

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 1

gedruckt 04.12.2018 09:41:20

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1343	Schönmehl Tom	Santas running reindeers	0:19:24	1974 M40	1	0:23:14	18:37 * 29:44 * 00:00	1:56 min/km
2	1067	Schumann Gerrit	*Köln	0:28:15	1973 M45	1	0:28:19	27:19 * 18:41 * 00:00	2:50 min/km
3	3029	Vernikov Wiktor	Ski-Keller Kaulard &	0:37:49	2002 MU18	1	0:37:50	11:39 * 12:42 * 13:28	3:47 min/km
4	3804	Mimberg Fabian	RV Kreuzgasse Köln	0:39:42	1983 M35	1	0:39:45	12:39 * 13:15 * 13:47	3:58 min/km
5	3111	Scianna Vincenzo	*Düsseldorf	0:40:18	1996 M20	1	0:40:19	13:12 * 13:18 * 13:48	4:02 min/km
6	2831	Kräker Thorsten	Superpunk	0:41:12	1969 M45	2	0:41:13	12:53 * 13:37 * 14:41	4:07 min/km
7	900	Cosler Martin	Popo Club	0:41:28	1983 M35	2	0:41:45	13:04 * 13:48 * 14:35	4:09 min/km
8	698	Osterhaus-Pasche	ASV Köln	0:42:15	1977 M40	2	0:42:18	13:13 * 14:19 * 14:43	4:14 min/km
9	3746	Wilhelm Florian		0:42:34	1981 M35	3	0:42:42	13:38 * 14:08 * 14:47	4:15 min/km
10	1466	Klein Yannick	Team SPECK&RUN	0:42:57	1991 M20	2	0:46:45	15:10 * 13:20 * 14:26	4:18 min/km
11	2890	Kockisch Andreas	Wawrockisch	0:43:13	1987 M30	1	0:43:51	13:44 * 14:15 * 15:13	4:19 min/km
12	2017	Scholten Marco	SUS Kalkar	0:43:15	1976 M40	3	0:43:19	13:21 * 14:15 * 15:38	4:20 min/km
13	1694	Engel Christian	*Hürth	0:43:32	1971 M45	3	0:47:45	22:00 * 20:39 * 00:51	4:21 min/km
14	612	Kuhn Raphael	*Kaarst	0:43:34	1989 M20	3	0:43:46	14:16 * 14:19 * 14:58	4:21 min/km
15	2627	Niemeyer Simon	Spende SBG	0:43:35	1994 M20	4	0:45:01	15:15 * 13:59 * 14:21	4:22 min/km
16	3748	Hepper Daniel		0:43:38	1982 M35	4	0:43:47	13:40 * 14:39 * 15:18	4:22 min/km
17	1599	Scott Dr. Jon	EAC Running Club	0:44:09	1978 M40	4	0:47:33	14:32 * 14:17 * 15:19	4:25 min/km
18	107	Heeren Guido	*Aachen	0:44:16	1966 M50	1	0:44:19	13:58 * 14:37 * 15:40	4:26 min/km
19	2495	Beutner Eric	*Bonn	0:44:19	1973 M45	4	0:44:52	14:48 * 14:13 * 15:17	4:26 min/km
20	3826	Wagner Andreas	Geilfürsten	0:44:21	1984 M30	2	0:44:52	14:44 * 14:19 * 15:17	4:26 min/km
21	3409	Endresz Frederik	*Burscheid	0:44:43	1983 M35	5	0:44:59	13:47 * 14:57 * 15:58	4:28 min/km
22	2268	Ababneh Basel	UPS	0:44:45	1986 M30	3	0:49:36	22:31 * 21:05 * 01:09	4:29 min/km
23	2698	Kolz Nicolas	Gothaer	0:45:11	1988 M30	4	0:46:23	14:18 * 14:45 * 16:08	4:31 min/km
24	3625	Nottbrock Sven	Kölle Alarm e.V.	0:45:22	0 M20	5	0:46:49	14:10 * 14:16 * 16:55	4:32 min/km
25	925	Kreet Florian	Früher waren wir schneller	0:45:26	1984 M30	5	0:45:46	14:49 * 15:02 * 15:34	4:33 min/km
26	930	Gaudek Hendrik	Früher waren wir schneller	0:45:27	1981 M35	6	0:45:46	14:49 * 15:03 * 15:34	4:33 min/km
27	3809	Kramer Markus		0:45:28	1995 M20	6	0:46:05	14:32 * 15:15 * 15:40	4:33 min/km
28	358	Skaar Christian	Mach 3 Köln e.V.	0:45:32	1977 M40	5	0:45:41	14:48 * 14:47 * 15:56	4:33 min/km
29	1191	Gürtler Markus	FOGTEC RUNNERS	0:45:58	1988 M30	6	0:46:35	15:36 * 14:41 * 15:40	4:36 min/km
30	2945	Krumme Philipp	Dumont Elite Runners	0:46:05	1990 M20	7	0:46:08	13:57 * 15:24 * 16:43	4:37 min/km
31	2942	Froben Philipp	Dumont Elite Runners	0:46:06	1965 M50	2	0:46:08	13:58 * 15:25 * 16:42	4:37 min/km
32	849	Gerber Lysander-Arpad	Mutigläufer	0:46:08	1994 M20	8	0:46:58	17:04 * 14:19 * 14:45	4:37 min/km
33	1731	Schütze Mirco	*Schleiden	0:46:10	1988 M30	7	0:46:46	15:03 * 15:11 * 15:54	4:37 min/km
34	353	Häfner Jelte	*Köln	0:46:41	1990 M20	9	0:47:22	15:08 * 15:30 * 16:03	4:40 min/km
35	182	Nikelowski Norbert	Marathonfreunde Köln	0:46:42	1958 M60	1	0:47:00	14:47 * 15:17 * 16:37	4:40 min/km
36	2896	Klinghardt Lars	*Köln	0:46:47	1972 M45	5	0:46:53	15:01 * 15:40 * 16:05	4:41 min/km
37	3155	Schulze Roberg Michael	*Köln	0:46:48	1982 M35	7	0:46:54	15:01 * 15:44 * 16:02	4:41 min/km
38	1461	Backes Heiko	lets metabolize	0:46:49	1972 M45	6	0:47:03	15:04 * 15:35 * 16:09	4:41 min/km
39	1785	Hartmann Michael	*Lindlar	0:46:51	1979 M35	8	0:47:04	15:13 * 15:33 * 16:04	4:41 min/km
40	2716	Tran Trung Linh		0:46:51	1980 M35	9	0:48:30	15:17 * 15:26 * 16:07	4:41 min/km
41	1509	Heineberg Samuel	*Köln	0:46:58	2001 MU18	2	0:47:55	15:37 * 15:22 * 15:59	4:42 min/km
42	2079	Bäcker Timo	*Köln	0:47:03	1984 M30	8	0:48:18	15:21 * 15:26 * 16:15	4:42 min/km
43	1050	Schulzek Daniel	*Düsseldorf	0:47:15	1982 M35	10	0:48:04	16:06 * 15:16 * 15:52	4:44 min/km
44	1886	Kram Henrik	*Münster	0:47:17	1994 M20	10	0:49:02	16:15 * 15:15 * 15:45	4:44 min/km
45	1368	Uepping Henry	Fohlentreff Bad Breisig	0:47:20	2004 MU16	1	0:47:55	15:12 * 15:23 * 16:44	4:44 min/km
46	3132	Conradi Christoph	PUSHENSY	0:47:20	1976 M40	6	0:47:45	15:22 * 15:25 * 16:32	4:44 min/km
47	3510	Stehmann Karl	*Mettingen	0:47:26	1993 M20	11	0:47:40	15:04 * 15:39 * 16:42	4:45 min/km
48	1528	Reckels Frank-Reiner	*Dormagen	0:47:32	1965 M50	3	0:47:39	15:20 * 15:43 * 16:28	4:45 min/km
49	3158	Kallage Tim	*Köln	0:47:35	1994 M20	12	0:47:48	15:20 * 15:57 * 16:17	4:46 min/km
50	3479	Lünenborg Jurek	Lünenborgrunners	0:47:36	1990 M20	13	0:48:32	15:49 * 15:46 * 16:00	4:46 min/km
51	1903	Behrens Jakob	Scuderia Ehrenfeld	0:47:44	1987 M30	9	0:47:54	15:02 * 15:45 * 16:56	4:46 min/km
52	818	Diekmann Sebastian	TPSK 1925 Köln e.V.	0:47:44	1980 M35	11	0:47:59	15:07 * 15:32 * 17:04	4:46 min/km
53	2615	Bah Mamadou	Josefshaus	0:47:46	2002 MU18	3	0:48:04	14:50 * 15:22 * 17:33	4:47 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 2

gedruckt 04.12.2018 09:41:20

54	3475	Richter Pawel	*Köln	0:47:47	1979 M35	12	0:48:57	16:14 *	14:59 *	16:33	4:47 min/km
55	2380	Schulze Jakob	Blumenviertel	0:47:51	1971 M45	7	0:50:29	16:11 *	15:40 *	15:59	4:47 min/km
56	3487	Breidenich Martin	LT DSHS Köln	0:47:52	1970 M45	8	0:51:12	16:36 *	15:17 *	15:58	4:47 min/km
57	675	Koch Pascal	ASV Wesseling	0:47:53	1991 M20	14	0:48:00	14:58 *	16:07 *	16:47	4:47 min/km
58	2998	Volevach Georgiy	C(O)OL-Runnings	0:48:11	1993 M20	15	0:50:48	15:46 *	15:24 *	17:00	4:49 min/km
59	3708	Reich Jonathan	LT DSHS Köln eV	0:48:12	2007 MU12	1	0:48:13	15:27 *	15:48 *	16:56	4:49 min/km
60	3598	Linner Dieter	EWK	0:48:12	1988 M30	10	0:51:38	16:14 *	15:16 *	16:42	4:49 min/km
61	3799	Lowis Markus		0:48:14	1965 M50	4	0:48:25	15:52 *	15:53 *	16:27	4:49 min/km
62	845	Zarges Frank	Mach3 Köln e.V.	0:48:14	1968 M50	5	0:49:34	16:22 *	15:39 *	16:11	4:49 min/km
63	1197	Lauer Martin	FSV Köln	0:48:15	1988 M30	11	0:50:52	16:42 *	15:32 *	16:00	4:50 min/km
64	762	Nachtsheim Klaus	*Köln	0:48:16	1981 M35	13	0:50:48	16:30 *	15:36 *	16:09	4:50 min/km
65	3730	Hansen Christoph	Cologne Allblacks	0:48:16	1965 M50	6	0:48:23	15:25 *	15:58 *	16:52	4:50 min/km
66	1977	Splitt Christian	Groov-Runners	0:48:18	1970 M45	9	0:49:51	15:54 *	15:54 *	16:29	4:50 min/km
67	1808	Nürnberg Markus	*Köln	0:48:19	1986 M30	12	0:49:55	16:12 *	15:42 *	16:25	4:50 min/km
68	1054	Rey Max	*Köln	0:48:25	1990 M20	16	0:49:32	15:24 *	15:53 *	17:07	4:51 min/km
69	3795	Kemper Holger	LT DSHS	0:48:26	1974 M40	7	0:48:58	15:41 *	15:53 *	16:52	4:51 min/km
70	3811	Erdmann Felix		0:48:29	1988 M30	13	0:48:36	14:26 *	16:40 *	17:23	4:51 min/km
71	3072	Stein Jona	SoCura	0:48:32	1979 M35	14	0:53:09	17:00 *	15:22 *	16:10	4:51 min/km
72	3436	Hollmann Patrick	Bunert - Der Kölner	0:48:33	1971 M45	10	0:48:40	15:44 *	15:59 *	16:49	4:51 min/km
73	1372	Honecker Johannes	Constant	0:48:33	1993 M20	17	0:50:16	16:13 *	15:49 *	16:30	4:51 min/km
74	3033	Jeschke Alexander	*Kerpen	0:48:36	1991 M20	18	0:49:59	16:05 *	16:14 *	16:16	4:52 min/km
75	2238	Heßner Florian	*Köln	0:48:37	1984 M30	14	0:49:52	16:23 *	15:44 *	16:30	4:52 min/km
76	1576	Wallmeier Carsten	*Pulheim	0:48:41	1970 M45	11	0:50:03	16:00 *	16:05 *	16:34	4:52 min/km
77	3552	Hamilton Alistair	THIS GUY IS AWESOME	0:48:41	1978 M40	8	0:51:34	16:17 *	15:26 *	16:57	4:52 min/km
78	809	Schmidt Michael	*Sankt Augustin	0:48:41	1971 M45	12	0:48:49	15:17 *	16:15 *	17:08	4:52 min/km
79	2386	Reinhardt Danny	*Hürth	0:48:43	1975 M40	9	0:48:46	15:21 *	15:56 *	17:25	4:52 min/km
80	1270	Dieffendahl Holger	Sülzrunners	0:48:46	1982 M35	15	0:48:49	15:40 *	15:58 *	17:06	4:53 min/km
81	2943	Hundhausen Karsten	Dumont Elite Runners	0:48:48	1971 M45	13	0:48:51	15:40 *	16:02 *	17:05	4:53 min/km
82	3823	Quandt Michael	extrem schnell e.V.	0:48:48	1973 M45	14	0:49:50	17:19 *	15:25 *	16:03	4:53 min/km
83	3615	Thorauschnathanael	LT DSHS Köln eV	0:48:50	2002 MU18	4	0:50:39	16:18 *	15:54 *	16:37	4:53 min/km
84	1198	Poloczec Christian	Central-Team	0:48:50	1975 M40	10	0:49:12	15:36 *	16:02 *	17:11	4:53 min/km
85	2261	Schröder Alex	UPS	0:49:00	1983 M35	16	0:51:52	16:36 *	15:37 *	16:45	4:54 min/km
86	3824	Eilers Georg		0:49:01	1989 M20	19	0:50:33	16:10 *	16:18 *	16:32	4:54 min/km
87	3743	Wolber Kalle	Lucas Runners	0:49:04	1963 M55	1	0:49:08	15:23 *	16:08 *	17:33	4:54 min/km
88	3383	Müller Michael	run boy run	0:49:09	1988 M30	15	0:50:39	16:32 *	16:06 *	16:29	4:55 min/km
89	2946	Zilic Christian	Dumont Elite Runners	0:49:13	1985 M30	16	0:49:15	15:40 *	16:04 *	17:29	4:55 min/km
90	3198	Linnartz Sven	DLRG Hürth	0:49:14	1972 M45	15	0:49:24	15:39 *	16:10 *	17:24	4:55 min/km
91	3760	Brönneke Frank	ODK	0:49:14	1975 M40	11	0:52:40	16:33 *	15:54 *	16:46	4:55 min/km
92	3836	Nebelin Golo	*Köln	0:49:20	2005 MU14	1	0:50:07	17:28 *	15:28 *	16:22	4:56 min/km
93	579	Diego Canedo	*Köln	0:49:20	1988 M30	17	0:53:10	17:15 *	15:43 *	16:21	4:56 min/km
94	985	Justus Dominic	*Niederfischbach	0:49:20	1985 M30	18	0:50:23	16:41 *	16:08 *	16:30	4:56 min/km
95	2854	Knappe Tobias	*Köln	0:49:21	1987 M30	19	0:49:21	16:30 *	16:00 *	16:50	4:56 min/km
96	1592	Assenmacher Kai	*Brühl	0:49:22	1986 M30	20	0:52:28	16:42 *	16:00 *	16:39	4:56 min/km
97	3217	Huber Prof. Dr. Christian	*Köln	0:49:24	1971 M45	16	0:51:00	17:16 *	15:30 *	16:37	4:56 min/km
98	3807	Casale Gino		0:49:24	1986 M30	21	0:50:59	17:16 *	15:30 *	16:37	4:56 min/km
99	3007	Winckler Hendrik	C(O)OL-Runnings	0:49:28	1992 M20	20	0:53:06	17:52 *	15:40 *	15:55	4:57 min/km
100	2668	Salomon Martin		0:49:31	1982 M35	17	0:49:57	15:51 *	16:32 *	17:07	4:57 min/km
101	840	Pracht Frank	*51069 Köln	0:49:32	1977 M40	12	0:49:45	15:12 *	16:35 *	17:43	4:57 min/km
102	3498	Snyders Henk	Spende SBG	0:49:32	1985 M30	22	0:50:56	18:10 *	15:33 *	15:48	4:57 min/km
103	2215	Kaps Julian	*Köln	0:49:32	1994 M20	21	0:50:41	16:57 *	16:34 *	16:01	4:57 min/km
104	3732	Dresbach Frank	Cologne Allblacks	0:49:36	1967 M50	7	0:49:44	15:48 *	16:34 *	17:14	4:58 min/km
105	780	Beblik Klaus	Team HGO	0:49:37	1969 M45	17	0:52:00	16:31 *	16:15 *	16:50	4:58 min/km
106	2201	Schumacher Guido	*Bergisch Gladbach	0:49:37	1987 M30	23	0:51:10	16:17 *	16:12 *	17:07	4:58 min/km
107	2124	Rawe Philip	*Köln	0:49:38	1978 M40	13	0:50:45	18:00 *	15:12 *	16:25	4:58 min/km
108	3382	Selkmann Lars	run boy run	0:49:40	1989 M20	22	0:51:11	16:30 *	16:06 *	17:02	4:58 min/km
109	1939	Van Haaren Bernd	The Walking Fat	0:49:41	1984 M30	24	0:50:39	17:17 *	15:38 *	16:45	4:58 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 3

gedruckt 04.12.2018 09:41:20

110	1724	Cramer Mathias	Worringer Zähne Running	0:49:43	1969 M45	18	0:49:49	15:59 *	16:31 *	17:11	4:58 min/km
111	3723	Klevters Klaus		0:49:44	1963 M55	2	0:50:13	15:59 *	16:36 *	17:08	4:58 min/km
112	1730	Goeggel Mathias	Worringer Zähne Running	0:49:44	1986 M30	25	0:49:49	15:59 *	16:30 *	17:14	4:58 min/km
113	3575	Basmer Ekki	*Köln	0:49:44	1961 M55	3	0:50:14	15:59 *	16:36 *	17:09	4:58 min/km
114	1892	Steinfort Janis	*Köln	0:49:47	1991 M20	23	0:52:50	17:36 *	15:51 *	16:19	4:59 min/km
115	1605	Cowley Dr. Aidan	EAC Running Club	0:49:48	1981 M35	18	0:53:13	16:43 *	16:20 *	16:45	4:59 min/km
116	1693	Gemmer Lars	*Köln	0:49:49	1990 M20	24	0:51:29	16:45 *	16:08 *	16:56	4:59 min/km
117	2121	Breitbach Holger	*Köln	0:49:52	1981 M35	19	0:50:22	16:25 *	16:27 *	16:58	4:59 min/km
118	1656	Salzmann David	*Köln	0:49:55	1991 M20	25	0:52:45	18:06 *	15:48 *	16:00	4:60 min/km
119	1417	Reimer David	*Köln	0:49:56	1989 M20	26	0:51:27	16:59 *	15:53 *	17:03	4:60 min/km
120	105	Lubitz Jürgen	Team Erdinger Alkoholfrei	0:50:01	1966 M50	8	0:50:56	16:17 *	16:20 *	17:23	5:00 min/km
121	1180	Johnson James	Big Boys Run Club	0:50:10	1992 M20	27	0:51:30	16:31 *	16:27 *	17:11	5:01 min/km
122	3071	Tepel Dennis	SoCura	0:50:11	1982 M35	20	0:54:48	16:35 *	16:08 *	17:27	5:01 min/km
123	2276	Martinez Guillermo Erick	Born2Run	0:50:11	2002 MU18	5	0:51:25	15:30 *	16:44 *	17:56	5:01 min/km
124	2785	Behrenbruch Clemens	*Köln	0:50:15	1966 M50	9	0:51:06	16:24 *	16:27 *	17:23	5:02 min/km
125	2376	Roth Joachim	*Köln	0:50:21	1971 M45	19	0:53:42	16:45 *	16:50 *	16:45	5:02 min/km
126	2106	Jakobs Jeffrey	*Köln	0:50:23	1979 M35	21	0:53:08	17:15 *	16:39 *	16:28	5:02 min/km
127	3164	Floßbach Oliver	Laufftreff Brühl	0:50:24	1980 M35	22	0:50:55	15:52 *	16:56 *	17:35	5:02 min/km
128	1225	Woopen Michael	*Köln	0:50:27	1986 M30	26	0:50:55	15:40 *	16:34 *	18:12	5:03 min/km
129	2388	Ley Thomas	Lt Rösratherstraße	0:50:29	1965 M50	10	0:50:43	16:03 *	16:31 *	17:53	5:03 min/km
130	3701	Ackermann Sebastian	KölleAlarm eV	0:50:29	1966 M50	11	0:52:15	17:15 *	16:35 *	16:38	5:03 min/km
131	1386	Sobek Dirk	*Köln	0:50:31	1982 M35	23	0:51:44	17:34 *	15:31 *	17:25	5:03 min/km
132	2137	Bootz Julius	*Köln	0:50:33	1993 M20	28	0:51:24	17:24 *	16:09 *	16:59	5:03 min/km
133	2539	Schönert Martin	*Köln	0:50:35	1962 M55	4	0:51:54	18:03 *	15:53 *	16:38	5:04 min/km
134	1714	Warmuth Leon	Rudolphs Renn-tiere	0:50:36	1994 M20	29	0:52:38	16:27 *	16:22 *	17:46	5:04 min/km
135	613	Christoph Stefan	*Köln	0:50:37	1978 M40	14	0:51:56	17:11 *	16:24 *	17:01	5:04 min/km
136	3056	Engels Ralf	*Köln	0:50:40	1973 M45	20	0:53:08	16:25 *	16:35 *	17:39	5:04 min/km
137	3535	Jarosch Justin	*Nideggen	0:50:42	2002 MU18	6	0:51:41	15:31 *	16:45 *	18:25	5:04 min/km
138	1254	Köhler Martin	Nikolaus Runners	0:50:43	1984 M30	27	0:53:29	17:04 *	16:31 *	17:07	5:04 min/km
139	1887	Trommsdorff Daniel	*Köln	0:50:50	1971 M45	21	0:50:58	15:27 *	16:44 *	18:38	5:05 min/km
140	2232	Nowak Andreas	Laktatkönige	0:50:52	1951 M65	1	0:51:24	16:06 *	16:37 *	18:07	5:05 min/km
141	1917	Klar Felix	Mach3 Köln e.V.	0:50:55	1997 M20	30	0:51:04	15:59 *	16:48 *	18:07	5:06 min/km
142	2262	Omar Sabry	UPS	0:50:55	1976 M40	15	0:55:44	17:49 *	16:16 *	16:49	5:06 min/km
143	1367	Uepping Ralph	Fohlentreff Bad Breisig	0:50:57	1976 M40	16	0:51:32	16:38 *	16:29 *	17:49	5:06 min/km
144	3249	Jähde Frank	*Köln	0:50:58	1964 M50	12	0:51:14	16:24 *	16:42 *	17:51	5:06 min/km
145	2813	Schierholz Michael	Orca-Runners	0:50:58	1980 M35	24	0:52:17	17:08 *	16:34 *	17:15	5:06 min/km
146	1321	Kruse Martin	Mit Biss ans Ziel	0:51:03	1994 M20	31	0:52:05	18:10 *	15:51 *	17:00	5:06 min/km
147	2927	Lamping Christian	*Köln	0:51:03	1989 M20	32	0:51:40	16:48 *	17:00 *	17:14	5:06 min/km
148	929	Meiwes Karl	Früher waren wir schneller	0:51:03	1986 M30	28	0:51:23	16:35 *	16:42 *	17:45	5:06 min/km
149	2145	Sion Marco	*Hürth	0:51:13	1969 M45	22	0:53:34	17:46 *	16:20 *	17:06	5:07 min/km
150	1789	Van der Veen Dirk	*Dormagen	0:51:15	1976 M40	17	0:52:24	16:31 *	16:49 *	17:54	5:08 min/km
151	3830	Ewert Stefan	KSK Köln	0:51:20	1977 M40	18	0:51:33	16:12 *	16:38 *	18:30	5:08 min/km
152	1383	Wittkamp David	*Köln	0:51:26	1992 M20	33	0:52:40	17:33 *	16:11 *	17:41	5:09 min/km
153	1468	Pauser Manuel	*Emden	0:51:26	1989 M20	34	0:52:43	18:04 *	16:28 *	16:54	5:09 min/km
154	2301	Virnich Axel	SV Alemannia	0:51:27	1992 M20	35	0:52:36	18:08 *	16:48 *	16:29	5:09 min/km
155	1385	Steffens Timo	*Köln	0:51:27	1992 M20	36	0:52:40	17:30 *	16:15 *	17:41	5:09 min/km
156	2823	Weth David	*Hürth	0:51:27	1970 M45	23	0:52:07	17:17 *	16:35 *	17:34	5:09 min/km
157	2274	Müller Rolf	Soimii Sibiu	0:51:28	1968 M50	13	0:52:39	19:04 *	16:10 *	16:12	5:09 min/km
158	1860	Bauer Carsten	Die festen Körper	0:51:28	1989 M20	37	0:54:26	18:51 *	16:57 *	15:40	5:09 min/km
159	1293	Gerhard Rolf	*Köln	0:51:31	1979 M35	25	0:54:00	17:13 *	16:54 *	17:23	5:09 min/km
160	2613	Awil Mohamed	Josefshaus	0:51:33	2002 MU18	7	0:51:50	15:57 *	16:52 *	18:43	5:09 min/km
161	2571	Kaiser Stephan	ERGO sports Köln	0:51:34	1967 M50	14	0:56:58	17:25 *	17:12 *	16:56	5:09 min/km
162	2189	Smeets Mario	Die Matschinen	0:51:34	1988 M30	29	0:54:02	17:32 *	16:51 *	17:11	5:09 min/km
163	1098	Materlik Niklas	Schieb den Wal	0:51:35	2000 MU20	1	0:54:54	17:54 *	16:42 *	16:58	5:10 min/km
164	2473	Grambusch Timo	*Köln	0:51:38	1978 M40	19	0:53:22	16:40 *	16:54 *	18:03	5:10 min/km
165	3225	Winkler Frank	*Frechen	0:51:44	1965 M50	15	0:52:10	17:09 *	17:17 *	17:18	5:10 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 4

gedruckt 04.12.2018 09:41:20

166	2316	Hanses Thorsten	*Hürth	0:51:45	1985 M30	30	0:52:10	16:32 *	16:58 *	18:14	5:11 min/km
167	2233	Lange Florian	Die festen Körper	0:51:46	1991 M20	38	0:54:43	18:51 *	16:57 *	15:58	5:11 min/km
168	2993	Sowade Uli	Run of Colours	0:51:46	1970 M45	24	0:53:13	17:05 *	16:53 *	17:47	5:11 min/km
169	2338	Funken Klaus	*Köln	0:51:48	1970 M45	25	0:52:57	18:05 *	16:39 *	17:03	5:11 min/km
170	1882	Schneeberger Korbinian	Albis Laufftreff	0:51:48	1977 M40	20	0:52:42	16:55 *	16:47 *	18:05	5:11 min/km
171	1825	Berke Christoph	*Köln	0:51:50	1990 M20	39	0:54:47	18:51 *	16:56 *	16:02	5:11 min/km
172	1870	Stranzenbach Felix	*Köln	0:51:53	1993 M20	40	0:54:31	18:08 *	17:18 *	16:25	5:11 min/km
173	2971	Morris Jim	*Köln	0:51:54	1984 M30	31	0:53:54	19:29 *	16:54 *	15:30	5:11 min/km
174	3372	Westphal Wilko	*Köln	0:51:55	1980 M35	26	0:55:23	18:04 *	16:18 *	17:32	5:12 min/km
175	1278	Eisentraut Dr. Steffen	*Köln	0:51:59	1980 M35	27	0:54:37	17:51 *	16:53 *	17:14	5:12 min/km
176	1564	Pall Juri	*Köln	0:52:02	1984 M30	32	0:52:21	17:02 *	17:33 *	17:26	5:12 min/km
177	1334	Schmitz Michael	*Derkum	0:52:04	1967 M50	16	0:52:25	17:43 *	16:51 *	17:28	5:12 min/km
178	2666	Fritz-Lühr Christian	BSG RheinEnergie	0:52:06	1964 M50	17	0:52:26	16:22 *	17:12 *	18:30	5:13 min/km
179	1928	Schulenburg Jan Simon	*Hemer	0:52:08	1996 M20	41	0:55:33	19:21 *	15:49 *	16:57	5:13 min/km
180	3560	Schneider Rocky	*Köln	0:52:08	1976 M40	21	0:53:39	16:32 *	18:06 *	17:29	5:13 min/km
181	2800	Toro Vallejo Carlos	Latinthek	0:52:08	1971 M45	26	0:52:22	16:06 *	17:11 *	18:51	5:13 min/km
182	1627	Gotzens Fabian	Blood, Sweat and Beers.	0:52:08	1987 M30	33	0:52:42	17:04 *	16:58 *	18:06	5:13 min/km
183	2669	Schaffarzyk Bernd	KRÜGER GROUP	0:52:09	1960 M55	5	0:54:01	18:44 *	16:47 *	16:37	5:13 min/km
184	2256	Birke Marek	UPS	0:52:09	1964 M50	18	0:54:50	18:22 *	16:17 *	17:30	5:13 min/km
185	3064	Haumer Heiko	*Nettetal	0:52:15	1970 M45	27	0:54:27	17:41 *	17:10 *	17:24	5:14 min/km
186	1632	Lehnen Dr. Stephan	Blood, Sweat and Beers.	0:52:16	1982 M35	28	0:52:52	17:13 *	16:49 *	18:12	5:14 min/km
187	1414	Gauchel Roman	*Köln	0:52:17	1986 M30	34	0:53:49	17:36 *	16:47 *	17:53	5:14 min/km
188	927	Moell Oliver	Früher waren wir schneller	0:52:18	1983 M35	29	0:52:38	16:15 *	16:58 *	19:04	5:14 min/km
189	1416	Gauchel Laszlo	*Köln	0:52:19	1989 M20	42	0:53:49	17:37 *	16:48 *	17:53	5:14 min/km
190	1156	Harbeke Christian	DIGITEXX	0:52:20	1985 M30	35	0:54:42	17:19 *	17:20 *	17:40	5:14 min/km
191	2768	Nobis Christoph	*Köln	0:52:20	1984 M30	36	0:52:38	16:17 *	16:58 *	19:03	5:14 min/km
192	1852	Goncalves Eduardo	Chaos Crew	0:52:20	1977 M40	22	0:54:33	17:53 *	17:06 *	17:19	5:14 min/km
193	3695	Gamon Moritz	Rituals Soulful Runners	0:52:23	1970 M45	28	0:53:11	19:30 *	16:15 *	16:36	5:14 min/km
194	2869	Flerus Michael	*Köln	0:52:23	1983 M35	30	0:54:32	19:24 *	15:57 *	17:01	5:14 min/km
195	3393	Ruiz García Prof.	*Granada	0:52:25	1986 M30	37	0:54:32	19:25 *	15:58 *	17:00	5:15 min/km
196	2192	Zurnieden Martin	Team Meike	0:52:25	1995 M20	43	0:52:55	17:29 *	17:26 *	17:29	5:15 min/km
197	673	Huxhold Christian	ESV Jahn Treysa	0:52:30	1983 M35	31	0:55:08	17:13 *	16:59 *	18:18	5:15 min/km
198	3588	Köster Klaus	BSG KVB Laufsport	0:52:30	1988 M30	38	0:54:56	18:02 *	17:03 *	17:24	5:15 min/km
199	181	Erren Martin	*Langenfeld	0:52:34	1980 M35	32	0:55:52	17:41 *	17:06 *	17:46	5:15 min/km
200	2324	Gaab Jan	family Gaab and friends	0:52:34	1994 M20	44	0:56:23	19:07 *	16:36 *	16:49	5:15 min/km
201	2655	Nottrot Marc	BSG RheinEnergie	0:52:38	1965 M50	19	0:53:00	17:16 *	17:18 *	18:03	5:16 min/km
202	1529	Pastusiak Stephan	*Köln	0:52:40	1980 M35	33	0:52:48	17:04 *	17:34 *	18:02	5:16 min/km
203	2335	Leferink Manfred	*Köln	0:52:43	1964 M50	20	0:52:52	16:45 *	17:29 *	18:27	5:16 min/km
204	2113	Utzmann Philipp	*Köln	0:52:46	1987 M30	39	0:53:59	18:51 *	18:52 *	15:01	5:17 min/km
205	1796	Heckmann Tim	*Nievern	0:52:46	2006 MU14	2	0:56:50	18:38 *	16:22 *	17:46	5:17 min/km
206	3444	Winkelmann Christian	Föhr Marathon e.V.	0:52:48	1978 M40	23	0:54:11	16:54 *	17:20 *	18:33	5:17 min/km
207	2728	Scheulen Magnus	Kieser Training	0:52:48	1978 M40	24	0:57:30	18:11 *	17:17 *	17:19	5:17 min/km
208	1941	Schmitz Florian	The Walking Fat	0:52:49	1986 M30	40	0:53:43	17:20 *	17:23 *	18:04	5:17 min/km
209	3566	Khoury Ben	BilinGO	0:52:52	1981 M35	34	0:56:24	16:07 *	17:32 *	19:13	5:17 min/km
210	846	Deutschmann Mario	OBC	0:52:55	1978 M40	25	0:54:19	17:21 *	17:46 *	17:47	5:18 min/km
211	1381	Menssen Christoph	Mütze auf, Dauerlauf!	0:52:55	1986 M30	41	0:57:54	18:38 *	17:44 *	16:32	5:18 min/km
212	3208	Mischke Bastian	*Wiehl	0:52:57	1990 M20	45	0:56:47	18:59 *	16:37 *	17:19	5:18 min/km
213	1489	Windmüller Nils	*Viersen	0:52:57	1998 M20	46	0:53:16	16:25 *	17:36 *	18:54	5:18 min/km
214	2822	Rubiño Cabrera Jose	*Köln	0:52:57	1983 M35	35	0:55:04	19:26 *	15:58 *	17:33	5:18 min/km
215	1877	Hilgers Jens	LG Socken- Wellen e.V.	0:52:59	1981 M35	36	0:54:54	17:06 *	16:45 *	19:07	5:18 min/km
216	984	Ströter Thomas	*Köln	0:52:59	1979 M35	37	0:54:55	17:38 *	17:18 *	18:03	5:18 min/km
217	2699	Vogel Jörg	Gothaer	0:53:02	1969 M45	29	0:53:30	16:50 *	17:27 *	18:43	5:18 min/km
218	3082	Imig Rolf	*Pulheim	0:53:03	1975 M40	26	0:58:22	17:45 *	17:31 *	17:45	5:18 min/km
219	3399	Pütter Michael	*Köln	0:53:03	1970 M45	30	0:55:14	18:34 *	17:05 *	17:23	5:18 min/km
220	3513	Morgenstern Michael	*Köln	0:53:08	1967 M50	21	0:54:14	17:56 *	17:12 *	17:59	5:19 min/km
221	2053	Arat Mert	LöLing	0:53:08	1978 M40	27	0:53:35	18:30 *	16:50 *	17:47	5:19 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 5

