

10km - Gesamtwertung

Unilauf Köln - 20. Juni 2012

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	725	El Hachimi Abdelhadi	*Schepdaal	BEL	0:30:59	0:31:00	1	M35	74	07:11 07:31 07:41 07:53
2	1408	Kelly Steve	*Köln	GER	0:31:45	0:31:46	1	MHK	88	07:17 07:37 07:44 08:19
3	769	Makowski Mati	*Köln	GER	0:33:18	0:33:18	2	MHK	88	07:31 08:25 08:22 08:15
4	48	Pupkes Eike	Uni Köln		0:33:44	0:33:46	3	MHK		07:53 08:20 08:22 08:19
5	72	Probst Andreas	RWTH Aachen	GER	0:33:51	0:33:51	4	MHK	85	08:03 08:21 08:18 08:20
6	1154	Joisten Christian	Uni Köln		0:34:03	0:34:04	5	MHK		07:55 08:18 08:24 08:40
7	2728	Gröne Michael	RWTH Aachen		0:34:03	0:34:05	6	MHK	87	08:09 08:22 08:23 08:23
8	2444	Zeller Sebastian	Uni Köln		0:34:20	0:34:20	7	MHK		07:54 08:19 08:25 08:47
9	62	Peters Marius	RWTH Aachen		0:34:41	0:34:42	8	MHK	88	08:16 08:26 08:40 08:35
10	2300	Mutterer Julian	Uni Köln	GER	0:34:48	0:34:49	9	MHK	88	07:54 08:21 08:50 08:53
11	73	Werker Markus	RWTH Aachen	GER	0:34:58	0:34:59	10	MHK	86	07:56 08:29 08:54 08:51
12	682	Meyer Tobias	Kölner Triathlon Team 01	GER	0:35:22	0:35:24	11	MHK	90	08:15 08:30 08:48 08:59
13	697	von Kuk Carsten		GER	0:35:29	0:35:30	1	M45	67	08:22 08:47 08:45 08:45
14	2583	Ackermann Johann	Laufsport Bunert	GER	0:35:55	0:35:55	12	MHK	84	07:55 08:34 09:22 09:13
15	2603	Wiese Stefan	Uni Münster	GER	0:35:56	0:35:57	13	MHK	84	08:10 08:51 09:07 09:00
16	699	Naundorf Lars		GER	0:36:04	0:36:04	2	M35	75	08:10 08:51 09:08 09:00
17	684	Fischer Gert	ASV Köln Triathlon	GER	0:36:13	0:36:14	3	M35	74	08:31 08:47 08:58 09:06
18	61	Derksen Jan	RWTH Aachen		0:36:31	0:36:34	14	MHK	90	08:40 08:59 09:08 08:58
19	677	Nolte Benedikt	Laufsport Bunert	GER	0:36:32	0:36:34	1	M30	78	08:38 09:06 09:02 09:02
20	1067	Sixtus Florian	Mach 3 Köln e.V.	GER	0:36:36	0:36:37	4	M35	73	08:33 09:01 09:12 09:02
21	2606	Machuner Marcel	Uni Münster	GER	0:37:12	0:37:13	2	M30	82	08:41 09:16 09:14 09:08
22	2025	Jürgens Jonas	Die weißen Äthiopier	GER	0:37:17	0:37:33	15	MHK	86	08:48 09:07 09:24 09:07
23	36	Merle Marco	Uni Bonn		0:37:28	0:37:30	16	MHK	84	08:28 09:10 09:26 09:31
24	1115	Essmann Thomas	Spaßfaktor	GER	0:37:29	0:37:30	5	M35	76	08:43 09:00 09:17 09:37
25	0	Liebsch Ulrich		DEU	0:37:34	0:37:36	1	M55	57	08:44 09:12 09:27 09:21
26	892	Ley Jürgen	Central-Team	GER	0:37:44	0:37:45	1	M40	71	08:46 09:11 09:26 09:27
27	938	Neubauer Dominik	DLR e.V.	GER	0:37:45	0:37:47	3	M30	80	08:39 09:11 09:23 09:36
28	51	Dröghoff Michael	Uni Wuppertal		0:37:52	0:37:56	4	M30	82	08:58 09:15 09:28 09:20
29	1194	Schmidtman Volker	Vorwärts Köln	GER	0:37:56	0:37:56	2	M45	63	09:07 09:22 09:23 09:15
30	1127	Zopes David	Team Sanjay Sunshine	GER	0:38:00	0:38:02	17	MHK	84	09:11 09:22 09:22 09:15
31	968	Neuhauser Andreas	HaWaiin_Runnings	GER	0:38:38	0:38:41	18	MHK	85	08:42 09:18 09:44 10:00
32	757	Kräker Thorsten	*Köln	GER	0:38:47	0:38:50	2	M40	69	09:15 09:37 09:39 09:24
33	997	Hennigs Ben	Kölner Triathlon Team 01	GER	0:38:50	0:38:52	5	M30	80	08:51 09:32 09:41 09:49
34	1473	Meyer Daniel	*Köln	GER	0:38:58	0:39:21	19	MHK	89	09:16 09:16 09:41 09:48
35	1010	Herrera Felix	KTT 01	GER	0:39:03	0:39:05	20	MHK	89	08:45 09:38 10:03 09:53
36	878	Poischen Thomas	BSG RheinEnergie	DEU	0:39:04	0:39:09	3	M40	70	09:11 09:36 09:43 09:41
37	1912	Ostendorf Daniel	Cologne Internationals	GER	0:39:05	0:39:10	21	MHK	87	08:47 09:41 10:08 09:38
38	59	Bielefeld Philipp	RWTH Aachen		0:39:06	0:39:08	22	MHK	90	09:08 09:43 09:46 09:42
39	891	Elskamp Gregor	Central-Team	GER	0:39:11	0:39:11	4	M40	71	09:29 09:34 09:34 09:36
40	1046	Theißen Michael	Laufftreff Hersel	GER	0:39:12	0:39:15	1	M50	59	09:24 09:42 09:41 09:37
41	726	Esch David	*Köln	GER	0:39:17	0:39:20	23	MHK	91	09:00 09:42 10:05 09:39
42	2268	Rehberg Felix	Prothetik@uk-koeln.de	GER	0:39:30	0:39:30	24	MHK	89	09:05 09:31 10:06 09:54
43	1940	Scheffler Rodolfo	Cologne Internationals	MEX	0:39:33	0:39:37	25	MHK	89	09:19 09:50 09:50 09:46
44	1805	Almanza Andres	Cologne Internationals	MEX	0:39:35	0:39:49	26	MHK	84	09:31 09:40 09:57 09:41
45	707	Bergbauer Knut	*Köln	GER	0:39:49	0:39:54	2	M50	62	09:13 09:45 09:55 09:58
46	774	Miller Patrick	*Leverkusen	GER	0:39:56	0:39:57	27	MHK	85	08:57 09:46 10:07 10:14
47	675	Fresenborg Mike		GER	0:40:00	0:40:03	5	M40	70	09:19 09:50 09:56 10:03
48	1141	Rumpel Florian	TriathlonSteckelCologne	GER	0:40:02	0:40:05	6	M30	79	09:37 09:48 09:56 09:50
49	980	Eggers Sven	Köln Triathlon	GER	0:40:06	0:40:09	6	M40	72	09:09 09:52 10:01 10:05
50	1038	Seiferth Kay	Laufmonster	GER	0:40:21	0:40:30	3	M45	66	09:21 09:58 10:05 10:00
51	1168	Schneider Guido	Urologie		0:40:21	0:40:26	28	MHK		09:50 09:58 09:52 09:48
52	1050	Häusler Christoph	liveResults	GER	0:40:23	0:40:30	29	MHK	85	09:24 10:00 10:11 09:52
53	1123	Franitza Marek	Team CCG	GER	0:40:30	0:40:41	6	M35	76	09:50 09:50 09:56 10:00
54	149	Bahr Florian		GER	0:40:30	0:40:32	7	M30	82	09:20 09:56 10:04 10:11
55	2169	Sagroda Jonas	KVB Ole Ole		0:40:33	0:40:44	1	MJA	94	09:26 09:52 10:15 10:13
56	1023	Weiß Matthias	KVB Ole Ole	DEU	0:40:34	0:40:45	7	M40	70	09:30 09:56 10:07 10:13
57	1104	Schütt Jannik	Ruhr-Uni Bochum	GER	0:40:39	0:40:44	30	MHK	91	09:54 10:16 10:22 09:22
58	1505	Oehler Matthias	*Köln	GER	0:41:02	0:41:07	31	MHK	85	09:26 09:49 10:14 10:42
59	1210	Hoevens Godehard	www.kuebler-sport.de	GER	0:41:03	0:41:06	4	M45	66	09:25 10:05 10:17 10:21
60	1927	Rekers Jasper	Cologne Internationals	NEL	0:41:04	0:41:07	32	MHK	88	09:24 10:16 10:22 10:10

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Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
61	2226	Pristup Alexander	MediRunners-Cologne	GER	0:41:04	0:41:08	33	MHK	88	09:10	10:02	10:29	10:35
62	1334	Geulen Tobias	*Bonn	GER	0:41:07	0:41:09	34	MHK	91	09:44	09:53	10:03	10:30
63	2267	Pristup Julij	Prothetik@uk-koeln.de	GER	0:41:08	0:41:08	35	MHK	88	09:13	10:02	10:29	10:35
64	2431	Plaschke Christopher	Turbostart(er)	GER	0:41:21	0:41:32	36	MHK	89	09:55	10:09	10:15	10:08
65	1946	Schneider Frank	Cologne Internationals	GER	0:41:22	0:41:32	8	M30	82	09:36	10:05	10:31	10:14
66	2231	Stemler Jannik	MediRunners-Cologne	GER	0:41:25	0:41:33	37	MHK	89	09:35	10:14	10:31	10:12
67	2224	Matthies Johannes	MediRunners-Cologne	GER	0:41:28	0:41:35	38	MHK	90	09:36	10:14	10:31	10:12
68	2608	Döring Julian	Uni Münster	GER	0:41:29	0:41:30	39	MHK	91	09:18	10:13	10:32	10:32
69	41	Waldvogel Benedikt	Uni Bonn		0:41:35	0:41:40	40	MHK	85	09:17	10:00	10:15	11:01
70	30	Alberti Andrea	Uni Bonn		0:41:37	0:41:40	9	M30	82	09:11	10:06	10:27	10:24
71	0	unbekannt DY5ZKXD			0:41:39	0:41:40	41	MHK		09:12	10:07	10:27	10:26
72	740	Gisart Sebastian	*Lohmar	GER	0:41:40	0:41:45	10	M30	79	09:12	10:06	10:24	10:57
73	1157	Beil David	Urologie		0:41:40	0:41:43	42	MHK		09:13	10:12	11:02	10:09
74	1589	Schrot Jonas	*Münster	GER	0:41:56	0:42:09	43	MHK	91	09:41	10:08	10:56	10:16
75	1194	Schmidtman Volker	Vorwärts Köln	GER	0:41:57	0:42:03	5	M45	63	09:39	10:15	10:33	10:32
76	920	Pleuß Jörn	Cologne Internationals	GER	0:42:03	0:42:05	44	MHK	84	09:48	10:26	10:41	10:15
77	2072	Kröger Jan-Florian	Hochschule Bonn-Rhein-Sieg	GER	0:42:05	0:42:09	45	MHK	90	09:54	10:17	10:22	10:39
78	1930	Ropertz Peter	Cologne Internationals	GER	0:42:09	0:42:31	46	MHK	86	10:32	10:15	10:15	10:10
79	2739	von Spiczak Jochen	Uni Münster		0:42:13	0:42:15	11	M30	79	09:18	09:35	11:33	10:52
80	2319	Johnson Dr. Kevin	Running Elements	GER	0:42:13	0:42:24	6	M45	64	10:28	10:09	10:15	10:22
81	2066	Hausmann Frederic	Hochschule Bonn-Rhein-Sieg	GER	0:42:17	0:42:24	47	MHK	87	09:58	10:13	10:35	10:32
82	1139	Kohnen Jan	TriathlonSteckelCologne	GER	0:42:19	0:42:22	48	MHK	89	08:52	10:18	11:24	10:46
83	1381	Heyer Felix	*Köln	GER	0:42:21	0:42:37	49	MHK	88	10:28	10:09	10:17	10:30
84	1336	Gläsel Erik	*Köln	GER	0:42:22	0:42:37	50	MHK	87	10:28	10:09	10:17	10:30
85	1372	Henscheid Jonas	*Ruppichterroth	GER	0:42:22	0:42:24	51	MHK	91	09:59	10:18	10:12	10:08
86	1548	Rimkus Felix	*Köln	GER	0:42:29	0:42:53	52	MHK	85	10:44	10:26	10:22	10:04
87	68	Arndt Michael			0:42:33	0:42:45	53	MHK	90	10:37	10:18	10:27	10:14
88	1226	Andresen Michael	*Hürth	GER	0:42:37	0:42:46	54	MHK	86	10:11	10:36	10:45	10:10
89	1042	Müller Kai	laufrausch köln	GER	0:42:37	0:42:37	12	M30	79	10:26	10:30	10:32	10:16
90	2393	Kreutzer Matthias	The Rocketman Project 2.0	GER	0:42:40	0:42:59	13	M30	80	10:03	10:12	10:37	10:41
91	1084	Steil Heiko	o2 runners	GER	0:42:41	0:42:52	7	M35	76	10:11	10:25	10:40	10:32
92	1305	Emig Dr. Thorsten	*Paris	GER	0:42:44	0:42:48	8	M40	69	09:36	10:24	10:51	10:50
93	1504	Odenthal Sascha	*Köln	GER	0:42:48	0:42:48	55	MHK	84	10:25	10:25	10:31	10:30
94	1759	Hecker Dirk	BRUNATA	GER	0:42:48	0:42:59	8	M35	74	10:03	10:20	10:36	10:50
95	1358	Hartwig Matti	*Dessau	GER	0:42:54	0:43:03	56	MHK	88	09:57	10:31	10:47	10:41
96	1483	Müller Jens matthias	*köln	GER	0:42:54	0:43:01	9	M35	77	09:58	10:16	11:02	10:37
97	1172	Behle Stefan	Valium i.V.	GER	0:42:54	0:42:55	57	MHK	88	09:45	10:18	10:58	10:52
98	1667	Weiche Benjamin	*Köln	GER	0:42:58	0:43:10	58	MHK	84	10:27	10:20	10:42	10:34
99	838	Gillmann Lukas	aCRM	GER	0:43:01	0:43:09	14	M30	81	09:57	10:20	10:45	10:57
100	1728	Forge Ralf	Bonn Internationals	GER	0:43:06	0:43:16	59	MHK	87	09:43	10:32	10:53	11:00
101	1137	Fiedler Jens	TRACE	GER	0:43:07	0:43:24	10	M35	77	10:09	10:33	10:38	10:46
102	718	Cvejanov Aleksandar	*Köln	GER	0:43:08	0:43:19	11	M35	74	10:25	10:30	10:40	10:37
103	1094	Blank Björn	Rheinland Raffinerie	GER	0:43:09	0:43:23	12	M35	76	10:22	10:22	10:41	10:44
104	940	Arndt Hartmut	Düne 7	GER	0:43:13	0:43:17	2	M55	57	10:15	10:31	10:42	10:47
105	1319	Franklin Jeremy	*Kerpen	GER	0:43:21	0:43:30	3	M50	59	10:17	10:31	10:44	10:49
106	1043	Richter Henning	laufrausch köln	GER	0:43:22	0:43:34	13	M35	74	10:02	10:40	10:50	10:54
107	1045	Zwior Lukas	laufrausch köln	GER	0:43:25	0:43:25	60	MHK	89	09:42	10:25	11:03	11:12
108	1560	Sälzer Daniel	prothetik@uk-koeln.de	GER	0:43:26	0:43:26	61	MHK	87	10:03	10:24	11:00	10:56
109	2004	Duttlinger Pasqual	Die Klinsis	GER	0:43:32	0:43:41	62	MHK	86	11:14	10:49	10:24	10:09
110	1047	Waschke Benjamin	Lauschkultur e.V.	GER	0:43:35	0:43:47	15	M30	81	10:02	10:33	11:02	10:59
111	1487	Muhr Michel	*Unna	GER	0:43:37	0:43:49	63	MHK	92	10:32	10:25	10:46	10:59
112	2170	Schmalt Hermann	KVB Ole Ole	GER	0:43:40	0:43:55	3	M55	53	10:24	10:37	10:47	10:51
113	54	Kühnemann Matthias	Uni Wuppertal		0:43:40	0:43:59	64	MHK	90	11:17	10:45	10:27	10:19
114	1100	Dworski Peter	rodgrad med flode	GER	0:43:46	0:43:52	65	MHK	85	10:48	10:33	10:37	10:48
115	1025	Blieschies Rüdiger	Laktatkönige	GER	0:43:50	0:43:53	4	M50	62	10:23	10:48	10:55	10:47
116	1076	Beyer Heinrich	Mirkos Running-Team	GER	0:43:50	0:44:00	4	M55	56	10:39	10:41	10:50	10:37
117	890	Bornemann Thomas	Central-Team	GER	0:43:54	0:43:56	9	M40	68	10:12	10:54	11:00	10:53
118	841	Seebahn Lars-Ole	aCRM	GER	0:43:56	0:44:03	16	M30	80	10:05	10:44	11:04	11:05
119	702	Bäker Thomas	*Köln	GER	0:43:56	0:44:04	7	M45	64	10:20	10:46	10:57	10:55
120	1419	Klauck Felix	*Köln	GER	0:43:56	0:44:05	66	MHK	89	10:05	10:36	11:03	11:21

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Unilauf Köln - 20. Juni 2012

