

# Kölner Zoolauf am 13. Juli 2018 - 5 Runden - 8.36km

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	2616	Bunte Marian	Bunert - Der Kölner	0:40:49	1989	MHK	1	0:40:49	05:21 05:31 05:42 05:49 18:23	4:53 min/km
2	1777	Kiesel Ralf	*Bergisch Gladbach	0:41:55	1959	M55	1	0:42:19	07:36 08:09 08:43 08:38 08:48	5:01 min/km
3	808	Heß Christian	*Köln	0:47:02	1974	M40	1	0:47:30	08:10 08:52 09:37 10:02 10:18	5:38 min/km
4	2543	Glaubach Jürgen	*Frechen	0:48:12	1961	M55	2	0:48:24	08:16 09:22 10:05 10:22 10:05	5:46 min/km
5	203	Becker Michael	*Leverkusen	0:48:41	1987	M30	1	0:48:59	11:29 10:18 08:41 09:21 08:51	5:50 min/km
6	2363	Hahn Daniel	*Köln	0:50:23	1984	M30	2	0:50:26	07:53 08:47 09:42 10:21 13:38	6:02 min/km
7	360	Vehreschild Tim	*Köln	0:51:20	1979	M35	1	0:52:01	09:27 10:05 10:23 10:49 10:34	6:08 min/km
8	419	Blumberg Basti	Flitzers	0:51:45	1987	M30	3	0:52:47	12:05 10:07 09:37 10:03 09:51	6:11 min/km
9	1818	Neukirchen Tobias	*Leverkusen	0:52:11	2003	MU16	1	0:53:09	09:24 09:40 10:23 11:20 11:22	6:15 min/km
10	925	Bootz Thomas	Runner boys	0:52:16	1955	M60	1	0:52:54	09:37 09:52 10:45 11:07 10:52	6:15 min/km
11	1743	Breuer Michael	*Kerpen	0:52:20	1966	M50	1	0:53:03	10:01 10:18 10:38 10:16 11:06	6:16 min/km
12	1546	Burbach Patrick	Schmitz-Fitness	0:52:22	1978	M40	2	0:54:55	11:42 12:18 08:33 10:27 09:20	6:16 min/km
13	1495	Peichert Patrick	*Köln	0:52:24	1985	M30	4	0:53:17	09:59 10:22 10:33 10:47 10:39	6:16 min/km
14	1430	Jäger Gunter	Die Waschbären	0:52:46	1979	M35	2	0:56:24	12:26 13:34 09:06 08:52 08:47	6:19 min/km
15	2101	Scholtes Marius	*Leverkusen	0:53:00	1994	MHK	2	0:55:57	11:32 11:15 09:53 10:10 10:08	6:20 min/km
16	1539	Budde Nils	*Köln	0:53:05	1991	MHK	3	0:53:34	08:58 09:52 11:22 12:14 10:38	6:21 min/km
17	2368	Menzel Wolfgang	LLG St. Augustin	0:53:09	1955	M60	2	0:53:47	10:14 10:21 10:41 10:53 10:58	6:21 min/km
18	1765	Wehnert André	*Frechen	0:53:24	1972	M45	1	0:54:31	10:52 10:17 10:36 10:53 10:44	6:23 min/km
19	429	Becker Daniel	*Köln	0:53:43	1986	M30	5	0:56:50	11:17 10:22 10:07 10:54 11:01	6:26 min/km
20	745	Huber Rüdiger	Randy#s Road Runners	0:53:44	1961	M55	3	0:54:32	10:55 10:43 10:33 10:57 10:34	6:26 min/km
21	955	Härtel Uwe	Prüfgruppe Stiftung	0:53:51	1972	M45	2	0:56:49	11:10 10:10 10:26 10:58 11:05	6:27 min/km
22	1482	Lipnik Dirk	Dilledöppche	0:54:11	1975	M40	3	0:54:58	09:42 10:20 10:50 11:15 12:02	6:29 min/km
23	1762	Wüst Maurice	Gsella-Girls & Paddington	0:54:17	1987	M30	6	0:58:06	12:17 10:46 10:15 10:35 10:23	6:30 min/km
