

Kölner Frühlingslauf am 23. März 2014 - 10km Funlauf

Ergebnisliste Männer

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gedruckt 25.03.2014 22:18:10

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	359	Schmitz Axel	Warm Up	0:40:09	1977 M35	1	0:40:29	13:12 * 13:03 * 13:54	4:01 min/km
2	1452	Sahin Hoger	Die Rhenozerosse	0:40:41	1989 MHK	1	0:40:44	13:01 * 13:43 * 13:56	4:04 min/km
3	521	Philippen Thomas	Triathlon Team Indeland	0:41:18	1989 MHK	2	0:41:20	13:09 * 13:50 * 14:18	4:08 min/km
4	391	Ortmann Olaf	Bergheide Oberhausen	0:41:23	1971 M40	1	0:41:23	13:22 * 13:47 * 14:13	4:08 min/km
5	283	Siegel Christoph	TheGinNastics	0:41:23	1978 M35	2	0:41:39	13:27 * 13:39 * 14:15	4:08 min/km
6	632	Edeling Alexander	*Köln	0:41:47	1984 M30	1	0:42:31	13:42 * 13:52 * 14:13	4:11 min/km
7	994	Troudi Khaled	forever Punk e.V	0:41:54	1975 M35	3	0:42:21	13:36 * 13:49 * 14:27	4:11 min/km
8	512	Wahl Guido	*Hürth	0:43:02	1978 M35	4	0:43:49	14:15 * 14:29 * 14:16	4:18 min/km
9	1357	Kloska Daniel	DB Fernverkehr AG	0:43:05	1996 MU20	1	0:43:49	13:52 * 14:13 * 15:00	4:19 min/km
10	1085	Böhme Constantin	Warm Up	0:43:14	1996 MU20	2	0:43:31	14:22 * 14:25 * 14:27	4:19 min/km
11	641	Schöneburg Christian	DB Fernverkehr AG	0:43:30	1982 M30	2	0:43:34	13:38 * 14:28 * 15:23	4:21 min/km
12	1151	Schröder Alex	Die SchönWetterLäufer	0:43:53	1983 M30	3	0:44:19	14:57 * 14:20 * 14:35	4:23 min/km
13	683	Kuhr Thomas	Team Erdinger Alkoholfrei	0:43:54	1969 M45	1	0:44:04	14:30 * 14:36 * 14:46	4:23 min/km
14	1650	Boenke Reimer	Vincerola	0:43:55	1969 M45	2	0:44:04	14:24 * 14:28 * 15:02	4:24 min/km
15	1692	Callies Carsten		0:44:02	1985 MHK	3	0:44:58	14:47 * 14:21 * 14:54	4:24 min/km
16	401	Jansen Dietmar	conscience	0:44:11	1959 M55	1	0:44:21	15:15 * 14:26 * 14:29	4:25 min/km
17	202	Hahn Stephan	*Köln	0:44:11	1974 M40	2	0:44:42	15:02 * 14:23 * 14:46	4:25 min/km
18	599	Reis Andreas	*Köln	0:44:29	1982 M30	4	0:44:44	14:24 * 14:22 * 15:42	4:27 min/km
19	1303	Bisdorf Marc	*Köln	0:44:31	1982 M30	5	0:44:45	14:26 * 14:23 * 15:42	4:27 min/km
20	1432	Buchholz Gereon	*Sehnde	0:44:47	1978 M35	5	0:45:00	14:57 * 14:45 * 15:04	4:29 min/km
21	1175	Nobis Dr. Markus	*Ratingen	0:44:48	1973 M40	3	0:46:38	15:32 * 14:18 * 14:57	4:29 min/km
22	975	Praß Thomas	FC Deutsche Post	0:44:59	1971 M40	4	0:45:09	14:42 * 15:02 * 15:14	4:30 min/km
23	97	Glaubach Jürgen	Team Supermaus	0:45:07	1961 M50	1	0:45:16	14:42 * 14:55 * 15:30	4:31 min/km
24	1088	Zur Nieden Tom	TSV Ronsdorf	0:45:24	1998 MU18	1	0:46:25	16:16 * 14:46 * 14:21	4:32 min/km
25	697	Jähde Frank	*köln	0:45:24	1964 M50	2	0:45:35	14:40 * 15:01 * 15:42	4:32 min/km
26	1690	Küstlers Max	Lucky Stars	0:45:30	1980 M30	6	0:45:43	15:36 * 15:10 * 14:43	4:33 min/km
27	1621	Tschaikowski Niklas		0:45:43	2000 MU16	1	0:45:44	14:22 * 14:52 * 16:28	4:34 min/km
28	1146	Kaufmann Tobias	*Köln	0:45:46	1976 M35	6	0:46:49	15:50 * 14:54 * 15:01	4:35 min/km
29	1643	Reuther Thomas	LG Aue	0:46:01	1964 M50	3	0:46:07	14:54 * 15:14 * 15:51	4:36 min/km
30	600	Börste Andreas	*Troisdorf	0:46:05	1972 M40	5	0:46:10	14:44 * 15:14 * 16:05	4:37 min/km
31	213	Schmidt Michael	*Sankt Augustin	0:46:09	1971 M40	6	0:46:13	14:41 * 15:18 * 16:08	4:37 min/km
32	869	Mörsdorf Luca	LöWi I	0:46:11	2006 MU10	1	0:46:11	15:01 * 14:58 * 16:10	4:37 min/km
33	483	Auras Michael	Laufmasche	0:46:13	1958 M55	2	0:46:46	15:14 * 15:11 * 15:48	4:37 min/km
34	660	Haussner Marcel	Sparta	0:46:17	1984 M30	7	0:47:11	15:01 * 15:23 * 15:52	4:38 min/km
35	415	Fabisch Frank	Altes brauhaus Trebels	0:46:19	1970 M40	7	0:46:55	15:18 * 15:03 * 15:57	4:38 min/km
36	1393	Große-Veldmann René	*Engelskirchen	0:46:22	1986 MHK	4	0:46:34	15:31 * 15:14 * 15:36	4:38 min/km
37	167	Dinstühler Guido	*Köln	0:46:24	1983 M30	8	0:46:51	15:07 * 15:23 * 15:53	4:38 min/km
38	744	Wilms Martin	Die Unaufsteigbaren	0:46:24	1970 M40	8	0:47:30	14:27 * 15:28 * 16:29	4:38 min/km
39	1741	Seyforth Marco	BSG BML Bonn	0:46:24	1973 M40	9	0:46:34	14:17 * 15:34 * 16:32	4:38 min/km
40	372	Ansari Arash	run for beer	0:46:26	1973 M40	10	0:46:32	14:33 * 15:35 * 16:17	4:39 min/km
41	108	Langner Ralf		0:46:27	1961 M50	4	0:47:00	15:14 * 15:11 * 16:02	4:39 min/km
42	498	Marek Adrian	*Hürth	0:46:28	1972 M40	11	0:47:11	15:13 * 15:11 * 16:03	4:39 min/km
43	1449	Gouraud Pierre	*Köln	0:46:29	1984 M30	9	0:46:52	15:34 * 15:23 * 15:32	4:39 min/km
44	297	Birkenbusch Kai	*Köln	0:46:29	1983 M30	10	0:46:33	14:55 * 15:20 * 16:14	4:39 min/km
45	1292	Mächtle Felix	*Düsseldorf	0:46:31	1996 MU20	3	0:46:48	15:35 * 15:28 * 15:28	4:39 min/km
46	727	Mohn Dario	Die Mohns	0:46:32	2002 MU14	1	0:46:34	14:50 * 15:17 * 16:25	4:39 min/km
47	273	Frömbgen Rolf	*Köln	0:46:50	1952 M60	1	0:46:52	15:01 * 15:36 * 16:12	4:41 min/km
48	1286	Schwarz Richard	Running Elements	0:46:50	1986 MHK	5	0:47:14	15:37 * 15:17 * 15:55	4:41 min/km
49	1642	Ungerechts Alexander		0:46:58	1980 M30	11	0:47:02	15:00 * 15:49 * 16:08	4:42 min/km
50	356	Schmidt Niels	Warm Up	0:46:59	1979 M35	7	0:47:57	15:31 * 15:25 * 16:01	4:42 min/km
51	1320	Graf Fritz	*Köln	0:47:06	1970 M40	12	0:47:30	15:12 * 15:11 * 16:42	4:43 min/km
52	153	Mies Dominik	*Hürth	0:47:08	1988 MHK	6	0:47:33	15:59 * 15:25 * 15:43	4:43 min/km
53	587	Bäcker Frank	ultraSPORTS / TEA	0:47:16	1968 M45	3	0:47:31	15:32 * 15:31 * 16:12	4:44 min/km

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54	1765	Gutsch Boris		0:47:23	1980 M30	12	0:47:50	15:15 *	15:47 *	16:20	4:44 min/km
55	833	Furch Daniel	*Köln	0:47:23	1987 MHK	7	0:47:58	15:26 *	15:45 *	16:12	4:44 min/km
56	832	Natale Riccardo	*Köln	0:47:23	1986 MHK	8	0:47:58	15:26 *	15:45 *	16:12	4:44 min/km
57	638	Schmidt Achim	DB Fernverkehr AG	0:47:25	1965 M45	4	0:48:03	15:35 *	15:36 *	16:12	4:45 min/km
58	115	Schnee Martin	*Troisdorf	0:47:25	1985 MHK	9	0:47:31	15:55 *	15:50 *	15:40	4:45 min/km
59	480	Wahlen Andre	DNA	0:47:27	1975 M35	8	0:48:14	15:16 *	15:46 *	16:24	4:45 min/km
60	1749	Suinbay Adel		0:47:27	1995 MU20	4	0:47:29	14:54 *	15:56 *	16:36	4:45 min/km
61	1635	Böhm Marcel		0:47:29	1975 M35	9	0:48:02	15:54 *	15:28 *	16:06	4:45 min/km
62	752	Pagers Sven	ESV Gremberghoven	0:47:32	1966 M45	5	0:47:56	15:21 *	15:46 *	16:24	4:45 min/km
63	592	Zöllner Dierk	Krombacher	0:47:35	1967 M45	6	0:47:56	15:45 *	15:41 *	16:09	4:46 min/km
63	639	Klink-Lohmann Torsten	DB Fernverkehr AG	0:47:35	1978 M35	10	0:48:15	15:42 *	15:45 *	16:07	4:46 min/km
65	497	Marek Waldemar	Für Hürth	0:47:39	1974 M40	13	0:48:22	16:29 *	15:20 *	15:49	4:46 min/km
66	390	Quester Markus	congstar	0:47:39	1976 M35	11	0:47:56	16:00 *	15:40 *	15:58	4:46 min/km
67	1344	Loynes Mark John	DB Fernverkehr AG	0:47:43	1970 M40	14	0:48:18	16:27 *	15:38 *	15:38	4:46 min/km
68	1301	Bohrn Dr. Ulrich	*Köln	0:47:43	1986 MHK	10	0:47:57	15:14 *	15:56 *	16:33	4:46 min/km
69	956	Schmidt Sascha	*Overath	0:47:47	1982 M30	13	0:48:46	16:33 *	15:21 *	15:52	4:47 min/km
70	419	Reimann Sascha	Die SchönWetterLäufer	0:47:48	1980 M30	14	0:48:14	15:37 *	15:51 *	16:19	4:47 min/km
71	197	Becker Reinhard	Anlauf Siegen	0:47:48	1960 M50	5	0:47:59	15:46 *	15:46 *	16:15	4:47 min/km
72	925	Büchter Roland	Eierschecke	0:47:50	1985 MHK	11	0:48:37	15:55 *	15:41 *	16:13	4:47 min/km
73	646	Rymus Elmar	SG TÜV Rheinland	0:47:51	1948 M65	1	0:49:33	17:14 *	15:16 *	15:20	4:47 min/km
74	1336	Schaffrath Markus	*Aachen	0:47:57	1972 M40	15	0:48:06	16:07 *	16:13 *	15:35	4:48 min/km
75	1367	Schumacher Stefan	Techniker Krankenkasse	0:47:57	1978 M35	12	0:48:38	15:10 *	15:29 *	17:17	4:48 min/km
76	1403	Millgramm Christopher	*Lohmar	0:47:57	1996 MU20	5	0:47:58	14:55 *	15:56 *	17:06	4:48 min/km
77	196	Nutz Manfred	Uni Bonn Team GeoFun	0:48:01	1958 M55	3	0:48:13	15:42 *	15:46 *	16:31	4:48 min/km
78	1313	Salomon Martin	*Köln	0:48:02	1982 M30	15	0:48:13	15:47 *	15:40 *	16:33	4:48 min/km
79	1363	May Karlheinz	Techniker Krankenkasse	0:48:03	1962 M50	6	0:48:14	15:47 *	15:40 *	16:34	4:48 min/km
80	1444	Wieschollek Florian	*Hürth	0:48:05	1968 M45	7	0:49:09	16:05 *	15:50 *	16:09	4:49 min/km
81	129	Mörsdorf Klaus	LöWi I	0:48:06	1970 M40	16	0:48:09	15:32 *	15:48 *	16:46	4:49 min/km
82	1660	Dürnagel Stefan	Miethasen	0:48:09	1980 M30	16	0:49:17	16:56 *	15:34 *	15:38	4:49 min/km
83	1233	Maiellaro Roberto	*Köln	0:48:18	1988 MHK	12	0:49:44	16:35 *	15:46 *	15:56	4:50 min/km
84	114	Achten Bernhard	Kölner Narrenzunft	0:48:20	1959 M55	4	0:48:23	15:28 *	16:01 *	16:49	4:50 min/km
85	1136	Kunze Jochen	*Köln	0:48:21	1969 M45	8	0:48:37	15:39 *	15:58 *	16:43	4:50 min/km
86	736	Uecker Fabian	Die Rhenozerosse	0:48:21	1988 MHK	13	0:48:32	16:31 *	16:25 *	15:25	4:50 min/km
87	1358	Schmitz Andre	DB Fernverkehr AG	0:48:23	1993 MHK	14	0:49:06	16:07 *	15:47 *	16:28	4:50 min/km
88	1471	Zhytomirsky Stanislav	*Köln	0:48:25	1973 M40	17	0:48:55	15:40 *	16:03 *	16:40	4:51 min/km
89	987	Steinebach Ulf	SC Westerburg	0:48:25	1975 M35	13	0:48:42	15:26 *	16:01 *	16:58	4:51 min/km
90	611	Stein Jona	Malteser Business Service	0:48:28	1979 M35	14	0:50:37	16:20 *	15:47 *	16:20	4:51 min/km
91	696	Siemetzki Janek	SSK Kerpen	0:48:29	1985 MHK	15	0:48:42	15:55 *	15:55 *	16:39	4:51 min/km
92	465	Müller Janis	Run of Colours	0:48:31	1981 M30	17	0:50:22	16:31 *	15:44 *	16:15	4:51 min/km
93	840	Glaubach Dennis	Team Supermaus	0:48:32	1994 MHK	16	0:48:42	15:56 *	16:00 *	16:35	4:51 min/km
94	645	Großkopf Svend	SG TÜV Rheinland	0:48:36	1962 M50	7	0:48:58	15:55 *	15:45 *	16:55	4:52 min/km
95	249	Siegel Florian	TheGinNastics	0:48:36	1988 MHK	17	0:48:58	16:01 *	16:13 *	16:22	4:52 min/km
96	1341	Schiede Tobias	DB Fernverkehr AG	0:48:37	1980 M30	18	0:49:19	16:21 *	16:24 *	15:52	4:52 min/km
97	566	Nikolay David	Krüger Running Team	0:48:38	1977 M35	15	0:48:59	16:06 *	16:31 *	16:00	4:52 min/km
98	409	Glandien David	TheGinNastics	0:48:39	1987 MHK	18	0:48:58	15:59 *	16:18 *	16:21	4:52 min/km
99	306	Rupp Thomas	*Aachen	0:48:44	1984 M30	19	0:49:06	16:47 *	15:51 *	16:05	4:52 min/km
99	1003	Teiwes Tobias	*Köln	0:48:44	1980 M30	19	0:49:06	16:47 *	15:51 *	16:05	4:52 min/km
101	1190	Dohalt Lars	Bierhähnchen 3.0	0:48:44	1975 M35	16	0:51:10	16:41 *	16:11 *	15:52	4:52 min/km
102	23	Kallrath Andreas	Running Elements	0:48:56	1962 M50	8	0:51:27	16:26 *	15:48 *	16:42	4:54 min/km
103	935	Den Hartog Jeroen	Team Oranje	0:48:59	1978 M35	17	0:50:16	16:38 *	16:02 *	16:17	4:54 min/km
104	191	Sauerwein Pascal	KHTC Blau-Weiß	0:48:59	1992 MHK	19	0:49:45	16:01 *	16:18 *	16:40	4:54 min/km
105	63	Fiege Jürgen	*Köln	0:49:02	1957 M55	5	0:49:07	16:02 *	15:57 *	17:02	4:54 min/km
106	636	Pabst Robert	*Köln	0:49:02	1988 MHK	20	0:49:37	15:47 *	15:55 *	17:19	4:54 min/km
107	858	Kuhn Jörg	ohne	0:49:04	1966 M45	9	0:49:12	15:49 *	16:14 *	17:00	4:54 min/km
108	1079	Theißen Rene	Warm Up	0:49:04	1982 M30	21	0:49:22	16:27 *	15:59 *	16:37	4:54 min/km
109	1200	Radtke Torsten	*Köln	0:49:05	1984 M30	22	0:49:19	15:47 *	16:11 *	17:05	4:55 min/km