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	1608	Spannagel Tim	*Köln	GER	0:43:56	0:44:14	67	MHK	91	10:55	10:28	10:36	11:00	
122	2188	Decker Maurice	LSC	LUX	0:43:57	0:44:30	68	MHK	86	10:29	10:17	11:43	10:37	
123	1340	Gros Sven	*Köln	GER	0:43:59	0:44:09	69	MHK	85	10:27	10:31	10:54	11:06	
124	792	Schmidt Bodo	*Gummersbach	GER	0:44:09	0:44:13	5	M55	54	10:07	10:49	11:05	11:12	
125	1306	ENCARNACION Dr. PABLO	*Köln	ESP	0:44:10	0:44:21	17	M30	82	10:22	10:47	11:03	10:57	
126	1888	Lucas Christian	Cologne Internationals	GER	0:44:11	0:44:20	18	M30	79	10:51	10:40	10:51	10:52	
127	900	Martin Trzaskalik	cleverbrigde AG roadrunners		0:44:12	0:44:12	14	M35	73	10:44	10:52	10:57	10:50	
128	2070	Knörr Prof. Dr. Sebastian	Hochschule Bonn-Rhein-Sieg	GER	0:44:13	0:44:26	70	MHK	86	10:48	10:28	11:07	10:49	
129	1666	Weber Thomas	*Köln	GER	0:44:13	0:44:55	71	MHK	91	12:00	10:29	10:27	10:21	
130	2307	Maurer Sam	Rosenzweig Runners	GER	0:44:13	0:44:17	1	MJB	96	09:20	11:10	11:22	11:24	
131	1031	Lönhardt Michael	Laktatkönige	GER	0:44:16	0:44:22	5	M50	61	10:28	10:40	11:00	11:07	
132	67	Pesch Simon	Power Rangers		0:44:17	0:44:17	72	MHK	89	10:47	10:43	11:02	10:49	
133	1423	Kleiner Ricardo	*Köln	GER	0:44:19	0:44:35	73	MHK	89	10:21	10:53	11:07	11:05	
134	1537	Reininghaus Jan	*Aachen	GER	0:44:21	0:44:37	74	MHK	84	10:52	10:55	10:52	10:44	
135	1124	Dethlefs Wilfried	Team Erdinger Alkoholfrei	GER	0:44:23	0:44:28	6	M55	56	10:26	10:57	10:59	11:01	
136	1145	Kammler Reinhard	TSV Weiss-Köln	GER	0:44:29	0:44:29	8	M45	63	10:11	10:54	11:15	11:07	
137	761	Lersch Daniel	*Köln	GER	0:44:30	0:44:51	75	MHK	83	11:02	10:52	11:00	10:43	
138	1250	Bomhard Philipp	*Bonn	GER	0:44:31	0:44:55	76	MHK	89	11:07	10:58	10:54	10:40	
139	1193	Eisermann Stephan	Vorwärts Köln	GER	0:44:35	0:44:43	9	M45	66	10:18	11:03	11:14	11:00	
140	783	Quezada Akamitl	*Bochum	MEX	0:44:38	0:44:41	77	MHK	83	10:20	11:14	11:20	10:54	
141	1568	Scheffler Lukas	*Köln	GER	0:44:40	0:44:45	78	MHK	87	10:03	10:56	11:24	11:21	
142	1923	Radis Christos	Cologne Internationals	GER	0:44:42	0:45:01	79	MHK	88	10:59	10:29	11:19	11:05	
143	2451	Bippus Joachim	Urologie		0:44:43	0:44:48	80	MHK		10:27	10:56	11:09	11:14	
144	1069	Schneider Markus	MACH3 Köln e.V.	GER	0:44:46	0:44:48	19	M30	78	10:37	10:42	11:10	11:23	
145	1581	Schmidts Fabian	*Köln	GER	0:44:46	0:45:01	81	MHK	92	10:53	11:09	11:08	10:42	
146	1534	Rehbach Tristan	*Köln	GER	0:44:50	0:45:03	82	MHK	90	10:57	10:59	11:05	10:53	
147	1143	Isbaner Wolfgang	TSV Bayer 04 Lauftreff	GER	0:44:52	0:44:58	7	M55	54	10:31	11:08	11:12	11:05	
148	2564	Orbach Dominik	Cologne Internationals		0:44:52	0:45:05	83	MHK	88	10:13	11:12	11:24	11:03	
149	34	Fahrmann Eckehard	Uni Bonn		0:44:53	0:44:57	84	MHK	89	09:56	10:33	11:43	11:50	
150	836	Benner Frank	aCRM	GER	0:44:54	0:45:01	10	M45	64	09:57	10:57	11:30	11:29	
151	2552	Yassin Tarreq	prothetik@uk-koeln.de		0:44:57	0:44:57	85	MHK	91	09:57	11:11	11:32	11:13	
152	1417	Klasen Niklas	*Köln	GER	0:44:58	0:45:10	86	MHK	91	10:49	11:07	10:59	11:00	
153	1150	Krämer Oliver	TV1848 Mönchengladbach	GER	0:44:58	0:45:06	10	M40	70	10:00	11:03	11:21	11:34	
154	951	Cremer Jürgen	FC Deutsche Post	GER	0:44:58	0:45:04	6	M50	62	10:53	11:02	11:01	11:02	
155	1138	Börger Andre	TriathlonSteckelCologne	GER	0:44:59	0:45:37	11	M40	71	10:39	10:46	11:16	11:15	
156	851	Dirk Cornelius	Bonn Internationals	GER	0:44:59	0:45:02	87	MHK	84	10:17	10:58	11:39	11:12	
157	815	Weckbecker Marcel	*Köln	GER	0:45:01	0:45:24	20	M30	79	10:49	11:00	11:09	11:01	
157	759	Ladwig Henning	*Köln	GER	0:45:01	0:45:24	88	MHK	89	10:42	11:00	11:18	11:06	
159	1041	Laber Gerson	laufrausch köln	GER	0:45:02	0:45:15	21	M30	81	10:17	10:54	11:24	11:25	
160	767	Lorre Marcus	*Bad Münstereifel	GER	0:45:03	0:45:21	89	MHK	89	10:49	11:04	11:09	11:05	
161	970	Klein Sebastian	Hochschule Bonn-Rhein-Sieg	GER	0:45:03	0:45:18	90	MHK	89	10:34	21:50	00:00	00:00	
162	2012	Bestgen Daniel Romain	Die Stecher	LUX	0:45:03	0:45:56	91	MHK	88	12:39	10:32	10:32	10:24	
163	1680	Wittke Florian	*Hürth	GER	0:45:04	0:45:52	92	MHK	90	11:07	10:59	11:18	10:51	
164	2186	Umbach Thorsten	LKW-Schorse	GER	0:45:07	0:45:14	93	MHK	85	10:21	11:05	11:29	11:14	
165	960	Klein Norman	Frontrunner Cologne	GER	0:45:07	0:45:15	15	M35	74	10:48	11:14	11:08	10:57	
166	1969	Von Lieres Julien	Cologne Internationals	GER	0:45:07	0:45:21	94	MHK	90	10:08	10:31	11:46	11:44	
167	2351	Perrar Jan	Steuerheye	GER	0:45:08	0:45:31	95	MHK	87	11:09	11:01	11:15	10:52	
168	862	Bemmann Ulrich	BSG RheinEnergie	GER	0:45:12	0:45:34	11	M45	67	10:41	10:58	11:13	11:16	
169	2007	Wurth David	Die Klinsis	GER	0:45:13	0:45:22	96	MHK	86	11:14	11:08	11:01	10:50	
170	1325	Gante Carsten	*Köln	GER	0:45:14	0:45:25	12	M40	71	11:12	11:00	11:04	10:58	
171	1959	Spruck Stefan	Cologne Internationals	GER	0:45:15	0:45:27	22	M30	82	10:46	11:01	11:23	11:13	
172	2271	Jagdfeld Nils	ready2spin - DJ Academy	GER	0:45:15	0:45:36	23	M30	82	10:17	10:47	11:19	11:44	
173	976	Kretschmer Holger	IGC 2024		0:45:16	0:45:22	16	M35	75	10:33	10:55	11:19	11:28	
174	1519	Pietsch Lutz	*Simmerath	GER	0:45:19	0:45:27	24	M30	78	11:07	11:05	11:08	11:03	
175	1818	Briem Maximilian	Cologne Internationals	GER	0:45:20	0:45:42	97	MHK	86	10:58	11:10	11:16	11:04	
176	1629	Stüttem Etienne	*Köln	GER	0:45:20	0:45:23	98	MHK	85	10:00	11:23	11:57	11:10	
177	981	Bucerius Martin	Kölner Bank		0:45:22	0:46:28	99	MHK	84	11:27	10:56	11:09	10:56	
178	1730	Frechen Ferdinand	Bonn Internationals	GER	0:45:24	0:45:38	7	M50	61	10:42	11:13	11:13	11:14	
179	1131	Bützer Peter	The Rocketman Project 2.0	GER	0:45:24	0:45:28	25	M30	78	09:55	11:19	11:37	11:32	
180	2097	Willmes Christian	IGC 2031		0:45:24	0:45:28	26	M30	80	10:15	10:34	11:03	10:41	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	953	Tombeux Rene	FC Deutsche Post	GER	0:45:26	0:45:32	17	M35	75	10:20	11:03	11:21	11:39	
182	2074	Samotyja Jacek	Hochschule Bonn-Rhein-Sieg	GER	0:45:27	0:45:30	100	MHK	83	10:51	10:59	11:32	11:11	
183	1182	Luelf Manfred	Valium i.V.	GER	0:45:29	0:45:35	8	M55	56	10:58	11:03	11:09	11:15	
184	1862	Kapellmann Zafra Daniel	Cologne Internationals	GER	0:45:29	0:45:39	101	MHK	89	10:51	11:04	11:15	11:21	
185	2221	Eller Dominik	MediRunners-Cologne	GER	0:45:30	0:45:47	102	MHK	89	10:52	10:58	11:10	11:28	
186	1296	Dwielies Timo	*Junkersdorf	GER	0:45:33	0:45:48	103	MHK	91	10:53	10:55	11:08	11:33	
187	1396	Jahn Nils	*Köln	GER	0:45:33	0:45:40	104	MHK	87	10:17	11:14	11:56	11:14	
188	1637	Thomas Jakob	*Brühl	GER	0:45:33	0:45:56	105	MHK	89	11:30	11:30	10:42	10:58	
189	1015	Gassen-Wendler Frank	KVB Ole Ole		0:45:35	0:45:51	8	M50	60	10:22	11:01	11:34	11:38	
190	2729	Hartwig Matti	FH Bonn RheinSieg		0:45:40	0:45:41	106	MHK	88	10:06	11:11	11:41	11:39	
191	1811	Bantel Oliver	Cologne Internationals	GER	0:45:41	0:46:33	27	M30	81	11:57	10:55	10:52	11:02	
192	813	Von Holtum Viktor	*Köln	GER	0:45:41	0:45:52	28	M30	78	10:24	10:31	11:33	12:05	
193	833	Grimm Manfred	1. Kölner Laufstall	GER	0:45:42	0:45:53	9	M50	62	10:57	10:53	11:18	11:33	
194	2593	Frisch Markus	RheinEnergie Marathon Köln	GER	0:45:44	0:45:47	13	M40	68	10:21	11:12	11:44	11:24	
195	1576	Schledde Felix	*Köln	GER	0:45:46	0:45:50	107	MHK	87	10:09	11:15	11:32	11:47	
196	1108	Huberty Dr. Thomas	Saga-Team	GER	0:45:49	0:45:57	18	M35	73	10:26	11:09	11:33	11:37	
197	2126	Jolk Hendrik	Kölner Bank		0:45:55	0:45:55	1	MSA	99	09:44	10:56	12:01	12:13	
198	2469	Haase Ansgar	Valium i.V.	GER	0:45:57	0:46:03	19	M35	74	10:42	11:16	11:42	11:26	
199	1715	Bonus Alfons	Alfons Bonus	GER	0:45:59	0:46:03	1	M65	47	10:47	11:08	11:24	11:38	
200	814	Weber Dominic	*Köln	GER	0:46:02	0:46:26	29	M30	80	11:12	11:22	11:24	11:07	
201	1543	Richter Benjamin	*Köln	GER	0:46:02	0:46:03	108	MHK	91	10:21	10:43	12:04	11:56	
202	2423	Dahmen Robert	TSV Schabau	GER	0:46:04	0:46:43	30	M30	80	11:00	10:23	10:44	10:09	
203	1029	Kunert Egbert	Laktatkönige	GER	0:46:04	0:46:11	10	M50	60	10:52	11:12	11:22	11:32	
204	1234	Bauduin Daniel	*Köln	GER	0:46:05	0:46:32	109	MHK	85	11:01	11:08	11:26	11:31	
205	2457	Kintzele Laurent	Urologie		0:46:05	0:46:38	110	MHK		10:50	11:02	11:33	11:36	
206	1058	Wolf Harald	LT Decksteiner Weiher	GER	0:46:06	0:46:07	12	M45	67	10:17	11:16	11:36	11:57	
207	670	Müller-Dechent Christoph	KölnAlumni		0:46:08	0:46:11	111	MHK	85	10:08	11:27	11:50	11:46	
208	787	Sanno Maximilian	*Köln	GER	0:46:10	0:46:13	112	MHK	85	09:48	11:18	12:11	11:53	
209	1369	Heldt Dr. Christian	*Köln	GER	0:46:10	0:46:29	14	M40	70	10:41	11:10	11:32	11:45	
210	1594	Schwarz Lukas	*Aachen	GER	0:46:10	0:46:11	113	MHK	91	10:21	11:10	11:37	11:58	
211	1433	Krampf Mario	*Erfstadt Lechenich	GER	0:46:11	0:46:12	114	MHK	89	10:21	11:10	11:37	11:58	
212	1600	Simon Volker	*Köln	GER	0:46:11	0:46:15	20	M35	77	10:40	11:07	11:38	11:44	
213	1171	Baum Jürgen	Valium i.V.	GER	0:46:15	0:46:19	1	M60	49	10:51	11:19	11:33	11:35	
214	2185	Liaptsis Georgios	LKW-Schorse	GER	0:46:15	0:46:22	31	M30	81	10:34	11:17	11:50	11:33	
215	1322	Frese Sven-Markus	*Korbach	GER	0:46:15	0:46:24	115	MHK	87	11:13	11:12	11:35	11:19	
216	959	Heger Dr. Steffen	Frontrunner Cologne	GER	0:46:17	0:46:25	13	M45	64	10:31	11:01	11:37	11:56	
217	1083	Peigné André	o2 runners	FRA	0:46:18	0:46:29	32	M30	80	10:40	11:25	11:39	11:34	
218	2220	Boll Markus	MediRunners-Cologne	GER	0:46:18	0:46:36	116	MHK	88	11:34	11:16	11:28	11:03	
219	853	Lenz Matthias	Bonn Internationals	GER	0:46:19	0:46:33	11	M50	58	10:57	11:12	11:40	11:27	
220	1202	Carl Jens	WiSo Warriors	GER	0:46:21	0:46:39	117	MHK	88	10:43	11:13	11:33	11:44	
221	2276	Scholten Jan	RFH Köln	GER	0:46:22	0:46:43	118	MHK	88	11:15	11:01	11:25	11:46	
222	916	Kukwa Christian	Cologne Internationals	GER	0:46:22	0:46:26	33	M30	82	10:19	11:24	11:43	11:55	
223	1892	Makline Benjamin	Cologne Internationals	GER	0:46:22	0:46:45	119	MHK	83	11:35	11:24	11:06	11:21	
223	2400	Duivenvoorden Kasper	TriathlonSteckelCologne	GER	0:46:22	0:46:37	119	MHK	86	10:59	10:58	11:57	11:35	
225	1173	Coenen Theo	Valium i.V.	GER	0:46:25	0:46:31	9	M55	56	10:58	11:16	11:31	11:36	
226	913	Kohtes Robert	Cologne Internationals	GER	0:46:27	0:46:49	121	MHK	83	11:35	11:24	11:06	11:22	
227	2361	Laue Florian	Team CCG	GER	0:46:27	0:46:37	122	MHK	84	10:53	11:15	11:47	11:32	
228	1165	Müller Johannes	Urologie		0:46:29	0:46:34	123	MHK		10:55	11:16	11:48	11:32	
229	1466	Mathey Philipp	*Hürth	GER	0:46:30	0:46:51	124	MHK	88	10:53	11:14	11:42	11:38	
230	1129	Verch Marco	Team Trusted	GER	0:46:32	0:46:37	34	M30	81	11:06	11:37	11:22	11:29	
231	896	Barr David	cleverbrigde AG roadrunners		0:46:34	0:46:49	125	MHK	83	11:02	11:27	11:33	11:29	
232	1201	Winkelhausen Jörg	Whisky-Club	GER	0:46:35	0:46:47	21	M35	77	11:00	11:24	11:44	11:35	
233	850	Büscher Prof. Dr. Wolfgang	Bonn Internationals	GER	0:46:35	0:46:57	12	M50	62	11:10	11:14	11:30	11:40	
234	919	Maus Johannes	Cologne Internationals	GER	0:46:39	0:46:55	126	MHK	89	10:28	11:03	11:54	12:22	
235	2727	Ritter Johannes			0:46:40	0:46:47	14	M45	65	09:37	11:45	12:24	11:47	
236	1924	Ramon Codina	Cologne Internationals	GER	0:46:40	0:46:43	127	MHK	89	11:08	11:05	11:46	11:46	
237	1310	Esteras Luis	Bonn Internationals	ESP	0:46:40	0:47:33	128	MHK	84	10:40	11:02	11:46	11:55	
238	1437	Kühl Matthias	*Windhagen	GER	0:46:41	0:47:02	129	MHK	89	10:38	11:31	12:05	11:31	
239	854	Lohmüller Jan Carsten	Bonn Internationals	GER	0:46:43	0:46:51	130	MHK	90	10:19	11:19	11:47	12:11	
240	1293	Duikers Jan	*Düsseldorf	GER	0:46:43	0:46:48	22	M35	77	10:57	11:15	11:48	11:46	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	1717	Hoppe Stefan	ATV Köln	GER	0:46:44	0:46:54	131	MHK	89	10:40	11:15	11:56	11:57	
242	2205	Kamper Matthias	Matrix Runners	GER	0:46:45	0:46:51	132	MHK	86	10:30	11:15	11:51	12:07	
243	2227	Renner René-Amadeus	MediRunners-Cologne	GER	0:46:47	0:47:03	133	MHK	89	10:36	11:29	12:08	11:30	
244	2284	Hamacher Georg	Rheinland Raffinerie	GER	0:46:50	0:47:27	15	M45	64	11:56	11:10	11:15	11:25	
245	1795	Zons Gregor	Cologne Comparators	GER	0:46:50	0:47:11	134	MHK	83	10:47	11:12	11:45	12:01	
246	1017	Lautwein Sascha	KVB Ole Ole	GER	0:46:50	0:47:11	35	M30	78	10:51	11:21	11:34	12:00	
247	2297	Potthast Cornel	rodgrad med flode	GER	0:46:51	0:46:59	135	MHK	85	11:00	11:22	11:55	11:32	
248	1021	Otto Ewald	KVB Ole Ole		0:46:51	0:47:11	13	M50	58	10:54	11:19	11:35	11:58	
249	1024	Beuscher Armin	Laktatkönige	GER	0:46:52	0:46:58	14	M50	58	11:07	11:24	11:40	11:38	
250	1654	Vogel Jens	prothetik@uk-koeln.de	GER	0:46:52	0:46:52	36	M30	82	10:03	11:55	12:04	11:52	
251	1709	Santamaria Araujo Jose	AG Schwarz		0:46:53	0:48:27	23	M35	76	12:36	11:20	11:07	10:49	
252	2571	Müller Christian	Die Glorreichen 7+		0:46:55	0:47:12	136	MHK	89	11:19	11:33	11:38	11:22	
253	723	Drewniok Stephan	*Käln	GER	0:47:00	0:47:14	24	M35	74	11:19	11:33	12:18	10:57	
254	847	Petrovic Günter	asv-köln	GER	0:47:01	0:47:06	2	M60	50	10:37	11:29	11:52	11:54	
255	1469	Mengler Till	*Köln	GER	0:47:01	0:47:13	137	MHK	83	11:08	11:25	11:37	11:47	
256	1699	Bunzel Adrian	AG Schwarz		0:47:03	0:48:00	138	MHK	89	11:21	11:16	11:44	11:47	
257	1872	Korkodilos Dr. Paris	Cologne Internationals	GER	0:47:04	0:48:06	139	MHK	85	12:23	11:14	11:07	11:21	
258	1462	Malter Christoph	*Köln	GER	0:47:04	0:47:17	140	MHK	92	10:35	11:08	11:50	12:23	
259	914	Kräfte Thorsten	Cologne Internationals	GER	0:47:05	0:47:06	25	M35	77	10:50	11:38	11:56	11:46	
260	65	Ryang Su Sung	Power Rangers		0:47:10	0:47:20	141	MHK	83	10:38	11:22	11:51	12:05	
261	1648	Van de Sand Markus	*Köln	GER	0:47:11	0:47:20	26	M35	76	11:34	11:20	11:30	11:41	
262	1126	Von Hagen Prof. Robin	Team Sanjay Sunshine	GER	0:47:13	0:47:29	142	MHK	84	11:40	11:31	11:43	11:21	
263	2461	Berger Volker	Valium i.V.	GER	0:47:13	0:47:14	143	MHK	83	09:46	10:56	13:39	11:53	
264	2342	Von Knobloch Julius	SSF Bonn	GER	0:47:14	0:48:46	144	MHK	88	12:59	11:12	11:08	11:03	
265	1404	Kamp Lukas	*Köln	GER	0:47:16	0:47:56	145	MHK	88	11:17	11:12	11:49	12:00	
266	2373	Lutter Volker	Team Quantensprung	GER	0:47:18	0:47:43	37	M30	80	11:51	11:21	11:57	11:12	
267	2181	Joppich Andre	LKW-Schorse	GER	0:47:18	0:47:47	146	MHK	85	11:30	11:25	11:43	11:40	
268	882	Struck Hans-Martin	BSG RheinEnergie	GER	0:47:18	0:47:31	15	M50	62	11:20	11:24	11:43	11:50	
269	2595	Wessling Harry	KölnAlumni	GER	0:47:20	0:47:28	15	M40	68	11:37	11:29	11:26	11:42	
270	1438	Kühne Gerrit	*Lohmar	GER	0:47:21	0:47:30	147	MHK	87	10:31	11:45	12:06	12:00	
271	1580	Schmidt Holger	*Köln	GER	0:47:21	0:48:34	38	M30	80	12:34	11:21	11:15	11:16	
272	2455	Herden Jan	Urologie		0:47:22	0:47:41	148	MHK		11:23	11:16	11:49	11:54	
273	1965	TODT ALEXANDER	Cologne Internationals	GER	0:47:23	0:47:41	149	MHK	86	11:57	11:21	11:51	11:18	
274	1428	Kockisch Andreas	*Köln	GER	0:47:23	0:47:23	150	MHK	87	10:54	11:35	11:56	11:57	
275	2028	Predel Reinhard	Düne 7	GER	0:47:24	0:47:28	16	M45	63	10:32	11:40	12:08	12:07	
276	1048	Frangenberg Sven	LC Prutahl	GER	0:47:24	0:47:51	151	MHK	87	10:58	11:20	11:54	12:05	
277	1287	Dizdar Deniz	Bonn Internationals	GER	0:47:25	0:48:37	39	M30	81	11:17	11:05	11:24	11:12	
278	1606	Soulios Max	*Frechen	GER	0:47:30	0:47:48	152	MHK	89	12:09	11:01	11:17	12:03	
279	1656	Vogt Pascal	*Köln	GER	0:47:31	0:47:58	153	MHK	84	11:04	11:13	11:51	12:14	
280	1485	Müller Malte	*Köln	GER	0:47:32	0:47:48	154	MHK	92	11:40	12:11	11:52	10:41	
281	2560	Strajhar Max	RheinEnergie Marathon Köln		0:47:32	0:47:42	155	MHK	87	12:17	11:28	11:22	11:26	
282	995	Von Platen Rickmann	Kölner Bank		0:47:32	0:47:41	16	M50	62	10:37	11:20	12:02	12:22	
283	1128	Biesemann Andreas	Team Talanx	GER	0:47:33	0:47:53	40	M30	79	11:25	11:34	11:42	11:53	
284	839	Heinz Schönemann	aCRM	GER	0:47:34	0:47:41	17	M45	64	11:05	11:50	11:54	11:47	
285	63	Myazawa Yuki	Power Rangers		0:47:35	0:47:44	156	MHK	85	10:38	11:20	12:32	11:58	
286	1181	Jähde Frank	Valium i.V.	GER	0:47:38	0:47:40	18	M45	64	10:58	11:53	11:57	11:48	
287	676	Yi Jaebin		GER	0:47:39	0:47:55	157	MHK	88	11:41	12:11	11:52	10:49	
288	1816	Böhm Jonas	Cologne Internationals	GER	0:47:39	0:47:59	158	MHK	89	11:40	12:12	11:39	11:17	
289	1640	Titz Marcel	*Bottrop	GER	0:47:41	0:47:53	159	MHK	92	10:54	11:29	11:57	12:13	
290	1633	Terwedow Markus	*Köln	GER	0:47:42	0:47:59	160	MHK	85	12:04	11:35	11:34	11:30	
291	2296	Könen Daniel	rodgrad med flode	GER	0:47:42	0:47:49	161	MHK	85	11:01	11:23	12:15	12:10	
292	2190	Petry Pol	LSC	LUX	0:47:42	0:48:18	162	MHK	87	12:59	11:44	11:31	10:30	
293	1980	Manke Adrian	Cologne Runtime Errors	GER	0:47:42	0:48:11	163	MHK	86	11:03	11:23	12:34	11:49	
294	906	Brenzinger Dr. Matthias	Cologne Internationals	GER	0:47:42	0:47:48	10	M55	57	10:47	11:52	12:11	11:49	
295	2567	Müller Marko	Die Glorreichen 7+		0:47:44	0:47:59	41	M30	82	11:07	11:45	12:06	11:50	
296	2010	Wittmer Clemens	Die leichtfüßigen Vier	GER	0:47:45	0:48:03	16	M40	70	11:02	11:45	12:02	11:56	
297	2295	Kleemann Marcel	rodgrad med flode	GER	0:47:46	0:47:53	164	MHK	84	11:02	11:21	12:15	12:10	
298	1255	Brinkmann Wanja	*Köln	GER	0:47:48	0:48:02	165	MHK	84	11:17	11:42	12:04	11:52	
299	1552	Rothgenger Jonathan	*Köln	GER	0:47:48	0:48:02	166	MHK	84	11:16	11:42	12:05	11:52	
300	1625	Stollenwerk Stefan	*Köln	GER	0:47:50	0:48:00	42	M30	79	11:09	11:50	12:08	11:42	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	753	Jahn Johannes	*Berlin	GER	0:47:54	0:48:08	19	M45	66	10:26	11:36	12:14	12:28	
302	1529	Queiser Michael	*Köln	GER	0:47:54	0:48:17	167	MHK	91	11:29	11:30	11:47	12:07	
303	1363	Heimes Frank	*Köln	GER	0:47:55	0:48:59	43	M30	81	12:22	11:10	11:37	11:45	
304	936	Leinekugel Peter	Die Flitzpiepen	GER	0:47:56	0:48:04	17	M50	60	10:54	11:43	12:05	12:08	
305	1593	Schwarz Dennis	*Remscheid	GER	0:47:57	0:48:03	168	MHK	91	10:52	12:17	12:50	11:05	
306	1919	Pistillo Nicola	Cologne Internationals	GER	0:48:00	0:48:14	169	MHK	85	11:19	11:34	12:19	11:48	
307	1208	Göbel Jan	ww18	GER	0:48:00	0:48:16	27	M35	76	10:51	11:15	12:12	12:38	
308	1209	Heinrich Jonas	ww18	GER	0:48:01	0:48:16	170	MHK	86	10:51	11:15	12:12	12:38	
309	1125	Kluge Lars	Team Quantensprung	GER	0:48:08	0:48:30	171	MHK	86	11:24	11:44	12:01	11:54	
310	1492	Näther Lorenz	*Köln	GER	0:48:08	0:48:29	172	MHK	89	11:17	11:43	11:56	12:05	
311	2738	Bahr Florian	FH Bonn RheinSieg		0:48:09	0:48:20	44	M30	81	11:04	11:02	12:01	12:48	
312	1205	Seifert Kai	WiSo Warriors	GER	0:48:09	0:48:34	28	M35	76	11:38	11:36	11:59	11:51	
313	1726	Callo-Concha Daniel	Bonn Internationals	GER	0:48:10	0:49:24	17	M40	72	13:23	11:34	11:14	10:57	
314	1572	Schellmann Swen	*Euskirchen	GER	0:48:11	0:48:40	18	M40	71	11:11	11:46	12:04	12:07	
315	990	Ott Sascha	Kölner Bank		0:48:13	0:48:57	19	M40	71	12:46	11:23	11:30	11:28	
316	1432	Krampe Raphael	*Köln	GER	0:48:13	0:48:38	173	MHK	86	11:16	11:44	11:58	12:09	
317	1140	Petermann Christian	TriathlonSteckelCologne	GER	0:48:16	0:48:35	174	MHK	86	11:19	11:55	11:53	12:00	
317	1705	Klein Julian	AG Schwarz		0:48:16	0:49:15	174	MHK	85	11:46	11:40	11:56	11:51	
319	1632	Tassius Alexander	*Köln	GER	0:48:18	0:48:18	176	MHK	87	10:50	11:20	12:12	12:44	
320	2257	Löpki Dirk	PricewaterhouseCoopers	GER	0:48:19	0:48:22	20	M45	63	11:41	11:43	11:53	11:54	
321	781	Podzus Horst	*Overath	GER	0:48:22	0:48:29	18	M50	61	11:20	11:34	12:02	12:23	
322	1603	Slotta Robert	*Berlin	GER	0:48:23	0:49:04	177	MHK	91	11:40	11:34	12:10	11:55	
323	1958	Sommer Philipp	Cologne Internationals	GER	0:48:24	0:48:42	178	MHK	87	11:35	11:53	12:07	11:45	
324	954	Jung Christian	FC Straberg	GER	0:48:26	0:48:27	21	M45	65	10:53	11:53	12:12	12:26	
325	727	Fassbender Frank	*Köln	GER	0:48:29	0:48:38	19	M50	59	11:16	11:32	12:13	12:22	
326	717	Calenberg Dr. Michael	*Kürten	GER	0:48:30	0:48:41	22	M45	64	11:19	11:47	12:09	12:08	
326	2046	Pucker Oliver	Felix Fründe Allstars	GER	0:48:30	0:48:55	45	M30	82	11:34	11:48	12:09	11:58	
328	1550	Rode Jörg	*Köln	GER	0:48:32	0:49:09	46	M30	81	12:18	11:44	11:51	11:42	
329	1981	Nedumgad Tom	Cologne Runtime Errors	GER	0:48:33	0:48:38	179	MHK	87	10:49	11:50	12:23	12:32	
330	704	Becker Elmar	*Hürth	GER	0:48:33	0:48:46	23	M45	65	11:19	12:00	12:11	11:57	
331	1373	Herhaus Tim	*Köln	GER	0:48:35	0:48:46	180	MHK	87	11:18	12:04	12:15	12:03	
332	1635	Thiel Andreas	*Köln	GER	0:48:36	0:48:39	20	M40	70	10:32	12:02	12:30	12:24	
333	1857	Jan Verner	Cologne Internationals	CZE	0:48:36	0:48:41	181	MHK	88	11:18	11:50	12:12	12:12	
334	1346	Günther Florian	*Köln	GER	0:48:36	0:48:49	182	MHK	90	11:43	12:28	12:46	10:37	
335	1425	Kobelun Engelbert	*Köln	GER	0:48:37	0:49:21	24	M45	67	11:58	11:34	11:48	12:02	
336	1538	Reker Marlon	*Köln	GER	0:48:37	0:48:51	183	MHK	91	11:42	12:28	23:25	00:00	
337	1813	Bena Martin	Cologne Internationals	GER	0:48:38	0:50:17	184	MHK	84	12:10	11:11	11:36	11:16	
338	2005	Ebert Fabian	Die Klinsis	GER	0:48:38	0:48:48	185	MHK	88	11:14	11:46	12:20	12:18	
339	1947	Schnurawa Lukas	Cologne Internationals	GER	0:48:39	0:50:18	186	MHK	85	12:10	11:12	11:36	11:16	
340	1939	Schäperclaus Jens	Cologne Internationals	GER	0:48:39	0:49:41	29	M35	77	11:54	11:43	12:06	11:59	
341	687	Wüst Hans Werner	Köln läuft	GER	0:48:40	0:48:48	3	M60	50	11:25	11:58	12:10	12:00	
342	1074	Nienhaus Fabian	MediRunners-Cologne	GER	0:48:40	0:48:57	187	MHK	89	11:13	11:46	12:19	12:11	
343	1468	Mehlhose Michael	*Köln	GER	0:48:40	0:50:12	188	MHK	89	13:01	11:14	11:26	11:46	
344	2216	Rump Manfred	McLuhan & McLovins	GER	0:48:40	0:49:47	189	MHK	89	12:36	12:01	11:52	11:21	
345	1899	Mertesacker Sebastian	Cologne Internationals	GER	0:48:40	0:48:58	190	MHK	89	11:14	11:46	12:19	12:11	
346	835	Schepers Thomas	1. Kölner Laufstall	GER	0:48:45	0:48:55	25	M45	65	11:44	12:06	12:01	11:48	
347	1587	Schrempf Thomas	*Neuss	GER	0:48:48	0:49:10	191	MHK	86	11:22	11:40	11:55	12:49	
348	706	Behrenbruch Clemens	*Köln	GER	0:48:49	0:48:54	26	M45	66	11:31	11:53	12:14	12:07	
348	2189	Lepage Marc	LSC	GER	0:48:49	0:49:23	192	MHK	89	13:01	11:45	11:32	11:30	
350	1394	Huckestein Denis	*Drolshagen	GER	0:48:50	0:49:00	193	MHK	91	12:29	12:15	11:50	11:07	
351	2006	Mandel Claudius	Die Klinsis	GER	0:48:50	0:48:59	194	MHK	85	11:14	11:46	12:20	12:21	
352	2586	Weyl Frank	Heeresamt	GER	0:48:51	0:48:56	21	M40	69	11:39	12:01	12:12	11:57	
353	1060	Schmidt Uwe	LT Hennef/Sieg	GER	0:48:55	0:49:01	11	M55	56	11:23	12:06	12:15	12:04	
354	2293	Heine Sebastan	Risk Of Ru(!)n	GER	0:48:56	0:50:44	195	MHK	86	12:26	12:09	11:55	11:17	
355	736	Freyaldenhoven Jan	*Köln	GER	0:48:57	0:49:17	196	MHK	83	12:28	11:46	12:02	11:47	
356	1809	Arregui Inigo	Cologne Internationals	GER	0:48:59	0:49:02	197	MHK	89	11:10	12:23	12:13	12:10	
357	2344	Göbert Julian	St. Poldi	GER	0:49:00	0:49:21	198	MHK	90	11:12	11:38	12:29	12:30	
358	1105	Brandenburg Dr. Marc	running bros	GER	0:49:01	0:49:18	47	M30	78	12:11	12:04	11:56	11:48	
359	2316	Meyer Philipp	running bros	GER	0:49:01	0:49:18	199	MHK	90	12:11	12:04	11:55	11:48	
