

Kölner Nikolauslauf am 9. Dezember 2012 - 10km Toplauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1217	Somssich Erik	RUNNERS POINT	0:32:12	1985	MHK	1	0:32:13 10:41 * 10:33 * 10:57	3:13 min/km
2	309	Fabianowski Dominik	ASV Köln	0:33:02	1989	MHK	2	0:33:03 10:41 * 10:49 * 11:30	3:18 min/km
3	3065	Schoenball Patrick	engelhorn sports team/	0:33:34	1989	MHK	3	0:33:39 10:53 * 11:06 * 11:34	3:21 min/km
4	823	Meurer Sebastian	RUNNERS POINT	0:33:58	1986	MHK	4	0:33:59 10:47 * 11:17 * 11:53	3:24 min/km
5	2144	Heiner Jörg	SG Wenden	0:34:15	1973	M35	1	0:34:17 11:05 * 11:17 * 11:52	3:25 min/km
6	285	Elsäßer Nico	LG Filder	0:35:20	1985	MHK	5	0:35:23 11:32 * 11:40 * 12:07	3:32 min/km
7	576	Johnstone Nikki	*Düsseldorf	0:35:59	1984	MHK	6	0:36:03 11:32 * 11:51 * 12:35	3:36 min/km
8	982	Rahn Fabian	KTT01	0:36:09	1986	MHK	7	0:36:11 11:33 * 12:05 * 12:30	3:37 min/km
9	1816	Drachler Tobias	RUNNERS POINT	0:36:14	1990	MHK	8	0:36:17 11:45 * 11:58 * 12:30	3:37 min/km
10	413	Gröppel Till	Original Bootcamp	0:36:28	1982	M30	1	0:36:31 11:37 * 12:05 * 12:45	3:39 min/km
11	1207	Sixtus Florian	MACH3 Köln e.V.	0:36:31	1973	M35	2	0:36:35 11:55 * 12:03 * 12:32	3:39 min/km
12	904	Orthen Bastian	RUNNERS POINT	0:36:46	1992	MHK	9	0:36:48 11:47 * 12:06 * 12:52	3:41 min/km
13	855	Mühlwinkel Marco	KTT01	0:36:51	1985	MHK	10	0:36:54 11:49 * 12:11 * 12:50	3:41 min/km
14	398	Göldner Rene	RUNNERS POINT	0:37:02	1973	M35	3	0:37:05 11:48 * 12:18 * 12:56	3:42 min/km
15	578	Jonen Christian	Kieser Training	0:37:03	1981	M30	2	0:37:06 11:56 * 12:12 * 12:54	3:42 min/km
16	1203	Singbeil Daniel	Laufsport Bunert	0:37:07	1989	MHK	11	0:37:09 11:57 * 12:16 * 12:52	3:43 min/km
17	1154	Schommers Lukas	Laufmonster	0:37:16	1993	MJA	1	0:37:18 11:58 * 12:21 * 12:57	3:44 min/km
18	299	Essmann Thomas	Laufmonster	0:37:23	1976	M35	4	0:37:26 11:59 * 12:23 * 13:00	3:44 min/km
19	2931	Robalds Arvis	TEM	0:37:30	1988	MHK	12	0:37:33 11:59 * 12:29 * 13:01	3:45 min/km
20	881	Nicaise Jean-Christophe	EASA Top Runners	0:37:40	1977	M35	5	0:37:42 12:00 * 12:30 * 13:10	3:46 min/km
21	388	Gläßer Harald	Laufmonster	0:37:41	1968	M40	1	0:37:44 12:08 * 12:25 * 13:07	3:46 min/km
22	1306	Trems Torsten	Central-Team.de	0:37:59	1977	M35	6	0:38:02 11:55 * 12:31 * 13:32	3:48 min/km
23	2796	Palm Marvin	RUNNERS POINT	0:38:08	1991	MHK	13	0:38:11 11:56 * 12:51 * 13:21	3:49 min/km
24	274	Durand Sébastien	*Berlin	0:38:09	1988	MHK	14	0:38:14 12:13 * 12:35 * 13:21	3:49 min/km
25	240	DiDlo Salvatore	RUNNERS POINT	0:38:12	1972	M40	2	0:38:14 11:57 * 12:32 * 13:42	3:49 min/km
26	877	Neuhauser Andreas	RUNNERS POINT	0:38:13	1985	MHK	15	0:38:16 12:21 * 12:30 * 13:21	3:49 min/km
27	60	Barth Tobias	Brander SV-Tri-Team	0:38:32	1988	MHK	16	0:38:35 12:15 * 12:57 * 13:18	3:51 min/km
28	3591	Wiesen Christoph		0:38:36	1983	MHK	17	0:38:40 12:13 * 12:49 * 13:33	3:52 min/km
29	3593	Wiesen Klaus		0:38:37	1983	MHK	18	0:38:41 12:14 * 12:45 * 13:36	3:52 min/km
30	2003	Germund Karsten	*Hürth	0:38:41	1972	M40	3	0:38:49 12:24 * 12:44 * 13:32	3:52 min/km
31	1305	Traußnig Gottfried	LC Euskirchen	0:38:54	1965	M45	1	0:39:01 12:21 * 12:48 * 13:44	3:53 min/km
32	680	Kräker Thorsten	Superpunk	0:39:16	1969	M40	4	0:39:21 12:36 * 13:03 * 13:36	3:56 min/km
33	3299	Trenk David	Tri-Flow Bad Endbach	0:39:19	1987	MHK	19	0:39:30 13:19 * 12:54 * 13:06	3:56 min/km
34	3592	Wienecke Thorsten		0:39:22	1971	M40	5	0:39:28 12:31 * 13:10 * 13:40	3:56 min/km
35	3637	Nyeste David	SSF Bon Team Artecic	0:39:25	1977	M35	7	0:39:41 12:46 * 12:52 * 13:45	3:56 min/km
36	722	Kurz Till	Mach3 Köln e.V.	0:39:27	1973	M35	8	0:39:31 12:41 * 13:10 * 13:35	3:57 min/km
37	332	Fischer Stefan	ASV Köln-Triathlon	0:39:44	1963	M45	2	0:39:47 12:56 * 13:04 * 13:44	3:58 min/km
38	462	Heim Dirk	ASV Köln-Triathlon	0:39:49	1968	M40	6	0:39:55 12:56 * 13:10 * 13:42	3:59 min/km
39	1404	Willems Thomas	*Köln	0:40:03	1965	M45	3	0:40:09 12:42 * 13:21 * 13:59	4:00 min/km
40	923	Pesch Robin	RUNNERS POINT	0:40:11	1991	MHK	20	0:40:16 12:36 * 13:12 * 14:21	4:01 min/km
41	286	Elskamp Gregor	Central-Team.de	0:40:15	1971	M40	7	0:40:20 13:12 * 13:07 * 13:56	4:02 min/km
42	3019	Schlinghof Jörg	*Frechen	0:40:22	1966	M45	4	0:40:48 19:38 * 19:39 * 01:04	4:02 min/km
43	1358	Wannagat Lukas	RTC Frechen	0:40:23	1988	MHK	21	0:40:28 12:47 * 13:36 * 13:59	4:02 min/km
44	1061	Ruhnke Robert	Bewegungsfelder	0:40:31	1958	M50	1	0:40:33 12:59 * 13:25 * 14:06	4:03 min/km
45	3628	Heinemann Lukas		0:40:32	1989	MHK	22	0:40:47 16:29 * 23:07 * 00:56	4:03 min/km
46	190	Butz Andreas	Team Laufcampus	0:40:54	1965	M45	5	0:41:00 12:56 * 13:31 * 14:26	4:05 min/km
47	952	Poischen Thomas	BSG RheinEnergie	0:41:04	1970	M40	8	0:41:17 13:25 * 13:36 * 14:02	4:06 min/km
48	1374	Weidler Tim	*Köln	0:41:15	1974	M35	9	0:41:23 13:42 * 13:14 * 14:19	4:08 min/km
49	3300	Trenk Jonathan	Tri-Flow Bad Endbach	0:41:17	1986	MHK	23	0:41:28 13:22 * 13:36 * 14:18	4:08 min/km
50	1149	Schöller Robert	LC Euskirchen	0:41:23	1970	M40	9	0:41:29 13:20 * 13:32 * 14:31	4:08 min/km
