

Kölner Nikolauslauf am 10. Dezember 2006 - 10km Lauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1842	May Michael	TSV Bayer 04 Leverkusen	0:31:10	79	MHK	1	0:31:11 10:57 * 10:35 * 09:38	3:07 min/km
2	2282	Hoffmann Till	TV Refrath	0:32:16	81	MHK	2	0:32:17 11:17 * 11:01 * 09:57	3:14 min/km
3	1824	Czarnietzki Martin	TSV Bayer 04 Leverkusen	0:32:50	80	MHK	3	0:32:50 11:17 * 11:21 * 10:11	3:17 min/km
4	1856	Stammeler Michael	TSV Bayer 04 Leverkusen	0:33:00	79	MHK	4	0:33:01 11:18 * 11:22 * 10:20	3:18 min/km
5	2439	Meißner Pascal	TV Refrath	0:33:23	83	MHK	5	0:33:25 11:21 * 11:31 * 10:31	3:20 min/km
6	2799	Roßmann Roman	TSV Bayer 04 Leverkusen	0:33:33	79	MHK	6	0:33:34 11:28 * 11:34 * 10:30	3:21 min/km
7	2597	Schinz Markus	TV Refrath	0:33:37	87	MJA	1	0:33:38 11:23 * 11:44 * 10:31	3:22 min/km
8	2187	Fricke Marc	Non-Stop-Ultra Brakel	0:33:40	74	M30	1	0:33:41 11:22 * 11:31 * 10:47	3:22 min/km
9	2481	Müller Volker	TV Refrath	0:33:45	87	MJA	2	0:33:45 11:30 * 11:42 * 10:33	3:23 min/km
10	2304	Jäger Patrick	TV Refrath	0:34:01	91	MSA	1	0:34:01 11:30 * 11:42 * 10:48	3:24 min/km
11	2663	Sixtus Florian	Colognerunners	0:34:15	73	M30	2	0:34:16 11:22 * 11:55 * 10:58	3:26 min/km
12	2768	Wiesen Klaus	SSF Bonn Triathlon	0:36:22	83	MHK	7	0:36:24 12:03 * 12:41 * 11:40	3:38 min/km
13	2370	Krause Kai	Radteam Uni Köln	0:36:29	77	MHK	8	0:36:32 12:11 * 12:39 * 11:42	3:39 min/km
14	2049	Bernhardt Magnus	TV Refrath	0:36:38	91	MSA	2	0:36:38 12:27 * 12:30 * 11:40	3:40 min/km
15	2110	Dahl Simon	TV Refrath	0:36:47	87	MJA	3	0:36:49 12:27 * 12:41 * 11:40	3:41 min/km
16	2816	Körbs Joe	Brühler TV 1879	0:36:59	68	M35	1	0:37:01 12:27 * 12:46 * 11:48	3:42 min/km
17	2147	Esch David	*Köln	0:37:04	91	MSA	3	0:37:15 12:38 * 13:00 * 11:35	3:42 min/km
18	2825	Nolte Benedikt	Laufsport Bunert	0:37:04	78	MHK	9	0:37:15 12:38 * 13:01 * 11:35	3:42 min/km
19	2139	Engelhardt Kai	laufmonster.de	0:37:17	67	M35	2	0:37:18 12:26 * 12:49 * 12:01	3:44 min/km
20	2093	Cam Cengiz	*Köln	0:37:18	66	M40	1	0:37:21 12:27 * 12:54 * 11:59	3:44 min/km
21	2091	Butz Andreas	Team Laufcampus	0:37:43	65	M40	2	0:37:45 12:42 * 12:59 * 12:04	3:46 min/km
22	2114	Davidi Hartmut	FC Keldenich	0:37:50	54	M50	1	0:37:52 12:46 * 13:04 * 12:01	3:47 min/km
23	2635	Schult Christian	*Köln	0:37:51	81	MHK	10	0:37:58 12:35 * 13:12 * 12:10	3:47 min/km
24	2861	Franz Max	Team Running Gag	0:37:52	74	M30	3	0:37:58 12:33 * 13:08 * 12:16	3:47 min/km
25	2717	Van de Weyer Stephan	*köln	0:37:56	75	M30	4	0:37:57 12:33 * 13:12 * 12:11	3:48 min/km
26	2470	Müller Jonas	TV Refrath	0:37:59	91	MSA	4	0:38:00 12:41 * 13:19 * 11:59	3:48 min/km
27	2062	Bock Markus	LADY DAUERLAUF	0:38:14	66	M40	3	0:38:19 12:33 * 13:26 * 12:19	3:49 min/km
28	2096	Cattelaens Gerd	LG Rhein-Erft	0:38:23	54	M50	2	0:38:38 13:07 * 13:20 * 12:11	3:50 min/km
29	2028	Bayerlein Johannes	Team Erdinger Alkoholfrei	0:38:44	67	M35	3	0:38:52 13:22 * 13:20 * 12:09	3:52 min/km
30	2176	Fink Thorsten	Laufmonster	0:38:45	78	MHK	11	0:38:47 12:53 * 13:26 * 12:27	3:53 min/km
31	2790	Zywietz Eike	LUBIGteam PSV Bonn	0:38:58	82	MHK	12	0:39:01 13:28 * 13:15 * 12:16	3:54 min/km
32	2607	Schmidt Sigurd	*Köln	0:38:58	67	M35	4	0:39:00 12:48 * 13:39 * 12:31	3:54 min/km
33	2252	Hauser Michael	ASV Köln Triathlon	0:39:17	74	M30	5	0:39:20 13:50 * 13:35 * 11:54	3:56 min/km
34	2713	Tschudin Samuel	*Köln	0:39:21	84	MHK	13	0:40:07 14:42 * 13:26 * 11:58	3:56 min/km
35	2240	Hackländer Daniel	*Köln	0:39:27	82	MHK	14	0:39:30 13:18 * 13:48 * 12:22	3:57 min/km
36	2288	Howe Carlsson	*Köln	0:39:33	86	MHK	15	0:40:00 15:23 * 12:51 * 11:45	3:57 min/km
37	2761	Wichert Joachim	*Pulheim	0:39:35	56	M50	3	0:39:53 13:50 * 13:32 * 12:30	3:58 min/km
38	2813	Brombach Stefan	TV Refrath	0:39:44	86	MHK	16	0:39:52 13:24 * 13:46 * 12:41	3:58 min/km
39	2292	Hufnagel Carsten	-	0:39:49	69	M35	5	0:39:54 13:12 * 13:55 * 12:46	3:59 min/km
40	2619	Schönen Frank	TG Neuss	0:40:12	62	M40	4	0:40:15 13:43 * 13:46 * 12:44	4:01 min/km
41	2429	Matsuoka Satoshi	*Köln	0:40:13	80	MHK	17	0:40:35 14:20 * 13:38 * 12:36	4:01 min/km
42	2689	Strerath Matthias	LG Rhein-Erft	0:40:16	60	M45	1	0:40:32 13:54 * 13:53 * 12:44	4:02 min/km
43	2424	Mario Düsterhöft	ASV Köln	0:40:25	64	M40	5	0:40:29 13:34 * 13:56 * 12:58	4:03 min/km
44	2010	Althoff Christian	*Köln	0:40:28	64	M40	6	0:40:43 14:08 * 13:55 * 12:39	4:03 min/km
45	1993	Murin Khalid	ASV Köln	0:40:54	84	MHK	18	0:40:58 13:50 * 14:07 * 13:01	4:05 min/km
46	2105	Corrinth Daniel		0:40:56	75	M30	6	0:41:06 14:02 * 14:03 * 13:00	4:06 min/km
47	2515	Pastoor Dr. Andreas	laufrausch-koeln	0:41:06	65	M40	7	0:41:23 14:05 * 14:31 * 12:46	4:07 min/km
48	2748	Wehking Lennart	*Köln	0:41:23	85	MHK	19	0:41:43 15:09 * 14:09 * 12:24	4:08 min/km
49	2723	Verkaar René	*Köln	0:41:29	84	MHK	20	0:43:39 17:14 * 14:09 * 12:16	4:09 min/km
50	2762	Wichmann Thomas	Lauftreff Köln Süd	0:41:33	67	M35	6	0:41:43 14:15 * 14:22 * 13:05	4:09 min/km
51	2286	Horstkotte Christoph	*Köln	0:41:35	62	M40	8	0:42:03 14:41 * 14:19 * 13:03	4:10 min/km
52	2160	Faßbender Christian	ASV Köln Triathlon	0:41:37	72	M30	7	0:41:47 13:55 * 14:24 * 13:27	4:10 min/km
53	2651	Seiferth Kay-Uwe	Erfstadt-Minis	0:41:38	66	M40	9	0:41:43 14:09 * 14:19 * 13:14	4:10 min/km

