

Die 10 Meilen von Köln am 31.Juli 2011

10km Lauf

Männer

Seite 1

gedruckt 31.07.2011 13:01:29

| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Geschwindigkeit |
|--------------------------------|------|----------------------|---------------------------|---------|-----|--------|-----------------|
| Altersklasse Männer M30 | | | | | | | |
| 1 | 425 | Blatz Thorsten | *Rösrath | 0:34:35 | M30 | 2 | 3:28 min/km |
| 2 | 557 | Freudenhammer Thomas | AD Marathon | 0:35:11 | M30 | 5 | 3:31 min/km |
| 3 | 166 | Kreuer Manuel | laufmonster.de | 0:38:01 | M30 | 13 | 3:48 min/km |
| 4 | 561 | Bach Stefan | Team ACV Dolorgiet | 0:40:05 | M30 | 26 | 4:01 min/km |
| 5 | 106 | Grimm Oliver | *Viersen | 0:41:04 | M30 | 33 | 4:06 min/km |
| 6 | 287 | Tarrach Marc | *Gevelsberg | 0:41:21 | M30 | 35 | 4:08 min/km |
| 7 | 67 | Dreuth Christoph | *Köln | 0:41:32 | M30 | 37 | 4:09 min/km |
| 8 | 286 | Swiatek Christoph | *Wuppertal | 0:45:56 | M30 | 73 | 4:36 min/km |
| 9 | 583 | Melchert Christian | *Köln | 0:46:40 | M30 | 80 | 4:40 min/km |
| 10 | 391 | Nitzke Marcel | *Köln | 0:50:55 | M30 | 105 | 5:06 min/km |
| 11 | 403 | Schumacher Jens | *Bonn | 0:53:36 | M30 | 119 | 5:22 min/km |
| 12 | 283 | Stepanek Jan | SSK Kerpen | 0:56:20 | M30 | 128 | 5:38 min/km |
| 13 | 351 | Freuding Manfred | *Köln | 1:00:17 | M30 | 142 | 6:02 min/km |
| 14 | 1657 | Middeldorf Joerg | | 1:02:36 | M30 | 149 | 6:16 min/km |
| 15 | 452 | Heidbrink Thomas | *Köln | 1:09:50 | M30 | 156 | 6:59 min/km |
| Altersklasse Männer M35 | | | | | | | |
| 1 | 325 | Zakaria Alhassan | *köln | 0:37:08 | M35 | 11 | 3:43 min/km |
| 2 | 526 | Breunung Dirk | *Troisdorf | 0:38:08 | M35 | 15 | 3:49 min/km |
| 3 | 585 | Rehbach Christoph | Tri-Team FS Düsseldorf | 0:39:46 | M35 | 24 | 3:59 min/km |
| 4 | 597 | Dachtler Sergej | *Köln | 0:40:34 | M35 | 29 | 4:03 min/km |
| 5 | 316 | Werner Mario | Supermario72 - RunBikeGym | 0:44:04 | M35 | 59 | 4:24 min/km |
| 6 | 93 | Gibaldo Angelo | *Leichlingen | 0:44:30 | M35 | 62 | 4:27 min/km |
| 7 | 573 | Orosz Richard | TSV Köln-Weiss | 0:45:00 | M35 | 70 | 4:30 min/km |
| 8 | 32 | Becker Rainer | Laktatjunkies Rheinland | 0:46:01 | M35 | 75 | 4:36 min/km |
| 9 | 584 | Mittelmann Bert | T&B Runners | 0:46:25 | M35 | 77 | 4:39 min/km |
| 10 | 390 | Neubauer Joseph | *Euskirchen | 0:51:14 | M35 | 108 | 5:07 min/km |
| 11 | 129 | Honal Martin | Köln | 0:51:51 | M35 | 110 | 5:11 min/km |
| 12 | 160 | Köthke Knut | *Düsseldorf | 1:01:26 | M35 | 147 | 6:09 min/km |