24	1344	Schäfer Gerrit	Meep Meep	0:55:09	1975	M40	4	0:55:18	11:00 10:42 11:45 10:59 10:41	6:36 min/km
25	50	Ferber Julian	*Köln	0:55:27	1994	MHK	4	0:56:12	10:37 11:00 11:22 11:16 11:09	6:38 min/km
26	1585	Steimel Sven	*Bergheim	0:55:38	1975	M40	5	0:58:24	12:05 11:25 11:38 09:46 10:42	6:39 min/km
27	2582	Schmitt Florian	Roadrunner	0:56:07	2006	MU14	1	0:56:55	10:31 10:32 10:40 11:29 12:53	6:43 min/km
28	2581	Schmidtke Tim	Roadrunner	0:56:08	2006	MU14	2	0:56:55	10:32 10:33 10:40 11:29 12:53	6:43 min/km
29	2276	Theisen Karl	Localite Runners	0:56:23	1986	M30	7	0:59:20	11:56 10:45 10:04 11:11 12:25	6:45 min/km
30	1145	Zirpel Ingo	Team Geno	0:56:41	1988	M30	8	0:58:04	12:16 11:02 10:40 11:26 11:14	6:47 min/km
31	1474	Gottschalk Paul	*Köln	0:56:45	1990	MHK	5	1:01:12	12:35 11:08 10:49 10:58 11:14	6:47 min/km
32	2093	Thiesen Horst	BSG DEVK	0:57:10	1959	M55	4	0:57:48	10:54 11:22 11:18 11:40 11:54	6:50 min/km
33	1359	Vargas Enrique	*Köln	0:57:14	1967	M50	2	0:57:27	07:51 08:49 20:05 10:27 09:59	6:51 min/km
34	771	Isenburg Florian	*Odenthal	0:57:56	2001	MU18	1	0:58:04	08:27 09:10 10:16 10:45 19:18	6:56 min/km
35	2761	Murawski Dirk		0:59:11	1974	M40	6	0:59:23	09:28 09:31 10:03 10:21 19:46	7:05 min/km
36	799	Dauth Marx	Heiße Schnecken	0:59:38	1988	M30	9	1:02:06	12:30 12:39 12:45 12:54 08:49	7:08 min/km
37	1682	Schorr Dennis	*Köln	0:59:39	1983	M35	3	1:03:50	12:51 13:32 11:35 11:07 10:32	7:08 min/km
38	548	Heinz Alexander	*Köln	0:59:49	1991	MHK	6	1:01:10	11:53 11:57 11:59 12:01 11:56	7:09 min/km
39	2337	Klinkmann Niklas	#DankAugustaLäuft	1:00:46	1989	MHK	7	1:05:31	11:19 11:35 12:00 11:26 14:25	7:16 min/km
40	2106	Lenssen-Erz Tilman	Erzmännchen	1:00:57	1955	M60	3	1:03:38	13:07 13:07 13:07 13:02 08:32	7:17 min/km
41	1436	Baranek Rafael	Es gibt Kölsch im Ziel?fott	1:01:28	1987	M30	10	1:04:40	12:51 12:31 12:57 12:37 10:31	7:21 min/km
42	16	Hoch Michael	Es gibt Kölsch im Ziel?fott	1:01:30	1989	MHK	8	1:04:41	12:15 13:07 12:56 12:36 10:33	7:21 min/km
43	2031	Müller Christian	*Köln	1:02:14	1985	M30	11	1:06:25	11:16 10:40 12:23 14:33 13:20	7:27 min/km
44	372	Hach Ulrich	*Köln	1:02:41	1958	M60	4	1:07:39	12:15 12:00 15:30 11:25 11:29	7:30 min/km
45	531	Zigrahn Bent Arne	*Köln	1:02:47	1990	MHK	9	1:03:21	11:24 11:04 12:53 16:48 10:35	7:31 min/km
46	326	Welter Uwe	*Köln	1:02:51	1990	MHK	10	1:03:52	11:49 11:34 12:28 12:37 14:21	7:31 min/km
47	441	Kirschner Erich	born2run	1:03:59	1941	M75	1	1:07:13	11:54 11:58 12:50 13:27 13:48	7:39 min/km