360	2219	Binnebösel Stephan	MediRunners-Cologne	GER	0:49:03	0:49:20	200	MHK	89	11:15	12:01	12:53	11:51	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2310	Sulima Aous	Rosenzweig Runners	GER	0:49:03	0:49:12	2	MSA	97	09:53	11:26	13:16	13:29	
362	2580	Heinzke Philippe			0:49:04	0:49:10	48	M30	82	11:50	12:23	12:05	11:43	
363	685	Sowade Ulrich	Köln läuft	GER	0:49:06	0:49:14	22	M40	70	10:59	12:00	12:24	12:35	
364	1516	Pernsot Nils	*Köln	GER	0:49:07	0:50:13	201	MHK	83	12:42	11:46	12:00	11:44	
364	1443	Küssner Thorsten	*Köln	GER	0:49:07	0:50:13	49	M30	82	12:41	11:46	11:59	11:44	
366	1057	Hippler Frank	LT Decksteiner Weiher	GER	0:49:07	0:49:16	27	M45	63	10:55	12:01	12:32	12:30	
367	1801	Alcock Mark	Cologne Internationals	GER	0:49:08	0:49:23	202	MHK	89	11:10	11:53	12:33	12:28	
368	1532	Ramaekers Steffen	*Köln	GER	0:49:09	0:49:25	203	MHK	89	11:14	11:38	12:34	12:43	
369	992	Rossenbach Ralf	Kölner Bank		0:49:11	0:49:20	28	M45	66	11:29	11:54	12:19	12:24	
369	2116	Flemm Daniel	Kölner Bank		0:49:11	0:49:26	50	M30	81	12:16	11:41	12:03	12:07	
371	1337	Glissmann Benjamin	*Köln	GER	0:49:12	0:49:48	204	MHK	85	12:04	12:00	12:14	11:52	
371	2339	Neugebauer Thomas	SGA	GER	0:49:12	0:50:21	204	MHK	90	12:28	11:21	12:13	12:05	
373	2079	Walterscheid Bernd	Hochschule Bonn-Rhein-Sieg	GER	0:49:13	0:49:23	206	MHK	88	11:44	11:36	12:20	12:25	
374	1206	Malcus Gernot	Wupptich op dä Gass	GER	0:49:15	0:49:19	30	M35	74	11:25	11:56	12:27	12:28	
375	1746	Morina Jeronim	Bonn Internationals	GER	0:49:17	0:49:26	207	MHK	88	10:22	11:44	13:28	12:45	
376	2346	Klähn Nikolas	*Köln	GER	0:49:19	0:49:29	208	MHK	90	11:44	11:51	12:22	12:14	
377	2273	Gülcicek Jean Pierre	RFH Köln	GER	0:49:21	0:50:28	209	MHK	89	12:44	11:58	11:52	11:58	
378	1960	Stock Cornelius	Cologne Internationals	GER	0:49:23	0:50:25	210	MHK	84	12:54	12:04	11:57	11:29	
379	1400	Jettkant Klaus	*Köln	GER	0:49:23	0:49:59	51	M30	79	12:05	11:58	12:15	11:58	
380	1727	Fernández Ontiveros Dr.	Bonn Internationals	ESP	0:49:23	0:50:18	52	M30	82	12:35	11:15	12:00	12:21	
381	703	Banischewski Boris	*Köln	GER	0:49:24	0:49:29	53	M30	80	10:50	12:02	13:14	12:19	
382	1389	Hochhold Dirk	*Köln	GER	0:49:24	0:49:41	23	M40	68	12:03	11:36	12:12	12:21	
383	2180	Jeltsch Krischan	LKW-Schorse	GER	0:49:26	0:49:56	54	M30	81	12:16	11:43	12:17	12:12	
384	2248	Deska Dr. Jan	OC Kölleforia	GER	0:49:31	0:49:39	55	M30	79	11:43	12:04	12:12	12:30	
385	1481	Mücke Klaus	*Hürth	GER	0:49:31	0:49:43	20	M50	60	11:34	12:07	12:22	12:19	
386	1279	Despang Dr. Christoph	*Köln	GER	0:49:32	0:49:51	56	M30	82	11:20	11:50	12:40	12:40	
387	748	Harriers Holger	*Köln	GER	0:49:34	0:49:37	29	M45	63	11:21	12:08	12:34	12:29	
388	2594	Agan Kunter	1. Kölner Laufstall	GER	0:49:34	0:49:44	30	M45	64	11:00	12:08	12:46	12:32	
389	1508	Osada Martin	*Köln	GER	0:49:35	0:49:40	211	MHK	85	11:52	11:57	12:19	12:19	
390	1470	Menne Gunnar	*Köln	GER	0:49:37	0:50:50	57	M30	80	12:34	11:41	12:07	12:09	
391	2050	Hansen Leo	Freie Schule Köln	GER	0:49:37	0:49:52	3	MSA	98	12:31	12:22	12:36	11:14	
392	1696	Strebel Heiko	aCRM	GER	0:49:38	0:49:56	24	M40	70	11:13	11:49	12:35	12:54	
393	0	unbekannt DN3W83D			0:49:39	0:49:56	212	MHK		11:13	11:49	12:35	12:54	
394	910	Glaser Christof	Cologne Internationals	GER	0:49:39	0:50:03	213	MHK	86	11:23	11:52	12:46	12:41	
395	1371	Henneberger Michael	*Köln	GER	0:49:42	0:49:54	214	MHK	90	11:34	12:14	12:48	12:02	
396	1410	Kemper Tom	*Bergisch Gladbach, Köln	GER	0:49:45	0:49:58	215	MHK	92	11:51	12:04	12:35	12:19	
397	1622	Stengel Martin		GER	0:49:48	0:50:38	58	M30	82	11:40	12:02	12:33	12:27	
398	1595	Schweiger Leander	*Köln	GER	0:49:48	0:50:08	216	MHK	89	11:18	12:18	12:56	12:18	
399	1590	Schütten Xaver		GER	0:49:50	0:49:56	59	M30	80	11:04	12:07	12:46	12:48	
400	2294	Schabram Max	Risk Of Ru(!)n	GER	0:49:50	0:51:38	217	MHK	84	12:27	12:12	11:54	11:19	
401	812	Teutsch Uwe	*Erfstadt	GER	0:49:50	0:50:07	31	M45	63	11:57	11:59	12:15	12:28	
402	1531	Radtko Jonas	*Köln	GER	0:49:52	0:50:06	218	MHK	91	11:43	12:28	12:42	11:58	
403	2040	Schreiber Julian	Elisabeth von Thüringen	GER	0:49:55	0:50:22	219	MHK	88	12:03	12:07	12:22	12:19	
404	1119	Jakobs Benedikt	St. Poldi	GER	0:49:55	0:50:16	220	MHK	90	11:17	12:35	12:42	12:16	
405	1040	Herbers Meike	laufrausch köln	GER	0:49:56	0:49:58	221	MHK	87	11:44	12:21	12:34	12:15	
406	1167	Poos Jörg	Urologie		0:49:57	0:50:03	21	M50	62	10:54	12:07	12:47	12:57	
407	1439	Kümmler Nils	*Köln	GER	0:49:59	0:50:05	60	M30	81	11:48	11:54	13:08	12:18	
408	1475	Michelbrink Rolf	*Frechen	GER	0:50:00	0:50:30	22	M50	58	12:01	12:10	12:37	12:03	
409	1112	Klößner Christian	SC Janus - Fronrunner Cologne	GER	0:50:00	0:50:12	31	M35	77	11:27	12:17	12:47	12:25	
410	1135	Ashcroft Dr. Graham	TRACE	GBR	0:50:01	0:50:11	32	M35	76	12:09	12:18	12:17	12:08	
411	1701	Csaszar Jan	AG Schwarz		0:50:02	0:50:52	222	MHK	83	12:08	11:57	12:27	12:12	
412	2051	Hellenkemper Jonas	Freie Schule Köln	GER	0:50:05	0:50:13	4	MSA	98	12:52	12:09	12:36	11:30	
413	1362	Hegmans Niels	*Köln	GER	0:50:06	0:50:41	61	M30	82	13:46	12:13	12:05	11:09	
414	1278	Deschamps Manuel	*Köln	GER	0:50:08	0:50:35	62	M30	78	12:05	11:46	12:22	12:54	
415	828	Truemner Heiko	1. FC Koeln	GER	0:50:09	0:50:26	63	M30	79	11:24	12:15	12:50	12:33	
416	1240	Berners Karl-Peter	*Schleiden	GER	0:50:12	0:50:49	23	M50	59	12:09	12:16	12:21	12:18	
417	1355	Hansen Thorsten	*Köln	GER	0:50:12	0:50:27	32	M45	64	12:31	12:22	12:36	11:38	
418	2177	Voß Jack	LC Prutahl	GER	0:50:14	0:50:41	223	MHK	88	12:15	12:13	12:24	12:19	
419	2513	Rist Adrien	WiSo Warriors	FRA	0:50:18	0:50:37	5	MSA	99	10:49	12:36	13:16	12:38	
420	1847	Heinz Dominik	Cologne Internationals	GER	0:50:20	0:50:36	224	MHK	88	11:35	12:25	13:14	12:09	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
421	1117	Fiedler Stefan	SSK-Kerpen	GER	0:50:20	0:50:36	24	M50	58	11:41	12:18	12:38	12:38	
422	2553	Zaleskiy Artjom	prothetik@uk-koeln.de		0:50:21	0:50:31	225	MHK	90	11:10	12:30	13:00	12:43	
423	2334	Bröcher Christoph	SC-Janus	GER	0:50:22	0:50:33	33	M45	66	12:01	12:21	12:36	12:12	
424	2053	Pickardt Leon	Freie Schule Köln	GER	0:50:24	0:50:38	2	MJB	96	12:50	12:18	12:18	12:02	
425	2258	Szabo Alexander	Projekt X	GBR	0:50:25	0:50:37	226	MHK	91	10:54	12:40	13:30	12:11	
426	1049	Schweter Andreas	LC Weilerswist	GER	0:50:25	0:50:31	34	M45	67	11:23	12:05	12:36	13:08	
427	2171	Serce Kenan	KVB Ole Ole		0:50:25	0:50:45	35	M45	64	11:38	12:09	12:41	12:51	
428	2246	Pisi Sebastian	Nur Ich	GER	0:50:26	0:51:08	227	MHK	84	11:44	12:13	12:36	12:50	
429	2055	Sahin Batuhan	Freie Schule Köln	GER	0:50:26	0:50:40	6	MSA	97	12:49	12:17	12:19	12:01	
430	1858	José Luis Rizzardo Pereir	Cologne Internationals	BRA	0:50:28	0:50:30	228	MHK	91	10:59	12:26	13:01	12:56	
431	939	Kühnel Ralf	DP AG Renten Service	GER	0:50:29	0:50:35	36	M45	64	11:21	12:05	12:48	13:13	
432	2234	Ulbrich Sven	Meteo	GER	0:50:32	0:50:46	64	M30	82	10:59	11:32	13:20	13:36	
433	2456	Just Georg W.	Urologie		0:50:34	0:51:07	229	MHK		12:10	12:28	12:47	12:11	
434	2222	Kießling Johannes	MediRunners-Cologne	GER	0:50:36	0:50:55	230	MHK	89	11:13	12:42	13:26	12:14	
435	2249	Skrobo Benedikt	OC Köllefortia	GER	0:50:38	0:50:48	231	MHK	86	11:42	12:04	12:57	12:45	
436	2130	Michalski Harm	Kölner Bank		0:50:41	0:51:27	232	MHK	84	12:04	12:21	12:40	12:32	
437	1724	Bernal Dr. Nicolás	Bonn Internationals	COL	0:50:41	0:51:35	65	M30	79	12:13	12:03	12:38	12:47	
438	1683	Yeshak-Hagos Bernardos	*Köln	GER	0:50:43	0:50:57	233	MHK	87	11:44	12:27	13:04	12:24	
439	1507	Olah Stefan	*Köln	GER	0:50:44	0:51:21	234	MHK	87	12:14	12:33	12:45	12:15	
440	1621	Steinhauer Uli	*Köln	GER	0:50:44	0:51:09	37	M45	67	11:29	12:13	13:00	12:59	
441	2065	Glanzer Thorsten	Hochschule Bonn-Rhein-Sieg	GER	0:50:47	0:51:36	235	MHK	85	13:31	12:50	12:08	11:22	
442	1731	Frohnhaus Jakob	Bonn Internationals	GER	0:50:50	0:51:06	236	MHK	84	12:00	12:39	12:53	12:14	
443	2031	Maschwitz Gerrit	Dynamo Dauerregen	GER	0:50:52	0:51:35	66	M30	81	13:25	11:56	11:58	12:33	
444	2345	Uerlich Wolfram	St. Poldi	GER	0:50:53	0:51:13	237	MHK	91	11:45	12:49	13:05	12:17	
445	756	Kolberg Dennis	*Köln	GER	0:50:56	0:50:57	238	MHK	83	12:02	12:30	12:47	12:33	
446	1979	Kolz Nicolas	Cologne Runtime Errors	GER	0:50:58	0:51:03	239	MHK	88	11:03	12:16	13:15	13:09	
447	1271	Cox Michael	*Köln	GER	0:50:59	0:52:19	240	MHK	85	13:45	12:45	12:25	11:09	
448	1584	Scholl Dr. Daniel	*Köln	GER	0:51:03	0:51:12	67	M30	78	11:23	12:14	12:59	13:14	
449	1281	Dietrich Carsten	*Köln	GER	0:51:05	0:51:41	33	M35	74	12:55	12:42	12:36	11:53	
450	2075	Schenk Martin	Hochschule Bonn-Rhein-Sieg	GER	0:51:06	0:51:17	68	M30	79	11:47	12:31	12:45	12:56	
450	2506	Hoogen Andreas	WiSo Warriors	GER	0:51:06	0:51:34	68	M30	80	12:35	12:20	12:31	12:30	
452	1241	Bickmann Marius	*Köln	GER	0:51:07	0:52:26	241	MHK	88	13:46	12:45	12:25	11:11	
453	688	Parschau Dirk	Köln läuft	GER	0:51:08	0:51:21	38	M45	65	11:52	11:58	13:10	13:01	
454	1136	Backhaus Jan	TRACE	GER	0:51:08	0:51:18	242	MHK	83	12:07	12:21	12:39	12:55	
455	1910	Nover Andreas	Cologne Internationals	GER	0:51:09	0:51:09	243	MHK	90	11:11	12:15	12:58	13:32	
456	1315	Fischer Sören	*Köln	GER	0:51:09	0:51:47	70	M30	78	12:20	12:31	13:01	12:21	
457	1170	Thormann Kai	Urologie		0:51:13	0:51:17	71	M30	81	11:18	12:34	13:09	13:01	
458	1204	Ripp Christoph	WiSo Warriors	GER	0:51:18	0:51:41	34	M35	77	12:41	12:23	12:40	12:26	
459	1484	Müller Joel	*Köln	GER	0:51:18	0:51:38	244	MHK	89	11:39	12:29	13:02	12:59	
460	2265	Klemm Dr. Christoph	Prothetik@uk-koeln.de	GER	0:51:22	0:51:35	72	M30	80	12:07	12:42	12:52	12:42	
461	2433	Schroth Adrian	Turbostart(er)	GER	0:51:25	0:52:49	245	MHK	85	14:18	12:25	12:08	11:31	
462	1269	Classen Bastian	*Köln	GER	0:51:26	0:51:45	73	M30	79	13:40	12:35	12:14	11:56	
463	1830	Eimla Holger	Cologne Internationals	GER	0:51:27	0:51:59	246	MHK	87	13:16	12:30	12:37	12:06	
464	2165	Merges Horst	KVB Ole Ole		0:51:28	0:51:49	39	M45	65	11:21	12:23	13:03	13:19	
465	1708	Poeppel Peter	AG Schwarz		0:51:29	0:52:27	40	M45	65	12:41	12:26	12:48	12:39	
466	1378	Schnier Fabian	SpoHo	GER	0:51:36	0:51:51	247	MHK	92	11:42	12:29	12:59	13:14	
467	2063	Beblik Klaus	Heipörformer	GER	0:51:38	0:52:18	25	M40	69	12:31	12:32	12:49	12:40	
468	2492	Stute Matthias	Valium i.V.	GER	0:51:38	0:51:39	35	M35	76	11:35	12:39	13:10	13:03	
469	1536	Reidt Max	*Köln	GER	0:51:44	0:51:54	248	MHK	91	12:07	12:46	13:16	12:25	
470	2179	Hertel Dr. Dirk	LKW-Schorse	GER	0:51:45	0:52:08	26	M40	72	12:43	12:28	12:43	12:37	
471	2725	Grunke Matthias			0:51:46	0:52:43	27	M40	69	13:55	13:09	12:12	11:28	
472	1936	Rychlik Marvin	Cologne Internationals	GER	0:51:51	0:53:02	249	MHK	86	11:34	12:26	13:35	13:04	
473	963	Seibert Marcus	Gabelsberg	GER	0:51:52	0:51:53	41	M45	64	11:23	13:01	13:10	13:07	
474	1691	Neugebauer Dr. Uwe	1860 Fanclub Lindenthal	GER	0:51:54	0:52:59	28	M40	71	13:47	13:07	12:14	11:46	
475	2421	Braig Björn	TSV Schabau	GER	0:51:55	0:53:07	250	MHK	84	14:06	12:53	12:23	11:33	
476	2478	Löhr Thorsten	Valium i.V.	GER	0:51:56	0:52:27	42	M45	67	12:35	12:25	12:48	13:00	
477	1064	Verhey Sascha	Lucky Stars	GER	0:51:57	0:52:46	36	M35	75	13:00	12:29	12:53	12:39	
478	1515	Penedo Santiago	*Köln	GER	0:51:57	0:53:30	74	M30	82	12:37	12:01	13:03	13:11	
479	2480	Meyers Dr. Johannes-Otto	Valium i.V.	GER	0:51:59	0:52:27	12	M55	53	12:44	12:30	12:41	12:55	
480	1755	Harke Nils	Bonn Internationals	GER	0:51:59	0:52:27	251	MHK	89	12:40	12:38	12:47	12:46	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
481	1827	Doblhofer Sebastian	Cologne Internationals	GER	0:52:04	0:52:54	252	MHK	87	13:34	12:22	12:37	12:28	
482	1698	Bartsch Deniz	AG Schwarz		0:52:04	0:52:57	253	MHK	88	11:42	12:12	13:17	13:44	
483	0	unbekannt HE36DTD			0:52:05	0:53:02	254	MHK		12:53	12:37	12:49	12:44	
484	58	Von Hugo Jan	Uni Wuppertal		0:52:06	0:53:29	255	MHK	87	13:26	12:52	12:50	12:06	
485	700	Abels Dr. Alex	*Köln	GER	0:52:07	0:52:14	75	M30	82	12:40	12:43	12:41	12:50	
486	1413	Kiehne Jan	*Bad Oeynhausen	GER	0:52:12	0:52:29	76	M30	78	13:14	12:55	12:51	12:13	
487	1197	Grohmann Ralf	VTC	GER	0:52:14	0:52:14	13	M55	54	12:04	12:51	13:09	13:05	
488	1020	Oberheuser Ludwig	KVB Ole Ole	GER	0:52:17	0:52:37	256	MHK	86	11:32	12:57	13:27	13:21	
489	929	Thiebes Markus	cool runners	GER	0:52:19	0:52:57	29	M40	69	12:08	12:16	13:30	13:11	
490	1661	Walz Andreas	*Köln	GER	0:52:19	0:52:58	43	M45	64	13:23	12:44	12:50	12:27	
491	35	Melian Tobias	Uni Bonn		0:52:22	0:52:41	257	MHK	86	11:30	12:33	14:05	13:08	
492	1611	Sponagel Constantin	*köln	GER	0:52:24	0:53:19	258	MHK	87	13:25	12:49	12:52	12:26	
493	1735	Ibañez Mejia Juan Camilo	Bonn Internationals	COL	0:52:29	0:53:22	259	MHK	87	12:27	12:17	13:16	13:26	
494	669	Sauer Stefan	KölnAlumni		0:52:36	0:53:48	260	MHK	84	13:05	12:35	13:04	12:50	
495	1007	Körfigen Stephan	Körfigen Stephan	GER	0:52:36	0:53:40	30	M40	68	12:56	12:43	12:55	12:54	
496	1447	Le Quement Dr. Mark	Bonn Internationals	GER	0:52:37	0:53:48	77	M30	80	13:21	12:30	12:59	12:38	
497	1027	Esters Paul	Laktatkönige	GER	0:52:39	0:52:39	25	M50	59	12:05	12:09	13:46	13:27	
498	1166	Odenthal Andreas	Urologie		0:52:41	0:52:56	261	MHK		12:24	12:42	13:04	13:17	
499	884	Walker Andreas	BSG RheinEnergie	GER	0:52:44	0:53:59	31	M40	72	13:47	12:49	12:42	12:29	
500	1855	Hurek Christoph	Cologne Internationals	GER	0:52:44	0:53:06	262	MHK	88	13:07	12:52	13:02	12:41	
501	830	Bauß Carsten	1. Kölner Laufstall	GER	0:52:45	0:52:47	44	M45	65	11:36	12:40	13:52	13:28	
502	1749	Peetz Martin	Bonn Internationals	GER	0:52:50	0:52:58	263	MHK	89	12:05	12:11	13:02	14:23	
503	2450	Baehr Thomas	Urologie		0:52:53	0:53:06	264	MHK		12:19	12:46	13:14	13:28	
504	1542	Reuter Florian	*Lauterbach	GER	0:52:53	0:54:09	265	MHK	91	14:46	12:36	12:57	11:38	
505	1657	Von Cube Maximilian	*Köln	GER	0:52:54	0:53:48	266	MHK	86	14:09	12:54	12:47	12:01	
506	1660	Vybiral David	*Köln	GER	0:52:55	0:53:50	78	M30	79	13:37	13:02	13:16	11:59	
507	714	Büyükdabasi Ufuk	*Köln	GER	0:52:56	0:52:56	79	M30	81	11:42	12:49	13:33	13:51	
508	2511	Noll Mike	WiSo Warriors	GER	0:52:59	0:53:28	267	MHK	86	12:33	12:47	13:27	13:06	
509	1347	Hadenfeld Karsten	*Köln	GER	0:52:59	0:53:03	37	M35	74	11:40	12:52	13:44	13:34	
510	993	Tuchscherer Sven	Kölner Bank		0:53:00	0:53:26	38	M35	76	12:47	12:45	13:06	13:11	
511	2127	Kniep Dirk	Kölner Bank		0:53:01	0:53:27	32	M40	71	12:48	12:45	13:06	13:11	
512	2263	Bilinsky Viktor	Prothetik@uk-koeln.de	GER	0:53:03	0:53:13	268	MHK	88	12:05	13:14	13:32	13:13	
513	2121	Hermansen Klaus	Kölner Bank		0:53:06	0:53:43	26	M50	60	12:54	12:48	13:02	13:11	
514	1562	Sallen Nikolai	*Köln	GER	0:53:08	0:54:04	269	MHK	85	12:54	12:36	13:05	13:27	
515	1849	Hilger Timo	Cologne Internationals	GER	0:53:11	0:54:02	80	M30	82	13:36	12:45	12:44	12:57	
515	1770	Christian Felten	cleverbrigde AG roadrunners		0:53:11	0:53:53	80	M30	82	13:04	12:52	13:16	12:51	
517	1859	Käfer Nicolas	Cologne Internationals	GER	0:53:12	0:54:02	82	M30	78	12:54	12:38	13:15	13:25	
518	1133	Kretz Michael	THW		0:53:14	0:53:51	83	M30	80	12:24	12:51	13:15	13:30	
519	2069	Jarocky Nikita	Hochschule Bonn-Rhein-Sieg	GER	0:53:16	0:54:40	270	MHK	86	13:23	12:42	13:02	13:03	
520	1841	Glaser Christian	Cologne Internationals	GER	0:53:16	0:53:35	271	MHK	87	12:40	12:42	13:09	13:33	
521	1983	Klöpsch Dr. Volker	CSV Marathon Krefeld	GER	0:53:18	0:53:35	4	M60	48	12:52	13:04	13:15	13:01	
522	2085	Butsch Carsten	IGC 2018		0:53:30	0:53:36	84	M30	80	12:25	13:50	13:40	12:32	
523	2337	Beelitz Christian	Seniorenstift Graurheindorf	GER	0:53:37	0:54:39	85	M30	81	13:22	13:09	12:52	13:04	
524	958	Reveand Pablo	Freie Schule Köln	GER	0:53:37	0:53:52	33	M40	70	10:57	14:42	13:29	13:28	
525	957	Lehmann Tim	Freie Schule Köln	GER	0:53:38	0:53:52	7	MSA	98	12:50	12:50	13:29	13:28	
526	2374	Schell Christian	Team Quantensprung	GER	0:53:38	0:54:14	272	MHK	86	12:53	12:42	13:28	13:32	
527	2187	Boden Rom	LSC	GER	0:53:39	0:54:14	273	MHK	90	13:00	12:30	13:34	13:29	
528	2338	Wienand Volker	Seniorenstift Graurheindorf	GER	0:53:40	0:54:39	39	M35	75	13:25	13:09	12:52	13:03	
529	1937	Salmen Karsten	Cologne Internationals	GER	0:53:41	0:53:57	274	MHK	88	13:17	12:58	13:12	13:01	
530	793	Schulte Tom	*Köln	GER	0:53:47	0:54:13	275	MHK	91	13:40	13:16	13:11	12:37	
531	1591	Schulte Lars	*Köln	GER	0:53:48	0:54:13	8	MSA	97	13:41	13:16	13:11	12:38	
532	1512	Pannen Peter	*Köln	GER	0:53:48	0:53:50	45	M45	65	11:10	12:54	14:20	14:25	
533	2432	Schmitt Alexander	Turbostart(er)	GER	0:53:50	0:55:04	276	MHK	88	14:10	12:48	12:59	12:46	
534	752	Hoen Oliver	*Marienheide	GER	0:53:50	0:54:18	46	M45	65	13:16	12:49	13:11	13:20	
535	1111	Wurda Werner	SC Fortuna Köln	GER	0:53:51	0:55:26	27	M50	60	14:00	13:03	12:56	12:45	
536	765	Linnkamp Christian	*Grafschaft	GER	0:53:51	0:54:25	277	MHK	83	11:59	13:17	13:34	13:56	
537	808	Thomas Jürgen	*Köln	GER	0:53:52	0:54:22	28	M50	59	13:08	12:48	13:19	13:25	
538	973	Heinen-Schuermann Dr.	Holger Heinen-Schuermann	GER	0:53:52	0:54:22	29	M50	59	13:09	12:47	13:19	13:25	
539	2391	Bollwerk Jörg	The Rocketman Project 2.0	GER	0:53:52	0:55:17	86	M30	78	13:44	12:45	12:56	13:15	
540	1876	Kühnen Uli	Cologne Internationals	GER	0:53:54	0:54:08	34	M40	69	12:20	12:49	13:33	13:53	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
541	1778	Goldkuhle Maike	cleverbrigde AG roadrunners		0:53:58	0:54:39	87	M30	80	13:27	13:06	13:10	13:10	
542	1782	Torsten Knörr	cleverbrigde AG roadrunners		0:54:00	0:54:41	88	M30	78	13:26	13:06	13:10	13:09	
543	809	Tomson Christian	*Köln	GER	0:54:01	0:55:30	35	M40	72	14:19	12:52	13:00	12:50	
544	1525	Priewe Fabian	*Köln	GER	0:54:02	0:54:23	278	MHK	83	13:16	12:55	13:18	13:21	
545	1503	Nyhues Mathias	*Köln	GER	0:54:07	0:54:38	279	MHK	90	13:10	12:17	13:32	13:53	
546	840	Kamp Stefan	aCRM	GER	0:54:08	0:54:26	36	M40	72	12:00	13:02	13:41	14:11	
547	2481	Müller Gregor	Valium i.V.	GER	0:54:13	0:54:44	47	M45	64	13:28	13:07	13:22	13:08	
548	1623	Stephan Christoph	*Köln	GER	0:54:13	0:55:13	48	M45	65	13:28	13:39	13:19	12:47	
549	1252	Bosmann Pit	*Köln	GER	0:54:13	0:55:42	280	MHK	83	14:22	12:49	13:01	12:57	
550	2497	Küstermeier Stellan	Vorjahressieger	GER	0:54:14	0:55:42	281	MHK	86	14:47	13:24	13:06	11:55	
551	1405	Karapilekoglu Georgios	*Köln	GER	0:54:16	0:55:37	40	M35	75	15:02	13:51	12:23	12:00	
552	982	Buscher Tobias	Kölner Bank		0:54:17	0:54:52	37	M40	69	13:21	13:27	13:26	12:58	
553	1298	Ebert Steffen	*Köln	GER	0:54:21	0:55:03	89	M30	80	13:42	13:02	13:32	12:55	
554	1044	Sitte Matthias	laufrausch köln	GER	0:54:23	0:55:25	90	M30	82	13:44	12:52	13:10	13:22	
555	1294	Duling Stefan	*Köln	GER	0:54:24	0:55:40	282	MHK	86	15:00	13:39	12:54	11:52	
556	1973	Wolter Marius	Cologne Internationals	GER	0:54:25	0:54:41	283	MHK	84	12:16	13:01	13:43	14:06	
557	2217	Zimmer Sebastian	McLuhan & McLovins	GER	0:54:26	0:55:32	284	MHK	88	13:46	13:13	13:31	12:54	
558	2298	Ulmer Kai Oliver	rodgrid med flode	GER	0:54:29	0:54:35	285	MHK	88	11:23	13:00	14:05	14:47	
559	788	Schaack Martin	*Köln	GER	0:54:30	0:55:05	30	M50	62	12:37	13:10	13:37	13:51	
560	2194	Backhaus Max	Marc-eting	GER	0:54:31	0:54:43	286	MHK	85	13:19	13:28	13:31	13:06	
561	2600	Blum Thomas	TuS 1923 Winterscheid	GER	0:54:32	0:54:43	91	M30	82	12:59	13:17	13:57	13:13	
562	806	Stratmann Thomas	*Köln	GER	0:54:33	0:55:29	92	M30	81	13:34	13:09	13:25	13:12	
563	1734	Hill Dr. Joe	Bonn Internationals	GER	0:54:35	0:55:46	41	M35	75	13:26	13:29	13:24	13:04	
564	1756	Zimmer Raphael	Bonn Internationals	GER	0:54:39	0:54:50	287	MHK	86	12:37	14:08	13:48	13:05	
565	1344	Gül Oktay	*Köln	GER	0:54:40	0:54:49	288	MHK	85	12:17	13:06	13:43	14:24	
566	928	Reusch Dr. Matthias	colonia-team	GER	0:54:44	0:55:23	1	M70	42	13:07	13:31	13:45	13:11	
567	1571	Schellen Christopher	*Köln	GER	0:54:49	0:55:46	289	MHK	87	13:38	13:06	13:18	13:34	
568	743	Gollan Stefan	*Köln	GER	0:54:49	0:54:56	290	MHK	83	12:38	12:55	13:59	14:06	
569	1574	Scherer Simon	*Köln	GER	0:54:50	0:55:26	291	MHK	87	13:22	13:03	13:30	13:39	
570	1997	Wellershoff Matthias	Die Flitzpiepen	GER	0:54:51	0:55:35	49	M45	63	13:29	13:09	13:33	13:28	
571	2015	Haubold Kai	Die Stecher	GER	0:54:52	0:55:45	292	MHK	84	15:25	13:05	12:28	12:40	
572	1114	Sieren Stefan	Seniorenstift Graurheindorf	GER	0:54:53	0:55:54	93	M30	81	13:26	13:23	13:22	13:27	
573	1457	Litzinger Roman	*Köln	GER	0:54:55	0:56:19	293	MHK	84	14:30	13:21	13:19	12:49	
574	2211	Maucher Matthias	Matze Maucher und 4 Damen	GER	0:54:56	0:55:43	94	M30	80	15:23	14:41	13:34	10:26	
575	1002	Thonnett Andreas	Koelnmesse	GER	0:54:59	0:55:18	50	M45	67	12:56	13:16	14:04	13:39	
576	1416	Kiwitt Sebastian	*köln	GER	0:55:01	0:56:10	95	M30	80	14:47	13:35	12:41	12:44	
577	1950	Schulte-Derne Sebastian	Cologne Internationals	GER	0:55:01	0:55:06	294	MHK	84	12:58	13:26	13:48	13:46	
578	974	Dinslaken Heinz-Jürgen	Hoppelala	GER	0:55:02	0:55:22	14	M55	55	14:21	13:42	13:09	12:48	
579	2233	Ludwig Patrick	Dynamo Dauerregen	GER	0:55:03	0:55:49	96	M30	81	13:44	13:12	13:36	13:26	
580	1000	Kampen Hans-Joachim	Koelnmesse	GER	0:55:04	0:55:22	15	M55	57	13:17	13:28	13:40	13:30	
581	867	Els Jürgen	BSG RheinEnergie	DEU	0:55:05	0:56:26	38	M40	69	13:54	13:13	13:19	13:27	
582	885	Werner Christoph	BSG RheinEnergie	GER	0:55:05	0:56:26	51	M45	65	13:54	13:13	13:18	13:27	
582	2496	Biermann Christian	Vorjahressieger	GER	0:55:05	0:56:33	295	MHK	85	14:48	13:24	13:06	12:48	
584	1765	Bruckwilder Hans Jörg	Bund Deutscher Radfahrer	GER	0:55:07	0:55:11	16	M55	55	12:45	13:20	13:44	14:02	
585	2558	Schöndube Oliver	centertv		0:55:07	0:55:49	97	M30	79	14:13	13:18	14:06	12:22	
586	694	Lotzen Sebastian	center tv	GER	0:55:08	0:55:49	296	MHK	86	14:13	13:21	14:03	12:27	
587	863	Bennerscheidt Wolfram	BSG RheinEnergie	GER	0:55:08	0:56:24	39	M40	70	13:22	12:57	13:36	14:03	
588	779	Pfeiffer Harald	*Bonn	GER	0:55:11	0:55:44	52	M45	67	13:41	13:10	13:32	13:32	
589	2182	Kourkoulos Dimitrios	LKW-Schorse	GER	0:55:12	0:55:36	297	MHK	86	12:39	13:07	13:54	14:23	
590	1242	Bielstein Kevin	*Köln	GER	0:55:16	0:55:57	298	MHK	85	13:37	13:39	13:46	13:08	
591	1459	Lülling Joachim	*Köln	GER	0:55:17	0:55:57	299	MHK	85	13:38	13:40	13:52	12:59	
592	1710	Schwarz Günter	AG Schwarz		0:55:17	0:56:16	40	M40	70	12:21	12:57	14:06	14:38	
593	1649	Van Well Niels	*Köln	GER	0:55:19	0:55:50	300	MHK	87	13:23	13:18	13:38	13:55	
594	977	Braun Gerhard	Junge Union	GER	0:55:21	0:55:44	53	M45	66	14:03	14:14	13:51	12:10	
595	2022	Wagner Matthias Urs	Die Überflieger	GER	0:55:23	0:56:17	301	MHK	83	14:56	13:37	13:15	12:34	
596	1248	Böner Christian	*Elsfleth	GER	0:55:24	0:56:12	302	MHK	88	13:32	13:34	13:52	13:32	
597	942	Mech Dr. Mario	Dynamo Dauerregen	GER	0:55:32	0:56:20	42	M35	74	13:39	13:14	13:47	13:39	
598	1004	Weidlich Klemens	Koelnmesse	GER	0:55:34	0:55:54	31	M50	62	13:17	13:30	13:53	13:44	
599	941	Krüger Dr. Andreas	Dynamo Dauerregen	GER	0:55:34	0:56:19	41	M40	68	13:39	13:17	13:48	13:39	
600	2592	Bolze Sebastian	RheinEnergie Marathon Köln	GER	0:55:35	0:55:44	98	M30	79	12:33	13:50	14:27	13:36	