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Geschwindigkeit |
|--------------------------------|------|--------------------|------------------------------|---------|-----|--------|-----------------|
| Altersklasse Männer M40 | | | | | | | |
| 1 | 260 | Schneider Norbert | Bunert Running Team | 0:34:55 | M40 | 3 | 3:30 min/km |
| 2 | 55 | Buddenberg Thomas | LT Bittermark | 0:36:30 | M40 | 9 | 3:39 min/km |
| 3 | 1656 | Meyer Irek | TV Refrath | 0:36:50 | M40 | 10 | 3:41 min/km |
| 4 | 212 | Niemann Christoph | LG Gummersbach | 0:38:07 | M40 | 14 | 3:49 min/km |
| 5 | 329 | Zwickert Patrick | lavakraft | 0:38:12 | M40 | 16 | 3:49 min/km |
| 6 | 596 | Denzer Peter | | 0:38:18 | M40 | 18 | 3:50 min/km |
| 7 | 541 | Neumann Dirk | :anlauf | 0:38:20 | M40 | 19 | 3:50 min/km |
| 8 | 571 | Klappert Andreas | : anlauf Siegen | 0:39:19 | M40 | 22 | 3:56 min/km |
| 9 | 77 | Engelhardt Kai | laufmonster.de | 0:40:42 | M40 | 30 | 4:04 min/km |
| 10 | 545 | Wegner Dr. Martin | *Rösrath | 0:41:45 | M40 | 38 | 4:11 min/km |
| 11 | 593 | Kosarik Matthias | Rhein-Erft-Akademie | 0:41:56 | M40 | 41 | 4:12 min/km |
| 12 | 564 | Thüs Andreas | LG Gummersbach | 0:42:21 | M40 | 42 | 4:14 min/km |
| 13 | 549 | Benner Klaus | Brühler TV 1879 | 0:42:26 | M40 | 43 | 4:15 min/km |
| 14 | 587 | Treidler Andreas | | 0:43:03 | M40 | 48 | 4:18 min/km |
| 15 | 1655 | Brors Stefan | Tiebreak Troisdorf | 0:43:49 | M40 | 55 | 4:23 min/km |
| 16 | 66 | Dresbach Frank | Cologne Allblacks | 0:43:50 | M40 | 56 | 4:23 min/km |
| 17 | 246 | Schacht Andreas | LGO Bochum | 0:43:59 | M40 | 58 | 4:24 min/km |
| 18 | 179 | Leyendecker Ernst | 1. FC Köln | 0:44:32 | M40 | 65 | 4:27 min/km |
| 19 | 1661 | Wilms Martin | Fotuna Düsseldorf | 0:44:33 | M40 | 66 | 4:27 min/km |
| 20 | 579 | Markowitz Martin | ZZZ | 0:44:37 | M40 | 67 | 4:28 min/km |
| 21 | 89 | Gatz Uwe Christian | LT Saaler Mühle | 0:47:13 | M40 | 82 | 4:43 min/km |
| 22 | 344 | Duchscherer Andre | Midu | 0:48:05 | M40 | 87 | 4:49 min/km |
| 23 | 527 | Stumm Holger | LT Ahrweiler | 0:49:23 | M40 | 95 | 4:56 min/km |
| 24 | 554 | Fiebrich Mario | *Köln | 0:50:09 | M40 | 99 | 5:01 min/km |
| 25 | 294 | Urban Volker | *Hürth | 0:50:37 | M40 | 104 | 5:04 min/km |
| 26 | 533 | Claus Lackmann | *Köln | 0:51:00 | M40 | 106 | 5:06 min/km |
| 27 | 449 | Berg Martin | | 0:53:01 | M40 | 115 | 5:18 min/km |
| 28 | 1646 | Koch Marcel | | 0:53:07 | M40 | 116 | 5:19 min/km |
| 29 | 195 | Meyer Frank | *Köln | 0:54:26 | M40 | 124 | 5:27 min/km |
| 30 | 21 | Adamczyk Jörg | O-Runners | 0:56:28 | M40 | 129 | 5:39 min/km |
| 31 | 1649 | Richter Thomas | | 0:57:13 | M40 | 131 | 5:43 min/km |
| 32 | 518 | Carlé Thomas | *Köln | 0:58:06 | M40 | 135 | 5:49 min/km |
| 33 | 150 | Kern Thorsten | O-Runners | 0:59:53 | M40 | 139 | 5:59 min/km |
| 34 | 31 | Becker Patrick | Sportcables | 1:00:20 | M40 | 143 | 6:02 min/km |
| 35 | 543 | Schneider Guido | SV Bergisch Gladbach 1920/71 | 1:04:59 | M40 | 151 | 6:30 min/km |
| 36 | 451 | Oberheim Ralf | GSV Porz-Köln | 0:22:21 | M40 | 160 | 2:14 min/km |