51	1440	Zwickert Patrick	Lavakraft	0:41:27	1968	M40	10	0:41:40 13:43 * 13:38 * 14:04	4:09 min/km
52	970	Quantius Andreas	*Köln	0:41:29	1970	M40	11	0:41:32 13:01 * 14:11 * 14:16	4:09 min/km
53	999	Reinhardt Ingo	*Köln	0:41:33	1977	M35	10	0:41:41 13:24 * 13:53 * 14:16	4:09 min/km

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54	1274	Supan Till	RUNNERS POINT	0:41:33	1980 M30	3	0:41:40	13:53 *	13:46 *	13:54	4:09 min/km
55	1202	Sina Christoph	LC Euskirchen	0:41:43	1967 M45	6	0:41:49	13:19 *	13:42 *	14:40	4:10 min/km
56	2698	Mücke Moritz Michael	*Köln	0:41:56	1991 MHK	24	0:42:00	13:52 *	13:50 *	14:13	4:12 min/km
57	3638	Biermann Niels	RUNNERS POINT	0:41:58	0 MHK	25	0:42:01	13:25 *	14:01 *	14:31	4:12 min/km
58	1396	Wichterich Michael	Tus 1905 Arloff-Kirspenich	0:42:10	1966 M45	7	0:42:16	13:10 *	14:16 *	14:43	4:13 min/km
59	519	Hoevels Godehard	www.kuebler-sport.de	0:42:12	1966 M45	8	0:42:58	14:11 *	13:50 *	14:10	4:13 min/km
60	2613	Marchini Dario	Gazzetta Runners Club	0:42:16	1974 M35	11	0:42:19	13:13 *	14:05 *	14:56	4:14 min/km
61	1395	Wichmann Thomas	Laufftreff Köln Süd	0:42:22	1967 M45	9	0:42:31	13:59 *	14:08 *	14:14	4:14 min/km
62	2846	Plutat Tobias	*Köln	0:42:33	1985 MHK	26	0:42:58	14:02 *	14:18 *	14:12	4:15 min/km
63	840	Miesen Marius	ASV Kronenburg	0:42:35	1985 MHK	27	0:42:55	14:31 *	13:54 *	14:10	4:16 min/km
64	1902	Fischer Lukas	*Wertheim	0:42:37	1991 MHK	28	0:43:11	14:28 *	14:15 *	13:53	4:16 min/km
65	998	Reinecke Dominik	RUNNERS POINT	0:42:39	1981 M30	4	0:42:44	13:05 *	14:08 *	15:25	4:16 min/km
66	1922	Fox Daniel	Fox brothers	0:42:41	1989 MHK	29	0:42:56	14:21 *	14:11 *	14:08	4:16 min/km
67	3260	Taschner Dirk	RSC Nievenheim	0:42:48	1982 M30	5	0:42:59	13:44 *	14:09 *	14:54	4:17 min/km
68	264	Dreuth Christoph	*Köln	0:42:57	1980 M30	6	0:43:07	13:24 *	14:20 *	15:12	4:18 min/km
69	2954	Rost Dr. Steffen	Unterwasserrugby Team	0:42:59	1976 M35	12	0:43:18	14:24 *	14:01 *	14:34	4:18 min/km
70	320	Feltens Lars	Laufftreff Decksteiner	0:43:08	1975 M35	13	0:43:25	14:02 *	14:13 *	14:52	4:19 min/km
71	3608	Becker Tobias		0:43:10	1971 M40	12	0:43:16	13:41 *	14:23 *	15:05	4:19 min/km
72	3557	Ritter Johannes		0:43:14	1965 M45	10	0:43:23	13:47 *	14:22 *	15:03	4:19 min/km
73	2736	Nick Sebastian	Energiewirtschaftliches	0:43:21	1985 MHK	30	0:44:07	14:07 *	14:19 *	14:54	4:20 min/km
74	1923	Fox Jonas	Fox brothers	0:43:23	1991 MHK	31	0:43:37	14:25 *	14:20 *	14:37	4:20 min/km
75	2893	Reichherzer Lorenz	RUNNERS POINT	0:43:25	1990 MHK	32	0:43:31	13:59 *	14:40 *	14:45	4:21 min/km
76	1008	Respondek Markus	DSHS Köln	0:43:25	1991 MHK	33	0:43:36	14:00 *	14:34 *	14:51	4:21 min/km
77	687	Kramer Jörn	TriathlonSteckelCologne	0:43:27	1988 MHK	34	0:43:35	14:12 *	14:14 *	15:00	4:21 min/km
78	744	Lehnigk Matthias	TV SCREENWORKS	0:43:31	1963 M45	11	0:43:43	14:45 *	14:15 *	14:30	4:21 min/km
79	1529	Becker Marcel	DSHS Köln	0:43:35	1992 MHK	35	0:43:48	14:38 *	14:13 *	14:42	4:22 min/km
80	1045	Rommerskirchen Rolf	*Kerpen	0:43:41	1963 M45	12	0:44:22	14:21 *	14:24 *	14:55	4:22 min/km
81	331	Fischer Ralf	*Mönchengladbach	0:43:46	1976 M35	14	0:44:15	14:26 *	14:20 *	14:59	4:23 min/km
82	2929	Ritterbach Martin	RSC Nievenheim	0:43:51	1981 M30	7	0:44:03	13:48 *	14:35 *	15:27	4:23 min/km
83	3009	Schilling Benjamin	RUNNERS POINT	0:43:52	1983 MHK	36	0:43:57	13:59 *	14:42 *	15:10	4:23 min/km
84	3642	Gerhards Dominik	Laufen in Stuttgart	0:43:55	1980 M30	8	0:44:10	14:28 *	14:26 *	15:00	4:24 min/km
85	1371	Wehner Silvio	mas Training	0:43:57	1981 M30	9	0:44:08	14:07 *	14:33 *	15:17	4:24 min/km
86	296	Esser Lutz	MAS Institut	0:44:01	1961 M50	2	0:44:10	14:13 *	14:29 *	15:19	4:24 min/km
87	2858	Prang Keesjan	*köln	0:44:04	1966 M45	13	0:44:21	14:25 *	14:25 *	15:13	4:24 min/km
88	2968	Ruhr Gabor	*Köln	0:44:07	1988 MHK	37	0:44:29	14:03 *	14:31 *	15:32	4:25 min/km
89	490	Hermes Alfred	Pulheimer SC	0:44:10	1946 M65	1	0:44:21	14:40 *	14:16 *	15:13	4:25 min/km
90	3004	Schichtel Pascal	*Holsthum	0:44:10	1992 MHK	38	0:44:31	14:23 *	14:36 *	15:10	4:25 min/km
91	2436	Koßler Robin	DSHS Köln	0:44:11	1992 MHK	39	0:44:17	14:03 *	14:45 *	15:22	4:25 min/km
92	637	Klaes Sascha	Der Recher Jung	0:44:13	1975 M35	15	0:44:37	14:32 *	14:35 *	15:05	4:25 min/km
93	1245	Steil Heiko	o2 runners	0:44:17	1976 M35	16	0:48:20	14:21 *	14:38 *	15:17	4:26 min/km
94	3609	Cramer Rüdiger		0:44:17	1963 M45	14	0:44:25	14:30 *	14:31 *	15:15	4:26 min/km
95	1257	Stockmann Maik	KG Refrather Ritterköpp	0:44:22	1975 M35	17	0:44:29	14:28 *	14:45 *	15:08	4:26 min/km
96	1152	Schöneweis Christian	www.king-of-sports.de	0:44:29	1974 M35	18	0:44:35	14:28 *	14:40 *	15:20	4:27 min/km
97	2691	Mollidor Dennis	Der CLUB	0:44:30	1980 M30	10	0:44:40	14:12 *	14:48 *	15:29	4:27 min/km
98	3320	Uhlig Patrick	Team Erdinger Alkoholfrei	0:44:33	1976 M35	19	0:45:08	14:45 *	14:39 *	15:09	4:27 min/km
99	1594	Bleibaum Philip	*Köln	0:44:38	1991 MHK	40	0:44:52	14:35 *	14:33 *	15:29	4:28 min/km
100	1865	Erlinghagen Florian	RUNNERS POINT	0:44:39	1982 M30	11	0:44:43	14:01 *	15:14 *	15:23	4:28 min/km
