

Kölner Nikolauslauf am 5. Dezember 2010 - 10km Toplauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	239	Miereczko Maciek	Förderverein	0:32:03	1979 M30	1	0:32:06	10:40 * 10:41 * 10:42	3:12 min/km
2	619	Naegele Lukas	Domstadtläufer	0:32:49	1989 MHK	1	0:32:50	10:41 * 10:52 * 11:14	3:17 min/km
3	364	Somssich Erik	Domstadtläufer	0:33:10	1985 MHK	2	0:33:12	10:41 * 11:00 * 11:28	3:19 min/km
4	7	Meurer Sebastian	Run by Runners Point	0:33:58	1986 MHK	3	0:33:59	10:59 * 11:31 * 11:27	3:24 min/km
5	135	Gross Stefan	TUS Deuz /Siegen	0:34:09	1974 M35	1	0:34:10	10:59 * 11:21 * 11:48	3:25 min/km
6	317	Schinz Markus	TV Refrath	0:34:51	1987 MHK	4	0:34:53	11:54 * 11:30 * 11:25	3:29 min/km
7	419	Alfen Felix	dshs	0:34:58	1990 MHK	5	0:34:58	11:23 * 11:46 * 11:48	3:30 min/km
8	2993	Meyer Tobias		0:34:59	1990 MHK	6	0:34:59	11:30 * 11:40 * 11:49	3:30 min/km
9	110	Fricke Marc	Non-Stop-Ultra Brakel	0:35:10	1974 M35	2	0:35:12	11:30 * 11:31 * 12:08	3:31 min/km
10	43	Block Martin	TV Refrath	0:35:52	1973 M35	3	0:35:54	11:54 * 11:49 * 12:07	3:35 min/km
11	361	Skopnik Manuel Santa	Laufmonster	0:37:00	1972 M35	4	0:37:03	12:09 * 12:18 * 12:33	3:42 min/km
12	112	Gabriel Bernhard	SpoHo-Erstis	0:37:12	1988 MHK	7	0:37:15	11:50 * 12:35 * 12:45	3:43 min/km
13	659	Rühe Stephan	TriathlonSteckelCologne1	0:37:17	1983 MHK	8	0:37:21	12:00 * 12:28 * 12:49	3:44 min/km
14	2994	Scholz Tim		0:37:24	1991 MJA	1	0:37:27	11:59 * 12:35 * 12:48	3:44 min/km
15	666	Scheller Luc	RWTH Aachen	0:37:27	1984 MHK	9	0:37:32	11:59 * 12:33 * 12:54	3:45 min/km
16	133	Gröppel Till	Pulheimer SC	0:37:30	1982 MHK	10	0:37:31	12:11 * 12:34 * 12:44	3:45 min/km
17	84	Dürr Thorsten	LT Flinke Föös	0:37:46	1983 MHK	11	0:37:48	12:27 * 12:40 * 12:38	3:47 min/km
18	388	Traußnig Gottfried	LC Euskirchen	0:37:47	1965 M45	1	0:37:49	11:59 * 12:46 * 13:01	3:47 min/km
19	617	Mümmler Benedikt	*Köln	0:37:54	1990 MHK	12	0:37:57	12:28 * 12:37 * 12:47	3:47 min/km
20	145	Heer Michael	RC Kettenzerrung	0:38:12	1972 M35	5	0:38:16	12:21 * 12:44 * 13:06	3:49 min/km
21	305	Sajitz Olaf	LAZ Puma/Bunert Köln	0:38:24	1975 M35	6	0:38:26	12:10 * 12:57 * 13:15	3:50 min/km
22	143	Hauser Michael	Trim Team Zschippern	0:38:27	1974 M35	7	0:38:30	12:26 * 12:49 * 13:12	3:51 min/km
23	207	Kurz Till	*Köln	0:38:41	1973 M35	8	0:38:53	12:42 * 12:58 * 13:01	3:52 min/km
24	334	Schommers Lukas	ASV Köln	0:38:46	1993 MJB	1	0:38:47	12:28 * 12:54 * 13:23	3:53 min/km
25	5	Nolte Benedikt	LG ASV/DSHS Köln	0:38:46	1978 M30	2	0:39:06	12:40 * 13:16 * 12:49	3:53 min/km
26	134	Groneuer Christoph	ASV Koeln Triathlon	0:38:57	1979 M30	3	0:39:01	12:23 * 13:04 * 13:29	3:54 min/km
27	153	Herrmann Volker	LT DSHS Köln e.V.	0:39:04	1984 MHK	13	0:39:06	12:47 * 13:26 * 12:49	3:54 min/km
28	622	Neuhauser Andreas	PUMA TS	0:39:08	1985 MHK	14	0:39:24	13:11 * 12:50 * 13:05	3:55 min/km
29	246	Mückenheim Sven	Wir wollen heute nicht	0:39:21	1974 M35	9	0:39:35	13:13 * 13:05 * 13:03	3:56 min/km
30	128	Gläßer Harald	Laufmonster	0:39:34	1968 M40	1	0:39:50	13:17 * 13:05 * 13:10	3:57 min/km
31	127	Ginkel Rolf	Frechen	0:39:45	1960 M50	1	0:39:49	13:09 * 13:14 * 13:22	3:59 min/km
32	613	Elskamp Matthias	*Düsseldorf	0:39:46	1970 M40	2	0:39:56	13:07 * 13:16 * 13:22	3:59 min/km
33	338	Schröteler Günter	*Köln	0:39:50	1980 M30	4	0:40:04	13:16 * 13:19 * 13:13	3:59 min/km
34	333	Schöllner Robert	LC Euskirchen	0:39:53	1970 M40	3	0:39:58	13:11 * 13:19 * 13:22	3:59 min/km
35	138	Günther Peter	VfR Unterbruch LG	0:40:00	1960 M50	2	0:40:05	13:23 * 13:17 * 13:19	4:00 min/km
36	331	Schneider Thomas	LG RWE Power	0:40:12	1969 M40	4	0:40:17	13:03 * 13:33 * 13:35	4:01 min/km
37	92	Elskamp Gregor	Central-Team	0:40:14	1971 M35	10	0:40:23	13:09 * 13:22 * 13:42	4:01 min/km
38	382	Theisen Erik	Pena Ihse Rothrunners	0:40:18	1969 M40	5	0:40:27	13:03 * 13:27 * 13:47	4:02 min/km
39	448	Böhme Marc	*Köln	0:40:24	1989 MHK	15	0:40:34	13:13 * 13:36 * 13:34	4:02 min/km
40	77	Dignas Christian	Tricologne	0:40:33	1976 M30	5	0:40:38	13:32 * 13:36 * 13:24	4:03 min/km
41	359	Sina Christoph	LC Euskirchen	0:40:37	1967 M40	6	0:40:42	13:10 * 13:36 * 13:51	4:04 min/km
42	303	Ruhnke Robert	Bewegungsfelder	0:40:41	1958 M50	3	0:40:43	13:07 * 13:33 * 14:01	4:04 min/km
43	646	Räther Marcel	SpoHo-Erstis	0:40:47	1990 MHK	16	0:40:57	13:26 * 13:33 * 13:47	4:05 min/km
44	130	Gompert Jan	TriCologne	0:40:54	1984 MHK	17	0:40:59	13:32 * 13:36 * 13:46	4:05 min/km
45	287	Putz Harry	TV1908 Neunkirchen	0:40:57	1959 M50	4	0:41:01	13:21 * 13:34 * 14:01	4:06 min/km
46	628	Oswald Thomas	LG RWE Power	0:41:00	1962 M45	2	0:41:05	13:13 * 13:39 * 14:07	4:06 min/km
47	193	Köhler Christian	*Köln	0:41:07	1987 MHK	18	0:41:50	14:09 * 13:37 * 13:21	4:07 min/km
48	318	Schlösser Wolfgang	*Hürth	0:41:15	1975 M35	11	0:41:27	13:56 * 13:34 * 13:44	4:08 min/km
49	83	Dudley Richard-James	Fronrunner Cologne	0:41:17	1961 M45	3	0:41:21	13:24 * 13:38 * 14:14	4:08 min/km
50	211	Langer Christian	Wir wollen heute nicht	0:41:18	1978 M30	6	0:42:00	13:50 * 13:36 * 13:51	4:08 min/km
51	745	Wilmes Heiko	*Bergisch Gladbach	0:41:19	1969 M40	7	0:41:21	13:02 * 13:47 * 14:30	4:08 min/km
52	468	Delasauce René	BSG Team Cognex	0:41:21	1977 M30	7	0:41:33	14:05 * 13:37 * 13:38	4:08 min/km
53	383	Theißen Michael	Lauffreff Hersel	0:41:22	1959 M50	5	0:41:29	13:33 * 13:53 * 13:55	4:08 min/km

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54	196	Kolter Matthias	TuS	0:41:27	1984	MHK	19	0:42:02	14:26 *	13:35 *	13:25	4:09 min/km
55	684	Schuler Fabian	SpoHo-Erstis	0:41:29	1989	MHK	20	0:42:04	14:27 *	13:34 *	13:27	4:09 min/km
56	725	Trenk David	*Köln	0:41:30	1987	MHK	21	0:41:45	14:04 *	13:45 *	13:40	4:09 min/km
57	509	Grabsch Ralf	RC Schmitter Köln-Gleuel	0:41:31	1973	M35	12	0:41:33	13:29 *	14:02 *	13:59	4:09 min/km
58	417	Abdelfattah Mohamed	TriathlonSteckelCologne 2	0:41:33	1982	MHK	22	0:41:54	13:44 *	13:48 *	14:00	4:09 min/km
