

9. Bensberger MARTINI-Lauf am 3. November 2013

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	897	Fabianowski Dominik	ASV Köln	0:36:54	MHK	1	0:36:54	00:30 * 02:52 * 33:32	3:35 min/km
2	983	Ralenowsky Arthur	TV Refrath	0:37:26	MHK	2	0:37:26	00:33 * 03:19 * 33:33	3:38 min/km
3	290	Schwartz Eike	ohne	0:37:37	MHK	3	0:37:37	00:31 * 03:07 * 33:57	3:39 min/km
4	964	Schneider Torsten	LAZ Puma Rhein-Sieg	0:37:37	M40	1	0:37:37	00:32 * 03:16 * 33:49	3:39 min/km
5	894	von Kuk Carsten	LT DSHS Köln	0:38:27	M45	1	0:38:27	00:33 * 03:20 * 34:33	3:44 min/km
6	896	Trems Torsten	central-team.de	0:39:59	M35	1	0:39:59	00:32 * 03:19 * 36:07	3:53 min/km
7	401	Richenhagen Sebastian	TV Refrath	0:40:10	MU20	1	0:40:10	00:34 * 03:19 * 36:16	3:54 min/km
8	0	unbekannt DK7Z5GE		0:40:27	M	0	0:40:27	00:30 * 03:20 * 36:35	3:56 min/km
9	247	Meyer Irek	TV Refrath	0:40:30	M40	2	0:40:30	00:00 * 00:00 * 00:00	3:56 min/km
10	199	Herrera Felix	Kölner Triathlon Team 01	0:40:58	MHK	4	0:40:58	00:34 * 03:29 * 36:54	3:59 min/km
11	980	Ley Jürgen	central-team.de	0:41:00	M40	3	0:41:00	00:33 * 03:29 * 36:56	3:59 min/km
12	220	Kopp Kay	TS79 Bergisch Gladbach	0:41:37	M45	2	0:41:37	00:38 * 03:44 * 37:14	4:02 min/km
13	186	Greinert Frank	TV Hoffnungsthal	0:41:42	M45	3	0:41:42	00:35 * 03:37 * 37:28	4:03 min/km
14	969	Zoll Frieder	LG Gummersbach	0:41:51	M30	1	0:41:51	00:35 * 03:37 * 37:38	4:04 min/km
15	139	Balsam Patrick	Die Renntiere	0:41:56	MU20	2	0:41:56	00:31 * 03:18 * 38:06	4:04 min/km
16	320	Wienecke Thorsten	TuS Köln rrh.	0:42:02	M40	4	0:42:02	00:33 * 03:25 * 38:04	4:05 min/km
17	194	Hain Matthias	Titty Twister Köln	0:42:31	M35	2	0:42:31	00:35 * 03:33 * 38:22	4:08 min/km
18	142	Bayer Gerit	TV Refrath	0:42:41	MU20	3	0:42:41	00:42 * 03:34 * 38:24	4:09 min/km
19	338	Berger Niklas	SV Lindlar	0:42:48	MHK	5	0:42:48	00:34 * 03:39 * 38:34	4:09 min/km
20	971	Bruns Oliver		0:43:20	M30	2	0:43:20	00:33 * 03:39 * 39:06	4:12 min/km
21	344	Bündgens David ben	*Köln	0:43:26	MHK	6	0:43:26	00:42 * 03:52 * 38:51	4:13 min/km
22	167	Dudley Richard-James	Team Erdinger Alkoholfrei	0:43:37	M50	1	0:43:37	00:42 * 03:58 * 38:57	4:14 min/km
23	965	Müller Matthias	*Bergisch Gladbach	0:43:43	MHK	7	0:43:43	00:48 * 03:47 * 39:08	4:15 min/km
24	158	Buhr Holger	Staubwolke Refrath	0:43:50	M35	3	0:43:50	00:36 * 03:38 * 39:36	4:15 min/km
25	267	Rinke André	-	0:43:59	MHK	8	0:43:59	00:37 * 03:46 * 39:36	4:16 min/km
26	245	Mauter Jörg	Wiehlaler LC	0:44:01	M45	4	0:44:01	00:36 * 03:44 * 39:40	4:16 min/km
27	876	Simon Michael	KT43 Köln	0:44:04	M45	5	0:44:04	00:37 * 03:52 * 39:34	4:17 min/km
28	149	Biermann Klaus	LT Dünwalder TV	0:44:12	M50	2	0:44:12	00:49 * 03:57 * 39:25	4:18 min/km
29	992	Hellmich Siegfried	SV Bergisch-Gladbach	0:44:20	M35	4	0:44:20	00:41 * 03:50 * 39:49	4:18 min/km
30	996	Mitzschke Christian	DLRG Overath	0:44:20	M35	5	0:44:20	00:50 * 03:55 * 39:34	4:18 min/km
31	430	Koch Jan-Markus	ADRA shop	0:44:28	MHK	9	0:44:28	00:41 * 03:33 * 40:13	4:19 min/km
32	371	Kopecki Yannik	KSK Köln	0:45:37	MU20	4	0:45:37	00:35 * 03:37 * 41:24	4:26 min/km
33	162	Dammer Christian	SV Bergisch Gladbach	0:45:55	M45	6	0:45:55	00:39 * 04:00 * 41:16	4:28 min/km
34	435	Gardeweg Rainer	TSV Bayer 04 Leverkusen	0:46:05	MHK	10	0:46:05	00:30 * 02:54 * 42:40	4:29 min/km
35	207	Holthaus Roman	LG Gummersbach	0:46:13	M55	1	0:46:13	00:35 * 03:54 * 41:43	4:29 min/km
36	187	Grewe Marc	Union Biesfeld Triathlon	0:46:19	M40	5	0:46:19	00:55 * 04:11 * 41:12	4:30 min/km
37	325	Wolff Martin	SV Bergisch Gladbach	0:46:53	M40	6	0:46:53	00:52 * 04:04 * 41:56	4:33 min/km
38	166	Drees Volker	*köln	0:47:07	M45	7	0:47:07	00:42 * 04:19 * 42:06	4:35 min/km
39	254	Müller Sigg	Die Renntiere	0:47:08	M50	3	0:47:08	00:38 * 03:52 * 42:36	4:35 min/km
40	378	Krumbe Jan	*Bensberg	0:47:14	MHK	11	0:47:14	00:48 * 03:51 * 42:34	4:35 min/km
41	452	von Kuk Marc	*Bensberg	0:47:14	M40	7	0:47:14	01:06 * 05:00 * 41:07	4:35 min/km
