

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 1

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1330	Verch Marco	Leise rieselt der Schnee	0:42:13	1981 M30	1	0:42:16	13:47 * 14:01 * 14:24	4:13 min/km
2	100	Berghausen Martin	*Köln	0:43:26	1987 MHK	1	0:43:27	13:49 * 14:25 * 15:11	4:21 min/km
3	2927	Rinke André	MHMK-Running	0:43:52	1991 MHK	2	0:44:05	14:00 * 14:25 * 15:27	4:23 min/km
4	3262	Te Boekhorst Wander	Team Karnaval	0:44:09	1975 M35	1	0:44:12	14:10 * 14:29 * 15:28	4:25 min/km
5	1340	Voigt Holger	FSH100	0:44:14	1982 M30	2	0:44:57	14:01 * 14:31 * 15:41	4:25 min/km
6	1451	Aici Celim	Villafrance	0:45:26	1987 MHK	3	0:45:41	15:15 * 14:55 * 15:16	4:33 min/km
7	2542	Liaptsis Georgios	LKW-Schorse	0:45:50	1981 M30	3	0:46:07	14:44 * 15:13 * 15:53	4:35 min/km
8	1674	Brüninghaus Nils	*Köln	0:45:59	1996 MJB	1	0:46:39	14:47 * 14:51 * 16:20	4:36 min/km
9	3475	Worth Lukas	*Köln	0:46:13	1992 MHK	4	0:46:18	14:44 * 15:02 * 16:26	4:37 min/km
10	2502	Kutschker Jan	AGENTUR RHEINSPORT	0:46:23	1985 MHK	5	0:47:00	15:41 * 14:45 * 15:56	4:38 min/km
11	1567	Bettendorff Yves	*köln	0:46:28	1973 M35	2	0:46:40	15:06 * 15:20 * 16:01	4:39 min/km
12	2908	Rennemeier Christoph	*Köln	0:46:28	1976 M35	3	0:46:31	15:27 * 15:12 * 15:48	4:39 min/km
13	215	Csiba Philip	*Koeln	0:46:36	1971 M40	1	0:47:42	15:08 * 15:04 * 16:23	4:40 min/km
14	321	Fernandes Richard	*burscheid	0:46:43	1970 M40	2	0:47:40	15:32 * 15:14 * 15:55	4:40 min/km
15	2923	Rinckens Johannes	Rudolphs - Fastest	0:46:47	1986 MHK	6	0:50:51	16:29 * 15:11 * 15:05	4:41 min/km
16	2128	Hecker Dirk	*Hürth	0:46:49	1974 M35	4	0:46:56	14:39 * 15:30 * 16:39	4:41 min/km
17	3615	Schaake Matt		0:47:05	1989 MHK	7	0:48:05	16:07 * 15:11 * 15:45	4:43 min/km
18	1226	Spilles Prof. Dr. Jörg	Die Weihnachtsgänse	0:47:06	1974 M35	5	0:47:12	15:40 * 15:27 * 15:57	4:43 min/km
19	685	Kraidi Samar	*Köln	0:47:15	1967 M45	1	0:47:29	15:33 * 15:17 * 16:24	4:44 min/km
20	1971	Gaab Jan	Gaab-Family	0:47:20	1994 MJA	1	0:50:25	16:38 * 14:55 * 15:46	4:44 min/km
21	3652	Wolf Harald	LT Decksteiner Weiher	0:47:22	1967 M45	2	0:47:25	14:41 * 15:50 * 16:51	4:44 min/km
22	1430	Zarges Frank	Mach3 Köln e.V.	0:47:28	1968 M40	3	0:47:37	15:22 * 15:46 * 16:20	4:45 min/km
23	265	Drewniok Stephan	*Köln	0:47:33	1974 M35	6	0:49:11	16:38 * 15:15 * 15:38	4:45 min/km
24	1410	Winkler Benno	Opa für Jona	0:47:45	1950 M60	1	0:47:47	15:11 * 15:51 * 16:42	4:47 min/km
25	1541	Beier Alfred	*köln	0:47:47	1955 M55	1	0:47:52	15:29 * 15:42 * 16:35	4:47 min/km
26	1646	Braun Noel	TUS Sören	0:47:49	1988 MHK	8	0:48:40	15:14 * 15:34 * 17:00	4:47 min/km
27	2672	Mialka David	*Köln	0:48:03	1985 MHK	9	0:49:02	16:12 * 15:25 * 16:26	4:48 min/km
28	220	Dannenbauer Felix	Lucky Star	0:48:16	1979 M30	4	0:49:08	17:43 * 15:06 * 15:26	4:50 min/km
29	3324	Umbach Thorsten	LKW-Schorse	0:48:24	1985 MHK	10	0:48:40	15:13 * 15:59 * 17:11	4:50 min/km
30	101	Bernhardt Heiko	Butzanada	0:48:32	1971 M40	4	0:49:14	16:21 * 15:43 * 16:27	4:51 min/km
31	796	Marek Adrian	*Hürth	0:48:33	1972 M40	5	0:52:04	16:35 * 15:37 * 16:19	4:51 min/km
32	1333	Viehweger Dr. Olaf	*Köln	0:48:35	1961 M50	1	0:48:57	16:38 * 14:33 * 17:23	4:52 min/km
33	1017	Richter Niklas	The Skankaroos	0:48:35	1980 M30	5	0:48:43	15:16 * 16:07 * 17:11	4:52 min/km
34	1620	Bolten Niklas	*Köln	0:48:36	1996 MJB	2	0:48:58	15:46 * 16:04 * 16:46	4:52 min/km
35	1142	Schneider Reiner	Lauflöwe 65	0:48:38	1965 M45	3	0:48:41	16:07 * 16:06 * 16:24	4:52 min/km
36	1185	Schwitanski Dorian	Cardiff City	0:48:41	1985 MHK	11	0:52:01	16:52 * 15:40 * 16:08	4:52 min/km
37	579	Joppich Andre	LKW-Schorse	0:48:56	1985 MHK	12	0:49:11	15:14 * 16:13 * 17:28	4:54 min/km
38	424	Gürth Martin	*Köln	0:48:57	1981 M30	6	0:49:15	16:43 * 15:45 * 16:28	4:54 min/km
39	1551	Berchtold Julian	*Köln	0:48:57	1984 MHK	13	0:49:15	16:43 * 15:45 * 16:27	4:54 min/km
40	2930	Rivola Dominik	MHMK-Running	0:48:57	1989 MHK	14	0:49:09	15:11 * 16:06 * 17:39	4:54 min/km
41	2752	Normann Hans	Pushensy	0:48:59	1967 M45	4	0:51:12	16:14 * 16:07 * 16:37	4:54 min/km
42	171	Büchel Hans	*Frechen	0:48:59	1962 M50	2	0:50:14	15:34 * 16:15 * 17:09	4:54 min/km
43	2734	Neumayer Benedikt	DSHS Sportoekonomie	0:49:02	1987 MHK	15	0:52:28	17:00 * 16:06 * 15:54	4:54 min/km
44	2084	Haas Christoph	DSHS Köln	0:49:02	1984 MHK	16	0:49:12	15:07 * 15:57 * 17:57	4:54 min/km
45	3355	Vogt Pascal	*Köln	0:49:14	1984 MHK	17	0:49:34	16:01 * 16:14 * 16:58	4:55 min/km
46	346	Frenzel Stefan	*Köln	0:49:24	1978 M30	7	0:49:43	16:19 * 16:21 * 16:42	4:56 min/km
46	371	Gerhard Rolf	*Köln	0:49:24	1979 M30	7	0:50:36	16:24 * 16:22 * 16:37	4:56 min/km
48	2834	Pilz Fabian	AGENTUR RHEINSPORT	0:49:26	1991 MHK	18	0:50:03	16:24 * 16:13 * 16:48	4:57 min/km
49	343	Franken Michael	*Köln	0:49:32	1963 M45	5	0:49:35	16:11 * 16:18 * 17:03	4:57 min/km
50	819	Mesic Mario	Rheinrunner	0:49:38	1965 M45	6	0:51:12	16:50 * 16:04 * 16:43	4:58 min/km
51	1219	Sopp Rüdiger	*Köln	0:49:40	1974 M35	7	0:51:13	16:52 * 16:03 * 16:44	4:58 min/km
52	1945	Fritz Thorsten	DSHS Sportoekonomie	0:49:41	1987 MHK	19	0:53:08	16:47 * 16:06 * 16:47	4:58 min/km
53	27	Ansari Arash	Flying Snales	0:49:45	1973 M35	8	0:50:04	16:00 * 16:34 * 17:10	4:59 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 2

gedruckt 09.12.2012 13:26:08

54	13	Adam Simon	mas Training	0:49:47	1974 M35	9	0:50:15	16:22 *	16:03 *	17:21	4:59 min/km
55	1180	Schwenck Christian	mas-Training	0:49:48	1974 M35	10	0:50:15	16:22 *	16:04 *	17:20	4:59 min/km
56	2507	Landgraf Michael	Running without drugs	0:49:52	1988 MHK	20	0:51:29	18:01 *	15:33 *	16:17	4:59 min/km
57	630	Kirschner Christian	*Köln	0:49:54	1988 MHK	21	0:50:23	15:27 *	16:44 *	17:42	4:59 min/km
58	1204	Sinram Andree	UPS	0:49:57	1961 M50	3	0:52:06	15:55 *	16:32 *	17:29	4:60 min/km
59	2471	Krumrain Julian	LKW-Schorse	0:49:58	1982 M30	9	0:50:13	16:00 *	16:25 *	17:32	4:60 min/km
60	306	Eymers Florian	Oldenburger Läufer	0:50:00	1983 MHK	22	0:51:24	16:36 *	16:22 *	17:01	5:00 min/km
61	2795	Pakenis Nicolai	*Köln	0:50:06	1981 M30	10	0:50:55	16:25 *	16:20 *	17:20	5:01 min/km
62	1950	Fromm Dominik	The GinNastics	0:50:06	1990 MHK	23	0:54:55	17:10 *	16:17 *	16:38	5:01 min/km
63	2129	Hedemann Kai	*Köln	0:50:12	1987 MHK	24	0:53:00	16:55 *	16:27 *	16:49	5:01 min/km
64	3216	Stiegforth Arne	Boys from the Hill	0:50:15	1980 M30	11	0:53:47	17:33 *	16:01 *	16:40	5:02 min/km
65	19	Albishausen Rainer	ALBIS Lauftreff	0:50:15	1966 M45	7	0:51:07	16:31 *	16:13 *	17:31	5:02 min/km
66	2467	Krötz Peter	The Skankaroos	0:50:19	1977 M35	11	0:50:30	15:09 *	17:41 *	17:28	5:02 min/km
67	2715	Nachtsheim Klaus	*Köln	0:50:21	1981 M30	12	0:50:33	16:40 *	16:32 *	17:07	5:02 min/km
68	2708	Müller Tobias	RSV Unna	0:50:21	1979 M30	13	0:53:06	16:09 *	16:16 *	17:55	5:02 min/km
69	2005	Getz Jan	UPS	0:50:22	1982 M30	14	0:53:55	17:06 *	16:02 *	17:13	5:02 min/km
70	972	Quester Markus	Life is Running	0:50:23	1976 M35	12	0:51:49	17:20 *	16:22 *	16:40	5:02 min/km
71	3298	Trebels Stephan	Altes Brauhaus Königsdorf	0:50:29	1968 M40	6	0:50:41	16:03 *	16:29 *	17:56	5:03 min/km
72	1538	Behrendt Christoph	*Köln	0:50:32	1988 MHK	25	0:50:58	16:33 *	17:05 *	16:53	5:03 min/km
73	3002	Schenk Andreas	*Eupen	0:50:33	1985 MHK	26	0:51:21	17:56 *	18:10 *	14:25	5:03 min/km
74	2606	Mainero Davide	*Pinerolo	0:50:35	1971 M40	7	0:52:56	16:59 *	16:28 *	17:07	5:04 min/km
75	2443	Kozik Thomas	Bierhähnchen	0:50:39	1974 M35	13	0:52:57	17:36 *	16:17 *	16:45	5:04 min/km
76	882	Nicklich Philipp	1. FC Quadraath-Ichendorf	0:50:45	1991 MHK	27	0:51:40	16:24 *	17:12 *	17:08	5:05 min/km
77	236	Desprez Pierre	Bachemer Wahnsinn	0:50:48	1954 M55	2	0:53:39	17:52 *	16:04 *	16:51	5:05 min/km
78	624	Kiehn Rainer	BachemerWahnsinn	0:50:48	1967 M45	8	0:53:39	17:52 *	16:04 *	16:52	5:05 min/km
79	803	Matsukawa Luca	*Köln	0:50:52	1991 MHK	28	0:52:20	17:39 *	16:10 *	17:01	5:05 min/km
80	2974	Sabrowski Frederik	Praxis	0:50:53	1987 MHK	29	0:54:17	16:31 *	16:37 *	17:44	5:05 min/km
81	584	Jüsten Florian	*Köln	0:50:53	1980 M30	15	0:51:19	17:54 *	16:25 *	16:33	5:05 min/km
82	1893	Ferrauti Prof. Dr.	Praxis	0:50:55	1960 M50	4	0:54:19	16:30 *	16:37 *	17:46	5:05 min/km
83	1403	Wille Nicolas	SCI Verkehr	0:50:59	1973 M35	14	0:53:07	17:40 *	16:29 *	16:49	5:06 min/km
84	2823	Pfahl Bastian	Rudolphi - Fastest	0:51:02	1984 MHK	30	0:55:07	19:03 *	16:51 *	15:06	5:06 min/km
85	0	unbekannt DT2YN82		0:51:02	0 MHK	31	0:51:29	17:21 *	16:31 *	17:09	5:06 min/km
86	2541	Leyrer Bernhard	cleverbridge	0:51:03	1976 M35	15	0:51:29	17:22 *	16:31 *	17:08	5:06 min/km
87	3021	Schlochtermeier Dr.	Praxis	0:51:17	1970 M40	8	0:54:25	17:18 *	17:05 *	16:53	5:08 min/km
88	3429	Weyers Tim	RUNNERS POINT	0:51:17	1982 M30	16	0:51:24	17:19 *	17:28 *	16:30	5:08 min/km
89	1746	Danek Frank	Glühwürmli	0:51:17	1982 M30	17	0:51:53	16:45 *	16:36 *	17:56	5:08 min/km
90	1335	Vogel Jörg	funrunner	0:51:20	1969 M40	9	0:51:21	15:45 *	16:35 *	19:00	5:08 min/km
91	3179	Städtler Hans-Georg	Running without drugs	0:51:21	1975 M35	16	0:52:55	18:04 *	15:57 *	17:19	5:08 min/km
92	1070	Sauer Fabian	*Kerpen	0:51:26	1992 MHK	32	0:52:03	16:37 *	17:09 *	17:40	5:09 min/km
93	2576	Ludemann Klaus	*Köln	0:51:28	1968 M40	10	0:51:50	16:31 *	16:36 *	18:21	5:09 min/km
94	2494	Kunze René	*Leipzig	0:51:30	1970 M40	11	0:52:21	16:33 *	17:16 *	17:41	5:09 min/km
95	3029	Schmetzer Uli	*Offendingen	0:51:40	1989 MHK	33	0:54:58	17:35 *	16:43 *	17:21	5:10 min/km
96	505	Heymann Andy	*Köln	0:51:40	1973 M35	17	0:53:17	17:02 *	16:43 *	17:55	5:10 min/km
97	3307	Tschorn Gerald	*Mechernich	0:51:45	1967 M45	9	0:54:18	17:43 *	17:08 *	16:53	5:11 min/km
98	227	Dehne Stephan	*Langenfeld	0:51:45	1977 M35	18	0:52:06	16:56 *	16:47 *	18:02	5:11 min/km
99	1027	Rode Stefan	*Köln	0:51:46	1981 M30	18	0:52:20	18:32 *	16:11 *	17:02	5:11 min/km
100	3175	Spoehr Philipp	*Köln	0:51:59	1992 MHK	34	0:53:30	19:04 *	15:57 *	16:58	5:12 min/km
101	3172	Spirtz Dominik	Original Bootcamp	0:52:01	1989 MHK	35	0:52:51	17:44 *	16:49 *	17:27	5:12 min/km
102	1339	Vogels Dr. Tim	*Köln	0:52:03	1966 M45	10	0:52:22	17:02 *	17:04 *	17:56	5:12 min/km
103	1081	Schallenberg Jörg	*Rösrath	0:52:07	1968 M40	12	0:52:16	16:46 *	17:23 *	17:57	5:13 min/km
104	2632	Matull Dr. Stefan	*Köln	0:52:07	1970 M40	13	0:52:09	16:59 *	17:18 *	17:49	5:13 min/km
105	2050	Gouraud Pierre	Villafrance	0:52:08	1984 MHK	36	0:54:32	17:53 *	17:08 *	17:06	5:13 min/km
106	1128	Schmitz Sebastian	Mach3 Köln e.V.	0:52:09	1988 MHK	37	0:52:20	15:35 *	17:28 *	19:05	5:13 min/km
107	3490	Zahren Marcus	*Köln	0:52:09	1969 M40	14	0:52:31	17:06 *	17:24 *	17:39	5:13 min/km
108	902	Oppermann Axel	*Köln	0:52:11	1956 M55	3	0:53:34	17:08 *	16:56 *	18:06	5:13 min/km
109	720	Kunz Manfred	*Kettig	0:52:13	1961 M50	5	0:52:16	16:20 *	17:37 *	18:15	5:13 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 3

gedruckt 09.12.2012 13:26:08

110	2566	Lohmann Jens	*Köln	0:52:13	1974 M35	19	0:52:26	16:29 *	17:15 *	18:27	5:13 min/km
111	3602	Heuer Michael		0:52:14	1964 M45	11	0:52:36	18:05 *	16:42 *	17:26	5:13 min/km
112	3322	Ulmer Kai		0:52:14	1988 MHK	38	0:56:16	17:50 *	17:15 *	17:09	5:13 min/km
113	3070	Scholz Dr. Damian	*Köln	0:52:16	1980 M30	19	0:56:56	16:25 *	17:26 *	18:23	5:14 min/km
114	300	Esters Paul	Laktatkönige	0:52:16	1959 M50	6	0:52:50	17:06 *	16:59 *	18:11	5:14 min/km
115	2199	Hobbs Mark	*Koeln	0:52:19	1974 M35	20	0:53:25	18:06 *	16:49 *	17:22	5:14 min/km
116	3638	Biermann Niels	RUNNERS POINT	0:52:20	0 MHK	39	0:52:27	17:18 *	17:28 *	17:33	5:14 min/km
117	131	Börold Hans	BSG RheinEnergie	0:52:23	1957 M55	4	0:53:33	16:32 *	17:16 *	18:35	5:14 min/km
118	115	Blaesen Stefan	DSHS Sportoekonomie	0:52:28	1986 MHK	40	0:53:37	17:38 *	17:14 *	17:35	5:15 min/km
119	110	Birkenbusch Kai	*Köln	0:52:29	1983 MHK	41	0:53:00	17:19 *	17:20 *	17:50	5:15 min/km
120	302	Evers Felix	ASV Köln	0:52:31	1954 M55	5	0:52:56	16:44 *	17:20 *	18:26	5:15 min/km
121	292	Ermisch Heinz-Werner	KV Nordrhein	0:52:33	1966 M45	12	0:53:44	17:45 *	17:06 *	17:42	5:15 min/km
122	1540	Behrens David Benjamin	KölnTriathlon e.V.	0:52:34	1976 M35	21	0:53:59	18:55 *	16:25 *	17:13	5:15 min/km
123	548	Hunstock Dennis	mas Training	0:52:36	1982 M30	20	0:54:28	18:02 *	16:55 *	17:38	5:16 min/km
124	326	Finkbeiner Gordon	TOXIC TEAM	0:52:39	1978 M30	21	0:54:49	18:30 *	17:00 *	17:08	5:16 min/km
125	195	Camen Jürgen	*Hamm	0:52:39	1961 M50	7	0:52:57	17:04 *	17:23 *	18:11	5:16 min/km
126	1178	Schwegmann Bernhard	*Mülheim-Kärlich	0:52:41	1969 M40	15	0:52:44	16:21 *	17:38 *	18:42	5:16 min/km
127	1363	Weber Dominic	*Köln	0:52:43	1980 M30	22	0:53:55	17:41 *	16:54 *	18:08	5:16 min/km
128	2412	Kögler Malte	*Monheim am Rhein	0:52:45	1987 MHK	42	0:56:46	19:01 *	16:39 *	17:04	5:17 min/km
129	1525	Becker Holger	*Troisdorf	0:52:49	1964 M45	13	0:53:24	17:04 *	17:07 *	18:36	5:17 min/km
130	1393	Weyl Frank	Bundeswehr	0:52:49	1969 M40	16	0:53:31	17:27 *	17:19 *	18:02	5:17 min/km
131	1877	Fahle Robert	*Leichlingen	0:52:51	1967 M45	14	0:54:38	17:28 *	17:27 *	17:54	5:17 min/km
132	2601	Mächtle Felix	*Düsseldorf	0:52:55	1996 MJB	3	0:57:29	18:35 *	16:46 *	17:33	5:18 min/km
133	175	Bürgel Norbert	*Köln	0:52:57	1968 M40	17	0:53:17	17:37 *	17:00 *	18:18	5:18 min/km
134	809	Mayer Danilo	1.FC Köln	0:52:57	1976 M35	22	0:53:26	17:59 *	17:45 *	17:13	5:18 min/km
135	2986	Savariello Andreas	*Engelskirchen	0:52:58	1995 MJB	4	0:53:29	17:05 *	17:11 *	18:41	5:18 min/km
136	1073	Savariello Mario	*Nümbrecht	0:53:00	1981 M30	23	0:53:29	17:07 *	17:42 *	18:10	5:18 min/km
137	2276	Janes Lennard	Hotel im Wasserturm	0:53:01	1989 MHK	43	0:57:26	18:10 *	17:25 *	17:26	5:18 min/km
138	439	Hansen Christoph	Cologne Allblacks	0:53:02	1965 M45	15	0:57:05	18:03 *	17:08 *	17:50	5:18 min/km
139	2051	Grabinski Gregor	Touch Rugby Colonia	0:53:02	1966 M45	16	0:55:48	17:41 *	17:23 *	17:58	5:18 min/km
140	838	Mies Klaus	Gelpegazellen	0:53:03	1954 M55	6	0:55:32	17:38 *	17:03 *	18:21	5:18 min/km
141	778	Ludwig Uwe	ERGO sports Köln	0:53:04	1970 M40	18	0:56:56	18:02 *	16:59 *	18:02	5:18 min/km
142	884	Nießing Uwe	Köln Triathlon e.V.	0:53:06	1971 M40	19	0:53:15	16:48 *	17:22 *	18:56	5:19 min/km
143	1931	Freitag Christoph	MAM	0:53:13	1964 M45	17	0:53:21	17:07 *	17:39 *	18:26	5:19 min/km
144	3368	Von Dreden Tobias	Ofw-Runners	0:53:14	0 MHK	44	0:54:08	17:39 *	16:59 *	18:36	5:19 min/km
145	336	Förster Dirk	*Köln	0:53:16	1971 M40	20	0:53:38	17:19 *	17:27 *	18:29	5:20 min/km
146	3374	Vucic Darko	EASA Fun Runners	0:53:17	1974 M35	23	0:54:55	17:48 *	17:44 *	17:44	5:20 min/km
147	50	Balke Markus	Flexx Fitness	0:53:18	1963 M45	18	0:54:29	17:35 *	17:19 *	18:23	5:20 min/km
148	2059	Grob-Detaille Daniel	runtastics	0:53:22	1982 M30	24	0:53:42	16:50 *	17:43 *	18:47	5:20 min/km
149	1378	Weiskopf Daniel	Heiligenhauser SV	0:53:25	1978 M30	25	0:53:47	17:13 *	17:29 *	18:42	5:21 min/km
150	2882	Raths Oliver	*köln	0:53:26	1968 M40	21	0:55:34	17:51 *	17:37 *	17:57	5:21 min/km
151	1743	Dahlke Carsten	*Köln	0:53:26	1974 M35	24	0:55:39	18:04 *	17:23 *	17:58	5:21 min/km
152	75	Becker Kai	*Köln	0:53:27	1975 M35	25	0:54:04	18:08 *	17:25 *	17:53	5:21 min/km
153	3635	Küstlers Maximilian		0:53:28	1980 M30	26	0:54:21	18:44 *	18:11 *	16:32	5:21 min/km
154	602	Kastleiner Roman	*Köln	0:53:31	1979 M30	27	0:53:32	16:23 *	17:32 *	19:35	5:21 min/km
155	1237	Stangl Ulrich	*Kaarst	0:53:32	1957 M55	7	0:53:56	18:01 *	19:22 *	16:08	5:21 min/km
156	1098	Schlebusch Mirco	DSHS Köln	0:53:35	1979 M30	28	0:53:41	16:29 *	18:00 *	19:05	5:22 min/km
157	797	Marek Waldemar	*Hürth	0:53:36	1974 M35	26	0:57:07	18:55 *	16:54 *	17:46	5:22 min/km
158	12	Achten Bernhard	Kölner Narrenzunft	0:53:41	1959 M50	8	0:53:45	17:17 *	17:40 *	18:43	5:22 min/km
159	800	Martens Jörn	Laufftreff BG ETEM	0:53:44	1962 M50	9	0:58:20	17:12 *	17:57 *	18:34	5:22 min/km
159	1122	Schmitz Christian	Mach3 Köln e.V.	0:53:44	1992 MHK	45	0:53:54	16:41 *	17:45 *	19:16	5:22 min/km
161	2611	Manthey Dr. Volker	*Köln	0:53:44	1975 M35	27	0:54:35	16:21 *	17:40 *	19:42	5:22 min/km
162	1222	Spaete Niko	*Köln	0:53:46	1980 M30	29	0:55:07	19:11 *	19:11 *	15:23	5:23 min/km
163	537	Horten Michael	Laufrausch Köln	0:53:49	1989 MHK	46	0:54:13	18:00 *	17:37 *	18:11	5:23 min/km
164	1425	Wulf Michael	*Köln	0:53:55	1959 M50	10	0:56:28	17:46 *	17:16 *	18:52	5:24 min/km
165	3446	Wilden Benjamin	*Bergisch Gladbach	0:53:58	1986 MHK	47	0:57:59	19:01 *	16:38 *	18:18	5:24 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 4