59	368	Staschko Peter	Team Handelshof	0:41:35	1965	M45	4	0:41:43	14:10 *	13:45 *	13:40	4:10 min/km
60	57	Busch Oliver	Central-Team	0:41:36	1976	M30	8	0:41:44	13:51 *	13:54 *	13:50	4:10 min/km
61	564	Kieras Eike	Villa Frechen	0:41:39	1989	MHK	23	0:42:07	13:54 *	13:54 *	13:50	4:10 min/km
62	2	Baker Thomas		0:41:40	1987	MHK	24	0:41:53	13:17 *	14:18 *	14:05	4:10 min/km
63	256	Neimeke Ralf	Wir wollen heute nicht	0:41:41	1970	M40	8	0:41:52	13:52 *	13:51 *	13:57	4:10 min/km
64	301	Röttgen Ralf	RLG Köln-West	0:41:41	1971	M35	13	0:41:56	14:32 *	13:38 *	13:30	4:10 min/km
65	103	Feltens Lars	Lauftreff Decksteiner	0:41:44	1975	M35	14	0:41:55	13:35 *	14:03 *	14:06	4:10 min/km
66	29	Basseng Wilfried	LT Saaler Mühle	0:41:51	1954	M55	1	0:41:56	13:41 *	13:53 *	14:16	4:11 min/km
67	280	Pier Gregor	RLG Köln-West	0:41:52	1968	M40	9	0:42:08	14:10 *	13:50 *	13:51	4:11 min/km
68	405	Weidler Tim	*Köln	0:41:57	1974	M35	15	0:42:11	13:49 *	13:50 *	14:17	4:12 min/km
69	192	Köhler Benjamin	www.iron-ben.de	0:42:02	1984	MHK	25	0:42:16	13:06 *	14:23 *	14:33	4:12 min/km
70	282	Pörsch Michael	Die Rentiere	0:42:04	1973	M35	16	0:42:29	14:01 *	13:55 *	14:07	4:12 min/km
71	621	Neuendorff Tim	Team Rocket	0:42:12	1990	MHK	26	0:42:15	14:36 *	14:09 *	13:26	4:13 min/km
72	131	Gorissen Michael	KölnTriathlon	0:42:14	1972	M35	17	0:42:56	14:08 *	13:57 *	14:09	4:13 min/km
73	171	Jose Carlos Dias daSilva	Laufmonster	0:42:18	1961	M45	5	0:42:34	13:45 *	14:16 *	14:15	4:14 min/km
74	149	Heinrich Dr. Alexander	BSG BML Bonn	0:42:19	1968	M40	10	0:42:24	13:24 *	14:10 *	14:44	4:14 min/km
75	451	Braunstein David	*Köln	0:42:26	1988	MHK	27	0:43:01	14:26 *	13:44 *	14:15	4:15 min/km
76	49	Breitbach Dominik	*Bergheim	0:42:29	1986	MHK	28	0:42:34	13:38 *	14:37 *	14:13	4:15 min/km
77	158	Höltje Boris	*Köln	0:42:31	1973	M35	18	0:42:45	14:21 *	14:09 *	13:59	4:15 min/km
78	605	Menne Matthias	Die letzten Aale	0:42:36	1988	MHK	29	0:42:39	13:22 *	14:21 *	14:51	4:16 min/km
79	198	Kotzur Nico	*Bonn	0:42:47	1975	M35	19	0:43:04	14:43 *	13:56 *	14:06	4:17 min/km
80	550	Jankowsky Ralf	*Hürth	0:42:51	1995	MSA	1	0:43:26	13:54 *	14:27 *	14:28	4:17 min/km
81	897	Dietrich Karsten	RTC Frechen 80	0:42:51	1983	MHK	30	0:43:16	14:01 *	14:11 *	14:38	4:17 min/km
82	466	Cordes Enno	*Köln	0:42:52	1985	MHK	31	0:43:09	14:26 *	14:15 *	14:10	4:17 min/km
83	688	Schwertner Mats	*Leverkusen	0:43:07	1993	MJB	2	0:43:50	15:13 *	14:09 *	13:44	4:19 min/km
84	169	Johnson Brad	*Köln	0:43:08	1970	M40	11	0:44:04	13:43 *	14:37 *	14:47	4:19 min/km
85	461	Casalnuovo Fabio	*Köln / Klettenberg	0:43:12	1990	MHK	32	0:43:15	14:15 *	14:18 *	14:37	4:19 min/km
86	573	Kniesel Jan	*Köln	0:43:14	1975	M35	20	0:43:35	13:57 *	14:14 *	15:01	4:19 min/km
87	633	Pfahl Johannes	Villa Frechen	0:43:15	1989	MHK	33	0:43:43	13:54 *	14:21 *	14:59	4:20 min/km
88	732	Von Schultzendorff	*Köln	0:43:15	1989	MHK	34	0:43:43	14:03 *	14:29 *	14:42	4:20 min/km
89	313	Schefczik Andreas	*Wülfrath	0:43:15	1964	M45	6	0:43:25	14:18 *	14:14 *	14:42	4:20 min/km
90	146	Hegenbart Carsten	*Köln	0:43:20	1980	M30	9	0:43:28	14:35 *	14:25 *	14:19	4:20 min/km
91	616	Mülling Holger	*Köln	0:43:24	1975	M35	21	0:43:47	14:18 *	14:11 *	14:55	4:20 min/km
92	441	Berger Volker	LT DSHS Köln	0:43:25	1984	MHK	35	0:44:08	15:08 *	14:24 *	13:52	4:21 min/km
93	222	Lippmann Klaus	Bundespolizei	0:43:30	1961	M45	7	0:43:35	14:13 *	14:35 *	14:41	4:21 min/km
94	569	Klinkhammer Georg	Carpe diem die Epikureer	0:43:30	1965	M45	8	0:43:40	14:21 *	14:21 *	14:47	4:21 min/km
95	506	Görz Alexej	*Bonn	0:43:31	1983	MHK	36	0:44:11	15:11 *	14:01 *	14:19	4:21 min/km
96	608	Metz Fabian	*Köln	0:43:32	1990	MHK	37	0:44:11	15:10 *	14:02 *	14:19	4:21 min/km
97	529	Herdecke Jörn	*Köln	0:43:35	1990	MHK	38	0:43:51	13:57 *	14:18 *	15:19	4:22 min/km
98	731	Von Bargaen Tobias	*Köln	0:43:37	1988	MHK	39	0:44:18	15:01 *	14:37 *	13:59	4:22 min/km
99	108	Flores Patrik	Running Gag	0:43:39	1973	M35	22	0:43:51	14:33 *	14:28 *	14:37	4:22 min/km
100	718	Thieltges Frederic	SpoHo-Erstis	0:43:41	1989	MHK	40	0:43:51	14:41 *	14:23 *	14:37	4:22 min/km
101	288	Quantius Andreas	Karateschule Hoitsugan	0:43:46	1970	M40	12	0:44:18	14:41 *	14:33 *	14:31	4:23 min/km
102	208	Laaff Christian	*Kreuztal	0:43:48	1989	MHK	41	0:44:02	14:21 *	14:33 *	14:53	4:23 min/km
103	595	Loewe Lukas	*Köln	0:43:48	1987	MHK	42	0:44:07	14:26 *	14:26 *	14:55	4:23 min/km
104	492	Fraschka Nicolai	*Köln Bilderstöckchen	0:43:52	1989	MHK	43	0:44:07	14:39 *	14:29 *	14:43	4:23 min/km
105	321	Schmidt Sebastian	*Lohmar-Wahlscheid	0:43:52	1977	M30	10	0:44:18	14:36 *	14:38 *	14:37	4:23 min/km
106	161	Holtzmann Martin	ssf-Bonn-triathlon	0:43:53	1958	M50	6	0:44:05	14:17 *	14:25 *	15:09	4:23 min/km
107	111	Fröhlich Philipp	Die Ersten vorm	0:43:56	1983	MHK	44	0:44:26	15:23 *	14:24 *	14:09	4:24 min/km
108	412	Wildförster Heinz-Dieter	SSK Kerpen	0:43:57	1962	M45	9	0:44:03	14:23 *	14:31 *	15:02	4:24 min/km
109	126	Gimbarov Dr. Sergey	ASV-Triathlon Köln	0:43:59	1966	M40	13	0:44:04	14:17 *	14:44 *	14:57	4:24 min/km

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110	261	Noack Eberhard	scholl runners pulheim	0:44:00	1963 M45	10	0:44:33	15:15 *	14:21 *	14:24	4:24 min/km
111	707	Steuer Lars	*Bergheim	0:44:01	1997 MSB	1	0:44:23	14:26 *	14:47 *	14:47	4:24 min/km
112	293	Reiser Jürgen	LG RWE Power	0:44:01	1963 M45	11	0:44:19	14:43 *	14:55 *	14:23	4:24 min/km
113	214	Lehnigk Prof. Dr.	scholl runners pulheim	0:44:01	1963 M45	12	0:44:35	15:21 *	14:33 *	14:07	4:24 min/km
114	768	Arnold Bodo	Marathon Finanz AG	0:44:02	1972 M35	23	0:44:09	14:47 *	14:29 *	14:46	4:24 min/km
115	711	Streese Lukas	*Neuss	0:44:05	1989 MHK	45	0:44:26	14:17 *	14:40 *	15:07	4:25 min/km
116	101	Faßbender Christian	ASV Köln Triathlon	0:44:09	1972 M35	24	0:44:20	14:59 *	14:33 *	14:36	4:25 min/km
