

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Männer

Seite 1

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	474	Neubauer Dominik		0:39:00	1980 M30	1	0:39:05	12:38 * 12:59 * 13:22	3:54 min/km
2	1122	Kambeck Jan		0:41:45	1987 MHK	1	0:42:08	14:00 * 13:35 * 14:10	4:11 min/km
3	494	Callies Carsten	ja siah	0:42:21	1985 MHK	2	0:43:08	13:47 * 14:05 * 14:27	4:14 min/km
4	125	Engel Marian-Heinz	ASV Köln Triathlon	0:42:48	1988 MHK	3	0:42:50	14:12 * 14:16 * 14:18	4:17 min/km
5	970	Hecker Dirk	*Hürth	0:42:55	1974 M35	1	0:43:00	13:59 * 14:10 * 14:45	4:18 min/km
6	864	Liaptsis Georgios	LKW-Schorse	0:42:57	1981 M30	2	0:43:02	13:54 * 14:27 * 14:35	4:18 min/km
7	14	Schmidt Nikolaus	RheinTauchen	0:42:59	1982 M30	3	0:43:07	13:42 * 14:28 * 14:49	4:18 min/km
8	1326	Skov Christoffer	Tecosim	0:43:38	1992 MHK	4	0:43:47	14:15 * 14:36 * 14:46	4:22 min/km
9	461	Claeßen Jens	Albis Laufftreff	0:43:54	1967 M45	1	0:44:06	14:44 * 14:26 * 14:43	4:23 min/km
10	596	Scholten Jan	*Köln	0:43:55	1988 MHK	5	0:44:17	14:02 * 14:23 * 15:28	4:24 min/km
11	521	Hoppenbrouwers Tom	ESA/EAC	0:44:00	1985 MHK	6	0:45:10	14:32 * 14:31 * 14:57	4:24 min/km
12	408	Büchel Hans	*Frechen	0:44:08	1962 M50	1	0:44:17	14:02 * 14:43 * 15:23	4:25 min/km
13	400	Schneider Dr. Markus	MACH3 Köln e.V	0:44:11	1978 M35	2	0:44:14	14:40 * 14:32 * 14:58	4:25 min/km
14	30	Zordel Dr. Patrick	Team Sense	0:44:42	1989 MHK	7	0:44:51	14:34 * 15:05 * 15:02	4:28 min/km
15	967	Van der Koelen Martin	Team Cool	0:44:48	1979 M30	4	0:44:53	14:41 * 14:50 * 15:16	4:29 min/km
16	874	Umbach Thorsten	LKW-Schorse	0:44:54	1985 MHK	8	0:44:59	13:54 * 15:00 * 15:58	4:29 min/km
17	110	Dresing Jens	Hobbysportler	0:44:55	1984 MHK	9	0:45:34	14:41 * 14:46 * 15:27	4:30 min/km
18	1381	Küstlers Maximilian		0:45:07	1980 M30	5	0:45:15	14:33 * 15:11 * 15:23	4:31 min/km
19	111	Güdemann Stephan A.	*Köln	0:45:10	1984 MHK	10	0:45:20	14:29 * 14:57 * 15:44	4:31 min/km
20	943	Haas Christoph	DSHS NWM	0:45:14	1984 MHK	11	0:45:33	13:58 * 15:05 * 16:11	4:31 min/km
21	20	Richter Niklas	*Köln	0:45:16	1980 M30	6	0:45:23	14:17 * 14:38 * 16:21	4:32 min/km
22	235	Birkenbusch Kai	*Köln	0:45:20	1983 M30	7	0:45:29	14:37 * 15:13 * 15:29	4:32 min/km
23	1088	Schröder Alex	Schönwetterläufer	0:45:31	1983 M30	8	0:45:53	14:19 * 15:04 * 16:07	4:33 min/km
24	536	Roppes Wolfgang	bankers düx	0:45:37	1966 M45	2	0:45:51	14:57 * 15:38 * 15:01	4:34 min/km
25	1234	Müller-Schoell Till	THESY3000	0:45:42	1974 M35	3	0:46:02	15:03 * 15:14 * 15:24	4:34 min/km
26	543	Eymers Florian	RunnersTeam Oldenburg	0:45:45	1983 M30	9	0:46:08	14:17 * 15:25 * 16:02	4:35 min/km
27	1404	Herger Horst	Just Fit	0:45:54	1960 M50	2	0:46:31	15:09 * 14:59 * 15:45	4:35 min/km
28	1329	Mierau Thorsten	Just Fit	0:45:54	1989 MHK	12	0:46:31	15:09 * 14:46 * 15:57	4:35 min/km
29	257	Bauer Dirk	*Köln	0:46:13	1968 M45	3	0:46:21	14:15 * 15:16 * 16:41	4:37 min/km
30	378	Bölling Heiko	*Köln	0:46:13	1966 M45	4	0:46:48	14:51 * 15:22 * 15:59	4:37 min/km
31	586	Wille Nicolas	SCI Verkehr	0:46:21	1973 M40	1	0:46:43	15:06 * 15:26 * 15:48	4:38 min/km
32	1397	Adelhardt Frank		0:46:24	1979 M30	10	0:47:18	15:35 * 15:46 * 15:02	4:38 min/km
33	169	Schröder Andreas	Bankers Düx	0:46:31	1970 M40	2	0:46:45	14:57 * 15:38 * 15:55	4:39 min/km
34	1109	Gaun Alexander	1 JFS Köln	0:46:34	2000 MSB	1	0:46:59	14:26 * 14:59 * 17:08	4:39 min/km
35	357	Twelmeier Thomas	*Düsseldorf	0:46:37	1984 MHK	13	0:47:33	15:51 * 15:25 * 15:19	4:40 min/km
36	1017	Däuwel Sebastian	*Ludwigshafen	0:46:38	1983 M30	11	0:46:51	15:13 * 15:27 * 15:57	4:40 min/km
37	164	Schlieper Michael	LeseWelten	0:46:45	1968 M45	5	0:47:28	15:34 * 15:39 * 15:31	4:41 min/km
38	425	Fiedler Jens	*Köln	0:46:45	1977 M35	4	0:47:02	15:29 * 15:25 * 15:51	4:41 min/km
39	393	Ashcroft Graham	*Bonn	0:46:47	1976 M35	5	0:47:02	15:30 * 15:25 * 15:51	4:41 min/km
40	118	Dehne Stephan	*Langenfeld	0:46:50	1977 M35	6	0:46:54	15:08 * 15:47 * 15:54	4:41 min/km
41	1236	Norman Hans	THESY3000	0:46:58	1967 M45	6	0:47:19	15:07 * 15:28 * 16:22	4:42 min/km
42	268	Schulz Christian	... und tschüß!	0:46:58	1981 M30	12	0:48:45	15:09 * 15:35 * 16:12	4:42 min/km
43	449	Klink-Lohmann Torsten	DB Fernverkehr AG	0:47:00	1978 M35	7	0:47:08	14:44 * 15:27 * 16:48	4:42 min/km
44	153	Rode Jörg	Kölner Laufathleten	0:47:00	1981 M30	13	0:47:57	15:26 * 15:25 * 16:08	4:42 min/km
45	351	Kühne Kai	Galeria Kaufhof	0:47:02	1966 M45	7	0:47:24	15:05 * 15:27 * 16:28	4:42 min/km
46	1324	Walz Andreas		0:47:08	1964 M45	8	0:48:17	15:37 * 15:40 * 15:49	4:43 min/km
47	373	Rohde Christoph	Flotte Flöten	0:47:09	1977 M35	8	0:47:20	15:50 * 15:35 * 15:43	4:43 min/km
48	194	Schwitanski Dorian	*Pulheim	0:47:09	1985 MHK	14	0:48:42	16:06 * 15:17 * 15:45	4:43 min/km
49	585	Pierlings Andreas	*Kaarst	0:47:14	1982 M30	14	0:47:53	16:33 * 15:03 * 15:37	4:43 min/km
50	519	Carrano Marco	ESA/EAC	0:47:22	1984 MHK	15	0:48:30	16:05 * 15:14 * 16:02	4:44 min/km
51	953	Itatsu Akira	*Köln	0:47:32	1979 M30	15	0:48:26	15:58 * 15:23 * 16:10	4:45 min/km
52	715	Nachtsheim Klaus	EndBoss	0:47:37	1981 M30	16	0:48:04	15:50 * 15:44 * 16:01	4:46 min/km
53	505	Stein Jona	Malteser Business Service	0:47:50	1979 M30	17	0:48:21	15:44 * 15:43 * 16:21	4:47 min/km

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Ergebnisliste Männer

Seite 2

gedruckt 24.03.2013 13:02:33

54	1175	Antonelli Tobias	KCIG	0:47:56	1986	MHK	16	0:48:09	15:40 *	15:55 *	16:20	4:48 min/km
55	330	Saerbeck Dr. Ulrich	*Frechen	0:48:03	1970	M40	3	0:48:34	16:41 *	15:10 *	16:11	4:48 min/km
56	350	Marx René	BF Köln - Wo wir sind ist	0:48:13	1981	M30	18	0:49:40	17:05 *	15:26 *	15:41	4:49 min/km
57	958	Friesen Henry	ALOS	0:48:19	1985	MHK	17	0:48:28	14:31 *	16:13 *	17:34	4:50 min/km
58	34	Matull Dr. Stefan	*Köln	0:48:27	1970	M40	4	0:49:51	16:14 *	16:03 *	16:09	4:51 min/km
59	1363	Weiskopf Daniel	Köln läuft! Team	0:48:29	1978	M35	9	0:48:40	15:29 *	16:06 *	16:53	4:51 min/km
60	64	Martens Jörn	Laufftreff BG ETEM	0:48:30	1962	M50	3	0:48:34	15:33 *	16:20 *	16:36	4:51 min/km
61	1307	Dürmagel Stefan	Miethasen Süd	0:48:30	1980	M30	19	0:49:11	16:55 *	16:04 *	15:29	4:51 min/km
62	397	Deutsch Sascha	BF Köln - Wo wir sind ist	0:48:31	1984	MHK	18	0:49:58	17:05 *	15:26 *	15:59	4:51 min/km
63	84	Dahlke Carsten	Radsportfreunde	0:48:31	1974	M35	10	0:49:46	16:13 *	15:57 *	16:20	4:51 min/km
64	1395	Birker Torben	Tecosim	0:48:34	1965	M45	9	0:48:44	15:44 *	15:59 *	16:50	4:51 min/km
65	699	Dinstühler Guido	*Köln	0:48:35	1983	M30	20	0:49:01	16:10 *	15:59 *	16:25	4:52 min/km
66	1073	Barry Antheus	HCA	0:48:36	2002	MSC	1	0:48:37	16:55 *	15:35 *	16:05	4:52 min/km
67	745	Großberndt Stephan	LeseWelten	0:48:39	1981	M30	21	0:49:22	16:23 *	16:13 *	16:02	4:52 min/km
68	454	Backhaus Jan	*Solingen	0:48:43	1983	M30	22	0:48:59	15:35 *	16:14 *	16:53	4:52 min/km
69	847	Mächtle Felix	*Düsseldorf	0:48:48	1996	MJB	1	0:50:12	15:28 *	16:25 *	16:54	4:53 min/km
70	547	Bernhardt Heiko	butzanada	0:48:50	1971	M40	5	0:48:59	16:08 *	16:15 *	16:26	4:53 min/km
71	181	Glogowski Artur	*Bonn	0:48:53	1975	M35	11	0:48:59	14:47 *	16:42 *	17:23	4:53 min/km
72	598	Engel Udo		0:48:54	1969	M40	6	0:48:58	15:57 *	16:12 *	16:44	4:53 min/km
73	514	Ansari Arash	run for beer	0:48:59	1973	M40	7	0:49:19	15:14 *	16:30 *	17:14	4:54 min/km
74	994	Brustbauer Jürgen	fit 4 leadership	0:49:01	1978	M35	12	0:49:30	16:40 *	16:16 *	16:05	4:54 min/km
75	119	Czerwinski Günter	LeseWelten	0:49:02	1944	M65	1	0:49:15	16:38 *	15:52 *	16:30	4:54 min/km
76	380	Keith Thomas	fit 4 leadership	0:49:02	1972	M40	8	0:49:30	16:40 *	16:16 *	16:05	4:54 min/km
77	718	Lüdemann Jörg	EndBoss	0:49:02	1976	M35	13	0:49:30	15:50 *	16:04 *	17:07	4:54 min/km
78	831	Schindler Marian	congstar	0:49:04	1982	M30	23	0:49:28	16:24 *	16:02 *	16:36	4:54 min/km
79	431	Schmidt Niels	Warm Up	0:49:04	1979	M30	24	0:49:45	15:55 *	16:35 *	16:33	4:54 min/km
80	841	Khani Schahin	GKC-Mission Atemnot	0:49:05	1981	M30	25	0:50:31	15:27 *	16:27 *	17:10	4:55 min/km
81	599	Blaum Roland	NetCologne	0:49:10	1969	M40	9	0:49:52	17:01 *	16:22 *	15:46	4:55 min/km
82	1267	Romanowski Daniel	*Rösrath	0:49:14	1988	MHK	19	0:49:35	15:31 *	15:57 *	17:46	4:55 min/km
83	1314	Stetten Christoph	The GinNastics	0:49:20	1988	MHK	20	0:51:17	15:27 *	16:39 *	17:13	4:56 min/km
84	230	Quester Markus	congstar	0:49:27	1967	M45	10	0:50:23	16:21 *	16:13 *	16:52	4:57 min/km
85	217	Schnepper Willi	Biggis Flitzer	0:49:38	1965	M45	11	0:49:40	15:59 *	16:22 *	17:16	4:58 min/km
86	452	Marzian Holger	Original Bootcamp	0:49:39	1972	M40	10	0:49:44	15:33 *	16:20 *	17:44	4:58 min/km
87	297	Zöllner Andreas	Sonntagsläufer	0:49:40	1981	M30	26	0:51:17	16:53 *	16:10 *	16:36	4:58 min/km
88	538	Ullrich Christian	ja siah	0:49:46	1979	M30	27	0:50:30	15:54 *	16:35 *	17:15	4:59 min/km
89	1014	Sinzig Michael	*Köln	0:49:47	1978	M35	14	0:51:15	16:38 *	16:06 *	17:02	4:59 min/km
90	595	Huettler Lars	*Bonn	0:49:47	1971	M40	11	0:50:45	16:47 *	16:27 *	16:32	4:59 min/km
91	291	Straaten Wilhelm	*Neuss	0:50:04	1959	M50	4	0:50:21	16:53 *	16:20 *	16:50	5:00 min/km
92	918	Danek Frank	Junge Hüpfen	0:50:04	1982	M30	28	0:50:48	15:28 *	16:31 *	18:04	5:00 min/km
93	577	Auf dem Graben Peter	*Köln	0:50:12	1965	M45	12	0:51:55	16:56 *	16:28 *	16:46	5:01 min/km
94	32	Achten Bernhard	Kölner Narrenzunft	0:50:17	1959	M50	5	0:50:23	16:26 *	16:49 *	17:01	5:02 min/km
95	893	Schul Felix	*Köln	0:50:17	1983	M30	29	0:50:28	16:18 *	16:40 *	17:18	5:02 min/km
95	450	Wiesemann Martin	DB Fernverkehr AG	0:50:17	1976	M35	15	0:50:56	16:54 *	16:17 *	17:06	5:02 min/km
97	1233	Bollinger Yves	THESY3000	0:50:18	1972	M40	12	0:50:38	16:26 *	16:46 *	17:05	5:02 min/km
98	1355	Tuchscherer Sven	Köln läuft! Team	0:50:22	1976	M35	16	0:51:04	17:01 *	16:22 *	16:58	5:02 min/km
99	139	Röhl Fabian	*Köln	0:50:25	1983	M30	30	0:52:20	16:36 *	16:57 *	16:51	5:03 min/km
100	492	Engels Josef	Rheinerft-Akademie	0:50:26	1948	M65	2	0:50:36	16:09 *	16:39 *	17:37	5:03 min/km
101	42	Weber Dirk	Flotte Flöten	0:50:29	1979	M30	31	0:50:39	16:08 *	16:58 *	17:22	5:03 min/km
102	562	Evers Felix	ASV Köln Team 42	0:50:29	1954	M55	1	0:50:47	16:06 *	16:47 *	17:36	5:03 min/km
103	440	Sinram Andree	Schönwetterläufer	0:50:29	1961	M50	6	0:50:33	15:42 *	17:04 *	17:43	5:03 min/km
104	776	Hartwig Henning	Hotel im Wasserturm	0:50:36	1985	MHK	21	0:51:03	16:18 *	16:45 *	17:32	5:04 min/km
105	1106	Dohalt Lars	Brathähnchen 2.0	0:50:38	1975	M35	17	0:52:15	17:03 *	17:07 *	16:28	5:04 min/km
106	1164	Eicke Sebastian	*Köln	0:50:48	1976	M35	18	0:51:46	16:12 *	16:40 *	17:55	5:05 min/km
107	348	Berk Conrad	*Köln	0:51:00	1953	M60	1	0:51:01	16:24 *	17:14 *	17:21	5:06 min/km
108	1183	Sapin Jurij	*Köln	0:51:03	1962	M50	7	0:51:25	16:58 *	16:48 *	17:16	5:06 min/km
109	311	Sühr Daniel	*Köln	0:51:05	1993	MHK	22	0:51:18	16:54 *	16:44 *	17:26	5:07 min/km

