

10km - Gesamtwertung

Unilauf Köln - 17. Juni 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	91	Miereczko Maciek	LAZ Puma Troisdorf/Siegburg		0:31:41	0:31:42	1	M35	72	07:36 07:47 07:56 07:38
2	5	May Michael	TSV Bayer 04 Leverkusen		0:32:53	0:32:54	1	M30	79	07:50 08:17 08:15 07:44
3	20	Haferkamp Lars	WG Köln	DEU	0:33:06	0:33:07	2	M30	79	07:50 08:17 08:15 07:55
4	56	Nawrocki Philipp	RWTH Aachen 1	DEU	0:33:14	0:33:15	3	M30	77	07:50 08:17 08:15 08:04
5	51	Gerrits Andreas	RWTH Aachen 1	DEU	0:33:25	0:33:26	1	MHK	80	07:53 08:15 08:16 08:15
6	28	Mucha Bastian	WG Köln	DEU	0:33:38	0:33:40	2	MHK	83	07:56 08:11 08:21 08:23
7	26	Winterholler Andreas	WG Köln	DEU	0:34:13	0:34:14	3	MHK	84	07:51 08:16 08:25 08:50
8	16	Sabatschus Olaf	TrinkForm sports		0:34:18	0:34:20	2	M35	71	07:56 08:21 08:32 08:34
9	2455	Von Kuk Carsten	LG ASV DSHS Köln		0:34:36	0:34:37	1	M40	67	08:01 08:36 08:36 08:34
10	59	Schnorr Stefan	RWTH Aachen 2	GER	0:34:49	0:34:50	4	MHK	85	08:08 08:29 08:36 08:48
11	84	Vehling Lucas	Universität Bonn		0:34:53	0:34:56	5	MHK	84	08:19 08:41 08:34 08:37
12	1113	Remus Elmar	RheinAhrCampus Remagen	GER	0:34:58	0:34:59	4	M30	78	07:50 08:33 08:56 08:52
13	965	Gümmer Frank	ASC Neuss	GER	0:35:19	0:35:22	5	M30	79	08:14 08:46 08:48 08:44
14	60	Schumann Timo	RWTH Aachen 2	DEU	0:35:30	0:35:31	6	MHK	85	08:34 08:38 08:46 08:40
15	1007	Kimberley James	Central-Team	GER	0:35:58	0:36:03	6	M30	77	08:31 08:37 08:55 09:05
16	63	Udina Lars	RWTH Aachen 3		0:36:00	0:36:02	7	MHK	86	08:34 08:52 08:55 08:52
17	907	Busch Oliver	Central-Team	GER	0:36:28	0:36:31	7	M30	76	08:11 08:49 09:21 09:19
18	67	Handschuh Stephan	TU Dortmund		0:36:30	0:36:33	8	MHK	82	08:42 08:53 09:06 09:00
19	908	Butler Louis	Cologne Internationals	USA	0:36:35	0:36:42	9	MHK	89	08:15 08:43 09:22 09:27
20	50	Flore Jan	RWTH Aachen 3		0:36:47	0:36:50	10	MHK	84	08:44 09:01 09:18 08:58
21	1032	Kurth Jürgen	MitUns	GER	0:36:52	0:36:56	1	M45	63	08:33 09:04 09:13 09:13
22	1177	Trems Torsten	Central-Team	GER	0:36:58	0:37:02	8	M30	77	08:43 08:56 09:13 09:14
23	991	Hollain Rolf	LAZ Puma Troisdorf / Siegburg	GER	0:37:02	0:37:04	9	M30	75	08:26 09:11 09:16 09:21
24	0	Junker Tobias	LAZ Puma Troisdorf/S	DEU	0:37:03	0:37:05	11	MHK	83	08:20 08:57 09:21 09:35
25	55	Müller Matthias	RWTH Aachen		0:37:07	0:37:10	12	MHK	84	08:38 09:06 09:16 09:20
26	1109	Regniet Lukas	KTT01	GER	0:37:07	0:37:10	13	MHK	87	08:33 09:03 09:17 09:26
27	1080	Osman Christof	Rettet das Knusperhäuschen!	GER	0:37:24	0:37:28	10	M30	79	08:38 09:11 09:24 09:22
28	1143	Schützendübel Dr Andres	MitUns	GER	0:37:34	0:37:36	2	M40	68	08:39 09:13 09:21 09:27
29	932	Elskamp Gregor	Central-Team	GER	0:37:45	0:37:51	3	M35	71	08:46 09:10 09:24 09:31
30	1070	Nieswand Patrick	SV Deutz 05	GER	0:38:09	0:38:25	4	M35	73	09:16 09:14 09:26 09:22
31	1124	Sadikov Artem	Laufmonster	GER	0:38:11	0:38:17	11	M30	78	09:08 09:17 09:27 09:27
32	27	Freese Mathias	WG Köln	DEU	0:38:15	0:38:18	14	MHK	86	08:54 09:29 09:36 09:27
33	83	Brunske Armin	Universität Bonn		0:38:15	0:38:19	15	MHK	86	08:41 09:22 09:40 09:43
34	1175	Tiehen Jan	Valium i.V.	GER	0:38:24	0:38:27	12	M30	76	08:46 09:18 09:41 09:45
35	870	Amann Dr. Stefan	Tus Köln RRH	GER	0:38:28	0:38:29	3	M40	65	08:54 09:25 09:39 09:38
36	69	Kurth Felix	TU Dortmund		0:38:29	0:38:32	16	MHK	82	09:03 09:24 09:40 09:35
37	34	Pröghoff Michael	Bergische Univ. Wuppertal		0:38:29	0:38:46	17	MHK	82	09:11 09:29 09:41 09:20
38	910	Carbach Frank	Laufmonster	GER	0:38:31	0:38:34	5	M35	70	08:53 09:25 09:47 09:34
39	85	Müller Tobias	Universität Bonn		0:38:36	0:38:39	18	MHK	85	08:47 09:34 09:44 09:38
40	1040	Ley Jürgen	Central-Team	GER	0:38:38	0:38:43	6	M35	71	08:48 09:37 09:45 09:36
41	928	Eggers Sven	Sportfreunde Siller	GER	0:38:42	0:38:48	7	M35	72	08:51 09:34 09:41 09:42
42	29	Grabosch Stefan	WG Köln	GER	0:38:46	0:38:51	19	MHK	86	08:44 09:34 09:51 09:49
43	950	Friedrich Max	Max Friedrich	GER	0:38:47	0:38:55	20	MHK	82	09:09 09:33 09:42 09:31
44	1001	Joisten Christian	Cologne Internationals	GER	0:38:54	0:39:00	21	MHK	83	09:14 09:41 09:39 09:31
45	58	Pelzer Martin	RWTH Aachen		0:38:55	0:38:58	22	MHK	88	09:03 09:29 09:46 09:46
46	1016	Bergbauer Knut	*köln	GER	0:38:55	0:39:03	2	M45	62	09:08 09:30 09:43 09:40
47	1194	Weifenbach Alexander	Ökumene Lindenthal	GER	0:39:09	0:39:15	1	MJA	90	08:39 09:31 09:58 10:05
48	2454	Frehe Timo	TrinkForm sports	DEU	0:39:18	0:39:22	23	MHK	80	09:24 09:38 09:48 09:30
49	936	Engelhardt Kai	Laufmonster	GER	0:39:24	0:39:27	4	M40	67	09:01 09:35 09:50 10:00
50	959	Ginkel Rolf	Laufmonster	GER	0:39:25	0:39:26	3	M45	60	09:06 09:28 09:49 10:01
51	1075	NuBbaum Johannes	Cologne Internationals	GER	0:39:30	0:39:53	24	MHK	87	09:39 09:44 09:50 09:29
52	1096	Pöschl Udo	Central-Team	GER	0:39:31	0:39:37	5	M40	68	09:11 09:42 10:05 09:44
53	920	Dittrich Michael	Bonn-Rhein-Sieg Runners	GER	0:39:33	0:39:41	25	MHK	85	09:19 09:48 10:02 09:42
54	1098	Poischen Thomas	RheinEnergie	DEU	0:39:36	0:39:43	8	M35	70	09:08 09:37 09:52 10:06
55	960	Gläßer Harald	Laufmonster	GER	0:39:39	0:39:43	6	M40	68	09:15 09:41 09:56 09:59
56	1046	Loick Armin	SZ Holsterhausen	GER	0:39:42	0:39:48	13	M30	76	09:30 09:51 09:50 09:42
57	879	Berger Volker	Cologne Internationals	GER	0:39:49	0:40:03	26	MHK	84	09:00 09:48 10:10 09:57
58	1150	Seiferth Kay-Uwe	Laufmonster	GER	0:39:51	0:39:56	7	M40	66	09:22 09:48 10:01 09:47
59	1187	Voigt Daniel	MitUns	GER	0:39:52	0:39:58	14	M30	77	09:22 09:48 09:55 09:51
60	925	Dudley Richard-James	Frontrunner Cologne	GBR	0:39:54	0:40:00	4	M45	61	09:37 09:51 09:49 09:42

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Unilauf Köln - 17. Juni 2009

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
61	1205	Wolters Dr. Andre	*Köln	GER	0:39:56	0:40:11	9	M35	71	09:22 09:29 09:57 10:14
62	926	Dürr Thorsten	Team New Balance	GER	0:39:57	0:40:00	27	MHK	83	09:29 09:57 09:53 09:46
63	966	Günther Peter	VfR Unterbruch LG	GER	0:40:05	0:40:08	5	M45	60	09:25 09:48 09:57 10:02
64	889	Blatzheim Dieter	Laufmonster	GER	0:40:07	0:40:12	6	M45	61	09:16 09:45 10:05 10:04
65	1061	Vogel Detlef	MitUns	GER	0:40:08	0:40:14	8	M40	65	09:22 09:47 10:08 09:59
65	961	Graw Boris	german air force	GER	0:40:08	0:40:15	8	M40	69	08:59 09:52 10:13 10:12
67	1193	Weidler Tim	Cologne Internationals	GER	0:40:12	0:40:15	10	M35	74	09:09 09:42 10:07 10:18
68	1062	Mückenheim Sven	*Köln	GER	0:40:30	0:40:36	11	M35	74	09:33 10:08 10:03 09:57
69	1182	Verhoeven Stefan	currentes - Latin Crew	GER	0:40:33	0:40:43	28	MHK	85	09:28 09:55 10:03 10:10
70	1167	Suhre Oliver	Central-Team	GER	0:40:38	0:40:43	10	M40	66	09:24 09:55 10:08 10:13
71	995	Isbaner Wolfgang	TSV Bayer 04 Leverkusen	GER	0:40:39	0:40:45	1	M55	54	09:23 10:12 10:12 09:56
72	1115	Reuter Thomas	SG Hemmersbach 08	GER	0:40:43	0:40:51	11	M40	67	09:27 10:00 10:03 10:15
73	968	Haasner Olaf	Football 4 Peace International	GER	0:40:45	0:41:01	29	MHK	87	09:27 10:02 10:20 10:01
74	1988	Noldes Rembert	Team OSCAR GmbH	GER	0:40:45	0:40:47	30	MHK	83	09:29 10:03 09:58 10:13
75	1018	KÖnig André	*Köln	GER	0:40:45	0:40:52	31	MHK	80	09:51 10:14 10:07 09:43
75	2453	Schnitzler Ralf	TrinkForm sports	DEU	0:40:45	0:40:48	7	M45	61	09:52 10:09 09:53 09:57
77	1059	Mirbach Andreas	*Hamburg	GER	0:40:47	0:40:50	15	M30	75	09:11 09:59 10:10 10:26
78	1002	Joisten Richard	Cologne Internationals	GER	0:40:48	0:40:53	2	M55	50	09:37 09:52 10:10 10:13
79	882	Berning Carl	iRun	GER	0:40:51	0:41:00	32	MHK	84	09:14 10:09 10:24 10:14
80	1112	Reitz Abram	MitUns	GER	0:40:53	0:40:56	12	M35	71	09:23 10:09 10:23 10:02
81	88	Pape Julian	Universität Bonn		0:40:58	0:41:06	33	MHK	85	09:37 09:55 10:08 10:18
82	933	Emig Thorsten	*Köln	GER	0:41:03	0:41:20	12	M40	69	09:53 09:56 10:08 10:07
83	1782	Krewer Till	currentes - Latin Crew	GER	0:41:04	0:41:14	34	MHK	84	09:28 09:55 10:06 10:35
84	1048	Lütkefent Jan	Bonn-Rhein-Sieg Runners	GER	0:41:26	0:41:36	35	MHK	82	09:53 10:19 10:15 10:09
85	0	Unbekannt DZ11KYT			0:41:26	0:41:37	36	MHK		09:43 10:05 10:15 10:20
86	1027	Kropp Marsel	RheinEnergie	GER	0:41:26	0:41:37	13	M40	67	09:44 10:03 10:16 10:21
87	942	Fetten Heijo	Köln Marathon	DEU	0:41:28	0:41:31	3	M55	52	09:28 10:11 10:24 10:26
88	941	Feldenkirchen Nikolai	*Köln	GER	0:41:29	0:41:38	37	MHK	80	09:33 10:16 10:29 10:16
89	1161	Stelmaszyk Lukas	LuSch Running	GER	0:41:31	0:41:38	16	M30	79	09:34 10:18 10:26 10:20
90	1547	Gronau Robert	Bonn-Rhein-Sieg Runners	GER	0:41:32	0:41:47	13	M35	71	10:02 10:17 10:03 10:14
91	895	Bosbach Prof. Dr. Gerd	Laufrausch / Triathlon @ Uni K	GER	0:41:33	0:41:38	4	M55	53	09:47 10:14 10:20 10:17
92	890	Bleck Nicolas	Tus-Blau-Weiß Königsdorf	GER	0:41:33	0:41:55	2	MJA	90	09:32 10:20 10:44 10:14
93	929	Eisenbach Christian	*Köln	GER	0:41:40	0:42:02	38	MHK	86	09:59 10:24 10:21 10:08
94	1097	Pohl Ralf	MitUns	GER	0:41:45	0:41:52	8	M45	64	09:35 10:06 10:30 10:38
95	0	Hoevels Godehard	sportkoepfe.de	DEU	0:41:50	0:42:01	14	M40	66	10:01 10:14 10:22 10:16
96	1179	Van Berkum Sven	Cologne Internationals	GER	0:41:52	0:41:54	15	M40	65	09:15 10:32 10:33 10:36
97	66	Herbst Martin	TU Dortmund		0:41:53	0:41:55	39	MHK	81	08:50 09:39 11:26 11:15
98	909	Cam Cengiz	Laufmonster	GER	0:41:55	0:42:00	16	M40	66	09:51 10:17 10:28 10:21
99	970	Hackländer Daniel	KölnerKultur&SpaßGesellschaft	GER	0:41:55	0:42:03	40	MHK	82	09:45 10:32 10:33 10:15
100	71	Peng Osbert	Universität Münster	DEU	0:41:55	0:42:10	14	M35	74	09:39 10:12 10:27 10:37
101	1034	Land Volker	*Köln	GER	0:41:56	0:41:59	15	M35	71	09:47 10:25 10:31 10:16
102	978	Hennig Andreas	*Köln	GER	0:41:58	0:42:07	41	MHK	85	09:41 10:10 10:33 10:38
103	1542	Granz Udo	*Dormagen	GER	0:41:59	0:41:59	9	M45	63	09:28 10:06 10:40 10:45
104	986	Höhmann Ingmar	MitUns	GER	0:42:03	0:42:14	42	MHK	80	09:45 10:17 10:38 10:28
105	30	Ruhle Tobias	Bergische Univ. Wuppertal	DEU	0:42:04	0:42:19	43	MHK	82	09:33 10:35 10:35 10:28
106	1142	Schröder Tom	iRun	GER	0:42:07	0:42:15	44	MHK	84	09:15 10:09 10:39 11:04
107	94	Mank Paul	Uni Siegen		0:42:10	0:42:18	45	MHK	87	09:24 10:03 10:39 11:05
108	988	Hohenhaus Dr. Jörn	MitUns	GER	0:42:14	0:42:15	16	M35	73	09:37 10:22 10:41 10:40
109	1132	Schmidt Bodo	Lauflust Lützinghausen	GER	0:42:15	0:42:18	5	M55	54	09:38 10:22 10:40 10:41
110	1051	Matuczewski Simon	*Köln	GER	0:42:17	0:42:24	46	MHK	86	09:34 10:18 10:33 10:49
111	1065	Neugebauer Fabian	*Bonn	GER	0:42:19	0:42:30	47	MHK	88	09:27 10:27 10:59 10:36
112	1172	Theune Carsten	Central-Team	GER	0:42:24	0:42:30	17	M35	72	09:55 10:26 10:36 10:34
113	1090	Pelzer Wolfgang	Galeria Kaufhof Sportverein	GER	0:42:29	0:42:39	10	M45	62	09:52 10:19 10:34 10:41
114	1022	Krahé Oliver	*Köln	GER	0:42:29	0:42:34	18	M35	71	09:48 10:23 10:38 10:39
115	919	Dias da Silva José Carlos	Laufmonster	POR	0:42:31	0:42:36	11	M45	61	09:43 10:36 10:56 10:27
116	1037	Lehnigk Matthias	LG SCREENWORKS	GER	0:42:32	0:42:45	12	M45	63	10:00 10:33 10:42 10:28
117	1079	Orbach Dominik	Cologne Graduate School	GER	0:42:38	0:42:51	48	MHK	82	09:45 10:30 10:37 10:48
118	1067	Neunkirchen Marian	Bonn-Rhein-Sieg Runners	GER	0:42:38	0:42:44	49	MHK	84	09:22 10:42 11:11 10:34
119	1011	Klingen Reinhard	QS Frechen	GER	0:42:47	0:42:53	17	M40	66	09:45 10:46 10:44 10:35
120	1968	Müller Thomas	KSK 740 Running-Team	GER	0:42:47	0:42:49	19	M35	74	09:45 10:24 10:47 11:01

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Unilauf Köln - 17. Juni 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
121	1072	Noack Eberhard	*Köln	GER	0:42:49	0:43:00	13	M45	63	09:54	10:40	10:41	10:30
122	2269	Speicher Sebastian	Kölner Mediziner	GER	0:42:50	0:43:13	50	MHK	86	10:06	10:17	10:56	10:36
123	1120	Robers Till	Cologne Internationals	GER	0:42:51	0:43:15	51	MHK	86	10:33	10:30	10:40	10:20
124	70	Mohr Daniel	Universität Münster	DEU	0:42:52	0:43:09	52	MHK	81	09:39	10:11	10:53	11:08
125	1076	Oberhoffer Roland	*Köln	GER	0:42:56	0:43:16	53	MHK	84	10:27	10:33	10:35	10:26
126	1922	Meusel Sebastian	*Köln	GER	0:42:56	0:42:57	54	MHK	83	11:02	10:09	10:29	10:18
127	958	Gerdas Florian	Rettet das Knusperhäuschen!	GER	0:42:59	0:43:13	55	MHK	80	09:57	10:42	10:50	10:33
128	1136	Schneider Manfred	ERGO sports Köln Langlauf	DEU	0:43:00	0:43:04	14	M45	62	09:59	10:43	10:45	10:33
129	954	Gante Matthias	*Köln	GER	0:43:03	0:43:13	56	MHK	83	09:19	10:31	11:16	11:03
130	914	Cremer Jürgen	LLG 80 Nordpark Köln	GER	0:43:06	0:43:11	15	M45	62	10:11	10:39	10:54	10:29
131	2345	Van der Linden Heinz	SSK Kerpen	GER	0:43:08	0:43:52	1	M50	59	10:37	10:40	10:37	10:16
132	1073	Nöthen Thomas	TV 1908 Neunkirchen	GER	0:43:10	0:43:14	57	MHK	87	09:21	10:34	11:15	11:07
133	868	Althaus Jens	Football 4 Peace International	GER	0:43:11	0:43:27	58	MHK	88	10:08	10:21	10:39	11:05
134	1884	Lutz Dr. med. Jürgen	*Köln	GER	0:43:14	0:43:24	18	M40	68	10:08	10:24	10:46	10:56
135	1028	Kühlert-Habricht Andreas	RheinEnergie	DEU	0:43:16	0:43:23	16	M45	62	09:46	10:13	11:07	11:09
136	880	Berghausen Martin	*Aachen	GER	0:43:18	0:43:25	59	MHK	87	10:01	10:44	10:58	10:36
137	1769	Krafft Jörg	Frontrunner Cologne	GER	0:43:19	0:43:37	17	M45	61	10:28	10:35	10:38	10:42
138	865	Adler Andreas	Laufrausch / Triathlon @ Uni K	GER	0:43:19	0:43:23	19	M40	67	09:37	10:51	11:03	10:53
139	96	Schäfer David	Uni Siegen		0:43:20	0:43:28	60	MHK	87	09:40	10:46	11:13	10:46
140	1089	Pelaez Julio	*Köln	GER	0:43:24	0:43:44	61	MHK	80	09:52	10:41	10:56	10:58
141	1068	Nieratschker Matthias	Cologne Internationals	GER	0:43:24	0:43:48	62	MHK	83	10:34	10:24	10:39	10:44
142	1117	Richter Henning	Laufrausch / Triathlon @ Uni K	GER	0:43:25	0:43:37	20	M35	74	10:06	10:37	10:51	10:50
143	1043	Link Pascal	Der späte Wurm entgeht d Sturm	GER	0:43:27	0:43:38	63	MHK	81	09:30	10:54	11:10	10:48
144	921	Drecker Michael	Frontrunner Cologne	GER	0:43:28	0:43:45	2	M50	56	10:31	10:31	10:39	10:45
145	949	Fricke Dr. Oliver	*Köln	GER	0:43:28	0:43:48	20	M40	69	10:43	10:36	10:45	10:30
146	1200	Wilden Heinz	*Pulheim	GER	0:43:34	0:43:45	18	M45	60	10:12	10:45	10:58	10:41
147	1031	Kurschildgen Martin	Bonn-Rhein-Sieg Runners	GER	0:43:35	0:43:45	64	MHK	83	09:28	10:21	11:05	11:33
148	1148	Schulz Matthias	*Köln	GER	0:43:40	0:43:57	17	M30	78	10:42	10:38	10:45	10:43
149	1364	Cordes Enno	prothetik@uk-koeln.de	GER	0:43:40	0:43:52	65	MHK	85	10:12	10:36	11:07	10:49
150	947	Franklin Jeremy	IMSIE	GBR	0:43:40	0:43:59	3	M50	59	10:44	10:34	10:33	10:49
151	87	Linke Phillip	Universität Bonn		0:43:42	0:43:49	66	MHK	85	10:24	10:45	10:46	10:47
152	1045	Loftus Cris	Bonn Internationals	GER	0:43:44	0:43:52	67	MHK	89	10:01	10:46	10:55	11:02
153	1445	Engevik Prof. Dr. Bjornar	Cologne Internationals	NOR	0:43:48	0:43:51	68	MHK	86	09:41	10:39	11:15	11:15
154	1121	Rohe Björn	Kölner Bank	GER	0:43:48	0:44:06	21	M40	69	10:28	10:21	10:45	11:12
154	1077	Ockenfeld Frank	Laufrausch / Triathlon @ Uni K	GER	0:43:48	0:44:17	19	M45	62	10:25	10:35	10:56	10:58
156	2116	Ruppert Martin	Cologne Internationals	GER	0:43:51	0:44:10	69	MHK	82	10:19	10:26	11:05	11:07
157	1183	Verspay Christian	Laufclub Köln lrh. 06	GER	0:43:53	0:44:00	18	M30	78	10:04	10:41	10:59	11:12
158	944	Fink Daniel	Laufmonster	GER	0:43:54	0:44:00	19	M30	79	10:07	10:50	11:00	10:59
159	2461	Scherbaum Ralph	LTD Köln Dellbrück	DEU	0:43:54	0:43:58	20	M45	64	10:13	10:55	11:20	10:35
160	2013	Pfaff Karsten	Team Super Hääns	GER	0:43:59	0:44:38	70	MHK	85	10:41	10:37	10:43	10:59
161	1334	Brunotte Dirk	KVB Marathon-Team	GER	0:44:00	0:44:03	22	M40	68	10:14	10:49	10:52	11:06
162	1209	Zimmermann Thomas	Cologne Internationals	GER	0:44:01	0:44:12	71	MHK	83	09:23	10:57	11:17	11:23
163	886	Bippus Joachim	Urologische UniKlinik Köln	DEU	0:44:02	0:44:19	4	M50	58	10:33	10:26	11:01	11:00
164	1019	Köthe Nocl	SG Düren 99	GER	0:44:04	0:44:22	21	M35	74	10:31	10:46	11:05	10:50
165	1683	Johnson Jeffrey E.	SC Janus Leichtathletik	GER	0:44:10	0:44:33	21	M45	64	10:36	10:33	10:55	11:15
166	984	Hippe Karsten	Team Erdinger alkoholfrei	DEU	0:44:11	0:44:24	22	M35	73	10:43	10:40	10:47	10:59
167	2287	Steil Heiko	o2 Runner	GER	0:44:14	0:44:29	20	M30	76	10:47	10:45	10:59	10:50
168	1195	Weyer Bernd	LLG 80 Nordpark Köln	GER	0:44:15	0:44:28	5	M50	59	10:11	10:44	11:07	11:11
169	981	Heß Richard	LG Posthörnchen Köln	GER	0:44:18	0:44:34	22	M45	62	09:58	10:52	11:18	11:11
170	893	Börger Andre	*köln	GER	0:44:18	0:44:28	23	M35	71	09:44	11:03	11:12	11:16
171	1145	Schulle Lothar	Cologne Internationals	GER	0:44:20	0:44:42	21	M30	78	10:32	10:40	11:03	11:06
172	1288	Bianchini Tony	KSK 740 Running-Team	GER	0:44:20	0:44:28	23	M40	65	10:20	10:45	11:14	11:08
173	1153	Soethout Guido	Laufmonster	GER	0:44:23	0:44:27	6	M50	55	10:11	10:52	11:11	11:11
174	975	Hauser Jörg	*Aachen	GER	0:44:23	0:44:48	24	M35	72	10:29	10:38	11:08	11:19
175	1130	Schiffer Volker	der will nur spielen	GER	0:44:26	0:44:47	24	M40	67	10:08	10:53	11:16	11:08
176	1975	Neufeind Stefan	*Köln	GER	0:44:27	0:44:39	72	MHK	81	10:36	10:55	11:05	10:56
177	2233	Seehafer Ingo	*Bergisch Gladbach	GER	0:44:27	0:45:23	73	MHK	84	11:23	10:56	10:46	10:32
178	1156	Sprenger Marius	PeelnPublic	GER	0:44:28	0:44:39	1	MJB	92	09:29	10:33	11:37	11:52
179	1114	Renzel Jörg	Heart & Soul	GER	0:44:30	0:44:36	23	M45	64	10:16	10:56	11:16	11:09
180	1705	Kaumanns Sebastian	Cologne Internationals	GER	0:44:32	0:44:39	74	MHK	84	10:16	10:53	11:27	11:04