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Geschwindigkeit |
|--------------------------------|------|----------------------|-------------------------|---------|-----|--------|-----------------|
| Altersklasse Männer M45 | | | | | | | |
| 1 | 139 | Jahner Detlef | TV Refrath | 0:34:57 | M45 | 4 | 3:30 min/km |
| 2 | 123 | Heuschen Dirk | TV REFRATH | 0:35:25 | M45 | 7 | 3:33 min/km |
| 3 | 278 | Sommershof Joachim | PSV Bonn Triathlon | 0:37:45 | M45 | 12 | 3:47 min/km |
| 4 | 163 | Kopp Kay-Hermann | TS79 Bergisch Gladbach | 0:38:25 | M45 | 20 | 3:51 min/km |
| 5 | 204 | Morlak Jörg | Vodafone Runners | 0:39:47 | M45 | 25 | 3:59 min/km |
| 6 | 544 | Haack Matthias | SG-Zons | 0:40:14 | M45 | 27 | 4:01 min/km |
| 7 | 565 | Marcus Holger | Triandertaler Mettmann | 0:41:22 | M45 | 36 | 4:08 min/km |
| 8 | 568 | Blasberg Frank | LG Monheim / Baumberg | 0:42:37 | M45 | 45 | 4:16 min/km |
| 9 | 429 | Krone Harald | PhysioVit-Team | 0:42:48 | M45 | 46 | 4:17 min/km |
| 10 | 108 | Haas Harald | Köln | 0:43:04 | M45 | 50 | 4:18 min/km |
| 11 | 191 | Manthei Christian | Ergo sports Köln | 0:43:31 | M45 | 51 | 4:21 min/km |
| 12 | 570 | Dittmann Ari | : anlauf Siegen | 0:43:48 | M45 | 54 | 4:23 min/km |
| 13 | 418 | Wroblewski Dirk | TV Frisch Auf Lennep | 0:44:43 | M45 | 68 | 4:28 min/km |
| 14 | 303 | Volkmer Andreas | *Schwalmtal | 0:44:44 | M45 | 69 | 4:28 min/km |
| 15 | 111 | Hansen Christoph | Cologne Allblacks | 0:47:34 | M45 | 85 | 4:45 min/km |
| 16 | 581 | Huppertz Horst | LG HUSKIES | 0:48:47 | M45 | 90 | 4:53 min/km |
| 17 | 537 | Bonikowski Matthias | *Erfstadt | 0:49:00 | M45 | 91 | 4:54 min/km |
| 18 | 203 | Möller Michael | LT Saaler Mühle | 0:53:38 | M45 | 120 | 5:22 min/km |
| 19 | 503 | Müller Ralf | Running Shoes Spich | 0:54:53 | M45 | 126 | 5:29 min/km |
| 20 | 126 | Hoffmann Michael | *Schwetzingen | 0:55:34 | M45 | 127 | 5:33 min/km |
| 21 | 247 | Scherbaum Ralph | 1/2 Marathon Köln rrh. | 0:58:20 | M45 | 137 | 5:50 min/km |
| 22 | 447 | Wiesen Rolf | | 1:00:58 | M45 | 144 | 6:06 min/km |
| 23 | 229 | Pohl Walter | DARC | 1:04:53 | M45 | 150 | 6:29 min/km |
| 24 | 370 | Hsu Oliver | Die Allerletzten | 1:07:50 | M45 | 154 | 6:47 min/km |
| 25 | 231 | Pütz Horst | *Köln | 1:08:24 | M45 | 155 | 6:50 min/km |
| Altersklasse Männer M50 | | | | | | | |
| 1 | 552 | Paulitschke Wilfried | Asics Fronrunner | 0:35:18 | M50 | 6 | 3:32 min/km |
| 2 | 599 | Dorobeck Burkhard | DMT Düsseldorf | 0:39:44 | M50 | 23 | 3:58 min/km |
| 3 | 1647 | Schmalstieg Lutz | Rhein-Erft-Akademie | 0:40:31 | M50 | 28 | 4:03 min/km |
| 4 | 288 | Tesch Norbert | LLG St. Augustin | 0:41:01 | M50 | 31 | 4:06 min/km |
| 5 | 512 | Neugebauer Dieter | anlauf Siegen | 0:43:00 | M50 | 47 | 4:18 min/km |
| 6 | 559 | Wette Norbert | | 0:44:17 | M50 | 60 | 4:26 min/km |
| 7 | 438 | Abel Robert | LT Gruiten-Neandertal | 0:46:38 | M50 | 79 | 4:40 min/km |
| 8 | 562 | Paetzel Andreas | Sportlich-Team-Bornheim | 0:47:21 | M50 | 84 | 4:44 min/km |
| 9 | 1643 | Klein Stephan | LT Düsseldorf-Süd | 0:48:27 | M50 | 88 | 4:51 min/km |
| 10 | 437 | Paech Thomas | *Erkelenz | 0:50:16 | M50 | 102 | 5:02 min/km |
| 11 | 444 | Lazer Horst | Tri Power Rhein Sieg | 0:52:21 | M50 | 113 | 5:14 min/km |
| 12 | 194 | Menzen Peter | LT Buga Düsseldorf 1999 | 0:57:28 | M50 | 132 | 5:45 min/km |
| 13 | 259 | Schneider Hubert | Lauftreff Morsbach | 0:57:46 | M50 | 133 | 5:47 min/km |
| 14 | 566 | Becker Norbet J. | Sportfelchen e.V. | 0:58:57 | M50 | 138 | 5:54 min/km |
| 15 | 301 | Vogel Dirk | Duisburger Ruderverein | 1:02:36 | M50 | 148 | 6:16 min/km |
| 16 | 590 | Mose Rüdiger | LC-Weilerswist | 1:05:00 | M50 | 153 | 6:30 min/km |
| 17 | 575 | Tutt Karl | 1.FC Köln | 1:09:54 | M50 | 157 | 6:59 min/km |
| 18 | 116 | Heidemann Bernd | LAV Bad Godesberg | 1:11:22 | M50 | 158 | 7:08 min/km |

