

Kölner Nikolauslauf am 7. Dezember 2014 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1718	Schmatz Raphael	P3-Statistikfreaks	0:42:00	1987 M20	1	0:43:12	14:09 * 13:35 * 14:16	4:12 min/km
2	3020	Fuchs Dr. Adam	*Köln	0:42:12	1986 M20	2	0:45:02	14:08 * 13:37 * 14:26	4:13 min/km
3	3122	Becker Denis	*Trier	0:42:21	1987 M20	3	0:42:33	13:51 * 13:47 * 14:41	4:14 min/km
4	3324	Cellin Alci	Les bananes Sauvages	0:42:26	1987 M20	4	0:43:17	14:20 * 13:27 * 14:38	4:15 min/km
5	2123	Troudi Khaled	forever Punk	0:42:37	1975 M35	1	0:44:59	14:29 * 13:45 * 14:22	4:16 min/km
6	1902	Kölzer Ken	LG Rhein-Main	0:42:53	1987 M20	5	0:43:02	13:55 * 14:02 * 14:55	4:17 min/km
7	2392	Lübbert Mark	*Bergisch Gladbach	0:43:06	1979 M35	2	0:43:09	13:44 * 14:21 * 14:59	4:19 min/km
8	2244	Böcker Gerrit	*Bonn	0:43:18	1991 M20	6	0:45:01	15:40 * 13:44 * 13:52	4:20 min/km
9	2927	Anna-Freud Ruaid	Fair-Play-Smart Team	0:43:37	2002 MU14	1	0:43:37	00:00 * 00:00 * 00:00	4:22 min/km
10	2717	Pavlovic Mihaiel	Sumpsons	0:43:45	1984 M30	1	0:44:26	14:19 * 14:24 * 15:00	4:23 min/km
11	2925	Anna-Freud Marc	Fair-Play-Smart Team	0:43:47	2002 MU14	2	0:43:47	00:00 * 00:00 * 00:00	4:23 min/km
12	2921	Zülpicherstraße Grawe	Fair-Play-Smart Team	0:43:47	2002 MU14	3	0:43:47	00:00 * 00:00 * 00:00	4:23 min/km
13	1839	Csiba Philip	*Koeln	0:43:52	1971 M40	1	0:45:21	14:25 * 14:09 * 15:17	4:23 min/km
14	1051	Marek Adrian	Für Hürth	0:43:55	1972 M40	2	0:46:44	14:21 * 14:14 * 15:20	4:24 min/km
15	2410	Claeßen Jens	ALBIS Laufftreff	0:43:56	1967 M45	1	0:45:00	14:48 * 14:03 * 15:03	4:24 min/km
16	2336	Nöhre Jan	EhrenGarde der Stadt	0:43:57	1985 M20	7	0:44:06	14:05 * 14:40 * 15:11	4:24 min/km
17	1504	Hackenbroch Niclas	*Köln	0:44:00	1988 M20	8	0:44:09	14:30 * 14:18 * 15:11	4:24 min/km
18	2871	Stula Sebastian	Kieser Training	0:44:04	1979 M35	3	0:44:40	14:53 * 14:13 * 14:58	4:24 min/km
19	3179	Leonhardt Dr. Peter	*Bonn	0:44:06	1967 M45	2	0:44:11	14:11 * 14:35 * 15:20	4:25 min/km
20	1559	Tessaslase Haile		0:44:18	0 MHK	0	0:46:51	15:18 * 14:16 * 14:42	4:26 min/km
21	2593	Kuthe Thorsten	*Köln	0:44:19	1972 M40	3	0:44:35	14:25 * 14:43 * 15:10	4:26 min/km
22	1951	Sanderson James	*Koln	0:44:19	1979 M35	4	0:44:30	14:55 * 14:32 * 14:51	4:26 min/km
23	3335	Hamilton Alistair		0:44:23	1978 M35	5	0:44:34	14:15 * 14:45 * 15:22	4:26 min/km
24	2211	Schaake Matt	TUSEM Essen	0:44:25	1989 M20	9	0:44:29	14:26 * 14:36 * 15:22	4:27 min/km
25	2895	Fritz Dominik	Kieser Training	0:44:36	1992 M20	10	0:44:46	15:03 * 14:29 * 15:04	4:28 min/km
26	1073	Nachtsheim Klaus	*Köln	0:44:39	1981 M30	2	0:45:17	14:46 * 14:37 * 15:15	4:28 min/km
27	1043	Zenck-Dürselen	*Rommerskirchen	0:44:41	1993 M20	11	0:45:09	15:00 * 14:36 * 15:05	4:28 min/km
28	2489	Kuczera Darius	Team Maikammer	0:44:42	1969 M45	3	0:44:46	14:10 * 14:57 * 15:34	4:28 min/km
29	512	Moritz Ralf	*Köln	0:44:50	1968 M45	4	0:45:10	15:25 * 14:27 * 14:56	4:29 min/km
30	2498	Cosler Martin	*Düsseldorf	0:44:52	1983 M30	3	0:47:19	14:50 * 14:38 * 15:23	4:29 min/km
31	1680	Fetzer Tillmann	*Köln	0:44:57	1982 M30	4	0:45:10	14:54 * 14:56 * 15:07	4:30 min/km
32	1186	Ploch Thomas	*Köln	0:45:03	1977 M35	6	0:45:11	14:42 * 14:47 * 15:34	4:30 min/km
33	1265	Mukulasch Adam	*Köln	0:45:09	1978 M35	7	0:45:23	14:16 * 15:12 * 15:40	4:31 min/km
34	2496	Mialka David	*Köln	0:45:10	1985 M20	12	0:46:06	14:53 * 14:45 * 15:31	4:31 min/km
35	30	Torromacco Nico	*51063	0:45:11	1982 M30	5	0:45:14	14:29 * 15:13 * 15:27	4:31 min/km
35	3415	Wand Mat	Spitzenteam 2005	0:45:11	1972 M40	4	0:46:29	15:49 * 13:51 * 15:29	4:31 min/km
37	2778	Gouraud Pierre	les bananes sauvages	0:45:14	1984 M30	6	0:46:07	14:57 * 14:45 * 15:31	4:31 min/km
38	2127	Kleinschmidt Guido	*Windeck	0:45:20	1969 M45	5	0:48:38	15:51 * 14:15 * 15:14	4:32 min/km
39	1260	Steil Heiko	o2 Runners	0:45:24	1976 M35	8	0:46:54	16:58 * 14:11 * 14:13	4:32 min/km
40	1171	Hüllen Jürgen	SG GFC Düren 99	0:45:43	1962 M50	1	0:46:09	14:46 * 14:42 * 16:13	4:34 min/km
41	1453	Hoffmann Bolko	*Bad Honnef	0:45:57	1946 M65	1	0:46:26	00:00 * 00:00 * 00:00	4:36 min/km
42	1468	Van der Koelen Martin	*Krefeld	0:46:04	1979 M35	9	0:46:50	15:08 * 15:11 * 15:43	4:36 min/km
43	2240	Ebbinghaus Thomas	*Aachen	0:46:10	1991 M20	13	0:46:11	15:11 * 15:47 * 15:11	4:37 min/km
44	1226	Lehmann Gero	*Neuss	0:46:12	1971 M40	5	0:46:40	15:25 * 15:16 * 15:31	4:37 min/km
45	2459	Greite Stefan	*Köln	0:46:14	1979 M35	10	0:46:29	15:33 * 15:01 * 15:39	4:37 min/km
46	1324	Bodes Theo	*Remagen	0:46:18	1959 M55	1	0:46:31	15:03 * 15:02 * 16:12	4:38 min/km
47	3299	Vogel Jörg		0:46:22	1969 M45	6	0:46:51	14:39 * 15:19 * 16:23	4:38 min/km
48	1557	Proietto Gianni		0:46:33	1972 M40	6	0:49:08	15:26 * 15:12 * 15:54	4:39 min/km
49	2561	Hessler Mirko	*Köln	0:46:39	1989 M20	14	0:46:55	14:37 * 15:26 * 16:35	4:40 min/km
50	299	Guhl Torben	*Kassel	0:46:40	1988 M20	15	0:46:55	14:38 * 15:30 * 16:31	4:40 min/km
51	3286	Dennis Horn	LT DSHS	0:46:46	1996 MU20	1	0:46:54	15:00 * 15:27 * 16:18	4:41 min/km
52	1259	Peigne Andre	o2 Runners	0:46:48	1980 M30	7	0:48:19	15:19 * 15:08 * 16:20	4:41 min/km
53	559	Becker Reinhard	:anlauf Siegen	0:46:50	1960 M50	2	0:46:53	14:39 * 15:42 * 16:29	4:41 min/km

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54	1666	Quester Markus	*Köln	0:46:56	1976 M35	11	0:47:07	15:40 * 15:20 * 15:55	4:42 min/km
55	1591	Stangl Ulrich	*Kaarst	0:46:56	1957 M55	2	0:48:52	16:10 * 15:04 * 15:41	4:42 min/km
56	2360	Pabst Robert	The Lumberjacks	0:47:03	1988 M20	16	0:47:04	14:37 * 15:01 * 17:24	4:42 min/km
57	3290	Ferra Lionel	EAC-ESA	0:47:08	1976 M35	12	0:51:40	16:10 * 14:57 * 16:00	4:43 min/km
58	2532	Lorenz Eric	Bro Runners	0:47:09	1971 M40	7	0:47:12	15:17 * 15:22 * 16:29	4:43 min/km
59	2463	Lochner Stefan	*Köln	0:47:11	1981 M30	8	0:48:17	15:22 * 15:27 * 16:21	4:43 min/km
60	954	Anders Lars	Happy Runners	0:47:15	1976 M35	13	0:47:21	15:34 * 15:33 * 16:07	4:44 min/km
61	3319	Djamalpour David		0:47:16	2000 MU16	1	0:48:06	15:11 * 16:03 * 16:02	4:44 min/km
62	3130	Wolf Ingo	*Bergheim	0:47:17	1980 M30	9	0:47:24	15:57 * 15:39 * 15:40	4:44 min/km
63	3199	Möller Markus	*Köln	0:47:17	1991 M20	17	0:50:32	16:01 * 15:18 * 15:58	4:44 min/km
64	2524	Stein Jona	Malteser	0:47:17	1979 M35	14	0:50:07	16:07 * 15:17 * 15:52	4:44 min/km
65	1271	Schröder Alex	SchönWetterLäufer	0:47:19	1983 M30	10	0:51:40	15:15 * 15:26 * 16:37	4:44 min/km
66	1272	Reimann Sascha	SchönWetterLäufer	0:47:20	1980 M30	11	0:51:40	15:15 * 15:27 * 16:37	4:44 min/km
67	2547	Poreschack Ulrich	GS1 Germany GmbH	0:47:24	1966 M45	7	0:47:31	15:28 * 15:41 * 16:13	4:44 min/km
68	2550	Schneider Ben	GS1 Germany GmbH	0:47:26	1974 M40	8	0:47:31	17:21 * 14:28 * 15:35	4:45 min/km
69	641	Djamalpour Syrus	*Bergheim	0:47:27	1965 M45	8	0:48:16	15:11 * 16:03 * 16:12	4:45 min/km
70	3215	Berghoff Martin	*bedburg	0:47:27	1979 M35	15	0:47:35	15:56 * 15:38 * 15:52	4:45 min/km
71	2505	Vieren André	PSV Brühl Triathlon Team	0:47:28	1985 M20	18	0:48:44	15:30 * 15:41 * 16:16	4:45 min/km
72	1434	Molitor Dr. Harry	ASV Triathlon Köln	0:47:32	1959 M55	3	0:47:54	15:19 * 15:43 * 16:30	4:45 min/km
73	2158	Birkenbusch Kai	*Köln	0:47:36	1983 M30	12	0:49:38	16:25 * 15:36 * 15:34	4:46 min/km
74	560	Schenk Achim	*Köln	0:47:36	1978 M35	16	0:48:10	15:54 * 15:21 * 16:21	4:46 min/km
75	1871	Grothe Jon	*Köln	0:47:38	1985 M20	19	0:47:55	15:32 * 15:33 * 16:32	4:46 min/km
76	1870	Tillmann Jonas	*Köln	0:47:41	1986 M20	20	0:47:59	15:32 * 15:33 * 16:36	4:46 min/km
77	1437	Högener Oliver	*Köln	0:47:47	1970 M40	9	0:51:07	16:10 * 15:35 * 16:01	4:47 min/km
78	3125	Lehmann Marco	*Recklinghausen	0:47:47	1993 M20	21	0:48:25	14:28 * 15:50 * 17:28	4:47 min/km
79	1588	Giebe Daniel	Original Bootcamp	0:47:50	1983 M30	13	0:49:04	16:49 * 15:16 * 15:44	4:47 min/km
80	507	Martens Jörn	Team Erdinger Alkoholfrei	0:47:53	1962 M50	3	0:47:55	15:01 * 16:09 * 16:42	4:47 min/km
81	2296	Eymers Florian	Laufftreff	0:47:57	1983 M30	14	0:49:18	16:17 * 15:50 * 15:49	4:48 min/km
82	2276	Schneeberger Korbinian	Albis Laufftreff	0:47:59	1977 M35	17	0:49:03	15:48 * 15:42 * 16:27	4:48 min/km
83	677	Van Laak Martin	1. FC Pollerwiesen HG	0:48:01	1983 M30	15	0:51:03	17:08 * 16:13 * 14:39	4:48 min/km
84	3112	Frantzen Thomss	*Gangelt	0:48:01	1981 M30	16	0:48:38	15:48 * 15:55 * 16:17	4:48 min/km
85	1771	Ackermann Sebastian	KölleAlarm e.V.	0:48:02	1966 M45	9	0:48:07	15:07 * 15:51 * 17:03	4:48 min/km
86	2370	Parmar Dr. Dixit	*Aachen	0:48:09	1986 M20	22	0:48:41	16:17 * 15:23 * 16:28	4:49 min/km
87	2245	Rendogs Paul	Original Bootcamp	0:48:11	1995 MU20	2	0:48:59	15:29 * 15:43 * 16:58	4:49 min/km
88	1138	Kuhn Dr. Marko	*Königswinter	0:48:14	1971 M40	10	0:48:18	15:10 * 16:16 * 16:48	4:49 min/km
89	826	Zachau Axel	*Viersen	0:48:18	1974 M40	11	0:48:39	15:46 * 15:49 * 16:41	4:50 min/km
90	1219	Pydde Christopher	*Essen	0:48:18	1986 M20	23	0:48:42	14:45 * 16:11 * 17:22	4:50 min/km
91	3077	Launert Jürgen	Karate-Do Overath e.V.	0:48:23	1962 M50	4	0:49:42	16:10 * 15:58 * 16:14	4:50 min/km
92	2566	Nöll Dr. Nils	*Königswinter	0:48:23	1973 M40	12	0:50:46	16:01 * 15:44 * 16:37	4:50 min/km
93	3426	Bernhardt Heiko	Sonic Run	0:48:23	1971 M40	13	0:48:43	15:48 * 15:58 * 16:36	4:50 min/km
94	3389	Vogels Tim		0:48:25	1966 M45	10	0:48:40	15:37 * 15:59 * 16:48	4:51 min/km
95	2556	Janovsky Michael	*Köln	0:48:30	1968 M45	11	0:48:44	16:03 * 15:54 * 16:32	4:51 min/km
96	1608	Achten Bernhard	Kölner Narrenzunft	0:48:30	1959 M55	4	0:48:46	15:27 * 16:00 * 17:02	4:51 min/km
97	3345	Korge Sascha		0:48:32	1991 M20	24	0:49:54	16:01 * 15:27 * 17:03	4:51 min/km
98	1449	Joppich Andre	*Köln	0:48:36	1985 M20	25	0:50:11	15:49 * 16:17 * 16:30	4:52 min/km
99	3106	Schwabe Bernd	Sonntagsläufer	0:48:37	1956 M55	5	0:48:43	15:35 * 16:02 * 16:58	4:52 min/km
100	3037	Hempfen Sebastian	*Köln	0:48:37	1985 M20	26	0:49:26	16:28 * 16:02 * 16:05	4:52 min/km
101	2521	Beyer Michael	Bro Runners	0:48:37	1967 M45	12	0:48:40	15:18 * 15:49 * 17:29	4:52 min/km
102	2765	Schipper Christoph	Lokomotive Laktat	0:48:41	1985 M20	27	0:48:49	16:12 * 16:15 * 16:12	4:52 min/km
103	2766	Rosenthal Sven	Lokomotive Laktat	0:48:41	1985 M20	28	0:48:49	16:12 * 16:11 * 16:17	4:52 min/km
104	1637	Kourkoulos Dimitrios	LKW-Schorse	0:48:42	1986 M20	29	0:50:18	16:04 * 16:01 * 16:36	4:52 min/km
105	1898	Ehler Klaas	*Köln	0:48:48	1985 M20	30	0:49:15	16:05 * 16:08 * 16:34	4:53 min/km
106	2165	Hartmann Eric	*Kempfen	0:48:48	1965 M45	13	0:52:46	16:42 * 15:59 * 16:06	4:53 min/km
107	46	Kreuer Thomas	*Bielefeld	0:48:53	1984 M30	17	0:50:56	17:16 * 15:47 * 15:49	4:53 min/km
108	3056	Wick Torsten	Die Renttiere	0:48:53	1973 M40	14	0:49:00	18:38 * 14:46 * 15:28	4:53 min/km
109	2014	Glas Daniel	*Wuppertal	0:48:54	1984 M30	18	0:49:07	16:41 * 15:57 * 16:15	4:53 min/km

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110	1423	Limbach Lennart	*Troisdorf	0:48:55	2000 MU16	2	0:51:38	15:37 *	16:22 *	16:56	4:54 min/km
111	109	Huebel Sascha	KSG Architekten	0:48:56	1978 M35	18	0:49:10	15:27 *	16:27 *	17:01	4:54 min/km
112	3231	Hark Nico	1. FC Köln	0:48:57	1991 M20	31	0:49:09	15:27 *	15:57 *	17:32	4:54 min/km
113	94	Lorscheter Thomas	*Bonn	0:48:58	1966 M45	14	0:49:17	16:48 *	15:52 *	16:17	4:54 min/km
114	817	Rütten Ingo	*Düsseldorf	0:49:01	1980 M30	19	0:49:02	14:59 *	16:45 *	17:16	4:54 min/km
115	3254	Castillo Eugenio	EAC-ESA	0:49:01	1969 M45	15	0:53:33	16:44 *	15:59 *	16:17	4:54 min/km
116	2956	Rymus Elmar	SG TÜV Rheinland	0:49:02	1948 M65	2	0:50:04	17:43 *	15:38 *	15:40	4:54 min/km
117	2924	Zülpicherstraße	Fair-Play-Smart Team	0:49:02	2002 MU14	4	0:49:41	15:48 *	15:55 *	17:19	4:54 min/km
118	219	Assenmacher Dirk	*Köln	0:49:03	1971 M40	15	0:49:44	17:00 *	15:45 *	16:17	4:54 min/km
119	2415	Susanto Arthur	*Köln	0:49:04	1974 M40	16	0:51:17	16:12 *	15:58 *	16:52	4:54 min/km
120	3268	Cowley Aidan	EAC-ESA	0:49:05	1981 M30	20	0:53:34	16:15 *	15:59 *	16:49	4:55 min/km
121	2447	Albshausen Rainer	ALBIS Lauftreff Köln	0:49:07	1966 M45	16	0:50:12	15:54 *	16:09 *	17:03	4:55 min/km
122	3123	Ripp Christoph	*Köln	0:49:09	1977 M35	19	0:52:29	17:21 *	15:52 *	15:55	4:55 min/km
123	1653	Kutschker Jan	RHEINSPORT	0:49:09	1985 M20	32	0:52:19	18:04 *	15:27 *	15:37	4:55 min/km
124	1765	Zaiser Andreas	TriathlonSteckelCologne	0:49:09	1985 M20	33	0:50:23	15:58 *	15:57 *	17:14	4:55 min/km
125	2577	Mächtle Felix	*Düsseldorf	0:49:11	1996 MU20	3	0:52:48	15:53 *	15:12 *	18:05	4:55 min/km
126	2519	Birkenfeld Gero	SV Bayer Uerdingen 08	0:49:12	1972 M40	17	0:49:26	16:03 *	16:14 *	16:54	4:55 min/km
127	1068	Schneider Robert	*Köln	0:49:13	1969 M45	17	0:52:17	17:58 *	15:38 *	15:35	4:55 min/km
128	246	Walder Lars	*Köln	0:49:16	1977 M35	20	0:49:44	16:03 *	16:11 *	17:01	4:56 min/km
129	3013	V. Seggern Valentin	MyComoda	0:49:16	1982 M30	21	0:50:01	16:08 *	16:25 *	16:41	4:56 min/km
130	2002	Kehl Jan-Hendrik	*Freiberg	0:49:18	1987 M20	34	0:51:01	17:36 *	15:28 *	16:12	4:56 min/km
131	1511	Dinstühler Guido	*Köln	0:49:19	1983 M30	22	0:49:28	15:20 *	16:26 *	17:32	4:56 min/km
132	2075	Krämer Tobias	*Köln	0:49:21	1985 M20	35	0:52:42	16:31 *	15:55 *	16:54	4:56 min/km
133	3414	Bach David	Dynamo Tresaen	0:49:24	1986 M20	36	0:49:48	15:24 *	16:10 *	17:49	4:56 min/km
134	3154	Kiehn Rainer	Bachemer Wahnsinn	0:49:25	1967 M45	18	0:53:21	17:25 *	15:38 *	16:20	4:57 min/km
135	676	Heun Johannes	1. FC Pollerwiesen HG	0:49:29	1980 M30	23	0:52:30	17:08 *	16:12 *	16:07	4:57 min/km
136	2096	Aubel Dr. Matthias	*Köln	0:49:29	1975 M35	21	0:51:38	16:26 *	16:08 *	16:54	4:57 min/km
136	2559	Voigt Niklas	The Lumberjacks	0:49:29	1983 M30	24	0:49:49	15:28 *	16:27 *	17:33	4:57 min/km
138	2255	Normann Hans	PUSHENSY	0:49:31	1967 M45	19	0:51:13	16:55 *	16:10 *	16:25	4:57 min/km
139	1652	Weisenstein René	RHEINSPORT	0:49:32	1986 M20	37	0:52:41	18:05 *	15:27 *	16:00	4:57 min/km
140	2020	Schmitz Frank	*Bergheim	0:49:35	1968 M45	20	0:49:55	16:12 *	16:24 *	16:58	4:58 min/km
141	1307	Gaab Jan	CFW Köln-Niehl	0:49:36	1994 M20	38	0:52:43	18:19 *	15:23 *	15:52	4:58 min/km
142	1900	Kölzer Ulli	LG Rhein-Main	0:49:37	1951 M60	1	0:50:07	15:57 *	16:27 *	17:12	4:58 min/km
143	3371	Güdemann Stephan		0:49:39	1984 M30	25	0:51:43	17:14 *	15:46 *	16:37	4:58 min/km
144	2747	Helten Frank	laufen und saufen	0:49:39	1971 M40	18	0:52:05	16:36 *	15:58 *	17:04	4:58 min/km
145	814	Evers Felix	Albis Lauftreff	0:49:41	1954 M60	2	0:50:14	16:21 *	16:14 *	17:05	4:58 min/km
146	3424	Brands Bernhard	The Lumber Jacks	0:49:45	1984 M30	26	0:50:01	17:57 *	15:32 *	16:15	4:59 min/km
147	1378	Donsbach Martin	*Brühl	0:49:48	1963 M50	5	0:49:52	16:20 *	16:37 *	16:50	4:59 min/km
148	85	Dobecki Andreas	*Köln	0:49:48	1961 M50	6	0:51:21	17:28 *	15:52 *	16:27	4:59 min/km
149	1236	Thamm Sebastian	*Köln	0:49:48	1986 M20	39	0:52:27	19:19 *	16:38 *	13:50	4:59 min/km
150	1991	Kalitsch Till	RHEINSPORT	0:49:50	1983 M30	27	0:52:58	18:07 *	15:25 *	16:16	4:59 min/km
151	2716	Bettke Axel	Sumpsons	0:49:51	1978 M35	22	0:52:40	17:14 *	15:55 *	16:41	4:59 min/km
152	1393	Schaefer Tim	*Köln	0:49:51	1990 M20	40	0:50:37	16:43 *	16:22 *	16:45	4:59 min/km
153	3431	Schliebe Stephen		0:49:55	1980 M30	28	0:52:43	17:42 *	16:05 *	16:07	4:60 min/km
154	3113	Wett Matthias	*Köln	0:49:57	1972 M40	19	0:53:25	16:09 *	16:29 *	17:18	4:60 min/km
155	3108	Vossel Wolfgang	*Pulheim	0:49:58	1956 M55	6	0:50:04	15:26 *	15:36 *	18:54	4:60 min/km
156	2784	Lechelt Stefan	Runtastic Laufgruppe	0:49:58	1975 M35	23	0:50:29	16:00 *	16:58 *	16:59	4:60 min/km
157	2491	Hammerstein Dr.	*Köln	0:49:58	1968 M45	21	0:50:22	15:54 *	16:30 *	17:34	4:60 min/km
158	3109	Viggen Bruno	*Pulheim	0:49:58	1965 M45	22	0:50:05	15:27 *	15:45 *	18:46	4:60 min/km
159	2689	Hoffmann Stephan	FTV 1905 e.V.	0:49:59	1966 M45	23	0:50:42	16:48 *	16:24 *	16:46	4:60 min/km
160	3089	Pomplun Reiner	Karate-Do Overath e.V.	0:50:00	1963 M50	7	0:50:14	15:18 *	16:38 *	18:02	5:00 min/km
161	2152	Heiligenhaus Ralph	Run for Fun	0:50:00	1965 M45	24	0:50:18	15:33 *	16:45 *	17:41	5:00 min/km
162	3157	Maroni Dirk	*Köln	0:50:01	1968 M45	25	0:50:41	16:17 *	16:35 *	17:08	5:00 min/km
163	1911	Barucha Arnold	Rhein-Erft-Akademie	0:50:03	1967 M45	26	0:54:09	16:57 *	16:08 *	16:57	5:00 min/km
164	2298	Martinez Böhme Mariano	*Köln	0:50:03	1967 M45	27	0:50:37	16:38 *	16:34 *	16:51	5:00 min/km
165	87	Lefering Uwe	*Erfstadt	0:50:04	1974 M40	20	0:50:04	16:58 *	16:17 *	16:48	5:00 min/km

