

# Die 10 Meilen von Köln am 29.Juli 2012

## 10km Lauf

Männer

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| Total. | Nr.  | Name Vorname            | Verein*/Ort            | Bruttozeit | Nettozeit | Runden      | AK  | AK-Platz | Geschwindigkeit |
|--------|------|-------------------------|------------------------|------------|-----------|-------------|-----|----------|-----------------|
| 1      | 642  | Fricke Marc             | Non-Stop-Ultra Brakel  | 0:33:06    | 0:33:04   | 15:30 17:34 | M35 | 1        | 3:19 min/km     |
| 2      | 1002 | Koubaa Fauzi            | Run2 by Runners Point  | 0:34:47    | 0:34:44   | 16:26 18:17 | M30 | 1        | 3:29 min/km     |
| 3      | 668  | Heuschen Dirk           | TV Refrath             | 0:35:05    | 0:35:03   | 16:26 18:36 | M45 | 1        | 3:31 min/km     |
| 4      | 965  | Schneider Norbert       | TV Refrath             | 0:35:58    | 0:35:56   | 17:05 18:51 | M40 | 1        | 3:36 min/km     |
| 5      | 1022 | Paulitschke Wilfried    | Asics Frontrunner      | 0:36:02    | 0:36:00   | 17:06 18:54 | M55 | 1        | 3:36 min/km     |
| 6      | 1046 | Sambale Thomas          | Asics Frontrunner      | 0:36:24    | 0:36:21   | 17:04 19:16 | M45 | 2        | 3:38 min/km     |
| 7      | 1025 | Franzky Johannes        | ASV Köln Triathlon     | 0:36:39    | 0:36:37   | 17:14 19:23 | M30 | 2        | 3:40 min/km     |
| 8      | 1034 | Gröppel Till            | Pulheimer SC           | 0:36:46    | 0:36:43   | 17:12 19:30 | M30 | 3        | 3:41 min/km     |
| 9      | 1017 | Gebhardt Dirk           | Brühler TV 1879        | 0:37:16    | 0:37:14   | 17:32 19:42 | M40 | 2        | 3:44 min/km     |
| 10     | 966  | Pietrzak Krystian       | *Köln                  | 0:37:55    | 0:37:53   | 17:38 20:14 | MHK | 1        | 3:48 min/km     |
| 11     | 708  | Lohmaier Patrick        | ASV Köln Triathlon     | 0:38:11    | 0:38:06   | 18:03 20:02 | M35 | 2        | 3:49 min/km     |
| 12     | 1058 | Görner Christoph        | Run_ by RUNNERS PO     | 0:38:38    | 0:38:35   | 18:06 20:28 | M30 | 4        | 3:52 min/km     |
| 13     | 811  | Voigt-krämer Dirk       | TSV Solingen           | 0:38:51    | 0:38:49   | 18:07 20:41 | M40 | 3        | 3:53 min/km     |
| 14     | 684  | Keloudis Georgios       | LG Gummersbach         | 0:39:01    | 0:38:59   | 18:34 20:24 | M40 | 4        | 3:54 min/km     |
| 15     | 716  | Meier Dirk              | LG Wuppertal           | 0:39:03    | 0:39:00   | 18:14 20:45 | M45 | 3        | 3:54 min/km     |
| 16     | 695  | Kopp Kay-Hermann        | TS79 Bergisch Gladba   | 0:39:18    | 0:39:14   | 18:42 20:31 | M45 | 4        | 3:56 min/km     |
| 17     | 687  | Klappert Andreas        | TV Büschergrund        | 0:39:22    | 0:39:19   | 18:16 21:02 | M40 | 5        | 3:56 min/km     |
| 18     | 1037 | Messner Michael         | Brühler TV 1879        | 0:40:04    | 0:40:01   | 18:53 21:07 | M50 | 1        | 4:00 min/km     |
| 19     | 781  | Schneider Dirk          | SC Neptun Köln-Porz    | 0:40:12    | 0:40:08   | 18:58 21:09 | M30 | 5        | 4:01 min/km     |
| 20     | 761  | Reiser Jürgen           | LG RWE Power           | 0:41:24    | 0:41:18   | 20:21 20:57 | M45 | 5        | 4:08 min/km     |
| 21     | 782  | Schneider Markus        | Mach3 Köln e.V.        | 0:41:35    | 0:41:27   | 19:49 21:37 | M30 | 6        | 4:09 min/km     |
| 22     | 1053 | Lange Harald            |                        | 0:41:54    | 0:41:50   | 19:52 21:57 | M50 | 2        | 4:11 min/km     |
| 23     | 641  | Fiumicello Luigi        | LT Kemperdick          | 0:41:59    | 0:41:57   | 19:43 22:13 | M50 | 3        | 4:12 min/km     |
| 24     | 1024 | Thüs Andreas            | LG Gummersbach         | 0:42:02    | 0:41:58   | 19:58 21:59 | M40 | 6        | 4:12 min/km     |
| 25     | 577  | Van Haselen Dr. Christi | *Doetinchem            | 0:42:09    | 0:42:07   | 19:37 22:29 | M45 | 6        | 4:13 min/km     |
| 26     | 948  | Isbaner Wolfgang        | TSV Bayer 04 Leverku   | 0:42:49    | 0:42:44   | 20:21 22:22 | M55 | 2        | 4:17 min/km     |
| 27     | 609  | Börger Andre            | TriathlonSteckelCologn | 0:42:54    | 0:42:48   | 19:59 22:49 | M40 | 7        | 4:17 min/km     |
| 28     | 1014 | Werner Mario            | Supermario72           | 0:42:55    | 0:42:51   | 20:17 22:34 | M40 | 8        | 4:18 min/km     |
| 29     | 610  | Bosbach Gerd            | ESV Gremberghoven      | 0:43:14    | 0:43:09   | 20:20 22:49 | M55 | 3        | 4:19 min/km     |
| 30     | 715  | Manthei Christian       | Ergo sports Köln       | 0:43:19    | 0:43:04   | 20:24 22:40 | M50 | 4        | 4:20 min/km     |
| 31     | 643  | Fricke Matthias         | *Pulheim               | 0:43:24    | 0:43:17   | 20:25 22:51 | M45 | 7        | 4:20 min/km     |
| 32     | 652  | Graf Wolfram            | TUS Kreuzweingarten    | 0:43:41    | 0:43:33   | 20:21 23:12 | M45 | 8        | 4:22 min/km     |
| 33     | 1030 | Kammler Reinhard        | *Köln                  | 0:44:00    | 0:43:53   | 20:34 23:18 | M45 | 9        | 4:24 min/km     |
| 34     | 615  | Buhr Holger             | RSV Staubwolke Refr    | 0:44:06    | 0:43:54   | 20:23 23:31 | M35 | 3        | 4:25 min/km     |
| 35     | 1044 | Winkler Benno           | Opa für Jona           | 0:44:08    | 0:44:05   | 20:35 23:30 | M60 | 1        | 4:25 min/km     |
| 36     | 626  | Cremer Jürgen           | LLG80 Nordpark Köln    | 0:44:15    | 0:44:12   | 20:46 23:26 | M50 | 5        | 4:26 min/km     |
| 37     | 828  | Zeitler Ingo            | Nonstop Köln           | 0:44:18    | 0:44:08   | 20:42 23:26 | M50 | 6        | 4:26 min/km     |
| 38     | 949  | Huckenbeck Marc         | SV 47 Mutscheid        | 0:44:30    | 0:44:22   | 20:50 23:31 | M30 | 7        | 4:27 min/km     |
| 39     | 1027 | Clauss Axel             | DEK Hagen              | 0:44:34    | 0:44:29   | 20:56 23:32 | M50 | 7        | 4:27 min/km     |
| 40     | 722  | Möller Michael          | *Düsseldorf            | 0:44:44    | 0:44:28   | 21:31 22:57 | M40 | 9        | 4:28 min/km     |
| 41     | 940  | Wittstamm Joachim       | *Köln                  | 0:44:53    | 0:44:46   | 21:29 23:17 | M45 | 10       | 4:29 min/km     |