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	1387	Dethlefs Wilfried	kölnler lauf und Ausduerschule	GER	0:44:32	0:44:39	7	M50	56	10:18	10:54	11:15	11:07	
182	1154	Sontheim Florian	Cologne Internationals	GER	0:44:32	0:44:56	75	MHK	84	10:27	10:39	11:08	11:16	
183	1307	Böhler Martin	*Bonn	GER	0:44:33	0:44:39	25	M35	70	10:15	10:41	11:15	11:24	
184	40	Von Tongelen Holger	Uni Duisburg Essen	GER	0:44:34	0:44:42	25	M40	68	10:26	10:53	11:03	11:13	
185	1042	Lieb Thomas	FFO Köln	GER	0:44:36	0:45:05	24	M45	61	10:41	10:55	11:03	10:55	
186	1427	Eckert Wolfgang	KSK 740 Running-Team	GER	0:44:38	0:44:45	26	M40	65	10:20	10:46	11:14	11:12	
187	2129	Sauermann Jan	Dynamo Kaiser	GER	0:44:38	0:44:44	76	MHK	81	10:07	10:36	11:19	11:35	
188	904	Burchert Sebastian	Prinzen-Garde Köln	DEU	0:44:41	0:45:04	77	MHK	81	10:52	10:41	11:12	10:59	
189	1094	Plenker Dennis	Bonn Internationals	GER	0:44:42	0:44:51	78	MHK	85	10:00	10:46	11:43	11:08	
190	930	Eisermann Stephan	*Bornheim	GER	0:44:46	0:44:59	27	M40	66	10:26	10:59	11:23	10:59	
190	1162	Strahlendorf Malte	*Köln	GER	0:44:46	0:45:02	79	MHK	86	10:46	10:36	11:24	11:14	
192	1197	Wieschollek Michael	LG Hüftschiefstand	GER	0:44:47	0:45:13	22	M30	78	10:28	10:27	10:46	11:53	
193	1164	Stühn Dennis	ASC Weißbachtal	GER	0:44:47	0:44:58	80	MHK	82	10:52	11:04	11:08	10:50	
194	943	Fiedler Jens	*Koeln	GER	0:44:49	0:45:08	23	M30	77	10:47	10:45	11:01	11:12	
195	1060	Mohrmann Jörg	Altes Stellwerk Hoffnungsthal	GER	0:44:53	0:45:19	26	M35	73	10:38	10:46	11:17	11:11	
196	1258	Becker Jan	hüächa!	GER	0:44:55	0:45:21	81	MHK	86	10:22	10:38	11:28	11:33	
197	1190	Wagner Andreas	Valium i.V.	GER	0:44:57	0:45:16	82	MHK	80	10:30	10:53	11:25	11:15	
198	1668	Iser Tilman	*Köln	GER	0:44:58	0:45:22	83	MHK	83	11:13	11:11	11:06	10:36	
199	913	Claeßens Thomas	Cologne Internationals	GER	0:44:59	0:45:21	84	MHK	86	10:46	11:06	11:05	11:06	
200	899	Breul Martin	Bourgh	GER	0:45:00	0:45:14	85	MHK	86	10:30	10:54	11:11	11:22	
201	1953	Mueller Andreas	LT Lindenthal	GER	0:45:01	0:45:53	28	M40	69	11:06	10:57	11:06	10:56	
202	1176	Tiffert Simon	*Köln	GER	0:45:04	0:45:15	86	MHK	81	10:33	11:01	11:17	11:16	
203	1128	Schade Vincent	Bonn-Rhein-Sieg Runners	GER	0:45:06	0:45:14	87	MHK	84	10:18	11:19	11:27	11:11	
204	1274	Berger Jens	Bananarama	GER	0:45:08	0:45:15	88	MHK	82	11:14	11:00	11:09	10:45	
205	1053	Mazari Ibrahim	Turtle Entertainment	GER	0:45:09	0:45:18	27	M35	74	09:50	11:03	11:55	11:13	
206	1273	Berger Florian	*Köln	GER	0:45:10	0:45:48	89	MHK	83	11:50	11:17	11:07	10:03	
207	1135	Schmielewski Jens	*Köln	GER	0:45:11	0:45:26	29	M40	67	10:36	11:02	11:10	11:19	
208	2368	Von Holtum Viktor	*Köln	GER	0:45:12	0:45:29	24	M30	78	10:49	10:38	11:22	11:20	
209	2367	Von Holtum Sebastian	Equipo Yaya	GER	0:45:12	0:45:20	90	MHK	83	10:14	10:39	11:34	11:42	
210	1201	Willnauer Dr. Walter	*Köln	GER	0:45:13	0:45:30	8	M50	59	10:46	10:40	11:16	11:25	
211	2460	Lohrengel Udo	LLG St. Augustin		0:45:13	0:45:17	6	M55	51	10:43	11:01	11:22	11:07	
212	1049	Lützig Sebastian	*Köln	GER	0:45:14	0:45:21	91	MHK	80	10:42	11:00	11:13	11:09	
213	1737	Klinkhammer Stefan	*Köln	GER	0:45:16	0:46:00	25	M30	75	11:08	10:57	11:07	11:02	
214	1005	Kaiser Daniel	*Köln	GER	0:45:17	0:45:38	28	M35	72	10:33	10:56	11:28	11:23	
215	1023	Kranzkowski Stefan	*Köln	GER	0:45:21	0:45:27	25	M45	62	09:55	10:58	11:37	11:47	
216	967	Haase Ansgar	Urologische UniKlinik Köln	GER	0:45:24	0:45:42	29	M35	74	10:34	10:47	11:26	11:40	
217	1362	Coenen Theo	Valium i.V.	GER	0:45:25	0:45:45	9	M50	56	10:53	10:57	11:13	11:21	
218	1509	Germelmann Philipp	Laufrausch / Triathlon @ Uni K	GER	0:45:27	0:46:11	92	MHK	81	11:37	10:46	11:06	11:07	
219	1760	Kommer Werner	Kölner Bank	DEU	0:45:28	0:45:29	10	M50	59	10:31	11:07	11:30	11:18	
220	1095	Podzus Horst	*Overath	GER	0:45:28	0:45:37	26	M45	61	10:29	11:09	11:20	11:33	
221	1149	Seehoff Hartmut	Cologne Internationals	GER	0:45:31	0:45:53	30	M40	65	10:47	10:55	11:18	11:34	
222	1134	Schmidtman Volker	*Köln	GER	0:45:31	0:45:44	27	M45	63	10:56	11:06	11:17	11:10	
223	1681	Jochheim Frank	*Köln	GER	0:45:32	0:45:37	26	M30	78	09:56	11:01	11:36	11:52	
224	1012	Klüver Michael	Jugend Herz Jesu	GER	0:45:32	0:45:36	93	MHK	80	10:16	11:07	11:37	11:33	
225	2031	Pohlens Hendrik	RFH-Team	GER	0:45:32	0:45:58	27	M30	76	10:59	10:34	11:22	11:29	
226	32	Wendler Bernd	Bergische Univ. Wuppertal	DEU	0:45:32	0:45:47	94	MHK	81	10:47	10:41	11:25	11:49	
227	976	Heidenreich Florian	keiner	GER	0:45:33	0:45:46	31	M40	66	10:15	11:02	11:26	11:44	
228	969	Hackenbroich Wolfgang	LT Koeln Esch	GER	0:45:35	0:45:55	28	M45	60	10:19	11:16	11:26	11:31	
229	912	Claaßen Manfred	Laufmonster	GER	0:45:40	0:45:46	1	M65	40	11:05	11:05	11:09	11:15	
230	1158	Steckel Manfred	Laufrausch/Triathlon@Uni Köln	DEU	0:45:41	0:45:52	11	M50	55	10:58	11:04	11:11	11:25	
231	2291	Stern Matthias	Cologne Internationals	GER	0:45:42	0:45:58	95	MHK	80	10:58	11:08	11:15	11:21	
231	931	Eling Christian	LT Jung	GER	0:45:42	0:46:09	95	MHK	80	11:13	11:36	11:16	10:47	
233	1989	Obermaier Stefan	SC Janus	GER	0:45:42	0:45:56	32	M40	69	10:50	10:58	11:26	11:30	
234	1159	Steinfeld Markus	ASV Köln	GER	0:45:44	0:46:00	30	M35	73	10:27	10:53	11:39	11:39	
235	2462	Kyrion Frank	LLG St. Augustin	GER	0:45:45	0:45:57	33	M40	66	10:56	11:14	11:31	11:08	
236	1203	Wittstamm Joachim	Frontrunner Cologne	GER	0:45:47	0:46:05	34	M40	66	10:31	11:05	11:34	11:36	
237	1584	Hatef Stefan	*Köln	GER	0:45:51	0:46:27	35	M40	67	11:05	11:03	11:19	11:22	
238	1171	Theobald Johannes	Cologne Internationals	GER	0:45:51	0:46:15	97	MHK	87	10:47	11:21	11:25	11:28	
239	36	Schild Fabian	Bergische Univ. Wuppertal		0:45:51	0:46:07	98	MHK	83	10:50	11:06	11:20	11:37	
240	1449	Wehrmann Raphael	*Köln	GER	0:45:52	0:45:58	28	M30	75	10:56	11:19	11:41	11:06	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2316	Terheggen Dr. Grischa	Sportfreunde Stöcker	GER	0:45:52	0:46:37	31	M35	73	11:55	11:00	11:09	10:49	
242	905	Burek Patrick	*Leverkusen	GER	0:45:57	0:46:23	99	MHK	89	10:45	11:01	11:50	11:19	
243	1064	Neidhardt Raki	*Köln	GER	0:45:57	0:46:11	29	M30	77	10:43	11:02	11:28	11:41	
244	994	Ingelheim Graf Anton	*Köln	GER	0:45:58	0:46:20	100	MHK	82	10:47	11:03	11:33	11:33	
245	1129	Schell Joshua	Just Fit LUX	GER	0:45:58	0:46:17	101	MHK	87	10:42	11:05	11:30	11:40	
246	2401	Werner Christoph	RheinEnergie	DEU	0:45:58	0:46:37	36	M40	65	11:37	11:04	11:11	11:08	
247	884	Beyer Heinrich	Marathonfieberf Krumholz	GER	0:45:59	0:46:13	12	M50	56	10:59	11:13	11:27	11:16	
248	0	Unbekannt DY5VGA2			0:46:01	0:46:13	0	M		11:00	10:57	11:22	11:39	
249	1891	Malcus Gernot	Wuppich op da Gass	GER	0:46:05	0:46:15	32	M35	74	10:59	11:05	11:28	11:38	
250	883	Beuscher Armin	Ökumene Lindenthal	GER	0:46:06	0:46:29	13	M50	58	11:04	11:11	11:22	11:27	
251	1038	Leinekugel Dr. Peter	Heart & Soul	GER	0:46:06	0:46:12	29	M45	60	10:31	11:18	11:35	11:40	
252	2277	Springob Jan	*Köln	GER	0:46:06	0:46:45	102	MHK	83	11:48	11:18	11:07	10:55	
253	1054	Merten Torsten	Justiz LG Köln	GER	0:46:07	0:46:37	30	M30	77	10:52	11:17	11:28	11:26	
254	93	Poggel Holger	Uni Siegen		0:46:08	0:46:16	30	M45	64	10:22	10:58	11:49	12:01	
255	962	Groß-Hardt Sascha		GER	0:46:12	0:46:28	103	MHK	85	10:39	11:11	11:38	11:43	
256	1785	Krohm Thomas	Koelnmesse	GER	0:46:12	0:46:23	37	M40	67	10:52	11:20	11:40	11:20	
257	2010	Pereira Christian	dscem	GER	0:46:13	0:46:39	31	M45	61	11:20	11:14	11:21	11:17	
258	891	Blieschies Rüdiger	Laktatkönige Köln	GER	0:46:14	0:46:38	32	M45	62	11:12	11:03	11:22	11:31	
259	1087	Peeters Pieter	Cologne Internationals	GER	0:46:14	0:46:15	104	MHK	84	09:45	10:59	12:28	12:07	
260	953	Fuchshuber Achim	Team Erdinger alkoholfrei	DEU	0:46:15	0:46:38	105	MHK		10:54	11:20	11:29	11:31	
261	963	Grote Prof. Dr. Hugo	RheinAhrCampus Remagen	GER	0:46:16	0:46:26	14	M50	59	10:48	11:19	11:38	11:26	
262	871	Aydemir Gürhan	ASV Köln Triathlon	GER	0:46:17	0:46:39	38	M40	67	10:59	11:19	11:29	11:28	
263	1466	Fischer Jörn	Dynamo Kaiser	GER	0:46:17	0:46:24	31	M30	76	10:44	11:29	11:35	11:37	
264	1165	Stüttem Etienne	*Köln	GER	0:46:18	0:46:39	106	MHK	85	10:24	11:22	11:45	11:48	
265	1821	Lauterbach Uwe	KSK 740 Running-Team	GER	0:46:20	0:46:28	33	M45	62	10:25	10:43	11:54	12:09	
266	2029	Pörtner Florian	*Bissendorf	GER	0:46:21	0:46:28	107	MHK	86	11:00	11:23	11:36	11:21	
267	1379	Deneffe Marcel	Cologne Internationals	GER	0:46:21	0:46:24	108	MHK	83	10:59	11:29	11:45	11:14	
268	2179	Schnippering Erik	-	GER	0:46:23	0:46:31	39	M40	69	10:55	11:20	11:44	11:27	
269	2359	Vogel Jens	prothetik@uk-koeln.de	GER	0:46:24	0:46:47	109	MHK	82	11:31	11:20	11:14	11:23	
270	1837	Lersch Daniel	Strahlende Läufer	GER	0:46:26	0:46:49	110	MHK	83	11:51	11:12	11:07	11:20	
271	1812	Kwasny Prof. Dr. Thomas	*koeln	GER	0:46:26	0:46:36	32	M30	78	10:51	11:25	11:36	11:40	
272	1082	Otten Eric	*Bonn	GER	0:46:26	0:46:45	33	M35	70	10:55	11:20	11:50	11:26	
273	2431	Wolf Harald	1. Kölner Laufstall	GER	0:46:27	0:46:44	40	M40	67	10:32	11:17	11:43	11:54	
274	2080	Reul Moritz	Sven & Moritz wir sehen uns da	GER	0:46:27	0:46:33	111	MHK	83	10:31	11:34	11:50	11:30	
275	998	Jesch Dr. Adam	IMSIE	GER	0:46:27	0:46:46	41	M40	69	11:09	11:12	11:29	11:34	
276	2112	Roth Stefan	RFH-Team	GER	0:46:30	0:46:59	112	MHK	86	11:29	11:15	11:28	11:16	
277	1063	Mueller Karsten	Frontrunner Cologne	GER	0:46:31	0:46:54	34	M35	72	10:36	11:39	11:51	11:28	
277	1026	Krings Markus	Die nackte Meile	GER	0:46:31	0:46:51	113	MHK	81	10:47	11:08	11:47	11:48	
279	1101	Prag Andreas	*Hürth	DEN	0:46:34	0:46:47	114	MHK	88	10:53	11:31	11:45	11:26	
280	917	Demir Gianni	*Köln	GER	0:46:36	0:47:32	33	M30	79	10:33	11:09	11:55	11:56	
281	1484	Frömbgen Marius	Die Spakkos und Madeleine	GER	0:46:37	0:47:11	115	MHK	82	12:14	11:14	11:11	11:03	
282	1756	Köppen Tim	Cologne Internationals	GER	0:46:37	0:47:21	116	MHK	85	11:22	11:19	11:30	11:23	
283	1010	Klimek Thomas	RheinEnergie	GER	0:46:40	0:46:52	34	M45	62	10:30	11:18	12:02	11:56	
284	1530	Götsch Björn	Cologne Internationals	GER	0:46:41	0:47:19	34	M30	77	11:23	11:18	11:37	11:20	
285	1541	Gran Jonas	Cologne Internationals	GER	0:46:42	0:47:04	117	MHK	84	11:32	11:39	11:21	11:14	
286	2210	Schuhen Marius	K & Cie.	GER	0:46:43	0:47:07	118	MHK	85	11:28	11:10	11:24	11:41	
287	1673	Jähde Frank	Valium i.V.	GER	0:46:43	0:46:47	35	M45	64	10:48	11:28	11:54	11:35	
288	1486	Froitzheim Oliver	Cologne Internationals	GER	0:46:46	0:46:50	119	MHK	81	10:51	11:35	11:44	11:36	
289	1531	Götz Dr. Fabian	Die zarten Meerjungfrauen	GER	0:46:46	0:47:44	120	MHK	83	12:17	11:06	11:17	11:07	
290	972	Hagin Paul	Urologische UniKlinik Köln	GER	0:46:48	0:47:08	121	MHK	84	10:40	11:24	11:59	11:43	
291	866	Adria Heinz Oliver	*Köln	GER	0:46:53	0:47:10	122	MHK	81	10:47	11:24	11:38	12:08	
292	863	Abels Frank	LAZ Puma Troisdorf/Siegburg	GER	0:46:54	0:47:09	35	M35	72	11:08	11:26	11:31	11:47	
293	903	Bückmann Robert	*Köln	GER	0:46:56	0:47:22	42	M40	67	10:59	11:27	11:33	11:50	
294	2012	Peters Simon	Ökumene Lindenthal	GER	0:46:56	0:47:23	3	MJA	91	10:30	10:51	12:21	12:16	
295	1157	Sprenger Peter	Kölner Studentenwerk	GER	0:46:56	0:47:04	15	M50	55	11:39	12:23	08:35	13:10	
296	993	Hüwe Carsten	Frontrunner Cologne	GER	0:46:59	0:47:23	36	M35	73	10:34	11:20	12:01	12:04	
297	1044	Lippmann Horst-Peter	RheinEnergie	GER	0:47:00	0:47:08	43	M40	69	11:08	11:40	11:41	11:32	
298	989	Holbein Jan	*Köln	GER	0:47:00	0:47:21	4	MJA	90	11:09	11:41	12:01	11:17	
299	1123	Sadeghian Sascha	ASV Köln Triathlon	GER	0:47:03	0:47:28	37	M35	71	11:17	11:40	11:44	11:21	
300	2107	Röling Christian	Bonn-Rhein-Sieg Runners	GER	0:47:03	0:47:40	123	MHK	84	11:57	10:58	11:31	11:33	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
301	1144	Schuh Helmut	*Bonn	GER	0:47:04	0:47:17	16	M50	59	10:28	11:33	12:05	11:54
302	911	Christophel Werner	TSV Weiss-Köln	GER	0:47:04	0:47:09	1	M70	35	11:02	11:37	11:44	11:40
303	864	Abs Stefan	LV Stommeln	GER	0:47:05	0:47:13	35	M30	75	11:03	11:34	11:46	11:43
304	1126	Sapin Jurij	*Köln	GER	0:47:06	0:47:21	36	M45	62	11:14	11:29	11:38	11:40
305	48	Sturgeon Robert	Uni Duisburg Essen	GER	0:47:12	0:47:21	38	M35	70	10:40	11:30	12:15	11:45
306	1365	Cordes Robin	Cologne Internationals	GER	0:47:13	0:47:57	124	MHK	86	11:23	11:13	11:49	11:42
307	1835	Lensing Georg	Bonn-Rhein-Sieg Runners	GER	0:47:14	0:47:33	125	MHK	85	11:15	10:57	11:36	12:19
307	2068	Reiche Thomas	Team Cologne	GER	0:47:14	0:47:25	44	M40	69	10:34	10:59	12:37	12:02
309	1233	Aßheuer Tibor	You will never walk alone	GER	0:47:15	0:47:55	36	M30	78	12:31	10:57	11:12	11:33
310	2422	Winter Stefan	*Köln	GER	0:47:16	0:47:32	37	M30	76	11:15	11:28	11:53	11:35
311	1647	Hohlweck Jens	Der späte Wurm entgeht d Sturm	GER	0:47:17	0:47:30	126	MHK	84	11:12	11:21	11:50	11:51
312	1251	Bauer Christian	*Köln	GER	0:47:18	0:47:43	39	M35	73	11:28	11:41	11:56	11:15
313	1810	Kurth Benedikt	RFH-Team	GER	0:47:22	0:47:51	127	MHK	86	11:29	11:15	11:46	11:48
314	992	Hollmann Falco	VDG Cologne	GER	0:47:23	0:47:44	128	MHK	84	10:40	11:16	12:08	12:11
315	2072	Reiter Peter	*Köln	GER	0:47:24	0:47:43	37	M45	62	11:20	11:21	11:40	12:06
316	1946	Mohnfeld Hendrik	*Köln	GER	0:47:24	0:47:41	38	M30	76	11:30	11:48	11:41	11:23
317	1180	Van Triel Frederic	*Köln	GER	0:47:25	0:47:37	129	MHK	86	10:15	10:41	12:17	12:53
318	973	Haldenwang Dr. med.	*Köln	GER	0:47:25	0:47:56	39	M30	77	10:57	11:37	12:02	11:56
319	892	Boelter Thomas	LLG 80 Nordpark Köln	GER	0:47:28	0:47:43	38	M45	63	11:03	11:32	12:09	11:52
320	1997	Osmalz Oliver	*Köln	GER	0:47:29	0:48:25	130	MHK	80	11:03	11:25	12:02	12:03
321	1913	Melchers Andreas	*Köln	GER	0:47:29	0:47:45	40	M30	77	11:09	11:32	11:55	11:49
322	1039	Leiß Andreas	Die zarten Meerjungfrauen	GER	0:47:32	0:48:00	131	MHK	85	11:04	11:30	12:01	12:02
323	1041	Leyendecker Klaus	Die zarten Meerjungfrauen	GER	0:47:32	0:47:59	132	MHK	85	11:05	11:31	12:00	12:03
324	1374	Dannenbauer Felix	Lucky Stars	GER	0:47:32	0:47:42	41	M30	79	12:17	11:28	11:24	11:27
325	1036	Langensiepen Dr. Guenter	Laktatkönige Köln	GER	0:47:33	0:47:57	1	M60	46	11:32	11:42	11:46	11:29
326	1006	Kammler Reinhard	Polizei Köln	GER	0:47:33	0:47:50	39	M45	63	10:52	11:32	12:01	12:06
327	983	Hintzen Martin	Cologne Internationals	GER	0:47:38	0:47:56	17	M50	58	10:51	11:19	12:12	12:11
328	1140	Schreckenberger Yannik	Kabelbrand	GER	0:47:40	0:47:59	133	MHK	88	11:23	11:49	12:16	11:10
329	1178	Trümner Heiko	Die nackte Meile	GER	0:47:41	0:48:02	42	M30	79	11:17	11:54	11:59	11:35
330	2306	Stula Sebastian	SV AXA	GER	0:47:41	0:47:46	43	M30	79	10:56	11:41	12:12	11:57
331	979	Hennings Frank	Soulrider	GER	0:47:44	0:48:12	45	M40	66	11:13	11:32	11:51	12:01
332	1047	Luelf Manfred	Valium i.V.	GER	0:47:45	0:48:02	18	M50	56	11:00	11:47	11:49	12:05
333	1100	Poos Jörg	Urologische UniKlinik Köln	DEU	0:47:47	0:48:02	40	M45	62	10:47	11:39	11:53	12:25
334	1767	Kraft Thorsten	Cologne Internationals	GER	0:47:48	0:48:26	44	M30	77	11:24	11:39	11:57	11:52
335	1015	Kniep Dirk	Kölner Bank	GER	0:47:48	0:48:05	40	M35	71	10:41	11:23	12:06	12:28
336	1147	Schulte Tom	*Köln	GER	0:47:49	0:48:14	5	MJA	91	11:25	11:50	11:56	11:33
337	951	Friend Alan	OSC Waldniel	GBR	0:47:51	0:48:05	2	M60	46	10:55	12:02	12:11	11:40
338	1074	NOWAK ANDREAS	Laktatkönige Köln	GER	0:47:51	0:48:15	7	M55	51	11:34	11:40	11:46	11:45
339	1849	Linden Thomas	Die Lindis	GER	0:47:52	0:48:10	46	M40	69	11:34	11:35	11:53	11:53
340	1110	Reif Michael	RheinEnergie	GER	0:47:54	0:48:07	134	MHK	80	10:43	12:02	12:15	11:52
341	1267	Behrenbruch Clemens	*Köln	GER	0:47:55	0:47:59	47	M40	66	11:09	11:33	12:11	11:59
342	1732	Klein Uwe	*Köln	GER	0:47:55	0:48:51	45	M30	79	11:41	11:49	11:37	11:46
343	1191	Wahl Micha	RheinEnergie	GER	0:47:56	0:48:08	46	M30	75	10:43	11:24	12:00	12:35
344	2212	Schulte Martin	Die Spakkos und Madeleine	GER	0:47:58	0:48:29	135	MHK	83	11:10	11:30	12:01	12:09
345	1017	Könen Dirk	MitUns	GER	0:47:58	0:48:06	41	M45	63	10:42	11:50	12:14	12:09
346	2084	Rhein Thomas	Rettet das Knusperhäuschen!	GER	0:47:59	0:48:08	48	M40	66	11:39	11:54	11:51	11:39
347	894	Boge Henrich	Die zarten Meerjungfrauen	GER	0:47:59	0:47:59	136	MHK	85	11:32	11:31	12:00	12:03
348	1736	Klindtworth Joshua	MitUns	GER	0:48:00	0:48:10	8	M55	53	11:14	11:39	12:04	11:57
349	874	Baum Jürgen	Valium i.V.	GER	0:48:00	0:48:19	3	M60	49	11:02	11:31	11:49	12:30
350	1202	Witthaus Andreas	MitUns	GER	0:48:01	0:48:10	41	M35	70	11:14	11:39	12:04	11:59
351	1540	Graffmann Martin	*Köln	GER	0:48:02	0:48:05	49	M40	69	11:07	11:49	12:06	11:57
352	1410	Dohme Marvin	Die Kassierer	GER	0:48:03	0:48:22	137	MHK	89	11:12	11:19	12:11	12:18
353	1862	Löpki Dirk	PricewaterhouseCoopers	GER	0:48:04	0:48:09	42	M45	63	11:29	11:40	11:59	11:50
354	39	Kullmann Sebastian	Bergische Univ. Wuppertal		0:48:06	0:48:22	138	MHK	83	10:49	11:43	12:26	12:05
355	2324	Thormann Kai	Urologische UniKlinik Köln	DEU	0:48:08	0:48:16	139	MHK	81	10:40	11:50	12:14	12:18
355	1336	Büchel Hans	*Frechen	GER	0:48:08	0:48:13	43	M45	62	10:45	11:58	12:18	12:07
357	1253	Bauß Carsten	1. Kölner Laufstall	GER	0:48:09	0:48:24	50	M40	65	11:00	11:21	12:29	12:17
358	1139	Schneider-Musshoff Andreas	Zollstocker Blitze 2009	GER	0:48:09	0:48:28	47	M30	76	11:10	11:52	12:16	11:45
359	888	Blank Michael	Zollstocker Blitze 2009	GER	0:48:09	0:48:28	48	M30	75	11:10	11:52	12:16	11:44
360	900	Brinkmann Wanja	Kölner Mediziner	GER	0:48:11	0:48:33	140	MHK	84	10:49	11:29	12:36	12:15