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54	2009	Alotto Salvatore	ALOTTO CORRE	0:41:42	71	M35	7	0:41:56	14:15 *	14:21 *	13:18	4:10 min/km
55	2343	Kleinemas Martin	ASV Triathlon Team	0:41:45	82	MHK	21	0:41:55	13:48 *	14:21 *	13:45	4:11 min/km
56	2464	Moskopp Richard	*Köln	0:41:45	84	MHK	22	0:42:06	15:09 *	14:09 *	12:47	4:11 min/km
57	2029	Becker Felix	Barmer TV	0:41:52	84	MHK	23	0:42:13	15:28 *	15:04 *	11:39	4:11 min/km
58	2061	Blumenroth Henning	*Köln Ehrenfeld	0:41:53	85	MHK	24	0:42:37	14:42 *	14:30 *	13:24	4:11 min/km
59	2823	Warkentin Jens		0:42:02	66	M40	10	0:42:04	13:56 *	14:42 *	13:25	4:12 min/km
60	2505	Olbricht Uwe	tus köln rrh.	0:42:03	63	M40	11	0:42:07	14:11 *	14:27 *	13:28	4:12 min/km
61	2209	Gläßer Harald	Tus BW Königsdorf	0:42:08	68	M35	8	0:42:24	14:44 *	14:21 *	13:18	4:13 min/km
62	2003	Adamczyk Klaus	*Köln	0:42:08	64	M40	12	0:42:37	14:40 *	14:24 *	13:32	4:13 min/km
63	2449	Meyer Martin	*Köln	0:42:10	85	MHK	25	0:42:33	15:28 *	14:26 *	12:38	4:13 min/km
64	2834	Wischnewsy Kasimir	Dauerlaufschule Köln	0:42:11	55	M50	4	0:42:13	14:30 *	14:29 *	13:13	4:13 min/km
65	2850	Blöcker Thomas		0:42:13	62	M40	13	0:42:18	14:08 *	14:36 *	13:34	4:13 min/km
66	2672	Staschik Lothar	Brühler TV 1879	0:42:22	60	M45	2	0:42:37	14:45 *	14:27 *	13:25	4:14 min/km
67	2356	Köhler Sebastian	*Köln	0:42:28	84	MHK	26	0:43:20	16:15 *	14:36 *	12:27	4:15 min/km
68	1837	Hess Sebastian	TSV Bayern 04 Leverkusen	0:42:29	77	MHK	27	0:42:30	14:27 *	14:37 *	13:26	4:15 min/km
69	2107	Cremer Jürgen	LLG 80 Nordpark Köln	0:42:29	62	M40	14	0:42:32	14:28 *	14:49 *	13:13	4:15 min/km
70	2805	Kato Hiroyuki	International Runners	0:42:33	62	M40	15	0:42:36	14:30 *	14:37 *	13:28	4:15 min/km
71	2235	Haasner Olaf	TV Marienhagen	0:42:35	87	MJA	4	0:42:35	14:17 *	14:52 *	13:26	4:16 min/km
72	2300	Jacobs Kurt	Pulheimer SC	0:42:36	40	M65	1	0:42:41	14:26 *	14:38 *	13:36	4:16 min/km
73	2337	Kiesinger Matthias	Eintrach Freiburg	0:42:37	86	MHK	28	0:43:50	16:46 *	14:05 *	12:58	4:16 min/km
73	1817	Felski Massota-Daniel	ASV Köln	0:42:37	86	MHK	28	0:43:50	16:45 *	14:06 *	12:58	4:16 min/km
75	2696	Thelen Guido	Pulheimer SC	0:42:38	69	M35	9	0:42:56	14:40 *	14:35 *	13:40	4:16 min/km
76	2507	Osburg Philipp	*Köln	0:42:39	88	MJA	5	0:43:51	16:46 *	14:06 *	12:59	4:16 min/km
77	2497	Nuhn Bastian	SSF-Bonn Triathlon	0:42:40	78	MHK	30	0:42:43	14:27 *	14:33 *	13:42	4:16 min/km
78	2073	Brenk Andreas	*Hürth	0:42:43	85	MHK	31	0:43:43	16:03 *	14:24 *	13:15	4:16 min/km
79	2753	Weiß Mirco	*Köln	0:42:47	86	MHK	32	0:44:57	17:14 *	14:28 *	13:14	4:17 min/km
80	2520	Petrovic Günter	LC-D&G	0:42:50	50	M55	1	0:42:59	14:33 *	14:44 *	13:41	4:17 min/km
81	2512	Papadakis Konstantinos	*Köln	0:42:53	82	MHK	33	0:43:51	15:41 *	14:31 *	13:38	4:17 min/km
82	2036	Behrenbruch Clemens	*Köln	0:42:53	66	M40	16	0:43:03	14:44 *	14:46 *	13:32	4:17 min/km
83	2218	Grauer Michael	*Köln	0:42:55	71	M35	10	0:43:06	14:42 *	14:50 *	13:32	4:18 min/km
84	2360	Köster Henning	LG Rhein-Erft	0:42:57	66	M40	17	0:43:24	15:02 *	14:43 *	13:37	4:18 min/km
84	2852	Winkler Benno		0:42:57	50	M55	2	0:43:01	14:20 *	14:50 *	13:50	4:18 min/km
86	2263	Herda Klaus-Heinz	*Köln	0:42:57	67	M35	11	0:43:06	14:25 *	14:45 *	13:56	4:18 min/km
87	1806	Kemper Holger	LT DSHS Köln	0:42:59	74	M30	8	0:43:18	14:50 *	14:57 *	13:30	4:18 min/km
88	2220	Grießer Christian	*Köln	0:43:03	84	MHK	34	0:43:14	14:59 *	14:55 *	13:19	4:18 min/km
89	2801	Schneider Bernd	NAO PT	0:43:07	74	M30	9	0:43:24	15:11 *	14:44 *	13:29	4:19 min/km
90	1814	Bach Tobias		0:43:14	66	M40	18	0:43:51	15:23 *	14:54 *	13:33	4:19 min/km
91	2558	Ries Benjamin	*Aachen	0:43:14	84	MHK	35	0:43:57	15:27 *	14:44 *	13:45	4:19 min/km
92	2095	Casel Martin	*Königswinter	0:43:16	85	MHK	36	0:43:22	15:08 *	15:20 *	12:53	4:20 min/km
93	2386	Landsmann Uwe	Lahm Söck Frechen	0:43:17	66	M40	19	0:43:35	15:03 *	15:03 *	13:28	4:20 min/km
94	2832	Schiffer Volker	*Mönchengladbach	0:43:17	67	M35	12	0:43:53	15:33 *	14:43 *	13:36	4:20 min/km
95	2313	Joisten Frederik	THC Rot-Weiss Berg. Gladb	0:43:20	85	MHK	37	0:44:10	16:01 *	15:20 *	12:48	4:20 min/km
96	2659	Sieferle Felix	*Koeln	0:43:20	84	MHK	38	0:44:10	16:01 *	15:20 *	12:48	4:20 min/km
97	2829	Pypel Wolfgang	Pulheimer SC	0:43:27	47	M55	3	0:43:45	14:58 *	15:00 *	13:46	4:21 min/km
98	2102	Clotten David	*Wesseling-Urfeld	0:43:29	83	MHK	39	0:43:34	14:33 *	14:59 *	14:01	4:21 min/km
99	2048	Bernhardt Joachim	Post sv Düsseldorf	0:43:31	48	M55	4	0:43:46	14:54 *	15:05 *	13:46	4:21 min/km
100	2714	Unterkötter Lukas	*Köln	0:43:34	86	MHK	40	0:44:07	16:01 *	14:21 *	13:44	4:21 min/km
101	2589	Schaffgans Franz	*Frechen	0:43:35	63	M40	20	0:43:49	14:56 *	14:58 *	13:54	4:22 min/km
102	2757	Westermann Daniel	*Köln	0:43:39	85	MHK	41	0:44:28	16:25 *	14:49 *	13:13	4:22 min/km
103	2732	Voß Werner	Felix Fründe	0:43:41	56	M50	5	0:43:44	14:32 *	15:02 *	14:10	4:22 min/km
104	2436	Meifert Jens	*Köln	0:43:41	69	M35	13	0:44:08	15:38 *	14:53 *	13:36	4:22 min/km
105	2407	Looser Patric	*Köln	0:43:51	84	MHK	42	0:44:15	15:09 *	15:04 *	14:02	4:23 min/km
106	2639	Schulz Frederic	*aachen	0:43:55	83	MHK	43	0:44:27	15:51 *	15:20 *	13:15	4:24 min/km
107	2060	Blumenfeld Frank	LTD Köln Dellbrück	0:43:56	67	M35	14	0:43:58	14:33 *	15:22 *	14:03	4:24 min/km
108	2606	Schmidt Rafael	*Köln	0:43:56	75	M30	10	0:44:24	15:32 *	15:14 *	13:36	4:24 min/km
109	2353	Knieper Christoph	*Leverkusen	0:44:00	86	MHK	44	0:44:12	15:07 *	15:10 *	13:54	4:24 min/km

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110	2516	Peggen Daniel	*köln	0:44:04	83	MHK	45	0:44:25	15:28	* 15:11	* 13:45	4:24 min/km
111	2853	Bäker Thomas		0:44:07	64	M40	21	0:44:12	15:04	* 15:08	* 13:58	4:25 min/km
112	2749	Weigel Andreas	*Köln	0:44:09	80	MHK	46	0:44:59	16:14	* 15:02	* 13:43	4:25 min/km
113	2591	Schefczik Andreas	*Wülfrath	0:44:12	64	M40	22	0:44:19	14:57	* 15:04	* 14:17	4:25 min/km
114	2630	Schuchert Frank	Puls 200	0:44:15	66	M40	23	0:44:32	14:58	* 15:05	* 14:28	4:26 min/km
115	2617	Schneider-Foitzik Paul	*PULHEIM	0:44:24	52	M50	6	0:44:45	15:14	* 15:05	* 14:25	4:26 min/km
116	2756	Werner Horst	*Köln	0:44:26	63	M40	24	0:44:47	15:39	* 15:16	* 13:51	4:27 min/km
117	2798	Nowak Andreas	Laktatkönige	0:44:35	51	M55	5	0:44:48	15:25	* 15:13	* 14:09	4:28 min/km
118	2442	Mennickheim Niklas	*Köln	0:44:36	86	MHK	47	0:44:44	15:07	* 15:26	* 14:09	4:28 min/km
119	2393	Lehnigk Prof. Dr. Matthias	LG SCREENWORKS Köln	0:44:43	63	M40	25	0:45:08	15:33	* 15:15	* 14:19	4:28 min/km
120	2346	Klenner Michael	tuspo dahlhausen	0:44:46	65	M40	26	0:45:50	17:10	* 15:07	* 13:32	4:29 min/km
121	1897	Blaesen Stefan	SV Kessel	0:44:46	86	MHK	48	0:45:34	16:21	* 15:35	* 13:37	4:29 min/km
122	2746	Weghaus Klaus	*Köln	0:44:46	74	M30	11	0:45:26	16:55	* 15:41	* 12:49	4:29 min/km
123	2281	Hoffmann David	WSC-Bayer Dormagen	0:44:46	86	MHK	49	0:44:57	16:07	* 15:14	* 13:35	4:29 min/km
124	2345	Klenner Carsten	*Köln	0:44:47	74	M30	12	0:45:29	16:01	* 15:38	* 13:50	4:29 min/km
125	1830	Poisson Eric		0:44:52	84	MHK	50	0:45:12	15:42	* 15:16	* 14:13	4:29 min/km
126	2013	Appel Volker	Tennisclub Lese GW Köln	0:44:53	67	M35	15	0:45:10	15:17	* 15:22	* 14:30	4:29 min/km
127	2231	Günther Aldo	*Köln	0:44:54	83	MHK	51	0:45:17	16:29	* 15:34	* 13:13	4:29 min/km
128	2415	Madry Dr. Norbert	Blau-Gelb Marburg	0:44:59	54	M50	7	0:45:07	16:06	* 15:18	* 13:41	4:30 min/km
129	2536	Pruß Thomas	Colognerunners	0:45:07	61	M45	3	0:45:37	15:55	* 15:32	* 14:09	4:31 min/km
130	2489	Nehring Ralf	ohne	0:45:15	70	M35	16	0:45:20	14:32	* 16:02	* 14:46	4:32 min/km
131	2787	Zichella Martin	*Köln	0:45:15	70	M35	17	0:45:26	15:42	* 15:34	* 14:09	4:32 min/km
132	2549	Reichel Kristoff	*Köln	0:45:15	86	MHK	52	0:45:34	15:36	* 15:49	* 14:09	4:32 min/km
133	2216	Gracholski Harald	*Köln	0:45:16	87	MJA	6	0:46:08	16:45	* 14:07	* 15:15	4:32 min/km
134	2496	Noack Eberhard	*koeln	0:45:17	63	M40	27	0:45:39	15:34	* 15:25	* 14:39	4:32 min/km
135	2121	Dietrich Kalle	Lahm Söck Frechen	0:45:23	60	M45	4	0:45:41	15:36	* 15:42	* 14:22	4:32 min/km
136	2314	Jonas Christian	Tennisclub Lese GW Köln	0:45:24	70	M35	18	0:45:41	15:18	* 15:55	* 14:28	4:32 min/km
137	2666	Sprenger Peter	Kölner Studentenwerk	0:45:28	55	M50	8	0:45:31	15:28	* 15:43	* 14:19	4:33 min/km
138	2402	Link Jochen	*Frechen	0:45:28	63	M40	28	0:45:47	15:40	* 15:45	* 14:22	4:33 min/km
139	2600	Schlensker Martin	*Leverkusen	0:45:35	86	MHK	53	0:46:06	16:17	* 15:21	* 14:27	4:34 min/km
140	2638	Schulz Christoph	*Köln	0:45:36	84	MHK	54	0:46:06	16:11	* 15:50	* 14:04	4:34 min/km
141	2747	Weghaus Stephan	*Köln	0:45:36	72	M30	13	0:46:16	16:56	* 15:41	* 13:38	4:34 min/km
142	2847	Franke Robert		0:45:38	60	M45	5	0:46:08	16:34	* 15:24	* 14:09	4:34 min/km
143	2637	Schultheiß Volker	*Kerpen	0:45:39	56	M50	9	0:45:55	15:41	* 15:44	* 14:29	4:34 min/km
144	2583	Sailer Ingo	*Köln	0:45:42	85	MHK	55	0:45:49	15:08	* 15:51	* 14:49	4:34 min/km
145	2241	Hähnel Marc	*Köln	0:45:42	81	MHK	56	0:46:55	18:08	* 15:22	* 13:24	4:34 min/km
146	2001	Abels Frank	*köln	0:45:43	72	M30	14	0:46:05	15:57	* 15:54	* 14:13	4:34 min/km
147	2450	Michaelis Thomas	*Aachen	0:45:45	83	MHK	57	0:46:55	18:49	* 15:01	* 13:04	4:35 min/km
148	2400	Lindlein Christoph	*Germersheim	0:45:52	86	MHK	58	0:45:58	15:09	* 15:55	* 14:53	4:35 min/km
149	2843	Henschel Hans	GW Wesel Flüren	0:45:52	44	M60	1	0:45:59	15:51	* 15:40	* 14:26	4:35 min/km
150	2319	Kaspar Matthias	*Köln	0:45:52	85	MHK	59	0:45:59	15:09	* 15:56	* 14:53	4:35 min/km
151	2658	Seyfried Alexis	*Lindenthal	0:45:55	85	MHK	60	0:46:03	16:12	* 15:53	* 13:58	4:36 min/km
152	2380	Kurpanek Andre	Medeco-Klinik/BSV HH	0:46:02	76	M30	15	0:47:08	17:07	* 15:29	* 14:31	4:36 min/km
153	2693	Taetz Timo	*Köln	0:46:05	75	M30	16	0:47:32	17:49	* 15:43	* 13:59	4:37 min/km
154	2390	Laude Lorenz	*Bonn	0:46:06	85	MHK	61	0:46:11	15:42	* 15:44	* 14:44	4:37 min/km
155	2243	Haiser Georg	*Köln	0:46:06	85	MHK	62	0:46:31	16:28	* 15:41	* 14:20	4:37 min/km
156	2175	Fink Daniel	*Frechen	0:46:06	79	MHK	63	0:46:11	15:13	* 15:58	* 14:59	4:37 min/km
157	2166	Felchner Frank	TuS Bad Pyrmont	0:46:08	69	M35	19	0:46:29	15:48	* 16:07	* 14:33	4:37 min/km
158	2671	Stalph Kodai	*Bonn	0:46:09	87	MJA	7	0:46:57	18:10	* 15:35	* 13:12	4:37 min/km
159	2694	Tenfelde Oliver	*Köln	0:46:09	86	MHK	64	0:46:29	15:43	* 16:07	* 14:38	4:37 min/km
160	2811	Bothe Rüdiger		0:46:10	74	M30	17	0:47:37	17:55	* 15:50	* 13:51	4:37 min/km
161	2495	Nishimura Tomohiro	*Bonn	0:46:12	82	MHK	65	0:47:01	18:10	* 15:35	* 13:15	4:37 min/km
162	2565	Rochow Dr. Henning	*Frechen	0:46:13	66	M40	29	0:46:54	16:33	* 15:49	* 14:31	4:37 min/km
163	2529	Polishchuk Artur	*Köln	0:46:18	81	MHK	66	0:46:58	17:19	* 15:22	* 14:16	4:38 min/km
164	2323	Katzek Jürgen	Drei Generationen	0:46:21	68	M35	20	0:47:21	17:15	* 15:35	* 14:30	4:38 min/km
165	2772	Witthaus Andreas	LG MitUns	0:46:21	70	M35	21	0:46:52	16:20	* 15:53	* 14:39	4:38 min/km

