

Kölner Nikolauslauf am 5. Dezember 2010 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1513	Spilles Jörg	Die Weihnachtsgänse	0:40:20	1974	M35	1	0:40:34 14:05 * 12:58 * 13:16	4:02 min/km
2	2733	Schrödter Erik	circleruntogetherbreak	0:41:22	1990	MHK	1	0:42:38 14:12 * 13:14 * 13:55	4:08 min/km
3	995	Glorer Jens	GS1	0:42:48	1968	M40	1	0:43:01 14:02 * 14:21 * 14:24	4:17 min/km
4	1125	Kabuß Wolfgang	*Aachen	0:44:21	1978	M30	1	0:44:35 14:37 * 14:32 * 15:11	4:26 min/km
5	2304	Küpper Lars	Baulgel	0:44:45	1986	MHK	2	0:45:11 14:40 * 14:48 * 15:17	4:29 min/km
6	947	Fernandes Richard	*Burscheid	0:44:51	1970	M40	2	0:44:55 14:29 * 15:13 * 15:08	4:29 min/km
7	1590	Wallner Stefan	fast foots köln	0:45:30	1965	M45	1	0:45:47 15:30 * 14:54 * 15:05	4:33 min/km
8	911	Dürr Gerd	LLG St. Augustin	0:45:48	1954	M55	1	0:45:48 14:49 * 15:16 * 15:42	4:35 min/km
9	1040	Hatef Stefan	LT Dauerlauf	0:45:55	1967	M40	3	0:46:12 15:16 * 15:10 * 15:28	4:36 min/km
10	1173	Koenen Gaylord	*Köln	0:46:03	1971	M35	2	0:46:08 15:38 * 15:24 * 15:00	4:36 min/km
11	2631	Rüther Maximilian	LC Köln Runners	0:46:07	1988	MHK	3	0:46:36 15:06 * 14:45 * 16:15	4:37 min/km
12	1109	Jähde Frank	Health City	0:46:23	1964	M45	2	0:46:32 15:25 * 15:30 * 15:27	4:38 min/km
13	431	Baur Heiko	42tausend // NAO PT	0:46:25	1971	M35	3	0:47:09 15:39 * 15:07 * 15:38	4:39 min/km
14	421	Vinzenz Marc	*Köln	0:46:36	1981	MHK	4	0:50:22 15:35 * 15:41 * 15:19	4:40 min/km
15	953	Fischer Florian	*Rösrath	0:46:47	1987	MHK	5	0:47:09 16:31 * 15:22 * 14:53	4:41 min/km
16	1207	Kurth Uwe Bastian	Team Webster	0:46:56	1976	M30	2	0:47:16 16:07 * 15:22 * 15:27	4:42 min/km
17	800	Bernhardt Heiko	butzanada	0:47:03	1971	M35	4	0:47:38 15:54 * 15:29 * 15:40	4:42 min/km
18	2970	Wormgoor Rick	*Köln	0:47:06	1989	MHK	6	0:48:03 15:54 * 15:24 * 15:46	4:43 min/km
19	789	Bauß Carsten	1. Kölner Laufstall	0:47:10	1965	M45	3	0:47:17 15:05 * 15:48 * 16:15	4:43 min/km
20	1941	Förster Dirk	Die Weihnachtsgänse	0:47:13	1963	M45	4	0:47:28 15:26 * 15:44 * 16:03	4:43 min/km
21	2111	Hövel Martin	THC RW Bergisch	0:47:27	1983	MHK	7	0:47:35 15:14 * 16:14 * 15:58	4:45 min/km
22	1560	Trulec Mario	*Köln	0:47:41	1981	MHK	8	0:47:49 15:55 * 15:36 * 16:10	4:46 min/km
23	2223	Klink Torsten	*Köln	0:47:43	1978	M30	3	0:47:55 15:51 * 16:01 * 15:50	4:46 min/km
24	2766	Simon Daniel	die Verstrahlten	0:47:44	1977	M30	4	0:47:56 16:09 * 15:52 * 15:42	4:46 min/km
25	444	Birras Kai	*Köln	0:47:52	1980	M30	5	0:49:15 17:38 * 15:06 * 15:06	4:47 min/km
26	1152	Kirschbaum Guido	*Düren	0:48:18	1966	M40	4	0:48:41 15:58 * 15:44 * 16:35	4:50 min/km
27	1154	Klar Christoph	THC RW Bergisch	0:48:22	1984	MHK	9	0:48:31 15:14 * 16:27 * 16:41	4:50 min/km
28	389	Ullrich Christian	LT Flinke Föös	0:48:26	1979	M30	6	0:50:12 16:37 * 15:58 * 15:50	4:51 min/km
29	1521	Stanzel Thomas	42tausend/NAO PT	0:48:26	1971	M35	5	0:48:41 15:51 * 15:59 * 16:36	4:51 min/km
30	2995	Birkel Jörg		0:48:28	1972	M35	6	0:48:43 15:59 * 16:08 * 16:20	4:51 min/km
31	1507	Schneider Ben	*Köln	0:48:29	1974	M35	7	0:48:42 16:00 * 16:08 * 16:20	4:51 min/km
32	2155	Jochheim Frank	Turboschnecken	0:48:32	1978	M30	7	0:50:31 16:31 * 15:43 * 16:16	4:51 min/km
33	1336	Peigne Andre	Telefonica O2 Germany	0:48:34	1980	M30	8	0:51:01 16:55 * 15:39 * 15:59	4:51 min/km
34	1074	Heymann Andy	*Köln	0:48:36	1973	M35	8	0:51:00 16:39 * 15:32 * 16:24	4:52 min/km
35	2074	Helpenstein Manuel	*Bad Honnef	0:48:38	1988	MHK	10	0:49:36 15:58 * 16:25 * 16:14	4:52 min/km
36	865	Büsgen Herbert	LG RWE Power	0:48:38	1949	M60	1	0:49:09 16:02 * 15:58 * 16:37	4:52 min/km
37	581	Kruczynski Philipp	TriathlonSteckelCologne3	0:48:44	1981	MHK	11	0:49:51 16:34 * 16:06 * 16:03	4:52 min/km
38	1727	Binnewies David	die Verstrahlten	0:48:51	1979	M30	9	0:49:02 16:10 * 15:52 * 16:48	4:53 min/km
39	1243	Marchetti Andreas	*Königswinter	0:49:01	1975	M35	9	0:50:23 16:51 * 16:09 * 16:00	4:54 min/km
40	2308	Kuhleemann Dieter	LG RWE Power	0:49:19	1942	M65	1	0:49:51 16:02 * 16:13 * 17:04	4:56 min/km
41	1441	Schlenker Ralf-Dieter	*Köln	0:49:23	1966	M40	5	0:50:56 17:01 * 16:11 * 16:10	4:56 min/km
42	1363	Prinz Volker	BMT Beethovenpark Köln	0:49:29	1962	M45	5	0:50:02 16:35 * 16:27 * 16:26	4:57 min/km
43	1786	Bruno Angelo	DEVK Runners	0:49:30	1983	MHK	12	0:50:41 17:07 * 16:22 * 16:00	4:57 min/km
44	884	Dannenbauer Felix	Lucky Stars	0:49:32	1979	M30	10	0:52:18 18:30 * 15:36 * 15:24	4:57 min/km
45	1573	Vidal Luis	*Köln	0:49:32	1998	MSB	1	0:50:32 16:09 * 16:46 * 16:36	4:57 min/km
46	1476	Schrennen Julian	aggerfitness	0:49:35	1990	MHK	13	0:49:47 16:18 * 16:26 * 16:49	4:58 min/km
47	1834	Degenhardt Olaf	*Pulheim	0:49:36	1967	M40	6	0:49:47 16:09 * 16:46 * 16:41	4:58 min/km
48	1976	Gauß Michael	*Köln	0:49:37	1974	M35	10	0:49:48 16:09 * 16:46 * 16:41	4:58 min/km
49	1141	Kersting Friedel	*Köln	0:49:51	1950	M60	2	0:50:07 16:19 * 16:34 * 16:58	4:59 min/km
50	1467	Schofield Jeremy	Redlands Extreme Sports	0:49:56	1981	MHK	14	0:49:57 16:05 * 16:49 * 17:01	4:60 min/km
51	1977	Gebauer Ralf	*Osnabrück	0:49:57	1967	M40	7	0:50:24 16:40 * 16:27 * 16:50	4:60 min/km
52	976	Gaab Jan	*Köln	0:49:58	1994	MJB	1	0:52:03 17:37 * 18:01 * 14:19	4:60 min/km
53	863	Bürgel Norbert	*Köln	0:49:58	1968	M40	8	0:50:17 17:26 * 16:25 * 16:06	4:60 min/km

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54	1829	Danek Frank	fröhliche Glühweinläufer	0:50:01	1982	MHK	15	0:50:59	17:22 *	16:13 *	16:25	5:00 min/km
55	299	Roderburg Eddy	Birkensdorfer TV	0:50:04	1961	M45	6	0:50:27	17:19 *	16:24 *	16:20	5:00 min/km
56	1464	Schönwälder Peter		0:50:07	0	MHK	16	0:53:14	16:43 *	16:35 *	16:47	5:01 min/km
57	1519	Stangl Ulrich	Ulrich Stangl	0:50:07	1957	M50	1	0:51:23	17:43 *	16:55 *	15:29	5:01 min/km
58	1104	Ingendahl Dr. Detlev	*Köln	0:50:09	1964	M45	7	0:52:42	17:05 *	16:44 *	16:19	5:01 min/km
59	1892	Eisenbart Tobias	Bonner Rabbits	0:50:15	1986	MHK	17	0:50:31	16:46 *	16:52 *	16:36	5:02 min/km
60	1213	Lange Peter	*Köln	0:50:24	1953	M55	2	0:50:36	16:38 *	16:50 *	16:55	5:02 min/km
61	2776	Sonnabend Thorsten	.	0:50:24	1983	MHK	18	0:53:23	16:51 *	16:45 *	16:47	5:02 min/km
62	1469	Scholz Hans	*Overath	0:50:26	1968	M40	9	0:50:40	16:45 *	16:43 *	16:57	5:03 min/km
63	1110	Jagnjic Bosko	*Köln	0:50:39	1959	M50	2	0:50:47	16:04 *	16:49 *	17:45	5:04 min/km
64	2003	Grieger Benjamin	*Roetgen	0:50:39	1998	MSB	2	0:51:33	17:26 *	16:55 *	16:18	5:04 min/km
65	2004	Grieger Christoph	*Roetgen	0:50:40	1967	M40	10	0:51:33	17:27 *	16:54 *	16:18	5:04 min/km
66	1252	Mecker Michael	*Rösrath	0:50:40	1966	M40	11	0:51:04	17:12 *	16:29 *	16:58	5:04 min/km
67	826	Börold Hans	RheinEnergie	0:50:42	1957	M50	3	0:50:43	16:01 *	17:18 *	17:21	5:04 min/km
68	2065	Heinen Richard	*Köln	0:50:43	1969	M40	12	0:52:21	17:17 *	16:46 *	16:40	5:04 min/km
69	95	Esters Paul	Laktatkönige	0:50:51	1959	M50	4	0:51:25	17:27 *	16:31 *	16:52	5:05 min/km
70	987	Germann Daniel	*Köln	0:50:53	1980	M30	11	0:52:38	17:42 *	16:28 *	16:42	5:05 min/km
71	1260	Messner Thomas	*Kreuzau	0:50:54	1973	M35	11	0:50:58	15:47 *	17:04 *	18:02	5:05 min/km
72	1487	Schwan Holger	*Meckenheim	0:50:55	1968	M40	13	0:52:22	17:20 *	16:50 *	16:44	5:06 min/km
73	1942	Foltyn Norbert	LC Köln Runners	0:51:00	1971	M35	12	0:51:29	17:11 *	16:50 *	16:58	5:06 min/km
74	1509	Sowade Ulrich	LT Dünwalder TV	0:51:00	1970	M40	14	0:51:26	16:25 *	17:10 *	17:24	5:06 min/km
75	2593	Richter Nils	Uniklinik Neurologie	0:51:10	1983	MHK	19	0:53:54	17:18 *	16:35 *	17:15	5:07 min/km
76	754	Achten Bernhard	Kölner Narrenzunft	0:51:11	1959	M50	5	0:51:16	16:25 *	17:00 *	17:45	5:07 min/km
77	2327	Landsberg Simon	circleruntogetherbreak	0:51:12	1988	MHK	20	0:52:30	17:03 *	17:18 *	16:50	5:07 min/km
78	1359	Poreschack Uli	LG GS1 Germany GmbH	0:51:13	1966	M40	15	0:51:26	16:20 *	17:17 *	17:35	5:07 min/km
79	1178	Konietzko Sylvio	Just Fit Frechen	0:51:14	1983	MHK	21	0:57:44	17:27 *	17:15 *	16:31	5:07 min/km
80	1927	Feldkötter Daniel	*Köln	0:51:18	1977	M30	12	0:51:26	16:53 *	17:25 *	16:59	5:08 min/km
81	1273	Minninger Jens	*köln	0:51:18	1977	M30	13	0:51:26	16:53 *	17:26 *	16:58	5:08 min/km
82	1953	Fröhlike Gabriel	*Köln	0:51:25	1977	M30	14	0:52:16	17:11 *	17:03 *	17:09	5:09 min/km
83	1091	Hofmann Jens	Seitzenhahn Saints	0:51:31	1970	M40	16	0:51:36	16:43 *	17:08 *	17:39	5:09 min/km
84	2849	Topoll Jan	*Koeln	0:51:33	1983	MHK	22	0:53:45	17:48 *	17:00 *	16:44	5:09 min/km
85	913	Ebeler Dr. Guido	MCK	0:51:34	1964	M45	8	0:52:38	17:39 *	16:59 *	16:55	5:09 min/km
86	2908	Weber Lucas	*Hückeswagen	0:51:36	1997	MSB	3	0:51:53	17:22 *	16:47 *	17:26	5:10 min/km
87	1595	Weber Ralf	*Erfstadt	0:51:40	1963	M45	9	0:52:18	18:20 *	16:37 *	16:43	5:10 min/km
88	2895	Walkenbach Simon	*Köln	0:51:41	1983	MHK	23	0:54:21	18:04 *	17:09 *	16:27	5:10 min/km
89	1002	Gontermann Marko	TuS 1910 Driedorf	0:51:45	1966	M40	17	0:52:15	17:11 *	17:05 *	17:28	5:11 min/km
90	1192	Kreis Friedrich	LG RWE Power	0:51:46	1946	M60	3	0:52:18	16:24 *	17:06 *	18:15	5:11 min/km
91	1617	Wohlrab Chris	Radiergummiliga	0:51:48	1968	M40	18	0:54:39	17:00 *	17:15 *	17:33	5:11 min/km
92	2441	Müller Helmut	aggerfitness	0:51:50	1960	M50	6	0:52:31	17:40 *	17:04 *	17:05	5:11 min/km
93	2073	Helms Stefan	*Dortmund	0:51:54	1984	MHK	24	0:53:44	18:03 *	16:53 *	16:58	5:11 min/km
94	1985	Gilles Thomas	*Bonn	0:51:58	1982	MHK	25	0:52:11	16:57 *	17:25 *	17:35	5:12 min/km
95	764	Ansari Arash	run4fun	0:52:01	1973	M35	13	0:52:10	15:52 *	18:32 *	17:36	5:12 min/km
96	1383	Reinelt Thomas	U2:45	0:52:06	1964	M45	10	0:52:58	17:25 *	17:31 *	17:10	5:13 min/km
97	2408	Mellema Arnd	*Leipzig	0:52:08	1973	M35	14	0:53:53	18:27 *	17:08 *	16:32	5:13 min/km
98	1388	Reuther Thomas	LG Aue	0:52:08	1964	M45	11	0:52:15	17:25 *	17:20 *	17:23	5:13 min/km
99	1013	Grothe Ronny	Polizei Rhein-Erft-Kreis	0:52:15	1969	M40	19	0:52:50	18:17 *	17:30 *	16:27	5:14 min/km
100	2406	Medvedev Peter	*Essen	0:52:16	1965	M45	12	0:55:02	18:52 *	16:54 *	16:29	5:14 min/km
101	1454	Schmitz Markus	*Köln	0:52:19	1980	M30	15	0:53:01	17:05 *	17:38 *	17:34	5:14 min/km
102	1078	Hintzen Uwe	*köln	0:52:30	1959	M50	7	0:52:45	16:59 *	17:37 *	17:53	5:15 min/km
103	2101	Hinrichs Friedrich	LG RWE Power	0:52:31	1965	M45	13	0:55:09	17:37 *	17:20 *	17:33	5:15 min/km
104	418	Adamczak Jan	*Köln	0:52:32	1979	M30	16	0:55:14	18:02 *	17:20 *	17:09	5:15 min/km
105	1087	Hoffmann Dirk	*Bergisch Gladbach	0:52:48	1969	M40	20	0:54:08	19:14 *	17:14 *	16:19	5:17 min/km
106	1489	Schwenck Christian	mas-Training	0:52:51	1974	M35	15	0:53:24	18:01 *	17:17 *	17:32	5:17 min/km
107	1755	Bozkurt Yasin	*solingen	0:52:53	1985	MHK	26	0:52:56	17:23 *	18:07 *	17:22	5:17 min/km
108	2218	Klein Thomas	*Saarbrücken	0:52:55	1961	M45	14	0:53:45	18:06 *	16:53 *	17:55	5:18 min/km
109	797	Bell Georg	*Niederkassel-Rheidt	0:52:56	1967	M40	21	0:54:09	17:43 *	17:48 *	17:24	5:18 min/km