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2077	Retterath Björn	RFH-Team	GER	0:48:12	0:48:40	141	MHK	83	11:25	11:19	12:09	12:23	
362	2395	Weiß Ben	*Düsseldorf	GER	0:48:12	0:48:34	49	M30	79	11:00	11:33	12:16	12:24	
363	1857	Litvak Constantin	*Köln	UKR	0:48:14	0:48:53	42	M35	71	12:01	11:54	11:59	11:24	
364	1280	Bernhardt Christian	Cologne Internationals	GER	0:48:15	0:48:37	142	MHK	86	11:12	11:55	12:19	11:48	
365	885	Biegner Tobias	TUS Gensingen	GER	0:48:16	0:48:45	143	MHK	83	11:05	11:42	12:33	11:52	
366	1414	Dormanns Tim	Rewe	GER	0:48:16	0:49:12	144	MHK	80	13:21	11:30	11:22	11:00	
367	1198	Wiesen Christoph	SSF Bonn Triathlon	GER	0:48:19	0:48:22	145	MHK	83	08:12	14:32	12:26	12:05	
368	1151	Siegemund Sven	*Leichlingen	GER	0:48:22	0:48:35	50	M30	77	10:45	11:29	12:17	12:45	
369	1152	Simson Helmut	*Düsseldorf	GER	0:48:23	0:48:48	19	M50	58	11:22	11:46	12:01	12:05	
370	2224	Schwamborn Mario	AG Schwarz	GER	0:48:25	0:49:03	146	MHK	85	12:09	11:57	12:02	11:21	
371	1589	Hauzu Michael	*Köln	GER	0:48:25	0:48:45	147	MHK	80	11:13	11:21	12:11	12:36	
372	2007	Peigné André	o2 Runner	FRA	0:48:28	0:48:43	148	MHK	80	11:19	11:38	12:37	11:48	
373	2428	Wölm Lars	lars_woelm@gmx.de	GER	0:48:29	0:48:49	51	M30	79	11:28	11:58	12:07	11:52	
374	2397	Welter Alexander	*Köln	GER	0:48:31	0:49:22	149	MHK	85	12:15	11:51	11:54	11:44	
375	957	Gehrmann Holger Markus	Brunel GmbH	GER	0:48:33	0:49:04	43	M35	72	11:02	12:00	12:12	12:14	
376	1370	Csiba Philip	*KÖLN	GER	0:48:35	0:49:25	44	M35	71	11:52	11:32	11:55	12:11	
377	948	Frankowski Sebastian	PDI Immobilien	GER	0:48:36	0:49:11	150	MHK	80	11:11	11:40	12:20	12:29	
378	2119	Ryssel Winfried	RheinEnergie	GER	0:48:36	0:48:45	51	M40	68	11:26	11:37	12:01	12:23	
379	1902	Mueller Mathias	hüächa!	GER	0:48:37	0:49:31	151	MHK	87	11:41	11:43	11:56	12:06	
380	2139	Schepers Jörg	*Köln	GER	0:48:37	0:48:49	45	M35	71	11:09	11:53	12:15	12:23	
381	1870	Lorse Günter	RheinEnergie	GER	0:48:38	0:49:16	52	M40	67	11:37	11:09	12:22	12:24	
382	1108	Rausch Marvin	Die zarten Meerjungfrauen	GER	0:48:39	0:49:06	152	MHK	85	11:02	11:43	12:26	12:19	
382	2444	Zarges Frank	o2 Runner	GER	0:48:39	0:48:56	53	M40	68	11:34	11:51	12:11	12:06	
384	1560	Gutsmann Dominique	Cologne Internationals	GER	0:48:41	0:48:48	153	MHK	84	11:45	11:50	12:11	11:52	
385	1333	Brüggenjürgen Ingo	domradio	GER	0:48:42	0:49:30	44	M45	62	12:33	12:07	11:38	11:23	
386	1695	Kahle Prof. Florian	Kahle GbR	GER	0:48:44	0:49:47	154	MHK	80	11:56	11:35	12:07	12:02	
387	1206	Wright Martin	*Much	GBR	0:48:46	0:49:04	45	M45	61	11:04	11:53	12:22	12:17	
388	1227	Schulte- Zurhausen Prof. Dr.	*Köln	GER	0:48:47	0:48:58	54	M40	68	11:36	11:49	12:14	12:07	
389	1403	Dittrich Andreas	*Köln	GER	0:48:47	0:49:05	46	M35	73	11:31	12:04	12:25	11:53	
390	1211	Gerner Achim	*Köln	GER	0:48:49	0:49:03	55	M40	66	11:17	11:29	12:05	12:51	
391	1464	Fink Leonard	*Köln	GER	0:48:56	0:50:02	52	M30	76	12:14	11:44	11:59	11:57	
392	1460	Felten Roman	Psycho Joggers	GER	0:48:58	0:49:48	155	MHK	80	11:35	11:46	12:17	12:10	
393	1003	Jüttner Jens	*Köln	GER	0:48:59	0:49:23	47	M35	71	11:21	11:58	12:15	12:21	
394	1750	Koch Marcel	*köln	GER	0:49:00	0:49:11	48	M35	70	11:44	11:57	12:15	11:57	
395	2241	Selbach Tobias	*Köln	GER	0:49:02	0:49:29	156	MHK	84	12:00	11:30	12:05	12:15	
396	1706	Kausen Moritz	JU Köln www.jukoeln.de	GER	0:49:02	0:49:45	157	MHK	87	12:10	11:44	12:09	12:05	
397	2190	Scholz Hendrik	Lernwerkstatt läuft...	GER	0:49:02	0:49:45	158	MHK	87	11:13	11:48	12:38	12:29	
398	1342	Buschhoff Peter	Theutonia Gutsheria	GER	0:49:03	0:49:52	159	MHK	85	13:32	12:05	11:35	11:02	
399	1938	Minkus Johannes	*Köln	GER	0:49:04	0:49:34	160	MHK	81	11:50	11:32	11:56	12:44	
400	0	Unbekannt 4ZN7S5M			0:49:06	0:49:20	0	M		11:47	11:34	12:21	12:15	
401	997	Jenetzky Tom	MitUns	GER	0:49:09	0:49:33	56	M40	67	11:17	11:54	12:21	12:28	
402	1465	Fischer Dieter	*Köln	GER	0:49:11	0:49:17	57	M40	66	11:10	12:19	12:35	12:05	
403	946	Forster Michael	Sülzer Meter	GER	0:49:11	0:49:21	58	M40	65	10:58	11:59	12:29	12:39	
404	1515	Gibhardt Jörg	Valium i.V.	GER	0:49:12	0:49:29	59	M40	68	13:01	11:55	11:49	11:28	
405	1627	Heß Hans-Helmut	KVB Marathon-Team	GER	0:49:13	0:49:17	20	M50	56	11:05	11:58	12:25	12:39	
406	2339	Unger Daniel	*Bonn	GER	0:49:13	0:49:21	161	MHK	87	11:07	11:30	12:52	12:48	
407	2019	Pietsch Lutz	*Köln	GER	0:49:14	0:49:32	53	M30	78	12:37	12:14	12:01	11:20	
408	996	Jakob Jörg	Kölner Bank	DEU	0:49:14	0:49:42	60	M40	65	11:30	11:56	12:28	12:20	
409	1658	Hülsen Michael	*Köln	GER	0:49:16	0:49:21	162	MHK	85	10:35	11:57	12:47	12:52	
410	1636	Hintzen Uwe	*köln	GER	0:49:16	0:49:39	21	M50	59	12:16	11:57	12:02	11:56	
411	1808	Kunkel Helmut	*Köln	GER	0:49:17	0:49:39	9	M55	51	11:48	12:03	12:21	11:58	
412	1656	Hovestädt Alfred	domradio	GER	0:49:18	0:50:08	22	M50	58	12:34	12:08	11:46	11:45	
413	1476	Freund Thomas	*Koeln	GER	0:49:20	0:50:19	61	M40	68	12:24	11:56	12:03	11:58	
414	1437	Els Jürgen	RheinEnergie	DEU	0:49:21	0:50:01	62	M40	69	11:52	12:07	12:07	12:08	
415	1944	Möllers Dr William	Cologne Internationals	AUS	0:49:22	0:49:27	163	MHK	87	11:01	11:57	12:35	12:40	
416	1093	Philippen Jens	ASV Sankt Augustin	GER	0:49:25	0:49:33	164	MHK	80	11:10	12:18	12:30	12:19	
417	1773	Krause Stefan	Cologne Internationals	GER	0:49:27	0:50:10	165	MHK	85	11:37	12:05	12:36	12:08	
418	2070	Reikowski Florian	*Köln	GER	0:49:27	0:50:21	166	MHK	85	12:41	12:12	12:07	11:35	
419	1747	Koch Andreas	*Lüdinghausen	GER	0:49:28	0:49:39	49	M35	71	11:21	11:41	12:17	12:56	
420	2325	Tiddens Jelle	prothetik@uk-koeln.de	GER	0:49:29	0:49:48	167	MHK	82	13:14	12:21	11:45	11:09	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
421	1099	Poloczek Christian	Central-Team	GER	0:49:31	0:49:54	54	M30	75	11:33	12:06	12:18	12:28	
422	1398	Dinslaken Dirk	Los Diegos	GER	0:49:32	0:49:37	50	M35	73	11:40	12:04	12:30	12:19	
423	2055	Quirin Carsten	KSK 740 Running-Team	GER	0:49:33	0:49:45	51	M35	71	11:27	12:01	12:34	12:26	
424	1345	Caba Martin	RFH-Team	GER	0:49:34	0:50:00	168	MHK	87	11:32	11:36	12:31	12:50	
425	1173	Thiemermann Norbert	*Weilerswist	GER	0:49:35	0:49:49	46	M45	63	11:22	12:15	12:37	12:17	
426	2412	Wiens Andreas	Strahlende Läufer	GER	0:49:35	0:50:19	55	M30	79	12:04	12:26	12:33	11:39	
427	1729	Kläsener Stephan	*Köln	GER	0:49:36	0:50:30	169	MHK	85	12:43	12:10	12:06	11:36	
428	938	Engelmann Dr. Udo H.	Urologische Uniklinik Köln	DEU	0:49:36	0:49:56	4	M60	49	11:31	12:13	12:26	12:17	
429	1389	Dettenbach Marcus	Cologne Internationals	GER	0:49:37	0:50:05	170	MHK	82	11:55	12:15	12:19	12:09	
430	2349	Vent Peter	RFH-Team	GER	0:49:40	0:50:25	171	MHK	85	12:25	12:32	12:11	11:35	
431	2300	Strauss Jörn	Laufrausch / Triathlon @ Uni K	GER	0:49:40	0:50:23	172	MHK	81	12:18	11:58	12:12	12:06	
432	1564	Hadjianghelon Alexander	prothetik@uk-koeln.de	GER	0:49:40	0:49:53	173	MHK	80	11:41	12:11	12:38	12:08	
433	1192	Weber Marc-Oliver	Kölner Bank	GER	0:49:41	0:49:59	52	M35	73	11:07	12:04	12:36	12:52	
434	2171	Schmitz Paul	RFH-Team	GER	0:49:42	0:50:11	174	MHK	85	11:48	12:12	12:54	11:57	
435	1102	Preuschhoff Winfried	Cologne Internationals	GER	0:49:45	0:49:49	2	M65	40	11:24	12:10	12:34	12:28	
436	1757	Körfggen Stephan	Stephan Körfggen	GER	0:49:49	0:50:24	63	M40	68	11:41	12:15	12:19	12:30	
437	1137	Schneider Michael	LuSch Running	GER	0:49:49	0:49:56	56	M30	78	11:06	12:49	12:33	12:10	
438	1435	Elend Christian	*Köln	GER	0:49:50	0:50:20	57	M30	77	12:05	11:59	12:20	12:21	
439	2466	Keuenhof Frank	RheinEnergie	DEU	0:49:50	0:50:44	64	M40	65	13:23	12:04	12:04	11:19	
440	2434	Wolff Mark	*Meckenheim	GER	0:49:54	0:50:18	58	M30	77	12:22	12:04	12:11	12:14	
441	1537	Gräf Matthias	SIFE Cologne	GER	0:49:57	0:50:15	175	MHK	85	11:14	12:10	12:32	12:56	
442	2081	Reuter Christian	*Hürth	GER	0:49:59	0:50:12	176	MHK	86	10:51	12:11	13:18	12:34	
443	1418	Dresing Jens	Bonn-Rhein-Sieg Runners	GER	0:50:03	0:50:12	177	MHK	84	12:08	12:15	12:30	12:13	
444	1050	Marquard Patrick	*Köln	GER	0:50:03	0:50:28	59	M30	76	11:33	12:21	12:26	12:43	
445	1493	Gatana Frank	RheinEnergie	GER	0:50:05	0:50:44	65	M40	66	11:53	12:11	12:21	12:34	
446	1619	Herrmann Oli	Cologne Internationals	GER	0:50:05	0:50:34	53	M35	70	11:55	12:07	12:27	12:28	
447	982	Hilger Michael	Formula Racing Cologne - FH Kö	GER	0:50:06	0:50:27	178	MHK	83	11:09	12:04	13:19	12:35	
447	1822	Lay Max	Kölner Mediziner	GER	0:50:06	0:50:43	178	MHK	81	12:40	11:59	12:05	12:16	
449	1483	Frohling Philipp	*Koblenz	GER	0:50:09	0:50:28	180	MHK	80	12:23	12:42	12:37	11:34	
450	2247	Shah Syed Sabeel Ahmad	Bonn-Rhein-Sieg Runners	PAK	0:50:09	0:50:50	181	MHK	83	15:48	16:01	17:00	00:00	
451	1268	Bejia Mehdi	Formula Racing Cologne - FH Kö	TUN	0:50:12	0:50:41	182	MHK	86	11:54	12:15	12:51	12:15	
451	1327	Brester Maik	Volvo Car Germany	GER	0:50:12	0:50:59	54	M35	74	12:53	12:14	12:22	11:46	
453	2043	Prentzel Carsten	*Köln	GER	0:50:12	0:50:18	60	M30	78	12:23	12:23	12:11	12:23	
454	999	Jimenez Francisco	Cologne Internationals	MEX	0:50:13	0:50:27	183	MHK	87	11:31	12:16	13:00	12:21	
455	1712	Kelberlau Felix	Bonn-Rhein-Sieg Runners	GER	0:50:13	0:50:41	184	MHK	86	12:21	12:07	12:16	12:25	
456	2419	Wilms Florian	Formula Racing Cologne - FH Kö	GER	0:50:14	0:50:43	185	MHK	81	11:54	12:16	12:51	12:10	
457	1558	Gully Torsten	Cologne Graduate School	GER	0:50:15	0:50:47	186	MHK	82	12:02	11:59	12:21	12:44	
458	2067	Reichau Sebastian	*Köln	GER	0:50:16	0:50:21	187	MHK	84	12:21	12:18	12:22	12:12	
459	1819	Lang Oliver	DAV/Sektion Köln	GER	0:50:17	0:50:22	188	MHK	87	10:55	12:05	12:49	13:24	
460	1669	Isfort Dr. Peter	*Köln	GER	0:50:18	0:51:00	61	M30	79	13:10	12:16	12:20	11:35	
461	2426	Wödy Sven	*Köln	GER	0:50:18	0:51:10	62	M30	78	12:43	12:17	12:22	11:54	
462	1477	Fricke Sebastian	Theutonia Gutsheria	GER	0:50:22	0:50:45	189	MHK	83	12:26	12:13	12:21	12:20	
463	2399	Wener Andreas	Ökumene Lindenthal	GER	0:50:23	0:50:48	23	M50	58	12:40	12:15	12:12	12:15	
464	1185	Vieten Boris	SIFE Cologne	GER	0:50:23	0:50:49	190	MHK	84	11:20	12:10	13:22	12:21	
465	1871	Losigkeit Alexander	Team Leistungsstörung	GER	0:50:24	0:50:45	191	MHK	83	12:12	11:43	12:53	12:32	
466	1104	Prinzen Christoph	SIFE Cologne	GER	0:50:24	0:50:49	192	MHK	84	11:20	12:10	13:22	12:22	
467	1378	Demuth Manuel	*Köln	GER	0:50:24	0:51:24	193	MHK	80	12:42	12:15	12:34	11:51	
468	1586	Haug Achim	*Köln	GER	0:50:25	0:50:43	63	M30	79	12:33	12:45	12:11	11:57	
469	1279	Berners Karl-Peter	*Schleiden	GER	0:50:26	0:50:44	24	M50	59	11:48	12:26	12:34	12:29	
470	1392	Dick Michael	Die Kassierer	GER	0:50:28	0:50:47	194	MHK	86	11:00	11:57	13:01	13:30	
471	79	Raabe Martin	JU Köln www.jukoeln.de		0:50:28	0:50:36	195	MHK	85	11:22	12:16	12:52	12:53	
472	1744	Knopp Maurice	*Köln	GER	0:50:29	0:51:03	196	MHK	84	11:41	12:05	12:39	12:57	
473	2373	Voswinkel Thomas	Cologne Internationals	GER	0:50:29	0:50:38	197	MHK	83	11:14	12:05	12:59	13:13	
474	1069	Nierhoff Boris	*Köln	GER	0:50:31	0:50:57	66	M40	69	11:06	12:11	13:22	12:41	
475	1471	Fokken Matthias	*Köln	GER	0:50:31	0:50:33	198	MHK	80	11:25	12:09	13:06	12:53	
476	1066	Neumann Conrad	Cologne Internationals	GER	0:50:34	0:50:48	199	MHK	80	10:59	11:45	12:37	14:03	
477	952	Friend Tristan	*Köln	GBR	0:50:34	0:50:49	200	MHK	82	11:27	12:22	13:15	12:33	
478	1424	Duikers Patrick	*Köln	GER	0:50:35	0:51:02	47	M45	61	12:21	12:14	12:28	12:27	
479	1494	Gattner Marius	Rastlose Rennschnecken	GER	0:50:36	0:50:56	55	M35	72	12:46	12:05	12:16	12:22	
480	1314	Boms Ronny	AXA H1	GER	0:50:36	0:51:18	56	M35	74	12:54	12:38	12:02	11:58	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
481	2376	Wächter Klaus	Formula Racing Cologne - FH Kö	GER	0:50:37	0:51:06	201	MHK	86	12:44	12:37	12:31	11:41	
481	1979	Nicolai Lars	FSV Nauendorf 1896	GER	0:50:37	0:50:53	201	MHK	85	11:49	12:28	12:41	12:32	
483	2310	Susewind Axel	KSK 740 Running-Team	GER	0:50:38	0:50:48	57	M35	72	12:03	12:22	12:51	12:22	
484	1257	Becker Heinrich	*Köln	GER	0:50:42	0:50:48	10	M55	53	11:28	12:18	12:43	12:59	
485	2338	Ulbrich Sven	Dynamo Dauerregen - Mitläufer	GER	0:50:43	0:51:53	203	MHK	82	12:48	12:17	12:31	12:09	
486	1310	Börger Christian	*Köln	GER	0:50:43	0:51:36	204	MHK	85	11:54	13:07	13:28	11:16	
487	1221	Althaus Timo	*Köln	GER	0:50:47	0:51:35	205	MHK	81	12:54	12:08	12:26	12:07	
487	1260	Becker Max	*Köln	GER	0:50:47	0:51:34	64	M30	78	12:26	12:24	12:57	11:56	
489	2086	Richmann Stefan	Team OSCAR GmbH	GER	0:50:48	0:51:01	206	MHK	80	12:17	12:20	12:48	12:21	
490	1463	Fiedler Stefan	SSK Kerpen	GER	0:50:52	0:51:07	25	M50	58	12:11	12:22	12:35	12:41	
491	1961	Müller Harald	SSK Kerpen	GER	0:50:53	0:51:05	67	M40	68	12:08	12:21	12:35	12:44	
492	1684	Jokisch Sven	*Bonn	GER	0:50:53	0:51:12	68	M40	69	12:25	12:14	12:30	12:34	
493	1226	Andernach Helmut	Cologne Internationals	GER	0:50:54	0:51:15	11	M55	50	12:01	12:25	12:46	12:29	
494	1309	Böllecke Christian	Cologne Internationals	GER	0:50:54	0:51:16	207	MHK	83	11:32	12:24	12:57	12:55	
495	1163	Struch Oliver	not	GER	0:50:54	0:50:54	65	M30	79	13:45	12:11	12:28	11:30	
496	1091	PERE Jean	*Köln	FRA	0:50:59	0:51:26	208	MHK	80	11:32	12:27	13:05	12:49	
497	1677	Jansen Sven	Bananarama	GER	0:51:03	0:51:08	209	MHK	84	11:16	12:09	13:13	13:18	
498	1223	Altmann Alexander	Die Jecken	GER	0:51:04	0:51:55	58	M35	74	13:01	12:32	12:29	12:10	
499	1976	Neuhaus Stefan	Cologne Internationals	GER	0:51:05	0:51:30	66	M30	77	13:31	12:36	12:18	11:40	
500	1368	Coutelle Oliver	Stephan Körfgen	GER	0:51:06	0:51:41	59	M35	71	12:30	12:43	12:40	12:12	
501	1918	Menne Georg	*kÖLN	GER	0:51:08	0:51:22	26	M50	58	11:43	12:22	12:56	12:56	
502	2326	Tiggemann Dr. Daniel	Dynamo Dauerregen - Mitläufer	GER	0:51:10	0:52:20	60	M35	74	12:41	12:35	12:28	12:21	
503	1361	Clausen Hans	Die Kassierer	GER	0:51:10	0:51:26	210	MHK	86	11:12	12:08	13:12	13:28	
504	1738	Kloos Manuel	*Leverkusen	GER	0:51:10	0:52:15	211	MHK	82	12:52	12:26	12:30	12:12	
505	2276	Sprenger Jörg	AG Schwarz	GER	0:51:11	0:51:49	67	M30	78	12:35	12:22	12:35	12:35	
506	2356	Villa Davide	prothetik@uk-koeln.de	GER	0:51:12	0:51:49	212	MHK	81	12:55	12:05	12:24	12:30	
507	1391	Di Blasio Dr. Antonio	LG Hüftschiefstand	ITA	0:51:12	0:51:53	68	M30	77	12:37	12:33	12:36	12:30	
508	2235	Seewald Andre	*Köln	GER	0:51:13	0:51:29	213	MHK	81	12:21	12:30	12:41	12:33	
509	1787	Kruczynski Philipp	*Köln	GER	0:51:14	0:51:29	214	MHK	81	12:22	12:30	12:41	12:33	
510	2261	Söhnchen Johannes	Urologische UniKlinik Köln	GER	0:51:15	0:51:36	215	MHK	84	12:35	12:26	12:52	12:16	
511	1916	Mengler Till	*Aachen	GER	0:51:16	0:51:29	216	MHK	83	12:17	12:37	12:42	12:31	
512	1873	Lotze Frank	Deutsche Post AG	GER	0:51:16	0:51:30	61	M35	73	12:27	12:20	12:32	12:48	
513	2213	Schulte Philipp	RFH-Team	GER	0:51:16	0:51:40	69	M30	76	12:39	12:25	12:33	12:32	
514	1355	Chaudhary Kaiser	*Köln	GER	0:51:17	0:52:04	70	M30	79	12:24	12:22	13:00	12:29	
514	2032	Pohlmann Jan	*Köln	GER	0:51:17	0:52:05	70	M30	79	12:59	12:50	12:25	11:57	
516	1665	Irmer Prof. Udo	*Köln	GER	0:51:19	0:51:31	48	M45	62	11:52	12:09	12:49	13:17	
517	43	Sindelar Peter	Uni Duisburg Essen	GER	0:51:20	0:51:30	69	M40	65	10:47	12:48	14:13	12:20	
518	1306	Böckler Sven	Bonn-Rhein-Sieg Runners	GER	0:51:21	0:51:54	217	MHK	83	13:04	12:19	12:21	12:41	
519	1574	Hansen Nikolas	hüächa!	GER	0:51:22	0:52:15	218	MHK	85	11:52	12:17	12:54	13:20	
520	1419	Drücker Julian	RFH-Team	GER	0:51:22	0:51:49	219	MHK	85	12:44	12:13	12:42	12:32	
521	1482	Fröhlich Tim	*Aachen	GER	0:51:26	0:52:17	220	MHK	88	12:55	12:39	12:48	12:03	
522	2159	Schmidt Daniel	Kölner Bank	GER	0:51:29	0:52:01	2	MJB	93	12:47	11:55	13:02	12:44	
523	1319	Bosau Christian	Dissonanzdüsen	GER	0:51:33	0:52:19	72	M30	75	13:46	12:07	12:18	12:15	
524	1996	Orhan Cagdas	Laufclub Köln lrh. 06	GER	0:51:36	0:52:37	221	MHK	84	13:35	12:26	12:26	12:03	
525	1614	Herhaus Tim	*Köln	GER	0:51:37	0:52:02	222	MHK	87	12:09	12:36	12:54	12:54	
526	1868	Lohmann Stefan	*Köln	GER	0:51:40	0:52:30	223	MHK	83	12:53	12:07	12:27	13:00	
527	1250	Bauduin Daniel	*Köln	GER	0:51:41	0:52:39	224	MHK	85	14:29	12:16	12:00	11:53	
528	1491	Gammel Stephan	Formula Racing Cologne - FH Kö	GER	0:51:42	0:52:13	225	MHK	82	12:06	12:38	12:50	13:07	
529	1247	Barisch Jannis	Kölner Bank	GER	0:51:42	0:52:15	226	MHK	86	12:32	12:26	12:57	12:37	
530	1622	Herz Alexander	PIRONET NDH AG	GER	0:51:44	0:52:10	70	M40	69	12:30	12:51	12:44	12:36	
531	2162	Schmidt Dr. Jörg	Berufsfeuerwehr Köln	GER	0:51:46	0:51:51	62	M35	71	11:22	12:41	13:22	13:14	
532	1671	Jaeger Jens	Kölner Mediziner	GER	0:51:48	0:52:14	227	MHK	86	12:21	12:44	12:34	13:00	
533	2165	Schmidt Thomas	Dynamo Dauerregen - Mitläufer	GER	0:51:48	0:52:55	228	MHK	86	13:58	13:10	12:19	11:20	
534	1956	Müller Björn	RheinEnergie	GER	0:51:50	0:52:04	63	M35	73	12:32	13:21	12:45	12:09	
535	1376	Deicke Karsten	1. FC Kaiserslautern	GER	0:51:51	0:51:58	64	M35	71	11:54	12:39	13:07	13:02	
536	2252	Siggia Fabian	*Köln	GER	0:51:53	0:52:16	6	MJA	90	11:29	11:42	13:31	13:55	
537	2375	Wack Dr. Johannes	*Köln	GER	0:51:53	0:52:06	65	M35	73	12:39	12:46	12:54	12:39	
538	1876	Ludwig Steffen	Team Erdinger Alkoholfrei	GER	0:51:58	0:51:58	73	M30	75	20:04	10:13	10:06	10:39	
539	1160	Steinke Gerhard	---	GER	0:51:59	0:52:22	3	M65	42	12:13	12:44	13:00	12:51	
540	1347	Carbó González Giraldo	Keine	GER	0:52:00	0:52:02	49	M45	63	11:21	12:27	13:31	13:39	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
541	1696	Kahle Tim	DJK Südwest Köln	GER	0:52:01	0:53:04	229	MHK	84	13:17	12:41	12:32	12:25	
542	1662	Humpesch Michael	Los Diegos	GER	0:52:02	0:52:20	74	M30	76	11:55	12:29	13:01	13:26	
543	2275	Sponagel Tobias	*frechen	GER	0:52:02	0:52:34	230	MHK	89	12:27	12:51	12:47	12:46	
544	1576	Happle Jan	*Köln	GER	0:52:03	0:52:26	231	MHK	82	11:31	12:16	13:58	13:14	
545	1459	Feldhoff Tobias	*Langerwehe	GER	0:52:04	0:52:58	232	MHK	83	12:43	12:25	13:03	12:52	
546	1616	Hermansen Klaus	Kölner Bank	GER	0:52:07	0:52:25	50	M45	60	11:54	12:24	12:59	13:33	
547	1901	Matheja Christoph	*Köln	GER	0:52:07	0:52:20	233	MHK	80	12:34	13:07	13:42	11:54	
548	0	Unbekannt DY4COCT			0:52:08	0:52:19	0	M		11:46	12:25	13:10	13:36	
549	1942	Möller Markus	*Köln	GER	0:52:10	0:52:34	75	M30	78	12:45	12:44	12:54	12:46	
550	1254	Baysal Umut	prothetik@uk-koeln.de	GER	0:52:12	0:52:31	234	MHK	81	12:49	13:36	12:52	11:57	
551	1168	Szymczak Michael	Formula Racing Cologne - FH Kö	GER	0:52:14	0:52:35	76	M30	79	11:12	12:40	13:39	13:30	
552	2108	Roloff Joachim	Cologne Internationals	GER	0:52:15	0:52:40	51	M45	64	12:38	12:34	12:52	13:06	
553	2298	Strater Klaus	Ökumene Lindenthal	GER	0:52:17	0:52:28	52	M45	60	12:07	12:40	13:07	13:14	
554	1839	Lex Christian	SV Klinkum	GER	0:52:18	0:52:43	235	MHK	82	12:44	13:03	12:48	12:35	
555	2222	Schwaitzer Andreas	Dynamo Dauerregen - Mitläufer	GER	0:52:18	0:52:38	71	M40	68	12:28	12:44	13:03	12:57	
556	1396	Dimt Jonas	*Schwalmtal	GER	0:52:21	0:53:16	236	MHK	86	13:06	12:24	13:08	12:39	
557	100	Reinarz Walter	KVB Marathon-Team	DEU	0:52:22	0:52:25	27	M50	57	11:52	12:57	13:24	13:00	
558	1346	Calenberg Dr. Michael	run Arabidopsis run	GER	0:52:28	0:52:37	53	M45	64	11:58	12:47	13:18	13:21	
559	1838	Lescow Benjamin	*Köln	GER	0:52:28	0:53:33	237	MHK	83	13:39	13:03	12:53	11:54	
560	1448	Espert Valentin	Cologne Internationals	GER	0:52:28	0:52:38	238	MHK	83	12:27	12:44	13:06	13:01	
560	2337	Uhlig David	Bonn-Rhein-Sieg Runners	GER	0:52:28	0:52:47	238	MHK	83	12:20	12:50	13:02	13:13	
562	1923	Meyer Bernhard	*Bonn	GER	0:52:29	0:53:02	12	M55	54	12:20	12:49	13:14	12:56	
563	1699	Kaplancan Zeki	*Köln	TUR	0:52:32	0:53:23	240	MHK	87	15:53	12:14	11:52	11:30	
564	2437	Wüst Hans Werner	*Köln	GER	0:52:33	0:52:41	13	M55	50	11:50	12:58	13:12	13:17	
565	1348	Casari Usama	Central-Team	GER	0:52:34	0:52:37	77	M30	76	12:12	13:02	13:21	12:53	
566	2315	Tegtmeier Jörn	*Köln	GER	0:52:39	0:53:33	66	M35	73	13:18	12:48	12:55	12:39	
567	2329	Tomson Christian	*Köln	GER	0:52:40	0:53:45	67	M35	72	12:29	12:46	13:05	13:20	
568	1657	Hübner André	*Köln	GER	0:52:42	0:53:20	241	MHK	80	12:52	12:48	13:09	12:53	
569	1630	Heyder Felix	R(ennen) F(eiern) H(eizen)	GER	0:52:43	0:53:43	242	MHK	83	13:43	13:04	12:41	12:18	
569	1749	Koch Eckehard	Plegedienst Sonnenschein	GER	0:52:43	0:52:55	5	M60	49	12:32	12:51	13:04	13:10	
571	1413	Donsbach Horst	*Köln	GER	0:52:46	0:53:32	14	M55	54	12:41	12:36	12:56	13:18	
572	1793	Krupke Sascha	*Köln	GER	0:52:47	0:52:59	243	MHK	84	12:40	12:57	13:10	12:58	
573	2369	Von Leitner Axel	Team OSCAR GmbH	GER	0:52:48	0:53:03	244	MHK	85	12:27	12:57	13:05	13:07	
574	2424	Witte Philip	*Köln	GER	0:52:48	0:53:34	245	MHK	80	12:51	12:51	13:03	12:51	
575	1485	Froitzheim Bernhard	Cologne Internationals	GER	0:52:49	0:53:48	246	MHK	85	12:03	12:29	13:22	13:46	
576	1234	Austermann Reinhard	Lauffreunde Bergerstraße	GER	0:52:51	0:53:51	54	M45	61	13:03	13:02	12:59	12:46	
577	1588	Haußmann Michael	*Köln	GER	0:52:52	0:52:58	68	M35	74	12:12	12:42	13:29	13:12	
578	1850	Lindenberg Ronny	*Köln	GER	0:52:52	0:53:24	78	M30	78	13:05	12:47	13:00	12:45	
579	2242	Selman Senad	AXA H1	GER	0:52:55	0:53:38	69	M35	73	13:54	12:53	12:41	12:25	
580	1539	Graf Matthias	RelaxRunners	GER	0:52:57	0:53:57	79	M30	76	13:25	12:22	12:50	13:06	
581	0	Graf Mathias		DEU	0:52:58	0:53:57	80	M30	76	13:26	12:22	12:50	13:05	
582	2200	Schreier Hans-Georg	KölnerKultur&SpaßGesellschaft	GER	0:53:00	0:53:32	247	MHK	81	13:21	12:35	13:01	12:56	
583	1579	Hardt Remo	Bonn-Rhein-Sieg Runners	GER	0:53:01	0:53:37	248	MHK	83	12:47	12:20	13:01	13:45	
583	1582	Hasper Dr. Jens	Strahlende Läufer	GER	0:53:01	0:53:43	248	MHK	81	14:53	12:48	12:49	11:33	
585	2416	Wilden Thomas	KölnerKultur&SpaßGesellschaft	GER	0:53:01	0:53:33	250	MHK	80	13:22	12:34	13:01	12:56	
586	2440	Wurda Werner	SC Fortuna Köln	GER	0:53:02	0:54:03	55	M45	60	12:51	12:46	13:11	13:06	
587	2040	Pospichal Bernhard	Dynamo Dauerregen - Mitläufer	AUT	0:53:04	0:54:11	81	M30	79	12:52	12:44	13:04	13:16	
588	2290	Stens Jan-Hendrik	domradio	GER	0:53:08	0:53:57	82	M30	77	12:33	12:07	13:01	14:06	
589	1504	Gemmel Stephan	*Köln	GER	0:53:08	0:53:17	28	M50	58	12:09	12:45	13:31	13:31	
590	2004	Palmisano Daniele	Urologische UniKlinik Köln	GER	0:53:10	0:53:32	251	MHK	81	12:50	12:48	13:23	13:06	
591	1829	Lehnen Markus	*Hürth-Efferen	GER	0:53:10	0:53:32	252	MHK	86	12:07	12:46	13:40	13:27	
592	1271	Benazzouz Jamin	*Köln	GER	0:53:10	0:54:16	253	MHK	83	13:39	13:03	12:53	12:29	
593	1453	Ewert Stefan	KSK 740 Running-Team	GER	0:53:14	0:53:23	83	M30	77	12:05	12:54	13:40	13:31	
594	1000	Jörs Dr Sebastian	VDG Cologne	GER	0:53:15	0:53:37	254	MHK	83	11:21	12:55	13:52	13:56	
595	1356	Chitoui Said	Team OSCAR GmbH	GER	0:53:15	0:53:31	84	M30	76	12:29	12:53	13:08	13:26	
596	1780	Kretz Michael	THW Köln	GER	0:53:17	0:53:39	255	MHK	80	12:13	12:57	13:25	13:32	
597	1324	Brede Oliver	Die Spakkos und Madeleine	GER	0:53:20	0:53:54	256	MHK	82	12:31	13:01	13:26	13:17	
598	2073	Reiz Stefan Dan	prothetik@uk-koeln.de	GER	0:53:21	0:53:33	257	MHK	85	12:28	13:14	13:29	13:09	
599	2268	Speer Johannes	Theutonia Gutsheria	GER	0:53:24	0:54:13	258	MHK	82	14:04	13:04	12:49	12:25	
600	1524	Glüer-Beinke Christoph	Theutonia Gutsheria	GER	0:53:24	0:54:13	259	MHK	83	14:04	13:04	12:49	12:25	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
601	1900	Matakas Prof. Frank	Laktatkönige	GER	0:53:25	0:53:34	2	M70	39	12:40	12:59	13:15	13:15	
602	1899	Masurek Andreas	Rheinischer Waffenring zu Köln	GER	0:53:25	0:53:47	260	MHK	85	13:35	12:48	13:09	12:49	
603	1708	Kehr Michael	RheinEnergie	GER	0:53:25	0:54:03	261	MHK	85	12:45	12:31	13:18	13:46	
604	2075	Reklat Andre	Kölner Mediziner	GER	0:53:26	0:53:49	262	MHK	81	11:48	13:21	13:47	13:18	
605	1013	Kluge Lars	*Burscheid	GER	0:53:27	0:53:38	263	MHK	86	11:04	12:22	13:57	14:41	
606	1238	Backhaus Jan	Formula Racing Cologne - FH Kö	GER	0:53:29	0:53:59	264	MHK	86	13:18	13:13	13:17	12:41	
607	2178	Schneiders Oliver	Rheinischer Waffenring zu Köln	GER	0:53:30	0:53:53	265	MHK	83	13:20	13:12	13:16	12:35	
608	1357	Christ Philipp	OC-Köllefortia	GER	0:53:32	0:53:37	266	MHK	83	11:26	13:01	13:53	14:03	
609	1546	Grimm Manfred	1. Kölner Laufstall	GER	0:53:34	0:53:48	56	M45	62	11:30	12:47	13:11	15:03	
610	2312	Switek Till	prothetik@uk-koeln.de	GER	0:53:35	0:54:13	267	MHK	81	12:55	13:01	13:46	12:49	
611	1369	Cremer Sebastian	cjd Frechen	GER	0:53:36	0:54:06	268	MHK	89	12:29	12:52	13:06	13:50	
612	2436	Wu Jui Sun	*Köln	LUX	0:53:36	0:53:59	269	MHK	87	13:17	12:46	13:09	13:22	
613	1407	Dörner Christian	OC-Köllefortia	GER	0:53:37	0:53:42	270	MHK	81	12:28	13:05	13:38	13:26	
614	2134	Schaller Norman	*Huerth	GER	0:53:37	0:54:06	85	M30	76	13:09	12:46	13:15	13:15	
615	1948	Moisa Olaf	Run of Colours	GER	0:53:39	0:54:14	72	M40	67	13:34	12:57	13:15	12:46	
616	1557	Günther Thomas	OC-Köllefortia	GER	0:53:41	0:53:47	271	MHK	82	12:29	13:05	13:38	13:23	
617	1514	Geuer Martin	LG Hüftschiefstand	GER	0:53:41	0:54:23	272	MHK	82	12:58	13:03	13:16	13:15	
618	2362	Vogler Wolfgang	Mehr Demokratie e.V.	GER	0:53:42	0:54:42	6	M60	49	15:04	14:44	08:02	14:36	
619	2318	Teutsch Uwe	*Erfstadt	GER	0:53:42	0:54:02	57	M45	63	12:38	13:05	13:18	13:24	
619	1675	Janocha Benjamin	prothetik@uk-koeln.de	GER	0:53:42	0:54:00	273	MHK	87	12:59	12:41	13:24	13:29	
621	2121	Sälzer Daniel	prothetik@uk-koeln.de	GER	0:53:43	0:54:00	274	MHK	87	12:59	12:41	13:24	13:29	
622	2018	Pieper Gereon	*Köln	GER	0:53:43	0:53:56	275	MHK	82	12:36	13:06	13:42	13:07	
623	1710	Keil Alexander	RheinEnergie	DEU	0:53:47	0:54:03	29	M50	58	12:52	12:40	13:06	13:53	
624	2206	Schubert Malte	*Köln	GER	0:53:48	0:54:41	276	MHK	86	11:53	13:07	13:42	13:49	
625	1820	Langen Michael	*Pulheim	GER	0:53:49	0:54:16	70	M35	72	13:26	13:05	13:02	13:16	
626	2265	Sommer Stefan	Kölnische Rundschau	DEU	0:53:49	0:53:59	30	M50	57	12:13	12:53	13:33	13:56	
627	1605	Heise Christian	Rheinischer Waffenring zu Köln	GER	0:53:52	0:54:16	277	MHK	82	13:22	13:10	13:17	12:50	
628	1335	Bruyneel Dr Bart	Strahlende Läufer	GER	0:53:56	0:54:16	71	M35	74	11:56	12:45	13:53	14:03	
629	2146	Schindele Andreas	*Köln	GER	0:53:59	0:54:40	86	M30	79	13:43	12:46	13:24	12:58	
630	1905	Maul Andreas	Just Fit LUX	GER	0:53:59	0:54:12	73	M40	66	13:21	13:11	13:09	13:14	
631	2207	Schürholz Georg	*Köln	GER	0:54:00	0:54:40	278	MHK	84	13:44	12:46	13:25	12:58	
632	1621	Herweg Jens	AG Schwarz	GER	0:54:02	0:55:04	87	M30	78	13:16	12:48	13:33	13:29	
633	2386	Webers Ronald	*Köln	GER	0:54:03	0:54:17	72	M35	73	12:10	12:30	13:41	14:35	
634	2360	Vogel Markus	*Köln	GER	0:54:03	0:54:15	88	M30	76	12:49	13:25	13:21	13:24	
635	1292	Bierke Thomas	Der späte Wurm entgeht d Sturm	GER	0:54:04	0:54:28	89	M30	79	14:06	13:53	12:54	12:08	
636	1322	Braun Florian	JU Köln www.jukoeln.de	GER	0:54:07	0:54:29	279	MHK	89	11:22	12:20	13:36	15:50	
637	1451	Etemadalsoltani Ali	*Koeln	GER	0:54:08	0:54:28	74	M40	67	13:00	13:31	13:38	12:56	
638	2259	Smith Patrick	*Köln	GER	0:54:09	0:55:05	280	MHK	83	13:18	13:50	13:13	12:44	
639	2011	Petermann Christian	*Köln	GER	0:54:10	0:55:11	281	MHK	86	12:59	13:03	13:57	13:08	
640	1609	Helmstädter Dr. Victor	*Köln	GER	0:54:11	0:54:53	90	M30	77	13:40	13:34	13:21	12:39	
641	1535	Goy Philipp	KölnerKultur&SpaßGesellschaft	GER	0:54:13	0:54:45	282	MHK	82	13:49	13:19	12:58	13:01	
642	2258	Smarsly Thomas	*Lindlar	GER	0:54:13	0:54:53	283	MHK	81	13:35	12:42	13:12	13:41	
643	1363	Cogel Dr. Berthold	Laufrausch / Triathlon @ Uni K	GER	0:54:14	0:54:55	58	M45	61	14:15	13:23	12:55	12:36	
644	2096	Rizzon Patrick J.	LG Hüftschiefstand	GER	0:54:16	0:54:58	284	MHK	81	12:59	13:06	13:38	13:24	
645	1317	Borkenhagen Robert	Die zarten Meerjungfrauen	GER	0:54:17	0:55:15	285	MHK	83	13:18	12:57	13:38	13:29	
646	1359	Christoph Stefan	*Köln	GER	0:54:18	0:54:52	91	M30	78	12:59	12:58	13:29	13:43	
647	1990	Odenthal Andreas	Urologische UniKlinik Köln	GER	0:54:20	0:54:29	92	M30	79	12:24	12:53	13:51	13:57	
648	1960	Müller Gregor	Valium i.V.	GER	0:54:21	0:54:36	59	M45	64	13:10	13:17	13:26	13:16	
649	2017	Pickhard Holger	Point One Runners	GER	0:54:28	0:55:29	60	M45	64	13:53	13:15	13:22	12:51	
650	1443	Endres Janis	Strahlende Läufer	GER	0:54:29	0:55:12	286	MHK	82	14:53	12:48	12:48	12:53	
651	1394	Dietrich Markus	MitUns	GER	0:54:29	0:54:40	75	M40	66	11:55	13:19	14:10	13:50	
652	1633	Hilger Timo	Cologne Internationals	GER	0:54:30	0:55:11	287	MHK	82	13:47	13:35	13:29	12:31	
653	2406	Wichter Philipp	*Köln	GER	0:54:32	0:54:51	93	M30	78	12:44	13:27	13:37	13:31	
654	2330	Trabler Michael	Run of Colours	GER	0:54:33	0:55:09	76	M40	67	13:06	13:11	13:29	13:34	
655	2231	Schwiperich Werner	RheinEnergie	GER	0:54:36	0:54:50	77	M40	67	12:47	13:43	13:32	13:26	
656	1700	Karcher Kris	Cologne Internationals	GER	0:54:36	0:55:11	288	MHK	85	12:51	13:18	13:26	13:57	
657	1655	Hortmann Clemens	Theutonia Gutsheria	GER	0:54:38	0:55:02	289	MHK	86	12:50	13:09	13:49	13:39	
658	2319	Thiebes Markus	*Köln	GER	0:54:38	0:54:56	78	M40	69	12:53	13:12	14:07	13:13	
659	2022	Pirch Timo	Hase und Igel	GER	0:54:42	0:55:02	94	M30	75	13:46	13:32	13:23	13:00	
660	1599	HEINEN-SCHUERMAN	*köln	GER	0:54:42	0:55:10	31	M50	59	13:43	13:04	13:36	13:17	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
661	1220	Altehenger Tobias	SV Adler Dellbrück 1922 e.V.	GER	0:54:43	0:55:07	290	MHK	87	12:46	13:02	14:05	13:43	
662	2204	Schrennen Martin	*Overah	GER	0:54:43	0:55:18	61	M45	62	13:02	13:02	13:30	13:56	
663	661	Makbule Polat	Valium i.V.	GER	0:54:44	0:55:13	73	M35	72	13:43	13:04	13:36	13:17	
664	1648	Holbein Simon	Cologne Internationals	GER	0:54:45	0:55:49	291	MHK	86	13:44	13:44	14:01	12:20	
665	2226	Schwarz Prof. Guenter	AG Schwarz	GER	0:54:46	0:55:46	74	M35	70	13:17	12:38	13:43	13:54	
666	1352	Chantelauze Marc	Dynamo Kaiser	GER	0:54:46	0:55:48	292	MHK	84	14:50	13:36	13:14	11:59	
667	2087	Richter Hendrik	hüächa!	GER	0:54:47	0:55:14	293	MHK	85	11:54	13:02	14:09	14:37	
668	1867	Lohmer David	Formula Racing Cologne - FH Kö	GER	0:54:50	0:55:20	294	MHK	83	14:00	13:37	13:31	12:38	
669	2320	Thielscher Andreas	Central-Team	GER	0:54:50	0:55:26	95	M30	76	12:57	13:33	13:53	13:21	
670	1441	Enderichs Christian	*Köln	GER	0:54:56	0:55:36	295	MHK	83	13:47	13:35	13:29	12:54	
671	1552	Grünke Matthias	FSL - jetzt aber schnell!	GER	0:54:56	0:55:49	79	M40	69	13:51	13:27	13:38	12:53	
672	1243	Ballwieser Peter	-	GER	0:54:57	0:55:12	80	M40	66	13:15	13:27	13:48	13:23	
672	1935	Sevilla Villalba Miguel	*Köln	ECU	0:54:57	0:55:12	62	M45	64	13:16	13:26	13:47	13:23	
674	1367	Courtpozanis Philipp	RFH-Team	GER	0:54:58	0:55:29	296	MHK	87	12:39	12:39	13:52	14:33	
675	1581	Hartmann Jan Philipp	RFH-Team	GER	0:54:59	0:55:31	297	MHK	85	12:52	13:23	14:18	13:17	
676	2051	Püttner Klaus	RheinEnergie	DEU	0:55:00	0:55:15	63	M45	61	12:52	13:33	13:36	13:42	
677	2156	Schmelting René	Team Leistungsstörung	GER	0:55:04	0:55:27	298	MHK	83	12:39	13:35	14:02	13:31	
678	1568	Hahn Valerian	*Köln	GER	0:55:07	0:56:08	299	MHK	88	12:57	13:01	13:51	14:01	
679	2098	Rodig Lauritz	Formula Racing Cologne - FH Kö	GER	0:55:08	0:55:38	300	MHK	86	13:08	13:01	14:06	13:35	
680	1917	Menn Andreas	KölnerKultur&SpaßGesellschaft	GER	0:55:08	0:55:41	301	MHK	81	13:58	14:14	13:21	12:27	
681	1429	Eggert Henning	*Köln	GER	0:55:10	0:55:22	96	M30	77	12:57	13:45	13:46	13:37	
682	2132	Schaarschmidt Christian	Cologne Internationals	GER	0:55:10	0:55:46	302	MHK	80	12:57	13:30	13:54	13:41	
683	1672	Jäger Sebastian	iRun	GER	0:55:10	0:55:31	303	MHK	85	11:58	13:23	14:23	14:09	
684	2197	Schorn Stephan	VfL Kommern	GER	0:55:14	0:56:11	97	M30	75	13:06	13:26	13:43	13:52	
685	1231	Apel Georg	*Leverkusen	GER	0:55:14	0:55:33	98	M30	78	13:34	13:36	13:37	13:19	
686	1818	Landzidel Andreas	JU Köln www.jukoeln.de	GER	0:55:16	0:55:59	304	MHK	86	12:25	13:35	14:09	13:53	
687	2384	Weber Johannes	Volvo Car Germany	GER	0:55:18	0:56:06	99	M30	79	13:49	13:54	13:34	12:56	
688	1703	Kaschani Dr. Farnusch	*Köln	GER	0:55:18	0:56:06	75	M35	74	13:10	13:17	13:46	13:54	
689	1726	Kischelewski Sven	*Kamen	GER	0:55:19	0:55:41	100	M30	75	14:09	13:50	13:16	12:55	
690	2297	Stommel Martin	Michael Verhoeven	GER	0:55:24	0:55:53	305	MHK	87	13:42	13:48	13:36	13:21	
691	2352	Verhoeven Michael	Michael Verhoeven	GER	0:55:25	0:55:53	101	M30	79	13:57	14:28	13:12	12:47	
692	1776	Kreiß Thomas	LT Bonn-Röttgen	GER	0:55:25	0:56:09	32	M50	58	13:31	13:07	13:23	14:09	
693	2288	Steinbrecher Meik	Run of Colours	GER	0:55:25	0:56:02	76	M35	70	13:14	13:05	13:44	14:16	
694	1559	Gultsch Stephan	*Köln	GER	0:55:26	0:56:00	64	M45	60	14:05	13:36	13:28	13:07	
695	1506	Gerke Prof. Dr. Jürgen	-	GER	0:55:27	0:55:29	7	M60	46	12:25	13:34	14:24	13:46	
696	2088	Richter Jens	JU Köln www.jukoeln.de	GER	0:55:27	0:55:50	306	MHK	80	14:16	14:04	13:23	12:40	
697	1814	Labsch Stephan	KölnerKultur&SpaßGesellschaft	GER	0:55:31	0:56:05	307	MHK	81	14:56	13:40	12:47	12:58	
698	1781	Kretzmann Christian	Die nackte Meile	GER	0:55:33	0:55:53	308	MHK	87	12:48	13:26	14:11	13:58	
699	1963	Müller Jens	Stadtwerke-Konzern Köln	GER	0:55:33	0:56:31	81	M40	66	12:49	12:50	13:56	14:43	
700	2061	Raßkopf Jan	Formula Racing Cologne - FH Kö	GER	0:55:35	0:56:06	309	MHK	82	13:14	13:15	13:56	13:53	
701	2410	Wienand Dirk	*Pulheim	GER	0:55:36	0:56:03	77	M35	74	13:21	13:42	13:39	13:44	
702	1527	Göring Matthias	*Bonn	GER	0:55:42	0:56:34	310	MHK	80	13:41	13:34	13:53	13:26	
703	2205	Schröer Johannes	domradio	GER	0:55:43	0:56:33	65	M45	63	15:08	13:48	13:42	12:02	
704	2311	Swiecki Steven	*Köln	GER	0:55:44	0:56:08	311	MHK	87	13:44	13:48	13:53	13:18	
705	2106	Rohr Michael	Theutonia Gutsheria	GER	0:55:45	0:56:34	312	MHK	85	14:03	13:05	13:18	13:59	
706	1555	Gudat Guido	Altes Stellwerk Hoffnungsthal	GER	0:55:46	0:55:58	66	M45	60	12:49	13:54	14:03	13:49	
707	2381	Walter Ralf	domradio	GER	0:55:48	0:56:36	78	M35	73	13:22	13:39	13:46	13:53	
708	2357	Vlaho Pirmin	Laufrausch / Triathlon @ Uni K	GER	0:55:51	0:56:36	102	M30	76	14:11	13:47	13:40	13:09	
709	2438	Wüstenhagen Jörg	*Köln	GER	0:56:02	0:56:48	79	M35	70	12:53	13:28	14:02	14:24	
710	2274	Spix Matthias	*Köln	GER	0:56:03	0:56:13	313	MHK	82	12:44	13:51	14:15	14:08	
711	2221	Schwaderlapp Gregor	Cologne Internationals	GER	0:56:03	0:56:32	103	M30	76	13:23	13:15	13:36	14:39	
712	2170	Schmitter Jörg	RheinEnergie	GER	0:56:08	0:56:56	82	M40	69	14:12	13:47	13:50	13:11	
713	2260	Sobetzko Christian	*Köln	GER	0:56:09	0:56:49	314	MHK	82	12:56	12:54	14:24	14:53	
714	1433	Ekman Matthias	Golden Boys	GER	0:56:10	0:56:36	315	MHK	84	13:56	14:07	13:50	13:05	
715	2403	Wessel Jan	Golden Boys	GER	0:56:11	0:56:36	316	MHK	84	13:56	14:07	13:50	13:05	
716	1813	Laarmann Gregor	RheinEnergie	GER	0:56:13	0:57:01	83	M40	66	13:55	13:41	14:09	13:20	
717	1654	Horstmann Sebastian	Run of Colours	GER	0:56:14	0:56:49	317	MHK	83	13:31	13:00	13:53	14:33	
718	2153	Schlösser Christian	Team OSCAR GmbH	GER	0:56:21	0:56:37	318	MHK	83	12:53	13:45	14:16	14:14	
719	2398	Wendorff Tim	Die apokalyptischen Läufer	GER	0:56:24	0:57:00	319	MHK	85	14:14	13:42	13:24	13:46	
720	2391	Weiner Helmut	RheinEnergie	GER	0:56:25	0:57:05	33	M50	55	13:56	13:48	14:10	13:26	