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166	2347	Klindtworth Joshua	LG Eckdorfer Eilzug	0:46:21	53 M50	10	0:46:52	16:19 *	15:54 *	14:38	4:38 min/km
167	2504	Özdamar Onur	*Köln	0:46:21	83 MHK	67	0:47:48	17:51 *	15:38 *	14:18	4:38 min/km
168	2551	Reinhard Jonathan	*köln	0:46:24	84 MHK	68	0:46:35	15:13 *	16:10 *	15:11	4:38 min/km
169	2349	Klötters Ray	www.third-eye-media.de	0:46:24	68 M35	22	0:46:57	16:56 *	15:48 *	14:12	4:38 min/km
170	2207	Gieres Tom	*Köln	0:46:25	85 MHK	69	0:46:57	16:42 *	15:59 *	14:15	4:39 min/km
171	2261	Henschel Frank	*Köln	0:46:28	73 M30	18	0:46:35	15:51 *	15:58 *	14:44	4:39 min/km
172	2040	Beilenhoff Alexander	*Köln	0:46:29	86 MHK	70	0:47:34	17:11 *	15:50 *	14:33	4:39 min/km
173	2038	Beierlein John	*Köln	0:46:30	85 MHK	71	0:47:35	17:27 *	16:06 *	14:01	4:39 min/km
174	2054	Binder Lovis	*Düsseldorf	0:46:30	86 MHK	72	0:47:35	17:11 *	15:50 *	14:33	4:39 min/km
175	2032	Becker Tim	*Mönchengladbach	0:46:31	84 MHK	73	0:47:37	17:45 *	15:43 *	14:08	4:39 min/km
176	2366	Koslowsky Marciano	*Köln	0:46:32	84 MHK	74	0:47:38	18:02 *	15:43 *	13:52	4:39 min/km
177	2122	Dillkofer Benedikt	*Köln	0:46:33	85 MHK	75	0:47:22	17:27 *	15:50 *	14:04	4:39 min/km
178	2159	Farnung Markus	Fussballfreunde Rheinland	0:46:36	78 MHK	76	0:47:30	17:07 *	15:48 *	14:34	4:40 min/km
179	2739	Warner Norbert	Tennisclub Lese GW Köln	0:46:36	66 M40	30	0:46:53	15:37 *	16:00 *	15:15	4:40 min/km
180	2752	Weiß Michael	*Friesenhagen	0:46:39	85 MHK	77	0:47:29	17:34 *	15:56 *	13:58	4:40 min/km
181	2831	Maric Boris	SV Grünfeld	0:46:41	72 M30	19	0:47:13	16:22 *	15:56 *	14:54	4:40 min/km
182	2265	Hering Julian	*Köln	0:46:43	82 MHK	78	0:46:51	15:17 *	16:03 *	15:30	4:40 min/km
183	2312	John Sebastian	*Köln	0:46:43	84 MHK	79	0:46:47	15:34 *	16:06 *	15:05	4:40 min/km
184	2493	Nießen Bernd	*Weiden	0:46:44	83 MHK	80	0:48:10	18:29 *	15:39 *	14:01	4:40 min/km
185	2786	Zellinger Steffen	*Köln	0:46:45	81 MHK	81	0:47:34	17:27 *	15:50 *	14:16	4:41 min/km
186	2002	Aberut Vadim	*köln	0:46:45	84 MHK	82	0:47:33	16:54 *	15:45 *	14:53	4:41 min/km
187	2104	Conradi Stephan	*Köln	0:46:50	79 MHK	83	0:47:53	18:41 *	15:46 *	13:25	4:41 min/km
188	2432	Mauter Simon	*Köln	0:46:53	85 MHK	84	0:47:38	17:05 *	15:58 *	14:35	4:41 min/km
189	2535	Prinz Volker	BMT Beethovenpark Köln	0:46:56	62 M40	31	0:47:34	16:42 *	16:12 *	14:40	4:42 min/km
190	2086	Burghaus Philip	*Köln, Junkersdorf	0:46:59	85 MHK	85	0:47:27	16:39 *	15:57 *	14:50	4:42 min/km
191	1831	Girzacky Marvin	TuS rrh. Köln	0:46:59	91 MSA	5	0:48:00	18:10 *	16:18 *	13:30	4:42 min/km
192	2225	Groß Christian	*Köln	0:47:04	85 MHK	86	0:47:32	16:28 *	16:08 *	14:55	4:42 min/km
193	2547	Rehs Janis	*Köln - Weiden	0:47:06	85 MHK	87	0:47:58	16:25 *	15:53 *	15:38	4:43 min/km
194	2804	Gieseler Burkhard		0:47:07	55 M50	11	0:47:30	16:24 *	15:51 *	15:14	4:43 min/km
195	2435	Medefind Dennis	*Köln	0:47:08	82 MHK	88	0:48:35	18:29 *	15:39 *	14:26	4:43 min/km
196	1826	Schlecht Daniel	LK 42 St. Augustin	0:47:09	74 M30	20	0:48:37	18:00 *	16:02 *	14:34	4:43 min/km
197	2310	Jeppel Peter	*Dormagen	0:47:09	62 M40	32	0:47:45	16:42 *	14:39 *	16:22	4:43 min/km
198	1835	Henze Jörg	Rot Weiss Köln	0:47:10	67 M35	23	0:47:35	17:40 *	15:44 *	14:09	4:43 min/km
199	2299	Irmscher Christopher	*Dormagen	0:47:10	85 MHK	89	0:47:20	15:53 *	16:09 *	15:17	4:43 min/km
200	2634	Schütz Volker	BMT Beethovenpark Köln	0:47:10	69 M35	24	0:47:47	16:42 *	16:12 *	14:52	4:43 min/km
201	2157	Fabian Björn	*Lohmar	0:47:10	81 MHK	90	0:47:20	15:53 *	16:09 *	15:17	4:43 min/km
202	2069	Brandt Patrice	Djk Vierlinden	0:47:17	83 MHK	91	0:49:15	19:50 *	16:01 *	13:23	4:44 min/km
202	2244	Halabian Matthias	Tennisclub Lese GW Köln	0:47:17	68 M35	25	0:48:47	18:19 *	15:50 *	14:37	4:44 min/km
204	2844	Merzenich Markus	SC Capitol	0:47:18	56 M50	12	0:47:36	16:15 *	16:19 *	15:01	4:44 min/km
205	2354	Kniewel Georg	*Brilon	0:47:19	86 MHK	92	0:48:16	17:06 *	16:15 *	14:54	4:44 min/km
205	2561	Ripp Dieter	VTC Köln	0:47:19	56 M50	13	0:48:16	17:09 *	16:11 *	14:55	4:44 min/km
207	2418	Maier Matthias	*Köln	0:47:21	84 MHK	93	0:48:20	17:29 *	16:13 *	14:38	4:44 min/km
208	2567	Röhrig Jörg	*Bergheim	0:47:25	70 M35	26	0:47:39	16:08 *	16:45 *	14:45	4:45 min/km
209	2598	Schipper Christoph	*Koeln	0:47:27	85 MHK	94	0:49:24	19:50 *	16:01 *	13:32	4:45 min/km
210	2047	Bernd Alex	*Köln	0:47:28	71 M35	27	0:47:48	16:00 *	16:40 *	15:06	4:45 min/km
211	2075	Breu Florian	*Köln	0:47:30	85 MHK	95	0:48:43	18:08 *	16:02 *	14:33	4:45 min/km
212	2673	Steffen Guido	RWE Power	0:47:32	62 M40	33	0:48:29	17:15 *	16:07 *	15:06	4:45 min/km
213	2396	Lenk Maximilian	*Koeln	0:47:36	87 MJA	8	0:47:43	15:38 *	16:44 *	15:20	4:46 min/km
214	2055	Binner Johannes	*Köln	0:47:38	85 MHK	96	0:48:45	17:46 *	15:48 *	15:11	4:46 min/km
215	2674	Steffenhagen Christian	*Köln	0:47:38	80 MHK	97	0:48:17	16:57 *	16:19 *	14:59	4:46 min/km
216	2644	Schumacher Niels	*Köln	0:47:38	85 MHK	98	0:48:45	17:45 *	15:48 *	15:11	4:46 min/km
217	2359	Könn Oliver	*Köln	0:47:39	78 MHK	99	0:48:17	16:57 *	16:19 *	14:59	4:46 min/km
218	2543	Radon Frank	*Leverkusen	0:47:39	75 M30	21	0:48:17	16:39 *	16:24 *	15:13	4:46 min/km
219	2210	Görres Wolfgang	LT Köln Süd	0:47:41	74 M30	22	0:48:39	18:23 *	16:06 *	14:09	4:46 min/km
220	2686	Strack Klaus	*Rösrath	0:47:53	68 M35	28	0:49:13	21:26 *	14:26 *	13:20	4:47 min/km
221	1849	Yasura Naoki		0:47:55	79 MHK	100	0:49:26	17:48 *	16:25 *	15:12	4:48 min/km

