

Kölner Nikolauslauf am 9. Dezember 2007 - 10km Lauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	4221	Miereczko Maciek		0:31:30	79 MHK	1	0:31:31	10:30 * 10:41 * 10:18	3:09 min/km
2	4096	Bollmann Hendrik	TV Wattenscheid 01	0:32:33	82 MHK	2	0:32:35	10:53 * 11:01 * 10:40	3:15 min/km
3	3444	Kempis Oliver	*Pulheim	0:32:48	77 M30	1	0:32:48	10:44 * 11:15 * 10:48	3:17 min/km
4	4223	Stemmler Michael	TSV Bayer 04 Leverkusen	0:33:16	79 MHK	3	0:33:17	11:17 * 11:21 * 10:38	3:20 min/km
5	3592	Meißner Pascal	TV REFRATH	0:33:23	83 MHK	4	0:33:24	11:17 * 11:22 * 10:45	3:20 min/km
6	4343	Kuk Carsten	LT DSHS Köln	0:34:17	67 M40	1	0:34:18	11:17 * 11:34 * 11:25	3:26 min/km
7	4337	Zeller Sebastian	LT DSHS Köln	0:34:50	85 MHK	5	0:34:52	11:26 * 11:54 * 11:30	3:29 min/km
8	3140	Dahl Simon	TV REFRATH	0:35:04	87 MHK	6	0:35:06	11:43 * 11:44 * 11:38	3:30 min/km
9	3242	Fricke Marc	Non-Stop-Ultra Brakel	0:35:32	74 M30	2	0:35:33	11:42 * 11:59 * 11:51	3:33 min/km
10	4313	Heimann Göрге	Tri Fun	0:36:18	68 M35	1	0:36:19	11:49 * 12:24 * 12:05	3:38 min/km
11	4328	Sadikov Artem		0:37:05	78 MHK	7	0:37:08	12:15 * 12:34 * 12:17	3:43 min/km
12	4322	Sandscheper Clemens	ASV Köln	0:37:20	69 M35	2	0:37:22	12:34 * 12:46 * 12:01	3:44 min/km
13	4306	Butz Andreas	Team Laufcampus	0:37:39	65 M40	2	0:37:40	12:33 * 12:45 * 12:21	3:46 min/km
14	3239	Freese Mathias	TuS Weener	0:37:39	86 MHK	8	0:37:42	12:29 * 12:48 * 12:24	3:46 min/km
15	3997	Weidler Tim	*Köln	0:37:49	74 M30	3	0:37:53	12:33 * 12:44 * 12:35	3:47 min/km
16	3866	Skopnik Manuel	Laufmonster	0:37:59	72 M35	3	0:38:01	12:13 * 13:03 * 12:44	3:48 min/km
17	3679	Orthen Johannes	TuS SW Brauweiler	0:38:08	62 M45	1	0:38:11	12:55 * 13:00 * 12:15	3:49 min/km
18	3388	Hufnagel Carsten	Team blueCarat	0:38:20	69 M35	4	0:38:23	12:31 * 13:13 * 12:37	3:50 min/km
19	3128	Cam Cengiz	Dietmars Laufburschen	0:38:28	66 M40	3	0:38:30	12:26 * 13:07 * 12:56	3:51 min/km
20	3325	Hardt Marvin	TV REFRATH	0:38:33	92 MSA	1	0:38:35	12:41 * 13:09 * 12:44	3:51 min/km
21	4340	Körbs Joe	laufen-im-rheinland.de	0:38:51	68 M35	5	0:38:54	12:55 * 13:00 * 12:59	3:53 min/km
22	3740	Ralenovsky Arthur	TV REFRATH	0:38:54	93 MSA	2	0:38:55	12:40 * 13:09 * 13:05	3:53 min/km
23	4354	Wölfel Wilhelm	TuS Weiershagen	0:39:05	60 M45	2	0:39:10	13:02 * 13:15 * 12:52	3:55 min/km
24	4316	Sajitz Olaf	Bunert Running Team	0:39:10	75 M30	4	0:39:13	12:56 * 13:41 * 12:35	3:55 min/km
25	4331	Pietrek Thomas	Ktt01	0:39:26	68 M35	6	0:39:28	12:48 * 13:31 * 13:08	3:57 min/km
26	3941	Willems Thomas	TuS Daun	0:39:33	65 M40	4	0:39:36	13:09 * 13:27 * 12:59	3:57 min/km
27	3009	Alotto Giuseppe	Alotto Salvatore	0:39:40	66 M40	5	0:39:50	13:30 * 13:27 * 12:52	3:58 min/km
28	3324	Hardt Martin	TV REFRATH	0:39:42	60 M45	3	0:39:45	13:13 * 13:30 * 13:00	3:58 min/km
29	3680	Orthen Peter	ASV Köln	0:39:45	62 M45	4	0:39:49	13:06 * 13:30 * 13:12	3:59 min/km
30	3369	Hilbert Helmut	*Düsseldorf	0:39:48	63 M40	6	0:39:49	13:20 * 13:38 * 12:51	3:59 min/km
31	4216	Schnitzler Ralf	RTC Frechen 80	0:40:11	61 M45	5	0:40:12	13:16 * 13:45 * 13:09	4:01 min/km
32	3278	Gläßer Harald	Veedelsglück Junkersdorf	0:40:12	68 M35	7	0:40:48	14:04 * 13:33 * 13:10	4:01 min/km
33	3303	Haag Sven	TV REFRATH	0:40:35	89 MJA	1	0:40:36	12:16 * 13:39 * 14:40	4:04 min/km
34	3865	Sinsel Felix	*Köln	0:40:35	85 MHK	9	0:40:41	13:26 * 14:02 * 13:12	4:04 min/km
35	3652	Neiß Reiner	TUS DEUZ	0:40:37	69 M35	8	0:40:40	13:37 * 13:53 * 13:09	4:04 min/km
36	3830	Schöller Robert	LC EUSKIRCHEN	0:41:01	70 M35	9	0:41:06	13:40 * 13:52 * 13:33	4:06 min/km
37	3709	Piecha Dietmar	SG Stern Düsseldorf	0:41:06	65 M40	7	0:41:10	13:20 * 14:00 * 13:50	4:07 min/km
38	3417	José Carlos Dias da Silva	PT-FARIA	0:41:08	61 M45	6	0:41:20	14:04 * 14:07 * 13:08	4:07 min/km
39	3014	Amrhein Patrick	Bessel-R.C. Minden	0:41:10	86 MHK	10	0:41:23	14:13 * 14:05 * 13:03	4:07 min/km
40	3346	Heintze Robin	*Köln	0:41:15	82 MHK	11	0:41:33	13:52 * 13:56 * 13:43	4:08 min/km
41	3381	Hohl Nico	*Köln	0:41:25	86 MHK	12	0:41:46	14:24 * 14:05 * 13:16	4:09 min/km
42	3010	Alotto Salvatore	Alotto Salvatore	0:41:29	77 M30	5	0:41:43	14:10 * 14:01 * 13:31	4:09 min/km
43	3158	Ding Yichen	*Koeln	0:41:33	83 MHK	13	0:41:37	13:30 * 14:27 * 13:40	4:09 min/km
44	3561	Lönhardt Michael	Laktatkönige	0:41:35	61 M45	7	0:41:42	13:54 * 14:10 * 13:37	4:10 min/km
45	4052	Sobotka Georg	Spoho	0:41:36	83 MHK	14	0:41:45	14:44 * 14:07 * 12:52	4:10 min/km
46	3184	Elskamp Matthias	TVE Greven	0:41:39	70 M35	10	0:41:41	13:40 * 14:01 * 13:59	4:10 min/km
47	3534	Lang Udo	*Kaarst	0:41:40	65 M40	8	0:41:48	14:03 * 13:54 * 13:49	4:10 min/km
48	3159	Djurkic Christian	*Köln	0:41:43	82 MHK	15	0:41:46	13:22 * 14:14 * 14:09	4:10 min/km
49	4111	Kuck Michael	Eskalation 96	0:42:03	79 MHK	16	0:42:31	15:19 * 14:14 * 12:57	4:12 min/km
50	3443	Kemper Moritz	*Greven	0:42:11	85 MHK	17	0:42:20	14:19 * 14:05 * 13:56	4:13 min/km
51	4210	Gergens Gordian		0:42:19	79 MHK	18	0:43:08	15:20 * 14:21 * 13:26	4:14 min/km
52	4296	Könning Martin	SUS Stadtlohn	0:42:21	72 M35	11	0:42:25	14:03 * 14:17 * 14:04	4:14 min/km
53	3971	Von Bernuth Christoph	*Koeln	0:42:28	68 M35	12	0:42:36	13:30 * 14:42 * 14:23	4:15 min/km

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54	3258	Gaa Dr. Oliver	ASV Köln Triathlon	0:42:36	67 M40	9	0:42:46	14:10 * 14:45 * 13:51	4:16 min/km
55	4006	Wichmann Thomas	Lauftreff Köln Süd	0:42:37	67 M40	10	0:42:46	14:06 * 14:28 * 14:11	4:16 min/km
56	4129	Suhre Oliver		0:42:44	66 M40	11	0:42:57	14:05 * 14:32 * 14:19	4:16 min/km
57	3673	Oelkuch Christian	*Grafschaft-Gelsdorf	0:42:50	85 MHK	19	0:43:00	14:18 * 14:12 * 14:29	4:17 min/km
58	3810	Schmielewski Jens	*Köln	0:42:50	67 M40	12	0:42:56	14:24 * 14:37 * 13:54	4:17 min/km
59	4062	Gerhardt Martin	SC Fortuna Köln	0:42:51	89 MJA	2	0:42:59	14:03 * 14:22 * 14:34	4:17 min/km
60	4211	Krause Dr. Kai	Radteam Uni-Köln	0:43:04	77 M30	6	0:43:09	13:38 * 14:16 * 15:14	4:18 min/km
61	4201	Itfüßler Heinz	VCS Köln	0:43:05	69 M35	13	0:43:24	15:00 * 14:42 * 13:41	4:19 min/km
62	3869	Sommer Dennis	Summer-Runner	0:43:14	74 M30	7	0:43:17	14:05 * 14:44 * 14:27	4:19 min/km
63	3137	Cremer Jürgen	LLG 80 Nordpark Köln	0:43:15	62 M45	8	0:43:20	14:25 * 14:45 * 14:09	4:20 min/km
64	3885	Staschik Lothar	Brühler TV 1879	0:43:16	60 M45	9	0:43:26	14:35 * 14:41 * 14:08	4:20 min/km
65	3079	Blöcker Thomas	Meckenheim	0:43:17	62 M45	10	0:43:23	14:14 * 14:39 * 14:29	4:20 min/km
66	3658	Neuhaus Gerrit	*Köln	0:43:17	83 MHK	20	0:43:27	14:19 * 14:32 * 14:35	4:20 min/km
67	3351	Helmle Kai	*Köln	0:43:20	85 MHK	21	0:44:15	15:20 * 14:39 * 14:15	4:20 min/km
68	4030	Wunderlich Philipp	*Köln	0:43:34	87 MHK	22	0:47:25	18:32 * 14:44 * 14:08	4:21 min/km
69	3864	Simek Petr	Zizkovsky Tygri	0:43:36	84 MHK	23	0:43:57	15:13 * 15:15 * 13:28	4:22 min/km
70	4424	Wassong Thomas	Stadtsparkasse Köln	0:43:36	64 M40	13	0:43:47	14:33 * 14:43 * 14:30	4:22 min/km
71	4325	Demming Stefan		0:43:40	75 M30	8	0:44:00	15:41 * 14:34 * 13:44	4:22 min/km
72	3367	Heyde Mark	SV Neptun 08	0:43:47	80 MHK	24	0:43:58	14:36 * 14:47 * 14:34	4:23 min/km
73	3801	Schiffer Volker	*köln	0:44:02	67 M40	14	0:44:23	15:01 * 14:58 * 14:24	4:24 min/km
74	3748	Reichelt Erik	*köln	0:44:03	83 MHK	25	0:44:50	15:11 * 14:58 * 14:40	4:24 min/km
75	3879	Spielmanns Dr. Marc	*Kerpen	0:44:04	64 M40	15	0:44:06	14:33 * 15:00 * 14:32	4:24 min/km
76	3746	Reiche Thomas	LT Honigbrötchen	0:44:13	69 M35	14	0:44:16	14:39 * 15:04 * 14:31	4:25 min/km
76	3353	Henke Lukas	*Köln	0:44:13	86 MHK	26	0:45:00	15:02 * 14:44 * 15:13	4:25 min/km
78	4335	Sprenker Michael	TFG Köln Nippes	0:44:16	55 M50	1	0:44:22	14:30 * 15:18 * 14:32	4:26 min/km
79	3008	Haas Albert	Die Weingärtner	0:44:20	63 M40	16	0:46:53	17:19 * 14:54 * 14:39	4:26 min/km
80	3391	Husemann Georg	*Köln	0:44:22	68 M35	15	0:44:49	15:11 * 15:11 * 14:26	4:26 min/km
81	3793	Schaffgans Franz	*Frechen	0:44:23	63 M40	17	0:44:31	14:59 * 15:06 * 14:25	4:26 min/km
82	3635	Müller Markus	*Köln	0:44:30	87 MHK	27	0:46:13	16:49 * 15:02 * 14:20	4:27 min/km
83	3727	Prinz Volker	BMT Beethovenpark Köln	0:44:32	62 M45	11	0:45:00	15:50 * 15:03 * 14:06	4:27 min/km
84	3415	Joachim Meyer David	SVC Belm-Powe	0:44:35	86 MHK	28	0:46:16	16:33 * 15:13 * 14:28	4:28 min/km
85	3955	Verspay Christian	Lg TuS 07 Irlh TV EV	0:44:35	78 MHK	29	0:44:45	15:17 * 15:10 * 14:18	4:28 min/km
86	3812	Schmitz Bernhard	TuS Chlodwig Zülpich	0:44:37	77 M30	9	0:44:44	14:45 * 15:35 * 14:23	4:28 min/km
87	3339	Heinemann Nils	*köln	0:44:42	80 MHK	30	0:45:29	16:25 * 14:57 * 14:06	4:28 min/km
88	3472	Klüver Michael	*Köln	0:44:47	80 MHK	31	0:45:28	15:31 * 15:01 * 14:55	4:29 min/km
89	4284	Wischnewsy Kasimir	Dauerlaufschule Köln	0:44:49	55 M50	2	0:44:58	14:55 * 15:11 * 14:52	4:29 min/km
90	3449	Kessler Andreas	khtc blau-weiss	0:44:52	68 M35	16	0:45:19	15:37 * 15:13 * 14:27	4:29 min/km
91	4348	Schefczik Andreas		0:44:55	64 M40	18	0:45:08	15:25 * 15:10 * 14:33	4:30 min/km
92	3056	Behrenbruch Clemens	*Köln	0:45:07	66 M40	19	0:45:22	15:18 * 15:14 * 14:49	4:31 min/km
93	4220	Nezir Bulut	TV Euenheim	0:45:11	74 M30	10	0:45:18	14:46 * 15:35 * 14:57	4:31 min/km
94	3895	Steinfeld Markus	ASV Köln Triathlon	0:45:12	73 M30	11	0:45:15	14:17 * 15:27 * 15:29	4:31 min/km
95	4357	Rentzsch Manfred	*Köln	0:45:12	71 M35	17	0:45:27	15:01 * 15:19 * 15:06	4:31 min/km
96	4056	Ringel Dieter		0:45:18	56 M50	3	0:45:47	15:38 * 15:05 * 15:03	4:32 min/km
97	3734	Pust-Beaupoil Frank	SG Köln-Worringen	0:45:19	61 M45	12	0:45:40	15:12 * 15:32 * 14:55	4:32 min/km
98	3597	Merkel Dr. Thomas	*Hürth	0:45:22	67 M40	20	0:45:26	14:21 * 15:29 * 15:35	4:32 min/km
99	3939	Tremer Patrick	*Köln	0:45:28	86 MHK	32	0:46:22	17:43 * 15:10 * 13:28	4:33 min/km
100	3665	Nonnenkamp Björn	*Köln	0:45:29	85 MHK	33	0:45:33	14:33 * 16:03 * 14:56	4:33 min/km
101	3788	Sasse Lutz	SV Bergisch Gladbach	0:45:31	57 M50	4	0:45:37	15:15 * 15:31 * 14:50	4:33 min/km
102	3703	Peters Joachim	*Köln	0:45:31	74 M30	12	0:45:49	14:54 * 15:13 * 15:42	4:33 min/km
103	3849	Schulz Marcus	dieUnglaubwürdigen	0:45:32	74 M30	13	0:47:29	17:08 * 15:22 * 14:59	4:33 min/km
104	3933	Tjong-Ayong George	Lahm Söck Frechen	0:45:34	63 M40	21	0:46:11	15:42 * 15:28 * 15:01	4:33 min/km
105	3826	Schneider-Foitzik Paul	*Pulheim	0:45:39	52 M55	1	0:45:48	15:02 * 15:31 * 15:15	4:34 min/km
106	3180	Eicks Michael	LT Paffrath	0:45:39	77 M30	14	0:46:01	15:41 * 15:29 * 14:51	4:34 min/km
107	3375	Hippe Prof.-Dr. Karsten	Team Erdinger Alkoholfrei	0:45:40	73 M30	15	0:46:00	15:13 * 15:16 * 15:31	4:34 min/km
108	3183	Eisermann Stephan	*Bornheim	0:45:40	66 M40	22	0:46:10	15:46 * 15:20 * 15:03	4:34 min/km
109	3613	Missel Andreas	*Düsseldorf	0:45:50	63 M40	23	0:46:23	15:45 * 15:27 * 15:11	4:35 min/km