gedruckt 09.12.2012 13:26:08

166	3281	Thomann Arnd	*Osnabrück	0:53:59	1955	M55	8	0:58:20	17:27 *	17:26 *	19:06	5:24 min/km
167	936	Pfletschinger Gregor	mas Training	0:54:05	1969	M40	22	0:54:43	17:10 *	17:27 *	19:27	5:25 min/km
168	2235	Holz Alexander	*Köln	0:54:06	1970	M40	23	0:54:30	18:00 *	17:36 *	18:29	5:25 min/km
169	38	Auf dem Graben Peter	*Köln	0:54:06	1965	M45	19	0:56:59	18:08 *	17:13 *	18:44	5:25 min/km
170	2232	Holmes Michael	LKW-Schorse	0:54:07	1983	MHK	48	0:54:24	17:23 *	17:41 *	19:01	5:25 min/km
171	1796	Dohalt Lars	Bierhähnchen	0:54:09	1975	M35	28	0:56:28	17:34 *	16:38 *	19:55	5:25 min/km
172	1785	Dinstühler Guido	*Köln	0:54:09	1983	MHK	49	0:54:42	17:57 *	17:36 *	18:35	5:25 min/km
173	1375	Weiler Thomas	*Köln	0:54:12	1965	M45	20	0:54:50	17:24 *	17:42 *	19:05	5:25 min/km
174	199	Causemann Christian	*Köln	0:54:13	1984	MHK	50	0:55:03	18:22 *	17:28 *	18:22	5:25 min/km
175	2025	Glückler Patrick	Leise rieselt der Schnee	0:54:16	1981	M30	30	0:54:31	17:55 *	18:02 *	18:18	5:26 min/km
176	2168	Hensel Volker H.	AachenMünchener Santa1	0:54:17	1971	M40	24	0:58:27	19:34 *	16:43 *	17:59	5:26 min/km
177	245	Djalmpour Syrus	*Bergheim	0:54:18	1965	M45	21	0:55:12	20:21 *	16:35 *	17:21	5:26 min/km
178	1351	Walgenbach Bernd	Aktiv für Arbeit	0:54:22	1969	M40	25	0:56:38	18:54 *	17:22 *	18:05	5:26 min/km
179	2441	Kowatschew Daniel	The Best	0:54:26	1980	M30	31	0:58:31	18:11 *	17:29 *	18:44	5:27 min/km
180	352	Friedrich Marc	keiner	0:54:26	1970	M40	26	0:56:11	21:03 *	16:35 *	16:48	5:27 min/km
181	118	Blaum Roland		0:54:27	1969	M40	27	0:55:47	17:30 *	17:52 *	19:04	5:27 min/km
182	3688	Barg Hans		0:54:28	1959	M50	11	0:55:02	17:38 *	17:47 *	19:02	5:27 min/km
183	2127	Heard Edward	*Hürth	0:54:29	1978	M30	32	0:55:09	20:00 *	17:26 *	17:02	5:27 min/km
184	976	Radics Zsolt	Kieser Training	0:54:29	1970	M40	28	0:57:31	20:01 *	16:51 *	17:36	5:27 min/km
185	1578	Bierth Dr. Enzo	*Pulheim	0:54:30	1961	M50	12	0:57:55	17:51 *	18:10 *	18:27	5:27 min/km
186	350	Friedle Benjamin	*Walldorf	0:54:34	1986	MHK	51	0:55:24	17:14 *	18:12 *	19:07	5:27 min/km
187	2353	Khani Schahin	GKC Renntiere	0:54:38	1981	M30	33	0:54:38	00:00 *	00:00 *	00:00	5:28 min/km
188	1618	Bollinger Yves	Pushensy	0:54:42	1972	M40	29	0:56:57	19:26 *	17:32 *	17:43	5:28 min/km
189	992	Reichert Oliver	*Wesseling	0:54:43	1968	M40	30	0:55:52	19:12 *	17:40 *	17:50	5:28 min/km
190	449	Hartmann Sven	Krüger Running Team	0:54:44	1977	M35	29	0:56:53	18:17 *	17:53 *	18:33	5:28 min/km
191	2448	Krasnenko Michael	UPS	0:54:46	1984	MHK	52	0:56:24	17:04 *	18:10 *	19:31	5:29 min/km
192	943	Pirlet Daniel	*Köln	0:54:49	1960	M50	13	0:56:19	17:46 *	18:20 *	18:43	5:29 min/km
193	263	Dresel Yannik	*Hürth	0:54:51	2000	MSB	1	0:55:08	17:14 *	18:22 *	19:14	5:29 min/km
194	196	Carrano Marco	EAC-ESA	0:54:55	1984	MHK	53	0:59:03	20:56 *	17:00 *	16:58	5:30 min/km
195	3190	Stein Jona	Malteser Business Service	0:54:56	1979	M30	34	0:58:30	20:11 *	17:00 *	17:43	5:30 min/km
196	1635	Borz Steve	The Skankaroos	0:54:59	1981	M30	35	0:55:10	17:36 *	17:35 *	19:47	5:30 min/km
197	1881	Faßbender Christian	Rudolphs - Fastest	0:55:00	1986	MHK	54	0:59:06	19:04 *	18:05 *	17:51	5:30 min/km
198	1645	Braun Marius	Kindermöbel de Breuyn	0:55:01	1983	MHK	55	0:58:34	19:19 *	17:47 *	17:54	5:30 min/km
199	262	Dresel Stephan	*Hürth	0:55:06	1970	M40	31	0:55:25	17:30 *	18:20 *	19:15	5:31 min/km
200	1795	Dörre Stephan	*Hilden	0:55:09	1977	M35	30	0:55:37	17:37 *	17:01 *	20:30	5:31 min/km
201	160	Bretschneider Frank	cleverbridge	0:55:11	1976	M35	31	0:55:37	18:12 *	18:08 *	18:51	5:31 min/km
202	1519	Beblik Klaus	Heipörformer	0:55:13	1969	M40	32	0:59:41	18:38 *	17:46 *	18:48	5:31 min/km
203	2687	Mohlzahn Mark	Running without drugs	0:55:16	1985	MHK	56	0:56:52	18:57 *	17:58 *	18:20	5:32 min/km
204	21	Althoff Frederek	*Köln	0:55:17	1970	M40	33	0:58:06	18:57 *	17:54 *	18:25	5:32 min/km
205	2906	Reitze Dr. Dirk	Sack auf Zack	0:55:17	1970	M40	34	0:56:15	19:25 *	17:38 *	18:13	5:32 min/km
205	3425	Westphal Prof. Udo	Sack auf Zack	0:55:17	1969	M40	34	0:56:14	19:26 *	17:37 *	18:13	5:32 min/km
207	1223	Speake Robert	*Koeln	0:55:23	1978	M30	36	0:56:08	18:23 *	18:24 *	18:35	5:32 min/km
208	3383	Wand Marc	Techniker Krankenkasse	0:55:23	1982	M30	37	0:59:34	18:51 *	17:39 *	18:52	5:32 min/km
209	3626	Löhnert Ulrich		0:55:27	1972	M40	36	0:56:20	20:05 *	17:47 *	17:34	5:33 min/km
210	1768	Deutsch Sascha	Scuderia Südstadt	0:55:28	1984	MHK	57	1:00:07	19:21 *	18:38 *	17:28	5:33 min/km
211	1298	Tiegel Christoph	*Köln	0:55:28	1977	M35	32	0:56:30	17:37 *	18:29 *	19:22	5:33 min/km
212	2344	Kerkhoff Mathis	*Köln	0:55:29	1982	M30	38	0:56:47	17:44 *	18:08 *	19:36	5:33 min/km
213	3257	Takayanagi Victor	Tigtak	0:55:29	1999	MSB	2	0:57:25	16:44 *	19:04 *	19:40	5:33 min/km
214	853	Muders Markus	*Köln	0:55:31	1969	M40	37	0:59:11	18:08 *	18:21 *	19:01	5:33 min/km
215	587	Jungkind Michael	*Köln	0:55:32	1986	MHK	58	0:58:43	18:31 *	18:18 *	18:42	5:33 min/km
216	1004	Reiss Boris	*Köln	0:55:32	1980	M30	39	0:55:37	17:58 *	18:02 *	19:31	5:33 min/km
217	1137	Schneider Heinz	*Köln	0:55:36	1963	M45	22	0:55:58	18:05 *	18:20 *	19:10	5:34 min/km
218	2753	Noss Christian	The Skankaroos	0:55:37	1972	M40	38	0:55:49	15:04 *	24:26 *	16:06	5:34 min/km
219	749	Lesch Dr. Constantin	*Köln	0:55:38	1971	M40	39	0:56:21	18:24 *	18:04 *	19:09	5:34 min/km
220	3207	Steinkrüger Christian	*Köln	0:55:38	1972	M40	40	0:56:21	18:24 *	18:04 *	19:09	5:34 min/km
221	1710	Cherpin Dominique	Villafrance	0:55:40	1971	M40	41	0:58:03	18:31 *	18:18 *	18:51	5:34 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 5

gedruckt 09.12.2012 13:26:08

222	2157	Hellwege Thomas	*Köln	0:55:41	1979 M30	40	0:55:55	18:07 *	17:19 *	20:15	5:34 min/km
223	702	Krings Ulrich	wir krings hin -	0:55:41	1959 M50	14	0:55:42	18:18 *	18:25 *	18:57	5:34 min/km
224	3689	Edelmann Klaus		0:55:44	1969 M40	42	0:55:46	18:49 *	18:47 *	18:07	5:34 min/km
225	3211	Stelmach Peter	*Köln	0:55:46	1984 MHK	59	0:57:25	17:34 *	18:37 *	19:34	5:35 min/km
226	32	Arnold Karsten	Altes Brauhaus Königsdorf	0:55:46	1970 M40	43	0:55:57	17:16 *	19:12 *	19:17	5:35 min/km
227	3537	Buss-Kuchenbach Mark		0:55:46	1974 M35	33	0:58:04	18:48 *	18:05 *	18:52	5:35 min/km
228	1479	Arnold Björn	Altes Brauhaus Königsdorf	0:55:46	1968 M40	44	0:55:57	18:46 *	17:53 *	19:06	5:35 min/km
229	189	Butt Björn	*Köln	0:55:46	1975 M35	34	0:57:09	18:23 *	17:49 *	19:34	5:35 min/km
230	255	Dorando Thomas	LT DSHS Köln e.V.	0:55:51	1985 MHK	60	0:59:54	18:42 *	18:26 *	18:42	5:35 min/km
231	3603	Neven Holger		0:55:51	1976 M35	35	0:58:10	20:29 *	17:31 *	17:51	5:35 min/km
232	1040	Rohde Christoph	Flotte Flöten	0:55:53	1977 M35	36	0:56:07	18:17 *	18:21 *	19:14	5:35 min/km
233	2836	Pirlet Philipp	*Köln	0:55:53	2000 MSB	3	0:57:23	18:18 *	18:55 *	18:39	5:35 min/km
234	3388	Weber Dirk	Flotte Flöten	0:55:53	1979 M30	41	0:56:07	18:18 *	18:21 *	19:14	5:35 min/km
235	1383	Wellner Jens	*Berlin	0:55:55	1981 M30	42	0:56:31	18:11 *	18:13 *	19:30	5:36 min/km
236	730	Lammers Vincent	Lucky Star	0:55:59	1981 M30	43	0:56:49	18:46 *	18:11 *	19:00	5:36 min/km
237	596	Kallrath Andreas	*Köln	0:56:00	1962 M50	15	0:59:58	19:15 *	18:37 *	18:07	5:36 min/km
238	2442	Kozalla Philipp	Kindermöbel de Breuyn	0:56:01	1987 MHK	61	0:59:47	22:09 *	17:02 *	16:49	5:36 min/km
239	2026	Glynkin Konstantin	Kindermöbel de Breuyn	0:56:01	1984 MHK	62	0:59:48	22:09 *	17:03 *	16:49	5:36 min/km
240	353	Friedrichs Frank	Sparkasse KölnBonn	0:56:03	1970 M40	45	0:56:41	19:03 *	18:40 *	18:19	5:36 min/km
241	464	Heinke Roland	Roland Heinke	0:56:06	1964 M45	23	0:56:37	18:26 *	18:23 *	19:16	5:37 min/km
242	947	Podsada Michael	*Meerbusch	0:56:07	1960 M50	16	1:00:22	18:34 *	18:32 *	19:01	5:37 min/km
243	2764	Oetzel Jens	Kieser Training	0:56:08	1973 M35	37	0:58:58	20:14 *	18:36 *	17:17	5:37 min/km
244	125	Bodewig Rolf	*Köln	0:56:10	1967 M45	24	0:56:36	18:49 *	18:14 *	19:07	5:37 min/km
245	806	Maul Andreas	sülzer	0:56:10	1966 M45	25	0:56:36	18:49 *	18:14 *	19:07	5:37 min/km
246	3282	Thomas Andre	*sürth	0:56:11	1985 MHK	63	0:56:14	18:22 *	18:18 *	19:31	5:37 min/km
247	688	Kramer Uwe	*Köln	0:56:14	1962 M50	17	0:58:28	18:29 *	18:10 *	19:33	5:37 min/km
248	2032	Golda Björn	*Köln	0:56:14	1987 MHK	64	0:57:20	17:55 *	18:25 *	19:53	5:37 min/km
249	861	Müller Norbert	mas Training	0:56:17	1964 M45	26	0:56:43	18:29 *	18:31 *	19:16	5:38 min/km
250	2799	Palmisano Dr. Daniele	*Hürth	0:56:19	1981 M30	44	0:58:04	18:24 *	18:40 *	19:14	5:38 min/km
251	3145	Simsek Tuncay	The GinNastics	0:56:20	1990 MHK	65	1:01:10	18:30 *	18:32 *	19:16	5:38 min/km
252	808	Maye Michael	Bütz mich Team Cologne	0:56:21	1965 M45	27	0:59:09	19:28 *	18:23 *	18:29	5:38 min/km
252	1755	De Tarlé Cyrille	Villafrance	0:56:21	1986 MHK	66	0:57:26	18:53 *	18:12 *	19:14	5:38 min/km
254	1723	Collip Roland	Eifel-Kollaps	0:56:24	1971 M40	46	0:58:59	20:09 *	17:48 *	18:25	5:38 min/km
255	1053	Rosing Jörg-Oliver	*Köln	0:56:24	1977 M35	38	0:57:27	18:37 *	18:40 *	19:06	5:38 min/km
256	1834	Eggers Sebastian	*Köln	0:56:25	1978 M30	45	0:57:56	19:25 *	18:28 *	18:31	5:39 min/km
257	3096	Schul Felix	COUPIES	0:56:25	1983 MHK	67	0:59:48	20:05 *	18:20 *	17:59	5:39 min/km
258	2233	Holtick Dr. Udo	*Köln	0:56:25	1973 M35	39	0:57:21	18:58 *	18:32 *	18:54	5:39 min/km
259	668	Komenda Mirko	*Bergisch Gladbach	0:56:27	1971 M40	47	0:56:51	17:39 *	18:31 *	20:17	5:39 min/km
260	534	Holstein Thomas	UPS	0:56:28	1961 M50	18	0:58:06	18:34 *	18:12 *	19:41	5:39 min/km
261	500	Herschel Siegfried	*Koeln	0:56:33	1952 M60	2	0:56:43	18:54 *	18:49 *	18:49	5:39 min/km
262	989	Reiche Hansjörg	*Köln	0:56:34	1960 M50	19	0:58:53	18:12 *	18:19 *	20:02	5:39 min/km
263	726	Ladenthin Mario	Feuerwehr Erftstadt	0:56:38	1978 M30	46	0:59:54	19:14 *	18:41 *	18:42	5:40 min/km
264	1822	Dürrnagel Markus	*Köln	0:56:39	1970 M40	48	0:57:44	18:52 *	18:10 *	19:36	5:40 min/km
265	2119	Hartwig Henning	*Köln	0:56:41	1985 MHK	68	1:00:53	19:22 *	18:41 *	18:38	5:40 min/km
266	3077	Schrewe Harry	UPS	0:56:42	1974 M35	40	1:01:05	18:31 *	18:45 *	19:25	5:40 min/km
267	37	Auberger Andreas	*Köln	0:56:45	1984 MHK	69	0:57:28	18:26 *	18:48 *	19:30	5:41 min/km
268	2325	Karys Karsten	RWB Essen	0:56:47	1994 MJA	2	0:57:56	17:36 *	21:37 *	17:33	5:41 min/km
269	2091	Hadenfeld Dr. Karsten	*Köln	0:56:48	1974 M35	41	1:00:28	18:52 *	18:24 *	19:32	5:41 min/km
270	2103	Hambloch Christoph	ALBIS Lauftreff	0:56:50	1964 M45	28	0:57:53	18:31 *	18:25 *	19:54	5:41 min/km
271	1794	Döhmer Thorsten	*Köln	0:56:51	1983 MHK	70	0:57:25	17:57 *	18:40 *	20:13	5:41 min/km
272	3459	Wirth Dr. Daniel	*Köln	0:56:51	1977 M35	42	1:00:29	18:53 *	18:24 *	19:33	5:41 min/km
273	3616	Palm Berthold		0:56:55	1959 M50	20	1:00:28	20:00 *	18:24 *	18:30	5:42 min/km
274	90	Bendermacher Detlef	*Erftstadt	0:56:57	1968 M40	49	1:00:39	19:20 *	19:02 *	18:34	5:42 min/km
275	2792	Päffgen Patrick	SCI Verkehr	0:56:58	1985 MHK	71	0:59:07	18:19 *	18:13 *	20:25	5:42 min/km
276	3486	Yasin Ahmad	SCI Verkehr	0:56:58	1988 MHK	72	0:59:07	18:20 *	18:12 *	20:25	5:42 min/km
277	431	Häger Hermann-Josef	*Lohmar	0:56:59	1954 M55	9	0:58:12	18:46 *	18:36 *	19:36	5:42 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 6

gedruckt 09.12.2012 13:26:08

278	3147	Sittard Ulrich		0:57:05	1981 M30	47	1:01:07	18:44 *	18:26 *	19:54	5:43 min/km
279	2204	Höhne Daniel	Running without drugs	0:57:06	1977 M35	43	0:58:39	19:41 *	18:02 *	19:22	5:43 min/km
280	295	Eschweiler Uwe	*Bergisch Gladbach	0:57:09	1962 M50	21	0:58:44	18:43 *	18:57 *	19:27	5:43 min/km
281	1337	Vogelheim Markus	Vogis	0:57:11	1970 M40	50	0:59:51	21:40 *	17:34 *	17:56	5:43 min/km
282	1939	Friem Henning	*Köln	0:57:15	1985 MHK	73	1:00:03	19:11 *	18:50 *	19:13	5:44 min/km
283	1447	Ackermann Kevin	*Köln	0:57:17	1980 M30	48	1:00:10	18:39 *	19:06 *	19:30	5:44 min/km
284	134	Bolender Hans	EAC-ESA	0:57:19	1956 M55	10	1:01:31	20:54 *	17:54 *	18:30	5:44 min/km
285	3532	Fabeck Roger		0:57:21	1980 M30	49	1:00:04	20:31 *	19:23 *	17:26	5:44 min/km
286	2338	Keltek Namik	*Köln	0:57:25	1960 M50	22	0:57:28	17:31 *	18:37 *	21:16	5:45 min/km
287	1601	Bo Liang	SG TÜV Rheinland	0:57:27	1982 M30	50	0:58:21	18:50 *	18:39 *	19:56	5:45 min/km
288	3448	Wildschütz Stefan	*Köln	0:57:28	1982 M30	51	0:58:02	19:02 *	18:29 *	19:56	5:45 min/km
289	2760	Odendahl Maximilian	*Aachen	0:57:30	1983 MHK	74	0:58:40	19:47 *	19:15 *	18:27	5:45 min/km
290	965	Puchowski Adrian	Jacke	0:57:35	1978 M30	52	1:02:14	18:19 *	19:30 *	19:45	5:46 min/km
291	638	Klatt Christof	BSG RheinEnergie AG	0:57:35	1972 M40	51	0:58:51	19:03 *	18:50 *	19:41	5:46 min/km
292	405	Gottschalch Frank	KALS	0:57:37	1961 M50	23	1:00:05	19:56 *	18:44 *	18:56	5:46 min/km
293	2211	Hörmann Mirko	*Hürth	0:57:39	1967 M45	29	1:02:17	18:38 *	18:59 *	20:02	5:46 min/km
294	470	Helmig Benno	*Koeln	0:57:42	1973 M35	44	0:58:25	18:20 *	19:02 *	20:19	5:46 min/km
295	3128	Servos Mattias	*Kerpen	0:57:45	1991 MHK	75	0:59:49	19:47 *	18:56 *	19:01	5:47 min/km
296	1172	Schumann Olaf	*Köln	0:57:47	1976 M35	45	1:01:07	18:32 *	19:10 *	20:04	5:47 min/km
297	2298	Josef Hanno	*Köln	0:57:49	1977 M35	46	1:00:46	20:24 *	18:45 *	18:38	5:47 min/km
298	1146	Schnepper Willi	Biggis Flitzer	0:57:49	1965 M45	30	0:57:52	18:08 *	19:19 *	20:20	5:47 min/km
299	2643	Meeser Albert	*Köln	0:57:53	1983 MHK	76	0:58:51	20:52 *	18:00 *	19:00	5:47 min/km
300	1439	Zordel Prof. Dr. Patrick	Team Sense	0:57:54	1989 MHK	77	1:01:53	22:59 *	18:38 *	16:17	5:47 min/km
301	501	Hess Dirk	JöDiFra	0:57:55	1970 M40	52	0:59:54	17:57 *	18:53 *	21:04	5:47 min/km
302	2120	Hasenbach Carsten	*Reichshof	0:57:59	1975 M35	47	0:58:28	18:31 *	19:22 *	20:05	5:48 min/km
303	2318	Kamp Stefan	*Köln	0:57:59	1964 M45	31	1:00:39	20:25 *	18:42 *	18:51	5:48 min/km
304	3245	Sump Michael	Running without drugs	0:58:01	1979 M30	53	0:59:43	20:50 *	18:29 *	18:40	5:48 min/km
305	2065	Grosse Richard	Running without drugs	0:58:01	1979 M30	54	0:59:43	20:51 *	18:30 *	18:40	5:48 min/km
306	2990	Schäfer Dominik	two and a half men	0:58:02	1984 MHK	78	1:01:37	20:10 *	19:21 *	18:30	5:48 min/km
307	2656	Mertens Daniel	*Köln	0:58:05	1987 MHK	79	0:59:57	19:16 *	19:07 *	19:41	5:49 min/km
308	370	Gerads Wolfgang	*Köln	0:58:07	1963 M45	32	0:59:27	19:34 *	18:50 *	19:42	5:49 min/km
309	1308	Tuchscherer Sven	Grosse Braunsfelder	0:58:07	1976 M35	48	0:59:27	19:34 *	18:50 *	19:42	5:49 min/km
310	121	Bloch Dr. Oliver	LT DSHS Köln	0:58:10	1967 M45	33	0:58:37	21:05 *	19:06 *	17:58	5:49 min/km
311	3559	Schmitz Axel		0:58:10	1979 M30	55	0:58:37	21:06 *	19:07 *	17:56	5:49 min/km
312	1069	Sasse René	X-Mas Run	0:58:12	1981 M30	56	1:01:45	20:12 *	18:42 *	19:17	5:49 min/km
313	1951	Fronhoffs Reiner	*Rheurd	0:58:15	1970 M40	53	0:58:57	18:57 *	18:41 *	20:36	5:50 min/km
314	3551	Just Matthias		0:58:16	1965 M45	34	1:01:49	20:02 *	18:48 *	19:26	5:50 min/km
315	46	Baisch Christian	*Köln	0:58:17	1970 M40	54	1:00:57	20:00 *	18:57 *	19:20	5:50 min/km
316	3432	Wiedebusch Felix	*Köln	0:58:19	1986 MHK	80	1:03:59	18:18 *	19:08 *	20:53	5:50 min/km
317	212	Cramer Mathias	*Köln	0:58:20	1969 M40	55	0:59:16	19:01 *	19:07 *	20:11	5:50 min/km
318	1692	Bujanowski Simon	*Köln	0:58:23	1984 MHK	81	1:00:02	19:18 *	19:36 *	19:27	5:50 min/km
319	1949	Fröwis Marc	Qwertz	0:58:23	1983 MHK	82	1:01:07	20:30 *	19:24 *	18:28	5:50 min/km
320	3155	Solak Harun	UPS	0:58:24	1990 MHK	83	1:01:59	20:16 *	18:42 *	19:24	5:50 min/km
321	3625	Coutelle Dr. Oliver		0:58:25	1971 M40	56	0:58:26	18:50 *	19:24 *	20:10	5:51 min/km
322	1690	Büttner Markus	*Köln	0:58:25	1969 M40	57	0:58:55	19:23 *	18:42 *	20:20	5:51 min/km
323	1476	Arat Mert	*Köln	0:58:26	1978 M30	57	0:58:55	19:23 *	18:41 *	20:20	5:51 min/km
324	865	Mundt Thomas	*Siegburg	0:58:28	1968 M40	58	1:00:00	19:02 *	18:42 *	20:43	5:51 min/km
325	3233	Struß Marc	*Leverkusen	0:58:29	1989 MHK	84	0:59:58	19:40 *	18:33 *	20:14	5:51 min/km
326	1988	Geckle Lutz	*Köln	0:58:31	1967 M45	35	0:58:39	18:08 *	19:21 *	21:02	5:51 min/km
327	2610	Manthey Georg	Laufklatsch	0:58:32	1970 M40	59	1:00:15	21:58 *	19:39 *	16:54	5:51 min/km
328	2739	Nickol Heiner	laufende Kosten	0:58:34	1984 MHK	85	1:00:41	21:26 *	17:42 *	19:25	5:51 min/km
329	1740	Czernicki Jan	*Köln	0:58:36	1978 M30	58	1:03:23	22:43 *	17:07 *	18:45	5:52 min/km
330	743	Lehmann Michael	Deutsche Ärzte-Finanz	0:58:39	1971 M40	60	0:59:25	18:45 *	19:12 *	20:41	5:52 min/km
331	1304	Tomson Christian	Wintergriller	0:58:40	1972 M40	61	1:02:24	19:30 *	19:19 *	19:50	5:52 min/km
332	495	Herrmann Frank	*Euskirchen	0:58:40	1965 M45	36	1:01:11	19:08 *	19:01 *	20:31	5:52 min/km
333	2440	Kowalatis Patrick	*Köln	0:58:40	1974 M35	49	1:01:36	20:24 *	18:57 *	19:18	5:52 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 7

