

# Kölner Frühlingslauf am 17.03.2019

# 10km Funlauf

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1353	Kolz Nicolas	*Köln	0:41:02	1988 M30	1	0:41:08	12:54 * 13:35 * 14:32	4:06 min/km
2	1443	Yüksel Tarik	Hersel	0:43:14	1976 M40	1	0:43:20	13:29 * 14:35 * 15:09	4:19 min/km
3	951	Beilfuß Jan	Bayer AG	0:43:27	1998 MHK	1	0:43:50	14:24 * 14:16 * 14:46	4:21 min/km
4	1585	Herentrey Jörg		0:44:11	1969 M50	1	0:44:14	14:15 * 14:31 * 15:23	4:25 min/km
5	1181	Scholten Marco	SUS 1920 Kalkar	0:44:16	1976 M40	2	0:44:21	13:34 * 14:57 * 15:44	4:26 min/km
6	671	Ketelaer Thomas	*Köln	0:45:38	1985 M30	2	0:46:12	15:01 * 14:58 * 15:38	4:34 min/km
7	1109	Lehmann Daniel	LeseWelten	0:46:23	1989 M30	3	0:46:25	15:29 * 15:01 * 15:51	4:38 min/km
8	1424	Wingen Jannis	*Köln	0:46:29	2005 MU16	1	0:46:41	15:31 * 15:45 * 15:12	4:39 min/km
9	1287	Baldus Prof. Dr. Stephan	*Köln	0:46:31	1969 M50	2	0:47:23	16:18 * 14:57 * 15:15	4:39 min/km
10	582	Gemmer Lars	*Köln	0:46:36	1990 MHK	2	0:46:46	15:01 * 15:24 * 16:10	4:40 min/km
11	1087	Bongartz Peter	LeseWelten	0:46:42	1989 M30	4	0:46:47	15:08 * 15:23 * 16:11	4:40 min/km
12	1357	Lau Joshua	*Bonn	0:46:51	1998 MHK	3	0:47:15	15:22 * 15:23 * 16:05	4:41 min/km
13	793	Prassel Oliver	*Köln	0:47:00	1975 M40	3	0:47:11	15:28 * 15:24 * 16:07	4:42 min/km
14	1406	Stein Jona	*Köln	0:47:36	1979 M40	4	0:49:14	15:58 * 15:26 * 16:11	4:46 min/km
15	1303	Broenneke Frank	odk.koeln	0:47:50	1975 M40	5	0:48:15	15:46 * 15:41 * 16:22	4:47 min/km
16	780	Offermann Mirko	*Baesweiler	0:47:58	1994 MHK	4	0:48:46	15:28 * 15:42 * 16:47	4:48 min/km
17	566	Fouda Dominique	*Cologne	0:47:58	1971 M45	1	0:48:41	15:43 * 15:42 * 16:32	4:48 min/km
18	666	Karoui Anis	*Baesweiler	0:47:59	1977 M40	6	0:48:46	15:32 * 15:40 * 16:46	4:48 min/km
19	1091	Dietz Philipp	LeseWelten	0:48:06	1989 M30	5	0:48:09	15:41 * 15:45 * 16:39	4:49 min/km
20	1003	Haßler Christoph	FC Weidenhausen e.V.	0:48:10	1980 M35	1	0:48:29	15:17 * 16:02 * 16:50	4:49 min/km
21	1569	Küstlers Maximilian	Lucky Stars	0:48:12	1980 M35	2	0:48:33	16:27 * 16:50 * 14:54	4:49 min/km
22	1088	Buchhamer Viktor	LeseWelten	0:48:24	1989 M30	6	0:48:26	16:09 * 16:15 * 15:58	4:50 min/km
23	1143	Schwebig Rene	LV Mereto	0:48:25	1971 M45	2	0:48:38	15:44 * 15:52 * 16:47	4:51 min/km
24	1588	Kemper Holger	LT DSHS Köln	0:48:27	1974 M45	3	0:48:37	15:30 * 16:08 * 16:48	4:51 min/km
25	725	Lukoschek André	*Düsseldorf	0:48:28	1974 M45	4	0:48:37	15:30 * 16:08 * 16:48	4:51 min/km
26	753	Müller Marvin	*Köln	0:48:33	1985 M30	7	0:49:01	15:28 * 15:57 * 17:07	4:51 min/km
27	1404	Sorgen Harald	*Köln	0:48:36	1968 M50	3	0:48:56	15:16 * 16:27 * 16:52	4:52 min/km
28	1376	Peters Dr. Heiko	*Köln	0:48:54	1973 M45	5	0:49:03	15:47 * 16:04 * 17:02	4:53 min/km
29	1395	Schleyer Michael	*Altrich	0:48:54	1981 M35	3	0:49:05	15:50 * 16:08 * 16:55	4:53 min/km
30	691	Köster Klaus	*Waldbröl	0:48:55	1988 M30	8	0:49:15	16:05 * 16:20 * 16:29	4:54 min/km
31	1473	GEMPP Carsten	Marathon Mülheim	0:49:02	1968 M50	4	0:49:08	16:27 * 15:58 * 16:36	4:54 min/km
32	1529	Blaum Roland	Netcologne	0:49:10	1969 M50	5	0:50:39	16:22 * 16:10 * 16:36	4:55 min/km
33	1543	Barner Lovis	Maus	0:49:13	2005 MU16	2	0:49:36	17:32 * 15:29 * 16:11	4:55 min/km
34	734	Martin Sergio	*Mönchengladbach	0:49:18	1986 M30	9	0:49:56	16:01 * 16:11 * 17:04	4:56 min/km
35	816	Rosenthal Christian	*Köln	0:49:31	1980 M35	4	0:50:52	16:10 * 16:15 * 17:05	4:57 min/km
36	1561	Schacht Frederik		0:49:36	1988 M30	10	0:50:48	16:27 * 16:13 * 16:55	4:58 min/km
37	1056	Beindorf Daniel	Köln läuft!	0:49:53	1982 M35	5	0:50:09	15:53 * 16:30 * 17:30	4:59 min/km
38	1302	Bröcker Georg	*Köln	0:49:53	1968 M50	6	0:50:35	16:48 * 16:15 * 16:49	4:59 min/km
39	1010	Strunk Frank	Gesundlauf Vulkaneifel	0:49:54	1973 M45	6	0:50:18	16:09 * 16:38 * 17:07	4:59 min/km
40	522	Christoph Stefan	*Köln	0:49:58	1978 M40	7	0:50:24	16:23 * 16:36 * 16:58	4:60 min/km
41	728	Marhenke Dr. Tristan	*Köln	0:50:02	1984 M35	6	0:50:20	16:51 * 16:26 * 16:45	5:00 min/km
42	1067	Achten Bernhard	Kölner Narrenzunft	0:50:08	1959 M60	1	0:50:10	16:01 * 16:29 * 17:38	5:01 min/km
43	978	Loynes Marc-John	DB Fernverkehr AG	0:50:11	1970 M45	7	0:50:42	16:57 * 16:18 * 16:55	5:01 min/km
44	488	Bienentreu Ralf	*Köln	0:50:13	1967 M50	7	0:50:25	16:11 * 16:21 * 17:40	5:01 min/km
45	585	Gerhard Rolf	*Köln	0:50:17	1979 M40	8	0:51:06	16:46 * 16:39 * 16:52	5:02 min/km
46	939	Zotos Theodoros	*Bornheim	0:50:20	1977 M40	9	0:50:41	16:13 * 16:31 * 17:36	5:02 min/km
47	1570	Lammers Vincent	Lucky Stars	0:50:34	1981 M35	7	0:50:57	16:27 * 16:50 * 17:16	5:03 min/km
48	1571	Franz Jens-Uwe		0:50:41	1967 M50	8	0:51:09	16:48 * 16:34 * 17:18	5:04 min/km
49	1208	Heinz Jan Niklas	TV Kreuztal	0:50:44	1990 MHK	5	0:51:19	17:21 * 16:46 * 16:36	5:04 min/km
50	1207	Vogt Joey	TV Huchem-Stammeln	0:50:46	1994 MHK	6	0:51:06	16:00 * 17:10 * 17:35	5:05 min/km
51	1313	Faßbender Meik	*Bornheim	0:50:50	1978 M40	10	0:51:35	16:23 * 16:30 * 17:56	5:05 min/km
52	1009	Engels Uwe	Gesundlauf Vulkaneifel	0:50:52	1957 M60	2	0:51:15	16:09 * 16:49 * 17:53	5:05 min/km
53	750	Monshausen Fynn	*Köln	0:50:52	1989 M30	11	0:51:23	16:30 * 17:12 * 17:10	5:05 min/km
54	591	Gores Nicolai	*Köln	0:50:56	1982 M35	8	0:52:16	16:45 * 16:43 * 17:27	5:06 min/km
55	832	Schmeiser Simon	*Hürth	0:50:56	1982 M35	9	0:52:16	16:46 * 16:43 * 17:27	5:06 min/km
56	974	Schumann Stefan	BUTLERS	0:51:06	1964 M55	1	0:51:31	16:23 * 16:58 * 17:43	5:07 min/km
57	1349	Kerwien Raphael	*Sechtem	0:51:06	1982 M35	10	0:51:51	16:27 * 16:53 * 17:45	5:07 min/km