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166	2732	Achten Thomas	*Köln	0:50:05	1989 M20	41	0:52:28	17:31 * 16:36 * 15:57	5:01 min/km
167	3181	Desprez Pierre	Bachemer Wahnsinn	0:50:06	1954 M60	3	0:54:04	17:28 * 15:57 * 16:40	5:01 min/km
168	1139	Loosen Manfred	*Köln	0:50:07	1960 M50	8	0:50:38	16:30 * 16:26 * 17:09	5:01 min/km
169	119	Weyer Oliver	congstar gmbh	0:50:07	1977 M35	24	0:51:12	17:43 * 16:10 * 16:12	5:01 min/km
170	2223	Geraci Marco	*Köln	0:50:08	1986 M20	42	0:54:28	17:02 * 16:15 * 16:50	5:01 min/km
171	824	Meiser Michael	*Köln	0:50:10	1973 M40	21	0:50:29	16:14 * 16:41 * 17:14	5:01 min/km
172	827	Schumann Olaf	*Köln	0:50:11	1976 M35	25	0:53:26	16:05 * 16:39 * 17:26	5:01 min/km
173	918	Baus Reiner	Porsche Zentrum	0:50:13	1954 M60	4	0:51:04	16:23 * 16:18 * 17:32	5:01 min/km
174	1879	Schmidt Holger	*Köln	0:50:13	1980 M30	29	0:52:28	17:52 * 16:21 * 16:00	5:01 min/km
175	2478	Salomon Martin	*Köln	0:50:14	1982 M30	30	0:50:22	15:53 * 17:33 * 16:47	5:01 min/km
176	2888	Oetzel Jens	Kieser Training	0:50:15	1973 M40	22	0:51:48	16:54 * 16:13 * 17:08	5:02 min/km
177	2317	Steinbach Dieter	Laufschule Erfstadt	0:50:16	1954 M60	5	0:50:36	16:18 * 16:22 * 17:35	5:02 min/km
178	775	Kerkhoff Philipp	Southside Cologne	0:50:18	1980 M30	31	0:51:47	17:00 * 16:03 * 17:14	5:02 min/km
179	2743	Mitschke Martin	*Köln	0:50:18	1980 M30	32	0:51:48	17:00 * 16:03 * 17:14	5:02 min/km
180	2771	Herentrey Jörg	*Köln	0:50:19	1969 M45	28	0:52:48	16:51 * 16:03 * 17:23	5:02 min/km
181	2734	Bunte Marian	*Köln	0:50:19	1989 M20	43	0:50:34	16:20 * 16:43 * 17:15	5:02 min/km
182	2310	Walgenbach Bernd	BSG Agentur für Arbeit	0:50:21	1969 M45	29	0:51:53	16:23 * 16:17 * 17:39	5:02 min/km
183	2411	Hambloch Christoph	Albis Laufftreff	0:50:21	1964 M50	9	0:51:23	15:56 * 16:17 * 18:06	5:02 min/km
184	1007	Krug Oliver Rednose	Die Renttiere	0:50:21	1972 M40	23	0:50:27	17:18 * 16:26 * 16:36	5:02 min/km
185	2220	Roeer Fiete	*Köln	0:50:22	1982 M30	33	0:54:40	17:05 * 16:17 * 17:00	5:02 min/km
186	3403	Betrin Tim	Bubble it today	0:50:25	1988 M20	44	0:50:53	17:42 * 17:09 * 15:33	5:03 min/km
187	2953	Junker Markus	Köln läuft!	0:50:27	1963 M50	10	0:50:27	17:33 * 16:25 * 16:28	5:03 min/km
188	2775	Dakkoun Mohamed	Fc Wanderlust	0:50:28	1981 M30	34	0:51:05	16:35 * 16:44 * 17:08	5:03 min/km
189	773	Reichert Sascha	*Langenfeld	0:50:29	1979 M35	26	0:51:03	16:07 * 16:36 * 17:46	5:03 min/km
190	2856	Poppelreiter Dominik	mas Training	0:50:30	1983 M30	35	0:50:43	16:12 * 16:53 * 17:24	5:03 min/km
191	3401	Reihlen Philipp	Renntiere	0:50:32	1978 M35	27	0:50:39	17:02 * 16:22 * 17:07	5:03 min/km
192	1275	Richmann Markus	SchönWetterLäufer	0:50:33	1974 M40	24	0:54:54	16:20 * 16:43 * 17:28	5:03 min/km
193	501	Limburg Michael	*Bergisch Gladbach	0:50:37	1979 M35	28	0:53:37	17:05 * 16:19 * 17:13	5:04 min/km
194	837	Verch Marco	Mach3 Köln	0:50:41	1981 M30	36	0:50:47	16:48 * 16:36 * 17:16	5:04 min/km
195	3063	Derichs Hans-Jürgen	*Köln	0:50:43	1959 M55	7	0:50:59	16:06 * 16:52 * 17:44	5:04 min/km
196	374	Ahlf Frank	mas Training	0:50:44	1968 M45	30	0:51:40	16:12 * 16:46 * 17:45	5:04 min/km
197	2912	Graf-Salentinschule	Fair-Play-Smart Team	0:50:44	2002 MU14	5	0:51:19	15:10 * 17:24 * 18:09	5:04 min/km
198	2990	Dabringhaus Andreas	via nova Köln	0:50:44	1960 M50	11	0:51:16	16:37 * 16:46 * 17:21	5:04 min/km
199	3010	Sapin Jurij	*Köln	0:50:48	1962 M50	12	0:51:18	16:49 * 16:46 * 17:13	5:05 min/km
200	1910	Freitag Christoph	MAM live	0:50:49	1964 M50	13	0:51:14	16:58 * 16:36 * 17:15	5:05 min/km
201	1621	Mokwa Christopher	*Köln	0:50:50	1983 M30	37	0:51:56	17:30 * 16:55 * 16:24	5:05 min/km
202	882	Kus Jan	Railsrunners	0:50:52	1982 M30	38	0:51:21	16:45 * 16:46 * 17:20	5:05 min/km
203	2994	Voigt David	*Köln	0:50:52	1990 M20	45	0:51:05	15:42 * 16:55 * 18:14	5:05 min/km
204	2581	Bonczek Gabriel	*Köln	0:50:54	1978 M35	29	0:51:53	17:31 * 16:33 * 16:49	5:05 min/km
205	2884	Rupenyan Shavarsh	Kieser Training	0:50:54	1967 M45	31	0:53:56	17:37 * 16:20 * 16:57	5:05 min/km
206	1249	Knoop Andre	Die Renttiere	0:50:56	1988 M20	46	0:51:03	18:38 * 15:36 * 16:41	5:06 min/km
207	1933	Bartholomay Thorben	*Köln	0:50:59	1988 M20	47	0:52:42	15:46 * 16:54 * 18:18	5:06 min/km
208	1317	Jüttner Jens	*Köln	0:51:00	1971 M40	25	0:51:16	16:01 * 17:03 * 17:55	5:06 min/km
209	3088	Eilts Steffen	Karate-Do Overath e.V.	0:51:02	1961 M50	14	0:51:07	16:09 * 16:59 * 17:53	5:06 min/km
210	2439	Grabski Gregor	*Köln	0:51:02	1966 M45	32	0:51:25	17:17 * 16:47 * 16:57	5:06 min/km
211	920	Nohl Frank	SSV-Wildbergerhütte	0:51:02	1962 M50	15	0:51:33	16:55 * 16:39 * 17:26	5:06 min/km
212	2842	Fischer Maik	mas Training	0:51:03	1978 M35	30	0:51:53	17:25 * 16:23 * 17:14	5:06 min/km
213	2852	Lodemann Tim	mas Training	0:51:03	1984 M30	39	0:51:53	17:25 * 16:23 * 17:15	5:06 min/km
214	977	Potreck Hannes	Hickory Köln 08	0:51:07	1984 M30	40	0:53:03	17:06 * 16:44 * 17:15	5:07 min/km
215	3219	Cwieciek Przemyslaw	*Bruehl	0:51:09	1984 M30	41	0:53:24	18:02 * 16:31 * 16:35	5:07 min/km
216	3197	Auf dem Graben Peter	*Köln	0:51:09	1965 M45	33	0:53:19	17:51 * 16:21 * 16:55	5:07 min/km
217	1458	Hobbs Mark	*Köln	0:51:12	1974 M40	26	0:52:41	17:16 * 16:43 * 17:12	5:07 min/km
218	3265	Weber Tobias	EAC-ESA	0:51:20	1982 M30	42	0:55:54	16:35 * 16:34 * 18:10	5:08 min/km
219	2592	Peter Ronald	HLG 98 Wuppertal	0:51:24	1960 M50	16	0:51:56	17:12 * 16:43 * 17:28	5:08 min/km
220	1447	Reeff Luc	*Dudelange	0:51:24	1975 M35	31	0:53:00	17:34 * 16:37 * 17:12	5:08 min/km
221	3189	Müller Marko	NUFARI - Safari ins Neue	0:51:25	1982 M30	43	0:51:34	16:41 * 17:07 * 17:36	5:09 min/km

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222	609	Cramer Mathias	*Köln	0:51:26	1969	M45	34	0:51:47	17:01	* 17:00	* 17:23	5:09 min/km
222	675	Sandbach Arne	1. FC Pollerwiesen HG	0:51:26	1971	M40	27	0:54:28	17:07	* 16:35	* 17:42	5:09 min/km
224	2354	Thomas Andre	*köln	0:51:29	1985	M20	48	0:51:33	15:59	* 17:05	* 18:24	5:09 min/km
225	2057	Krahe Peter	Feuerwehr Hangelar	0:51:29	1979	M35	32	0:53:16	18:13	* 16:36	* 16:40	5:09 min/km
226	2946	Stepkes Benedikt	LT DSHS Köln	0:51:30	2003	MU12	1	0:51:52	16:30	* 18:02	* 16:57	5:09 min/km
227	1861	Siegel Florian	TheGinNastics	0:51:31	1988	M20	49	0:54:15	17:30	* 16:28	* 17:32	5:09 min/km
228	869	Brings Daniel	De Plattfööss	0:51:35	1979	M35	33	0:52:52	17:09	* 16:45	* 17:41	5:10 min/km
229	2672	Voellmecke Lars	Wolleflitzer	0:51:37	2004	MU12	2	0:53:16	17:39	* 17:00	* 16:57	5:10 min/km
230	2954	Stöcker Tobias	SG TÜV Rheinland	0:51:40	1978	M35	34	0:52:10	17:13	* 17:07	* 17:19	5:10 min/km
231	2769	Schäkel Thomas	*Köln	0:51:41	1963	M50	17	0:54:39	18:44	* 16:54	* 16:02	5:10 min/km
232	2302	Heinen Richard	*Köln	0:51:44	1969	M45	35	0:53:11	17:10	* 16:51	* 17:41	5:10 min/km
233	2669	Marquardt Tobias	*Wuppertal	0:51:45	1987	M20	50	0:54:28	17:06	* 16:49	* 17:48	5:11 min/km
234	1516	Riedel Lucas	*Köln	0:51:52	1997	MU18	1	0:55:29	18:10	* 16:32	* 17:09	5:11 min/km
235	3152	Honal Martin	Köln	0:51:57	1976	M35	35	0:53:36	17:24	* 16:51	* 17:41	5:12 min/km
236	1762	Zenger Ralph-Eduard	*Köln	0:51:58	1984	M30	44	0:54:44	16:15	* 17:23	* 18:20	5:12 min/km
237	1050	Marek Waldemar	Für Hürth	0:51:59	1974	M40	28	0:54:49	18:25	* 16:29	* 17:04	5:12 min/km
238	1778	Fröse Bernhard	*Köln	0:51:59	1981	M30	45	0:53:50	17:03	* 16:57	* 17:58	5:12 min/km
239	1528	Schuch Rainer	Original Bootcamp	0:52:01	1970	M40	29	0:52:57	16:58	* 16:32	* 18:30	5:12 min/km
240	686	Daufenbach Markus	*pulheim	0:52:01	1964	M50	18	0:52:49	16:43	* 17:03	* 18:14	5:12 min/km
241	2851	Kratz Sebastian	mas Training	0:52:03	1978	M35	36	0:52:47	16:47	* 16:44	* 18:31	5:12 min/km
242	1243	Leja Sebastian	*Köln	0:52:04	1982	M30	46	0:53:25	17:00	* 17:29	* 17:34	5:12 min/km
243	1164	Kaempff Ron	*Köln	0:52:08	1983	M30	47	0:53:30	17:42	* 17:27	* 16:58	5:13 min/km
244	778	Wurz Andreas	*Köln	0:52:08	1978	M35	37	0:52:44	17:27	* 17:12	* 17:28	5:13 min/km
245	538	Andree Thomas	*Köln	0:52:10	1985	M20	51	0:52:42	17:07	* 16:57	* 18:06	5:13 min/km
246	2340	Dietz Christian	*Köln	0:52:12	1987	M20	52	0:52:54	17:03	* 17:04	* 18:04	5:13 min/km
247	162	Diaz Guido	*Köln	0:52:12	1980	M30	48	0:54:03	18:19	* 17:22	* 16:30	5:13 min/km
248	1957	SCHMIDTMANN	Sportshop Triathlon Team	0:52:13	1963	M50	19	0:52:39	17:04	* 17:06	* 18:01	5:13 min/km
249	3357	Hartung Jonas		0:52:14	1983	M30	49	0:52:37	17:14	* 17:00	* 17:59	5:13 min/km
250	3327	Breuer Sven	ERGOsports	0:52:18	1982	M30	50	0:55:25	16:58	* 17:08	* 18:11	5:14 min/km
251	3362	Jahn Markus	Roadrunner Urfeld	0:52:23	1965	M45	36	0:53:37	17:27	* 17:01	* 17:54	5:14 min/km
252	546	Hesseler Karl-Peter	*Lohmar	0:52:23	1975	M35	38	0:54:29	17:44	* 17:17	* 17:22	5:14 min/km
253	707	Votteler Tim	*Köln	0:52:24	1976	M35	39	0:55:47	18:51	* 17:41	* 15:51	5:14 min/km
254	2607	Becker Tobias	*Köln	0:52:25	1982	M30	51	0:53:27	17:36	* 17:14	* 17:34	5:15 min/km
255	1939	Tekle Brahane		0:52:26	1987	M20	53	0:55:00	16:48	* 16:58	* 18:39	5:15 min/km
256	2424	Canart Jean-Philippe	*Köln	0:52:28	1977	M35	40	0:53:19	17:02	* 17:15	* 18:09	5:15 min/km
257	2425	De Oliveira José	*Jonchery sur Vesle	0:52:28	1973	M40	30	0:53:19	17:03	* 17:13	* 18:11	5:15 min/km
258	970	Reiche Hansjörg	*Köln	0:52:29	1960	M50	20	0:55:16	17:15	* 17:17	* 17:56	5:15 min/km
259	3400	Volkman Tim		0:52:32	1978	M35	41	0:52:48	16:50	* 17:17	* 18:24	5:15 min/km
260	3438	Cendlewski Thomas		0:52:36	1989	M20	54	0:54:07	18:04	* 16:48	* 17:43	5:16 min/km
261	617	Schnorbach Jonas	*Bielefeld	0:52:38	1988	M20	55	0:57:17	17:37	* 17:22	* 17:37	5:16 min/km
262	3104	Morton Matthis James	*Köln	0:52:38	1987	M20	56	0:53:18	18:38	* 16:52	* 17:07	5:16 min/km
263	2508	Podsada Michael	*Meerbusch	0:52:41	1960	M50	21	0:56:48	17:41	* 17:28	* 17:31	5:16 min/km
264	2438	Hertel Aaron	KG Fischenich Runners	0:52:42	1981	M30	52	0:52:44	16:43	* 17:23	* 18:34	5:16 min/km
265	865	Gluscho Ivan	Yello gibt Gas	0:52:46	1986	M20	57	0:56:07	16:48	* 16:50	* 19:07	5:17 min/km
266	924	Arat Mert	LöLing	0:52:46	1978	M35	42	0:53:00	17:20	* 17:16	* 18:09	5:17 min/km
267	923	Stein Christian	LöLing	0:52:46	1971	M40	31	0:53:00	17:20	* 17:16	* 18:09	5:17 min/km
268	921	Büttner Markus	LöLing	0:52:46	1969	M45	37	0:53:00	17:20	* 17:16	* 18:09	5:17 min/km
269	1233	Tegtmeier Joachim	*Bergheim	0:52:46	1957	M55	8	0:55:32	17:51	* 17:09	* 17:45	5:17 min/km
270	3129	Schrock Dirk	TPSK triathlon	0:52:50	1963	M50	22	0:56:23	17:39	* 17:19	* 17:52	5:17 min/km
271	2206	Diamante Nicolas	*Frechen	0:52:51	1987	M20	58	0:55:47	17:46	* 17:51	* 17:13	5:17 min/km
272	1646	Wallmeier Carsten	*Köln	0:52:52	1970	M40	32	0:54:53	17:45	* 17:37	* 17:29	5:17 min/km
273	2639	Olbermann Christoph	Ehren Garde	0:52:53	1989	M20	59	0:53:04	14:29	* 19:18	* 19:05	5:17 min/km
274	1052	Rütter Philipp	Für Hürth	0:52:56	1991	M20	60	0:55:45	18:25	* 16:29	* 18:00	5:18 min/km
275	1784	Malsch Jan	*Köln	0:52:56	1981	M30	53	0:55:34	19:21	* 16:59	* 16:35	5:18 min/km
276	1783	Peters Thorsten	*Köln	0:52:58	1983	M30	54	0:55:37	19:20	* 17:00	* 16:37	5:18 min/km
277	1922	Bücken Nils	*Kreuzau	0:52:59	1980	M30	55	0:53:52	18:19	* 17:22	* 17:17	5:18 min/km

