

# Kölner Frühlingslauf am 23. März 2014 - 10km Azubilauf

## Ergebnisliste Männer

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| Total. | Nr.  | Name Vorname          | Verein/*Ort        | Endzeit | AK   | AK-Platz | Bruttozeit | Rundenzeiten | Geschwindigkeit       |             |
|--------|------|-----------------------|--------------------|---------|------|----------|------------|--------------|-----------------------|-------------|
| 1      | 1538 | Brühl Thomas          | Aldi               | 0:45:59 | 1971 | M40      | 1          | 0:46:01      | 14:38 * 15:05 * 16:14 | 4:36 min/km |
| 2      | 1519 | Krause Felix          | FordFit            | 0:46:43 | 1990 | MHK      | 1          | 0:48:06      | 16:03 * 15:31 * 15:08 | 4:40 min/km |
| 3      | 1524 | Leuf Benjamin         | TK                 | 0:46:57 | 1992 | MHK      | 2          | 0:47:20      | 15:14 * 16:00 * 15:42 | 4:42 min/km |
| 4      | 1532 | Günther Fabian        | Infraserv-Knapsack | 0:48:58 | 1996 | MU20     | 1          | 0:51:04      | 19:58 * 14:29 * 14:30 | 4:54 min/km |
| 5      | 1508 | Stausberg Simon       | Kuhn Edelstahl     | 0:49:49 | 1998 | MU18     | 1          | 0:49:56      | 16:14 * 16:34 * 17:00 | 4:59 min/km |
| 6      | 1509 | Hertwig Tobias        | Kuhn Edelstahl     | 0:51:31 | 1994 | MHK      | 3          | 0:51:38      | 16:31 * 17:32 * 17:27 | 5:09 min/km |
| 7      | 1534 | Dasman Ramazan        | Aldi               | 0:51:53 | 1990 | MHK      | 4          | 0:51:56      | 17:02 * 16:14 * 18:36 | 5:11 min/km |
| 8      | 1510 | Mair Robin            | Kuhn Edelstahl     | 0:52:53 | 1995 | MU20     | 2          | 0:53:02      | 16:31 * 17:32 * 18:50 | 5:17 min/km |
| 9      | 1539 | Döbler Andreas        | Kuhn Edelstahl     | 0:54:25 | 1958 | M55      | 1          | 0:54:31      | 17:04 * 17:57 * 19:23 | 5:27 min/km |
| 10     | 1507 | Hempel Eugen          | *Köln              | 0:54:57 | 1993 | MHK      | 5          | 0:56:45      | 17:39 * 17:37 * 19:40 | 5:30 min/km |
| 11     | 1525 | Büngener Tobias       | Infraserv-Knapsack | 0:55:18 | 1989 | MHK      | 6          | 0:57:24      | 20:00 * 17:53 * 17:24 | 5:32 min/km |
| 12     | 1522 | Hommelsheim Christoph | CGN                | 0:55:43 | 1993 | MHK      | 7          | 0:55:49      | 17:23 * 20:38 * 17:41 | 5:34 min/km |
| 13     | 1529 | Hensengerth Richard   | Infraserv-Knapsack | 0:58:31 | 1990 | MHK      | 8          | 1:00:36      | 20:00 * 19:01 * 19:29 | 5:51 min/km |
| 14     | 1540 | Guzzo-Foliaro Franco  | Aldi               | 0:58:48 | 1967 | M45      | 1          | 0:58:53      | 18:55 * 19:24 * 20:28 | 5:53 min/km |
| 15     | 1520 | Stappert Lukas        | *Bergisch Gladbach | 0:59:29 | 1992 | MHK      | 9          | 0:59:44      | 19:04 * 19:42 * 20:42 | 5:57 min/km |
| 16     | 1523 | Bayraktar Sezgin      | Aldi               | 1:10:52 | 1986 | MHK      | 10         | 1:10:56      | 21:52 * 23:29 * 25:30 | 7:05 min/km |

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## Ergebnisliste Frauen

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| Total. | Nr.  | Name Vorname         | Verein/*Ort | Endzeit | AK        | AK-Platz | Bruttozeit | Rundenzeiten          | Geschwindigkeit |
|--------|------|----------------------|-------------|---------|-----------|----------|------------|-----------------------|-----------------|
| 1      | 1521 | Tode Christina       | CGN         | 0:56:28 | 1994 WHK  | 1        | 0:56:33    | 17:22 * 20:15 * 18:49 | 5:39 min/km     |
| 2      | 1518 | Klein Vanessa        | *köln       | 0:58:30 | 1995 WU20 | 1        | 0:59:54    | 19:37 * 19:20 * 19:32 | 5:51 min/km     |
| 3      | 1537 | Kött Rebecca         | *Köln       | 0:59:34 | 1994 WHK  | 2        | 1:01:16    | 19:49 * 19:56 * 19:48 | 5:57 min/km     |
| 4      | 1600 | Elies Susanne        | NetCologne  | 1:03:40 | 1986 WHK  | 3        | 1:04:37    | 20:40 * 20:54 * 22:05 | 6:22 min/km     |
| 5      | 1500 | Gómez Morillas María | *Köln       | 1:08:08 | 1985 WHK  | 4        | 1:08:30    | 20:22 * 22:51 * 24:54 | 6:49 min/km     |
| 6      | 1535 | Krüger Kerstin       | Aldi        | 1:25:27 | 1990 WHK  | 5        | 1:25:31    | 21:52 * 23:30 * 40:05 | 8:33 min/km     |