42	265	Reinartz Karl-Josef	*Odenthal	0:47:26	M60	1	0:47:26	00:53 * 04:12 * 42:20	4:36 min/km
43	438	Krogull Nils	Lauf-Syndikat	0:47:27	M35	6	0:47:27	00:50 * 04:13 * 42:23	4:36 min/km
44	440	Burgner Marco	*Bergisch Gladbach	0:47:31	M30	3	0:47:31	01:16 * 04:44 * 41:30	4:37 min/km
45	442	Schmitz Bernd	LG Gummersbach	0:47:36	M45	8	0:47:36	00:41 * 04:13 * 42:42	4:37 min/km

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46	150	Bleisch Carsten	ADRAshop	0:47:42	M50	4	0:47:42	00:57 * 04:09 * 42:34	4:38 min/km
47	990	Richarz Volker	Marathonmen	0:47:45	MU16	1	0:47:45	00:54 * 04:11 * 42:38	4:38 min/km
48	193	Hagemann Udo	TV Witzhelden	0:47:53	M40	8	0:47:53	00:43 * 04:03 * 43:05	4:39 min/km
49	202	Hesemann Marc	*Troisdorf	0:47:56	M40	9	0:47:56	00:49 * 04:12 * 42:55	4:39 min/km
50	300	Stern Justin	laufsterne.de	0:47:57	MU20	5	0:47:57	00:32 * 03:34 * 43:50	4:39 min/km
51	887	Heppekausen Peter	TuS Schildgen	0:48:22	M50	5	0:48:22	00:46 * 04:16 * 43:18	4:42 min/km
52	429	Zinn Timo	SV Lindlar	0:48:39	MU20	6	0:48:39	00:32 * 03:52 * 44:15	4:43 min/km
53	387	Mantel Dennis	LG Plettenberg/Herscheid	0:48:42	M35	7	0:48:42	00:51 * 04:14 * 43:36	4:44 min/km
54	386	Lüdenbach Michael	*Overath	0:48:52	M30	4	0:48:52	00:43 * 04:08 * 44:00	4:45 min/km
55	355	Hast Reinhard	LC Eschenburg	0:48:58	M50	6	0:48:58	00:44 * 04:15 * 43:58	4:45 min/km
56	985	Kleimann Jörg	*Troisdorf	0:49:01	M40	10	0:49:01	00:48 * 04:16 * 43:57	4:46 min/km
57	441	Kellermann Andreas	*Bergisch Gladbach	0:49:08	M35	8	0:49:08	00:53 * 04:24 * 43:50	4:46 min/km
58	232	Leclercq Werner	*Bergisch Gladbach	0:49:09	M45	9	0:49:09	01:01 * 04:27 * 43:40	4:46 min/km
59	244	Matschull Frank	fuer meine Jungs	0:49:11	M45	10	0:49:11	00:41 * 04:06 * 44:23	4:47 min/km
60	242	Marzinski Manfred	ADRAshop	0:49:18	M50	7	0:49:18	00:48 * 04:14 * 44:15	4:47 min/km
61	994	Kammler Reinhard	TSV Weiss-Köln	0:49:30	M50	8	0:49:30	00:52 * 04:17 * 44:20	4:48 min/km
62	393	Nolte Tobias	LC ETLON	0:49:34	M45	11	0:49:34	00:38 * 04:05 * 44:49	4:49 min/km
63	973	Rossa Andreas		0:49:44	M40	11	0:49:44	01:01 * 04:26 * 44:16	4:50 min/km
64	146	Bernhardt Heiko	SONICRUN	0:49:45	M40	12	0:49:45	00:44 * 04:19 * 44:41	4:50 min/km
65	982	Pixberg Dr. Martin	SV Bergisch Gladbach	0:49:53	M45	12	0:49:53	00:53 * 04:17 * 44:41	4:51 min/km
66	306	Urban Frank	Team Raidlight	0:50:00	M45	13	0:50:00	00:45 * 04:05 * 45:09	4:51 min/km
67	175	Fischer Ralf	*Bergisch Gladbach	0:50:13	M45	14	0:50:13	01:01 * 04:20 * 44:52	4:53 min/km
68	190	Haas Oliver	*Bergisch Gladbach	0:50:19	M40	13	0:50:19	00:58 * 04:21 * 45:00	4:53 min/km
69	877	Wünsche Thomas	*Frechen	0:50:31	M30	5	0:50:31	00:45 * 04:03 * 45:42	4:54 min/km
70	998	Hötzschold Rainer	Vorwärts Köln	0:50:34	M35	9	0:50:34	00:45 * 04:11 * 45:37	4:55 min/km
71	230	Lattrich Klaus	*Köln	0:50:38	M40	14	0:50:38	00:40 * 04:20 * 45:37	4:55 min/km
72	319	Weschenbach Guido	FC Deutsche Post	0:50:45	M45	15	0:50:45	01:07 * 04:34 * 45:04	4:56 min/km
73	226	Kubetzki Paul	Die Renntiere	0:50:51	M35	10	0:50:51	00:42 * 04:11 * 45:57	4:56 min/km
74	445	Seyfarth Marco	BSG BML Bonn	0:50:51	M40	15	0:50:51	00:50 * 04:13 * 45:48	4:56 min/km
75	237	Lünendonk Lothar	Team CrazyIuenis	0:50:54	M60	2	0:50:54	00:57 * 04:35 * 45:21	4:57 min/km
76	891	Müller Ralf	Team Luftwaffe Köln	0:51:03	M45	16	0:51:03	00:59 * 04:31 * 45:32	4:57 min/km
77	274	Schaffarczyk Bernd	L S V PORZ	0:51:06	M50	9	0:51:06	00:53 * 04:36 * 45:36	4:58 min/km
78	988	Janke Jens	*Köln	0:51:15	M30	6	0:51:15	00:50 * 04:25 * 45:58	4:59 min/km
79	134	Abdel Kafi Hussam	Krüger Running Team	0:51:17	M45	17	0:51:17	00:41 * 04:08 * 46:27	4:59 min/km
80	395	Over Bernd	*Köln	0:51:18	M35	11	0:51:18	00:42 * 04:20 * 46:15	4:59 min/km
81	266	Riedel Oliver	TSV Dieringhausen	0:51:22	M30	7	0:51:22	00:46 * 04:14 * 46:21	4:59 min/km
82	431	Panten Ali	ADRA shop	0:51:26	M45	18	0:51:26	00:58 * 04:15 * 46:12	4:60 min/km