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58	1118	Prehm Timon	LeseWelten	0:51:13	1989 M30	12	0:51:18	17:28 *	16:37 *	17:07	5:07 min/km
59	1182	Van der Veen Dirk	TC Nievenheim	0:51:15	1976 M40	11	0:51:45	16:07 *	16:54 *	18:13	5:08 min/km
60	868	Sucker Frank	*Lohmar	0:51:23	1974 M45	8	0:51:31	16:45 *	16:58 *	17:39	5:08 min/km
61	757	Müller-Bellé Sebastian	*Köln	0:51:27	1982 M35	11	0:51:33	17:59 *	16:49 *	16:38	5:09 min/km
62	823	Sandner Thomas	*Köln	0:51:27	1990 MHK	7	0:51:57	16:54 *	16:50 *	17:43	5:09 min/km
63	1385	Rödding Constantin	*Köln	0:51:36	2006 MU14	1	0:51:44	16:31 *	18:10 *	16:54	5:10 min/km
64	596	Groß Laurenz	*Köln	0:51:39	2008 MU12	1	0:51:39	15:57 *	17:50 *	17:50	5:10 min/km
65	1132	Arat Mert	LöLing	0:51:42	1978 M40	12	0:52:05	17:34 *	16:46 *	17:22	5:10 min/km
66	1344	Honal Martin	*Köln	0:51:46	1976 M40	13	0:52:14	17:07 *	16:49 *	17:49	5:11 min/km
67	833	Schmitt Sebastian	*Köln	0:51:52	1987 M30	13	0:53:27	17:26 *	16:44 *	17:42	5:11 min/km
68	811	Roeb Klaus	*Köln	0:52:12	1975 M40	14	0:52:35	17:13 *	17:17 *	17:41	5:13 min/km
69	961	Hess Bernd	Born2Run	0:52:31	1951 M65	1	0:52:39	17:41 *	17:11 *	17:37	5:15 min/km
70	595	Groneck Dr. Volker	*Köln	0:52:31	1974 M45	9	0:52:41	17:24 *	17:26 *	17:40	5:15 min/km
71	953	Gencer Mücahit	Bayer AG	0:52:34	1997 MHK	8	0:52:56	17:26 *	17:25 *	17:42	5:15 min/km
72	1574	Schneider Helmut	Kölner Narren-Zunft	0:52:35	1966 M50	9	0:52:36	16:22 *	17:33 *	18:39	5:16 min/km
73	1365	Manuel Dronia	*Köln	0:52:36	1995 MHK	9	0:53:14	17:23 *	17:27 *	17:45	5:16 min/km
74	1371	Müller Jens	*Hürth	0:52:36	1979 M40	15	0:52:57	17:14 *	17:08 *	18:14	5:16 min/km
75	1065	Thelen Christian	Köln läuft!	0:52:41	1979 M40	16	0:53:34	17:32 *	17:27 *	17:40	5:16 min/km
76	1387	Romans-Petit Manfred	*Köln	0:52:44	1968 M50	10	0:53:07	17:10 *	17:29 *	18:04	5:16 min/km
77	504	Braun Peter	*Bonn	0:52:45	1966 M50	11	0:53:56	18:34 *	17:06 *	17:05	5:17 min/km
78	1402	Sebastian Johnen	*Köln	0:52:51	1993 MHK	10	0:53:28	17:23 *	17:27 *	17:59	5:17 min/km
79	1310	Dierks Dr. Michael	*Köln	0:52:54	1987 M30	14	0:53:31	18:10 *	17:32 *	17:11	5:17 min/km
80	493	Blancois Oliver	*Köln	0:52:57	1989 M30	15	0:53:48	17:21 *	16:59 *	18:37	5:18 min/km
81	1134	Küpper Bruno	LongBliBlu-Runners	0:52:58	1974 M45	10	0:53:37	17:03 *	17:22 *	18:32	5:18 min/km
82	1100	Hoppe Adrian	LeseWelten	0:53:03	1989 M30	16	0:53:05	16:22 *	17:44 *	18:55	5:18 min/km
83	505	Breitsohl Heiko	*Köln	0:53:05	1978 M40	17	0:53:59	17:32 *	17:28 *	18:04	5:19 min/km
84	1141	Keck Tobias	LV Mereto	0:53:06	1982 M35	12	0:53:18	16:46 *	17:47 *	18:32	5:19 min/km
85	948	Molitor Dr. Harald	ASV	0:53:10	1959 M60	3	0:53:17	19:19 *	16:27 *	17:23	5:19 min/km
86	1403	Soodt Thomas	*Köln	0:53:14	1980 M35	13	0:54:01	17:44 *	17:05 *	18:24	5:19 min/km
87	1210	Hoffsimmer Hubert	TV Rodenkirchen Triathlon	0:53:18	1964 M55	2	0:54:05	17:28 *	17:47 *	18:02	5:20 min/km
88	1180	Schlechtriem Andreas	SSV Griechenmarkt	0:53:24	1968 M50	12	0:53:58	17:31 *	17:57 *	17:55	5:20 min/km
89	1044	Schwieren Bill	KF Lebensstil	0:53:28	1993 MHK	11	0:53:33	16:39 *	17:32 *	19:16	5:21 min/km
90	516	Burow Ingo	*Pulheim	0:53:31	1969 M50	13	0:53:56	17:21 *	17:54 *	18:16	5:21 min/km
91	996	Thurwach Rüdiger	Elektro Thurwach GmbH	0:53:37	1957 M60	4	0:53:38	17:27 *	17:31 *	18:37	5:22 min/km
92	906	Waloschek Thorsten	*Pulheim	0:53:41	1970 M45	11	0:54:53	18:03 *	17:22 *	18:15	5:22 min/km
93	979	Nehrenst Patrick	DB Fernverkehr AG	0:53:44	1985 M30	17	0:55:22	18:22 *	17:24 *	17:57	5:22 min/km
94	981	Sauer Jens	DB Fernverkehr AG	0:53:45	1971 M45	12	0:55:22	18:23 *	17:24 *	17:57	5:23 min/km
95	980	Puccio Salvatore	DB Fernverkehr AG	0:53:45	1969 M50	14	0:55:22	18:24 *	17:24 *	17:57	5:23 min/km
96	1140	Olbert Marc	Lt. Hennef /Sieg	0:53:46	1961 M55	3	0:54:57	17:00 *	18:28 *	18:17	5:23 min/km
97	1327	Grzywotz Pascal	*Wuppertal	0:53:49	1987 M30	18	0:54:56	17:35 *	17:46 *	18:28	5:23 min/km
98	1409	Thomas Andre	*Köln	0:53:56	1985 M30	19	0:54:16	18:20 *	16:42 *	18:52	5:24 min/km
99	1320	Frossard David	*Köln	0:53:57	2007 MU14	2	0:54:01	16:12 *	18:10 *	19:34	5:24 min/km
100	1129	Windel Alexander	LeseWelten	0:53:57	1989 M30	20	0:54:02	18:43 *	17:48 *	17:25	5:24 min/km
101	1427	Hambloch Christoph	Albis Laufftreff	0:54:01	1964 M55	4	0:54:26	17:24 *	17:52 *	18:44	5:24 min/km
102	1587	Band Harald		0:54:05	1962 M55	5	0:54:57	18:17 *	17:29 *	18:18	5:25 min/km
103	1514	Codrean Ciprian		0:54:06	1986 M30	21	0:55:52	17:54 *	17:52 *	18:19	5:25 min/km
104	1027	Kräker Julius	HCA / KI 4b	0:54:11	2009 MU12	2	0:54:15	16:13 *	18:09 *	19:48	5:25 min/km
105	494	Böhler Kevin	*Olpe	0:54:16	1990 MHK	12	0:54:41	18:12 *	17:59 *	18:03	5:26 min/km
106	657	Jüsten Florian	*Köln	0:54:19	1980 M35	14	0:55:27	18:49 *	17:47 *	17:42	5:26 min/km
107	1078	Köpke Jan	Lauffreunde Lülsdorf	0:54:19	1967 M50	15	0:55:25	18:21 *	17:45 *	18:12	5:26 min/km
108	1280	Auf dem Graben Peter	*Köln	0:54:29	1965 M50	16	0:55:56	18:52 *	17:51 *	17:44	5:27 min/km
109	785	Pels Oliver	*Aachen	0:54:31	1975 M40	18	0:55:45	18:19 *	17:34 *	18:37	5:27 min/km
110	1130	Gatzke André	LeseWelten. Die	0:54:32	1989 M30	22	0:54:34	17:41 *	17:45 *	19:05	5:27 min/km
111	1125	Schultz Kolja	LeseWelten	0:54:32	1989 M30	23	0:54:34	17:41 *	17:44 *	19:06	5:27 min/km
112	1083	- Liesbert	LeseWelten	0:54:33	1989 M30	24	0:54:34	17:43 *	17:44 *	19:05	5:27 min/km
113	1186	Hancock Prof. Dr. D	Team Jolly Hard	0:54:33	1973 M45	13	0:56:14	19:56 *	17:04 *	17:32	5:27 min/km
114	788	Pfengle Mark	*Köln	0:54:43	1976 M40	19	0:56:20	18:19 *	17:53 *	18:30	5:28 min/km
115	523	Claßen Andreas Klaus	*Gey	0:54:47	1985 M30	25	0:55:04	18:55 *	17:15 *	18:36	5:29 min/km
116	878	Tolle Leif	*Köln	0:54:53	1975 M40	20	0:55:05	17:26 *	18:14 *	19:12	5:29 min/km
117	375	Könner Christoph	*Köln	0:55:00	1972 M45	14	0:55:20	17:07 *	18:32 *	19:20	5:30 min/km
118	531	Daun Michael	*Troisdorf	0:55:12	1969 M50	17	0:55:24	16:57 *	18:22 *	19:52	5:31 min/km