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Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
721	1937	Minichilli Federico	*Köln	ITA	0:56:27	0:57:09	80	M35	70	13:23	13:22	14:05	14:18	
722	2351	Verhey Sascha	Lucky Stars	GER	0:56:28	0:56:38	104	M30	75	13:33	14:07	14:02	13:37	
723	1454	Fahlenbock Lars	*Lindlar	GER	0:56:32	0:57:09	105	M30	79	12:50	13:14	14:21	14:54	
724	1626	Hess Patrick	Cologne Internationals	GER	0:56:33	0:57:21	106	M30	78	14:09	14:03	13:33	13:40	
725	37	Sprick Sebastian	Bergische Univ. Wuppertal		0:56:39	0:56:55	320	MHK	83	11:33	12:59	15:09	00:00	
726	1545	Greb Fabian	Michael Verhoeven	GER	0:56:42	0:57:11	321	MHK	85	13:57	14:31	14:03	13:12	
727	82	Gomes Ferreira Nuno Gomes	Kölner Bank		0:56:43	0:56:46	322	MHK	83	10:58	12:52	15:37	15:55	
728	1702	Karwelat Thomas	RFH-Team	GER	0:56:43	0:57:14	323	MHK	83	13:04	13:45	14:15	14:23	
729	1929	Meyers Dr. Johannes-Otto	Valium i.V.	GER	0:56:44	0:56:59	15	M55	53	13:46	13:58	14:10	13:38	
730	2392	Weingärtner Jörg	*Köln	GER	0:56:45	0:57:01	84	M40	68	12:49	13:49	14:31	14:18	
731	1562	Hack Jan	Laufclub Köln lrh. 06	GER	0:56:50	0:57:58	107	M30	79	13:05	13:15	14:03	15:02	
732	1377	Dejanovic Borislav	AG Schwarz	GER	0:56:50	0:57:51	324	MHK	83	13:16	13:32	14:33	14:23	
733	2250	Siegloch Sebastian	Cologne Internationals	GER	0:56:51	0:57:01	325	MHK	82	13:44	13:46	14:18	13:55	
734	2028	Pönnighaus Willy	Team Cologne	GER	0:56:52	0:57:39	67	M45	62	13:45	13:48	14:13	13:50	
735	1952	Mülheims Laurenz	Bonn-Rhein-Sieg Runners	GER	0:56:53	0:57:39	68	M45	60	14:06	14:10	13:49	13:42	
736	1802	Kuhl Patrick	RFH-Team	GER	0:56:54	0:57:26	108	M30	76	13:35	13:27	13:59	14:44	
737	1877	Lücke Justus	Cologne Indians Lacrosse	GER	0:56:55	0:57:30	326	MHK	81	14:03	14:16	13:59	13:39	
738	2467	Kirsten Robert	FH Bonn Rhein-Sieg		0:56:56	0:57:40	327	MHK	83	12:58	14:07	14:29	14:19	
739	2283	Steffens Daniel	RFH-Team	GER	0:57:00	0:57:29	328	MHK	84	12:58	13:39	14:13	14:51	
740	1866	Lohmann Ole	*Bonn	GER	0:57:02	0:57:57	81	M35	71	13:28	13:25	14:18	14:29	
741	2185	Schönenborn Philipp	RheinEnergie	GER	0:57:03	0:57:33	109	M30	79	14:21	14:19	13:41	13:36	
742	2113	Rothenberg Jonathan	Wer-Kennt-Wen.De	GER	0:57:05	0:57:32	329	MHK	85	13:42	14:03	14:10	14:09	
743	2388	Wehrs Peer	Dr Zoch kütt!	GER	0:57:05	0:57:53	330	MHK	84	14:43	14:10	13:39	13:23	
744	1863	Loersch Christian	Dr Zoch kütt!	GER	0:57:06	0:57:53	331	MHK	83	14:43	14:10	13:40	13:23	
745	1855	Linnartz Markus	Cologne Internationals	GER	0:57:11	0:57:31	110	M30	79	13:02	14:18	14:29	14:15	
746	2191	Scholz Marco	*Kerpen	GER	0:57:11	0:57:25	111	M30	75	14:02	13:58	14:21	13:49	
747	1735	Kliesen Peter	Der späte Wurm entgeht d Sturm	GER	0:57:13	0:57:38	332	MHK	81	14:06	13:53	14:03	14:11	
748	2049	Przykop Christian	*Köln	GER	0:57:14	0:58:10	333	MHK	82	12:59	14:11	14:21	14:45	
749	1947	Mohs Izet	Flinke Füße	GER	0:57:17	0:57:58	334	MHK	80	13:11	13:59	14:31	14:23	
750	2025	Platten Martin	Urologische UniKlinik Köln	GER	0:57:17	0:57:50	335	MHK	81	14:02	14:01	13:50	14:14	
751	19	Broniecki Jan	Marathon Finanz AG	DEU	0:57:19	0:57:37	82	M35	73	13:15	13:54	14:22	14:32	
752	1604	Heinze Dr Stefan	*50226 Frechen	GER	0:57:29	0:57:50	112	M30	76	13:27	13:46	14:25	14:36	
753	2396	Weiß Thomas	IMSIE	GER	0:57:31	0:58:08	336	MHK	82	13:19	14:18	14:37	14:11	
754	2284	Steger Martin	Die Liebies	GER	0:57:31	0:58:03	83	M35	74	14:53	14:26	13:56	13:17	
755	1693	Kaczmarek Philipp	Stäck-Turtles	GER	0:57:33	0:58:36	337	MHK	87	14:08	13:53	14:11	14:12	
756	2157	Schmid Christian	*köln	GER	0:57:34	0:58:10	84	M35	71	14:48	14:18	14:40	12:51	
757	1510	Gernert Michael	*Köln	GER	0:57:41	0:58:34	85	M35	70	13:30	14:04	14:32	14:18	
758	1278	Bernards Christian	Strahlende Läufer	GER	0:57:45	0:58:06	338	MHK	81	13:27	13:46	14:25	14:51	
759	2432	Wolf Stephan	Slowfoot	GER	0:57:46	0:58:20	86	M35	73	14:30	14:37	14:15	13:25	
760	940	Esters Paul	Laktatkönige Köln	GER	0:57:47	0:58:47	34	M50	59	14:22	13:56	14:07	14:03	
761	1704	Kater Niklas-Fabian	Rastlose Rennschnecken	GER	0:57:48	0:58:15	113	M30	75	14:02	14:30	14:43	13:26	
762	2047	Prost Christian	Schermbeck	GER	0:57:48	0:58:26	339	MHK	84	12:18	13:33	14:53	15:51	
763	1591	Havermeier Ingo	*Lüdinghausen	GER	0:57:49	0:58:12	87	M35	73	14:08	13:50	14:36	13:55	
764	1384	Derman Hüseyin	prothetik@uk-koeln.de	GER	0:57:50	0:58:11	340	MHK	80	12:07	14:15	15:03	15:16	
765	2365	Von der Heide Tim	Rheinischer Waffening zu Köln	GER	0:57:52	0:58:57	341	MHK	86	13:44	13:31	14:34	14:45	
766	1679	Jeschko Michael	*Köln	GER	0:57:52	0:58:50	342	MHK	84	14:42	13:44	14:09	13:58	
767	1661	Huhn-Fischbach Klaus	Valium i.V.	GER	0:57:53	0:58:12	35	M50	58	13:33	14:07	14:30	14:27	
768	2016	Pfennig Daniel	Elite goes running	GER	0:57:53	0:58:50	343	MHK	86	14:42	13:44	14:10	13:59	
769	2150	Schlieben Oliver	Elite goes running	GER	0:57:53	0:58:50	344	MHK	87	14:44	13:43	14:10	13:59	
770	2350	Verfuert Felix	Cologne Internationals	GER	0:57:55	0:58:17	345	MHK	84	14:33	14:33	14:18	13:23	
771	1646	Hofmann Fritz-Uwe	Cologne Internationals	GER	0:57:55	0:58:16	69	M45	63	13:23	13:51	14:37	14:46	
772	2090	Richter Thomas	*Köln	GER	0:57:59	0:58:34	85	M40	69	14:21	14:05	14:14	14:05	
773	1432	Eichner Roberth	Formula Racing Cologne - FH Kö	GER	0:57:59	0:58:30	346	MHK	82	13:59	13:46	14:14	14:46	
774	1659	Huemmerich Christian	Formula Racing Cologne - FH Kö	GER	0:58:01	0:58:31	347	MHK	83	14:00	13:46	14:14	14:46	
775	1502	Gell Sebastian	Cologne Internationals	GER	0:58:02	0:58:30	348	MHK	81	14:10	14:19	14:09	14:08	
776	1972	Müßig Ralph	Cologne Internationals	GER	0:58:02	0:58:35	349	MHK	81	13:26	13:46	14:38	14:59	
777	1686	Jungkamp Florian	Der späte Wurm entgeht d Sturm	GER	0:58:03	0:59:02	350	MHK	83	15:22	14:49	14:21	12:32	
778	1119	Kollig Edmund	RheinEnergie	GER	0:58:03	0:58:18	86	M40	67	13:43	14:27	14:34	14:26	
779	1745	Knorr Fabian	hüächa!	GER	0:58:05	0:58:59	351	MHK	86	11:55	13:06	14:42	16:51	
780	2069	Reifenscheid Jörg	Cologne Internationals	GER	0:58:06	0:58:46	114	M30	78	12:58	13:28	15:11	15:09	

