

10km - Gesamtwertung

Unilauf Köln - 9. Juni 2010

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	1954	Kern Artur	*Erfstadt	GER	0:31:57	0:32:00	1	MHK	81	07:39 07:56 07:44 07:57
2	2	Haferkamp Lars	WG Köln	GER	0:33:02	0:33:03	1	M30	79	07:38 07:57 08:12 08:28
3	30	Oude-Aost Jan	RWTH Aachen	GER	0:33:09	0:33:11	2	M30	79	07:40 08:08 08:18 08:16
4	36	Nawrocki Philipp	RWTH Aachen	GER	0:33:40	0:33:41	3	M30	77	07:50 08:15 08:20 08:23
5	47	Klewenhagen Stefan	RWTH Aachen	GER	0:33:47	0:33:49	2	MHK	87	07:57 08:19 08:20 08:21
6	2247	Mucha Bastian	Köln Triathlon e.V.	GER	0:34:13	0:34:16	3	MHK	83	07:46 08:25 08:35 08:35
7	32	Simard Frank	RWTH Aachen	GER	0:34:24	0:34:25	4	MHK	87	07:59 08:26 08:36 08:33
8	31	Schnorr Stefan	RWTH Aachen	GER	0:34:41	0:34:43	5	MHK	85	07:58 08:34 08:43 08:37
9	150	Dichans Fabian	*Wegberg	GER	0:35:04	0:35:05	6	MHK	82	08:08 08:37 08:46 08:42
10	38	Schumacher Mathias	RWTH Aachen	GER	0:35:15	0:35:17	7	MHK	82	08:14 08:42 08:52 08:41
11	2160	Paulsen Dirk	Cologne Graduate School	GER	0:35:32	0:35:34	8	MHK	83	08:01 08:37 09:04 09:00
12	40	Pelzer Martin	RWTH Aachen	GER	0:35:42	0:35:44	9	MHK	88	08:20 08:46 08:58 08:49
13	44	Werker Markus	RWTH Aachen	GER	0:35:44	0:35:46	10	MHK	86	08:17 08:50 08:58 08:50
14	43	Frielingshaus Robert	RWTH Aachen	GER	0:35:49	0:35:53	11	MHK	84	08:00 08:42 09:06 09:13
15	2145	Martin Frederik	Central-Team	GER	0:36:09	0:36:12	4	M30	80	08:36 08:46 08:51 09:03
16	2143	Kimberley James	Central-Team	GER	0:36:13	0:36:16	5	M30	77	08:20 08:50 09:07 09:07
17	4	Müller Christian	WG Köln	GER	0:36:14	0:36:15	12	MHK	87	08:21 08:52 09:12 09:04
18	51	Beulertz Andreas	Berg. Universität Wuppertal	GER	0:36:33	0:36:35	13	MHK	86	08:11 08:45 09:12 09:29
19	33	Flohre Jan	RWTH Aachen	GER	0:36:45	0:36:49	14	MHK	84	08:42 08:51 09:19 09:02
20	2365	Zelle Stefan	PV Triathlon Witten	GER	0:36:48	0:36:51	15	MHK	83	08:06 08:53 09:25 09:33
21	2180	Sixtus Florian	Colognerunners	GER	0:36:51	0:36:52	1	M35	73	08:30 09:03 09:19 09:08
22	2146	Ohme Holger	Central-Team	GER	0:36:52	0:36:56	6	M30	77	08:19 09:03 09:23 09:20
23	34	Udina Lars	RWTH Aachen	GER	0:36:53	0:36:56	16	MHK	86	08:44 09:13 09:10 08:57
24	39	Müller Matthias	RWTH Aachen	GER	0:36:56	0:36:58	17	MHK	84	08:07 08:49 09:15 09:49
25	928	Nieswand Patrick	Deutz 05	GER	0:37:34	0:37:39	2	M35	73	08:46 09:11 09:19 09:21
26	2140	Elskamp Gregor	Central-Team	GER	0:37:41	0:37:45	3	M35	71	08:53 09:08 09:22 09:23
27	69	Brandt Heiko	WG Dortmund	GER	0:37:42	0:37:45	18	MHK	86	08:34 09:13 09:30 09:33
28	68	Handschuh Stephan	WG Dortmund	GER	0:37:55	0:37:57	19	MHK	82	08:53 09:13 09:33 09:27
29	37	Schumann Timo	RWTH Aachen	GER	0:37:56	0:37:59	20	MHK	85	08:49 09:18 09:32 09:23
30	2152	Trems Torsten	Central-Team	GER	0:37:58	0:38:00	7	M30	77	08:41 09:26 09:27 09:33
31	2144	Ley Jürgen	Central-Team	GER	0:38:08	0:38:10	4	M35	71	08:56 09:27 09:24 09:27
32	2228	Joisten Christian	Hart aber Herzig	GER	0:38:12	0:38:16	21	MHK	83	08:48 09:30 09:34 09:30
33	7	Freese Mathias	WG Köln	GER	0:38:13	0:38:16	22	MHK	86	08:59 09:27 09:31 09:26
34	2412	Eggers Sven	Sportfreunde Siller	GER	0:38:23	0:38:26	5	M35	72	08:50 09:30 09:37 09:34
35	2067	Wolters Dr. Andre	*Köln	GER	0:38:36	0:38:44	6	M35	71	08:59 09:25 09:33 09:43
36	2411	Essmann Thomas	Spaßfaktor	GER	0:38:50	0:39:02	8	M30	76	09:09 09:21 09:42 09:45
37	2003	Neubauer Dominik	*Köln	GER	0:38:52	0:38:54	9	M30	80	08:41 09:28 09:48 09:56
38	78	Wiese Stefan	Uni Münster	GER	0:38:56	0:39:03	23	MHK	84	09:13 09:33 09:35 09:45
39	1180	Bongers Christian	KölnCampus	GER	0:39:04	0:39:15	24	MHK	86	09:07 09:35 09:56 09:38
40	2382	Poischen Thomas	RheinEnergie AG		0:39:09	0:39:12	1	M40	70	09:06 09:38 09:44 09:51
41	1312	Ohrdorf Eike	LG Bremen Nord	GER	0:39:10	0:39:12	25	MHK	83	08:50 09:35 09:56 09:52
42	2417	Herboth Carsten	SSF Bonn	GER	0:39:19	0:39:21	26	MHK	88	08:58 09:46 10:04 09:39
43	2286	Cam Cengiz	Laufmonster	GER	0:39:22	0:39:32	2	M40	66	09:18 09:38 09:48 09:47
44	1721	Atmanspacher Sylvio	Valium i.V.	GER	0:39:26	0:39:33	10	M30	76	09:12 09:38 09:57 09:46
45	1537	Zielonka Dirk	SC Vilkerath	GER	0:39:27	0:39:31	27	MHK	85	08:57 09:38 09:56 10:05
46	2208	Heinrich Alexander	Frontrunner Cologne	GER	0:39:29	0:39:50	3	M40	68	09:03 09:43 09:51 09:56
47	796	Dunajski Rafael	Cologne Internationals	GER	0:39:33	0:39:39	28	MHK	84	08:44 09:57 10:15 09:48
48	2142	Hülse Dominik	Central-Team	GER	0:39:45	0:39:48	11	M30	80	09:16 09:53 09:57 09:44
49	2232	Althaus Jens	HLK	GER	0:39:58	0:40:11	29	MHK	88	09:22 09:49 09:57 09:58
50	2290	Gläßer Harald	Laufmonster	GER	0:39:58	0:40:08	4	M40	68	09:31 09:41 10:01 09:50
51	2139	Busch Oliver	Central-Team	GER	0:39:58	0:40:01	12	M30	76	09:16 09:54 09:57 09:57
52	791	Dinos Theo	Cologne Internationals	GER	0:39:59	0:40:03	13	M30	80	08:40 10:21 10:04 09:58
53	2289	Engelhardt Kai	Laufmonster	GER	0:40:05	0:40:08	5	M40	67	09:24 09:47 09:54 10:03
54	2287	Carbach Frank	Laufmonster	GER	0:40:09	0:40:10	6	M40	70	09:37 09:39 09:49 10:05
55	1935	Gruschwitz Axel	*Köln	GER	0:40:10	0:40:10	14	M30	79	09:37 09:39 09:49 10:06
56	853	Nußbaum Johannes	Cologne Internationals	GER	0:40:18	0:40:23	30	MHK	87	09:27 10:05 10:07 09:50
57	1964	Kräker Thorsten	*Köln	GER	0:40:29	0:40:37	7	M40	69	09:39 09:58 10:06 09:55
58	1917	Feldenkirchen Nikolai	*Köln	GER	0:40:32	0:40:36	15	M30	80	09:01 10:05 10:16 10:13
59	795	Ducrotverdun Romain	Cologne Internationals	FRA	0:40:34	0:40:43	31	MHK	86	09:48 10:13 10:04 09:36
60	786	Chanal Benoit	Cologne Internationals	GER	0:40:36	0:40:38	32	MHK	89	08:49 09:47 10:27 10:46

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
61	1149	Berning Carl	iRun	GER	0:40:37	0:40:41	33	MHK	84	09:15 10:14 10:17 10:03
62	2184	Spilles Jörg	Die Eifelbauern	GER	0:40:43	0:40:59	7	M35	74	10:24 09:59 09:54 09:35
63	1256	König André	König André	GER	0:40:50	0:40:50	16	M30	80	00:00 00:00 00:00 00:00
64	1131	Röttger Henning	HMG-Flitzer	GER	0:40:50	0:40:58	17	M30	79	09:31 09:59 10:13 10:12
65	1998	Mückenheim Sven	*Köln	GER	0:40:59	0:41:07	8	M35	74	09:36 10:01 10:08 10:20
66	2291	Graef Daniel	Laufmonster	GER	0:41:02	0:41:11	18	M30	77	09:40 10:08 10:10 10:09
67	2106	Hauser Tim	Belladonna Racing Team	GER	0:41:19	0:41:32	1	MJB	93	10:17 10:12 10:10 09:45
68	1689	Cordes Enno	Turbine Pornobrilie 07	GER	0:41:24	0:41:27	34	MHK	85	09:18 10:07 10:35 10:29
69	2285	Bosbach Prof. Dr. Gerd	Laufmonster	GER	0:41:24	0:41:28	1	M55	53	09:07 10:07 10:40 10:31
70	2141	Gatzen Harald	Central-Team	GER	0:41:26	0:41:33	9	M35	75	09:52 10:03 10:16 10:17
71	77	Machauer Marcel	Uni Münster	GER	0:41:26	0:41:32	35	MHK	82	09:45 10:23 10:18 10:01
72	1921	Franitza Marek	*Köln	GER	0:41:28	0:41:34	19	M30	76	09:36 10:04 10:20 10:31
73	2462	Isbaner Wolfgang	TSV Bayer 04 Leverkusen	GER	0:41:29	0:41:36	2	M55	54	09:48 10:11 10:24 10:09
74	1927	Ghosh Ajoy	*Köln	GER	0:41:29	0:41:37	8	M40	67	09:48 10:04 10:14 10:22
74	17	Klütsch Andreas	Berg. Universität Wuppertal		0:41:29	0:41:38	36	MHK	89	09:36 10:04 10:27 10:24
76	2292	José Carlos Dias da Silva	Laufmonster	GER	0:41:30	0:41:40	1	M45	61	09:30 10:24 10:39 10:10
77	2300	Theißen Michael	Lauftreff Hersel	GER	0:41:33	0:41:40	1	M50	59	09:47 10:07 10:19 10:26
78	1612	Hennig Andreas	Strahlende Läufer	GER	0:41:33	0:41:45	37	MHK	85	09:50 10:10 10:20 10:17
79	700	Holz Tobias	Bonn-Rhein-Sieg Runners	GER	0:41:44	0:41:49	38	MHK	84	09:42 10:15 10:31 10:24
80	2094	Stühn Dennis	ASC Weißbachtal	GER	0:41:45	0:41:50	39	MHK	82	10:09 10:23 10:28 09:55
81	1360	Höhmnn Ingmar	MitUns	GER	0:41:47	0:41:53	20	M30	80	09:43 10:12 10:25 10:31
82	2345	Oberhoffer Roland	Muckel & Perg	GER	0:41:48	0:41:55	40	MHK	84	09:34 10:17 10:29 10:33
83	508	Von Wulfen Matthias	*Köln	GER	0:41:51	0:41:57	10	M35	74	09:51 10:16 10:24 10:26
84	697	FLohr Marcus	Bonn-Rhein-Sieg Runners	GER	0:41:53	0:41:58	41	MHK	86	09:30 10:20 10:32 10:33
85	377	Passadakis Silvio	*Köln	GER	0:41:56	0:42:07	21	M30	79	09:44 10:13 10:36 10:23
86	2002	Neimeke Ralf	*Köln	GER	0:42:00	0:42:09	9	M40	70	09:43 10:15 10:27 10:40
87	2448	Steil Heiko	Telefónica o2 Germany	GER	0:42:10	0:42:26	22	M30	76	10:00 10:18 10:30 10:30
88	718	Rost Alexander	Bonn-Rhein-Sieg Runners	GER	0:42:10	0:42:32	42	MHK	82	10:18 10:00 10:40 10:19
89	1884	Alsheuer Tibor	*Köln	GER	0:42:10	0:42:35	23	M30	78	10:29 10:10 10:17 10:17
90	2029	Salchow Michael	*Köln	GER	0:42:13	0:42:32	43	MHK	88	10:11 10:07 10:21 10:33
91	732	Yohannes Alexander	Bonn-Rhein-Sieg Runners	GER	0:42:14	0:42:35	44	MHK	85	09:28 10:11 10:57 10:41
92	2033	Schaffgans Franz	*Frechen	GER	0:42:18	0:42:22	2	M45	63	09:35 10:22 10:33 10:45
93	2405	Weiß Alexander	Scuderia Südstadt	GER	0:42:21	0:42:29	24	M30	79	09:58 10:24 10:40 10:22
94	910	Krewer Till	currentes	GER	0:42:25	0:42:38	45	MHK	84	10:13 10:19 10:33 10:25
95	2182	Verhoeven Stefan	currentes	GER	0:42:26	0:42:38	46	MHK	85	10:13 10:19 10:34 10:24
96	1019	Fabisch Dirk	FH Köln	GER	0:42:28	0:42:48	25	M30	78	09:54 10:29 10:40 10:33
97	484	Stüttem Etienne	*köln	GER	0:42:29	0:42:53	47	MHK	85	10:16 10:24 10:27 10:27
98	1278	Buxel Oliver	LG Ahrem	GER	0:42:30	0:42:34	26	M30	79	10:33 10:31 10:27 10:06
99	1773	Adler Marc	WiSo-Fachschaft & Friends	GER	0:42:31	0:42:35	48	MHK	84	10:06 10:27 10:29 10:32
100	2049	Stockmann Maik	*Köln	GER	0:42:33	0:42:42	11	M35	75	09:54 10:17 10:45 10:37
101	421	Schäfer Uwe	*köln	GER	0:42:34	0:42:59	49	MHK	88	10:16 10:24 10:27 10:31
102	1068	Krafft Jörg	Frontrunner Cologne	GER	0:42:38	0:42:59	3	M45	61	10:18 10:30 10:27 10:27
102	2021	Püschel Kai	*Köln	GER	0:42:38	0:42:56	50	MHK	82	10:34 10:33 10:23 10:10
104	2164	Claeßens Thomas	Cologne Internationals	GER	0:42:39	0:42:44	51	MHK	86	09:23 10:13 10:49 11:12
105	2463	Berger Stephan	TTC-Bachem	GER	0:42:44	0:42:52	4	M45	62	09:43 10:13 11:14 10:34
106	651	Müller Jann	Bonn Internationals	GER	0:42:46	0:43:14	52	MHK	84	10:27 10:01 10:46 10:41
107	1660	Hellmann Markus	Team Jizzmasters	GER	0:42:48	0:42:53	53	MHK	88	09:29 10:34 11:01 10:47
108	525	Wilmes Heiko	*Bergisch gladbach	GER	0:42:49	0:42:51	10	M40	69	09:40 10:30 10:49 10:45
109	585	Sprenger Marius	Belladonna Racing Team	GER	0:42:50	0:43:03	1	MJA	92	10:16 10:12 10:17 11:02
110	2421	Bauer Cristoph	SSK Kerpen Triathlon	GER	0:42:51	0:42:55	2	M50	59	10:00 10:21 10:41 10:48
111	1988	Lutz Dr. Jürgen	*Köln	GER	0:42:52	0:42:59	11	M40	68	09:59 10:26 10:50 10:41
112	586	Neimanns Erik	Betriebssportgruppe Dynamo	GER	0:42:55	0:43:05	54	MHK	85	10:02 10:25 10:35 10:52
113	2193	Klinkhammer Stefan	domradio	GER	0:42:55	0:43:10	12	M35	75	10:13 10:28 10:39 10:42
114	2053	Vaaßen Peter	*Frechen	GER	0:43:02	0:43:26	5	M45	65	10:10 10:23 10:38 10:52
115	1326	Decker Maurice	LSC	LUX	0:43:03	0:43:20	55	MHK	86	10:32 10:25 10:37 10:38
116	1992	Meskemper Joshua	*Köln	GER	0:43:06	0:43:19	56	MHK	84	09:31 10:22 11:04 11:05
117	90	Anic Deniz	*Köln	GER	0:43:08	0:43:09	57	MHK	89	10:23 10:47 10:46 10:19
118	1255	Wehrmann Raphael	Koelnmesse	GER	0:43:10	0:43:12	13	M35	75	10:10 10:35 10:52 10:39
118	363	Nieweg Marius	*Köln	GER	0:43:10	0:43:15	58	MHK	87	09:46 10:35 11:10 10:42
120	2336	Hohenhaus Dr. Jörn	MitUns	GER	0:43:11	0:43:17	14	M35	73	09:59 10:37 10:52 10:52

10km - Gesamtwertung

Unilauf Köln - 9. Juni 2010

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
121	1765	Ermes Christoph	wer-kennt-wen.de	GER	0:43:12	0:43:33	59	MHK	84	09:49 10:35 10:54 10:56
122	2394	Möbus Dr. Volkmar	SC Charlottenburg	GER	0:43:12	0:43:16	3	M55	53	10:05 10:38 10:45 10:44
123	1250	Arzt Michael	Koelnmesse	GER	0:43:13	0:43:14	27	M30	76	10:10 10:36 10:51 10:39
124	64	Schäfer David	Universität Siegen	GER	0:43:13	0:43:20	60	MHK	87	09:42 10:43 11:10 10:45
125	2105	Pleuß Jörn	Begnadete Körper	GER	0:43:14	0:43:18	61	MHK	84	09:58 10:57 10:42 10:37
126	1399	Peters Simon	Ökumene Lindenthal	GER	0:43:17	0:44:03	2	MJA	91	10:02 10:06 10:57 11:16
127	703	Krämer Manuel	Bonn-Rhein-Sieg Runners	GER	0:43:18	0:43:39	62	MHK	87	09:34 10:37 11:23 10:42
128	2240	Klüver Michael	Jugend der Herz Jesu	GER	0:43:20	0:43:36	28	M30	80	10:18 10:31 10:43 10:48
129	1274	Lakemeyer Alexander	Laufrausch	GER	0:43:21	0:43:24	63	MHK	84	09:10 10:46 11:08 11:17
130	61	Mank Paul	Universität Siegen	GER	0:43:24	0:43:30	64	MHK	89	09:43 10:29 10:50 11:20
131	2217	Noack Eberhard	GSG Pulheim	GER	0:43:32	0:43:46	6	M45	63	10:19 10:33 10:54 10:46
132	2016	Pilz Andreas	*Hürth	GER	0:43:33	0:43:44	15	M35	74	10:30 10:41 10:49 10:39
133	2331	Arndt Hartmut	MitUns	GER	0:43:34	0:43:47	3	M50	57	10:25 10:42 10:49 10:39
134	1504	Ryssel Winfried	RheinEnergie AG		0:43:35	0:43:36	12	M40	68	09:34 10:28 10:51 11:28
135	2453	Görlach Alexander	TKD Kerpen	GER	0:43:37	0:43:41	29	M30	78	09:45 10:41 11:25 10:44
136	1901	Cremer Jürgen	*Köln	GER	0:43:40	0:43:43	7	M45	62	10:14 10:42 10:59 10:47
137	1516	Dworski Peter	Rodgrod med flode	GER	0:43:41	0:43:44	65	MHK	85	09:47 10:31 10:54 11:28
138	2429	Wildförster Heinz Dieter	SSK Kerpen Triathlon	GER	0:43:44	0:43:52	8	M45	62	10:22 10:37 10:52 10:53
139	2325	Ziegler Dr. Michael	Marathon Finanz AG	DEU	0:43:44	0:43:57	9	M45	64	10:25 10:39 10:47 10:53
140	1947	Husemann Georg	*Köln	GER	0:43:44	0:43:51	13	M40	68	09:53 10:41 10:50 11:21
141	2299	Richter Henning	Laufrausch	GER	0:43:45	0:44:07	16	M35	74	10:20 10:31 10:58 10:57
142	538	Zamorano Christian	*Köln	GER	0:43:50	0:44:02	66	MHK	86	09:51 10:55 11:18 10:48
143	2274	Hoevels Godehard	kuebler-sport.de	GER	0:43:51	0:44:00	14	M40	66	09:52 10:31 10:52 11:29
144	2242	Pelzer Wolfgang	Kaufhof Sportverein	GER	0:43:52	0:44:03	10	M45	62	10:20 10:39 10:54 10:55
145	1132	Unger Manuel	HMG-Flitzer	GER	0:43:57	0:44:12	30	M30	78	10:37 10:16 10:54 11:03
146	2451	Mohrmann Möhre	The Elf und seine Freunde	GER	0:43:58	0:44:08	17	M35	73	09:50 10:13 10:47 12:10
147	1719	Speicher Sebastian	Urologische Uniklinik Köln	GER	0:43:59	0:44:38	67	MHK	86	10:20 10:40 11:19 10:49
148	317	Leyva Jorge	*Köln	MEX	0:44:01	0:44:12	68	MHK	81	10:32 10:47 10:50 10:51
149	2099	Steinfeld Markus	ASV Köln	GER	0:44:07	0:44:25	18	M35	73	10:23 10:36 11:00 11:05
150	2155	Trzaskalik Martin	cleverbridge	GER	0:44:08	0:44:21	19	M35	73	09:48 10:37 11:20 11:26
151	137	Büttgen Michael	*Köln	GER	0:44:09	0:44:36	69	MHK	81	10:09 11:05 11:19 10:47
152	112	Bippus Joachim	*brühl	GER	0:44:10	0:44:19	4	M50	58	10:26 10:45 10:57 11:05
153	178	Franklin Jeremy	*Kerpen	GBR	0:44:11	0:44:23	5	M50	59	10:14 10:24 10:52 11:35
154	2028	Ruppenthal Marco	*Brühl	GER	0:44:16	0:44:32	20	M35	72	10:16 10:47 11:09 11:03
155	2353	Schmitz Sam	Pena Ihse Rothrunners	GER	0:44:17	0:44:22	21	M35	72	09:47 11:04 11:06 11:10
156	76	Grosse-Kracht Christoph	Uni Münster	GER	0:44:19	0:44:26	70	MHK	87	09:45 10:28 11:20 11:36
157	2280	Lönhardt Michael	Laktatkönige	GER	0:44:23	0:44:42	11	M45	61	10:39 10:48 11:01 10:54
158	963	Ullrich Sebastian	Die Flitzpiepen	GER	0:44:24	0:44:39	71	MHK	85	10:30 11:00 11:10 10:55
159	2137	Zehner Ingo	Brühler TV 1879 e.V.	GER	0:44:25	0:44:44	15	M40	69	10:17 10:50 11:05 11:14
160	2427	Van der Linden Heinz	SSK Kerpen Triathlon	NEL	0:44:26	0:44:29	6	M50	59	10:28 10:51 11:07 11:00
161	2400	Börger Andre	SC Spelle Venhaus	GER	0:44:26	0:44:26	22	M35	71	09:54 10:44 11:17 11:26
162	2308	Lehnigk Matthias	LG SCREENWORKS	GER	0:44:26	0:44:41	12	M45	63	10:27 10:53 11:10 11:04
163	706	Kühl Matthias	Bonn-Rhein-Sieg Runners	GER	0:44:30	0:44:52	72	MHK	89	10:22 10:49 11:14 10:51
164	2108	Sauermann Jan	Betriebssportgruppe Dynamo	GER	0:44:32	0:44:41	73	MHK	81	10:03 10:45 11:18 11:24
165	2297	Germelmann Philipp	Laufrausch	GER	0:44:33	0:44:46	74	MHK	81	10:09 10:51 11:08 11:22
166	2322	Dannenhauer Felix	Lucky Stars	GER	0:44:34	0:44:36	31	M30	79	10:58 10:53 10:46 11:01
167	544	Bartz Jörg	1.Campusport SchwimmTeam	GER	0:44:39	0:45:01	75	MHK	87	11:05 10:49 10:52 10:50
168	1262	Susewind Axel	KSK 740 Running-Team	GER	0:44:39	0:44:43	23	M35	72	09:55 10:33 11:14 11:51
169	1259	Bianchini Anthony	KSK 740 Running-Team	AUS	0:44:44	0:44:53	13	M45	65	10:09 10:52 11:25 11:15
170	2205	Althoff Markus	Frontrunner Cologne	GER	0:44:47	0:45:06	14	M45	65	10:32 11:05 11:06 11:03
171	1706	Herden Jan	Urologische Uniklinik Köln	GER	0:44:48	0:45:16	32	M30	80	10:33 10:49 11:10 11:19
172	1531	Weiche Benjamin	Running worms	GER	0:44:48	0:44:52	76	MHK	84	10:22 10:51 11:17 11:16
173	2171	Radtko Stefan Ulrich	Cologne Internationals	GER	0:44:50	0:44:56	33	M30	80	10:13 10:46 11:15 11:35
174	2087	Steckel Manfred	1.Campusport SchwimmTeam	DEU	0:44:50	0:44:56	4	M55	55	10:41 10:59 11:06 11:03
175	2149	Suhre Oliver	Central-Team	GER	0:44:51	0:45:02	16	M40	66	10:31 11:04 11:09 11:06
175	2202	Lieb Thomas	FFO Köln	GER	0:44:51	0:45:05	15	M45	61	10:25 10:58 11:09 11:13
177	924	Mueller Christian	Der Club	GER	0:44:52	0:45:07	34	M30	79	11:02 11:17 11:11 10:31
178	925	Link Pascal	Der späte Wurm entgeht dem	GER	0:44:52	0:44:59	77	MHK	81	10:03 10:51 11:13 11:40
179	2398	Obermaier Stefan	SC Janus	GER	0:44:53	0:45:01	17	M40	69	10:24 10:48 11:19 11:24
180	1788	Osmalz Oliver	WiSo-Fachschaft & Friends	GER	0:44:54	0:44:57	35	M30	80	10:07 10:53 11:35 11:24