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Geschwindigkeit |
|--------------------------------|------|---------------------|-------------------------|---------|-----|--------|-----------------|
| Altersklasse Männer M55 | | | | | | | |
| 1 | 202 | Möbus Dr. Volkmar | LT Mombasa | 0:41:53 | M55 | 40 | 4:11 min/km |
| 2 | 595 | Soethout Guido | Laufmonster | 0:42:34 | M55 | 44 | 4:15 min/km |
| 3 | 58 | Cawello Dr. Willi | *Monheim am Rhein | 0:45:01 | M55 | 71 | 4:30 min/km |
| 4 | 517 | Oenings Walter | Leichtathletik | 0:45:32 | M55 | 72 | 4:33 min/km |
| 5 | 594 | Pniewski Bernd | *Köln | 0:46:35 | M55 | 78 | 4:40 min/km |
| 6 | 156 | Koburg Udo | Sonntag um neun | 0:47:05 | M55 | 81 | 4:43 min/km |
| 7 | 392 | Ohl Heinz | *Nümbrecht | 0:48:28 | M55 | 89 | 4:51 min/km |
| 8 | 413 | Vierbuchen Gerhard | kein | 0:49:04 | M55 | 92 | 4:54 min/km |
| 9 | 96 | Glanz Ekkehard | Sonntag um neun | 0:49:31 | M55 | 96 | 4:57 min/km |
| 10 | 582 | Moga Bruno | LG Huskies | 0:50:10 | M55 | 101 | 5:01 min/km |
| 11 | 376 | Lasek Michael | SC KALINOWO | 0:51:18 | M55 | 109 | 5:08 min/km |
| 12 | 223 | Peters Jens | *Bonn | 0:51:58 | M55 | 112 | 5:12 min/km |
| 13 | 443 | Dahl Norbert | TTVG Phönix Biesfeld | 0:54:19 | M55 | 122 | 5:26 min/km |
| 14 | 433 | Nagel Joerg-Robert | TB-Bürgsteinfurt | 0:54:20 | M55 | 123 | 5:26 min/km |
| 15 | 285 | Stücke Eckhard | *Lage | 1:00:13 | M55 | 141 | 6:01 min/km |
| 16 | 411 | Vetter Herbert | *Wuppertal | 1:12:25 | M55 | 159 | 7:15 min/km |
| Altersklasse Männer M60 | | | | | | | |
| 1 | 567 | Krämer Dieter | Wiehltaler LC | 0:38:17 | M60 | 17 | 3:50 min/km |
| 2 | 548 | Pohle Gerhard | LLG St. Augustin | 0:43:03 | M60 | 49 | 4:18 min/km |
| 3 | 83 | Feindt Reinhard | SC Bockenbergs Bensberg | 0:44:30 | M60 | 63 | 4:27 min/km |
| 4 | 1642 | Kersting Friedel | *Köln | 0:46:22 | M60 | 76 | 4:38 min/km |
| 5 | 323 | Wüst Hans Werner | *Köln | 0:47:17 | M60 | 83 | 4:44 min/km |
| 6 | 232 | Rahmen Heinz-Hubert | *Frechen | 0:50:10 | M60 | 100 | 5:01 min/km |
| 7 | 107 | Gutermuth Herbert | *Gummersbach | 0:51:06 | M60 | 107 | 5:07 min/km |
| 8 | 448 | Koln Eckhard | | 0:53:26 | M60 | 117 | 5:21 min/km |
| 9 | 538 | Wolff Ludger | *Köln | 0:53:29 | M60 | 118 | 5:21 min/km |
| 10 | 1651 | Nguyen Bernard | | 0:57:11 | M60 | 130 | 5:43 min/km |
| 11 | 439 | Schütz Hubert | | 0:57:46 | M60 | 134 | 5:47 min/km |
| Altersklasse Männer M65 | | | | | | | |
| 1 | 63 | Debald Volker | ASV Wesseling 1985 e.V. | 0:49:13 | M65 | 93 | 4:55 min/km |
| 2 | 1654 | Koglin Bodo | | 0:49:35 | M65 | 97 | 4:58 min/km |
| Altersklasse Männer M70 | | | | | | | |
| 1 | 264 | Schoss Manfred | LLG 80 Nordpark Köln | 0:52:59 | M70 | 114 | 5:18 min/km |
| 2 | 27 | Baum Dr. Clemens | *Bergisch Gladbach | 0:58:06 | M70 | 136 | 5:49 min/km |
| Altersklasse Männer M75 | | | | | | | |
| 1 | 547 | Christophel Werner | TV Refrath | 0:49:41 | M75 | 98 | 4:58 min/km |
| 2 | 569 | Bumiller Wilhelm | *Köln | 0:53:49 | M75 | 121 | 5:23 min/km |
| 3 | 64 | Deiters Lothar | GSV-Porz/Köln | 0:59:59 | M75 | 140 | 5:60 min/km |