101	698	Krep Ralf	*Köln	0:44:39	1974 M35	20	0:45:06	14:51 *	14:47 *	15:00	4:28 min/km
102	737	Laub Alexander	*Wuppertal	0:44:39	1978 M30	12	0:44:49	14:02 *	14:58 *	15:39	4:28 min/km
103	2138	Heil Oluf	EASA Top Runners	0:44:40	1968 M40	13	0:44:51	14:04 *	14:49 *	15:46	4:28 min/km
104	2754	Nottebrock Bernardo	AIA Supersonics	0:44:45	1982 M30	13	0:45:17	14:57 *	14:39 *	15:08	4:29 min/km
105	2657	Mervelskemper Bernd	SG Wiedenbrück/Rheda	0:44:48	1966 M45	15	0:44:57	14:46 *	14:40 *	15:20	4:29 min/km
106	3555	Lühring Philipp		0:44:49	1993 MJA	2	0:45:21	15:24 *	14:02 *	15:22	4:29 min/km
107	3641	Wigger Christoph		0:44:57	1987 MHK	41	0:45:17	14:36 *	14:50 *	15:31	4:30 min/km
108	1603	Böckermann Bastian	Baltika9	0:45:07	1981 M30	14	0:45:36	14:35 *	15:01 *	15:30	4:31 min/km
109	2892	Reich Martin	Baltika9	0:45:08	1984 MHK	42	0:45:36	14:39 *	15:08 *	15:19	4:31 min/km

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109	779	Struve Dirk	RUNNERS POINT	0:45:08	1987	MHK	42	0:45:20	14:00 *	15:00 *	16:07	4:31 min/km
111	1275	Takahashi Winfried	*Köln	0:45:11	1972	M40	14	0:45:23	14:42 *	14:54 *	15:35	4:31 min/km
112	2628	Mattausch Lars	*Köln	0:45:12	1991	MHK	44	0:45:20	14:35 *	14:51 *	15:45	4:31 min/km
113	1422	Wotzlaw Mathias	ASV Köln Triathlon	0:45:14	1963	M45	16	0:45:50	14:30 *	14:55 *	15:48	4:31 min/km
114	1788	Distelrath Binjam	*Köln	0:45:15	1992	MHK	45	0:45:33	15:20 *	14:54 *	15:01	4:32 min/km
115	807	Mausbach Gerd	Lauftreff Decksteiner	0:45:17	1963	M45	17	0:45:33	14:30 *	15:00 *	15:46	4:32 min/km
116	2287	Jeschke Ramon	*Köln	0:45:18	1992	MHK	46	0:45:25	14:36 *	14:52 *	15:50	4:32 min/km
117	907	Oschwald Matthias	DSHS Köln	0:45:19	1985	MHK	47	0:45:46	14:54 *	14:53 *	15:30	4:32 min/km
118	2317	Kamp Philipp	DSHS Köln	0:45:20	1986	MHK	48	0:45:28	14:36 *	14:50 *	15:53	4:32 min/km
119	1044	Rommerskirchen Georg	*Kerpen	0:45:20	1961	M50	3	0:46:01	14:22 *	15:04 *	15:53	4:32 min/km
120	2179	Herzog Steffen	*Köln	0:45:24	1989	MHK	49	0:45:40	14:57 *	14:52 *	15:34	4:32 min/km
121	482	Herda Klaus-Heinz	Wetterpilze	0:45:25	1967	M45	18	0:45:34	14:29 *	15:03 *	15:53	4:33 min/km
122	187	Busch Oliver	Central-Team.de	0:45:26	1976	M35	21	0:45:38	14:47 *	15:01 *	15:37	4:33 min/km
123	2996	Schätz Jan	DSHS Köln	0:45:27	1993	MJA	3	0:45:42	14:58 *	14:58 *	15:31	4:33 min/km
124	1169	Schultz Klaus	*Ratingen	0:45:30	1966	M45	19	0:45:52	14:58 *	14:58 *	15:32	4:33 min/km
125	1676	Brunner Daniel	ISI-RUNNER	0:45:36	1976	M35	22	0:45:45	14:48 *	15:03 *	15:44	4:34 min/km
126	3139	Sigloch Nico	*Köln	0:45:36	1993	MJA	4	0:45:52	14:44 *	15:05 *	15:45	4:34 min/km
127	3377	Walbaum Johannes	*Neuss	0:45:37	1986	MHK	50	0:45:42	14:42 *	14:55 *	15:59	4:34 min/km
128	3022	Schloderer Philipp	Friedenstrassler	0:45:39	1985	MHK	51	0:45:46	14:00 *	15:21 *	16:16	4:34 min/km
129	1271	Stula Sebastian	Laufrausch Köln	0:45:45	1979	M30	15	0:46:20	15:20 *	15:01 *	15:23	4:35 min/km
130	0	King Dr. Gerard	Sporthochschule Köln	0:45:46	1972	M40	15	0:46:15	14:59 *	15:03 *	15:43	4:35 min/km
131	399	Görner Christoph	RUNNERS POINT	0:45:48	1982	M30	16	0:45:54	14:09 *	15:21 *	16:17	4:35 min/km
132	1016	Richter Henning	laufrausch köln	0:45:48	1974	M35	23	0:46:19	14:56 *	15:04 *	15:47	4:35 min/km
133	2740	Niemann Tim	*Köln	0:45:51	1991	MHK	52	0:46:11	14:57 *	15:14 *	15:39	4:35 min/km
134	379	Geyer Christian	TFG Nippes 1878 e.V.	0:45:54	2000	MSB	1	0:46:01	14:41 *	15:24 *	15:48	4:35 min/km
135	2466	Krönkemeier Dennis	*Köln	0:45:55	1990	MHK	53	0:46:12	15:06 *	15:18 *	15:30	4:36 min/km
136	2763	Oelke Mario	*Köln	0:45:58	1987	MHK	54	0:46:20	14:53 *	15:07 *	15:56	4:36 min/km
137	258	Drecker Michael	fronrunner Cologne	0:45:59	1956	M55	1	0:46:11	14:50 *	15:06 *	16:02	4:36 min/km
138	282	Eisermann Stephan	Vorwärts Köln	0:46:00	1966	M45	20	0:46:10	14:47 *	15:11 *	16:01	4:36 min/km
139	287	Engel Christian	*Rahden	0:46:01	1990	MHK	55	0:46:21	15:42 *	15:16 *	15:02	4:36 min/km
140	339	Franitzka Marek	*Köln	0:46:04	1976	M35	24	0:46:28	15:25 *	15:03 *	15:35	4:36 min/km
141	2141	Hein Alexander	*Köln	0:46:04	1985	MHK	56	0:46:24	14:59 *	15:12 *	15:53	4:36 min/km
142	2374	Klebert Paul	DSHS Köln	0:46:05	1990	MHK	57	0:46:32	14:30 *	14:18 *	17:16	4:36 min/km
143	251	Doi Dr. Shinichi	*Düsseldorf	0:46:05	1967	M45	21	0:46:30	15:30 *	14:56 *	15:38	4:37 min/km
144	147	Brands Robert	ISI-RUNNER	0:46:08	1961	M50	4	0:46:17	14:49 *	15:24 *	15:54	4:37 min/km
145	975	Radics Zsolt	Kieser Training	0:46:10	1970	M40	16	0:46:26	14:31 *	15:13 *	16:25	4:37 min/km
146	1703	Busch Jannick	*Königswinter	0:46:11	1992	MHK	58	0:46:55	15:41 *	15:14 *	15:15	4:37 min/km
147	2733	Neumann Niklas	*Lindenthal	0:46:11	1992	MHK	59	0:46:55	15:40 *	15:14 *	15:16	4:37 min/km
148	1148	Schödder Günter	Team Laufcampus	0:46:16	1963	M45	22	0:46:29	14:41 *	15:16 *	16:18	4:38 min/km
149	214	Cremer Jürgen	FC Deutsche Post	0:46:17	1962	M50	5	0:46:24	14:53 *	15:18 *	16:06	4:38 min/km
149	1700	Burton David	*Bonn	0:46:17	1980	M30	17	0:46:34	15:38 *	16:23 *	14:15	4:38 min/km