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278	577	Pickhard Holger	Point One Runners	0:53:03	1964 M50	23	0:55:02	18:18 *	16:56 *	17:47	5:18 min/km
279	2293	Ströter Thomas	*Köln	0:53:03	1979 M35	43	0:56:19	17:53 *	17:35 *	17:34	5:18 min/km
280	1215	Breuer Andreas	St. Servatius Runners	0:53:03	1973 M40	33	0:53:12	16:49 *	17:27 *	18:47	5:18 min/km
281	2640	Schirmer Guido	*Köln	0:53:06	1970 M40	34	0:55:04	17:46 *	17:22 *	17:57	5:19 min/km
282	1056	Schuster Harald	*Köln	0:53:07	1970 M40	35	0:56:48	18:50 *	17:09 *	17:06	5:19 min/km
283	2044	Lauterbach Ingo	Wolleflitzer	0:53:07	1968 M45	38	0:54:48	18:54 *	17:02 *	17:09	5:19 min/km
284	834	Sebastiany Alex	*Köln	0:53:07	1978 M35	44	0:57:40	20:35 *	16:22 *	16:08	5:19 min/km
285	2846	Jesse Leo	mas Training	0:53:10	1984 M30	56	0:53:53	17:34 *	18:02 *	17:32	5:19 min/km
286	872	Nutz Prof. Dr. Manfred	*Köln	0:53:12	1958 M55	9	0:54:37	18:15 *	17:19 *	17:37	5:19 min/km
287	3110	Engels Malte	*Pulheim	0:53:14	1968 M45	39	0:53:21	16:00 *	17:50 *	19:22	5:19 min/km
288	3107	Scholz Günter	*Pulheim	0:53:14	1960 M50	24	0:53:21	16:00 *	17:51 *	19:22	5:19 min/km
289	42	Schepers Thomas	1. Kölner Laufstall	0:53:14	1965 M45	40	0:53:46	17:40 *	17:22 *	18:11	5:19 min/km
290	2282	Kaifer Ulrich	Mach3	0:53:15	1964 M50	25	0:53:22	17:20 *	17:30 *	18:24	5:20 min/km
291	2898	Zyzik Gunna	Kieser Training	0:53:15	1970 M40	36	0:53:52	17:02 *	18:03 *	18:09	5:20 min/km
292	2332	Klein Manfred	Die Frühstücksläufer	0:53:16	1944 M70	1	0:56:27	18:51 *	16:56 *	17:28	5:20 min/km
293	3127	Vehrenberg Daniel	*Köln	0:53:18	1992 M20	61	0:56:12	18:43 *	17:03 *	17:31	5:20 min/km
294	2611	Musculus Max	TC Grün Gold Bnebsberg	0:53:20	1992 M20	62	0:53:34	16:03 *	17:35 *	19:41	5:20 min/km
295	1603	Mohr Heinz	*Pulheim	0:53:22	1978 M35	45	0:57:24	18:02 *	17:20 *	17:59	5:20 min/km
296	1369	Thurwach Rüdiger	*Olpe	0:53:23	1957 M55	10	0:53:24	14:41 *	15:17 *	23:24	5:20 min/km
297	2432	Bruckwilder Hans Jörg	-	0:53:24	1955 M55	11	0:53:58	17:34 *	17:49 *	18:00	5:20 min/km
298	1009	Vogel Matthias	Die Rentiere	0:53:28	1984 M30	57	0:53:35	17:18 *	17:23 *	18:47	5:21 min/km
299	1764	Schnitter Lennart	Lese Grün Weiß	0:53:30	2005 MU10	1	0:56:42	17:50 *	17:41 *	17:58	5:21 min/km
300	1881	Schulz Christian	...und tschüß!	0:53:31	1981 M30	58	0:57:28	18:30 *	17:16 *	17:44	5:21 min/km
301	2706	Kertz David	Sumpsons	0:53:34	1984 M30	59	0:54:17	19:00 *	17:31 *	17:03	5:21 min/km
302	758	Roth Uwe	*Köln	0:53:35	1970 M40	37	0:54:56	17:37 *	17:44 *	18:12	5:22 min/km
303	1500	Helleckes Carsten	*Pulheim	0:53:35	1975 M35	46	0:54:11	17:50 *	17:40 *	18:05	5:22 min/km
304	3105	Metzmacher Marcel	*Swisttal	0:53:35	1984 M30	60	0:57:32	18:31 *	17:16 *	17:48	5:22 min/km
305	1906	Metzmacher Thomas	... und tschüß!	0:53:36	1985 M20	63	0:57:33	18:30 *	17:16 *	17:48	5:22 min/km
306	2426	Sassinot-Uny Marc	*Köln	0:53:37	1974 M40	38	0:54:28	17:30 *	17:27 *	18:39	5:22 min/km
307	1366	Schweda Marcel	Wanderfreunde	0:53:38	1969 M45	41	0:56:59	18:18 *	17:32 *	17:46	5:22 min/km
308	2795	Gebhardt Daniel	Techniker Krankenkasse	0:53:38	1982 M30	61	0:53:47	15:53 *	17:33 *	20:11	5:22 min/km
309	737	Langen Peter	Altstädter Köln 1922	0:53:38	2000 MU16	3	0:53:56	17:26 *	17:38 *	18:33	5:22 min/km
310	1418	Zimmermann Bernhard	*Köln	0:53:43	1956 M55	12	0:54:20	18:07 *	17:45 *	17:50	5:22 min/km
311	3412	Wölm Carsten	ERGO sports	0:53:43	1975 M35	47	0:56:52	17:55 *	17:35 *	18:11	5:22 min/km
312	1692	Kremers Christoph	*Wassenberg	0:53:44	1981 M30	62	0:55:35	18:18 *	17:23 *	18:02	5:22 min/km
313	2204	Arnold Karsten	Altes Brauhaus Trebels	0:53:45	1970 M40	39	0:56:40	17:31 *	17:52 *	18:21	5:23 min/km
314	650	Brückmann Henning	Running Team Grafenberg	0:53:45	1979 M35	48	0:58:09	17:56 *	17:40 *	18:08	5:23 min/km
315	2246	Mies Sebastian	*Köln	0:53:47	1985 M20	64	0:56:44	17:53 *	17:55 *	17:58	5:23 min/km
316	2866	Wörndle Sébastien	mas Training	0:53:49	1982 M30	63	0:54:10	18:16 *	17:56 *	17:36	5:23 min/km
317	3248	Hartelt Tobias		0:53:51	1997 MU18	2	0:56:06	18:23 *	17:23 *	18:04	5:23 min/km
318	2114	Gilles Thomas	*Bonn	0:53:53	1982 M30	64	0:58:22	17:47 *	17:40 *	18:24	5:23 min/km
319	1649	Weber Dirk	Flotte Flöten	0:53:53	1979 M35	49	0:56:05	18:18 *	17:34 *	18:00	5:23 min/km
320	123	Eddy HENRION	ssv gemund	0:53:53	1960 M50	26	0:58:08	17:50 *	17:22 *	18:40	5:23 min/km
321	2175	Rohde Christoph	Flotte Flöten	0:53:53	1977 M35	50	0:56:04	18:18 *	17:34 *	18:00	5:23 min/km
322	946	Servos Mattias	*Kerpen	0:53:54	1991 M20	65	0:58:19	19:18 *	17:36 *	16:59	5:23 min/km
323	2473	Wirtz Dominik	*Kerpen	0:54:02	2000 MU16	4	0:55:32	17:22 *	17:33 *	19:06	5:24 min/km
324	2241	Nolden Ralf	Brauhaus Königsdorf	0:54:02	1967 M45	42	0:57:00	17:45 *	17:49 *	18:27	5:24 min/km
325	2707	Scherer Marius	Sumpsons	0:54:04	1986 M20	66	0:54:48	18:58 *	17:30 *	17:35	5:24 min/km
326	3003	Ackermann Jonas	*Köln	0:54:06	1995 MU20	4	0:57:32	18:32 *	17:32 *	18:01	5:25 min/km
327	1905	Buchmüller Rainer	*Frechen	0:54:07	1971 M40	40	0:55:38	17:21 *	17:33 *	19:12	5:25 min/km
328	3004	Kaftan Simon	*Köln	0:54:07	1994 M20	67	0:57:32	18:32 *	17:33 *	18:01	5:25 min/km
329	2709	Zbinden Tim	Sumpsons	0:54:15	1992 M20	68	0:57:20	19:09 *	17:44 *	17:21	5:26 min/km
330	2294	Homberg Markus	*Köln	0:54:16	1990 M20	69	0:56:45	17:46 *	17:12 *	19:18	5:26 min/km
331	2539	Rentzsch Manfred	Laufsportgruppe Kowalski	0:54:17	1971 M40	41	0:56:15	18:37 *	17:36 *	18:03	5:26 min/km
332	2742	Golembek Julian	*Hamburg	0:54:21	1989 M20	70	0:56:26	18:21 *	18:06 *	17:53	5:26 min/km
333	756	Wierk Andreas	*Köln	0:54:21	1967 M45	43	0:55:19	19:18 *	17:25 *	17:37	5:26 min/km

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334	1277	Holstein Thomas	SchönWetterLäufer	0:54:21	1961 M50	27	0:55:10	17:59 *	17:34 *	18:48	5:26 min/km
335	1166	Schultze Jürgen	Tri Club Wuppertal	0:54:21	1960 M50	28	0:57:07	17:52 *	17:38 *	18:50	5:26 min/km
336	2170	Harbordt Holger	Die Frühstücksläufer	0:54:22	1973 M40	42	0:57:32	18:53 *	16:56 *	18:32	5:26 min/km
337	2535	Reuter Andreas	*Lindlar	0:54:22	1970 M40	43	0:56:53	19:21 *	17:27 *	17:34	5:26 min/km
338	2959	Willms Björn	*Köln	0:54:23	1981 M30	65	0:57:14	19:17 *	17:43 *	17:21	5:26 min/km
339	1863	Siegel Dr. Jörg	TheGinNastics	0:54:24	1952 M60	6	0:57:09	17:59 *	17:49 *	18:35	5:26 min/km
340	3425	Bolledin Marcel	Sonic Run	0:54:25	1978 M35	51	0:54:47	16:50 *	18:02 *	19:32	5:27 min/km
341	2591	Jung Christian	*Köln	0:54:27	1985 M20	71	0:56:17	19:29 *	17:45 *	17:12	5:27 min/km
342	1527	Olbrueck Hans-Jürgen	*Bornheim	0:54:28	1963 M50	29	0:56:44	18:44 *	17:26 *	18:16	5:27 min/km
343	2960	Schulz Christian	*Köln	0:54:28	1979 M35	52	0:57:20	19:18 *	17:43 *	17:27	5:27 min/km
344	3227	Golda Björn	*Köln	0:54:29	1987 M20	72	0:56:01	18:12 *	17:47 *	18:29	5:27 min/km
345	1078	Stein Hans-Jörg	*Köln	0:54:31	1952 M60	7	0:54:48	17:49 *	17:58 *	18:42	5:27 min/km
346	1887	Schwab Stefan	*Köln	0:54:32	1970 M40	44	0:55:52	17:52 *	17:44 *	18:55	5:27 min/km
347	1127	Reinicke Martin	KT43	0:54:34	1977 M35	53	0:54:34	53:53 *	00:00 *	00:41	5:27 min/km
348	2028	Schmidt Robyn	*Köln	0:54:36	1993 M20	73	0:54:36	20:26 *	17:02 *	17:08	5:28 min/km
349	3210	Lemke Heiko	*Köln	0:54:37	1970 M40	45	0:56:34	18:36 *	17:38 *	18:22	5:28 min/km
350	2996	Schultze Torben	*Köln	0:54:39	1976 M35	54	0:56:39	18:36 *	17:37 *	18:25	5:28 min/km
351	980	Jeannot Gaël	PSV Brühl Triathlon Team	0:54:39	1983 M30	66	0:55:54	18:15 *	18:19 *	18:05	5:28 min/km
352	1476	Hummel Stephan	*Leverkusen	0:54:40	1967 M45	44	0:54:53	17:30 *	18:04 *	19:05	5:28 min/km
353	1110	Wardenbach Thomas	*Köln	0:54:41	1976 M35	55	0:58:17	17:43 *	17:59 *	18:57	5:28 min/km
354	2512	Vietzen Ronald	*Köln	0:54:42	1967 M45	45	0:58:35	22:25 *	16:07 *	16:09	5:28 min/km
355	1256	Urban Andreas	*Köln	0:54:42	1969 M45	46	0:56:12	17:00 *	18:10 *	19:32	5:28 min/km
356	1660	Pätzoldt Manfred	*Köln	0:54:44	1977 M35	56	0:54:54	16:29 *	18:32 *	19:41	5:28 min/km
357	1851	Overzier Dirk	*Köln	0:54:44	1964 M50	30	0:57:05	18:54 *	17:55 *	17:54	5:28 min/km
358	3280	El-Makrini Younes	LT DSHS	0:54:44	2004 MU12	3	0:55:06	16:12 *	18:20 *	20:11	5:28 min/km
359	537	Ermer Gerhard	*Hürth	0:54:46	1949 M65	3	0:55:03	17:50 *	17:58 *	18:57	5:29 min/km
360	3349	Maye Michael	Mach 3 Köln e.V.	0:54:47	1965 M45	47	0:56:29	18:26 *	17:52 *	18:27	5:29 min/km
361	3000	Berkei Nils	*Köln	0:54:47	1986 M20	74	0:56:45	18:53 *	17:56 *	17:58	5:29 min/km
362	2665	Wurda Werner	Diabetes Programm	0:54:49	1960 M50	31	0:59:45	18:54 *	17:49 *	18:05	5:29 min/km
363	2029	Seibert Marcus	*Köln	0:54:50	1964 M50	32	0:58:34	19:44 *	17:53 *	17:12	5:29 min/km
364	949	Umansky Andrej	*Hürth	0:54:50	1983 M30	67	0:54:54	17:31 *	18:05 *	19:13	5:29 min/km
365	2720	Schleifenbaum	Sumpsons	0:54:51	1974 M40	46	0:56:43	18:33 *	18:15 *	18:02	5:29 min/km
366	1398	Schmickler Georg	*Köln	0:54:53	1984 M30	68	0:58:02	19:03 *	17:53 *	17:57	5:29 min/km
367	2429	Schuckel Prof. Dr.	*Hürth	0:54:54	1966 M45	48	0:59:02	18:48 *	18:11 *	17:54	5:29 min/km
368	823	Hoffmann Jürgen	LT Saaler Mühle	0:54:55	1969 M45	49	0:57:58	19:21 *	17:42 *	17:51	5:30 min/km
369	1606	Olbert Florian	*Köln	0:54:56	1996 MU20	5	0:58:20	18:51 *	18:26 *	17:38	5:30 min/km
370	1342	Malara Thomas	*Köln	0:54:57	1974 M40	47	0:56:18	18:42 *	17:58 *	18:16	5:30 min/km
371	1343	Oberhack Gerald	*Köln	0:54:57	1965 M45	50	0:56:20	18:41 *	17:58 *	18:18	5:30 min/km
372	1217	Wielpütz Thomas	*Zülpich	0:54:58	1980 M30	69	0:55:59	17:45 *	18:11 *	19:00	5:30 min/km
373	2678	Mertens Niklas	*Köln	0:54:58	1989 M20	75	0:55:54	18:01 *	17:49 *	19:07	5:30 min/km
374	1729	Albers Sascha	*Köln	0:55:01	1974 M40	48	0:59:03	18:08 *	18:13 *	18:40	5:30 min/km
375	2942	Thorausch Nathanael	LT DSHS Köln	0:55:03	2002 MU14	6	0:55:04	15:34 *	19:20 *	20:08	5:30 min/km
376	252	Biesemann Christoph	*Köln	0:55:04	1982 M30	70	0:59:22	17:05 *	17:50 *	20:08	5:30 min/km
377	848	Grütters Nils	*Bonn	0:55:04	1972 M40	49	0:55:18	16:55 *	18:28 *	19:40	5:30 min/km
378	2471	Sprafke Ralf	*Frechen	0:55:06	1968 M45	51	0:56:36	17:22 *	19:31 *	18:12	5:31 min/km
379	3172	Achenbach Oliver	ISI-RUNNER	0:55:06	1970 M40	50	0:55:27	18:58 *	19:17 *	16:49	5:31 min/km
380	2558	Hobbs David	*Köln	0:55:06	1977 M35	57	0:56:42	17:53 *	18:14 *	18:59	5:31 min/km
381	1526	Hebbering Markus	*Grevenbroich	0:55:07	1972 M40	51	0:57:23	18:01 *	18:04 *	19:01	5:31 min/km
382	520	Tiefensee Tim	*Grevenbroich	0:55:09	1990 M20	76	1:00:57	18:06 *	17:57 *	19:06	5:31 min/km
383	2337	Coberger Bernd	*Euskirchen	0:55:13	1957 M55	13	0:56:55	18:30 *	18:10 *	18:32	5:31 min/km
384	519	Tiefensee Thorsten	*Grevenbroich	0:55:13	1983 M30	71	1:01:00	18:19 *	17:53 *	19:01	5:31 min/km
385	901	Grimm Wolfgang	*Marienheide	0:55:15	1967 M45	52	0:57:34	19:05 *	17:38 *	18:31	5:32 min/km
386	1105	Kröger Nils	*Köln	0:55:18	1974 M40	52	0:57:59	19:14 *	18:09 *	17:55	5:32 min/km
387	2552	Gross Roland	*Köln	0:55:21	1968 M45	53	0:58:01	18:43 *	18:02 *	18:36	5:32 min/km
388	2401	Nebel Roland	Borussia	0:55:23	1965 M45	54	0:57:06	19:12 *	17:50 *	18:20	5:32 min/km
389	2129	Fernandez Gabriel	*Arnsberg	0:55:23	1977 M35	58	0:57:13	18:17 *	18:06 *	19:00	5:32 min/km

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390	854	Tholey Jochen	Glühwein-Running-Team	0:55:25	1974 M40	53	0:59:13	18:34 *	17:57 *	18:53	5:33 min/km
391	564	Reppmann Reinhard	Aktion Canchanabury MT	0:55:25	1955 M55	14	0:59:19	20:45 *	17:51 *	16:49	5:33 min/km
392	1108	Hertzer Martin	*Köln	0:55:25	1976 M35	59	0:55:42	17:26 *	18:01 *	19:57	5:33 min/km
393	879	Sekulla Stefan	*Köln	0:55:26	1978 M35	60	0:55:42	17:26 *	18:01 *	19:58	5:33 min/km
394	1857	Leverköhne Frank	*Köln	0:55:26	1975 M35	61	0:56:03	18:13 *	18:06 *	19:06	5:33 min/km
395	1214	Schüller Michael	*Köln	0:55:27	1967 M45	55	0:59:59	18:50 *	18:08 *	18:28	5:33 min/km
396	2502	Friedrichs Frank	Sportverein Sparkasse	0:55:28	1970 M40	54	0:57:51	18:29 *	18:00 *	18:57	5:33 min/km
397	3147	Royer Herbert	Sparkasse KölnBonn	0:55:28	1965 M45	56	0:57:51	18:29 *	18:01 *	18:57	5:33 min/km
398	2551	Rottstegge Karsten	Original Bootcamp	0:55:33	1973 M40	55	0:56:30	19:14 *	18:15 *	18:04	5:33 min/km
399	3029	Urhahne Tobi	*Pulheim	0:55:34	1998 MU18	3	0:58:18	19:26 *	17:47 *	18:20	5:33 min/km
400	3065	Krogull Frank	Kieser Training	0:55:36	1967 M45	57	0:58:10	20:20 *	17:56 *	17:20	5:34 min/km
401	2238	Spiller Mark	Diabetes Programm	0:55:39	1984 M30	72	0:55:58	20:17 *	20:25 *	14:56	5:34 min/km
402	2076	Breunung Guido	*Köln	0:55:40	1971 M40	56	0:55:40	20:16 *	17:04 *	18:19	5:34 min/km
403	3325	Sprung Klaus		0:55:40	1967 M45	58	0:59:03	19:09 *	17:40 *	18:50	5:34 min/km
404	1800	Rieger Ingo	*Köln	0:55:41	1972 M40	57	0:57:48	19:50 *	18:08 *	17:43	5:34 min/km
405	2643	Klossak Markus	*Wesseling	0:55:42	1986 M20	77	0:58:00	20:05 *	17:49 *	17:47	5:34 min/km
406	1758	Rick Clifford	*Bonn	0:55:44	1976 M35	62	0:57:18	18:28 *	18:28 *	18:47	5:34 min/km
407	2355	Thomas Marcel	*köln	0:55:45	1993 M20	78	0:55:49	18:30 *	18:10 *	19:04	5:35 min/km
408	1777	Haiplik Marco	*Rösrath	0:55:45	1984 M30	73	0:56:39	18:56 *	18:09 *	18:39	5:35 min/km
409	2132	Kamp Stefan	*Köln	0:55:47	1964 M50	33	0:57:36	19:21 *	18:30 *	17:55	5:35 min/km
410	881	Reusch Dr. Matthias	colonia-team	0:55:49	1942 M70	2	0:56:39	18:08 *	18:08 *	19:33	5:35 min/km
411	1106	Weiß Michael	*Köln	0:55:50	1976 M35	63	0:58:31	19:14 *	18:09 *	18:27	5:35 min/km
412	1032	Kessler Thomas	DEG Road Runners	0:55:52	1955 M55	15	0:58:02	18:11 *	18:16 *	19:24	5:35 min/km
413	3136	Sander Hansjörg	Berg-und Skigilde	0:55:52	1952 M60	8	0:58:14	20:26 *	17:46 *	17:39	5:35 min/km
414	1202	Kreuzer Dr. Simon	*Köln	0:55:52	1981 M30	74	0:56:16	18:10 *	18:20 *	19:22	5:35 min/km
415	2437	Colter Andreas	central-team.de	0:55:53	1971 M40	58	0:57:26	18:31 *	18:06 *	19:15	5:35 min/km
416	2579	Sennholz Ingo	*Wennigsen	0:55:53	1972 M40	59	0:57:26	18:31 *	18:07 *	19:15	5:35 min/km
417	3413	Gruben Anton	Germania Dürwiss	0:55:55	1955 M55	16	0:58:06	18:50 *	18:04 *	19:00	5:36 min/km
418	2304	Kaulisch Thomas	*Köln	0:55:55	1970 M40	60	0:57:37	19:12 *	17:50 *	18:52	5:36 min/km
419	3097	Stimke Joey	*Engelskirchen	0:55:55	1990 M20	79	1:00:33	20:17 *	18:27 *	17:10	5:36 min/km
420	2563	Dönges Constantin	*Düsseldorf	0:55:57	1984 M30	75	1:00:16	20:06 *	18:13 *	17:36	5:36 min/km
421	2357	Hövelborn Konrad	Stuttgarter Kickers	0:56:02	1977 M35	64	0:57:34	20:13 *	19:51 *	15:58	5:36 min/km
422	2225	Peters Jens	*Bonn	0:56:04	1952 M60	9	1:00:04	17:54 *	18:40 *	19:29	5:36 min/km
423	696	Brod Marcus	Team KerryGum	0:56:04	1974 M40	61	0:59:03	19:08 *	17:50 *	19:06	5:36 min/km
424	1244	Frerkes Thomas	*Köln	0:56:07	1986 M20	80	0:59:31	20:05 *	18:04 *	17:57	5:37 min/km
425	2693	Eckey Wolfgang	*Köln	0:56:07	1996 MU20	6	0:57:55	19:21 *	18:31 *	18:14	5:37 min/km
426	3366	Perthes Daniel		0:56:08	1986 M20	81	0:58:55	20:01 *	18:26 *	17:41	5:37 min/km
427	597	Cotten Michael	*Köln	0:56:08	1987 M20	82	0:59:38	19:47 *	17:55 *	18:26	5:37 min/km
428	3367	Sommer Robert		0:56:10	1979 M35	65	0:58:57	20:01 *	18:26 *	17:43	5:37 min/km
429	530	Kürschgen Oliver	*Köln	0:56:14	1987 M20	83	1:00:38	19:03 *	18:17 *	18:54	5:37 min/km
430	1364	Bootz Andreas	*Pulheim	0:56:15	1958 M55	17	0:58:27	18:43 *	18:24 *	19:07	5:38 min/km
431	1363	Bootz Thomas	*Rösrath	0:56:16	1955 M55	18	0:58:27	18:44 *	18:24 *	19:07	5:38 min/km
432	2168	Bußmann Tobias	*Köln	0:56:16	1986 M20	84	1:00:13	20:01 *	18:17 *	17:57	5:38 min/km
433	575	Husmann Markus	*Köln	0:56:17	1974 M40	62	0:59:20	19:21 *	18:18 *	18:37	5:38 min/km
434	576	Eschweiler Uwe	*Bergisch Gladbach	0:56:18	1962 M50	34	0:59:22	19:21 *	18:18 *	18:38	5:38 min/km
435	2477	Klein Michael	*Köln	0:56:19	1965 M45	59	1:00:30	19:25 *	18:21 *	18:31	5:38 min/km
436	2414	Börner Mats	Original Bootcamp	0:56:21	1989 M20	85	1:01:07	19:26 *	22:31 *	14:23	5:38 min/km
437	553	Espendiller Frank	*Köln	0:56:21	1973 M40	63	0:59:37	17:55 *	18:31 *	19:54	5:38 min/km
438	1346	Böhme Klaus	*Kassel	0:56:22	1951 M60	10	1:00:25	18:59 *	18:30 *	18:52	5:38 min/km
439	833	Rhode Marcel	*Waltrop	0:56:24	1994 M20	86	0:57:00	18:21 *	18:33 *	19:29	5:38 min/km
440	1326	Symms Nigel	*Köln	0:56:27	1966 M45	60	0:57:38	19:06 *	18:33 *	18:47	5:39 min/km
441	651	Graalman Dirk	*Köln	0:56:30	1974 M40	64	0:58:10	21:00 *	17:59 *	17:30	5:39 min/km
442	3183	Mohrmann Moehre	Der Elf und seine Freunde	0:56:31	1973 M40	65	1:00:13	19:46 *	18:21 *	18:23	5:39 min/km
443	1709	Michael Timo	*Köln	0:56:32	1974 M40	66	0:58:11	19:58 *	18:22 *	18:12	5:39 min/km
444	1723	Liermann Marc	*Köln	0:56:33	1982 M30	76	0:59:15	20:10 *	18:13 *	18:09	5:39 min/km
445	2647	Östreich Dirk	PSV Brühl Triathlon	0:56:33	1968 M45	61	0:56:44	17:09 *	18:50 *	20:33	5:39 min/km