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Ergebnisliste Männer

Seite 3

gedruckt 24.03.2013 13:02:33

110	647	Josef Hanno	*Köln	0:51:15	1978 M35	19	0:52:32	17:47 *	17:05 *	16:22	5:08 min/km
111	150	Kühn Christoph	*Köln	0:51:17	1981 M30	32	0:52:06	16:58 *	17:01 *	17:17	5:08 min/km
112	381	Maraite Oliver	fit 4 leadership	0:51:17	1977 M35	20	0:51:47	16:39 *	17:07 *	17:30	5:08 min/km
113	1036	Jordans Toni	Warm Up	0:51:21	1960 M50	8	0:51:40	16:54 *	16:44 *	17:42	5:08 min/km
114	457	Kramer Norbert	Erftverband	0:51:31	1964 M45	13	0:51:40	17:15 *	17:08 *	17:07	5:09 min/km
115	995	Trenkmann Sebastian	fit 4 leadership	0:51:46	1976 M35	21	0:52:15	16:43 *	17:04 *	17:58	5:11 min/km
116	1090	Schönwitz Andreas	DB Fernverkehr AG	0:51:50	1964 M45	14	0:52:28	17:20 *	16:59 *	17:31	5:11 min/km
117	278	Arnold Karsten	Altes Brauhaus Königsdorf	0:51:57	1970 M40	13	0:52:13	16:28 *	17:14 *	18:13	5:12 min/km
118	73	Junker Dr. Markus	Keeponrunning	0:51:57	1963 M50	9	0:53:46	19:38 *	15:32 *	16:46	5:12 min/km
119	1001	Bienhüls Jürgen	Ostwindfreunde	0:51:58	1954 M55	2	0:53:35	17:26 *	17:01 *	17:29	5:12 min/km
120	1391	Nutz Manfred		0:51:59	1958 M55	3	0:52:26	17:01 *	16:53 *	18:04	5:12 min/km
121	797	Ewald Christian	Speedys	0:52:01	1983 M30	33	0:52:38	18:30 *	16:30 *	17:00	5:12 min/km
122	646	Stiewe Torsten	SC Janus	0:52:02	1975 M35	22	0:53:19	17:48 *	17:05 *	17:08	5:12 min/km
123	1120	Lehmann Gero	Rakete Reissdorf	0:52:06	1971 M40	14	0:52:10	17:30 *	17:17 *	17:18	5:13 min/km
124	126	Butt Björn	*Köln	0:52:09	1975 M35	23	0:52:33	17:12 *	17:02 *	17:54	5:13 min/km
125	1379	Lange Adrian	Maro	0:52:11	1975 M35	24	0:53:37	17:19 *	17:12 *	17:39	5:13 min/km
126	471	Schumann Olaf	*Köln	0:52:11	1976 M35	25	0:52:29	16:55 *	17:17 *	17:58	5:13 min/km
127	280	Pesch Stefan	Altes Brauhaus Königsdorf	0:52:18	1977 M35	26	0:52:34	17:21 *	17:41 *	17:15	5:14 min/km
128	142	Komenda Mirko	*Bergisch Gladbach	0:52:20	1971 M40	15	0:52:29	16:36 *	17:15 *	18:29	5:14 min/km
129	1163	Masurek Andreas	*Köln	0:52:21	1985 MHK	23	0:52:51	16:43 *	16:52 *	18:46	5:14 min/km
130	632	Jeschinsky Christoph	*Köln	0:52:23	1980 M30	34	0:54:24	17:43 *	17:21 *	17:18	5:14 min/km
131	1043	Krasnenko Michael	Schönwetterläufer	0:52:23	1984 MHK	24	0:52:53	16:39 *	17:31 *	18:13	5:14 min/km
132	1294	Rülz Thomas		0:52:24	1972 M40	16	0:52:33	16:45 *	17:30 *	18:08	5:14 min/km
133	340	Belledin Marcel	*Köln	0:52:25	1978 M35	27	0:52:34	16:17 *	17:23 *	18:45	5:15 min/km
134	636	Marz Alexander	*Köln	0:52:28	1984 MHK	25	0:52:44	17:59 *	16:55 *	17:33	5:15 min/km
135	1137	Neuhaus Stefan	*Köln	0:52:28	1986 MHK	26	0:53:00	18:14 *	17:27 *	16:46	5:15 min/km
136	1256	Grubenbecher Jan	*Köln	0:52:30	1975 M35	28	0:53:32	17:26 *	16:57 *	18:06	5:15 min/km
137	68	Göbgen Rolf	LT Schlickrutscher	0:52:35	1957 M55	4	0:53:01	17:44 *	17:06 *	17:44	5:16 min/km
138	410	Gaßmüller Dirk	Multisportsfriends Brühl e.	0:52:35	1961 M50	10	0:53:01	17:45 *	17:05 *	17:44	5:16 min/km
139	888	Geckle Lutz	*Köln	0:52:44	1967 M45	15	0:52:52	17:23 *	17:45 *	17:35	5:16 min/km
140	1092	Sauer Jens	DB Fernverkehr AG	0:52:44	1971 M40	17	0:53:20	16:57 *	17:24 *	18:22	5:16 min/km
141	690	Thomas Andre	*sürth	0:52:45	1985 MHK	27	0:53:16	17:29 *	17:17 *	17:58	5:17 min/km
142	355	Meckert Philipp	*Köln	0:52:47	1972 M40	18	0:53:34	17:35 *	17:42 *	17:28	5:17 min/km
143	1383	Dürmagedl Markus	Miethasen Süd	0:52:48	1970 M40	19	0:53:28	17:56 *	17:09 *	17:42	5:17 min/km
144	1331	Engelmann Simon Udo		0:52:52	1992 MHK	28	0:54:44	18:28 *	17:01 *	17:22	5:17 min/km
145	67	Kramer Uwe	*Köln	0:52:53	1962 M50	11	0:53:36	16:52 *	17:31 *	18:29	5:17 min/km
146	713	Lippegaus Marcel	*Köln	0:52:54	1987 MHK	29	0:53:25	16:47 *	17:22 *	18:43	5:17 min/km
147	160	Auberger Andreas	*Köln	0:52:58	1984 MHK	30	0:53:46	17:40 *	17:06 *	18:10	5:18 min/km
148	279	Arnold Björn	Altes Brauhaus Königsdorf	0:53:01	1968 M45	16	0:53:18	17:20 *	17:40 *	17:59	5:18 min/km
149	990	Hambloch Christoph	Albis Laufftreff	0:53:08	1964 M45	17	0:53:20	17:19 *	17:18 *	18:29	5:19 min/km
150	1123	Kleimann Sebastian		0:53:12	1987 MHK	31	0:53:34	16:51 *	18:02 *	18:18	5:19 min/km
151	241	Kallrath Andreas	*Köln	0:53:13	1962 M50	12	0:54:21	17:32 *	17:27 *	18:13	5:19 min/km
152	665	Spix Matthias	*Köln	0:53:16	1982 M30	35	0:53:56	16:47 *	17:48 *	18:40	5:20 min/km
153	554	Scholz Hans	Heiligenhauser Lunge von	0:53:16	1968 M45	18	0:54:20	17:56 *	17:12 *	18:07	5:20 min/km
154	122	Lange Michael	*Gummersbach	0:53:16	1961 M50	13	0:53:44	17:45 *	17:24 *	18:06	5:20 min/km
155	605	Mertens Daniel	*Köln	0:53:18	1987 MHK	32	0:53:55	17:07 *	17:46 *	18:24	5:20 min/km
156	266	Hünsele Holger	Team Erdinger Alkoholfrei	0:53:20	1971 M40	20	0:54:19	16:46 *	17:29 *	19:04	5:20 min/km
157	1270	Wölfl Simon		0:53:21	1987 MHK	33	0:53:27	16:45 *	17:57 *	18:38	5:20 min/km
158	910	Sobotta Juergen	HSV-Dormagen_Sued	0:53:30	1961 M50	14	0:54:59	17:46 *	17:46 *	17:57	5:21 min/km
159	1269	Lange Torsten	Team Drinkuth-Multipower	0:53:31	1961 M50	15	0:53:36	16:57 *	17:44 *	18:49	5:21 min/km
160	178	Rink Timo	JETT - Imi Runners	0:53:33	1974 M35	29	0:54:26	18:01 *	17:41 *	17:50	5:21 min/km
161	112	Kampen Hans-Joachim	LeseWelten	0:53:36	1957 M55	5	0:53:47	17:37 *	17:46 *	18:12	5:22 min/km
162	371	Eckler Matthias	*Köln	0:53:37	1966 M45	19	0:53:43	16:05 *	17:55 *	19:36	5:22 min/km
163	1249	Molz Georg	*Pulheim	0:53:40	1966 M45	20	0:54:08	17:47 *	17:37 *	18:15	5:22 min/km
164	152	Jungkind Michael	*Köln	0:53:41	1986 MHK	34	0:54:19	17:46 *	17:52 *	18:02	5:22 min/km
165	435	De Haan Dieter	Warm Up	0:53:44	1956 M55	6	0:54:31	17:21 *	17:57 *	18:24	5:22 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Männer