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110	29	Pelzer Tristan	*Hamburg	0:49:05	1987	MHK	21	0:49:29	16:10	* 16:32	* 16:22	4:55 min/km
111	260	Barucha Arnold	*Hürth	0:49:05	1967	M45	10	0:49:19	15:59	* 16:15	* 16:50	4:55 min/km
112	737	Hass Tim	Die Rhenozerosse	0:49:06	1991	MHK	22	0:49:16	16:31	* 16:25	* 16:09	4:55 min/km
113	1436	Moisel Christoph	*Köln	0:49:07	1984	M30	23	0:49:07	17:46	* 16:06	* 15:14	4:55 min/km
114	1354	Schulz Frank	DB Fernverkehr AG	0:49:11	1960	M50	9	0:49:49	15:36	* 15:36	* 17:58	4:55 min/km
115	1001	Spirtz Dominik	Original Bootcamp	0:49:13	1989	MHK	23	0:49:34	15:55	* 16:21	* 16:56	4:55 min/km
116	835	Crusius Jan	*Köln	0:49:13	1978	M35	18	0:51:54	16:09	* 15:49	* 17:13	4:55 min/km
117	57	Martens Jörn	GVG-Laufteam	0:49:19	1962	M50	10	0:49:21	15:50	* 16:29	* 17:00	4:56 min/km
118	583	Vogels Dr. Tim	*Köln	0:49:21	1966	M45	11	0:49:47	16:16	* 16:17	* 16:47	4:56 min/km
119	1143	Diamante Nicolas	Altes brauhaus Trebels	0:49:21	1987	MHK	24	0:49:58	17:57	* 15:51	* 15:33	4:56 min/km
120	360	Kramer Norbert	Warm Up	0:49:23	1964	M50	11	0:49:35	16:51	* 16:14	* 16:17	4:56 min/km
121	1476	Lenz Patrick	*Köln	0:49:24	1988	MHK	25	0:49:50	15:51	* 16:13	* 17:19	4:56 min/km
122	1343	Schmidt Friedrich	DB Fernverkehr AG	0:49:26	1972	M40	18	0:50:04	15:30	* 16:17	* 17:38	4:57 min/km
123	384	Himme Dr. Alexander	*Köln	0:49:36	1979	M35	19	0:50:21	16:25	* 15:56	* 17:14	4:58 min/km
124	1260	Bombeck Julian	*Köln	0:49:39	1991	MHK	26	0:49:53	16:21	* 16:23	* 16:54	4:58 min/km
125	1245	Uckermann Jörg	PRO KÖLN	0:49:41	1968	M45	12	0:49:42	16:04	* 16:28	* 17:08	4:58 min/km
126	589	Funk Kay	Köln läuft	0:49:42	1970	M40	19	0:51:10	16:32	* 16:17	* 16:53	4:58 min/km
127	454	Winkelmann Christian	SG Deutsche Bank Köln	0:49:42	1978	M35	20	0:50:26	16:15	* 16:33	* 16:54	4:58 min/km
128	910	Gehler Roland	*Merzenich	0:49:43	1980	M30	24	0:50:15	17:20	* 16:04	* 16:17	4:58 min/km
129	256	Thomas Andre	*Köln	0:49:43	1985	MHK	27	0:49:49	15:48	* 16:15	* 17:39	4:58 min/km
130	680	Freitag Christoph	MAM live	0:49:44	1964	M50	12	0:50:03	16:09	* 16:31	* 17:03	4:58 min/km
131	289	Welter Ralf	*s	0:49:46	1972	M40	20	0:50:01	16:08	* 16:23	* 17:14	4:59 min/km
132	1482	Vietzen Ronald	*Köln	0:49:47	1967	M45	13	0:51:45	17:29	* 16:06	* 16:10	4:59 min/km
133	333	Robben Frank	*Köln	0:49:48	1969	M45	14	0:50:18	16:23	* 16:24	* 17:00	4:59 min/km
134	591	Herres Dirk	Köln läuft	0:49:50	1968	M45	15	0:50:00	16:08	* 16:33	* 17:08	4:59 min/km
135	412	Arnold Karsten	Altes brauhaus Trebels	0:49:53	1970	M40	21	0:50:27	15:51	* 16:29	* 17:32	4:59 min/km
136	502	Hammerstein Dr.	*Köln	0:49:53	1968	M45	16	0:50:14	16:29	* 16:36	* 16:48	4:59 min/km
137	361	Lehmann Sven	Warm Up	0:49:54	1970	M40	22	0:51:11	16:47	* 16:35	* 16:31	4:59 min/km
138	35	Grümmer Simon	*Köln	0:49:59	1979	M35	21	0:51:42	16:17	* 16:31	* 17:09	4:60 min/km
139	735	Holdinghausen Frank	Biesenbach 72	0:50:03	1972	M40	23	0:50:15	16:09	* 16:42	* 17:11	5:00 min/km
140	242	Stoecker Tobias	*Köln	0:50:07	1978	M35	22	0:50:23	16:40	* 16:40	* 16:46	5:01 min/km
141	640	Schauerte Bernd	DB Fernverkehr AG	0:50:11	1986	MHK	28	0:50:51	16:32	* 16:37	* 17:01	5:01 min/km
142	705	Narberhaus Bernd	*Köln	0:50:12	1970	M40	24	0:50:43	17:16	* 16:25	* 16:30	5:01 min/km
143	920	Scheler Philipp	*Köln	0:50:15	1976	M35	23	0:50:42	16:53	* 16:47	* 16:35	5:02 min/km
144	765	Frenken Manfred	*Köln	0:50:16	1961	M50	13	0:50:25	16:34	* 16:29	* 17:12	5:02 min/km
145	1199	Niehl Matteo	*Köln	0:50:17	2006	MU10	2	0:50:18	15:43	* 16:27	* 18:06	5:02 min/km
146	688	Martinez-Böhme Mariano	*Köln	0:50:18	1967	M45	17	0:50:33	16:38	* 16:36	* 17:03	5:02 min/km
147	1000	Hogan Dr. Ian	*Köln	0:50:19	1982	M30	25	0:51:36	17:07	* 16:35	* 16:35	5:02 min/km
148	449	Eller Hendrik	*Köln	0:50:21	1985	MHK	29	0:50:27	15:44	* 17:08	* 17:28	5:02 min/km
149	1438	Zientek Johannes	TC Lese Köln	0:50:24	1952	M60	2	0:50:26	16:17	* 16:41	* 17:25	5:02 min/km
150	1117	Forbrich Sascha	*Köln	0:50:27	1987	MHK	30	0:52:33	18:05	* 16:14	* 16:07	5:03 min/km
151	1339	Sauer Jens	DB Fernverkehr AG	0:50:30	1971	M40	25	0:51:08	16:14	* 16:40	* 17:35	5:03 min/km
152	93	Wagner Ralph	*Erfstadt	0:50:31	1969	M45	18	0:51:49	16:38	* 16:24	* 17:28	5:03 min/km
153	706	Bollinger Yves	PUSHENSY	0:50:32	1972	M40	26	0:51:22	16:42	* 16:46	* 17:03	5:03 min/km
154	704	Backhaus Max	*Köln	0:50:38	1985	MHK	31	0:51:23	16:27	* 16:39	* 17:31	5:04 min/km
155	414	Pesch Stefan	Altes brauhaus Trebels	0:50:44	1977	M35	24	0:51:20	16:48	* 16:45	* 17:09	5:04 min/km
156	518	Bonenkamp Ulrich	conscience	0:50:44	1953	M60	3	0:50:54	16:30	* 16:46	* 17:28	5:04 min/km
157	651	Schmitz Sascha	*Köln	0:50:45	1977	M35	25	0:51:08	16:48	* 16:36	* 17:19	5:04 min/km
158	567	Senge Wolfgang	Krüger Running Team	0:50:45	1962	M50	14	0:51:06	16:05	* 16:31	* 18:08	5:05 min/km
159	695	Nolden Gerd	UNICEF Runners	0:50:50	1957	M55	6	0:51:04	16:57	* 16:33	* 17:19	5:05 min/km
160	618	Horst Heinz	*Erfstadt	0:50:54	1960	M50	15	0:51:25	16:47	* 16:38	* 17:28	5:05 min/km
161	48	Mueller Andreas	respectanimals.de	0:50:56	1969	M45	19	0:52:24	18:18	* 17:42	* 14:56	5:06 min/km
162	69	Kus Jan	Railsrunners	0:50:59	1982	M30	26	0:51:07	16:13	* 17:16	* 17:30	5:06 min/km
163	403	Meyer Oliver	BSG Tohr GmbH & Co.KG	0:51:01	1970	M40	27	0:51:53	20:49	* 15:34	* 14:37	5:06 min/km
164	418	Schumann Olaf	*Köln	0:51:03	1976	M35	26	0:52:40	16:14	* 17:03	* 17:44	5:06 min/km
165	468	Heuser Eike	Bierhähnchen 3.0	0:51:03	1980	M30	27	0:53:51	17:30	* 16:30	* 17:02	5:06 min/km

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166	1100	Silva Luiz Antonio	*Koeln	0:51:07	1977 M35	27	0:52:32	17:21 *	16:46 *	16:59	5:07 min/km
167	749	Musielak Jürgen	*Gladbeck	0:51:07	1960 M50	16	0:51:57	16:58 *	16:52 *	17:17	5:07 min/km
168	507	Dhein Georg	THC RW Bergisch	0:51:09	1958 M55	7	0:51:54	16:54 *	16:50 *	17:24	5:07 min/km
169	347	Schwab Stefan	*Köln	0:51:11	1970 M40	28	0:51:16	16:05 *	17:14 *	17:50	5:07 min/km
170	73	Kramer Uwe	Stammtisch Typisch	0:51:11	1962 M50	17	0:52:46	16:23 *	16:48 *	18:00	5:07 min/km
171	1493	Specht Stephan	*Köln	0:51:13	1987 MHK	32	0:52:56	17:57 *	16:30 *	16:44	5:07 min/km
172	668	Auf dem Graben Peter	*Köln	0:51:15	1965 M45	20	0:52:42	16:41 *	16:47 *	17:46	5:08 min/km
173	635	Germann Daniel	Flitzpiepen	0:51:16	1980 M30	28	0:52:12	16:52 *	16:52 *	17:30	5:08 min/km
174	404	Ullrich Christian	Flitzpiepen	0:51:16	1979 M35	28	0:52:12	16:52 *	17:12 *	17:11	5:08 min/km
175	1198	Schlechtriem Andreas	SSV Griechenmarkt	0:51:16	1968 M45	21	0:51:50	16:47 *	17:09 *	17:19	5:08 min/km
176	9	Bergerhausen Henry	*Köln	0:51:19	1965 M45	22	0:51:30	17:08 *	16:41 *	17:29	5:08 min/km
177	469	Malara Thomas	*Köln	0:51:25	1974 M40	29	0:51:52	17:37 *	16:55 *	16:53	5:09 min/km
178	463	Colter Andreas	Run of Colours	0:51:31	1971 M40	30	0:53:23	17:23 *	16:42 *	17:25	5:09 min/km
179	470	Oberhack Gerald	*Köln	0:51:33	1965 M45	23	0:52:00	17:36 *	16:55 *	17:01	5:09 min/km
180	1134	Langenhoff Werner	*Niederkassel	0:51:33	1965 M45	24	0:52:12	16:43 *	16:58 *	17:51	5:09 min/km
181	1364	Haumann David	Techniker Krankenkasse	0:51:33	1988 MHK	33	0:53:17	18:48 *	16:31 *	16:13	5:09 min/km
182	1411	Buchmüller Rainer	*Frechen	0:51:41	1971 M40	31	0:52:18	16:55 *	16:58 *	17:48	5:10 min/km
183	1388	Cendlewski Thomas	*Engelskirchen	0:51:52	1989 MHK	34	0:52:31	16:53 *	16:58 *	18:00	5:11 min/km
184	1294	Dombrowski Eike	Köln läuft	0:51:57	1978 M35	29	0:53:23	17:28 *	17:17 *	17:11	5:12 min/km
185	1351	Tardio Giuseppe	DB Fernverkehr AG	0:51:57	1953 M60	4	0:52:33	16:53 *	17:01 *	18:02	5:12 min/km
186	325	Schlangen Thomas	Running TV Bedburg	0:51:58	1972 M40	32	0:52:54	17:03 *	17:08 *	17:46	5:12 min/km
187	364	Eckert Wolfgang	Warm Up	0:52:00	1965 M45	25	0:53:00	16:31 *	17:24 *	18:05	5:12 min/km
188	6	Wallocka Jürgen	*Köln	0:52:09	1969 M45	26	0:53:46	17:17 *	17:10 *	17:41	5:13 min/km
189	1133	Terasa Udo	Düsseldorf	0:52:12	1958 M55	8	0:52:20	16:36 *	17:23 *	18:11	5:13 min/km
190	165	Reiche Hansjörg	*Köln	0:52:13	1960 M50	18	0:54:10	17:17 *	17:22 *	17:33	5:13 min/km
191	985	Umlauf Sven	*Essen	0:52:15	1976 M35	30	0:54:10	17:25 *	17:20 *	17:29	5:14 min/km
192	844	Sehl Jürgen	RTV1847	0:52:18	1968 M45	27	0:52:25	16:33 *	17:28 *	18:15	5:14 min/km
193	838	Kuthe Thorsten	*Leverkusen	0:52:19	1972 M40	33	0:54:26	17:56 *	17:40 *	16:42	5:14 min/km
194	178	Mitschke Martin	Köln	0:52:20	1980 M30	29	0:53:14	17:40 *	17:08 *	17:31	5:14 min/km
195	1194	Herden David	DNA	0:52:24	1988 MHK	35	0:53:11	17:52 *	16:59 *	17:32	5:14 min/km
196	951	Kitz Rainer	LeseWelten	0:52:29	1955 M55	9	0:52:59	17:14 *	17:13 *	18:01	5:15 min/km
197	762	Geising Christian	*Montabaur	0:52:35	1977 M35	31	0:54:26	18:44 *	16:49 *	17:01	5:16 min/km
198	182	Espendiller Frank	*Köln	0:52:40	1973 M40	34	0:52:54	16:36 *	17:26 *	18:37	5:16 min/km
199	1661	Dürrnagel Markus	Miethasen	0:52:42	1970 M40	35	0:53:49	17:33 *	17:11 *	17:57	5:16 min/km
200	676	Sicking Jan	Team Erdinger Alkoholfrei	0:52:42	1975 M35	32	0:52:59	17:14 *	17:25 *	18:03	5:16 min/km
201	1246	Hertzfeld Dr. Herbert	*Köln	0:52:46	1970 M40	36	0:53:18	17:27 *	17:20 *	17:58	5:17 min/km
202	1453	Frenzel Thomas	Die Rhenozerosse	0:52:47	1989 MHK	36	0:52:51	16:06 *	17:16 *	19:24	5:17 min/km
203	738	Soujon Marcel	Albis Laufftreff	0:52:47	1990 MHK	37	0:52:56	17:58 *	17:53 *	16:55	5:17 min/km
204	1769	Fahje Micha	Just Fit	0:52:48	1995 MU20	6	0:53:25	20:18 *	18:14 *	14:15	5:17 min/km
205	634	Singer Peter	LeseWelten	0:52:49	1955 M55	10	0:53:18	17:26 *	17:20 *	18:03	5:17 min/km
206	1665	Grimm Stefan		0:52:51	1981 M30	30	0:53:44	18:25 *	17:20 *	17:06	5:17 min/km
207	1141	Schneider Roland	*Köln	0:52:52	1968 M45	28	0:53:57	17:06 *	17:47 *	17:58	5:17 min/km
208	1669	Sühn Daniel	Albis Laufftreff	0:52:53	1993 MHK	38	0:53:00	17:55 *	17:19 *	17:38	5:17 min/km
209	1068	Wardenbach Thomas	*Köln	0:52:54	1976 M35	33	0:54:32	17:28 *	17:35 *	17:50	5:17 min/km
210	673	Schneider Leonard	Hans-Christian-Andersen-	0:52:59	1998 MU18	2	0:55:01	17:09 *	17:36 *	18:13	5:18 min/km
211	1092	Arat Mert	*Köln	0:53:05	1978 M35	34	0:53:10	17:33 *	17:27 *	18:04	5:19 min/km
212	1091	Büttner Markus	LöLing	0:53:05	1969 M45	29	0:53:10	17:33 *	17:28 *	18:04	5:19 min/km
213	1760	Mertens Daniel		0:53:07	1987 MHK	39	0:53:56	17:06 *	17:38 *	18:22	5:19 min/km
214	141	Voll Harald	Diabetes Programm	0:53:08	1959 M55	11	0:54:44	18:52 *	17:03 *	17:12	5:19 min/km
215	1229	Preiß Quinten	*Köln	0:53:14	2000 MU16	2	0:54:22	17:20 *	17:03 *	18:51	5:19 min/km
216	693	Schäfer Dieter	*Köln	0:53:17	1961 M50	19	0:54:23	16:58 *	17:39 *	18:39	5:20 min/km
217	1409	Wojciechowski Chris	run for beer	0:53:17	1972 M40	37	0:54:31	17:18 *	17:20 *	18:38	5:20 min/km
218	334	Zech Thilo	*Koeln	0:53:23	1966 M45	30	0:54:26	17:21 *	17:31 *	18:30	5:20 min/km
219	357	Filz Ludwig	Warm Up	0:53:25	1965 M45	31	0:54:37	18:05 *	17:35 *	17:44	5:21 min/km
220	18	Cramer Mathias	*Köln	0:53:26	1969 M45	32	0:54:27	18:08 *	17:33 *	17:44	5:21 min/km
221	362	Fühser Carsten	Warm Up	0:53:27	1977 M35	35	0:54:40	17:53 *	17:22 *	18:12	5:21 min/km