48	386	Haas Ingo	*Sankt Augustin	1:06:35	1963	M55	5	1:08:13	12:19 11:44 11:47 11:53 18:50	7:58 min/km
49	115	Malinka Jörg	RUN4FUN	1:07:20	1971	M45	3	1:11:41	12:39 12:32 13:05 16:11 12:50	8:03 min/km
50	1634	Sauerbier Josef	Krüger Group Running Team	1:08:03	1958	M60	5	1:08:26	10:42 11:17 11:29 11:49 22:44	8:08 min/km
51	993	Jesuiter Sebastian	#läuft	1:08:28	1979	M35	4	1:12:12	12:50 13:07 14:19 14:25 13:46	8:11 min/km
52	914	Rienhoff Nils	GESTIEFELTER	1:09:22	1992	MHK	11	1:12:43	12:27 10:46 17:13 15:59 12:55	8:18 min/km
53	1019	Duschl Dominik	*Köln	1:10:00	1988	M30	12	1:11:10	11:17 13:47 15:21 14:32 15:01	8:23 min/km

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54	1195	Ruhl Jennis	Team Colleen	1:10:07	1975 M40	7	1:14:21	16:21	13:35	14:06	13:06	12:58	8:23 min/km
55	1209	Zelegen Tom	*Bergisch Gladbach	1:11:34	1973 M45	4	1:12:56	13:44	14:08	13:56	14:15	15:30	8:34 min/km
56	338	Zelegen Thomas	*Bergisch Gladbach	1:11:34	1968 M50	3	1:12:56	13:44	14:08	13:56	14:15	15:30	8:34 min/km
57	229	Kerwien Raphael	Die Partyläufer	1:12:27	1982 M35	5	1:12:27	14:41	10:21	24:55	12:25	10:03	8:40 min/km
58	2295	Decker Martin	*Bonn	1:13:12	1972 M45	5	1:15:31	11:39	16:38	12:54	16:58	15:00	8:45 min/km
59	1288	Kabbach Husam	3 musketeers	1:14:42	1989 MHK	12	1:16:34	12:51	12:34	12:12	17:45	19:20	8:56 min/km
60	1005	Deiters Lothar	LSV-Porz/Köln	1:18:21	1934 M80	1	1:19:37	15:37	15:39	15:57	16:06	15:00	9:22 min/km
61	1416	Lindgens Albert	*Köln	1:19:41	1967 M50	4	1:21:52	12:49	13:57	15:14	19:05	18:34	9:32 min/km

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## Ergebnisliste Frauen

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2219	Kallbach Finia	LT DSHS Köln	0:44:35	2005 WU14	1	0:44:45	08:01 08:30 09:16 09:11 09:36	5:20 min/km
2	2125	Jansen Janine	*Köln	0:44:41	2004 WU16	1	0:45:59	09:15 08:30 08:58 09:12 08:44	5:21 min/km
3	2542	Mühl Garwina	*Weilerswist	0:47:04	1991 WHK	1	0:47:07	07:27 08:25 09:37 10:55 10:38	5:38 min/km
4	843	Siamou Maria Zoi	Original Bootcamp	0:49:49	1978 W40	1	0:51:46	09:47 09:41 10:07 10:17 09:56	5:58 min/km
5	1496	Stadie Katharina	*Köln	0:52:23	1985 W30	1	0:53:17	09:59 10:22 10:34 10:47 10:39	6:16 min/km
6	891	Kusma Laura	*Köln	0:52:44	1991 WHK	2	0:56:20	10:44 10:07 10:19 10:53 10:39	6:18 min/km
7	2073	Brauch Eva	Ollum-Runners	0:52:44	1976 W40	2	0:54:33	11:03 10:23 10:26 10:35 10:15	6:19 min/km