151	183	Burmeister Matthias	Uwes Lauffreunde	0:46:18	1970	M40	17	0:46:38	15:13 *	15:00 *	16:04	4:38 min/km
152	2132	Hefter Arnaud	*Mönchengladbach	0:46:19	1990	MHK	60	0:46:34	14:58 *	14:53 *	16:28	4:38 min/km
153	3610	Schöllner Helga		0:46:20	1969	M40	18	0:46:27	15:08 *	15:08 *	16:03	4:38 min/km
154	313	Faßbender Christian	ASV Köln-Triathlon	0:46:25	1972	M40	19	0:46:36	14:35 *	15:25 *	16:24	4:39 min/km
155	2048	Goretzky Jörg	DSHS Köln	0:46:25	1991	MHK	61	0:46:39	14:51 *	15:19 *	16:15	4:39 min/km
156	3109	Schumann Kevin	*Köln	0:46:28	1990	MHK	62	0:46:50	15:00 *	15:06 *	16:21	4:39 min/km
157	1786	Melzer Dirk	fronrunner Cologne	0:46:29	1963	M45	23	0:46:43	15:35 *	15:05 *	15:48	4:39 min/km
158	682	Krafft Jörg	fronrunner Cologne	0:46:31	1961	M50	6	0:46:44	15:35 *	15:05 *	15:49	4:39 min/km
159	3553	Ramiraz Rafael		0:46:32	1970	M40	20	0:46:34	14:16 *	15:54 *	16:21	4:39 min/km
160	2503	Kutter Jan	*Bonn	0:46:33	1990	MHK	63	0:46:35	14:00 *	15:34 *	16:58	4:39 min/km
161	1751	Daumann Ole	*Köln	0:46:34	1989	MHK	64	0:46:40	14:54 *	15:17 *	16:23	4:39 min/km
162	3293	Töpfer Ole	*Haltern am See	0:46:34	1990	MHK	65	0:46:41	14:53 *	15:17 *	16:23	4:39 min/km
163	3467	Wömpner Florian	LG MTVD	0:46:39	1989	MHK	66	0:46:55	14:41 *	15:50 *	16:07	4:40 min/km
164	1570	Beumer Patrick	DSHS Köln	0:46:40	1991	MHK	67	0:47:03	14:38 *	15:18 *	16:43	4:40 min/km
165	3614	Roecher Johannes		0:46:41	1970	M40	21	0:46:52	14:46 *	15:27 *	16:28	4:40 min/km

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166	1632	Borgmann Stephan	DSHS Köln	0:46:44	1992	MHK	68	0:46:44	15:48 *	15:26 *	15:29	4:40 min/km
167	3493	Zekas Lukas	*Göttingen	0:46:45	1991	MHK	69	0:47:02	15:38 *	15:32 *	15:34	4:41 min/km
168	1935	Frey Marius	*Köln	0:46:47	1991	MHK	70	0:47:06	15:19 *	15:45 *	15:42	4:41 min/km
169	1327	Veith Jürgen	TECOSIM Top Team	0:46:48	1967	M45	24	0:47:31	15:23 *	15:32 *	15:52	4:41 min/km
170	3611	Vollberg Martin		0:46:53	1974	M35	25	0:47:01	14:59 *	15:13 *	16:40	4:41 min/km
171	770	Lönhardt Michael	Laktatkönige	0:46:57	1961	M50	7	0:47:36	15:28 *	15:23 *	16:04	4:42 min/km
172	1892	Fernández Pareja Rafael	Mach3 Köln	0:47:01	1978	M30	18	0:47:11	15:17 *	15:37 *	16:05	4:42 min/km
173	609	Keldenich Martin	DJK LC vettweiß	0:47:01	1980	M30	19	0:47:28	15:29 *	15:26 *	16:04	4:42 min/km
174	2773	Olbrich Marcus	DSHS Köln	0:47:03	1991	MHK	71	0:47:25	15:29 *	15:36 *	15:57	4:42 min/km
175	63	Basseng Wilfried	LT Saaler Mühle	0:47:04	1954	M55	2	0:47:15	14:47 *	15:34 *	16:42	4:42 min/km
176	260	Drehesen Julien	DSHS Köln	0:47:04	1993	MJA	5	0:47:20	15:21 *	15:36 *	16:07	4:42 min/km
177	727	Lajendäcker Christoph	*Köln	0:47:05	1975	M35	26	0:47:40	15:09 *	15:32 *	16:24	4:43 min/km
178	129	Börger Andre	TriathlonSteckelCologne	0:47:06	1971	M40	22	0:47:34	15:19 *	15:36 *	16:09	4:43 min/km
179	2506	Lamek Patrick	DSHS Köln	0:47:08	1991	MHK	72	0:47:28	14:57 *	15:35 *	16:35	4:43 min/km
180	3505	Zimmermann Sascha	Flexx Fitness	0:47:10	1982	M30	20	0:47:25	14:54 *	15:46 *	16:29	4:43 min/km
181	890	NOWAK ANDREAS	Laktatkönig	0:47:11	1951	M60	1	0:47:49	15:30 *	15:28 *	16:12	4:43 min/km
182	949	Pötter Benjamin	*Köln	0:47:16	1988	MHK	73	0:47:35	15:23 *	15:42 *	16:10	4:44 min/km
183	3023	Schlösser Sebastian	Flexx Fitness	0:47:19	1990	MHK	74	0:47:35	14:44 *	15:38 *	16:56	4:44 min/km
184	2660	Metzger Daniel	*Köln	0:47:20	1988	MHK	75	0:47:36	15:21 *	15:36 *	16:22	4:44 min/km
185	2196	Hirosawa Jilo	*Köln	0:47:22	1992	MHK	76	0:48:35	15:54 *	15:57 *	15:31	4:44 min/km
186	3182	Ständer Mathias	*Hürth	0:47:27	1966	M45	25	0:47:45	15:32 *	15:38 *	16:16	4:45 min/km
187	2254	Hundertmark Jannes	Spoho	0:47:28	1988	MHK	77	0:48:03	15:24 *	15:38 *	16:26	4:45 min/km
188	1520	Beck Marco	*Köln	0:47:30	1993	MJA	6	0:47:45	15:36 *	15:33 *	16:19	4:45 min/km
189	2285	Jardner Tim	*Köln	0:47:32	1989	MHK	78	0:47:46	15:13 *	15:33 *	16:45	4:45 min/km
190	3389	Weber Marcel	*Köln	0:47:33	1990	MHK	79	0:48:46	15:54 *	15:56 *	15:42	4:45 min/km
191	2909	Renzenbrink Werner	LG RWE Power	0:47:34	1950	M60	2	0:48:07	15:25 *	15:38 *	16:30	4:45 min/km
192	2277	Janke Jens	Flexx Fitness	0:47:37	1982	M30	21	0:47:52	14:52 *	15:55 *	16:49	4:46 min/km
193	1840	Eickhoff Manuel	*Köln	0:47:38	1992	MHK	80	0:47:56	15:16 *	15:39 *	16:41	4:46 min/km
194	3353	Vogelsang Stefan	*Aachen	0:47:38	1985	MHK	81	0:48:26	14:50 *	15:59 *	16:48	4:46 min/km
195	2451	Kraus Sascha	Friedenstrassler	0:47:40	1978	M30	22	0:47:47	15:04 *	15:57 *	16:37	4:46 min/km
196	2283	Janßen Frerk	DSHS Köln	0:47:41	1990	MHK	82	0:48:15	15:27 *	15:37 *	16:36	4:46 min/km
197	2431	Konstantinidis Ippokrates	*Köln	0:47:42	1994	MJA	7	0:48:05	15:39 *	16:11 *	15:50	4:46 min/km
198	1550	Berberich Sebastian	*Landstuhl	0:47:46	1992	MHK	83	0:48:04	15:34 *	15:36 *	16:35	4:47 min/km
199	1717	Clees Kris	*Doennange	0:47:48	1992	MHK	84	0:48:32	15:28 *	15:35 *	16:45	4:47 min/km
200	1054	Rossa Andreas	Vodafone D2	0:47:48	1972	M40	23	0:48:33	15:46 *	15:53 *	16:09	4:47 min/km
201	2222	Hoffmann Ruben	*Köln	0:47:55	1988	MHK	85	0:48:35	16:35 *	15:57 *	15:22	4:48 min/km
