

# Kölner Zoolauf am 12. Juli 2013 - 6 Runden - 10.68km

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1491	von Kuk Carsten	LT DSHS Köln	0:35:37	1976	M35	1	0:35:38	05:41 05:49 05:54 05:56 05:57 05:52	3:20 min/km
2	454	Lakämper Henner	*Köln	0:36:20	1985	MHK	1	0:36:22	05:41 05:51 06:00 06:06 06:07 06:09	3:24 min/km
3	1496	Paulitschke Wilfried	Asics Frontrunner	0:37:32	1957	M55	1	0:37:33	06:00 06:11 06:14 06:12 06:18 06:09	3:31 min/km
4	258	Atenhan Kai	BSG/DEVK	0:39:36	1990	MHK	2	0:39:38	06:00 06:23 06:42 06:39 06:45 06:39	3:42 min/km
5	1044	Pieper Tom	*Koblenz	0:40:52	1981	M30	1	0:40:55	06:32 06:47 06:56 06:49 06:51 06:29	3:50 min/km
6	316	Dudley Richard-James	Team Erdinger Alkoholfrei	0:42:01	1961	M50	1	0:42:04	07:02 06:51 06:54 06:51 06:57 06:54	3:56 min/km
7	666	Zander Sven	Havana	0:42:49	1981	M30	2	0:42:58	07:04 07:01 07:09 07:07 07:05 06:49	4:01 min/km
8	493	Mohrmann Moehre	Der Elf und seine Freunde	0:43:19	1973	M40	1	0:43:33	06:57 07:03 07:08 07:11 07:13 07:11	4:03 min/km
9	460	Leonhardt Dr. Peter	*Bonn	0:43:52	1967	M45	1	0:43:56	06:56 07:03 07:21 07:24 07:21 07:13	4:06 min/km
10	974	Liebich Dr. Simon	*Rheinbach	0:44:10	1979	M30	3	0:44:21	07:12 07:20 07:33 07:27 07:18 06:45	4:08 min/km
11	1158	Steinle Paul	*Köln	0:44:30	1985	MHK	3	0:44:38	07:29 07:30 07:35 07:17 07:09 06:50	4:10 min/km
12	450	Kuhr Thomas	SSK Kerpen	0:44:39	1969	M40	2	0:44:44	07:16 07:22 07:08 07:30 07:33 07:17	4:11 min/km
13	606	Seyfarth Marco	Die flotten Gazellen	0:44:45	1973	M40	3	0:45:00	07:08 07:14 07:07 07:24 07:41 07:34	4:11 min/km
14	930	Knobloch Simon	JVA-Rheinbach	0:44:51	1994	MU20	1	0:45:12	07:02 07:06 07:14 07:20 07:44 07:46	4:12 min/km
15	817	Frey Jürgen	*Köln	0:45:03	1969	M40	4	0:45:06	06:46 07:15 07:40 07:44 07:38 07:28	4:13 min/km
16	446	Kühle Michael	*Köln	0:45:10	1958	M55	2	0:45:13	07:03 07:16 07:29 07:39 07:35 07:36	4:14 min/km
17	412	Kammler Reinhard	TSV Weiss-Köln	0:45:12	1963	M50	2	0:45:19	07:12 07:22 07:21 07:37 07:38 07:29	4:14 min/km
18	324	Enders Stefan	*Rüscheld	0:45:28	1974	M35	2	0:45:32	06:32 07:06 07:35 07:48 07:58 07:57	4:15 min/km
19	1298	Durgun Cihan		0:45:32	1992	MHK	4	0:45:34	06:56 07:17 07:38 07:41 07:48 07:44	4:16 min/km
20	569	Schedletzky Michael	Siegauenlaufrösche	0:45:37	1982	M30	4	0:45:44	07:13 07:18 07:34 07:45 07:39 07:32	4:16 min/km
21	427	Kiesel Ralf	*Bergisch Gladbach	0:45:43	1959	M50	3	0:46:01	07:13 07:18 07:35 07:33 07:43 07:40	4:17 min/km
22	980	Lippok Ralf	BSG/DEVK	0:46:03	1968	M45	2	0:46:10	07:11 07:27 07:33 07:29 07:59 07:51	4:19 min/km
23	554	Richter Niklas	*Köln	0:46:06	1980	M30	5	0:46:10	07:28 07:37 07:42 07:36 07:40 07:30	4:19 min/km
24	878	Hoven Thorsten	*Köln	0:46:18	1983	M30	6	0:48:05	08:28 07:17 07:30 07:26 07:40 07:20	4:20 min/km
25	931	Knüchel Benjamin	TuS Weiershagen-Forst 08	0:46:19	1988	MHK	5	0:46:36	08:08 07:58 07:26 07:35 07:22 07:10	4:20 min/km
26	1328	Schulte Thomas		0:46:27	1967	M45	3	0:47:01	07:27 07:35 07:46 07:41 07:45 07:34	4:21 min/km
27	345	Gemein Alexander	*Meckenheim	0:46:28	1980	M30	7	0:46:40	07:11 07:20 07:37 07:50 08:07 07:48	4:21 min/km
28	568	Schaffarczyk Bernd	krüger running team	0:46:33	1960	M50	4	0:46:35	07:27 07:38 07:45 07:45 07:45 07:36	4:22 min/km
29	1481	Laalemann Ralf	Irmelralf	0:46:45	1979	M30	8	0:46:46	07:17 07:47 07:53 07:58 07:58 07:22	4:23 min/km
30	570	Schedletzky Stefan	LAZ Puma Rhein-Sieg	0:46:48	1986	MHK	6	0:46:56	07:13 07:32 07:53 07:50 07:59 07:47	4:23 min/km
31	370	Hartwig Matti	Bonn-Rhein-Sieg Runners	0:46:57	1988	MHK	7	0:48:04	08:49 07:52 07:48 07:49 07:09 06:51	4:24 min/km
32	468	Linnartz Sven	*Hürth	0:46:58	1972	M40	5	0:47:12	07:42 07:37 07:46 07:49 07:55 07:35	4:24 min/km
33	641	Waak Jens	*Köln	0:47:10	1979	M30	9	0:47:16	07:10 07:32 08:11 08:06 08:04 07:36	4:25 min/km
34	532	Piehler Björn	BSG DEVK KÖLN	0:47:11	1977	M35	3	0:47:15	07:25 07:38 07:59 07:53 07:58 07:44	4:25 min/km
35	341	Füllsichel 25 Udo	TV Witzhelden	0:47:11	1970	M40	6	0:47:15	07:13 07:31 07:57 08:06 08:00 07:50	4:25 min/km
36	538	Preuschat Patrick	*Frechen	0:47:18	1981	M30	10	0:48:32	08:19 07:22 07:42 07:52 08:07 07:13	4:26 min/km
37	630	Tolle Leif	*Köln	0:47:20	1975	M35	4	0:47:30	07:39 07:50 07:49 08:02 08:09 07:15	4:26 min/km
38	517	Orth Christoph	*Alfter	0:47:20	1976	M35	5	0:47:26	07:13 07:31 08:06 08:03 08:06 07:46	4:26 min/km
39	1098	Schneider Franz		0:47:31	1957	M55	3	0:47:39	07:14 07:38 07:55 07:55 08:06 08:06	4:27 min/km
40	640	Voss Dr. Hartmut	Laktatkönige Köln	0:47:36	1960	M50	5	0:47:41	07:34 07:34 07:57 08:00 08:03 07:55	4:27 min/km
41	988	Lübke Olaf	ESC Wachtberg	0:47:39	1969	M40	7	0:47:56	07:07 07:09 08:05 08:13 08:24 08:04	4:28 min/km
42	556	Rietfort Boris	*Köln	0:47:44	1981	M30	11	0:47:56	07:50 07:56 07:56 07:58 07:52 07:35	4:28 min/km
43	600	Schwitanski Dorian	*Pulheim	0:47:47	1985	MHK	8	0:48:44	07:49 07:38 07:56 08:06 08:07 07:31	4:29 min/km
44	293	Brohl Philipp	*Köln	0:47:49	1980	M30	12	0:48:01	07:49 07:50 07:55 07:59 07:57 07:41	4:29 min/km
45	1197	Vith Njuguna	LAZ Puma	0:47:54	2002	MU12	1	0:47:57	07:32 07:24 07:33 07:33 08:20 08:59	4:29 min/km
46	358	Grothues Jens	*Köln	0:48:01	1980	M30	13	0:48:29	08:11 07:47 07:48 07:54 07:57 07:40	4:30 min/km
47	275	Bessler Dennis	*Köln	0:48:17	1979	M30	14	0:48:20	07:27 07:56 08:00 08:07 08:20 07:56	4:31 min/km
48	616	Steppat Kai	KaLiKi	0:48:19	1975	M35	6	0:48:42	07:54 07:51 08:14 08:05 08:08 07:28	4:31 min/km
49	274	Bernhardt Heiko	butzanada	0:48:26	1971	M40	8	0:48:36	07:30 07:46 07:52 08:08 08:21 08:13	4:32 min/km
50	331	Fischedick Manfred	*Köln	0:48:26	1964	M45	4	0:48:33	07:31 07:47 07:54 08:04 08:14 08:20	4:32 min/km
51	483	Mausbach Gerd	Laufftreff Decksteiner Weiher	0:48:29	1963	M50	6	0:48:34	08:22 08:01 07:56 08:07 08:08 07:21	4:32 min/km
52	599	Schwert Sascha	LG RWE Power	0:48:29	1987	MHK	9	0:49:06	08:03 07:42 07:37 07:59 08:07 08:16	4:32 min/km
53	481	Mattheus Stefan	Team Mattheus	0:48:32	1968	M45	5	0:48:41	07:48 08:00 07:50 08:07 08:09 07:59	4:33 min/km

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54	395	Huss Klaus	*Köln	0:48:37	1967	M45	6	0:48:46	08:08	07:45	08:01	08:00	08:04	07:59	4:33 min/km
55	536	Poetter Benjamin	*Niederkassel	0:48:45	1988	MHK	10	0:48:52	07:07	07:02	07:51	08:43	08:48	08:39	4:34 min/km
56	797	Ewertowski Jacek	*Köln	0:48:48	1986	MHK	11	0:49:00	07:43	08:01	08:03	08:07	08:13	08:03	4:34 min/km
57	463	Lichter Jörg	*Leverkusen	0:48:51	1966	M45	7	0:48:58	07:51	07:57	08:02	08:07	08:12	08:03	4:35 min/km
58	262	Bahne Benjamin	*Köln	0:49:08	1984	MHK	12	0:49:14	07:53	08:11	08:04	08:03	08:14	08:08	4:36 min/km
59	1495	Jansen Tobias		0:49:08	1980	M30	15	0:49:18	08:05	08:11	08:10	08:11	08:08	07:48	4:36 min/km
60	263	Bahr Florian	Bonn-Rhein-Sieg Runners	0:49:26	1981	M30	16	0:50:34	08:45	07:53	07:48	07:52	08:11	08:09	4:38 min/km
61	970	Leonhardt Johannes	*Bonn	0:49:42	1996	MU18	1	0:49:51	07:20	07:54	08:12	08:26	08:45	08:32	4:39 min/km
62	297	Burghardt Sascha	*Köln	0:49:58	1978	M35	7	0:51:36	08:48	08:18	08:17	08:11	08:04	07:42	4:41 min/km
63	1024	Neukirchen Felix	TuS 82 Opladen	0:49:59	1997	MU18	2	0:50:35	07:57	07:54	07:58	08:28	08:33	08:35	4:41 min/km
64	555	Riedinger Andreas	*Köln	0:50:02	1973	M40	9	0:50:13	08:06	08:01	08:01	08:28	08:15	08:31	4:41 min/km
65	1074	Rüdelstein Pascal	*Bedburg	0:50:16	1975	M35	8	0:52:19	08:47	07:49	08:07	08:18	08:25	08:13	4:42 min/km
66	436	Klinkhammer Marco	BSG DEVK KÖLN	0:50:17	1984	MHK	13	0:50:23	07:53	08:11	08:24	08:34	08:30	08:10	4:43 min/km
67	473	Ludwig Uwe	ERGO sports köln	0:50:18	1970	M40	10	0:51:09	08:01	07:45	08:12	08:28	08:32	08:38	4:43 min/km
68	447	Kühn Christoph	*Köln	0:50:20	1981	M30	17	0:50:35	08:06	08:06	08:21	08:26	08:27	08:13	4:43 min/km