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
181	2159	Dresbach Frank	Cologne Allblacks	GER	0:44:55	0:45:08	18	M40	67	10:20	10:57	11:28	11:09
182	1260	Eckert Wolfgang	KSK 740 Running-Team	GER	0:44:55	0:45:00	16	M45	65	10:21	10:50	11:18	11:24
183	2343	Mesic Mario	Morty	CRO	0:44:56	0:45:15	17	M45	65	10:02	10:50	11:31	11:36
184	2206	Drecker Michael	Frontrunner Cologne	GER	0:44:57	0:45:18	7	M50	56	10:31	10:37	11:09	11:32
185	515	Weiß Thomas	*Köln	GER	0:44:57	0:45:17	78	MHK	82	10:23	10:45	11:17	11:29
186	979	Wecker Stefan	Die Seitenstecher	GER	0:44:57	0:45:11	19	M40	70	10:17	10:57	11:21	11:25
187	2326	Beyer Heinrich	Marathonfieber Krumholz	GER	0:44:58	0:45:12	8	M50	56	10:49	10:54	11:17	10:55
188	2376	Kühlert-Habricht Andreas	RheinEnergie AG		0:44:58	0:45:09	18	M45	62	10:33	10:54	11:13	11:14
189	1546	Baur Heiko	Scuderia Südstadt	GER	0:45:00	0:45:12	24	M35	71	10:05	11:16	11:20	11:15
190	1933	Groth Friedel	*Köln	GER	0:45:01	0:45:24	79	MHK	84	10:16	10:47	11:18	11:34
191	1963	Kostulski Michael	*Köln	GER	0:45:02	0:45:11	36	M30	78	10:59	11:09	11:11	10:48
192	67	Müller Jan-Philipp	WG Dortmund	GER	0:45:05	0:45:31	37	M30	78	11:12	11:48	11:03	10:08
193	2507	Winkelhausen Jörg	Whisky-Club	GER	0:45:08	0:45:13	38	M30	77	10:36	10:51	11:16	11:19
194	2437	Lersch Daniel	Strahlende Läufer	GER	0:45:09	0:45:43	80	MHK	83	11:14	10:50	11:06	11:04
195	2114	Ebert Volker	Bonn Internationals	GER	0:45:10	0:45:38	39	M30	79	10:35	10:39	11:10	11:37
196	2495	Luelf Manfred	Valium i.V.	GER	0:45:10	0:45:25	9	M50	56	10:38	10:57	11:14	11:16
197	1785	Larssen Julian	WiSo-Fachschaft & Friends	GER	0:45:12	0:45:17	81	MHK	87	10:06	10:53	11:35	11:34
198	1967	Kretschmer Holger	*Köln	GER	0:45:12	0:45:37	25	M35	75	10:36	10:47	11:09	11:35
199	1666	Renner René	Team Rambo	GER	0:45:14	0:45:38	82	MHK	89	10:56	10:58	11:13	11:15
200	1663	Krause Steffen	Team Rambo	GER	0:45:14	0:45:38	83	MHK	89	10:56	10:58	11:12	11:16
201	2150	Theune Carsten	Central-Team	GER	0:45:17	0:45:29	26	M35	72	10:31	10:55	11:24	11:29
202	573	Neidhardt Raki	basslauf	GER	0:45:19	0:45:29	40	M30	77	10:10	10:58	11:28	11:36
203	903	Luther Thomas	Csikszentmihalyi und die Flowr	GER	0:45:19	0:45:33	84	MHK	85	10:20	11:11	11:24	11:27
204	911	Wasserfuhr Mario-Marcel	currentes	GER	0:45:24	0:45:46	85	MHK	85	10:48	11:02	11:16	11:15
205	27	Grevels Christoph	Uni Duisburg-Essen	GER	0:45:24	0:45:42	27	M35	72	10:33	10:51	11:14	11:35
206	2288	Claaßen Manfred	Laufmonster	GER	0:45:25	0:45:35	1	M70	40	10:51	10:56	11:10	11:22
207	385	Pietsch Lutz	*Simmerath	GER	0:45:26	0:45:44	41	M30	78	11:07	10:58	11:18	11:03
208	2490	Coenen Theo	Valium i.V.	GER	0:45:26	0:45:41	10	M50	56	10:58	11:08	11:13	11:06
209	2004	Neukirchen Thomas	*Grevenbroich	GER	0:45:27	0:45:42	86	MHK	87	10:03	11:25	11:33	11:32
210	782	Breul Martin	Cologne Internationals	GER	0:45:28	0:45:38	87	MHK	86	09:56	10:53	11:30	11:59
211	2391	Buhr Holger	RSV Staubwolke Refrath	GER	0:45:29	0:45:46	28	M35	74	10:10	11:04	11:34	11:34
212	2551	Thösen Frank	pronova BKK	DEU	0:45:29	0:45:35	20	M40	70	10:04	11:00	11:37	11:45
213	2510	Schöneweis Christian	www.king-of-sports.de	GER	0:45:29	0:45:38	29	M35	74	10:12	11:03	11:39	11:28
214	1261	Hindermann Frank	KSK 740 Running-Team	GER	0:45:29	0:45:39	21	M40	68	10:21	11:16	11:27	11:22
215	2486	Baum Jürgen	Valium i.V.	GER	0:45:31	0:45:36	1	M60	49	11:03	11:10	11:12	11:10
216	2057	Von Holtum Viktor	*Köln	GER	0:45:31	0:45:42	42	M30	78	10:47	10:45	11:22	11:30
217	804	Freese Johannes	Cologne Internationals	GER	0:45:32	0:45:45	30	M35	74	10:16	10:54	11:33	11:44
218	20	Tongelen Holger	Uni Duisburg-Essen	GER	0:45:35	0:45:53	22	M40	68	10:34	10:52	11:18	11:51
219	1371	Schmitz Sebastian	MitUns	GER	0:45:37	0:46:29	43	M30	79	11:45	10:59	11:00	10:53
220	1023	Hahnueck Boris	FH Köln	GER	0:45:37	0:45:58	88	MHK	84	10:24	11:22	11:27	11:26
221	1387	Deska Dr. Jan	OC Köllefortia	GER	0:45:38	0:45:58	44	M30	79	10:52	11:06	11:17	11:26
222	1372	Stern Matthias	MitUns	GER	0:45:40	0:46:02	45	M30	80	10:37	11:13	11:23	11:31
223	2201	Orosz Richard	FC Unterkirnach	GER	0:45:41	0:45:51	31	M35	75	10:52	11:06	11:26	11:16
224	1909	Eisermann Stephan	*Zülpich	GER	0:45:45	0:45:55	23	M40	66	10:40	11:08	11:29	11:24
225	548	Münnich Daniel	1.Campusport SchwimmTeam	GER	0:45:46	0:46:54	89	MHK	84	11:54	11:02	11:11	10:41
226	2281	NOWAK ANDREAS	Laktatkönige	GER	0:45:48	0:46:06	5	M55	51	10:48	11:12	11:23	11:22
227	2024	Rhein Thomas	*Köln	GER	0:45:52	0:45:56	24	M40	66	10:28	11:10	11:31	11:46
228	1468	Dohme Marvin	Rasta Masta	GER	0:45:53	0:45:53	90	MHK	89	09:59	11:16	11:53	11:50
229	2303	Pierau Karl	LC Jugend 07 Bergheim	GER	0:45:54	0:46:05	2	M60	47	10:28	11:13	11:36	11:32
230	457	Seifert Sebatsian	*Kempenich	GER	0:45:58	0:46:10	91	MHK	86	10:51	11:07	11:39	11:24
231	2167	Hill Johannes	Cologne Internationals	GER	0:45:59	0:46:03	92	MHK	84	10:17	11:00	11:36	12:03
232	2324	Hegemann Holger	Marathon Finanz AG	GER	0:46:00	0:46:15	46	M30	77	10:57	11:35	11:32	10:59
233	299	Kruczynski Philipp	*Köln	GER	0:46:00	0:46:24	93	MHK	81	11:04	11:18	11:18	11:25
234	2359	Burchert Sebastian	Prinzen-Garde Köln 1906 e.V.	GER	0:46:02	0:46:23	94	MHK	81	10:31	10:56	11:46	11:46
235	2257	Müller Klaus	Kölner Bank	DEU	0:46:02	0:46:03	6	M55	55	10:30	11:21	11:40	11:32
236	1391	Hilken Stefan	OC Köllefortia	GER	0:46:03	0:46:19	95	MHK	82	11:27	11:29	11:25	10:49
237	1704	Engelmann Eugen	Urologische Uniklinik Köln	GER	0:46:04	0:46:33	47	M30	80	10:40	11:19	11:50	11:21
238	2366	Klingen Reinhard	QS Frechen	GER	0:46:07	0:46:14	25	M40	66	10:21	11:19	11:43	11:39
239	789	Dettenbach Marcus	Cologne Internationals	GER	0:46:07	0:46:10	96	MHK	82	10:36	11:05	11:53	11:35
240	211	Haase Ansgar	*Köln	GER	0:46:08	0:46:31	32	M35	74	10:46	11:16	11:42	11:30

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
241	2165	Edeling Alexander	Cologne Internationals	GER	0:46:08	0:46:26	97	MHK	84	10:14 11:09 11:52 11:53
242	2576	Wendler Bernd	Berg. Universität Wuppertal	DEU	0:46:09	0:46:19	98	MHK	81	11:04 11:12 11:30 11:25
243	2575	Hintzen Martin	Cologne Internationals	DEU	0:46:10	0:46:37	11	M50	58	10:59 11:10 11:28 11:28
244	2293	Schneider Thomas	Laufmonster	GER	0:46:11	0:46:20	26	M40	69	10:47 11:07 11:27 11:46
245	2121	Lademann Martin	Bonn Internationals	GER	0:46:12	0:46:27	99	MHK	82	10:42 11:03 11:23 11:54
246	533	Wüst Felix	*Köln	GER	0:46:16	0:47:08	100	MHK	85	11:13 11:09 11:33 11:31
247	202	Gremmer Manuel	*Elsdorf	GER	0:46:17	0:46:51	48	M30	79	11:17 11:21 11:28 11:15
248	2368	Heß Richard	Renten Service Deutsche Post	GER	0:46:20	0:46:34	19	M45	62	10:43 10:57 11:50 11:45
249	1160	Laue Florian	Keine Hose kein Problem	GER	0:46:20	0:46:48	101	MHK	84	11:06 11:19 11:33 11:24
250	665	Schmitt Philipp	Bonn Internationals	GER	0:46:23	0:46:48	102	MHK	88	11:11 11:02 11:36 11:42
251	747	Gebest Max	Collegium musicum	GER	0:46:25	0:46:41	103	MHK	89	10:35 11:05 11:32 12:04
252	1711	Jerosch Alexander	Urologische Uniklinik Köln	GER	0:46:29	0:46:32	49	M30	80	09:36 11:03 11:37 13:03
253	1269	Dogariu Alex	Lauftausch	GER	0:46:30	0:46:52	104	MHK	84	10:47 11:08 11:37 11:57
254	103	Beck Christoph	*Köln	GER	0:46:30	0:46:32	105	MHK	82	10:34 11:11 11:51 11:57
255	2346	Sturch Michael	Nacktschneckenjäger	GER	0:46:32	0:46:49	27	M40	69	11:13 11:25 11:29 11:31
256	1579	Steinmetzer Tim	Solid state runners	GER	0:46:33	0:46:48	106	MHK	83	11:11 11:04 11:43 11:42
257	1965	Kranzkowski Stefan	*Köln	GER	0:46:33	0:46:38	20	M45	62	10:17 11:17 11:49 12:05
258	2482	Gimberov Sergei	Urologische Uniklinik Köln	GER	0:46:34	0:46:55	50	M30	80	11:21 11:25 11:37 11:19
259	934	Neugebauer Fabian	DFM	GER	0:46:37	0:46:48	107	MHK	88	10:12 11:17 12:05 12:10
260	568	Sadeghian Sascha	ASV Köln Triathlon	GER	0:46:38	0:46:59	33	M35	71	10:54 11:30 11:47 11:31
261	184	Frieske Sascha	*Köln	GER	0:46:40	0:47:26	34	M35	75	10:55 11:04 11:50 11:49
262	2047	Stenner Dr. Markus	*Köln	GER	0:46:40	0:47:11	51	M30	77	11:48 11:01 11:16 11:32
263	2050	Stutzinger Thomas	*Neuss	GER	0:46:43	0:46:52	21	M45	64	10:28 11:30 11:58 11:47
264	2352	Doppelfeld Mark	Pena Ihse Roth Runners	GER	0:46:45	0:46:51	28	M40	70	09:56 11:25 12:05 12:09
265	99	Bauduin Daniel	*Köln	GER	0:46:48	0:47:17	108	MHK	85	11:29 11:28 11:22 11:30
266	1528	Burgund Michael	Running worms	GER	0:46:48	0:47:10	109	MHK	85	10:42 11:05 11:45 12:14
267	2211	Müller Jürgen	Frontrunner Cologne	GER	0:46:51	0:47:15	12	M50	59	11:14 11:35 11:31 11:28
268	342	Melchers Andreas	*Köln	GER	0:46:53	0:47:11	52	M30	77	11:02 11:08 11:45 11:55
269	63	Glenewinkel Timo	Universität Siegen	GER	0:46:55	0:47:01	110	MHK	85	10:09 11:32 12:19 12:01
270	2127	Rosenbaum Christoph	Bonn Internationals	GER	0:46:55	0:47:15	111	MHK	86	10:33 11:02 11:58 12:15
271	780	Böling Nicolas	Cologne Internationals	GER	0:46:57	0:47:29	112	MHK	85	12:21 11:36 11:19 10:39
272	1695	Stula Sebastian	Turboschnecken	GER	0:46:57	0:47:07	53	M30	79	11:27 11:34 11:49 11:17
273	2555	Pudelko Noah	center.tv	GER	0:46:58	0:47:06	54	M30	78	11:41 11:35 11:44 11:01
274	2354	Fröhling Philipp	PersAmt-Raketen	GER	0:46:59	0:47:27	55	M30	80	11:03 11:42 11:53 11:25
275	1920	Flores Patrik	*Köln	GER	0:47:01	0:47:28	35	M35	73	11:31 11:34 11:40 11:10
276	1982	Litvak Constantin	*Köln	GER	0:47:02	0:47:32	36	M35	71	11:27 11:26 11:30 11:37
276	2471	Krämer Oliver	TV 1848 Mönchengladbach	GER	0:47:02	0:47:14	29	M40	70	10:30 11:30 11:53 12:05
278	571	Siebenhaar Lars	Awesome	GER	0:47:02	0:47:25	113	MHK	89	11:36 11:42 11:43 11:03
279	1376	Matthies Andreas	MTP Köln	GER	0:47:03	0:47:23	114	MHK	88	11:10 11:40 12:01 11:10
280	1616	Schreckenberger Yannik	Strahlende Läufer	GER	0:47:05	0:47:31	115	MHK	88	10:51 10:58 12:00 12:15
281	84	Akin Can	*Köln	GER	0:47:06	0:47:31	116	MHK	87	10:52 10:58 12:00 12:15
282	479	Stratmann Thomas	*Köln	GER	0:47:07	0:47:14	117	MHK	81	10:54 11:42 11:41 11:46
283	2279	Langensiepen Dr. Günter	laktatkönige	GER	0:47:08	0:47:27	3	M60	46	10:54 11:30 11:41 11:57
284	995	Deggeller Matthias	domradio	GER	0:47:08	0:48:14	118	MHK	84	15:41 15:13 14:52 14:01
285	62	Poggel Holger	Universität Siegen	GER	0:47:08	0:47:14	56	M30	80	10:02 11:26 12:13 12:27
286	652	Müller Michael	Bonn Internationals	GER	0:47:09	0:47:25	119	MHK	87	11:29 11:26 11:43 11:33
287	1977	Kwasny Tomek	*koeln	GER	0:47:12	0:47:18	57	M30	78	10:52 11:21 11:56 12:01
288	1916	Exner Hans	*Köln	GER	0:47:12	0:47:25	30	M40	68	10:38 11:17 12:01 12:03
289	1684	Linden Prof. Dr. Martin	trotzsaufenlaufen	GER	0:47:13	0:47:37	120	MHK	90	12:26 11:39 11:17 10:53
290	582	Christian Börger	Begnadete Körper	GER	0:47:13	0:47:27	121	MHK	85	10:59 11:23 11:52 11:56
291	1797	Steffenhagen Christian	Youll never walk alone	GER	0:47:14	0:47:44	58	M30	80	10:54 11:37 11:56 11:49
292	1691	Isensee Holger	Turbine Pornobrilie 07	GER	0:47:14	0:47:19	122	MHK	82	12:18 11:49 11:36 10:38
293	1664	Niehues Philipp	Team Rambo	GER	0:47:15	0:47:39	123	MHK	90	11:01 11:16 11:56 12:01
294	1962	Kohtes Robert	*Köln	GER	0:47:16	0:47:18	124	MHK	83	10:57 11:54 11:51 11:28
295	422	Schafelner Marius	*Köln	GER	0:47:17	0:47:19	125	MHK	85	10:57 11:55 11:51 11:28
296	852	Noel Paul	Cologne Internationals	GER	0:47:18	0:47:31	126	MHK	85	11:32 11:26 11:43 11:33
297	1151	Hochberg Benedikt	iRun	GER	0:47:18	0:47:24	127	MHK	85	11:01 11:52 11:51 11:42
298	2210	Köper Johannes	Frontrunner Cologne	GER	0:47:18	0:47:38	37	M35	74	10:45 11:31 11:59 12:06
299	1735	Jörg Gihhardt	Valium i.V.	GER	0:47:19	0:47:54	31	M40	68	11:44 11:26 11:42 11:29
300	2266	Engel Olaf	Koelnmesse	GER	0:47:20	0:47:27	32	M40	68	10:38 11:32 12:07 11:57

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
301	2347	Walter Michael	Nacktschneckenjäger	GER	0:47:20	0:47:38	33	M40	67	10:53 11:30 11:57 12:07
302	338	Matuczewski Simon	*Köln	GER	0:47:20	0:47:23	128	MHK	86	09:56 11:28 12:07 12:35
303	1685	Moritz Pöllath	trotzsaufenlaufen	GER	0:47:26	0:48:07	129	MHK	82	11:42 11:24 11:38 11:45
304	2516	Bornheim Fabian	pronova BKK		0:47:30	0:48:28	130	MHK	88	11:52 11:15 11:32 11:49
305	1697	Rodenbach Fabian	TuS Schildgen	GER	0:47:32	0:47:51	59	M30	79	10:39 11:31 12:05 12:09
306	1987	Ludwig Tim	*Köln	GER	0:47:32	0:47:40	60	M30	80	10:56 11:50 12:08 11:35
307	773	Bantel Oliver	Cologne Internationals	GER	0:47:33	0:48:07	131	MHK	81	12:20 11:35 11:19 11:24
308	2508	Malcus Gernot	Wupptich op dä Gass	GER	0:47:36	0:48:04	38	M35	74	11:31 11:39 11:46 11:43
309	1384	Bock Olaf	Nele & Nils Racing	GER	0:47:36	0:47:42	34	M40	67	11:33 11:51 11:50 11:21
310	2070	Buck Marco	-	GER	0:47:37	0:47:53	61	M30	77	10:52 11:55 12:56 10:53
311	1699	Görner Sven	TV-Alpenglühn Balkhausen	GER	0:47:37	0:47:46	132	MHK	84	11:13 11:38 11:57 11:46
312	1740	Kosse Nils	Valium i.V.	GER	0:47:37	0:47:58	62	M30	77	11:04 11:31 12:11 11:58
313	1997	Mischok Jens	*Köln	GER	0:47:39	0:47:52	39	M35	71	11:23 11:42 11:45 11:43
314	2073	Agan Kunter	1. Kölner Laufstall	GER	0:47:39	0:47:51	22	M45	64	11:14 11:52 11:58 11:33
315	707	Lensing Georg	Bonn-Rhein-Sieg Runners	GER	0:47:41	0:47:42	133	MHK	85	11:15 11:32 11:57 11:54
316	2013	Petermann Christian	1.CampusportSchwimmTeam	GER	0:47:41	0:47:48	134	MHK	86	10:29 11:51 12:14 12:07
317	2084	Wolf Harald	1. Kölner Laufstall	GER	0:47:41	0:47:49	35	M40	67	10:39 11:43 12:00 12:14
317	1746	Piras Denis	Valium i.V.	GER	0:47:41	0:48:04	63	M30	78	10:39 11:30 12:07 12:26
319	1536	Hüwe Carsten	SC Janus	GER	0:47:43	0:48:04	40	M35	73	10:51 11:28 12:10 12:14
320	182	Friedrich Dr. Jens	*Hennef	GER	0:47:45	0:48:07	36	M40	66	11:30 11:31 11:48 11:56
321	2090	Niehaus Daniel	42tausend	GER	0:47:48	0:47:59	64	M30	77	10:23 11:51 12:03 12:30
322	1344	Grafos Harrison	Max Power (MPIfG)	USA	0:47:50	0:48:13	65	M30	79	13:15 11:52 10:45 11:07
323	2446	Linden Thomas	Telefónica o2 Germany	GER	0:47:51	0:48:05	37	M40	69	11:21 11:37 11:53 12:00
324	1181	Feyen Mathias	KölnCampus	GER	0:47:54	0:48:29	135	MHK	84	11:53 11:59 11:42 11:28
325	1975	Kunkel Helmut	*Köln	GER	0:47:58	0:48:10	7	M55	51	11:29 11:43 11:59 11:41
326	395	Ponzlet Thomas	*Köln	GER	0:48:00	0:48:16	136	MHK	82	10:52 11:49 12:20 12:00
327	2072	Trümner Heiko	1. FC Köln	GER	0:48:01	0:48:17	66	M30	79	11:09 12:01 12:08 11:51
328	736	Kufner Dr. Marco	Cardiothoracic Racing Team	GER	0:48:03	0:48:25	137	MHK	81	10:47 11:46 12:10 12:15
329	517	Welter Alexander	*Köln	GER	0:48:05	0:48:17	138	MHK	85	11:22 11:41 11:52 12:12
329	737	Haldenwang Dr. Peter-Lukas	Cardiothoracic Racing Team	GER	0:48:05	0:48:27	67	M30	77	10:47 11:46 12:09 12:16
331	742	Cartlidge Ben	Collegium musicum	GBR	0:48:08	0:48:24	139	MHK	86	11:03 11:54 12:18 11:59
332	699	Hausmann Frederic	Bonn-Rhein-Sieg Runners	GER	0:48:09	0:49:03	140	MHK	87	12:08 11:50 11:42 11:30
333	1161	Leiß Andreas	Keine Hose kein Problem	GER	0:48:09	0:48:36	141	MHK	84	11:33 11:47 12:12 11:33
334	156	Dormanns Tim	*Köln	GER	0:48:11	0:48:45	68	M30	80	12:15 11:27 11:53 11:33
335	2358	Kammler Reinhard	Polizei Köln	GER	0:48:12	0:48:16	23	M45	63	10:51 11:42 12:13 12:16
336	237	Hermanns Thomas	*Köln	GER	0:48:12	0:48:37	142	MHK	86	11:17 11:58 12:14 11:46
337	2096	Engel Marian	ASV	GER	0:48:14	0:49:07	143	MHK	88	11:59 11:54 12:04 11:25
338	589	Zons Gregor	Betriebssportgruppe Dynamo	GER	0:48:16	0:48:26	144	MHK	83	10:03 11:27 12:30 13:06
339	2011	Pal Martin	*Köln	GER	0:48:16	0:48:23	145	MHK	83	10:52 11:44 12:12 12:21
340	2158	Kleinstück Jörg	Collegium musicum	GER	0:48:18	0:48:49	69	M30	77	11:40 11:52 12:06 11:42
341	705	Krohn Felix	Bonn-Rhein-Sieg Runners	GER	0:48:18	0:48:38	146	MHK	89	11:45 12:02 12:12 11:25
342	2226	Thelen Guido	GWK Runner	GER	0:48:19	0:48:34	38	M40	69	10:53 11:36 12:18 12:25
343	713	Peters Alexander	Bonn-Rhein-Sieg Runners	GER	0:48:19	0:48:35	147	MHK	85	10:35 11:28 12:32 12:43
344	1866	Güven Asim	Zumanis	GER	0:48:19	0:48:46	148	MHK	88	11:54 11:52 11:56 11:44
345	18	Dresemann Moritz	WG Köln	GER	0:48:20	0:48:40	149	MHK	84	10:25 11:32 13:23 12:03
346	2023	Renzel Jörg	*Köln	GER	0:48:20	0:48:23	24	M45	64	10:37 11:52 12:22 12:29
347	2344	Klostermann Michael	Muckel & Perg	GER	0:48:23	0:48:29	150	MHK	83	10:51 11:31 12:12 12:39
348	1002	Tiggemann Dr. Daniel	Dynamo Dauerregen	GER	0:48:25	0:48:52	41	M35	74	11:44 11:50 12:09 11:42
349	79	Stephanblome Klaus	Uni Münster	GER	0:48:25	0:48:32	25	M45	64	11:14 12:04 12:12 11:50
350	456	Seidel Matthias	*Köln	GER	0:48:27	0:49:30	151	MHK	83	11:59 11:35 11:57 11:50
351	1758	Weisbarth Tobias	Valium i.V.	GER	0:48:27	0:48:58	152	MHK	85	11:40 11:34 11:48 12:17
352	572	Boms Ronny	AXA SV	GER	0:48:29	0:49:03	42	M35	74	11:50 11:49 12:01 11:43
353	1478	Retterath Björn	RFH Köln	GER	0:48:29	0:48:39	153	MHK	83	11:13 11:43 12:14 12:16
354	2503	Schmidtman Volker	Volker Schmidtman	GER	0:48:29	0:48:41	26	M45	63	11:11 11:54 12:11 12:07
355	2450	Zarges Frank	Telefónica o2 Germany	GER	0:48:31	0:48:43	70	M30	76	11:40 11:58 11:59 11:56
356	2447	Peigné André	Telefónica o2 Germany	GER	0:48:31	0:48:42	71	M30	76	11:32 11:41 12:14 12:07
357	1067	Kobe Carsten	Frontrunner Cologne	GER	0:48:33	0:48:55	43	M35	73	11:18 12:03 12:19 11:56
358	1796	Matthes Michael	Youll never walk alone	GER	0:48:34	0:49:04	154	MHK	83	11:10 12:15 12:23 11:53
359	932	Köster-Eiserfunke Julian	DFM	GER	0:48:35	0:48:45	155	MHK	87	10:38 11:52 12:38 12:24
360	1938	Hartenauer Jörg	*Bonn	GER	0:48:36	0:48:44	156	MHK	83	11:23 11:53 12:06 12:07