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446	1520	Dettlaff Markus	*Frechen	0:56:35	1967 M45	62	0:58:14	19:00 *	18:08 *	19:27	5:40 min/km
447	1163	Kloda Matthias	*Köln	0:56:37	1993 M20	87	0:59:00	19:01 *	18:18 *	19:16	5:40 min/km
448	1602	Barion René	Team Rocket	0:56:39	1968 M45	63	0:58:05	19:38 *	18:16 *	18:44	5:40 min/km
449	1274	Gross Sascha	SchönWetterLäufer	0:56:39	1985 M20	88	1:01:01	19:18 *	18:32 *	18:49	5:40 min/km
450	3266	Weber James	EAC-ESA	0:56:41	1982 M30	77	1:01:15	22:15 *	17:50 *	16:36	5:40 min/km
451	2281	Pütter Michel	*Köln	0:56:41	1970 M40	67	0:58:21	19:23 *	18:35 *	18:43	5:40 min/km
452	2117	Senger Martin	*Frechen	0:56:45	1980 M30	78	0:58:07	18:44 *	18:44 *	19:17	5:41 min/km
453	3430	Friedrichs Volker		0:56:47	1971 M40	68	0:59:23	19:56 *	18:39 *	18:11	5:41 min/km
454	1754	Kappelhoff Alexander	*Kall	0:56:47	1976 M35	66	0:58:41	20:06 *	18:05 *	18:35	5:41 min/km
455	3355	Rexa Christoph	Grashoppers Refrath	0:56:49	1989 M20	89	0:57:17	17:42 *	18:50 *	20:16	5:41 min/km
456	1946	Pohl Walter	DARC	0:56:50	1963 M50	35	0:58:16	18:47 *	18:50 *	19:11	5:41 min/km
457	2231	Reuter Dietmar	*Köln	0:56:50	1959 M55	19	1:00:28	20:52 *	17:35 *	18:22	5:41 min/km
458	2650	Löhr Peter	Lufthansa Sportverein	0:56:50	1962 M50	36	0:57:49	19:21 *	18:07 *	19:20	5:41 min/km
459	2777	Schömmel Maximilian	*Köln	0:56:50	1992 M20	90	0:57:02	16:40 *	19:49 *	20:20	5:41 min/km
460	2548	Dicks Arne	GS1 Germany GmbH	0:56:53	1972 M40	69	1:01:13	20:01 *	18:17 *	18:33	5:41 min/km
461	2537	Kriwald Torsten	*Lindlar	0:56:54	1972 M40	70	0:59:28	19:18 *	18:14 *	19:22	5:41 min/km
462	3267	Jäkel Patrick	EAC-ESA	0:56:56	1980 M30	79	1:01:27	22:17 *	17:51 *	16:47	5:42 min/km
463	1154	Muhs Tim-Cedric	Stadt Köln	0:56:59	1992 M20	91	0:57:45	19:19 *	18:41 *	18:58	5:42 min/km
464	1439	Herschel Siegfried	*Köln	0:56:59	1952 M60	11	0:59:04	19:11 *	18:39 *	19:08	5:42 min/km
465	838	Steubesand Herbert	ASV Triathlon	0:57:02	1965 M45	64	0:58:13	19:21 *	18:19 *	19:21	5:42 min/km
466	3308	Schmitz Sascha		0:57:03	1977 M35	67	0:58:30	19:11 *	18:35 *	19:16	5:42 min/km
467	1129	Jantsch Dirk	*Köln	0:57:03	1959 M55	20	0:58:03	20:07 *	20:07 *	16:47	5:42 min/km
468	2708	Lau Patrick	Sumpsons	0:57:04	1990 M20	92	0:57:47	19:00 *	18:26 *	19:37	5:42 min/km
469	3060	Erkelenz Jörg	*Overath	0:57:05	1979 M35	68	0:58:34	20:29 *	18:11 *	18:24	5:43 min/km
470	1098	Erdenberger Thomas	Laufschabe & Friends	0:57:05	1979 M35	69	0:58:53	19:30 *	18:38 *	18:56	5:43 min/km
471	2606	Femmer Bernd-Martin	*Köln	0:57:08	1981 M30	80	1:00:29	19:19 *	18:59 *	18:50	5:43 min/km
472	2572	Anders Nils	Liebfrauenschule Köln	0:57:09	2001 MU14	7	0:59:52	20:51 *	18:07 *	18:10	5:43 min/km
473	2746	Pfisterer Jörg	*Köln	0:57:13	1958 M55	21	0:59:09	21:16 *	18:27 *	17:30	5:43 min/km
474	1147	Schrage Sebastian	*Köln	0:57:14	1983 M30	81	0:57:44	19:02 *	19:08 *	19:02	5:43 min/km
475	62	Schlochtermeier Dr.	Decksteiner Rockets	0:57:14	1970 M40	71	1:00:27	24:58 *	15:56 *	16:18	5:43 min/km
476	749	Spaete Niko	*Köln	0:57:14	1980 M30	82	1:01:29	22:42 *	18:13 *	16:18	5:43 min/km
477	2703	Büllesbach Timo	Sumpsons	0:57:15	1993 M20	93	0:58:00	19:18 *	18:23 *	19:32	5:44 min/km
478	2073	Hermann Dr. Udo	*Köln	0:57:15	1967 M45	65	0:58:22	19:07 *	18:39 *	19:28	5:44 min/km
479	2711	Strauß Andreas	Sumpsons	0:57:15	1967 M45	66	0:58:00	19:19 *	18:23 *	19:32	5:44 min/km
480	2998	Peters Dr. Heiko	*Köln	0:57:15	1973 M40	72	1:01:18	19:43 *	18:58 *	18:33	5:44 min/km
481	2997	Rantze Heiko	*Köln	0:57:16	1975 M35	70	1:01:18	19:43 *	18:58 *	18:34	5:44 min/km
482	1752	Schattenberg Martin	XTrail-Aktiv	0:57:16	1958 M55	22	0:59:57	18:44 *	18:38 *	19:54	5:44 min/km
483	2773	Slominski Manfred	*Kerpen	0:57:17	1966 M45	67	0:57:54	18:48 *	18:55 *	19:32	5:44 min/km
484	2774	Bespin Pablo	*Euskirchen	0:57:18	1966 M45	68	0:57:54	18:49 *	18:55 *	19:32	5:44 min/km
485	3126	Lange Michael	*Gummersbach	0:57:19	1961 M50	37	0:58:56	18:56 *	18:45 *	19:37	5:44 min/km
486	2268	Schorn Stephan	Familie Schorn	0:57:22	1965 M45	69	1:00:44	19:11 *	18:48 *	19:22	5:44 min/km
487	1998	Schneider Lars	*Mittelnkirchen	0:57:25	1981 M30	83	0:59:27	18:52 *	18:58 *	19:35	5:45 min/km
488	1522	Thonnett Andreas	*Köln	0:57:25	1967 M45	70	1:01:40	19:10 *	18:52 *	19:22	5:45 min/km
489	2399	Gernhardt Christian	Turnerkreis Nippes	0:57:26	1981 M30	84	1:00:09	21:47 *	17:47 *	17:51	5:45 min/km
490	2054	Schneider Markus	*Köln	0:57:27	1976 M35	71	0:59:28	18:53 *	18:57 *	19:36	5:45 min/km
491	1969	Koc Mehmet	*Köln	0:57:27	1972 M40	73	0:57:39	18:03 *	18:42 *	20:41	5:45 min/km
492	2582	Jettkant Klaus	Hello Titty!	0:57:30	1979 M35	72	0:58:10	19:56 *	18:50 *	18:43	5:45 min/km
493	3353	Müller Matthieu		0:57:30	1986 M20	94	1:00:23	22:13 *	18:57 *	16:19	5:45 min/km
494	853	Zöller Andreas	Glühwein-Running-Team	0:57:30	1981 M30	85	1:01:22	22:13 *	17:10 *	18:06	5:45 min/km
495	1424	Schmidt Marcus	*Troisdorf	0:57:31	1963 M50	38	1:00:15	18:47 *	18:59 *	19:44	5:45 min/km
496	3159	Quetting Jörg	*Köln	0:57:32	1968 M45	71	1:01:17	18:57 *	19:00 *	19:34	5:45 min/km
497	2009	Kämmerling Sven	*Köln	0:57:32	1984 M30	86	0:58:14	18:04 *	17:44 *	21:44	5:45 min/km
498	3428	Weuffen Alexander	Lumberjacks	0:57:33	1972 M40	74	0:57:54	17:52 *	18:58 *	20:41	5:45 min/km
499	2583	Peukert Bastian	Hello Titty!	0:57:34	1982 M30	87	0:58:14	19:55 *	18:50 *	18:47	5:45 min/km
500	1493	Schläger Patrick	*Köln	0:57:35	1985 M20	95	0:58:14	18:06 *	19:29 *	19:59	5:46 min/km
501	1136	Boll Markus	*Köln	0:57:35	1988 M20	96	1:00:03	20:36 *	18:56 *	18:02	5:46 min/km

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502	1344	Eilers Georg	*Köln	0:57:37	1989 M20	97	1:00:40	22:04 *	18:28 *	17:04	5:46 min/km
503	1618	Meyer Benedikt	*Köln	0:57:38	1986 M20	98	1:00:49	18:56 *	19:08 *	19:33	5:46 min/km
504	680	Görres Hans-Gerd	*Bad Honnef	0:57:39	1968 M45	72	1:00:49	18:38 *	18:56 *	20:04	5:46 min/km
505	2363	Leinker Mario	Les Agents Provocateurs	0:57:45	1967 M45	73	1:01:26	20:53 *	18:59 *	17:52	5:47 min/km
506	3100	Müller Wolfgang	*Köln	0:57:47	1966 M45	74	1:01:26	20:55 *	18:59 *	17:52	5:47 min/km
507	2115	Sicking Manfred	*Köln	0:57:48	1958 M55	23	1:01:30	19:48 *	18:19 *	19:40	5:47 min/km
508	2135	Theis Jörg	Köln-Widdersdorf	0:57:52	1969 M45	75	1:01:53	20:27 *	18:43 *	18:41	5:47 min/km
509	1216	Wielpütz Arndt	*KÖln	0:57:55	1977 M35	73	0:58:57	19:35 *	19:05 *	19:14	5:48 min/km
509	2365	Schon Torsten	*Köln	0:57:55	1968 M45	76	1:00:21	19:57 *	18:33 *	19:23	5:48 min/km
511	1927	Titz Christian	*Kerpen	0:57:56	1980 M30	88	1:02:26	20:33 *	19:11 *	18:11	5:48 min/km
512	1555	Weiß Dr. Malte	*Köln	0:57:57	1983 M30	89	1:01:32	20:35 *	18:22 *	18:59	5:48 min/km
513	2681	Meissner Marc	*Köln	0:57:57	1971 M40	75	1:00:24	19:21 *	19:14 *	19:22	5:48 min/km
514	832	Rhode Heinz-Gerd	*Waltrop	0:57:59	1961 M50	39	0:58:34	18:42 *	19:16 *	20:00	5:48 min/km
515	3442	Duhme Ilian	Original Bootcamp	0:58:02	1991 M20	99	0:59:12	20:38 *	18:27 *	18:56	5:48 min/km
516	2584	Geuer Martin	Original Bootcamp	0:58:02	1982 M30	90	0:59:11	20:39 *	18:27 *	18:55	5:48 min/km
517	1960	Denner Tobias	*Herzogenrath	0:58:02	1982 M30	91	1:00:46	20:42 *	18:40 *	18:40	5:48 min/km
518	784	Blaeser Frank	Happy Wedding Day	0:58:03	1961 M50	40	0:58:28	19:36 *	19:11 *	19:15	5:48 min/km
519	1198	Wielpütz Robin	Original Bootcamp	0:58:03	1982 M30	92	0:59:11	20:39 *	18:28 *	18:55	5:48 min/km
520	1614	Füllenbach Robert	Original Bootcamp	0:58:04	1976 M35	74	1:02:26	19:48 *	18:52 *	19:22	5:48 min/km
521	1999	Kinner Oliver	*Köln	0:58:05	1972 M40	76	1:00:16	19:57 *	19:15 *	18:52	5:49 min/km
522	1772	Schütz Hermann	*Kruft	0:58:07	1958 M55	24	0:58:44	19:23 *	18:51 *	19:52	5:49 min/km
523	2883	Tebert Michael	Kieser Training	0:58:07	1965 M45	77	1:00:01	19:48 *	19:03 *	19:15	5:49 min/km
524	2767	Hollstein Marcel	*Rösrath	0:58:08	1978 M35	75	0:58:22	18:17 *	19:36 *	20:14	5:49 min/km
525	3351	Degos Maxime		0:58:10	1986 M20	100	1:01:02	22:15 *	18:57 *	16:57	5:49 min/km
526	1140	Demirci Yavuz	*Kölm	0:58:10	1979 M35	76	1:01:19	20:15 *	18:39 *	19:15	5:49 min/km
527	2065	Reitze Manfred	Golden Boys	0:58:11	1970 M40	77	1:02:24	22:43 *	18:18 *	17:10	5:49 min/km
528	1658	Elfmann Jörg	*Neunkirchen-Seelscheid	0:58:12	1957 M55	25	1:00:16	18:03 *	19:28 *	20:40	5:49 min/km
529	2755	Schaab Norbert	*Köln	0:58:16	1968 M45	78	0:59:40	20:05 *	19:11 *	18:59	5:50 min/km
530	1868	Hensel Georg	*Köln	0:58:18	1956 M55	26	0:58:32	19:28 *	19:00 *	19:49	5:50 min/km
531	1181	Maisack Michael	*Bonn	0:58:22	1978 M35	77	1:02:38	21:03 *	19:27 *	17:50	5:50 min/km
532	1399	Tenhumberg Dieter	mas-Training	0:58:23	1964 M50	41	0:58:36	18:40 *	19:16 *	20:26	5:50 min/km
533	2375	Conrady Christoph	PUSHENSY	0:58:23	1970 M40	78	1:00:03	18:21 *	18:36 *	21:25	5:50 min/km
534	3444	Frielinghaus Diedrich	ITRIM	0:58:23	1972 M40	79	1:00:17	19:09 *	19:17 *	19:56	5:50 min/km
535	3255	Bewer Bernd	EAC-ESA	0:58:27	1984 M30	93	1:02:57	20:02 *	19:11 *	19:13	5:51 min/km
536	1090	Minis Hendrik	*Aachen	0:58:28	1994 M20	101	1:00:41	20:33 *	18:52 *	19:02	5:51 min/km
537	883	Ewert Stefan	KSK Köln	0:58:29	1977 M35	78	0:58:51	19:27 *	19:06 *	19:55	5:51 min/km
538	2667	Sinatra Salvatore	*Köln	0:58:31	1983 M30	94	1:02:05	22:44 *	18:35 *	17:11	5:51 min/km
539	619	Haak Christian	*Köln	0:58:33	1974 M40	80	1:01:44	20:51 *	20:06 *	17:34	5:51 min/km
540	503	Lapp Thilo	*Köln	0:58:33	1985 M20	102	1:02:56	20:45 *	19:26 *	18:21	5:51 min/km
541	1878	Blechmann Jens	Original Bootcamp	0:58:36	1985 M20	103	1:03:22	19:26 *	18:51 *	20:17	5:52 min/km
542	3411	Auroque Youri	EASA Running Club	0:58:37	1979 M35	79	1:01:28	20:56 *	19:33 *	18:06	5:52 min/km
543	2070	Westphal Alfred	Golden Boys	0:58:41	1969 M45	79	1:02:53	22:42 *	18:19 *	17:39	5:52 min/km
544	1297	Post Stefan	*Köln	0:58:42	1986 M20	104	0:59:08	18:52 *	19:49 *	20:01	5:52 min/km
545	2198	Ruf Joachim	BSG RaBaz e.V.	0:58:45	1961 M50	42	1:02:55	20:48 *	19:03 *	18:52	5:53 min/km
546	599	Offermann Andreas	Dunnerkiel Running Team	0:58:46	1966 M45	80	1:02:11	20:10 *	19:03 *	19:31	5:53 min/km
547	2267	Woehr Juergen	TSV Airole	0:58:47	1953 M60	12	1:02:31	19:55 *	19:17 *	19:34	5:53 min/km
548	1126	Bretschneider Frank	KT43	0:58:47	1976 M35	80	0:59:19	18:58 *	19:24 *	20:24	5:53 min/km
549	2275	Artmann David	*Köln	0:58:49	1974 M40	81	1:00:35	21:05 *	19:29 *	18:14	5:53 min/km
550	2613	Kleiner Norbert	Diabetes Deutschland	0:58:50	1961 M50	43	1:00:58	40:02 *	17:59 *	00:48	5:53 min/km
551	1708	Wenk Kai	BSG EVL-Lauftreff	0:58:50	1984 M30	95	1:01:49	19:49 *	18:59 *	20:00	5:53 min/km
552	1981	Langensiepen Günter	Lakatkönige	0:58:54	1946 M65	4	0:59:18	20:09 *	20:26 *	18:17	5:53 min/km
553	1034	Debray Marcel	*Köln	0:58:57	1976 M35	81	0:59:33	19:41 *	19:20 *	19:55	5:54 min/km
554	3285	Lenzhölzer Thomas		0:58:58	1970 M40	82	1:01:29	19:42 *	19:21 *	19:54	5:54 min/km
555	1438	Evangelinos Konstantin	*Köln	0:59:00	1955 M55	27	1:02:48	20:08 *	19:13 *	19:38	5:54 min/km
556	1327	Heidrich Andreas	*Köln	0:59:01	1961 M50	44	1:02:43	20:00 *	19:13 *	19:47	5:54 min/km
557	963	Bootcamp Bunny	Original Bootcamp	0:59:02	1981 M30	96	1:00:06	20:59 *	18:41 *	19:21	5:54 min/km