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
781	1470	Förster Peter	Rastlose Rennschnecken	GER	0:58:06	0:58:26	88	M35	72	14:09	14:10	14:08	14:28	
782	1644	Hörle Guido	Rewe	GER	0:58:08	0:59:04	115	M30	76	15:12	14:23	13:45	13:43	
783	2033	Poiesz Martin	*Köln	GER	0:58:10	0:59:16	116	M30	78	12:58	13:35	14:59	15:20	
784	1763	Kotterba Peter	SSK Kerpen	GER	0:58:14	0:58:29	16	M55	52	13:18	14:29	14:35	14:35	
785	2380	Walpert Jens	Laufteam Tischlerei Walpert	GER	0:58:15	0:59:06	87	M40	66	14:07	15:18	14:11	13:32	
786	1240	Bahnsen Manuel	Cologne Internationals	GER	0:58:15	0:58:42	89	M35	73	12:28	14:13	15:05	15:20	
787	1212	Acker Dieter	Kölner Bank	GER	0:58:24	0:59:00	17	M55	50	14:46	14:14	14:00	14:07	
788	2418	Willer Thomas	Kölner Bank	GER	0:58:29	0:58:50	352	MHK	81	13:37	14:13	14:45	14:42	
789	2180	Schnippering Dr. Patrick	Altes Stellwerk Hoffnungsthal	GER	0:58:29	0:59:08	117	M30	77	13:40	14:04	14:42	14:50	
790	2407	Wiedenfeld Sascha	Kölner Bank	GER	0:58:30	0:58:49	353	MHK	81	13:39	14:13	14:45	14:42	
791	1869	Lombardi Maximiliano	RFH-Team	ARG	0:58:33	0:59:05	90	M35	73	13:02	13:46	14:39	15:37	
792	1615	Herkner Tobias	SIFE Cologne	GER	0:58:33	0:58:54	354	MHK	84	13:53	13:44	14:30	15:18	
793	1525	Göbbels Hans	Cologne Internationals	GER	0:58:34	0:59:37	3	M70	39	14:23	14:14	14:12	14:20	
794	2101	Röhrig Nils	*Köln	GER	0:58:36	0:59:34	355	MHK	86	14:30	14:28	14:25	14:09	
795	2374	Vybiral David	*Köln	GER	0:58:36	0:59:41	118	M30	79	14:03	13:42	14:34	15:01	
796	1594	Heffels Wolfgang	*Köln	GER	0:58:38	0:59:25	70	M45	60	13:41	13:44	14:49	14:59	
797	1295	Bingener Gary	Prinzen-Garde Köln	GER	0:58:42	0:58:55	356	MHK	80	14:03	14:34	14:51	14:04	
797	1252	Baum Dr. Clemens	*Bergisch Gladbach	GER	0:58:42	0:58:58	4	M65	41	13:59	14:26	14:26	14:34	
799	1533	Gottschalk Marcus	Prinzen-Garde Köln	GER	0:58:42	0:58:55	119	M30	78	14:04	14:33	14:51	14:05	
800	1653	Homburg Christian	Just Fit LUX	GER	0:58:42	0:58:57	357	MHK	89	15:42	14:53	13:33	13:30	
801	1503	Gellesch Markus	Rennschnecken Physik	GER	0:58:49	0:59:14	358	MHK	85	14:17	14:27	14:29	14:22	
802	2063	Raue Bastian	Psycho Joggers	GER	0:58:51	0:59:42	359	MHK	82	15:06	14:21	14:13	13:56	
803	2020	Pillmatalauwe Prasanna	*Bonn	GER	0:58:54	0:59:32	360	MHK	80	15:49	17:03	12:42	12:25	
804	2163	Schmidt Karl-Heinz	Kölner Bank	GER	0:58:54	0:59:25	71	M45	62	13:15	13:59	14:59	15:26	
805	1215	Ahrens Jonas	Kölner Bank	GER	0:58:56	1:00:03	361	MHK	86	13:33	13:43	14:39	15:44	
806	1329	Breuer Norbert	6/8 all-stars	GER	0:59:01	0:59:54	36	M50	58	14:04	14:31	14:37	14:35	
807	1395	Dietz Florian	*Köln	GER	0:59:02	0:59:50	91	M35	71	15:24	14:29	14:09	13:55	
808	1762	Koppmeier Christian	*köln	GER	0:59:06	0:59:34	120	M30	75	13:18	13:51	14:57	15:36	
809	92	Kuhlmann Jan			0:59:08	0:59:24	88	M40	69	12:57	14:29	15:22	15:09	
810	1848	Linden Philipp	*Kürten	GER	0:59:16	0:59:39	362	MHK	82	15:07	15:19	14:34	13:16	
811	2346	Varoquier Bernd	SSK Kerpen	GER	0:59:17	0:59:29	89	M40	67	13:19	14:28	14:56	15:12	
812	2347	Varoquier Niklas	SSK Kerpen	GER	0:59:17	0:59:29	1	MSA	94	13:19	14:28	14:56	15:12	
813	1602	Heinrich Thomas	Dr Zoch kütt!	GER	0:59:19	1:00:08	363	MHK	84	15:15	14:11	14:18	14:28	
814	1713	Kerkow Detlev	Lt-Düsseldorf-Süd	GER	0:59:20	0:59:38	72	M45	63	13:55	14:28	14:39	14:53	
815	1311	BOERIO Charles	JU Köln www.jukoeln.de	GER	0:59:25	0:59:48	7	MJA	90	14:27	14:34	14:27	14:53	
816	78	Hoensbroech Ferdinand	JU Köln www.jukoeln.de		0:59:26	0:59:48	8	MJA	91	14:27	14:34	14:26	14:53	
817	1248	Barniske Marc	Cologne Internationals	GER	0:59:27	0:59:50	364	MHK	86	14:26	14:20	14:20	15:11	
818	1548	Grosche Michael	FSL - jetzt aber schnell!	GER	0:59:31	1:00:24	365	MHK	81	14:12	14:39	15:11	14:31	
819	1796	Kuck Jens	MitUns	GER	0:59:32	1:00:05	73	M45	64	13:16	14:07	14:56	15:44	
820	2245	Sester Sven	Team OSCAR GmbH	GER	0:59:34	0:59:51	121	M30	79	12:54	14:13	15:06	16:08	
821	2385	Weber Nils	Cologne Internationals	GER	0:59:35	1:00:28	366	MHK	88	14:05	14:28	14:47	14:58	
822	1439	Emmerich Hans-Christoph	Kölner Laufstall	GER	0:59:38	1:00:13	8	M60	49	13:15	14:22	15:22	15:33	
823	2014	Pfeiffer Benno	Volvo Car Germany	GER	0:59:40	1:00:27	37	M50	57	13:50	14:54	14:56	14:41	
824	2262	Sohler Uwe	*hürth	GER	0:59:42	0:59:48	122	M30	77	14:09	14:14	14:58	15:17	
825	2048	Protze Oliver	Cirquent	GER	0:59:42	0:59:56	90	M40	65	13:55	14:26	15:16	14:58	
826	2254	Siller Jochen	JU Köln www.jukoeln.de	GER	0:59:44	1:00:06	123	M30	76	14:26	14:34	14:27	14:56	
827	2120	Saager Tim	prothetik@uk-koeln.de	GER	0:59:45	0:59:58	367	MHK	85	12:51	14:57	15:14	15:22	
828	2423	Witt Christof	Stäck-Turtles	GER	0:59:47	1:00:50	92	M35	74	14:59	14:38	14:44	14:15	
829	2130	Schaack Martin	Team Cologne	GER	0:59:50	1:00:36	74	M45	62	13:40	14:09	15:19	15:19	
830	1340	Bullitta Niklas	Bonn-Rhein-Sieg Runners	GER	0:59:50	1:00:33	368	MHK	83	13:58	15:35	15:04	14:03	
831	90	Weicht Michael	MitUns		0:59:56	1:00:47	75	M45	62	14:08	14:45	14:51	14:53	
832	1610	Helweg Andreas	*Köln	GER	0:59:58	1:00:50	76	M45	63	14:50	14:17	14:46	14:51	
833	1318	Bornmann Günter	*Köln	GER	0:59:59	1:00:29	18	M55	51	13:12	14:25	15:35	15:34	
834	99	Köksal Metin	RheinEnergie		0:59:59	1:00:46	93	M35	74	15:23	14:18	14:13	14:47	
835	2094	Rivas Dangel Horacio	Rheinischer Waffening zu Köln	GER	1:00:01	1:00:24	369	MHK	85	13:32	13:00	17:11	15:16	
836	1611	Hengst Nando	Rheinischer Waffening zu Köln	GER	1:00:02	1:00:24	370	MHK	85	13:43	14:10	15:50	15:16	
837	1512	Gerstein Vadim	Cologne Internationals	GER	1:00:06	1:00:34	371	MHK	83	14:33	14:49	14:27	15:08	
838	1360	Cieszkowski Daniel	Cologne Internationals	POL	1:00:06	1:00:34	372	MHK	84	14:34	14:49	14:27	15:08	
839	2427	Wölm Carsten	Team Erdinger Alkoholfrei	GER	1:00:07	1:00:41	124	M30	75	14:18	14:28	15:06	14:57	
840	2216	Schulz Joachim	*Köln	GER	1:00:08	1:00:42	77	M45	64	13:31	13:56	15:19	16:01	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
841	2203	Schrennen Julian	*Overath	GER	1:00:10	1:00:46	9	MJA	90	14:18 13:49 15:09 15:56
842	2430	Wolf Fabian	*Overath	GER	1:00:15	1:00:51	10	MJA	90	14:17 13:48 15:09 15:57
843	1697	Kaletta Florian	OC-Köllefortia	GER	1:00:16	1:00:51	373	MHK	85	13:53 14:37 15:18 15:08
844	1772	Krause Daniel	*Köln	GER	1:00:21	1:00:36	374	MHK	83	14:02 14:37 15:11 15:07
845	1406	Döppner Daniel Alexander	Cologne Internationals	GER	1:00:29	1:00:29	375	MHK	89	14:58 14:27 14:47 14:58
846	2340	Unger Fabian	*Bonn	GER	1:00:32	1:01:37	376	MHK	89	15:17 15:00 15:03 14:10
847	1323	Braun Norbert	Strahlende Läufer	GER	1:00:34	1:01:00	377	MHK	82	13:25 15:12 15:42 15:07
848	2015	Pfeiffer Michael	Strahlende Läufer	GER	1:00:38	1:00:59	378	MHK	83	14:06 14:54 15:09 15:16
849	1412	Dombrowski Marcel	Bonn-Rhein-Sieg Runners	GER	1:00:42	1:01:14	379	MHK	84	13:04 14:12 14:49 17:17
850	1958	Müller Felix	*Overath	GER	1:00:44	1:00:52	380	MHK	86	13:12 14:26 15:29 16:10
851	1224	Altmann Reiner	*köln	GER	1:00:45	1:01:29	78	M45	60	15:37 14:45 14:34 14:29
852	2383	Wandke Christian	Jugend Herz Jesu	GER	1:00:45	1:01:24	125	M30	78	15:16 15:05 14:35 14:38
853	2154	Schlöter Lars	Theutonia Gutsheria	GER	1:00:46	1:01:10	381	MHK	86	13:34 13:30 15:56 16:24
854	1725	Kirschner Erich	*Köln	GER	1:00:47	1:01:04	5	M65	41	13:24 14:21 15:11 16:19
855	1388	Detmer Hanspeter	Kölner Roll-Möpsse	GER	1:00:51	1:01:08	9	M60	46	13:32 14:57 15:25 15:29
856	1874	Lucidi Stefano	*Köln	ITA	1:00:58	1:01:35	126	M30	79	15:51 17:03 13:03 13:43
857	2183	Schöneck Bernd	Frontrunner Cologne	GER	1:01:05	1:01:48	382	MHK	80	14:34 14:39 14:50 15:52
858	2348	Vattakuzhijil Robins	*Köln	GER	1:01:09	1:01:35	383	MHK	82	15:42 15:25 14:38 14:12
859	1682	Johannsen Sven	Cologne Internationals	GER	1:01:11	1:01:40	384	MHK	81	16:34 16:27 15:52 11:11
860	74	Zordel Michael	BKK Ford & Rheinland		1:01:13	1:01:13	91	M40	67	05:29 04:03 11:42 12:48
861	1720	Kilic Özgür	*Köln	GER	1:01:15	1:01:39	385	MHK	86	14:53 15:05 15:30 14:27
862	2405	Weynell Marvin	*Kierspe	GER	1:01:15	1:01:39	386	MHK	85	14:54 15:05 15:30 14:27
863	1957	Müller David	OC-Köllefortia	GER	1:01:19	1:01:53	127	M30	75	14:28 14:46 15:22 15:27
864	2133	Schaefer Mirko	Rennschnecken Physik	GER	1:01:20	1:01:47	387	MHK	86	14:06 15:25 15:28 15:07
865	1399	Dinslaken Heinz-Jürgen	Los Diegos	GER	1:01:22	1:01:48	38	M50	55	14:19 15:06 15:35 15:03
866	1980	Nieder Falk	*Köln	GER	1:01:23	1:02:06	94	M35	73	15:58 14:24 14:58 14:42
867	1495	Gaus Philip-Helge	Amnesty International Hochschu	GER	1:01:25	1:01:51	388	MHK	82	12:47 11:33 11:31 11:59
868	1385	Derman Mehmet Ali	prothetik@uk-koeln.de	GER	1:01:34	1:01:53	128	M30	78	12:49 14:12 15:49 17:21
869	1758	Körner Carsten	Spartak Statistik	GER	1:01:35	1:01:46	129	M30	79	13:50 14:57 15:47 15:47
870	2267	Specks Thomas	SIFE Cologne	GER	1:01:37	1:01:37	389	MHK	84	07:52 11:27 12:49 14:05
871	2334	Troche Klaus	SC-Janus	GER	1:01:38	1:02:36	79	M45	64	15:01 15:15 15:59 14:07
872	1276	Bernard Philippe	FSV Killtuerm	LUX	1:01:42	1:02:09	390	MHK	86	14:58 15:17 15:18 15:01
873	2377	Waida Markus	RelaxRunners	GER	1:01:45	1:02:45	130	M30	77	15:40 14:52 14:36 15:22
874	2389	Weidemann Peter	Kölner Bank	GER	1:01:47	1:02:47	80	M45	63	15:11 14:45 15:02 15:25
875	1959	Müller Frank	Kölner Bank	GER	1:01:47	1:02:46	92	M40	67	15:10 14:46 15:02 15:25
876	1596	Heidrich Andreas	watzcraft	GER	1:01:47	1:02:09	81	M45	61	14:24 15:03 15:59 14:56
876	1804	Kuhlewind Andreas	*Köln	GER	1:01:47	1:02:25	391	MHK	86	14:42 15:00 15:32 15:06
878	2058	Rahman Sascha	Cologne Internationals	GER	1:01:51	1:02:25	392	MHK	84	14:45 15:59 15:38 14:20
879	1241	Balanze Frank	SSK Kerpen Triathlon	GER	1:01:54	1:02:20	93	M40	66	14:35 14:45 15:25 16:01
880	2169	Schmitt Yau	Urologische UniKlinik Köln	GER	1:01:58	1:02:17	131	M30	77	14:03 14:30 15:14 16:40
881	1888	Macua David	Formula Racing Cologne - FH Kö	GER	1:02:01	1:02:32	393	MHK	82	13:37 15:06 15:58 15:53
882	1991	Odenthal Thorsten	*Erkelenz	GER	1:02:02	1:02:39	132	M30	77	15:21 14:55 15:06 15:36
883	2331	Tran Van Kiem	*Wuppertal	GER	1:02:08	1:02:11	82	M45	60	13:31 15:27 16:16 15:36
884	1910	Meiners Simon	Theutonia Gutsheria	GER	1:02:11	1:03:00	394	MHK	86	15:05 15:16 15:33 15:02
885	1549	Groß Malte	die Dudes	GER	1:02:21	1:03:03	395	MHK	88	15:23 15:09 15:39 15:01
886	2355	Vidal Miguel	prothetik@uk-koeln.de	ESP	1:02:23	1:03:25	83	M45	63	15:15 15:10 15:33 15:10
887	1759	Kohring Nils	Die apokalyptischen Läufer	GER	1:02:25	1:03:01	396	MHK	83	14:53 14:55 15:33 15:53
888	1103	Preuschoff Winfried	Cologne Internationals	GER	1:02:26	1:02:50	6	M65	40	14:16 14:15 16:09 16:21
889	1351	Chabou Ismail	Kölner Bank	GER	1:02:28	1:03:05	397	MHK	84	15:05 15:05 15:32 15:28
890	1298	Bischoff Ulrich	Kölner Bank	GER	1:02:28	1:03:05	398	MHK	85	15:06 15:05 15:31 15:26
891	1339	Büscher Benjamin	Kölner Bank	GER	1:02:28	1:03:05	399	MHK	86	15:06 15:06 15:33 15:27
892	1469	Flöck Tobias	Rewe	GER	1:02:31	1:03:27	400	MHK	83	14:23 15:14 15:52 15:37
893	1856	Linnenbrink Benedikt	*Köln	GER	1:02:33	1:02:51	401	MHK	83	15:33 15:41 15:19 14:36
894	1879	Lüttin Oliver	*Köln	GER	1:02:36	1:03:11	94	M40	66	15:24 15:12 15:14 15:17
895	1607	Heister Prof. Werner	Soziales Europa	GER	1:02:38	1:03:22	84	M45	61	15:31 15:15 15:04 15:29
896	1425	Dupke Johannes	Rheinischer Waffening zu Köln	GER	1:02:40	1:03:02	402	MHK	82	13:38 15:35 15:50 16:15
897	1854	Linkelmann Jannis	*Köln	GER	1:02:40	1:03:31	403	MHK	80	16:03 15:59 15:24 13:54
898	1875	Ludwig Patrick	Dynamo Dauerregen - Mittläufer	GER	1:02:43	1:03:50	404	MHK	81	15:20 15:19 15:23 15:19
899	1789	Krüger Dr. Andreas	Dynamo Dauerregen - Mittläufer	GER	1:02:44	1:03:51	95	M40	68	15:20 15:19 15:23 15:21
900	2240	Selbach Christoph	Dynamo Dauerregen - Mittläufer	GER	1:02:44	1:03:51	405	MHK	82	15:20 15:19 15:23 15:20