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110	1155	Klatt Christof	RheinEnergie AG	0:52:57	1972 M35	16	0:54:43	18:28 *	17:10 *	17:18	5:18 min/km
111	2721	Schönborn Wolfgang	*Kerpen-Horrem	0:53:01	1969 M40	22	0:55:55	18:09 *	17:22 *	17:29	5:18 min/km
112	2376	Lutz Niklas	*Rösrath	0:53:04	1986 MHK	27	0:53:27	17:22 *	17:27 *	18:14	5:18 min/km
113	1326	Pal Martin	Die letzten Aale	0:53:09	1983 MHK	28	0:54:00	16:27 *	18:19 *	18:22	5:19 min/km
114	2061	Heidrich Patrick	12 happy feet	0:53:09	1983 MHK	29	0:54:00	18:03 *	18:01 *	17:03	5:19 min/km
115	2876	Von Elert Dr. Eric	*Köln	0:53:12	1961 M45	15	0:53:39	17:29 *	17:15 *	18:26	5:19 min/km
116	1751	Bormann Tobias	*Köln	0:53:14	1980 M30	17	0:55:22	18:09 *	17:25 *	17:40	5:19 min/km
117	2090	Herrmann Oliver	*Köln	0:53:17	1970 M40	23	0:55:49	17:53 *	17:21 *	18:01	5:20 min/km
118	2810	Stollfuß Ralf	*Bonn	0:53:20	1964 M45	16	0:53:23	16:59 *	17:45 *	18:36	5:20 min/km
119	2827	Svanström Thorsten	*Bonn	0:53:20	1968 M40	24	0:53:23	17:03 *	17:40 *	18:37	5:20 min/km
120	2735	Schroeter Prof. Dr.	Uniklinik Neurologie	0:53:25	1967 M40	25	0:53:54	18:32 *	17:37 *	17:15	5:21 min/km
121	1101	Icks Wolfgang	Lauffreunde Blücherpark	0:53:29	1965 M45	17	0:53:34	17:58 *	17:42 *	17:48	5:21 min/km
122	1348	Pfisterer Jörg	*Köln	0:53:34	1958 M50	8	0:54:50	17:54 *	17:52 *	17:47	5:21 min/km
123	2948	Wirtz Mario	Hawei	0:53:34	1975 M35	17	0:54:36	18:20 *	17:37 *	17:36	5:21 min/km
124	1537	Ströter Thomas	*Köln	0:53:34	1979 M30	18	0:54:05	17:49 *	17:45 *	18:00	5:21 min/km
125	1782	Brück Markus	*Köln	0:53:42	1977 M30	19	0:56:46	18:13 *	17:58 *	17:30	5:22 min/km
126	959	Flury Volker	Globus	0:53:42	1969 M40	26	0:53:43	16:30 *	18:15 *	18:56	5:22 min/km
127	1847	Dietrich Eric	*Köln	0:53:42	1978 M30	20	0:54:52	18:28 *	17:39 *	17:34	5:22 min/km
128	2324	Lachmann Robert	Dufte!!	0:53:42	1964 M45	18	0:54:02	17:49 *	17:35 *	18:17	5:22 min/km
129	1038	Harte Ingo	FI Sport	0:53:44	1971 M35	18	0:55:48	17:56 *	17:34 *	18:12	5:22 min/km
130	1854	Dittmar Kai	Kai Dittmar	0:53:45	1972 M35	19	0:55:31	18:33 *	17:34 *	17:37	5:23 min/km
131	1418	Sauer Fabian	*Kerpen	0:53:49	1992 MJA	1	0:55:29	18:56 *	17:11 *	17:40	5:23 min/km
132	1377	Redmann Stefan	*Köln	0:53:54	1974 M35	20	0:55:11	18:54 *	17:25 *	17:33	5:23 min/km
133	932	Esser Marcus	*Burscheid	0:53:54	1975 M35	21	0:53:59	17:48 *	18:05 *	18:00	5:23 min/km
134	1339	Pesch Stephan	EVL-Lauftreff	0:53:56	1972 M35	22	0:54:01	17:24 *	17:53 *	18:38	5:24 min/km
135	1585	Voß Ulrich	*Köln	0:53:56	1949 M60	4	0:54:02	17:44 *	17:52 *	18:19	5:24 min/km
136	1151	Kirchmann Karl	*Köln	0:53:57	1957 M50	9	0:56:56	19:08 *	17:50 *	16:58	5:24 min/km
137	1316	Oppermann Axel	*Köln	0:53:58	1956 M50	10	0:57:18	18:28 *	17:35 *	17:54	5:24 min/km
138	1616	Witt Andreas	LG RWE POWER	0:53:58	1965 M45	19	0:54:56	18:04 *	17:43 *	18:10	5:24 min/km
139	2287	Kriffit Mario	*Düren	0:54:01	1967 M40	27	0:54:24	17:49 *	17:49 *	18:22	5:24 min/km
140	2226	Klocke Konstantin	*Köln	0:54:06	1995 MSA	1	0:57:00	19:07 *	17:54 *	17:04	5:25 min/km
141	1867	Drewniok Stephan	*Köln	0:54:06	1974 M35	23	0:56:03	20:10 *	17:26 *	16:29	5:25 min/km
142	1407	Runzheimer Joachim	LT Café El-Mar	0:54:06	1959 M50	11	0:55:05	18:37 *	17:44 *	17:44	5:25 min/km
143	968	Freytag Thibault	*Köln	0:54:08	1979 M30	21	0:54:59	17:59 *	17:48 *	18:20	5:25 min/km
144	1398	Römer Mike	Fleischhauer	0:54:09	1963 M45	20	0:55:23	18:07 *	17:56 *	18:06	5:25 min/km
145	1758	Bräuer Marko	*Köln	0:54:11	1973 M35	24	0:54:57	18:02 *	17:45 *	18:22	5:25 min/km
146	362	Solich Roger	ASV Koeln Triathlon	0:54:14	1962 M45	21	0:54:36	17:56 *	18:19 *	17:58	5:25 min/km
147	300	Weber Markus	*Schalksmühle	0:54:15	1978 M30	22	0:56:02	17:26 *	18:01 *	18:47	5:26 min/km
148	1602	Weidner Rochus	*Köln	0:54:16	1971 M35	25	0:54:32	18:10 *	18:13 *	17:52	5:26 min/km
149	2298	Kühr Thomas	Schnick, schnack,	0:54:18	1981 MHK	30	0:56:03	17:32 *	17:57 *	18:48	5:26 min/km
150	1116	Jeschor Thomas	*Köln	0:54:20	1977 M30	23	0:55:08	18:23 *	17:57 *	17:59	5:26 min/km
151	1543	Tesch Friedrich	St.Sebastianus	0:54:27	1958 M50	12	0:55:37	18:16 *	17:32 *	18:39	5:27 min/km
152	2032	Hack Alexander	*Köln	0:54:30	1975 M35	26	0:56:04	19:44 *	17:40 *	17:06	5:27 min/km
153	773	Baedorf Dirk	Speedskater Euskirchen	0:54:31	1968 M40	28	0:54:41	18:11 *	18:21 *	17:59	5:27 min/km
154	1666	Assmuth Frederick	Kölner Stadtmusikanten	0:54:32	1977 M30	24	0:55:18	19:13 *	17:42 *	17:36	5:27 min/km
155	1392	Rieger Jens-Christoph	Deutsche Post Renten	0:54:35	1969 M40	29	0:57:18	20:46 *	17:36 *	16:12	5:28 min/km
156	1474	Schreiber Tobias	Xmas-Runners	0:54:35	1979 M30	25	0:57:36	19:44 *	17:38 *	17:13	5:28 min/km
157	1130	Kallrath Andreas	mas Team	0:54:39	1962 M45	22	0:58:09	18:50 *	17:45 *	18:03	5:28 min/km
158	1405	Royer Herbert	*Köln	0:54:39	1965 M45	23	0:55:35	19:30 *	17:20 *	17:48	5:28 min/km
159	2405	May Niklas	*Frechen	0:54:45	1993 MJB	2	0:58:08	18:20 *	18:12 *	18:13	5:29 min/km
160	1763	Brehm Markus	Markus Brehm	0:54:47	1992 MJA	2	0:57:14	20:47 *	18:54 *	15:05	5:29 min/km
161	787	Baumann Uwe	*Köln	0:54:48	1966 M40	30	0:57:32	18:02 *	17:56 *	18:49	5:29 min/km
162	1781	Bruckwilder Hans Jörg	-	0:54:48	1955 M55	3	0:55:10	17:57 *	18:21 *	18:29	5:29 min/km
163	890	Dehnen Holger	www.42tausend.de	0:54:49	1966 M40	31	0:55:04	16:22 *	18:29 *	19:56	5:29 min/km
164	930	Esser Günter	*Köln	0:54:50	1961 M45	24	0:56:41	18:29 *	18:02 *	18:18	5:29 min/km
165	1129	Kalker Hajo	Schneegestoeber	0:54:50	1955 M55	4	0:57:48	19:08 *	17:51 *	17:50	5:29 min/km

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166	2289	Krist Stephan	TSV Glessen	0:54:52	1969 M40	32	0:55:22	18:11 *	18:00 *	18:40	5:29 min/km
167	1360	Porten Rudi	LAV Habbelrath-Grefrath	0:54:56	1960 M50	13	0:55:45	18:48 *	17:53 *	18:14	5:30 min/km
168	1228	Linnartz Bernd	LG RWE Power	0:54:57	1966 M40	33	0:57:52	19:24 *	17:46 *	17:45	5:30 min/km
169	2009	Schewiola Hans	*Bergheim	0:54:57	1949 M60	5	0:56:07	18:56 *	18:08 *	17:52	5:30 min/km
170	1056	Held Marcus	team handmade	0:54:59	1973 M35	27	0:56:32	19:44 *	17:40 *	17:34	5:30 min/km
171	2946	Wirtz Dietmar	Hawei	0:55:00	1978 M30	26	0:56:04	19:33 *	17:40 *	17:45	5:30 min/km
172	1682	Ballay Arne	congstar	0:55:02	1972 M35	28	0:56:49	18:38 *	18:03 *	18:19	5:30 min/km
173	2989	Zölzer Carsten	*Köln	0:55:05	1973 M35	29	0:58:40	20:30 *	17:49 *	16:45	5:31 min/km
174	1064	Herder Arhat	*Köln	0:55:09	1971 M35	30	0:55:16	18:12 *	18:39 *	18:17	5:31 min/km
175	1328	Papst Lutz Stephan	*Köln	0:55:09	1959 M50	14	0:55:16	18:12 *	18:39 *	18:17	5:31 min/km
176	1435	Schier Marcus	*Köln	0:55:12	1973 M35	31	0:55:57	18:09 *	18:23 *	18:39	5:31 min/km
177	834	Brandt Detlev	LT Dauerlauf	0:55:13	1962 M45	25	0:55:21	18:25 *	18:21 *	18:26	5:31 min/km
178	892	Demmer Christian	*Köln	0:55:15	1977 M30	27	0:56:53	18:08 *	18:24 *	18:42	5:32 min/km
179	2825	Stumpf Stephan	*Köln	0:55:15	1977 M30	28	0:56:08	18:39 *	17:42 *	18:53	5:32 min/km
180	1840	Dicks Arne	GS1	0:55:20	1970 M40	34	0:55:41	18:12 *	18:42 *	18:25	5:32 min/km
181	1253	Meffert Thomas	*Köln	0:55:20	1966 M40	35	0:56:20	19:33 *	18:09 *	17:37	5:32 min/km
182	2934	Wickenhäuser Carsten	*Köln	0:55:21	1971 M35	32	0:56:59	17:41 *	18:35 *	19:03	5:32 min/km
183	1176	Koke Ulrich	No Limit	0:55:22	1964 M45	26	0:56:44	18:52 *	18:04 *	18:26	5:32 min/km
184	2847	Tomson Christian	*Köln	0:55:23	1972 M35	33	0:55:46	17:36 *	18:44 *	19:02	5:32 min/km
185	1384	Renner Jörg	kein Verein	0:55:24	1964 M45	27	0:56:08	19:22 *	18:06 *	17:55	5:32 min/km
186	1825	Couto Mario	*Bremen	0:55:26	1961 M45	28	0:56:12	19:02 *	18:10 *	18:13	5:33 min/km
187	1855	Docter Ebe	Docter u Bilkenroth	0:55:27	1942 M65	2	0:55:53	17:36 *	18:11 *	19:39	5:33 min/km
188	1477	Schrennen Martin	aggerfitness	0:55:27	1962 M45	29	0:55:39	19:09 *	18:16 *	18:01	5:33 min/km
189	1750	Boos Heinz-Günter	NetCologne	0:55:29	1963 M45	30	0:57:44	19:51 *	17:39 *	17:57	5:33 min/km
190	790	Bayer Stephan	LG RWE Power	0:55:32	1962 M45	31	0:56:19	19:34 *	18:05 *	17:51	5:33 min/km
191	2973	Wüst Maurice	12 happy feet	0:55:33	1987 MHK	31	0:56:25	18:03 *	18:02 *	19:28	5:33 min/km
192	2960	Witzke Dr. Ingo	Matheläufer	0:55:33	1979 M30	29	0:56:16	19:28 *	18:07 *	17:57	5:33 min/km
193	2196	Keskin Hasan	*Köln	0:55:36	1987 MHK	32	0:58:17	20:42 *	17:31 *	17:22	5:34 min/km
194	1551	Thonnett Andreas	Projekt Rio 2016	0:55:36	1967 M40	36	0:55:54	17:53 *	18:46 *	18:57	5:34 min/km
195	2730	Schrckel Patrick	circleruntogetherbreak	0:55:37	1990 MHK	33	0:56:54	17:06 *	19:18 *	19:12	5:34 min/km
196	1317	Orbach Lexi	Pediculus nikolausis	0:55:41	1971 M35	34	0:56:15	19:09 *	18:06 *	18:25	5:34 min/km
197	1206	Kuratle Frank	Pänz vum Pannhof	0:55:46	1964 M45	32	0:56:32	18:09 *	19:01 *	18:35	5:35 min/km
198	1564	Urban Andreas	Telefonica O2	0:55:49	1969 M40	37	0:58:16	18:06 *	18:33 *	19:09	5:35 min/km
199	1579	Vogt Daniel	*Bergisch Gladbach	0:55:50	1975 M35	35	0:57:36	18:55 *	18:40 *	18:15	5:35 min/km
200	2071	Helmerich Dr. Markus	Matheläufer	0:55:51	1973 M35	36	0:56:33	19:28 *	18:08 *	18:14	5:35 min/km
201	1344	Peters Joachim	*Köln	0:55:53	1974 M35	37	0:58:50	19:47 *	18:16 *	17:49	5:35 min/km
202	2503	Palm Berthold	Bemaco	0:55:58	1959 M50	15	0:56:37	19:20 *	18:22 *	18:16	5:36 min/km
203	1811	Caro-Valenzuela Cristian	*Köln	0:55:58	1963 M45	33	0:56:37	19:20 *	18:22 *	18:15	5:36 min/km
204	805	Bey Jürgen	*Köln	0:56:02	1967 M40	38	0:57:04	19:19 *	18:07 *	18:35	5:36 min/km
205	2729	Schreitmüller Stefan	*Köln	0:56:05	1977 M30	30	0:58:48	19:24 *	18:19 *	18:20	5:37 min/km
206	1372	Rabbe Jens	*Köln	0:56:08	1970 M40	39	0:56:49	19:54 *	17:55 *	18:19	5:37 min/km
207	2636	Ruf Joachim	BSG RaBaz e.V.	0:56:08	1961 M45	34	0:59:26	19:58 *	18:08 *	18:01	5:37 min/km
208	920	Engelbreit Andreas	Eventreisen-AL	0:56:16	1972 M35	38	0:57:31	20:16 *	17:32 *	18:27	5:38 min/km
209	655	Röttgen Martin	Knapp 50	0:56:17	1977 M30	31	0:56:53	19:37 *	20:03 *	16:36	5:38 min/km
210	2420	Mialka David	*Köln	0:56:17	1985 MHK	34	0:59:25	20:59 *	17:48 *	17:30	5:38 min/km
211	2955	Witte Dr. Philip	*Köln	0:56:21	1980 M30	32	0:58:11	18:59 *	18:30 *	18:51	5:38 min/km
211	818	Boden Walter	*Köln	0:56:21	1952 M55	5	0:56:50	19:39 *	18:59 *	17:41	5:38 min/km
213	1907	Erdreich Bernd	Globus	0:56:21	1975 M35	39	1:00:24	19:43 *	18:29 *	18:09	5:38 min/km
214	1216	Lapp Thilo	Fastelovend Fanatics	0:56:22	1985 MHK	35	0:57:55	20:13 *	18:33 *	17:36	5:38 min/km
215	2352	Lindfeld Markus	Dünnwalder TV	0:56:25	1971 M35	40	0:56:52	18:53 *	18:51 *	18:39	5:39 min/km
216	1864	Dreesen Marco	Laufmäuse	0:56:27	1982 MHK	36	0:57:32	19:17 *	18:32 *	18:38	5:39 min/km
217	2576	Reicher Ronald	*Köln	0:56:34	1975 M35	41	0:57:50	19:06 *	18:24 *	19:03	5:39 min/km
218	1081	Hocht von der Fritz	LG RWE Power	0:56:35	1947 M60	6	0:57:44	19:45 *	18:37 *	18:12	5:40 min/km
219	2518	Perthen Tobias	*Köln	0:56:35	1963 M45	35	0:57:02	18:33 *	18:50 *	19:11	5:40 min/km
220	917	Eckelkamp Joris	*Köln	0:56:36	1974 M35	42	1:00:24	20:46 *	18:28 *	17:20	5:40 min/km
220	0	Baron Alexander		0:56:36	1990 MHK	37	1:00:24	20:46 *	18:29 *	17:20	5:40 min/km

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222	1079	Hinz Günter	www.hinz-koeln.de	0:56:40	1965	M45	36	0:58:33	19:03 *	19:12 *	18:24	5:40 min/km
223	584	Kurelic Branko	Team Ostblock	0:56:43	1983	MHK	38	0:56:51	19:22 *	18:26 *	18:55	5:40 min/km
224	1860	Dormanns Tim	*Köln	0:56:44	1980	M30	33	0:57:08	19:13 *	18:34 *	18:55	5:40 min/km
225	1480	Schüren Fabian	Kölner Stadtmusikanten	0:56:47	1977	M30	34	0:57:34	19:12 *	18:23 *	19:11	5:41 min/km
226	2646	Scandurra Daniel	Thomas Sankara	0:56:49	1974	M35	43	1:00:23	20:40 *	18:53 *	17:15	5:41 min/km
227	2375	Luft Norbert	*Köln	0:56:51	1963	M45	37	0:57:01	18:21 *	18:55 *	19:34	5:41 min/km
228	2986	Zimmermann Christoph	*Köln	0:56:57	1980	M30	35	1:00:10	20:59 *	18:36 *	17:21	5:42 min/km
229	938	Euskirchen Julian	*Köln	0:56:58	1982	MHK	39	1:00:09	20:59 *	18:36 *	17:21	5:42 min/km
230	1495	Selter Alexander	LG Bauerkamp Warburg	0:56:58	1974	M35	44	1:00:09	21:00 *	18:36 *	17:21	5:42 min/km
231	2108	Höbelheinrich Jens	*Köln	0:56:59	1974	M35	45	1:00:52	20:36 *	18:47 *	17:35	5:42 min/km
232	2019	Grüne Rainer	*Köln	0:57:00	1967	M40	40	1:00:32	19:44 *	18:23 *	18:53	5:42 min/km
233	888	Deden Dominik	*Köln	0:57:03	1982	MHK	40	0:59:18	20:44 *	18:18 *	18:01	5:42 min/km
234	1172	Kochta Marco	*Bergisch Gladbach	0:57:05	1974	M35	46	0:58:36	20:06 *	18:26 *	18:31	5:43 min/km
235	1343	Peters Jens	---	0:57:06	1952	M55	6	1:00:22	19:10 *	18:41 *	19:14	5:43 min/km
236	1582	Volkmer Rainer	LT Sommersberg	0:57:06	1961	M45	38	0:57:59	19:28 *	18:44 *	18:54	5:43 min/km
237	1836	Dentz Walter	*Frechen	0:57:07	1960	M50	16	1:00:05	19:34 *	18:31 *	19:02	5:43 min/km
238	2708	Schnabel Dr. Ronald	AachenMünchener4	0:57:08	1954	M55	7	0:58:19	20:22 *	18:55 *	17:50	5:43 min/km
238	1669	Auf dem Graben Peter	*Köln	0:57:08	1965	M45	39	0:59:13	23:56 *	16:48 *	16:23	5:43 min/km
240	979	Geffe Gerd	*Köln	0:57:08	1956	M50	17	0:58:47	19:28 *	18:55 *	18:44	5:43 min/km
241	934	Esser Thomas	*Frechen-Königsdorf	0:57:09	1961	M45	40	0:57:32	18:49 *	18:34 *	19:45	5:43 min/km
242	2257	Konrad Markus	*Köln	0:57:10	1976	M30	36	0:58:04	18:49 *	19:02 *	19:19	5:43 min/km
243	2487	Olfen Hendrik	*Köln	0:57:18	1984	MHK	41	0:59:29	18:38 *	19:02 *	19:36	5:44 min/km
244	450	Braun Marius	*Hürth	0:57:19	1985	MHK	42	1:00:45	21:07 *	19:05 *	17:07	5:44 min/km
245	320	Schmidt Michael	*Köln	0:57:23	1974	M35	47	0:58:00	19:36 *	20:03 *	17:43	5:44 min/km
246	2476	Nowarka Martin	*Köln	0:57:24	1988	MHK	43	0:59:53	21:09 *	18:10 *	18:04	5:44 min/km
247	1239	Malig Sven Hauke	Tempo, kleine Schnecke	0:57:25	1972	M35	48	0:59:53	21:10 *	18:10 *	18:04	5:45 min/km
248	2573	Reibe Dustin	*Köln	0:57:25	1986	MHK	44	0:59:07	19:23 *	18:59 *	19:02	5:45 min/km
248	1754	Bosbach Eike	*Köln	0:57:25	1987	MHK	44	0:59:53	21:11 *	18:09 *	18:04	5:45 min/km
250	1488	Schwarzfeld Guido	NetCologne	0:57:27	1963	M45	41	0:59:45	20:33 *	18:28 *	18:25	5:45 min/km
251	2144	Jakisch Lukas	Solarläufer	0:57:34	1978	M30	37	0:59:55	20:02 *	18:57 *	18:33	5:45 min/km
252	2084	Herbrecht Thomas	Solarläufer	0:57:35	1979	M30	38	0:59:55	20:02 *	18:58 *	18:34	5:46 min/km
253	0	unbekannt DW7DPNF		0:57:37	0	MHK	46	0:58:10	19:02 *	19:35 *	18:58	5:46 min/km
254	1132	Kaulen Andreas	HARIBO Solingen	0:57:39	1968	M40	41	0:59:49	20:13 *	18:51 *	18:34	5:46 min/km
255	1870	Droege Benjamin	Xmas-Runners	0:57:40	1983	MHK	47	1:00:42	19:47 *	18:39 *	19:13	5:46 min/km
256	1409	Rymus Elmar	LT Dauerlauf	0:57:42	1948	M60	7	0:58:41	19:34 *	19:07 *	19:00	5:46 min/km
257	2480	Öncel Seda	*Langenfeld	0:57:44	1982	MHK	48	0:57:58	18:15 *	19:39 *	19:49	5:46 min/km
258	1222	Ley Detlef	*Köln	0:57:45	1960	M50	18	0:57:58	18:15 *	19:39 *	19:49	5:47 min/km
259	356	Seuß Dennis	*Hürth	0:57:47	1984	MHK	49	0:59:42	20:40 *	18:46 *	18:20	5:47 min/km
260	2697	Schmitz Dr. Georg	Dietmars Ren(n)tiere	0:57:48	1968	M40	42	0:58:46	19:54 *	19:09 *	18:44	5:47 min/km
261	2224	Klinkhamels Johannes	Dietmars Ren(n)tiere	0:57:49	1965	M45	42	0:58:46	19:55 *	19:09 *	18:44	5:47 min/km
262	2489	Opitz Dr. Hartmut	TSV Imsum	0:57:50	1954	M55	8	0:57:57	18:15 *	19:30 *	20:03	5:47 min/km
263	1691	Bartlick Franz-Josef	*Büttelborn	0:57:50	1985	MHK	50	0:58:32	18:56 *	19:33 *	19:20	5:47 min/km
264	854	Brunner Ulrich	kein	0:57:53	1937	M70	1	0:57:58	18:53 *	19:52 *	19:07	5:47 min/km
265	1933	Filz Jürgen	*Elsdorf	0:57:56	1964	M45	43	0:58:58	19:35 *	18:34 *	19:47	5:48 min/km
266	2901	Wauquier Marco	congstar	0:58:00	1973	M35	49	0:59:47	19:08 *	18:57 *	19:54	5:48 min/km
267	2306	Küsters Thomas	LC Köln Runners	0:58:01	0	MHK	51	1:01:18	20:57 *	19:00 *	18:03	5:48 min/km
268	2799	Stelmach Peter	Team Ostblock	0:58:03	1984	MHK	52	0:58:10	19:35 *	19:21 *	19:07	5:48 min/km
269	1800	Bujanowski Simon	Team Ostblock	0:58:04	1984	MHK	53	0:58:12	19:35 *	19:21 *	19:07	5:48 min/km
270	1021	Gützlaß Bernd	LG RWE Power	0:58:09	1960	M50	19	1:00:46	21:07 *	19:14 *	17:47	5:49 min/km
271	2470	Nixdorf Ilja	Solarläufer	0:58:09	1977	M30	39	1:00:29	20:02 *	18:58 *	19:08	5:49 min/km
272	1594	Weber Michael	*Hückeswagen	0:58:14	1967	M40	43	0:58:35	19:14 *	19:29 *	19:30	5:49 min/km
273	2839	Thomas Andre	*Köln	0:58:15	1985	MHK	54	0:58:38	19:21 *	19:09 *	19:44	5:50 min/km
274	2029	Haak Carsten	*Zülpich	0:58:17	1994	MJB	3	1:01:17	21:17 *	19:07 *	17:53	5:50 min/km
275	1138	Kern Thorsten	SUJA Laufgruppe	0:58:19	1971	M35	50	0:59:48	18:39 *	19:25 *	20:14	5:50 min/km
276	1259	Merz Wilfried	LG RWE Power	0:58:24	1949	M60	8	0:59:33	19:47 *	19:17 *	19:19	5:50 min/km
277	810	Bicker Stefan	*Kerpen	0:58:25	1965	M45	44	1:01:42	20:46 *	19:12 *	18:26	5:51 min/km