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222	684	Belledin Marcel	*Köln	0:53:30	1978	M35	36	0:53:38	16:13	* 17:16	* 20:01	5:21 min/km
223	152	Lange Michael	*Gummersbach	0:53:31	1961	M50	20	0:53:44	17:23	* 17:37	* 18:29	5:21 min/km
224	1676	Hambloch Christoph	Albis Laufftreff	0:53:31	1964	M50	21	0:53:38	18:00	* 17:53	* 17:37	5:21 min/km
225	846	Fuchs Heinz	*frechen	0:53:32	1961	M50	22	0:53:43	17:22	* 17:37	* 18:32	5:21 min/km
226	1072	Huwer Thomas	Kikke Flitzer	0:53:32	1983	M30	31	0:55:02	19:01	* 17:17	* 17:14	5:21 min/km
227	1397	Nolle Steffen	*Heidelberg	0:53:37	1988	MHK	40	0:54:06	18:57	* 17:36	* 17:03	5:22 min/km
228	648	Speake Robert	Bristol Rovers	0:53:38	1978	M35	37	0:54:55	16:33	* 17:52	* 19:13	5:22 min/km
229	1748	Schneider Helmut	Kölner Narren-Zunft	0:53:40	1966	M45	33	0:53:44	17:04	* 17:42	* 18:53	5:22 min/km
230	848	Teybig Daniel	Die Schnapsidee	0:53:46	1991	MHK	41	0:55:18	17:48	* 17:11	* 18:46	5:23 min/km
231	0	unbekannt HT1TNF3		0:53:50	0	MHK	42	0:54:02	17:23	* 17:50	* 18:36	5:23 min/km
232	960	Siegel Dr. Jörg	TheGinNastics	0:53:50	1953	M60	5	0:54:06	17:01	* 18:01	* 18:47	5:23 min/km
233	198	Plück Wolfgang	*Bergheim	0:53:58	1962	M50	23	0:54:37	18:06	* 17:31	* 18:20	5:24 min/km
234	222	Erdenberger Thomas	Laufschabe & Friends	0:53:58	1979	M35	38	0:54:49	18:08	* 17:51	* 17:58	5:24 min/km
235	8	Reppmann Reppi	Wir laufen für AIDS	0:54:01	1955	M55	12	0:56:01	19:17	* 17:09	* 17:34	5:24 min/km
236	1186	Wessels Michael	Bierhähnchen 3.0	0:54:02	1962	M50	24	0:56:24	21:30	* 15:41	* 16:50	5:24 min/km
237	1752	Erdenberger Ralph	Lebensdurst-ich	0:54:04	1970	M40	38	0:54:53	18:32	* 17:29	* 18:01	5:24 min/km
238	244	Becker Dieter	*Köln	0:54:04	1956	M55	13	0:54:18	17:49	* 17:44	* 18:30	5:24 min/km
239	998	Sommer Jonathan	*Köln	0:54:04	1999	MU16	3	0:56:42	18:47	* 17:23	* 17:54	5:24 min/km
240	100	Stillig Michael	*Köln	0:54:06	1973	M40	39	0:55:01	18:18	* 17:41	* 18:06	5:25 min/km
241	154	Rosso Mario	*Pulheim	0:54:07	1960	M50	25	0:56:03	19:18	* 17:32	* 17:16	5:25 min/km
242	0	unbekannt KN94APN		0:54:08	0	MHK	43	0:55:44	18:48	* 17:08	* 18:10	5:25 min/km
243	1239	Bertels Simon	TuS Gildehaus	0:54:08	1984	M30	32	0:55:44	18:49	* 17:09	* 18:09	5:25 min/km
244	1073	Jantsch Dirk	Original Bootcamp	0:54:09	1959	M55	14	0:55:39	18:56	* 17:25	* 17:47	5:25 min/km
245	327	Wollenweber Uwe	Ausdauer-Shop Betzdorf	0:54:10	1962	M50	26	0:54:19	17:28	* 17:46	* 18:55	5:25 min/km
246	1641	Bethke Daniel	Warm Up	0:54:16	1992	MHK	44	0:55:19	19:36	* 18:12	* 16:26	5:26 min/km
247	358	De Haan Dieter	Warm Up	0:54:24	1956	M55	15	0:55:37	20:20	* 18:37	* 15:26	5:26 min/km
248	305	Wurda Werner	Diabetes Programm	0:54:24	1960	M50	27	0:57:04	18:18	* 17:47	* 18:17	5:26 min/km
249	834	Mund Tobias	*Köln Junkersdorf	0:54:30	1975	M35	39	0:54:44	17:44	* 17:47	* 18:58	5:27 min/km
250	489	Kessler Thomas	DEG Road Runners	0:54:31	1955	M55	16	0:56:13	17:31	* 17:51	* 19:09	5:27 min/km
251	1156	Georgi Sebastian	Sebastian Georgi	0:54:35	1976	M35	40	0:55:29	18:22	* 17:56	* 18:16	5:28 min/km
252	728	Mohn Markus	Die Mohns	0:54:37	1968	M45	34	0:54:39	17:28	* 18:06	* 19:02	5:28 min/km
253	369	Seibert Marcus	*Köln	0:54:39	1964	M50	28	0:56:12	20:02	* 16:33	* 18:03	5:28 min/km
254	621	Ott Thomas	*Köln	0:54:43	1985	MHK	45	0:55:05	17:54	* 18:13	* 18:35	5:28 min/km
255	52	Meyer Hans Arnold	*Stolberg	0:54:48	1960	M50	29	0:54:58	21:54	* 16:12	* 16:41	5:29 min/km
256	268	Stein Hans-Jörg	*Köln	0:54:49	1952	M60	6	0:56:20	18:28	* 17:58	* 18:23	5:29 min/km
257	288	Peters Jens	xxxxxxxxxxxx	0:54:50	1952	M60	7	0:56:38	17:35	* 18:13	* 19:01	5:29 min/km
258	88	Herrmann Frank	*Köln	0:54:55	1965	M45	35	0:54:56	16:57	* 18:07	* 19:51	5:30 min/km
259	1241	Schüller Peter	*Köln	0:54:59	1968	M45	36	0:54:59	21:42	* 18:36	* 14:40	5:30 min/km
260	38	Kallrath Marc	Running Elements	0:55:02	1996	MU20	7	0:57:15	20:16	* 17:25	* 17:20	5:30 min/km
261	310	Laukart Wolfgang	*Schleiden	0:55:05	1967	M45	37	0:55:21	17:50	* 18:23	* 18:51	5:31 min/km
262	865	Roesberg Marcel	Lindenthaler	0:55:12	1987	MHK	46	0:55:18	17:19	* 18:51	* 19:01	5:31 min/km
263	156	Waloschek Thorsten	Vincerola	0:55:19	1970	M40	40	0:56:25	18:22	* 17:57	* 18:59	5:32 min/km
264	255	Thomas Marcel	*Köln	0:55:19	1993	MHK	47	0:55:26	17:00	* 18:00	* 20:19	5:32 min/km
265	657	Bell Eric	*Bergheim	0:55:21	1976	M35	41	0:56:37	18:11	* 18:05	* 19:03	5:32 min/km
266	1180	Blume Gerhard	Gerhard Blume	0:55:23	1950	M60	8	0:56:16	18:49	* 18:04	* 18:29	5:32 min/km
267	1759	Schmieder Markus		0:55:23	1985	MHK	48	0:56:20	18:22	* 18:13	* 18:46	5:32 min/km
268	238	Schulz Günther	TUS 05 Quettingen	0:55:24	1952	M60	9	0:56:54	18:53	* 18:40	* 17:50	5:32 min/km
269	285	Ermer Gerhard	*hürth	0:55:35	1949	M65	2	0:57:06	18:53	* 18:06	* 18:35	5:34 min/km
270	692	Stronczynki Jan	Sparta	0:55:41	1978	M35	42	0:56:35	18:28	* 18:16	* 18:56	5:34 min/km
271	528	Maringer Niels	*Erfstadt	0:55:56	1978	M35	43	0:57:50	18:51	* 18:26	* 18:38	5:36 min/km
272	1663	Rauhe Daniel	GinNastics	0:56:00	1979	M35	44	0:57:47	18:19	* 19:00	* 18:40	5:36 min/km
273	1203	Jühlen Robin	*Köln	0:56:01	1976	M35	45	0:56:31	18:44	* 18:18	* 18:58	5:36 min/km
274	880	Lecouty Dominique	*Köln	0:56:01	1951	M60	10	0:56:48	18:26	* 18:06	* 19:29	5:36 min/km
275	1189	Dohalt Nicki	Bierhähnchen 3.0	0:56:03	1979	M35	46	0:58:26	19:20	* 18:23	* 18:19	5:36 min/km
276	747	Schreiter Thomas	*Essen	0:56:04	1966	M45	38	0:56:51	18:24	* 18:25	* 19:13	5:36 min/km
277	1487	Palacios Robert	Vincerola	0:56:05	1979	M35	47	0:57:10	19:10	* 18:45	* 18:10	5:37 min/km

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278	76	Otten Rolf	Stammtisch Typisch	0:56:07	1964 M50	30	0:57:42	18:35 *	19:04 *	18:27	5:37 min/km
279	506	Lechelt Stefan	1975	0:56:09	1975 M35	48	0:58:18	17:56 *	18:34 *	19:38	5:37 min/km
280	1181	Schmieschek Holger	THC RW Bergisch	0:56:10	1952 M60	11	0:56:55	18:24 *	18:19 *	19:26	5:37 min/km
281	1370	Ströbelt Reiner	*Pulheim	0:56:12	1962 M50	31	0:57:24	19:21 *	18:24 *	18:26	5:37 min/km
282	1170	Biere Hans Reinhard	*Köln	0:56:14	1959 M55	17	0:56:22	18:11 *	18:34 *	19:29	5:37 min/km
283	612	Tepel Dennis	Malteser Business Service	0:56:16	1982 M30	33	0:58:27	21:52 *	16:42 *	17:41	5:38 min/km
284	1342	Rinoglu Ismael	DB Fernverkehr AG	0:56:16	1969 M45	39	0:56:51	16:21 *	18:09 *	21:45	5:38 min/km
285	1617	Barth Oliver		0:56:17	1974 M40	41	0:56:35	18:26 *	18:43 *	19:07	5:38 min/km
286	748	Becker Kai	*Köln	0:56:23	1975 M35	49	0:58:32	18:24 *	18:24 *	19:34	5:38 min/km
287	1743	El Makrini Yownes	LT DSHS Köln	0:56:25	2004 MU12	1	0:58:14	18:14 *	17:42 *	20:28	5:39 min/km
288	515	Behrends Philip	Fortuna Düsseldorf	0:56:26	1971 M40	42	0:58:23	18:55 *	18:43 *	18:47	5:39 min/km
289	776	Vogel Ulrich	*Köln	0:56:27	1980 M30	34	0:57:22	18:53 *	18:23 *	19:10	5:39 min/km
290	1257	Von Brauchitsch Nicholas	Die Route wird berechnet	0:56:29	1975 M35	50	0:57:11	18:46 *	17:50 *	19:51	5:39 min/km
291	118	Giese Peter	*Köln	0:56:31	1962 M50	32	0:56:35	18:46 *	18:48 *	18:56	5:39 min/km
292	1472	Aevermann Johannes	Fronrunner Cologne	0:56:33	1961 M50	33	0:57:19	18:45 *	18:56 *	18:52	5:39 min/km
293	14	Vollmer Thomas	*Köln	0:56:35	1978 M35	51	0:58:39	19:09 *	18:04 *	19:22	5:40 min/km
294	755	Vogelheim Dr. Markus	Hans-Christian-Andersen-	0:56:38	1970 M40	43	0:58:26	19:45 *	19:17 *	17:35	5:40 min/km
295	678	Klein Michael	Wiedenest	0:56:43	1964 M50	34	0:58:08	19:12 *	18:27 *	19:03	5:40 min/km
296	1365	Ulcyfer Alexander	Techniker Krankenkasse	0:56:45	1988 MHK	49	0:58:29	18:49 *	18:45 *	19:11	5:41 min/km
297	86	Bienentreu Ralf	*Köln	0:56:49	1967 M45	40	0:58:05	19:21 *	18:13 *	19:14	5:41 min/km
298	701	Hartmann Werner	Köln-Porz	0:56:56	1955 M55	18	0:57:14	18:24 *	18:49 *	19:42	5:42 min/km
299	96	Trimborn Lars	*Hürth	0:56:58	1978 M35	52	0:57:23	18:52 *	19:09 *	18:56	5:42 min/km
300	709	Conrady Christoph	PUSHENSY	0:56:58	1970 M40	44	0:57:24	18:51 *	19:14 *	18:52	5:42 min/km
301	1498	Kremer Guido	NetCologne	0:57:00	1968 M45	41	0:57:00	17:58 *	19:00 *	20:01	5:42 min/km
302	462	Van Issem Hans-Jürgen	Run of Colours	0:57:01	1964 M50	35	0:58:54	18:35 *	18:13 *	20:12	5:42 min/km
303	945	Hasse Andreas	*Köln	0:57:03	1981 M30	35	0:58:20	19:17 *	18:30 *	19:15	5:42 min/km
304	1745	Selwara Marc		0:57:04	1980 M30	36	0:57:20	17:24 *	19:09 *	20:29	5:42 min/km
305	955	Evert Karsten	fortuna beejing	0:57:04	1969 M45	42	0:58:15	19:28 *	18:37 *	18:57	5:42 min/km
306	1740	Horster Renee		0:57:07	1993 MHK	50	0:58:57	18:59 *	18:33 *	19:35	5:43 min/km
307	1773	Becker Cornell		0:57:12	1979 M35	53	0:57:35	19:12 *	19:22 *	18:36	5:43 min/km
308	1422	Sauer Tjark	*Köln	0:57:17	1979 M35	54	0:58:36	19:16 *	18:51 *	19:08	5:44 min/km
309	1392	Krott Peter	Vincerola	0:57:18	1968 M45	43	0:58:29	20:12 *	18:40 *	18:25	5:44 min/km
310	1144	Kloy Sebastian	Altes brauhaus Trebels	0:57:18	1985 MHK	51	0:57:55	18:08 *	19:10 *	19:59	5:44 min/km
311	1064	Ghorban Farhad	bez.reg	0:57:20	1979 M35	55	1:01:09	19:34 *	20:01 *	17:44	5:44 min/km
312	94	Nüstedt Niels	*Salzburg	0:57:21	1977 M35	56	0:58:39	20:03 *	18:33 *	18:43	5:44 min/km
313	1349	Reuter Manfred	DB Fernverkehr AG	0:57:21	1964 M50	36	0:58:00	18:48 *	18:52 *	19:40	5:44 min/km
314	564	Barthel Björn-Erik	Krüger Running Team	0:57:22	1963 M50	37	0:57:42	19:51 *	18:52 *	18:38	5:44 min/km
315	1407	Puschmann Sven	Krüger Running Team	0:57:23	1979 M35	57	0:57:43	19:52 *	18:52 *	18:38	5:44 min/km
316	278	Broy Jürgen	Vincerola	0:57:24	1972 M40	45	0:58:34	18:38 *	19:16 *	19:29	5:44 min/km
317	1291	Lyczkowski Torben	Pickendick	0:57:28	1994 MHK	52	0:59:03	21:41 *	18:59 *	16:47	5:45 min/km
318	603	Meckert Philipp	*köln	0:57:28	1972 M40	46	0:58:21	19:00 *	19:36 *	18:52	5:45 min/km
319	1470	Buehner Jens	Glück auf Grünau	0:57:34	1975 M35	58	0:58:04	18:54 *	19:21 *	19:18	5:45 min/km
320	0	unbekannt DW02SN6		0:57:34	0 MHK	53	0:58:04	18:54 *	19:22 *	19:18	5:45 min/km
321	1287	Bette Henning	*Hürth Efferen	0:57:41	1970 M40	47	0:59:05	19:46 *	18:51 *	19:03	5:46 min/km
322	804	Kessler Hans Jürgen	DTV 1847 Düren	0:57:42	1947 M65	3	0:58:15	19:16 *	18:48 *	19:36	5:46 min/km
323	811	Boese Michel	*Köln	0:57:47	1970 M40	48	0:59:43	19:19 *	19:01 *	19:26	5:47 min/km
323	161	Hansmann Christoph	Hans-Christian-Andersen-	0:57:47	1973 M40	48	0:58:34	24:30 *	17:10 *	16:07	5:47 min/km
325	487	Fritsche Armin	*Frechen	0:57:48	1980 M30	37	0:59:10	18:50 *	19:17 *	19:40	5:47 min/km
326	70	Helleckes Carsten	Runtasten	0:57:55	1975 M35	59	0:58:49	18:53 *	19:15 *	19:46	5:48 min/km
327	270	Timm Jörg	Lauffreunde Ottenheim	0:57:57	1975 M35	60	0:59:02	20:08 *	18:48 *	19:00	5:48 min/km
328	545	Bacht Andreas	Die Route wird berechnet	0:57:58	1973 M40	50	0:58:40	20:26 *	17:48 *	19:44	5:48 min/km
329	1224	Noras Erik	Fronrunner Cologne	0:58:02	1960 M50	38	0:58:48	19:32 *	19:17 *	19:12	5:48 min/km
330	888	Bürfent Peter	Tanja Bürfent	0:58:04	2003 MU12	2	0:59:18	19:45 *	19:04 *	19:14	5:48 min/km
331	889	Bürfent Peter	Tanja Bürfent	0:58:05	2004 MU12	3	0:59:18	19:45 *	19:05 *	19:14	5:49 min/km
332	451	Ensemeier Guido	*Köln	0:58:07	1953 M60	12	0:59:52	19:40 *	18:44 *	19:42	5:49 min/km
333	1174	Kolacki Peter	*Kerpen	0:58:09	1983 M30	38	0:59:30	18:51 *	19:17 *	20:00	5:49 min/km