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Männer

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|--------------------------------|-----|-------------------|---------------------------|---------|-----|--------|-----------------|
| Altersklasse Männer MHK | | | | | | | |
| 1 | 550 | Leisner Christof | | 0:33:34 | MHK | 1 | 3:21 min/km |
| 2 | 534 | Gröppel Till | Pulheimer SC | 0:36:25 | MHK | 8 | 3:39 min/km |
| 3 | 539 | Schwarz Christian | Ronsdorfer SG | 0:39:12 | MHK | 21 | 3:55 min/km |
| 4 | 592 | Eicker Sven | Union Blau-Weiss Biesfeld | 0:41:07 | MHK | 34 | 4:07 min/km |
| 5 | 371 | Knauf Dominik | *Köln | 0:43:36 | MHK | 52 | 4:22 min/km |
| 6 | 385 | Marchio Jonas | VfL Berghausen | 0:43:44 | MHK | 53 | 4:22 min/km |
| 7 | 400 | Schmitz Nils | VfL Berghausen | 0:43:53 | MHK | 57 | 4:23 min/km |
| 8 | 445 | Schumann Dominik | TuS Ickern 1912 e.V. | 0:44:29 | MHK | 61 | 4:27 min/km |
| 9 | 600 | Blatt Magnus | PSD Bank Laufcup | 0:44:32 | MHK | 64 | 4:27 min/km |
| 10 | 134 | Humburg Marcel | Alfterer SC | 0:45:58 | MHK | 74 | 4:36 min/km |
| 11 | 25 | Baldsiefen Jan | O-Runners | 0:49:20 | MHK | 94 | 4:56 min/km |
| 12 | 399 | Schmelting Jürgen | *Duisburg | 0:50:25 | MHK | 103 | 5:03 min/km |
| 13 | 380 | Lill Simon | Running is for lovers! | 0:51:54 | MHK | 111 | 5:11 min/km |
| 14 | 251 | Schmelting René | *Köln | 0:54:35 | MHK | 125 | 5:28 min/km |
| 15 | 155 | Klose Sebastian | *Düsseldorf | 1:01:25 | MHK | 145 | 6:09 min/km |
| 15 | 128 | Hofmann Michael | *Meerbusch | 1:01:25 | MHK | 145 | 6:09 min/km |
| 17 | 441 | Becker Tobias | | 1:05:00 | MHK | 152 | 6:30 min/km |
| Altersklasse Männer MJB | | | | | | | |
| 1 | 289 | Tesch Tobias | SV Hellas Siegburg | 0:41:03 | MJB | 32 | 4:06 min/km |
| 2 | 591 | Lazer Yassine | Tri Power Rhein-Sieg | 0:41:52 | MJB | 39 | 4:11 min/km |
| Altersklasse Männer MSA | | | | | | | |
| 1 | 389 | Mithöfer Marcel | Midu | 0:48:01 | MSA | 86 | 4:48 min/km |

