

Kölner Nikolauslauf am 4. Dezember 2011 - 10km Toplauf

Ergebnisliste Männer

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gedruckt 05.12.2011 18:57:40

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3127	Fabianowski Dominik	LAZ Puma	0:33:05	1989	MHK	1	0:33:06 10:34 * 10:49 * 11:41	3:19 min/km
2	3060	Neumann Dominic	asics frontrunner	0:33:21	1985	MHK	2	0:33:22 10:51 * 11:05 * 11:24	3:20 min/km
3	3169	Ackermann Johann	Kölner Triathlon Team	0:33:36	1984	MHK	3	0:33:37 10:37 * 11:19 * 11:39	3:22 min/km
4	1010	Schinz Markus	LG Braunschweig	0:35:17	1987	MHK	4	0:35:18 11:21 * 11:48 * 12:07	3:32 min/km
5	1197	Trems Torsten	Central-Team	0:35:35	1977	M30	1	0:35:35 11:20 * 11:49 * 12:25	3:34 min/km
6	804	Möller Jonah	Sv Sonsbeck	0:35:41	1990	MHK	5	0:35:41 11:33 * 12:00 * 12:07	3:34 min/km
7	1109	Sixtus Florian	42tausend / NAO PT	0:35:47	1973	M35	1	0:35:48 11:39 * 11:55 * 12:13	3:35 min/km
8	273	Ley Jürgen	Central-Team	0:35:51	1971	M40	1	0:35:52 11:38 * 11:56 * 12:17	3:35 min/km
9	3009	Grabosch Stefan	Run2 by Runners Point	0:35:55	1986	MHK	6	0:35:57 11:38 * 11:54 * 12:21	3:36 min/km
10	326	Fischer Gert	ASV Köln Triathlon	0:36:03	1974	M35	2	0:36:04 11:39 * 11:53 * 12:30	3:36 min/km
11	946	Reuter Patrick	Brühler TV 1879	0:36:22	1986	MHK	7	0:36:25 11:58 * 12:02 * 12:20	3:38 min/km
12	415	Gröppel Till	Original Bootcamp	0:36:22	1982	MHK	8	0:36:22 11:39 * 12:10 * 12:32	3:38 min/km
13	1276	Wiesen Klaus	SSF Bonn	0:36:22	1983	MHK	9	0:36:23 11:38 * 12:00 * 12:43	3:38 min/km
14	1112	Skopnik Manuel Santa	Laufmonster	0:36:22	1972	M35	3	0:36:24 12:00 * 12:07 * 12:14	3:38 min/km
15	3097	Meyer Tobias		0:36:29	1990	MHK	10	0:36:31 11:21 * 12:04 * 13:04	3:39 min/km
16	3027	Trenk Lukas	Embaichar Jungs	0:36:30	1991	MHK	11	0:36:33 11:46 * 12:14 * 12:29	3:39 min/km
17	839	Nicaise Jean-Christophe	EASA Runners Team	0:36:40	1977	M30	2	0:36:42 11:37 * 12:05 * 12:57	3:40 min/km
18	1874	Herold Stephan	LT Hochschulsport	0:37:01	1987	MHK	12	0:37:04 11:42 * 12:30 * 12:48	3:42 min/km
19	142	Breitbach Dominik	Domstadtläufer	0:37:04	1986	MHK	13	0:37:06 11:55 * 12:31 * 12:37	3:42 min/km
20	390	Gläßer Harald	Laufmonster	0:37:13	1968	M40	2	0:37:16 12:08 * 12:19 * 12:45	3:43 min/km
21	784	Mertens Jürgen	Lac Eupen	0:37:29	1964	M45	1	0:37:32 12:06 * 12:33 * 12:49	3:45 min/km
22	552	Jäger Peter	ESV Gremberghoven	0:37:38	1950	M60	1	0:37:42 12:02 * 12:28 * 13:07	3:46 min/km
23	694	Kurz Till	MACH3	0:37:43	1973	M35	4	0:37:54 12:17 * 12:28 * 12:57	3:46 min/km
24	3112	Wagner Helmut	Brühler TV 1879	0:37:43	1965	M45	2	0:37:48 12:06 * 12:31 * 13:05	3:46 min/km
25	834	Neuhauser Andreas	CFC feat. NB RevLite	0:37:47	1985	MHK	14	0:37:53 12:06 * 12:24 * 13:16	3:47 min/km
26	2944	Wilmes Heiko	TV Refrath	0:37:48	1969	M40	3	0:37:51 12:09 * 12:30 * 13:08	3:47 min/km
27	894	Poischen Thomas	RheinEnergie	0:37:51	1970	M40	4	0:37:54 12:20 * 12:35 * 12:54	3:47 min/km
28	2166	Leverköhne Frank	*Köln	0:38:05	1975	M35	5	0:38:07 11:52 * 12:42 * 13:30	3:49 min/km
29	1238	Wallmen Sören	KTTO1	0:38:08	1977	M30	3	0:38:12 11:57 * 12:49 * 13:21	3:49 min/km
30	2834	Uibel Jörg	BSG Barmenia	0:38:14	1960	M50	1	0:38:16 12:20 * 12:38 * 13:16	3:49 min/km
31	3096	Wicklaus Heiko		0:38:18	1988	MHK	15	0:38:27 12:12 * 12:42 * 13:23	3:50 min/km
32	1488	Bulle Michael	*Köln	0:38:27	1984	MHK	16	0:38:34 12:33 * 12:41 * 13:11	3:51 min/km
33	3099	Fischer Dirk	ASV Dojo	0:38:29	1980	M30	4	0:38:31 12:17 * 13:00 * 13:11	3:51 min/km
34	330	Fischer Stefan	ASV Köln Triathlon	0:38:32	1963	M45	3	0:38:34 12:13 * 12:50 * 13:28	3:51 min/km
35	972	Ruhnke Robert	Bewegungsfelder	0:38:45	1958	M50	2	0:38:46 12:21 * 12:59 * 13:24	3:53 min/km
36	1182	Theißen Michael	Michael Theißen	0:38:46	1959	M50	3	0:38:48 12:27 * 12:59 * 13:19	3:53 min/km
37	97	Bings Volker	*Bad Münstereifel-Esch	0:38:52	1977	M30	5	0:38:59 12:30 * 12:46 * 13:36	3:53 min/km
38	643	Kohnen Jan	TriathlonSteckelCologne	0:38:54	1989	MHK	17	0:39:07 12:08 * 12:52 * 13:53	3:53 min/km
39	2637	Schrickel Patrick	*Köln	0:38:57	1990	MHK	18	0:38:58 11:44 * 13:22 * 13:49	3:54 min/km
40	242	Dudley Richard-James	Frontrunner Cologne	0:39:05	1961	M50	4	0:39:07 12:37 * 12:55 * 13:32	3:55 min/km
41	1352	Backes Kevin	*Köln-Deutz	0:39:09	1991	MHK	19	0:39:16 12:56 * 13:03 * 13:09	3:55 min/km
42	554	Jager André	TriFit Lüdenscheid	0:39:11	1985	MHK	20	0:39:13 12:26 * 13:08 * 13:36	3:55 min/km
43	2199	López Sánchez Fernando	*Köln	0:39:13	1990	MHK	21	0:39:15 12:19 * 13:12 * 13:40	3:55 min/km
44	2971	Zach Christian	SG Astoria Walldorf	0:39:20	1992	MJA	1	0:39:22 12:35 * 13:10 * 13:33	3:56 min/km
45	2816	Tobias Fabian	SG Alerheim	0:39:22	1992	MJA	2	0:39:24 12:34 * 13:06 * 13:41	3:56 min/km
46	744	Lotze Sven	LT Hochschulsport	0:39:24	1972	M35	6	0:39:28 12:35 * 13:11 * 13:38	3:56 min/km
47	1195	Tombeux René	FC Deutsche Post NL	0:39:30	1975	M35	7	0:39:38 12:40 * 13:08 * 13:42	3:57 min/km
48	907	Quantius Andreas	*Köln	0:39:31	1970	M40	5	0:39:39 12:34 * 13:25 * 13:31	3:57 min/km
49	2829	Trenk David	Embaicher Jungs	0:39:38	1987	MHK	22	0:39:47 13:23 * 13:06 * 13:08	3:58 min/km
50	276	Engelbracht Frank	Schwelmer Jungs	0:39:46	1965	M45	4	0:39:49 12:45 * 13:19 * 13:41	3:59 min/km
51	1721	Garrosa Martín Gerson	*Köln	0:39:46	1986	MHK	23	0:40:00 13:05 * 13:21 * 13:20	3:59 min/km
52	568	Joswig Andreas	Schwelmer Jungs	0:39:46	1965	M45	5	0:39:48 12:40 * 13:14 * 13:51	3:59 min/km
53	171	Busch Oliver	Central-Team	0:39:46	1976	M35	8	0:39:48 12:37 * 13:27 * 13:41	3:59 min/km

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54	1059	Schöller Robert	LC Euskirchen	0:39:55	1970 M40	6	0:40:01	13:19 *	13:13 *	13:22	3:60 min/km
55	888	Pier Gregor	RLG Köln-West	0:39:56	1968 M40	7	0:40:04	12:56 *	13:13 *	13:46	3:60 min/km
56	1177	Tesch Norbert	LLG St. Augustin	0:39:58	1959 M50	5	0:40:00	13:05 *	13:26 *	13:27	3:60 min/km
57	2481	Renault Nicolas	Half of a Sixpack	0:40:02	1984 MHK	24	0:40:26	13:32 *	13:53 *	12:37	4:00 min/km
58	1220	Sina Christoph	LC Euskirchen	0:40:06	1967 M40	8	0:40:11	12:54 *	13:17 *	13:54	4:01 min/km