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558	2400	Held Marcus	*Köln	0:59:04	1973 M40	83	0:59:21	19:51 *	19:29 *	19:43	5:54 min/km
559	2823	Repke Marco	NetColgone	0:59:07	1976 M35	82	1:02:52	20:07 *	19:16 *	19:43	5:55 min/km
560	976	Kings Dennis	*Köln	0:59:07	1975 M35	83	0:59:39	18:55 *	20:16 *	19:56	5:55 min/km
561	2569	Günes Ünal	*Köln	0:59:07	1977 M35	84	1:02:56	20:30 *	19:09 *	19:27	5:55 min/km
562	2724	Schnabel Dr. Ronald	AachenMünchener	0:59:08	1954 M60	13	1:03:18	19:00 *	19:44 *	20:23	5:55 min/km
563	1172	Friesleben Alexander	*Köln	0:59:14	1970 M40	84	0:59:47	19:44 *	19:21 *	20:09	5:55 min/km
564	2325	Grunow Michael	*Köln	0:59:16	1967 M45	81	1:00:17	19:57 *	19:05 *	20:13	5:56 min/km
565	2736	Herman Jan	*Köln	0:59:17	1962 M50	45	1:00:28	19:23 *	19:29 *	20:23	5:56 min/km
566	1312	Henn Sebastian	*Köln	0:59:18	1985 M20	105	1:02:50	21:18 *	18:45 *	19:13	5:56 min/km
567	2499	Holz Gerd	*Köln	0:59:19	1971 M40	85	0:59:54	20:04 *	19:05 *	20:10	5:56 min/km
568	2493	Hansmann Christoph	Team Haus Schwan	0:59:20	1973 M40	86	1:01:44	25:52 *	16:48 *	16:39	5:56 min/km
569	23	Ivo Dominik	RV Blitz Spich	0:59:20	1988 M20	106	1:00:52	22:37 *	19:12 *	17:31	5:56 min/km
570	2596	Schattling Jörg	*Solingen	0:59:21	1966 M45	82	1:02:49	20:06 *	19:03 *	20:10	5:56 min/km
571	3458	Winkler Jan		0:59:21	1979 M35	85	1:02:12	20:15 *	19:09 *	19:56	5:56 min/km
572	948	Zimmermann Dirk	*Köln	0:59:22	1970 M40	87	1:00:38	19:11 *	20:16 *	19:54	5:56 min/km
573	550	Korte Manuel	*Köln	0:59:26	1981 M30	97	1:03:49	18:58 *	19:11 *	21:16	5:57 min/km
574	2455	Schrennen Martin	Aggerfitness	0:59:31	1962 M50	46	1:01:49	21:00 *	19:36 *	18:54	5:57 min/km
575	1643	Boms Ronny	SV AXA Köln e.V.	0:59:33	1974 M40	88	1:01:13	20:07 *	19:23 *	20:02	5:57 min/km
576	3363	Habermann Paul		0:59:34	1982 M30	98	1:03:49	24:09 *	17:58 *	17:26	5:57 min/km
577	2250	Bollinger Yves	PUSHENSY	0:59:35	1972 M40	89	1:01:19	21:09 *	19:21 *	19:04	5:58 min/km
578	2202	Gronstedt Andreas	*Köln	0:59:35	1968 M45	83	1:00:32	20:05 *	19:24 *	20:04	5:58 min/km
579	2205	Metzemacher Marc	*Frechen	0:59:39	1979 M35	86	1:02:35	18:55 *	19:22 *	21:22	5:58 min/km
580	3393	Minas Sevan	10unter1	0:59:39	1979 M35	87	1:03:13	19:55 *	18:35 *	21:08	5:58 min/km
581	1031	Kessler Hans Jürgen	DTV Düren 1847	0:59:40	1947 M65	5	1:00:01	19:15 *	19:19 *	21:06	5:58 min/km
582	1781	Schmitz Andreas	YourNextLevel	0:59:42	1983 M30	99	1:02:28	19:41 *	19:36 *	20:25	5:58 min/km
583	2705	Nietz Yves	Sumpsons	0:59:43	1980 M30	100	1:00:26	19:31 *	19:34 *	20:37	5:58 min/km
584	112	Henke David	*Köln	0:59:44	1971 M40	90	1:03:17	20:31 *	19:33 *	19:39	5:58 min/km
585	1821	Gattner Marius	*Köln	0:59:45	1972 M40	91	1:00:30	19:46 *	18:58 *	21:00	5:59 min/km
586	2605	Neumann Manfred	*Köln	0:59:46	1973 M40	92	1:00:44	20:09 *	19:27 *	20:08	5:59 min/km
587	1634	Kuhn Raphael	*Neuss	0:59:46	1989 M20	107	1:01:41	21:18 *	19:08 *	19:19	5:59 min/km
588	3448	Reeb Dirk		0:59:50	1980 M30	101	1:04:20	20:42 *	19:40 *	19:26	5:59 min/km
589	2061	Barz Hans ^	LaufConnection Hürth	0:59:52	1959 M55	28	1:00:52	21:07 *	19:26 *	19:17	5:59 min/km
590	2878	Börner Uwe	Kieser Training	0:59:54	1964 M50	47	1:00:43	20:39 *	19:58 *	19:15	5:59 min/km
591	2727	Rusu Phillip	*Köln	0:59:54	1992 M20	108	1:00:10	16:50 *	21:37 *	21:27	5:59 min/km
592	1576	Acht Florian	*Köln	0:59:55	1981 M30	102	1:04:26	20:41 *	19:41 *	19:32	5:60 min/km
593	2763	Boehme Ulfert	*Köln	1:00:00	1963 M50	48	1:04:02	21:45 *	19:28 *	18:46	6:00 min/km
594	3005	Theisgen Lukas	*Aachen	1:00:00	1989 M20	109	1:01:50	21:26 *	19:33 *	19:00	6:00 min/km
595	1732	Schaaf Michael	*Köln	1:00:02	1969 M45	84	1:03:34	20:54 *	19:15 *	19:52	6:00 min/km
596	3339	Naumann Thomas	Fogtec Runners	1:00:08	1970 M40	93	1:04:30	20:10 *	19:52 *	20:05	6:01 min/km
597	3468	Münks Ivo		1:00:09	1981 M30	103	1:00:57	21:30 *	18:50 *	19:48	6:01 min/km
598	2345	Becker Michael	*köln	1:00:12	1972 M40	94	1:04:09	21:21 *	19:36 *	19:13	6:01 min/km
599	1087	Sodermans Patrick	*Köln	1:00:14	1980 M30	104	1:03:19	20:41 *	19:46 *	19:47	6:01 min/km
600	1026	Körner Guido	Weil wir es können	1:00:14	1962 M50	49	1:00:35	19:40 *	20:01 *	20:33	6:01 min/km
601	1832	Golkar Sam	*Gummersbach	1:00:14	1995 MU20	7	1:03:40	21:00 *	19:52 *	19:20	6:01 min/km
602	1725	Busenbecker Dirk	*Wuppertal	1:00:17	1961 M50	50	1:00:48	20:59 *	21:57 *	17:20	6:02 min/km
603	915	Driesch Peter	*Köln	1:00:19	1977 M35	88	1:02:05	21:42 *	21:57 *	16:39	6:02 min/km
604	2027	Seelbach Armin	*Köln	1:00:22	1968 M45	85	1:01:57	20:26 *	19:52 *	20:03	6:02 min/km
605	2266	Englmeier Marco	*köln	1:00:24	1977 M35	89	1:04:59	21:47 *	19:43 *	18:52	6:02 min/km
606	2533	Schmitz Wolfgang	*Köln	1:00:24	1962 M50	51	1:03:41	21:24 *	19:45 *	19:13	6:02 min/km
607	1579	Noras Erik	*Köln	1:00:25	1960 M50	52	1:02:19	19:39 *	20:13 *	20:32	6:03 min/km
608	2312	Maubach Rene	BSG Agentur für Arbeit	1:00:27	1973 M40	95	1:02:00	19:27 *	20:14 *	20:45	6:03 min/km
609	2610	Ide Steffen	*Köln	1:00:28	1979 M35	90	1:02:13	21:42 *	22:02 *	16:43	6:03 min/km
610	2155	Rother Klaus	*Sankt Augustin	1:00:30	1954 M60	14	1:03:03	20:50 *	19:36 *	20:03	6:03 min/km
611	2889	Ahr Tobias	Kieser Training	1:00:32	1979 M35	91	1:03:24	21:04 *	19:34 *	19:53	6:03 min/km
612	2962	Dillge Thomas	*Köln	1:00:36	1985 M20	110	1:04:32	21:04 *	20:10 *	19:21	6:04 min/km
613	2700	Feiks Markus	*Frechen	1:00:39	1980 M30	105	1:04:26	21:16 *	19:17 *	20:05	6:04 min/km

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614	1368	Becker Dieter	*Köln	1:00:40	1956 M55	29	1:04:41	21:12 *	20:01 *	19:26	6:04 min/km
615	1824	Göbgen Christian	*Köln	1:00:41	1987 M20	111	1:04:38	20:03 *	20:21 *	20:17	6:04 min/km
616	1720	Schüller Carsten	*Köln	1:00:42	1980 M30	106	1:05:12	20:44 *	19:40 *	20:17	6:04 min/km
617	1825	Sagewka Stefan	*Köln	1:00:43	1987 M20	112	1:04:39	20:03 *	20:21 *	20:18	6:04 min/km
618	1877	Decker Sven	*Köln	1:00:44	1979 M35	92	1:04:12	21:02 *	19:51 *	19:50	6:04 min/km
619	2295	Battel Rainer	Lauftreff	1:00:44	1963 M50	53	1:03:18	19:37 *	20:04 *	21:03	6:04 min/km
620	2876	Schierenberg Einhard	Kieser Training	1:00:48	1948 M65	6	1:04:07	20:47 *	20:02 *	19:58	6:05 min/km
621	3314	Rath Stefan	Iron Linda	1:00:49	1968 M45	86	1:05:45	20:01 *	19:59 *	20:48	6:05 min/km
622	592	Wagner Holger	*Olpe	1:00:52	1977 M35	93	1:03:56	20:42 *	19:56 *	20:12	6:05 min/km
623	2338	Otten Rolf	*Köln	1:00:53	1964 M50	54	1:02:35	21:34 *	19:45 *	19:33	6:05 min/km
624	1710	Brecht Hendrik	*Köln	1:00:53	1975 M35	94	1:03:56	20:44 *	19:56 *	20:11	6:05 min/km
625	1712	Müller Basti	*Köln	1:00:53	1982 M30	107	1:03:57	20:44 *	19:57 *	20:11	6:05 min/km
626	3186	Reinhardt Danny	*Hürth	1:00:54	1975 M35	95	1:02:54	20:47 *	20:07 *	19:59	6:05 min/km
627	2715	Salagaray Nicholas	Sumpsons	1:00:55	1984 M30	108	1:01:41	19:44 *	19:48 *	21:21	6:06 min/km
628	1791	Maihöfer Reinhard	*Köln	1:00:56	1952 M60	15	1:04:23	20:38 *	19:42 *	20:34	6:06 min/km
629	3396	Baumgarten Yaniz	LAC Rhein-Erft	1:01:08	2002 MU14	8	1:01:43	20:02 *	20:03 *	21:01	6:07 min/km
630	587	Spiess Marc	*Grevenbroich	1:01:08	1979 M35	96	1:06:54	19:14 *	20:13 *	21:41	6:07 min/km
631	1361	Schier Robert	*Köln	1:01:24	1979 M35	97	1:04:25	25:37 *	18:16 *	17:29	6:08 min/km
632	622	Esser Volker	*Vosenack	1:01:25	1973 M40	96	1:05:12	21:33 *	19:59 *	19:53	6:09 min/km
633	627	Kienberger Mischa	Strongman-Finisher	1:01:25	1980 M30	109	1:05:13	21:31 *	20:00 *	19:54	6:09 min/km
634	3354	Holtzmann Matthieu		1:01:26	1986 M20	113	1:04:19	22:17 *	19:16 *	19:52	6:09 min/km
635	2616	Strobl Ulli	Vogelsanger Mailauf	1:01:27	1956 M55	30	1:04:54	20:15 *	20:00 *	21:10	6:09 min/km
636	2799	Kallrath Andreas	Techniker Krankenkasse	1:01:28	1962 M50	55	1:06:08	21:39 *	21:47 *	18:01	6:09 min/km
637	2475	Mahlberg Dr. Markus	Fam. Scholz/Mahlberg	1:01:33	1967 M45	87	1:02:51	23:04 *	19:16 *	19:12	6:09 min/km
638	3433	Thiesing Peter		1:01:35	1963 M50	56	1:03:47	21:26 *	20:02 *	20:07	6:10 min/km
639	2184	Windel Klaus	Pulheimer SC	1:01:36	1958 M55	31	1:03:47	21:26 *	20:01 *	20:07	6:10 min/km
640	1107	Bajahr Frank	*Bergisch Gladbach	1:01:39	1967 M45	88	1:03:13	20:11 *	20:21 *	21:06	6:10 min/km
641	2760	Rene Zauberer	*Hürth	1:01:39	1983 M30	110	1:03:44	21:37 *	19:27 *	20:34	6:10 min/km
642	2063	Reimer Willi	Golden Boys	1:01:40	1969 M45	89	1:05:54	22:41 *	19:23 *	19:36	6:10 min/km
643	2284	Chatrrus Ehsan	*Köln	1:01:40	1983 M30	111	1:05:52	22:05 *	19:35 *	20:00	6:10 min/km
644	2719	Wenner Volker	Sumpsons	1:01:41	1976 M35	98	1:03:16	20:10 *	20:33 *	20:57	6:10 min/km
645	2069	Schüte Heiner	Golden Boys	1:01:42	1967 M45	90	1:05:54	22:43 *	19:22 *	19:35	6:10 min/km
646	3296	El Makrini Ismail		1:01:42	2007 MU10	2	1:02:14	20:35 *	20:29 *	20:38	6:10 min/km
647	2657	Faustmann Johannes	*Koeln	1:01:44	1988 M20	114	1:05:48	21:43 *	19:33 *	20:27	6:10 min/km
648	2653	Schmitz Stephan	*Koeln	1:01:44	1987 M20	115	1:05:47	21:21 *	19:56 *	20:26	6:10 min/km
649	855	Ballentin Matthias	Glühwein-Running-Team	1:01:56	1977 M35	99	1:05:47	20:44 *	20:18 *	20:52	6:12 min/km
650	2818	Ackermann Physio	LT DSHS Köln	1:01:56	1980 M30	112	1:05:50	20:58 *	19:54 *	21:03	6:12 min/km
651	2819	Fußwinkel Vizepräsident	LT DSHS Köln	1:01:56	1976 M35	100	1:05:50	20:57 *	19:55 *	21:03	6:12 min/km
652	2214	Koke Uli	*Hürth	1:01:58	1964 M50	57	1:03:12	20:42 *	20:02 *	21:12	6:12 min/km
653	763	Mueller Andreas	Ärzte gegen Tierversuche	1:01:58	1969 M45	91	1:04:05	22:46 *	21:00 *	18:11	6:12 min/km
654	1030	Bongartz Ulrich Ignaz	*Hennef	1:02:00	1953 M60	16	1:02:49	19:42 *	22:17 *	20:00	6:12 min/km
655	2829	Rong Matthias	TC Lese	1:02:03	1952 M60	17	1:05:43	21:35 *	20:15 *	20:11	6:12 min/km
656	1330	Van Dinter Michael	TV Orken	1:02:04	1974 M40	97	1:06:28	20:34 *	20:32 *	20:57	6:12 min/km
657	765	Kronaus Claus	Ärzte gegen Tierversuche	1:02:05	1966 M45	92	1:04:06	22:18 *	21:52 *	17:53	6:13 min/km
658	2900	Müller Andreas	Kieser Training	1:02:07	1983 M30	113	1:02:52	20:17 *	20:41 *	21:08	6:13 min/km
659	2467	Schiffbauer Ralf	*Overath	1:02:09	1962 M50	58	1:05:03	40:54 *	20:21 *	00:53	6:13 min/km
660	1157	Schmidt Matthias	*Köln	1:02:16	1985 M20	116	1:02:28	19:54 *	20:40 *	21:41	6:14 min/km
661	1204	Schäfer Dennis	*Köln	1:02:16	1982 M30	114	1:04:32	21:51 *	20:44 *	19:40	6:14 min/km
662	3358	Vogler Wolfgang	Fairer Handel	1:02:18	1949 M65	7	1:05:14	20:47 *	20:29 *	21:01	6:14 min/km
663	2811	Kilic Emrah	DKMS	1:02:20	1978 M35	101	1:05:17	21:53 *	20:13 *	20:13	6:14 min/km
664	670	Matakas Frank	Laktatkönige	1:02:24	1939 M75	1	1:02:47	20:09 *	20:27 *	21:47	6:14 min/km
665	3333	Challe Fabian		1:02:28	1962 M50	59	1:06:43	22:15 *	20:51 *	19:21	6:15 min/km
666	1325	Evans John	*Köln	1:02:33	1967 M45	93	1:03:44	20:24 *	20:39 *	21:29	6:15 min/km
667	3346	Wojtassek Adam		1:02:34	1985 M20	117	1:02:56	14:21 *	15:25 *	32:46	6:15 min/km
668	3230	Kerkhoff Kristian	*Pulheim	1:02:36	1974 M40	98	1:02:41	20:52 *	20:46 *	20:57	6:16 min/km
669	1502	Schulz von Thun Felix	*Köln	1:02:36	1987 M20	118	1:04:25	21:30 *	20:19 *	20:45	6:16 min/km

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670	2178	Wirth Jan	*Gummersbach	1:02:38	1984 M30	115	1:05:39	22:19 *	20:02 *	20:16	6:16 min/km
671	3173	Vyazalov Daniil	*Köln	1:02:39	1999 MU16	5	1:05:50	22:18 *	20:53 *	19:27	6:16 min/km
672	666	Rothmann Aaron	*Köln	1:02:39	1998 MU18	4	1:04:57	21:21 *	20:11 *	21:05	6:16 min/km
673	682	Palmisano Dr. Daniele	*hürth	1:02:46	1981 M30	116	1:06:16	21:17 *	21:16 *	20:11	6:17 min/km
674	2490	Schmitz Tobias	*Bonn	1:02:49	1986 M20	119	1:06:14	21:40 *	20:31 *	20:37	6:17 min/km
675	3038	Braun Hermann	*Köln	1:02:51	1985 M20	120	1:06:19	27:00 *	24:34 *	11:16	6:17 min/km
676	1662	Herzfeldt Reiner	Deutsche Ärzte Finanz	1:02:54	1963 M50	60	1:04:55	21:29 *	20:52 *	20:32	6:17 min/km
677	1657	Kättner Alex	Deutsche Ärzte Finanz	1:02:55	1976 M35	102	1:04:55	21:41 *	20:41 *	20:32	6:18 min/km
678	2108	Meiß Daniel	Deutsche Ärzte Finanz	1:02:55	1967 M45	94	1:04:56	21:28 *	20:50 *	20:36	6:18 min/km
679	2118	Arnold Jörg	Deutsche Ärzte Finanz	1:02:56	1964 M50	61	1:04:56	21:40 *	20:41 *	20:34	6:18 min/km
679	2195	Lehmann Michael	Deutsche Ärzte-Finanz	1:02:56	1971 M40	99	1:04:56	21:28 *	20:47 *	20:40	6:18 min/km
681	1719	Jedwabny Wolfgang	Deutsche Ärzte Finanz	1:02:57	1962 M50	62	1:04:56	21:26 *	20:50 *	20:40	6:18 min/km
682	1540	Alger Joschi	*Köln	1:02:58	1971 M40	100	1:04:56	21:38 *	20:39 *	20:39	6:18 min/km
683	2121	Hedderich Stefan	*Bergneustadt	1:02:58	1980 M30	117	1:03:14	18:13 *	21:36 *	23:09	6:18 min/km
684	2939	Anna-Freud Jörg	Fair-Play-Smart Team	1:02:59	2002 MU14	9	1:04:04	21:48 *	21:24 *	19:45	6:18 min/km
685	3064	Litke Frank	Multisport Borken	1:03:03	1967 M45	95	1:03:07	19:41 *	21:10 *	22:11	6:18 min/km
686	2068	Krabbenhöft Karl Georg	Golden Boys	1:03:04	1975 M35	103	1:07:17	22:42 *	19:23 *	20:58	6:18 min/km
687	2064	Holzporz Franz Martin	Golden Boys	1:03:04	1970 M40	101	1:07:17	22:42 *	19:23 *	20:58	6:18 min/km
688	1019	Hauswald Michael	*Köln	1:03:05	1977 M35	104	1:05:22	21:51 *	20:44 *	20:30	6:19 min/km
689	2046	Abels Holger	DJK Roland Köln-West	1:03:06	1977 M35	105	1:04:47	20:34 *	20:48 *	21:43	6:19 min/km
690	3030	Arenz Dirk	*Neuwied	1:03:09	1971 M40	102	1:06:14	22:03 *	20:29 *	20:36	6:19 min/km
691	2752	Diehl Oscar	*Köln	1:03:11	1999 MU16	6	1:05:45	20:59 *	20:48 *	21:23	6:19 min/km
692	2464	Rohrbach Detlev	*Leverkusen	1:03:12	1954 M60	18	1:07:07	21:06 *	20:24 *	21:42	6:19 min/km
693	727	Busch Tobias	*Köln	1:03:13	1972 M40	103	1:06:25	21:50 *	21:09 *	20:13	6:19 min/km
694	759	Detmer Hanspeter	Altstädter Köln Reiterkorps	1:03:15	1946 M65	8	1:03:33	20:02 *	21:12 *	22:00	6:20 min/km
695	2750	Poole Jeremy	*Köln	1:03:16	1963 M50	63	1:06:45	20:05 *	20:51 *	22:19	6:20 min/km
696	1990	Schlochtermeier Marius	HCA-Schule	1:03:17	2005 MU10	3	1:06:29	19:58 *	20:59 *	22:19	6:20 min/km
697	2353	Vianden Wolfgang	andare sport	1:03:17	1965 M45	96	1:06:45	20:05 *	20:51 *	22:20	6:20 min/km
698	3072	Vogelheim Dr. Markus	*Köln	1:03:18	1970 M40	104	1:06:31	20:00 *	20:56 *	22:21	6:20 min/km
699	2408	Zavala Ricardo	*Köln	1:03:20	1964 M50	64	1:08:03	20:26 *	20:54 *	21:59	6:20 min/km
700	2848	Kämmerling Cornelius	mas Training	1:03:21	1984 M30	118	1:06:07	21:42 *	20:23 *	21:16	6:20 min/km
701	2875	Groos Werner	Kieser Training	1:03:22	1965 M45	97	1:05:14	20:36 *	21:01 *	21:44	6:20 min/km
702	694	Schwabe Michael	*Dormagen	1:03:25	1969 M45	98	1:06:00	21:24 *	20:49 *	21:11	6:21 min/km
703	1567	Färber Volker		1:03:29	1966 M45	99	1:06:05	21:58 *	21:06 *	20:24	6:21 min/km
704	1630	Botzem Christian	*Köln	1:03:37	1980 M30	119	1:04:34	20:23 *	20:43 *	22:30	6:22 min/km
705	2484	Link Heiko	*Köln	1:03:40	1983 M30	120	1:04:45	20:59 *	21:42 *	20:58	6:22 min/km
706	3262	Mies Lothar	EAC-ESA	1:03:40	1958 M55	32	1:08:14	22:04 *	20:49 *	20:46	6:22 min/km
707	1042	Molitor Walter	*Bedburg	1:03:41	1955 M55	33	1:04:04	20:37 *	20:59 *	22:04	6:22 min/km
708	2265	Mitschkal Christian	*kreidach	1:03:46	1977 M35	106	1:08:21	23:19 *	20:52 *	19:35	6:23 min/km
709	1742	Glaubach Juergen	Team Supermaus	1:03:50	1961 M50	65	1:07:20	21:50 *	20:30 *	21:30	6:23 min/km
710	736	Langen Dominik	Altstädter Köln 1922	1:03:51	1968 M45	100	1:04:10	20:51 *	21:03 *	21:56	6:23 min/km
711	1703	Krause Sascha	*Köln	1:03:54	1973 M40	105	1:04:06	20:22 *	21:12 *	22:20	6:23 min/km
712	1203	Schmeing Benno	ERGO Sports	1:03:58	1959 M55	34	1:07:07	20:22 *	21:09 *	22:27	6:24 min/km
713	3291	Thoma Arkadius		1:04:01	1970 M40	106	1:04:33	21:27 *	21:37 *	20:56	6:24 min/km
714	3115	Forsting Alexander	*Mülheim an der Ruhr	1:04:04	1977 M35	107	1:06:20	21:39 *	20:55 *	21:28	6:24 min/km
715	2531	Wagner Dimitri	Malteser	1:04:16	1977 M35	108	1:07:06	20:50 *	20:59 *	22:25	6:26 min/km
716	2801	Kallrath Marc	Techniker Krankenkasse	1:04:22	1996 MU20	8	1:09:02	21:39 *	22:39 *	20:03	6:26 min/km
717	2786	Gröger Thomas	*Troisdorf	1:04:24	1969 M45	101	1:09:04	24:09 *	21:23 *	18:50	6:26 min/km
718	1799	Brase Dirk	*Köln	1:04:26	1968 M45	102	1:08:42	23:11 *	21:08 *	20:05	6:27 min/km
719	535	Jonas Jörg	*Berg. Gladbach	1:04:28	1970 M40	107	1:05:49	23:21 *	22:44 *	18:22	6:27 min/km
720	2636	Urhahne Joseph	*Sinnorsdorf	1:04:31	1965 M45	103	1:09:02	22:48 *	19:53 *	21:49	6:27 min/km
721	3446	Dr. Gerke Jürgen		1:04:32	1946 M65	9	1:04:52	20:18 *	21:23 *	22:50	6:27 min/km
722	2529	Krusekopp Kim	Malteser	1:04:34	1973 M40	108	1:07:29	21:26 *	21:08 *	21:59	6:27 min/km
723	1860	Schmitz Alexander	original bootcamp	1:04:36	1981 M30	121	1:05:49	22:10 *	21:10 *	21:15	6:28 min/km
724	64	Hermes Alfred	Pulheimer SC	1:04:37	1946 M65	10	1:06:26	21:44 *	21:18 *	21:34	6:28 min/km
725	2629	Hoffmann Lutz	*Köln	1:05:03	1952 M60	19	1:07:00	21:16 *	20:33 *	23:13	6:30 min/km