83	981	Dernerth Marcus	futterkonzept-Wanderrabe	0:51:36	M40	16	0:51:36	00:56 * 04:09 * 46:30	5:01 min/km
84	536	Hock Andreas	*Köln	0:51:49	M30	8	0:51:49	00:42 * 04:10 * 46:56	5:02 min/km
85	881	Cremer Jürgen	FC Deutsche Post	0:51:55	M50	10	0:51:55	00:44 * 04:24 * 46:47	5:02 min/km
86	157	Breidbach Armin	FC Deutsche Post	0:51:58	M50	11	0:51:58	01:06 * 04:34 * 46:17	5:03 min/km
87	360	Hübel Kai	*Bergisch Gladbach	0:52:06	M45	19	0:52:06	01:01 * 04:28 * 46:35	5:04 min/km
88	164	Deuß Ulrich	Running Devils	0:52:07	M55	2	0:52:07	00:55 * 04:34 * 46:38	5:04 min/km
89	214	Kasprzik Peter	Krüger Running Team	0:52:10	M55	3	0:52:10	00:44 * 04:20 * 47:05	5:04 min/km
90	295	Spreemann Carsten	Läufer vom Lande	0:52:22	M35	12	0:52:22	00:54 * 04:24 * 47:04	5:05 min/km
91	243	Matas Nobis José	*Bonn	0:52:32	M45	20	0:52:32	00:48 * 04:30 * 47:12	5:06 min/km
92	225	Kroppenberg Oliver	*Bensberg	0:52:36	MHK	12	0:52:36	01:11 * 04:39 * 46:45	5:06 min/km
93	420	Von Baeyer Richard	*Köln	0:52:37	M45	21	0:52:37	01:30 * 05:15 * 45:51	5:07 min/km

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94	305	Uelpenich Christian	Staubwolke Refrath	0:52:44	MHK	13	0:52:44	00:43 * 04:16 * 47:44	5:07 min/km
95	294	Skiba Thomas	Die Renntiere	0:52:51	M60	3	0:52:51	00:57 * 04:43 * 47:11	5:08 min/km
96	450	Urbschat Dennis	*Bergisch Gladbach	0:53:12	M30	9	0:53:12	01:13 * 04:32 * 47:27	5:10 min/km
97	287	Schreiner Jan	1. FC Plautze	0:53:28	M35	13	0:53:28	01:06 * 04:40 * 47:42	5:12 min/km
98	349	Ferdinand Patrick	*Kürten	0:53:39	M40	17	0:53:39	01:13 * 04:31 * 47:54	5:13 min/km
99	415	Strompen Oliver	Maylifeboxclub	0:53:43	M40	18	0:53:43	01:18 * 05:05 * 47:19	5:13 min/km
100	883	Krex Matthias	*Bergisch Gladbach	0:54:00	M45	22	0:54:00	01:06 * 04:39 * 48:15	5:15 min/km
101	400	Praß Thomas	FC Deutsche Post	0:54:02	M40	19	0:54:02	01:23 * 05:29 * 47:10	5:15 min/km
102	892	Schönert Martin		0:54:05	M50	12	0:54:05	01:16 * 05:24 * 47:24	5:15 min/km
103	278	Schlösser Mike	*Bergisch Gladbach	0:54:07	MHK	14	0:54:07	00:55 * 04:45 * 48:25	5:15 min/km
104	329	Zerwas Urban	*Bergisch Gladbach	0:54:08	M50	13	0:54:08	01:10 * 05:08 * 47:49	5:15 min/km
105	136	Aydemir Gürhan	*Bergisch Gladbach	0:54:10	M45	23	0:54:10	01:07 * 04:38 * 48:24	5:16 min/km
106	884	Ngouah-Ngally Valentin	*Wiehl	0:54:29	M50	14	0:54:29	01:23 * 05:46 * 47:19	5:17 min/km
107	208	Jachmann Norbert	SV Bergisch Gladbach	0:54:29	M45	24	0:54:29	00:44 * 04:28 * 49:17	5:17 min/km
108	231	Lazaridis Charalambos	*Rösrath	0:54:41	M50	15	0:54:41	01:26 * 05:10 * 48:05	5:19 min/km
109	143	Bayer Markus	*Overath	0:54:46	M50	16	0:54:46	00:57 * 04:41 * 49:08	5:19 min/km
110	246	Menne Dieter	Kieser Training	0:54:50	M45	25	0:54:50	01:08 * 04:51 * 48:50	5:19 min/km
111	424	Wester Lukas	*Lindlar	0:54:53	MHK	15	0:54:53	00:51 * 04:37 * 49:24	5:20 min/km
112	197	Hauptmann Dietmar	SC Vilkerath Lauftreff	0:54:53	M45	26	0:54:53	01:05 * 04:49 * 48:58	5:20 min/km
113	997	von Schroeter Tillmann	*Bensberg	0:54:54	M40	20	0:54:54	01:13 * 05:03 * 48:36	5:20 min/km
114	212	Kakuschke Dr. Alexander	Running Devils	0:55:04	M45	27	0:55:04	00:56 * 04:32 * 49:34	5:21 min/km
115	257	Parting Marc	*Köln	0:55:10	M35	14	0:55:10	01:03 * 04:29 * 49:38	5:21 min/km
116	399	Philippek Louis	Grün-Gold-Bensberg	0:55:13	MU16	2	0:55:13	00:49 * 04:46 * 49:37	5:22 min/km
117	411	Schneider Thomas	ADRAshop	0:55:17	M30	10	0:55:17	01:00 * 04:42 * 49:34	5:22 min/km
118	155	Bothe Dr. David	*Bergisch Gladbach	0:55:21	M35	15	0:55:21	01:00 * 04:47 * 49:33	5:22 min/km
119	296	Stelberg Thomas	*Köln	0:55:21	M35	16	0:55:21	01:00 * 04:46 * 49:34	5:22 min/km
120	356	Hitz-wesendonk Christian	*Leverkusen	0:55:31	M45	28	0:55:31	01:24 * 05:37 * 48:30	5:23 min/km
121	314	Waniek Felix	*Bergisch Gladbach	0:56:01	M35	17	0:56:01	00:50 * 04:31 * 50:39	5:26 min/km
122	410	Schneider Simon	*Lindlar	0:56:02	MHK	16	0:56:02	00:53 * 04:56 * 50:12	5:26 min/km
123	204	Hoffmann Dirk	*Bergisch Gladbach	0:56:30	M40	21	0:56:30	01:14 * 05:23 * 49:52	5:29 min/km
