

Kölner Frühlingslauf am 18.03.2018

10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1687	König Jochen		0:42:58	1972 M45	1	0:42:59	13:30 * 14:16 * 15:11	4:18 min/km
2	1562	Brenneisen Frank	Läuferherz	0:43:37	1978 M40	1	0:44:00	14:20 * 14:16 * 15:00	4:22 min/km
3	1351	Osterhaus-Pasche	Run BKK	0:44:22	1977 M40	2	0:44:40	14:22 * 14:27 * 15:33	4:26 min/km
4	836	Hoff Alexander	*Köln	0:45:20	1981 M35	1	0:45:31	15:06 * 14:40 * 15:34	4:32 min/km
5	1411	Abassi Kian	THC Hürth	0:45:56	2005 MU14	1	0:46:05	21:07 * 01:42 * 23:06	4:36 min/km
6	1535	Strohschein Robert	*Rostock	0:46:02	1994 MHK	1	0:46:03	14:24 * 15:23 * 16:13	4:36 min/km
7	743	Dürnnagel Stefan	*Köln	0:46:31	1980 M35	2	0:47:24	15:28 * 15:23 * 15:39	4:39 min/km
8	1669	Schulze Roberg Michael	HC Cologne Kangaroos	0:46:39	1982 M35	3	0:47:42	15:17 * 15:21 * 16:01	4:40 min/km
9	910	Lehre Tobias	*Köln	0:46:41	1988 M30	1	0:46:45	14:47 * 15:31 * 16:22	4:40 min/km
10	713	Carbonneaux Thomas	*Köln	0:46:48	1985 M30	2	0:48:44	17:03 * 14:38 * 15:06	4:41 min/km
11	1203	Thurwach Rüdiger	Elektro Thurwach GmbH	0:47:22	1957 M60	1	0:47:22	15:30 * 15:26 * 16:25	4:44 min/km
12	1437	Schröder Alex	UPS	0:47:29	1983 M35	4	0:48:36	15:18 * 15:31 * 16:39	4:45 min/km
13	887	Klute Martin	*Waltrop	0:47:54	1964 M50	1	0:48:20	16:05 * 15:35 * 16:12	4:47 min/km
14	1204	Praß Thomas	FC Deutsche Post	0:48:33	1971 M45	2	0:49:14	16:00 * 15:52 * 16:40	4:51 min/km
15	1222	Schmidt Achim	FV	0:48:45	1965 M50	2	0:50:13	16:58 * 15:48 * 15:58	4:53 min/km
16	1578	Zur Nieden Jan	WSV	0:48:47	2001 MU18	1	0:49:04	16:24 * 16:16 * 16:06	4:53 min/km
17	933	Menges Ben	*Königsdorf	0:48:55	1984 M30	3	0:49:40	16:31 * 15:31 * 16:52	4:54 min/km
18	1584	Weiß Matthias	BSG KVB	0:48:56	1970 M45	3	0:50:36	17:02 * 16:06 * 15:48	4:54 min/km
19	1658	Krychowski Ralf	Oldtimer-am-Rhein.de	0:49:07	1969 M45	4	0:49:45	16:03 * 16:10 * 16:53	4:55 min/km
20	1657	Sutor Christian	Oldtimer-am-Rhein.de	0:49:08	1962 M55	1	0:49:46	16:03 * 16:11 * 16:53	4:55 min/km
21	927	Marmann Frank	*Köln	0:49:14	1984 M30	4	0:49:30	16:13 * 16:20 * 16:40	4:55 min/km
22	832	Henseler Thomas	*Bornheim	0:49:17	1985 M30	5	0:49:31	16:09 * 16:10 * 16:57	4:56 min/km
23	1590	Schmeck Finn	Decathlon	0:49:17	1996 MHK	2	0:49:31	16:08 * 16:01 * 17:07	4:56 min/km
24	845	Howind Mario	*Düsseldorf	0:49:23	1991 MHK	3	0:49:49	16:51 * 16:04 * 16:26	4:56 min/km
25	1001	Rödding Constantin	*Köln	0:49:31	2006 MU14	2	0:49:32	16:13 * 17:15 * 16:02	4:57 min/km
26	1576	Cramer Mathias	Worringer Zähne Running	0:49:37	1969 M45	5	0:49:39	15:54 * 16:22 * 17:19	4:58 min/km
27	731	Dick Nicolas	*Köln	0:50:00	1990 MHK	4	0:50:07	16:24 * 16:22 * 17:13	5:00 min/km
28	946	Mußenbrock Jörg	*Köln	0:50:04	1976 M40	3	0:50:14	16:47 * 16:23 * 16:54	5:00 min/km
29	957	Nolte Matthias	*Köln	0:50:15	1976 M40	4	0:50:17	15:33 * 16:59 * 17:42	5:02 min/km
30	1049	Seuthe Andreas	*Duisburg	0:50:16	1966 M50	3	0:50:24	16:16 * 16:36 * 17:24	5:02 min/km
31	943	Müller Hans-Peter	*Hürth	0:50:23	1961 M55	2	0:50:29	16:17 * 16:34 * 17:31	5:02 min/km
32	773	Foin Frédéric	*Köln	0:50:27	1984 M30	6	0:52:24	17:01 * 16:18 * 17:07	5:03 min/km
33	1219	Loynes Mark	FV	0:50:31	1970 M45	6	0:52:00	17:43 * 16:23 * 16:24	5:03 min/km
34	1076	Timm Jörg	*Euskirchen	0:50:41	1975 M40	5	0:52:04	18:02 * 16:03 * 16:36	5:04 min/km
35	809	Morawek Sven	*Köln	0:50:48	1977 M40	6	0:51:51	17:39 * 16:15 * 16:54	5:05 min/km
36	732	Dieck Michael	*Siegburg	0:50:50	1971 M45	7	0:51:15	16:52 * 16:25 * 17:32	5:05 min/km
37	1082	Van der Veen Dirk	*Dormagen	0:50:55	1976 M40	7	0:51:16	16:31 * 16:31 * 17:52	5:06 min/km
38	989	Reinhardt Joachim	*Koeln	0:50:56	1969 M45	8	0:51:38	16:56 * 16:57 * 17:02	5:06 min/km
39	680	Behrends Philip	*Köln	0:50:59	1971 M45	9	0:52:17	17:07 * 16:28 * 17:23	5:06 min/km
40	1217	Kloska Daniel	FV	0:51:03	1996 MHK	5	0:52:31	16:51 * 16:49 * 17:22	5:06 min/km
41	1624	Faßbender Meik	Party Läufer	0:51:06	1978 M40	8	0:52:10	17:22 * 16:43 * 17:01	5:07 min/km
42	866	Karoui Anis	*Baesweiler	0:51:19	1977 M40	9	0:51:45	15:44 * 16:46 * 18:48	5:08 min/km
43	1174	Clemens Tobias	BUTLERS	0:51:29	1983 M35	5	0:51:45	16:37 * 16:37 * 18:15	5:09 min/km
44	1330	Lode Mario	Lode Runners	0:51:33	1974 M40	10	0:51:34	16:07 * 17:11 * 18:13	5:09 min/km
45	1190	Schumann Stefan	BUTLERS	0:51:39	1964 M50	4	0:51:53	16:56 * 16:59 * 17:42	5:10 min/km
46	920	Lukoschek André	*Düsseldorf	0:51:50	1974 M40	11	0:52:33	16:41 * 17:06 * 18:02	5:11 min/km
47	1268	Rödding Justus	Hans-Christian-Andersen	0:51:52	2007 MU12	1	0:51:53	16:13 * 17:15 * 18:23	5:11 min/km
48	740	Doose Bodo	*koeln	0:51:54	1971 M45	10	0:52:01	16:42 * 16:22 * 18:48	5:11 min/km
49	796	Gerber Robert	*Koeln	0:51:54	2008 MU12	2	0:52:01	16:43 * 16:22 * 18:48	5:11 min/km
50	1211	Marek Waldemar	Für Hürth	0:52:02	1974 M40	12	0:52:08	16:04 * 17:10 * 18:47	5:12 min/km
51	1011	Salomon Martin		0:52:14	1982 M35	6	0:52:41	16:54 * 17:08 * 18:10	5:13 min/km
52	1626	Kerwien Raphael	Party Läufer	0:52:15	1982 M35	7	0:53:19	17:24 * 17:11 * 17:39	5:14 min/km
53	1245	Schlack Thorsten	Gothaer	0:52:25	1973 M45	11	0:53:30	17:53 * 17:02 * 17:29	5:15 min/km
54	817	Hanses Thorsten		0:52:29	1985 M30	7	0:52:55	16:55 * 17:08 * 18:24	5:15 min/km
55	1675	Steinbach Dieter		0:52:29	1954 M60	2	0:53:11	17:08 * 17:10 * 18:10	5:15 min/km
56	1039	Schuppan Dr. Jesko	*Köln	0:52:30	1974 M40	13	0:52:33	16:57 * 17:17 * 18:15	5:15 min/km
57	1374	Hunstock Dennis	Speck&Run	0:52:30	1982 M35	8	0:52:42	17:12 * 17:27 * 17:51	5:15 min/km