Die 10 Meilen von Köln am 31.Juli 2011

10km Lauf

Frauen

Seite 6

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Geschwindigkeit |
|--------------------------------|------|-------------------------|--------------------------------|---------|-----|--------|-----------------|
| Altersklasse Frauen W30 | | | | | | | |
| 1 | 147 | Kays Linda | Lgo-Bochum | 0:44:01 | W30 | 6 | 4:24 min/km |
| 2 | 29 | Bechthold Angela | Elmars LT | 0:50:34 | W30 | 23 | 5:03 min/km |
| 3 | 377 | Leist Indra | CSV Marathon Krefeld | 0:52:22 | W30 | 27 | 5:14 min/km |
| 4 | 362 | Harttrampf Dr. Anne | *Freiburg | 0:53:51 | W30 | 29 | 5:23 min/km |
| Altersklasse Frauen W35 | | | | | | | |
| 1 | 300 | Viebahn Christl | LAZ Puma Troisdorf/Siegburg | 0:37:02 | W35 | 1 | 3:42 min/km |
| 2 | 542 | Neumann Bianca | : anlauf | 0:43:52 | W35 | 5 | 4:23 min/km |
| 3 | 563 | Hinze Katja | LG Gummersbach | 0:44:33 | W35 | 7 | 4:27 min/km |
| 4 | 72 | Dulak Daniela | SSK Kerpen | 0:46:24 | W35 | 9 | 4:38 min/km |
| 5 | 1653 | Meyer Joanna | TV Refrath | 0:48:29 | W35 | 13 | 4:51 min/km |
| 6 | 598 | Mansith Daniela | DMT Düsseldorf | 0:49:50 | W35 | 22 | 4:59 min/km |
| 7 | 397 | Ruthe Martina | T&B Runners | 0:53:19 | W35 | 28 | 5:20 min/km |
| 8 | 540 | Bombek Alexandra | *Wermelskirchen | 0:57:02 | W35 | 34 | 5:42 min/km |
| 9 | 516 | Fuß Ivonne | SSF Bonn | 0:58:28 | W35 | 39 | 5:51 min/km |
| 10 | 85 | Figueroa Carrasco Lidia | Cologne Allblacks | 1:04:33 | W35 | 55 | 6:27 min/km |
| Altersklasse Frauen W40 | | | | | | | |
| 1 | 140 | Janssen Sylvia | Huppertzshof Runners | 0:47:19 | W40 | 11 | 4:44 min/km |
| 2 | 572 | Matthiesen Claudia | | 0:49:21 | W40 | 17 | 4:56 min/km |
| 3 | 201 | Möbus Vera | cubo azul de palma | 0:49:37 | W40 | 18 | 4:58 min/km |
| 4 | 515 | Lehmann Heike | SSF Bonn Triathlon | 0:51:24 | W40 | 26 | 5:08 min/km |
| 5 | 311 | Wasserhess Barbara | Essener Fechtsportgemeinschaft | 0:56:16 | W40 | 32 | 5:38 min/km |