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110	3555	Liebscher Florian	*Köln	0:45:56	83	MHK	34	0:46:04	15:44	* 15:29	* 14:50	4:36 min/km
111	3271	Gerdas Jonas	*Frechen - Königsdorf	0:45:59	88	MJA	3	0:47:39	17:55	* 15:20	* 14:23	4:36 min/km
112	3410	Janz Nicolas	*Köln	0:46:05	88	MJA	4	0:47:39	17:52	* 15:08	* 14:38	4:37 min/km
113	3281	Görner Christoph	RUNNERS POINT KÖLN	0:46:06	82	MHK	35	0:46:21	14:47	* 15:41	* 15:53	4:37 min/km
114	3557	Link Jochen	Lahm Söck Frechen	0:46:07	63	M40	24	0:46:46	16:13	* 15:46	* 14:46	4:37 min/km
115	3214	Felix Kho	TV REFRATH	0:46:09	89	MJA	5	0:46:16	14:49	* 15:35	* 15:51	4:37 min/km
116	3362	Hertrampf Dr. Torsten	Molecular Runners	0:46:09	76	M30	16	0:46:33	15:09	* 15:34	* 15:49	4:37 min/km
117	4300	Trippel Alexander	*Köln	0:46:15	72	M35	18	0:48:47	17:56	* 15:39	* 15:10	4:37 min/km
118	3646	Myslisch Frank	Kölner Dreigestirn	0:46:17	73	M30	17	0:46:24	15:39	* 16:00	* 14:44	4:38 min/km
119	4188	Meiss Michael		0:46:18	73	M30	18	0:46:25	15:29	* 16:03	* 14:53	4:38 min/km
120	4301	Henschel Hans	GW Wesel Flüren	0:46:19	44	M60	1	0:46:29	15:44	* 15:37	* 15:07	4:38 min/km
121	3263	Gansen Max	running geese	0:46:22	97	MSC	1	0:46:24	14:49	* 16:17	* 15:17	4:38 min/km
122	4066	Moeck Dieter	Lahm Söck Frechen	0:46:23	61	M45	13	0:47:02	15:49	* 16:00	* 15:12	4:38 min/km
123	3261	Gansen André	running geese	0:46:24	63	M40	25	0:46:25	14:48	* 16:17	* 15:19	4:38 min/km
124	3024	Aydemir Gürhan	ASV Köln Team 42	0:46:24	67	M40	26	0:46:33	15:09	* 15:57	* 15:26	4:38 min/km
125	3568	Luelf Manfred	Valium i.V.	0:46:27	56	M50	5	0:46:30	15:16	* 15:52	* 15:21	4:39 min/km
126	3894	Stein Rene	Toxic Twins	0:46:29	75	M30	19	0:47:29	16:58	* 15:31	* 14:59	4:39 min/km
127	3129	Checa Diego	*Essen	0:46:30	87	MHK	36	0:46:39	15:39	* 15:48	* 15:11	4:39 min/km
128	3338	Heim Jan-Willem	Bonner Rudergesellschaft	0:46:30	86	MHK	37	0:46:39	16:00	* 15:40	* 14:57	4:39 min/km
129	3016	Anhalt Simon	*Köln	0:46:32	88	MJA	6	0:46:37	15:04	* 15:54	* 15:38	4:39 min/km
130	3238	Franzky Jonas	*Köln	0:46:33	86	MHK	38	0:46:41	15:48	* 15:55	* 14:57	4:39 min/km
131	3979	Voß Werner	Felix Fründe	0:46:35	56	M50	6	0:46:39	14:33	* 16:32	* 15:33	4:40 min/km
132	3931	Tingler Tobias	*Köln	0:46:37	87	MHK	39	0:46:55	15:45	* 15:26	* 15:43	4:40 min/km
133	4099	Votteler Tim	Prof.Dr. Baum	0:46:38	76	M30	20	0:47:21	17:10	* 15:27	* 14:42	4:40 min/km
134	3295	Gübler Jonas	*Köln	0:46:40	86	MHK	40	0:46:50	15:46	* 15:26	* 15:38	4:40 min/km
135	3883	Staggenborg Nick	*Köln	0:46:41	86	MHK	41	0:48:23	18:00	* 15:26	* 14:56	4:40 min/km
136	3382	Holtmann Lars	*Köln	0:46:42	82	MHK	42	0:48:24	18:00	* 15:16	* 15:08	4:40 min/km
137	3237	Franzky Daniel	*Hildesheim	0:46:42	80	MHK	43	0:46:50	15:26	* 15:51	* 15:32	4:40 min/km
138	3223	Fischer Rainer	*Köln	0:46:44	86	MHK	44	0:48:24	17:59	* 15:16	* 15:08	4:40 min/km
139	3598	Merten Arne	*Köln	0:46:44	73	M30	21	0:47:50	17:38	* 15:18	* 14:54	4:40 min/km
140	4064	Werner Thomas	DSHS Köln	0:46:50	87	MHK	45	0:48:06	17:10	* 15:27	* 15:27	4:41 min/km
141	4000	Wendt Thomas	*Köln	0:46:51	86	MHK	46	0:47:37	16:40	* 15:27	* 15:29	4:41 min/km
142	3142	Dann Sergej	boxing neuss	0:46:51	84	MHK	47	0:49:22	19:00	* 15:38	* 14:43	4:41 min/km
143	4107	Kaletsch Clemens	ASV Köln - GW Lese	0:46:53	57	M50	7	0:47:59	16:50	* 15:49	* 15:19	4:41 min/km
144	3348	Hellekes Dustin	*Langenfeld	0:46:53	85	MHK	48	0:48:33	17:55	* 15:22	* 15:15	4:41 min/km
145	3154	Diers Steffen	*Köln	0:46:53	86	MHK	49	0:47:39	16:41	* 15:27	* 15:31	4:41 min/km
146	3867	Smedzik Thomas	*Köln	0:46:54	84	MHK	50	0:47:38	16:50	* 15:14	* 15:33	4:41 min/km
147	3696	Pesta Dominik	*Köln	0:46:55	81	MHK	51	0:53:56	22:53	* 16:12	* 14:50	4:42 min/km
148	3656	Nesgen Felix	*Köln	0:46:58	87	MHK	52	0:48:06	17:42	* 15:58	* 14:25	4:42 min/km
149	4214	Stalberg Chef Dominic	LT DSHS Köln	0:47:00	82	MHK	53	0:47:22	16:18	* 16:06	* 14:57	4:42 min/km
150	3084	Blumenfeld Frank	LTD Köln-Dellbrück	0:47:00	67	M40	27	0:47:06	15:51	* 15:58	* 15:17	4:42 min/km
151	3607	Meyer Moritz	*Köln	0:47:00	86	MHK	54	0:49:33	19:00	* 15:41	* 14:51	4:42 min/km
152	3448	Kersting Friedel	*Köln	0:47:01	50	M55	2	0:47:07	15:43	* 15:54	* 15:29	4:42 min/km
153	3311	Hähn Torsten	ASV Köln	0:47:02	71	M35	19	0:47:19	16:28	* 15:40	* 15:10	4:42 min/km
154	3182	Eisentraut Johannes	*Köln Lindenthal	0:47:04	87	MHK	55	0:47:11	15:49	* 15:55	* 15:27	4:42 min/km
155	3153	Diel Dr. Patrick	Molecular Runners	0:47:07	63	M40	28	0:47:31	15:49	* 16:00	* 15:41	4:43 min/km
156	3491	Kootz Harald	TUS Brauweiler	0:47:08	60	M45	14	0:48:09	17:02	* 15:55	* 15:10	4:43 min/km
157	3963	Vogelbein Martin	*Köln-Junkersdorf	0:47:13	88	MJA	7	0:47:23	15:35	* 15:47	* 15:59	4:43 min/km
158	3603	Meuer Dieter	*Koeln	0:47:14	69	M35	20	0:49:12	18:11	* 15:50	* 15:09	4:43 min/km
159	3538	Latzel Gunnar	*Köln	0:47:15	74	M30	22	0:48:13	17:03	* 16:15	* 14:54	4:44 min/km
160	4033	Wypisniak Piotr	*Köln	0:47:17	86	MHK	56	0:49:49	19:04	* 15:50	* 14:54	4:44 min/km
161	3784	Rymus Elmar	ELMARS DAUERLAUF	0:47:19	48	M55	3	0:49:14	19:08	* 15:11	* 14:55	4:44 min/km
162	3590	Meila Dan	*Neuss	0:47:22	77	M30	23	0:48:40	17:32	* 15:50	* 15:17	4:44 min/km
163	4007	Wiedenhöfer Torben	*Bonn	0:47:22	79	MHK	57	0:48:13	17:35	* 15:32	* 15:04	4:44 min/km
164	3914	Swiontek Sebastian	*Gelnhausen	0:47:22	87	MHK	58	0:48:17	17:47	* 15:28	* 15:01	4:44 min/km
165	3155	Dietrich Kalle	Lahm Söck Frechen	0:47:23	60	M45	15	0:48:03	16:32	* 15:56	* 15:34	4:44 min/km