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58	1080	Ulber Benjamin	*Köln	0:52:31	1990 MHK	6	0:53:50	17:08 *	17:29 *	17:54	5:15 min/km
59	1027	Schmitz Horst	*Rösrath	0:52:33	1966 M50	5	0:53:36	18:39 *	17:28 *	16:25	5:15 min/km
60	757	Engel Ralph	*Köln	0:52:39	1969 M45	12	0:54:14	18:05 *	17:01 *	17:32	5:16 min/km
61	723	Cuntz Sebastian	*Köln	0:52:41	1991 MHK	7	0:53:14	16:39 *	17:26 *	18:35	5:16 min/km
62	958	Noske Frank	*Köln	0:52:42	1976 M40	14	0:52:53	16:57 *	17:39 *	18:05	5:16 min/km
63	1488	Königstein Vincent	*Köln	0:52:50	2000 MU20	1	0:54:17	18:25 *	16:58 *	17:26	5:17 min/km
64	700	Boll Sebastian	*Köln	0:52:51	1983 M35	9	0:53:45	17:34 *	17:01 *	18:15	5:17 min/km
65	456	Brings Daniel	*Köln	0:52:52	1979 M35	10	0:54:31	17:43 *	17:16 *	17:52	5:17 min/km
66	1671	Heiske Andreas		0:52:54	1955 M60	3	0:53:13	17:46 *	18:04 *	17:03	5:17 min/km
67	883	Klode Jan	*Köln	0:52:56	1981 M35	11	0:53:59	18:50 *	17:05 *	17:01	5:18 min/km
68	1375	Lindner Sven	SPECK&RUN	0:53:03	1984 M30	8	0:53:14	18:25 *	18:18 *	16:19	5:18 min/km
69	662	Altengarten Stephan W.	*Frechen	0:53:06	1970 M45	13	0:53:12	16:50 *	17:33 *	18:43	5:19 min/km
70	856	Johst Claus	*Köln	0:53:07	1971 M45	14	0:55:02	19:26 *	16:40 *	16:59	5:19 min/km
71	1589	Runkel Jonas	Decathlon	0:53:10	1994 MHK	8	0:53:27	17:35 *	17:43 *	17:52	5:19 min/km
72	1045	Seifert Sebastian	*Köln	0:53:17	1996 MHK	9	0:53:20	17:45 *	19:26 *	16:05	5:20 min/km
73	1571	Zabala Miguel	Trassenbande	0:53:25	1968 M50	6	0:53:58	17:45 *	17:23 *	18:16	5:21 min/km
74	1449	Auf dem Graben Peter	*Köln	0:53:31	1965 M50	7	0:55:14	18:12 *	17:41 *	17:37	5:21 min/km
75	703	Brandstetter Stefan	*Köln	0:53:33	1968 M50	8	0:54:49	17:53 *	17:29 *	18:10	5:21 min/km
76	1125	Zadow Uwe	*Lauterbach	0:53:40	1966 M50	9	0:54:44	18:40 *	17:27 *	17:32	5:22 min/km
77	1116	Wildermann Sven	*Köln	0:53:42	1991 MHK	10	0:54:42	18:00 *	17:51 *	17:51	5:22 min/km
78	1084	Velde Moritz	*Köln	0:53:44	2004 MU16	1	0:55:16	19:38 *	17:48 *	16:17	5:22 min/km
79	701	Bootz Julius	*Köln	0:53:51	1993 MHK	11	0:53:57	18:09 *	17:51 *	17:50	5:23 min/km
80	1058	Stangl Ulrich	*Kaarst	0:53:52	1957 M60	4	0:54:47	18:45 *	18:09 *	16:57	5:23 min/km
81	1542	Vargas Enrique	*Köln	0:53:54	1967 M50	10	0:53:59	17:03 *	18:08 *	18:42	5:23 min/km
82	821	Hartwig Franco		0:53:57	1983 M35	12	0:55:25	17:09 *	17:54 *	18:53	5:24 min/km
83	1114	Wierk Andreas		0:53:59	1967 M50	11	0:54:16	17:49 *	17:38 *	18:31	5:24 min/km
84	1105	Weiß Micha	*Köln	0:54:02	1976 M40	15	0:54:06	17:27 *	17:52 *	18:42	5:24 min/km
85	1475	Gerhard Rolf	*Köln	0:54:08	1979 M35	13	0:55:23	18:00 *	17:54 *	18:13	5:25 min/km
86	1686	Starek Dani	LC Weilerswist	0:54:10	1976 M40	16	0:55:19	17:51 *	17:42 *	18:36	5:25 min/km
87	1246	Vogel Christoph	Gothaer	0:54:14	1997 MHK	12	0:54:17	17:26 *	18:13 *	18:34	5:25 min/km
88	951	Niehus Matthew	*Koeln	0:54:23	1991 MHK	13	0:55:04	19:05 *	17:29 *	17:48	5:26 min/km
89	1469	Fischer Sascha	*Köln	0:54:28	1987 M30	9	0:55:44	20:10 *	16:52 *	17:25	5:27 min/km
90	1071	Thomas Andre	*Köln (Sürth)	0:54:35	1985 M30	10	0:54:52	17:36 *	17:45 *	19:13	5:28 min/km
91	1031	Schneider Frederik	*Köln	0:54:43	1987 M30	11	0:55:56	18:39 *	17:52 *	18:11	5:28 min/km
92	1433	Holstein Thomas	UPS	0:54:45	1961 M55	3	0:55:55	18:34 *	17:44 *	18:26	5:29 min/km
93	869	Kaulartz Pascal	*Simmerath	0:54:56	1983 M35	14	0:55:54	17:59 *	18:09 *	18:47	5:30 min/km
94	730	Dia Simon	*Köln	0:54:58	1983 M35	15	0:57:04	18:21 *	17:59 *	18:36	5:30 min/km
95	1518	Reho Antonio	*Frechen	0:55:02	1970 M45	15	0:56:06	18:30 *	17:55 *	18:36	5:30 min/km
96	1019	Schleyer Dominik	*Frechen	0:55:03	1994 MHK	14	0:56:36	21:17 *	16:36 *	17:09	5:30 min/km
97	1312	Ewert Stefan	KSK Köln	0:55:08	1977 M40	17	0:56:40	18:35 *	17:56 *	18:36	5:31 min/km
98	1306	Folgmann Peter	Krombacher Brauerei	0:55:19	1945 M70	1	0:55:20	18:38 *	18:06 *	18:33	5:32 min/km
99	763	Ewert Dr. Roman	*Köln	0:55:27	1987 M30	12	0:56:36	18:43 *	17:54 *	18:49	5:33 min/km
100	782	Frossard David	*Köln	0:55:35	2007 MU12	3	0:56:34	17:20 *	18:20 *	19:54	5:34 min/km
101	944	Müller Jens	*Köln	0:55:35	1973 M45	16	0:55:58	17:54 *	18:11 *	19:29	5:34 min/km
102	1406	Odenthal Bastian	Team SPECK&RUN	0:55:35	1984 M30	13	0:55:46	18:26 *	18:18 *	18:51	5:34 min/km
103	1264	Kräker Julius	Hans-Christian-Andersen	0:55:36	2009 MU10	1	0:56:35	17:20 *	18:20 *	19:55	5:34 min/km
104	1573	Hand Leon	TV Blatzheim	0:55:37	1996 MHK	15	0:56:33	20:42 *	19:20 *	15:34	5:34 min/km
105	709	Brungs Stefan	*Köln	0:55:41	1982 M35	16	0:57:09	18:55 *	18:20 *	18:24	5:34 min/km
106	688	Berse Thomas	*Köln	0:55:48	1973 M45	17	0:57:09	18:50 *	18:11 *	18:47	5:35 min/km
107	524	Zotos Theodoros	*Bornheim	0:55:49	1977 M40	18	0:56:11	18:49 *	18:04 *	18:55	5:35 min/km
108	1623	Wiedemann Michael	Zarinfar GmbH	0:56:05	1968 M50	12	0:57:26	19:33 *	18:13 *	18:19	5:37 min/km
109	1061	Stöcker Sebastian	*Köln	0:56:14	1986 M30	14	0:57:31	19:32 *	17:56 *	18:45	5:37 min/km
110	1055	Spill Marco	*Köln	0:56:15	1977 M40	19	0:56:56	17:28 *	18:38 *	20:08	5:38 min/km
111	1340	Linke Thomas	ohne	0:56:18	1974 M40	20	0:57:10	19:19 *	18:03 *	18:55	5:38 min/km
112	1491	Lamsfuß Ulrich	*Köln	0:56:19	1952 M65	1	0:57:19	18:59 *	18:22 *	18:58	5:38 min/km
113	1193	Poloczek Christian	Central-Team	0:56:21	1975 M40	21	0:57:05	19:21 *	18:18 *	18:41	5:38 min/km
114	1194	Krauskopf Alexander	central-team.de	0:56:21	1973 M45	18	0:57:05	19:21 *	18:18 *	18:41	5:38 min/km
115	1007	Runkel Markus	*Bergneustadt	0:56:24	1973 M45	19	0:58:06	20:08 *	17:25 *	18:51	5:38 min/km
116	1092	Von Carlowitz Hans Peter	*Köln	0:56:25	1963 M55	4	0:58:06	20:10 *	17:38 *	18:36	5:39 min/km
117	1619	Bollmann Nils	Zarinfar GmbH	0:56:28	1985 M30	15	0:57:48	19:33 *	18:13 *	18:41	5:39 min/km
118	1221	Sauer Jens	FV	0:56:30	1971 M45	20	0:57:57	18:06 *	17:52 *	20:31	5:39 min/km