117	469	Derksen Tim	*Düren	0:44:10	1988 MHK	46	0:44:19	14:05 *	14:50 *	15:14	4:25 min/km
118	79	Drecker Michael	SC Janus Frontrunner	0:44:10	1956 M50	7	0:44:31	14:48 *	14:37 *	14:45	4:25 min/km
119	390	Van de Braak Georg	SC Janus FrontRunner	0:44:11	1974 M35	25	0:44:31	14:32 *	14:48 *	14:49	4:25 min/km
120	574	Knye Michael	SpoHo-Erstis	0:44:12	1988 MHK	47	0:44:27	14:31 *	14:27 *	15:14	4:25 min/km
121	471	Döring Tim	*Köln	0:44:13	1990 MHK	48	0:44:27	14:32 *	14:27 *	15:14	4:25 min/km
122	715	Terhorst Marius	*Wesel	0:44:14	1991 MJA	2	0:44:22	14:18 *	14:44 *	15:11	4:25 min/km
123	735	Walter Sven	RunBoyz	0:44:15	1989 MHK	49	0:45:01	15:10 *	14:41 *	14:24	4:26 min/km
124	445	Bitzenhofer Dominik	RunBoyz	0:44:16	1989 MHK	50	0:45:02	15:10 *	14:41 *	14:24	4:26 min/km
125	543	Hüttel Moritz	*Wunsiedel	0:44:17	1989 MHK	51	0:44:20	13:40 *	14:48 *	15:48	4:26 min/km
126	225	Luelf Manfred	*Köln	0:44:17	1956 M50	8	0:44:40	14:53 *	14:33 *	14:50	4:26 min/km
127	487	Filbinger Kornelius	Team Rocket	0:44:18	1990 MHK	52	0:44:21	14:36 *	14:10 *	15:32	4:26 min/km
128	73	Dickmeis Horst	LG RWE Power	0:44:19	1965 M45	13	0:44:37	14:43 *	14:43 *	14:52	4:26 min/km
129	528	Hellebusch Timo	*Köln	0:44:21	1980 M30	11	0:44:59	14:38 *	14:47 *	14:55	4:26 min/km
130	422	Arnold Konstantin	*Köln	0:44:21	1990 MHK	53	0:44:58	14:18 *	14:43 *	15:20	4:26 min/km
131	589	Leers Stefan	*Köln	0:44:35	1985 MHK	54	0:44:49	14:24 *	14:54 *	15:15	4:28 min/km
132	505	Gnosa Markus	Medifit Kaarst	0:44:38	1974 M35	26	0:45:15	15:06 *	14:44 *	14:47	4:28 min/km
133	702	Spitzlay Marco	Villa Frechen	0:44:39	1990 MHK	55	0:45:07	14:19 *	15:11 *	15:07	4:28 min/km
134	120	Genenger Jens	Floens & Friends	0:44:41	1974 M35	27	0:45:00	14:56 *	15:07 *	14:37	4:28 min/km
135	118	Gawantka Axel	Solingen	0:44:41	1964 M45	14	0:45:28	14:51 *	14:48 *	15:01	4:28 min/km
136	712	Süptitz Florian	Floens & Friends	0:44:43	1986 MHK	56	0:45:00	15:16 *	14:59 *	14:27	4:28 min/km
137	406	Weiß Alexander	Scuderia Südstadt	0:44:44	1979 M30	12	0:44:58	15:00 *	15:14 *	14:29	4:28 min/km
138	559	Kats Vladislav	*Köln	0:44:46	1989 MHK	57	0:44:58	15:14 *	15:02 *	14:28	4:29 min/km
139	627	Oebel Thorsten	Die drei Renntiere	0:44:48	1975 M35	28	0:45:14	14:56 *	14:52 *	14:59	4:29 min/km
140	266	Oebel Klaus	Die drei Renntiere	0:44:50	1968 M40	14	0:45:15	14:58 *	14:52 *	14:59	4:29 min/km
141	272	Paaßens Lutz	RLG Köln-West	0:44:52	1967 M40	15	0:45:07	15:01 *	14:51 *	14:59	4:29 min/km
142	542	Hoser Florian	*Wuppertal	0:44:55	1972 M35	29	0:45:19	15:17 *	14:50 *	14:47	4:30 min/km
143	294	Resch Kilian	LT Decksteinerweiher	0:44:56	1961 M45	15	0:45:00	14:33 *	15:06 *	15:16	4:30 min/km
144	243	Moeck Detlev	Lahm Söck Frechen	0:44:56	1961 M45	16	0:45:22	14:44 *	14:59 *	15:12	4:30 min/km
145	614	Mohr Alexander	MHMK running	0:44:59	1989 MHK	58	0:45:15	14:53 *	15:00 *	15:06	4:30 min/km
146	260	Nitschke Alexander	ASV Köln	0:45:03	1968 M40	16	0:45:10	14:25 *	15:04 *	15:33	4:30 min/km
147	63	Claeßen Jens	*Köln	0:45:09	1967 M40	17	0:45:21	15:09 *	15:04 *	14:55	4:31 min/km
148	189	Klüver Michael	*Köln	0:45:11	1980 M30	13	0:45:11	15:21 *	14:50 *	14:59	4:31 min/km
149	722	Timmermann Robert	RG Paderborn 99 e.V.	0:45:12	1983 MHK	59	0:45:36	14:18 *	15:19 *	15:34	4:31 min/km
150	601	Matt Nicolai	*Köln	0:45:15	1989 MHK	60	0:45:18	14:57 *	15:07 *	15:10	4:32 min/km
151	523	Hecker Dirk	*Hürth	0:45:18	1974 M35	30	0:45:25	14:24 *	15:04 *	15:50	4:32 min/km
152	346	Schultz Klaus	*Ratingen	0:45:19	1966 M40	18	0:45:37	15:03 *	15:04 *	15:11	4:32 min/km
153	296	Riebschläger Jörg	www.42tausend.de	0:45:19	1973 M35	31	0:45:46	14:54 *	15:18 *	15:06	4:32 min/km
154	2828	Swierczek Daniel	SpoHo-Erstis	0:45:22	1988 MHK	61	0:45:38	14:55 *	14:56 *	15:30	4:32 min/km
155	24	Aydemir Gürhan	ASV Köln Triathlon	0:45:22	1967 M40	19	0:45:34	14:56 *	15:05 *	15:21	4:32 min/km
156	51	Bremen Markus	*Köln	0:45:23	1978 M30	14	0:46:01	15:31 *	14:44 *	15:06	4:32 min/km
157	720	Tiemann Dr. Karsten	*Köln	0:45:23	1979 M30	15	0:45:39	15:18 *	14:56 *	15:09	4:32 min/km
158	667	Scherer Markus	SpoHo-Erstis	0:45:24	1990 MHK	62	0:45:28	14:56 *	15:00 *	15:27	4:32 min/km
159	91	Eisermann Stephan	*Swisttal-Strassfeld	0:45:24	1966 M40	20	0:45:31	14:51 *	15:19 *	15:13	4:32 min/km
160	263	Oberhoffer Roland	Muckel & Perg	0:45:28	1984 MHK	63	0:45:55	14:50 *	15:14 *	15:22	4:33 min/km
161	713	Sven Pojer	AachenMünchener 1	0:45:28	1977 M30	16	0:45:35	14:17 *	15:19 *	15:51	4:33 min/km
162	648	Reichherzer Lorenz	The Bro Code	0:45:28	1990 MHK	64	0:46:19	15:46 *	14:51 *	14:51	4:33 min/km
162	151	Heller Dennis	*Kerpen	0:45:28	1991 MJA	3	0:45:58	15:33 *	14:47 *	15:07	4:33 min/km
164	475	Ellison Kevin	The Bro Code	0:45:28	1987 MHK	65	0:46:19	15:45 *	14:50 *	14:52	4:33 min/km
165	435	Behlau Daniel	*Köln	0:45:28	1988 MHK	66	0:45:40	15:15 *	15:02 *	15:11	4:33 min/km

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166	669	Schlender Philip	*Köln	0:45:28	1989	MHK	67	0:45:40	15:18 *	15:04 *	15:05	4:33 min/km
167	188	Klostermann Michael	Muckel & Perg	0:45:29	1983	MHK	68	0:45:55	14:52 *	15:14 *	15:22	4:33 min/km
168	610	Meurer Willi	*Köln	0:45:30	1940	M70	1	0:45:43	14:48 *	15:09 *	15:32	4:33 min/km
169	302	Rühl Christian	Christian Rühl	0:45:33	1974	M35	32	0:45:43	15:40 *	15:03 *	14:49	4:33 min/km
170	658	Rüggemann Markus	*Pfaffenhofen	0:45:33	1978	M30	17	0:45:52	15:01 *	15:13 *	15:19	4:33 min/km
171	325	Schmitz Dirk	LG Donatus Erftstadt	0:45:35	1977	M30	18	0:46:06	15:16 *	15:17 *	15:02	4:34 min/km
172	644	Prang Kees Jan	*Köln	0:45:37	1966	M40	21	0:46:14	15:35 *	15:08 *	14:54	4:34 min/km
173	404	Wehrmann Raphael	Projekt Rio 2016	0:45:39	1975	M35	33	0:46:26	15:30 *	15:25 *	14:43	4:34 min/km
174	278	Petrovic Günter	ASV Köln	0:45:44	1950	M60	1	0:46:01	14:53 *	15:19 *	15:32	4:34 min/km