Seite 4

gedruckt 24.03.2013 13:02:33

166	433	Filz Ludwig	Warm Up	0:53:45	1965 M45	21	0:54:32	17:23 *	17:57 *	18:24	5:23 min/km
167	162	Siegel Florian	The GinNastics	0:53:45	1988 MHK	35	0:55:42	17:28 *	17:55 *	18:21	5:23 min/km
168	504	Pöttgen Uwe	Malteser Business Service	0:53:52	1966 M45	22	0:54:23	17:34 *	17:53 *	18:24	5:23 min/km
169	338	Klapetz Sascha	*Köln	0:53:58	1982 M30	36	0:55:25	18:26 *	17:36 *	17:55	5:24 min/km
170	911	Henkelmann Matthias	HSV-Dormagen_Sued	0:54:00	1954 M55	7	0:55:31	17:45 *	17:46 *	18:29	5:24 min/km
171	208	Holtschneider Ludger	line zwei werbeagentur	0:54:02	1971 M40	21	0:54:04	18:04 *	18:08 *	17:49	5:24 min/km
172	590	Streb Andreas	*Kerpen	0:54:04	1970 M40	22	0:55:54	18:30 *	17:43 *	17:50	5:24 min/km
173	1405	Hofmann Michael	Welthungerhilfe	0:54:04	1959 M50	16	0:54:09	17:05 *	18:06 *	18:51	5:24 min/km
174	441	Holstein Thomas	Schönwetterläufer	0:54:05	1961 M50	17	0:54:46	18:49 *	17:44 *	17:30	5:25 min/km
175	732	Domiguez Apale Julian	Claudia Friedrich	0:54:08	1983 M30	37	0:54:13	17:46 *	18:05 *	18:15	5:25 min/km
176	1218	Klein Patrick	SCI Verkehr	0:54:10	1989 MHK	36	0:54:38	18:17 *	17:03 *	18:49	5:25 min/km
177	1252	Papadopoulos Alexis	*Köln	0:54:10	1980 M30	38	0:55:45	18:48 *	17:56 *	17:25	5:25 min/km
178	850	Siem Prof. Dr. Rene	MTVD	0:54:13	1981 M30	39	0:56:13	17:37 *	17:57 *	18:38	5:25 min/km
179	427	Ladenthin Mario	Feuerwehr Erftstadt	0:54:16	1978 M35	30	0:56:00	18:34 *	17:54 *	17:47	5:26 min/km
180	648	Dartmann Matthias	*Köln	0:54:16	1989 MHK	37	0:55:26	18:37 *	17:28 *	18:09	5:26 min/km
181	933	Geis Herbert	*Köln	0:54:23	1954 M55	8	0:54:26	17:19 *	18:03 *	19:00	5:26 min/km
182	70	Bergerhausen Heinrich	*Köln	0:54:24	1965 M45	23	0:55:50	18:37 *	17:51 *	17:55	5:26 min/km
183	961	Barz Hans	LaufConnection Hürth	0:54:24	1959 M50	18	0:54:46	18:15 *	17:30 *	18:38	5:26 min/km
184	1145	Zimmermann Thomas	Drafen Gang	0:54:28	1968 M45	24	0:56:12	17:33 *	18:14 *	18:41	5:27 min/km
185	1028	Flau Can	*Köln	0:54:34	1993 MHK	38	0:55:25	18:28 *	18:08 *	17:57	5:27 min/km
186	1180	Doeden Hanno	KCIG	0:54:39	1983 M30	40	0:54:54	18:13 *	17:47 *	18:37	5:28 min/km
187	305	Reiche Hansjörg	*Köln	0:54:40	1960 M50	19	0:57:23	18:01 *	18:03 *	18:35	5:28 min/km
188	866	Steller Michael	Impuls-Lauftreff Kerpen	0:54:41	1957 M55	9	0:54:48	17:07 *	18:18 *	19:15	5:28 min/km
189	1394	Price Rob		0:54:41	1970 M40	23	0:55:35	17:22 *	18:26 *	18:52	5:28 min/km
190	1373	Renard Dirk		0:54:49	1972 M40	24	0:56:31	19:31 *	17:15 *	18:01	5:29 min/km
191	379	Oussios Christos	*Köln	0:54:55	1966 M45	25	0:55:31	18:38 *	18:03 *	18:13	5:30 min/km
192	801	Pömpner Alexander	*Köln	0:55:01	1975 M35	31	0:56:01	18:15 *	18:07 *	18:37	5:30 min/km
193	810	Warnebier Dr. Philipp	*Köln	0:55:02	1976 M35	32	0:56:01	18:17 *	18:07 *	18:37	5:30 min/km
194	146	Wülfrath Ralf	*Köln	0:55:03	1965 M45	26	0:56:04	18:49 *	18:09 *	18:04	5:30 min/km
195	220	Otten Rolf	*Köln	0:55:05	1964 M45	27	0:55:50	18:19 *	18:01 *	18:45	5:31 min/km
196	54	Van issem Hans-jürgen	*köln	0:55:16	1964 M45	28	0:55:40	17:18 *	18:25 *	19:32	5:32 min/km
197	728	Fuchs Heinz	*frechen	0:55:28	1961 M50	20	0:57:16	19:27 *	17:34 *	18:25	5:33 min/km
198	861	Groll Marc	*Köln	0:55:39	2000 MSB	2	0:55:58	16:30 *	18:52 *	20:16	5:34 min/km
199	496	Gölden Horst	RO-Runner	0:55:42	1963 M50	21	0:55:57	18:39 *	18:26 *	18:36	5:34 min/km
200	686	Lo Giudice Alessio	Bunga Bunga	0:55:43	1992 MHK	39	0:55:59	18:32 *	19:26 *	17:44	5:34 min/km
201	327	Simon Jürgen	Kreissparkasse Köln	0:55:43	1968 M45	29	0:56:35	20:25 *	18:23 *	16:54	5:34 min/km
202	1365	Havermeier Ingo		0:55:45	1972 M40	25	0:56:29	18:58 *	18:12 *	18:34	5:35 min/km
203	22	Dern Alexander	AHA	0:55:45	1986 MHK	40	0:56:07	17:35 *	18:49 *	19:20	5:35 min/km
204	581	Engelmann Prof. Dr. Udo	*Köln	0:55:53	1949 M60	2	0:57:45	18:27 *	17:02 *	20:23	5:35 min/km
205	1232	Linden Ralf	*Würselen	0:55:55	1962 M50	22	0:56:07	17:43 *	18:59 *	19:12	5:36 min/km
206	974	Naber Kay	KCIG	0:55:55	1978 M35	33	0:56:08	18:53 *	17:59 *	19:03	5:36 min/km
207	513	Sasse René	all4one	0:55:56	1981 M30	41	0:56:27	17:38 *	18:24 *	19:53	5:36 min/km
208	415	Mattes Helge	IFK	0:55:56	1967 M45	30	0:57:10	18:34 *	18:29 *	18:53	5:36 min/km
209	601	Schäfer Wolfgang		0:56:01	1959 M50	23	0:56:46	18:18 *	18:39 *	19:03	5:36 min/km
210	936	Lange Sascha	*Leverkusen	0:56:01	1977 M35	34	0:56:21	18:38 *	18:19 *	19:04	5:36 min/km
211	458	Germann Daniel	Ja siha	0:56:03	1980 M30	42	0:56:49	22:08 *	15:01 *	18:53	5:36 min/km
212	561	Schnittger Gerald	*Köln	0:56:05	1964 M45	31	0:57:10	19:05 *	18:13 *	18:46	5:37 min/km
213	868	Evert Karsten	fortuna beijing	0:56:05	1969 M40	26	0:57:11	19:18 *	18:10 *	18:36	5:37 min/km
214	414	Stumpe-Czymoch	LeseWelten	0:56:10	1953 M60	3	0:56:48	18:39 *	18:13 *	19:18	5:37 min/km
215	159	Rath Thomas	Klotzkoepfe	0:56:11	1967 M45	32	0:57:54	19:31 *	17:16 *	19:24	5:37 min/km
216	413	Czymoch Heike	LeseWelten	0:56:11	1958 M55	10	0:56:48	18:40 *	18:13 *	19:17	5:37 min/km
217	180	Männersdörfer Markus	*Köln	0:56:12	1980 M30	43	0:57:18	18:37 *	18:04 *	19:30	5:37 min/km
218	1259	Schricket Patrick	*Köln	0:56:12	1990 MHK	41	0:57:18	18:37 *	18:04 *	19:30	5:37 min/km
219	701	Schlieper Peter	Lesewelten	0:56:19	1945 M65	3	0:57:01	18:21 *	18:27 *	19:29	5:38 min/km
220	572	Gilges Ralf	*Hennef	0:56:20	1964 M45	33	0:56:34	18:40 *	18:26 *	19:13	5:38 min/km
221	931	Arat Mert	*Köln	0:56:22	1978 M35	35	0:57:20	19:05 *	18:55 *	18:21	5:38 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Männer