gedruckt 04.12.2018 09:41:20

222	1457	Morawitz Robert	*Köln	0:53:17	1977 M40	28	0:54:42	17:07 *	17:31 *	18:39	5:20 min/km
223	3207	Arndt Marcel	*Wiehl	0:53:21	1986 M30	42	0:57:11	19:02 *	17:03 *	17:15	5:20 min/km
224	3003	Preißer Philipp	C(O)OL-Runnings	0:53:22	1990 M20	47	0:54:54	18:19 *	17:16 *	17:45	5:20 min/km
225	1029	Seidt Johannes	*Berlin	0:53:23	1988 M30	43	0:56:44	19:20 *	16:45 *	17:17	5:20 min/km
226	2915	Schmitz Alexander	Schmitz-Fitness	0:53:24	1979 M35	38	0:56:19	18:40 *	17:44 *	16:58	5:20 min/km
227	1628	Stolz Sebastian	Blood, Sweat and Beers.	0:53:29	1989 M20	48	0:54:05	16:36 *	17:20 *	19:32	5:21 min/km
228	3714	Pere Jean	Team Decathlon	0:53:29	1980 M35	39	0:53:53	16:24 *	17:57 *	19:07	5:21 min/km
229	3794	Lokushek Andre		0:53:31	1974 M40	29	0:57:52	18:07 *	17:08 *	18:15	5:21 min/km
230	3726	Stollwerk Robert		0:53:32	1979 M35	40	0:54:42	18:37 *	17:15 *	17:39	5:21 min/km
231	1913	Schneider Helmut	Kölner Narren-Zunft	0:53:34	1966 M50	22	0:53:59	18:04 *	17:30 *	17:58	5:21 min/km
232	1598	Richter Johannes	*Bonn	0:53:34	1989 M20	49	0:53:58	18:03 *	17:28 *	18:02	5:21 min/km
233	3454	Hemmersbach Christian	*Essen	0:53:34	1969 M45	31	0:54:20	19:02 *	17:06 *	17:25	5:21 min/km
234	2034	Killmer Ralf	*Neuss	0:53:35	1959 M55	6	0:53:39	16:19 *	17:37 *	19:38	5:22 min/km
235	2795	Högener Oliver	*Langen (Hessen)	0:53:35	1970 M45	32	0:56:47	18:05 *	17:12 *	18:17	5:22 min/km
236	2122	Leeb Constantin	*Düsseldorf	0:53:35	1989 M20	50	0:56:23	17:57 *	17:22 *	18:15	5:22 min/km
237	3779	Maksut Alan		0:53:42	1974 M40	30	0:55:48	18:15 *	17:09 *	18:17	5:22 min/km
238	1889	Böhnert Julian	*Köln	0:53:42	1986 M30	44	0:56:50	17:42 *	17:28 *	18:31	5:22 min/km
239	987	Kruse Martin	*Köln	0:53:42	1965 M50	23	0:53:59	17:10 *	17:28 *	19:03	5:22 min/km
240	1799	Sühr Daniel	Albis Laufftreff	0:53:43	1993 M20	51	0:54:51	17:34 *	17:43 *	18:25	5:22 min/km
241	1657	Böttcher Henning	*Kaarst	0:53:48	1981 M35	41	0:55:43	19:23 *	20:08 *	14:16	5:23 min/km
242	2416	Wierk Andreas	Krombacher	0:53:50	1967 M50	24	0:55:09	18:41 *	17:21 *	17:47	5:23 min/km
243	1261	Geisel Jörn	*Essen	0:53:52	1984 M30	45	0:54:01	17:24 *	17:36 *	18:52	5:23 min/km
244	2609	Stahl Matthias	Josefshaus	0:53:54	1991 M20	52	0:54:04	16:58 *	18:52 *	18:03	5:23 min/km
245	3817	Rutowksi Joshua		0:53:54	1979 M35	42	0:56:06	19:20 *	17:17 *	17:16	5:23 min/km
246	3721	Hambloch Christoph	Albis Laufftreff	0:53:58	1964 M50	25	0:55:06	17:34 *	17:44 *	18:39	5:24 min/km
247	2006	Adams Fynn	Too cold for Usain Bolt	0:54:00	1998 M20	53	0:56:22	19:06 *	17:08 *	17:45	5:24 min/km
248	2005	Adams Yannik	Too cold for Usain Bolt	0:54:01	1997 M20	54	0:56:22	19:06 *	17:45 *	17:08	5:24 min/km
249	3080	Hemgesberg Frank	SoCura	0:54:05	1967 M50	26	0:58:42	18:01 *	17:31 *	18:32	5:25 min/km
250	2753	Schlotmann Torsten	Kieser Training	0:54:05	1984 M30	46	0:56:20	18:31 *	17:42 *	17:51	5:25 min/km
251	3600	Bätzel Jan	EWK	0:54:05	1985 M30	47	0:54:10	16:43 *	18:15 *	19:06	5:25 min/km
252	2623	Brückner Tiziano	Josefshaus	0:54:07	2005 MU14	3	0:54:22	18:01 *	17:30 *	18:34	5:25 min/km
253	2556	Müller Matthias	*Erfstadt	0:54:08	1990 M20	55	0:54:30	17:20 *	17:37 *	19:10	5:25 min/km
254	2557	Müller Klaus	*Erfstadt	0:54:08	1954 M60	2	0:54:30	17:20 *	17:37 *	19:10	5:25 min/km
255	1663	Hippler Frank	*Hürth	0:54:10	1963 M55	7	0:55:20	18:37 *	17:15 *	18:17	5:25 min/km
256	3224	Orth Christoph	*Alfter	0:54:10	1976 M40	31	0:54:35	17:40 *	17:40 *	18:49	5:25 min/km
257	3197	Hackenbroch Niclas	ASV Köln	0:54:12	1988 M30	48	0:54:26	17:51 *	17:47 *	18:32	5:25 min/km
258	2144	Nöhreiter Bernhard	*Bad Homburg	0:54:12	1988 M30	49	0:57:00	18:38 *	17:45 *	17:48	5:25 min/km
259	870	Kentenich Volker	Chaos Crew	0:54:13	1971 M45	33	0:58:14	18:11 *	17:26 *	18:35	5:25 min/km
260	3435	Kamann Ben	Bunert - Der Kölner	0:54:13	1984 M30	50	0:57:03	18:30 *	17:59 *	17:44	5:25 min/km
261	3509	Von Seht Enno	ASV Köln Triathlon	0:54:14	1982 M35	43	0:54:28	17:52 *	17:47 *	18:34	5:25 min/km
262	1349	Goy Philipp	*Köln	0:54:14	1982 M35	44	0:55:12	19:51 *	17:49 *	16:33	5:25 min/km
263	1532	Herman Luca	*Köln	0:54:15	2001 MU18	8	0:55:12	19:52 *	17:49 *	16:33	5:26 min/km
264	2599	Wyborny Kevin	tutti frutti	0:54:15	1988 M30	51	0:56:38	19:33 *	17:47 *	16:54	5:26 min/km
265	3115	Klocke Leo	*Köln	0:54:18	1998 M20	56	0:57:58	18:52 *	17:35 *	17:50	5:26 min/km
266	680	Vogt Joey	TV Huchem-Stammeln	0:54:19	1994 M20	57	0:55:24	18:23 *	17:29 *	18:25	5:26 min/km
267	1876	Pasalk Peter	tempus fugit	0:54:21	1978 M40	32	0:57:01	18:11 *	17:22 *	18:47	5:26 min/km
268	1955	Kamp Lars	Runclub Köln	0:54:23	1980 M35	45	0:57:27	18:31 *	19:00 *	16:51	5:26 min/km
269	869	Schwab Stefan	Chaos Crew	0:54:25	1970 M45	34	0:58:17	18:00 *	17:54 *	18:30	5:27 min/km
270	1984	Schmitz-Mahlke Stefan	*Köln	0:54:25	1969 M45	35	0:55:36	19:05 *	17:00 *	18:19	5:27 min/km
271	3485	Schneider Bernd	VfL Bad Berleburg	0:54:26	1963 M55	8	0:56:46	18:26 *	17:34 *	18:25	5:27 min/km
272	2343	Büscher Thomas	MTV RunAways	0:54:27	1970 M45	36	0:55:51	18:08 *	17:35 *	18:43	5:27 min/km
273	1869	Kutal Emre	*Köln	0:54:31	1991 M20	58	0:57:09	18:09 *	17:33 *	18:48	5:27 min/km
274	2304	Arslan Serkan	*Schwetzingen	0:54:31	1987 M30	52	0:57:19	18:38 *	17:46 *	18:07	5:27 min/km
275	2052	Müller Jens	*Hürth	0:54:35	1979 M35	46	0:55:40	17:59 *	18:01 *	18:34	5:28 min/km
276	1830	Schreiber Friedemann	FOGTEC RUNNERS	0:54:36	1985 M30	53	0:55:18	17:47 *	18:27 *	18:21	5:28 min/km
277	3544	Fahl Thomas	GW Elben	0:54:41	1973 M45	37	0:58:46	18:20 *	17:21 *	18:58	5:28 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 6

gedruckt 04.12.2018 09:41:20

278	3391	Bendrich Paul	*Rommerskirchen	0:54:42	1982 M35	47	0:56:39	18:03 *	17:55 *	18:42	5:28 min/km
279	2678	Sauerbier Stefan	KRÜGER GROUP	0:54:42	1986 M30	54	0:56:34	18:11 *	17:45 *	18:45	5:28 min/km
280	1606	Frechette Alex	EAC Running Club	0:54:42	1979 M35	48	0:58:10	19:03 *	17:21 *	18:17	5:28 min/km
281	3591	Dirk Broich	BSG KVB Laufsport	0:54:44	1977 M40	33	0:54:44	18:28 *	17:25 *	18:50	5:28 min/km
282	2421	Adam Dr. Roman	*Jülich	0:54:53	1964 M50	27	0:57:33	19:02 *	17:49 *	18:00	5:29 min/km
283	2303	Klein Maximilian	Ford-Freizeit-Organisation	0:54:55	1985 M30	55	0:59:04	19:10 *	17:49 *	17:56	5:30 min/km
284	1849	Eschmann Tim	*Köln	0:54:56	1986 M30	56	0:57:54	18:51 *	17:10 *	18:54	5:30 min/km
285	2640	Wehnert-servé Lukas	*köln	0:54:57	1993 M20	59	0:57:41	22:11 *	15:54 *	16:51	5:30 min/km
286	2786	Lammers Vincent	Lucky Stars	0:54:59	1981 M35	49	0:56:19	21:13 *	16:24 *	17:21	5:30 min/km
287	3381	Scheckel Benjamin	Uniklinik Köln	0:55:01	1991 M20	60	0:57:01	19:09 *	17:19 *	18:33	5:30 min/km
288	2279	Yalcin Dogan	FOGTEC-RUNNERS	0:55:02	1987 M30	57	0:56:39	18:33 *	17:04 *	19:24	5:30 min/km
289	1610	Reho Antonio	*Frechen	0:55:03	1970 M45	38	0:57:16	17:55 *	17:36 *	19:31	5:30 min/km
290	1216	Altmann Stefan	*Köln	0:55:10	1974 M40	34	0:56:44	18:35 *	18:05 *	18:29	5:31 min/km
291	2165	Reiners Dominik	*Hürth	0:55:10	2005 MU14	4	0:55:11	15:55 *	19:12 *	20:02	5:31 min/km
292	3838	Malcherczyk Rafael		0:55:10	1982 M35	50	0:57:20	17:47 *	18:22 *	19:00	5:31 min/km
293	718	Barnea Omri	FOGTEC-RUNNERS	0:55:13	1971 M45	39	0:55:54	17:55 *	18:08 *	19:09	5:31 min/km
294	2284	Hansen Nikolaus	HoHoHo DiaTyp1 Runner	0:55:15	1970 M45	40	0:59:00	20:12 *	18:00 *	17:03	5:32 min/km
295	1330	Von Auw Alexander	Frozen Kälifornien	0:55:18	1989 M20	61	0:57:04	19:29 *	17:27 *	18:21	5:32 min/km
296	2425	Dreier Dirk	*Köln	0:55:18	1975 M40	35	0:57:07	18:38 *	18:03 *	18:36	5:32 min/km
297	2829	Wolf Achim	*Kalkar	0:55:19	1951 M65	2	0:57:01	18:08 *	17:57 *	19:14	5:32 min/km
298	1169	Rzesnik Thomas	Lokomotive Grunewald	0:55:21	1960 M55	9	0:58:24	18:55 *	17:57 *	18:29	5:32 min/km
299	2033	Breuer Heiko	*Köln	0:55:22	1969 M45	41	0:58:23	18:55 *	17:57 *	18:29	5:32 min/km
300	3582	Herschel Marc	Astoc	0:55:23	1972 M45	42	0:56:28	17:38 *	18:24 *	19:21	5:32 min/km
301	2740	Alatas Gazi	Kieser Training	0:55:24	1970 M45	43	0:56:28	18:17 *	19:03 *	18:03	5:32 min/km
302	3185	Xhafaj Ergys	*Bonn	0:55:28	1979 M35	51	0:57:27	18:04 *	17:59 *	19:24	5:33 min/km
303	1068	Schumann Theo	*Köln	0:55:32	2008 MU12	2	0:55:36	16:15 *	18:54 *	20:22	5:33 min/km
304	2816	Schneider Dominik	Orca-Runners	0:55:32	2004 MU16	2	0:55:34	15:38 *	19:13 *	20:41	5:33 min/km
305	1163	Tegtmeier Joachim	*Bergheim	0:55:35	1957 M60	3	0:57:31	18:24 *	18:06 *	19:03	5:34 min/km
306	3839	Wiewemann Simon		0:55:36	1986 M30	58	1:00:11	21:54 *	18:34 *	15:08	5:34 min/km
307	3724	Börner Mats Jonas	Original Bootcamp	0:55:37	1989 M20	62	0:58:49	20:16 *	17:51 *	17:28	5:34 min/km
308	3091	Schmidt Uwe	*Erzhausen	0:55:37	1960 M55	10	0:57:18	18:38 *	17:57 *	19:02	5:34 min/km
309	2583	Peters Jens	*Bonn	0:55:38	1952 M65	3	0:56:40	17:19 *	18:33 *	19:44	5:34 min/km
310	2518	Schmidt Robyn	Wilde Seekühe	0:55:38	1993 M20	63	0:57:19	18:38 *	17:57 *	19:02	5:34 min/km
311	1506	Herrmann Dr. Ludger	*Kempfen	0:55:39	1964 M50	28	0:57:03	19:29 *	18:13 *	17:56	5:34 min/km
312	3169	Beauvisage Christian	Original Bootcamp	0:55:39	1981 M35	52	0:58:51	20:18 *	17:50 *	17:30	5:34 min/km
313	3227	Hobbs Mark	Team Hobbs	0:55:41	1974 M40	36	0:58:34	19:51 *	17:27 *	18:22	5:34 min/km
314	2118	Kyrion Frank	LLG St. Augustin	0:55:42	1966 M50	29	0:59:46	19:50 *	18:14 *	17:37	5:34 min/km
315	1722	Quijano Siro	ASC Rosellen	0:55:43	1973 M45	44	1:00:01	20:43 *	17:28 *	17:31	5:34 min/km
316	2925	Pfeiffer Benjamin	*Dahlem	0:55:43	1980 M35	53	0:58:45	18:10 *	18:02 *	19:30	5:34 min/km
317	652	Schwadorf Michael	*Köln	0:55:44	1987 M30	59	1:00:09	19:15 *	18:47 *	17:40	5:34 min/km
318	2983	Jung Santa Alex	*Köln	0:55:44	1987 M30	60	0:56:22	18:05 *	18:16 *	19:21	5:34 min/km
319	650	Leichsering Sebastian	*Köln	0:55:44	1988 M30	61	1:00:09	19:16 *	18:47 *	17:40	5:34 min/km
320	2047	Stein Hans-Jörg	*Frechen	0:55:45	1952 M65	4	0:56:29	18:44 *	18:17 *	18:43	5:35 min/km
321	1734	Keltek Namik	*Köln	0:55:45	1960 M55	11	0:56:57	17:27 *	18:11 *	20:06	5:35 min/km
322	2656	Börld Hans	BSG RheinEnergie	0:55:46	1957 M60	4	0:56:01	17:59 *	18:16 *	19:29	5:35 min/km
323	1297	Vargas Enrique	*Köln	0:55:47	1967 M50	30	0:55:55	16:10 *	18:48 *	20:48	5:35 min/km
324	1495	Wielpütz Robin	Original Bootcamp	0:55:48	1982 M35	54	0:58:48	18:44 *	17:49 *	19:14	5:35 min/km
325	2995	Schmeiser Simon	*Hürth	0:55:48	1982 M35	55	0:59:04	18:35 *	18:12 *	19:01	5:35 min/km
326	741	Syben Tim	*Köln	0:55:50	1980 M35	56	0:58:50	18:44 *	17:49 *	19:15	5:35 min/km
327	1871	Melzer Karsten	*Würzburg	0:55:50	1992 M20	64	0:58:29	18:08 *	17:53 *	19:47	5:35 min/km
328	2172	Jost Jochen	Lasse e.v.	0:55:51	1988 M30	62	0:56:43	17:47 *	18:36 *	19:27	5:35 min/km
329	733	Küpper Bruno	LongBilBlu-Runners	0:55:52	1974 M40	37	0:58:45	18:31 *	18:10 *	19:10	5:35 min/km
330	659	Ax Joachim	*Sankt Augustin	0:55:52	1958 M60	5	0:56:18	18:36 *	18:31 *	18:44	5:35 min/km
331	2257	Holstein Thomas	UPS	0:55:52	1961 M55	12	0:58:51	19:09 *	18:21 *	18:21	5:35 min/km
332	1150	Eisenbach Bernd	*Wermelskirchen	0:55:54	1964 M50	31	0:59:57	18:51 *	17:51 *	19:11	5:35 min/km
333	1826	Henriksen Sven	*Welkenraedt (B)	0:55:54	1980 M35	57	0:57:21	19:59 *	18:06 *	17:49	5:35 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 7

gedruckt 04.12.2018 09:41:20

334	2664	Janus Winfried	BSG RheinEnergie	0:55:57	1969 M45	45	0:56:10	18:10 *	18:47 *	18:59	5:36 min/km
335	2399	Burkhardt Stefan	*Hürth	0:55:57	1966 M50	32	0:57:50	19:30 *	18:13 *	18:13	5:36 min/km
336	2046	Duisberg Jens	Front Runners Cologne	0:55:57	1970 M45	46	0:57:50	19:30 *	18:13 *	18:13	5:36 min/km
337	2797	McHugh Patrick	*Cologne	0:55:58	1983 M35	58	0:57:57	18:13 *	18:28 *	19:17	5:36 min/km
338	2337	Bremke Jonathan	*Köln	0:55:59	2005 MU14	5	0:58:36	17:56 *	18:50 *	19:12	5:36 min/km
339	990	Jacobs Matthias	*Schwalmtal	0:55:59	1985 M30	63	0:58:45	19:40 *	17:58 *	18:20	5:36 min/km
340	1907	Grob-Detaille Daniel	*Erfstadt	0:55:59	1982 M35	59	0:58:39	17:44 *	18:29 *	19:45	5:36 min/km
341	2825	Schweda Marcel	*Köln	0:56:01	1969 M45	47	0:59:11	18:08 *	18:29 *	19:23	5:36 min/km
342	2554	Bohlen Christoph	The Walking Fat	0:56:04	1986 M30	64	0:57:03	17:17 *	22:01 *	16:46	5:36 min/km
343	3148	Glaubach Jürgen	*Frechen	0:56:07	1961 M55	13	0:56:10	17:23 *	19:04 *	19:39	5:37 min/km
344	1707	Laufenberg Heinz	CGN Northside Squad	0:56:08	1956 M60	6	0:56:36	18:11 *	18:26 *	19:30	5:37 min/km
345	3420	Jettkant Klaus	*Köln	0:56:10	1979 M35	60	0:59:02	19:24 *	18:10 *	18:35	5:37 min/km
346	1415	Dollmaier Joerg	*Utrecht	0:56:10	1975 M40	38	0:59:19	19:58 *	18:36 *	17:34	5:37 min/km
347	1352	Knödler Marco	*Düren	0:56:12	1980 M35	61	0:57:15	19:23 *	17:58 *	18:49	5:37 min/km
348	1354	Dresia Joshua	*Niederzier	0:56:12	1998 M20	65	0:57:15	19:24 *	17:58 *	18:49	5:37 min/km
349	3685	Runkel Jonas	Team Decathlon	0:56:12	1994 M20	66	0:57:54	18:41 *	18:25 *	19:05	5:37 min/km
350	2070	Busch Marc	*Köln	0:56:14	1971 M45	48	0:57:19	18:38 *	18:10 *	19:26	5:37 min/km
351	1862	Uebbing Matthias	*Köln	0:56:14	1989 M20	67	0:56:30	19:09 *	18:11 *	18:53	5:37 min/km
352	2426	Schmidt Jascha	*Köln	0:56:15	1992 M20	68	0:58:33	20:07 *	17:41 *	18:25	5:38 min/km
353	1151	Wagner Markus	*Köln	0:56:16	1973 M45	49	0:56:22	17:14 *	21:22 *	17:39	5:38 min/km
354	3825	Bosch Francisco		0:56:16	1983 M35	62	0:58:24	19:34 *	18:07 *	18:34	5:38 min/km
355	1451	Utecht Alexander	*Köln	0:56:17	1974 M40	39	0:57:44	19:59 *	18:06 *	18:11	5:38 min/km
356	1233	Thonnett Andreas	CYT Team	0:56:19	1967 M50	33	0:58:10	19:06 *	18:23 *	18:49	5:38 min/km
357	1763	Friedrichs Frank	SV Sparkasse KölnBonn	0:56:19	1970 M45	50	1:00:38	18:41 *	18:06 *	19:31	5:38 min/km
358	2788	Bäumgen Guido	Fanta 5 reloued	0:56:23	1963 M55	14	0:58:40	20:19 *	18:03 *	18:00	5:38 min/km
359	2190	Goitzsch Olaf	*Wermelskirchen	0:56:24	1971 M45	51	0:58:40	20:20 *	18:03 *	18:00	5:38 min/km
360	781	Otten Robert	Team HGO	0:56:24	1994 M20	69	0:58:50	19:01 *	18:22 *	19:00	5:38 min/km
361	905	Hess Bernd	Born2Run	0:56:28	1951 M65	5	0:57:38	20:24 *	17:45 *	18:18	5:39 min/km
362	2886	Samha Ahmed	Willkommen in	0:56:31	1998 M20	70	1:00:46	21:18 *	17:21 *	17:51	5:39 min/km
363	1407	Felix Cüppers	*Aachen	0:56:34	1994 M20	71	1:00:19	18:58 *	18:41 *	18:54	5:39 min/km
364	2461	Garbisch Martin	Team Straberg	0:56:37	1992 M20	72	1:00:39	20:10 *	18:50 *	17:36	5:40 min/km
365	2074	Emami Julian	*Köln	0:56:38	2001 MU18	9	1:00:50	18:49 *	18:30 *	19:18	5:40 min/km
366	2115	Weber Nils	*Köln	0:56:40	1980 M35	63	1:00:42	20:10 *	18:49 *	17:40	5:40 min/km
367	3271	Jäger Julian	*Köln	0:56:41	1984 M30	65	1:01:12	20:10 *	18:11 *	18:20	5:40 min/km
368	1992	Vehrenberg Daniel	*Köln	0:56:41	1992 M20	73	0:57:21	18:06 *	19:03 *	19:32	5:40 min/km
369	1893	Leweling Sascha	*Köln	0:56:42	1985 M30	66	0:59:50	20:15 *	18:08 *	18:18	5:40 min/km
370	3157	Van der meiren Dr.	*koeln	0:56:44	1959 M55	15	0:58:36	18:25 *	18:56 *	19:21	5:40 min/km
371	1123	Voelz Chris	Höllenhunde	0:56:44	1974 M40	40	0:58:11	19:50 *	19:41 *	17:12	5:40 min/km
372	3461	Heukamp Christoph	Glühwein & Friends	0:56:45	1973 M45	52	0:58:50	20:09 *	18:19 *	18:16	5:41 min/km
373	2551	Zwick Jochen	*Köln	0:56:45	1986 M30	67	0:59:32	20:39 *	18:30 *	17:35	5:41 min/km
374	791	Willems Johannes	*Köln	0:56:45	1957 M60	7	0:57:47	18:42 *	18:42 *	19:20	5:41 min/km
375	3055	Hein Lars	Runners Point	0:56:46	1975 M40	41	0:58:29	20:05 *	18:16 *	18:24	5:41 min/km
376	1641	Minas Sevan	*Köln	0:56:47	1979 M35	64	0:58:13	20:00 *	18:06 *	18:40	5:41 min/km
377	2851	Rantze Heiko	*Köln	0:56:50	1975 M40	42	1:01:06	19:45 *	19:53 *	17:11	5:41 min/km
378	1118	Schneider-Störmann	Tokyo Connection	0:56:52	1963 M55	16	0:58:21	18:53 *	18:33 *	19:25	5:41 min/km
379	3096	Elwert Alexander	*Köln	0:56:53	1967 M50	34	0:57:40	18:59 *	18:44 *	19:09	5:41 min/km
380	2673	Senge Wolfgang	KRÜGER GROUP	0:56:54	1962 M55	17	0:58:48	20:06 *	18:13 *	18:33	5:41 min/km
381	2926	Friem Henning	GBG	0:56:55	1985 M30	68	0:59:42	20:39 *	18:30 *	17:45	5:42 min/km
382	2456	Von Dreden Tobias	*Köln	0:56:55	1988 M30	69	1:01:12	19:59 *	18:05 *	18:50	5:42 min/km
383	1105	Krüssell Markus	*Köln	0:56:56	1970 M45	53	0:57:25	18:28 *	18:45 *	19:41	5:42 min/km
384	2629	Thelen Christian	*Köln	0:56:56	1979 M35	65	0:59:31	19:32 *	18:09 *	19:14	5:42 min/km
385	2751	Schnittger Gerald	Kieser Training	0:56:56	1964 M50	35	1:00:22	19:45 *	18:23 *	18:48	5:42 min/km
386	3440	Rymus Elmar	Bunert - Der Kölner	0:56:57	1948 M70	1	0:59:29	20:46 *	18:02 *	18:08	5:42 min/km
387	1397	Goldhagen Stefan	*Köln	0:56:59	1986 M30	70	0:58:22	19:18 *	18:17 *	19:23	5:42 min/km
388	3125	Bollinger Yves	PUSHENSY	0:57:00	1972 M45	54	0:57:44	19:13 *	18:16 *	19:30	5:42 min/km
389	3537	Petruschke Matthias	*Köln	0:57:01	1989 M20	74	1:01:02	22:01 *	19:37 *	15:21	5:42 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 8

gedruckt 04.12.2018 09:41:20

390	1019	Kaysers Yannik	*Kön	0:57:05	1992 M20	75	0:59:32	19:44 *	18:34 *	18:46	5:43 min/km
391	499	Voigt Maik	Kieser Training	0:57:06	1981 M35	66	0:57:39	18:54 *	18:46 *	19:25	5:43 min/km
392	1645	Vemmer Lucas	*Köln	0:57:06	1995 M20	76	0:59:18	20:02 *	18:26 *	18:37	5:43 min/km
393	3267	Schulte Jochen	*Köln	0:57:06	1969 M45	55	0:58:39	19:02 *	18:55 *	19:08	5:43 min/km
394	2598	Wyborny Andre	tutti frutti	0:57:06	1986 M30	71	0:59:29	19:33 *	18:36 *	18:57	5:43 min/km
395	3750	Gawronski Stefan		0:57:06	1983 M35	67	0:58:45	20:21 *	20:52 *	15:52	5:43 min/km
396	1715	Weber Martin	Constant	0:57:07	1972 M45	56	0:58:59	21:42 *	18:40 *	16:44	5:43 min/km
397	2246	Pels Oliver	*Aachen	0:57:08	1975 M40	43	1:01:14	19:59 *	18:11 *	18:58	5:43 min/km
398	1680	Hügel Florian	Kammerchor Constant	0:57:08	1970 M45	57	0:58:58	21:43 *	18:40 *	16:44	5:43 min/km
399	3188	Claßen Christian	LC BatRocket	0:57:09	1982 M35	68	0:58:02	17:42 *	19:28 *	19:58	5:43 min/km
400	2362	Kremers Markus	KG Bocket	0:57:09	1973 M45	58	0:57:51	17:55 *	18:51 *	20:22	5:43 min/km
401	2448	Mehlich-Kirsch David	Ramba Zamba in Sauna 3	0:57:10	1987 M30	72	1:00:54	19:47 *	18:32 *	18:50	5:43 min/km
402	1309	Tebert Michael	*Köln	0:57:11	1965 M50	36	0:58:45	18:14 *	18:28 *	20:29	5:43 min/km
403	1144	Reusch Dr. Matthias	Colonia Team	0:57:12	1942 M75	1	0:57:50	18:27 *	18:52 *	19:52	5:43 min/km
404	1648	Lülsdorf Andreas	Rheinisch-Bergischer	0:57:12	1966 M50	37	1:01:09	20:32 *	18:08 *	18:31	5:43 min/km
405	974	Blancois Oliver	*Köln	0:57:18	1989 M20	77	1:01:27	19:33 *	18:32 *	19:13	5:44 min/km
406	2379	Kern Jörg	*Köln	0:57:19	1968 M50	38	0:58:02	19:43 *	19:19 *	18:16	5:44 min/km
407	3163	Steil Wolfgang	*Köln	0:57:20	1950 M65	6	0:58:25	19:02 *	18:43 *	19:33	5:44 min/km
408	3691	Bretschneider Frank	TVA Volleyball	0:57:21	1976 M40	44	1:00:29	20:10 *	18:16 *	18:54	5:44 min/km
409	2843	Meckert Philipp	EXPRESS	0:57:22	1972 M45	59	0:59:56	19:33 *	18:49 *	18:59	5:44 min/km
410	674	Koch Wolfgang	*Wesseling	0:57:22	1961 M55	18	1:00:13	20:17 *	18:18 *	18:46	5:44 min/km
411	2194	Maye Michael	*Köln	0:57:23	1965 M50	39	0:58:06	19:44 *	19:19 *	18:19	5:44 min/km
412	3834	Hemmersback Simon		0:57:23	2003 MU16	3	0:58:08	17:54 *	18:51 *	20:37	5:44 min/km
413	3803	Mimberg Helge	ESV Wirselen	0:57:27	1986 M30	73	0:57:38	18:32 *	19:36 *	19:18	5:45 min/km
414	955	Szallnaß Sascha	*Halver	0:57:27	1974 M40	45	1:00:31	19:58 *	20:21 *	17:07	5:45 min/km
415	2164	Reiners Marc	*Hürth	0:57:29	1970 M45	60	0:57:49	16:48 *	18:41 *	21:59	5:45 min/km
416	861	Burkard Rainer	Elba	0:57:30	1970 M45	61	0:58:03	16:43 *	21:20 *	19:26	5:45 min/km
417	3152	Boe Christian	*Köln	0:57:30	1992 M20	78	1:00:05	19:09 *	18:50 *	19:30	5:45 min/km
418	2847	Voßkämper Kai	*Köln	0:57:32	1980 M35	69	0:59:46	19:03 *	18:51 *	19:36	5:45 min/km
419	2075	Emami Dariusch	*Köln	0:57:33	1961 M55	19	1:01:44	19:16 *	18:42 *	19:34	5:45 min/km
420	2530	Reinhard Frederik	Team Eva	0:57:33	1991 M20	79	0:57:55	19:23 *	18:50 *	19:19	5:45 min/km
421	3088	Esser Günter	born2run	0:57:34	1961 M55	20	1:00:16	19:22 *	18:43 *	19:27	5:45 min/km
422	2595	Eiting Dennis	*Bocholt	0:57:34	1990 M20	80	1:00:18	21:16 *	18:48 *	17:29	5:45 min/km
423	749	Köppe Stefan	1.FC Köln	0:57:37	1985 M30	74	0:58:16	18:36 *	18:53 *	20:07	5:46 min/km
424	2103	Esters Paul	Laktatkönige	0:57:40	1959 M55	21	1:00:33	19:24 *	18:05 *	20:10	5:46 min/km
425	3796	Moersch Jochen		0:57:41	1976 M40	46	1:01:40	19:33 *	18:47 *	19:19	5:46 min/km
426	3808	Haus Karl-Heinz		0:57:41	1967 M50	40	1:02:04	19:12 *	18:36 *	19:52	5:46 min/km
427	2585	Deusing Thorsten	*Erfstadt	0:57:42	1980 M35	70	0:59:26	20:43 *	19:55 *	17:03	5:46 min/km
428	1541	Kehl Volker	*Köln	0:57:44	1977 M40	47	1:01:30	19:32 *	18:58 *	19:12	5:46 min/km
429	2974	Cremanns Julian	*Nideggen	0:57:46	2004 MU16	4	0:58:46	16:02 *	22:17 *	19:26	5:47 min/km
430	3813	Fernandes Tiago	Barcelona	0:57:46	1988 M30	75	1:00:11	19:51 *	18:46 *	19:08	5:47 min/km
431	2523	Schultes Patrick	*Wittlich	0:57:48	1985 M30	76	0:59:37	20:38 *	19:48 *	17:21	5:47 min/km
432	1831	Evers Gregor	*Köln	0:57:50	1968 M50	41	1:01:10	18:35 *	18:59 *	20:15	5:47 min/km
433	3171	Auf dem Graben Peter	*Köln	0:57:51	1965 M50	42	1:01:55	20:40 *	18:44 *	18:26	5:47 min/km
434	2992	Fels Torsten	*Köln	0:57:51	1974 M40	48	1:00:44	21:01 *	18:45 *	18:04	5:47 min/km
435	3585	Koepke Ulf		0:57:51	1968 M50	43	0:59:29	19:07 *	19:07 *	19:36	5:47 min/km
436	3412	Laue Philip	*Köln	0:57:51	1976 M40	49	1:00:22	19:52 *	18:40 *	19:19	5:47 min/km
437	1256	Lennartz Heinz-Josef	St. Seb. Schützen	0:57:52	1954 M60	8	0:59:21	19:27 *	18:47 *	19:37	5:47 min/km
438	2223	Dreier Sebastian	*Köln	0:57:53	1978 M40	50	1:01:10	19:02 *	19:11 *	19:40	5:47 min/km
439	1131	Lüdtke Tobias	Kenias letzte Reserve	0:57:57	1986 M30	77	0:59:16	19:32 *	18:56 *	19:28	5:48 min/km
440	915	Kessler Thomas	DEG road runner	0:57:59	1955 M60	9	0:58:49	18:16 *	19:36 *	20:06	5:48 min/km
441	3527	Votteler Tim	AMT Nikolonia	0:57:59	1976 M40	51	1:00:09	20:54 *	18:48 *	18:16	5:48 min/km
442	2705	Oltmanns Jan	Gothaer	0:58:02	1970 M45	62	0:58:37	18:33 *	18:51 *	20:37	5:48 min/km
443	3528	Kessler Michael	AMT Nikolonia	0:58:02	1988 M30	78	1:00:08	20:57 *	18:48 *	18:15	5:48 min/km
444	1471	Kölsch Rüdiger	*Köln	0:58:04	1965 M50	44	0:59:00	19:56 *	18:55 *	19:12	5:48 min/km
445	1087	Heidelberg Leon	*Jülich	0:58:05	1996 M20	81	0:59:58	20:44 *	18:38 *	18:42	5:49 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 9