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Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
601	2508	Kuss Alexander	WiSo Warriors	GER	0:55:36	0:56:06	303	MHK	88	13:23	13:30	14:01	13:38	
602	1330	Gerigk Joachim	*Bornheim	GER	0:55:43	0:56:28	54	M45	67	13:44	13:16	13:37	13:51	
603	827	Gerke Prof. Dr. Jürgen	-	GER	0:55:43	0:55:45	2	M65	46	12:41	13:20	13:51	14:35	
604	1225	Anderbrugge Ulf	*Köln	GER	0:55:44	0:56:09	43	M35	74	13:44	14:04	13:13	13:39	
605	1421	Klaus Daniel	*Bonn	GER	0:55:48	0:57:12	99	M30	82	14:22	14:01	13:47	12:40	
606	1700	Chi Jen-Chih	AG Schwarz		0:55:48	0:57:23	100	M30	81	12:52	12:56	14:03	14:37	
607	1777	Herwartz Lukas	cleverbrigde AG roadrunners		0:55:49	0:56:31	304	MHK	84	13:26	13:04	13:48	14:15	
608	1557	Rutkowski Jaroslaw	*Euskirchen	GER	0:55:51	0:56:20	305	MHK	88	12:31	13:30	14:28	14:23	
609	2021	Többens Börries	Die Überflieger	GER	0:55:54	0:56:48	101	M30	82	13:16	13:23	13:59	13:59	
610	864	Böroid Hans	BSG RheinEnergie	GER	0:55:57	0:57:13	17	M55	57	13:47	12:50	13:52	14:09	
611	2013	Betke Henrik	Die Stecher	GER	0:55:58	0:56:51	306	MHK	88	15:25	14:05	13:13	12:16	
612	2292	Bugla Martin	Risk Of Ru(!)n	GER	0:55:59	0:57:47	307	MHK	85	12:54	13:46	14:25	13:43	
613	794	Seelbach Armin	*Köln	GER	0:55:59	0:57:08	42	M40	68	13:43	13:43	14:04	13:27	
614	2726	Pascal Moritz			0:56:01	0:56:31	308	MHK	89	13:13	13:18	14:17	14:06	
615	2076	Schlupkothen Benjamin	Hochschule Bonn-Rhein-Sieg	GER	0:56:01	0:56:12	309	MHK	85	12:07	13:25	14:18	14:52	
616	1008	Gentz-Waßer Peter	Kotties Lauf Freunde	GER	0:56:02	0:56:15	32	M50	59	13:20	13:24	14:14	14:00	
617	698	Sommer Stefan	Kölnische Rundschau	DEU	0:56:04	0:56:25	18	M55	57	12:45	13:10	14:05	14:47	
618	988	Köhl Achim	Kölner Bank		0:56:06	0:56:40	55	M45	63	12:54	13:29	14:07	14:20	
619	2392	Bollwerk Markus	The Rocketman Project 2.0	GER	0:56:08	0:57:40	102	M30	80	14:08	13:45	13:20	13:45	
620	2109	Altehenger Tobias	Kölncampus	GER	0:56:10	0:56:12	310	MHK	87	13:25	13:30	13:52	14:05	
621	1821	Budde Paul	Cologne Internationals	GER	0:56:11	0:56:44	311	MHK	88	13:27	12:59	13:59	14:33	
622	871	Gernhardt Christian	BSG RheinEnergie	GER	0:56:14	0:57:35	103	M30	81	15:02	13:51	13:18	12:55	
623	1771	David Goedersmann	cleverbrigde AG roadrunners		0:56:16	0:56:58	312	MHK	89	13:25	13:51	14:13	13:39	
624	2178	Barz Holger	LKW-Schorse	GER	0:56:18	0:56:43	104	M30	82	13:39	13:16	13:59	14:10	
625	949	Vogler Wolfgang	Fairer Handel	GER	0:56:18	0:56:42	5	M60	49	13:28	13:39	14:04	14:02	
626	1790	Pazen David	Collegium Musicum Köln	GER	0:56:22	0:57:14	105	M30	80	12:39	13:32	14:19	14:43	
627	2325	Palmisano Dr. Daniele	Running Gag Hohenlind	GER	0:56:25	0:56:58	106	M30	81	13:50	13:48	13:54	13:42	
628	2436	Bertels Simon	TuS Gildehaus	GER	0:56:28	0:57:16	313	MHK	84	13:28	13:09	14:07	14:30	
629	2474	Kriegelstein Prof. Dr. Christian	Valium i.V.	GER	0:56:28	0:57:00	56	M45	63	13:18	14:02	14:12	13:57	
630	1345	Günther Christian	*Köln	GER	0:56:29	0:57:00	314	MHK	86	13:26	13:37	14:10	13:57	
631	775	Neuber Jens	*Köln	GER	0:56:31	0:57:45	107	M30	78	15:01	13:30	13:35	13:16	
632	1164	Kreiß Thomas	Urologie		0:56:32	0:57:28	315	MHK		13:21	13:30	13:53	14:29	
633	1815	Blesik Till	Cologne Internationals	GER	0:56:34	0:58:01	316	MHK	87	15:08	14:48	14:53	10:46	
634	1804	Allegro Dr. Alexandre	Cologne Internationals	POR	0:56:36	0:57:38	317	MHK	87	15:02	13:44	14:00	12:44	
635	1646	Ungerer Martin	*Köln	GER	0:56:37	0:57:56	318	MHK	87	13:50	13:46	14:20	13:35	
636	1578	Schlösser Mike	*Bergisch Gladbach	GER	0:56:39	0:57:13	319	MHK	86	14:05	13:32	13:48	14:00	
636	2485	Rehbein Dr. Martin	Valium i.V.	GER	0:56:39	0:57:09	33	M50	58	13:19	13:17	13:57	14:53	
638	1106	Herr Heiko	RVK	GER	0:56:39	0:57:04	43	M40	68	13:53	13:49	13:48	13:54	
639	737	Frings Thomas	*Köln	GER	0:56:41	0:57:32	57	M45	66	15:26	14:26	12:55	12:45	
640	1760	Runkel Juergen	BRUNATA	GER	0:56:41	0:57:04	58	M45	66	13:56	13:46	13:53	13:51	
641	2424	Dorlöchter Jannis	TSV Schabau	GER	0:56:42	0:57:53	320	MHK	84	14:24	13:41	13:51	13:41	
642	1489	Muller Michel	*Köln	LUX	0:56:44	0:57:33	321	MHK	88	13:25	13:39	14:03	14:24	
643	2101	Braun Florian	Junge Union	GER	0:56:45	0:57:05	322	MHK	89	14:06	14:03	14:01	13:24	
644	1772	Statz Guido	cleverbrigde AG roadrunners		0:56:45	0:57:30	44	M40	69	13:50	13:50	14:11	13:52	
645	1773	Hayo Parduhn	cleverbrigde AG roadrunners		0:56:47	0:57:30	45	M40	72	14:05	13:34	14:13	13:53	
646	1563	Santelmann Hanno	*Köln	GER	0:56:50	0:57:26	323	MHK	84	15:18	14:18	13:47	12:24	
647	1991	Hardt Robert	Die Besten	GER	0:56:55	0:57:50	324	MHK	83	14:15	13:48	13:56	13:48	
648	2240	Sabel Frank	MitUns	GER	0:56:55	0:57:34	59	M45	67	13:21	13:22	14:14	14:41	
649	1268	Christoph Stefan	*Köln	GER	0:56:57	0:58:03	108	M30	78	14:20	13:48	13:52	13:50	
650	745	Gross Roland	*Köln	GER	0:57:01	0:58:25	46	M40	68	14:43	13:11	13:35	14:17	
651	975	Bolten Andreas	IGC 2015		0:57:05	0:57:11	44	M35	76	12:25	13:50	14:25	15:03	
652	2377	Sahler Sebastian	Team Sanjay Sunshine	GER	0:57:05	0:57:58	325	MHK	84	15:07	14:15	13:39	13:02	
653	2329	Schreitmüller Stefan	Running Wild	GER	0:57:08	0:57:13	45	M35	77	12:56	13:53	14:26	14:37	
654	1681	Wittke Jan	*Köln	GER	0:57:10	0:57:59	109	M30	81	14:11	13:39	13:53	14:23	
655	1915	Pährisch Nico	Cologne Internationals	GER	0:57:10	0:58:01	326	MHK	85	15:23	14:55	13:54	11:52	
656	1845	Guerrero Marco	Cologne Internationals	ECU	0:57:10	0:58:02	327	MHK	83	15:23	14:55	13:53	11:52	
657	1993	Preppner Konstantin	Die Cousins	GER	0:57:12	0:58:12	328	MHK	86	15:31	14:14	13:52	12:36	
658	1013	Bertram Wolfgang	KVB Ole Ole	DEU	0:57:13	0:57:55	34	M50	60	13:23	13:50	14:20	14:32	
659	2502	Hölper Daniel	Wir sind Köln	GER	0:57:14	0:57:41	329	MHK	84	14:41	14:23	14:19	12:55	
660	1628	Struve Norbert	*Köln	GER	0:57:15	0:58:22	35	M50	60	14:04	13:35	14:02	14:18	