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334	1158	Amian Rolf	*Köln	0:58:11	1961 M50	39	1:00:01	19:13 *	18:48 *	20:10	5:49 min/km
335	1747	Behrendt Dirk	*Köln	0:58:17	1966 M45	44	0:59:49	19:43 *	19:18 *	19:15	5:50 min/km
336	15	Busch Tobias	*Köln	0:58:18	1972 M40	51	0:59:43	19:49 *	19:16 *	19:12	5:50 min/km
337	825	Ohrem Uwe	*Köln	0:58:20	1959 M55	19	0:59:11	19:47 *	19:06 *	19:26	5:50 min/km
338	625	Steubesand Herbert	ASV-Triathlon	0:58:20	1965 M45	45	0:59:12	19:47 *	19:06 *	19:27	5:50 min/km
339	547	Höhn Jörg	DJK Roland Köln-West	0:58:26	1974 M40	52	1:00:00	19:24 *	19:22 *	19:40	5:51 min/km
340	1356	Engel Marco	DB Fernverkehr AG	0:58:31	1997 MU18	3	0:59:14	21:01 *	17:48 *	19:41	5:51 min/km
341	203	Voigtschildt Freddy	*Frechen	0:58:31	1961 M50	40	0:59:55	20:04 *	19:06 *	19:20	5:51 min/km
342	900	Lammerich Sebastian	*Köln	0:58:32	1988 MHK	54	0:59:54	19:29 *	19:11 *	19:50	5:51 min/km
343	1764	Klute Martin		0:58:47	1964 M50	41	1:00:19	19:37 *	19:11 *	19:57	5:53 min/km
344	1761	Hostadt Rolf	Essener RG 1900	0:58:53	1952 M60	13	0:59:38	18:18 *	19:47 *	20:47	5:53 min/km
345	1391	Schäfer Karsten	*Leonberg	0:58:55	1971 M40	53	0:59:24	18:57 *	19:29 *	20:28	5:54 min/km
346	363	Lange Holger	Warm Up	0:58:57	1969 M45	46	1:00:12	20:18 *	18:58 *	19:40	5:54 min/km
347	613	Krusekopp Kim	Malteser Business Service	0:58:57	1973 M40	54	1:01:11	19:17 *	19:21 *	20:19	5:54 min/km
348	1390	Steffen Dr. Carsten	Team KerryGum	0:58:58	1975 M35	61	0:59:43	20:35 *	19:19 *	19:03	5:54 min/km
349	13	Brod Marcus	Team KerryGum	0:58:58	1974 M40	55	0:59:43	20:35 *	19:19 *	19:04	5:54 min/km
350	510	Sasse René	!!run4fun!!	0:59:03	1981 M30	39	1:01:11	19:19 *	19:17 *	20:25	5:54 min/km
351	677	Mamerow Detlef	*Köln	0:59:14	1953 M60	14	1:00:12	19:58 *	19:17 *	19:58	5:55 min/km
352	1285	Lohmann Damian	Original Bootcamp	0:59:19	1985 MHK	55	1:00:34	19:57 *	20:34 *	18:47	5:56 min/km
353	991	Baltzer Stefan	*Köln	0:59:20	1982 M30	40	1:00:25	19:04 *	19:52 *	20:23	5:56 min/km
354	233	Schuckel Prof. Dr.	*Hürth	0:59:21	1966 M45	47	1:00:20	19:17 *	19:45 *	20:17	5:56 min/km
355	1099	Amandi Dr. Frank	*Köln	0:59:29	1968 M45	48	1:00:49	20:15 *	19:37 *	19:36	5:57 min/km
356	1062	Adrian Guido	Hans-Christian-Andersen-	0:59:36	1965 M45	49	0:59:38	18:33 *	21:06 *	19:57	5:58 min/km
357	1406	Kasimir Thomas	UNICEF Runners	0:59:38	1964 M50	42	0:59:53	18:47 *	20:03 *	20:48	5:58 min/km
358	1603	Repke Marco	NetCologne	1:00:03	1976 M35	62	1:01:02	19:42 *	19:42 *	20:38	6:00 min/km
359	286	Bornemann Matthias	LeseWelten	1:00:05	1951 M60	15	1:00:33	19:33 *	19:54 *	20:36	6:01 min/km
360	245	Dettmer-Prause Christian	Kikke Flitzer	1:00:06	1980 M30	41	1:01:35	20:51 *	20:23 *	18:51	6:01 min/km
361	1696	Heuser Florian		1:00:14	1986 MHK	56	1:02:12	20:37 *	19:37 *	19:59	6:01 min/km
362	400	Schlieper Peter	LeseWelten	1:00:15	1945 M65	4	1:01:48	19:43 *	19:34 *	20:56	6:02 min/km
363	1430	Hartje Stephan	*Köln	1:00:25	1983 M30	42	1:02:08	20:18 *	19:40 *	20:25	6:03 min/km
364	39	Solzbach Dirk	*Lippstadt	1:00:34	1976 M35	63	1:02:21	20:06 *	20:20 *	20:07	6:03 min/km
365	1489	Wietzke Dirk	Von A bis W alles OK	1:00:36	1970 M40	56	1:01:56	20:15 *	19:37 *	20:43	6:04 min/km
366	1056	Bauer M.	*Köln	1:00:37	1978 M35	64	1:02:43	21:31 *	19:41 *	19:24	6:04 min/km
367	1036	Warweg Justus	HCA	1:00:55	2006 MU10	3	1:00:56	20:49 *	21:04 *	19:01	6:06 min/km
367	1226	Hasselbacher Jens	Original Bootcamp	1:00:55	1971 M40	57	1:01:35	21:07 *	20:43 *	19:04	6:06 min/km
369	1043	Warweg Konstantin	HCA	1:00:56	2004 MU12	4	1:00:58	20:47 *	21:06 *	19:02	6:06 min/km
370	1155	Warweg Dr. Tobias	Hans-Christian-Andersen-	1:01:04	1973 M40	58	1:01:05	20:47 *	21:05 *	19:10	6:06 min/km
371	397	Schlieper Michael	LeseWelten	1:01:08	1968 M45	50	1:01:47	23:05 *	17:07 *	20:55	6:07 min/km
372	107	Nachsel Achim	Buckelwale	1:01:09	1955 M55	20	1:01:24	19:44 *	20:02 *	21:22	6:07 min/km
373	380	Mönnich Tobias	*Bergheim	1:01:12	2003 MU12	5	1:01:16	20:56 *	20:35 *	19:40	6:07 min/km
374	150	Djamalpour Lukas	1.FC Quadrath-Ichendorf	1:01:13	2003 MU12	6	1:01:17	20:56 *	20:35 *	19:42	6:07 min/km
375	1648	Schneider Sidney		1:01:14	1966 M45	51	1:01:46	21:12 *	20:04 *	19:57	6:07 min/km
376	1644	Maaskeuting Michel	Dünnwald Raketen	1:01:19	1977 M35	65	1:03:01	21:06 *	19:44 *	20:28	6:08 min/km
377	616	Gröger Thomas	Krüger Running Team	1:01:20	1969 M45	52	1:03:41	24:43 *	19:01 *	17:35	6:08 min/km
378	626	Strobl Ulli	*Köln	1:01:25	1956 M55	21	1:03:12	19:55 *	20:09 *	21:21	6:09 min/km
379	493	Strohhäcker Carsten	run for fun	1:01:38	1971 M40	59	1:02:58	20:03 *	19:59 *	21:35	6:10 min/km
380	1763	Hirsch Manfred		1:01:41	1971 M40	60	1:03:53	20:38 *	20:00 *	21:01	6:10 min/km
381	685	Kaulen Andreas	GRACE Running Team	1:01:42	1968 M45	53	1:04:14	19:43 *	20:42 *	21:16	6:10 min/km
382	467	Heuser Rainer	Bierhähnchen 3.0	1:01:44	1950 M60	16	1:04:32	20:31 *	20:20 *	20:53	6:10 min/km
383	54	Koch Dr. Stephan	*Remagen	1:01:47	1960 M50	43	1:02:15	19:31 *	20:15 *	22:00	6:11 min/km
384	977	Michaelis Ilja	Meister Cody Team	1:01:51	1977 M35	66	1:02:49	19:41 *	19:56 *	22:12	6:11 min/km
385	551	Kamp Stefan	*Köln	1:01:54	1964 M50	44	1:03:17	24:22 *	18:07 *	19:24	6:11 min/km
386	393	Bootcamp Bunny	Original Bootcamp	1:02:00	1981 M30	43	1:03:14	21:19 *	20:38 *	20:01	6:12 min/km
387	336	Borm Wolfgang	ERGOsports Köln	1:02:07	1954 M60	17	1:03:18	20:20 *	20:10 *	21:36	6:13 min/km
388	194	Gatzen Ralf	*Herzogenrath	1:02:09	1972 M40	61	1:04:23	21:12 *	20:26 *	20:30	6:13 min/km
389	230	Hoffmann Michael	*Schwetzingen	1:02:13	1966 M45	54	1:03:24	21:20 *	20:22 *	20:30	6:13 min/km