gedruckt 04.12.2018 09:41:20

446	2041	Zimmermann David	*Köln	0:58:05	1985 M30	79	1:00:30	19:04 *	19:01 *	19:59	5:49 min/km
447	1196	Meyer Benedikt	*Köln	0:58:06	1986 M30	80	1:01:04	18:43 *	19:03 *	20:19	5:49 min/km
448	2186	Welsch Denis	*Leverkusen	0:58:08	1982 M35	71	0:59:59	19:00 *	18:51 *	20:16	5:49 min/km
449	3586	Heß Hans-Helmut	BSG KVB Laufsport	0:58:10	1956 M60	10	0:59:24	18:53 *	19:02 *	20:14	5:49 min/km
450	1440	Bicker Stefan	*Kerpen	0:58:14	1965 M50	45	1:00:12	20:05 *	18:38 *	19:30	5:49 min/km
451	690	Hynek Marco	*Kerpen	0:58:15	1974 M40	52	0:59:25	18:41 *	18:59 *	20:33	5:50 min/km
452	3232	Neumann Henning	*Aachen	0:58:17	1996 M20	82	1:01:20	19:31 *	18:32 *	20:13	5:50 min/km
453	3024	Ecker Marvin	*Köln	0:58:19	1992 M20	83	1:02:18	22:10 *	19:50 *	16:18	5:50 min/km
454	1486	Kohnen Fabian	*Pulheim	0:58:25	2001 MU18	10	0:58:47	17:12 *	19:33 *	21:38	5:51 min/km
455	3744	Proenen Karl- Heinz	LC Weilerwist	0:58:25	1959 M55	22	1:01:04	19:50 *	18:56 *	19:38	5:51 min/km
456	2000	Kaulisch Thomas	*Köln	0:58:29	1970 M45	63	1:02:38	21:34 *	18:26 *	18:28	5:51 min/km
457	2637	Hebborn Niklas	*Köln	0:58:29	1981 M35	72	1:03:20	20:49 *	19:07 *	18:32	5:51 min/km
458	2959	Kemper Michael	*Köln	0:58:30	1967 M50	46	1:00:12	18:40 *	20:17 *	19:32	5:51 min/km
459	2307	Thamm Christian	*Köln	0:58:31	1986 M30	81	0:59:45	19:11 *	19:20 *	19:59	5:51 min/km
460	3607	Bourouba Jamal		0:58:31	1985 M30	82	1:02:06	21:07 *	19:14 *	18:10	5:51 min/km
461	2541	Markert Dennis	*Hürth	0:58:33	1994 M20	84	1:00:53	18:49 *	19:20 *	20:24	5:51 min/km
462	1750	Ihlenfeld Hannes	*Köln	0:58:33	2007 MU12	3	1:00:26	19:16 *	19:28 *	19:48	5:51 min/km
463	2475	Lück Frank	*Hürth	0:58:34	1965 M50	47	1:00:53	18:54 *	19:17 *	20:22	5:51 min/km
464	920	Reuter Nils	*Köln	0:58:36	2005 MU14	6	1:03:22	19:43 *	19:27 *	19:25	5:52 min/km
465	1038	Pabst Marcus	*Köln	0:58:37	1967 M50	48	1:02:04	19:32 *	19:27 *	19:37	5:52 min/km
466	1125	Birkenfeld Michael	*Hürth	0:58:38	1967 M50	49	1:00:36	20:58 *	19:09 *	18:29	5:52 min/km
467	919	Reuter Hannes	*Köln	0:58:40	1972 M45	64	1:03:25	19:43 *	19:27 *	19:29	5:52 min/km
468	1094	Jimenez Tom	*Köln	0:58:41	1992 M20	85	1:03:00	21:03 *	18:58 *	18:39	5:52 min/km
469	2037	Kindervater Max	*Köln	0:58:43	1995 M20	86	1:00:02	19:43 *	19:22 *	19:37	5:52 min/km
470	2177	Reitze Manfred	Golden Boys	0:58:44	1970 M45	65	1:02:02	23:02 *	20:04 *	15:38	5:52 min/km
471	2036	Krieger Christian	Laufende Nasen	0:58:45	1990 M20	87	1:00:03	19:44 *	19:22 *	19:37	5:53 min/km
472	3642	Pahde Thomas	Köln läuft!	0:58:45	1971 M45	66	1:02:17	21:17 *	18:28 *	18:59	5:53 min/km
473	3590	Wiesner Wolfgang	BSG KVB Laufsport	0:58:47	1971 M45	67	1:03:48	19:31 *	19:29 *	19:46	5:53 min/km
474	3589	Kraus Hans	BSG KVB Laufsport	0:58:47	1971 M45	68	1:03:48	19:31 *	19:27 *	19:47	5:53 min/km
475	1787	Hoffmann Stephan	FTV 1905 e.V.	0:58:50	1966 M50	50	1:00:29	20:25 *	19:09 *	19:15	5:53 min/km
476	3847	Spiess Stefan		0:58:50	1969 M45	69	1:01:37	19:43 *	18:53 *	20:13	5:53 min/km
477	3798	Köthenbürger Marcus	Running Bunnies	0:58:50	1984 M30	83	1:03:06	19:37 *	19:20 *	19:52	5:53 min/km
478	3403	Groneck Dr. Volker	*Köln	0:58:52	1974 M40	53	0:59:46	20:36 *	18:58 *	19:17	5:53 min/km
479	1607	Weber Dr. Tobi	EAC Running Club	0:58:56	1982 M35	73	1:02:20	19:23 *	18:54 *	20:37	5:54 min/km
480	2446	Stöcker Sebastian	*Köln	0:58:56	1986 M30	84	1:01:24	20:42 *	19:02 *	19:10	5:54 min/km
481	1092	Nicht Daniel	*Köln	0:58:57	1995 M20	88	1:03:14	21:06 *	19:01 *	18:49	5:54 min/km
482	2110	Bruckwilder Hans Jörg	*Köln	0:58:57	1955 M60	11	0:59:05	18:35 *	19:33 *	20:49	5:54 min/km
483	3829	Wortmann Vincent		0:58:58	1998 M20	89	0:59:52	20:37 *	18:57 *	19:23	5:54 min/km
484	3628	Wirtz Daniel	Kölle Alarm e.V.	0:58:58	1987 M30	85	1:00:41	19:58 *	18:57 *	20:02	5:54 min/km
485	1093	Nicht Fabian	*Köln	0:58:58	1999 MU20	2	1:03:14	21:07 *	18:58 *	18:53	5:54 min/km
486	1937	Towara Markus	The Walking Fat	0:58:58	1986 M30	86	0:59:54	20:13 *	19:16 *	19:29	5:54 min/km
487	3812	Vilaro Joan	Barcelona	0:59:02	1991 M20	90	1:01:27	19:49 *	18:48 *	20:24	5:54 min/km
488	2431	Geppert Dr. Stefan	*Köln	0:59:07	1961 M55	23	1:03:57	19:21 *	19:31 *	20:14	5:55 min/km
489	2562	Franz Tobias	Spende SBG	0:59:07	1993 M20	91	1:00:31	18:18 *	19:56 *	20:53	5:55 min/km
490	709	Husmann Markus	*Köln	0:59:10	1974 M40	54	1:03:24	20:35 *	19:17 *	19:16	5:55 min/km
491	1896	Weber Hauke	*Köln	0:59:10	1974 M40	55	1:00:00	19:04 *	19:19 *	20:46	5:55 min/km
492	3241	Stimke Joey	Flotten Dreier	0:59:15	1990 M20	92	1:02:56	18:34 *	19:33 *	21:08	5:56 min/km
493	2711	Küven Jürgen	Gothaer	0:59:16	1969 M45	70	1:00:11	18:42 *	19:41 *	20:53	5:56 min/km
494	3386	Hartmann Johann	*Bergisch Gladbach	0:59:17	2007 MU12	4	1:03:29	19:10 *	19:22 *	20:44	5:56 min/km
495	1359	Schreier Dirk	*Köln	0:59:18	1970 M45	71	1:01:19	19:36 *	19:41 *	20:00	5:56 min/km
496	3445	Hemmer-Pottmann	*Köln	0:59:19	1988 M30	87	1:00:17	19:19 *	19:23 *	20:36	5:56 min/km
497	1670	Könen Bastian	FogTec Runners	0:59:19	1983 M35	74	1:00:05	18:45 *	19:16 *	21:17	5:56 min/km
498	2132	Lindlahr Marc	*Troisdorf	0:59:20	1980 M35	75	0:59:20	20:30 *	19:10 *	19:40	5:56 min/km
499	3596	Holtz Alexander	EWK	0:59:21	1986 M30	88	1:02:47	21:37 *	18:55 *	18:48	5:56 min/km
500	2091	Schlepphorst Sebastian	*Köln	0:59:22	1983 M35	76	1:00:38	19:40 *	19:22 *	20:19	5:56 min/km
501	3629	Sevenich Phillip	Kölle Alarm e.V.	0:59:25	0 M20	93	1:01:09	19:58 *	19:08 *	20:17	5:57 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 10

gedruckt 04.12.2018 09:41:20

502	3636	Bochem Markus	Kölle Alarm e.V.	0:59:25	1976	M40	56	1:01:09	19:59 *	19:07 *	20:18	5:57 min/km
503	1976	Schaaf Michael	*Köln	0:59:25	1969	M45	72	1:00:05	19:05 *	19:53 *	20:26	5:57 min/km
504	3643	Pagers Sven	Köln läuft!	0:59:26	1966	M50	51	1:02:18	19:16 *	19:20 *	20:49	5:57 min/km
505	1362	Schulte Andrej	*Köln	0:59:27	1987	M30	89	0:59:51	18:04 *	20:35 *	20:47	5:57 min/km
506	2848	Grosnitz Al	*Kerpen	0:59:28	1947	M70	2	1:01:02	20:02 *	19:29 *	19:55	5:57 min/km
507	2535	Krause Thomas	Heul nicht! Lauf!	0:59:28	1964	M50	52	1:00:07	18:30 *	20:07 *	20:51	5:57 min/km
508	1560	Odenthal Bastian	Team SPECK&RUN	0:59:30	1984	M30	90	1:03:17	21:44 *	19:09 *	18:36	5:57 min/km
509	2778	Stallmeister Max	*Köln	0:59:30	1989	M20	94	1:03:29	22:03 *	19:44 *	17:43	5:57 min/km
510	2540	Schönert Jonathan	*Köln	0:59:31	2006	MU14	7	1:00:50	19:53 *	19:19 *	20:18	5:57 min/km
511	3051	Miersch Alexander	*Köln	0:59:31	1993	M20	95	1:03:41	19:56 *	19:27 *	20:07	5:57 min/km
512	1336	Sabel Frank	*Köln	0:59:31	1967	M50	53	1:00:14	19:45 *	19:19 *	20:27	5:57 min/km
513	2799	Paulus Michael	Eintracht Eule	0:59:31	1985	M30	91	1:03:27	21:25 *	22:47 *	15:18	5:57 min/km
514	3199	Emde Christian	KRletics	0:59:34	1984	M30	92	1:03:32	21:14 *	19:36 *	18:44	5:57 min/km
515	1002	Fritz Andreas	*Köln	0:59:40	1990	M20	96	1:01:50	21:56 *	19:39 *	18:04	5:58 min/km
516	1624	Feldkamp Tim	*Düsseldorf	0:59:44	1970	M45	73	1:00:37	19:55 *	19:30 *	20:19	5:58 min/km
517	3801	Schmitt Torsten	MV Monzelfeld	0:59:46	1972	M45	74	1:03:38	19:22 *	19:25 *	20:58	5:59 min/km
518	3235	Evangelinos Konstantin	-	0:59:47	1955	M60	12	1:02:07	20:31 *	18:52 *	20:23	5:59 min/km
519	2572	Mann Martin	ERGO sports Köln	0:59:47	1968	M50	54	1:02:17	19:27 *	19:47 *	20:31	5:59 min/km
520	1757	Helten Frank	*Köln	0:59:51	1971	M45	75	1:02:13	19:33 *	19:46 *	20:31	5:59 min/km
521	940	Umansky Dr. Andrej	#runningwithasloth	0:59:51	1983	M35	77	1:00:33	20:08 *	20:59 *	18:44	5:59 min/km
522	116	Klimpke Sebastian	*Köln	0:59:56	1986	M30	93	1:03:17	21:42 *	19:05 *	19:09	5:60 min/km
523	2241	Bock Johannes	Viva con Agua	1:00:01	1993	M20	97	1:02:05	20:25 *	19:07 *	20:28	6:00 min/km
524	3031	Albers Prof. Dr. Sascha	*Köln	1:00:01	1974	M40	57	1:03:22	20:19 *	19:27 *	20:14	6:00 min/km
525	2226	Schneider Lars	Viva con Agua	1:00:02	1981	M35	78	1:02:06	20:25 *	19:08 *	20:28	6:00 min/km
526	1438	Rembor Maximilian	*Mannheim	1:00:04	1984	M30	94	1:04:19	20:00 *	18:42 *	21:21	6:00 min/km
527	2558	Junge Patric	*Köln	1:00:09	1983	M35	79	1:04:45	20:07 *	19:32 *	20:29	6:01 min/km
528	2559	Voß Alexander	*Köln	1:00:09	1996	M20	98	1:04:46	20:06 *	19:32 *	20:29	6:01 min/km
529	3018	Küpfer André	enet Runners	1:00:09	1978	M40	58	1:04:52	19:36 *	20:02 *	20:30	6:01 min/km
530	1832	Hancock D	Bell End	1:00:09	1974	M40	59	1:04:56	24:35 *	17:31 *	18:02	6:01 min/km
531	1210	Kleiner Norbert	Allwetterläufer	1:00:11	1961	M55	24	1:00:18	19:17 *	19:51 *	21:02	6:01 min/km
532	1920	Falkenberg Maximilian	Clash-Fit	1:00:13	2005	MU14	8	1:01:48	24:24 *	19:29 *	16:18	6:01 min/km
533	1699	Payk Andres	*Köln	1:00:15	1975	M40	60	1:03:31	21:07 *	20:56 *	18:11	6:02 min/km
534	1267	Kirsch Stefan	*Köln	1:00:17	1986	M30	95	1:02:58	20:51 *	19:23 *	20:02	6:02 min/km
535	2032	Kronsbein Günter	*Köln	1:00:17	1965	M50	55	1:01:34	20:03 *	19:52 *	20:21	6:02 min/km
536	2811	Kühlwein Ralf	Klub Kölner	1:00:19	1957	M60	13	1:04:30	19:59 *	19:47 *	20:32	6:02 min/km
537	2521	Wirth Wolfgang	Cologne Running Crew	1:00:25	1951	M65	7	1:00:29	18:28 *	19:51 *	22:05	6:03 min/km
538	3493	Esser Tobias	*Köln	1:00:26	1991	M20	99	1:02:53	19:45 *	19:34 *	21:06	6:03 min/km
539	1551	Franz-Höfle Joachim	*Köln	1:00:26	1982	M35	80	1:03:19	19:18 *	19:52 *	21:15	6:03 min/km
540	2348	Spaete Niko	*Köln	1:00:27	1980	M35	81	1:02:57	23:34 *	20:45 *	16:07	6:03 min/km
541	1918	Breuer Jan	Clash-Fit	1:00:30	1996	M20	100	1:02:05	24:24 *	19:30 *	16:35	6:03 min/km
542	2720	Wanke Alan		1:00:31	1990	M20	101	1:02:05	20:08 *	19:54 *	20:27	6:03 min/km
543	2567	Klug Viktor	AGS	1:00:33	1988	M30	96	1:05:13	20:13 *	19:45 *	20:34	6:03 min/km
544	2566	Hansen Björn	AGS	1:00:35	1981	M35	82	1:05:17	20:12 *	19:46 *	20:36	6:04 min/km
545	1030	Blecken Alexander	*Köln	1:00:36	1980	M35	83	1:03:56	20:05 *	19:22 *	21:07	6:04 min/km
546	2154	Haase Frank	MTV Turbokriecher	1:00:37	1966	M50	56	1:05:06	20:12 *	19:49 *	20:34	6:04 min/km
547	1845	Decker Benjamin	*Köln	1:00:39	2009	MU10	1	1:02:27	20:17 *	19:50 *	20:31	6:04 min/km
548	2770	Celebija Luka Ilija	Barbariga	1:00:39	2005	MU14	9	1:00:52	20:08 *	20:07 *	20:22	6:04 min/km
549	3704	Zylajew Thomas	Netcologne	1:00:40	0	M20	102	1:03:27	20:45 *	19:53 *	20:01	6:04 min/km
550	2173	Stemmler Nicolas	*Rommerskirchen	1:00:43	1987	M30	97	1:01:56	20:31 *	19:46 *	20:25	6:04 min/km
551	3066	Roling Heinz-Jörg	SoCura	1:00:45	1978	M40	61	1:05:40	20:47 *	19:51 *	20:05	6:05 min/km
552	876	Guzzo-Foliaro Franco	Chaos Crew	1:00:45	1967	M50	57	1:04:43	20:43 *	19:38 *	20:23	6:05 min/km
553	2126	Fragel Tom	*Köln	1:00:48	1981	M35	84	1:03:22	22:44 *	22:12 *	15:50	6:05 min/km
554	2696	Schlack Thorsten	Gothaer	1:00:48	1973	M45	76	1:00:48	00:00 *	00:00 *	00:00	6:05 min/km
555	2906	Eckey Marc	*Köln	1:00:52	1993	M20	103	1:05:08	21:32 *	19:41 *	19:38	6:05 min/km
556	2368	Thomas Andre	*Köln	1:00:52	1985	M30	98	1:04:45	21:10 *	21:44 *	17:58	6:05 min/km
557	2499	Henry Nicolas	*köl	1:00:57	1977	M40	62	1:04:26	21:22 *	19:47 *	19:47	6:06 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 11

gedruckt 04.12.2018 09:41:20

558	2808	Schwake Thomas	CRAP H3	1:00:57	1971 M45	77	1:05:12	21:17 *	19:41 *	19:59	6:06 min/km
559	2731	Mölleken Christoph	Kieser Training	1:00:58	1961 M55	25	1:05:36	21:19 *	19:44 *	19:55	6:06 min/km
560	2726	Offermann Josef	Kieser Training	1:00:59	1949 M65	8	1:04:43	21:08 *	19:44 *	20:07	6:06 min/km
561	2978	Stolz Bastian	Team Maus	1:01:01	2010 MU10	2	1:03:50	20:30 *	20:18 *	20:12	6:06 min/km
562	2956	Lampe Sander	Team Maus	1:01:01	2011 MU10	3	1:03:50	20:27 *	20:18 *	20:16	6:06 min/km
563	1101	Schulz Philipp	Abteilung Verrückt	1:01:02	1982 M35	85	1:03:44	21:01 *	19:44 *	20:15	6:06 min/km
564	2979	Stolz Nico	Team Maus	1:01:03	1979 M35	86	1:03:53	20:39 *	20:08 *	20:15	6:06 min/km
565	1540	McNeil Nikolaus	TriCologne	1:01:03	1973 M45	78	1:05:46	22:13 *	19:52 *	18:57	6:06 min/km
566	1157	Wever Ralph	DiGiTEXX	1:01:04	1972 M45	79	1:03:25	19:34 *	19:33 *	21:56	6:06 min/km
567	2601	Rösler Manfred	LT TV Dünnwald	1:01:06	1959 M55	26	1:02:36	20:47 *	19:17 *	21:00	6:07 min/km
568	3049	Meyer Stefan	*Köln	1:01:06	1987 M30	99	1:05:52	21:15 *	18:59 *	20:50	6:07 min/km
569	2909	Ferdinand Markus	BSG Airflow	1:01:11	1959 M55	27	1:04:48	20:00 *	20:16 *	20:55	6:07 min/km
570	3396	Franke Robert	ASV Köln Triathlon	1:01:11	1960 M55	28	1:04:22	22:59 *	19:59 *	18:12	6:07 min/km
571	1940	Nocera Giovanni	The Walking Fat	1:01:12	1986 M30	100	1:02:08	20:12 *	19:26 *	21:33	6:07 min/km
572	3734	Kussmann Florian		1:01:13	1982 M35	87	1:05:05	21:50 *	19:53 *	19:29	6:07 min/km
573	1568	Diepenbruck Nikolaus	TriCologne	1:01:19	1965 M50	58	1:05:04	21:04 *	19:19 *	20:55	6:08 min/km
574	1659	Kaletta Dr. Nikolaus	TriCologne	1:01:22	1985 M30	101	1:05:04	21:09 *	19:26 *	20:47	6:08 min/km
575	1801	Obermüller Nikolaus	TriCologne	1:01:22	1970 M45	80	1:05:03	21:07 *	19:08 *	21:06	6:08 min/km
575	2604	Kirschstein Nikolaus	TriCologne	1:01:22	1972 M45	80	1:05:05	21:07 *	19:15 *	21:00	6:08 min/km
577	1498	Labsch Nikolaus	TriCologne	1:01:23	1967 M50	59	1:05:03	21:08 *	19:15 *	20:59	6:08 min/km
578	3467	Dörken Nikolaus	TriCologne	1:01:23	1987 M30	102	1:05:05	21:09 *	19:17 *	20:56	6:08 min/km
579	3819	Lammers Jonas	Tri Cologne	1:01:23	1988 M30	103	1:05:04	21:08 *	19:08 *	21:06	6:08 min/km
580	3578	Reinicke Martin	*Köln	1:01:25	1977 M40	63	1:04:33	21:08 *	20:13 *	20:03	6:09 min/km
581	117	Meissl Reinhard	*Köln	1:01:25	1988 M30	104	1:04:46	21:43 *	20:36 *	19:05	6:09 min/km
582	2939	Bittner Andreas	*Köln	1:01:32	1964 M50	60	1:02:00	19:48 *	19:59 *	21:44	6:09 min/km
583	1866	Czock Michael	*Köln	1:01:32	1967 M50	61	1:02:00	19:47 *	20:00 *	21:44	6:09 min/km
584	2996	Schwarz Andre	*Köln	1:01:33	1968 M50	62	1:01:59	19:48 *	20:00 *	21:44	6:09 min/km
585	663	Minig Bruno	Rheinbrohler Schnecken	1:01:38	1955 M60	14	1:06:30	20:52 *	20:13 *	20:31	6:10 min/km
586	1911	Kamp Stefan	*Köln	1:01:41	1964 M50	63	1:04:16	20:08 *	20:18 *	21:15	6:10 min/km
587	3200	Wurda Werner	SC Fortuna Köln	1:01:41	1960 M55	29	1:06:49	20:58 *	20:30 *	20:12	6:10 min/km
588	2015	Tenbrink Simon	*Köln	1:01:42	1991 M20	104	1:06:04	21:32 *	19:56 *	20:13	6:10 min/km
589	2089	Theml Alexander	*Mainz	1:01:42	1985 M30	105	1:06:02	21:35 *	19:55 *	20:11	6:10 min/km
590	2282	Erbe Dennis	*Frechen	1:01:44	1990 M20	105	1:06:26	22:23 *	19:26 *	19:54	6:10 min/km
591	2663	Kutschera Thomas	BSG RheinEnergie	1:01:44	1965 M50	64	1:02:02	18:30 *	19:44 *	23:30	6:10 min/km
592	1675	Droege Benjamin	*Köln	1:01:47	1983 M35	88	1:03:46	20:33 *	19:55 *	21:18	6:11 min/km
593	3070	Wester David	SoCura	1:01:48	1983 M35	89	1:06:42	22:42 *	20:18 *	18:46	6:11 min/km
594	1678	Jacobs Philip	*Köln	1:01:48	1993 M20	106	1:03:46	20:31 *	19:57 *	21:18	6:11 min/km
595	1677	Schreiber Tobias	*Köln	1:01:49	1979 M35	90	1:03:45	20:35 *	19:56 *	21:17	6:11 min/km
596	1525	Köhler Uwe	*Köln	1:01:51	1958 M60	15	1:04:29	21:42 *	20:09 *	20:00	6:11 min/km
597	2828	Estevez Adolfo	*Köln	1:01:55	1966 M50	65	1:05:27	21:27 *	19:05 *	21:21	6:12 min/km
598	2178	Westphal Alfred	Golden Boys	1:01:55	1969 M45	82	1:05:13	23:02 *	20:04 *	18:48	6:12 min/km
599	1705	Rosa Bastida Jose Maria	Gatschutschos Mex	1:01:57	1987 M30	106	1:03:27	20:16 *	19:37 *	22:03	6:12 min/km
600	2817	Vacante Alessandro	Orca-Runners	1:02:01	2002 MU18	11	1:03:23	20:46 *	22:13 *	19:00	6:12 min/km
601	941	Stetzkowski Michael	*Köln	1:02:03	1972 M45	83	1:03:33	20:02 *	20:18 *	21:42	6:12 min/km
602	2907	Eckey Wolfgang	*Köln	1:02:05	1963 M55	30	1:06:21	21:12 *	18:32 *	22:20	6:13 min/km
603	1923	Roggen Dominic	Wipperfürth	1:02:06	1985 M30	107	1:04:45	20:34 *	20:28 *	21:04	6:13 min/km
604	3026	Hackbarth Andreas	*Mechernich	1:02:07	1987 M30	108	1:03:17	20:30 *	20:30 *	21:07	6:13 min/km
605	1756	Hennemann Prof. Dr.	*Köln	1:02:08	1973 M45	84	1:03:44	20:49 *	20:03 *	21:16	6:13 min/km
606	2750	Müller Marius	Kieser Training	1:02:12	1973 M45	85	1:04:31	22:04 *	20:19 *	19:48	6:13 min/km
607	1702	Kieckhäfer Marcel	FOGTEC RUNNERS	1:02:13	1995 M20	107	1:02:53	19:37 *	20:10 *	22:24	6:13 min/km
608	3663	Hastler Mathias	BSG RheinEnergie	1:02:15	1977 M40	64	1:02:30	19:54 *	20:49 *	21:31	6:14 min/km
609	607	Wehnert André	Kölner Rennschnecken	1:02:15	1972 M45	86	1:03:15	20:15 *	20:04 *	21:56	6:14 min/km
610	1373	Stockdale Greg	*Attendorf	1:02:17	1975 M40	65	1:05:54	20:43 *	20:15 *	21:18	6:14 min/km
611	2250	Leinen Fabian	*Bonn	1:02:19	1977 M40	66	1:04:39	22:03 *	20:19 *	19:55	6:14 min/km
612	842	Heidrath Jörn	Mütze auf, Dauerlauf!	1:02:25	1984 M30	109	1:07:24	21:31 *	21:13 *	19:40	6:15 min/km
613	761	Hackmann Volker	*Köln	1:02:26	1980 M35	91	1:04:52	19:55 *	19:50 *	22:40	6:15 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 12