gedruckt 09.12.2012 13:26:08

334	572	Jedwabny Wolfgang	DÄF Running Team	0:58:41	1962 M50	24	0:59:25	18:51 *	19:09 *	20:41	5:52 min/km
335	3213	Steppat Simon	*Köln	0:58:43	1975 M35	50	1:02:27	19:29 *	19:19 *	19:53	5:52 min/km
336	3624	Welter Joachim		0:58:43	1960 M50	25	0:59:25	18:47 *	18:16 *	21:39	5:52 min/km
337	1841	Eisenbeiß Fabian	*Köln	0:58:44	1986 MHK	86	1:04:24	18:18 *	19:07 *	21:17	5:52 min/km
338	3351	Vogel Matthias	*Köln	0:58:47	1984 MHK	87	1:00:39	19:22 *	19:24 *	20:01	5:53 min/km
339	2469	Krug	Karnevalsverein	0:58:48	1972 M40	62	1:00:39	19:22 *	19:24 *	20:00	5:53 min/km
340	1051	Rosenberger Andre	EAC-ESA	0:58:48	1982 M30	59	1:02:58	21:03 *	18:35 *	19:09	5:53 min/km
341	801	Marx René	Berufsfeuerwehr Köln	0:58:50	1981 M30	60	1:03:29	19:22 *	18:46 *	20:41	5:53 min/km
342	226	De Jong Frits	EAC-ESA	0:58:50	1969 M40	63	1:02:58	21:03 *	19:54 *	17:53	5:53 min/km
343	2786	Otten Rolf	*Köln	0:58:55	1964 M45	37	1:01:10	20:24 *	19:17 *	19:13	5:54 min/km
344	3464	Witte Prof. Philip	*Köln	0:58:57	1980 M30	61	0:59:13	18:22 *	19:36 *	20:58	5:54 min/km
345	73	Becker Dieter	*Köln	0:58:58	1956 M55	11	1:01:35	20:40 *	19:04 *	19:13	5:54 min/km
346	1036	Röttger Arndt	*Köln	0:58:58	1977 M35	51	0:59:03	20:48 *	19:25 *	18:44	5:54 min/km
347	1667	Bruckwilder Hans Jörg	*Köln	0:58:59	1955 M55	12	0:59:30	19:13 *	19:38 *	20:06	5:54 min/km
348	2516	Lausmann Sebastian	Jacke	0:59:04	1985 MHK	88	1:03:44	18:39 *	19:33 *	20:51	5:54 min/km
349	1992	Geis Herbert	*Köln	0:59:06	1954 M55	13	0:59:10	19:02 *	19:33 *	20:31	5:55 min/km
349	3333	Van De Brug Edgar	*Brussels	0:59:06	1973 M35	52	1:03:01	20:44 *	19:39 *	18:42	5:55 min/km
351	1867	Ernst Markus	*Köln	0:59:09	1974 M35	53	1:02:50	19:33 *	19:21 *	20:14	5:55 min/km
352	2779	Osebold Christian	*Köln	0:59:10	1983 MHK	89	1:00:24	20:37 *	19:20 *	19:12	5:55 min/km
353	3064	Schnorbach Jonas	*Bielefeld	0:59:12	1988 MHK	90	1:02:01	18:58 *	19:47 *	20:26	5:55 min/km
354	1063	Runzheimer Joachim	LT Cafe Elmar	0:59:12	1959 M50	26	1:02:17	21:14 *	18:50 *	19:08	5:55 min/km
355	546	Hunneshagen Karl	LG Hilden	0:59:14	1947 M65	1	0:59:43	19:02 *	19:10 *	21:02	5:55 min/km
356	1555	Berghausen Matthias	*Dormagen	0:59:14	1986 MHK	91	1:00:17	19:50 *	19:35 *	19:48	5:55 min/km
357	2550	Linde Frank	Laufklatsch	0:59:16	1963 M45	38	1:01:13	21:16 *	19:52 *	18:08	5:56 min/km
358	3015	Schleich Sebastian	*Köln	0:59:16	1986 MHK	92	1:02:59	22:05 *	20:08 *	17:02	5:56 min/km
359	2069	Großkord Maximilian	*Düsseldorf	0:59:17	1985 MHK	93	1:02:59	21:55 *	20:20 *	17:01	5:56 min/km
360	1797	Dohalt Nicki	Bierhähnchen	0:59:18	1979 M30	62	1:01:38	21:07 *	19:13 *	18:57	5:56 min/km
361	3052	Schneider Andreas	Laufklatsch	0:59:22	1965 M45	39	1:01:13	23:17 *	17:30 *	18:34	5:56 min/km
362	1173	Schuster Harald	Les Agents Provocateurs	0:59:22	1970 M40	64	1:03:36	23:23 *	17:48 *	18:10	5:56 min/km
363	2303	Junker Dr. Markus	Weiberkram	0:59:24	1963 M45	40	0:59:40	22:55 *	19:01 *	17:27	5:56 min/km
364	1024	Ritter Ralf	*Köln	0:59:25	1968 M40	65	1:01:43	19:55 *	19:22 *	20:08	5:57 min/km
365	1117	Schmidts Thomas	*Aachen	0:59:26	1987 MHK	94	1:05:22	20:25 *	19:51 *	19:09	5:57 min/km
365	2701	Müller Christian	*Köln	0:59:26	1985 MHK	94	1:00:04	19:04 *	18:40 *	21:41	5:57 min/km
367	2165	Henkel Jan	Laufklatsch	0:59:26	1963 M45	41	1:01:22	21:16 *	19:24 *	18:45	5:57 min/km
368	2370	Klaaßen Andre	Glühwürmli	0:59:27	1979 M30	63	1:00:02	20:13 *	19:39 *	19:34	5:57 min/km
369	3050	Schnabel Dr. Ronald	AachenMünchener Santa2	0:59:27	1954 M55	14	1:03:37	19:35 *	19:33 *	20:18	5:57 min/km
370	2692	Molnar Joachim	*Köln	0:59:27	1975 M35	54	1:00:51	19:32 *	19:43 *	20:12	5:57 min/km
371	2814	Peckruhn Benedikt	Ofw-Runners	0:59:28	1988 MHK	96	1:05:04	20:39 *	18:46 *	20:02	5:57 min/km
372	939	Pickhard Holger	Point One Runners	0:59:28	1964 M45	42	1:01:17	21:48 *	18:58 *	18:41	5:57 min/km
373	3435	Wienands Manuel	*Köln	0:59:28	1976 M35	55	0:59:43	19:03 *	18:59 *	21:25	5:57 min/km
374	2848	Pörtner Florian	*Köln	0:59:28	1986 MHK	97	1:03:15	21:09 *	18:29 *	19:49	5:57 min/km
375	372	Gerke Prof. Dr. Jürgen	*Hürth	0:59:28	1946 M65	2	0:59:32	18:38 *	18:42 *	22:08	5:57 min/km
376	1246	Stein Hans-Jörg	*Köln	0:59:28	1952 M60	3	1:02:09	20:40 *	19:35 *	19:12	5:57 min/km
377	1353	Wallenborn Hermann	Nordseekrabben	0:59:32	1960 M50	27	1:02:15	21:28 *	19:25 *	18:38	5:57 min/km
378	785	Männersdörfer Markus	Markus Männersdörfer	0:59:34	1980 M30	64	1:02:07	19:58 *	19:19 *	20:16	5:57 min/km
378	1839	Eicke Sebastian	Original Bootcamp	0:59:34	1976 M35	56	1:02:02	20:01 *	19:30 *	20:01	5:57 min/km
380	2624	Marz Alexander	*Köln	0:59:38	1984 MHK	98	1:03:41	21:05 *	19:16 *	19:15	5:58 min/km
381	1725	Constantin Christian	Eifel-Kollaps	0:59:38	1966 M45	43	1:02:14	20:20 *	19:08 *	20:08	5:58 min/km
382	1855	Engels Andreas	GKC Renntiere	0:59:40	1976 M35	57	1:00:46	19:56 *	19:29 *	20:14	5:58 min/km
383	1299	Tiggelkamp Frank	Tigtak	0:59:51	1969 M40	66	1:01:48	19:41 *	19:30 *	20:40	5:59 min/km
384	417	Grunow Michael	*Köln	0:59:52	1967 M45	44	1:00:32	19:23 *	19:41 *	20:47	5:59 min/km
385	1938	Friedrichsen Kristof	*Lippstadt	0:59:58	1983 MHK	99	1:01:27	21:28 *	19:10 *	19:19	5:60 min/km
386	2948	Roß Christopher	Heiße Füße	0:59:59	1983 MHK	100	1:01:27	21:28 *	19:10 *	19:20	5:60 min/km
387	2458	Krenzlin Wolfram	Kieser Training	1:00:01	1955 M55	15	1:02:50	20:17 *	19:05 *	20:37	6:00 min/km
388	165	Brunner Ulrich	*Köln	1:00:01	1937 M75	1	1:00:39	19:45 *	19:42 *	20:33	6:00 min/km
389	422	Güdemann Stephan	*Köln	1:00:02	1984 MHK	101	1:04:02	22:58 *	18:38 *	18:25	6:00 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 8

gedruckt 09.12.2012 13:26:08

390	2365	Kirst Jörg	*Köln	1:00:07	1970 M40	67	1:01:40	20:01 * 21:09 * 18:55	6:01 min/km
391	2526	Leinker Mario	Les Agents Provocateurs	1:00:07	1967 M45	45	1:04:21	22:56 * 18:17 * 18:53	6:01 min/km
392	471	Helten Frank	*Köln	1:00:08	1971 M40	68	1:01:41	21:21 * 18:48 * 19:59	6:01 min/km
393	1196	Sender Thomas	Sparkasse KölnBonn	1:00:15	1976 M35	58	1:00:53	19:04 * 19:15 * 21:55	6:02 min/km
394	1575	Bielstein Kevin	*Münster	1:00:16	1984 MHK	102	1:03:57	22:06 * 19:28 * 18:41	6:02 min/km
395	2781	Ostermeier Marcel	Hotel im Wasserturm	1:00:21	1989 MHK	103	1:04:45	20:17 * 19:32 * 20:31	6:02 min/km
396	3066	Schönert Rafael R.	Münsterländer	1:00:22	1974 M35	59	1:01:15	20:56 * 19:26 * 19:59	6:02 min/km
397	1263	Stratmann Gerd	Gelpegazellen Wuppertal	1:00:25	1954 M55	16	1:02:54	19:16 * 19:59 * 21:09	6:03 min/km
398	2388	Klischies Nicolas	*Köln	1:00:26	1991 MHK	104	1:02:06	19:17 * 19:50 * 21:19	6:03 min/km
399	427	Haase Bernd	LT Düsseldorf-Süd	1:00:27	1968 M40	69	1:05:41	21:24 * 19:38 * 19:24	6:03 min/km
400	2209	Hölzenbein Dennis	i22.läuft.	1:00:31	1983 MHK	105	1:06:17	21:20 * 20:27 * 18:42	6:03 min/km
401	3132	Seul Thomas	Aktiv für Arbeit	1:00:33	1973 M35	60	1:02:48	20:27 * 19:45 * 20:20	6:03 min/km
402	310	Falkenhagen Sebastian	i22.läuft.	1:00:33	1987 MHK	106	1:06:19	21:21 * 20:27 * 18:44	6:03 min/km
403	3528	Buchalik Tobias		1:00:33	1981 M30	65	1:03:17	22:26 * 21:00 * 17:07	6:03 min/km
404	2852	Pollak Moritz	RWB Essen	1:00:36	1995 MJB	5	1:01:46	21:01 * 19:35 * 19:59	6:04 min/km
405	2023	Glaser Alex	Wasauchimmer	1:00:36	1975 M35	61	1:01:14	21:24 * 18:36 * 20:36	6:04 min/km
406	1296	Thonnett Andreas	*Köln	1:00:45	1967 M45	46	1:03:26	20:29 * 20:03 * 20:12	6:05 min/km
407	1873	Evert Karsten	fortuna beijing	1:00:46	1969 M40	70	1:03:05	21:03 * 19:47 * 19:55	6:05 min/km
408	2940	Roetzel Felix	*Köln	1:00:48	1979 M30	66	1:01:39	19:27 * 20:17 * 21:03	6:05 min/km
409	291	Ermer Gerhard	*hürth	1:00:48	1949 M60	4	1:03:30	20:39 * 19:35 * 20:33	6:05 min/km
410	2881	Rath Michael	Eifel-Kollaps	1:00:48	1969 M40	71	1:03:25	22:00 * 19:47 * 19:00	6:05 min/km
411	805	Maubach René	Aktiv für Arbeit	1:00:50	1973 M35	62	1:03:07	21:03 * 19:57 * 19:49	6:05 min/km
412	3255	Takayanagi Aaron	Tigtak	1:00:51	2004 MSD	1	1:02:47	18:37 * 19:53 * 22:20	6:05 min/km
413	3024	Schlotte Alexander	*Köln	1:00:53	1979 M30	67	1:01:42	19:28 * 20:17 * 21:06	6:05 min/km
414	1453	Aigner Simon	Crossfit Cologne	1:00:53	1981 M30	68	1:02:02	21:01 * 19:12 * 20:40	6:05 min/km
415	3261	Tauchnitz Andre	*Köln	1:00:54	1975 M35	63	1:05:20	19:59 * 19:57 * 20:57	6:05 min/km
416	3483	Wüster Alexander	Crossfit Cologne	1:00:54	1980 M30	69	1:02:03	21:01 * 19:12 * 20:41	6:05 min/km
417	2958	Roth Oliver	Citroen	1:01:00	1970 M40	72	1:01:19	19:49 * 20:03 * 21:06	6:06 min/km
418	550	Husmann Markus	*Köln	1:01:00	1974 M35	64	1:02:36	20:53 * 19:59 * 20:08	6:06 min/km
419	1280	Tenhumberg Dieter	mas Training	1:01:01	1964 M45	47	1:01:23	19:53 * 19:57 * 21:09	6:06 min/km
420	1513	Battel Rainer	Oldenburger Läufer	1:01:05	1963 M45	48	1:02:28	19:25 * 20:21 * 21:18	6:07 min/km
421	3690	Mechelke Patrick		1:01:07	1971 M40	73	1:04:20	21:50 * 19:37 * 19:39	6:07 min/km
422	2247	Hünermann Jan	*Köln	1:01:18	1999 MSB	4	1:04:01	20:18 * 19:39 * 21:20	6:08 min/km
423	1284	Thelen Michael	*Kerpen	1:01:23	1965 M45	49	1:02:05	20:14 * 19:59 * 21:10	6:08 min/km
424	2379	Klein Jonas	*Lindlar	1:01:24	1996 MJB	6	1:02:20	20:56 * 19:55 * 20:32	6:08 min/km
425	2488	Kunkel Gerhard	*Köln	1:01:25	1977 M35	65	1:03:06	21:52 * 19:45 * 19:47	6:09 min/km
426	1294	Thomann-Arenhorst	TuS Badbergen	1:01:27	1952 M60	5	1:05:48	20:02 * 20:12 * 21:12	6:09 min/km
427	3198	Steinborn Maurice	*Köln	1:01:27	1998 MSA	1	1:04:37	22:41 * 19:39 * 19:06	6:09 min/km
428	2819	Peters Bernd	mas Training	1:01:28	1984 MHK	107	1:04:51	21:00 * 19:52 * 20:34	6:09 min/km
429	3382	Walther Frank	JöDiFra	1:01:30	1965 M45	50	1:03:27	19:08 * 19:51 * 22:30	6:09 min/km
430	2171	Hentzel Prof. Dr. Frank	FSH100	1:01:31	1982 M30	70	1:02:51	21:51 * 20:11 * 19:27	6:09 min/km
431	891	Nowotnick Stephan	*Köln	1:01:33	1957 M55	17	1:05:31	22:31 * 19:27 * 19:33	6:09 min/km
432	2815	Peifer Alexander	*Köln	1:01:33	1983 MHK	108	1:05:52	22:21 * 20:14 * 18:57	6:09 min/km
433	1819	Drossard Manuel	Petöfis	1:01:41	1977 M35	66	1:03:40	20:55 * 19:42 * 21:03	6:10 min/km
434	1631	Boremski Markus	*Erkelenz	1:01:41	1979 M30	71	1:04:23	22:16 * 19:42 * 19:43	6:10 min/km
435	2658	Metzemacher Heinrich	LLG 80 Nordpark Köln	1:01:42	1953 M55	18	1:03:39	20:55 * 19:42 * 21:04	6:10 min/km
436	525	Hoffmann Lars	two and a half men	1:01:43	1976 M35	67	1:05:18	20:10 * 20:11 * 21:21	6:10 min/km
437	3106	Schumacher Jan	Petöfis	1:01:44	1977 M35	68	1:03:43	20:54 * 19:39 * 21:10	6:10 min/km
438	2970	Rupp Thomas	Bunga Bunga	1:01:45	1980 M30	72	1:01:45	18:58 * 20:44 * 22:01	6:11 min/km
439	2330	Kegler Tobias	SCI Verkehr	1:01:47	1983 MHK	109	1:03:55	19:24 * 20:59 * 21:23	6:11 min/km
440	2007	Geuer Philippe	Team Erdinger Alkoholfrei	1:01:51	1975 M35	69	1:04:24	23:24 * 21:31 * 16:55	6:11 min/km
441	3530	Vollenhofer Christian		1:01:53	1970 M40	74	1:04:27	23:24 * 21:32 * 16:56	6:11 min/km
442	2832	Pietsch Matthias	Hotel im Wasserturm	1:01:56	1986 MHK	110	1:06:20	21:39 * 20:12 * 20:05	6:12 min/km
443	1649	Brede Timo	*Köln	1:02:00	1984 MHK	111	1:06:22	22:30 * 20:31 * 18:58	6:12 min/km
444	1563	Berning Dominic	Heipörformer	1:02:01	1984 MHK	112	1:06:28	19:46 * 20:47 * 21:28	6:12 min/km
445	2900	Reimann Sascha	UPS	1:02:03	1980 M30	73	1:06:27	22:41 * 20:25 * 18:56	6:12 min/km



# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 9

gedruckt 09.12.2012 13:26:08

446	137	Bongartz Uli	*Hennef	1:02:07	1953	M55	19	1:04:38	21:04 *	20:15 *	20:47	6:13 min/km
447	671	Konz Peter	*Köln	1:02:10	1961	M50	28	1:03:10	21:36 *	20:29 *	20:05	6:13 min/km
448	511	Hinz Alexander	*Troisdorf	1:02:10	1969	M40	75	1:05:03	20:43 *	20:01 *	21:26	6:13 min/km
449	1724	Connolly Michael	*Koeln	1:02:10	1960	M50	29	1:03:39	21:57 *	20:07 *	20:06	6:13 min/km
450	1562	Berkele Fridolin	*Erfstadt	1:02:16	1961	M50	30	1:06:01	23:42 *	18:30 *	20:03	6:14 min/km
451	1197	Senker Theo	UPS	1:02:16	1962	M50	31	1:04:01	21:02 *	19:56 *	21:17	6:14 min/km
452	1854	Engelbrecht Tim	Teamtim	1:02:21	1983	MHK	113	1:04:25	19:08 *	20:43 *	22:30	6:14 min/km
453	3434	Wienand Volker	Run4fun	1:02:22	1975	M35	70	1:05:48	21:23 *	20:00 *	20:58	6:14 min/km
454	3291	Tiefensee Thorsten	Flexx Fitness	1:02:23	1983	MHK	114	1:07:26	19:34 *	20:07 *	22:41	6:14 min/km
455	620	Kessler Thomas	DEG Road Runners	1:02:26	1955	M55	20	1:02:31	20:17 *	20:16 *	21:52	6:15 min/km
456	1624	Bonus Paul	LKW-Schorse	1:02:28	1988	MHK	115	1:02:48	19:53 *	20:27 *	22:07	6:15 min/km
457	3186	Stander Volker	Köln läuft! Team	1:02:31	1969	M40	76	1:06:52	20:54 *	20:14 *	21:22	6:15 min/km
458	2089	Hackenbroich Sascha	FSH100	1:02:33	1975	M35	71	1:03:52	21:53 *	19:58 *	20:40	6:15 min/km
459	1201	Siegel Florian	The GinNastics	1:02:34	1988	MHK	116	1:07:25	21:51 *	21:33 *	19:09	6:15 min/km
460	793	Mann Martin	ergo sports	1:02:35	1968	M40	77	1:06:49	19:32 *	19:56 *	23:06	6:16 min/km
461	1748	Dartmann Matthias	*Köln	1:02:38	1989	MHK	117	1:03:42	22:13 *	20:11 *	20:13	6:16 min/km
462	3124	Seitz Thomas	*Köln	1:02:39	1978	M30	74	1:03:52	20:05 *	20:40 *	21:53	6:16 min/km
463	85	Benden Michael	*Leverkusen	1:02:39	1971	M40	78	1:03:31	20:37 *	20:22 *	21:39	6:16 min/km
464	1278	Tappeser Stephan	Lauf-ROXY	1:02:46	1974	M35	72	1:05:46	20:45 *	20:29 *	21:32	6:17 min/km
465	271	Duhme Prof. Dr. Ilian	Original Bootcamp	1:02:49	1991	MHK	118	1:05:10	23:28 *	20:27 *	18:52	6:17 min/km
466	2616	Marschall Heinz	*Aurich	1:02:49	1952	M60	6	1:07:11	20:51 *	20:47 *	21:10	6:17 min/km
467	3238	Stumpf Stephan	*Köln	1:02:49	1977	M35	73	1:03:22	20:35 *	20:59 *	21:15	6:17 min/km
468	2981	Sassi Jamaledine	*Köln	1:02:50	1977	M35	74	1:06:20	22:25 *	21:06 *	19:19	6:17 min/km
469	1352	Wallau Andreas	two and a half men	1:02:51	1977	M35	75	1:06:25	20:13 *	21:56 *	20:41	6:17 min/km
470	56	Barkhoff Nils	Original Bootcamp	1:02:52	1982	M30	75	1:05:08	23:35 *	20:25 *	18:51	6:17 min/km
471	1448	Adelmann Michael	Original Bootcamp	1:02:54	1982	M30	76	1:05:19	23:20 *	20:31 *	19:02	6:17 min/km
472	1963	Fuhrmann Robin	*Köln	1:02:55	2000	MSB	5	1:05:21	22:42 *	22:03 *	18:09	6:18 min/km
473	1832	Edler Oskar	*Frechen	1:02:56	1967	M45	51	1:05:14	20:29 *	20:32 *	21:54	6:18 min/km
474	1630	Bootz Thomas	*Rösrath	1:02:58	1955	M55	21	1:03:48	21:52 *	20:42 *	20:23	6:18 min/km
475	1627	Bootz Andreas	*Pulheim	1:02:58	1958	M50	32	1:03:48	21:52 *	20:42 *	20:23	6:18 min/km
476	2060	Groeger Thomas	Fritties	1:02:59	1969	M40	79	1:07:26	22:26 *	20:39 *	19:53	6:18 min/km
477	2403	Knittel Dirk	*Köln	1:03:01	1977	M35	76	1:06:20	22:37 *	20:22 *	20:01	6:18 min/km
478	492	Herren Sven	Original Bootcamp	1:03:02	1978	M30	77	1:05:19	23:34 *	20:25 *	19:02	6:18 min/km
479	201	Challe Fabian	*koln	1:03:08	1962	M50	33	1:05:50	22:02 *	21:56 *	19:09	6:19 min/km
480	3380	WALLRAF GUIDO	*FRECHEN	1:03:08	1969	M40	80	1:06:36	22:37 *	20:29 *	20:01	6:19 min/km
481	429	Habeck Simon	*Brühl	1:03:08	1972	M40	81	1:05:47	22:09 *	20:33 *	20:25	6:19 min/km
482	2984	Sauer Norbert	*Kerpen	1:03:08	1960	M50	34	1:06:02	21:54 *	20:32 *	20:40	6:19 min/km
483	77	Becker Rainer	*Frechen	1:03:08	1966	M45	52	1:06:36	22:38 *	20:29 *	20:01	6:19 min/km
484	1167	Schultz Adrian	*Ratingen	1:03:09	2002	MSC	1	1:05:32	20:33 *	21:03 *	21:33	6:19 min/km
485	357	Gärtner Dr. Jane	*köl	1:03:10	1967	M45	53	1:04:39	21:17 *	20:40 *	21:13	6:19 min/km
485	3534	Boine Georg		1:03:10	1980	M30	78	1:05:57	21:49 *	20:29 *	20:50	6:19 min/km
487	1515	Baumann Klaus	Kieser Training	1:03:14	1980	M30	79	1:06:15	21:46 *	21:01 *	20:25	6:19 min/km
488	849	Molitor Dr. Harald	MET2012-Nikoläuse	1:03:16	1959	M50	35	1:04:40	22:07 *	20:26 *	20:43	6:20 min/km
489	1116	Schmidts Sigmar	*Köln	1:03:16	1963	M45	54	1:08:31	21:40 *	20:34 *	21:02	6:20 min/km
490	648	Kloda Martin Matthias	*Köln	1:03:22	1993	MJA	3	1:04:23	21:34 *	21:07 *	20:40	6:20 min/km
491	1401	Wienand Dirk	*Pulheim	1:03:23	1974	M35	77	1:06:37	22:09 *	20:45 *	20:28	6:20 min/km
492	2872	Pullem Frank	*Köln	1:03:25	1972	M40	82	1:04:53	21:26 *	20:24 *	21:34	6:21 min/km
493	3457	Winkenbach Florian	*FrankfuRt	1:03:25	1987	MHK	119	1:06:24	22:44 *	20:57 *	19:43	6:21 min/km
494	209	Colling Jörn	Team Papst	1:03:28	1965	M45	55	1:04:44	21:53 *	20:37 *	20:57	6:21 min/km
495	2771	Olbert Florian	*Köln	1:03:29	1996	MJB	7	1:07:38	24:53 *	18:36 *	19:59	6:21 min/km
496	2229	Hohn Matthias	*Köln	1:03:36	1987	MHK	120	1:07:39	22:08 *	20:17 *	21:11	6:22 min/km
497	2532	Lenssen Heiko	Lohe läuft	1:03:36	1998	MSA	2	1:06:02	22:43 *	21:29 *	19:24	6:22 min/km
498	1897	Fietz Michael	Hotel im Wasserturm	1:03:39	1984	MHK	121	1:08:02	21:44 *	20:28 *	21:25	6:22 min/km
499	3221	Stöcker Tobias	*Köln	1:03:39	1978	M30	80	1:06:49	23:40 *	21:42 *	18:17	6:22 min/km
500	3032	Schmidt Ben	*Köln	1:03:40	1979	M30	81	1:06:50	23:40 *	21:43 *	18:16	6:22 min/km
501	2139	Heiligenhaus Ralph	*Köln	1:03:40	1965	M45	56	1:05:01	21:10 *	21:14 *	21:15	6:22 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 10