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119	1358	Bootz Andreas	Runner Boys	0:56:33	1958 M60	5	0:56:39	18:11 *	18:31 *	19:50	5:39 min/km
120	1377	Sehl Jürgen	Stiftung Wadentest	0:56:35	1968 M50	13	0:56:57	18:05 *	18:21 *	20:08	5:40 min/km
121	900	Krause Peter	*Frechen	0:56:35	1972 M45	21	0:57:39	19:40 *	17:56 *	18:58	5:40 min/km
122	1179	Gehrke Stefan	BUTLERS	0:56:40	1988 M30	16	0:56:48	18:34 *	19:09 *	18:56	5:40 min/km
123	1079	Twehues Markus	*Köln	0:56:40	1974 M40	22	0:57:28	19:06 *	18:54 *	18:39	5:40 min/km
124	1043	Scianna Vincenzo	*Düsseldorf	0:56:41	1996 MHK	16	0:57:36	19:23 *	18:34 *	18:43	5:40 min/km
125	1035	Schreier Dirk	*Köln	0:56:46	1970 M45	22	0:57:24	18:29 *	18:46 *	19:30	5:41 min/km
126	1510	Pfisterer Jörg	*Köln	0:56:50	1958 M60	6	0:57:46	18:44 *	18:20 *	19:45	5:41 min/km
127	1520	Römke Volker	*Köln	0:56:51	1967 M50	14	0:57:11	18:38 *	18:33 *	19:39	5:41 min/km
128	1691	Hemmersbach Christian		0:57:03	1969 M45	23	0:57:24	19:33 *	18:20 *	19:09	5:42 min/km
129	1622	Singh Daniel J.	Zarinfar GmbH	0:57:04	1986 M30	17	0:58:24	19:31 *	18:15 *	19:17	5:42 min/km
130	971	Peters Jens	*Bonn	0:57:05	1952 M65	2	0:58:46	18:16 *	19:07 *	19:41	5:43 min/km
131	1147	Kramer Christian	Anstel op Söck	0:57:10	1993 MHK	17	0:57:55	18:48 *	18:45 *	19:36	5:43 min/km
132	1454	Blumberg Basti	*Lindlar	0:57:10	1987 M30	18	0:58:36	20:30 *	17:50 *	18:49	5:43 min/km
133	702	Bootz Lara	*Köln	0:57:11	1991 MHK	18	0:57:17	18:58 *	18:49 *	19:23	5:43 min/km
134	1148	Kramer Norbert	Anstel op Söck	0:57:13	1964 M50	15	0:57:56	19:02 *	18:34 *	19:36	5:43 min/km
135	750	Eggers Sebastian	*Köln	0:57:14	1978 M40	23	1:00:14	18:22 *	19:41 *	19:10	5:43 min/km
136	963	Ottenhues Simon	*Köln	0:57:16	1985 M30	19	0:59:05	19:54 *	18:26 *	18:56	5:44 min/km
137	1145	Köppe Stefan	1.FC Köln	0:57:19	1985 M30	20	0:57:50	18:50 *	18:53 *	19:35	5:44 min/km
138	1216	Kierspel Fabian	FV	0:57:21	1989 MHK	19	0:58:51	19:35 *	18:33 *	19:12	5:44 min/km
139	1543	Völler Claus	*Köln	0:57:30	1969 M45	24	0:58:13	18:52 *	18:43 *	19:54	5:45 min/km
140	904	Kronsbein Günter	*Köln	0:57:37	1965 M50	16	0:58:27	19:01 *	19:12 *	19:23	5:46 min/km
141	865	Kamp Stefan	*Köln	0:57:53	1964 M50	17	0:59:02	19:36 *	18:53 *	19:24	5:47 min/km
142	1581	Heß Hans-Helmut	BSG KVB	0:58:01	1956 M60	7	0:59:41	19:21 *	18:46 *	19:53	5:48 min/km
143	864	Kammer Julian	*Köln	0:58:14	1992 MHK	20	0:59:06	19:43 *	19:08 *	19:22	5:49 min/km
144	945	Müller Jens	*Köln	0:58:21	1974 M40	24	0:59:57	19:40 *	19:04 *	19:36	5:50 min/km
145	1200	Kessler Thomas	DEG road runner	0:58:22	1955 M60	8	0:58:27	18:46 *	19:26 *	20:10	5:50 min/km
146	807	Gronck Dr. Peter	*Köln	0:58:23	1949 M65	3	0:58:42	19:20 *	18:56 *	20:05	5:50 min/km
147	1674	Wortmann Vincent		0:58:23	1998 MHK	21	0:58:42	19:30 *	18:59 *	19:53	5:50 min/km
148	1123	Wülker Michael	*Roetgen	0:58:24	1964 M50	18	0:58:50	19:58 *	19:33 *	18:53	5:50 min/km
149	1053	Solar David	*Köln	0:58:32	1977 M40	25	1:00:18	22:14 *	19:10 *	17:06	5:51 min/km
150	1392	Braun Thorsten	TC RW Oberdollendorf	0:58:39	1977 M40	26	0:58:48	19:21 *	19:15 *	20:02	5:52 min/km
151	1163	Hancock D P	Bell End	0:58:41	1974 M40	27	1:00:26	22:25 *	17:41 *	18:33	5:52 min/km
152	1181	Josten Wilhelm	BUTLERS	0:58:49	1965 M50	19	0:59:01	18:33 *	18:39 *	21:36	5:53 min/km
153	950	Neubauer Hartmut	*Köln	0:58:50	1957 M60	9	0:59:49	19:19 *	19:09 *	20:21	5:53 min/km
154	790	Gauger Benjamin	*Hürth	0:58:52	1981 M35	17	0:59:38	18:58 *	19:32 *	20:21	5:53 min/km
155	1552	Pahde Thomas	Basketball runs Marathon	0:58:59	1971 M45	25	1:00:23	19:19 *	19:20 *	20:19	5:54 min/km
156	1538	Trelenberg Prof. Dr. Jörg	*Hemer	0:59:09	1965 M50	20	0:59:12	19:17 *	19:42 *	20:09	5:55 min/km
157	1338	Meckert Philipp	NEWS	0:59:10	1972 M45	26	0:59:55	19:45 *	19:56 *	19:28	5:55 min/km
158	788	Gaudlitz Michael	*Emmendingen	0:59:11	1975 M40	28	1:00:45	20:07 *	19:15 *	19:48	5:55 min/km
159	1364	Wurda Werner	SC Fortuna Köln	0:59:11	1960 M55	5	1:01:11	19:57 *	19:21 *	19:53	5:55 min/km
160	1317	Starrenburg Franz	Lauffreunde	0:59:14	1975 M40	29	1:00:19	19:34 *	19:25 *	20:14	5:55 min/km
161	1102	Weber Hauke	*Köln	0:59:14	1974 M40	30	0:59:57	19:48 *	19:36 *	19:49	5:55 min/km
162	1516	Rademaker Florian	*Köln	0:59:25	1961 M55	6	0:59:54	19:24 *	19:09 *	20:52	5:57 min/km
163	741	Doose Linus	*Koeln	0:59:25	2008 MU12	4	0:59:33	18:21 *	20:46 *	20:17	5:57 min/km
164	645	DeVoogd Michael	Krüger Running Team	0:59:44	1963 M55	7	1:01:15	21:21 *	19:26 *	18:57	5:58 min/km
165	1165	Hess Bernd	born2run	0:59:45	1951 M65	4	1:00:19	20:00 *	19:26 *	20:18	5:59 min/km
166	843	Horn Michael	*Köln	0:59:45	1971 M45	27	1:00:53	20:00 *	19:41 *	20:03	5:59 min/km
167	1432	Hofmann Sebastian	UPS	0:59:49	1979 M35	18	1:00:55	19:59 *	18:47 *	21:02	5:59 min/km
168	1359	Bootz Thomas	Runner Boys	1:00:10	1955 M60	10	1:00:15	19:26 *	20:00 *	20:44	6:01 min/km
169	826	Heinsch Stefan	*Köln	1:00:10	1978 M40	31	1:00:57	18:58 *	19:56 *	21:15	6:01 min/km
170	1093	Von Dreden Tobias	*Köln	1:00:17	1988 M30	21	1:01:27	19:38 *	19:46 *	20:53	6:02 min/km
171	742	Dürnagel Markus	*Köln	1:00:28	1970 M45	28	1:01:21	18:56 *	19:32 *	21:59	6:03 min/km
172	1594	Raskin Bernhard	Gothaer	1:00:29	1955 M60	11	1:01:36	19:37 *	20:04 *	20:48	6:03 min/km
173	1091	Vogel Ulrich	*Köln	1:00:31	1980 M35	19	1:01:25	20:08 *	19:38 *	20:45	6:03 min/km
174	1321	Erdenberger Thomas	Laufschabe & Friends	1:00:45	1979 M35	20	1:01:09	19:26 *	19:51 *	21:26	6:05 min/km
175	677	Beckers Stefan	*Köln	1:00:54	1969 M45	29	1:01:13	18:43 *	20:01 *	22:09	6:05 min/km
176	840	Hollmann Alexander		1:00:56	1970 M45	30	1:02:25	20:15 *	19:39 *	21:01	6:06 min/km
177	794	Geppert Dr. Stefan	*Köln	1:00:57	1961 M55	8	1:02:21	21:14 *	19:37 *	20:06	6:06 min/km
178	908	Lange Michael	*Gummersbach	1:01:08	1961 M55	9	1:02:30	20:41 *	19:55 *	20:31	6:07 min/km
179	1550	Zur Nieden Jürgen	*Remscheid	1:01:34	1961 M55	10	1:02:32	20:27 *	19:42 *	21:25	6:09 min/km