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
901	1858	Lochna Markus	Valium i.V.	GER	1:02:46	1:03:02	85	M45	64	14:25	15:30	15:38	15:49	
902	1420	Düren Thomas	*Köln	GER	1:03:00	1:03:17	133	M30	78	15:29	16:12	15:29	14:42	
903	1283	Betke Henrik	*Köln	GER	1:03:01	1:03:32	406	MHK	88	15:49	15:25	15:07	15:12	
904	1456	Feider Thomas	Geyener Partyzoo	GER	1:03:01	1:03:41	407	MHK	82	14:38	14:35	16:40	16:05	
905	1794	Kruse Kristian	*Köln	GER	1:03:02	1:03:34	408	MHK	87	15:49	15:24	15:08	15:13	
906	1372	Dahm Peter	watzcraft	GER	1:03:07	1:03:29	95	M35	71	14:24	15:04	16:04	16:05	
907	1461	Fetchenhauer Prof. Detlef	*Köln	GER	1:03:07	1:03:53	96	M40	65	15:58	15:37	15:08	15:04	
908	1349	Cesarski Matthias	*Köln	GER	1:03:14	1:03:50	409	MHK	84	14:11	15:34	16:04	16:06	
909	1578	Harbeke Jürgen	*Lohmar	GER	1:03:16	1:04:16	39	M50	59	15:24	15:19	15:07	15:55	
910	1381	Deneffe Peter	Cologne Internationals	GER	1:03:20	1:03:23	10	M60	48	14:23	15:20	15:51	16:21	
911	1606	Heister Michael	Soziales Europa	GER	1:03:22	1:04:07	86	M45	61	15:35	15:21	15:23	15:33	
912	1840	Leyer Thomas	RheinEnergie	GER	1:03:26	1:04:13	96	M35	73	15:34	15:13	15:26	15:45	
913	1338	Büsch Johannes	Theutonia Gutsheria	GER	1:03:34	1:04:23	410	MHK	85	15:04	15:16	15:41	16:11	
914	1625	Hess Herbert	Strahlende Läufer	GER	1:03:38	1:04:01	97	M35	71	14:37	15:45	16:21	15:34	
915	1722	Kind Rudolf	Kölner Bank	GER	1:03:46	1:04:47	87	M45	60	15:24	15:32	15:38	15:43	
916	1472	Forst Thomas	Kölner Bank	GER	1:03:46	1:04:46	98	M35	72	15:25	15:32	15:38	15:43	
917	2251	Sieper Christoph	Dissonanzdüsen	GER	1:03:50	1:04:37	411	MHK	81	15:57	15:37	15:25	15:34	
918	1911	Meinerzhagen Timo	Formula Racing Cologne - FH Kö	GER	1:03:51	1:04:22	412	MHK	80	13:45	13:53	16:15	18:22	
919	1921	Merzenich Tobias	Urologische UniKlinik Köln	GER	1:03:53	1:04:58	134	M30	79	15:11	15:15	16:07	16:04	
920	2039	Poschmann Marcel	Cologne Internationals	GER	1:04:00	1:05:14	413	MHK	83	15:26	15:45	15:42	15:53	
921	2420	Wilmschen Fabian	Cologne Internationals	GER	1:04:17	1:04:54	414	MHK	83	15:14	15:29	15:53	16:10	
922	2279	Stähling Franz-Georg	*Köln	GER	1:04:17	1:05:16	97	M40	66	14:48	15:09	16:11	16:36	
923	1680	Joachimsmeier Thomas	Cologne Internationals	GER	1:04:17	1:04:54	415	MHK	83	15:15	15:29	15:53	16:10	
924	1409	Dogan Cem	Cologne Internationals	GER	1:04:25	1:04:33	416	MHK	89	11:09	12:02	13:47	12:52	
925	1851	Lingscheid Yves	*Köln	GER	1:04:30	1:05:05	417	MHK	82	14:28	14:56	16:31	17:09	
926	1995	Oldenburg Uwe	Krua Thai	GER	1:04:32	1:05:15	7	M65	41	15:11	16:12	16:06	15:42	
927	2102	Römke Volker	1. Kölner Laufstall	GER	1:04:44	1:05:29	98	M40	67	15:26	15:12	15:47	16:48	
928	1505	Genenger Christian	SIFE Cologne	GER	1:04:45	1:04:45	418	MHK	84	07:52	13:13	14:32	14:43	
929	2429	Wojak Lars	*Essen	GER	1:04:47	1:05:37	99	M35	71	14:31	15:09	16:31	16:56	
930	1301	Blick Serjoscha	*Titz	GER	1:04:47	1:05:20	135	M30	78	15:50	14:23	15:33	17:30	
931	1841	Li Dr Yun	*Köln	CHN	1:04:47	1:05:20	40	M50	59	15:20	15:43	16:05	16:10	
932	81	Huppertz Dr. Peter	Kölner Bank		1:04:50	1:05:50	41	M50	56	15:56	15:44	16:05	15:46	
933	2344	Van Bebber Matthias	*Bonn	GER	1:05:10	1:05:38	419	MHK	83	14:32	15:37	16:47	16:53	
934	2135	Schankies Jürgen	*Niederzier	GER	1:05:21	1:05:48	88	M45	63	15:21	16:01	16:27	16:04	
935	1321	Brandt Detlev	Jogmap	GER	1:05:43	1:06:45	89	M45	62	15:00	16:18	16:29	16:26	
936	1478	Frings Bernhard	JU Köln www.jukoeln.de	GER	1:06:02	1:06:25	420	MHK	87	14:27	16:22	16:44	16:59	
937	1689	Jurowich Michael	SIFE Cologne	GER	1:06:10	1:06:32	421	MHK	87	15:20	16:42	16:44	15:56	
938	2281	Steffenhagen Christian	Der späte Wurm entgeht d Sturm	GER	1:06:21	1:07:12	422	MHK	80	16:18	16:08	16:28	16:08	
939	2402	Wersant Alain	U.S. Rambrouch	LUX	1:06:24	1:07:05	423	MHK	85	15:17	16:02	17:12	16:21	
940	1416	Dose Stefan	*Köln	GER	1:06:25	1:06:38	136	M30	77	13:59	15:27	17:35	17:54	
941	1783	Kriesch Bernd	Kölner Bank	DEU	1:06:29	1:06:39	99	M40	65	15:13	16:19	16:57	16:44	
942	1565	Hagen Tobias	Lernwerkstatt läuft...	GER	1:06:29	1:07:12	424	MHK	82	15:13	16:07	17:15	16:30	
943	1878	Lülsdorf Jascha	*Köln	GER	1:06:44	1:07:38	425	MHK	81	14:51	15:50	17:30	17:03	
944	1536	Grabowski Janus	*hürth	GER	1:06:48	1:07:23	137	M30	79	15:21	16:04	16:53	17:08	
945	1603	Heinrichs Jan	Cologne Internatoinals	GER	1:06:49	1:07:40	426	MHK	83	16:15	16:14	16:21	16:34	
946	1940	Mirbach Manfred	Kölner Bank	GER	1:07:19	1:08:20	42	M50	59	16:08	16:09	16:28	17:04	
947	2182	Schoenaich-Carolath	Kölner Bank	GER	1:07:22	1:07:51	43	M50	57	15:05	15:45	17:09	17:51	
948	1567	Hahn Norbert	Stadtwerke-Konzern Köln	GER	1:07:38	1:08:35	90	M45	63	15:02	16:20	17:10	17:35	
949	2195	Schooß Benjamin	SIFE Cologne	GER	1:08:09	1:08:26	427	MHK	85	16:04	15:51	18:14	16:51	
950	1861	Löpker Markus	Formula Racing Cologne - FH Kö	GER	1:08:37	1:09:08	428	MHK	84	14:31	16:24	17:54	18:17	
951	2035	Poller Udo	ohne	GER	1:09:02	1:09:41	44	M50	56	16:13	16:35	17:17	17:25	
952	2341	Ungethüm Christoph	*Köln	GER	1:09:22	1:09:47	429	MHK	84	15:03	16:53	17:32	18:13	
953	1228	Angermaier Max	*Köln	GER	1:09:42	1:10:24	11	M60	47	16:34	17:10	17:18	17:06	
954	1402	Dirksen Waldemar	*Merzenich	GER	1:09:47	1:10:24	430	MHK	82	15:51	16:00	17:45	18:38	
955	1269	Belaidi Abdel Ali	AG Schwarz	GER	1:10:01	1:10:01	138	M30	77	14:31	36:31	17:18	00:00	
956	2332	Traut Michael	watzcraft	GER	1:10:02	1:10:24	100	M40	65	16:20	17:25	17:25	17:35	
957	835	Wendeburg Andreas	Letzter aber sauber	GER	1:10:07	1:10:40	431	MHK	84	16:08	17:22	17:35	17:28	
958	1623	Herzberger Martin	Die Dudes	GER	1:10:10	1:10:52	432	MHK	87	16:10	17:36	17:37	17:21	
959	1993	Offermann Bernd	RheinEnergie	GER	1:10:27	1:10:53	100	M35	71	15:31	16:49	18:06	18:31	
960	1300	Bleyenberg Hans-Gerd	*Bergisch - Gladbach	GER	1:10:33	1:11:13	91	M45	64	16:13	16:54	16:54	18:51	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden			
961	1296	Birkenbach Benedikt	Strahlende Läufer	GER	1:10:47	1:11:31	139	M30	79	16:22	16:55	18:01	17:55
962	2105	Rogatz Matthias	*niederkassel	GER	1:10:53	1:11:33	433	MHK	84	15:22	18:07	18:02	17:47
963	1714	Kerp Elmar	Volvo Car Germany	GER	1:11:17	1:12:06	101	M40	65	16:26	17:26	18:11	17:38
964	1393	Dietlein Georg	JU Köln www.jukoeln.de	GER	1:11:29	1:11:56	3	MJB	92	14:22	16:23	19:42	19:35
965	2053	Pulm Thomas	*Köln	GER	1:11:46	1:12:04	140	M30	78	15:36	17:31	18:41	18:19
966	1457	Feige Manfred	LT Hoppersheider Weg 54	GER	1:12:02	1:12:58	12	M60	47	17:23	17:47	17:51	17:31
967	2394	Weisbarth Tobias	Valium i.V.	GER	1:12:12	1:12:33	434	MHK	85	16:39	17:14	17:55	19:01
968	1982	Nießén Bernhard	*Koeln	GER	1:12:16	1:13:05	435	MHK	82	15:33	17:25	18:22	19:13
969	2328	Toman Oliver	*Bonn	GER	1:13:16	1:13:54	436	MHK	80	15:51	17:11	18:38	20:01
970	10	Küpper Prof. Tassilo	MitUns	GER	1:18:28	1:18:31	13	M60	47	15:52	19:25	21:01	20:28
971	1566	Hahn Moritz	IMSIE	GER	1:19:36	1:20:12	141	M30	79	17:13	18:41	20:37	21:16
972	2282	Steffens Christian	Cologne Internationals	GER	1:19:46	1:19:46	142	M30	78	07:26	16:53	18:18	18:29
973	1229	Antes Marko	Cologne Internatoinals	GER	1:21:33	1:22:27	101	M35	72	18:56	20:24	20:29	20:13
974	1519	Girbig David	Helden	GER	1:25:41	1:25:41	437	MHK	80	11:08	17:52	18:43	18:16
975	1526	Göbbels Sven	Helden	GER	1:25:41	1:25:41	438	MHK	80	11:06	17:54	18:42	18:16
976	47	Dieler Uwe	Uni Duisburg Essen	GER	1:27:18	1:27:48	45	M50	56	18:18	22:02	23:32	21:57

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Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	22	Pohl Veronika	WG Köln	GER	0:36:49	0:36:51	1	WHK	85	08:43 08:57 09:11 09:13
2	21	Kunz Nina	WG Köln	GER	0:37:53	0:37:55	2	WHK	81	08:47 09:14 09:35 09:27
3	1021	Korsten Ira	Central-Team	GER	0:38:05	0:38:10	3	WHK	80	08:44 09:09 09:38 09:38
4	1184	Viebahn Christl	TV Refrath	GER	0:38:54	0:38:59	1	W30	76	09:18 09:28 09:42 09:36
5	1057	Meyer Marlies	*Köln	GER	0:40:03	0:40:07	1	W40	68	09:28 09:54 09:57 09:48
6	54	Körtgen Anne-Therese	RWTH Aachen 1	DEU	0:41:14	0:41:18	4	WHK	81	09:23 10:04 10:22 10:22
7	1020	Kopatschek Anne	Rastlose Rennschnecken	GER	0:41:21	0:41:24	2	W30	75	09:38 09:59 10:21 10:23
8	923	Drumm-Becker Sabine	Laktatkönige Köln	GER	0:41:56	0:42:18	2	W40	67	10:06 10:17 10:24 10:16
9	1912	Meinshausen Maren	*Köln	GER	0:42:48	0:42:51	5	WHK	88	10:44 10:03 10:19 10:44
10	62	Tiegel Alexandra	RWTH Aachen 2		0:42:53	0:42:55	6	WHK	84	09:53 10:40 10:53 10:31
11	1088	Peiler Annika	Uni Bonn	GER	0:42:54	0:43:02	7	WHK	85	09:47 10:40 10:54 10:33
12	53	Honke Nora	RWTH Aachen 3		0:43:14	0:43:17	8	WHK	83	10:01 10:51 10:56 10:28
13	1809	Kupp Natalie	*Köln	GER	0:44:13	0:44:28	9	WHK	88	10:33 10:47 11:02 10:59
14	1181	Vella Giulia	currentes - Latin Crew	GER	0:44:41	0:44:50	10	WHK	88	10:40 11:08 11:06 10:44
15	80	Hacker Stefanie	JU Köln www.jukoeln.de		0:44:55	0:45:01	3	W30	78	10:22 11:20 11:17 10:54
16	1014	Knabe Sylvia	LG Rhein-Erft	GER	0:45:04	0:45:10	1	W50	59	10:11 11:04 11:23 11:24
17	31	Leutgeb Jennifer	Bergische Univ. Wuppertal	DEU	0:45:54	0:46:09	11	WHK	85	10:12 11:00 11:40 11:56
18	1155	Spies Anne	Laufrausch /Triathlon@Uni Köln	GER	0:46:04	0:46:16	12	WHK	86	10:49 11:14 11:33 11:27
19	2225	Schwarz Alisa	prothetik@uk-koeln.de	GER	0:46:35	0:46:44	1	WJA	90	11:01 11:17 11:48 11:31
20	1106	Pütz Andrea	TSV Dormagen	GER	0:46:39	0:46:45	1	W35	74	10:32 11:30 11:45 11:46
21	1842	Lichtenberg Anna	*Bonn	GER	0:46:42	0:46:48	13	WHK	83	10:55 11:19 11:42 11:43
22	1265	Beenen Franziska	Kölner Mediziner	GER	0:46:47	0:47:11	14	WHK	87	11:00 11:07 11:41 11:58
23	1786	Kronenberg Michaela	Dr. Baum Trainingsinstitut	GER	0:47:12	0:47:20	4	W30	78	10:59 11:22 11:49 11:59
24	1341	Busch Andrea	*Köln	GER	0:47:18	0:47:52	1	W45	60	11:23 11:24 11:48 11:45
25	1071	Nikelowski Renate	LT Köln Esch	GER	0:47:29	0:47:51	2	W45	64	11:03 11:32 11:37 12:13
26	964	Gruner Stephanie	ASV Koeln Team 42	GER	0:47:58	0:48:18	15	WHK	85	11:23 11:49 23:39 00:00
27	1685	Jostock Charlotte	*Köln	GER	0:48:16	0:48:30	16	WHK	88	11:22 11:53 12:07 11:54
28	1078	Olligs Pia	Laufrausch / Triathlon @ Uni K	GER	0:48:21	0:48:33	17	WHK	88	10:49 11:49 12:22 12:17
29	72	Neuenkamp Lena	Universität Münster		0:49:10	0:49:27	18	WHK	86	11:05 12:11 12:23 12:26
30	918	Di Fazio Malgorzata	*Köln	POL	0:49:12	0:49:15	5	W30	75	10:44 12:11 12:17 12:54
31	1373	Dameris Emine	*Troisdorf	GER	0:49:17	0:49:41	2	W35	74	11:01 11:43 12:35 13:04
32	935	Engel Petra	BSG-Stadt Köln	GER	0:49:21	0:49:47	3	W40	67	11:34 12:05 12:15 12:18
33	1717	Keunecke Dr. Katerina	Laufrausch / Triathlon @ Uni K	GER	0:49:34	0:49:44	6	W30	77	11:48 12:07 12:27 12:05
34	1550	Große Hovest Miriam	Flinke Füße	GER	0:49:47	0:50:27	7	W30	78	12:27 12:11 12:03 12:04
35	1890	Malan Daniela	ASD Atletica Valpellece	ITA	0:49:49	0:50:28	3	W35	73	12:02 12:02 12:22 12:16
36	1880	Lukas Claudia	*Koeln	GER	0:49:53	0:50:02	3	W45	61	11:58 12:11 12:19 12:20
37	1981	Niemand Anna-Maria	Kölner Mediziner	GER	0:49:59	0:50:13	19	WHK	87	11:22 11:56 12:36 12:58
38	1643	Hörhammer Astrid	Cologne Internationals	GER	0:50:07	0:50:36	20	WHK	84	12:49 12:29 12:15 11:34
39	2323	Thon Madeleine	Die Spakkos und Madeleine	GER	0:50:08	0:50:40	21	WHK	87	11:34 12:01 12:32 12:54
40	1792	Krüll Stefanie	MitUns	GER	0:50:18	0:50:27	4	W35	70	11:47 12:20 12:31 12:34
41	990	Holbein Petra	Pulheimer SC	GER	0:50:18	0:50:40	4	W45	64	11:41 12:11 12:41 12:35
42	956	Gebauer Marajke	Cologne Internationals	GER	0:50:31	0:50:56	22	WHK	85	11:09 12:27 13:08 12:37
43	1455	Fakler Dr. Petra	Cologne Internationals	GER	0:51:02	0:51:30	5	W35	73	13:28 12:35 12:19 11:41
44	2217	Schulze Anna	Cologne Internationals	GER	0:51:06	0:51:31	8	W30	79	13:31 12:35 12:18 11:41
45	2214	Schulte Stefanie	*Köln	GER	0:51:09	0:51:13	9	W30	77	11:49 12:32 12:45 12:48
46	1664	Inhester Elisabeth	*Koeln	GER	0:51:10	0:51:13	23	WHK	80	11:52 12:31 12:43 12:52
47	1730	Klavina Zane	*Köln	LAT	0:51:12	0:51:52	24	WHK	81	12:42 12:38 12:51 11:58
48	2076	Renfordt Malin	Lernwerkstatt läuft...	GER	0:51:14	0:51:55	25	WHK	86	12:44 12:15 12:29 12:46
49	2234	Seelig Bianca	OC-Köllefortia	GER	0:51:14	0:51:31	10	W30	79	12:02 12:19 12:18 13:18
50	1649	Holte Sandra	Team seabemed	GER	0:51:19	0:52:01	26	WHK	84	12:41 12:32 12:37 12:27
51	2045	Preuschoff Petra	Cologne Internationals	GER	0:51:26	0:51:30	4	W40	66	12:31 12:29 12:41 12:36
52	1532	Gossmann Claudia	SSK Kerpen	GER	0:51:30	0:51:44	5	W40	66	12:13 12:19 12:45 12:58
53	1642	Hönnicke Silke	*Köln	GER	0:51:39	0:51:55	6	W35	71	12:32 12:28 12:42 12:50
54	2184	Schoenen Anna	jk running	GER	0:51:41	0:51:45	2	W50	58	12:19 12:33 12:40 12:58
55	1375	Daub Kathrin	Der späte Wurm entgeht d Sturm	GER	0:51:43	0:51:56	27	WHK	82	12:21 12:32 12:48 12:54
56	38	Maas Gabi	Bergische Univ. Wuppertal		0:51:45	0:52:12	11	W30	75	12:54 12:43 12:35 12:23
57	1663	Ihnen Anneli	Kölner Mediziner	GER	0:51:50	0:52:14	28	WHK	86	12:12 12:39 13:08 12:48
58	1645	Hörster Natalie	RheinEnergie	GER	0:51:51	0:52:31	7	W35	74	13:50 12:48 12:23 11:52
59	1739	Klostermann Regina	DJK Wiking Köln	GER	0:51:54	0:52:59	29	WHK	85	13:08 12:29 12:33 12:39
60	1698	Kamenz-Jokisch Carmen	*Bonn	GER	0:51:54	0:52:11	30	WHK	80	12:58 12:19 12:36 12:50