202	1574	Bieda Henning	*Köln	0:47:55	1987	MHK	86	0:48:08	16:34 *	15:25 *	15:54	4:48 min/km
203	1781	Dießner Jonas	*Köln	0:47:55	1993	MJA	8	0:48:35	16:35 *	15:57 *	15:22	4:48 min/km
204	906	Osbahr Sven	*Köln	0:47:55	1966	M45	26	0:48:07	15:14 *	15:50 *	16:49	4:48 min/km
205	996	Reimann Christian	*Köln	0:47:56	1968	M40	24	0:48:19	15:54 *	15:46 *	16:15	4:48 min/km
206	748	Lesch Dr. Constantin	*Köln	0:47:57	1971	M40	25	0:48:26	15:33 *	15:37 *	16:45	4:48 min/km
207	1687	Bündgens David Ben	*Köln	0:47:57	1993	MJA	9	0:48:41	15:34 *	15:55 *	16:27	4:48 min/km
208	802	Matschull Frank	fuer meine Jungs	0:47:57	1967	M45	27	0:48:03	15:17 *	16:01 *	16:39	4:48 min/km
209	2895	Reiff Stefan	DSHS Köln	0:47:57	1991	MHK	87	0:48:39	16:01 *	15:48 *	16:08	4:48 min/km
210	120	Blieschies Rüdiger	Laktatkönig	0:47:58	1962	M50	8	0:48:01	15:29 *	15:54 *	16:35	4:48 min/km
211	1311	Ulrich Holger	DSHS Köln	0:48:00	1965	M45	28	0:48:28	15:17 *	15:47 *	16:55	4:48 min/km
212	1880	Falken Dirk	DSHS Köln	0:48:05	1992	MHK	88	0:48:46	16:01 *	15:48 *	16:15	4:49 min/km
213	2512	Laroche Dr. Peter	*Köln	0:48:08	1972	M40	26	0:48:32	15:29 *	15:41 *	16:57	4:49 min/km
214	781	Lynch Matthew	*Mainz-Kostheim	0:48:11	1977	M35	27	0:48:57	15:46 *	15:57 *	16:28	4:49 min/km
215	2538	Leukers Peter	DSHS Köln	0:48:13	1992	MHK	89	0:48:28	15:38 *	15:37 *	16:58	4:49 min/km
215	2130	Heek Sven	DSHS Köln	0:48:13	1993	MJA	10	0:48:28	15:39 *	15:36 *	16:58	4:49 min/km
217	1590	Blank Christoph	*Düsseldorf	0:48:14	1977	M35	28	0:48:29	15:36 *	15:48 *	16:48	4:49 min/km
218	432	Hagebaum Mark	*Bonn	0:48:15	1972	M40	27	0:48:29	15:37 *	15:49 *	16:48	4:50 min/km
219	646	Klingner Florian	*Koeln	0:48:15	1988	MHK	90	0:48:42	16:00 *	15:57 *	16:17	4:50 min/km
220	1984	Gast Jürgen	*Bonn	0:48:16	1975	M35	29	0:48:42	16:17 *	16:03 *	15:56	4:50 min/km
221	469	Helfen Sebastian	MSV Kollifornia	0:48:17	1982	M30	23	0:48:37	15:52 *	16:03 *	16:20	4:50 min/km

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222	1145	Schneider-Foitzik Paul	TSV Bayer Dormagen	0:48:17	1952	M60	3	0:49:09	15:43 *	15:49 *	16:45	4:50 min/km
223	820	Meskendahl Marco	*Krefeld	0:48:18	1966	M45	29	0:48:47	15:47 *	15:59 *	16:31	4:50 min/km
224	1736	Cremer Simon	*Eschweiler	0:48:22	1991	MHK	91	0:49:03	16:36 *	15:33 *	16:13	4:50 min/km
225	2487	Kulmann Jan Michael	*Köln	0:48:26	1991	MHK	92	0:48:44	15:42 *	16:07 *	16:35	4:51 min/km
226	1745	DAIquen Robin	DSHS Köln	0:48:26	1988	MHK	93	0:48:47	15:33 *	15:55 *	16:58	4:51 min/km
227	2147	Heinrich Alexander	DSHS Köln	0:48:26	1991	MHK	94	0:49:07	16:04 *	16:07 *	16:14	4:51 min/km
228	2352	Keweloh Christian	DSHS Köln	0:48:26	1993	MJA	11	0:48:45	15:36 *	15:44 *	17:05	4:51 min/km
229	1212	Solich Roger	ASV Köln-Triathlon	0:48:28	1962	M50	9	0:49:14	16:17 *	15:44 *	16:26	4:51 min/km
230	3612	Kolf Jan Alexander		0:48:35	1983	MHK	95	0:48:53	14:36 *	16:14 *	17:44	4:52 min/km
231	3125	Seltmann Maximilian	DSHS Köln	0:48:37	1993	MJA	12	0:49:00	16:00 *	16:12 *	16:24	4:52 min/km
232	2604	Maier Jonas	SC Rain	0:48:38	1993	MJA	13	0:48:45	15:55 *	16:19 *	16:23	4:52 min/km
233	647	Klockner Uli	*Sankt Augustin	0:48:39	1961	M50	10	0:49:17	16:00 *	16:03 *	16:34	4:52 min/km
234	755	Liening Philip	*Frankfurt am Main	0:48:40	1972	M40	28	0:49:03	15:36 *	16:12 *	16:51	4:52 min/km
234	473	Henn Markus	*overath	0:48:40	1975	M35	30	0:48:46	14:49 *	16:26 *	17:25	4:52 min/km
236	3601	Biedermann Thomas		0:48:41	1966	M45	30	0:49:02	15:22 *	16:17 *	17:01	4:52 min/km
237	2578	Ludwig Patrick	DSHS Köln	0:48:42	1992	MHK	96	0:49:00	15:35 *	16:07 *	16:59	4:52 min/km
238	3284	Thomassen David	*Köln	0:48:46	1992	MHK	97	0:49:20	15:25 *	16:03 *	17:18	4:53 min/km
239	3010	Schilling Linus	DSHS Köln	0:48:53	1992	MHK	98	0:49:14	15:08 *	16:20 *	17:24	4:53 min/km
240	2014	Gevers Mark	TECOSIM Top Team	0:48:55	1973	M35	31	0:49:38	15:34 *	16:06 *	17:15	4:54 min/km
241	1285	Thiel Markus	*Koeln	0:48:56	1976	M35	32	0:49:12	16:01 *	16:03 *	16:50	4:54 min/km
242	1023	Ripp Dieter	VTC Köln	0:48:57	1956	M55	3	0:49:10	16:11 *	16:09 *	16:36	4:54 min/km
243	1399	Wiemer Kai	go for goldmarie	0:48:58	1981	M30	24	0:49:04	15:33 *	16:15 *	17:08	4:54 min/km
244	2780	Ost Nils	*Kamp-Lintfort	0:48:58	1992	MHK	99	0:49:22	15:50 *	16:00 *	17:07	4:54 min/km
245	2445	Kramer Gerd	*köln	0:48:58	1961	M50	11	0:49:18	15:43 *	16:10 *	17:04	4:54 min/km
246	2108	Hanke Lars	*Essen	0:49:00	1993	MJA	14	0:49:28	15:10 *	16:26 *	17:22	4:54 min/km
247	1367	Weghaus Stephan	*Köln	0:49:04	1972	M40	29	0:49:29	16:12 *	16:08 *	16:43	4:54 min/km
248	2877	Rätsch Kevin	DSHS Köln	0:49:04	1992	MHK	100	0:49:09	15:45 *	16:34 *	16:45	4:54 min/km
249	1908	Flemming Nils	*Köln	0:49:06	1989	MHK	101	0:49:44	16:04 *	15:39 *	17:22	4:55 min/km
250	2924	Rinderle Tim	*Köln	0:49:09	1991	MHK	102	0:49:45	16:02 *	16:08 *	16:59	4:55 min/km
251	1084	Scharfenstein Kai	MAS Institut	0:49:13	1964	M45	31	0:49:23	15:45 *	16:22 *	17:05	4:55 min/km
252	3090	Schüren Tobias	DSHS Köln	0:49:14	1993	MJA	15	0:50:24	16:13 *	16:15 *	16:45	4:55 min/km