69	558	Rossa Andreas	*Bergisch Gladbach	0:50:24	1972	M40	11	0:51:41	08:42	08:06	08:19	08:14	08:16	08:03	4:43 min/km
70	1290	Braess Patrick		0:50:34	1979	M30	18	0:50:35	06:41	08:04	08:08	08:45	10:42	07:49	4:44 min/km
71	1090	Schlösser Wolfgang	*Köln	0:50:37	1962	M50	7	0:50:50	08:05	07:59	08:16	08:36	08:38	08:23	4:44 min/km
72	323	Eller Klaas Hendrik	*Köln	0:50:46	1985	MHK	14	0:51:16	08:15	08:22	08:30	08:43	08:23	07:54	4:45 min/km
73	1285	Krex Matthias		0:50:46	1967	M45	8	0:50:59	07:51	08:12	08:13	08:29	08:50	08:35	4:45 min/km
74	516	Orosz Richard	TSV Weiss-Köln	0:50:51	1975	M35	9	0:50:59	07:54	08:07	08:33	08:45	08:38	08:20	4:46 min/km
75	889	Ippen Martin	*Leverkusen	0:50:52	1987	MHK	15	0:52:37	09:23	08:16	08:12	08:12	08:16	07:54	4:46 min/km
76	103	Berling Samuel	*köln	0:50:55	2002	MU12	2	0:51:55	09:13	08:46	08:24	07:55	07:56	07:54	4:46 min/km
77	783	Ebener Daniel	*Köln	0:51:00	1983	M30	19	0:51:13	09:16	08:10	08:04	08:37	08:24	07:47	4:47 min/km
78	385	Heuer Michael	*Köln	0:51:01	1964	M45	9	0:51:07	07:52	08:16	08:34	08:42	08:40	08:22	4:47 min/km
79	1300	Schach Victor	Blau Weiss	0:51:04	2000	MU14	1	0:51:14	08:01	07:43	07:59	08:38	08:47	09:23	4:47 min/km
80	1484	Romans-Petit Manfred		0:51:05	1968	M45	10	0:51:12	08:18	08:24	08:30	08:33	08:30	08:15	4:47 min/km
81	465	Liebrich Uwe	*Köln	0:51:06	1959	M50	8	0:51:16	08:10	08:25	08:23	08:24	08:31	08:34	4:47 min/km
82	255	Althoff Frederek	*Köln	0:51:17	1970	M40	12	0:52:16	08:46	08:04	08:09	08:31	08:31	08:30	4:48 min/km
83	443	Krausz Thomas	BSG DEVK Köln	0:51:25	1975	M35	10	0:51:46	08:13	08:10	08:38	08:44	08:30	08:24	4:49 min/km
84	1499	Stentenbach Marc		0:51:26	1974	M35	11	0:52:00	08:22	08:11	08:13	08:25	08:33	08:43	4:49 min/km
85	306	Cramer Tim	*Köln	0:51:43	1982	M30	20	0:53:15	10:26	08:29	08:15	08:16	08:09	07:25	4:51 min/km
86	282	Blumenfeld Frank	Phönix Bielefeld 09	0:51:48	1967	M45	11	0:51:50	08:12	08:31	08:32	08:45	08:34	08:43	4:51 min/km
87	960	Lancé Andreas	*Köln	0:51:52	1979	M30	21	0:51:57	07:20	07:45	08:19	09:15	09:14	09:14	4:51 min/km
88	276	Bianchini Tony	Kreissparkasse Köln	0:52:07	1965	M45	12	0:53:39	10:27	08:27	08:16	08:17	08:09	07:42	4:53 min/km
89	346	Gerhard Rolf	*Köln	0:52:10	1979	M30	22	0:53:18	08:41	08:27	08:32	08:32	08:49	08:30	4:53 min/km
90	1062	Reifer Thomas	*Königswinter	0:52:13	1990	MHK	16	0:53:10	09:32	08:07	08:22	08:43	08:28	08:13	4:53 min/km
91	786	Eggerichs Heiko	*Walsrode	0:52:15	1986	MHK	17	0:52:24	08:01	08:42	08:37	08:43	08:52	08:42	4:54 min/km
92	1168	Taistra Marc	*Hürth	0:52:16	1979	M30	23	0:52:54	08:59	08:39	08:41	08:41	08:35	07:56	4:54 min/km
93	543	Quirin Carsten	Kreissparkasse Köln	0:52:20	1971	M40	13	0:53:52	10:26	08:29	08:16	08:16	08:09	07:57	4:54 min/km
94	685	Alvarez garcia Jose	*rodenkirchen, köln	0:52:24	1992	MHK	18	0:52:42	08:59	08:28	08:43	08:43	08:39	08:13	4:54 min/km
95	396	Huxoll Robert	*Köln	0:52:25	1975	M35	12	0:52:37	08:28	08:34	08:27	08:38	08:52	08:50	4:55 min/km
96	461	Leyendecker Matthias	*KÖLN	0:52:37	1961	M50	9	0:52:53	09:24	08:29	08:41	08:39	08:42	08:02	4:56 min/km
97	986	Lowski Michael	Flitzerblitzer	0:52:52	1970	M40	14	0:53:35	08:41	08:33	08:52	08:44	08:42	08:32	4:57 min/km
98	1490	Ott Thomas		0:52:55	1985	MHK	19	0:53:05	08:05	08:11	08:44	09:09	09:06	08:59	4:57 min/km
99	384	Hesse Philipp	*Köln	0:52:56	1981	M30	24	0:53:57	09:25	08:12	08:33	08:49	08:45	08:26	4:57 min/km
100	291	Breitmar Sascha	*Dormagen	0:52:58	1977	M35	13	0:53:24	08:31	08:31	08:42	08:57	08:57	08:36	4:58 min/km
101	372	Haupt Benjamin	FSV Blau-Weiß Schlebusch	0:53:01	1985	MHK	20	0:54:48	09:54	08:27	08:22	08:42	08:35	08:21	4:58 min/km
102	1286	Pauly Thomas		0:53:10	1952	M60	1	0:53:21	08:51	08:42	08:46	08:43	08:47	08:40	4:59 min/km
103	1324	Apel Thomas		0:53:11	1974	M35	14	0:53:56	10:45	07:58	08:06	08:27	08:41	08:25	4:59 min/km
104	1485	Brückmann Marcus	Lauftreff Decksteiner Weihe	0:53:22	1971	M40	15	0:53:28	08:28	08:47	08:51	08:57	09:01	08:42	4:60 min/km
105	594	Schröder Christian	*Köln	0:53:25	1984	MHK	21	0:53:28	08:06	08:37	09:03	09:07	09:01	08:56	5:00 min/km
106	731	Boldt Patrick	Team Klappaffe	0:53:26	1989	MHK	22	0:55:12	09:52	08:47	09:06	08:51	08:12	07:54	5:00 min/km
107	603	Seele Andreas	*Köln	0:53:26	1964	M45	13	0:54:28	09:10	08:35	08:38	08:46	08:54	08:39	5:00 min/km
108	501	Nawrat Rafael	Mika Flitzer	0:53:35	1978	M35	15	0:53:46	08:33	08:27	08:50	09:14	09:19	08:31	5:01 min/km
109	884	Huisinga Maximilian		0:53:39	1995	MU20	2	0:54:05	09:44	09:08	08:18	08:21	08:33	08:54	5:01 min/km
110	1116	Schröter Thomas	*Hürth	0:53:50	1971	M40	16	0:54:00	08:15	08:25	08:50	09:09	09:15	09:15	5:02 min/km

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111	1051	Plonka Patrick	5 schmierwürste op jück	0:53:52	1989	MHK	23	0:54:50	09:32	08:06	08:30	08:36	09:13	09:08	5:03 min/km
112	1220	Wienand Volker	*Köln	0:53:53	1975	M35	16	0:54:51	09:00	08:42	08:53	08:56	08:55	08:44	5:03 min/km
113	754	Burczyk Sebastian	*Leverkusen	0:53:56	1995	MU20	3	0:55:29	09:46	08:40	08:43	09:01	08:25	08:37	5:03 min/km
114	651	Weiden Stephan	*Pulheim	0:54:10	1976	M35	17	0:55:28	11:06	08:56	09:40	11:11	12:19	11:05	5:04 min/km
115	343	Gaida Mike	*Leverkusen	0:54:16	1989	MHK	24	0:55:45	09:46	08:41	08:43	09:01	09:01	08:20	5:05 min/km
116	644	Wagner Ralph	*Erfststadt	0:54:21	1969	M40	17	0:54:58	08:55	08:43	09:11	09:01	09:04	08:43	5:05 min/km
117	821	Funken Klaus	*köln	0:54:23	1970	M40	18	0:54:30	08:38	08:40	09:03	09:16	09:06	09:01	5:06 min/km
118	596	Schütz Carsten	*Dormagen	0:54:37	1978	M35	18	0:55:16	09:15	08:55	08:59	08:58	09:00	08:42	5:07 min/km
119	1058	Rabuse Herbert	*Köln	0:54:40	1976	M35	19	0:56:38	10:09	08:50	08:44	08:46	08:50	08:39	5:07 min/km
120	1500	Herres Dirk		0:54:50	1968	M45	14	0:54:54	08:33	08:54	09:05	09:14	09:22	09:08	5:08 min/km
121	859	Hecken Michael	5 Schmierwürste op Jücker	0:54:57	1988	MHK	25	0:55:56	11:11	09:19	09:23	09:19	07:43	07:18	5:09 min/km
122	474	Maack Bodo	ChrissiLayla Supporter	0:54:58	1957	M55	4	0:55:01	08:35	08:55	09:02	09:19	09:18	09:16	5:09 min/km
123	976	Limburg Michael	*Bergisch Gladbach	0:54:58	1979	M30	25	0:55:54	09:16	08:55	08:51	08:58	09:03	09:09	5:09 min/km
124	1323	Hofmann Oliver		0:55:00	1972	M40	19	0:55:55	08:47	08:36	08:52	09:01	09:31	09:27	5:09 min/km
125	1314	Burghoff Stephan		0:55:03	1969	M40	20	0:55:32	08:47	08:47	08:58	09:07	09:16	09:23	5:09 min/km
126	1002	Michel Philipp	*Köln	0:55:13	1983	M30	26	1:08:02	09:26	09:39	10:03	08:55	08:58	07:54	5:10 min/km
127	927	Knabel Markus	*Köln	0:55:16	1981	M30	27	0:55:27	08:13	09:00	09:27	09:30	09:19	09:05	5:11 min/km
128	658	Willerscheid Michael	*Köln	0:55:17	1968	M45	15	0:55:38	08:58	08:59	09:06	09:11	09:10	09:11	5:11 min/km
129	699	Becker Marc	Color Ninjas	0:55:18	1996	MU18	3	0:55:51	10:25	10:22	09:48	07:51	08:01	08:08	5:11 min/km
130	1145	Sinzig Michael	*Köln	0:55:22	1978	M35	20	0:57:13	09:53	08:39	08:42	09:09	09:18	09:00	5:11 min/km
131	533	Pieper Norbert	*Koblenz	0:55:22	1955	M55	5	0:55:33	08:49	09:03	09:21	09:17	09:15	08:54	5:11 min/km
132	1083	Scherholz Martin	BSG EUROPA/Continental	0:55:24	1965	M45	16	0:56:37	09:31	08:45	08:54	09:09	09:15	08:59	5:11 min/km
133	1141	Simon Bjoern	*Koeln	0:55:25	1980	M30	28	0:56:04	10:26	09:36	08:58	08:34	08:38	08:24	5:11 min/km
134	892	Jahn Markus	*Wesseling	0:55:31	1965	M45	17	0:55:48	08:26	08:39	09:06	09:21	09:45	09:35	5:12 min/km
135	1207	Watzka Rolf	*Köln	0:55:35	1961	M50	10	0:56:20	09:18	08:29	08:59	09:12	09:27	09:20	5:12 min/km
136	900	Kaatz Michael	*Hürth	0:55:37	1982	M30	29	0:55:50	09:09	08:58	09:17	09:30	09:16	08:45	5:12 min/km
137	774	Dobecki Andreas	*Köln	0:55:39	1961	M50	11	0:56:40	10:06	09:02	08:51	08:49	09:16	08:45	5:13 min/km