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Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
661	1361	Hecker Christoph	*Köln	GER	0:57:16	0:58:19	330	MHK	84	15:17	14:02	13:48	13:10	
662	2124	Hoff Pierre	Kölner Bank		0:57:16	0:57:16	9	MSA	98	11:27	14:25	15:24	14:52	
663	1665	Weber Nils	*Köln	GER	0:57:30	0:57:41	331	MHK	88	12:45	14:18	14:46	14:29	
664	969	Karnold Björn	Hochschule Bonn-Rhein-Sieg	GER	0:57:30	0:58:54	332	MHK	86	15:09	14:02	13:44	13:34	
665	2061	Jungkamp Florian	Gurkentrippchen	GER	0:57:37	0:58:42	333	MHK	83	15:02	14:13	14:02	13:11	
666	2014	Fritz Thorsten	Die Stecher	GER	0:57:43	0:58:36	334	MHK	88	15:25	14:05	13:49	13:19	
667	1323	Fritz David	*Köln	GER	0:57:44	0:58:51	335	MHK	88	14:53	13:59	14:14	13:39	
668	1978	Schmidt Benjamin	Cologne Runners	GER	0:57:45	0:58:59	110	M30	79	14:39	14:03	13:46	14:03	
669	1321	Franzke Marc	*Köln	GER	0:57:45	0:59:11	336	MHK	85	15:08	14:47	14:54	11:56	
670	2278	Liakos Alexandros	Rheinfall	GRE	0:57:48	0:59:21	111	M30	82	14:40	13:37	13:53	14:16	
671	1713	Sprenger Jörg	AG Schwarz		0:57:50	0:58:44	112	M30	78	14:08	14:09	15:17	13:06	
672	1101	Hermanowski Torsten	RSF Frohe Felge	GER	0:57:51	0:58:50	36	M50	62	14:30	13:59	13:51	14:12	
673	1480	Molnar Pal	*Köln	GER	0:57:52	0:58:13	47	M40	72	14:08	14:22	14:15	13:55	
674	1775	Istvan Szabo	cleverbrigde AG roadrunners		0:57:54	0:58:39	337	MHK	85	14:01	13:35	14:13	14:45	
675	64	Hamano Yuki	Power Rangers		0:57:55	0:57:55	338	MHK	88	11:49	13:49	14:57	15:56	
676	979	Schnippering Erik	Köln	GER	0:57:57	0:59:06	48	M40	69	13:27	13:55	14:56	14:36	
677	701	Bade Dieter	*Siegburg	GER	0:57:58	0:58:46	339	MHK	83	14:07	13:46	14:39	14:13	
678	1848	Heubner Björn	Cologne Internationals	GER	0:58:00	0:59:39	340	MHK	85	12:56	13:57	14:54	14:51	
679	888	Belhadj Djemai	Bushido	GER	0:58:04	0:58:13	3	M65	44	13:09	14:30	15:00	14:17	
680	1028	John Gerd	Laktatkönige	GER	0:58:04	0:58:45	2	M70	41	14:18	14:00	14:08	14:15	
681	1992	Kirchheiner Sebastian	Die Cousins	GER	0:58:06	0:59:07	341	MHK	87	15:31	14:14	13:53	13:24	
682	1055	Theisen Christoph	LT Café Elmár	GER	0:58:08	0:58:47	37	M50	59	14:20	14:02	14:15	14:19	
683	1707	Meckel Hagen	AG Schwarz		0:58:09	0:59:08	46	M35	76	15:36	13:46	14:13	13:25	
684	1929	Rögels Christian	Cologne Internationals	GER	0:58:10	0:58:10	342	MHK	85	13:53	12:37	12:57	17:39	
685	693	Prochotta Bart		GER	0:58:11	0:59:06	47	M35	77	14:40	13:56	14:29	14:06	
686	1243	Binder Philipp	*Köln	GER	0:58:16	0:58:48	343	MHK	83	13:38	13:53	14:27	15:00	
687	1387	Hintze Dag	*Köln	GER	0:58:17	0:59:38	60	M45	65	14:56	13:52	13:53	14:20	
688	2113	Außem Ralf	Kölner Bank		0:58:20	0:59:26	61	M45	63	14:04	13:58	14:33	14:32	
689	1160	Engelmann Udo	Urologie		0:58:21	0:59:48	344	MHK		15:00	13:59	14:04	14:06	
690	1081	Mueller Andreas	NHD Power	GER	0:58:24	0:59:43	49	M40	69	15:04	14:10	14:03	13:57	
691	1343	Güdemann Stephan	*Köln	GER	0:58:30	0:59:29	345	MHK	84	15:28	14:33	14:01	13:24	
692	2032	Tiggemann Dr. Daniel	Dynamo Dauerregen	GER	0:58:32	0:59:18	48	M35	74	13:55	14:09	15:03	14:13	
693	2064	Hackmann Volker	Heipörformer	GER	0:58:36	0:59:16	113	M30	80	13:23	14:13	15:04	14:41	
694	1670	Weiß Thomas	*Köln	GER	0:58:43	0:59:02	114	M30	82	12:16	14:03	14:54	00:00	
695	1434	Kreßner Matthias	*Köln	GER	0:58:46	0:59:20	115	M30	82	14:15	14:02	14:37	14:51	
696	2136	Todemann Stefan	Kölner Bank		0:58:58	0:59:27	346	MHK	86	14:43	14:08	14:37	14:20	
697	1286	Dittbener Marc	*Köln	GER	0:59:07	0:59:27	116	M30	82	12:51	14:00	14:58	15:51	
697	902	Max Stefan	cleverbrigde AG roadrunners		0:59:07	0:59:53	50	M40	70	15:42	15:25	14:07	12:47	
699	1602	Simsek Tuncay	*Köln	GER	0:59:09	0:59:26	347	MHK	90	13:22	14:14	15:25	15:03	
700	2122	Hesse Sebastian	Kölner Bank		0:59:17	0:59:57	348	MHK	86	14:33	14:25	14:54	14:17	
701	1948	Schooß Benjamin	Cologne Internationals	GER	0:59:25	0:59:49	349	MHK	85	14:03	14:58	14:28	14:50	
702	1658	Von Moers Volker	*Köln	GER	0:59:27	0:59:49	62	M45	67	14:33	14:29	14:33	14:36	
703	1290	Dracke Frank	*Köln	GER	0:59:28	1:00:05	49	M35	77	15:06	14:33	14:16	14:17	
704	2428	Wagner Tim	TSV Schabau	GER	0:59:31	1:00:43	350	MHK	88	13:05	13:50	15:00	16:28	
705	1614	Stachelhaus Carsten	*Köln	GER	0:59:34	1:00:35	51	M40	69	14:57	13:53	14:27	14:54	
706	923	Dahm Peter	Cologne Runners	GER	0:59:34	1:00:48	52	M40	71	14:39	14:03	14:38	14:54	
707	1086	Pickhard Holger	Point One Runners	GER	0:59:35	1:01:04	63	M45	64	15:29	14:47	14:20	13:42	
708	2214	Odenthal Bastian	McLuhan & McLovins	GER	0:59:36	1:00:45	351	MHK	84	15:31	15:11	14:20	13:32	
709	1527	Pyhel Constantin	*Köln	GER	0:59:39	0:59:52	352	MHK	88	14:25	15:00	14:53	14:04	
710	2574	Schwan Michael	Cologne Comparators		0:59:39	1:00:36	353	MHK	86	15:33	15:05	14:29	13:24	
711	894	Baum Dr. Clemens	clemens.baum@t-online.de	GER	0:59:39	1:00:11	3	M70	41	14:04	14:12	14:47	15:12	
712	1793	Lovell Robert	Cologne Comparators	GER	0:59:40	1:00:38	50	M35	75	14:18	14:09	14:55	14:55	
713	1257	Brüning Daniel	*Köln	GER	0:59:41	1:00:18	354	MHK	89	13:42	14:36	14:57	15:07	
714	2138	Weber Marc-Oliver	Kölner Bank		0:59:42	1:00:21	51	M35	73	13:13	13:59	15:03	16:05	
715	1597	Seegenschmiedt Johannes	*Leverkusen	GER	0:59:43	0:59:44	355	MHK	85	14:38	14:49	14:46	14:15	
716	1718	Piehl Fabian	B.C. Westen	GER	0:59:45	1:00:42	356	MHK	90	15:56	14:45	14:13	13:47	
717	1837	Froitzheim Oliver	Cologne Internationals	GER	0:59:52	1:01:20	117	M30	81	14:47	14:15	15:00	14:42	
718	2184	Kuhlmann Jan-Carlos	LKW-Schorse	GER	0:59:54	1:00:18	118	M30	82	14:18	14:27	15:15	14:42	
719	1078	Kaiser Andreas	MitUns	GER	0:59:54	1:01:24	52	M35	73	14:28	14:20	14:42	15:05	
720	710	Brandt Jan - Christian	*Köln	GER	0:59:55	1:01:13	53	M35	76	14:59	14:49	14:55	14:07	