59	1764	Grabsch Ralf	RC Schmitter	0:40:10	1973 M35	9	0:40:20	12:50 *	13:25 *	13:55	4:01 min/km
60	1279	Wilms Robert	SG Wenden	0:40:14	1987 MHK	25	0:40:39	13:14 *	13:32 *	13:28	4:01 min/km
61	1256	Wehner Silvio	RTC Frechen 80	0:40:16	1981 M30	6	0:40:19	12:46 *	13:20 *	14:10	4:02 min/km
62	824	Muscati Fares	*Köln	0:40:19	1962 M45	6	0:40:22	13:00 *	13:22 *	13:56	4:02 min/km
63	70	Bender Dennis	ASV Köln Triathlon	0:40:19	1982 MHK	26	0:40:26	12:41 *	13:36 *	14:01	4:02 min/km
64	315	Feldenkirchen Nikolai	*Köln	0:40:33	1980 M30	7	0:40:38	12:42 *	13:46 *	14:03	4:03 min/km
65	2525	Rost Dr. Steffen	*Köln	0:40:36	1976 M35	10	0:40:43	12:42 *	13:29 *	14:24	4:04 min/km
66	223	Dierksen Helmut	jk running.de	0:40:37	1967 M40	9	0:40:39	13:20 *	13:32 *	13:45	4:04 min/km
67	348	Fritz Thomas	RT Wind Immobilien	0:40:48	1975 M35	11	0:40:56	13:02 *	13:42 *	14:03	4:05 min/km
68	66	Becker Tobias	LC Euskirchen	0:40:49	1971 M40	10	0:40:56	13:25 *	13:34 *	13:49	4:05 min/km
69	828	Neimeke Ralf	Superpunk	0:40:52	1970 M40	11	0:40:59	12:59 *	13:36 *	14:16	4:05 min/km
70	948	Reyes Julian	*Bonn	0:40:53	1987 MHK	27	0:41:22	13:57 *	13:05 *	13:50	4:05 min/km
71	352	Froese Heinz	Alter Geier	0:40:54	1988 MHK	28	0:41:00	13:24 *	13:37 *	13:52	4:05 min/km
72	748	Maaß Andre	DJK Elmar Kohlscheid	0:40:54	1967 M40	12	0:40:57	13:00 *	13:36 *	14:17	4:05 min/km
73	2733	Steinke Dennis	*Widdersdorf	0:40:54	1991 MHK	29	0:41:13	14:12 *	13:41 *	13:00	4:05 min/km
74	2703	Spieker Thomas	hawaiian only	0:40:57	1969 M40	13	0:41:07	13:18 *	13:45 *	13:54	4:06 min/km
75	3167	Kurth Frank	SV Mutscheid	0:41:01	1964 M45	7	0:41:07	13:20 *	13:31 *	14:09	4:06 min/km
76	3068	Weuffen Michael	*Bedburg	0:41:03	1988 MHK	30	0:41:06	12:25 *	14:09 *	14:27	4:06 min/km
77	1774	Groh Christoph	*Euskirchen	0:41:05	1981 M30	8	0:41:27	13:57 *	13:22 *	13:45	4:07 min/km
78	2230	Malzner Felix	*Köln	0:41:05	1991 MHK	31	0:41:10	13:34 *	13:51 *	13:40	4:07 min/km
79	703	Lange Harald	*Kerpen	0:41:07	1962 M45	8	0:41:14	13:27 *	13:35 *	14:04	4:07 min/km
80	85	Bergmann Martin	LC Euskirchen	0:41:14	1968 M40	14	0:41:21	13:29 *	13:35 *	14:09	4:07 min/km
81	1449	Bourmer Constantin	*Köln	0:41:18	1990 MHK	32	0:41:55	14:41 *	13:15 *	13:21	4:08 min/km
82	2320	Mülling Holger	LeseWelten	0:41:22	1975 M35	12	0:41:37	13:09 *	13:50 *	14:23	4:08 min/km
83	475	Helfenbein Andreas	Schwelmer Jungs	0:41:23	1961 M50	6	0:41:25	12:56 *	13:51 *	14:36	4:08 min/km
84	857	Ollig Arndt	Running at Cologne	0:41:23	1965 M45	9	0:41:26	13:19 *	13:42 *	14:21	4:08 min/km
85	2735	Stell Björn	*Köln	0:41:28	1975 M35	13	0:41:42	13:11 *	13:56 *	14:20	4:09 min/km
86	1102	Siebert Steve	*Köln	0:41:30	1988 MHK	33	0:41:42	13:19 *	13:33 *	14:36	4:09 min/km
87	402	Gossling Reinhard	*Köln	0:41:30	1972 M35	14	0:41:38	13:25 *	13:49 *	14:15	4:09 min/km
88	619	Klingen Reinhard	QS Frechen	0:41:32	1966 M45	10	0:41:43	13:10 *	13:50 *	14:31	4:09 min/km
89	770	Mausbach Gerd	Lauffreff Decksteiner	0:41:34	1963 M45	11	0:41:38	13:16 *	13:52 *	14:25	4:09 min/km
90	1047	Schneider Dr. Guido	ASV Sankt Augustin	0:41:35	1969 M40	15	0:41:44	13:21 *	13:40 *	14:33	4:10 min/km
91	304	Färber Luis	*Burscheid	0:41:35	1996 MSA	1	0:41:39	13:02 *	13:54 *	14:38	4:10 min/km
92	1684	Franke Marlon	EJOT Team TV	0:41:36	1984 MHK	34	0:41:50	13:12 *	13:56 *	14:27	4:10 min/km
93	414	Gröner Ole	MACH3	0:41:38	1968 M40	16	0:41:49	13:14 *	13:40 *	14:43	4:10 min/km
94	2252	Matthies Johannes	*Köln	0:41:43	1990 MHK	35	0:42:11	13:39 *	13:53 *	14:11	4:10 min/km
95	2467	Reichel Thomas	*Köln	0:41:43	1992 MJA	3	0:42:18	13:23 *	14:01 *	14:18	4:10 min/km
96	567	José Carlos Dias da Silva	Laufmonster	0:41:45	1961 M50	7	0:41:51	13:06 *	14:16 *	14:21	4:11 min/km
97	2225	Maier Patrick	*Köln	0:41:46	1991 MHK	36	0:42:20	14:43 *	13:15 *	13:47	4:11 min/km
98	1825	Hartel Sebastien	*eupen	0:41:52	1985 MHK	37	0:41:57	13:33 *	13:51 *	14:27	4:11 min/km
99	1285	Wolf Christoph	hatari	0:42:00	1973 M35	15	0:42:17	13:55 *	13:49 *	14:15	4:12 min/km
100	3104	Mulder Thomas	LT SUS Kalkar	0:42:05	1967 M40	17	0:42:15	13:23 *	14:03 *	14:38	4:13 min/km
101	1718	Gangwisch Michael	SpoHo-Bären	0:42:16	1991 MHK	38	0:42:52	14:35 *	13:46 *	13:54	4:14 min/km
102	3116	Hagemann Udo	*Burscheid	0:42:16	1970 M40	18	0:42:37	13:55 *	13:53 *	14:27	4:14 min/km
103	206	Dannenhauer Felix	Lucky Stars	0:42:19	1979 M30	9	0:42:56	14:12 *	13:50 *	14:15	4:14 min/km
104	2907	Wehrbein Christoph	*Köln	0:42:20	1982 MHK	39	0:42:27	13:16 *	14:22 *	14:41	4:14 min/km
105	1301	Zarges Frank	MACH3	0:42:23	1968 M40	19	0:42:35	13:52 *	14:03 *	14:27	4:14 min/km
106	1189	Timmermann Robert	RG Paderborn 99 e.V.	0:42:24	1983 MHK	40	0:42:51	14:23 *	13:55 *	14:04	4:14 min/km
107	2456	Rasch Robin	*Köln	0:42:30	1990 MHK	41	0:43:05	14:44 *	13:54 *	13:50	4:15 min/km
108	3095	Kirschbaum Guido		0:42:31	1966 M45	12	0:42:43	13:38 *	14:11 *	14:41	4:15 min/km
109	975	Rumpel Florian	TriathlonSteckelCologne	0:42:34	1979 M30	10	0:43:14	14:12 *	14:11 *	14:10	4:15 min/km

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110	877	Peters Joachim	Blitz Brothers	0:42:35	1974	M35	16	0:42:46	14:05 *	13:50 *	14:38	4:16 min/km
111	2223	Mahle Friedrich	*Köln	0:42:36	1991	MHK	42	0:43:14	14:01 *	14:20 *	14:14	4:16 min/km
112	1210	Van de Braak Georg	Frontrunner Cologne	0:42:37	1974	M35	17	0:43:04	13:49 *	13:58 *	14:50	4:16 min/km
113	1649	Feldhoff Thomas	*Köln	0:42:37	1975	M35	18	0:42:42	14:02 *	14:14 *	14:21	4:16 min/km
114	1074	Schröder Robin	Deutsche	0:42:40	1990	MHK	43	0:43:11	14:29 *	14:15 *	13:55	4:16 min/km
115	1152	Stöcker Herbert	Pulheimer SC	0:42:45	1950	M60	2	0:42:48	13:44 *	14:06 *	14:54	4:17 min/km
116	716	Lehnigk Matthias	Friedrich-von-Lauff-Team	0:42:45	1963	M45	13	0:42:52	13:39 *	14:12 *	14:54	4:17 min/km
117	431	Gutschke Nils	MACH3	0:42:45	1976	M35	19	0:42:58	13:48 *	14:18 *	14:38	4:17 min/km
118	621	Klinkhammer Georg	Runforfun	0:42:47	1965	M45	14	0:42:51	13:47 *	14:14 *	14:45	4:17 min/km
119	2136	Lammers Michael	*Köln	0:42:47	1977	M30	11	0:43:01	13:31 *	14:09 *	15:06	4:17 min/km
120	2831	Trenk Jonathan	Embaicher Jungs	0:42:48	1986	MHK	44	0:43:02	14:05 *	14:00 *	14:43	4:17 min/km