# Die 10 Meilen von Köln am 29.Juli 2012

## 10km Lauf

Männer

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|    |      |                         |                         |         |         |       |       |     |    |             |
|----|------|-------------------------|-------------------------|---------|---------|-------|-------|-----|----|-------------|
| 42 | 1052 | Mesic Mario             | EL TREN DE COLONI       | 0:44:56 | 0:44:38 | 21:03 | 23:35 | M45 | 11 | 4:30 min/km |
| 43 | 1033 | Kostulski Michael       |                         | 0:45:08 | 0:45:04 | 21:37 | 23:27 | M30 | 8  | 4:31 min/km |
| 44 | 638  | Feindt Reinhard         | ohne verein             | 0:45:15 | 0:45:04 | 21:23 | 23:41 | M60 | 2  | 4:32 min/km |
| 45 | 805  | Stichler Karsten        | LT Miepl! Miepl! Leverk | 0:45:22 | 0:45:11 | 21:38 | 23:32 | M30 | 9  | 4:32 min/km |
| 46 | 685  | Kinas Andre             | LT Miepl! Miepl! Leverk | 0:45:22 | 0:45:11 | 21:38 | 23:32 | M30 | 10 | 4:32 min/km |
| 47 | 631  | Drewniok Stephan        | *Köln                   | 0:45:31 | 0:45:21 | 21:31 | 23:50 | M35 | 4  | 4:33 min/km |
| 48 | 523  | Hackhausen Jörg         | Galatasaray             | 0:45:35 | 0:45:17 | 21:53 | 23:24 | M30 | 11 | 4:34 min/km |
| 49 | 669  | Höhmänn Marc            | *Köln                   | 0:45:40 | 0:45:19 | 21:10 | 24:09 | M45 | 12 | 4:34 min/km |
| 50 | 707  | Leyendecker Ernst       | 1. FC Köln              | 0:45:52 | 0:45:46 | 21:34 | 24:12 | M45 | 13 | 4:35 min/km |
| 51 | 538  | Klatt Stephan           | Galatasaray             | 0:45:58 | 0:45:39 | 22:08 | 23:31 | M30 | 12 | 4:36 min/km |
| 52 | 552  | Pistillo Nicola         | *Köln                   | 0:46:04 | 0:45:55 | 21:32 | 24:22 | MHK | 2  | 4:36 min/km |
| 53 | 794  | Schröder Rene           | *Köln                   | 0:46:10 | 0:45:58 | 21:20 | 24:38 | M30 | 13 | 4:37 min/km |
| 54 | 959  | Mielczarek Norbert      | Rhein Erft Akademie     | 0:46:15 | 0:46:06 | 22:03 | 24:02 | M55 | 4  | 4:38 min/km |
| 55 | 978  | Sowade Ulrich           | Running gag Cologne     | 0:46:23 | 0:46:18 | 21:22 | 24:55 | M40 | 10 | 4:38 min/km |
| 56 | 988  | Wermelt Tony            |                         | 0:46:29 | 0:46:21 | 22:01 | 24:19 | M50 | 8  | 4:39 min/km |
| 57 | 773  | Runge Jörg              | Lauftreff Engelskirchen | 0:46:37 | 0:46:29 | 22:00 | 24:29 | M40 | 11 | 4:40 min/km |
| 58 | 682  | Kasprzik Peter          | LT Saaler Mühle         | 0:46:39 | 0:46:27 | 21:59 | 24:27 | M50 | 9  | 4:40 min/km |
| 59 | 961  | Osbahr Sven             | *Köln                   | 0:46:49 | 0:46:42 | 21:41 | 25:01 | M45 | 14 | 4:41 min/km |
| 60 | 1028 | Steyer Waldemar         | *Leverkusen             | 0:46:53 | 0:46:48 | 22:06 | 24:42 | M45 | 15 | 4:41 min/km |
| 61 | 1029 | Herold Matthias         |                         | 0:47:09 | 0:46:53 | 21:32 | 25:21 | M45 | 16 | 4:43 min/km |