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222	1850	Araki Jiro		0:47:56	61 M45	6	0:48:02	15:56 * 16:44 * 15:22	4:48 min/km
223	2041	Bender Martin	*Köln	0:48:00	80 MHK	101	0:48:15	18:20 * 16:09 * 13:45	4:48 min/km
224	2397	Leon Achim	bsg allianz	0:48:09	68 M35	29	0:48:52	22:06 * 13:38 * 13:07	4:49 min/km
225	2385	Landes David	*Euskirchen	0:48:12	84 MHK	102	0:50:09	19:50 * 16:01 * 14:16	4:49 min/km
226	2306	Jakobi Franz	*Köln	0:48:13	84 MHK	103	0:48:42	16:45 * 16:12 * 15:45	4:49 min/km
227	2190	Fritzsche Christoph	*Köln	0:48:16	84 MHK	104	0:48:41	16:44 * 16:37 * 15:20	4:50 min/km
228	2857	Nierhoff Boris	*Köln	0:48:17	69 M35	30	0:48:51	16:20 * 17:17 * 15:13	4:50 min/km
229	2100	Chroszc Florian	*Köln	0:48:18	84 MHK	105	0:48:28	16:20 * 16:18 * 15:49	4:50 min/km
230	2101	Chudzicki René	*koeln	0:48:19	64 M40	34	0:48:58	16:58 * 16:25 * 15:34	4:50 min/km
231	2560	Ringle Christopher	*Burgdorf	0:48:21	84 MHK	106	0:48:28	15:35 * 17:03 * 15:49	4:50 min/km
232	2158	Falk Wolfgang	*Kerpen	0:48:22	56 M50	14	0:48:42	16:21 * 16:41 * 15:40	4:50 min/km
233	2371	Kretschmar Johannes	Spoho	0:48:24	84 MHK	107	0:49:37	19:01 * 16:51 * 13:44	4:50 min/km
234	2233	Gummersbach Felix	*Duisburg	0:48:26	84 MHK	108	0:48:49	17:01 * 16:23 * 15:25	4:51 min/km
235	2178	Fischer Jonas	TuS Moitzfeld	0:48:28	71 M35	31	0:49:35	18:21 * 16:25 * 14:48	4:51 min/km
236	2077	Bringezu Ralf	*Bergisch Gladbach	0:48:32	65 M40	35	0:49:00	16:38 * 16:45 * 15:36	4:51 min/km
237	2781	Zanders Max	*Bonn	0:48:32	86 MHK	109	0:48:36	15:34 * 17:28 * 15:33	4:51 min/km
238	2151	Esser Armin	msc schmeißfliegen	0:48:39	68 M35	32	0:49:12	17:07 * 16:38 * 15:26	4:52 min/km
239	2251	Haupt Jan	*Köln	0:48:40	77 MHK	110	0:48:54	16:07 * 17:07 * 15:38	4:52 min/km
240	2341	Klein LLarsinho	laufgemeinschaft schlenker	0:48:40	80 MHK	111	0:48:50	17:19 * 16:12 * 15:18	4:52 min/km
241	2183	Flesch Kai	*Köln	0:48:42	76 M30	23	0:48:53	16:46 * 16:46 * 15:21	4:52 min/km
242	2664	Smith Nicholas	*Leverkusen	0:48:52	73 M30	24	0:50:27	18:02 * 16:45 * 15:40	4:53 min/km
243	2006	Albshausen Rainer	ASV-köln 1	0:48:55	66 M40	36	0:49:40	17:17 * 16:45 * 15:38	4:54 min/km
244	2842	Ziegler Dr. Michael	Marathon Finanz AG	0:48:58	64 M40	37	0:49:25	21:32 * 14:24 * 13:28	4:54 min/km
245	2524	Pientka Dirk	*Leichlingen	0:49:00	67 M35	33	0:49:17	15:50 * 17:15 * 16:11	4:54 min/km
246	2185	Frechen Raphael	*Trosdorf	0:49:01	84 MHK	112	0:49:07	15:45 * 17:20 * 16:01	4:54 min/km
247	2552	Rentzsch Manfred	REWI Köln	0:49:03	71 M35	34	0:50:36	18:53 * 16:54 * 14:48	4:54 min/km
248	2109	Dahl Norbert	TTVG Phönix Biesfeld	0:49:05	53 M50	15	0:50:13	18:31 * 16:37 * 15:04	4:55 min/km
249	2202	Gerber Joerg	Nettengasse 9 Cool Running	0:49:06	69 M35	35	0:50:14	18:54 * 16:45 * 14:34	4:55 min/km
250	2797	Merser Michael		0:49:10	73 M30	25	0:50:18	18:23 * 16:42 * 15:12	4:55 min/km
251	2485	Myslisch Frank	*Pulheim	0:49:10	73 M30	26	0:50:17	18:22 * 16:41 * 15:13	4:55 min/km
252	2759	Weyers Alexander	*Köln	0:49:11	78 MHK	113	0:50:08	16:33 * 16:54 * 16:40	4:55 min/km
253	2444	Mesic Mario	EL TREN	0:49:12	65 M40	38	0:50:04	17:48 * 16:57 * 15:18	4:55 min/km
254	2085	Büttner Detlef	*Köln	0:49:13	60 M45	7	0:49:38	17:28 * 16:59 * 15:10	4:55 min/km
255	2212	Götting Tino	GSV Düsseldorf	0:49:18	80 MHK	114	0:49:49	16:38 * 16:57 * 16:13	4:56 min/km
256	2410	Lüders Olav	Master Of Running	0:49:19	67 M35	36	0:50:30	17:04 * 16:56 * 16:29	4:56 min/km
257	2125	Drieschner Dennis	KSG-Köln	0:49:25	83 MHK	115	0:50:10	17:28 * 17:25 * 15:16	4:57 min/km
258	2513	Papier Felix	*Köln	0:49:25	77 MHK	116	0:50:03	17:35 * 17:01 * 15:26	4:57 min/km
259	1813	Freund Thomas		0:49:28	68 M35	37	0:49:58	18:13 * 16:56 * 14:47	4:57 min/km
260	2697	Thies Dirk	*Dormagen	0:49:36	65 M40	39	0:49:49	17:19 * 17:08 * 15:21	4:58 min/km
261	2830	González Rafael		0:49:37	69 M35	38	0:49:49	17:19 * 17:08 * 15:21	4:58 min/km
262	2577	Rosin Hans-Dieter	*Köln	0:49:37	65 M40	40	0:50:42	17:05 * 17:10 * 16:26	4:58 min/km
263	2649	Schwiperich Werner	*Köln	0:49:41	67 M35	39	0:50:48	18:08 * 17:05 * 15:34	4:58 min/km
264	2808	Hauptmann Dietmar	*Passau	0:49:47	67 M35	40	0:50:16	17:49 * 17:01 * 15:25	4:59 min/km
265	2332	Kessler Thomas	*Köln	0:50:05	55 M50	16	0:50:07	16:45 * 17:31 * 15:49	5:01 min/km
266	2238	Habicht Hr. Gerd	Wir sind alle über 40	0:50:06	63 M40	41	0:50:43	17:47 * 17:17 * 15:38	5:01 min/km
267	2070	Braß Florian	*Köln	0:50:09	84 MHK	117	0:50:54	17:07 * 17:20 * 16:25	5:01 min/km
268	2445	Messer Johannes	*Köln	0:50:10	66 M40	42	0:50:44	18:04 * 17:20 * 15:19	5:01 min/km
269	1845	Gianluca Bartolini		0:50:15	71 M35	41	0:51:50	20:05 * 16:43 * 15:01	5:02 min/km
270	2051	Beuscher Armin	Ökumene Lindenthal	0:50:18	58 M45	8	0:50:54	17:42 * 17:26 * 15:46	5:02 min/km
271	2494	Nikolov Todor	*Bonn	0:50:19	82 MHK	118	0:50:19	18:26 * 16:37 * 15:15	5:02 min/km
272	2259	Henke Heiko	ohne	0:50:19	56 M50	17	0:50:25	16:21 * 17:42 * 16:21	5:02 min/km
273	2806	Okamoto Shinichi	International Runners	0:50:25	50 M55	6	0:50:29	17:24 * 17:25 * 15:39	5:03 min/km
274	1841	Meyer Ulrich		0:50:32	71 M35	42	0:51:53	19:14 * 16:58 * 15:41	5:03 min/km
275	2677	Steinke Gerhard	---	0:50:47	42 M60	2	0:51:09	17:51 * 17:25 * 15:52	5:05 min/km
276	2840	Schiefer Ferdinand	Kronos Live	0:50:50	57 M45	9	0:51:43	18:43 * 17:21 * 15:37	5:05 min/km
277	2080	Brosche Marko	*Köln	0:50:53	71 M35	43	0:51:13	17:10 * 17:42 * 16:20	5:05 min/km

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278	2533	Prandzioch Marian	Karo	0:50:54	52 M50	18	0:51:13	17:11 * 17:42 * 16:20	5:05 min/km
279	2148	Esch Hans-Josef	*Köln	0:50:58	59 M45	10	0:51:48	21:41 * 16:26 * 13:39	5:06 min/km
280	1851	Agan Kunter		0:50:59	64 M40	43	0:52:38	19:09 * 17:25 * 16:03	5:06 min/km
281	2336	Kiesewetter Wolfgang	laufgemeinschaft schlenker	0:51:01	69 M35	44	0:51:10	17:26 * 17:41 * 16:02	5:06 min/km
282	2338	Kisin Emre	*Moers	0:51:01	84 MHK	119	0:51:57	18:11 * 17:30 * 16:15	5:06 min/km
283	2841	Uhlhorn Kurt	Schwimmverein Horrem-S	0:51:03	61 M45	11	0:51:56	18:43 * 17:21 * 15:50	5:06 min/km
284	2097	Christ Carsten	*Köln	0:51:04	67 M35	45	0:51:26	17:45 * 17:53 * 15:47	5:06 min/km
285	2193	Fronda Christian	Tennisclub Lese GW Köln	0:51:05	63 M40	44	0:52:36	19:27 * 17:15 * 15:53	5:07 min/km
286	2858	Haak Christian	*Köln	0:51:13	74 M30	27	0:52:06	18:20 * 17:23 * 16:22	5:07 min/km
287	2503	Övermöhle Matthias	*Frechen	0:51:18	64 M40	45	0:51:30	17:08 * 17:57 * 16:24	5:08 min/km
288	2779	Yilmaz Ömer	*Bergisch Gladbach	0:51:19	66 M40	46	0:52:15	18:37 * 17:40 * 15:58	5:08 min/km
289	2224	Grohe Michael	*Köln	0:51:20	68 M35	46	0:51:45	17:47 * 17:50 * 16:07	5:08 min/km
290	2264	Herfs Dr. Dominik	*Odenthal	0:51:24	67 M35	47	0:51:59	18:12 * 17:26 * 16:21	5:08 min/km
291	2367	Kowatschew Dr. Daniel	The Best	0:51:26	80 MHK	120	0:51:42	17:19 * 17:17 * 17:05	5:09 min/km
292	2084	Büngen Niels	*Köln	0:51:27	79 MHK	121	0:51:50	17:59 * 17:25 * 16:25	5:09 min/km
293	2854	Happke Luca Felix	LGO Euskirchen/Erfstadt	0:51:36	98 MSD	1	0:51:58	16:49 * 18:02 * 17:06	5:10 min/km
294	2838	Brunner Ulrich	*Köln	0:51:36	37 M65	2	0:52:17	18:23 * 17:45 * 16:08	5:10 min/km
295	2523	Pickshaus Jan	*Hürth	0:51:41	79 MHK	122	0:53:16	19:42 * 16:59 * 16:34	5:10 min/km
296	2395	Lemmerz Ralf	*Leverkusen	0:51:44	64 M40	47	0:53:19	18:02 * 17:55 * 17:21	5:10 min/km
297	2180	Fitz Rüdiger	*Köln	0:51:45	74 M30	28	0:53:14	19:43 * 17:34 * 15:57	5:11 min/km
298	2296	Hunneshagen Karl	LG Hilden	0:51:46	47 M55	7	0:52:42	18:24 * 17:22 * 16:55	5:11 min/km
299	2764	Wieland Lars	Team Erdinger Alkoholfrei	0:51:52	74 M30	29	0:52:16	17:30 * 17:57 * 16:47	5:11 min/km
300	2815	Grunert Uwe	DJK Löwe Köln	0:51:55	54 M50	19	0:52:18	18:10 * 17:01 * 17:06	5:12 min/km
301	2403	Linzenich Dieter	TS Frechen	0:52:01	54 M50	20	0:53:00	19:06 * 17:45 * 16:08	5:12 min/km
302	2800	Friederichs Ralph	cyberdyne	0:52:01	74 M30	30	0:52:28	17:50 * 18:31 * 16:05	5:12 min/km
303	2514	Parragi Dirk	*Erfstadt	0:52:03	66 M40	48	0:52:09	17:12 * 18:08 * 16:49	5:12 min/km
304	2045	Berger Ralf	Hase&Bär	0:52:05	70 M35	48	0:52:59	17:39 * 18:13 * 17:07	5:13 min/km
305	2856	König Volker	*Bergisch Gladbach	0:52:11	60 M45	12	0:52:37	17:57 * 17:42 * 16:56	5:13 min/km
306	2377	Küpper Bruno	Ihrefelder Windhunde	0:52:12	74 M30	31	0:53:29	18:25 * 17:55 * 17:08	5:13 min/km
307	1867	Fangmann Karsten		0:52:27	64 M40	49	0:53:56	20:24 * 17:34 * 15:57	5:15 min/km
308	2132	Ehlert Florian	*Köln	0:52:29	84 MHK	123	0:54:39	20:18 * 18:31 * 15:48	5:15 min/km
309	2625	Schreiber Jörg	*Koeln	0:52:43	61 M45	13	0:54:16	20:05 * 18:30 * 15:39	5:16 min/km
310	2702	Tiedtke Jörg	Tennisclub Lese GW Köln	0:53:04	68 M35	49	0:54:33	20:19 * 17:38 * 16:34	5:18 min/km
311	2845	Quetting Jörg	*Köln	0:53:05	68 M35	50	0:54:10	19:26 * 18:02 * 16:41	5:18 min/km
312	2479	Müller Thorsten	TuS Bad Pyrmont	0:53:06	77 MHK	124	0:53:48	18:39 * 18:21 * 16:48	5:19 min/km
313	2626	Schrell Marko	TuS Bad Pyrmont	0:53:06	75 M30	32	0:53:48	18:41 * 18:19 * 16:48	5:19 min/km
314	2722	Verhée Patrick	*Köln	0:53:14	75 M30	33	0:54:52	20:03 * 18:17 * 16:31	5:19 min/km
315	2441	Mengelkamp Dietmar	Skiclub blau-rot Köln	0:53:17	65 M40	50	0:54:41	19:17 * 18:24 * 16:59	5:20 min/km
316	2145	Ermer Gerhard	Laufen mit Diana	0:53:19	49 M55	8	0:54:03	18:25 * 18:09 * 17:28	5:20 min/km
317	2710	Tronser Tobias	*Köln	0:53:33	82 MHK	125	0:54:31	18:28 * 18:50 * 17:12	5:21 min/km
318	2452	Michel Lars	*Köln	0:53:37	79 MHK	126	0:54:57	21:04 * 18:03 * 15:49	5:22 min/km
319	2818	Pullmann Engelbert		0:53:43	46 M60	3	0:54:11	18:36 * 18:37 * 16:58	5:22 min/km
320	2463	Morisse Christoph	*köln	0:53:45	71 M35	51	0:54:46	19:45 * 18:22 * 16:38	5:23 min/km
321	2817	Krüger Manfred	TS 79 Bergisch Gladb	0:53:46	38 M65	3	0:54:11	18:36 * 18:36 * 16:58	5:23 min/km
322	2174	Feuß Manfred	Korschenbroicher LC	0:53:47	49 M55	9	0:55:20	20:04 * 19:53 * 15:22	5:23 min/km
323	2128	Düsterhöft Stefan	VW Audi Club Düsseldorf	0:53:59	75 M30	34	0:54:38	17:53 * 18:59 * 17:44	5:24 min/km
324	1888	Roters Jürgen	LT DSHS Köln	0:54:02	49 M55	10	0:54:08	18:44 * 18:12 * 17:10	5:24 min/km
325	2778	Yilmaz Ali	*Pulheim	0:54:03	71 M35	52	0:54:58	18:37 * 18:53 * 17:27	5:24 min/km
326	2199	Galejski Dennis	*Köln	0:54:06	85 MHK	127	0:54:55	18:24 * 18:48 * 17:42	5:25 min/km
327	2297	Immig Peter	ASV Köln	0:54:08	60 M45	14	0:54:54	19:02 * 18:40 * 17:11	5:25 min/km
328	2023	Baumeister Jens	*Köln	0:54:12	75 M30	35	0:55:46	21:12 * 18:09 * 16:24	5:25 min/km
329	2718	Van der Ven Dr. Christi	*Köln	0:54:15	63 M40	51	0:55:31	20:21 * 18:10 * 16:59	5:26 min/km
330	2544	Raeck Michael	Sparkasse KölnBonn	0:54:24	58 M45	15	0:55:21	20:59 * 17:54 * 16:27	5:26 min/km
331	2698	Thomas Reiner	*Hürth	0:54:26	54 M50	21	0:55:02	18:23 * 18:48 * 17:51	5:27 min/km
332	2083	Büchel Manfred	*Köln	0:54:30	53 M50	22	0:55:38	20:09 * 18:36 * 16:52	5:27 min/km
333	2262	Hentrich Erich	*Köln	0:54:33	55 M50	23	0:55:15	18:59 * 18:51 * 17:24	5:27 min/km

