

10km - Gesamtwertung

13. Bickendorfer Büdchenlauf - 29.09.2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
1	1535	Schwarz Yannick	LT DSHS Köln	0:34:23	0:34:21	1	MHK	93	07:54	08:41	08:52	08:53	
2	1538	Worring Martin		0:35:08	0:35:05	2	MHK	91	08:07	09:02	09:08	08:47	
3	1466	Fricke Marc	Rhein-Berg Runners	0:35:20	0:35:19	1	M45	74	08:11	08:58	09:08	09:00	
4	861	Kreitner Max	Bunert - Der Kölner Laufladen	0:35:59	0:35:57	3	MHK	94	08:17	09:09	09:20	09:10	
5	1437	Skopnik Manuel	Rhein-Berg Runners	0:36:36	0:36:34	2	M45	72	08:29	09:24	09:24	09:15	
6	1390	Hammes Dianel		0:36:47	0:36:44	1	M35	84	08:25	09:25	09:28	09:26	
7	1499	Ivanov Teodor	OC München	0:36:57	0:36:54	4	MHK		08:37	09:25	09:29	09:22	
8	52	Kuklau Ole	Tri Cologne	0:37:13	0:37:07	1	M30	88	09:05	09:36	09:19	09:07	
9	1518	Oelmaier Tobias	BSG Stadt Köln	0:37:49	0:37:47	1	M50	68	08:29	09:34	09:51	09:51	
10	298	Poischen Thomas	BSG RheinEnergie AG	0:37:52	0:37:48	3	M45	70	08:42	09:37	09:43	09:45	
11	931	Lasczyk Lucas	*Köln	0:38:12	0:38:08	5	MHK	90	08:38	09:36	09:56	09:57	
12	1450	Mühlenstädt Gunnar	Union Biesfeld Triathlon	0:38:41	0:38:38	4	M45	73	08:35	09:55	10:08	09:58	
13	331	Nieswand Patrick	SV Deutz 05	0:38:47	0:38:43	5	M45	73	08:37	09:52	10:04	10:09	
14	789	Schichler Joscha	Scuderia Südstadt	0:38:57	0:38:55	2	M30	89	08:47	10:04	10:06	09:57	
15	395	Artz Johannes	Cologne Running Crew	0:39:18	0:39:14	6	MHK	90	08:42	10:06	10:17	10:07	
16	868	Ecker Danny	*Leverkusen	0:39:36	0:39:28	1	M40	77	09:24	10:07	10:04	09:53	
17	464	Grambusch Timo	*Köln	0:39:55	0:39:52	2	M40	78	09:00	10:12	10:28	10:10	
18	1511	Lammers Jonas	Tri Cologne	0:40:13	0:40:07	3	M30	88	09:04	10:03	10:29	10:29	
19	913	Stojic Rolf	*Köln	0:40:20	0:40:13	2	M50	68	09:06	10:14	10:33	10:19	
20	1565	Hierholzer Stephan	RST Frohe Felge	0:40:21	0:40:18	6	M45	72	09:02	10:19	10:30	10:26	
21	352	Götzfried Philipp	MKF Running	0:40:32	0:40:26	7	MHK	91	08:56	10:14	10:38	10:37	
22	762	Haarhaus René	TuRa Remscheid-Süd	0:40:57	0:40:52	2	M35	82	09:26	10:12	10:38	10:35	
23	629	Meskemper Joshua	TriCologne e.V.	0:41:03	0:40:56	3	M35	84	09:05	10:14	10:45	10:51	
24	1377	Ernes Christoph	Skatfreunde Speyside	0:41:26	0:41:18	4	M35	84	09:04	10:29	11:05	10:39	
25	111	Kaiser Thomas	Sebamed Running Team	0:41:32	0:41:13	4	M30	89	09:25	10:31	10:42	10:33	
26	1540	Houbé Clemens	TUS Köln rrh.	0:41:32	0:41:29	1	M60	57	09:33	10:39	10:46	10:29	
27	866	Wöhler Jan	ASV Köln	0:41:42	0:41:34	7	M45	72	09:16	10:22	10:57	10:57	
28	1534	Mohrmann Möhre	Der Elf und seine Freunde	0:41:45	0:41:35	8	M45	73	09:17	10:21	11:16	10:40	
29	1463	Kistner Axel	*Köln	0:42:31	0:42:25	9	M45	73	09:21	10:50	11:04	11:09	
30	1337	Warkentin Jens		0:42:37	0:42:34	3	M50	66	09:41	10:50	11:11	10:51	
31	225	Piel Jörg	*Köln	0:42:42	0:42:31	3	M40	77	09:58	10:47	10:52	10:52	
32	241	Stöcker Simon	*Köln	0:42:51	0:42:18	8	MHK	96	10:20	10:22	10:47	10:48	
33	236	Zakrzewski Pawel	TSV Bayer 04 Lauftreff	0:42:54	0:42:48	5	M30	86	09:43	10:55	11:09	11:00	
34	530	Lönhardt Michael	Laktatkönige	0:42:58	0:42:55	1	M55	61	09:41	10:52	11:16	11:05	
35	302	Mehler Mark	*Aachen	0:43:21	0:43:17	1	MU23	99	09:34	10:58	11:29	11:14	
36	295	Hanrath Max Luis	*Münster	0:43:24	0:43:07	9	MHK	94	09:36	10:47	11:20	11:23	
37	574	Diekmann Sebastian	TPSK 1925 Köln e.V.	0:43:24	0:43:05	5	M35	80	09:51	10:47	11:11	11:15	
38	573	Buhr Holger	*Köln	0:43:29	0:43:25	10	M45	74	09:31	11:15	11:23	11:14	
39	933	Peck Stefan	M. Zilken GmbH	0:43:34	0:43:13	11	M45	71	09:52	10:52	11:18	11:11	
40	322	Beck Christian	*Köln	0:43:34	0:43:23	6	M35	83	10:16	11:09	11:14	10:42	
41	783	Kemmerling Marcel	*Köln	0:43:40	0:43:37	6	M30	88	09:11	11:14	11:41	11:29	
42	264	Rossa Rossi	Bärenexpress Runners	0:43:45	0:43:37	12	M45	72	10:37	11:06	10:58	10:55	
43	549	Waage Andreas	*Köln	0:43:50	0:43:46	7	M35	83	09:33	10:56	11:40	11:36	
44	356	Mertens Michael	*Koblenz	0:43:50	0:43:46	4	M50	69	09:32	10:56	11:40	11:36	
45	376	Lorre Marcus	RochusFit	0:43:53	0:43:44	7	M30	89	09:56	11:14	11:23	11:09	
46	1334	Mermet Frank	Ergo Sports	0:44:00	0:43:56	2	M55	64	10:27	11:34	11:16	10:37	
47	191	Großer Patrick	*Köln	0:44:14	0:44:09	8	M35	84	09:06	11:07	11:56	11:59	
48	1517	Richter Pawel	Tri em Veedel	0:44:18	0:43:56	4	M40	79	09:49	11:04	11:34	11:28	
49	457	Greite Stefan	BSG Stadt Köln	0:44:20	0:44:11	5	M40	79	10:08	11:17	11:30	11:15	
50	301	Mehler Alexander	*Bergisch Gladbach	0:44:21	0:44:17	5	M50	67	09:35	10:58	11:33	12:09	
51	965	Jovicic Nikola	*Köln	0:44:22	0:44:14	6	M40	79	10:13	11:18	11:24	11:17	
52	488	Sitzer Marc	SSF Bonn Triathlon	0:44:23	0:44:10	7	M40	79	10:07	11:17	11:36	11:09	
53	659	Plath Christian	Gaffel Lauffreunde	0:44:23	0:43:47	10	MHK	93	10:03	10:58	11:36	11:09	
54	1498	Wattler Wilfried	TPSK Köln	0:44:30	0:44:24	3	M55	60	10:11	11:11	11:33	11:28	
55	871	Bacher Joachim	TuS Köln rrh.	0:44:30	0:44:20	13	M45	71	10:35	11:11	11:17	11:15	
56	837	Ragnarsson Eirikur	RSC	0:44:32	0:44:14	9	M35	84	10:15	11:08	11:30	11:19	
57	1470	Neuhaus Stefan		0:44:32	0:44:13	8	M40	77	10:06	11:11	11:33	11:22	
58	159	Schmatz Raphael	*Köln	0:44:34	0:44:16	8	M30	87	10:13	11:18	11:34	11:10	
59	851	Kresimon Johannes	Team Crazymoon	0:44:43	0:44:36	6	M50	69	10:19	11:29	11:36	11:11	