| 62 | 571  | Stäbler Thilo           | Thussi 2                | 0:47:11 | 0:46:55 | 21:48 | 25:06 | M30 | 14 | 4:43 min/km |
| 63 | 648  | Gatz Uwe Christian      | LT Saaler Mühle         | 0:47:18 | 0:47:05 | 22:36 | 24:29 | M45 | 17 | 4:44 min/km |
| 64 | 1045 | Drews Dietmar           | *Euskirchen             | 0:47:32 | 0:47:21 | 22:37 | 24:43 | M50 | 10 | 4:45 min/km |
| 65 | 589  | Andersson Niko          | *Bonn                   | 0:47:45 | 0:47:20 | 22:54 | 24:25 | M30 | 15 | 4:47 min/km |
| 66 | 732  | Niederreuther Mark-Nils | *Köln                   | 0:47:48 | 0:47:31 | 23:10 | 24:21 | M35 | 5  | 4:47 min/km |
| 67 | 754  | Porschen Michael        | P&G Running Team        | 0:47:58 | 0:47:48 | 22:15 | 25:33 | M40 | 12 | 4:48 min/km |
| 68 | 1054 | Krause Jürgen           | Team Dolorgiet          | 0:48:00 | 0:47:47 | 23:01 | 24:46 | M55 | 5  | 4:48 min/km |
| 69 | 559  | Schlößer Peter          | Eschweiler              | 0:48:02 | 0:47:57 | 23:10 | 24:46 | M45 | 18 | 4:48 min/km |
| 70 | 789  | Schöttler Oliver        | LG Atemlos              | 0:48:16 | 0:48:08 | 22:24 | 25:44 | M40 | 13 | 4:50 min/km |
| 71 | 1010 | Pniewski Bernd          | Brücker Lauffreunde     | 0:48:18 | 0:48:11 | 22:37 | 25:34 | M55 | 6  | 4:50 min/km |
| 72 | 1043 | Vaessen Jan             | Atletiek Helden (NL)    | 0:48:23 | 0:48:06 | 22:45 | 25:21 | M50 | 11 | 4:50 min/km |
| 73 | 690  | Kluge Lars              | *Köln                   | 0:48:39 | 0:48:19 | 22:45 | 25:33 | MHK | 3  | 4:52 min/km |
| 74 | 590  | Assmann Olaf            | no name                 | 0:48:42 | 0:48:27 | 23:40 | 24:47 | M45 | 19 | 4:52 min/km |
| 75 | 1018 | Huschenbeth Mark        |                         | 0:48:51 | 0:48:35 | 22:20 | 26:14 | M40 | 14 | 4:53 min/km |
| 76 | 853  | Bohn Joachim W.         | German Air Force / Luf  | 0:48:54 | 0:48:35 | 22:42 | 25:52 | M55 | 7  | 4:53 min/km |
| 77 | 772  | Runge Günther           | VfL Engelskirchen       | 0:49:02 | 0:48:55 | 23:11 | 25:44 | M65 | 1  | 4:54 min/km |
| 78 | 1006 | Berger Stefan           | Brücker Lauffreunde     | 0:49:04 | 0:48:55 | 22:40 | 26:15 | M50 | 12 | 4:54 min/km |
| 79 | 963  | Kaßalik Marco           | *Bottrop                | 0:49:07 | 0:48:52 | 22:53 | 25:58 | M30 | 16 | 4:55 min/km |
| 80 | 851  | Schnier Fabian          |                         | 0:49:11 | 0:48:50 | 23:30 | 25:19 | MHK | 4  | 4:55 min/km |
| 81 | 531  | Hoyer Niklas            | Galatasaray             | 0:49:12 | 0:48:53 | 22:06 | 26:47 | M30 | 17 | 4:55 min/km |
| 82 | 1019 | Sandkühler Dirk         | *Köln                   | 0:49:13 | 0:48:52 | 23:15 | 25:37 | M55 | 8  | 4:55 min/km |
| 83 | 736  | Ohl Heinz               | *Nümbrecht              | 0:49:49 | 0:49:38 | 23:10 | 26:27 | M55 | 9  | 4:59 min/km |
| 84 | 819  | Wehner Stephan          | LT Siebengebirge        | 0:49:50 | 0:49:27 | 23:57 | 25:29 | M45 | 20 | 4:59 min/km |