Seite 5

gedruckt 24.03.2013 13:02:33

222	439	Senker Theo	Schönwetterläufer	0:56:23	1962 M50	24	0:57:05	18:50 *	18:06 *	19:25	5:38 min/km
223	742	Krebs Lutz	Klotzköpfe	0:56:27	1973 M40	27	0:58:11	19:31 *	18:34 *	18:21	5:39 min/km
224	50	Kann Gilbert	klotzkoepfe	0:56:29	1972 M40	28	0:58:11	19:33 *	18:34 *	18:21	5:39 min/km
225	51	Speck Holger	Klotzköpfe	0:56:34	1968 M45	34	0:58:16	19:32 *	18:15 *	18:45	5:39 min/km
226	1286	Roth Oliver	Citroen Köln	0:56:43	1970 M40	29	0:57:17	18:55 *	18:35 *	19:13	5:40 min/km
227	1204	Vianden Wolfgang	andare sport	0:56:46	1965 M45	35	0:57:45	18:13 *	18:54 *	19:38	5:41 min/km
228	75	Cramer Mathias	*Köln	0:56:47	1969 M40	30	0:57:17	18:22 *	18:54 *	19:30	5:41 min/km
229	902	Stumpf Stephan	*Köln	0:56:48	1977 M35	36	0:57:07	18:20 *	18:26 *	20:01	5:41 min/km
230	774	Pietsch Matthias	Hotel im Wasserturm	0:56:49	1986 MHK	42	0:57:15	19:30 *	18:57 *	18:20	5:41 min/km
231	18	Plück Wolfgang	*Bergheim	0:56:49	1962 M50	25	0:57:31	18:49 *	18:38 *	19:22	5:41 min/km
231	1247	Balzer Daniel	*Rommerskirchen	0:56:49	1979 M30	44	0:57:08	19:55 *	18:41 *	18:11	5:41 min/km
233	1165	Krieger Christian	Laufende Nasen	0:56:50	1990 MHK	43	0:57:46	18:51 *	18:49 *	19:10	5:41 min/km
234	1166	Ernst Markus	Laufende Nasen	0:56:51	1974 M35	37	0:57:47	18:51 *	18:49 *	19:10	5:41 min/km
235	1151	Schlochtermeier Dr.	HH-Hausärzte-Hürth	0:56:54	1970 M40	31	0:57:38	21:53 *	20:19 *	14:42	5:41 min/km
236	976	Ranke Daniel	The GinNastics	0:56:55	1979 M30	45	0:58:58	18:57 *	18:28 *	19:29	5:42 min/km
237	1400	Schneider Helmut	Kölner NarrenZunft	0:57:00	1966 M45	36	0:57:05	17:07 *	18:14 *	21:38	5:42 min/km
238	170	Ripp Dieter	VTC Köln	0:57:23	1956 M55	11	0:57:38	18:44 *	19:02 *	19:36	5:44 min/km
239	836	Engels Andreas	GKC-Mission Atemnot	0:57:27	1976 M35	38	0:58:53	19:01 *	18:50 *	19:35	5:45 min/km
240	691	Thomas Marcel	*köln	0:57:35	1993 MHK	44	0:58:05	20:14 *	19:04 *	18:16	5:46 min/km
241	1246	Schreitmüller Stefan	Running Wild	0:57:37	1977 M35	39	0:57:51	19:21 *	18:29 *	19:46	5:46 min/km
242	926	Böll Boris	*Köln	0:57:39	1978 M35	40	0:57:57	19:10 *	19:16 *	19:13	5:46 min/km
243	248	Froese Heiko	Bosman GmbH	0:57:42	1974 M35	41	0:59:05	19:30 *	18:58 *	19:13	5:46 min/km
244	249	Friemelt Andreas	Bosman GmbH	0:57:42	1967 M45	37	0:59:04	19:31 *	18:58 *	19:13	5:46 min/km
245	88	Peters Jens	*BONN	0:57:46	1952 M60	4	0:58:40	18:00 *	19:22 *	20:23	5:47 min/km
246	630	Matthes Jens	*Köln	0:57:47	1977 M35	42	0:59:19	19:13 *	19:07 *	19:26	5:47 min/km
247	411	Wurda Werner	SC Fortuna Köln	0:57:52	1960 M50	26	0:59:54	19:03 *	19:02 *	19:46	5:47 min/km
248	1096	Dehnen Karsten	DB Fernverkehr AG	0:57:58	1970 M40	32	0:58:37	20:09 *	19:06 *	18:42	5:48 min/km
249	568	Tesch Friedrich	Seb. Balkhausen	0:58:00	1958 M55	12	0:59:32	18:50 *	19:04 *	20:06	5:48 min/km
250	148	Armingen Ken	EndBoss	0:58:02	1979 M30	46	0:59:09	18:39 *	18:50 *	20:31	5:48 min/km
251	81	Ermer Gerhard	*Hürth	0:58:04	1949 M60	5	0:59:02	18:59 *	19:13 *	19:51	5:48 min/km
252	627	Liermann Marc	Looping Cologne	0:58:06	1982 M30	47	0:59:09	19:54 *	19:02 *	19:09	5:49 min/km
253	687	Rupp Thomas	Bunga Bunga	0:58:07	1980 M30	48	0:58:24	18:36 *	19:43 *	19:47	5:49 min/km
254	324	Rhode Heinz-Gerd	*Waltrop	0:58:10	1961 M50	27	0:59:04	18:39 *	18:58 *	20:32	5:49 min/km
255	312	Sühr Michael	*Köln	0:58:16	1960 M50	28	0:58:41	19:35 *	19:15 *	19:26	5:50 min/km
256	1242	Höber Matthias	*Haan	0:58:17	1960 M50	29	0:58:27	19:22 *	20:00 *	18:55	5:50 min/km
257	477	Trabler Michael		0:58:22	1967 M45	38	0:58:47	19:34 *	19:11 *	19:37	5:50 min/km
258	45	Heinke Roland	Roland Heinke	0:58:37	1964 M45	39	0:59:45	18:49 *	19:29 *	20:18	5:52 min/km
259	1076	Steigerwald Christoph	*Köln	0:58:46	1987 MHK	45	0:59:57	20:23 *	20:06 *	18:16	5:53 min/km
260	437	Kronsbein Günter	*Köln	0:58:47	1965 M45	40	1:00:11	19:25 *	19:31 *	19:51	5:53 min/km
261	914	Fuenger Bernhard	MONEGA TEAM	0:58:50	1963 M50	30	0:59:48	20:50 *	19:50 *	18:09	5:53 min/km
262	389	Hoffmann Michael	*Schwetzingen	0:58:54	1966 M45	41	0:59:08	19:09 *	19:33 *	20:11	5:53 min/km
263	754	Pommer Dr. Jens	*Düsseldorf	0:59:00	1968 M45	42	1:00:22	19:43 *	19:51 *	19:25	5:54 min/km
264	520	Pruett Casey	ESA/EAC	0:59:02	1969 M40	33	1:00:23	19:33 *	19:04 *	20:23	5:54 min/km
265	919	Klaaßen Andre	Junge Hüpfen	0:59:04	1979 M30	49	0:59:50	17:28 *	20:11 *	21:24	5:54 min/km
266	136	Gatzen Ralf	*Herzogenrath	0:59:09	1972 M40	34	1:00:52	20:28 *	19:35 *	19:05	5:55 min/km
267	865	Breitenstein Stefan	*Köln	0:59:09	1986 MHK	46	0:59:32	18:49 *	19:28 *	20:51	5:55 min/km
268	944	Willig Tobias	*Bonn	0:59:09	1985 MHK	47	0:59:32	18:48 *	19:26 *	20:54	5:55 min/km
269	1291	Schepers Jörg		0:59:10	1971 M40	35	0:59:53	18:59 *	18:50 *	21:20	5:55 min/km
270	271	Raack Michael	VTC Köln	0:59:22	1958 M55	13	0:59:37	18:44 *	19:58 *	20:39	5:56 min/km
271	876	Wiegner Sven	*Oberhausen	0:59:24	1980 M30	50	1:00:43	19:49 *	19:20 *	20:14	5:56 min/km
272	205	Farrell Allan	LaufLövenich2010	0:59:26	1970 M40	36	1:00:15	19:44 *	19:16 *	20:25	5:57 min/km
273	215	Blüggel Dirk	*Köln	0:59:28	1967 M45	43	0:59:57	19:21 *	19:37 *	20:28	5:57 min/km
274	789	Bartoschek Frank	*Hilden	0:59:34	1969 M40	37	0:59:52	19:18 *	20:02 *	20:13	5:57 min/km
275	293	Kelch Thomas	*Pulheim	0:59:37	1971 M40	38	1:00:39	19:47 *	19:30 *	20:19	5:58 min/km
276	93	Jacobsen Sven	FIT-MIT-SVEN	0:59:39	1976 M35	43	1:00:56	20:39 *	18:49 *	20:10	5:58 min/km
277	1203	Wojcicki Rafael	RunnersTeam Oldenburg	0:59:39	1979 M30	51	1:00:04	18:56 *	20:14 *	20:28	5:58 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Männer

Seite 6

gedruckt 24.03.2013 13:02:33

278	1172	Paffendorf Michael	FIT-MIT-SVEN	0:59:39	1983	M30	52	1:00:56	20:40 *	18:48 *	20:11	5:58 min/km
279	723	Dia Simon	*Köln	0:59:47	1983	M30	53	1:01:06	20:27 *	19:53 *	19:27	5:59 min/km
280	784	Morawe Stefan	LeseWelten	1:00:04	1964	M45	44	1:00:15	20:28 *	19:46 *	19:49	6:00 min/km
281	1367	Bienentreu Ralf	*Köln	1:00:06	1967	M45	45	1:01:27	20:33 *	19:17 *	20:16	6:01 min/km
282	781	Dohalt Nicki	Brathähnchen 2.0	1:00:10	1979	M30	54	1:01:47	20:38 *	20:17 *	19:14	6:01 min/km
283	1132	Schmidt Konrad	*Brühl	1:00:14	1957	M55	14	1:01:24	22:07 *	18:50 *	19:16	6:01 min/km
284	720	Schwonke Hans	*Düsseldorf	1:00:17	1959	M50	31	1:00:20	20:42 *	21:44 *	17:50	6:02 min/km
285	289	Kamp Stefan	ASV	1:00:28	1964	M45	46	1:00:55	24:56 *	17:45 *	17:47	6:03 min/km
286	375	Niesters Robin	Ä+R	1:00:29	1981	M30	55	1:01:47	20:33 *	19:43 *	20:13	6:03 min/km
287	949	Schüren Andreas	Running Elements	1:00:35	1980	M30	56	1:01:42	21:23 *	19:32 *	19:39	6:04 min/km
288	190	Erdenberger Thomas	Laufschabe & Friends	1:00:36	1979	M30	57	1:01:45	20:57 *	19:39 *	19:58	6:04 min/km
289	811	Hackmann Volker	Heipörformer	1:00:53	1980	M30	58	1:01:27	18:04 *	20:51 *	21:57	6:05 min/km
290	1097	Romeikat Alexander	DB Fernverkehr AG	1:01:00	1978	M35	44	1:01:40	21:00 *	20:03 *	19:56	6:06 min/km
291	460	Tebert Michael	*Köln	1:01:03	1965	M45	47	1:02:24	21:41 *	20:04 *	19:16	6:06 min/km
292	1271	Gummich Michael		1:01:03	1963	M50	32	1:01:54	19:56 *	19:48 *	21:18	6:06 min/km
293	930	Kolkman Wouter	BMW	1:01:08	1983	M30	59	1:02:59	21:19 *	21:11 *	18:38	6:07 min/km
294	1189	Mörsdorf Luca	*Köln	1:01:14	2006	MSD	1	1:01:29	19:40 *	20:48 *	20:45	6:07 min/km
295	773	Fietz Michael	Hotel im Wasserturm	1:01:21	1984	MHK	48	1:01:46	20:09 *	20:22 *	20:50	6:08 min/km
296	1007	Oezcan Mehmet	*Köln	1:01:22	1970	M40	39	1:01:25	18:31 *	20:59 *	21:51	6:08 min/km
297	1010	Kessler Hans Jürgen	DTV 1847 Düren	1:01:37	1947	M65	4	1:01:57	19:59 *	20:26 *	21:12	6:10 min/km
298	1255	Metaxas Ioannis	*Köln	1:01:48	1975	M35	45	1:02:12	20:24 *	20:19 *	21:03	6:11 min/km
299	1380	Buehner Jens		1:01:48	1975	M35	46	1:02:12	20:24 *	20:20 *	21:03	6:11 min/km
300	667	Abbing Daniel	*Dormagen	1:01:55	1979	M30	60	1:03:09	21:48 *	20:29 *	19:37	6:12 min/km
301	966	Fischer Dominik	Team Cool	1:01:56	1990	MHK	49	1:03:21	20:08 *	20:34 *	21:13	6:12 min/km
302	430	Röttgen Martin	*Leverkusen	1:02:04	1977	M35	47	1:02:55	22:04 *	21:24 *	18:35	6:12 min/km
303	1127	Kegler Tobias	SCI Verkehr	1:02:16	1983	M30	61	1:02:52	19:17 *	20:24 *	22:34	6:14 min/km
304	569	Hermann Udo	*Köln	1:02:17	1967	M45	48	1:04:04	22:26 *	19:39 *	20:10	6:14 min/km
305	1311	Koc Mehmet		1:02:18	1972	M40	40	1:03:14	20:11 *	19:58 *	22:08	6:14 min/km
306	1251	Köster Timo	LAUFENDE KOSTEN	1:02:27	1981	M30	62	1:03:53	20:26 *	20:49 *	21:11	6:15 min/km
307	1299	Rondholz Jan		1:02:35	1976	M35	48	1:04:14	21:24 *	20:49 *	20:21	6:16 min/km
308	916	Graziola Frank	Flitzefinchen	1:02:37	1975	M35	49	1:04:26	21:27 *	19:57 *	21:11	6:16 min/km
309	296	Klagmann Michael	Sonntagsläufer	1:02:38	1975	M35	50	1:04:17	21:09 *	20:29 *	20:58	6:16 min/km
310	1401	Schorn Stephan	LT Stadtwald-Enten Köln	1:02:40	1965	M45	49	1:03:57	20:02 *	20:06 *	22:32	6:16 min/km
311	506	Bovelet Mirko	Malteser Business Service	1:02:41	1975	M35	51	1:03:13	20:43 *	20:48 *	21:10	6:16 min/km
312	624	Ohrem Uwe	*Köln	1:02:49	1959	M50	33	1:04:21	21:57 *	20:42 *	20:09	6:17 min/km
313	138	Steubesand Herbert	ASV-Triathlon	1:02:54	1965	M45	50	1:04:25	21:59 *	20:41 *	20:13	6:17 min/km
314	571	Herman Jan	ASV Köln Triathlon	1:02:55	1962	M50	34	1:04:28	21:57 *	20:41 *	20:16	6:18 min/km
315	23	Steinz Lothar	ASV Köln	1:02:57	1957	M55	15	1:04:28	21:58 *	20:43 *	20:15	6:18 min/km
316	25	Fernandes Richard	*Burscheid	1:03:02	1970	M40	41	1:03:25	23:27 *	24:38 *	14:56	6:18 min/km
317	102	Nachsel Achim	Buckelwale	1:03:07	1955	M55	16	1:03:36	20:16 *	20:53 *	21:58	6:19 min/km
318	772	Olfen Hendrik	Hotel im Wasserturm	1:03:11	1984	MHK	50	1:03:37	19:35 *	20:55 *	22:40	6:19 min/km
319	197	Lauer Martin	Speedys	1:03:25	1988	MHK	51	1:04:02	20:23 *	21:23 *	21:39	6:21 min/km
320	609	Koca Ramazan	*Düsseldorf	1:03:30	1969	M40	42	1:04:22	20:56 *	21:13 *	21:20	6:21 min/km
321	750	Barthel Björn	Selbstläufer	1:03:34	1963	M50	35	1:05:25	21:46 *	20:45 *	21:01	6:21 min/km
322	386	Bundschuh Bernd	*Troisdorf	1:03:42	1960	M50	36	1:05:32	22:36 *	20:19 *	20:46	6:22 min/km
323	213	Linden Frank	*Frechen	1:03:56	1965	M45	51	1:04:08	20:34 *	21:50 *	21:31	6:24 min/km
324	71	Kaulen Andreas	Shaolin Kempo Chuan Fa	1:03:59	1968	M45	52	1:06:00	21:26 *	20:48 *	21:44	6:24 min/km
325	802	Nieden Jürgen	*Remscheid	1:04:06	1961	M50	37	1:04:42	21:16 *	21:08 *	21:41	6:25 min/km
326	168	Nikolay David	Selbstläufer	1:04:17	1977	M35	52	1:06:09	21:48 *	20:53 *	21:35	6:26 min/km
327	530	Jantz Dirk	*Köln	1:04:18	1973	M40	43	1:05:33	21:16 *	20:58 *	22:03	6:26 min/km
328	412	Köhler Dr. Peter	*Bergheim-Glessen	1:04:29	1953	M60	6	1:05:19	21:10 *	20:58 *	22:20	6:27 min/km
329	863	Santl Helmut	*München	1:04:34	1958	M55	17	1:06:54	22:07 *	21:12 *	21:14	6:27 min/km
330	839	Knuth Benjamin	GKC-Mission Atemnot	1:04:41	1983	M30	63	1:06:07	21:32 *	21:41 *	21:27	6:28 min/km
331	1046	Blume Michael	Schönwetterläufer	1:04:53	1966	M45	53	1:06:47	22:24 *	21:45 *	20:43	6:29 min/km
332	1194	Savoca Michael	Rennschnecken	1:05:09	1985	MHK	52	1:07:03	22:05 *	21:15 *	21:48	6:31 min/km
333	1030	Joisten Martina	*Köln	1:05:16	1973	M40	44	1:06:06	22:05 *	21:24 *	21:46	6:32 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Männer