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	89	Eichhorn Claudia	MitUns		0:52:01	0:52:11	8	W35	70	11:47	12:20	13:07	13:31	
62	2181	Schnorbach Sonja	Kölner Mediziner	GER	0:52:03	0:52:27	31	WHK	86	11:57	12:52	13:10	12:58	
63	1707	Kehl Verena	Equipo Yaya	GER	0:52:03	0:52:12	32	WHK	83	11:40	13:11	13:22	12:51	
64	1498	Gebing Iris	MitUns	GER	0:52:08	0:52:19	12	W30	77	11:47	12:25	13:10	13:36	
65	1801	Küppersbusch Julia	*Köln	GER	0:52:12	0:52:42	33	WHK	82	12:00	12:50	13:16	12:58	
66	1721	Kimmig Sarah	*Köln	GER	0:52:20	0:53:24	34	WHK	85	13:48	12:51	12:36	12:03	
67	2138	Scheller Maryse	*Köln	LUX	0:52:20	0:53:24	35	WHK	87	13:48	12:52	12:36	12:03	
68	1313	Bommel Juliane	jetze running chicken	GER	0:52:22	0:52:47	13	W30	79	12:26	12:50	12:59	12:54	
69	2228	Schweiss Nicole	*Köln	GER	0:52:31	0:53:26	36	WHK	88	13:06	12:24	13:08	12:44	
70	2433	Wolf Ulrike	Laktatkönige Köln	GER	0:52:38	0:52:48	3	W50	58	12:26	12:47	13:09	13:06	
71	1934	Michels Stephanie	HSP Laufteam Münster	GER	0:52:38	0:52:42	37	WHK	85	13:09	12:24	12:51	13:12	
72	1511	Gersch Inka	*Köln	GER	0:52:39	0:53:17	38	WHK	85	13:02	13:08	12:43	12:36	
73	1924	Meyer Eva	Der späte Wurm entgeht d Sturm	GER	0:52:40	0:53:37	39	WHK	84	13:13	12:08	12:45	13:25	
74	1214	Ahlers Ronja	*Bonn	GER	0:52:47	0:53:13	40	WHK	87	12:25	12:55	13:16	13:07	
75	2272	Sperling Dr. Sandra	*Köln	GER	0:52:48	0:53:03	14	W30	77	12:21	12:34	13:28	13:20	
76	1983	Nink Judith	Fortuna Köln	GER	0:52:52	0:52:58	41	WHK	81	12:16	13:05	13:09	13:07	
77	1337	Büchter Kerstin	*Köln	GER	0:52:53	0:52:58	15	W30	79	12:13	12:37	13:12	13:35	
78	1497	Gebauer Katharina	*Bottrop	GER	0:52:55	0:53:22	42	WHK	88	12:05	13:15	13:16	13:08	
79	1715	Keser Semra	RelaxRunners	GER	0:53:00	0:53:59	16	W30	77	25:49	12:52	00:00	00:00	
80	1316	Bork Tabea	*Köln	GER	0:53:04	0:53:35	43	WHK	83	12:54	12:43	13:28	13:00	
81	2202	Schreiner Kathrin	*Engelskirchen	GER	0:53:17	0:54:07	44	WHK	82	13:30	12:59	12:59	12:44	
82	1404	Dobjja Isabella	*Wesseling	GER	0:53:20	0:53:24	45	WHK	84	12:01	13:16	13:37	13:15	
83	1207	Zelinsky Barbara	Laufrausch / Triathlon @ Uni K	GER	0:53:23	0:53:39	4	W50	55	11:48	13:24	13:27	13:27	
84	2333	Travers Gaby	Köln Marathon	GER	0:53:48	0:54:28	6	W40	65	12:48	13:01	13:25	13:24	
85	2123	Salvan Delphine	AXA H1	FRA	0:53:56	0:54:37	46	WHK	84	12:54	12:38	13:10	13:53	
86	2448	Ziehm Nadja	*Köln	GER	0:53:57	0:54:14	17	W30	79	13:42	13:28	12:59	12:40	
87	2299	Straub Dr. Karin	*Köln	GER	0:53:58	0:54:08	7	W40	69	12:15	13:03	13:37	13:55	
88	2092	Ripping Michaela	Laufrausch / Triathlon @ Uni K	GER	0:54:00	0:54:40	8	W40	67	14:14	13:24	12:54	12:25	
89	1618	Herrguth Katja	Rheinischer Waffening zu Köln	GER	0:54:03	0:54:27	18	W30	75	13:19	12:47	13:12	13:27	
90	1446	Erlenkötter Annemarie	Lernwerkstatt läuft...	GER	0:54:13	0:54:56	47	WHK	84	12:16	13:28	13:58	13:24	
91	2371	Vondermaßen Simone	Just Fit LUX	GER	0:54:15	0:54:27	48	WHK	82	12:06	13:22	13:45	13:39	
92	1755	Könen Stefanie	Team Cologne	GER	0:54:18	0:55:03	49	WHK	84	13:42	13:15	13:18	12:52	
93	1777	Kreißig Katrin	*Köln	GER	0:54:21	0:55:26	50	WHK	86	13:40	13:03	12:58	13:27	
94	1635	Hillger Sina	Team OSCAR GmbH	GER	0:54:23	0:54:38	51	WHK	87	13:43	13:02	13:13	13:13	
95	2307	Sülberg Sophia	*Köln	GER	0:54:29	0:54:42	52	WHK	85	12:36	13:05	13:42	13:49	
96	2354	Vidal Marina	prothetik@uk-koeln.de	DEU	0:54:32	0:55:33	9	W40	67	12:54	12:36	13:45	14:01	
97	1587	Hauser Meike	MitUns	GER	0:54:38	0:54:45	10	W40	68	12:37	13:08	13:45	13:54	
98	1289	Biehl Carola	*Berlin	GER	0:54:43	0:55:18	11	W40	65	13:02	13:02	13:30	13:55	
99	1303	Blossfeld Jenny	Kölner Mediziner	GER	0:54:45	0:55:09	53	WHK	87	12:23	13:12	14:10	13:55	
100	1571	Haldy Claudia	*Köln	GER	0:54:48	0:54:57	19	W30	79	12:37	13:17	13:48	13:54	
101	1210	Abel Nicoletta	RFH-Team	GER	0:54:51	0:55:19	54	WHK	87	12:56	13:23	14:09	13:18	
102	1508	Germann Christiane	JU Köln www.jukoeln.de	GER	0:54:55	0:55:20	20	W30	79	13:24	13:52	13:27	13:12	
103	2109	Rosenbusch Silke	*Köln	GER	0:54:58	0:55:28	21	W30	75	13:27	13:07	13:34	13:34	
104	2309	Göbel Susanne	sportfreunde stöcker	GER	0:54:59	0:55:32	12	W40	67	13:46	13:18	13:34	13:10	
105	2041	Potz Manuela	Rhein Fitness Köln	GER	0:55:09	0:55:16	9	W35	71	12:59	13:44	13:44	13:33	
106	1955	Müller Anna-Katharina	Flinke Füße	GER	0:55:11	0:56:15	55	WHK	87	14:04	13:44	13:38	12:42	
107	2124	Schoon Heike	RheinEnergie	DEU	0:55:17	0:56:05	10	W35	72	13:44	13:25	13:32	13:26	
108	1800	Küppersbusch Carolin	*Köln	GER	0:55:19	0:55:49	56	WHK	84	12:38	13:23	14:02	13:58	
109	1906	Mayer Dr. Beate	prothetik@uk-koeln.de	DEU	0:55:21	0:55:33	5	W45	60	12:39	13:21	14:04	14:01	
110	1727	Kisters-Woike Brigitte	Rettet das Knusperhäuschen!	GER	0:55:28	0:56:17	5	W50	57	12:59	13:50	13:52	13:35	
111	1666	Isbaner Marita	TSV Bayer 04 Lauftreff	GER	0:55:29	0:55:56	6	W45	60	13:08	13:24	13:57	13:42	
112	1612	Henk Sandra	Bonn-Rhein-Sieg Runners	GER	0:55:30	0:55:58	57	WHK	86	12:53	13:34	14:06	13:48	
113	1865	Löw Anna	Cologne Internationals	GER	0:55:31	0:56:09	58	WHK	82	12:56	13:30	14:00	13:49	
114	2151	Schliermann Nicola	*Köln	GER	0:55:32	0:55:34	59	WHK	86	11:34	13:12	14:21	15:08	
115	1624	Herzmann Nina	Der späte Wurm entgeht d Sturm	GER	0:55:34	0:56:31	60	WHK	81	13:55	13:17	13:36	13:30	
116	1987	Nörenberg Dr Dorle	Dynamo Dauerregen - Mittläufer	GER	0:55:35	0:56:42	11	W35	72	13:38	12:49	13:42	14:15	
117	1330	Brocke Anika	Lucky Stars	GER	0:55:35	0:55:47	61	WHK	80	12:57	13:30	14:08	13:54	
118	1255	Becher Ann-Katrin	*Bonn	GER	0:55:37	0:55:56	62	WHK	81	12:54	13:28	14:07	13:54	
119	2186	Schönig Teresa	Central-Team	GER	0:55:41	0:56:47	63	WHK	83	13:57	13:05	12:11	15:20	
120	1299	Blachmann Silke	Beste Fründinnen	GER	0:55:48	0:56:02	12	W35	72	13:16	13:49	14:11	13:24	

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	1501	Gelhausen Isabelle	Beste Fründinnen	GER	0:55:48	0:56:02	13	W35	70	13:16	13:49	14:11	13:25	
122	2172	Schmitz Sabine	Marienschule Opladen	GER	0:55:50	0:56:27	14	W35	73	13:38	13:39	13:55	13:28	
123	1950	Mosdzien Julie	Cologne Internationals	GER	0:55:52	0:56:25	64	WHK	84	13:53	13:42	13:48	13:24	
124	2387	Weeger Sandra	*Köln	GER	0:56:01	0:56:11	13	W40	67	12:41	13:48	14:09	14:17	
125	901	Brück Anina	Sportfreunde Stöcker	GER	0:56:04	0:56:37	14	W40	67	13:47	13:19	13:41	13:55	
126	1386	Derya Vera	*Köln	GER	0:56:07	0:56:37	65	WHK	85	12:38	14:06	13:57	14:06	
127	1030	Kuoppala Sanna	Cologne Internationals	FIN	0:56:09	0:56:23	66	WHK	87	11:46	13:26	14:20	15:12	
128	2148	Schlangenfeldt Kathrin	Volvo Car Germany	GER	0:56:17	0:57:05	22	W30	78	13:50	13:54	13:48	13:36	
129	1218	Albrecht Kirsten	Cologne Internationals	GER	0:56:19	0:56:44	23	W30	79	13:46	13:36	14:11	13:39	
130	1236	Bach Dominique	jetze running chicken	GER	0:56:32	0:56:59	67	WHK	80	13:41	13:50	13:47	13:56	
131	2099	Röding Ulrike	*Köln	GER	0:56:37	0:56:51	68	WHK	88	12:40	13:52	14:21	14:30	
132	1593	Heeren Irina	*Köln	GER	0:56:48	0:57:10	69	WHK	82	12:29	13:30	14:33	14:57	
133	1828	Lehmbruck Lotte	Cologne Internationals	GER	0:56:54	0:57:04	70	WHK	83	13:44	13:46	14:18	13:56	
134	1249	Bartels Sarah	bi-der-bartel-butz	GER	0:56:55	0:57:46	71	WHK	81	13:45	13:52	14:09	13:56	
135	1561	Haase Dana	Fortuna Köln Handball	GER	0:57:02	0:57:09	72	WHK	83	13:42	13:58	14:26	13:47	
136	2303	Strunck Jessica	RheinEnergie	GER	0:57:03	0:57:34	73	WHK	84	14:21	14:19	13:41	13:38	
137	2372	Vormittag Sonja	OC-Köllefornia	GER	0:57:06	0:57:10	74	WHK	82	13:32	14:27	14:28	13:27	
138	2343	Valentiner Astrid	Dr Zoch kütt!	GER	0:57:07	0:57:54	75	WHK	86	14:32	14:14	13:48	13:23	
139	2060	Raschke Ines	Rettet das Knusperhäuschen!	GER	0:57:10	0:58:00	76	WHK	80	13:19	13:38	14:28	14:26	
140	1728	Klaes Andrea	*Bergheim	GER	0:57:18	0:57:34	24	W30	78	13:34	13:57	14:19	14:16	
141	17	Marbach Claudia	Marathon Finanz AG		0:57:18	0:57:36	77	WHK	84	13:15	13:54	14:26	14:29	
142	1417	Drees Bärbel	Valium i.V.	GER	0:57:22	0:57:41	7	W45	64	13:47	14:05	14:15	14:03	
143	1492	Ganz Ute	Valium i.V.	GER	0:57:23	0:57:42	8	W45	64	13:46	13:57	14:15	14:06	
144	1779	Kremp Carolin	You will never walk alone	GER	0:57:25	0:57:31	78	WHK	87	14:21	14:49	13:48	13:20	
145	1601	Heinrich Anja	Los Diegos	GER	0:57:25	0:57:44	79	WHK	81	14:07	13:48	14:21	13:51	
146	1344	Buyx Dana	*Köln	GER	0:57:30	0:57:57	80	WHK	81	14:23	14:06	14:06	13:44	
147	1945	Möllhoff Natalie	Die Liebies	GER	0:57:32	0:58:04	25	W30	79	14:53	14:26	13:56	13:17	
148	2308	Surrey Inga	*Köln	GER	0:57:34	0:58:15	26	W30	77	15:11	14:05	13:52	13:19	
149	1284	Beul Evelyn	*Köln	GER	0:57:34	0:58:15	27	W30	77	15:11	14:04	13:52	13:18	
150	2065	Regeniter Hilde	domradio	GER	0:57:34	0:58:24	15	W35	72	15:08	13:48	13:42	13:40	
151	1969	Müller Ulrike	Heart & Soul	GER	0:57:37	0:58:11	15	W40	65	13:52	14:01	14:16	14:09	
152	73	Geldner Stefanie	BKK Ford & Rheinland		0:57:37	0:58:12	81	WHK	83	14:16	13:58	14:13	14:03	
153	1518	Gillenberg Elisabeth	GGs Mandis	GER	0:57:39	0:58:05	6	W50	57	12:55	13:59	14:30	00:00	
154	2093	Ristau Dr. Tina	Die Jecken	GER	0:57:40	0:58:29	82	WHK	82	13:56	14:23	14:22	13:53	
155	2078	Retzlaff Liane	*Köln	GER	0:57:47	0:58:04	7	W50	57	13:52	13:57	14:06	14:40	
156	1807	Kunde Bianka	*Köln	GER	0:57:49	0:57:56	28	W30	76	13:42	13:58	14:28	14:28	
157	2220	Schunk Frauke	Cologne Internationals	GER	0:57:49	0:58:23	83	WHK	82	14:44	13:51	14:15	13:50	
158	1985	Nobis Nadia	*Köln	GER	0:57:50	0:58:05	84	WHK	88	13:24	13:49	14:43	14:37	
159	1834	Lenart Agnieszka	*Köln	GER	0:57:51	0:58:26	29	W30	77	14:19	14:23	14:20	13:44	
160	1286	Beyer Birgit	Jogmap	GER	0:57:58	0:59:01	9	W45	61	13:57	14:13	14:33	14:05	
161	2005	Pâques Catherine	Formula Racing Cologne - FH Kö	GER	0:58:03	0:58:32	85	WHK	80	12:57	13:47	14:41	15:23	
162	1631	Hild Carmel	RelaxRunners	GER	0:58:08	0:59:08	30	W30	79	14:05	14:20	14:42	13:53	
163	1832	Leitterstorf Eva	OC-Köllefornia	GER	0:58:13	0:58:17	86	WHK	82	13:32	14:27	14:28	14:32	
164	1405	Dölling Julia	Slowfoot	GER	0:58:16	0:58:51	31	W30	76	14:29	14:37	14:17	13:41	
165	2137	Scheffler Katja	FSL - jetzt aber schnell!	GER	0:58:17	0:59:09	87	WHK	82	13:57	14:23	14:39	14:02	
166	1563	Hackenberg Roslind	Laufen für den Kasten Bier	GER	0:58:20	0:58:25	88	WHK	87	12:41	14:16	15:10	14:54	
167	0	Nowak Anna Maria	Bayer Business Services	DEU	0:58:27	0:58:32	8	W50	57	12:39	14:02	14:49	15:27	
168	2264	Sommer Katrin	Shintai Köln	GER	0:58:28	0:58:50	32	W30	77	13:15	13:42	15:15	14:55	
169	2450	Zuber Christina	Dynamo Kaiser	GER	0:58:28	0:58:35	89	WHK	81	14:19	14:32	14:33	13:57	
170	1408	Dörre Dr. Tanja	*Köln	GER	0:58:31	0:58:35	33	W30	78	12:39	14:03	14:49	15:27	
171	1743	Knopp Barbara	*Köln	GER	0:58:41	0:59:26	34	W30	75	15:42	14:24	14:04	13:20	
172	18	Podolski Nathalie	Marathon Finanz AG		0:58:43	0:59:00	90	WHK	86	13:37	14:35	14:37	14:41	
173	2023	Piwowar Ula	*Köln	POL	0:58:44	0:59:14	91	WHK	84	14:11	14:24	14:45	14:11	
174	2021	Pinkert Ines	Der späte Wurm entgeht d Sturm	GER	0:58:44	0:59:42	92	WHK	83	15:23	14:48	14:21	13:08	
175	2415	Wietholt Jennifer	*Köln	GER	0:58:47	0:58:59	93	WHK	84	13:39	14:16	14:47	14:53	
176	1678	Jedig Maria	Urologische UniKlinik Köln	GER	0:58:48	0:59:21	94	WHK	84	14:38	14:47	14:45	13:28	
177	1711	Keilhauer Julia	Urologische UniKlinik Köln	GER	0:58:51	0:59:11	35	W30	75	14:02	14:35	14:40	14:20	
178	2176	Schneider Carola	SSK Kerpen	GER	0:58:52	0:59:17	16	W35	72	14:34	14:43	14:25	14:01	
179	2143	Scherer Ramona	*Köln	GER	0:58:58	0:59:00	95	WHK	88	11:49	15:26	15:39	15:05	
180	1556	Günther Saskia	iRun	GER	0:58:59	0:59:20	96	WHK	87	12:49	14:30	15:16	15:07	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	2002	Pabst Monika	*Köln	GER	0:59:01	0:59:43	10	W45	62	14:47	14:14	14:25	14:16	
182	1617	Herold Christine	*Bonn	GER	0:59:03	0:59:54	36	W30	79	13:58	14:12	15:01	14:38	
183	1931	Michels Alexandra	Köln Marathon	GER	0:59:03	0:59:08	97	WHK	83	13:11	14:27	15:18	14:56	
184	1320	Botzet Elisabeth	*Köln	GER	0:59:26	0:59:38	17	W35	74	14:24	14:08	14:39	14:57	
185	2219	Schumacher Nina	*Köln	GER	0:59:28	1:00:15	18	W35	73	14:12	14:01	14:37	15:11	
186	2379	Wallenfang Janine	*Köln	GER	0:59:30	0:59:52	98	WHK	82	15:04	15:10	14:33	13:32	
187	2302	Struckmeier Eva	Amnesty International Hochschu	GER	0:59:34	1:00:27	99	WHK	84	14:55	14:36	14:27	14:15	
188	1852	Link Caroline	Der späte Wurm entgeht d Sturm	GER	0:59:41	1:00:38	100	WHK	84	14:13	14:15	14:57	14:55	
189	2382	Walther Ronja	RheinEnergie	DEU	0:59:41	1:00:29	19	W35	73	14:12	13:47	15:10	15:12	
190	1692	Kaczmarek Julia	Stäck-Turtles	GER	0:59:43	1:00:46	101	WHK	81	15:00	14:42	14:44	14:04	
191	2131	Schaaf Franziska	RheinEnergie	GER	0:59:48	1:00:18	102	WHK	85	14:22	14:22	14:52	14:59	
192	2104	Röttgen Nadine	*Pulheim	GER	0:59:48	0:59:54	37	W30	77	14:09	14:14	14:58	15:17	
193	2177	Schneider Daniela	*Köln	GER	0:59:56	1:00:21	16	W40	65	14:53	14:41	14:34	14:39	
194	1580	Harnying Dr. Wacharee	OC-Köllefortia	THA	0:59:56	1:01:02	38	W30	75	14:43	14:12	14:37	15:05	
195	1442	Endres Claire	Formula Racing Cologne - FH Kö	GER	1:00:02	1:00:31	103	WHK	82	12:38	15:08	14:52	16:04	
196	2187	Schössler Tiana	*Köln	GER	1:00:02	1:00:33	104	WHK	80	14:31	14:15	14:55	15:03	
197	1688	Jurkiewicz Ilona	OC-Köllefortia	GER	1:00:02	1:00:37	39	W30	79	13:53	14:23	15:17	15:11	
198	1778	Krellig Manuela	Soziales Europa	GER	1:00:04	1:00:21	105	WHK	81	13:41	14:09	15:19	15:36	
199	2270	Spelten Kirsten	*Köln	GER	1:00:07	1:00:33	11	W45	63	14:52	14:40	14:34	14:39	
200	2278	Stachelscheid Uta	Flinke Füße	GER	1:00:14	1:01:17	106	WHK	85	14:20	14:35	15:26	14:48	
201	1270	Bell Anne-Ruth	*Köln	GER	1:00:21	1:00:36	107	WHK	83	14:02	14:37	15:12	15:07	
202	1754	Koenen Isabel	Rettet das Knusperhäuschen!	GER	1:00:24	1:01:30	17	W40	69	14:59	15:03	14:55	14:16	
203	1970	Mülstegen Corinna	*Köln	GER	1:00:29	1:00:38	108	WHK	80	14:04	14:53	15:19	14:51	
204	2046	Propheter Ute	*Köln	GER	1:00:30	1:01:05	12	W45	64	15:21	14:54	14:43	14:18	
205	1592	Hecht Franziska	SSK	GER	1:00:33	1:00:58	20	W35	70	14:35	14:46	14:45	15:19	
206	2441	Yildirim Jasmin	Laufrausch / Triathlon @ Uni K	GER	1:00:34	1:01:10	109	WHK	84	12:52	13:51	16:00	16:29	
207	2229	Schwermann Alexandra	Valium i.V.	GER	1:00:35	1:00:56	40	W30	75	14:56	15:02	14:56	14:21	
208	1411	Dolina Miriam	*Köln	GER	1:00:38	1:01:27	110	WHK	87	14:23	14:16	15:10	15:27	
209	1674	Jakobi Marion	*Köln	GER	1:00:41	1:01:15	13	W45	64	15:21	14:54	14:42	14:28	
210	1569	Hajek Verena	*Köln	GER	1:00:43	1:00:53	1	W55	52	14:00	14:55	15:12	15:12	
211	1613	Hennl Annika	Dynamo Kaiser	GER	1:00:47	1:00:54	111	WHK	80	14:19	14:33	15:11	15:26	
212	2301	Strohsahl Antje	Valium i.V.	GER	1:00:48	1:01:25	112	WHK	82	15:21	14:55	14:53	14:24	
213	1846	Linden Daniela	Die Lindis	GER	1:00:50	1:01:08	21	W35	72	14:24	14:39	15:14	15:24	
214	1815	Lachnicht Karin	*Bergisch Gladbach	GER	1:00:50	1:01:47	18	W40	66	14:15	14:27	16:19	14:34	
215	1499	Geffe Verena	*Köln	GER	1:00:55	1:01:31	113	WHK	81	15:07	14:14	14:51	15:28	
216	2125	Sandmann Andrea	Valium i.V.	GER	1:01:03	1:01:23	41	W30	78	14:56	15:02	14:57	14:48	
217	1740	Klostermeyer Alexa	*Köln	GER	1:01:03	1:01:25	114	WHK	82	15:03	15:11	14:51	14:48	
218	2089	Richter Maren	TC Colonia	GER	1:01:04	1:01:26	115	WHK	81	15:03	15:11	14:51	14:48	
219	1977	Neumann Annika	Kölner Mediziner	GER	1:01:05	1:01:50	116	WHK	83	15:09	14:55	15:11	14:39	
220	1943	Möller Miriam	*Köln	GER	1:01:05	1:01:43	117	WHK	85	13:02	13:08	20:33	13:19	
221	2144	Scherwaß Dr. Anja	LT Düsseldorf-Süd	GER	1:01:08	1:01:57	19	W40	66	14:21	14:51	15:17	15:23	
222	1600	Heini Martina	Valium i.V.	GER	1:01:08	1:01:26	20	W40	68	14:21	15:01	14:54	15:26	
223	1964	Müller Judith	*Köln	GER	1:01:09	1:01:35	118	WHK	86	15:42	15:25	14:39	14:13	
224	1259	Becker Katia	Amnesty International Hochschu	GER	1:01:17	1:01:34	119	WHK	86	14:26	15:01	15:09	15:19	
225	1691	Kachtik Silke	Slowfoot	GER	1:01:26	1:02:00	42	W30	78	14:30	14:53	15:26	15:25	
226	1397	Dinger Hanna	Laufen für den Kasten Bier	GER	1:01:35	1:01:40	120	WHK	87	14:21	15:11	15:40	14:59	
226	1984	Nitsche Sara	Der späte Wurm entgeht d Sturm	GER	1:01:35	1:02:04	120	WHK	83	13:54	14:52	15:45	15:40	
228	1343	Bußler Phyllis	*Köln	GER	1:01:35	1:02:21	122	WHK	85	13:53	14:42	15:43	16:03	
229	1639	Höfges Anna-Lisa	*Niederzier	GER	1:01:36	1:02:36	123	WHK	88	15:18	15:09	15:21	14:39	
230	2280	Steffen Natalie	Lindenthal	GER	1:01:37	1:02:19	22	W35	73	15:19	15:19	14:59	14:43	
231	1751	Koch Ruth	*Köln	GER	1:01:38	1:01:45	124	WHK	84	14:35	14:56	15:30	15:13	
232	1894	Maringer Sabine	*Köln	GER	1:01:39	1:02:43	43	W30	75	15:31	15:22	15:07	14:30	
233	2111	Roßnagel Luisa	*Köln	GER	1:01:43	1:02:09	125	WHK	87	14:59	15:17	15:19	15:01	
234	2321	Thissen-Piontek Martina	SSK Kerpen	GER	1:01:51	1:02:05	14	W45	64	14:46	15:17	15:16	15:10	
235	1844	Liebermann Kerstin	Team Erdinger alkoholfrei	DEU	1:01:57	1:02:30	23	W35	74	14:55	14:46	15:03	15:39	
236	1608	Hellmuth Katja	Wupplich op dä Gass	GER	1:02:05	1:02:16	44	W30	77	13:56	14:50	15:47	16:09	
237	2095	Rivero reimers Chichita	Dr Zoch kütt!	GER	1:02:10	1:02:10	126	WHK	84	00:00	00:00	00:00	00:00	
238	1723	Kipping Nina	*Kirchen	GER	1:02:14	1:03:06	2	WJA	90	15:11	15:21	15:38	14:51	
239	2194	Schomers Renate	*Köln	GER	1:02:14	1:02:53	2	W55	51	14:49	15:12	15:28	15:17	
240	1522	Glas Lioba	Urologische UniKlinik Köln	GER	1:02:14	1:02:36	127	WHK	84	14:32	15:33	15:25	15:25	