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334	2020	Bahnsen Manuel	*Köln	0:54:35	73 M30	36	0:55:57	20:24 *	18:38 *	16:54	5:28 min/km
335	2419	Majer Richard	*Köln	0:54:35	80 MHK	128	0:54:50	19:15 *	18:51 *	16:43	5:28 min/km
336	2015	Arnold Stephan	laufftreff monheim	0:54:36	65 M40	52	0:55:59	20:20 *	18:35 *	17:03	5:28 min/km
337	2342	Klein Stephan	laufftreff monheim	0:54:39	61 M45	16	0:56:03	20:20 *	18:36 *	17:06	5:28 min/km
338	2161	Faßbender Georg	RTC Colonia-Roma	0:54:41	58 M45	17	0:55:21	18:29 *	18:49 *	18:03	5:28 min/km
339	2430	Matthies Tobias	*Köln	0:54:46	78 MHK	129	0:55:55	21:19 *	18:58 *	15:37	5:29 min/km
340	2599	Schleiwies Joachim	*Mannheim	0:54:54	66 M40	53	0:56:32	21:43 *	17:59 *	16:49	5:29 min/km
341	2294	Hund Stefan		0:55:01	73 M30	37	0:55:43	18:43 *	18:55 *	18:03	5:30 min/km
342	2348	Klix Ralf	BSG Allianz	0:55:03	71 M35	53	0:55:46	22:16 *	17:26 *	16:02	5:30 min/km
343	1859	Wissing Karl	IG Ems	0:55:07	46 M60	4	0:55:48	18:43 *	18:39 *	18:25	5:31 min/km
344	2059	Blume Jürgen	*Köln	0:55:08	62 M40	54	0:56:45	22:02 *	18:17 *	16:26	5:31 min/km
345	2620	Schönwälder Florian	Tennisclub Lese GW Köln	0:55:16	96 MSC	1	0:56:57	21:13 *	19:40 *	16:03	5:32 min/km
346	2087	Burgmann Rafael	*Köln	0:55:17	70 M35	54	0:55:54	19:41 *	18:54 *	17:18	5:32 min/km
346	2622	Schönwälder Peter	Tennisclub Lese GW Köln	0:55:17	63 M40	55	0:56:58	21:13 *	19:40 *	16:04	5:32 min/km
348	2775	Wolf Stefan	*Köln	0:55:21	74 M30	38	0:56:05	18:37 *	19:37 *	17:50	5:32 min/km
349	2814	Grunert Rene	DJK Löwe Köln	0:55:27	92 MSA	6	0:55:49	19:27 *	20:06 *	16:14	5:33 min/km
350	2331	Kerkow Detlev	colognerunners	0:55:33	63 M40	56	0:56:02	19:48 *	18:58 *	17:16	5:33 min/km
351	2428	Marx Helmut	*Köln	0:55:33	41 M65	4	0:55:52	18:45 *	19:04 *	18:02	5:33 min/km
352	2155	Evers Felix	*Köln	0:55:34	54 M50	24	0:56:21	18:42 *	19:07 *	18:31	5:33 min/km
353	1852	Suter Maggi		0:55:34	75 M30	39	0:56:34	20:08 *	19:28 *	16:57	5:33 min/km
354	2724	Verspay Christian	*köln	0:55:37	78 MHK	130	0:56:54	22:03 *	18:16 *	16:33	5:34 min/km
355	2206	Gerlach Uwe	ohne	0:55:43	62 M40	57	0:57:12	20:27 *	18:46 *	17:58	5:34 min/km
356	2389	Langenbach Dr Klaus	Zahnarztpraxis Dr.Langensb	0:55:53	53 M50	25	0:57:32	21:18 *	18:58 *	17:16	5:35 min/km
357	2388	Langenbach Alexander	Zahnarztpraxis Dr.Langensb	0:55:54	86 MHK	131	0:57:33	21:18 *	18:58 *	17:16	5:35 min/km
358	2848	Fassbinder Michael	Dellbrück	0:55:56	60 M45	18	0:57:25	22:06 *	18:40 *	16:37	5:36 min/km
359	2624	Schorn Harald	*Köln	0:55:57	77 MHK	132	0:57:24	22:06 *	18:40 *	16:37	5:36 min/km
360	2146	Ernst Martin	Hasenjäger	0:56:01	73 M30	40	0:57:19	20:08 *	19:38 *	17:31	5:36 min/km
361	2782	Zanella Boris	*Hennef	0:56:14	72 M30	41	0:57:19	20:29 *	19:21 *	17:28	5:37 min/km
362	2384	Lampe Jens	*Aachen	0:56:18	79 MHK	133	0:57:27	21:35 *	19:12 *	16:39	5:38 min/km
363	2311	Jörg Weingärtner	FitCom	0:56:29	68 M35	55	0:58:23	22:11 *	19:08 *	17:03	5:39 min/km
364	2170	Fetz Falko	Solinger Treppenbachläufer	0:56:30	70 M35	56	0:58:23	22:10 *	19:08 *	17:03	5:39 min/km
365	2171	Fetz Helmut	Solinger Treppenbachläufer	0:56:30	37 M65	5	0:58:23	22:10 *	19:08 *	17:04	5:39 min/km
366	2837	Schmetter Andreas		0:56:32	63 M40	58	0:57:57	20:41 *	19:19 *	17:56	5:39 min/km
367	2727	Viebahn Kai	*Köln	0:56:48	77 MHK	134	0:57:31	20:54 *	19:35 *	17:00	5:41 min/km
368	2604	Schmidt Jörg	Bayer MaterialScience	0:57:01	68 M35	57	0:57:35	19:07 *	19:44 *	18:43	5:42 min/km
369	2478	Müller Thorsten	*KÖln	0:57:11	76 M30	42	0:57:34	19:44 *	19:28 *	18:21	5:43 min/km
370	2780	Zabot Stane	*Köln	0:57:28	85 MHK	135	0:58:02	18:14 *	20:26 *	19:22	5:45 min/km
371	2271	Hillebrand Martin	*Köln	0:57:34	62 M40	59	0:59:10	20:17 *	20:08 *	18:44	5:45 min/km
372	2640	Schulz Siegfried	Laktatkönige	0:57:45	55 M50	26	0:59:33	22:29 *	19:28 *	17:35	5:47 min/km
373	2213	Gomez Alcalde Crispulo	*Köln	0:57:48	75 M30	43	0:58:58	21:34 *	19:36 *	17:47	5:47 min/km
374	2115	Deiters Lothar	Gsv Porz / Köln	0:57:59	34 M70	1	0:58:39	20:34 *	19:57 *	18:07	5:48 min/km
375	1828	Pesch Udo	Lokomotive Glehn	0:58:00	56 M50	27	0:59:03	20:28 *	19:44 *	18:50	5:48 min/km
376	1861	Wissing Heinz	JG-Ems	0:58:04	40 M65	6	0:58:45	20:35 *	19:53 *	18:16	5:48 min/km
377	2731	Voss Klaus	fc junkersdorf	0:58:05	60 M45	19	0:58:41	19:27 *	20:16 *	18:58	5:49 min/km
378	2164	Feige Manfred	Colognerunners	0:58:09	47 M55	11	0:59:49	21:22 *	19:33 *	18:53	5:49 min/km
379	1855	Krämer Michael		0:58:12	70 M35	58	0:59:52	23:27 *	19:52 *	16:32	5:49 min/km
380	2301	Jaeger Achim	*Gummersbach	0:58:19	57 M45	20	0:59:50	21:46 *	19:06 *	18:57	5:50 min/km
381	2447	Meurer Klaus	*Hürth	0:58:21	58 M45	21	0:59:12	20:25 *	19:59 *	18:47	5:50 min/km
382	2004	Aigner Christian	LT DSHS Köln	0:58:23	63 M40	60	1:00:15	23:24 *	20:34 *	16:16	5:50 min/km
383	2828	Lauxmann Axel	Ford	0:58:24	69 M35	59	1:00:16	23:25 *	20:34 *	16:16	5:50 min/km
384	2126	Drossard Peter	*Köln	0:58:30	56 M50	28	0:59:27	20:59 *	20:14 *	18:13	5:51 min/km
385	1822	Tschasche Jörg		0:58:34	73 M30	44	0:59:05	20:33 *	19:57 *	18:34	5:51 min/km
386	2468	Müller Harald	BSG RaBaz e.V.	0:58:34	60 M45	22	1:00:20	21:24 *	19:54 *	19:02	5:51 min/km
387	2279	Hölzenbein Alfons	BSG RaBaz e.V.	0:58:34	54 M50	29	1:00:20	21:24 *	19:53 *	19:02	5:51 min/km
388	1825	Grewe Marcus		0:58:37	67 M35	60	1:00:06	21:46 *	19:58 *	18:22	5:52 min/km
389	2616	Schneider Heinz	*Koeln	0:58:46	63 M40	61	1:00:11	22:53 *	19:51 *	17:26	5:53 min/km