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119	1057	Birkenfeld Michael	Köln läuft!	0:55:15	1967 M50	18	0:56:09	19:15 *	18:08 *	17:50	5:32 min/km
120	1572	Krauss Georg	Team Luzie	0:55:18	1969 M50	19	0:57:15	18:56 *	17:47 *	18:34	5:32 min/km
121	1104	Kessel Philipp	LeseWelten	0:55:38	1989 M30	26	0:55:40	18:06 *	17:58 *	19:32	5:34 min/km
122	1196	Odenthal Bastian	Team SPECK&RUN	0:55:40	1984 M35	15	0:56:28	19:26 *	17:39 *	18:34	5:34 min/km
123	1215	Holstein Thomas	UPS	0:55:48	1961 M55	6	0:56:56	18:13 *	17:41 *	19:53	5:35 min/km
124	1144	Donimierski Michael	Mach3 Köln e.V.	0:55:48	1977 M40	21	0:56:01	17:59 *	18:26 *	19:23	5:35 min/km
125	1286	Baldus Ferdinand	*Köln	0:55:51	2005 MU16	3	0:56:47	18:46 *	17:29 *	19:35	5:35 min/km
126	1420	Wilhelm Christopher	*Koeln	0:55:51	2005 MU16	4	0:56:47	18:46 *	17:29 *	19:35	5:35 min/km
127	1309	Dia Simon	*Hürth	0:55:54	1983 M35	16	0:56:18	18:04 *	18:33 *	19:16	5:35 min/km
128	1575	Glossiotis Georgios		0:55:57	1984 M35	17	0:57:07	18:32 *	18:12 *	19:11	5:36 min/km
129	872	Thalmann Dietmar	*Bergheim	0:56:02	1954 M65	2	0:56:32	17:42 *	18:13 *	20:05	5:36 min/km
130	1007	Lauer Martin	FSV Köln	0:56:08	1988 M30	27	0:57:39	17:28 *	18:34 *	20:04	5:37 min/km
131	609	Hass Tim	*Köln	0:56:14	1991 MHK	13	0:57:05	18:25 *	18:32 *	19:17	5:37 min/km
132	1096	Graessner	LeseWelten	0:56:17	1989 M30	28	0:58:14	18:44 *	17:59 *	19:33	5:38 min/km
133	1405	Steil Wolfgang	*Köln	0:56:22	1950 M65	3	0:56:26	18:16 *	18:38 *	19:27	5:38 min/km
134	860	Stein Hans-Jörg	*Frechen	0:56:25	1952 M65	4	0:56:45	18:02 *	18:40 *	19:42	5:39 min/km
135	1131	Lobmeyr Andreas	Lobmeyrsc	0:56:26	1970 M45	15	0:56:52	18:36 *	18:22 *	19:27	5:39 min/km
136	1457	Erdenberger Thomas	Laufschabe&Friends	0:56:28	1979 M40	22	0:56:51	18:30 *	18:11 *	19:46	5:39 min/km
137	913	Weiß Micha	*Köln	0:56:29	1976 M40	23	0:56:39	17:38 *	18:40 *	20:11	5:39 min/km
138	1554	Kempe Florian		0:56:32	1978 M40	24	0:57:05	18:18 *	18:38 *	19:35	5:39 min/km
139	461	Adam Sebastian	*Köln	0:56:33	1986 M30	29	0:57:50	18:30 *	18:25 *	19:37	5:39 min/km
140	687	Kölling Romy	*Mönchengladbach	0:56:34	1982 M35	18	0:56:52	17:29 *	17:56 *	21:08	5:39 min/km
141	1062	Pahde Thomas	Köln läuft!	0:56:37	1971 M45	16	0:57:28	18:30 *	18:28 *	19:38	5:40 min/km
142	1037	Hartwig Franco	HHZGB	0:56:38	1983 M35	19	0:57:33	17:58 *	18:52 *	19:48	5:40 min/km
143	622	Hepperle Daniel	*Sankt Augustin	0:56:39	1987 M30	30	0:57:34	18:58 *	18:55 *	18:45	5:40 min/km
144	560	Faßbender Rudolf	*Köln	0:56:40	1960 M55	7	0:56:51	19:00 *	18:27 *	19:12	5:40 min/km
145	865	Ströbelt Reiner	*Köln	0:56:52	1962 M55	8	0:58:24	19:16 *	18:38 *	18:58	5:41 min/km
146	983	Kessler Thomas	DEG road runner	0:56:59	1955 M60	5	0:57:49	18:16 *	18:45 *	19:58	5:42 min/km
147	588	Gödde Rüdiger	*Köln	0:57:04	1969 M50	20	0:58:04	18:43 *	18:29 *	19:51	5:42 min/km
148	1510	Meckert Philipp	Express	0:57:07	1972 M45	17	0:58:12	19:26 *	19:03 *	18:38	5:43 min/km
149	802	Reho Antonio	*Frechen	0:57:09	1970 M45	18	0:57:54	18:46 *	18:22 *	20:00	5:43 min/km
150	496	Bolle Michael	*Krefeld	0:57:15	1975 M40	25	0:58:28	18:36 *	18:25 *	20:14	5:44 min/km
151	1193	Stolz Nico	Team Maus	0:57:20	1979 M40	26	0:58:00	20:16 *	17:49 *	19:15	5:44 min/km
152	659	Junggeburth Christoph	*Kerpen	0:57:21	1981 M35	20	0:57:59	18:35 *	19:05 *	19:41	5:44 min/km
153	834	Schmitz Dr. Dennis	*Frechen	0:57:26	1979 M40	27	0:58:44	20:50 *	19:47 *	16:48	5:45 min/km
154	1486	Lehnigk Matthias	SCREENWORKS TV	0:57:34	1963 M55	9	0:59:32	19:34 *	19:00 *	18:59	5:45 min/km
155	1545	Lampe Cornel	Maus	0:57:36	2008 MU12	3	0:57:58	19:04 *	18:52 *	19:39	5:46 min/km
156	1022	Schondorff Antonius	HCA / Kl 3b	0:57:36	2010 MU10	1	0:57:53	17:43 *	19:02 *	20:50	5:46 min/km
157	1191	Lampe Sander	Team Maus	0:57:37	2011 MU10	2	0:58:00	19:06 *	19:15 *	19:15	5:46 min/km
158	1295	Berglar Martin	*Köln	0:57:39	1981 M35	21	0:58:38	19:38 *	18:53 *	19:06	5:46 min/km
159	963	Josten Wilhelm	BULTERS	0:57:41	1965 M50	21	0:58:08	19:19 *	18:57 *	19:24	5:46 min/km
160	1155	Vaculik Dennis	Outdoor Gym	0:57:42	1989 M30	31	0:58:46	21:05 *	19:30 *	17:06	5:46 min/km
161	1113	Muders Levin	LeseWelten	0:57:45	1989 M30	32	0:57:48	19:52 *	18:53 *	18:58	5:47 min/km
162	905	Wallocha Jürgen	*Köln	0:58:07	1969 M50	22	0:59:20	19:21 *	18:56 *	19:49	5:49 min/km
163	1218	Omar Sabry	UPS	0:58:17	1976 M40	28	0:59:24	19:16 *	19:41 *	19:19	5:50 min/km
164	1216	Kristensen Jacob	UPS	0:58:18	1977 M40	29	0:59:33	20:06 *	18:42 *	19:29	5:50 min/km
165	673	Kieback Martin	*Köln	0:58:19	1978 M40	30	0:59:46	20:06 *	19:10 *	19:02	5:50 min/km
166	1103	Kania Stephan	LeseWelten	0:58:22	1989 M30	33	0:58:23	17:58 *	19:04 *	21:19	5:50 min/km
167	1119	Samarai Mustafa	LeseWelten	0:58:22	1989 M30	34	0:58:24	17:57 *	19:05 *	21:19	5:50 min/km
168	1407	Szyslo Wito	*Köln	0:58:22	1973 M45	19	0:58:22	20:08 *	18:52 *	19:21	5:50 min/km
169	1279	Asseburg Tim	*Köln	0:58:24	1980 M35	22	0:59:22	19:40 *	18:53 *	19:50	5:50 min/km
170	594	Groneck Dr. Peter	*Köln	0:58:25	1949 M70	1	0:58:35	19:13 *	19:06 *	20:06	5:51 min/km
171	828	Scheicht Dr. Dennis	*Köln	0:58:27	1983 M35	23	0:58:33	18:47 *	19:40 *	19:59	5:51 min/km
172	1167	Bootz Andreas	runner boys	0:58:29	1958 M60	6	0:58:51	18:38 *	19:02 *	20:49	5:51 min/km
173	1069	Becker Dario	Krümelmonster AG	0:58:39	1991 MHK	14	0:59:12	20:14 *	19:11 *	19:13	5:52 min/km
174	1072	Theml Alexander	Krümelmonster AG	0:58:39	1985 M30	35	0:59:12	20:14 *	19:11 *	19:13	5:52 min/km
175	1093	Freundt Bastian	LeseWelten	0:59:03	1989 M30	36	0:59:05	19:53 *	20:17 *	18:52	5:54 min/km
176	1112	Muders Eric	LeseWelten	0:59:03	1989 M30	37	0:59:09	19:51 *	19:22 *	19:50	5:54 min/km
177	797	Putzier Jens	*Leichlingen	0:59:09	1964 M55	10	1:00:02	20:56 *	19:25 *	18:47	5:55 min/km
178	993	Stertenbrink Martin	Dreamteam	0:59:12	1980 M35	24	1:00:20	21:03 *	19:29 *	18:39	5:55 min/km
179	1355	Kronsbein Günter	*Köln	0:59:12	1965 M50	23	1:00:00	19:37 *	19:44 *	19:50	5:55 min/km