8	627	Lammers Nicola	*Euskirchen	0:52:49	1972 W45	1	0:53:30	10:24 09:57 10:02 10:54 11:30	6:19 min/km
9	2221	Röper Paulina	LT DSHS Köln	0:52:51	2006 WU14	2	0:53:01	09:05 10:15 11:24 11:36 10:29	6:19 min/km
10	628	Belkiewicz Sandra	*Köln	0:53:00	1986 W30	2	0:53:40	10:25 10:25 10:56 11:10 10:02	6:20 min/km
11	1916	Ploch Eva	PrepLounge	0:53:00	1991 WHK	3	0:54:39	10:58 10:42 10:10 11:04 10:04	6:20 min/km
12	2408	Röper Dr. Nina	*Köln	0:53:02	1973 W45	2	0:53:12	09:05 10:16 11:23 11:37 10:39	6:21 min/km
13	2360	Ewers Kira	*Köln	0:53:09	1989 WHK	4	0:54:09	10:08 10:05 10:29 11:06 11:19	6:22 min/km
14	589	Stoffels Katrin	*Köln	0:53:17	1993 WHK	5	0:53:27	08:36 09:49 11:26 12:25 10:58	6:22 min/km
15	1086	Ebert Anne	*Bonn	0:53:37	1989 WHK	6	0:57:15	11:19 10:38 10:44 10:58 09:56	6:25 min/km
16	1379	Pütz Marina	SG TÜV Rheinland	0:54:13	1992 WHK	7	0:55:54	11:00 10:50 10:54 10:54 10:34	6:29 min/km
17	2454	Sterzik Sabine	*Dormagen	0:54:24	1981 W35	1	0:55:08	10:53 10:19 10:39 11:12 11:19	6:31 min/km
18	2455	Sterzik Julia	*Dormagen	0:54:24	2006 WU14	3	0:55:09	10:53 10:20 10:41 11:11 11:18	6:31 min/km
19	2373	Götz Valerie	V&V	0:54:45	1993 WHK	8	0:55:18	09:35 10:28 11:05 11:28 12:06	6:33 min/km
20	2283	Schieritz Verena	V&V	0:54:45	1991 WHK	9	0:55:18	09:35 10:28 11:05 11:28 12:07	6:33 min/km
21	1554	Burghardt Sarah	Schmitz-Fitness	0:54:56	2002 WU18	1	0:59:16	11:46 11:19 10:38 10:34 10:38	6:34 min/km
22	565	Burghaus Petra	*Köln	0:55:05	1972 W45	3	0:59:44	11:36 10:57 10:54 10:50 10:46	6:35 min/km
23	2653	Schwering Karin		0:55:15	1988 W30	3	0:55:49	09:08 10:18 12:00 11:49 11:59	6:37 min/km
24	2672	Enninga Jule		0:55:23	1997 WHK	10	0:58:39	11:59 11:57 12:12 09:45 09:27	6:38 min/km
25	51	Röll Anna-Kristin	*Köln	0:55:27	1994 WHK	11	0:56:12	10:38 10:59 11:22 11:15 11:10	6:38 min/km
26	2074	Natividad Berbel	*Friesdorf	0:55:36	1978 W40	3	0:56:35	11:42 11:07 11:00 10:43 11:01	6:39 min/km
27	1435	Grandjean Elisabeth	*KOLN	0:55:51	1977 W40	4	0:56:20	10:09 10:38 11:26 11:44 11:53	6:41 min/km
28	1475	Röhrborn Sheila	*Köln	0:56:45	1991 WHK	12	1:01:11	12:34 11:06 10:50 11:00 11:13	6:47 min/km
29	2417	Theile Nadine	*Drolshagen	0:56:49	1983 W35	2	0:57:19	09:52 10:32 11:20 12:17 12:46	6:48 min/km
30	1784	Schwarze Yvonne	*Hürth	0:57:02	1986 W30	4	0:58:22	11:00 10:50 11:16 12:10 11:43	6:49 min/km
31	1914	Berger Johanna	PrepLounge	0:57:08	1990 WHK	13	0:58:46	11:37 11:41 11:30 11:20 10:58	6:50 min/km
32	105	Dorn Sabine	Es gibt Kölsch im Ziel?fott	0:57:17	1987 W30	5	1:00:29	12:14 12:01 11:12 11:23 10:25	6:51 min/km