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390	2272	Hillebrandt Dieter	*Köln	0:58:47	42 M60	5	0:59:14	20:11	* 20:11	* 18:51	5:53 min/km
391	2821	Merkelberg Rudolf		0:58:48	58 M45	23	1:00:39	20:40	* 20:19	* 19:39	5:53 min/km
392	2585	Sander Frank	*Köln	0:58:52	70 M35	61	0:59:53	22:02	* 19:39	* 18:11	5:53 min/km
393	1812	Sidlo Franz-Josef		0:58:53	64 M40	62	1:00:43	22:46	* 20:01	* 17:55	5:53 min/km
394	1811	Knetschowsky Guido		0:58:55	67 M35	62	1:00:45	22:45	* 20:01	* 17:57	5:54 min/km
395	1860	Kubni Wolfgang	IG Ems	0:59:11	45 M60	6	0:59:52	19:53	* 20:30	* 19:27	5:55 min/km
396	2645	Schwadorf Georg	Prof. Dr. Baum Team	0:59:17	54 M50	30	0:59:55	19:51	* 20:51	* 19:12	5:56 min/km
397	2795	Reihlen Philipp		0:59:39	78 MHK	136	1:00:55	22:31	* 20:24	* 17:59	5:58 min/km
398	1809	Nadzeika Frank		0:59:41	65 M40	63	1:01:30	22:51	* 20:26	* 18:13	5:58 min/km
399	2807	Franceschini Stefan		0:59:47	68 M35	63	1:01:23	22:28	* 20:52	* 18:02	5:59 min/km
400	2103	Colsman Dr. Guido	*Bergisch Gladbach	0:59:47	67 M35	64	1:01:23	22:29	* 20:52	* 18:02	5:59 min/km
401	2556	Richter Dr. Andrea	*Köln	0:59:48	68 M35	65	1:00:36	22:03	* 20:14	* 18:17	5:59 min/km
402	2581	Saalmann Dr. Manfred	*Köln	0:59:49	49 M55	12	1:00:30	21:29	* 20:42	* 18:18	5:59 min/km
403	2735	Waege Gunter	Tennisclub Lese GW Köln	0:59:52	40 M65	7	1:01:34	21:20	* 20:21	* 19:52	5:59 min/km
404	2227	Gubisch Andree	Väterchen Brilliant	1:00:08	81 MHK	137	1:01:52	21:45	* 20:36	* 19:29	6:01 min/km
405	2720	Vega Lechermann Luis	*Köln	1:00:15	75 M30	45	1:01:45	23:47	* 20:18	* 17:39	6:02 min/km
405	1846	Eberhard Michael		1:00:15	74 M30	45	1:01:45	23:47	* 20:18	* 17:39	6:02 min/km
407	1834	Runzheimer Joachim	Elmars Dauerlauf Team	1:00:26	59 M45	24	1:01:19	21:21	* 20:51	* 19:06	6:03 min/km
408	2239	Hack Jan	*Köln	1:00:43	79 MHK	138	1:01:59	22:04	* 21:18	* 18:37	6:04 min/km
409	2509	Pagel Malte	*Köln	1:00:44	77 MHK	139	1:00:58	21:31	* 21:02	* 18:24	6:04 min/km
410	2425	Marklein Max	*Hürth	1:00:45	79 MHK	140	1:02:00	22:03	* 21:19	* 18:37	6:05 min/km
411	2691	Ströbelt Reiner	*Pulheim	1:00:54	62 M40	64	1:02:28	23:50	* 20:47	* 17:49	6:05 min/km
412	2486	Nachtigäller Paul	*Köln	1:01:00	58 M45	25	1:02:51	24:19	* 21:30	* 17:01	6:06 min/km
413	2480	Müller Volker	born to run	1:01:08	68 M35	66	1:02:20	22:29	* 21:30	* 18:20	6:07 min/km
414	2293	Huhn Carsten	Rugby Club Hürth	1:01:09	67 M35	67	1:02:20	22:29	* 21:30	* 18:20	6:07 min/km
415	2204	Gerhards Frank	*Köln	1:01:14	68 M35	68	1:02:25	22:29	* 21:30	* 18:25	6:07 min/km
416	2308	Jansen Ralf	*Köln	1:01:15	75 M30	47	1:01:37	22:16	* 20:28	* 18:52	6:08 min/km
417	2011	Alzer Ralph	Catfamily	1:01:19	69 M35	69	1:02:58	22:48	* 20:47	* 19:22	6:08 min/km
418	2472	Müller Jürgen	*Erfstadt	1:01:31	61 M45	26	1:02:56	23:20	* 21:00	* 18:36	6:09 min/km
419	2475	Müller Moritz	Lauftreff Medebach	1:01:45	82 MHK	141	1:03:09	22:49	* 20:59	* 19:20	6:11 min/km
420	2364	Kosch Andreas	*Köln	1:01:57	63 M40	65	1:03:45	24:29	* 20:30	* 18:44	6:12 min/km
421	2188	Frieges Arthur	LG Hilden	1:02:02	49 M55	13	1:02:56	21:21	* 21:25	* 20:09	6:12 min/km
422	2076	Breuer Werner	LG Hilden	1:02:02	47 M55	14	1:02:57	21:21	* 21:25	* 20:10	6:12 min/km
423	2266	Hermanowski Torsten Ve	*Köln	1:02:04	62 M40	66	1:02:28	21:25	* 21:33	* 19:29	6:12 min/km
424	2580	Rupsch Guido	*Köln	1:02:08	67 M35	70	1:03:36	22:18	* 21:26	* 19:50	6:13 min/km
425	2340	Klappert Sven	Loss mer renne	1:02:17	76 M30	48	1:04:02	23:55	* 20:51	* 19:15	6:14 min/km
426	2550	Reimann Frank	*Köln	1:02:48	62 M40	67	1:04:15	23:13	* 21:26	* 19:35	6:17 min/km
427	2517	Pesch Peter	Sturmläufer	1:02:56	61 M45	27	1:03:58	21:22	* 21:54	* 20:41	6:18 min/km
428	2365	Kosch Martina	*Köln	1:02:57	62 M40	68	1:04:47	24:29	* 21:04	* 19:13	6:18 min/km
429	1819	Stollenwerk Bruno		1:03:37	57 M45	28	1:03:54	23:36	* 21:30	* 18:47	6:22 min/km
430	2725	Vey Carsten	*Köln	1:03:42	71 M35	71	1:04:56	22:35	* 21:30	* 20:51	6:22 min/km
431	2167	Feldhofer Ulrich	*Hürth	1:03:53	53 M50	31	1:04:29	20:32	* 21:57	* 22:00	6:23 min/km
432	2046	Berke Axel	*Hürth	1:04:02	75 M30	49	1:05:21	23:41	* 22:14	* 19:25	6:24 min/km
433	2321	Kather Sven	*Köln	1:04:13	73 M30	50	1:05:39	24:34	* 21:39	* 19:25	6:25 min/km
434	2417	Mahrdt Niklas	Art2Move	1:05:18	67 M35	72	1:06:44	23:22	* 22:00	* 21:21	6:32 min/km
435	2017	Avezzano Michele	BSG RaBaz e.V.	1:05:19	48 M55	15	1:07:07	23:58	* 21:59	* 21:09	6:32 min/km
436	2839	Valbert Josef	SSK Kerpen	1:05:24	32 M70	2	1:06:13	23:06	* 22:12	* 20:53	6:32 min/km
437	2603	Schmidt Andreas	*Köln	1:05:47	64 M40	69	1:06:53	23:25	* 22:29	* 20:58	6:35 min/km
438	2451	Michaty Frederik	Loss mer renne	1:06:16	78 MHK	142	1:08:01	23:50	* 21:59	* 22:11	6:38 min/km
439	2373	Krusche Dirk	los mer renne	1:06:16	77 MHK	143	1:08:01	23:58	* 23:05	* 20:58	6:38 min/km
440	2222	Grimm Hans-Joachim	ich lauf ag	1:06:29	56 M50	32	1:08:06	24:42	* 22:46	* 20:36	6:39 min/km
441	2195	Frost Frank	BSG GEZ Köln	1:07:49	70 M35	73	1:09:02	23:26	* 21:47	* 23:48	6:47 min/km
442	2329	Kemper Bernd	LG Geers	1:07:51	56 M50	33	1:09:36	25:28	* 22:53	* 21:14	6:47 min/km
443	2201	Geers Wolfgang	LG Geers	1:07:52	54 M50	34	1:09:35	25:28	* 22:53	* 21:14	6:47 min/km
444	2570	Römmler Axel	Tennisclub Lese GW Köln	1:08:00	61 M45	29	1:09:42	25:07	* 22:57	* 21:38	6:48 min/km
445	2327	Kauling Axel	*KÖLN	1:08:22	57 M45	30	1:09:21	24:40	* 23:42	* 20:59	6:50 min/km

Kölner Nikolauslauf am 10. Dezember 2006 - 10km Lauf

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446	2728	Völlmecke Cornelius	*Troisdorf	1:08:23	67	M35	74	1:09:23	24:40	* 23:42	* 21:00	6:50 min/km
447	2531	Poller Udo	*Köln	1:08:43	56	M50	35	1:09:22	22:58	* 23:22	* 23:01	6:52 min/km
448	2621	Schönwälder Niclas	Tennisclub Lese GW Köln	1:09:41	98	MSD	2	1:11:22	24:55	* 24:14	* 22:13	6:58 min/km
449	2788	Ziehm Dr. Oliver	*Köln	1:12:26	65	M40	70	1:14:07	25:57	* 25:27	* 22:43	7:15 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2242	Hagedorn Jeannine	TV Refrath	0:37:34	80 WHK	1	0:37:35	12:33 * 13:00 * 12:02	3:45 min/km
2	1840	Pohl Veronica	ASV Köln	0:38:58	85 WHK	2	0:39:02	13:43 * 13:23 * 11:56	3:54 min/km
3	1838	Maludzinski Laura	ASV Köln	0:38:59	83 WHK	3	0:39:03	13:43 * 13:23 * 11:56	3:54 min/km
4	2692	Struckmeyer Daniela	LG Regensburg	0:39:02	72 W30	1	0:39:03	13:23 * 13:27 * 12:12	3:54 min/km
5	2676	Steinbrecher Viktoria	Tv Refrath	0:40:35	83 WHK	4	0:40:42	14:01 * 14:03 * 12:37	4:03 min/km
6	1839	Scheller Maryse	ASV Köln	0:42:00	87 WJA	1	0:42:04	14:28 * 14:27 * 13:07	4:12 min/km
7	2809	Krause Katrin	*Köln	0:42:19	78 WHK	5	0:42:23	14:30 * 14:33 * 13:19	4:14 min/km
8	2108	Czuday Anna-Jana	*Bonn	0:42:39	84 WHK	6	0:42:43	14:28 * 14:33 * 13:41	4:16 min/km
9	2156	Exner Almut	eltern aktiv	0:42:54	64 W40	1	0:42:59	14:32 * 14:45 * 13:40	4:17 min/km
10	2197	Fussel Susi	PSV Brühl	0:43:05	71 W35	1	0:43:13	14:32 * 14:46 * 13:54	4:19 min/km
11	2803	Bauer Carolin	SSF Bonn	0:43:23	81 WHK	7	0:43:26	14:29 * 14:55 * 14:02	4:20 min/km
12	2291	Hüpper Carolin	*Köln-Junkersdorf	0:43:42	87 WJA	2	0:44:11	15:29 * 14:47 * 13:53	4:22 min/km
13	2184	Franzen Melanie	*Köln	0:44:05	82 WHK	8	0:44:14	15:05 * 15:30 * 13:38	4:25 min/km
14	2734	Waberzeck Vera	Krümeldeluxe	0:44:26	64 W40	2	0:44:37	15:29 * 15:04 * 14:03	4:27 min/km
15	2414	Madry Heide	*Köln	0:44:59	83 WHK	9	0:45:06	16:06 * 15:18 * 13:41	4:30 min/km
16	2471	Müller Judith	TSV Bayer Dormagen	0:45:08	86 WHK	10	0:45:18	15:31 * 15:36 * 14:10	4:31 min/km
17	2594	Schieck Annika	colognerunners	0:45:11	83 WHK	11	0:45:21	15:23 * 15:43 * 14:14	4:31 min/km
18	2540	Querl Alexandra	Skiclub Blau-Rot Köln	0:46:11	74 W30	2	0:46:37	15:58 * 15:56 * 14:43	4:37 min/km
19	2426	Marquardt Silke	*Köln	0:46:14	76 W30	3	0:46:22	16:14 * 15:51 * 14:16	4:37 min/km
20	2643	Schumacher Marcel	*Köln	0:46:18	85 WHK	12	0:46:20	14:42 * 15:46 * 15:50	4:38 min/km
21	2112	Damaschke Regina	ASV Köln	0:47:03	69 W35	2	0:47:49	16:44 * 16:02 * 15:02	4:42 min/km
22	2117	Deurer Kerstin	SSV 05 Troisdorf	0:47:21	86 WHK	13	0:47:50	16:44 * 16:12 * 14:52	4:44 min/km
23	2168	Feldmann-Hunold Marion	Laktatkönige Köln	0:48:02	65 W40	3	0:48:14	15:57 * 16:38 * 15:39	4:48 min/km
24	2189	Fritsche Christiane	LUBIGteam PSV Bonn	0:48:07	82 WHK	14	0:48:45	16:58 * 16:38 * 15:08	4:49 min/km
25	2181	Flaskamp Rita	Felix Fründe	0:48:24	76 W30	4	0:49:22	17:26 * 16:29 * 15:26	4:50 min/km
26	2455	Minor Astrid	www.third-eye-media.de	0:48:39	73 W30	5	0:49:12	17:08 * 16:34 * 15:28	4:52 min/km
27	2399	Lilienweiss Esther	*Köln	0:49:01	67 W35	3	0:49:09	16:27 * 17:00 * 15:42	4:54 min/km
28	2737	Wagner Marina	*Köln	0:49:08	86 WHK	15	0:49:36	17:01 * 16:42 * 15:53	4:55 min/km
29	2613	Schmitz Gabi	*Heimbach	0:49:58	65 W40	4	0:50:38	17:21 * 17:14 * 16:02	4:60 min/km
30	2605	Schmidt Monika	*Heimbach	0:49:59	57 W45	1	0:50:38	17:21 * 17:14 * 16:02	4:60 min/km
31	2375	Kühn Josephine	*Köln	0:49:59	86 WHK	16	0:51:30	18:30 * 17:07 * 15:52	4:60 min/km
32	2469	Müller Helen	*Köln	0:50:01	77 WHK	17	0:50:20	17:45 * 17:05 * 15:30	5:00 min/km
33	2608	Schmidt-Küster Dorle	LC-D&G	0:50:09	58 W45	2	0:50:18	16:34 * 17:22 * 16:22	5:01 min/km
34	2609	Schmitter Rabea	*Köln	0:50:24	83 WHK	18	0:50:53	17:53 * 17:11 * 15:49	5:02 min/km
35	2391	Lautenbach Franziska	*Köln	0:50:27	86 WHK	19	0:50:35	15:57 * 17:30 * 17:08	5:03 min/km
36	2833	Völker-Schänz Evelyn	*Erfstadt	0:50:28	54 W50	1	0:50:42	17:14 * 17:25 * 16:03	5:03 min/km
37	2487	Nagel Renate	*koeln	0:50:32	70 W35	4	0:51:54	19:14 * 16:58 * 15:41	5:03 min/km
38	2681	Stinner Julia	ASV Köln Triathlon	0:50:34	74 W30	6	0:51:23	17:49 * 17:04 * 16:29	5:03 min/km
39	2846	Kallenborn Inge	*Köln	0:51:02	59 W45	3	0:51:14	17:27 * 17:41 * 16:05	5:06 min/km
40	2695	Tepel Kristina	LT DSHS Köln	0:51:11	87 WJA	3	0:52:00	18:19 * 17:22 * 16:18	5:07 min/km
41	2641	Schulze Annette	LT Spoho Köln	0:51:19	82 WHK	20	0:51:43	17:47 * 17:50 * 16:06	5:08 min/km
42	2257	Borwinski Irina	*Köln	0:51:20	79 WHK	21	0:51:49	17:57 * 17:34 * 16:17	5:08 min/km
43	2511	Pannu Cindy	*Wegberg	0:51:22	85 WHK	22	0:51:31	16:31 * 18:13 * 16:46	5:08 min/km
44	2855	Happke Lisa Carolin	LGO Euskirchen/Erfstadt	0:51:37	95 WSC	1	0:51:48	16:41 * 18:10 * 16:56	5:10 min/km
45	2794	Gieske Nicole		0:51:40	71 W35	5	0:51:44	17:00 * 18:07 * 16:36	5:10 min/km
46	2859	Arnholdt Lisa	*Bochum	0:51:41	75 W30	7	0:52:13	18:28 * 17:39 * 16:05	5:10 min/km
47	2335	Kieny Isabelle	*Köln	0:51:41	81 WHK	23	0:53:15	19:41 * 17:27 * 16:06	5:10 min/km
48	2700	Thyssen Svenja	*Korschenbroich	0:51:53	87 WJA	4	0:53:25	18:31 * 17:50 * 17:03	5:11 min/km
49	2044	Berenfänger Nadine	*Köln	0:52:05	75 W30	8	0:52:17	18:09 * 17:39 * 16:28	5:13 min/km
50	2668	Sroka Johanna	*Köln	0:52:21	84 WHK	24	0:52:56	18:53 * 17:50 * 16:12	5:14 min/km
51	2709	Trinler Ursula	TuS- Höllstein	0:52:41	86 WHK	25	0:54:04	20:07 * 17:30 * 16:26	5:16 min/km
52	2629	Schubert Mandy	*Köln	0:52:41	80 WHK	26	0:53:45	20:22 * 18:08 * 15:14	5:16 min/km
53	2573	Roling Birgit	*Köln	0:52:42	86 WHK	27	0:54:04	20:19 * 17:30 * 16:14	5:16 min/km