Seite 7

gedruckt 24.03.2013 13:02:33

334	1161	Kremer Robert	*Köln	1:05:42	1964	M45	54	1:05:50	22:28 *	20:43 *	22:31	6:34 min/km
335	1038	Lieven Mario	Warm Up	1:05:47	1980	M30	64	1:06:05	22:13 *	22:19 *	21:14	6:35 min/km
336	1222	Koch Johannes	*Köln	1:05:51	1967	M45	55	1:07:24	22:19 *	21:42 *	21:49	6:35 min/km
337	1364	Ludwigs Alexander		1:05:51	1967	M45	56	1:07:21	22:18 *	21:29 *	22:03	6:35 min/km
338	1077	Bihn Daniel	*Köln	1:06:00	1973	M40	45	1:07:24	21:28 *	21:45 *	22:47	6:36 min/km
339	1296	Meinigke Uwe		1:06:02	1955	M55	18	1:07:20	21:29 *	21:52 *	22:39	6:36 min/km
340	354	Hummelsheim Dr.	LeseWelten	1:06:09	1966	M45	57	1:06:47	22:12 *	22:32 *	21:24	6:37 min/km
341	756	Schobeß Christoph	*Köln	1:06:22	1986	MHK	53	1:07:28	21:59 *	22:01 *	22:21	6:38 min/km
342	683	Glaser Alex	Wasauchimmer	1:06:26	1975	M35	53	1:09:06	23:23 *	22:30 *	20:33	6:39 min/km
343	1154	Burghardt Dirk	LeseWelten	1:06:27	1971	M40	46	1:06:46	22:31 *	22:32 *	21:23	6:39 min/km
344	583	Merwitz Jan	*Köln	1:06:30	1977	M35	54	1:07:43	22:07 *	22:11 *	22:10	6:39 min/km
345	1112	Zientek Johannes	*Frechen	1:06:53	1952	M60	7	1:07:26	21:18 *	21:42 *	23:53	6:41 min/km
346	996	Viebahn Tobias	JETT - Imi Runners	1:06:54	1972	M40	47	1:07:46	21:47 *	22:12 *	22:54	6:41 min/km
347	1113	Waege Gunter	*Köln	1:06:57	1940	M70	1	1:07:31	21:17 *	21:42 *	23:57	6:42 min/km
348	1223	Albrecht Alexander	*Köln	1:07:09	1984	MHK	54	1:08:16	21:45 *	22:44 *	22:39	6:43 min/km
349	276	Detmer Hanspeter	Altstädter Köln Reiterkorps	1:07:23	1946	M65	5	1:07:59	22:00 *	22:48 *	22:35	6:44 min/km
350	314	Wellner Jens	*Berlin	1:07:26	1981	M30	65	1:09:14	22:23 *	21:58 *	23:04	6:45 min/km
351	740	Santl Alexander	*Bonn	1:08:18	1983	M30	66	1:10:38	22:17 *	22:28 *	23:31	6:50 min/km
352	782	Klänhardt Markus	Brathähnchen 2.0	1:08:20	1979	M30	67	1:09:57	22:58 *	22:35 *	22:46	6:50 min/km
353	947	Akin Muzaffer	*Hennef	1:09:33	1969	M40	48	1:09:43	21:16 *	22:47 *	25:29	6:57 min/km
354	915	Henseler Daniel	Flitzefinchen	1:09:40	1977	M35	55	1:11:28	22:38 *	22:37 *	24:25	6:58 min/km
355	308	Aretz Christian	Flitzefinchen	1:09:41	1975	M35	56	1:11:28	22:39 *	22:36 *	24:24	6:58 min/km
356	1310	Polak Marco		1:09:57	1983	M30	68	1:11:29	23:55 *	23:19 *	22:43	6:60 min/km
357	113	Wirz Michael	kalaydo.de	1:10:07	1962	M50	38	1:11:16	23:24 *	23:00 *	23:42	7:01 min/km
358	785	Blasczyk Siegmund	*Bedburg	1:11:02	1942	M70	2	1:12:43	22:26 *	23:20 *	25:16	7:06 min/km
359	1316	Rebbecke Chris	Windmilers	1:11:06	1971	M40	49	1:12:56	23:26 *	23:40 *	23:59	7:07 min/km
360	1225	Roth Dr. Stephan	*Köln	1:11:20	1961	M50	39	1:13:17	23:59 *	23:38 *	23:42	7:08 min/km
361	775	Stach Thomas	Hotel im Wasserturm	1:11:48	1987	MHK	55	1:13:46	23:08 *	23:57 *	24:42	7:11 min/km
362	1184	Rink André	*Köln	1:14:10	1982	M30	69	1:15:08	23:59 *	24:40 *	25:31	7:25 min/km
363	526	Weisselberg Willi	pro. baum	1:14:18	1940	M70	3	1:16:06	24:24 *	24:26 *	25:28	7:26 min/km
364	1042	Ax Stefan	Schönwetterläufer	1:14:30	1972	M40	50	1:16:23	23:17 *	25:02 *	26:10	7:27 min/km
365	404	Völker Maximilian	*Köln	1:15:30	1980	M30	70	1:16:48	23:57 *	24:52 *	26:41	7:33 min/km
366	1009	Pütz Ulrich	*Pulheim	1:20:39	1970	M40	51	1:21:39	26:06 *	26:05 *	28:27	8:04 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Frauen

Seite 8

gedruckt 24.03.2013 13:02:33

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	309	Lutz Jenny	*Köln	0:42:01	1980	W30	1	0:42:07 14:05 * 13:44 * 14:11	4:12 min/km
2	288	Eschweiler Marion	TSV Weiss-Köln	0:43:29	1972	W40	1	0:43:31 14:27 * 14:20 * 14:41	4:21 min/km
3	434	Balzer Nadja	Warm Up	0:44:40	1981	W30	2	0:44:57 14:38 * 14:38 * 15:22	4:28 min/km
4	172	Heinke Suzanne	Suzies Rennstall	0:45:59	1978	W35	1	0:46:10 15:27 * 15:06 * 15:26	4:36 min/km
5	396	Reh Julia	*Köln	0:47:22	1989	WHK	1	0:47:43 15:36 * 15:33 * 16:12	4:44 min/km
6	292	Straaten Steffi	*Neuss	0:47:36	1964	W45	1	0:47:53 15:40 * 15:33 * 16:22	4:46 min/km
7	253	Müller Janina	Brennende Fersen AG	0:47:46	1989	WHK	2	0:48:04 15:40 * 15:35 * 16:30	4:47 min/km
8	544	Eymers Annika	RunnersTeam Oldenburg	0:49:02	1981	W30	3	0:49:26 16:03 * 16:03 * 16:55	4:54 min/km
9	761	Filz Laura	*Köln	0:49:11	1988	WHK	3	0:49:41 16:34 * 16:15 * 16:21	4:55 min/km
10	539	Bachem Elisa	*Köln	0:49:16	1981	W30	4	0:50:34 16:29 * 16:10 * 16:36	4:56 min/km
11	1375	Grott Helga	BSG Commerzbank	0:49:17	1948	W65	1	0:49:24 16:18 * 16:13 * 16:45	4:56 min/km
12	262	Kohler Maxie	LKW-Schorse	0:49:34	1982	W30	5	0:49:41 15:59 * 16:20 * 17:15	4:57 min/km
13	560	Hollberg Steffi	Herzsprünge	0:49:56	1980	W30	6	0:50:57 17:25 * 16:19 * 16:11	4:60 min/km
14	941	Herzer Bettina	*Köln	0:50:10	1974	W35	2	0:50:13 16:48 * 16:21 * 17:00	5:01 min/km
15	1152	Ferrauti Silke	HH-Hausärzte-Hürth	0:50:12	1967	W45	2	0:50:17 16:13 * 16:37 * 17:21	5:01 min/km
16	245	Hennecke-Ernsting Ursel	Gothaer Laufftreff	0:50:34	1960	W50	1	0:51:04 16:57 * 16:42 * 16:54	5:03 min/km
17	550	Linnarz Sylvia	Team Erdinger Alkoholfrei	0:50:35	1971	W40	2	0:50:52 16:14 * 16:51 * 17:30	5:04 min/km
18	1351	Prescha Kristiane	Köln läuft! Team	0:50:46	1967	W45	3	0:50:49 16:10 * 17:26 * 17:09	5:05 min/km
19	1378	Darnauer Katharina		0:50:51	1989	WHK	4	0:51:02 16:37 * 16:37 * 17:36	5:05 min/km
20	652	Schröder Christina	*Hennef	0:50:56	1979	W30	7	0:51:52 17:19 * 16:31 * 17:05	5:06 min/km
21	1368	Wolf Ulrike	Laktatkönige Köln	0:51:34	1958	W55	1	0:51:44 16:46 * 17:01 * 17:47	5:09 min/km
22	512	Hülsmann Ricarda	BF Köln - Wo wir sind ist	0:51:51	1986	WHK	5	0:53:18 17:36 * 17:01 * 17:13	5:11 min/km
23	1354	Coutellier Ute	Köln läuft! Team	0:52:05	0	WHK	6	0:52:40 16:59 * 17:08 * 17:57	5:13 min/km
24	135	Jahn-Gatzen Judith	*Herzogenrath	0:52:07	1976	W35	3	0:53:50 17:58 * 16:52 * 17:16	5:13 min/km
25	405	Soujon Marcel	Albis Laufftreff	0:52:11	1990	WHK	7	0:52:24 17:18 * 17:18 * 17:34	5:13 min/km
26	374	Hejl Franziska	ALBIS Laufftreff	0:52:13	1983	W30	8	0:52:26 17:00 * 17:16 * 17:56	5:13 min/km
27	1003	Pier Wiebke	*Köln	0:52:15	1991	WHK	8	0:53:21 17:05 * 17:07 * 18:02	5:14 min/km
28	76	Cramer Stephanie	*Köln	0:52:15	1967	W45	4	0:52:47 17:18 * 17:08 * 17:48	5:14 min/km
29	270	Schimmel Maike	TS 79 Bergisch Gladbach	0:52:26	1969	W40	3	0:52:39 17:04 * 17:20 * 18:02	5:15 min/km
30	1136	Kuczera Caroline	*Köln	0:52:41	1986	WHK	9	0:53:13 18:13 * 17:27 * 17:00	5:16 min/km
31	580	Heeren Dr. Irina	*Breitscheid	0:53:07	1982	W30	9	0:54:59 18:27 * 17:01 * 17:37	5:19 min/km
32	298	Garbe Judith	Sonntagsläufer	0:53:08	1988	WHK	10	0:53:53 17:23 * 17:32 * 18:12	5:19 min/km
33	1032	Gaffrey Kathleen	Warm Up	0:53:32	1982	W30	10	0:54:12 17:19 * 17:32 * 18:40	5:21 min/km
34	256	Köhnen Dr. Anne	LKW-Schorse	0:53:34	1980	W30	11	0:53:42 17:33 * 17:46 * 18:14	5:21 min/km
35	251	Cordes Sandra	LKW-Schorse	0:53:34	1986	WHK	11	0:53:42 17:33 * 17:46 * 18:14	5:21 min/km
36	432	Roszinsky Mareike	Warm Up	0:53:46	1980	W30	12	0:54:31 17:23 * 17:57 * 18:25	5:23 min/km
37	303	Schueller Sandra	HSV-Dormagen_Sued	0:53:56	1987	WHK	12	0:55:24 18:18 * 17:28 * 18:09	5:24 min/km
38	912	Eberhardt Isabell	HSV-Dormagen-Sued	0:54:03	1985	WHK	13	0:55:31 18:18 * 17:28 * 18:15	5:24 min/km
39	731	Friedrich Claudia	Claudia Friedrich	0:54:08	1966	W45	5	0:54:13 17:46 * 18:06 * 18:15	5:25 min/km
40	937	Lentz Bettina	Claudia Friedrich	0:54:08	1961	W50	2	0:54:13 16:13 * 16:37 * 21:17	5:25 min/km
41	424	Schilli Nicole	*Köln	0:54:10	1987	WHK	14	0:54:49 17:52 * 17:56 * 18:21	5:25 min/km
42	602	Horst Claudia	TÜV Rheinland	0:54:18	1965	W45	6	0:54:31 17:30 * 17:48 * 18:59	5:26 min/km
43	1083	Soßna Katrin	Just Fit Lux	0:54:20	1986	WHK	15	0:56:16 19:36 * 17:17 * 17:27	5:26 min/km
44	323	Bredow Tanja	*Wipperfürth	0:54:22	1972	W40	4	0:55:09 17:46 * 17:55 * 18:40	5:26 min/km
45	879	Roller Renée	*Köln	0:54:28	1988	WHK	16	0:54:51 17:52 * 17:58 * 18:36	5:27 min/km
46	109	Rommerskirchen Sabine	*Köln	0:54:39	1978	W35	4	0:55:14 18:12 * 18:09 * 18:18	5:28 min/km
47	399	Hoffmann Sara	TSG Valbert	0:54:40	1982	W30	13	0:55:16 17:57 * 18:14 * 18:28	5:28 min/km
48	867	Loukili Nadine	*Niederzier	0:54:42	1981	W30	14	0:54:48 17:07 * 18:17 * 19:16	5:28 min/km
49	1016	Kamp Sophie	*Köln	0:54:44	1987	WHK	17	0:54:56 19:27 * 17:57 * 17:18	5:28 min/km
50	787	Dornseiff Uta	*Köln	0:54:46	1968	W45	7	0:55:05 18:20 * 18:15 * 18:10	5:29 min/km
51	592	Siemons Elisabeth	*Köln	0:54:46	1966	W45	8	0:56:14 19:00 * 17:54 * 17:51	5:29 min/km
52	1107	Schöps Astrid	*Köln	0:54:49	1974	W35	5	0:54:58 18:22 * 17:49 * 18:36	5:29 min/km
53	83	Funke Sandra	*Bonn	0:54:52	1982	W30	15	0:56:34 19:11 * 17:44 * 17:55	5:29 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Frauen