138	1091	Schmelter Malte	*Much	0:55:40	1993	MHK	26	0:55:43	07:24	08:39	09:30	10:03	10:03	09:31	5:13 min/km
139	659	Winkler Moritz	*Düsseldorf	0:55:42	1982	M30	30	0:57:20	10:20	09:48	09:16	08:38	08:27	08:27	5:13 min/km
140	932	Koch Thomas	*Köln	0:55:43	1972	M40	21	0:56:34	09:14	08:35	09:07	09:20	09:27	09:15	5:13 min/km
141	1099	Schneider Ingo	*Köln	0:55:46	1964	M45	18	0:56:13	10:22	08:56	08:45	08:58	08:57	08:58	5:13 min/km
142	321	Eischet Stefan	*Köln	0:55:47	1976	M35	21	0:57:10	09:44	08:51	09:10	09:09	09:15	08:52	5:13 min/km
143	803	Ficner Marcus	*Köln	0:55:50	1982	M30	31	1:08:39	09:25	09:39	09:42	09:16	08:59	08:31	5:14 min/km
144	807	Florich Carsten	BSG DEVK Köln	0:56:00	1984	MHK	27	0:56:21	08:46	09:05	09:22	09:30	09:33	09:04	5:15 min/km
145	631	Trimborn Lars	*Hürth	0:56:31	1978	M35	22	0:56:41	10:04	09:03	09:07	09:13	09:28	08:54	5:18 min/km
146	534	Pistono Jürgen	*Köln	0:56:33	1988	MHK	28	0:58:30	09:28	08:59	09:10	09:15	09:34	09:25	5:18 min/km
147	1287	Antony Johannes		0:56:35	1978	M35	23	0:58:03	09:42	09:18	09:14	09:28	09:27	08:43	5:18 min/km
148	268	Becker Dieter	*Köln	0:56:42	1956	M55	6	0:58:01	10:37	09:09	08:56	09:01	09:11	09:02	5:19 min/km
149	608	Sieren Stefan	*Köln	0:56:50	1981	M30	32	0:57:50	09:13	09:27	09:26	09:30	09:33	09:01	5:19 min/km
150	768	Decker Dr. Thomas	*Köln	0:56:53	1976	M35	24	0:56:53	08:35	08:55	09:20	09:34	09:44	09:49	5:20 min/km
151	485	Mende Sebastian	*Köln	0:56:56	1984	MHK	29	0:57:10	09:32	09:46	09:39	09:32	09:16	08:32	5:20 min/km
152	264	Bajon Eugen	*Köln	0:57:02	1976	M35	25	0:57:31	11:25	10:24	08:52	08:45	08:03	08:45	5:20 min/km
153	957	Kubeth Jens	Schildkröten Power Air	0:57:04	1988	MHK	30	0:57:36	09:01	08:50	09:06	09:37	09:40	10:04	5:21 min/km
154	905	Kampf Roland	Ohne	0:57:08	1964	M45	19	0:58:44	10:02	09:30	09:10	09:48	09:12	08:40	5:21 min/km
155	953	Kriebeler Fabian	*Köln	0:57:09	1978	M35	26	0:57:41	10:25	09:16	09:38	09:41	09:11	08:14	5:21 min/km
156	1108	Schönwald Jochen	1.Hochzeitstag	0:57:11	1976	M35	27	0:57:37	09:38	09:09	09:18	09:28	09:38	09:10	5:21 min/km
157	780	Dürbaum Matthias	*Hergarten	0:57:13	1987	MHK	31	0:57:50	09:31	09:17	09:23	09:31	09:41	09:03	5:21 min/km
158	1065	Repke Marco	*Erfststadt	0:57:15	1976	M35	28	0:57:55	09:26	09:13	09:24	09:31	09:30	09:25	5:22 min/km
159	367	Hanisch Peter		0:57:18	1961	M50	12	0:57:42	09:44	09:09	09:08	09:29	09:33	09:26	5:22 min/km
160	579	Schlangen Thomas	*Bedburg	0:57:23	1972	M40	22	0:59:26	10:24	09:28	09:20	09:20	09:17	08:55	5:22 min/km
161	796	Espendiller Frank	*Köln	0:57:24	1973	M40	23	0:57:33	09:01	09:10	09:31	09:44	10:00	09:16	5:22 min/km
162	1478	Steckel Manfred	*Köln	0:57:25	1955	M55	7	0:57:54	09:41	09:49	09:27	09:19	09:25	09:00	5:23 min/km
163	444	Kreiß Thomas	*Bonn	0:57:26	1958	M55	8	0:57:47	08:53	09:18	09:29	09:46	09:39	09:38	5:23 min/km
164	1056	Pützkaul Thorsten	*Linz am Rhein	0:57:27	1982	M30	33	0:58:46	09:51	09:22	09:23	09:36	09:22	09:08	5:23 min/km
165	707	Beslagic Edin	SG TÜV Rheinland	0:57:27	1979	M30	34	0:58:57	10:30	09:35	09:20	09:18	09:13	08:45	5:23 min/km
166	632	Ungeheuer Stefan	*Frechen	0:57:28	1964	M45	20	0:59:14	09:58	09:16	09:07	09:30	09:28	09:26	5:23 min/km
167	822	Garenfeld Patrick	*Rheinbach	0:57:32	1980	M30	35	0:58:05	10:52	10:07	09:23	09:35	09:00	07:43	5:23 min/km

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168	575	Scherer Dr. Peter	*Köln	0:57:41	1959	M50	13	0:59:21	10:43	09:35	09:08	09:16	09:14	09:00	5:24 min/km
169	439	König Thomas	*Köln	0:57:46	1971	M40	24	0:58:36	10:33	09:49	09:27	09:34	09:20	08:21	5:25 min/km
170	793	Engels Fabian	*Hamburg	0:57:46	1973	M40	25	0:59:01	09:27	09:24	09:29	09:37	09:53	09:11	5:25 min/km
171	326	Engels Philip	*Bornheim	0:57:47	1971	M40	26	0:59:01	09:27	09:23	09:30	09:37	09:52	09:12	5:25 min/km
172	936	König Jonathan	*Köln	0:57:47	2002	MU12	3	0:58:36	10:34	09:48	09:27	09:34	09:20	08:21	5:25 min/km
173	496	Müller Herbert	*Bergisch Gladbach	0:57:49	1970	M40	27	0:58:07	09:13	09:15	09:38	09:51	09:51	09:18	5:25 min/km
174	357	Groll Sebastian	*Köln	0:57:57	1988	MHK	32	0:58:40	09:47	09:43	09:33	09:54	09:30	08:50	5:26 min/km
175	392	Hofmann Martin	Hofmann	0:57:58	1986	MHK	33	0:58:40	09:46	09:43	09:33	09:53	09:31	08:50	5:26 min/km
176	549	Rehbach Dr. Stefan	*Köln	0:58:03	1970	M40	28	0:59:09	09:42	09:33	09:28	09:46	09:39	09:11	5:26 min/km
177	456	Lamprecht Torsten	*Bergisch Gladbach	0:58:05	1970	M40	29	0:58:23	09:14	09:18	09:35	09:50	09:56	09:29	5:26 min/km
178	1127	Schulz Oliver	5 Schmierwürschte op Jücker	0:58:06	1988	MHK	34	0:59:05	11:12	09:20	09:23	09:19	09:25	08:39	5:26 min/km
179	842	Grunwald Nils	5 Schmierwürste op Jücker	0:58:08	1986	MHK	35	0:59:06	11:13	09:20	09:22	09:21	09:24	08:39	5:27 min/km
180	459	Lenz Florian	DJK - Frankonia Porz	0:58:09	1996	MU18	4	1:00:37	10:27	09:54	09:04	09:20	09:47	09:05	5:27 min/km
181	894	Jochim Jörg	*Leverkusen	0:58:10	1984	MHK	36	0:58:23	09:17	09:22	09:40	09:45	09:46	09:38	5:27 min/km
182	330	Farrell Allan	LaufLövenich2010	0:58:10	1970	M40	30	0:58:55	10:05	09:37	09:19	09:32	09:24	09:26	5:27 min/km
183	256	Andre Alfred	erdmännchen	0:58:27	1949	M60	2	0:59:49	10:29	09:30	09:23	09:25	09:31	09:19	5:28 min/km
184	586	Schneider Wolfgang	*Bergheim	0:58:32	1954	M55	9	0:58:53	09:39	09:39	09:36	09:34	09:46	09:29	5:29 min/km
185	416	Karnold Björn	Bonn-Rhein-Sieg Runners	0:58:33	1986	MHK	37	0:59:42	11:17	09:40	09:44	09:32	09:19	08:15	5:29 min/km
186	390	Hoenen Thorsten		0:58:34	1975	M35	29	1:00:18	10:39	09:52	09:39	09:33	09:34	08:35	5:29 min/km
187	578	Schimanowski Alexander	Verein vom Rhein	0:58:38	1973	M40	31	0:59:41	10:41	10:08	09:48	09:08	09:39	08:30	5:29 min/km
188	1317	Langos Andreas		0:58:42	1970	M40	32	0:59:41	10:12	09:37	09:36	09:35	09:30	09:27	5:30 min/km
189	401	Jenn Thomas	Männerballett Jecke Teddys	0:58:46	1973	M40	33	0:59:42	09:59	09:26	09:35	09:54	10:03	09:04	5:30 min/km
190	353	Görres Wolfgang	*Köln	0:58:48	1974	M35	30	0:59:25	10:33	09:33	09:03	09:03	09:43	10:04	5:30 min/km
191	325	Engel Christian	*Köln	0:58:55	1990	MHK	38	0:59:40	09:39	09:22	09:49	09:56	09:47	09:34	5:31 min/km
192	359	Grunert Uwe	DJK Löwe Köln	0:59:01	1954	M55	10	1:00:28	09:39	08:37	09:42	09:52	10:04	10:16	5:32 min/km
193	1133	Seber Michael	JVA-Rheinbach	0:59:02	1961	M50	14	0:59:33	09:59	08:54	09:10	09:41	10:01	10:25	5:32 min/km
194	1310	Weiden Mathieu		0:59:09	2001	MU14	2	1:00:26	10:05	09:16	09:26	09:42	10:00	09:53	5:32 min/km
195	839	Grob-Detaille Daniel	*Erfstadt	0:59:21	1982	M30	36	1:00:30	09:22	09:19	09:30	09:53	10:10	10:17	5:33 min/km
196	531	Pichler Klaus	BSG DEVK Köln	0:59:23	1952	M60	3	1:00:05	10:14	09:55	09:52	09:44	09:23	09:25	5:34 min/km
197	1301	Däuper Daniel		0:59:31	1977	M35	31	1:01:15	10:39	09:52	09:40	09:33	09:35	09:30	5:34 min/km
198	1187	Töttler Tobias	*Köln	0:59:33	1977	M35	32	1:00:36	12:02	11:27	07:26	09:03	09:14	09:32	5:35 min/km
199	0	unbekannt DY4GF1C		0:59:34	0	MHK	39	1:00:37	12:03	11:27	07:25	08:04	08:56	10:50	5:35 min/km
200	1012	Müller Christian	Continentele KV a.G.	0:59:35	1982	M30	37	1:00:48	10:25	09:35	09:48	09:53	09:54	09:12	5:35 min/km
201	782	Dzwonnek Alexander	*Bergisch Gladbach	0:59:39	1984	MHK	40	1:01:05	10:53	08:53	09:11	09:53	10:03	09:56	5:35 min/km
202	1489	Niedecken Heinz		0:59:44	1951	M60	4	1:00:17	10:20	09:33	09:32	09:46	09:58	09:43	5:36 min/km
203	823	Gehring Dr. Niels	*Köln	1:00:00	1975	M35	33	1:00:42	10:03	09:58	09:49	10:00	10:02	09:21	5:37 min/km
204	564	Sattler Michael	Jany + Micha	1:00:03	1985	MHK	41	1:00:08	07:41	08:24	08:54	08:56	08:35	08:30	5:37 min/km
205	0	unbekannt DY8TEPS		1:00:15	0	MHK	42	1:00:50	10:52	10:07	09:23	09:34	09:41	09:49	5:39 min/km
206	553	Richter Manfred	*Köln	1:00:17	1969	M40	34	1:02:07	10:37	09:34	09:38	09:47	10:04	09:50	5:39 min/km