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390	248	Metten Johannes	*Köln	1:02:16	1983 M30	44	1:03:56	20:53 *	20:31 *	20:51	6:14 min/km
391	817	Schog Arne	*Köln	1:02:24	1986 MHK	57	1:04:27	22:04 *	20:25 *	19:53	6:14 min/km
392	1338	Schönwitz Andreas	DB Fernverkehr AG	1:02:30	1964 M50	45	1:03:08	19:58 *	20:40 *	21:50	6:15 min/km
393	978	Furch Henning	*Frechen	1:02:30	1974 M40	62	1:04:28	21:13 *	20:32 *	20:44	6:15 min/km
394	891	Roth Uwe	Hans Christian Andersen	1:02:31	1970 M40	63	1:03:46	24:36 *	18:27 *	19:27	6:15 min/km
395	562	Contrafatto Angelo	Die 2 Fantastische 5	1:02:32	1979 M35	67	1:05:11	20:07 *	21:39 *	20:45	6:15 min/km
396	908	Deisenroth Christian	*Köln	1:02:36	1987 MHK	58	1:03:59	21:52 *	20:52 *	19:51	6:16 min/km
397	477	Steinz Lothar	*Köln	1:02:37	1957 M55	22	1:03:29	23:36 *	18:44 *	20:15	6:16 min/km
398	1269	Moog Christian	*St. Katharinen	1:02:47	1982 M30	45	1:04:42	21:37 *	19:56 *	21:14	6:17 min/km
399	1683	Schwertfeger Carsten		1:02:50	1968 M45	55	1:05:12	20:22 *	20:44 *	21:43	6:17 min/km
400	501	Esser Tobias	*Köln	1:02:51	1980 M30	46	1:04:34	21:46 *	20:44 *	20:20	6:17 min/km
401	508	Krämer Thomas	*Köln	1:02:51	1970 M40	64	1:04:34	21:46 *	20:44 *	20:20	6:17 min/km
402	947	Braemik Dr. Simon	*Frankfurt am Main	1:02:52	1984 M30	47	1:03:49	21:08 *	21:00 *	20:43	6:17 min/km
403	768	Oelmann Michael	*Erkrath	1:03:01	1981 M30	48	1:03:28	19:58 *	20:55 *	22:07	6:18 min/km
404	105	Schobeß Christoph	Die Schnapsidee	1:03:08	1986 MHK	59	1:04:39	21:37 *	20:35 *	20:55	6:19 min/km
405	313	Busse Ingo	*Köln	1:03:08	1973 M40	65	1:05:03	22:27 *	20:32 *	20:08	6:19 min/km
406	1211	Heck Moritz	Hans-Christian-Andersen-	1:03:23	2000 MU16	4	1:04:49	22:26 *	20:48 *	20:07	6:20 min/km
407	511	Preiß Jürgen	*Köln	1:03:25	1962 M50	46	1:04:34	20:09 *	21:05 *	22:11	6:21 min/km
408	1742	Kretzschmar Björn	Laufminuum Köln	1:03:30	1973 M40	66	1:06:07	21:33 *	20:51 *	21:05	6:21 min/km
409	1029	Velde Moritz	HCA	1:03:31	2004 MU12	7	1:05:20	22:07 *	20:55 *	20:29	6:21 min/km
410	974	Spottke Frank	*Erfstadt	1:03:32	1965 M45	56	1:03:55	21:17 *	21:00 *	21:13	6:21 min/km
411	1049	Wilhelm Christopher	HCA	1:03:38	2005 MU10	4	1:04:50	21:02 *	20:25 *	22:10	6:22 min/km
412	931	Böckmann Dr. Oliver	*Hürth	1:03:40	1964 M50	47	1:03:40	21:22 *	20:46 *	21:32	6:22 min/km
413	1427	Singhania Naresh	PUSHENSY	1:03:48	1972 M40	67	1:03:48	15:04 *	26:23 *	22:20	6:23 min/km
414	1611	Ranke Tim	Team LeseWelten	1:04:15	1972 M40	68	1:05:11	20:43 *	21:39 *	21:52	6:26 min/km
415	756	Sippach Benjamin	*Neunkirchen-Seelscheid	1:04:17	1980 M30	49	1:06:03	21:56 *	20:57 *	21:22	6:26 min/km
416	351	Sprengart Sven	*Köln	1:04:30	1969 M45	57	1:05:13	20:29 *	20:53 *	23:06	6:27 min/km
417	652	Reisch Uli	just4us	1:04:35	1966 M45	58	1:06:26	23:37 *	20:23 *	20:35	6:28 min/km
418	1441	Hoffmann Thomas	!!run4fun!!	1:04:35	1965 M45	59	1:06:26	23:37 *	21:31 *	19:26	6:28 min/km
419	299	Schneider Rocky	FrontRunner	1:04:38	1976 M35	68	1:06:40	21:42 *	21:36 *	21:19	6:28 min/km
420	971	Vogel Markus	*Odenthal	1:04:42	1974 M40	69	1:06:18	21:50 *	20:53 *	21:58	6:28 min/km
421	1128	Fabry Thomas	Wohnung 37	1:04:46	1984 M30	50	1:06:14	21:18 *	21:27 *	22:01	6:29 min/km
422	321	Kegler Tobias	Kölsche Renndierche	1:04:53	1983 M30	51	1:05:57	22:00 *	20:55 *	21:57	6:29 min/km
423	579	Hohn Alexander	*Köln	1:04:53	1979 M35	69	1:05:18	20:47 *	21:17 *	22:48	6:29 min/km
424	318	Detmer Hanspeter	Altstädter Köln Reiterkorps	1:04:53	1946 M65	5	1:05:15	21:04 *	21:17 *	22:31	6:29 min/km
425	1113	Jasper Stefan	*Köln	1:05:01	1980 M30	52	1:05:53	21:02 *	21:21 *	22:37	6:30 min/km
426	1737	Mersch Lukas		1:05:15	1983 M30	53	1:05:57	21:45 *	21:31 *	21:59	6:32 min/km
427	1172	Knipprath Christoph	Sports For Development	1:05:15	1980 M30	54	1:05:57	21:45 *	21:30 *	22:00	6:32 min/km
428	1673	Kremer Robert		1:05:16	0 M	0	1:06:37	21:20 *	21:19 *	22:35	6:32 min/km
429	1087	Zur Nieden Jürgen	*Remscheid	1:05:25	1961 M50	48	1:07:03	22:25 *	21:20 *	21:39	6:33 min/km
430	1674	Wilhelm Martin		1:05:30	1959 M55	23	1:06:49	20:57 *	21:04 *	23:28	6:33 min/km
431	1380	Reis Hagen	*Köln	1:05:31	1965 M45	60	1:06:30	22:59 *	21:10 *	21:21	6:33 min/km
432	218	Meiss David	*Köln	1:05:35	1967 M45	61	1:06:23	22:01 *	21:40 *	21:52	6:34 min/km
433	1475	Hüneke Ralph	Familienbande	1:05:36	1966 M45	62	1:07:37	21:27 *	21:33 *	22:35	6:34 min/km
434	1474	Roggendorf Sven	Familienbande	1:05:36	1966 M45	63	1:07:37	21:27 *	21:32 *	22:36	6:34 min/km
435	1491	Röwekamp Rüdiger	*Köln	1:05:41	1961 M50	49	1:06:37	21:09 *	21:37 *	22:55	6:34 min/km
436	1375	Kuklik Malte	*Köln	1:05:49	2003 MU12	8	1:07:10	20:05 *	21:51 *	23:52	6:35 min/km
437	1374	Kuklik Holger	*Köln	1:05:49	1970 M40	70	1:07:10	20:05 *	21:51 *	23:52	6:35 min/km
438	1248	Mengue Dr. Clement	*Köln	1:05:51	1975 M35	70	1:07:57	21:28 *	22:04 *	22:18	6:35 min/km
439	1717	Ermisch Heinz-Werner	Happy Running Family	1:06:00	1966 M45	64	1:06:00	24:56 *	23:54 *	17:09	6:36 min/km
440	1771	Mierau Thorsten	Just Fit	1:06:04	1989 MHK	60	1:06:42	20:18 *	22:16 *	23:30	6:36 min/km
441	0	unbekannt KX1C8GB		1:06:05	0 MHK	61	1:06:42	20:19 *	22:16 *	23:30	6:37 min/km
442	1340	Schneider Udo	DB Fernverkehr AG	1:06:27	1966 M45	65	1:07:09	19:51 *	21:32 *	25:03	6:39 min/km
443	1346	Puccio Salvatore	DB Fernverkehr AG	1:06:34	1969 M45	66	1:07:16	20:26 *	22:13 *	23:54	6:39 min/km
444	982	Schöffmann Dieter	LeseWelten	1:07:00	1953 M60	18	1:07:36	21:41 *	22:32 *	22:46	6:42 min/km
445	980	Voigt Anton	NOGI V RUKI	1:07:03	1983 M30	55	1:09:03	24:17 *	22:55 *	19:50	6:42 min/km

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446	1191	Delhofen Markus	*Langenfeld	1:07:04	1972 M40	71	1:09:24	22:49 *	22:23 *	21:50	6:42 min/km
447	1345	Galkowsky Guido	DB Fernverkehr AG	1:07:06	1983 M30	56	1:07:48	21:25 *	22:09 *	23:31	6:43 min/km
448	876	Strohe Thomas	Vincerola	1:07:21	1979 M35	71	1:08:22	21:01 *	22:31 *	23:49	6:44 min/km
449	609	Bovelet Mirko	Malteser Business Service	1:07:22	1975 M35	72	1:09:39	22:13 *	21:47 *	23:21	6:44 min/km
450	608	Wester David	Malteser Business Service	1:07:27	1983 M30	57	1:09:39	21:52 *	22:13 *	23:21	6:45 min/km
451	455	Ludwigs Alexander		1:07:28	1967 M45	67	1:08:55	22:04 *	22:03 *	23:20	6:45 min/km
452	1372	Reisch Max	just4us	1:08:20	2002 MU14	2	1:10:10	23:36 *	21:32 *	23:10	6:50 min/km
453	1325	Pal Peter	*Köln	1:08:20	1966 M45	68	1:10:11	22:01 *	22:21 *	23:57	6:50 min/km
454	1405	Juchem Tobias	*köln	1:08:27	1985 MHK	62	1:12:10	22:15 *	23:19 *	22:52	6:51 min/km
455	1440	Hoffmann Felix	!!run4fun!!	1:08:43	2003 MU12	9	1:10:33	23:37 *	21:33 *	23:33	6:52 min/km
456	32	Wirz Michael	*Köln	1:08:55	1962 M50	50	1:11:04	23:02 *	22:35 *	23:18	6:54 min/km
457	986	Holtfort Felix	*Köln	1:09:22	1996 MU20	8	1:09:33	19:08 *	24:17 *	25:56	6:56 min/km
458	332	Möller Joachim	TuS Badbergen	1:09:55	1955 M55	24	1:12:02	22:38 *	22:53 *	24:23	6:60 min/km
459	1378	Somborn Oliver	*Hagen	1:10:16	1967 M45	69	1:12:00	22:15 *	23:22 *	24:38	7:02 min/km
460	1112	Bartizal Stefan	*Bottrop	1:10:48	1990 MHK	63	1:11:59	22:40 *	23:28 *	24:39	7:05 min/km
461	1335	Brill Thomas	Hans-Christian-Andersen-	1:10:49	1964 M50	51	1:13:04	23:30 *	23:00 *	24:18	7:05 min/km
462	807	Böcker Bernd-Christoph	*Bonn	1:10:53	1978 M35	73	1:12:54	23:30 *	23:21 *	24:01	7:05 min/km
463	437	Meins Heiko	Rennschnecken	1:11:15	1969 M45	70	1:12:54	24:14 *	24:16 *	22:44	7:08 min/km
464	1165	Russo Maurizio	Rennschnecken	1:11:20	1987 MHK	64	1:12:59	24:14 *	24:16 *	22:49	7:08 min/km
465	1355	Heidkamp Benjamin	DB Fernverkehr AG	1:11:30	1997 MU18	4	1:12:14	21:00 *	24:27 *	26:02	7:09 min/km
466	250	Wetzel Andreas	LeseWelten	1:11:39	1955 M55	25	1:12:14	23:49 *	23:02 *	24:47	7:10 min/km
467	1022	Von Velsen Julius	HCA	1:11:40	2006 MU10	5	1:13:00	22:35 *	24:27 *	24:37	7:10 min/km
468	1496	Oldenburg Markus	NetCologne	1:11:50	1964 M50	52	1:12:48	21:30 *	24:13 *	26:05	7:11 min/km
469	598	Schüren Andreas	Running Elements	1:12:26	1980 M30	58	1:14:38	23:53 *	23:50 *	24:42	7:15 min/km
470	83	Weise-Falkowski Harald	*Essen	1:13:21	1957 M55	26	1:15:35	23:53 *	24:25 *	25:02	7:20 min/km
471	224	Weilburg Dr. Walter	*Köln	1:14:13	1952 M60	19	1:16:51	25:08 *	24:39 *	24:25	7:25 min/km
472	1067	Kiel Christoph	*Köln	1:14:17	1981 M30	59	1:16:27	24:07 *	24:32 *	25:37	7:26 min/km
473	1070	Sunaoglu Imran	*Köln	1:14:18	1980 M30	60	1:16:28	24:07 *	24:32 *	25:38	7:26 min/km
474	309	Pütz Ulrich	*Pulheim	1:16:52	1970 M40	72	1:19:28	25:10 *	25:40 *	26:01	7:41 min/km
475	1330	Kamzol Bernd	LeseWelten	1:18:36	1950 M60	20	1:20:22	26:05 *	26:56 *	25:34	7:52 min/km
476	585	Stevens Hans Peter	Pickendick	1:21:39	1963 M50	53	1:24:17	27:00 *	27:06 *	27:32	8:10 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1376	Voigt Lisa	*Ebsdorfergrund	0:45:42	1989 WHK	1	0:46:12	14:25 * 15:07 * 16:09	4:34 min/km
2	184	Menne Verena	LeseWelten	0:45:51	1981 W30	1	0:47:08	16:23 * 14:24 * 15:03	4:35 min/km
3	1623	Gall Michelle		0:46:41	2001 WU14	1	0:47:44	15:24 * 15:20 * 15:56	4:40 min/km
4	753	Könsgen Sara	saraohne@web.de	0:46:55	1979 W35	1	0:47:01	15:32 * 15:25 * 15:57	4:42 min/km
5	588	Bäcker Anke	ultraSPORTS / TEA	0:47:03	1969 W45	1	0:47:18	15:47 * 15:17 * 15:58	4:42 min/km
6	1081	Gless Jessica	Warm Up	0:48:03	1994 WHK	2	0:49:05	16:06 * 15:50 * 16:05	4:48 min/km
7	1691	Hamenn Kristin	Lucky Stars	0:48:51	1985 WHK	3	0:49:03	15:37 * 16:14 * 16:59	4:53 min/km
8	36	Schmidt Martina	*Köln	0:49:00	1963 W50	1	0:49:09	15:53 * 16:07 * 16:59	4:54 min/km
9	464	Rosen Sabine	Run of Colours	0:49:05	1977 W35	2	0:50:57	16:31 * 15:47 * 16:47	4:55 min/km
10	251	Urban Alexandra	Speedy Gonzales	0:49:06	1981 W30	2	0:49:31	15:36 * 16:35 * 16:54	4:55 min/km
11	445	Biere Kirsten	Glühwürmchen	0:49:07	1963 W50	2	0:49:14	15:57 * 16:15 * 16:53	4:55 min/km
12	243	Kühlem Erika	*Köln	0:49:21	1978 W35	3	0:49:38	17:01 * 16:10 * 16:09	4:56 min/km
13	1694	Frieler Sonja		0:49:21	1987 WHK	4	0:50:17	16:52 * 16:18 * 16:11	4:56 min/km
14	1104	Flügel Eva	*Köln	0:49:44	1990 WHK	5	0:49:57	16:22 * 16:23 * 16:58	4:58 min/km
15	580	Engel Petra	BSG Stadt Köln	0:49:46	1967 W45	2	0:49:51	16:07 * 16:23 * 17:15	4:59 min/km
16	1481	Vietzen Ulrike	*Köln	0:49:48	1967 W45	3	0:51:47	17:29 * 16:06 * 16:12	4:59 min/km
17	620	Helwig Janine	Wicki Sports	0:49:53	1988 WHK	6	0:51:36	17:58 * 15:35 * 16:20	4:59 min/km
18	160	Schäfer Daniela	*Köln	0:50:01	1977 W35	4	0:51:19	16:41 * 16:24 * 16:55	5:00 min/km
19	538	Schulte Gudrun	TSG Valbert	0:50:06	1954 W60	1	0:50:11	16:20 * 16:32 * 17:14	5:01 min/km
20	125	Hoffmann Sara	TSG Valbert	0:50:08	1982 W30	3	0:50:13	16:37 * 16:47 * 16:43	5:01 min/km
21	874	Nakahira Sadaka	*Köln	0:50:11	1980 W30	4	0:51:16	17:50 * 16:27 * 15:53	5:01 min/km
22	1230	Schafhausen Brigitte	*Köln	0:50:19	1973 W40	1	0:50:53	17:04 * 16:36 * 16:37	5:02 min/km
23	434	Biere Sarah	*Köln	0:50:23	1987 WHK	7	0:50:30	15:58 * 16:42 * 17:43	5:02 min/km
24	1753	Büttgenbach Eva	Aqua-Club Köln	0:50:26	1968 W45	4	0:50:29	16:01 * 16:48 * 17:35	5:03 min/km
25	740	Beate Wissing	*Köln	0:50:31	1968 W45	5	0:52:09	16:56 * 16:24 * 17:09	5:03 min/km
26	345	Silvertant Sabrina	*Erfstadt	0:50:31	1976 W35	5	0:50:49	16:39 * 16:43 * 17:07	5:03 min/km
27	795	Franzus Melanie Sarah	*köln	0:50:37	1974 W40	2	0:51:00	17:07 * 16:42 * 16:46	5:04 min/km
28	1608	Mete Nicole	Team LeseWelten	0:50:53	1972 W40	3	0:50:59	16:38 * 16:57 * 17:17	5:05 min/km
29	877	Voigtschildt Maike	Vincerola	0:50:59	1989 WHK	8	0:51:35	16:53 * 16:56 * 17:08	5:06 min/km
30	1693	Haite Julia		0:51:15	1987 WHK	9	0:52:12	16:55 * 16:49 * 17:30	5:08 min/km
31	1082	Gaffrey Kathleen	Warm Up	0:51:21	1982 W30	5	0:51:32	15:38 * 16:29 * 19:14	5:08 min/km
32	990	Di Capua Anna	LeseWelten	0:51:25	1979 W35	6	0:51:39	17:03 * 16:51 * 17:30	5:09 min/km
33	461	Hark Andrea	Run of Colours	0:51:32	1960 W50	3	0:53:23	17:23 * 16:43 * 17:25	5:09 min/km
34	822	Fökel Bettina	*Köln	0:51:37	1972 W40	4	0:51:55	17:05 * 17:03 * 17:29	5:10 min/km
35	1478	Goebel Andrea	Die Unaufsteigbaren	0:51:55	1975 W35	7	0:53:00	17:02 * 17:13 * 17:39	5:12 min/km
36	109	Langner Susann		0:51:57	1969 W45	6	0:52:29	16:51 * 17:04 * 18:01	5:12 min/km
37	1083	Eckert Nadine	Warm Up	0:52:01	1994 WHK	10	0:52:59	16:32 * 17:24 * 18:04	5:12 min/km
38	374	Ansari Maja	run for beer	0:52:02	1981 W30	6	0:53:16	17:19 * 17:09 * 17:33	5:12 min/km
39	1389	Torres Giron Paola	Vincerola	0:52:04	1975 W35	8	0:53:06	16:32 * 17:10 * 18:21	5:12 min/km
40	195	Jahn-Gatzen Judith	*Herzogenrath	0:52:26	1976 W35	9	0:54:40	18:25 * 16:59 * 17:02	5:15 min/km
41	1494	Stähler Nina	*Köln	0:52:35	1974 W40	5	0:54:25	18:44 * 16:49 * 17:01	5:16 min/km
42	1115	Pommer Charlotte	*Düsseldorf	0:52:35	1997 WU18	1	0:52:53	18:09 * 17:08 * 17:17	5:16 min/km
43	426	Weil Claudia	*Köln	0:52:41	1965 W45	7	0:53:00	17:21 * 17:14 * 18:04	5:16 min/km
44	726	Brion Anne	*Köln	0:52:52	1981 W30	7	0:53:14	17:41 * 17:00 * 18:10	5:17 min/km
45	1656	Graulich Natalia		0:52:52	1979 W35	10	0:53:03	17:04 * 17:43 * 18:05	5:17 min/km
46	1703	Coutellier Ute	Köln Läufer!	0:52:53	1962 W50	4	0:53:49	17:07 * 17:21 * 18:24	5:17 min/km
47	0	Splitt Ulrike		0:53:00	1973 W40	6	0:54:19	17:28 * 17:18 * 18:12	5:18 min/km
48	1017	Rueder Birga	Sumner Running Club	0:53:01	1963 W50	5	0:53:35	17:30 * 17:22 * 18:09	5:18 min/km
49	681	Stein Bianca	LCK Ronsdorf	0:53:06	1972 W40	7	0:53:10	17:33 * 17:27 * 18:04	5:19 min/km
50	1321	Makaridze Maja	*Köln	0:53:06	1980 W30	8	0:53:12	17:08 * 17:36 * 18:21	5:19 min/km
51	368	Unverdorben Sandra	Team Erdinger Alkoholfrei	0:53:12	1977 W35	11	0:53:28	17:24 * 17:26 * 18:22	5:19 min/km
52	1762	Hendriks Brechtje		0:53:23	1986 WHK	11	0:53:48	17:32 * 17:39 * 18:12	5:20 min/km
53	1757	Roszinsky Mareike	TriCologne	0:53:26	1980 W30	9	0:54:37	18:06 * 17:35 * 17:44	5:21 min/km