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278	1703	Behet Hans-Jürgen	BW Lechenich	0:58:26	1955	M55	9	1:01:10	20:45 *	19:15 *	18:26	5:51 min/km
279	965	Franzen Dominik	*Köln	0:58:27	1972	M35	51	0:58:48	20:07 *	19:15 *	19:04	5:51 min/km
280	1264	Meutgens Ralf	Meutis	0:58:34	1963	M45	45	0:59:49	18:54 *	19:32 *	20:07	5:51 min/km
281	1492	Seibt Christian 82	Media Markt Köln am Dom	0:58:36	1959	M50	20	0:59:50	20:02 *	19:14 *	19:19	5:52 min/km
282	1914	Esch Jupp	*Köln	0:58:39	1959	M50	21	1:00:18	21:21 *	20:13 *	17:05	5:52 min/km
283	1747	Bollwerk Dr. Markus	FC Brause Korn	0:58:42	1980	M30	40	1:01:33	20:54 *	19:00 *	18:47	5:52 min/km
284	2434	Monjean Detlef	Monjean Transporte	0:58:45	1964	M45	46	1:01:10	20:12 *	19:15 *	19:17	5:52 min/km
285	1604	Weiner Helmut	RheinEnergie	0:58:52	1955	M55	10	1:00:43	20:19 *	19:01 *	19:31	5:53 min/km
286	1935	Finke Kai	*Hürth	0:58:52	1975	M35	52	0:59:29	19:42 *	19:24 *	19:46	5:53 min/km
287	1531	Stöcker Herbert	runningGAGS&friends	0:59:03	1950	M60	9	0:59:58	19:06 *	19:26 *	20:31	5:54 min/km
288	1569	Verhey Sascha	Lucky Stars	0:59:06	1975	M35	53	1:01:53	19:57 *	19:34 *	19:35	5:55 min/km
289	2284	Kremer Uwe	*Eltille	0:59:07	1966	M40	44	1:01:44	20:30 *	19:22 *	19:13	5:55 min/km
290	2075	Heming Michael	*essen	0:59:07	1955	M55	11	1:02:02	21:03 *	19:10 *	18:53	5:55 min/km
291	0	Mohr Sebastian	Lucky Stars	0:59:07	1979	M30	41	1:01:55	19:56 *	19:35 *	19:35	5:55 min/km
292	2855	Tuchscherer Daniel	*Chur	0:59:07	1975	M35	54	1:01:54	19:57 *	19:35 *	19:35	5:55 min/km
293	2647	Schaake Matt	TSG Sprockhövel	0:59:12	1989	MHK	55	1:01:01	20:51 *	19:38 *	18:43	5:55 min/km
294	1070	Heß Richard	LC Weilerswist	0:59:12	1962	M45	47	1:01:55	21:20 *	18:41 *	19:11	5:55 min/km
295	886	Dax Peter	Scuol Freunde	0:59:13	1961	M45	48	1:02:29	20:13 *	19:48 *	19:10	5:55 min/km
296	2575	Reich Alexander	DEVK Runners	0:59:13	1981	MHK	56	1:00:25	18:42 *	19:11 *	21:19	5:55 min/km
297	1615	Witsch Jürgen	*Köln	0:59:14	1956	M50	22	1:00:34	19:13 *	19:44 *	20:16	5:55 min/km
298	756	Agan Kunter	1. Kölner Laufstall	0:59:14	1964	M45	49	1:01:21	20:36 *	19:18 *	19:20	5:55 min/km
299	823	Boelen-Theile Claus	*Rösrath	0:59:16	1966	M40	45	1:01:25	21:15 *	19:36 *	18:24	5:56 min/km
300	2749	Schumacher Fred	Schumacher	0:59:17	1984	MHK	57	1:03:09	22:21 *	18:48 *	18:07	5:56 min/km
301	2357	Loeber David	*hürth	0:59:20	1982	MHK	58	1:01:04	21:05 *	19:17 *	18:58	5:56 min/km
302	1318	Ossege Stefan	Pänz vum Pannhof	0:59:24	1968	M40	46	1:00:08	20:11 *	19:19 *	19:53	5:56 min/km
303	0	unbekannt DK379X3		0:59:28	0	MHK	59	1:00:53	20:03 *	19:31 *	19:53	5:57 min/km
304	2711	Schneider Konrad	LG RWE Power	0:59:30	1954	M55	12	1:02:07	21:06 *	19:15 *	19:07	5:57 min/km
305	1550	Thomas Reiner	*Hürth	0:59:30	1954	M55	13	1:02:08	20:40 *	19:51 *	18:58	5:57 min/km
306	2007	Grimm Rudolf	Laufmäuse	0:59:31	1953	M55	14	1:00:36	19:28 *	19:15 *	20:47	5:57 min/km
307	832	Boßhammer Stephan	*Köln	0:59:32	1968	M40	47	1:03:00	22:30 *	18:41 *	18:20	5:57 min/km
308	1285	Müller Stefan	*Köln	0:59:33	1966	M40	48	1:00:25	20:12 *	20:19 *	19:01	5:57 min/km
309	1378	Reetz Marco	LT Flinke Föös	0:59:35	1980	M30	42	1:00:24	20:23 *	19:42 *	19:28	5:58 min/km
310	2213	Klaaßen Andre	fröhliche Glühweinläufer	0:59:35	1979	M30	43	1:00:34	18:42 *	20:32 *	20:21	5:58 min/km
311	786	Baum Dr. Clemens	*Bergisch Gladbach	0:59:38	1941	M65	3	1:00:26	20:06 *	19:36 *	19:56	5:58 min/km
312	1365	Proch Alexander	*Köln	0:59:39	1984	MHK	60	1:02:04	20:00 *	20:17 *	19:21	5:58 min/km
313	1821	Colling Jörn	FC Deutsche Post NL	0:59:40	1965	M45	50	1:00:40	19:34 *	20:12 *	19:53	5:58 min/km
314	1420	Schaaf Josef	kein	0:59:47	1950	M60	10	1:00:25	19:36 *	19:40 *	20:30	5:59 min/km
315	2791	Stander Volker	*Köln	0:59:48	1969	M40	49	1:00:28	20:36 *	21:18 *	17:52	5:59 min/km
316	1638	Abele Kay	Rot Weiss Ahrem	0:59:51	1964	M45	51	1:01:31	20:12 *	20:10 *	19:28	5:59 min/km
317	879	Conrad Toni	Air Runners	0:59:52	1978	M30	44	1:00:58	21:08 *	19:34 *	19:10	5:59 min/km
318	1177	Koll Karl-Heinz	*Köln	0:59:53	1951	M55	15	1:02:48	20:14 *	19:39 *	19:59	5:59 min/km
319	1179	Konz Peter	*Köln	0:59:54	1961	M45	52	1:02:48	20:15 *	19:39 *	19:59	5:59 min/km
320	2178	Kassim Tahsin	*Rondorf kraheNweg18	0:59:55	1987	MHK	61	1:02:06	18:19 *	20:30 *	21:05	5:60 min/km
321	378	Symms Nigel	*Newcastle Under Lyme	0:59:58	1966	M40	50	1:01:01	20:14 *	19:55 *	19:49	5:60 min/km
322	96	Evans John	*Köln	0:59:59	1967	M40	51	1:01:01	20:14 *	19:55 *	19:48	5:60 min/km
323	2278	Krause Michael	*Wachtberg-Villip	1:00:06	1968	M40	52	1:01:52	21:52 *	19:41 *	18:32	6:01 min/km
324	0	unbekannt DA7G09F		1:00:08	0	MHK	62	1:01:52	21:52 *	19:42 *	18:32	6:01 min/km
325	1212	Landes Jochen Rüdiger	*Köln	1:00:08	1978	M30	45	1:00:49	19:34 *	20:03 *	20:30	6:01 min/km
326	2462	Nestler Jan	Running for a better life	1:00:08	1977	M30	46	1:02:39	24:18 *	18:19 *	17:30	6:01 min/km
327	1918	Etscheid Bastian	*Engelskirchen	1:00:09	1978	M30	47	1:04:44	20:00 *	20:31 *	19:37	6:01 min/km
328	1934	Fink Leonard	*Köln	1:00:11	1976	M30	48	1:03:49	20:26 *	19:50 *	19:54	6:01 min/km
329	1945	Frank Stephan	SG Siegen-Giersberg	1:00:18	1955	M55	16	1:05:37	20:37 *	19:59 *	19:41	6:02 min/km
330	1077	Hillebrand Martin	*Köln	1:00:19	1962	M45	53	1:02:40	20:28 *	19:43 *	20:07	6:02 min/km
331	1214	Langen Dominik	Altstädter Köln 1922	1:00:22	1968	M40	53	1:00:26	20:10 *	20:04 *	20:07	6:02 min/km
332	1591	Walz Daniel	*Köln	1:00:23	1971	M35	55	1:03:28	21:11 *	19:52 *	19:18	6:02 min/km
333	981	Geising Christian	*Köln	1:00:23	1977	M30	49	1:03:28	21:12 *	19:52 *	19:19	6:02 min/km

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334	1759	Brands Andreas	Original Bootcamp	1:00:27	1961 M45	54	1:01:53	21:29 *	20:59 *	17:59	6:03 min/km
335	2578	Reimann Kai	LC Köln Runners	1:00:28	1973 M35	56	1:03:46	21:04 *	19:27 *	19:57	6:03 min/km
336	11	Adria Oliver	*Köln	1:00:29	1981 MHK	63	1:03:01	20:20 *	20:11 *	19:58	6:03 min/km
337	1545	Theisen Christoph	Café El-mar	1:00:33	1959 M50	23	1:01:33	19:34 *	20:11 *	20:46	6:03 min/km
338	1575	Vidal Miguel	*köln	1:00:33	1963 M45	55	1:01:38	20:43 *	20:02 *	19:47	6:03 min/km
339	1645	Ahlers Oliver	*Köln	1:00:33	1973 M35	57	1:01:51	20:24 *	19:39 *	20:30	6:03 min/km
340	2844	Thurn Andreas	Untrainiert und unrasiert	1:00:34	1993 MJB	4	1:01:13	20:05 *	20:24 *	20:05	6:03 min/km
341	1665	Assenmacher Dirk	*Köln	1:00:35	1971 M35	58	1:03:23	21:54 *	20:29 *	18:11	6:04 min/km
342	815	Blume Jürgen	*Köln	1:00:44	1962 M45	56	1:04:59	20:17 *	20:12 *	20:14	6:04 min/km
343	1346	Pfeifer-Galilea Stefan	*Köln	1:00:46	1961 M45	57	1:02:10	21:52 *	19:58 *	18:55	6:05 min/km
344	923	Ermer Gerhard	*hürth	1:00:46	1949 M60	11	1:04:21	21:23 *	19:43 *	19:40	6:05 min/km
345	1527	Stein Hans-Jörg	*Köln	1:00:47	1952 M55	17	1:04:21	21:23 *	19:42 *	19:40	6:05 min/km
346	893	Derichs Hans-Jürgen	*Köln	1:00:47	1959 M50	24	1:03:22	21:36 *	21:12 *	17:59	6:05 min/km
347	1844	Dielkus Jens	TuSpo Mengershausen	1:00:55	1977 M30	50	1:02:53	21:27 *	20:47 *	18:40	6:06 min/km
348	1748	Boltze-Born Joerg	MDS Laufftreff	1:00:57	1970 M40	54	1:03:13	21:29 *	20:33 *	18:54	6:06 min/km
349	1640	Adamczyk Jörg	SUJA Laufgruppe	1:01:00	1968 M40	55	1:02:26	16:41 *	18:07 *	26:11	6:06 min/km
350	1017	Grünwald Markus	TUS Schededörfer 04	1:01:11	1969 M40	56	1:02:52	21:48 *	20:06 *	19:17	6:07 min/km
351	283	Poloczec Christian	Central-Team	1:01:12	1975 M35	59	1:01:55	20:10 *	20:16 *	20:45	6:07 min/km
352	1651	Altmann Reiner	---	1:01:13	1960 M50	25	1:04:05	22:15 *	19:53 *	19:04	6:07 min/km
353	2440	Müller Harald	BSG RaBaz e.V.	1:01:15	1960 M50	26	1:04:34	20:11 *	19:59 *	21:03	6:08 min/km
354	2238	Koch Benjamin	Polizei SV Dortmund	1:01:16	1983 MHK	64	1:04:15	21:11 *	20:02 *	20:02	6:08 min/km
355	2740	Schütz Hermann	Schnick, schnack,	1:01:16	1958 M50	27	1:03:04	21:48 *	19:53 *	19:34	6:08 min/km
356	116	Garito Adrian	FC Deutsche Post NL	1:01:17	1971 M35	60	1:04:13	22:30 *	19:51 *	18:56	6:08 min/km
357	2710	Schneider Heinz	*Köln	1:01:19	1963 M45	58	1:03:59	22:17 *	19:47 *	19:14	6:08 min/km
358	1949	Friedmann Thorsten	*Frechen	1:01:24	1973 M35	61	1:01:51	19:28 *	21:42 *	20:13	6:08 min/km
359	2280	Krause Uwe	Die Böglis	1:01:26	1963 M45	59	1:03:50	21:37 *	19:35 *	20:12	6:09 min/km
360	2181	Katerbau Uwe	Orange Cake Band and	1:01:33	1971 M35	62	1:03:54	21:43 *	19:40 *	20:09	6:09 min/km
361	1878	Eberz Dietmar	*Dierdorf	1:01:33	1950 M60	12	1:03:35	21:29 *	20:11 *	19:52	6:09 min/km
362	2464	Neubert Steffen	atemrausch*	1:01:36	1979 M30	51	1:11:05	15:35 *	22:25 *	23:36	6:10 min/km
363	1389	Richert Hans-joerg	laufftreff saaler mühle	1:01:38	1941 M65	4	1:02:56	21:10 *	20:13 *	20:14	6:10 min/km
364	2079	Hendrischke Dirk	*Bonn	1:01:41	1974 M35	63	1:04:25	20:57 *	20:17 *	20:26	6:10 min/km
365	1122	Jungheim Stefan	*Köln	1:01:43	1968 M40	57	1:04:58	21:27 *	20:25 *	19:50	6:10 min/km
366	2240	Koch Markus	Untrainiert und unrasiert	1:01:50	1986 MHK	65	1:01:50	00:00 *	00:00 *	00:00	6:11 min/km
367	1456	Schmutzler Frank	btv 1864	1:01:50	1963 M45	60	1:04:10	21:11 *	20:16 *	20:21	6:11 min/km
368	1913	Ernst Martin	*Köln	1:01:51	1973 M35	64	1:04:52	20:41 *	20:20 *	20:48	6:11 min/km
369	2915	Wegmann Martin	*Köln	1:01:53	1981 MHK	66	1:03:44	21:58 *	19:50 *	20:04	6:11 min/km
370	1314	Offermann Andreas	Dunnerkiel Running Team	1:01:53	1966 M40	58	1:04:22	21:30 *	20:06 *	20:17	6:11 min/km
371	1134	Keller Günter	U2:45	1:01:55	1959 M50	28	1:02:47	20:43 *	20:22 *	20:50	6:12 min/km
372	1234	Luncz Thomas	Running for a better life	1:02:12	1971 M35	65	1:05:54	23:06 *	19:46 *	19:20	6:13 min/km
373	2229	Knepel Justus	die knepels	1:02:14	1994 MJB	5	1:05:00	23:30 *	21:05 *	17:38	6:13 min/km
374	2566	Raub Sebastian	*Düsseldorf	1:02:15	1981 MHK	67	1:04:49	22:12 *	20:48 *	19:14	6:14 min/km
375	1014	Grothues Bernd	*Köln	1:02:15	1974 M35	66	1:04:49	22:12 *	20:48 *	19:14	6:14 min/km
376	957	Florio Rosario	*Köln	1:02:16	1960 M50	29	1:05:37	21:55 *	20:21 *	19:59	6:14 min/km
377	794	Becker Dieter	*Köln	1:02:19	1956 M50	30	1:04:37	22:04 *	20:28 *	19:46	6:14 min/km
378	2871	Vegele Holger	*Köln	1:02:21	1972 M35	67	1:03:14	20:12 *	20:19 *	21:50	6:14 min/km
379	1115	Jerosch Arnold	*Bergheim	1:02:23	1959 M50	31	1:04:36	21:44 *	20:39 *	19:59	6:14 min/km
380	1940	Flintrop Jan	*Köln	1:02:23	1974 M35	68	1:04:42	20:43 *	20:51 *	20:48	6:14 min/km
381	2699	Schmitz Markus	kein	1:02:24	1983 MHK	68	1:05:22	21:32 *	20:28 *	20:23	6:14 min/km
382	1789	Buchholz Thomas	*Köln	1:02:26	1965 M45	61	1:02:33	20:06 *	21:18 *	21:01	6:15 min/km
383	2951	Wissing Heinz	IG EMS	1:02:30	1940 M70	2	1:04:24	21:08 *	20:33 *	20:48	6:15 min/km
384	1937	Fischnich Jasper	*Köln	1:02:30	1983 MHK	69	1:04:42	19:41 *	20:27 *	22:22	6:15 min/km
385	2959	Wittur Randolf	*Köln	1:02:35	1969 M40	59	1:06:04	23:11 *	22:27 *	16:56	6:16 min/km
386	2792	Statnik Guido	*Dormagen	1:02:35	1979 M30	52	1:05:10	21:30 *	20:55 *	20:10	6:16 min/km
387	1025	Habeck Simon	*Hürth	1:02:36	1972 M35	69	1:05:14	23:02 *	20:16 *	19:16	6:16 min/km
388	2762	Sellugga Rainer	Laufschule Erfstadt	1:02:37	1959 M50	32	1:03:24	20:04 *	21:04 *	21:28	6:16 min/km
389	1611	Wiesbaum Philip	Die Ersten vorm	1:02:38	1976 M30	53	1:05:00	24:12 *	18:36 *	19:49	6:16 min/km