207	1097	Schneider Daniel		1:00:18	1978	M35	34	1:00:41	09:43	09:10	09:42	10:01	10:43	10:14	5:39 min/km
208	1326	Hollstein André	SG TÜV Rheinland	1:00:19	1971	M40	35	1:01:52	11:19	10:10	09:44	09:43	09:28	09:07	5:39 min/km
209	1162	Stierand Thomas	Glühwürmchen	1:00:30	1968	M45	21	1:01:55	09:58	10:08	10:09	10:01	09:47	09:34	5:40 min/km
210	847	Hagenlocher Daniel	*Köln	1:00:31	1988	MHK	43	1:02:11	10:26	09:56	09:55	09:48	09:55	09:49	5:40 min/km
211	1175	Thiele Jonas	Torpedo T-Rex	1:00:35	1984	MHK	44	1:02:04	09:45	09:33	09:46	10:24	10:12	10:06	5:40 min/km
212	280	Birker Torben	TECOSIM	1:00:36	1965	M45	22	1:00:43	09:35	10:18	10:27	10:44	11:19	07:32	5:41 min/km
213	403	John von Freyend	*Köln	1:00:39	1979	M30	38	1:01:22	10:24	09:37	09:30	10:14	10:17	09:51	5:41 min/km
214	453	Lacroix Bodo	*Köln	1:00:50	1966	M45	23	1:01:48	10:26	09:55	09:48	10:06	10:09	09:40	5:42 min/km
215	1134	Seguro Moreno Juan	*Köln	1:00:50	1969	M40	36	1:02:33	10:32	09:34	09:42	09:56	10:13	10:09	5:42 min/km
216	746	Brüll Hans-Georg	*Köln	1:00:56	1961	M50	15	1:03:23	10:25	09:32	09:52	10:06	10:16	10:10	5:42 min/km
217	1274	Thorasch Nathaniel	LTDSHS Köln	1:00:59	2002	MU12	4	1:01:02	08:37	08:56	09:41	10:55	10:52	11:21	5:43 min/km
218	1095	Schulbach Martin	*Dortmund	1:01:03	1981	M30	39	1:03:00	11:14	09:41	09:53	10:11	10:01	09:19	5:43 min/km
219	497	Müller Jürgen	*Niederkassel	1:01:14	1956	M55	11	1:02:50	10:07	09:42	10:22	09:54	10:12	10:11	5:44 min/km
220	812	Fozzi-Schmidtke Marco	*Köln	1:01:19	1973	M40	37	1:03:11	11:05	10:03	10:02	10:00	09:11	10:12	5:45 min/km
221	636	Voetz Matthias	LT Hornpottsee	1:01:20	1967	M45	24	1:02:12	10:34	09:58	09:56	10:07	10:12	09:44	5:45 min/km
222	566	Saurwein Herbert	*Leverkusen	1:01:20	1952	M60	5	1:01:44	09:59	10:12	10:04	10:12	10:10	09:56	5:45 min/km
223	351	Gnad Günther	BTV Brühl	1:01:37	1964	M45	25	1:03:26	11:36	10:29	10:02	09:46	09:36	09:21	5:46 min/km
224	507	Niedecken Andreas	Butchi	1:01:39	1982	M30	40	1:02:11	10:22	10:05	10:05	10:11	10:09	09:56	5:46 min/km

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225	1322	Stauf Oliver		1:01:42	1975	M35	35	1:02:17	11:40	10:37	09:59	09:43	09:41	09:12	5:47 min/km
226	749	Brünker Marc	*Leverkusen	1:01:49	2003	MU12	5	1:02:37	10:44	09:59	09:59	09:59	10:27	09:55	5:47 min/km
227	1128	Schunk Martin	Brennpunkt	1:01:49	1971	M40	38	1:02:37	10:42	09:59	09:59	10:00	10:26	09:55	5:47 min/km
228	856	Haupt Willi	*Leverkusen	1:01:50	1954	M55	12	1:03:35	09:25	10:34	09:55	11:04	10:15	09:54	5:47 min/km
229	1003	Michels Tobias	*Köln	1:01:51	1983	M30	41	1:03:03	09:50	09:31	10:08	10:26	10:55	10:14	5:47 min/km
230	701	Beisiegel Sven	*Bergisch Gladbach	1:01:53	1983	M30	42	1:02:58	11:44	10:02	08:07	08:04	10:59	12:02	5:48 min/km
231	977	Linde Frank	Laufburschen	1:01:57	1975	M35	36	1:03:18	10:13	09:58	10:14	10:15	10:09	10:22	5:48 min/km
232	781	Dunker Björn	DKV	1:01:58	1970	M40	39	1:03:08	10:35	10:32	10:22	09:52	10:03	09:47	5:48 min/km
233	503	Nejad René	*Köln	1:02:01	1978	M35	37	1:03:06	10:46	10:38	10:47	10:52	11:04	07:12	5:48 min/km
234	611	Solzbach Dirk	*Lippstadt	1:02:13	1976	M35	38	1:04:04	10:53	10:18	10:14	10:26	10:22	09:19	5:50 min/km
235	302	Buttrey Rich	Mach3 Köln E.V.	1:02:14	1965	M45	26	1:03:12	10:48	10:16	10:36	10:06	09:56	09:43	5:50 min/km
236	609	Sippach Benjamin	*Neunkirchen-Seelscheid	1:02:15	1980	M30	43	1:03:45	10:26	09:55	10:14	10:19	10:33	10:00	5:50 min/km
237	830	Gilles Patric	*Bad Neuenahr-Ahrweiler	1:02:16	1989	MHK	45	1:03:11	10:31	09:56	10:17	10:37	10:24	09:48	5:50 min/km
238	484	Melcher Maximilian	*Köln	1:02:18	1981	M30	44	1:03:11	10:38	10:12	10:02	10:11	10:29	09:56	5:50 min/km
239	882	Hüwe Jérôme	The Running Jars	1:02:26	1994	MU20	4	1:03:12	11:06	10:13	10:16	10:27	10:14	09:25	5:51 min/km
240	811	Forsch Axel	The Running Jars	1:02:29	1994	MU20	5	1:03:12	11:09	10:13	10:17	10:26	10:13	09:26	5:51 min/km
241	1223	Wilhelm Dr. Patrick	*Köln	1:02:29	1978	M35	39	1:04:06	10:20	09:50	09:52	10:23	10:36	10:39	5:51 min/km
242	1196	Vennen Matti	*Köln	1:02:30	2002	MU12	6	1:02:49	11:09	10:38	10:15	10:14	10:04	09:27	5:51 min/km
243	508	Nijmeijer Marten	LT Dünwalder TV	1:02:33	1958	M55	13	1:03:28	11:29	10:17	10:11	09:47	10:01	09:55	5:51 min/km
244	934	Köhl Andreas	*Köln	1:02:41	1969	M40	40	1:02:55	09:59	09:57	10:20	10:39	10:37	10:23	5:52 min/km
245	1111	Schoor Carsten	*Köln	1:02:41	1973	M40	41	1:02:56	09:57	09:59	10:21	10:34	10:40	10:21	5:52 min/km
246	802	Festersen Kai	*Köln	1:02:43	1976	M35	40	1:03:11	10:10	10:06	09:46	10:59	10:42	10:14	5:52 min/km
247	525	Paszek Christian	*Köln	1:02:46	1958	M55	14	1:03:17	10:01	09:58	10:11	10:37	10:39	10:29	5:53 min/km
248	855	Haupt Willi	*Leverkusen	1:02:56	1954	M55	15	1:04:42	10:22	10:13	10:35	10:46	10:51	09:21	5:54 min/km
249	903	Kaiser Lukas	*Köln	1:02:57	1981	M30	45	1:04:41	10:22	09:34	09:54	10:56	11:02	10:23	5:54 min/km
250	278	Birkenfeld Dr. Florian	Wusniki	1:03:03	1975	M35	41	1:04:37	10:58	10:16	10:07	10:09	10:15	10:26	5:54 min/km
251	767	De Jongh Nils	O-Run Utans	1:03:18	1987	MHK	46	1:04:45	10:45	08:58	09:11	09:50	10:08	09:44	5:56 min/km
252	689	Aulbur Richard	BSG/DEVK	1:03:20	1970	M40	42	1:04:22	11:37	10:57	11:25	11:27	08:39	08:28	5:56 min/km
253	693	Barion Rene	*Köln	1:03:29	1968	M45	27	1:04:19	10:22	10:15	10:19	10:24	10:43	10:36	5:57 min/km
254	998	Meßner Udo	Kreissparkasse Köln	1:03:30	1958	M55	16	1:03:42	10:39	10:35	10:36	10:35	10:33	09:53	5:57 min/km
255	841	Gründel Stefan	*Köln	1:03:46	1981	M30	46	1:04:40	11:24	10:47	10:50	10:17	10:03	09:33	5:58 min/km
256	504	Nettersheim-Meyer	*Leverkusen	1:03:46	1960	M50	16	1:05:16	11:43	10:51	11:01	10:53	09:48	08:44	5:58 min/km
257	422	Kegler Tobias	*Köln	1:03:50	1983	M30	47	1:04:57	09:58	10:29	10:22	10:42	10:35	10:57	5:59 min/km
258	623	Sukra Mark	1. FC Köln	1:04:01	1980	M30	48	1:05:13	11:13	10:27	10:20	10:29	10:47	09:57	5:60 min/km
259	653	Weippert Matthias	*Köln	1:04:03	1968	M45	28	1:05:49	11:31	10:32	10:17	10:22	10:20	10:16	5:60 min/km
260	1289	Uhler Christian		1:04:07	1987	MHK	47	1:04:37	11:16	10:59	11:12	10:04	10:13	09:29	6:00 min/km
261	752	Bülow Gilles	*Wuppertal	1:04:18	1981	M30	49	1:06:13	10:14	10:18	10:44	10:51	11:00	10:27	6:01 min/km
262	647	Weber Klaus	*Pulheim	1:04:33	1963	M50	17	1:04:56	10:44	10:22	10:59	11:18	10:36	09:49	6:03 min/km
263	589	Schorn Georg	Bon Secours Kamerun	1:04:34	1958	M55	17	1:05:38	11:41	10:38	10:37	10:36	10:35	09:37	6:03 min/km
264	489	Meyer Nicolas	Bon Secours	1:04:34	1960	M50	18	1:05:38	11:42	10:38	10:37	10:36	10:35	09:37	6:03 min/km
265	798	Exner Dietrich	*Köln	1:04:45	1950	M60	6	1:05:22	10:18	10:16	10:34	10:46	10:59	11:03	6:04 min/km
266	1279	Krieger Christian	Laufende Nasen	1:04:49	1990	MHK	48	1:06:31	10:57	10:06	10:26	11:10	11:09	10:19	6:04 min/km
267	1278	Ernst Markus	Lauffreunde Nasen	1:04:53	1974	M35	42	1:06:32	10:55	10:05	10:27	11:11	11:08	10:19	6:05 min/km
268	762	Claussen Carsten	*Hürth	1:04:54	1969	M40	43	1:06:01	10:31	10:45	10:50	11:03	10:52	10:09	6:05 min/km
269	478	Mahlberg Dr. Markus	*Hürth	1:05:03	1967	M45	29	1:06:15	12:43	12:05	10:11	09:58	09:56	09:20	6:06 min/km
270	1139	Siemes Robert	*Düsseldorf	1:05:04	1967	M45	30	1:07:07	11:25	10:40	10:30	10:25	10:49	10:35	6:06 min/km
271	742	Braun Matthias	Thelen-Architekten	1:05:08	1988	MHK	49	1:06:24	10:59	10:33	10:32	10:40	10:48	10:50	6:06 min/km
272	775	Doering Holger	*Dortmund	1:05:14	1982	M30	50	1:07:09	11:15	10:30	11:04	11:15	11:06	09:18	6:07 min/km
273	676	Zitzen Bernd	LT Schneewittchen	1:05:15	1955	M55	18	1:06:03	11:18	10:46	10:44	10:37	10:48	10:10	6:07 min/km
274	870	Heyne Dr. Maximilian	BSG DEVK KÖLN	1:05:15	1982	M30	51	1:06:45	12:20	11:04	10:43	10:24	10:28	09:27	6:07 min/km