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
361	1662	Eller Dominik	Team Rambo	GER	0:48:41	0:49:04	157	MHK	89	12:08 12:29 11:34 11:31
362	900	Busch Kai	Csikszentmihalyi und die Flowr	GER	0:48:42	0:49:02	158	MHK	84	10:45 11:25 12:39 12:48
363	2224	Meier-Kigle Thomas	GWK Runner	GER	0:48:45	0:48:58	39	M40	69	10:47 11:54 12:26 12:32
364	368	Oehler Matthias	*Köln	GER	0:48:46	0:49:41	159	MHK	85	13:17 12:05 11:27 11:04
365	2156	Kuhl Frank	Club der schönen Mütter	GER	0:48:48	0:49:47	72	M30	78	11:52 12:22 12:17 11:22
366	1157	Grüß Matthias	kein	GER	0:48:49	0:48:58	160	MHK	81	09:43 12:00 12:21 13:29
367	1206	Steffens Thomas	Kölner Bank	GER	0:48:51	0:49:07	73	M30	79	11:22 11:57 12:18 12:07
368	2153	Kuhl Oliver	ChampchipNr liefere ich nach!	GER	0:48:51	0:48:59	74	M30	77	11:17 12:11 12:10 12:11
369	284	Klute Robert	*Bonn	GER	0:48:51	0:49:10	161	MHK		11:21 11:42 12:25 12:17
370	866	Rueck Hanno	Cologne Internationals	GER	0:48:52	0:49:07	162	MHK	88	12:18 12:14 11:49 11:41
371	2170	Neuhaus Stefan	Cologne Internationals	GER	0:48:53	0:49:36	75	M30	77	12:47 11:44 11:39 11:48
372	591	Gehrke Arne	Bia smäckt mija III	GER	0:48:54	0:49:04	163	MHK	82	11:43 12:13 12:22 11:30
373	206	Gros Sven	*Köln	GER	0:48:54	0:49:13	164	MHK	85	11:19 11:56 12:23 12:04
374	2438	Forster Michael	Sülzer Meter	GER	0:48:58	0:49:15	27	M45	65	10:43 11:45 12:22 12:58
375	195	Giakoumelos Ioannis	*Köln	GER	0:48:59	0:49:51	165	MHK	83	10:48 11:56 12:34 12:46
376	1162	Leyendecker Klaus	Keine Hose kein Problem	GER	0:49:00	0:49:27	166	MHK	85	11:34 11:45 12:21 12:20
377	461	Simon Volker	*köln	GER	0:49:01	0:49:42	76	M30	77	13:00 11:37 11:33 11:52
378	1899	Carlé Thomas	*Köln	GER	0:49:02	0:49:19	40	M40	69	12:09 12:11 11:56 11:46
379	561	Schrader Dr. Nils	AG Schwarz	GER	0:49:02	0:49:13	44	M35	74	10:40 11:45 12:29 12:54
380	950	Förster Dirk	Die Eifelbauern	GER	0:49:03	0:49:19	28	M45	63	11:10 11:57 12:24 12:22
381	2102	Fischer Dieter	ASV Köln Triathlon	GER	0:49:03	0:49:23	41	M40	66	11:17 12:10 12:24 12:12
382	326	Lopergolo Marco	*Bonn	GER	0:49:04	0:49:17	77	M30	76	11:45 11:49 12:07 12:07
383	2381	Orbach Alexander	RheinEnergie AG		0:49:06	0:49:24	45	M35	71	11:30 11:50 12:25 12:20
384	50	Ruhle Tobias	Berg. Universität Wuppertal	GER	0:49:06	0:49:16	167	MHK	82	11:07 12:37 12:33 11:49
385	1174	Farahi Ahmad	KölnAlumni - Freunde und	GER	0:49:07	0:49:12	168	MHK	85	12:19 11:53 12:34 11:26
386	1922	Freund Thomas	*Koeln	GER	0:49:10	0:49:48	42	M40	68	12:34 11:47 11:44 12:01
387	784	Bruno Angelo	Cologne Internationals	GER	0:49:11	0:49:12	169	MHK	83	11:51 12:10 12:24 11:51
388	1708	Horn Steve	Urologische Uniklinik Köln	GER	0:49:12	0:50:06	78	M30	80	12:27 11:38 11:55 12:08
389	1272	Hagen Christian	Laufrausch	GER	0:49:12	0:49:34	46	M35	75	11:18 11:50 12:34 12:27
390	1465	Fourier Dr. Ghislain	Rakete Rheinpark 04	GER	0:49:13	0:49:40	79	M30	79	12:37 12:48 12:04 10:56
391	2479	Engelmann Dr. Udo H.	Urologische Uniklinik Köln	DEU	0:49:13	0:50:06	4	M60	49	12:29 11:38 12:12 11:50
392	825	Hükelheim Matthias	Cologne Internationals	GER	0:49:14	0:49:28	170	MHK	84	10:57 11:56 12:36 12:42
393	2112	Bockholt Dr. Rainer	Bonn Internationals	GER	0:49:16	0:49:18	29	M45	64	11:46 12:16 12:03 12:10
394	1402	Stede Jan	oikos Köln	GER	0:49:17	0:49:31	171	MHK	87	11:51 11:58 12:05 12:17
395	682	Welke Dominik	Bonn Internationals	GER	0:49:17	0:49:39	172	MHK	88	11:38 11:47 12:25 12:22
396	1467	Dick Michael	Rasta Masta	GER	0:49:17	0:49:18	173	MHK	86	10:56 11:50 12:26 13:00
396	2075	Bauß Carsten	1. Kölner Laufstall	GER	0:49:17	0:49:25	30	M45	65	10:45 11:51 12:49 12:47
398	1164	Pfeiffer Jens	Keine Hose kein Problem	GER	0:49:17	0:49:41	174	MHK	85	11:38 11:48 12:22 12:22
399	1974	Kuhna Bartholomäus	*Leverkusen	GER	0:49:19	0:49:33	175	MHK	82	10:58 12:03 12:29 12:46
400	52	Braasch Andreas	Berg. Universität Wuppertal	GER	0:49:20	0:49:46	80	M30	79	12:33 12:03 12:02 11:33
401	2442	Preuß Stephan	Team Bessawisser	GER	0:49:20	0:49:31	176	MHK	85	12:44 12:08 12:05 11:26
402	106	Becker Max	*Köln	GER	0:49:21	0:49:27	81	M30	78	10:41 11:35 12:37 13:19
403	2367	Schreiner Frank	Raderthaler Jung	GER	0:49:21	0:49:45	82	M30	78	11:47 12:11 12:12 12:08
404	351	Mueller Marc-Ingo	*Köln	GER	0:49:22	0:49:52	83	M30	79	12:15 11:58 12:07 12:00
404	2005	Neuwaldt Volker	*Pulheim	GER	0:49:22	0:49:40	31	M45	65	11:43 11:56 12:11 12:26
406	2362	Kling Ralf	Pulheimer Nachtläufer	GER	0:49:24	0:49:40	43	M40	68	11:45 11:56 12:11 12:26
407	2124	Mogdans Dr. Joachim	Bonn Internationals	GER	0:49:26	0:50:01	13	M50	58	12:13 11:51 12:09 12:09
408	433	Schmidt Jörg	*Köln	GER	0:49:28	0:49:50	177	MHK	86	11:16 11:48 12:40 12:50
409	2348	Lindenberg Ronny	NetCo	GER	0:49:28	0:49:36	84	M30	78	10:15 11:35 12:33 13:51
410	551	Radermacher Dustin	1.Campussport SchwimmTeam	GER	0:49:29	0:49:34	178	MHK	86	11:22 12:15 11:57 12:39
411	830	Karcher Kris	Cologne Internationals	GER	0:49:30	0:50:25	179	MHK	85	12:22 12:00 12:14 11:57
412	1198	Görk Sebastian	Kölner Bank	GER	0:49:31	0:49:32	180	MHK	82	10:30 11:51 13:02 12:57
413	1203	Matheis Marco	Kölner Bank	GER	0:49:32	0:49:49	85	M30	78	11:37 12:13 12:26 12:11
414	2083	Schepers Thomas	1. Kölner Laufstall	GER	0:49:34	0:49:47	32	M45	65	11:31 12:11 12:25 12:18
415	1124	Liekenbrock Bernhard	Hart aber Herzig	GER	0:49:34	0:49:43	86	M30	80	10:59 11:55 12:32 12:59
416	2191	Brüggenjürgen Ingo	domradio	GER	0:49:34	0:50:46	33	M45	62	12:18 12:17 12:10 11:49
417	427	Schiffmann Lars	*Köln	GER	0:49:39	0:49:46	181	MHK	86	10:58 12:09 12:39 12:45
418	366	Nowak Norbert	*KÖln	GER	0:49:40	0:50:00	87	M30	78	10:37 11:39 12:53 13:15
419	1141	Kleine Christian	Hochseilgarten K1	GER	0:49:41	0:49:57	88	M30	76	12:26 11:53 12:11 12:03
420	2342	Grümme Norbert	Moitzfeld	GER	0:49:42	0:50:00	34	M45	64	11:16 12:18 12:36 12:30

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
421	1011	Rodermund Dirk	Feuerwehr Lz. Brauweiler	GER	0:49:42	0:50:14	44	M40	69	12:00	11:54	12:25	12:24	
422	2051	Teutsch Uwe	*Erfstadt	GER	0:49:46	0:49:56	35	M45	63	11:44	11:59	12:23	12:29	
423	2036	Schuh Helmut René	*Bonn	GER	0:49:47	0:49:56	14	M50	59	11:04	12:02	12:37	12:50	
424	1477	Kurth Benedikt	RFH Köln	GER	0:49:52	0:50:03	182	MHK	86	11:27	11:51	12:39	12:47	
425	1690	Hadjiangelou Alexander	Turbine Pombrille 07	GER	0:49:53	0:50:10	89	M30	80	11:14	12:11	12:59	12:26	
426	1466	Clausen Hans	Rasta Masta	GER	0:49:53	0:49:54	183	MHK	86	10:52	11:50	12:34	13:30	
427	227	Heid Andreas	*Köln	GER	0:49:54	0:50:14	184	MHK	85	11:40	11:59	12:27	12:56	
428	755	Pilatus Jonas	Collegium musicum	GER	0:49:56	0:50:12	185	MHK	85	10:54	11:52	12:43	13:21	
429	1479	Schmitz Paul	RFH Köln	GER	0:49:56	0:50:06	186	MHK	85	11:32	12:19	12:51	12:19	
430	1533	Trommer Jürgen	SC Alpenrose Köln	GER	0:49:57	0:50:46	36	M45	65	12:09	12:20	12:21	12:01	
431	1354	Krocil Erik	Mimi & Erik	GER	0:49:57	0:49:58	187	MHK	89	09:56	11:55	13:14	13:47	
432	1348	Lutter Mark	Max Power (MPIfG)	GER	0:50:03	0:50:26	90	M30	76	13:15	11:52	12:11	11:43	
433	2328	Sopp Rüdiger	marathonpauer	GER	0:50:04	0:50:22	47	M35	74	11:09	12:06	12:41	13:04	
434	2035	Schnippering Erik	*Köln	GER	0:50:05	0:50:31	45	M40	69	11:43	12:03	12:36	12:41	
435	1474	Grapentin Till	RFH Köln	GER	0:50:06	0:50:07	188	MHK	84	12:42	13:22	11:56	11:13	
436	1331	Weber Paul	LSC	LUX	0:50:10	0:50:26	189	MHK	88	13:32	12:37	11:16	11:42	
437	1717	Seitz Mark	Urologische Uniklinik Köln	GER	0:50:11	0:50:40	91	M30	80	10:56	11:47	12:46	13:31	
438	2054	Verch Marco	*Köln	GER	0:50:12	0:50:24	190	MHK	81	11:27	12:00	12:55	12:53	
439	1560	Baum Max	Solid state runners	GER	0:50:14	0:50:30	191	MHK	83	11:36	12:02	12:41	12:43	
440	1993	Meurs Joachim	*Köln	GER	0:50:16	0:50:17	8	M55	55	11:27	12:14	12:40	12:45	
441	1346	Kaesbach Till Martin	Max Power (MPIfG)	GER	0:50:17	0:50:40	192	MHK	85	13:21	13:04	12:18	10:44	
442	1350	Schröder Martin	Max Power (MPIfG)	GER	0:50:18	0:50:40	193	MHK	81	13:23	13:04	12:19	10:44	
443	145	Dauwe Sascha	*Köln	GER	0:50:19	0:50:43	194	MHK	86	11:30	12:02	12:37	12:57	
444	1413	Löpki Dirk	PricewaterhouseCoopers	GER	0:50:19	0:50:35	37	M45	63	12:03	12:06	12:28	12:32	
445	413	Rothgenger Jonathan	*Köln	GER	0:50:21	0:50:44	195	MHK	84	11:48	12:25	12:57	12:08	
446	428	Schledde Felix	*Köln	GER	0:50:21	0:51:17	196	MHK	87	13:17	12:06	11:41	12:09	
447	2113	Dirk Corneluis	Bonn Internationals	GER	0:50:22	0:50:46	197	MHK	84	14:14	12:01	11:50	11:17	
448	1950	Jokisch Sven	*Bonn	GER	0:50:22	0:50:31	46	M40	69	12:03	12:08	12:25	12:34	
449	2254	Jakob Jörg	Kölner Bank	DEU	0:50:22	0:50:48	38	M45	65	11:53	12:22	12:30	12:27	
450	695	Eisenbart Tobias	Bonn-Rhein-Sieg Runners	GER	0:50:22	0:50:40	198	MHK	86	12:13	12:02	12:29	12:38	
451	1013	Suarez Victor	Feuerwehr Lz. Brauweiler	GER	0:50:23	0:50:55	92	M30	76	12:01	12:28	12:35	12:22	
452	865	Rögels Christian	Cologne Internationals	GER	0:50:26	0:51:21	199	MHK	85	12:48	12:02	12:26	12:07	
453	854	Odenthal Christian	Cologne Internationals	GER	0:50:28	0:51:07	200	MHK	83	11:42	12:19	12:36	12:41	
454	909	Burdich Christoph	currentes	GER	0:50:29	0:50:52	201	MHK	87	10:54	12:08	14:02	12:18	
455	2272	Höller Thomas	KSK 740 Running-Team	GER	0:50:31	0:50:39	47	M40	70	12:16	12:25	12:30	12:18	
456	1519	Potthast Cornel	Rodrod med flode	GER	0:50:31	0:50:44	202	MHK	85	12:15	12:29	12:37	12:18	
457	1154	Bornemann Thomas	Jens Michel	GER	0:50:32	0:50:39	48	M40	68	12:54	12:22	12:15	11:59	
458	1517	Kleemann Marcel	Rodrod med flode	GER	0:50:32	0:50:44	203	MHK	84	12:15	12:29	12:37	12:20	
459	560	Klein Julian	AG Schwarz	GER	0:50:37	0:50:48	204	MHK	85	11:18	12:13	12:48	13:06	
460	2014	Peters Steffen	*Köln	GER	0:50:37	0:51:09	93	M30	80	12:59	12:18	12:20	11:52	
461	258	Jagdfeld Nils	*Düren	GER	0:50:37	0:51:01	205	MHK	82	11:51	11:58	12:34	13:08	
462	262	Kähne Matthias	*Köln	GER	0:50:37	0:51:09	206	MHK	81	13:00	12:17	12:21	11:51	
463	1878	Schmittbetz Martin	Zumanis	GER	0:50:38	0:51:04	207	MHK	86	13:42	12:32	11:31	11:46	
464	1173	Chromik Olaf	KölnAlumni - Freunde und	GER	0:50:40	0:50:46	208	MHK	86	12:18	11:53	12:33	12:47	
465	1518	Könen Daniel	Rodrod med flode	GER	0:50:43	0:50:56	209	MHK	85	12:35	12:29	12:42	11:56	
466	23	Sindelar Peter	Uni Duisburg-Essen	GER	0:50:43	0:51:03	39	M45	65	11:25	12:12	12:59	12:58	
467	1381	Schwamborn Mario	MV Frielingsdorf	GER	0:50:45	0:51:07	210	MHK	85	12:04	12:10	12:38	12:55	
468	2038	Schulte- Zurhausen Andre	*Köln	GER	0:50:46	0:51:46	49	M40	67	13:04	12:15	12:20	12:09	
469	1514	Müller Mathias	Road Runner - Miep, Miep -	GER	0:50:47	0:51:01	211	MHK	87	12:21	12:42	13:01	11:43	
470	1772	Köhler Joachim	Wimpelmob	GER	0:50:49	0:51:43	94	M30	79	12:57	11:59	12:28	12:18	
471	2234	Leuchtenberg Martin	Hochseilgarten K1	GER	0:50:49	0:51:04	40	M45	65	12:32	12:16	12:26	12:25	
472	1404	Wittke Jan	oikos Köln	GER	0:50:50	0:51:40	212	MHK	81	13:18	11:50	12:41	12:01	
473	386	Pilimalauwe Prasanna	*Bonn	GER	0:50:52	0:51:06	95	M30	80	12:13	12:27	12:49	12:24	
474	922	Schlax David	David Schlax	GER	0:50:54	0:50:54	213	MHK	85	11:46	13:11	13:01	12:04	
475	2122	Lau Chun Yin Vincent	Bonn Internationals	HKG	0:50:55	0:51:09	214	MHK	88	11:37	12:30	12:48	12:50	
476	611	Dykstra Tobias	Bonn Internationals	GER	0:50:58	0:51:27	215	MHK	82	12:13	12:22	12:39	12:43	
477	615	Frechen Ferdinand	Bonn Internationals	GER	0:50:59	0:51:26	41	M45	61	12:15	12:06	12:44	12:40	
478	1923	Fröhlich Tim	*Aachen	GER	0:50:59	0:51:40	216	MHK	88	12:24	12:38	12:30	12:22	
479	269	Kerkloh Christian	*Köln	GER	0:50:59	0:51:11	217	MHK	85	12:14	12:27	12:38	12:36	
480	2148	Schnichels Markus	Central-Team	GER	0:51:00	0:51:11	48	M35	71	11:29	12:21	12:53	13:07	