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54	227	Grundmann Sigrid	LT Laufmasche	0:53:27	1965 W45	8	0:53:59	16:56 *	17:37 *	18:53	5:21 min/km
55	687	Wallenfang Janine	*Köln	0:53:30	1982 W30	10	0:53:44	17:51 *	17:33 *	18:05	5:21 min/km
56	590	Wasserhess Barbara	Köln läuft	0:53:36	1970 W40	8	0:53:56	17:14 *	17:45 *	18:36	5:22 min/km
57	117	Achenbach Sandra	ISI-RUNNER	0:53:37	1975 W35	12	0:53:54	17:15 *	17:38 *	18:43	5:22 min/km
58	841	Hintz Anja	ISI-RUNNER	0:53:37	1978 W35	13	0:53:54	17:14 *	17:38 *	18:43	5:22 min/km
59	394	Pein Cornelia	*Köln	0:53:47	1980 W30	11	0:54:57	20:00 *	16:41 *	17:05	5:23 min/km
60	423	Winter Anna-Lena	*Bergheim	0:53:49	1981 W30	12	0:54:01	17:23 *	17:50 *	18:35	5:23 min/km
61	19	Cramer Stephanie	*Köln	0:53:52	1967 W45	9	0:54:52	18:09 *	17:27 *	18:15	5:23 min/km
62	1681	Klinker Friederike		0:53:54	1984 W30	13	0:55:21	19:20 *	17:14 *	17:20	5:23 min/km
63	930	Kuschel Anja	Kuschelkurs	0:54:04	1987 WHK	12	0:56:41	18:45 *	17:24 *	17:54	5:24 min/km
64	133	Lecouty Lea	*Köln	0:54:10	1986 WHK	13	0:54:58	18:25 *	18:01 *	17:43	5:25 min/km
65	365	Lehmann Anke	Warm Up	0:54:12	1971 W40	9	0:55:29	18:12 *	17:44 *	18:15	5:25 min/km
66	1075	Ferrigno Gina	*Köln	0:54:18	1984 W30	14	0:55:10	17:39 *	18:01 *	18:37	5:26 min/km
67	71	Schütz Steffi	Runtasten	0:54:25	1987 WHK	14	0:55:20	18:43 *	17:49 *	17:52	5:27 min/km
68	622	Nussmann Michaela	*Köln	0:54:28	1964 W50	6	0:56:08	17:45 *	18:01 *	18:41	5:27 min/km
69	976	Lemaire Melanie	FC Deutsche Post	0:54:29	1985 WHK	15	0:54:38	17:04 *	18:11 *	19:12	5:27 min/km
70	1483	Kronsbein Laura	*Erfstadt	0:54:44	1995 WU20	1	0:56:09	18:42 *	18:03 *	17:58	5:28 min/km
71	49	Steffen Natalie	*Köln	0:54:46	1973 W40	10	0:56:14	18:17 *	17:42 *	18:46	5:29 min/km
72	806	Weise Jasmin	*Hürth	0:54:50	1988 WHK	16	0:56:55	17:51 *	18:19 *	18:40	5:29 min/km
73	595	Oguz Svenja	Krombacher	0:54:55	1981 W30	15	0:56:22	17:57 *	18:02 *	18:55	5:30 min/km
74	258	Astner Beate	TV-Witzhelden	0:54:55	1969 W45	10	0:56:26	18:05 *	18:08 *	18:41	5:30 min/km
75	1275	Wegener Gerlind	*Bergheim	0:54:57	1988 WHK	17	0:55:19	18:24 *	18:07 *	18:26	5:30 min/km
76	339	Degener Bettina	Richrather	0:55:00	1963 W50	7	0:55:11	18:42 *	18:00 *	18:17	5:30 min/km
77	275	Uhler Andrea	*Köln	0:55:01	1979 W35	14	0:56:58	18:30 *	17:43 *	18:47	5:30 min/km
78	290	Welter Birgit	*Schleiden	0:55:07	1964 W50	8	0:55:22	17:12 *	18:27 *	19:27	5:31 min/km
79	787	Hatton Pollyanna	Vincerola	0:55:22	1976 W35	15	0:56:25	18:25 *	17:58 *	18:58	5:32 min/km
80	1680	Hembach Sandra		0:55:23	1983 W30	16	0:56:49	19:20 *	17:14 *	18:49	5:32 min/km
81	60	Sitte Jennifer	*Köln	0:55:32	1986 WHK	18	0:55:48	17:39 *	18:15 *	19:36	5:33 min/km
82	516	Vogelmann Greta	*Köln	0:55:45	2001 WU14	2	0:56:07	18:29 *	18:39 *	18:36	5:35 min/km
83	1252	Viehweger Julia	*Köln	0:55:45	2001 WU14	3	0:56:07	18:28 *	18:40 *	18:36	5:35 min/km
84	904	Schischmanow Judith	*Siegburg	0:55:50	1980 W30	17	0:56:41	17:20 *	19:03 *	19:25	5:35 min/km
85	291	Schülke Marianne	*Erfstadt	0:55:51	1965 W45	11	0:57:09	19:11 *	18:19 *	18:20	5:35 min/km
86	1634	Böning Andrea		0:55:53	1964 W50	9	0:56:57	18:16 *	18:25 *	19:11	5:35 min/km
87	168	Behrendt Susanne	*Köln	0:55:56	1976 W35	16	0:56:46	18:12 *	18:28 *	19:14	5:36 min/km
88	1206	Peters Nele	*Köln	0:55:56	1994 WHK	19	0:56:47	17:51 *	18:34 *	19:31	5:36 min/km
89	474	Islam Shahana	*Köln	0:55:57	1976 W35	17	0:57:50	18:52 *	18:25 *	18:39	5:36 min/km
90	140	Bent Rebecca	*Köln	0:56:00	1982 W30	18	0:57:28	18:55 *	18:11 *	18:52	5:36 min/km
91	392	Kretschmer Janet	*Köln	0:56:04	1977 W35	18	0:56:36	18:39 *	18:26 *	18:58	5:36 min/km
92	1616	Van de Flierdt Marina		0:56:09	1988 WHK	20	0:56:29	18:24 *	18:50 *	18:54	5:37 min/km
93	1121	Struyck Sarah	*Köln	0:56:18	1982 W30	19	0:57:27	19:36 *	18:14 *	18:27	5:38 min/km
94	1281	Ohligschläger Lena	Federal-Mogul	0:56:19	1991 WHK	21	0:57:58	18:38 *	18:38 *	19:01	5:38 min/km
95	1179	Teich Nelly		0:56:21	1974 W40	11	0:56:30	18:12 *	18:55 *	19:14	5:38 min/km
96	746	Winter Jana	*Köln	0:56:23	1981 W30	20	0:58:32	18:24 *	18:25 *	19:33	5:38 min/km
97	208	Carl Gaby	*Niederkassel	0:56:24	1972 W40	12	0:57:11	18:56 *	18:22 *	19:05	5:38 min/km
98	0	Wolters Julia		0:56:24	1983 W30	21	0:57:11	18:57 *	18:22 *	19:05	5:38 min/km
99	1271	Kleefisch Iris	*Hürth	0:56:25	1982 W30	22	0:57:25	18:27 *	18:43 *	19:13	5:39 min/km
100	50	Schumann Silke	*Köln	0:56:28	1977 W35	19	0:58:06	18:34 *	18:44 *	19:09	5:39 min/km
101	1270	Spelter Bettina	*Dormagen	0:56:36	1981 W30	23	0:57:37	18:28 *	18:43 *	19:25	5:40 min/km
102	1366	Becker Christina	Techniker Krankenkasse	0:56:37	1987 WHK	22	0:57:18	18:24 *	18:38 *	19:34	5:40 min/km
103	655	Volberg Lena	*Köln	0:56:42	1987 WHK	23	0:56:43	18:12 *	19:03 *	19:26	5:40 min/km
104	1387	Klein Marina	TuS Reichshof	0:56:44	1992 WHK	24	0:58:08	19:12 *	18:27 *	19:03	5:40 min/km
105	984	Müller Andrea	*Ruppichterath	0:56:47	1981 W30	24	0:57:18	17:38 *	18:46 *	20:21	5:41 min/km
106	27	Wirtz Heidi	*Köln	0:56:49	1971 W40	13	0:58:05	19:20 *	18:13 *	19:14	5:41 min/km
107	1254	Kaster Carina	Federal-Mogul	0:56:53	1987 WHK	25	0:58:32	19:11 *	18:36 *	19:05	5:41 min/km
108	672	Schneider Uta-Maria	Hans-Christian-Andersen-	0:56:55	1966 W45	12	0:58:57	18:45 *	18:33 *	19:35	5:42 min/km
109	221	Breer Sandra	Laufschabe & Friends	0:56:59	1976 W35	20	0:57:49	18:43 *	18:45 *	19:30	5:42 min/km

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110	1618	Hein Andrea		0:57:00	1976 W35	21	0:57:19	18:25 *	18:50 *	19:44	5:42 min/km
111	1615	Werner Elisa		0:57:00	1976 W35	22	0:57:19	18:25 *	18:50 *	19:44	5:42 min/km
112	1654	Burde Kathleen	Köln Lläuft!	0:57:01	1984 W30	25	0:57:57	19:46 *	18:46 *	18:27	5:42 min/km
113	237	Eberwein Sabrina	TV Witzhelden	0:57:23	1980 W30	26	0:58:53	18:52 *	18:41 *	19:49	5:44 min/km
114	354	Weitzenbürger Anja	*Köln	0:57:26	1971 W40	14	0:58:57	18:56 *	18:48 *	19:41	5:45 min/km
115	79	Neelsen Karin	*Köln	0:57:26	1974 W40	15	0:57:45	19:02 *	18:51 *	19:32	5:45 min/km
116	760	Springer Jennifer	*Leverkusen	0:57:27	1971 W40	16	0:58:32	18:40 *	18:56 *	19:50	5:45 min/km
117	159	Baal Marlies	*Köln	0:57:28	1967 W45	13	0:59:03	19:46 *	18:36 *	19:05	5:45 min/km
118	80	Jansen Beate	*Köln	0:57:28	1962 W50	10	0:59:03	19:46 *	18:36 *	19:05	5:45 min/km
119	522	Popek Veronika	*Brühl	0:57:31	1987 WHK	26	0:59:02	19:42 *	18:46 *	19:02	5:45 min/km
120	1118	Tack Hannah	*Köln	0:57:31	1987 WHK	27	0:58:38	20:02 *	18:41 *	18:47	5:45 min/km
121	519	Pauly Dr. Anne	*Köln	0:57:36	1976 W35	23	0:57:56	19:17 *	19:04 *	19:13	5:46 min/km
122	1647	Noben Simone	ISI Runner	0:57:37	1959 W55	1	0:57:54	18:53 *	18:59 *	19:44	5:46 min/km
123	1772	Reckmann Luzie	LT DSHS Köln	0:57:39	2003 WU12	1	0:59:28	19:35 *	19:09 *	18:54	5:46 min/km
124	1459	Münzel Jule	LTDSHS	0:57:39	2003 WU12	2	0:59:28	19:35 *	19:08 *	18:54	5:46 min/km
125	716	Sitran Nadine	*Köln	0:57:41	1980 W30	27	0:59:00	19:16 *	18:51 *	19:33	5:46 min/km
126	1461	Mörsdorf Lisa	LTDSHS	0:57:43	2003 WU12	3	0:59:32	19:35 *	19:09 *	18:58	5:46 min/km
127	1640	Greiner Cindy	NTTCable	0:57:46	1978 W35	24	0:58:30	22:07 *	17:33 *	18:05	5:47 min/km
128	366	Böhme Ingeborg	Warm Up	0:57:46	1963 W50	11	1:00:03	19:23 *	18:36 *	19:46	5:47 min/km
129	1251	Philippson Janina	*Köln	0:57:50	1973 W40	17	0:59:39	20:58 *	21:17 *	15:35	5:47 min/km
130	862	Wolloscheck Janine	*Oberhausen	0:57:56	1984 W30	28	0:59:03	20:04 *	18:28 *	19:24	5:48 min/km
131	797	Jansen Andrea	*Köln	0:57:56	1980 W30	29	0:59:48	19:55 *	18:30 *	19:30	5:48 min/km
132	1145	Schmitz Miriam	Altes brauhaus Trebels	0:58:03	1983 W30	30	0:58:36	19:39 *	18:55 *	19:27	5:48 min/km
133	813	Von Eitzen Juliane	*Köln	0:58:03	1985 WHK	28	0:59:30	22:18 *	17:45 *	17:59	5:48 min/km
134	416	Schmitz-Fabisch	Altes brauhaus Trebels	0:58:04	1982 W30	31	0:58:37	19:39 *	18:55 *	19:28	5:48 min/km
135	875	Strohe Christine	Vincerola	0:58:09	1979 W35	25	0:59:10	18:31 *	19:02 *	20:35	5:49 min/km
136	1157	Amian Petra	*Köln	0:58:10	1964 W50	12	1:00:00	19:13 *	18:48 *	20:09	5:49 min/km
137	526	Reckleben Antonia	HMS Team Zollstock	0:58:13	1969 W45	14	0:58:13	21:08 *	18:09 *	18:56	5:49 min/km
138	818	Großkopf Jenny	*Bochum	0:58:18	1984 W30	32	1:00:09	19:55 *	18:30 *	19:51	5:50 min/km
139	686	Hoffmann Susanne	LT Saaler Mühle	0:58:19	1968 W45	15	0:59:30	19:19 *	19:10 *	19:50	5:50 min/km
140	1468	El-Edrissi Nadia	*Köln	0:58:23	1993 WHK	29	0:58:46	19:32 *	19:21 *	19:30	5:50 min/km
141	435	Marx Lisa	*Köln	0:58:30	1987 WHK	30	0:59:08	19:49 *	19:40 *	18:59	5:51 min/km
142	1371	Reisch Hanna	just4us	0:58:32	1999 WU16	1	0:59:02	19:24 *	19:16 *	19:52	5:51 min/km
143	1431	Winkler Nele	just4us	0:58:33	1999 WU16	2	0:59:02	19:24 *	19:16 *	19:52	5:51 min/km
144	1315	Yasmina Meyer	*Köln	0:58:36	1990 WHK	31	1:00:32	18:40 *	19:43 *	20:12	5:52 min/km
145	460	Hötgen Caroline	Run of Colours	0:58:42	1989 WHK	32	1:00:35	19:55 *	19:06 *	19:40	5:52 min/km
146	448	Volkman Mona	*köln	0:58:43	1971 W40	18	0:59:10	19:04 *	19:22 *	20:16	5:52 min/km
147	41	Bartels Miriam	*Köln	0:58:46	1974 W40	19	1:00:53	18:57 *	19:23 *	20:25	5:53 min/km
148	1479	Gutenschwager Monika	Vincerola	0:58:47	1976 W35	26	1:00:20	19:37 *	19:13 *	19:56	5:53 min/km
149	1119	Trivisani Kathrin	*Köln	0:58:47	1988 WHK	33	0:59:54	20:03 *	18:41 *	20:02	5:53 min/km
150	428	Bauchmüller Nenita	*Köln	0:58:52	1968 W45	16	0:58:58	18:54 *	19:24 *	20:33	5:53 min/km
151	605	Althof Nina	LAUFMAMALAUf	0:58:53	1973 W40	20	1:01:13	20:23 *	19:30 *	18:59	5:53 min/km
152	1394	Große-Veldmann	*Engelskirchen	0:58:54	1984 W30	33	0:59:06	19:09 *	19:42 *	20:01	5:53 min/km
153	850	Okon Kathrin	Vincerola	0:58:56	1973 W40	21	1:00:06	20:13 *	18:40 *	20:02	5:54 min/km
154	934	Tiggelaar Saskia	Team Oranje	0:58:57	1980 W30	34	1:00:15	19:46 *	19:26 *	19:44	5:54 min/km
155	916	Nobis Britta	*Ratingen	0:58:58	1981 W30	35	1:00:51	19:35 *	19:12 *	20:09	5:54 min/km
156	212	Kühn Anja	*Köln	0:59:02	1977 W35	27	0:59:06	18:24 *	19:46 *	20:52	5:54 min/km
157	253	Juchem Maria	*Frechen	0:59:03	1982 W30	36	1:00:26	19:26 *	19:41 *	19:54	5:54 min/km
158	1204	Pöhlmann Mukaddam	NOGI V RUKI	0:59:05	1974 W40	22	1:01:04	20:30 *	19:14 *	19:20	5:55 min/km
159	721	Hrebicek Sandra	*Koeln	0:59:07	1977 W35	28	0:59:29	18:28 *	19:38 *	21:00	5:55 min/km
160	1138	Kaufmann Sandra	*Köln	0:59:08	1974 W40	23	1:00:11	20:05 *	19:21 *	19:41	5:55 min/km
161	1139	Schneider Bettina	*Köln	0:59:09	1972 W40	24	1:00:12	20:05 *	19:21 *	19:41	5:55 min/km
162	1140	Schmitz-Winninger	*Köln	0:59:13	1970 W40	25	1:00:16	20:05 *	19:21 *	19:46	5:55 min/km
163	302	Eichler Heike	*Köln	0:59:13	1965 W45	17	0:59:30	20:03 *	19:09 *	20:00	5:55 min/km
164	992	Spickmann Chantal	*Köln	0:59:19	1982 W30	37	1:00:25	19:04 *	19:52 *	20:22	5:56 min/km
165	1744	Campeggio Gabriella		0:59:24	1982 W30	38	0:59:40	18:28 *	19:57 *	20:58	5:56 min/km