gedruckt 04.12.2018 09:41:20

614	1086	Zahren Marcus	*Köln	1:02:27	1969 M45	87	1:06:26	20:32 *	20:45 *	21:09	6:15 min/km
615	2985	Herman Jan	Team ERDINGER	1:02:32	1962 M55	31	1:03:31	20:56 *	19:54 *	21:42	6:15 min/km
616	2290	Tenhaeff Jannis	Appmatics	1:02:33	1991 M20	108	1:03:25	21:06 *	18:35 *	22:51	6:15 min/km
617	1411	Steinz Lothar	Team Erdinger	1:02:33	1957 M60	16	1:03:31	20:57 *	19:54 *	21:41	6:15 min/km
618	1527	Groneck Dr. Peter	*Köln	1:02:35	1949 M65	9	1:03:29	21:56 *	19:49 *	20:49	6:16 min/km
619	2084	Feil Marco	The walking Muddies	1:02:37	1976 M40	67	1:05:57	24:27 *	19:59 *	18:10	6:16 min/km
620	1244	Göbbels Guido	Mütze auf, Dauerlauf!	1:02:39	1983 M35	92	1:07:39	22:57 *	20:47 *	18:54	6:16 min/km
621	1307	Rubin Daniel	Mütze auf, Dauerlauf!	1:02:39	1977 M40	68	1:07:39	22:57 *	20:46 *	18:55	6:16 min/km
622	3375	Lehnigk Matthias	Team Lindenthal	1:02:39	1963 M55	32	1:08:00	21:51 *	21:15 *	19:32	6:16 min/km
623	1361	Büth Thomas	Mütze auf, Dauerlauf!	1:02:39	1984 M30	110	1:07:39	22:57 *	20:46 *	18:55	6:16 min/km
624	1070	Hoffmann Tim	*Essen	1:02:43	1976 M40	69	1:06:03	20:41 *	20:49 *	21:13	6:16 min/km
625	3162	Reiff Jörg	*Köln	1:02:45	1974 M40	70	1:06:16	22:29 *	21:45 *	18:30	6:17 min/km
626	1174	Mick Tobias	Nici Running Squad	1:02:49	1986 M30	111	1:05:38	20:45 *	20:27 *	21:36	6:17 min/km
627	1182	Brodrecht Kai	*Köln	1:02:52	1991 M20	109	1:05:07	22:27 *	20:01 *	20:22	6:17 min/km
628	1364	Heider Felix	*Köln	1:02:55	1994 M20	110	1:04:32	22:12 *	20:26 *	20:16	6:18 min/km
629	3820	Hautzel Tom	Hawaiian Only	1:02:56	1971 M45	88	1:07:05	20:56 *	20:04 *	21:55	6:18 min/km
630	2176	Reimer Willi	Golden Boys	1:02:57	1969 M45	89	1:06:16	23:01 *	19:58 *	19:57	6:18 min/km
631	2179	Holzporz Franz Martin	Golden Boys	1:02:57	1970 M45	90	1:06:16	23:01 *	19:58 *	19:57	6:18 min/km
632	2204	Brumann Volker	LTDSHS Köln	1:03:03	1965 M50	66	1:05:46	19:54 *	20:38 *	22:30	6:18 min/km
633	3678	Miebach Moritz	Edelman GmbH	1:03:05	1986 M30	112	1:07:35	21:49 *	20:23 *	20:52	6:19 min/km
634	1192	Thiele Björn	KG Alt-Köllen	1:03:07	1975 M40	71	1:07:11	20:18 *	20:29 *	22:19	6:19 min/km
635	2936	Grallert Daniel	Laufgruppe(-nzwang)	1:03:08	1972 M45	91	1:03:18	20:25 *	20:52 *	21:50	6:19 min/km
636	2729	Torsy Andreas	Kieser Training	1:03:09	1967 M50	67	1:03:29	20:13 *	20:37 *	22:18	6:19 min/km
637	3092	Zech Malte	Laufgruppe(nzwang)	1:03:09	1970 M45	92	1:03:18	20:26 *	20:52 *	21:49	6:19 min/km
638	3457	Klein Thorsten	Glühwein & Friends	1:03:10	1983 M35	93	1:05:17	21:26 *	21:50 *	19:54	6:19 min/km
639	1027	Spanier Simon	*Overath	1:03:10	1985 M30	113	1:07:09	20:34 *	19:31 *	23:05	6:19 min/km
640	3154	Sarmini Fadi	UA Pro Team	1:03:13	1997 M20	111	1:07:02	22:01 *	20:08 *	21:02	6:19 min/km
641	3153	Meßner Benjamin	UA Pro Team	1:03:14	1988 M30	114	1:07:03	22:02 *	20:08 *	21:03	6:19 min/km
642	2948	Ruland Tim	Spende SBG	1:03:14	1996 M20	112	1:04:36	22:08 *	20:48 *	20:17	6:19 min/km
643	2774	Klaas Werner	*Köln	1:03:14	1968 M50	68	1:05:15	22:48 *	20:13 *	20:12	6:19 min/km
644	3745	Rubino Leonardo		1:03:16	1970 M45	93	1:05:31	21:02 *	20:00 *	22:13	6:20 min/km
645	1982	Bongartz Ulrich Ignaz	*Hennef	1:03:19	1953 M65	10	1:06:19	21:49 *	20:20 *	21:09	6:20 min/km
646	3272	Brueckle Maximilian	UA Team	1:03:21	1982 M35	94	1:05:56	21:23 *	20:31 *	21:26	6:20 min/km
647	695	Schmühl Michael	*Euskirchen	1:03:24	1973 M45	94	1:07:58	20:52 *	20:34 *	21:57	6:20 min/km
648	3054	Höffgen Bernd	*Mechernich	1:03:33	1965 M50	69	1:07:26	22:30 *	20:21 *	20:42	6:21 min/km
649	2129	Goisser Michael	*Köln	1:03:37	1975 M40	72	1:05:13	21:54 *	20:48 *	20:54	6:22 min/km
650	1827	Beckermann Mario	*LANGENFELD	1:03:38	1957 M60	17	1:06:32	22:11 *	21:06 *	20:20	6:22 min/km
651	1009	Brandt Carsten	*Langenfeld	1:03:39	1970 M45	95	1:07:30	21:13 *	20:06 *	22:19	6:22 min/km
652	2395	Eßer Georg	*Grevenbroich	1:03:40	1972 M45	96	1:04:32	19:56 *	21:01 *	22:42	6:22 min/km
653	1257	Schmitz Robert	St. Seb. Schützen	1:03:43	1980 M35	95	1:05:12	21:49 *	20:30 *	21:24	6:22 min/km
654	1204	Haßler-Barth Alexander	*Köln	1:03:44	1987 M30	115	1:07:55	21:24 *	20:48 *	21:31	6:22 min/km
655	2879	Kiss Paul	CBH Rechtsanwälte	1:03:47	1965 M50	70	1:08:06	20:51 *	21:15 *	21:39	6:23 min/km
656	3622	Schmid Alena	Kölle Alarm e.V.	1:03:48	2001 MU18	12	1:05:25	20:03 *	20:03 *	23:41	6:23 min/km
657	3517	Berger Florian	*Köln	1:03:53	1994 M20	113	1:06:17	20:44 *	21:28 *	21:40	6:23 min/km
658	3806	Meuser Sascha	*Kerkrade	1:03:55	1975 M40	73	1:05:19	24:30 *	19:55 *	19:29	6:24 min/km
659	1673	Funk Marc Andre	FOGTEC RUNNERS	1:03:56	1993 M20	114	1:04:43	20:23 *	20:47 *	22:45	6:24 min/km
660	3377	Heuser Daniel	*Köln	1:03:56	1983 M35	96	1:05:45	23:16 *	20:23 *	20:17	6:24 min/km
661	2703	Raskin Bernhard	Gothaer	1:03:57	1955 M60	18	1:04:34	20:02 *	21:18 *	22:36	6:24 min/km
662	2251	Stürmer Wolfgang	*Erfstadt	1:03:57	1980 M35	97	1:07:00	18:54 *	20:35 *	24:27	6:24 min/km
663	1738	Schillings Otmar	*Inden	1:03:58	1968 M50	71	1:05:01	21:24 *	20:51 *	21:41	6:24 min/km
664	3184	Menzel Wolfgang	LLG St. Augustin	1:03:58	1955 M60	19	1:06:27	21:27 *	21:02 *	21:27	6:24 min/km
665	1811	Vogt Jürgen	*Jülich	1:03:58	1967 M50	72	1:05:01	21:24 *	20:51 *	21:42	6:24 min/km
666	1205	Flieger Markus	*Nörvenich	1:03:58	1971 M45	97	1:04:59	20:37 *	21:12 *	22:08	6:24 min/km
667	3260	Sprenger Olaf	*Bonn	1:03:59	1967 M50	73	1:06:35	21:13 *	20:26 *	22:20	6:24 min/km
668	645	Althoff Uli	Happy Runners Ishigaki	1:04:00	1963 M55	33	1:07:52	22:01 *	21:14 *	20:44	6:24 min/km
669	1991	Germann Daniel	*Köln	1:04:01	1980 M35	98	1:08:28	21:14 *	20:59 *	21:47	6:24 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 13

gedruckt 04.12.2018 09:41:20

670	3554	Ketzenberg Udo	*Köln	1:04:01	1968 M50	74	1:05:11	20:16 *	21:20 *	22:24	6:24 min/km
671	1137	Schneider Alex	*Niederkassel	1:04:03	1974 M40	74	1:08:35	22:03 *	21:09 *	20:50	6:24 min/km
672	1590	Hiltemann Ulrich	FOGTEC Runners	1:04:04	1960 M55	34	1:04:45	19:45 *	21:16 *	23:02	6:24 min/km
673	1704	Krahmer Constantin	Gatschuschos MEX	1:04:04	1986 M30	116	1:05:34	21:17 *	20:37 *	22:10	6:24 min/km
674	3471	Tönnies Christian	*Köln	1:04:06	1983 M35	99	1:06:14	20:54 *	20:48 *	22:23	6:25 min/km
675	1587	Leese Jan	*Kamp-Lintfort	1:04:06	1977 M40	75	1:04:16	20:10 *	21:17 *	22:37	6:25 min/km
676	705	Tourney-Feuster	Lauftreff #233a	1:04:08	1984 M30	117	1:06:17	21:43 *	20:44 *	21:40	6:25 min/km
677	1654	Standke Olaf	Die sterbenden Schwäne	1:04:08	1964 M50	75	1:05:31	20:04 *	21:09 *	22:55	6:25 min/km
678	1653	Schuy Alexander	Die sterbenden Schwäne	1:04:09	1994 M20	115	1:05:32	20:05 *	21:09 *	22:55	6:25 min/km
679	2347	Höfs Thomas	Cologne Running Crew	1:04:13	1978 M40	76	1:05:50	20:24 *	21:01 *	22:47	6:25 min/km
680	2702	Vehreschild Tim	Gothaer	1:04:14	1979 M35	100	1:04:56	20:16 *	21:12 *	22:46	6:25 min/km
681	2736	Offermanns Robert	Kieser Training	1:04:17	1958 M60	20	1:07:16	22:15 *	20:49 *	21:12	6:26 min/km
682	1226	Bongers Aaron	*Bergisch Gladbach	1:04:18	1986 M30	118	1:05:24	21:30 *	20:14 *	22:33	6:26 min/km
683	2842	Siep Alexander	DJK Südwest Köln	1:04:20	1969 M45	98	1:08:33	22:01 *	21:03 *	21:14	6:26 min/km
684	2217	Wimmer Dominik	*Hürth	1:04:20	1986 M30	119	1:07:58	23:59 *	21:23 *	18:57	6:26 min/km
685	2969	Krawczyk Matthias	*Detmold	1:04:21	1992 M20	116	1:05:41	19:35 *	22:16 *	22:29	6:26 min/km
686	1712	Urhahne Dr. Joseph	Rudolphs Renn-tiere	1:04:23	1965 M50	76	1:08:00	21:02 *	20:22 *	22:58	6:26 min/km
687	2889	Poppe Karl-Heinz	Fogtec Runners	1:04:25	1959 M55	35	1:09:08	21:59 *	20:20 *	22:04	6:27 min/km
688	768	Schnadt Dieter	*Hürth	1:04:33	1968 M50	77	1:07:48	23:56 *	23:56 *	16:40	6:27 min/km
689	2614	Knogl Tobias	Josefshaus	1:04:35	2003 MU16	5	1:04:51	19:13 *	21:32 *	23:49	6:28 min/km
690	3034	Scheibenbogen Nikolaus	TriCologne	1:04:36	1968 M50	78	1:09:19	22:35 *	21:33 *	20:27	6:28 min/km
691	1562	Schilling Klaus	*Köln	1:04:37	1964 M50	79	1:06:05	21:06 *	20:52 *	22:38	6:28 min/km
692	1561	Schilling Leo	*Köln	1:04:37	1993 M20	117	1:06:05	21:06 *	20:52 *	22:38	6:28 min/km
693	2455	Waßer Peter	WagWasKes	1:04:58	1959 M55	36	1:09:42	21:06 *	21:06 *	22:45	6:30 min/km
694	1245	Van de Weyer Alexander	*50354	1:04:59	1968 M50	80	1:09:49	22:47 *	21:40 *	20:30	6:30 min/km
695	3720	Wülker Michael		1:05:05	1964 M50	81	1:07:50	22:25 *	21:35 *	21:04	6:31 min/km
696	3719	Offermann Mirko		1:05:05	1992 M20	118	1:07:50	22:26 *	21:33 *	21:05	6:31 min/km
697	1542	König Jonas	*Köln	1:05:05	1990 M20	119	1:07:48	20:16 *	22:05 *	22:43	6:31 min/km
698	3718	Karoui Anis		1:05:05	1977 M40	77	1:07:50	22:25 *	21:34 *	21:05	6:31 min/km
699	1064	Hanspach Armin	*Köln	1:05:10	1962 M55	37	1:07:38	25:24 *	21:06 *	18:38	6:31 min/km
700	1950	Kraemer Jens	*Siegen	1:05:12	1974 M40	78	1:06:17	22:22 *	21:14 *	21:35	6:31 min/km
701	3842	Meutgens Ralf	Lindenthal-Köln	1:05:13	1963 M55	38	1:05:36	21:25 *	21:31 *	22:15	6:31 min/km
702	3020	Krahe Peter	enet Runners	1:05:14	1982 M35	101	1:09:57	22:00 *	21:16 *	21:57	6:31 min/km
703	3821	Meins Heiko	Nordpark Borussia	1:05:14	1969 M45	99	1:07:32	22:22 *	21:01 *	21:50	6:31 min/km
704	2377	Ott Ricardo	Team Macumba	1:05:22	1963 M55	39	1:09:16	22:27 *	20:52 *	22:02	6:32 min/km
705	909	Barion René	Team Erdinger Alkoholfrei	1:05:25	1968 M50	82	1:09:33	22:24 *	21:36 *	21:23	6:33 min/km
706	3521	Demirci Yavuz	*Köln	1:05:26	1979 M35	102	1:08:30	21:42 *	22:01 *	21:42	6:33 min/km
707	1100	Mielcarek Sascha	*Köln	1:05:27	1972 M45	100	1:05:27	26:21 *	19:23 *	19:43	6:33 min/km
708	2039	Kuckertz Christian	*Köln	1:05:29	1972 M45	101	1:07:32	24:06 *	23:50 *	17:31	6:33 min/km
709	2759	Witt Guido	Kieser Training	1:05:29	1962 M55	40	1:07:11	23:54 *	22:26 *	19:08	6:33 min/km
710	1310	Eisenbach Dr. Thomas	*Köln	1:05:37	1957 M60	21	1:07:12	21:39 *	21:43 *	22:14	6:34 min/km
711	1874	Adria Oliver	tempus fugit	1:05:39	1981 M35	103	1:08:19	21:17 *	20:44 *	23:37	6:34 min/km
712	2293	Merx Tobias	*Köln	1:05:40	1999 MU20	3	1:09:46	22:18 *	20:54 *	22:26	6:34 min/km
713	2105	Brühl Philipp	*Köln	1:05:48	2006 MU14	10	1:09:10	22:34 *	21:44 *	21:29	6:35 min/km
714	1846	Dittmar Steffen	*Kerpen	1:06:08	1970 M45	102	1:08:18	21:33 *	21:29 *	23:06	6:37 min/km
715	2013	Becker Dario	*Gladbeck	1:06:12	1991 M20	120	1:10:33	21:35 *	21:55 *	22:41	6:37 min/km
716	1572	Vetter Raimund	Unique Training Köln	1:06:18	1952 M65	11	1:09:54	22:13 *	21:33 *	22:31	6:38 min/km
717	993	Ruschin Markus	*Siegen	1:06:22	1971 M45	103	1:07:25	22:24 *	21:41 *	22:16	6:38 min/km
718	1530	Treutler Matthias	*Kreuztal	1:06:22	1964 M50	83	1:07:25	22:24 *	21:41 *	22:16	6:38 min/km
719	1300	Krosch Hans-Walter	erupp un eraff	1:06:24	1963 M55	41	1:10:37	22:17 *	21:54 *	22:11	6:38 min/km
720	936	Linke Inge	Inge	1:06:29	1969 M45	104	1:07:37	22:30 *	21:35 *	22:23	6:39 min/km
721	1717	Wagner Oliver	Original Bootcamp Köln	1:06:30	1979 M35	104	1:06:41	20:13 *	24:18 *	21:57	6:39 min/km
722	1346	Schier Alfred	Team Stadtwaldstolz	1:06:37	1955 M60	22	1:09:10	21:12 *	21:40 *	23:44	6:40 min/km
723	939	Müller Axel	#runningwithasloth	1:06:37	1986 M30	120	1:07:17	22:14 *	23:07 *	21:15	6:40 min/km
724	3415	Reich Alex	*Hürth	1:06:39	1989 M20	121	1:11:41	21:52 *	21:50 *	22:55	6:40 min/km
725	982	Weißgerber Frank	Laufen und Saufen	1:06:42	1970 M45	105	1:08:30	21:53 *	22:05 *	22:43	6:40 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 14

gedruckt 04.12.2018 09:41:20

726	1209	Birk Volker	Uniquetraining	1:06:43	1949 M65	12	1:11:45	22:34 *	21:38 *	22:30	6:40 min/km
727	1501	Jacob Sebastian	*Lutzerath	1:06:44	1989 M20	122	1:11:19	22:27 *	21:22 *	22:55	6:40 min/km
728	2369	Thomas Marcel	*Köln	1:06:45	1993 M20	123	1:10:38	26:17 *	18:45 *	21:42	6:41 min/km
729	3765	Ellison Kevin		1:06:47	1987 M30	121	1:10:47	22:35 *	21:32 *	22:38	6:41 min/km
730	2644	Kaltz Malte	*Köln	1:06:47	1988 M30	122	1:11:17	23:04 *	21:50 *	21:52	6:41 min/km
731	1427	Jütz Karsten	Bergisch Cologne	1:06:49	1975 M40	79	1:07:10	23:52 *	21:21 *	21:35	6:41 min/km
732	1429	Von der Linde Jan	Bergisch Cologne	1:06:49	1991 M20	124	1:07:09	24:03 *	21:11 *	21:35	6:41 min/km
733	1425	Schattenberg Martin	Bergisch Cologne	1:06:50	1958 M60	23	1:07:11	23:52 *	21:24 *	21:33	6:41 min/km
734	734	Klein-Arendt Dirk	LongBilBlu-Runners	1:06:53	1972 M45	106	1:09:47	22:06 *	21:53 *	22:53	6:41 min/km
735	1213	Kremser Philipp	Fette Elfen Dellbrück	1:06:59	1981 M35	105	1:09:40	22:34 *	21:37 *	22:47	6:42 min/km
736	1781	Stolpmann Georg	Borussia	1:07:09	1968 M50	84	1:09:51	21:15 *	21:41 *	24:12	6:43 min/km
737	2460	Gauchel Friedhelm	*Köln	1:07:10	1952 M65	13	1:08:40	21:03 *	21:34 *	24:32	6:43 min/km
738	3189	Waßerka Boris	*Köln	1:07:11	1964 M50	85	1:09:44	22:50 *	21:56 *	22:24	6:43 min/km
739	3191	Waßerka Janusz	*Köln	1:07:11	1968 M50	86	1:09:44	22:50 *	21:56 *	22:24	6:43 min/km
740	3257	Fernandez Jorge	Jande	1:07:11	1971 M45	107	1:10:36	22:07 *	21:45 *	23:18	6:43 min/km
741	1044	Messari Abde	*Bergheim	1:07:11	1995 M20	125	1:11:29	21:43 *	22:25 *	23:03	6:43 min/km
742	2547	Felsecker Boris	*Köln	1:07:14	1973 M45	108	1:07:44	21:27 *	22:55 *	22:51	6:43 min/km
743	2549	Felsecker Ben	*Köln	1:07:14	2007 MU12	5	1:07:43	21:27 *	22:55 *	22:51	6:43 min/km
744	3697	Pavlic Goran	Rituals Soulful Runners	1:07:14	1979 M35	106	1:08:03	22:38 *	21:40 *	22:55	6:43 min/km
745	2870	Cerff Martin	*Köln	1:07:17	1981 M35	107	1:11:28	22:20 *	00:00 *	00:00	6:44 min/km
746	854	Heddergott Jan-Patrick	*Hürth	1:07:22	1966 M50	87	1:11:18	23:07 *	21:57 *	22:17	6:44 min/km
747	3266	Stock Sidney	Profitrise Sports	1:07:23	2002 MU18	13	1:10:37	23:49 *	23:28 *	20:06	6:44 min/km
748	767	Landefeld Kai	*Käln	1:07:24	1965 M50	88	1:10:35	24:00 *	23:57 *	19:27	6:44 min/km
749	1520	Schuster Wolfgang	*Köln	1:07:26	1969 M45	109	1:08:51	20:28 *	22:36 *	24:21	6:45 min/km
750	3264	Schmitz Philipp	Profitrise Sports	1:07:29	1993 M20	126	1:10:41	23:50 *	23:28 *	20:10	6:45 min/km
751	3263	Schmitz Sebastian	Profitrise Sports	1:07:30	1988 M30	123	1:10:41	24:55 *	22:25 *	20:09	6:45 min/km
752	3583	Schumann Bernhard	Astoc	1:07:30	1964 M50	89	1:08:43	21:50 *	21:14 *	24:25	6:45 min/km
753	922	Schyboll Markus	*Königstein	1:07:33	1971 M45	110	1:12:21	22:14 *	22:03 *	23:15	6:45 min/km
754	2160	Klebsch Mathias	*Köln	1:07:35	1969 M45	111	1:11:05	22:39 *	21:55 *	22:59	6:46 min/km
755	1078	Roller Helmut	*Köln	1:07:36	1967 M50	90	1:10:43	23:53 *	22:13 *	21:29	6:46 min/km
756	704	Merkle Thomas	*Köln	1:07:41	1974 M40	80	1:10:45	22:25 *	22:44 *	22:32	6:46 min/km
757	707	Marscheider Holger	*Köln	1:07:42	1965 M50	91	1:10:45	22:26 *	22:43 *	22:32	6:46 min/km
758	2606	Brouwer Timothy	Rituals	1:07:46	1990 M20	127	1:08:32	22:21 *	22:29 *	22:55	6:47 min/km
759	986	Schleifenbaum Dr. Uwe	*Siegen	1:07:48	1968 M50	92	1:08:49	22:28 *	22:20 *	22:59	6:47 min/km
760	1445	Willenborg Sebastian	*Köln	1:07:48	1983 M35	108	1:11:19	23:08 *	22:12 *	22:28	6:47 min/km
761	2803	Goldbach Horst	*Stolberg	1:07:48	1952 M65	14	1:09:16	23:15 *	22:36 *	21:56	6:47 min/km
762	2805	Weisenbach Gregor	*Köln	1:07:49	2007 MU12	6	1:09:17	23:16 *	23:46 *	20:45	6:47 min/km
763	2875	Reuter Christoph	FOGTEC	1:08:04	1983 M35	109	1:08:52	22:13 *	22:20 *	23:30	6:48 min/km
764	2396	Schulz Martin	*Nideggen	1:08:04	1970 M45	112	1:12:20	22:39 *	21:52 *	23:33	6:48 min/km
765	3110	Longo Kevin Max	*DÜSSELDORF	1:08:07	2003 MU16	6	1:08:09	14:48 *	16:26 *	36:52	6:49 min/km
766	952	Weirich Jan H.	*Köln	1:08:10	1988 M30	124	1:09:49	22:41 *	22:10 *	23:19	6:49 min/km
767	2682	Watroba Bartlomiej	KRÜGER GROUP	1:08:13	1976 M40	81	1:10:11	21:47 *	21:38 *	24:47	6:49 min/km
768	3211	Pickert Tino	*Köln	1:08:16	1964 M50	93	1:12:51	23:07 *	22:15 *	22:53	6:50 min/km
769	2111	Wedel Peter	*Köln Brück	1:08:24	1959 M55	42	1:10:18	23:08 *	22:16 *	22:59	6:50 min/km
770	2130	Rodtko Peter	*Köln	1:08:25	1947 M70	3	1:10:43	23:00 *	21:35 *	23:49	6:51 min/km
771	1140	Hanff Jörg	ApoLab	1:08:32	1971 M45	113	1:12:53	25:05 *	23:16 *	20:10	6:51 min/km
772	3542	Berns Markus	*Köln	1:08:33	1981 M35	110	1:13:12	23:01 *	22:19 *	23:12	6:51 min/km
773	1155	Stolz Alexander	MatschePampe	1:08:41	1981 M35	111	1:09:13	23:33 *	23:47 *	21:19	6:52 min/km
774	2639	Wehnert Matthias	*köln	1:08:42	1961 M55	43	1:11:26	22:34 *	22:46 *	23:20	6:52 min/km
775	3045	Hillebrand Stefan	*Zülpich	1:08:50	1967 M50	94	1:09:13	21:12 *	22:52 *	24:46	6:53 min/km
776	1162	Pickhard Holger	*Köln	1:08:56	1964 M50	95	1:12:18	22:45 *	22:26 *	23:45	6:54 min/km
777	1178	Zander Dieter	*Köln	1:09:06	1983 M35	112	1:12:15	22:58 *	22:26 *	23:40	6:55 min/km
778	622	Fiedeler Michael	*Leverkusen	1:09:06	1965 M50	96	1:13:32	23:30 *	22:22 *	23:14	6:55 min/km
779	1433	Jantzen Frank	*Köln	1:09:11	1976 M40	82	1:13:57	22:08 *	22:37 *	24:25	6:55 min/km
780	732	Wolf Alexander	LongBilBlu-Runners	1:09:14	1973 M45	114	1:12:08	22:26 *	22:17 *	24:30	6:55 min/km
781	2096	Thissen Markus	*Bedburg	1:09:18	1971 M45	115	1:10:43	23:43 *	22:59 *	22:35	6:56 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 15

gedruckt 04.12.2018 09:41:20

782	2914	Seidel Marcel	Schmitz-Fitness	1:09:20	1977 M40	83	1:12:20	22:39 *	22:38 *	24:02	6:56 min/km
783	2690	Barthel Björn-Erik	KRÜGER GROUP	1:09:22	1963 M55	44	1:11:19	23:12 *	22:18 *	23:52	6:56 min/km
784	2821	Bergmann-Lenz	*Köln	1:09:31	2002 MU18	14	1:11:53	22:45 *	22:59 *	23:46	6:57 min/km
785	2819	Bergmann Michael	*Köln	1:09:31	1962 M55	45	1:11:54	22:45 *	23:25 *	23:19	6:57 min/km
786	1949	Knepel Justus	*Kerpen-Horrem	1:09:33	1994 M20	128	1:13:24	23:12 *	22:59 *	23:21	6:57 min/km
787	3835	Blank Bernhard		1:09:39	1974 M40	84	1:11:25	22:48 *	22:05 *	24:45	6:58 min/km
788	1499	Stracke Volker	Runnies United	1:09:41	1972 M45	116	1:13:47	22:29 *	22:57 *	24:14	6:58 min/km
789	1710	Krämer Tom	CGN Northside Squad	1:09:42	1970 M45	117	1:14:00	23:43 *	22:38 *	23:21	6:58 min/km
790	3810	Schröder Manuel	original Bootcamp	1:10:00	1981 M35	113	1:13:17	23:15 *	22:51 *	23:53	7:00 min/km
791	793	Latz Volker	*Köln	1:10:01	1975 M40	85	1:11:02	23:41 *	21:53 *	24:26	7:00 min/km
792	2496	Cramer-Götz Kiki	*Köln	1:10:05	1973 M45	118	1:10:12	20:42 *	24:22 *	25:00	7:01 min/km
793	685	Meyer Dr. Rolf	*Köln	1:10:07	1957 M60	24	1:10:38	23:21 *	22:55 *	23:50	7:01 min/km
794	2358	Stockhausen Markus	*Köln	1:10:10	1988 M30	125	1:13:34	23:33 *	22:58 *	23:38	7:01 min/km
795	2528	Schmitz Kevin	*Bonn	1:10:11	1989 M20	129	1:13:34	23:33 *	22:58 *	23:39	7:01 min/km
796	1597	Challe Fabian	*Köln	1:10:15	1962 M55	46	1:12:07	23:01 *	23:19 *	23:55	7:02 min/km
797	1202	Moritz Rudolf	*Köln	1:10:17	1965 M50	97	1:12:33	22:48 *	23:57 *	23:32	7:02 min/km
798	3011	Zeh Sebastian	*Frechen	1:10:30	1991 M20	130	1:13:21	22:56 *	23:40 *	23:53	7:03 min/km
799	696	Pfaller Marc	Captain SloMo	1:10:41	1978 M40	86	1:12:45	22:22 *	23:11 *	25:07	7:04 min/km
800	2757	Müllejäns Dieter	Kieser Training	1:10:41	1961 M55	47	1:15:06	23:32 *	22:45 *	24:23	7:04 min/km
801	1248	Jantz Dirk	*Köln	1:10:47	1973 M45	119	1:14:36	22:59 *	23:05 *	24:41	7:05 min/km
802	3565	Von Contzen Max	*Köln	1:10:58	1986 M30	126	1:15:21	22:51 *	23:23 *	24:42	7:06 min/km
803	3840	Löpp Timo		1:11:00	1974 M40	87	1:15:27	23:53 *	24:01 *	23:05	7:06 min/km
804	1775	Ball Johannes	congstar GmbH	1:11:07	1991 M20	131	1:13:16	23:40 *	23:09 *	24:17	7:07 min/km
805	3770	Rüland Stefan		1:11:07	1969 M45	120	1:16:08	27:26 *	21:14 *	22:27	7:07 min/km
806	3240	Stimke Johann	Flotten Dreier	1:11:17	1956 M60	25	1:14:57	23:05 *	23:12 *	25:00	7:08 min/km
807	2152	Stockebrandt Patrick	MTV Turbokriecher	1:11:19	1982 M35	114	1:15:52	23:59 *	22:53 *	24:26	7:08 min/km
808	710	Sideras Filippos	*Köln	1:11:19	1974 M40	88	1:15:33	24:17 *	22:39 *	24:22	7:08 min/km
809	1558	Wu Mike	*Aachen	1:11:20	1996 M20	132	1:15:05	23:05 *	23:01 *	25:13	7:08 min/km
810	1341	Klein Tom Felix	Santas running reindeers	1:11:34	1993 M20	133	1:15:24	24:33 *	23:49 *	23:11	7:09 min/km
811	2938	Sanchez Manuel	*Köln	1:11:34	1963 M55	48	1:13:08	21:16 *	23:33 *	26:43	7:09 min/km
812	1925	Weller Wilhelm	Team Triple Generation	1:11:36	1953 M65	15	1:15:12	25:11 *	25:25 *	20:59	7:10 min/km
813	2902	Dagtekin Dr. Oguzhan	*Köln	1:11:38	1975 M40	89	1:14:25	24:48 *	23:36 *	23:13	7:10 min/km
814	850	Lohmann Marcel	*Köln	1:11:42	1986 M30	127	1:12:56	23:45 *	22:03 *	25:53	7:10 min/km
815	2003	Lenz Johannes	*Köln	1:11:56	1988 M30	128	1:12:42	23:26 *	23:50 *	24:40	7:12 min/km
816	626	Schulz Christian	... und tschüss!	1:11:57	1981 M35	115	1:14:00	25:12 *	21:41 *	25:03	7:12 min/km
817	1357	Helme Thomas	BSG Beitragservice	1:12:00	1993 M20	134	1:15:34	23:58 *	23:16 *	24:45	7:12 min/km
818	3733	Schlatter Mark		1:12:09	1972 M45	121	1:16:07	23:25 *	23:55 *	24:48	7:13 min/km
819	2218	Pal Stefan	*Köln	1:12:11	1987 M30	129	1:15:50	23:59 *	23:35 *	24:36	7:13 min/km
820	872	Harbecke Dirk	Chaos Crew	1:12:26	1970 M45	122	1:16:22	22:55 *	24:15 *	25:14	7:15 min/km
821	1861	Kruse Mario	*Frechen	1:12:31	1999 MU20	4	1:15:25	23:08 *	24:20 *	25:01	7:15 min/km
822	2679	Sauerbier Josef	KRÜGER GROUP	1:12:33	1958 M60	26	1:14:25	22:48 *	23:56 *	25:48	7:15 min/km
823	1908	Hegner Karsten	*Rösrath	1:12:36	1992 M20	135	1:14:03	22:17 *	24:48 *	25:30	7:16 min/km
824	2148	Zischkau Dirk	LaufMamaLauf	1:12:37	1976 M40	90	1:17:13	26:57 *	27:12 *	18:27	7:16 min/km
825	3529	Fechtner Sascha	*Köln	1:12:59	1977 M40	91	1:16:43	25:12 *	21:52 *	25:54	7:18 min/km
826	1377	Flammang Andreas	*Köln	1:13:00	1993 M20	136	1:15:25	22:42 *	24:09 *	26:08	7:18 min/km
827	1236	Bach Christian	*Köln	1:13:31	1987 M30	130	1:16:02	23:53 *	23:30 *	26:08	7:21 min/km
827	1238	Nolte Daniel	*Köln	1:13:31	1980 M35	116	1:16:02	23:53 *	23:29 *	26:08	7:21 min/km
829	3520	Zimmer Gero	*Köln	1:13:55	1990 M20	137	1:15:56	23:47 *	24:08 *	25:59	7:24 min/km
830	3609	Durdubas Murat		1:14:13	1973 M45	123	1:17:43	24:25 *	24:53 *	24:53	7:25 min/km
831	851	Berf Wilfried	*Köln	1:14:15	1959 M55	49	1:15:28	24:06 *	24:10 *	25:58	7:26 min/km
832	721	Neumann Nikolaus	*Köln	1:14:25	1965 M50	98	1:16:17	22:14 *	24:42 *	27:28	7:27 min/km
833	887	Kirschner Erich	Born2Run	1:14:59	1941 M75	2	1:18:22	23:41 *	24:57 *	26:20	7:30 min/km
834	3827	Wölfke Maximilian	Geilfürsten	1:15:09	1983 M35	117	1:20:19	25:18 *	25:05 *	24:45	7:31 min/km
835	3606	Schweizer Maike	EWK	1:15:13	1985 M30	131	1:18:47	25:29 *	24:09 *	25:34	7:31 min/km
836	3463	Tilkin Martin	*KÖLN	1:15:19	1975 M40	92	1:19:34	22:50 *	29:11 *	23:17	7:32 min/km
837	1608	Kleinschmidt Marcel	*Pulheim	1:15:20	1987 M30	132	1:17:37	23:19 *	25:25 *	26:36	7:32 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Männer