120	389	Gimbarov Dr. Sergey	ASV Köln Triathlon	0:42:48	1966	M45	15	0:42:51	13:30 *	14:21 *	14:56	4:17 min/km
122	1325	Akpetou Jonas	*Köln	0:42:49	1989	MHK	45	0:43:25	14:42 *	13:39 *	14:27	4:17 min/km
123	2451	Radics Zsolt	Komló	0:42:53	1970	M40	20	0:43:05	13:44 *	14:22 *	14:46	4:17 min/km
124	1450	Bowinkelmann Marc	*Köln	0:42:57	1975	M35	20	0:43:19	13:58 *	14:15 *	14:43	4:18 min/km
125	3120	Pilz Andreas		0:42:58	1974	M35	21	0:43:15	14:23 *	14:20 *	14:14	4:18 min/km
126	1644	Fedrau Benjamin	Deutsche	0:42:58	1992	MJA	4	0:43:09	14:23 *	14:26 *	14:08	4:18 min/km
127	1274	Wichmann Thomas	Laufftreff Köln Süd	0:42:59	1967	M40	21	0:43:16	14:02 *	14:18 *	14:38	4:18 min/km
128	258	Edlich Joern	*Köln	0:43:00	1980	M30	12	0:43:13	13:50 *	14:27 *	14:42	4:18 min/km
129	1690	Franz Carsten	*Köln	0:43:01	1995	MJB	1	0:43:09	13:37 *	14:10 *	15:14	4:18 min/km
130	866	Paaßens Lutz	TC Grün Weiss Lese	0:43:05	1967	M40	22	0:43:13	14:09 *	14:19 *	14:35	4:19 min/km
131	1345	Aust Dorian	Schwarz Weiß Köln	0:43:05	1992	MJA	5	0:43:25	14:21 *	14:21 *	14:22	4:19 min/km
132	237	Drecker Michael	Frontrunner Cologne	0:43:08	1956	M55	1	0:43:33	14:05 *	14:18 *	14:44	4:19 min/km
133	820	Müller Stephan	grosse8	0:43:12	1970	M40	23	0:43:36	14:01 *	14:16 *	14:55	4:19 min/km
134	3033	Fohry Stefan	*Köln	0:43:13	1982	MHK	46	0:43:25	14:04 *	14:33 *	14:35	4:19 min/km
135	272	Eisermann Stephan	DIE	0:43:15	1966	M45	16	0:43:24	13:57 *	14:18 *	14:59	4:20 min/km
136	3101	Meyer Dr. Reinhold S.	Mach 3	0:43:16	1966	M45	17	0:43:26	14:04 *	14:24 *	14:47	4:20 min/km
137	479	Hengst Nando	*Köln	0:43:17	1985	MHK	47	0:43:44	13:57 *	14:14 *	15:05	4:20 min/km
138	1258	Weidler Tim	*Köln	0:43:19	1974	M35	22	0:43:44	13:57 *	14:14 *	15:07	4:20 min/km
139	2945	Wilms André	Hörgeräte Lorsbach	0:43:24	1983	MHK	48	0:43:42	14:20 *	14:19 *	14:44	4:20 min/km
140	1892	Höh Peter	*Köln	0:43:28	1991	MHK	49	0:43:39	14:24 *	14:25 *	14:38	4:21 min/km
141	433	Haas Bernd	*Much	0:43:30	1979	M30	13	0:43:45	14:21 *	14:17 *	14:51	4:21 min/km
142	2839	Urbschat Marik	SpoHo-Bären	0:43:30	1992	MJA	6	0:44:04	14:46 *	13:55 *	14:48	4:21 min/km
143	2298	Moitz Manuel	*Lantershofen	0:43:34	1988	MHK	50	0:43:43	14:10 *	14:29 *	14:54	4:21 min/km
144	2360	Nothnagel Kevin	*Köln	0:43:35	1990	MHK	51	0:44:09	14:46 *	14:02 *	14:47	4:22 min/km
145	2189	Lipowski Oliver	*Köln	0:43:39	1990	MHK	52	0:44:00	15:29 *	13:45 *	14:24	4:22 min/km
146	488	Herda Klaus-Heinz	*Köln	0:43:39	1967	M40	24	0:43:46	13:57 *	14:37 *	15:04	4:22 min/km
147	985	Sandmeier Michael	*Köln	0:43:39	1969	M40	25	0:43:53	14:32 *	14:28 *	14:37	4:22 min/km
148	1421	Binder Felix	*Köln	0:43:43	1991	MHK	53	0:43:53	14:05 *	14:34 *	15:03	4:22 min/km
149	2982	Zentara Hendrik	NetCologne	0:43:45	1978	M30	14	0:44:30	15:07 *	14:43 *	13:54	4:23 min/km
150	2592	Schlender Alex	LTV Erfurt	0:43:47	1979	M30	15	0:44:34	14:19 *	14:22 *	15:06	4:23 min/km
151	26	Andrä Peter	*Köln	0:43:49	1959	M50	8	0:43:54	14:11 *	14:37 *	14:59	4:23 min/km
152	47	Bartling Guido	*Köln	0:43:51	1972	M35	23	0:44:22	14:53 *	14:31 *	14:25	4:23 min/km
153	2915	Weißberger Fabian	*Köln	0:43:52	1991	MHK	54	0:44:06	14:31 *	14:28 *	14:51	4:23 min/km
154	879	Petri Franz	NetCologne	0:43:56	1977	M30	16	0:44:40	15:07 *	14:43 *	14:05	4:24 min/km
155	1670	Fleischmann Moritz	*Köln	0:44:05	1990	MHK	55	0:44:25	14:21 *	14:21 *	15:22	4:25 min/km
156	362	Gam Björn	LaufSchnella	0:44:06	1976	M35	24	0:44:27	14:03 *	14:49 *	15:13	4:25 min/km
157	2605	Schmidt Siemen	*Köln	0:44:07	1991	MHK	56	0:44:27	14:37 *	14:22 *	15:08	4:25 min/km
158	182	Christoph Boris	*Köln	0:44:11	1977	M30	17	0:44:27	14:11 *	14:35 *	15:23	4:25 min/km
159	2860	Vinnen Philipp	Deutsche	0:44:16	1991	MHK	57	0:44:25	14:10 *	14:30 *	15:35	4:26 min/km
160	201	Cremer Jürgen	FC Deutsche Post NL	0:44:17	1962	M45	18	0:44:20	14:32 *	14:39 *	15:04	4:26 min/km
161	1535	DAndrea Marc	*Köln	0:44:20	1988	MHK	58	0:44:34	14:30 *	14:31 *	15:17	4:26 min/km
162	2070	Kopke Jens	*Königswinter	0:44:23	1986	MHK	59	0:44:59	14:42 *	14:11 *	15:28	4:26 min/km
163	305	Färber Wolfgang	*Hürth	0:44:26	1965	M45	19	0:44:34	14:33 *	14:38 *	15:13	4:27 min/km
164	1663	Firmin Patrick	*Köln	0:44:28	1977	M30	18	0:45:08	14:25 *	14:19 *	15:43	4:27 min/km
165	1431	Bodenbach Jonas	*Köln	0:44:31	1988	MHK	60	0:44:56	15:33 *	13:52 *	15:05	4:27 min/km

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166	2274	Menzel Tobias	*Köln	0:44:32	1989	MHK	61	0:45:12	16:25 *	14:27 *	13:39	4:27 min/km
167	319	Feltens Lars	Lauftreff Decksteiner	0:44:34	1975	M35	25	0:44:39	13:44 *	15:08 *	15:41	4:27 min/km
168	2438	Poschinski Fred	Die Gaense	0:44:35	1964	M45	20	0:44:44	14:12 *	14:45 *	15:36	4:28 min/km
169	860	Osbahr Sven	*Köln	0:44:36	1966	M45	21	0:44:46	14:04 *	14:53 *	15:38	4:28 min/km
170	890	Pietzker Daniel	*Köln	0:44:39	1987	MHK	62	0:45:31	14:52 *	14:46 *	15:01	4:28 min/km
171	581	Keilberg Markus	*Kerpen	0:44:39	1986	MHK	63	0:45:18	15:13 *	14:44 *	14:42	4:28 min/km
172	2343	Neumeyer Max	hatari	0:44:40	1976	M35	26	0:44:58	13:54 *	14:48 *	15:57	4:28 min/km
173	1446	Borowik Sergej	*Köln	0:44:40	1990	MHK	64	0:44:44	14:18 *	14:42 *	15:39	4:28 min/km
174	582	Keilberg Stephan	*Kerpen	0:44:40	1988	MHK	65	0:45:18	15:11 *	14:46 *	14:42	4:28 min/km
175	2385	Ottens Thomas	Die Rosetten	0:44:41	1966	M45	22	0:45:10	14:50 *	14:49 *	15:02	4:28 min/km
176	18	Albert David	*Bergheim	0:44:47	1972	M35	27	0:45:00	14:22 *	14:41 *	15:43	4:29 min/km
177	2724	Stehle Sandro	*Köln	0:44:48	1990	MHK	66	0:45:01	15:14 *	14:48 *	14:45	4:29 min/km
177	683	Kümpel Matthias	pixelrund	0:44:48	1976	M35	28	0:45:31	14:47 *	14:38 *	15:23	4:29 min/km
179	1024	Schmidt Michael	Fronrunner Cologne	0:44:49	1965	M45	23	0:45:15	14:45 *	14:47 *	15:17	4:29 min/km
180	2557	Saur Christian	*Köln	0:44:51	1990	MHK	67	0:45:33	15:02 *	15:00 *	14:48	4:29 min/km
181	263	Ehlert Yves	Fronrunner Cologne	0:44:54	1968	M40	26	0:45:20	14:42 *	15:01 *	15:10	4:29 min/km
182	2859	Vieten Marco	*Meerbusch	0:44:56	1986	MHK	68	0:45:16	14:42 *	14:53 *	15:19	4:30 min/km