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
481	2485	Poos Jörg	Urologische Uniklinik Köln	DEU	0:51:02	0:51:10	42	M45	62	10:56	12:10	13:25	13:24	
482	2470	Haase Olaf	TuS Zülpih	GER	0:51:03	0:51:22	50	M40	66	12:12	12:16	12:33	12:50	
483	1484	Bemmann Ulrich	RheinEnergie AG		0:51:06	0:51:08	51	M40	67	12:15	12:40	12:35	12:25	
484	1491	Fickers Marcus	RheinEnergie AG		0:51:06	0:51:08	96	M30	77	12:15	12:40	12:35	12:25	
485	70	Kreckel Tim	WG Dortmund	GER	0:51:07	0:51:33	218	MHK	86	11:11	11:49	13:27	13:38	
486	669	Schüchen Robert	Bonn Internationals	GER	0:51:07	0:51:27	219	MHK	82	11:14	12:13	13:18	13:22	
487	1403	Vogel Gabriel	oikos Köln	AUT	0:51:07	0:51:57	220	MHK	90	13:17	11:51	12:21	12:29	
488	1014	Bejia Mehdi	FH Köln	TUN	0:51:08	0:51:28	221	MHK	86	10:47	12:24	13:32	13:24	
489	2494	Icks Wolfgang	Valium i.V.	GER	0:51:10	0:51:29	43	M45	65	12:15	12:24	12:46	12:38	
490	1674	Mack Jürgen	Torpedo GKS	GER	0:51:11	0:51:40	222	MHK	83	16:22	16:21	16:54	16:23	
491	459	Selman Senad	*Wesseling	GER	0:51:12	0:51:46	49	M35	73	12:18	12:14	12:43	12:47	
492	1037	Zeiser Eduard	FH Köln	GER	0:51:12	0:51:33	223	MHK	88	10:14	10:59	14:38	14:15	
493	208	Groten Sven	*Hürth	GER	0:51:12	0:51:22	224	MHK	89	11:58	12:18	13:07	12:52	
494	2426	Tausch Stefan	SSK Kerpen Triathlon	GER	0:51:13	0:51:15	50	M35	72	12:36	12:22	12:51	12:18	
495	488	Thimm Hannes	*Bochum	GER	0:51:14	0:51:38	225	MHK	85	13:13	13:00	12:51	11:18	
496	1347	Kesting Dr. Stefan	Max Power (MPIfG)	GER	0:51:16	0:51:40	44	M45	65	13:21	13:05	12:17	11:32	
497	235	Herhaus Tim	*Köln	GER	0:51:16	0:51:29	226	MHK	87	12:02	12:49	12:47	12:39	
498	1325	Boden Rom	LSC	GER	0:51:18	0:51:36	227	MHK	88	12:57	12:40	11:57	12:35	
499	693	Dahs Georg	Bonn-Rhein-Sieg Runners	GER	0:51:19	0:52:14	228	MHK	85	12:22	12:10	12:39	12:54	
500	1317	Ockenfels Philipp	Lindweiler Hof	GER	0:51:19	0:52:08	97	M30	79	10:57	11:52	13:14	14:04	
501	972	Jungwirth Gerhard	Die Seitenstecher	AUT	0:51:20	0:51:52	229	MHK	87	12:15	12:32	12:45	12:45	
502	730	Westerfeld Florian	Bonn-Rhein-Sieg Runners	GER	0:51:22	0:52:03	98	M30	79	13:27	12:19	12:22	12:19	
503	128	Brinkmann Wanja	*Köln	GER	0:51:24	0:51:47	230	MHK	84	11:47	12:26	12:57	13:03	
504	2504	Frische Florian	Whisky-Club	GER	0:51:26	0:51:32	231	MHK	81	11:32	12:27	12:58	13:17	
505	1204	Schneider Michael	Kölner Bank	GER	0:51:27	0:51:50	52	M40	66	11:48	12:39	13:00	12:49	
506	509	Wachtmann Tobias	*Köln	GER	0:51:27	0:51:49	99	M30	76	12:57	12:39	12:38	12:15	
507	1904	Demaving Andre	*Köln-Porz	GER	0:51:32	0:52:05	45	M45	62	13:32	12:47	12:27	11:42	
508	2407	Schröder Andreas	Siemens IA SC	GER	0:51:34	0:51:55	53	M40	70	12:21	12:39	12:50	12:38	
509	1386	Christ Philipp	OC Kölleformia	GER	0:51:35	0:51:51	232	MHK	83	11:52	12:17	13:11	13:09	
510	2390	Werner Christoph	RheinEnergie AG		0:51:35	0:51:39	46	M45	65	12:38	12:59	12:34	12:19	
511	740	Gattner Marius	Chefköche	GER	0:51:36	0:51:49	51	M35	72	11:41	12:17	12:57	13:26	
512	2315	Dinslaken Dirk	Los Diegos	GER	0:51:37	0:51:42	52	M35	73	11:18	11:55	13:08	13:59	
513	562	Schwarz Prof. Dr. Günter	AG Schwarz	GER	0:51:39	0:51:50	54	M40	70	11:33	12:28	13:09	13:19	
514	2355	Lindt Stefan	PersAmt-Raketen	GER	0:51:39	0:52:07	100	M30	80	11:16	12:46	13:24	13:03	
515	1339	Stieber Marc	Marc Stieber	GER	0:51:40	0:52:27	101	M30	78	12:52	13:05	12:59	11:45	
516	797	Eichholz Tobias	Cologne Internationals	GER	0:51:41	0:51:55	233	MHK	88	12:39	12:36	12:36	12:38	
517	1886	Bajon Eugen	*Köln	GER	0:51:44	0:52:30	102	M30	76	12:18	12:30	12:55	12:50	
518	2271	Ewert Stefan	KSK 740 Running-Team	GER	0:51:45	0:51:51	103	M30	77	11:18	12:15	13:17	13:48	
519	2475	Christophel Werner	TV-Refrath	GER	0:51:45	0:51:50	1	M75	35	12:10	12:48	12:47	12:50	
520	1316	Nickel André	Lindweiler Hof	GER	0:51:46	0:52:35	1	MSA	96	12:51	12:17	12:33	12:58	
521	1129	Donsbach Horst	HMG-Flitzer	GER	0:51:49	0:52:04	9	M55	54	12:07	12:34	13:01	12:59	
522	1673	Kretz Michael	THW Köln	DEU	0:51:51	0:51:54	104	M30	80	11:23	12:29	13:18	13:32	
523	291	Korczak Tobias	*Köln	GER	0:51:54	0:52:29	234	MHK	81	12:21	12:42	12:38	13:06	
524	1941	Heinen-schürmann Dr.	*köln	GER	0:51:59	0:52:35	15	M50	59	13:09	12:35	12:45	12:24	
525	1710	Jäger Jens	Urologische Uniklinik Köln	GER	0:52:01	0:52:37	235	MHK	86	12:48	12:26	12:39	13:01	
526	2423	Fiedler Stefan	SSK Kerpen Triathlon	GER	0:52:03	0:52:04	16	M50	58	11:39	12:41	13:07	13:25	
527	143	Csiba Philip	*Köln	GER	0:52:03	0:52:58	53	M35	71	12:55	12:14	12:41	12:58	
528	21	Matzke Christian	Uni Duisburg-Essen	GER	0:52:03	0:52:22	236	MHK	82	11:37	12:56	13:20	13:14	
529	467	Sohler Uwe	*Hürth	GER	0:52:03	0:52:08	105	M30	77	12:27	12:40	13:07	12:47	
530	2064	Weßeler Markus	*Leverkusen	GER	0:52:03	0:52:07	55	M40	67	11:58	12:40	13:02	13:21	
531	2104	Trill Dr. Henning	BC Runners	GER	0:52:04	0:52:23	54	M35	73	12:24	12:56	13:02	12:43	
532	1893	Boelen-Theile Claus	*Rösrath	GER	0:52:04	0:52:32	56	M40	66	13:11	12:38	12:44	12:22	
533	1599	Müller Jens	Stadtwerke-Konzern Köln	GER	0:52:05	0:52:08	57	M40	66	12:15	12:28	12:57	13:15	
534	432	Schmidt Florian	*Köln	GER	0:52:05	0:52:26	237	MHK	82	12:47	12:39	13:02	12:32	
535	398	Prentzel Carsten	*Köln	GER	0:52:06	0:52:11	106	M30	78	12:27	12:40	13:07	12:46	
536	530	Witte Philip	*Köln	GER	0:52:07	0:52:14	107	M30	80	12:20	12:49	12:59	12:47	
537	1515	Müller Thomas	Road Runner - Miep, Miep -	GER	0:52:10	0:52:25	238	MHK	84	12:16	12:31	13:18	13:01	
538	2147	Poloczek Christian	Central-Team	GER	0:52:12	0:52:43	55	M35	75	11:57	12:49	13:02	13:11	
539	1890	Biesemann Andreas	*Hürth	GER	0:52:14	0:53:14	108	M30	79	12:53	12:30	12:52	12:51	
540	1400	Busch Michael	oikos Köln	GER	0:52:15	0:53:23	239	MHK	90	14:18	11:59	12:13	12:42	

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
541	478	Stolz Andreas	*Köln	GER	0:52:19	0:52:20	240	MHK	84	12:46 13:15 12:56 12:19
542	553	Vent Markus	1.Campusport SchwimmTeam	GER	0:52:20	0:53:28	241	MHK	89	11:55 12:13 13:22 13:36
543	2262	Tuchscherer Sven	Kölner Bank	GER	0:52:20	0:53:19	109	M30	76	12:56 12:32 12:54 12:49
544	2043	Seibert Marcus	*Köln	GER	0:52:21	0:53:01	47	M45	64	12:07 13:17 13:10 12:43
545	445	Scholl Dr. Daniel	*Köln	GER	0:52:25	0:52:31	110	M30	78	12:07 12:40 13:17 13:15
546	1471	Schofield Jeremy	Redlands Extreme Sports	USA	0:52:25	0:52:29	242	MHK	81	11:29 12:33 13:28 13:40
547	1375	Will Thomas	MitUns	GER	0:52:26	0:53:18	243	MHK	81	12:54 12:59 12:48 12:45
548	2076	Grimm Manfred	1. Kölner Laufstall	GER	0:52:30	0:52:46	48	M45	62	12:09 12:16 13:04 13:50
549	1945	Hessel Tobias	*Köln	GER	0:52:30	0:52:33	111	M30	76	11:44 13:18 13:25 13:02
550	2273	Sprenger Peter	KSTW	DEU	0:52:31	0:52:33	2	MSA	00	12:12 12:43 13:03 13:19
551	724	Shah Syed Sabeel Ahmad	Bonn-Rhein-Sieg Runners	GER	0:52:31	0:52:50	244	MHK	84	15:05 17:53 18:19 00:00
552	1665	Nienhaus Fabian	Team Rambo	GER	0:52:31	0:52:55	245	MHK	89	12:08 12:29 13:09 13:33
553	465	Smoch Martin	*Hennef	GER	0:52:32	0:52:34	17	M50	59	11:23 13:10 13:26 13:24
554	2027	Rollnik Christoph	*Köln	GER	0:52:32	0:52:52	112	M30	78	11:59 12:44 13:06 13:24
555	2215	Oberthür Henning	Generali Runners	GER	0:52:35	0:53:35	246	MHK	82	12:56 12:51 12:54 12:49
556	1621	Becker Daniel	Team Bessawisser	GER	0:52:38	0:52:48	247	MHK	86	12:44 12:57 12:52 13:04
557	2361	Götz Fabian	Prof. Dr. Dr. Ede	GER	0:52:40	0:53:07	248	MHK	83	11:27 11:57 12:59 14:42
558	1795	Glombek Konstantin	Youll never walk alone	GER	0:52:42	0:53:13	113	M30	80	11:30 12:47 13:32 13:38
559	2117	Heuser Thilo	Bonn Internationals	GER	0:52:43	0:52:46	49	M45	65	11:52 12:51 13:21 13:31
560	1971	Kühnel Ralf	*Pulheim	GER	0:52:43	0:53:09	50	M45	64	11:34 12:54 13:35 13:31
561	605	Callo-Concha Daniel	Bonn Internationals	GER	0:52:48	0:53:12	56	M35	72	14:19 13:11 12:46 11:28
561	722	Schneider Markus	Bonn-Rhein-Sieg Runners	GER	0:52:48	0:53:43	249	MHK	85	12:23 12:31 13:18 13:24
563	2221	Goltsche Bernhard	GWK Runner	GER	0:52:55	0:53:12	18	M50	56	11:54 12:25 13:40 13:45
564	2357	Pickhard Holger	Point One Runners	GER	0:52:59	0:53:31	51	M45	64	13:16 12:56 12:53 12:44
565	2379	Mertens Bernhard	RheinEnergie AG		0:53:00	0:53:09	10	M55	52	12:09 13:16 13:21 13:02
566	1942	Helmstädter Dr. Victor	*Köln	GER	0:53:01	0:53:32	114	M30	77	12:56 13:10 13:09 12:53
567	482	Struck Julian	*Köln	GER	0:53:05	0:53:13	250	MHK	85	11:42 12:43 13:46 13:48
568	794	Dogan Cem	Cologne Internationals	GER	0:53:07	0:53:20	251	MHK	89	12:40 13:08 13:19 13:13
569	2323	Verhey Sascha	Lucky Stars	GER	0:53:08	0:53:10	57	M35	75	12:44 12:59 13:22 12:58
570	1501	Müller Björn	RheinEnergie AG		0:53:13	0:53:25	58	M35	73	12:26 13:16 13:15 13:09
571	2007	Nierhoff Boris	*Köln	GER	0:53:17	0:53:42	58	M40	69	12:05 12:44 13:24 13:41
572	921	Schedlbauer Josef	DAV-Sektion Berchtesgaden	GER	0:53:18	0:53:40	59	M40	67	12:08 12:18 13:27 14:09
573	1889	Biegner Tobias	*Köln	GER	0:53:19	0:53:55	252	MHK	83	14:23 13:13 12:31 12:03
574	163	Eggert Henning	*Köln	GER	0:53:22	0:53:33	115	M30	77	12:39 12:54 13:18 13:27
575	2395	Wurda Werner	SC Fortuna Köln	GER	0:53:22	0:54:09	19	M50	60	12:45 12:42 13:07 13:37
576	1408	Kluge Lars	ph1-roadrunners	GER	0:53:25	0:53:58	253	MHK	86	12:19 12:54 13:24 13:36
577	528	Wirbs Frederic	*Köln	GER	0:53:26	0:53:41	254	MHK	86	12:13 12:38 13:24 14:03
578	2296	Cogel Berthold	Laufrausch	GER	0:53:27	0:54:22	52	M45	61	13:47 12:55 13:01 12:46
579	1327	Lang Ben	LSC	LUX	0:53:28	0:53:45	255	MHK	86	13:31 12:39 12:27 13:44
580	242	Heymann Andy	*Köln	GER	0:53:30	0:53:34	59	M35	73	12:31 12:51 13:16 13:38
581	666	Schöne-Bake Christoph	Bonn Internationals	GER	0:53:32	0:53:52	256	MHK	82	11:59 12:49 13:30 14:01
582	892	Ulbrich Michael	Cologne Internationals	GER	0:53:37	0:54:13	257	MHK	84	13:11 13:15 13:07 12:59
583	2085	Kern Bernhard	1.Campusport SchwimmTeam	GER	0:53:42	0:54:24	60	M35	73	12:44 13:23 13:21 13:07
584	864	Riese Aladin	Cologne Internationals	GER	0:53:43	0:54:27	258	MHK	84	13:23 12:56 13:23 13:00
585	1473	Courtpozanis Philipp	RFH Köln	GER	0:53:44	0:53:53	259	MHK	87	11:28 12:28 13:57 14:47
586	1510	Volle Jörg	RheinEnergie AG		0:53:45	0:53:47	60	M40	70	12:42 13:10 13:21 13:21
587	526	Winter Florian	*Borken	GER	0:53:45	0:54:14	116	M30	77	14:01 12:50 12:54 12:46
588	313	Lehnen Markus	*Hürth-Efferen	GER	0:53:45	0:53:46	260	MHK	86	12:03 13:11 13:42 13:42
589	305	Kyrion Tobias	*Hürth	GER	0:53:46	0:54:12	261	MHK	87	11:07 12:46 14:13 14:26
590	772	Bahnsen Manuel	Cologne Internationals	GER	0:53:48	0:54:45	61	M35	73	12:03 13:08 13:51 13:40
591	249	Hörle Guido	*Köln	GER	0:53:50	0:54:23	117	M30	76	12:22 12:38 13:42 13:58
591	989	Schlösser Dr. Thomas	Dissonanzdüsen	GER	0:53:50	0:54:56	117	M30	76	12:46 12:08 13:19 14:18
593	891	Topic Denis	Cologne Internationals	GER	0:53:51	0:54:33	119	M30	78	13:47 13:23 13:11 12:26
594	1888	Becker-Mühlenbrock Jens	*Köln	GER	0:53:53	0:54:35	62	M35	74	12:58 12:59 13:19 13:21
595	774	Barniske Marc	Cologne Internationals	GER	0:53:54	0:54:22	262	MHK	86	12:46 12:53 13:06 13:55
596	1745	Müller Gregor	Valium i.V.	GER	0:53:56	0:54:29	53	M45	64	13:24 12:56 13:13 13:09
597	1794	Eirich Joachim	Youll never walk alone	GER	0:53:57	0:54:34	63	M35	71	13:19 13:04 13:29 13:03
598	1744	Meyers Dr. Johannes-Otto	Valium i.V.	GER	0:53:58	0:54:29	11	M55	53	13:23 12:59 13:13 13:09
599	898	Gultsch Daniel	cologne.idle	GER	0:53:59	0:54:31	263	MHK	89	13:40 13:17 13:09 12:53
599	681	Weininger Volker	Bonn Internationals	GER	0:53:59	0:54:37	64	M35	71	13:55 13:09 13:17 12:32

10km - Gesamtwertung

Unilauf Köln - 9. Juni 2010

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
601	444	Schönborn Wolfgang	*Kerpen-Horrem	GER	0:54:00	0:54:38	61	M40	69	12:46	13:04	13:20	13:34	
602	1926	Gemmel Stephan	*Köln	GER	0:54:00	0:54:04	20	M50	58	12:42	12:57	13:22	13:46	
603	1716	Reklat Andre	Urologische Uniklinik Köln	GER	0:54:01	0:54:39	264	MHK	81	12:07	12:47	13:42	14:04	
604	1567	Hollmann Nils	Solid state runners	GER	0:54:01	0:54:57	120	M30	80	14:09	13:31	12:49	12:18	
605	350	Muelheims Laurenz	*Bonn	GER	0:54:01	0:55:13	21	M50	60	13:00	13:03	13:23	13:30	
606	650	Morina Prof. Dr. Jeronim	Bonn Internationals	GER	0:54:02	0:54:14	265	MHK	88	11:06	12:52	15:11	13:40	
607	2162	Bannas David	Cologne Internationals	GER	0:54:03	0:54:50	121	M30	79	13:58	13:42	12:21	12:55	
608	197	Görg Florian	*Köln	GER	0:54:03	0:54:03	266	MHK	86	12:44	12:57	13:17	13:54	
609	1610	Endres Janis	Strahlende Läufer	GER	0:54:04	0:54:37	267	MHK	82	13:56	13:27	13:04	12:36	
610	1973	Kuhlmann Dr. Jan	*Köln	GER	0:54:06	0:54:11	62	M40	69	12:21	13:32	13:24	13:35	
611	1780	Jesper Oliver	WiSo-Fachschaft & Friends	GER	0:54:06	0:54:12	268	MHK	85	13:10	13:29	13:39	12:46	
612	2449	Urban Andreas	Telefónica o2 Germany	GER	0:54:08	0:54:19	122	M30	76	12:32	13:13	13:37	13:40	
613	1495	Kaden Rene	RheinEnergie AG		0:54:09	0:54:14	63	M40	70	12:41	13:46	13:37	13:00	
614	1936	Gultsch Stephan	*Köln	GER	0:54:10	0:54:41	22	M50	60	13:40	13:18	13:09	12:55	
615	1345	Jurczyk Bojan	Max Power (MPIfG)	GER	0:54:11	0:54:35	269	MHK	84	13:22	13:04	12:44	13:48	
616	132	Bruckwilder Hans Jörg	*Köln	GER	0:54:12	0:54:29	12	M55	55	12:55	13:08	13:23	13:33	
617	396	PÖrt Marcel	*Köln	GER	0:54:18	0:55:07	270	MHK	86	13:44	13:34	13:32	12:27	
618	2154	Hehl Klaus	Cirquent	GER	0:54:19	0:55:23	54	M45	62	13:17	13:13	13:18	13:19	
619	1776	Fischer Frederik	WiSo-Fachschaft & Friends	GER	0:54:22	0:54:28	271	MHK	85	13:38	14:05	13:23	12:18	
620	1786	Loch Michael	WiSo-Fachschaft & Friends	GER	0:54:23	0:54:28	272	MHK	86	13:11	13:29	13:38	13:08	
621	1551	Genenger Christian	SIFE	GER	0:54:26	0:55:22	273	MHK	84	13:37	13:04	13:24	13:16	
622	1522	Hübner André	Run For Fun	GER	0:54:27	0:54:54	123	M30	80	12:20	13:10	14:15	13:30	
623	2385	Schetter Emanuel	RheinEnergie AG		0:54:28	0:54:32	124	M30	77	13:47	13:14	13:14	13:06	
624	1749	Rehbein Dr. Martin	Valium i.V.	GER	0:54:29	0:55:07	23	M50	58	13:25	12:53	13:34	13:34	
625	2132	Symann Gunnar	Bonn Internationals	GER	0:54:29	0:54:55	65	M35	72	13:20	13:25	13:41	13:00	
626	236	Hermanns Maik	*Köln	GER	0:54:30	0:55:31	274	MHK	84	14:15	13:18	13:00	12:59	
627	2480	Giebel-Gregor Frank	Urologische Uniklinik Köln	DEU	0:54:31	0:54:41	55	M45	63	12:01	13:21	14:02	13:55	
628	1118	Knopp Maurice	GTL Livercool Runners	GER	0:54:32	0:54:45	275	MHK	84	13:50	13:44	13:17	12:37	
629	1117	Baumgart Eugen	GTL Livercool Runners	GER	0:54:33	0:54:45	276	MHK	83	13:51	13:44	13:17	12:37	
630	362	Nieraad Felix	*Köln	GER	0:54:33	0:54:42	277	MHK	81	13:09	13:10	13:26	13:31	
631	2034	Schneider Ingmar	*Hürth	GER	0:54:35	0:55:39	24	M50	59	13:23	13:13	13:32	13:18	
632	2371	Els Jürgen	RheinEnergie AG		0:54:36	0:54:40	64	M40	69	13:12	13:10	13:35	13:22	
633	1781	Kappner Kalle	WiSo-Fachschaft & Friends	GER	0:54:36	0:54:56	278	MHK	89	12:32	13:01	13:50	14:02	
634	1782	Kaufmann Christoph	WiSo-Fachschaft & Friends	GER	0:54:36	0:54:42	279	MHK	87	13:11	13:29	13:39	13:13	
635	265	Kasapoglu Senol	*Köln	GER	0:54:39	0:54:52	125	M30	76	13:27	13:05	13:25	13:38	
636	417	Sanchez Sala Juanjo	*Köln	ESP	0:54:41	0:54:59	126	M30	77	12:17	13:15	13:46	14:04	
637	481	Ströbelt Reiner	*Pulheim	GER	0:54:43	0:55:01	56	M45	62	13:40	13:30	13:24	12:59	
638	344	Mengler Till	*Aachen	GER	0:54:43	0:55:35	280	MHK	83	13:26	13:18	13:18	13:24	
639	1949	Jeschor Thomas	*Köln	GER	0:54:45	0:54:51	127	M30	77	13:41	13:28	13:26	12:56	
640	1723	Berg Tobias	Valium i.V.	GER	0:54:45	0:55:28	66	M35	72	13:28	13:14	13:21	13:30	
641	1485	Bergk Markus	RheinEnergie AG		0:54:46	0:55:05	65	M40	70	13:06	13:27	13:55	13:21	
642	2428	Varoquier Bernd	SSK Kerpen Triathlon	GER	0:54:48	0:54:50	66	M40	67	12:28	13:02	14:34	13:31	
643	739	Sengstake Marco	Central-Team	GER	0:54:50	0:55:41	67	M35	73	13:46	13:21	13:06	13:30	
644	1513	Kals Marius	Road Runner - Miep, Miep -	GER	0:54:54	0:55:09	281	MHK	87	13:15	13:13	13:25	13:37	
645	306	Labsch Stephan	*Köln	GER	0:54:56	0:55:20	282	MHK	81	13:55	14:00	13:29	12:26	
646	690	Bahr Florian	Bonn-Rhein-Sieg Runners	GER	0:54:57	0:56:02	283	MHK	81	13:50	13:21	13:11	13:20	
647	1720	Teleutschak Sergej	Urologische Uniklinik Köln	GER	0:54:58	0:55:28	128	M30	80	11:44	12:38	13:34	15:52	
648	2082	Roeser Jörg	1. Kölner Laufstall	GER	0:55:03	0:55:18	57	M45	62	12:45	13:18	13:59	13:47	
649	1894	Boerner Uwe	*Koeln	GER	0:55:04	0:55:10	58	M45	64	13:08	13:55	13:27	13:15	
650	1931	Gross Roland	*Köln	GER	0:55:04	0:55:25	67	M40	68	13:22	13:14	13:21	13:55	
651	1966	Kreiß Thomas	*Bonn	GER	0:55:07	0:56:11	25	M50	58	13:35	13:01	13:29	13:50	
652	1388	Fiebig Lukas	OC Killefornia	GER	0:55:09	0:55:26	284	MHK	84	12:52	13:13	13:58	13:57	
653	1864	Knitter Niko	Zumanis	GER	0:55:09	0:55:35	285	MHK	86	13:42	13:14	13:38	13:40	
654	552	Reuter Oliver	1.Campusport SchwimmTeam	GER	0:55:11	0:56:20	286	MHK	85	14:08	13:46	13:35	12:36	
655	1125	Schäperclaus Jens	Hart aber Herzig	GER	0:55:18	0:56:08	129	M30	77	14:13	13:15	13:18	13:26	
656	2501	Schorn Stephan	VfL Kommern	GER	0:55:21	0:55:40	68	M35	75	12:16	13:33	14:04	14:24	
657	556	Dejanovic Borislav	AG Schwarz	GER	0:55:25	0:55:34	287	MHK	83	12:02	13:36	14:08	14:19	
658	612	Ebert Simon	Bonn Internationals	GER	0:55:27	0:55:56	69	M35	74	14:06	13:21	13:24	13:26	
659	2457	Mattiss Tino	Toyota gibt Gas	GER	0:55:29	0:55:37	130	M30	76	13:02	13:29	13:49	14:02	
660	1332	Weis Prof. Dr. Felix	LSC	LUX	0:55:31	0:55:49	288	MHK	87	12:39	13:20	14:21	13:53	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
661	2120	Könenberg Uwe	Bonn Internationals	GER	0:55:32	0:56:07	131	M30	80	13:09	13:34	13:44	13:50
662	259	Jans Sebastian	*Grevenbroich	GER	0:55:35	0:56:23	3	MJA	91	12:51	13:04	14:07	14:11
663	576	Cibu-Deaconu Paul	BC Runners	GER	0:55:36	0:55:54	289	MHK	86	13:24	13:38	13:51	13:38
664	1868	Haubold Kai	Zumanis	GER	0:55:37	0:56:04	290	MHK	84	15:38	14:54	12:57	11:15
665	1789	Przykop Christian	WiSo-Fachschaft & Friends	GER	0:55:38	0:55:43	291	MHK	82	12:51	13:43	14:03	13:59
666	254	Hund Stefan		GER	0:55:39	0:55:42	70	M35	73	12:44	14:01	13:42	13:59
667	328	Lucidi Stefano	*Köln	ITA	0:55:42	0:56:00	132	M30	79	13:04	13:27	13:44	14:04
668	2249	Doerenkamp Albert	Kölner Ausdauer-und	GER	0:55:48	0:56:49	26	M50	60	14:03	13:07	13:45	13:42
669	1253	Schäkel Thomas	Koelnmesse	GER	0:55:49	0:55:58	59	M45	63	14:31	14:19	13:11	12:41
670	2195	Rupprecht Marc	Dynamo Dauerregen	GER	0:55:50	0:56:17	68	M40	68	12:42	13:36	14:05	14:11
671	893	Vogel Ulrich	Cologne Internationals	GER	0:55:52	0:56:27	133	M30	80	14:08	13:39	13:29	13:24
672	223	Harmel Hajo	*Köln	GER	0:55:53	0:55:56	60	M45	63	12:46	13:31	14:04	14:20
673	491	Tielmann Dr. Thomas	*Siegburg	GER	0:55:54	0:56:08	134	M30	80	13:23	13:28	13:38	14:18
674	125	Braunecker Stefan	*Köln	GER	0:55:59	0:56:21	135	M30	77	13:09	13:45	14:05	13:52
675	814	Henche Matthias	Cologne Internationals	GER	0:56:06	0:56:39	292	MHK	83	13:31	14:04	13:46	13:35
676	905	Nitzschke Dennis	Csikszentmihalyi und die Flowr	GER	0:56:06	0:56:54	293	MHK	86	13:55	13:30	13:42	13:48
677	2179	Pruß Thomas	Colognerunners	GER	0:56:08	0:56:37	61	M45	61	12:18	13:29	14:28	14:32
678	1552	Herkner Tobias	SIFE	GER	0:56:11	0:57:07	294	MHK	84	13:39	13:00	14:15	14:13
679	192	Gerke Prof. Dr. Jürgen	*Hürth	GER	0:56:13	0:56:15	5	M60	46	12:44	13:30	14:03	14:32
680	301	Krumnack Stefan	*Köln	GER	0:56:17	0:56:24	295	MHK	85	14:15	13:50	13:55	13:11
681	416	Sallen Nikolai	*Köln	GER	0:56:19	0:56:47	296	MHK	85	13:30	13:14	13:46	14:34
682	1617	Puls Christoph	Südstadt Radicals	GER	0:56:21	0:57:07	136	M30	76	13:30	13:19	13:18	14:49
683	1251	Kampen Hans-Joachim	Koelnmesse	GER	0:56:21	0:56:29	27	M50	57	13:35	13:35	13:53	14:01
684	1545	Wellershoff Matthias	Schnelle Sülzer Socken	GER	0:56:22	0:56:35	62	M45	65	13:41	14:17	13:57	13:22
685	185	Frings Michael	*Köln	GER	0:56:23	0:56:58	13	M55	54	14:07	13:43	13:47	13:29
686	120	Bornemann Georg	*Köln	GER	0:56:26	0:56:42	71	M35	73	13:06	13:38	14:30	14:11
687	953	Schneider Stephan	Die Eifelbauern	GER	0:56:26	0:56:54	297	MHK	85	13:33	13:59	14:52	13:07
688	1328	Lepage Marc	LSC	LUX	0:56:31	0:56:48	298	MHK	89	13:24	13:26	14:26	14:00
689	311	Laufkötter Arne	*Köln	GER	0:56:32	0:57:13	299	MHK	84	13:51	13:47	13:46	14:00
690	2389	Weiner Helmut	RheinEnergie AG		0:56:34	0:56:39	14	M55	55	13:57	14:06	13:47	13:37
691	2151	Thielscher Andreas	Central-Team	GER	0:56:41	0:57:46	137	M30	76	14:07	13:53	13:59	13:36
692	224	Hartmann Thorsten	*Bonn	GER	0:56:42	0:57:26	138	M30	79	13:46	13:38	14:19	13:41
693	1611	Heinze Stefan	Strahlende Läufer	GER	0:56:43	0:57:42	139	M30	76	13:26	13:30	14:03	14:22
694	2369	Caba Prof. Martin	RFH Köln	GER	0:56:43	0:56:54	300	MHK	87	11:27	12:24	14:02	17:16
695	2415	Herschel Siegfried	Sportfreunde Stöcker	GER	0:56:43	0:57:23	15	M55	52	14:38	14:30	13:54	12:32
696	264	Kang Tae-Hyung	*Düsseldorf	KOR	0:56:44	0:57:14	4	MJA	92	14:40	14:27	13:26	13:02
697	1718	Sen Emel	Urologische Uniklinik Köln	GER	0:56:46	0:57:12	140	M30	80	12:39	14:12	14:34	14:05
698	1475	Hamacher Stefan	RFH Köln	GER	0:56:47	0:56:47	301	MHK	85	12:44	13:21	14:07	15:14
699	1915	Etemadalsoltani Ali	*Köln	GER	0:56:50	0:57:19	69	M40	67	14:29	13:57	13:25	13:45
700	1885	Bade Dieter	*Siegburg	GER	0:56:53	0:57:43	302	MHK	83	14:44	13:52	13:55	13:13
701	87	Altehenger Tobias	*Köln	GER	0:56:53	0:57:41	303	MHK	87	13:20	13:39	14:12	14:27
702	1778	Heise Thomas	WiSo-Fachschaft & Friends	GER	0:56:56	0:57:11	304	MHK	87	13:03	13:48	14:31	14:29
703	2386	Schmitter Jörg	RheinEnergie AG		0:56:57	0:57:01	70	M40	69	13:50	14:13	14:06	13:43
704	1881	Wesche MAnuel	Zumanis	GER	0:56:58	0:57:22	305	MHK	82	15:39	14:58	12:56	12:28
705	1777	Hartrampf Johannes	WiSo-Fachschaft & Friends	GER	0:56:59	0:57:04	306	MHK	86	12:17	13:38	15:13	14:46
706	1883	Apel Georg	*Leverkusen	GER	0:57:03	0:57:15	141	M30	78	13:36	13:55	14:19	14:03
707	1506	Schäfer-Günther Sven	RheinEnergie AG		0:57:04	0:57:07	72	M35	75	13:26	13:57	14:21	14:08
708	631	Jahn Volker	Bonn Internationals	GER	0:57:04	0:58:06	142	M30	76	13:57	13:55	14:10	13:50
709	2312	Lange Peter	Lindweiler Hof	GER	0:57:05	0:57:54	16	M55	53	13:51	13:46	14:08	14:05
710	387	Pinger Markus	*Bergisch Gladbach	GER	0:57:13	0:57:28	63	M45	64	13:19	13:07	13:56	15:24
711	975	Rudan Daniel	Die Seitenstecher	GER	0:57:13	0:57:45	307	MHK	84	13:44	14:02	14:51	13:31
712	1876	Schacht Mathias	Zumanis	GER	0:57:15	0:57:42	308	MHK	89	15:37	14:55	12:57	12:30
713	420	Sauer Michael	*Köln	GER	0:57:15	0:57:46	143	M30	76	14:41	14:08	13:59	13:27
714	977	Viel Thomas	Die Seitenstecher	FRA	0:57:18	0:57:50	144	M30	80	12:23	13:37	14:47	15:11
715	2251	Buscher Tobias	Kölner Bank	DEU	0:57:19	0:57:42	71	M40	69	13:51	14:22	14:17	13:44
716	1028	Kiehne Ulf	FH Köln	GER	0:57:22	0:57:42	145	M30	77	13:11	14:06	14:34	14:21
717	473	Spix Matthias	*Köln	GER	0:57:23	0:57:30	309	MHK	82	12:23	13:30	15:46	14:39
717	581	Cesarski Matthias	Begnadete Körper	GER	0:57:23	0:57:36	309	MHK	84	12:09	14:03	14:56	15:02
719	1486	Börold Hans	RheinEnergie AG		0:57:24	0:57:28	28	M50	57	13:08	13:53	14:39	14:15
720	1937	Haase Thomas	*Aachen	GER	0:57:26	0:57:46	72	M40	66	12:22	13:26	14:31	15:43