275	438	Köhler Dr. Clemens	*Köln	1:05:16	1980	M30	52	1:06:18	11:37	09:59	10:28	10:49	11:08	10:27	6:07 min/km
276	1195	Vennen Luca Leonard	*Köln	1:05:21	1999	MU16	1	1:05:39	11:17	11:09	10:43	10:42	10:38	10:12	6:07 min/km
277	1117	Schuckel Prof. Dr.	*Hürth	1:05:25	1966	M45	31	1:05:59	10:01	10:19	10:46	11:10	11:18	10:57	6:08 min/km
278	1093	Schmitz Kevin	*Bonn	1:05:29	1989	MHK	50	1:07:23	12:16	11:02	10:25	10:25	10:18	10:15	6:08 min/km
279	595	Schüren Andreas	Running Elements	1:05:31	1980	M30	53	1:06:59	12:11	10:59	10:46	10:48	10:46	09:12	6:08 min/km
280	939	Körner Carsten	Spartak Statistik Uni Köln	1:05:37	1979	M30	54	1:06:50	10:25	09:40	10:06	11:08	11:25	12:01	6:09 min/km
281	1000	Metzemacher Philipp	Petőfi Runners	1:05:37	1982	M30	55	1:06:59	11:54	10:45	10:30	10:52	10:54	09:52	6:09 min/km

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282	315	Drossard Manuel	Petöfi Runners	1:05:38	1977	M35	43	1:06:57	11:52	10:47	10:30	10:43	11:01	09:54	6:09 min/km
283	1321	Melzemacher Heinrich	Petofi-Runners	1:05:40	1953	M60	7	1:06:58	11:54	10:43	10:33	10:52	10:52	09:58	6:09 min/km
284	490	Minnich Holger	Reifendienst West	1:05:42	1969	M40	44	1:06:42	11:39	10:57	10:59	10:46	10:55	09:40	6:09 min/km
285	598	Schumacher Jan	Petöfi Runners	1:05:42	1977	M35	44	1:07:00	11:53	10:38	10:41	10:41	11:01	09:58	6:09 min/km
286	285	Borkowski Gregor	*Bonn	1:05:49	1979	M30	56	1:06:08	10:28	10:35	10:45	10:58	11:07	11:08	6:10 min/km
287	1130	Schwarz Tobias	O-Run Utans	1:05:50	1989	MHK	51	1:07:18	12:41	11:28	10:57	10:31	09:49	09:31	6:10 min/km
288	362	Hach Ulrich	*Köln	1:05:59	1958	M55	19	1:07:54	11:52	10:50	10:44	10:44	10:48	10:15	6:11 min/km
289	310	Diel Prof. Dr. Patrick	*Pulheim	1:06:00	1963	M50	19	1:06:54	11:49	11:18	13:21	11:50	08:38	08:16	6:11 min/km
290	1142	Simon Lukas	*Köln	1:06:01	1983	M30	57	1:07:00	11:27	10:45	10:50	10:35	10:40	10:53	6:11 min/km
291	286	Bornemann Christian	*Leichlingen	1:06:38	1982	M30	58	1:08:01	11:24	10:22	10:39	10:47	11:01	11:32	6:14 min/km
292	287	Bornemann Ludwig	*Pulheim	1:06:38	1958	M55	20	1:08:01	11:24	10:22	10:39	10:47	11:01	11:32	6:14 min/km
293	1063	Remarque Pascal	*Köln	1:06:41	1985	MHK	52	1:07:17	10:47	10:42	10:53	11:10	11:15	11:05	6:15 min/km
294	1280	Piontkowitz Nicolas		1:06:55	1982	M30	59	1:07:30	11:05	11:25	11:24	11:24	11:06	09:41	6:16 min/km
295	277	Biewer Christian	Running Elements	1:07:00	1983	M30	60	1:08:28	12:11	10:59	10:45	10:48	10:46	10:39	6:16 min/km
296	374	Hauser Marco	*Bergisch Gladbach	1:07:08	1990	MHK	53	1:07:45	11:05	11:24	11:24	11:25	11:04	09:59	6:17 min/km
297	377	Hedwig Thomas	*Köln	1:07:11	1989	MHK	54	1:09:08	09:43	09:42	09:24	09:29	09:38	09:25	6:17 min/km
298	827	Geyer Maximilian	*Leverkusen	1:07:27	2005	MU10	1	1:08:15	10:42	10:29	10:06	10:32	12:14	12:40	6:19 min/km
299	546	Rath Thorsten	*Much	1:07:29	1984	MHK	55	1:08:04	11:06	11:24	11:24	11:26	11:03	10:17	6:19 min/km
300	1304	Schneider Stephan		1:07:43	1972	M40	45	1:08:32	11:13	10:47	11:21	11:16	11:16	11:03	6:20 min/km
301	1132	Secen Silvio	*Leverkusen	1:07:44	1981	M30	61	1:09:10	12:07	11:35	11:31	11:04	10:45	09:57	6:21 min/km
302	506	Neukirchen Dirk	TuS 82 Opladen	1:07:49	1966	M45	32	1:08:29	10:20	08:08	08:09	07:57	08:19	08:11	6:21 min/km
303	1150	Spletstösser Domenic	*Leverkusen	1:08:05	2003	MU12	7	1:08:53	10:43	10:28	10:05	10:32	12:14	13:14	6:23 min/km
304	1219	Wettin Simon	*Leverkusen	1:08:05	2003	MU12	8	1:08:53	10:41	09:33	09:47	10:46	13:15	13:14	6:23 min/km
305	381	Henke Thorsten	*Köln	1:08:08	1975	M35	45	1:09:21	11:30	11:05	11:01	11:07	11:14	11:22	6:23 min/km
306	1179	Thye Wolfgang	*Köln	1:08:13	1959	M50	20	1:08:21	11:17	10:22	10:45	11:21	11:42	11:57	6:23 min/km
307	1306	Esser Stefan		1:08:26	1975	M35	46	1:08:51	10:54	10:39	11:06	12:04	11:45	11:10	6:25 min/km
308	1305	Ruhl Jenns		1:08:27	1975	M35	47	1:08:51	10:54	10:38	11:06	12:05	11:45	11:09	6:25 min/km
309	790	Emmerich Florian	Flotte Gazellen	1:08:35	1982	M30	62	1:08:52	11:38	10:57	11:19	11:14	11:19	11:18	6:25 min/km
310	805	Fischer Marco	Team	1:08:36	1990	MHK	56	1:09:02	11:34	10:21	10:33	12:17	11:23	11:37	6:25 min/km
311	1079	Schacht Michael	*Köln	1:08:37	1976	M35	48	1:09:56	11:04	10:29	11:00	11:14	11:51	12:03	6:25 min/km
312	1049	Plock Frank	*Köln	1:08:45	1963	M50	21	1:10:13	12:07	11:21	11:03	10:57	11:02	11:21	6:26 min/km
313	772	Dietrich Andreas	Team Stinkes & Elli	1:08:46	1964	M45	33	1:10:32	12:22	11:45	11:07	11:09	10:57	10:34	6:26 min/km
314	510	Oberbörsch Achim	*Bergisch Gladbach	1:08:50	1964	M45	34	1:10:13	12:08	11:23	11:02	10:57	11:02	11:22	6:27 min/km
315	678	Achenbach Klaus	*Hürth	1:09:02	1966	M45	35	1:11:01	12:31	12:33	12:12	11:49	09:36	09:33	6:28 min/km
316	615	Steinbach Ralf	Die Genußläufer	1:09:18	1956	M55	21	1:11:06	12:10	11:30	11:05	11:11	11:26	11:02	6:29 min/km
317	835	Gonzo-Hanke Daniel	The running Muppets	1:09:19	1976	M35	49	1:11:08	11:45	11:21	11:26	11:18	11:25	11:16	6:29 min/km
318	662	Wirz Michael	kalaydo.de	1:09:30	1962	M50	22	1:10:44	11:51	11:38	11:38	11:16	11:19	10:58	6:30 min/km
319	542	Pütz Patrick	*Köln	1:10:03	1980	M30	63	1:12:01	12:27	11:14	11:16	11:32	11:37	11:13	6:34 min/km
320	350	Gleich Thomas	BSG Beitragservice	1:11:23	1969	M40	46	1:12:46	12:55	13:17	13:56	11:21	09:46	09:17	6:41 min/km
321	994	Maucher Matthias	*Köln	1:11:27	1980	M30	64	1:13:19	12:18	12:12	11:37	11:43	11:34	11:12	6:41 min/km
322	519	Ott Michael	Tierfreunde	1:11:36	1952	M60	8	1:12:33	12:41	13:52	10:39	11:07	11:28	10:56	6:42 min/km
323	952	Kreutz Florian	*Köln	1:11:37	2002	MU12	9	1:12:27	13:23	12:14	11:35	11:42	11:38	10:14	6:42 min/km
324	819	Fritze Mika	*Köln	1:11:37	2001	MU14	3	1:12:27	13:23	12:13	11:36	11:42	11:38	10:14	6:42 min/km
325	339	Fritze Ralph	*Köln	1:11:41	1969	M40	47	1:12:31	13:23	12:13	11:36	11:43	11:37	10:17	6:43 min/km
326	963	Lauscher Jan	*Köln	1:11:41	1971	M40	48	1:12:16	12:25	13:22	13:21	10:15	10:41	10:42	6:43 min/km
327	628	Tietze Max	*Köln	1:12:09	1950	M60	9	1:13:07	11:41	11:36	11:51	12:08	12:20	11:42	6:45 min/km
328	712	Biatour Patrick	*Köln	1:12:20	1980	M30	65	1:13:25	12:07	11:27	11:53	12:07	11:42	12:17	6:46 min/km
329	1184	Tischner Robert	*Köln	1:12:24	1962	M50	23	1:13:27	12:34	12:01	11:52	11:46	11:50	11:27	6:47 min/km
330	423	Keller Günter	Stalking Cheetahs	1:12:24	1959	M50	24	1:13:36	12:02	11:34	11:41	11:59	12:10	12:06	6:47 min/km
331	380	Helms Björn	*Bonn	1:13:16	1982	M30	66	1:14:24	13:01	12:31	11:47	11:43	11:44	11:35	6:52 min/km
332	588	Scholl Ronny	*Wermelskirchen	1:13:46	1979	M30	67	1:15:01	11:56	11:54	12:02	12:27	12:25	12:12	6:54 min/km
333	663	Wolfgarten Marco	Herzlauf-Hilden.de	1:14:29	1974	M35	50	1:16:11	12:18	11:30	11:57	12:09	13:15	12:26	6:58 min/km
334	597	Schulz Joachim	*Hennef	1:14:53	1956	M55	22	1:16:20	12:12	12:00	12:16	12:43	12:41	12:07	7:01 min/km
335	883	Hufschmidt Hendrik	*Köln	1:15:35	1979	M30	68	1:16:41	11:53	11:34	12:13	13:14	13:19	12:29	7:05 min/km
336	498	Müller Rene	*Niederkassel	1:15:56	1989	MHK	57	1:17:32	08:47	08:44	08:57	09:23	09:52	09:58	7:07 min/km
337	449	Küpper Michael	*Rommerskirchen	1:17:39	1961	M50	25	1:18:59	13:17	12:29	13:01	12:45	14:11	11:07	7:16 min/km
338	429	Kietschka Micha	*Köln	1:17:39	1960	M50	26	1:19:04	12:50	12:54	12:51	13:00	12:54	12:17	7:16 min/km

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339	522	Otten Wolfgang	JVA-Rheinbach	1:17:43	1961	M50	27	1:19:29	12:03	11:19	11:15	11:16	10:40	10:43	7:17 min/km
340	950	Krest Alexander	Running Elements	1:18:26	1984	MHK	58	1:19:52	13:07	12:55	12:42	12:56	13:10	12:40	7:21 min/km
341	828	Ghorban Farhad	*Köln	1:18:51	1979	M30	69	1:20:51	13:02	13:09	13:13	12:55	13:07	12:38	7:23 min/km
342	792	Engelbrecht Jörg	*Bergisch Gladbach	1:20:04	1974	M35	51	1:21:10	12:17	11:48	13:13	13:35	14:03	14:10	7:30 min/km