## Ergebnisliste Männer

180	1423	Wilkening Rubik	*Köln	0:59:15	1975 M40	31	0:59:50	18:42 *	19:28 *	21:04	5:56 min/km
181	680	Klinck Harry	*Köln	0:59:16	1952 M65	5	1:00:44	20:36 *	19:19 *	19:20	5:56 min/km
182	804	Reimer Alfred	*Köln	0:59:21	1961 M55	11	1:00:44	20:38 *	19:31 *	19:11	5:56 min/km
183	664	Kallrath Andreas	*Köln	0:59:21	1962 M55	12	1:00:44	20:38 *	19:31 *	19:11	5:56 min/km
184	1390	Rubino Leonardo	*Frecgen	0:59:24	1970 M45	20	1:00:08	19:48 *	19:39 *	19:56	5:56 min/km
185	1434	Stürmer Wolfgang	Feuerwehr Ertstadt	0:59:29	1980 M35	25	1:00:25	20:04 *	19:26 *	19:58	5:57 min/km
186	467	Altmann Stefan	*Köln	0:59:37	1974 M45	21	1:00:37	19:46 *	19:45 *	20:05	5:58 min/km
187	1483	Wurda Werner	SC Fortuna Köln	0:59:39	1960 M55	13	1:01:39	20:06 *	19:33 *	19:59	5:58 min/km
188	862	Stetzkowski Michael	*Köln	0:59:52	1972 M45	22	1:00:02	19:02 *	19:58 *	20:51	5:59 min/km
189	1147	Schreier Dirk	Me, Myself and I	0:59:52	1970 M45	23	1:00:36	19:38 *	19:44 *	20:29	5:59 min/km
190	1447	Carthaus Helmut	Krüger Group	1:00:08	1967 M50	24	1:01:43	20:41 *	19:22 *	20:04	6:01 min/km
191	1522	Birk Volker		1:00:15	1949 M70	2	1:02:10	21:04 *	20:38 *	18:32	6:02 min/km
192	1513	Popa Alexandru		1:00:22	1986 M30	38	1:02:09	19:28 *	20:16 *	20:36	6:02 min/km
193	914	Wendt Matthias	*Köln	1:00:38	1977 M40	32	1:01:10	19:18 *	19:53 *	21:27	6:04 min/km
194	601	Habicht Willy	*Köln	1:00:45	1982 M35	26	1:02:03	20:50 *	19:47 *	20:07	6:05 min/km
195	1325	Gottfried Sergius	*Köln	1:00:45	1987 M30	39	1:02:23	21:55 *	21:20 *	17:29	6:05 min/km
196	656	Jovanovic Dirk	*Köln	1:01:24	1977 M40	33	1:03:14	25:12 *	17:54 *	18:16	6:08 min/km
197	918	Wiegel Joachim	*Köln	1:01:25	1974 M45	24	1:02:42	21:09 *	20:17 *	19:58	6:09 min/km
198	545	Dokic Dejan	*Köln	1:01:37	2007 MU14	3	1:02:49	21:39 *	20:02 *	19:55	6:10 min/km
199	1035	Schäfer Frederic	HCA / Kl. 4b	1:01:39	2009 MU12	4	1:01:40	19:37 *	20:31 *	21:31	6:10 min/km
200	1336	Hassenrück Floyd	*Hürth	1:02:04	1991 MHK	15	1:03:49	19:40 *	20:30 *	21:53	6:12 min/km
201	1168	Bootz Thomas	runner boys	1:02:10	1955 M60	7	1:02:31	19:51 *	20:47 *	21:32	6:13 min/km
202	720	Lorenz Jan	*Troisdorf	1:02:30	1977 M40	34	1:03:33	22:26 *	19:59 *	20:03	6:15 min/km
203	1006	Sehl Juergen	five2rats	1:02:49	1968 M50	25	1:03:31	20:03 *	20:19 *	22:27	6:17 min/km
204	547	Dornauf Mario	*Bornheim	1:03:04	1971 M45	25	1:03:58	19:31 *	19:49 *	23:43	6:18 min/km
205	929	Wülker Michael	*Roetgen	1:03:06	1964 M55	14	1:03:53	20:37 *	20:32 *	21:55	6:19 min/km
206	1464	Kaßner Nils	LT DSHS Köln	1:03:36	2009 MU12	5	1:03:37	19:34 *	21:09 *	22:52	6:22 min/km
207	1000	Getzen Ralf	EUREGIO in Bewegung	1:03:46	1972 M45	26	1:05:14	20:53 *	20:35 *	22:18	6:23 min/km
208	655	Johst Joshua	*Köln	1:03:53	2008 MU12	6	1:04:54	22:29 *	22:51 *	18:32	6:23 min/km
209	916	Werwie Reiner	*Köln	1:03:57	1964 M55	15	1:05:22	22:26 *	20:43 *	20:46	6:24 min/km
210	1397	Schloemer Randolf	*Köln	1:04:30	1971 M45	27	1:05:25	21:44 *	20:59 *	21:45	6:27 min/km
211	544	Dokic Budimir	*Köln	1:04:37	1975 M40	35	1:05:49	21:40 *	21:46 *	21:10	6:28 min/km
212	789	Platz Bernd	*Neukirchen Seelscheid	1:04:46	1956 M60	8	1:04:58	20:10 *	20:49 *	23:45	6:29 min/km
213	1410	Thomas Marcel	*Köln	1:04:49	1993 MHK	16	1:05:11	22:30 *	20:24 *	21:54	6:29 min/km
214	756	Müller Yannik	*Essen	1:04:51	1992 MHK	17	1:06:08	21:07 *	21:02 *	22:41	6:29 min/km
215	537	Deiters Steffen	*Köln	1:05:12	1983 M35	27	1:06:08	22:19 *	21:07 *	21:45	6:31 min/km
216	1178	Sommer Thomas	Sommerläufer	1:05:23	1987 M30	40	1:07:04	21:57 *	21:19 *	22:05	6:32 min/km
217	1288	Barjakli Ahmed	*Düsseldorf	1:05:24	1987 M30	41	1:06:05	21:53 *	21:37 *	21:53	6:32 min/km
218	620	Henze Anno	*Köln	1:05:35	1996 MHK	18	1:06:09	21:54 *	21:51 *	21:49	6:34 min/km
219	846	Schwabe Michael	*Dormagen	1:05:51	1969 M50	26	1:07:04	21:17 *	21:09 *	23:24	6:35 min/km
220	1015	Breloer Noah	HCA / Kl 2a	1:05:53	2010 MU10	3	1:07:47	23:36 *	22:11 *	20:05	6:35 min/km
221	1074	Werner Kurt	Laufanfänger RvdC	1:06:03	1963 M55	16	1:07:16	21:23 *	21:57 *	22:43	6:36 min/km
222	885	Van de Weyer Alexander	*Hürth	1:06:10	1968 M50	27	1:07:50	22:32 *	21:47 *	21:49	6:37 min/km
223	478	Baum Jakob	*Köln	1:06:12	1960 M55	17	1:06:15	20:39 *	22:00 *	23:31	6:37 min/km
224	966	Dzankic Danijel	BUTLERS	1:06:16	1984 M35	28	1:06:45	21:38 *	22:25 *	22:12	6:38 min/km
225	977	Lode Hans	DB Fernverkehr AG	1:06:24	1993 MHK	19	1:08:01	21:28 *	22:14 *	22:41	6:38 min/km
226	944	Reppmann Reinhard	Aktion Canchanabury MT	1:06:31	1955 M60	9	1:08:05	20:58 *	21:16 *	24:15	6:39 min/km
227	1431	Rodtko Peter	ASV-Köln	1:06:48	1947 M70	3	1:07:38	22:12 *	21:52 *	22:42	6:41 min/km
228	1592	Schott Mike	NetCologne	1:06:54	1977 M40	36	1:07:40	20:32 *	21:41 *	24:39	6:41 min/km
229	637	Hülskamp Jens	*Köln	1:06:57	1973 M45	28	1:08:03	21:23 *	21:27 *	24:07	6:42 min/km
230	1348	Kaufmann Axel	*Leverkusen	1:07:01	1967 M50	28	1:08:41	21:12 *	21:26 *	24:21	6:42 min/km
231	1384	Robert Kremer	*Koeln	1:07:38	1964 M55	18	1:08:33	20:52 *	21:55 *	24:50	6:46 min/km
232	1122	Schlieper Peter	LeseWelten	1:07:48	1945 M70	4	1:07:52	21:04 *	22:46 *	23:57	6:47 min/km
233	1016	Thelen Joshua	HCA / Kl 2a	1:07:49	2011 MU10	4	1:09:43	23:35 *	22:11 *	22:01	6:47 min/km
234	645	Jacob Yuval	*Köln	1:08:52	1991 MHK	20	1:09:35	22:17 *	23:34 *	22:59	6:53 min/km
235	842	Schütt Sven	*Köln	1:08:55	1983 M35	29	1:09:29	21:20 *	22:47 *	24:47	6:54 min/km
236	556	Ebert Sven	*Köln	1:09:08	1981 M35	30	1:10:31	22:14 *	22:31 *	24:23	6:55 min/km
237	569	Frank Tobias	*Köln	1:09:18	1986 M30	42	1:10:53	22:30 *	22:11 *	24:36	6:56 min/km
238	1583	Hochkrichen Frank		1:09:24	1967 M50	29	1:10:33	21:52 *	22:30 *	25:00	6:56 min/km
239	1346	Jantzen Frank	*Köln	1:09:26	1976 M40	37	1:10:09	22:29 *	23:27 *	23:30	6:57 min/km
240	484	Berf Wilfried	*Köln	1:10:45	1959 M60	10	1:12:18	23:38 *	22:59 *	24:06	7:05 min/km

## Ergebnisliste Männer

241	1121	Schemkes Frank	LeseWelten	1:10:55	1989 M30	43	1:11:00	22:42 *	23:25 *	24:47	7:06 min/km
242	646	Jacob Dr. Zohar	*Frankfurt/Main	1:12:10	1958 M60	11	1:12:51	22:19 *	23:35 *	26:15	7:13 min/km
243	1004	Hützen Maxim	Feuerwehr Sportverein	1:12:32	1998 MHK	21	1:14:04	19:45 *	25:11 *	27:36	7:15 min/km
244	1413	Unger Marius	*Köln	1:13:47	1994 MHK	22	1:14:57	24:53 *	25:07 *	23:45	7:23 min/km
245	915	Werner Robert	*Köln	1:15:02	1970 M45	29	1:16:31	32:01 *	20:53 *	22:07	7:30 min/km
246	1422	Wilhelm Martin	*Koeln	1:15:34	1959 M60	12	1:16:30	21:14 *	24:46 *	29:33	7:33 min/km
247	1123	Schöffmann Dieter	LeseWelten	1:16:45	1953 M65	6	1:16:48	24:26 *	25:32 *	26:46	7:41 min/km
248	760	Mutmann Lars	*Köln	1:17:14	1976 M40	38	1:18:31	24:44 *	25:33 *	26:56	7:43 min/km
249	739	Mencnarowski Thomas	*Alfter	1:17:15	1974 M45	30	1:18:30	24:46 *	25:34 *	26:54	7:44 min/km
250	851	Seppelt Andre	*Bonn	1:17:20	1965 M50	30	1:17:48	23:46 *	26:04 *	27:29	7:44 min/km
251	1203	Kamp Marcel	TUS Mutti + Sohnemann	1:17:36	1985 M30	44	1:19:28	30:16 *	32:36 *	14:43	7:46 min/km
252	1566	Öffner Thomas	LeseWelten	1:21:37	1987 M30	45	1:22:20	25:36 *	27:14 *	28:46	8:10 min/km
253	709	Lambert Lutz	*Karlstr.45	1:28:02	1981 M35	31	1:29:03	28:40 *	28:45 *	30:36	8:48 min/km