60	330	Rüger Severin	*KÖLN	0:44:55	0:44:44	11	MHK	94	10:37	11:40	11:39	10:48	

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	807	Theiner Boris	Team RunVicht	0:44:57	0:44:49	9	M40	78	10:15	11:36	11:36	11:22	
62	176	Christensen Lars	*Köln	0:45:05	0:44:59	7	M50	68	10:03	11:12	11:56	11:47	
63	533	Pino Marco	*Köln	0:45:06	0:44:53	10	M35	82	10:36	11:20	11:33	11:23	
64	723	Faßbender Christian	ASV Köln Triathlon	0:45:15	0:45:06	14	M45	72	10:23	11:30	11:42	11:30	
65	1525	Schlocmo Stefan	KTT 01	0:45:15	0:45:06	8	M50	66	10:09	11:21	11:50	11:44	
66	487	Schäfer Tobias	MACH3 Köln e.V.	0:45:19	0:44:52	15	M45	72	10:01	11:14	11:47	11:48	
67	493	Berg Alexander	Hürther BC	0:45:20	0:45:11	16	M45	73	10:11	11:22	11:56	11:40	
68	678	Dechert Oliver	*Köln	0:45:23	0:44:55	9	M50	68	10:23	11:30	11:38	11:22	
69	752	Baumann Jörg	*Frechen	0:45:25	0:45:14	17	M45	74	10:21	11:26	11:42	11:43	
70	1173	Gößmann Rainer		0:45:33	0:45:06	18	M45	73	10:25	11:25	11:41	11:34	
71	1459	Jakubowitz Martin	*Köln	0:45:38	0:45:27	10	M50	67	10:00	11:28	11:58	12:00	
72	466	Sammer Raymond	*Schleiden	0:46:00	0:45:53	11	M50	65	10:13	11:36	12:05	11:57	
73	324	Richter Goetz	*Leverkusen	0:46:07	0:46:01	12	M50	68	10:27	11:44	11:58	11:50	
74	1162	Thieme Dieter		0:46:11	0:46:06	4	M55	64	10:25	11:47	11:55	11:58	
75	1542	Goßling Reinhard		0:46:14	0:46:01	19	M45	72	10:23	11:49	11:59	11:48	
76	1186	Krischer Markus	Skatfreunde Speyside	0:46:15	0:46:07	9	M30	85	10:30	12:07	12:01	11:27	
77	1258	Reinhardt André	Rock us Fit	0:46:27	0:46:16	10	M40	77	10:37	11:38	11:53	12:07	
78	441	Niggemeier Frank	*Köln	0:46:30	0:45:58	20	M45	74	10:23	11:36	11:54	12:04	
79	749	Eisermann Stephan	Team Erdinger Alkoholfrei	0:46:31	0:46:16	13	M50	66	10:45	11:48	11:47	11:55	
80	1528	Höfer Claus	Sportsline Cologne	0:46:33	0:46:29	5	M55	62	10:30	12:08	12:01	11:49	
81	158	Matschull Frank	für meine Jungs	0:46:54	0:46:37	14	M50	67	10:44	11:53	12:06	11:53	
82	8	Schwert Sascha	LG RWE Power/BSG RWE	0:46:58	0:46:49	10	M30	87	10:33	11:58	12:00	12:16	
83	455	Vogt Harald	Alemannia Aachen	0:46:59	0:46:47	21	M45	71	10:40	12:05	12:05	11:55	
84	310	Dhiver Denys	*Köln	0:47:13	0:46:58	11	M30	85	10:33	11:45	12:12	12:26	
85	446	Wilsing Sascha	Verein vom Rhein	0:47:15	0:46:59	11	M40	76	10:12	11:55	12:27	12:24	
86	507	Velten Christian	*Köln	0:47:18	0:47:04	11	M35	84	10:59	11:53	12:12	11:58	
87	218	Voll Harald	TuS Brauweiler	0:47:22	0:47:07	2	M60	59	10:46	11:51	12:15	12:13	
88	66	Feld Roland	Tri em Veedel	0:47:26	0:47:04	15	M50	69	10:47	12:06	12:23	11:47	
89	1276	Moersch Jochen		0:47:41	0:47:24	12	M40	76	10:38	12:03	12:18	12:23	
90	966	Simon Samson	*Köln	0:47:45	0:47:37	12	M35	83	10:40	12:12	12:31	12:12	
91	367	Hall Christopher	*Köln	0:47:49	0:47:31	12	MHK	92	11:10	12:18	12:17	11:44	
92	233	Honnef Dirk-Uwe	*Köln	0:47:55	0:47:03	16	M50	65	10:50	11:51	12:05	12:16	
93	226	Voigt Stefan	Laktatjunkies Rheinland	0:48:04	0:47:42	22	M45	74	10:52	12:16	12:27	12:05	
94	926	Seitzinger Christian		0:48:06	0:47:33	13	M40	75	11:07	12:11	12:16	11:59	
95	498	Lampert Alex	*Köln	0:48:08	0:47:56	13	MHK	96	10:37	11:56	12:41	12:40	
96	945	Bremshey Leonard	terbrüggen	0:48:09	0:47:45	14	MHK	95	10:38	11:57	12:35	12:34	
97	383	Kerner Hans-Martin	*Köln	0:48:12	0:47:42	15	MHK	93	11:34	12:06	12:19	11:42	
98	662	Becker Maximilian	Gaffel Lauffreunde	0:48:13	0:47:36	16	MHK	92	11:31	12:10	11:49	12:04	
99	654	Lenninghausen Sebastian	Gaffel Lauffreunde	0:48:13	0:47:36	13	M35	83	11:31	12:11	11:49	12:05	
100	668	Drews Holger	*Köln	0:48:15	0:48:04	23	M45	74	10:36	12:15	12:39	12:33	
101	1469	Günen Mustafa		0:48:16	0:48:04	14	M40	79	10:31	12:14	12:39	12:38	
102	315	Foit André	Rasende Walnüsse	0:48:21	0:48:11	14	M35	83	10:34	12:00	12:41	12:54	
103	314	Schneider Mark	Rasende Walnüsse	0:48:22	0:48:11	12	M30	85	10:34	11:59	12:41	12:56	
104	262	Imhoff Christian	*Kölm	0:48:22	0:48:14	1	MU18	03	11:52	12:43	12:21	11:17	
105	458	Lammers Vincent	Lucky Stars	0:48:24	0:48:11	15	M35	81	10:49	12:09	12:29	12:43	
106	1382	Simons Sven		0:48:26	0:48:04	1	MU20	01	10:38	12:09	12:37	12:39	
107	1529	Moser Markus		0:48:30	0:47:44	24	M45	73	11:17	12:10	12:15	12:01	
108	524	Schardt Nikolai	*Köln	0:48:36	0:48:05	17	MHK	95	10:41	12:27	13:04	11:52	
109	411	Loewer Ralf	*Köln	0:48:43	0:48:35	17	M50	65	11:19	12:20	12:29	12:26	
110	724	Schwertner Marvin	*Köln	0:48:44	0:48:02	2	MU20	01	11:07	11:51	12:19	12:44	
111	328	Van Eyk Hendrik	*Köln	0:48:48	0:48:11	18	MHK	94	11:34	12:18	12:19	11:58	
112	806	Jacobi Till	*Köln	0:48:48	0:48:24	15	M40	76	11:14	12:26	12:24	12:18	
113	1375	Huwe Michael		0:48:53	0:48:05	16	M35	80	11:08	12:22	12:28	12:06	
114	1963	Neumann André	TUS Brauweiler	0:48:57	0:48:42	6	M55	63	11:14	12:25	12:35	12:28	
115	788	Bansberg Anselm	*Aachen	0:48:58	0:48:10	19	MHK	90	11:48	12:11	12:15	11:55	
116	254	Schmitz Thomas	Laufftreff RochusFit	0:49:01	0:48:51	16	M40	75	11:10	12:31	12:42	12:26	
117	1536	Ackermann Sebastian		0:49:10	0:48:55	18	M50	66	11:25	12:35	12:29	12:25	
118	435	Lauszus Thorsten	*Köln	0:49:13	0:48:35	17	M40	75	11:46	12:23	12:25	12:00	
119	1516	Nollau Sebastian		0:49:16	0:49:08	17	M35	80	11:15	12:51	12:36	12:25	
120	1330	Gerut Thomas		0:49:20	0:49:08	3	M60	57	11:02	12:26	12:47	12:52	

10km - Gesamtwertung