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54	2369	Kramp Lydia	ASV	0:52:43	59	W45	4	0:53:29	18:37 *	17:59 *	16:52	5:16 min/km
55	2518	Petermann Kathrin	*Köln	0:52:43	87	WJA	5	0:54:06	20:19 *	17:17 *	16:29	5:16 min/km
56	2712	Tschirpke Meike		0:52:45	76	W30	9	0:53:26	18:39 *	18:10 *	16:35	5:17 min/km
57	2431	Mauer Nicole	*Köln	0:52:54	78	WHK	28	0:53:26	19:04 *	17:55 *	16:26	5:17 min/km
58	1802	Ogier Sophie		0:53:14	81	WHK	29	0:54:07	18:34 *	18:17 *	17:16	5:19 min/km
59	2351	Klüh Michaela	*Köln	0:53:17	85	WHK	30	0:54:50	18:36 *	18:58 *	17:15	5:20 min/km
60	2566	Röder Felicitas	TSV Tutzing	0:53:22	85	WHK	31	0:53:36	18:04 *	18:34 *	16:57	5:20 min/km
61	2317	Kabisch-Grünefeld Gabri	Tennisclub Lese GW Köln	0:53:28	53	W50	2	0:55:09	20:39 *	18:11 *	16:19	5:21 min/km
62	2683	Störk Sarah	TB Twixlum	0:53:33	84	WHK	32	0:54:54	20:30 *	18:27 *	15:57	5:21 min/km
63	2661	Silbernagel Sabrina	*Köln	0:53:43	87	WJA	6	0:54:46	19:58 *	18:17 *	16:30	5:22 min/km
64	2453	Miebach Alexandra	*Köln	0:53:43	80	WHK	33	0:54:13	18:52 *	18:43 *	16:38	5:22 min/km
65	2330	Kerbaum Tanja	Skiclub Blau-Rot	0:53:45	74	W30	10	0:54:11	18:53 *	18:37 *	16:40	5:23 min/km
66	1808	Preugschat Karin		0:53:48	79	WHK	34	0:54:19	19:10 *	18:34 *	16:33	5:23 min/km
67	2256	Heller Marlene	*Köln	0:53:53	52	W50	3	0:55:03	19:34 *	18:41 *	16:47	5:23 min/km
68	2742	Waterbör Karen	*Köln	0:54:00	84	WHK	35	0:55:04	20:22 *	18:17 *	16:23	5:24 min/km
69	2578	Roth Dorothee	*Köln	0:54:06	86	WHK	36	0:54:42	19:42 *	18:33 *	16:26	5:25 min/km
70	2203	Gerhard Anna	*Köln	0:54:07	85	WHK	37	0:55:28	20:18 *	18:30 *	16:38	5:25 min/km
71	2376	Kühn Karoline	*Köln	0:54:15	86	WHK	38	0:55:36	19:59 *	18:43 *	16:53	5:26 min/km
72	2860	Schmitz Katja	Team Running GAG	0:54:18	70	W35	6	0:54:47	18:26 *	19:08 *	17:12	5:26 min/km
73	2851	Kaiser Silvia		0:54:29	75	W30	11	0:55:06	19:17 *	18:56 *	16:51	5:27 min/km
74	2822	Casenobe Cecile	Lauf und Ausdauer Schule	0:54:31	65	W40	5	0:55:01	19:13 *	19:01 *	16:46	5:27 min/km
75	2082	Budenz Elisabeth	*Köln	0:54:32	81	WHK	39	0:56:12	22:09 *	18:12 *	15:50	5:27 min/km
76	2647	Schwamborn Heike	*Bergisch Gladbach	0:54:41	68	W35	7	0:55:28	20:22 *	18:56 *	16:08	5:28 min/km
77	2568	Röhrig Martina	BSG DKV LANGLAUF	0:54:47	65	W40	6	0:55:00	18:26 *	19:01 *	17:32	5:29 min/km
78	2835	Grande Melanie		0:54:50	70	W35	8	0:56:15	20:41 *	18:42 *	16:51	5:29 min/km
79	2736	Wagenitz Hilke	*Köln	0:54:52	83	WHK	40	0:55:56	20:46 *	18:45 *	16:24	5:29 min/km
80	2462	Morgenstern Anja	Prof. Dr. Baum Team	0:54:55	69	W35	9	0:55:32	19:15 *	18:50 *	17:26	5:30 min/km
81	2289	Hülsmann Ricarda	*Köln	0:54:57	86	WHK	41	0:56:01	20:47 *	18:45 *	16:27	5:30 min/km
82	2124	Dreisfausener Angelika	LG Rhein-Erft	0:55:01	49	W55	1	0:55:23	19:11 *	18:54 *	17:16	5:30 min/km
83	2537	Pütz Andrea	*Köln	0:55:01	74	W30	12	0:56:45	22:01 *	18:21 *	16:22	5:30 min/km
84	2584	Salomon Miriam	*Hartheim	0:55:03	86	WHK	42	0:56:04	20:47 *	18:46 *	16:31	5:30 min/km
85	2260	Henkel Marion	*Köln	0:55:18	73	W30	13	0:55:54	19:41 *	18:54 *	17:18	5:32 min/km
86	2541	Rabeler Annette	*Köln	0:55:19	62	W40	7	0:55:45	19:15 *	18:54 *	17:35	5:32 min/km
87	2191	Fritzsche Dunja	ASV Köln Triathlon	0:55:44	79	WHK	43	0:56:52	20:48 *	19:05 *	16:59	5:34 min/km
88	2706	Tobusch Anke	*Köln	0:56:00	76	W30	14	0:56:19	20:08 *	19:28 *	16:42	5:36 min/km
89	2339	Klappenbach Beate	*Koeln	0:56:03	68	W35	10	0:56:50	20:22 *	19:09 *	17:18	5:36 min/km
90	2214	Gonska Verena	*Eschweiler	0:56:18	77	WHK	44	0:57:27	21:35 *	19:12 *	16:39	5:38 min/km
91	2280	Höse Vanessa	*Köln	0:56:39	82	WHK	45	0:57:49	21:19 *	18:58 *	17:31	5:40 min/km
92	2783	Zanker Alrun	*Köln	0:56:45	73	W30	15	0:57:04	20:08 *	19:28 *	17:27	5:41 min/km
93	2089	Busch Lotte	LT DSHS Köln	0:56:47	92	WSA	1	0:56:49	19:20 *	19:39 *	17:49	5:41 min/km
94	2569	Römisch Verena	*Köln	0:56:48	81	WHK	46	0:57:31	20:54 *	19:35 *	17:01	5:41 min/km
95	2745	Weers Ramona	future sports	0:56:57	72	W30	16	0:57:50	19:29 *	20:04 *	18:17	5:42 min/km
96	2034	Beer Silvia	Schwimmverein Horrem Sin	0:57:04	61	W45	5	0:58:37	22:04 *	19:01 *	17:31	5:42 min/km
97	2172	Feuß Lisa	*Köln	0:57:04	87	WJA	7	0:58:37	20:04 *	20:02 *	18:30	5:42 min/km
98	2163	Feige Claudia	Colognerunners	0:57:20	72	W30	17	0:58:59	20:24 *	20:02 *	18:32	5:44 min/km
99	2461	Morawe Ellen	*Köln	0:57:25	63	W40	8	0:58:29	21:41 *	19:09 *	17:38	5:45 min/km
100	2022	Baran Pauline	*Köln	0:57:27	86	WHK	47	0:58:00	19:13 *	20:11 *	18:35	5:45 min/km
101	1823	Hack Marion		0:57:28	74	W30	18	0:58:20	20:20 *	19:38 *	18:22	5:45 min/km
102	2820	Linneweber Carmen		0:57:28	75	W30	19	0:58:19	20:41 *	19:05 *	18:32	5:45 min/km
103	2026	Bausinger Simone	*Köln	0:57:39	62	W40	9	0:58:03	20:31 *	19:53 *	17:38	5:46 min/km
104	2650	Seher Elisabeth	Tennisclub Lese GW Köln	0:57:48	59	W45	6	0:58:13	20:31 *	19:53 *	17:48	5:47 min/km
105	1821	Bungarten Lisa	TSV Bayer 04 Leverkusen	0:57:49	95	WSC	2	0:58:22	19:53 *	19:50 *	18:38	5:47 min/km
106	2420	Malan Daniela	*Bonn	0:58:03	73	W30	20	0:59:13	22:59 *	20:21 *	15:53	5:48 min/km
107	2849	Schumacher Patricia		0:58:11	69	W35	11	0:58:40	20:37 *	19:42 *	18:20	5:49 min/km
108	2302	Jaeger Annika	*Gummersbach	0:58:19	93	WSB	1	0:59:50	21:35 *	19:17 *	18:57	5:50 min/km
109	2303	Jaeger Rita	*Gummersbach	0:58:20	61	W45	7	0:59:51	21:35 *	19:17 *	18:58	5:50 min/km