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
721	658	Pocha Benedikt	Bonn Internationals	GER	0:57:27	0:58:03	311	MHK	84	14:20 13:35 14:11 14:10
722	579	Nörtershäuser Jens	BC Runners	GER	0:57:33	0:57:53	312	MHK	86	13:20 14:11 14:38 14:20
723	1153	Michael Florian	iRun	GER	0:57:34	0:57:41	313	MHK	82	15:03 14:50 13:46 12:57
724	908	Klöpsch Dr. Volker	CSV Marathon Krefeld	GER	0:57:34	0:57:57	6	M60	48	13:58 13:57 14:14 14:10
725	1999	Müllem Stefan	*Kölle	GER	0:57:35	0:58:28	73	M35	75	13:52 13:48 13:56 14:38
726	1910	Elend Christian	*Köln	GER	0:57:36	0:58:32	146	M30	77	14:10 13:46 14:04 14:19
727	266	Kasperovich Stanislav	*Köln	GER	0:57:39	0:57:42	314	MHK	90	13:39 14:24 14:17 14:12
728	1155	Michel Jens	Jens Michel	GER	0:57:40	0:57:48	74	M35	72	13:22 14:04 14:37 14:22
729	2227	Feuerborn Elmar	Hart aber Herzig	GER	0:57:45	0:58:35	315	MHK	86	14:15 13:34 14:33 14:10
730	1393	Krämer Jan	OC Köllefortia	GER	0:57:46	0:58:03	316	MHK	84	14:17 13:58 14:06 14:11
731	978	Vogel Martin	Die Seitenstecher	GER	0:57:46	0:58:16	317	MHK	83	13:25 14:23 14:51 13:57
732	466	Sobetzko Christian	*Köln	GER	0:57:47	0:58:20	318	MHK	82	12:43 12:53 14:49 16:20
733	327	Lucas Jan	*Bonn	GER	0:57:49	0:58:08	319	MHK	81	14:45 13:20 13:51 14:38
734	2025	Rinke Thorsten	*Köln	GER	0:57:49	0:58:05	73	M40	68	14:04 14:14 14:07 14:06
735	2237	Vornholt Stefan	Hochseilgarten K1	GER	0:57:49	0:58:06	64	M45	63	12:43 13:58 14:50 15:00
736	455	Sehmsdorf Martin	*Köln	GER	0:57:50	0:58:39	320	MHK	90	15:06 13:58 13:45 13:47
737	2269	Vogel Markus	Koelnmesse	GER	0:57:51	0:57:56	147	M30	76	13:55 13:58 14:16 14:27
738	1374	Weicht Michael	MitUns	GER	0:57:54	0:58:38	65	M45	62	13:47 14:10 14:35 14:17
739	2384	Scheben Karl	RheinEnergie AG		0:57:54	0:58:40	66	M45	61	14:03 14:07 14:26 14:09
740	2006	Nieder Falk	*Köln	GER	0:57:58	0:58:02	75	M35	73	13:31 14:05 14:40 14:25
741	2214	Meyer Matthias	Gammelige Socken	GER	0:57:59	0:58:46	148	M30	77	13:59 13:49 14:17 14:35
742	808	Froitzheim Bernhard	Cologne Internationals	GER	0:58:01	0:59:03	321	MHK	85	13:45 13:17 14:36 15:07
743	409	Röhrig Nils	*Köln	GER	0:58:02	0:58:31	322	MHK	86	12:01 13:55 15:37 00:00
744	275	Klamper Bernd	*Köln	GER	0:58:03	0:58:14	323	MHK	82	13:12 14:00 14:44 14:53
745	593	Schulte Tim	Blau-Weiß Köln	GER	0:58:03	0:58:22	3	MSA	95	13:27 13:54 14:38 15:00
746	2261	Schwarz Werner	Kölner Bank	DEU	0:58:04	0:59:07	7	M60	48	14:28 14:15 14:19 13:53
747	763	Waibel Christian	Cologne Graduate School	GER	0:58:07	0:59:10	324	MHK	84	14:35 14:07 14:06 14:06
748	2250	Falkner Helmut	Kölner Ausdauer-und	GER	0:58:08	0:59:09	29	M50	60	14:03 13:59 14:38 14:17
749	813	Heinl Felix	Cologne Internationals	GER	0:58:11	0:58:45	149	M30	80	13:47 15:11 15:08 13:02
750	1696	Gschwilm Ingo	TuS Schildgen	GER	0:58:11	0:59:18	150	M30	78	14:45 13:57 14:09 14:04
751	2310	Braun Christine	Lindweiler Hof	GER	0:58:11	0:58:37	30	M50	60	13:42 14:15 14:27 14:28
752	1733	Hinzen Ulrich	Valium i.V.	GER	0:58:13	0:58:47	8	M60	46	13:37 13:22 14:30 15:18
753	214	Hack Martin	*Köln	GER	0:58:14	0:58:41	17	M55	55	14:41 14:12 13:59 14:13
754	2231	Wack Dr. Johannes	hauptsache schneller als die j	GER	0:58:15	0:58:45	76	M35	73	14:37 13:47 14:18 14:11
755	861	Rahman Sascha	Cologne Internationals	GER	0:58:20	0:58:21	325	MHK	84	13:24 14:42 15:02 14:10
756	806	Fritsch Christoph	Cologne Internationals	GER	0:58:20	0:58:39	151	M30	76	14:58 14:50 14:10 13:13
757	1766	Neumann Markus	wer-kennt-wen.de	GER	0:58:30	0:59:35	326	MHK	86	14:30 14:15 14:37 14:07
758	952	Preutenborbeck Benedikt	Die Eifelbauern	GER	0:58:33	0:59:01	327	MHK	86	13:33 13:59 15:00 15:02
759	2493	Huhn-Fischbach Klaus	Valium i.V.	GER	0:58:34	0:59:19	31	M50	58	14:23 14:01 14:16 14:37
760	653	Nedzhvetskaya Natalya	Bonn Internationals	USA	0:58:36	0:59:02	5	MJA	91	12:35 13:28 16:51 14:26
761	1862	Busch Fabian	Zumanis	GER	0:58:37	0:59:03	328	MHK	89	15:37 14:56 13:18 13:28
762	1860	Betke Henrik	Zumanis	GER	0:58:37	0:59:05	329	MHK	88	15:36 14:57 13:17 13:28
763	1126	Sibbing Jens	hauptsache schneller als die j	GER	0:58:44	0:59:18	152	M30	78	13:38 14:00 14:34 15:11
764	543	Schieblon Andre	1. Kölner Laufstall	GER	0:58:45	0:58:57	74	M40	69	13:01 14:20 15:04 15:07
765	2252	Esser Günter	Kölner Bank	GER	0:58:47	0:59:47	67	M45	61	14:12 14:12 14:23 14:41
766	863	Reifenscheid Jörg	Cologne Internationals	GER	0:58:49	0:59:11	153	M30	78	13:16 13:40 15:27 15:05
767	354	Müller Ulf	*Köln	GER	0:58:51	0:58:59	330	MHK	84	13:39 14:21 14:59 14:55
768	436	Schmiter Frank	*Bergisch Gladbach	GER	0:58:52	0:59:07	68	M45	61	13:41 14:25 14:44 14:39
769	1152	Jäger Sebastian	iRun	GER	0:58:52	0:59:00	331	MHK	85	15:01 14:51 13:25 14:41
770	213	Habermann Dirk	*Köln	GER	0:58:56	0:59:06	75	M40	69	14:58 14:45 14:17 13:48
771	1414	Bingener Gary	Prinzen-Garde Köln 1906 e.V.	GER	0:58:58	0:59:10	154	M30	80	13:47 14:15 14:45 14:55
772	1150	Grüter Robert	iRun	GER	0:58:59	0:59:06	332	MHK	85	15:01 14:51 13:46 14:20
773	1741	Kriegelstein Prof. Dr. Christian	Valium i.V.	GER	0:58:59	0:59:37	69	M45	63	13:28 14:23 15:09 14:46
774	793	Döppner Daniel	Cologne Internationals	GER	0:59:02	0:59:44	333	MHK	89	14:36 14:53 14:21 14:15
775	2066	Westphal-Böing Frank	*Köln	GER	0:59:03	0:59:12	70	M45	62	13:43 14:49 14:43 14:29
776	2198	Thron Hans-Peter	ESV Gremberghoven	GER	0:59:03	0:59:15	32	M50	57	13:42 14:04 15:19 14:39
777	1168	Altmann Reiner	keiner	GER	0:59:04	0:59:21	33	M50	60	14:36 14:35 14:22 14:16
777	1553	Kühn Christopher	SIFE	GER	0:59:04	0:59:50	334	MHK	90	14:24 13:43 13:44 15:53
779	998	Stens Jan Hendrik	domradio	GER	0:59:06	1:00:13	155	M30	77	14:11 13:05 15:18 15:33
780	243	Hilgers Wilhelm	*Köln	GER	0:59:06	1:00:14	156	M30	77	14:45 13:56 14:09 14:55

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
781	1512	Hahn Valerian	Rheinisches Institut für Umwel	GER	0:59:09	1:00:06	335	MHK	88	15:01	14:17	14:08	14:34	
782	1207	Uekermann Martin	Kölner Bank	GER	0:59:11	0:59:57	157	M30	80	14:20	14:51	14:46	14:14	
783	2505	Potthast Christian	Whisky-Club	GER	0:59:12	0:59:22	158	M30	76	13:52	14:25	14:43	14:58	
784	447	Schüpp Moritz	*Köln	GER	0:59:17	0:59:32	159	M30	78	14:17	14:44	15:15	13:45	
785	968	Jung Daniel	Die roten Geo-Otter	GER	0:59:19	1:00:23	336	MHK	89	15:23	14:19	15:14	13:13	
786	434	Schmidt Matthias	*Köln	GER	0:59:21	1:00:02	337	MHK	84	14:24	14:00	14:37	15:01	
787	870	Schaarschmidt Christian	Cologne Internationals	GER	0:59:21	0:59:42	160	M30	80	13:41	14:33	15:15	14:47	
788	1351	Waclawczyk Maximilian	Max Power (MPIfG)	GER	0:59:21	0:59:45	338	MHK	85	14:34	14:33	14:37	14:20	
789	1349	Reif Michael	Max Power (MPIfG)	GER	0:59:23	0:59:46	161	M30	79	14:35	14:33	14:39	14:17	
790	1412	Koch Benjamin	Polizei Sport Verein Dortmund	GER	0:59:25	1:00:26	339	MHK	83	15:01	14:17	14:49	14:28	
791	962	Lück Benjamin	Die Flitzpiepen	GER	0:59:27	1:00:31	340	MHK	83	13:46	16:05	13:14	15:14	
791	2255	Kellner Bernd	Kölner Bank	DEU	0:59:27	1:00:00	71	M45	64	13:35	14:34	14:54	15:05	
793	1134	Gottschall Cosimo	Hochseilgarten K1	GER	0:59:29	0:59:45	4	MSA	97	14:48	15:05	14:46	13:46	
794	1385	Berkessel Prof. Dr. Albrecht	OC Külleforia	GER	0:59:29	0:59:47	18	M55	55	13:30	14:13	15:11	15:12	
795	1887	Baum Dr. Clemens	*Bergisch Gladbach	GER	0:59:30	1:00:18	1	M65	41	14:27	14:28	14:41	14:34	
796	1583	Körner Carsten	Spartak Statistik	GER	0:59:31	1:00:00	162	M30	79	13:53	14:18	15:02	14:58	
797	1016	Danisch Rafael	FH Köln	GER	0:59:33	0:59:54	341	MHK	83	14:56	13:57	14:13	15:04	
798	1027	Huemmerich Christian	FH Köln	GER	0:59:34	0:59:54	342	MHK	83	14:58	13:57	14:13	15:04	
799	2199	Vogler Wolfgang	Fairer Handel e.V.	GER	0:59:36	1:00:03	9	M60	49	14:33	14:19	14:44	14:49	
800	1175	Könn Oliver	KölnAlumni - Freunde und	GER	0:59:41	0:59:48	163	M30	78	14:42	15:02	14:55	13:58	
801	1012	Schreckenberger Stefan	Feuerwehr Lz. Brauweiler	GER	0:59:44	1:00:39	343	MHK	84	13:49	13:56	15:00	15:37	
802	1010	Fenkl Peter	Feuerwehr Lz. Brauweiler	GER	0:59:46	1:00:39	76	M40	69	13:50	13:59	15:00	15:36	
803	1731	Hafeneger Christoph	Valium i.V.	GER	0:59:55	1:00:41	77	M35	75	14:31	14:51	15:07	14:13	
804	647	Michalski Harm	Bonn Internationals	GER	0:59:56	1:00:27	344	MHK	84	16:59	13:33	14:25	14:00	
805	400	Rademaker Leon	*Köln	GER	1:00:06	1:01:02	5	MSA	99	15:17	14:55	14:30	14:17	
806	2420	Kotterba Peter	SSK Kerpen	GER	1:00:09	1:00:42	19	M55	52	13:57	14:46	14:59	15:07	
807	1783	Kirschner Philipp	WiSo-Fachschaft & Friends	GER	1:00:09	1:00:16	345	MHK	86	13:37	14:28	15:01	15:53	
808	1001	Ludwig Patrick	Dynamo Dauerregen	GER	1:00:12	1:00:43	346	MHK	81	14:30	14:43	14:59	14:51	
809	967	Jeschka Manuel	Die roten Geo-Otter	GER	1:00:12	1:01:17	347	MHK	87	15:20	14:30	15:04	14:11	
809	646	Meinerzhagen Philipp	Bonn Internationals	GER	1:00:12	1:00:48	347	MHK	83	14:21	14:16	15:03	15:16	
811	884	Spakowski Frank	Cologne Internationals	GER	1:00:14	1:00:24	164	M30	77	15:06	15:30	15:11	13:19	
812	1416	Körfgn Florian	Prinzen-Garde Köln 1906 e.V.	GER	1:00:15	1:00:28	349	MHK	83	13:52	15:00	15:26	14:41	
813	809	Froitzheim Oliver	Cologne Internationals	GER	1:00:19	1:01:21	350	MHK	81	13:46	13:28	16:01	15:46	
814	1952	Kaminski Hans	*Pulheim	GER	1:00:29	1:00:50	78	M35	75	13:49	14:47	15:22	15:22	
815	1620	Klostermeyer Alexa	TCC COLonius	GER	1:00:33	1:01:33	351	MHK	82	15:13	14:41	14:44	14:43	
816	1136	Gottschall Laurin	Hochseilgarten K1	GER	1:00:34	1:00:51	2	MJB	93	14:46	15:08	14:47	14:47	
817	1137	Gottschall Silvan	Hochseilgarten K1	GER	1:00:35	1:00:52	3	MJB	94	14:48	15:05	14:46	14:42	
818	1714	Limmer Franziska	Urologische Uniklinik Köln	GER	1:00:36	1:01:01	165	M30	80	15:02	14:46	14:48	14:45	
819	985	Fetchenhauer Prof. Dr. Detlef	Dissonanzdüsen	GER	1:00:43	1:01:50	72	M45	65	14:34	14:53	14:59	15:02	
820	1334	Düren Thomas	M.C. - Kapelle	GER	1:00:49	1:00:56	166	M30	78	16:12	14:55	14:31	14:03	
821	1675	Esser Tim	Toyota gibt Gas	GER	1:00:50	1:01:00	352	MHK	81	14:10	14:53	15:08	15:18	
822	1135	Gottschall Detlef	Hochseilgarten K1	GER	1:00:52	1:01:09	34	M50	59	15:13	14:42	14:45	14:43	
823	2270	Weidlich Klemens	Koelnmesse	GER	1:00:59	1:01:06	73	M45	62	13:55	14:32	15:16	15:58	
824	1000	Krüger Dr. Andreas	Dynamo Dauerregen	GER	1:01:04	1:01:34	77	M40	68	14:31	14:43	14:59	15:27	
825	452	Schwill Matthias	*Köln	GER	1:01:11	1:01:41	79	M35	74	14:54	15:05	14:51	14:56	
826	1774	Ates Merih	WiSo-Fachschaft & Friends	GER	1:01:16	1:02:28	353	MHK	86	15:14	15:19	15:18	14:12	
827	2316	Theisen Christoph	LT Café El-Mar	GER	1:01:16	1:01:40	35	M50	59	13:50	14:39	15:29	15:58	
828	153	Dietz Florian	*Koeln	GER	1:01:24	1:01:51	80	M35	71	13:35	14:52	15:53	15:48	
829	320	Limburg Michael	*Bergisch Gladbach	GER	1:01:25	1:01:31	167	M30	79	14:27	15:00	15:20	15:27	
830	171	Favre Marc	*Köln	GER	1:01:32	1:02:05	78	M40	66	15:51	15:36	15:03	14:00	
831	2111	Archut Dr. Andreas	Bonn Internationals	GER	1:01:33	1:01:59	79	M40	70	14:13	14:42	15:41	15:34	
832	2008	Odenthal Thorsten	*Erkelenz	GER	1:01:38	1:01:49	168	M30	77	13:52	15:14	15:59	15:29	
833	1615	Pfeiffer Michael	Strahlende Läufer	GER	1:01:39	1:02:38	354	MHK	83	14:33	14:47	15:22	15:46	
834	997	Schröer Johannes	domradio	GER	1:01:39	1:02:47	74	M45	63	15:53	15:10	14:47	14:29	
835	757	Schloen Philipp	Collegium musicum	GER	1:01:43	1:02:14	355	MHK	84	14:26	14:02	15:20	16:28	
836	1713	Lietz Sebastian	Urologische Uniklinik Köln	GER	1:01:49	1:02:42	169	M30	80	13:15	14:31	15:30	16:54	
837	2213	Fredrich Wolfgang	Gammelige Socken	GER	1:01:50	1:02:38	75	M45	64	15:09	14:43	15:14	15:18	
838	2093	Detmer Hanspeter	Altstädter Köln	GER	1:01:53	1:02:17	10	M60	46	14:10	15:05	15:28	15:43	
839	393	Pohlentz Stephan	*Weilerswist	GER	1:01:54	1:02:05	170	M30	80	14:57	14:46	15:15	15:33	
840	1556	Watermann Julius	SIFE	GER	1:01:56	1:02:46	356	MHK	87	13:02	14:06	15:58	17:21	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
841	1315	Gorb Jean-Philippe	Lindweiler Hof	GER	1:01:57	1:02:46	6	MSA	95	13:44 14:58 16:00 16:01
842	2186	Ullrich Daniel	Die Flitzpiepen	GER	1:01:57	1:03:01	357	MHK	83	14:07 15:00 15:28 16:04
843	775	Becker Jan-Michael	Cologne Internationals	GER	1:01:58	1:02:47	358	MHK	82	14:30 14:04 15:48 16:20
844	1683	Buschmann Prof. Dr. Philipp	trotzsaufenlaufen	GER	1:01:59	1:02:23	359	MHK	86	14:37 14:48 15:00 16:10
845	2129	Shakibaei Shapur	Bonn Internationals	GER	1:02:00	1:02:25	36	M50	58	14:44 14:44 15:28 15:32
846	1521	Heide Henning	Run For Fun	GER	1:02:01	1:02:31	171	M30	76	14:12 14:07 15:36 16:37
847	1791	Ruhrmann Alexander	WiSo-Fachschaft & Friends	GER	1:02:03	1:02:10	360	MHK	84	15:03 15:12 15:21 15:19
848	1898	Bühmann Magnus	*Köln	GER	1:02:12	1:02:38	172	M30	77	15:35 15:14 15:13 14:59
849	1029	Krug Sebastian	FH Köln	GER	1:02:22	1:02:44	361	MHK	83	14:59 14:55 16:01 15:12
850	1035	Walter Matthias	FH Köln	GER	1:02:28	1:02:46	362	MHK	82	14:47 14:47 15:11 16:19
851	1763	Beer Andreas	wer-kennt-wen.de	GER	1:02:40	1:03:43	363	MHK	81	13:50 13:56 17:23 16:29
852	721	Schlimper Markus	Bonn-Rhein-Sieg Runners	GER	1:02:41	1:03:18	364	MHK	84	15:37 15:28 15:16 15:09
853	1252	Molnar Pal	Koelnmesse	GER	1:02:42	1:02:51	81	M35	72	14:32 14:48 15:39 16:16
854	2098	Henneke Dr. Karl-Wilhelm	ASV Köln	GER	1:02:49	1:02:57	11	M60	47	15:05 15:23 15:33 15:26
855	1705	Galas Noemi	Urologische Uniklinik Köln	GER	1:02:50	1:03:26	173	M30	80	14:36 14:59 15:54 15:57
856	1869	Herrlich Mark	Zumanis	GER	1:03:03	1:03:29	365	MHK	85	15:12 15:22 15:14 15:59
857	2318	Feige Manfred	LT Hoppersheider Weg	GER	1:03:07	1:03:59	12	M60	47	14:38 15:14 15:43 16:08
858	2128	Schmitz Michael	Bonn Internationals	GER	1:03:17	1:03:51	366	MHK	89	15:13 15:33 15:50 15:37
859	245	Hintz Michael	*Köln	GER	1:03:21	1:04:29	367	MHK	81	15:09 14:14 15:24 16:56
860	971	Fischer Florian	Die Seitenstecher	GER	1:03:24	1:03:56	368	MHK	81	14:57 15:17 15:37 16:08
861	1492	Grätz Georg	RheinEnergie AG		1:03:39	1:03:44	76	M45	62	15:07 15:56 15:38 15:35
862	2372	Härtel Rüdiger	RheinEnergie AG		1:03:40	1:03:44	77	M45	63	14:57 15:53 16:00 15:27
863	896	Weber Nils	Cologne Internationals	GER	1:03:47	1:04:30	369	MHK	88	14:36 14:53 16:24 16:27
864	702	Klinker Peter	Bonn-Rhein-Sieg Runners	GER	1:03:53	1:04:48	370	MHK	87	15:13 15:27 15:50 15:55
865	688	Zimmermann Stephan	Bonn Internationals	GER	1:03:56	1:04:18	371	MHK	87	14:35 15:33 15:57 16:18
866	626	Hernández Westpfahl Juan	Bonn Internationals	GER	1:03:58	1:04:19	372	MHK	86	14:36 15:33 15:57 16:18
867	1392	Kaletta Florian	OC Kollifornia	GER	1:03:58	1:04:15	373	MHK	85	14:51 15:15 16:05 16:21
868	1319	Thomas Marcel	Lindweiler Hof	GER	1:04:06	1:04:56	4	MJB	93	14:46 15:42 16:23 16:02
869	1182	Fuchs André	KölnCampus	GER	1:04:09	1:04:44	374	MHK	81	13:11 15:00 17:54 16:48
870	1554	Schoof Benjamin	SIFE	GER	1:04:12	1:04:39	375	MHK	85	16:04 15:24 15:45 15:44
871	1498	Leyer Thomas	RheinEnergie AG		1:04:19	1:05:00	82	M35	73	14:52 15:37 17:37 14:54
872	976	Schöttle Jakob	Die Seitenstecher	GER	1:04:26	1:04:58	376	MHK	84	15:56 15:48 15:40 15:45
873	2012	Peter Dirk	*Köln	GER	1:04:28	1:05:03	80	M40	67	15:46 15:27 15:57 15:48
874	1190	Chabou Ismail	Kölner Bank	GER	1:04:34	1:05:06	377	MHK	84	15:31 16:27 15:21 15:54
875	1576	Rohrkamp Jens	Solid state runners	GER	1:04:34	1:05:33	174	M30	78	14:29 14:52 16:10 17:46
876	1188	Büscher Benjamin	Kölner Bank	GER	1:04:35	1:05:13	378	MHK	86	14:44 15:11 16:23 16:42
877	620	Häfer Frederik	Bonn Internationals	GER	1:04:36	1:05:04	379	MHK	84	14:56 15:55 16:25 16:02
878	527	Winter Jörn Kalle	*Köln	GER	1:04:37	1:04:42	83	M35	73	14:48 15:36 16:31 16:25
879	1494	Brenig Jürgen	RheinEnergie AG	DEU	1:04:39	1:04:43	37	M50	59	14:37 15:44 16:30 16:17
880	1497	Kollig Edmund	RheinEnergie AG		1:04:40	1:04:52	81	M40	67	14:33 15:42 16:25 16:33
881	744	Delaplace Renaud	Collegium musicum	FRA	1:04:42	1:05:14	380	MHK	81	15:53 17:34 15:56 14:19
882	364	Niggel Michael	*Leverkusen	GER	1:04:47	1:05:48	381	MHK	84	15:30 15:38 15:56 16:38
883	372	Oncken Renke	*Köln	GER	1:04:47	1:05:48	382	MHK	84	15:31 15:38 15:57 16:37
884	711	Michalski Patrick	Bonn-Rhein-Sieg Runners	GER	1:04:59	1:05:21	175	M30	80	13:48 15:50 16:57 16:51
885	1018	Dreyer Maximilian	FH Köln	GER	1:05:00	1:05:20	383	MHK	86	15:22 15:44 16:50 16:08
886	230	Heister Dr. Michael	*Köln	GER	1:05:23	1:06:27	78	M45	61	15:47 16:18 16:09 15:49
887	1363	Kuck Jens	MitUns	GER	1:05:27	1:05:49	79	M45	64	13:27 16:01 17:09 17:32
888	2259	Muhs Tim	Kölner Bank	GER	1:05:28	1:05:36	6	MJA	92	13:52 15:46 16:59 17:34
889	2258	Muhs Karl-Heinz	Kölner Bank	GER	1:05:29	1:05:35	38	M50	60	13:51 15:47 16:57 17:36
890	439	Schniewind Marvin	*Köln	GER	1:05:29	1:06:30	384	MHK	86	15:31 15:38 15:57 16:48
891	152	Dietrich Kai	*solingen	GER	1:05:30	1:05:38	385	MHK	81	15:53 15:55 16:16 15:58
892	1918	Feldhofer Felix	*Hürth	GER	1:05:40	1:05:54	386	MHK	82	15:18 15:55 16:38 16:43
893	1527	Berishvili Giorgi	Running worms	GEO	1:05:58	1:06:43	176	M30	76	14:21 16:16 17:25 16:34
894	1907	Dicke Christian	*Köln	GER	1:06:03	1:06:31	84	M35	75	15:56 16:07 16:21 16:12
895	495	Tran Van Kiem	*Wuppertal	GER	1:06:07	1:06:16	39	M50	60	13:29 16:16 17:12 17:31
896	365	Noras Erik	*Köln	GER	1:06:09	1:06:14	40	M50	60	14:40 15:43 17:28 16:53
897	2513	Kruse Kristian	Zumanis	GER	1:06:17	1:06:45	387	MHK	87	15:40 15:45 16:32 17:04
898	1880	Thurau Anna	Zumanis	GER	1:06:19	1:06:44	388	MHK	88	15:39 15:49 16:32 17:04
899	1613	Hess Herbert	Strahlende Läufer	GER	1:06:29	1:07:28	85	M35	71	15:33 16:20 16:46 16:32
900	1380	Schnipper Patrick	MV Frielingsdorf	GER	1:06:33	1:06:55	177	M30	77	13:54 16:13 17:31 17:28