13. Bickendorfer Büdchenlauf - 29.09.2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
120	1531	Best Steffen	Koblenz Marathon	0:49:20	0:48:21	18	M40	78	11:34	12:15	12:15	12:15	
122	1527	Jäckel Michael		0:49:23	0:48:52	19	M50	68	11:09	12:23	12:41	12:38	
123	183	Kodi Micky	Roads & Aces	0:49:28	0:48:32	19	M40	77	11:33	12:29	12:28	12:00	
124	1358	Vouhe Jonathan		0:49:32	0:48:31	13	M30	88	12:24	11:43	12:16	12:07	
125	1384	Hanrath Markus		0:49:34	0:49:17	7	M55	64	11:19	12:38	12:42	12:36	
126	361	Gottschalk Hardy	*Leverkusen	0:49:39	0:49:09	25	M45	73	11:36	12:33	12:36	12:23	
127	280	Schröder Markus	Laufwunder Stallbaum	0:49:41	0:48:55	26	M45	74	12:47	11:59	12:14	11:54	
128	929	Lohmann DR Christopher	*Köln	0:49:42	0:48:42	20	M50	68	11:39	12:07	12:21	12:33	
129	954	Drossel Phil	Bunert - Der Kölner Laufladen	0:49:44	0:49:13	2	MU23	97	10:41	13:18	12:46	12:27	
130	99	Schurig Tim	*Köln	0:49:46	0:49:12	20	MHK	90	10:31	12:37	13:17	12:46	
131	879	Miletic Ivica	*Wuppertal	0:49:52	0:49:08	20	M40	75	12:08	12:48	12:14	11:56	
132	914	Sprenger Carsten	Bergische Zapfhähne	0:49:53	0:49:31	21	M40	76	11:44	12:47	12:50	12:09	
133	270	Lode Mario	Lode Runners	0:49:55	0:49:21	27	M45	74	11:43	12:26	12:40	12:31	
134	589	Goebel Markus	Janz ejal wohin	0:50:00	0:49:43	22	M40	75	11:13	12:36	13:02	12:50	
135	924	Mitschke Johannes	TPSK	0:50:03	0:49:14	14	M30	85	11:25	12:26	12:56	12:25	
136	4719	Becker Martin Boris	*Köln	0:50:11	0:49:37	18	M35	82	11:56	12:29	12:42	12:29	
137	1446	Dellgrün Hans-Jürgen	*Köln	0:50:14	0:50:08	4	M60	58	11:22	12:45	13:01	12:59	
138	3	Zimmermann Maik	LT Dünwaldener TV	0:50:17	0:49:57	21	M50	68	11:43	12:43	12:56	12:33	
139	852	Kresimon Georg	Team CrazyMoon	0:50:21	0:50:15	8	M55	64	11:16	12:49	13:04	13:05	
140	601	Grösgen Alexander	*Köln	0:50:24	0:50:17	21	MHK	92	11:32	13:18	13:17	12:09	
141	621	Laufenberg Dirk	*Köln	0:50:30	0:50:08	9	M55	64	10:58	12:54	13:19	12:56	
142	1268	Nolte Ralf		0:50:31	0:48:27	28	M45	73	11:19	12:02	12:28	12:36	
143	825	Schmitt Alexander	Läufer vom LindweilerHof	0:50:41	0:50:25	15	M30	88	11:24	12:55	13:15	12:49	
144	1442	Mosch Jul	racing	0:50:42	0:49:52	16	M30	85	11:25	12:26	13:05	12:55	
145	754	Karadeniz Ayhan	*Dormagen	0:50:47	0:50:34	23	M40	75	10:42	12:43	13:23	13:45	
146	1343	Himmen Dankmar		0:50:55	0:49:43	29	M45	72	12:45	12:17	12:20	12:20	
147	779	Strohhäcker Carsten	*Köln	0:51:05	0:50:52	30	M45	71	11:07	12:40	13:22	13:42	
148	182	Löpki Dirk	*Köln	0:51:18	0:51:08	10	M55	63	12:00	13:06	13:03	12:58	
149	1533	Piekert Alexander	Brücker Lauffreunde	0:51:39	0:50:16	5	M60	56	12:03	12:45	12:47	12:40	
150	912	Leitze Andreas	Turbo-Kids	0:51:41	0:50:34	24	M40	78	12:43	13:09	12:56	11:44	
151	1530	Karhausen Michael	Deutsche Welle	0:51:57	0:51:35	22	M50	65	11:54	13:08	13:19	13:12	
152	1537	Szelier Dieter	Rote Mauer	0:52:01	0:51:11	11	M55	60	12:12	12:45	12:54	13:19	
153	526	Zimmermann Michael	*Köln	0:52:03	0:51:36	17	M30	88	11:55	13:21	13:04	13:15	
154	959	Höderath Mathias	*Köln	0:52:05	0:51:51	31	M45	73	11:40	13:17	13:17	13:35	
155	810	Bartz Patrick	*Köln	0:52:12	0:52:04	19	M35	80	11:27	13:16	13:45	13:35	
156	591	Kuss Christian	*Hürth	0:52:19	0:51:30	20	M35	80	13:17	12:30	12:54	12:48	
157	982	Hicks Mike	*Köln	0:52:19	0:51:41	25	M40	75	12:07	13:06	13:12	13:15	
158	665	Brohl Philipp	Gaffel Lauffreunde	0:52:22	0:51:45	21	M35	80	12:10	13:11	13:15	13:07	
159	1441	Jähde Frank	*Köln	0:52:26	0:52:10	12	M55	64	12:07	13:32	13:18	13:12	
160	1523	Thome Arno	RSG Köln	0:52:27	0:52:00	6	M60	58	11:59	13:13	13:24	13:22	
161	833	Gruneberg DR Ralf	BSG Stadt Köln	0:52:33	0:52:05	13	M55	64	12:00	13:28	13:22	13:15	
162	1520	Souion Marcel	Albis Lauftrefe	0:52:43	0:52:11	22	MHK	90	12:23	13:19	13:26	13:02	
163	502	Knippscher Bernd	Mucki Freunde 1881	0:52:48	0:51:46	32	M45	74	12:41	12:49	13:06	13:07	
164	874	Lorenz Marcus	JML Gruppe	0:52:52	0:51:45	33	M45	74	12:42	13:09	13:07	12:44	
165	278	Stallbaum Lukas	Laufwunder Stallbaum	0:52:53	0:52:08	23	MHK	94	14:18	12:10	12:45	12:54	
166	1380	Krüger Nico		0:52:57	0:52:51	24	MHK	94	10:44	13:13	14:00	14:52	
167	1381	Hummel Wolf-André		0:52:58	0:52:51	25	MHK	94	10:44	13:13	14:00	14:52	
168	447	Jacob Thomas	*Mülheim an der Ruhr	0:53:03	0:52:24	22	M35	81	12:14	13:16	13:36	13:16	
169	673	Janello Jörg	*Köln	0:53:09	0:52:40	23	M50	69	12:15	13:27	13:34	13:24	
170	345	Zahren Marcus	*Köln	0:53:12	0:52:14	24	M50	69	12:17	13:28	13:33	12:55	
171	180	Jansen Jan	*Köln	0:53:23	0:53:08	18	M30	85	12:00	13:44	14:22	13:01	
172	476	Roggendorf Hubert	*Köln	0:53:31	0:53:17	14	M55	64	11:59	13:43	13:44	13:50	
173	1454	Hippler Frank	*Hürth	0:53:32	0:52:29	15	M55	63	12:30	13:13	13:33	13:11	
174	1524	Effers Hans	TPSK Köln	0:53:33	0:52:37	7	M60	56	12:35	13:09	13:13	13:39	
175	91	Hellemann Axel	*Köln	0:53:38	0:53:03	25	M50	65	12:17	13:34	13:36	13:33	
176	503	Engels Rü	Mucki Freunde 1881	0:53:38	0:52:36	26	M50	67	12:46	12:55	13:16	13:37	
177	396	Frenger Felix	*Köln	0:53:39	0:53:17	3	MU23	97	11:43	13:44	13:59	13:50	
178	434	Beck Alexander	*Voerde	0:53:40	0:53:01	26	MHK	92	11:53	13:28	13:51	13:48	
179	1277	Knüppel Kay		0:53:47	0:53:29	26	M40	76	11:54	13:33	13:55	14:06	
180	818	Fink Joni	Läufer*innenvomLindweilerHof	0:53:51	0:53:30	1	MU16	05	12:52	13:06	13:36	13:54	