253	1166	Schultheiß Volker	Team Erdinger Alkoholfrei	0:49:16	1956	M55	4	0:49:34	15:45 *	16:12 *	17:19	4:56 min/km
254	660	Koenen Peter	team-erdinger alkoholfrei	0:49:16	1955	M55	5	0:49:37	15:48 *	16:22 *	17:05	4:56 min/km
255	1415	Wölm Lars	TV Rodenkirchen	0:49:19	1979	M30	25	0:49:46	15:37 *	16:30 *	17:11	4:56 min/km
256	466	Heinkele Christian	XTrail-Aktiv	0:49:20	1976	M35	33	0:49:28	16:15 *	16:24 *	16:40	4:56 min/km
257	506	Hildebrandt Lars	Hardtseemafia Triathlon	0:49:29	1977	M35	34	0:50:14	15:58 *	16:30 *	16:59	4:57 min/km
258	1478	Arndt Peter	Flexx Fitness	0:49:30	1947	M65	2	0:49:43	15:33 *	16:20 *	17:35	4:57 min/km
259	2648	Memis Taner	*Köln	0:49:30	1990	MHK	103	0:50:02	15:47 *	16:27 *	17:15	4:57 min/km
260	3414	Wendt Raphael	*Köln	0:49:32	1991	MHK	104	0:49:52	15:43 *	16:35 *	17:12	4:57 min/km
261	3523	Erkeling Achim		0:49:34	1972	M40	30	0:49:57	16:15 *	16:15 *	17:03	4:57 min/km
262	592	Kämmerling Cornelius	Scuderia Südstadt	0:49:35	1984	MHK	105	0:50:00	16:04 *	16:15 *	17:16	4:58 min/km
263	2152	Heitmann Henrik	DSHS Köln	0:49:37	1991	MHK	106	0:49:44	15:57 *	16:19 *	17:20	4:58 min/km
264	1800	Dold Hannes	*Köln	0:49:37	1993	MJA	16	0:49:44	15:55 *	16:19 *	17:22	4:58 min/km
265	2258	Ilkenhans Adrian	*Frankfurt a.M.	0:49:38	1992	MHK	107	0:49:45	16:11 *	16:25 *	17:01	4:58 min/km
266	1986	Gauer Florian	DSHS Köln	0:49:40	1992	MHK	108	0:50:05	15:52 *	16:26 *	17:21	4:58 min/km
267	893	Obermann Werner	*Köln	0:49:40	1966	M45	32	0:50:06	15:50 *	16:26 *	17:23	4:58 min/km
268	1007	Renard Dirk	Köln läuft! Team	0:49:42	1972	M40	31	0:50:10	15:58 *	16:30 *	17:13	4:58 min/km
269	3364	Von Baeyer Richard	*Köln	0:49:42	1967	M45	33	0:50:27	16:20 *	16:18 *	17:03	4:58 min/km
270	1083	Scharenberg Jörn	MACH3 Köln e.V.	0:49:43	1977	M35	35	0:50:40	15:50 *	16:37 *	17:15	4:58 min/km
271	2977	Salomon Martin	Techniker Krankenkasse	0:49:43	1982	M30	26	0:49:59	15:42 *	16:41 *	17:19	4:58 min/km
272	2486	Kujawa Michael	*Köln	0:49:46	1990	MHK	109	0:49:53	16:09 *	16:18 *	17:17	4:59 min/km
273	1612	Bohlender Alexander	*Köln	0:49:48	1994	MJA	17	0:49:53	15:19 *	16:47 *	17:42	4:59 min/km
274	111	Birker Torben	TECOSIM Top Team	0:49:49	1965	M45	34	0:50:35	15:48 *	16:29 *	17:31	4:59 min/km
275	1815	Dostert Tom	DSHS Köln	0:49:50	1990	MHK	110	0:50:33	16:32 *	16:38 *	16:39	4:59 min/km
276	2607	Malara Thomas	*Köln	0:49:51	1974	M35	36	0:50:26	16:07 *	16:39 *	17:04	4:59 min/km
277	1221	Sowade Ulrich	Köln läuft! Team	0:49:54	1970	M40	32	0:50:43	15:43 *	16:43 *	17:27	4:59 min/km

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278	530	Hofmann Jörg	Köln läuft! Team	0:49:54	1959	M50	12	0:50:44	15:56 *	16:31 *	17:26	4:59 min/km
279	2634	Matzdorf Robert	*Köln	0:49:57	1984	MHK	111	0:50:33	16:41 *	16:42 *	16:33	4:60 min/km
280	1503	Baron Alexander	*Köln	0:50:00	1995	MJB	1	0:50:04	15:19 *	16:47 *	17:53	5:00 min/km
281	41	Aydemir Gürhan	ASV Köln Triathlon	0:50:00	1967	M45	35	0:50:19	16:05 *	16:22 *	17:32	5:00 min/km
282	740	Leeser Jörg	*Köln	0:50:04	1967	M45	36	0:50:12	15:34 *	17:04 *	17:26	5:00 min/km
283	1882	Fassihifar Juri	DSHS Köln	0:50:07	1990	MHK	112	0:50:48	16:03 *	16:56 *	17:06	5:01 min/km
284	289	Engemann Jannik	*Köln	0:50:08	1990	MHK	113	0:50:13	15:42 *	16:36 *	17:49	5:01 min/km
285	1034	Röskens Jens	*Straelen	0:50:08	1983	MHK	114	0:50:32	16:05 *	16:41 *	17:20	5:01 min/km
286	1614	Boldt Daniel	DSHS Köln	0:50:09	1992	MHK	115	0:50:18	16:01 *	17:01 *	17:06	5:01 min/km
287	3272	Thesing Hendrik	*Bonn	0:50:17	1978	M30	27	0:50:46	16:33 *	16:32 *	17:11	5:02 min/km
288	1341	Von Kalckreuth Marcus	*Köln	0:50:17	1973	M35	37	0:50:47	16:36 *	16:53 *	16:47	5:02 min/km
289	1082	Schaller Norman	Team Speiche	0:50:19	1976	M35	38	0:50:46	16:21 *	16:33 *	17:23	5:02 min/km
290	545	Hundgeburth Edwin	TSV Bayer Dormagen	0:50:22	1972	M40	33	0:51:12	15:55 *	16:24 *	18:02	5:02 min/km
291	1475	Appel Sebastian	*Köln	0:50:25	1977	M35	39	0:51:22	15:50 *	16:54 *	17:40	5:03 min/km
292	654	Knaut Andreas	Energiewirtschaftliches	0:50:27	1986	MHK	116	0:51:14	16:13 *	16:47 *	17:26	5:03 min/km
293	1244	Steffens Volker	Field Runners	0:50:27	1965	M45	37	0:50:37	15:23 *	17:03 *	18:01	5:03 min/km
294	542	Hudson Lee	Field Runners	0:50:28	1978	M30	28	0:50:37	15:23 *	17:03 *	18:01	5:03 min/km
295	2603	Mahlke Paul	NTT	0:50:31	1988	MHK	117	0:51:10	16:55 *	16:43 *	16:51	5:03 min/km
296	1592	Blau Max	GruppeB	0:50:31	1988	MHK	118	0:51:08	16:28 *	16:52 *	17:11	5:03 min/km
297	2608	Malesevic Alexander	NTT	0:50:37	1988	MHK	119	0:51:17	16:56 *	16:42 *	16:58	5:04 min/km
298	1487	Avrenliev Lachezar	*Köln	0:50:38	1993	MJA	18	0:51:19	16:07 *	16:44 *	17:46	5:04 min/km
299	1521	Beck Maximilian	*Köln	0:50:39	1992	MHK	120	0:51:50	16:13 *	16:50 *	17:36	5:04 min/km
300	1248	Steinbach Dr. Markus	*Köln	0:50:40	1962	M50	13	0:50:57	15:31 *	16:42 *	18:27	5:04 min/km
301	551	Huxoll Robert	*Köln	0:50:42	1975	M35	40	0:51:06	16:04 *	16:44 *	17:54	5:04 min/km
302	3631	Hautzel Martin		0:50:42	1975	M35	41	0:51:11	16:24 *	16:50 *	17:27	5:04 min/km