343	1188	Tubis Robert	CoGAP	1:23:47	1979	M30	70	1:24:19	12:07	13:30	14:28	14:22	14:29	13:54	7:51 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1486	Koubaa Sanaa	LG Stadtwerke Hilden	0:38:53	1985 WHK	1	0:38:56	06:18 06:23 06:32 06:23 06:30 06:19	3:39 min/km
2	420	Kaufmann Anja	BSG/DEVK	0:41:53	1969 W40	1	0:41:53	06:37 06:50 07:00 06:57 06:59 06:58	3:55 min/km
3	328	Eschweiler Marion	TSV Weiss-Köln	0:42:41	1972 W40	2	0:42:43	06:39 06:55 07:05 07:16 07:11 07:05	3:60 min/km
4	458	Lennartz Birgit	LLG St. Augustin	0:43:46	1965 W45	1	0:43:49	07:13 07:23 07:11 07:13 07:08 07:05	4:06 min/km
5	400	Jansen Nicole	*Köln	0:46:19	1974 W35	1	0:47:06	07:55 07:29 07:34 07:36 07:37 07:26	4:20 min/km
6	624	Szameitat Larissa Birgit	*Bornheim	0:46:41	1990 WHK	2	0:46:46	06:48 07:22 08:25 07:46 08:00 07:48	4:22 min/km
7	467	Lindzus Michaela	Thelen-Architekten	0:47:14	1968 W45	2	0:47:16	07:17 07:40 07:58 07:58 08:00 07:50	4:25 min/km
8	455	Lakämper Miriam	*Köln	0:47:21	1982 W30	1	0:47:24	07:36 07:51 07:50 07:48 07:52 07:51	4:26 min/km
9	660	Wippich Sara	Team Erdinger Alkoholfrei	0:48:39	1984 WHK	3	0:48:45	07:35 07:49 08:01 08:10 08:19 08:11	4:33 min/km
10	462	Lichter Eva	*Leverkusen	0:48:51	1968 W45	3	0:48:58	07:51 07:57 08:02 08:07 08:12 08:03	4:34 min/km
11	477	Macherey-Diese Silke	*Leverkusen	0:49:05	1966 W45	4	0:49:10	07:42 07:54 08:04 08:15 08:17 08:18	4:36 min/km
12	1183	Timmermann Hella	Die Mädels vom Ponyhof	0:50:48	1983 W30	2	0:52:43	09:16 08:11 08:14 08:13 08:17 07:58	4:45 min/km
13	582	Schmidt Tanja	Die flotten Gazellen	0:50:52	1976 W35	2	0:51:07	08:06 08:18 08:43 08:30 08:26 08:08	4:46 min/km
14	464	Liebrich Simone	Dreamteam	0:51:05	1966 W45	5	0:51:16	08:10 08:25 08:23 08:23 08:31 08:33	4:47 min/km
15	1071	Roos Bianca	*Lautzenbrücken	0:51:43	1975 W35	3	0:52:32	08:57 08:09 08:25 08:31 08:34 08:25	4:51 min/km
16	537	Prescha Kristiane	Köln läuft!	0:51:50	1967 W45	6	0:52:14	08:11 08:24 08:36 08:43 08:44 08:31	4:51 min/km
17	547	Redeker Bianca	*Köln	0:52:52	1979 W30	3	0:53:35	08:41 08:33 08:52 08:45 08:41 08:32	4:57 min/km
18	567	Schäfer Daniela	*Köln	0:53:07	1977 W35	4	0:53:57	08:55 08:34 08:47 08:45 08:45 08:34	4:58 min/km
19	921	Kleffner Christine	*Pulheim	0:53:09	1986 WHK	4	0:53:17	08:01 08:44 08:43 09:10 09:13 08:43	4:59 min/km
20	259	Baal Marlies	*Köln	0:54:05	1967 W45	7	0:54:18	08:25 08:35 08:54 09:01 09:16 09:10	5:04 min/km
21	1102	Schneider Silke	*Bergheim	0:54:13	1985 WHK	5	0:54:38	09:12 08:42 08:52 08:47 09:02 08:53	5:05 min/km
22	303	Caspers Diana	TV Flittard	0:54:37	1980 W30	4	0:54:51	09:51 08:59 09:09 09:02 08:38 08:15	5:07 min/km
23	893	Jerichow Vero	FlitzerBlitzer	0:54:40	1980 W30	5	0:55:24	08:45 08:33 09:24 09:04 09:12 08:56	5:07 min/km
24	480	Mattheus Anita	Team Mattheus	0:54:48	1967 W45	8	0:54:58	08:44 08:53 09:01 09:08 09:11 09:11	5:08 min/km
25	348	Gierra Dorothea	ASV Köln Team 42	0:54:49	1975 W35	5	0:55:15	09:16 09:10 09:07 08:56 09:01 08:35	5:08 min/km
26	379	Heinrichs Johanna	*Köln	0:54:52	1988 WHK	6	0:55:15	08:19 08:26 08:51 09:18 09:40 09:33	5:08 min/km
27	1172	Thelen Sylvia	*Köln	0:55:06	1978 W35	6	0:55:28	09:08 09:21 09:18 09:08 08:45 08:42	5:10 min/km
28	535	Ploog Jennifer	*Köln	0:55:12	1984 WHK	7	0:55:17	08:39 08:46 09:05 09:19 09:23 09:21	5:10 min/km
29	388	Hoberg Simone	Cologne Flittard Runners	0:55:17	1972 W40	3	0:55:38	08:59 08:58 09:06 09:11 09:11 09:11	5:11 min/km
30	260	Bachem Elisa	Robeeko-Racing-Team	0:55:28	1981 W30	6	0:56:19	10:11 08:47 08:47 08:52 09:05 08:59	5:12 min/km
31	1487	Nöthgen Sabrina		0:55:31	1982 W30	7	0:55:47	08:27 08:39 09:05 09:22 09:44 09:35	5:12 min/km
32	901	Kaatz Miriam	Kreissparkasse Köln	0:55:36	1981 W30	8	0:55:49	09:10 08:58 09:16 09:30 09:16 08:45	5:12 min/km
33	492	Mohrmann Follow Holloway	Der Elf und seine Freunde	0:55:48	1970 W40	4	0:56:08	09:18 08:57 09:06 09:30 09:15 08:57	5:14 min/km
34	1036	Orth Jannine	*Alfter	0:55:50	1974 W35	7	0:55:56	09:02 09:05 09:19 09:18 09:19 09:07	5:14 min/km
35	421	Kawaters Sandra	*Köln	0:55:52	1972 W40	5	0:56:27	09:21 08:57 09:04 09:11 09:19 09:15	5:14 min/km
36	862	Heinen Anna	*Köln	0:56:12	1988 WHK	8	0:56:43	08:58 08:54 09:21 09:36 09:34 09:02	5:16 min/km
37	333	Förster Saskia	RTK Germania	0:56:35	1968 W45	9	0:57:35	09:45 09:38 09:10 09:04 09:16 08:53	5:18 min/km
38	552	Renk-Geier Daniela	*Köln	0:56:37	1972 W40	6	0:57:14	09:14 09:05 09:24 09:35 09:30 09:07	5:18 min/km
39	1206	Waßmann Meike	*Köln	0:56:40	1982 W30	9	0:57:28	08:53 08:39 09:09 09:39 09:46 09:48	5:18 min/km
40	1107	Schönwald Bozena	*Neunkirchen-Seelscheid	0:57:10	1974 W35	8	0:57:37	09:38 09:09 09:18 09:28 09:38 09:09	5:21 min/km
41	954	Krings Rebecca	*Bonn	0:57:30	1979 W30	10	0:58:05	10:52 10:06 09:23 09:35 09:00 07:43	5:23 min/km
42	967	Lenz Stefanie	*Köln	0:58:17	1980 W30	11	0:58:41	10:13 09:28 09:24 09:32 09:38 09:14	5:27 min/km
43	338	Friedrichs Claus	*Köln	0:58:17	1967 W45	10	0:58:41	10:13 09:30 09:22 09:32 09:38 09:14	5:28 min/km
44	327	Erpenbach-Philipp Marlies	Erdmännchen	0:58:27	1954 W55	1	0:59:49	10:30 09:30 09:22 09:26 09:32 09:17	5:28 min/km
45	399	Jansen Beate	*Köln	0:58:31	1962 W50	1	0:58:45	10:28 09:13 09:37 09:34 09:31 09:25	5:29 min/km
46	1215	Weiland Olga	*Köln	0:58:33	1983 W30	12	0:59:53	10:15 09:13 09:27 09:38 09:36 09:33	5:29 min/km
47	1053	Poetschulat Anja	*Frechen	0:58:38	1984 WHK	9	1:00:34	10:30 09:21 09:32 09:28 09:41 09:22	5:29 min/km
48	1193	Van Krevel	*Rahden	0:58:57	1993 WHK	10	0:59:42	09:40 09:22 09:49 09:57 09:49 09:30	5:31 min/km
49	844	Hackmann Stefanie	*Köln	0:59:14	1985 WHK	11	1:01:06	10:53 09:14 09:28 09:40 09:42 09:31	5:33 min/km
50	418	Kassel Julia	*Köln	0:59:20	1982 W30	13	1:00:10	11:32 09:54 09:02 09:18 09:24 09:22	5:33 min/km
51	1166	Stracke Denise	Sportfreunde Siegen	0:59:22	1983 W30	14	1:00:39	09:42 08:46 09:06 09:34 09:50 11:32	5:34 min/km
52	393	Hübner Inna	Verein vom Rhein	0:59:24	1983 W30	15	1:00:27	10:41 10:08 09:47 09:08 09:40 09:14	5:34 min/km
53	1161	Stern Daniela	BSG/DEVK	0:59:52	1981 W30	16	1:00:30	10:19 09:40 09:45 09:58 09:44 09:39	5:36 min/km



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54	1181	Timm Daniela	*Kürten	1:00:02	1972	W40	7	1:01:13	10:36	09:55	09:46	09:37	09:46	09:32	5:37 min/km
55	1070	Rohmer Rebecca	*Köln	1:00:17	1992	WHK	12	1:00:30	09:53	09:48	09:43	10:02	10:03	10:04	5:39 min/km
56	404	Juchem Maria	Das Habel Lernzentrum	1:00:18	1982	W30	17	1:00:45	09:52	09:42	09:58	10:17	10:15	09:28	5:39 min/km
57	440	Kohn Andrea	*Köln	1:00:21	1975	W35	9	1:00:37	09:58	09:46	09:47	09:55	10:07	10:03	5:39 min/km
58	387	Hillenberg Kerstin	*Köln	1:00:26	1965	W45	11	1:01:27	09:49	09:35	09:48	10:02	10:13	10:08	5:40 min/km
59	809	Folkmann Annalena	Die Mädels vom Ponyhof	1:00:32	1980	W30	18	1:02:27	10:50	10:06	09:51	10:01	09:46	09:12	5:40 min/km
60	1281	Mülders Jara		1:00:33	1980	W30	19	1:00:54	09:59	09:54	10:09	10:23	09:57	09:25	5:40 min/km
61	649	Weber Ulrike	*Pulheim	1:00:34	1965	W45	12	1:00:56	09:17	09:55	09:48	10:05	10:23	10:23	5:40 min/km
62	1068	Rössel Alexandra	*Dormagen	1:00:42	1999	WU16	1	1:01:44	11:13	09:42	09:13	09:36	10:16	09:51	5:41 min/km
63	899	Jurastova Maria	*Köln	1:00:46	1985	WHK	13	1:00:53	09:30	09:36	10:00	10:25	10:20	10:15	5:41 min/km
64	271	Beer Susanne	*KÖLN	1:00:51	1981	W30	20	1:01:14	11:58	09:26	09:46	09:28	09:56	09:27	5:42 min/km
65	619	Stirnat Kathrin	Running Elements	1:01:15	1985	WHK	14	1:02:40	10:20	09:51	09:50	09:59	10:06	10:20	5:44 min/km
66	645	Walz Anja	*Köln	1:01:16	1973	W40	8	1:02:13	10:01	09:48	10:04	10:09	10:08	10:13	5:44 min/km
67	635	Voetz Eva	*Leverkusen	1:01:20	1972	W40	9	1:02:12	10:34	09:58	09:56	10:07	10:12	09:44	5:45 min/km