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390	1708	Beißel Udo	*Frechen	1:02:39	1966 M40	60	1:03:07	19:27 * 24:29 * 18:42	6:16 min/km
391	2680	Schlang Michael	*Köln	1:02:39	1982 MHK	70	1:04:40	21:12 * 20:11 * 21:15	6:16 min/km
391	986	Gerlach Uwe	ohne	1:02:39	1962 M45	62	1:04:41	21:28 * 20:28 * 20:42	6:16 min/km
393	1267	Meyer Matthias	*Hilden	1:02:41	1977 M30	54	1:04:41	21:13 * 20:11 * 21:16	6:16 min/km
394	1436	Schiller Lawrence	*Koeln	1:02:42	1959 M50	33	1:05:18	22:07 * 20:38 * 19:56	6:16 min/km
395	1533	Stolz Manfred	*Köln	1:02:44	1964 M45	63	1:04:35	22:21 * 20:27 * 19:55	6:16 min/km
396	936	Eißer Manfred	*Köln	1:02:44	1965 M45	64	1:04:35	22:22 * 20:27 * 19:55	6:16 min/km
397	2102	Hirschberger Sascha	*Wolfsburg	1:02:45	1977 M30	55	1:03:08	21:26 * 20:24 * 20:54	6:17 min/km
398	1466	Schöttes Jens	Media Markt Köln am Dom	1:02:45	1981 MHK	71	1:04:01	21:55 * 21:31 * 19:17	6:17 min/km
399	329	Schneider Helmut	Kölner-Narrenzunft	1:02:45	1966 M40	61	1:02:50	19:57 * 21:09 * 21:38	6:17 min/km
400	2931	Wetzel Andreas	*Köln	1:02:51	1955 M55	18	1:03:42	22:29 * 19:51 * 20:30	6:17 min/km
401	2724	Scholl Ronny	Amtsgericht	1:02:55	1979 M30	56	1:04:29	22:29 * 21:46 * 18:39	6:18 min/km
402	2478	Odindo Caleb	Air Runners	1:02:58	1976 M30	57	1:04:02	21:29 * 21:00 * 20:28	6:18 min/km
403	1393	Riesenbeck Oliver	Air Runners	1:02:58	1980 M30	58	1:04:02	21:34 * 20:55 * 20:28	6:18 min/km
404	2927	Welter Michael	*Kerpen	1:02:59	1956 M50	34	1:06:16	21:44 * 20:44 * 20:31	6:18 min/km
405	1291	Nadja Stephan	*Köln	1:03:03	1973 M35	70	1:07:54	20:28 * 20:26 * 22:08	6:18 min/km
406	1088	Hoffmann Michael	*Schwetzingen	1:03:06	1966 M40	62	1:05:14	21:49 * 20:40 * 20:35	6:19 min/km
407	1662	Arndt Gerd	*bad honnef	1:03:10	1970 M40	63	1:04:28	22:41 * 20:18 * 20:10	6:19 min/km
408	2040	Hajen Rolf	aggerfitness	1:03:16	1967 M40	64	1:03:31	20:04 * 21:25 * 21:46	6:20 min/km
409	855	Bruns Daniel	*Köln	1:03:19	1981 MHK	72	1:05:14	22:00 * 20:53 * 20:25	6:20 min/km
410	1055	Heinze Tobi	*Köln	1:03:19	1981 MHK	73	1:05:14	22:00 * 20:53 * 20:26	6:20 min/km
411	1787	Bruns Christian	*Odenthal	1:03:20	1970 M40	65	1:05:14	22:01 * 20:53 * 20:25	6:20 min/km
412	1943	Forg Kai	*Hürth	1:03:31	1977 M30	59	1:05:24	21:42 * 21:30 * 20:17	6:21 min/km
413	1127	Kaiser Dirk	*Pulheim	1:03:32	1971 M35	71	1:06:42	22:58 * 20:38 * 19:55	6:21 min/km
414	1366	Pruett Casey	*Koeln	1:03:33	1969 M40	66	1:05:55	22:49 * 21:11 * 19:32	6:21 min/km
415	1073	Heuser Berthold	LG RWE Power	1:03:36	1963 M45	65	1:04:47	23:09 * 20:32 * 19:55	6:22 min/km
416	1581	Voigt Stefan	LG RWE Power	1:03:36	1982 MHK	74	1:04:45	20:51 * 21:22 * 21:23	6:22 min/km
417	1048	Heilmann Erich	LG RWE Power	1:03:38	1960 M50	35	1:04:47	23:12 * 20:31 * 19:54	6:22 min/km
417	0	unbekannt HT8M4AB		1:03:38	0 MHK	75	1:04:47	23:12 * 20:33 * 19:53	6:22 min/km
419	891	Deiters Lothar	GSV-Porz/Köln	1:03:40	1934 M70	3	1:05:16	20:59 * 21:09 * 21:31	6:22 min/km
420	1837	Desombre Gottfried	*Köln-Junkersdorf	1:03:46	1940 M70	4	1:05:20	21:56 * 20:38 * 21:11	6:23 min/km
421	1906	Erdenberger Thomas	Laufschabe & Friends	1:03:48	1979 M30	60	1:05:59	22:13 * 20:56 * 20:38	6:23 min/km
422	1770	Brenneisen Frank	Laufschabe & Friends	1:03:48	1978 M30	61	1:05:59	22:13 * 20:56 * 20:39	6:23 min/km
423	2968	Wolff Fabian	aggerfitness	1:03:54	1990 MHK	76	1:04:07	19:09 * 21:45 * 23:00	6:23 min/km
424	0	unbekannt DF8958Z		1:03:55	0 MHK	77	1:06:24	22:43 * 21:42 * 19:30	6:24 min/km
425	871	Busch Tobias	*Köln	1:03:56	1972 M35	72	1:05:51	22:17 * 21:05 * 20:32	6:24 min/km
426	2964	Wolf Dietmar	Cool Runnings	1:03:56	1961 M45	66	1:06:59	23:04 * 21:21 * 19:30	6:24 min/km
427	1559	Trömel Marcus	Air Runners	1:03:58	1979 M30	62	1:05:03	21:32 * 21:05 * 21:19	6:24 min/km
428	1687	Barkhoff Nils	Original Bootcamp	1:04:10	1982 MHK	78	1:05:40	22:42 * 21:06 * 20:21	6:25 min/km
429	1812	Caspers Consantin	Original Bootcamp	1:04:10	1993 MJB	6	1:04:54	21:43 * 21:50 * 20:37	6:25 min/km
430	2273	Krämer Jochen	Original Bootcamp	1:04:11	1982 MHK	79	1:05:41	22:42 * 21:12 * 20:15	6:25 min/km
431	2787	Stachelhaus Carsten	*Köln	1:04:16	1969 M40	67	1:04:43	21:18 * 20:57 * 22:01	6:26 min/km
432	1006	Gottschalch Frank	Kölner Ausdauer- u.	1:04:17	1961 M45	67	1:06:26	22:11 * 20:51 * 21:15	6:26 min/km
433	1373	Ratajek Uwe	*Köln	1:04:18	1964 M45	68	1:06:26	22:11 * 20:50 * 21:15	6:26 min/km
434	2789	Stamm Christian	*Bergisch Gladbach	1:04:20	1980 M30	63	1:06:04	21:51 * 21:35 * 20:53	6:26 min/km
435	791	Becher Julien	Kenias letzte Reserve	1:04:24	1981 MHK	80	1:04:57	22:14 * 20:38 * 21:31	6:26 min/km
436	1857	Dolhaine Dr. Hans	*Korschenbroich	1:04:26	1949 M60	13	1:07:41	22:00 * 21:51 * 20:35	6:27 min/km
437	1623	Wuschisch Marco	Globus	1:04:28	1967 M40	68	1:04:29	20:05 * 22:02 * 22:20	6:27 min/km
438	2137	Irmeler Mario	Globus	1:04:28	1981 MHK	81	1:04:29	20:07 * 22:01 * 22:20	6:27 min/km
439	2843	Thorausch Thomas	*Köln	1:04:29	1957 M50	36	1:05:30	22:40 * 20:29 * 21:18	6:27 min/km
440	2914	Wedewrd Rene	*Wachtberg-Villip	1:04:34	1976 M30	64	1:06:18	21:53 * 20:20 * 22:21	6:27 min/km
441	2911	Weber Tobias	DERMITDEMZÄPFCHEN	1:04:47	1977 M30	65	1:07:52	23:00 * 21:05 * 20:41	6:29 min/km
442	2303	Künzer Dr. Thomas	*Köln	1:04:50	1958 M50	37	1:07:58	23:32 * 20:51 * 20:26	6:29 min/km
443	2587	Renzenbrink Werner	LG RWE Power	1:04:52	1950 M60	14	1:06:55	21:00 * 21:26 * 22:25	6:29 min/km
444	910	Dündar Can	42Tausend / NAO PT	1:04:54	1972 M35	73	1:06:44	21:25 * 21:36 * 21:52	6:29 min/km
445	1654	Andersen Vidar	*Köln	1:04:58	1975 M35	74	1:08:33	23:07 * 21:08 * 20:43	6:30 min/km

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446	2002	Grefen Marc Andre	*Langenfeld	1:04:59	1993	MJB	7	1:07:05	22:56 *	21:41 *	20:21	6:30 min/km
447	1974	Gattner Marius	Chefköche	1:04:59	1972	M35	75	1:07:06	22:56 *	21:40 *	20:21	6:30 min/km
448	1955	Frysch Martin	NetCologne	1:04:59	1959	M50	38	1:07:16	21:36 *	21:37 *	21:45	6:30 min/km
449	1587	Wallenborn Hermann	*Trier	1:05:00	1960	M50	39	1:08:00	23:18 *	21:11 *	20:29	6:30 min/km
450	1399	Römmler Axel		1:05:04	1961	M45	69	1:08:22	21:39 *	22:05 *	21:19	6:30 min/km
451	1286	Münch Hans-Georg	LG RWE Power	1:05:06	1965	M45	70	1:07:45	21:57 *	21:31 *	21:38	6:31 min/km
452	993	Gineiger Ulrich	*Köln	1:05:09	1955	M55	19	1:06:31	21:26 *	21:23 *	22:19	6:31 min/km
453	1210	Kwasny Thomas	*köln	1:05:12	1978	M30	66	1:07:10	22:58 *	21:36 *	20:37	6:31 min/km
454	1232	Lüttge Fred	LG-RWE-Power	1:05:18	1948	M60	15	1:05:53	25:29 *	19:56 *	19:52	6:32 min/km
455	2542	Poole Jeremy	*Köln	1:05:35	1963	M45	71	1:06:55	21:32 *	21:39 *	22:23	6:34 min/km
456	1842	Diehl Oscar	*Köln	1:05:35	1999	MSC	1	1:06:55	21:32 *	21:39 *	22:24	6:34 min/km
457	2371	Lüders Nico	*koeln	1:05:36	1976	M30	67	1:06:56	22:54 *	21:10 *	21:31	6:34 min/km
458	1209	Kutscher Norbert	Laufftreff Engelskirchen	1:05:39	1961	M45	72	1:07:56	22:48 *	21:13 *	21:37	6:34 min/km
459	767	Arndt Hartmut	*Köln	1:05:43	1957	M50	40	1:06:06	20:52 *	22:08 *	22:43	6:34 min/km
460	813	Bitter Daniel	Commander & Friends	1:05:47	1975	M35	76	1:09:16	22:52 *	21:40 *	21:13	6:35 min/km
461	851	Brosche Marko	Kleene und Muckel	1:05:47	1971	M35	77	1:09:16	22:53 *	21:40 *	21:13	6:35 min/km
462	2883	Vorwerk Tim	Cool Runnings	1:05:48	1993	MJB	8	1:08:51	21:15 *	21:54 *	22:38	6:35 min/km
463	2110	Hölzenbein Alfons	BSG RaBaz e.V.	1:05:50	1954	M55	20	1:09:08	22:35 *	21:19 *	21:54	6:35 min/km
464	1478	Schröder Alexander	SG Düren 99	1:05:50	1974	M35	78	1:08:33	22:35 *	21:54 *	21:20	6:35 min/km
465	2292	Krüger Sebastian	*Köln	1:05:52	1980	M30	68	1:07:45	23:18 *	21:30 *	21:02	6:35 min/km
466	2939	Wierzchowski Bernd	MES GmbH	1:05:53	1962	M45	73	1:07:21	23:21 *	21:29 *	21:03	6:35 min/km
467	1749	Bonhage Matthias	MES GmbH	1:05:54	1966	M40	69	1:07:22	23:21 *	21:29 *	21:03	6:35 min/km
468	2772	Sönchen Stefan	*Köln	1:05:56	1964	M45	74	1:06:36	22:11 *	21:12 *	22:31	6:36 min/km
469	2779	Spickermann Max	*Köln	1:05:57	2003	MSD	1	1:06:36	22:12 *	21:13 *	22:31	6:36 min/km
470	2916	Wehlert Gunnar	Bickendorfer Rochusclub	1:05:58	1982	MHK	82	1:08:02	21:33 *	21:36 *	22:47	6:36 min/km
471	2785	Spirtz Dominik	Original Bootcamp	1:06:01	1989	MHK	83	1:07:33	22:45 *	21:25 *	21:50	6:36 min/km
472	1269	Meyer Peter	*Köln	1:06:01	1973	M35	79	1:08:50	23:32 *	21:35 *	20:54	6:36 min/km
473	2788	Stahlberg Frank	*Köln	1:06:02	1966	M40	70	1:07:16	22:30 *	21:33 *	21:58	6:36 min/km
474	1322	Ostrowski Sascha	Juze Buir	1:06:06	1966	M40	71	1:08:59	24:11 *	22:13 *	19:41	6:37 min/km
475	1310	Odendahl Uwe	Kraft am Werk	1:06:09	1963	M45	75	1:08:45	23:26 *	21:31 *	21:11	6:37 min/km
476	763	Anger Christoph	GS1	1:06:09	1970	M40	72	1:08:56	23:36 *	21:17 *	21:16	6:37 min/km
477	908	Drouvé Frank	*Köln	1:06:13	1965	M45	76	1:08:44	23:13 *	21:52 *	21:06	6:37 min/km
478	2716	Schnorrenberg René	Ratzfatz	1:06:16	1989	MHK	84	1:08:57	23:43 *	21:35 *	20:57	6:38 min/km
479	2014	Gronstedt Andreas	*Köln	1:06:18	1968	M40	73	1:08:08	22:42 *	21:52 *	21:43	6:38 min/km
480	948	Fiebiger Hartmut	Asbacher Laufmäuse	1:06:20	1963	M45	77	1:07:12	21:56 *	22:09 *	22:13	6:38 min/km
481	2499	Pack Michael	*Dortmund	1:06:24	1973	M35	80	1:10:17	20:59 *	20:58 *	24:27	6:38 min/km
482	2203	Kick Thomas	die knepels	1:06:28	1982	MHK	85	1:09:14	23:41 *	21:35 *	21:11	6:39 min/km
483	895	Detmer Hanspeter	Altstädter Köln 1922 e.V.	1:06:30	1946	M60	16	1:06:36	20:57 *	21:47 *	23:45	6:39 min/km
484	2026	Gunia Marei	Winterfitschnecken	1:06:43	1964	M45	78	1:06:58	21:08 *	23:22 *	22:12	6:40 min/km
485	2803	Stimke Joey	Cool Runnings	1:06:46	1990	MHK	86	1:09:52	23:30 *	21:51 *	21:24	6:41 min/km
486	912	Duran Engin	Media Markt Köln am Dom	1:06:48	1975	M35	81	1:08:04	21:57 *	21:31 *	23:19	6:41 min/km
487	2565	Rath Volker	Mucher Nikoläuse	1:06:48	1968	M40	74	1:09:50	22:51 *	22:03 *	21:53	6:41 min/km
488	2701	Schmitz Olaf	LG RWE Power	1:06:50	1982	MHK	87	1:07:59	25:07 *	21:40 *	20:01	6:41 min/km
489	2817	Strauß Uwe	Mitglied im ASV	1:06:51	1958	M50	41	1:07:46	21:40 *	22:48 *	22:22	6:41 min/km
490	1417	Sauer Armin	LG RWE Power	1:06:51	1964	M45	79	1:07:59	25:09 *	21:40 *	20:02	6:41 min/km
491	1620	Wukadinowitsch Fred	SG Siegen-Giersberg	1:06:56	1957	M50	42	1:10:41	23:32 *	22:19 *	21:05	6:42 min/km
492	1565	Urso Vincenzo	*köln	1:06:57	1947	M60	17	1:08:09	22:30 *	21:57 *	22:28	6:42 min/km
493	1992	Görtz Marco	*Hürth	1:06:59	1982	MHK	88	1:09:49	22:42 *	21:54 *	22:22	6:42 min/km
494	2532	Pischke Andreas	Mucher Nikoläuse	1:06:59	1962	M45	80	1:10:01	22:50 *	22:03 *	22:05	6:42 min/km
495	102	Feldhofer Ulrich	*Hürth	1:06:59	1953	M55	21	1:09:38	21:42 *	21:45 *	23:32	6:42 min/km
496	2117	Hoffmann Thomas	Running for a better life	1:07:02	1970	M40	75	1:10:31	24:15 *	21:37 *	21:09	6:42 min/km
497	1185	Kosiahn Stefan	SG Siegen-Giersberg	1:07:04	1961	M45	81	1:10:40	23:38 *	22:20 *	21:05	6:42 min/km
498	1275	Miserre Rainer	SG Siegen-Giersberg	1:07:04	1963	M45	82	1:10:39	23:36 *	22:23 *	21:05	6:42 min/km
499	928	Eschweiler Frank	Die Eschis	1:07:13	1968	M40	76	1:09:27	23:09 *	22:22 *	21:42	6:43 min/km
500	2415	Metzner Marcus	*Neuss	1:07:20	1969	M40	77	1:10:50	23:09 *	22:28 *	21:42	6:44 min/km
501	1157	Klein Hans-Dieter	Mucher Nikoläuse	1:07:37	1957	M50	43	1:10:39	22:52 *	22:02 *	22:42	6:46 min/km