Seite 9

gedruckt 24.03.2013 13:02:33

54	1219	Demiröz Nalan	*düsseldorf	0:54:55	1971 W40	5	0:55:18	18:21 *	17:51 *	18:42	5:30 min/km
55	145	Söntgerath Birgit	Herzsprünge	0:55:04	1972 W40	6	0:56:04	18:49 *	18:09 *	18:04	5:30 min/km
56	848	Weinert Viola	*Köln	0:55:08	1983 W30	16	0:56:11	18:33 *	17:57 *	18:37	5:31 min/km
57	108	Simon Antje	*Köln	0:55:08	1977 W35	6	0:55:43	18:12 *	18:09 *	18:46	5:31 min/km
58	1085	Guzik Janina	Just Fit Lux	0:55:10	1990 WHK	18	0:57:05	19:37 *	17:17 *	18:14	5:31 min/km
59	1376	Drees Bärbel	*Köln	0:55:23	1964 W45	9	0:56:52	18:48 *	18:17 *	18:17	5:32 min/km
60	945	Bazarra Cristina	*Koeln	0:55:29	1975 W35	7	0:56:28	17:48 *	18:41 *	18:59	5:33 min/km
61	231	Chammae Nora	*Köln	0:55:49	1980 W30	17	0:56:15	18:38 *	18:15 *	18:55	5:35 min/km
62	762	Weber Laura	*Köln	0:55:52	1985 WHK	19	0:56:22	18:54 *	18:18 *	18:39	5:35 min/km
63	416	Mattes Katrin	*Köln	0:55:58	1972 W40	7	0:57:43	20:02 *	17:56 *	17:59	5:36 min/km
64	1081	Goltz Christin	*KÖLN	0:55:59	1985 WHK	20	0:56:19	18:19 *	18:26 *	19:13	5:36 min/km
65	935	Hübscher Manuela	*Leverkusen	0:56:01	1970 W40	8	0:56:21	18:38 *	18:18 *	19:04	5:36 min/km
66	1143	Heite Julia	ja siah	0:56:02	1987 WHK	21	0:56:50	18:14 *	18:39 *	19:08	5:36 min/km
67	244	Marx Lisa	*Köln	0:56:02	1987 WHK	22	0:56:47	18:07 *	18:45 *	19:10	5:36 min/km
68	960	Devaux Natalie	*Erfstadt	0:56:11	1970 W40	9	0:56:22	17:25 *	18:32 *	20:13	5:37 min/km
69	816	Nickol Eva	LAUFENDE KOSTEN	0:56:16	1981 W30	18	0:57:42	20:26 *	17:55 *	17:54	5:38 min/km
70	991	Jechow Jana	*Brüggen	0:56:17	1991 WHK	23	0:56:51	19:20 *	18:28 *	18:28	5:38 min/km
71	1031	Pambor Miriam	*Köln	0:56:17	1981 W30	19	0:56:35	17:55 *	18:55 *	19:26	5:38 min/km
72	1119	Schmitz Rebecca	Rakete Reissdorf	0:56:21	1983 W30	20	0:56:25	18:54 *	18:38 *	18:48	5:38 min/km
73	1148	Paffenholz Diana	*Kerpen	0:56:31	1979 W30	21	0:56:38	17:57 *	19:19 *	19:14	5:39 min/km
74	1150	Biere Sarah	*Köln	0:56:32	1987 WHK	24	0:57:17	19:11 *	18:45 *	18:34	5:39 min/km
75	463	Feldhaus Doris	*Köln	0:56:36	1948 W65	2	0:57:28	18:40 *	18:37 *	19:19	5:40 min/km
76	542	Fischer Ilonka	Pulheimer SC	0:56:41	1966 W45	10	0:58:03	18:44 *	18:35 *	19:21	5:40 min/km
77	339	Haas Brigitte	*Frechen	0:56:42	1977 W35	8	0:57:01	17:53 *	19:02 *	19:47	5:40 min/km
78	1229	Plegge Laura	JETT - Imi Runners	0:56:43	1984 WHK	25	0:57:37	18:18 *	18:45 *	19:39	5:40 min/km
79	1285	Roth Britta	Citroen Köln	0:56:43	1970 W40	10	0:57:17	18:55 *	18:35 *	19:12	5:40 min/km
80	1205	Schulze Anna	*Köln	0:56:46	1979 W30	22	0:57:45	18:14 *	18:55 *	19:37	5:41 min/km
81	60	Kelter Monika	*Hürth	0:56:48	1962 W50	3	0:58:38	19:42 *	18:22 *	18:43	5:41 min/km
82	892	Lowitz Anne	*Köln	0:56:48	1985 WHK	26	0:56:59	18:23 *	19:03 *	19:21	5:41 min/km
83	466	Hein Andrea	*Leverkusen	0:56:49	1976 W35	9	0:57:13	18:46 *	18:42 *	19:20	5:41 min/km
84	295	Gebhart Jane	Sonntagsläufer	0:56:51	1984 WHK	27	0:57:36	19:12 *	18:45 *	18:53	5:41 min/km
85	1026	Witte Sabine	*Köln	0:56:57	1980 W30	23	0:57:40	19:54 *	18:50 *	18:12	5:42 min/km
86	475	Hüppler Antje		0:56:58	1965 W45	11	0:58:03	19:24 *	18:37 *	18:55	5:42 min/km
87	451	Marzian Manuela	Original Bootcamp	0:57:01	1971 W40	11	0:57:07	18:42 *	19:12 *	19:05	5:42 min/km
88	200	Weber Ulrike	*Pulheim	0:57:03	1965 W45	12	0:57:39	18:42 *	18:48 *	19:32	5:42 min/km
89	464	Van de Fliedrt Marina	*Leverkusen	0:57:04	1988 WHK	28	0:57:28	18:45 *	18:43 *	19:35	5:42 min/km
90	575	Belic Tina	*Frechen	0:57:05	1975 W35	10	0:58:06	18:26 *	18:48 *	19:50	5:43 min/km
91	1087	Kothe Inga	Just Fit Lux	0:57:06	1987 WHK	29	0:59:02	19:38 *	18:14 *	19:13	5:43 min/km
92	272	Leyendecker Ute	VTC Köln	0:57:22	1962 W50	4	0:57:38	18:40 *	19:05 *	19:36	5:44 min/km
93	843	Boutouil Samira	GKC-Mission Atemnot	0:57:27	1982 W30	24	0:58:53	19:01 *	18:50 *	19:35	5:45 min/km
94	481	Kunschert Ines	*Köln	0:57:36	1972 W40	12	0:58:14	19:02 *	18:54 *	19:38	5:46 min/km
95	462	Wirtz Dr. Nina	*Köln	0:57:40	1977 W35	11	0:57:48	18:34 *	19:03 *	20:02	5:46 min/km
96	791	Klocke Ulla	*Köln	0:57:42	1964 W45	13	0:59:38	19:12 *	18:46 *	19:44	5:46 min/km
97	565	Noben Simone	*Köln	0:57:44	1959 W50	5	0:57:56	18:48 *	19:07 *	19:48	5:46 min/km
98	247	Sell Ulrike	Bosman GmbH	0:57:45	1975 W35	12	0:59:05	19:33 *	18:58 *	19:13	5:47 min/km
99	954	Shimma Misako	*Köln	0:57:48	1979 W30	25	0:58:47	19:04 *	18:47 *	19:56	5:47 min/km
100	1118	Urban Alexandra	FIT-MIT-SVEN	0:57:58	1981 W30	26	0:59:19	18:46 *	19:07 *	20:04	5:48 min/km
101	196	Wahlers Katharina	Speedys	0:58:00	1989 WHK	30	0:58:37	18:48 *	19:15 *	19:57	5:48 min/km
102	555	Scholz Barbara	*Overath	0:58:04	1971 W40	13	0:58:26	19:21 *	18:47 *	19:56	5:48 min/km
103	1330	Wittig Annika	Just Fit	0:58:10	1988 WHK	31	1:00:07	19:37 *	18:46 *	19:46	5:49 min/km
104	534	Patzwald Sabine	LeseWelten	0:58:14	1966 W45	14	0:58:34	19:21 *	18:58 *	19:54	5:49 min/km
105	1352	Meyer Melanie	Köln läuft! Team	0:58:17	1976 W35	13	0:58:53	18:38 *	19:26 *	20:11	5:50 min/km
106	633	Schmitt Sabine	*Alfter	0:58:27	1970 W40	14	0:59:23	19:01 *	19:11 *	20:14	5:51 min/km
107	490	Domnink Nadine	LAUFMAMALAUFL	0:58:30	1979 W30	27	1:00:06	19:22 *	19:28 *	19:39	5:51 min/km
108	717	Großkopf Jenny	*Troisdorf	0:58:36	1984 WHK	32	1:00:25	20:17 *	19:14 *	19:05	5:52 min/km
109	591	Roy Christina	*Meerbusch	0:58:36	1978 W35	14	0:59:06	18:51 *	19:26 *	20:19	5:52 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Frauen