175	671	Schmidt Marcus	*Köln	0:45:47	1989	MHK	69	0:46:27	15:51 *	15:18 *	14:38	4:35 min/km
176	152	Herda Klaus-Heinz	*Köln	0:45:50	1967	M40	22	0:45:58	14:52 *	15:07 *	15:50	4:35 min/km
177	94	Esser Lutz	MAS Training	0:45:50	1961	M45	17	0:46:16	15:28 *	15:04 *	15:18	4:35 min/km
178	199	Kowalski Robyn	Laufftreff Decksteiner	0:45:51	1965	M45	18	0:46:02	14:52 *	15:39 *	15:19	4:35 min/km
178	262	Oberguenner Peter	geheimteam	0:45:51	1980	M30	19	0:46:14	15:27 *	14:56 *	15:26	4:35 min/km
180	104	Feltges Kai	Hatari extra	0:45:57	1973	M35	34	0:46:23	14:37 *	15:31 *	15:48	4:36 min/km
181	641	Pogade Christian	*Köln	0:45:58	1986	MHK	70	0:46:50	15:28 *	15:21 *	15:08	4:36 min/km
182	22	Arzt Michael	Projekt Rio 2016	0:46:00	1976	M30	20	0:46:47	16:05 *	15:18 *	14:36	4:36 min/km
183	306	Sam Schmitz	Pena Ihse Rothrunners	0:46:03	1972	M35	35	0:46:13	14:41 *	15:55 *	15:26	4:36 min/km
184	354	Seidenstücker Thomas	ASV-Triathlon	0:46:05	1973	M35	36	0:46:16	15:01 *	15:26 *	15:37	4:37 min/km
185	177	Kara Deniz	*Leverkusen	0:46:06	1974	M35	37	0:46:21	15:18 *	15:12 *	15:35	4:37 min/km
186	457	Burmann Nico	*Köln	0:46:07	1977	M30	21	0:46:25	15:44 *	15:07 *	15:15	4:37 min/km
187	348	Schwabe Bernd	unter 9000	0:46:07	1956	M50	9	0:46:35	15:18 *	15:21 *	15:27	4:37 min/km
188	651	Reynolds Robin	DSHS - Knight Ridaz	0:46:11	1986	MHK	71	0:46:18	15:28 *	15:08 *	15:35	4:37 min/km
189	415	Wolf Christoph	Hatari extra	0:46:12	1973	M35	38	0:46:38	16:06 *	15:17 *	14:48	4:37 min/km
190	27	Band Harald	Feuerwehr Frechen	0:46:16	1962	M45	19	0:46:25	15:20 *	15:21 *	15:34	4:38 min/km
191	534	Heym Alexander	*Köln	0:46:19	1987	MHK	72	0:46:30	15:10 *	15:23 *	15:44	4:38 min/km
192	555	Kalicenski Michael	*Köln	0:46:20	1986	MHK	73	0:47:04	16:00 *	15:01 *	15:18	4:38 min/km
193	502	Geier Thomas	*Köln	0:46:25	1991	MJA	4	0:46:55	15:23 *	15:24 *	15:38	4:39 min/km
194	47	Bothe Rüdiger	*Köln	0:46:26	1974	M35	39	0:47:15	16:10 *	15:37 *	14:38	4:39 min/km
195	253	Mulder Thomas	team erdnger alkoholfrei	0:46:26	1967	M40	23	0:46:49	15:36 *	15:18 *	15:31	4:39 min/km
196	597	Maek Heiko	*Essen	0:46:27	1990	MHK	74	0:47:06	15:54 *	15:16 *	15:17	4:39 min/km
197	270	Osbahr Sven	*Köln	0:46:29	1966	M40	24	0:46:52	15:28 *	15:25 *	15:35	4:39 min/km
198	411	Wieland Markus	Kommando 5. Dezember	0:46:29	1974	M35	40	0:47:11	15:01 *	15:45 *	15:43	4:39 min/km
199	730	Vitale Deniz	*Düsseldorf	0:46:30	1987	MHK	75	0:46:43	14:49 *	15:25 *	16:15	4:39 min/km
200	699	Sottong Jan-Stefan	*Gleichen	0:46:31	1988	MHK	76	0:46:55	15:12 *	15:26 *	15:51	4:39 min/km
201	607	Meßner Benjamin	*Köln	0:46:32	1988	MHK	77	0:46:56	15:15 *	15:23 *	15:52	4:39 min/km
202	310	Schaffranek Daniel	*Erftstadt	0:46:38	1977	M30	22	0:47:08	15:20 *	15:29 *	15:47	4:40 min/km
203	593	Linden Nils	*Köln	0:46:39	1984	MHK	78	0:47:21	15:23 *	15:38 *	15:36	4:40 min/km
204	500	Gavanda Simon	*Köln	0:46:39	1987	MHK	79	0:47:01	15:30 *	14:51 *	16:17	4:40 min/km
205	604	Mengler Malte	*Köln, Junkersdorf	0:46:40	1990	MHK	80	0:47:02	15:35 *	15:31 *	15:33	4:40 min/km
206	438	Behrendt, c/o Evers	*Köln	0:46:40	1988	MHK	81	0:47:20	15:23 *	15:45 *	15:31	4:40 min/km
207	124	Gilberg Thomas	*Köln	0:46:40	1971	M35	41	0:47:27	15:29 *	15:35 *	15:35	4:40 min/km
208	1	Netzer Stefan	SC Güntersen	0:46:41	1970	M40	25	0:47:19	15:43 *	15:21 *	15:36	4:40 min/km
209	345	Schultheiß Volker	Team Erdinger Alkoholfrei	0:46:43	1956	M50	10	0:46:57	15:29 *	15:34 *	15:39	4:40 min/km
209	696	Sitzer Dominik	*Rüthen	0:46:43	1986	MHK	82	0:47:01	14:48 *	15:33 *	16:22	4:40 min/km
211	590	Leeser Jörg	Jörg Leeser	0:46:44	1967	M40	26	0:47:09	15:19 *	15:38 *	15:46	4:40 min/km
212	717	Terwey Christoph	Trusted Shops GmbH	0:46:45	1982	MHK	83	0:47:07	15:32 *	15:36 *	15:36	4:41 min/km
213	527	Heise Prof. Dr. Marc	Die Kracher	0:46:45	1988	MHK	84	0:47:17	15:52 *	15:29 *	15:24	4:41 min/km
214	694	Seufert Julius	*Ebelsbach	0:46:46	1991	MJA	5	0:47:25	16:15 *	15:44 *	14:46	4:41 min/km
215	223	Lönhardt Michael	Laktatkönige	0:46:46	1961	M45	20	0:47:35	16:09 *	15:27 *	15:09	4:41 min/km
216	723	Töws Peter	*Köln	0:46:47	1987	MHK	85	0:47:17	15:21 *	15:36 *	15:49	4:41 min/km
217	360	Sitte Matthias	Turboschnecken	0:46:47	1982	MHK	86	0:47:22	16:02 *	15:29 *	15:15	4:41 min/km
217	647	Rahn Jakob	*Budenheim	0:46:47	1987	MHK	86	0:47:18	14:53 *	15:32 *	16:22	4:41 min/km
219	213	Laskey Simon	*Köln	0:46:48	1968	M40	27	0:47:14	15:36 *	15:43 *	15:28	4:41 min/km
220	295	Richter Henning	laufrausch köln	0:46:52	1974	M35	42	0:47:15	15:34 *	15:35 *	15:42	4:41 min/km
221	156	Hippler Frank	Laufftreff Decksteiner	0:46:53	1963	M45	21	0:47:25	15:37 *	15:32 *	15:44	4:41 min/km

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222	176	Kammler Reinhard	Polizei Köln	0:46:55	1963	M45	22	0:47:04	15:34 *	15:35 *	15:45	4:42 min/km
223	517	Hachiya Hironao	*Koeln	0:46:59	1987	MHK	88	0:47:36	16:29 *	15:14 *	15:15	4:42 min/km
224	691	Seidl Tobias	*Köln	0:46:59	1989	MHK	89	0:47:38	16:20 *	15:33 *	15:05	4:42 min/km
225	148	Heinrichs Alex	trialex	0:47:01	1966	M40	28	0:47:15	15:22 *	15:44 *	15:54	4:42 min/km
226	571	Kloxin Hannes	SpoHo-Erstis	0:47:01	1989	MHK	90	0:47:37	16:14 *	15:58 *	14:48	4:42 min/km
227	434	Becker Nils	Muckel & Perg	0:47:03	1983	MHK	91	0:47:30	15:21 *	15:22 *	16:19	4:42 min/km
228	526	Heinrich Sebastian	*Köln	0:47:05	1986	MHK	92	0:47:22	14:48 *	15:33 *	16:43	4:43 min/km
229	142	Hanke Daniel	Schnuckies	0:47:06	1976	M30	23	0:47:59	15:47 *	15:32 *	15:46	4:43 min/km
230	635	Pfeiffer Jens	*Köln	0:47:06	1985	MHK	93	0:47:32	16:01 *	15:28 *	15:36	4:43 min/km
231	747	Wöffling Heiko	SpoHo-Erstis	0:47:07	1989	MHK	94	0:47:43	16:14 *	15:58 *	14:54	4:43 min/km
232	2235	Jäkel Michael	TC Weiden	0:47:11	1968	M40	29	0:47:43	15:48 *	15:34 *	15:48	4:43 min/km
233	556	Kargbo Lamin	*Köln	0:47:14	1982	MHK	95	0:47:30	15:26 *	15:30 *	16:17	4:43 min/km