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
181	65	Winkels Christian	*Köln	0:53:54	0:52:38	19	M30	89	12:35	13:17	13:32	13:12	
182	1385	Schönmann Jochen		0:53:58	0:53:07	27	M40	77	12:23	13:35	13:44	13:23	
183	69	Stern Fabian	*Troisdorf	0:54:08	0:52:49	23	M35	84	12:54	13:29	13:35	12:50	
184	1364	Zobl Eike		0:54:10	0:53:08	34	M45	71	12:20	13:30	13:48	13:28	
185	1291	Grau Holger		0:54:12	0:53:43	27	M50	69	11:41	13:36	14:16	14:08	
186	540	Zischkau Dirk	*Erfstadt	0:54:17	0:53:20	28	M40	76	13:11	13:38	13:27	13:03	
187	201	Stapelberg Thomas	*Köln	0:54:21	0:53:15	29	M40	77	13:09	13:24	13:40	13:00	
188	304	Küpper Bruno	LongBilBlu-Runners	0:54:33	0:53:24	35	M45	74	12:14	13:32	13:49	13:47	
189	433	Aydin Gabriel	*Köln	0:54:36	0:53:57	20	M30	85	12:14	13:17	14:00	14:25	
190	839	Werth Burghard	LG RWE Power/Oldies Kerpen	0:54:39	0:54:13	8	M60	56	12:18	13:41	14:02	14:11	
191	750	Freitag Christoph	MAM - LIVE	0:54:39	0:53:58	16	M55	64	12:53	13:22	13:50	13:51	
192	657	Holz Gerd	Gaffel Lauffreunde	0:54:40	0:53:47	36	M45	71	13:03	13:53	13:52	12:58	
193	706	Berlik Sacha	*Köln	0:54:43	0:54:17	37	M45	70	12:19	13:32	14:08	14:16	
194	497	Albert Rüdiger	*Köln	0:54:45	0:53:45	38	M45	73	12:26	13:41	13:54	13:43	
195	690	Sanal Orhan	RochusFit	0:54:57	0:54:46	30	M40	79	11:56	13:50	14:25	14:33	
196	237	Suchanka Stefan	*Köln	0:55:33	0:54:58	24	M35	82	12:41	14:31	13:56	13:49	
197	1270	Schmerling Holger		0:55:39	0:55:13	39	M45	74	12:32	14:07	14:49	13:44	
198	14	Reiter Norbert	*Köln	0:55:42	0:53:39	17	M55	63	12:14	13:51	14:03	13:30	
199	756	Kampermann Benjamin	Bitte wählen:	0:55:49	0:55:19	25	M35	84	12:40	14:07	14:21	14:10	
200	681	Schmidt Ulf	*Köln	0:55:54	0:55:06	31	M40	78	13:14	13:56	14:08	13:46	
201	1160	Tognolini Paolo		0:55:56	0:55:34	32	M40	78	12:42	14:17	14:21	14:13	
202	620	Weber Wilhelm	Run Juanito Run	0:56:00	0:55:05	40	M45	73	12:57	13:37	14:13	14:16	
203	228	Gottschalk Kai	Laufen und Saufen	0:56:04	0:55:10	33	M40	78	13:12	14:13	14:04	13:39	
204	1464	Fuhs Hans Josef	Dauerlaufschule Köln	0:56:05	0:55:43	9	M60	58	12:37	14:11	14:36	14:18	
205	570	Walther Markus	De Listbeths	0:56:12	0:55:29	26	M35	82	13:06	13:50	14:15	14:17	
206	718	Garcakov Juri	Team Juri und Nadine	0:56:23	0:55:52	21	M30	87	12:18	13:47	14:53	14:53	
207	377	Eggert Henning	*Köln	0:56:23	0:55:11	34	M40	77	12:47	14:06	14:06	14:10	
208	527	Rolle Christian	*Köln	0:56:26	0:55:21	27	M35	82	13:27	13:26	14:10	14:15	
209	1121	Gillies Steven	*Köln	0:56:31	0:55:31	27	MHK	91	13:13	14:13	14:32	13:31	
210	0	unbekannt DA1DSTS		0:56:39	0:56:22	28	MHK		12:47	14:47	14:48	13:59	
211	592	Losse Bert	Albis Laufftreff	0:56:51	0:56:20	28	M50	65	12:58	14:17	14:50	14:14	
212	751	Engel Thomas	*Köln	0:56:51	0:56:10	41	M45	70	13:50	14:31	14:19	13:29	
213	1357	Erdenberger Thomas		0:56:52	0:56:26	35	M40	79	13:25	14:28	14:35	13:57	
214	1515	Evenberger Ralph		0:56:52	0:56:26	42	M45	70	13:25	14:27	14:35	13:58	
215	1502	Erdenberger Thomas		0:56:52	0:56:27	36	M40	79	13:25	14:27	14:35	13:58	
216	688	Rösgen Lars	*Köln	0:56:54	0:55:37	29	MHK	92	12:35	13:19	14:40	15:03	
217	425	Baumeister Nils	*Köln	0:56:55	0:56:02	30	MHK	96	12:33	13:56	14:41	14:51	
218	1181	Scheuern Paul	KGS Erlenweg	0:56:56	0:56:54	2	MU16	09	12:23	14:21	15:22	14:46	
219	1327	Mandara Karlo	KGS Erlenweg	0:56:59	0:56:57	3	MU16	10	12:23	14:21	15:23	14:49	
220	430	Völler Claus	*Köln	0:57:09	0:56:28	29	M50	69	13:15	14:25	14:33	14:14	
221	1295	Glasow Marcus		0:57:12	0:56:39	37	M40	79	13:48	15:06	14:44	13:00	
222	1000	Glasow Milan		0:57:12	0:56:39	4	MU16	06	13:47	15:05	14:43	13:01	
223	655	Prochotta Bart	Gaffel Lauffreunde	0:57:17	0:56:39	38	M40	77	12:47	14:17	14:44	14:50	
224	415	Fishman Jonathan	*Koeln	0:57:19	0:56:32	28	M35	84	11:56	13:29	15:29	15:37	
225	559	Kessler Thomas	*Köln	0:57:20	0:56:29	30	M50	68	13:24	14:10	14:26	14:27	
226	525	Sikora Peter	*Köln	0:57:23	0:57:03	43	M45	73	13:20	14:45	14:41	14:15	
227	877	Binzen Martin	www.coachingwerk-koeln.de	0:57:24	0:56:31	39	M40	76	13:24	14:19	14:32	14:15	
228	305	Klein-Arendt Dirk	LongBilBlu-Runners	0:57:26	0:56:17	44	M45	72	14:14	14:26	14:05	13:31	
229	1329	Kickstein Elmar		0:57:45	0:57:10	45	M45	72	12:31	14:18	15:20	15:00	
230	623	Böhle Marc	Jingeling	0:57:50	0:56:59	22	M30	85	13:47	14:16	14:35	14:20	
231	475	Winkler Daniel	SG-Stern Köln/Leverkusen	0:57:56	0:56:50	23	M30	86	14:16	14:26	14:17	13:50	
232	766	Pagers Sven	ESV Gremberghoven	0:58:04	0:57:23	31	M50	66	13:11	14:47	14:47	14:36	
233	1374	Schilling Wolfgang		0:58:07	0:57:34	1	M65	52	13:47	15:06	14:43	13:56	
234	6	Peppel Marco	Peppels	0:58:08	0:57:33	40	M40	76	13:01	14:34	15:10	14:47	
235	255	Wieth Thomas	*Köln	0:58:18	0:57:24	46	M45	71	12:18	14:09	15:13	15:42	
236	598	Baser Hakan	HappyWalking	0:58:23	0:57:17	47	M45	72	13:20	14:19	14:41	14:55	
237	369	Rascher Uwe	*Köln	0:58:29	0:57:48	32	M50	68	13:48	14:51	14:53	14:15	
237	618	Schaar Daniel	deschaars	0:58:29	0:57:48	41	M40	77	13:48	14:51	14:53	14:15	
239	867	Stoszek Gabriel	*Köln	0:58:30	0:57:46	31	MHK	91	13:42	14:18	14:46	14:58	
240	828	Gehring Georg	*Köln	0:58:31	0:58:13	42	M40	77	13:43	14:52	14:56	14:41	

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
241	0	unbekannt DA9AHWN		0:58:32	0:58:09	32	MHK		13:56	14:20	14:56	14:54	