# Die 10 Meilen von Köln am 29.Juli 2012

## 10km Lauf

Männer

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|     |      |                    |                       |         |         |       |       |     |    |             |
|-----|------|--------------------|-----------------------|---------|---------|-------|-------|-----|----|-------------|
| 85  | 635  | Ehses Christian    | Kompetenzteam         | 0:49:50 | 0:49:36 | 23:55 | 25:40 | MHK | 5  | 4:59 min/km |
| 86  | 1005 | Jagalski Dirk      | FI Sport e.V.         | 0:49:54 | 0:49:34 | 23:29 | 26:05 | M40 | 15 | 4:59 min/km |
| 87  | 1003 | Schlebusch Mirco   | Troisdorf LG M.U.T    | 0:50:09 | 0:49:56 | 22:59 | 26:57 | M30 | 18 | 5:01 min/km |
| 88  | 953  | Schorn Walter      | LT Saaler Mühle       | 0:50:16 | 0:50:02 | 23:44 | 26:18 | M55 | 10 | 5:02 min/km |
| 89  | 970  | Decker Marco       |                       | 0:50:29 | 0:50:03 | 24:15 | 25:48 | M35 | 6  | 5:03 min/km |
| 90  | 777  | Schlüssel Ralf     | LLG Haan-Hilden       | 0:50:42 | 0:50:24 | 23:20 | 27:03 | M60 | 3  | 5:04 min/km |
| 91  | 755  | Pruß Thomas        | Colognerunners        | 0:51:17 | 0:50:42 | 24:40 | 26:01 | M50 | 13 | 5:08 min/km |
| 92  | 788  | Schöttler Matthias | LG Atemlos            | 0:51:34 | 0:51:25 | 24:39 | 26:45 | M35 | 7  | 5:09 min/km |
| 93  | 674  | Honal Martin       | *Köln                 | 0:51:35 | 0:51:15 | 23:49 | 27:25 | M35 | 8  | 5:10 min/km |
| 94  | 1032 | Wirth Burkhard     | *Schwäbisch Gmünd     | 0:51:59 | 0:51:42 | 23:47 | 27:55 | M55 | 11 | 5:12 min/km |
| 95  | 1050 | Altendorf Oskar    | TV Refrath            | 0:52:04 | 0:51:52 | 24:35 | 27:17 | M60 | 4  | 5:12 min/km |
| 96  | 551  | Peters Andreas     | *Erkelenz             | 0:52:05 | 0:51:33 | 25:18 | 26:14 | MHK | 6  | 5:13 min/km |
| 97  | 810  | Vogel Dirk         | *Duisburg             | 0:52:07 | 0:51:45 | 25:00 | 26:44 | M50 | 14 | 5:13 min/km |
| 98  | 723  | Moga Bruno         | LG Huskies            | 0:52:15 | 0:51:47 | 24:42 | 27:05 | M60 | 5  | 5:14 min/km |
| 99  | 596  | Becker Reinhard    | *Kreuztal             | 0:52:23 | 0:51:56 | 24:14 | 27:42 | M50 | 15 | 5:14 min/km |
| 100 | 860  | Hilpert Daniel     |                       | 0:52:40 | 0:52:27 | 24:38 | 27:48 | MJB | 1  | 5:16 min/km |
| 101 | 859  | Hilpert Ulrich     |                       | 0:52:41 | 0:52:28 | 24:39 | 27:49 | M45 | 21 | 5:16 min/km |
| 102 | 720  | Moch Dietmar       | MKH AusdauerTEAM      | 0:52:51 | 0:52:25 | 25:13 | 27:12 | M45 | 22 | 5:17 min/km |
| 103 | 1056 | Rommel Markus      | *Siegen               | 0:52:55 | 0:52:27 | 25:24 | 27:02 | M45 | 23 | 5:18 min/km |
| 104 | 566  | Schusters Artur    | Gerresheimer Turnvere | 0:53:21 | 0:53:15 | 24:01 | 29:14 | M45 | 24 | 5:20 min/km |