234	680	Scholz Merten	Villa Frechen	0:47:14	1990	MHK	96	0:47:43	15:27 *	15:48 *	15:59	4:43 min/km
235	501	Gehring Martin	*Köln	0:47:18	1972	M35	43	0:48:09	15:30 *	15:29 *	16:19	4:44 min/km
236	557	Karlstetter Tim	*Köln	0:47:18	1990	MHK	97	0:48:11	16:08 *	15:45 *	15:24	4:44 min/km
237	490	Franke Tim	SpoHo-Erstis	0:47:20	1986	MHK	98	0:48:03	15:22 *	15:42 *	16:15	4:44 min/km
238	281	Podzus Horst	*Overath	0:47:20	1961	M45	23	0:47:36	15:48 *	15:55 *	15:36	4:44 min/km
239	568	Klingner Fabian	Düsseldorf Panther	0:47:20	1990	MHK	99	0:48:16	15:55 *	15:48 *	15:36	4:44 min/km
240	551	Jell Philipp	*Aßling	0:47:21	1988	MHK	100	0:48:02	16:14 *	15:36 *	15:30	4:44 min/km
241	727	Tsuda Keita	*Köln	0:47:22	1986	MHK	101	0:47:59	16:25 *	15:18 *	15:38	4:44 min/km
242	372	Steuer Thomas	SSK Kerpen	0:47:23	1962	M45	24	0:48:08	15:38 *	15:46 *	15:58	4:44 min/km
243	439	Bendig Felix	*Willich	0:47:24	1989	MHK	102	0:48:00	15:19 *	15:48 *	16:16	4:44 min/km
244	592	Lietz Lennart	*Bielefeld	0:47:25	1987	MHK	103	0:47:36	15:43 *	15:48 *	15:53	4:45 min/km
245	386	Thienel Markus	BSG Allianz	0:47:27	1975	M35	44	0:48:01	16:52 *	15:25 *	15:09	4:45 min/km
246	12	Aherne Tim	*Köln	0:47:29	1978	M30	24	0:48:03	16:11 *	16:19 *	14:58	4:45 min/km
247	643	Poschinski Fred	SG Neukirchen	0:47:29	1964	M45	25	0:47:55	15:41 *	15:50 *	15:57	4:45 min/km
248	497	Fuchs Michael	*Köln	0:47:30	1988	MHK	104	0:47:40	15:43 *	15:47 *	15:58	4:45 min/km
249	740	Wicherek Adam	*Koeln	0:47:30	1989	MHK	105	0:47:41	15:43 *	15:48 *	15:58	4:45 min/km
250	736	Warkowski Philipp	*Wesseling	0:47:30	1989	MHK	106	0:47:34	15:16 *	15:42 *	16:32	4:45 min/km
251	159	Holbein Heinz	*Köln	0:47:31	1961	M45	26	0:47:57	15:31 *	15:45 *	16:15	4:45 min/km
252	493	Freudenthal Tobias	*Köln-Lindenthal	0:47:31	1984	MHK	107	0:47:41	15:44 *	15:47 *	15:59	4:45 min/km
253	454	Bubbenzer Dennis	MHMK running	0:47:32	1988	MHK	108	0:47:48	15:43 *	16:03 *	15:44	4:45 min/km
254	459	Caes Jan	*Reichshof	0:47:32	1982	MHK	109	0:47:41	15:04 *	15:54 *	16:34	4:45 min/km
255	544	Ide Kiristaki	*Mönchengladbach	0:47:34	1990	MHK	110	0:47:34	15:13 *	32:01 *	00:19	4:45 min/km
256	203	Kümpel Matthias	*Köln	0:47:34	1976	M30	25	0:48:26	16:03 *	15:49 *	15:41	4:45 min/km
257	477	Engels Stephan	SpoHo-Erstis	0:47:40	1989	MHK	111	0:47:49	15:02 *	16:16 *	16:21	4:46 min/km
258	297	Ripp Dieter	MacFit	0:47:40	1956	M50	11	0:47:55	15:57 *	15:46 *	15:56	4:46 min/km
259	97	Evers Felix	ASV Köln Team 42	0:47:41	1954	M55	2	0:47:48	15:03 *	15:55 *	16:41	4:46 min/km
260	44	Böckem Mario	unter 9000	0:47:43	1972	M35	45	0:48:10	15:28 *	15:52 *	16:22	4:46 min/km
261	623	Neumann Tobias	*Köln Sülz	0:47:44	1989	MHK	112	0:48:24	16:05 *	16:04 *	15:34	4:46 min/km
262	309	Schaffgans Franz	*Frechen	0:47:45	1963	M45	27	0:48:15	15:53 *	15:59 *	15:52	4:46 min/km
263	750	Yoo SungHwun	*köln	0:47:45	1989	MHK	113	0:48:26	16:14 *	15:36 *	15:53	4:47 min/km
264	21	Arnold Jörg	Deutsche Ärzte Finanz	0:47:46	1964	M45	28	0:48:17	16:27 *	15:48 *	15:30	4:47 min/km
265	743	Wigbels René	Die Alpencrossler	0:47:46	1981	MHK	114	0:48:04	15:45 *	15:44 *	16:17	4:47 min/km
266	560	Keilberg Markus	*Sindorf	0:47:48	1986	MHK	115	0:48:37	16:51 *	16:17 *	14:40	4:47 min/km
267	733	Voss Henning	*Bielefeld	0:47:49	1987	MHK	116	0:48:08	16:04 *	16:24 *	15:21	4:47 min/km
268	664	Sattler Thomas	*Köln	0:47:51	1990	MHK	117	0:48:42	16:09 *	15:48 *	15:53	4:47 min/km
269	449	Bornkessel Kai	*Xanten	0:47:52	1991	MJA	6	0:48:31	16:06 *	16:04 *	15:41	4:47 min/km
270	81	Drieb Marcel	TriathlonSteckelCologne 1	0:47:59	1982	MHK	118	0:48:19	15:37 *	16:16 *	16:05	4:48 min/km
271	394	Verch Marco	Trusted Shops GmbH	0:47:59	1981	MHK	119	0:48:21	15:38 *	16:33 *	15:47	4:48 min/km
272	369	Steckel Manfred	TriathlonSteckelCologne 2	0:48:00	1955	M55	3	0:48:12	16:51 *	15:53 *	15:15	4:48 min/km
273	612	Michels Julian	*düsseldorf	0:48:01	1991	MJA	7	0:48:34	16:06 *	16:03 *	15:51	4:48 min/km
274	50	Breloer Daniel	*Köln	0:48:02	1974	M35	46	0:48:46	16:46 *	16:05 *	15:10	4:48 min/km
275	561	Keilberg Stephan	*Kerpen	0:48:05	1988	MHK	120	0:48:53	16:52 *	16:16 *	14:57	4:49 min/km
276	93	Engels Malte	unter 9000	0:48:06	1968	M40	30	0:48:32	16:07 *	15:48 *	16:10	4:49 min/km
277	683	Schuhte Paul	SpoHo-Erstis	0:48:06	1987	MHK	121	0:48:41	16:22 *	16:06 *	15:37	4:49 min/km

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278	0	unbekannt DY51WYB		0:48:09	0	MHK	122	0:48:50	15:36 *	16:04 *	16:28	4:49 min/km
279	530	Herold Matthias	Kickers Grüngürtel	0:48:10	1967	M40	31	0:48:50	15:36 *	16:04 *	16:28	4:49 min/km
280	174	Kämmerling Cornelius	Subbelratend	0:48:10	1984	MHK	123	0:48:52	16:16 *	16:02 *	15:51	4:49 min/km
281	2996	Bongers Christian	Köln campus	0:48:12	1986	MHK	124	0:48:53	16:17 *	16:02 *	15:51	4:49 min/km
282	377	Susanto Arthur	*Köln	0:48:12	1974	M35	47	0:48:30	16:08 *	15:57 *	16:06	4:49 min/km
283	147	Heininger Stephan	congstar	0:48:12	1967	M40	32	0:48:31	15:30 *	16:06 *	16:35	4:49 min/km
284	575	Köbrich Tobias	*Köln	0:48:13	1991	MJA	8	0:48:52	16:20 *	16:08 *	15:44	4:49 min/km
285	553	Jung Peter	SpoHo-Erstis	0:48:13	1989	MHK	125	0:48:43	16:19 *	15:58 *	15:54	4:49 min/km
286	341	Schulte Christoph	*Köln	0:48:15	1981	MHK	126	0:48:23	15:46 *	16:04 *	16:24	4:50 min/km
287	311	Scharenberg Prof. Dr.	Ü30	0:48:16	1977	M30	26	0:49:10	16:02 *	16:11 *	16:03	4:50 min/km
288	665	Scharenberg Jan	Ü30	0:48:16	1971	M35	48	0:49:10	16:02 *	16:10 *	16:04	4:50 min/km
289	89	Eggenstein Gisbert	Hatari extra	0:48:17	1973	M35	49	0:48:41	16:32 *	16:05 *	15:39	4:50 min/km
290	511	Grimm Alexander	SpoHo-Erstis	0:48:18	1991	MJA	9	0:48:21	15:36 *	16:04 *	16:37	4:50 min/km
291	546	Jacobsen Stephan	Floens & Friends	0:48:19	1968	M40	33	0:48:44	15:45 *	16:14 *	16:19	4:50 min/km
292	513	Grommes Burkhard	LC Köln Runners	0:48:19	1968	M40	34	0:48:57	15:28 *	15:57 *	16:53	4:50 min/km