| 6 | 149 | Kern Susanne | O-Runners | 0:56:27 | W40 | 33 | 5:39 min/km |
| 7 | 112 | Hansen Nicol | Cologne Allblacks | 0:57:55 | W40 | 36 | 5:48 min/km |
| 8 | 94 | Gibaldo Brigitte | *Leichlingen | 0:58:22 | W40 | 38 | 5:50 min/km |
| 9 | 312 | Weeger Sandra | *Köln | 1:01:16 | W40 | 50 | 6:08 min/km |
| 10 | 580 | Hermanns Claudia | TAV Bad Duffys Bonn | 1:01:32 | W40 | 51 | 6:09 min/km |
| 11 | 317 | Wetzel Kirsten | *Köln | 1:03:29 | W40 | 53 | 6:21 min/km |
| 12 | 382 | Lob Stephanie | Die Allerletzten | 1:07:50 | W40 | 58 | 6:47 min/km |
| Altersklasse Frauen W45 | | | | | | | |
| 1 | 535 | Rentergent Carola | SG Zons | 0:44:43 | W45 | 8 | 4:28 min/km |
| 2 | 1658 | Methner Annette | Rhein-Erft Akademie | 0:46:39 | W45 | 10 | 4:40 min/km |
| 3 | 578 | Gnann Susanne | | 0:47:57 | W45 | 12 | 4:48 min/km |
| 4 | 558 | Niewerth Petra | TUS Köln rrh | 0:49:38 | W45 | 19 | 4:58 min/km |
| 5 | 245 | Sander Beate | LT Ahrweiler | 0:50:44 | W45 | 24 | 5:04 min/km |
| 6 | 254 | Schmitt Monika | LT Wischlingen Dortmund | 0:55:54 | W45 | 31 | 5:35 min/km |
| 7 | 1650 | Nguyen Sabine | | 0:57:11 | W45 | 35 | 5:43 min/km |
| 8 | 165 | Krams Sabine | *Wiehl | 0:59:17 | W45 | 40 | 5:56 min/km |
| 9 | 576 | Waldorf Elisabeth | LG Laacher See | 0:59:50 | W45 | 42 | 5:59 min/km |
| 10 | 453 | Comkieln Silvia | *Wuppertal | 1:00:19 | W45 | 46 | 6:02 min/km |
| 11 | 148 | Kern Claudia | O-Runners | 1:24:31 | W45 | 62 | 8:27 min/km |
| Altersklasse Frauen W50 | | | | | | | |
| 1 | 326 | Zange Gabi | GSV Porz Köln | 0:48:31 | W50 | 14 | 4:51 min/km |
| 2 | 235 | Rehberg Birgit | LT-Lauffrosch | 0:58:10 | W50 | 37 | 5:49 min/km |
| 3 | 577 | Fronnert Marita | LG Laacher See | 0:59:51 | W50 | 43 | 5:59 min/km |
| 4 | 34 | Beer Silvia | *Kerpen | 1:00:19 | W50 | 45 | 6:02 min/km |
| 5 | 586 | Komossa Ilona | TAV Bad Duffys Bonn | 1:00:41 | W50 | 47 | 6:04 min/km |
| 6 | 410 | Vetter Heidi | *Wuppertal | 1:09:51 | W50 | 59 | 6:59 min/km |

