

Kölner Nikolauslauf am 4. Dezember 2011 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1124	Spilles Prof. Dr. Jörg	Weihnachtsgänse	0:41:50	1974	M35	1	0:42:04	13:50 * 13:40 * 14:20	4:11 min/km
2	1033	Schmitz Andi	YourNextLevel meets	0:41:52	1984	MHK	1	0:41:58	13:34 * 13:52 * 14:26	4:11 min/km
3	951	Riebschläger Jörg	MACH3	0:41:54	1973	M35	2	0:41:58	13:34 * 13:51 * 14:27	4:11 min/km
4	1616	Enders Stefan	*Rüschede	0:42:12	1974	M35	3	0:43:02	13:19 * 14:08 * 14:44	4:13 min/km
5	2777	Te Boekhorst Wander	*Gaanderen	0:42:17	1975	M35	4	0:42:19	13:10 * 14:02 * 15:04	4:14 min/km
6	1131	Sprenker Michael	SV AXA	0:43:24	1955	M55	1	0:43:27	13:55 * 14:18 * 15:10	4:20 min/km
7	3029	Beck Christopher	Old Boys Basel	0:43:24	1990	MHK	2	0:43:35	15:10 * 14:25 * 13:49	4:20 min/km
8	1839	Hecker Dirk	*Fischenich	0:43:26	1974	M35	5	0:43:29	13:20 * 14:28 * 15:37	4:21 min/km
9	1175	Terwey Christoph	*Köln	0:43:38	1982	MHK	3	0:43:54	13:25 * 15:00 * 15:13	4:22 min/km
10	1282	Winkler Benno	opa für jona	0:44:02	1950	M60	1	0:44:06	14:03 * 14:37 * 15:22	4:24 min/km
11	2348	Niebel Dennis	Sterne des Kölner Südens	0:44:17	1988	MHK	4	0:45:37	14:29 * 14:38 * 15:08	4:26 min/km
12	427	Günther Peter	VfR Unterbruch LG	0:44:33	1960	M50	1	0:47:42	15:29 * 14:26 * 14:38	4:27 min/km
13	3091	Burmeister Matthias	Globus Köln-Marsdorf	0:44:36	1970	M40	1	0:44:56	14:00 * 14:42 * 15:54	4:28 min/km
14	681	Kühlert-Habricht Andreas	*Erfstadt	0:44:48	1962	M45	1	0:44:54	14:36 * 14:47 * 15:23	4:29 min/km
15	2452	Radics Zsolt	Komló	0:45:10	1970	M40	2	0:45:12	13:44 * 15:07 * 16:18	4:31 min/km
16	1457	Braun Noel	*Köln	0:45:16	1988	MHK	5	0:45:26	14:55 * 14:56 * 15:24	4:32 min/km
17	2932	Wetzel Arndt	*Aachen	0:45:23	1988	MHK	6	0:46:02	15:04 * 15:23 * 14:55	4:32 min/km
18	175	Callies Carsten	*Köln	0:45:30	1985	MHK	7	0:48:04	14:45 * 14:58 * 15:47	4:33 min/km
19	307	Falkenstein Sascha	*Leverkusen	0:45:31	1975	M35	6	0:46:25	15:05 * 14:56 * 15:29	4:33 min/km
20	1054	Schneider Reiner	Lauflöwe 65	0:45:31	1965	M45	2	0:45:40	14:58 * 14:59 * 15:33	4:33 min/km
21	1044	Schneider Ben	GS1 Germay GmbH 1	0:45:33	1974	M35	7	0:45:36	14:58 * 14:58 * 15:36	4:33 min/km
22	1213	Verch Marco	*Köln	0:45:36	1981	M30	1	0:45:51	14:08 * 15:08 * 16:20	4:34 min/km
23	252	Ebeler Dr. Guido	Erftrunners	0:45:40	1964	M45	3	0:45:54	14:48 * 15:06 * 15:45	4:34 min/km
24	1950	Jansen Andreas	Sterne des Kölner Südens	0:45:40	1985	MHK	8	0:47:03	14:41 * 15:13 * 15:45	4:34 min/km
25	1286	Wolf Harald	Laufftreff Decksteiner	0:46:00	1967	M40	3	0:46:03	14:16 * 15:25 * 16:18	4:36 min/km
26	1814	Hamilton Alistair	Cölshies	0:46:05	1978	M30	2	0:48:33	14:44 * 15:06 * 16:14	4:37 min/km
27	2079	Kowalski Frederic	YourNextLevel meets	0:46:09	1983	MHK	9	0:46:24	14:28 * 15:26 * 16:13	4:37 min/km
28	2261	Maurer Sam	Rosenzweig-Runners	0:46:10	1995	MJB	1	0:46:51	14:40 * 15:06 * 16:24	4:37 min/km
29	1417	Biermann Nils	YourNextLevel meets	0:46:10	1983	MHK	10	0:46:25	14:29 * 15:26 * 16:15	4:37 min/km
30	966	Roloff Tobias	Die Rosetten	0:46:12	1978	M30	3	0:48:46	15:34 * 14:52 * 15:45	4:37 min/km
31	617	Klenner Michael	TV FRISCH AUF LENNEP	0:46:14	1965	M45	4	0:49:07	15:36 * 15:09 * 15:28	4:37 min/km
32	1395	Behrendt Christoph	*Köln	0:46:20	1988	MHK	11	0:46:34	15:19 * 15:32 * 15:28	4:38 min/km
33	1173	Takahashi Winni	*Köln	0:46:25	1972	M35	8	0:46:31	15:25 * 15:19 * 15:39	4:39 min/km
34	984	Sanderson James	Cölshies	0:46:26	1979	M30	4	0:48:53	15:46 * 15:10 * 15:29	4:39 min/km
35	738	Lochner Stefan	*Köln	0:46:28	1981	M30	5	0:50:01	15:13 * 15:16 * 15:57	4:39 min/km
36	1005	Schepers Thomas	1. Kölner Laufstall	0:46:36	1965	M45	5	0:47:09	15:42 * 15:23 * 15:31	4:40 min/km
37	2643	Schüth Felipe	*Köln	0:46:36	1987	MHK	12	0:46:48	14:30 * 15:23 * 16:43	4:40 min/km
38	576	Kalscheuer Markus	*Köln	0:46:37	1966	M45	6	0:47:25	15:03 * 15:34 * 16:00	4:40 min/km
39	600	Kiehn Rainer	Bachemer-Wahnsinn.de	0:46:39	1967	M40	4	0:46:53	14:56 * 15:10 * 16:32	4:40 min/km
40	506	Heymann Andy	*Köln	0:46:42	1973	M35	9	0:47:06	15:06 * 15:13 * 16:22	4:40 min/km
41	3122	Schwarz Stefan	FSV Köln	0:46:46	1988	MHK	13	0:47:17	16:02 * 15:30 * 15:13	4:41 min/km
42	1601	Effertz Michael	Schneller als Hennes	0:46:49	1981	M30	6	0:47:16	15:46 * 15:24 * 15:38	4:41 min/km
43	3121	Heinzel Philipp	FSV Köln	0:46:50	1984	MHK	14	0:47:21	16:02 * 15:30 * 15:16	4:41 min/km
44	1077	Schütte Marc	1. Kölner Laufstall	0:46:59	1975	M35	10	0:47:31	15:16 * 15:31 * 16:11	4:42 min/km
45	477	Hellmann Detlef	Laufftüten	0:47:11	1962	M45	7	0:48:21	15:10 * 15:36 * 16:25	4:43 min/km
46	3124	König Bernd	*Köln	0:47:12	1970	M40	5	0:47:32	15:39 * 15:27 * 16:05	4:43 min/km
47	3126	Papst Lutz	*Köln	0:47:12	1959	M50	2	0:47:32	15:39 * 15:28 * 16:04	4:43 min/km
48	115	Boer Bodo	GS1 Germay GmbH 1	0:47:18	1965	M45	8	0:47:22	15:18 * 15:43 * 16:17	4:44 min/km
49	324	Finkbeiner Gordon	TOXIC Team	0:47:19	1978	M30	7	0:49:46	15:39 * 15:28 * 16:10	4:44 min/km
50	1398	Bellieno Christopher	*Aachen	0:47:20	1989	MHK	15	0:47:23	15:46 * 15:16 * 16:17	4:44 min/km
51	2763	Stula Sebastian	SV AXA	0:47:20	1979	M30	8	0:48:45	16:35 * 15:22 * 15:23	4:44 min/km
52	99	Birkel Jörg	MACH3	0:47:31	1972	M35	11	0:47:35	15:29 * 15:50 * 16:10	4:45 min/km
53	2253	Matull Dr. Stefan	*Köln	0:47:32	1970	M40	6	0:48:01	15:36 * 15:39 * 16:16	4:45 min/km

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54	2267	Meeners Norbert	SC Feucht & Fröhlich	0:47:34	1970 M40	7	0:47:57	16:44 *	14:59 *	15:50	4:45 min/km
55	108	Blum Thomas	SC Feucht & Fröhlich	0:47:35	1971 M40	8	0:47:57	16:44 *	14:59 *	15:50	4:45 min/km
56	342	Franken Michael	*Köln	0:47:35	1963 M45	9	0:47:40	15:27 *	15:49 *	16:19	4:46 min/km
57	1248	Weber Dominic	Läuft!	0:47:36	1980 M30	9	0:48:51	16:42 *	15:38 *	15:15	4:46 min/km
58	3141	Biela Simon	ASV Köln Triathlon	0:47:45	1980 M30	10	0:48:47	14:42 *	15:56 *	17:06	4:47 min/km
59	2328	Nadler Klaus	Albis Laufftreff Vogelsang	0:47:46	1965 M45	10	0:48:10	15:23 *	15:38 *	16:45	4:47 min/km
60	19	Albshausen Rainer	Albis Laufftreff Vogelsang	0:47:48	1966 M45	11	0:48:11	15:24 *	15:37 *	16:46	4:47 min/km
61	187	Claeßen Jens	Albis Laufftreff Vogelsang	0:47:49	1967 M40	9	0:48:10	15:26 *	15:37 *	16:45	4:47 min/km
62	2130	Kutschker Jan	*Köln	0:47:50	1985 MHK	16	0:48:04	16:00 *	15:55 *	15:54	4:47 min/km
63	152	Brück Markus	*Köln	0:47:51	1977 M30	11	0:47:57	15:17 *	15:57 *	16:36	4:47 min/km
64	2866	Von Hagen Robin	*Köln	0:47:56	1984 MHK	17	0:49:10	16:47 *	15:11 *	15:57	4:48 min/km
65	849	Obermann Werner	rc-schmitter	0:47:57	1966 M45	12	0:48:18	15:28 *	15:42 *	16:47	4:48 min/km
66	1061	Schofield Jeremy	TRI POWER Rhein Sieg	0:48:01	1981 M30	12	0:48:03	15:25 *	15:59 *	16:36	4:48 min/km
67	1108	Sitte Matthias	TFG 1878 Köln-Nippes	0:48:02	1982 MHK	18	0:49:25	16:35 *	15:22 *	16:03	4:48 min/km
68	3130	Litvak Constantin	TC Köln-Poll 04	0:48:05	1971 M40	10	0:48:33	16:17 *	15:31 *	16:16	4:49 min/km
69	1962	Jödicke Dr. Dirk	*Köln	0:48:06	1980 M30	13	0:50:42	16:49 *	15:22 *	15:54	4:49 min/km
70	1086	Schulz Torsten	1. FC Spich	0:48:15	1968 M40	11	0:48:20	15:42 *	15:56 *	16:37	4:50 min/km
71	1090	Schwenck Christian	MAS-training	0:48:16	1974 M35	12	0:48:59	16:14 *	15:42 *	16:20	4:50 min/km
72	593	Kersting Friedel	*Köln	0:48:20	1950 M60	2	0:48:35	15:43 *	15:58 *	16:38	4:50 min/km
73	2662	Schwind Norman	Laufftuten	0:48:21	1976 M35	13	0:49:30	16:23 *	16:10 *	15:46	4:50 min/km
74	1223	Von Holtum Viktor	Laufftuten	0:48:24	1978 M30	14	0:49:34	16:23 *	16:10 *	15:50	4:50 min/km
75	1136	Stangl Ulrich	*Kaarst	0:48:29	1957 M50	3	0:48:54	15:19 *	16:08 *	17:01	4:51 min/km
76	1961	Jetter Oliver	AGENTUR RHEINSPORT	0:48:31	1973 M35	14	0:48:45	16:01 *	15:55 *	16:35	4:51 min/km
77	811	Muders Markus	*Köln	0:48:33	1969 M40	12	0:49:24	16:01 *	16:06 *	16:24	4:51 min/km
78	295	Esters Paul	Laktatkönige Köln	0:48:35	1959 M50	4	0:48:47	16:01 *	16:02 *	16:31	4:52 min/km
79	902	Prieß Frank	TSV Bayer Dormagen	0:48:37	1966 M45	13	0:48:39	15:45 *	16:12 *	16:39	4:52 min/km
80	2246	Martin Emilio	*Köln	0:48:40	1978 M30	15	0:50:08	16:45 *	15:50 *	16:04	4:52 min/km
81	1436	Bölling Heiko	*Köln	0:48:44	1966 M45	14	0:50:47	16:12 *	15:42 *	16:49	4:52 min/km
82	1072	Schröder Andreas	Siemens SC	0:48:45	1970 M40	13	0:49:10	15:42 *	16:09 *	16:52	4:53 min/km
83	775	Mecker Michael	*Rösrath	0:48:51	1966 M45	15	0:49:39	15:47 *	16:27 *	16:36	4:53 min/km
84	35	Atamtuerk Hüseyin	Postteam 2	0:48:54	1966 M45	16	0:49:12	17:27 *	15:30 *	15:56	4:53 min/km
85	356	Fuhrmann Cedric	*Köln	0:48:58	1997 MSA	1	0:50:55	15:58 *	16:08 *	16:52	4:54 min/km
86	12	Acemi Baybora	*Köln	0:48:59	1976 M35	15	0:51:36	16:40 *	16:01 *	16:17	4:54 min/km
87	378	Germann Daniel	*Köln	0:49:02	1980 M30	16	0:51:37	15:07 *	16:40 *	17:15	4:54 min/km
88	3128	Fischer Dieter	*Köln	0:49:07	1966 M45	17	0:49:30	15:25 *	16:18 *	17:23	4:55 min/km
89	221	Dettmer Stefan	*Köln	0:49:12	1969 M40	14	0:49:21	16:36 *	16:03 *	16:32	4:55 min/km
90	2496	Rivola Dominik	mhm running	0:49:13	1989 MHK	19	0:51:10	19:42 *	15:04 *	14:26	4:55 min/km
91	193	Colling Jörn	Postteam 2	0:49:15	1965 M45	18	0:50:13	16:45 *	16:02 *	16:27	4:56 min/km
92	114	Boelen-Theile Claus	*Rösrath	0:49:15	1966 M45	19	0:51:51	16:06 *	16:02 *	17:06	4:56 min/km
93	547	Imer Dennis	*Zürich	0:49:20	1982 MHK	20	0:49:29	15:45 *	16:20 *	17:14	4:56 min/km
94	859	Oppermann Axel	*Köln	0:49:20	1956 M55	2	0:50:05	16:21 *	16:13 *	16:45	4:56 min/km
95	2571	Schäfers Sebastian	atemrausch*	0:49:20	1981 M30	17	0:51:05	17:28 *	15:38 *	16:13	4:56 min/km
96	3006	Witte Raphael	*Köln	0:49:22	1980 M30	18	0:49:34	16:13 *	16:16 *	16:52	4:56 min/km
97	224	Dietrich Eric	*Köln	0:49:25	1978 M30	19	0:49:43	15:33 *	16:45 *	17:07	4:57 min/km
98	169	Burgmann Rafael	*Köln	0:49:27	1970 M40	15	0:49:32	16:41 *	16:51 *	15:54	4:57 min/km
99	510	Hinz Günter	www.hinz-koeln.de	0:49:31	1965 M45	20	0:49:53	15:50 *	16:33 *	17:07	4:57 min/km
100	3025	Moog Mathias	*Köln	0:49:32	1975 M35	16	0:50:21	17:01 *	15:53 *	16:38	4:57 min/km
101	1094	Seibert Marcus	*Köln	0:49:38	1964 M45	21	0:49:38	15:28 *	17:00 *	17:09	4:58 min/km
102	662	Kratz Uwe	*Troisdorf	0:49:40	1975 M35	17	0:50:01	16:29 *	16:11 *	16:59	4:58 min/km
103	21	Allert Dirk	*Erfstadt	0:49:51	1976 M35	18	0:50:22	16:33 *	16:37 *	16:40	4:59 min/km
104	63	Becker Heinrich	*Köln	0:49:55	1953 M55	3	0:49:55	15:16 *	16:38 *	18:00	4:60 min/km
105	2535	Rühle Alex	*Köln	0:49:57	1978 M30	20	0:51:25	15:29 *	16:02 *	18:25	4:60 min/km
106	564	Johnen Ralf	*Köln	0:50:03	1963 M45	22	0:50:07	16:21 *	16:31 *	17:10	5:00 min/km
107	1941	Jaehrig Daniel	Sterne des Kölner Südens	0:50:07	1977 M30	21	0:51:28	16:02 *	16:38 *	17:25	5:01 min/km
108	123	Borgouns Andre	*Köln	0:50:07	1976 M35	19	0:51:06	17:13 *	16:46 *	16:07	5:01 min/km
109	591	Kern Fabian	O-Runners	0:50:09	1996 MSA	2	0:52:48	16:58 *	16:23 *	16:48	5:01 min/km

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110	130	Boxberg Paul	*Kürten	0:50:10	1959	M50	5	0:50:38	15:48 *	16:59 *	17:22	5:01 min/km
111	512	Hobbs Mark	*koeln	0:50:16	1974	M35	20	0:50:37	16:26 *	16:43 *	17:06	5:02 min/km
112	1766	Grambow Ralph	*Köln	0:50:17	1979	M30	22	0:50:25	16:28 *	17:08 *	16:40	5:02 min/km
113	167	Bungart Holger	*Bonn	0:50:19	1971	M40	16	0:50:24	16:41 *	16:53 *	16:44	5:02 min/km
114	2743	Stöckigt Alexander	*würzburg	0:50:21	1982	MHK	21	0:50:39	16:33 *	16:44 *	17:03	5:02 min/km
115	2832	Trott Andreas	*Köln-Mülheim	0:50:27	1983	MHK	22	0:52:37	17:13 *	16:15 *	16:57	5:03 min/km
116	2824	Torromacco Nico	*Köln	0:50:28	1982	MHK	23	0:50:29	16:11 *	17:10 *	17:06	5:03 min/km
117	2068	Konz Niklas	*Köln	0:50:29	1996	MSA	3	0:52:08	17:28 *	15:39 *	17:20	5:03 min/km
118	1432	Böcker Jonas	Die Gestiefelten	0:50:31	1990	MHK	24	0:54:08	17:53 *	16:50 *	15:48	5:03 min/km
119	3061	Callico Carles	Toxic Team	0:50:32	1981	M30	23	0:52:55	17:21 *	16:33 *	16:37	5:03 min/km
120	323	Fiege Jürgen	*Köln	0:50:35	1957	M50	6	0:50:48	15:36 *	16:44 *	18:15	5:04 min/km
121	629	Kluge Lars	*Köln	0:50:41	1986	MHK	25	0:52:07	16:53 *	16:33 *	17:14	5:04 min/km
122	1194	Tokarski Henry	*Elsdorf	0:50:55	1981	M30	24	0:51:47	17:19 *	16:42 *	16:54	5:06 min/km
123	2772	Sundrum Mathias	Die Gestiefelten	0:50:56	1990	MHK	26	0:54:33	17:53 *	16:50 *	16:12	5:06 min/km
124	2820	Tokarski Mateusz	runningGAGs & friends	0:50:57	1992	MJA	1	0:52:00	17:37 *	16:23 *	16:56	5:06 min/km
125	1216	Viehweger Dr. Olaf	*Köln	0:51:00	1961	M50	7	0:51:20	17:27 *	16:32 *	17:01	5:06 min/km
126	1200	Tuchscherer Sven	KG Grosse Braunsfelder	0:51:02	1976	M35	21	0:53:56	17:12 *	16:43 *	17:07	5:06 min/km
127	2191	Lobedann Martin	*Köln	0:51:03	1981	M30	25	0:51:20	16:51 *	17:17 *	16:54	5:06 min/km
128	615	Klein Stephan	LT Düsseldorf-Süd	0:51:06	1961	M50	8	0:54:16	17:39 *	16:30 *	16:56	5:07 min/km
129	1908	Hopp Martin	*Köln	0:51:07	1965	M45	23	0:53:51	18:57 *	16:35 *	15:33	5:07 min/km
130	1507	Canart Jean-Philippe	*Koeln Weiden	0:51:07	1977	M30	26	0:51:27	16:04 *	16:53 *	18:09	5:07 min/km
131	521	Hoffmann Dirk	*Bergisch Galdbach	0:51:11	1969	M40	17	0:54:01	18:07 *	16:38 *	16:25	5:07 min/km
132	1469	Breul Martin	Chics Terminat0rs	0:51:12	1986	MHK	27	0:51:45	16:25 *	17:17 *	17:29	5:07 min/km
133	2302	Monedero Daniel	TOXIC Team	0:51:14	1979	M30	27	0:53:38	17:21 *	16:25 *	17:28	5:07 min/km
134	503	Hesse Uwe	LG Burg Wiedenbrück	0:51:16	1967	M40	18	0:51:58	16:24 *	17:06 *	17:46	5:08 min/km
135	160	Bühmann Magnus	REWE Group	0:51:17	1977	M30	28	0:52:01	16:52 *	16:47 *	17:37	5:08 min/km
136	1700	Fröhke Gabriel	*Köln	0:51:17	1977	M30	29	0:51:54	17:18 *	17:06 *	16:52	5:08 min/km
137	208	Danowski Jan	atemrausch*	0:51:22	1988	MHK	28	0:52:57	19:48 *	15:55 *	15:39	5:08 min/km
138	2799	Thomas Gerhardy	atemrausch*	0:51:23	1989	MHK	29	0:52:57	19:47 *	15:56 *	15:39	5:08 min/km
139	2784	Terracciano Johannes	atemrausch*	0:51:23	1990	MHK	30	0:52:57	19:47 *	15:55 *	15:39	5:08 min/km
140	122	Bonikowski Matthias	*Erfstadt	0:51:24	1963	M45	24	0:54:16	17:38 *	16:32 *	17:13	5:08 min/km
141	1187	Tiegel Christoph	Uniplan	0:51:29	1977	M30	30	0:52:16	16:56 *	17:18 *	17:14	5:09 min/km
142	1647	Felder Matthias	Sterne des Kölner Südens	0:51:29	1985	MHK	31	0:52:51	17:10 *	17:06 *	17:12	5:09 min/km
143	1399	Bendermacher Detlef	*Erfstadt	0:51:30	1968	M40	19	0:53:56	17:26 *	17:02 *	17:01	5:09 min/km
144	2311	Müller Lucas	mhmK running	0:51:31	1990	MHK	32	0:53:27	17:20 *	16:57 *	17:12	5:09 min/km
145	2968	Wunderlich Arne	atemrausch*	0:51:33	1989	MHK	33	0:53:18	17:28 *	16:31 *	17:33	5:09 min/km
146	874	Peter Ronald	HLG 98 Wuppertal	0:51:35	1960	M50	9	0:51:53	16:42 *	16:55 *	17:58	5:10 min/km
147	1056	Schneider-Foitzik Paul	TSV Dormagen	0:51:36	1952	M55	4	0:51:39	16:23 *	16:53 *	18:20	5:10 min/km
148	65	Becker Reinhard	*Kreuztal	0:51:38	1960	M50	10	0:51:55	16:49 *	17:16 *	17:32	5:10 min/km
149	1548	Derichs Hans-Jürgen	CORPUS SIREO	0:51:42	1959	M50	11	0:53:24	16:29 *	17:03 *	18:10	5:10 min/km
150	528	Hollstein Dr. André	*Köln	0:51:46	1971	M40	20	0:52:16	17:15 *	16:43 *	17:47	5:11 min/km
151	1343	Auf dem Graben Peter	*Köln	0:51:49	1965	M45	25	0:55:00	18:22 *	16:27 *	16:59	5:11 min/km
152	13	Achten Bernhard	Kölner Narrenzunft	0:51:51	1959	M50	12	0:52:12	16:35 *	17:05 *	18:10	5:11 min/km
153	772	Maye Michael	MACH3	0:51:53	1965	M45	26	0:54:49	17:48 *	16:51 *	17:13	5:11 min/km
154	2719	Steiß Oliver	Die Rosetten	0:51:53	1977	M30	31	0:52:09	16:42 *	17:12 *	17:59	5:11 min/km
155	1063	Scholz Hans	Heiligenhauser Lunge von	0:51:54	1968	M40	21	0:54:10	18:02 *	16:35 *	17:17	5:11 min/km
156	1370	Barth Patrick	*Köln	0:51:56	1961	M50	13	0:53:36	17:30 *	16:56 *	17:29	5:12 min/km
157	422	Gulke Dr. Ralf	*Bielefeld	0:51:58	1972	M35	22	0:52:13	16:31 *	17:15 *	18:11	5:12 min/km
158	462	Harriers Holger	*Köln	0:51:59	1963	M45	27	0:52:33	17:15 *	17:17 *	17:25	5:12 min/km
159	2936	Wiesbrock Fabian	*Köln	0:52:00	1995	MJB	2	0:54:54	18:13 *	16:41 *	17:05	5:12 min/km
160	515	Högner Oliver	LT Kleinenbroich	0:52:01	1970	M40	22	0:54:39	16:58 *	17:11 *	17:51	5:12 min/km
161	68	Beeckmans Patrick	TriCologne	0:52:02	1960	M50	14	0:55:36	20:53 *	15:49 *	15:18	5:12 min/km
162	2913	Weihler Ulrich	mhmK running	0:52:03	1967	M40	23	0:53:58	16:41 *	17:04 *	18:18	5:12 min/km
163	865	Otto Wolfgang	Stadt Bochum Express	0:52:03	1963	M45	28	0:55:14	19:47 *	16:20 *	15:55	5:12 min/km
164	1735	Gerhardt Patric	*Köln	0:52:06	1980	M30	32	0:54:04	17:30 *	16:57 *	17:38	5:13 min/km
165	929	Reifferscheid Paul	MACH3	0:52:06	1959	M50	15	0:55:06	18:24 *	16:48 *	16:53	5:13 min/km