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
901	812	Heil Marco	Cologne Internationals	GER	1:06:35	1:07:17	86	M35	74	14:52 16:06 17:14 16:52
902	513	Weiß Christopher	*Köln	GER	1:06:38	1:06:48	389	MHK	85	16:45 17:06 15:22 16:03
903	1958	Knipprath Walter	*Bergheim	GER	1:06:40	1:07:31	80	M45	63	14:41 16:30 17:18 16:58
904	2469	Möller Joachim	TuS Badbergen	GER	1:06:42	1:06:56	20	M55	55	14:13 15:56 17:27 17:34
905	1499	Lindenberg Christian	RheinEnergie AG		1:07:00	1:07:41	390	MHK	82	14:53 15:37 17:37 17:28
906	1409	Lutter Volker	ph1-roadrunners	GER	1:07:06	1:07:39	178	M30	80	17:59 17:49 16:19 13:47
907	1983	Lochno Markus	*Grevenbroich	GER	1:07:09	1:07:50	81	M45	63	15:42 16:13 16:34 17:18
908	1912	Erler Achim	*Grevenbroich	GER	1:07:10	1:07:49	41	M50	58	15:44 16:12 16:37 17:14
909	1919	Feldhofer Ulrich	*Hürth	GER	1:07:22	1:07:28	21	M55	53	15:08 16:02 17:06 17:36
910	1191	Debler Marcel	Kölner Bank	GER	1:07:28	1:08:37	391	MHK	83	16:01 16:27 16:34 16:57
911	358	Nellissen Martin	*Rommerskirchen	GER	1:07:34	1:08:31	82	M40	66	15:33 16:02 17:03 17:25
912	1534	Heintzmann Pascal	SC Faule Studenten	GER	1:07:40	1:08:04	392	MHK	84	16:46 16:56 16:52 15:49
913	857	Peters Bernd	Cologne Internationals	GER	1:07:41	1:07:49	393	MHK	84	15:51 16:10 16:48 17:15
914	2488	Böttcher Jürgen	Valium i.V.	GER	1:08:10	1:08:55	42	M50	59	15:34 15:50 17:12 18:12
915	1318	Schmitz Michael	Lindweiler Hof	GER	1:08:14	1:09:03	7	MSA	97	14:45 17:29 18:27 16:19
916	580	Sahand Mirzahassein	BC Runners	USA	1:08:14	1:08:33	394	MHK	81	16:33 16:55 17:12 16:14
917	1892	Blick Serjoscha	*Jülich	GER	1:08:15	1:09:08	179	M30	78	15:56 16:42 16:56 17:06
918	2188	Eschweiler Frank	Die Rasenden Schildkröten	GER	1:08:22	1:08:40	83	M40	68	16:11 16:34 17:36 16:44
919	2189	Kriesch Bernd	Die Souvlakis	GER	1:08:48	1:09:47	82	M45	65	15:43 16:52 17:19 17:32
920	1792	Schlunsky Johannes	WiSo-Fachschaft & Friends	GER	1:08:54	1:10:05	395	MHK	86	15:16 15:19 18:25 18:37
921	2238	Dinslaken Heinz-Jürgen	Hoppelala	GER	1:09:22	1:10:19	22	M55	55	15:25 16:39 17:53 17:55
922	635	Kenneth Gaona Kenneth	Bonn Internationals	ISV	1:09:32	1:09:51	396	MHK	88	15:45 15:54 17:02 19:07
923	296	Krauß Dr. Eckhard	*Bornheim-Rösberg	GER	1:09:45	1:09:58	83	M45	61	14:59 16:03 18:00 19:18
924	126	Brenig Dr. Hendrik	*Köln	GER	1:10:02	1:10:53	84	M45	61	15:56 17:33 17:44 17:18
925	637	Krell Markus	Bonn Internationals	GER	1:10:09	1:10:46	397	MHK	85	15:51 16:54 18:12 17:53
926	1394	Lingscheid Yves	OC Killefornia	GER	1:10:17	1:10:36	398	MHK	82	14:48 16:16 18:48 18:58
927	1555	Smirnov Dmitry	SIFE	RUS	1:10:26	1:11:13	399	MHK	88	14:35 18:22 18:01 18:03
928	2246	Antes Marko	Köln Triathlon e.V.	GER	1:10:34	1:11:21	87	M35	72	15:58 17:18 17:50 18:06
929	113	Blum Thomas	*Neunkirchen-Seelscheid	GER	1:11:02	1:11:44	400	MHK	82	16:18 16:55 18:06 18:17
930	1891	Bleyenbergh Hans-Gerd	*Bergisch-Gladbach	GER	1:11:29	1:11:40	85	M45	64	15:26 16:10 17:52 20:18
931	1608	Birkenbach Benedikt	Strahlende Läufer	GER	1:11:45	1:12:44	180	M30	79	15:26 16:43 18:46 19:08
932	2187	Lindau Dirk	Die Luftballons	GER	1:11:56	1:12:09	86	M45	62	16:05 18:01 18:49 17:31
933	776	Becker Johannes	Cologne Internationals	GER	1:12:08	1:12:51	181	M30	79	16:01 17:39 19:05 18:07
934	331	Lutz David	*Kerpen/Horrem	GER	1:12:59	1:13:33	401	MHK	82	14:55 15:54 16:50 23:23
935	1700	Afan Samuel	Urologische Uniklinik Köln	GER	1:13:22	1:13:40	182	M30	80	19:14 17:45 17:35 17:21
936	1784	Knoblauch Till-Moritz	WiSo-Fachschaft & Friends	GER	1:14:00	1:14:07	402	MHK	86	13:18 15:50 19:21 23:49
937	1787	Müller Michael	WiSo-Fachschaft & Friends	GER	1:14:47	1:14:53	403	MHK	86	15:16 19:44 19:49 18:37
938	1335	Pulm Thomas	M.C. - Kapelle	GER	1:15:00	1:15:07	183	M30	78	16:27 18:06 19:08 19:33
939	1905	Derigs Wilfried	*Elsdorf	GER	1:15:07	1:15:23	87	M45	63	16:33 17:49 19:50 19:25
940	1032	Prinz Matthias	FH Köln	GER	1:17:54	1:18:14	404	MHK	82	15:41 19:19 21:20 19:59
941	670	Schulten Dr. Christian	Bonn Internationals	GER	1:24:50	1:25:21	184	M30	79	19:01 20:54 21:26 21:41
941	2115	Fankel Stefan	Bonn Internationals	GER	1:24:50	1:25:21	184	M30	77	19:03 20:53 21:26 21:41

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Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	1	Pohl Veronica	WG Köln	GER	0:35:33	0:35:34	1	WHK	85	08:15 08:43 08:52 08:54
2	3	Kunz Nina	WG Köln	GER	0:39:12	0:39:14	2	WHK	81	09:18 09:52 09:48 09:28
3	2089	Kopatschek Anne	42tausend	GER	0:39:15	0:39:17	1	W35	75	09:09 09:37 09:48 09:50
4	441	Schön Maïke	*Hürth	GER	0:39:33	0:39:35	3	WHK	89	08:54 09:53 10:00 09:51
5	1976	Kurrat Julia	*Köln	GER	0:39:53	0:39:55	4	WHK	88	09:17 09:53 09:58 09:55
6	2478	Ahrens Ulrike	Urologische Uniklinik Köln	GER	0:40:33	0:40:36	1	W30	80	09:23 09:59 10:11 10:04
7	2574	Lennartz Birgit	LLG St. Augustin	DEU	0:41:23	0:41:25	1	W45	65	10:02 10:05 10:08 10:07
8	72	Oeldemann Marina	Uni Münster	GER	0:41:27	0:41:32	5	WHK	85	09:48 10:07 10:15 10:18
9	35	Tiegel Aelxandra	RWTH Aachen	GER	0:41:55	0:41:59	6	WHK	84	09:30 10:26 10:43 10:21
10	683	Wilmschen Sarah	Bonn Internationals	GER	0:43:53	0:44:05	7	WHK	86	10:17 10:30 10:56 11:13
11	41	Gottowik Jacqueline	RWTH Aachen	GER	0:44:56	0:44:59	8	WHK	89	10:50 11:17 10:59 10:49
12	2439	Sausen Alicja	SV AXA Köln	POL	0:46:17	0:46:20	2	W35	71	10:59 11:13 11:29 11:34
13	1273	Jenner Stefanie	Laufrausch	GER	0:46:18	0:46:42	9	WHK	86	11:04 11:18 11:25 11:36
14	824	Hörhammer Astrid	Cologne Internationals	GER	0:46:30	0:46:33	10	WHK	84	11:09 11:25 11:44 11:15
15	2301	Steinbrecher Viktoria	LAZ Puma	GER	0:47:04	0:47:19	11	WHK	83	11:19 11:25 11:36 11:41
16	2194	Kronenberg Michaela	Dr. Baum Trainingsinstitut	GER	0:47:12	0:47:24	2	W30	78	11:08 11:23 11:46 11:54
17	2101	Gruner Stephanie	ASV Köln Team 42	GER	0:47:15	0:47:20	12	WHK	85	11:13 11:37 11:49 11:38
18	2123	Miliu Alexandra	Bonn Internationals	GER	0:47:18	0:47:40	13	WHK	90	11:02 11:40 11:55 11:42
19	671	Schulz Martha	Bonn Internationals	GER	0:47:18	0:47:32	14	WHK	82	11:33 11:25 11:43 11:33
20	2222	Hark Andrea	GWK Runner	GER	0:47:46	0:47:58	1	W50	60	10:56 11:36 12:03 12:04
21	73	Harnacke Julia	Uni Münster	GER	0:48:16	0:48:33	15	WHK	86	11:29 11:51 12:01 11:52
22	949	Alkatout Prof. Dr. Amina	Die Eifelbauern	GER	0:48:25	0:48:41	3	W30	79	11:49 12:06 12:09 11:12
23	1906	Di Fazio Malgorzata	*Köln	GER	0:48:27	0:48:29	3	W35	75	11:02 11:46 12:19 12:14
24	2483	Gregor Gabi	Urologische Uniklinik Köln	GER	0:48:45	0:48:55	2	W45	65	11:27 12:02 12:11 12:04
25	2302	Antoniou Stephanie	LAZ Puma Troisdorf/Siegburg	GER	0:48:48	0:49:04	1	W40	70	11:03 11:52 12:24 12:19
26	2320	Nikelowski Renate	LT-Köln Esch	GER	0:48:50	0:48:57	3	W45	64	11:54 12:01 12:00 11:53
27	1932	Große Hovest Miriam	*Köln	GER	0:48:54	0:49:16	4	W30	78	11:24 12:01 12:15 12:09
28	74	Michels Stephanie	Uni Münster	GER	0:48:55	0:49:13	16	WHK	85	10:48 11:36 12:25 12:56
29	446	Schubert Anka	*Köln	GER	0:48:59	0:49:38	5	W30	77	11:47 11:47 12:14 12:02
30	540	Zimmermann Clara	*wachtberg	GER	0:49:08	0:49:21	6	W30	80	11:45 12:07 12:01 12:13
31	662	Roesler Anne	Bonn Internationals	GER	0:49:20	0:49:22	17	WHK	84	11:43 12:03 12:21 12:09
32	2458	Pütz Andrea	tricolgne	GER	0:49:33	0:49:34	4	W35	74	10:57 12:24 12:39 12:21
33	42	Schnorr Andrea	RWTH Aachen	GER	0:49:37	0:49:40	18	WHK	89	10:50 12:21 12:43 12:38
34	1530	Steckelberg Anna-Lena	Running worms	GER	0:49:39	0:49:44	19	WHK	85	11:22 12:06 12:33 12:30
35	2474	Hogrefe Britta	TV Refrath	GER	0:49:44	0:49:53	20	WHK	85	11:25 11:56 12:38 12:45
36	1986	Lohmer Susanne	*Köln	GER	0:49:45	0:49:48	21	WHK	82	12:00 12:03 12:22 12:18
37	1951	Kamenz-Jokisch Carmen	*Bonn	GER	0:49:46	0:49:54	7	W30	80	12:02 12:04 12:09 12:19
38	507	Von Bredow Carina	*Bergisch Gladbach	GER	0:49:50	0:49:53	22	WHK	86	11:43 12:09 12:27 12:25
39	1417	Sohlich Lea	PTSV Jahn Freiburg	GER	0:49:51	0:50:22	23	WHK	89	12:14 12:04 12:16 12:17
40	1547	Lucius Heike	Scuderia Südstadt	GER	0:50:09	0:50:20	2	W40	67	10:43 11:18 15:11 11:53
41	1324	Barnig Claudine	LSC	LUX	0:50:11	0:50:26	24	WHK	88	12:59 12:40 11:48 11:42
42	1925	Fülling Claudia	*Köln	GER	0:50:20	0:50:30	3	W40	69	11:37 12:11 12:51 12:32
43	276	Klavina Zane	*Köln	LAT	0:50:24	0:50:30	25	WHK	81	11:37 12:26 12:46 12:38
44	604	Büttner Verena	Bonn Internationals	GER	0:50:26	0:50:54	26	WHK	87	11:56 12:23 12:46 12:10
45	1570	Küppersbusch Julia	Solid state runners	GER	0:50:28	0:50:44	27	WHK	82	11:36 12:02 12:41 12:54
46	534	Wüst Nadine	*Köln	GER	0:50:30	0:51:09	28	WHK	86	12:32 12:32 12:15 12:10
47	248	Hönnicke Silke	*Köln	GER	0:50:30	0:50:48	5	W35	71	12:08 12:11 12:26 12:36
48	634	Katchko Karina	Bonn Internationals	USA	0:50:36	0:51:02	29	WHK	90	11:51 12:11 12:43 12:39
49	71	Woyciechowski Sarah	Uni Münster	GER	0:50:48	0:51:06	30	WHK	88	11:05 11:33 12:19 14:37
50	1959	Koch Marcel	*Bergisch-Gladbach	GER	0:50:53	0:51:01	4	W40	70	12:07 12:19 12:44 12:36
51	1734	Jasmati Nathalie	Valium i.V.	GER	0:50:58	0:51:20	31	WHK	82	11:28 12:23 13:00 12:59
52	1995	Meyer Vera	*Köln	GER	0:51:00	0:51:17	8	W30	79	11:36 12:27 12:50 12:54
53	1268	Bopp Franziska	Laufrausch	GER	0:51:10	0:51:51	9	W30	79	13:01 12:23 12:32 12:11
54	220	Hambrecht Ursula	*Köln	GER	0:51:21	0:51:36	32	WHK	87	12:04 13:10 13:05 11:54
55	1924	Frohn Sandra	*Pulheim	GER	0:51:28	0:51:33	33	WHK	82	12:27 12:40 12:53 12:19
56	1337	Schrim Johanna	Marathon Finanz AG	GER	0:51:40	0:52:23	10	W30	80	12:47 12:31 12:41 12:32
57	768	Schaal Hanna Julia	Cologne Indians Lacrosse	GER	0:51:46	0:51:55	34	WHK	85	12:01 12:52 13:14 12:40
58	954	Spilles Annette	Die Eifelbauern	GER	0:51:46	0:52:13	35	WHK	86	13:10 12:43 12:37 12:12
59	1960	Koch-Schultze Ruth	*Köln	GER	0:51:47	0:52:00	5	W40	66	12:17 12:45 12:48 12:52
60	1258	Eßer Liisa	KSG Köln	GER	0:51:50	0:52:30	36	WHK	81	12:20 12:34 12:54 12:50