Seite 16

gedruckt 04.12.2018 09:41:20

838	1835	Werwie Reiner	*Köln	1:15:40	1964	M50	99	1:18:27	24:47 *	25:17 *	25:36	7:34 min/km
839	2235	Neuber Dr. Ralph	smileeyes runners	1:15:41	1967	M50	100	1:18:27	24:48 *	25:17 *	25:36	7:34 min/km
840	2275	MAASS DANIEL	Born2Run	1:16:11	1976	M40	93	1:17:25	23:25 *	24:48 *	27:57	7:37 min/km
841	2691	Krzyk Thomas	KRÜGER GROUP	1:16:30	1956	M60	27	1:18:41	23:25 *	25:12 *	27:51	7:39 min/km
842	924	Schyboll Philipp	*Königstein	1:16:34	2007	MU12	7	1:21:25	25:56 *	26:03 *	24:34	7:39 min/km
843	735	Thielicke Jörg	LongBilBlu-Runners	1:16:51	1959	M55	50	1:19:47	23:30 *	24:54 *	28:26	7:41 min/km
844	2161	Rieck Holger	*Hürth	1:17:07	1969	M45	124	1:21:20	24:18 *	25:26 *	27:22	7:43 min/km
845	3021	Hilsmann Sven	enet Runners	1:17:26	1997	M20	138	1:22:09	22:04 *	26:45 *	28:36	7:45 min/km
846	3196	Krämer Moritz	*Köln	1:17:26	2007	MU12	8	1:19:46	23:43 *	27:07 *	26:35	7:45 min/km
847	1844	Decker Maximilian	*Köln	1:17:29	2007	MU12	9	1:19:49	23:47 *	25:46 *	27:55	7:45 min/km
848	3194	Cirak Matus	*Köln	1:17:31	2007	MU12	10	1:19:51	23:44 *	25:49 *	27:57	7:45 min/km
849	3761	Tesch Andreas		1:17:45	1969	M45	125	1:19:30	25:13 *	25:32 *	26:59	7:47 min/km
850	2230	Reischenbacher Carlo	Appmatics	1:17:45	1985	M30	133	1:18:35	24:58 *	25:29 *	27:17	7:47 min/km
851	921	Reuter Lars	*Köln	1:18:06	2009	MU10	4	1:22:55	25:57 *	26:03 *	26:05	7:49 min/km
852	3104	Jung Tobias	Die Faultierchen und	1:18:11	1976	M40	94	1:22:25	26:07 *	26:18 *	25:45	7:49 min/km
853	653	Wilms Martin	Pferdelunge	1:19:03	1974	M40	95	1:23:34	25:54 *	25:28 *	27:40	7:54 min/km
854	2444	Krause Jörg	Lauf um dein Leben	1:22:00	1967	M50	101	1:22:48	17:48 *	17:33 *	46:37	8:12 min/km
855	1720	Klöser René	*Köln	1:22:51	1981	M35	118	1:24:42	27:11 *	27:05 *	28:35	8:17 min/km
856	2967	Rose Harald	WDR MausLaufGruppe	1:23:55	1955	M60	28	1:28:24	25:21 *	31:57 *	26:37	8:24 min/km
857	2022	Grates Wolfgang	Rur-Activ Hückelhoven	1:25:28	1956	M60	29	1:28:23	27:55 *	28:02 *	29:29	8:33 min/km
858	2184	Eck Johannes	*Köln	1:30:19	1997	M20	139	1:34:01	27:21 *	30:20 *	32:37	9:02 min/km
859	3133	Hathaway Philip	PUSHENSY	1:31:18	1975	M40	96	1:31:56	26:56 *	35:47 *	28:34	9:08 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 17

gedruckt 04.12.2018 09:41:20

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3506	Ayche Karin	Laufmariechen Köln	0:26:02	1954 W60	1	0:28:39	24:59 * 12:23 * 00:00	2:36 min/km
2	3193	Cirakova Ivica	*Köln	0:40:25	1979 W35	1	0:42:56	19:59 * 19:34 * 00:50	4:03 min/km
3	2136	Stiller-Unruh Tabea	LAUFMAMALAUf	0:41:01	1981 W35	2	0:45:34	14:44 * 14:45 * 11:30	4:06 min/km
4	1957	Burgdorf Sabine	ASV Köln	0:42:04	1981 W35	3	0:42:09	13:32 * 14:14 * 14:17	4:12 min/km
5	1008	Schmitz Heidi	TuS Quettingen	0:43:52	1969 W45	1	0:47:44	21:59 * 21:00 * 00:53	4:23 min/km
6	2427	Riedel Eva	*Bickenbach	0:44:22	1979 W35	4	0:47:12	22:48 * 20:48 * 00:45	4:26 min/km
7	2498	Heming Lilli	BWL küsst Lehramt	0:44:43	1987 W30	1	0:44:47	14:57 * 14:53 * 14:52	4:28 min/km
8	1459	Kern Lara	lets metabolize	0:46:21	1989 W20	1	0:46:45	15:25 * 15:29 * 15:27	4:38 min/km
9	2207	Nagel Constanze	Fanta 5 reloaded	0:46:42	1969 W45	2	0:47:13	15:06 * 15:19 * 16:16	4:40 min/km
10	392	Kriebs Eva	DKMS by SportScheck	0:46:53	1978 W40	1	0:47:09	15:08 * 15:36 * 16:08	4:41 min/km
11	916	Vonk Sabine	Chaos Crew	0:47:20	1969 W45	3	0:51:17	22:55 * 23:22 * 01:02	4:44 min/km
12	3411	Nink Judith	*Köln	0:47:27	1981 W35	5	0:49:55	15:35 * 15:39 * 16:11	4:45 min/km
13	1458	Cremer Anna Lena	lets metabolize	0:47:29	1990 W20	2	0:47:42	15:06 * 15:36 * 16:46	4:45 min/km
14	2550	Gäb Kristina	*Köln	0:47:35	1987 W30	2	0:48:32	15:47 * 15:46 * 16:00	4:46 min/km
15	699	Pasche Christina	Mama rennt	0:47:38	1977 W40	2	0:47:41	15:02 * 15:59 * 16:36	4:46 min/km
16	1902	Domnik Kirsten	Mach3 / Scuderia	0:47:44	1988 W30	3	0:47:54	15:01 * 15:45 * 16:56	4:46 min/km
17	873	Harbecke Kathrin	Chaos Crew	0:48:01	1980 W35	6	0:51:58	22:55 * 24:12 * 00:53	4:48 min/km
18	1463	Porniece Kumar Marta	Lets Metabolize	0:48:21	1993 W20	3	0:48:34	15:05 * 15:44 * 17:31	4:50 min/km
19	2016	Fiekers Nina	Bilingo	0:48:34	1991 W20	4	0:52:06	16:33 * 15:39 * 16:21	4:51 min/km
20	3497	Gleißert Melina	Spende SBG	0:48:37	1995 W20	5	0:50:01	17:06 * 15:24 * 16:06	4:52 min/km
21	2439	Engel Sarah	*Hürth	0:48:39	2009 WU10	1	0:52:40	22:18 * 25:34 * 00:46	4:52 min/km
22	1895	Pörsch Eva	Mach3 Köln e.V.	0:48:47	1963 W55	1	0:48:57	15:37 * 15:59 * 17:09	4:53 min/km
23	2073	Samp Alwine	LAUF-FREUDE	0:48:54	1978 W40	3	0:48:57	15:21 * 16:12 * 17:20	4:53 min/km
24	1884	Maith Vanessa	*Köln	0:49:08	1995 W20	6	0:50:54	16:12 * 15:52 * 17:04	4:55 min/km
25	1746	Klasen Dorothee	LG Gummersbach	0:49:23	1964 W50	1	0:49:34	16:03 * 16:15 * 17:03	4:56 min/km
26	3177	Lindzus Linda	rosa4ever	0:49:24	2001 WU18	1	0:49:56	15:35 * 16:19 * 17:29	4:56 min/km
27	3178	Lindzus Michaela	pippi4ever	0:49:24	1968 W50	2	0:49:56	16:13 * 15:43 * 17:27	4:56 min/km
28	2719	Sieverig Annika		0:49:31	1987 W30	4	0:51:07	16:42 * 15:58 * 16:51	4:57 min/km
29	2676	Dumitrescu Cecilia	KRÜGER GROUP	0:49:38	1959 W55	2	0:51:31	22:54 * 25:39 * 01:05	4:58 min/km
30	2791	Köhnen Verena	*Bornheim	0:49:50	1976 W40	4	0:49:53	15:47 * 16:30 * 17:32	4:59 min/km
31	796	Gerards Miriam	*Köln	0:49:54	1995 W20	7	0:52:37	16:24 * 16:58 * 16:31	4:59 min/km
32	1006	Hand Stephanie	*Mechernich	0:49:59	1984 W30	5	0:50:01	15:31 * 16:44 * 17:42	4:60 min/km
33	2713	Crnjac Ivana		0:50:21	1977 W40	5	0:51:55	16:52 * 16:08 * 17:20	5:02 min/km
34	1754	Bergfort Stephanie	Das B-Team	0:50:24	1975 W40	6	0:50:26	16:25 * 16:35 * 17:22	5:02 min/km
35	2717	Fink Anastasija		0:50:34	1980 W35	7	0:52:05	16:47 * 16:33 * 17:12	5:03 min/km
36	1732	Schütze Sara	*Schleiden	0:50:46	1990 W20	8	0:51:23	16:06 * 16:45 * 17:54	5:05 min/km
37	2597	Biess Doerthe	*pulheim	0:50:51	1970 W45	4	0:54:07	21:46 * 20:02 * 09:02	5:05 min/km
38	2872	Schumacher Dagmar	*Pulheim	0:50:51	1972 W45	5	0:54:08	21:46 * 20:01 * 09:03	5:05 min/km
39	1993	Baetcke Dorit	*Köln	0:50:58	1981 W35	8	0:53:11	16:06 * 16:57 * 17:54	5:06 min/km
40	3713	Kern Annika	Team Decathlon	0:51:00	1995 W20	9	0:51:24	16:20 * 16:44 * 17:55	5:06 min/km
41	1051	Keunecke Dr. Katerina	TPSK 1925 e. V.	0:51:06	1977 W40	7	0:51:21	16:31 * 17:04 * 17:30	5:07 min/km
42	1405	Kühn Julia	*Köln	0:51:12	1986 W30	6	0:53:44	18:06 * 16:40 * 16:26	5:07 min/km
43	3473	Deecke Katharina	*Köln	0:51:14	1994 W20	10	0:52:25	17:18 * 16:36 * 17:18	5:07 min/km
44	2818	Becker Annett	*Möttingen	0:51:22	2000 WU20	1	0:54:31	17:11 * 16:32 * 17:38	5:08 min/km
45	1110	Knieper Melanie	*Bergisch Gladbach	0:51:29	1992 W20	11	0:55:41	24:20 * 26:08 * 01:00	5:09 min/km
46	3108	Gustedt Franziska	*Köln	0:51:33	1991 W20	12	0:52:58	15:51 * 17:06 * 18:35	5:09 min/km
47	2077	Mödder Maria	*Köln	0:51:40	1987 W30	7	0:53:01	16:19 * 17:00 * 18:21	5:10 min/km
48	2459	Rinne Klara	*Köln	0:51:45	1998 W20	13	0:52:38	17:26 * 16:38 * 17:39	5:11 min/km
49	1881	Bürger Stephanie	*Köln	0:51:48	1982 W35	9	0:52:42	16:55 * 16:47 * 18:05	5:11 min/km
50	683	Pauwels Petra	pro medik	0:51:50	1970 W45	6	0:52:01	16:44 * 17:05 * 18:00	5:11 min/km
51	2486	Drusenheimer Nadja	*Düsseldorf	0:51:53	1979 W35	10	0:56:35	18:01 * 16:43 * 17:08	5:11 min/km
52	2832	Rauch Stephanie	*Frechen	0:51:56	1999 WU20	2	0:52:06	17:11 * 17:32 * 17:12	5:12 min/km
53	797	Prehn Maike	*Köln	0:51:58	1995 W20	14	0:54:41	16:25 * 16:58 * 18:35	5:12 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 18

gedruckt 04.12.2018 09:41:20

54	2244	Wunsch Alma	*Frechen	0:51:58	1998 W20	15	0:52:09	17:11 * 17:31 * 17:15	5:12 min/km
55	2697	Weber Michaela	Gothaer	0:51:59	1990 W20	16	0:53:10	17:09 * 17:10 * 17:39	5:12 min/km
56	1012	Klever Natalie	*Aachen	0:52:00	1994 W20	17	0:54:30	17:02 * 17:00 * 17:57	5:12 min/km
57	1868	Hillringhaus Nora	central-team.de	0:52:03	1989 W20	18	0:52:25	17:44 * 16:50 * 17:28	5:12 min/km
58	2049	Strombach Annemarie	*Leichlingen	0:52:05	1984 W30	8	0:52:50	16:35 * 17:23 * 18:06	5:13 min/km
59	1970	Stolte Anika	*Vallendar	0:52:10	1983 W35	11	0:52:32	16:31 * 17:08 * 18:30	5:13 min/km
60	3486	Gebauer Wiebke	*Köln	0:52:11	1984 W30	9	0:52:16	17:17 * 17:10 * 17:43	5:13 min/km
61	3579	Horst Claudia	Albis Laufftreff Köln	0:52:14	1965 W50	3	0:53:13	17:16 * 16:53 * 18:03	5:13 min/km
62	2976	Klois Elisabeth	Run of Colours	0:52:17	1978 W40	8	0:53:43	17:26 * 17:10 * 17:40	5:14 min/km
63	901	Engels Diana	Lauf-Freude	0:52:18	1973 W45	7	0:52:32	16:34 * 17:23 * 18:20	5:14 min/km
64	1851	Goncalves Sara Isabel	Chaos Crew	0:52:20	2003 WU16	1	0:54:33	17:53 * 17:07 * 17:19	5:14 min/km
65	2602	Kuhlmann Ricarda	Conni bewegt	0:52:23	1980 W35	12	0:53:59	18:07 * 16:51 * 17:24	5:14 min/km
66	2191	Esser Marie Charlotte	Team Meike	0:52:24	1994 W20	19	0:52:55	17:28 * 17:27 * 17:28	5:14 min/km
67	2202	Brönstrup Ulli	*Bergisch Gladbach	0:52:30	1973 W45	8	0:54:03	17:34 * 16:59 * 17:56	5:15 min/km
68	511	Buschinski Marina	*Köln	0:52:30	1988 W30	10	0:54:56	18:02 * 17:03 * 17:24	5:15 min/km
69	180	Brücker Michčle	*Langenfeld	0:52:30	1994 W20	20	0:55:49	17:41 * 17:05 * 17:44	5:15 min/km
70	1906	Schumacher Luisa	*Rösrath	0:52:31	1998 W20	21	0:53:55	17:09 * 17:21 * 18:01	5:15 min/km
71	2319	Flammang Rebecca	*Köln	0:52:33	1990 W20	22	0:54:58	18:03 * 17:05 * 17:24	5:15 min/km
72	2838	Golla Tabea	*Köln	0:52:36	2000 WU20	3	0:53:50	17:42 * 16:44 * 18:10	5:16 min/km
73	1964	Auran Amy	BilinGO	0:52:38	1995 W20	23	0:56:10	16:11 * 17:27 * 18:58	5:16 min/km
74	2796	Fraser Shona	*Köln	0:52:40	1985 W30	11	0:54:39	17:58 * 17:00 * 17:41	5:16 min/km
75	3617	Hentges Elena	LT DSHS Köln eV	0:52:40	2004 WU16	2	0:52:40	16:45 * 17:48 * 18:07	5:16 min/km
76	3474	Röttger Anna	*Köln	0:52:41	1997 W20	24	0:52:51	16:09 * 17:50 * 18:41	5:16 min/km
77	1885	Kalina Lisa	*Köln	0:52:42	1995 W20	25	0:54:27	16:56 * 17:26 * 18:19	5:16 min/km
78	3616	Roth Matea	LT DSHS Köln eV	0:52:42	2004 WU16	3	0:52:43	16:44 * 17:48 * 18:10	5:16 min/km
79	1631	Schilling Anke	Blood, Sweat and Beers.	0:52:44	1985 W30	12	0:53:19	17:14 * 17:25 * 18:03	5:16 min/km
80	832	Grohn Britta	Lauf Freunde	0:52:44	1967 W50	4	0:52:59	16:47 * 17:29 * 18:27	5:16 min/km
81	1291	Schmidt Rahel	*Köln	0:52:46	1997 W20	26	0:53:46	18:24 * 16:42 * 17:38	5:17 min/km
82	3230	Frohn Sandra	*Köln	0:52:46	1982 W35	13	0:54:04	17:09 * 17:12 * 18:24	5:17 min/km
83	811	Hahndorf Susanne	ASV Köln	0:52:47	1968 W50	5	0:54:21	18:44 * 16:39 * 17:24	5:17 min/km
84	2570	Thiebes Marleen	*Köln	0:52:49	1988 W30	13	0:55:03	18:08 * 17:04 * 17:35	5:17 min/km
85	1107	Roth Annabel	LT Saaler Mühle	0:52:51	1992 W20	27	0:55:42	17:50 * 17:06 * 17:54	5:17 min/km
86	2409	Bonn Dr. Marie-Luise	*Düsseldorf	0:52:59	1983 W35	14	0:55:50	18:10 * 17:02 * 17:46	5:18 min/km
87	3206	Trunk Franca	*Bad Homburg	0:53:00	1999 WU20	4	0:53:19	16:25 * 17:23 * 19:11	5:18 min/km
88	3215	Beckert Johanna	*Köln	0:53:12	1993 W20	28	0:53:50	17:27 * 17:46 * 17:58	5:19 min/km
89	1391	Bender Dany	*Köln	0:53:15	1980 W35	15	0:53:52	17:02 * 17:34 * 18:38	5:20 min/km
90	2965	Lutkewitz Ursula	Veni Vidi Colonia	0:53:16	1953 W65	1	0:55:29	18:27 * 17:03 * 17:45	5:20 min/km
91	2384	Sperlich Esther	Spende SBG	0:53:17	1994 W20	29	0:54:41	17:07 * 17:19 * 18:50	5:20 min/km
92	997	Engel Marion	*Düsseldorf	0:53:29	1970 W45	9	0:53:34	17:17 * 17:33 * 18:38	5:21 min/km
93	2035	Killmer Jule	*Neuss	0:53:31	1999 WU20	5	0:53:35	16:19 * 17:37 * 19:34	5:21 min/km
94	2123	Herbrechter Julia	*Xanten	0:53:32	1992 W20	30	0:54:38	18:01 * 16:58 * 18:32	5:21 min/km
95	2125	Bauhuis-Rawe Esther	*Köln	0:53:34	1986 W30	14	0:54:40	18:01 * 16:57 * 18:34	5:21 min/km
96	2781	Krczal Alice	*Köln	0:53:38	1998 W20	31	0:54:25	17:08 * 17:19 * 19:10	5:22 min/km
97	2532	Caramanos Miriam	Spende SBG	0:53:41	1990 W20	32	0:55:09	18:22 * 17:13 * 18:06	5:22 min/km
98	3476	Schaaf Simone	*Köln	0:53:43	1968 W50	6	0:54:54	18:28 * 17:02 * 18:12	5:22 min/km
99	3845	Berthold Vanessa		0:53:45	1970 W45	10	0:54:25	17:33 * 17:26 * 18:46	5:23 min/km
100	2080	Schmitz Tini	*Köln	0:53:47	1989 W20	33	0:55:06	17:40 * 17:54 * 18:12	5:23 min/km
101	2954	Dönges Sophie	*Neuwied	0:53:49	1996 W20	34	0:54:17	17:38 * 17:27 * 18:43	5:23 min/km
102	3818	Borsa Carmen		0:53:55	1978 W40	9	0:56:06	19:20 * 17:17 * 17:17	5:24 min/km
103	1813	Beckmann Christina	*Köln	0:53:56	1994 W20	35	0:54:53	17:33 * 17:38 * 18:44	5:24 min/km
104	1584	Vanderfuhr Claudia	*Fensdorf	0:54:00	1977 W40	10	0:54:12	17:54 * 17:19 * 18:47	5:24 min/km
105	858	Kölsch Lena	*Wilnsdorf	0:54:04	1996 W20	36	0:55:49	18:08 * 17:19 * 18:36	5:24 min/km
106	1149	Eisenbach Laura	*Wermelskirchen	0:54:08	1998 W20	37	0:58:11	18:50 * 17:52 * 17:25	5:25 min/km
107	2966	Brenk Charlotte	*Köln	0:54:09	1977 W40	11	0:54:13	17:54 * 17:51 * 18:23	5:25 min/km
108	3223	Orth Jannine	*Alfter	0:54:11	1974 W40	12	0:54:36	17:40 * 17:41 * 18:49	5:25 min/km
109	1114	Von Seht Stephanie	*Köln	0:54:11	1985 W30	15	0:54:25	17:52 * 17:46 * 18:32	5:25 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 19

gedruckt 04.12.2018 09:41:20

110	1056	Tischendorf Tamara	*Köln	0:54:11	1974 W40	13	0:55:41	16:34 *	18:05 *	19:32	5:25 min/km
111	1112	Lessenich Fabienne	*Köln	0:54:11	1991 W20	38	0:54:25	17:52 *	17:46 *	18:32	5:25 min/km
112	2807	Holzmeier Frauke	*Köln	0:54:16	1985 W30	16	0:55:31	17:45 *	17:39 *	18:52	5:26 min/km
113	2175	Köhler Christine	*Rommerskirchen	0:54:17	1987 W30	17	0:56:14	18:03 *	17:56 *	18:17	5:26 min/km
114	857	Weber Inken	*Sankt Augustin	0:54:18	1998 W20	39	0:56:02	18:08 *	17:20 *	18:49	5:26 min/km
115	1716	Schaefer Maren	*Köln	0:54:18	1974 W40	14	0:56:12	19:04 *	17:34 *	17:39	5:26 min/km
116	3800	Kalkowski Mareike	RSV Köln Rugby	0:54:26	1975 W40	15	0:58:50	18:24 *	17:57 *	18:03	5:27 min/km
117	1102	Dill-Harbauer Berit	*Köln	0:54:29	1978 W40	16	0:54:35	17:10 *	17:57 *	19:20	5:27 min/km
118	1079	Steven Stefanie	*Köln	0:54:29	1976 W40	17	0:54:35	17:10 *	17:57 *	19:21	5:27 min/km
119	3246	Lampe Janina	*Köln	0:54:35	1990 W20	40	0:58:14	18:35 *	17:56 *	18:03	5:28 min/km
120	1768	Kämpfer Andra	congstar GmH	0:54:38	1995 W20	41	0:56:44	18:30 *	17:58 *	18:09	5:28 min/km
121	2058	Ahrens Lea	*Bornheim	0:54:39	2000 WU20	6	0:55:34	18:10 *	17:50 *	18:38	5:28 min/km
122	2631	Oboth Maren	*Cologne	0:54:39	1975 W40	18	0:55:00	18:15 *	18:18 *	18:04	5:28 min/km
123	3633	Birkenheuer Kathrin	Kölle Alarm e.V.	0:54:40	0 W20	42	0:56:19	18:46 *	17:36 *	18:17	5:28 min/km
124	2138	Böhmer Christina	*KÖLN	0:54:45	1991 W20	43	0:55:35	17:47 *	17:54 *	19:03	5:29 min/km
125	2356	Neumann Vivien	*Overath	0:54:46	1991 W20	44	0:55:59	17:44 *	18:03 *	18:58	5:29 min/km
126	2196	Goldschmidt Marie	*Langenfeld	0:54:54	1999 WU20	7	0:56:44	17:56 *	18:14 *	18:43	5:29 min/km
127	2769	Jost Camilla	*Frechen	0:54:57	2000 WU20	8	0:56:04	18:28 *	18:05 *	18:24	5:30 min/km
128	2318	Stahl Fiona	*Köln	0:54:58	1998 W20	45	0:55:16	16:51 *	18:20 *	19:46	5:30 min/km
129	3015	Helbert Stefanie	*Köln	0:54:59	1989 W20	46	0:55:24	18:56 *	17:57 *	18:05	5:30 min/km
130	2628	Niemeyer Nele	Spende SBG	0:55:01	1995 W20	47	0:56:26	18:58 *	17:53 *	18:09	5:30 min/km
131	3099	Umlauff Lisa	Cochrane Uniklinik Köln	0:55:01	1993 W20	48	0:57:01	19:09 *	17:18 *	18:32	5:30 min/km
132	2903	Stein Nina	*Köln	0:55:03	1999 WU20	9	0:58:11	17:49 *	18:07 *	19:06	5:30 min/km
133	3408	Müller Katrin	*Köln	0:55:09	1986 W30	18	0:56:12	17:37 *	17:56 *	19:35	5:31 min/km
134	1444	Kwiatek Astrid	*Monheim	0:55:11	1994 W20	49	0:56:30	17:41 *	18:06 *	19:23	5:31 min/km
135	1751	Lämmerzahl Svenja	*Brühl	0:55:23	1986 W30	19	0:58:29	18:43 *	17:50 *	18:49	5:32 min/km
136	1242	Drepper Heike	*Köln	0:55:23	1976 W40	19	0:56:45	18:48 *	17:56 *	18:38	5:32 min/km
137	3551	Riemer Karin	*Düsseldorf	0:55:25	1967 W50	7	0:57:17	18:26 *	17:59 *	18:59	5:33 min/km
138	1766	Weber Marina	congstar GmH	0:55:27	1987 W30	20	0:57:34	18:34 *	18:10 *	18:41	5:33 min/km
139	3443	Gohlke Hanna	*Würzburg	0:55:27	1994 W20	50	0:56:03	18:13 *	18:17 *	18:56	5:33 min/km
140	1847	Rayle Tanja	*Köln	0:55:31	1970 W45	11	0:56:42	18:28 *	17:51 *	19:11	5:33 min/km
141	1748	Schulte-Kellinghaus	*Meerbusch	0:55:34	1993 W20	51	0:56:31	17:52 *	18:26 *	19:15	5:33 min/km
142	3035	Tiggemann-Klein Claudia	*Köln	0:55:34	1970 W45	12	0:56:16	18:51 *	18:03 *	18:39	5:33 min/km
143	561	Torres Daniela	*Köln	0:55:38	1986 W30	21	0:57:54	19:10 *	17:49 *	18:39	5:34 min/km
144	902	Frühlingsdorf Inga	*Köln	0:55:44	1996 W20	52	0:56:47	19:17 *	18:17 *	18:09	5:34 min/km
145	829	Niehues Gabi	Lauf-Freude	0:55:46	1965 W50	8	0:59:39	17:54 *	18:27 *	19:23	5:35 min/km
146	893	Frühlingsdorf Dagmar	LT Saaler Mühle	0:55:47	1970 W45	13	0:56:49	19:17 *	18:17 *	18:11	5:35 min/km
147	658	Ax Alina	*Köln	0:55:47	1993 W20	53	0:56:14	18:36 *	18:30 *	18:40	5:35 min/km
148	2224	Jaumann Anne	*Overath	0:55:52	1999 WU20	10	0:56:10	18:09 *	18:28 *	19:13	5:35 min/km
149	1519	Becker Romy	Team BeVegt	0:55:53	1982 W35	16	0:59:17	19:25 *	17:51 *	18:35	5:35 min/km
150	2076	Strauch Susanne	*Köln	0:55:54	1966 W50	9	1:00:06	19:12 *	18:05 *	18:36	5:35 min/km
151	2071	Yasuda-Busch Keiko	*Köln	0:55:59	1975 W40	20	0:57:05	18:28 *	18:24 *	19:06	5:36 min/km
152	2928	Altuntas Malike Clara	*Köln	0:56:01	1990 W20	54	0:56:38	18:21 *	18:19 *	19:20	5:36 min/km
153	1065	Jouaux Maike	*Brühl	0:56:02	1997 W20	55	0:56:32	18:59 *	18:11 *	18:51	5:36 min/km
154	637	Becker Marina	*Erfstadt	0:56:02	1985 W30	22	0:59:00	20:14 *	17:48 *	17:58	5:36 min/km
155	1761	Ewald Caroline	*Koeln	0:56:03	1973 W45	14	0:57:05	17:51 *	16:40 *	21:30	5:36 min/km
156	3740	Giebauer Katrin	KölleAlarm eV	0:56:03	1985 W30	23	0:57:42	18:56 *	17:53 *	19:13	5:36 min/km
157	1556	Krones Alina	Huddel un Brass	0:56:06	1974 W40	21	0:57:37	18:42 *	18:12 *	19:11	5:37 min/km
158	1708	Schweers Simone	CGN Northside Squad	0:56:08	1978 W40	22	0:56:36	18:10 *	18:27 *	19:30	5:37 min/km
159	2659	Gruse Sandra	BSG RheinEnergie	0:56:10	1967 W50	10	0:56:22	18:08 *	18:45 *	19:16	5:37 min/km
160	2372	Simitzi Tanja	*Köln	0:56:11	1971 W45	15	0:56:44	18:26 *	18:24 *	19:20	5:37 min/km
161	1633	Schweers Annabelle	Blood, Sweat and Beers.	0:56:12	1985 W30	24	0:56:48	17:18 *	18:49 *	20:04	5:37 min/km
162	1127	Gossmann Yasmina	*Köln	0:56:14	1993 W20	56	0:56:30	19:09 *	18:11 *	18:53	5:37 min/km
163	1060	Buche Anika	*Köln	0:56:15	1988 W30	25	0:58:33	20:07 *	17:41 *	18:25	5:38 min/km
164	2677	Ghisoiu Otilia	KRÜGER GROUP	0:56:20	1969 W45	16	0:58:21	18:51 *	18:11 *	19:17	5:38 min/km
165	2715	Schulte Nicole		0:56:21	1975 W40	23	0:57:55	18:48 *	18:10 *	19:22	5:38 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 20

gedruckt 04.12.2018 09:41:20

166	3505	Bourne Birgit	*Sydney NSW	0:56:28	1968	W50	11	0:59:26	20:37 *	17:56 *	17:54	5:39 min/km
167	967	Dobke Bianca	Carlchens best Mums	0:56:30	1980	W35	17	0:57:51	19:51 *	18:16 *	18:21	5:39 min/km
168	1320	Teubel Rabea	Mit Biss ans Ziel	0:56:34	1995	W20	57	0:57:36	18:10 *	18:27 *	19:56	5:39 min/km
169	166	Sergeeva Anastasiia	*Jülich	0:56:35	1991	W20	58	0:56:58	18:30 *	18:17 *	19:46	5:40 min/km
170	3245	Heller Elke	BSG AachenMünchener	0:56:38	1967	W50	12	0:57:12	17:59 *	18:42 *	19:56	5:40 min/km
171	808	Kühn Anja	*Sankt Augustin	0:56:38	1977	W40	24	0:56:46	18:02 *	18:47 *	19:48	5:40 min/km
172	2273	Hoffmann Marlies	*Köln	0:56:39	1979	W35	18	0:59:32	18:17 *	19:10 *	19:12	5:40 min/km
173	3053	Rossoto Magalie	*Bonn	0:56:41	1978	W40	25	1:00:04	21:15 *	17:34 *	17:51	5:40 min/km
174	3167	Fritzer Vanessa	*Köln	0:56:42	1985	W30	26	0:59:27	18:45 *	18:26 *	19:30	5:40 min/km
175	1378	Dorr Anke	*Köln	0:56:42	1978	W40	26	0:58:42	19:30 *	18:19 *	18:52	5:40 min/km
176	3500	Neumann Catherine	*Frechen	0:56:42	1969	W45	17	0:57:23	18:39 *	18:37 *	19:25	5:40 min/km
177	2901	Cakir Hale	Pflanzlich find ich gut!	0:56:43	1978	W40	27	0:59:51	19:41 *	18:38 *	18:23	5:40 min/km
178	2502	Stewen Lorena	*Köln	0:56:44	1987	W30	27	0:59:35	19:56 *	18:16 *	18:31	5:40 min/km
179	2888	Sarateanu Andreea	Georg-Büchner-Gymnasiu	0:56:45	1979	W35	19	0:59:31	20:39 *	18:30 *	17:35	5:41 min/km
180	1755	Flohr Leona	*Köln	0:56:46	1993	W20	59	0:58:25	18:54 *	18:19 *	19:31	5:41 min/km
181	3226	Winkler Nele	*Frechen	0:56:46	1999	WU20	11	0:57:11	17:09 *	18:58 *	20:37	5:41 min/km
182	1968	Niedenhoff Vera	*Köln	0:56:48	1976	W40	28	1:00:35	20:28 *	17:53 *	18:26	5:41 min/km
183	1232	Hömig Silvia	Lauf-Freude	0:56:51	1964	W50	13	0:57:08	19:21 *	18:38 *	18:51	5:41 min/km
184	1394	Garbutt Frankie	*KOELEN	0:56:52	1986	W30	28	0:58:51	20:20 *	18:18 *	18:14	5:41 min/km
185	1117	Störmann Wiebke	Tokyo Connection	0:56:53	1964	W50	14	0:58:21	18:53 *	18:34 *	19:25	5:41 min/km
186	2457	Berninger Katharina	*Köln	0:56:54	1987	W30	29	1:01:11	19:58 *	18:08 *	18:47	5:41 min/km
187	2553	Pinell Nicole	*Köln	0:56:56	1982	W35	20	0:59:31	19:32 *	18:10 *	19:14	5:42 min/km
188	2689	Knips Catherine	KRÜGER GROUP	0:56:57	1976	W40	29	0:58:51	20:07 *	18:13 *	18:36	5:42 min/km
189	1439	Gouverneur Christin	*Mannheim	0:56:58	1987	W30	30	1:01:15	19:58 *	18:06 *	18:52	5:42 min/km
190	1692	Geus Verena	*Köln	0:56:58	1987	W30	31	0:59:50	19:56 *	18:16 *	18:46	5:42 min/km
191	1915	Schieren Eva	*Köln	0:56:58	1985	W30	32	0:59:50	19:56 *	18:16 *	18:45	5:42 min/km
192	2924	Roes Sarah	*Hürth	0:56:59	1985	W30	33	1:00:01	18:53 *	18:35 *	19:30	5:42 min/km
193	2575	Goldhagen Meike	ERGO sports Köln	0:57:01	1988	W30	34	0:58:23	19:19 *	18:17 *	19:24	5:42 min/km
194	3747	Andree Christina		0:57:02	1988	W30	35	0:57:10	19:17 *	18:21 *	19:23	5:42 min/km
195	1020	Cauvin Morgane	Triathlon Steckel Cologne	0:57:05	1993	W20	60	0:59:32	19:44 *	18:34 *	18:46	5:43 min/km
196	3635	Bochem Gabriele	Kölle Alarm e.V.	0:57:06	1970	W45	18	0:58:44	19:41 *	18:31 *	18:53	5:43 min/km
197	1646	Klein Sandra	*Köln	0:57:06	1994	W20	61	0:59:18	20:02 *	18:26 *	18:37	5:43 min/km
198	2449	Kirsch Lisa	Ramba Zamba in Sauna 3	0:57:08	1988	W30	36	1:00:54	19:46 *	18:33 *	18:48	5:43 min/km
199	3027	Mück Heike	#teamherbert	0:57:08	1987	W30	37	0:58:02	17:41 *	19:28 *	19:58	5:43 min/km
200	3213	Ricken Sarah	*Düsseldorf	0:57:08	1990	W20	62	0:58:02	17:42 *	19:28 *	19:58	5:43 min/km
201	2607	Legand Susanne	*Köln	0:57:09	1983	W35	21	0:59:34	19:06 *	18:42 *	19:20	5:43 min/km
202	2438	Münzel Andrea	*Köln	0:57:09	1967	W50	15	0:59:18	19:12 *	18:19 *	19:37	5:43 min/km
203	2135	Möller Karin	*Köln	0:57:11	1978	W40	30	0:58:42	18:56 *	18:41 *	19:33	5:43 min/km
204	2876	Büttner Kerstin	*Köln	0:57:12	1971	W45	19	1:00:27	19:09 *	18:50 *	19:12	5:43 min/km
205	2210	Zellat Fouzia	*Köln	0:57:12	1992	W20	63	0:57:50	18:27 *	18:52 *	19:52	5:43 min/km
206	3084	Arnholdt Lisa	*Köln	0:57:15	1975	W40	31	0:57:32	18:29 *	19:04 *	19:40	5:44 min/km
207	973	Blancois Eva	*Köln	0:57:18	1993	W20	64	1:01:27	19:33 *	18:32 *	19:13	5:44 min/km
208	1173	Voit Sonngard	*Frechen	0:57:23	1981	W35	22	0:58:41	19:53 *	18:29 *	19:00	5:44 min/km
209	1052	Prokop Julia	*Köln	0:57:24	1992	W20	65	0:58:40	18:23 *	19:08 *	19:53	5:44 min/km
210	1462	Schreiner Birgit	TC Weiden	0:57:24	1960	W55	3	0:59:03	19:41 *	18:31 *	19:11	5:44 min/km
211	3802	Kalverkamp Meike		0:57:26	1988	W30	38	0:57:38	18:31 *	19:36 *	19:18	5:45 min/km
212	1464	Kozlovska Simona	Lets Metabolize	0:57:27	1994	W20	66	0:57:40	18:22 *	18:57 *	20:07	5:45 min/km
213	3456	Peters Danielle	*Köln	0:57:29	1967	W50	16	0:58:14	19:11 *	18:39 *	19:38	5:45 min/km
214	2531	Trompeter Eva	Team Frederik	0:57:32	1991	W20	67	0:57:55	19:23 *	18:50 *	19:19	5:45 min/km
215	2944	Breitenbach Melanie	Dumont Elite Runners	0:57:32	1982	W35	23	0:59:19	18:17 *	18:14 *	20:59	5:45 min/km
216	2596	Feldhaar Linda	*Bocholt	0:57:32	1990	W20	68	1:00:16	21:16 *	18:48 *	17:28	5:45 min/km
217	3484	Gebauer Corinna	*Köln	0:57:33	1987	W30	39	0:57:39	18:02 *	18:55 *	20:35	5:45 min/km
218	2469	Mendicino Marisa	*Köln	0:57:36	1992	W20	69	0:58:03	17:52 *	19:19 *	20:23	5:46 min/km
219	2955	Lampe Katja	Team Maus	0:57:37	1976	W40	32	1:00:26	19:10 *	18:38 *	19:49	5:46 min/km
220	3788	Theilmeier Jana		0:57:39	1997	W20	70	1:01:23	21:19 *	18:08 *	18:11	5:46 min/km
221	1650	Hobbie Antonia	*Gievenbeck	0:57:39	1996	W20	71	0:57:49	18:48 *	18:58 *	19:52	5:46 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 21