gedruckt 09.12.2012 13:26:08

502	488	Hermann Udo	*Köln	1:03:43	1967	M45	57	1:06:47	22:09 *	20:44 *	20:48	6:22 min/km
503	2313	Kalz Kevin	RWB Essen	1:03:43	1989	MHK	122	1:04:53	20:54 *	20:43 *	22:04	6:22 min/km
504	3235	Stückler Simon	*Köln	1:03:45	1983	MHK	123	1:08:05	22:32 *	20:03 *	21:09	6:23 min/km
505	3550	Caro-Valenzuela Cristian		1:03:46	0	MHK	124	1:07:19	20:22 *	20:28 *	22:55	6:23 min/km
506	2081	Gurlt Mario	Laufklatzsch	1:03:47	1963	M45	58	1:05:33	21:55 *	20:27 *	21:24	6:23 min/km
507	20	Alhorn Nico	*Köln	1:03:47	1976	M35	78	1:05:28	20:20 *	20:39 *	22:47	6:23 min/km
508	1868	Ernst Martin	*Köln	1:03:47	1973	M35	79	1:05:21	21:24 *	20:31 *	21:52	6:23 min/km
509	846	Möllers Agathe	*Köln	1:03:49	1970	M40	83	1:05:10	21:10 *	21:14 *	21:24	6:23 min/km
510	1779	Diehl Oscar	Poodles	1:03:49	1999	MSB	6	1:07:47	21:25 *	21:04 *	21:20	6:23 min/km
511	2855	Poole Jeremy	Poodles	1:03:50	1963	M45	59	1:07:48	21:25 *	21:03 *	21:21	6:23 min/km
512	1295	Thomas Reiner	*Hürth	1:03:53	1954	M55	22	1:06:28	21:36 *	20:44 *	21:32	6:23 min/km
513	710	Kublank Rene	*Köln	1:03:54	1979	M30	82	1:07:01	22:07 *	20:46 *	21:00	6:23 min/km
514	2748	Nölling Jens	*Köln	1:03:57	1971	M40	84	1:05:51	21:37 *	19:43 *	22:35	6:24 min/km
515	10	Abele Kay	Original Bootcamp	1:03:57	1964	M45	60	1:06:36	22:10 *	21:39 *	20:07	6:24 min/km
516	301	Evans John	*Köln	1:04:02	1967	M45	61	1:04:43	20:46 *	20:57 *	22:17	6:24 min/km
517	242	Dittscheid Andreas	*Rheinbach	1:04:04	1968	M40	85	1:06:08	20:40 *	21:04 *	22:19	6:24 min/km
518	3405	Weiler Oliver	*Köln	1:04:05	1975	M35	80	1:07:18	22:10 *	20:47 *	21:07	6:25 min/km
519	1161	Schröder Manuel	Original Bootcamp	1:04:11	1981	M30	83	1:06:36	23:29 *	20:23 *	20:18	6:25 min/km
520	571	Janßen Nikolas	MHMK Running	1:04:12	1989	MHK	125	1:07:03	22:26 *	20:38 *	21:07	6:25 min/km
521	1606	Böing Sebastian	Cologne Dreamteam	1:04:12	1981	M30	84	1:06:55	22:28 *	21:01 *	20:42	6:25 min/km
522	901	Tuszik Oliver	*Bornheim	1:04:13	1967	M45	62	1:05:32	21:05 *	21:11 *	21:56	6:25 min/km
523	2420	Königstein Alexander	Laufrausch Köln	1:04:13	1986	MHK	126	1:07:05	21:53 *	21:41 *	20:38	6:25 min/km
524	1243	Steffenhagen Christian	Scuderia Südstadt	1:04:16	1980	M30	85	1:08:57	21:51 *	21:24 *	21:01	6:26 min/km
525	1874	Ewertowski Jacek	*köln	1:04:18	1986	MHK	127	1:05:40	23:45 *	21:34 *	18:58	6:26 min/km
526	961	Prinz Friedrich	*50226	1:04:20	1978	M30	86	1:07:14	22:07 *	21:09 *	21:02	6:26 min/km
527	308	Fabian Dr. Steffen	*Bornheim	1:04:20	1965	M45	63	1:05:39	21:05 *	21:12 *	22:02	6:26 min/km
528	604	Kaulen Andreas	GRACE Running Team	1:04:22	1968	M40	86	1:09:40	21:16 *	21:21 *	21:44	6:26 min/km
529	0	unbekannt DY8WAVA		1:04:29	0	MHK	128	1:05:26	19:49 *	21:29 *	23:10	6:27 min/km
530	2645	Meier Marcel	*Frechen	1:04:31	1988	MHK	129	1:07:33	23:36 *	20:28 *	20:27	6:27 min/km
531	1482	Assenmacher Dirk	*Köln	1:04:34	1971	M40	87	1:06:30	21:48 *	20:51 *	21:55	6:27 min/km
532	0	unbekannt DT7EETK		1:04:35	0	MHK	130	1:06:30	21:48 *	20:51 *	21:55	6:28 min/km
533	1596	Blüggel Dirk	Flotter Dreier	1:04:36	1967	M45	64	1:05:32	21:17 *	21:13 *	22:06	6:28 min/km
534	3606	Voigt Cornelius		1:04:37	1962	M50	36	1:07:41	22:12 *	21:22 *	21:02	6:28 min/km
535	3485	Yap Kok Wen Ivan	Hotel im Wasserturm	1:04:38	1993	MJA	4	1:09:04	20:03 *	21:01 *	23:33	6:28 min/km
536	575	Jodda Michael	*Köln	1:04:41	1983	MHK	131	1:05:47	22:50 *	20:58 *	20:52	6:28 min/km
537	2724	Nelke Jan-Lukas	Läuft!	1:04:43	1990	MHK	132	1:05:57	22:17 *	21:51 *	20:34	6:28 min/km
538	2568	Lohöfener Peer	Läuft!	1:04:44	1990	MHK	133	1:05:57	22:17 *	21:51 *	20:34	6:28 min/km
539	2028	Gölden Horst	*Euskirchen	1:04:48	1963	M45	65	1:08:50	23:05 *	20:38 *	21:04	6:29 min/km
540	1943	Frings Michael	*Köln	1:04:52	1954	M55	23	1:06:00	22:51 *	21:00 *	21:00	6:29 min/km
541	3630	Gonzalez Carracelas		1:04:54	1973	M35	81	1:07:11	23:30 *	21:16 *	20:06	6:29 min/km
542	2044	Goost Dr. Hans	ghostbuster	1:04:55	1970	M40	88	1:06:43	24:04 *	23:12 *	17:38	6:30 min/km
543	3157	Soler Dr. Vicente	TOXIC TEAM	1:04:59	1976	M35	82	1:07:11	23:15 *	21:36 *	20:06	6:30 min/km
544	1093	Schiffer Stefan	*Köln	1:04:59	1973	M35	83	1:08:08	22:15 *	20:57 *	21:46	6:30 min/km
545	386	Gineiger Ulrich	*Köln	1:05:01	1955	M55	24	1:08:22	21:52 *	21:04 *	22:04	6:30 min/km
546	1018	Richter Thomas	elmars It	1:05:05	1970	M40	89	1:08:16	22:37 *	20:56 *	21:31	6:31 min/km
547	1096	Schindler Udo	*Köln	1:05:07	1961	M50	37	1:08:43	22:21 *	20:55 *	21:49	6:31 min/km
548	1726	Cordes Philipp	*Köln	1:05:10	1984	MHK	134	1:09:30	22:32 *	20:55 *	21:42	6:31 min/km
549	2774	Olfen Hendrik	Hotel im Wasserturm	1:05:10	1984	MHK	135	1:09:33	20:30 *	21:32 *	23:07	6:31 min/km
549	0	unbekannt DY39009		1:05:10	0	MHK	135	1:08:36	22:27 *	20:43 *	21:59	6:31 min/km
551	1793	Döhler Klaus	*Köln	1:05:14	1955	M55	25	1:05:18	19:47 *	21:55 *	23:31	6:31 min/km
552	3400	Weidemann Wolfgang	*Erfstadt	1:05:16	1952	M60	7	1:08:41	22:41 *	21:30 *	21:03	6:32 min/km
553	193	Callies Carsten	Muschi WG	1:05:19	1985	MHK	137	1:08:34	22:34 *	21:11 *	21:33	6:32 min/km
554	756	Liesenfeld Walter	*Köln	1:05:23	1953	M55	26	1:10:10	22:38 *	21:20 *	21:24	6:32 min/km
555	964	Pruett Casey	EAC-ESA	1:05:25	1969	M40	90	1:09:39	21:27 *	20:30 *	23:28	6:33 min/km
556	3101	Schultess Paul	*Köln	1:05:26	1992	MHK	138	1:09:26	22:57 *	20:27 *	22:01	6:33 min/km
557	2416	Köhn Christoph	TÜVRheinland	1:05:28	1961	M50	38	1:06:47	21:02 *	21:30 *	22:54	6:33 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 11

gedruckt 09.12.2012 13:26:08

558	830	Meyer Nicolas	*Köln	1:05:29	1960 M50	39	1:07:52	22:41	* 22:04	* 20:43	6:33 min/km
559	656	Kniel Andreas	*Frechen	1:05:34	1980 M30	87	1:08:29	22:07	* 21:10	* 22:17	6:33 min/km
560	1032	Roenz Stefan	*Wachtberg	1:05:42	1971 M40	91	1:08:11	22:46	* 21:36	* 21:20	6:34 min/km
560	1906	Fleischauer Mario	Touch Rugby Colonia	1:05:42	1971 M40	91	1:08:24	19:52	* 21:32	* 24:17	6:34 min/km
562	2529	Lenarz Thomas	Team Talanx	1:05:56	1968 M40	93	1:09:49	23:15	* 21:26	* 21:14	6:36 min/km
563	3181	Stähr Andreas	Original Bootcamp	1:05:58	1969 M40	94	1:08:18	23:30	* 20:56	* 21:30	6:36 min/km
564	2112	Harbi Alexander	*Köln	1:05:58	1977 M35	84	1:09:11	22:50	* 21:16	* 21:51	6:36 min/km
565	2123	Haupt Michael	Michael Haupt	1:05:59	1969 M40	95	1:09:11	22:51	* 21:16	* 21:51	6:36 min/km
566	2090	Hackmann Volker	Heipörformer	1:06:10	1980 M30	88	1:10:38	19:25	* 22:33	* 24:11	6:37 min/km
567	946	Plück Wolfgang	*Bergheim	1:06:16	1962 M50	40	1:09:05	22:29	* 21:17	* 22:29	6:38 min/km
568	1283	Theisen Christoph	Elmars Lauftreff	1:06:17	1959 M50	41	1:09:19	22:19	* 21:37	* 22:20	6:38 min/km
569	80	Beeckmans Patrick	Tricologne	1:06:19	1960 M50	42	1:08:45	22:42	* 21:27	* 22:09	6:38 min/km
570	2239	Horel Tobias	aktivas	1:06:23	1986 MHK	139	1:09:31	23:18	* 21:41	* 21:23	6:38 min/km
571	2163	Henke Stephan	*Köln	1:06:23	1980 M30	89	1:10:16	22:00	* 21:04	* 23:19	6:38 min/km
572	714	Kürz Christoph	*Leverkusen	1:06:24	1986 MHK	140	1:11:37	21:53	* 21:41	* 22:49	6:38 min/km
573	318	Feldhofer Ulrich	*Hürth	1:06:25	1953 M55	27	1:08:59	21:35	* 21:02	* 23:47	6:39 min/km
574	3466	Wobser Joss	Fast Tracker	1:06:27	1979 M30	90	1:07:00	21:36	* 22:26	* 22:24	6:39 min/km
575	2062	Gronstedt Andreas	*Köln	1:06:29	1968 M40	96	1:09:46	22:35	* 21:35	* 22:19	6:39 min/km
576	67	Baumann Uwe	Flying Snales	1:06:29	1966 M45	66	1:10:19	20:26	* 22:12	* 23:50	6:39 min/km
577	1318	Utech Stephan	*Köln	1:06:32	1971 M40	97	1:08:47	22:03	* 21:29	* 22:58	6:39 min/km
578	3285	Thome Maximilian	*Köln	1:06:39	1996 MJB	8	1:09:08	23:23	* 21:30	* 21:45	6:40 min/km
579	598	Kann Gilbert	*Köln	1:06:41	1972 M40	98	1:10:36	23:46	* 21:34	* 21:21	6:40 min/km
580	3168	Speck Holger	*Köln	1:06:41	1968 M40	99	1:10:37	23:46	* 21:33	* 21:22	6:40 min/km
581	457	Havemeister Prof. Dr.	Die Weihnachtsgänse	1:06:42	1969 M40	100	1:07:57	22:44	* 22:02	* 21:55	6:40 min/km
582	1379	Weiß Alexander	Scuderia Südstadt	1:06:48	1979 M30	91	1:11:26	26:29	* 24:20	* 15:59	6:41 min/km
583	0	unbekannt DY1481B		1:06:51	0 MHK	141	1:10:46	22:23	* 21:14	* 23:13	6:41 min/km
584	950	Pöttgen Uwe	Malteser Business Service	1:06:55	1966 M45	67	1:10:28	24:23	* 21:12	* 21:19	6:42 min/km
585	1108	Schmidt Günther	Flexx Fitness	1:06:55	1964 M45	68	1:07:09	22:14	* 22:02	* 22:39	6:42 min/km
586	164	Brügel Andreas	Lufthansa Sportverein	1:06:56	1983 MHK	142	1:10:12	23:13	* 21:36	* 22:06	6:42 min/km
587	3140	Sikorski Frank	*Köln	1:06:58	1982 M30	92	1:10:14	23:13	* 21:36	* 22:08	6:42 min/km
588	2581	Lüchefeld Till	Laufsport Bunert	1:06:59	1991 MHK	143	1:11:29	23:46	* 21:34	* 21:38	6:42 min/km
589	762	Lingner Uwe	*Grafenschaft	1:07:02	1962 M50	43	1:09:27	22:40	* 21:38	* 22:44	6:42 min/km
590	3197	Steinborn Jürgen	*Köln	1:07:04	1961 M50	44	1:10:16	23:22	* 21:24	* 22:18	6:42 min/km
591	2531	Lenssen Gerd	Lohe läuft	1:07:05	1960 M50	45	1:09:30	22:43	* 22:02	* 22:19	6:43 min/km
592	3620	Mußmann Volker		1:07:06	1985 MHK	144	1:07:26	21:40	* 23:03	* 22:22	6:43 min/km
593	2857	Pott Niklas	*Köln	1:07:06	1988 MHK	145	1:08:49	22:18	* 22:07	* 22:40	6:43 min/km
594	0	unbekannt DW37T0F		1:07:16	0 MHK	146	1:13:22	21:52	* 22:07	* 23:16	6:44 min/km
595	2482	Küster Ulf	*Köln	1:07:21	1963 M45	69	1:09:24	22:02	* 21:44	* 23:34	6:44 min/km
596	486	Herman Jan	MET2012-Nikoläuse	1:07:24	1962 M50	46	1:08:49	22:58	* 21:59	* 22:26	6:44 min/km
597	1251	Steinz Lothar	ASV Köln	1:07:25	1957 M55	28	1:08:49	22:59	* 21:59	* 22:26	6:45 min/km
598	1638	Bowe Holger	PSV Köln 1922 e.V.	1:07:26	1960 M50	47	1:08:01	22:00	* 22:20	* 23:05	6:45 min/km
599	1545	Benke-König Thomas	Flitzefinchen	1:07:29	1970 M40	101	1:10:51	23:44	* 22:25	* 21:19	6:45 min/km
600	2055	Graziola Frank	Flitzefinchen	1:07:29	1976 M35	85	1:10:51	23:46	* 22:22	* 21:19	6:45 min/km
601	2409	Koc Mehmet	Life is Running	1:07:32	1972 M40	102	1:08:58	21:38	* 21:29	* 24:24	6:45 min/km
602	2082	Gutierrez Esteban	*Bonn	1:07:33	1986 MHK	147	1:10:14	22:48	* 22:36	* 22:08	6:45 min/km
603	3294	Tolksdorf Felix	*Bonn	1:07:34	1985 MHK	148	1:10:13	22:50	* 22:36	* 22:07	6:45 min/km
604	425	Haak Christian	*Köln	1:07:35	1974 M35	86	1:11:58	23:03	* 21:38	* 22:53	6:46 min/km
605	2454	Krause Uwe	laufwurst	1:07:37	1963 M45	70	1:12:15	24:08	* 21:11	* 22:18	6:46 min/km
606	177	Bundschuh Bernd	*Troisdorf	1:07:38	1960 M50	48	1:12:09	22:20	* 21:56	* 23:21	6:46 min/km
607	3599	Wannemacher Sven		1:07:38	1980 M30	93	1:08:59	23:29	* 22:02	* 22:06	6:46 min/km
608	2671	Mezei Sascha	*Köln	1:07:39	1984 MHK	149	1:10:18	24:04	* 21:23	* 22:11	6:46 min/km
609	3600	Waschull Mario		1:07:41	1973 M35	87	1:09:00	23:31	* 22:03	* 22:07	6:46 min/km
610	2879	Ranke Daniel	The GinNastics	1:07:46	1979 M30	94	1:12:37	21:51	* 21:33	* 24:21	6:47 min/km
611	2040	Gonzalez Miren	TOXIC TEAM	1:07:55	1984 MHK	150	1:10:08	23:14	* 22:08	* 22:32	6:48 min/km
612	3072	Schorn Georg	*Grafenschaft-Holzweiler	1:07:59	1958 M50	49	1:10:23	22:39	* 21:40	* 23:40	6:48 min/km
613	2063	Groos Werner	Kieser Training	1:08:09	1965 M45	71	1:09:09	21:09	* 22:27	* 24:31	6:49 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 12

gedruckt 09.12.2012 13:26:08

614	3449	Wilkening Rubik	*Köln	1:08:13	1975	M35	88	1:12:00	21:29 *	21:15 *	25:28	6:49 min/km
615	2890	Rehmann Jochen	Köln läuft! Team	1:08:17	1955	M55	29	1:12:40	23:20 *	22:27 *	22:30	6:50 min/km
616	1344	Wagener Dr. Jochen	*Menden	1:08:18	1963	M45	72	1:12:23	22:48 *	22:25 *	23:04	6:50 min/km
617	3158	Soltner Niklas	*Neuss	1:08:18	2000	MSB	7	1:11:59	22:18 *	22:14 *	23:45	6:50 min/km
618	2221	Hoffmann Lutz	*Köln	1:08:21	1952	M60	8	1:11:22	23:37 *	22:22 *	22:21	6:50 min/km
619	2921	Ries Jasper	*Köln	1:08:24	1985	MHK	151	1:11:54	24:30 *	22:17 *	21:36	6:50 min/km
620	769	Löhr Peter	Lufthansa Sportverein	1:08:27	1962	M50	50	1:13:14	21:50 *	23:59 *	22:38	6:51 min/km
621	735	Langen Dominik	Altstädter Köln 1922 e.v.	1:08:29	1968	M40	103	1:08:33	21:40 *	22:32 *	24:16	6:51 min/km
622	238	Detmer Hanspeter	Altstädter Köln	1:08:29	1946	M65	3	1:08:33	21:40 *	22:32 *	24:15	6:51 min/km
623	2655	Merten Michael	*Gummersbach	1:08:34	1969	M40	104	1:09:26	21:06 *	23:17 *	24:10	6:51 min/km
624	230	Deiters Lothar	LSV Porz/Köln	1:08:45	1934	M75	2	1:11:33	22:57 *	22:40 *	23:07	6:53 min/km
625	2729	Neudeck Helmut	*Kottenheim	1:08:45	1961	M50	51	1:11:56	22:39 *	22:13 *	23:53	6:53 min/km
626	396	Göbel Peter	*Kottenheim	1:08:46	1971	M40	105	1:11:56	22:57 *	21:55 *	23:53	6:53 min/km
627	3617	Ohrem Willi		1:08:52	1973	M35	89	1:13:28	23:36 *	22:43 *	22:32	6:53 min/km
628	1334	Vogel Erhard	*Köln	1:08:58	1953	M55	30	1:12:37	23:02 *	22:32 *	23:23	6:54 min/km
629	3283	Thomas Marcel	*köln	1:09:00	1993	MJA	5	1:09:03	19:41 *	24:18 *	25:00	6:54 min/km
630	1651	Breitenfeld Bernd	*Weyerbusch	1:09:00	1957	M55	31	1:13:12	24:13 *	22:02 *	22:43	6:54 min/km
631	3443	Wietzke Dirk	WAGS	1:09:12	1970	M40	106	1:12:53	22:18 *	22:14 *	24:39	6:55 min/km
632	1866	Ernst Bernhard	aktivas	1:09:16	1985	MHK	152	1:12:25	23:19 *	22:05 *	23:50	6:56 min/km
633	2854	Pommer Dr. Jens	*Düsseldorf	1:09:25	1968	M40	107	1:14:01	23:35 *	23:18 *	22:31	6:57 min/km
634	130	Boerner Uwe	*Köln	1:09:30	1964	M45	73	1:12:22	24:02 *	23:32 *	21:55	6:57 min/km
635	3089	Schüren Andreas	Running Elements	1:09:36	1980	M30	95	1:13:34	24:12 *	22:47 *	22:37	6:58 min/km
636	636	Kiveris Jörg	Arthrose-Laufclub	1:09:50	1965	M45	74	1:09:50	15:31 *	17:13 *	37:05	6:59 min/km
637	3217	Stierand Thomas	Die Motivierten	1:09:51	1968	M40	108	1:11:31	22:01 *	23:13 *	24:35	6:59 min/km
638	3097	Schuler Bertram	*Köln	1:10:06	1975	M35	90	1:13:53	24:24 *	21:55 *	23:46	7:01 min/km
639	3395	Weghaus Timon	*Köln	1:10:13	2003	MSD	2	1:12:10	23:12 *	23:10 *	23:51	7:01 min/km
640	2838	PIRLLOT-SKIBA SABINE	*KÖLN	1:10:14	1956	M55	32	1:13:20	25:32 *	23:25 *	21:16	7:01 min/km
641	1368	Weghaus Stephan	*Köln	1:10:16	1972	M40	109	1:12:13	23:12 *	23:10 *	23:53	7:02 min/km
642	3250	Swatek Jan	The Skankaroos	1:10:20	1976	M35	91	1:11:09	21:45 *	23:36 *	24:57	7:02 min/km
643	1170	Schulz Christian	und tschüß...	1:10:20	1981	M30	96	1:12:32	23:03 *	22:49 *	24:27	7:02 min/km
644	1192	Seidel Robert	*Leverkusen	1:10:26	1967	M45	75	1:15:42	24:27 *	26:03 *	19:55	7:03 min/km
645	1506	Barthel Björn-Erik	Frütties	1:10:29	1963	M45	76	1:14:56	23:18 *	22:59 *	24:12	7:03 min/km
646	3127	Senge Wolfgang	Frütties	1:10:31	1962	M50	52	1:14:57	23:18 *	23:00 *	24:12	7:03 min/km
647	3062	Schniering Jörg	JöDiFra	1:10:33	1963	M45	77	1:12:32	20:15 *	22:38 *	27:40	7:03 min/km
648	2522	Lehmann Gero	Rakete Reissdorf	1:10:38	1971	M40	110	1:15:20	23:38 *	22:56 *	24:03	7:04 min/km
649	2215	Höfl Stefan	*Köln	1:10:41	1980	M30	97	1:11:03	21:40 *	23:03 *	25:56	7:04 min/km
650	1256	Stobbe Harald	*Korschenbroich	1:10:44	1963	M45	78	1:13:14	24:06 *	24:00 *	22:37	7:04 min/km
651	3055	Schneider David	Köln läuft! Team	1:10:55	1982	M30	98	1:14:07	23:50 *	23:26 *	23:38	7:06 min/km
652	1580	Biewer Christian	Running Elements	1:10:59	1983	MHK	153	1:14:56	24:13 *	22:47 *	23:58	7:06 min/km
653	290	Erdenberger Thomas	Laufschabe & Friends	1:11:11	1979	M30	99	1:14:28	24:44 *	22:57 *	23:28	7:07 min/km
654	1492	Bach Michael	*Bonn	1:11:21	1972	M40	111	1:15:53	27:16 *	19:40 *	24:24	7:08 min/km
655	764	Lingohr Ralf	*Köln	1:11:31	1968	M40	112	1:15:09	24:07 *	23:52 *	23:31	7:09 min/km
656	2791	Overzier Dirk	*Frechen	1:11:34	1964	M45	79	1:15:24	24:21 *	23:23 *	23:48	7:09 min/km
657	2918	Ridderbusch Frank	SV Gehlert	1:11:41	1962	M50	53	1:15:58	24:20 *	23:35 *	23:46	7:10 min/km
658	169	Buchstein Thomas	Die Hasen	1:11:42	1976	M35	92	1:15:58	24:19 *	23:32 *	23:49	7:10 min/km
659	724	Kutzner Thomas	*köln	1:11:49	1975	M35	93	1:15:28	24:27 *	23:39 *	23:42	7:11 min/km
660	2310	Kalicinski Michael	Liebe	1:12:03	1986	MHK	154	1:15:31	24:50 *	23:26 *	23:46	7:12 min/km
661	2030	Gogalic Salmin	UPS	1:12:03	1982	M30	100	1:15:37	24:25 *	23:05 *	24:32	7:12 min/km
662	1600	Blume Patrick	UPS	1:12:04	1984	MHK	155	1:15:38	24:25 *	23:05 *	24:34	7:12 min/km
663	3227	Straub Peter	*Köln	1:12:06	1961	M50	54	1:13:04	23:07 *	23:30 *	25:28	7:13 min/km
664	1994	Geller Ulrich	*Köln	1:12:11	1962	M50	55	1:15:06	24:16 *	23:31 *	24:23	7:13 min/km
665	3219	Stoeber Hendrik	CaBas	1:12:17	1985	MHK	156	1:14:26	23:17 *	22:44 *	26:14	7:14 min/km
666	2949	Roß Thomas	*Köln	1:12:19	1969	M40	113	1:14:49	23:26 *	23:19 *	25:34	7:14 min/km
667	1181	Schwertfeger Carsten	schwertfeger hits the road	1:12:20	1968	M40	114	1:17:06	23:59 *	23:43 *	24:37	7:14 min/km
668	2371	Klänhardt Markus	Bierhähnchen	1:12:26	1979	M30	101	1:14:45	23:31 *	22:54 *	25:59	7:15 min/km
669	2169	Henseler Daniel	Flitzfinken	1:12:30	1977	M35	94	1:15:53	23:46 *	23:38 *	25:06	7:15 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Männer