183	1000	Schaffgans Franz	*Frechen	0:44:57	1963	M45	24	0:45:08	14:31 *	14:44 *	15:41	4:30 min/km
184	1717	Gamon Moritz	Brühler TV 1879	0:44:58	1970	M40	27	0:45:13	14:31 *	14:51 *	15:34	4:30 min/km
185	31	Arnold Jörg	Deutsche Ärzte Finanz	0:45:00	1964	M45	25	0:45:30	15:09 *	14:38 *	15:11	4:30 min/km
186	846	NOWAK ANDREAS	Laktatkönige Köln	0:45:01	1951	M60	3	0:45:33	14:39 *	14:54 *	15:28	4:30 min/km
187	1958	Jerger Simon	*Köln	0:45:01	1991	MHK	69	0:45:12	13:57 *	15:03 *	16:00	4:30 min/km
188	1789	Günzel Lukas	*Köln	0:45:06	1989	MHK	70	0:45:40	14:41 *	15:10 *	15:13	4:31 min/km
189	1925	Huß Jascha	*Köln	0:45:06	1989	MHK	71	0:45:37	15:10 *	14:47 *	15:08	4:31 min/km
190	1081	Schultheiß Volker	Team Erdinger Alkoholfrei	0:45:06	1956	M55	2	0:45:23	14:48 *	14:53 *	15:24	4:31 min/km
191	38	Aydemir Gürhan	ASV Köln Triathlon	0:45:08	1967	M40	28	0:45:27	14:21 *	14:56 *	15:51	4:31 min/km
192	129	Bothe Rüdiger	*Köln	0:45:11	1974	M35	29	0:46:10	15:19 *	14:57 *	14:54	4:31 min/km
193	1600	Eder Sven	Deutsche	0:45:11	1992	MJA	7	0:45:54	14:40 *	14:52 *	15:38	4:31 min/km
194	1685	Franke Maximilian	*Ratingen	0:45:16	1991	MHK	72	0:45:35	14:45 *	14:44 *	15:47	4:32 min/km
195	1687	Franz Alexander	*Bergheim	0:45:18	1990	MHK	73	0:46:04	15:19 *	15:07 *	14:51	4:32 min/km
196	913	Radon Frank	*Dortmund	0:45:18	1975	M35	30	0:45:48	15:24 *	14:52 *	15:01	4:32 min/km
197	1966	Jostameling Cedric	LT DSHS Köln	0:45:19	1990	MHK	74	0:45:53	15:06 *	14:56 *	15:16	4:32 min/km
198	1545	Dehlinger Konstantin	*Köln	0:45:19	1992	MJA	8	0:45:54	15:06 *	14:53 *	15:20	4:32 min/km
199	3059	Plingen Joachim	*Köln	0:45:20	1990	MHK	75	0:45:53	15:07 *	14:54 *	15:18	4:32 min/km
200	2532	Rudow Tobias	*Pulheim	0:45:20	1992	MJA	9	0:45:57	14:59 *	15:05 *	15:15	4:32 min/km
201	886	Piecha Dietmar	SG Stern Düsseldorf	0:45:21	1965	M45	26	0:45:46	14:38 *	15:08 *	15:34	4:32 min/km
202	1798	Hadi Kian		0:45:21	1988	MHK	76	0:45:52	15:09 *	14:47 *	15:24	4:32 min/km
203	2119	Kühnle Joel	*Köln	0:45:22	1989	MHK	77	0:45:44	15:06 *	15:03 *	15:11	4:32 min/km
204	1643	Fassnacht David	bc pesch	0:45:22	1989	MHK	78	0:45:50	15:12 *	14:47 *	15:22	4:32 min/km
205	2650	Schumacher Stefan	*Aachen	0:45:24	1986	MHK	79	0:46:22	14:56 *	14:58 *	15:29	4:32 min/km
206	2694	Sommer Martin	VFL Gemünd	0:45:25	1990	MHK	80	0:45:42	14:57 *	15:00 *	15:27	4:33 min/km
207	1198	Trodler Tobias	Heavy Sweat	0:45:26	1979	M30	19	0:46:03	14:38 *	15:03 *	15:44	4:33 min/km
208	841	Nitschke Alexander	ASV Köln	0:45:26	1968	M40	29	0:46:18	15:01 *	14:52 *	15:32	4:33 min/km
209	496	Herold Matthias	*Köln	0:45:28	1967	M40	30	0:45:58	14:57 *	14:53 *	15:36	4:33 min/km
210	889	Pietrzak Krystian	*Köln	0:45:29	1983	MHK	81	0:46:23	15:19 *	14:50 *	15:19	4:33 min/km
211	1820	Hansen Johannes	*Köln	0:45:31	1988	MHK	82	0:45:42	14:54 *	15:27 *	15:10	4:33 min/km
212	2916	Weissshuhn Paul	*Köln	0:45:38	1991	MHK	83	0:45:48	14:24 *	14:25 *	16:48	4:34 min/km
213	2576	Schaufler Johannes	*Köln	0:45:38	1988	MHK	84	0:45:54	14:50 *	15:23 *	15:25	4:34 min/km
214	2151	Leeser Jörg	*Köln	0:45:40	1967	M40	31	0:45:46	14:22 *	15:22 *	15:55	4:34 min/km
214	996	Schäfer Andreas	SV AXA	0:45:40	1980	M30	20	0:46:03	14:42 *	15:02 *	15:55	4:34 min/km
216	1003	Scheidler Uwe	Solorunners	0:45:41	1963	M45	27	0:45:53	14:29 *	15:17 *	15:54	4:34 min/km
217	1603	Eggenstein Gisbert	hatari	0:45:41	1973	M35	31	0:45:59	15:21 *	15:08 *	15:11	4:34 min/km
218	3165	Klein Norbert	*Köln	0:45:42	1955	M55	3	0:46:01	15:14 *	15:02 *	15:24	4:34 min/km
219	59	Bauß Carsten	1. Kölner Laufstall	0:45:48	1965	M45	28	0:46:00	14:47 *	15:17 *	15:43	4:35 min/km
220	2867	Von Liel Christoph	*Köln	0:45:48	1990	MHK	85	0:46:17	15:14 *	15:08 *	15:26	4:35 min/km
221	1999	Keil Daniel	*Köln	0:45:50	1990	MHK	86	0:46:10	14:38 *	15:03 *	16:07	4:35 min/km

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222	983	Salchow Michael	Friss Staub!	0:45:51	1988	MHK	87	0:46:11	15:17 *	16:02 *	14:31	4:35 min/km
223	28	Aretz Manfred	Alfterer SC	0:45:53	1947	M60	4	0:46:07	14:56 *	15:01 *	15:55	4:35 min/km
224	314	Feindt Reinhard	SC Bockenber Berg Bensberg	0:45:55	1950	M60	5	0:46:00	14:56 *	15:16 *	15:42	4:36 min/km
225	1290	Woocker Dirk	*Kerpen	0:45:57	1974	M35	32	0:46:19	15:14 *	15:08 *	15:34	4:36 min/km
226	969	Rosenkranz Detlef	LT-Rosenkranz	0:45:57	1962	M45	29	0:46:02	14:18 *	15:29 *	16:09	4:36 min/km
227	994	Schabbach Gerald	*Frechen	0:46:00	1966	M45	30	0:46:24	15:12 *	15:08 *	15:39	4:36 min/km
228	679	Kubo Dr. Florian	ASV Köln Team 42	0:46:01	1970	M40	32	0:46:40	15:10 *	15:10 *	15:40	4:36 min/km
229	400	Götting Tino	DeafCologne	0:46:02	1980	M30	21	0:46:55	14:53 *	15:12 *	15:56	4:36 min/km
230	185	Ciesielski Stefan	Superfantasticalstarhero	0:46:03	1973	M35	33	0:46:42	14:53 *	15:18 *	15:51	4:36 min/km
231	867	Panitz Holger	Heavy Sweat	0:46:04	1977	M30	22	0:46:42	14:47 *	15:20 *	15:55	4:36 min/km
232	218	Desprez Pierre	Bachemer Wahnsinn	0:46:04	1954	M55	4	0:46:29	15:08 *	15:09 *	15:46	4:36 min/km
233	215	DELVEAUX Gérard	*WESSELING	0:46:05	1962	M45	31	0:46:13	14:35 *	15:20 *	16:09	4:37 min/km
234	2770	Süss Stephan	*Köln	0:46:06	1990	MHK	88	0:46:12	14:34 *	15:30 *	16:01	4:37 min/km
235	48	Barton Tobias	*Köln	0:46:08	1985	MHK	89	0:46:47	15:11 *	15:12 *	15:44	4:37 min/km
236	1498	Burghardt Sascha	*Köln	0:46:09	1978	M30	23	0:46:13	14:56 *	15:24 *	15:48	4:37 min/km
237	1523	Conrad Johann	*Hamburg	0:46:12	1981	M30	24	0:46:30	15:20 *	15:09 *	15:42	4:37 min/km
238	2314	Müller Philipp	Embaicher Jungs	0:46:12	1987	MHK	90	0:46:26	14:19 *	15:28 *	16:24	4:37 min/km
239	2018	Kilian Marvin	*Köln	0:46:13	1992	MJA	10	0:46:24	14:53 *	15:33 *	15:46	4:37 min/km
240	1828	Hartmann Florian	Deutsche	0:46:13	1991	MHK	91	0:46:31	15:21 *	15:09 *	15:43	4:37 min/km
241	831	Neudeckerr Georg	everest-pro-lauf	0:46:14	1962	M45	32	0:46:37	15:29 *	16:12 *	14:31	4:37 min/km
242	69	Bemmann Ulrich	Mit Energie Rhein ins Ziel	0:46:14	1967	M40	33	0:46:44	15:02 *	15:13 *	15:59	4:37 min/km
243	2533	Rückert Karsten	Spaßfaktor	0:46:14	1967	M40	34	0:46:47	14:57 *	15:16 *	16:00	4:37 min/km