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Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
61	1130	Mensing Irene	HMG-Flitzer	GER	0:51:50	0:52:05	6	W40	66	12:09 12:34 13:01 12:58
62	2327	Gocheva Stanimira	marathonpauer	BUL	0:51:56	0:52:35	37	WHK	83	12:56 12:32 12:41 12:41
63	764	Gutike Tanja	Cologne Indians Lacrosse	GER	0:51:57	0:52:06	11	W30	79	11:40 11:57 12:38 14:33
64	283	Klostermann Inka	*Köln	GER	0:51:57	0:52:25	38	WHK	85	12:37 12:47 12:55 12:33
65	769	Schulz Regina	Cologne Indians Lacrosse	GER	0:51:58	0:52:06	39	WHK	85	11:40 11:57 12:38 14:33
66	471	Sperling Sandra	*Köln	GER	0:52:05	0:52:18	12	W30	77	12:24 12:51 12:59 12:48
67	2374	Hörster Natalie	RheinEnergie AG		0:52:13	0:52:18	6	W35	74	13:07 12:53 12:40 12:28
68	1895	Bommel Juliane	*Köln	GER	0:52:16	0:52:36	13	W30	79	12:10 12:52 13:03 13:02
69	2409	Püttner Simona	Simona Püttner	GER	0:52:17	0:52:19	4	W45	64	11:55 12:49 13:14 13:06
70	1614	Küppersbusch Carolin	Strahlende Läufer	GER	0:52:17	0:52:50	40	WHK	84	11:49 12:41 13:15 13:19
71	382	Peters Eva	*Köln	GER	0:52:20	0:52:47	41	WHK	81	12:35 12:48 13:08 12:37
72	1948	Ilges Vera	*Bergisch Gladbach	GER	0:52:33	0:52:58	7	W40	67	12:25 13:01 12:55 12:59
73	1609	Derya Vera	Strahlende Läufer	GER	0:52:34	0:53:07	42	WHK	85	12:20 13:17 13:06 12:46
74	990	Stavrova Olga	Dissonanzdüsen	GER	0:52:35	0:53:41	43	WHK	85	13:02 12:42 12:56 12:45
75	2425	Schneider Carola	SSK Kerpen Triathlon	GER	0:52:37	0:52:40	7	W35	72	12:37 12:53 13:15 12:45
76	1732	Heininger Kathrin	Valium i.V.	SUI	0:52:46	0:53:05	8	W35	73	12:32 12:50 13:05 13:07
77	1330	Speltz Carine	LSC	LUX	0:52:50	0:53:06	44	WHK	88	12:59 12:41 12:44 13:14
78	348	Möllencamp Lisa-Katharina	*Köln	GER	0:52:54	0:53:18	45	WHK	86	13:13 13:00 13:00 12:43
79	2097	Fischer Sabine	ASV Köln	GER	0:52:55	0:52:57	5	W45	61	12:23 12:59 13:16 13:05
80	410	Roesler Adrienne	*Bonn	USA	0:53:07	0:53:10	46	WHK	87	11:43 12:09 12:38 15:26
81	2183	Pauly Gabi	Deutsche Post AG	GER	0:53:15	0:54:01	8	W40	67	13:26 12:47 12:55 12:57
82	58	Deter Kristin	Berg. Universität Wuppertal	GER	0:53:15	0:53:25	47	WHK	87	12:21 12:44 13:23 13:31
83	2131	Söhl Kristina	Bonn Internationals	GER	0:53:17	0:53:47	48	WHK	84	12:12 12:53 13:32 13:30
84	2091	Rosen Sabine	42tausend	GER	0:53:23	0:54:22	14	W30	77	12:16 12:56 13:20 13:37
85	628	Ichikawa Michiko	Bonn Internationals	JPN	0:53:27	0:53:37	49	WHK	89	12:18 13:01 13:10 13:55
86	880	Schunk Frauke	Cologne Internationals	GER	0:53:34	0:53:54	50	WHK	82	13:17 13:06 13:04 12:55
87	2496	Mayer Simone	Valium i.V.	GER	0:53:39	0:54:12	15	W30	76	12:54 13:21 13:31 12:46
88	272	Kiemen Anna	*Bonn	GER	0:53:42	0:54:12	51	WHK	82	13:34 12:58 13:12 12:45
89	2081	Paul Dr. Bianka	1. Kölner Laufstall	GER	0:53:50	0:54:02	9	W35	72	12:33 12:59 13:24 13:40
90	2204	Thees Babsi	FH Köln	GER	0:53:51	0:54:37	16	W30	78	13:30 13:19 13:18 12:42
91	2077	Jenske Sabine	1. Kölner Laufstall	GER	0:53:52	0:54:06	6	W45	62	12:40 12:54 13:18 13:46
92	2321	Brocke Anika	Lucky Stars	GER	0:54:01	0:54:03	17	W30	80	12:44 13:03 13:37 13:30
93	792	Dobija Isabella	Cologne Internationals	GER	0:54:08	0:54:09	52	WHK	84	12:04 13:20 13:51 13:43
94	2173	Saller Nina	Cologne Internationals	GER	0:54:13	0:54:16	18	W30	80	12:16 13:09 13:38 14:03
95	1934	Grunewald Dorit	*Köln	GER	0:54:14	0:55:12	19	W30	77	13:13 13:26 13:33 12:55
96	2498	Strohsahl Antje	Valium i.V.	GER	0:54:17	0:54:46	53	WHK	82	13:10 12:51 13:19 13:38
97	2039	Schulz Babette	*Köln	GER	0:54:17	0:54:20	54	WHK	81	12:33 13:15 13:58 13:25
98	108	Beul Evelyn	*Köln	GER	0:54:17	0:54:21	20	W30	77	12:53 13:46 13:25 13:03
99	194	Geyer Sarah	*Köln	GER	0:54:18	0:55:06	55	WHK	86	13:45 13:33 13:32 12:27
100	123	Brands Clara	*Köln	GER	0:54:20	0:55:12	56	WHK	89	13:58 13:35 13:13 12:29
101	332	Maier Lisa	*Köln	GER	0:54:21	0:55:04	57	WHK	86	12:42 13:18 13:34 13:39
102	442	Schönborn Claudia	*kerpen-Horrem	GER	0:54:25	0:55:08	9	W40	69	13:05 12:58 13:26 13:48
103	951	Gräfen Annalena	Die Eifelbauern	GER	0:54:30	0:54:58	58	WHK	86	13:09 12:43 13:28 13:47
104	557	Fischer Dr. Katrin	AG Schwarz	GER	0:54:32	0:54:42	21	W30	78	12:42 13:19 13:44 13:35
105	725	Skora Natalie	Bonn-Rhein-Sieg Runners	GER	0:54:32	0:54:42	22	W30	80	13:09 13:10 13:26 13:31
106	2392	Kisters-Woike Brigitte	Running worms	GER	0:54:39	0:55:23	2	W50	57	12:50 13:28 13:43 13:29
107	678	Thiesmeier Caroline	Bonn Internationals	GER	0:54:42	0:55:10	59	WHK	88	13:41 13:30 13:22 13:03
108	1861	Brand Svenja	Zumanis	GER	0:54:43	0:55:36	60	WHK	89	13:56 12:30 13:31 13:46
109	609	Delbé Marine	Bonn Internationals	GER	0:54:45	0:55:12	61	WHK	87	13:43 13:29 13:21 13:04
110	369	Offergeld Johanna Sophie	*Köln	GER	0:54:52	0:55:04	62	WHK	89	12:16 13:39 13:58 13:53
111	821	Hesse Anja	Cologne Internationals	GER	0:54:56	0:55:45	63	WHK	85	14:14 13:15 13:18 13:06
112	765	Kruse Anna	Cologne Indians Lacrosse	GER	0:55:06	0:55:15	64	WHK	82	12:00 13:59 14:17 13:43
113	656	Okroglic Sandra	Bonn Internationals	GER	0:55:07	0:55:36	65	WHK	85	13:13 13:43 13:43 13:25
114	2010	Pabst Monika	*Köln	GER	0:55:13	0:55:45	7	W45	62	13:40 13:20 13:29 13:29
115	675	Stolze Sanna	Bonn Internationals	FIN	0:55:17	0:55:48	66	WHK	87	12:53 13:21 13:43 14:04
116	766	Kruse Julia	Cologne Indians Lacrosse	GER	0:55:18	0:55:26	67	WHK	82	12:11 13:49 14:17 13:45
117	2424	Goßmann Claudia	SSK Kerpen Triathlon	GER	0:55:23	0:55:26	10	W40	66	13:11 13:25 13:27 14:06
118	2492	Ganz Ute	Valium i.V.	GER	0:55:28	0:56:12	8	W45	64	13:22 13:26 13:44 13:42
119	2455	Ertekin Stefanie	Toyota gibt Gas	GER	0:55:29	0:55:37	10	W35	75	13:02 13:30 13:49 14:01
120	899	Velarde Leyla	Colognerunners	PER	0:55:36	0:56:18	23	W30	80	12:29 13:37 14:13 13:59

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Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
121	1123	Holberg Pia	Hart aber Herzig	GER	0:55:39	0:56:29	68	WHK	88	14:13 13:14 13:27 13:33
122	1329	Schroeder Lynn	LSC	LUX	0:55:39	0:55:57	69	WHK	89	13:31 13:00 13:48 14:11
123	1336	Inhester Elisabeth	Marathon Finanz AG	GER	0:55:46	0:56:27	24	W30	80	12:51 13:22 14:00 14:15
124	309	Landrock Desiree	*Köln	GER	0:55:47	0:56:00	70	WHK	85	13:16 13:34 14:00 13:46
125	2491	Drees Bärbel	Valium i.V.	GER	0:55:49	0:56:26	9	W45	64	13:35 13:22 13:51 13:48
126	2461	Isbaner Marita	TSV Bayer 04 Lauftreff	GER	0:55:50	0:56:15	3	W50	60	13:16 13:42 13:52 13:45
127	882	Selzer Aline	Cologne Internationals	GER	0:55:52	0:56:30	71	WHK	83	14:25 13:47 13:43 12:49
128	790	Deyng Janina	Cologne Internationals	GER	0:56:00	0:56:35	72	WHK	87	14:32 13:29 13:35 13:18
129	203	Gries Barbara	*Köln	GER	0:56:04	0:56:39	73	WHK	82	14:07 13:43 13:47 13:18
130	2307	Hajek Verena	LG Donatus Erftstadt	GER	0:56:04	0:56:06	1	W55	52	12:59 13:44 13:57 14:05
131	1333	Weyer Linda	LSC	LUX	0:56:06	0:56:24	74	WHK	90	12:28 13:11 13:49 15:12
132	655	Odyniec Patrizia	Bonn Internationals	GER	0:56:08	0:56:10	75	WHK	85	13:06 14:03 14:12 13:39
133	2061	Weeger Sandra	*Köln	GER	0:56:08	0:56:29	11	W40	67	13:00 13:43 14:11 14:08
134	696	Fiege Jennifer	Bonn-Rhein-Sieg Runners	GER	0:56:09	0:57:14	76	WHK	86	14:23 13:43 13:34 13:22
135	274	Kipping Nina	*Kirchen	GER	0:56:12	0:56:53	77	WHK	90	14:31 13:37 13:50 13:12
136	448	Schürmann Sarah	*Köln	GER	0:56:17	0:56:23	78	WHK	85	13:10 13:54 14:09 13:53
137	429	Schlemm Christiane	*Rösrath	GER	0:56:20	0:56:23	25	W30	76	12:48 13:47 14:19 14:11
138	361	Nielsen Sonja	*Köln	GER	0:56:20	0:56:42	79	WHK	81	13:08 13:32 14:11 14:16
139	234	Hentrich Esther	*Köln	GER	0:56:32	0:57:22	80	WHK	90	15:05 13:58 13:45 12:42
140	330	Lüssenhop Franziska	*Köln	GER	0:56:33	0:56:41	81	WHK	86	12:54 13:40 14:29 14:20
141	919	Dick Christiane	Das schnelle Team	GER	0:56:33	0:57:34	82	WHK	85	13:01 13:41 14:32 14:12
142	920	Glatzel Christina	Das schnelle Team	GER	0:56:34	0:57:34	83	WHK	86	13:02 13:41 14:32 14:13
143	2172	Retzlaff Liane	Cologne Internationals	GER	0:56:38	0:57:00	4	W50	57	13:18 13:37 14:06 14:22
144	2018	Piowowar Ula	*Köln	POL	0:56:40	0:57:07	84	WHK	84	13:38 14:04 14:06 13:41
145	450	Schwaln Anja	*Köln	GER	0:56:42	0:57:07	26	W30	76	14:05 14:11 13:56 13:17
146	1961	Koenen Isabel	*Köln	GER	0:56:48	0:56:52	12	W40	69	13:07 14:01 14:26 14:06
147	1020	Flock Angelika	FH Köln	GER	0:56:53	0:57:14	85	WHK	82	13:39 13:35 14:08 14:12
148	819	Herstatt Vica	Cologne Internationals	GER	0:57:03	0:57:47	86	WHK	85	14:04 13:49 14:20 13:38
149	536	Yücepete Dr. Sirin	*Köln	GER	0:57:05	0:57:27	27	W30	78	13:05 13:54 14:25 14:25
150	770	Albrecht Kirsten	Cologne Internationals	GER	0:57:07	0:57:50	28	W30	79	13:55 13:42 14:16 14:05
151	255	Huppelsberg Dorthe	*Köln	GER	0:57:08	0:58:09	87	WHK	84	14:23 14:01 13:50 13:47
152	1709	Ihnen Anneli	Urologische Uniklinik Köln	GER	0:57:10	0:57:49	88	WHK	86	12:31 14:01 14:56 14:39
153	1863	Fettich Julia	Zumanis	GER	0:57:13	0:57:18	89	WHK	86	14:07 14:04 13:56 13:58
154	1701	Blossfeld Jenny	Urologische Uniklinik Köln	GER	0:57:14	0:57:51	90	WHK	87	12:46 13:57 14:45 14:39
155	1727	Deuker Eva	Valium i.V.	GER	0:57:19	0:57:52	13	W40	69	14:04 13:41 14:13 14:03
156	829	Jenke Dr. Petra	Cologne Internationals	GER	0:57:24	0:57:27	91	WHK	82	13:22 14:02 14:26 14:28
157	537	Zajackowski Katharina	*Köln	GER	0:57:27	0:57:53	92	WHK	86	13:35 13:58 14:16 14:17
158	110	Bilkova Tereza	*Köln	GER	0:57:28	0:57:50	93	WHK	86	13:49 14:01 14:13 14:13
159	1396	Vormittag Sonja	OC Kölleformia	GER	0:57:29	0:57:46	94	WHK	82	14:17 13:58 14:06 13:55
160	2477	Gimbarova Elena	Uniklinik Köln Urologie	RUS	0:57:32	0:58:26	11	W35	72	14:25 14:11 14:04 13:44
161	2484	Heeren Irina	Urologische Uniklinik Köln	GER	0:57:32	0:58:26	29	W30	80	13:16 13:29 14:37 15:01
162	1775	Bergert Anna	WiSo-Fachschaft & Friends	GER	0:57:36	0:57:51	95	WHK	84	13:24 13:54 14:31 14:32
163	837	Lagershausen Svenja	Cologne Internationals	GER	0:57:37	0:58:11	96	WHK	84	13:24 14:06 14:59 13:54
164	201	Graulich Natalia	*Köln	GER	0:57:40	0:58:26	30	W30	79	13:46 14:04 14:24 14:11
165	138	Burgsmüller Aline	*Köln	GER	0:57:44	0:58:35	97	WHK	87	14:13 13:35 14:33 14:10
166	1859	Berti Friederike	Zumanis	GER	0:57:45	0:58:10	98	WHK	88	15:39 14:56 12:57 13:01
167	315	Lenart Agnieszka	*Köln	GER	0:57:47	0:58:45	31	W30	77	14:19 14:29 13:54 13:56
168	165	Eicker Kristina	*Köln	GER	0:57:48	0:58:39	99	WHK	85	14:12 13:54 14:17 14:14
169	1753	Schwermann Alexandra	Valium i.V.	GER	0:57:49	0:58:27	12	W35	75	14:01 14:03 14:18 14:12
170	767	Rieckhoff Britta	Cologne Indians Lacrosse	GER	0:57:50	0:57:59	32	W30	79	12:39 13:47 14:53 15:14
171	599	Baumecker Lena	Bonn Internationals	GER	0:57:58	0:59:00	100	WHK	89	13:53 13:59 14:26 14:26
172	2009	Oeter Alice Anna	*Köln	GER	0:58:00	0:58:40	33	W30	79	13:38 14:24 14:29 14:17
173	2388	Walther Ronja	RheinEnergie AG		0:58:07	0:58:09	13	W35	73	13:50 14:13 14:22 14:30
174	2313	Weise Silke	Lindweiler Hof	GER	0:58:07	0:58:58	14	W40	69	13:51 14:03 14:30 14:32
175	1314	Fink Christine	Lindweiler Hof	GER	0:58:08	0:58:58	15	W40	70	13:51 14:01 14:33 14:32
176	2045	Stahl Kathrin	*Köln	GER	0:58:10	0:58:50	16	W40	70	14:38 14:30 13:54 13:52
177	2414	Göbel Susanne	sportfreunde stöcker	GER	0:58:11	0:58:50	17	W40	67	14:38 14:31 13:55 13:52
178	2046	Steffen Natalie	*Koeln	GER	0:58:12	0:58:54	14	W35	73	13:38 13:56 14:31 14:50
179	2216	Flaspöehler Lea	Golden Girls	GER	0:58:15	0:58:36	101	WHK	86	13:20 13:55 14:41 15:02
180	1676	Köhler Birgit	Toyota gibt Gas	GER	0:58:17	0:58:26	18	W40	67	14:31 14:32 14:02 14:00

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
181	2196	Behrendt Susanne	Eat my shorts	GER	0:58:18	0:58:36	34	W30	76	13:35 14:14 14:39 14:34
182	584	Korsten Isabelle	Begnadete Körper	GER	0:58:20	0:58:49	102	WHK	85	13:48 14:07 14:45 14:34
183	424	Scheller Maryse	*Köln	LUX	0:58:23	0:58:42	103	WHK	87	13:37 14:07 14:36 14:51
184	273	Kimmig Sarah	*Köln	GER	0:58:24	0:58:42	104	WHK	85	13:38 14:07 14:36 14:51
185	904	Michels Corinna	Csikszentmihalyi und die Flowr	GER	0:58:25	0:59:13	105	WHK	88	14:04 14:00 14:53 14:16
186	714	Peters-Lange Prof. Dr.	Bonn-Rhein-Sieg Runners	GER	0:58:28	0:59:32	10	W45	61	14:16 14:17 14:22 14:14
187	1401	Fella Stefanie	oikos Köln	GER	0:58:34	0:59:42	106	WHK	90	14:28 14:07 14:26 14:26
188	1970	Kublank Susanne	*Köln	GER	0:58:41	0:59:51	35	W30	77	14:01 14:25 14:20 14:39
189	1524	John Pia	Running Gags	GER	0:58:41	0:59:43	107	WHK	89	14:58 14:39 14:12 13:41
190	930	Ernst Anna Maria	DFM	GER	0:58:43	0:59:12	108	WHK	88	14:32 14:33 14:36 14:01
191	1957	Knipprath Christine	*Bergheim	GER	0:58:47	0:59:37	11	W45	61	13:53 14:08 14:47 14:47
192	411	Röttgen Nadine	*Pulheim	GER	0:58:47	0:58:52	36	W30	77	13:43 14:18 14:49 14:48
193	1523	Birk Nina	Running Gags	GER	0:58:48	0:59:03	109	WHK	87	14:29 14:16 14:24 14:22
194	1114	Günther Saskia Mareen	Golden Girls	GER	0:58:49	0:59:10	110	WHK	87	13:20 14:17 14:47 15:13
195	779	Blonien Eva	Cologne Internationals	GER	0:58:51	0:59:28	111	WHK	84	14:38 14:32 14:27 14:01
196	805	Friedrich Anthea	Cologne Internationals	GER	0:58:53	0:59:36	112	WHK	81	14:40 14:40 14:18 14:07
197	1680	Vos Melanie	Toyota gibt Gas	GER	0:58:56	0:59:05	15	W35	73	14:43 14:14 14:35 14:14
198	239	Herzog Sandra	*Bonn	GER	0:58:56	0:59:47	37	W30	80	14:20 13:57 14:46 14:46
199	1750	Sandmann Andrea	Valium i.V.	GER	0:58:58	0:59:30	38	W30	78	14:42 14:24 14:39 14:00
200	674	Stöcker Christine	Bonn Internationals	GER	0:59:01	0:59:27	113	WHK	89	14:33 14:27 14:40 14:21
201	787	Dabrowska Paulina	Cologne Internationals	POL	0:59:02	0:59:13	114	WHK	86	13:40 14:32 14:49 14:42
202	190	Gajewski Martina	*Köln	GER	0:59:02	0:59:29	12	W45	62	14:05 14:10 14:35 14:57
203	193	Geus Verena	*Köln	GER	0:59:10	1:00:06	115	WHK	87	15:02 14:17 14:08 14:35
204	430	Schliermann Nicola	*Köln	GER	0:59:10	1:00:06	116	WHK	86	15:02 14:17 14:08 14:34
205	887	Strunk Alessa	Cologne Internationals	GER	0:59:11	0:59:30	117	WHK	82	13:50 13:51 14:58 15:11
206	159	Dück Katharina	*Köln	GER	0:59:11	0:59:31	118	WHK	86	13:50 13:51 14:58 15:11
207	2311	Höhner Elena	Lindweiler Hof	GER	0:59:12	1:00:03	13	W45	61	14:18 14:21 14:41 14:45
208	850	Moje Kirsi	Cologne Internationals	GER	0:59:12	1:00:07	119	WHK	85	14:16 14:16 14:36 14:45
209	464	Sluyterman van Langeweyde	*Köln	GER	0:59:15	0:59:41	14	W45	65	14:13 14:10 14:53 14:40
210	1352	Weckemann Sara	Max Power (MPIfG)	GER	0:59:22	0:59:45	120	WHK	82	14:35 14:33 14:37 14:20
211	717	Rempel Katharina	Bonn-Rhein-Sieg Runners	GER	0:59:29	1:00:35	121	WHK	86	14:22 14:48 14:59 14:05
212	833	Kortmann Carla-Fee	Cologne Internationals	GER	0:59:30	1:00:14	122	WHK	85	14:07 14:42 14:56 14:33
213	423	Scheicht Lale	*Köln	GER	0:59:31	0:59:44	123	WHK	87	13:25 14:41 15:20 14:54
214	1313	Derya Sigrid	Lindweiler Hof	GER	0:59:33	1:00:23	5	W50	58	14:18 14:23 14:47 14:45
215	91	Arens Michaela	*Köln	GER	0:59:33	0:59:46	124	WHK	84	13:24 14:42 15:20 14:54
216	532	Wolz Ines	*Köln	GER	0:59:41	1:00:12	125	WHK	86	14:54 14:49 14:42 14:10
217	390	Plinke Carina	*Köln	GER	0:59:42	1:00:04	126	WHK	88	14:17 14:34 14:52 14:45
218	53	Schümer Martina	Berg. Universität Wuppertal	GER	0:59:44	1:00:10	127	WHK	87	12:33 14:11 15:24 00:00
219	876	Schönbohm Lara	Cologne Internationals	GER	0:59:44	1:00:10	128	WHK	87	12:02 14:42 15:24 00:00
220	82	Adams Kerstin	*Köln	GER	0:59:49	0:59:59	129	WHK	86	15:28 15:09 14:49 13:18
221	2278	Ladenburger Petra	Laktatkönige	GER	0:59:51	1:00:47	15	W45	61	14:45 14:44 14:42 14:26
222	303	Kühn Alexandra	*Köln	GER	0:59:53	1:00:02	130	WHK	85	13:13 14:51 15:18 15:16
223	2441	Wallenfang Janine	TCC	GER	0:59:53	1:00:53	131	WHK	82	15:13 14:41 14:33 14:11
224	2168	Klein Kristina	Cologne Internationals	GER	0:59:57	1:00:46	132	WHK	81	14:31 14:19 14:29 15:15
225	2074	Anthofer Petra	1. Kölner Laufstall	GER	1:00:07	1:00:23	16	W45	64	13:53 14:39 15:02 15:06
226	1022	Groth Stefanie	FH Köln	GER	1:00:11	1:00:31	133	WHK	84	14:58 14:11 14:25 15:25
227	2203	Eberlein Sabrina	FH Köln	GER	1:00:12	1:00:31	134	WHK	81	14:59 14:11 14:25 15:25
228	969	Löffler Lena	Die roten Geo-Otter	GER	1:00:13	1:01:17	135	WHK	90	15:21 14:22 15:12 14:12
229	970	Meyer Svenja	Die roten Geo-Otter	GER	1:00:13	1:01:17	136	WHK	90	15:21 14:30 15:04 14:11
230	1395	Nachi Miriam	OC Köllefortia	FRA	1:00:13	1:00:31	137	WHK	82	14:16 14:58 14:59 14:47
231	948	Schomakers Nele	Die apokalyptischen Läufer	GER	1:00:16	1:00:40	138	WHK	81	14:29 14:30 14:59 15:06
232	2135	Warnken Martina	Bonn Internationals	GER	1:00:19	1:00:54	6	W50	59	14:30 14:31 14:53 15:04
233	246	Hinze Olga	*Köln	GER	1:00:20	1:00:34	39	W30	77	13:41 14:48 15:18 15:16
234	811	Havig Katja	Cologne Internationals	GER	1:00:20	1:01:02	139	WHK	81	14:49 14:31 14:54 14:51
235	94	Bach Dominique	*Köln	GER	1:00:24	1:00:54	40	W30	80	14:56 14:49 14:46 14:40
236	399	Quedenfeldt Elisabeth	*Köln	GER	1:00:24	1:00:54	140	WHK	82	14:56 14:49 14:46 14:40
237	926	Nitsche Sara	Der späte Wurm entgeht dem	GER	1:00:26	1:00:40	141	WHK	83	14:17 15:01 15:01 14:56
238	1979	Lemberg Kathrin	*Köln	GER	1:00:30	1:00:43	41	W30	78	13:37 14:56 15:30 15:17
239	302	Kruppe Lydia	*Köln	GER	1:00:33	1:01:14	142	WHK	84	14:03 14:23 15:37 15:23
240	841	Mammeas Stephanie	Cologne Internationals	GER	1:00:35	1:01:12	143	WHK	83	14:35 14:39 14:57 15:07