124	542	von Berg Jos	Die Renntiere	0:56:30	M45	29	0:56:30	00:50 * 04:37 * 51:02	5:29 min/km
125	972	Orth Hermann Josef	TV Hoffnungsthal	0:56:32	M60	4	0:56:32	01:05 * 04:58 * 50:28	5:29 min/km
126	181	Geppert Dr. Dietmar	*Bergisch Gladbach	0:56:36	M45	30	0:56:36	00:49 * 04:42 * 51:04	5:30 min/km
127	152	Boelen-Theile Claus	*Rösrath	0:56:47	M45	31	0:56:47	01:25 * 05:58 * 49:22	5:31 min/km
128	201	Hertel Aaron	Laufwunder Fischenich	0:56:50	M30	11	0:56:50	01:03 * 05:00 * 50:46	5:31 min/km
129	297	Stephan Christoph	*Köln	0:57:01	M45	32	0:57:01	01:04 * 04:54 * 51:02	5:32 min/km
130	397	Paxton James	TV Dellbrück 1895 e. V.	0:57:04	M65	1	0:57:04	00:56 * 05:07 * 51:01	5:33 min/km
131	370	Kolter Stephan	*Bergisch Gladbach	0:57:05	MHK	17	0:57:05	01:07 * 05:08 * 50:49	5:33 min/km
132	151	Bleißmann Sören	*Köln	0:57:06	M35	18	0:57:06	01:05 * 05:24 * 50:37	5:33 min/km
133	174	Fischer Benedikt	LT Saaler Mühle	0:57:20	M45	33	0:57:20	00:42 * 04:44 * 51:52	5:34 min/km
134	286	Schorn Walter	LT Saaler Mühle	0:57:20	M55	4	0:57:20	00:44 * 04:43 * 51:51	5:34 min/km
135	240	Mandt Markus	LT Saaler Mühle	0:57:20	M45	34	0:57:20	00:45 * 04:43 * 51:51	5:34 min/km
136	229	Ladenthin Mario	Feuerwehr Erftstadt	0:57:20	M35	19	0:57:20	01:05 * 05:09 * 51:05	5:34 min/km
137	444	Beerhenke Rainer		0:57:20	M45	35	0:57:20	01:21 * 05:28 * 50:30	5:34 min/km
138	878	Mehlmann Arne Peter	ADRA shop	0:57:24	MHK	18	0:57:24	01:01 * 04:42 * 51:40	5:34 min/km
139	432	Pilch Elias	ADRA shop	0:57:24	MU20	7	0:57:24	01:01 * 04:40 * 51:42	5:34 min/km
140	392	Nolte Markus	LT Hain	0:57:40	M40	22	0:57:40	01:12 * 05:33 * 50:55	5:36 min/km
141	540	Hentschel Richard	Seniorenstift Soest-Ost	0:57:47	M30	12	0:57:47	01:29 * 05:45 * 50:32	5:37 min/km

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142	221	Korbanka Dr. Christian	*Rösrath	0:58:02	M50	17	0:58:02	01:11 * 05:14 * 51:36	5:38 min/km
143	213	Kallrath Andreas	*Köln	0:58:10	M50	18	0:58:10	01:24 * 05:31 * 51:15	5:39 min/km
144	188	Grohme Martin	*Köln	0:58:18	M35	20	0:58:18	01:18 * 05:18 * 51:41	5:40 min/km
145	986	Dettmer Stefan	Grün-Gold Bensberg	0:58:23	M40	23	0:58:23	00:52 * 05:04 * 52:25	5:40 min/km
146	298	Stern Cedric	laufsterne.de	0:58:29	MU16	3	0:58:29	00:52 * 04:39 * 52:58	5:41 min/km
147	299	Stern Jens-Peter	laufsterne.de	0:58:30	M45	36	0:58:30	01:00 * 04:31 * 52:58	5:41 min/km
148	398	Philippek Heiner	Grün-Gold-Bensberg	0:58:37	M45	37	0:58:37	00:52 * 05:21 * 52:24	5:42 min/km
149	234	Ley Dr. Josef	Running Devils	0:58:46	M50	19	0:58:46	00:56 * 04:43 * 53:06	5:42 min/km
150	165	Dhein Georg	THC RW Bergisch	0:58:46	M55	5	0:58:46	01:09 * 05:16 * 52:20	5:42 min/km
151	539	Belenguer Arne	Trillub Wittal	0:58:47	M50	20	0:58:47	00:48 * 05:13 * 52:45	5:42 min/km
152	275	Schalk Dr. Albrecht	*Bergisch Gladbach	0:58:47	M65	2	0:58:47	01:17 * 05:34 * 51:55	5:42 min/km
153	446	Bonn Markus	*Bergisch Gladbach	0:58:58	M45	38	0:58:58	01:11 * 05:24 * 52:22	5:44 min/km
154	238	Lünendonk Patrick	Team Crazyluenis	0:59:06	MHK	19	0:59:06	01:03 * 05:35 * 52:27	5:44 min/km
155	451	Koschke Henri	*Bergisch Gladbach	0:59:06	MU20	8	0:59:06	01:20 * 05:59 * 51:46	5:44 min/km
156	141	Baus Alexander	Theegarten	0:59:11	MHK	20	0:59:11	00:41 * 04:33 * 53:55	5:45 min/km
157	0	unbekannt CB76375		0:59:12	M	0	0:59:12	00:40 * 04:35 * 53:56	5:45 min/km
158	317	Wegeleben Andreas	KLG Klosterhof	0:59:18	M40	24	0:59:18	01:21 * 05:33 * 52:23	5:46 min/km
159	417	Tiemesmann Martin	*Kerpen	0:59:22	M40	25	0:59:22	01:19 * 05:34 * 52:29	5:46 min/km
160	217	Knape Hartmut	*Bergisch Gladbach	0:59:25	M60	5	0:59:25	00:43 * 04:43 * 53:59	5:46 min/km
161	330	Ziegert Jürgen	LLG St. Augustin	0:59:30	M45	39	0:59:30	00:52 * 04:49 * 53:48	5:47 min/km
162	889	Bruck Rainer	LT Saaler Mühle	0:59:43	M65	3	0:59:43	00:44 * 04:58 * 54:00	5:48 min/km
163	271	Rudolph Alexander	*Bergisch Gladbach	1:00:03	M35	21	1:00:03	01:25 * 05:29 * 53:08	5:50 min/km