293	343	Schulte Michael	*Kerpen	0:48:22	1959	M50	12	0:48:36	15:17 *	16:17 *	16:47	4:50 min/km
294	751	Zenner Christian	Die Alpencrossler	0:48:22	1971	M35	50	0:48:43	15:51 *	16:17 *	16:13	4:50 min/km
295	552	Jersch Jannis	*Köln	0:48:23	1991	MJA	10	0:48:34	16:11 *	16:08 *	16:03	4:50 min/km
296	453	Brüggemann Lukas	*Köln Lindenthal	0:48:24	1990	MHK	127	0:48:33	16:12 *	16:08 *	16:03	4:50 min/km
297	624	Noll Marc	speehastis	0:48:24	1989	MHK	128	0:49:04	16:14 *	16:17 *	15:52	4:50 min/km
298	292	Reimann Christian	*Köln	0:48:24	1968	M40	35	0:48:42	15:51 *	16:15 *	16:17	4:50 min/km
299	539	Holzapfel Sören	SpoHo-Erstis	0:48:25	1986	MHK	129	0:49:00	16:20 *	16:12 *	15:52	4:51 min/km
300	458	Busch Tobias	speehastis	0:48:26	1986	MHK	130	0:49:05	16:15 *	16:17 *	15:53	4:51 min/km
301	248	Müller Jürgen	SC Janus FrontRunner	0:48:27	1959	M50	13	0:48:48	16:13 *	16:12 *	16:01	4:51 min/km
302	656	Roloff Jan	*Köln	0:48:28	1987	MHK	131	0:49:02	16:19 *	16:13 *	15:54	4:51 min/km
303	620	Natzel Jonathan	*Düsseldorf	0:48:29	1986	MHK	132	0:48:45	16:24 *	16:07 *	15:57	4:51 min/km
304	350	Schwartz Dieter	*Köln	0:48:29	1959	M50	14	0:49:04	16:16 *	16:00 *	16:12	4:51 min/km
305	525	Heinlein Vincent	The Bro Code	0:48:29	1989	MHK	133	0:49:19	16:06 *	15:29 *	16:53	4:51 min/km
306	670	Schmetzer Max	The Bro Code	0:48:30	1987	MHK	134	0:49:19	16:07 *	15:29 *	16:53	4:51 min/km
307	566	Klempf Florian	The Bro Code	0:48:30	1986	MHK	135	0:49:20	16:07 *	16:09 *	16:13	4:51 min/km
308	753	Zschaubitz Peter	The Bro Code	0:48:30	1988	MHK	136	0:49:19	16:06 *	16:09 *	16:13	4:51 min/km
309	672	Schmidt Mathias	*Frankfurt	0:48:36	1982	MHK	137	0:48:53	16:11 *	16:14 *	16:09	4:52 min/km
310	76	Dietrich Kalle	Lahm Söck Frechen	0:48:36	1960	M50	15	0:49:02	16:11 *	16:05 *	16:19	4:52 min/km
311	178	Katzwinkel Peter	ASV	0:48:37	1968	M40	36	0:49:25	16:41 *	15:51 *	16:05	4:52 min/km
312	678	Schöneborn Julian Kai	SpoHo-Erstis	0:48:38	1990	MHK	138	0:49:00	16:23 *	16:10 *	16:04	4:52 min/km
313	218	Ley Thomas	Lt Rösratherstraße	0:48:39	1965	M45	29	0:49:03	15:46 *	16:14 *	16:39	4:52 min/km
314	698	Sonnenburg Tim	*Hürth	0:48:42	1988	MHK	139	0:49:24	16:07 *	16:07 *	16:27	4:52 min/km
315	194	Königs Manfred	LG RWE Power	0:48:46	1961	M45	30	0:49:04	16:06 *	16:21 *	16:19	4:53 min/km
316	638	Planker Stephan	*Grevenbroich	0:48:48	1984	MHK	140	0:49:20	16:13 *	16:05 *	16:29	4:53 min/km
317	533	Herzogenrath Thomas	*Köln	0:48:49	1977	M30	27	0:49:32	16:18 *	16:14 *	16:16	4:53 min/km
318	234	Metz Arne	*Köln	0:48:49	1974	M35	51	0:49:43	15:45 *	16:30 *	16:33	4:53 min/km
319	13	Albert David	*Bergheim	0:48:49	1972	M35	52	0:49:14	15:58 *	16:06 *	16:45	4:53 min/km
320	0	unbekannt DG95KRB		0:48:52	0	MHK	141	0:48:58	15:53 *	16:20 *	16:37	4:53 min/km
321	661	Sander Daniel	LG Orientierungslos	0:48:52	1990	MHK	142	0:49:36	16:17 *	15:54 *	16:39	4:53 min/km
322	304	Rupenyan Shavarsh	*Koeln	0:48:52	1967	M40	37	0:49:40	16:14 *	16:15 *	16:22	4:53 min/km
323	585	Kurtz Rene	LG Orientierungslos	0:48:52	1990	MHK	143	0:49:37	16:18 *	15:55 *	16:39	4:53 min/km
324	154	Hetkamp Peta	*Köln	0:48:53	1972	M35	53	0:49:25	16:11 *	16:25 *	16:16	4:53 min/km
325	716	Terracciano Johannes	Villa Frechen	0:49:01	1990	MHK	144	0:49:30	16:15 *	16:26 *	16:19	4:54 min/km
326	570	Klöckner David	*Rhede	0:49:03	1990	MHK	145	0:49:26	16:27 *	16:05 *	16:30	4:54 min/km
327	675	Schneider Florian	*Bad Laasphe	0:49:04	1990	MHK	146	0:49:50	17:05 *	15:52 *	16:07	4:54 min/km
328	402	Weghaus Stephan	*Köln	0:49:05	1972	M35	54	0:49:42	16:20 *	16:18 *	16:26	4:55 min/km
329	312	Scharfenstein Kai	MAS Training	0:49:05	1964	M45	31	0:49:32	16:25 *	16:21 *	16:18	4:55 min/km
330	708	Steuer Moritz	*Bergheim	0:49:05	1992	MJA	11	0:49:29	16:22 *	16:12 *	16:31	4:55 min/km
331	549	Janke Moritz	Villa Frechen	0:49:07	1989	MHK	147	0:49:36	16:15 *	16:27 *	16:25	4:55 min/km
332	558	Kathari Sascha	SpoHo-Erstis	0:49:10	1987	MHK	148	0:50:02	16:34 *	16:19 *	16:17	4:55 min/km
333	752	Zotos Theodoros	*Bornheim	0:49:11	1977	M30	28	0:50:06	16:06 *	16:18 *	16:47	4:55 min/km

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334	242	Moch Dietmar	MKH AusdauerTEAM	0:49:13	1963	M45	32	0:49:50	16:05 *	16:28 *	16:40	4:55 min/km
335	187	Klingner Peter	*Köln	0:49:14	1961	M45	33	0:50:10	16:00 *	16:38 *	16:35	4:55 min/km
336	367	Spornhauer Björn	ASV Köln Triathlon	0:49:15	1974	M35	55	0:49:27	15:25 *	16:38 *	17:11	4:56 min/km
337	741	Wicht Daniel	*Köln	0:49:19	1987	MHK	149	0:49:23	14:56 *	17:13 *	17:09	4:56 min/km
338	746	Witte Jonte	*Köln	0:49:19	1990	MHK	150	0:49:31	15:53 *	16:17 *	17:08	4:56 min/km
339	729	Van der Beek Niklas	*Köln	0:49:19	1990	MHK	151	0:49:30	15:39 *	16:24 *	17:15	4:56 min/km
340	541	Horel Tobias	*Köln	0:49:19	1986	MHK	152	0:49:39	16:03 *	16:24 *	16:51	4:56 min/km
341	504	Gnacke Fabio	*Schmallenberg	0:49:21	1991	MJA	12	0:49:34	16:14 *	16:29 *	16:37	4:56 min/km
342	580	Kribben Stephan	SpoHo-Erstis	0:49:29	1988	MHK	153	0:49:58	16:21 *	15:58 *	17:10	4:57 min/km
343	164	Huxoll Robert	*Köln	0:49:30	1975	M35	56	0:49:48	16:13 *	16:25 *	16:50	4:57 min/km
344	20	Araki Jiro	*Düsseldorf	0:49:30	1961	M45	34	0:50:09	16:22 *	16:34 *	16:34	4:57 min/km
345	489	Fischer Tino	*Köln	0:49:31	1987	MHK	154	0:49:49	16:11 *	16:37 *	16:42	4:57 min/km
346	229	Marx Hubert	LG RWE Power	0:49:32	1951	M55	4	0:50:01	16:26 *	16:16 *	16:48	4:57 min/km
346	403	Wegrzyk Marc	PSV Bonn	0:49:32	1990	MHK	155	0:50:30	16:34 *	16:19 *	16:38	4:57 min/km
348	588	Langel Marc	SpoHo-Erstis	0:49:32	1989	MHK	156	0:50:30	16:34 *	16:19 *	16:38	4:57 min/km
349	245	Monz Oliver	Yetis Köln	0:49:35	1970	M40	38	0:50:20	16:23 *	16:50 *	16:22	4:58 min/km
350	224	Lucena Juan	*Frechen/Königsdorf	0:49:38	1958	M50	16	0:49:58	16:00 *	16:38 *	17:00	4:58 min/km
351	653	Riethdorf Malte	*Köln	0:49:39	1989	MHK	157	0:50:12	16:22 *	16:49 *	16:27	4:58 min/km
