHK	17	0:38:32	12:18	12:14	12:16	6:50 min/km
75	1138	Christen Maike	HappyFeet	0:36:51	1990 WHK	18	0:38:32	12:19	12:14	12:16	6:50 min/km
76	274	Titzkus Bianca	*Schwalmtal	0:36:51	1973 W40	9	0:39:28	12:25	12:34	11:50	6:50 min/km
77	191	Leisten Vera	*Köln	0:36:58	1984 W30	16	0:41:07	12:27	12:14	12:16	6:52 min/km
78	386	Plieger Monica	Pliegersieger	0:36:59	1955 W60	1	0:41:17	12:09	12:39	12:10	6:52 min/km
79	659	Moritz Ute	*Köln	0:37:03	1970 W45	13	0:37:28	11:51	12:38	12:33	6:52 min/km
80	2401	Heinz Brigitte	WDR - aktiv	0:37:13	1964 W50	6	0:40:47	12:38	12:30	12:04	6:54 min/km
81	646	Klein Mone	Läufer mit Herz	0:37:15	1972 W45	14	0:37:47	11:58	12:43	12:33	6:55 min/km
82	371	Horn Ulrike	*Overath	0:37:19	1957 W60	2	0:41:05	12:14	12:32	12:32	6:55 min/km
83	1401	Bommel Franziska	*Köln	0:37:20	1989 WHK	19	0:39:36	12:37	12:38	12:04	6:56 min/km
84	2265	Eberle Marie-Louise	*Köln	0:37:20	1987 W30	17	0:39:36	12:37	12:38	12:04	6:56 min/km
85	832	Dubbel Elke	*Köln	0:37:30	1967 W50	7	0:41:32	12:14	12:41	12:34	6:57 min/km
86	1937	Zepp Claudia	Carglass	0:37:34	1963 W50	8	0:40:21	12:36	12:49	12:07	6:58 min/km
87	1836	Kaas Milana	*Köln	0:37:44	2004 WU14	2	0:41:33	11:48	12:57	12:58	7:00 min/km
88	504	Schäfer Simone	Laufhase	0:37:47	1973 W40	10	0:39:49	12:44	12:17	12:44	7:01 min/km
89	1894	Cordes Andrea	Carglass	0:37:58	1984 W30	18	0:40:25	10:43	10:57	16:18	7:03 min/km
90	1316	Arndt Brigitte	*Darmstadt	0:38:03	1955 W60	3	0:41:36	12:30	12:28	13:04	7:04 min/km
91	1790	King Laura	*Köln	0:38:04	1984 W30	19	0:41:17	13:01	12:37	12:25	7:04 min/km
92	1935	Woelki Alica	Carglass	0:38:07	1987 W30	20	0:40:47	12:02	11:58	14:06	7:04 min/km
93	1926	Rutkowski Myriam	Carglass	0:38:08	1972 W45	15	0:40:36	12:29	13:07	12:30	7:05 min/km
94	1340	Nelles Ramona	*Kerpen	0:38:10	1983 W30	21	0:42:09	12:50	12:38	12:41	7:05 min/km
95	2067	Scianek Paulina	Legia	0:38:13	2004 WU14	3	0:38:44	13:03	12:44	12:25	7:06 min/km
96	2266	Scianek Beata	Legia	0:38:15	1986 W30	22	0:38:46	13:03	12:44	12:27	7:06 min/km
97	1193	Khelifi Birgit	Engelchen und Bengelchen	0:38:15	1963 W50	9	0:40:04	12:28	12:59	12:47	7:06 min/km
98	1187	Werner Claudia	happyfeet	0:38:17	1963 W50	10	0:40:00	12:19	12:58	12:59	7:06 min/km
99	1998	Schneller Frau Carolin		0:38:20	1989 WHK	20	0:42:10	12:46	13:39	11:55	7:07 min/km
100	1672	Behrend Sandra	Lauffreunde	0:38:28	1975 W40	11	0:41:37	12:23	12:58	13:06	7:08 min/km
101	2370	Güldner Sophie		0:38:33	1997 WHK	21	0:39:53	11:37	13:36	13:19	7:09 min/km
102	1232	Jasper Judith	*Köln	0:38:34	1975 W40	12	0:42:05	12:38	12:55	13:00	7:09 min/km
103	1334	Weyer Mareike	*Weilerswist	0:38:43	1979 W35	11	0:40:07	12:13	12:32	13:56	7:11 min/km
104	766	Pütz Monika	*Köln	0:38:44	1962 W55	2	0:38:52	12:04	13:10	13:29	7:11 min/km
105	1692	Münch Nicole	*K erpen	0:39:05	1977 W40	13	0:39:48	12:05	12:32	14:27	7:15 min/km
106	648	Oster Marianne	Waldläufer	0:39:14	1964 W50	11	0:39:45	12:09	13:12	13:53	7:17 min/km
107	1269	Zillger Yvonne	*Köln	0:39:19	1984 W30	23	0:43:22	11:43	12:40	14:55	7:18 min/km
108	686	Hagedorn Tanja	Tanne4life	0:39:30	1979 W35	12	0:41:15	13:06	13:20	13:03	7:20 min/km