244	1681	Fräulin Benny	*Köln	0:46:15	1990	MHK	92	0:46:42	15:27 *	15:15 *	15:32	4:38 min/km
245	1240	Walpert Jens	Mach 3 Köln e.V.	0:46:16	1966	M45	33	0:46:44	14:53 *	15:13 *	16:09	4:38 min/km
246	783	Merten Torsten	*Köln	0:46:16	1977	M30	25	0:47:11	14:58 *	15:16 *	16:01	4:38 min/km
247	385	Gilberg Thomas	*Köln	0:46:17	1971	M40	35	0:46:29	14:38 *	15:29 *	16:09	4:38 min/km
248	882	Pfeiffer Jens	*Köln	0:46:17	1985	MHK	93	0:46:48	15:40 *	15:29 *	15:07	4:38 min/km
249	2050	Knierim Thorsten	RSV 1896 Euskirchen	0:46:17	1983	MHK	94	0:46:58	14:57 *	15:15 *	16:04	4:38 min/km
250	767	Matschull Frank	*Burscheid	0:46:26	1967	M40	36	0:46:32	14:33 *	15:50 *	16:01	4:39 min/km
251	1988	Kaspar Nicolas	*Köln	0:46:28	1991	MHK	95	0:47:02	14:45 *	15:20 *	16:22	4:39 min/km
252	1853	Heldmann Felix	*Königswinter	0:46:29	1991	MHK	96	0:46:34	14:35 *	15:14 *	16:39	4:39 min/km
253	219	Dethlefs Wilfried	Kölner Lauf und	0:46:30	1956	M55	5	0:46:58	15:17 *	15:25 *	15:46	4:39 min/km
253	1646	Feldbusch Eduard	*Köln	0:46:30	1990	MHK	97	0:46:34	14:30 *	15:20 *	16:39	4:39 min/km
255	56	Baumann Lars	Uniplan	0:46:31	1978	M30	26	0:46:57	15:02 *	15:24 *	16:04	4:39 min/km
256	1293	Wüst Hans Werner	*Köln	0:46:31	1950	M60	6	0:46:49	15:13 *	15:28 *	15:50	4:39 min/km
257	682	Kühn Axel	MACH3	0:46:32	1967	M40	37	0:46:45	14:25 *	15:42 *	16:23	4:39 min/km
258	634	Knust Thomas	*Frechen	0:46:32	1975	M35	34	0:46:56	15:13 *	15:08 *	16:10	4:39 min/km
259	2487	Richter Benny	*Köln	0:46:34	1991	MHK	98	0:46:49	15:00 *	15:24 *	16:09	4:39 min/km
260	3057	Braun Ralph	Isarhechte	0:46:35	1969	M40	38	0:47:02	15:44 *	15:26 *	15:24	4:40 min/km
261	2769	Sültrop Julian Alexander	*Köln	0:46:36	1991	MHK	99	0:46:46	14:59 *	15:20 *	16:15	4:40 min/km
262	2744	Stötzel Pascal	*Nümbrecht	0:46:36	1988	MHK	100	0:47:22	15:19 *	15:51 *	15:25	4:40 min/km
263	573	Kämmerling Cornelius	Die Frühstück	0:46:36	1984	MHK	101	0:46:55	15:24 *	15:27 *	15:44	4:40 min/km
264	2608	Schmitt Simon	*Köln	0:46:37	1991	MHK	102	0:47:10	15:05 *	14:56 *	16:35	4:40 min/km
265	955	Ripp Dieter	VTC Köln	0:46:38	1956	M55	6	0:46:53	15:19 *	15:27 *	15:51	4:40 min/km
266	1243	Wassong Thomas	Sparkasse KölnBonn	0:46:38	1964	M45	34	0:46:53	15:19 *	15:27 *	15:51	4:40 min/km
267	1414	Bieker Manuel	FSV Düsseldorf	0:46:38	1980	M30	27	0:47:18	15:12 *	15:25 *	16:01	4:40 min/km
268	727	Lieveland Erwin	Uniplan	0:46:41	1972	M35	35	0:47:07	15:02 *	15:25 *	16:13	4:40 min/km
269	511	Hippler Frank	Laufftreff Decksteiner	0:46:42	1963	M45	35	0:46:46	14:20 *	15:51 *	16:30	4:40 min/km
270	1184	Thiemermann Norbert	Kölner Ausdauer und	0:46:42	1963	M45	36	0:47:10	15:22 *	15:23 *	15:55	4:40 min/km
271	780	Mende Sebastian	*Bonn	0:46:44	1984	MHK	103	0:47:13	14:53 *	15:02 *	16:48	4:40 min/km
272	23	Alschrainer	*Köln	0:46:46	1973	M35	36	0:47:15	15:24 *	15:20 *	16:01	4:41 min/km
273	1121	Sowade Ulrich	Running gag	0:46:47	1970	M40	39	0:47:18	14:34 *	15:38 *	16:34	4:41 min/km
274	647	Komp Oliver	Team Scott	0:46:48	1983	MHK	104	0:47:17	14:50 *	15:30 *	16:26	4:41 min/km
275	2683	Simon Michel	*Idstein	0:46:48	1990	MHK	105	0:47:29	15:03 *	15:16 *	16:29	4:41 min/km
276	3016	Kyggol Klaus	*Brühl	0:46:49	1975	M35	37	0:46:54	14:41 *	15:47 *	16:20	4:41 min/km
277	708	Langensiepen Dr. Günter	Laktatkönige Köln	0:46:49	1946	M65	1	0:47:22	15:28 *	15:30 *	15:51	4:41 min/km

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278	724	Ley Thomas	Lt Rösratherstraße	0:46:50	1965	M45	37	0:47:07	14:55 *	15:35 *	16:19	4:41 min/km
279	202	Cvejjanov Aleksandar	*Köln	0:46:52	1974	M35	38	0:47:37	16:23 *	15:34 *	14:54	4:41 min/km
280	67	Becker Walter	LLG 80 Nordpark Köln	0:46:52	1944	M65	2	0:47:21	15:24 *	15:20 *	16:08	4:41 min/km
281	2429	Pompino Florian	*Solingen	0:46:53	1991	MHK	106	0:47:24	15:24 *	15:15 *	16:13	4:41 min/km
282	1390	Beckers Robin	*Krefeld	0:46:53	1991	MHK	107	0:47:25	15:23 *	15:15 *	16:14	4:41 min/km
283	1046	Schneider Ferdinand	*Köln	0:46:53	1967	M40	40	0:47:31	15:18 *	15:34 *	16:00	4:41 min/km
283	740	Lönhardt Michael	Laktatkönige Köln	0:46:53	1961	M50	9	0:47:25	15:28 *	15:30 *	15:54	4:41 min/km
285	158	Bühl Richard	FrontRunner	0:46:55	1964	M45	38	0:47:21	14:41 *	15:50 *	16:23	4:41 min/km
286	2877	Wagner Andreas	*Köln Braunsfeld	0:46:57	1990	MHK	108	0:47:10	15:14 *	15:17 *	16:25	4:42 min/km
287	2856	Vertkin Boris	1.fc shisha	0:47:02	1992	MJA	11	0:47:16	15:17 *	15:28 *	16:16	4:42 min/km
288	941	Rentzsch Manfred	*Köln	0:47:02	1971	M40	41	0:47:25	15:04 *	15:32 *	16:25	4:42 min/km
289	1885	Heylen Maurice	1.fc shisha	0:47:03	1989	MHK	109	0:47:16	15:18 *	15:28 *	16:16	4:42 min/km
290	2148	Le Viet Duc	*Köln	0:47:03	1991	MHK	110	0:47:10	14:58 *	15:28 *	16:35	4:42 min/km
291	1824	Harmuth Mats	*Preetz	0:47:03	1991	MHK	111	0:47:38	15:52 *	15:33 *	15:37	4:42 min/km
292	2729	Steinbusch Thomas	Fronrunner Cologne	0:47:05	1968	M40	42	0:47:31	15:12 *	15:28 *	16:24	4:43 min/km
293	1976	Kaller Pierre	*Köln	0:47:06	1991	MHK	112	0:47:27	15:16 *	15:35 *	16:15	4:43 min/km
294	2640	Schröder Rene	*Köln	0:47:09	1978	M30	28	0:47:50	14:45 *	15:37 *	16:46	4:43 min/km
295	1823	Happ Florian	*Köln	0:47:14	1992	MJA	12	0:47:39	15:28 *	15:24 *	16:22	4:43 min/km
296	2511	Röthig Robin	*Köln	0:47:16	1991	MHK	113	0:47:33	15:59 *	15:42 *	15:34	4:44 min/km
297	917	Raschdorf Siegfried	*Köln	0:47:17	1969	M40	43	0:47:44	15:40 *	15:41 *	15:55	4:44 min/km
298	571	Jüttner Jens	*Köln	0:47:19	1971	M40	44	0:47:52	15:18 *	15:47 *	16:14	4:44 min/km
299	437	Habicht Gerd	LAV Grefrath Habelrath	0:47:21	1963	M45	39	0:47:54	15:28 *	15:34 *	16:18	4:44 min/km
300	1224	Von Jagemann Max	Friss Staub!	0:47:22	1988	MHK	114	0:47:42	15:17 *	16:02 *	16:02	4:44 min/km
301	271	Eisenschenk Jochen	Die Unschlagbaren	0:47:23	1972	M35	39	0:47:26	15:39 *	15:37 *	16:06	4:44 min/km
302	836	Neurath Wolfgang	LTF Köllertal	0:47:25	1943	M65	3	0:47:57	15:40 *	15:38 *	16:06	4:44 min/km
303	851	Ody Rodger	TuS aRloff-Kirspenich	0:47:26	1966	M45	40	0:47:37	14:15 *	15:46 *	17:24	4:45 min/km
304	2105	Kröger Kevin	Deutsche	0:47:26	1989	MHK	115	0:47:38	14:15 *	15:46 *	17:24	4:45 min/km