352	26	Baldsiefen Jan	*Engelskirchen	0:49:40	1982	MHK	158	0:49:50	15:45 *	16:50 *	17:04	4:58 min/km
353	512	Gröger Johannes	Dshs Köln	0:49:41	1990	MHK	159	0:50:03	16:23 *	16:16 *	17:01	4:58 min/km
354	676	Schnock Frederik	*Wormbach	0:49:43	1991	MJA	13	0:49:57	16:14 *	16:29 *	16:59	4:58 min/km
355	384	Thiel Markus	*Köln	0:49:45	1976	M30	29	0:49:50	15:55 *	16:33 *	17:16	4:59 min/km
356	23	Atamtuerk Hüseyin	FC Deutsche Post NL	0:49:46	1966	M40	39	0:49:54	16:25 *	16:42 *	16:38	4:59 min/km
357	45	Bollig Klaus	LG RWE Power	0:49:46	1964	M45	35	0:50:23	15:50 *	16:29 *	17:26	4:59 min/km
358	241	Mischke Arthur	Agro Heddesse	0:49:47	1977	M30	30	0:49:55	15:12 *	16:14 *	18:21	4:59 min/km
359	524	Heckler Benjamin	*Köln Klettenberg	0:49:48	1987	MHK	160	0:50:34	17:05 *	16:03 *	16:39	4:59 min/km
360	399	Walpert Jens	42tausend	0:49:50	1966	M40	40	0:50:32	16:17 *	16:23 *	17:10	4:59 min/km
361	2381	Madadi Modjtaba	Team Colonia	0:49:56	1963	M45	36	0:50:32	16:47 *	16:39 *	16:29	4:60 min/km
362	36	Beuning Henrik	scholl runners pulheim	0:49:57	1968	M40	41	0:50:30	16:45 *	16:48 *	16:23	4:60 min/km
363	276	Petermann Christian	SpoHo-Erstis	0:49:57	1986	MHK	161	0:50:18	17:09 *	16:40 *	16:08	4:60 min/km
364	267	Övermöhle Matthias	congstar	0:49:58	1964	M45	37	0:50:19	15:49 *	16:48 *	17:20	4:60 min/km
365	64	Cogel Dr. Berthold	laufrausch köln	0:50:00	1961	M45	38	0:50:47	16:55 *	16:25 *	16:39	5:00 min/km
366	391	Van der Ven Dr. Christian	*Köln	0:50:01	1963	M45	39	0:50:35	16:25 *	16:39 *	16:56	5:00 min/km
367	662	Sanders Thomas	*Köln	0:50:03	1971	M35	57	0:50:54	17:00 *	16:28 *	16:34	5:00 min/km
368	705	Steinheil Benedict	*Köln	0:50:09	1989	MHK	162	0:50:28	16:04 *	16:31 *	17:33	5:01 min/km
369	232	Mausbach Gerd	*köln	0:50:09	1963	M45	40	0:50:22	16:35 *	16:57 *	16:37	5:01 min/km
370	323	Schmidtman Volker	*K ö l n	0:50:17	1963	M45	41	0:50:24	16:28 *	16:38 *	17:09	5:02 min/km
371	265	Ochs Dr. Guntram	*Münster	0:50:17	1963	M45	42	0:50:44	16:48 *	16:52 *	16:36	5:02 min/km
372	168	Johnen Manfred	LG RWE Power	0:50:19	1958	M50	17	0:50:38	16:33 *	16:44 *	17:01	5:02 min/km
373	228	Marx Arthur	*Bonn	0:50:23	1985	MHK	163	0:50:56	16:08 *	16:44 *	17:30	5:02 min/km
374	578	Krähling Ingmar	SpoHo-Erstis	0:50:26	1989	MHK	164	0:50:37	15:33 *	17:28 *	17:24	5:03 min/km
375	599	Mahmalat Mounir	*düsseldorf	0:50:34	1987	MHK	165	0:50:50	16:25 *	16:32 *	17:36	5:03 min/km
376	642	Pohlmann Johannes	MHMK running	0:50:37	1990	MHK	166	0:50:53	15:49 *	17:00 *	17:46	5:04 min/km
377	48	Boxberg Paul	*kürten	0:50:41	1959	M50	18	0:51:18	16:26 *	17:01 *	17:13	5:04 min/km
378	652	Richter Marcel	*Siegen	0:50:45	1989	MHK	167	0:51:00	16:44 *	17:19 *	16:41	5:05 min/km
379	202	Kronsbein Günter	*Köln	0:50:57	1965	M45	43	0:51:27	16:35 *	16:56 *	17:25	5:06 min/km
380	467	Costantini Alfons	LG RWE Power	0:50:59	1958	M50	19	0:51:28	17:15 *	17:01 *	16:42	5:06 min/km
381	366	Spill Marco	*Köln	0:51:05	1977	M30	31	0:51:39	16:29 *	16:35 *	18:00	5:07 min/km
382	330	Schneider Reiner	Laufflöwe 65	0:51:12	1965	M45	44	0:51:17	16:35 *	17:19 *	17:18	5:07 min/km
383	679	Schoepe Ralf	Carpe diem die Epikureer	0:51:19	1965	M45	45	0:51:50	16:48 *	17:10 *	17:20	5:08 min/km
384	408	Werth Burghard	LG RWE Power	0:51:21	1956	M50	20	0:51:50	17:13 *	17:04 *	17:03	5:08 min/km
385	371	Steinhauer Achim	LG RWE Power	0:51:49	1965	M45	46	0:52:17	17:27 *	17:13 *	17:09	5:11 min/km
386	210	Langensiepen Günter	Laktatkönige	0:51:53	1946	M60	2	0:52:44	16:44 *	17:43 *	17:25	5:11 min/km
387	37	Beuscher Armin	Laktatkönige	0:51:55	1958	M50	21	0:52:43	16:41 *	17:48 *	17:24	5:12 min/km
388	645	Radics Zsolt	*köln	0:51:56	1970	M40	42	0:52:45	16:16 *	17:09 *	18:31	5:12 min/km
389	170	Jongen Paul Dieter	LG RWE Power	0:52:07	1949	M60	3	0:52:26	17:07 *	17:15 *	17:44	5:13 min/km

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390	465	Conzen Johannes	SpoHo-Erstis	0:52:24	1990	MHK	168	0:52:34	16:28 *	17:09 *	18:46	5:14 min/km
391	2423	Michou Thomas	LC Köln Runners	0:52:24	1969	M40	43	0:53:02	16:42 *	17:41 *	18:00	5:14 min/km
392	258	Nießing Uwe	LT Flinke Föös	0:52:34	1971	M35	58	0:53:06	16:12 *	17:25 *	18:57	5:15 min/km
393	376	Süßenbach Reinhard	LG RWE Power	0:52:38	1961	M45	47	0:52:56	17:04 *	17:37 *	17:56	5:16 min/km
394	640	Pötting Sascha	SpoHo-Erstis	0:52:41	1987	MHK	169	0:53:25	17:00 *	17:26 *	18:15	5:16 min/km
395	1161	Klein Stephan	*Monheim	0:52:46	1961	M45	48	0:53:41	16:53 *	17:30 *	18:23	5:17 min/km
396	706	Stepha Richard	*Köln	0:52:50	1965	M45	49	0:53:16	16:58 *	17:42 *	18:08	5:17 min/km
397	548	Jang Il-woo	*koeln	0:52:52	1976	M30	32	0:53:33	17:00 *	18:34 *	17:17	5:17 min/km
398	379	Takos Panagiotis	*Köln	0:53:27	1975	M35	59	0:53:40	16:36 *	18:20 *	18:30	5:21 min/km
399	155	Hinderks Dirk	*Köln	0:53:29	1968	M40	44	0:54:19	17:03 *	18:11 *	18:13	5:21 min/km
400	179	Kessler Thomas	deg road runners	0:54:06	1955	M55	5	0:54:09	17:11 *	18:14 *	18:40	5:25 min/km
401	251	Münker Henning	TV Büschergrund	0:54:06	1962	M45	50	0:54:51	17:15 *	17:57 *	18:54	5:25 min/km
402	290	Rack Peter	Die Alpengrossler	0:54:20	1971	M35	60	0:54:41	17:23 *	18:21 *	18:34	5:26 min/km
403	591	Lehmann Jacob	*Köln	0:54:25	1996	MSA	2	0:54:49	17:45 *	18:25 *	18:14	5:27 min/km
404	626	Odenthal Marc	*Weilerswist	0:55:14	1991	MJA	14	0:55:22	17:05 *	18:56 *	19:13	5:31 min/km
405	414	Wirth Burkhard	*Euskirchen	0:55:16	1954	M55	6	0:55:55	17:08 *	18:36 *	19:32	5:32 min/km
406	1186	Kotterba Peter	SSK Kerpen	0:55:40	1952	M55	7	0:56:00	17:17 *	19:08 *	19:15	5:34 min/km
407	602	Matzel Yannick	*Köln	0:57:53	1996	MSA	3	0:58:17	17:48 *	19:36 *	20:28	5:47 min/km
408	1493	SEIDEL HEINRICH	*köln	1:02:02	1966	M40	45	1:02:35	17:54 *	21:56 *	22:11	6:12 min/km
409	576	Kohn Andreas	MHMK running	1:04:11	1990	MHK	170	1:04:31	19:37 *	21:38 *	22:55	6:25 min/km