gedruckt 04.12.2018 09:41:20

222	3789	Stapke Lea		0:57:39	1998 W20	72	1:01:23	21:20 *	18:08 *	18:11	5:46 min/km
223	206	Brehler Anna	Cologne Running Crew	0:57:40	1996 W20	73	0:57:49	18:48 *	18:58 *	19:53	5:46 min/km
224	748	Nowack Nadine	FOGTEC RUNNERS	0:57:43	1986 W30	40	0:58:21	18:37 *	18:52 *	20:12	5:46 min/km
225	1621	Schmeinck Daniela	Albis Laufftreff	0:57:47	1972 W45	20	0:58:56	18:22 *	19:16 *	20:08	5:47 min/km
226	2991	Günther Pia	*Köln	0:57:49	1972 W45	21	1:00:43	21:01 *	18:45 *	18:02	5:47 min/km
227	769	Wüllenweber Maria	Veedel Runners	0:57:50	1979 W35	24	1:02:35	19:39 *	18:45 *	19:25	5:47 min/km
228	2321	Tarnowska Joanna	*Köln	0:57:57	1989 W20	74	1:00:19	18:02 *	18:45 *	21:09	5:48 min/km
229	2329	Helber Sijja	Qwirklito	0:57:57	1987 W30	41	0:58:26	19:17 *	18:55 *	19:44	5:48 min/km
230	1130	Kröninger Lena	Kenias letzte Reserve	0:57:59	1988 W30	42	0:59:17	19:33 *	18:56 *	19:29	5:48 min/km
231	2476	Schäfer Chrissy	MST Laufpoint	0:57:59	1959 W55	4	1:00:47	19:16 *	18:51 *	19:51	5:48 min/km
232	3526	Votteler Annika	AMT Nikolonia	0:58:01	1977 W40	33	1:00:08	20:56 *	18:49 *	18:16	5:48 min/km
233	860	Henßler Alexandra	Elbs	0:58:03	1968 W50	17	0:58:03	20:01 *	18:36 *	19:25	5:48 min/km
234	3146	Neumann Elisabeth	*Hürth	0:58:06	1962 W55	5	0:58:12	18:41 *	19:22 *	20:02	5:49 min/km
235	2968	Pantlowsky Judith	*Köln	0:58:06	1990 W20	75	1:02:06	20:28 *	18:26 *	19:11	5:49 min/km
236	563	Todaro Julia	*Köln	0:58:06	1985 W30	43	1:02:06	20:29 *	18:25 *	19:11	5:49 min/km
237	1583	Münks Maren	*Düsseldorf	0:58:06	1982 W35	25	0:58:15	20:08 *	18:40 *	19:17	5:49 min/km
238	3105	Kirschbaum Nikola	LAUFMAMALAUFL	0:58:13	1994 W20	76	1:02:51	20:17 *	18:45 *	19:09	5:49 min/km
239	1515	Lanz Isabel	*KÖLN	0:58:13	1994 W20	77	0:59:21	19:24 *	19:33 *	19:15	5:49 min/km
240	1591	Skoetz Dr. Nicole	Cochrane - Uniklinik Köln	0:58:15	1970 W45	22	1:00:14	17:50 *	20:55 *	19:29	5:50 min/km
241	688	Plasberg Aleksandra	*Kerpen-Sindorf	0:58:15	1977 W40	34	0:59:25	18:42 *	18:59 *	20:33	5:50 min/km
242	2977	Matthiesen Lea	*Köln	0:58:17	1995 W20	78	1:01:20	19:31 *	18:32 *	20:13	5:50 min/km
243	980	Schäfer Caroline	*Köln	0:58:18	1989 W20	79	0:59:51	21:23 *	18:08 *	18:45	5:50 min/km
244	3553	Giese Monika	KSV Baunatal Abt	0:58:18	1956 W60	2	1:00:05	18:55 *	18:57 *	20:25	5:50 min/km
245	3255	Weickmann Nicole	*Köln	0:58:19	1969 W45	23	1:02:42	19:31 *	18:51 *	19:56	5:50 min/km
246	2128	Schröder Pia	*Köln	0:58:24	1994 W20	80	0:59:30	18:52 *	19:09 *	20:22	5:50 min/km
247	1985	Mahlke Anja	*Köln	0:58:25	1972 W45	24	0:59:33	19:40 *	18:44 *	20:00	5:51 min/km
248	2254	Heinen Susanne	LC Weilerswist	0:58:25	1971 W45	25	1:01:04	19:51 *	18:56 *	19:38	5:51 min/km
249	928	Krefis-völkel Inga	Früher waren wir schneller	0:58:28	1984 W30	44	0:58:47	18:26 *	19:00 *	21:02	5:51 min/km
250	2308	Fischer Inga	*Köln	0:58:29	1987 W30	45	0:59:45	19:09 *	19:20 *	19:59	5:51 min/km
251	2636	Deyng Dr. Janina	*Köln	0:58:30	1987 W30	46	1:03:20	20:49 *	19:07 *	18:32	5:51 min/km
252	923	Schyboll Victoria	*Königstein	0:58:33	2005 WU14	1	1:03:17	19:30 *	19:41 *	19:21	5:51 min/km
253	1975	Hildebrandt Sabine	Groov-Runners	0:58:35	1973 W45	26	1:00:08	19:20 *	18:58 *	20:16	5:52 min/km
254	2143	Staaß Tini	*Köln	0:58:39	1991 W20	81	1:03:24	20:35 *	19:22 *	18:41	5:52 min/km
255	2905	Arenskötter Maren	*Münster	0:58:41	1979 W35	26	0:59:17	19:28 *	19:04 *	20:08	5:52 min/km
256	2904	Arenskötter Nina	*Münster	0:58:41	1982 W35	27	0:59:17	19:29 *	19:04 *	20:08	5:52 min/km
257	2801	Knebel Karina	PSC Triathlon	0:58:42	1973 W45	27	0:59:43	19:17 *	19:06 *	20:18	5:52 min/km
258	1384	Maevis Lea	*Köln	0:58:43	1993 W20	82	1:00:01	19:36 *	18:38 *	20:28	5:52 min/km
259	3032	Kastl Melanie	*Köln	0:58:46	1994 W20	83	1:02:55	19:47 *	18:56 *	20:01	5:53 min/km
260	3757	Jakob Renate	LT TV Dünnwald	0:58:46	1979 W35	28	1:00:17	20:47 *	19:16 *	18:42	5:53 min/km
261	1472	Von Bassewitz Sibylle	*Köln	0:58:46	1970 W45	28	0:59:42	19:56 *	18:57 *	19:53	5:53 min/km
262	3846	Junker Petra		0:58:50	1979 W35	29	1:01:37	19:43 *	18:53 *	20:13	5:53 min/km
263	2999	Botsch Kerstin	C(O)OL-Runnings	0:58:53	1984 W30	47	1:03:18	18:33 *	19:03 *	21:15	5:53 min/km
264	2243	Möldgen Anja	Rheinisch Bergischer	0:58:56	1972 W45	29	1:02:54	20:27 *	18:45 *	19:44	5:54 min/km
265	2893	Potthoff Silke	just4fun	0:58:57	1971 W45	30	1:00:05	19:26 *	19:30 *	20:00	5:54 min/km
266	1496	Süthoff Claudia	Laufftreff Saaler Mühle	0:59:01	1970 W45	31	1:00:01	19:37 *	19:06 *	20:17	5:54 min/km
267	2220	Herpel Wiebke	Pulheimer SC	0:59:03	1970 W45	32	1:03:04	19:52 *	19:10 *	20:00	5:54 min/km
268	1460	Henschke Sinika	lets metabolize	0:59:05	1991 W20	84	0:59:28	18:32 *	19:25 *	21:06	5:55 min/km
269	2561	Hollinger Anna	Spende SBG	0:59:06	1993 W20	85	1:00:31	18:26 *	19:46 *	20:54	5:55 min/km
270	2390	Schnitzler Patricia	LLG 80 Nordpark Köln	0:59:07	1959 W55	6	0:59:17	19:13 *	19:40 *	20:12	5:55 min/km
271	655	Heeren Jutta	*Aachen	0:59:09	1966 W50	18	1:03:16	19:45 *	18:56 *	20:27	5:55 min/km
272	3775	Diblik Jennifer	FC Keldenich	0:59:10	1986 W30	48	0:59:22	18:52 *	19:32 *	20:46	5:55 min/km
273	1544	Bock Heike	*Herzogenrath	0:59:16	1969 W45	33	1:02:23	19:46 *	19:00 *	20:30	5:56 min/km
274	3143	Schmidt Lena	*Köln	0:59:17	1993 W20	86	1:03:24	20:20 *	19:11 *	19:45	5:56 min/km
275	3448	Dinu Ioana	*Köln	0:59:19	1988 W30	49	1:00:17	19:19 *	19:22 *	20:36	5:56 min/km
276	2169	Meyer Michaela	*Köln	0:59:19	1981 W35	30	0:59:59	19:05 *	19:53 *	20:20	5:56 min/km
277	639	Tebrake Gisela	*Hürth	0:59:21	1964 W50	19	0:59:32	18:22 *	19:50 *	21:08	5:56 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 22

gedruckt 04.12.2018 09:41:20

278	715	Naumann Melanie	FOGTEC-RUNNERS	0:59:26	1975 W40	35	1:00:02	19:02 *	19:36 *	20:47	5:57 min/km
279	2970	Von Pawelsz Sylvia	*Köln	0:59:26	1977 W40	36	1:00:22	20:21 *	19:18 *	19:46	5:57 min/km
280	2709	Schaaf Maria	Gothaer	0:59:26	1973 W45	34	1:00:05	19:05 *	19:53 *	20:26	5:57 min/km
281	2133	Klocke Katharina	*Köln	0:59:27	1987 W30	50	1:00:14	19:43 *	19:26 *	20:17	5:57 min/km
282	128	Sauerwein Pascal	FFC - Flinke Fühse	0:59:29	1992 W20	87	0:59:44	18:23 *	19:45 *	21:21	5:57 min/km
283	1335	Schöckel Claudia	*Köln	0:59:31	1970 W45	35	1:00:14	19:44 *	19:19 *	20:26	5:57 min/km
284	482	Stix Daniela Cornelia	*Berlin	0:59:31	1982 W35	31	1:03:18	21:45 *	19:11 *	18:35	5:57 min/km
285	3797	White Madison		0:59:34	1991 W20	88	1:01:36	20:39 *	18:47 *	20:06	5:57 min/km
286	1299	Ehrgott Regine	erupp un eraff	0:59:35	1959 W55	7	1:03:49	20:27 *	19:20 *	19:48	5:58 min/km
287	2225	Wittig Jana	*Köln	0:59:38	1994 W20	89	1:03:16	19:25 *	19:35 *	20:37	5:58 min/km
288	3090	Antosik Monika	Team SPECK&RUN	0:59:40	1988 W30	51	1:03:28	21:42 *	19:12 *	18:45	5:58 min/km
289	2732	Zlonicky Lena	Kieser Training	0:59:40	1960 W55	8	1:00:49	19:40 *	19:39 *	20:20	5:58 min/km
290	1582	Leese Maïke	*Kamp-Lintfort	0:59:44	1979 W35	32	0:59:52	19:15 *	19:22 *	21:05	5:58 min/km
291	2095	Letschert Christine	*Köln	0:59:45	1981 W35	33	1:02:31	20:25 *	19:26 *	19:53	5:59 min/km
292	1972	Franck Julia	*Köln	0:59:53	1989 W20	90	1:03:47	21:09 *	19:20 *	19:23	5:59 min/km
293	3109	Wefers Andrea	*Köln	0:59:54	1975 W40	37	1:02:16	19:36 *	19:43 *	20:34	5:59 min/km
294	3501	Lausberg Hella	*Pulheim	0:59:57	1977 W40	38	1:00:38	19:07 *	19:54 *	20:55	5:60 min/km
295	771	Klein Sonja	*Köln	0:59:57	1973 W45	36	1:02:36	20:56 *	19:18 *	19:43	5:60 min/km
296	2963	Kühnen Maria	Veni Vidi Colonia	0:59:58	1962 W55	9	1:02:12	20:10 *	19:25 *	20:22	5:60 min/km
297	1133	Hlusiak Ramona	Lauf du Sau!	0:59:59	1986 W30	52	1:01:13	19:37 *	19:41 *	20:41	5:60 min/km
298	1306	Schmidt Alexandra	SSK Kerpen	1:00:00	1978 W40	39	1:03:34	20:12 *	20:00 *	19:47	6:00 min/km
299	3780	Slimok Laura		1:00:00	1986 W30	53	1:04:11	21:00 *	19:34 *	19:25	6:00 min/km
300	1776	Kiehl Tina	congstar GmbH	1:00:00	1981 W35	34	1:02:07	19:23 *	19:22 *	21:14	6:00 min/km
301	3025	Fischer Nicole	*Köln	1:00:02	1991 W20	91	1:00:33	19:02 *	19:38 *	21:21	6:00 min/km
302	1212	Geller Monika	*Köln	1:00:03	1962 W55	10	1:00:34	19:01 *	19:39 *	21:21	6:00 min/km
303	1337	Schlücker Ina	Fronrunners Cologne	1:00:03	1973 W45	37	1:01:31	20:10 *	19:29 *	20:24	6:00 min/km
304	3828	Klein Sabine	Lauftreff THC Brühl	1:00:04	1967 W50	20	1:02:20	19:51 *	19:00 *	21:12	6:00 min/km
305	3637	Bell Anne	Kölle Alarm e.V.	1:00:07	0 W20	92	1:01:50	19:59 *	19:09 *	20:57	6:01 min/km
306	2824	Pluta Rabea	*Troisdorf	1:00:09	1993 W20	93	1:01:15	18:22 *	19:31 *	22:15	6:01 min/km
307	1833	Remstedt C	Bell End	1:00:10	1975 W40	40	1:04:58	24:35 *	17:31 *	18:04	6:01 min/km
308	3563	Teders Isabelle	*Köln	1:00:13	1995 W20	94	1:04:11	19:55 *	19:16 *	21:02	6:01 min/km
309	2544	Vitt Ulla	1. Snowboard Club Köln	1:00:20	1969 W45	38	1:00:28	19:38 *	19:52 *	20:50	6:02 min/km
310	3060	Fischer Kristin	*Köln	1:00:21	1985 W30	54	1:04:18	20:24 *	19:18 *	20:38	6:02 min/km
311	1522	Prescha Nikolaus	TriCologne	1:00:22	1967 W50	21	1:05:04	20:07 *	19:14 *	20:59	6:02 min/km
312	3494	Kindervater Hanna	*Köln	1:00:26	1993 W20	95	1:02:53	19:45 *	19:33 *	21:06	6:03 min/km
313	2573	Blümel Melanie	ERGO sports Köln	1:00:31	1972 W45	39	1:03:59	20:25 *	19:57 *	20:08	6:03 min/km
314	3385	Hartmann Alexandra	*Bergisch Gladbach	1:00:34	1971 W45	40	1:04:48	20:11 *	19:53 *	20:30	6:03 min/km
315	1880	Schäfer Jasmin	*Köln	1:00:40	1983 W35	35	1:01:29	21:29 *	17:56 *	21:14	6:04 min/km
316	1749	Holtheuer Martina	*Köln	1:00:40	1969 W45	41	1:02:33	19:47 *	19:46 *	21:06	6:04 min/km
317	1883	Fromm Yvonne	*Köln	1:00:41	1987 W30	55	1:01:29	21:29 *	20:06 *	19:04	6:04 min/km
318	1016	Kruth Sabine	Running Paragraphs	1:00:42	1978 W40	41	1:05:00	19:16 *	20:08 *	21:16	6:04 min/km
319	1015	Müller Maren	Running Paragraphs	1:00:42	1979 W35	36	1:05:00	19:17 *	20:09 *	21:16	6:04 min/km
320	2174	Stemmler Lioba	*Rommerskirchen	1:00:44	1988 W30	56	1:01:56	20:32 *	19:46 *	20:25	6:04 min/km
321	3407	Meschke Yasmin	*Niederkassel	1:00:44	1984 W30	57	1:01:01	19:38 *	19:55 *	21:10	6:04 min/km
322	1842	Decker Alexandra	*Köln	1:00:44	1978 W40	42	1:03:15	19:59 *	19:34 *	21:09	6:04 min/km
323	1533	Rempe Martina	Team Speck&Run	1:00:44	1968 W50	22	1:04:31	21:43 *	20:10 *	18:49	6:04 min/km
324	874	Rygol Betty	Chaos Crew	1:00:47	1985 W30	58	1:04:45	20:43 *	19:39 *	20:25	6:05 min/km
325	1290	Niepmann Anne-Katrin	*Rheinberg	1:00:50	1987 W30	59	1:02:04	21:56 *	20:07 *	18:46	6:05 min/km
326	3248	Drees Bärbel	*Köln	1:00:50	1964 W50	23	1:03:14	20:50 *	19:39 *	20:21	6:05 min/km
327	2867	Tepasse Christina	*Köln	1:01:01	1989 W20	96	1:01:57	20:00 *	19:42 *	21:18	6:06 min/km
328	1017	Holzberg Ria	*Köln	1:01:02	1982 W35	37	1:03:44	21:01 *	19:45 *	20:15	6:06 min/km
329	1476	Hemsath Katja	Runnies United	1:01:02	1976 W40	43	1:05:08	21:36 *	19:28 *	19:57	6:06 min/km
330	2245	Otte Carola	*Köln	1:01:02	1966 W50	24	1:04:46	20:41 *	19:46 *	20:34	6:06 min/km
331	3008	Haenggi Corinne	EAC Running Club	1:01:03	1990 W20	97	1:04:29	21:51 *	20:09 *	19:03	6:06 min/km
332	2082	Richts Nikolaus	*Köln	1:01:05	1983 W35	38	1:05:47	22:14 *	19:52 *	18:58	6:07 min/km
333	1604	Fogtman Dr. Anna	EAC Running Club	1:01:05	1981 W35	39	1:04:31	21:51 *	20:09 *	19:04	6:07 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 23

gedruckt 04.12.2018 09:41:20

334	1978	Schäfers Ruth	*Köln	1:01:05	1971 W45	42	1:04:40	19:54 * 20:11 * 20:59	6:07 min/km
335	3116	Lauterborn Carola	*Köln	1:01:06	1968 W50	25	1:04:45	21:27 * 19:43 * 19:56	6:07 min/km
336	3536	Lauven Sophia	*Köln	1:01:08	1993 W20	98	1:05:09	22:01 * 19:38 * 19:28	6:07 min/km
337	1516	Pfannstiel Nikolaus	TriCologne	1:01:09	1978 W40	44	1:05:47	22:17 * 19:52 * 18:59	6:07 min/km
338	3005	Röhr Tanja	C(O)OL-Runnings	1:01:09	1984 W30	60	1:02:43	19:41 * 20:08 * 21:19	6:07 min/km
339	1217	Altmann Tina	*Köln	1:01:11	1975 W40	45	1:02:45	20:47 * 20:06 * 20:17	6:07 min/km
340	3397	Casenobe Cecile	ASV Köln Triathlon	1:01:12	1965 W50	26	1:04:22	22:59 * 19:59 * 18:12	6:07 min/km
341	2040	Knepel Laura-Charlotte	*Köln	1:01:13	1987 W30	61	1:05:05	21:51 * 19:53 * 19:29	6:07 min/km
342	1959	Hanisch Charlotte	*Köln	1:01:14	1974 W40	46	1:02:48	20:47 * 20:06 * 20:21	6:07 min/km
343	1909	Kuß Carinia	*Köln	1:01:16	1979 W35	40	1:05:05	21:03 * 19:51 * 20:21	6:08 min/km
344	3067	Tran My-Ly	SoCura	1:01:16	1989 W20	99	1:06:12	21:42 * 19:39 * 19:55	6:08 min/km
345	2485	Stolzis Leonie	Waldfee	1:01:17	2001 WU18	2	1:04:47	21:48 * 20:25 * 19:04	6:08 min/km
346	1897	Broichhaus Nikolausi	TriCologne e.V.	1:01:20	1970 W45	43	1:05:04	21:07 * 19:16 * 20:56	6:08 min/km
347	1793	Wertgen Katrin	*Bonn	1:01:21	1990 W20	100	1:01:35	19:31 * 18:59 * 22:49	6:08 min/km
348	1569	Musinski Nikolaus	TriCologne	1:01:21	1969 W45	44	1:05:05	21:06 * 19:17 * 20:57	6:08 min/km
349	1614	Böttcher Julia	*Kaarst	1:01:21	1987 W30	62	1:03:16	19:24 * 20:08 * 21:49	6:08 min/km
350	1848	Schmücker Nikolaus	TriCologne e.V.	1:01:22	1975 W40	47	1:05:06	21:08 * 19:25 * 20:48	6:08 min/km
351	1660	Sprengart Nikolaus	TriCologne	1:01:22	1990 W20	101	1:05:05	21:08 * 19:26 * 20:48	6:08 min/km
352	1517	Schmitz Nikolaus	TriCologne	1:01:22	1982 W35	41	1:05:04	21:08 * 19:13 * 21:00	6:08 min/km
353	3466	Wanning Nikolausi	TriCologne	1:01:23	1987 W30	63	1:05:05	21:09 * 19:26 * 20:47	6:08 min/km
354	2580	Wahlen Edith	ERGO sports Köln	1:01:24	1967 W50	27	1:02:55	19:36 * 19:54 * 21:53	6:08 min/km
355	1965	Mädge Dr. Marie	*KÖLN	1:01:27	1984 W30	64	1:05:00	21:26 * 18:35 * 21:25	6:09 min/km
356	868	Dittmann Elke	*Frechen	1:01:30	1973 W45	45	1:05:49	20:32 * 20:19 * 20:38	6:09 min/km
357	2429	Nensel Rebecca	*Schwalmtal	1:01:33	1987 W30	65	1:04:17	22:04 * 19:46 * 19:41	6:09 min/km
358	2524	Umann Lisa	*Köln	1:01:37	1993 W20	102	1:03:25	20:41 * 20:45 * 20:10	6:10 min/km
359	3002	Pabst Johanna-Luisa	C(O)OL-Runnings	1:01:37	1996 W20	103	1:03:09	21:09 * 19:59 * 20:28	6:10 min/km
360	666	Bastian-Büsch Kirsten	Rheinbrohler Schnecken	1:01:38	1967 W50	28	1:06:31	20:52 * 20:13 * 20:31	6:10 min/km
361	2493	Schäfer Henrike	AXA	1:01:39	1970 W45	46	1:03:27	20:41 * 19:58 * 21:00	6:10 min/km
362	118	Dikmen Yasemin	*Köln	1:01:39	1984 W30	66	1:05:00	21:44 * 20:17 * 19:38	6:10 min/km
363	3131	Conradi Nadine	PUSHENSY	1:01:39	1976 W40	48	1:02:05	19:03 * 20:19 * 22:16	6:10 min/km
364	3147	Neumann Stefanie	*Hürth	1:01:45	1991 W20	104	1:01:52	21:11 * 20:03 * 20:29	6:11 min/km
365	3140	Römgens Blanca	*Köln	1:01:45	1997 W20	105	1:04:48	20:21 * 20:38 * 20:46	6:11 min/km
366	1743	Combüchen Kerstin	*Bergisch Gladbach	1:01:47	1971 W45	47	1:02:47	21:28 * 20:10 * 20:08	6:11 min/km
367	1676	Schreiber Sarah	*Kerpen	1:01:48	1984 W30	67	1:03:46	20:33 * 19:57 * 21:18	6:11 min/km
368	2353	Hajek Verena	Laufmonster	1:01:49	1952 W65	2	1:01:55	19:24 * 20:44 * 21:40	6:11 min/km
369	2947	Bah Sabrina	Dumont Elite Runners	1:01:50	1986 W30	68	1:03:38	20:18 * 20:42 * 20:48	6:11 min/km
370	508	Czwikla Isabella	*Köln	1:01:51	1997 W20	106	1:04:59	19:09 * 21:15 * 21:25	6:11 min/km
371	2092	Scholz Andrea	*Köln	1:01:52	1974 W40	49	1:05:11	20:32 * 20:07 * 21:12	6:11 min/km
372	1695	Paskamp Caroline	PAS	1:01:55	1987 W30	69	1:02:41	21:14 * 20:19 * 20:21	6:12 min/km
373	2833	Katenbrink Nele	Constant	1:01:57	1972 W45	48	1:03:48	21:41 * 19:40 * 20:35	6:12 min/km
374	1419	Hubrach Julia	Laufen gegen Leiden	1:01:57	1981 W35	42	1:04:45	20:29 * 20:18 * 21:09	6:12 min/km
375	3238	Najdanovska Dobrica	*Kerpen	1:02:01	1966 W50	29	1:05:36	20:25 * 20:17 * 21:18	6:12 min/km
376	938	Mathieu Cathy	#runningwithasloth	1:02:04	1957 W60	3	1:02:45	21:11 * 20:14 * 20:38	6:12 min/km
377	1549	Uerlings-Bamberger	*Stolberg	1:02:05	1974 W40	50	1:02:19	19:22 * 20:45 * 21:57	6:13 min/km
378	937	Mathieu Mylčne	#runningwithasloth	1:02:06	1984 W30	70	1:02:45	21:13 * 20:13 * 20:39	6:13 min/km
379	3816	Garcia Barros Claudia		1:02:08	1994 W20	107	1:04:33	21:17 * 20:36 * 20:13	6:13 min/km
380	1713	Urhahne Clara Marie	Rudolphs Renn-tiere	1:02:09	1994 W20	108	1:05:46	21:03 * 20:21 * 20:45	6:13 min/km
381	3731	Figueroa Carrasco Lidia	Cologne Allblacks	1:02:10	1973 W45	49	1:02:19	19:32 * 20:36 * 22:01	6:13 min/km
382	2708	Weyland Claudia	Gothaer	1:02:10	1964 W50	30	1:02:43	19:43 * 20:40 * 21:47	6:13 min/km
383	1878	Wolf Sandra	*Düsseldorf	1:02:12	1988 W30	71	1:04:15	20:31 * 20:18 * 21:21	6:13 min/km
384	2662	Menz Miriam	BSG RheinEnergie	1:02:12	1984 W30	72	1:02:30	19:41 * 21:01 * 21:29	6:13 min/km
385	1626	Dux Lucia	*Köln	1:02:12	1998 W20	109	1:04:24	21:46 * 20:33 * 19:52	6:13 min/km
386	727	Göke-Fritsch Christine	*Gladbeck	1:02:13	1960 W55	11	1:06:07	20:10 * 20:23 * 21:39	6:13 min/km
387	765	Müller Alexandra	Veedel Runners	1:02:14	1984 W30	73	1:06:58	21:37 * 20:25 * 20:10	6:13 min/km
388	609	Kelm Manuela	Kölner Rennschnecken	1:02:15	1971 W45	50	1:03:15	20:15 * 20:04 * 21:55	6:14 min/km
389	1413	Wagner Hannah	*Köln	1:02:17	1990 W20	110	1:06:23	21:03 * 20:14 * 20:58	6:14 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 24