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502	2978	Zander Michael	*Berlin	1:07:47	1976 M30	69	1:11:46	22:48 *	21:50 *	23:08	6:47 min/km
503	2498	Overzier Dirk	*Frechen	1:07:59	1964 M45	83	1:08:09	20:44 *	22:06 *	25:08	6:48 min/km
504	1024	Haak Reiner	*Zülpich	1:08:14	1965 M45	84	1:11:18	23:20 *	22:01 *	22:52	6:49 min/km
505	2804	Stimke Johann	Cool Runnings	1:08:14	1956 M50	44	1:11:18	23:20 *	22:02 *	22:51	6:49 min/km
506	2025	Gummich Alfred	BOK	1:08:24	1961 M45	85	1:09:09	21:46 *	23:01 *	23:37	6:50 min/km
506	1901	Engel Peter	BOK	1:08:24	1964 M45	85	1:09:09	21:45 *	23:01 *	23:37	6:50 min/km
508	2797	Steinhagen Jens	Die 6 Brausebären	1:08:27	1961 M45	87	1:11:48	25:50 *	24:36 *	18:00	6:51 min/km
509	1529	Steubesand Herbert	KALS	1:08:37	1965 M45	88	1:09:38	22:39 *	23:00 *	22:58	6:52 min/km
510	2952	Wissing Karl	IG EMS	1:08:41	1946 M60	18	1:10:44	22:57 *	22:12 *	23:31	6:52 min/km
511	2283	Kremer Uwe	*Köln	1:08:57	1961 M45	89	1:09:22	22:09 *	23:13 *	23:34	6:54 min/km
512	778	Barabas Dr. Christoph	Orange Cake Band and	1:09:07	1970 M40	78	1:11:27	23:45 *	22:30 *	22:50	6:55 min/km
513	1984	Gessinger Lars	*Köln	1:09:20	1990 MHK	89	1:10:03	22:43 *	22:30 *	24:06	6:56 min/km
514	2035	Hägele Christian	*Köln	1:09:31	1965 M45	90	1:09:58	24:00 *	22:49 *	22:42	6:57 min/km
515	2119	Horberth Hans	*Frankfurt	1:09:39	1970 M40	79	1:11:51	23:45 *	22:27 *	23:26	6:58 min/km
516	2140	Jaehn Holger	Die JaRobCucHolaus	1:09:39	1976 M30	70	1:10:25	26:42 *	21:26 *	21:30	6:58 min/km
517	1381	Reimann Frank	*Köln	1:09:40	1962 M45	91	1:12:20	24:15 *	22:59 *	22:25	6:58 min/km
518	880	Conradi Stephan	atemrausch*	1:09:41	1979 M30	71	1:11:06	23:40 *	23:06 *	22:54	6:58 min/km
519	2328	Langosch Uli	*Köln	1:09:56	1958 M50	45	1:13:24	23:15 *	23:53 *	22:47	6:60 min/km
520	2028	Haag Gerhardt	*Köln	1:10:07	1949 M60	19	1:12:43	22:55 *	23:14 *	23:56	7:01 min/km
521	2033	Hackler Christian	immer einen Schritt	1:10:19	1979 M30	72	1:12:28	24:12 *	23:07 *	22:59	7:02 min/km
522	2221	Klinger Sascha	*Köln	1:10:28	1971 M35	82	1:12:47	24:02 *	22:56 *	23:29	7:03 min/km
523	1944	Frank Peter	Nüggels Fööss	1:10:34	1972 M35	83	1:13:02	22:38 *	23:11 *	24:44	7:03 min/km
524	1396	Röllgen Thomas	Laras	1:10:43	1973 M35	84	1:11:56	23:48 *	24:10 *	22:43	7:04 min/km
525	2232	Knobloch René Dirk	Globus	1:11:03	1988 MHK	90	1:11:04	16:26 *	16:28 *	38:08	7:06 min/km
526	2305	Küssner Thorsten	atemrausch*	1:11:06	1982 MHK	91	1:11:06	25:04 *	22:57 *	23:03	7:07 min/km
527	2676	Schipper Helmut	*Stadtlohn	1:11:09	1955 M55	22	1:12:14	23:55 *	23:36 *	23:37	7:07 min/km
528	2429	Mlynik Robert	Team Ostblock	1:11:13	1982 MHK	92	1:11:19	23:09 *	23:46 *	24:17	7:07 min/km
529	1649	Albusberger Prof. Max	*Köln	1:11:15	1982 MHK	93	1:14:18	25:08 *	23:56 *	22:09	7:08 min/km
530	2606	Rodust Karl	Original Bootcamp	1:11:21	1955 M55	23	1:12:53	24:06 *	23:39 *	23:35	7:08 min/km
531	2919	Weilburg Dr. Walter	*Köln	1:11:23	1952 M55	24	1:15:02	24:29 *	23:40 *	23:13	7:08 min/km
532	2653	Schäfer Tobias	42tausend // NAO PT	1:11:26	1972 M35	85	1:11:31	21:43 *	24:16 *	25:26	7:09 min/km
533	2769	Slickers Werner	runningGAGS&friends	1:11:50	1970 M40	80	1:15:28	24:34 *	23:35 *	23:40	7:11 min/km
534	1765	Bremer Michael	runningGAGS&friends	1:11:51	1971 M35	86	1:15:28	24:34 *	23:35 *	23:40	7:11 min/km
535	1879	Eberz Johannes	*Dierdorf	1:11:54	1985 MHK	94	1:13:56	25:02 *	23:51 *	23:00	7:11 min/km
536	1029	Halas Ingo	Rewe Group	1:12:02	1976 M30	73	1:15:46	25:24 *	23:01 *	23:36	7:12 min/km
537	2012	Gronenborn Klaus	*Köln	1:12:10	1952 M55	25	1:15:34	25:43 *	23:41 *	22:45	7:13 min/km
538	2860	Ullrich Bernd	LT Flinke Föös	1:12:19	1953 M55	26	1:14:05	21:19 *	24:16 *	26:43	7:14 min/km
539	2250	Köster Lorenz	*Köln	1:12:58	2000 MSC	2	1:16:38	24:57 *	25:04 *	22:56	7:18 min/km
540	921	Erdemir Taner	Media Markt Köln am Dom	1:13:09	1973 M35	87	1:14:23	23:49 *	24:10 *	25:10	7:19 min/km
541	776	Baginski Wolfgang	*Köln	1:13:22	1954 M55	27	1:16:31	24:32 *	24:14 *	24:35	7:20 min/km
542	0	Kloda Martin		1:13:47	1962 M45	92	1:16:40	24:34 *	24:37 *	24:35	7:23 min/km
543	420	Kubin Wolfgang	IG EMS	1:14:01	1945 M65	5	1:16:07	23:53 *	24:34 *	25:33	7:24 min/km
544	1633	Zülch Heiko	*Köln	1:14:11	1974 M35	88	1:17:19	25:06 *	24:05 *	24:59	7:25 min/km
545	2473	Normann Ben	*Köln	1:14:20	2000 MSC	3	1:16:34	26:11 *	25:01 *	23:07	7:26 min/km
546	2475	Normann Ulrich	*Köln	1:14:20	1965 M45	93	1:16:34	26:12 *	25:01 *	23:06	7:26 min/km
547	2795	Stefer Dominik	*Kürten	1:14:28	1992 MJA	3	1:17:35	24:27 *	24:26 *	25:35	7:27 min/km
548	2717	Schöffmann Dieter	*Köln	1:14:30	1953 M55	28	1:15:31	25:10 *	25:17 *	24:01	7:27 min/km
549	1706	Behncke Volker	*Köln	1:14:52	1989 MHK	95	1:18:22	25:39 *	24:49 *	24:23	7:29 min/km
550	0	unbekannt DG9YP3W		1:14:52	0 MHK	96	1:18:23	25:38 *	24:50 *	24:23	7:29 min/km
551	1500	Simonis Frank	*Ditscheid	1:14:52	1972 M35	89	1:18:22	25:38 *	24:50 *	24:23	7:29 min/km
552	167	Jesgarz Stefan	*Köln	1:15:13	1983 MHK	97	1:18:38	24:32 *	24:29 *	26:11	7:31 min/km
553	2194	Kern Sebastian	SUJA Laufgruppe	1:15:37	1997 MSB	4	1:16:59	20:22 *	27:52 *	27:21	7:34 min/km
554	2443	Müller Manfred	TEAM RAFA	1:15:52	1948 M60	20	1:19:01	24:32 *	24:39 *	26:40	7:35 min/km
555	2501	Paessler Paul	*Köln	1:16:11	2001 MSD	2	1:19:36	25:45 *	23:48 *	26:38	7:37 min/km
556	1605	Weisselberg Willi	pro. baum	1:16:32	1940 M70	5	1:19:03	25:30 *	25:25 *	25:37	7:39 min/km
557	2173	Kärcher Klaus	*Overath	1:18:23	1941 M65	6	1:19:18	23:34 *	26:20 *	28:28	7:50 min/km

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558	2963	Wolf Benjamin	Cool Runnings	1:19:17	1990	MHK	98	1:22:21	25:19 *	26:42 *	27:15	7:56 min/km
559	1230	Lopez de Quintana	*Köln	1:23:21	1961	M45	94	1:26:54	28:33 *	27:46 *	27:00	8:20 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1182	Kopatschek Anne	42tausend / NAO PT	0:44:41	1975	W35	1	0:44:55 14:54 * 14:41 * 15:06	4:28 min/km
2	2782	Spilles Annette	Die Weihnachtsgänse	0:46:22	1986	WHK	1	0:46:41 15:43 * 15:24 * 15:13	4:38 min/km
3	2311	Kuhn Daphne	1. Kölner Laufstall	0:47:03	1968	W40	1	0:47:18 15:26 * 15:41 * 15:55	4:42 min/km
4	2176	Kapune Bettina	*Köln	0:47:09	1959	W50	1	0:50:40 23:29 * 23:16 * 00:23	4:43 min/km
5	2130	Hundt Aline	DLRG Halle/Saalekreis	0:49:27	1987	WHK	2	0:49:31 16:34 * 16:10 * 16:43	4:57 min/km
6	2272	Koschalka Melanie	*Bergisch Gladbach	0:49:27	1988	WHK	3	0:49:31 16:34 * 16:10 * 16:43	4:57 min/km
7	2537	Pönisch Juliane	*Köln	0:49:34	1985	WHK	4	0:49:47 16:36 * 16:35 * 16:22	4:57 min/km
8	967	Freytag Stefanie	*Köln	0:49:35	1979	W30	1	0:50:24 18:00 * 16:26 * 15:07	4:58 min/km
9	811	Biehl Carola	aggerfitness	0:49:41	1965	W45	1	0:49:53 16:19 * 16:26 * 16:56	4:58 min/km
10	2671	Schikorra Claudia	*Düsseldorf	0:49:51	1968	W40	2	0:50:11 16:49 * 16:31 * 16:30	4:59 min/km
11	1603	Weidner Uta	*Köln	0:50:00	1971	W35	2	0:50:16 16:34 * 16:47 * 16:38	5:00 min/km
12	1584	Von Schierstedt	*Köln	0:50:07	1976	W30	2	0:51:37 16:47 * 16:41 * 16:38	5:01 min/km
13	2233	Knoche Meike	*Düsseldorf	0:50:09	1983	WHK	5	0:52:00 18:58 * 18:30 * 12:40	5:01 min/km
14	973	Frohn Sandra	*Pulheim	0:50:09	1982	WHK	6	0:50:34 16:41 * 16:37 * 16:50	5:01 min/km
15	1511	Spieler Ann-Kristin	*Braunschweig	0:50:29	1989	WHK	7	0:50:46 16:53 * 16:50 * 16:45	5:03 min/km
16	1804	Burghardt Lena	*werne	0:50:36	1994	WJB	1	0:50:52 16:51 * 16:52 * 16:52	5:04 min/km
17	1520	Stanzel Andrea	42tausend/NAO PT	0:50:45	1968	W40	3	0:51:00 16:07 * 16:57 * 17:40	5:05 min/km
18	1404	Rosen Sabine	42tausend // NAO PT	0:51:01	1977	W30	3	0:51:15 16:13 * 17:12 * 17:35	5:06 min/km
19	2192	Kern Carola	SpoHo-Erstis	0:51:05	1987	WHK	8	0:51:07 16:20 * 17:18 * 17:27	5:07 min/km
20	2141	Jäkel Merle	*Köln	0:51:12	1975	W35	3	0:51:30 17:25 * 16:48 * 16:58	5:07 min/km
21	1880	Eckertz Sabrina	Running for a better life	0:51:21	1978	W30	4	0:54:49 17:37 * 16:49 * 16:54	5:08 min/km
22	2663	Scherhag Sarah	*Saarbrücken	0:51:23	1990	WHK	9	0:52:14 18:05 * 16:53 * 16:24	5:08 min/km
23	1659	Appelt Carolin	Appelt Carolin	0:51:28	1985	WHK	10	0:51:44 17:06 * 17:21 * 17:00	5:09 min/km
24	2677	Schirmer Pia	Projekt Rio 2016	0:51:31	1981	WHK	11	0:51:49 16:58 * 16:54 * 17:38	5:09 min/km
25	1993	Goldberg Ines	ERGO Sports Langlauf	0:51:34	1972	W35	4	0:52:38 17:41 * 16:58 * 16:55	5:09 min/km
26	1932	Fiebig Leonie	*Köln	0:51:35	1990	WHK	12	0:51:42 17:06 * 17:28 * 17:00	5:10 min/km
27	1990	Gliesmann Manuela	*Köln	0:51:42	1981	WHK	13	0:53:41 18:45 * 16:39 * 16:17	5:10 min/km
28	201	Kroggel Nicole	FC Deutsche Post NL	0:51:42	1966	W40	4	0:52:09 17:33 * 17:02 * 17:06	5:10 min/km
29	1778	Brokmeier Anna	run for health e.V.	0:51:56	1988	WHK	14	0:52:34 17:18 * 17:10 * 17:27	5:12 min/km
30	1549	Thomas Martina	*Overath	0:52:01	1966	W40	5	0:52:36 17:56 * 17:01 * 17:03	5:12 min/km
31	1658	Appel Mareike	DSHS	0:52:02	1989	WHK	15	0:52:05 16:45 * 17:36 * 17:40	5:12 min/km
32	521	Harscheidt Felicitas	*Köln-Neuheitenfeld	0:52:15	1991	WJA	1	0:52:35 16:58 * 17:30 * 17:46	5:14 min/km
33	2390	Marburger Daniela	*Köln-Junkersdorf	0:52:18	1990	WHK	16	0:52:21 16:45 * 17:37 * 17:56	5:14 min/km
34	2856	Uden Saskia	*Köln	0:52:20	1990	WHK	17	0:54:09 18:07 * 17:25 * 16:47	5:14 min/km
35	1528	Steinberg Carina	LT Flinke Föös	0:52:24	1985	WHK	18	0:53:14 17:12 * 17:38 * 17:34	5:14 min/km
36	2154	Jeziorski Natalie	*Köln	0:52:30	1990	WHK	19	0:52:32 17:06 * 17:41 * 17:42	5:15 min/km
37	2505	Papies Nina	*Voerde	0:52:31	1990	WHK	20	0:52:32 17:13 * 17:14 * 18:03	5:15 min/km
37	2388	Manescu-Schmidt Sabine	*Frechen	0:52:31	1991	WJA	2	0:55:11 17:54 * 16:44 * 17:52	5:15 min/km
39	1117	Johag Christiane	*Köln	0:52:31	1978	W30	5	0:53:09 18:52 * 16:59 * 16:39	5:15 min/km
40	1204	Kuntze Ute	*Köln	0:52:38	1964	W45	2	0:54:55 17:50 * 17:20 * 17:27	5:16 min/km
41	1685	Baltrusch Saskia	Mum und die Zwillis	0:52:47	1990	WHK	21	0:54:45 18:22 * 17:16 * 17:08	5:17 min/km
42	1530	Stickel-Zimmermann	mas Team	0:52:52	1968	W40	6	0:53:24 18:02 * 17:17 * 17:32	5:17 min/km
43	1479	Schüller Karin	*Frechen	0:52:54	1983	WHK	22	0:56:18 18:40 * 17:19 * 16:54	5:17 min/km
44	989	Gey Helena	LG Rhein-Wied	0:52:59	1990	WHK	23	0:53:08 18:00 * 17:28 * 17:31	5:18 min/km
45	937	Etten Christina	RheinEnergie	0:53:11	1981	WHK	24	0:53:36 17:26 * 17:39 * 18:05	5:19 min/km
46	2611	Röseler Christin	*Köln	0:53:11	1991	WJA	3	0:55:10 19:17 * 21:23 * 12:30	5:19 min/km
47	1523	Steffens Tanja	*Düren	0:53:11	1975	W35	5	0:53:35 17:34 * 17:47 * 17:50	5:19 min/km
48	2080	Henges Antje	*Pulheim	0:53:17	1961	W45	3	0:54:27 18:15 * 17:30 * 17:31	5:20 min/km
49	230	Mathias Tanja	*Köln	0:53:23	1976	W30	6	0:53:28 17:16 * 17:44 * 18:21	5:20 min/km
50	2134	Illbruck Anna	Floens & Friends	0:53:24	1989	WHK	25	0:53:49 17:38 * 17:51 * 17:55	5:20 min/km
51	1819	Claus Helene	Uniklinik Neurologie	0:53:25	1981	WHK	26	0:53:54 18:32 * 17:37 * 17:16	5:21 min/km
52	2516	Pelzer Esther	*Köln	0:53:26	1981	WHK	27	0:53:55 20:23 * 23:06 * 09:55	5:21 min/km
53	2734	Schroeter Christina	Uniklinik Neurologie	0:53:26	1993	WJB	2	0:53:54 18:33 * 17:37 * 17:15	5:21 min/km

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54	1845	Diels Anna	Uniklinik Neurologie	0:53:26	1984 WHK	28	0:53:55	18:33 *	17:37 *	17:16	5:21 min/km
55	848	Brocke Anika	Lucky Stars	0:53:33	1980 W30	7	0:56:18	18:32 *	17:36 *	17:23	5:21 min/km
56	2533	Plass Astrid	*Köln	0:53:41	1972 W35	6	0:55:24	19:37 *	17:29 *	16:34	5:22 min/km
57	2468	Neurath Eva	*Köln	0:54:01	1968 W40	7	0:57:22	18:57 *	17:35 *	17:29	5:24 min/km
58	2527	Pförtner Svea	SpoHo-Erstis	0:54:03	1990 WHK	29	0:56:43	19:00 *	17:31 *	17:31	5:24 min/km
59	760	Altnöder Dr. Sonja	*Köln	0:54:04	1976 W30	8	0:55:23	18:32 *	17:39 *	17:52	5:24 min/km
60	1461	Schoengraf Julia	*Köln	0:54:08	1982 WHK	30	0:54:54	18:19 *	17:45 *	18:03	5:25 min/km
61	1235	Lutter Jasmin Maria	DEVK Runners	0:54:12	1982 WHK	31	0:55:24	18:31 *	17:34 *	18:06	5:25 min/km
62	2609	Römer Ruth	*Köln	0:54:13	1989 WHK	32	0:54:44	19:06 *	17:57 *	17:09	5:25 min/km
63	1009	Gramann Bettina	*Köln	0:54:15	1965 W45	4	0:54:37	18:50 *	17:42 *	17:41	5:26 min/km
64	1438	Schlangen Susanne	ASV Köln Triathlon	0:54:15	1977 W30	9	0:54:35	17:57 *	18:20 *	17:57	5:26 min/km
65	1802	Bukta Anna	*Köln	0:54:15	1990 WHK	33	0:54:45	19:04 *	18:00 *	17:10	5:26 min/km
66	1828	Dames Theresa	... und ab die Post!	0:54:20	1991 WJA	4	0:54:22	17:46 *	18:15 *	18:19	5:26 min/km
67	603	Mehn Irina	SpoHo-Erstis	0:54:22	1987 WHK	34	0:54:31	17:53 *	18:10 *	18:17	5:26 min/km
68	231	Mattes Katrin	*Köln	0:54:28	1972 W35	7	0:55:03	18:15 *	18:08 *	18:04	5:27 min/km
69	1861	Dornseiff Uta	*Köln	0:54:30	1968 W40	8	0:55:24	18:39 *	17:42 *	18:08	5:27 min/km
70	925	Ertekin Stefanie	www.stefanie-ertekin.de	0:54:31	1975 W35	8	0:54:41	18:11 *	18:20 *	17:59	5:27 min/km
71	1928	Feldmann Katharina	*Köln-Junkersdorf	0:54:33	1991 WJA	5	0:54:43	17:37 *	18:45 *	18:10	5:27 min/km
72	629	Pauli Alexandra-Mareen	SpoHo-Erstis	0:54:35	1986 WHK	35	0:54:39	17:45 *	18:21 *	18:28	5:28 min/km
73	275	Pereira Teixeira Irene	FC Deutsche Post NL	0:54:48	1962 W45	5	0:55:06	18:29 *	17:55 *	18:23	5:29 min/km
74	2209	Kirsch Valerie	SpoHo-Erstis	0:54:48	1990 WHK	36	0:54:59	17:38 *	18:44 *	18:26	5:29 min/km
75	1341	Peters Anja	BSG Rheinpark	0:55:02	1977 W30	10	0:57:59	19:08 *	17:50 *	18:02	5:30 min/km
76	2383	Mäckle Johanna	*Köln	0:55:06	1989 WHK	37	0:57:46	18:59 *	17:49 *	18:17	5:31 min/km
76	2038	Hahn Annika	*Köln	0:55:06	1991 WJA	6	0:57:46	18:59 *	17:49 *	18:17	5:31 min/km
78	1211	Lampert Vatika Silvia	*Köln	0:55:09	1963 W45	6	0:55:16	18:12 *	18:39 *	18:17	5:31 min/km
79	977	Ganz Ute	*Köln	0:55:12	1964 W45	7	0:57:47	18:26 *	18:23 *	18:22	5:31 min/km
80	2878	Von Gadow Katharina	*Bonn	0:55:13	1977 W30	11	0:57:56	18:53 *	17:55 *	18:23	5:31 min/km
81	915	Ebelshäuser Claudia	1. Kölner Laufstall	0:55:14	1963 W45	8	0:57:20	18:52 *	18:15 *	18:05	5:31 min/km
82	2424	Miebach Alexandra	*Köln	0:55:19	1980 W30	12	0:56:57	18:10 *	18:27 *	18:42	5:32 min/km
83	2439	Müller Claudia	Das B-Team	0:55:28	1968 W40	9	0:57:16	19:38 *	17:43 *	18:06	5:33 min/km
84	2331	Lauth Sarina	Das B-Team	0:55:28	1987 WHK	38	0:57:16	19:40 *	17:42 *	18:05	5:33 min/km
85	2396	Matthiesen Claudia	*Köln	0:55:35	1968 W40	10	0:55:58	18:13 *	18:36 *	18:45	5:34 min/km
86	2719	Schönborn Claudia	*Kerpen-Horrem	0:55:39	1969 W40	11	0:58:33	19:12 *	18:08 *	18:18	5:34 min/km
87	1236	Lux Susanne	*Köln	0:55:39	1979 W30	13	0:56:10	18:42 *	18:15 *	18:41	5:34 min/km
88	1028	Hajek Verena	Laufmonster	0:55:40	1952 W55	1	0:55:55	18:15 *	18:33 *	18:51	5:34 min/km
89	2445	Müller Saskia	aggerfitness	0:55:40	1990 WHK	39	0:55:51	18:23 *	18:42 *	18:34	5:34 min/km
90	2862	Vahlkamp Ulrike	*Zülpich-Dürscheven	0:55:44	1968 W40	12	0:56:00	18:31 *	18:27 *	18:46	5:34 min/km
91	1198	Krosch Stefanie	*Swisttal	0:55:45	1980 W30	14	0:56:00	18:31 *	18:27 *	18:45	5:35 min/km
92	1254	Meibeck Anja	Pediculus nikolausis	0:55:48	1971 W35	9	0:57:26	20:17 *	17:22 *	18:09	5:35 min/km
93	1661	Arndt Eva-Maria	Ktt01	0:55:50	1993 WJB	3	0:56:12	19:20 *	18:10 *	18:19	5:35 min/km
94	2338	Leipert Sabine	*Köln	0:55:58	1973 W35	10	0:56:13	18:57 *	18:40 *	18:21	5:36 min/km
95	836	Brang Dunja	*Köln	0:55:59	1972 W35	11	0:57:11	18:42 *	18:39 *	18:37	5:36 min/km
96	1276	Möller Geli	LSH Elsdorf	0:56:01	1964 W45	9	0:57:05	19:30 *	18:13 *	18:17	5:36 min/km
97	2454	Münzel Justus	*Köln	0:56:02	1999 WSC	1	0:57:21	19:31 *	18:27 *	18:02	5:36 min/km
98	1238	Malig Susanne	Tempo, kleine Schnecke	0:56:06	1967 W40	13	0:58:34	19:31 *	18:18 *	18:16	5:37 min/km
99	2770	Sody Anna	Xmas-Runners	0:56:13	1986 WHK	40	0:59:16	19:45 *	18:04 *	18:22	5:37 min/km
100	2031	Habbig Jennifer	*Köln	0:56:16	1987 WHK	41	0:56:27	18:41 *	19:16 *	18:18	5:38 min/km
101	1183	Kopp Isabella	*Köln	0:56:18	1965 W45	10	1:01:08	19:47 *	18:06 *	18:23	5:38 min/km
102	1242	Mansius Christine	*Alfeld	0:56:19	1965 W45	11	1:01:08	19:48 *	18:31 *	17:59	5:38 min/km
103	2374	Lütke-meier Lena	*Köln	0:56:20	1988 WHK	42	0:56:27	17:15 *	19:21 *	19:43	5:38 min/km
104	1910	Eri Christina	*Köln	0:56:31	1985 WHK	43	0:59:07	19:35 *	18:29 *	18:27	5:39 min/km
105	2275	Krause Desiree	*Köln	0:56:34	1990 WHK	44	0:59:13	18:19 *	19:45 *	18:30	5:39 min/km
106	2258	Konrad Susanne	*Köln	0:56:38	1990 WHK	45	0:59:15	18:53 *	18:44 *	18:59	5:40 min/km
107	1806	Burkhart Steffi	*Köln	0:56:38	1985 WHK	46	0:59:33	20:15 *	19:26 *	16:56	5:40 min/km
108	2472	Nolle Sarah	*Köln	0:56:39	1989 WHK	47	0:57:09	19:07 *	18:44 *	18:48	5:40 min/km
109	1485	Schumacher Barbara	*Köln	0:56:41	1985 WHK	48	0:57:22	19:45 *	20:23 *	16:31	5:40 min/km