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110	2446	Meurer Heidi	*Hürth	0:58:21	62	W40	10	0:59:12	20:25	* 20:00	* 18:46	5:50 min/km
111	2652	Selter Simone	*Köln	0:58:33	79	WHK	48	0:59:05	20:33	* 19:57	* 18:34	5:51 min/km
112	2066	Bottenberg Kristina	*Köln	0:58:37	84	WHK	49	0:59:12	19:26	* 20:56	* 18:49	5:52 min/km
113	2595	Schiffer Claudia	BSG DKV Langlauf	0:58:40	70	W35	12	1:00:26	22:55	* 19:48	* 17:42	5:52 min/km
114	2276	Höfer Tanja	BSG DKV Langlauf	0:58:40	75	W30	21	1:00:27	22:55	* 19:48	* 17:42	5:52 min/km
115	2379	Kupfer Monika	*Köln	0:58:52	56	W50	4	0:59:06	20:52	* 21:03	* 17:10	5:53 min/km
116	2333	Keulertz Constance	*Köln	0:58:53	74	W30	22	0:59:12	20:08	* 20:17	* 18:46	5:53 min/km
117	2182	Fleddermann Verena	Ihrefelder Windhunde	0:58:54	78	WHK	50	1:00:11	20:46	* 20:18	* 19:06	5:53 min/km
118	2477	Müller Susanne	*Köln	0:59:04	75	W30	23	1:00:35	23:23	* 19:56	* 17:15	5:54 min/km
119	2136	Elias Sabine	*Köln	0:59:19	68	W35	13	1:00:56	21:41	* 20:31	* 18:44	5:56 min/km
120	1810	Nadzeika Eva		0:59:41	72	W30	24	1:01:31	22:51	* 20:26	* 18:13	5:58 min/km
121	2219	Grieger Marion	*Erfstadt	0:59:44	69	W35	14	1:00:36	21:59	* 20:18	* 18:17	5:58 min/km
122	1865	Özcan Nuran		0:59:50	76	W30	25	1:01:05	22:31	* 20:24	* 18:09	5:59 min/km
123	2234	Gunia Marei	*Köln	0:59:55	64	W40	11	1:00:08	20:51	* 20:44	* 18:32	5:60 min/km
124	2205	Gerhardt Karin	*Koeln	1:00:10	62	W40	12	1:00:57	21:31	* 20:23	* 19:02	6:01 min/km
125	2548	Reichel Claudia	*Köln	1:00:13	64	W40	13	1:01:18	21:55	* 20:27	* 18:55	6:01 min/km
126	2058	Tapken Maike	*Köln	1:00:15	81	WHK	51	1:00:30	21:31	* 21:01	* 17:56	6:02 min/km
127	2627	Schrell Wibke	TuS Bad Pyrmont	1:00:26	74	W30	26	1:01:08	20:20	* 20:56	* 19:52	6:03 min/km
128	2361	Kohlmeyer Marina	*Erfstadt	1:00:43	68	W35	15	1:01:35	21:59	* 20:19	* 19:16	6:04 min/km
129	2688	Streich Heidemarie	Catfamily	1:01:19	55	W50	5	1:02:57	22:48	* 20:46	* 19:22	6:08 min/km
130	1807	Hiltrop Christiane		1:01:20	69	W35	16	1:01:54	22:05	* 21:00	* 18:48	6:08 min/km
131	2675	Steinbach Tina	*Köln	1:01:20	76	W30	27	1:01:46	21:52	* 21:07	* 18:45	6:08 min/km
132	2053	Billstein Ulla	*Köln	1:01:21	65	W40	14	1:01:55	22:06	* 21:00	* 18:48	6:08 min/km
133	2770	Wilkens Anja	*Erfstadt	1:01:29	71	W35	17	1:02:54	23:20	* 21:00	* 18:33	6:09 min/km
134	2433	Mayo Garcia Irene	Nettengasse 9 Cool Running	1:01:41	77	WHK	52	1:02:49	22:18	* 21:18	* 19:12	6:10 min/km
135	2473	Müller Jutta	Lauftreff Medebach	1:01:44	55	W50	6	1:03:09	22:49	* 20:59	* 19:20	6:10 min/km
136	2810	d de Lucio Maria Jose	*Köln	1:02:02	69	W35	18	1:03:23	22:02	* 21:15	* 20:05	6:12 min/km
137	2614	Schmitz Gundel	*Köln	1:02:03	57	W45	8	1:02:27	22:03	* 20:55	* 19:27	6:12 min/km
138	1800	Schmied Veronika		1:02:04	56	W50	7	1:02:27	22:03	* 20:56	* 19:27	6:12 min/km
139	2784	Zapf Silke	*Köln	1:02:13	75	W30	28	1:02:35	22:16	* 21:03	* 19:15	6:13 min/km
140	2099	Chroscinski Gabriele	*Koeln	1:02:20	62	W40	15	1:03:57	23:30	* 21:18	* 19:08	6:14 min/km
141	2037	Beier Susanne	*Köln	1:02:21	64	W40	16	1:03:57	23:31	* 21:17	* 19:08	6:14 min/km
142	2237	Haber Sandra	LADY DAUERLAUF	1:02:32	73	W30	29	1:02:38	20:40	* 21:40	* 20:18	6:15 min/km
143	2715	Urban c/o C. Wellige Anit	LADY DAUERLAUF	1:02:33	80	WHK	53	1:02:38	20:39	* 21:40	* 20:18	6:15 min/km
144	2642	Schumacher Lena	*köln	1:02:33	86	WHK	54	1:03:07	20:53	* 21:49	* 20:25	6:15 min/km
145	2519	Peters Birgitta	*Köln	1:02:35	59	W45	9	1:03:38	22:20	* 21:16	* 20:01	6:16 min/km
146	2796	Piper Günther	*Mannheim	1:02:42	40	W65	1	1:04:30	24:02	* 21:12	* 19:15	6:16 min/km
147	2427	Marx Anneliese	*Köln	1:02:44	43	W60	1	1:03:02	20:45	* 21:36	* 20:40	6:16 min/km
148	2406	Lokum Nicole	*Köln	1:02:48	67	W35	19	1:03:38	22:55	* 21:06	* 19:37	6:17 min/km
149	2707	Tortelli Noemi	*Köln	1:02:54	52	W50	8	1:04:26	22:48	* 21:15	* 20:22	6:17 min/km
150	2372	Krüger Dr. Martina	*Münster	1:03:06	74	W30	30	1:04:16	22:59	* 21:34	* 19:42	6:19 min/km
151	2334	Kick Sabine	*Köln	1:03:12	61	W45	10	1:04:15	23:02	* 21:59	* 19:13	6:19 min/km
152	2413	Mack Alexandra	*Köln	1:03:26	56	W50	9	1:03:40	20:52	* 21:29	* 21:18	6:21 min/km
153	2582	Sachse Christine	*Münster	1:03:50	82	WHK	55	1:05:01	22:59	* 21:34	* 20:27	6:23 min/km
154	2534	Preusser Dragica	*Erfstadt	1:04:15	74	W30	31	1:05:16	23:23	* 22:03	* 19:49	6:26 min/km
155	1829	Faßbinder Karla	Dellbrück	1:04:32	53	W50	10	1:05:59	23:37	* 21:52	* 20:30	6:27 min/km
156	2232	Güttgemanns Anke	Sturmläufer	1:04:42	69	W35	20	1:05:46	23:28	* 22:01	* 20:16	6:28 min/km
157	2466	Müller Beate	Sturmläufer	1:04:43	66	W40	17	1:05:46	23:28	* 22:01	* 20:16	6:28 min/km
158	2539	Pullem Carina	*Pulheim	1:04:57	94	WSB	2	1:06:00	24:14	* 22:03	* 19:42	6:30 min/km
159	2324	Kaufmann Claudia	*Pulheim	1:04:57	65	W40	18	1:06:00	24:14	* 22:03	* 19:42	6:30 min/km
159	2326	Kaufmann Sophie	*Pulheim	1:04:57	93	WSB	3	1:06:00	24:14	* 22:04	* 19:41	6:30 min/km
161	2789	Ziehm Wietje	*Köln	1:05:05	70	W35	21	1:06:45	24:08	* 22:11	* 20:25	6:31 min/km
162	2352	Klute Anja	*Köln	1:05:18	73	W30	32	1:06:44	23:22	* 22:00	* 21:21	6:32 min/km
163	2154	Esser Sonja	Art2Move	1:05:18	77	WHK	56	1:06:44	23:23	* 22:01	* 21:19	6:32 min/km
164	2488	Nashed Verena	*Hürth	1:05:21	81	WHK	57	1:06:38	23:40	* 22:14	* 20:43	6:32 min/km
165	2490	Nengelken Anja	*Koeln	1:05:21	66	W40	19	1:06:08	23:07	* 22:34	* 20:26	6:32 min/km

Kölner Nikolauslauf am 10. Dezember 2006 - 10km Lauf

Ergebnisliste Frauen

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166	2196	Funk Simone	*Köln	1:05:44	73 W30	33	1:07:31	24:02 * 22:47 * 20:41	6:34 min/km
167	2177	Finkenberg Karen	*Köln	1:06:03	78 WHK	58	1:07:44	23:13 * 22:37 * 21:53	6:36 min/km
168	2684	Stötzel Nadine	Loss mer renne	1:06:17	80 WHK	59	1:08:01	23:58 * 21:51 * 22:11	6:38 min/km
169	2685	Stötzel Nicole	Loss mer renne	1:06:17	79 WHK	60	1:08:01	23:50 * 21:59 * 22:10	6:38 min/km
170	2118	Dicke Sabine	*Köln	1:06:55	64 W40	20	1:07:42	22:39 * 23:12 * 21:50	6:42 min/km
171	2755	Weng Simone	*Köln	1:07:08	72 W30	34	1:07:53	22:36 * 23:09 * 22:06	6:43 min/km
172	2298	Irlenkäuser Katrin	*Köln	1:07:43	69 W35	22	1:08:58	22:54 * 23:01 * 23:02	6:46 min/km
173	2538	Pütz Christiane	LG Geers	1:07:51	61 W45	11	1:09:35	25:28 * 22:54 * 21:12	6:47 min/km
174	2812	Heithecker Doris	Kölner Ausdauer und Laufst:	08:01	49 W55	2	1:08:45	23:42 * 23:03 * 21:59	6:48 min/km
175	2409	Lübke Kerstin	*Troisdorf	1:08:24	74 W30	35	1:09:23	24:40 * 23:42 * 21:00	6:50 min/km
176	1862	Mönnig Ute		1:08:37	56 W50	11	1:10:28	25:03 * 22:53 * 22:32	6:52 min/km
177	2498	Oberlies-Aarass Ulrike	BSG RaBaz e.V.	1:08:37	60 W45	12	1:10:28	24:45 * 23:11 * 22:31	6:52 min/km
178	2043	Benick Irmgard	BSG RaBaz e.V.	1:08:38	65 W40	21	1:10:29	25:03 * 22:53 * 22:32	6:52 min/km
179	2322	Kattau Regina	BSG RaBaz e.V.	1:08:39	65 W40	22	1:10:29	25:03 * 22:53 * 22:32	6:52 min/km
180	2144	Ermer Diana	Laufen mit Diana	1:08:42	77 WHK	61	1:09:26	23:00 * 23:19 * 23:05	6:52 min/km
181	1832	Mika Gaby	Dauerlauf	1:09:39	67 W35	23	1:10:32	24:30 * 23:57 * 22:04	6:58 min/km
182	2623	Schönwälder Susanne	Tennisclub Lese GW Köln	1:09:41	66 W40	23	1:11:23	24:55 * 24:14 * 22:13	6:58 min/km
183	0	Dix Kerstin		1:09:45	70 W35	24	1:11:23	25:02 * 23:53 * 22:28	6:59 min/km
184	1827	Spantig Kirsten	Ladys Dauerlauf	1:10:07	64 W40	24	1:11:00	24:30 * 24:00 * 22:29	7:01 min/km
185	1833	Schmitz-Schulze Marie	Dauerlauf-Elmar	1:10:11	63 W40	25	1:11:04	24:31 * 24:00 * 22:32	7:01 min/km
186	2793	Ziehm Leonie		1:12:25	97 WSD	1	1:14:07	25:57 * 25:26 * 22:42	7:15 min/km
187	2270	Hignard Carole	*köln	1:14:09	70 W35	25	1:15:50	26:00 * 25:48 * 24:01	7:25 min/km
188	2392	Lebourhis Valerie	*köln	1:14:09	65 W40	26	1:15:50	26:00 * 25:47 * 24:02	7:25 min/km