242	1541	Steil Wolfgang		0:58:33	0:58:19	2	M65	50	13:28	14:41	15:05	15:04	
243	402	Joedicke Martin	*Köln	0:58:35	0:58:08	33	M50	69	14:18	14:42	14:49	14:17	
244	274	Stallbaum Michael	Laufwunder Stallbaum	0:59:00	0:58:14	34	M50	67	14:16	14:53	14:51	14:12	
245	499	Harringer Manfred	*Bergisch Gladbach	0:59:06	0:58:08	1	M70	48	13:40	14:40	14:51	14:56	
246	975	Pütz Benito	*Köln	0:59:15	0:58:24	43	M40	75	15:02	15:45	14:23	13:13	
247	260	Könen Daniel	*Köln	0:59:36	0:59:04	24	M30	89	13:30	15:01	15:21	15:11	
248	429	Strunk Mathieu	*Köln	0:59:44	0:59:00	33	MHK	95	12:19	14:34	15:57	16:08	
249	517	Becker Alexander	*Köln	0:59:55	0:59:09	29	M35	82	13:12	15:07	15:35	15:13	
250	456	Zimny Gerrit	*Köln	0:59:57	0:59:24	25	M30	86	13:23	14:08	14:53	16:58	
251	1539	Wurda Werner	SC Fortuna Köln	1:00:16	0:58:56	18	M55	60	13:30	14:56	15:27	15:02	
252	923	Bohle Erik	Tri em Veedel	1:00:27	0:59:23	34	MHK	90	14:22	14:52	15:09	14:59	
253	692	Kohls Ingo	*Köln	1:00:31	0:59:12	30	M35	82	13:54	14:58	15:10	15:10	
254	971	Ulfkotte Johannes	*Köln	1:00:56	1:00:05	31	M35	82	14:09	15:15	15:43	14:58	
255	1389	Reiter Paul		1:00:59	0:58:57	4	MU23	97	12:15	13:56	16:05	16:39	
256	325	Bozkurt Sadik	LT Dünnwalder TV	1:01:01	1:00:40	35	M50	66	13:10	15:15	16:20	15:54	
257	450	Freywald Eric	*Köln	1:01:10	1:00:49	48	M45	72	14:28	15:47	15:32	15:00	
258	195	Vass Markus	*Köln - Ehrenfeld	1:01:14	1:00:32	44	M40	75	14:33	15:24	15:32	15:02	
259	431	Wehlert Gunnar	*Köln	1:01:26	1:00:23	32	M35	82	13:20	15:13	16:17	15:32	
260	173	Straßburger Sven	*Köln	1:01:30	1:00:36	26	M30	85	14:39	15:53	16:17	13:46	
261	528	Weichert Nico	*Köln	1:01:43	1:00:37	27	M30	86	13:28	14:57	16:03	16:08	
262	239	Pscheidt Martin	TÜV Rheinland SG	1:01:45	1:00:31	49	M45	71	14:03	15:17	15:39	15:31	
263	311	Weber Hauke	*Köln	1:01:49	1:00:52	50	M45	74	14:20	15:26	15:29	15:36	
264	316	Wolf Alexander	LongBilBlu-Runners	1:02:13	1:01:04	51	M45	73	14:22	15:21	15:31	15:49	
265	375	Waßer Peter	WagWasKes	1:02:23	1:01:33	10	M60	59	14:36	15:27	15:40	15:49	
266	243	Müller Rainer	*Köln	1:02:31	1:01:59	19	M55	62	14:30	15:48	16:15	15:25	
267	986	Heinrich Hans	SG Castrop	1:02:32	1:02:06	36	M50	68	12:37	15:09	17:14	17:05	
268	5	Hoffmann Stefan	*Köln	1:02:58	1:02:06	37	M50	69	14:14	16:01	16:10	15:40	
269	622	Hsu Oliver	*Köln	1:03:10	1:01:56	20	M55	64	14:53	15:59	15:54	15:09	
270	942	Terbrüggen Henry	terbrüggen	1:03:12	1:02:49	3	MU20	00	15:03	15:32	16:10	16:04	
271	185	Rosenbaum Marc	*Köln	1:03:23	1:02:42	33	M35	82	12:33	16:02	17:02	17:04	
272	787	Tasto Hilmer	*Köln	1:03:36	1:02:26	52	M45	73	14:39	15:36	16:07	16:03	
273	346	Rössel Frank	*Euskirchen	1:04:22	1:03:10	21	M55	61	14:47	15:52	16:09	16:22	
274	713	Van Eyk Michael	*Krefeld	1:04:23	1:03:45	53	M45	72	14:12	15:53	16:28	17:12	
275	1286	Börjesson Florian		1:04:27	1:03:23	34	M35	83	14:58	16:13	16:18	15:52	
276	545	Rießelmann Herbert	*Köln	1:04:44	1:03:44	3	M65	50	15:43	17:09	15:21	15:30	
277	602	Nijmeijer Marten	LT Dünnwalder TV	1:04:49	1:03:47	11	M60	58	15:19	15:52	15:59	16:35	
278	956	Lightfoot Simon	*Koeln	1:04:52	1:04:03	45	M40	76	14:07	16:25	16:58	16:32	
279	1386	Blank Bernhard		1:05:27	1:04:19	54	M45	74	14:32	15:53	17:33	16:20	
280	653	Apak Can	*Köln	1:05:32	1:04:44	28	M30	86	14:54	16:16	16:51	16:42	
281	755	Lode Hans	*Köln	1:05:38	1:05:03	35	MHK	93	14:56	15:58	17:03	17:05	
282	0	unbekannt HW58ZZ1		1:05:40	1:05:16	36	MHK		14:45	16:27	16:42	17:21	
283	424	Baumeister Lars	*Köln	1:05:50	1:05:18	37	MHK	96	15:09	16:46	16:47	16:35	
284	359	Küpper Marcus	*Bergisch Gladbach	1:05:53	1:04:48	38	M50	66	15:24	16:45	16:41	15:56	
285	842	Horsch Norbert	*Köln	1:06:03	1:05:07	29	M30	87	15:46	17:10	16:18	15:52	
286	347	Müller Martin	*Köln	1:06:32	1:05:29	22	M55	64	14:47	16:19	16:54	17:27	
287	594	Förster Dirk	*Köln	1:06:36	1:05:56	46	M40	75	14:46	16:27	17:01	17:41	
288	482	Wolf DR Christian	Laktatkönige	1:06:36	1:06:12	12	M60	58	15:01	16:46	17:11	17:13	
289	2	Dündar Can	Roads & Aces	1:06:40	1:05:40	55	M45	72	15:33	17:15	16:45	16:06	
290	759	Klette Max	Klette173	1:06:46	1:05:48	5	MU23	99	15:22	16:53	17:07	16:25	
291	760	Klette Finn	Klette173	1:06:46	1:05:47	4	MU20	01	15:21	16:52	17:08	16:24	
292	758	Klette Dirk	Klette173	1:06:46	1:05:46	56	M45	71	15:20	16:53	17:06	16:25	
293	955	Fekade Fesum	*Köln	1:06:51	1:05:49	35	M35	83	15:38	16:36	17:22	16:11	
294	544	Rinnebach Stefan	*Köln	1:07:00	1:06:01	36	M35	80	15:44	17:09	16:27	16:39	
295	732	Hartenscheidt Ian	Schüler*innenvomLindweiler Hof	1:07:01	1:05:54	5	MU16	08	14:22	15:51	18:12	17:27	
296	1522	Trottenberg Willi	Pingsheimer Rentnerbund	1:07:10	1:06:06	1	M75	42	15:21	16:45	16:44	17:14	
297	1909	Schwabe Michael	*Köln	1:07:11	1:06:17	39	M50	69	14:48	16:55	17:31	17:02	
298	1305	Otto Holger	*Hürth	1:07:25	1:06:38	57	M45	72	15:47	17:22	16:56	16:32	
299	764	Baum Jakob	*Köln	1:07:57	1:07:12	23	M55	60	14:27	16:41	17:31	18:33	
300	156	Delfmann DR Thomas	*Köln	1:08:12	1:07:24	13	M60	58	15:09	16:44	17:34	17:55	

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
301	265	Lopes dos Santos Armando	Marta-Hegemannschaft	1:08:35	1:07:38	47	M40	75	15:14	16:32	17:34	18:17	
302	275	Stallbaum Thomas	Laufwunder Stallbaum	1:08:42	1:07:57	58	M45	71	14:47	16:56	18:02	18:11	