Die 10 Meilen von Köln am 31.Juli 2011

10km Lauf

Frauen

Seite 7

gedruckt 31.07.2011 13:01:29

| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Geschwindigkeit |
|--------------------------------|-----|--------------------------|-------------------------|---------|-----|--------|-----------------|
| Altersklasse Frauen W55 | | | | | | | |
| 1 | 120 | Heller Marlene | *Köln | 0:59:43 | W55 | 41 | 5:58 min/km |
| Altersklasse Frauen W60 | | | | | | | |
| 1 | 237 | Reiche Jutta | LT Ahrweiler | 0:49:21 | W60 | 16 | 4:56 min/km |
| 2 | 401 | Schmitz-Verhjnjak Sylvia | TEAM RAFA | 0:59:52 | W60 | 44 | 5:59 min/km |
| Altersklasse Frauen W65 | | | | | | | |
| 1 | 556 | Pöll Gisela | *Köln | 1:04:00 | W65 | 54 | 6:24 min/km |
| Altersklasse Frauen WHK | | | | | | | |
| 1 | 402 | Schön Maike | *Hürth | 0:37:12 | WHK | 2 | 3:43 min/km |
| 2 | 436 | Vielhaber Felicitas | Tusem Essen | 0:37:46 | WHK | 3 | 3:47 min/km |
| 3 | 555 | Lamberty Anja | | 0:38:39 | WHK | 4 | 3:52 min/km |
| 4 | 255 | Schmitter Rabea | RTC Frechen 80 | 0:49:19 | WHK | 15 | 4:56 min/km |
| 5 | 395 | Rizza Julia | *Köln | 0:49:49 | WHK | 20 | 4:59 min/km |
| 6 | 347 | Esser Thekla | *Köln | 0:49:49 | WHK | 21 | 4:59 min/km |
| 7 | 442 | Kiefer Karin | DSHS Köln | 0:51:00 | WHK | 25 | 5:06 min/km |
| 8 | 528 | Sander Carolin | *Bad Neuenahr-Ahrweiler | 0:54:25 | WHK | 30 | 5:27 min/km |
| 9 | 81 | Everschor Petra | TFG Nippes 1878 e. V. | 1:00:43 | WHK | 48 | 6:04 min/km |
| 10 | 355 | Goldmann Svetlana | *Trier | 1:05:45 | WHK | 57 | 6:35 min/km |
| 11 | 412 | Vetter Sabrina | *Wuppertal | 1:12:23 | WHK | 61 | 7:14 min/km |
| Altersklasse Frauen WJA | | | | | | | |
| 1 | 364 | Hausmann Leonie | *Köln | 1:01:07 | WJA | 49 | 6:07 min/km |
| 2 | 574 | Tutt Franziska | KEC | 1:09:51 | WJA | 60 | 6:59 min/km |
| Altersklasse Frauen WSA | | | | | | | |
| 1 | 446 | Mose Lisa-Marie | | 1:04:59 | WSA | 56 | 6:30 min/km |
| Altersklasse Frauen WSC | | | | | | | |
| 1 | 346 | Elsner Tanith | *Köln | 1:02:13 | WSC | 52 | 6:13 min/km |