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166	1369	Baron Alexander	*Köln	0:52:06	1995	MJB	3	0:54:59	18:14 *	16:41 *	17:10	5:13 min/km
167	388	Gillessen Michael	mr. lonely 2	0:52:07	1968	M40	24	0:54:19	18:41 *	17:07 *	16:18	5:13 min/km
167	1472	Broszat Jens	runningGAGs & friends	0:52:07	1990	MHK	34	0:53:10	17:49 *	16:57 *	17:20	5:13 min/km
169	2938	Wiese Julian Maxim	LT DSHS Köln	0:52:07	1998	MSB	1	0:53:06	17:35 *	17:02 *	17:29	5:13 min/km
170	500	Hertel Aaron	SpongBobStecktKittyInsKI	0:52:08	1981	M30	33	0:52:43	16:40 *	17:12 *	18:15	5:13 min/km
171	2458	Rath Michael	XINGrunners Cologne	0:52:08	1969	M40	25	0:53:19	17:37 *	17:15 *	17:15	5:13 min/km
172	2869	Von Ritter Johannes	*Kerben	0:52:09	1992	MJA	2	0:52:19	16:36 *	17:05 *	18:28	5:13 min/km
173	779	Meisen Andreas	*Monheim-Baumberg	0:52:12	1965	M45	29	0:52:39	18:02 *	17:10 *	16:58	5:13 min/km
174	173	Butt Björn	*Köln	0:52:13	1975	M35	23	0:53:06	17:48 *	16:55 *	17:28	5:13 min/km
175	1229	Voß Ulrich	*Köln	0:52:13	1949	M60	3	0:52:44	17:23 *	16:59 *	17:51	5:13 min/km
176	635	Koch Andreas	*Köln	0:52:15	1968	M40	26	0:53:05	17:00 *	17:11 *	18:03	5:14 min/km
176	177	Carle Thomas	*Köln	0:52:15	1969	M40	26	0:55:05	17:49 *	16:50 *	17:35	5:14 min/km
178	2653	Schuster Harald	Les Agents Provocateurs	0:52:15	1970	M40	28	0:55:19	19:04 *	17:04 *	16:06	5:14 min/km
179	2233	Manke Adrian	Rodenkirchener	0:52:16	1986	MHK	35	0:53:13	17:44 *	16:41 *	17:50	5:14 min/km
180	885	Pickhard Holger	Point One Runners	0:52:16	1964	M45	30	0:54:04	19:03 *	16:30 *	16:43	5:14 min/km
181	961	Römer Ulrich	*Köln	0:52:19	1966	M45	31	0:53:02	17:09 *	17:18 *	17:51	5:14 min/km
182	2419	Pitsch Laurence	*Bergisch Gladbach	0:52:20	1996	MSA	4	0:53:56	17:06 *	17:15 *	17:59	5:14 min/km
183	672	Kronsbein Günter	*Köln	0:52:21	1965	M45	32	0:52:51	16:58 *	17:29 *	17:54	5:14 min/km
184	1214	Verhey Sascha	Lucky Stars	0:52:22	1975	M35	24	0:54:40	17:11 *	17:05 *	18:05	5:14 min/km
185	2635	Schreitmüller Stefan	Running Wild	0:52:27	1977	M30	34	0:52:41	17:36 *	17:03 *	17:47	5:15 min/km
186	1374	Barz Hans	LaufConnection-Hürth	0:52:30	1959	M50	16	0:54:41	18:18 *	16:45 *	17:26	5:15 min/km
187	1948	Salchow Jan	*güstrow	0:52:32	1975	M35	25	0:53:40	18:15 *	17:31 *	16:44	5:15 min/km
188	741	Loosen Manfred	WDR Lokalzeit Köln	0:52:33	1960	M50	17	1:00:56	17:21 *	17:36 *	17:36	5:15 min/km
189	429	GuroI Dirk	Hetdörper Laufründe	0:52:34	1968	M40	29	0:52:53	17:02 *	17:20 *	18:11	5:15 min/km
190	88	Berweiler Martin	*Pulheim	0:52:37	1962	M45	33	0:52:40	16:23 *	17:34 *	18:38	5:16 min/km
191	1176	Tesch Friedrich	Seb. Balkhausen	0:52:37	1958	M50	18	0:55:57	17:32 *	16:55 *	18:10	5:16 min/km
192	1304	Zibold Thomas	anlauf siegen	0:52:39	1959	M50	19	0:53:05	17:08 *	17:18 *	18:11	5:16 min/km
193	3030	Palm Berthold	TuS Brauweiler	0:52:42	1959	M50	20	0:52:58	17:31 *	17:26 *	17:44	5:16 min/km
194	598	Kettner Bernd	LT Katterbach	0:52:43	1953	M55	5	0:52:49	16:54 *	17:22 *	18:26	5:16 min/km
195	163	Bürgel Norbert	*Köln	0:52:45	1968	M40	30	0:53:50	17:55 *	16:48 *	18:01	5:17 min/km
196	1625	Entzian Tobias	die Präsidenten	0:52:45	1966	M45	34	0:56:28	19:03 *	16:55 *	16:46	5:17 min/km
197	9	Passchau Dirk		0:52:46	1965	M45	35	0:52:49	14:57 *	17:50 *	19:57	5:17 min/km
198	2084	Kramer Uwe	*köln	0:52:46	1962	M45	36	0:53:12	16:48 *	17:24 *	18:32	5:17 min/km
199	184	Ciecior Martin	Laufdusau	0:52:46	1965	M45	37	0:53:15	17:05 *	17:32 *	18:09	5:17 min/km
200	2803	Thometzek Alexander	Prophetic Girls	0:52:48	1984	MHK	36	0:52:59	15:19 *	17:45 *	19:44	5:17 min/km
201	2710	SpoHR Philipp	*Elsdorf	0:52:49	1992	MJA	3	0:53:56	18:54 *	17:24 *	16:29	5:17 min/km
202	3142	Stute Raimund	ABS Lass Laufen	0:52:50	1956	M55	6	0:53:20	17:31 *	17:10 *	18:08	5:17 min/km
203	1165	Ströter Thomas	*Köln	0:52:51	1979	M30	35	0:53:44	18:08 *	17:42 *	16:59	5:17 min/km
204	2732	Steinhauer Marcus	Professoren der	0:52:51	1973	M35	26	0:53:21	17:27 *	17:20 *	18:03	5:17 min/km
205	2362	Nuding Guido	*Bergisch Gladbach	0:52:54	1966	M45	38	0:53:28	17:02 *	17:25 *	18:26	5:17 min/km
206	1315	Zotos Theodoros	*Bornheim	0:52:55	1977	M30	36	0:53:31	16:45 *	17:12 *	18:57	5:18 min/km
207	2082	Krahn Andreas	NetCologne	0:52:59	1989	MHK	37	0:53:03	16:58 *	17:49 *	18:11	5:18 min/km
208	863	Otten Mark D.	NetCologne	0:53:00	1967	M40	31	0:53:04	16:58 *	17:49 *	18:12	5:18 min/km
209	1051	Schneider Marc	XINGrunners Cologne	0:53:00	1975	M35	27	0:53:24	17:46 *	17:39 *	17:35	5:18 min/km
210	1385	Beblik Klaus	Heipörformer	0:53:01	1969	M40	32	0:54:44	17:31 *	17:21 *	18:07	5:18 min/km
211	456	Hansen Stephan	*Köln	0:53:04	1982	MHK	38	0:53:11	17:35 *	17:24 *	18:04	5:18 min/km
212	1826	Hartl Pascal	*Geilenkirchen	0:53:04	1983	MHK	39	0:53:11	17:35 *	17:24 *	18:04	5:18 min/km
213	1879	Hesse Matthias	Original Bootcamp	0:53:04	1982	MHK	40	0:56:07	19:53 *	16:45 *	16:25	5:18 min/km
214	24	Altefrohne Thorsten	*Hennef	0:53:06	1963	M45	39	0:53:27	16:51 *	17:49 *	18:25	5:19 min/km
214	892	Pösentrup Prof. Dr.	*Köln	0:53:06	1979	M30	37	0:53:07	16:12 *	17:45 *	19:09	5:19 min/km
216	300	Evers Felix	ASV Köln Team 42	0:53:07	1954	M55	7	0:53:21	15:25 *	15:46 *	21:55	5:19 min/km
217	1313	Zöller Andreas	*Köln	0:53:08	1981	M30	38	0:53:13	16:15 *	17:37 *	19:15	5:19 min/km
218	298	Evang Johannes	*Wuppertal	0:53:08	1959	M50	21	0:53:31	18:07 *	17:22 *	17:37	5:19 min/km
219	1744	Gevers Mark	*Köln	0:53:08	1973	M35	28	0:53:42	17:06 *	17:21 *	18:40	5:19 min/km
219	2203	Ludemann Klaus	*Köln	0:53:08	1968	M40	33	0:54:50	16:51 *	17:27 *	18:48	5:19 min/km
221	2764	Stumpf Stephan	*Köln	0:53:09	1977	M30	39	0:54:25	18:12 *	17:06 *	17:51	5:19 min/km

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222	137	Braun Dr. Oliver	MACH3	0:53:09	1969	M40	34	0:56:08	18:26 *	16:48 *	17:54	5:19 min/km
223	611	Klein Klemens	*Köln	0:53:10	1987	MHK	41	0:54:36	17:17 *	17:50 *	18:02	5:19 min/km
224	2476	Reisch Uli	run4fun	0:53:21	1966	M45	40	0:56:33	19:46 *	16:21 *	17:13	5:20 min/km
225	179	Causemann Christian	SG Agathaberg	0:53:22	1984	MHK	42	0:54:00	16:58 *	17:43 *	18:39	5:20 min/km
226	387	Gilles Thomas	*Bonn	0:53:22	1982	MHK	43	0:55:59	18:13 *	17:40 *	17:29	5:20 min/km
227	0	unbekannt SU_CHIP		0:53:25	0	MHK	44	0:53:33	15:49 *	18:29 *	19:05	5:21 min/km
228	1677	Forkel David	Running gag	0:53:25	1985	MHK	45	0:53:33	15:49 *	18:29 *	19:06	5:21 min/km
229	2978	Zech Thilo	*Köln	0:53:26	1966	M45	41	0:55:55	17:30 *	17:38 *	18:17	5:21 min/km
230	502	Herweg Michael	runningGAGs & friends	0:53:28	1971	M40	35	0:54:30	18:04 *	17:13 *	18:10	5:21 min/km
231	1736	Gerke Prof. Dr. Jürgen	*Hürth	0:53:29	1946	M65	1	0:53:39	17:03 *	17:22 *	19:04	5:21 min/km
232	2440	Pott Ulrich	*Köln	0:53:31	1974	M35	29	0:55:02	19:43 *	16:58 *	16:49	5:21 min/km
233	445	Hahn Arne	*Kerpen	0:53:33	1964	M45	42	0:56:11	18:16 *	17:24 *	17:52	5:21 min/km
234	2810	Tillack Christian	LT Düsseldorf-Süd	0:53:33	1979	M30	40	0:56:44	18:34 *	17:34 *	17:24	5:21 min/km
235	639	König Dr. Wolfgang	*Köln	0:53:35	1965	M45	43	0:55:32	19:10 *	16:35 *	17:49	5:22 min/km
236	1049	Schneider Helmut	Kölner Narrenzunft	0:53:35	1966	M45	44	0:53:56	16:39 *	17:47 *	19:08	5:22 min/km
237	2821	Tomson Christian	*Köln	0:53:39	1972	M35	30	0:55:10	18:18 *	17:36 *	17:43	5:22 min/km
238	603	Kirchner Tobias	*Köln	0:53:40	1973	M35	31	0:54:08	18:35 *	17:51 *	17:13	5:22 min/km
239	1218	Vogler Wolfgang	Fairer Handel	0:53:44	1949	M60	4	0:56:03	18:27 *	17:47 *	17:29	5:22 min/km
240	1142	Stein Hans-Jörg	*Köln	0:53:46	1952	M55	8	0:54:15	17:19 *	17:29 *	18:57	5:23 min/km
240	2822	Steppat Simon	*Köln	0:53:46	1975	M35	32	0:55:15	18:20 *	17:36 *	17:49	5:23 min/km
242	957	Riter Thomas	Heeresamt	0:53:47	1969	M40	36	0:54:31	18:03 *	17:36 *	18:07	5:23 min/km
243	285	Erreich Bernd	Globus Köln-Marsdorf	0:53:50	1975	M35	33	0:57:47	17:43 *	17:30 *	18:36	5:23 min/km
244	2577	Schedler Michael	*Köln	0:53:56	1971	M40	37	0:57:10	17:34 *	17:57 *	18:24	5:24 min/km
245	3135	Bumiller Wilhelm	*Köln	0:53:56	1936	M70	1	0:54:01	17:11 *	17:49 *	18:55	5:24 min/km
246	884	Pfisterer J.	*köln	0:53:57	1958	M50	22	0:54:23	17:47 *	17:46 *	18:23	5:24 min/km
247	802	Mintert Dr. David M.	*Wuppertal	0:53:57	1971	M40	38	0:54:33	18:06 *	18:13 *	17:37	5:24 min/km
248	2347	Niebel David	Sterne des Kölner Südens	0:53:57	1986	MHK	46	0:55:18	17:12 *	17:52 *	18:52	5:24 min/km
249	1296	Wurda Werner	SC Fortuna Köln	0:53:57	1960	M50	23	0:57:51	18:38 *	17:30 *	17:49	5:24 min/km
250	288	Ermer Gerhard	*hürth	0:54:00	1949	M60	5	0:54:30	17:27 *	17:41 *	18:51	5:24 min/km
251	2956	Witte Dr. Philip	*Köln	0:54:01	1980	M30	41	0:54:13	16:57 *	17:49 *	19:14	5:24 min/km
252	1812	Hambloch Christoph	Albis Laufftreff Vogelsang	0:54:08	1964	M45	45	0:54:32	17:46 *	18:00 *	18:21	5:25 min/km
253	1473	Bruckwilder Hans Jörg	*Köln	0:54:11	1955	M55	9	0:54:43	17:26 *	17:56 *	18:49	5:25 min/km
254	1817	Hansel Dirk	*koeln	0:54:12	1965	M45	46	0:55:44	18:08 *	17:36 *	18:26	5:25 min/km
255	2133	Lachmann Robert		0:54:13	1964	M45	47	0:55:27	19:45 *	16:58 *	17:29	5:25 min/km
256	434	Haase Bernd	*Düsseldorf	0:54:15	1968	M40	39	0:57:25	19:05 *	17:42 *	17:26	5:26 min/km
257	786	Metternich Dennis	YourNextLevel meets	0:54:16	1980	M30	42	0:55:24	19:00 *	17:23 *	17:51	5:26 min/km
258	531	Horst Heinz	*Erfstadt	0:54:16	1960	M50	24	0:56:53	19:10 *	17:29 *	17:36	5:26 min/km
259	331	Fischer Udo	Radiergummiliga.de	0:54:16	1956	M55	10	0:54:48	17:32 *	17:44 *	19:00	5:26 min/km
260	1722	Gattner Marius	*Köln	0:54:17	1972	M35	34	0:57:18	18:32 *	17:22 *	18:22	5:26 min/km
261	3102	Lucena Juan	*Frechen	0:54:19	1958	M50	25	0:54:36	15:47 *	18:01 *	20:30	5:26 min/km
262	2993	Zorn Jonas	*Köln	0:54:19	1982	MHK	47	0:55:27	17:44 *	17:46 *	18:48	5:26 min/km
263	2142	Lankes Gerhard	*München	0:54:26	1956	M55	11	0:56:05	18:13 *	17:47 *	18:25	5:27 min/km
264	10	Abele Kay	Original Bootcamp	0:54:34	1964	M45	48	0:57:33	18:08 *	18:00 *	18:24	5:27 min/km
265	499	Herschel Siegfried	*Koeln	0:54:34	1952	M55	12	0:55:20	18:15 *	17:58 *	18:20	5:27 min/km
266	32	Artler Franz	Hugos Tequilla Buddies	0:54:35	1967	M40	40	0:55:25	17:36 *	18:01 *	18:57	5:28 min/km
267	2652	Schumann Olaf	*Köln	0:54:36	1976	M35	35	0:55:58	17:47 *	18:05 *	18:42	5:28 min/km
268	915	Raack Michael	Sparkasse KölnBonn	0:54:37	1958	M50	26	0:57:57	17:37 *	18:08 *	18:51	5:28 min/km
269	1558	Dicks Arne	*Köln	0:54:38	1970	M40	41	0:57:20	18:15 *	17:56 *	18:26	5:28 min/km
270	2420	Pitsch Marcel	*Bergisch Gladbach	0:54:39	1996	MSA	5	0:56:15	17:06 *	17:38 *	19:55	5:28 min/km
271	440	Häger Hermann-Josef	*Lohmar	0:54:42	1954	M55	13	0:58:25	18:42 *	17:44 *	18:15	5:28 min/km
272	1632	Erkeling Achim	ASV Köln	0:54:43	1972	M35	36	0:57:16	19:55 *	18:49 *	15:58	5:28 min/km
273	1633	Ernst Andreas	*Homburg	0:54:47	1982	MHK	48	0:58:14	19:56 *	17:32 *	17:19	5:29 min/km
274	2041	Klischies Nicolas	*Köln	0:54:48	1991	MHK	49	0:55:41	18:34 *	18:15 *	17:57	5:29 min/km
275	1448	Bosmann Pit	*Köln	0:54:49	1983	MHK	50	0:56:19	18:25 *	18:04 *	18:19	5:29 min/km
276	1041	Schmitz Sebastian	MACH3	0:54:53	1988	MHK	51	0:57:51	17:47 *	17:45 *	19:20	5:29 min/km
277	2539	Ruf Joachim	BSG RaBAz e.V.	0:54:54	1961	M50	27	0:56:51	19:39 *	17:26 *	17:48	5:29 min/km

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278	2145	Lauth Dominik	Countryeggs	0:54:55	1989	MHK	52	0:57:28	18:19 *	17:43 *	18:52	5:30 min/km
279	2654	Schuster Wolfgang	*Köln	0:54:56	1969	M40	42	0:58:02	17:49 *	17:57 *	19:09	5:30 min/km
280	229	Djamalpour Syrus	*Bergheim	0:54:59	1965	M45	49	0:55:07	18:01 *	17:59 *	18:58	5:30 min/km
281	0	unbekannt DY8T7DT		0:55:04	0	MHK	53	0:56:58	19:22 *	17:55 *	17:46	5:30 min/km
282	595	Kessler Thomas	DEG Roard Runners	0:55:04	1955	M55	14	0:55:05	17:15 *	18:21 *	19:27	5:30 min/km
283	837	Neuß Udo	*Brühl	0:55:06	1968	M40	43	0:57:44	18:13 *	17:59 *	18:53	5:31 min/km
284	1527	Console Sergio	*Torino	0:55:10	1965	M45	50	0:55:13	16:58 *	18:27 *	19:44	5:31 min/km
285	690	Kumhofer Markus	*Hennef	0:55:15	1970	M40	44	0:59:05	18:11 *	17:52 *	19:12	5:32 min/km
286	1919	Huerkamp Robert	NetCologne	0:55:16	1989	MHK	54	0:56:26	19:16 *	17:40 *	18:19	5:32 min/km
287	2010	Zienke Olaf	*Köln	0:55:16	1972	M35	37	0:57:13	18:31 *	18:06 *	18:38	5:32 min/km
287	538	Huerkamp Martin	NetCologne	0:55:16	1960	M50	28	0:56:27	19:16 *	17:40 *	18:19	5:32 min/km
289	1367	Bardy Bernard	*Föhren	0:55:20	1945	M65	2	0:56:30	18:16 *	17:57 *	19:05	5:32 min/km
290	450	Hammer Volker	*Hilden	0:55:23	1952	M55	15	0:59:05	20:55 *	17:28 *	16:58	5:32 min/km
291	648	Konz Peter	*Köln	0:55:23	1961	M50	29	0:57:00	19:04 *	18:26 *	17:53	5:32 min/km
292	2038	Kleis Winfried	atemrausch*	0:55:24	1973	M35	38	0:57:14	19:20 *	18:00 *	18:02	5:32 min/km
293	1479	Buchholz Stephan	YourNextLevel meets	0:55:24	1968	M40	45	0:56:34	19:11 *	17:48 *	18:24	5:32 min/km
294	3094	Waßerka Boris		0:55:25	1964	M45	51	0:55:28	17:34 *	18:22 *	19:28	5:33 min/km
295	799	Milkau Alexander	*Köln	0:55:29	1967	M40	46	0:56:35	19:10 *	18:02 *	18:17	5:33 min/km
296	1474	Brückmann Tim	*Köln	0:55:35	1985	MHK	55	0:56:01	18:21 *	18:38 *	18:34	5:34 min/km
297	2782	Tendyra Philipp	*Gangelt	0:55:37	1990	MHK	56	0:56:30	16:23 *	18:19 *	20:54	5:34 min/km
298	3139	Brunner Ulrich	*Köln	0:55:40	1937	M70	2	0:55:44	17:56 *	18:32 *	19:11	5:34 min/km
299	2622	Schniedelwixsen Julian	*Köln	0:55:43	1990	MHK	57	0:56:13	18:11 *	18:43 *	18:49	5:34 min/km
300	2641	Schrödter Erik	*Köln	0:55:44	1990	MHK	58	0:56:13	18:11 *	18:43 *	18:48	5:34 min/km
301	1854	Hellenkemper Jonas	Freie Schule Köln	0:55:44	1998	MSB	2	0:57:59	21:38 *	17:47 *	16:18	5:34 min/km
302	1888	Hill Niklas	mhm running	0:55:44	1987	MHK	59	0:57:42	20:02 *	18:04 *	17:38	5:34 min/km
303	520	Hoffmann Daniel	*Düsseldorf	0:55:45	1981	M30	43	0:56:19	18:07 *	18:19 *	19:18	5:35 min/km
304	522	Hoffmann Marc	Brothers in arms	0:55:46	1974	M35	39	0:56:19	18:07 *	18:20 *	19:18	5:35 min/km
305	1350	Babiak Ulrich	NetCologne	0:55:47	1967	M40	47	0:56:25	19:17 *	19:00 *	17:30	5:35 min/km
306	2530	Rudolph Frederik	Luschtige Lockenköpfe	0:55:49	1980	M30	44	0:57:23	19:35 *	17:59 *	18:14	5:35 min/km
307	2531	Rudolph Prof. Dr. Marius	Luschtige Lockenköpfe	0:55:50	1984	MHK	60	0:57:23	19:36 *	17:59 *	18:14	5:35 min/km
308	2222	Mächtle Felix	*Düsseldorf	0:55:50	1996	MSA	6	0:58:44	20:33 *	18:08 *	17:08	5:35 min/km
309	1997	Kaupmann Mario	*Bergisch Gladbach	0:55:54	1973	M35	40	0:56:47	18:12 *	18:20 *	19:21	5:35 min/km
310	262	Ehlert Thies	Freie Schule Köln	0:55:59	1997	MSA	7	0:58:12	21:37 *	17:50 *	16:31	5:36 min/km
311	1084	Schulz Christian	Und Tschüß...!!!	0:55:59	1981	M30	45	0:57:52	19:10 *	18:14 *	18:34	5:36 min/km
312	90	Bey Jürgen	*Köln	0:56:00	1967	M40	48	0:57:53	19:36 *	18:09 *	18:14	5:36 min/km
312	645	Koll Karl-Heinz	*Köln	0:56:00	1951	M60	6	0:57:37	19:04 *	18:26 *	18:29	5:36 min/km
314	277	Engelbreit Andreas	Eventreisen-AL	0:56:01	1972	M35	41	0:57:31	18:57 *	18:11 *	18:53	5:36 min/km
315	990	Sawallisch Frank	Lt Düsseldorf-Süd	0:56:02	1959	M50	30	0:59:11	19:06 *	18:14 *	18:41	5:36 min/km
316	2798	Thomas Andre	*köln	0:56:05	1985	MHK	61	0:56:29	18:38 *	18:34 *	18:52	5:37 min/km
317	2477	Reissenberger Benjamin	Die Optimisten	0:56:06	1976	M35	42	0:57:10	18:30 *	18:17 *	19:18	5:37 min/km
318	1294	Wüst Thorsten	Aktiv für Arbeit	0:56:08	1977	M30	46	0:56:58	18:40 *	17:59 *	19:28	5:37 min/km
319	764	Martens Jörn	Lauftreff BG ETEM	0:56:08	1962	M45	52	0:57:30	17:51 *	18:41 *	19:36	5:37 min/km
320	908	Quester Markus	*Köln	0:56:09	1976	M35	43	0:56:50	18:43 *	18:25 *	19:00	5:37 min/km
321	871	Perthen Tobias	*Köln	0:56:10	1963	M45	53	0:56:42	18:51 *	18:26 *	18:51	5:37 min/km
322	850	Odindo Caleb	Air Runners	0:56:11	1976	M35	44	0:57:33	19:00 *	18:19 *	18:52	5:37 min/km
323	494	Hermann Udo	*köln	0:56:12	1967	M40	49	0:56:37	18:12 *	17:57 *	20:02	5:37 min/km
324	921	Redmann Stefan	*Köln	0:56:14	1974	M35	45	0:58:32	19:00 *	18:51 *	18:22	5:37 min/km
325	852	Oelhafen Stefan	*Overath	0:56:17	1961	M50	31	0:56:47	19:00 *	18:26 *	18:50	5:38 min/km
326	424	Grunewald Dr. Joachim	*Köln	0:56:17	1978	M30	47	0:59:02	18:29 *	18:46 *	19:01	5:38 min/km
327	1821	Hansen Leo	Freie Schule Köln	0:56:18	1998	MSB	3	0:58:34	21:35 *	17:58 *	16:43	5:38 min/km
328	1146	Steinz Lothar	*Köln	0:56:18	1957	M50	32	0:57:08	19:29 *	18:10 *	18:38	5:38 min/km
328	2204	Lücke Philipp	atemrausch*	0:56:18	1983	MHK	62	0:58:03	18:24 *	18:30 *	19:24	5:38 min/km
330	1149	Steubesand Herbert	ASV Köln Triathlon	0:56:19	1965	M45	54	0:57:09	19:30 *	18:10 *	18:38	5:38 min/km
331	1822	Hansen Thorsten	*köln	0:56:20	1964	M45	55	0:58:35	21:41 *	17:54 *	16:45	5:38 min/km
332	53	Bauer Martin	LeseWelten	0:56:22	1954	M55	16	0:56:45	16:27 *	18:59 *	20:56	5:38 min/km
333	715	Lehnen Cliff	*Köln	0:56:23	1982	MHK	63	0:56:42	18:30 *	19:12 *	18:40	5:38 min/km