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726	2770	Wüst Maurice	Kuscheltiger	1:05:11	1987 M20	121	1:09:10	24:18 *	21:47 *	19:05	6:31 min/km
727	1421	Biela Thorben	*Troisdorf	1:05:12	1973 M40	109	1:07:55	19:21 *	21:43 *	24:07	6:31 min/km
728	3094	Stimke Johann	Bickemicher	1:05:12	1956 M55	35	1:09:50	21:46 *	20:46 *	22:39	6:31 min/km
729	2557	Förster Peter	*Köln	1:05:12	1972 M40	110	1:05:58	19:58 *	21:41 *	23:32	6:31 min/km
730	733	Schmiegelt Dr. Christian	*Köln	1:05:14	1968 M45	104	1:09:13	22:56 *	21:15 *	21:01	6:31 min/km
731	1884	Hillebrand Martin	*Köln	1:05:14	1962 M50	66	1:08:50	21:07 *	21:12 *	22:54	6:31 min/km
732	1118	Voigtschildt Freddy	RWE-Laufgruppe	1:05:19	1961 M50	67	1:07:27	22:57 *	20:46 *	21:34	6:32 min/km
733	3434	Worbis Rene		1:05:25	1984 M30	122	1:08:31	22:13 *	21:07 *	22:04	6:33 min/km
734	940	Kemper Bernd	*münster	1:05:25	1956 M55	36	1:09:18	23:10 *	21:46 *	20:28	6:33 min/km
735	941	Geers Wolfgang	social runners	1:05:25	1954 M60	20	1:09:18	23:10 *	21:46 *	20:28	6:33 min/km
736	1404	Engel Mike	*Essen	1:05:26	1969 M45	105	1:08:32	22:14 *	21:07 *	22:04	6:33 min/km
737	1609	Morgenstern Michael	*Köln	1:05:48	1967 M45	106	1:07:34	23:37 *	21:34 *	20:35	6:35 min/km
738	1611	Morgenstern Frederik	*Köln	1:05:48	2004 MU12	4	1:07:34	23:38 *	21:35 *	20:35	6:35 min/km
739	1239	Holtfort Felix	*Köln	1:05:50	1996 MU20	9	1:08:02	20:16 *	22:50 *	22:43	6:35 min/km
740	2469	Aschenbrenner Stephan	*Köln	1:05:53	1964 M50	68	1:07:44	22:17 *	21:59 *	21:35	6:35 min/km
741	2470	Nguyen David	*Köln	1:05:53	1965 M45	107	1:07:43	22:18 *	21:59 *	21:34	6:35 min/km
742	2571	Pickert Tino	*Köln	1:06:00	1964 M50	69	1:08:59	22:23 *	21:43 *	21:53	6:36 min/km
743	2721	Pommer Dr. Jens	*Düsseldorf	1:06:01	1968 M45	108	1:09:35	21:56 *	22:52 *	21:11	6:36 min/km
744	1807	Barth Fritz	KALS	1:06:07	1949 M65	11	1:10:14	21:42 *	21:35 *	22:49	6:37 min/km
745	604	Willenborg Sebastian	*Köln	1:06:14	1983 M30	123	1:09:36	23:34 *	21:20 *	21:20	6:37 min/km
746	2541	Nöldgen Prof. Dr. Fabian	TheGinNastics	1:06:18	1983 M30	124	1:10:27	22:39 *	21:08 *	22:30	6:38 min/km
747	1197	Konz Peter	*Köln	1:06:23	1961 M50	70	1:08:46	22:54 *	21:12 *	22:16	6:38 min/km
748	746	Röttger Tobias	*Köln	1:06:25	1978 M35	109	1:10:51	44:13 *	21:20 *	00:51	6:39 min/km
749	1687	Mickeleit Uwe	*Pulheim	1:06:31	1966 M45	109	1:11:09	23:37 *	21:16 *	21:37	6:39 min/km
750	1929	Tokarski Henry	*Kerpen	1:06:33	1981 M30	125	1:11:04	21:34 *	22:11 *	22:47	6:39 min/km
751	506	Zander Marc	Fastelovend Fanatics	1:06:38	1984 M30	126	1:11:03	21:44 *	21:34 *	23:19	6:40 min/km
752	2314	Diolosa Fabio	*Aachen	1:06:41	1991 M20	122	1:10:12	21:35 *	21:45 *	23:21	6:40 min/km
753	3315	Frisch Alexander	Genova - Gymnasium	1:06:45	2002 MU14	10	1:10:00	21:53 *	20:33 *	24:18	6:41 min/km
754	702	Eröss Rudolf	Dynamo Dauerregen	1:06:46	1982 M30	127	1:11:06	23:06 *	22:34 *	21:05	6:41 min/km
755	2782	Krüger Dr. Andreas	Dynamo Dauerregen	1:06:47	1968 M45	110	1:11:06	23:06 *	22:34 *	21:05	6:41 min/km
756	1191	Ott Ricardo	*Köln	1:06:48	1963 M50	71	1:11:29	23:35 *	21:03 *	22:09	6:41 min/km
757	3040	Schiermeyer Jochen	*Bonn	1:06:50	1997 MU18	5	1:10:18	23:15 *	21:51 *	21:43	6:41 min/km
758	3039	Fittje Sven	*Bonn	1:06:51	1997 MU18	6	1:10:18	23:17 *	21:50 *	21:43	6:41 min/km
759	1427	Hecht René	*Köln	1:06:53	1957 M55	37	1:11:21	22:09 *	21:39 *	23:04	6:41 min/km
760	1973	Karaaslan Nuri	leones duriae	1:06:57	1979 M35	110	1:07:14	21:16 *	22:58 *	22:41	6:42 min/km
761	3432	Bürgers Philipp		1:07:02	0 M20	123	1:10:18	23:51 *	22:03 *	21:08	6:42 min/km
762	1218	Illg Thorsten	*Köln	1:07:03	1977 M35	111	1:08:08	21:34 *	21:50 *	23:39	6:42 min/km
763	672	Holmes Tobias	*Jülich	1:07:08	1993 M20	124	1:08:06	22:08 *	21:58 *	23:01	6:43 min/km
764	3283	Blöcher Steffen	LT DSHS	1:07:11	1988 M20	125	1:09:32	22:35 *	22:51 *	21:44	6:43 min/km
765	2289	Bednorz Philipp	*Köln	1:07:13	1989 M20	126	1:10:46	22:27 *	22:12 *	22:33	6:43 min/km
766	2124	Druiventak Sirtyo	MEMASAKHOMAOPAAN	1:07:16	2001 MU14	11	1:09:39	22:33 *	22:51 *	21:50	6:44 min/km
767	1460	Zischkau Dirk	*Erfstadt	1:07:16	1976 M35	112	1:11:23	22:46 *	21:33 *	22:55	6:44 min/km
768	2247	Dreier Sebastian	*Köln	1:07:22	1978 M35	113	1:11:07	22:53 *	22:36 *	21:53	6:44 min/km
769	3142	Metzner Marcus	*Neuss	1:07:25	1969 M45	111	1:10:54	22:12 *	21:43 *	23:29	6:45 min/km
770	2988	Nachsel Achim	*Köln	1:07:36	1955 M55	38	1:09:14	22:00 *	22:10 *	23:25	6:46 min/km
771	917	Werner Robert	*Köln	1:07:41	1970 M40	111	1:11:40	21:26 *	21:36 *	24:38	6:46 min/km
772	3375	Hans Jürgen		1:07:41	1972 M40	112	1:11:37	22:29 *	22:07 *	23:05	6:46 min/km
773	1095	Voigt Anton	*Köln	1:07:48	1983 M30	128	1:11:57	23:43 *	22:17 *	21:47	6:47 min/km
774	2441	König Thomas	Lt-run4fun.de	1:07:48	1956 M55	39	1:11:39	22:46 *	22:11 *	22:50	6:47 min/km
775	3085	Fischbach Horst	Karate-Do Overath e.V.	1:07:53	1938 M75	2	1:10:10	21:40 *	22:12 *	24:00	6:47 min/km
776	1746	Decker Torben	XTrail-Aktiv	1:07:57	1975 M35	114	1:10:37	23:05 *	22:16 *	22:34	6:48 min/km
777	2109	Möller Joachim	TuS Badbergen	1:07:58	1955 M55	40	1:09:44	21:55 *	22:15 *	23:46	6:48 min/km
778	2983	Klockner Uli	Vegan Runners	1:07:59	1961 M50	72	1:11:52	22:54 *	22:24 *	22:39	6:48 min/km
779	1745	Kalizewski Tomasz	XTrail-Aktiv	1:07:59	1985 M20	127	1:10:37	24:12 *	21:11 *	22:35	6:48 min/km
780	1837	Krüger Thomas	*Aachen	1:08:04	1976 M35	115	1:10:35	24:10 *	23:08 *	20:45	6:48 min/km
781	1282	THEVES Helmut	DLC Aachen	1:08:06	1963 M50	73	1:09:33	22:41 *	22:19 *	23:05	6:49 min/km

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782	2712	Proszowski Alexander	Sumpsons	1:08:11	1978	M35	116	1:08:42	21:55 *	21:54 *	24:21	6:49 min/km
783	830	Wülker Michael	*Roetgen	1:08:12	1964	M50	74	1:08:50	22:36 *	22:12 *	23:23	6:49 min/km
784	2713	Mieloch Marcel	Sumpsons	1:08:12	1977	M35	117	1:08:42	21:56 *	21:54 *	24:21	6:49 min/km
785	1231	Dunkel Stefan	weil wir es können	1:08:17	1988	M20	128	1:08:39	22:26 *	22:38 *	23:12	6:50 min/km
786	3461	Braun Alex		1:08:19	1978	M35	118	1:09:35	22:11 *	22:21 *	23:46	6:50 min/km
787	205	Steffens Jörg	*Vettweiß	1:08:21	1971	M40	113	1:09:37	22:12 *	22:27 *	23:41	6:50 min/km
788	2016	Kiesgen Andreas	*Krefeld	1:08:22	1988	M20	129	1:10:07	21:51 *	22:06 *	24:24	6:50 min/km
789	2483	Sinzig Kilian	*Köln	1:08:29	2006	MU10	4	1:12:11	23:18 *	22:13 *	22:57	6:51 min/km
790	2482	Sinzig Michael	*Köln	1:08:29	1978	M35	119	1:12:11	23:18 *	22:13 *	22:57	6:51 min/km
791	2197	Hölzenbein Alfons	BSG RaBaz e.V.	1:08:33	1954	M60	21	1:12:45	23:48 *	22:00 *	22:44	6:51 min/km
792	2146	Scherz Michael	*Köln	1:08:35	1970	M40	114	1:08:48	20:42 *	22:37 *	25:15	6:52 min/km
793	2567	Weiden Martin	*Köln	1:08:41	1971	M40	115	1:11:00	23:09 *	22:07 *	23:23	6:52 min/km
794	744	Holthus Matthias	*Köln	1:08:52	1980	M30	129	1:13:20	24:34 *	25:40 *	18:37	6:53 min/km
795	2259	Singhania Naresh	PUSHENSY	1:08:53	1974	M40	116	1:10:38	23:31 *	23:08 *	22:13	6:53 min/km
796	522	Jacobsen Sven	FIT-MIT-SVEN	1:08:55	1976	M35	120	1:11:31	22:29 *	22:39 *	23:46	6:54 min/km
797	2450	Wolff Fabian	Aggerfitness	1:09:01	1990	M20	130	1:11:22	22:34 *	22:38 *	23:48	6:54 min/km
798	2452	Schrennen Julian	Aggerfitness	1:09:01	1990	M20	131	1:11:22	22:34 *	22:38 *	23:48	6:54 min/km
799	2228	Göbbels Christian	*Korschenbroich	1:09:04	1989	M20	132	1:10:01	22:09 *	21:57 *	24:56	6:54 min/km
800	2087	Wißmann Sven	Original Bootcamp	1:09:04	1985	M20	133	1:09:50	21:43 *	23:13 *	24:07	6:54 min/km
801	3326	Zimmermann Georg		1:09:07	1952	M60	22	1:12:31	23:04 *	23:31 *	22:31	6:55 min/km
802	3472	Rosenthal Karl		1:09:34	1958	M55	41	1:14:12	23:55 *	22:39 *	23:00	6:57 min/km
803	1987	Ernst Oliver	*Hamburg	1:10:02	1979	M35	121	1:11:21	23:23 *	22:46 *	23:52	7:00 min/km
804	1955	Döring-Katerkamp Uwe	*Köln	1:10:02	1960	M50	75	1:14:06	22:53 *	22:39 *	24:29	7:00 min/km
805	2749	Berf Wilfried	*Köln	1:10:03	1959	M55	42	1:11:21	23:21 *	22:46 *	23:55	7:00 min/km
806	1850	Heck Matteo	Hans-Christian-Andersen	1:10:09	2006	MU10	5	1:12:37	22:57 *	23:23 *	23:48	7:01 min/km
807	3087	Mahlberg Andreas	Karate-Do Overath e.V.	1:10:10	1983	M30	130	1:13:24	23:31 *	22:41 *	23:57	7:01 min/km
808	3086	Antkowiak Reinhard	Karate-Do Overath e.V.	1:10:11	1958	M55	43	1:13:25	23:31 *	22:42 *	23:57	7:01 min/km
809	1311	Kresse Wolfgang	*Köln	1:10:15	1962	M50	76	1:13:55	23:20 *	23:45 *	23:09	7:02 min/km
810	2718	Kirsch Andreas	Sumpsons	1:10:42	1980	M30	131	1:11:23	22:39 *	23:22 *	24:40	7:04 min/km
811	3341	Fischer Uwe	Team Moritzlein	1:10:51	1973	M40	117	1:10:51	27:04 *	21:45 *	22:01	7:05 min/km
812	3135	Bork Julian	*Köln	1:10:59	1984	M30	132	1:13:36	24:14 *	23:04 *	23:40	7:06 min/km
813	2143	Blum Dirk	*Köln	1:11:02	1971	M40	118	1:11:02	00:00 *	00:00 *	00:00	7:06 min/km
814	3459	Brück Lorenz	ERGO sports	1:11:04	1965	M45	112	1:14:15	23:11 *	23:01 *	24:51	7:06 min/km
815	2877	Müllejjans Dieter	Kieser Training	1:11:17	1961	M50	77	1:12:12	22:06 *	22:55 *	26:15	7:08 min/km
816	2090	Edler Oskar	*Frechen	1:11:27	1967	M45	113	1:16:08	25:00 *	23:20 *	23:06	7:09 min/km
817	2018	Schmitz Sascha	*Bergheim	1:12:04	1989	M20	134	1:12:26	23:31 *	23:58 *	24:33	7:12 min/km
818	1566	Kneißl Uwe		1:12:26	1963	M50	78	1:15:03	26:07 *	25:07 *	21:11	7:15 min/km
819	543	Daners Thorsten	*Köln	1:12:30	1980	M30	133	1:16:04	24:54 *	23:08 *	24:28	7:15 min/km
820	2691	Mose Rüdiger	LC Weilerswist	1:12:48	1960	M50	79	1:16:48	24:32 *	24:58 *	23:17	7:17 min/km
821	1537	Medefindt Rainer	Original Bootcamp	1:12:49	1981	M30	134	1:13:58	23:22 *	24:11 *	25:15	7:17 min/km
822	1444	Berchtold Julian	*Köln	1:12:59	1984	M30	135	1:15:37	23:51 *	24:33 *	24:34	7:18 min/km
823	2834	Waege Gunter	TC Lese	1:13:06	1940	M70	3	1:17:01	23:33 *	23:31 *	26:01	7:19 min/km
824	2987	Pütz Ulrich	*Pulheim	1:13:25	1965	M45	114	1:16:46	26:16 *	26:10 *	20:58	7:21 min/km
825	2300	Vanderhoeven Jörg	*Köln	1:13:41	1986	M20	135	1:17:56	24:09 *	24:17 *	25:14	7:22 min/km
826	2055	Diers Hartmut	Diabetes Programm	1:13:51	1956	M55	44	1:15:59	23:48 *	24:40 *	25:22	7:23 min/km
827	1125	Klein Andreas	*Köln	1:14:11	1965	M45	115	1:17:41	24:19 *	24:08 *	25:43	7:25 min/km
828	1176	Kohlen Oliver	FOGTEC-RUNNERS	1:14:14	1975	M35	122	1:16:44	23:09 *	23:23 *	27:41	7:25 min/km
829	2730	Wild Michael	VINCEROLA	1:14:26	1973	M40	119	1:16:33	24:24 *	24:05 *	25:55	7:27 min/km
830	3095	Wolf Dietmar	*Engelskirchen	1:14:42	1961	M50	80	1:19:21	23:58 *	24:21 *	26:23	7:28 min/km
831	1443	Weiß Helge	*Köln	1:15:25	1981	M30	136	1:19:00	24:38 *	24:10 *	26:36	7:33 min/km
832	3046	Dufour Karl-Arthur	Original Bootcamp	1:15:35	1965	M45	116	1:16:53	24:31 *	25:42 *	25:21	7:34 min/km
833	1531	Palzer Julian	*Nörvenich	1:15:47	1990	M20	136	1:18:19	24:15 *	23:52 *	27:40	7:35 min/km
834	1532	Palzer Roland	*Nörvenich	1:15:54	1953	M60	23	1:18:26	24:22 *	25:10 *	26:22	7:35 min/km
835	2935	Anna-Freud Johannes	Fair-Play-Smart Team	1:16:06	2002	MU14	12	1:17:12	19:49 *	14:16 *	42:00	7:37 min/km
836	1562	Wende Oliver		1:17:59	1965	M45	117	1:20:36	26:08 *	25:07 *	26:43	7:48 min/km
837	1734	Zens Simon	*Lindlar	1:19:21	1984	M30	137	1:20:51	24:00 *	27:43 *	27:37	7:56 min/km