Seite 13

gedruckt 09.12.2012 13:26:08

670	987	Rehbach Jupp	*Köln	1:12:30	1950 M60	9	1:16:10	23:51 *	23:08 *	25:30	7:15 min/km
671	2459	Kreutz Marcel	Steuerheye	1:12:32	1987 MHK	157	1:14:40	23:17 *	22:44 *	26:30	7:15 min/km
672	0	Fredrich Wolfgang		1:12:32	1964 M45	80	1:14:40	23:20 *	22:43 *	26:28	7:15 min/km
673	1421	Wolfgarten Marco	Bratwurst und Bier	1:12:36	1974 M35	95	1:15:01	25:54 *	22:01 *	24:40	7:16 min/km
674	3548	Symanski Wolfgang		1:12:40	1937 M75	3	1:16:53	23:28 *	24:02 *	25:08	7:16 min/km
675	2230	Hohn Sebastian	*Köln	1:12:52	1987 MHK	158	1:16:54	22:16 *	24:37 *	25:58	7:17 min/km
676	3063	Schnittger Gerald	Kieser Training	1:12:56	1964 M45	81	1:15:51	19:36 *	17:23 *	35:57	7:18 min/km
677	1050	Rosenberg Lars	*leichlingen	1:12:56	1977 M35	96	1:15:57	23:54 *	24:01 *	25:00	7:18 min/km
678	2226	Hofmann Prof. Stefan	Pussycatlovers	1:13:02	1969 M40	115	1:16:11	22:57 *	24:06 *	25:58	7:18 min/km
679	2905	Reisch Max	Flying Snales	1:13:51	2002 MSC	2	1:17:12	25:45 *	24:25 *	23:40	7:23 min/km
680	1003	Reisch Uli	Flying Snales	1:13:54	1966 M45	82	1:17:12	25:47 *	21:56 *	26:10	7:23 min/km
681	3500	Zientek Johannes	TC Lese GW Köln	1:14:14	1952 M60	10	1:16:50	24:01 *	22:51 *	27:21	7:25 min/km
682	3375	Waege Gunter	TC Lese GW Köln	1:14:19	1940 M70	1	1:16:51	23:23 *	23:34 *	27:21	7:26 min/km
683	186	Busch Lutz	Drafen-Gang	1:14:24	1970 M40	116	1:17:13	24:39 *	24:36 *	25:08	7:26 min/km
684	3542	Breunung Guido		1:14:41	1971 M40	117	1:19:12	26:42 *	27:55 *	20:03	7:28 min/km
685	1777	Diefenbach Walter	Qualmende Socken	1:14:50	1954 M55	33	1:14:55	22:25 *	24:52 *	27:32	7:29 min/km
686	1830	Eberz David Johannes	*Köln	1:15:21	1985 MHK	159	1:20:09	25:42 *	24:48 *	24:50	7:32 min/km
687	544	Humburg Marcel	*Alfter	1:15:48	1985 MHK	160	1:19:55	25:13 *	24:46 *	25:48	7:35 min/km
688	1156	Schreiber Dirk	Drafen-Gang	1:15:50	1969 M40	118	1:18:38	24:40 *	24:36 *	26:33	7:35 min/km
689	2000	Gerke Lars-Erik	*Hürth	1:16:09	1988 MHK	161	1:17:15	23:07 *	24:26 *	28:34	7:37 min/km
690	3644	Uebber Dieter		1:16:13	1946 M65	4	1:18:38	25:54 *	24:55 *	25:23	7:37 min/km
691	2826	Pichler Andreas	*Koeln	1:16:28	1966 M45	83	1:19:06	23:26 *	24:51 *	28:10	7:39 min/km
692	391	Glaubach Jürgen	Team Supermaus	1:16:36	1961 M50	56	1:17:04	24:43 *	25:25 *	26:27	7:40 min/km
693	3525	Breuer Gregor		1:17:11	1955 M55	34	1:19:17	25:03 *	25:34 *	26:32	7:43 min/km
694	2011	Bukowski Markus		1:17:21	1986 MHK	162	1:18:22	24:20 *	25:55 *	27:05	7:44 min/km
695	559	Jacobsen Sven	FIT-MIT-SVEN	1:17:25	1976 M35	97	1:22:08	25:29 *	25:10 *	26:45	7:45 min/km
696	1528	Becker Konrad	*Bonn	1:18:53	1969 M40	119	1:23:18	26:44 *	25:27 *	26:42	7:53 min/km
697	1159	Schroeder Mario	Deaf Runners	1:19:47	1967 M45	84	1:24:21	26:29 *	25:01 *	28:15	7:59 min/km
698	888	Nolden Dirk	PSV Bonn Triathlon	1:20:37	1965 M45	85	1:25:09	27:36 *	28:25 *	24:35	8:04 min/km
699	632	Kirschner Erich	*Köln	1:27:57	1941 M70	2	1:30:46	28:51 *	28:30 *	30:35	8:48 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 14

gedruckt 09.12.2012 13:26:08

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3643	Wehrsen Claudia	LT DSHS Köln	0:45:39	1984 WHK	1	0:46:05	15:11 * 14:49 * 15:38	4:34 min/km
2	178	Burg Ana	DSHS Köln	0:46:09	1992 WHK	2	0:46:17	16:37 * 17:10 * 12:21	4:37 min/km
3	2414	Köhler Sabine	RUNNERS POINT	0:46:43	1982 W30	1	0:47:44	15:33 * 15:20 * 15:49	4:40 min/km
4	2617	Marschner Dr. Christiane	Die Weihnachtsgänse	0:47:07	1980 W30	2	0:47:12	15:42 * 15:26 * 15:57	4:43 min/km
5	521	Hoffmann Caroline	Laufklatzsch	0:47:37	1974 W35	1	0:49:22	15:55 * 15:39 * 16:01	4:46 min/km
6	2177	Herwig Miriam	*Köln	0:47:42	1985 WHK	3	0:47:46	15:00 * 15:34 * 17:07	4:46 min/km
7	1328	Velde Claudia	*Köln	0:49:33	1967 W45	1	0:49:42	16:16 * 16:11 * 17:04	4:57 min/km
8	745	Leipert Sabine	ASV	0:50:30	1973 W35	2	0:51:07	16:46 * 16:39 * 17:04	5:03 min/km
9	52	Baltrusch Antonia	Mach3 Köln e.V.	0:50:36	1990 WHK	4	0:50:45	16:07 * 16:45 * 17:43	5:04 min/km
10	3339	Vanselow Dr. Karin	*Wegberg	0:50:57	1959 W50	1	0:51:38	17:08 * 16:29 * 17:18	5:06 min/km
11	3454	Willnauer Lisa	Rudolphs - Fastest	0:51:03	1986 WHK	5	0:55:07	19:06 * 16:50 * 15:06	5:06 min/km
12	1894	Ferrauti Silke	Praxis	0:51:08	1967 W45	2	0:54:15	16:47 * 16:34 * 17:45	5:07 min/km
13	2107	Hammes Verena	DSHS Köln	0:51:18	1993 WJA	1	0:51:20	17:01 * 17:49 * 16:27	5:08 min/km
14	2593	Lutz Bettina	Praxis	0:52:01	1961 W50	2	0:55:08	16:49 * 17:08 * 18:03	5:12 min/km
15	2728	Neu Hanna Maria	*Köln	0:52:02	1993 WJA	2	0:52:15	16:48 * 16:52 * 18:21	5:12 min/km
16	1549	Beranek Sina	*Köln	0:52:08	1992 WHK	6	0:54:37	16:31 * 17:29 * 18:07	5:13 min/km
17	958	Prescha Kristiane	Köln läuft! Team	0:52:14	1967 W45	3	0:52:50	16:41 * 17:13 * 18:19	5:13 min/km
18	2057	Griese Anne	DSHS Köln	0:52:14	1993 WJA	3	0:54:01	17:26 * 17:09 * 17:38	5:13 min/km
19	1254	Stickel-Zimmermann	mas Training	0:52:24	1968 W40	1	0:52:51	16:47 * 17:17 * 18:20	5:14 min/km
20	561	Jäger Viktoria	DSHS Köln	0:52:28	1993 WJA	4	0:54:30	17:52 * 16:55 * 17:41	5:15 min/km
21	3558	Nusser Eva		0:52:29	1985 WHK	7	0:53:37	17:39 * 17:14 * 17:35	5:15 min/km
22	1708	Camen Verena	DSHS Köln	0:52:40	1993 WJA	5	0:52:57	17:05 * 17:22 * 18:11	5:16 min/km
23	3311	Tulke Maja	DSHS Köln	0:52:43	1992 WHK	8	0:52:55	16:44 * 17:25 * 18:33	5:16 min/km
24	194	Camen Elke	BSG Sparkasse Hamm	0:52:43	1960 W50	3	0:53:01	17:05 * 17:22 * 18:15	5:16 min/km
25	3538	Klippel Mira		0:52:50	1983 WHK	9	0:53:10	17:06 * 17:11 * 18:32	5:17 min/km
26	780	Lutz Jenny	*Köln	0:52:50	1980 W30	3	0:53:10	17:06 * 17:11 * 18:33	5:17 min/km
27	3150	Skär Nadja	DSHS Köln	0:52:53	1993 WJA	6	0:54:29	19:32 * 15:01 * 18:19	5:17 min/km
28	2175	Hertenstein Lina	DSHS Köln	0:53:09	1992 WHK	10	0:53:11	17:01 * 17:49 * 18:19	5:19 min/km
29	24	Anders Eva	*Köln	0:53:16	1985 WHK	11	0:56:15	18:48 * 17:04 * 17:23	5:20 min/km
30	474	Hennecke-Ernsting Ursel	*Köln	0:53:18	1960 W50	4	0:53:23	17:41 * 17:34 * 18:02	5:20 min/km
31	3647	Link Katrin	TuS Hipstedt	0:53:19	1986 WHK	12	0:53:24	17:16 * 17:43 * 18:20	5:20 min/km
32	0	Odipo Teresa	SV Dischingen	0:53:20	1987 WHK	13	0:53:24	17:16 * 17:44 * 18:19	5:20 min/km
33	1576	Bienemann Lena	*Köln	0:53:27	1993 WJA	7	0:53:37	17:30 * 17:39 * 18:18	5:21 min/km
34	2049	Gottschalk Lisa	*Köln	0:53:28	1992 WHK	14	0:53:37	17:29 * 17:39 * 18:19	5:21 min/km
35	2975	Saffar Celina	*Köln	0:53:28	1990 WHK	15	0:55:15	17:27 * 17:32 * 18:29	5:21 min/km
36	2699	Müllender Charlotte	*Eupen	0:53:44	1992 WHK	16	0:54:29	18:01 * 17:09 * 18:34	5:22 min/km
37	1019	Rick Antonia	*Köln	0:53:49	1988 WHK	17	0:54:13	18:00 * 17:37 * 18:12	5:23 min/km
38	2500	Kuschel Anja	DSHS Köln	0:53:50	1987 WHK	18	0:53:51	17:05 * 18:00 * 18:44	5:23 min/km
39	2210	Hömske Anja	*Siegburg	0:53:59	1982 W30	4	0:56:25	19:12 * 16:58 * 17:48	5:24 min/km
40	2093	Hagedorn Jeannine	AGENTUR RHEINSPORT	0:53:59	1980 W30	5	0:54:36	16:54 * 17:59 * 19:06	5:24 min/km
41	68	Baumeister Berit	*Köln	0:54:01	1992 WHK	19	0:54:49	17:57 * 18:17 * 17:47	5:24 min/km
42	2564	Löhner Hannah	*Köln	0:54:02	1990 WHK	20	0:55:43	17:16 * 17:40 * 19:05	5:24 min/km
42	1977	Gallorini Angela	EASA Fun Runners	0:54:02	1968 W40	2	0:55:39	17:49 * 17:44 * 18:28	5:24 min/km
44	2104	Hameister Madeleine	Baltika9	0:54:05	1982 W30	6	0:56:16	18:00 * 17:42 * 18:22	5:25 min/km
45	360	Garbe Judith	Running for Glühwein	0:54:14	1988 WHK	21	0:56:48	18:22 * 17:34 * 18:17	5:25 min/km
46	2394	Klöckner Stephanie	*Köln	0:54:19	1981 W30	7	0:54:21	17:15 * 17:52 * 19:10	5:26 min/km
47	3473	Wolfs Annabel	*Eupen	0:54:23	1992 WHK	22	0:55:12	17:57 * 18:09 * 18:16	5:26 min/km
48	1737	Crumbach Anna	DSHS Köln	0:54:24	1992 WHK	23	0:55:12	17:59 * 18:01 * 18:23	5:26 min/km
49	3192	Stein Sabine	*Köln	0:54:33	1974 W35	3	0:54:51	17:52 * 17:54 * 18:46	5:27 min/km
49	2937	Röper Dr. Nina	*Köln	0:54:33	1973 W35	3	0:54:51	17:51 * 17:54 * 18:46	5:27 min/km
51	2033	Goldkuhle Maïke	cleverbridge	0:54:40	1980 W30	8	0:55:05	18:22 * 17:58 * 18:20	5:28 min/km
52	1495	Baetcke Dorit Elisa	*Köln	0:54:46	1981 W30	9	0:55:06	17:18 * 18:08 * 19:20	5:29 min/km
53	788	Malan Dr. Daniela	*Bonn	0:54:48	1973 W35	5	0:57:09	18:18 * 17:43 * 18:45	5:29 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 15

gedruckt 09.12.2012 13:26:08

54	2649	Menden Simone	*Köln	0:54:53	1993	WJA	8	0:58:37	18:09 *	17:48 *	18:55	5:29 min/km
55	2174	Hermann Lisa	Rudolphs - Fastest	0:55:00	1984	WHK	24	0:59:04	19:06 *	18:04 *	17:50	5:30 min/km
56	1087	Schelenz Stefanie	FIT-MIT-SVEN	0:55:04	1982	W30	10	0:55:47	18:07 *	17:52 *	19:04	5:30 min/km
57	163	Brocke Anika	Lucky Star	0:55:04	1980	W30	11	0:55:57	17:56 *	17:59 *	19:07	5:30 min/km
58	1875	Eymers Annika	Oldenburger Läufer	0:55:06	1981	W30	12	0:56:30	18:24 *	17:48 *	18:53	5:31 min/km
59	2519	Lebowski Kim Chiara	*Bergisch Gladbach	0:55:10	1992	WHK	25	0:58:56	18:45 *	18:01 *	18:23	5:31 min/km
60	2941	Rogge Gina Mie	DSHS Köln	0:55:15	1991	WHK	26	0:58:59	18:40 *	18:07 *	18:27	5:32 min/km
61	3605	Billig Alexandra		0:55:16	1974	W35	6	0:57:02	18:32 *	18:02 *	18:40	5:32 min/km
62	2640	Mayer Judith	*Frechen	0:55:16	1979	W30	13	0:55:46	17:58 *	17:47 *	19:31	5:32 min/km
63	3152	Socher Iris	*Köln	0:55:22	1987	WHK	27	0:55:34	18:08 *	18:16 *	18:56	5:32 min/km
64	3296	Tomcin Romy	Techniker Krankenkasse	0:55:23	1983	WHK	28	0:59:34	18:50 *	17:41 *	18:50	5:32 min/km
65	273	Duphorn Elke	Lauftreff Decksteiner	0:55:29	1969	W40	3	0:55:47	18:23 *	18:08 *	18:57	5:33 min/km
66	3362	Volpert Anika	*Köln	0:55:36	1986	WHK	29	0:55:48	17:53 *	18:27 *	19:15	5:34 min/km
67	2841	Plener Jana	*Bonn	0:55:37	1991	WHK	30	0:58:36	19:38 *	19:14 *	16:44	5:34 min/km
68	605	Kausen Corinna	Brander SV Tri Team	0:55:38	1984	WHK	31	0:57:13	17:24 *	18:29 *	19:45	5:34 min/km
69	2094	Hagelskamp Lisa	*Köln	0:55:42	1994	WJA	9	0:57:18	19:03 *	18:01 *	18:37	5:34 min/km
70	1766	Deters Franziska	*Köln	0:55:43	1993	WJA	10	0:57:18	19:03 *	18:01 *	18:38	5:34 min/km
71	573	Jenner Stefanie	*Köln	0:55:43	1986	WHK	32	0:57:18	19:04 *	18:01 *	18:38	5:34 min/km
72	1150	Schön Maike	LAZ Puma Rhein-Sieg	0:55:44	1989	WHK	33	0:57:23	17:34 *	18:36 *	19:34	5:34 min/km
72	3394	Wegeler Julia	*Köln	0:55:44	1986	WHK	33	0:55:58	18:20 *	18:17 *	19:07	5:34 min/km
74	213	Cramer Stephanie	*Köln	0:56:03	1967	W45	4	0:57:00	18:35 *	18:11 *	19:16	5:36 min/km
75	2689	Mohr Inga	Flexx Fitness	0:56:04	1990	WHK	35	0:57:08	17:31 *	18:26 *	20:06	5:36 min/km
76	203	Chatzigeorgiou Melanie	*Köln	0:56:06	1977	W35	7	0:57:55	19:52 *	17:59 *	18:14	5:37 min/km
77	198	Caspers Diana	DJK Leverkusen	0:56:07	1980	W30	14	0:56:09	18:35 *	18:28 *	19:03	5:37 min/km
78	536	Horst Claudia	SG TÜV Rheinland	0:56:08	1965	W45	5	0:57:10	18:53 *	18:17 *	18:57	5:37 min/km
79	152	Braunleder Anne	*Köln	0:56:09	1978	W30	15	1:00:23	19:18 *	18:23 *	18:27	5:37 min/km
80	2843	Pletzinger Lena	*Köln	0:56:09	1986	WHK	36	0:58:31	19:00 *	18:35 *	18:33	5:37 min/km
81	2804	Paschek Johanna	LKW-Schorse	0:56:10	1988	WHK	37	0:58:31	18:24 *	18:18 *	19:26	5:37 min/km
82	1613	Bojer Rebekka	FC Straberg	0:56:15	1977	W35	8	0:57:04	17:46 *	18:46 *	19:42	5:38 min/km
83	3091	Schürhörster Anne	DSHS Köln	0:56:18	1989	WHK	38	0:57:47	17:35 *	18:52 *	19:49	5:38 min/km
84	3343	Veith Ina	*Köln	0:56:26	1973	W35	9	0:57:21	18:59 *	18:32 *	18:54	5:39 min/km
85	2182	Heß Sabine	XTrail-Aktiv	0:56:27	1966	W45	6	0:58:07	18:33 *	18:34 *	19:19	5:39 min/km
86	447	Hartje Alexandra	*Köln	0:56:29	1986	WHK	39	1:00:44	19:17 *	18:24 *	18:47	5:39 min/km
87	2154	Held Barbara	*köln	0:56:35	1962	W50	5	0:57:55	18:14 *	18:30 *	19:50	5:40 min/km
88	1233	Stahl Kathrin	*Koeln	0:56:35	1970	W40	4	0:56:44	18:56 *	18:49 *	18:50	5:40 min/km
89	1732	Coutellier Ute	*köln	0:56:36	1962	W50	6	0:57:55	18:15 *	18:29 *	19:50	5:40 min/km
90	3267	Terhorst Nadine	*Köln	0:56:37	1984	WHK	40	0:57:26	19:56 *	17:55 *	18:45	5:40 min/km
91	1346	Wagner Juliana	Die Drei Lustigen 4	0:56:37	1985	WHK	41	0:57:26	19:57 *	17:54 *	18:45	5:40 min/km
92	200	Rust Vivian	*Wuppertal	0:56:38	1985	WHK	42	0:56:50	18:33 *	18:30 *	19:34	5:40 min/km
93	595	Kaiser Annette	*Köln	0:56:38	1973	W35	10	0:56:47	18:05 *	18:30 *	20:03	5:40 min/km
94	317	Feith Birgit	*Köln	0:56:43	1976	W35	11	0:58:13	19:38 *	18:04 *	19:00	5:40 min/km
95	942	Pinell Nicole	*Köln	0:56:43	1982	W30	16	0:58:13	19:38 *	18:05 *	18:59	5:40 min/km
96	1157	Schreiner Birgit	TC Weiden	0:56:49	1960	W50	7	0:58:05	19:27 *	18:33 *	18:48	5:41 min/km
97	2255	Hunneshagen Stini	*Köln	0:56:53	1980	W30	17	0:57:19	18:21 *	18:35 *	19:56	5:41 min/km
98	2853	Pommer Charlotte	*Düsseldorf	0:56:56	1997	WSA	1	1:01:29	19:00 *	18:19 *	19:35	5:42 min/km
99	3363	Von Agris Wibke	*Siegburg	0:56:56	1979	W30	18	0:58:44	18:45 *	18:29 *	19:41	5:42 min/km
100	1419	Wolf Ulrike	Laktatkönig	0:57:09	1958	W50	8	0:57:44	19:45 *	18:16 *	19:07	5:43 min/km
101	2891	Rehorst Wiebke	Running Reindeers	0:57:22	1989	WHK	43	0:58:00	19:01 *	18:46 *	19:33	5:44 min/km
102	1139	Schneider Linda	mach3 Köln	0:57:23	1984	WHK	44	0:57:34	19:11 *	18:36 *	19:35	5:44 min/km
103	1094	Schilli Nicole	*Köln	0:57:25	1987	WHK	45	1:00:36	18:31 *	18:34 *	20:18	5:45 min/km
104	2590	Lui Janina	*Köln	0:57:25	1992	WHK	46	0:57:39	18:04 *	19:16 *	20:04	5:45 min/km
105	1978	Gamette Melissa	*Dusseldorf	0:57:30	1978	W30	19	0:58:16	20:16 *	18:18 *	18:55	5:45 min/km
106	1514	Bauer Judith	Lexxi Sports	0:57:31	1972	W40	5	0:57:55	18:49 *	18:52 *	19:50	5:45 min/km
107	1382	Weller Tanja	ISI-RUNNER	0:57:35	1974	W35	12	0:59:20	19:20 *	18:51 *	19:23	5:46 min/km
108	3480	Wüst Gabi	*Darmstadt	0:57:36	1962	W50	9	0:57:52	18:56 *	18:53 *	19:45	5:46 min/km
109	1194	Seifriz Britta	*Frechen	0:57:40	1972	W40	6	1:01:54	19:19 *	18:36 *	19:44	5:46 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 16