303	3552	Almanza Andres		0:50:42	1984	MHK	121	0:50:45	14:16 *	16:51 *	19:34	5:04 min/km
304	2562	Löber Arne	Baskets Lüdenscheid	0:50:47	1992	MHK	122	0:51:19	15:47 *	17:21 *	17:38	5:05 min/km
305	794	Mansel Janke	*Gangelt	0:50:52	1985	MHK	123	0:51:43	16:37 *	16:35 *	17:38	5:05 min/km
306	2599	Madadi-Sanjani Modjtaba	*Frechen	0:50:53	1959	M50	14	0:51:19	17:29 *	16:33 *	16:49	5:05 min/km
307	1265	Strimmer Klaus	*Köln	0:50:55	1967	M45	38	0:51:06	16:03 *	16:42 *	18:09	5:06 min/km
308	1835	Eggert Henning	*Köln	0:51:01	1977	M35	42	0:51:32	16:00 *	17:09 *	17:51	5:06 min/km
309	959	Preuss Simon	*Köln	0:51:04	1976	M35	43	0:51:43	16:06 *	16:57 *	18:00	5:06 min/km
310	3087	Schüller Lennart	*Köln	0:51:09	1991	MHK	124	0:51:44	16:41 *	16:55 *	17:32	5:07 min/km
311	1126	Schmitz Klaus	Mika timing	0:51:15	1977	M35	44	0:51:20	15:27 *	16:59 *	18:48	5:08 min/km
312	2612	Marcarello Antonio	*köln	0:51:17	1971	M40	34	0:51:38	16:12 *	16:13 *	18:51	5:08 min/km
313	159	Bresser Oliver	TÜV Rheinland	0:51:18	1975	M35	45	0:51:48	16:09 *	16:59 *	18:08	5:08 min/km
314	603	Katzwinkel Peter	ASV	0:51:18	1968	M40	35	0:51:58	17:01 *	16:45 *	17:31	5:08 min/km
315	3522	Misere Martin	ASV	0:51:19	1963	M45	39	0:51:42	16:18 *	16:49 *	18:10	5:08 min/km
316	2438	Kothy Jonas	DSHS Köln	0:51:25	1993	MJA	19	0:51:47	16:01 *	19:20 *	16:04	5:09 min/km
317	752	Ley Thomas	Lt Rösratherstraße	0:51:27	1965	M45	40	0:51:53	16:09 *	17:07 *	18:10	5:09 min/km
318	2499	Kus Jan	*Köln	0:51:37	1982	M30	29	0:52:13	16:04 *	17:25 *	18:07	5:10 min/km
319	1552	Bergau Andre	Flexx Fitness	0:51:37	1987	MHK	125	0:51:51	15:39 *	16:44 *	19:14	5:10 min/km
320	1685	Bühl Richard	fronrunner Cologne	0:51:38	1964	M45	41	0:51:52	15:52 *	17:19 *	18:26	5:10 min/km
321	1143	Schneider Sebastian	GruppeB	0:52:17	1986	MHK	126	0:52:54	16:32 *	17:47 *	17:57	5:14 min/km
322	699	Kresing Thomas	TTC Brauweiler	0:52:28	1973	M35	46	0:52:52	16:17 *	16:50 *	19:21	5:15 min/km
323	2765	Övermöhle Matthias	congstar	0:52:33	0	MHK	127	0:52:42	16:05 *	17:22 *	19:05	5:15 min/km
324	1114	Schmidtman Volker	Vorwärts Köln	0:52:38	1963	M45	42	0:52:47	16:14 *	17:30 *	18:53	5:16 min/km
325	1825	Dunst Harald	*Bergisch Gladbach	0:52:46	1961	M50	15	0:53:36	17:15 *	17:19 *	18:12	5:17 min/km
326	1426	Wunsch Frank	Oecher Jong	0:52:49	1975	M35	47	0:53:10	16:27 *	17:47 *	18:34	5:17 min/km
327	3169	Sperling Alexander	DSHS Köln	0:53:08	1992	MHK	128	0:53:27	16:19 *	17:48 *	19:00	5:19 min/km
328	1165	Schütz Volker	BMT Beethovenpark Köln	0:53:15	1969	M40	36	0:53:52	17:37 *	17:23 *	18:14	5:20 min/km
329	146	Brands Andreas	*Köln	0:53:17	1961	M50	16	0:53:52	16:06 *	16:38 *	20:32	5:20 min/km
330	3056	Schneider Jochen	*Leverkusen	0:53:22	1958	M50	17	0:54:12	17:35 *	17:36 *	18:10	5:20 min/km
331	442	Hanson Mathias	GruppeB	0:53:23	1987	MHK	129	0:54:00	16:39 *	17:49 *	18:55	5:20 min/km
332	736	Langensiepen Dr. Günter	Laktatkönige Köln	0:53:24	1946	M65	3	0:54:04	17:31 *	17:35 *	18:17	5:20 min/km
333	2354	Khoroshukhin Daniil	*Düsseldorf	0:53:56	1992	MHK	130	0:56:01	17:04 *	19:32 *	17:19	5:24 min/km

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334	1698	Burgos Alex	*Köln	0:53:59	1970	M40	37	0:54:15	18:07 *	17:23 *	18:28	5:24 min/km
335	818	Mertens Michael	*Mettmann	0:54:07	1980	M30	30	0:54:46	17:35 *	18:08 *	18:24	5:25 min/km
336	2200	Hoch Sebastian	*Köln	0:54:18	1980	M30	31	0:54:55	16:48 *	18:17 *	19:12	5:26 min/km
337	2557	Lippegaus Prof. Dr.	*Köln	0:54:28	1987	MHK	131	0:54:56	16:27 *	18:21 *	19:39	5:27 min/km
338	3035	Schmidt Patrick	Flexx Fitness	0:55:42	1986	MHK	132	0:55:55	16:16 *	18:47 *	20:37	5:34 min/km
339	1831	Edel Jan	*Köln	0:55:47	1983	MHK	133	0:56:31	17:23 *	18:36 *	19:47	5:35 min/km
340	1481	Assen Gerhard	Flexx Fitness	0:55:56	1966	M45	43	0:56:09	16:31 *	19:00 *	20:23	5:36 min/km
341	686	Kramer Hans	*Köln	0:56:11	1986	MHK	134	0:56:42	16:26 *	18:46 *	20:58	5:37 min/km
342	1773	Dickinson Christopher	*Grafschaft	0:56:22	1969	M40	38	0:56:39	16:19 *	19:13 *	20:48	5:38 min/km
343	3061	Schneider Wolfgang	*Bergheim	0:56:27	1954	M55	6	0:56:40	18:17 *	18:24 *	19:45	5:39 min/km
344	1568	Bettmer Bruno	HC Außem	0:56:32	1959	M50	18	0:57:04	17:45 *	18:27 *	20:20	5:39 min/km
345	1739	Czekalla Claus	HC Außem	0:56:40	1963	M45	44	0:57:11	17:46 *	18:28 *	20:25	5:40 min/km
346	33	Artler Franz	MSV Köllefortia	0:56:42	1967	M45	45	0:57:04	17:56 *	18:47 *	19:59	5:40 min/km
347	235	Dern Alexander	AHA	0:56:47	1986	MHK	135	0:57:19	17:47 *	19:53 *	19:07	5:41 min/km
348	1546	Benning Sebastian	*Köln	0:59:05	1980	M30	32	0:59:49	17:23 *	18:51 *	22:50	5:55 min/km
349	2967	Rützel Sebastian	*Köln	1:02:06	1981	M30	33	1:02:42	19:01 *	20:52 *	22:12	6:13 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3162	Soethout Jana	RUNNERS POINT	0:36:10	1989 WHK	1	0:36:11	11:48 * 11:56 * 12:25	3:37 min/km
2	1131	Schmitz-Elvenich Anke	Laufsport Bunert	0:41:11	1971 W40	1	0:41:15	13:13 * 13:31 * 14:26	4:07 min/km
3	3640	Jostock Charlotte	ASV Köln	0:41:41	1988 WHK	2	0:41:44	13:30 * 13:56 * 14:15	4:10 min/km