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334	2885	Walgenbach Bernd	Aktiv für Arbeit	0:56:25	1969	M40	50	0:57:13	19:38 *	18:00 *	18:45	5:39 min/km
335	2517	Roose Jorma	atemrausch*	0:56:28	1978	M30	48	0:58:16	20:14 *	18:23 *	17:50	5:39 min/km
336	1155	Stolz Manfred	*Köln	0:56:30	1964	M45	56	0:57:27	19:27 *	18:44 *	18:17	5:39 min/km
337	2855	Vent Michael	*Hennef	0:56:32	1964	M45	57	0:56:54	18:53 *	19:07 *	18:32	5:39 min/km
338	2384	Otten Rolf	*Köln	0:56:36	1964	M45	58	0:57:02	18:55 *	18:42 *	18:58	5:40 min/km
339	2063	Koepke Ulf	LUTZ	0:56:37	1968	M40	51	0:57:50	18:59 *	17:49 *	19:47	5:40 min/km
340	2294	Mlinski Tim	*Lohmar	0:56:37	1990	MHK	64	0:58:56	19:55 *	18:10 *	18:31	5:40 min/km
341	2633	Bäuerle Mirko	*Köln	0:56:37	1976	M35	46	0:57:50	19:01 *	17:49 *	19:47	5:40 min/km
342	1726	Geiger Elmar	*Koeln	0:56:38	1973	M35	47	0:57:47	17:58 *	18:05 *	20:34	5:40 min/km
343	2155	Lehmann Tim	Freie Schule Köln	0:56:43	1998	MSB	4	0:59:00	21:35 *	18:04 *	17:04	5:40 min/km
344	1048	Schneider Heinz	*Köln	0:56:44	1963	M45	59	0:59:01	19:19 *	18:31 *	18:52	5:40 min/km
345	293	Eßer Manfred	*Köln	0:56:44	1965	M45	60	0:57:43	19:33 *	18:37 *	18:33	5:40 min/km
346	1408	Bernard Rene	Die Optimisten	0:56:45	1975	M35	48	0:57:50	18:31 *	18:32 *	19:41	5:41 min/km
347	847	Nowarka Martin	*Köln	0:56:46	1988	MHK	65	0:57:27	18:36 *	18:41 *	19:28	5:41 min/km
348	757	Malig Sven Hauke	*Köln	0:56:47	1972	M35	49	0:57:28	18:37 *	18:41 *	19:29	5:41 min/km
349	574	Kaiser Dirk	*Pulheim	0:56:48	1971	M40	52	0:58:53	18:00 *	18:18 *	20:30	5:41 min/km
350	674	Krosch Hans	erop un eraff	0:56:49	1963	M45	61	0:58:18	18:23 *	19:00 *	19:25	5:41 min/km
351	3110	Volkmer Rainer	LT Sommersberg	0:56:49	1961	M50	33	0:57:47	19:05 *	18:31 *	19:12	5:41 min/km
352	1532	Dahlheim Franz	*Gevelsberg	0:56:52	1991	MHK	66	0:57:34	20:09 *	19:23 *	17:19	5:41 min/km
353	1262	Weise Stefan	Polarkreisläufer	0:56:54	1971	M40	53	0:59:35	19:34 *	18:39 *	18:40	5:41 min/km
354	2905	Wegmann Martin	*Köln	0:57:00	1981	M30	49	0:57:21	19:15 *	18:29 *	19:15	5:42 min/km
355	341	Franke Markus	CTU	0:57:01	1979	M30	50	0:58:33	18:00 *	19:07 *	19:53	5:42 min/km
356	57	Baumann Uwe	run4fun	0:57:07	1966	M45	62	1:00:14	18:24 *	17:40 *	21:02	5:43 min/km
357	1318	Adam Tanguy	*Köln	0:57:09	1979	M30	51	0:59:41	19:42 *	18:20 *	19:06	5:43 min/km
358	943	Repgen Michael	*Köln	0:57:10	1967	M40	54	0:58:37	19:03 *	18:40 *	19:25	5:43 min/km
359	36	Attermeyer Martin	FC-Freunde	0:57:10	1978	M30	52	0:59:32	19:12 *	18:34 *	19:23	5:43 min/km
360	1032	Schmitter Jörg	Hellige Knäächte un	0:57:11	1969	M40	55	1:00:57	20:20 *	18:53 *	17:57	5:43 min/km
361	646	Kolter Dominik	Kugelblizze	0:57:11	1982	MHK	67	0:59:21	20:36 *	18:49 *	17:46	5:43 min/km
362	843	Nixdorf Ilja	Kugelblizze	0:57:12	1977	M30	53	0:59:21	20:36 *	18:49 *	17:46	5:43 min/km
363	2202	Luczak Roman	*Essen	0:57:13	1985	MHK	68	0:58:26	19:03 *	19:03 *	19:06	5:43 min/km
364	1358	Badstieber Benjamin	*Köln	0:57:15	1986	MHK	69	0:58:27	19:03 *	19:03 *	19:08	5:44 min/km
365	714	Lehmann Ralf	Freie Schule Köln	0:57:16	1966	M45	63	0:59:33	21:35 *	18:03 *	17:37	5:44 min/km
366	1949	Janda Oscar	Freie Schule Köln	0:57:16	1998	MSB	5	0:59:32	21:35 *	18:05 *	17:36	5:44 min/km
367	168	Burbach Karl-Bernd	Liebfrauenschule Köln	0:57:18	1959	M50	34	0:59:14	21:08 *	18:23 *	17:46	5:44 min/km
367	136	Braun Dr. Alexander	FC Deutsche Post	0:57:18	1978	M30	54	0:57:19	16:13 *	19:56 *	21:08	5:44 min/km
369	1588	Dundovic Aleksandar	Fightclub Vettelschoss	0:57:20	1976	M35	50	1:01:04	19:47 *	19:14 *	18:18	5:44 min/km
370	2271	Mende Ralf	*Köln	0:57:23	1964	M45	64	1:00:08	19:45 *	18:51 *	18:46	5:44 min/km
371	555	Jakisch Lukas	Kugelblizze	0:57:25	1978	M30	55	0:59:34	20:37 *	18:48 *	17:59	5:45 min/km
371	553	Jähnichen Christoph	*Köln	0:57:25	1982	MHK	70	0:57:53	18:14 *	19:15 *	19:55	5:45 min/km
373	532	Horstmann Gero	*Köln	0:57:30	1971	M40	56	0:58:09	18:52 *	18:46 *	19:51	5:45 min/km
374	2948	Winkler Derek	*Köln	0:57:31	1967	M40	57	0:58:14	19:20 *	18:51 *	19:20	5:45 min/km
375	530	Holz Bernhard	Laktatkönige Köln	0:57:31	1954	M55	17	0:58:26	19:04 *	18:42 *	19:45	5:45 min/km
376	816	Müller Karl-Heinz	KSK Köln	0:57:41	1957	M50	35	0:57:49	18:25 *	19:01 *	20:14	5:46 min/km
377	111	Boden Walter	*Köln	0:57:43	1952	M55	18	1:00:08	19:55 *	19:18 *	18:29	5:46 min/km
378	3143	Kuratle Frank	Pänz vum Pannhof	0:57:44	1964	M45	65	0:59:54	18:38 *	19:15 *	19:50	5:46 min/km
379	1990	Kathage Hubert	Flo-Zirkus	0:57:46	1968	M40	58	0:58:39	19:23 *	18:40 *	19:42	5:47 min/km
380	2424	Pörtner Florian	*Köln	0:57:47	1986	MHK	71	0:58:33	20:15 *	18:49 *	18:42	5:47 min/km
381	1835	Havemeister Klaus	Weihnachtsgänse	0:57:50	1969	M40	59	0:59:41	19:02 *	18:59 *	19:48	5:47 min/km
382	436	Habeck Simon	*Brühl	0:57:52	1972	M35	51	0:59:37	19:23 *	19:09 *	19:19	5:47 min/km
383	2702	Spickermann Max	*Köln	0:57:53	2003	MSD	1	0:59:28	19:53 *	18:43 *	19:16	5:47 min/km
384	2332	Nawroth Maik	Original Bootcamp	0:57:58	1975	M35	52	1:00:59	19:51 *	19:24 *	18:42	5:48 min/km
385	55	Baum Dr. Clemens	*Bergisch Gladbach	0:58:00	1941	M70	3	0:58:32	18:53 *	19:09 *	19:57	5:48 min/km
386	1137	Stanislawski Detlef	XINGrunners Cologne	0:58:02	1965	M45	66	1:01:25	19:16 *	19:13 *	19:32	5:48 min/km
387	2127	Kunstmann Christian	MAT-Runners	0:58:03	1982	MHK	72	1:01:20	19:43 *	18:48 *	19:31	5:48 min/km
388	2061	Königstein Alexander	Laufrausch Köln	0:58:03	1986	MHK	73	0:59:12	18:54 *	18:34 *	20:35	5:48 min/km
389	818	Müller Martin	*Leverkusen	0:58:04	1972	M35	53	1:01:49	21:37 *	18:17 *	18:10	5:48 min/km

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390	127	Bornemann Matthias	LeseWelten	0:58:05	1951 M60	7	1:00:14	19:49 *	18:55 *	19:19	5:49 min/km
391	2545	Saal Marc	Die Heitzefeitze	0:58:09	1979 M30	56	0:59:16	20:58 *	18:56 *	18:14	5:49 min/km
392	172	Busch Tobias	*Köln	0:58:09	1972 M35	54	0:59:23	19:39 *	19:07 *	19:23	5:49 min/km
393	2255	Matzerath Jörg	*Köln	0:58:10	1970 M40	60	1:00:03	20:02 *	19:23 *	18:43	5:49 min/km
394	578	Kampen Hans-Joachim	LeseWelten	0:58:11	1957 M50	36	1:00:31	20:05 *	18:40 *	19:24	5:49 min/km
395	1178	Tews Juergen	Nutscheidrunners	0:58:11	1953 M55	19	0:58:58	19:20 *	19:06 *	19:44	5:49 min/km
396	2692	Soler Dr. Vicente	Toxic Team	0:58:11	1976 M35	55	1:00:35	20:35 *	17:27 *	20:09	5:49 min/km
397	1877	Herten Christian	*Grevenbroich	0:58:14	1982 MHK	74	0:59:52	19:29 *	18:56 *	19:48	5:49 min/km
398	1667	Fischer Olaf	*Köln	0:58:15	1973 M35	56	1:00:10	19:38 *	19:08 *	19:28	5:50 min/km
399	670	Krone Günther	Polarkreisläufer	0:58:16	1972 M35	57	1:00:57	19:34 *	18:39 *	20:02	5:50 min/km
400	1261	Weiner Helmut	RheinEnergie	0:58:16	1955 M55	20	1:00:26	21:02 *	18:35 *	18:38	5:50 min/km
401	976	Runzheimer Joachim	LT Cafe Elmar	0:58:17	1959 M50	37	1:01:30	20:09 *	19:05 *	19:02	5:50 min/km
402	339	Forg Kai	*Hürth	0:58:19	1977 M30	57	0:58:41	18:51 *	19:30 *	19:58	5:50 min/km
403	2939	Wiese Klemens	*Köln	0:58:19	1964 M45	67	0:59:19	19:25 *	19:34 *	19:18	5:50 min/km
404	416	Grootz Christian	*Köln	0:58:22	1986 MHK	75	0:58:37	18:51 *	19:20 *	20:10	5:50 min/km
405	2630	Schog Sven	*Köln	0:58:25	1983 MHK	76	1:01:27	20:23 *	19:10 *	18:51	5:51 min/km
406	1705	Fuchs Heinz	*Frechen	0:58:26	1961 M50	38	1:02:01	20:28 *	18:43 *	19:14	5:51 min/km
407	357	Fuhrmann Hans Alfred	MACH3	0:58:26	1955 M55	21	1:01:24	18:39 *	17:32 *	22:14	5:51 min/km
408	1129	Sprenger Olaf	*Bonn	0:58:28	1967 M40	61	0:59:59	19:54 *	18:46 *	19:47	5:51 min/km
409	444	Hagen Rainer	running gag	0:58:28	1967 M40	62	0:59:39	19:43 *	19:18 *	19:26	5:51 min/km
410	2433	Poole Jeremy	*Köln	0:58:30	1963 M45	68	0:59:06	18:21 *	19:42 *	20:26	5:51 min/km
411	1560	Diehl Oscar	*Köln	0:58:31	1999 MSB	6	0:59:06	18:22 *	19:42 *	20:26	5:51 min/km
412	2254	Matuszak Holger	LeseWelten	0:58:31	1961 M50	39	0:59:08	19:16 *	19:00 *	20:14	5:51 min/km
413	1757	Goost Dr. Hans	ghostbuster	0:58:32	1970 M40	63	1:01:58	25:15 *	16:17 *	17:00	5:51 min/km
414	2656	Schwarz Andreas	Die Heitzefeitze	0:58:36	1972 M35	58	0:59:43	20:58 *	18:56 *	18:41	5:52 min/km
415	2661	Schwieters Andreas	*Köln	0:58:36	1971 M40	64	1:01:57	19:26 *	19:58 *	19:11	5:52 min/km
416	823	Muhs Tim	*Köln	0:58:39	1992 MJA	4	0:59:23	19:38 *	19:53 *	19:06	5:52 min/km
417	504	Hesseler Karl-Peter	Hellige Knäächte un	0:58:39	1974 M35	59	1:02:25	20:20 *	18:55 *	19:23	5:52 min/km
418	2947	Winke Fabian	Freie Schule Köln	0:58:40	1997 MSA	8	1:00:54	21:35 *	18:05 *	18:58	5:52 min/km
419	1876	Herrmann Oliver	Der Schweiß ist heiß	0:58:41	1970 M40	65	1:02:00	22:31 *	18:18 *	17:52	5:52 min/km
420	1763	Grabsch Doreen	RC Schmitter	0:58:42	1976 M35	60	1:00:54	19:58 *	18:45 *	19:58	5:52 min/km
421	3062	Maydeu Jordi	Toxic Team	0:58:44	1983 MHK	77	1:01:49	20:12 *	19:17 *	19:14	5:52 min/km
422	2158	Leinker Mario	Les Agents Provocateurs	0:58:44	1967 M40	66	1:01:48	20:12 *	19:17 *	19:14	5:52 min/km
423	2448	Putzig Hannes	atemrausch*	0:58:45	1989 MHK	78	1:00:19	20:12 *	19:05 *	19:27	5:53 min/km
424	525	Hofmann Jens	Seitzenhahn Saints	0:58:45	1970 M40	67	1:01:17	20:31 *	18:44 *	19:29	5:53 min/km
425	2536	Rüter Fabian	atemrausch*	0:58:49	1980 M30	58	1:00:47	21:13 *	19:12 *	18:23	5:53 min/km
426	962	Römmler Axel	TC Lese GW Köln	0:58:55	1961 M50	40	1:01:32	19:35 *	19:15 *	20:04	5:54 min/km
427	623	Kloda Matthias	*Blumenberg	0:58:55	1993 MJA	5	1:00:34	19:13 *	19:26 *	20:14	5:54 min/km
428	1235	Wallenborn Hermann	Nordseekrabben	0:59:00	1960 M50	41	0:59:52	19:57 *	19:11 *	19:51	5:54 min/km
429	200	Coutelle Dr. Oliver	*Köln	0:59:01	1971 M40	68	1:01:30	20:43 *	19:22 *	18:55	5:54 min/km
430	1163	Strobl Ulli	*Köln	0:59:04	1956 M55	22	1:00:41	19:47 *	19:00 *	20:16	5:54 min/km
431	2030	Klaus Heinz	*frechen	0:59:05	1964 M45	69	1:01:24	20:24 *	18:57 *	19:43	5:55 min/km
432	909	Rabbe Jens	*Köln	0:59:05	1970 M40	69	1:02:43	20:01 *	19:02 *	20:01	5:55 min/km
433	833	Neuhaus Walter	*Erfstadt	0:59:05	1953 M55	23	1:00:09	19:49 *	19:13 *	20:03	5:55 min/km
434	2909	Weidemann Wolfgang	*Erfstadt	0:59:07	1952 M55	24	1:00:11	19:49 *	19:13 *	20:04	5:55 min/km
435	2426	Pohl Andreas	SLG Jungväter von 2011	0:59:09	1976 M35	61	1:02:39	20:12 *	19:18 *	19:38	5:55 min/km
436	693	Kunze Roland	*Leverkusen	0:59:09	1967 M40	70	1:02:34	21:10 *	19:09 *	18:49	5:55 min/km
437	2502	Römer Bernd	*Köln	0:59:09	1968 M40	71	1:01:44	20:20 *	19:10 *	19:38	5:55 min/km
438	1702	Frost Hildebrand	*Köln	0:59:10	1975 M35	62	1:02:49	20:01 *	19:03 *	20:06	5:55 min/km
439	945	Reuter Marco	*Köln	0:59:11	1985 MHK	79	1:01:19	20:04 *	19:32 *	19:35	5:55 min/km
440	2899	Weber Marcus	Heipörformer	0:59:13	1970 M40	72	1:00:56	19:34 *	19:30 *	20:09	5:55 min/km
441	2691	Sönchen Stefan	*Köln	0:59:15	1964 M45	70	1:00:48	20:51 *	20:37 *	17:46	5:56 min/km
442	2407	Petri Lars	*Bonn	0:59:18	1978 M30	59	0:59:59	20:07 *	19:26 *	19:44	5:56 min/km
443	1209	Vacca Gianpaolo	ASV Wesseling	0:59:21	1962 M45	71	1:03:06	21:37 *	19:14 *	18:29	5:56 min/km
444	2029	Klaas Werner	*Köln	0:59:22	1968 M40	73	1:00:28	20:27 *	20:15 *	18:39	5:56 min/km
445	1272	Wetzel Andreas	LeseWelten	0:59:22	1955 M55	25	1:01:32	19:03 *	18:11 *	22:07	5:56 min/km

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446	335	Fiß Lars	HardtseeMafia	0:59:23	1977 M30	60	1:02:32	21:37 *	19:14 *	18:31	5:56 min/km
447	613	Klein Michael	*Köln	0:59:23	1970 M40	74	1:01:31	21:20 *	19:25 *	18:37	5:56 min/km
448	481	Hennecke Rainer	*Korschenbroich	0:59:24	1957 M50	42	1:02:30	20:02 *	19:34 *	19:48	5:56 min/km
449	2389	Oussios Christos	*Köln	0:59:27	1966 M45	72	1:01:29	21:13 *	19:19 *	18:54	5:57 min/km
450	2682	Simon Frank	*Köln	0:59:27	1972 M35	63	1:01:29	21:14 *	19:19 *	18:53	5:57 min/km
451	1361	Bäurich Arne	*Köln	0:59:29	1982 MHK	80	1:02:05	20:42 *	19:30 *	19:17	5:57 min/km
452	1661	Fingerhut Max	*Köln	0:59:30	1986 MHK	81	1:02:05	20:42 *	19:29 *	19:18	5:57 min/km
453	2808	Tiedemann Stefan	*Köln	0:59:30	1979 M30	61	1:00:20	19:39 *	19:44 *	20:06	5:57 min/km
454	2556	Sato Kenta	Die Larsons	0:59:30	1984 MHK	82	1:02:23	20:09 *	18:52 *	20:28	5:57 min/km
455	2457	Rath Benjamin	Die Larsons	0:59:31	1980 M30	62	1:02:23	20:10 *	18:52 *	20:27	5:57 min/km
456	372	Geisler Günther	*Köln	0:59:31	1955 M55	26	1:01:38	21:21 *	19:26 *	18:44	5:57 min/km
457	2406	Peters Jan	Die Larsons	0:59:32	1980 M30	63	1:02:23	20:10 *	18:52 *	20:29	5:57 min/km
458	2173	Liebelt Marco	Die Larsons	0:59:32	1987 MHK	83	1:02:23	20:10 *	18:52 *	20:28	5:57 min/km
459	1378	Bauer Thomas	Die Larsons	0:59:32	1983 MHK	84	1:02:23	20:11 *	18:55 *	20:25	5:57 min/km
460	1530	Czympiel Lars	Die Larsons	0:59:33	1978 M30	64	1:02:23	20:12 *	18:52 *	20:28	5:57 min/km
461	2527	Rothe Marvin	*Troisdorf	0:59:34	1980 M30	65	1:03:15	21:29 *	18:50 *	19:14	5:57 min/km
462	1346	Auweiler Klaus	*Köln	0:59:34	1966 M45	73	1:00:36	20:45 *	19:14 *	19:34	5:57 min/km
463	2400	Peek Markus	*Köln	0:59:34	1971 M40	75	1:03:05	21:04 *	18:53 *	19:36	5:57 min/km
464	592	Kern Thorsten	O-Runners	0:59:35	1971 M40	76	1:03:15	20:23 *	19:21 *	19:50	5:58 min/km
465	855	Offermann Andreas	Dunnerkiel Running Team	0:59:38	1966 M45	74	1:01:50	19:55 *	19:26 *	20:16	5:58 min/km
466	1461	Brendel Jan	*Köln	0:59:42	1982 MHK	85	0:59:47	18:27 *	20:05 *	21:10	5:58 min/km
467	671	Krones Andreas	TriCologne	0:59:43	1985 MHK	86	1:03:18	22:43 *	19:55 *	17:04	5:58 min/km
468	2506	Röper Klaus	SLG Jungväter von 2011	0:59:44	1960 M50	43	1:03:15	20:12 *	19:22 *	20:09	5:58 min/km
469	1508	Kuhlmann Prof. Dr.	SLG Jungväter von 2011	0:59:44	1972 M35	64	1:03:14	19:49 *	19:45 *	20:09	5:58 min/km
470	1087	Schulz Uwe	*Solingen	0:59:45	1950 M60	8	1:00:21	20:04 *	19:30 *	20:11	5:59 min/km
471	1284	Witsch Jürgen	Jürgen Witsch	0:59:48	1956 M55	27	1:01:29	19:39 *	19:28 *	20:40	5:59 min/km
472	3013	Lollis Christopher	*Niederkassel	0:59:48	1985 MHK	87	1:00:47	19:29 *	20:29 *	19:49	5:59 min/km
473	1026	Schmidt Peter	TV Frisch Auf Lennep	0:59:49	1961 M50	44	1:02:41	19:26 *	19:39 *	20:43	5:59 min/km
474	2912	Weig Jürgen	*Köln	0:59:51	1968 M40	77	1:00:59	21:28 *	19:31 *	18:51	5:59 min/km
475	284	Erdenberger Thomas	Laufschabe & Friends	0:59:52	1979 M30	66	1:03:03	21:07 *	19:53 *	18:50	5:59 min/km
476	2088	Kraus Christian	Der Schweiß ist heiß	0:59:52	1978 M30	67	1:03:11	22:00 *	18:48 *	19:03	5:59 min/km
477	2520	Rosendahl Torsten	*Hennef	0:59:54	1968 M40	78	1:00:14	18:54 *	19:07 *	21:52	5:59 min/km
478	704	Lange Michael	*Gummersbach	0:59:55	1961 M50	45	1:02:06	20:30 *	19:30 *	19:54	5:60 min/km
479	338	Flury Volker	Globus Köln-Marsdorf	0:59:58	1969 M40	79	1:01:50	20:02 *	19:36 *	20:18	5:60 min/km
480	2048	Knauer Stephan	*Köln	0:59:59	1976 M35	65	1:00:51	20:51 *	19:35 *	19:32	5:60 min/km
481	1829	Harwardt Stefan	die Präsidenten	1:00:07	1964 M45	75	1:03:49	19:51 *	19:45 *	20:31	6:01 min/km
482	320	Fergin Fred	MUT privat	1:00:16	1962 M45	76	1:03:01	19:46 *	19:36 *	20:53	6:02 min/km
483	2382	Otten Martin	*Köln	1:00:16	1983 MHK	88	1:00:38	18:59 *	19:45 *	21:31	6:02 min/km
484	3021	Dürnagel Markus	*Köln	1:00:19	1970 M40	80	1:01:48	20:59 *	19:30 *	19:49	6:02 min/km
485	1099	Severloh Kai	*Koeln	1:00:21	1965 M45	77	1:00:23	18:59 *	20:12 *	21:09	6:02 min/km
486	2091	Krause Ansgar	MAT-Runners	1:00:21	1985 MHK	89	1:03:37	19:47 *	19:49 *	20:45	6:02 min/km
487	143	Breitbach Werner	MAT-Runners	1:00:23	1986 MHK	90	1:03:38	19:47 *	19:49 *	20:46	6:02 min/km
488	1082	Schultz Adrian	*Ratingen	1:00:26	2002 MSD	2	1:03:06	21:13 *	20:12 *	19:01	6:03 min/km
489	1083	Schultz Klaus	*Ratingen	1:00:27	1966 M45	78	1:03:06	21:12 *	20:12 *	19:01	6:03 min/km
490	1092	Seelbach Armin	*Köln	1:00:27	1968 M40	81	1:01:21	18:41 *	20:32 *	21:13	6:03 min/km
491	367	Geers Wolfgang	*Münster	1:00:27	1954 M55	28	1:01:56	21:10 *	19:36 *	19:40	6:03 min/km
492	653	Korts Sebastian	ASV Köln	1:00:27	1957 M50	46	1:01:56	21:10 *	19:37 *	19:39	6:03 min/km
493	588	Kemper Bernd	*Münster	1:00:28	1956 M55	29	1:01:56	21:10 *	19:37 *	19:40	6:03 min/km
494	815	Müller Jens	*Rösrath	1:00:28	1981 M30	68	1:00:34	20:12 *	19:27 *	20:47	6:03 min/km
495	3134	Mauritz Jörg	Villa Weiden	1:00:28	1968 M40	82	1:01:56	21:10 *	19:36 *	19:41	6:03 min/km
496	864	Otto Holger	Team Erdinger Alkoholfrei	1:00:31	1972 M35	66	1:03:08	20:28 *	19:43 *	20:19	6:03 min/km
497	2747	Stolpe Till	*Köln	1:00:32	1973 M35	67	1:02:02	20:38 *	19:52 *	20:01	6:03 min/km
498	898	Potreck Frank	Team Erdinger Alkoholfrei	1:00:33	1971 M40	83	1:02:14	20:57 *	19:03 *	20:31	6:03 min/km
499	466	Heck Michael	Die Heckschen	1:00:33	1963 M45	79	1:03:48	21:11 *	19:41 *	19:40	6:03 min/km
500	2973	Zaeske Hans-Jürgen	*Köln	1:00:33	1956 M55	30	1:02:39	20:24 *	19:53 *	20:16	6:03 min/km
501	1255	Wehlmann Sebastian	Sloosh!	1:00:34	1981 M30	69	1:01:58	20:55 *	19:57 *	19:41	6:03 min/km