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166	1202	Bornemann Jutta	*Bochum	0:59:26	1984 W30	39	1:01:39	21:44 *	19:06 *	18:35	5:57 min/km
167	999	Schmidt Nadine	TriCologne	0:59:30	1987 WHK	34	1:00:47	19:52 *	19:23 *	20:14	5:57 min/km
168	1258	Jung Christin	*Mengerskirchen	0:59:31	1985 WHK	35	1:00:51	20:09 *	18:55 *	20:26	5:57 min/km
169	1362	Mefus Carla	DB Fernverkehr AG	0:59:33	1989 WHK	36	1:00:14	19:05 *	19:31 *	20:56	5:57 min/km
170	1027	Adrian Chiara	HCA	0:59:36	2006 WU10	1	0:59:36	18:33 *	21:06 *	19:55	5:58 min/km
171	950	Charbonneau Ninja	UNICEF Runners	0:59:38	1976 W35	29	0:59:53	19:06 *	19:42 *	20:48	5:58 min/km
172	338	Wierz Ulrike	Richrather	0:59:43	1961 W50	13	0:59:54	18:43 *	19:48 *	21:11	5:58 min/km
173	800	Molnar Sandra	Eierschecke	0:59:44	1987 WHK	37	1:00:30	18:18 *	20:11 *	21:15	5:58 min/km
174	1005	Bölk Aline	*Köln	0:59:45	1981 W30	40	1:03:33	19:35 *	20:01 *	20:08	5:59 min/km
175	254	Weins Martina	*Frechen	0:59:45	1984 W30	41	1:01:10	19:23 *	19:44 *	20:37	5:59 min/km
176	340	Eberhard Ulla	LeseWelten	0:59:46	1958 W55	2	1:00:22	18:49 *	19:54 *	21:02	5:59 min/km
177	779	Marquardt Alexandra	*Köln	0:59:48	1968 W45	18	0:59:58	20:04 *	19:42 *	20:01	5:59 min/km
178	263	Wollgarten Mona	*Siegburg	0:59:56	1983 W30	42	1:00:09	19:18 *	19:44 *	20:53	5:60 min/km
179	989	Geratz Elke	*Köln	1:00:03	1987 WHK	38	1:01:23	19:31 *	20:02 *	20:29	6:00 min/km
180	952	Fidora Ute	*Köln	1:00:12	1970 W40	26	1:00:38	19:44 *	19:46 *	20:41	6:01 min/km
181	1695	Heuser Maria		1:00:14	1986 WHK	39	1:02:12	20:37 *	19:37 *	19:58	6:01 min/km
182	1671	Schaper Frederike		1:00:15	1974 W40	27	1:00:53	20:08 *	20:53 *	19:14	6:02 min/km
183	906	Maurer-Lovis Jorinde	Vincerola	1:00:19	1974 W40	28	1:01:22	19:36 *	20:00 *	20:42	6:02 min/km
184	1120	Braun Michaela	*Köln	1:00:25	1989 WHK	40	1:01:33	20:02 *	19:17 *	21:05	6:03 min/km
185	946	Haarer Britta	*Pulheim	1:00:28	1971 W40	29	1:02:27	20:37 *	19:47 *	20:02	6:03 min/km
186	228	Wingen Elke	*Pulheim	1:00:29	1965 W45	19	1:02:28	20:38 *	19:47 *	20:03	6:03 min/km
187	303	Balzer Christine	*Frechen	1:00:31	1980 W30	43	1:01:57	19:56 *	19:56 *	20:38	6:03 min/km
187	710	Geisler-Nick Astrid	LT Saaler Mühle	1:00:31	1969 W45	20	1:01:41	19:44 *	19:27 *	21:19	6:03 min/km
189	55	Gehrlein Claudia	*Köln	1:00:31	1968 W45	21	1:02:39	20:11 *	19:38 *	20:42	6:03 min/km
190	1098	Maskalewicz Lydia	run for beer	1:00:34	1963 W50	14	1:02:19	20:58 *	20:00 *	19:35	6:03 min/km
190	1249	Beck Wilma	HMS Team Zollstock	1:00:34	1973 W40	30	1:02:50	21:14 *	19:05 *	20:14	6:03 min/km
192	1055	Röttgers A.	*Köln	1:00:37	1981 W30	44	1:02:42	21:10 *	20:03 *	19:23	6:04 min/km
193	667	Nettersheim Rosa	*Köln	1:00:40	1951 W60	2	1:02:08	19:54 *	20:00 *	20:46	6:04 min/km
194	719	Mäder Dörte	*Köln	1:00:43	1974 W40	31	1:02:26	20:18 *	19:41 *	20:43	6:04 min/km
195	1177	Esser Charlotte		1:00:52	0 WHK	41	1:02:13	29:28 *	30:15 *	01:07	6:05 min/km
196	1664	Jaeger Regina		1:00:56	1969 W45	22	1:02:42	21:33 *	19:25 *	19:57	6:06 min/km
197	396	Reimers Brigitte	conscience	1:00:57	1967 W45	23	1:02:42	21:33 *	19:25 *	19:57	6:06 min/km
198	1423	Luckey Silvia	PUSHENSY	1:01:01	1967 W45	24	1:01:50	20:09 *	19:57 *	20:54	6:06 min/km
199	907	Müller Janine	*Köln	1:01:08	1987 WHK	42	1:02:29	21:52 *	20:53 *	18:22	6:07 min/km
200	1007	Sackmann Alexandra	SC Janus	1:01:09	1977 W35	30	1:01:51	18:28 *	22:19 *	20:21	6:07 min/km
201	1386	Kühn Angela	*Köln	1:01:12	1980 W30	45	1:02:25	20:19 *	20:11 *	20:41	6:07 min/km
202	627	Hadenfeld Dr. Manal	*Köln	1:01:12	1979 W35	31	1:02:25	20:19 *	20:12 *	20:41	6:07 min/km
203	821	Geurts Sonja	*Wuppertal	1:01:16	1971 W40	32	1:03:19	20:44 *	20:01 *	20:30	6:08 min/km
204	475	Michels Silke	*Köln	1:01:18	1979 W35	32	1:03:00	21:06 *	19:45 *	20:26	6:08 min/km
205	1096	Stais Christiane	run for beer	1:01:21	1986 WHK	43	1:03:06	21:02 *	19:59 *	20:19	6:08 min/km
206	148	Tempel Christine	*Frechen	1:01:30	1981 W30	46	1:03:49	21:01 *	19:59 *	20:30	6:09 min/km
207	1638	Kistner-Bahs Hanna		1:01:34	1978 W35	33	1:03:32	21:07 *	19:21 *	21:05	6:09 min/km
208	1069	Domgörgen Anja	*Hürth	1:01:37	1977 W35	34	1:03:34	21:07 *	19:21 *	21:07	6:10 min/km
209	301	Bürgel Monika	*Köln	1:01:37	1968 W45	25	1:01:54	20:03 *	20:04 *	21:30	6:10 min/km
210	1408	Nolle Sarah	*Köln	1:01:41	1989 WHK	44	1:02:10	21:38 *	21:24 *	18:38	6:10 min/km
211	979	Bois Nina	Meister Cody Team	1:01:51	1983 W30	47	1:02:49	19:42 *	19:56 *	22:12	6:11 min/km
212	99	Noack Anke	*Neuss	1:01:52	1971 W40	33	1:02:50	21:32 *	20:03 *	20:16	6:11 min/km
213	1242	Horska Zuzana	Pulse230	1:01:54	1986 WHK	45	1:02:27	19:00 *	21:13 *	21:40	6:11 min/km
214	533	Henze Daniela	Original Bootcamp	1:01:55	1969 W45	26	1:03:09	19:59 *	20:33 *	21:22	6:12 min/km
215	187	Diedenhofen Nadine	*Niederkassel	1:01:57	1976 W35	35	1:02:43	19:52 *	20:22 *	21:41	6:12 min/km
216	808	Albrecht Ulrike	*Köln	1:02:01	1983 W30	48	1:02:53	20:29 *	20:07 *	21:24	6:12 min/km
217	1437	Ehrmanntraut Katharina	*Köln	1:02:02	1986 WHK	46	1:02:59	18:36 *	21:25 *	22:00	6:12 min/km
218	940	Redmann Melanie	Original Bootcamp	1:02:02	1981 W30	49	1:03:17	21:20 *	20:42 *	19:59	6:12 min/km
219	1756	Brandl Jasmin	Original Bootcamp	1:02:03	1990 WHK	47	1:03:18	21:19 *	20:38 *	20:05	6:12 min/km
220	1670	Schramke Julia		1:02:03	1981 W30	50	1:02:41	20:08 *	20:53 *	21:01	6:12 min/km
221	1396	Weinbender Nelli	*Lohmar	1:02:11	1993 WHK	48	1:02:13	19:31 *	20:39 *	21:59	6:13 min/km

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222	219	Krams Sabine	Glühweinlauf Marienhagen	1:02:14	1964 W50	15	1:03:24	21:21 *	20:22 *	20:30	6:13 min/km
223	1485	Sorg Ilka	*Köln	1:02:15	1974 W40	34	1:03:38	21:29 *	20:54 *	19:51	6:14 min/km
224	958	Rieger Isabella	*Köln	1:02:16	1987 WHK	49	1:03:56	20:53 *	20:31 *	20:51	6:14 min/km
225	44	Vielhaber Christiane	*Köln	1:02:18	1965 W45	27	1:04:21	20:40 *	20:20 *	21:17	6:14 min/km
226	1369	Kerimian Anne	*Köln	1:02:20	1976 W35	36	1:02:33	19:43 *	20:42 *	21:54	6:14 min/km
227	1361	Schönwitz Britta	DB Fernverkehr AG	1:02:29	1968 W45	28	1:03:08	19:57 *	20:41 *	21:50	6:15 min/km
228	1490	Dombrowski Sophie	Via-Intelli	1:02:34	1985 WHK	50	1:03:59	21:56 *	20:53 *	19:44	6:15 min/km
229	932	Van der Hoek Anke	Team Oranje	1:02:34	1982 W30	51	1:03:51	20:38 *	20:39 *	21:16	6:15 min/km
230	1337	Fourné Petra	*Aachen	1:02:39	1969 W45	29	1:04:02	21:27 *	20:32 *	20:40	6:16 min/km
231	269	Neuhaus Tanja	*Arnsberg	1:02:40	1971 W40	35	1:03:04	20:13 *	20:22 *	22:04	6:16 min/km
232	541	Höcker Marion	*Köln	1:02:41	1984 W30	52	1:03:20	19:49 *	20:27 *	22:24	6:16 min/km
233	540	Gebhart Jane	*Köln	1:02:43	1984 W30	53	1:03:22	19:50 *	20:27 *	22:26	6:16 min/km
234	1450	Marsoin Jeanne	*Köln	1:02:44	1983 W30	54	1:03:07	19:59 *	21:02 *	21:43	6:16 min/km
235	142	Day Monika	Die fantastischen Turbos	1:02:45	1967 W45	30	1:04:53	20:18 *	20:38 *	21:48	6:17 min/km
236	654	Schäfer Kerstin	*Köln	1:02:46	1967 W45	31	1:04:07	20:27 *	20:49 *	21:28	6:17 min/km
237	1373	Schaffrath Susanne	*Köln	1:02:46	1970 W40	36	1:04:07	20:28 *	20:49 *	21:28	6:17 min/km
238	1268	Stockhausen Julia	*Köln	1:02:47	1980 W30	55	1:04:42	21:36 *	19:55 *	21:14	6:17 min/km
239	12	Schwertfeger Melissa	LAUFMAMALAUFL	1:02:49	1984 W30	56	1:05:12	20:22 *	20:43 *	21:43	6:17 min/km
240	1132	Terasa Monika	Düsseldorf	1:02:59	1961 W50	16	1:03:06	19:33 *	21:05 *	22:20	6:18 min/km
241	769	Manjowk Marie	*Köln	1:03:01	1981 W30	57	1:03:28	19:58 *	20:55 *	22:07	6:18 min/km
242	1612	Ranke Birgit	Team LeseWelten	1:03:08	1964 W50	17	1:04:03	20:26 *	21:00 *	21:41	6:19 min/km
243	395	Busse-Plum Katrin	*Köln	1:03:10	1975 W35	37	1:05:03	21:03 *	21:02 *	21:05	6:19 min/km
244	816	Kohl Sina	*Köln	1:03:20	1987 WHK	51	1:05:23	22:05 *	20:25 *	20:49	6:20 min/km
245	918	Brauckmann Marisa	Vincerola	1:03:23	1969 W45	32	1:04:28	20:52 *	21:16 *	21:14	6:20 min/km
246	1210	Heck Uta	Hans-Christian-Andersen-	1:03:23	1968 W45	33	1:04:50	22:26 *	20:48 *	20:08	6:20 min/km
247	913	Höppner Saskia	Vincerola	1:03:25	1976 W35	38	1:04:28	20:54 *	21:16 *	21:14	6:21 min/km
248	171	Lammerich Annika	RTHC	1:03:27	1990 WHK	52	1:04:47	21:52 *	20:39 *	20:54	6:21 min/km
249	1442	Dousi Marlies	Vincerola	1:03:29	1977 W35	39	1:04:28	21:14 *	21:00 *	21:14	6:21 min/km
250	42	Brinker Nina	*Köln	1:03:29	1976 W35	40	1:04:46	21:54 *	21:12 *	20:22	6:21 min/km
251	682	Koch Tanja	*Köln	1:03:40	1976 W35	41	1:05:23	22:22 *	20:59 *	20:19	6:22 min/km
252	560	Wischer Sigrid	*Köln	1:03:46	1965 W45	34	1:03:57	21:04 *	20:57 *	21:44	6:23 min/km
253	453	Kraus Lorena	*Jülich	1:03:51	1986 WHK	53	1:05:54	21:10 *	21:03 *	21:37	6:23 min/km
254	1097	Janosch Silvia	run for beer	1:03:53	1980 W30	58	1:05:38	21:25 *	20:51 *	21:35	6:23 min/km
255	266	Pöll Gisela	*Köln	1:03:55	1946 W65	1	1:05:15	20:20 *	20:51 *	22:43	6:24 min/km
256	106	Tresch Lena	Die Schnapsidee	1:03:57	1989 WHK	54	1:05:28	21:37 *	20:35 *	21:44	6:24 min/km
257	1250	Eigenrauch Tanja	HMS Team Zollstock	1:04:03	1970 W40	37	1:06:18	22:11 *	21:17 *	20:34	6:24 min/km
258	252	Kania Lydia	*Hürth	1:04:12	1982 W30	59	1:05:35	20:33 *	21:11 *	22:27	6:25 min/km
259	231	Conrad Jana	*Waldbröl	1:04:17	1991 WHK	55	1:05:33	21:46 *	21:22 *	21:07	6:26 min/km
260	476	Stiller-Unruh Tabea	LAUFMAMALAUFL	1:04:18	1981 W30	60	1:06:37	21:14 *	21:02 *	22:01	6:26 min/km
261	37	Oberwinter Claire-Marie	*Köln	1:04:19	1980 W30	61	1:06:37	21:16 *	21:01 *	22:01	6:26 min/km
262	801	Driesnack Natalie	Eierschecke	1:04:19	1987 WHK	56	1:05:03	20:04 *	21:34 *	22:40	6:26 min/km
263	970	Vogel Britta	*Odenthal	1:04:20	1976 W35	42	1:05:55	21:51 *	20:49 *	21:39	6:26 min/km
264	236	Schmidt Daniela	*Hürth	1:04:25	1975 W35	43	1:05:56	21:06 *	20:59 *	22:19	6:27 min/km
265	1682	Edeling Marion		1:04:28	1968 W45	35	1:06:49	22:18 *	20:38 *	21:31	6:27 min/km
266	597	Rennmaus Bine	Krombacher	1:04:36	1971 W40	38	1:06:04	23:08 *	23:36 *	17:52	6:28 min/km
267	1123	Stratmann Edith	*Schalksmühle	1:04:38	1958 W55	3	1:04:53	20:26 *	21:19 *	22:51	6:28 min/km
268	353	Göke-Fritsch Christine	*Gladbeck	1:04:41	1960 W50	18	1:05:59	21:24 *	21:01 *	22:15	6:28 min/km
269	232	Schulz Kerstin	*Much	1:04:43	1981 W30	62	1:05:59	21:46 *	21:22 *	21:34	6:28 min/km
270	1129	Klibingat Simone	Wohnung 37	1:04:45	1981 W30	63	1:06:14	21:17 *	21:27 *	22:00	6:29 min/km
271	1314	Stiefelhagen Evelyn	Just Fit 05 GmBh & Co kG	1:04:47	1987 WHK	57	1:06:43	21:00 *	20:17 *	23:30	6:29 min/km
272	1280	Sobieray Miriam	Running Elements	1:04:49	1986 WHK	58	1:06:59	23:03 *	22:27 *	19:18	6:29 min/km
273	30	Hamacher Dr. Claudia	*Hamburg	1:04:50	1983 W30	64	1:07:03	22:18 *	21:17 *	21:14	6:29 min/km
274	98	Bonni Sabine	Team Supermaus	1:04:51	1963 W50	19	1:06:21	21:30 *	21:08 *	22:12	6:29 min/km
275	173	Hecht Ines	*Düsseldorf	1:04:53	1989 WHK	59	1:06:28	21:45 *	21:43 *	21:24	6:29 min/km
276	74	Hecht Pia Alina	*Köln	1:04:53	1987 WHK	60	1:06:28	21:45 *	21:43 *	21:24	6:29 min/km
277	1008	Dascolidou-Marquardt	*Brühl	1:04:54	1965 W45	36	1:05:37	20:39 *	21:26 *	22:48	6:29 min/km