Seite 10

gedruckt 24.03.2013 13:02:33

110	992	Wyen Julia	*Mönchengladbach	0:58:42	1991 WHK	33	0:59:15	19:21 *	19:31 *	19:49	5:52 min/km
111	734	Jumpertz Sofie	*Bergheim	0:58:48	1977 W35	15	0:59:58	19:37 *	19:21 *	19:48	5:53 min/km
112	476	Plättner Eileen		0:58:50	1988 WHK	34	0:59:15	19:34 *	19:27 *	19:48	5:53 min/km
113	362	Schäfer Henrike	*Köln	0:58:50	1970 W40	15	0:59:43	20:03 *	19:15 *	19:31	5:53 min/km
114	387	Krams Sabine	Team Erdinger Alkoholfrei	0:58:54	1964 W45	15	0:59:08	19:09 *	19:33 *	20:11	5:53 min/km
115	894	Breuer Eva	Flotte Flöten	0:59:14	1984 WHK	35	1:00:30	19:49 *	19:31 *	19:52	5:55 min/km
116	99	Wolff Sandra	*Köln	0:59:17	1970 W40	16	0:59:49	19:16 *	19:31 *	20:28	5:56 min/km
117	525	Nussmann Michaela	*Köln	0:59:21	1964 W45	16	1:01:07	19:16 *	19:30 *	20:34	5:56 min/km
118	428	Seeger Silke	*Köln	0:59:22	1974 W35	16	1:00:27	19:45 *	19:29 *	20:08	5:56 min/km
119	758	Beckmann Maike	*Köln	0:59:27	1980 W30	28	0:59:43	20:40 *	19:59 *	18:47	5:57 min/km
120	140	Götze Kerstin	*Köln	0:59:30	1982 W30	29	1:00:04	19:08 *	19:40 *	20:42	5:57 min/km
121	158	Reichel Claudia	*Köln	0:59:35	1964 W45	17	1:00:13	19:05 *	19:35 *	20:54	5:58 min/km
122	1019	Essefiani Mounia	*Köln	0:59:37	1973 W40	17	1:01:14	20:02 *	19:37 *	19:57	5:58 min/km
123	669	Klütsch Anneke	*Düsseldorf	0:59:39	1981 W30	30	1:01:03	20:16 *	19:19 *	20:02	5:58 min/km
124	729	Lindlohr Cornelia	FIT-MIT-SVEN	0:59:40	1982 W30	31	1:00:57	20:47 *	18:40 *	20:11	5:58 min/km
125	186	Sitran Nadine	*Köln	0:59:57	1980 W30	32	1:01:25	19:36 *	20:00 *	20:21	5:60 min/km
126	917	Schlag Melanie	Junge Hüpfers	0:59:59	1983 W30	33	1:00:44	19:36 *	19:40 *	20:42	5:60 min/km
127	269	Schmidt Kim	... und tschüß!	1:00:05	1981 W30	34	1:01:52	20:48 *	19:33 *	19:43	6:01 min/km
128	436	Kellershoff Heidi	*Köln	1:00:06	1971 W40	18	1:01:27	20:32 *	19:17 *	20:16	6:01 min/km
129	1142	Eichel Nina	LT DSHS Köln	1:00:17	2003 WSC	1	1:00:31	19:09 *	21:02 *	20:05	6:02 min/km
130	1144	Day Monika	kalaydo.de	1:00:17	1967 W45	18	1:01:24	20:17 *	19:48 *	20:11	6:02 min/km
131	608	Gehrlein Claudia	*Köln	1:00:25	1968 W45	19	1:01:58	20:26 *	19:51 *	20:06	6:03 min/km
132	171	Wenzel Lucia	*Köln	1:00:25	1965 W45	20	1:00:58	20:16 *	20:18 *	19:51	6:03 min/km
133	376	Schilling Anke	Ä+R	1:00:29	1985 WHK	36	1:01:47	20:33 *	19:43 *	20:12	6:03 min/km
134	191	Breer Sandra	Laufschabe & Friends	1:00:36	1976 W35	17	1:01:46	20:28 *	19:38 *	20:29	6:04 min/km
135	174	Driessen Saskia	*köln	1:00:36	1976 W35	18	1:01:48	22:46 *	20:40 *	17:09	6:04 min/km
136	1140	Mörsdorf Lisa	LT DSHS Köln	1:00:37	2003 WSC	2	1:00:51	19:41 *	20:14 *	20:41	6:04 min/km
137	144	Tünker Saskia	*Köln	1:00:41	1985 WHK	37	1:02:01	19:57 *	19:33 *	21:10	6:04 min/km
138	517	Jambor Elisabeth	ESA/EAC	1:00:47	1978 W35	19	1:02:07	21:35 *	19:45 *	19:26	6:05 min/km
139	516	Petersen Nora	ESA/EAC	1:00:48	1977 W35	20	1:02:09	21:34 *	19:45 *	19:28	6:05 min/km
140	1114	Heck Uta	Hans-Christian-Andersen	1:00:51	1968 W45	21	1:01:10	23:27 *	19:12 *	18:11	6:05 min/km
141	881	Kleedorfer Fabienne	firefairies	1:00:59	1991 WHK	38	1:01:51	21:40 *	20:06 *	19:11	6:06 min/km
142	149	Bauer Petra	BSG - AWB Köln e.V.	1:01:00	1966 W45	22	1:01:45	20:13 *	20:08 *	20:39	6:06 min/km
143	748	Lewke Meta	firefairies	1:01:01	1988 WHK	39	1:01:53	21:39 *	20:07 *	19:14	6:06 min/km
144	763	Eichler Heike	Team MumPIZ	1:01:05	1965 W45	23	1:01:45	21:09 *	20:04 *	19:51	6:07 min/km
145	176	Bürgel Monika	Team MumPIZ	1:01:05	1968 W45	24	1:01:44	21:09 *	20:04 *	19:51	6:07 min/km
146	1190	SVOBODA Bernadette	*Köln	1:01:11	1958 W55	2	1:02:57	20:03 *	20:07 *	21:00	6:07 min/km
147	928	Merten Mareike	BMW	1:01:15	1985 WHK	40	1:03:07	21:12 *	20:19 *	19:44	6:08 min/km
148	1170	Maskalewicz Lydia	run for beer	1:01:18	1963 W50	6	1:02:38	20:33 *	20:16 *	20:28	6:08 min/km
149	1216	Noben Sarah	*Köln	1:01:25	1987 WHK	41	1:01:38	20:00 *	20:14 *	21:10	6:09 min/km
150	1217	Wolf Anne	*Köln	1:01:30	1981 W30	35	1:02:33	19:53 *	19:36 *	22:00	6:09 min/km
151	306	Endlich Melanie	*Köln	1:01:37	1973 W40	19	1:02:40	20:12 *	20:26 *	20:58	6:10 min/km
152	578	Nettersheim Rosa	*Köln	1:01:39	1951 W60	1	1:03:23	20:42 *	20:21 *	20:36	6:10 min/km
153	1169	Schmitz Barbara	run for beer	1:01:42	1985 WHK	42	1:03:01	20:31 *	20:15 *	20:55	6:10 min/km
154	692	Bloch Annette	*Köln	1:01:42	1969 W40	20	1:02:09	20:05 *	20:27 *	21:09	6:10 min/km
155	392	Schumacher Birgit	Herzsprünge	1:01:53	1978 W35	21	1:02:56	24:57 *	18:29 *	18:27	6:11 min/km
156	391	Becker Tina	Herzsprünge	1:01:54	1980 W30	36	1:02:56	24:58 *	18:28 *	18:27	6:11 min/km
157	907	König Maja	Sonntagsläufer	1:01:55	1982 W30	37	1:03:31	21:02 *	20:31 *	20:21	6:12 min/km
158	906	Buschulte Maie	Sonntagsläufer	1:01:55	1981 W30	38	1:03:31	21:02 *	20:31 *	20:21	6:12 min/km
159	965	Knopp Anne	Team Cool	1:01:56	1988 WHK	43	1:03:21	20:28 *	20:21 *	21:06	6:12 min/km
160	1091	Schönwitz Britta	DB Fernverkehr AG	1:01:58	1968 W45	25	1:02:34	20:15 *	20:25 *	21:17	6:12 min/km
161	897	Sbarra Antonella	FIT-MIT-SVEN	1:02:03	1982 W30	39	1:03:21	20:25 *	20:16 *	21:21	6:12 min/km
162	904	Strudthoff Andrea	Sonntagsläufer	1:02:12	1980 W30	40	1:03:48	21:03 *	20:31 *	20:37	6:13 min/km
163	1013	Bringe Franziska	*Köln	1:02:14	1977 W35	22	1:03:49	20:42 *	20:20 *	21:11	6:13 min/km
164	1231	Boekhorst Pia	*Köln	1:02:18	1987 WHK	44	1:04:04	21:46 *	20:20 *	20:11	6:14 min/km
165	49	Beutler Katharina	CTU	1:02:19	1981 W30	41	1:03:50	21:05 *	20:39 *	20:33	6:14 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Frauen

Seite 11

gedruckt 24.03.2013 13:02:33

166	672	Schramke Julia	*Köln	1:02:23	1981 W30	42	1:03:03	20:05 *	20:22 *	21:55	6:14 min/km
167	903	Höcker Marion	Sonntagsläufer	1:02:28	1984 WHK	45	1:04:07	21:09 *	20:29 *	20:48	6:15 min/km
168	799	Jasper Judith	*Köln	1:02:33	1975 W35	23	1:03:22	20:38 *	20:37 *	21:17	6:15 min/km
169	1195	Krome Heike	*Sankt Augustin	1:02:33	1959 W50	7	1:03:22	20:38 *	20:37 *	21:17	6:15 min/km
170	307	König Natascha	Flitzefinchen	1:02:39	1975 W35	24	1:04:26	21:29 *	19:57 *	21:11	6:16 min/km
171	124	Luther Marnie	LAUFMAMALAUFL	1:02:43	1979 W30	43	1:03:33	22:04 *	21:24 *	19:14	6:16 min/km
172	661	Stöber Kathrin	*Köln	1:02:44	1980 W30	44	1:03:33	20:17 *	20:40 *	21:46	6:16 min/km
173	1235	Gündel Eimear	THESY3000	1:02:45	1974 W35	25	1:03:08	20:29 *	20:56 *	21:19	6:17 min/km
174	104	Keils Katja	*Köln	1:02:52	1963 W50	8	1:03:59	21:05 *	20:40 *	21:06	6:17 min/km
175	1197	Braun Nadine	*Köln	1:02:53	1980 W30	45	1:03:15	20:17 *	22:46 *	19:49	6:17 min/km
176	1167	Ilsemann Mareike	*Köln	1:03:06	1975 W35	26	1:04:43	20:24 *	20:53 *	21:48	6:19 min/km
177	610	Bisdorf Claudia	*Düsseldorf	1:03:15	1972 W40	21	1:04:06	20:57 *	20:52 *	21:25	6:20 min/km
178	82	Göke-Fritsch Christine	*Gladbeck	1:03:16	1960 W50	9	1:04:39	21:15 *	20:35 *	21:25	6:20 min/km
179	822	Bolliger Anna	Sie haben nur noch	1:03:21	1985 WHK	46	1:04:33	21:19 *	20:35 *	21:26	6:20 min/km
180	704	Soldat Maren	*Köln	1:03:22	1984 WHK	47	1:04:20	20:53 *	20:53 *	21:35	6:20 min/km
181	674	Schmidt Nina	RheinTauchen	1:03:23	1982 W30	46	1:04:27	20:53 *	21:07 *	21:22	6:20 min/km
182	796	Heintz Ulrike	Speedys	1:03:27	1989 WHK	48	1:04:04	21:11 *	20:35 *	21:40	6:21 min/km
183	862	Groll Claudia	*Köln	1:03:29	1966 W45	26	1:03:49	19:12 *	20:03 *	24:13	6:21 min/km
184	242	Schmidgen Dagmar	LLG 80 Nordpark Köln	1:03:30	1967 W45	27	1:04:09	21:10 *	20:19 *	22:00	6:21 min/km
185	1265	Hallberg Nora	*Köln	1:03:33	1975 W35	27	1:05:10	20:25 *	20:55 *	22:13	6:21 min/km
186	749	Hachenberg Sonja	Selbstläufer	1:03:33	1974 W35	28	1:05:25	21:46 *	20:45 *	21:01	6:21 min/km
187	467	Hazel Claudia	MTV Köln	1:03:34	1965 W45	28	1:05:16	20:58 *	20:29 *	22:06	6:21 min/km
188	1374	Rondholz Katja	*Bornheim	1:03:52	1976 W35	29	1:05:30	21:25 *	20:49 *	21:37	6:23 min/km
189	574	Rauscher Stephanie	*Köln	1:03:58	1970 W40	22	1:05:42	22:05 *	21:03 *	20:48	6:24 min/km
190	626	Schuy Jenny	*Solingen	1:03:59	1982 W30	47	1:06:01	21:26 *	20:48 *	21:44	6:24 min/km
191	1306	Schmitz Verhnjak Sylria	Team Rafa	1:04:04	1951 W60	2	1:05:52	21:23 *	20:53 *	21:47	6:24 min/km
192	72	Breideneichen Stefanie	Team Steffi	1:04:07	1983 W30	48	1:05:51	21:18 *	21:27 *	21:21	6:25 min/km
193	1186	Krebs Maria	*Köln	1:04:11	1986 WHK	49	1:05:46	21:43 *	21:03 *	21:24	6:25 min/km
194	688	Brinker Nina	*Köln	1:04:11	1976 W35	30	1:05:46	21:43 *	21:03 *	21:24	6:25 min/km
195	531	Jantz Petra	*Köln	1:04:17	1970 W40	23	1:05:33	21:16 *	20:58 *	22:02	6:26 min/km
196	167	Nikolay Andrea	Selbstläufer	1:04:18	1976 W35	31	1:06:09	21:48 *	20:53 *	21:35	6:26 min/km
197	929	Kolkman Breedge	BMW	1:04:28	1980 W30	49	1:06:20	21:18 *	21:10 *	21:59	6:27 min/km
198	515	Ansari Anahita	run for beer	1:04:37	1972 W40	24	1:04:58	20:38 *	21:34 *	22:24	6:28 min/km
199	551	Esser Annette	Laufende Nasen	1:04:47	1961 W50	10	1:05:43	21:35 *	20:50 *	22:21	6:29 min/km
200	767	Giessler Britta	*Odenthal	1:04:58	1976 W35	32	1:05:51	22:30 *	21:04 *	21:23	6:30 min/km
201	743	Schlieper Isa	LeseWelten	1:05:09	1967 W45	29	1:05:50	21:02 *	21:26 *	22:40	6:31 min/km
202	858	Thelen Alex	Rennschnecken	1:05:09	1986 WHK	50	1:07:03	22:05 *	21:15 *	21:48	6:31 min/km
203	429	Wohlgemuth Simone	*Leverkusen	1:05:12	1976 W35	33	1:06:04	22:02 *	21:25 *	21:45	6:31 min/km
204	829	Bolliger Lynn	*Erfstadt	1:05:21	1985 WHK	51	1:06:27	21:24 *	20:58 *	22:58	6:32 min/km
205	1295	Telaak Doris		1:05:30	1960 W50	11	1:06:22	22:30 *	21:05 *	21:54	6:33 min/km
206	1241	Von Bassewitz Sibylle	Laufftreff Anke Daniels	1:05:32	1970 W40	25	1:06:06	21:21 *	21:47 *	22:22	6:33 min/km
207	1292	Hofmann Simone	Laufftreff Anke Daniels	1:05:32	1973 W40	26	1:06:07	21:22 *	21:47 *	22:22	6:33 min/km
208	234	Marggraf Marion	*Köln	1:05:37	1982 W30	50	1:05:46	20:38 *	22:16 *	22:42	6:34 min/km
209	982	Hölscher Corinna	*Münster	1:05:41	1989 WHK	52	1:07:14	22:58 *	21:46 *	20:56	6:34 min/km
210	981	Wierwille Anna	*Köln	1:05:41	1989 WHK	53	1:07:14	22:59 *	21:45 *	20:56	6:34 min/km
211	611	Beck Sandra	*Köln	1:05:43	1973 W40	27	1:06:47	21:29 *	21:50 *	22:22	6:34 min/km
212	438	Heinen Susanne	Schönwetterläufer	1:05:46	1971 W40	28	1:07:40	22:24 *	21:45 *	21:36	6:35 min/km
213	480	Kluge Melanie	*Essen	1:05:48	1973 W40	29	1:06:28	21:19 *	21:46 *	22:43	6:35 min/km
214	26	Koch Tanja	*Köln	1:05:55	1976 W35	34	1:07:26	23:00 *	21:46 *	21:08	6:36 min/km
215	472	Kaufmann Bianca	FIT-MIT-SVEN	1:05:58	1981 W30	51	1:07:19	21:42 *	21:20 *	22:55	6:36 min/km
216	1029	Weide Stefanie	*Köln	1:06:01	1985 WHK	54	1:07:42	22:16 *	21:29 *	22:14	6:36 min/km
217	1027	Teich Nelly	*Köln	1:06:01	1974 W35	35	1:07:24	21:28 *	21:45 *	22:47	6:36 min/km
218	246	Wiegand Julia	*Köln	1:06:02	1979 W30	52	1:07:20	21:30 *	21:52 *	22:39	6:36 min/km
219	1015	Lehmann Anke	*Brühl	1:06:28	1966 W45	30	1:07:39	23:02 *	21:51 *	21:34	6:39 min/km
220	1020	Schiller Renate	*Brühl	1:06:29	1964 W45	31	1:07:39	23:03 *	21:51 *	21:34	6:39 min/km
221	582	Uhlmann Yvonne	*Köln	1:06:30	1977 W35	36	1:07:42	22:08 *	22:11 *	22:10	6:39 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Frauen