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166	3150	Deutschmann Oleg	*Köln	0:47:24	85	MHK	59	0:47:38	16:26 *	15:25 *	15:46	4:44 min/km
167	3478	Koch Stephan	Röntgen Runners	0:47:25	70	M35	21	0:47:38	15:20 *	16:25 *	15:51	4:45 min/km
168	3209	Feindler Fabian	LT DSHS Köln e.V.	0:47:26	87	MHK	60	0:48:34	17:41 *	15:56 *	14:55	4:45 min/km
169	3420	Judt Simon	*Köln	0:47:30	86	MHK	61	0:49:03	18:34 *	15:23 *	15:05	4:45 min/km
170	4057	Schwirz Thomas		0:47:34	66	M40	29	0:48:03	16:16 *	16:02 *	15:44	4:45 min/km
171	3122	Burka Philipp	*Solingen	0:47:36	84	MHK	62	0:47:48	15:44 *	16:08 *	15:55	4:46 min/km
172	4031	Wunderlich Ralf	Die Hinkebeinchen	0:47:38	69	M35	22	0:48:03	17:06 *	15:59 *	14:58	4:46 min/km
173	3229	Fohry Stefan	*Köln	0:47:39	82	MHK	63	0:48:26	16:29 *	16:21 *	15:36	4:46 min/km
174	3309	Hadergasser Tim	*Köln	0:47:42	82	MHK	64	0:47:50	15:45 *	16:00 *	16:04	4:46 min/km
175	3138	Daher André	*Köln	0:47:44	83	MHK	65	0:47:53	15:40 *	16:02 *	16:10	4:46 min/km
176	3847	Schultheiß Volker	*Kerpen	0:47:44	56	M50	8	0:47:58	16:17 *	16:05 *	15:35	4:46 min/km
177	4303	Kurz Till Robin		0:47:48	73	M30	24	0:48:14	16:03 *	16:25 *	15:44	4:47 min/km
178	3499	Kraemer Kristof	*Köln	0:47:49	86	MHK	66	0:48:08	16:36 *	16:35 *	14:56	4:47 min/km
179	3240	Frerichs Karsten	Lauftreff Köln Süd	0:47:50	72	M35	23	0:48:18	16:36 *	16:05 *	15:35	4:47 min/km
180	3307	Hackenbroich Wolfgang	*Köln	0:47:50	60	M45	16	0:47:52	15:09 *	16:27 *	16:16	4:47 min/km
181	4310	Ten Freyhaus Henrik		0:47:50	76	M30	25	0:48:22	17:02 *	15:46 *	15:33	4:47 min/km
182	3266	Gardeweg Rainer	Kaiserin-Augusta-Schule	0:47:51	93	MSA	3	0:48:47	16:34 *	15:39 *	16:33	4:47 min/km
183	3840	Schülert Jan-Helge	*Köln	0:47:52	86	MHK	67	0:48:58	17:41 *	16:00 *	15:16	4:47 min/km
184	3626	Müller Hans-Peter	ELMARS DAUERLAUF	0:47:54	61	M45	17	0:49:10	17:35 *	16:08 *	15:26	4:47 min/km
185	3287	Groh Sebastian	*köln	0:47:55	81	MHK	68	0:48:58	17:10 *	16:11 *	15:35	4:48 min/km
186	3165	Dreuw Ludwig	ART Düsseldorf	0:47:56	63	M40	30	0:48:27	16:31 *	16:07 *	15:49	4:48 min/km
187	3333	Hauptmann Dietmar	*Overath	0:47:58	67	M40	31	0:48:24	16:08 *	16:15 *	15:59	4:48 min/km
188	3100	Breer Tobias A.	Abtei Hamborn	0:48:01	63	M40	32	0:48:25	16:29 *	16:06 *	15:49	4:48 min/km
189	3601	Metzmacher Hansi	Lahm Söck Frechen	0:48:02	67	M40	33	0:48:41	16:48 *	16:21 *	15:31	4:48 min/km
190	3993	Weber Björn	*Frechen	0:48:05	81	MHK	69	0:50:21	18:30 *	16:14 *	15:37	4:49 min/km
191	3668	Obermann Werner	*Köln	0:48:06	66	M40	34	0:48:29	15:41 *	17:12 *	15:35	4:49 min/km
192	3190	Engelmann Simon	Urol. Uni Koeln	0:48:07	92	MSA	4	0:48:54	17:12 *	16:10 *	15:31	4:49 min/km
193	4222	Dresbach Frank	*Köln	0:48:08	67	M40	35	0:48:21	16:58 *	16:27 *	14:56	4:49 min/km
194	3282	Götsch Björn	*Köln	0:48:08	77	M30	26	0:48:13	15:43 *	16:04 *	16:25	4:49 min/km
195	3414	Jebrini Yassin	wsvg	0:48:09	86	MHK	70	0:48:21	16:29 *	16:21 *	15:31	4:49 min/km
196	3582	Martinic Marcos	*Köln	0:48:09	84	MHK	71	0:49:45	18:49 *	15:55 *	15:00	4:49 min/km
197	4051	Wennicke Florian		0:48:11	87	MHK	72	0:49:14	17:11 *	16:22 *	15:40	4:49 min/km
198	3786	Sailer Jannis	*Bonn	0:48:12	84	MHK	73	0:55:13	22:53 *	16:13 *	16:05	4:49 min/km
199	3584	Matissek Max	GKCP	0:48:14	81	MHK	74	0:49:43	18:06 *	15:57 *	15:39	4:49 min/km
200	3121	Burchard Johannes	LT DSHS Köln e.V.	0:48:17	87	MHK	75	0:48:26	16:02 *	16:07 *	16:16	4:50 min/km
201	4061	Ulrich Jakob		0:48:17	85	MHK	76	0:49:01	16:41 *	15:52 *	16:27	4:50 min/km
202	3524	Kutscha Dominik	*Krefeld	0:48:21	85	MHK	77	0:50:04	18:43 *	16:07 *	15:13	4:50 min/km
203	3655	Nesemeyer Micha	SV Oldendorf	0:48:24	86	MHK	78	0:49:39	17:53 *	16:33 *	15:12	4:50 min/km
204	3720	Porr Markus	*Köln	0:48:24	82	MHK	79	0:49:19	17:49 *	15:48 *	15:41	4:50 min/km
205	3651	Naumann Andreas	*Köln	0:48:24	87	MHK	80	0:48:56	17:17 *	16:16 *	15:22	4:50 min/km
206	3061	Bender Nils	funkyboogies	0:48:29	86	MHK	81	0:50:09	18:00 *	15:56 *	16:12	4:51 min/km
207	3769	Ripp Dieter	VTC Köln	0:48:30	56	M50	9	0:48:42	16:16 *	16:30 *	15:55	4:51 min/km
207	3886	Staschko Peter	Team Handelshof	0:48:30	65	M40	36	0:48:59	17:19 *	16:14 *	15:25	4:51 min/km
209	3996	Weghaus Stephan	*Köln	0:48:30	72	M35	24	0:48:39	16:39 *	16:25 *	15:34	4:51 min/km
210	3358	Hermanns Meinulf	*Köln	0:48:31	67	M40	37	0:49:24	17:07 *	16:18 *	15:57	4:51 min/km
211	3152	Diefenbach Thomas	*Köln	0:48:31	67	M40	38	0:49:24	17:07 *	16:18 *	15:58	4:51 min/km
212	4324	Hammer Volker	LG Hilden	0:48:33	52	M55	4	0:50:33	18:38 *	16:33 *	15:21	4:51 min/km
213	3531	Landfried Christian	*Köln	0:48:40	85	MHK	82	0:48:54	16:42 *	16:03 *	16:07	4:52 min/km
214	3775	Rosenthal Alexander	*Köln	0:48:40	84	MHK	83	0:48:45	15:25 *	16:47 *	16:32	4:52 min/km
215	3595	Mendner Sascha	LT DSHS Köln e.V.	0:48:41	85	MHK	84	0:48:48	15:45 *	16:22 *	16:40	4:52 min/km
216	4019	Wittmann Philip	*Köln	0:48:42	86	MHK	85	0:49:16	16:30 *	16:11 *	16:34	4:52 min/km
217	3671	Ochner Martin	*Köln	0:48:44	87	MHK	86	0:49:05	17:01 *	16:10 *	15:52	4:52 min/km
218	3572	Mahlke Jochen	*Frechen	0:48:46	80	MHK	87	0:49:18	16:26 *	16:50 *	16:01	4:53 min/km
219	3623	Mortazavi Denis	*Pulheim	0:48:48	84	MHK	88	0:48:57	15:46 *	16:30 *	16:41	4:53 min/km
220	3575	Malcus Gernot	*Köln	0:48:49	74	M30	27	0:49:32	17:29 *	16:22 *	15:40	4:53 min/km
221	4219	Hafenerger Lutz	Lauftreff Brühl	0:48:52	67	M40	39	0:50:38	18:09 *	16:12 *	16:16	4:53 min/km

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222	3698	Petereit Kolja	*Köln	0:48:52	86	MHK	89	0:50:00	17:41	* 16:12	* 16:06	4:53 min/km
223	3693	Paulo Catarino	TGE Runners Bonn	0:48:54	64	M40	40	0:49:39	17:39	* 16:29	* 15:30	4:53 min/km
224	3334	Hausen Michael	Bundespolizei	0:48:54	69	M35	25	0:50:02	17:44	* 16:39	* 15:39	4:53 min/km
225	3919	Terheggen Dr. med.	*Köln	0:48:55	73	M30	28	0:50:32	18:18	* 16:34	* 15:39	4:54 min/km
226	3739	Radon Frank	*Leverkusen	0:48:56	75	M30	29	0:49:17	16:47	* 16:36	* 15:53	4:54 min/km
227	3666	Notarius Ralf	*Frechen	0:48:57	64	M40	41	0:49:48	17:34	* 16:21	* 15:53	4:54 min/km
228	3861	Segeroth Peter	Lokomotive Assindia	0:49:02	67	M40	42	0:50:31	18:17	* 16:20	* 15:54	4:54 min/km
229	4109	Hess Sebastian	TWO Inc	0:49:06	77	M30	30	0:49:12	15:44	* 16:47	* 16:40	4:55 min/km
230	3985	Wahl Tobias	*Köln	0:49:06	86	MHK	90	0:49:41	16:30	* 16:42	* 16:27	4:55 min/km
231	3048	Bauß Carsten	1. Kölner Laufstall	0:49:07	65	M40	43	0:49:28	16:32	* 16:26	* 16:29	4:55 min/km
232	3707	Pfennings Emile	*Köln	0:49:07	78	MHK	91	0:50:38	19:02	* 16:02	* 15:33	4:55 min/km
233	3901	Stöcker Carsten	Sportfreunde Stöcker	0:49:08	68	M35	26	0:50:45	18:20	* 16:53	* 15:31	4:55 min/km
234	3488	Kohne Jens	Die roten Sackträger	0:49:08	80	MHK	92	0:49:59	17:35	* 16:16	* 16:06	4:55 min/km
235	3231	Forkel Matthias	*Köln	0:49:12	84	MHK	93	0:49:32	16:36	* 16:47	* 16:08	4:55 min/km
236	4049	Zylla Andreas	*Köln	0:49:17	83	MHK	94	0:51:34	18:30	* 16:35	* 16:28	4:56 min/km
237	3296	Günter Christian	*Köln	0:49:24	86	MHK	95	0:50:18	17:50	* 16:27	* 16:00	4:56 min/km
238	3858	Schwiering Dietmar	LSG Neptunbad	0:49:24	70	M35	27	0:50:23	17:54	* 16:57	* 15:31	4:56 min/km
239	3467	Klindtworth Joshua	LT Eckdorfer Eilzug	0:49:24	53	M50	10	0:50:12	17:09	* 16:42	* 16:20	4:56 min/km
240	3157	Dignas Christian	TriCologne LSG	0:49:25	76	M30	31	0:50:22	17:54	* 16:57	* 15:31	4:57 min/km
241	3669	Obernosterer Florian	Lahm Söck Frechen	0:49:26	59	M45	18	0:50:04	17:09	* 16:45	* 16:09	4:57 min/km
242	3431	Kaiser David	*Köln	0:49:32	85	MHK	96	0:51:48	18:32	* 17:07	* 16:07	4:57 min/km
243	3959	Vidal Luis	Running Twins	0:49:32	98	MSD	1	0:50:06	17:09	* 16:47	* 16:09	4:57 min/km
244	3776	Rosin Hans-Dieter	*Köln	0:49:33	65	M40	44	0:51:02	17:31	* 16:28	* 17:02	4:57 min/km
245	3017	Araki Jiro	*Düsseldorf	0:49:34	61	M45	19	0:49:56	16:25	* 16:56	* 16:34	4:57 min/km
246	3292	Grütznier Sebastian	*Bad Bramstedt	0:49:36	85	MHK	97	0:50:13	17:50	* 16:24	* 15:58	4:58 min/km
247	3533	Lang Gregor	CT Zandegiacomo	0:49:37	79	MHK	98	0:51:32	17:14	* 15:23	* 18:53	4:58 min/km
248	3109	Brüggemann Jens	funkyboogies	0:49:39	86	MHK	99	0:51:19	18:26	* 16:45	* 16:06	4:58 min/km
249	3028	Bachmann Dr. Michael	WWL Remscheid	0:49:45	59	M45	20	0:50:33	17:54	* 16:33	* 16:06	4:59 min/km
250	4362	Baucks Gundolf	Marathon Finanz AG	0:49:47	77	M30	32	0:50:07	16:48	* 16:55	* 16:23	4:59 min/km
251	3134	Complak Maciej	FC 47 Bastendorf	0:49:49	87	MHK	100	0:52:20	19:02	* 16:27	* 16:50	4:59 min/km
252	3001	Abels Frank	*köln	0:49:51	72	M35	28	0:50:02	15:44	* 18:39	* 15:39	4:59 min/km
253	4028	Wunder Christian	*Monheim am Rhein	0:49:55	85	MHK	101	0:51:00	17:38	* 17:15	* 16:06	4:60 min/km
254	3330	Harzheim Gregor	*Köln	0:49:56	57	M50	11	0:51:24	18:12	* 16:53	* 16:19	4:60 min/km
255	3551	Ley Thomas	Lt Rösratherstraße	0:49:57	65	M40	45	0:50:16	16:36	* 17:08	* 16:31	4:60 min/km
256	4298	Wesseln Holger	TV Norden	0:50:01	71	M35	29	0:51:35	18:04	* 16:57	* 16:33	5:00 min/km
257	3230	Follmer Stefan	*Aachen	0:50:04	87	MHK	102	0:51:45	18:53	* 17:02	* 15:49	5:00 min/km
258	4286	Klein Stephan	LT Düsseldorf-Süd	0:50:04	61	M45	21	0:51:23	17:50	* 16:58	* 16:35	5:00 min/km
259	3247	Frielingsdorf Stefan	Schleichfüße Rhein-Sieg	0:50:09	62	M45	22	0:51:16	18:00	* 16:48	* 16:27	5:01 min/km
260	3981	Waberzeck Klaus	sc janus	0:50:09	60	M45	23	0:51:01	18:54	* 16:19	* 15:47	5:01 min/km
261	3851	Schulz-Ley Michael	*Köln	0:50:11	61	M45	24	0:51:11	17:25	* 17:05	* 16:40	5:01 min/km
262	4288	Gerber Joerg		0:50:13	69	M35	30	0:50:55	17:54	* 17:12	* 15:48	5:01 min/km
263	3291	Grüneberg Sven	*Köln	0:50:13	88	MJA	8	0:51:18	19:20	* 16:50	* 15:08	5:01 min/km
264	3038	Barkat Lars	*köln	0:50:15	70	M35	31	0:51:25	19:01	* 16:39	* 15:43	5:02 min/km
265	3437	Katzwinkel Peter	ASV Köln	0:50:17	68	M35	32	0:51:37	20:10	* 16:00	* 15:27	5:02 min/km
266	3074	Beuscher Armin	Laktatkoenige	0:50:22	58	M45	25	0:50:38	16:25	* 17:21	* 16:52	5:02 min/km
267	3412	Jaskula Ralf	www.rondorfer-teeoase.	0:50:23	67	M40	46	0:50:36	17:06	* 17:16	* 16:13	5:02 min/km
268	4114	unbekannt		0:50:26	-1900	MHK	103	0:51:18	17:36	* 16:42	* 16:59	5:03 min/km
269	3201	Evers Felix	ASV Köln Team 42	0:50:26	54	M50	12	0:50:32	16:14	* 17:19	* 16:58	5:03 min/km
270	3780	Rühl Christian	*Köln	0:50:30	74	M30	33	0:52:03	19:26	* 16:56	* 15:39	5:03 min/km
271	4027	Wuelfrath Ralf	INSIGMA IT Engineering	0:50:33	65	M40	47	0:51:06	17:44	* 17:06	* 16:16	5:03 min/km
272	3085	Böckem Robert	*Werdohl	0:50:37	89	MJA	9	0:51:30	18:39	* 16:36	* 16:14	5:04 min/km
273	3164	Dressel Urs	*Essen	0:50:38	78	MHK	104	0:52:09	19:27	* 16:56	* 15:45	5:04 min/km
274	3844	Schütz Volker	*Köln	0:50:42	69	M35	33	0:51:10	16:31	* 16:32	* 18:05	5:04 min/km
275	3877	Sperling Daniel	*Windeck	0:50:49	82	MHK	105	0:51:53	19:23	* 16:42	* 15:47	5:05 min/km
276	4420	Okamoto Shinichi	International Runners	0:50:49	50	M55	5	0:51:12	17:04	* 17:13	* 16:53	5:05 min/km
277	3366	Heuser Christof	*Köln	0:50:52	86	MHK	106	0:51:48	18:43	* 16:50	* 16:14	5:05 min/km