410	719	Thomas Marcel	*Köln	1:04:14	1993	MJB	3	1:04:36	20:03 *	22:33 *	21:37	6:25 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	326	Schmitz-Elvenich Anke	ASV Köln Triathlon	0:40:12	1971	W35	1	0:40:15 13:14 * 13:21 * 13:36	4:01 min/km
2	370	Rey Claudia	LAZ PUMA	0:40:57	1970	W40	1	0:41:01 13:15 * 13:38 * 14:03	4:06 min/km
3	440	Berger Alisa	ASV Köln	0:43:04	1989	WHK	1	0:43:13 14:32 * 14:09 * 14:22	4:18 min/km
4	212	Laskey Nina	*Köln	0:43:58	1977	W30	1	0:44:24 15:22 * 14:18 * 14:17	4:24 min/km
5	332	Schöller Helga	LC Euskirchen	0:43:59	1969	W40	2	0:44:09 14:42 * 14:28 * 14:48	4:24 min/km
6	119	Geiken Annette	LG RWE Power	0:44:01	1967	W40	3	0:44:18 14:44 * 14:55 * 14:22	4:24 min/km
7	136	Gruner Stephanie	ASV Köln	0:45:50	1985	WHK	2	0:45:57 15:00 * 15:27 * 15:22	4:35 min/km
8	68	Daniels Anke	Kölner Turnerschaft von	0:46:13	1974	W35	2	0:46:49 15:11 * 15:18 * 15:43	4:37 min/km
9	264	Obernosterer Ute	Lahm Söck Frechen	0:46:26	1963	W45	1	0:46:58 15:35 * 15:37 * 15:14	4:39 min/km
10	339	Schubert Anka	Health City	0:47:02	1977	W30	2	0:47:42 15:53 * 15:33 * 15:35	4:42 min/km
11	344	Schulten Franziska	Schnuckies	0:47:06	1976	W30	3	0:47:59 15:47 * 15:31 * 15:47	4:43 min/km
12	425	Aßheuer Sabine	*Köln	0:47:13	1982	WHK	3	0:47:36 15:46 * 15:37 * 15:49	4:43 min/km
13	393	Velde Claudia	Sportfreunde Stöcker	0:47:33	1967	W40	4	0:48:26 16:07 * 15:45 * 15:40	4:45 min/km
14	508	Grabsch Doreen	RC Schmitter Köln-Gleuel	0:47:48	1976	W30	4	0:47:51 15:52 * 16:03 * 15:52	4:47 min/km
15	113	Gäde Hannah	TriathlonSteckelCologne 1	0:48:00	1980	W30	5	0:48:20 15:37 * 16:15 * 16:06	4:48 min/km
16	693	Selmer Kerstin	*Flensburg	0:48:02	1990	WHK	4	0:48:19 16:10 * 15:52 * 15:59	4:48 min/km
17	180	Keunecke Dr. Katerina	Die Ersten vorm	0:48:17	1977	W30	6	0:48:47 16:12 * 16:06 * 15:58	4:50 min/km
18	204	Küttner Christiane	ASV Köln Triathlon	0:48:39	1967	W40	5	0:48:50 16:11 * 16:04 * 16:23	4:52 min/km
19	30	Bauer Heike	*Köln	0:49:10	1973	W35	3	0:49:54 16:46 * 16:05 * 16:18	4:55 min/km
20	484	Faßbender Sonja	SpoHo-Erstis	0:49:16	1990	WHK	5	0:49:20 15:37 * 16:37 * 17:01	4:56 min/km
21	240	Miketta Helga	Birkedorfer TV	0:49:30	1941	W65	1	0:50:00 16:41 * 16:20 * 16:28	4:57 min/km
22	479	Eßer Liisa	KSG Köln	0:49:32	1981	WHK	6	0:49:49 16:06 * 16:43 * 16:42	4:57 min/km
23	2547	Post Stefanie	... und ab die Post!	0:50:13	1989	WHK	7	0:50:18 16:41 * 16:48 * 16:43	5:01 min/km
24	166	Jerosch Marianne	LG RWE Power	0:50:15	1961	W45	2	0:50:33 17:01 * 16:33 * 16:40	5:02 min/km
25	106	Fischer Sabine	ASV Köln	0:50:21	1961	W45	3	0:50:33 16:43 * 16:54 * 16:44	5:02 min/km
26	35	Berling Doris	Decksteiner Lauftreff	0:50:27	1965	W45	4	0:50:40 16:36 * 16:56 * 16:55	5:03 min/km
27	54	Brings Dr. Angela	*Köln	0:50:30	1968	W40	6	0:51:14 16:23 * 16:50 * 17:15	5:03 min/km
28	38	Biciste Dominique	*Köln	0:50:34	1981	WHK	8	0:50:58 15:48 * 17:05 * 17:41	5:03 min/km
29	1189	Krantz Claudia	*Köln	0:50:56	1967	W40	7	0:51:03 16:13 * 16:55 * 17:47	5:06 min/km
30	491	Franz Lisa	*Köln	0:51:08	1990	WHK	9	0:51:14 16:47 * 16:59 * 17:21	5:07 min/km
31	259	Nissen Nicole	Lauftreff Decksteiner	0:51:16	1973	W35	4	0:51:30 16:46 * 16:55 * 17:33	5:08 min/km
32	60	Chrzonszcz Jenny	Lauftreff Decksteiner	0:51:18	1982	WHK	10	0:51:30 16:36 * 17:07 * 17:34	5:08 min/km
33	409	Werth Ingeborg	LG RWE Power	0:51:21	1959	W50	1	0:51:50 17:13 * 17:03 * 17:05	5:08 min/km
34	618	Münch Mareike	*Köln	0:51:25	1991	WJA	1	0:51:32 16:46 * 17:06 * 17:33	5:09 min/km
35	129	Gocheva Stanimira	Fast Foots	0:51:33	1983	WHK	11	0:52:20 17:02 * 17:09 * 17:21	5:09 min/km
36	737	Wehmeyer Birte	Health City	0:51:33	1979	W30	7	0:52:20 17:00 * 17:11 * 17:21	5:09 min/km
37	387	Tönnnes Marianne	ohne Verein	0:51:45	1959	W50	2	0:52:15 17:11 * 17:17 * 17:16	5:11 min/km
38	634	Pfeifer Michelle	*Köln	0:51:48	1990	WHK	12	0:52:16 17:19 * 17:19 * 17:09	5:11 min/km
39	401	Weber-Steinhauer Birgit	LG RWE Power	0:51:50	1963	W45	5	0:52:17 17:27 * 17:13 * 17:09	5:11 min/km
40	481	Evertz Alexandra	Team A	0:52:07	1985	WHK	13	0:52:30 16:42 * 17:38 * 17:46	5:13 min/km
41	160	Holbein Petra	Pulheimer SC	0:52:20	1964	W45	6	0:52:48 17:09 * 17:27 * 17:43	5:14 min/km
42	692	Selmer Ilka	*Flensburg	0:52:28	1989	WHK	14	0:52:45 16:42 * 17:48 * 17:57	5:15 min/km
43	531	Herth Andrea	*Köln	0:52:45	1985	WHK	15	0:53:18 17:04 * 17:39 * 18:01	5:17 min/km
44	14	Albrecht Julia	SpoHo-Erstis	0:52:52	1990	WHK	16	0:53:35 16:51 * 18:05 * 17:56	5:17 min/km
45	322	Schmidt-Küster Dorle	*Köln	0:52:53	1958	W50	3	0:53:25 17:03 * 17:34 * 18:16	5:17 min/km
46	397	Voß Kerstin	Lauftreff Decksteiner	0:52:55	1969	W40	8	0:53:09 17:08 * 17:46 * 18:00	5:18 min/km
47	285	Pütz Andrea	Tri Cologne	0:53:04	1974	W35	5	0:53:31 16:53 * 17:43 * 18:27	5:18 min/km
48	507	Göstemeyer Laura	*Hamburg	0:53:09	1989	WHK	17	0:53:15 16:46 * 17:27 * 18:55	5:19 min/km
48	654	Rösch Lisa	*Köln	0:53:09	1990	WHK	17	0:53:15 16:46 * 17:27 * 18:55	5:19 min/km
50	744	Wille Gaelike	*Junkersdorf	0:53:32	1991	WJA	2	0:53:38 16:59 * 18:07 * 18:25	5:21 min/km
51	463	Claßen Stephanie	*Duisburg	0:53:39	1991	WJA	3	0:53:59 17:33 * 17:32 * 18:33	5:22 min/km
52	2452	Münker Franziska	*Köln	0:54:03	1989	WHK	19	0:54:49 17:18 * 17:56 * 18:49	5:24 min/km
53	636	Pfeil Alexandra	*Solingen	0:54:41	1990	WHK	20	0:55:09 17:36 * 18:25 * 18:39	5:28 min/km

Kölner Nikolauslauf am 5. Dezember 2010 - 10km Toplauf

Ergebnisliste Frauen

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54	2493	Orthey Lea	*Köln	0:58:20	1985 WHK	21	0:59:05	18:00 *	19:57 *	20:22	5:50 min/km
55	398	Voß Sara	*Köln	0:58:24	1981 WHK	22	0:59:05	18:04 *	19:57 *	20:22	5:50 min/km
56	480	Evers Annika	*Köln	0:59:19	1989 WHK	23	1:00:00	19:16 *	19:49 *	20:12	5:56 min/km
57	709	Stichel Laura- Isabell	MHMK running	1:04:12	1991 WJA	4	1:04:32	19:37 *	21:38 *	22:56	6:25 min/km