33	2272	Vielhaber Christiane	*Köln	0:57:22	1965 W50	1	0:58:14	11:42 11:09 11:29 11:38 11:21	6:52 min/km
34	399	Dilgen Anna	*Köln	0:57:44	1993 WHK	14	0:58:35	10:11 10:56 12:21 12:50 11:25	6:54 min/km
35	365	Kokoska Marie-Angela	*Bonn	0:57:46	1982 W35	3	0:58:24	10:01 11:27 12:12 12:22 11:42	6:55 min/km
36	515	Köln Nina	*Köln	0:58:10	1983 W35	4	1:01:04	12:35 12:13 11:38 10:52 10:51	6:58 min/km
37	63	Michel Laura	*Köln	0:58:12	1991 WHK	15	0:58:58	10:38 11:00 11:38 12:36 12:18	6:58 min/km
38	669	Bakic Silvia	*Köln	0:58:31	1978 W40	5	0:58:45	10:15 11:16 12:07 12:30 12:21	7:00 min/km
39	1824	Spickermann Greta	*Köln	0:59:01	1993 WHK	16	1:02:05	12:59 11:30 11:33 11:33 11:23	7:04 min/km
40	2766	Vogt Franziska		0:59:09	1987 W30	6	1:01:42	12:11 12:17 11:47 11:48 11:03	7:05 min/km
41	1207	Demers Sonja	*Köln	0:59:34	1975 W40	6	0:59:48	10:20 11:40 12:36 13:04 11:52	7:08 min/km
42	2347	Schiewer Vera	*Bielefeld	0:59:39	1994 WHK	17	1:03:50	12:51 13:32 11:36 11:07 10:32	7:08 min/km
43	1310	Stenglein Katharina	*Bonn	0:59:45	1986 W30	7	1:04:19	12:05 11:36 12:18 11:52 11:52	7:09 min/km
44	875	Schumacher Alice	Juke Runner	0:59:47	1969 W45	4	1:00:21	10:08 11:15 12:14 13:10 12:58	7:09 min/km
45	549	Alsters Anne	*Wachtendonk	0:59:48	1992 WHK	18	1:01:10	11:53 11:57 11:59 12:01 11:56	7:09 min/km
46	1051	Rexin Miriam	*Pulheim	1:00:01	1995 WHK	19	1:01:17	11:20 11:20 11:38 12:21 13:20	7:11 min/km
47	1409	Staufenbiel Melanie	BSG Rheinpark	1:00:13	1988 W30	8	1:04:02	11:42 11:45 11:47 12:39 12:18	7:12 min/km
48	2496	Metzner Claudia	*Köln	1:00:13	1981 W35	5	1:00:52	11:24 12:35 11:20 11:29 13:23	7:12 min/km
49	1501	Laessle Mareike	*Köln	1:00:13	1981 W35	6	1:00:52	11:25 12:33 11:20 11:30 13:24	7:12 min/km
50	1552	Burghardt Petra	Schmitz-Fitness	1:00:20	1971 W45	5	1:04:40	12:22 12:23 11:57 12:01 11:35	7:13 min/km
51	1022	Friese Gundula	Küken & Pony	1:00:55	1968 W50	2	1:04:10	12:06 12:05 12:07 12:17 12:17	7:17 min/km
52	1468	Engelmann Sandra	*Sprockhövel	1:01:02	1975 W40	7	1:01:13	11:07 11:45 12:17 13:06 12:44	7:18 min/km
53	92	Bachem Kathrin	Es gibt Kölsch im Ziel?fott	1:01:21	1989 WHK	20	1:04:31	12:52 12:32 12:56 12:36 10:23	7:20 min/km

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54	2441	Burgard Gina	Gina-Isa	1:01:33	1986	W30	9	1:01:48	12:17	12:58	12:16	12:14	11:47	7:22 min/km
55	2440	McHugh Isabel	Gina-Isa	1:01:34	1988	W30	10	1:01:49	12:16	12:58	12:16	12:14	11:48	7:22 min/km