10km - Gesamtwertung

Unilauf Köln - 20. Juni 2012

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
721	755	Kaminski Hans	*Frechen	GER	1:00:01	1:01:24	54	M35	75	14:43	13:52	15:25	14:50	
722	1379	Hessling Thomas	*Erkelenz	GER	1:00:01	1:00:51	55	M35	76	13:40	14:29	15:04	15:26	
723	2590	Steckel Manfred	TriathlonSteckelCologne	GER	1:00:03	1:01:15	19	M55	55	16:21	15:16	14:21	13:00	
724	733	Frese Reinold	*Köln	GER	1:00:06	1:01:00	38	M50	62	14:20	14:26	15:20	14:39	
725	925	Heidrich Andreas	Cologne Runners	GER	1:00:14	1:01:28	39	M50	61	14:44	13:59	14:33	15:34	
726	1774	Kohnen Holger	cleverbrigde AG roadrunners		1:00:17	1:01:03	64	M45	67	13:45	13:48	15:20	15:56	
727	2104	Koczula Kevin	Junge Union	GER	1:00:22	1:00:45	357	MHK	92	14:03	14:14	14:56	15:46	
728	2505	Hartrampf Johannes	WiSo Warriors	GER	1:00:24	1:00:51	358	MHK	86	13:20	13:31	15:47	16:23	
729	1559	Saed-Samii Nima	*Köln	GER	1:00:25	1:01:49	359	MHK	85	14:26	14:29	15:25	14:50	
730	2425	Leonards Heiko	TSV Schabau	GER	1:00:28	1:01:40	360	MHK	83	13:56	14:22	15:07	15:44	
731	2427	Udelhoven Fabian	TSV Schabau	GER	1:00:29	1:01:40	361	MHK	88	13:57	14:21	15:08	15:44	
732	1792	Linden Benedikt	Cologne Comparators	GER	1:00:36	1:00:36	362	MHK	89	16:30	15:05	14:29	13:31	
733	2048	Adam Felix	Freie Schule Köln	GER	1:00:42	1:00:57	10	MSA	97	14:10	15:00	15:26	14:52	
734	1499	Noras Erik	*Köln	GER	1:00:45	1:01:37	40	M50	60	14:39	14:50	14:59	15:01	
735	948	Oepen Ingo	ERGO-sports Köln	GER	1:00:55	1:01:02	53	M40	69	13:24	14:34	15:43	15:56	
736	931	Havemeister Prof. Dr. Klaus	Deathrunners	GER	1:00:58	1:01:36	54	M40	69	15:29	15:09	14:53	14:12	
737	1097	Kaczmarek Thomas	RideOn!	GER	1:00:59	1:02:07	119	M30	82	15:20	14:42	14:55	14:46	
738	1528	Quadfasel Christoph	*Monheim am Rhein	GER	1:01:04	1:02:10	363	MHK	84	13:48	14:44	15:43	15:28	
739	1037	Farrell Allan	LaufLövenich	CAN	1:01:04	1:01:52	55	M40	70	14:03	14:00	15:15	16:19	
740	1061	Luck Heinz	LT Saaler Muehle	GER	1:01:12	1:02:12	4	M70	42	14:55	14:34	15:02	15:16	
741	2018	Küpper Volker	Die Überflieger	GER	1:01:13	1:02:07	364	MHK	83	14:57	14:12	15:29	15:20	
742	932	Jörg Prof. Dr. Spilles	Deathrunners	GER	1:01:23	1:01:59	56	M35	74	15:32	15:12	14:50	14:31	
743	1474	Meyer Nicolas	*Köln	GER	1:01:32	1:02:27	41	M50	60	15:27	15:12	15:06	14:27	
744	2062	Hegmans Felix	H - Team	GER	1:01:34	1:02:09	120	M30	80	13:50	14:59	15:48	15:42	
745	857	Mann Martin	Brave 8 Dufftown	GER	1:01:35	1:02:44	56	M40	68	14:47	14:32	15:13	15:35	
746	1422	Lange Marc	*Köln	GER	1:01:37	1:02:42	57	M35	73	15:06	14:46	15:17	15:16	
747	2434	Sperling Matthias	Turbostart(er)	GER	1:01:39	1:03:04	365	MHK	86	16:01	15:12	15:31	13:47	
748	2133	Peters Stefan	Kölner Bank		1:01:41	1:02:12	366	MHK	84	14:49	15:08	15:22	15:17	
749	1820	Buchwald Alvarez Rolf	Cologne Internationals	GER	1:01:49	1:02:11	367	MHK	83	14:53	15:19	15:43	14:51	
750	986	Gößling Tobias	Kölner Bank		1:01:50	1:02:35	57	M40	70	14:23	15:16	15:37	15:28	
751	985	Esser Günter	Kölner Bank		1:01:54	1:02:11	42	M50	61	13:26	15:08	15:46	16:06	
752	2135	Schwede Marc	Kölner Bank		1:01:55	1:02:57	368	MHK	85	15:23	15:10	15:21	14:48	
753	686	Reiner Thomas		GER	1:02:08	1:03:26	20	M55	54	15:23	15:18	15:07	15:02	
754	1450	Lehnen Markus	*Hürth-Efferen	GER	1:02:09	1:03:27	369	MHK	86	15:36	15:10	15:04	15:01	
755	1227	Aniol Thomas	*Köln	GER	1:02:14	1:03:19	370	MHK	84	15:39	15:52	14:40	14:50	
756	2098	Fischer Leon	Joldieschwängelz	GER	1:02:14	1:03:24	371	MHK	87	15:37	15:54	15:12	14:22	
757	0	Blume Robin	ASV Köln e.V.	DEU	1:02:14	1:02:59	121	M30	78	13:38	14:06	16:05	17:08	
758	1309	Ermert Simon	*Köln	GER	1:02:14	1:03:19	372	MHK	84	15:39	15:11	15:15	14:57	
759	1784	Werner Decker-Hibbel	cleverbrigde AG roadrunners		1:02:14	1:02:58	58	M35	77	13:37	14:07	16:05	17:07	
760	1768	Leyrer Bernhard	cleverbrigde AG roadrunners		1:02:17	1:02:59	59	M35	76	15:46	15:25	14:42	15:07	
761	2272	Gerdes Alexander	RFH Köln	GER	1:02:17	1:03:25	58	M40	71	14:14	14:55	15:34	16:14	
762	728	Feldhofer Felix	*Hürth	GER	1:02:21	1:03:18	122	M30	82	15:31	15:30	15:06	15:02	
763	1098	Witt Christof	RideOn!	GER	1:02:33	1:03:40	60	M35	74	15:26	15:28	15:13	15:09	
764	844	Henneke Dr. Karl-Wilhelm	ASV Köln	GER	1:02:39	1:03:49	4	M65	47	15:41	15:23	15:16	14:54	
765	2019	Ottersbach Daniel H.	Die Überflieger	GER	1:02:45	1:03:39	61	M35	75	14:08	14:43	15:47	16:33	
766	2364	Trucks Holger	Team CCG	GER	1:03:02	1:04:03	123	M30	79	15:29	15:20	15:42	15:18	
767	1741	Lorenzo Ubaldi	Bonn Internationals	ITA	1:03:08	1:04:00	124	M30	81	16:17	16:29	16:54	12:15	
768	1039	Meutgens Ralf	Laufrausch	GER	1:03:19	1:03:43	65	M45	63	14:36	15:11	15:58	16:09	
769	2363	Lal Dennis	Team CCG	GER	1:03:24	1:04:25	373	MHK	84	15:29	15:20	15:43	15:38	
770	2139	Weidemann Peter	Kölner Bank		1:03:30	1:04:50	66	M45	63	15:15	14:59	15:28	16:15	
771	1586	Schotten Marcel	*Köln	GER	1:03:32	1:04:45	374	MHK	85	15:42	15:35	15:41	15:28	
772	2572	Torgovitski Leonid			1:03:32	1:04:15	375	MHK	85	15:27	14:39	15:30	16:34	
773	1783	Volker Bündler	cleverbrigde AG roadrunners		1:03:34	1:04:20	125	M30	80	15:42	15:26	15:10	15:51	
774	2340	Körner Carsten	Spartak Statistik	GER	1:03:46	1:04:34	126	M30	79	14:17	15:11	16:11	16:48	
775	1110	Stankowski Noel	Sascha Dir werde ich es zeigen	GER	1:03:46	1:04:30	59	M40	68	14:10	15:03	16:29	16:49	
776	1367	Heinze Dr. Stefan	*Frechen	GER	1:03:48	1:05:13	62	M35	76	15:57	15:46	15:27	15:26	
777	1494	Nellißen Martin	*Rommerskirchen	GER	1:03:48	1:05:13	67	M45	66	15:57	15:46	15:27	15:26	
778	1386	Himmighofen Aljoscha	*Köln	GER	1:03:55	1:05:19	376	MHK	88	15:15	15:44	15:41	15:49	
779	747	Hach Ulrich	*Köln	GER	1:03:57	1:05:31	43	M50	58	15:08	14:40	15:30	17:07	
780	2110	Aleth Hermann	Kölner Bank		1:04:33	1:05:53	68	M45	65	15:53	15:39	15:37	16:08	

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Unilauf Köln - 20. Juni 2012

Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
781	2397	Weilner Jens	TRACE	GER	1:04:39	1:04:50	127	M30	81	14:42	15:25	16:16	16:46	
782	2238	Kuck Jens	MitUns	GER	1:04:39	1:05:33	69	M45	64	14:37	15:40	16:36	16:23	
783	2426	Müller Patrick	TSV Schabau	GER	1:04:40	1:05:51	377	MHK	88	15:07	15:05	16:34	16:43	
784	2099	Lehmann Martin	Joldieschwängelz	GER	1:04:52	1:06:02	378	MHK	87	15:39	16:03	16:02	15:59	
785	2119	Görk Sebastian	Kölner Bank		1:04:57	1:05:58	128	M30	82	15:11	17:56	14:52	15:31	
786	1596	Sciabarra Michele	*Köln	GER	1:05:03	1:06:06	379	MHK	88	15:19	15:02	16:04	17:29	
787	1465	Lange Rene	*Köln	GER	1:05:04	1:06:09	63	M35	75	15:21	15:39	16:26	16:25	
787	1452	Lemmer Sebastian	*Köln	LUX	1:05:04	1:05:40	380	MHK	84	15:44	15:58	16:09	15:51	
789	2118	Gabriel David	Kölner Bank		1:05:04	1:05:33	381	MHK	85	16:00	15:58	16:12	15:32	
790	751	Herrmann Frank	*Köln	GER	1:05:05	1:05:56	70	M45	65	15:27	15:30	16:14	16:26	
791	984	Detmer Hanspeter	Kölner Bank		1:05:13	1:05:55	5	M65	46	15:23	15:58	16:26	16:06	
792	1517	Pfeiffer Michael	*Köln	GER	1:05:17	1:06:42	382	MHK	83	15:57	15:47	16:12	16:02	
793	2016	Salimi Dafsari Hormos	Die Stecher	GER	1:05:35	1:06:28	383	MHK	90	15:25	16:24	16:09	16:26	
794	1510	Overdick Dennis	*Königswinter	GER	1:05:51	1:06:08	384	MHK	84	16:33	15:36	15:57	16:22	
795	903	Berger Carl	CM4all	GER	1:06:44	1:07:25	71	M45	67	15:49	16:08	16:39	16:34	
796	1228	Au Bastian	*Köln	GER	1:06:55	1:07:33	385	MHK	87	16:06	16:02	15:00	18:27	
797	1762	Grätz Georg	BSG RheinEnergie	GER	1:07:02	1:08:19	44	M50	62	15:29	16:06	16:40	17:11	
798	965	Simon Tobias	Gespensterläufer	GER	1:07:36	1:09:16	386	MHK	89	15:30	16:53	17:03	16:45	
799	729	Feldhofer Ulrich	*Hürth	GER	1:07:36	1:08:54	21	M55	53	15:33	16:31	16:49	17:13	
800	842	Otto Uwe	AG Schwarz		1:07:43	1:08:41	22	M55	56	15:42	16:17	16:43	17:32	
801	1638	Thomas Marcel	*köln	GER	1:07:45	1:07:58	2	MJA	93	14:09	15:05	18:30	18:53	
802	1704	Herweg Jens	AG Schwarz		1:07:46	1:08:41	129	M30	78	14:43	15:11	18:51	17:32	
803	2117	Forst Thomas	Kölner Bank		1:08:02	1:09:22	60	M40	72	16:04	16:38	16:41	17:00	
804	1706	Kumar Avadh	AG Schwarz		1:08:11	1:09:10	387	MHK	84	14:35	16:55	17:17	17:53	
805	1147	Möller Joachim	TuS Badbergen	GER	1:08:17	1:08:38	23	M55	55	15:41	16:17	17:07	17:35	
806	2356	Leyh Michael	Team Canada	GER	1:08:34	1:09:01	130	M30	80	15:58	17:57	15:52	17:20	
807	2357	McKay Steven	Team Canada	CAN	1:08:36	1:09:02	388	MHK	89	15:59	17:59	15:53	17:17	
808	2454	Ettehad Sholen	Urologie		1:08:45	1:09:56	389	MHK		16:01	16:14	17:06	17:48	
809	2056	Vogt Maximilian	Freie Schule Köln	GER	1:09:14	1:09:30	3	MJB	95	14:09	16:06	18:14	18:58	
810	802	Stein Wolfgang	*Bergisch Gladbach	GER	1:09:39	1:10:55	72	M45	64	16:31	16:50	17:26	17:24	
811	1390	Hoeffken Manfred	*Koeln	GER	1:09:46	1:11:03	6	M65	47	16:05	16:58	17:13	17:52	
812	2054	Roßbach Konrad	Freie Schule Köln	GER	1:09:55	1:10:02	11	MSA	97	12:04	00:00	00:00	00:00	
813	2395	Mack Jürgen	Torpedo GKS	GER	1:12:34	1:14:04	390	MHK	83	16:27	18:25	18:54	17:22	
814	994	Uebber Dieter	Kölner Bank		1:14:55	1:16:17	7	M65	46	17:59	17:58	18:42	18:36	
815	790	Scherpenstein Patrick	*Hürtgenwald	GER	1:17:33	1:18:51	131	M30	81	16:47	18:50	20:07	20:19	
816	2100	Becker Michael	Junge Union	GER	1:17:36	1:17:57	391	MHK	86	15:14	17:27	17:39	24:52	
817	1354	Hakim Hamed	*Köln	GER	1:17:38	1:18:46	392	MHK	85	17:35	20:01	20:00	18:20	
818	2286	Konrad Norbert	Rheinland Raffinerie	GER	1:18:00	1:19:15	45	M50	62	17:48	19:10	19:50	19:28	
819	911	Grimm Hans-Joachim	Cologne Internationals	GER	1:19:12	1:20:33	24	M55	56	18:02	20:36	19:43	19:15	