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2378	Wallenborn Sonja	*Köln	GER	1:02:17	1:02:48	15	W45	64	14:30	15:07	15:20	15:53	
242	2147	Schlangen Susanne	ASV Köln	GER	1:02:18	1:02:34	45	W30	77	14:22	15:11	15:29	15:54	
243	1909	Meier Nina	Der späte Wurm entgeht d Sturm	GER	1:02:21	1:02:51	128	WHK	84	15:14	15:41	15:37	14:38	
244	1886	Mache Vita	Cologne Internationals	GER	1:02:23	1:02:52	129	WHK	83	16:33	16:27	15:52	12:18	
245	1551	Gründler Sabine	domradio	GER	1:02:25	1:03:16	46	W30	79	15:16	15:03	15:10	15:35	
246	1806	Kuhn Johanna	Die apokalyptischen Läufer	GER	1:02:26	1:03:01	130	WHK	86	14:50	15:11	15:37	15:37	
247	1390	Deuss Pia	domradio	GER	1:02:30	1:03:16	131	WHK	81	14:45	15:10	15:40	15:35	
248	2413	Wienströer Britta	*Köln	GER	1:02:33	1:02:51	132	WHK	83	15:33	15:41	15:19	14:36	
249	1833	Lemberg Kathrin	Rastlose Rennschnecken	GER	1:02:34	1:02:53	47	W30	78	14:34	15:24	15:48	15:36	
250	1304	Bockenheimer Julia	Sportfreunde Stöcker	GER	1:02:35	1:03:21	24	W35	74	15:24	15:05	15:20	15:22	
251	2317	Terheggen Susann	Sportfreunde Stöcker	GER	1:02:36	1:03:21	48	W30	76	15:24	15:05	15:15	15:26	
252	2364	Vomhof Stefanie	Club der schönen Mütter	GER	1:02:44	1:03:21	49	W30	78	14:46	14:58	16:13	15:25	
253	2417	Wilhelm Annette	*Köln	GER	1:02:51	1:03:34	50	W30	76	15:55	16:38	14:48	14:12	
254	2249	Sicken Clara	*Köln	GER	1:03:02	1:03:32	133	WHK	89	15:49	15:25	15:09	15:12	
255	1907	Mehl Lisa	*Köln	GER	1:03:02	1:03:32	134	WHK	87	15:49	15:25	15:08	15:13	
256	1281	Berti Friederike	*Köln	GER	1:03:03	1:03:33	135	WHK	88	15:49	15:25	15:09	15:12	
257	1583	Haßmann Marie Christin	*Köln	GER	1:03:03	1:03:33	136	WHK	88	15:49	15:26	15:07	15:13	
258	2158	Schmidt Cornelia	*Köln	GER	1:03:04	1:04:10	51	W30	78	15:23	15:35	15:25	15:24	
259	2188	Scholten Barbara	Central-Team	GER	1:03:04	1:04:10	52	W30	78	15:23	15:35	15:23	15:26	
260	2083	Rhein Elisabeth	Rettet das Knusperhäuschen!	GER	1:03:10	1:04:16	21	W40	66	14:59	15:11	15:53	15:52	
261	2193	Schomakers Nele	Die apokalyptischen Läufer	GER	1:03:10	1:03:46	137	WHK	81	14:54	15:10	15:47	16:02	
262	2006	Patrascoiu Diana Andreea	Cologne Internationals	ROM	1:03:17	1:03:31	138	WHK	86	14:42	15:32	16:29	15:10	
263	1585	Haufschild Heike	*Köln	GER	1:03:18	1:03:46	22	W40	67	15:15	15:18	15:37	15:43	
264	1380	Deneffe Margret	Cologne Internationals	GER	1:03:20	1:03:23	3	W55	53	14:22	15:20	15:52	16:21	
265	1652	Holz Dagmar	TS Frechen	GER	1:03:21	1:03:42	53	W30	78	14:10	15:12	16:04	16:21	
266	1986	Noda Emi	Cologne Internationals	JPN	1:03:22	1:04:15	139	WHK	87	15:40	15:49	15:22	15:08	
267	1908	Mehner Radssa Nikola	Cologne Internationals	GER	1:03:23	1:04:15	140	WHK	86	15:41	15:49	15:23	15:07	
268	1771	Kranz Anna	*Köln	GER	1:03:34	1:04:02	141	WHK	85	14:56	15:26	16:20	15:37	
269	1941	Möller Andrea	Hase und Igel	GER	1:03:36	1:03:56	54	W30	77	14:51	15:38	15:56	15:41	
270	1965	Müller Melanie	*Pulheim	GER	1:03:37	1:04:16	142	WHK	83	14:39	14:35	16:40	16:20	
271	1967	Müller Sophie	*Köln	GER	1:03:38	1:04:18	143	WHK	84	15:43	15:21	15:57	15:20	
272	2304	Stüttem Maria	*Köln	GER	1:03:48	1:04:28	144	WHK	83	15:43	15:21	15:57	15:30	
273	2305	Stukenberg Stephanie	Dissonanzdüsen	GER	1:03:50	1:04:37	145	WHK	83	15:58	15:37	15:25	15:34	
274	1718	Kiauka Kristina	domradio	GER	1:03:51	1:04:41	146	WHK	82	15:33	15:41	15:46	15:29	
275	1660	Huhle Teresa	Byebye Köln	GER	1:03:52	1:04:21	147	WHK	82	15:36	15:18	16:30	15:15	
276	1761	Kopp Lavinia	*Köln	GER	1:03:53	1:04:39	55	W30	75	14:58	15:25	16:04	16:03	
276	1326	Brenn Isabel	Byebye Köln	GER	1:03:53	1:04:21	148	WHK	81	15:37	15:18	16:31	15:15	
278	1978	Neunzig Birgit	*Frechen	GER	1:03:58	1:04:43	23	W40	68	15:43	15:10	15:44	15:57	
279	1573	Hamper Julia	*Köln	GER	1:04:00	1:04:39	149	WHK	82	15:45	15:31	16:03	15:26	
280	1893	Mammeas Stephanie	Cologne Internationals	GER	1:04:05	1:04:21	150	WHK	83	15:51	16:07	15:17	15:36	
281	1554	Grumme Daniela	Krönkes Rennstall	GER	1:04:14	1:04:57	56	W30	79	15:48	15:58	15:35	15:29	
282	2361	Vogel Uschi	*Köln	GER	1:04:20	1:05:17	16	W45	63	14:49	15:10	16:12	16:35	
283	2196	Schorn Astrid	*Köln	GER	1:04:21	1:04:31	151	WHK	81	16:10	17:04	14:38	15:08	
284	1823	Lazea Iulia	Cologne Internationals	ROM	1:04:22	1:04:34	152	WHK	86	14:44	15:32	16:29	16:16	
285	2390	Weigerstorfer Sonja	Batzi & Inder GmbH	GER	1:04:26	1:04:58	57	W30	77	15:10	15:36	16:47	15:34	
286	1974	Nesshöver Alexandra	Batzi & Inder GmbH	GER	1:04:26	1:04:58	58	W30	78	15:11	15:35	16:47	15:34	
286	1831	Leininger Gesina	*Köln	GER	1:04:26	1:04:42	153	WHK	84	15:10	15:32	15:59	16:17	
288	2358	Völkel Verena	AXA H1	GER	1:04:29	1:05:11	59	W30	78	15:28	15:45	16:13	15:40	
289	2024	Plaschke Klaudia	AXA H1	GER	1:04:29	1:05:11	25	W35	71	15:29	15:46	16:13	15:40	
290	1291	Bierhoff Anne	*Köln	GER	1:04:40	1:05:24	60	W30	75	15:58	16:05	16:03	15:19	
291	2223	Schwamborn Alexandra	*Köln	GER	1:04:47	1:05:37	154	WHK	84	14:32	15:09	16:30	16:57	
292	2248	Shahriari Mojgan	*köln	IRN	1:04:51	1:05:30	26	W35	71	13:55	15:53	16:47	16:43	
293	2409	Wiemann Kathrin	*Köln	GER	1:04:59	1:05:34	155	WHK	82	15:08	15:41	15:39	16:55	
294	1898	Marx Johanna	Ökumene Lindenthal	GER	1:05:03	1:05:18	27	W35	72	14:36	16:10	16:22	16:34	
295	2064	Reetz Jacqueline	*Köln	GER	1:05:07	1:05:59	156	WHK	82	15:43	15:31	16:45	15:43	
296	2404	Weßling Rabea	Team OSCAR GmbH	GER	1:05:15	1:05:30	157	WHK	86	15:27	15:49	16:08	16:22	
297	2166	Schmidt Ulrike	*Köln	GER	1:05:16	1:05:43	17	W45	63	15:39	16:12	16:09	16:02	
298	2071	Reininger Helene	*Niederzier	GER	1:05:20	1:05:48	18	W45	64	15:20	16:02	16:27	16:04	
299	2110	Rosin Nicolette	*köln	GER	1:05:21	1:05:47	24	W40	67	15:39	16:12	16:09	16:02	
300	1543	Graßl Saskia	Flinke Füße	GER	1:05:28	1:05:54	158	WHK	84	16:26	17:01	16:40	14:03	

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	1724	Kirschner Claudia	*Köln	GER	1:05:34	1:05:53	19	W45	63	15:22	16:01	16:26	16:15	
302	1481	Fritzsch Manuela	Flinke Füße	GER	1:05:37	1:06:02	159	WHK	85	16:26	17:01	16:40	14:14	
303	2313	Tappesser Priska	Urologische UniKlinik Köln	GER	1:05:37	1:06:26	160	WHK	85	16:05	15:22	15:58	16:48	
304	2238	Seibert Anette	*Köln	GER	1:05:47	1:06:28	25	W40	65	15:20	15:42	16:35	16:41	
305	2026	Plume Nadine	*Aachen	GER	1:05:47	1:06:19	161	WHK	82	15:21	15:44	16:37	16:34	
306	2168	Schmitt Sabine	*Köln	GER	1:05:53	1:06:05	162	WHK	81	14:46	15:21	16:14	17:59	
307	1239	Bahari- Trimborn Khadija	*Köln	GER	1:05:56	1:06:41	61	W30	78	15:43	15:30	16:33	16:40	
308	1885	Maaßen Helga	LAV Habelrath-Grefrath	GER	1:06:01	1:06:15	1	W70	38	15:28	15:55	16:18	16:51	
309	1479	Frings Britta	JU Köln www.jukoeln.de	GER	1:06:02	1:06:25	163	WHK	85	14:27	16:22	16:44	16:58	
310	2208	Schürmann Lena	*Köln	GER	1:06:03	1:06:27	164	WHK	84	15:04	16:53	17:30	15:26	
311	1903	Matthes Sabine	Der späte Wurm entgeht d Sturm	GER	1:06:04	1:06:55	165	WHK	84	16:19	16:08	16:28	16:01	
312	1237	Bachem Elisa	*Köln	GER	1:06:13	1:07:15	166	WHK	81	14:58	15:51	16:48	17:13	
313	2027	Pöll Gisela	*Köln	GER	1:06:33	1:07:11	1	W60	46	15:51	16:20	16:16	16:47	
314	1083	Hagin Helga	Urologische UniKlinik Köln	GER	1:06:34	1:07:04	2	W60	48	15:59	16:05	16:19	16:34	
315	2062	Rattunde Anuschka	*Köln	GER	1:06:36	1:07:21	167	WHK	86	16:32	15:59	16:09	16:29	
316	1305	Bodsky Rachel	*Bonn	USA	1:06:37	1:07:15	168	WHK	86	15:14	15:59	16:56	17:11	
317	2439	Wukasch Claudia	Urologische UniKlinik Köln	DEU	1:06:55	1:07:14	28	W35	74	15:24	16:20	16:42	16:56	
318	2421	Wingender Laura	MTV Köln	GER	1:06:59	1:07:50	169	WHK	88	15:53	12:30	13:23	12:25	
319	2236	Sehleiter Antonia	*Kön	GER	1:07:00	1:07:50	1	WJB	92	16:18	16:23	16:27	16:26	
320	2237	Sehleiter Luisa	*KÖLN	GER	1:07:02	1:07:53	170	WHK	83	16:17	16:23	16:27	16:26	
321	2155	Schlott Katrin	Cologne Internationals	GER	1:07:05	1:07:43	171	WHK	81	15:55	15:32	15:45	18:27	
322	1290	Bierei Mareike	*Köln	GER	1:07:06	1:07:44	172	WHK	84	15:56	15:32	17:00	17:11	
323	1994	Olbrisch Linda	*Köln	GER	1:07:11	1:08:02	173	WHK	80	15:44	15:31	16:46	17:33	
324	1847	Linden Friederike	*Kürten	GER	1:07:17	1:07:40	174	WHK	84	15:08	16:14	16:50	17:35	
325	2103	Röper Juliane	AG Schwarz	GER	1:07:27	1:08:31	175	WHK	84	15:04	16:54	17:27	16:34	
326	2052	Pulm Gabriele	FC-Pesch	GER	1:07:33	1:08:01	26	W40	67	15:15	16:02	16:59	17:37	
327	1312	Bohnen Susanne	Krönkes Rennstall	GER	1:07:34	1:08:17	62	W30	78	15:49	16:13	16:49	17:08	
328	2036	Pongratz Carola	Krönkes Rennstall	GER	1:07:39	1:08:22	63	W30	78	15:49	16:21	16:41	17:17	
329	1634	Hille-Peters Martina	Ökumene Lindenthal	GER	1:07:47	1:08:38	9	W50	57	16:12	16:33	16:43	16:47	
330	1473	Fortnagel Tanja	*Köln	GER	1:07:51	1:08:24	29	W35	74	15:42	16:33	17:03	17:00	
331	1676	Jansen Esther	*Köln	GER	1:07:51	1:08:24	176	WHK	81	15:42	16:32	17:03	17:00	
332	1458	Feiser Janna	Urologische UniKlinik Köln	GER	1:07:51	1:08:24	177	WHK	85	16:21	16:16	16:46	16:56	
333	2118	Rutzen Gabriele	MitUns	GER	1:08:06	1:08:13	20	W45	63	15:07	16:42	17:22	17:20	
334	2128	Sauerbrey Julia	Dissonanzdüsen	GER	1:08:08	1:08:53	178	WHK	82	16:35	18:44	15:34	15:51	
335	1426	Ebbeskotte Katharina	Lernwerkstatt läuft...	GER	1:08:19	1:09:02	179	WHK	88	15:07	16:14	17:15	18:10	
336	2243	Sender Lisa	SZ Holsterhausen	GER	1:08:56	1:09:49	180	WHK	89	15:14	16:07	17:54	18:03	
337	98	Pönack Kathrin	RheinEnergie		1:09:08	1:09:30	21	W45	60	15:41	16:52	17:28	17:36	
338	1293	Bildstein Elisabeth	*Aachen	GER	1:09:09	1:09:23	64	W30	77	16:08	16:41	17:56	16:59	
339	1887	Mackebrock Julia	RFH-Team	GER	1:09:21	1:09:53	181	WHK	85	16:29	17:00	17:09	17:17	
340	1447	Ernst Stefanie	RFH-Team	GER	1:09:25	1:09:57	182	WHK	87	16:29	17:00	17:09	17:17	
341	1764	Kowalczyk Sarah	AG Schwarz	GER	1:09:34	1:10:36	183	WHK	84	15:21	16:41	17:51	18:10	
342	2030	Pohl Esther	*Langerwehe	GER	1:09:41	1:10:14	184	WHK	82	15:51	17:17	17:24	17:30	
343	1507	Gerke Juliane	Rennschnecken Physik	GER	1:09:45	1:10:12	185	WHK	86	15:33	16:39	17:41	18:13	
344	2174	Schmitz-Verhnrjak Sylvia	TEAM RAFA	AUT	1:09:47	1:10:42	4	W55	51	16:47	17:07	17:14	17:08	
345	2201	Schreiner Christiane	watzcraft	GER	1:10:02	1:10:24	27	W40	67	16:20	17:26	17:23	17:35	
346	1825	Lehmann Anna	*Köln	GER	1:10:04	1:10:50	186	WHK	80	16:31	17:11	17:49	17:09	
347	1826	Lehmann Sybil	*Köln	GER	1:10:05	1:10:50	65	W30	78	16:31	17:11	17:49	17:09	
348	1434	Elders Bettina	*Bergisch Gladbach	GER	1:10:27	1:10:53	66	W30	75	15:31	16:48	18:07	18:31	
349	2192	Scholz Sabrina	Strahlende Läufer	GER	1:10:32	1:11:15	187	WHK	80	16:23	16:54	18:01	17:53	
350	2273	Spilker Catherin	Just Fit LUX	GER	1:10:35	1:10:50	188	WHK	86	15:43	18:22	17:25	17:29	
351	1845	Lindauer Dunja	*Köln	GER	1:10:36	1:10:36	28	W40	65	15:31	17:24	18:03	18:05	
352	2117	Rusert Julia	*Köln	GER	1:10:46	1:10:58	189	WHK	84	00:00	00:00	00:00	00:00	
353	1741	Kluth Marina	*Köln	GER	1:10:56	1:11:08	30	W35	73	15:06	17:29	18:23	18:20	
354	2008	Pels Susanne	*Köln	GER	1:11:03	1:11:47	67	W30	77	15:56	16:38	18:05	18:48	
355	2211	Schuler Katharina	*Frechen	GER	1:11:10	1:11:45	68	W30	77	17:01	17:32	17:18	17:40	
356	1709	Keib Natalie	AG Schwarz	GER	1:11:19	1:12:21	190	WHK	83	16:26	18:06	18:03	17:11	
356	1590	Havarushka Nastassia	AG Schwarz	BLR	1:11:19	1:12:21	190	WHK	82	16:26	18:06	18:03	17:11	
358	2414	Wies Marlies	Urologische UniKlinik Köln	GER	1:11:29	1:11:49	5	W55	50	15:50	17:01	18:27	18:37	
359	2246	Sezan Hürikiye	RheinEnergie	GER	1:11:35	1:12:22	31	W35	73	16:27	17:19	17:53	18:21	
360	1430	Ehliz Figen	RheinEnergie	GER	1:11:35	1:12:22	192	WHK	81	16:27	17:19	17:53	18:21	

10km - Gesamtwertung

Unilauf Köln - 17. Juni 2009

Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	1939	Mir Marashi Sarah	Krönkes Rennstall	GER	1:11:47	1:12:31	193	WHK	80	15:49	16:21	18:28	19:41	
362	1933	Michels Katharina	Cologne Internationals	GER	1:11:52	1:12:08	194	WHK	84	16:18	17:49	18:23	18:13	
363	1775	Kreienkamp Elisa	Psycho Joggers	GER	1:11:55	1:12:45	195	WHK	87	15:54	12:30	13:22	12:39	
364	1235	Ayche Karin	*Köln	GER	1:12:01	1:12:58	6	W55	54	17:23	17:47	17:51	17:31	
365	1932	Michels Anna-Christine	Cologne Internationals	GER	1:12:08	1:12:24	196	WHK	81	16:18	17:49	18:22	18:13	
366	1350	Chabani Tanina	*Köln	GER	1:12:09	1:12:29	2	WJB	93	16:20	18:03	18:51	17:40	
367	1244	Bande Daniela	Valium i.V.	GER	1:12:12	1:12:33	69	W30	79	16:39	17:13	17:56	19:01	
368	2253	Siggia Isabell	-	GER	1:12:17	1:12:37	3	WJB	93	16:20	17:59	18:55	17:41	
369	2164	Schmidt Nelli	Cologne Internationals	GER	1:12:25	1:12:41	197	WHK	83	15:51	17:43	18:38	18:49	
370	2050	Püttmann Jule	*Köln	GER	1:12:32	1:12:49	198	WHK	83	15:10	17:00	20:30	18:22	
371	2145	Schikowski Tanja	Lernwerkstatt läuft...	GER	1:12:33	1:13:15	29	W40	69	15:57	17:29	18:40	18:47	
372	1795	Kubalska de Escárate	*Köln	GER	1:12:50	1:13:31	70	W30	78	17:04	17:44	17:46	18:41	
373	1919	Menz Miriam	RFH-Team	GER	1:13:10	1:13:43	199	WHK	84	17:04	17:44	18:09	18:43	
374	1570	Halberschmidt Judith Marie	RFH-Team	GER	1:13:10	1:13:43	200	WHK	85	17:04	17:44	18:10	18:43	
375	1998	Osterholt Kirsten	FSL - jetzt aber schnell!	GER	1:13:42	1:14:35	201	WHK	85	17:23	18:24	18:50	17:54	
376	1496	Gebauer Gabriela	*Köln	GER	1:13:53	1:14:32	32	W35	73	16:28	17:20	18:40	19:47	
377	2256	Smarsly Helga	*Lindlar-Linde	GER	1:13:53	1:14:33	7	W55	51	16:28	17:20	18:41	19:46	
378	2257	Smarsly Tanja	*Köln	GER	1:13:53	1:14:32	202	WHK	80	16:28	17:20	18:40	19:48	
379	1401	Dippel Astrid	FSL - jetzt aber schnell!	GER	1:13:58	1:14:51	203	WHK	85	17:24	18:24	18:49	17:55	
380	2114	Rupp Pia	LLG 80 Nordpark Köln	GER	1:14:03	1:14:42	22	W45	61	16:19	17:47	19:03	19:08	
381	2209	Schürmann Lisa	Psycho Joggers	GER	1:15:39	1:16:30	204	WHK	86	27:44	19:06	17:45	09:32	
382	1803	Kuhl Regina	Dissonanzdüsen	GER	1:15:49	1:16:35	205	WHK	84	16:42	18:37	19:30	19:34	
383	1428	Effing Tanja	Valium i.V.	GER	1:16:43	1:17:04	206	WHK	80	17:06	18:52	19:26	19:33	
384	1836	Lenzen Laura	Laufen für den Kasten Bier	GER	1:17:50	1:18:54	207	WHK	86	16:48	19:39	19:52	19:45	
385	2232	Schwobe Conny	*Köln	GER	1:19:24	1:19:35	208	WHK	80	16:10	19:06	21:36	20:53	
386	1817	Lagershausen Svenja	Cologne Internationals	GER	1:19:46	1:19:46	209	WHK	84	07:27	16:53	18:18	18:28	
387	1422	Duikers Gabriele	*Köln	GER	1:20:21	1:20:49	23	W45	62	18:08	20:11	20:47	19:27	
388	2314	Tegelbeckers Yessica	Helden	GER	1:27:31	1:27:31	210	WHK	86	11:07	18:04	18:49	18:52	
389	1521	Girbig Sara	Helden	GER	1:27:31	1:27:31	211	WHK	82	11:06	18:05	18:49	18:51	
389	1520	Girbig Esther	Helden	GER	1:27:31	1:27:31	211	WHK	86	11:07	18:04	18:49	18:51	