68	565	Sauren Dr. Manuela	*Troisdorf	1:01:33	1967	W45	13	1:01:42	10:16	10:13	09:55	10:02	10:06	10:19	5:46 min/km
69	424	Kelter Monika	*Hürth-Fischenich	1:01:36	1962	W50	2	1:03:25	11:36	10:29	10:02	09:46	09:36	09:21	5:46 min/km
70	495	Monschau Svenja	*Bonn	1:01:39	1989	WHK	15	1:02:11	10:22	10:05	10:05	10:11	10:09	09:55	5:46 min/km
71	545	Rath Nadine	*Köln	1:01:41	1978	W35	10	1:02:11	10:01	10:12	10:04	10:25	10:11	09:57	5:47 min/km
72	587	Schnitzler Patricia	LLG 80 Nordpark köln	1:01:56	1959	W50	3	1:02:10	09:49	10:06	10:01	10:12	10:28	10:32	5:48 min/km
73	1225	Wille Marion	*Köln	1:02:05	1971	W40	10	1:02:45	10:50	10:22	10:01	10:02	10:06	09:55	5:49 min/km
74	562	Sander Anna	*Bad Neuenahr-Ahrweiler	1:02:15	1990	WHK	16	1:03:10	10:32	09:56	10:17	10:37	10:23	09:47	5:50 min/km
75	1209	Weber Katrin	*Köln	1:02:17	1985	WHK	17	1:03:10	10:39	10:13	10:02	10:11	10:29	09:56	5:50 min/km
76	906	Kares Désirée	Fix & Foxi	1:02:22	1992	WHK	18	1:02:51	09:37	09:47	10:09	10:45	11:06	10:15	5:50 min/km
77	626	Thelen Pia	Thelen-Architekten	1:02:27	1964	W45	14	1:03:42	10:22	09:58	10:08	10:28	10:34	10:12	5:51 min/km
78	1019	Schütten Simone	The Running Jars	1:02:29	1994	WU20	1	1:03:12	11:10	10:13	10:17	10:25	10:13	09:26	5:51 min/km
79	648	Weber Luise	*Bonn	1:02:32	1950	W60	1	1:02:38	09:46	10:03	10:19	10:20	11:09	10:16	5:51 min/km
80	1073	Roye Henriette	*Köln	1:02:36	1979	W30	21	1:03:34	10:23	10:07	10:12	10:26	10:23	10:14	5:52 min/km
81	1216	Wein Verena	*Köln	1:02:39	1979	W30	22	1:03:24	10:56	10:02	10:03	10:16	10:11	10:24	5:52 min/km
82	1007	Monix Mechthild	Laktatkönige	1:02:54	1967	W45	15	1:03:09	10:06	10:25	10:37	10:21	10:36	10:06	5:53 min/km
83	373	Haus Sabrina	*Köln	1:02:57	1981	W30	23	1:04:41	10:23	09:34	09:54	10:56	11:02	10:22	5:54 min/km
84	292	Brinker Nina	*Köln	1:03:02	1976	W35	11	1:04:26	10:59	10:11	10:06	10:18	10:22	10:15	5:54 min/km
85	279	Birkenfeld Mascha	*Köln	1:03:02	1976	W35	12	1:04:37	10:58	10:15	10:07	10:09	10:15	10:25	5:54 min/km
86	526	Peters Bernadette	*Frechen	1:03:03	1962	W50	4	1:04:13	11:53	10:10	10:05	10:01	10:11	09:53	5:54 min/km
87	916	Kirchner Sabrina	BSG DEVK Köln	1:03:24	1984	WHK	19	1:03:39	09:30	10:13	10:27	10:23	11:00	11:05	5:56 min/km
88	1050	Plock Kerstin	*Köln	1:03:24	1965	W45	16	1:04:50	12:08	10:57	10:43	09:37	09:35	09:34	5:56 min/km
89	1302	Keller Annika		1:03:46	1979	W30	24	1:04:40	11:24	10:47	10:50	10:17	10:03	09:32	5:58 min/km
90	505	Neuhaus Tanja	*Arnsberg	1:03:47	1971	W40	11	1:04:51	11:17	10:27	10:16	10:19	10:24	10:14	5:58 min/km
91	642	Wachten Anne	*Hürth	1:03:48	1980	W30	25	1:04:18	10:11	10:11	10:29	10:42	10:46	10:38	5:58 min/km
92	1047	Pitzschel Janette	*Darmstadt	1:04:08	1988	WHK	20	1:04:14	10:40	10:23	10:32	10:53	10:50	09:51	6:00 min/km
93	714	Billetter Carolin	*Köln	1:04:31	1973	W40	12	1:05:26	11:29	10:50	11:00	09:55	10:17	10:13	6:03 min/km
94	627	Thoma Nicole Nadine	*Meckenheim	1:04:46	1992	WHK	21	1:05:39	10:39	10:15	10:54	10:52	11:00	10:19	6:04 min/km
95	1055	Probst Nadine	*Bonn	1:05:08	1987	WHK	22	1:05:45	10:43	10:16	10:25	10:52	11:01	11:00	6:06 min/km
96	561	Sand Nina	*Bonn	1:05:09	1988	WHK	23	1:05:45	10:44	10:15	10:25	10:52	10:59	11:03	6:06 min/km
97	1173	Thews Jessica	*Alfter	1:05:13	1981	W30	26	1:06:40	12:20	10:46	10:31	10:30	10:22	09:53	6:06 min/km
98	1154	Stegmann Ulrike	*Köln	1:05:15	1964	W45	17	1:05:22	11:18	10:24	10:37	10:41	10:40	10:49	6:07 min/km
99	528	Peters Elke	*Frechen	1:05:20	1965	W45	18	1:06:31	11:50	10:46	10:25	10:33	10:19	10:38	6:07 min/km
100	1023	Neukirchen Barbara	TuS 82 Opladen	1:05:25	1967	W45	19	1:06:05	10:21	10:14	10:31	10:58	11:03	11:23	6:08 min/km
101	290	Braun Sarah	Los animalos	1:05:29	1978	W35	13	1:07:23	12:15	11:03	10:25	10:25	10:19	10:15	6:08 min/km
102	674	Zimmermann Carmen	*Köln	1:05:32	1976	W35	14	1:06:36	10:47	10:38	10:47	10:52	11:04	10:34	6:08 min/km
103	959	Kuschel Andrea	*Köln	1:05:32	1979	W30	27	1:06:54	12:03	11:24	11:45	09:40	10:01	09:49	6:08 min/km
104	999	Metzemacher Lisa	Petöfi-Runners	1:05:37	1984	WHK	24	1:06:56	11:53	10:46	10:32	10:50	10:53	09:53	6:09 min/km
105	487	Metzemacher Sabine	*Köln	1:05:39	1979	W30	28	1:06:57	11:53	10:37	10:39	10:52	10:52	09:54	6:09 min/km
106	1013	Müller Janine	*Köln	1:05:48	1987	WHK	25	1:07:05	12:04	10:52	10:38	10:35	10:34	10:17	6:10 min/km
107	1078	Saito Sambu	*Köln	1:05:49	1981	W30	29	1:07:05	12:03	10:52	10:38	10:35	10:34	10:17	6:10 min/km
108	1042	Pfannstiel Ariane	*Köln	1:06:03	1978	W35	15	1:06:27	10:53	10:29	10:28	10:53	11:13	11:16	6:11 min/km
109	829	Giesen Tanja	*Kommern	1:06:07	1979	W30	30	1:06:57	10:48	10:25	10:32	10:58	11:15	11:18	6:12 min/km
110	610	Sitran Nadine	*Köln	1:06:08	1980	W30	31	1:07:00	11:33	10:47	10:55	10:51	10:52	10:20	6:12 min/km

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111	251	Abels Christiane	Ergo Sports Köln	1:06:08 1977 W35	16	1:07:18	10:35 10:32 11:19 11:13 11:09 10:30	6:12 min/km
112	1009	Moritzky Monika	*Köln	1:06:08 1967 W45	20	1:07:41	11:02 10:46 10:54 10:54 10:56 10:46	6:12 min/km
113	852	Hambach Daniela	Damaste	1:06:09 1979 W30	32	1:06:57	10:48 10:25 10:32 10:58 11:15 11:18	6:12 min/km
114	394	Huss Claudia	*Köln	1:06:17 1971 W40	13	1:06:27	10:57 11:05 11:04 11:02 10:50 10:33	6:12 min/km
115	968	Leonhardt Antonia	*Bonn	1:06:18 1997 WU18	1	1:07:21	12:17 11:31 11:52 10:40 09:42 09:28	6:13 min/km
116	675	Zimmermann Erika	*Hürth	1:06:19 1952 W60	2	1:07:21	11:13 10:49 10:47 10:52 10:56 10:50	6:13 min/km
117	944	Krausewitz Anne	*Bergisch Gladbach	1:06:21 1987 WHK	26	1:06:48	10:49 10:20 10:27 10:56 11:20 11:31	6:13 min/km
118	890	Irzik Melanie	*Köln	1:06:24 1976 W35	17	1:07:24	11:13 10:48 11:09 10:46 10:54 10:45	6:13 min/km
119	1221	Wieser Eva- Charlotte	*Köln	1:06:29 1987 WHK	27	1:07:25	12:29 11:10 10:56 10:43 10:37 09:44	6:14 min/km
120	1177	Thörmer Natascha	*Köln	1:06:47 1982 W30	33	1:08:24	11:45 10:49 10:41 10:50 11:01 10:52	6:15 min/km
121	1169	Tempel Christine	laufmamalauf	1:06:56 1981 W30	34	1:07:59	11:47 11:05 10:46 10:55 10:58 10:32	6:16 min/km
122	452	Kutz Tina	Erdinger Alkoholfrei	1:06:57 1969 W40	14	1:07:57	11:31 11:04 10:57 10:51 11:00 10:45	6:16 min/km
123	1294	Leins Reinhild		1:07:08 1959 W50	5	1:09:02	11:54 10:34 11:07 11:09 11:01 10:33	6:17 min/km
124	720	Bloch Julia	*Köln	1:07:11 1978 W35	18	1:08:27	11:02 10:38 11:12 11:43 11:41 09:56	6:17 min/km
125	1076	Sagwitz Katrin	*rösrath	1:07:37 1973 W40	15	1:08:02	15:20 14:37 08:40 09:10 09:17 09:34	6:20 min/km
126	1191	Ungeheuer Hannah	*Frechen	1:07:55 1998 WU16	2	1:09:41	11:07 10:23 11:08 11:41 11:34 11:16	6:22 min/km
127	925	Klütsch Manuela	*Sommeln	1:07:56 1983 W30	35	1:08:26	10:53 10:58 11:02 11:17 11:34 11:20	6:22 min/km
128	361	Gutte Julia	Faktor 2,6	1:07:57 1981 W30	36	1:09:23	12:22 11:03 11:11 10:50 11:00 10:38	6:22 min/km
129	719	Bloch Dr. Heide	Hugo	1:08:05 1942 W70	1	1:09:21	11:02 10:40 11:12 11:41 11:42 10:55	6:23 min/km
130	1038	Otten Ramona	JVA-Rheinbach	1:08:06 1999 WU16	3	1:09:52	12:05 11:19 11:14 11:16 10:40 10:44	6:23 min/km
131	646	Wasserhess Barbara	Köln läuft!	1:08:10 1970 W40	16	1:09:05	11:00 11:00 11:14 11:27 11:29 11:07	6:23 min/km
132	618	Stiller-Unruh Tabea	LAUFMAMALAUF	1:08:18 1981 W30	37	1:09:21	13:20 12:51 10:17 10:22 10:22 10:14	6:24 min/km
133	376	Hecht Pia Alina	*Köln	1:08:20 1987 WHK	28	1:09:15	11:46 11:17 11:05 11:03 11:13 11:04	6:24 min/km
134	617	Stevens Petra	*Bergisch-Gladbach	1:08:21 1969 W40	17	1:09:15	11:45 11:18 11:05 11:03 11:13 11:04	6:24 min/km
135	1295	Schisler Anne-Christin	Running@cologne	1:08:24 1982 W30	38	1:09:49	12:20 11:04 11:11 10:56 11:09 10:48	6:24 min/km
136	733	Boogen Dr. Christiane	314a	1:08:34 1967 W45	21	1:08:50	11:22 11:04 11:04 11:09 11:26 11:37	6:25 min/km
137	922	Klink Michaela	Flotte Gazellen	1:08:35 1984 WHK	29	1:08:52	11:37 10:57 11:19 11:14 11:19 11:18	6:25 min/km