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180	1241	Pleines Roland	Gothaer	1:01:38	1971 M45	31	1:02:26	22:02 *	19:35 *	19:59	6:10 min/km
181	1434	Kristensen Jacob	UPS	1:01:38	1977 M40	32	1:02:49	20:57 *	20:25 *	20:15	6:10 min/km
182	1429	Alba Boris	UPS	1:01:38	1978 M40	33	1:02:49	21:02 *	20:20 *	20:15	6:10 min/km
183	1436	Omar Sabry	UPS	1:01:56	1976 M40	34	1:03:08	21:04 *	20:43 *	20:08	6:12 min/km
184	1681	Brönneke Frank		1:01:59	1975 M40	35	1:03:05	21:29 *	20:11 *	20:18	6:12 min/km
185	1503	Nelle Leonce	*Köln	1:02:04	2008 MU12	5	1:03:50	18:53 *	20:34 *	22:36	6:12 min/km
186	1356	Rühle Magnus	Run of Colours	1:02:21	1985 M30	22	1:03:01	20:41 *	20:02 *	21:37	6:14 min/km
187	1487	Königstein Jurek	*Köln	1:02:22	1999 MU20	2	1:03:48	20:49 *	20:29 *	21:03	6:14 min/km
188	820	Hartmann-faaß Philipp	*Köln	1:02:22	1979 M35	21	1:02:40	21:55 *	20:24 *	20:02	6:14 min/km
189	1490	Kühn Timo	*Köln	1:02:28	1983 M35	22	1:04:11	21:21 *	20:38 *	20:28	6:15 min/km
190	1632	Chalupka Matthias		1:02:28	1983 M35	23	1:04:11	21:21 *	20:38 *	20:27	6:15 min/km
191	1684	Band Harald	Lokomotive Stadtwald	1:02:29	1962 M55	11	1:02:52	20:15 *	20:27 *	21:46	6:15 min/km
192	726	De Lorenzi Peter	*Köln	1:02:32	1968 M50	21	1:03:36	20:30 *	20:27 *	21:33	6:15 min/km
193	1339	Hüber Ralf	Ohne	1:02:45	1977 M40	36	1:03:39	20:48 *	20:48 *	21:09	6:17 min/km
194	1495	Ludwigs Alexander	*Pulheim	1:02:54	1967 M50	22	1:04:47	21:09 *	20:26 *	21:19	6:17 min/km
195	1085	Vemmer Lucas	*Köln	1:03:04	1995 MHK	22	1:04:02	21:17 *	20:17 *	21:30	6:18 min/km
196	1341	Putzke Dirk	Original Bootcamp	1:03:10	1971 M45	32	1:04:14	19:10 *	21:20 *	22:40	6:19 min/km
197	1465	Emami Dariusch	*Köln	1:03:16	1961 M55	12	1:05:03	21:58 *	20:48 *	20:29	6:20 min/km
198	1379	Hensen Axel	Sun Runners	1:03:24	1976 M40	37	1:03:24	21:15 *	20:26 *	21:42	6:20 min/km
199	1629	Becker Alex	Party Läufer	1:03:33	1988 M30	23	1:04:38	21:54 *	20:46 *	20:52	6:21 min/km
200	850	Jäger Julian	*Köln	1:03:42	1984 M30	24	1:05:06	22:08 *	21:10 *	20:24	6:22 min/km
201	1653	Rembor Max		1:03:47	1985 M30	25	1:04:57	19:43 *	22:00 *	22:04	6:23 min/km
202	1281	Koch Heinz	Hopp-Hopp-Höhenhaus	1:04:05	1968 M50	23	1:05:40	21:38 *	21:14 *	21:13	6:25 min/km
203	852	Jagodzinsky Thomas	*Pulheim	1:04:16	1979 M35	24	1:04:20	19:20 *	20:46 *	24:10	6:26 min/km
204	1153	Siep Alexander	ASV Köln	1:04:38	1969 M45	33	1:04:48	21:05 *	21:43 *	21:49	6:28 min/km
205	982	Rantze Heiko	*Köln	1:04:39	1975 M40	38	1:04:48	21:04 *	21:45 *	21:49	6:28 min/km
206	1072	Thomas Marcel	*Köln-Sürth	1:04:43	1993 MHK	23	1:04:58	25:50 *	18:28 *	20:24	6:28 min/km
207	1693	Meutgens Ralf	Lindenthal Köln	1:04:56	1963 M55	13	1:05:31	21:10 *	21:22 *	22:23	6:30 min/km
208	705	Braun Peter	*Bonn	1:05:03	1966 M50	24	1:05:57	21:23 *	21:31 *	22:08	6:30 min/km
209	1020	Schlieper Peter	*Köln	1:05:11	1945 M70	2	1:05:47	21:04 *	21:26 *	22:40	6:31 min/km
210	980	Pusch Peter	*Köln	1:05:17	1956 M60	12	1:07:07	21:32 *	22:21 *	21:22	6:32 min/km
211	1000	Rödding Adalbert	*Köln	1:05:24	1970 M45	34	1:05:25	21:03 *	21:47 *	22:33	6:32 min/km
212	1428	Birk Volker	uniquetraining	1:05:32	1949 M65	5	1:07:12	22:15 *	21:11 *	22:05	6:33 min/km
213	1528	Schneider Rocky	*Köln	1:05:35	1976 M40	39	1:06:14	22:11 *	20:55 *	22:28	6:34 min/km
214	1040	Schwabe Michael	*Dormagen	1:05:52	1969 M45	35	1:07:09	22:19 *	21:28 *	22:03	6:35 min/km
215	1250	Fels Torsten	Günther/Fels-Gang	1:05:54	1974 M40	40	1:06:51	22:21 *	21:26 *	22:06	6:35 min/km
216	507	Sanchez Manuel	*Köln	1:05:55	1963 M55	14	1:06:19	20:28 *	22:00 *	23:27	6:36 min/km
217	936	Meyer Dr. Rolf	*Köln	1:06:04	1957 M60	13	1:06:09	22:04 *	21:52 *	22:07	6:36 min/km
218	733	Dierlich Dr. Eckhard	*Köln	1:06:04	1948 M70	3	1:06:09	22:04 *	21:52 *	22:07	6:36 min/km
219	1357	Martens Jörn	Run of Colours	1:06:12	1962 M55	15	1:06:52	21:34 *	21:31 *	23:06	6:37 min/km
220	1206	Paulus Michael	FC Krosse Krabbe	1:06:25	1985 M30	26	1:08:06	22:22 *	21:34 *	22:28	6:39 min/km
221	804	Grabot Romain	*PULHEIM	1:06:58	1987 M30	27	1:08:55	22:25 *	22:00 *	22:33	6:42 min/km
222	1220	Puccio Salvatore	FV	1:07:06	1969 M45	36	1:08:36	21:14 *	22:17 *	23:35	6:43 min/km
223	878	Kirsch Stefan	*Köln	1:07:10	1986 M30	28	1:08:58	23:06 *	22:05 *	21:57	6:43 min/km
224	1127	Zander Dieter	*Köln	1:07:13	1983 M35	25	1:07:44	22:31 *	21:56 *	22:46	6:43 min/km
225	1242	Roscher Simon	Gothaer	1:07:18	2006 MU14	3	1:08:06	22:58 *	22:36 *	21:43	6:44 min/km
226	655	Agoston Karoly	*Köln	1:07:38	1983 M35	26	1:08:52	22:25 *	22:09 *	23:04	6:46 min/km
227	907	Lampe Sander	*Köln	1:07:54	2011 MU10	2	1:09:19	21:19 *	23:07 *	23:28	6:47 min/km
228	1209	Sagewka Stefan	Feuerwehrsportverein	1:08:04	1987 M30	29	1:09:17	22:30 *	22:20 *	23:12	6:48 min/km
229	1365	Hößl Stefan	SC Janus. Frontrunners	1:08:07	1980 M35	27	1:08:44	22:15 *	22:06 *	23:45	6:49 min/km
230	1497	Marx Andreas	*Köln	1:08:07	1979 M35	28	1:09:20	22:31 *	22:20 *	23:15	6:49 min/km
231	1314	Holz Gerd	Läufer mit Herz	1:08:09	1971 M45	37	1:09:22	23:37 *	21:46 *	22:45	6:49 min/km
232	1257	Breloer Noah	Hans-Christian-Andersen	1:09:03	2010 MU10	3	1:10:23	23:21 *	22:16 *	23:24	6:54 min/km
233	872	Keller Markus	*Vaals	1:09:08	1964 M50	25	1:10:53	23:06 *	22:05 *	23:56	6:55 min/km
234	919	Lüttin Oliver	*Köln	1:09:32	1966 M50	26	1:10:48	23:37 *	22:38 *	23:16	6:57 min/km
235	1290	Kallenberg Albert	Kein	1:09:40	1946 M70	4	1:11:32	23:11 *	22:28 *	24:00	6:58 min/km
236	1279	Lenzen Jürgen	Hobbyläufer	1:09:55	1984 M30	30	1:10:02	23:14 *	23:40 *	23:00	6:60 min/km
237	1533	Stockhausen Markus	*Köln	1:09:58	1988 M30	31	1:11:14	23:00 *	22:54 *	24:03	6:60 min/km
238	1272	Schondorff Antonius	Hans-Christian-Andersen	1:10:23	2010 MU10	4	1:10:23	20:54 *	24:54 *	24:34	7:02 min/km
239	886	Kluge Tobias	*Wuppertal	1:10:35	1985 M30	32	1:10:35	23:36 *	22:52 *	24:07	7:04 min/km
240	695	Boden Walter	*Köln	1:10:38	1952 M65	6	1:11:30	23:15 *	22:59 *	24:22	7:04 min/km