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502	661	Kranz Franz	*Berlin	1:00:37	1982	MHK	91	1:02:24	22:41	* 19:22	* 18:33	6:04 min/km
503	3017	Dohalt Nicki	2 Prosecco und 1 Bier	1:00:39	1979	M30	70	1:01:31	20:46	* 19:21	* 20:31	6:04 min/km
504	2521	Roßbach Konrad	Freie Schule Köln	1:00:43	1997	MSA	9	1:03:00	21:35	* 18:43	* 20:23	6:04 min/km
505	2619	Schneider Niko	Niko und die Läuse	1:00:45	1979	M30	71	1:02:27	22:49	* 19:52	* 18:03	6:05 min/km
506	2519	Root Michi	Bickenbacher Flitzer	1:00:45	1995	MJB	4	1:04:24	21:32	* 19:11	* 20:01	6:05 min/km
507	1652	Felix Adam	Freie Schule Köln	1:00:46	1997	MSA	10	1:03:02	21:36	* 18:43	* 20:26	6:05 min/km
508	1586	Duhme Ilian	Original Bootcamp	1:00:49	1991	MHK	92	1:03:45	23:29	* 19:43	* 17:36	6:05 min/km
509	2651	Schumann Frank	*Köln	1:00:51	1975	M35	68	1:03:02	21:36	* 19:44	* 19:29	6:05 min/km
510	2097	Krehn Michael	*Bonn	1:00:52	1986	MHK	93	1:01:57	19:22	* 20:15	* 21:15	6:05 min/km
511	938	Reinold Michael	BRUNATA	1:00:55	1959	M50	47	1:01:22	20:29	* 19:57	* 20:28	6:06 min/km
512	947	Reveand Pablo	Freie Schule Köln	1:00:55	1970	M40	84	1:03:10	21:46	* 20:19	* 18:49	6:06 min/km
513	1730	Geißler Christof	*Köln	1:00:55	1963	M45	80	1:03:53	21:26	* 19:57	* 19:31	6:06 min/km
514	286	Erkelenz Michael	*Hilden	1:00:56	1973	M35	69	1:02:46	21:31	* 20:00	* 19:23	6:06 min/km
515	1955	Jaschik Jago	Freie Schule Köln	1:00:56	1997	MSA	11	1:03:10	21:37	* 18:39	* 20:40	6:06 min/km
516	2739	Stimke Joey	Bickenbacher Flitzer	1:01:09	1990	MHK	94	1:04:48	22:41	* 19:34	* 18:53	6:07 min/km
517	1483	Bünger Marc-Oliver	Weihnachtsgänse	1:01:12	1984	MHK	95	1:03:06	21:28	* 19:50	* 19:54	6:07 min/km
518	1299	Wutzler Benno	TriCologne	1:01:14	1961	M50	48	1:04:48	22:35	* 19:43	* 18:54	6:07 min/km
519	3066	Klefisch Kilian	*Köln	1:01:14	1983	MHK	96	1:02:10	20:26	* 20:08	* 20:40	6:07 min/km
520	0	Hölter Michael		1:01:21	1982	MHK	97	1:02:47	20:12	* 19:59	* 21:09	6:08 min/km
521	121	Boltze-Born Jörg	*Köln	1:01:24	1970	M40	85	1:04:48	22:23	* 19:29	* 19:31	6:08 min/km
522	2051	Knoblich Daniel	SRV Kreuzgasse Köln	1:01:25	1979	M30	72	1:03:50	20:28	* 20:00	* 20:56	6:09 min/km
523	1071	Schrennen Martin	*Overath	1:01:26	1962	M45	81	1:03:46	22:11	* 20:03	* 19:10	6:09 min/km
524	3105	Lehmann Mike	*Köln	1:01:26	1975	M35	70	1:03:45	20:55	* 19:39	* 20:51	6:09 min/km
525	2632	Scholz Sebastian	*Köln	1:01:27	1980	M30	73	1:02:45	21:53	* 20:19	* 19:14	6:09 min/km
526	2326	Nadarzinski Lars	*Köln	1:01:27	1982	MHK	98	1:02:35	21:28	* 19:45	* 20:14	6:09 min/km
527	2868	Von Lindern Steffen	Niko und die Läuse	1:01:28	1984	MHK	99	1:03:10	22:48	* 19:52	* 18:47	6:09 min/km
528	2647	Schulz Daniel	*Köln	1:01:30	1977	M30	74	1:01:57	19:30	* 20:46	* 21:12	6:09 min/km
529	2555	Sasse Philipp	*Köln	1:01:30	1977	M30	75	1:01:57	19:31	* 20:46	* 21:12	6:09 min/km
530	1181	Theis Olaf	*Köln	1:01:30	1965	M45	82	1:05:13	21:17	* 20:13	* 19:59	6:09 min/km
531	790	Meyer Matthias	*Hilden	1:01:40	1977	M30	76	1:05:09	21:11	* 20:14	* 20:14	6:10 min/km
532	40	Bade Gerd	*Xanten	1:01:47	1945	M65	3	1:03:30	20:42	* 20:05	* 20:59	6:11 min/km
533	2132	Laaser Kaspar	*Köln	1:01:51	1994	MJB	5	1:04:44	20:15	* 20:59	* 20:37	6:11 min/km
534	3109	Zöpel Jochen	11 Runners	1:01:54	1969	M40	86	1:04:47	21:19	* 20:06	* 20:29	6:11 min/km
535	622	Klobukowski Mark	Hellige Knäächte un	1:01:54	1977	M30	77	1:05:41	21:57	* 19:40	* 20:16	6:11 min/km
536	3107	Salomon Markus	11 Runners	1:01:55	1967	M40	87	1:04:48	21:18	* 20:06	* 20:29	6:12 min/km
537	3007	Brackenbury Nigel		1:01:55	1958	M50	49	1:03:00	19:03	* 20:21	* 22:31	6:12 min/km
538	523	Hoffmann Michael	*Schwetzingen	1:01:55	1966	M45	83	1:04:55	21:01	* 20:14	* 20:39	6:12 min/km
539	1841	Hegmans Felix	Knecht Ruprechts platte	1:01:57	1980	M30	78	1:02:53	17:59	* 21:12	* 22:45	6:12 min/km
540	2379	Ostermann Thomas	*Frechen	1:01:57	1967	M40	88	1:05:30	22:17	* 19:26	* 20:13	6:12 min/km
541	1169	Stumper Ralf	Lufthansa	1:02:01	1961	M50	50	1:02:38	20:16	* 20:33	* 21:12	6:12 min/km
542	34	Ast Oliver	Lufthansa	1:02:02	1968	M40	89	1:02:38	20:16	* 20:33	* 21:12	6:12 min/km
543	308	Fandrey Jürgen	*Dinslaken	1:02:02	1958	M50	51	1:05:35	24:07	* 18:39	* 19:16	6:12 min/km
544	507	Hillebrand Martin	*Köln	1:02:04	1962	M45	84	1:03:44	19:54	* 20:11	* 21:58	6:12 min/km
545	1578	Drees Günter	*Köln	1:02:05	1966	M45	85	1:02:55	19:57	* 20:40	* 21:27	6:13 min/km
546	692	Kunz Kalle	*Köln	1:02:08	1966	M45	86	1:02:38	20:14	* 20:19	* 21:34	6:13 min/km
547	2546	Safarowksy Dr. Oliver	*Köln	1:02:13	1971	M40	90	1:05:08	21:53	* 20:32	* 19:47	6:13 min/km
548	2146	Lauth Patrick	Countryeggs	1:02:16	1991	MHK	100	1:04:49	19:13	* 20:58	* 22:04	6:14 min/km
549	214	Deiters Lothar	GSV-Porz/Köln	1:02:24	1934	M70	4	1:04:58	20:43	* 20:41	* 20:59	6:14 min/km
550	1485	Büth Thomas	Untrainiert und unrasiert	1:02:30	1984	MHK	101	1:03:55	22:01	* 20:28	* 19:59	6:15 min/km
551	1754	Göbbels Guido	Untrainiert und unrasiert	1:02:30	1983	MHK	102	1:03:55	22:01	* 20:28	* 20:00	6:15 min/km
552	1926	Huth Carsten	*Eschweiler	1:02:33	1984	MHK	103	1:04:11	22:57	* 21:02	* 18:34	6:15 min/km
553	1630	Erhard Dr. Rainer	*Wuppertal	1:02:43	1966	M45	87	1:06:24	22:43	* 20:32	* 19:27	6:16 min/km
554	1125	Spilles Johannes	Weihnachtsgänse	1:02:46	1951	M60	9	1:04:37	21:44	* 20:15	* 20:45	6:17 min/km
555	33	Asbach Mark	*Köln	1:02:46	1976	M35	71	1:05:27	23:34	* 22:07	* 17:04	6:17 min/km
556	239	Drossard Peter	VTC Köln	1:02:47	1956	M55	31	1:06:06	20:48	* 20:59	* 20:59	6:17 min/km
557	2040	Klinkau Dustin	*Solingen	1:02:49	1992	MJA	6	1:03:23	20:25	* 20:45	* 21:38	6:17 min/km

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558	2430	Pompino Joachim	*Solingen	1:02:49	1954 M55	32	1:03:24	20:24 *	20:45 *	21:39	6:17 min/km
559	2566	Schäfer Mirko	*Hürth	1:02:51	1986 MHK	104	1:06:15	23:05 *	19:59 *	19:46	6:17 min/km
560	2437	Porschen Rolf	*Köln	1:02:51	1959 M50	52	1:03:33	20:08 *	20:36 *	22:07	6:17 min/km
561	2924	Werner Christian	*Schalkau	1:02:53	1982 MHK	105	1:03:33	20:10 *	20:35 *	22:07	6:17 min/km
562	1617	Engel Gero	LaufConnection-Hürth	1:02:57	1960 M50	53	1:05:09	21:01 *	20:46 *	21:09	6:18 min/km
563	1866	Herkenhoener John	TriCologne	1:03:01	2001 MSC	1	1:06:36	22:34 *	20:02 *	20:24	6:18 min/km
564	491	Herkenhoener Timo	TriCologne	1:03:01	1978 M30	79	1:06:36	22:34 *	20:03 *	20:24	6:18 min/km
565	155	Bucerius Martin	TriCologne	1:03:02	1984 MHK	106	1:06:37	22:35 *	20:02 *	20:24	6:18 min/km
566	2959	Wolf Dietmar	Bickenbacher Flitzer	1:03:06	1961 M50	54	1:06:43	21:04 *	20:54 *	21:07	6:19 min/km
567	220	Detmer Hanspeter	Altstädter Köln 1922 e.V.	1:03:12	1946 M65	4	1:03:35	20:23 *	20:49 *	21:59	6:19 min/km
568	1029	Schmidt-Sperlich Rolf	*Düsseldorf	1:03:12	1964 M45	88	1:06:46	24:05 *	18:39 *	20:27	6:19 min/km
569	706	Langen Jummbärchen	Altstädter Kön 1922 e.V.	1:03:13	1968 M40	91	1:03:35	20:24 *	20:48 *	21:59	6:19 min/km
570	246	Dulak Christoph	*Frechen	1:03:16	1970 M40	92	1:04:38	21:15 *	20:31 *	21:29	6:20 min/km
571	1034	Schmitz Christian	MACH3	1:03:18	1992 MJA	7	1:06:16	20:56 *	20:19 *	22:02	6:20 min/km
572	2227	Mainz Torsten	die Präsidenten	1:03:18	1969 M40	93	1:07:00	22:14 *	20:26 *	20:37	6:20 min/km
573	2582	Scheren Martin	die Präsidenten	1:03:19	1971 M40	94	1:07:00	22:17 *	20:24 *	20:37	6:20 min/km
574	164	Büscher Sven	*Köln	1:03:20	1977 M30	80	1:05:52	21:10 *	20:11 *	21:58	6:20 min/km
575	1277	Wilkening Rubik	*Köln	1:03:20	1975 M35	72	1:04:09	19:25 *	21:00 *	22:54	6:20 min/km
576	2466	Reich Sebastian	*Köln	1:03:23	1982 MHK	107	1:05:14	21:56 *	19:51 *	21:35	6:20 min/km
577	797	Mickeleit Uwe	*Pulheim	1:03:24	1966 M45	89	1:06:59	21:42 *	21:03 *	20:37	6:20 min/km
578	2381	Ott Ricardo	*Köln	1:03:24	1963 M45	90	1:06:59	21:42 *	21:03 *	20:37	6:20 min/km
579	2250	Marx Helmut	*Köln	1:03:29	1941 M70	5	1:04:22	20:40 *	20:42 *	22:06	6:21 min/km
580	1257	Weiden Stephan	*Pulheim	1:03:34	1976 M35	73	1:04:49	20:54 *	20:59 *	21:41	6:21 min/km
581	1128	Spreemann Carsten	Nur Köln, sonst nichts	1:03:38	1975 M35	74	1:04:14	20:11 *	21:09 *	22:17	6:22 min/km
582	1916	Hülsmann Ingo	DUC Dormagen	1:03:40	1958 M50	55	1:06:17	21:21 *	20:35 *	21:43	6:22 min/km
583	726	Liesner Fabian	*Köln	1:03:48	1985 MHK	108	1:05:28	22:33 *	20:47 *	20:27	6:23 min/km
584	2876	Waeye Gunter	TC Lese GW Köln	1:03:57	1940 M70	6	1:06:04	20:22 *	20:24 *	23:10	6:24 min/km
585	1232	Wagener Dr. Jochen	*Menden	1:04:01	1963 M45	91	1:06:27	21:23 *	20:30 *	22:07	6:24 min/km
586	109	Blume Jüren	TriCologne	1:04:03	1962 M45	92	1:07:38	22:35 *	20:48 *	20:39	6:24 min/km
587	1017	Schmidt Björn	*Asbach	1:04:04	1982 MHK	109	1:04:47	20:44 *	21:26 *	21:53	6:24 min/km
588	620	Klinger Sascha	*Köln	1:04:08	1971 M40	95	1:07:35	22:19 *	21:00 *	20:47	6:25 min/km
589	2720	Stauf Alex	Die Heitzfeitze	1:04:19	1979 M30	81	1:05:26	20:59 *	18:56 *	24:24	6:26 min/km
590	1407	Bergmann Ralf	*Frechen	1:04:26	1972 M35	75	1:04:43	19:43 *	21:12 *	23:31	6:27 min/km
591	1709	Fuhrmann Robin	*Köln	1:04:28	2000 MSC	2	1:06:33	24:00 *	22:52 *	17:35	6:27 min/km
592	813	Müller Harald	BSG RaBaz e.V.	1:04:37	1960 M50	56	1:06:35	20:53 *	20:43 *	22:59	6:28 min/km
593	0	unbekannt HD0T42S		1:04:43	0 MHK	110	1:05:02	24:10 *	20:46 *	19:46	6:28 min/km
594	1775	Grohmann Jan	Die Wiethasen	1:04:46	1975 M35	76	1:05:02	24:14 *	20:46 *	19:45	6:29 min/km
595	2986	Zienke Kilian	*Köln	1:04:47	2000 MSC	3	1:06:51	24:00 *	22:52 *	17:54	6:29 min/km
596	2663	Schymura Adalbert	Les Agents Provocateurs	1:04:49	1971 M40	96	1:07:54	21:08 *	21:43 *	21:57	6:29 min/km
597	1120	Soos Paul	*Troisdorf	1:04:50	1974 M35	77	1:08:32	22:17 *	20:37 *	21:55	6:29 min/km
598	1819	Hansen Gregor	*Köln	1:04:57	1976 M35	78	1:06:43	22:43 *	20:58 *	21:14	6:30 min/km
599	3028	Von der Weiden Gunther	*Köln	1:04:57	1967 M40	97	1:06:04	21:46 *	21:31 *	21:39	6:30 min/km
600	2950	Wirbel Julius	LFS Köln 8a	1:05:00	1998 MSB	7	1:06:17	23:55 *	25:08 *	15:56	6:30 min/km
601	2304	Muders Eric	LeseWelten	1:05:08	1965 M45	93	1:07:29	22:31 *	20:17 *	22:18	6:31 min/km
602	2740	Stimke Johann	Bickenbacher Flitzer	1:05:09	1956 M55	33	1:08:48	22:41 *	20:50 *	21:37	6:31 min/km
603	292	Esser Thomas	*Frechen-Königsdorf	1:05:10	1961 M50	57	1:06:56	22:15 *	21:05 *	21:49	6:31 min/km
604	1683	Frank Michael	*Köln	1:05:14	1965 M45	94	1:07:57	22:00 *	21:32 *	21:42	6:31 min/km
605	1599	Eckes Christian	SLG Jungväter von 2011	1:05:15	1969 M40	98	1:08:45	21:33 *	21:15 *	22:26	6:32 min/km
606	742	Lopez de Quintana	KALS	1:05:24	1961 M50	58	1:08:55	22:27 *	21:12 *	21:45	6:32 min/km
607	2369	Oelhafen Max	*Overath	1:05:27	1996 MSA	12	1:05:59	21:01 *	21:53 *	22:32	6:33 min/km
608	1067	Schoppen Dirk	*Erfstadt	1:05:27	1967 M40	99	1:07:15	21:08 *	21:20 *	22:58	6:33 min/km
609	2124	Küsgen Marc	SLG Jungväter von 2011	1:05:28	1968 M40	100	1:08:04	22:07 *	21:36 *	21:45	6:33 min/km
610	2815	Tischlinger Dirk	*Köln	1:05:29	1981 M30	82	1:09:16	21:45 *	21:09 *	22:35	6:33 min/km
611	2345	Nickel Ralf	die Präsidenten	1:05:35	1969 M40	101	1:09:16	22:16 *	20:48 *	22:29	6:34 min/km
612	2408	Pett Michael	*Frechen	1:05:45	1971 M40	102	1:08:31	23:09 *	21:07 *	21:28	6:35 min/km
612	1502	Busse Jan	*Sinzig	1:05:45	1973 M35	79	1:08:31	23:09 *	21:07 *	21:28	6:35 min/km

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614	1289	Wolfgarten Marco	Bratwurst	1:05:46	1974	M35	80	1:06:33	19:50 *	22:05 *	23:51	6:35 min/km
615	2445	Prüsner Jannik	*Köln	1:05:50	1983	MHK	111	1:09:06	22:53 *	21:34 *	21:21	6:35 min/km
615	2257	Maubach Rene	Aktiv für Arbeit	1:05:50	1973	M35	81	1:06:39	20:06 *	21:34 *	24:10	6:35 min/km
617	1567	Dietrich Wulf	*Köln	1:05:51	1975	M35	82	1:09:39	22:42 *	21:28 *	21:39	6:35 min/km
618	1196	Trautmann Jens	*Köln	1:05:54	1989	MHK	112	1:08:56	22:33 *	21:25 *	21:54	6:35 min/km
619	2649	Schumacher Henrik	*Köln	1:05:54	1970	M40	103	1:06:11	20:15 *	21:40 *	23:58	6:35 min/km
620	2094	Krause Uwe	Lauf-Wurst	1:05:56	1963	M45	95	1:09:28	23:08 *	20:24 *	22:23	6:36 min/km
621	2125	Küssner Thorsten	atemrausch*	1:05:57	1982	MHK	113	1:07:47	23:24 *	20:42 *	21:50	6:36 min/km
622	181	Christ Björn	*Köln	1:05:58	1970	M40	104	1:06:38	20:32 *	21:44 *	23:41	6:36 min/km
623	2017	Kießler Joern	atemrausch*	1:05:59	1981	M30	83	1:07:46	23:55 *	20:25 *	21:38	6:36 min/km
624	1783	Gruber Frieder	atemrausch*	1:06:01	1975	M35	83	1:07:46	22:41 *	21:40 *	21:39	6:36 min/km
625	194	Conradi Stephan	atemrausch*	1:06:02	1979	M30	84	1:07:47	22:43 *	21:54 *	21:24	6:36 min/km
626	1782	Große Entrup Norbert	run4fun	1:06:06	1968	M40	105	1:09:14	21:01 *	21:26 *	23:38	6:37 min/km
627	1442	Bogdan Tobias	*Köln	1:06:07	1979	M30	85	1:06:33	20:59 *	22:20 *	22:47	6:37 min/km
628	2757	Strigl Jörg	*Köln	1:06:13	1976	M35	84	1:06:26	21:01 *	21:52 *	23:18	6:37 min/km
629	11	Abs Stefan	Flitzefinchen	1:06:15	1975	M35	85	1:07:30	21:03 *	21:25 *	23:46	6:38 min/km
630	1869	Herman Luca	*Köln	1:06:19	2001	MSC	4	1:07:08	22:45 *	22:38 *	20:55	6:38 min/km
631	1528	Courth Heinz	*Waldbröl	1:06:20	1966	M45	96	1:08:56	22:13 *	21:20 *	22:46	6:38 min/km
632	2211	Lütjann Henning	Die Gestiefelten	1:06:21	1989	MHK	114	1:09:58	22:56 *	21:12 *	22:13	6:38 min/km
633	1750	Gineiger Ulrich	*Köln	1:06:21	1955	M55	34	1:09:49	22:44 *	21:16 *	22:20	6:38 min/km
634	3056	Blaj Alexander	Team Saucony	1:06:22	1984	MHK	115	1:08:00	21:13 *	22:31 *	22:36	6:38 min/km
635	2272	Mennicken Hermann	*Frechen	1:06:24	1962	M45	97	1:06:54	21:14 *	21:55 *	23:13	6:38 min/km
636	2076	Kosowski Boris	Fit-mit-Sven	1:06:25	1976	M35	86	1:08:33	21:22 *	21:25 *	23:37	6:39 min/km
637	2800	Thomas Marcel	*köln	1:06:26	1993	MJA	8	1:06:50	20:20 *	23:05 *	23:01	6:39 min/km
638	825	Nachsel Achim	*Köln	1:06:28	1955	M55	35	1:08:39	21:57 *	21:34 *	22:56	6:39 min/km
639	2716	Stander Volker	*Köln	1:06:32	1969	M40	106	1:07:48	20:55 *	22:06 *	23:29	6:39 min/km
640	2727	Steinborn Jürgen	*Köln	1:06:43	1961	M50	59	1:08:23	22:26 *	22:14 *	22:03	6:40 min/km
641	1939	Jacobsen Sven	Fit-mit-Sven	1:06:52	1976	M35	87	1:09:01	23:48 *	21:54 *	21:09	6:41 min/km
642	2237	Marggraf Nikolas	Team Goult	1:06:55	1980	M30	86	1:10:17	23:02 *	22:08 *	21:43	6:42 min/km
643	2807	Thurn Andreas	Untrainiert und unrasiert	1:06:55	1993	MJA	9	1:10:35	22:00 *	22:08 *	22:46	6:42 min/km
644	297	Euskirchen Julian	Team Goult	1:06:55	1982	MHK	116	1:10:17	23:37 *	21:33 *	21:44	6:42 min/km
645	2796	Thimme Till	Team Goult	1:06:56	1980	M30	87	1:10:17	24:19 *	20:52 *	21:45	6:42 min/km
646	1298	Wuschisch Marco	*Köln	1:06:58	1967	M40	107	1:07:42	21:20 *	22:00 *	23:37	6:42 min/km
647	340	Reimann Frank	*Köln	1:06:59	1962	M45	98	1:08:01	21:52 *	21:49 *	23:18	6:42 min/km
648	729	Linden Alex	Mandata Service Linden	1:07:00	1960	M50	60	1:07:42	21:22 *	22:00 *	23:37	6:42 min/km
649	664	Kremer Uwe	*Köln	1:07:03	1961	M50	61	1:09:34	22:08 *	21:58 *	22:55	6:42 min/km
650	830	Nessel Arndt	BSG Team Cognex	1:07:03	1969	M40	108	1:10:43	23:05 *	21:50 *	22:08	6:42 min/km
651	343	Fredrich Wolfgang	CaBas CaBaNauTeN	1:07:04	1964	M45	99	1:10:43	23:05 *	21:49 *	22:09	6:42 min/km
652	2669	Sellugga Rainer	Laufschule Erfstadt	1:07:05	1959	M50	62	1:07:45	20:31 *	23:57 *	22:36	6:43 min/km
653	1018	Schmidt Carsten	*Köln	1:07:09	1969	M40	109	1:09:49	21:52 *	21:55 *	23:21	6:43 min/km
654	2790	Thelen Mees	LeseWelten	1:07:19	2000	MSC	5	1:09:34	22:52 *	21:19 *	23:06	6:44 min/km
655	2046	Klotz Helmut	*Stolberg	1:07:23	1934	M70	7	1:10:40	22:01 *	21:39 *	23:42	6:44 min/km
656	626	Klotz Detlef	*Köln	1:07:24	1968	M40	110	1:10:39	22:02 *	21:40 *	23:42	6:44 min/km
657	677	Kublank René	*Köln	1:07:30	1979	M30	88	1:10:45	22:55 *	21:34 *	23:00	6:45 min/km
658	3113	Brandt Detlev	LT Elmar	1:07:38	1962	M45	100	1:10:51	22:57 *	22:27 *	22:13	6:46 min/km
659	2399	Paulus Michael	*Kreuzau	1:07:48	1985	MHK	117	1:10:20	22:27 *	21:58 *	23:22	6:47 min/km
660	432	Haag Gerhardt	*Köln	1:07:52	1949	M60	10	1:10:20	22:19 *	22:36 *	22:56	6:47 min/km
661	1887	Hild Peter	Echte Fründe!	1:07:53	1984	MHK	118	1:10:56	22:43 *	21:44 *	23:26	6:47 min/km
662	1850	Heit Andreas	*Düsseldorf	1:07:58	1988	MHK	119	1:08:55	23:17 *	21:37 *	23:04	6:48 min/km
663	2098	Kreienbrink Ingo	*Köln	1:08:10	1971	M40	111	1:10:39	23:43 *	22:13 *	22:13	6:49 min/km
664	1159	Stempel Stefan	die Präsidenten	1:08:12	1971	M40	112	1:11:54	22:17 *	22:14 *	23:40	6:49 min/km
665	2021	Kirchhof Oliver	die Präsidenten	1:08:13	1970	M40	113	1:11:54	22:20 *	22:12 *	23:40	6:49 min/km
666	2020	Kirch Jürgen	die Präsidenten	1:08:14	1968	M40	114	1:11:54	22:17 *	22:16 *	23:40	6:49 min/km
667	126	Bornemann Ludwig	*Pulheim	1:08:21	1958	M50	63	1:09:22	20:01 *	22:57 *	25:22	6:50 min/km
668	125	Bornemann Christian	*Pulheim	1:08:22	1982	MHK	120	1:09:22	20:02 *	22:57 *	25:22	6:50 min/km
669	1070	Schrennen Julian	*Overath	1:08:29	1990	MHK	121	1:10:48	23:18 *	21:45 *	23:26	6:51 min/km