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278	4046	Zinram Martin	*Köln	0:50:53	83	MHK	107	0:51:24	17:17 *	17:18 *	16:48	5:05 min/km
279	3447	Kerkow Detlev	LT Düsseldorf-Süd	0:50:54	63	M40	48	0:51:23	17:29 *	17:11 *	16:42	5:05 min/km
280	3394	Jacobsen Sven	Turbine Helmholtz	0:51:02	67	M40	49	0:51:09	15:37 *	17:04 *	18:27	5:06 min/km
281	3196	Esch Jupp	*Köln	0:51:07	59	M45	26	0:51:21	20:33 *	15:35 *	15:12	5:07 min/km
282	4311	Tegtmeier Jörn	*Köln	0:51:11	73	M30	34	0:51:44	17:32 *	17:25 *	16:45	5:07 min/km
283	3322	Hansen Christoph	*Koeln	0:51:14	65	M40	50	0:51:27	16:59 *	17:33 *	16:55	5:07 min/km
284	4292	Haub Karl-Erivan	*Mülheim	0:51:16	60	M45	27	0:51:42	17:22 *	17:10 *	17:08	5:08 min/km
285	3513	Künzel Bernd	Die Hinkebeinchen	0:51:18	41	M65	1	0:51:45	17:34 *	17:11 *	16:58	5:08 min/km
286	3132	Ciesielski Stefan	*Köln	0:51:23	73	M30	35	0:52:47	19:02 *	17:44 *	16:00	5:08 min/km
287	3697	Peter Ronald	HLG 98 Wuppertal	0:51:24	60	M45	28	0:51:31	16:55 *	17:38 *	16:57	5:08 min/km
288	3336	Hayer Bernhard	Runners Metternich	0:51:25	75	M30	36	0:51:37	16:40 *	17:23 *	17:33	5:09 min/km
289	4117	Bick Lucas	Runners Metternich	0:51:25	97	MSC	2	0:51:37	16:41 *	17:23 *	17:33	5:09 min/km
290	3464	Klein Michael	*Köln	0:51:32	65	M40	51	0:52:04	17:55 *	16:59 *	17:09	5:09 min/km
291	3193	Ensch Peter	*Koeln	0:51:33	47	M60	2	0:51:56	17:34 *	17:08 *	17:13	5:09 min/km
292	3587	May Willi	msg koeln	0:51:38	62	M45	29	0:53:30	19:14 *	17:28 *	16:47	5:10 min/km
293	3599	Mertens Bernhard	*köln	0:51:39	52	M55	6	0:52:26	18:02 *	17:23 *	16:59	5:10 min/km
294	3588	Maye Michael	TriCologne LSG	0:51:40	65	M40	52	0:52:39	17:55 *	17:33 *	17:10	5:10 min/km
295	3387	Houben Pierre	*Bonn	0:51:44	86	MHK	108	0:52:15	17:29 *	18:17 *	16:29	5:10 min/km
296	3763	Richard Stephan	*Köln	0:51:47	65	M40	53	0:53:34	19:45 *	17:06 *	16:42	5:11 min/km
297	4021	Wolanski Piotr	FC 47 Bastendorf	0:51:48	86	MHK	109	0:54:19	19:19 *	17:45 *	17:14	5:11 min/km
298	4014	Wipperfürth Oliver	*Hürth	0:51:54	82	MHK	110	0:53:11	19:24 *	17:17 *	16:30	5:11 min/km
299	3922	Thiel Klaus	DSW Darmstadt	0:51:54	68	M35	34	0:52:16	16:35 *	17:42 *	17:58	5:11 min/km
300	3892	Steil Heiko	o2 Germany	0:51:55	76	M30	37	0:53:47	19:36 *	17:33 *	16:37	5:12 min/km
301	3220	Fischer Dieter	*Köln	0:51:56	66	M40	54	0:52:15	17:31 *	17:36 *	17:07	5:12 min/km
302	3404	Janczik Michael	Winterfittschnecken	0:51:57	61	M45	30	0:52:13	17:38 *	17:31 *	17:03	5:12 min/km
303	3638	Müller Thorsten	TuS Bad Pyrmont	0:51:57	77	M30	38	0:52:50	17:40 *	17:50 *	17:19	5:12 min/km
304	3221	Fischer Hermann Josef	TV Voiswinkel 1919 e.V.	0:52:01	44	M60	3	0:52:34	17:47 *	17:41 *	17:05	5:12 min/km
305	3918	Tegtmeier Joachim	*Bergheim	0:52:10	57	M50	13	0:53:24	18:49 *	17:31 *	17:03	5:13 min/km
306	3925	Thiemermann Norbert	*Weilerswist	0:52:12	63	M40	55	0:52:25	16:41 *	17:45 *	17:58	5:13 min/km
307	3294	Grunewald Joachim	*Koeln	0:52:14	78	MHK	111	0:52:45	17:49 *	17:41 *	17:14	5:13 min/km
308	4415	Schwan Holger	PROJEKTSERVICE	0:52:18	68	M35	35	0:53:46	19:18 *	17:44 *	16:43	5:14 min/km
309	3191	Engelmann Prof. Udo	Urol. Uni Koeln	0:52:22	49	M55	7	0:53:08	19:01 *	17:36 *	16:30	5:14 min/km
310	3695	Peist Ralf	*Hilden	0:52:23	63	M40	56	0:53:03	17:28 *	17:53 *	17:40	5:14 min/km
311	3422	Jung Arnd	*Bornheim	0:52:24	80	MHK	112	0:53:42	19:25 *	17:16 *	17:00	5:14 min/km
312	3837	Schrennen Martin	*Koeln	0:52:32	62	M45	31	0:52:46	17:28 *	17:38 *	17:39	5:15 min/km
313	3915	Szostak Stefan	Kaufhof Sportverein	0:52:39	65	M40	57	0:53:25	18:14 *	17:39 *	17:31	5:16 min/km
314	3583	Mashoufi Schafagh	Barbara-von-Sell-Berufsk	0:52:40	84	MHK	113	0:54:55	20:08 *	17:52 *	16:54	5:16 min/km
315	4317	Steinke Gerhard	*Köln	0:52:42	42	M65	2	0:53:31	18:43 *	17:38 *	17:08	5:16 min/km
316	4055	Specht Markus		0:52:47	73	M30	39	0:53:35	19:28 *	17:38 *	16:28	5:17 min/km
317	4108	Baumert Philipp		0:52:50	85	MHK	114	0:53:02	18:09 *	17:51 *	17:01	5:17 min/km
318	4120	Benz Marco		0:52:51	72	M35	36	0:53:59	18:38 *	17:46 *	17:34	5:17 min/km
319	4290	den Broeder Frank		0:52:54	60	M45	32	0:54:31	19:42 *	17:41 *	17:07	5:17 min/km
320	3144	Dax Peter	Scuolfreunde	0:52:57	61	M45	33	0:54:12	19:26 *	17:52 *	16:54	5:18 min/km
321	3187	Engel Dr. Holger	*Hilden	0:53:01	69	M35	37	0:53:39	17:46 *	18:11 *	17:40	5:18 min/km
322	3822	Schneider Jan	*Engelskirchen	0:53:02	86	MHK	115	0:53:16	17:01 *	18:10 *	18:04	5:18 min/km
323	4004	Werth Alexander	*Köln	0:53:03	78	MHK	116	0:54:35	18:40 *	17:49 *	18:06	5:18 min/km
324	3416	John Evans	*Köln	0:53:03	67	M40	58	0:53:32	19:06 *	17:36 *	16:48	5:18 min/km
325	3823	Schneider Patrick	42tausend WJ Köln	0:53:03	79	MHK	117	0:54:07	19:35 *	18:15 *	16:16	5:18 min/km
326	3429	Kaghazchi Reza	*Köln	0:53:08	86	MHK	118	0:55:42	19:52 *	18:06 *	17:42	5:19 min/km
327	3205	Falter Dr. Siegfried	*Köln	0:53:09	75	M30	40	0:53:20	18:38 *	17:50 *	16:51	5:19 min/km
328	4083	Mertev Heiko		0:53:14	71	M35	38	0:54:20	18:57 *	17:49 *	17:33	5:19 min/km
329	3141	Dahlke Carsten	RSV Köln-Lindenthal e.V.	0:53:22	74	M30	41	0:53:41	18:05 *	18:14 *	17:21	5:20 min/km
330	3819	Schneider Ben	NAOGROUP	0:53:33	74	M30	42	0:54:07	20:14 *	18:58 *	14:54	5:21 min/km
331	3662	Nierhoff Boris	*Köln	0:53:35	69	M35	39	0:53:52	17:21 *	18:11 *	18:20	5:22 min/km
332	3567	Lüders Kayan	*köln	0:53:45	88	MJA	10	0:57:36	21:31 *	18:08 *	17:55	5:23 min/km
333	3753	Reinarz Walter	*Köln	0:53:57	57	M50	14	0:53:58	16:45 *	18:29 *	18:43	5:24 min/km

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334	3218	Fink Leo	*Köln	0:53:57	76 M30	43	0:53:57	20:46 * 16:48 * 16:23	5:24 min/km
335	4353	Bick Holger	Runners Metternich	0:53:57	68 M35	40	0:54:11	18:18 * 18:06 * 17:45	5:24 min/km
336	3439	Kaulen Andreas	HARIBO Solingen	0:54:06	68 M35	41	0:54:30	17:41 * 18:18 * 18:29	5:25 min/km
337	4336	Brunner Ulrich	*Köln	0:54:10	37 M70	1	0:54:16	18:02 * 18:35 * 17:38	5:25 min/km
338	4105	Hasselweiler Frank	BVK Köln	0:54:10	70 M35	42	0:56:00	20:59 * 17:37 * 17:24	5:25 min/km
339	3185	Emmerich	ESV Gremberghoven	0:54:14	49 M55	8	0:55:36	19:25 * 18:23 * 17:47	5:25 min/km
340	3378	Hochhard Dennis	*Koeln	0:54:15	84 MHK	119	0:56:01	20:41 * 18:22 * 16:58	5:26 min/km
341	4361	Hautzel Tom	Hawaiian Only	0:54:22	71 M35	43	0:55:41	19:44 * 17:40 * 18:15	5:26 min/km
342	3181	Eidmann Pascal	*Köln	0:54:22	80 MHK	120	0:56:19	21:55 * 17:38 * 16:44	5:26 min/km
343	3276	Giertz Sandra	*Köln	0:54:23	84 MHK	121	0:56:18	21:56 * 17:38 * 16:43	5:26 min/km
344	4032	Wurda Werner	SC Fortuna Köln	0:54:26	60 M45	34	0:56:55	20:31 * 18:23 * 18:01	5:27 min/km
345	3609	Michel Lars	*Düsseldorf	0:54:28	79 MHK	122	0:55:43	22:16 * 17:20 * 16:06	5:27 min/km
346	3884	Stascheit-Busch	*Köln	0:54:29	58 M45	35	0:56:21	20:31 * 18:18 * 17:31	5:27 min/km
347	3498	Kotterba Peter	*Kerpen-Sindorf	0:54:32	52 M55	9	0:54:46	17:26 * 18:59 * 18:20	5:27 min/km
348	3032	Bahnsen Manuel	*Köln	0:54:34	73 M30	44	0:56:17	19:49 * 18:57 * 17:30	5:27 min/km
349	3814	Schmitz Manfred	Die Flitzer	0:54:35	65 M40	59	0:55:14	18:00 * 18:25 * 18:49	5:28 min/km
350	3493	Korkodilos Paris	*Köln	0:54:37	85 MHK	123	0:55:59	18:54 * 16:17 * 20:47	5:28 min/km
351	3139	Dahl Norbert	TTVg Phönix Biesfeld	0:54:41	53 M50	15	0:55:47	18:56 * 18:20 * 18:29	5:28 min/km
352	4153	Henschel Matthias	Grün-Weiß Wesel-Flüren	0:55:02	76 M30	45	0:55:12	18:25 * 18:25 * 18:22	5:30 min/km
353	3804	Schlüter Dr. Frank	*Köln	0:55:03	64 M40	60	0:56:58	21:00 * 18:18 * 17:39	5:30 min/km
354	3691	Pauleit Marc	*Köln	0:55:09	72 M35	44	0:56:22	19:34 * 18:36 * 18:11	5:31 min/km
355	3893	Stein Hans-Jörg	*Köln	0:55:13	52 M55	10	0:56:48	20:16 * 18:28 * 18:04	5:31 min/km
356	3195	Ermer Gerhard	Lauftreff Diana	0:55:13	49 M55	11	0:56:49	20:16 * 18:28 * 18:04	5:31 min/km
357	3937	Träger Thorsten	*Haan	0:55:18	65 M40	61	0:55:57	19:21 * 18:39 * 17:56	5:32 min/km
358	3906	Strobl Ulrich	*Köln	0:55:20	56 M50	16	0:55:55	19:01 * 18:36 * 18:17	5:32 min/km
359	4053	Richert Stefan		0:55:21	81 MHK	124	0:55:21	18:46 * 17:21 * 19:12	5:32 min/km
360	3674	Oetermann Michael	*Hennef	0:55:23	72 M35	45	0:55:49	19:05 * 18:32 * 18:11	5:32 min/km
361	3854	Schumacher Sebastian	*Köln	0:55:23	78 MHK	125	0:56:58	21:46 * 19:26 * 15:44	5:32 min/km
362	4076	Frommhold Leon	Alpha-Michel	0:55:24	96 MSC	3	0:56:45	20:51 * 18:28 * 17:25	5:32 min/km
363	4081	Frommhold Michael	Alpha-Michel	0:55:24	61 M45	36	0:56:45	20:51 * 19:11 * 16:42	5:32 min/km
364	3852	Schulze Martin	*Karstädt OT Dallmin	0:55:28	84 MHK	126	0:56:22	18:45 * 18:56 * 18:41	5:33 min/km
365	4330	Oppenberg Frank		0:55:30	67 M40	62	0:55:51	18:13 * 18:21 * 19:15	5:33 min/km
366	4329	Grothe Ronald	Polizei Rhein-Erft-Kreis	0:55:40	69 M35	46	0:56:47	19:08 * 19:09 * 18:29	5:34 min/km
367	3928	Thomas Reiner	*Hürth	0:55:43	54 M50	17	0:56:31	19:01 * 18:57 * 18:32	5:34 min/km
368	3433	Kallrath Andreas	*Köln	0:55:44	62 M45	37	0:56:33	19:41 * 18:28 * 18:23	5:34 min/km
369	3268	Geesmann Björn	*Köln	0:55:48	87 MHK	127	0:57:29	19:55 * 18:32 * 19:01	5:35 min/km
370	4084	Marzec Ronny		0:55:53	79 MHK	128	0:55:59	17:40 * 19:28 * 18:50	5:35 min/km
371	3589	Meffert Thomas	ELMARS DAUERLAUF	0:55:53	66 M40	63	0:57:50	21:52 * 18:11 * 17:46	5:35 min/km
372	3148	Detmer Hanspeter	KKG Nippeser	0:55:55	46 M60	4	0:56:30	19:25 * 19:04 * 18:00	5:36 min/km
373	3383	Holz Bernhard	Laktatkönige	0:55:56	54 M50	18	0:57:54	20:56 * 18:45 * 18:12	5:36 min/km
374	3046	Baum Dr. Clemens	*Bergisch Gladbach	0:56:01	41 M65	3	0:56:24	18:40 * 19:08 * 18:35	5:36 min/km
374	3591	Meisenberg Thomas	SG Worringen	0:56:01	60 M45	38	0:56:46	20:39 * 18:39 * 17:28	5:36 min/km
376	4345	Timm Joerg	Lauffreunde Ottenheim	0:56:04	75 M30	46	0:56:33	18:31 * 19:18 * 18:43	5:36 min/km
377	4339	Courth Jürgen	LT Spich	0:56:06	69 M35	47	0:57:51	20:08 * 19:02 * 18:40	5:37 min/km
378	3098	Braun Jürgen	*Bergisch Gladbach	0:56:08	60 M45	39	0:57:18	19:41 * 19:02 * 18:34	5:37 min/km
379	3097	Braun Josef	*Bergisch Gladbach	0:56:09	37 M70	2	0:57:20	19:36 * 18:57 * 18:47	5:37 min/km
380	4321	Adebaht Ulf		0:56:14	68 M35	48	0:58:42	27:18 * 15:36 * 15:48	5:37 min/km
381	4150	unbekannt		0:56:14	-1900 MHK	129	0:56:55	19:58 * 18:44 * 18:13	5:37 min/km
382	4342	Feick Juergen	Kölsche Jung	0:56:15	56 M50	19	0:58:21	21:45 * 19:01 * 17:34	5:38 min/km
383	3946	Urban Andreas	o2 Germany	0:56:15	69 M35	49	0:58:07	19:36 * 19:15 * 19:16	5:38 min/km
384	4015	Wirmer Bernhard	*Krefeld	0:56:18	53 M50	20	0:58:25	21:02 * 19:06 * 18:17	5:38 min/km
385	4131	Voss Benedikt		0:56:25	93 MSA	5	0:58:04	21:17 * 18:46 * 18:00	5:39 min/km
386	3803	Schloemer Randolf	*Köln	0:56:28	71 M35	50	0:58:26	20:49 * 19:00 * 18:36	5:39 min/km
387	4005	Westmeier Stefan	Barbara-von-Sell-Berufsk	0:56:29	67 M40	64	0:58:34	21:30 * 18:51 * 18:13	5:39 min/km
388	3543	Lemmer Sebastian	*Leichlingen	0:56:34	81 MHK	130	0:56:58	18:32 * 19:45 * 18:40	5:39 min/km
389	3306	Hachmann Dominic	*Köln	0:56:35	83 MHK	131	0:57:00	19:59 * 18:25 * 18:35	5:39 min/km