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241	1168	Nachsel Achim	Buckelwale	1:10:48	1955 M60	14	1:12:10	23:04 *	23:25 *	24:19	7:05 min/km
242	1621	Hinnerks Jens	Zarinfar GmbH	1:11:18	1967 M50	27	1:12:38	23:27 *	23:15 *	24:36	7:08 min/km
243	914	Liebertz Ralf	*Kerpen	1:12:45	1961 M55	16	1:13:36	23:09 *	23:54 *	25:42	7:17 min/km
244	1367	Seidel Marcel	Schmitz Fitness	1:13:00	1977 M40	41	1:14:08	23:35 *	23:36 *	25:48	7:18 min/km
245	1009	Rupar Reiner	*Krefeld	1:13:15	1970 M45	38	1:14:52	22:47 *	25:01 *	25:26	7:20 min/km
246	1451	Baum Jakob	*Köln	1:15:17	1960 M55	17	1:18:17	23:01 *	24:22 *	27:53	7:32 min/km
247	838	Hoffmann Peter	*Köln	1:15:31	1980 M35	29	1:16:54	23:26 *	23:56 *	28:08	7:33 min/km
248	1326	Schöffmann Dieter	Lesewelten	1:15:41	1953 M65	7	1:16:38	24:27 *	24:45 *	26:28	7:34 min/km
249	1416	Reiners Dominik	THC Hürth	1:21:57	2005 MU14	4	1:21:57	00:00 *	00:00 *	00:00	8:12 min/km

Kölner Frühlingslauf am 18.03.2018

10km Funlauf

Ergebnisliste Frauen

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1319	Stiller-Unruh Tabea	Laufmamalauf	0:44:36	1981 W35	1	0:45:03	14:22 * 14:34 * 15:39	4:28 min/km
2	1067	Theobald Mahena	*Overath	0:44:48	1972 W45	1	0:45:04	00:00 * 00:00 * 00:00	4:29 min/km
3	1419	Candan Monika	TS Frechen	0:44:58	1981 W35	2	0:45:01	14:32 * 14:51 * 15:33	4:30 min/km
4	1178	Ganßmann Julia	BUTLERS	0:47:40	1982 W35	3	0:47:44	15:43 * 15:39 * 16:17	4:46 min/km
5	969	Pesch Luisa	*köln	0:50:09	1991 WHK	1	0:50:27	16:28 * 16:22 * 17:18	5:01 min/km
6	1315	Frohn Sandra	Laufen gegen Leiden	0:50:33	1982 W35	4	0:50:55	16:40 * 16:29 * 17:24	5:03 min/km
7	682	Bender Dany	*Köln	0:50:35	1980 W35	5	0:50:39	16:23 * 16:44 * 17:27	5:04 min/km
8	816	Hand Stephanie	*Mechernich	0:50:45	1984 W30	1	0:51:34	17:03 * 16:39 * 17:02	5:05 min/km
9	1074	Tilgen Stefani	*Köln	0:50:58	1972 W45	2	0:52:17	17:06 * 16:28 * 17:23	5:06 min/km
10	1328	Schönborn Claudia	LG RWE Power	0:51:04	1969 W45	3	0:52:13	17:19 * 16:28 * 17:16	5:06 min/km
11	844	Horn Sylwia	*köln	0:51:26	1968 W50	1	0:52:30	17:28 * 16:29 * 17:28	5:09 min/km
12	1445	Podobinski Stephanie	VINCEROLA	0:51:55	1971 W45	4	0:52:43	17:21 * 16:55 * 17:38	5:12 min/km
13	1652	Loewenhaupt Tina		0:52:11	1975 W40	1	0:52:55	17:45 * 17:09 * 17:15	5:13 min/km
14	998	Rinow Nicole	*Köln	0:52:31	1983 W35	6	0:52:43	17:11 * 17:27 * 17:52	5:15 min/km
15	1175	Dittmer Inge	BUTLERS	0:52:48	1965 W50	2	0:53:03	16:34 * 17:31 * 18:42	5:17 min/km
16	834	Hillesheim Silke	*Köln	0:52:52	1978 W40	2	0:53:22	17:18 * 17:26 * 18:07	5:17 min/km
17	1672	Goldschmidt Nora		0:52:55	1991 WHK	2	0:53:13	17:49 * 18:03 * 17:02	5:18 min/km
18	1232	Boschen Anja	Gothaer	0:53:03	1965 W50	3	0:54:09	18:18 * 16:55 * 17:49	5:18 min/km
19	1170	Hirschhäuser Eva	Bunert - Der Kölner	0:53:25	1996 WHK	3	0:53:39	17:12 * 17:38 * 18:34	5:21 min/km
20	738	Domenik Leonie	*Köln	0:53:26	1995 WHK	4	0:53:39	17:13 * 17:38 * 18:34	5:21 min/km
21	1369	Leist Amelie	Schwimmverein	0:53:26	1988 W30	2	0:54:22	17:45 * 17:31 * 18:08	5:21 min/km
22	745	Düster Rabea	*Hürth	0:53:29	1996 WHK	5	0:53:49	16:59 * 17:30 * 18:59	5:21 min/km
23	1318	Schrieber Scarlet	Laufmamalauf	0:53:31	1985 W30	3	0:53:59	17:39 * 17:38 * 18:13	5:21 min/km
24	1300	Tiggemann-Klein Claudia	Köln läuft!	0:53:34	1970 W45	5	0:53:41	17:58 * 17:30 * 18:05	5:21 min/km
25	1026	Schmitz Hanna	*Köln	0:53:56	1991 WHK	6	0:54:48	19:28 * 17:06 * 17:20	5:24 min/km
26	960	Nuyen Katharina	*Köln	0:53:56	1989 WHK	7	0:54:48	19:29 * 17:06 * 17:21	5:24 min/km
27	990	Reinisch Carina	*Koeln	0:53:59	1993 WHK	8	0:54:39	19:07 * 17:27 * 17:24	5:24 min/km
28	1152	Leipert Sabine	ASV Köln	0:54:13	1973 W45	6	0:54:30	18:05 * 17:31 * 18:35	5:25 min/km
29	1587	Kern Annika	Decathlon	0:54:21	1995 WHK	9	0:54:35	17:11 * 17:38 * 19:31	5:26 min/km
30	1298	Schmitz Britta	Köln läuft!	0:54:26	1963 W55	1	0:54:31	17:54 * 18:04 * 18:27	5:27 min/km
31	459	Carreira Liliana	*Koeln	0:54:35	1985 W30	4	0:55:51	18:20 * 17:44 * 18:30	5:28 min/km
32	1409	Suché Claudia	Team SPECK&RUN	0:54:42	1977 W40	3	0:54:53	18:10 * 17:47 * 18:43	5:28 min/km
33	672	Bärwinkel Miriam	*Köln	0:54:43	1986 W30	5	0:55:39	17:39 * 17:52 * 19:11	5:28 min/km
34	1137	Ziemons Karoline	*Köln	0:54:43	1987 W30	6	0:55:56	18:39 * 17:52 * 18:12	5:28 min/km
35	697	Böhmer Christina	*Köln	0:54:54	1991 WHK	10	0:55:00	18:09 * 18:05 * 18:39	5:29 min/km
36	1012	Schäfer Caroline	*Köln	0:54:55	1989 WHK	11	0:55:54	18:10 * 17:52 * 18:51	5:30 min/km
37	772	Flöter Laura	*Kerpen	0:54:56	1986 W30	7	0:55:56	17:56 * 18:09 * 18:50	5:30 min/km
38	699	Boll Marina	*Köln	0:55:08	1983 W35	7	0:56:05	18:29 * 18:06 * 18:32	5:31 min/km
39	1349	Stys Tanja	QuadratlatschE unterwegs	0:55:17	1972 W45	7	0:55:40	18:21 * 18:02 * 18:53	5:32 min/km
40	771	Flieger Sabrina	*Köln	0:55:18	1978 W40	4	0:55:37	17:53 * 18:25 * 19:00	5:32 min/km
41	1136	Ziemann Biljana	*Weilerswist	0:55:19	1967 W50	4	0:56:10	18:33 * 18:01 * 18:45	5:32 min/km
42	987	Rayle Tanja	*Köln	0:55:27	1970 W45	8	0:55:54	18:38 * 18:03 * 18:45	5:33 min/km
43	1511	Pieczykolan Aleks	*Köln	0:55:33	1980 W35	8	0:56:09	18:24 * 18:26 * 18:42	5:33 min/km
44	1403	Antosik Monika	Team SPECK&RUN	0:55:35	1988 W30	8	0:55:46	18:26 * 18:18 * 18:51	5:34 min/km
45	1366	Eidmann Katrin	SCB Horrem	0:55:37	1978 W40	5	0:55:40	17:33 * 18:39 * 19:25	5:34 min/km
46	949	Nehl Inke	*Köln	0:55:47	1993 WHK	12	0:56:39	19:29 * 17:41 * 18:36	5:35 min/km
47	1316	Hubrach Julia	Laufen gegen Leiden e. V.	0:55:49	1981 W35	9	0:56:18	18:00 * 18:28 * 19:19	5:35 min/km
48	1431	Hofmann Hanne	UPS	0:55:54	1984 W30	9	0:57:01	18:37 * 17:49 * 19:27	5:35 min/km
49	775	Franck Julia	*Köln	0:56:01	1989 WHK	13	0:56:06	18:05 * 18:30 * 19:25	5:36 min/km
50	1325	Janhsen Friederike	LeseWelten	0:56:04	1986 W30	10	0:56:49	18:23 * 18:27 * 19:13	5:36 min/km
51	1038	Schulze Monika	*Frankfurt am Main	0:56:10	1964 W50	5	0:56:45	17:59 * 18:27 * 19:44	5:37 min/km
52	786	Gamradt Mareike	*Köln	0:56:15	1994 WHK	14	0:57:03	19:33 * 17:42 * 18:59	5:38 min/km
53	658	Ahrens Lea	*Bornheim	0:56:15	2000 WU20	1	0:56:36	17:57 * 18:42 * 19:35	5:38 min/km
54	973	Pinell Nicole	*Köln	0:56:21	1982 W35	10	0:57:21	19:08 * 18:25 * 18:47	5:38 min/km
55	924	Malacasa Ana	*Bergneustadt	0:56:24	1984 W30	11	0:58:06	20:09 * 17:38 * 18:36	5:38 min/km
56	1643	Landkotsch Astrid	Birkenstock Footbed	0:56:25	1973 W45	9	0:56:47	18:41 * 18:43 * 19:01	5:39 min/km
57	888	Knäpper Saskia	*Düsseldorf	0:56:35	1986 W30	12	0:56:50	18:34 * 18:45 * 19:15	5:40 min/km