gedruckt 09.12.2012 13:26:08

110	2429	Konhäuser Rebecca	DSHS Köln	0:57:41	1992 WHK	47	0:59:09	18:12 *	19:22 *	20:06	5:46 min/km
111	672	Kopp Isabella	CTW Rookie 2012	0:57:46	1965 W45	7	0:59:11	19:00 *	18:39 *	20:06	5:47 min/km
112	784	Mäling Anna	DSHS Köln	0:57:49	1984 WHK	48	0:57:58	18:42 *	18:47 *	20:20	5:47 min/km
113	1236	Stangl Antonia	*Kaarst	0:57:50	1991 WHK	49	0:58:14	18:01 *	19:25 *	20:23	5:47 min/km
114	1079	Schäffer Anne	*Essen	0:57:53	1984 WHK	50	0:58:27	18:29 *	19:00 *	20:23	5:47 min/km
115	494	Herrmann Christiane	LaufCampus Euskirchen	0:57:54	1966 W45	8	1:00:25	19:44 *	18:44 *	19:25	5:47 min/km
116	3607	Brüderer Katja		0:57:55	0 WHK	51	0:58:50	18:49 *	18:44 *	20:21	5:48 min/km
117	1342	Voß Anika	AGENTUR RHEINSPORT	0:57:58	1975 W35	13	1:00:48	20:37 *	18:31 *	18:49	5:48 min/km
118	2289	Jetter Karen	AGENTUR RHEINSPORT	0:57:58	1977 W35	14	1:00:48	20:38 *	18:31 *	18:49	5:48 min/km
119	1926	Franken Christina	*Köln	0:57:59	1969 W40	7	0:58:02	18:41 *	19:22 *	19:56	5:48 min/km
120	145	Brandenburg Sonja	*Köln	0:58:00	1978 W30	20	0:58:09	19:12 *	18:48 *	19:59	5:48 min/km
121	3308	Tschorn Kirsten	*Mechernich	0:58:07	1968 W40	8	1:00:39	19:57 *	18:38 *	19:31	5:49 min/km
122	2160	Hemmelrath Stefanie	Flexx Fitness	0:58:10	1964 W45	9	0:59:09	19:41 *	18:38 *	19:51	5:49 min/km
123	895	Oeter Alice Anna	Fast Tracker	0:58:11	1979 W30	21	0:58:45	19:59 *	18:59 *	19:12	5:49 min/km
124	3047	Schmitz Rebecca	Rakete Reissdorf	0:58:25	1983 WHK	52	1:03:06	19:23 *	19:04 *	19:57	5:51 min/km
125	25	Andree Maria	*Koeln	0:58:25	1984 WHK	53	0:58:26	18:50 *	19:24 *	20:10	5:51 min/km
126	2738	Nickol Eva	laufende Kosten	0:58:33	1981 W30	22	1:00:40	20:28 *	18:40 *	19:24	5:51 min/km
127	3462	Wirtz Dr. Nina	*Köln	0:58:35	1977 W35	15	0:58:49	19:05 *	19:15 *	20:14	5:52 min/km
128	772	Lohmann Dr. Denise	*Köln	0:58:36	1978 W30	23	0:58:49	19:05 *	19:15 *	20:15	5:52 min/km
129	2382	Kleinen Freya	*Köln	0:58:38	1987 WHK	54	0:59:55	19:37 *	19:08 *	19:52	5:52 min/km
130	683	Krahe Ute	*Köln	0:58:39	1978 W30	24	0:59:25	18:43 *	18:17 *	21:39	5:52 min/km
131	136	Bolz Caroline	Die drei !!!	0:58:40	1988 WHK	55	1:03:15	19:01 *	19:14 *	20:24	5:52 min/km
132	2685	Mlodzian Franziska	DSHS Köln	0:58:41	1992 WHK	56	1:00:10	20:07 *	19:02 *	19:31	5:52 min/km
133	629	Kirsch Katja	Running Reindeers	0:58:42	1979 W30	25	0:59:23	18:59 *	19:12 *	20:30	5:52 min/km
134	2622	Marx Lydia	Polizei Köln	0:58:50	1983 WHK	57	1:03:29	19:23 *	19:16 *	20:11	5:53 min/km
135	1532	Becker Simone	*Siegburg	0:59:01	0 WHK	58	1:01:27	19:12 *	18:59 *	20:48	5:54 min/km
136	1930	Frederking Christina	Flexx Fitness	0:59:02	1988 WHK	59	0:59:33	19:34 *	19:35 *	19:53	5:54 min/km
137	2248	Hüppeler Antje	*Pulheim	0:59:03	1965 W45	10	0:59:40	18:57 *	19:33 *	20:32	5:54 min/km
138	1444	Abschlag Anna	*Köln	0:59:06	1987 WHK	60	1:01:13	20:29 *	18:55 *	19:41	5:55 min/km
139	2358	Kiepe Katrin	*Köln	0:59:08	1979 W30	26	1:02:57	20:11 *	18:57 *	19:59	5:55 min/km
140	2720	Nakahira Sadaka	*Köln	0:59:08	1980 W30	27	0:59:31	18:31 *	19:37 *	20:59	5:55 min/km
141	1075	Schaaf Ute	LLG 80 Nordpark Köln	0:59:09	1968 W40	9	1:02:18	20:56 *	18:45 *	19:27	5:55 min/km
142	3384	Warlich Dr. Anke	*Königswinter	0:59:09	1980 W30	28	1:02:54	20:33 *	19:23 *	19:12	5:55 min/km
143	2387	Klinnert Charlotte	*Köln	0:59:10	1970 W40	10	1:02:50	19:47 *	19:12 *	20:10	5:55 min/km
144	1719	Coenen Alexandra	*Leverkusen	0:59:10	1983 WHK	61	0:59:13	19:17 *	19:50 *	20:02	5:55 min/km
145	2730	Neuhann Julia	*düsseldorf	0:59:11	1989 WHK	62	1:00:41	19:40 *	18:33 *	20:57	5:55 min/km
146	2777	Oppermann Sabine	runstastics	0:59:17	1982 W30	29	0:59:40	19:41 *	19:10 *	20:25	5:56 min/km
147	2205	Höllger Eva	Laufklatsch	0:59:18	1967 W45	11	1:01:03	19:04 *	19:10 *	21:03	5:56 min/km
148	374	Germes Birte	Les Agents Provocateurs	0:59:21	1972 W40	11	1:03:35	22:56 *	18:17 *	18:08	5:56 min/km
149	3012	Schirmann Katharina	*Köln	0:59:21	1994 WJA	11	1:00:48	18:52 *	19:19 *	21:09	5:56 min/km
150	2334	Keller Anka	*Bergheim	0:59:22	1978 W30	30	1:02:15	19:51 *	19:04 *	20:26	5:56 min/km
150	2722	Nehrig Hannah	*Neuss	0:59:22	1992 WHK	63	0:59:39	18:26 *	19:48 *	21:08	5:56 min/km
152	712	Küffler Beate	Les Agents Provocateurs	0:59:22	1968 W40	12	1:03:35	22:56 *	18:15 *	18:10	5:56 min/km
153	138	Born Caro	*Köln	0:59:34	1969 W40	13	1:02:03	19:42 *	19:23 *	20:29	5:57 min/km
154	2198	Hlusiak Ramona	*Köln	0:59:41	1986 WHK	64	1:00:46	19:57 *	19:29 *	20:14	5:58 min/km
155	1498	Baklouti Miriam	*Leverkusen	0:59:41	1988 WHK	65	0:59:43	19:18 *	19:50 *	20:32	5:58 min/km
156	3079	Schröder Christina	*Hennef	0:59:41	1979 W30	31	1:03:30	21:32 *	19:09 *	19:00	5:58 min/km
157	345	Frederking Annette	Flexx Fitness	0:59:45	1960 W50	10	1:00:16	19:35 *	19:34 *	20:35	5:59 min/km
158	789	Malig Susanne	*Köln	0:59:50	1967 W45	12	1:01:25	20:07 *	19:28 *	20:14	5:59 min/km
159	2614	Mardak Nathalie	*Köln	0:59:53	1976 W35	16	1:00:32	19:24 *	19:41 *	20:47	5:59 min/km
160	3044	Schmitz Anne	Heiße Füße	0:59:59	1984 WHK	66	1:01:26	21:28 *	19:11 *	19:19	5:60 min/km
161	3078	Schriever Stefanie	RUNNERS POINT	1:00:10	1991 WHK	67	1:01:14	21:15 *	19:34 *	19:21	6:01 min/km
162	2808	Pauli Alexandra	RUNNERS POINT	1:00:11	1986 WHK	68	1:01:15	21:15 *	19:34 *	19:21	6:01 min/km
163	3243	Suermann Eva	*münster	1:00:18	1974 W35	17	1:01:14	20:51 *	19:28 *	19:58	6:02 min/km
164	168	Buchberger Gisela	Laktatkönig	1:00:21	1960 W50	11	1:00:55	19:46 *	19:46 *	20:49	6:02 min/km
165	2377	Klein Alina	*Köln	1:00:23	1991 WHK	69	1:01:20	20:52 *	19:19 *	20:10	6:02 min/km



# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 17

gedruckt 09.12.2012 13:26:08

166	1811	Dornseiff Uta	*Köln	1:00:27	1968	W40	14	1:03:54	21:22 *	19:53 *	19:11	6:03 min/km
166	428	Haase Gabi	LT Düsseldorf-Süd	1:00:27	1970	W40	14	1:05:40	21:24 *	19:38 *	19:24	6:03 min/km
168	2262	Ise Katharina	*Köln	1:00:29	1987	WHK	70	1:02:52	20:50 *	19:15 *	20:23	6:03 min/km
169	154	Breiden Hannah	*Köln	1:00:37	1990	WHK	71	1:00:40	20:49 *	19:25 *	20:22	6:04 min/km
170	1276	Takayanagi Sandra	Tigtak	1:00:41	1969	W40	16	1:02:39	19:34 *	19:08 *	21:58	6:04 min/km
171	1268	Struble Jennifer	EAC-ESA	1:00:58	1982	W30	32	1:05:09	20:56 *	19:06 *	20:55	6:06 min/km
172	565	Jagusch Nadine	The Skankaroos	1:01:00	1976	W35	18	1:01:11	19:19 *	20:11 *	21:28	6:06 min/km
173	2400	Knackstedt Franziska	*Bad Honnef	1:01:01	1989	WHK	72	1:02:26	20:30 *	19:49 *	20:41	6:06 min/km
174	2956	Roth Britta	Citroen	1:01:01	1970	W40	17	1:01:20	19:50 *	20:04 *	21:07	6:06 min/km
175	3531	Abebe Sara		1:01:02	1990	WHK	73	1:02:34	20:40 *	19:51 *	20:30	6:06 min/km
176	659	Köhnen Anne	LKW-Schorse	1:01:05	1980	W30	33	1:01:22	20:03 *	20:14 *	20:48	6:07 min/km
177	887	Noben Simone	ISI-RUNNER	1:01:06	1959	W50	12	1:01:15	19:33 *	20:13 *	21:20	6:07 min/km
178	2110	Hansen Scarlett	ASV-Köln	1:01:11	1967	W45	13	1:01:11	19:25 *	20:18 *	21:27	6:07 min/km
179	2323	Kaneko Naomi	*Essen	1:01:14	1978	W30	34	1:01:38	20:20 *	20:41 *	20:12	6:07 min/km
180	2389	Klocke Ulla	*Köln	1:01:16	1964	W45	14	1:05:31	19:45 *	20:32 *	20:58	6:08 min/km
181	3354	Vogler Isabel	*Bonn	1:01:16	1980	W30	35	1:02:31	20:25 *	19:54 *	20:56	6:08 min/km
182	1999	Gering Sibylle	*Köln	1:01:23	1979	W30	36	1:04:48	22:04 *	20:00 *	19:19	6:08 min/km
183	1857	Erasmus Elen	Original Bootcamp	1:01:23	1988	WHK	74	1:02:13	19:58 *	19:53 *	21:31	6:08 min/km
184	1224	Spellig Nadine	*Köln	1:01:25	1977	W35	19	1:03:06	21:53 *	19:45 *	19:46	6:09 min/km
185	2368	Kistner-Bahr Hanna	*Köln	1:01:25	1978	W30	37	1:04:50	22:04 *	20:00 *	19:20	6:09 min/km
186	555	Isenbort Sabine	*Köln	1:01:26	1977	W35	20	1:03:07	21:52 *	19:46 *	19:47	6:09 min/km
187	3068	Scholl Susanne	*Köln	1:01:27	1974	W35	21	1:04:44	21:41 *	20:07 *	19:38	6:09 min/km
188	2133	Heide Inke	*Wuppertal	1:01:27	1987	WHK	75	1:05:27	22:30 *	19:27 *	19:29	6:09 min/km
189	2572	Lowitz Anne	mas Training	1:01:28	1985	WHK	76	1:04:51	21:00 *	19:53 *	20:34	6:09 min/km
190	3225	Strahl Eva	TV Attendorn	1:01:30	1984	WHK	77	1:01:44	18:57 *	20:24 *	22:07	6:09 min/km
191	1504	Baron Sylvia	Flexx Fitness	1:01:33	1987	WHK	78	1:01:46	19:20 *	20:19 *	21:53	6:09 min/km
192	2308	Kaiser Judith	mas Training	1:01:37	1983	WHK	79	1:03:37	21:03 *	19:54 *	20:39	6:10 min/km
193	1272	Stuplich Ulrike	*Köln	1:01:39	1970	W40	18	1:04:39	21:29 *	20:24 *	19:45	6:10 min/km
194	2659	Metzemacher Sabine	Petöfis	1:01:41	1979	W30	38	1:03:39	20:55 *	19:42 *	21:03	6:10 min/km
195	930	Petersen Nora	EAC-ESA	1:01:41	1977	W35	22	1:05:51	22:29 *	20:36 *	18:35	6:10 min/km
196	1591	Blank Sabine	*KERPEN	1:01:48	1970	W40	19	1:02:30	20:13 *	19:59 *	21:35	6:11 min/km
197	2840	Placke Janina	Flexx Fitness	1:01:49	1986	WHK	80	1:02:56	20:50 *	20:09 *	20:48	6:11 min/km
198	1754	De Lamar Adeline	SG TÜV Rheinland	1:01:50	1982	W30	39	1:05:45	20:44 *	19:43 *	21:22	6:11 min/km
199	475	Hennicken Claudia	Marathon Club Eschweiler	1:01:51	1980	W30	40	1:03:31	21:54 *	19:49 *	20:08	6:11 min/km
200	1965	FUKUMORI YURIKO	*Duesseldorf	1:01:54	1978	W30	41	1:02:16	18:52 *	20:42 *	22:19	6:11 min/km
201	2206	Hölscher Hannah	*Köln	1:02:01	1986	WHK	81	1:06:22	22:19 *	20:15 *	19:26	6:12 min/km
202	538	Horton Bridget	*koeln	1:02:02	1974	W35	23	1:03:08	20:37 *	20:36 *	20:48	6:12 min/km
203	1461	Allroggen Sabine	*Rommerskirchen	1:02:04	1965	W45	15	1:06:49	20:30 *	20:19 *	21:14	6:12 min/km
204	1140	Schneider Maria-Cecile	Old-Mum-young-Run	1:02:05	1966	W45	16	1:02:18	19:41 *	20:36 *	21:48	6:13 min/km
205	3357	Voigt Luisa	*Köln	1:02:10	1994	WJA	12	1:05:13	21:01 *	20:18 *	20:50	6:13 min/km
206	2894	Reichle Eveline	*Bonn	1:02:10	1973	W35	24	1:05:03	20:43 *	20:01 *	21:25	6:13 min/km
207	57	Bartels Miriam	*Köln	1:02:21	1974	W35	25	1:06:40	21:35 *	20:28 *	20:17	6:14 min/km
207	124	Blumenau Regina	*Düsseldorf	1:02:21	1963	W45	17	1:06:40	21:35 *	20:28 *	20:17	6:14 min/km
209	3356	Vogt Petra	Run4fun	1:02:21	1974	W35	26	1:05:48	21:23 *	20:01 *	20:56	6:14 min/km
210	1991	Gehrlein Claudia	*Köln	1:02:21	1968	W40	20	1:02:50	20:47 *	20:12 *	21:21	6:14 min/km
211	3295	Tombrink Nora	Die drei !!!	1:02:22	1991	WHK	82	1:06:57	21:18 *	20:07 *	20:55	6:14 min/km
212	2813	Pechmann Käthe	*Köln	1:02:22	1970	W40	21	1:03:49	22:12 *	19:51 *	20:18	6:14 min/km
213	1804	Domurath Claudia	*Köln	1:02:23	1966	W45	18	1:03:49	22:11 *	19:52 *	20:19	6:14 min/km
214	2349	Kessler Marta Maria	*Frankfurt	1:02:26	1988	WHK	83	1:02:31	20:17 *	20:16 *	21:52	6:15 min/km
215	2820	Peters Danielle	ISI-RUNNER	1:02:27	1967	W45	19	1:02:36	20:37 *	20:51 *	20:58	6:15 min/km
216	229	Deider Monika	*Köln	1:02:28	1959	W50	13	1:02:55	20:06 *	20:10 *	22:11	6:15 min/km
217	591	Kämmerer Martina	i22.läuft.	1:02:30	1968	W40	22	1:08:17	21:18 *	21:13 *	19:58	6:15 min/km
218	3185	Stander Claudia	Köln läuft! Team	1:02:31	1970	W40	23	1:06:52	20:54 *	20:15 *	21:21	6:15 min/km
219	3520	Johannlükens Wiebke		1:02:33	1990	WHK	84	1:05:28	20:34 *	20:25 *	21:33	6:15 min/km
220	3040	Schmitt Ulla	*Köln	1:02:33	1985	WHK	85	1:05:28	20:36 *	20:23 *	21:33	6:15 min/km
221	2345	Kerl Annika	*Köln	1:02:35	1992	WHK	86	1:05:04	22:04 *	20:29 *	20:01	6:16 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 18

gedruckt 09.12.2012 13:26:08

222	2518	Lauterbach Ilka	DSHS Köln	1:02:46	1993	WJA	13	1:04:15	18:06 *	19:45 *	24:53	6:17 min/km
223	1916	Flügel Eva	*Köln	1:02:47	1990	WHK	87	1:06:27	22:28 *	21:03 *	19:14	6:17 min/km
224	2061	Gröger Michaela	Fritties	1:02:59	1968	W40	24	1:07:26	22:26 *	20:39 *	19:53	6:18 min/km
225	2555	Linnartz Isabel	Running@Cologne	1:03:01	1981	W30	42	1:05:35	21:48 *	20:29 *	20:42	6:18 min/km
226	2914	Rheinschmidt Silke	*Köln	1:03:01	1979	W30	43	1:06:20	22:37 *	20:22 *	20:02	6:18 min/km
227	2462	Kriegel Melanie	*Rheinbach	1:03:06	1975	W35	27	1:05:39	20:37 *	20:26 *	22:02	6:19 min/km
228	2939	Röth Hanna	*Köln	1:03:09	1986	WHK	88	1:06:52	22:05 *	20:18 *	20:45	6:19 min/km
229	2788	Overbeck Lena	DSHS Köln	1:03:10	1981	W30	44	1:05:56	21:50 *	20:29 *	20:50	6:19 min/km
230	284	Elias Sabine	Laufklatsch	1:03:10	1967	W45	20	1:05:07	21:16 *	19:51 *	22:02	6:19 min/km
231	2527	Lellau Patricia	*Pulheim	1:03:12	1973	W35	28	1:03:12	19:42 *	21:26 *	22:03	6:19 min/km
232	1164	Schüller Stephanie	*Ratingen	1:03:15	1973	W35	29	1:05:36	20:35 *	21:02 *	21:37	6:20 min/km
233	1543	Below Antje	*Köln	1:03:17	1985	WHK	89	1:03:36	21:37 *	20:09 *	21:30	6:20 min/km
234	662	König Svenja	MET2012-Nikoläuse	1:03:17	1974	W35	30	1:04:40	22:07 *	20:26 *	20:43	6:20 min/km
235	1579	Bierth Ulrike	Pulheimer SC	1:03:18	1963	W45	21	1:06:43	21:06 *	20:18 *	21:53	6:20 min/km
236	1009	Retterath Jutta	ASV	1:03:19	1968	W40	25	1:06:17	20:38 *	20:42 *	21:58	6:20 min/km
237	990	Reichel Claudia	*Köln	1:03:28	1964	W45	22	1:05:11	21:34 *	20:28 *	21:24	6:21 min/km
238	3469	Wohlgemuth Katharina	*Köln	1:03:28	1990	WHK	90	1:04:44	21:53 *	20:37 *	20:57	6:21 min/km
239	2341	Kempka Friederike	Die drei !!!	1:03:30	1989	WHK	91	1:08:04	21:17 *	20:34 *	21:38	6:21 min/km
240	1852	Engelbrecht Celina	Teamtim	1:03:34	1982	W30	45	1:05:38	20:47 *	21:06 *	21:40	6:21 min/km
241	817	Mense Jennifer	MET2012-Nikoläuse	1:03:41	1979	W30	46	1:05:04	22:08 *	20:29 *	21:04	6:22 min/km
242	932	Peynado Schunck Diana	MET2012-Nikoläuse	1:03:42	1963	W45	23	1:05:04	22:08 *	20:29 *	21:04	6:22 min/km
243	3095	Schütz Stefanie	*Köln	1:03:46	1987	WHK	92	1:05:49	21:38 *	21:07 *	21:00	6:23 min/km
244	334	Flanagan Sabine	Laufen für Glühwein	1:03:46	1982	W30	47	1:04:02	21:51 *	20:15 *	21:39	6:23 min/km
245	1105	Schmidt Annika	*Köln	1:03:48	1977	W35	31	1:05:28	20:20 *	20:39 *	22:47	6:23 min/km
246	2747	Nölling Anne	*Köln	1:03:48	1976	W35	32	1:05:41	20:06 *	20:19 *	23:22	6:23 min/km
247	3003	Schichler Laura	*Köln	1:03:49	1986	WHK	93	1:05:20	21:25 *	20:31 *	21:52	6:23 min/km
248	2868	Prümm Sabrina	*Aachen	1:03:57	1980	W30	48	1:05:33	21:28 *	20:28 *	22:00	6:24 min/km
249	1234	Stange Barbara	SV Germania Dürwiß	1:04:02	1964	W45	24	1:05:41	21:54 *	20:19 *	21:48	6:24 min/km
250	2646	Meinel Steffi	*Rheinbach	1:04:04	1971	W40	26	1:06:07	20:41 *	21:04 *	22:18	6:24 min/km
251	1385	Wendrock Jana	*Köln	1:04:05	1974	W35	33	1:04:48	21:33 *	21:06 *	21:25	6:25 min/km
252	547	Hunsmann Heike	ISI-RUNNER	1:04:06	1979	W30	49	1:04:13	20:36 *	21:16 *	22:13	6:25 min/km
253	418	Gschwandtner ISABELLA	ISI-RUNNER	1:04:06	1978	W30	50	1:04:13	20:36 *	21:15 *	22:14	6:25 min/km
254	2161	Hemmen Sabine	Laufklatsch	1:04:07	1966	W45	25	1:06:06	22:14 *	21:13 *	20:39	6:25 min/km
255	1810	Doppler Beate	*Frechen	1:04:09	1976	W35	34	1:05:36	21:11 *	21:02 *	21:55	6:25 min/km
256	810	McDermott Karen	*Koeln	1:04:12	1980	W30	51	1:05:25	20:29 *	20:35 *	23:07	6:25 min/km
257	1309	Tünker Saskia	*Köln	1:04:14	1985	WHK	94	1:04:58	19:27 *	21:44 *	23:02	6:25 min/km
258	2597	Mack Brigitte	*Köln	1:04:16	1963	W45	26	1:08:03	23:02 *	20:35 *	20:37	6:26 min/km
259	2631	Matthes Sabine	Scuderia Südstadt	1:04:16	1984	WHK	95	1:08:58	21:51 *	21:23 *	21:01	6:26 min/km
260	2991	Schäfer Leonie	*Sankt Augustin	1:04:18	1990	WHK	96	1:08:01	22:25 *	21:03 *	20:48	6:26 min/km
261	1711	Choma Marta	*Köln	1:04:18	1996	WJB	1	1:05:39	23:44 *	21:34 *	18:58	6:26 min/km
262	696	Kreis Julia	*Köln	1:04:18	1986	WHK	97	1:05:15	20:22 *	21:34 *	22:22	6:26 min/km
263	2992	Schäfer Luisa	*Köln	1:04:19	1989	WHK	98	1:08:03	22:25 *	21:03 *	20:50	6:26 min/km
264	307	Fabian Katharina	*Bornheim	1:04:20	1967	W45	27	1:05:39	21:05 *	21:12 *	22:02	6:26 min/km
265	570	Jansen Beate	*Köln	1:04:25	1962	W50	14	1:06:41	22:46 *	21:57 *	19:41	6:27 min/km
266	275	Eckhardt Simone	*Köln	1:04:29	1980	W30	52	1:05:38	21:34 *	20:50 *	22:04	6:27 min/km
267	36	Aubel Christine	*Köln	1:04:29	1979	W30	53	1:05:38	21:35 *	20:49 *	22:04	6:27 min/km
268	2615	Mariela Escudero	Miami	1:04:31	1978	W30	54	1:04:37	19:40 *	22:17 *	22:33	6:27 min/km
269	78	Beckmann Heide	*Roßdorf	1:04:35	1956	W55	1	1:04:52	20:46 *	21:23 *	22:25	6:28 min/km
270	241	Dietzsch Anke	*Bonn	1:04:38	1981	W30	55	1:06:27	20:55 *	20:32 *	23:10	6:28 min/km
271	2056	Gries Barbara	*Köln	1:04:40	1982	W30	56	1:05:47	22:51 *	21:00 *	20:48	6:28 min/km
272	2524	Leichner Sina	*Köln	1:04:41	1984	WHK	99	1:09:02	22:30 *	20:56 *	21:13	6:28 min/km
273	1494	Bärwolff Katrin	*Köln	1:04:41	1989	WHK	100	1:09:27	22:44 *	20:19 *	21:37	6:28 min/km
274	2498	Kurz Annelie	Läuft!	1:04:44	1991	WHK	101	1:05:57	22:17 *	21:51 *	20:35	6:28 min/km
275	2574	Lucht Dr. Saskia	*Köln	1:04:46	1983	WHK	102	1:07:02	21:45 *	20:55 *	22:05	6:29 min/km
276	2265	Jägers Christin	mas Training	1:04:53	1985	WHK	103	1:05:20	20:41 *	21:36 *	22:35	6:29 min/km
277	1928	Franz Anke	*Kreuzau	1:04:54	1988	WHK	104	1:09:16	22:33 *	20:54 *	21:26	6:29 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 19