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278	1114	Jasper Judith	*Köln	1:05:01	1975	W35	44	1:05:54	21:02 *	21:21 *	22:37	6:30 min/km
278	452	Kesterke Kyra	*Jülich	1:05:01	1985	WHK	61	1:07:04	21:13 *	21:06 *	22:41	6:30 min/km
280	274	Greuel Yvonne	*Frechen	1:05:08	1978	W35	45	1:07:07	22:02 *	21:31 *	21:35	6:31 min/km
281	543	Kukurenda Ines	Die Route wird berechnet	1:05:11	1958	W55	4	1:05:55	21:03 *	21:16 *	22:51	6:31 min/km
282	1263	Stark Marina	*Lohmar	1:05:14	1995	WU20	2	1:05:17	19:31 *	22:32 *	23:11	6:31 min/km
283	1173	Wohlfeld Jana	*Köln	1:05:15	1980	W30	65	1:05:55	21:47 *	21:29 *	21:58	6:32 min/km
284	509	Dormagen Christiane	conscience	1:05:18	1968	W45	37	1:07:04	21:33 *	21:06 *	22:38	6:32 min/km
285	1750	Oestreicher Tanja	Köln läuft	1:05:18	1977	W35	46	1:06:45	21:55 *	21:16 *	22:07	6:32 min/km
286	1443	Creutz-Herbertz Simone	*Kerpen	1:05:32	1963	W50	20	1:07:14	21:54 *	21:22 *	22:15	6:33 min/km
287	1473	Adenäuer Myriam	Familienbande	1:05:36	1966	W45	38	1:07:37	21:27 *	21:32 *	22:37	6:34 min/km
288	294	Pelzer Saskia	*Hennef	1:05:40	1989	WHK	62	1:07:52	22:23 *	22:02 *	21:13	6:34 min/km
289	1016	Telaak Doris	*Köln	1:05:42	1960	W50	21	1:07:18	21:54 *	21:24 *	22:23	6:34 min/km
290	1185	Großhauser Sabine	Bierhähnchen 3.0	1:05:44	1976	W35	47	1:08:05	22:57 *	21:06 *	21:40	6:34 min/km
291	293	Kaufmann Bianca	Speedy Gonzales	1:05:44	1981	W30	66	1:06:10	20:53 *	21:55 *	22:55	6:34 min/km
292	1399	Arzdorf Eva	*Köln	1:05:44	1981	W30	67	1:06:16	23:11 *	21:11 *	21:21	6:34 min/km
293	440	Ayche Karin	Laufmariechen Köln	1:05:52	1954	W60	3	1:07:44	21:55 *	21:40 *	22:17	6:35 min/km
294	1296	Zöllner Marga	Krombacher	1:06:03	1969	W45	39	1:06:50	21:27 *	21:43 *	22:51	6:36 min/km
295	1606	Jakubovskaja Emma	Team LeseWelten	1:06:07	2005	WU10	2	1:06:31	22:12 *	23:39 *	20:15	6:37 min/km
296	839	Gesenhues Cosima	*Köln	1:06:09	1983	W30	68	1:07:35	22:18 *	21:49 *	22:01	6:37 min/km
297	312	Manthey Nicole	*Bergisch Gladbach	1:06:09	1976	W35	48	1:06:20	21:14 *	21:45 *	23:09	6:37 min/km
298	1434	Thies Anette	*Nörvenich	1:06:10	1959	W55	5	1:07:53	21:54 *	21:22 *	22:53	6:37 min/km
299	1412	Flanagan Brigitte	*Pulheim	1:06:13	1953	W60	4	1:07:44	22:41 *	21:18 *	22:12	6:37 min/km
300	1169	Prinzler Jeanette	*Niederkassel	1:06:15	1977	W35	49	1:07:52	23:15 *	21:30 *	21:29	6:38 min/km
301	1277	Götz Corinna	*Köln	1:06:59	1967	W45	40	1:07:55	21:37 *	22:06 *	23:15	6:42 min/km
302	1276	Brechel Regine	*Troisdorf	1:06:59	1959	W55	6	1:07:55	21:38 *	22:07 *	23:14	6:42 min/km
303	1334	Brill Claudia	Hans-Christian-Andersen-	1:07:09	1967	W45	41	1:09:24	24:31 *	20:49 *	21:48	6:43 min/km
304	1662	Siebertz Hanna	Miethasen	1:07:16	1986	WHK	63	1:08:23	21:29 *	22:17 *	23:28	6:44 min/km
305	523	Spachtholz Maria Luise	TUS Brauweiler	1:07:21	1956	W55	7	1:09:07	20:50 *	22:21 *	24:09	6:44 min/km
306	1332	Stetten Brigitte	*Hürth	1:07:26	1971	W40	39	1:08:28	22:36 *	21:40 *	23:08	6:45 min/km
307	1429	Spano Claudia	*hürth	1:07:26	1970	W40	40	1:08:28	22:37 *	21:40 *	23:08	6:45 min/km
308	77	Otten Petra	Stammtisch Typisch	1:07:33	1964	W50	22	1:09:09	21:39 *	21:35 *	24:18	6:45 min/km
309	725	Brucherseifer Anke	*Köln	1:07:56	1972	W40	41	1:09:57	22:13 *	23:04 *	22:38	6:48 min/km
310	1265	Wilhelm Kathy	*Köln	1:08:02	1962	W50	23	1:09:25	21:53 *	22:07 *	24:01	6:48 min/km
311	1273	Hagemann Ricarda	*Köln	1:08:02	1976	W35	50	1:09:25	21:54 *	22:07 *	24:01	6:48 min/km
312	296	Marggraf Marion	*Köln	1:08:26	1982	W30	69	1:09:14	21:12 *	22:59 *	24:14	6:51 min/km
313	1404	Steup Hannah Marie	*köln	1:08:28	1990	WHK	64	1:12:10	22:15 *	23:19 *	22:53	6:51 min/km
314	92	Lehmann Mara	Dünnwalder Raketen	1:08:33	1973	W40	42	1:10:14	23:06 *	22:25 *	23:02	6:51 min/km
315	31	Pelzer Michaela	*Hennef (Sieg)	1:08:52	1960	W50	24	1:11:04	22:25 *	22:01 *	24:24	6:53 min/km
316	132	Thiemann Katharina	ergosports	1:09:15	1977	W35	51	1:11:09	22:49 *	22:28 *	23:57	6:56 min/km
317	1333	Witt Ilka	*Lohmar	1:09:17	1996	WU20	3	1:09:20	19:54 *	23:13 *	26:08	6:56 min/km
318	1446	Himpel Stefanie	*Düren	1:09:18	1996	WU20	4	1:11:00	23:20 *	23:12 *	22:45	6:56 min/km
319	1421	Brockhage Dr. Doro	*Kaarst	1:09:37	1969	W45	42	1:11:37	22:14 *	23:05 *	24:17	6:58 min/km
320	712	Prömse Kirsten	*Köln	1:09:37	1971	W40	43	1:11:37	22:14 *	23:04 *	24:18	6:58 min/km
321	948	Schröder Edda	*Köln	1:09:46	1982	W30	70	1:10:43	21:24 *	22:51 *	25:29	6:59 min/km
322	1445	Himpel Annette	*Düren	1:09:49	1963	W50	25	1:11:30	23:20 *	23:13 *	23:16	6:59 min/km
323	1110	Weitzel Sabrina	*Bergheim	1:10:14	1987	WHK	65	1:11:08	23:50 *	22:44 *	23:40	7:01 min/km
324	25	Herrmann Petra	*Bergisch-Gladbach	1:10:19	1965	W45	43	1:12:33	23:08 *	22:55 *	24:16	7:02 min/km
325	1111	Konigorski Sarah	*Bottrop	1:10:49	1991	WHK	66	1:11:59	22:41 *	23:29 *	24:39	7:05 min/km
326	1182	Dohalt-Schulze Annika	Bierhähnchen 3.0	1:10:51	1980	W30	71	1:13:13	23:18 *	23:13 *	24:19	7:05 min/km
327	425	Stauf Heike	*Köln	1:10:54	1978	W35	52	1:12:55	23:30 *	23:21 *	24:02	7:05 min/km
328	772	Mackowiak Katja	*Köln	1:10:55	1981	W30	72	1:12:55	23:30 *	23:21 *	24:02	7:06 min/km
329	466	Heuser Annika	Bierhähnchen 3.0	1:10:57	1983	W30	73	1:13:18	23:18 *	23:14 *	24:24	7:06 min/km
330	799	Hardegger Evelin	*Buschhausen	1:11:27	1972	W40	44	1:12:28	23:25 *	23:15 *	24:46	7:09 min/km
331	246	Hermann Kerstin	Chicks on Speed	1:11:28	1978	W35	53	1:12:18	23:22 *	23:05 *	25:00	7:09 min/km
331	247	Albrecht Christine	Chicks on Speed	1:11:28	1965	W45	44	1:12:18	23:23 *	23:05 *	24:59	7:09 min/km
333	805	Rabbow Elena	*Bonn	1:11:36	1988	WHK	67	1:11:51	24:26 *	23:42 *	23:27	7:10 min/km

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334	431	Hansen Sigrid	*Köln	1:11:44	1966	W45	45	1:13:38	23:49 *	24:28 *	23:26	7:10 min/km
335	311	Meier Kirstin	*Bonn	1:11:54	1985	WHK	68	1:13:06	24:28 *	23:54 *	23:31	7:11 min/km
336	969	Ahumada Christiane	*Köln	1:11:54	1981	W30	74	1:13:06	24:28 *	23:55 *	23:30	7:11 min/km
337	796	Schmidhofer Dr. Monika	*Köln	1:11:56	1968	W45	46	1:12:19	22:56 *	23:52 *	25:07	7:12 min/km
338	537	Liebchen Daniela	*Eschweiler	1:11:57	1985	WHK	69	1:13:20	22:54 *	23:49 *	25:14	7:12 min/km
339	856	Schaeven Nadine	*Köln	1:12:20	1977	W35	54	1:13:56	23:16 *	23:41 *	25:22	7:14 min/km
340	163	Marquardt Vanessa	*Heidelberg	1:13:01	1993	WHK	70	1:13:44	21:57 *	24:53 *	26:11	7:18 min/km
341	220	Rondholz Katja	*Bornheim	1:13:20	1976	W35	55	1:13:50	21:15 *	24:37 *	27:27	7:20 min/km
342	1116	Fleckenstein Bettina	Original Bootcamp	1:13:47	1981	W30	75	1:15:53	24:36 *	24:16 *	24:54	7:23 min/km
343	1244	Segmehl Liane	LAUFMAMALAUf	1:13:50	1978	W35	56	1:16:08	24:38 *	24:42 *	24:29	7:23 min/km
344	784	Berling-Klappstein	Vincerola	1:14:00	1968	W45	47	1:15:08	23:57 *	24:28 *	25:34	7:24 min/km
345	792	Biskupek Angela	Vincerola	1:14:00	1965	W45	48	1:15:08	23:57 *	24:27 *	25:34	7:24 min/km
346	1066	Ploß Kristin	*Köln	1:14:16	1987	WHK	71	1:16:27	24:07 *	24:30 *	25:38	7:26 min/km
347	1071	Beutelstahl Coco	*Bergheim	1:14:18	1985	WHK	72	1:16:28	24:08 *	24:32 *	25:37	7:26 min/km
348	633	Wolf Michaela	Original Bootcamp	1:14:56	1980	W30	76	1:16:07	24:28 *	24:29 *	25:58	7:30 min/km
349	1012	Fuchs Katja	Original Bootcamp	1:14:56	1975	W35	57	1:16:07	24:28 *	24:29 *	25:58	7:30 min/km
350	319	Buszkiewicz Ute	Original Bootcamp	1:14:56	1967	W45	49	1:16:08	24:28 *	24:29 *	25:58	7:30 min/km
351	1178	Sitzler Margret		1:16:27	1960	W50	26	1:17:46	24:57 *	25:16 *	26:13	7:39 min/km
352	276	Schröper Silvia	*Brühl	1:16:34	1981	W30	77	1:18:15	24:25 *	25:48 *	26:20	7:39 min/km
353	11	Wagner Tamara	*Köln	1:16:36	1980	W30	78	1:18:17	24:25 *	25:48 *	26:22	7:40 min/km
354	308	Pütz Constanze	*Pulheim	1:16:52	1965	W45	50	1:19:28	25:10 *	25:41 *	26:00	7:41 min/km
355	378	Keller Stefanie	*Köln	1:17:46	1984	W30	79	1:20:10	25:59 *	26:38 *	25:08	7:47 min/km
356	479	Esser Sabine	*Köln	1:17:52	1977	W35	58	1:19:37	24:52 *	25:41 *	27:18	7:47 min/km
357	1078	Pelzer Christiane	*Köln	1:18:46	1966	W45	51	1:20:43	26:10 *	26:25 *	26:10	7:53 min/km
358	961	Wetzel Neele	LeseWelten	1:19:08	2001	WU14	4	1:19:43	26:37 *	26:35 *	25:55	7:55 min/km
359	104	Pott Brigitte	asv	1:20:29	1955	W55	8	1:22:16	25:07 *	26:33 *	28:48	8:03 min/km