gedruckt 04.12.2018 09:41:20

390	1374	Wrede Lisa	*Krefeld	1:02:17	1972	W45	51	1:05:53	20:44 *	20:15 *	21:17	6:14 min/km
391	1412	Wagner Lena	*Köln	1:02:18	1987	W30	74	1:06:24	21:02 *	20:16 *	20:59	6:14 min/km
392	2630	Neumann Jessica	*Aachen	1:02:19	1981	W35	43	1:06:24	22:21 *	20:06 *	19:51	6:14 min/km
393	1807	Schulte Jennifer	*Köln	1:02:22	1987	W30	75	1:03:08	21:14 *	20:19 *	20:48	6:14 min/km
394	3076	Hoffmann Britta	MUMPIZ	1:02:23	1963	W55	12	1:04:22	21:33 *	20:24 *	20:25	6:14 min/km
395	668	Lemke Gianna	*Mechernich	1:02:24	1992	W20	111	1:05:41	22:22 *	20:19 *	19:42	6:14 min/km
396	1711	Friehl Daniela	SG Erftstadt Hockey	1:02:24	1979	W35	44	1:04:11	20:11 *	20:16 *	21:57	6:14 min/km
397	669	Engel Katrin	*Köln	1:02:25	1997	W20	112	1:05:41	22:23 *	20:19 *	19:42	6:15 min/km
398	1442	Nussmann Michaela	*Köln	1:02:25	1964	W50	31	1:06:17	20:46 *	20:31 *	21:06	6:15 min/km
399	2285	Menzhausen Johanna	*Köln	1:02:26	1995	W20	113	1:03:34	20:20 *	20:48 *	21:17	6:15 min/km
400	1332	Falkenberg Friederike	*Köln	1:02:27	1993	W20	114	1:05:42	21:48 *	20:09 *	20:29	6:15 min/km
401	1388	Wiedenfeld Andrea	*Köln	1:02:27	1970	W45	52	1:04:12	20:35 *	20:36 *	21:16	6:15 min/km
402	1448	Jütten Linda	*Köln	1:02:28	1989	W20	115	1:05:10	19:49 *	20:41 *	21:57	6:15 min/km
403	2350	Mühlegger-Leers Elke	SCB Horrem	1:02:28	1968	W50	32	1:06:35	21:57 *	19:50 *	20:40	6:15 min/km
404	1850	Goncalves Maria	Chaos Crew	1:02:28	1980	W35	45	1:06:26	20:23 *	20:15 *	21:49	6:15 min/km
405	1437	Steiner Kathrin	*Köln	1:02:28	1972	W45	53	1:03:21	20:07 *	20:04 *	22:16	6:15 min/km
406	2684	Manns Linda	KRÜGER GROUP	1:02:31	1982	W35	46	1:04:41	22:23 *	19:58 *	20:08	6:15 min/km
407	812	Schmidt Katharina	*Köln	1:02:33	1974	W40	51	1:05:11	21:16 *	20:16 *	21:00	6:15 min/km
408	3481	Pleger Gwen	*Köln	1:02:33	1993	W20	116	1:06:33	22:03 *	20:17 *	20:12	6:15 min/km
409	1181	Niggli Marie-Louise	*Köln	1:02:34	1989	W20	117	1:03:52	20:24 *	20:29 *	21:41	6:15 min/km
410	1740	Voellmecke Maike	*Köln	1:02:34	1974	W40	52	1:04:03	20:53 *	20:28 *	21:12	6:15 min/km
411	2508	Baarth Sara	*Köln	1:02:38	1978	W40	53	1:02:59	20:11 *	20:20 *	22:06	6:16 min/km
412	1259	Knötgen Nadine	Gehzeitenläufer	1:02:38	1976	W40	54	1:04:35	21:35 *	20:43 *	20:20	6:16 min/km
413	1494	Hage Angelika	*Hürth	1:02:41	1956	W60	4	1:04:12	20:55 *	20:25 *	21:20	6:16 min/km
414	2578	Schmidt Stefanie	ERGO sports Köln	1:02:41	1981	W35	47	1:03:53	21:36 *	20:17 *	20:47	6:16 min/km
415	867	Mueller Elizabeth	Mütze auf, Dauerlauf!	1:02:44	1992	W20	118	1:07:41	21:31 *	21:14 *	19:58	6:16 min/km
416	2287	Comsa Ioana	*Köln	1:02:50	1987	W30	76	1:05:30	22:35 *	20:28 *	19:46	6:17 min/km
417	586	Khatibi-Contreras Sara	Speck & Run	1:02:50	1992	W20	119	1:06:36	21:45 *	20:18 *	20:46	6:17 min/km
418	1788	Lösche Cornelia	*Rösrath	1:02:51	1988	W30	77	1:06:13	21:48 *	19:59 *	21:02	6:17 min/km
419	2286	Bauer Laura	*Köln	1:02:51	1988	W30	78	1:05:31	22:36 *	20:27 *	19:47	6:17 min/km
420	3367	Bauer Sarah	*Oberhausen	1:02:53	1986	W30	79	1:05:33	22:36 *	20:27 *	19:49	6:17 min/km
421	2593	Von Brandenstein	*Köln	1:02:55	1992	W20	120	1:04:02	21:06 *	20:38 *	21:09	6:18 min/km
422	2594	Erickson Anna	*Köln	1:02:55	1993	W20	121	1:04:02	21:06 *	20:38 *	21:10	6:18 min/km
423	1512	Heider Katrin	*Bergisch Gladbach	1:02:55	1992	W20	122	1:04:32	22:13 *	20:26 *	20:16	6:18 min/km
424	1363	Kelley Lisa	*Köln	1:02:56	1997	W20	123	1:04:32	22:13 *	20:26 *	20:16	6:18 min/km
425	1033	Döscher Inge	*Langerwehe	1:02:57	1965	W50	33	1:07:15	21:43 *	20:37 *	20:36	6:18 min/km
426	1526	Alexiou Jiota	*Köln	1:02:59	1980	W35	48	1:05:38	21:21 *	20:25 *	21:12	6:18 min/km
427	2240	Jäschke Bärbel	*Radevormwald	1:03:01	1958	W60	5	1:04:13	21:42 *	20:38 *	20:39	6:18 min/km
428	2305	Meire Stella	*Köln	1:03:01	1998	W20	124	1:03:30	21:24 *	20:44 *	20:52	6:18 min/km
429	3478	Dahmann Gina	*Köln	1:03:03	1995	W20	125	1:04:21	20:19 *	20:17 *	22:26	6:18 min/km
430	2584	Deusing Angelina	*Erftstadt	1:03:04	1985	W30	80	1:04:49	20:27 *	20:10 *	22:25	6:18 min/km
431	3254	Götz Claudia	*Pulheim	1:03:05	1964	W50	34	1:06:34	21:47 *	20:27 *	20:50	6:19 min/km
432	2522	Zens Eva-Heide	*Köln	1:03:05	1987	W30	81	1:04:53	20:40 *	21:04 *	21:19	6:19 min/km
433	3675	Hermanns Katrin	Edelman GmbH	1:03:05	1986	W30	82	1:07:35	21:49 *	20:24 *	20:52	6:19 min/km
434	1284	Kenter Dr. Julia	Laufgruppe(-nzwang)	1:03:08	1972	W45	54	1:03:18	22:54 *	21:19 *	18:54	6:19 min/km
435	2366	Hövelmann Rita	Rennschnecken	1:03:11	1962	W55	13	1:05:12	21:16 *	20:49 *	21:05	6:19 min/km
436	1872	Feldhaus Doris	*Köln	1:03:13	1948	W70	1	1:04:06	21:12 *	20:25 *	21:36	6:19 min/km
437	2418	Ebner Sophia	Spende SBG	1:03:14	1995	W20	126	1:04:36	22:08 *	20:48 *	20:17	6:19 min/km
438	667	Utech Gabriele	Rheinbrohler Schnecken	1:03:14	1960	W55	14	1:08:07	20:56 *	20:11 *	22:06	6:19 min/km
439	2516	Meikis Lilly	Spende SBG	1:03:14	1994	W20	127	1:04:36	22:08 *	20:48 *	20:17	6:19 min/km
440	664	Hauschild Daniela	Rheinbrohler Schnecken	1:03:14	1968	W50	35	1:08:07	20:56 *	20:11 *	22:05	6:19 min/km
441	3117	Amelung Martina	*Köln	1:03:15	1961	W55	15	1:06:54	21:50 *	20:55 *	20:29	6:20 min/km
442	2773	Harms Tanja	*Köln	1:03:16	1970	W45	55	1:05:16	22:49 *	20:13 *	20:13	6:20 min/km
443	2147	Widmann Marion	TPSK	1:03:17	1966	W50	36	1:04:43	21:26 *	21:26 *	20:24	6:20 min/km
444	3273	Heyne-Pietschmann	UA Team	1:03:21	1984	W30	83	1:05:57	21:23 *	20:31 *	21:26	6:20 min/km
445	3043	Dreesbach Claudia	Troisdorfer LG	1:03:24	1966	W50	37	1:03:46	21:11 *	20:47 *	21:24	6:20 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 25

gedruckt 04.12.2018 09:41:20

446	3564	Schmettkamp Sara	*Köln	1:03:25	1995 W20	128	1:03:53	20:54 *	22:09 *	20:21	6:21 min/km
447	1005	Pabst Josephine	*Köln	1:03:28	1990 W20	129	1:05:37	21:40 *	20:43 *	21:04	6:21 min/km
448	2239	Jäschke Elisabeth	*Köln	1:03:30	1989 W20	130	1:04:43	21:41 *	20:39 *	21:09	6:21 min/km
449	1219	Sondermann Laura	*Köln	1:03:31	1992 W20	131	1:07:26	21:08 *	20:17 *	22:05	6:21 min/km
450	1996	Görtz Stephanie	*Köln	1:03:32	1986 W30	84	1:04:13	20:08 *	20:59 *	22:24	6:21 min/km
451	1577	Schüller Nicole	*Köln	1:03:33	1982 W35	49	1:07:26	22:29 *	20:21 *	20:42	6:21 min/km
452	977	Kaumanns Carina	Warrior Stefan Corsten	1:03:37	1987 W30	85	1:06:22	22:05 *	19:46 *	21:45	6:22 min/km
453	3100	Biskupek Violetta	*Pulheim	1:03:37	1986 W30	86	1:03:56	19:41 *	21:01 *	22:54	6:22 min/km
454	2877	Schüller Kathrin	Just for Fun	1:03:38	1978 W40	55	1:07:33	22:27 *	20:22 *	20:47	6:22 min/km
455	2428	Seitz Tatjana	*Köln	1:03:38	1989 W20	132	1:06:28	22:48 *	20:48 *	20:01	6:22 min/km
456	3641	Podobinski Stephanie	Köln läuft!	1:03:42	1971 W45	56	1:07:33	19:13 *	21:13 *	23:15	6:22 min/km
457	2440	Von der wehl Anna	*Köln	1:03:44	1982 W35	50	1:08:23	22:26 *	20:39 *	20:37	6:22 min/km
458	1481	Deden Sophie	*Aachen	1:03:46	1997 W20	133	1:07:31	22:44 *	21:19 *	19:42	6:23 min/km
459	2506	Deihimi Saboora	*Köln	1:03:47	1983 W35	51	1:03:54	19:33 *	21:02 *	23:11	6:23 min/km
460	3083	Breyer Lisa	*Köln	1:03:47	1988 W30	87	1:04:35	21:48 *	21:56 *	20:02	6:23 min/km
461	3638	Braun Anne	Kölle Alarm e.V.	1:03:48	2000 WU20	12	1:05:25	20:03 *	20:03 *	23:41	6:23 min/km
462	1611	Mahlberg Anna	*Köln	1:03:51	1984 W30	88	1:07:29	22:27 *	19:58 *	21:24	6:23 min/km
463	3122	Luckey Silvia	PUSHENSY	1:03:51	1967 W50	38	1:04:20	19:32 *	20:47 *	23:31	6:23 min/km
464	1034	Zilliken Petra	*Merzenich	1:03:51	1965 W50	39	1:08:09	21:43 *	20:37 *	21:30	6:23 min/km
465	3518	Eßler Kathrin	*Köln	1:03:55	1991 W20	134	1:06:19	20:46 *	21:27 *	21:42	6:24 min/km
466	1758	Hoos Eva	Appmatics	1:03:57	1995 W20	135	1:04:47	21:17 *	21:31 *	21:08	6:24 min/km
467	2357	Thieme Ursula	*Köln	1:03:58	1964 W50	40	1:05:28	21:16 *	20:51 *	21:50	6:24 min/km
468	1687	Huss Claudia	*Köln	1:03:58	1971 W45	57	1:05:28	21:16 *	20:52 *	21:50	6:24 min/km
469	3268	Thiemann Laura	*Bochum	1:03:58	1993 W20	136	1:06:21	20:45 *	21:28 *	21:44	6:24 min/km
470	3046	Becherer Sabine	DJK Novesia 1919	1:03:59	1965 W50	41	1:06:34	21:16 *	20:54 *	21:48	6:24 min/km
471	646	Althoff Izumi	Happy Runners Ishigaki	1:04:00	1967 W50	42	1:07:52	22:03 *	21:13 *	20:43	6:24 min/km
472	3549	Nolte Sabine	*Pulheim	1:04:00	1956 W60	6	1:05:01	20:38 *	21:13 *	22:08	6:24 min/km
473	2891	Wawro Sandra	Wawrockisch	1:04:02	1990 W20	137	1:04:41	19:55 *	21:00 *	23:06	6:24 min/km
474	1406	Heinz Ajumi	*Dortmund	1:04:06	1996 W20	138	1:07:51	22:45 *	21:19 *	20:01	6:25 min/km
475	888	Kirschner Claudia	Born2Run	1:04:06	1963 W55	16	1:07:29	21:41 *	20:39 *	21:45	6:25 min/km
476	2139	Vianden Sarah	*Troisdorf	1:04:06	1984 W30	89	1:06:02	21:34 *	20:43 *	21:48	6:25 min/km
477	3112	Barrera Aranda Belen	*Cologne	1:04:06	1987 W30	90	1:06:14	20:54 *	20:49 *	22:22	6:25 min/km
478	2266	Jäger Anja	LC Weilerswist	1:04:08	1968 W50	43	1:08:56	21:37 *	20:47 *	21:42	6:25 min/km
479	968	Greuel Silke	Carlchens best Mums	1:04:08	1969 W45	58	1:05:29	20:50 *	22:21 *	20:55	6:25 min/km
480	706	Feuster-Tourney Svenja	Laufftreff #233a	1:04:08	1987 W30	91	1:06:16	21:43 *	20:44 *	21:40	6:25 min/km
481	1652	Standke Lena	Die sterbenden Schwäne	1:04:08	1993 W20	139	1:05:32	20:04 *	21:09 *	22:54	6:25 min/km
482	670	Floßdorf Pia	*Köln	1:04:09	1978 W40	56	1:06:15	21:45 *	20:44 *	21:39	6:25 min/km
483	2415	Turek Julia	*Köln	1:04:09	1984 W30	92	1:06:15	21:46 *	20:44 *	21:38	6:25 min/km
484	2146	Braun Jutta	*Kerpen	1:04:09	1957 W60	7	1:08:03	21:18 *	20:36 *	22:14	6:25 min/km
485	2043	Fakler Petra	Kölner Laufphasen	1:04:10	1973 W45	59	1:05:39	22:08 *	21:16 *	20:45	6:25 min/km
486	1739	Klinge Tatjana	LT Saaler Mühle	1:04:11	1971 W45	60	1:05:11	21:28 *	20:25 *	22:17	6:25 min/km
487	3511	Kohn Andrea	*Köln	1:04:12	1975 W40	57	1:08:19	22:26 *	20:45 *	21:00	6:25 min/km
488	2346	Höfs Andrea	Cologne Running Crew	1:04:14	1979 W35	52	1:05:50	20:25 *	21:01 *	22:47	6:25 min/km
489	1026	Surges Florina	*Kesseling	1:04:15	1993 W20	140	1:08:25	21:57 *	20:55 *	21:21	6:26 min/km
490	722	Kirchbach Jana	*Köln	1:04:16	1996 W20	141	1:07:13	22:34 *	21:07 *	20:35	6:26 min/km
491	2839	Kowalczuk Nathalie	*Bonn	1:04:16	1990 W20	142	1:05:09	21:06 *	20:49 *	22:21	6:26 min/km
492	630	Hamacher Sandra	*Frechen	1:04:17	1977 W40	58	1:05:39	20:37 *	20:01 *	23:38	6:26 min/km
493	3256	Fernandez Carla	Jande	1:04:18	1977 W40	59	1:07:43	22:44 *	21:08 *	20:25	6:26 min/km
494	3259	Hardt Anna	TVR Triathlon	1:04:18	1988 W30	93	1:07:43	22:45 *	21:07 *	20:25	6:26 min/km
495	1170	Richter Alina	*Köln	1:04:18	1983 W35	53	1:05:12	22:24 *	20:54 *	20:59	6:26 min/km
496	1497	Will Jasmin	*Köln	1:04:18	1987 W30	94	1:05:11	22:25 *	20:54 *	20:59	6:26 min/km
497	2045	Knepel Angelika	*Kerpen-Horrem	1:04:19	1956 W60	8	1:08:11	21:18 *	20:37 *	22:22	6:26 min/km
498	631	Gaillard Kerstin	*Frechen	1:04:19	1979 W35	54	1:05:41	20:37 *	20:02 *	23:39	6:26 min/km
499	2840	Siep Luise	ASV Köln	1:04:20	2008 WU12	1	1:08:33	22:02 *	21:03 *	21:14	6:26 min/km
500	2394	Walkowiak Sandra	*Köln	1:04:20	1973 W45	61	1:04:55	20:28 *	20:57 *	22:55	6:26 min/km
501	2199	Pollock Maria Luisa	*Dormagen	1:04:21	1987 W30	95	1:05:30	20:31 *	21:15 *	22:34	6:26 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 26

gedruckt 04.12.2018 09:41:20

502	3145	Kupsch Sarah	*Köln	1:04:21	1988 W30	96	1:08:29	21:23 *	20:42 *	22:15	6:26 min/km
503	908	Schranz Vera	*Gütersloh	1:04:22	1996 W20	143	1:05:43	19:34 *	22:16 *	22:30	6:26 min/km
504	3574	Alekseeva Maria	*Köln	1:04:24	1988 W30	97	1:07:57	23:59 *	20:55 *	19:29	6:26 min/km
505	907	Schranz Anja	*Köln	1:04:28	1994 W20	144	1:05:48	19:35 *	22:16 *	22:36	6:27 min/km
506	1035	Michl Diana	*Köln	1:04:29	1972 W45	62	1:08:17	21:34 *	20:42 *	22:12	6:27 min/km
507	3114	Klocke Ulla	*Köln	1:04:30	1964 W50	44	1:08:08	20:59 *	20:42 *	22:47	6:27 min/km
508	3086	Pfautsch Frauke	*Köln	1:04:30	1972 W45	63	1:06:34	22:10 *	21:14 *	21:05	6:27 min/km
509	3402	Elberding Manuela	*Köln	1:04:34	1967 W50	45	1:07:35	21:26 *	21:13 *	21:54	6:27 min/km
510	2208	Kosmol Heike	ESV Gremberghoven	1:04:36	1970 W45	64	1:09:18	22:34 *	21:34 *	20:27	6:28 min/km
511	2780	Busse Simone	*Bonn, Ippendorf	1:04:39	1982 W35	55	1:05:11	20:56 *	21:22 *	22:21	6:28 min/km
512	800	Kakuan Mana	*Köln	1:04:40	1988 W30	98	1:08:17	22:21 *	21:19 *	21:00	6:28 min/km
513	3209	Heinze Nicole	*Overath	1:04:41	1997 W20	145	1:08:17	22:22 *	21:18 *	21:00	6:28 min/km
514	2579	Mönch Carolin	*Hürth	1:04:41	1997 W20	146	1:08:52	23:43 *	20:56 *	20:02	6:28 min/km
515	1387	Herrmann Maria	*Köln	1:04:41	1954 W60	9	1:09:11	21:39 *	21:07 *	21:54	6:28 min/km
516	1817	Felder Katharina	*Hürth	1:04:48	1982 W35	56	1:08:02	22:11 *	21:41 *	20:55	6:29 min/km
517	2234	Esser Annette	Sport für Spenden	1:04:50	1961 W55	17	1:06:36	21:27 *	21:03 *	22:20	6:29 min/km
518	1345	Schneider Anne	Team Stadtwaldstolz	1:04:52	1964 W50	46	1:07:25	21:40 *	21:11 *	22:00	6:29 min/km
519	2810	Wolff Annalena	*Köln	1:04:54	1994 W20	147	1:08:44	23:14 *	21:06 *	20:33	6:29 min/km
520	2397	Maren Nina Ziebarth	*Leverkusen	1:04:56	1991 W20	148	1:06:58	21:19 *	21:06 *	22:29	6:30 min/km
521	3077	Schütze Mareike	SPECK&RUN	1:04:56	1981 W35	57	1:08:44	21:43 *	20:11 *	23:01	6:30 min/km
522	1325	Contreras Camila	Team SPECK&RUN	1:04:57	1979 W35	58	1:08:44	21:44 *	20:10 *	23:01	6:30 min/km
523	1700	Gosset Mathilde	*Köln	1:04:58	1989 W20	149	1:08:13	21:07 *	20:57 *	22:53	6:30 min/km
524	2010	Eckey Hannah	*Köln	1:04:58	1995 W20	150	1:09:13	22:09 *	21:28 *	21:20	6:30 min/km
525	2004	Carolla Rebecca	Mach3 Köln e.V.	1:04:58	1985 W30	99	1:09:38	22:26 *	20:44 *	21:47	6:30 min/km
526	2686	Koep Christina	KRÜGER GROUP	1:04:59	1993 W20	151	1:06:58	21:21 *	21:06 *	22:30	6:30 min/km
527	1292	Kühnle Ele	*Köln	1:05:00	1963 W55	18	1:06:01	22:14 *	21:13 *	21:31	6:30 min/km
528	662	Schmidt Daniela	*Köln	1:05:03	1975 W40	60	1:08:14	22:02 *	21:04 *	21:56	6:30 min/km
529	1858	Koch Tanja	*Köln	1:05:04	1976 W40	61	1:08:01	22:32 *	22:19 *	20:12	6:30 min/km
530	3149	Bonni Sabine	*Frechen	1:05:04	1963 W55	19	1:05:56	20:45 *	21:17 *	23:01	6:30 min/km
531	1484	Höglinger Nora	*Köln	1:05:10	1987 W30	100	1:08:15	20:57 *	20:54 *	23:18	6:31 min/km
532	904	Kenk Lena	*Köln	1:05:12	1988 W30	101	1:08:23	23:08 *	21:56 *	20:07	6:31 min/km
533	3019	Schroer Pia	enet Runners	1:05:14	1994 W20	152	1:09:57	22:01 *	21:15 *	21:57	6:31 min/km
534	1995	Simon Kristin	*Köln	1:05:15	1983 W35	59	1:06:09	22:44 *	20:59 *	21:31	6:32 min/km
535	1960	Gehlen Christina	*Köln	1:05:16	1984 W30	102	1:06:09	22:45 *	20:59 *	21:31	6:32 min/km
536	2987	Hötgen Caro	Run of Colours	1:05:17	1989 W20	153	1:09:58	22:37 *	21:36 *	21:03	6:32 min/km
537	2988	Rühle Magnus	Run of Colours	1:05:18	1985 W30	103	1:09:59	22:36 *	21:37 *	21:04	6:32 min/km
538	1474	Pels Susanne	Kopfsprung Köln	1:05:18	1977 W40	62	1:09:23	21:34 *	21:29 *	22:14	6:32 min/km
539	2306	Meire Anette	*Köln	1:05:19	1961 W55	20	1:05:47	21:25 *	20:45 *	23:08	6:32 min/km
540	3128	Geary Eimear	PUSHENSY	1:05:21	1974 W40	63	1:05:52	20:32 *	21:32 *	23:17	6:32 min/km
541	2500	Laurent Caroline	*KOLN	1:05:22	1977 W40	64	1:08:50	23:30 *	21:47 *	20:03	6:32 min/km
542	1619	Haffke Nikolaus	TriCologne	1:05:22	1981 W35	60	1:10:02	22:38 *	21:34 *	21:09	6:32 min/km
543	694	Schmühl Nicole	*Euskirchen	1:05:22	1972 W45	65	1:09:57	21:59 *	21:18 *	22:05	6:32 min/km
544	3477	Witzke Melanie	MACH3 Köln e.V.	1:05:23	1983 W35	61	1:10:03	22:37 *	21:36 *	21:09	6:32 min/km
545	1961	Schuster Andrea	*Dahlem	1:05:24	1978 W40	65	1:08:39	22:22 *	20:50 *	22:10	6:32 min/km
545	1962	Cremer Tanja	*Baasem	1:05:24	1972 W45	66	1:08:38	22:24 *	20:49 *	22:10	6:32 min/km
547	3160	Hintz Anja	ISI-RUNNER	1:05:24	1978 W40	66	1:06:37	20:59 *	21:59 *	22:25	6:32 min/km
548	1586	Klick Annette	Runnies United	1:05:25	1972 W45	67	1:09:33	22:24 *	21:37 *	21:23	6:33 min/km
549	3693	Conrad Jana	*Lohmar	1:05:27	1991 W20	154	1:08:31	21:41 *	22:01 *	21:43	6:33 min/km
550	614	Hörig Jenni	LAUFMAMALAUf Köln	1:05:27	1979 W35	62	1:10:04	23:02 *	22:02 *	20:22	6:33 min/km
551	2779	Köther Miriam	*Köln	1:05:27	1991 W20	155	1:09:27	22:11 *	20:43 *	22:32	6:33 min/km
552	2341	Berger Silke	*Köln	1:05:28	1979 W35	63	1:07:11	22:14 *	21:13 *	22:00	6:33 min/km
553	830	Ivo Eva	Matschfreundinnen	1:05:33	1984 W30	104	1:07:56	22:09 *	21:03 *	22:21	6:33 min/km
554	3472	Werheit Anika	*Köln	1:05:34	1989 W20	156	1:07:57	22:09 *	21:03 *	22:21	6:33 min/km
555	1147	Eisenbach Anja	*Wermelskirchen	1:05:35	1967 W50	47	1:09:39	22:34 *	21:13 *	21:48	6:34 min/km
556	3107	Schumacher Alice	Go! Do Sports!	1:05:37	1969 W45	68	1:06:18	20:21 *	21:20 *	23:55	6:34 min/km
557	1223	Laskowski Julia	*Pulheim	1:05:38	1982 W35	64	1:07:55	21:13 *	20:55 *	23:29	6:34 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 27

gedruckt 04.12.2018 09:41:20

558	617	Loosen Martina	LAUFMAMALAUf Köln	1:05:40	1986 W30	105	1:10:15	23:05 *	22:00 *	20:34	6:34 min/km
559	2453	Mancuso Petra	*Köln	1:05:40	1966 W50	48	1:10:36	22:23 *	21:23 *	21:53	6:34 min/km
560	2452	Wolter Claudia	*Köln	1:05:40	1966 W50	49	1:10:36	22:23 *	21:23 *	21:53	6:34 min/km
561	2294	Grunwald Hannah	*Köln	1:05:41	1995 W20	157	1:09:47	22:19 *	20:39 *	22:41	6:34 min/km
562	895	Nickel Svenja	Turtles	1:05:42	1978 W40	67	1:09:04	21:41 *	21:37 *	22:23	6:34 min/km
563	3186	Löffler Daniela	*Köln	1:05:44	1981 W35	65	1:09:32	21:59 *	21:14 *	22:30	6:34 min/km
564	3014	Witte Annelene	*Köln	1:05:46	1984 W30	106	1:06:22	20:58 *	21:54 *	22:52	6:35 min/km
565	1537	HERMAN ILZE	*Köln	1:05:47	1965 W50	50	1:06:44	20:58 *	21:37 *	23:12	6:35 min/km
566	981	Schürmann Astrid	*Köln	1:05:47	1989 W20	158	1:07:21	21:31 *	21:37 *	22:38	6:35 min/km
567	2104	Brühl Markéta	*Köln	1:05:49	1977 W40	68	1:09:11	22:34 *	21:44 *	21:30	6:35 min/km
568	2982	Dobija Santa Rosa	*Köln	1:05:49	1984 W30	107	1:06:25	21:00 *	21:55 *	22:54	6:35 min/km
569	3180	Sieben Andrea	*Köln	1:05:52	1972 W45	69	1:09:07	22:33 *	21:59 *	21:19	6:35 min/km
570	2465	Löhmer Kira	*Solingen	1:05:54	1990 W20	159	1:06:39	21:44 *	21:53 *	22:16	6:35 min/km
571	1188	Hahmann Birte	Pumper Kraken	1:05:55	1989 W20	160	1:09:49	22:33 *	21:27 *	21:54	6:36 min/km
572	1189	Clausing Katharina	Pumper Kraken	1:05:55	1988 W30	108	1:09:49	22:33 *	21:27 *	21:54	6:36 min/km
573	1490	Gerum Tanja	*Köln	1:05:56	1977 W40	69	1:09:02	20:57 *	20:42 *	24:16	6:36 min/km
574	1623	Bäcker Natalie	Sisters	1:05:57	1973 W45	70	1:08:21	22:14 *	21:29 *	22:13	6:36 min/km
575	1622	Adler Melanie	Sisters	1:05:57	1969 W45	71	1:08:21	22:14 *	21:28 *	22:14	6:36 min/km
576	3172	Nettersheim Rosa	*Köln	1:05:59	1951 W65	3	1:10:03	21:35 *	21:31 *	22:52	6:36 min/km
577	175	Marschner Bernadette	Veedel Runners	1:05:59	1976 W40	70	1:10:45	23:00 *	22:00 *	20:58	6:36 min/km
578	1929	Siedentop Carola	*Köln	1:06:03	1991 W20	161	1:09:07	21:15 *	21:29 *	23:18	6:36 min/km
579	3210	Deutgen Hanna	*Köln	1:06:09	1978 W40	71	1:10:31	23:14 *	21:41 *	21:13	6:37 min/km
580	3766	Dowideit Anette		1:06:10	1978 W40	72	1:10:31	23:14 *	21:41 *	21:14	6:37 min/km
581	2014	Becker Laura	*Köln	1:06:11	1993 W20	162	1:10:33	21:33 *	21:56 *	22:41	6:37 min/km
582	3557	Ratzenböck Sandra	*Hangelar	1:06:15	1980 W35	66	1:08:39	22:55 *	21:12 *	22:06	6:38 min/km
583	3558	Petito Cristina	*Köln	1:06:15	1981 W35	67	1:08:39	22:55 *	21:13 *	22:06	6:38 min/km
584	3742	Kroseberg Anne		1:06:19	1965 W50	51	1:09:53	22:14 *	21:46 *	22:18	6:38 min/km
585	2056	Mahieu Svenja	*Köln	1:06:20	1989 W20	163	1:09:24	21:15 *	21:29 *	23:34	6:38 min/km
586	994	Reuter Sandra	*Niederrfischbach	1:06:21	1993 W20	164	1:07:25	22:24 *	21:39 *	22:16	6:38 min/km
587	1265	Seifriz Britta	Team Rosenhof	1:06:21	1972 W45	72	1:09:20	21:55 *	21:08 *	23:16	6:38 min/km
588	2755	Naebers Birgit	Kieser Training	1:06:22	1965 W50	52	1:08:00	21:37 *	21:44 *	23:00	6:38 min/km
589	2367	Funk Sandra	Rennschnecken	1:06:25	1977 W40	73	1:08:26	21:26 *	21:41 *	23:17	6:39 min/km
590	1718	Schmitt Verena	Original Bootcamp Köln	1:06:30	1991 W20	165	1:06:41	20:14 *	24:18 *	21:57	6:39 min/km
591	2355	Frede Ann-Kristin	*Köln	1:06:40	1993 W20	166	1:07:53	21:21 *	21:57 *	23:21	6:40 min/km
592	866	Dickersbach	Lauf-Freude	1:06:42	1982 W35	68	1:10:37	21:30 *	21:48 *	23:23	6:40 min/km
593	1502	Castor Lisa	*Lutzerath	1:06:45	1991 W20	167	1:11:20	22:27 *	21:21 *	22:55	6:41 min/km
594	2193	Ellison Jessica	*Glattbach	1:06:46	1982 W35	69	1:10:46	22:35 *	21:42 *	22:27	6:41 min/km
595	2517	Schillmöller Kathrin	*köln	1:06:47	1983 W35	70	1:11:18	23:04 *	21:50 *	21:53	6:41 min/km
596	2874	Ondrejka Sadaka	Mach3	1:06:54	1980 W35	71	1:11:44	23:11 *	22:21 *	21:22	6:41 min/km
597	3754	Sebastian Sandra		1:06:55	1983 W35	72	1:08:31	21:38 *	21:34 *	23:41	6:42 min/km
598	1810	Dreute Nadine	*Freudenberg	1:06:55	1980 W35	73	1:11:10	22:39 *	21:45 *	22:30	6:42 min/km
599	1809	Grimm Sandra	*Freudenberg	1:06:56	1983 W35	74	1:11:10	22:39 *	21:52 *	22:23	6:42 min/km
600	2856	Palm Hanna	*Köln	1:07:00	1989 W20	168	1:08:59	23:21 *	22:12 *	21:26	6:42 min/km
601	1089	Rothe Ina	Two Towers Running Club	1:07:00	1978 W40	74	1:08:27	21:25 *	21:27 *	24:07	6:42 min/km
602	1375	Burghaus Petra	*Köln	1:07:00	1972 W45	73	1:11:26	22:25 *	21:45 *	22:49	6:42 min/km
603	3392	Fiedler Sandra	Team Tiggi	1:07:02	1983 W35	75	1:09:35	23:00 *	22:04 *	21:57	6:42 min/km
604	2538	Schneider Stefanie	*Köln	1:07:03	1983 W35	76	1:09:35	23:00 *	22:04 *	21:57	6:42 min/km
605	1194	Schmidt Julia	*Köln	1:07:05	1971 W45	74	1:08:01	23:00 *	21:53 *	22:12	6:43 min/km
606	1045	Beltrán Peinado Cristina	*Köln	1:07:11	1995 W20	169	1:11:29	21:43 *	22:25 *	23:03	6:43 min/km
607	770	Attallah Bettina	*Köln	1:07:13	1968 W50	53	1:10:29	22:42 *	22:20 *	22:10	6:43 min/km
608	766	Alberty Elisabeth	*Köln	1:07:13	1967 W50	54	1:10:28	22:43 *	22:20 *	22:09	6:43 min/km
609	2548	Nitsch-Felsecker Dr.	*Köln	1:07:15	1973 W45	75	1:07:44	21:28 *	22:55 *	22:51	6:44 min/km
610	3694	Beier Chris	Rituals Soulful Runners	1:07:18	1966 W50	55	1:08:03	22:42 *	21:40 *	22:55	6:44 min/km
611	3044	Lütz Claudia	*Troisdorf	1:07:21	1966 W50	56	1:07:44	22:24 *	22:02 *	22:54	6:44 min/km
612	917	Jansen Marion	Run Mum	1:07:23	1975 W40	75	1:10:45	20:37 *	21:47 *	24:58	6:44 min/km
613	1450	Hirtz Carolin	*Halver	1:07:23	1978 W40	76	1:08:59	22:14 *	21:54 *	23:14	6:44 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 28