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58	1122	Wölfel Friederike	*Köln	0:56:45	1984 W30	13	0:58:15	19:32 *	18:14 *	18:59	5:41 min/km
59	1466	Esser Sabine	*Köln	0:56:51	1977 W40	6	0:57:11	18:38 *	18:33 *	19:39	5:41 min/km
60	1690	Peters Danielle	Isi-Runner	0:57:03	1967 W50	6	0:57:24	19:32 *	18:20 *	19:10	5:42 min/km
61	1481	Haberstock Stefanie	*Köln	0:57:06	1997 WHK	15	0:57:55	17:48 *	19:15 *	20:03	5:43 min/km
62	1094	Von Stephani Smilla	*Köln	0:57:08	2005 WU14	1	0:57:24	18:49 *	19:09 *	19:09	5:43 min/km
63	1555	Teller Cornelia	Dauerlaufschule Köln	0:57:11	1951 W65	1	0:57:59	19:06 *	18:37 *	19:27	5:43 min/km
64	848	Italiano Angela	*Düsseldorf	0:57:19	1969 W45	10	0:58:14	19:24 *	18:34 *	19:20	5:44 min/km
65	1146	Nowack Nadine	1.FC Köln	0:57:19	1986 W30	14	0:57:50	18:51 *	18:54 *	19:34	5:44 min/km
66	1685	Muller Natalie		0:57:23	1957 W60	1	0:58:29	18:45 *	18:47 *	19:50	5:44 min/km
67	1410	Becker-Niederacher	TG Neuss	0:57:29	1958 W60	2	0:57:32	17:45 *	19:26 *	20:17	5:45 min/km
68	1370	Folgmann Heike	SG Monheim/Krombacher	0:57:42	1955 W60	3	0:57:44	18:33 *	19:06 *	20:03	5:46 min/km
69	895	Kohler Katrin	*Düsseldorf	0:57:54	1991 WHK	16	0:59:02	19:39 *	18:41 *	19:33	5:47 min/km
70	656	Ahrem Kirsten	*Köln	0:57:57	1977 W40	7	0:59:04	19:26 *	18:35 *	19:55	5:48 min/km
71	1496	Makropoulos Heike	*Frechen	0:58:02	1978 W40	8	0:58:22	18:20 *	19:11 *	20:29	5:48 min/km
72	1138	Zimmer Anna	*Hürth	0:58:27	1988 W30	15	0:58:53	18:59 *	19:24 *	20:03	5:51 min/km
73	675	Bechthold Angela	*Köln	0:58:28	1977 W40	9	0:59:04	18:57 *	19:23 *	20:07	5:51 min/km
74	1569	Gonzalez Carmen	Trassenbande	0:58:38	1972 W45	11	0:59:10	19:13 *	19:44 *	19:40	5:52 min/km
75	827	Heller Elke	*Frechen	0:58:39	1967 W50	7	0:58:58	18:56 *	19:30 *	20:13	5:52 min/km
76	1393	Kunert Katharina	TC RW Oberdollendorf	0:58:39	1979 W35	11	0:58:48	19:21 *	19:15 *	20:02	5:52 min/km
77	851	Jagodzinsky Katrin	*Pulheim	0:59:07	1981 W35	12	0:59:11	19:16 *	19:42 *	20:08	5:55 min/km
78	1523	Schmidt Kathrin	*Pulheim	0:59:08	1977 W40	10	0:59:12	19:16 *	19:42 *	20:09	5:55 min/km
79	1570	Wirths Claudia	Trassenbande	0:59:21	1966 W50	8	0:59:53	19:13 *	19:45 *	20:22	5:56 min/km
80	1548	Zocholl Sophia	*München	0:59:27	1996 WHK	17	1:00:08	20:36 *	19:28 *	19:22	5:57 min/km
81	795	Gerber Erika	*Koeln	0:59:27	1975 W40	11	0:59:35	18:21 *	20:46 *	20:18	5:57 min/km
82	676	Beckers Marion	*Köln	0:59:40	1971 W45	12	1:00:00	18:54 *	19:49 *	20:57	5:58 min/km
83	1586	Giezenaar Julia	Decathlon	0:59:43	1986 W30	16	0:59:57	19:29 *	19:41 *	20:31	5:58 min/km
84	863	Kammer Carolina	*Pulheim	0:59:46	1988 WHK	18	1:00:37	19:42 *	19:58 *	20:05	5:59 min/km
85	1361	Vinzelberg Julia	Running Company	0:59:55	1980 W35	13	1:00:17	21:18 *	19:34 *	19:03	5:60 min/km
86	837	Hoffmann Marlies	*Köln	0:59:58	1979 W35	14	1:01:27	20:46 *	19:38 *	19:33	5:60 min/km
87	687	Berninger Katharina	*Köln	1:00:17	1987 W30	17	1:01:27	19:39 *	19:45 *	20:53	6:02 min/km
88	1654	Schöttler Ann Kathrin		1:00:25	1987 W30	18	1:01:40	19:56 *	19:46 *	20:42	6:03 min/km
89	1452	Berger Maria	*Köln	1:00:32	1985 W30	19	1:02:00	20:13 *	19:22 *	20:57	6:03 min/km
90	1368	Langen Julia	Schwimmverein	1:00:42	1990 WHK	19	1:01:39	18:44 *	20:25 *	21:32	6:04 min/km
91	1337	Winter Sabine	MST Laufpoint	1:00:45	1970 W45	13	1:02:03	20:29 *	19:37 *	20:38	6:05 min/km
92	1083	Van Rijswijk Nora	*Köln	1:00:48	1981 W35	15	1:02:09	21:06 *	19:32 *	20:09	6:05 min/km
93	1060	Stiehm Nathalie		1:00:50	1988 W30	20	1:02:19	20:15 *	19:39 *	20:55	6:05 min/km
94	1032	Schneider Nicole	*Köln	1:01:06	1981 W35	16	1:01:25	20:01 *	20:21 *	20:43	6:07 min/km
95	1142	Neumann Jessica	-	1:01:08	1981 W35	17	1:01:34	20:35 *	20:02 *	20:29	6:07 min/km
96	1638	Dittmann Alexandra		1:01:11	1970 W45	14	1:01:29	20:01 *	20:21 *	20:48	6:07 min/km
97	1002	Roesler Dr. Silke	*Köln	1:01:12	1970 W45	15	1:01:29	20:01 *	20:21 *	20:48	6:07 min/km
98	1243	Ruland Sandra	Gothaer	1:01:25	1973 W45	16	1:02:34	22:04 *	19:40 *	19:40	6:09 min/km
99	1188	Misrahi Caroline	BUTLERS	1:01:28	1991 WHK	20	1:02:00	21:10 *	20:15 *	20:02	6:09 min/km
100	1118	Wilken Anne	*Köln	1:01:33	1983 W35	18	1:02:11	20:31 *	20:05 *	20:56	6:09 min/km
101	999	Rittierodt Jasmin	*Köln	1:01:45	1978 W40	12	1:02:10	20:31 *	20:06 *	21:07	6:11 min/km
102	898	Kopnarski Laura	*Köln	1:01:50	1993 WHK	21	1:01:58	19:42 *	20:40 *	21:27	6:11 min/km
103	1483	Hess Katrin	*Köln	1:01:52	1967 W50	9	1:03:11	21:11 *	21:21 *	19:20	6:11 min/km
104	1673	Fischer Karin	oh de Kolonne!	1:01:57	1971 W45	17	1:03:05	21:28 *	20:11 *	20:17	6:12 min/km
105	1323	Heinen Susanne	LC Weilerswist	1:01:58	1971 W45	18	1:03:08	21:05 *	20:10 *	20:41	6:12 min/km
106	885	Klug Sonja	*Köln	1:02:00	1992 WHK	22	1:02:51	19:47 *	20:22 *	21:50	6:12 min/km
107	1320	Erdenberger Sandra	Laufschabe & Friends	1:02:02	1976 W40	13	1:02:25	20:27 *	20:39 *	20:55	6:12 min/km
108	1166	Tebbe Dorothee	bom2run	1:02:06	1986 W30	21	1:02:27	22:08 *	20:10 *	19:48	6:13 min/km
109	1167	Weiden Verena	bom2run	1:02:12	1980 W35	19	1:02:33	22:08 *	20:10 *	19:53	6:13 min/km
110	1354	Hötgen Caro	Run of Colours	1:02:20	1989 WHK	23	1:03:01	20:40 *	20:03 *	21:36	6:14 min/km
111	1556	Wolf Petra	ERGO sports Köln	1:02:24	1965 W50	10	1:02:46	20:15 *	20:27 *	21:41	6:14 min/km
112	1003	Rondhoz Katja	*Bornheim	1:02:31	1976 W40	14	1:03:41	20:32 *	20:20 *	21:38	6:15 min/km
113	1486	Königstein Astrid	*Köln	1:02:32	1967 W50	11	1:03:59	20:49 *	20:29 *	21:13	6:15 min/km
114	801	Göke-Fritsch Christine	*Gladbeck	1:02:39	1960 W55	2	1:03:29	20:09 *	20:28 *	22:01	6:16 min/km
115	791	Geller Monika	*Köln	1:02:40	1962 W55	3	1:04:04	21:07 *	20:05 *	21:27	6:16 min/km
116	879	Kleffmann Wiebke	*Witten	1:02:43	1986 W30	22	1:03:36	20:44 *	20:23 *	21:36	6:16 min/km
117	1050	Siebertz Hanna	*Dörmund	1:02:44	1987 W30	23	1:03:36	20:44 *	20:23 *	21:36	6:16 min/km
118	1521	Roth Lena	*Bergisch Gladbach	1:02:44	1979 W35	20	1:03:38	20:48 *	20:48 *	21:07	6:16 min/km