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241	1715	Mück Anne	Urologische Uniklinik Köln	GER	1:00:35	1:01:01	42	W30	80	15:01 14:45 14:48 14:45
242	1619	Richter Maren	TCC	GER	1:00:36	1:01:35	144	WHK	81	15:13 14:41 14:44 14:43
243	877	Schubert Daniela	Cologne Internationals	GER	1:00:38	1:01:20	145	WHK	81	14:48 14:31 14:54 14:59
244	57	Scholl Pia	Berg. Universität Wuppertal	GER	1:00:43	1:01:28	146	WHK	86	14:24 14:41 15:38 14:50
245	1389	Harnying Dr. Wacharee	OC Kölleforia	THA	1:00:44	1:01:03	16	W35	75	14:46 14:42 15:01 14:56
246	376	Otter-Worbis Melanie	*Köln	GER	1:00:44	1:01:24	147	WHK	83	12:33 14:56 16:54 14:58
247	1871	Katharina Linnerz	Zumanis	GER	1:00:46	1:01:12	148	WHK	88	15:39 15:04 15:06 13:46
248	1872	Lafferthorn Alina	Zumanis	GER	1:00:46	1:01:11	149	WHK	89	15:39 15:04 15:06 13:46
249	205	Gros Ines	*Köln	GER	1:00:48	1:01:02	150	WHK	85	13:50 14:42 15:17 15:52
250	2126	Rieger Anna	Bonn Internationals	GER	1:00:48	1:01:18	151	WHK	87	14:34 15:11 15:18 14:34
251	2509	Malcus Katja	Wupptich op dä Gass	GER	1:00:54	1:01:24	43	W30	77	14:22 14:39 15:12 15:23
252	1532	Wolters Steffi	Running worms	GER	1:01:00	1:01:45	152	WHK	84	14:23 15:09 15:20 14:58
253	1529	Maria Dr. Ermolaeva	Running worms	RUS	1:01:01	1:01:45	44	W30	80	14:06 14:38 15:26 15:40
254	1138	Gottschall Susanne	Hochseilgarten K1	GER	1:01:03	1:01:20	19	W40	67	14:59 14:56 14:56 14:52
255	1140	Kendirli Bea	Hochseilgarten K1	GER	1:01:04	1:01:20	17	W35	72	14:57 14:58 14:57 14:52
256	2048	Stern Ruth	*Köln	GER	1:01:08	1:01:23	153	WHK	85	14:18 14:45 15:15 15:24
257	558	Havarushka Nastassia	AG Schwarz	BLR	1:01:15	1:01:29	154	WHK	82	13:41 14:49 15:17 15:57
258	2236	Neven DuMont Isabella	Hochseilgarten K1	GER	1:01:18	1:01:34	20	W40	68	14:59 14:58 15:10 14:51
259	1146	Rudolf Kirsten	Hochseilgarten K1	GER	1:01:19	1:01:35	18	W35	74	14:57 15:02 15:09 14:51
259	1525	Kuhlmann Nina	Running Gags	GER	1:01:19	1:01:33	155	WHK	82	14:29 14:16 14:59 16:08
261	1724	Boehm Kristina	Valium i.V.	GER	1:01:23	1:01:55	156	WHK	81	14:42 14:24 15:13 15:40
262	583	Flamme Svenja	Begnadete Körper	GER	1:01:23	1:01:52	157	WHK	88	13:48 16:09 15:24 14:56
263	1184	Modersohn Maxie	KölnCampus	GER	1:01:23	1:01:58	158	WHK	84	14:44 14:55 15:22 15:04
264	381	Pennings Charlotte	*Köln	GER	1:01:24	1:01:58	159	WHK	85	14:45 14:55 15:22 15:05
265	2260	Roß Dorothea	Kölner Bank	DEU	1:01:24	1:02:26	2	W55	55	15:19 15:03 14:54 14:46
266	355	Muhlmann-Groten Veronika	*hückelhoven	GER	1:01:31	1:02:27	17	W45	65	14:38 15:17 15:29 15:04
267	575	Weigerstorfer Sonja	Batzi & Inder GmbH	GER	1:01:36	1:01:43	45	W30	77	15:16 14:55 14:59 15:08
268	574	Nesshöver Alexandra	Batzi & Inder GmbH	GER	1:01:36	1:01:43	46	W30	78	15:16 14:56 14:59 15:09
269	228	Heimann Pia	*köln	GER	1:01:37	1:02:43	160	WHK	82	13:52 14:51 16:04 15:28
270	2192	Deuss Pia	domradio	GER	1:01:40	1:02:47	161	WHK	81	15:54 15:10 14:47 14:29
271	300	Krüper Lara	*Köln	GER	1:01:52	1:02:01	162	WHK	87	15:07 16:11 15:08 14:17
272	980	Djalili Isabelle	Die Stadtwald-jogger	GER	1:01:56	1:02:31	163	WHK	87	15:45 14:51 15:12 14:59
273	2235	Leuchtenberg Nina	Hochseilgarten K1	GER	1:01:56	1:02:12	19	W35	73	15:13 14:46 15:09 15:22
274	141	Conrad Philine	*Köln	GER	1:01:58	1:02:42	164	WHK	86	15:24 15:03 15:17 15:08
275	271	Keul Kathrin	*Köln	GER	1:02:07	1:02:14	165	WHK	86	15:09 15:00 15:10 15:23
276	931	Heppner Charlotte	DFM	GER	1:02:09	1:02:29	166	WHK	90	15:43 15:31 15:09 14:41
277	371	Offermann Ines	*Köln	GER	1:02:13	1:02:42	167	WHK	86	15:27 15:10 15:23 15:03
278	415	Rütjes Kristin	*Köln	GER	1:02:16	1:02:32	168	WHK	83	15:21 15:24 15:23 14:59
279	177	Francis Kerstin	*Köln	GER	1:02:25	1:02:46	20	W35	75	14:46 15:23 15:34 15:29
280	1116	Voss Verena	Golden Girls	GER	1:02:26	1:02:47	169	WHK	88	13:58 15:56 15:42 15:27
281	290	Kohlmann Dr. Caroline	*Köln	GER	1:02:26	1:03:06	170	WHK	82	14:38 15:16 15:40 15:40
282	2487	Beer Silvia	Valium i.V.	GER	1:02:34	1:03:18	18	W45	61	15:10 15:25 15:36 15:01
283	2080	Klußmann Tanja	1. Kölner Laufstall	GER	1:02:34	1:02:48	21	W40	69	12:53 16:25 16:11 15:52
284	1757	Ulbricht Jana	Valium i.V.	GER	1:02:52	1:03:37	171	WHK	81	15:33 15:44 15:49 14:37
285	1875	Rockholtz Carolin	Zumanis	GER	1:02:53	1:03:19	172	WHK	89	15:39 15:04 15:10 15:42
286	1729	Eller Jutta	Valium i.V.	GER	1:02:54	1:03:28	47	W30	76	14:42 14:45 15:49 16:16
287	1870	Jansen Merel	Zumanis	GER	1:02:55	1:03:19	173	WHK	88	15:39 15:05 15:11 15:42
288	1903	Del Tin Alessandra	*Koeln	ITA	1:02:56	1:03:21	48	W30	77	13:32 14:39 16:36 16:50
289	2514	Geldner Stefanie	pronova BKK		1:02:57	1:03:55	174	WHK	83	14:49 15:23 15:39 15:45
290	2445	Linden Daniela	Telefónica o2 Germany	GER	1:02:59	1:03:11	21	W35	72	13:55 15:20 15:59 16:22
291	1526	Löhr Nora	Running Gags	GER	1:03:03	1:04:05	175	WHK	89	14:58 14:39 15:30 16:33
292	1390	Henseler Andrea	OC Kölleforia	GER	1:03:13	1:03:32	176	WHK	84	14:35 14:49 15:53 16:21
293	1743	Meckel Judith	Valium i.V.	GER	1:03:13	1:03:51	177	WHK	83	15:42 15:42 15:49 14:44
294	121	Borner Laura	*Köln	GER	1:03:14	1:04:17	178	WHK	89	15:22 15:15 15:31 15:52
295	595	Arms Sabrina	Bonn Internationals	GER	1:03:20	1:03:54	179	WHK	85	15:13 15:33 15:50 15:38
296	2042	Seibert Anette	*Köln	GER	1:03:20	1:04:21	19	W45	65	14:33 15:15 16:00 16:03
297	862	Rahn Julia	Cologne Internationals	GER	1:03:24	1:03:52	180	WHK	86	14:41 15:46 16:07 15:39
298	96	Bäumer Margret	*Köln	GER	1:03:27	1:03:30	20	W45	64	15:20 15:40 15:34 15:38
299	2157	Vomhof Stefanie	Club der schönen Mütter	GER	1:03:29	1:04:27	49	W30	78	15:29 15:14 15:52 15:41
300	1790	Rösch Julia	WiSo-Fachschaft & Friends	GER	1:03:38	1:03:52	181	WHK	85	13:36 15:18 17:56 15:33

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	539	Zeh Giulietta	*Köln	GER	1:03:42	1:04:05	182	WHK	86	15:29	15:29	15:36	15:59	
302	257	Ilg Fabienne	*Köln	GER	1:03:45	1:04:42	183	WHK	83	15:11	15:35	15:37	16:01	
303	627	Hucke Dorothee	Bonn Internationals	GER	1:03:57	1:04:19	184	WHK	89	14:35	15:33	15:58	16:18	
304	343	Mendler Franziska	*Köln	GER	1:04:00	1:04:08	185	WHK	86	15:07	16:11	15:50	15:41	
305	838	Li Zhenzi	Cologne Internationals	CHN	1:04:02	1:04:22	186	WHK	84	13:54	15:17	16:36	16:58	
306	1730	Gerlinde Meller	Valium i.V.	GER	1:04:05	1:04:50	7	W50	60	15:13	15:25	16:00	15:59	
307	981	Wonderschütz Anna-Lena	Die Stadtwald-jogger	GER	1:04:06	1:04:41	187	WHK	87	15:46	15:27	15:58	15:40	
308	483	Struckmeier Eva	*Köln	GER	1:04:11	1:04:59	188	WHK	84	15:15	15:44	15:56	16:01	
309	1956	Keulertz Dr. Constance	*Köln	GER	1:04:11	1:04:34	22	W35	74	14:30	15:32	16:06	16:42	
310	2019	Pöll Gisela	*Köln	GER	1:04:12	1:04:25	1	W60	46	15:29	15:45	15:57	15:34	
311	1702	Böhnlein Joana	Urologische Uniklinik Köln	GER	1:04:14	1:05:23	50	W30	80	15:22	15:43	16:12	15:49	
312	1707	Hörmann Viola	Urologische Uniklinik Köln	GER	1:04:15	1:05:23	51	W30	80	15:20	15:45	16:12	15:49	
313	95	Bäuerlen Jana	*Köln	GER	1:04:19	1:04:48	52	W30	79	16:10	16:03	15:16	15:29	
314	280	Klein Susanne	*Köln	GER	1:04:20	1:04:50	53	W30	78	16:09	16:03	15:50	15:08	
315	1144	Müller Sandra	Hochseilgarten K1	GER	1:04:24	1:04:40	23	W35	73	15:14	15:37	15:50	16:20	
316	2020	Propheter Ute	*Köln	GER	1:04:27	1:04:38	21	W45	64	15:53	15:47	15:48	15:36	
317	888	Tautz Stefanie	Cologne Internationals	GER	1:04:28	1:04:41	189	WHK	87	14:22	15:34	16:15	16:47	
318	731	Weyel Christina	Bonn-Rhein-Sieg Runners	GER	1:04:29	1:04:47	190	WHK	86	15:19	15:40	16:06	16:12	
319	523	Wilden Melanie	*Köln	GER	1:04:29	1:05:30	191	WHK	85	15:22	15:23	15:36	16:49	
320	2268	Mülstegen Corinna	Koelnmesse	GER	1:04:30	1:04:38	54	W30	80	14:00	15:26	16:45	16:55	
321	107	Bergmann Dorothee	*Köln	GER	1:04:31	1:05:01	55	W30	78	16:10	16:04	15:50	15:07	
322	1193	Ellerkmann Sara	Kölner Bank	GER	1:04:34	1:05:06	192	WHK	88	15:32	16:26	15:22	15:53	
323	2119	Kirchmeyer Susanne	Bonn Internationals	GER	1:04:40	1:05:08	193	WHK	82	14:56	15:55	16:25	16:02	
324	1500	Maus Andrea	RheinEnergie AG		1:04:41	1:05:05	56	W30	77	15:15	15:13	15:44	17:00	
325	472	Spilker Catherin	*Köln	GER	1:04:57	1:05:04	194	WHK	86	14:33	16:04	16:30	16:31	
326	2499	Ullrich Linda	Valium i.V.	GER	1:05:12	1:05:58	22	W40	67	15:33	15:44	15:50	16:36	
327	2030	Sattler Ulrike	*Köln	GER	1:05:26	1:05:37	57	W30	77	15:24	16:07	16:18	16:21	
327	1398	Marx Johanna	Ökumene Lindenthal	GER	1:05:26	1:05:36	24	W35	72	15:04	15:41	16:52	16:29	
329	734	Duque Sander Isabel Natalie	Burschies	GER	1:05:30	1:05:38	195	WHK	87	15:53	15:55	16:16	15:58	
330	307	Lafrai Jasmin	*Köln	GER	1:05:30	1:05:50	58	W30	80	15:47	15:53	16:05	16:25	
331	2092	Santamaria Jana	42tausend	ESP	1:05:36	1:05:41	59	W30	79	15:23	16:12	16:13	16:29	
332	480	Striegl Judith	*Marburg	GER	1:05:43	1:06:23	196	WHK	90	14:49	15:39	16:38	17:15	
333	2056	Vogel Sabine	*Köln	GER	1:05:47	1:05:57	25	W35	72	15:34	16:03	16:21	16:31	
334	412	Roth Yvonne	*Köln	GER	1:06:01	1:06:31	60	W30	79	15:55	16:07	16:19	16:12	
335	1069	Mareczek Sylvia	FWG-Laufgruppe	GER	1:06:03	1:06:33	26	W35	75	15:56	16:07	16:20	16:12	
336	1353	Kim Mimi	Mimi & Erik	GER	1:06:06	1:06:08	197	WHK	88	12:50	16:20	17:26	18:15	
337	529	Wirth Jasmin	*Köln	GER	1:06:08	1:06:31	198	WHK	88	14:53	16:13	16:46	16:58	
338	1857	Achilles Barbara	Zumanis	GER	1:06:08	1:06:36	199	WHK	90	15:40	15:45	16:46	16:50	
338	232	Hennecke-Ernsting Ursel	*Köln	GER	1:06:08	1:06:39	8	W50	60	14:57	16:09	16:54	16:46	
340	337	Masciotti Sandra	*Köln	GER	1:06:08	1:06:31	200	WHK	87	14:53	16:14	16:46	16:58	
341	1026	Hermann Melanie	FH Köln	GER	1:06:14	1:06:34	61	W30	79	16:52	16:03	16:20	15:49	
342	1879	Schöll Elisa	Zumanis	GER	1:06:15	1:06:44	201	WHK	88	15:40	15:44	16:46	16:51	
343	1025	Heinrichs Verena	FH Köln	GER	1:06:22	1:06:44	62	W30	80	16:52	16:03	16:21	15:49	
344	109	Biehl Marlene	*Köln	GER	1:06:27	1:06:51	202	WHK	86	14:12	15:43	17:15	17:48	
345	256	Huwald Anja	*Köln	GER	1:06:30	1:07:00	63	W30	79	15:27	15:58	16:35	16:59	
346	2225	Schönhofer Karola	GWK Runner	GER	1:06:34	1:07:25	203	WHK	81	15:37	15:53	16:32	17:02	
347	116	Boneff-Li Carola	*Köln	GER	1:06:35	1:07:27	27	W35	74	14:51	15:37	18:09	16:23	
348	1115	Haucke Franziska	Golden Girls	GER	1:06:41	1:07:03	204	WHK	87	14:38	16:40	17:20	16:44	
349	855	Patrascoiu Diana Andreea	Cologne Internationals	ROM	1:06:43	1:07:01	205	WHK	86	16:33	16:56	16:02	15:47	
350	304	Künemund Katja	*Brühl	GER	1:06:48	1:07:58	64	W30	78	16:48	16:46	16:06	15:42	
351	431	Schlingmann Larissa	*Köln	GER	1:06:58	1:07:43	65	W30	78	17:29	15:49	15:58	16:18	
352	1205	Schwarz Meike	Kölner Bank	GER	1:07:28	1:08:37	206	WHK	87	16:01	16:27	16:34	16:58	
353	1178	Sudyka Kathrin	KölnAlumni - Freunde und	GER	1:07:34	1:07:39	207	WHK	85	15:36	16:33	17:10	16:53	
354	1176	Lorrai Christina	KölnAlumni - Freunde und	GER	1:07:35	1:07:41	28	W35	75	15:35	16:33	17:11	16:53	
355	1535	Schwarzkopp Stefanie	Sc Faule Studenten	GER	1:07:39	1:08:03	208	WHK	85	16:46	16:56	16:52	15:49	
356	2472	Peters Gabi	TV Altendorf-Ersdorf	GER	1:07:41	1:07:49	9	W50	56	15:51	16:10	16:48	17:16	
357	894	Vosse Claudia	Cologne Internationals	GER	1:07:42	1:07:49	209	WHK	83	15:52	16:10	16:48	17:16	
358	241	Heyden Christine	*Frechen	GER	1:07:56	1:08:14	66	W30	79	16:08	16:34	16:47	17:00	
359	216	Hagin Helga	*Köln	GER	1:07:57	1:08:19	2	W60	48	16:08	16:34	16:48	16:53	
360	2174	Schmidt Nelli	Cologne Internationals	GER	1:08:01	1:08:39	210	WHK	83	15:34	16:50	17:03	17:13	

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Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
361	1722	Baude Daniela	Valium i.V.	GER	1:08:10	1:08:55	67	W30	79	15:35 15:50 17:13 18:11
362	578	Lazea Iulia	BC Runners	ROM	1:08:11	1:08:30	211	WHK	86	16:33 16:56 17:12 16:15
363	1520	Schroeders Kathrin	Rodgrad med flode	GER	1:08:12	1:08:25	212	WHK	86	15:13 17:08 17:20 17:14
364	577	Hans Vanessa	BC Runners	GER	1:08:15	1:08:34	213	WHK	85	16:33 16:56 17:12 16:15
365	391	Pohl Esther	*Köln	GER	1:08:15	1:09:08	214	WHK	82	15:56 16:42 16:57 17:06
366	848	Michels Katharina	Cologne Internationals	GER	1:08:17	1:09:14	215	WHK	84	15:56 17:14 17:50 16:17
367	1913	Eschweiler Stella	*Köln	GER	1:08:22	1:08:39	1	WJB	93	16:04 16:42 17:36 16:43
368	167	Erlbeck Anja	*Köln	GER	1:08:24	1:09:27	216	WHK	82	15:25 16:52 17:10 17:44
369	973	Knödgen Eva	Die Seitenstecher	GER	1:08:54	1:09:26	217	WHK	87	15:55 16:31 17:31 17:29
370	974	Koker Mirjam	Die Seitenstecher	GER	1:08:58	1:09:31	218	WHK	82	15:34 16:32 17:51 17:28
371	1548	Simons Kristina	Scuderia Südstadt	GER	1:09:03	1:09:12	68	W30	79	16:07 16:43 17:29 17:27
372	384	Pierz Tanja	*Köln	GER	1:09:04	1:09:14	219	WHK	84	16:45 17:10 18:27 00:00
373	142	Corinna Schmidt	*Königswinter	GER	1:09:06	1:09:15	220	WHK	84	16:07 16:43 17:29 17:27
374	847	Michels Anna	Cologne Internationals	GER	1:09:06	1:10:03	221	WHK	81	15:56 17:14 17:50 16:48
375	373	Orth Stefanie	*Odenthal	GER	1:09:20	1:09:26	23	W40	66	16:33 17:15 17:11 16:52
376	173	Fischer Heike	*Odenthal	GER	1:09:21	1:09:27	24	W40	70	16:33 17:15 17:10 16:52
377	1877	Schmittbetz Alina	Zumanis	GER	1:09:25	1:09:50	222	WHK	90	17:23 17:06 17:02 16:40
378	1865	Gerdas Anna	Zumanis	GER	1:09:25	1:09:51	223	WHK	89	17:23 17:06 17:01 16:40
379	1542	Glinger Katharina	Schnelle Sülzer Socken	GER	1:09:26	1:09:47	1	WSA	95	17:32 17:53 17:13 15:34
380	1541	Firl Katrin	Schnelle Sülzer Socken	GER	1:09:44	1:10:06	2	WSA	96	17:31 17:54 17:13 15:48
381	994	Bootz Lara	domradio	GER	1:09:45	1:10:52	1	WJA	91	16:12 17:12 17:35 17:30
382	352	Müller Anna	*Köln	GER	1:09:47	1:10:56	69	W30	80	16:48 16:49 16:55 17:40
383	999	Trimborn Melanie	domradio	GER	1:09:54	1:11:01	224	WHK	89	16:12 17:12 17:36 17:30
384	477	Stoehr Anna-Elena	*Bonn	GER	1:10:28	1:11:04	225	WHK	85	15:51 16:54 18:11 17:53
385	401	Rauf Birte	*Köln	GER	1:10:44	1:10:58	226	WHK	81	16:08 17:07 17:48 18:04
386	2031	Schacht Rosanna	*Wermelskirchen	GER	1:11:03	1:11:31	2	WJA	91	15:56 17:24 18:11 18:11
387	312	Lehmann Anna	*Köln	GER	1:11:15	1:12:24	70	W30	80	16:39 18:00 17:59 17:03
388	2161	Abraham Cornell	Cologne Internationals	GER	1:11:55	1:12:38	71	W30	79	16:01 17:39 19:05 18:07
389	966	Yoboue Gabi	Die Lufballons	GER	1:11:56	1:12:09	22	W45	62	16:09 18:12 19:28 16:37
390	965	Gularek Marita	Die Lufballons	GER	1:11:57	1:12:09	23	W45	63	16:06 18:01 18:49 17:32
391	1480	Schupp Bettina	RFH Köln	GER	1:12:02	1:12:34	29	W35	75	16:42 18:23 17:52 17:30
392	871	Schmidt Lilli	Cologne Internationals	GER	1:12:21	1:12:59	227	WHK	83	15:47 18:10 18:31 18:28
393	1127	Sievert Nina	hauptsache schneller als die j	GER	1:12:22	1:12:57	228	WHK	81	16:19 17:26 19:13 17:56
394	1728	Dreyer Dr. Margrit	Valium i.V.	GER	1:12:53	1:13:37	3	W55	52	16:13 17:33 18:26 18:57
395	1771	Theißen Yvonne	Whisky-Club	GER	1:13:20	1:13:29	72	W30	79	15:18 17:40 20:40 18:04
396	140	Centeno Gabriela	*Köln	GER	1:13:29	1:13:58	73	W30	80	18:25 18:28 17:50 17:09
397	261	Kaczorak Dagmar	*Köln	GER	1:13:32	1:14:04	24	W45	64	17:52 17:35 18:18 18:06
398	559	Keib Natalie	AG Schwarz	GER	1:13:32	1:13:46	229	WHK	83	15:34 17:27 18:39 19:58
399	1736	Jülich Simona	Valium i.V.	GER	1:13:48	1:14:22	30	W35	74	16:13 17:27 19:27 19:02
400	964	Finette Jeannine	Die Lufballons	GER	1:15:33	1:15:45	31	W35	74	16:10 18:13 19:28 20:02
401	1021	Goldammer Doreen	FH Köln	GER	1:17:05	1:17:26	230	WHK	86	16:59 18:48 19:56 19:49
402	1469	Ilgner Joni	Rasta Masta	GER	1:17:35	1:17:42	231	WHK	88	17:54 19:07 19:02 19:49
403	1033	Sarholz Regina	FH Köln	GER	1:17:54	1:18:14	232	WHK	84	15:41 19:19 21:20 19:59
404	151	Dickersbach Maria-Christina	*Köln	GER	1:19:10	1:19:37	233	WHK	82	18:37 19:49 19:54 19:11
405	279	Klein Melina	*Bad Honnef	GER	1:24:42	1:25:13	234	WHK	84	19:03 20:53 21:25 21:41
406	633	Kampa Annette	Bonn Internationals	GER	1:26:11	1:26:11	235	WHK	82	34:53 33:08 00:00 00:00
407	598	Bai Ping	Bonn Internationals	CHN	1:27:28	1:27:57	74	W30	76	13:58 15:49 17:37 16:51