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Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	678	Schön Maike	LAZ Puma Rhein Sieg	GER	0:36:33	0:36:35	1	WHK	89	08:42	08:59	09:06	09:02	
2	1153	Gatzweiler Ulla	Uni Köln		0:36:43	0:36:45	2	WHK	88	08:45	08:56	09:10	09:01	
3	38	Peiler Annika	Uni Bonn		0:37:41	0:37:44	3	WHK	85	08:45	09:11	09:27	09:26	
4	2740	Salzwedel Sophia	Uni Münster		0:39:22	0:39:24	4	WHK	87	09:18	09:35	09:45	09:48	
5	2584	Köster Ina	Laufsport Bunert	GER	0:40:59	0:41:01	5	WHK	90	09:13	10:09	10:24	10:19	
6	1282	Dietrich Julia	*Köln	GER	0:41:53	0:42:02	1	W40	72	10:06	10:10	10:24	10:18	
7	40	Voigt Anna-Lena	Uni Bonn		0:42:15	0:42:18	6	WHK	84	10:04	10:16	10:26	10:31	
8	820	Wilmschen Sarah	*Köln	GER	0:42:33	0:42:40	7	WHK	86	10:06	10:20	10:36	10:34	
9	2570	Bang Anna	Die Glorreichen 7+		0:42:51	0:42:52	1	W35	76	10:03	10:22	10:37	10:46	
10	1026	Drumm-Becker Sabine	Laktatkönige	GER	0:43:20	0:43:29	1	W45	67	10:04	10:43	10:56	10:41	
11	795	Seelig Bianca	*Köln	GER	0:43:55	0:43:55	1	W30	79	10:04	10:42	11:02	11:04	
12	1826	Dieckhöner Caroline	Cologne Internationals	GER	0:44:22	0:44:35	8	WHK	83	10:25	11:00	11:11	10:54	
13	2607	Höfeler Freya	Uni Münster	GER	0:44:46	0:44:57	9	WHK	91	10:43	10:54	11:05	11:04	
14	1091	Klein Alexandra	RC Rabenhain e.v	GER	0:45:42	0:45:47	2	W35	74	10:29	11:17	11:31	11:21	
15	2589	Hohage Anna	Die Glorreichen 7+	GER	0:45:47	0:45:49	2	W30	78	10:23	11:11	11:44	11:26	
16	674	Engel Marian	ASV Köln Triathlon	GER	0:45:48	0:45:48	10	WHK	88	10:59	11:31	11:27	11:00	
17	831	Dietze Stine	1. Kölner Laufstall	GER	0:46:15	0:46:17	3	W30	81	10:46	11:21	11:36	11:34	
18	2602	Heymann Wiebke	Uni Münster	GER	0:46:20	0:46:31	11	WHK	88	10:42	11:12	11:41	11:44	
19	1088	Hark Andrea	Pulheimer SC	GER	0:46:35	0:46:41	1	W50	60	10:35	11:27	11:49	11:42	
20	1856	Hurley Emily	Cologne Internationals	AUS	0:46:36	0:46:52	12	WHK	90	10:38	11:27	11:49	11:43	
21	1479	Mohr Clara	prothetik@uk-koeln.de	GER	0:46:47	0:47:04	13	WHK	89	11:03	11:27	11:37	11:39	
22	846	Küttner Christiane	ASV Köln Triathlon	GER	0:47:04	0:47:14	2	W45	67	11:26	11:27	11:33	11:36	
23	952	Kroggel Nicole	FC Deutsche Post	GER	0:47:27	0:47:34	3	W45	66	11:04	11:36	11:54	11:54	
24	2559	Kaulen Sandra	RheinEnergie Marathon Köln		0:47:33	0:47:42	14	WHK	92	12:17	11:28	11:22	11:26	
25	32	Dirnberger Mareike	Uni Bonn		0:47:35	0:47:47	15	WHK	91	11:21	11:47	11:51	11:43	
26	1156	Auth Michelle	Urologie		0:47:36	0:48:09	16	WHK		11:20	11:35	11:46	11:50	
27	1618	Steckelberg Anna-Lena	*Köln	GER	0:48:11	0:48:22	17	WHK	85	11:24	11:45	11:56	12:02	
28	2605	Strahl Julia	Uni Münster	GER	0:48:23	0:48:35	18	WHK	88	11:31	11:59	12:02	11:53	
29	1073	Belke Luisa	MediRunners-Cologne	GER	0:48:25	0:48:41	19	WHK	89	11:10	24:23	11:52	00:00	
30	822	Zaglauer Katharina	*Köln	GER	0:48:58	0:49:03	4	W30	80	11:37	12:00	12:09	12:09	
31	2343	Von Landenberg Christina	SSF Bonn	GER	0:49:02	0:50:34	20	WHK	89	13:00	11:19	11:43	11:53	
32	2581	Gerber Katrin		GER	0:49:04	0:49:11	21	WHK	86	11:50	12:23	12:05	11:42	
33	1397	Jarke Jeannette	*Köln	GER	0:49:05	0:50:22	22	WHK	91	14:46	10:58	10:33	11:15	
34	1036	Feldmann-Hunold Marion	Laktatkönige Köln	GER	0:49:16	0:49:33	4	W45	65	11:49	12:02	12:04	12:14	
35	1917	Petters Lea	Cologne Internationals	GER	0:49:16	0:49:35	23	WHK	88	12:10	11:53	12:09	12:03	
36	39	Peiseler Sophie	Uni Bonn		0:49:25	0:49:36	24	WHK	89	11:20	12:01	12:29	12:31	
37	1577	Schlemmer Mona	*Aachen	GER	0:49:31	0:49:34	25	WHK	90	11:47	12:16	12:10	12:16	
38	60	Schnorr Andrea	RWTH Aachen		0:49:58	0:50:01	26	WHK	89	11:17	12:30	12:39	12:35	
39	780	Piwowar Urszula	*Köln	POL	0:50:21	0:51:18	27	WHK	84	12:57	12:03	12:04	12:13	
40	1446	Le Blanc Carolin	*Köln	GER	0:50:22	0:51:46	28	WHK	89	15:59	16:02	16:49	00:00	
41	1506	Okyya Yasemin	*Köln	GER	0:50:24	0:50:59	5	W30	81	12:34	12:04	12:26	12:14	
42	1261	Büngeler Friederike	*Wülfrath	GER	0:50:27	0:50:35	29	WHK	92	10:29	11:51	13:43	13:15	
43	1953	SERRANO BARRIOS	Cologne Internationals	ESP	0:50:31	0:50:35	30	WHK	91	11:34	12:00	12:35	13:04	
44	1184	Nörling Deborah	Valium i.V.	GER	0:50:35	0:50:37	31	WHK	89	11:41	12:37	12:44	12:34	
45	715	Buschhüter Astrid	*Bergisch Gladbach	GER	0:50:47	0:51:55	6	W30	80	13:18	12:08	12:17	12:01	
46	933	Spilles Prof. Dr. Annette	Deathrunners	GER	0:51:07	0:51:41	32	WHK	86	13:54	12:22	12:07	11:42	
47	886	Engel Petra	BSG-Stadt Köln	GER	0:51:13	0:51:25	5	W45	67	12:11	12:28	12:44	12:41	
48	1472	Meurer Lisa	*Köln	GER	0:51:18	0:51:21	33	WHK	91	12:10	12:09	13:11	12:40	
49	816	Westerkamp Beate	Elisabeth von Thüringen	GER	0:51:21	0:51:43	6	W45	64	12:02	12:40	12:55	12:37	
50	875	Holtkamp Kamilla	BSG RheinEnergie	DEU	0:51:24	0:52:39	2	W40	72	13:21	12:27	12:20	12:12	
51	1679	Wisse Dorothee	*Köln	GER	0:51:25	0:52:12	34	WHK	89	13:21	12:25	12:43	11:59	
52	1223	Althoff Eike Antonia	*Köln	GER	0:51:37	0:51:50	35	WHK	87	12:42	12:35	12:42	12:35	
53	1664	Waterkamp Nadine	*Köln	GER	0:51:41	0:51:48	7	W30	80	12:40	12:43	12:41	12:35	
54	2229	Schönwald Charlotte	MediRunners-Cologne	GER	0:51:42	0:51:58	36	WHK	90	11:27	12:39	13:10	13:12	
55	708	Bittens Linda	*Köln	GER	0:51:47	0:51:51	37	WHK	84	11:48	12:27	13:16	13:08	
56	2094	Salingré Annika	IGC 2028		0:51:52	0:51:58	38	WHK	85	12:19	12:31	12:54	13:02	
57	1415	Kipping Nina	*Remagen	GER	0:51:54	0:52:47	39	WHK	90	12:52	12:21	12:46	12:48	
58	1053	Kohler Maxie	LKW-Schorse	GER	0:52:03	0:52:26	8	W30	82	12:32	12:30	12:52	12:58	
59	1001	Schirmer Pia	Koelnmesse	GER	0:52:04	0:52:23	9	W30	81	12:10	12:25	12:56	13:24	
60	991	Pinell Nicole	Kölner Bank		0:52:05	0:52:43	10	W30	82	12:56	12:34	13:00	12:29	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	1365	Heins Jennifer	*Hürth	GER	0:52:06	0:52:19	40	WHK	90	12:25	12:45	12:53	12:58	
62	791	Schlaphorst Laura	*Köln	GER	0:52:08	0:52:10	41	WHK	87	12:09	12:56	12:52	13:01	
63	2341	Lange Alexandra	Spartak Statistik	GER	0:52:10	0:52:12	42	WHK	90	12:36	13:07	13:02	12:30	
64	1375	Herzog Sandra	*Bonn	GER	0:52:11	0:53:00	11	W30	80	13:01	12:31	12:54	12:46	
65	1152	Gaede Hannah	Uni Köln		0:52:16	0:52:26	12	W30	80	11:24	12:49	13:51	13:04	
66	770	Mans Carolin	*Köln	GER	0:52:23	0:52:25	43	WHK	90	12:08	12:58	13:01	13:10	
67	872	Geyer Sarah	BSG RheinEnergie	GER	0:52:26	0:52:49	44	WHK	86	12:55	13:00	13:05	12:25	
68	1359	Havrylova Ilona	*Köln	UKR	0:52:27	0:52:30	45	WHK	84	11:18	12:19	12:30	12:32	
69	1063	Brocke Anika	Lucky Stars	GER	0:52:31	0:53:21	13	W30	80	13:00	12:28	12:53	13:01	
70	760	Lammertz Tatjana	*Köln	GER	0:52:36	0:53:40	7	W45	66	12:53	12:46	12:55	12:53	
71	2232	Weyer Linda	MediRunners-Cologne	LUX	0:52:42	0:52:59	46	WHK	90	11:26	12:31	13:34	13:52	
72	2024	Heupel Dr. Janine	Die weißen Äthiopier	GER	0:52:42	0:52:59	47	WHK	86	11:45	12:56	13:24	13:27	
73	2264	Kaiser Christina	Prothetik@uk-koeln.de	GER	0:52:50	0:53:09	48	WHK	89	11:51	12:39	13:25	13:43	
74	1161	Gimbarova Elena	Urologie		0:52:57	0:53:08	3	W40	72	12:26	12:51	13:13	13:20	
75	944	Weeger Sandra	Elisabeth von Thüringen	GER	0:52:58	0:53:08	8	W45	67	12:28	12:52	13:17	13:19	
76	2599	Alphons Stephanie	Frontrunners Cologne	GER	0:52:59	0:53:08	9	W45	65	12:00	12:52	13:28	13:33	
77	2030	Crewell Susanne	Dynamo Dauerregen	GER	0:53:00	0:53:08	10	W45	64	12:07	12:50	13:15	13:32	
78	1440	Küppersbusch Carolin	*Köln	GER	0:53:03	0:53:26	49	WHK	84	11:49	13:07	13:34	13:23	
79	1259	Brunke Annika	*Köln	GER	0:53:07	0:53:34	50	WHK	92	12:26	12:51	13:24	13:19	
80	1549	Ritgen Laura	*Köln	GER	0:53:11	0:54:36	51	WHK	89	14:46	13:03	12:44	11:35	
81	1961	Surek Maike	Cologne Internationals	GER	0:53:13	0:53:31	52	WHK	91	13:16	12:58	13:12	12:55	
82	1292	Drost Katinka	*Waltrop	GER	0:53:14	0:53:29	53	WHK	83	12:39	12:52	12:52	13:45	
83	1176	Ganz Ute	Valium i.V.	GER	0:53:16	0:53:47	11	W45	64	12:46	12:50	13:10	13:18	
84	1263	Burger Jeanette	*Köln	GER	0:53:16	0:53:31	54	WHK	83	12:40	13:04	13:21	13:03	
85	1714	Schnitker Julia	Alemannia Aachen Volleyball	GER	0:53:24	0:53:27	55	WHK	92	11:53	13:10	13:43	13:35	
86	31	Bramlage Lena	Uni Bonn		0:53:24	0:53:36	56	WHK	90	11:56	12:55	13:29	13:54	
87	1247	Blüggel Janet	*Köln	GER	0:53:25	0:53:29	57	WHK	91	13:20	12:39	12:46	13:35	
88	1034	Wolf Ulrike	Laktatkönige	GER	0:53:31	0:53:46	2	W50	58	12:48	12:58	13:13	13:18	
89	848	Schmidt-Küster Dorle	asv-köln	GER	0:53:38	0:53:43	3	W50	58	12:21	12:51	13:21	13:49	
90	2262	Akuamo-Giolda Agathe	Prothetik@uk-koeln.de	GER	0:53:40	0:55:08	58	WHK	88	13:36	12:40	13:23	12:51	
91	2009	Wandel Rosine	Die leichtfüßigen Vier	GER	0:53:47	0:54:05	4	W40	68	12:08	13:04	13:41	13:42	
92	832	Ebelshäuser Claudia	1. Kölner Laufstall	GER	0:53:49	0:54:05	12	W45	63	12:12	12:59	13:52	13:39	
93	955	Hoen Cornelia	FH Köln	GER	0:53:51	0:54:18	13	W45	65	13:16	12:49	13:10	13:20	
94	777	Pabst Monika	*Köln	GER	0:53:59	0:54:24	4	W50	62	13:47	12:55	13:05	13:01	
95	1158	Boie Julia	Urologie		0:54:04	0:54:48	59	WHK		13:22	13:03	13:29	13:06	
96	1162	Gochera Stanimira	Urologie		0:54:08	0:54:51	60	WHK		13:22	13:02	13:29	13:05	
97	1944	Schlotmann Elena	Cologne Internationals	GER	0:54:12	0:54:13	61	WHK	89	12:36	13:07	13:10	14:01	
98	1798	Fath Katharina	Cologne Indians	GER	0:54:25	0:55:34	62	WHK	85	13:25	13:18	13:13	13:22	
99	2191	Schroeder Lynn	LSC	LUX	0:54:28	0:55:02	63	WHK	89	13:08	12:49	13:37	13:46	
100	2486	Sandmann Andrea	Valium i.V.	GER	0:54:32	0:54:44	14	W30	78	13:48	13:07	13:22	13:08	
101	1754	Shtaltovna Anastasiya	Bonn Internationals	UKR	0:54:32	0:55:44	64	WHK	83	13:26	13:29	13:25	13:05	
102	1752	Schmitz Ronja	Bonn Internationals	GER	0:54:34	0:55:16	65	WHK	90	12:47	13:01	13:42	13:54	
103	2326	Schenke Janina	Running Gag Hohenlind	GER	0:54:37	0:55:10	15	W30	82	13:24	13:15	13:21	13:31	
104	1461	Magallanes Lorena	*Bonn	GER	0:54:38	0:55:32	66	WHK	85	13:20	12:56	13:15	13:50	
105	1318	Franken Franziska	*Münster	GER	0:54:47	0:55:52	67	WHK	87	13:56	12:57	13:17	13:30	
106	1617	Steck Jule	*Köln	GER	0:54:51	0:54:54	68	WHK	92	11:53	13:57	14:00	13:51	
107	1183	Meckel Judith	Valium i.V.	GER	0:54:53	0:54:54	69	WHK	83	12:54	13:30	13:44	13:35	
108	829	Anthofer Petra	1. Kölner Laufstall	GER	0:54:54	0:55:18	14	W45	64	13:15	13:12	13:25	13:46	
109	2111	Außem Alina	Kölner Bank		0:55:04	0:56:09	1	WJB	96	14:04	13:30	13:26	13:06	
110	1796	Zuber Christina	Cologne Comparators	GER	0:55:07	0:55:07	16	W30	81	13:20	13:08	13:56	13:35	
111	1174	Drees Bärbel	Valium i.V.	GER	0:55:15	0:55:30	15	W45	64	13:26	13:21	13:37	13:40	
111	1087	Mayer Dr. Beate	Prothetik@uk-koeln.de	GER	0:55:15	0:55:27	5	W50	60	12:51	13:18	13:51	14:01	
113	1819	Brustat Rabea	Cologne Internationals	GER	0:55:15	0:55:31	70	WHK	90	13:25	13:20	13:57	13:26	
114	1868	Klouth Hannah	Cologne Internationals	GER	0:55:16	0:55:31	71	WHK	89	13:25	13:20	13:57	13:27	
115	1066	Von Oeynhausen Britta	Lucky Stars	GER	0:55:23	0:56:13	3	W35	77	13:00	13:06	13:55	14:13	
116	1982	Frogols Judith	NetCologne	GER	0:55:24	0:55:30	17	W30	81	12:59	13:36	13:53	13:41	
117	1631	Sur Ilknur	*Köln	TUR	0:55:25	0:56:14	72	WHK	84	15:47	18:43	19:09	00:00	
118	1391	Hönnicke Silke	*Köln	GER	0:55:28	0:55:57	5	W40	71	13:32	13:13	13:41	13:49	
119	1065	Verhey Vera	Lucky Stars	GER	0:55:29	0:56:19	18	W30	80	13:00	13:06	13:55	14:13	
120	1453	Lenart Agnieszka	*Köln	GER	0:55:43	0:56:09	4	W35	77	13:44	14:03	13:14	13:39	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	2198	Thiel Svenja	Marc-eting	GER	0:55:45	0:55:45	73	WHK	85	13:31	13:28	13:34	13:56	
122	2174	Reisch Katharina	laufrausch köln	GER	0:55:54	0:57:00	74	WHK	92	15:08	13:35	13:33	12:38	
123	1776	Fuhrmann Kristina	cleverbrigde AG roadrunners		0:55:57	0:56:38	6	W40	71	13:26	13:14	13:56	14:12	
124	2371	Corbet Cécile	Team Quantensprung	FRA	0:55:57	0:56:17	75	WHK	86	13:55	13:49	13:39	13:24	
125	1009	Schlösser Laura	Kotties Lauf Freunde	GER	0:56:02	0:56:15	76	WHK	87	13:20	13:24	14:14	14:00	
126	1984	Dobija Isabella	Cologne Internationals	GER	0:56:08	0:57:13	77	WHK	84	12:33	13:23	14:17	14:41	
127	734	Fresmann Nora	*Bonn	GER	0:56:10	0:56:52	78	WHK	92	13:30	13:26	14:05	14:03	
128	2208	Brügelmann Lisa	Matze Maucher und 4 Damen	GER	0:56:28	0:57:15	79	WHK	86	15:24	14:41	13:33	11:54	
129	943	Hajek Verena	Elisabeth von Thüringen	GER	0:56:42	0:56:53	1	W60	52	13:25	13:54	14:06	14:01	
130	1451	Lemkamp Lena	*Köln	GER	0:56:43	0:57:18	80	WHK	88	13:49	13:47	13:55	13:59	
131	1246	Blonien Eva	*Köln	GER	0:56:46	0:57:04	81	WHK	84	13:22	13:36	14:05	14:25	
132	1302	Eichmann Kim	*Köln	GER	0:56:48	0:57:13	82	WHK	86	13:44	13:47	14:11	13:54	
133	1235	Behrenbruch Andrea	*Köln	GER	0:56:51	0:56:55	16	W45	66	13:35	13:42	14:11	14:07	
134	2336	Maulbetsch Mirijam	Scharf im Schlaf	GER	0:56:51	0:57:53	83	WHK	90	13:53	13:55	14:13	13:51	
135	2335	Köhler Teresa	Scharf im Schlaf	GER	0:56:52	0:57:53	84	WHK	88	13:53	13:56	14:13	13:51	
136	834	Klußmann Tanja	1. Kölner Laufstall	GER	0:56:52	0:57:15	7	W40	69	13:52	13:53	13:57	14:00	
137	2218	Berti Friederike	MediRunners-Cologne	GER	0:56:56	0:58:15	85	WHK	88	14:22	13:45	14:09	13:34	
138	1854	Hu Jiawen	Cologne Internationals	CHN	0:56:57	0:58:01	86	WHK	90	16:50	18:53	19:30	00:00	
139	918	Maas Corinna	Cologne Internationals	GER	0:56:59	0:57:06	87	WHK	86	14:07	13:57	13:48	14:06	
140	807	Tegethoff Irina	*Köln	GER	0:57:02	0:58:01	88	WHK	83	14:08	13:54	14:03	13:44	
141	2348	Houben Jenny	Steuerheye	GER	0:57:02	0:57:27	89	WHK	85	13:46	13:26	14:22	14:18	
142	2509	Lautenschlag Ann-Kristin	WiSo Warriors	GER	0:57:04	0:57:33	90	WHK	85	13:16	13:36	14:37	14:31	
143	1288	Dölling Julia	*Köln	GER	0:57:08	0:57:34	5	W35	76	13:44	14:07	13:47	14:11	
144	1239	Berger Alina	*Köln	GER	0:57:09	0:57:12	91	WHK	91	13:29	14:12	14:29	13:57	
145	1871	Kobbenbring Claudia	Cologne Internationals	GER	0:57:13	0:57:20	92	WHK	87	14:07	13:57	13:48	14:05	
146	934	Daub Dr. Kathrin	Der späte Wurm entgeht dem	GER	0:57:14	0:57:31	19	W30	82	13:16	13:43	14:25	14:31	
147	1280	Detlefsen Sonja	*Köln	GER	0:57:16	0:57:56	93	WHK	88	14:27	13:28	13:51	14:21	
148	1357	Hartung Katharina	*Köln	GER	0:57:16	0:57:57	94	WHK	89	14:27	13:28	13:51	14:21	
149	1341	Groß Bettina	*Köln	GER	0:57:19	0:58:29	95	WHK	87	13:38	13:14	14:09	14:56	
150	1565	Schäfer Leonie	*Köln	GER	0:57:27	0:58:08	96	WHK	85	14:13	14:11	14:12	13:41	
151	1230	Bachem Elisa	*Köln	GER	0:57:27	0:58:26	20	W30	81	14:31	13:58	13:52	13:52	
152	763	Liersch Anna	*Köln	GER	0:57:30	0:57:41	97	WHK	92	12:45	14:18	14:47	14:29	
153	1317	Frammelsberger Lisa	*Köln	GER	0:57:38	0:58:57	98	WHK	88	14:50	14:10	13:44	13:44	
154	2083	Bopp Judith	IGC 2016		0:57:38	0:57:44	99	WHK	84	12:54	13:29	14:51	15:09	
155	1799	Rieckhoff Britta	Cologne Indians	GER	0:57:42	0:58:50	21	W30	79	15:05	14:00	13:57	13:30	
156	1022	Pleiß Claudia	KVB Ole Ole	DEU	0:57:42	0:58:48	17	W45	65	14:50	14:07	14:02	13:32	
157	2575	Groth Amelie			0:57:43	0:57:59	100	WHK	92	13:46	14:08	14:13	14:30	
158	1398	Jelinek Antonia	*Köln	GER	0:57:46	0:57:54	101	WHK	86	14:05	14:01	14:12	14:16	
159	1971	Weber Laura	Cologne Internationals	GER	0:57:47	0:57:54	102	WHK	86	14:06	14:02	14:12	14:17	
160	1215	Abschlag Anna	*Köln	GER	0:57:58	0:58:47	103	WHK	87	14:07	13:46	14:40	14:13	
161	898	Jane Linsenboll	cleverbrigde AG roadrunners		0:58:00	0:58:41	6	W35	75	13:49	13:52	14:12	14:48	
162	901	Melanie Jobst	cleverbrigde AG roadrunners		0:58:01	0:58:41	104	WHK	85	13:42	14:03	14:36	14:30	
163	2228	Rockholtz Carolin	MediRunners-Cologne	GER	0:58:05	0:59:23	105	WHK	89	14:22	13:46	14:09	14:32	
164	1703	Grünwald Nora	AG Schwarz		0:58:09	0:59:08	106	WHK	85	15:37	13:45	14:14	13:25	
165	2504	Peters Anna	Wir sind Köln	GER	0:58:13	0:58:40	107	WHK	86	14:41	14:23	14:19	13:40	
166	1285	Dingil Melek	*Köln	GER	0:58:15	0:59:03	108	WHK	87	13:17	14:21	14:36	14:49	
167	2175	Zelinsky Barbara	laufrausch köln	GER	0:58:17	0:58:36	1	W55	55	13:24	14:06	14:38	14:50	
168	2324	Georgiev Alexandra	Running Gag Hohenlind	GER	0:58:18	0:58:50	109	WHK	87	15:11	14:01	14:10	13:44	
169	1163	Heeren Ira	Urologie		0:58:21	0:59:48	22	W30	82	14:59	14:00	14:04	14:06	
170	801	Steffen Natalie	*Koeln	GER	0:58:25	0:59:43	7	W35	73	15:04	14:10	14:04	13:56	
171	1535	Rehorst Frauke	*Köln	GER	0:58:29	0:59:28	110	WHK	86	15:28	14:34	14:00	13:26	
172	709	Brabender Stephanie	*Bad Honnef	GER	0:58:30	0:59:28	23	W30	82	14:03	14:07	14:32	14:37	
173	1120	Stark Susanne	Sugarsweet Photo	GER	0:58:30	0:59:28	8	W35	77	14:03	14:07	14:32	14:37	
174	2003	Doehler Marita	Die Heidschnucken	GER	0:58:33	0:59:56	111	WHK	85	15:16	14:14	13:56	13:58	
175	1864	Klein Iris	Cologne Internationals	GER	0:58:33	0:59:56	112	WHK	86	15:16	14:13	13:57	13:58	
176	1904	Müller Inken	Cologne Internationals	GER	0:58:33	0:59:20	113	WHK	88	14:48	14:14	14:23	13:56	
177	1035	Wolff Sabine	Laktatkönige	GER	0:58:34	0:59:16	18	W45	66	14:47	14:17	14:22	13:56	
178	2060	Janning Ruth	Gurkentrüppchen	GER	0:58:35	0:59:40	114	WHK	88	15:00	14:15	14:05	14:05	
179	1742	Ma Fei	Bonn Internationals	CHN	0:58:36	0:59:25	115	WHK	87	14:16	14:20	14:34	14:15	
180	1716	Knopp Eva	ASV Köln	GER	0:58:38	0:59:56	24	W30	78	15:36	14:30	13:49	13:33	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	2561	Spann Sophie	RheinEnergie Marathon Köln		0:58:42	0:59:09	116	WHK	85	13:47	14:08	14:55	14:37	
182	895	Pollmann Anke	cleverbrigde AG roadrunners		0:58:43	0:59:24	117	WHK	84	14:07	13:55	14:36	14:46	
183	1264	Burkert Viktoria	*Köln	GER	0:58:43	0:59:22	25	W30	80	13:50	14:12	14:33	14:50	
184	1366	Heinz Dr. Christina	*Köln	GER	0:58:49	1:00:04	26	W30	81	13:58	14:13	14:37	14:43	
185	1663	Warmbier Sabine	*Köln	GER	0:58:49	1:00:13	118	WHK	89	15:05	14:09	14:26	14:04	
186	1295	Dumitru Iulia	*Köln	ROM	0:58:55	0:59:31	119	WHK	86	13:39	14:26	14:53	14:45	
187	1627	Striegl Judith	*Köln	GER	0:58:56	0:59:48	120	WHK	90	14:47	14:20	14:40	14:09	
188	1383	Hiabu Anisa	*Köln	GER	0:59:10	0:59:27	121	WHK	90	13:22	14:14	15:25	14:54	
189	843	Ross Kerstin	Alfterer Sport Club	GER	0:59:12	0:59:33	9	W35	77	13:19	14:17	15:21	14:56	
190	883	Tanski Ursula	BSG RheinEnergie	GER	0:59:14	1:00:30	19	W45	63	15:12	14:36	14:19	13:52	
191	1238	Bender Dany	*Bonn	GER	0:59:21	1:00:26	27	W30	80	14:34	14:31	14:48	14:13	
192	817	Westermann Lina	*Koeln	GER	0:59:22	1:00:10	122	WHK	89	15:02	14:00	14:37	14:28	
193	691	Krick Silke	Köln läuft	GER	0:59:23	0:59:48	10	W35	77	13:27	14:14	15:16	15:12	
194	998	Passavanti Kia	Kölner Turner Bund	GER	0:59:24	1:00:51	123	WHK	86	15:17	14:46	14:47	13:29	
195	1814	Berger Maria	Cologne Internationals	GER	0:59:26	1:00:13	124	WHK	85	14:25	14:35	14:35	14:37	
196	2320	Nitsche Dr. Sara	Running Elements	GER	0:59:27	1:00:49	125	WHK	83	14:01	14:26	14:53	14:54	
197	821	Wissen Barbara	*Köln	GER	0:59:29	1:00:05	20	W45	64	15:06	14:32	14:16	14:17	
198	1245	Blazey Irena	*Dormagen	GER	0:59:29	1:00:05	21	W45	66	15:07	14:33	14:15	14:17	
199	2333	Nennmann Tessa	SC Wewer 2000	GER	0:59:32	0:59:36	126	WHK	92	14:06	14:49	14:47	14:29	
200	1522	Pitschins Ines	*Köln	GER	0:59:36	1:00:05	127	WHK	85	14:01	14:43	15:04	14:30	
200	57	Schellin Tanja	Uni Wuppertal		0:59:36	1:00:58	127	WHK	87	15:03	14:32	14:42	14:09	
202	1460	Lukner Annkatrin	*Köln	GER	0:59:40	1:00:18	129	WHK	89	13:50	14:28	15:10	14:55	
203	1360	Hebbinghaus Silvia	*Leverkusen	GER	0:59:43	0:59:43	130	WHK	84	14:38	14:50	14:48	14:12	
204	1987	Keil Miriam	Deathrunners	GER	0:59:48	1:00:22	131	WHK	84	15:38	14:36	14:22	14:01	
205	730	Fischer Susanne	*Köln	GER	0:59:49	1:00:50	28	W30	79	14:38	14:17	14:53	14:42	
206	2503	Loosen Tina	Wir sind Köln	GER	0:59:53	1:00:20	132	WHK	86	14:40	14:23	14:19	15:08	
207	873	Griese Julia	BSG RheinEnergie	GER	1:00:00	1:01:16	29	W30	80	15:03	14:27	14:44	14:37	
208	1436	Krumnikl Dagmar	*Köln	GER	1:00:00	1:00:28	11	W35	74	14:57	14:30	14:42	14:36	
209	1059	Scherwaß Dr. Anja	LT Düsseldorf-Süd	GER	1:00:02	1:01:10	22	W45	66	14:26	14:37	14:58	14:40	
210	1846	Hafskjold Lise	Cologne Internationals	NOR	1:00:04	1:01:36	133	WHK	86	14:33	14:09	15:08	14:57	
211	2730	Schwarz Ellen	FH Bonn RheinSieg		1:00:06	1:00:42	134	WHK	91	14:24	14:30	14:58	14:57	
212	1142	Isbaner Marita	TSV Bayer 04 Lauftreff	GER	1:00:12	1:01:25	6	W50	60	14:48	14:17	14:40	15:05	
213	1989	Schulte Stephanie	Deathrunners	GER	1:00:16	1:00:51	135	WHK	86	15:38	14:36	14:21	14:26	
214	1885	Behrend Lisa	*Köln	GER	1:00:17	1:01:05	30	W30	82	14:49	15:02	15:07	14:04	
215	1249	Bönisch Katharina	*Köln	GER	1:00:19	1:01:33	136	WHK	86	15:36	15:12	14:49	13:37	
216	1931	Rotthege Susanne	Cologne Internationals	GER	1:00:22	1:01:40	137	WHK	83	15:36	15:16	14:45	13:36	
217	912	Klein Kristina	Cologne Internationals	GER	1:00:24	1:00:51	31	W30	81	13:20	13:32	15:47	16:23	
218	1384	Hillenkamp Isabella	*Köln	GER	1:00:30	1:01:56	138	WHK	88	15:08	14:48	14:53	14:31	
219	1757	Hemmen Maria	Brennende Fersen AG	GER	1:00:35	1:01:41	139	WHK	89	15:28	14:42	14:50	14:27	
220	1758	Poguntke Svea	Brennende Fersen AG	GER	1:00:36	1:01:41	140	WHK	89	15:28	14:42	14:50	14:27	
221	858	Müller Janina	Brennende Fersen AG	GER	1:00:36	1:01:41	141	WHK	89	15:28	14:42	14:50	14:28	
222	2389	Angenvoort Anne	The Rocketman Project 2.0	GER	1:00:40	1:01:56	142	WHK	88	15:23	14:44	14:41	14:39	
223	690	Meyer Melanie	Köln läuft	GER	1:00:41	1:01:05	12	W35	76	13:56	15:06	15:11	15:12	
224	1733	Hagen Inja	Bonn Internationals	GER	1:00:41	1:01:09	143	WHK	89	13:51	14:45	15:20	15:32	
225	1908	Neubacher Claudia	Cologne Internationals	GER	1:00:41	1:02:08	144	WHK	86	15:21	14:14	14:42	15:09	
226	907	Buchholz Pia	Cologne Internationals	GER	1:00:41	1:02:08	145	WHK	88	15:21	14:14	14:42	15:09	
227	1887	Löchte Pia	Cologne Internationals	GER	1:00:51	1:02:08	146	WHK	86	15:37	15:16	14:45	14:02	
228	1832	Engels Malissa	Cologne Internationals	GER	1:00:52	1:00:52	147	WHK	89	13:59	14:44	15:24	15:30	
229	2430	Kempka Friederike	Turbostart(er)	GER	1:00:52	1:02:15	148	WHK	88	15:52	15:42	14:48	13:25	
230	1178	Heine Sarah	Valium i.V.	GER	1:00:58	1:01:32	149	WHK	83	14:48	14:56	15:00	14:56	
231	1314	Fischer Miriam	*Köln	GER	1:00:58	1:01:32	32	W30	80	14:48	14:56	15:00	14:56	
232	1702	Csaszar Julika	AG Schwarz		1:00:59	1:01:50	150	WHK	86	14:15	15:02	15:14	15:17	
233	1585	Scholtyssek Dominique	*Köln	GER	1:01:00	1:01:15	33	W30	80	13:45	14:45	15:55	15:14	
234	1312	Feulner Laura	*Köln	GER	1:01:01	1:01:02	151	WHK	87	14:51	14:58	15:11	14:49	
235	2210	Glende Brigitte	Matze Maucher und 4 Damen	GER	1:01:06	1:01:51	34	W30	81	15:51	15:12	14:46	14:05	
236	2435	Worminghaus Andrea	Turbostart(er)	GER	1:01:10	1:02:24	152	WHK	88	15:32	15:28	15:05	14:06	
237	2274	Kliewer Natascha	RFH Köln	GER	1:01:17	1:02:25	153	WHK	87	15:19	15:00	15:00	14:44	
238	1869	Knorsch Julia	Cologne Internationals	GER	1:01:23	1:01:42	154	WHK	87	15:02	15:17	15:21	14:36	
239	2195	Gulz Melanie	Marc-eting	GER	1:01:23	1:01:35	155	WHK	87	13:36	14:49	15:48	15:55	
240	2569	Yoon Sie-Hun	Die Glorreichen 7+		1:01:23	1:01:39	13	W35	76	13:29	14:59	15:34	15:58	