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110	1722	Bilkenroth-Docter	Docter u Bilkenroth	0:56:41	1966	W40	14	0:57:06	19:20 *	18:22 *	18:58	5:40 min/km
111	1518	Stangl Antonia	*Kaarst	0:56:43	1991	WJA	7	0:57:57	19:41 *	18:46 *	18:15	5:40 min/km
112	1090	Hoffmeister-Kremer	*Köln	0:56:44	1974	W35	12	0:57:08	18:49 *	18:34 *	19:19	5:40 min/km
113	1715	Beschmann Andrea	*Köln	0:56:44	1980	W30	15	0:57:08	19:13 *	18:35 *	18:55	5:40 min/km
114	1830	Daners Vera Lena	Xmas-Runners	0:56:46	1985	WHK	49	0:59:50	19:45 *	18:17 *	18:44	5:41 min/km
115	2943	Wingefeld Antje	*Bergheim	0:56:48	1969	W40	15	0:58:31	19:24 *	18:32 *	18:52	5:41 min/km
116	1097	Huber Katharina	*Köln	0:56:50	1977	W30	16	0:58:31	19:24 *	18:33 *	18:52	5:41 min/km
117	2395	Mathiak Ilka	*köln	0:56:50	1971	W35	13	0:58:33	19:36 *	18:31 *	18:42	5:41 min/km
118	1683	Baltrusch Antonia	Mum und die Zwillis	0:56:50	1990	WHK	50	0:58:47	18:33 *	18:44 *	19:33	5:41 min/km
119	2761	Selkmann Saskia	*Langenfeld	0:57:00	1991	WJA	8	1:00:11	19:01 *	18:36 *	19:23	5:42 min/km
120	1053	Heinrich Nana	*Bergisch Gladbach	0:57:03	1979	W30	17	0:58:34	20:07 *	18:25 *	18:30	5:42 min/km
121	1539	Sturm Christina	*Köln	0:57:03	1982	WHK	51	0:59:18	20:44 *	18:17 *	18:00	5:42 min/km
122	2488	Opitz Christine	SpoHo-Erstis	0:57:03	1990	WHK	52	0:57:11	17:50 *	19:14 *	19:58	5:42 min/km
123	2707	Schnabel Julia-Marit	AachenMünchener4	0:57:04	1982	WHK	53	0:58:14	20:23 *	18:55 *	17:45	5:42 min/km
124	2577	Reichert Daniela	*bergheim	0:57:06	1973	W35	14	0:57:34	19:14 *	18:49 *	19:02	5:43 min/km
125	2290	Krist Tanja	*Bergheim	0:57:06	1969	W40	16	0:57:34	19:14 *	18:49 *	19:02	5:43 min/km
126	996	Göbbels Angelika	*Kerpen	0:57:07	1963	W45	12	1:00:05	19:35 *	18:31 *	19:00	5:43 min/km
127	1624	Zens Claudia	*mechernich	0:57:09	1977	W30	18	0:59:11	19:04 *	18:39 *	19:25	5:43 min/km
128	1223	Liebert Antje	run for chocolate	0:57:09	1980	W30	19	0:57:12	19:00 *	19:12 *	18:56	5:43 min/km
129	1606	Went Melanie	Tooor Runners	0:57:09	1971	W35	15	0:57:41	18:49 *	18:43 *	19:36	5:43 min/km
130	1720	Bilginoglu Diana	*Köln	0:57:11	1980	W30	20	0:57:53	19:03 *	18:42 *	19:26	5:43 min/km
131	1648	Ahrens Mirjam	*Köln	0:57:15	1981	WHK	54	0:57:41	18:35 *	19:04 *	19:34	5:44 min/km
132	1891	Eisenbach Sibylle	*Köln	0:57:24	1985	WHK	55	0:59:07	19:22 *	18:59 *	19:02	5:44 min/km
133	0	Müller-Oppel Mareike		0:57:25	1969	W40	17	0:57:34	18:48 *	19:18 *	19:19	5:45 min/km
134	2121	Hoverath Karin	MAS-REWE	0:57:36	1965	W45	13	0:58:08	19:03 *	19:36 *	18:56	5:46 min/km
135	2387	Malan Daniela	ASD Atletica Valpellece	0:57:37	1973	W35	16	0:59:49	20:36 *	18:49 *	18:11	5:46 min/km
136	780	Barwinski Prof. Dr. Irina	hottentotten lindenthal	0:57:39	1972	W35	17	0:59:49	20:12 *	18:52 *	18:34	5:46 min/km
137	2345	Lethaus Magdalena	RTC Frechen	0:57:39	1987	WHK	56	0:58:20	19:19 *	19:08 *	19:11	5:46 min/km
138	807	Beyer Birgit	LT Dauerlauf	0:57:42	1961	W45	14	0:58:41	19:35 *	19:07 *	19:00	5:46 min/km
139	1333	Pauly Dr. Anne	EinsprinzessInnen	0:57:45	1976	W30	21	0:59:34	20:29 *	18:16 *	18:58	5:47 min/km
140	1486	Schumacher Patricia	*Köln	0:57:47	1969	W40	18	0:58:49	20:10 *	18:59 *	18:37	5:47 min/km
141	2746	Schulz Sabine	*Hürth	0:57:47	1985	WHK	57	0:59:42	20:41 *	18:45 *	18:20	5:47 min/km
142	2069	Heise Jette	SpoHo-Erstis	0:57:47	1989	WHK	58	0:57:52	18:13 *	19:09 *	20:25	5:47 min/km
143	1681	Bahrenberg Barbara	Schweinehund a.D.	0:58:01	1963	W45	15	0:59:54	20:01 *	18:51 *	19:09	5:48 min/km
144	772	Bader Eva	*Köln	0:58:05	1982	WHK	59	1:00:17	20:36 *	19:10 *	18:18	5:49 min/km
145	1982	Gerth Franziska	*Köln	0:58:07	1991	WJA	9	0:58:50	18:57 *	19:33 *	19:37	5:49 min/km
146	1869	Driller Sonja	*Köln	0:58:14	1978	W30	22	0:59:04	19:10 *	19:08 *	19:55	5:49 min/km
147	856	Brunsmann Ramona	*Hürth	0:58:15	1974	W35	18	0:58:26	19:00 *	19:12 *	20:02	5:49 min/km
148	2052	Hauke Angelika	*Köln	0:58:17	1978	W30	23	1:01:11	19:06 *	19:28 *	19:42	5:50 min/km
149	2777	Sopel Maja	run4fun	0:58:29	1981	WHK	60	0:58:38	19:26 *	19:18 *	19:44	5:51 min/km
150	2386	Maisant Bettina	*Köln	0:58:32	1977	W30	24	0:59:35	20:27 *	19:22 *	18:42	5:51 min/km
151	2042	Hansel Nicola	*koeln	0:58:36	1964	W45	16	0:59:02	19:39 *	19:23 *	19:34	5:52 min/km
152	817	Bock Katrin	*Köln	0:58:39	1978	W30	25	1:01:50	19:06 *	19:32 *	20:00	5:52 min/km
153	1447	Schmidt Heirun	Laufmaschen	0:58:44	1966	W40	19	1:01:50	20:56 *	19:08 *	18:39	5:52 min/km
154	1470	Schork Simone	*Kerpen	0:58:46	1973	W35	19	0:59:56	20:34 *	19:08 *	19:04	5:53 min/km
155	2594	Riepe Sabine	*Kerpen	0:58:53	1966	W40	20	1:00:03	20:34 *	19:07 *	19:10	5:53 min/km
156	1215	Lanvermann Britta	*Köln	0:58:58	1977	W30	26	0:59:57	20:16 *	19:34 *	19:07	5:54 min/km
157	774	Bäumer Kerstin	*Köln	0:58:58	1977	W30	27	0:59:57	20:17 *	19:34 *	19:07	5:54 min/km
158	2809	Stöcker Sarah	runningGAGS&friends	0:59:03	1986	WHK	61	0:59:58	19:06 *	19:26 *	20:30	5:54 min/km
159	1704	Behet Susanne	*Erfstadt	0:59:04	1967	W40	21	1:01:48	20:45 *	19:15 *	19:03	5:54 min/km
160	952	Fischer Christine	Team Erdinger	0:59:05	1971	W35	20	0:59:42	19:56 *	19:44 *	19:25	5:55 min/km
161	1458	Schneider Carola	Team Erdinger Alkoholfrei	0:59:05	1972	W35	21	0:59:42	19:55 *	19:43 *	19:25	5:55 min/km
162	2389	Mans Carolin	*Köln	0:59:08	1990	WHK	62	1:01:51	19:54 *	20:55 *	18:18	5:55 min/km
163	2892	Wagner Judith	*lohmar	0:59:10	1978	W30	28	0:59:31	20:02 *	19:29 *	19:38	5:55 min/km
164	2657	Schafhausen Brigitte	*Köln	0:59:13	1973	W35	22	1:01:40	20:49 *	19:43 *	18:40	5:55 min/km
165	2341	Lentes Johanna	*Köln	0:59:15	1991	WJA	10	1:02:52	19:33 *	19:34 *	20:07	5:56 min/km

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166	2484	Oh Kyeongmin	*koeln	0:59:21	1983	WHK	63	1:01:21	21:04 *	19:30 *	18:46	5:56 min/km
167	1195	Krogull Monika	*Hürth	0:59:21	1963	W45	17	1:00:42	20:18 *	19:10 *	19:52	5:56 min/km
168	1452	Schmitz Gabriele	*Köln	0:59:22	1966	W40	22	1:00:03	20:12 *	19:32 *	19:36	5:56 min/km
169	847	Brock Daniela	LT Flinke Föös	0:59:23	1979	W30	29	1:00:11	20:23 *	19:43 *	19:16	5:56 min/km
170	2050	Harttrampf Dr. Anne	*Freiburg	0:59:25	1979	W30	30	1:01:13	20:33 *	19:49 *	19:02	5:57 min/km
171	775	Baginski Alice	*Köln	0:59:28	1956	W50	2	1:02:31	21:05 *	19:02 *	19:19	5:57 min/km
172	2673	Schilling Jana	*Köln	0:59:28	1997	WSB	1	1:00:07	20:30 *	18:56 *	20:01	5:57 min/km
173	1203	Kuhn Andrea	Lucky Stars	0:59:28	1980	W30	31	1:02:15	19:59 *	19:34 *	19:55	5:57 min/km
174	1298	Nickel Christine	Christine Nickel	0:59:29	1979	W30	32	1:00:53	20:03 *	19:30 *	19:55	5:57 min/km
175	1741	Boecker Manuela	*Köln-Junkersdorf	0:59:29	1991	WJA	11	0:59:38	17:51 *	20:11 *	21:25	5:57 min/km
176	1600	Wegener Sabine	LG Donatus Erfstadt	0:59:31	1969	W40	23	1:01:04	19:55 *	19:53 *	19:41	5:57 min/km
177	2048	Hartisch Maria	*Köln	0:59:31	1987	WHK	64	1:01:15	20:51 *	19:31 *	19:08	5:57 min/km
178	1051	Heinicke Christina	Running for a better life	0:59:32	1978	W30	33	1:02:59	22:30 *	18:41 *	18:20	5:57 min/km
179	1330	Paschke Stefanie	LT Flinke Föös	0:59:35	1983	WHK	65	1:00:24	20:23 *	19:43 *	19:28	5:58 min/km
180	2392	Martin Anika	*Köln	0:59:46	1984	WHK	66	1:00:27	19:45 *	20:23 *	19:36	5:59 min/km
181	1421	Schaaf Katrin	ohne	0:59:47	1979	W30	34	1:00:25	19:36 *	19:40 *	20:30	5:59 min/km
182	2337	Leikert Karin	Schweinehund a.D.	0:59:49	1963	W45	18	1:01:41	20:30 *	19:29 *	19:49	5:59 min/km
183	1158	Klein Katrin	Hildener AT -tri	0:59:52	1978	W30	35	1:02:48	20:13 *	19:39 *	19:59	5:59 min/km
184	2841	Thonnett Silvia	Projekt Rio 2016	0:59:53	1968	W40	24	1:00:10	19:34 *	20:08 *	20:11	5:59 min/km
185	1908	Ergöz Suzan	LC Borken	0:59:56	1986	WHK	67	1:00:19	20:49 *	19:31 *	19:35	5:60 min/km
186	2640	Sanders Ilka	*Hürth	0:59:57	1968	W40	25	1:00:26	20:07 *	19:54 *	19:55	5:60 min/km
187	961	Francis Kerstin	*Köln	1:00:09	1975	W35	23	1:00:49	20:37 *	19:48 *	19:44	6:01 min/km
188	2373	Lügger Barbara	*Köln	1:00:10	1987	WHK	68	1:03:48	20:26 *	19:50 *	19:52	6:01 min/km
189	2563	Raitz Rebekka	*Köln	1:00:10	1983	WHK	69	1:03:20	21:12 *	19:47 *	19:10	6:01 min/km
190	2526	Pfennig Isabell	*Gierath	1:00:13	1967	W40	26	1:01:21	22:08 *	19:26 *	18:38	6:01 min/km
191	2142	Jäschke Bärbel	*Radevormwald	1:00:27	1957	W50	3	1:03:53	20:52 *	20:33 *	19:01	6:03 min/km
192	2530	Piepenbrock Karoline	*Köln	1:00:27	1985	WHK	70	1:02:52	20:01 *	20:16 *	20:10	6:03 min/km
193	2517	Pelzer MONIKA	*Köln	1:00:28	1983	WHK	71	1:02:11	21:06 *	19:19 *	20:02	6:03 min/km
194	769	Astner Beate	*Leverkusen	1:00:29	1969	W40	27	1:01:13	20:14 *	19:56 *	20:18	6:03 min/km
195	2006	Grimm Julia	Laufmäuse	1:00:30	1984	WHK	72	1:01:36	19:33 *	20:17 *	20:39	6:03 min/km
196	2067	Heinrichs Anne	*Köln	1:00:32	1981	WHK	73	1:00:58	19:57 *	20:34 *	20:00	6:03 min/km
197	2471	Noben Simone	*Köln	1:00:42	1959	W50	4	1:01:45	19:51 *	20:12 *	20:38	6:04 min/km
198	1139	Kernchen Sabrina	42tausend / NAO PT	1:00:44	1981	WHK	74	1:02:29	19:19 *	19:59 *	21:26	6:04 min/km
199	1100	Huppelsberg Dorthe	*Köln	1:00:45	1984	WHK	75	1:03:44	21:44 *	19:58 *	19:02	6:05 min/km
200	2236	Knop Vera	*Köln	1:00:46	1969	W40	28	1:03:35	21:19 *	19:45 *	19:42	6:05 min/km
201	1618	Wolf Ulrike	Laktatkönige	1:00:49	1958	W50	5	1:01:22	20:24 *	19:58 *	20:26	6:05 min/km
202	859	Buchberger Gisela	Laktatkönige	1:00:49	1960	W50	6	1:01:22	20:24 *	19:58 *	20:26	6:05 min/km
203	945	Feldhaus Doris	*Köln	1:00:50	1948	W60	1	1:01:37	21:51 *	19:28 *	19:30	6:05 min/km
204	1468	Scholz Barbara	Heiligenhauser Lunge von	1:00:57	1971	W35	24	1:01:54	20:32 *	19:53 *	20:31	6:06 min/km
205	2811	Stolpe Mareile	*Köln	1:00:57	1972	W35	25	1:01:54	20:32 *	19:53 *	20:31	6:06 min/km
206	2070	Heitkamp Silke	LG GS1 Germany GmbH	1:00:57	1969	W40	29	1:03:43	21:34 *	19:44 *	19:39	6:06 min/km
207	956	Flintrop Melanie	*Köln	1:00:58	1974	W35	26	1:03:16	20:38 *	20:33 *	19:45	6:06 min/km
208	2054	Havig Katja	*Köln	1:01:06	1981	WHK	76	1:03:39	20:43 *	19:54 *	20:28	6:07 min/km
209	1873	Ebeling Stefanie	*Leverkusen	1:01:11	1981	WHK	77	1:02:50	21:48 *	20:06 *	19:15	6:07 min/km
210	2564	Rajathurai Ute	*Köln	1:01:12	1974	W35	27	1:03:41	21:56 *	19:56 *	19:19	6:07 min/km
211	1967	Galilea Martina	*Köln	1:01:13	1965	W45	19	1:02:37	21:57 *	19:54 *	19:21	6:07 min/km
212	850	Bronkars Caroline	Central-Team	1:01:13	1977	W30	36	1:01:55	20:12 *	20:16 *	20:45	6:07 min/km
213	2372	Lueer Christina	*Leverkusen	1:01:14	1975	W35	28	1:02:53	21:49 *	20:06 *	19:18	6:07 min/km
214	2046	Harnoth Juliane	*Köln	1:01:20	1983	WHK	78	1:02:14	21:08 *	20:32 *	19:40	6:08 min/km
215	1145	Kewitz Sabine	*Kerpen-Horrem	1:01:25	1972	W35	29	1:02:35	20:38 *	20:33 *	20:14	6:09 min/km
215	2558	Quack Marlis	Das B-Team	1:01:25	1955	W55	2	1:03:14	20:23 *	20:19 *	20:42	6:09 min/km
217	1491	Seibert Anette	*Köln	1:01:29	1965	W45	20	1:02:41	20:23 *	20:17 *	20:48	6:09 min/km
218	2274	Krause Carina	*Köln	1:01:30	1981	WHK	79	1:04:22	21:11 *	19:55 *	20:23	6:09 min/km
219	2180	Katerbau Susanne	Orange Cake Band and	1:01:33	1976	W30	37	1:03:54	21:43 *	19:40 *	20:09	6:09 min/km
220	2251	Köster Sarah	atemrausch*	1:01:37	1986	WHK	80	1:11:05	16:45 *	21:15 *	23:36	6:10 min/km
221	2120	Horn Birgit	DoubleBö	1:01:38	1973	W35	30	1:02:12	20:43 *	20:01 *	20:53	6:10 min/km