56	1393	Trapp Ilka	Münchhof	1:01:38	1972	W45	6	1:02:23	12:06	12:18	12:10	12:33	12:28	7:22 min/km
57	1839	Kraus Sabrina	Münchhof	1:01:39	1986	W30	11	1:02:23	12:06	12:18	12:11	12:33	12:29	7:22 min/km
58	871	Kantus Anne	Kalker Rennhühner	1:01:52	1979	W35	7	1:03:14	12:18	12:09	12:20	12:48	12:14	7:24 min/km
59	1692	Kremer Kristina	*Brühl	1:01:59	1981	W35	8	1:03:28	12:26	11:53	12:19	12:33	12:47	7:25 min/km
60	2641	Kirsch Melinda		1:02:03	1980	W35	9	1:04:28	12:23	14:21	11:47	12:00	11:30	7:25 min/km
61	1794	Poppenborg Anne	*Köln	1:02:05	1974	W40	8	1:05:40	12:50	11:33	12:35	14:53	10:12	7:26 min/km
62	622	Bewersdorf Lisa	*Aachen	1:02:52	1993	WHK	21	1:07:36	12:54	12:34	12:30	12:30	12:23	7:31 min/km
63	1992	Mahlberg Diana	*Köln	1:03:29	1974	W40	9	1:06:58	12:38	12:31	12:34	13:14	12:29	7:36 min/km
64	1536	Golz Corinna	*Köln	1:03:35	1991	WHK	22	1:04:09	11:23	11:07	12:51	16:50	11:21	7:36 min/km
65	1148	Mettler Sandra	*Köln	1:03:43	1971	W45	7	1:06:25	11:58	12:25	12:34	13:54	12:49	7:37 min/km
66	291	Jansen Birgit	*Rösrath	1:03:47	1988	W30	12	1:04:40	12:42	13:10	13:44	13:23	10:47	7:38 min/km
67	2528	Steimel Michaela	Lauftreff SV Windhagen	1:03:53	1979	W35	10	1:05:43	13:06	12:20	12:30	12:01	13:53	7:39 min/km
68	263	Hinz Julia	Safari Alaaf!	1:03:57	1986	W30	13	1:04:11	12:15	12:31	12:08	13:50	13:11	7:39 min/km
69	2396	Sauter Ina	*Köln	1:03:57	1982	W35	11	1:04:01	11:56	11:41	12:03	15:21	12:53	7:39 min/km
70	367	Mudring-Langel Bettina	Lebensbaum	1:04:00	1971	W45	8	1:06:42	12:01	12:13	13:01	13:21	13:21	7:39 min/km
71	2621	Knops Barbara	*Bergisch Gladbach	1:04:22	1987	W30	14	1:06:41	12:03	12:28	14:44	12:42	12:23	7:42 min/km
72	1717	Lüniger Nina	SC Hinkebein	1:04:26	1991	WHK	23	1:07:33	12:50	12:20	13:00	13:28	12:46	7:43 min/km
73	2271	Haas Jenny	*Köln	1:04:34	1986	W30	15	1:08:45	11:17	12:43	12:56	15:00	12:36	7:43 min/km
74	1721	Rugullis Antje	*Hilden	1:04:34	1964	W50	3	1:08:52	12:21	12:01	12:10	12:10	15:49	7:43 min/km
75	449	Lesemann Marion	*Köln	1:04:46	1972	W45	9	1:04:55	11:51	12:48	13:23	13:33	13:10	7:45 min/km
76	557	Damaschek Irit	Turboschnecken	1:05:10	1971	W45	10	1:09:15	12:33	12:42	13:27	13:29	12:57	7:48 min/km
77	1088	Kaiser-Albers Dr. Claudia	*Köln	1:05:59	1975	W40	10	1:10:00	12:05	12:37	12:50	13:50	14:33	7:54 min/km
78	2317	Hilgendorf Sonja	*Zülpich	1:06:16	1967	W50	4	1:06:50	10:22	10:50	11:26	19:00	14:36	7:56 min/km
79	385	Haas Gabriele	*Sankt Augustin	1:06:37	1970	W45	11	1:08:15	12:19	11:44	11:48	11:41	19:03	7:58 min/km