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390	3702	Peters Jens	*Bonn	0:56:35	52	M55	12	0:57:15	18:23	* 19:48	* 19:03	5:40 min/km
391	4351	Ostrowski Sascha	*Bergheim	0:56:45	66	M40	65	0:57:35	19:54	* 19:05	* 18:34	5:41 min/km
392	4149	Gröne Wolfgang		0:56:55	68	M35	51	0:58:07	20:33	* 18:42	* 18:51	5:42 min/km
393	4069	Rüf Joachim	Rabaz	0:56:55	61	M45	40	0:58:58	22:12	* 18:54	* 17:52	5:42 min/km
394	3099	Braune Joachim	sharkies	0:57:01	76	M30	47	0:57:41	19:47	* 19:35	* 18:19	5:42 min/km
395	3469	Klix Ralf	*Köln	0:57:04	71	M35	52	0:58:10	20:54	* 18:56	* 18:19	5:42 min/km
396	3547	Leon Achim	*Frechen	0:57:05	68	M35	53	0:58:11	20:54	* 18:56	* 18:20	5:43 min/km
397	3202	Ewig Kurt	*Mönchengladbach	0:57:05	55	M50	21	0:58:27	21:01	* 18:56	* 18:29	5:43 min/km
398	3089	Börner Karl - Heinz	ESV Gremberghoven	0:57:05	57	M50	22	0:58:30	20:19	* 19:25	* 18:45	5:43 min/km
399	3384	Holz Willi	BSG Rheinpark	0:57:10	52	M55	13	0:58:12	20:43	* 19:03	* 18:25	5:43 min/km
400	3020	Arndt Messedat	*Köln	0:57:10	72	M35	54	0:58:12	20:43	* 19:03	* 18:25	5:43 min/km
401	3393	Ista Mario	Big El Racing Team	0:57:25	79	MHK	132	0:57:50	19:59	* 19:30	* 18:20	5:45 min/km
402	3782	Runzheimer Joachim	ELMARS DAUERLAUF	0:57:40	59	M45	41	0:59:37	22:37	* 19:02	* 17:57	5:46 min/km
403	4054	Nickel Manfred		0:57:43	47	M60	5	0:58:31	19:48	* 19:35	* 19:06	5:46 min/km
404	3824	Schneider Reiner	*Langenfeld	0:57:49	65	M40	66	0:57:51	20:00	* 19:50	* 18:01	5:47 min/km
405	4333	Thron Hans-Peter	ESV Gremberghoven	0:58:06	57	M50	23	0:59:29	21:06	* 19:30	* 18:52	5:49 min/km
406	3021	Attermeyer Martin	FC-Freunde	0:58:07	78	MHK	133	1:00:03	22:20	* 19:27	* 18:15	5:49 min/km
407	3326	Harm Klaus	*Frechen	0:58:07	62	M45	42	0:58:37	19:20	* 19:22	* 19:55	5:49 min/km
408	3617	Möller Peter	*Köln	0:58:08	66	M40	67	0:59:19	20:04	* 19:31	* 19:44	5:49 min/km
409	4215	Kretschmer Ulrich	Kugelschubser Hamborn	0:58:15	82	MHK	134	0:58:37	19:21	* 19:58	* 19:17	5:50 min/km
410	3809	Schmidt Thomas	Kaufhof Sportverein	0:58:19	63	M40	68	0:59:05	19:48	* 19:24	* 19:52	5:50 min/km
411	3042	Barysch Romuald	*Köln	0:58:20	66	M40	69	0:59:47	20:32	* 19:50	* 19:25	5:50 min/km
412	3224	Fischer Stephan	ASV Köln	0:58:20	58	M45	43	0:59:35	21:59	* 19:25	* 18:09	5:50 min/km
413	3764	Richter Andrea	*Köln	0:58:30	68	M35	55	0:59:22	20:05	* 20:05	* 19:11	5:51 min/km
414	4293	Drossard Peter	*Köln	0:58:39	56	M50	24	0:59:15	20:12	* 19:32	* 19:29	5:52 min/km
415	4063	Nesemeyer Bernhard	TSV Westerhausen	0:58:43	60	M45	44	0:59:56	18:23	* 24:47	* 16:44	5:52 min/km
416	3907	Ströbelt Reiner	*Pulheim	0:58:53	62	M45	45	1:00:40	22:48	* 19:55	* 17:56	5:53 min/km
417	3204	Falk Jens	INSIGMA IT Engineering	0:59:03	75	M30	48	0:59:36	20:36	* 19:40	* 19:20	5:54 min/km
418	4314	Flach Carl-Christian		0:59:09	68	M35	56	1:01:30	22:05	* 19:57	* 19:28	5:55 min/km
419	3921	Theisen Christoph	ELMARS DAUERLAUF	0:59:11	59	M45	46	1:01:08	22:01	* 19:45	* 19:22	5:55 min/km
420	3944	Tutt Karl	Laktatkönige	0:59:14	60	M45	47	0:59:57	20:36	* 19:47	* 19:32	5:55 min/km
421	3359	Hermanowski Torsten	*Köln	0:59:22	62	M45	48	1:00:37	20:33	* 20:27	* 19:36	5:56 min/km
422	3562	Löser Torsten	*Köln	0:59:29	70	M35	57	0:59:47	19:41	* 20:13	* 19:52	5:57 min/km
423	3832	Schorn Harald	*Köln	0:59:33	77	M30	49	1:00:50	22:18	* 19:47	* 18:44	5:57 min/km
424	3787	Sander Frank	*Köln	0:59:34	70	M35	58	1:01:03	21:19	* 19:51	* 19:52	5:57 min/km
425	3002	Abels Wolfgang	Feuerwehr Kerpen	0:59:39	68	M35	59	1:01:36	22:48	* 20:09	* 18:38	5:58 min/km
426	3047	Baumann Patrick	*Pulheim	0:59:50	65	M40	70	1:01:38	21:26	* 20:12	* 19:59	5:59 min/km
427	3143	Daverkausen Frank	*Köln	0:59:53	67	M40	71	1:00:54	21:43	* 20:48	* 18:22	5:59 min/km
428	3004	Agus Carlo	*Köln	0:59:59	77	M30	50	1:01:13	20:23	* 20:07	* 20:42	5:60 min/km
429	3833	Schorn Stephan	*Mechernich-Kommern	0:59:59	75	M30	51	1:01:02	20:50	* 20:29	* 19:41	5:60 min/km
430	3106	Breuer Wolfgang	*Köln	1:00:05	64	M40	72	1:00:30	19:34	* 20:05	* 20:50	6:01 min/km
431	3340	Heiner Kämmer	*Köln	1:00:06	61	M45	49	1:00:30	19:34	* 20:06	* 20:50	6:01 min/km
432	3868	Sochacki Norbert	Lauffreff Höhenhaus	1:00:11	63	M40	73	1:01:24	21:00	* 20:22	* 20:01	6:01 min/km
433	3948	V. Bredow Fenimore	TUS Brauweiler	1:00:27	64	M40	74	1:01:49	22:28	* 20:05	* 19:16	6:03 min/km
434	3462	Klein Dr. Brigitte	*Köln	1:00:30	60	M45	50	1:02:25	21:27	* 20:29	* 20:29	6:03 min/km
435	4352	Laug Tobias	1.FC Köln	1:00:32	87	MHK	135	1:02:35	24:11	* 21:57	* 16:27	6:03 min/km
436	3086	Böckers Marc	*Köln	1:00:37	76	M30	52	1:01:47	21:46	* 21:04	* 18:56	6:04 min/km
437	3249	Frisch Werner	SG Siegen-Giersberg e.V	1:00:37	41	M65	4	1:01:52	21:33	* 20:26	* 19:52	6:04 min/km
438	4204	Pagers Sven	ESV Gremberghoven	1:00:43	66	M40	75	1:02:10	21:29	* 20:42	* 19:58	6:04 min/km
439	3529	Lamiable Laurent	*Thionville	1:00:46	65	M40	76	1:01:15	20:57	* 20:57	* 19:21	6:05 min/km
440	3573	Maihöfer Reinhard	*Köln	1:00:47	52	M55	14	1:01:23	20:15	* 20:09	* 20:58	6:05 min/km
441	4202	Waege Gunter	Lese Grün-Weiß	1:00:59	40	M65	5	1:02:24	20:57	* 20:21	* 21:05	6:06 min/km
442	3580	Marienfeld Andreas	ELMARS DAUERLAUF	1:01:01	62	M45	51	1:02:58	22:14	* 20:25	* 20:17	6:06 min/km
443	3244	Friedrich Jörg	*Köln	1:01:08	58	M45	52	1:03:09	22:37	* 20:18	* 20:13	6:07 min/km
444	3320	Hand Helmut	*Kerpen	1:01:09	47	M60	6	1:03:01	22:58	* 20:16	* 19:46	6:07 min/km
445	3117	Büscher Rolf	F.C. Ormont	1:01:15	54	M50	25	1:01:20	19:27	* 20:56	* 20:56	6:08 min/km

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446	3765	Richter Thomas	*Köln	1:01:44	69 M35	60	1:03:38	23:35	* 20:40	* 19:22	6:10 min/km
447	3605	Meurer Klaus	*Hürth	1:01:47	58 M45	53	1:02:43	21:10	* 20:45	* 20:48	6:11 min/km
448	4068	Müller Harald	Rabaz	1:01:49	60 M45	54	1:03:53	22:41	* 20:43	* 20:28	6:11 min/km
449	3083	Blume Jürgen	*Köln	1:01:50	62 M45	55	1:03:37	21:53	* 20:51	* 20:53	6:11 min/km
450	3473	Knepp Dr. Günter	Die Haubergsläufer	1:01:57	55 M50	26	1:03:13	21:29	* 21:12	* 20:31	6:12 min/km
451	3365	Heuer Michael	*Köln	1:02:04	64 M40	77	1:03:15	20:29	* 19:02	* 23:43	6:12 min/km
452	3332	Hastler Mathias	*Köln	1:02:17	77 M30	53	1:04:28	23:59	* 20:40	* 19:48	6:14 min/km
453	3456	Kierdorf Fiona	LT DSHS Köln e.V.	1:02:17	92 MSA	6	1:04:21	22:49	* 21:06	* 20:25	6:14 min/km
454	3125	Busch Lotte	LT DSHS Köln e.V.	1:02:18	92 MSA	7	1:04:22	22:49	* 21:06	* 20:26	6:14 min/km
455	3789	Saße Philipp	*Münster	1:02:19	77 M30	54	1:03:04	21:49	* 20:50	* 20:24	6:14 min/km
456	3480	Kochta Marco	1. Skiclub Edelweiß	1:02:24	74 M30	55	1:03:38	23:42	* 20:47	* 19:08	6:14 min/km
457	3807	Schmidt Harald	*Langenfeld	1:02:26	51 M55	15	1:04:38	22:49	* 20:50	* 20:58	6:15 min/km
458	3372	Hillebrandt Dieter	*Köln	1:02:30	42 M65	6	1:03:54	21:59	* 21:05	* 20:49	6:15 min/km
459	4065	Jansen Peter	VFL Brauweiler	1:02:36	44 M60	7	1:03:59	23:10	* 20:34	* 20:13	6:16 min/km
460	3459	Kirschnick Andreas	TUS Brauweiler	1:02:37	66 M40	78	1:03:59	22:57	* 20:39	* 20:21	6:16 min/km
461	3930	Timm Dierk	TuS SW Brauweiler	1:02:37	67 M40	79	1:04:00	22:58	* 20:44	* 20:17	6:16 min/km
462	3905	Stolzis Bernd	TUS Brauweiler	1:02:40	64 M40	80	1:04:00	22:57	* 20:39	* 20:22	6:16 min/km
463	4315	Merten Frank	*Solingen	1:02:43	37 M70	3	1:03:49	21:24	* 21:15	* 21:09	6:16 min/km
464	3528	Labudda Nadja	Wellness Engel	1:02:48	76 M30	56	1:03:51	22:45	* 20:54	* 20:11	6:17 min/km
465	3027	Bab Stefan	Familie Bab	1:02:49	58 M45	56	1:04:59	25:49	* 20:13	* 18:56	6:17 min/km
466	3026	Bab Johannes	Familie Bab	1:02:50	96 MSC	4	1:04:59	25:49	* 20:13	* 18:56	6:17 min/km
466	4326	Seidel Frank	*Köln	1:02:50	73 M30	57	1:04:06	23:20	* 21:08	* 19:37	6:17 min/km
468	3961	Vidal Miguel	Running Twins	1:02:52	63 M40	81	1:03:57	21:59	* 21:44	* 20:13	6:17 min/km
469	3648	Nadzeika Frank	*Köln	1:03:06	65 M40	82	1:04:53	25:17	* 19:40	* 19:55	6:19 min/km
470	3030	Backs Olivier	SG Stern Köln	1:03:07	67 M40	83	1:04:40	24:01	* 20:55	* 19:43	6:19 min/km
471	3882	Sprenger Olaf	*Bonn	1:03:16	67 M40	84	1:04:43	22:58	* 21:02	* 20:42	6:20 min/km
472	4017	Witt Christof	Stäck-Turtles	1:03:22	74 M30	58	1:05:13	23:35	* 20:58	* 20:39	6:20 min/km
473	4425	Roos Manfred	Frisch Auf Lennep	1:03:31	42 M65	7	1:04:21	22:24	* 21:09	* 20:47	6:21 min/km
474	3006	Aigner Christian	LT DSHS Köln e.V.	1:03:43	63 M40	85	1:06:03	25:24	* 22:10	* 18:28	6:22 min/km
475	4050	Kettner Erika	LT Katterbach	1:03:47	67 M40	86	1:04:47	22:18	* 21:40	* 20:48	6:23 min/km
476	0	Kettner Bernd	Axa Marathon Team	1:03:47	53 M50	27	1:04:47	22:18	* 21:40	* 20:48	6:23 min/km
477	3299	Güss Dietmar	Lauftreff Diana	1:03:48	76 M30	59	1:05:25	23:54	* 20:52	* 20:38	6:23 min/km
478	3593	Melenk André	*Köln	1:04:00	75 M30	60	1:05:44	24:42	* 21:37	* 19:24	6:24 min/km
479	3761	Reuter Franz-Josef	TuS Köln-Ehrenfeld 1865	1:04:02	50 M55	16	1:06:11	23:58	* 21:20	* 20:53	6:24 min/km
480	3759	Reuter Anja	TuS Köln-Ehrenfeld 1865	1:04:02	75 M30	61	1:06:11	23:58	* 21:20	* 20:53	6:24 min/km
481	3676	Offermann Frank	*Köln	1:04:06	77 M30	62	1:06:14	25:46	* 21:03	* 19:25	6:25 min/km
482	4308	Koch Dr. Thomas	Laktatkönige Köln	1:04:09	59 M45	57	1:05:49	27:44	* 21:14	* 16:51	6:25 min/km
483	4419	Sinanani Nick-R.A.	Wellness Engel	1:04:13	70 M35	61	1:05:18	22:45	* 20:54	* 21:37	6:25 min/km
484	3751	Reimann Frank	*Köln	1:04:24	62 M45	58	1:05:36	22:08	* 22:22	* 21:05	6:26 min/km
485	4036	Zahren Marcus	*Köln	1:04:27	69 M35	62	1:04:49	22:07	* 22:36	* 20:05	6:27 min/km
486	3792	Schaerk Jonas	*Köln	1:04:36	87 MHK	136	1:04:36	16:21	* 15:20	* 32:55	6:28 min/km
487	3553	Liebermann Mario	*Köln	1:04:59	63 M40	87	1:05:58	23:32	* 22:13	* 20:12	6:30 min/km
488	3489	Kollenyi Marc	*Köln	1:05:02	73 M30	63	1:06:55	27:42	* 19:10	* 20:01	6:30 min/km
489	3891	Steffen Guido	LG RWE Power	1:05:03	62 M45	59	1:05:18	16:27	* 17:01	* 31:49	6:30 min/km
490	3212	FELDHOFER Ulrich	*Hürth	1:05:21	53 M50	28	1:06:09	21:14	* 22:11	* 22:43	6:32 min/km
491	4042	Ziegler Julian	Marathon Finanz AG	1:05:38	99 MSD	2	1:06:24	23:50	* 21:02	* 21:32	6:34 min/km
492	4043	Ziegler Dr. Michael	Marathon Finanz AG	1:05:39	64 M40	88	1:06:25	23:50	* 21:02	* 21:32	6:34 min/km
493	3957	Vianello Edi	*Köln	1:06:01	83 MHK	137	1:08:03	24:36	* 21:31	* 21:55	6:36 min/km
494	3440	Kauling Axel	*Köln	1:06:01	57 M50	29	1:08:03	24:36	* 21:31	* 21:55	6:36 min/km
495	3783	Rupsch Guido	*Köln	1:06:10	67 M40	89	1:07:27	22:40	* 22:39	* 22:07	6:37 min/km
496	3272	Gerlach Uwe	ohne	1:06:10	62 M45	60	1:07:27	22:40	* 22:39	* 22:07	6:37 min/km
497	3345	Heinrichs Jan	*Köln	1:06:13	83 MHK	138	1:08:06	24:10	* 22:03	* 21:52	6:37 min/km
498	4192	Kemper Bernd		1:06:22	52 M55	17	1:07:46	24:06	* 23:33	* 20:06	6:38 min/km
499	4358	Schmidt Klaus	TV Frischauf Lennep	1:06:42	44 M60	8	1:07:31	23:10	* 22:18	* 22:03	6:40 min/km
500	3974	Vornholt Stefan	BIMS	1:06:43	63 M40	90	1:08:15	24:41	* 22:42	* 20:51	6:40 min/km
501	3257	Funke Dr. Andreas	*Köln	1:06:44	72 M35	63	1:08:42	24:43	* 22:33	* 21:26	6:40 min/km