| 105 | 1055 | Brüll Sebastian    |                       | 0:53:37 | 0:53:14 | 25:44 | 27:30 | MHK | 7  | 5:22 min/km |
| 106 | 1062 | Käsbach Christoph  |                       | 0:53:49 | 0:53:32 | 24:42 | 28:49 | M40 | 16 | 5:23 min/km |
| 107 | 1051 | Krüger Gerhard     | TV Refrath            | 0:53:51 | 0:53:44 | 25:08 | 28:36 | M70 | 1  | 5:23 min/km |
| 108 | 1035 | Schnepper Willi    | Biggi's Flitzer       | 0:53:57 | 0:53:48 | 25:13 | 28:35 | M45 | 25 | 5:24 min/km |
| 109 | 1026 | Hackenbarg Markus  | *Wermelskirchen       | 0:54:15 | 0:53:51 | 25:08 | 28:42 | M45 | 26 | 5:26 min/km |
| 110 | 749  | Peters Jens        | *Bonn                 | 0:54:32 | 0:54:21 | 25:13 | 29:08 | M60 | 6  | 5:27 min/km |
| 111 | 849  | Meerten Theo       |                       | 0:54:43 | 0:54:43 | 27:20 | 27:23 | M50 | 16 | 5:28 min/km |
| 112 | 579  | Vent Michael       | *Hennef               | 0:55:03 | 0:54:37 | 26:18 | 28:18 | M45 | 27 | 5:30 min/km |
| 113 | 857  | Glesmann Guido     | FC Keldenich          | 0:55:43 | 0:55:15 | 26:56 | 28:19 | MHK | 8  | 5:34 min/km |
| 114 | 660  | Heine Joachim      | *Köln                 | 0:56:39 | 0:56:17 | 27:21 | 28:55 | M60 | 7  | 5:40 min/km |
| 115 | 843  | Klein Wilfried     | *Köln                 | 0:56:41 | 0:56:07 | 27:39 | 28:28 | M45 | 28 | 5:40 min/km |
| 116 | 1020 | Dr. Gerke Jürgen   |                       | 0:57:26 | 0:57:18 | 25:57 | 31:20 | M65 | 2  | 5:45 min/km |
| 117 | 1040 | Hamers Harry       | *Simpelved            | 0:58:43 | 0:58:43 | 27:50 | 30:53 | M55 | 12 | 5:52 min/km |
| 118 | 946  | Carlé Thomas       |                       | 0:59:21 | 0:59:21 | 28:50 | 30:30 | M40 | 17 | 5:56 min/km |
| 119 | 1059 | Feige Manfred      | *Köln                 | 1:00:18 | 0:59:41 | 28:04 | 31:36 | M65 | 3  | 6:02 min/km |
| 120 | 696  | Krämer Achim       | *Lohmar               | 1:00:21 | 0:59:49 | 28:36 | 31:13 | M45 | 29 | 6:02 min/km |
| 121 | 996  | Beringhoff Georg   | FG Köln               | 1:00:22 | 0:59:53 | 28:34 | 31:18 | M55 | 13 | 6:02 min/km |
| 122 | 628  | Deiters Lothar     | LTD-Köln-Dellbrück    | 1:01:45 | 1:01:24 | 29:07 | 32:16 | M75 | 1  | 6:11 min/km |
| 123 | 941  | Feldmann Christoph | Bornheim              | 1:02:45 | 1:02:12 | 29:41 | 32:31 | M45 | 30 | 6:17 min/km |
| 124 | 1064 | Hilpert Thomas     | *Köln                 | 1:02:56 | 1:02:34 | 27:55 | 34:38 | M45 | 31 | 6:18 min/km |
| 125 | 837  | Naujokat Carsten   | LT Düsseldorf Süd     | 1:03:11 | 1:02:41 | 29:30 | 33:11 | M35 | 9  | 6:19 min/km |
| 126 | 719  | Middendorf Joerg   | *Köln                 | 1:03:38 | 1:03:16 | 28:42 | 34:34 | M30 | 19 | 6:22 min/km |
| 127 | 505  | Braun Peter        | *Bornheim             | 1:05:57 | 1:05:20 | 31:49 | 33:31 | M50 | 17 | 6:36 min/km |