305	2111	Krüger Bartje	ATS Kulmbach	0:47:26	1988	MHK	116	0:48:13	15:20 *	15:50 *	16:16	4:45 min/km
306	2825	Trampe Marcel	Deutsche	0:47:28	1987	MHK	117	0:47:47	15:03 *	15:41 *	16:43	4:45 min/km
307	344	Frenzel Stefan	*Köln	0:47:29	1978	M30	29	0:48:03	15:47 *	15:49 *	15:52	4:45 min/km
308	135	Braun Achim	Schwalmtaler	0:47:31	1970	M40	45	0:47:45	15:46 *	16:21 *	15:23	4:45 min/km
309	2781	Tendyra Lukas	*Köln	0:47:32	1991	MHK	118	0:48:06	15:16 *	15:43 *	16:31	4:45 min/km
310	1993	Kattluhn Ole	*Köln	0:47:37	1990	MHK	119	0:47:58	15:31 *	15:52 *	16:13	4:46 min/km
311	2025	Kiskemper Jan	*Köln	0:47:37	1990	MHK	120	0:47:58	15:32 *	15:52 *	16:13	4:46 min/km
312	1674	Flora Luca	*Köln	0:47:37	1992	MJA	13	0:47:53	14:59 *	15:25 *	17:12	4:46 min/km
313	1598	Eckardt Florian	*Köln	0:47:41	1991	MHK	121	0:48:01	15:55 *	15:49 *	15:56	4:46 min/km
314	1253	Weghaus Stephan	*Köln	0:47:43	1972	M35	40	0:47:43	16:31 *	15:33 *	15:38	4:46 min/km
315	698	Land Rolf-Peter	*Düsseldorf	0:47:44	1970	M40	46	0:47:51	15:14 *	15:53 *	16:36	4:46 min/km
316	1171	Susanto Arthur	*Köln	0:47:44	1974	M35	41	0:48:14	15:36 *	15:45 *	16:22	4:46 min/km
317	2812	Tilly Rene	*Düsseldorf	0:47:44	1978	M30	30	0:47:54	15:40 *	16:00 *	16:03	4:46 min/km
318	83	Berger Stefan	GSV Porz Köln	0:47:44	1962	M45	41	0:48:00	15:03 *	15:59 *	16:42	4:46 min/km
319	1495	Burger Markus	*Köln	0:47:46	1975	M35	42	0:48:05	15:56 *	15:46 *	16:02	4:47 min/km
320	472	Heininger Stephan	congstar	0:47:47	1967	M40	47	0:47:52	15:11 *	15:54 *	16:41	4:47 min/km
321	2324	Muser Björn	*Köln	0:47:52	1991	MHK	122	0:48:35	15:09 *	15:47 *	16:55	4:47 min/km
322	906	Pupkes Hendrik	ASV Köln	0:47:53	1980	M30	31	0:48:09	14:44 *	15:56 *	17:11	4:47 min/km
323	2313	Müller Michael	*Köln	0:47:53	1986	MHK	123	0:48:07	15:06 *	15:56 *	16:50	4:47 min/km
324	580	Katzwinkel Peter	ASV Köln	0:47:57	1968	M40	48	0:48:39	15:35 *	15:46 *	16:36	4:48 min/km
325	134	Brauer Ralf	Köln läuft	0:47:59	1981	M30	32	0:48:48	15:30 *	16:00 *	16:28	4:48 min/km
326	2675	Shaw Victor	*Köln	0:48:03	1991	MHK	124	0:48:13	14:06 *	17:27 *	16:29	4:48 min/km
327	2266	Meckert Philipp	*Köln	0:48:04	1972	M35	43	0:48:08	14:57 *	16:05 *	17:01	4:48 min/km
328	1842	Hegmans Niels	Niels Hegmans	0:48:05	1982	MHK	125	0:48:53	15:35 *	16:01 *	16:28	4:49 min/km
329	1883	Heubach Hendrik	*Köln	0:48:05	1983	MHK	126	0:48:53	15:35 *	16:01 *	16:29	4:49 min/km
330	1127	Spornhauer Björn	ASV Köln Triathlon	0:48:06	1974	M35	44	0:48:23	15:21 *	15:50 *	16:55	4:49 min/km
331	1031	Schmidtman Volker	DIE	0:48:08	1963	M45	42	0:48:17	15:38 *	15:54 *	16:35	4:49 min/km
332	2411	Pfeiffer Erik	*Köln	0:48:09	1992	MJA	14	0:49:02	16:33 *	15:21 *	16:15	4:49 min/km
333	2665	Seeliger Patrick	*Krefeld	0:48:10	1989	MHK	127	0:48:43	15:24 *	15:37 *	17:09	4:49 min/km

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334	17	Ahn Walter	WASTO-PAC	0:48:15	1963	M45	43	0:48:43	15:36 *	15:51 *	16:48	4:50 min/km
335	2765	Sturm Jacob	*Köln	0:48:17	1992	MJA	15	0:48:54	15:38 *	15:47 *	16:52	4:50 min/km
336	2186	Link Tobias	*Köln	0:48:17	1989	MHK	128	0:48:54	15:38 *	15:46 *	16:52	4:50 min/km
337	1404	Bergen Johann	*Köln	0:48:20	1985	MHK	129	0:49:11	15:19 *	16:11 *	16:49	4:50 min/km
338	556	Janovsky Michael	*Köln	0:48:21	1968	M40	49	0:48:50	15:46 *	16:07 *	16:26	4:50 min/km
339	2754	Streifer Lukas	*köln	0:48:21	1988	MHK	130	0:48:55	15:58 *	16:05 *	16:17	4:50 min/km
340	1499	Burkowski David	*Köln	0:48:21	1988	MHK	131	0:48:52	15:48 *	16:03 *	16:29	4:50 min/km
341	1928	Ibañez Martinez Javier	*Köln	0:48:22	1986	MHK	132	0:49:00	15:26 *	16:24 *	16:31	4:50 min/km
342	203	Daamen Superhein	Fronrunner Cologne	0:48:32	1963	M45	44	0:48:59	15:10 *	16:04 *	17:17	4:51 min/km
343	2621	Schnell Simon	*Köln	0:48:33	1993	MJA	16	0:48:43	15:12 *	16:34 *	16:46	4:51 min/km
344	1217	Vogel Jörg	Birds	0:48:36	1969	M40	50	0:48:49	15:17 *	16:32 *	16:46	4:52 min/km
345	930	Reimann Christian	*Köln	0:48:45	1968	M40	51	0:49:14	15:56 *	16:18 *	16:30	4:53 min/km
346	119	Bollig Klaus	LG RWE POWER	0:48:47	1964	M45	45	0:49:04	15:13 *	16:12 *	17:22	4:53 min/km
347	2865	Von Baeyer Richard	*Köln	0:48:49	1967	M40	52	0:49:32	15:48 *	16:16 *	16:44	4:53 min/km
348	1363	Bahmüller Abiel	*Köln-Deutz	0:48:49	1987	MHK	133	0:49:05	15:17 *	16:57 *	16:34	4:53 min/km
349	2610	Schmitz Christian	*Erkelenz	0:48:50	1992	MJA	17	0:49:26	14:32 *	16:43 *	17:34	4:53 min/km
350	876	Petermann Christian	TriathlonSteckelCologne	0:48:59	1986	MHK	134	0:49:24	15:49 *	16:12 *	16:56	4:54 min/km
351	977	Rupenyan Shavarsh	*Köln	0:49:00	1967	M40	53	0:49:23	15:54 *	16:10 *	16:56	4:54 min/km
352	1884	Heuer Julian	*Köln	0:49:03	1991	MHK	135	0:49:11	15:23 *	16:23 *	17:16	4:54 min/km
353	1490	Bunsmann Thorsten	Deutsche	0:49:08	1990	MHK	136	0:49:18	14:55 *	17:08 *	17:04	4:55 min/km
354	2443	Probst Nikita	*Köln	0:49:09	1989	MHK	137	0:49:16	15:47 *	16:35 *	16:46	4:55 min/km
355	508	Hinderks Dirk	*Köln	0:49:12	1968	M40	54	0:49:53	16:29 *	16:19 *	16:23	4:55 min/km
356	2387	Otto Patrick	*Köln	0:49:13	1992	MJA	18	0:49:51	15:26 *	16:38 *	17:09	4:55 min/km
357	536	Hudson Lee	*Pulheim	0:49:14	1978	M30	33	0:50:02	16:01 *	16:57 *	16:16	4:55 min/km
358	545	Huxoll Robert	*Köln	0:49:20	1975	M35	45	0:49:20	16:23 *	16:02 *	16:54	4:56 min/km
359	2835	Ulbig Florian	*Junkerdsdorf	0:49:21	1989	MHK	138	0:49:26	15:16 *	16:37 *	17:28	4:56 min/km
360	234	Dohmen Dennis	*Kerpen	0:49:22	1987	MHK	139	0:49:59	16:24 *	16:25 *	16:32	4:56 min/km
361	196	Cortes Ralf	kommune e.v.	0:49:22	1960	M50	10	0:49:35	15:55 *	16:32 *	16:54	4:56 min/km
362	146	Brethauer Dr. Olaf	Lauffreunde	0:49:24	1969	M40	55	0:49:50	15:05 *	16:27 *	17:52	4:56 min/km
363	739	Löhr Peter	LSV Köln	0:49:25	1962	M45	46	0:49:49	15:30 *	16:11 *	17:43	4:57 min/km
364	61	Becker Arno	cegelec wallabies	0:49:27	1983	MHK	140	0:50:09	16:49 *	16:22 *	16:15	4:57 min/km
365	753	Mahl Joerg	RC Schmitter	0:49:28	1967	M40	56	0:49:43	15:35 *	16:19 *	17:33	4:57 min/km
366	2995	Zoske Detlef	RC-Schmitter	0:49:28	1960	M50	11	0:49:43	15:35 *	16:19 *	17:33	4:57 min/km
367	183	Christophel Werner	TV - Refrath	0:49:28	1935	M70	1	0:49:45	16:02 *	16:17 *	17:08	4:57 min/km