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502	3940	Tscharntke Dieter	Die Flitzer	1:06:49	64	M40	91	1:07:27	22:07 *	22:07 *	23:11	6:41 min/km
503	3376	Hirsch Manfred	*Köln	1:06:50	71	M35	64	1:08:41	23:31 *	22:33 *	22:36	6:41 min/km
504	3754	Reinecke Stephan	*Heidelberg	1:06:51	71	M35	65	1:08:36	27:58 *	22:15 *	18:22	6:41 min/km
505	3757	Renzenbrink Prof Werner	Schnauf	1:07:16	50	M55	18	1:09:05	23:29 *	22:20 *	23:15	6:44 min/km
506	4134	Surmann-Gappii Kalle		1:07:17	52	M55	19	1:09:19	25:38 *	22:41 *	20:59	6:44 min/km
507	3966	Vogler Wolfgang	TFG Nippes	1:07:28	49	M55	20	1:08:57	24:45 *	23:38 *	20:33	6:45 min/km
508	3887	Steck Jürgen	*Köln	1:07:46	57	M50	30	1:08:37	22:57 *	23:10 *	22:30	6:47 min/km
509	3903	Stollenwerk Bruno	*Köln	1:07:46	57	M50	31	1:08:38	22:57 *	23:10 *	22:30	6:47 min/km
510	3037	Barion Michael	*Köln	1:07:57	76	M30	64	1:08:17	21:36 *	23:13 *	23:28	6:48 min/km
511	3916	Tamdjidi Chris	*Köln	1:07:57	70	M35	66	1:08:30	21:43 *	22:37 *	24:09	6:48 min/km
512	4208	Wittig Christoph	Dauerlauf	1:07:58	55	M50	32	1:09:19	24:04 *	22:37 *	22:37	6:48 min/km
513	4418	Berger Roland	Dauerlauf	1:07:58	52	M55	21	1:09:19	24:04 *	22:37 *	22:37	6:48 min/km
514	3772	Röll Wilhelm	*Bonn	1:08:13	69	M35	67	1:08:59	22:45 *	23:01 *	23:12	6:49 min/km
515	3104	Bremen Ralf	*Köln	1:08:17	66	M40	92	1:08:53	22:38 *	23:06 *	23:09	6:50 min/km
516	3805	Schmidt Andreas	*Köln	1:09:21	64	M40	93	1:11:13	25:55 *	23:10 *	22:06	6:56 min/km
517	3956	Vey Carsten	*köln	1:09:46	71	M35	68	1:10:51	24:25 *	23:42 *	22:43	6:59 min/km
518	3938	Trembich Daniel	*Sankt Augustin	1:10:35	80	MHK	139	1:12:23	24:14 *	24:20 *	23:48	7:04 min/km
519	4133	Skorka Ralf		1:10:37	59	M45	61	1:12:40	25:39 *	23:19 *	23:41	7:04 min/km
520	4294	Streier Heino		1:10:43	54	M50	33	1:12:43	25:13 *	23:58 *	23:31	7:04 min/km
521	4319	Dahms Wolfgang	MTV Köln 1850	1:11:21	48	M55	22	1:13:32	27:30 *	23:51 *	22:10	7:08 min/km
522	3742	Ratzke Karl-Heinz	*Köln	1:11:37	66	M40	94	1:12:36	24:12 *	25:44 *	22:38	7:10 min/km
523	3274	Germer Jörg	Die Flitzer	1:13:01	77	M30	65	1:13:41	25:57 *	25:46 *	21:57	7:18 min/km
524	4191	Burteid Thomas	Brühler TV	1:16:07	64	M40	95	1:17:48	21:18 *	18:51 *	37:38	7:37 min/km
525	4010	Wieschemann	Marathon Finanz AG	1:18:23	98	MSD	3	1:20:33	26:00 *	28:55 *	25:37	7:50 min/km
526	4009	Wieschemann Frank	Marathon Finanz AG	1:18:30	63	M40	96	1:20:40	26:00 *	28:55 *	25:44	7:51 min/km
527	3615	Mochizuki Koji	*Köln	1:19:20	47	M60	9	1:20:39	26:05 *	27:01 *	27:32	7:56 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	4421	Maack Petra	TV Bayer Dormagen	0:36:50	64	W40	1	0:36:51 12:21 * 12:26 * 12:04	3:41 min/km
2	4224	Janssen Saskia	TSV Bayer 04 Leverkusen	0:37:20	85	WHK	1	0:37:21 12:27 * 12:37 * 12:17	3:44 min/km
3	4426	Korsten Ira	Pulheimer SC	0:39:13	80	WHK	2	0:39:15 13:06 * 13:12 * 12:56	3:55 min/km
4	4082	Rey Claudia	LAZ Puma Troisdorf	0:42:19	70	W35	1	0:42:22 14:05 * 14:19 * 13:57	4:14 min/km
5	3908	Struckmeyer Daniela	LG Regensburg	0:43:04	72	W35	2	0:43:08 14:12 * 14:39 * 14:16	4:18 min/km
6	4334	Berenfeld Irina	LT DSHS Köln	0:43:19	73	W30	1	0:43:23 14:25 * 14:45 * 14:11	4:20 min/km
7	3044	Bauer Marion	Pulheimer SC	0:43:27	67	W40	2	0:43:31 14:40 * 14:37 * 14:13	4:21 min/km
8	3476	Knötsch Kristiane	ART Düsseldorf	0:45:01	68	W35	3	0:45:06 14:42 * 15:23 * 15:01	4:30 min/km
9	3087	Böhne Christina	*Köln	0:45:35	79	WHK	3	0:45:55 15:41 * 15:26 * 14:48	4:34 min/km
10	4332	Heithoff Eva	DSD Düsseldorf	0:45:50	68	W35	4	0:45:57 14:41 * 15:24 * 15:51	4:35 min/km
11	3232	Formella Anne	LT DSHS Köln e.V.	0:45:52	87	WHK	4	0:45:57 16:02 * 15:01 * 14:53	4:35 min/km
12	3670	Obernosterer Ute	Lahm Söck Frechen	0:46:08	63	W40	3	0:46:46 15:52 * 15:40 * 15:14	4:37 min/km
13	3829	Schöller Helga	LC EUSKIRCHEN	0:46:14	69	W35	5	0:46:44 15:58 * 15:24 * 15:21	4:37 min/km
14	3516	Küttner Christiane	ASV Köln	0:46:30	67	W40	4	0:46:37 15:35 * 15:40 * 15:21	4:39 min/km
15	3952	Velders Martina	Molecular Runners	0:46:43	80	WHK	5	0:47:07 15:44 * 15:54 * 15:28	4:40 min/km
16	4346	Bendhiba Irene	Laufen-in-Koeln	0:47:16	56	W50	1	0:47:24 15:52 * 16:01 * 15:30	4:44 min/km
17	3380	Hohage Anna	ASV Köln Triathlon	0:47:38	78	WHK	6	0:47:56 16:03 * 16:20 * 15:33	4:46 min/km
18	3510	Kronenberg Michaela	Prof. Klaus Baum	0:47:40	78	WHK	7	0:47:50 16:24 * 16:14 * 15:12	4:46 min/km
19	3951	Velde Claudia	*Köln	0:47:42	67	W40	5	0:49:19 18:18 * 15:56 * 15:04	4:46 min/km
20	3453	Keunecke Katerina	*Köln	0:48:18	77	W30	2	0:48:50 17:07 * 16:29 * 15:13	4:50 min/km
21	3043	Bauer Heike	*Köln	0:48:30	73	W30	3	0:49:18 16:36 * 16:33 * 16:08	4:51 min/km
22	3066	Berger Dinah	*Köln	0:48:52	87	WHK	8	0:49:46 17:32 * 16:27 * 15:46	4:53 min/km
23	3219	Fischer Alexandra	*Köln	0:49:20	79	WHK	9	0:49:54 17:10 * 16:38 * 16:05	4:56 min/km
24	3116	Büscher Elke	F.C. Ormont	0:49:27	60	W45	1	0:49:31 15:55 * 16:58 * 16:37	4:57 min/km
25	3654	Nentwig Anna	LT DSHS Köln e.V.	0:49:30	87	WHK	10	0:49:35 16:07 * 17:02 * 16:25	4:57 min/km
26	3442	Kelly Hähn	*Köln	0:50:08	75	W30	4	0:50:27 16:40 * 16:58 * 16:48	5:01 min/km
27	3246	Frielingsdorf Sandra	Schleichfüße Rhein-Sieg	0:50:09	68	W35	6	0:51:16 18:00 * 16:48 * 16:26	5:01 min/km
28	3057	Behrens Hilke	*Köln	0:50:09	87	WHK	11	0:51:18 18:39 * 16:35 * 16:02	5:01 min/km
29	3719	Popp Ilka	*Köln	0:50:09	88	WJA	1	0:51:18 18:29 * 16:46 * 16:02	5:01 min/km
30	3145	Deffner Carmen	*Köln	0:50:27	76	W30	5	0:51:18 18:54 * 16:19 * 16:04	5:03 min/km
31	3546	Lenz Astrid	ASV Köln	0:50:45	72	W35	7	0:52:52 19:46 * 17:04 * 16:00	5:05 min/km
32	3750	Reimann Annalena	LBV Phönix Lübeck	0:50:46	84	WHK	12	0:51:41 17:22 * 17:11 * 17:08	5:05 min/km
33	3479	Koch-Schultze Ruth	*Köln	0:50:47	66	W40	6	0:50:53 16:46 * 17:20 * 16:46	5:05 min/km
34	4090	Kocheise Daniela	TV Konstanz	0:51:15	80	WHK	13	0:51:35 16:56 * 17:28 * 17:10	5:08 min/km
35	4307	Völker-Schänzer Evelyn		0:51:19	54	W50	2	0:52:01 17:34 * 17:23 * 17:03	5:08 min/km
36	3335	Hauser Anna	*Hürth	0:51:42	86	WHK	14	0:52:36 17:42 * 17:23 * 17:30	5:10 min/km
37	3542	Leipert Sabine	*Köln	0:51:51	73	W30	6	0:51:55 17:39 * 17:38 * 16:37	5:11 min/km
38	3386	Horstmann Andrea	Lahm Söck Frechen	0:51:56	66	W40	7	0:52:34 17:32 * 17:43 * 17:18	5:12 min/km
39	3059	Bellinghausen Nicole	Bundespolizei	0:52:00	76	W30	7	0:53:08 18:24 * 17:40 * 17:03	5:12 min/km
40	3950	Veit Juliane	*Köln	0:52:08	86	WHK	15	0:53:04 18:46 * 17:08 * 17:09	5:13 min/km
41	3501	Krahforst Kirka	*Köln	0:52:16	86	WHK	16	0:53:06 18:25 * 17:40 * 16:59	5:14 min/km
42	3073	Bernhardt Vanessa	TV REFRATH	0:52:16	88	WJA	2	0:53:12 18:56 * 17:21 * 16:54	5:14 min/km
43	4024	Wolf Ulrike	Laktatkönige	0:52:22	58	W45	2	0:53:04 18:13 * 17:48 * 17:02	5:14 min/km
44	3343	Heinrich Sabine	Laktatkönige	0:52:33	76	W30	8	0:54:12 19:27 * 17:50 * 16:54	5:15 min/km
45	3254	Fuhr Marina	*mechernich	0:52:44	77	W30	9	0:55:02 20:24 * 17:57 * 16:41	5:16 min/km
46	3430	Kahl Miriam	*Meinerzhagen	0:52:55	82	WHK	17	0:53:01 17:25 * 18:02 * 17:33	5:18 min/km
47	3226	Fleddermann	*Köln - Junkersdorf	0:53:11	86	WHK	18	0:55:18 19:48 * 17:53 * 17:36	5:19 min/km
48	3392	Inhester Elli	*Köln	0:53:16	80	WHK	19	0:55:11 19:04 * 18:00 * 18:06	5:20 min/km
49	3846	Schulte Stefanie	*Köln	0:53:17	77	W30	10	0:55:12 19:04 * 18:00 * 18:06	5:20 min/km
50	4048	Zschätzsch Regina	*Köln	0:53:38	86	WHK	20	0:53:54 17:09 * 18:29 * 18:15	5:22 min/km
51	3743	Rau Simona	*Köln	0:53:42	69	W35	8	0:54:13 18:26 * 18:05 * 17:42	5:22 min/km
52	3288	Groß Nadine	SV Hellas	0:53:44	81	WHK	21	0:53:51 17:34 * 18:16 * 18:01	5:22 min/km
53	3041	Barwinski Irina	*köln	0:54:06	72	W35	9	0:54:29 17:41 * 18:19 * 18:29	5:25 min/km