gedruckt 04.12.2018 09:41:20

614	1521	Schuster Lilith	*Köln	1:07:25	2002 WU18	3	1:08:51	20:28 *	22:36 *	24:20	6:45 min/km
615	3419	Dünkelmann Iris	*Köln	1:07:26	1970 W45	76	1:09:14	21:52 *	22:06 *	23:26	6:45 min/km
616	855	Lüke Claudia	*Hürth	1:07:26	1968 W50	57	1:11:22	23:07 *	21:58 *	22:21	6:45 min/km
617	2646	Vadder Saskia	*Bonn	1:07:27	1995 W20	170	1:10:23	22:37 *	21:43 *	23:06	6:45 min/km
618	2645	Fandrey Caroline	*Bonn	1:07:27	1997 W20	171	1:10:23	22:37 *	21:43 *	23:05	6:45 min/km
619	918	Reuter Inga	*Köln	1:07:30	1972 W45	77	1:12:18	22:41 *	22:22 *	22:26	6:45 min/km
620	2436	Borchert Nadine	*Bergisch Gladbach	1:07:30	1985 W30	109	1:09:10	21:51 *	21:59 *	23:40	6:45 min/km
621	2159	Krauß Vera	*Köln	1:07:35	1971 W45	78	1:11:06	22:38 *	21:57 *	23:00	6:46 min/km
622	3000	Dorant Yvonne	C(O)OL-Runnings	1:07:38	1993 W20	172	1:12:04	20:12 *	23:40 *	23:46	6:46 min/km
623	2809	Putz Julia	*Düren	1:07:40	1991 W20	173	1:12:14	22:11 *	21:43 *	23:45	6:46 min/km
624	1615	Körber Simone	*Köln	1:07:40	1971 W45	79	1:11:47	22:39 *	21:51 *	23:09	6:46 min/km
625	1176	Hültzbeck Michaela	Runnies United	1:07:41	1968 W50	58	1:11:48	22:39 *	21:51 *	23:10	6:46 min/km
626	2326	Gummel-Zimmermann	family Gaab and friends	1:07:41	1960 W55	21	1:11:32	23:17 *	22:29 *	21:54	6:46 min/km
627	2647	Linde Nina	*Köln	1:07:42	1983 W35	77	1:11:23	23:18 *	21:41 *	22:42	6:46 min/km
628	3079	Schiefelbein Anja	*Köln	1:07:42	1989 W20	174	1:11:23	23:19 *	21:41 *	22:42	6:46 min/km
629	1152	Kremer Dr. Kerstin	*Köln	1:07:43	1975 W40	77	1:07:57	20:59 *	22:52 *	23:51	6:46 min/km
630	730	Linden Angelina	*Troisdorf	1:07:45	1994 W20	175	1:10:09	24:37 *	21:55 *	21:11	6:47 min/km
631	129	Janecek Lara	FFC - Flinke Fühse	1:07:45	1988 W30	110	1:09:04	23:50 *	22:34 *	21:20	6:47 min/km
632	2804	Weisenbach Maren	*Köln	1:07:46	2005 WU14	2	1:09:14	23:22 *	22:30 *	21:53	6:47 min/km
633	3696	Bussee Birgit	Rituals Soulful Runners	1:07:47	1971 W45	80	1:08:32	22:22 *	22:29 *	22:55	6:47 min/km
634	2957	Förster Anja	*Köln	1:07:48	1986 W30	111	1:11:18	23:08 *	22:12 *	22:27	6:47 min/km
635	978	Kreuz Meike	*Wilnsdorf	1:07:49	1976 W40	78	1:08:50	22:28 *	22:20 *	22:59	6:47 min/km
636	2766	El Sheikh Silvia	Kieser Training	1:07:49	1971 W45	81	1:11:27	22:41 *	22:07 *	23:00	6:47 min/km
637	2765	Hirth Nicole	Kieser Training	1:07:49	1970 W45	82	1:11:27	22:41 *	22:07 *	23:00	6:47 min/km
638	3570	Scwarz Caterina	*Köln	1:07:49	1976 W40	79	1:12:23	22:51 *	22:16 *	22:41	6:47 min/km
639	3038	Neuerburg Lilli	*Köln	1:07:52	2006 WU14	3	1:09:06	21:46 *	22:32 *	23:33	6:47 min/km
640	1954	Ammon Claudia	*Köln	1:07:57	1981 W35	78	1:11:24	22:45 *	22:05 *	23:06	6:48 min/km
641	1899	Park Prof. Dr. Miese	Scuderia Ehrenfeld	1:07:58	1977 W40	80	1:11:25	22:45 *	22:05 *	23:07	6:48 min/km
642	1900	Lourier Chantal	Scuderia Ehrenfeld	1:07:58	1981 W35	79	1:11:24	22:46 *	22:05 *	23:07	6:48 min/km
643	903	Rothstein Kristina	Veedel Runners	1:08:01	1979 W35	80	1:12:46	23:01 *	22:01 *	22:59	6:48 min/km
644	3571	Hansen Natalie	*Köln	1:08:03	1980 W35	81	1:12:36	22:51 *	22:16 *	22:54	6:48 min/km
645	2784	Van Eickels Mirjam	*Köln	1:08:04	1988 W30	112	1:11:16	23:06 *	21:57 *	23:01	6:48 min/km
646	1069	Pahl Alexandra	*Köln	1:08:05	1970 W45	83	1:11:24	22:03 *	22:24 *	23:37	6:49 min/km
647	953	Koll Sarah	*Köln	1:08:11	1985 W30	113	1:09:49	22:41 *	22:09 *	23:20	6:49 min/km
648	954	Weirich Vanessa	*Grevenbroich	1:08:11	1978 W40	81	1:09:49	22:42 *	22:09 *	23:19	6:49 min/km
649	2574	Gädecke Kerstin	ERGO sports Köln	1:08:14	1972 W45	84	1:08:58	24:26 *	21:31 *	22:17	6:49 min/km
650	2424	Weißborn Andrea	*KÖLN	1:08:15	1972 W45	85	1:08:58	24:26 *	21:31 *	22:17	6:50 min/km
651	2641	Haeck Claudia	*köln	1:08:16	1962 W55	22	1:11:00	22:21 *	23:00 *	22:55	6:50 min/km
652	3212	Stüttgen Nicole	*Köln	1:08:16	1969 W45	86	1:12:51	23:06 *	22:16 *	22:53	6:50 min/km
653	1664	Kisters-Woike Brigitte	Universität zu Köln	1:08:17	1957 W60	10	1:08:51	23:48 *	24:00 *	20:28	6:50 min/km
654	2569	Alflen Monika	LT Saaler-Mühle	1:08:23	1958 W60	11	1:09:23	21:41 *	22:10 *	24:31	6:50 min/km
655	1138	Schneider Steffi	*Niederkassel	1:08:29	1980 W35	82	1:13:02	23:44 *	22:08 *	22:37	6:51 min/km
656	1369	Uepping Jordis	Fohlentreff Bad Breisig	1:08:30	2007 WU12	2	1:09:06	22:48 *	23:25 *	22:15	6:51 min/km
657	1139	Reiners Simona	ApoLab	1:08:32	1976 W40	82	1:12:53	24:45 *	20:55 *	22:51	6:51 min/km
658	2834	Lux Silke	Laufgruppe	1:08:36	1972 W45	87	1:11:46	22:41 *	21:46 *	24:07	6:52 min/km
659	2835	Uekermann Soveigh	*Hürth	1:08:36	1971 W45	88	1:11:46	22:41 *	21:47 *	24:07	6:52 min/km
660	3737	Tylla Gabi		1:08:36	1970 W45	89	1:11:46	22:42 *	21:46 *	24:07	6:52 min/km
661	1963	McDermott Karen	BilinGO	1:08:36	1980 W35	83	1:12:08	21:28 *	22:31 *	24:37	6:52 min/km
662	1863	Schwarz Katrin	*Köln	1:08:39	1972 W45	90	1:09:06	23:03 *	24:23 *	21:12	6:52 min/km
663	738	Irzik Melanie	*Köln	1:08:41	1976 W40	83	1:10:53	23:02 *	22:47 *	22:50	6:52 min/km
664	3843	Semmler Annegret		1:08:42	1962 W55	23	1:11:10	25:25 *	21:06 *	22:10	6:52 min/km
665	1805	Schmidt Miriam	*Köln	1:08:42	1986 W30	114	1:09:29	21:49 *	21:56 *	24:56	6:52 min/km
666	3584	Pelzer Anouk	Astoc	1:08:43	1983 W35	84	1:09:55	22:31 *	22:31 *	23:40	6:52 min/km
667	3610	Ahrens Barbara		1:08:44	1983 W35	85	1:12:18	22:40 *	22:14 *	23:50	6:52 min/km
668	1696	Lindner Nadine	*Köln	1:08:48	1975 W40	84	1:12:24	22:01 *	22:05 *	24:41	6:53 min/km
669	717	Barth Barbara	*Köln	1:08:48	1959 W55	24	1:11:48	21:51 *	24:35 *	22:21	6:53 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 29

gedruckt 04.12.2018 09:41:20

670	2166	Reiners Patricia	*Hürth	1:08:50	2007 WU12	3	1:12:51	23:04 *	22:55 *	22:49	6:53 min/km
671	708	Spatz Insa	*Köln	1:08:53	1989 W20	176	1:09:14	23:07 *	22:36 *	23:09	6:53 min/km
672	2443	Delau Yvonne	*Köln	1:08:59	1980 W35	86	1:12:22	22:26 *	22:47 *	23:44	6:54 min/km
673	3174	Nahrstedt Jana	*Langenfeld	1:08:59	1979 W35	87	1:11:03	23:24 *	23:20 *	22:14	6:54 min/km
674	3176	Hustedt Gesine	*Köln	1:08:59	1990 W20	177	1:11:03	23:24 *	23:20 *	22:14	6:54 min/km
675	3175	Hoffmann Carolin	*Köln	1:09:01	1985 W30	115	1:11:04	23:24 *	23:20 *	22:16	6:54 min/km
676	2188	Clauß Steffi	Die Matschinnen	1:09:05	1989 W20	178	1:11:32	23:49 *	23:42 *	21:33	6:55 min/km
677	2187	Hülsmann Lisa	Die Matschinnen	1:09:05	1989 W20	179	1:11:32	23:49 *	23:42 *	21:33	6:55 min/km
678	1179	Huppertz Kaya	*Köln	1:09:05	1993 W20	180	1:12:15	22:58 *	22:27 *	23:40	6:55 min/km
679	623	Koch Susi	*Leverkusen	1:09:06	1971 W45	91	1:13:33	23:29 *	22:22 *	23:14	6:55 min/km
680	3507	Bongartz Marianne	*Köln	1:09:11	1960 W55	25	1:12:12	24:16 *	22:58 *	21:56	6:55 min/km
681	736	Thielicke Sonja	LongBilBlu-Runners	1:09:14	1974 W40	85	1:12:09	22:07 *	21:55 *	25:11	6:55 min/km
682	3626	Schaede Johanna	Kölle Alarm e.V.	1:09:15	1985 W30	116	1:10:58	22:41 *	21:45 *	24:48	6:56 min/km
683	3073	Gazke Jana	SoCura	1:09:17	1986 W30	117	1:14:06	22:39 *	21:50 *	24:48	6:56 min/km
684	2097	Haasen Judith	*Tönisvorst	1:09:18	1974 W40	86	1:10:43	23:42 *	23:00 *	22:35	6:56 min/km
685	2255	Schröder Elisabeth	*Köln	1:09:19	1969 W45	92	1:13:45	23:10 *	23:15 *	22:54	6:56 min/km
686	1135	Hlusiak Doris	*Remscheid	1:09:21	1958 W60	12	1:10:33	21:11 *	23:05 *	25:03	6:56 min/km
687	1124	Schwarz Laura	*Köln	1:09:22	1992 W20	181	1:10:37	23:46 *	22:04 *	23:31	6:56 min/km
688	2695	Hachenberg-Barthel	KRÜGER GROUP	1:09:22	1974 W40	87	1:11:19	23:12 *	22:18 *	23:52	6:56 min/km
689	1049	Bellmann Barbara	*Köln	1:09:24	1984 W30	118	1:10:13	22:08 *	22:05 *	25:09	6:56 min/km
690	2198	Höfer Monika	*Köln	1:09:25	1983 W35	88	1:13:07	23:38 *	22:26 *	23:20	6:57 min/km
691	1943	Beyer Nikolausi	TriCologne	1:09:26	1961 W55	26	1:13:09	22:28 *	23:04 *	23:53	6:57 min/km
692	2820	Lenz Rita	*Köln	1:09:31	1966 W50	59	1:11:54	22:46 *	22:59 *	23:46	6:57 min/km
693	1154	Heller Heike	*Köln	1:09:34	1963 W55	27	1:09:44	21:51 *	22:50 *	24:51	6:57 min/km
694	1797	Kunz Patricia	Stadtwaldstolz	1:09:36	1966 W50	60	1:12:10	21:40 *	22:00 *	25:55	6:58 min/km
695	2474	Uhl Stefanie	*Köln	1:09:41	1975 W40	88	1:11:27	22:49 *	22:06 *	24:45	6:58 min/km
696	1500	Stracke Tina	Runnies United	1:09:42	1976 W40	89	1:13:47	22:29 *	22:58 *	24:14	6:58 min/km
697	3491	Blüm Andrea	*Pulheim	1:09:43	1967 W50	61	1:11:53	22:02 *	22:36 *	25:03	6:58 min/km
698	1370	Zekolli Fiona	Fohlentreff Bad Breisig	1:09:44	2007 WU12	4	1:10:20	22:48 *	23:26 *	23:29	6:58 min/km
699	3496	Wendenburg Oriana	*Köln	1:09:49	1994 W20	182	1:11:07	24:15 *	22:42 *	22:51	6:59 min/km
700	2501	Grandjean Elise	*KÖLN	1:09:50	1977 W40	90	1:13:18	23:31 *	21:47 *	24:31	6:59 min/km
701	2836	Bendel Cordula	*Hürth	1:09:52	1971 W45	93	1:13:03	22:41 *	21:49 *	25:21	6:59 min/km
702	2222	Bund Alexandra	Santas Girls	1:09:55	1983 W35	89	1:12:29	22:57 *	22:41 *	24:17	6:60 min/km
703	2221	Liese Kathrin	Santas Girls	1:09:56	1987 W30	119	1:12:26	22:58 *	22:41 *	24:16	6:60 min/km
704	3039	Neuerburg Andrea	*Köln	1:09:59	1967 W50	62	1:11:12	21:45 *	23:43 *	24:31	6:60 min/km
705	3763	Schwarz Ulla	Original Bootcamp	1:09:59	1960 W55	28	1:13:18	23:16 *	22:51 *	23:52	6:60 min/km
706	2484	Senger Simone	*Köln	1:10:00	1980 W35	90	1:13:18	23:15 *	22:51 *	23:53	7:00 min/km
707	3202	Süß-Dahmen Renate	LT Saaler Mühle	1:10:03	1944 W70	2	1:11:03	23:05 *	22:54 *	24:03	7:00 min/km
708	1037	Pabst Mildred	*Köln	1:10:04	1990 W20	183	1:12:08	22:06 *	23:07 *	24:50	7:00 min/km
709	725	Krause Nadja	*Köln	1:10:06	1966 W50	63	1:10:38	23:21 *	22:55 *	23:49	7:01 min/km
710	2445	Meindl Silke	Lauf um dein Leben	1:10:09	1991 W20	184	1:10:56	20:49 *	23:36 *	25:43	7:01 min/km
711	1331	Schulz Anne-Katrin	Frozen Kölleformia	1:10:13	1987 W30	120	1:11:59	22:25 *	23:13 *	24:35	7:01 min/km
712	871	Kentenich Anke	Chaos Crew	1:10:14	1969 W45	94	1:14:10	22:55 *	23:16 *	24:02	7:01 min/km
713	3023	Hanses Carolin	*Köln	1:10:24	1988 W30	121	1:11:58	23:30 *	23:31 *	23:21	7:02 min/km
714	665	Kneis Anke	Rheinbrohler Schnecken	1:10:24	1968 W50	64	1:15:19	20:50 *	22:46 *	26:47	7:02 min/km
715	1227	Bongers Christine	*Bergisch Gladbach	1:10:26	1986 W30	122	1:11:32	24:11 *	22:58 *	23:16	7:03 min/km
716	2563	Hafner Justine	*Köln	1:10:27	1979 W35	91	1:14:13	23:27 *	22:48 *	24:11	7:03 min/km
717	1679	Künkler Kerstin	*Limbach	1:10:27	1966 W50	65	1:11:19	17:20 *	16:50 *	36:16	7:03 min/km
718	807	Arnold Eva	*Bergisch Gladbach	1:10:27	1990 W20	185	1:11:31	24:12 *	22:58 *	23:16	7:03 min/km
719	795	Seul Danica	*Köln	1:10:28	1982 W35	92	1:14:03	23:12 *	23:21 *	23:54	7:03 min/km
720	1999	Ewers Stefanie	*Köln	1:10:29	1967 W50	66	1:14:37	23:16 *	23:04 *	24:07	7:03 min/km
721	2270	Ilsemann Mareike	*Köln	1:10:31	1975 W40	91	1:14:57	23:10 *	23:15 *	24:05	7:03 min/km
722	2168	Domgoergen Noemi	*Hürth	1:10:36	2008 WU12	5	1:14:37	22:17 *	25:35 *	22:43	7:04 min/km
723	2156	Henseler-Kovacic	MTV Turbokriecher	1:10:36	1974 W40	92	1:15:08	24:02 *	22:50 *	23:43	7:04 min/km
724	2153	Haase Marion	MTV Turbokriecher	1:10:36	1962 W55	29	1:15:08	24:03 *	22:50 *	23:43	7:04 min/km
725	2087	Wolf Alexandra	*Köln	1:10:40	1997 W20	186	1:12:23	23:41 *	22:55 *	24:04	7:04 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 30

gedruckt 04.12.2018 09:41:20

726	2086	Block Ramona	*Köln	1:10:40	1992	W20	187	1:12:23	23:41	* 22:55	* 24:03	7:04 min/km
727	2746	Müller Birgit	Kieser Training	1:10:41	1963	W55	30	1:15:06	23:32	* 22:46	* 24:23	7:04 min/km
728	1744	Forlorou Isabelle	*Düsseldorf	1:10:44	1992	W20	188	1:15:01	21:45	* 23:20	* 25:38	7:04 min/km
729	1436	Kohler Katrin	*Düsseldorf	1:10:44	1991	W20	189	1:15:02	21:45	* 23:20	* 25:39	7:04 min/km
730	634	Kulcsar Adriana	*Köln	1:10:47	1992	W20	190	1:13:40	23:26	* 23:03	* 24:18	7:05 min/km
731	635	Dreßler Sandra	*Köln	1:10:48	1993	W20	191	1:13:39	23:26	* 23:03	* 24:18	7:05 min/km
732	802	Conradi Anne	LaufMamaLauf Köln Nord	1:10:52	1979	W35	93	1:15:30	22:16	* 22:58	* 25:37	7:05 min/km
733	1203	Wester Andrea	*Köln	1:10:53	1983	W35	94	1:15:00	22:42	* 23:14	* 24:56	7:05 min/km
734	757	Böttcher Andrea	*Köln	1:10:54	1973	W45	95	1:14:05	23:05	* 22:27	* 25:20	7:05 min/km
735	2012	Odenthal Sarah	*Siegburg	1:10:57	1986	W30	123	1:14:32	23:02	* 22:31	* 25:23	7:06 min/km
736	2011	Heck Nastasja	*Bonn	1:10:57	1988	W30	124	1:14:32	23:02	* 22:31	* 25:23	7:06 min/km
737	1190	Kuppels Anne	*Koeln	1:10:58	1986	W30	125	1:15:21	22:52	* 23:23	* 24:42	7:06 min/km
738	2802	Goldbach Ursula	*Goldbach	1:10:58	1951	W65	4	1:12:27	23:22	* 23:38	* 23:56	7:06 min/km
739	756	Schneider Theresa	*Köln	1:10:58	1987	W30	126	1:14:08	23:06	* 22:27	* 25:24	7:06 min/km
740	2007	Schweitzer Anna	*Köln	1:11:00	1988	W30	127	1:11:46	23:25	* 23:50	* 23:43	7:06 min/km
741	1774	Suhr Judith	congstar GmbH	1:11:07	1994	W20	192	1:13:16	23:41	* 23:08	* 24:17	7:07 min/km
742	2865	Cloudt Cécile	*Brühl	1:11:08	1983	W35	95	1:14:40	23:59	* 23:08	* 24:00	7:07 min/km
743	2986	Martinjak Julia	WDR MausLaufGruppe	1:11:14	1981	W35	96	1:15:43	24:06	* 22:47	* 24:20	7:07 min/km
744	1547	Theden Anuschka	*Köln	1:11:17	1991	W20	193	1:14:01	22:22	* 23:09	* 25:45	7:08 min/km
745	2151	Stanka Stefanie	MTV Turbokriecher	1:11:19	1983	W35	97	1:15:52	23:59	* 22:53	* 24:26	7:08 min/km
746	995	McCoy Nicola	*Köln	1:11:20	1988	W30	128	1:15:39	24:51	* 23:06	* 23:22	7:08 min/km
747	3717	Thiele Petra		1:11:27	1967	W50	67	1:14:14	23:32	* 23:30	* 24:24	7:09 min/km
748	2739	Thiemann Katharina	Kieser Training	1:11:30	1977	W40	93	1:15:35	23:54	* 23:12	* 24:23	7:09 min/km
749	1001	Trimborn Melanie	*Köln	1:11:33	1989	W20	194	1:13:42	23:24	* 23:01	* 25:07	7:09 min/km
750	3414	Vogel-Moschkau Cornelia	*Köln	1:11:34	1968	W50	68	1:11:38	21:35	* 24:23	* 25:35	7:09 min/km
751	1997	Rehberg Julia	*Köln	1:11:34	1977	W40	94	1:15:23	23:28	* 23:33	* 24:32	7:09 min/km
752	833	Klesper Ute	BSG Rheinpark e.V.	1:11:44	1968	W50	69	1:15:56	23:08	* 22:29	* 26:05	7:10 min/km
753	1076	Mettler Sandra	*Köln	1:11:54	1971	W45	96	1:12:46	22:26	* 23:53	* 25:34	7:11 min/km
754	625	Klarmann-Schulz Ute	... und tschüss!	1:11:57	1977	W40	95	1:14:00	25:11	* 21:43	* 25:03	7:12 min/km
755	1358	Jörres Sarah	*Düren	1:12:00	1995	W20	195	1:15:33	23:59	* 23:16	* 24:44	7:12 min/km
756	3370	Peifer Daniela	*Köln	1:12:09	1983	W35	98	1:16:06	23:25	* 23:54	* 24:48	7:13 min/km
757	1109	Schlottmann Daniela	*Bergisch Gladbach	1:12:10	1969	W45	97	1:16:22	24:16	* 23:09	* 24:44	7:13 min/km
758	2216	Wimmer Nadine	*Hürth	1:12:11	1986	W30	129	1:15:50	24:00	* 23:34	* 24:36	7:13 min/km
759	2381	Stalder Antje	*Widnau	1:12:19	1976	W40	96	1:13:57	23:20	* 23:25	* 25:33	7:14 min/km
760	1164	Klaeren Monica	*Tübingen	1:12:20	1976	W40	97	1:13:57	23:20	* 23:25	* 25:33	7:14 min/km
761	2213	Goranci-Buzhala Gladiola	*Brühl	1:12:24	1986	W30	130	1:15:30	22:52	* 24:06	* 25:25	7:14 min/km
762	1538	Weyrich Dagmar	*Köln	1:12:35	1986	W30	131	1:13:47	23:48	* 24:20	* 24:26	7:16 min/km
763	3532	Jagst Asja	*Köln	1:12:48	1980	W35	99	1:16:31	23:02	* 24:02	* 25:42	7:17 min/km
764	3531	Lampert Martina	*Köln	1:12:48	1976	W40	98	1:16:31	23:02	* 24:03	* 25:42	7:17 min/km
765	2467	Straschewski Britta	*Bonn	1:13:00	1987	W30	132	1:14:45	24:00	* 24:04	* 24:55	7:18 min/km
766	1376	Köster Angelika	*Köln	1:13:00	1992	W20	196	1:15:25	22:42	* 24:10	* 26:07	7:18 min/km
767	3530	Fechtner Nina	*Köln	1:13:00	1978	W40	99	1:16:43	23:02	* 24:02	* 25:55	7:18 min/km
768	2873	Haag Veronika	*Meinborn	1:13:01	1988	W30	133	1:14:45	24:02	* 24:03	* 24:55	7:18 min/km
769	1255	Tesiana Fannie	Nikolaus Runners	1:13:09	1997	W20	197	1:15:54	24:32	* 23:50	* 24:46	7:19 min/km
770	1567	Laude Kristina	*Köln	1:13:11	1978	W40	100	1:15:32	23:24	* 23:56	* 25:50	7:19 min/km
771	1912	Harders Sina	*Bornheim	1:13:19	1965	W50	70	1:16:31	24:04	* 24:44	* 24:31	7:20 min/km
772	3482	Wrobel Annika	*Köln	1:13:21	1984	W30	134	1:17:58	23:30	* 23:57	* 25:53	7:20 min/km
773	1389	Ruckes Verena	*Köln	1:13:31	1972	W45	98	1:17:51	23:33	* 24:02	* 25:54	7:21 min/km
774	1082	Clintgens Annika	*Köln	1:13:41	1994	W20	198	1:18:08	24:06	* 23:42	* 25:52	7:22 min/km
775	1080	Kaufmann Janina Astrid	*Köln	1:13:41	1994	W20	199	1:18:08	24:06	* 23:42	* 25:52	7:22 min/km
776	2545	Himpel Annette	*Düren	1:13:46	1963	W55	31	1:15:48	24:11	* 24:15	* 25:19	7:23 min/km
777	2534	Krause Dunja	Heul nicht! Lauf!	1:13:52	1965	W50	71	1:14:34	24:18	* 24:18	* 25:15	7:23 min/km
778	1686	Blum Irene	*Düsseldorf	1:13:54	1980	W35	100	1:16:41	22:41	* 24:39	* 26:32	7:23 min/km
779	3519	Wagner Carina	*Köln	1:13:55	1989	W20	200	1:15:56	23:47	* 24:08	* 25:59	7:24 min/km
780	792	Bauer Heike	*Köln	1:14:03	1977	W40	101	1:15:03	23:42	* 23:53	* 26:27	7:24 min/km
781	2504	Munkel Judith	Mütze auf, Dauerlauf!	1:14:12	1989	W20	201	1:19:12	25:10	* 22:57	* 26:04	7:25 min/km

# Kölner Nikolauslauf am 2. Dezember 2018 - 10km Funlauf

## Ergebnisliste Frauen

Seite 31

gedruckt 04.12.2018 09:41:20

782	3480	Stuhldreier Mareike	*Solingen	1:14:15	1975	W40	102	1:17:15	23:15	* 24:42	* 26:17	7:26 min/km
783	852	Berf Bianca	*Köln	1:14:18	1987	W30	135	1:15:31	24:08	* 24:10	* 25:59	7:26 min/km
784	1518	Ungeheuer Solveig	Team BeVegt	1:14:21	1979	W35	101	1:17:45	24:30	* 24:38	* 25:13	7:26 min/km
785	2743	Dr. Wieland Ulrike	Kieser Training	1:14:27	1961	W55	32	1:17:39	23:59	* 23:57	* 26:30	7:27 min/km
786	2197	Zass Vera	*Köln	1:14:46	1990	W20	202	1:18:27	23:47	* 24:36	* 26:22	7:29 min/km
787	2650	Pickert Eileen	*Düsseldorf	1:14:55	1991	W20	203	1:19:28	24:24	* 24:13	* 26:17	7:30 min/km
788	2649	Pickert Dana	*Bonn	1:14:55	1991	W20	204	1:19:28	24:24	* 24:13	* 26:17	7:30 min/km
789	1603	Cuskelly Kimmy	EAC Running Club	1:15:08	1983	W35	102	1:18:36	25:28	* 25:57	* 23:42	7:31 min/km
790	2019	Beckmann Eva-Maria	Crossfit Cologne	1:15:19	1974	W40	103	1:19:57	24:44	* 24:37	* 25:57	7:32 min/km
791	2069	Böhler Marina	*Pulheim	1:15:20	1990	W20	205	1:17:37	23:19	* 25:25	* 26:35	7:32 min/km
792	3465	Tilkin Janne	*Köln	1:15:20	2011	WU10	2	1:19:34	22:50	* 29:11	* 23:18	7:32 min/km
793	1007	Schäfftlein Kerstin	TuS Quettingen	1:15:27	1970	W45	99	1:15:27	00:00	* 00:00	* 00:00	7:33 min/km
794	3030	Kaiser-Albers Dr. Claudia	*Köln	1:15:37	1975	W40	104	1:18:57	23:19	* 24:54	* 27:24	7:34 min/km
795	1932	Simsek Alkan Asuman	AOC	1:15:39	1975	W40	105	1:18:27	24:57	* 25:06	* 25:36	7:34 min/km
796	3483	Baumann Corinna	Flotten Dreier	1:15:56	1991	W20	206	1:19:35	23:21	* 25:31	* 27:03	7:36 min/km
797	644	Mueller-Weinitschke	*Köln	1:15:58	1991	W20	207	1:20:29	24:01	* 25:04	* 26:51	7:36 min/km
798	2590	Sottek Angelique	*Langerwehe	1:16:03	1978	W40	106	1:19:05	25:12	* 25:20	* 25:30	7:36 min/km
799	2692	Simons Bärbel	KRÜGER GROUP	1:16:29	1967	W50	72	1:18:41	23:25	* 25:12	* 27:51	7:39 min/km
800	1875	Mauracher Claudia	*Köln	1:16:36	1969	W45	100	1:21:13	24:17	* 24:54	* 27:24	7:40 min/km
801	1168	Hussain Jasmin	Pferdelunge	1:16:51	1979	W35	103	1:21:23	25:10	* 24:55	* 26:45	7:41 min/km
802	2378	Barbosa Bohn Teresa	Team Macumba	1:17:11	1963	W55	33	1:21:05	24:46	* 25:26	* 26:59	7:43 min/km
803	2638	Kahlert Theresa	*Köln	1:17:39	1989	W20	208	1:22:32	26:28	* 26:08	* 25:03	7:46 min/km
804	2775	Tiszolci Dr. Ildiko	*Köln	1:17:40	1987	W30	136	1:22:32	26:28	* 26:08	* 25:03	7:46 min/km
805	2231	Gemsa Angela	Appmatics	1:17:44	1985	W30	137	1:18:35	24:57	* 25:30	* 27:16	7:46 min/km
806	1371	Mohr Judith	Constant	1:17:45	1989	W20	209	1:19:31	25:13	* 25:32	* 26:59	7:47 min/km
807	2292	Mohns Lisa	CONSTANT	1:17:46	1986	W30	138	1:19:31	25:14	* 25:32	* 26:59	7:47 min/km
808	1552	Burns Linda	*Köln	1:18:01	1985	W30	139	1:21:53	24:27	* 26:07	* 27:25	7:48 min/km
809	890	ALBERTS-Wingenfeld	Nikolausfeen	1:18:05	1969	W45	101	1:19:55	25:11	* 25:28	* 27:25	7:49 min/km
810	891	Himmrich Kerstin	Nikolausfeen	1:18:05	1972	W45	102	1:19:56	25:11	* 25:28	* 27:25	7:49 min/km
811	3102	Odenthal Martina	Die Faultierchen	1:18:14	1982	W35	104	1:22:26	26:09	* 26:18	* 25:45	7:49 min/km
812	1172	Weyer Mareike	MatschePampe	1:18:51	1979	W35	105	1:19:26	24:25	* 26:27	* 27:58	7:53 min/km
813	1187	Reiß Katrin	MatschePampe	1:18:54	1978	W40	107	1:19:26	24:27	* 26:27	* 27:58	7:53 min/km
814	654	Wilms Ulrike	Pferdelunge	1:19:02	1987	W30	140	1:23:33	25:10	* 26:12	* 27:39	7:54 min/km
815	3237	Fassbender Uschi	FFO	1:19:04	1955	W60	13	1:19:58	25:13	* 25:45	* 28:05	7:54 min/km
816	1685	Süßmann Natalie	*Zülpich	1:19:13	1983	W35	106	1:23:24	25:28	* 26:22	* 27:22	7:55 min/km
817	1651	Süßmann Petra	Runnies United	1:19:13	1959	W55	34	1:23:24	25:29	* 26:22	* 27:22	7:55 min/km
818	1794	Heckmann Andrea	*Bonn	1:19:19	1972	W45	103	1:23:23	25:40	* 24:53	* 28:45	7:56 min/km
819	1795	Eisenhofer Corinna	*Köln	1:19:24	1972	W45	104	1:23:28	25:40	* 24:53	* 28:50	7:56 min/km
820	2930	Keca Mirel	*Leverkusen	1:22:32	1977	W40	108	1:24:04	26:47	* 27:33	* 28:11	8:15 min/km
821	2929	Gelhausen Petra	*Köln	1:22:33	1975	W40	109	1:24:05	26:47	* 27:33	* 28:12	8:15 min/km
822	3504	Löffler Barbara	*Pulheim	1:24:09	1978	W40	110	1:27:08	27:31	* 26:50	* 29:47	8:25 min/km
823	3502	Fuss Sonja	*Köln	1:24:10	1978	W40	111	1:27:08	27:30	* 26:51	* 29:48	8:25 min/km
824	3503	Grings Inka	*Köln	1:24:10	1978	W40	112	1:27:08	27:31	* 26:50	* 29:47	8:25 min/km
825	2030	Winterberg Laura	Rur-Activ Hückelhoven	1:25:23	1986	W30	141	1:28:21	27:52	* 28:02	* 29:28	8:32 min/km
826	2031	Platen Karin	Rur-Activ Hückelhoven	1:25:24	1970	W45	105	1:28:21	26:52	* 29:01	* 29:30	8:32 min/km
827	2028	Hasse Andrea	Rur-Activ Hückelhoven	1:25:24	1968	W50	73	1:28:21	27:54	* 28:03	* 29:27	8:32 min/km
828	2026	Neubauer Manuela	Rur-Activ Hückelhoven	1:25:24	1968	W50	74	1:28:21	26:53	* 29:01	* 29:30	8:32 min/km
829	2024	Jagusch Jennifer	Rur-Activ Hückelhoven	1:25:25	1980	W35	107	1:28:21	27:54	* 28:03	* 29:27	8:33 min/km
830	2029	Hermesmeier Silke	Rur-Activ Hückelhoven	1:25:27	1977	W40	113	1:28:22	27:56	* 28:02	* 29:28	8:33 min/km
831	2027	Frantz Gitte	Rur-Activ Hückelhoven	1:25:27	1974	W40	114	1:28:22	27:57	* 28:03	* 29:26	8:33 min/km
832	2051	Brauers Anne	Rur-Activ Hückelhoven	1:25:29	1973	W45	106	1:28:25	26:53	* 29:05	* 29:30	8:33 min/km
833	934	Baruth Julia	*Frechen	1:27:15	1990	W20	210	1:31:42	26:03	* 30:52	* 30:19	8:44 min/km
834	935	Demirel Yasemin	*Frechen	1:27:15	1984	W30	142	1:31:42	26:04	* 30:52	* 30:19	8:44 min/km
835	3126	Theiss Clara	PUSHENSY	1:31:15	2008	WU12	6	1:31:53	26:56	* 35:47	* 28:31	9:08 min/km
836	3130	Gündel Maeve	PUSHENSY	1:31:15	2007	WU12	7	1:31:53	26:56	* 35:47	* 28:31	9:08 min/km