# Die 10 Meilen von Köln am 29.Juli 2012

## 10km Lauf

Männer

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|     |      |                     |                  |         |         |       |       |     |    |             |
|-----|------|---------------------|------------------|---------|---------|-------|-------|-----|----|-------------|
| 128 | 521  | Goad Robert         | *Köln            | 1:06:19 | 1:05:48 | 30:52 | 34:56 | MHK | 9  | 6:38 min/km |
| 129 | 747  | Peters Jan          | *Köln            | 1:06:59 | 1:06:25 | 31:58 | 34:27 | M30 | 20 | 6:42 min/km |
| 130 | 501  | Bamberg Christopher | *Köln            | 1:07:14 | 1:06:42 | 30:51 | 35:50 | MHK | 10 | 6:43 min/km |
| 131 | 847  | Engel Dirk          |                  | 1:10:26 | 1:09:50 | 32:55 | 36:54 | M45 | 32 | 7:03 min/km |
| 132 | 574  | Thaden Jörg         | *Euskirchen      | 1:10:28 | 1:09:53 | 32:56 | 36:56 | M45 | 33 | 7:03 min/km |
| 133 | 796  | Schütze Alfred      | Die Genussläufer | 1:10:54 | 1:10:33 | 33:19 | 37:13 | M70 | 2  | 7:05 min/km |
| 134 | 1012 | Braun Karl-Heinz    |                  | 1:13:03 | 1:12:29 | 33:08 | 39:20 | M60 | 8  | 7:18 min/km |