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54	3450	Kessler Sabine	khc blau-weiss	0:54:08	69 W35	10	0:54:35	18:23 *	18:29 *	17:42	5:25 min/km
55	3171	Dulak Daniela	*Frechen	0:54:17	74 W30	11	0:56:01	20:17 *	18:15 *	17:29	5:26 min/km
56	3552	Liebermann Kerstin	Team Erdinger Alkoholfrei	0:54:18	74 W30	12	0:55:09	19:06 *	17:59 *	18:02	5:26 min/km
57	3487	Kohlmeier Hannah	*Kaarst	0:54:21	87 WHK	22	0:55:03	18:03 *	18:41 *	18:17	5:26 min/km
58	3131	Ciesielski Sandra	*Essen	0:54:29	75 W30	13	0:55:53	19:10 *	18:59 *	17:43	5:27 min/km
59	3620	Molzberger Almut	Molecular Runners	0:54:35	81 WHK	23	0:54:59	19:03 *	18:01 *	17:53	5:28 min/km
60	4041	Zettel Sandra	*Frechen	0:54:35	69 W35	11	0:56:24	20:38 *	18:20 *	17:25	5:28 min/km
61	3136	Cramer Angela	*Wuppertal	0:54:44	83 WHK	24	0:54:54	17:25 *	19:02 *	18:25	5:28 min/km
62	3745	Recker Kathrin	*Roetgen	0:54:45	85 WHK	25	0:55:26	18:03 *	18:59 *	18:23	5:29 min/km
63	3980	Vranos Elisa	VfB Stuttgart	0:55:11	88 WJA	3	0:55:44	18:06 *	19:02 *	18:35	5:31 min/km
64	3574	Malan Daniela	*Bonn	0:55:23	73 W30	14	0:56:08	21:50 *	17:45 *	16:33	5:32 min/km
65	3995	Weeger Sandra	*Köln	0:55:33	67 W40	8	0:56:22	19:41 *	18:48 *	17:52	5:33 min/km
66	3627	Müller Helen	*Köln	0:55:35	77 W30	15	0:56:25	19:30 *	18:47 *	18:06	5:34 min/km
66	4130	Kubisch Gabriele	Lese Grün-Weiß	0:55:35	53 W50	3	0:55:53	18:26 *	18:38 *	18:48	5:34 min/km
68	3986	Wahnel Anna	Polizei Erftkreis	0:55:40	82 WHK	26	0:56:47	19:08 *	19:09 *	18:28	5:34 min/km
69	4347	Skrbek Beate		0:55:41	58 W45	3	0:55:54	19:18 *	18:42 *	17:53	5:34 min/km
70	3556	Lieth Ina	*Odenthal	0:56:00	88 WJA	4	0:56:56	19:27 *	18:58 *	18:30	5:36 min/km
71	3174	Eberhart Petra	Paddys Stahlwade	0:56:03	65 W40	9	0:57:46	20:32 *	18:58 *	18:15	5:36 min/km
72	3958	Vidal Ana	Running Twins	0:56:05	98 WSD	1	0:57:07	19:43 *	19:14 *	18:10	5:37 min/km
73	3960	Vidal Marina	Running Twins	0:56:08	67 W40	10	0:57:10	19:43 *	19:13 *	18:13	5:37 min/km
74	3920	Tesan Alice	*Düsseldorf	0:56:09	85 WHK	27	0:57:45	20:23 *	18:59 *	18:22	5:37 min/km
75	3176	Ebert Tanja	BAT Bergisch Gladbach	0:56:11	86 WHK	28	0:56:54	19:22 *	19:16 *	18:15	5:37 min/km
76	3133	Clemens Elke	*Köln	0:56:18	64 W40	11	0:56:37	18:30 *	19:17 *	18:49	5:38 min/km
77	4121	Wenk-Weiß Stefanie		0:56:22	74 W30	16	0:57:31	19:58 *	18:45 *	18:47	5:38 min/km
78	4116	Schneider Franziska	LT DSHS Köln	0:56:31	87 WHK	29	0:56:46	18:40 *	19:10 *	18:56	5:39 min/km
79	3423	Junghaenel Shino	*Köln	0:56:33	79 WHK	30	0:58:00	21:30 *	19:22 *	17:08	5:39 min/km
80	3349	Heller Marlene	*Köln	0:56:33	52 W55	1	0:56:53	19:08 *	19:11 *	18:34	5:39 min/km
81	3904	Stolzenberg Vera	*Bonn	0:56:34	78 WHK	31	0:58:00	21:29 *	19:22 *	17:08	5:39 min/km
82	3434	Karis Eva	Leichlinger TV	0:56:34	83 WHK	32	0:56:57	18:32 *	19:46 *	18:39	5:39 min/km
83	4151	Henschel Sabine	Grün-Weiß Flüren	0:56:44	81 WHK	33	0:56:54	19:20 *	19:26 *	18:07	5:40 min/km
84	4360	Hachmüller-Eisenbach		0:56:45	57 W50	4	0:58:25	19:21 *	22:27 *	16:35	5:41 min/km
85	3820	Schneider Daniela	*Köln	0:56:46	84 WHK	34	0:58:22	20:35 *	19:11 *	18:35	5:41 min/km
86	3304	Haatz Gina	*Köln	0:56:48	87 WHK	35	0:57:01	18:41 *	19:44 *	18:35	5:41 min/km
87	3752	Rein Nicole	*Köln	0:56:53	88 WJA	5	0:57:48	19:54 *	19:10 *	18:43	5:41 min/km
88	3492	Kopp Isabella	*Köln	0:56:54	65 W40	12	0:58:07	20:33 *	18:41 *	18:51	5:41 min/km
89	3419	Jost Lara	sharkies	0:57:00	84 WHK	36	0:57:41	19:46 *	19:35 *	18:19	5:42 min/km
90	3407	Jansen Marie-Luise	*Koeln	0:57:10	64 W40	13	0:57:55	19:57 *	19:21 *	18:36	5:43 min/km
91	3631	Müller Julia	*Hilden	0:57:27	87 WHK	37	0:57:41	19:32 *	19:27 *	18:41	5:45 min/km
92	3189	Engelkamp Barbara	*Köln	0:57:28	64 W40	14	0:58:25	20:04 *	19:26 *	18:55	5:45 min/km
93	3095	Braun Elke	*Bergisch Gladbach	0:57:30	62 W45	4	0:58:40	20:05 *	19:32 *	19:02	5:45 min/km
94	3147	Desombre Daniela	Sorgenfrei	0:57:33	79 WHK	38	0:58:03	20:20 *	19:24 *	18:18	5:45 min/km
94	4289	Mayo Garcia Irene		0:57:33	77 W30	17	0:58:15	20:07 *	19:09 *	18:57	5:45 min/km
96	3270	Geihler Andrea	Sorgenfrei	0:57:33	80 WHK	39	0:58:03	20:20 *	19:24 *	18:19	5:45 min/km
97	3080	Blomenkemper Karen	*Köln	0:57:38	74 W30	18	0:59:23	23:19 *	18:25 *	17:38	5:46 min/km
98	3565	Lube-Dax Christiane	Scuolfreunde	0:57:43	65 W40	15	0:58:58	20:36 *	19:29 *	18:53	5:46 min/km
99	3019	Arndt Eva-Maria	*Köln	0:57:45	93 WSA	1	0:58:26	20:54 *	19:12 *	18:19	5:47 min/km
100	4152	Becker Diana		0:57:47	68 W35	12	0:57:57	18:25 *	19:56 *	19:35	5:47 min/km
101	4002	Wenzel Lucia	*köln	0:57:49	65 W40	16	0:57:53	18:24 *	19:48 *	19:40	5:47 min/km
102	4359	Müller Susanne	*Köln	0:57:55	75 W30	19	0:58:51	20:23 *	19:23 *	19:05	5:48 min/km
103	3110	Brüning Monika	*Köln	0:57:56	86 WHK	40	0:58:36	18:08 *	20:09 *	20:18	5:48 min/km
104	4095	Schwarzer Kerstin		0:58:00	86 WHK	41	0:58:12	19:20 *	20:08 *	18:43	5:48 min/km
105	3800	Schiefer Danica	*Köln-Ehrenfeld	0:58:04	88 WJA	6	0:59:00	21:18 *	18:54 *	18:46	5:48 min/km
106	3445	Kerbaum Tanja	WDR Köln	0:58:08	74 W30	20	1:00:03	21:48 *	19:31 *	18:43	5:49 min/km
107	3177	Ehlert Sabine	Sorgenfrei	0:58:09	79 WHK	42	0:58:38	20:20 *	19:24 *	18:53	5:49 min/km
108	3368	Hieronimi Rosemarie	*Koeln	0:58:13	59 W45	5	0:59:25	20:44 *	19:36 *	19:03	5:49 min/km
109	3747	Reichel Claudia	*Köln	0:58:20	64 W40	17	0:59:30	21:17 *	19:14 *	18:58	5:50 min/km

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110	3076	Billig Alexandra	ASV Köln	0:58:20	74	W30	21	0:59:36	22:00 *	19:25 *	18:09	5:50 min/km
111	3105	Brenner Bernadette	*Köln	0:58:22	62	W45	6	0:59:51	21:38 *	19:40 *	18:32	5:50 min/km
112	3802	Schlangen Susanne	ASV Köln	0:58:23	77	W30	22	0:58:28	19:00 *	20:03 *	19:24	5:50 min/km
113	4287	Bückmann Ulrike	*Köln	0:58:27	76	W30	23	1:00:08	21:44 *	19:42 *	18:41	5:51 min/km
114	4101	Zeus Christine		0:58:32	69	W35	13	0:59:32	20:01 *	19:46 *	19:44	5:51 min/km
115	3211	Feldhaus Doris	*Köln	0:58:32	48	W55	2	1:00:12	21:44 *	19:42 *	18:46	5:51 min/km
116	3424	Junk Martina	*Köln	0:58:44	65	W40	18	0:59:25	20:07 *	19:33 *	19:44	5:52 min/km
116	3279	Gloerfeld Claudia	*Köln	0:58:44	66	W40	18	0:59:26	20:07 *	19:33 *	19:44	5:52 min/km
118	3298	Günther Jana	*Köln	0:59:02	87	WHK	43	1:00:39	20:36 *	19:19 *	20:43	5:54 min/km
119	3013	Althoff Eike Antonia	*Köln	0:59:07	87	WHK	44	1:00:02	19:27 *	19:41 *	20:54	5:55 min/km
120	3934	Tobaben Lena	BSV Buxtehude	0:59:16	88	WJA	7	1:00:02	18:39 *	20:29 *	20:53	5:56 min/km
121	3994	Weber Luise	*Bonn	0:59:24	50	W55	3	1:00:37	20:30 *	20:35 *	19:31	5:56 min/km
122	3055	Beckmann Jenny	*Köln	0:59:25	83	WHK	45	0:59:49	21:22 *	20:14 *	18:12	5:57 min/km
123	3558	Linneweber Carmen	*Köln	0:59:27	75	W30	24	1:01:39	22:10 *	20:02 *	19:27	5:57 min/km
124	4423	Ziegert Bianca		0:59:32	77	W30	25	0:59:58	20:07 *	20:14 *	19:37	5:57 min/km
125	4318	Albermann Ursula		0:59:45	50	W55	4	0:59:55	19:24 *	20:45 *	19:46	5:59 min/km
126	3614	Mittermair Monika	Winterfitschnecken	1:00:14	56	W50	5	1:00:31	21:25 *	20:13 *	18:52	6:01 min/km
127	3541	Leder Yvonne	Wiehltaler LC	1:00:15	88	WJA	8	1:01:51	20:23 *	21:31 *	19:55	6:02 min/km
128	4059	Sidwiski Maike		1:00:20	87	WHK	46	1:01:14	19:27 *	20:18 *	21:28	6:02 min/km
129	3408	Jansen Sandra	*Köln	1:00:37	88	WJA	9	1:01:32	19:21 *	20:48 *	21:23	6:04 min/km
130	3250	Frisch-Daub Ursula	SG Siegen-Giersberg e.V	1:00:38	53	W50	6	1:01:53	21:33 *	20:27 *	19:52	6:04 min/km
131	3521	Kupfer Monika	Winterfitschnecken	1:00:41	56	W50	7	1:00:56	21:25 *	20:13 *	19:17	6:04 min/km
132	3305	Hachenberg Jessica	*Köln	1:00:45	77	W30	26	1:00:57	20:22 *	20:25 *	20:09	6:05 min/km
133	3018	Arndt Bärbel	*Köln	1:00:52	56	W50	8	1:01:33	21:02 *	20:37 *	19:53	6:05 min/km
134	3474	Knepp Tina	Die Haubergsläufer	1:01:02	83	WHK	47	1:02:18	21:28 *	21:11 *	19:38	6:06 min/km
135	3624	Müller Birgit	*Frechen	1:01:03	68	W35	14	1:01:43	21:00 *	20:44 *	19:58	6:06 min/km
136	3625	Müller Corinna	*Solingen	1:01:04	68	W35	15	1:03:07	22:35 *	20:39 *	19:52	6:06 min/km
137	3760	Reuter Claudia	*Köln	1:01:04	68	W35	16	1:01:39	20:37 *	20:52 *	20:09	6:06 min/km
138	3403	Jammer Kathrin	*Köln	1:01:06	87	WHK	48	1:03:14	23:54 *	20:23 *	18:56	6:07 min/km
139	3798	Schesny Martina	*Köln	1:01:09	63	W40	20	1:03:09	22:37 *	20:18 *	20:14	6:07 min/km
140	4029	Wunder Karin	*Köln	1:01:21	81	WHK	49	1:02:05	22:11 *	20:42 *	19:11	6:08 min/km
141	3302	Gunia Marei	Winterfitschnecken	1:01:21	64	W40	21	1:01:37	20:13 *	20:51 *	20:32	6:08 min/km
142	4047	Zlonicky Lena	*Köln	1:01:42	60	W45	7	1:03:33	23:36 *	20:54 *	19:01	6:10 min/km
143	3721	Pott Simone	*Köln	1:01:44	73	W30	27	1:03:11	22:00 *	20:38 *	20:32	6:10 min/km
144	3466	Kliem Theresa	*Köln - Müngersdorf	1:01:45	86	WHK	50	1:03:22	22:55 *	20:31 *	19:55	6:11 min/km
145	3604	Meurer Heidi	*Hürth	1:01:46	62	W45	8	1:02:43	21:10 *	20:44 *	20:47	6:11 min/km
146	3063	Bender Petra	*Köln	1:01:46	79	WHK	51	1:02:18	21:07 *	20:56 *	20:14	6:11 min/km
147	3909	Strutz Maike	*Köln	1:01:46	82	WHK	52	1:02:11	21:22 *	20:15 *	20:32	6:11 min/km
148	3990	Wassenberg Leonie	*Leichlingen	1:01:47	82	WHK	53	1:02:10	20:08 *	21:22 *	20:39	6:11 min/km
149	4071	Gregert Petra	Rabaz	1:01:48	67	W40	22	1:03:52	22:42 *	20:43 *	20:27	6:11 min/km
150	3912	Sütterlin-Müsse Maren	LT DSHS Köln e.V.	1:01:50	61	W45	9	1:02:56	21:43 *	20:58 *	20:15	6:11 min/km
151	3622	Morawe Ellen	*Köln	1:01:51	63	W40	23	1:03:42	22:31 *	20:54 *	20:16	6:11 min/km
152	3675	Öztek Ruziye	*Köln	1:01:53	58	W45	10	1:02:46	23:40 *	19:54 *	19:11	6:11 min/km
153	4102	Jansen Marleen		1:01:59	63	W40	24	1:02:56	20:39 *	21:30 *	20:46	6:12 min/km
154	3705	Peynado Schunck Diana	*Köln	1:02:00	63	W40	25	1:02:11	21:31 *	20:52 *	19:46	6:12 min/km
155	3853	Schumacher Patricia	*Köln	1:02:07	69	W35	17	1:04:09	23:34 *	20:37 *	19:58	6:13 min/km
156	3497	Kosch Martina	KoKo	1:02:10	62	W45	11	1:03:24	23:05 *	20:27 *	19:52	6:13 min/km
157	4349	Anthofer Petra		1:02:16	64	W40	26	1:03:39	21:56 *	21:13 *	20:29	6:14 min/km
158	3364	Hettstedt Conny	*Köln	1:02:16	74	W30	28	1:04:27	23:59 *	20:40 *	19:47	6:14 min/km
159	3342	Heinrich Nana	*Berlin	1:02:25	79	WHK	54	1:03:38	23:42 *	20:47 *	19:08	6:14 min/km
160	3716	Pöll Gisela	*Köln	1:02:31	46	W60	1	1:02:59	20:17 *	21:16 *	21:25	6:15 min/km
161	3989	Wallenborn Sonja	*Köln	1:02:35	64	W40	27	1:02:48	19:31 *	21:37 *	21:39	6:16 min/km
162	3315	Hajek Verena	Kitt01 / TuS Brauweiler	1:02:39	52	W55	5	1:03:59	22:57 *	20:40 *	20:20	6:16 min/km
163	3283	Götz Claudia	TUS Brauweiler	1:02:40	64	W40	28	1:04:00	22:58 *	20:45 *	20:16	6:16 min/km
164	3857	Schwarz Roshanak	TUS Brauweiler	1:02:40	63	W40	29	1:04:00	22:57 *	20:39 *	20:23	6:16 min/km
165	4001	Wenke Anja	*Köln	1:02:46	71	W35	18	1:03:55	22:06 *	21:33 *	20:16	6:17 min/km