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222	2651	Schäfer Birgit	*Köln	1:01:38	1979	W30	38	1:02:12	20:43	* 20:01	* 20:53	6:10 min/km
223	2949	Wissemann Inga	atemrausch*	1:01:40	1978	W30	39	1:11:09	15:36	* 23:05	* 22:58	6:10 min/km
224	798	Berg Kerstin	*Köln	1:01:45	1968	W40	30	1:03:31	20:23	* 20:22	* 20:58	6:11 min/km
225	1465	Schönwälder Susanne		1:01:45	0	WHK	81	1:04:46	21:43	* 21:03	* 18:58	6:11 min/km
226	2062	Heil Daniela	*Köln	1:01:48	1981	WHK	82	1:04:20	20:43	* 19:54	* 21:10	6:11 min/km
227	2665	Schichler Laura	*Köln	1:01:50	1986	WHK	83	1:04:51	20:41	* 20:21	* 20:48	6:11 min/km
228	1457	Schmutzler Monika	btv 1864	1:01:50	1966	W40	31	1:04:10	21:12	* 20:17	* 20:21	6:11 min/km
229	1508	Sonnefeld Heike	*Köln	1:01:51	1958	W50	7	1:02:26	20:09	* 20:29	* 21:13	6:11 min/km
230	900	Dockhorn Heidrun	MAS training	1:01:52	1966	W40	32	1:03:27	21:25	* 20:05	* 20:20	6:11 min/km
231	2775	Sommerberg Melanie	Dunnerkiel Running Team	1:01:53	1978	W30	40	1:04:23	21:31	* 20:06	* 20:16	6:11 min/km
232	1279	Mokni Antje	mas Training	1:01:55	1971	W35	31	1:03:30	21:18	* 20:13	* 20:24	6:12 min/km
233	19	Appel-Schiefer Marion	mas Team	1:01:56	1960	W50	8	1:03:30	21:20	* 20:12	* 20:23	6:12 min/km
234	1338	Pelikan Angelika	*Köln	1:01:59	1962	W45	21	1:04:23	20:52	* 20:33	* 20:32	6:12 min/km
235	2784	Spilles Ursula	Die Weihnachtsgänse	1:02:01	1951	W55	3	1:02:21	20:35	* 20:24	* 21:01	6:12 min/km
236	1552	Thuir Julia	*Hürth	1:02:05	1979	W30	41	1:02:25	20:29	* 20:40	* 20:55	6:13 min/km
237	828	Bongartz Anna Regine	*Köln	1:02:06	1968	W40	33	1:05:28	21:25	* 20:09	* 20:30	6:13 min/km
238	960	Frackoviak Constanze	*Köln	1:02:17	1969	W40	34	1:05:37	21:57	* 20:20	* 20:00	6:14 min/km
239	1496	Semrau Katrin	*Köln	1:02:17	1969	W40	35	1:05:37	21:57	* 20:20	* 20:00	6:14 min/km
240	2444	Müller Sabine	aggerfitness	1:02:18	1955	W55	4	1:02:31	20:19	* 20:49	* 21:09	6:14 min/km
241	941	Falkenberg Susanne	*Frechen	1:02:23	1966	W40	36	1:03:35	20:03	* 20:56	* 21:22	6:14 min/km
242	1062	Heppner Claudia	*Leverkusen	1:02:31	1977	W30	42	1:02:51	20:29	* 20:40	* 21:21	6:15 min/km
243	2600	Ritterbecks Christine	*Köln	1:02:32	1970	W40	37	1:05:03	21:52	* 20:44	* 19:56	6:15 min/km
244	2744	Schultz Birgit	*Hürth	1:02:37	1965	W45	22	1:03:24	20:04	* 21:03	* 21:28	6:16 min/km
245	2638	Salentin Miri	42tausend// NAO PT	1:02:39	1977	W30	43	1:03:55	20:58	* 20:44	* 20:56	6:16 min/km
246	2692	Schmidt Svenja	*Köln	1:02:44	1980	W30	44	1:03:07	21:26	* 20:24	* 20:54	6:16 min/km
247	2450	Müller-Stephan Silke	*Köln	1:02:50	1971	W35	32	1:05:19	22:19	* 20:08	* 20:21	6:17 min/km
248	997	Göke-Fritsch Christine	*Gladbeck	1:02:54	1960	W50	9	1:04:30	20:49	* 20:29	* 21:35	6:17 min/km
249	1170	Knebel Karina	*Köln	1:02:56	1973	W35	33	1:04:39	21:44	* 20:29	* 20:41	6:18 min/km
250	873	Cafaro Rosa Luciana	Häkelclub Frechen-Nord	1:02:56	1969	W40	38	1:05:26	23:32	* 19:57	* 19:25	6:18 min/km
251	2695	Schmitz Bärbel	*Köln	1:02:57	1974	W35	34	1:04:40	21:45	* 20:29	* 20:42	6:18 min/km
252	2812	Strahl Eva	Rennschnecken	1:02:58	1984	WHK	84	1:03:02	19:39	* 21:16	* 22:02	6:18 min/km
253	2928	Werheit Anika	Rennschnecken	1:02:58	1989	WHK	85	1:03:02	19:39	* 21:16	* 22:02	6:18 min/km
254	1655	Andree Maria	Winterläufer	1:03:02	1984	WHK	86	1:05:01	22:21	* 20:49	* 19:52	6:18 min/km
255	1684	Baltrusch Brigitte	Mum und die Zwilling	1:03:03	1964	W45	23	1:05:02	21:32	* 21:03	* 20:27	6:18 min/km
256	1058	Hennecke-Ernsting Ursel	Auszeit	1:03:04	1960	W50	10	1:03:13	19:55	* 21:07	* 22:01	6:18 min/km
257	835	Brandt Jasmin	*Köln	1:03:04	1990	WHK	87	1:06:16	21:45	* 20:35	* 20:43	6:18 min/km
258	1188	Krams Sabine	*Wiehl	1:03:06	1964	W45	24	1:05:14	21:50	* 20:40	* 20:35	6:19 min/km
259	2143	Jäschke Elisabeth	*Köln	1:03:12	1989	WHK	88	1:06:38	20:52	* 20:34	* 21:44	6:19 min/km
260	2991	Zurek Birte	Winterläufer	1:03:13	1981	WHK	89	1:05:11	22:21	* 20:49	* 20:02	6:19 min/km
261	1725	Bilstein Mascha	*Köln	1:03:18	1976	W30	45	1:04:21	20:55	* 20:49	* 21:34	6:20 min/km
262	2848	Tomson Susanne	*Köln	1:03:27	1975	W35	35	1:03:52	20:58	* 21:00	* 21:28	6:21 min/km
263	1499	Sicking Sarah	*Bergheim	1:03:32	1979	W30	46	1:06:42	22:58	* 20:38	* 19:55	6:21 min/km
264	1610	Wienands (Läuferin ist	LG RWE Power	1:03:37	1962	W45	25	1:04:47	23:12	* 20:31	* 19:54	6:22 min/km
265	2369	Lübben Michaela	LG RWE Power	1:03:38	1981	WHK	90	1:04:46	20:52	* 21:22	* 21:23	6:22 min/km
266	2617	Rohleder Judith	*Köln	1:03:40	1981	WHK	91	1:05:21	23:12	* 20:57	* 19:30	6:22 min/km
267	2511	Peinze Petra	Schweinehund a.D.	1:03:49	1967	W40	39	1:05:44	21:11	* 20:49	* 21:47	6:23 min/km
268	1676	Backhaus Claudia	Schweinehund a.D.	1:03:49	1965	W45	26	1:05:43	21:12	* 20:49	* 21:47	6:23 min/km
269	2351	Linden Monika	Original Bootcamp	1:03:52	1965	W45	27	1:05:23	22:42	* 21:12	* 19:57	6:23 min/km
270	1639	Ackermann Martina	*Köln	1:04:01	1970	W40	40	1:06:32	21:52	* 20:53	* 21:16	6:24 min/km
271	2217	Klein Gabi	*Köln	1:04:03	1967	W40	41	1:04:47	22:14	* 21:15	* 20:33	6:24 min/km
272	926	Eschbach Rita	*Lindlar	1:04:04	1964	W45	28	1:04:47	22:15	* 21:16	* 20:33	6:24 min/km
273	455	Bühler Annemarie	TriathlonSteckelCologne3	1:04:05	1982	WHK	92	1:05:12	21:28	* 21:21	* 21:16	6:25 min/km
274	2555	Prieschl Nicole	*Koeln	1:04:15	1977	W30	47	1:05:16	21:44	* 21:20	* 21:10	6:26 min/km
275	2661	Schemberger Petra	*Köln	1:04:15	1966	W40	42	1:07:06	22:08	* 21:11	* 20:55	6:26 min/km
276	1571	Vianden Elisabeth	Kölner Stadtmusikanten	1:04:19	1954	W55	5	1:05:13	21:55	* 20:56	* 21:26	6:26 min/km
277	829	Bongartz Dr. Ulrike	*Köln	1:04:19	1962	W45	29	1:05:12	20:53	* 21:22	* 22:04	6:26 min/km

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278	1820	Clever Waltraud	Schweinehund a.D.	1:04:23	1965	W45	30	1:06:17	20:50 *	21:38 *	21:55	6:26 min/km
279	2630	Rüßmann Angela	*Köln	1:04:25	1985	WHK	93	1:04:39	20:33 *	21:28 *	22:23	6:27 min/km
280	1305	Noras Britta	Kenias letzte Reserve	1:04:26	1973	W35	36	1:04:57	22:16 *	20:38 *	21:31	6:27 min/km
281	816	Bock Jamina	Kenias letzte Reserve	1:04:27	1983	WHK	94	1:04:57	22:17 *	20:38 *	21:31	6:27 min/km
282	2343	Lenzen Ursula	SoMoWeLa	1:04:31	1972	W35	37	1:07:01	23:46 *	20:40 *	20:03	6:27 min/km
283	1220	Lenzen Barbara	SoMoWeLa	1:04:31	1974	W35	38	1:07:01	23:46 *	20:39 *	20:05	6:27 min/km
284	2793	Statnik Jeannine	*Dormagen	1:04:32	1984	WHK	95	1:07:07	21:37 *	21:11 *	21:44	6:27 min/km
285	2477	Oberlies-Aarass Ulrike	BSG RaBaz e.V.	1:04:34	1960	W50	11	1:05:15	21:20 *	21:41 *	21:33	6:27 min/km
286	1852	Dietzsch Anke	*Bonn	1:04:40	1981	WHK	96	1:04:51	19:53 *	21:59 *	22:46	6:28 min/km
287	2820	Strunk Alessa	*Köln	1:04:42	0	WHK	97	1:07:53	22:46 *	21:02 *	20:53	6:28 min/km
288	1282	Müller Janina	*Köln	1:04:42	0	WHK	98	1:07:53	22:46 *	21:02 *	20:53	6:28 min/km
289	1262	Meurers Astrid	*Köln	1:04:47	1969	W40	43	1:07:52	23:00 *	21:05 *	20:41	6:29 min/km
290	1306	Nothbaum Kirsten	*Köln	1:04:48	1975	W35	39	1:07:07	22:40 *	20:58 *	21:09	6:29 min/km
291	1251	Mecker Heike	*Rösrath	1:04:55	1975	W35	40	1:05:19	22:04 *	21:34 *	21:15	6:30 min/km
292	2597	Rietschle Ruth	The Red Pack	1:04:58	1987	WHK	99	1:06:28	23:02 *	21:02 *	20:54	6:30 min/km
293	2340	Lemberg Kathrin	*Köln	1:04:59	1978	W30	48	1:07:05	22:56 *	21:40 *	20:21	6:30 min/km
294	1981	Georgiev Alexandra	The Red Pack	1:04:59	1987	WHK	100	1:06:27	23:02 *	21:02 *	20:54	6:30 min/km
295	795	Becker Jennifer	The Red Pack	1:04:59	1982	WHK	101	1:06:28	23:02 *	21:02 *	20:54	6:30 min/km
296	1225	Limbeck Nadine	Mucher Nikoläuse	1:05:05	1991	WJA	12	1:08:07	22:50 *	22:04 *	20:11	6:31 min/km
297	2813	Straßburger Lena	laufrausch köln	1:05:05	1989	WHK	102	1:06:11	21:37 *	21:06 *	22:21	6:31 min/km
298	1896	Elster Theresia	*Köln	1:05:06	1986	WHK	103	1:06:12	21:38 *	21:06 *	22:22	6:31 min/km
298	2757	Segebrecht Jutta	LG RWE Power	1:05:06	1982	WHK	103	1:07:45	21:56 *	21:31 *	21:38	6:31 min/km
300	2851	Trebst Anja	*Köln	1:05:08	1962	W45	31	1:06:30	21:25 *	21:23 *	22:18	6:31 min/km
301	2109	Höhenwarter Evi	*Elsdorf	1:05:08	1973	W35	41	1:05:38	22:07 *	22:55 *	20:05	6:31 min/km
302	2288	Krill Snezana	*Koeln	1:05:09	1974	W35	42	1:05:39	22:06 *	22:55 *	20:07	6:31 min/km
303	1801	Bujko Kamila	Kato	1:05:13	1980	W30	49	1:07:10	22:59 *	21:36 *	20:37	6:31 min/km
304	2485	Ohyama Saki	*koeln	1:05:18	1988	WHK	105	1:07:19	21:03 *	21:41 *	22:32	6:32 min/km
305	2743	Schulte Nathalie	*köln	1:05:18	1969	W40	44	1:06:36	21:49 *	21:15 *	22:13	6:32 min/km
306	1694	Batista Soares Beer	*Köln	1:05:19	1971	W35	43	1:06:37	21:49 *	21:15 *	22:14	6:32 min/km
307	1233	Luncz Donata	Running for a better life	1:05:25	1975	W35	44	1:09:06	24:19 *	20:55 *	20:10	6:33 min/km
308	894	Desombre Daniela	sorgenfrei	1:05:26	1979	W30	50	1:06:59	23:14 *	20:49 *	21:22	6:33 min/km
309	1866	Dreschmann Nicole	*Köln	1:05:32	1976	W30	51	1:07:47	22:44 *	20:51 *	21:56	6:33 min/km
309	2539	Pohl Annett	*Köln	1:05:32	1972	W35	45	1:07:47	22:44 *	20:51 *	21:57	6:33 min/km
311	2764	Siemons Elisabeth	*Köln	1:05:34	1966	W40	45	1:08:28	22:58 *	21:32 *	21:02	6:33 min/km
312	1553	Tiercelin Sophie	*Köln	1:05:36	1968	W40	46	1:08:03	25:47 *	20:07 *	19:42	6:34 min/km
313	1583	Volz Regina	Original Bootcamp	1:05:39	1961	W45	32	1:06:22	21:43 *	21:50 *	22:04	6:34 min/km
314	975	Fuhrmann Michaela	*Köln	1:05:44	1967	W40	47	1:09:14	23:45 *	21:25 *	20:33	6:34 min/km
315	766	Arndt Bärbel	*Köln	1:05:44	1956	W50	12	1:06:06	20:53 *	22:08 *	22:43	6:34 min/km
316	1205	Kuper Anja	Kleene und Muckel	1:05:46	1976	W30	52	1:09:16	22:52 *	21:40 *	21:13	6:35 min/km
317	1772	Breuer Sabine	*Köln	1:05:49	1965	W45	33	1:08:22	22:12 *	21:29 *	22:07	6:35 min/km
318	988	Gerum Tanja	*Koeln	1:05:49	1977	W30	53	1:06:09	22:19 *	21:30 *	22:00	6:35 min/km
319	2126	Hüntemann Jutta	*Koeln	1:05:49	1976	W30	54	1:06:09	22:19 *	21:30 *	22:00	6:35 min/km
320	1303	Nitschke Waltraut	ASV Köln	1:05:51	1960	W50	13	1:08:03	22:23 *	21:44 *	21:43	6:35 min/km
321	2202	Keusenhoff Viola	*Köln	1:05:51	1979	W30	55	1:07:45	23:18 *	21:30 *	21:02	6:35 min/km
322	1593	Wasserhess Barbara	Essener	1:05:54	1970	W40	48	1:09:16	22:18 *	21:38 *	21:57	6:35 min/km
323	2020	Grunzke Melanie	ERGO sports Köln	1:05:55	1982	WHK	106	1:07:38	21:51 *	21:35 *	22:27	6:36 min/km
324	1060	Henßen Ulla	*Köln	1:05:57	1962	W45	34	1:06:36	22:12 *	21:13 *	22:31	6:36 min/km
325	999	Görtz Dagmar	*Köln	1:06:00	1965	W45	35	1:09:15	22:00 *	21:51 *	22:08	6:36 min/km
326	2801	Stern Diana	die Irrläufer	1:06:01	1981	WHK	107	1:07:07	23:19 *	22:22 *	20:19	6:36 min/km
326	1905	Erasmus Elaine	Original Bootcamp	1:06:01	1988	WHK	107	1:07:33	22:46 *	21:25 *	21:49	6:36 min/km
328	1771	Breuer Martina	*Köln	1:06:01	1975	W35	46	1:08:50	23:31 *	21:35 *	20:54	6:36 min/km
329	2684	Schlösser Stefanie	Die 6 Brausebären	1:06:02	1965	W45	36	1:09:44	25:28 *	22:40 *	17:53	6:36 min/km
330	840	Breer Sandra	Laufschabe & Friends	1:06:03	1976	W30	56	1:08:13	22:05 *	21:43 *	22:14	6:36 min/km
331	2981	Zeller Stefanie	*Köln	1:06:06	1967	W40	49	1:08:35	22:38 *	21:29 *	21:58	6:37 min/km
332	2567	Rausch Julia	TriathlonSteckelCologne3	1:06:06	1986	WHK	109	1:07:13	21:28 *	21:21 *	23:16	6:37 min/km
333	2674	Schipper Anika	*Köln	1:06:07	1985	WHK	110	1:07:13	23:22 *	21:40 *	21:04	6:37 min/km