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670	2484	Renner Dirk	*Willich	1:08:39	1979 M30	89	1:11:03	23:25 *	22:28 *	22:45	6:52 min/km
671	2964	Wolff Fabian	*Lohmar	1:08:48	1990 MHK	122	1:11:08	23:18 *	21:44 *	23:45	6:53 min/km
672	1895	Höfßl Stefan	*Köln	1:08:53	1980 M30	90	1:11:04	22:17 *	22:08 *	24:27	6:53 min/km
673	1748	Giesen Juergen	*Köln	1:09:10	1955 M55	36	1:11:35	23:35 *	22:44 *	22:51	6:55 min/km
674	1991	Katlun Dr. Heinz	*Köln	1:09:11	1961 M50	64	1:11:36	23:35 *	22:43 *	22:51	6:55 min/km
675	550	Jäger Gerd	*Brühl	1:09:16	1938 M70	8	1:12:39	23:10 *	22:57 *	23:09	6:56 min/km
676	1572	Dörries Klaus	Globus Köln-Marsdorf	1:09:40	1966 M45	101	1:11:33	22:27 *	22:48 *	24:24	6:58 min/km
677	240	Drouvé Frank	*Köln	1:09:45	1965 M45	102	1:13:03	23:11 *	22:49 *	23:44	6:59 min/km
678	560	Jedwabny Wolfgang	Just7	1:09:50	1962 M45	103	1:11:45	21:20 *	23:01 *	25:27	6:59 min/km
679	1265	Welter Joa	Team Deutsche Ärzte	1:09:50	1960 M50	65	1:11:45	22:30 *	22:49 *	24:30	6:59 min/km
680	1627	Erbel Andreas	Just7	1:09:50	1968 M40	115	1:11:46	22:30 *	22:48 *	24:31	6:59 min/km
681	2461	Rauchholz Frank	*Köln	1:09:52	1964 M45	104	1:12:35	23:35 *	23:03 *	23:12	6:59 min/km
682	20	Alger Joschi	Just7	1:09:53	1971 M40	116	1:11:45	21:24 *	22:46 *	25:43	6:59 min/km
683	2789	Thelen Jon	LeseWelten	1:10:17	2002 MSD	3	1:12:32	22:53 *	21:19 *	26:04	7:02 min/km
684	1940	Jaehrig Christian	Khlay Kalash mit	1:10:39	1983 MHK	123	1:11:51	23:39 *	23:09 *	23:49	7:04 min/km
685	1673	Flintrop Wolfgang	*koeln	1:10:40	1949 M60	11	1:12:16	22:50 *	22:59 *	24:50	7:04 min/km
686	1511	Chataigne Laurence	*Koeln	1:10:49	1971 M40	117	1:11:01	21:34 *	23:56 *	25:18	7:05 min/km
687	74	Bensberg Ralf	Fit-mit-Sven	1:10:52	1972 M35	88	1:12:56	25:33 *	28:29 *	16:49	7:05 min/km
688	1234	Wagner Ralph	*Erfstadt	1:10:55	1969 M40	118	1:13:59	23:13 *	23:20 *	24:21	7:06 min/km
689	1501	Busch Lutz	*Hürth	1:11:00	1970 M40	119	1:12:49	23:52 *	24:45 *	22:22	7:06 min/km
690	1790	Güttsches Jens	*Köln	1:11:09	1969 M40	120	1:14:26	23:57 *	23:20 *	23:52	7:07 min/km
691	858	Opitz Martin	*Solingen	1:11:23	1984 MHK	124	1:13:47	23:03 *	24:14 *	24:05	7:08 min/km
692	2069	Kopka Claudius	*Leichlingen	1:11:24	1983 MHK	125	1:13:48	22:49 *	24:28 *	24:07	7:08 min/km
693	2214	Lutz David	*Kerpen	1:11:55	1982 MHK	126	1:14:36	24:40 *	23:26 *	23:48	7:12 min/km
694	222	Diel Rene	Juliusrunners Dansweiler	1:12:01	1963 M45	105	1:13:17	24:00 *	23:49 *	24:11	7:12 min/km
695	1563	Diel Julius	Juliusrunners Dansweiler	1:12:01	2001 MSC	6	1:13:17	24:00 *	23:48 *	24:12	7:12 min/km
696	1813	Hamet Brice	*Köln	1:12:11	1962 M45	106	1:14:42	23:50 *	24:49 *	23:31	7:13 min/km
697	1765	Graf Max	*Köln	1:12:20	1987 MHK	127	1:15:46	23:56 *	23:33 *	24:50	7:14 min/km
698	1571	Dörner Hans	*Köln	1:12:53	1945 M65	5	1:15:23	23:59 *	23:44 *	25:09	7:17 min/km
699	897	Poreschack Uli	GS1 Germany GmbH 2	1:13:44	1966 M45	107	1:16:26	25:04 *	24:27 *	24:12	7:22 min/km
700	1428	Bleymehl Ralf	rakati	1:13:56	1968 M40	121	1:15:54	23:54 *	24:37 *	25:24	7:24 min/km
701	2011	Bukowski Markus	BP GE-Running Team	1:14:06	1986 MHK	128	1:17:01	27:23 *	30:49 *	15:52	7:25 min/km
702	1881	Heße Daniel	*Frechen	1:14:28	1988 MHK	129	1:17:36	23:37 *	25:10 *	25:40	7:27 min/km
703	1772	Grob Guido	*Hürth	1:14:46	1965 M45	108	1:18:04	26:59 *	25:59 *	21:47	7:29 min/km
704	869	Paszek Christian	*Köln	1:15:04	1958 M50	66	1:16:23	21:33 *	28:21 *	25:09	7:30 min/km
705	1268	Werner Jörn	Bitte mit Sahne	1:15:16	1981 M30	91	1:16:14	24:38 *	24:49 *	25:48	7:32 min/km
706	625	Kloebbe Florian	Bitte mit Sahne	1:15:16	1983 MHK	130	1:16:14	24:26 *	25:01 *	25:48	7:32 min/km
707	1040	Schmitz Joachim	*Köln	1:15:26	1961 M50	67	1:16:12	24:49 *	25:10 *	25:27	7:33 min/km
708	2507	Rösch Kevin	DLR	1:16:01	1998 MSB	8	1:16:02	20:49 *	26:30 *	28:42	7:36 min/km
709	1522	Compaore Moussa	*Köln	1:16:46	1977 M30	92	1:16:46	13:13 *	19:09 *	44:24	7:41 min/km
710	2139	Langen Mützepitter	Alstädter Köln 1922 e.V.	1:17:24	2000 MSC	7	1:17:45	18:30 *	19:10 *	39:44	7:44 min/km
711	1323	Adler Dirk	*Köln	1:18:18	1971 M40	122	1:19:41	23:40 *	26:56 *	27:41	7:50 min/km
712	2562	Schaefer Alexander	*Elsdorf	1:21:57	1947 M60	12	1:23:07	23:57 *	26:43 *	31:16	8:12 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	650	Kopatschek Anne	MACH3	0:41:54	1975	W35	1	0:41:58 13:35 * 13:52 * 14:27	4:11 min/km
2	1506	Caesar-Wendel Angela	*Brühl	0:43:43	1978	W30	1	0:43:46 14:15 * 14:27 * 15:00	4:22 min/km
3	30	Arndt Eva-Maria	KTT 01	0:45:24	1993	WJA	1	0:46:34 15:10 * 14:34 * 15:39	4:32 min/km
4	365	Garve Agnes	GS1 Germay GmbH 1	0:45:33	1975	W35	2	0:45:36 14:58 * 14:58 * 15:36	4:33 min/km
5	918	Raschke Mirijam	*Kaarst	0:45:33	1986	WHK	1	0:45:45 14:58 * 14:47 * 15:48	4:33 min/km
6	3072	Werker Jil	*Köln	0:46:01	1995	WJB	1	0:46:02 14:46 * 15:10 * 16:04	4:36 min/km
7	1921	Humm Sina	*Köln	0:46:22	1991	WHK	2	0:46:24 15:09 * 15:16 * 15:56	4:38 min/km
8	1500	Burmeister Carmen	LT DSHS Köln	0:47:11	1980	W30	2	0:47:17 15:39 * 15:17 * 16:14	4:43 min/km
9	3125	Lampert Vatika Silvia	Elmars LT	0:47:12	1963	W45	1	0:47:32 15:39 * 15:28 * 16:04	4:43 min/km
10	351	Frömmig Yvonne	MACH3	0:47:32	1979	W30	3	0:47:35 14:58 * 16:15 * 16:17	4:45 min/km
11	777	Meiners Anke	anlauf siegen	0:47:39	1960	W50	1	0:48:04 15:33 * 15:34 * 16:30	4:46 min/km
12	1004	Schelenz Stefanie	Fit-mit-Sven	0:47:44	1982	WHK	3	0:49:11 16:11 * 15:30 * 16:01	4:46 min/km
13	211	Deckert-Wendeler	*Waldbröl	0:47:56	1979	W30	4	0:47:59 15:21 * 15:55 * 16:39	4:48 min/km
14	473	Heinke Suzanne	*Köln	0:47:57	1978	W30	5	0:48:01 15:12 * 15:56 * 16:48	4:48 min/km
14	2827	Trantes Marion	Prophetic Girls	0:47:57	1986	WHK	4	0:48:07 15:51 * 15:43 * 16:22	4:48 min/km
16	302	Everschor Karin	TFG 1878 Köln-Nippes	0:48:02	1984	WHK	5	0:49:25 16:35 * 15:23 * 16:03	4:48 min/km
17	318	Felske Britt	TSG Lüdenscheid	0:48:15	1989	WHK	6	0:48:43 16:05 * 15:29 * 16:41	4:50 min/km
18	2333	Neckel Gesa	*Aachen	0:48:16	1990	WHK	7	0:48:19 15:46 * 15:43 * 16:45	4:50 min/km
19	1212	Velde Claudia	*Köln	0:48:30	1967	W40	1	0:49:18 16:05 * 16:12 * 16:12	4:51 min/km
20	1135	Stangl Antonia	Ulrich Stangl	0:48:30	1991	WHK	8	0:48:54 15:20 * 16:09 * 17:01	4:51 min/km
21	2310	Müller Johanna	*Köln	0:48:42	1990	WHK	9	0:48:44 15:45 * 16:06 * 16:50	4:52 min/km
22	1996	Kaulen Sandra	Deutsche	0:48:43	1992	WJA	2	0:48:45 15:09 * 15:54 * 17:39	4:52 min/km
23	558	Jansen Nicole	Jansenkraus	0:48:43	1974	W35	3	0:51:49 20:38 * 16:42 * 11:22	4:52 min/km
24	2149	Lechner Sophie	*Schliersee	0:48:57	1990	WHK	10	0:55:17 16:40 * 16:16 * 16:00	4:54 min/km
25	2975	Zaglauer Katharina	Prophetic Girls	0:48:58	1980	W30	6	0:49:09 15:55 * 16:08 * 16:54	4:54 min/km
26	755	Malan Daniela	ASD Atletica Valpellice	0:49:08	1973	W35	4	0:49:35 16:26 * 15:59 * 16:42	4:55 min/km
27	1671	Flemmer Carola-Christin	*Volkerzen	0:49:15	1991	WHK	11	0:49:26 15:38 * 16:28 * 17:09	4:56 min/km
28	2113	Kruppen Sophia	*Köln-Weiden	0:49:17	1991	WHK	12	0:49:32 16:07 * 16:17 * 16:52	4:56 min/km
29	1693	Franzke Carolin	*Unkel	0:49:17	1992	WJA	3	0:49:32 16:07 * 16:17 * 16:52	4:56 min/km
30	1642	Faller Sarah	*Köln	0:49:23	1990	WHK	13	0:49:34 15:36 * 16:25 * 17:21	4:56 min/km
31	563	Johag Christiane	*Köln	0:49:23	1978	W30	7	0:49:32 16:23 * 16:03 * 16:57	4:56 min/km
32	2141	Langguth Meike	*Köln	0:49:52	1992	WJA	4	0:50:18 16:53 * 15:01 * 17:58	4:59 min/km
33	3003	Holzhausen Neele	LT DSHS Köln	0:49:53	1992	WJA	5	0:50:17 16:53 * 15:01 * 17:58	4:59 min/km
34	147	Brocke Anika	Lucky Stars	0:50:00	1980	W30	8	0:52:15 16:21 * 16:31 * 17:07	5:00 min/km
35	1338	Arnold Lina Rebecca	*Overath	0:50:03	1994	WJB	2	0:53:17 16:03 * 16:38 * 17:21	5:00 min/km
36	1021	Schmidt Martina	*Köln	0:50:06	1963	W45	2	0:50:32 15:52 * 16:39 * 17:34	5:01 min/km
37	798	Miebach Alexandra	*Köln	0:50:11	1980	W30	9	0:50:28 15:55 * 16:39 * 17:36	5:01 min/km
38	717	Leipert Sabine	*Köln	0:50:13	1973	W35	5	0:52:42 17:02 * 16:24 * 16:46	5:01 min/km
39	776	Meibeck Anja	*Köln	0:50:29	1971	W40	2	0:51:53 16:28 * 16:28 * 17:33	5:03 min/km
40	350	Frömberg Gabi	*Köln	0:50:33	1966	W45	3	0:50:34 25:48 * 10:00 * 14:45	5:03 min/km
41	1266	Went Melanie	Tooor Runners	0:50:36	1971	W40	3	0:50:41 16:31 * 16:48 * 17:16	5:04 min/km
42	1227	Voß Anika	*Köln	0:50:37	1975	W35	6	0:51:04 16:45 * 16:35 * 17:16	5:04 min/km
43	1423	Bittens Linda	Prophetic Girls	0:50:38	1984	WHK	14	0:50:49 16:03 * 16:37 * 17:58	5:04 min/km
44	254	Ebelshäuser Claudia	1. Kölner Laufstall	0:50:40	1963	W45	4	0:51:11 16:28 * 16:40 * 17:30	5:04 min/km
45	2881	Waidelich Kerstin	*Köln	0:50:41	1983	WHK	15	0:51:19 16:47 * 16:26 * 17:27	5:04 min/km
46	243	Dückers Daniela	Hetdörper Lauffründe	0:50:49	1971	W40	4	0:51:09 17:01 * 16:37 * 17:09	5:05 min/km
47	2299	Mackenzie Molly	*Bann	0:51:00	1985	WHK	16	0:52:05 17:09 * 16:37 * 17:14	5:06 min/km
48	2699	Specht Silke-Carolin	*Münster	0:51:06	1981	W30	10	0:51:22 16:51 * 17:17 * 16:56	5:07 min/km
49	1045	Schneider Carola	Team Erdinger Alkoholfrei	0:51:08	1972	W35	7	0:51:17 16:38 * 17:03 * 17:26	5:07 min/km
50	2897	Weber Anne	Chics Terminat0rs	0:51:12	1984	WHK	17	0:51:45 16:25 * 17:17 * 17:29	5:07 min/km
51	1359	Baetcke Dorit Elisa	*Köln	0:51:21	1981	W30	11	0:52:29 16:28 * 16:50 * 18:01	5:08 min/km
52	3136	Brüderer Katja	*Pulheim	0:51:23	1972	W35	8	0:51:43 16:21 * 17:00 * 18:01	5:08 min/km
53	1593	Dutschmann Janine	*Köln-Sülz	0:51:29	1991	WHK	18	0:51:31 15:22 * 17:30 * 18:36	5:09 min/km

Kölner Nikolauslauf am 4. Dezember 2011 - 10km Funlauf

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54	2168	Lewandowski Lisa	Laktatkönige Köln	0:51:33	1993 WJA	6	0:53:30	17:20 * 16:38 * 17:34	5:09 min/km
55	1467	Breuer Sonja	*Köln	0:51:37	1985 WHK	19	0:51:45	16:27 * 17:08 * 18:01	5:10 min/km
56	353	Frohn Sandra	*Pulheim	0:51:39	1982 WHK	20	0:52:11	16:36 * 17:04 * 17:58	5:10 min/km
57	3092	Henges Antje		0:51:40	1961 W50	2	0:55:00	17:31 * 16:49 * 17:19	5:10 min/km
58	2405	Pesch Karin	Hugos Tequilla Buddies	0:51:46	1986 WHK	21	0:52:35	16:39 * 17:33 * 17:33	5:11 min/km
59	1103	Siemons Elisabeth	*Köln	0:51:52	1966 W45	5	0:52:07	17:10 * 17:01 * 17:40	5:11 min/km
60	2245	Martin Anna-Theresa	*Köln	0:51:54	1991 WHK	22	0:52:05	16:48 * 17:08 * 17:58	5:11 min/km
61	1342	Atasoy Ilhan	Rosenzweig-Runners	0:51:57	1995 WJB	3	0:52:40	17:17 * 17:09 * 17:30	5:12 min/km
62	691	Kuntze Ute	*Köln	0:51:58	1964 W45	6	0:54:04	17:27 * 17:05 * 17:25	5:12 min/km
63	1636	Eßer Liisa	KSG Köln	0:51:58	1981 W30	12	0:55:10	17:40 * 17:03 * 17:13	5:12 min/km
64	1207	V. Oeynhausens Britta	Lucky Stars	0:51:59	1977 W30	13	0:54:14	16:25 * 17:21 * 18:12	5:12 min/km
65	2870	Von Ritter Rebecca	Deutsche	0:52:07	1991 WHK	23	0:52:18	16:35 * 17:05 * 18:26	5:13 min/km
66	782	Mense Jennifer	ASV Köln	0:52:08	1979 W30	14	0:52:34	16:42 * 17:20 * 18:06	5:13 min/km
67	2135	Läufer Ines	*Köln	0:52:13	1982 WHK	24	0:53:43	17:59 * 17:33 * 16:41	5:13 min/km
68	2434	Poplawski Sabine	*Köln	0:52:14	1985 WHK	25	0:52:22	17:10 * 17:27 * 17:37	5:13 min/km
69	379	Germes Birte	Les Agents Provocateurs	0:52:15	1972 W35	9	0:55:19	19:05 * 17:03 * 16:06	5:14 min/km
70	2206	Lühl Eva	*Köln	0:52:16	1981 W30	15	0:52:41	17:37 * 16:57 * 17:41	5:14 min/km
71	407	Gramann Bettina	*Köln	0:52:18	1965 W45	7	0:52:50	18:02 * 16:47 * 17:29	5:14 min/km
72	2833	Tüllmann Teresa	Deutsche	0:52:20	1990 WHK	26	0:56:08	17:44 * 16:32 * 18:03	5:14 min/km
73	2728	Steinbuch Hannah	*Köln-Junkersdorf	0:52:20	1995 WJB	4	0:54:00	19:10 * 16:25 * 16:44	5:14 min/km
74	2275	Mertens Larissa	*Köln Ehrenfeld	0:52:26	1993 WJA	7	0:52:36	17:56 * 17:23 * 17:05	5:15 min/km
75	2280	Metzger Selina	*Köln	0:52:26	1991 WHK	27	0:52:36	17:56 * 17:24 * 17:05	5:15 min/km
76	2686	Skibbe Jennifer	*köln	0:52:29	1982 WHK	28	0:53:08	17:43 * 16:49 * 17:55	5:15 min/km
77	936	Reinke Johanna	*Köln	0:52:29	1984 WHK	29	0:53:08	17:44 * 16:49 * 17:56	5:15 min/km
78	2708	Spoehr Anika	*Dierdorf	0:52:30	1983 WHK	30	0:53:21	17:23 * 17:14 * 17:52	5:15 min/km
79	2290	Milse Mareen	*Köln	0:52:36	1991 WHK	31	0:52:38	17:03 * 17:39 * 17:53	5:16 min/km
80	534	Huber Katharina	*Köln	0:52:38	1977 W30	16	0:52:48	17:05 * 17:23 * 18:09	5:16 min/km
81	2946	Wingefeld Antje	*Bergheim	0:52:39	1969 W40	5	0:52:48	17:06 * 17:23 * 18:09	5:16 min/km
82	923	Rehberger Stefanie	*Attendorf	0:52:43	1982 WHK	32	0:54:49	17:24 * 17:07 * 18:10	5:16 min/km
83	665	Kreutner Anke	Laufdusau	0:52:46	1977 W30	17	0:53:15	17:00 * 17:34 * 18:10	5:17 min/km
84	1494	Burger Jeannette	*Koeln	0:52:51	1983 WHK	33	0:55:25	17:28 * 17:17 * 18:05	5:17 min/km
85	3115	Kaiser Christina	ASV Köln Triathlon	0:52:53	1989 WHK	34	0:53:40	16:19 * 17:34 * 18:59	5:17 min/km
86	2054	Knossalla Julia Nicole	*Bergheim	0:53:00	1991 WHK	35	0:53:01	17:03 * 17:46 * 18:10	5:18 min/km
87	1591	Duphorn Elke	*Köln	0:53:03	1969 W40	6	0:53:58	17:38 * 17:29 * 17:55	5:18 min/km
88	2307	Müller Claudia	Countryeggs	0:53:04	1968 W40	7	0:55:37	18:17 * 17:08 * 17:38	5:18 min/km
89	2297	Möser Verena	ISI-RUNNERS	0:53:06	1981 W30	18	0:53:39	17:20 * 17:42 * 18:03	5:19 min/km
90	1576	Dornseiff Uta	*Köln	0:53:08	1968 W40	8	0:54:25	18:12 * 17:06 * 17:50	5:19 min/km
91	235	Dornhaus-Schenk Bettina	Hetdörper Laufrunde	0:53:15	1968 W40	9	0:53:34	17:04 * 17:21 * 18:48	5:20 min/km
92	1078	Schütza Barbara	TPSK Köln	0:53:17	1974 W35	10	0:55:42	18:21 * 17:14 * 17:40	5:20 min/km
93	1371	Barthel Sophie	*Köln	0:53:19	1988 WHK	36	0:54:44	19:12 * 17:01 * 17:04	5:20 min/km
94	762	Marburger Yvonne	*Düsseldorf	0:53:19	1984 WHK	37	0:54:44	19:12 * 17:01 * 17:05	5:20 min/km
95	1372	Bartsch Fabienne	Flottes Trio	0:53:22	1990 WHK	38	0:54:13	18:26 * 17:09 * 17:46	5:20 min/km
96	1140	Steidelmüller Corinna	*Voerde	0:53:22	1988 WHK	39	0:54:01	17:25 * 17:49 * 18:08	5:20 min/km
97	2057	Köhlert Teresa	Flottes Trio	0:53:23	1988 WHK	40	0:54:13	18:27 * 17:09 * 17:47	5:20 min/km
98	1706	Fuchs Ivonne	HSG Pforzheim	0:53:24	1987 WHK	41	0:53:41	17:55 * 17:36 * 17:52	5:20 min/km
99	725	Liebscher Gitta	TC Lese GW Köln	0:53:32	1963 W45	8	0:56:23	18:36 * 17:34 * 17:20	5:21 min/km
100	1287	Wolf Ulrike	Laktatkönige Köln	0:53:35	1958 W50	3	0:53:47	17:05 * 17:42 * 18:47	5:22 min/km
101	44	Balg Simone	*Overath	0:53:35	1974 W35	11	0:54:44	18:09 * 17:39 * 17:47	5:22 min/km
102	1938	Jacobs Judith	*Erkelenz	0:53:42	1984 WHK	42	0:54:02	17:53 * 17:41 * 18:07	5:22 min/km
103	333	Fischer-Appelt Anke	*Koeln	0:53:44	1972 W35	12	0:53:45	17:42 * 18:03 * 17:58	5:22 min/km
104	1036	Schmitz Diana	*Köln	0:53:49	1980 W30	19	0:54:32	17:52 * 17:36 * 18:20	5:23 min/km
105	199	Courth Dagmar	TUS 06 Waldbröl	0:53:51	1970 W40	10	0:54:37	18:33 * 17:32 * 17:45	5:23 min/km
106	2126	Kütemann Nadine	*Espelkamp	0:53:52	1987 WHK	43	0:54:31	17:26 * 17:49 * 18:36	5:23 min/km
107	1164	Ströter Bixi	*Kerpen	0:53:59	1968 W40	11	0:54:53	18:07 * 17:43 * 18:08	5:24 min/km
108	651	Kopp Isabella	*Köln	0:54:10	1965 W45	9	0:57:54	18:12 * 17:35 * 18:22	5:25 min/km
109	2359	Nothacker Dunja	*Altdorf	0:54:17	1992 WJA	8	0:54:20	17:55 * 18:02 * 18:19	5:26 min/km

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110	2468	Reifenhäuser Anna	Original Bootcamp	0:54:17	1983	WHK	44	0:57:05	19:30 *	17:32 *	17:14	5:26 min/km
111	1219	Voigt Nicole	42tausend / NAO PT	0:54:18	1974	W35	13	0:54:36	17:18 *	17:55 *	19:04	5:26 min/km
112	435	Haase Gabi	LT Düsseldorf-Süd	0:54:21	1970	W40	12	0:57:29	19:07 *	17:42 *	17:30	5:26 min/km
113	1439	Boering-Vieten Annette	*Köln	0:54:25	1959	W50	4	0:54:26	16:41 *	18:27 *	19:17	5:27 min/km
114	1849	Heinz Dr. Christina	*Köln	0:54:30	1981	W30	20	0:58:15	20:18 *	18:16 *	15:54	5:27 min/km
115	2244	Martin Anita	*VS-Villingen	0:54:30	1959	W50	5	0:54:41	17:16 *	18:00 *	19:14	5:27 min/km
116	1132	Stahl Kathrin	*Koeln	0:54:34	1970	W40	13	0:55:21	18:15 *	17:58 *	18:20	5:27 min/km
117	1130	Sprenkamp Katharina	BAYER AG	0:54:44	1982	WHK	45	0:55:20	18:26 *	17:37 *	18:40	5:28 min/km
118	1582	Driller Sonja	BAYER AG	0:54:44	1978	W30	21	0:55:21	18:25 *	17:37 *	18:41	5:28 min/km
119	2373	Offermanns Heike	*Rösrath	0:54:45	1973	W35	14	0:55:09	18:18 *	17:55 *	18:31	5:29 min/km
120	2919	Wendig Melanie	*Rösrath	0:54:45	1969	W40	14	0:55:09	18:18 *	17:55 *	18:31	5:29 min/km
121	489	Herges Birgit	*Bergisch Gladbach	0:54:47	1959	W50	6	0:55:56	18:09 *	17:50 *	18:47	5:29 min/km
122	2162	Lenz Anja	*Köln	0:54:47	1981	W30	22	0:55:32	17:50 *	18:28 *	18:28	5:29 min/km
123	383	Gevers Claudia	*Köln	0:54:52	1974	W35	15	0:55:26	17:22 *	18:15 *	19:13	5:29 min/km
124	2346	Nickol Eva	*Köln	0:54:54	1981	W30	23	0:57:15	19:16 *	17:44 *	17:53	5:29 min/km
125	630	Klußmann Tanja	1. Kölner Laufstall	0:54:57	1969	W40	15	0:55:28	17:41 *	18:16 *	18:59	5:30 min/km
126	1324	Akca Nihal	LaufConnection-Hürth	0:55:00	1966	W45	10	0:57:11	18:34 *	17:42 *	18:43	5:30 min/km
127	2775	Tatzki Kimberley	*Voerde	0:55:02	1991	WHK	46	0:55:39	17:26 *	17:50 *	19:44	5:30 min/km
128	1069	Schreiner Birgit	TC Weiden	0:55:03	1960	W50	7	0:56:14	18:39 *	18:06 *	18:17	5:30 min/km
129	659	Kramp Lydia	ASV Köln Team 42	0:55:07	1959	W50	8	0:55:21	17:36 *	18:10 *	19:20	5:31 min/km
130	1909	Horn Aline	*Köln	0:55:09	1987	WHK	47	0:56:14	18:15 *	18:14 *	18:39	5:31 min/km
131	448	Hamann Brigitta	*Bergisch Gladbach	0:55:12	1963	W45	11	0:57:32	18:19 *	18:03 *	18:50	5:31 min/km
132	1716	Gajewski Martina	1. Kölner Laufstall	0:55:13	1962	W45	12	0:56:33	18:33 *	17:58 *	18:41	5:31 min/km
133	2967	Wüst Gabi	*Darmstadt	0:55:14	1962	W45	13	0:57:16	18:31 *	18:07 *	18:35	5:31 min/km
134	685	Kuhn Andrea	Lucky Stars	0:55:14	1980	W30	24	0:57:30	17:45 *	18:12 *	19:15	5:31 min/km
135	543	Husmann Sylvia	*Köln	0:55:22	1978	W30	25	0:56:12	17:31 *	18:34 *	19:16	5:32 min/km
136	3001	Waßerka Ina		0:55:25	1974	W35	16	0:55:28	17:34 *	18:22 *	19:28	5:33 min/km
137	1597	Ebert Charlotte	*Köln	0:55:29	1987	WHK	48	0:56:33	18:16 *	18:14 *	18:58	5:33 min/km
138	848	Nusbaum Susanne	Aperolclub	0:55:46	1973	W35	17	0:56:01	18:25 *	18:28 *	18:52	5:35 min/km
139	2028	Kivernagel Christine	Aperolclub	0:55:46	1975	W35	18	0:56:01	18:25 *	18:28 *	18:52	5:35 min/km
140	471	Heinicke Christina	*Köln	0:55:53	1978	W30	26	0:56:47	18:13 *	18:18 *	19:21	5:35 min/km
141	1753	Glowania Ariane	*Trier	0:55:54	1978	W30	27	0:55:59	18:03 *	18:41 *	19:09	5:35 min/km
142	2427	Pommer Charlotte	*Düsseldorf	0:55:56	1997	WSA	1	0:58:50	20:42 *	17:59 *	17:15	5:36 min/km
143	495	Herold Christine	Und Tschüß !	0:56:00	1979	W30	28	0:57:52	19:11 *	18:14 *	18:34	5:36 min/km
144	1225	Von Schorlemer Melanie	Lufthansa	0:56:01	1964	W45	14	0:56:34	18:56 *	18:04 *	19:00	5:36 min/km
145	317	Feldkamp Katharina	Les Agents Provocateurs	0:56:07	1976	W35	19	0:59:11	19:04 *	17:51 *	19:10	5:37 min/km
146	765	Martin Anika	*Köln	0:56:07	1984	WHK	49	0:56:33	18:21 *	18:38 *	19:07	5:37 min/km
147	2423	Podesta Silke	*Köln	0:56:08	1983	WHK	50	0:56:51	18:43 *	18:25 *	19:00	5:37 min/km
148	1015	Schmelzer Dörte	Lauftreff Zinnowitz	0:56:12	1969	W40	16	0:57:26	18:59 *	18:20 *	18:52	5:37 min/km
149	2474	Reisch Ina	*Köln	0:56:12	1979	W30	29	0:56:38	18:12 *	17:57 *	20:02	5:37 min/km
150	940	Renk-Geier Daniela	*Köln	0:56:16	1972	W35	20	0:56:41	17:48 *	18:55 *	19:32	5:38 min/km
151	1977	Kalscheuer Corinna	*Köln	0:56:19	1970	W40	17	0:57:08	19:34 *	18:49 *	17:54	5:38 min/km
152	2648	Schulze Ina	*Bergisch Gladbach	0:56:25	1973	W35	21	0:57:26	19:46 *	18:14 *	18:24	5:39 min/km
153	1818	Hansel Nicola	*koeln	0:56:30	1964	W45	15	0:58:00	18:28 *	18:34 *	19:26	5:39 min/km
154	337	Flintrop Dr. Annegret	*koeln	0:56:31	1952	W55	1	0:58:03	18:27 *	18:34 *	19:29	5:39 min/km
155	2787	Teuber Monika	*Köln	0:56:32	1990	WHK	51	0:56:35	17:49 *	19:05 *	19:37	5:39 min/km
156	1434	Boehner Katrin Sophie	Die Optimisten	0:56:32	1979	W30	30	0:57:36	18:32 *	18:32 *	19:27	5:39 min/km
157	3067	Terbrügge Barbara		0:56:34	1968	W40	18	0:56:56	18:43 *	18:48 *	19:01	5:39 min/km
158	373	Geller Monika	*Köln	0:56:35	1962	W45	16	0:59:11	19:05 *	19:11 *	18:18	5:40 min/km
159	2974	Zaeske Nina	*Köln	0:56:35	1988	WHK	52	0:58:40	19:13 *	18:20 *	19:01	5:40 min/km
160	2491	Riemann Jenny	LUTZ	0:56:37	1975	W35	22	0:57:49	19:00 *	17:49 *	19:47	5:40 min/km
161	2933	Wiebach Janet	mhmK running	0:56:37	1991	WHK	53	0:58:32	19:48 *	18:21 *	18:27	5:40 min/km
162	2002	Keller Laura	mhmK running	0:56:37	1991	WHK	54	0:58:32	19:48 *	18:21 *	18:27	5:40 min/km
163	2194	Loehr Katrin	*Köln	0:56:37	1966	W45	17	0:57:47	17:58 *	18:05 *	20:34	5:40 min/km
164	1052	Schneider Maria-Cecil	XINGrunners Cologne	0:56:39	1966	W45	18	0:57:02	18:12 *	18:39 *	19:47	5:40 min/km
165	447	Hajek Verena	Laufmonster	0:56:42	1952	W55	2	0:56:50	17:56 *	18:54 *	19:50	5:40 min/km