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838	589	Syska Tim	*Grevenbroich	1:19:48	1987 M20	137	1:25:33	24:28 *	26:38 *	28:41	7:59 min/km
839	2793	Hobbs Mark	Techniker Krankenkasse	1:20:55	1974 M40	120	1:20:55	00:00 *	00:00 *	00:00	8:06 min/km
840	1737	Reichertz Wolfram	Original Bootcamp	1:22:20	1967 M45	118	1:23:24	26:23 *	26:24 *	29:32	8:14 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3233	Rüdiger Stefanie	TV Gundelfingen	0:44:14	1992 W20	1	0:44:50	14:53 * 14:14 * 15:06	4:25 min/km
2	2741	Förstel Miriam	*Köln	0:46:06	1994 W20	2	0:46:30	15:27 * 14:58 * 15:40	4:37 min/km
3	1976	Klasing Freya	*Alsdorf	0:47:09	1983 W30	1	0:47:12	15:17 * 15:22 * 16:29	4:43 min/km
4	621	Baetcke Dorit Elisa	*Köln	0:47:52	1981 W30	2	0:48:01	15:04 * 15:58 * 16:49	4:47 min/km
5	2621	Frieler Sonja	sonja.frieler1@googlemail.	0:48:14	1990 W20	3	0:49:16	15:54 * 16:04 * 16:15	4:49 min/km
6	2670	Schumacher Isabel	Team Schumacher	0:48:23	1992 W20	4	0:48:37	15:53 * 16:04 * 16:26	4:50 min/km
7	2664	Pütz Johanna	Deutsche	0:48:24	1998 WU18	1	0:49:18	15:26 * 15:39 * 17:18	4:50 min/km
8	2861	Weichold Ina	mas Training	0:48:27	1995 WU20	1	0:48:29	16:17 * 15:47 * 16:22	4:51 min/km
9	3422	Weber Natalie		0:48:30	1974 W40	1	0:50:19	16:16 * 16:11 * 16:02	4:51 min/km
10	2159	Adamy Mareike	*Köln	0:48:32	1990 W20	5	0:49:55	16:03 * 15:26 * 17:03	4:51 min/km
11	2307	Leipert Sabine	*Köln	0:48:37	1973 W40	2	0:48:42	15:59 * 16:10 * 16:27	4:52 min/km
12	1577	Reinisch Lisa	*Pulheim	0:48:38	1993 W20	6	0:49:01	16:03 * 15:42 * 16:52	4:52 min/km
13	1578	Schellhorn Christiane	*Köln	0:48:39	1993 W20	7	0:49:01	16:04 * 15:42 * 16:52	4:52 min/km
14	3008	Küsgen Cora	*Köln	0:48:43	1991 W20	8	0:48:53	15:54 * 15:57 * 16:51	4:52 min/km
15	2899	Gehrke Julia	Kieser Training	0:48:45	1978 W35	1	0:49:24	16:38 * 15:44 * 16:22	4:53 min/km
16	2995	Klein Alina	*Köln	0:48:50	1991 W20	9	0:49:00	16:03 * 16:17 * 16:29	4:53 min/km
17	2015	Boros Dr. Joanna	*Wuppertal	0:48:54	1979 W35	2	0:49:07	16:41 * 15:57 * 16:16	4:53 min/km
18	3440	Dannert Caroline	Serpentine	0:48:56	1973 W40	3	0:49:06	16:09 * 16:12 * 16:34	4:54 min/km
19	3014	Lukate Johanna	MyComoda	0:49:01	1990 W20	10	0:49:45	16:10 * 16:25 * 16:25	4:54 min/km
20	2422	Hejl Franziska	ALBIS Lauftreff	0:49:09	1983 W30	3	0:50:11	15:55 * 16:13 * 17:01	4:55 min/km
21	1918	Wilke Miriam	*Köln	0:49:25	1996 WU20	2	0:49:50	16:47 * 16:19 * 16:18	4:57 min/km
22	2150	Vahlkamp Ulrike	LC Weilerswist	0:49:26	1968 W45	1	0:49:35	15:48 * 16:18 * 17:18	4:57 min/km
23	2844	Frieling Jennifer	mas Training	0:49:38	1987 W20	11	0:49:41	16:17 * 16:07 * 17:14	4:58 min/km
24	1066	Frost Lisa	*Köln	0:49:45	1982 W30	4	0:49:54	16:10 * 16:09 * 17:25	4:59 min/km
25	1679	De la Cruz García Rocío	*Köln	0:49:46	1985 W20	12	0:49:59	15:58 * 16:38 * 17:10	4:59 min/km
26	1917	Wilke Verena	*Schweinfurt	0:49:47	1989 W20	13	0:50:12	16:47 * 16:19 * 16:39	4:59 min/km
27	555	Labisch Stephanie	*Aachen	0:49:48	1990 W20	14	0:49:53	15:47 * 16:49 * 17:11	4:59 min/km
28	3114	Giesenkirchen Barbara	*Köln	0:49:56	1990 W20	15	0:53:24	16:10 * 16:28 * 17:17	4:60 min/km
29	2682	Schaus Angie	*Köln, Junkersdorf	0:49:57	1996 WU20	3	0:50:39	16:31 * 16:11 * 17:14	4:60 min/km
30	2397	Biebert Jana	*Oberursel	0:49:58	1987 W20	16	0:50:09	15:53 * 16:25 * 17:40	4:60 min/km
31	1160	Schumacher Birgit	*Köln	0:49:59	1978 W35	3	0:50:04	16:28 * 16:26 * 17:04	4:60 min/km
32	2171	Scholl Stefanie	*Köln	0:50:01	1980 W30	5	0:51:17	17:49 * 16:15 * 15:56	5:00 min/km
33	2222	Seminerio Dana	*Köln	0:50:09	1989 W20	17	0:54:28	17:02 * 16:15 * 16:50	5:01 min/km
34	1934	Miladinovic Jelena	*Remscheid	0:50:11	1988 W20	18	0:51:53	17:36 * 15:39 * 16:55	5:01 min/km
35	2420	Goldschmidt Nora	*Köln	0:50:18	1991 W20	19	0:50:34	16:21 * 16:43 * 17:14	5:02 min/km
36	873	Schön Alexandra	*Köln	0:50:19	1986 W20	20	0:51:13	16:44 * 16:29 * 17:06	5:02 min/km
37	885	Nakahira Sadaka	*Köln	0:50:23	1980 W30	6	0:50:40	16:12 * 16:38 * 17:32	5:02 min/km
38	1962	Rulf Ellen	*Frechen	0:50:41	1995 WU20	4	0:52:03	16:59 * 16:22 * 17:19	5:04 min/km
39	1963	Stein Rebecca	*Kelmis	0:50:41	1995 WU20	5	0:52:02	16:59 * 16:22 * 17:19	5:04 min/km
40	1938	Schwetlick Lena	LT DSHS Köln	0:50:46	2005 WU10	1	0:51:00	17:12 * 16:19 * 17:15	5:05 min/km
41	2145	Breuer Claudia	*Köln	0:50:47	1969 W45	2	0:51:00	16:59 * 16:43 * 17:05	5:05 min/km
42	1997	Quambusch Martina	*Bonn	0:50:48	1984 W30	7	0:51:54	17:22 * 16:23 * 17:02	5:05 min/km
43	718	Herber Gianna	SchLAu-NRW	0:50:52	1989 W20	21	0:53:34	17:22 * 16:26 * 17:04	5:05 min/km
44	423	Purol Malgorzata	PARADISOrun	0:50:58	1988 W20	22	0:51:20	15:56 * 17:10 * 17:51	5:06 min/km
45	3171	Weiß Marie-Luise	*Köln	0:51:03	1994 W20	23	0:51:53	16:57 * 16:31 * 17:33	5:06 min/km
46	2785	Besseling Jasmina	*Köln	0:51:05	1978 W35	4	0:52:11	17:42 * 16:17 * 17:05	5:07 min/km
47	3124	Cwiecek Monika	*Brühl	0:51:08	1983 W30	8	0:53:25	18:24 * 15:58 * 16:45	5:07 min/km
48	2074	Lamberty Anja	*Köln	0:51:12	1987 W20	24	0:54:34	16:30 * 15:55 * 18:46	5:07 min/km
49	2594	Ludwig Vivian	*Köln	0:51:12	1993 W20	25	0:52:06	17:23 * 16:35 * 17:13	5:07 min/km
50	2078	Holz Alexandra	*Köln	0:51:13	1983 W30	9	0:54:34	16:32 * 17:20 * 17:20	5:07 min/km
51	935	Müller Bianca	*Köln	0:51:13	1983 W30	10	0:52:06	17:24 * 16:35 * 17:13	5:07 min/km
52	2850	Knoff Cornelia	mas Training	0:51:19	1979 W35	5	0:52:02	16:44 * 16:27 * 18:07	5:08 min/km
53	1620	Mokwa Julia	*Köln	0:51:20	1984 W30	11	0:52:26	17:30 * 16:55 * 16:54	5:08 min/km

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54	2186	Warschewitz Elena	*Wuppertal	0:51:21	1982 W30	12	0:54:06	16:58 *	16:44 *	17:38	5:08 min/km
55	3466	Pringle Bethany		0:51:24	1981 W30	13	0:53:11	17:38 *	16:29 *	17:16	5:08 min/km
56	3190	Horn Brigitte	*Ulm	0:51:25	1985 W20	26	0:51:34	16:41 *	17:07 *	17:36	5:09 min/km
57	2098	Strätz Melinda	*Köln	0:51:41	1996 WU20	6	0:51:50	16:58 *	17:03 *	17:39	5:10 min/km
58	1465	Lueer Christina	Bestzeitbeagle	0:51:52	1975 W35	6	0:52:05	16:47 *	17:06 *	17:58	5:11 min/km
59	2869	Prediger Kristina	mas Training	0:51:53	1974 W40	4	0:52:11	16:32 *	17:18 *	18:02	5:11 min/km
60	1787	Gossen Julia	*Köln	0:51:55	1990 W20	27	0:51:58	16:29 *	16:58 *	18:27	5:12 min/km
61	2288	Heß Sabine	XTrail-Aktiv	0:52:00	1966 W45	3	0:54:30	17:41 *	16:55 *	17:23	5:12 min/km
62	1747	Kohler Maxie	XTrail-Aktiv	0:52:08	1982 W30	14	0:53:07	16:35 *	17:06 *	18:26	5:13 min/km
63	1909	Stein Elke	*Schweinfurt	0:52:10	1962 W50	1	0:52:34	16:48 *	17:01 *	18:19	5:13 min/km
64	1294	Smeding-Terveer Maike	*Köln	0:52:11	1991 W20	28	0:54:08	18:17 *	16:39 *	17:14	5:13 min/km
65	1168	Rhode Kathrin	*Frechen	0:52:13	1977 W35	7	0:55:06	17:35 *	17:07 *	17:31	5:13 min/km
66	1167	Baum Sarah	*Frechen	0:52:16	1982 W30	15	0:55:08	17:34 *	17:07 *	17:33	5:14 min/km
67	2172	Scholl Klaudia	*Köln	0:52:30	1975 W35	8	0:53:46	17:49 *	16:52 *	17:48	5:15 min/km
68	2783	Reum Dajana	Runtastic Laufgruppe	0:52:34	1980 W30	16	0:53:03	17:05 *	17:09 *	18:19	5:15 min/km
69	714	Wolff Sandra	*Köln	0:52:39	1970 W40	5	0:54:12	16:56 *	17:22 *	18:20	5:16 min/km
70	218	Gulich Lisa	*Langenfeld	0:52:42	1985 W20	29	0:54:38	17:40 *	17:12 *	17:48	5:16 min/km
71	1883	Schirmer Sky	*Kerpen	0:52:53	1996 WU20	7	0:52:58	17:10 *	17:18 *	18:24	5:17 min/km
72	2260	Reif Elke	PUSHENSY	0:53:02	1973 W40	6	0:54:07	16:54 *	17:30 *	18:37	5:18 min/km
73	2323	Wolf Ulrike	Laktatkönige köln	0:53:02	1958 W55	1	0:53:22	17:13 *	17:22 *	18:25	5:18 min/km
74	3293	Dopart Celina	EAC-ESA	0:53:03	1990 W20	30	0:57:35	16:42 *	17:30 *	18:50	5:18 min/km
75	1055	Symanski Dr. Ute	*Köln	0:53:07	1970 W40	7	0:56:48	18:50 *	17:10 *	17:06	5:19 min/km
76	2006	Rupprecht Theresia	*Köln	0:53:07	1982 W30	17	0:53:37	17:26 *	17:25 *	18:15	5:19 min/km
77	3022	Marschall Patricia	LT Schneewittchen	0:53:10	1973 W40	8	0:55:02	17:38 *	17:23 *	18:08	5:19 min/km
78	1261	Weiher Laura	*Köln	0:53:13	1989 W20	31	0:53:55	17:39 *	17:30 *	18:03	5:19 min/km
79	3407	Brückner Laura	Just Fit	0:53:15	1993 W20	32	0:56:35	17:59 *	17:21 *	17:54	5:20 min/km
80	3452	Klußmann Tanja	1. Kölner Laufstall	0:53:15	1969 W45	4	0:53:46	17:40 *	17:23 *	18:11	5:20 min/km
81	1604	Frohn Sandra	*Pulheim	0:53:22	1982 W30	18	0:57:24	18:02 *	17:20 *	17:59	5:20 min/km
82	3405	Steinbach Laura	Laufschule Ertstadt	0:53:24	1987 W20	33	0:53:43	17:23 *	17:47 *	18:12	5:20 min/km
83	958	Najdanovska Dobrica	*Kerpen	0:53:24	1966 W45	5	0:53:29	17:13 *	17:27 *	18:43	5:20 min/km
83	3092	Thierhoff Corinna	Original Bootcamp	0:53:24	1967 W45	5	0:53:38	17:02 *	17:40 *	18:41	5:20 min/km
85	2423	Hampel Sonja	*Niederkassel	0:53:25	1993 W20	34	0:54:47	18:07 *	17:22 *	17:55	5:21 min/km
86	1899	Heinen Anna	*Köln	0:53:26	1988 W20	35	0:53:52	16:59 *	17:34 *	18:52	5:21 min/km
87	1431	Niehaus Bianca	*50678 Köln	0:53:27	1987 W20	36	0:53:54	17:30 *	17:40 *	18:17	5:21 min/km
88	2454	Biehl Carola	Aggerfitness	0:53:27	1965 W45	7	0:55:46	18:05 *	17:16 *	18:06	5:21 min/km
89	2634	Brauers Anne	kein Verein	0:53:30	1973 W40	9	0:57:18	19:16 *	17:18 *	16:55	5:21 min/km
90	2943	Münzel Jule	LT DSHS Köln	0:53:32	2003 WU12	1	0:56:54	17:54 *	17:30 *	18:06	5:21 min/km
91	1547	Van Hauen Enken	Original Bootcamp	0:53:33	1969 W45	8	0:54:17	17:12 *	17:29 *	18:50	5:21 min/km
92	2853	Nicola Wilma	mas Training	0:53:38	1976 W35	9	0:56:59	18:19 *	17:32 *	17:46	5:22 min/km
93	2513	Vietzen Ulrike	*Köln	0:53:46	1967 W45	9	0:57:34	19:22 *	18:43 *	15:40	5:23 min/km
94	1979	Pues Anna-Sophie	*Köln	0:53:48	1991 W20	37	0:55:04	18:51 *	17:11 *	17:45	5:23 min/km
95	2095	Aubel Christine	*Köln	0:53:53	1979 W35	10	0:56:03	18:31 *	17:32 *	17:48	5:23 min/km
96	2099	Griese Julia	BSG RheinEnergie	0:53:53	1980 W30	19	0:56:03	18:31 *	17:33 *	17:48	5:23 min/km
97	3111	Schmitz Katrin	Lc Weilerswist	0:53:56	1993 W20	38	0:54:04	17:46 *	17:35 *	18:33	5:24 min/km
98	1923	Raab Daniela	LC Weilerswist	0:53:56	1974 W40	10	0:54:04	17:47 *	17:35 *	18:33	5:24 min/km
99	515	Wasserhess Barbara	Trailsau	0:53:56	1970 W40	11	0:54:43	17:17 *	17:42 *	18:56	5:24 min/km
100	3006	Nientiedt Malin	*Köln	0:53:58	1991 W20	39	0:54:09	16:57 *	17:52 *	19:08	5:24 min/km
101	2517	Goga Drita	Sportpark Wuppertal	0:53:58	1979 W35	11	0:56:44	16:58 *	17:21 *	19:39	5:24 min/km
102	2646	Weidmann Cornelia	*Köln	0:53:59	1973 W40	12	0:55:49	17:32 *	18:00 *	18:27	5:24 min/km
103	974	Noßmann Sandra	TV Mahlberg	0:54:00	1985 W20	40	0:57:39	19:10 *	17:18 *	17:31	5:24 min/km
104	1348	Ozolina Anna	*Aachen	0:54:01	1994 W20	41	0:54:24	17:17 *	18:01 *	18:43	5:24 min/km
105	1403	Dornseiff Uta	XTrail-Aktiv	0:54:02	1968 W45	10	0:56:40	18:30 *	17:32 *	17:59	5:24 min/km
106	580	Hötte Kerstin	*Köln	0:54:03	1989 W20	42	0:54:15	16:56 *	18:06 *	19:00	5:24 min/km
107	2324	Grott Helga	BSG Commerzbank Köln	0:54:05	1948 W65	1	0:55:58	18:11 *	17:22 *	18:31	5:25 min/km
108	1610	Morgenstern Dr. Julia	*Köln	0:54:06	1970 W40	13	0:54:30	18:28 *	17:03 *	18:35	5:25 min/km
109	2154	Selinotakis Nadine Diana	*Köln	0:54:09	1979 W35	12	0:55:47	17:49 *	17:25 *	18:54	5:25 min/km

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110	1975	Vander Katrin	*Erkelenz	0:54:15	1978 W35	13	0:58:04	19:17 * 17:18 * 17:40	5:26 min/km
111	1357	Winebarger Catherine	*Köln	0:54:23	1991 W20	43	0:57:53	18:43 * 17:23 * 18:16	5:26 min/km
112	2215	Rahn Katherine	*Rodenkirchen	0:54:24	1992 W20	44	0:57:53	18:44 * 17:23 * 18:16	5:26 min/km
113	730	Willma Nicole	TV Rodenkirchen Triathlon	0:54:25	1970 W40	14	0:56:23	18:35 * 18:02 * 17:47	5:27 min/km
114	1707	Krenzel Daniela	Danys Lauftreff	0:54:26	1984 W30	20	0:54:26	00:00 * 00:00 * 00:00	5:27 min/km
115	1595	Neuhalfen Marina	*Euskirchen	0:54:26	1988 W20	45	0:55:38	18:55 * 18:15 * 17:15	5:27 min/km
116	2590	Abels Franziska	*Köln	0:54:27	1988 W20	46	0:56:16	19:29 * 17:45 * 17:11	5:27 min/km
117	1103	Habel Judith	*Wuppertal	0:54:33	1969 W45	11	0:55:05	17:22 * 18:00 * 19:10	5:27 min/km
118	1315	Bechthold Angela	*Köln	0:54:35	1977 W35	14	0:57:44	18:56 * 17:40 * 17:58	5:28 min/km
119	1341	Schauries Solveig	NAO PT	0:54:35	1985 W20	47	0:54:42	17:24 * 18:15 * 18:55	5:28 min/km
120	2161	Wahlen Edith	Ergo Sports	0:54:36	1967 W45	12	0:57:45	17:49 * 17:58 * 18:47	5:28 min/km
121	706	Votteler Annika	*Köln	0:54:36	1977 W35	15	0:57:59	18:51 * 17:41 * 18:03	5:28 min/km
122	715	Barthel Sophie	SchLAU-NRW	0:54:37	1988 W20	48	0:57:20	18:02 * 17:41 * 18:53	5:28 min/km
123	1904	Meier Kirstin	...und tschüß!	0:54:38	1985 W20	49	0:58:34	19:33 * 17:39 * 17:26	5:28 min/km
124	1464	Schiffer Stefanie	*Leverkusen	0:54:39	1981 W30	21	0:54:53	17:29 * 18:04 * 19:05	5:28 min/km
125	1740	Dettmer Mara	*Hennef	0:54:41	1994 W20	50	0:57:32	18:30 * 18:14 * 17:56	5:28 min/km
126	527	Frenzel Sonja	*Köln	0:54:46	1976 W35	16	0:55:57	18:38 * 18:05 * 18:02	5:29 min/km
127	608	Strahl Eva	TV Attendorn	0:54:47	1984 W30	22	0:56:19	17:59 * 17:55 * 18:51	5:29 min/km
128	2384	Neuß Dr. Susanne	*Brühl	0:54:49	1964 W50	2	0:54:52	17:40 * 18:06 * 19:02	5:29 min/km
129	2316	Brion Anne	*Köln	0:54:50	1981 W30	23	0:55:43	18:06 * 17:50 * 18:53	5:29 min/km
130	2279	Nesseler Sarah	SSV Berzdorf	0:54:51	1996 WU20	8	0:55:43	17:24 * 18:28 * 18:58	5:29 min/km
131	950	Mathieu Mylčne	*Köln	0:54:51	1984 W30	24	0:54:54	17:31 * 18:05 * 19:13	5:29 min/km
132	1321	Miebach Andrea	LT Saaler Mühle	0:54:56	1966 W45	13	0:57:59	19:21 * 17:41 * 17:53	5:30 min/km
133	3251	Schütza Barbara		0:54:58	1974 W40	15	0:56:52	17:59 * 17:45 * 19:12	5:30 min/km
134	2683	Kreft Lena	*Ratingen	0:54:59	1995 WU20	9	0:55:54	18:02 * 17:49 * 19:07	5:30 min/km
135	3170	Chammae Nora	*Köln	0:54:59	1980 W30	25	0:55:18	17:52 * 18:04 * 19:02	5:30 min/km
136	3423	Wasmuth Vera	Happy Running Family	0:54:59	1968 W45	14	0:55:09	17:27 * 17:59 * 19:32	5:30 min/km
137	1855	Kuschel Anja	*Köln	0:55:04	1987 W20	51	0:57:25	18:54 * 17:55 * 18:13	5:30 min/km
138	2390	Okanovic Sahza	*Köln	0:55:05	1990 W20	52	0:56:48	19:57 * 17:31 * 17:36	5:31 min/km
139	3001	Zingel Sarah	*Köln	0:55:14	1986 W20	53	0:57:11	18:54 * 17:56 * 18:24	5:31 min/km
140	3224	Prüter Christine	*Krefeld	0:55:16	1979 W35	17	0:55:19	17:24 * 18:23 * 19:29	5:32 min/km
141	1766	Schreiner Birgit	TC Weiden	0:55:17	1960 W50	3	0:58:02	18:29 * 18:18 * 18:29	5:32 min/km
142	1574	Hohelüchter Katia		0:55:18	1981 W30	26	0:57:04	18:07 * 18:35 * 18:35	5:32 min/km
143	1982	Wolf Michaela	*Leverkusen	0:55:18	1980 W30	27	0:56:11	17:51 * 18:04 * 19:23	5:32 min/km
144	1889	Schmitt Verena	Original Bootcamp Team	0:55:19	1991 W20	54	0:56:08	17:47 * 18:38 * 18:53	5:32 min/km
145	2979	Berger Carola	Runners High	0:55:21	1967 W45	15	0:56:41	19:01 * 18:19 * 18:00	5:32 min/km
146	2128	Boenninghausen Fiona	*Köln	0:55:23	1983 W30	28	0:57:13	18:17 * 18:05 * 19:00	5:32 min/km
147	1599	Raskulova Margarita	*Hürth-Efferen	0:55:23	1987 W20	55	0:56:11	17:48 * 17:50 * 19:45	5:32 min/km
148	2402	Görber Gabriele	Dynamo Meiningen	0:55:23	1971 W40	16	0:57:04	19:13 * 17:50 * 18:19	5:32 min/km
149	850	Küpper Mirjam	Glühwein-Running-Team	0:55:24	1982 W30	29	0:59:13	18:34 * 17:57 * 18:52	5:32 min/km
150	1054	Bent Rebecca	*Köln	0:55:26	1982 W30	30	0:56:02	18:13 * 18:06 * 19:06	5:33 min/km
151	3253	Tischendorf Tamara		0:55:26	1974 W40	17	0:57:20	17:59 * 18:02 * 19:24	5:33 min/km
152	1688	Mickeleit Jil	*Pulheim	0:55:28	2000 WU16	1	1:00:08	19:16 * 18:07 * 18:04	5:33 min/km
153	1376	Bliem Christine	*Köln	0:55:30	1988 W20	56	0:55:58	19:02 * 17:45 * 18:42	5:33 min/km
154	1298	Köhler Jana	*Köln	0:55:34	1992 W20	57	0:56:59	19:23 * 18:04 * 18:05	5:33 min/km
155	1299	Vankerkom Katharina	*Köln	0:55:35	1991 W20	58	0:57:00	19:24 * 18:04 * 18:06	5:34 min/km
156	2510	Klocke Ulla	*Köln	0:55:35	1964 W50	4	0:59:42	18:01 * 18:11 * 19:22	5:34 min/km
157	1082	Dettmer Lara	*Ruppichteroth	0:55:37	1989 W20	59	0:58:28	18:30 * 18:14 * 18:52	5:34 min/km
158	2427	Bernhardi Eliane	bootcamp	0:55:41	1986 W20	60	0:55:48	19:33 * 17:53 * 18:14	5:34 min/km
159	2644	Könemann Friederike	*Köln	0:55:42	1985 W20	61	0:58:00	20:05 * 17:49 * 17:47	5:34 min/km
160	1245	Zschörner Sarah	*Köln	0:55:43	1990 W20	62	0:56:10	18:18 * 18:11 * 19:13	5:34 min/km
161	1255	Schlieben Pia	Schlieben & Friends	0:55:45	1986 W20	63	0:59:27	19:17 * 18:06 * 18:20	5:35 min/km
162	3155	Samadan Susanne	WDR aktiv e.V.	0:55:49	1982 W30	31	0:56:42	18:06 * 18:30 * 19:12	5:35 min/km
163	2367	Ehlen Daniela		0:55:50	1966 W45	16	0:58:12	18:42 * 18:07 * 19:01	5:35 min/km
164	822	Hoffmann Nicole	LT Saaler Mühle	0:55:51	1973 W40	18	0:58:55	19:23 * 17:50 * 18:37	5:35 min/km
165	753	Nettersheim Caroline	Central-Team	0:55:53	1977 W35	18	0:57:26	18:31 * 18:07 * 19:14	5:35 min/km