# Die 10 Meilen von Köln am 29.Juli 2012

## 10km Lauf

Frauen

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| Total. | Nr.  | Name Vorname           | Verein/*Ort           | Bruttozeit | Nettozeit | Runden      | AK  | AK-Platz | Geschwindigkeit |
|--------|------|------------------------|-----------------------|------------|-----------|-------------|-----|----------|-----------------|
| 1      | 1021 | Westermann Rike        | PSV Grün-Weiß Kassel  | 0:39:13    | 0:39:09   | 18:33 20:36 | W30 | 1        | 3:55 min/km     |
| 2      | 854  | Urbansky Christine     | ASV Köln Triathlon    | 0:42:14    | 0:42:04   | 20:07 21:56 | W30 | 2        | 4:13 min/km     |
| 3      | 770  | Roth Stefanie          | LG Wuppertal          | 0:43:00    | 0:42:55   | 20:13 22:42 | WHK | 1        | 4:18 min/km     |
| 4      | 1023 | Hinze Katja            | LG Gummersbach        | 0:43:07    | 0:43:02   | 20:14 22:48 | W40 | 1        | 4:19 min/km     |
| 5      | 617  | Buschhüter Astrid      | *Bergisch Gladbach    | 0:44:18    | 0:44:09   | 21:12 22:57 | W30 | 3        | 4:26 min/km     |
| 6      | 762  | Rentergent Carola      | SG Zons               | 0:44:41    | 0:44:35   | 20:58 23:37 | W45 | 1        | 4:28 min/km     |
| 7      | 823  | Willmer Carolin        | Thussi 2              | 0:44:43    | 0:44:27   | 21:23 23:04 | W30 | 4        | 4:28 min/km     |
| 8      | 724  | Moras Chiara           | Gazzetta Runners Club | 0:44:57    | 0:44:48   | 20:52 23:55 | W30 | 5        | 4:30 min/km     |
| 9      | 621  | Ciaglia Silke          | SG Zons               | 0:46:57    | 0:46:51   | 22:13 24:38 | W45 | 2        | 4:42 min/km     |
| 10     | 1015 | Schneider Heide        | LAZ Puma Rhein-Sieg   | 0:47:43    | 0:47:33   | 22:21 25:12 | W40 | 2        | 4:46 min/km     |
| 11     | 827  | Zange Gabi             | ESV Gremberghoven     | 0:47:51    | 0:47:42   | 22:39 25:03 | W50 | 1        | 4:47 min/km     |
| 12     | 1049 | Reiche Jutta           | LT Ahrweiler          | 0:48:26    | 0:48:11   | 22:47 25:24 | W60 | 1        | 4:51 min/km     |
| 13     | 692  | Köppern Antje          | E.I.L.E.              | 0:48:32    | 0:48:28   | 23:03 25:24 | W45 | 3        | 4:51 min/km     |
| 14     | 517  | Eßer Liisa             | KSG Köln              | 0:48:44    | 0:48:33   | 23:17 25:15 | W30 | 6        | 4:52 min/km     |
| 15     | 1057 | Adam Simone            | MAS                   | 0:48:48    | 0:48:24   | 22:54 25:29 | W35 | 1        | 4:53 min/km     |
| 16     | 1036 | Stickel-Zimmermann Mon | *Köln                 | 0:48:49    | 0:48:24   | 22:55 25:29 | W40 | 3        | 4:53 min/km     |
| 17     | 841  | Löwen Ludmilla         |                       | 0:48:58    | 0:48:50   | 23:19 25:31 | W30 | 7        | 4:54 min/km     |
| 18     | 575  | Thiel Melanie          | *Köln                 | 0:48:59    | 0:48:47   | 23:03 25:43 | W30 | 8        | 4:54 min/km     |
| 19     | 956  | Endrulat Ulrike        | LT Saaler Mühle       | 0:49:19    | 0:49:06   | 23:10 25:56 | W50 | 2        | 4:56 min/km     |
| 20     | 825  | Würges Amparo-Soledad  | LT Saaler Mühle       | 0:49:39    | 0:49:26   | 23:10 26:16 | W55 | 1        | 4:58 min/km     |
| 21     | 1047 | Schöffeler Kerstin     | TV Kärlich            | 0:49:48    | 0:49:34   | 23:22 26:12 | W35 | 2        | 4:59 min/km     |
| 22     | 179  | Schusters Katrin       | LG Stadtwerke Hilden  | 0:50:30    | 0:50:24   | 24:02 26:22 | WSA | 1        | 5:03 min/km     |
| 23     | 993  | Kukies Petra           | *Köln                 | 0:50:33    | 0:50:15   | 24:00 26:14 | W35 | 3        | 5:03 min/km     |
| 24     | 174  | Jansen Michelle        | *Köln                 | 0:50:41    | 0:50:08   | 24:42 25:26 | WSC | 1        | 5:04 min/km     |
| 25     | 1011 | Khoshnevisan Daniela   | LT Hennef/Sieg        | 0:50:42    | 0:50:30   | 23:54 26:36 | W30 | 9        | 5:04 min/km     |
| 26     | 1039 | Hagen Katrin           | Team Erdinger         | 0:51:06    | 0:50:51   | 24:25 26:26 | W40 | 4        | 5:07 min/km     |
| 27     | 957  | Nicaise Charlotte      |                       | 0:51:47    | 0:51:41   | 23:38 28:03 | W30 | 10       | 5:11 min/km     |
| 28     | 605  | Bittens Linda          | *Köln                 | 0:52:07    | 0:51:57   | 23:58 27:59 | WHK | 2        | 5:13 min/km     |
| 29     | 691  | Koelker Christiane     | *Mettmann             | 0:52:12    | 0:51:57   | 24:34 27:22 | W45 | 4        | 5:13 min/km     |
| 30     | 614  | Brüll Verena           | *Bonn                 | 0:52:17    | 0:51:54   | 25:02 26:52 | WHK | 3        | 5:14 min/km     |
| 31     | 1016 | Düppers Montserrat     |                       | 0:52:43    | 0:52:12   | 24:50 27:21 | W30 | 11       | 5:16 min/km     |
| 32     | 507  | Budig Daniela          | LG Gummersbach        | 0:53:02    | 0:52:48   | 24:57 27:50 | W35 | 4        | 5:18 min/km     |
| 33     | 1058 | Sander Beate           | LT Ahrweiler          | 0:53:04    | 0:52:50   | 25:08 27:41 | W45 | 5        | 5:18 min/km     |
| 34     | 943  | Flach Marion           | RTB-Marathon          | 0:53:28    | 0:53:00   | 25:03 27:57 | W55 | 2        | 5:21 min/km     |
| 35     | 743  | Pauly Dr. Anne         | *Köln                 | 0:54:02    | 0:53:31   | 25:29 28:01 | W35 | 5        | 5:24 min/km     |
| 36     | 1031 | Lämmlein Mareike       | *Wuppertal            | 0:54:44    | 0:54:24   | 25:47 28:37 | WHK | 4        | 5:28 min/km     |
| 37     | 1004 | Mäling Anja            | Troisdorfer LG M.U.T  | 0:54:51    | 0:54:38   | 25:37 29:00 | WHK | 5        | 5:29 min/km     |
| 38     | 817  | Wegel Edith            | Lauftreff Troisdorf   | 0:54:54    | 0:54:41   | 25:10 29:30 | W50 | 3        | 5:29 min/km     |
| 39     | 560  | Schlütter Jessica      | *Köln                 | 0:55:02    | 0:54:35   | 26:31 28:04 | WHK | 6        | 5:30 min/km     |
| 40     | 846  | Friebe-Emonts Susanne  |                       | 0:55:28    | 0:55:10   | 26:33 28:36 | W45 | 6        | 5:33 min/km     |
| 41     | 568  | Sicklinger Sonja       | *Köln                 | 0:56:33    | 0:56:23   | 26:37 29:46 | WHK | 7        | 5:39 min/km     |