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166	138	Braunleder Anne	Vorwärts Spoho 98	0:56:43	1978	W30	31	0:58:59	19:59 *	18:13 *	18:30	5:40 min/km
167	566	Jokic Rose	*Köln	0:56:46	1978	W30	32	1:00:05	19:40 *	18:41 *	18:24	5:41 min/km
168	3118	Astner Beate	Gummy Bear Runners	0:56:46	1969	W40	19	0:58:21	18:26 *	18:41 *	19:38	5:41 min/km
169	1420	Bilginoglu Diana	*Köln	0:56:47	1980	W30	33	0:57:50	18:31 *	18:34 *	19:41	5:41 min/km
170	756	Malig Susanne	Tempo, kleine Schnecke	0:56:47	1967	W40	20	0:57:28	18:36 *	18:42 *	19:28	5:41 min/km
171	1153	Stölting Christiane	*KÖLN	0:56:54	1968	W40	21	0:58:23	19:14 *	18:31 *	19:09	5:41 min/km
172	1362	Bagusche Johanna	*Frechen	0:56:55	1961	W50	9	0:57:48	18:23 *	18:44 *	19:47	5:42 min/km
173	1568	Dietz Ingeborg	*köln	0:57:05	1956	W55	3	0:57:56	18:46 *	18:49 *	19:30	5:43 min/km
174	80	Berger Karola	*Köln	0:57:07	1965	W45	19	0:57:47	18:31 *	18:50 *	19:45	5:43 min/km
175	2847	Van Kerkom Dr. Kerstin	Original Bootcamp	0:57:08	1964	W45	20	1:00:00	19:24 *	18:46 *	18:57	5:43 min/km
176	666	Krick Silke	Renntiere	0:57:14	1977	W30	34	1:00:34	19:11 *	18:35 *	19:27	5:43 min/km
177	517	Hörster Natalie	*Köln	0:57:16	1974	W35	23	0:59:26	21:02 *	18:36 *	17:37	5:44 min/km
178	2977	Zbiec Julia	*Köln	0:57:16	1988	WHK	55	0:58:26	19:10 *	18:59 *	19:06	5:44 min/km
179	2604	Schmidt Karina	*Köln	0:57:17	1986	WHK	56	0:58:27	19:10 *	18:59 *	19:07	5:44 min/km
180	612	Klein Kristina	*Köln	0:57:18	1981	W30	35	0:58:46	18:41 *	18:20 *	20:16	5:44 min/km
181	2752	Strahl Nina	Die Rosetten	0:57:18	1980	W30	36	0:57:34	18:23 *	19:10 *	19:44	5:44 min/km
182	2751	Strahl Eva	Die Rosetten	0:57:19	1984	WHK	57	0:57:35	18:23 *	19:11 *	19:44	5:44 min/km
183	2447	Pussak Maren	MAT-Runners	0:57:24	1984	WHK	58	1:00:39	19:45 *	18:47 *	18:51	5:44 min/km
184	2095	Krauß Karla	*Köln	0:57:25	1985	WHK	59	0:58:12	17:58 *	19:04 *	20:22	5:45 min/km
185	1638	Evers Annika	*Köln	0:57:29	1989	WHK	60	0:57:43	18:31 *	19:08 *	19:49	5:45 min/km
186	916	Raga Ursula	*Köln	0:57:30	1980	W30	37	0:58:08	18:52 *	18:46 *	19:51	5:45 min/km
187	2180	Lindemann Irina	*Köln	0:57:31	1973	W35	24	0:58:14	19:20 *	18:51 *	19:20	5:45 min/km
188	395	Göbel Susanne	*köln	0:57:39	1967	W40	22	0:58:27	19:35 *	18:49 *	19:14	5:46 min/km
189	260	Ehlen Daniela	*Bergisch Gladbach	0:57:39	1966	W45	21	0:57:53	18:27 *	19:09 *	20:03	5:46 min/km
190	597	Kett Henrike	-	0:57:40	1972	W35	25	0:57:52	18:28 *	19:08 *	20:03	5:46 min/km
191	557	Jansen Beate	*Köln	0:57:40	1962	W45	22	0:57:51	18:40 *	19:28 *	19:31	5:46 min/km
192	707	Langens Michaela	KSK Köln	0:57:40	1972	W35	26	0:57:49	18:24 *	19:01 *	20:14	5:46 min/km
193	118	Bohlem Gabi	*Düren	0:57:43	1970	W40	23	0:59:18	19:45 *	18:13 *	19:44	5:46 min/km
194	2357	Nolden Dorothee	*Jüchen	0:57:45	1978	W30	38	0:57:58	18:07 *	19:25 *	20:12	5:47 min/km
195	2736	Steven Annika	*Köln	0:57:45	1987	WHK	61	0:58:33	20:13 *	18:50 *	18:42	5:47 min/km
196	1403	Berentelg Nadja	*Meppen	0:57:46	1992	WJA	9	0:57:48	17:49 *	19:44 *	20:12	5:47 min/km
197	2114	Kruse Sabrina	*Köln	0:57:48	1983	WHK	62	1:00:21	19:55 *	18:50 *	19:03	5:47 min/km
198	1085	Schulz Steffi	*Köln	0:57:50	1979	W30	39	0:59:15	19:28 *	18:35 *	19:46	5:47 min/km
199	2704	Spilles Prof. Dr. Annette	Weihnachtsgänse	0:57:53	1986	WHK	63	0:59:41	19:01 *	19:03 *	19:48	5:47 min/km
200	485	Henßen Ulla	*Köln	0:57:58	1962	W45	23	0:59:31	19:54 *	18:43 *	19:20	5:48 min/km
201	2516	Rong Nina	*Köln	0:57:59	1982	WHK	64	1:00:36	19:49 *	18:56 *	19:14	5:48 min/km
202	599	Kewitz Sabine	*Kerpen	0:57:59	1972	W35	27	1:01:13	19:20 *	19:04 *	19:33	5:48 min/km
203	1848	Heinen Angela	sg koeln-worringen	0:58:05	1963	W45	24	0:59:27	19:31 *	19:00 *	19:33	5:49 min/km
204	2394	Palarczyk Agnes	*Köln	0:58:11	1979	W30	40	0:59:48	20:01 *	18:51 *	19:18	5:49 min/km
205	486	Heppner Claudia	*Leverkusen	0:58:11	1977	W30	41	1:00:01	20:15 *	19:09 *	18:46	5:49 min/km
206	746	Lüssenhop Henrike	Nordisch by Nature	0:58:11	1986	WHK	65	0:59:32	19:19 *	19:32 *	19:20	5:49 min/km
207	457	Harbauer Berit	Nordisch by Nature	0:58:12	1978	W30	42	0:59:32	19:19 *	19:32 *	19:20	5:49 min/km
208	1886	Hiddemann Nina	*Köln	0:58:12	1974	W35	28	0:58:52	19:08 *	19:04 *	19:58	5:49 min/km
209	1402	Berens Daniela	*Hürth	0:58:14	1982	WHK	66	0:59:53	19:30 *	18:57 *	19:47	5:49 min/km
210	1447	Bors Kerstin	*Bonn	0:58:16	1976	W35	29	0:59:52	19:22 *	19:11 *	19:43	5:50 min/km
211	2259	Maurer Heidrun	*köln	0:58:19	1972	W35	30	0:59:55	19:21 *	19:15 *	19:43	5:50 min/km
212	423	Grunewald Dorit	*Köln	0:58:26	1977	W30	43	1:01:11	19:45 *	19:00 *	19:39	5:51 min/km
213	2065	Kohl Sina	*Köln	0:58:29	1987	WHK	67	1:01:31	20:23 *	19:10 *	18:55	5:51 min/km
214	1915	Hülshorst Irene	*Düsseldorf	0:58:30	1958	W50	10	1:00:07	19:06 *	19:10 *	20:13	5:51 min/km
215	174	Cafaro Rosa Luciana	*Frechen	0:58:33	1969	W40	24	1:02:07	21:17 *	19:01 *	18:14	5:51 min/km
216	1206	Urhahn Petra	*Hürth	0:58:34	1957	W50	11	1:00:40	19:24 *	19:09 *	20:00	5:51 min/km
217	1929	Igelmund-Schmidt	Albis Laufftreff Vogelsang	0:58:36	1963	W45	25	0:59:01	19:07 *	19:17 *	20:11	5:52 min/km
218	1930	Iken Isabel	*Köln	0:58:37	1963	W45	26	0:59:07	18:39 *	19:23 *	20:35	5:52 min/km
219	1648	Feldhoff Adriana	*Köln	0:58:40	1981	W30	44	0:58:56	19:27 *	19:21 *	19:51	5:52 min/km
220	718	Lemberg Kathrin	*Köln	0:58:41	1978	W30	45	1:01:42	20:41 *	18:55 *	19:04	5:52 min/km
221	1376	Bauer Judith	RC Schmitter	0:58:42	1972	W35	31	1:00:54	19:58 *	18:51 *	19:52	5:52 min/km

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222	952	Riedl Sylvia	RC Schmitter	0:58:42	1962	W45	27	1:00:54	19:58 *	18:45 *	19:58	5:52 min/km
223	2295	Mölgen Eva	*Leverkusen	0:58:46	1968	W40	25	1:01:17	20:32 *	18:44 *	19:29	5:53 min/km
224	842	Nitschke Waltraut	ASV Köln	0:58:50	1960	W50	12	0:59:50	19:53 *	19:24 *	19:31	5:53 min/km
225	449	Hamann Herta	*Troisdorf	0:58:50	1942	W65	1	1:01:10	18:18 *	19:26 *	21:05	5:53 min/km
226	1723	Gebhart Jane	*Köln	0:58:51	1984	WHK	68	0:58:56	17:43 *	19:40 *	21:27	5:53 min/km
227	1316	Zurek Dr. Birte	*Bielefeld	0:58:52	1981	W30	46	1:01:20	20:44 *	19:24 *	18:44	5:53 min/km
228	2922	Werheit Anika	Die Rosetten	0:58:52	1989	WHK	69	0:59:10	18:22 *	19:32 *	20:57	5:53 min/km
229	1594	Dziggel Simone	*dormagen	0:58:53	1964	W45	28	0:59:37	20:07 *	19:16 *	19:29	5:53 min/km
230	2377	Orth Katharina	*Siegburg	0:58:54	1985	WHK	70	0:59:16	19:57 *	19:47 *	19:08	5:53 min/km
231	3034	Kisterer-Bahr Hanna		0:58:57	1978	W30	47	1:02:06	21:08 *	18:47 *	19:02	5:54 min/km
232	2780	Tegethoff Irina	Irina Tegethoff	0:59:03	1983	WHK	71	1:00:48	19:22 *	19:21 *	20:19	5:54 min/km
233	27	Andree Maria	*Köln	0:59:03	1984	WHK	72	1:01:31	20:43 *	19:24 *	18:54	5:54 min/km
234	1158	Strecker Kerstin	Original Bootcamp	0:59:03	1984	WHK	73	1:01:50	19:30 *	19:18 *	20:14	5:54 min/km
235	1339	Assenmacher Diana	kein	0:59:04	1970	W40	26	1:01:24	20:28 *	18:53 *	19:43	5:54 min/km
236	1910	Horn Birgit	*Köln	0:59:04	1973	W35	32	1:00:52	19:33 *	19:38 *	19:53	5:54 min/km
237	1250	Weber Ulrike	*Pulheim	0:59:06	1965	W45	29	1:01:12	19:37 *	19:16 *	20:12	5:55 min/km
238	763	Marsen-Monich Sabine	Laufperlen	0:59:09	1955	W55	4	1:00:41	19:43 *	19:17 *	20:08	5:55 min/km
239	632	Knepel Angelika	*kerpen-horrem	0:59:09	1956	W55	5	1:00:41	19:43 *	19:17 *	20:08	5:55 min/km
240	1303	Zettel Sandra	*Frechen	0:59:13	1969	W40	27	1:02:34	21:13 *	19:09 *	18:49	5:55 min/km
241	2402	Peiler Lisa	*Münster	0:59:14	1989	WHK	74	1:02:39	21:10 *	19:34 *	18:28	5:55 min/km
242	644	Kokot Sylvia	*Köln	0:59:14	1980	W30	48	1:01:32	20:55 *	19:28 *	18:50	5:55 min/km
243	1391	Beckmann Heide	*Roßdorf	0:59:15	1956	W55	6	1:01:17	19:21 *	19:48 *	20:05	5:56 min/km
244	1097	Seifriz Britta	*Frechen	0:59:16	1972	W35	33	1:01:31	20:00 *	19:38 *	19:36	5:56 min/km
245	153	Brunsmann Ramona	*Hürth	0:59:16	1974	W35	34	1:01:52	20:09 *	19:16 *	19:50	5:56 min/km
246	669	Krogull Monika	Kölner Ausdauer und	0:59:17	1964	W45	30	1:02:11	19:32 *	19:52 *	19:52	5:56 min/km
247	2996	Zoske Heike	RC Schmitter	0:59:20	1964	W45	31	1:01:34	20:00 *	19:23 *	19:56	5:56 min/km
248	1148	Stephan Nadja	Vorwärts Köln	0:59:21	1973	W35	35	1:03:05	19:54 *	19:31 *	19:56	5:56 min/km
249	700	Landmann Yvonne	Hardtseemafia Triathlon	0:59:22	1982	WHK	75	1:02:31	21:38 *	19:13 *	18:31	5:56 min/km
250	1531	Dähnke Beate	run4fun	0:59:28	1968	W40	28	1:02:35	20:39 *	19:12 *	19:36	5:57 min/km
251	2779	Tedder April	*Köln	0:59:32	1964	W45	32	1:01:43	21:18 *	19:15 *	18:58	5:57 min/km
252	1781	Große Entrup Natascha	run4fun	0:59:33	1969	W40	29	1:02:40	20:39 *	19:12 *	19:41	5:57 min/km
253	296	Etten Christina	Mit Energie Rhein ins Ziel	0:59:33	1981	W30	49	1:03:04	21:03 *	18:53 *	19:36	5:57 min/km
254	176	Can Mediha	Colonia-Team	0:59:37	1955	W55	7	1:01:54	20:09 *	19:14 *	20:12	5:58 min/km
255	509	Hintz Anja	ISI-RUNNERS	0:59:38	1978	W30	50	1:00:10	19:41 *	19:56 *	20:00	5:58 min/km
256	2264	Mecker Anna	*Rösrath	0:59:39	2001	WSC	1	1:00:26	20:28 *	19:46 *	19:23	5:58 min/km
257	789	Meyer Manuela	*Köln	0:59:45	1982	WHK	76	1:00:18	19:48 *	19:50 *	20:07	5:59 min/km
258	278	Engelkamp Barbara	BSG DEVK	0:59:46	1964	W45	33	1:00:09	19:49 *	19:57 *	19:59	5:59 min/km
259	2874	Voß Daniela	*Siegburg	0:59:47	1986	WHK	77	1:00:09	19:57 *	19:47 *	20:02	5:59 min/km
260	774	Mecker Heike	*Rösrath	0:59:48	1975	W35	36	1:00:35	20:28 *	19:46 *	19:32	5:59 min/km
261	1852	Held Tanja	*Brühl	0:59:48	1974	W35	37	1:02:01	20:03 *	19:27 *	20:17	5:59 min/km
262	1011	Schleicher Schmidt	*Radevormwald	0:59:49	1962	W45	34	1:02:41	19:26 *	19:39 *	20:43	5:59 min/km
263	1089	Schuster Yvonne	*Köln	0:59:51	1980	W30	51	1:01:27	20:03 *	19:29 *	20:18	5:59 min/km
264	1547	Demirkol Tugba	*Köln	0:59:51	1987	WHK	78	1:00:52	20:10 *	19:27 *	20:13	5:59 min/km
265	2421	Pitsch-Weirich Jeannette	*Bergisch Gladbach	0:59:52	1966	W45	35	1:01:28	20:04 *	19:40 *	20:06	5:59 min/km
266	2185	Link Katrin	TuS Hipstedt	0:59:52	1986	WHK	79	1:00:52	20:09 *	19:28 *	20:14	5:59 min/km
267	1117	Sommerberg Melanie	*Kürten	0:59:55	1978	W30	52	1:02:07	19:56 *	19:25 *	20:33	5:60 min/km
268	2518	Roose Julika	atemrausch*	0:59:55	1979	W30	53	1:01:43	20:14 *	19:52 *	19:49	5:60 min/km
269	745	Lühn Birgit	*Köln	0:59:58	1981	W30	54	1:03:13	20:31 *	19:38 *	19:49	5:60 min/km
270	1650	Feldmann Ursula	*Köln	0:59:59	1972	W35	38	1:00:50	20:51 *	19:35 *	19:32	5:60 min/km
271	1091	Seeger Silke	*Köln	0:59:59	1974	W35	39	1:02:35	19:53 *	19:51 *	20:14	5:60 min/km
272	2006	Kemper Ina	Hopp, hopp, hopp	1:00:00	1983	WHK	80	1:01:26	20:16 *	20:07 *	19:35	6:00 min/km
273	476	Heller Marlene	*Köln	1:00:00	1952	W55	8	1:01:00	20:01 *	19:43 *	20:16	6:00 min/km
274	2493	Rietschle Ruth	*Köln	1:00:02	1987	WHK	81	1:01:20	21:31 *	19:35 *	18:55	6:00 min/km
275	1733	Georgiev Alexandra	*Köln	1:00:02	1987	WHK	82	1:01:20	21:31 *	19:35 *	18:55	6:00 min/km
276	2268	Mehrtens Anja	*Köln	1:00:04	1989	WHK	83	1:01:04	20:09 *	19:28 *	20:26	6:00 min/km
277	42	Bäuerlen Jana	Original Bootcamp	1:00:04	1979	W30	55	1:02:51	19:31 *	19:23 *	21:09	6:00 min/km

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278	2542	Rutz Katharina	*Köln	1:00:06	1988 WHK	84	1:01:18	20:01 * 19:35 * 20:29	6:01 min/km
279	2548	Salisch Hendrikje	*Köln	1:00:07	1982 WHK	85	1:01:19	20:01 * 19:35 * 20:30	6:01 min/km
280	1653	Felix Elena	*Celle	1:00:08	1974 W35	40	1:00:26	18:28 * 20:25 * 21:15	6:01 min/km
281	723	Lewandowski Birgit	Laktatkönige Köln	1:00:10	1965 W45	36	1:02:08	20:01 * 20:13 * 19:55	6:01 min/km
282	2090	Kraus Stephanie	*Köln	1:00:11	1989 WHK	86	1:00:28	19:28 * 20:00 * 20:42	6:01 min/km
283	1252	Wegener Sabine	LG Donatus Erftstadt	1:00:11	1969 W40	30	1:03:32	19:53 * 19:55 * 20:21	6:01 min/km
284	2236	Marburger Sabine	*Köln	1:00:15	1969 W40	31	1:01:59	21:04 * 19:45 * 19:25	6:02 min/km
285	321	Fergin Petra	*Siegburg	1:00:16	1963 W45	37	1:03:01	19:46 * 19:36 * 20:53	6:02 min/km
286	124	Born Caro	*Köln	1:00:17	1969 W40	32	1:03:55	20:35 * 19:31 * 20:10	6:02 min/km
287	3022	Halupczok Ute	Uniplan	1:00:18	1971 W40	33	1:01:48	20:58 * 19:31 * 19:48	6:02 min/km
288	1792	Haacker Dörthe	*Alpenrod	1:00:22	1987 WHK	87	1:01:01	20:26 * 19:13 * 20:42	6:02 min/km
289	979	Sabel Anke	*Köln	1:00:22	1977 W30	56	1:02:31	20:14 * 19:30 * 20:37	6:02 min/km
290	781	Menngen Sabrina	*Helferskirchen	1:00:22	1984 WHK	88	1:01:01	20:26 * 19:13 * 20:42	6:02 min/km
291	1584	Drost Marie	*Aachen	1:00:22	1987 WHK	89	1:01:01	20:26 * 19:13 * 20:42	6:02 min/km
292	3119	Feller Michaela	*Köln	1:00:23	1967 W40	34	1:01:57	20:31 * 19:32 * 20:19	6:02 min/km
293	3117	Küpfer Manu	*Leverkusen	1:00:23	1967 W40	35	1:01:58	20:31 * 19:33 * 20:18	6:02 min/km
294	2053	Knop Vera	*Köln	1:00:26	1969 W40	36	1:01:47	20:23 * 19:56 * 20:07	6:03 min/km
295	766	Martius-Schmidt Verena	*erftstadt	1:00:29	1959 W50	13	1:03:22	20:36 * 19:33 * 20:19	6:03 min/km
296	2392	Pacevica Ieva	*Köln	1:00:29	1982 WHK	90	1:04:15	21:37 * 19:14 * 19:37	6:03 min/km
297	533	Horton Bridget	*Koeln	1:00:31	1974 W35	41	1:00:52	19:22 * 20:11 * 20:57	6:03 min/km
298	1838	Heck Janina	Die Heckschen	1:00:33	1992 WJA	10	1:03:48	21:11 * 19:42 * 19:40	6:03 min/km
299	1013	Schlinge Susanna	*Köln	1:00:33	1971 W40	37	1:02:14	20:58 * 19:03 * 20:32	6:03 min/km
300	1837	Heck Elke	Die Heckschen	1:00:34	1965 W45	38	1:03:48	21:11 * 19:41 * 19:40	6:03 min/km
301	461	Harms Tanja	*Köln	1:00:39	1972 W35	42	1:01:46	20:27 * 20:15 * 19:56	6:04 min/km
302	1392	Beckmann Katrin	*Roßdorf	1:00:40	1980 W30	57	1:02:38	21:14 * 19:29 * 19:55	6:04 min/km
303	796	Mickeleit Jil	*Pulheim	1:00:40	2000 WSC	2	1:04:16	20:52 * 19:55 * 19:53	6:04 min/km
304	610	Klein Inga	*Köln	1:00:45	1980 W30	58	1:04:00	20:31 * 19:38 * 20:35	6:05 min/km
305	2989	Zimmermann Sandra	*Köln	1:00:50	1981 W30	59	1:03:02	21:36 * 19:44 * 19:29	6:05 min/km
306	937	Reinold Lis	*Bergheim	1:00:54	1952 W55	9	1:01:22	20:29 * 19:57 * 20:28	6:05 min/km
307	2722	Stebelzckaja Marina	*Köln	1:00:54	1978 W30	60	1:02:45	21:54 * 19:48 * 19:11	6:05 min/km
308	2085	Krasina Alexandra	*wiesbaden	1:00:55	1982 WHK	91	1:02:45	21:55 * 19:49 * 19:10	6:06 min/km
309	1566	Dietrich Paalke	*Köln	1:00:57	1980 W30	61	1:04:45	22:42 * 21:28 * 16:46	6:06 min/km
310	2247	Martini Cristina	ISI-RUNNERS	1:01:00	1972 W35	43	1:01:38	19:18 * 20:21 * 21:20	6:06 min/km
311	2198	Loos Helena	*Köln	1:01:05	1989 WHK	92	1:03:07	20:42 * 19:57 * 20:25	6:07 min/km
312	964	Röwekamp Mareike	MACH3	1:01:05	1981 W30	62	1:04:04	20:53 * 19:47 * 20:25	6:07 min/km
313	2092	Krause Carina	*Köln	1:01:06	1981 W30	63	1:04:18	21:38 * 20:19 * 19:08	6:07 min/km
314	2371	Offenborn Helena	*Münster	1:01:08	1989 WHK	93	1:04:33	21:11 * 19:53 * 20:03	6:07 min/km
315	733	Lindenlauf Marisa	YourNextLevel meets	1:01:11	1979 W30	64	1:02:20	20:18 * 20:02 * 20:49	6:07 min/km
315	731	Linden Viola	*Hürth	1:01:11	1971 W40	38	1:01:53	20:58 * 19:50 * 20:22	6:07 min/km
317	236	Dotzauer Lena	YourNextLevel meets	1:01:11	1984 WHK	94	1:02:20	20:19 * 20:02 * 20:49	6:07 min/km
318	2167	Levesque Nancy	*Duisburg	1:01:14	1978 W30	65	1:02:59	20:49 * 20:11 * 20:13	6:07 min/km
319	609	Klefisch Malgorzata	Hospizverein	1:01:14	1954 W55	10	1:02:09	20:26 * 20:08 * 20:40	6:07 min/km
320	2436	Poppen Sonja	*Köln	1:01:17	1977 W30	66	1:03:33	20:14 * 19:57 * 21:05	6:08 min/km
321	2115	Kübel Linda	*Essen	1:01:17	1992 WJA	11	1:05:06	17:45 * 20:51 * 22:40	6:08 min/km
322	117	Böttcher Annika	run4fun	1:01:17	1978 W30	67	1:04:29	20:53 * 19:43 * 20:41	6:08 min/km
323	75	Berg Kerstin	*Köln	1:01:19	1968 W40	39	1:03:17	20:49 * 19:47 * 20:42	6:08 min/km
323	249	Dunkel Silke	LeseWelten	1:01:19	1969 W40	39	1:03:35	19:55 * 20:10 * 21:13	6:08 min/km
325	2713	Spröwitz Manuela	*Köln	1:01:19	1977 W30	68	1:03:04	20:50 * 20:10 * 20:18	6:08 min/km
326	2062	Könsgen Niki	*Mainz	1:01:19	1981 W30	69	1:02:11	20:41 * 20:06 * 20:31	6:08 min/km
327	540	Humpohl Heike	Fit-mit-Sven	1:01:21	1983 WHK	95	1:02:48	20:13 * 19:59 * 21:08	6:08 min/km
328	226	Dietrich Ramona	Colombina Colonia	1:01:22	1963 W45	39	1:02:58	20:04 * 19:58 * 21:19	6:08 min/km
329	93	Biehl Carola	*Overath	1:01:26	1965 W45	40	1:03:46	22:11 * 20:03 * 19:10	6:09 min/km
330	1965	Jordan Ronja	*Köln	1:01:27	1981 W30	70	1:02:35	21:27 * 19:45 * 20:14	6:09 min/km
331	575	Kaiser Silke	*Pulheim	1:01:29	1975 W35	44	1:03:34	20:27 * 20:00 * 21:01	6:09 min/km
332	2850	Van Vugt Richelle	*Köln	1:01:36	1983 WHK	96	1:03:04	21:24 * 20:11 * 20:00	6:10 min/km
333	151	Brosthaus Joke	*Köln	1:01:38	1981 W30	71	1:03:05	21:25 * 20:10 * 20:01	6:10 min/km