Seite 12

gedruckt 24.03.2013 13:02:33

222	880	Dieringer Kathleen	*Köln	1:06:34	1986 WHK	55	1:08:08	22:18	* 21:42	* 22:33	6:39 min/km
223	1146	Lüke Claudia	Drafen Gang	1:06:34	1968 W45	32	1:08:19	22:38	* 21:47	* 22:08	6:39 min/km
224	473	Schmidt Alexandra	*Erfstadt	1:06:35	1978 W35	37	1:08:19	22:38	* 21:48	* 22:08	6:40 min/km
225	363	Schoppen Ricarda	*Erfstadt	1:06:58	1975 W35	38	1:08:22	21:54	* 21:31	* 23:32	6:42 min/km
226	707	Busch Bettina	*Köln	1:06:59	1971 W40	30	1:07:35	22:22	* 22:17	* 22:19	6:42 min/km
227	654	Müller Bettina	*Wuppertal	1:07:04	1977 W35	39	1:07:45	20:54	* 22:28	* 23:41	6:42 min/km
228	1221	Klein Jasmin	*Wuppertal	1:07:10	1990 WHK	56	1:08:16	21:46	* 22:44	* 22:39	6:43 min/km
229	979	Köhler Petra	Team PROSLING	1:07:17	1962 W50	12	1:07:22	24:08	* 22:11	* 20:57	6:44 min/km
230	980	Heitsch Katrin	Team PROSLING	1:07:17	1962 W50	13	1:07:22	24:08	* 22:11	* 20:57	6:44 min/km
231	212	Bonni Sabine	Team Supermaus	1:07:24	1963 W50	14	1:08:05	21:34	* 22:10	* 23:39	6:44 min/km
232	1045	Rohm Nina	Schönwetterläufer	1:07:25	1985 WHK	57	1:09:18	23:18	* 21:34	* 22:32	6:45 min/km
233	934	Winter Jana	*Berlin	1:07:26	1981 W30	53	1:09:14	22:23	* 21:58	* 23:04	6:45 min/km
234	346	Hansen Sigrid	*Köln	1:07:41	1966 W45	33	1:09:12	23:31	* 21:39	* 22:30	6:46 min/km
235	905	Sökeland Bettina	Sonntagsläufer	1:07:50	1983 W30	54	1:09:29	24:08	* 22:22	* 21:19	6:47 min/km
236	239	Weins Martina	*Frechen	1:07:50	1984 WHK	58	1:09:26	23:18	* 21:51	* 22:40	6:47 min/km
237	237	Juchem Maria	*Frechen	1:07:50	1982 W30	55	1:09:26	23:18	* 22:14	* 22:18	6:47 min/km
238	232	Kania Lydia	*Hürth	1:07:50	1982 W30	56	1:09:26	23:18	* 22:14	* 22:17	6:47 min/km
239	57	Moll Marion	*Köln	1:07:51	1962 W50	15	1:08:41	21:43	* 22:20	* 23:47	6:47 min/km
240	495	Zimmermann Andrea	Drafen Gang	1:07:53	1973 W40	31	1:09:38	22:45	* 22:15	* 22:52	6:47 min/km
241	757	Tresch Lena	*Siegen	1:08:04	1989 WHK	59	1:09:10	22:00	* 22:00	* 24:03	6:48 min/km
242	1398	Kiepe Katrin		1:08:15	1979 W30	57	1:09:38	23:10	* 22:11	* 22:52	6:50 min/km
243	741	Scali Francesca	*Bonn	1:08:17	1982 W30	58	1:10:37	22:17	* 22:28	* 23:31	6:50 min/km
244	207	Kelz Alessandra	*Köln	1:08:37	1968 W45	34	1:09:18	21:09	* 22:59	* 24:28	6:52 min/km
245	1308	Steup Marlena		1:08:40	1986 WHK	60	1:10:10	23:16	* 22:48	* 22:34	6:52 min/km
246	1037	Lieven Kerstin	Warm Up	1:08:43	1985 WHK	61	1:09:01	22:13	* 22:19	* 24:10	6:52 min/km
247	765	Lerchner Elke	JETT - Imi Runners	1:08:56	1976 W35	40	1:09:48	21:43	* 22:17	* 24:55	6:54 min/km
248	1099	Geller Katharina	*Köln	1:09:16	1986 WHK	62	1:10:54	22:46	* 22:20	* 24:09	6:56 min/km
249	1005	Schwamb Jessica	*Bergheim	1:09:29	1977 W35	41	1:09:46	23:18	* 22:47	* 23:23	6:57 min/km
250	706	Junkersdorf Silke	*Zülpich	1:09:30	1978 W35	42	1:11:09	22:27	* 22:55	* 24:07	6:57 min/km
251	1168	Georgiev Alexandra	*Köln	1:09:30	1987 WHK	63	1:10:59	23:29	* 22:44	* 23:17	6:57 min/km
252	1171	Wegner Ann-Christin	*Köln	1:09:31	1985 WHK	64	1:11:00	23:28	* 22:44	* 23:17	6:57 min/km
253	1207	Becker Jennifer	*Köln	1:09:31	1982 W30	59	1:10:59	23:28	* 22:44	* 23:17	6:57 min/km
254	792	Podsada Regina	*Meerbusch	1:09:50	1962 W50	16	1:11:46	23:27	* 22:53	* 23:29	6:59 min/km
255	896	Luge Anne	FIT-MIT-SVEN	1:09:53	1981 W30	60	1:11:13	22:32	* 22:59	* 24:21	6:59 min/km
256	1258	Kunze Kathrin-Jennifer	*Köln	1:09:58	1983 W30	61	1:11:29	23:55	* 23:19	* 22:43	6:60 min/km
257	1309	Steup Hannah Marie		1:10:02	1990 WHK	65	1:11:32	23:17	* 22:48	* 23:56	7:00 min/km
258	1108	Mackay Kirsten	*Overath	1:10:19	1983 W30	62	1:11:34	23:50	* 22:54	* 23:34	7:02 min/km
259	973	Klein Eva	*Köln	1:10:20	1987 WHK	66	1:11:30	22:55	* 23:24	* 24:00	7:02 min/km
260	47	Thiele Petra	*Köln	1:10:36	1967 W45	35	1:11:31	24:02	* 24:15	* 22:18	7:04 min/km
261	1156	Schneider Alexandra	*Köln	1:10:43	1976 W35	43	1:11:40	22:59	* 23:19	* 24:24	7:04 min/km
262	74	Lausch Brigitte	Keeponrunning	1:10:46	1959 W50	17	1:12:35	25:20	* 22:20	* 23:05	7:05 min/km
263	31	Havemann Birgit	*Dormagen	1:10:49	1971 W40	32	1:11:31	23:00	* 23:34	* 24:14	7:05 min/km
264	1248	Boas Vanessa	*köln	1:10:49	1985 WHK	67	1:12:41	23:07	* 22:32	* 25:09	7:05 min/km
265	179	Hecht Ines	*Düsseldorf	1:10:50	1989 WHK	68	1:12:19	23:27	* 23:16	* 24:06	7:05 min/km
266	779	Hecht Pia Alina	*Köln	1:10:50	1987 WHK	69	1:12:20	23:27	* 23:16	* 24:06	7:05 min/km
267	185	Spachholz Maria Luise	TUS Brauweiler	1:10:53	1956 W55	3	1:11:47	21:34	* 23:17	* 26:00	7:05 min/km
268	846	Mächtle Brigitta	*Düsseldorf	1:11:07	1972 W40	33	1:12:29	23:37	* 23:11	* 24:18	7:07 min/km
269	1226	Wieprecht-Roth Dr.	*Köln	1:11:20	1963 W50	18	1:13:17	24:00	* 23:38	* 23:42	7:08 min/km
270	394	Berg Tina	Daita	1:11:20	1971 W40	34	1:13:18	23:59	* 23:37	* 23:43	7:08 min/km
271	316	Weiß Anne	Scuderia Südstadt	1:11:29	1980 W30	63	1:12:47	22:56	* 23:38	* 24:53	7:09 min/km
272	1333	Wehmeyer Paula	Herzsprünge	1:12:27	1979 W30	64	1:13:31	25:30	* 23:17	* 23:39	7:15 min/km
273	698	Heimel Diana	Herzsprünge	1:12:27	1979 W30	65	1:13:31	25:30	* 23:17	* 23:39	7:15 min/km
274	1238	Büth Nadine	Herzsprünge	1:12:29	1976 W35	44	1:13:31	24:59	* 23:51	* 23:39	7:15 min/km
275	649	Schneider Bianca	*Köln	1:12:32	1983 W30	66	1:13:34	23:20	* 23:28	* 25:43	7:15 min/km
276	1396	Kohlhammer Conny	*Leverkusen	1:12:48	1975 W35	45	1:13:49	23:55	* 24:16	* 24:37	7:17 min/km
277	151	Schierz Nicola	*Köln	1:14:07	1986 WHK	70	1:15:25	23:22	* 24:07	* 26:37	7:25 min/km

Kölner Frühlingslauf am 24. März 2013 - 10km Funlauf

Ergebnisliste Frauen

Seite 13

gedruckt 24.03.2013 13:02:33

278	1393	Klemenz Irmgild	*Köln	1:14:18	1953	W60	3	1:16:06	24:24 *	24:26 *	25:27	7:26 min/km
279	631	Bühner Leonie	*Köln	1:14:19	1984	WHK	71	1:14:49	24:26 *	24:04 *	25:48	7:26 min/km
280	700	Hüttenberend Sarah	*Düsseldorf	1:14:20	1985	WHK	72	1:14:49	24:27 *	24:04 *	25:48	7:26 min/km
281	922	Palm Sarah	*Frechen	1:14:31	1991	WHK	73	1:14:58	21:47 *	24:24 *	28:18	7:27 min/km
282	1268	Halberstadt Mareike	*Köln	1:14:52	1979	W30	67	1:15:39	23:33 *	26:09 *	25:09	7:29 min/km
283	403	Wunderlich Astrid	*Köln	1:15:30	1957	W55	4	1:16:47	23:57 *	24:52 *	26:40	7:33 min/km
284	1125	Graf-Sano Motoko	*Köln	1:15:33	1968	W45	36	1:16:33	22:39 *	25:54 *	27:00	7:33 min/km
285	264	Zöhner Anja	*Dormagen	1:15:51	1963	W50	19	1:16:23	24:17 *	24:55 *	26:37	7:35 min/km
286	659	Krein Anke	*Overath	1:15:58	1971	W40	35	1:17:48	24:32 *	25:57 *	25:27	7:36 min/km
287	1332	Blum Melanie		1:16:36	1982	W30	68	1:17:04	24:46 *	25:48 *	26:01	7:40 min/km
288	1214	Keil Marion	Kölsche Laufamazonen	1:17:38	1970	W40	36	1:17:58	23:50 *	25:59 *	27:48	7:46 min/km
289	603	Brune Dorothee	*Köln	1:17:59	1970	W40	37	1:19:55	27:08 *	26:36 *	24:14	7:48 min/km
290	1008	Pütz Constanze	*Pulheim	1:20:40	1965	W45	37	1:21:40	26:06 *	26:05 *	28:28	8:04 min/km
291	1245	Meisterzock Anke	*Pulheim	1:22:16	1967	W45	38	1:24:03	24:25 *	27:00 *	30:50	8:14 min/km