303	276	Sarcher Sven	Laufwunder Stallbaum	1:08:44	1:08:00	37	M35	81	14:47	16:54	18:04	18:13	
304	1345	Rohmann Kristian		1:08:54	1:07:35	30	M30	86	16:05	18:02	16:50	16:37	
305	710	Codognotto Alberto	Rochus Fit	1:09:05	1:08:44	40	M50	65	15:59	17:52	17:26	17:26	
306	534	Wegner Carsten	KV Fidele Arschkrampen 2007	1:10:52	1:09:34	48	M40	78	14:41	17:36	19:48	17:28	
307	773	Vater Wolfgang	*Münster	1:11:18	1:10:02	14	M60	55	16:08	18:01	18:03	17:49	
308	232	Hirseler Felix	Laufen und Saufen	1:11:21	1:10:27	31	M30	89	15:08	16:52	18:36	19:49	
309	246	Weißgerber Frank	Laufen und Saufen	1:11:21	1:10:24	59	M45	70	15:40	17:20	17:33	19:49	
310	823	Theiner Jürgen	*Stolberg	1:11:31	1:10:38	60	M45	72	16:22	18:03	18:30	17:41	
311	357	Tissen Oliver	Roads & Aces	1:11:33	1:10:33	49	M40	77	15:47	17:54	18:21	18:30	
312	854	Seidel Jürgen	*Köln	1:12:33	1:12:07	24	M55	60	16:44	18:19	18:18	18:46	
313	550	Fröhlich Robert	HappyWalking	1:12:49	1:11:37	25	M55	61	16:11	18:09	18:33	18:42	
314	569	Bugajny Piotr	De Listbeths	1:13:27	1:12:43	38	M35	84	15:19	19:17	19:21	18:44	
315	281	Broich Julian	Laufwunder Stallbaum	1:13:36	1:12:51	38	MHK	95	15:12	19:36	18:53	19:08	
316	309	Hach Ulrich	LT Dünwalder TV	1:18:46	1:17:28	15	M60	58	17:03	19:26	20:36	20:22	

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Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
1	862	Coutellier Vera	Bunert - Der Kölner Laufladen	0:37:04	0:37:02	1	WHK	95	08:37	09:26	09:30	09:28	
2	872	Linares Dümchen Elisabeth	ASV Köln	0:40:59	0:40:50	2	WHK	90	09:16	10:22	10:38	10:32	
3	826	Jeck Melanie	TuRa Remscheid-Süd	0:42:02	0:41:57	1	W40	76	09:32	10:40	10:55	10:48	
4	859	Lüchtfeld Alice	Bunert - Der Kölner Laufladen	0:43:59	0:43:56	3	WHK	92	09:52	11:19	11:28	11:16	
5	532	Pino Ichazo Castrillo Maike	*Meckenheim	0:45:07	0:44:53	1	W30	85	10:35	11:20	11:33	11:24	
6	583	Jänicke Franziska	*Köln	0:45:42	0:45:23	2	W30	89	10:02	11:23	12:02	11:54	
7	1451	Tiegel Alexandra	TV Refrath	0:45:55	0:45:45	1	W35	84	10:34	11:14	11:58	11:57	
8	1328	Beltz Bettina		0:46:08	0:45:57	1	W45	71	10:16	11:39	11:56	12:04	
9	838	Werth Ingeborg	LG RWE Power/Oldies Kerpen	0:46:16	0:46:04	1	W60	59	10:37	11:44	11:52	11:50	
10	774	Prescha Kristiane	TriCologne e.V.	0:47:16	0:47:03	1	W50	67	11:00	12:15	11:53	11:53	
11	1509	Montag Ela		0:47:51	0:47:42	2	W45	72	10:38	12:10	12:36	12:16	
12	313	Schneider Lara	Rasende Walnüsse	0:48:21	0:48:11	3	W30	86	10:34	12:00	12:40	12:55	
13	215	Kölsch Claudia	TUS Brauweiler	0:48:41	0:48:27	3	W45	72	11:14	12:14	12:34	12:24	
14	509	Schubert Anka	*Köln	0:48:53	0:48:18	2	W40	77	10:57	12:12	12:35	12:32	
15	869	Kügelgen Birgitt	Brunnenkinder e.V.	0:48:59	0:48:54	1	W55	60	10:46	12:25	12:53	12:48	
16	253	Hölzel Kerstin	*Köln	0:49:05	0:48:28	3	W40	77	11:30	12:12	12:28	12:16	
17	968	Kastenhuber Hannah	*Köln	0:49:22	0:49:09	2	W35	84	11:01	12:29	12:53	12:45	
18	950	Hunzelmann Ramona	*Köln	0:49:32	0:48:31	4	W30	87	11:43	12:19	12:19	12:09	
19	516	Renardy Sabrina	*Köln	0:49:49	0:49:35	5	W30	86	11:10	12:39	12:42	13:03	
20	667	Mertens Jana	Gaffel Lauffreunde	0:50:06	0:49:30	4	WHK	93	11:31	12:21	12:47	12:49	
21	1438	Lausberg Isabel	TPSK	0:50:08	0:49:32	4	W45	70	11:37	12:38	12:46	12:30	
22	353	Caesar Nathalie	bevegt	0:52:07	0:52:00	4	W40	78	11:00	13:40	14:06	13:12	
23	811	Bartz Nadine	*Köln	0:52:12	0:52:03	3	W35	80	11:27	13:15	13:46	13:34	
24	390	Steinke Claudia	*Köln	0:52:13	0:51:41	5	W45	71	12:09	13:02	13:13	13:16	
25	590	Kuss Anne	*Hürth	0:52:18	0:51:30	4	W35	81	13:17	12:31	12:54	12:47	
26	1532	Ahrens Heike	BSG Stadt Köln	0:52:21	0:51:54	2	W50	65	12:00	13:12	13:22	13:19	
27	855	Engel Sonja	*Köln	0:52:26	0:52:07	6	W45	71	11:23	13:14	13:49	13:41	
28	439	Thoridt Kirsten	TV Rodenkirchen Triathlon	0:52:26	0:52:13	3	W50	69	12:20	13:29	13:26	12:57	
29	484	Leist Amelie	Team Erdinger Alkoholfrei	0:52:27	0:51:51	6	W30	88	11:51	13:48	13:14	12:57	
30	467	Zillikens Angela	*Schleiden	0:52:28	0:51:57	5	W40	76	11:56	12:58	13:29	13:33	
31	387	Fenners Susanne	PSC Pulheim	0:52:37	0:52:04	4	W50	69	11:49	13:15	13:24	13:35	
32	1467	Maar Brigitte	BSG Stadt Köln	0:53:06	0:52:37	5	W50	69	12:13	13:31	13:30	13:21	
33	932	Wenzel Maike	*Köln	0:53:10	0:52:46	7	W30	86	11:48	13:25	14:00	13:31	
34	576	Dorweiler Dorothee	*Darmstadt	0:53:12	0:52:32	7	W45	73	12:39	13:14	13:27	13:10	
35	209	Motter Heidi	LG Stolberg	0:53:28	0:53:10	2	W55	61	12:02	13:25	13:51	13:50	
36	407	Gauger Kira	*Köln	0:53:31	0:53:19	1	WU23	99	11:51	13:16	13:45	14:25	
37	1391	Stark Carolin		0:53:48	0:53:19	5	WHK	90	12:32	13:37	13:41	13:29	
38	1991	Wielandt Franziska	ME Works	0:53:49	0:53:25	6	WHK	91	12:37	13:51	13:44	13:11	
39	1285	Bommel Juliane		0:54:15	0:53:44	6	W40	79	11:58	13:32	14:04	14:09	
40	386	Seck Manuela	1970	0:54:32	0:53:53	8	W45	70	12:32	13:37	13:50	13:53	
41	452	Reichert Daniela	Köln läuft	0:54:40	0:54:00	9	W45	71	12:46	13:44	13:44	13:44	
42	166	Fust-Lindner Sabine	*Köln	0:54:44	0:54:18	6	W50	66	12:34	13:39	14:02	14:02	
43	705	Damaschke Maren	*Köln	0:54:45	0:54:18	7	W40	76	12:18	13:32	14:08	14:18	
44	444	Sekula Ramona	*Köln	0:55:00	0:54:07	8	W40	79	13:00	13:49	13:48	13:29	
45	213	Martel Isabel	*Köln	0:55:02	0:54:45	5	W35	82	11:59	13:40	14:29	14:35	