164	331	Zielonka Herbert	SC Vilkerath	1:00:06	M60	6	1:00:06	00:51 * 05:31 * 53:42	5:50 min/km
165	277	Schlömer Bert	*Köln	1:00:13	M35	22	1:00:13	01:01 * 04:51 * 54:20	5:51 min/km
166	153	Bommes Bernd	*Bergisch Gladbach	1:00:22	M50	21	1:00:22	00:52 * 05:09 * 54:20	5:52 min/km
167	339	Bergmann Thomas	*Ratingen	1:00:22	M40	26	1:00:22	01:21 * 05:43 * 53:17	5:52 min/km
168	219	König Jochen	*Bergisch Gladbach	1:00:27	M35	23	1:00:27	01:09 * 05:25 * 53:52	5:52 min/km
169	223	Kraus Norbert	Skat Klub Leichlingen	1:00:36	M50	22	1:00:36	00:59 * 05:13 * 54:23	5:53 min/km
170	239	Malz Horst	EVL-Lauftreff	1:00:42	M65	4	1:00:42	01:06 * 05:09 * 54:26	5:54 min/km
171	281	Schmitz Sebastian	*Bergisch Gladbach	1:00:46	MHK	21	1:00:46	01:27 * 06:01 * 53:17	5:54 min/km
172	342	Brahmann Karsten	TV Welling 02	1:01:03	M50	23	1:01:03	01:10 * 05:13 * 54:39	5:56 min/km
173	276	Schlegel Jürgen	Sanitätshaus Salgert	1:01:06	M75	1	1:01:06	00:51 * 05:16 * 54:58	5:56 min/km
174	362	Irion Jan	*Köln	1:01:08	M30	13	1:01:08	01:24 * 05:41 * 54:02	5:56 min/km
175	357	Hoffmann Martin	Intersport Haeger	1:01:11	MHK	22	1:01:11	01:30 * 06:00 * 53:40	5:56 min/km
176	182	Gipperich Bernhard	*Bergisch Gladbach	1:01:23	M30	14	1:01:23	01:16 * 06:08 * 53:58	5:58 min/km
177	279	Schmidt Henning	*Bergisch Gladbach	1:01:28	MHK	23	1:01:28	01:20 * 05:44 * 54:22	5:58 min/km
178	179	Gebauer Martin	*Bergisch Gladbach	1:01:32	M40	27	1:01:32	01:16 * 06:08 * 54:07	5:59 min/km
179	343	Buckmann Uli	*Bergisch Gladbach	1:01:51	M65	5	1:01:51	01:04 * 05:23 * 55:23	6:00 min/km
180	210	Jochmann Uwe	Big El Racing Team	1:02:02	M40	28	1:02:02	01:08 * 05:51 * 55:03	6:01 min/km
181	369	König Jürgen	*Overath	1:02:15	M50	24	1:02:15	01:00 * 05:25 * 55:49	6:03 min/km
182	196	Hasberg Jo	hx1	1:02:15	M60	7	1:02:15	01:01 * 05:25 * 55:49	6:03 min/km
183	289	Schuster Wolfgang	*Köln	1:02:30	M40	29	1:02:30	01:15 * 05:33 * 55:40	6:04 min/km
184	379	Kunkel Philipp	ADRashop	1:02:41	MHK	24	1:02:41	01:24 * 06:04 * 55:12	6:05 min/km
185	425	Wilhelm Axel	-	1:02:43	M60	8	1:02:43	00:48 * 04:57 * 56:58	6:05 min/km
186	359	Horvath Laszlo	ADRashop	1:02:44	M60	9	1:02:44	01:24 * 06:05 * 55:15	6:06 min/km
187	163	Decher Axel	vermessung kds köln	1:03:06	M45	40	1:03:06	01:24 * 05:32 * 56:09	6:08 min/km
188	375	Krauß Matthias	*Bergisch Gladbach	1:03:06	M40	30	1:03:06	01:12 * 05:41 * 56:11	6:08 min/km
189	273	Rübsteck Hans-Josef	marathonteam-online	1:03:08	M50	25	1:03:08	01:11 * 05:45 * 56:11	6:08 min/km

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190	449	Pütz Christoph	*Bergisch Gladbach	1:03:08	M45	41	1:03:08	01:22 * 06:00 * 55:45	6:08 min/km
191	301	Steuer Jürgen	Team Erdinger Alkoholfrei	1:03:09	M50	26	1:03:09	01:16 * 05:45 * 56:06	6:08 min/km
191	888	Schönenstein Stephan	*Bergisch Gladbach	1:03:09	M40	31	1:03:09	01:25 * 06:01 * 55:42	6:08 min/km
193	191	Haemel Richard	Die Renntiere	1:03:16	M70	1	1:03:16	01:04 * 05:12 * 57:00	6:09 min/km
194	192	Härtel Rüdiger	Belkaw	1:03:29	M50	27	1:03:29	01:19 * 06:02 * 56:07	6:10 min/km
195	394	Ordnung Axel	TSGI	1:03:29	M50	28	1:03:29	01:21 * 06:01 * 56:07	6:10 min/km
195	447	Koschke Michael		1:03:29	M50	28	1:03:29	01:21 * 06:01 * 56:07	6:10 min/km
197	391	Nitschke Karsten	Intersport Haeger	1:03:40	M45	42	1:03:40	01:31 * 05:58 * 56:10	6:11 min/km
198	405	Schmalfeldt André	Intersport Haeger	1:03:40	MHK	25	1:03:40	01:31 * 06:00 * 56:09	6:11 min/km
199	882	Volk Dr. Gerrit	*Köln	1:03:56	M55	6	1:03:56	01:11 * 05:36 * 57:08	6:12 min/km
200	358	Hoffmann Stephan	*Troisdorf	1:04:04	M30	15	1:04:04	01:24 * 05:42 * 56:57	6:13 min/km
201	259	Platten Bruno	*Bergisch Gladbach	1:04:07	M65	6	1:04:07	01:18 * 05:44 * 57:04	6:13 min/km
202	436	Nagelschmidt Felix	*Bergisch Gladbach	1:04:38	M35	24	1:04:38	01:17 * 06:07 * 57:13	6:17 min/km
203	875	Krüger Andreas	ESV Gremberghoven	1:05:03	M55	7	1:05:03	01:12 * 05:38 * 58:12	6:19 min/km