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334	2586	Schilling Jana	*Köln	1:01:41	1997 WSA	2	1:04:44	21:58 * 20:02 * 19:40	6:10 min/km
335	41	Bade Petra	Lauftreff Vynen	1:01:47	1954 W55	11	1:03:30	20:41 * 20:06 * 20:59	6:11 min/km
336	37	Ayche Karin	Radiergummiliga.de	1:01:47	1954 W55	12	1:04:04	20:36 * 20:15 * 20:55	6:11 min/km
337	140	Breer Sandra	Laufschabe & Friends	1:01:48	1976 W35	45	1:05:00	21:07 * 19:54 * 20:46	6:11 min/km
338	1953	Jarosch Andrea	*Düsseldorf	1:01:50	1980 W30	72	1:01:59	19:22 * 20:55 * 21:32	6:11 min/km
339	631	Knebel Kari	MAS	1:01:52	1973 W35	46	1:02:37	20:20 * 20:03 * 21:28	6:11 min/km
340	1714	Gaens Brigitte	Die Gaense	1:01:53	1960 W50	14	1:04:50	23:22 * 21:13 * 17:17	6:11 min/km
341	14	Adam Simone	mas	1:01:54	1974 W35	47	1:02:39	20:20 * 20:03 * 21:30	6:11 min/km
342	978	Scherberich Ruth	Lufthansa	1:01:55	1985 WHK	97	1:02:29	20:25 * 20:26 * 21:03	6:11 min/km
343	958	Rittmeyer Sabine	Lufthansa	1:01:55	1969 W40	41	1:02:30	20:25 * 20:24 * 21:05	6:12 min/km
344	660	Krams Sabine	VfR Marienhagen	1:01:55	1964 W45	41	1:04:55	21:01 * 20:14 * 20:39	6:12 min/km
345	734	Lindstädt Dorota	TriCologne	1:01:58	1978 W30	73	1:05:30	22:35 * 19:48 * 19:33	6:12 min/km
346	490	Herkenhoener Natascha	TriCologne	1:01:58	1980 W30	74	1:05:30	22:35 * 19:49 * 19:33	6:12 min/km
347	788	Meuser Dagmar	*Köln	1:01:59	1967 W40	42	1:03:05	20:40 * 20:09 * 21:09	6:12 min/km
348	2336	Nettersheim Rosa	*KÖLN	1:02:00	1952 W55	13	1:05:11	20:57 * 20:36 * 20:26	6:12 min/km
349	2911	Weidl Andrea	Die Rosetten	1:02:01	1981 W30	75	1:02:18	19:29 * 20:44 * 21:48	6:12 min/km
350	875	Petereit Juliana	Lufthansa	1:02:01	1955 W55	14	1:02:38	20:23 * 20:25 * 21:12	6:12 min/km
351	2015	Kielkowski Sibille	*Frechen	1:02:09	1967 W40	43	1:02:38	20:15 * 20:19 * 21:34	6:13 min/km
352	255	Eberhart Petra	www.CF-Selbsthilfe-Koeln.	1:02:09	1965 W45	42	1:02:17	20:04 * 20:56 * 21:08	6:13 min/km
353	1413	Beyer Birgit	*Köln	1:02:09	1961 W50	15	1:02:18	20:04 * 20:57 * 21:08	6:13 min/km
354	1686	Franken Christina	*Köln	1:02:10	1969 W40	44	1:03:36	20:37 * 20:23 * 21:09	6:13 min/km
355	159	Bührmann Agnes	REWE Group	1:02:13	1977 W30	76	1:02:59	20:50 * 20:22 * 21:01	6:13 min/km
356	1665	Fischer Birgit	*Köln	1:02:14	1982 WHK	98	1:04:49	20:39 * 20:36 * 20:58	6:13 min/km
357	1664	Fischer Birgit	*Köln	1:02:14	1968 W40	45	1:06:01	20:40 * 19:39 * 21:54	6:13 min/km
358	1832	Hauff Carola	ISI-RUNNERS	1:02:21	1968 W40	46	1:03:01	21:54 * 20:12 * 20:14	6:14 min/km
359	2147	Lauth Sarina	Countryeggs	1:02:30	1987 WHK	99	1:05:03	20:35 * 20:26 * 21:29	6:15 min/km
360	751	Magiera Andrea	*Hilden	1:02:32	1966 W45	43	1:04:23	21:30 * 20:00 * 21:01	6:15 min/km
361	1221	Volz Henriette	*Köln	1:02:36	1962 W45	44	1:04:52	21:21 * 20:27 * 20:46	6:16 min/km
362	1613	Elles Michelle	sgerft	1:02:37	1997 WSA	3	1:03:53	21:37 * 20:12 * 20:48	6:16 min/km
363	1541	Deckenbrock Susanne	*Köln	1:02:38	1981 W30	77	1:04:10	20:28 * 20:44 * 21:25	6:16 min/km
364	1592	Duske Lena	*Erfstadt	1:02:41	1997 WSA	4	1:03:58	21:37 * 20:13 * 20:51	6:16 min/km
365	2705	Spilles Ursula	Weihnachtsgänse	1:02:45	1951 W60	1	1:04:37	21:44 * 20:15 * 20:45	6:17 min/km
366	1517	Claus Jana	*Köln	1:02:46	1976 W35	48	1:03:29	20:26 * 20:41 * 21:38	6:17 min/km
367	1901	Hohenschild Susanne	-	1:02:46	1959 W50	16	1:06:15	20:33 * 20:26 * 21:47	6:17 min/km
368	2794	Thiel Manuela	Manuela Thiel	1:02:51	1962 W45	45	1:06:20	21:04 * 20:37 * 21:09	6:17 min/km
369	1521	Compaore Inga	*Köln	1:02:53	1972 W35	49	1:04:24	19:53 * 19:56 * 23:02	6:17 min/km
370	1943	Jäschke Bärbel	*Radevormwald	1:02:57	1957 W50	17	1:05:40	22:35 * 20:54 * 19:27	6:18 min/km
371	2695	Sondermann Prof. Dr.	Hopp, hopp, hopp	1:03:03	1983 WHK	100	1:04:29	20:53 * 20:38 * 21:31	6:18 min/km
372	81	Berger Nicole	Lebenshilfe	1:03:06	1969 W40	47	1:05:05	22:41 * 22:03 * 18:22	6:19 min/km
373	332	Fischer Ursula	XINGrunners Cologne	1:03:07	1967 W40	48	1:04:18	21:30 * 20:16 * 21:20	6:19 min/km
374	2488	Richter Stephanie	XINGrunners Cologne	1:03:07	1980 W30	78	1:04:18	21:30 * 20:15 * 21:20	6:19 min/km
375	606	Kirst Anne	*Köln	1:03:13	1983 WHK	101	1:05:52	21:34 * 20:16 * 21:22	6:19 min/km
376	1291	Würminghausen Kristina	*Köln	1:03:14	1979 W30	79	1:05:52	21:35 * 20:16 * 21:22	6:19 min/km
377	484	Hennig Christina	Hellige Knäächte un	1:03:19	1981 W30	80	1:07:04	21:57 * 19:45 * 21:35	6:20 min/km
378	832	Neuhäuser Sarah	Original Bootcamp	1:03:22	1983 WHK	102	1:06:26	21:52 * 20:29 * 21:01	6:20 min/km
378	2615	Schmitz-Verhnjak Sylvia	TEAM RAFA	1:03:22	1951 W60	2	1:05:24	21:09 * 20:45 * 21:28	6:20 min/km
380	2034	Klein Janina	*Köln	1:03:23	1983 WHK	103	1:05:13	21:23 * 20:24 * 21:35	6:20 min/km
381	2830	Trenk Gabriele	Embaicher Jungs	1:03:26	1961 W50	18	1:05:12	21:29 * 20:47 * 21:09	6:21 min/km
382	2910	Weiden Julie	*Pulheim	1:03:33	2000 WSC	3	1:04:48	20:54 * 20:59 * 21:39	6:21 min/km
382	1427	Bleier Claudia	*Köln	1:03:33	1968 W40	49	1:04:41	21:34 * 20:29 * 21:29	6:21 min/km
384	2241	Marmodee Christina	MAT-Runners	1:03:36	1989 WHK	104	1:04:06	21:15 * 20:55 * 21:25	6:22 min/km
385	2035	Klein Lena	MAT-Runners	1:03:37	1989 WHK	105	1:04:07	21:15 * 20:55 * 21:26	6:22 min/km
386	2027	Kiunke Martina	Team Schluchseeläufer	1:03:37	1971 W40	50	1:06:20	21:32 * 20:27 * 21:38	6:22 min/km
387	791	Meyer Melanie	*Hürth	1:03:37	1976 W35	50	1:04:13	20:10 * 21:10 * 22:17	6:22 min/km
388	999	Schäfer Kerstin	*Köln	1:03:40	1967 W40	51	1:06:08	22:05 * 23:47 * 17:48	6:22 min/km
389	2431	Pompino Silke	*Solingen	1:03:41	1961 W50	19	1:04:16	21:14 * 20:52 * 21:34	6:22 min/km

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390	1944	Jäschke Elisabeth	*Köln	1:03:43	1989 WHK	106	1:06:28	22:34 *	20:54 *	20:15	6:22 min/km
391	1497	Burghardt Martina	Colombina Colonia	1:03:45	1972 W35	51	1:05:17	20:54 *	20:53 *	21:56	6:22 min/km
392	2802	Thomas Svenja	*Köln	1:03:48	1986 WHK	107	1:05:27	22:33 *	20:47 *	20:27	6:23 min/km
393	2561	Schaddach Kirstin	*Köln	1:03:49	1987 WHK	108	1:05:28	22:33 *	20:48 *	20:27	6:23 min/km
394	29	Arndt Bärbel	ASV	1:03:56	1956 W55	15	1:05:19	20:28 *	20:57 *	22:30	6:24 min/km
395	2583	Scherf Anja	*Köln	1:03:57	1973 W35	52	1:05:18	21:51 *	20:34 *	21:31	6:24 min/km
396	2549	Salvucci Bianca	*Köln	1:03:58	1976 W35	53	1:05:18	21:51 *	20:35 *	21:31	6:24 min/km
397	572	Kaczmarek Roswitha	*Menden	1:04:01	1964 W45	46	1:06:27	21:23 *	20:31 *	22:06	6:24 min/km
398	2177	Limbach Katrin	*Vettelschoß	1:04:04	1984 WHK	109	1:04:47	20:44 *	21:27 *	21:53	6:24 min/km
399	1377	Bauer Petra	BSG-AWB Köln e.V.	1:04:04	1966 W45	47	1:04:30	20:12 *	21:09 *	22:42	6:24 min/km
400	120	Bolten JTI Margit	*Köln	1:04:06	1959 W50	20	1:07:12	21:26 *	21:16 *	21:23	6:25 min/km
401	2828	Trebst Anja Christina	*Köln	1:04:09	1962 W45	48	1:04:12	19:33 *	21:10 *	23:25	6:25 min/km
402	1945	Jahnke Anna-Lena	*Köln	1:04:11	1984 WHK	110	1:04:57	20:20 *	21:38 *	22:13	6:25 min/km
403	1983	Karalus Melanie	*Köln	1:04:12	1978 W30	81	1:05:25	20:37 *	21:00 *	22:34	6:25 min/km
404	2279	Metternich Jessica	*Köln	1:04:12	1980 W30	82	1:07:22	22:17 *	21:22 *	20:32	6:25 min/km
405	2409	Pfannstiel Ariane	*Köln	1:04:13	1978 W30	83	1:05:26	20:38 *	21:00 *	22:34	6:25 min/km
406	46	Barthel Cathleen	LC-Euskirchen	1:04:14	1989 WHK	111	1:05:00	22:02 *	21:17 *	20:55	6:25 min/km
407	306	Falk Natascha	Die Heitzfeitze	1:04:16	1981 W30	84	1:05:22	21:11 *	21:19 *	21:45	6:26 min/km
408	2721	Stauf Heike	Die Heitzfeitze	1:04:17	1978 W30	85	1:05:22	21:11 *	21:19 *	21:45	6:26 min/km
409	2886	Wallutat Friederike	*Köln	1:04:18	1979 W30	86	1:07:30	21:38 *	20:19 *	22:20	6:26 min/km
410	516	Höltge Sara	Professoren der	1:04:23	1981 W30	87	1:04:56	22:08 *	21:47 *	20:27	6:26 min/km
411	973	Ruhnke Vera	Team Erdinger Alkoholfrei	1:04:29	1961 W50	21	1:06:12	20:39 *	20:48 *	23:01	6:27 min/km
412	397	Göke-Fritsch Christine	*Gladbeck	1:04:30	1960 W50	22	1:07:32	21:23 *	20:57 *	22:09	6:27 min/km
413	2415	Pinell Nicole	*Köln	1:04:32	1982 WHK	112	1:07:14	23:35 *	21:27 *	19:29	6:27 min/km
414	250	Dykstra Beate	Professoren der	1:04:35	1970 W40	52	1:05:47	21:02 *	21:03 *	22:29	6:28 min/km
415	1002	Schaffrath Andrea	*Dahlem	1:04:36	1978 W30	88	1:05:21	22:02 *	21:17 *	21:16	6:28 min/km
416	835	Neumann Jessica	Läuft!	1:04:37	1981 W30	89	1:05:51	20:20 *	21:28 *	22:48	6:28 min/km
417	2439	Pott Simone	*Köln	1:04:51	1973 W35	54	1:06:20	20:28 *	21:31 *	22:51	6:29 min/km
418	2725	Steinbach Anika	*Köln	1:04:56	1979 W30	90	1:06:14	21:53 *	21:23 *	21:39	6:30 min/km
419	1396	Beineke Heike	Die Heitzfeitze	1:04:56	1978 W30	91	1:06:02	21:11 *	21:19 *	22:25	6:30 min/km
420	2943	Will Sarah	*Köln	1:04:56	1980 W30	92	1:06:13	21:54 *	21:23 *	21:39	6:30 min/km
421	2140	Langer Bernadette	*Köln	1:04:56	1970 W40	53	1:08:25	22:43 *	21:18 *	20:54	6:30 min/km
422	1475	Brückner Ulricke	*Köln	1:04:57	1977 W30	93	1:06:14	21:54 *	21:23 *	21:39	6:30 min/km
423	459	Harig Anne	time2move Laufcoaching	1:04:57	1973 W35	55	1:08:25	22:43 *	21:18 *	20:55	6:30 min/km
424	2963	Wolff Cordula	KALS	1:04:59	1968 W40	54	1:08:30	22:27 *	20:50 *	21:41	6:30 min/km
425	1319	Adamczak Ingrid	*Köln	1:05:01	1980 W30	94	1:07:21	22:14 *	21:37 *	21:10	6:30 min/km
426	2742	Stoerber Kathrin	*Köln	1:05:01	1980 W30	95	1:08:07	22:07 *	20:51 *	22:03	6:30 min/km
427	87	Berthold Petra	*Köln	1:05:08	1960 W50	23	1:05:23	21:25 *	21:18 *	22:23	6:31 min/km
428	1689	Franz Annkatrin	*Köln	1:05:09	1986 WHK	113	1:08:37	22:34 *	21:29 *	21:06	6:31 min/km
429	2748	Stommelen Astrid	*Frechen-Königsdorf	1:05:10	1969 W40	55	1:06:56	22:15 *	21:04 *	21:49	6:31 min/km
430	1851	Heitkamp Silke	GS1 Germany GmbH 2	1:05:13	1969 W40	56	1:07:56	21:59 *	21:32 *	21:41	6:31 min/km
431	1855	Hellwege Sabine	*Köln	1:05:13	1981 W30	96	1:06:16	21:36 *	21:17 *	22:19	6:31 min/km
432	1306	Zielinski Janine	*Köln	1:05:15	1977 W30	97	1:08:59	22:35 *	21:24 *	21:15	6:32 min/km
433	2060	Königs Birgit	*Hürth	1:05:19	1969 W40	57	1:07:26	21:21 *	21:02 *	22:54	6:32 min/km
434	2854	Vent Dagmar	*Hennef	1:05:19	1962 W45	49	1:05:41	20:55 *	21:28 *	22:55	6:32 min/km
435	3064	Gauser Sandra	*Düsseldorf	1:05:22	1976 W35	56	1:07:29	20:39 *	22:21 *	22:21	6:32 min/km
436	944	Reuter Claudia	*Hürth	1:05:24	1968 W40	58	1:08:54	21:03 *	21:12 *	23:08	6:32 min/km
437	1008	Schilling Ricarda	*Erfstadt	1:05:27	1975 W35	57	1:07:15	21:08 *	21:20 *	22:58	6:33 min/km
438	605	Kirschner Claudia	*Köln	1:05:28	1963 W45	50	1:06:31	21:32 *	21:21 *	22:34	6:33 min/km
439	1309	Zimmermann Claudia	*Wuppertal	1:05:35	1967 W40	59	1:05:59	21:06 *	21:35 *	22:53	6:34 min/km
440	2383	Otten Petra	*Köln	1:05:36	1964 W45	51	1:06:04	21:30 *	21:21 *	22:44	6:34 min/km
441	1246	Wauschek Anna	Original Bootcamp	1:05:41	1981 W30	98	1:08:29	21:26 *	21:00 *	23:14	6:34 min/km
442	1170	Sturm Christina	Original Bootcamp	1:05:42	1982 WHK	114	1:08:30	21:27 *	21:00 *	23:14	6:34 min/km
443	628	Kluge Julia	Original Bootcamp	1:05:42	1982 WHK	115	1:08:29	21:26 *	21:01 *	23:14	6:34 min/km
444	1947	Jakoby Yvonne	*Köln	1:05:42	1979 W30	99	1:08:52	22:17 *	21:23 *	22:02	6:34 min/km
445	570	Jürgens Dr. Ruth	*Köln	1:05:43	1959 W50	24	1:07:21	21:49 *	21:37 *	22:16	6:34 min/km

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446	624	Kloda Vera	*Blumenberg	1:05:44	1962 W45	52	1:07:22	21:50 *	21:37 *	22:17	6:34 min/km
447	1386	Beck Marianne	*Bonn	1:05:45	1965 W45	53	1:07:16	21:01 *	21:37 *	23:06	6:35 min/km
448	401	Goslicki Kathleen	Lauftreff Düsseldorf-Süd	1:05:46	1986 WHK	116	1:08:54	22:52 *	21:39 *	21:14	6:35 min/km
449	2984	Zeuch Kirsten	Aktiv für Arbeit	1:05:51	1985 WHK	117	1:06:39	20:06 *	21:34 *	24:09	6:35 min/km
450	310	FASEL Eva	*Köln	1:05:51	1957 W50	25	1:07:22	21:49 *	21:34 *	22:27	6:35 min/km
451	1743	Geus Verena	Team Schokostiefel	1:05:53	1987 WHK	118	1:08:45	23:27 *	21:35 *	20:50	6:35 min/km
452	2595	Schliermann Nicola	Team Schokostiefel	1:05:54	1986 WHK	119	1:08:46	23:27 *	21:35 *	20:51	6:35 min/km
453	2301	Momotow Nadja Amelie	Team Schokostiefel	1:05:55	1987 WHK	120	1:08:46	23:28 *	21:35 *	20:51	6:36 min/km
454	428	Guldner Caroline	atemrausch*	1:05:55	1981 W30	100	1:07:46	22:36 *	21:38 *	21:40	6:36 min/km
455	1697	Freuen Stefanie	*Nideggen	1:05:55	1974 W35	58	1:09:09	23:55 *	20:31 *	21:29	6:36 min/km
456	1606	Ehl Claudia	atemrausch*	1:05:57	1982 WHK	121	1:07:47	23:25 *	20:42 *	21:50	6:36 min/km
457	794	Michels Elisabeth	*Köln	1:05:58	1981 W30	101	1:06:38	20:32 *	21:44 *	23:41	6:36 min/km
458	2700	Speck Ines	*Köln	1:06:00	1981 W30	102	1:07:45	22:33 *	21:47 *	21:39	6:36 min/km
459	2620	Schneider Susanne	atemrausch*	1:06:01	1982 WHK	122	1:07:47	22:40 *	20:30 *	22:50	6:36 min/km
460	1114	Sommer Cornelia	LT Vynen The Road	1:06:02	1954 W55	16	1:07:46	21:42 *	21:14 *	23:05	6:36 min/km
461	2432	Pool Mieke	*Köln	1:06:02	1982 WHK	123	1:07:46	22:34 *	21:47 *	21:40	6:36 min/km
462	856	Oguz Svenja	Die wilden Kerle 1.0	1:06:02	1981 W30	103	1:06:49	19:50 *	22:05 *	24:06	6:36 min/km
463	2593	Schlesinger Henrike	Sterne des Kölner Südens	1:06:03	1981 W30	104	1:07:25	21:46 *	21:07 *	23:09	6:36 min/km
464	1836	Havig Katja	Der Schweiß ist heiß	1:06:05	1981 W30	105	1:09:24	21:57 *	21:35 *	22:31	6:37 min/km
465	2806	Thurmüller Dr. Anja	*Köln	1:06:06	1972 W35	59	1:10:42	22:00 *	21:26 *	22:40	6:37 min/km
466	1816	Hammermüller Nina	*Köln	1:06:07	1980 W30	106	1:06:34	20:58 *	22:20 *	22:47	6:37 min/km
467	2395	Palenberg Dorothea	Die Wiethasen	1:06:09	1967 W40	60	1:06:28	24:11 *	20:46 *	21:12	6:37 min/km
468	2089	Kraus Christina	Der Schweiß ist heiß	1:06:10	1979 W30	107	1:09:29	21:57 *	21:36 *	22:36	6:37 min/km
469	1612	El Moussaoui Najima	Der Schweiß ist heiß	1:06:11	1980 W30	108	1:09:29	21:58 *	21:36 *	22:36	6:37 min/km
470	2096	Krefis Inga	ISI-RUNNERS	1:06:14	1982 WHK	124	1:06:47	20:48 *	21:21 *	24:03	6:37 min/km
471	409	Gregori Anke	*Arnsberg	1:06:14	1980 W30	109	1:09:21	21:55 *	21:56 *	22:22	6:37 min/km
472	638	König Natascha	Flitzfingchen	1:06:15	1975 W35	60	1:07:29	21:03 *	21:25 *	23:46	6:38 min/km
473	2471	Reifferscheid Sarah	KSG Köln	1:06:16	1996 WSA	5	1:09:17	22:38 *	21:55 *	21:42	6:38 min/km
474	1935	Irlsinger Sinje	*Köln	1:06:17	1996 WSA	6	1:09:17	22:38 *	21:55 *	21:43	6:38 min/km
475	232	Döring Natalie	*köln	1:06:17	1976 W35	61	1:07:54	22:13 *	21:22 *	22:42	6:38 min/km
476	1381	Baumann Carina Beatrix	*Köln	1:06:20	1974 W35	62	1:08:11	23:01 *	22:03 *	21:15	6:38 min/km
477	1899	Hoffmann Elisabeth	Colombina Colonia	1:06:23	1962 W45	54	1:07:58	22:15 *	21:22 *	22:45	6:38 min/km
478	1893	Hölscher Lisa	*Köln	1:06:28	1986 WHK	125	1:09:19	23:28 *	21:36 *	21:24	6:39 min/km
479	2083	Krahn Annika	*Köln	1:06:28	1979 W30	110	1:09:36	23:09 *	21:22 *	21:56	6:39 min/km
480	2778	Tebert Miriam	*Köln	1:06:29	1971 W40	61	1:09:36	23:10 *	21:22 *	21:56	6:39 min/km
481	2642	Schüffler Annemarie	*Köln	1:06:29	1980 W30	111	1:08:50	21:59 *	21:45 *	22:44	6:39 min/km
482	2715	Stander Claudia	*Köln	1:06:31	1970 W40	62	1:07:46	20:56 *	22:07 *	23:27	6:39 min/km
483	2470	Reifferscheid Gerda	*Köln	1:06:39	1960 W50	26	1:09:39	22:39 *	21:55 *	22:04	6:40 min/km
484	2697	Spachtholz Marlies	*Köln	1:06:40	1956 W55	17	1:08:19	20:55 *	21:47 *	23:57	6:40 min/km
485	2726	Steinborn Jacqueline	*Köln	1:06:43	1994 WJB	5	1:08:23	22:26 *	22:14 *	22:02	6:40 min/km
486	1734	Gerber Antje	*Köln	1:06:44	1976 W35	63	1:07:51	22:44 *	21:50 *	22:09	6:40 min/km
487	1168	Stüttem Maria	*Köln	1:06:49	1983 WHK	126	1:07:30	21:26 *	20:39 *	24:43	6:41 min/km
488	2761	Stüttem Loreen	*Köln	1:06:50	2005 WSD	1	1:07:31	21:27 *	21:22 *	23:59	6:41 min/km
489	2580	Schemberger Petra	*Köln	1:06:50	1966 W45	55	1:09:27	22:24 *	21:43 *	22:43	6:41 min/km
490	2281	Metzler Anna	*Köln	1:06:50	1980 W30	112	1:08:58	21:58 *	22:21 *	22:30	6:41 min/km
491	1454	Brandenburg Sandra	*köln	1:06:52	1972 W35	64	1:08:58	23:51 *	23:36 *	19:24	6:41 min/km
492	1778	Grosche Mandy	Fit-mit-Sven	1:06:52	1984 WHK	127	1:09:02	23:47 *	21:54 *	21:10	6:41 min/km
493	1466	Breuer Kathrin	Team Goult	1:06:54	1983 WHK	128	1:10:17	22:59 *	22:10 *	21:44	6:41 min/km
494	2670	Selter Simone	Team Goult	1:06:54	1979 W30	113	1:10:17	23:00 *	22:09 *	21:45	6:41 min/km
495	1846	Heigl Josefa	Niko und die Läuse	1:06:54	1979 W30	114	1:08:36	22:51 *	21:29 *	22:33	6:41 min/km
496	1397	Bekker Gabriele	Team Schluchseeläufer	1:06:55	1964 W45	56	1:09:37	22:13 *	22:05 *	22:36	6:42 min/km
497	2797	Thimme Verena	Team Goult	1:06:55	1981 W30	115	1:10:17	23:03 *	22:08 *	21:43	6:42 min/km
498	2594	Schliep Nadine	Niko und die Läuse	1:06:55	1977 W30	116	1:08:37	22:52 *	21:29 *	22:34	6:42 min/km
499	2335	Nessel Dagmar	*Aachen	1:07:03	1978 W30	117	1:10:43	23:05 *	21:49 *	22:09	6:42 min/km
500	2077	Kosowski Nicole	*Aldenhoven	1:07:04	1973 W35	65	1:10:43	23:05 *	21:49 *	22:09	6:42 min/km
501	2572	Schauerte Desirée	*Odenthal	1:07:05	1979 W30	118	1:09:04	22:40 *	22:04 *	22:20	6:43 min/km