138	284	Böhm Heike	Kreissparkasse Köln	1:08:36 1974 W35	19	1:09:29	10:57 10:54 11:16 11:25 11:39 11:36	6:25 min/km
139	336	Franzheim Britta	Stinkes & Elli	1:08:47 1968 W45	22	1:10:32	12:22 11:45 11:08 11:09 10:57 10:35	6:26 min/km
140	378	Hein Andrea	Team Pronova	1:08:47 1976 W35	20	1:10:34	12:06 10:20 09:50 10:10 09:27 16:05	6:27 min/km
141	486	Merken Sandra	*Düsseldorf	1:08:48 1976 W35	21	1:10:35	12:05 10:20 09:50 10:10 09:27 16:06	6:27 min/km
142	1498	Van de Flierdt Marina	Team pronova	1:08:48 1988 WHK	30	1:10:34	12:06 10:21 09:50 10:13 10:18 15:10	6:27 min/km
143	688	Aulbur Barbara	*Köln	1:08:49 1973 W40	18	1:09:50	11:37 10:57 11:25 11:27 11:24 11:11	6:27 min/km
144	1155	Stein Manuela	*Bergheim	1:08:54 1991 WHK	31	1:09:17	10:56 11:04 11:41 11:36 11:33 11:15	6:27 min/km
145	652	Weins Martina	*Frechen	1:09:12 1984 WHK	32	1:09:38	10:19 10:19 11:01 11:56 11:28 13:17	6:29 min/km
146	1045	Piskunova Yuliana	*Köln	1:09:12 1986 WHK	33	1:10:18	12:06 11:27 11:53 12:01 10:39 10:14	6:29 min/km
147	1069	Rohmer Birgit	*Köln	1:09:21 1962 W50	6	1:09:35	09:52 09:47 09:44 09:37 09:38 09:30	6:30 min/km
148	369	Harms Sandra	Running Elements	1:09:31 1987 WHK	34	1:11:07	12:10 11:22 11:31 11:30 11:21 10:50	6:31 min/km
149	550	Reimer Stephanie	Running Elements	1:09:31 1986 WHK	35	1:11:07	12:09 11:22 11:32 11:30 11:21 10:51	6:31 min/km
150	405	Jüliger Ute	JVA-Rheinbach	1:09:47 1965 W45	23	1:11:27	12:10 11:19 11:15 11:29 11:28 11:19	6:32 min/km
151	748	Brüll Verena	*Köln	1:09:53 1999 WU16	4	1:12:20	10:29 11:03 11:38 11:39 12:13 12:14	6:33 min/km
152	969	Leonhardt Christina	*Bonn	1:09:57 1966 W45	24	1:10:59	12:16 11:32 11:58 11:15 11:17 10:49	6:33 min/km
153	1061	Rehbock Anke	*Köln	1:10:02 1979 W30	39	1:10:47	10:59 11:02 11:30 11:49 11:51 11:58	6:33 min/km
154	789	Elissen-Gößling	*Köln	1:10:09 1971 W40	19	1:11:49	11:37 11:01 11:06 11:37 11:45 12:06	6:34 min/km
155	1081	Schenk Marika	*Köln	1:10:12 1981 W30	40	1:11:15	12:03 11:28 13:08 11:26 10:40 10:38	6:34 min/km
156	515	Olk Simone	*Köln	1:10:14 1983 W30	41	1:11:50	11:56 11:36 11:52 11:33 11:33 10:54	6:35 min/km
157	982	Lochmann Ursula	*Köln	1:10:29 1970 W40	20	1:11:16	12:46 11:22 11:53 11:38 11:54 10:07	6:36 min/km
158	904	Kampf Celina	*Köln	1:10:32 1997 WU18	2	1:12:07	12:04 11:30 11:37 11:38 11:35 11:16	6:36 min/km
159	1016	Musiol Cornelia	*Dormagen	1:10:46 1979 W30	42	1:12:35	12:02 11:20 11:27 11:31 11:47 11:47	6:38 min/km
160	885	Hupperich Doris	*Sankt Augustin	1:10:46 1949 W60	3	1:11:01	10:57 11:20 11:37 11:54 12:02 12:08	6:38 min/km
161	818	Freytag Jana	*Köln	1:10:55 1991 WHK	36	1:12:29	12:35 11:34 11:59 11:56 11:45 10:15	6:38 min/km
162	1186	Todorova Vyara	*Köln	1:10:56 1985 WHK	37	1:12:30	12:35 11:34 11:59 11:56 11:45 10:16	6:39 min/km
163	332	Florczak Claudia	*Köln	1:11:05 1964 W45	25	1:12:15	11:51 11:15 11:12 12:17 11:43 11:55	6:39 min/km
164	1211	Wehmeier Carla	Erdweibchen	1:11:27 1987 WHK	38	1:13:19	12:18 12:12 11:37 11:43 11:34 11:12	6:41 min/km
165	761	Cikotic Hata	Flotte Gazellen	1:11:45 1988 WHK	39	1:12:01	11:59 11:32 12:12 12:22 11:59 10:52	6:43 min/km
166	706	Berling-Klappstein	*Köln	1:11:57 1968 W45	26	1:12:26	11:03 11:30 11:56 12:06 12:15 12:16	6:44 min/km
167	479	Marschall Patricia	LT Schneewittchen	1:12:00 1973 W40	21	1:12:47	11:18 11:01 11:28 11:55 12:10 13:13	6:45 min/km

# Kölner Zoolauf am 12. Juli 2013 - 6 Runden - 10.68km

## Ergebnisliste Frauen

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168	1115	Schröper Silvia	*Brühl	1:12:07	1981	W30	43	1:12:48	12:29	10:05	11:18	11:55	12:12	13:15	6:45 min/km
169	408	Junkersdorf Silke	LC Weilerswist	1:12:16	1978	W35	22	1:12:24	10:26	11:39	12:20	12:39	12:15	12:17	6:46 min/km
170	874	Hoffmann Inga	*Köln	1:12:23	1975	W35	23	1:13:27	12:35	12:00	11:52	11:45	11:51	11:27	6:47 min/km
171	296	Bukowski Petra	*Köln	1:12:23	1962	W50	7	1:13:34	12:02	11:34	11:41	11:59	12:11	12:01	6:47 min/km
172	253	Albrecht Christine	BSG DEVK Köln	1:12:48	1965	W45	27	1:14:20	12:12	12:11	12:02	11:58	11:39	11:55	6:49 min/km
173	869	Heyden Christine	*Köln	1:12:48	1979	W30	44	1:14:20	12:13	12:09	12:02	11:58	11:40	11:55	6:49 min/km
174	741	Brass Nicole	BSG/DEVK	1:12:49	1975	W35	24	1:14:20	12:12	12:10	12:03	11:58	11:39	11:54	6:49 min/km
175	1292	Langer Alexandra		1:13:10	1972	W40	22	1:15:24	12:14	12:14	12:28	11:57	12:37	11:02	6:51 min/km
176	1293	Nauermann Susanne		1:13:11	1978	W35	25	1:15:24	12:16	12:12	12:29	12:15	12:25	10:55	6:51 min/km
177	557	Rosche Viola	*Bonn	1:13:16	1982	W30	45	1:14:23	13:01	12:31	11:48	11:43	11:44	11:35	6:52 min/km
178	1198	Wagner Manon	*Köln	1:13:19	1989	WHK	40	1:14:47	12:48	11:34	11:47	12:20	12:10	11:43	6:52 min/km
179	715	Billotin Chantal	*Köln	1:13:46	1989	WHK	41	1:15:01	11:57	11:54	12:02	12:27	12:25	12:12	6:54 min/km
180	1030	Oestreicher Tanja	*Frechen	1:14:11	1977	W35	26	1:14:46	11:40	11:45	12:18	13:02	12:18	12:15	6:57 min/km
181	1316	Stauf Miriam		1:14:11	1979	W30	46	1:14:46	11:41	11:44	12:18	13:02	12:18	12:15	6:57 min/km
182	692	Banach Lena	*Horrem	1:14:15	1983	W30	47	1:15:20	12:35	12:12	12:09	12:02	12:02	12:19	6:57 min/km
183	700	Beisiegel Ivonne	Running Liesel	1:14:16	1985	WHK	42	1:15:20	12:33	12:14	12:09	12:02	12:02	12:19	6:57 min/km
184	512	Oguz Svenja	Herzlauf-Hilden.de	1:14:30	1981	W30	48	1:16:11	12:28	11:21	11:58	12:07	13:15	12:26	6:59 min/km
185	1126	Schulz Brigitte	*Hennef	1:14:53	1959	W50	8	1:16:20	12:12	12:00	12:16	12:42	12:41	12:07	7:01 min/km
186	985	Loosen Heidi	*Wesseling	1:14:59	1961	W50	9	1:15:19	12:47	12:23	12:19	12:31	12:44	11:22	7:01 min/km
187	1109	Scholz Dr. Heike	*Hürth	1:15:12	1964	W45	28	1:16:24	12:44	12:14	11:46	12:46	13:01	11:42	7:02 min/km
188	634	Vennen Lydia	*Köln	1:15:42	1965	W45	29	1:16:01	11:35	12:20	12:47	12:42	13:02	12:26	7:05 min/km
189	1238	Zielinski Boena	*Köln	1:15:46	1990	WHK	43	1:16:14	11:37	12:12	12:54	13:11	13:22	11:37	7:06 min/km
190	738	Both Beatrix	*Köln	1:16:18	1981	W30	49	1:16:41	11:57	12:29	12:52	12:53	13:04	12:08	7:09 min/km
191	342	Funke Sandra	*Bonn	1:16:40	1982	W30	50	1:17:07	09:30	09:09	09:20	09:31	09:40	09:26	7:11 min/km
192	1124	Schüller Janine	*Köln	1:16:59	1978	W35	27	1:18:16	12:17	13:28	14:04	13:35	11:37	11:04	7:13 min/km
193	428	Kietschka Jennifer	*Köln	1:17:40	1989	WHK	44	1:19:04	12:50	12:54	12:51	13:00	12:53	12:17	7:16 min/km
194	696	Basener Verena	*Bergisch Gladbach	1:17:54	1985	WHK	45	1:18:42	13:27	13:16	13:06	12:54	12:26	11:49	7:18 min/km
195	726	Bölk Aline	*Gummersbach	1:18:52	1981	W30	51	1:20:51	13:02	13:09	13:13	12:55	13:07	12:38	7:23 min/km
196	1005	Mock Ulrike	*Köln	1:19:08	1962	W50	10	1:21:07	13:04	13:09	13:13	12:55	13:07	12:51	7:25 min/km
197	1164	Stopar Angela	*Rommerskirchen	1:19:23	1995	WU20	2	1:20:44	13:18	12:29	13:00	12:46	14:11	12:43	7:26 min/km
198	1014	Müller Sabrina	*Erfstadt	1:20:37	1978	W35	28	1:21:16	12:49	13:25	13:31	13:29	13:45	12:38	7:33 min/km
199	804	Fiedler Lena	*Köln	1:21:19	1977	W35	29	1:23:01	12:33	12:43	13:09	13:51	14:08	14:05	7:37 min/km
200	815	Frase Kyra	Abasobaba	1:21:45	1989	WHK	46	1:23:32	12:44	12:58	13:29	13:56	13:51	13:54	7:39 min/km
201	1230	Winter Julie	Abasobaba	1:21:45	1989	WHK	47	1:23:31	12:44	12:58	13:29	13:57	13:54	13:59	7:39 min/km
202	1297	Korkmaz Sibel		1:22:48	1994	WU20	3	1:22:50	08:50	10:47	11:41	12:16	12:57	13:04	7:45 min/km
203	356	Groddeck Sandra	ASV Goofy	1:23:38	1975	W35	30	1:24:26	12:48	13:19	13:53	14:19	14:30	13:57	7:50 min/km
204	1176	Thoenissen Vanessa	*Troisdorf	1:27:40	1979	W30	52	1:29:31	13:44	13:58	14:52	14:57	14:49	14:19	8:13 min/km
205	770	Denecke Hannah-Gilca	*Troisdorf	1:27:41	1977	W35	31	1:29:32	13:44	13:58	14:52	14:57	14:49	14:18	8:13 min/km