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119	932	Mendicino Marisa	*Köln - Nippes	1:03:01	1992	WHK	24	1:04:11	19:41 * 20:50 * 22:30	6:18 min/km
120	880	Klein Sandra	*Köln	1:03:04	1994	WHK	25	1:04:02	21:17 * 20:16 * 21:30	6:18 min/km
121	993	Reuter Rebecca	*Köln	1:03:06	1989	WHK	26	1:03:13	19:18 * 21:05 * 22:42	6:19 min/km
122	1534	Strauch Susanne	*Köln	1:03:21	1966	W50	12	1:05:08	21:58 * 20:48 * 20:34	6:20 min/km
123	1037	Schürmann Astrid	*Köln	1:03:24	1989	WHK	27	1:04:23	21:25 * 20:44 * 21:14	6:20 min/km
124	787	Gattermann Caro	*Köln	1:03:30	1982	W35	21	1:03:33	20:56 * 20:43 * 21:50	6:21 min/km
125	1385	Hoffmann Nicole	Sun Runners	1:03:34	1968	W50	13	1:05:12	21:07 * 20:29 * 21:56	6:21 min/km
126	673	Bartel Victoria	*Köln	1:03:52	1987	W30	24	1:04:39	22:06 * 21:26 * 20:18	6:23 min/km
127	661	Alizadeh Khazer	*Köln	1:03:56	1986	W30	25	1:03:59	20:56 * 20:43 * 22:16	6:24 min/km
128	1078	Todaro Julia	*Köln	1:04:02	1985	W30	26	1:04:41	23:34 * 19:40 * 20:47	6:24 min/km
129	1228	Domgörgen Anja	Gestiefelter Muskelkater	1:04:02	1977	W40	15	1:05:08	21:39 * 21:09 * 21:13	6:24 min/km
130	967	Pantlowsky Judith	*Köln	1:04:02	1990	WHK	28	1:04:41	23:35 * 19:40 * 20:47	6:24 min/km
131	1512	Preisler Sabrina	*Köln	1:04:06	1990	WHK	29	1:05:39	21:58 * 21:17 * 20:51	6:25 min/km
132	785	Fust-Lindner Sabine	*Köln	1:04:07	1966	W50	14	1:05:08	21:25 * 20:30 * 22:11	6:25 min/km
133	1501	Müller Sabine	*Köln	1:04:11	1979	W35	22	1:05:13	21:24 * 20:30 * 22:16	6:25 min/km
134	1120	Wirth Andrea	*Köln	1:04:15	1980	W35	23	1:05:39	22:06 * 21:06 * 21:02	6:26 min/km
135	659	Albrecht Antonia	*Köln	1:04:15	1983	W35	24	1:05:42	21:06 * 20:59 * 22:09	6:26 min/km
136	1646	Balthesen- Hilger Anne		1:04:16	1963	W55	4	1:04:31	20:57 * 21:40 * 21:38	6:26 min/km
137	1335	Sparwasser Elke	MST Laufpoint	1:04:22	1966	W50	15	1:06:01	21:26 * 20:34 * 22:20	6:26 min/km
138	1065	Telaak Doris	*Köln	1:04:31	1960	W55	5	1:05:49	22:12 * 20:58 * 21:20	6:27 min/km
139	983	Rantze Julia	*Köln	1:04:38	2008	WU12	1	1:04:48	21:04 * 21:44 * 21:49	6:28 min/km
140	1154	Siep Luise	ASV Köln	1:04:38	2008	WU12	2	1:04:48	21:06 * 21:43 * 21:49	6:28 min/km
141	1280	Koch Bärbel	Hopp-Hopp-Höhenhaus	1:04:40	1968	W50	16	1:06:15	21:38 * 21:14 * 21:47	6:28 min/km
142	846	Hüffer Elisabeth	*Köln	1:04:41	1966	W50	17	1:05:59	22:13 * 20:57 * 21:30	6:28 min/km
143	1095	Vonderbank Ronja	*Jülich	1:04:43	1994	WHK	30	1:05:41	23:50 * 21:30 * 19:21	6:28 min/km
144	889	Koch Melanie	*Köln	1:04:44	1976	W40	16	1:05:38	21:52 * 21:03 * 21:48	6:28 min/km
145	1333	Schlich Sarah	MST Laufpoint	1:04:52	1985	W30	27	1:06:10	21:19 * 21:13 * 22:19	6:29 min/km
146	1378	Bilkay Übeyda	Sun Runners	1:04:53	1982	W35	25	1:06:29	21:11 * 21:35 * 22:05	6:29 min/km
147	1499	MENTESE XENIA	*Übach-Palenberg	1:05:01	1977	W40	17	1:05:56	21:23 * 21:31 * 22:07	6:30 min/km
148	1229	Reiners Simona	Gestiefelter Muskelkater	1:05:13	1976	W40	18	1:06:18	21:53 * 22:13 * 21:05	6:31 min/km
149	975	Pitzer Isabelle	*Köln	1:05:15	1991	WHK	31	1:06:09	21:55 * 21:22 * 21:57	6:32 min/km
150	974	Pitzer Claudia	*Dormagen	1:05:16	1961	W55	6	1:06:09	21:55 * 21:22 * 21:57	6:32 min/km
151	735	Dillenburg-Lux Manuela	*Hürth	1:05:18	1963	W55	7	1:05:40	22:10 * 21:19 * 21:47	6:32 min/km
152	1048	Sessner Kirsten	*Bergheim	1:05:19	1973	W45	19	1:07:00	22:19 * 22:08 * 20:51	6:32 min/km
153	935	Meyer Hanne	*Köln	1:05:21	1991	WHK	32	1:06:08	22:07 * 21:27 * 21:46	6:32 min/km
154	1087	Vielhaber Christiane	*Köln	1:05:21	1965	W50	18	1:07:09	22:02 * 21:08 * 22:10	6:32 min/km
155	1625	Kerwien Silvia	Party Läufer	1:05:24	1982	W35	26	1:06:35	21:27 * 21:42 * 22:13	6:32 min/km
156	1239	Pleines Lucie	Gothaer	1:05:28	2006	WU14	2	1:06:17	22:12 * 21:22 * 21:53	6:33 min/km
157	1240	Pleines Nicole	Gothaer	1:05:31	1970	W45	20	1:06:18	22:13 * 21:22 * 21:54	6:33 min/km
158	1485	Kimmerle Friederike	*Köln	1:05:35	1990	WHK	33	1:06:14	22:11 * 20:54 * 22:29	6:34 min/km
159	1023	Schmidt Julia	*Köln	1:05:40	1971	W45	21	1:06:46	22:38 * 21:38 * 21:23	6:34 min/km
160	1668	Schulze Roberg Elena		1:05:47	1987	W30	28	1:06:48	21:57 * 22:20 * 21:30	6:35 min/km
161	890	Koch Tanja	*Köln	1:05:52	1976	W40	19	1:07:09	22:20 * 21:28 * 22:03	6:35 min/km
162	1251	Günther Mirella	Günther/Fels-Gang	1:05:53	2002	WU18	1	1:06:48	22:21 * 21:27 * 22:04	6:35 min/km
163	894	Kohlberg Katharina	*Frechen	1:06:00	1993	WHK	34	1:07:33	21:32 * 21:43 * 22:44	6:36 min/km
164	1568	Esser Annette	Sport für Spenden	1:06:03	1961	W55	8	1:07:02	22:16 * 21:34 * 22:12	6:36 min/km
165	1098	Walleneit Gaby	*Köln	1:06:03	1976	W40	20	1:07:10	21:37 * 21:34 * 22:51	6:36 min/km
166	1505	Neunzerling Janina	*Brühl	1:06:10	1975	W40	21	1:07:16	21:38 * 21:34 * 22:57	6:37 min/km
167	1355	Neumann Anke	Run of Colours	1:06:12	1975	W40	22	1:06:52	21:34 * 21:30 * 23:06	6:37 min/km
168	1504	Nettersheim Rosa	*Köln	1:06:21	1951	W65	2	1:08:03	21:27 * 21:42 * 23:11	6:38 min/km
169	915	Linden Svenja	*Odenthal	1:06:23	1992	WHK	35	1:08:28	21:14 * 21:36 * 23:32	6:38 min/km
170	1205	Franz Anke	FC Krosse Krabbe	1:06:24	1988	W30	29	1:08:06	22:22 * 21:34 * 22:27	6:38 min/km
171	800	Glaser Ann-Kathrin	*Köln	1:06:25	1993	WHK	36	1:06:57	22:02 * 21:48 * 22:35	6:39 min/km
172	759	Erdogmus Gamze	*Köln	1:06:29	1986	W30	30	1:07:04	21:56 * 21:34 * 22:58	6:39 min/km
173	921	Maatsch Freya	*Köln	1:06:40	1989	WHK	37	1:07:47	21:58 * 21:49 * 22:52	6:40 min/km
174	805	Graff Anna	*Langerwehe	1:06:44	1995	WHK	38	1:07:42	23:50 * 22:00 * 20:52	6:40 min/km
175	830	Helms Luise	*Aachen	1:06:44	1997	WHK	39	1:07:42	23:51 * 22:00 * 20:52	6:40 min/km
176	1180	Heinen Birgit	BUTLERS	1:07:07	1966	W50	19	1:07:25	22:01 * 21:40 * 23:26	6:43 min/km
177	847	Huppertz Kaya	*Köln	1:07:11	1993	WHK	40	1:07:42	22:31 * 21:56 * 22:44	6:43 min/km
178	1227	Knötgen Nadine	Gehzeitenläufer	1:07:19	1976	W40	23	1:07:48	22:33 * 22:26 * 22:19	6:44 min/km
179	1559	Doschat Renate	Gehzeitenläufer	1:07:33	1967	W50	20	1:08:01	22:34 * 22:26 * 22:32	6:45 min/km