204	984	Krüger Manfred	TS 79 Bergisch Gladb	1:05:07	M75	2	1:05:07	00:51 * 05:31 * 58:44	6:19 min/km
205	348	Euler Michael	*Bergisch Gladbach	1:05:28	M40	32	1:05:28	00:57 * 05:17 * 59:14	6:21 min/km
206	388	Nagy Daniel	*Bergisch Gladbach	1:05:28	M40	33	1:05:28	00:57 * 05:17 * 59:14	6:21 min/km
207	327	Wurda Werner	SC Fortuna Köln	1:05:47	M50	30	1:05:47	01:28 * 05:42 * 58:36	6:23 min/km
208	283	Schneider Sven	*Overath	1:05:53	M30	16	1:05:53	01:21 * 06:03 * 58:29	6:24 min/km
209	303	Suhr Christian	*Köln	1:06:05	M35	25	1:06:05	01:05 * 05:28 * 59:31	6:25 min/km
210	413	Siebert Volker	*Köln	1:06:13	M35	26	1:06:13	01:22 * 06:02 * 58:48	6:26 min/km
211	407	Schmidt Thomas	*Düsseldorf	1:06:19	MHK	26	1:06:19	01:22 * 05:42 * 59:13	6:26 min/km
212	312	Wagener Michael	*Waldbröl	1:06:23	M30	17	1:06:23	01:22 * 05:14 * 59:46	6:27 min/km
213	541	Sieren Stefan	Seniorenstift Soest-Ost	1:06:34	M30	18	1:06:34	01:29 * 05:46 * 59:18	6:28 min/km
214	538	Lücke Andreas	*Bensberg	1:06:48	M55	8	1:06:48	00:59 * 05:35 * 00:13	6:29 min/km
215	147	Biehn Helmut	Lichtkreis Köln	1:07:12	M45	43	1:07:12	01:05 * 05:41 * 00:25	6:32 min/km
216	347	Engels Daniel	*Köln	1:07:14	MHK	27	1:07:14	01:14 * 06:05 * 59:54	6:32 min/km
217	170	Emmerich Stephan	*Bonn	1:07:24	M40	34	1:07:24	01:25 * 06:04 * 59:53	6:33 min/km
218	354	Hassel Dieter	TV Herkenrath	1:08:04	M70	2	1:08:04	01:31 * 05:59 * 00:33	6:37 min/km
219	168	Dündar Can	*Köln	1:08:06	M40	35	1:08:06	01:22 * 05:53 * 00:50	6:37 min/km
220	970	Höderath Werner	Die Renntiere	1:08:32	M65	7	1:08:32	00:58 * 05:35 * 01:58	6:39 min/km
221	159	Buß Ulrich	Meckenheimer TuS	1:08:32	M70	3	1:08:32	01:15 * 05:47 * 01:29	6:39 min/km
222	890	Charalabidis Sarvas	Alspinta Runners	1:08:45	M45	44	1:08:45	01:15 * 06:11 * 01:18	6:41 min/km
223	205	Hoffmann Michael	*Schwetzingen	1:09:02	M45	45	1:09:02	01:20 * 06:02 * 01:39	6:42 min/km
224	366	Kaufmann Ulrich	*Köln	1:09:56	M45	46	1:09:56	01:04 * 05:57 * 02:55	6:47 min/km
225	346	Daubenbüchel Jochen	TV Herkenrath	1:10:00	M60	10	1:10:00	01:30 * 05:59 * 02:30	6:48 min/km
226	292	Schwister Jürgen	ERGO Sports	1:10:06	M45	47	1:10:06	00:59 * 05:33 * 03:34	6:48 min/km
227	251	Minnich Holger	Team Erdinger Alkoholfrei	1:12:08	M40	36	1:12:08	01:02 * 05:53 * 05:12	7:00 min/km
228	351	Geißdörfer Dennis	*Wuppertal	1:12:31	MU16	4	1:12:31	01:09 * 05:38 * 05:43	7:03 min/km
229	256	Overhoff Ingmar	*Wuppertal	1:12:32	M40	37	1:12:32	01:09 * 05:39 * 05:43	7:03 min/km
230	227	Küffen Holger	*Hattingen	1:12:32	M45	48	1:12:32	01:10 * 05:38 * 05:44	7:03 min/km
231	336	Bellingrodt Matthias	TSV Siegen	1:12:45	MHK	28	1:12:45	01:15 * 06:11 * 05:19	7:04 min/km
232	389	Nern Detlef	ADRAsShop	1:15:10	M45	49	1:15:10	01:28 * 06:19 * 07:22	7:18 min/km
233	418	Tienes Dr. Christian	*Overath	1:15:31	M65	8	1:15:31	07:07 * 00:00 * 00:00	7:20 min/km
234	264	Reichert Jürgen	*Kürten	1:22:48	M55	9	1:22:48	01:32 * 06:34 * 14:41	8:02 min/km

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nicht beendet

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
235	341	Bischof Marc	*Lindlar	0:00:38	MU16	5	0:00:38	00:38 * 00:00 * 00:00	0:04 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	304	Tiegel Alexandra	*Aachen	0:45:19	WHK	1	0:45:19	00:34 * 03:39 * 41:05	4:24 min/km
2	233	Lennartz Birgit	LLG St. Augustin	0:46:13	W45	1	0:46:13	00:40 * 04:08 * 41:24	4:29 min/km
3	880	Basinski Jola	TV Refrath	0:48:02	W35	1	0:48:02	00:39 * 04:11 * 43:11	4:40 min/km
4	309	Vizzari Susanne	speed»cat	0:48:49	W35	2	0:48:49	00:36 * 04:04 * 44:08	4:44 min/km
5	966	Schneider Heide	LAZ Puma Rhein-Sieg	0:49:13	W40	1	0:49:13	00:48 * 04:17 * 44:07	4:47 min/km
6	968	Zoll Daniela	LG Gummersbach	0:50:06	W30	1	0:50:06	00:41 * 04:12 * 45:12	4:52 min/km
7	185	Greinert Anke	TV Hoffnungsthal	0:50:29	W45	2	0:50:29	00:45 * 04:20 * 45:23	4:54 min/km
8	989	Moser Heike	TV Refrath	0:50:37	W45	3	0:50:37	00:59 * 04:35 * 45:02	4:55 min/km