46	626	Neumann Catherine	TUS Brauweiler	0:55:02	0:54:46	7	W50	69	12:03	13:45	14:25	14:32	
47	285	Helfer Leonie	Marta-Hegemannschaft	0:55:05	0:54:10	2	WU23	97	12:56	13:53	13:52	13:27	
48	438	Broichhaus Petra	TriCologne e.V.	0:55:22	0:54:41	10	W45	70	12:48	13:50	14:20	13:43	
49	634	Witte Sophia	*Köln	0:55:27	0:55:01	7	WHK	95	12:31	13:43	14:13	14:32	
50	633	Kigle Vanessa	*Köln	0:55:27	0:55:01	8	WHK	95	12:31	13:43	14:13	14:33	
51	664	Edelmüller Joanna	Gaffel Lauffreunde	0:55:35	0:54:57	9	W40	78	12:49	13:44	14:09	14:13	
52	994	Hollesch Jacqueline	*Bergisch Gladbach	0:55:35	0:55:17	11	W45	74	12:25	14:10	14:28	14:13	
53	414	Sippel Berit	*Koeln	0:55:46	0:54:59	6	W35	84	13:14	14:14	14:21	13:08	
54	753	Bockor Teresa	*Köln	0:55:50	0:55:20	7	W35	83	12:40	14:07	14:20	14:11	
55	294	Wachten Hanna	TUS Brauweiler	0:56:15	0:55:59	10	W40	76	12:50	14:23	14:31	14:15	
56	263	Knötgen Nadine	TUS Brauweiler	0:56:15	0:56:00	11	W40	76	12:51	14:23	14:30	14:15	
57	780	Bardtke Ute	BSG Stadt Köln	0:56:26	0:55:57	8	W50	66	13:05	14:04	14:15	14:32	
58	675	Tilgen Stefani	*Köln	0:56:53	0:56:02	12	W45	72	13:49	13:57	14:02	14:12	
59	1275	Frerivis Sandra		0:56:56	0:56:17	12	W40	75	12:53	14:16	14:34	14:33	
60	840	DELFMANN LEA	*KÖLN	0:57:02	0:56:14	9	WHK	96	14:28	14:08	14:05	13:32	

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Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
61	318	Niehues Gabi	Lauf-Freude	0:57:09	0:56:03	9	W50	65	12:39	14:14	14:48	14:20	
62	714	Mattausch Sabine	BSG Stadt Köln	0:57:11	0:56:41	10	W50	67	13:06	14:15	14:42	14:37	
63	483	Mathias Tanja	MACH3 Köln e.V.	0:57:13	0:56:47	13	W40	76	12:37	14:18	14:44	15:07	
64	1444	Mahnke-Erkut Heidrun	Rochusfit	0:57:24	0:57:04	13	W45	70	13:20	14:45	14:42	14:16	
65	925	Rothe Ina	TPSK 1925 e.V.	0:57:29	0:56:45	14	W40	78	13:15	14:16	14:37	14:36	
66	1123	Schmitz Britta	Köln läuft	0:57:33	0:56:52	3	W55	63	13:11	14:32	14:42	14:26	
67	719	Heim Nadine	Team Juri und Nadine	0:57:39	0:57:09	10	WHK	92	12:52	14:23	14:51	15:02	
68	1501	Montag Silke		0:57:41	0:57:14	14	W45	73	12:58	14:16	14:56	15:02	
69	520	Serban Ruth	BSG Stadt Köln	0:57:46	0:57:16	4	W55	61	13:08	14:35	14:49	14:42	
70	660	Uerlings Adele	Gaffel Lauffreunde	0:57:49	0:57:12	11	W50	66	13:18	14:30	14:38	14:44	
71	666	Broeckmann Elisabeth	*Köln	0:57:52	0:57:01	11	WHK	90	13:46	14:16	14:35	14:23	
72	474	Schubert Daniela	*Leverkusen	0:57:56	0:56:50	8	W35	84	14:16	14:26	14:17	13:50	
73	611	Thienel Sonja	*Köln	0:58:06	0:57:14	9	W35	83	13:47	14:16	14:34	14:36	
74	677	Aktas Stefanie	*Köln	0:58:10	0:57:19	15	W40	77	13:48	14:18	14:45	14:26	
75	948	Bremshey Sophia	terbrüggen	0:58:18	0:57:54	12	WHK	91	14:02	14:50	14:37	14:24	
76	947	Heutehaus Lea	terbrüggen	0:58:18	0:57:53	8	W30	87	14:01	14:50	14:37	14:24	
77	341	Brehmen Malene	*Köln	0:58:30	0:58:01	15	W45	71	13:05	14:46	15:03	15:06	
78	856	Gaul Bibi	*Vettweiß	0:58:36	0:57:59	12	W50	65	13:24	14:38	14:51	15:05	
79	1500	Wolf Ulrike		0:58:53	0:58:29	2	W60	58	13:35	14:53	15:09	14:52	
80	537	Metzen Yvonne	*Köln	0:59:02	0:57:43	16	W40	77	14:07	14:38	14:36	14:21	
81	663	Dohmen Soraya	Gaffel Lauffreunde	0:59:08	0:58:31	16	W45	71	12:47	14:55	15:30	15:18	
82	40	Kinkel-Schachter Doris	Brander SV Tri Team	0:59:12	0:58:20	17	W40	79	13:55	14:47	14:55	14:41	
83	48	Reinartz Heike	*Langerwehe	0:59:12	0:58:20	17	W45	71	13:56	14:46	14:55	14:41	
84	1244	Hanisch Natascha		0:59:12	0:58:10	9	W30	88	13:26	14:45	15:00	14:58	
85	548	Schlitt Tanja	2003	0:59:18	0:58:21	18	W45	70	13:29	14:47	14:55	15:08	
86	1379	Brandenburg Helga	ASV Köln	0:59:26	0:58:59	1	W75	44	13:44	14:59	15:06	15:08	
87	698	Flock Ann	*Köln	0:59:29	0:59:06	1	W65	51	13:33	15:00	15:19	15:12	
88	661	Drewke Vera	Gaffel Lauffreunde	0:59:35	0:58:58	10	W30	85	13:01	14:40	15:29	15:48	
89	242	Walther Ronja	*Köln	1:00:07	0:59:35	19	W45	73	14:30	15:09	15:06	14:49	
90	248	Coressel Anne sophie	*Koeln	1:00:19	0:59:47	13	W50	66	14:29	15:10	15:06	15:00	
91	612	Kurth Melanie	Central-Team.de	1:00:31	0:59:12	11	W30	89	13:54	14:58	15:10	15:10	
92	1449	Eich Marianne	*Köln	1:00:41	1:00:12	5	W55	60	13:55	15:02	15:26	15:48	
93	944	Böll Elena	terbrüggen	1:00:44	1:00:21	3	WU23	98	15:01	15:33	15:14	14:31	
94	1373	Schilling Birgit		1:00:55	1:00:19	6	W55	60	14:16	15:25	15:30	15:07	
95	1440	Drees Bärbel	*Köln	1:00:57	1:00:21	7	W55	64	14:37	15:17	15:18	15:08	
96	451	Le Coz Mealg	*Köln	1:01:10	1:00:49	1	WU16	04	14:28	15:47	15:32	15:00	
97	465	Heimann Pia	*Köln	1:01:13	1:00:32	10	W35	82	14:33	15:24	15:32	15:02	
98	2976	Koch Tanja	*Köln	1:01:15	1:00:21	18	W40	76	14:48	15:46	15:03	14:43	
99	593	Nieters Helen	*Bonn	1:01:19	1:00:39	12	W30	85	14:45	16:26	14:44	14:42	
100	409	Hamann Dorine	*München	1:01:19	1:00:23	13	WHK	94	14:41	15:51	15:51	13:59	
101	1164	Rössel Svenja	*Aachen	1:01:21	1:00:09	13	W30	89	14:47	15:35	14:43	15:03	
102	610	Voigt Karo	TPSK	1:01:27	1:00:37	20	W45	74	14:09	15:14	15:43	15:29	
103	996	Lohr Anneke	*Köln	1:01:42	1:01:06	19	W40	77	14:30	15:43	15:36	15:16	
104	1296	Seitzinger Maren		1:01:49	1:01:14	20	W40	78	14:39	15:32	15:36	15:26	
105	588	Schneider Mira	*Leverkusen	1:01:49	1:00:49	14	W30	89	14:19	15:29	15:33	15:27	
106	1269	Holdermüller Anja		1:01:52	0:59:47	21	W45	72	13:41	15:21	15:22	15:22	
107	1280	Sanfelippo Larissa		1:01:57	1:01:36	21	W40	75	13:56	15:19	16:10	16:08	