Kölner Frühlingslauf am 18.03.2018

10km Funlauf

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180	954	Niessner Laura	*Köln	1:07:39	1986 W30	31	1:08:52	22:25 *	22:09 *	23:04	6:46 min/km
181	855	Jörres Sarah	*Düren	1:07:44	1995 WHK	41	1:09:29	23:11 *	21:55 *	22:38	6:46 min/km
182	1106	Wellmann Carmen	*Köln	1:07:50	1979 W35	27	1:09:29	22:20 *	22:00 *	23:30	6:47 min/km
183	1303	Grimmer Marlene	Kölner Laufhasen	1:07:51	2010 WU10	1	1:08:07	23:27 *	21:58 *	22:25	6:47 min/km
184	906	Lampe Katja	*Köln	1:07:54	1976 W40	24	1:09:19	21:19 *	23:07 *	23:28	6:47 min/km
185	1489	Kückels Andrea	*Köln	1:07:54	1981 W35	28	1:09:21	23:26 *	23:09 *	21:19	6:47 min/km
186	767	Felten Vera	*Köln	1:07:58	1961 W55	9	1:08:23	22:44 *	22:24 *	22:49	6:48 min/km
187	665	Altmann Christina	*Köln	1:07:58	1975 W40	25	1:08:23	22:44 *	22:24 *	22:49	6:48 min/km
188	1302	Fackler Petra	Kölner Laufhasen	1:08:02	1973 W45	22	1:08:17	23:27 *	21:58 *	22:36	6:48 min/km
189	835	Höfl Lea	*Köln	1:08:05	1984 W30	32	1:08:44	22:14 *	22:06 *	23:44	6:49 min/km
190	1313	Berthold Malaika	Läufer mit Herz	1:08:06	1976 W40	26	1:09:23	23:33 *	21:46 *	22:45	6:49 min/km
191	781	Frohn Monika	*Pulheim	1:08:06	1952 W65	3	1:08:28	22:30 *	22:17 *	23:18	6:49 min/km
192	1292	Könen Martina	Keiner	1:08:06	1966 W50	21	1:09:48	22:25 *	21:58 *	23:42	6:49 min/km
193	1291	Junggeburth Petra	Keiner	1:08:06	1966 W50	22	1:09:48	22:26 *	21:58 *	23:42	6:49 min/km
194	1301	Eyßer Meike	Kölner Laufhasen	1:08:10	1984 W30	33	1:08:26	23:26 *	21:58 *	22:44	6:49 min/km
195	710	Bruns Anke	*Köln	1:08:19	1966 W50	23	1:10:04	23:06 *	22:04 *	23:08	6:50 min/km
196	901	Kremeike Kerstin	*Köln	1:08:20	1977 W40	27	1:10:06	23:06 *	22:04 *	23:09	6:50 min/km
197	1024	Schmidt Sonja	*Köln	1:08:49	1981 W35	29	1:09:05	22:43 *	22:53 *	23:11	6:53 min/km
198	815	Hammermann Micky	*Köln	1:08:49	1982 W35	30	1:09:05	22:44 *	22:53 *	23:11	6:53 min/km
199	1502	Nelle Emilie	*Köln	1:08:50	1979 W35	31	1:10:35	23:03 *	22:42 *	23:04	6:53 min/km
200	669	Außem Kerstin	*Köln	1:09:02	1987 W30	34	1:09:28	22:05 *	22:50 *	24:05	6:54 min/km
201	1036	Schriewer Pia	*Köln	1:09:33	1987 W30	35	1:10:48	23:38 *	22:38 *	23:16	6:57 min/km
202	833	Hesse Alexandra	*Wuppertal	1:09:33	1986 W30	36	1:10:35	22:28 *	22:53 *	24:11	6:57 min/km
203	789	Gaudlitz Petra	*Emmendingen	1:09:49	1980 W35	32	1:11:24	22:45 *	22:51 *	24:13	6:59 min/km
204	988	Reichel Claudia	*Köln	1:09:50	1964 W50	24	1:10:45	22:21 *	23:08 *	24:20	6:59 min/km
205	1412	Domgörgen Noemi	THC Hürth	1:10:05	2008 WU12	3	1:10:13	20:27 *	23:11 *	26:25	7:01 min/km
206	1418	Rieck Luisa	THC Hürth	1:10:07	2007 WU12	4	1:10:14	19:43 *	24:03 *	26:20	7:01 min/km
207	806	Grandjean Elisabeth	*KOLN	1:10:19	1977 W40	28	1:12:06	22:53 *	23:20 *	24:05	7:02 min/km
208	1464	Dolmaire-Tittel Sheylina	*Köln	1:10:37	1984 W30	37	1:11:30	23:15 *	23:00 *	24:21	7:04 min/km
209	884	Klotz Linda	*Köln	1:10:41	1989 WHK	42	1:11:33	24:31 *	23:25 *	22:44	7:04 min/km
210	1278	Dörries Helga	Hobbyläufer	1:11:01	1959 W55	10	1:11:09	23:15 *	23:39 *	24:06	7:06 min/km
211	1616	Wessel Laura-Marie	LT DSHS Köln	1:11:15	2005 WU14	3	1:11:16	22:12 *	24:05 *	24:57	7:08 min/km
212	941	Müller Alexandra	*Bonn	1:11:32	1969 W45	23	1:13:16	23:24 *	23:13 *	24:54	7:09 min/km
213	1231	Aldenhoff Andrea	Gothaer	1:12:00	1962 W55	11	1:12:00	00:00 *	00:00 *	00:00	7:12 min/km
214	929	Meadows Johanna	*Köln	1:12:30	1981 W35	33	1:13:15	23:25 *	25:03 *	24:01	7:15 min/km
215	925	Malchartzeck Anne	*Köln	1:12:59	1973 W45	24	1:14:07	23:25 *	23:41 *	25:52	7:18 min/km
216	909	Laude Kristina	*Köln	1:13:08	1978 W40	29	1:14:46	24:03 *	23:53 *	25:11	7:19 min/km
217	1008	Rupar Julia	*Krefeld	1:13:16	2002 WU18	2	1:14:52	22:48 *	25:01 *	25:26	7:20 min/km
218	1286	Ardelean Bridges Lori	INSPIRE Jugendarbeit	1:13:51	1979 W35	34	1:15:25	25:00 *	23:51 *	24:59	7:23 min/km
219	923	Maib Dr. Gepa	*Koeln	1:13:57	1957 W60	4	1:15:07	24:04 *	24:22 *	25:30	7:24 min/km
220	1285	Ardelean Debra	INSPIRE Jugendarbeit	1:14:00	1983 W35	35	1:15:34	25:00 *	23:51 *	25:09	7:24 min/km
221	1006	Rüsch Ina	*Köln	1:14:24	1979 W35	36	1:16:02	24:16 *	24:06 *	26:01	7:26 min/km
222	1459	Dahm Monika	*Köln	1:15:25	1968 W50	25	1:16:36	24:10 *	25:05 *	26:09	7:33 min/km
223	891	Köhnen Michaela	*Jülich	1:15:25	1982 W35	37	1:15:45	24:20 *	25:47 *	25:17	7:33 min/km
224	1052	Solar Cécile	*Köln	1:15:26	1977 W40	30	1:17:13	24:41 *	24:38 *	26:06	7:33 min/km
225	940	Mory Josephine	*Gerolsbach	1:15:33	1987 W30	38	1:16:57	23:26 *	23:56 *	28:10	7:33 min/km
226	1324	Eberhard Ulla	LeseWelten	1:15:47	1958 W60	5	1:16:44	24:26 *	24:45 *	26:35	7:35 min/km
227	1010	Rupprecht Katja	*Köln	1:15:58	1984 W30	39	1:17:24	25:05 *	25:03 *	25:49	7:36 min/km
228	1484	Kästner Bettina	*Dausenau	1:15:58	1985 W30	40	1:17:24	25:05 *	25:03 *	25:49	7:36 min/km
229	1421	Betz Andrea	Turbo-SchneckenLüdensch	1:16:37	1971 W45	25	1:17:05	25:33 *	26:18 *	24:45	7:40 min/km
230	1059	Stief Michaela	*Meckenheim	1:17:37	1972 W45	26	1:18:35	25:13 *	25:19 *	27:05	7:46 min/km
231	719	Conradi Anne	*Köln	1:18:07	1979 W35	38	1:18:35	23:20 *	25:50 *	28:56	7:49 min/km
232	727	De Petris Lisa	*Köln	1:19:17	1991 WHK	43	1:19:59	24:51 *	26:42 *	27:44	7:56 min/km
233	1334	Krupp Rita	MST Laufpoint	1:19:25	1964 W50	26	1:21:06	25:53 *	26:09 *	27:23	7:57 min/km
234	1336	Steller Margit	MST Laufpoint	1:19:25	1959 W55	12	1:21:06	25:53 *	26:09 *	27:23	7:57 min/km