# Kölner Frühlingslauf am 17.03.2019

# 10km Funlauf

## Ergebnisliste Frauen

Seite 6

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1110	Lerche Sabine	LeseWelten	0:43:24	1989 W30	1	0:43:25	13:54 * 14:22 * 15:06	4:20 min/km
2	968	Ganßmann Julia	BUTLERS	0:44:22	1982 W35	1	0:44:25	14:17 * 14:45 * 15:19	4:26 min/km
3	1117	Prehm Stefanie	LeseWelten	0:44:29	1989 W30	2	0:44:30	14:42 * 14:28 * 15:18	4:27 min/km
4	1047	Dibbert Lydia	KHTC Blau-Weiss	0:46:10	1994 WHK	1	0:46:46	15:10 * 15:24 * 15:36	4:37 min/km
5	539	Deyemanns Tara	*Köln	0:47:52	1992 WHK	2	0:48:46	17:32 * 15:23 * 14:56	4:47 min/km
6	1204	Dwars-Friedrich Kerstin	TV 1906 Hülsenbusch	0:47:54	1972 W45	1	0:48:06	15:19 * 15:48 * 16:46	4:47 min/km
7	535	Dehner Ina-Maria	*Köln	0:48:10	1989 W30	3	0:48:15	15:41 * 15:52 * 16:36	4:49 min/km
8	1389	Roskamp Lia	*Köln	0:48:18	1996 WHK	3	0:48:34	15:40 * 16:04 * 16:34	4:50 min/km
9	515	Buraw Denise	*Frechen	0:48:28	1986 W30	4	0:48:51	16:19 * 15:52 * 16:16	4:51 min/km
10	1090	Cauvin Morgane	LeseWelten	0:48:45	1989 W30	5	0:48:47	15:42 * 16:10 * 16:52	4:53 min/km
11	959	Fiekers Nina	Bilingo Grundschule	0:49:33	1991 WHK	4	0:50:15	17:15 * 16:39 * 15:39	4:57 min/km
12	1055	Werner-Schwittey Denise	KHTC Blau-Weiss	0:49:40	1991 WHK	5	0:50:18	16:53 * 16:19 * 16:27	4:58 min/km
13	1050	Lehmann Eva	KHTC Blau-Weiss	0:49:42	1991 WHK	6	0:50:19	16:54 * 16:20 * 16:28	4:58 min/km
14	1393	Schaaf Simone	odk.koeln	0:50:00	1968 W50	1	0:50:24	16:06 * 16:20 * 17:33	5:00 min/km
15	1237	Möller Karin	*Köln	0:50:33	1978 W40	1	0:50:41	16:16 * 16:42 * 17:34	5:03 min/km
16	1162	Holbein Petra	Pulheimer SC	0:50:42	1964 W55	1	0:50:58	16:35 * 16:42 * 17:24	5:04 min/km
17	717	Lennartz Stefanie	*Sankt Augustin	0:50:42	1985 W30	6	0:50:56	16:42 * 16:43 * 17:17	5:04 min/km
18	580	Geiss Daniela	*Köln	0:50:59	1988 W30	7	0:51:17	16:50 * 16:25 * 17:42	5:06 min/km
19	960	Gumnior Annika	Bilingo Grundschule	0:51:04	1991 WHK	7	0:51:45	17:15 * 16:39 * 17:09	5:06 min/km
20	532	Daun Sabina	*Troisdorf	0:51:05	1970 W45	2	0:51:16	16:10 * 16:57 * 17:57	5:07 min/km
21	1414	Weber Michaela	*Köln	0:51:08	1990 WHK	8	0:51:14	16:35 * 16:52 * 17:39	5:07 min/km
22	1054	Werker Lynn	KHTC Blau-Weiss	0:51:15	1997 WHK	9	0:51:53	16:56 * 16:37 * 17:41	5:08 min/km
23	1048	Fischer Svea	KHTC Blau-Weiss	0:51:43	1996 WHK	10	0:52:21	16:53 * 17:01 * 17:47	5:10 min/km
24	830	Schilling Anke	*Köln	0:51:45	1985 W30	8	0:52:18	16:26 * 17:13 * 18:05	5:11 min/km
25	1163	Will Anne	Pulheimer SC	0:52:00	1981 W35	2	0:52:16	16:50 * 17:10 * 17:59	5:12 min/km
26	1481	Goebels Sinone	Roadrunner	0:52:09	1971 W45	3	0:52:17	17:22 * 17:24 * 17:22	5:13 min/km
27	653	Jeuter Natascha	*Wuppertal	0:52:28	1993 WHK	11	0:52:46	17:12 * 17:00 * 18:15	5:15 min/km
28	568	Frangen Anna	*Köln	0:52:28	1995 WHK	12	0:52:46	17:13 * 17:00 * 18:15	5:15 min/km
29	1128	Su Li	LeseWelten	0:52:30	1989 W30	9	0:52:35	16:24 * 17:37 * 18:28	5:15 min/km
30	1541	Ferrauti Silke	BTV Brühl	0:52:41	1967 W50	2	0:53:47	16:48 * 17:15 * 18:37	5:16 min/km
31	1161	Pauwels Petra	pro medik	0:52:42	1970 W45	4	0:52:53	17:02 * 17:19 * 18:20	5:16 min/km
32	858	Sprenger Dr. Amber	*Koeln	0:52:42	1979 W40	2	0:54:01	16:39 * 17:40 * 18:22	5:16 min/km
33	1001	Jahn-Gatzen Judith	EUREGIO in Bewegung	0:52:53	1976 W40	3	0:54:21	17:47 * 17:16 * 17:50	5:17 min/km
34	783	Pantlowsky Judith	*Köln	0:52:59	1990 WHK	13	0:53:08	16:50 * 17:13 * 18:54	5:18 min/km
35	1411	Todaro Julia	*Köln	0:53:00	1985 W30	10	0:53:09	16:50 * 17:12 * 18:57	5:18 min/km
36	1053	Neumeier Lea	KHTC Blau-Weiss	0:53:02	1999 WHK	14	0:53:40	17:38 * 17:29 * 17:54	5:18 min/km
37	754	Müller Melina	*Leverkusen	0:53:04	1991 WHK	15	0:53:42	18:00 * 17:03 * 18:00	5:18 min/km
38	1058	Breitsohl Ute	Köln läuft!	0:53:05	1982 W35	3	0:53:59	17:33 * 17:28 * 18:04	5:19 min/km
39	1347	Jülich Susanne	*KÖln	0:53:10	1968 W50	3	0:53:40	17:34 * 17:22 * 18:13	5:19 min/km
40	1308	Deifuss Dörthe	*Köln	0:53:10	1969 W50	4	0:53:40	17:34 * 17:22 * 18:13	5:19 min/km
41	1231	Kruchen Antonia	*Köln	0:53:12	2001 WU20	1	0:55:00	19:59 * 16:35 * 16:37	5:19 min/km
42	847	Schwarz Manuela	*Mannheim	0:53:30	1983 W35	4	0:55:09	17:25 * 17:39 * 18:25	5:21 min/km
43	1436	Janssen Sylvia	Fortuna Düsseldorf	0:53:43	1969 W50	5	0:54:10	17:06 * 17:46 * 18:51	5:22 min/km
44	856	Spiske Saskia	*Köln	0:53:46	1990 WHK	16	0:54:58	18:11 * 17:24 * 18:10	5:23 min/km
45	565	Förster Fleur	*Köln	0:53:46	1987 W30	11	0:54:58	18:11 * 17:24 * 18:10	5:23 min/km
46	1544	Petry Dina	Maus	0:53:59	1974 W45	5	0:54:22	17:47 * 17:40 * 18:31	5:24 min/km
47	1428	Schmeinc Prof. Dr.	Albis Laufftreff	0:54:01	1972 W45	6	0:54:26	17:24 * 17:52 * 18:44	5:24 min/km
48	1045	Anders Jennifer	KHTC Blau-Weiss	0:54:02	1990 WHK	17	0:54:41	17:25 * 17:51 * 18:45	5:24 min/km
49	495	Böhler Sarah	*Münster	0:54:16	1994 WHK	18	0:54:41	18:12 * 17:59 * 18:03	5:26 min/km
50	574	Fricke Madeleine	*Köln	0:54:23	1988 W30	12	0:55:28	19:33 * 17:33 * 17:16	5:26 min/km
51	1590	Karrenbauer Katrin	Erdinger Alkoholfrei	0:54:24	1987 W30	13	0:54:35	17:36 * 17:52 * 18:56	5:26 min/km
52	469	Apel Melanie	*Merzkirchen	0:54:33	1984 W35	5	0:54:39	16:53 * 18:18 * 19:21	5:27 min/km
53	550	Drescher Damaris	*Köln	0:54:42	1989 W30	14	0:55:28	17:51 * 17:48 * 19:01	5:28 min/km
54	1046	Bremer Katrin	KHTC Blau-Weiss	0:54:42	1991 WHK	19	0:55:21	17:25 * 17:57 * 19:18	5:28 min/km
55	1358	Laub Maria	*Frechen	0:54:45	1992 WHK	20	0:55:50	19:34 * 17:33 * 17:37	5:29 min/km
56	518	Carreira Liliana	*köln	0:54:47	1985 W30	15	0:55:54	17:56 * 18:00 * 18:50	5:29 min/km
57	1211	Thoridt Kirsten	TV Rodenkirchen Triathlon	0:54:50	1969 W50	6	0:55:37	18:16 * 18:04 * 18:30	5:29 min/km