gedruckt 09.12.2012 13:26:08

278	1787	Distel Britta	*Köln	1:04:55	1978 W30	57	1:05:38	21:33 *	21:06 *	22:15	6:30 min/km
279	3105	Schumacher Heide	*Köln	1:05:01	1962 W50	15	1:06:23	21:13 *	21:22 *	22:25	6:30 min/km
280	2244	Hrebicek Sandra	VillaFrance	1:05:01	1977 W35	35	1:07:25	22:44 *	20:31 *	21:45	6:30 min/km
281	3650	v.d. Assen Leuka	Köln läuft	1:05:02	1983 WHK	105	1:09:42	23:59 *	20:49 *	20:13	6:30 min/km
282	3687	Däge Sonja		1:05:04	0 WHK	106	1:09:25	22:31 *	20:55 *	21:36	6:30 min/km
283	1705	Buschmeyer Sylvia	*Köln	1:05:04	1968 W40	27	1:08:22	21:40 *	20:54 *	22:29	6:30 min/km
284	1577	Biermann Angela	*Bonn	1:05:05	1979 W30	58	1:07:15	20:55 *	21:22 *	22:47	6:31 min/km
285	1750	Daugherty Stefanie	*Erfstadt	1:05:06	1986 WHK	107	1:08:22	21:51 *	21:13 *	22:01	6:31 min/km
286	2180	Hesker Linda	*Köln	1:05:09	1988 WHK	108	1:09:29	22:32 *	20:56 *	21:40	6:31 min/km
287	3597	Cafaro Rosa Lusiana		1:05:09	1969 W40	28	1:08:36	22:26 *	20:37 *	22:05	6:31 min/km
288	3527	Wallraf Sabine		1:05:10	1969 W40	29	1:08:36	22:28 *	20:43 *	21:59	6:31 min/km
289	3646	Eichel Ninja	LT DSHS Köln	1:05:15	0 WHK	109	1:09:09	22:22 *	21:24 *	21:28	6:32 min/km
290	207	Cöster Nina	i22.läuft.	1:05:16	1982 W30	59	1:11:03	21:21 *	21:11 *	22:43	6:32 min/km
291	324	Figueroa Carrasco Lidia	Cologne Allblacks	1:05:19	1973 W35	36	1:09:22	21:45 *	21:04 *	22:29	6:32 min/km
292	2300	Haite Julia	Muschi WG	1:05:19	1987 WHK	110	1:08:34	22:34 *	21:12 *	21:32	6:32 min/km
293	1769	Deutscher Manuela	KV Nordrhein	1:05:20	1964 W45	28	1:06:30	20:31 *	21:51 *	22:58	6:32 min/km
294	1281	Terwedow Melanie	*Köln	1:05:22	1985 WHK	111	1:05:55	20:47 *	22:07 *	22:27	6:32 min/km
295	963	Proske Eva-Maria	*Köln	1:05:24	1961 W50	16	1:10:10	22:13 *	21:45 *	21:25	6:32 min/km
296	1067	Sarateanu-Lorbach	*Köln	1:05:26	1979 W30	60	1:08:02	22:53 *	21:24 *	21:08	6:33 min/km
297	411	Griep Hilke	*Köln	1:05:26	1974 W35	37	1:08:02	22:53 *	21:25 *	21:07	6:33 min/km
298	2920	Riepen Christine	*Köln	1:05:26	1976 W35	38	1:08:02	22:53 *	21:25 *	21:07	6:33 min/km
299	917	Patzwald Sabine	*Köln	1:05:29	1966 W45	29	1:06:04	21:10 *	21:16 *	23:02	6:33 min/km
300	937	Pfromm Doris	*Hürth	1:05:30	1970 W40	30	1:07:04	22:10 *	20:57 *	22:23	6:33 min/km
301	375	Germund Sonja	*Hürth	1:05:30	1973 W35	39	1:07:05	22:10 *	20:56 *	22:23	6:33 min/km
301	2401	Knapik Pia	RUNNERS POINT	1:05:30	1977 W35	39	1:08:41	22:57 *	21:01 *	21:31	6:33 min/km
303	2490	Kunz Rebekka	*Köln	1:05:35	1981 W30	61	1:09:13	23:25 *	20:26 *	21:43	6:34 min/km
304	700	Krieger Doris	ASV Köln-Triathlon	1:05:38	1952 W60	1	1:10:09	23:11 *	20:56 *	21:30	6:34 min/km
305	2598	Macphee Ulrike	*Meckenheim	1:05:43	1976 W35	41	1:08:11	22:46 *	21:36 *	21:20	6:34 min/km
306	3373	Voßkötter Carolin	*Köln	1:05:44	1990 WHK	112	1:06:46	22:16 *	21:48 *	21:38	6:34 min/km
307	3604	Marzian Manuela		1:05:45	1971 W40	31	1:08:05	22:20 *	21:19 *	22:05	6:35 min/km
308	1218	Sopel Maja	Flying Snales	1:05:49	1973 W35	42	1:08:23	22:22 *	21:33 *	21:53	6:35 min/km
309	34	Asmus Dana	*Köln	1:05:50	1978 W30	62	1:09:25	22:13 *	21:02 *	22:34	6:35 min/km
310	835	Michelis Anna	*Köln	1:05:56	1986 WHK	113	1:09:49	23:15 *	21:26 *	21:14	6:36 min/km
311	1872	Evers Annika	*Köln	1:05:56	1989 WHK	114	1:06:22	20:46 *	21:40 *	23:30	6:36 min/km
312	689	Kramp Lydia	*Köln	1:05:57	1959 W50	17	1:06:22	20:46 *	21:40 *	23:30	6:36 min/km
313	338	Francis Kerstin	*Köln	1:05:58	1975 W35	43	1:07:21	21:38 *	21:27 *	22:52	6:36 min/km
314	1617	Bolliger Anna	*Köln	1:05:58	1985 WHK	115	1:07:12	22:46 *	21:25 *	21:46	6:36 min/km
315	454	Hauff Carola	ISI-RUNNER	1:06:00	1968 W40	32	1:06:09	21:36 *	21:54 *	22:29	6:36 min/km
316	1118	Schmitter Rabea	mas Training	1:06:02	1983 WHK	116	1:06:29	23:26 *	23:44 *	18:51	6:36 min/km
317	832	Miano Annalinda	*Koeln	1:06:03	1970 W40	33	1:07:32	22:30 *	21:45 *	21:48	6:36 min/km
318	2477	Kühnert Natalie	*Köln	1:06:10	1987 WHK	117	1:10:02	22:00 *	21:04 *	23:05	6:37 min/km
319	1973	Gaab Renate	Gaab-Family	1:06:16	1961 W50	18	1:09:21	22:31 *	21:29 *	22:15	6:38 min/km
320	2676	Miestereck Dr. Carolin	*Köln	1:06:18	1978 W30	63	1:08:39	23:13 *	21:40 *	21:23	6:38 min/km
321	619	Keßeler Hanna	Hanna Keßeler	1:06:18	1977 W35	44	1:08:38	23:14 *	21:40 *	21:23	6:38 min/km
322	3560	Maskow Corinna		1:06:18	1981 W30	64	1:08:38	23:15 *	21:40 *	21:23	6:38 min/km
323	3341	Vavilov Olga	*Bergheim	1:06:19	1969 W40	34	1:08:45	22:44 *	21:27 *	22:07	6:38 min/km
324	1959	Fuchs Lydia	aktivas	1:06:22	1982 W30	65	1:09:30	23:20 *	21:38 *	21:23	6:38 min/km
325	404	Goslicki Kathleen	*Düsseldorf	1:06:24	1986 WHK	118	1:11:37	21:54 *	21:40 *	22:49	6:38 min/km
326	1608	Böning Andrea	Laufklatsch	1:06:29	1964 W45	30	1:08:28	22:35 *	21:40 *	22:13	6:39 min/km
327	971	Quarg Renate	Laufklatsch	1:06:30	1966 W45	31	1:08:28	22:36 *	21:40 *	22:14	6:39 min/km
328	1313	Unruh Tabea	LAUFMAMALAUFL	1:06:30	1981 W30	66	1:10:48	23:32 *	22:23 *	20:34	6:39 min/km
329	2068	Großkopf Jenny	*Troisdorf	1:06:39	1984 WHK	119	1:10:27	23:25 *	21:43 *	21:30	6:40 min/km
330	2782	Ostersetzer Lara	Die Weihnachtsgänse	1:06:41	1979 W30	67	1:07:56	22:44 *	22:02 *	21:54	6:40 min/km
331	3069	Scholz Annalena	*Bonn	1:06:42	1981 W30	68	1:11:22	22:44 *	21:49 *	22:09	6:40 min/km
332	3496	Zerres Stefanie	Flexx Fitness	1:06:43	1980 W30	69	1:08:47	22:07 *	21:39 *	22:56	6:40 min/km
333	2383	Kleinheinz Katinka	*Köln	1:06:44	1986 WHK	120	1:07:52	21:40 *	22:17 *	22:46	6:40 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 20

gedruckt 09.12.2012 13:26:08

334	3246	Sump Stephanie	Running without drugs	1:06:44	1983 WHK	121	1:08:26	22:54 *	21:49 *	22:00	6:40 min/km
335	3244	Sump Birgit	Running without drugs	1:06:44	1959 W50	19	1:08:26	22:54 *	21:49 *	22:01	6:40 min/km
336	2405	Knop Vera	*Köln	1:06:46	1969 W40	35	1:08:07	22:20 *	22:13 *	22:12	6:41 min/km
337	3017	Schliermann Nicola	Schokostiefel	1:06:47	1986 WHK	122	1:11:22	23:16 *	21:39 *	21:51	6:41 min/km
338	2693	Momotow Nadja Amelie	Schokostiefel	1:06:47	1987 WHK	123	1:11:22	23:16 *	21:39 *	21:51	6:41 min/km
339	2207	Hölscher Lisa	Schokostiefel	1:06:48	1986 WHK	124	1:11:22	23:18 *	21:37 *	21:52	6:41 min/km
340	148	Brandt Jasmin	Original Bootcamp	1:06:49	1990 WHK	125	1:09:09	23:28 *	20:59 *	22:20	6:41 min/km
341	1997	Georgiev Alexandra	Ren(n)tiere	1:06:49	1987 WHK	126	1:10:38	24:07 *	21:21 *	21:19	6:41 min/km
342	1255	Stirnat Kathrin	Running Elements	1:06:51	1985 WHK	127	1:10:48	22:02 *	21:53 *	22:55	6:41 min/km
343	2711	Münzel Jule	LT DSHS Köln	1:06:52	2003 WSD	1	1:10:46	22:24 *	21:14 *	23:14	6:41 min/km
344	3153	Sökeland Bettina	Running for Glühwein	1:06:52	1983 WHK	128	1:09:28	23:06 *	21:32 *	22:13	6:41 min/km
345	2464	Krings Annika	TÜV Rheinland	1:06:52	1989 WHK	129	1:08:37	22:25 *	22:07 *	22:20	6:41 min/km
345	1489	Baar Lydia	TÜV Rheinland	1:06:52	1981 W30	70	1:08:37	22:25 *	22:07 *	22:19	6:41 min/km
347	365	Gebhart Jane	Running for Glühwein	1:06:53	1984 WHK	130	1:09:28	23:07 *	21:32 *	22:14	6:41 min/km
348	1138	Schneider Julia	XTrail-Aktiv	1:06:57	1979 W30	71	1:07:57	21:12 *	22:22 *	23:23	6:42 min/km
349	327	Fischer Christine	Team Erdinger Alkoholfrei	1:06:58	1971 W40	36	1:09:51	21:31 *	22:03 *	23:23	6:42 min/km
350	83	Behrens Anika	*Köln	1:07:01	1982 W30	72	1:08:30	21:43 *	21:41 *	23:35	6:42 min/km
351	3196	Steinborn Jacqueline	*Köln	1:07:05	1994 WJA	14	1:10:15	23:23 *	21:24 *	22:18	6:43 min/km
352	2556	Linnebach Nina	*Köln	1:07:05	1983 WHK	131	1:11:02	23:01 *	21:59 *	22:04	6:43 min/km
353	1522	Beck Sandra	*köln	1:07:06	1973 W35	45	1:08:43	22:30 *	21:43 *	22:52	6:43 min/km
353	2839	Pischinger Claire	*Köln	1:07:06	1990 WHK	132	1:08:48	22:19 *	22:08 *	22:39	6:43 min/km
355	2521	Lehberger Regine	*köln	1:07:07	1980 W30	73	1:08:43	22:30 *	21:43 *	22:53	6:43 min/km
356	156	Breisser Brigitte	*Hennef	1:07:07	1971 W40	37	1:09:45	21:51 *	21:46 *	23:29	6:43 min/km
357	197	Casenobe Cecile	Laufsport Bunert	1:07:10	1965 W45	32	1:11:40	23:47 *	22:34 *	20:48	6:43 min/km
358	2580	Lüchefeld Alice	Laufsport Bunert	1:07:10	1992 WHK	133	1:11:39	23:46 *	22:34 *	20:48	6:43 min/km
359	1925	Franke Lisa	Laufsport Bunert	1:07:10	1994 WJA	15	1:11:39	23:47 *	22:33 *	20:49	6:43 min/km
360	347	Freriks Sandra	ASV Köln-Triathlon	1:07:10	1975 W35	46	1:11:40	23:47 *	22:34 *	20:49	6:43 min/km
361	1621	Bongers Miriam	Laufsport Bunert	1:07:11	1987 WHK	134	1:11:40	23:48 *	22:33 *	20:49	6:43 min/km
362	155	Breideneichen Stefanie	*Kerpen	1:07:11	1983 WHK	135	1:10:27	22:32 *	22:07 *	22:31	6:43 min/km
363	1838	Eichler Heike	*Köln	1:07:12	1965 W45	33	1:09:57	22:59 *	21:40 *	22:33	6:43 min/km
364	174	Bürgel Monika	*Köln	1:07:13	1968 W40	38	1:09:57	22:59 *	21:40 *	22:32	6:43 min/km
365	2674	Michalowski Renate	*Köln	1:07:14	1970 W40	39	1:09:58	23:00 *	21:40 *	22:32	6:43 min/km
366	1493	Bachmann Lara	*Köln	1:07:15	1990 WHK	136	1:08:19	22:16 *	21:49 *	23:10	6:44 min/km
367	824	Meuser Dagmar	LLG 80 Nordpark Köln	1:07:17	1967 W45	34	1:10:00	23:00 *	21:40 *	22:35	6:44 min/km
368	649	Kloda Vera	*Köln	1:07:17	1962 W50	20	1:08:18	22:02 *	21:54 *	23:20	6:44 min/km
369	773	Lokum Nicole	*Köln	1:07:21	1967 W45	35	1:09:24	22:01 *	21:45 *	23:34	6:44 min/km
370	1483	Augustin Edith	*Hürth	1:07:22	1965 W45	36	1:10:53	22:03 *	21:56 *	23:23	6:44 min/km
371	1976	Galle Jacqueline	*Wachtberg	1:07:24	1988 WHK	137	1:09:43	21:30 *	22:01 *	23:51	6:44 min/km
372	2517	Lautenbach Franziska	*Köln	1:07:25	1986 WHK	138	1:07:52	22:20 *	22:17 *	22:46	6:45 min/km
373	1823	Dufhues Jenny	Kieser Training	1:07:25	1978 W30	74	1:10:24	22:47 *	21:41 *	22:56	6:45 min/km
374	1420	Wolff Sandra	*Köln	1:07:27	1970 W40	40	1:08:40	22:34 *	21:56 *	22:56	6:45 min/km
375	2225	Hofmann Simone	Lauftreff Anke Daniels	1:07:27	1973 W35	47	1:08:19	22:04 *	21:53 *	23:29	6:45 min/km
376	3365	Von Bassewitz Sibylle	Lauftreff Anke Daniels	1:07:28	1970 W40	41	1:08:20	22:03 *	21:53 *	23:30	6:45 min/km
377	2935	Röhrig Annika	Running for Glühwein	1:07:32	1983 WHK	139	1:10:08	23:06 *	21:32 *	22:53	6:45 min/km
378	426	Haak Miriam	Köln läuft! Team	1:07:34	1976 W35	48	1:11:56	23:04 *	21:38 *	22:52	6:45 min/km
379	2652	Merkliner Elisa	*Bonn	1:07:34	1984 WHK	140	1:10:15	24:02 *	21:23 *	22:08	6:45 min/km
380	64	Bastin-Jansen Tabea	RUNNERS POINT	1:07:37	1984 WHK	141	1:09:12	22:16 *	22:06 *	23:15	6:46 min/km
381	2825	Pfeifer-Kusovac Tatjana	*Köln	1:07:38	1968 W40	42	1:07:39	21:18 *	22:18 *	24:01	6:46 min/km
382	179	Burghardt Martina	Colombina Colonia	1:07:38	1972 W40	43	1:07:39	21:18 *	22:18 *	24:01	6:46 min/km
383	2143	Heinen Susanne	UPS	1:07:38	1971 W40	44	1:12:06	22:50 *	21:51 *	22:56	6:46 min/km
384	356	Fuhrmann Michaela	*Köln	1:07:41	1967 W45	37	1:10:07	23:30 *	22:16 *	21:54	6:46 min/km
385	1595	Bloch Annette	*Köln	1:07:41	1969 W40	45	1:08:09	23:15 *	21:48 *	22:37	6:46 min/km
386	2197	Hirthe Steffi	Original Bootcamp	1:07:42	1978 W30	75	1:10:09	23:17 *	21:56 *	22:28	6:46 min/km
386	1792	Doebel Jutta	Original Bootcamp	1:07:42	1964 W45	38	1:10:21	22:10 *	22:35 *	22:56	6:46 min/km
388	498	Herrmannsdörfer Saskia	Original Bootcamp	1:07:45	1982 W30	76	1:10:09	23:30 *	22:19 *	21:56	6:47 min/km
389	2102	Halupczok Ute	LG Windschatten	1:07:47	1971 W40	46	1:08:53	22:02 *	22:15 *	23:30	6:47 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 21

gedruckt 09.12.2012 13:26:08

390	1802	Dominikowski Sonja	Weiberkram	1:07:48	1976 W35	49	1:08:05	23:06 *	22:09 *	22:33	6:47 min/km
391	3334	Van Dregt Julia	*Köln	1:07:54	1971 W40	47	1:10:36	22:00 *	22:07 *	23:46	6:47 min/km
392	1722	Collet Magali	TOXIC TEAM	1:07:55	1980 W30	77	1:10:09	23:15 *	22:08 *	22:32	6:48 min/km
393	3497	Zeuch Kirsten	Aktiv für Arbeit	1:07:57	1985 WHK	142	1:10:17	21:01 *	21:59 *	24:56	6:48 min/km
394	1466	Altstadt Mona	*Junkersdorf	1:07:59	1991 WHK	143	1:08:02	19:06 *	22:37 *	26:15	6:48 min/km
395	2136	Heiderscheidt Ursula	*Köln	1:08:06	1964 W45	39	1:08:15	23:18 *	21:59 *	22:48	6:49 min/km
396	2582	Lüdicke Katrin	Tor 4	1:08:07	1971 W40	48	1:11:25	24:49 *	22:04 *	21:12	6:49 min/km
397	3360	Vollmering Kathrin	*Köln	1:08:09	1976 W35	50	1:09:09	21:09 *	22:27 *	24:31	6:49 min/km
398	2075	Gündel Eimear	Pushensy	1:08:09	1974 W35	51	1:10:23	21:27 *	21:39 *	25:03	6:49 min/km
399	2406	Knopp Anne	*Köln	1:08:14	1988 WHK	144	1:10:41	22:42 *	22:20 *	23:11	6:49 min/km
400	2898	Reimann Katrin	*Köln	1:08:15	1983 WHK	145	1:11:03	23:03 *	21:52 *	23:19	6:50 min/km
401	589	Kaczmarek Roswitha	*Menden	1:08:18	1964 W45	40	1:12:23	22:48 *	22:25 *	23:04	6:50 min/km
402	2246	Hülshoff Erika	ASV Köln	1:08:20	1963 W45	41	1:10:07	22:05 *	24:13 *	22:01	6:50 min/km
403	397	Göke-Fritsch Christine	*Gladbeck	1:08:23	1960 W50	21	1:12:35	22:33 *	21:57 *	23:52	6:50 min/km
404	993	Reif Hanna	*Köln	1:08:24	1986 WHK	146	1:11:53	24:30 *	22:17 *	21:36	6:50 min/km
405	2922	Rietschle Ruth	Ren(n)tiere	1:08:32	1987 WHK	147	1:12:23	24:05 *	22:20 *	22:06	6:51 min/km
406	1940	Fries Carolin	Kindermöbel de Breuyn	1:08:32	1980 W30	78	1:12:18	23:32 *	21:37 *	23:23	6:51 min/km
407	1956	Frysch Stephanie	Kindermöbel de Breuyn	1:08:33	1987 WHK	148	1:12:18	23:32 *	21:36 *	23:24	6:51 min/km
408	3502	Ziffer Maria	Ren(n)tiere	1:08:33	1986 WHK	149	1:12:23	24:06 *	22:20 *	22:06	6:51 min/km
409	3326	Unterbrink Petra	*köln	1:08:34	1974 W35	52	1:12:55	23:04 *	22:19 *	23:10	6:51 min/km
409	3171	Spiegel Miriam	*köln	1:08:34	1980 W30	79	1:12:55	23:04 *	22:19 *	23:11	6:51 min/km
411	2350	Kestermann Katja	FIT-MIT-SVEN	1:08:42	1965 W45	42	1:13:24	23:03 *	22:11 *	23:27	6:52 min/km
412	2444	Krahé Danja	asv	1:08:45	1978 W30	80	1:12:19	24:07 *	22:25 *	22:12	6:53 min/km
413	3350	Vogel Katharina	*köln	1:08:48	1995 WJB	2	1:10:06	22:46 *	23:08 *	22:53	6:53 min/km
414	1998	Georgiev Stefanie	*Leverkusen	1:08:48	1987 WHK	150	1:12:37	24:07 *	22:21 *	22:19	6:53 min/km
415	98	Berger Rena	*Köln	1:08:49	1974 W35	53	1:10:04	22:53 *	22:41 *	23:13	6:53 min/km
416	1770	Dicke Sabine	*Köln	1:08:55	1964 W45	43	1:10:11	21:36 *	22:49 *	24:29	6:54 min/km
417	631	Kirschner Claudia	*Köln	1:09:16	1963 W45	44	1:12:04	22:48 *	22:58 *	23:29	6:56 min/km
418	2807	Pauleit Manuela	aktivas	1:09:16	1974 W35	54	1:12:25	23:20 *	22:05 *	23:50	6:56 min/km
419	1775	Diedrich Sabine	*Köln	1:09:21	1968 W40	49	1:10:55	23:17 *	22:25 *	23:38	6:56 min/km
420	1355	Walleneit Gaby	*Köln	1:09:21	1976 W35	55	1:09:34	22:36 *	22:49 *	23:56	6:56 min/km
421	1979	Ganter Sylvia	*Köln	1:09:22	1971 W40	50	1:10:56	23:17 *	22:25 *	23:38	6:56 min/km
422	2342	Kende Diarra	RUNNERS POINT	1:09:24	1979 W30	81	1:12:35	22:57 *	22:18 *	24:08	6:56 min/km
423	3220	Stöber Kathrin	*Köln	1:09:27	1980 W30	82	1:11:52	22:34 *	22:41 *	24:11	6:57 min/km
424	3450	Willems Stephanie	Kindermöbel de Breuyn	1:09:29	1984 WHK	151	1:13:01	22:51 *	22:33 *	24:04	6:57 min/km
425	1338	Vogelheim Dr. Silke	Vogis	1:09:35	1969 W40	51	1:12:20	24:14 *	22:09 *	23:11	6:58 min/km
426	543	Hünemann Susanne	*Köln	1:09:36	1971 W40	52	1:12:20	24:15 *	22:09 *	23:11	6:58 min/km
427	528	Hoffmann Susanne	LT Saaler Mühle	1:09:43	1968 W40	53	1:11:49	23:46 *	22:56 *	23:00	6:58 min/km
428	3399	Wehmeyer Paula	Ren(n)tierchen	1:09:48	1979 W30	83	1:13:41	24:24 *	23:20 *	22:03	6:59 min/km
429	2140	Heimel Diana	Ren(n) tierchen	1:09:49	1979 W30	84	1:13:42	24:24 *	23:21 *	22:03	6:59 min/km
430	2280	Jansen Andrea	*Köln	1:09:49	1980 W30	85	1:13:37	23:24 *	22:25 *	23:58	6:59 min/km
431	1025	Rittmeyer Sabine	Lufthansa Sportverein	1:09:50	1969 W40	54	1:13:12	23:55 *	22:33 *	23:22	6:59 min/km
432	1859	Erdl Anne	*Kerpen	1:09:53	1992 WHK	152	1:09:53	46:03 *	22:54 *	00:55	6:59 min/km
433	3030	Schmidt Almut	*Frechen	1:09:55	1970 W40	55	1:11:29	23:24 *	22:47 *	23:43	6:60 min/km
434	3080	Schröder Franka	AIA Supersonics	1:09:56	1985 WHK	153	1:13:26	22:50 *	22:25 *	24:39	6:60 min/km
435	15	Ahlers Frauke	Lufthansa Sportverein	1:10:00	1974 W35	56	1:13:12	23:48 *	22:48 *	23:23	7:00 min/km
436	925	Petereit Juliana	Lufthansa Sportverein	1:10:00	1955 W55	2	1:13:12	23:48 *	22:48 *	23:23	7:00 min/km
437	2690	Mohr Judith	*Köln	1:10:00	1989 WHK	154	1:10:57	23:51 *	23:05 *	23:03	7:00 min/km
438	3325	Unruh Anne	LAUFMAMALAUFL	1:10:02	1992 WHK	155	1:14:20	23:32 *	22:24 *	24:05	7:00 min/km
439	2332	Keils Katja	*Köln	1:10:04	1963 W45	45	1:13:07	24:00 *	22:34 *	23:30	7:00 min/km
440	3549	Steup Hannah		1:10:07	1991 WHK	156	1:11:04	23:51 *	23:05 *	23:10	7:01 min/km
441	61	Bartsch Anna	Running Reindeers	1:10:08	1986 WHK	157	1:10:48	21:53 *	23:28 *	24:46	7:01 min/km
442	1474	Ansari Anahita	Flying Snales	1:10:17	1972 W40	56	1:12:52	22:37 *	23:07 *	24:32	7:02 min/km
442	26	Anger Andrea	Asbacher Laufmäuse	1:10:17	1965 W45	46	1:11:43	23:02 *	23:32 *	23:42	7:02 min/km
444	1471	Anger Lena	*Köln	1:10:18	1993 WJA	16	1:11:42	23:03 *	23:32 *	23:41	7:02 min/km
445	1109	Schmidt Kim	...und Tschüß!	1:10:20	1981 W30	86	1:12:32	23:03 *	22:49 *	24:27	7:02 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 22