368	752	Magnus Detlef-Alexander	Komet-Delia Köln	0:49:29	1971	M40	57	0:49:44	15:35 *	16:20 *	17:33	4:57 min/km
369	2551	Sandler Pawel	*Düsseldorf	0:49:30	1990	MHK	141	0:49:42	15:32 *	16:51 *	17:06	4:57 min/km
369	1864	Hensel David	*Köln Müngersdorf	0:49:30	1991	MHK	141	0:50:01	16:22 *	16:31 *	16:36	4:57 min/km
371	1280	Wimmer Thomas	NetCologne	0:49:30	1978	M30	34	0:50:06	15:43 *	16:39 *	17:08	4:57 min/km
372	713	Lehmann Michael	Nikos Läuse	0:49:32	1980	M30	35	0:50:20	16:04 *	16:21 *	17:06	4:57 min/km
373	2906	Wegmann Philip	*Köln	0:49:34	1989	MHK	143	0:49:52	15:53 *	16:30 *	17:10	4:57 min/km
374	2365	Nyky Mario	*köln	0:49:37	1987	MHK	144	0:50:17	16:26 *	16:27 *	16:43	4:58 min/km
375	1912	Hübner Daniel	Knecht	0:49:38	1990	MHK	145	0:50:17	16:27 *	16:27 *	16:44	4:58 min/km
376	2668	Seifried Felix	*Frittlingen	0:49:43	1991	MHK	146	0:50:18	15:58 *	16:44 *	17:01	4:58 min/km
377	1595	Ebbert Daniel	Deutsche	0:49:45	1988	MHK	147	0:50:06	15:51 *	16:31 *	17:22	4:59 min/km
378	2278	Mestwerdt Moritz	*Köln	0:49:45	1987	MHK	148	0:50:04	15:41 *	16:22 *	17:40	4:59 min/km
379	3032	Cüpper Patrick		0:49:52	1988	MHK	149	0:50:10	15:53 *	16:32 *	17:26	4:59 min/km
380	721	Lesch Constantin	*Köln	0:49:58	1971	M40	58	0:50:07	15:54 *	16:35 *	17:27	4:60 min/km
381	636	Köchling Ralf	*Köln	0:50:03	1966	M45	47	0:50:17	16:24 *	16:30 *	17:08	5:00 min/km
382	920	Reda Karl-Heinz	ERGOsports Köln	0:50:10	1953	M55	7	0:50:34	16:06 *	16:45 *	17:18	5:01 min/km
383	2628	Schoepe Ralf	Runforfun	0:50:20	1965	M45	48	0:50:25	16:28 *	16:50 *	17:02	5:02 min/km
384	993	Schaake Matt	*Sprockhövel	0:50:21	1989	MHK	150	0:50:50	16:39 *	17:01 *	16:40	5:02 min/km
385	2671	Semler Josias	Embaicher Jungs	0:50:26	1988	MHK	151	0:50:40	14:52 *	17:16 *	18:16	5:03 min/km
386	2553	Sapin Jurij	*Köln	0:50:27	1962	M45	49	0:51:06	16:41 *	16:41 *	17:04	5:03 min/km
387	2844	Van den Abbeel Didier	*Köln	0:50:46	1987	MHK	152	0:51:11	15:35 *	17:17 *	17:53	5:05 min/km
388	3166	Kirschner Marc	Fortuna Köln	0:50:47	1980	M30	36	0:51:33	16:05 *	16:55 *	17:46	5:05 min/km
389	1320	Adamczak Jan	*Köln	0:50:47	1979	M30	37	0:51:34	16:06 *	16:54 *	17:46	5:05 min/km

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390	322	Fickers Marcus	Mit Energie Rhein ins Ziel	0:50:48	1977 M30	38	0:51:18	15:32 *	17:10 *	18:05	5:05 min/km
391	467	Heep Bernd	*Köln	0:51:00	1961 M50	12	0:51:41	16:01 *	16:58 *	17:59	5:06 min/km
392	2723	Steffens Volker	*Pulheim	0:51:03	1965 M45	50	0:51:50	16:01 *	16:58 *	18:03	5:06 min/km
393	2184	Lindt Stefan	*Köln	0:51:08	1980 M30	39	0:51:32	16:10 *	17:33 *	17:24	5:07 min/km
394	1415	Bielstein Kevin Robert	*Köln	0:51:18	1985 MHK	153	0:51:55	16:29 *	17:07 *	17:40	5:08 min/km
395	2019	Kim Hee-Soo	*Köln	0:51:24	1990 MHK	154	0:51:55	15:23 *	18:10 *	17:51	5:08 min/km
396	204	Daniel Pirllet	Familienbande	0:51:30	1960 M50	13	0:51:52	15:57 *	17:17 *	18:15	5:09 min/km
397	1815	Hammerla Hendrik	*Köln	0:51:40	1987 MHK	155	0:52:07	16:44 *	17:01 *	17:53	5:10 min/km
398	854	Övermöhle Matthias	congstar	0:51:43	1964 M45	51	0:51:48	15:26 *	17:20 *	18:56	5:10 min/km
399	2676	Siebert Michael	*Much	0:51:51	1965 M45	52	0:52:07	15:35 *	17:32 *	18:43	5:11 min/km
400	1205	Urban Andreas	*Köln	0:51:52	1969 M40	59	0:52:04	16:03 *	17:21 *	18:27	5:11 min/km
401	2197	Lohre Johannes	*Köln	0:52:02	1972 M35	46	0:52:47	17:57 *	17:13 *	16:51	5:12 min/km
402	361	Galuba Rene	ASV Köln	0:52:11	1976 M35	47	0:52:25	15:33 *	17:41 *	18:56	5:13 min/km
403	1493	Burger Constantin	*Köln	0:52:40	1991 MHK	156	0:52:55	15:48 *	18:37 *	18:14	5:16 min/km
404	838	Neven Holger	*Köln	0:52:43	1976 M35	48	0:52:56	16:25 *	17:29 *	18:47	5:16 min/km
405	1123	Spill Marco	*Köln	0:52:46	1977 M30	40	0:53:20	16:20 *	17:26 *	19:00	5:17 min/km
406	62	Becker Claus	cegelec wallabies	0:53:05	1949 M60	7	0:53:47	16:55 *	17:38 *	18:31	5:19 min/km
407	911	Rack Peter	Wunderteam	0:53:09	1971 M40	60	0:53:52	17:33 *	17:48 *	17:47	5:19 min/km
408	2981	Zenner Christian	*Köln	0:53:10	1971 M40	61	0:53:53	17:34 *	17:48 *	17:47	5:19 min/km
409	279	Engelmann Prof. Udo		0:53:23	1949 M60	8	0:53:55	17:00 *	18:16 *	18:05	5:20 min/km
410	45	Bals Joachim	Die Bremser	0:53:38	1963 M45	53	0:54:23	17:02 *	17:45 *	18:50	5:22 min/km
411	1704	Fu Xuanjin	Deutsche	0:54:11	1985 MHK	157	0:55:01	16:34 *	17:39 *	19:57	5:25 min/km
412	656	Kotterba Peter	SSK Kerpen	0:54:12	1952 M55	8	0:54:22	17:02 *	18:14 *	18:54	5:25 min/km
413	3098	Raueiser Georg	Pulheimer SC	0:54:16	1980 M30	41	0:54:39	16:19 *	18:15 *	19:40	5:26 min/km
414	294	Essmann Thomas	Spaßfaktor	0:54:21	1976 M35	49	0:54:54	16:29 *	18:14 *	19:37	5:26 min/km
415	710	Schrader Tim	KHTC Blau-Weiss Köln	0:54:24	1998 MSB	1	0:54:47	17:43 *	19:01 *	17:39	5:26 min/km
416	465	Hautzel Tom	Hawaiian Only	0:55:29	1971 M40	62	0:55:58	18:51 *	18:00 *	18:37	5:33 min/km
417	895	Poloczek Christian	Central-Team	0:56:01	1975 M35	50	0:56:45	17:55 *	18:35 *	19:30	5:36 min/km
418	2368	Oechsle Clemens	Superfantasticalstarheroe	0:56:59	1981 M30	42	0:57:38	17:24 *	18:25 *	21:10	5:42 min/km
419	1980	Kanski Niklas	*Kreuzau	0:58:11	1991 MHK	158	0:58:50	17:25 *	19:43 *	21:02	5:49 min/km
420	1328	Burgos Alex	*Köln	0:58:16	1970 M40	63	0:58:34	18:11 *	19:34 *	20:30	5:50 min/km
421	3015	Simao Daniel	*Köln	0:58:47	1986 MHK	159	0:58:54	15:56 *	20:16 *	22:33	5:53 min/km
422	1769	Greiwe Lennart	Deutsche	0:59:02	1991 MHK	160	0:59:38	16:49 *	20:17 *	21:56	5:54 min/km
423	3170	Uebber Dieter	*Köln	1:03:34	1946 M65	4	1:04:16	21:22 *	21:02 *	21:09	6:21 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1215	Viebahn Christl	LAZ Puma	0:36:59	1976	W35	1	0:37:00	11:57 * 12:10 * 12:51	3:42 min/km
2	1060	Schön Maike	LAZ Puma	0:37:11	1989	WHK	1	0:37:13	11:55 * 12:23 * 12:52	3:43 min/km
3	3058	Gans Nadja	ASV Köln	0:38:42	1983	WHK	2	0:38:44	12:26 * 12:46 * 13:29	3:52 min/km
4	2966	Wozna Monika	*Düsseldorf	0:40:14	1979	W30	1	0:40:20	12:56 * 13:22 * 13:55	4:01 min/km
5	785	Methner Annette	Rhein-Erft Akademie	0:41:10	1966	W45	1	0:41:16	13:28 * 13:35 * 14:06	4:07 min/km