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58	895	Von der Heyden Anne	*Köln	0:54:53	1975 W40	4	0:55:05	17:26 *	18:14 *	19:12	5:29 min/km
59	1386	Röding Uli	*Köln	0:54:55	1988 W30	16	0:55:11	17:45 *	17:55 *	19:14	5:30 min/km
60	1377	Pezzolla Gianna	*Köln	0:54:55	1988 W30	17	0:55:11	17:46 *	17:55 *	19:13	5:30 min/km
61	633	Hoffmann Marlies	*Köln	0:54:57	1979 W40	5	0:55:06	18:35 *	18:12 *	18:09	5:30 min/km
62	909	Weber Dr. Andrea	*KÖLN	0:55:06	1968 W50	7	0:56:12	18:38 *	18:04 *	18:23	5:31 min/km
63	1383	Rayle Tanja	odk.koeln	0:55:11	1970 W45	7	0:55:36	17:55 *	18:00 *	19:15	5:31 min/km
64	892	Vidal Pariente Laura	*Mönchengladbach	0:55:11	1989 W30	18	0:55:50	18:11 *	17:53 *	19:06	5:31 min/km
65	743	Metzler Lena	*Köln	0:55:19	1988 W30	19	0:56:03	17:57 *	17:54 *	19:27	5:32 min/km
66	1063	Pinell Nicole	Köln läuft!	0:55:20	1982 W35	6	0:56:14	19:15 *	18:09 *	17:55	5:32 min/km
67	1142	Rech Melanie	LV Mereto	0:55:23	1982 W35	7	0:55:34	17:18 *	18:29 *	19:35	5:32 min/km
68	668	Keller Sabine	*Köln	0:55:28	1981 W35	8	0:56:36	18:49 *	17:47 *	18:50	5:33 min/km
69	578	Fust-Lindner Sabine	*Köln	0:55:34	1966 W50	8	0:55:40	17:34 *	18:04 *	19:54	5:33 min/km
70	1052	Meyer Franziska	KHTC Blau-Weiss	0:55:40	2001 WU20	2	0:56:19	17:44 *	18:15 *	19:40	5:34 min/km
71	848	Schweitzer Dr. Finja	*Köln	0:55:44	1983 W35	9	0:56:36	19:23 *	17:39 *	18:42	5:34 min/km
72	1051	Madaus Victoria	KHTC Blau-Weiss	0:55:50	1996 WHK	21	0:56:27	17:54 *	18:38 *	19:17	5:35 min/km
73	982	Herling Jelena	Decathlon Köln	0:55:50	1993 WHK	22	0:56:21	18:07 *	18:19 *	19:24	5:35 min/km
74	873	Thalman Sabrina	*Köln	0:56:02	1988 W30	20	0:56:31	17:42 *	18:13 *	20:06	5:36 min/km
75	1322	Gerich Cordula	*Köln	0:56:07	1972 W45	8	0:57:20	18:36 *	18:21 *	19:09	5:37 min/km
76	1197	Steffens Dominike	Team SPECK&RUN	0:56:12	1988 W30	21	0:57:00	19:26 *	17:41 *	19:03	5:37 min/km
77	492	Blancbois Eva	*Köln	0:56:14	1993 WHK	23	0:57:05	18:24 *	18:32 *	19:17	5:37 min/km
78	1381	Quirbach Tamara	*Köln	0:56:38	1990 WHK	24	0:58:21	18:41 *	18:42 *	19:14	5:40 min/km
79	679	Kleinert Kristin	*Köln	0:56:39	1991 WHK	25	0:58:09	17:57 *	18:44 *	19:57	5:40 min/km
80	907	Walter Katharina	*Köln	0:56:46	1964 W55	2	0:57:46	17:51 *	18:47 *	20:07	5:41 min/km
81	1391	Rupprecht Theresia	*Köln	0:56:48	1982 W35	10	0:58:07	18:47 *	18:24 *	19:36	5:41 min/km
82	941	Flieger Sabrina	AachenMünchener	0:57:03	1978 W40	6	0:57:30	18:30 *	18:47 *	19:45	5:42 min/km
83	1194	Antosik Monika	Team SPECK&RUN	0:57:05	1988 W30	22	0:57:54	19:32 *	18:30 *	19:02	5:43 min/km
84	973	Schubert Susanne	BUTLERS	0:57:07	1989 W30	23	0:57:32	18:11 *	19:02 *	19:52	5:43 min/km
85	1049	Horn Frederieke	KHTC Blau-Weiss	0:57:14	1985 W30	24	0:57:52	18:13 *	18:38 *	20:22	5:43 min/km
86	1222	Strohe Christine	VINCEROLA	0:57:17	1979 W40	7	0:57:45	18:01 *	19:41 *	19:33	5:44 min/km
87	762	Naumann Isabelle	*Merzenich	0:57:23	1983 W35	11	0:58:37	18:59 *	18:56 *	19:27	5:44 min/km
88	1338	Heller Elke	*Frechen	0:57:24	1967 W50	9	0:57:50	18:15 *	19:07 *	20:01	5:44 min/km
89	674	Kirberg Susanne	*Köln	0:57:36	1987 W30	25	0:58:01	18:18 *	18:55 *	20:22	5:46 min/km
90	1190	Lampe Katja	Team Maus	0:57:44	1976 W40	8	0:58:08	19:26 *	19:18 *	18:59	5:46 min/km
91	499	Bootz Lara	*Köln	0:57:47	1991 WHK	26	0:58:10	19:16 *	18:50 *	19:40	5:47 min/km
92	881	Uerlings-Bamberger	*Stolberg	0:57:52	1974 W45	9	0:59:17	18:50 *	18:58 *	20:03	5:47 min/km
93	1340	Henk Elisabeth	*Bonn	0:57:53	1987 W30	26	0:59:12	18:43 *	19:05 *	20:05	5:47 min/km
94	1081	Heinen Susanne	LC Weilerswist	0:58:11	1971 W45	10	0:59:24	19:10 *	19:41 *	19:19	5:49 min/km
95	512	Brozovi Julijana	*Leichlingen	0:58:18	1986 W30	27	0:59:13	19:12 *	19:01 *	20:04	5:50 min/km
96	1076	Jäger Anja	Laufclub Weilerswist	0:58:19	1968 W50	10	0:59:33	20:06 *	18:42 *	19:29	5:50 min/km
97	752	Müller Christin	*Köln	0:58:19	1988 W30	28	0:58:26	18:32 *	19:31 *	20:15	5:50 min/km
98	869	Sugland Tina	*Dortmund	0:58:27	1982 W35	12	0:59:24	19:43 *	19:11 *	19:32	5:51 min/km
99	716	Lemanzyc Cornelia	*Nümbrecht	0:58:37	1966 W50	11	0:58:45	18:59 *	19:17 *	20:20	5:52 min/km
100	561	Feldhaus Doris	*Köln	0:58:40	1948 W70	1	0:59:02	19:01 *	19:22 *	20:15	5:52 min/km
101	1071	Horn Franziska	Krümelmonster AG	0:58:42	1986 W30	29	0:59:15	20:14 *	19:10 *	19:16	5:52 min/km
102	927	Wölfel Friederike	*Köln	0:58:45	1984 W35	13	0:59:01	20:08 *	19:39 *	18:57	5:53 min/km
103	1171	Friehl Daniela	SG Ertstadt Hockey	0:58:47	1979 W40	9	0:58:56	18:40 *	19:34 *	20:32	5:53 min/km
104	1077	Hubrach Julia	Laufen gegen Leiden e.V.	0:58:48	1981 W35	14	0:59:56	19:46 *	19:19 *	19:42	5:53 min/km
105	1200	Nunez Diaz Paola	TPSK 1925 e.V.	0:58:59	1984 W35	15	0:59:41	19:00 *	19:24 *	20:35	5:54 min/km
106	1108	Lambertz Alena	LeseWelten	0:59:02	1989 W30	30	0:59:05	19:52 *	19:39 *	19:30	5:54 min/km
107	1084	Altgeld Stefanie	LeseWelten	0:59:04	1989 W30	31	0:59:05	19:53 *	19:39 *	19:30	5:54 min/km
108	1086	Belle Lara	LeseWelten	0:59:04	1989 W30	32	0:59:05	19:53 *	19:39 *	19:30	5:54 min/km
109	635	Hosan Bente	*Leichlingen	0:59:10	1980 W35	16	1:00:02	20:57 *	19:25 *	18:47	5:55 min/km
110	787	Pfeifer Katrin	*Köln	0:59:10	1979 W40	10	1:00:52	19:44 *	19:22 *	20:03	5:55 min/km
111	1433	Wahlen Edith	ERGO sports	0:59:17	1967 W50	12	0:59:27	19:02 *	19:30 *	20:44	5:56 min/km
112	1011	Valenti Alessia	Haus der Gesundheit	0:59:26	1999 WHK	27	0:59:28	17:39 *	19:59 *	21:47	5:57 min/km
113	859	Steffes Karina	*Frechen	0:59:30	1988 W30	33	1:00:51	19:39 *	19:44 *	20:06	5:57 min/km
114	1518	Julius de Valqui Nadja		0:59:34	1971 W45	11	1:00:42	19:49 *	19:23 *	20:21	5:57 min/km
115	1316	Fischer Karin	odk.koeln	0:59:35	1971 W45	12	1:00:01	19:07 *	19:48 *	20:39	5:58 min/km
116	468	Altmann Tina	*Köln	0:59:37	1975 W40	11	1:00:37	19:46 *	19:45 *	20:05	5:58 min/km
117	681	Klöber Patricia	*Köln	0:59:41	1987 W30	34	1:00:48	19:36 *	19:40 *	20:24	5:58 min/km
118	740	Menger Julia-Maria	*Düsseldorf	0:59:45	1983 W35	17	1:00:18	20:10 *	20:16 *	19:18	5:59 min/km