109	552	Basner Ellen	NEW Runners	0:39:46	1972 W45	16	0:41:12	12:19	12:44	14:42	7:23 min/km
110	529	Christiane Loreck	NEW Runners MGladbach	0:39:51	1969 W45	17	0:41:14	12:22	12:44	14:43	7:24 min/km

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111	570	Hofmann Renate	*Köln	0:39:54	1954 W60	4	0:42:02	12:03	12:40	15:09	7:24 min/km
112	1958	Menges Sandra	NetCologne	0:40:06	0 WHK	22	0:40:45	12:09	14:00	13:56	7:27 min/km
113	1643	Lützenkirchen Alexandra	*Leverkusen	0:40:10	1976 W40	14	0:41:10	13:34	13:12	13:24	7:27 min/km
114	1974	Just Frau Sonja	REWE Group	0:40:12	1982 W35	13	0:41:19	12:31	13:33	14:06	7:28 min/km
115	185	Schopen Ute	*Aachen	0:40:26	1963 W50	12	0:44:40	13:49	13:28	13:08	7:30 min/km
116	197	Schopen Laura	*Herzogenrath	0:40:27	1990 WHK	23	0:44:41	13:49	13:28	13:09	7:30 min/km
117	285	Schorsch Eva-Maria	*Köln	0:40:33	1966 W50	13	0:44:07	12:58	14:16	13:19	7:32 min/km
118	878	Sydorova Sveta	*Bonn	0:40:36	1985 W30	24	0:41:08	12:41	13:36	14:18	7:32 min/km
119	2001	Brumm Helena	Uniklinik Köln	0:41:00	1975 W40	15	0:43:02	12:23	13:25	15:11	7:36 min/km
120	2003	Damm Barbara	Uniklinik Köln	0:41:00	1961 W55	3	0:43:02	12:23	13:25	15:11	7:37 min/km
121	1641	Schubert Sophia	Team der Geselligen	0:41:01	1990 WHK	24	0:41:07	12:40	14:24	13:56	7:37 min/km
122	1792	Beßler Jutta	*Köln	0:41:35	1970 W45	18	0:44:51	13:16	14:38	13:40	7:43 min/km
123	1793	Eidam Christiane	*Köln	0:41:36	1971 W45	19	0:44:52	13:10	14:44	13:41	7:43 min/km
124	945	Nuß Lisa	*Siegburg	0:41:45	1982 W35	14	0:42:57	13:59	13:52	13:52	7:45 min/km
125	234	Hupperich Regina	Sportteufelchen e.V.	0:41:50	1966 W50	14	0:43:49	14:06	13:55	13:48	7:46 min/km
126	1843	Ödemis Gülfir	*Neuss	0:41:55	1976 W40	16	0:43:15	14:16	14:03	13:34	7:47 min/km
127	946	Löbach Sabrina	*Siegburg	0:41:57	1984 W30	25	0:43:09	13:59	13:52	14:05	7:47 min/km
128	588	Zak Danuta	*Köln	0:42:21	1957 W60	5	0:45:11	15:07	14:40	12:33	7:52 min/km
129	1183	Geuer Ulrike	Running Gag	0:42:22	1987 W30	26	0:43:09	14:51	14:00	13:31	7:52 min/km
130	370	Horn Lisa	*Overath	0:42:25	1986 W30	27	0:46:09	13:44	14:15	14:26	7:52 min/km
131	83	Zimmer Corinna	*Pulheim	0:42:27	1965 W50	15	0:42:56	12:50	15:29	14:07	7:53 min/km
132	1986	Steven Frau Julia	REWE Group	0:42:28	1989 WHK	25	0:42:52	12:49	12:43	16:55	7:53 min/km
133	1597	Heintz Ulrike	Mausbär	0:42:30	1989 WHK	26	0:42:53	12:50	12:44	16:55	7:53 min/km
134	1494	Junior Elke	*Burscheid	0:42:34	1967 W50	16	0:45:36	13:28	13:55	15:10	7:54 min/km
135	454	Helmdach Sandra	*Aachen	0:42:41	1971 W45	20	0:46:40	14:08	14:18	14:14	7:55 min/km
136	1899	Finke Doris	Carglass	0:42:45	1960 W55	4	0:45:19	14:04	14:18	14:23	7:56 min/km
137	1039	Pramann Susi	*Köln	0:42:53	1973 W40	17	0:44:19	13:33	14:28	14:51	7:58 min/km
138	1127	Tümmler Judith	*Kerpen	0:43:11	1989 WHK	27	0:46:07	13:44	14:54	14:32	8:01 min/km
139	1362	Hassel Lisa	LiMoLuKr	0:43:14	2002 WU16	1	0:46:00	14:27	14:18	14:27	8:01 min/km
140	1133	Omphalius Melanie	Banana13	0:43:22	1973 W40	18	0:45:37	14:11	13:20	15:50	8:03 min/km
141	1912	Köhler Manuela	Carglass	0:43:23	1981 W35	15	0:45:52	12:58	14:52	15:32	8:03 min/km