6	2841	Valkyser Marie	*Oberhausen	0:41:49	1994	WJB	1	0:42:09	14:03 * 13:43 * 14:02	4:11 min/km
7	709	Laskey Nina	*Köln	0:42:10	1977	W30	2	0:42:34	13:26 * 14:00 * 14:43	4:13 min/km
8	934	Krause Katrin	*Köln	0:42:11	1978	W30	3	0:42:35	13:54 * 13:48 * 14:28	4:13 min/km
9	439	Hacker Stefanie	*Köln	0:43:27	1978	W30	4	0:43:48	13:57 * 14:40 * 14:49	4:21 min/km
10	241	Drumm-Becker Sabine	Laktatkönige Köln	0:43:30	1967	W40	1	0:44:01	14:06 * 14:28 * 14:55	4:21 min/km
11	807	Moras Chiara	Gazzetta Runners Club	0:43:31	1980	W30	5	0:43:50	14:23 * 14:24 * 14:43	4:21 min/km
12	1244	Watzlaw Tanja	LT DSHS Köln	0:43:36	1970	W40	2	0:43:46	14:15 * 14:15 * 15:06	4:22 min/km
13	1098	Servos Ulrike	LAV Habbelrath-Grefrath	0:44:38	1994	WJB	2	0:44:39	13:58 * 14:54 * 15:44	4:28 min/km
14	2337	Neubacher Maxie	*Köln	0:44:52	1987	WHK	3	0:45:27	14:56 * 14:49 * 15:06	4:29 min/km
15	245	Düweke Judith	Uniplan	0:44:56	1980	W30	6	0:45:19	14:21 * 14:49 * 15:44	4:30 min/km
16	460	Hark Andrea	DIE	0:45:30	1960	W50	1	0:45:38	14:37 * 15:07 * 15:44	4:33 min/km
17	633	Knötsch Kristiane	ART Düsseldorf	0:45:44	1968	W40	3	0:46:09	15:12 * 14:57 * 15:34	4:34 min/km
18	519	Hoffmann Caroline	Kölner OL-Team	0:45:49	1974	W35	2	0:46:25	15:03 * 15:17 * 15:28	4:35 min/km
19	1550	Deters Franziska	*Meppen	0:46:09	1993	WJA	1	0:46:16	14:49 * 15:34 * 15:46	4:37 min/km
20	2838	Urbansky Christine	ASV Köln Triathlon	0:46:10	1981	W30	7	0:46:35	15:00 * 15:18 * 15:51	4:37 min/km
21	1139	Steffens Tanja	Düren	0:46:18	1975	W35	3	0:46:30	14:37 * 15:30 * 16:10	4:38 min/km
22	1058	Schöller Helga	LC Euskirchen	0:46:29	1969	W40	4	0:46:37	15:15 * 15:18 * 15:55	4:39 min/km
23	1062	Scholz Barbara	SSC Kölner Roll-Möpse	0:46:37	1964	W45	2	0:47:03	21:53 * 23:41 * 01:01	4:40 min/km
24	78	Berger Alisa	TriTeam SpoHo	0:46:45	1989	WHK	4	0:46:54	14:39 * 15:46 * 16:18	4:41 min/km
25	345	Freriks Sandra	ASV Köln Triathlon	0:46:48	1975	W35	4	0:47:06	15:21 * 15:24 * 16:02	4:41 min/km
26	425	Gschwandtner Isabella	ISI-RUNNERS	0:47:03	1978	W30	8	0:47:11	15:14 * 15:36 * 16:11	4:42 min/km
27	227	Dietze Stine	1. Kölner Laufstall	0:47:09	1981	W30	9	0:47:20	15:27 * 15:41 * 15:59	4:43 min/km
28	997	Schäfer Daniela	*Köln	0:47:11	1977	W30	10	0:47:34	15:15 * 15:30 * 16:26	4:43 min/km
29	801	Minor Astrid	ASV Köln	0:47:32	1973	W35	5	0:47:48	15:21 * 15:47 * 16:23	4:45 min/km
30	720	Lenz Astrid	ASV Köln	0:47:32	1972	W35	6	0:47:50	15:20 * 15:47 * 16:25	4:45 min/km
31	426	Gube Dr. Monika	DJK Elmar Kohlscheid	0:47:35	1974	W35	7	0:47:54	15:46 * 15:46 * 16:02	4:45 min/km
32	699	Land Dr. Susanne	MACH3	0:47:43	1970	W40	5	0:47:51	15:14 * 15:53 * 16:35	4:46 min/km
33	50	Baten Nina Maria	42tausend / NAO PT	0:47:45	1980	W30	11	0:48:11	15:19 * 16:01 * 16:24	4:47 min/km
34	180	Chatzigeorgiou Melanie	*Köln	0:47:55	1977	W30	12	0:48:14	15:56 * 15:46 * 16:12	4:48 min/km
35	3123	Küttner Christiane	ASV Köln Triathlon	0:48:07	1967	W40	6	0:48:23	15:14 * 15:52 * 17:00	4:49 min/km
36	247	Dulak Daniela	SSK Kerpen	0:48:07	1974	W35	8	0:48:15	15:30 * 15:59 * 16:38	4:49 min/km
37	2159	Lellau Jana	Deutsche	0:48:24	1992	WJA	2	0:48:59	15:14 * 16:24 * 16:45	4:50 min/km
38	483	Henneken Claudia Maria	SSC Kölner Roll-Möpse	0:48:26	1985	WHK	5	0:48:53	15:36 * 16:31 * 16:18	4:51 min/km
39	668	Kroggel Nicole	FC Deutsche Post NL	0:48:33	1966	W45	3	0:48:48	15:39 * 16:05 * 16:48	4:51 min/km
40	616	Kleiss Sarah	ASV-Köln	0:48:39	1997	WSA	1	0:48:57	15:24 * 16:13 * 17:01	4:52 min/km
41	110	Bock Svenja	Triathlon Team Ratingen	0:48:59	1988	WHK	6	0:49:07	15:47 * 16:19 * 16:52	4:54 min/km
42	2007	Kepp Steffi	*Köln	0:48:59	1983	WHK	7	0:49:07	15:47 * 16:19 * 16:51	4:54 min/km
43	939	Remshagen Doris	*Overath	0:49:00	1967	W40	7	0:49:22	15:55 * 16:08 * 16:57	4:54 min/km
44	51	Bauch Susanne	*Köln	0:49:12	1973	W35	9	0:49:40	15:37 * 16:17 * 17:18	4:55 min/km
45	817	Müller Lotta	SpoHo-Bären	0:49:23	1991	WHK	8	0:49:35	15:59 * 16:33 * 16:51	4:56 min/km
46	3129	Stanimira Gocheva	Fast Fots Köln	0:49:25	1983	WHK	9	0:49:30	15:50 * 16:41 * 16:54	4:57 min/km
47	369	Gehrke Julia	Nikos Läuse	0:49:33	1978	W30	13	0:50:21	16:04 * 16:21 * 17:07	4:57 min/km
48	2334	Neiße Elke	BSG Barmenia	0:49:36	1961	W50	2	0:49:42	15:44 * 16:37 * 17:13	4:58 min/km
49	2569	Schäfer-Karatzias	*Köln	0:49:36	1965	W45	4	0:49:45	15:20 * 16:53 * 17:21	4:58 min/km
50	1452	Bracht Constance	*Köln	0:49:50	1970	W40	8	0:50:19	15:22 * 17:11 * 17:16	4:59 min/km
51	329	Fischer Sabine	ASV Köln	0:49:53	1961	W50	3	0:50:10	16:24 * 16:33 * 16:55	4:59 min/km
52	1553	Deutrich Nicole	LT Hochschulsport	0:50:26	1991	WHK	10	0:50:47	15:51 * 17:10 * 17:24	5:03 min/km
53	1300	Zange Gabi	GSV-Porz/Köln	0:51:09	1960	W50	4	0:51:36	16:09 * 17:01 * 17:57	5:07 min/km

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54	1088	Schumacher Patricia	*Köln	0:52:07	1969 W40	9	0:52:32	16:41 *	17:11 *	18:13	5:13 min/km
55	259	Egbert Sonja	*Köln	0:52:08	1966 W45	5	0:52:33	16:41 *	17:11 *	18:15	5:13 min/km
56	347	Friedrich Carola	*Dormagen	0:53:02	1989 WHK	11	0:53:31	16:08 *	17:42 *	19:11	5:18 min/km
57	1095	Seidel Anja	*Köln	0:53:10	1973 W35	10	0:53:36	16:41 *	17:51 *	18:37	5:19 min/km
58	2589	Schirmer Leonie	LT Hochschulsport	0:53:26	1990 WHK	12	0:53:46	15:54 *	18:44 *	18:47	5:21 min/km
59	1186	Thomas Gabriele	Findorff unterwegs	0:53:41	1964 W45	6	0:54:27	17:13 *	17:50 *	18:38	5:22 min/km
60	3070	Perez Molina Berta	*Köln	0:54:28	1979 W30	14	0:54:47	16:40 *	18:20 *	19:27	5:27 min/km
61	2075	Kosch Martina	*Köln	0:55:42	1962 W45	7	0:56:26	18:39 *	18:05 *	18:57	5:34 min/km
62	614	Klein Stefanie	KHTC BW Köln	0:56:43	1967 W40	10	0:56:58	18:21 *	19:01 *	19:20	5:40 min/km
62	384	Giers Sandra	khtc Köln	0:56:43	1971 W40	10	0:56:58	18:21 *	19:01 *	19:20	5:40 min/km
64	1426	Bleher Mareike	Die Frühstückler	0:56:52	1990 WHK	13	0:57:11	17:25 *	19:37 *	19:49	5:41 min/km
65	1409	Sturm Bettina	*Köln	0:58:17	1969 W40	12	0:58:34	18:12 *	19:34 *	20:31	5:50 min/km
66	1308	Zimmer Jill	*Köln	0:58:52	1983 WHK	14	0:59:29	17:24 *	19:54 *	21:32	5:53 min/km
67	2503	Römer Christiane	*Bonn	0:58:52	1990 WHK	15	0:59:32	17:29 *	19:29 *	21:52	5:53 min/km