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119	867	Sturm Hanna	*Bonn	0:59:52	1983 W35	18	1:00:23	20:21 *	19:45 *	19:45	5:59 min/km
120	801	Rambach Claudia	*Pulheim	0:59:52	1979 W40	12	1:00:42	19:55 *	19:39 *	20:17	5:59 min/km
121	989	Kakuan Mana	Die glorreichen Zwei	0:59:53	1988 W30	35	1:00:43	19:43 *	19:44 *	20:25	5:59 min/km
122	772	Neumann Jessica	*Aachen	1:00:04	1981 W35	19	1:01:01	19:44 *	19:47 *	20:32	6:00 min/km
123	1351	Kluge Ines	*Köln	1:00:17	1972 W45	13	1:01:17	21:31 *	19:21 *	19:23	6:02 min/km
124	567	Franck Julia	*Köln	1:00:17	1989 W30	36	1:00:37	20:19 *	19:27 *	20:31	6:02 min/km
125	705	Kühl Jyte	*Köln	1:00:17	1990 WHK	28	1:00:37	20:18 *	19:27 *	20:31	6:02 min/km
126	900	Vysniauskaite Milda	*Bonn	1:00:18	1983 W35	20	1:00:34	20:09 *	19:39 *	20:29	6:02 min/km
127	548	Dornauf Sandra	*Bornheim	1:00:35	1974 W45	14	1:01:29	19:31 *	18:50 *	22:12	6:04 min/km
128	581	Geller Monika	*Köln	1:00:38	1962 W55	3	1:01:10	19:18 *	19:52 *	21:27	6:04 min/km
129	610	Haupt Simone	*Lohmar	1:01:16	1981 W35	21	1:03:02	20:42 *	19:43 *	20:51	6:08 min/km
130	795	Prokop Julia	*Köln	1:01:18	1992 WHK	29	1:01:51	20:10 *	20:16 *	20:51	6:08 min/km
131	462	Ahrem Kirsten	*Köln	1:01:27	1977 W40	13	1:02:43	21:09 *	20:17 *	20:01	6:09 min/km
132	758	Muller Anais	*Köln	1:01:32	1994 WHK	30	1:02:23	18:35 *	21:52 *	21:05	6:09 min/km
133	589	Göke-Fritsch Christine	*Gladbeck	1:01:32	1960 W55	4	1:02:02	20:07 *	20:10 *	21:14	6:09 min/km
134	1146	Gempp Silke	Marathon Mülheim	1:01:41	1969 W50	13	1:03:01	20:43 *	19:46 *	21:11	6:10 min/km
135	1300	Bremm Alexandra	*Kerpen	1:01:42	1969 W50	14	1:03:01	20:44 *	19:45 *	21:11	6:10 min/km
136	875	Thieschäfer Katharina	*Frechen	1:01:53	1987 W30	37	1:02:58	19:40 *	20:55 *	21:17	6:11 min/km
137	992	Pasternak Irene	Dreamteam	1:01:58	1982 W35	22	1:03:03	20:53 *	21:25 *	19:39	6:12 min/km
138	1301	Breull-Wierschem Leonie	*Köln	1:02:04	1995 WHK	31	1:03:49	19:40 *	20:29 *	21:54	6:12 min/km
139	1149	Schneider Alice	Obstsalat	1:02:14	1987 W30	38	1:02:46	22:23 *	22:52 *	16:57	6:13 min/km
140	698	Krämer Esther	*Köln	1:02:14	1976 W40	14	1:02:49	20:11 *	20:30 *	21:32	6:13 min/km
141	829	Schenk Katja	*Bornheim	1:02:19	1980 W35	23	1:02:38	22:26 *	19:40 *	20:12	6:14 min/km
142	685	Koch Tanja	*Köln	1:02:21	1976 W40	15	1:03:34	21:17 *	20:58 *	20:04	6:14 min/km
143	1445	Eyßer Meike	Kölner Laufhasen	1:02:23	1984 W35	24	1:03:09	21:03 *	20:59 *	20:19	6:14 min/km
144	890	Vianden Barbara	*Köln	1:02:24	1977 W40	16	1:04:05	21:58 *	20:13 *	20:12	6:14 min/km
145	889	Vianden Sarah	*Troisdorf	1:02:30	1984 W35	25	1:03:31	22:29 *	19:59 *	20:01	6:15 min/km
146	614	Hell Barbara	*Köln	1:02:30	1977 W40	17	1:04:10	21:59 *	20:13 *	20:18	6:15 min/km
147	1099	Herentrey Julia	LeseWelten	1:02:33	1989 W30	39	1:02:35	19:15 *	20:23 *	22:54	6:15 min/km
148	1105	Kluth Clivia	LeseWelten	1:02:33	1989 W30	40	1:02:35	19:15 *	20:23 *	22:54	6:15 min/km
149	1589	Bönsch Dorothee		1:02:42	1989 W30	41	1:03:53	20:14 *	20:32 *	21:54	6:16 min/km
150	604	Hamacher Julia Johanna	*Nörvenich	1:02:42	1991 WHK	32	1:03:00	18:55 *	21:26 *	22:20	6:16 min/km
151	695	Kornmann Stefanie	*Köln	1:02:43	1989 W30	42	1:04:10	21:01 *	20:30 *	21:10	6:16 min/km
152	930	Wulff Nadja	*Köln	1:02:48	1985 W30	43	1:04:17	20:39 *	20:48 *	21:21	6:17 min/km
153	1135	Thielicke Sonja	LongBliBlu-Runners	1:02:50	1974 W45	15	1:03:30	20:21 *	20:46 *	21:43	6:17 min/km
154	1456	Erdenberger Sandra	Laufschabe&Friends	1:02:52	1976 W40	18	1:03:14	20:06 *	21:01 *	21:44	6:17 min/km
155	564	Förster Anja	*Köln	1:02:53	1986 W30	44	1:03:34	21:42 *	21:06 *	20:04	6:17 min/km
156	642	Igel Heike	*Köln	1:03:01	1975 W40	19	1:03:43	21:03 *	20:35 *	21:22	6:18 min/km
157	714	Laskowski Julia	*Pulheim	1:03:01	1982 W35	26	1:03:25	20:58 *	20:40 *	21:22	6:18 min/km
158	1343	Höfte Astrid	*Köln	1:03:08	1978 W40	20	1:03:53	20:41 *	20:33 *	21:52	6:19 min/km
159	1075	Hambloch Elena	Laufanfänger-Run for Fun	1:03:11	1973 W45	16	1:04:18	20:07 *	20:51 *	22:13	6:19 min/km
160	1350	Kerwien Silvia	*Bornheim	1:03:14	1982 W35	27	1:04:55	21:11 *	20:53 *	21:09	6:19 min/km
161	1528	Rott Katharina		1:03:17	1993 WHK	33	1:04:34	21:06 *	21:02 *	21:07	6:20 min/km
162	1139	Hahs Eveline	Lt. Hennef /Sieg	1:03:18	1958 W60	1	1:04:29	21:06 *	20:40 *	21:32	6:20 min/km
163	904	Walleneit Gaby	*Köln	1:03:20	1976 W40	21	1:04:32	20:41 *	20:41 *	21:56	6:20 min/km
164	1432	Schulte Jennifer	Die nach dem Weg fragen	1:03:25	1987 W30	45	1:04:01	21:28 *	19:56 *	22:00	6:21 min/km
165	1068	Pels Susanne	Kopfsprung Köln	1:03:29	1977 W40	22	1:04:43	20:02 *	21:10 *	22:16	6:21 min/km
166	1106	Kues Laura	LeseWelten	1:03:32	1989 W30	46	1:03:34	19:32 *	21:25 *	22:34	6:21 min/km
167	1446	Fakler Petra	Kölner Laufhasen	1:03:33	1973 W45	17	1:04:19	21:04 *	20:59 *	21:29	6:21 min/km
168	1311	Dörpinghaus Alina	*Köln	1:03:33	1987 W30	47	1:04:09	21:28 *	19:58 *	22:06	6:21 min/km
169	1360	Löffler Daniela	*Köln	1:03:33	1981 W35	28	1:04:22	20:59 *	20:43 *	21:50	6:21 min/km
170	652	Jessel Katrin	*Köln	1:03:37	1981 W35	29	1:04:35	22:20 *	21:20 *	19:56	6:22 min/km
171	1412	Ufer Mia		1:03:37	2004 WU16	1	1:05:00	22:08 *	20:46 *	20:43	6:22 min/km
172	1281	Babenerd Milla		1:03:37	2002 WU18	1	1:05:00	22:49 *	20:38 *	20:10	6:22 min/km
173	841	Schüller Janine	*Pulheim	1:03:39	1978 W40	23	1:05:11	22:15 *	20:57 *	20:26	6:22 min/km
174	805	Rentzsch Elisa	*Köln	1:03:41	1987 W30	48	1:05:26	21:08 *	20:39 *	21:52	6:22 min/km
175	559	Engelmann Martina	*Köln	1:03:57	1972 W45	18	1:05:23	22:26 *	20:43 *	20:46	6:24 min/km
176	683	Knötgen Nadine	*Pulheim	1:03:58	1976 W40	24	1:04:57	22:25 *	20:51 *	20:41	6:24 min/km
177	827	Schaupp Yvonne	*Köln	1:04:03	1977 W40	25	1:04:55	21:38 *	21:00 *	21:24	6:24 min/km
178	887	Van Eickels Mirjam	*Köln	1:04:04	1988 W30	49	1:04:42	20:46 *	21:16 *	22:01	6:24 min/km
179	768	Neu Kerstin	*Köln	1:04:07	1977 W40	26	1:04:46	20:26 *	21:15 *	22:24	6:25 min/km