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502	2455	Radtke Miriam	*Köln	1:07:05	1979	W30	119	1:09:38	22:18	*	21:57	*	22:49	6:43 min/km
502	2644	Schultz Birgit	Laufschule Ertstadt	1:07:05	1965	W45	57	1:07:45	20:30	*	22:08	*	24:25	6:43 min/km
504	1871	Hero Barbara	Liebfrauenschule Köln	1:07:06	1964	W45	58	1:08:57	22:48	*	21:56	*	22:21	6:43 min/km
505	2386	Otto Carlotta	Stadt Bochum Express	1:07:09	1999	WSB	1	1:10:20	23:33	*	23:01	*	20:34	6:43 min/km
506	2042	Klöckner Anette	Stadt Bochum Express	1:07:10	1966	W45	59	1:10:21	23:32	*	23:02	*	20:35	6:43 min/km
507	1640	Fahrbach Sonja	*Köln	1:07:20	1967	W40	63	1:08:29	21:59	*	21:53	*	23:27	6:44 min/km
508	1569	Dippmann Julia	*Köln	1:07:20	1979	W30	120	1:08:29	21:59	*	21:53	*	23:27	6:44 min/km
509	1241	Walz Susanne	*Nideggen	1:07:25	1966	W45	60	1:10:38	23:02	*	21:34	*	22:49	6:45 min/km
510	2450	Quack Marlis	Countryeggs	1:07:26	1955	W55	18	1:09:57	20:35	*	24:22	*	22:27	6:45 min/km
511	1496	Burghard Jennifer	*Eschweiler	1:07:27	1986	WHK	129	1:09:05	22:57	*	22:18	*	22:11	6:45 min/km
512	678	Kublank Susanne	*Köln	1:07:29	1977	W30	121	1:10:44	23:48	*	22:51	*	20:50	6:45 min/km
513	2473	Reisch Hanna	run4fun	1:07:32	1999	WSB	2	1:10:43	23:33	*	23:03	*	20:56	6:45 min/km
514	1808	Hahn Isabella	Isabella Hahn	1:07:33	1988	WHK	130	1:09:55	23:36	*	22:15	*	21:40	6:45 min/km
515	2464	Reh Julia	*Köln	1:07:33	1989	WHK	131	1:09:55	23:36	*	22:15	*	21:41	6:45 min/km
516	336	Flanagan Sabine	Yokto-Team	1:07:34	1982	WHK	132	1:08:42	21:28	*	22:23	*	23:42	6:45 min/km
517	1387	Beckenbach Bianca	*Waldbröl	1:07:37	1987	WHK	133	1:09:56	22:55	*	21:39	*	23:02	6:46 min/km
518	2138	Landsberg Kimberly	*Freudenberg	1:07:37	1982	WHK	134	1:09:56	22:55	*	21:39	*	23:02	6:46 min/km
519	2696	Sowade Dr. Kirsten	Running Gag Cologne	1:07:38	1972	W35	66	1:09:22	22:40	*	22:02	*	22:55	6:46 min/km
520	89	Betzing Claudia	Dünnwalder TV Laufref	1:07:38	1970	W40	64	1:09:22	22:40	*	22:02	*	22:55	6:46 min/km
521	524	Hoffmann Petra	LT Dünnwalder TV	1:07:39	1967	W40	65	1:09:23	22:40	*	22:03	*	22:55	6:46 min/km
522	637	Köhler Cornelia	*Köln	1:07:39	1962	W45	61	1:10:51	23:00	*	22:27	*	22:11	6:46 min/km
523	3114	Beyer Birgit	Elmars LT	1:07:40	1961	W50	27	1:10:51	22:59	*	22:28	*	22:12	6:46 min/km
524	1973	Kaesler Michaela	*Lüdenscheid	1:07:42	1988	WHK	135	1:08:57	20:59	*	22:30	*	24:12	6:46 min/km
525	1688	Franz Anke	*Kreuzau-Stockheim	1:07:47	1988	WHK	136	1:10:20	22:27	*	21:58	*	23:22	6:47 min/km
526	325	Fischer Christine	Team Erdinger Alkoholfrei	1:07:49	1971	W40	66	1:11:22	22:40	*	22:24	*	22:43	6:47 min/km
527	2417	Pirlot Micheline	*Köln	1:07:49	1955	W55	19	1:11:29	23:15	*	21:58	*	22:35	6:47 min/km
528	2418	Pirlot Sabine	*Köln	1:07:49	1956	W55	20	1:11:29	23:15	*	21:58	*	22:35	6:47 min/km
529	162	Bürgel Monika	MumPIZ	1:07:49	1968	W40	67	1:08:55	22:30	*	22:01	*	23:17	6:47 min/km
530	469	Heider Peggy	*Frechen	1:07:50	1968	W40	68	1:11:23	22:40	*	22:24	*	22:44	6:47 min/km
531	2288	Michalowski Renate	MumPIZ	1:07:50	1970	W40	69	1:08:55	22:30	*	22:01	*	23:18	6:47 min/km
532	1609	Eichler Heike	MumPIZ	1:07:50	1965	W45	62	1:08:55	22:31	*	22:01	*	23:17	6:47 min/km
533	2599	Schmeiser Anne	*Frechen	1:07:52	1979	W30	122	1:09:04	23:45	*	22:14	*	21:53	6:47 min/km
534	2687	Skora Jasmin	Echte Fründe!	1:07:53	1987	WHK	137	1:10:55	22:43	*	21:44	*	23:26	6:47 min/km
535	1429	Blum Tanja	*Köln	1:07:58	1970	W40	70	1:11:26	23:39	*	22:05	*	22:12	6:48 min/km
536	2970	Yazdani Judith	*Heiligenhaus	1:07:59	1972	W35	67	1:10:54	22:22	*	22:01	*	23:35	6:48 min/km
537	2037	Kleinesudeik Vera	*Düsseldorf	1:08:01	1987	WHK	138	1:08:55	22:41	*	22:15	*	23:04	6:48 min/km
538	1767	Gramelt Katja	*Köln	1:08:01	1977	W30	123	1:11:29	23:39	*	22:05	*	22:16	6:48 min/km
539	1509	Casado Iglesias	*Köln	1:08:03	1974	W35	68	1:09:54	23:01	*	22:03	*	22:58	6:48 min/km
540	1106	Simson Martina	*Köln	1:08:07	1961	W50	28	1:10:49	23:34	*	23:05	*	21:27	6:49 min/km
541	2221	Mächtle Brigitta	*Düsseldorf	1:08:07	1972	W35	69	1:11:02	22:49	*	22:19	*	22:59	6:49 min/km
542	1236	Wallenborn Sonja	*Köln	1:08:08	1964	W45	63	1:11:15	22:20	*	21:27	*	24:20	6:49 min/km
543	1954	Jarzina Silke	*Köln	1:08:09	1976	W35	70	1:10:39	23:42	*	22:13	*	22:13	6:49 min/km
544	358	Fuhrmann Michaela	*Köln	1:08:09	1967	W40	71	1:10:15	23:59	*	22:52	*	21:17	6:49 min/km
545	2248	Martinic Johanna	*Köln	1:08:13	1982	WHK	139	1:10:22	22:44	*	22:28	*	23:01	6:49 min/km
546	535	Huber Sabrina	*Köln	1:08:13	1981	W30	124	1:10:22	22:44	*	22:28	*	23:01	6:49 min/km
547	2056	Koch Susanne	*Köln	1:08:17	1971	W40	72	1:09:22	21:47	*	22:27	*	24:02	6:50 min/km
548	2843	Van Buuren-Wiese Gloria	*Köln	1:08:18	1967	W40	73	1:09:19	21:56	*	22:54	*	23:27	6:50 min/km
549	2795	Thies Sarah	*Köln	1:08:20	1989	WHK	140	1:11:48	22:53	*	22:20	*	23:06	6:50 min/km
550	2738	Stiehl Christa	*Köln	1:08:21	1985	WHK	141	1:09:12	21:23	*	22:53	*	24:04	6:50 min/km
551	209	Dassler Tanja	*Koeln	1:08:22	1969	W40	74	1:10:36	21:56	*	22:07	*	24:18	6:50 min/km
552	2022	Kirchner-Neubert Birgit	*Köln	1:08:23	1956	W55	21	1:11:04	23:36	*	22:37	*	22:08	6:50 min/km
553	410	Greuel Yvonne	*Frechen	1:08:23	1978	W30	125	1:09:35	22:16	*	22:22	*	23:44	6:50 min/km
554	2475	Reisch Marion	run4fun	1:08:28	1966	W45	64	1:11:38	23:33	*	23:03	*	21:51	6:51 min/km
555	2315	Müller Saskia	*Overath	1:08:29	1990	WHK	142	1:10:48	23:18	*	21:45	*	23:26	6:51 min/km
556	2033	Klein Gabi	LeseWelten	1:08:31	1967	W40	75	1:10:52	22:26	*	22:32	*	23:32	6:51 min/km
557	1575	Donat Dr. Ulrike	*würzburg	1:08:31	1982	WHK	143	1:10:19	22:43	*	22:15	*	23:32	6:51 min/km

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558	2228	Makarewicz Magdalena	*Köln	1:08:32	1973	W35	71	1:11:28	23:26 *	22:25 *	22:40	6:51 min/km
559	1025	Schmidt Natalie	*Köln	1:08:32	1980	W30	126	1:10:19	22:43 *	22:16 *	23:32	6:51 min/km
560	1023	Schmidt Melanie	*Köln	1:08:32	1976	W35	72	1:10:19	22:44 *	22:15 *	23:32	6:51 min/km
561	652	Koppmann Nicola	*Köln	1:08:32	1976	W35	73	1:11:27	23:27 *	22:24 *	22:40	6:51 min/km
562	1905	Holste Ellen	*Köln	1:08:32	1976	W35	74	1:11:27	23:27 *	22:24 *	22:40	6:51 min/km
563	562	Joanna Edelmüller	*Frechen	1:08:38	1978	W30	127	1:08:55	20:29 *	23:33 *	24:35	6:52 min/km
564	2853	Veit Anja	*Willich	1:08:39	1981	W30	128	1:11:03	23:25 *	22:28 *	22:45	6:52 min/km
565	2260	Maurer Marion	*Pulheim	1:08:42	1964	W45	65	1:09:58	22:31 *	22:42 *	23:28	6:52 min/km
566	728	Limburg Brigitte	*Köln	1:08:52	1954	W55	22	1:09:36	22:22 *	22:31 *	23:59	6:53 min/km
567	1150	Stickel-Zimmermann	mas-training	1:08:52	1968	W40	76	1:09:36	22:22 *	22:31 *	23:58	6:53 min/km
568	1310	Zimmermann Petra	Petra Zimmermann	1:08:53	1969	W40	77	1:09:36	22:23 *	22:30 *	23:59	6:53 min/km
569	2602	Schmidt Daniela	*Köln	1:08:54	1975	W35	75	1:11:02	23:30 *	22:25 *	22:59	6:53 min/km
570	161	Bündgen Jana	ASV Köln	1:09:06	1987	WHK	144	1:11:00	21:16 *	23:21 *	24:29	6:55 min/km
571	1116	Sommer Sabrina	42tausend / NAOPT	1:09:09	1980	W30	129	1:10:41	23:13 *	22:38 *	23:16	6:55 min/km
572	1992	Katlun Karoline	*Köln	1:09:09	1970	W40	78	1:11:35	23:42 *	22:37 *	22:50	6:55 min/km
573	2483	Renner Angelika	*Bergheim-Glessen	1:09:10	1959	W50	29	1:11:35	23:35 *	22:44 *	22:50	6:55 min/km
574	956	Risse Julia	*Bonn	1:09:14	1971	W40	79	1:09:55	21:05 *	22:28 *	25:40	6:55 min/km
575	1614	Elsner Dragana	BKaL	1:09:16	1981	W30	130	1:11:46	24:00 *	22:20 *	22:55	6:56 min/km
576	2401	Schaller Peggy	BKaL	1:09:16	1978	W30	131	1:11:46	24:00 *	22:20 *	22:55	6:56 min/km
577	1199	Trushkina Ella	*Brühl	1:09:16	1967	W40	80	1:12:39	23:09 *	22:57 *	23:09	6:56 min/km
578	1039	Schmitz Gundel	*Köln	1:09:17	1957	W50	30	1:12:21	23:32 *	22:49 *	22:54	6:56 min/km
579	2660	Schwerdtle Manuela	The Fabulous Four	1:09:17	1964	W45	66	1:12:22	23:32 *	22:49 *	22:55	6:56 min/km
580	2607	Schmied Veronika	The Fabulous Four	1:09:17	1956	W55	23	1:12:22	23:33 *	22:49 *	22:54	6:56 min/km
581	2489	Riecke Henriette	SRV Kreuzgasse Köln	1:09:26	1992	WJA	12	1:11:50	22:01 *	23:12 *	24:12	6:57 min/km
582	761	Marburger Sabrina	Kölner Ausdauer und	1:09:30	1981	W30	132	1:12:11	23:14 *	22:53 *	23:22	6:57 min/km
583	2209	Lünstroth Heike	Kölner Ausdauer und	1:09:32	1960	W50	31	1:12:11	23:15 *	22:54 *	23:21	6:57 min/km
584	76	Berg Tina	Kölner Ausdauer und	1:09:32	1971	W40	81	1:12:11	23:16 *	22:54 *	23:21	6:57 min/km
585	303	Everschor Petra	TFG 1878 Köln-Nippes	1:09:36	1986	WHK	145	1:12:03	24:55 *	24:55 *	19:46	6:58 min/km
586	198	Corzilius Sofia	*Hürth	1:09:37	1957	W50	32	1:12:11	23:05 *	23:21 *	23:10	6:58 min/km
587	1889	Hing Susannah	*Köln	1:09:41	1972	W35	76	1:10:37	22:23 *	23:07 *	24:11	6:58 min/km
588	1327	Alberts Bettina	*Köln	1:09:46	1963	W45	67	1:13:03	23:11 *	22:50 *	23:44	6:59 min/km
589	1827	Hartlieb Katja	*Engelskirchen	1:09:46	1972	W35	77	1:11:10	23:12 *	22:43 *	23:51	6:59 min/km
590	482	Hennecke Ursula	*Korschenbroich	1:09:47	1958	W50	33	1:12:53	22:58 *	22:57 *	23:52	6:59 min/km
591	989	Sausen Alicja	Just7	1:09:49	1971	W40	82	1:11:45	21:19 *	23:01 *	25:27	6:59 min/km
592	312	Feige Claudia	Deutsche Ärzte	1:09:50	1972	W35	78	1:11:45	21:20 *	22:46 *	25:43	6:59 min/km
593	2243	Marqua Heike	Deutsche Ärzte Finanz	1:09:50	1971	W40	83	1:11:45	22:30 *	22:46 *	24:33	6:59 min/km
594	1104	Sikora Marina	*Königswinter	1:09:52	1960	W50	34	1:11:45	22:56 *	20:17 *	26:39	6:59 min/km
595	2512	Röwert Claudia	*Köln	1:10:05	1975	W35	79	1:13:26	23:19 *	22:59 *	23:46	7:01 min/km
596	2129	Kutsch Rebecca	*Köln	1:10:21	1986	WHK	146	1:13:47	23:13 *	23:10 *	23:58	7:02 min/km
597	1602	Effertz Tamara	*Köln	1:10:22	1988	WHK	147	1:13:47	23:13 *	23:10 *	23:58	7:02 min/km
598	2529	Rudiger Gisela	*Köln	1:10:26	1944	W65	2	1:13:33	23:06 *	23:22 *	23:57	7:03 min/km
599	2934	Wiegand Julia	*Köln	1:10:26	1979	W30	133	1:13:33	23:06 *	23:23 *	23:57	7:03 min/km
600	2755	Streit Maike	*Köln	1:10:30	1987	WHK	148	1:12:52	23:49 *	22:52 *	23:48	7:03 min/km
601	2497	Robens Britta	*Köln	1:10:31	1985	WHK	149	1:12:52	23:50 *	22:52 *	23:48	7:03 min/km
602	2908	Weide Amelie	*Köln	1:10:32	1985	WHK	150	1:10:38	22:09 *	23:40 *	24:42	7:03 min/km
603	2251	Maska Annette	*Wuppertal	1:10:33	1985	WHK	151	1:10:38	22:10 *	23:40 *	24:42	7:03 min/km
604	492	Herkenhoff Stephanie	Khlav Kalash mit	1:10:38	1979	W30	134	1:11:50	23:38 *	23:09 *	23:49	7:04 min/km
605	139	Brausen Claudia	*Köln	1:10:38	1967	W40	84	1:13:56	23:55 *	23:20 *	23:22	7:04 min/km
606	1900	Hoffmann Hanna	atemrausch*	1:10:40	1981	W30	135	1:12:28	23:37 *	24:02 *	23:00	7:04 min/km
607	1608	Eichelberger K-CEE	*Köln	1:10:48	1980	W30	136	1:11:01	21:33 *	23:55 *	25:19	7:05 min/km
608	2262	Mayer Judith	*Frechen	1:10:49	1979	W30	137	1:12:00	23:45 *	23:04 *	23:59	7:05 min/km
609	1311	Zimzik Helena	Verlag M. DuMont	1:10:49	1968	W40	85	1:14:13	23:24 *	22:20 *	25:05	7:05 min/km
610	2878	Wagner Angelika	*Erfstadt	1:10:55	1970	W40	86	1:13:59	23:13 *	23:20 *	24:21	7:06 min/km
611	2103	Kreutzberger Anne	*Köln	1:11:00	1977	W30	138	1:12:33	22:44 *	22:08 *	26:07	7:06 min/km
612	106	Blotzheim Gudrun	*Köln	1:11:03	1960	W50	35	1:14:37	23:44 *	23:32 *	23:46	7:06 min/km
613	2318	Müller Vanessa	Fit-mit-Sven	1:11:06	1989	WHK	152	1:13:16	23:49 *	22:53 *	24:24	7:07 min/km

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614	2965	Wolter Katharina	*Wuppertal	1:11:25	1989	WHK	153	1:13:48	22:49 *	24:28 *	24:06	7:09 min/km
615	1802	Häkes Stephanie	*Köln	1:11:25	1989	WHK	154	1:12:21	23:49 *	23:22 *	24:13	7:09 min/km
616	1424	Bittner Janina	*Aachen	1:11:25	1989	WHK	155	1:12:21	23:49 *	23:22 *	24:13	7:09 min/km
617	1639	Exner Mareike	*Köln	1:11:26	1986	WHK	156	1:12:13	24:14 *	23:41 *	23:30	7:09 min/km
618	1405	Berger Kordula	*Köln	1:11:27	1981	W30	139	1:12:13	20:20 *	21:29 *	29:37	7:09 min/km
619	1970	Justen-Rentzsch	*Köln	1:11:30	1972	W35	80	1:14:02	24:52 *	24:10 *	22:27	7:09 min/km
620	1786	Gülden Ute	Lauf-Wurst	1:11:32	1960	W50	36	1:15:04	22:39 *	23:02 *	25:50	7:09 min/km
621	458	Harff Beatrix	*Köln	1:11:52	1961	W50	37	1:14:34	23:36 *	23:04 *	25:12	7:11 min/km
622	1570	Döring Birgit	frautv	1:11:53	1960	W50	38	1:13:33	23:43 *	24:05 *	24:03	7:11 min/km
623	826	Nachsel Monika	*Köln	1:11:54	1956	W55	24	1:14:06	23:55 *	23:47 *	24:11	7:11 min/km
624	2150	Lechtenfeld Karen	*Kerpen	1:11:54	1993	WJA	13	1:14:34	24:41 *	23:26 *	23:46	7:11 min/km
625	2282	Metzler Christina	*Köln	1:12:04	1976	W35	81	1:14:11	22:43 *	24:12 *	25:08	7:12 min/km
626	197	Corzilius Gitte	PSV Brühl Team Triathlon	1:12:11	1969	W40	87	1:14:45	23:04 *	23:37 *	25:29	7:13 min/km
627	269	Eisenbach Eva Maria	*Frechen	1:12:11	1956	W55	25	1:14:42	23:50 *	24:49 *	23:31	7:13 min/km
628	270	Eisenbach Sibylle	*Köln	1:12:12	1985	WHK	157	1:14:43	23:51 *	24:49 *	23:31	7:13 min/km
629	2564	Schäfer Jasmin	*Köln	1:12:20	1983	WHK	158	1:15:46	23:56 *	23:33 *	24:50	7:14 min/km
630	1411	Beutler Katharina	CTU	1:12:25	1981	W30	140	1:15:56	24:07 *	23:46 *	24:31	7:15 min/km
631	2570	Schäfers Annett	2 Prosecco und 1 Bier	1:12:27	1974	W35	82	1:13:19	24:34 *	23:57 *	23:56	7:15 min/km
632	2678	Siekmeier Susanne	*Köln	1:12:30	1958	W50	39	1:14:08	23:55 *	23:35 *	24:59	7:15 min/km
633	1676	Foit Marion	Colombina Colonia	1:12:35	1965	W45	68	1:14:09	23:20 *	23:54 *	25:20	7:16 min/km
634	2116	Küchenberg Hjördis	LeseWelten	1:12:37	1962	W45	69	1:13:16	22:07 *	24:22 *	26:08	7:16 min/km
635	658	Krämer Linda	*Daxweiler	1:12:43	1984	WHK	159	1:16:20	24:35 *	24:01 *	24:06	7:16 min/km
636	587	Kemmer Anke	*Dichtelbach	1:12:43	1982	WHK	160	1:16:20	24:35 *	24:00 *	24:07	7:16 min/km
637	2344	Neye-Bock Susanne	Praxis in Bewegung	1:12:48	1953	W55	26	1:14:34	23:54 *	23:56 *	24:58	7:17 min/km
638	1564	Diener Marie-Luise	*Kön-Niehl	1:12:55	1959	W50	40	1:15:23	24:00 *	23:45 *	25:09	7:18 min/km
639	963	Römmeler Elke	TC Lese GW Köln	1:12:59	1966	W45	70	1:15:36	23:15 *	24:26 *	25:17	7:18 min/km
640	1573	Dohalt-Schulze Annika	2 Prosecco und 1 Bier	1:13:07	1980	W30	141	1:13:59	24:34 *	23:57 *	24:35	7:19 min/km
641	1231	Vukota Nicola	DLR	1:13:13	1964	W45	71	1:13:20	23:03 *	24:58 *	25:11	7:19 min/km
642	675	Krüger Doris	Kölner Ausdauer und	1:13:19	1952	W55	27	1:16:01	23:12 *	24:19 *	25:47	7:20 min/km
643	702	Lange Beate	2	1:13:20	1973	W35	83	1:15:56	24:59 *	23:59 *	24:22	7:20 min/km
644	391	Glatzel Sylvia	*Köln	1:13:21	1978	W30	142	1:15:56	24:59 *	23:59 *	24:22	7:20 min/km
645	730	Linden Bärbel	*Düsseldorf	1:13:23	1971	W40	88	1:16:31	23:26 *	23:57 *	25:59	7:20 min/km
646	1425	Blanz Sandra	Ach du Grüne 1,2,3,4,5	1:13:30	1983	WHK	161	1:16:58	23:47 *	24:08 *	25:34	7:21 min/km
646	2785	Terwey Kea	Ach du Grüne 1,2,3,4,5	1:13:30	1983	WHK	161	1:16:57	23:47 *	24:06 *	25:35	7:21 min/km
648	1529	Cremer Stefanie	Ach du Grüne 1,2,3,4,5	1:13:31	1984	WHK	163	1:16:59	23:48 *	24:07 *	25:35	7:21 min/km
649	2106	Kröhnert Ellen	Original Bootcamp	1:13:31	1966	W45	72	1:16:23	24:17 *	25:03 *	24:10	7:21 min/km
650	1804	Häsner Jennifer	Ach du Grüne 1,2,3,4,5	1:13:32	1981	W30	143	1:16:58	23:49 *	24:06 *	25:36	7:21 min/km
651	2361	Nowak Sara	Ach du Grüne 1,2,3,4,5	1:13:33	1983	WHK	164	1:16:58	23:50 *	24:07 *	25:35	7:21 min/km
652	2462	Reeb Uta	*Köln	1:13:37	1968	W40	89	1:16:07	24:13 *	23:56 *	25:28	7:22 min/km
653	2673	Sfar Nasibah	*Köln	1:13:42	1981	W30	144	1:14:38	24:24 *	24:28 *	24:49	7:22 min/km
654	896	Poreschack Johanna	GS1 Germany GmbH 2	1:13:44	2000	WSC	4	1:16:26	25:05 *	24:27 *	24:12	7:22 min/km
655	1907	Holtgräwe Gudrun	*Köln	1:13:49	1964	W45	73	1:14:18	23:11 *	24:40 *	25:57	7:23 min/km
656	2178	Limpert Christine	rakati	1:13:55	1979	W30	145	1:15:54	23:54 *	24:34 *	25:27	7:24 min/km
657	2137	Land Katrin	rakati	1:13:55	1978	W30	146	1:15:54	23:55 *	24:36 *	25:24	7:24 min/km
658	1771	Grob Alina	*Hürth	1:14:05	1985	WHK	165	1:17:23	24:19 *	23:36 *	26:08	7:24 min/km
659	2998	Zurwellen Tanja	*Hürth	1:14:05	1986	WHK	166	1:17:23	24:20 *	23:36 *	26:07	7:25 min/km
660	2472	Reinartz Barbara	Colombina Colonia	1:14:11	1962	W45	74	1:15:47	23:14 *	25:50 *	25:07	7:25 min/km
661	2685	Sitzler Margret	Colombina Colonia	1:14:12	1960	W50	41	1:15:47	23:13 *	25:50 *	25:08	7:25 min/km
662	2541	Ruttkowski Natascha	*Köln	1:14:20	1978	W30	147	1:16:28	23:30 *	24:43 *	26:06	7:26 min/km
663	1634	Esser Kim	*Frechen	1:14:28	1992	WJA	14	1:17:36	23:37 *	25:10 *	25:40	7:27 min/km
664	2918	Weller Emma	LeseWelten	1:14:29	2000	WSC	5	1:16:43	22:52 *	23:20 *	28:16	7:27 min/km
665	1974	Kahrkling Janina	*Köln	1:14:37	1981	W30	148	1:17:46	24:59 *	25:06 *	24:30	7:28 min/km
666	2823	Torrigen Sabine	*Herzogenrath	1:14:50	1967	W40	90	1:17:20	24:46 *	24:51 *	25:12	7:29 min/km
667	1746	Giesecke Pia	*Bergisch Gladbach	1:14:57	1968	W40	91	1:17:41	24:18 *	24:20 *	26:17	7:30 min/km
668	585	Kellerbach Renate	Bitte mit Sahne	1:15:16	1955	W55	28	1:16:15	24:25 *	25:03 *	25:47	7:32 min/km
669	584	Kellerbach Liesa	Bitte mit Sahne	1:15:16	1983	WHK	167	1:16:14	24:27 *	25:01 *	25:48	7:32 min/km

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670	676	Kruse Daniela	*Köln	1:15:22	1952	W55	29	1:16:53	23:08	* 25:06	* 27:07	7:32 min/km
671	1297	Wuschisch Manuela	*Köln	1:15:28	1973	W35	84	1:16:12	24:50	* 25:10	* 25:27	7:33 min/km
672	1533	Daiser Claudia	Original Bootcamp	1:15:30	1968	W40	92	1:18:18	24:20	* 25:03	* 26:05	7:33 min/km
673	2689	Smit Bibiana	Original Bootcamp	1:15:30	1965	W45	75	1:18:19	24:21	* 25:03	* 26:05	7:33 min/km
674	793	Michalak Marlana	*Elsdorf	1:15:33	1981	W30	149	1:16:23	24:45	* 25:10	* 25:38	7:33 min/km
675	230	Dockhorn Heidrun	MAS-training	1:15:36	1966	W45	76	1:16:22	24:27	* 25:31	* 25:38	7:34 min/km
676	805	Mokni Antje	REWE Group	1:15:37	1971	W40	93	1:16:22	24:28	* 25:31	* 25:37	7:34 min/km
677	2953	Wischer Sigrid	*Köln	1:15:40	1965	W45	77	1:18:09	25:52	* 23:42	* 26:04	7:34 min/km
678	2809	Tiegel Janina	Uniplan	1:15:58	1978	W30	150	1:17:28	23:27	* 25:13	* 27:18	7:36 min/km
679	891	Piras Adalgisa	*Erftsatdt	1:16:00	1974	W35	85	1:18:26	24:33	* 25:03	* 26:23	7:36 min/km
680	1458	Brausen Gabi	*Rommerskirchen	1:16:04	1957	W50	42	1:19:21	25:46	* 49:15	* 01:02	7:36 min/km
681	3018	Kleidt Ann-Christin	*Köln	1:16:10	1987	WHK	168	1:17:30	26:02	* 24:31	* 25:37	7:37 min/km
682	1347	Auweiler Mirjam	*Köln	1:16:10	1979	W30	151	1:17:30	26:02	* 24:31	* 25:37	7:37 min/km
683	687	Kuhn Sonja	TG Original Kölsche	1:16:19	1989	WHK	169	1:18:58	26:18	* 24:46	* 25:13	7:38 min/km
684	2102	Kreuss Pia	*Düsseldorf	1:16:20	1979	W30	152	1:19:31	25:00	* 25:05	* 26:15	7:38 min/km
685	248	Dunkel Hannah	LeseWelten	1:16:48	2002	WSD	2	1:19:05	25:36	* 25:13	* 25:58	7:41 min/km
686	2636	Schrennen Lea	*Overath	1:17:19	1989	WHK	170	1:19:41	23:54	* 26:03	* 27:20	7:44 min/km
687	808	Moreno Carmen	BBB Läufer, von 0 auf....	1:17:35	1977	W30	153	1:21:19	25:40	* 25:25	* 26:29	7:46 min/km
688	2169	Ley Nicole	BBB Läufer, von 0 auf....	1:17:36	1974	W35	86	1:21:19	25:40	* 25:26	* 26:29	7:46 min/km
689	3005	Viehkötter Claudia	BBB Läufer von 0 auf ...	1:17:36	1967	W40	94	1:21:20	25:40	* 25:26	* 26:29	7:46 min/km
690	2000	Keil Marion	*Köln	1:18:06	1970	W40	95	1:20:07	24:22	* 26:21	* 27:21	7:49 min/km
691	133	Brandt Jasmin	Original Bootcamp	1:19:24	1990	WHK	171	1:22:21	24:47	* 25:55	* 28:41	7:56 min/km
692	900	Pott Brigitte	*Köln	1:19:24	1955	W55	30	1:22:21	24:46	* 25:56	* 28:41	7:56 min/km
693	1538	Daufenbach Tanja	*Bonn	1:22:38	1978	W30	154	1:22:46	25:54	* 28:40	* 28:02	8:16 min/km
694	1537	Daufenbach Anna	*Bonn	1:22:38	1985	WHK	172	1:22:46	25:54	* 28:41	* 28:02	8:16 min/km
695	590	Kern Claudia	O-Runners	1:24:08	1965	W45	78	1:26:18	27:54	* 28:27	* 27:46	8:25 min/km
696	2508	Rösch Sonja	DLR	1:24:33	1972	W35	87	1:24:41	27:49	* 30:09	* 26:35	8:27 min/km
697	2003	Keller Silvia	DLR	1:24:34	1972	W35	88	1:24:41	27:49	* 30:08	* 26:35	8:27 min/km
698	2960	Wolf Jessica	Bickenbacher Flitzer	1:26:28	1994	WJB	6	1:30:06	26:54	* 33:30	* 26:03	8:39 min/km