4	1605	Böhmer Lea	RUNNERS POINT	0:41:42	1984 WHK	3	0:41:47	13:28 * 13:55 * 14:18	4:10 min/km
5	791	Mandt Kristina	Laufsport Bunert	0:41:59	1984 WHK	4	0:42:03	13:31 * 13:56 * 14:32	4:12 min/km
6	472	Heming Lilli	TuS Köln rrh.	0:42:19	1987 WHK	5	0:42:28	14:01 * 13:52 * 14:25	4:14 min/km
7	2184	Hesse Maria	Lauftreff Decksteiner	0:42:59	1982 W30	1	0:43:16	14:01 * 14:12 * 14:45	4:18 min/km
8	1329	Vennemann Anja	*Köln	0:43:26	1985 WHK	6	0:43:35	14:11 * 14:14 * 15:00	4:21 min/km
9	1225	Spielvogel Marlen	LT DSHS Köln	0:43:47	1986 WHK	7	0:43:54	13:51 * 14:33 * 15:22	4:23 min/km
10	666	Kösler Daniela	XTrail-Aktiv	0:43:47	1977 W35	1	0:43:55	13:54 * 14:29 * 15:22	4:23 min/km
11	1315	Urbansky Christine	Laufsport Bunert	0:44:33	1981 W30	2	0:44:42	14:15 * 14:46 * 15:31	4:27 min/km
12	850	Moras Chiara	Gazzetta Runners Club	0:44:40	1980 W30	3	0:44:44	14:14 * 14:59 * 15:26	4:28 min/km
13	182	Burmeister Carmen	DSHS Köln	0:44:42	1980 W30	4	0:45:14	14:51 * 14:31 * 15:19	4:28 min/km
14	1208	Wehrmann Lea	RUNNERS POINT	0:45:08	1991 WHK	8	0:45:20	14:01 * 15:00 * 16:06	4:31 min/km
15	53	Bang Anna	Ren(n) tierchen	0:45:41	1976 W35	2	0:45:51	14:48 * 14:57 * 15:54	4:34 min/km
16	1416	Wohlfahrt Antonia	RUNNERS POINT	0:46:00	1987 WHK	9	0:46:04	14:37 * 15:13 * 16:09	4:36 min/km
17	1774	Dieckhöner Caroline	Der CLUB	0:46:29	1983 WHK	10	0:46:40	14:53 * 15:34 * 16:01	4:39 min/km
18	3331	Valder Sarah	*Köln	0:46:31	1993 WJA	1	0:46:34	14:55 * 15:15 * 16:20	4:39 min/km
19	1198	Servos Ulrike	LAV Habbelrath-Grefrath	0:46:33	1994 WJA	2	0:46:58	15:29 * 15:07 * 15:57	4:39 min/km
20	2933	Roche Liz	EASA Top Runners	0:47:06	1973 W35	3	0:47:17	14:54 * 15:40 * 16:31	4:43 min/km
21	549	Husemann Johanna	*Köln	0:47:16	1982 W30	5	0:47:31	15:32 * 15:33 * 16:10	4:44 min/km
22	2187	Heuchemer Sophie	RUNNERS POINT	0:47:31	1986 WHK	11	0:47:37	14:54 * 15:42 * 16:54	4:45 min/km
23	445	HARK Andrea	*PULHEIM	0:47:32	1960 W50	1	0:47:43	15:09 * 15:44 * 16:39	4:45 min/km
24	465	Heinke Suzie	*Köln	0:48:16	1978 W30	6	0:48:41	15:46 * 15:58 * 16:30	4:50 min/km
25	615	Kelterbaum Christiane	*Frechen	0:48:21	1986 WHK	12	0:48:33	15:52 * 15:50 * 16:37	4:50 min/km
26	933	Pfau Sybille	ISI-RUNNER	0:48:22	1976 W35	4	0:48:32	15:42 * 16:03 * 16:36	4:50 min/km
27	531	Hohage Anna	Ren(n) tierchen	0:48:25	1978 W30	7	0:48:35	15:24 * 16:02 * 16:58	4:51 min/km
28	2434	Korobczuk Anna Lena	*Köln	0:49:06	1992 WHK	13	0:49:44	16:04 * 15:39 * 17:23	4:55 min/km
29	1345	Wagenknecht Anke	ISI-RUNNER	0:49:15	1974 W35	5	0:49:25	15:50 * 16:19 * 17:05	4:56 min/km
30	3361	Volmary Prisca	DSHS Köln	0:49:37	1992 WHK	14	0:50:01	16:07 * 16:22 * 17:07	4:58 min/km
31	1518	Baur Isabel	DSHS Köln	0:49:37	1992 WHK	15	0:49:44	15:55 * 16:19 * 17:22	4:58 min/km
32	1458	Albrecht Friederike	*Köln	0:49:49	1993 WJA	3	0:49:58	16:05 * 16:38 * 17:05	4:59 min/km
33	2302	Junglas Jo	BIS	0:49:57	1965 W45	1	0:50:14	15:43 * 16:35 * 17:39	4:60 min/km
34	2291	Jirsikova Iva	*Köln	0:50:07	1989 WHK	16	0:50:31	16:05 * 16:34 * 17:27	5:01 min/km
35	1035	Röskens Susanne	*Bonn	0:50:08	1980 W30	8	0:50:32	16:06 * 16:41 * 17:20	5:01 min/km
36	1639	Box Charlotte	BIS	0:50:14	1976 W35	6	0:50:31	16:03 * 16:29 * 17:41	5:01 min/km
37	65	Baten Nina	*Köln	0:50:33	1980 W30	9	0:50:58	16:08 * 16:46 * 17:38	5:03 min/km
38	1990	Gehring Svenja	*Köln	0:50:36	1992 WHK	17	0:51:14	16:03 * 16:50 * 17:41	5:04 min/km
39	2560	Liu Pauline	VWL Santas	0:50:40	1988 WHK	18	0:50:59	16:12 * 17:16 * 17:11	5:04 min/km
40	3636	Lamberty Anja		0:51:17	1987 WHK	19	0:51:38	16:12 * 16:13 * 18:51	5:08 min/km
41	1331	Vidalon Peggy	RUNNERS POINT	0:51:27	1970 W40	2	0:51:37	16:17 * 17:15 * 17:55	5:09 min/km
42	541	Huber Katharina	*Köln	0:53:40	1977 W35	7	0:54:15	17:25 * 17:35 * 18:39	5:22 min/km
43	1409	Wingefeld Antje	Kippen Kölsch	0:53:40	1969 W40	3	0:54:16	17:25 * 17:35 * 18:39	5:22 min/km
44	3060	Schneider Silke	*Köln	0:54:21	1985 WHK	20	0:54:34	17:53 * 17:36 * 18:50	5:26 min/km
45	423	Gülpen-Cremer Doris	central-team.de	0:54:30	1962 W50	2	0:54:42	16:47 * 18:04 * 19:38	5:27 min/km
46	782	Lynch Susanne	*Mainz-Kostheim	0:54:31	1967 W45	2	0:55:18	17:46 * 17:53 * 18:51	5:27 min/km
47	191	Butz Gisela	Team Laufcampus	0:55:11	1965 W45	3	0:55:50	17:57 * 17:59 * 19:15	5:31 min/km
48	2435	Kosch Martina	*Köln	0:56:26	1962 W50	3	0:57:12	18:01 * 18:16 * 20:07	5:39 min/km
49	2148	Heinrichs Johanna	*Köln	0:56:51	1988 WHK	21	0:57:25	17:42 * 18:41 * 20:27	5:41 min/km
50	2450	Kraus Jennifer	Friedenstrassler	0:57:51	1982 W30	10	0:58:24	18:46 * 19:08 * 19:57	5:47 min/km
51	2271	Jakob Kathrin	*Burscheid	0:58:13	1989 WHK	22	0:58:42	18:18 * 19:38 * 20:16	5:49 min/km
52	921	Pesch Bettina	MSV Kollifornia	0:59:15	1986 WHK	23	0:59:35	18:45 * 19:52 * 20:37	5:56 min/km
53	922	Pesch Karin	MSV Kollifornia	0:59:16	1986 WHK	24	0:59:35	18:46 * 19:52 * 20:36	5:56 min/km

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54	3461	Wirtz Christiane	*Köln	0:59:49	1966	W45	4	1:00:05	18:17 *	19:50 *	21:41	5:59 min/km
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