gedruckt 09.12.2012 13:26:08

446	657	Koch Tanja	*Köln	1:10:21	1976	W35	57	1:12:39	23:39 *	22:56 *	23:45	7:02 min/km
447	3470	Wolf Bettina	zopfball	1:10:22	1960	W50	22	1:11:06	23:13 *	23:06 *	24:01	7:02 min/km
448	2465	Krings Sonja	zopfball	1:10:23	1976	W35	58	1:11:06	23:14 *	23:06 *	24:02	7:02 min/km
449	1924	Frank Stefanie	*Hürth	1:10:24	1974	W35	59	1:10:54	23:10 *	24:03 *	23:09	7:02 min/km
450	2261	Irmer Anke	zopfball	1:10:24	1978	W30	87	1:11:06	23:15 *	23:06 *	24:02	7:02 min/km
451	2086	Hachenberg Sonja	Fritties	1:10:30	1974	W35	60	1:14:56	23:31 *	23:00 *	23:58	7:03 min/km
452	2725	Nemouchi Ute	Fritties	1:10:32	1966	W45	47	1:14:58	23:32 *	23:00 *	23:59	7:03 min/km
453	1021	Rilke-Haerst Vera	Kölner Laufschule	1:10:36	1952	W60	2	1:14:53	23:44 *	22:18 *	24:33	7:04 min/km
454	2759	Och Dr. Daniela	Rakete Reissdorf	1:10:38	1984	WHK	158	1:15:20	23:39 *	22:56 *	24:02	7:04 min/km
455	1064	Rupietta Susanne	Colombina Colonia	1:10:41	1964	W45	48	1:13:18	23:30 *	22:51 *	24:18	7:04 min/km
456	1789	Dittmann Alexandra	*Köln	1:10:41	1970	W40	57	1:13:12	22:45 *	22:45 *	25:10	7:04 min/km
457	2618	Marsoin Jeanne	Villafrance	1:10:42	1983	WHK	159	1:13:06	22:45 *	22:57 *	24:59	7:04 min/km
458	1993	Geller Katharina	*Köln	1:10:42	1986	WHK	160	1:13:42	22:43 *	23:01 *	24:58	7:04 min/km
459	1176	Schwarze Michaela	Kölner Ausdauer-und	1:10:43	1976	W35	61	1:14:12	24:39 *	22:37 *	23:26	7:04 min/km
460	3141	Simeth Manuela	*Frechen	1:10:46	1980	W30	88	1:14:15	24:40 *	22:38 *	23:28	7:05 min/km
461	582	Jürgens Dr. Ruth	*Köln	1:10:48	1959	W50	23	1:11:49	22:11 *	22:58 *	25:39	7:05 min/km
462	2214	Höfl Lea	*Köln	1:10:52	1984	WHK	161	1:11:15	22:35 *	23:15 *	25:01	7:05 min/km
463	1343	Wachhorst Margit	Sparkasse KölnBonn	1:10:53	1967	W45	49	1:15:16	23:53 *	23:10 *	23:49	7:05 min/km
464	2797	Palm Sarah	*Köln	1:10:54	1991	WHK	162	1:15:07	21:37 *	22:56 *	26:19	7:05 min/km
465	2962	Ruckes Verena	*Köln	1:10:55	1972	W40	58	1:15:17	23:53 *	23:10 *	23:51	7:06 min/km
466	2238	Hoppek Agnes	Team Erdinger Alkoholfrei	1:11:02	1981	W30	89	1:13:35	23:24 *	23:03 *	24:33	7:06 min/km
467	2375	Kleeb Jennifer	*Köln	1:11:09	1979	W30	90	1:13:55	23:54 *	23:12 *	24:02	7:07 min/km
468	153	Breer Sandra	Laufschabe & Friends	1:11:10	1976	W35	62	1:14:28	24:44 *	22:57 *	23:28	7:07 min/km
469	231	Demant Jutta	*Rösrath	1:11:11	1974	W35	63	1:15:27	23:17 *	23:06 *	24:48	7:07 min/km
470	3173	Spitz Manu	*Niederkassel	1:11:13	1982	W30	91	1:13:02	22:33 *	23:21 *	25:18	7:07 min/km
471	1262	Stoy Maria Larissa	Maria Larissa Stoy	1:11:14	1986	WHK	163	1:14:01	23:54 *	23:12 *	24:08	7:07 min/km
472	2973	Ruttkowski Natascha	*Köln	1:11:16	1978	W30	92	1:11:52	23:37 *	23:27 *	24:11	7:08 min/km
473	2216	Hötgen Caro	*Köln	1:11:20	1989	WHK	164	1:14:26	25:01 *	22:58 *	23:20	7:08 min/km
474	116	Blanz Sandra	*Köln	1:11:24	1983	WHK	165	1:16:11	23:41 *	23:05 *	24:38	7:08 min/km
475	2756	Nowak Johanna	*Köln	1:11:24	1985	WHK	166	1:16:12	23:40 *	23:06 *	24:38	7:08 min/km
476	763	Lingohr Ines	*Köln	1:11:31	1966	W45	50	1:15:09	24:07 *	23:52 *	23:32	7:09 min/km
477	1693	Bullmahn Prof. Dr.	Team Sense	1:11:33	1988	WHK	167	1:15:33	23:48 *	23:20 *	24:23	7:09 min/km
478	1771	Dicke Theresa	*Essen	1:11:33	1983	WHK	168	1:14:41	24:22 *	23:04 *	24:06	7:09 min/km
479	3276	Thienel Sonja	*Köln	1:11:34	1983	WHK	169	1:14:42	24:22 *	23:04 *	24:07	7:09 min/km
479	2080	Gunia Marei	Winterfitschnecken	1:11:34	1964	W45	51	1:15:24	24:21 *	23:23 *	23:49	7:09 min/km
481	440	Hansen Sigrid	*Köln	1:11:38	1966	W45	52	1:14:23	23:35 *	23:17 *	24:44	7:10 min/km
482	2480	Kümmerer Henrike	*Köln	1:11:41	1987	WHK	170	1:12:38	23:51 *	23:05 *	24:44	7:10 min/km
483	170	Budde Heidrun	Die Hasen	1:11:42	1978	W30	93	1:15:58	24:20 *	23:32 *	23:49	7:10 min/km
484	2176	Herwig Jennifer Shereen	LAUFMAMALAUFLAUF	1:11:49	1978	W30	94	1:16:32	24:02 *	23:40 *	24:06	7:11 min/km
485	2957	Roth Christina	*Köln	1:11:51	1968	W40	59	1:15:19	24:04 *	23:12 *	24:34	7:11 min/km
486	3491	Zankl Judith	*Köln	1:11:52	1977	W35	64	1:15:19	24:04 *	23:13 *	24:34	7:11 min/km
487	2785	Otten Petra	*Köln	1:11:56	1964	W45	53	1:14:11	22:54 *	23:14 *	25:47	7:12 min/km
488	2253	Hunal Jacqueline	*Bergisch Gladbach	1:12:02	1984	WHK	171	1:16:21	22:22 *	24:04 *	25:35	7:12 min/km
489	1610	Boese Cornelia	*Bergisch Gladbach	1:12:03	1978	W30	95	1:16:21	22:55 *	23:46 *	25:21	7:12 min/km
490	2309	Kalicinski Liliana	Liebe	1:12:03	1986	WHK	172	1:15:31	24:50 *	23:26 *	23:46	7:12 min/km
491	3226	Straub Birgit	*Köln	1:12:05	1968	W40	60	1:13:03	23:06 *	23:30 *	25:28	7:13 min/km
492	252	Dolaptsi Leni	*Köln	1:12:07	1958	W50	24	1:16:25	23:57 *	23:27 *	24:43	7:13 min/km
493	184	Busch Chiara	Drafen-Gang	1:12:13	2002	WSC	1	1:15:02	24:39 *	23:55 *	23:38	7:13 min/km
494	1182	Schwertfeger Melissa	LAUFMAMALAUFLAUF	1:12:21	1984	WHK	173	1:17:06	24:19 *	23:24 *	24:37	7:14 min/km
495	719	Kunschert Ines	*Köln	1:12:21	1972	W40	61	1:13:09	22:46 *	23:44 *	25:51	7:14 min/km
496	2399	Kluge Melanie	*Essen	1:12:22	1973	W35	65	1:13:09	22:47 *	23:52 *	25:42	7:14 min/km
497	913	Oudehinkel Hilde	*Köln	1:12:28	1973	W35	66	1:12:58	23:10 *	24:04 *	25:12	7:15 min/km
498	2243	Hoyle Sarah	*Köln	1:12:30	1984	WHK	174	1:12:48	22:21 *	24:37 *	25:32	7:15 min/km
499	716	Kuhnke Diana	Flexx Fitness	1:12:31	1966	W45	54	1:13:43	24:16 *	23:59 *	24:14	7:15 min/km
500	661	König Natascha	Flitzfinken	1:12:32	1975	W35	67	1:15:53	23:47 *	23:38 *	25:06	7:15 min/km
501	1127	Schmitz Schmibi	CaBas	1:12:32	1984	WHK	175	1:14:40	23:18 *	22:44 *	26:29	7:15 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 23

gedruckt 09.12.2012 13:26:08

502	1791	Dobija Rosa Isabella	CaBas	1:12:32	1984 WHK	176	1:14:40	23:18 *	22:44 *	26:29	7:15 min/km
503	898	Oguz Svenja	Die roten Zipfelmützen	1:12:36	1981 W30	96	1:15:00	25:55 *	22:00 *	24:39	7:16 min/km
504	1151	Schön Ruth	Laufklatsch	1:12:39	1962 W50	25	1:14:34	23:02 *	23:43 *	25:52	7:16 min/km
505	3252	Symanski Ute	Les Agents Provocateurs	1:12:40	1970 W40	62	1:16:53	24:29 *	23:02 *	25:09	7:16 min/km
506	2637	Mauve Julia	Ren(n)tiere	1:12:40	1983 WHK	177	1:16:33	24:02 *	23:28 *	25:10	7:16 min/km
507	2101	Hallberg Nora	*Köln	1:12:43	1975 W35	68	1:15:15	23:30 *	23:54 *	25:18	7:16 min/km
508	2259	Ilsemann Mareike	*Deutschland	1:12:45	1975 W35	69	1:15:16	23:32 *	23:38 *	25:35	7:17 min/km
509	2347	Keßel Simone	*Köln	1:12:49	1975 W35	70	1:15:47	24:41 *	23:29 *	24:38	7:17 min/km
510	3218	Stockhausen Julia	*Köln	1:12:50	1980 W30	97	1:15:47	24:41 *	23:29 *	24:39	7:17 min/km
511	3215	Stiefelhagen Andrea	*Bremen	1:12:52	1988 WHK	178	1:14:13	23:45 *	23:25 *	25:40	7:17 min/km
512	1354	Wallenborn Sonja	Nordseekrabben	1:12:54	1964 W45	55	1:15:16	24:00 *	23:34 *	25:19	7:17 min/km
513	3516	Zuther Hanna	Filly Pferdchen	1:12:55	2006 WSD	2	1:17:25	23:30 *	23:28 *	25:56	7:18 min/km
514	1102	Schlösser Christine	PSV Bonn Triathlon	1:12:55	1983 WHK	179	1:17:26	23:30 *	23:28 *	25:56	7:18 min/km
515	1636	Bosch Elisabeth	*Leichlingen	1:12:57	1981 W30	98	1:15:58	23:55 *	24:01 *	25:00	7:18 min/km
516	3458	Winkenbach Iris	*Köln	1:12:58	1960 W50	26	1:15:57	23:03 *	23:49 *	26:05	7:18 min/km
517	1418	Wolf Sina	mas Training	1:13:14	1981 W30	99	1:15:07	23:55 *	23:53 *	25:25	7:19 min/km
518	2589	Luge Anne	FIT-MIT-SVEN	1:13:14	1981 W30	100	1:17:58	24:27 *	24:01 *	24:45	7:19 min/km
519	1666	Brosius Lisa-Maria	*Köln	1:13:16	1987 WHK	180	1:16:37	23:50 *	23:41 *	25:44	7:20 min/km
520	2367	Kißling Evelyn	Original Bootcamp	1:13:16	1992 WHK	181	1:15:39	25:21 *	24:49 *	23:05	7:20 min/km
521	3193	Steinbach Flora Fee	*Köln	1:13:18	2004 WSD	3	1:16:06	24:19 *	24:39 *	24:19	7:20 min/km
522	2904	Reisch Hanna	Flying Snales	1:13:24	1999 WSB	1	1:16:44	25:47 *	23:43 *	23:53	7:20 min/km
523	567	Jahnke Anna-Lena	Kindermöbel de Breuyn	1:13:27	1984 WHK	182	1:16:59	23:10 *	24:10 *	26:06	7:21 min/km
524	3164	Spachtholz Maria Luise	*Köln	1:13:27	1956 W55	3	1:17:17	22:59 *	23:49 *	26:38	7:21 min/km
525	1115	Schmidts Olga	*Köln	1:13:32	1961 W50	27	1:18:50	23:28 *	24:08 *	25:55	7:21 min/km
526	1407	Windirsch Nicole	mas Training	1:13:34	1982 W30	101	1:15:26	23:55 *	25:06 *	24:32	7:21 min/km
527	1002	Reisch Marion	Flying Snales	1:13:52	1966 W45	56	1:17:13	25:46 *	24:25 *	23:40	7:23 min/km
528	1433	Zimmer Jill	*Köln	1:13:59	1983 WHK	183	1:16:41	25:01 *	23:33 *	25:23	7:24 min/km
529	2188	Heuser Annika	Bierhähnchen	1:13:59	1983 WHK	184	1:16:17	24:47 *	24:25 *	24:46	7:24 min/km
530	900	Olbers Evelyn	*Düsseldorf	1:13:59	1970 W40	63	1:16:41	25:02 *	23:33 *	25:23	7:24 min/km
531	2600	Mächtle Brigitta	*Düsseldorf	1:14:00	1972 W40	64	1:18:36	24:10 *	24:38 *	25:11	7:24 min/km
532	1946	Fritzenkötter Prof. Dr.	Die Weihnachtsgänse	1:14:06	1975 W35	71	1:15:23	23:57 *	23:58 *	26:10	7:25 min/km
533	2073	Guelden Ute	laufwurst	1:14:12	1960 W50	28	1:18:49	23:45 *	23:53 *	26:33	7:25 min/km
534	2189	Heuser Denise	*Köln	1:14:26	1985 WHK	185	1:18:27	24:01 *	24:01 *	26:24	7:27 min/km
534	3404	Weigand Gisela	*Ratingen	1:14:26	1965 W45	57	1:18:38	24:47 *	24:53 *	24:45	7:27 min/km
536	1434	Zimmermann Andrea	Drafen-Gang	1:14:27	1973 W35	72	1:17:13	24:43 *	24:38 *	25:04	7:27 min/km
537	2585	Lüke Claudia	Drafen-Gang	1:14:28	1969 W40	65	1:17:14	24:43 *	24:39 *	25:05	7:27 min/km
538	2544	Liedmann Marina	Wasauchimmer	1:14:31	1979 W30	102	1:15:08	22:57 *	25:30 *	26:03	7:27 min/km
539	2847	Podsada Regina	*Meerbusch	1:14:55	1962 W50	29	1:19:10	25:08 *	24:45 *	25:01	7:30 min/km
540	3107	Schumacher Sabrina	Bütz mich Team Cologne	1:15:02	1980 W30	103	1:17:50	24:46 *	23:48 *	26:27	7:30 min/km
541	2621	Marx Imke	Bütz mich Team Cologne	1:15:02	1966 W45	58	1:17:50	24:46 *	23:48 *	26:27	7:30 min/km
542	1442	Abram Antje	keiner	1:15:03	1968 W40	66	1:16:47	25:05 *	25:30 *	24:27	7:30 min/km
543	1798	Dohalt-Schulze Annika	Bierhähnchen	1:15:14	1980 W30	104	1:17:32	24:47 *	24:25 *	26:01	7:31 min/km
544	3338	Van Kesteren Carmen	*Köln	1:15:21	1987 WHK	186	1:20:09	25:42 *	24:48 *	24:50	7:32 min/km
545	3027	Schlutt-Hagen Sandra	*Erfstadt	1:15:31	1971 W40	67	1:19:14	25:03 *	24:26 *	26:01	7:33 min/km
546	2335	Keller Britta	*Köln	1:15:48	1984 WHK	187	1:19:55	25:13 *	24:46 *	25:48	7:35 min/km
547	1357	Walz Susanne	*Nideggen	1:16:05	1966 W45	59	1:19:08	23:23 *	24:59 *	27:41	7:37 min/km
548	2070	Grünert Susanne	Flexx Fitness	1:16:32	1962 W50	30	1:17:42	24:19 *	25:17 *	26:56	7:39 min/km
549	1623	Bonni Sabine	Team Supermaus	1:16:35	1963 W45	60	1:17:04	24:42 *	25:26 *	26:26	7:40 min/km
550	760	Linden Bärbel	LT Düsseldorf-Süd	1:17:11	1971 W40	68	1:22:24	25:09 *	25:14 *	26:47	7:43 min/km
551	2038	Golling Stephanie	Teamtim	1:17:11	1987 WHK	188	1:19:17	24:51 *	25:48 *	26:31	7:43 min/km
552	798	Marggraf Marion	*Köln	1:17:11	1982 W30	105	1:17:42	23:41 *	25:40 *	27:49	7:43 min/km
553	2809	Pauli Gabi	Teamtim	1:17:11	1958 W50	31	1:19:17	25:04 *	25:34 *	26:33	7:43 min/km
553	2036	Golling Alexandra	Teamtim	1:17:11	1987 WHK	189	1:19:17	24:51 *	25:47 *	26:32	7:43 min/km
555	2037	Golling Elke	Teamtim	1:17:11	1958 W50	32	1:19:17	24:51 *	25:46 *	26:33	7:43 min/km
556	1384	Wendler Katharina	*Bonn	1:17:23	1988 WHK	190	1:18:22	24:22 *	25:54 *	27:06	7:44 min/km
557	2602	Märkel Andrea	FIT-MIT-SVEN	1:17:26	1981 W30	106	1:22:09	25:29 *	25:10 *	26:46	7:45 min/km

# Kölner Nikolauslauf am 9. Dezember 2012 - 10km Funlauf

## Ergebnisliste Frauen

Seite 24

gedruckt 09.12.2012 13:26:08

558	1665	Brosch Lioba	*Köln	1:17:39	1988 WHK	191	1:22:23	25:43 *	25:09 *	26:46	7:46 min/km
559	3099	Schulte-König Sonja	*Köln	1:17:45	1979 W30	107	1:18:48	24:53 *	25:39 *	27:13	7:47 min/km
560	3266	Tenz Courtney	*Köln	1:18:20	1976 W35	73	1:21:16	26:16 *	25:57 *	26:06	7:50 min/km
561	2741	Nikolic Diana	*Köln	1:18:20	1978 W30	108	1:21:16	26:17 *	25:56 *	26:06	7:50 min/km
562	373	Gerke Juliane	*Köln	1:18:25	1986 WHK	192	1:19:32	24:07 *	26:04 *	28:13	7:51 min/km
563	1524	Becker Elke	*Frechen	1:18:25	1966 W45	61	1:23:06	26:45 *	24:40 *	26:59	7:51 min/km
564	1015	Reznitschek Heike	Running-Girls Wuppertal	1:18:38	1961 W50	33	1:18:38	15:31 *	20:02 *	43:03	7:52 min/km
565	1411	Wischer Sigrid	*Köln	1:18:53	1965 W45	62	1:23:18	26:44 *	25:27 *	26:41	7:53 min/km
566	2888	Rehbach Monika	*Köln	1:19:43	1949 W60	3	1:23:21	25:51 *	26:45 *	27:06	7:58 min/km
567	2750	Nohn Sandra	*Wiehl	1:19:48	1969 W40	69	1:24:22	25:40 *	26:09 *	27:58	7:59 min/km
568	2972	Rutberg Marion	*Köln	1:19:53	1961 W50	34	1:23:42	27:06 *	27:08 *	25:38	7:59 min/km
569	539	Huber Annika	*Köln	1:20:22	2001 WSC	2	1:23:20	25:35 *	29:05 *	25:42	8:02 min/km
570	1336	Vogel Monika	*Köln	1:21:36	1949 W60	4	1:25:13	25:54 *	27:04 *	28:37	8:10 min/km
571	1821	Duensing Johanne	XTrail-Aktiv	1:22:16	1978 W30	109	1:24:19	25:00 *	27:18 *	29:57	8:14 min/km
572	667	Kösler Daniela	XTrail-Aktiv	1:22:19	1977 W35	74	1:24:22	25:01 *	29:19 *	27:59	8:14 min/km
573	2886	Redmann Melanie	Original Bootcamp	1:22:31	1981 W30	110	1:24:57	25:37 *	28:07 *	28:45	8:15 min/km
574	3051	Schneider Alexandra	Original Bootcamp	1:22:31	1976 W35	75	1:24:57	25:38 *	28:09 *	28:43	8:15 min/km
575	2331	Keil Marion	Run4fun	1:23:55	1970 W40	70	1:27:21	26:44 *	27:48 *	29:22	8:24 min/km
576	3487	Yilmaz Tuba	GSS Run	1:31:36	2000 WSB	2	1:34:29	25:57 *	30:29 *	35:10	9:10 min/km
577	1862	Erkarlsan Ilayda	GSS Run	1:31:40	2001 WSC	3	1:34:32	24:34 *	31:24 *	35:41	9:10 min/km
578	1467	Alves Vera	GSS Run	1:31:41	2001 WSC	4	1:34:34	24:34 *	31:23 *	35:43	9:10 min/km
579	1860	Erdl Tina	*Köln	1:33:42	1965 W45	63	1:33:42	46:04 *	22:44 *	24:53	9:22 min/km