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334	1086	Hoever Ingrid	Asbacher Laufmäuse	1:06:14	1959	W50	14	1:07:07	22:03 *	22:02 *	22:08	6:37 min/km
335	1956	Fürstenberg Anna	Ratzfatz	1:06:16	1989	WHK	111	1:08:57	23:43 *	21:34 *	20:57	6:38 min/km
336	949	Fiebiger Sabine	Asbacher Laufmäuse	1:06:19	1964	W45	37	1:07:12	21:57 *	22:09 *	22:13	6:38 min/km
337	1119	Jost Katrin	*Köln	1:06:25	1978	W30	57	1:09:32	23:50 *	21:47 *	20:47	6:39 min/km
338	1171	Knepel Angelika	die knepels	1:06:28	1956	W50	15	1:09:14	23:41 *	21:40 *	21:06	6:39 min/km
339	2230	Knepel Laura	die knepels	1:06:28	1987	WHK	112	1:09:14	23:41 *	21:40 *	21:06	6:39 min/km
340	2562	Radtke Miriam	*Köln	1:06:32	1979	W30	58	1:08:10	22:37 *	21:59 *	21:55	6:39 min/km
341	1153	Kirschner Claudia	*Köln	1:06:32	1963	W45	38	1:06:50	21:47 *	22:23 *	22:21	6:39 min/km
342	866	Bukowski Petra	U2:45	1:06:34	1963	W45	39	1:07:25	21:49 *	22:10 *	22:34	6:39 min/km
343	1657	Antoni Anika	*Köln	1:06:36	1975	W35	47	1:09:39	21:36 *	21:28 *	23:32	6:40 min/km
344	2320	Kupfer Monika	*Köln	1:06:42	1956	W50	16	1:06:57	21:08 *	23:22 *	22:12	6:40 min/km
345	1566	Valder Donate	DKMS	1:06:50	1980	W30	59	1:08:56	24:10 *	22:02 *	20:37	6:41 min/km
346	2624	Rothaut Astrid	Xmas-Runners	1:06:50	1971	W35	48	1:09:51	22:08 *	21:47 *	22:54	6:41 min/km
347	2694	Schmittner Melanie	*Jülich	1:06:52	1988	WHK	113	1:09:11	23:47 *	22:05 *	20:59	6:41 min/km
348	2767	Simon Nicole	*Frechen	1:06:58	1984	WHK	114	1:09:49	22:41 *	21:54 *	22:22	6:42 min/km
349	56	Bursch- Holthoff Rita	FC Deutsche Post NL	1:07:02	1966	W40	50	1:09:58	23:11 *	21:49 *	22:01	6:42 min/km
350	1535	Streif Uta	SG Siegen-Giersberg	1:07:04	1965	W45	40	1:10:40	23:37 *	22:25 *	21:00	6:42 min/km
351	1280	Müller Birgit	SG Siegen-Giersberg	1:07:04	1962	W45	41	1:10:40	23:40 *	22:15 *	21:08	6:42 min/km
352	1597	Weber Ulrike	SG Siegen-Giersberg	1:07:04	1960	W50	17	1:10:40	23:34 *	22:21 *	21:08	6:42 min/km
353	1621	Wukadinowitsch Ute	SG Siegen-Giersberg	1:07:05	1961	W45	42	1:10:40	23:35 *	22:22 *	21:07	6:43 min/km
354	1532	Stötzel-Ditsche	SG Siegen-Giersberg	1:07:06	1957	W50	18	1:10:40	23:40 *	22:20 *	21:04	6:43 min/km
355	2658	Schamne Ellen	*KÖLN	1:07:06	1985	WHK	115	1:09:42	23:52 *	22:14 *	20:59	6:43 min/km
356	2696	Schmitz Bettina	LG RWE Power	1:07:12	1970	W40	51	1:08:20	24:50 *	21:58 *	20:23	6:43 min/km
357	929	Eschweiler Stella	*Köln	1:07:13	1995	WSA	1	1:09:26	23:09 *	22:21 *	21:41	6:43 min/km
358	1761	Brandt Nadine	die Irrläufer	1:07:14	1981	WHK	116	1:08:21	23:18 *	22:15 *	21:41	6:43 min/km
359	2419	Meyer Manuela	die Irrläufer	1:07:20	1982	WHK	117	1:08:27	23:19 *	22:22 *	21:39	6:44 min/km
360	2314	Kukwa Tanja	*Köln	1:07:22	1978	W30	60	1:08:17	21:15 *	22:40 *	23:27	6:44 min/km
361	1263	Meutgens Jutta	*Köln	1:07:24	1975	W35	49	1:08:38	22:27 *	22:41 *	22:15	6:44 min/km
362	1299	Nicklaus Cristin	*Köln	1:07:32	1979	W30	61	1:09:20	24:31 *	24:44 *	18:17	6:45 min/km
363	1226	Limbeck Sigrid	Mucher Nikoläuse	1:07:36	1963	W45	43	1:10:38	22:49 *	22:04 *	22:42	6:46 min/km
364	2904	Weber Gaby	*Köln	1:07:37	1951	W55	6	1:09:13	23:48 *	22:00 *	21:48	6:46 min/km
365	1966	Gärtner Dr. Jane	*Köln	1:07:37	1967	W40	52	1:09:13	23:48 *	22:00 *	21:48	6:46 min/km
366	2974	Wüsthoff Stefanie	*Köln	1:07:49	1984	WHK	118	1:09:04	22:29 *	21:33 *	23:46	6:47 min/km
367	1453	Schmitz Judith	NetCologne	1:07:52	1965	W45	44	1:09:43	23:31 *	21:48 *	22:32	6:47 min/km
368	2561	Rademacher Barbara	*bad honnef	1:08:00	1958	W50	19	1:09:18	22:40 *	21:59 *	23:19	6:48 min/km
369	1690	Barthel Julika	*Köln	1:08:01	1983	WHK	119	1:11:09	23:58 *	21:53 *	22:09	6:48 min/km
370	2655	Schäfers Diana	*Köln	1:08:03	1980	W30	62	1:11:11	23:58 *	21:54 *	22:10	6:48 min/km
371	2024	Gummel- Zimmermann	*Köln	1:08:15	1960	W50	20	1:10:20	23:51 *	22:02 *	22:21	6:50 min/km
372	1962	Gaab Renate	KTT 01	1:08:15	1961	W45	45	1:10:20	23:51 *	22:02 *	22:21	6:50 min/km
373	1148	Kierspel Renate	*Köln	1:08:16	1966	W40	53	1:11:30	25:41 *	21:09 *	21:24	6:50 min/km
374	1596	Weber Silke	*Köln	1:08:17	1982	WHK	120	1:11:08	24:04 *	22:24 *	21:48	6:50 min/km
375	2246	König Louisa	*Köln	1:08:19	1992	WJA	13	1:09:53	23:24 *	22:41 *	22:13	6:50 min/km
376	2712	Schneider Monika	*Köln	1:08:19	1994	WJB	4	1:09:53	23:24 *	22:42 *	22:12	6:50 min/km
377	1783	Brück Marlies	*Köln	1:08:27	1956	W50	21	1:09:15	21:51 *	22:57 *	23:38	6:51 min/km
378	1964	Gädecke Kerstin	*Köln	1:08:36	1972	W35	50	1:09:06	22:07 *	22:55 *	23:33	6:52 min/km
379	951	Fischer Birgit	*Köln	1:08:37	1970	W40	54	1:09:38	22:39 *	23:00 *	22:57	6:52 min/km
380	2520	Peters Isabel	*Köln	1:08:38	1983	WHK	121	1:09:48	23:20 *	22:36 *	22:41	6:52 min/km
381	2745	Schulz Annika	Media Markt Köln am Dom	1:08:43	1987	WHK	122	1:09:56	23:27 *	22:28 *	22:47	6:52 min/km
382	1865	Dreier Susann	Media Markt Köln am Dom	1:08:44	1983	WHK	123	1:09:56	23:28 *	22:28 *	22:47	6:52 min/km
383	870	Busch Franziska	*Köln	1:08:46	1955	W55	7	1:09:01	23:00 *	23:12 *	22:33	6:53 min/km
384	922	Ermer Diana	Laufftreff Diana	1:09:00	1977	W30	63	1:12:33	23:42 *	22:36 *	22:42	6:54 min/km
384	1082	Höltge Sara	*Hürth	1:09:00	1981	WHK	124	1:12:33	23:42 *	22:36 *	22:41	6:54 min/km
386	1971	Ganser Sandra	*Aachen	1:09:01	1979	W30	64	1:10:21	22:54 *	22:44 *	23:22	6:54 min/km
387	2830	Tasch Gaby	*Köln	1:09:05	1961	W45	46	1:09:59	23:19 *	22:57 *	22:48	6:55 min/km
388	2264	Kops Anja	Orange Cake Band and	1:09:07	1973	W35	51	1:11:27	23:45 *	22:31 *	22:50	6:55 min/km
389	2377	Luz-Schmittner Gabriele	*Hürth	1:09:07	1960	W50	22	1:11:26	23:47 *	22:05 *	23:14	6:55 min/km

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390	1746	Bolkart Sonja	Running for a better life	1:09:08	1979	W30	65	1:12:36	24:17 *	22:17 *	22:33	6:55 min/km
391	2806	Stirnberg Anke	*Erfstadt	1:09:11	1969	W40	55	1:09:48	22:40 *	23:12 *	23:18	6:55 min/km
392	1756	Brachthäuser-Berg	*Köln	1:09:23	1958	W50	23	1:10:06	22:43 *	22:30 *	24:09	6:56 min/km
393	2442	Müller Kerstin	*Köln	1:09:24	1982	WHK	125	1:12:49	24:32 *	22:38 *	22:13	6:56 min/km
394	2513	Pelster Anke	*Koeln	1:09:32	1970	W40	56	1:09:58	24:00 *	22:49 *	22:42	6:57 min/km
395	1924	Feck Bernadette	XCO Runners by	1:09:35	1971	W35	52	1:10:21	22:56 *	22:57 *	23:41	6:58 min/km
396	2172	Kärcher Friederike	*Bonn	1:09:37	1977	W30	66	1:10:32	22:39 *	23:09 *	23:48	6:58 min/km
397	2190	Kemper Sandra	Kenias letzte Reserve	1:09:38	1981	WHK	126	1:10:10	23:03 *	23:31 *	23:04	6:58 min/km
398	1196	Kroon Nicole	Gocher Nierrsschnecken	1:09:41	1978	W30	67	1:13:05	24:26 *	22:43 *	22:31	6:58 min/km
399	1022	Guldner Caroline	atemrausch*	1:09:41	1981	WHK	127	1:11:05	23:53 *	22:13 *	23:35	6:58 min/km
400	1877	Odendahl Daniela	*Köln	1:09:44	1973	W35	53	1:10:24	22:54 *	23:16 *	23:32	6:58 min/km
401	2166	Jürgens Corinna	*Köln	1:09:49	1996	WSA	2	1:12:40	23:11 *	22:57 *	23:40	6:59 min/km
402	2838	Terwey Kea	*Köln	1:09:58	1983	WHK	128	1:12:30	23:51 *	23:04 *	23:01	6:60 min/km
403	1735	Blanz Sandra	*Köln	1:09:58	1983	WHK	129	1:12:30	23:51 *	23:04 *	23:02	6:60 min/km
404	2036	Häsner Jennifer	*Köln	1:09:58	1981	WHK	130	1:12:29	23:52 *	23:04 *	23:01	6:60 min/km
405	2783	Spilles Sabine	*Köln	1:10:05	1965	W45	47	1:15:12	24:59 *	23:06 *	21:58	7:01 min/km
406	1391	Riedel Gabriele	Gocher Nierrsschnecken	1:10:13	1955	W55	8	1:13:37	24:24 *	22:45 *	23:03	7:01 min/km
407	2538	Pogliani Lorena	*Köln	1:10:17	1973	W35	54	1:12:28	24:05 *	23:28 *	22:42	7:02 min/km
408	1015	Grothues Dörte	Sportverein LUXHEIM	1:10:17	1952	W55	9	1:10:36	23:24 *	23:10 *	23:42	7:02 min/km
409	2205	Kierspel Katrin	*Köln	1:10:19	1984	WHK	131	1:10:55	23:17 *	23:04 *	23:56	7:02 min/km
410	2935	Wiechers Monika	*Köln	1:10:19	1981	WHK	132	1:10:55	23:17 *	23:04 *	23:56	7:02 min/km
411	1332	Patzwald Sabine	*Köln	1:10:19	1966	W40	57	1:12:28	27:50 *	20:51 *	21:37	7:02 min/km
412	2219	Klein Yvonne	immer einen Schritt	1:10:20	1976	W30	68	1:12:29	24:12 *	23:08 *	22:59	7:02 min/km
413	2418	Meyer Gudrun	Schweinehund a.D.	1:10:33	1967	W40	58	1:13:34	24:32 *	23:03 *	22:57	7:03 min/km
414	1794	Bündgen Maja	Schweinehund a.D.	1:10:34	1990	WHK	133	1:13:34	24:33 *	23:03 *	22:56	7:03 min/km
415	962	Frank Claudia	Running Gag	1:10:34	1979	W30	69	1:13:02	22:38 *	23:11 *	24:44	7:03 min/km
416	1394	Rindermann Lara	Laras	1:10:41	1973	W35	55	1:11:54	23:48 *	24:09 *	22:43	7:04 min/km
417	2114	Hoffmann Hanna	*Düsseldorf	1:10:43	1981	WHK	134	1:10:43	25:04 *	22:57 *	22:40	7:04 min/km
418	887	De Cicco Melanie	Laras	1:10:44	1975	W35	56	1:11:57	23:49 *	24:10 *	22:44	7:04 min/km
419	2681	Schley Birgit	*Sankt Augustin	1:11:02	1963	W45	48	1:13:20	23:44 *	23:32 *	23:46	7:06 min/km
420	1947	Freuen Stefanie	*Nideggen	1:11:03	1974	W35	57	1:12:01	25:25 *	24:00 *	21:36	7:06 min/km
421	2435	Monjean Julie	Monjean Transporte	1:11:05	1995	WSA	3	1:13:31	23:59 *	23:03 *	24:03	7:07 min/km
422	2115	Hoffmann Jennifer	atemrausch*	1:11:06	1976	W30	70	1:11:06	25:03 *	22:25 *	23:37	7:07 min/km
423	2713	Schneider Susanne	atemrausch*	1:11:06	1982	WHK	135	1:11:06	25:17 *	22:45 *	23:03	7:07 min/km
424	2675	Schipper Christel	*Stadtlohn	1:11:09	1956	W50	24	1:12:14	23:54 *	23:36 *	23:37	7:07 min/km
425	2161	Johne Ina	*Köln	1:11:13	1980	W30	71	1:14:18	25:08 *	23:56 *	22:08	7:07 min/km
426	1020	Gsella-oligmüller Ingrid	12 happy feet	1:11:26	1959	W50	25	1:14:15	24:01 *	23:38 *	23:46	7:09 min/km
427	885	Daßler Tanja	*Köln	1:11:30	1969	W40	59	1:14:40	25:03 *	23:08 *	23:19	7:09 min/km
428	1144	Keßler Doris	*Köln	1:11:31	1967	W40	60	1:14:40	25:04 *	23:07 *	23:19	7:09 min/km
429	2967	Wolff Andrea	aggerfitness	1:11:43	1960	W50	26	1:11:56	22:42 *	23:57 *	25:03	7:10 min/km
430	1667	Atrtschi Laura	aggerfitness	1:11:45	1992	WJA	14	1:11:57	20:28 *	23:45 *	27:31	7:11 min/km
431	2693	Schmiing Maria	Die Vambiere	1:11:46	1986	WHK	136	1:15:31	25:25 *	22:59 *	23:21	7:11 min/km
432	2867	Van Kesteren Susanne	*Köln	1:11:53	1958	W50	27	1:13:56	25:01 *	23:51 *	23:00	7:11 min/km
432	2866	Van Kesteren Carmen	*Köln	1:11:53	1987	WHK	137	1:13:56	25:01 *	23:51 *	23:00	7:11 min/km
434	2884	Voss Britta	Original Bootcamp	1:11:58	1978	W30	72	1:13:28	23:52 *	23:23 *	24:42	7:12 min/km
435	2652	Schäfer Natascha	*Köln	1:12:02	1970	W40	61	1:12:25	24:01 *	23:37 *	24:23	7:12 min/km
436	2629	Rückerl Judith	Die Vambiere	1:12:02	1982	WHK	138	1:15:46	25:26 *	23:00 *	23:36	7:12 min/km
437	2060	Hehl Susanne	*Köln	1:12:03	1973	W35	58	1:12:25	24:01 *	23:38 *	24:23	7:12 min/km
438	1912	Erler Melanie	*Köln	1:12:03	1967	W40	62	1:12:25	24:01 *	23:38 *	24:23	7:12 min/km
439	2336	Lehmann Tanja	*Köln	1:12:05	1979	W30	73	1:15:24	25:24 *	23:23 *	23:17	7:13 min/km
440	1938	Flierl Elli	Laufmaschen	1:12:11	1983	WHK	139	1:15:17	24:11 *	23:43 *	24:16	7:13 min/km
441	2215	Klavis Margret	*Köln	1:12:12	1963	W45	49	1:15:34	25:46 *	23:20 *	23:06	7:13 min/km
442	2379	Maaßen Andrea	*Köln	1:12:21	1964	W45	50	1:15:37	23:49 *	23:35 *	24:56	7:14 min/km
443	904	Drees Bärbel	*Köln	1:12:21	1964	W45	51	1:15:38	23:48 *	23:53 *	24:39	7:14 min/km
444	2553	Presti Silvana	*Erfstadt	1:12:30	1984	WHK	140	1:12:37	24:11 *	24:45 *	23:34	7:15 min/km
445	783	Bauer Christine	*Köln	1:13:03	1966	W40	63	1:15:37	24:10 *	23:56 *	24:55	7:18 min/km

Kölner Nikolauslauf am 5. Dezember 2010 - 10km Funlauf

Ergebnisliste Frauen

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446	2590	Reusch Kristina	*Köln	1:13:12	1987	WHK	141	1:15:52	24:33	* 24:00	* 24:38	7:19 min/km
447	2589	Reusch Elisabeth	*Köln	1:13:13	1953	W55	10	1:15:54	24:33	* 24:00	* 24:39	7:19 min/km
448	2552	Presti Angela	*Erfstadt	1:13:17	1981	WHK	142	1:13:25	24:16	* 24:40	* 24:21	7:20 min/km
449	2706	Schmitz-Verhnjak Sylvia	TEAM RAFA	1:13:19	1951	W55	11	1:16:31	24:28	* 24:14	* 24:36	7:20 min/km
450	2413	Metzler Tina	*koeln	1:13:33	1976	W30	74	1:14:54	24:24	* 23:56	* 25:13	7:21 min/km
451	2249	Koester Sabina	*Köln	1:13:41	1964	W45	52	1:17:21	24:57	* 25:03	* 23:41	7:22 min/km
452	1120	Jürgens Dr. Ruth	*Köln	1:13:45	1959	W50	28	1:16:37	24:34	* 24:37	* 24:33	7:23 min/km
453	2118	Honczka Aurelia	*Leverkusen	1:13:47	1991	WJA	15	1:16:57	21:39	* 24:06	* 28:01	7:23 min/km
454	1592	Walz Susanne	*Nideggen	1:13:53	1966	W40	64	1:14:51	25:26	* 24:00	* 24:26	7:23 min/km
455	1114	Jennert Elke	LG RWE Power	1:14:02	1966	W40	65	1:16:58	23:26	* 24:15	* 26:21	7:24 min/km
456	1522	Staudt Sandra	*Niederkassel	1:14:12	1978	W30	75	1:17:19	25:06	* 24:05	* 24:59	7:25 min/km
457	2579	Reisch Hanna	run4fun	1:14:16	1999	WSC	2	1:17:06	26:01	* 23:38	* 24:36	7:26 min/km
458	2580	Reisch Marion	run4fun	1:14:16	1966	W40	66	1:17:05	26:02	* 23:38	* 24:35	7:26 min/km
459	2342	Lenzen Helga	Globus	1:14:18	1959	W50	29	1:14:20	24:17	* 24:42	* 25:18	7:26 min/km
460	771	Ayche Karin	Radiergummiliga.de	1:14:50	1954	W55	12	1:17:40	24:15	* 24:19	* 26:15	7:29 min/km
461	1705	Behncke Evelyn	*Köln	1:14:52	1981	WHK	143	1:18:22	25:38	* 24:50	* 24:23	7:29 min/km
462	2936	Wiemann Conny	*Köln	1:15:13	1973	W35	59	1:18:38	24:34	* 24:28	* 26:11	7:31 min/km
463	860	Buchholz Sabine	*Dormagen	1:15:15	1965	W45	53	1:17:40	25:42	* 24:43	* 24:49	7:32 min/km
464	1402	Rohrmoser Eva-Maria	Laufmariechen Köln	1:15:20	1954	W55	13	1:17:40	25:11	* 23:56	* 26:12	7:32 min/km
465	1764	Bremer Birgit	runningGAGS&friends	1:15:29	1975	W35	60	1:18:51	25:22	* 24:13	* 25:54	7:33 min/km
466	2794	Staus Christina	*Köln	1:16:11	1981	WHK	144	1:19:36	25:45	* 23:50	* 26:36	7:37 min/km
466	1324	Paessler Michaela	*Köln	1:16:11	1968	W40	67	1:19:36	25:44	* 23:48	* 26:37	7:37 min/km
468	1047	Heider Peggy	*Frechen	1:16:32	1968	W40	68	1:19:03	25:30	* 25:25	* 25:37	7:39 min/km
469	762	Amende Beate	radiergummiliga.de	1:16:37	1967	W40	69	1:19:28	24:15	* 26:40	* 25:41	7:40 min/km
470	1524	Steffl Daniela	Gocher Niersschnecken	1:17:45	1966	W40	70	1:21:12	27:55	* 25:14	* 24:35	7:47 min/km
471	1385	Reske Stefanie	*Köln	1:17:55	1979	W30	76	1:21:27	26:39	* 25:03	* 26:13	7:48 min/km
472	2436	Montasser Ikram	*Köln	1:17:55	1971	W35	61	1:21:27	26:38	* 25:03	* 26:13	7:48 min/km
473	1671	Avasarala Srikanti rupa	*koeln	1:17:57	1986	WHK	145	1:27:18	24:12	* 25:03	* 28:42	7:48 min/km
474	1353	Plättner Eileen	*Köln	1:18:21	1988	WHK	146	1:18:57	26:31	* 25:37	* 26:11	7:50 min/km
475	1354	Plättner Karen	*Niederkassel	1:18:44	1961	W45	54	1:19:20	26:31	* 25:37	* 26:34	7:52 min/km
476	2618	Rombach Katharina	runningGAGS&friends	1:19:05	1963	W45	55	1:22:27	25:56	* 25:47	* 27:21	7:55 min/km
477	2965	Wolf Jessica	Cool Runnings	1:19:59	1994	WJB	5	1:23:02	26:38	* 29:03	* 24:17	7:60 min/km
478	2805	Stimke Lara	Cool Runnings	1:20:08	1994	WJB	6	1:23:13	26:47	* 29:01	* 24:19	8:01 min/km
479	1548	Thomas Daniela	TSV Bayer 04	1:21:13	1983	WHK	147	1:22:09	27:21	* 26:43	* 27:08	8:07 min/km
480	1434	Schiefer Christine	*Leverkusen	1:21:13	1984	WHK	148	1:22:08	27:21	* 26:43	* 27:08	8:07 min/km
481	1986	Gillwald Natalie	*Köln	1:23:21	1971	W35	62	1:26:54	28:33	* 27:47	* 27:01	8:20 min/km