# Die 10 Meilen von Köln am 29.Juli 2012

## 10km Lauf

Frauen

Seite 6

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|    |      |                   |                      |         |         |       |       |     |    |             |
|----|------|-------------------|----------------------|---------|---------|-------|-------|-----|----|-------------|
| 42 | 780  | Schmitz Judith    | BSG Rheinenergie     | 0:57:15 | 0:56:56 | 27:25 | 29:31 | W45 | 7  | 5:44 min/km |
| 43 | 786  | Schnettler Yvonne | *Siegburg            | 0:57:34 | 0:57:09 | 26:58 | 30:10 | W35 | 6  | 5:45 min/km |
| 44 | 581  | Warlich Dr. Anke  | *Köln                | 0:57:49 | 0:57:21 | 27:51 | 29:29 | W30 | 12 | 5:47 min/km |
| 45 | 718  | Meuser Dagmar     | LLG 80 Nordpark Köln | 0:58:59 | 0:58:34 | 27:55 | 30:39 | W45 | 8  | 5:54 min/km |
| 46 | 612  | Breer Sandra      | *Köln                | 0:59:25 | 0:59:09 | 27:54 | 31:14 | W35 | 7  | 5:57 min/km |
| 47 | 522  | Gruse Sandra      | *Solingen            | 1:00:00 | 0:59:30 | 28:36 | 30:53 | W45 | 9  | 6:00 min/km |
| 48 | 586  | Zhukovska Olga    | *Köln                | 1:00:00 | 0:59:35 | 28:46 | 30:49 | WHK | 8  | 6:00 min/km |
| 49 | 809  | Tanski Uschi      | Cäcilia Neuhonrath   | 1:00:01 | 0:59:31 | 28:37 | 30:53 | W45 | 10 | 6:00 min/km |
| 50 | 536  | Kannenberg Nicole | *Köln                | 1:00:11 | 0:59:46 | 28:46 | 30:59 | WHK | 9  | 6:01 min/km |
| 51 | 1065 | Heller Marlene    | *Köln                | 1:00:12 | 0:59:56 | 28:09 | 31:47 | W60 | 2  | 6:01 min/km |
| 52 | 1009 | Weisbach Heike    | LT Hennef Sieg       | 1:00:29 | 1:00:00 | 28:38 | 31:21 | W35 | 8  | 6:03 min/km |
| 53 | 838  | Golsch Tanja      |                      | 1:01:14 | 1:00:51 | 29:59 | 30:51 | W35 | 9  | 6:07 min/km |
| 54 | 578  | Vent Dagmar       | *Hennef              | 1:01:23 | 1:00:57 | 29:00 | 31:56 | W50 | 4  | 6:08 min/km |
| 55 | 1007 | Meyer Silvia      | LeoGoesRunningTeam   | 1:02:06 | 1:01:34 | 29:08 | 32:25 | W45 | 11 | 6:13 min/km |
| 56 | 852  | Hahs Eueline      | LT Hennef Sieg       | 1:02:53 | 1:02:24 | 29:08 | 33:16 | W50 | 5  | 6:17 min/km |
| 57 | 1063 | Janssen Julia     |                      | 1:02:56 | 1:02:33 | 27:55 | 34:38 | W35 | 10 | 6:18 min/km |
| 58 | 530  | Hofmann Miriam    | *Köln                | 1:03:14 | 1:02:47 | 29:32 | 33:15 | W30 | 13 | 6:19 min/km |
| 59 | 618  | Buschhüter Maren  | Die Buschis          | 1:04:55 | 1:04:22 | 31:00 | 33:21 | WHK | 10 | 6:30 min/km |
| 60 | 714  | Malorny Martina   | Lichtscheid Runner   | 1:04:58 | 1:04:43 | 29:20 | 35:22 | W45 | 12 | 6:30 min/km |
| 61 | 1042 | Heuijers Ellen    | Atletiek Helden (NL) | 1:05:02 | 1:04:37 | 30:48 | 33:49 | W40 | 5  | 6:30 min/km |
| 62 | 540  | Kürten Nicola     | *Siegburg            | 1:06:57 | 1:06:30 | 30:46 | 35:43 | WHK | 11 | 6:42 min/km |
| 63 | 503  | Beer Susanne      | *Köln                | 1:06:59 | 1:06:26 | 32:00 | 34:25 | W30 | 14 | 6:42 min/km |
| 64 | 553  | Pullem Kerstin    | *Köln                | 1:07:23 | 1:06:58 | 30:48 | 36:09 | W55 | 3  | 6:44 min/km |
| 65 | 855  | Tseleoglou Iris   |                      | 1:09:12 | 1:08:49 | 31:48 | 37:00 | WHK | 12 | 6:55 min/km |
| 66 | 563  | Schmoll Sabine    | *Köln                | 1:09:15 | 1:08:51 | 32:40 | 36:11 | W30 | 15 | 6:56 min/km |
| 67 | 673  | Holland Julia     | *Köln                | 1:09:15 | 1:08:52 | 32:41 | 36:11 | WHK | 13 | 6:56 min/km |
| 68 | 524  | Hahn Marion       | *Köln                | 1:09:45 | 1:09:15 | 31:14 | 38:01 | W30 | 16 | 6:59 min/km |