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180	1212	Düllmann Kerstin	Udumbara-Tribe	1:04:12	1975 W40	27	1:05:54	22:30	* 20:51	* 20:50	6:25 min/km
181	603	Hahn Dr. Sabine	*Köln	1:04:15	1976 W40	28	1:05:37	21:39	* 20:50	* 21:44	6:26 min/km
182	464	Alemanly Aurelie	*Bad Homburg	1:04:27	1975 W40	29	1:05:03	21:58	* 22:59	* 19:29	6:27 min/km
183	636	Hüffer Elisabeth	*Köln	1:04:28	1966 W50	15	1:05:17	20:59	* 20:56	* 22:33	6:27 min/km
184	997	Telaak Delfmann Doris	elisabeth.hueffer@web.de	1:04:28	1960 W55	5	1:05:18	20:59	* 20:55	* 22:33	6:27 min/km
185	1070	Becker Laura	Krümelmonster AG	1:04:29	1993 WHK	34	1:05:01	20:23	* 21:07	* 22:58	6:27 min/km
186	1396	Schloemer Katja	*Köln	1:04:30	1997 WHK	35	1:05:25	21:45	* 21:00	* 21:44	6:27 min/km
187	798	Rabbow Elena	*Köln	1:04:30	1988 W30	50	1:04:45	22:00	* 21:51	* 20:38	6:27 min/km
188	1145	Fevin Rachel	Mach3 Köln e.v.	1:04:32	1987 W30	51	1:05:10	20:19	* 21:06	* 23:06	6:27 min/km
189	1148	Grgic Jadranka	MTB Rhein Berg	1:04:34	1970 W45	19	1:06:13	21:11	* 21:23	* 21:59	6:27 min/km
190	525	Cramer Kiki	*Köln	1:04:44	1973 W45	20	1:05:03	20:12	* 21:30	* 23:02	6:28 min/km
191	896	Von Schimmelmann	*Köln	1:04:54	1976 W40	30	1:06:14	22:54	* 21:15	* 20:44	6:29 min/km
192	509	Brinker Friederike	*Koblenz	1:04:57	1988 W30	52	1:06:04	22:01	* 21:51	* 21:04	6:30 min/km
193	854	Siedentop Carola	*Köln	1:05:01	1991 WHK	36	1:05:53	21:11	* 20:58	* 22:51	6:30 min/km
194	1008	Doschat Renate	Gehzeitenläufer	1:05:02	1967 W50	16	1:06:01	22:26	* 20:52	* 21:43	6:30 min/km
195	521	Chrabol Malgorzata	*Köln	1:05:03	1973 W45	21	1:05:39	21:18	* 21:11	* 22:33	6:30 min/km
196	1220	Martini Cristina	Veedelstrüppchen	1:05:12	1972 W45	22	1:06:29	21:43	* 21:43	* 21:45	6:31 min/km
197	938	Zimprichova Dr. Dita	*Krefeld	1:05:17	1963 W55	6	1:07:11	21:04	* 21:25	* 22:47	6:32 min/km
198	1373	Nettersheim Rosa	*Köln	1:05:32	1951 W65	1	1:06:59	20:50	* 21:22	* 23:18	6:33 min/km
199	837	Schneider Dr. Hannah	*Montreuil	1:05:44	1982 W35	30	1:07:14	21:04	* 21:37	* 23:03	6:34 min/km
200	472	Balthesen- Hilger Anne	*Köln	1:05:47	1963 W55	7	1:06:56	22:11	* 22:09	* 21:26	6:35 min/km
201	503	Braun Corinna	*Köln	1:05:55	1985 W30	53	1:06:16	21:41	* 21:42	* 22:31	6:36 min/km
202	498	Booms Laura	*Köln	1:05:55	1985 W30	54	1:06:17	21:41	* 21:42	* 22:31	6:36 min/km
203	1153	Müller-Freischmidt Janice	ohne	1:06:13	1981 W35	31	1:06:56	21:01	* 22:00	* 23:11	6:37 min/km
204	579	Geike Lisa	*Bergisch Gladbach	1:06:23	1997 WHK	37	1:06:57	21:55	* 21:51	* 22:36	6:38 min/km
205	470	Arentz Lisa	*Duisburg	1:06:31	1961 W55	8	1:08:05	21:00	* 21:16	* 24:15	6:39 min/km
206	1493	Esser Annette	Sport für Spenden	1:06:42	1961 W55	9	1:07:33	21:40	* 21:50	* 23:11	6:40 min/km
207	1294	Benzkirch Theresa	*Köln	1:07:01	1988 W30	55	1:08:32	21:52	* 23:30	* 21:39	6:42 min/km
208	759	Muti Deniz	*Köln	1:07:03	1991 WHK	38	1:07:18	20:39	* 22:29	* 23:54	6:42 min/km
209	1337	Heinen Britta	*Köln	1:07:09	1982 W35	32	1:07:56	21:56	* 22:15	* 22:56	6:43 min/km
210	700	Krevel Janine	*Köln	1:07:12	1975 W40	31	1:08:13	22:29	* 22:51	* 21:52	6:43 min/km
211	880	Tünneßen Maïke	*Kaarst	1:07:34	1995 WHK	39	1:08:28	23:31	* 22:20	* 21:42	6:45 min/km
212	1401	Schwingenheuer Lena	*München	1:07:38	1990 WHK	40	1:08:51	23:07	* 22:16	* 22:14	6:46 min/km
213	761	Nahrstedt Jana	*Langenfeld	1:08:04	1979 W40	32	1:09:08	23:02	* 21:43	* 23:18	6:48 min/km
214	630	Hoffmann Carolin	*Köln	1:08:04	1985 W30	56	1:09:08	23:02	* 21:43	* 23:18	6:48 min/km
215	712	Lange Melanie	*Köln	1:08:04	1973 W45	23	1:09:08	23:02	* 21:43	* 23:18	6:48 min/km
216	1089	Busch Sandra	LeseWelten	1:08:07	1989 W30	57	1:08:12	21:36	* 22:33	* 23:57	6:49 min/km
217	852	Seul Danica	*Köln	1:08:15	1982 W35	33	1:08:23	22:10	* 23:01	* 23:03	6:50 min/km
218	1400	Schriewer Pia	*Köln	1:09:02	1987 W30	58	1:10:10	24:44	* 22:09	* 22:08	6:54 min/km
219	893	Vierbuchen Maria	*Köln	1:09:07	1984 W35	34	1:10:31	22:14	* 22:31	* 24:22	6:55 min/km
220	619	Hense Rosa	*Köln	1:09:18	1989 W30	59	1:10:53	22:30	* 22:11	* 24:36	6:56 min/km
221	625	Hinrichs Johanna	*Köln	1:09:24	1982 W35	35	1:10:23	22:19	* 22:42	* 24:21	6:56 min/km
222	1584	Wichterich Andrea		1:09:24	1969 W50	17	1:10:33	21:52	* 22:30	* 25:01	6:56 min/km
223	540	Dielmamm Ann-Kristin	*40239	1:09:31	1987 W30	60	1:10:49	23:13	* 23:38	* 22:39	6:57 min/km
224	1198	Oestreicher Tanja	Team WürmPchen	1:09:33	1977 W40	33	1:10:25	21:25	* 23:23	* 24:44	6:57 min/km
225	824	Sanfilippo Larissa	*Lohmar	1:09:39	1975 W40	34	1:10:39	22:04	* 22:59	* 24:36	6:58 min/km
226	985	Spickernagel Bettina	Die Genussläufer	1:09:58	1962 W55	10	1:10:38	22:41	* 23:59	* 23:17	6:60 min/km
227	986	Steinbach Angelika	Die Genussläufer	1:09:58	1961 W55	11	1:10:38	22:41	* 23:59	* 23:17	6:60 min/km
228	1329	Hagemann Ricarda	*Köln	1:10:01	1976 W40	35	1:10:58	23:27	* 23:01	* 23:32	7:00 min/km
229	1421	Wilhelm Kathy	*Koeln	1:10:01	1962 W55	12	1:10:59	23:27	* 23:01	* 23:33	7:00 min/km
230	643	Ilsemann Mareike	*Köln	1:10:12	1975 W40	36	1:10:41	22:08	* 23:24	* 24:39	7:01 min/km
231	1438	Leclaire Vera	Gesundlauf Vulkaneifel	1:10:20	1965 W50	18	1:11:37	22:59	* 23:12	* 24:08	7:02 min/km
232	1437	Dreimüller Andrea	Gesundlauf vulkaneifel	1:10:20	1973 W45	24	1:11:37	22:59	* 23:12	* 24:09	7:02 min/km
233	506	Bremen Alexandra	*Aachen	1:10:34	1987 W30	61	1:11:59	23:06	* 22:53	* 24:34	7:03 min/km
234	575	Frings Kathrin	*Aachen	1:10:37	1979 W40	37	1:12:03	23:05	* 22:55	* 24:36	7:04 min/km
235	483	Berf Bianca	*Köln	1:10:45	1987 W30	62	1:12:18	23:38	* 23:00	* 24:06	7:05 min/km
236	1095	Gold Nadine	LeseWelten	1:10:53	1989 W30	63	1:10:58	22:41	* 23:24	* 24:47	7:05 min/km
237	463	Akaloo Nasima	*Köln - Nippes	1:11:21	1980 W35	36	1:13:04	23:38	* 23:32	* 24:10	7:08 min/km
238	1361	Löhmman Tatjana	*Köln	1:11:37	1973 W45	25	1:12:29	23:16	* 23:47	* 24:33	7:10 min/km
239	662	Kalinowski Nicole	*Leichlingen	1:12:24	1985 W30	64	1:14:07	24:07	* 23:36	* 24:40	7:14 min/km
240	1398	Schlottmann Daniela	*Bergisch Gladbach	1:12:30	1969 W50	19	1:14:09	24:03	* 23:58	* 24:28	7:15 min/km

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241	1444	Dörries Helga	Hobbyläufer	1:12:30	1959 W60	2	1:14:07	24:12 *	23:32 *	24:45	7:15 min/km
242	874	Thiele Petra	*Köln	1:13:30	1967 W50	20	1:14:17	23:56 *	24:12 *	25:21	7:21 min/km
243	510	Brommann Hanna	*Rheda-Wiedenbrück	1:13:49	1993 WHK	41	1:14:58	24:54 *	25:07 *	23:47	7:23 min/km
244	731	Marker Antonia	*Köln	1:14:04	1988 W30	65	1:15:25	22:56 *	25:13 *	25:54	7:24 min/km
245	738	Meissner Evelyne	*Frechen	1:14:04	1992 WHK	42	1:15:09	24:30 *	24:02 *	25:32	7:24 min/km
246	631	Hoffmann Eva	*Köln	1:14:05	1991 WHK	43	1:15:10	24:30 *	24:02 *	25:32	7:25 min/km
247	839	Schollek-Franken	*Kerpen	1:14:37	1989 W30	66	1:15:46	29:18 *	21:20 *	23:58	7:28 min/km
248	1415	Weckmann Christiane	*Siegburg	1:15:46	1972 W45	26	1:16:35	24:31 *	25:10 *	26:04	7:35 min/km
249	1092	Eberhard Ulla	LeseWelten	1:16:45	1989 W30	67	1:16:48	24:26 *	25:32 *	26:46	7:41 min/km
250	903	Waldoff Melanie	*Kerpen	1:16:59	1991 WHK	44	1:18:08	29:18 *	23:21 *	24:19	7:42 min/km
251	549	Dres-Seppelt Brigitte	*Bonn	1:17:19	1965 W50	21	1:17:47	23:46 *	26:04 *	27:28	7:44 min/km
252	686	Koellges Bianca	*Solingen	1:17:57	1976 W40	38	1:19:28	25:05 *	25:29 *	27:22	7:48 min/km
253	1394	Schalles Barbara	*Bochum	1:18:54	1955 W60	3	1:19:29	25:29 *	25:52 *	27:33	7:53 min/km
254	570	Franken Maren	*Kerpen	1:18:54	1990 WHK	45	1:20:30	25:56 *	25:26 *	27:31	7:53 min/km
255	937	Zimmermann Christina	*Düsseldorf	1:18:55	1990 WHK	46	1:20:30	25:56 *	25:26 *	27:31	7:54 min/km
256	735	Marzi Tine	*Düsseldorf	1:18:55	1990 WHK	47	1:20:31	25:56 *	25:26 *	27:32	7:54 min/km
257	481	Behlau Catrin	*Köln	1:19:29	1978 W40	39	1:20:50	27:34 *	26:09 *	25:46	7:57 min/km
258	741	Meseth Kathrin	*Köln	1:19:30	1974 W45	27	1:20:50	27:35 *	26:08 *	25:46	7:57 min/km
259	514	Burns Linda	*Köln	1:19:33	1985 W30	68	1:21:23	26:10 *	26:15 *	27:07	7:57 min/km
260	1126	Seehrich Sonja	LeseWelten	1:19:36	1989 W30	69	1:21:23	26:14 *	26:15 *	27:06	7:58 min/km
261	476	Bartels Karin-Sylke	*Köln	1:20:41	1969 W50	22	1:22:14	26:00 *	26:56 *	27:45	8:04 min/km
262	1568	Triller Kristina	LeseWelten	1:21:37	1980 W35	37	1:22:20	25:31 *	27:19 *	28:46	8:10 min/km
263	1567	Triller Annika	LeseWelten	1:21:39	1977 W40	40	1:22:22	25:36 *	27:15 *	28:47	8:10 min/km
264	835	Schmitz Ingrid	*Köln	1:22:17	1959 W60	4	1:23:40	27:35 *	28:41 *	26:00	8:14 min/km
265	822	Klein Andrea	*Pulheim	1:22:17	1974 W45	28	1:23:39	27:50 *	28:25 *	26:01	8:14 min/km
266	710	Lambert Lydia	*Karlstr.45	1:28:02	1986 W30	70	1:29:03	28:39 *	28:46 *	30:36	8:48 min/km