142	1069	Fehlow Natascha	*Bergheim	0:43:24	1978 W35	16	0:44:22	14:21	14:53	14:09	8:03 min/km
143	106	Bialas Monika	*Köln	0:43:26	1984 W30	28	0:47:18	13:05	14:53	15:27	8:04 min/km
144	213	Hauptmann Jessica	Team Geno	0:43:28	1989 WHK	28	0:45:16	12:41	15:57	14:49	8:04 min/km
145	216	Loser Christin	Team Geno	0:43:28	1988 WHK	29	0:45:16	12:42	15:57	14:48	8:04 min/km
146	291	Höppner Maja	*Hürth	0:44:48	1967 W50	17	0:47:49	14:50	15:03	14:54	8:19 min/km
147	286	Hoegen Astrid	*Pulheim	0:44:51	1980 W35	17	0:46:12	13:28	15:32	15:50	8:19 min/km
148	1600	Lammel Ariane	LT Saaler Mühle	0:45:24	2004 WU14	4	0:49:28	13:02	15:02	17:19	8:26 min/km
149	716	Küster Viviana	*Leverkusen	0:45:33	1998 WU20	1	0:47:42	13:50	15:26	16:16	8:27 min/km
150	173	Gebhardt Isabelle	*Sankt Augustin	0:46:52	1991 WHK	30	0:49:20	11:47	12:20	22:44	8:42 min/km
151	1218	Frank Alexandra	Frank	0:47:13	1973 W40	19	0:50:28	12:10	11:57	23:05	8:46 min/km
152	1853	Yadav Sharon	*Köln	0:48:22	1976 W40	20	0:51:59	15:43	16:03	16:35	8:59 min/km
153	108	Engelfried Dagmar	Yuma	0:48:33	1964 W50	18	0:51:17	15:35	16:26	16:31	9:01 min/km
154	1682	Bornmann Christa	Manuela Dicken	0:49:00	1958 W55	5	0:49:23	14:01	15:33	19:26	9:06 min/km
155	1265	Linz Frauke	*Leichlingen	0:50:08	1963 W50	19	0:51:04	15:59	16:59	17:10	9:18 min/km
156	1358	Gerhard Lara	*Köln	0:50:15	2007 WU12	2	0:52:39	15:36	17:33	17:04	9:19 min/km
157	833	Wagner Irmgard	*Gummersbach	0:50:21	1959 W55	6	0:54:36	15:29	16:14	18:37	9:21 min/km
158	387	Plieger Daggi	Pliegersieger	0:50:22	1990 WHK	31	0:54:39	15:36	17:35	17:11	9:21 min/km
159	791	Borkenhagen Regina	DGUV Team	0:50:27	1958 W55	7	0:52:58	16:45	14:38	19:02	9:22 min/km
160	790	Pelz Marianne	DGUV Team	0:50:27	1954 W60	6	0:52:58	16:43	14:42	19:02	9:22 min/km
161	786	Birska Sylwia	*Bonn	0:50:28	1978 W35	18	0:52:59	16:45	14:38	19:04	9:22 min/km
162	2083	Schwarz Josephine	*Wiehl	0:51:28	1992 WHK	32	0:55:45	14:42	18:24	18:21	9:33 min/km
163	2081	Salley-Ohl Sabrina	*Nümbrecht	0:51:31	1987 W30	29	0:55:48	14:43	18:24	18:23	9:34 min/km
164	1891	Brantner Michaela	Carglass	0:51:43	1960 W55	8	0:54:20	17:43	17:34	16:25	9:36 min/km
165	572	Krinmer Margit	*Düsseldorf	0:55:15	1986 W30	30	0:57:50	17:57	20:11	17:06	10:15 min/km
166	571	Hilgenböcker Kirsten	*Köln	0:55:16	1980 W35	19	0:57:51	17:57	20:11	17:07	10:15 min/km
167	1002	Siwec Joanna	*Hagen	0:56:27	1975 W40	21	0:58:00	17:28	17:55	21:03	10:28 min/km

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168	1001	Recker Jutta	*Lüdinghausen	0:56:28	1965	W50	20	0:58:01	17:28	17:56	21:03	10:29 min/km
169	544	Türke Uta	*Grevenbroich	0:56:46	1962	W55	9	1:01:17	17:19	18:51	20:35	10:32 min/km
170	1098	Tupp Ute	*Grevenbroich	0:56:47	1958	W55	10	1:01:19	17:19	18:51	20:37	10:32 min/km
171	745	Böhmer-Stanuschewski	wellness studio la beaute	0:57:27	1962	W55	11	1:02:01	17:23	19:28	20:35	10:40 min/km
172	2276	Ruhl Kirsten	Ruhl	1:02:33	1977	W40	22	1:05:07	11:05	15:51	35:37	11:36 min/km
173	1592	Mutmann Stefanie	*Dortmund	1:13:47	1973	W40	23	1:16:55	24:09	23:37	26:00	13:41 min/km
174	1365	Toppel Ricarda	*Odenthal	1:21:37	1987	W30	31	1:26:10	11:37	12:34	57:24	15:09 min/km