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166	4338	Rheidt Iris	LT Spich	1:02:46	68 W35	19	1:03:51	21:52 * 21:41 * 20:18	6:17 min/km
167	4183	Koller Vivian	Wellness Engel	1:02:47	75 W30	29	1:03:51	22:45 * 20:54 * 20:11	6:17 min/km
168	4128	Ertekin Stefanie		1:02:50	75 W30	30	1:04:06	23:20 * 21:08 * 19:37	6:17 min/km
169	4295	Schmitz Hannelore		1:02:55	47 W60	2	1:03:32	21:38 * 21:33 * 20:19	6:18 min/km
170	3550	Ley Marianne	Team Prof. Baum	1:02:56	50 W55	6	1:03:32	21:17 * 21:11 * 21:03	6:18 min/km
171	3452	Keulertz Constance	*Köln	1:03:06	74 W30	31	1:03:38	21:26 * 21:27 * 20:45	6:19 min/km
172	3975	Vosen Birgit	*Köln	1:03:07	66 W40	30	1:04:40	24:02 * 20:55 * 19:42	6:19 min/km
173	3065	Berger Anna Sophia	*Wesel	1:03:07	87 WHK	55	1:03:23	18:51 * 22:21 * 22:11	6:19 min/km
174	3512	Krüger Martina	*Münster	1:03:09	74 W30	32	1:03:53	21:50 * 20:50 * 21:13	6:19 min/km
175	3924	Thieme Cordula	*Köln	1:03:24	79 WHK	56	1:04:56	23:35 * 21:00 * 20:20	6:20 min/km
176	3911	Sudhoff Sabine	*Köln	1:03:24	80 WHK	57	1:04:57	23:35 * 21:00 * 20:20	6:20 min/km
177	3092	Brandenburg Julia	*Köln	1:03:27	87 WHK	58	1:04:23	21:18 * 22:02 * 21:03	6:21 min/km
178	3717	Pöppel Gesa	*Köln	1:03:37	78 WHK	59	1:05:10	23:36 * 21:01 * 20:32	6:22 min/km
179	3379	Höller Janine	*Düsseldorf	1:03:40	78 WHK	60	1:04:55	23:34 * 20:56 * 20:24	6:22 min/km
180	3978	Voß Anika	Molecular Runners	1:03:48	75 W30	33	1:04:12	20:59 * 21:42 * 21:30	6:23 min/km
181	3285	Grigo Dr. Silke	*Köln	1:03:48	64 W40	31	1:06:05	24:16 * 21:38 * 20:09	6:23 min/km
182	4060	Ayche Karin		1:03:53	54 W50	9	1:05:06	23:34 * 20:58 * 20:33	6:23 min/km
183	3149	Deuerling Heide	*Köln	1:03:57	69 W35	20	1:04:22	20:14 * 21:56 * 22:11	6:24 min/km
184	3194	Ermer Diana	Lauftreff Diana	1:04:03	77 W30	34	1:05:40	23:57 * 20:54 * 20:47	6:24 min/km
185	3778	Rothe Julia	*Köln	1:04:06	78 WHK	61	1:06:14	25:46 * 21:03 * 19:25	6:25 min/km
186	3653	Nengelken Anja	*Köln	1:04:07	66 W40	32	1:04:50	22:11 * 21:46 * 20:52	6:25 min/km
187	3641	Münzel Andrea	Kölner Ausdauer- und	1:04:09	67 W40	33	1:05:34	23:02 * 22:03 * 20:29	6:25 min/km
188	4312	Birke Labrador	Laktatkönige Köln	1:04:09	100 WSD	2	1:05:49	27:44 * 21:13 * 16:51	6:25 min/km
189	4038	Zarini Dina	WELLNESS ENGEL	1:04:14	75 W30	35	1:05:17	22:47 * 20:54 * 21:35	6:25 min/km
190	4197	Göser Ute	Wellness-Engel	1:04:14	74 W30	36	1:05:18	22:47 * 20:54 * 21:35	6:25 min/km
191	3360	Herrmann Maren	*Köln	1:04:14	65 W40	34	1:06:01	25:06 * 21:26 * 19:28	6:25 min/km
192	3500	Kraemer Michele	Kölner Ausdauer und	1:04:14	74 W30	37	1:05:40	23:01 * 22:03 * 20:34	6:25 min/km
193	3647	Nadzeika Eva	*Köln	1:04:15	72 W35	21	1:06:01	25:17 * 21:15 * 19:28	6:26 min/km
194	3816	Schmitz Michaela	*Frechen	1:04:17	68 W35	22	1:04:27	20:35 * 22:11 * 21:40	6:26 min/km
195	3517	Kuhnert Andrea	*Koeln	1:04:18	68 W35	23	1:05:02	22:11 * 21:46 * 21:04	6:26 min/km
196	3508	Kröger Angela	Lauftreff Höhenhaus	1:04:23	60 W45	12	1:05:36	22:22 * 21:32 * 21:41	6:26 min/km
197	3796	Schellewald Vera	*Köln	1:04:31	88 WJA	10	1:05:14	21:23 * 21:48 * 22:02	6:27 min/km
198	3053	Becker Luisa	*Köln	1:04:31	85 WHK	62	1:05:13	21:23 * 21:47 * 22:02	6:27 min/km
199	3945	Unterbrink Petra	*essen	1:04:34	74 W30	38	1:05:03	22:07 * 22:16 * 20:39	6:27 min/km
200	3203	Eyong Nkongoh	*Düsseldorf	1:04:40	79 WHK	63	1:06:40	24:12 * 21:36 * 20:51	6:28 min/km
201	4206	Stehn Srehn Charlotte	TSV Bayer Dormagen	1:04:41	72 W35	24	1:06:00	22:42 * 22:38 * 20:39	6:28 min/km
202	3509	Krogull Monika	Winterfitschnecken	1:04:48	64 W40	35	1:05:03	21:25 * 21:39 * 21:58	6:29 min/km
203	3033	Baita Martina	Kaufhof Sportverein	1:04:58	63 W40	36	1:05:45	22:13 * 22:33 * 20:58	6:30 min/km
204	3935	Toli Toli	*Köln	1:05:09	58 W45	13	1:06:30	22:08 * 22:47 * 21:34	6:31 min/km
205	3773	Rohrmoser Eva-Maria	Laufmariechen Köln	1:05:20	54 W50	10	1:06:32	23:34 * 20:55 * 22:02	6:32 min/km
206	3700	Peters Birgitta	*Köln	1:05:21	59 W45	14	1:07:12	24:15 * 21:37 * 21:18	6:32 min/km
207	3774	Rohrmoser Felicitas	Laufmariechen Köln	1:05:23	56 W50	11	1:06:35	23:34 * 20:55 * 22:05	6:32 min/km
208	3689	Paschke Birgitt	ESV Gremberghoven	1:05:35	67 W40	37	1:06:58	23:08 * 21:39 * 22:10	6:34 min/km
209	3127	Busch Veronika	*Siegburg	1:06:04	74 W30	39	1:06:21	21:06 * 22:29 * 22:45	6:36 min/km
210	3923	Thiel Manuela	*Köln	1:06:17	62 W45	15	1:06:53	21:55 * 22:30 * 22:28	6:38 min/km
211	3005	Ahland-Dreksler Babs	BIMS	1:06:43	58 W45	16	1:08:15	24:41 * 22:42 * 20:51	6:40 min/km
212	3596	Menz Dr. Andrea	*Köln	1:06:44	73 W30	40	1:08:42	24:43 * 22:33 * 21:25	6:40 min/km
213	3167	Düllmann Isabel	für_fritz_und_frieda	1:06:51	76 W30	41	1:08:45	24:11 * 22:36 * 21:56	6:41 min/km
214	3862	Selter Simone	für_fritz_und_frieda	1:06:51	79 WHK	64	1:08:45	24:11 * 22:36 * 21:56	6:41 min/km
215	3168	Düppers Katharina	dieUnglaublichen	1:07:05	73 W30	42	1:09:02	24:12 * 22:28 * 22:21	6:43 min/km
216	3878	Spiegel Miriam	*köln	1:07:13	80 WHK	65	1:07:43	22:09 * 23:11 * 22:22	6:43 min/km
217	3610	Mika Gabriele	ELMARS DAUERLAUF	1:07:21	67 W40	38	1:09:20	25:02 * 23:14 * 21:04	6:44 min/km
218	3818	Schmitz-Verhnjak Sylvia	TEAM RAFA	1:07:22	51 W55	7	1:08:49	23:31 * 23:03 * 22:13	6:44 min/km
219	3172	Ebelshäuser Claudia	*Köln	1:07:39	63 W40	39	1:08:38	24:12 * 23:04 * 21:21	6:46 min/km
220	4209	Schluk Jeanette		1:07:48	66 W40	40	1:08:28	23:27 * 22:36 * 22:24	6:47 min/km
221	3701	Peters Elke	*Frechen	1:07:53	65 W40	41	1:08:47	23:40 * 22:32 * 22:34	6:47 min/km

Kölner Nikolauslauf am 9. Dezember 2007 - 10km Lauf

Ergebnisliste Frauen

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222	4025	Wolter Claudia	*Frechen	1:07:54	65	W40	42	1:08:47	23:40	* 22:32	* 22:34	6:47	min/km
223	3762	Richard Simone	*Düsseldorf	1:07:56	74	W30	43	1:08:13	22:36	* 23:53	* 21:44	6:48	min/km
224	3103	Bremen Britta	*Köln	1:08:17	62	W45	17	1:08:53	22:37	* 23:06	* 23:09	6:50	min/km
225	3965	Vogler Meike	TFG Nippes	1:08:38	84	WHK	66	1:10:06	24:44	* 23:38	* 21:43	6:52	min/km
226	3566	Lübke Kerstin	*Troisdorf	1:08:49	74	W30	44	1:10:50	25:08	* 22:52	* 22:49	6:53	min/km
227	3608	Michalski Blanka	*Düsseldorf	1:08:54	75	W30	45	1:09:46	23:33	* 23:20	* 22:53	6:53	min/km
228	3256	Fuhrmann Ulrike	WWL Remscheid	1:09:17	51	W55	8	1:10:07	24:00	* 23:10	* 22:56	6:56	min/km
229	3841	Schütt Iris	WWL Remscheid	1:09:18	58	W45	18	1:10:07	24:00	* 23:11	* 22:56	6:56	min/km
230	4302	Moshardt Sarah		1:09:41	81	WHK	67	1:11:44	26:26	* 23:07	* 22:11	6:58	min/km
231	3435	Karpati Anna	*Hürth	1:09:41	81	WHK	68	1:11:44	26:26	* 23:06	* 22:11	6:58	min/km
232	3576	Mallmann Martina	ASV Köln	1:10:10	63	W40	43	1:11:27	24:14	* 23:07	* 24:05	7:01	min/km
233	3964	Vogler Lea	*Koeln	1:10:20	81	WHK	69	1:11:48	24:45	* 23:37	* 23:25	7:02	min/km
234	3690	Paßmann Melanie	*Essen	1:10:35	78	WHK	70	1:12:23	24:13	* 24:20	* 23:49	7:04	min/km
235	3111	Brunsing Marion	Die Flitzer	1:11:14	71	W35	25	1:11:52	23:44	* 24:22	* 23:44	7:07	min/km
236	3397	Jaeger Desiree	*Köln	1:11:37	81	WHK	71	1:12:36	25:36	* 24:21	* 22:38	7:10	min/km
237	4355	Fellmann Bettina	*köln	1:11:48	54	W50	12	1:13:14	26:04	* 23:03	* 24:07	7:11	min/km
238	3036	Banning Edith	Die Flitzer	1:11:54	59	W45	19	1:12:33	23:52	* 24:49	* 23:51	7:11	min/km
239	3845	Schuler Katharina	*Frechen	1:12:55	77	W30	46	1:14:34	27:23	* 24:50	* 22:19	7:18	min/km
240	3051	Becker Kerstin	*Köln	1:12:55	82	WHK	72	1:14:34	27:22	* 24:50	* 22:20	7:18	min/km
241	3213	Feldkamp Katharina	Lokomotive Ehrenfeld	1:12:59	76	W30	47	1:15:20	27:33	* 24:52	* 22:54	7:18	min/km
242	3537	Langhammer Katharina	*Köln	1:12:59	72	W35	26	1:15:20	27:33	* 24:52	* 22:54	7:18	min/km
243	3022	Auweiler Margret	*Köln	1:13:57	51	W55	9	1:14:36	23:52	* 25:51	* 24:52	7:24	min/km
244	4327	Busch Ans- Barbara	*Köln	1:14:43	54	W50	13	1:16:35	26:39	* 25:10	* 24:46	7:28	min/km
245	3373	Hinterthan Monika	*Frechen	1:14:47	39	W65	1	1:16:14	26:00	* 24:29	* 25:44	7:29	min/km
246	3102	Breithaupt Dinah	*Koeln	1:17:37	74	W30	48	1:19:24	27:18	* 26:31	* 25:34	7:46	min/km