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Unilauf Köln - 20. Juni 2012

Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	1626	Stommel Dr. Hildegard	*Hürth	GER	1:01:24	1:02:34	35	W30	82	15:40	15:30	14:35	14:25	
242	1985	Blumenstein Prof. Anke	Deathrunners	GER	1:01:26	1:01:59	14	W35	77	15:35	15:08	14:53	14:31	
243	1219	Albrecht Ulrike	*Köln	GER	1:01:26	1:01:56	156	WHK	83	14:20	14:51	15:11	15:44	
244	2215	Pein Marie	McLuhan & McLovins	GER	1:01:30	1:02:37	157	WHK	91	15:07	14:47	14:57	15:17	
245	1956	Socher Iris	Cologne Internationals	GER	1:01:31	1:01:50	158	WHK	87	15:05	15:13	15:21	14:37	
246	1797	Gutike Tanja	Cologne Indians	GER	1:01:34	1:02:42	36	W30	79	15:31	15:14	15:00	14:40	
247	819	Wiechers Katharina	*Köln	GER	1:01:35	1:02:43	159	WHK	83	14:47	14:33	15:13	15:35	
248	2212	Wermes Theresa	Matze Maucher und 4 Damen	GER	1:01:37	1:02:22	160	WHK	83	15:27	14:49	15:01	14:56	
249	2565	Böhnlein Joana	Valium e.V.		1:01:41	1:03:09	161	WHK	84	15:17	14:47	14:53	15:26	
250	2429	Debertshäuser Sirje	Turbostart(er)	GER	1:01:45	1:03:08	162	WHK	89	15:51	15:42	14:58	14:05	
251	1599	Sicklinger Sonja	*Köln	GER	1:01:47	1:02:43	163	WHK	89	15:11	14:44	14:54	15:40	
252	1753	Schomakers Nele	Bonn Internationals	GER	1:01:50	1:02:18	37	W30	81	14:33	14:45	15:25	15:56	
253	881	Sezan Hüriye	BSG RheinEnergie	GER	1:01:51	1:03:07	15	W35	73	15:12	14:39	15:04	15:37	
254	1477	Michelis Marina	*Lohmar	GER	1:01:53	1:02:11	164	WHK	88	15:20	15:08	15:06	14:50	
255	1476	Michelis Anna	*Lohmar	GER	1:01:53	1:02:11	165	WHK	86	15:20	15:08	15:07	14:50	
256	2467	Eller Jutta	Valium i.V.	GER	1:01:54	1:02:24	16	W35	76	15:28	15:05	15:04	15:03	
257	2112	Außem Nadine	Kölner Bank		1:02:02	1:03:06	166	WHK	91	14:09	14:46	15:50	16:18	
258	1901	Moje Kirsi	Cologne Internationals	GER	1:02:02	1:02:47	167	WHK	85	14:56	15:02	15:19	15:27	
259	2578	Angenendt Anna	Turbostart(er)		1:02:12	1:03:37	168	WHK	86	16:01	15:12	15:01	14:43	
260	866	Eckhardt Simone	BSG RheinEnergie	GER	1:02:14	1:03:30	38	W30	80	15:13	15:00	15:15	15:23	
261	1921	Porsche Lisa	Cologne Internationals	GER	1:02:16	1:03:03	169	WHK	89	14:25	14:36	15:47	16:03	
262	1828	Eichmann Christine	Cologne Internationals	GER	1:02:22	1:02:24	17	W35	73	14:24	15:05	14:41	16:47	
263	856	Schneider Annette	Bonn Internationals	GER	1:02:24	1:03:45	8	W40	68	15:49	15:30	15:08	14:34	
264	1668	Weigerstorfer Sonja	*Köln	GER	1:02:26	1:03:13	18	W35	77	14:49	15:03	15:33	15:35	
265	2261	Akuamo-Boateng Mona	Prothetik@uk-koeln.de	GER	1:02:30	1:03:57	170	WHK	86	15:12	15:02	15:24	15:27	
266	2568	Malek Olga	Die Glorreichen 7+		1:02:30	1:02:45	171	WHK	83	15:21	15:39	15:23	14:51	
267	2566	Roeber Sabine	Die Glorreichen 7+		1:02:30	1:02:44	172	WHK	83	15:21	15:39	15:23	14:51	
268	1650	Vauth Clara	*Köln	GER	1:02:30	1:03:49	173	WHK	89	15:28	14:54	14:51	15:49	
269	1420	Klaumann Johanna	*Köln	GER	1:02:36	1:02:40	174	WHK	89	13:20	15:18	16:14	16:13	
270	1546	Riedmann Johanna	*Köln	GER	1:02:37	1:03:14	175	WHK	89	14:52	15:46	15:38	15:05	
271	1099	Witt Julia	RideOn!	GER	1:02:39	1:03:46	39	W30	81	15:26	15:28	15:20	15:01	
272	1207	Malcus Katja	Wupptich op dä Gass	GER	1:02:48	1:02:53	19	W35	77	14:26	15:02	15:40	16:22	
273	2042	Gilhaus Lena	Esçalacao Team	GER	1:02:57	1:04:05	176	WHK	85	16:18	15:35	15:25	14:35	
274	2045	Zinter Juliane	Esçalacao Team	GER	1:02:58	1:04:05	177	WHK	87	16:18	15:35	15:25	14:36	
275	2044	Munzert Anne	Esçalacao Team	GER	1:02:58	1:04:05	178	WHK	86	16:18	15:35	15:25	14:36	
276	1879	Labitzke Fleur Christin	Cologne Internationals	GER	1:03:07	1:03:26	179	WHK	86	15:38	15:36	15:36	15:13	
277	1895	Mayer Stephanie	Cologne Internationals	GER	1:03:07	1:03:27	180	WHK	86	15:39	15:36	15:36	15:13	
278	1270	Clement Anne	*Köln	LUX	1:03:08	1:03:43	181	WHK	90	14:54	15:46	15:38	15:22	
279	1881	Laxen Carina	Cologne Internationals	GER	1:03:16	1:04:19	182	WHK	91	16:15	16:02	15:10	14:38	
280	1913	Ostrowski Lea	Cologne Internationals	GER	1:03:16	1:04:19	183	WHK	91	16:15	16:02	15:10	14:38	
281	2173	Kulbach Helena	laufrausch köln	GER	1:03:20	1:04:26	184	WHK	90	15:21	15:33	15:46	15:21	
282	1554	Rütjes Anika	*Köln	GER	1:03:22	1:04:33	185	WHK	85	15:32	15:31	15:36	15:24	
283	1555	Rütjes Kristin	*Köln	GER	1:03:22	1:04:33	186	WHK	83	15:32	15:31	15:36	15:24	
284	2579	Skora Jasmin	Turbostart(er)		1:03:23	1:04:49	187	WHK	87	16:00	15:12	15:32	15:22	
285	1502	Nußbaum Anna	*Köln	GER	1:03:24	1:04:38	188	WHK	89	15:34	15:30	15:47	15:19	
286	1395	Isbaner Anna	*Köln	GER	1:03:25	1:04:38	189	WHK	89	15:34	15:30	15:47	15:20	
287	1393	Hoffmann Annika	*Leverkusen	GER	1:03:25	1:04:40	190	WHK	88	15:34	15:31	15:46	15:20	
288	2327	Wegner Ann-Christin	Running Gag Hohenlind	GER	1:03:29	1:04:02	191	WHK	85	15:25	15:25	15:57	15:28	
289	1265	Buschschlüter Vera	*Köln	GER	1:03:32	1:04:44	192	WHK	86	15:42	15:35	15:41	15:28	
290	712	Breer Sandra	*Köln	GER	1:03:36	1:04:36	20	W35	76	15:35	15:25	15:37	15:34	
291	713	Bünder Utta	*Köln	GER	1:03:46	1:04:23	9	W40	70	14:44	15:50	16:02	15:44	
292	2323	Geiser Gloria	Running Gag Hohenlind	GER	1:03:47	1:04:19	193	WHK	85	15:24	15:25	15:57	15:39	
293	1456	Litzinger Julia	*Köln	GER	1:03:52	1:05:17	194	WHK	86	15:56	15:48	15:36	15:12	
294	1806	Amalia Giordano	Cologne Internationals	GER	1:04:08	1:04:27	195	WHK	87	15:21	15:18	15:43	16:18	
295	861	Bauer Petra	BSG RheinEnergie	GER	1:04:09	1:05:24	23	W45	66	15:30	15:20	15:47	16:11	
296	2120	Golle Anja	Kölner Bank		1:04:10	1:05:20	24	W45	65	15:43	15:41	15:50	15:29	
297	2209	Coenenberg Judith	Matze Maucher und 4 Damen	GER	1:04:14	1:05:00	40	W30	81	15:52	15:12	15:47	16:04	
298	1431	Kramer Anja	*Köln	GER	1:04:28	1:04:58	196	WHK	83	15:03	15:57	16:19	15:52	
299	927	Burghardt Martina	Colombina Colonia	GER	1:04:35	1:05:15	10	W40	72	15:37	15:39	15:52	16:01	
300	1089	Ayche Karin	Radiergummiliga.de	GER	1:04:37	1:04:58	2	W55	54	15:30	15:51	15:53	15:55	

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Unilaf Köln - 20. Juni 2012

Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	1520	Piren Isabel	*Köln	LUX	1:04:43	1:05:18	197	WHK	88	15:12	15:39	16:17	16:08	
302	1482	Müller Anna Katrin	*Köln	GER	1:04:54	1:05:22	198	WHK	89	14:49	15:06	16:53	16:47	
303	2029	Wirk Lea	Düne 7	GER	1:04:55	1:05:15	199	WHK	89	14:03	16:26	16:11	16:52	
304	2140	Wellié Nadine	Kölner Bank		1:04:56	1:05:59	41	W30	79	15:11	17:56	14:52	15:31	
305	1686	Zentay Andrea	*Köln	GER	1:04:59	1:06:06	25	W45	63	14:50	15:21	16:18	16:58	
306	1905	Mürmann Sophie	Cologne Internationals	GER	1:05:02	1:06:05	200	WHK	89	16:16	16:01	15:58	15:32	
307	1893	Massl Verena	Cologne Internationals	ITA	1:05:02	1:06:06	201	WHK	89	16:16	16:01	15:58	15:33	
308	732	Freiburg Beatrix	*Pulheim	GER	1:05:06	1:05:56	26	W45	64	15:27	15:30	16:14	16:26	
309	1412	Khelil Teona	*Köln	GEO	1:05:09	1:06:24	42	W30	82	15:48	16:32	15:45	15:33	
310	1619	Stegert Paula	*Bonn	GER	1:05:09	1:06:05	202	WHK	88	16:14	15:57	15:46	15:50	
310	2398	Arnold Christina	TriathlonSteckelCologne	GER	1:05:09	1:06:01	202	WHK	89	15:22	15:40	16:16	16:24	
312	716	Buschhüter Maren	*Köln	GER	1:05:11	1:06:27	204	WHK	88	15:43	15:51	16:35	15:50	
313	2355	Schmitz-Verhajak Sylvia	TEAM RAFA	AUT	1:05:20	1:05:45	2	W60	51	16:06	15:44	15:58	16:02	
314	1491	Nacke Karolin	*Köln	GER	1:05:22	1:06:32	205	WHK	88	16:47	16:05	15:59	15:20	
315	2352	Tschersich Stephanie	Steuerheye	GER	1:05:34	1:07:01	206	WHK	84	15:40	16:01	16:21	16:25	
316	772	Mc Dermott Karen	*Köln	IRL	1:05:40	1:06:51	43	W30	80	16:02	16:00	16:28	15:55	
317	1588	Schröder Carolin	*kÖLN	GER	1:05:42	1:06:52	207	WHK	85	16:03	16:00	16:28	15:55	
318	1328	Gehringer Wibke	*Köln	AUT	1:05:46	1:06:34	208	WHK	89	15:04	15:24	16:50	16:57	
319	909	Froitheim Aurelia	Cologne Internationals	GER	1:05:49	1:07:16	209	WHK	84	15:40	16:01	16:21	16:25	
320	1327	Gareis Nina	*Köln	GER	1:05:52	1:06:08	210	WHK	83	16:33	15:36	15:57	16:22	
321	2470	Hamper Julia	Valium i.V.	GER	1:06:32	1:06:45	44	W30	82	15:05	16:11	16:40	17:03	
322	1348	Hagemann Carina	*Köln	GER	1:06:37	1:06:49	211	WHK	86	16:00	16:50	16:29	16:00	
323	1561	Salamon Nina	*Much	GER	1:06:37	1:06:49	212	WHK	83	16:00	16:49	16:28	16:00	
324	2372	Gärtner Sabrina	Team Quantensprung	GER	1:06:39	1:07:50	45	W30	81	14:51	15:33	17:08	17:29	
325	1380	Heyder Anke	*Köln	GER	1:07:03	1:08:04	213	WHK	84	15:55	16:34	16:48	16:23	
326	1867	Kloubert Christine	Cologne Internationals	GER	1:07:04	1:07:22	214	WHK	91	14:48	15:49	17:06	17:51	
327	1894	Matschke Julia	Cologne Internationals	GER	1:07:05	1:07:22	215	WHK	90	14:49	15:49	17:06	17:51	
328	1109	Velleuer Bettina	Saga-Team	GER	1:07:14	1:08:33	21	W35	76	15:50	16:01	16:41	17:13	
329	2449	Baehr Esther	Urologie		1:07:23	1:07:23	216	WHK		15:12	16:16	16:56	17:24	
330	796	Seibert Anette	*Köln	GER	1:07:27	1:08:26	27	W45	65	15:45	16:26	16:48	16:54	
331	724	Eichenauer Stefanie	*Köln	GER	1:07:37	1:07:44	217	WHK	84	15:53	16:44	16:36	16:56	
332	1750	Ratti Dr. Antonella	Bonn Internationals	GER	1:07:46	1:08:39	46	W30	80	16:18	16:30	16:54	16:41	
333	1335	Giegerich Anna	*Köln	GER	1:07:53	1:08:29	218	WHK	87	16:00	16:23	16:43	17:09	
334	673	Maassen Helga		GER	1:08:06	1:08:20	1	W70	38	16:00	16:17	16:45	17:31	
335	786	Rick Linda	*Kerpen	GER	1:08:12	1:09:01	219	WHK	87	16:03	16:35	16:53	17:09	
336	1545	Rick Eva	*Kerpen	GER	1:08:13	1:09:02	220	WHK	91	16:03	16:35	16:53	17:09	
337	1349	Hagin Helga	*Köln	GER	1:08:25	1:09:48	3	W60	48	16:44	16:35	16:49	16:42	
338	2359	Taron Susanne	Team Canada	GER	1:08:34	1:09:00	47	W30	82	15:59	17:58	15:54	17:17	
339	2358	Taron Rebecca	Team Canada	CAN	1:08:34	1:09:00	221	WHK	89	15:59	17:57	15:52	17:19	
340	2125	Jebsen Ina	Kölner Bank		1:08:43	1:10:03	222	WHK	92	15:26	16:03	17:38	18:06	
341	2027	Eckardt Sarah	Düne 7	GER	1:08:45	1:09:04	223	WHK	89	15:47	16:42	17:47	17:03	
342	1583	Schnuch Johanna	*Köln	GER	1:08:58	1:10:15	224	WHK	87	15:39	16:33	17:14	18:01	
343	1918	Pichlo Andrea	Cologne Internationals	GER	1:09:14	1:10:36	225	WHK	86	15:16	14:57	19:12	18:19	
344	2452	Dauth Hannah	Urologie		1:09:26	1:09:59	226	WHK		15:53	16:38	17:35	18:01	
345	1986	Fritzenkötter Viola	Deathrunners	GER	1:09:37	1:10:16	22	W35	75	16:49	16:54	17:07	17:11	
346	1260	Buchmann Jana	*Köln	GER	1:09:39	1:10:55	48	W30	82	16:31	16:53	17:28	17:18	
347	1256	Brosius Lisa	*Köln	GER	1:09:42	1:10:15	227	WHK	87	16:19	16:38	17:12	18:02	
348	2390	Angenvoort Cathrin	The Rocketman Project 2.0	GER	1:09:45	1:11:03	49	W30	81	15:54	16:48	17:23	18:01	
349	2152	Philipp-Metzen Elisabeth	Kölner KinderUni	GER	1:11:19	1:12:09	7	W50	61	16:21	17:18	18:11	17:54	
350	2321	Stirnat Kathrin	Running Elements	GER	1:11:22	1:12:43	228	WHK	85	16:42	17:23	18:09	17:33	
351	1780	Petra Somankova	cleverbrigde AG roadrunners		1:11:22	1:12:09	50	W30	78	16:23	17:28	17:45	18:05	
352	1669	Weins Martina	*Köln	GER	1:12:00	1:12:22	229	WHK	84	16:18	16:57	18:12	18:53	
353	1575	Schirmeisen Simone	*Rommerskirchen	GER	1:12:30	1:13:28	230	WHK	85	15:58	18:17	18:33	18:26	
354	2317	Busch Stefanie	Running Elements	GER	1:15:33	1:16:56	231	WHK	85	17:19	18:49	19:09	18:40	
354	2318	Hermann Daniela	Running Elements	GER	1:15:33	1:16:55	231	WHK	86	17:19	18:49	19:09	18:40	
356	1794	Ruth Saskia	Cologne Comparators	GER	1:16:16	1:17:28	51	W30	78	17:53	18:43	19:30	18:27	
357	1291	Dringenberg Lea	*Leverkusen	GER	1:18:06	1:18:06	1	WJA	93	21:43	12:57	14:04	14:42	
358	1689	Teodosiu Oana	-	ROM	1:25:08	1:26:08	52	W30	81	19:20	20:47	21:49	21:17	