9	169	Dünner-Waßerburger	SV Bergisch Gladbach	0:52:31	W45	4	0:52:31	01:03 * 04:33 * 46:54	5:06 min/km
10	284	Schneiders Daniela	*Bergisch Gladbach	0:52:43	W40	2	0:52:43	00:56 * 04:25 * 47:21	5:07 min/km
11	176	Fischer Sabine	laufmonster	0:52:57	W50	1	0:52:57	00:48 * 04:36 * 47:31	5:08 min/km
12	323	Wippich Sara	*Köln	0:53:18	WHK	2	0:53:18	01:04 * 04:39 * 47:34	5:11 min/km
13	328	Wyzlic Patricia	*Bergisch Gladbach	0:53:25	WU16	1	0:53:25	00:47 * 04:34 * 48:04	5:11 min/km
14	987	Schmidt Tanja	BSG GML Bonn	0:53:33	W35	3	0:53:33	01:00 * 04:36 * 47:56	5:12 min/km
15	333	Alberts Franziska	VfL Engelskirchen	0:54:07	WHK	3	0:54:07	01:13 * 05:06 * 47:47	5:15 min/km
16	161	Cremer Michaela	*Bergisch Gladbach	0:55:06	W40	3	0:55:06	01:06 * 05:08 * 48:51	5:21 min/km
17	302	Stremlau Ulla	Die Renntiere	0:55:19	W45	5	0:55:19	00:58 * 04:49 * 49:31	5:22 min/km
18	255	Nebel Helga	Union Biesfeld Triathlon	0:56:11	W40	4	0:56:11	01:05 * 04:54 * 50:11	5:27 min/km
19	991	Hellmich Maike	TV Dellbrück	0:56:25	W35	4	0:56:25	00:53 * 04:36 * 50:55	5:29 min/km
20	252	Montag Brigitte	Die Renntiere	0:57:09	W50	2	0:57:09	00:59 * 04:53 * 51:16	5:33 min/km
21	250	Milbrath Yvonne	Läufer vom Lande	0:57:43	W35	5	0:57:43	01:10 * 04:50 * 51:42	5:36 min/km
22	258	Petrovic Sonja	LT Hain	0:58:01	W30	2	0:58:01	01:12 * 05:36 * 51:12	5:38 min/km
23	316	Waßerburger Carolin	SV Bergisch Gladbach	0:58:57	WU20	1	0:58:57	01:02 * 04:32 * 53:22	5:43 min/km
24	975	Böcker Doreen	LT Saaler Mühle	0:59:03	W40	5	0:59:03	01:03 * 05:13 * 52:45	5:44 min/km
25	307	Usselmann Dagmar	Rösrath	0:59:06	W50	3	0:59:06	01:06 * 05:13 * 52:46	5:44 min/km
26	282	Schneider Anne	*Leverkusen	0:59:23	W30	3	0:59:23	01:19 * 05:34 * 52:29	5:46 min/km
27	448	Kings Esther	Cologne Dance Center	0:59:39	WU20	2	0:59:39	01:17 * 05:43 * 52:38	5:48 min/km
28	262	Reddert Anja	LT Saaler Mühle	0:59:41	W35	6	0:59:41	01:07 * 05:34 * 52:59	5:48 min/km
29	189	Haack Claudia	*Köln	1:00:12	W45	6	1:00:12	01:07 * 05:27 * 53:38	5:51 min/km
30	895	Stautemas Sarah	central-team.de	1:00:21	W35	7	1:00:21	01:17 * 05:50 * 53:13	5:52 min/km
31	993	Kosmol Heike	ESV Gremberghoven	1:00:27	W40	6	1:00:27	01:12 * 05:25 * 53:49	5:52 min/km
32	893	Lüke Sabine	ESV Gremberghoven	1:00:27	W50	4	1:00:27	01:11 * 05:25 * 53:49	5:52 min/km
33	403	Schelcher Chistine	Nicki Runners	1:00:39	WHK	4	1:00:39	01:08 * 05:11 * 54:19	5:53 min/km
34	967	Munk Gabriele	TV Witzhelden	1:00:42	W55	1	1:00:42	01:06 * 05:08 * 54:27	5:54 min/km
35	443	Kriebel Susanne		1:00:55	W45	7	1:00:55	01:15 * 05:20 * 54:18	5:55 min/km
36	263	Rehfus Karen	*Lindlar	1:00:59	W30	4	1:00:59	01:21 * 05:15 * 54:22	5:55 min/km
37	156	Brandenburg Helga	ASV Koeln	1:01:06	W65	1	1:01:06	00:57 * 05:25 * 54:44	5:56 min/km
38	352	Gohlke Nicola	*Mechernich	1:01:08	W30	5	1:01:08	01:23 * 05:42 * 54:02	5:56 min/km
39	270	Rosenbaum Julia	*Köln	1:01:26	W55	2	1:01:26	01:03 * 05:25 * 54:57	5:58 min/km
40	408	Schmidt-Faillard Caroline	*Bergisch Gladbach	1:01:27	WHK	5	1:01:27	01:20 * 05:44 * 54:21	5:58 min/km
41	361	Hüstrung Jennifer	Intersport Haeger	1:01:33	W30	6	1:01:33	01:23 * 05:49 * 54:20	5:59 min/km
42	414	Sieger Sarah		1:01:34	WHK	6	1:01:34	01:23 * 05:49 * 54:20	5:59 min/km
43	381	Lorenz Linda	*Overath	1:01:39	WHK	7	1:01:39	00:51 * 04:59 * 55:47	5:59 min/km
44	280	Schmidt Inga	Big El Racing Team	1:02:01	W30	7	1:02:01	01:08 * 05:51 * 55:01	6:01 min/km
45	380	Lemaire Melanie	FC Deutsche Post	1:02:05	WHK	8	1:02:05	01:24 * 05:30 * 55:10	6:02 min/km

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46	404	Schimanski Ingrid	Maylifeboxclub	1:02:10	W45	8	1:02:10	01:19 * 05:45 * 55:05	6:02 min/km
47	272	Rübsteck Debbie	marathonteam-online	1:03:08	W50	5	1:03:08	01:12 * 05:46 * 56:09	6:08 min/km
48	885	Meyer Petra	FC Roger	1:03:19	W40	7	1:03:19	01:19 * 05:48 * 56:12	6:09 min/km
49	402	Riemer Ulrike	*Kürten	1:03:54	W55	3	1:03:54	01:08 * 05:33 * 57:11	6:12 min/km