80	116	Malinka Heike	RUN4FUN	1:07:20	1971	W45	12	1:11:41	12:39	12:32	13:05	16:11	12:51	8:03 min/km
81	992	John Merula	#läuft	1:08:28	1991	WHK	24	1:12:11	12:50	13:07	14:19	14:25	13:46	8:11 min/km
82	1537	Jänicke Uta	*Köln	1:09:26	1953	W65	1	1:10:22	12:44	13:19	15:09	14:15	13:57	8:18 min/km
83	1815	Prinz Valeria	*Frechen	1:10:36	1983	W35	12	1:11:35	16:08	11:31	11:38	12:08	19:09	8:27 min/km
84	2081	Haseloer Martina	ISI Runner	1:10:52	1963	W55	1	1:14:39	13:55	14:19	14:25	14:08	14:03	8:29 min/km
85	2457	Waizenegger Sabine	*Köln	1:11:04	1970	W45	13	1:15:42	12:17	11:26	11:56	12:19	23:03	8:30 min/km
86	2107	Eßer Ulrike	Zughunde	1:11:26	1958	W60	1	1:12:06	13:56	14:23	14:16	14:30	14:19	8:33 min/km
87	23	Schwenzer Julia Isabell	*Niederkassel	1:11:41	1994	WHK	25	1:13:49	14:31	15:20	14:36	13:47	13:26	8:35 min/km
88	1493	Höck Claudia	*Köln	1:12:01	1969	W45	14	1:13:28	12:29	12:11	12:58	12:32	21:49	8:37 min/km
89	2402	Gür Pelin	*Bonn	1:13:38	1981	W35	13	1:13:42	11:57	13:49	16:15	16:03	15:33	8:49 min/km
90	1289	Fallouh Lin	3 musketeers	1:14:48	1991	WHK	26	1:16:41	12:52	13:12	13:58	15:21	19:25	8:57 min/km
91	877	Krümmel Nadine	Schweinehundbrecher	1:16:51	1982	W35	14	1:17:55	14:02	14:53	15:27	16:10	16:17	9:12 min/km
92	2648	Eichler Vanessa		1:17:03	1991	WHK	27	1:18:27	12:29	13:45	13:05	24:57	12:45	9:13 min/km
93	672	Krämer Johanna	SG TÜV Rheinland	1:18:01	1985	W30	16	1:18:32	14:22	15:17	16:23	15:54	16:03	9:20 min/km
94	673	Miedzianowski Tamara	SG TÜV Rheinland	1:18:02	1989	WHK	28	1:18:32	14:24	15:17	16:23	15:54	16:02	9:20 min/km
95	2749	Isaku Daniela		1:18:56	1982	W35	15	1:22:32	13:05	15:19	16:13	17:26	16:50	9:27 min/km
96	121	Lenz Karin	*Köln	1:19:12	1949	W65	2	1:20:22	15:10	15:46	15:56	16:13	16:05	9:29 min/km
97	1415	Chahrour Diana	*Köln	1:19:41	1973	W45	15	1:21:52	12:49	13:57	14:24	20:00	18:29	9:32 min/km
98	1497	Gabler Stella	*Köln	1:21:46	1982	W35	16	1:25:57	13:18	13:19	17:17	14:15	23:35	9:47 min/km
99	1491	Volland Catherine	*Köln	1:21:46	1978	W40	11	1:25:57	13:18	13:19	17:15	14:16	23:35	9:47 min/km
100	2698	Gloch Christiane		1:22:02	1984	W30	17	1:24:37	16:29	18:26	18:20	15:01	13:44	9:49 min/km
101	221	Blume Paulina	Safari Alaaf!	1:23:26	1985	W30	18	1:23:40	12:19	13:14	18:31	20:16	19:05	9:59 min/km
102	223	Holtmann Jennifer	Safari Alaaf!	1:23:26	1986	W30	19	1:23:41	12:19	13:14	18:31	20:15	19:05	9:59 min/km
103	2604	Kirchner Joanna	*Köln	1:33:08	1994	WHK	29	1:37:42	13:58	26:01	20:19	16:38	16:10	11:08 min/km