108	303	Thielicke Sonja	LongBilBlu-Runners	1:02:13	1:01:05	22	W45	74	14:18	15:24	15:34	15:47	
109	835	Bichler-Offei Brigitte	*Köln	1:02:16	1:01:45	3	W60	59	14:16	15:34	15:58	15:55	
110	943	Terbrüggen Linda	terbrüggen	1:02:33	1:02:09	4	WU23	98	15:02	15:46	16:02	15:17	
111	486	Langen Julia	Schwimmverein Horrem-Sindorf	1:02:55	1:02:18	14	WHK	90	13:40	15:57	16:33	16:07	
112	542	Wetzel Nadine	*Köln	1:03:00	1:02:30	15	W30	89	13:47	15:42	16:09	16:51	
113	596	Vater Vanessa	*Münster	1:03:11	1:02:03	16	W30	88	15:27	16:04	15:41	14:49	
114	1526	Funk Ulrike		1:03:50	1:02:54	22	W40	75	14:26	15:49	16:18	16:20	
115	513	Löcherbach Barbara A.	*Köln	1:04:00	1:03:45	14	W50	66	14:01	16:09	16:57	16:37	
116	171	Straßburger Lena	*Köln	1:04:08	1:03:14	17	W30	89	14:40	15:53	16:16	16:24	
117	967	Lange Melanie	*Köln	1:04:18	1:03:27	23	W45	73	15:03	15:46	16:06	16:31	
118	946	Böll Kristina	terbrüggen	1:04:28	1:04:05	5	WU23	98	15:05	15:45	16:36	16:38	
119	428	Grube Katharina	*Köln	1:04:28	1:03:44	8	W55	62	14:02	16:02	17:01	16:39	
120	531	Uhl Stefanie	*Köln	1:04:31	1:03:23	23	W40	75	14:33	15:56	16:17	16:36	

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Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Netto	AK-PI	AK	Jahr	Runden				
121	957	Lightfoot Natascha	*Koeln	1:04:50	1:04:01	11	W35	82	15:27	16:19	16:18	15:54	
122	1259	Nitz Sabine		1:04:59	1:03:49	24	W45	71	15:14	14:40	16:08	17:46	
123	2909	Hüffer Elisabeth	*Köln	1:05:01	1:04:14	15	W50	66	14:29	15:36	16:54	17:13	
124	397	Hilken Lea	*Odenthal	1:05:10	1:04:48	6	WU23	97	15:08	16:33	16:32	16:33	
125	551	Fröhlich Claudia	HappyWalking	1:05:21	1:04:08	16	W50	66	14:54	16:11	16:21	16:41	
126	563	Funke Sanni	*Bonn	1:05:34	1:04:38	12	W35	82	15:25	16:13	16:26	16:32	
127	832	Raco Alessandra	*Köln	1:05:34	1:04:31	15	WHK	90	15:05	16:44	16:14	16:26	
128	845	Springer Annika	Rochus Fit	1:05:36	1:05:17	24	W40	75	15:04	16:55	16:59	16:18	
129	358	Allendorf Irmgard	*Bergisch Gladbach	1:05:49	1:04:45	25	W45	70	15:24	16:45	16:41	15:53	
130	841	Sadowski Dina	*Köln	1:06:03	1:05:08	16	WHK	91	15:46	17:10	16:18	15:52	
131	58	Chernyshova Anna	*Köln	1:06:03	1:05:24	17	WHK	92	15:22	16:56	16:53	16:11	
132	247	Dünkelmann Iris	*Köln	1:06:26	1:05:29	26	W45	70	14:48	16:43	17:09	16:48	
133	757	Klette Alex	Klette173	1:06:46	1:05:49	27	W45	73	15:23	16:52	17:08	16:24	
134	566	Fevin Rachel	Cologne Triathlon Rookies 2019	1:06:54	1:05:47	18	W30	87	14:57	16:33	16:56	17:20	
135	157	Telaak Doris	*Köln	1:06:55	1:06:08	9	W55	60	15:10	16:36	17:08	17:12	
136	850	Dickersbach Maria-Christina	Lauf-Freude	1:06:56	1:05:46	13	W35	82	14:44	16:38	17:09	17:13	
137	561	Spiegel Miriam	*Köln	1:07:01	1:05:59	14	W35	80	15:19	16:52	17:07	16:39	
138	235	Schlinge Susanna	Team Erdinger Alkoholfrei	1:07:21	1:06:09	28	W45	71	15:11	16:40	17:08	17:08	
139	1503	Erdenberger Sandra		1:07:26	1:07:01	18	WHK		15:11	16:39	17:17	17:53	
140	1137	Fetten Judith		1:08:14	1:07:04	17	W50	68	15:28	17:03	17:21	17:10	
141	693	Thiemann Katja	Lauf-Freude	1:08:24	1:07:14	25	W40	77	13:52	17:17	17:48	18:15	
142	219	Schweitzer Anna	*Köln	1:08:28	1:07:09	19	W30	88	14:35	16:49	17:57	17:47	
143	286	Ilsemann Mareike	*Köln	1:08:34	1:07:47	26	W40	75	14:42	17:19	17:56	17:49	
144	426	Budde Johanna	*Düsseldorf	1:08:36	1:08:17	20	W30	85	16:48	17:16	17:41	16:30	
145	266	Helfer Angela	Marta-Hegemannschaft	1:09:33	1:08:38	29	W45	70	15:42	17:39	17:48	17:29	
146	321	Dunkel Janet	Marta-Hegemannschaft	1:09:33	1:08:38	27	W40	76	15:41	17:38	17:48	17:30	
146	1344	Himmen Esther		1:09:33	1:08:59	27	W40	76	15:48	17:28	17:55	17:46	
148	392	Walter Katharina	*Köln	1:09:35	1:09:35	10	W55	64	26:41	13:58	14:10	14:45	
149	790	Sommerfeld Elisabeth	TUS Brauweiler	1:09:42	1:08:32	4	W60	58	15:28	17:32	17:51	17:40	
150	184	Bergemann Andrea	Roads & Aces	1:09:50	1:08:52	29	W40	78	15:50	17:50	17:45	17:25	
151	616	Tylla Blümchen	*Hürth	1:10:42	1:09:44	30	W45	70	15:27	17:08	18:22	18:46	
152	268	Drees Sabine	*Köln	1:10:52	1:09:52	11	W55	64	15:24	17:14	17:52	19:21	
153	824	Theiner Antonia	*Stolberg	1:11:32	1:10:39	7	WU23	97	16:22	18:04	18:30	17:42	
154	928	Wolff Annette	*Köln	1:12:28	1:11:27	30	W40	75	16:21	18:25	18:37	18:02	
155	562	Barth Nina	*Köln	1:12:28	1:11:27	15	W35	82	16:21	18:25	18:37	18:02	
156	312	Burkart Jenny	Marta-Hegemannschaft	1:12:39	1:11:43	31	W45	73	16:16	18:07	18:46	18:32	
157	597	Baser Angela	HappyWalking	1:12:49	1:11:36	32	W45	72	16:10	18:10	18:33	18:42	
158	412	Wedekind Sandra	RunningTeamKiTaHüppekästch	1:13:02	1:12:19	31	W40	76	15:40	17:36	19:47	19:14	
159	410	Hoffmann Jana	Runningteam Kita	1:13:02	1:12:19	16	W35	82	15:40	17:37	19:48	19:14	
160	161	Zobel Justyna	*Köln	1:13:32	1:12:25	32	W40	78	18:05	17:38	18:28	18:13	
161	223	Neufang Christiane	Rochusfit	1:14:34	1:14:15	33	W45	70	17:26	19:18	19:16	18:14	
162	365	Roos Esther-Maria	*Köln	1:16:56	1:15:44	18	W50	69	17:23	19:25	19:51	19:04	
163	1383	Mihoub Atfa		1:17:17	1:16:09	33	W40	79	17:05	19:43	19:52	19:27	
164	7	Kowatsch Andrea	*Köln	1:18:30	1:17:20	34	W45	73	17:27	19:33	20:09	20:10	
165	238	Suchanka Kerstin	*Köln	1:19:57	1:18:44	17	W35	84	17:16	19:01	21:07	21:18	
166	1119	Maurer Britta	*Köln	1:21:24	1:20:17	34	W40	79	18:04	21:39	20:32	20:00	