50	995	Kewitsch Conny	Läufer vom Lande	1:04:15	W45	9	1:04:15	01:13 * 05:36 * 57:26	6:14 min/km
51	249	Meyer Melanie	*Hürth	1:04:45	W35	8	1:04:45	01:02 * 05:18 * 58:25	6:17 min/km
52	419	Van Leyen Monika	LC ETLON	1:04:50	W40	8	1:04:50	00:50 * 05:20 * 58:39	6:18 min/km
53	315	Wasik Beata	*Kürten	1:06:09	W45	10	1:06:09	01:23 * 05:46 * 58:59	6:25 min/km
54	291	Schwarz Marita	Uli Lauftreff	1:06:20	W45	11	1:06:20	01:29 * 06:01 * 58:49	6:26 min/km
55	145	Berger Regine	Uli's Lauftreff	1:06:20	W50	6	1:06:20	01:29 * 06:01 * 58:49	6:26 min/km
56	308	Velciov Bianca	*Köln	1:06:42	W30	8	1:06:42	00:55 * 04:57 * 00:49	6:29 min/km
57	195	Hajek Verena	Laufmonster	1:06:45	W60	1	1:06:45	01:11 * 05:47 * 59:46	6:29 min/km
58	978	Spoehr Helga	LT Saaler Mühle	1:06:46	W55	4	1:06:46	01:02 * 05:42 * 00:02	6:29 min/km
59	310	Voosen Karin	LSV Porz	1:06:59	W55	5	1:06:59	01:07 * 05:33 * 00:17	6:30 min/km
60	148	Biehn Jutta	Die Renntiere	1:07:11	W45	12	1:07:11	01:05 * 05:42 * 00:23	6:31 min/km
61	974	Keller Ursula	Die Renntiere	1:07:12	W45	13	1:07:12	01:06 * 05:57 * 00:08	6:32 min/km
62	376	Kreileder-Heitz Gabriele	Renntiere	1:07:22	W45	14	1:07:22	01:10 * 05:56 * 00:14	6:32 min/km
63	138	Bahls Roswitha	L S V PORZ	1:07:28	W50	7	1:07:28	00:54 * 05:35 * 00:58	6:33 min/km
64	215	Kirschbaum Petra	LLG80	1:07:31	W35	9	1:07:31	01:18 * 06:05 * 00:07	6:33 min/km
65	285	Schnitzler Patricia	LLG80 Nordpark köln	1:07:31	W50	8	1:07:31	01:18 * 06:05 * 00:07	6:33 min/km
66	318	Wegeleben Ulrike	KLG Klosterhof	1:07:58	W45	15	1:07:58	01:25 * 06:02 * 00:30	6:36 min/km
67	428	Zekeli Ilona	KLG Klosterhof	1:07:59	W40	9	1:07:59	01:26 * 06:01 * 00:31	6:36 min/km
68	216	Kliche Stefanie	*Bergisch Gladbach	1:08:46	WHK	9	1:08:46	01:15 * 06:11 * 01:19	6:41 min/km
69	222	Krams Sabine	www.glühweinlauf.de	1:09:03	W45	16	1:09:03	01:21 * 06:01 * 01:39	6:42 min/km
70	979	Blum Sabine	Central-Team.de	1:09:15	W35	10	1:09:15	01:18 * 05:49 * 02:07	6:43 min/km
71	365	Kaufmann Nicole	*Köln	1:09:55	W40	10	1:09:55	01:03 * 05:57 * 02:54	6:47 min/km
72	437	Marks Alexandra	*Bergisch Gladbach	1:10:02	W40	11	1:10:02	01:24 * 06:02 * 02:35	6:48 min/km
73	368	König Hildegard	*Overath	1:10:03	W55	6	1:10:03	01:04 * 05:58 * 03:00	6:48 min/km
74	374	Krahn Gudrun	ERGO Sports	1:10:06	W55	7	1:10:06	00:58 * 05:34 * 03:33	6:48 min/km
75	334	Barth Jutta	*Overath	1:10:12	W45	17	1:10:12	01:05 * 05:58 * 03:08	6:49 min/km
76	977	Schwarte Edda	Futterkonzept Wanderrabe	1:10:26	W45	18	1:10:26	01:21 * 06:06 * 02:58	6:50 min/km
77	976	Schenker Lea	fit-mit-hund.com	1:10:26	W45	19	1:10:26	01:21 * 06:06 * 02:58	6:50 min/km
78	340	Bernecker Christiane	*Bergisch Gladbach	1:10:58	W35	11	1:10:58	01:19 * 05:50 * 03:49	6:53 min/km
79	426	Wolf-Ullisch Dr. Christine	*Bergisch Gladbach	1:11:58	W60	2	1:11:58	01:11 * 06:02 * 04:43	6:59 min/km
80	228	Kutz Tina	Team Erdinger Alkoholfrei	1:12:08	W40	12	1:12:08	01:03 * 05:52 * 05:12	7:00 min/km
81	409	Schmutzler Nicola	*Köln	1:12:29	WHK	10	1:12:29	01:14 * 06:05 * 05:10	7:02 min/km
82	367	Köhler Daniela	TSV Siegen	1:12:44	WHK	11	1:12:44	01:15 * 06:11 * 05:18	7:04 min/km
83	160	Claußen Heidrun	Ulis Lauftreff	1:13:02	W55	8	1:13:02	01:30 * 06:26 * 05:05	7:06 min/km
84	886	Schleimer Gisela	ASV Wesseling	1:13:07	W55	9	1:13:07	01:22 * 06:07 * 05:38	7:06 min/km
85	433	Nern Silvia	ADRA shop	1:15:09	W40	13	1:15:09	01:28 * 06:19 * 07:21	7:18 min/km
86	390	Nern Sabrina	ADRAsShop	1:15:09	WHK	12	1:15:09	01:25 * 06:10 * 07:33	7:18 min/km
87	200	Herrmann Petra	*Bergisch Gladbach	1:15:12	W45	20	1:15:12	01:26 * 06:06 * 07:39	7:18 min/km
88	554	Ayche Karin	Laufmariechen Köln	1:16:16	W55	10	1:16:16	01:26 * 06:41 * 08:09	7:24 min/km
89	879	Scheerer Sabina	Run for fun	1:16:24	W40	14	1:16:24	01:10 * 06:11 * 09:02	7:25 min/km
90	171	Esser-Hasivar Ulrike	*Lohmar	1:16:24	W45	21	1:16:24	01:10 * 06:11 * 09:02	7:25 min/km
91	206	Holl Ruth	Ulis Lauftreff	1:19:03	W45	22	1:19:03	01:30 * 06:35 * 10:57	7:41 min/km