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166	1212	Siebrecht Silke	*Stolberg	0:55:55	1973 W40	19	0:59:57	19:15 *	18:02 *	18:37	5:36 min/km
167	2413	De la Cruz Laura	*Bonn	0:55:56	1982 W30	32	0:57:37	19:14 *	17:49 *	18:52	5:36 min/km
168	2676	Islam Dr. Shahana	*Köln	0:55:58	1976 W35	19	0:59:20	20:08 *	18:01 *	17:48	5:36 min/km
169	2969	Löpker Susanne	*Köln	0:55:58	1972 W40	20	0:59:20	20:09 *	18:00 *	17:48	5:36 min/km
170	2722	Pommer Charlotte	*Düsseldorf	0:55:58	1997 WU18	2	0:59:36	19:51 *	17:40 *	18:26	5:36 min/km
171	2671	Ridder Carolin	Team Schumacher	0:55:59	1984 W30	33	0:56:13	17:44 *	19:04 *	19:10	5:36 min/km
172	2733	Brüning Beate	*Köln	0:56:02	1955 W55	2	0:56:24	18:10 *	18:32 *	19:20	5:36 min/km
173	2342	Schmid Katharina	*Köln	0:56:09	1985 W20	64	0:57:32	18:45 *	17:51 *	19:32	5:37 min/km
174	3365	Genske Anna		0:56:12	1954 W60	1	0:57:37	18:24 *	18:26 *	19:20	5:37 min/km
175	1433	Schnitzler Patricia	LLG 80 Nordpark Köln	0:56:12	1959 W55	3	0:56:29	18:20 *	18:26 *	19:24	5:37 min/km
176	1185	Söntgerath Birgit	*Köln	0:56:15	1972 W40	21	0:58:28	19:14 *	18:11 *	18:49	5:38 min/km
177	962	Becker Kirsten	elleworld runningteam	0:56:16	1973 W40	22	0:58:28	19:14 *	18:21 *	18:40	5:38 min/km
178	731	Engelberg Andrea	TV Rodenkirchen Triathlon	0:56:16	1979 W35	20	0:58:11	19:43 *	18:08 *	18:24	5:38 min/km
179	1952	Rahders Felicitas	*Köln	0:56:16	1990 W20	65	0:57:04	17:53 *	18:21 *	20:01	5:38 min/km
180	2248	Rohleder Sabine	*Köln	0:56:16	1979 W35	21	0:58:12	19:43 *	18:07 *	18:25	5:38 min/km
181	1345	Böhme Regina	*Lübeck	0:56:17	1981 W30	34	1:00:21	18:58 *	18:31 *	18:47	5:38 min/km
182	1440	Stahl Kathrin	*Köln	0:56:23	1970 W40	23	0:58:29	19:11 *	18:39 *	18:32	5:38 min/km
183	1592	Goergen Christiane	Original Bootcamp	0:56:24	1980 W30	35	0:57:20	19:14 *	18:22 *	18:47	5:38 min/km
184	755	Heppner Charlotte	*Köln	0:56:28	1990 W20	66	0:56:58	19:21 *	18:33 *	18:33	5:39 min/km
185	3184	Mohrmann Follow Hollow	Der Elf und seine Freunde	0:56:31	1970 W40	24	1:00:13	19:48 *	18:20 *	18:22	5:39 min/km
186	1820	Pacevica Ieva	*Köln	0:56:32	1982 W30	36	0:57:06	18:57 *	18:26 *	19:08	5:39 min/km
187	1885	Schneller Katharina	Original Bootcamp	0:56:35	1987 W20	67	0:57:24	17:47 *	18:42 *	20:05	5:40 min/km
188	1521	Herrmann Petra	*Bergisch Gladbach	0:56:36	1965 W45	17	0:58:14	19:00 *	18:08 *	19:27	5:40 min/km
189	1210	Pisaroni Karolin	*Stolberg	0:56:36	1979 W35	22	1:00:38	19:17 *	18:12 *	19:07	5:40 min/km
190	1016	Nagel Janet	LT Saaler Mühle	0:56:42	1971 W40	25	0:59:46	19:24 *	18:19 *	18:58	5:40 min/km
191	1027	Körner Beatrix	Weil wir es können	0:56:42	1963 W50	5	0:57:01	19:13 *	18:16 *	19:12	5:40 min/km
192	2311	Winter Bianca	BSG Agentur für Arbeit	0:56:45	1977 W35	23	0:58:18	18:39 *	18:31 *	19:34	5:40 min/km
193	1426	Wiens Lara	*Köln	0:56:45	1989 W20	68	0:58:49	18:28 *	18:37 *	19:39	5:41 min/km
194	3091	Morchner Denise	*weilerswist	0:56:49	1993 W20	69	0:59:15	19:57 *	17:54 *	18:57	5:41 min/km
195	2677	Zimmermann Femke	*Erkrath	0:56:49	1969 W45	18	0:57:49	19:21 *	18:08 *	19:20	5:41 min/km
196	828	Schumann Silke	*Köln	0:56:50	1977 W35	24	1:00:06	18:53 *	18:45 *	19:11	5:41 min/km
197	1488	Sabarth Sylvia	*Köln	0:56:50	1993 W20	70	0:58:09	18:27 *	18:23 *	20:00	5:41 min/km
198	1207	Fischer Nicole	*Köln	0:56:51	1991 W20	71	0:58:15	19:59 *	18:05 *	18:45	5:41 min/km
199	1208	Geller Monika	*Köln	0:56:51	1962 W50	6	0:58:15	20:00 *	18:05 *	18:45	5:41 min/km
200	1308	Minden Monika	*Köln	0:56:53	1985 W20	72	0:57:02	18:45 *	18:41 *	19:25	5:41 min/km
201	2790	Kießling Romy	*Köln	0:56:53	1986 W20	73	0:57:59	18:49 *	18:27 *	19:37	5:41 min/km
202	2544	Heitkamp Silke	GS1 Germany GmbH	0:56:53	1969 W45	19	1:01:14	20:02 *	18:17 *	18:34	5:41 min/km
203	1757	Schauerte Leonie	*Köln	0:56:57	1986 W20	74	0:58:29	19:12 *	18:44 *	19:00	5:42 min/km
204	1549	Gerber Elke	Original Bootcamp	0:57:01	1977 W35	25	0:58:14	19:32 *	17:57 *	19:32	5:42 min/km
205	1550	Siwek Bianca	Original Bootcamp	0:57:02	1981 W30	37	0:58:15	19:32 *	17:57 *	19:32	5:42 min/km
206	2056	Hajek Verena	Laufmonster	0:57:02	1952 W60	2	0:58:43	19:00 *	18:45 *	19:16	5:42 min/km
207	3421	Peters Danielle	ISI Runner	0:57:06	1967 W45	20	1:01:26	19:34 *	18:34 *	18:57	5:43 min/km
208	2183	Hrebicek Sandra	*Koeln	0:57:07	1977 W35	26	0:57:59	18:49 *	18:35 *	19:42	5:43 min/km
209	1379	Hein Andrea	*Leverkusen	0:57:07	1976 W35	27	0:57:33	19:05 *	18:50 *	19:11	5:43 min/km
210	1380	Van de Fliedrt Marina	*Leverkusen	0:57:08	1988 W20	75	0:57:33	19:06 *	18:50 *	19:11	5:43 min/km
211	2637	Georgias Halka	X-Trail Aktiv	0:57:09	1967 W45	21	0:59:48	18:45 *	18:38 *	19:45	5:43 min/km
212	1057	Thienel Sonja	*Köln	0:57:10	1983 W30	38	0:58:37	20:30 *	18:12 *	18:28	5:43 min/km
213	1668	Kühnen Nathalie	Veni Vidi Colonia	0:57:10	2001 WU14	1	0:58:23	19:10 *	19:24 *	18:35	5:43 min/km
214	1281	Neumann Alexandra	*Nettetal	0:57:11	1989 W20	76	0:59:35	19:42 *	18:18 *	19:09	5:43 min/km
215	563	ENGELHARDT Barbara	Pulheimer SC	0:57:11	1944 W70	1	0:58:25	19:05 *	18:37 *	19:29	5:43 min/km
216	1945	Krause Lisa	Die Liste	0:57:11	1987 W20	77	0:58:12	19:26 *	18:19 *	19:25	5:43 min/km
217	3435	Sommer Astrid		0:57:12	1967 W45	22	0:57:30	19:30 *	18:37 *	19:04	5:43 min/km
218	3270	Gall Janine	LT DSHS	0:57:12	2004 WU12	2	0:58:23	19:12 *	19:25 *	18:34	5:43 min/km
219	1448	Bendler Beatrix	*Köln	0:57:13	1982 W30	39	0:58:49	18:38 *	18:43 *	19:51	5:43 min/km
220	2024	Kaller Luca	*Köln	0:57:14	1991 W20	78	0:58:32	19:31 *	18:44 *	18:59	5:43 min/km
221	2515	Vietzen Siri	*Köln	0:57:14	2003 WU12	3	1:01:03	19:22 *	18:44 *	19:08	5:43 min/km

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222	1064	Krull Johanna	*Köln	0:57:16	1985 W20	79	0:57:58	19:00 *	19:02 *	19:13	5:44 min/km
223	1099	Beckmann Anja	*Köln	0:57:19	1967 W45	23	0:59:49	19:41 *	18:38 *	18:59	5:44 min/km
224	1677	Buhk Alicia	*Köln	0:57:20	1992 W20	80	0:59:52	19:26 *	18:24 *	19:29	5:44 min/km
225	1441	Pawlitza Nadine	*Mülheim	0:57:22	1987 W20	81	0:57:46	17:38 *	19:02 *	20:41	5:44 min/km
226	2398	Werner Jennifer	Turnerkreis Nippes	0:57:26	1991 W20	82	1:00:09	21:46 *	17:48 *	17:51	5:45 min/km
227	3205	Klein Marie	*Köln	0:57:30	1981 W30	40	0:57:58	18:01 *	19:34 *	19:54	5:45 min/km
228	1553	Lakeit Stine	*Köln	0:57:32	1986 W20	83	0:58:14	19:55 *	18:50 *	18:47	5:45 min/km
229	3134	Thiemer Ronja	*Köln	0:57:34	1989 W20	84	0:59:17	19:57 *	19:21 *	18:15	5:45 min/km
230	1617	Krystossek Karin	*Köln	0:57:37	1988 W20	85	1:00:48	18:56 *	19:07 *	19:33	5:46 min/km
231	2522	Schullenberg Inga	The Lumberjacks	0:57:38	1980 W30	41	0:57:54	17:57 *	18:58 *	20:41	5:46 min/km
232	2486	Güde Juliane	*Köln	0:57:38	1960 W50	7	1:01:29	19:45 *	18:44 *	19:08	5:46 min/km
233	2349	Fischborn Katja	Original Bootcamp	0:57:45	1980 W30	42	0:58:41	19:14 *	18:27 *	20:02	5:47 min/km
234	3021	Weisnich Miriam	*Mönchengladbach	0:57:45	1995 WU20	10	0:58:23	18:19 *	18:58 *	20:27	5:47 min/km
235	2297	Rau Simona	*Köln	0:57:45	1969 W45	24	1:01:56	19:25 *	18:38 *	19:42	5:47 min/km
236	2174	Rünz Esther	*Köln	0:57:46	1990 W20	86	0:58:39	18:44 *	19:00 *	20:01	5:47 min/km
237	2361	Germes Birte	Les Agents Provocateurs	0:57:46	1972 W40	26	1:01:26	20:55 *	19:00 *	17:50	5:47 min/km
238	3099	Küffler Beate	*Köln	0:57:46	1968 W45	25	1:01:25	20:56 *	19:00 *	17:50	5:47 min/km
239	2458	Schiller Birgit	*Köln	0:57:47	1974 W40	27	0:59:02	19:00 *	18:55 *	19:51	5:47 min/km
240	3058	Quadflieg Annette	*Köln	0:57:48	1976 W35	28	1:00:52	20:35 *	18:32 *	18:41	5:47 min/km
241	2116	Möltgen Katrin	*Köln	0:57:49	1968 W45	26	1:01:29	19:48 *	18:20 *	19:40	5:47 min/km
242	1012	Offermann Tanja	LT Saaler Mühle	0:57:50	1972 W40	28	1:00:54	19:24 *	18:28 *	19:56	5:47 min/km
243	1014	Steiling Anja	*Köln	0:57:50	1976 W35	29	0:59:02	18:58 *	18:54 *	19:57	5:47 min/km
244	1137	Lafferthon Alina	*Köln	0:57:55	1989 W20	87	1:00:22	20:36 *	18:55 *	18:23	5:48 min/km
245	2635	Thies Beate	*Köln	0:57:55	1994 W20	88	1:00:28	19:26 *	18:37 *	19:52	5:48 min/km
246	1524	Eisenreich Theres	*Köln	0:57:57	1981 W30	43	0:59:27	19:09 *	18:54 *	19:52	5:48 min/km
247	2151	Steimel Sigrid	Run for Fun	0:57:58	1977 W35	30	0:58:19	18:28 *	19:15 *	20:13	5:48 min/km
248	724	Hövel Barbara-Therese	*Köln	0:58:00	1963 W50	8	1:00:29	19:17 *	19:06 *	19:37	5:48 min/km
249	1959	Erkens Annika	*Niederzier	0:58:02	1987 W20	89	1:00:45	20:44 *	18:38 *	18:39	5:48 min/km
250	1367	Richter Ramona	*Essen-Gerschede	0:58:03	1988 W20	90	1:00:26	20:28 *	18:18 *	19:17	5:48 min/km
251	783	Meibeck Anja	Happy Wedding Day	0:58:03	1971 W40	29	0:58:29	19:37 *	19:10 *	19:15	5:48 min/km
252	3441	Wiechert Lisa	Original Bootcamp	0:58:04	1990 W20	91	0:59:12	20:38 *	18:30 *	18:56	5:48 min/km
253	687	Sauer Julia	*Essen	0:58:05	1987 W20	92	0:58:58	17:43 *	19:44 *	20:36	5:49 min/km
254	3225	Broichhaus Petra	*Köln	0:58:07	1970 W40	30	1:02:30	20:36 *	18:33 *	18:57	5:49 min/km
255	1792	Rockholtz Carolin	*Köln	0:58:09	1989 W20	93	1:00:37	20:36 *	18:56 *	18:37	5:49 min/km
256	2315	Can Mediha	MarathonIST	0:58:10	1953 W60	3	0:59:30	19:01 *	18:50 *	20:18	5:49 min/km
257	2754	Schaab Heike	*Köln	0:58:16	1968 W45	27	0:59:39	20:04 *	19:12 *	18:59	5:50 min/km
258	991	Wendt Andrea	x-trail aktiv	0:58:18	1968 W45	28	1:00:49	19:19 *	19:04 *	19:53	5:50 min/km
259	1869	Hensel Martina	*Köln	0:58:18	1958 W55	4	0:58:32	19:28 *	19:00 *	19:49	5:50 min/km
260	2226	Waßerka Ina	*Köln	0:58:19	1974 W40	31	1:01:34	20:26 *	18:48 *	19:04	5:50 min/km
261	1519	Zimmermann Sandra	*Köln	0:58:20	1981 W30	44	1:02:02	20:03 *	18:52 *	19:24	5:50 min/km
262	1180	Gering Sibylle	*Köln	0:58:21	1979 W35	31	1:02:38	21:03 *	19:27 *	17:49	5:50 min/km
263	1396	Hülsmann Anika	*Köln	0:58:22	1985 W20	94	1:01:30	19:11 *	19:00 *	20:10	5:50 min/km
264	1631	Jakobs Simone	*Köln	0:58:22	1987 W20	95	0:59:15	19:02 *	19:04 *	20:15	5:50 min/km
265	1980	Krämer-Tanski Ursula	Cäcilia Neuhonrath	0:58:23	1963 W50	9	1:01:08	20:34 *	18:29 *	19:19	5:50 min/km
266	2485	Herkenrath Heike	*Lohmar	0:58:24	1966 W45	29	1:01:08	20:34 *	18:29 *	19:19	5:50 min/km
267	1517	Seeliger Sandra	*Köln	0:58:25	1973 W40	32	1:02:02	20:08 *	18:52 *	19:24	5:51 min/km
268	1257	Naumann Anke	*Suhr	0:58:27	1979 W35	32	0:59:59	18:12 *	19:16 *	20:58	5:51 min/km
269	562	ENGELHARDT Jutta	Pulheimer SC	0:58:28	1977 W35	33	0:59:42	19:06 *	19:09 *	20:11	5:51 min/km
270	1089	Baumsteiger Laura	*Aachen	0:58:28	1991 W20	96	1:00:41	20:33 *	18:52 *	19:03	5:51 min/km
271	2385	Schrief Gerlinde	*Köln	0:58:29	1971 W40	33	1:02:36	20:24 *	19:04 *	19:00	5:51 min/km
272	884	Ewert Martina	KSK Köln	0:58:30	1982 W30	45	0:58:52	19:26 *	19:06 *	19:57	5:51 min/km
273	735	Both Nicole	*Frechen	0:58:30	1980 W30	46	0:59:40	19:55 *	18:50 *	19:44	5:51 min/km
274	2236	Bremer Vera	*Köln	0:58:31	1973 W40	34	1:02:38	20:24 *	19:03 *	19:04	5:51 min/km
275	815	Kramp Lydia	Albis Laufftreff	0:58:32	1959 W55	5	0:59:25	18:54 *	19:07 *	20:30	5:51 min/km
276	1770	Horch Petra	KölleAlarm e.V.	0:58:35	1965 W45	30	0:58:40	18:16 *	19:11 *	21:07	5:52 min/km
277	1794	Hoffmann Susanne	LT Saaler Mühle	0:58:35	1968 W45	31	1:00:12	19:14 *	19:11 *	20:09	5:52 min/km

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278	2735	Schirmer Goscha	*Köln	0:58:40	1971 W40	35	1:00:40	20:06 *	19:10 *	19:23	5:52 min/km
279	1974	Herpers Angelika	Runtastic	0:58:41	1969 W45	32	1:02:31	20:35 *	19:13 *	18:51	5:52 min/km
280	2511	El-Edrissi Nadia	*Köln	0:58:41	1993 W20	97	1:01:41	19:39 *	19:36 *	19:25	5:52 min/km
281	1669	Kühnen Birgit	Veni Vidi Colonia	0:58:41	1968 W45	33	1:02:06	20:29 *	19:13 *	18:58	5:52 min/km
282	1977	Zlotos Karin	Hamich Runners e.V	0:58:41	1976 W35	34	1:02:31	20:34 *	19:14 *	18:52	5:52 min/km
283	1667	Kühnen Maria	Veni Vidi Colonia	0:58:41	1962 W50	10	1:02:06	20:29 *	19:12 *	18:59	5:52 min/km
284	2094	Seyedi Renate	*Köln	0:58:44	1959 W55	6	0:59:06	20:10 *	19:04 *	19:29	5:52 min/km
285	2443	Andel-Freitag Michaela	C.R.R.	0:58:44	1967 W45	34	0:59:06	19:30 *	19:13 *	20:00	5:52 min/km
286	598	Sommerberg Melanie	Dunnerkiel Running Team	0:58:45	1978 W35	35	1:02:09	20:10 *	19:03 *	19:30	5:53 min/km
287	1891	Depta Kamila	*aachen	0:58:45	1979 W35	36	1:02:37	20:33 *	19:15 *	18:56	5:53 min/km
288	2037	Kirst Raphaela	SC Janus	0:58:50	1978 W35	37	1:00:46	19:40 *	19:45 *	19:24	5:53 min/km
289	1932	Koester Christina	*köln	0:58:54	1978 W35	38	1:02:30	20:38 *	19:22 *	18:53	5:53 min/km
290	816	Kuhn Tanja	SC Janus	0:58:54	1966 W45	35	1:00:51	19:41 *	19:43 *	19:29	5:53 min/km
291	2071	Herlitzte Marie	Orginal Bootcamp	0:58:55	1985 W20	98	1:00:02	20:03 *	18:45 *	20:06	5:54 min/km
292	3226	Untrierer Kirstin	*Wuppertal	0:58:59	1984 W30	47	1:01:31	20:11 *	18:53 *	19:54	5:54 min/km
293	1970	Gruse Sandra	*Solingen	0:59:00	1967 W45	36	1:01:45	20:36 *	18:43 *	19:40	5:54 min/km
294	979	Brings Rita	*Köln	0:59:00	1968 W45	37	1:01:45	20:36 *	18:43 *	19:40	5:54 min/km
295	1402	Bornemann Jutta	*Hürth	0:59:00	1984 W30	48	1:01:55	20:20 *	18:55 *	19:43	5:54 min/km
296	3309	Mörsdorf Lisa	LT DSHS Köln	0:59:00	2003 WU12	4	1:02:23	18:34 *	19:43 *	20:42	5:54 min/km
297	3429	Schulte Mesum Saskia	SV Grefrath	0:59:01	1990 W20	99	1:01:06	18:03 *	19:47 *	21:10	5:54 min/km
298	1395	Kemski Nicoll	*Köln	0:59:01	1971 W40	36	1:02:43	19:59 *	19:14 *	19:47	5:54 min/km
299	1798	Noben Simone	ISI-RUNNER	0:59:03	1959 W55	7	0:59:23	19:07 *	19:24 *	20:31	5:54 min/km
300	726	Müller Melanie	RG Leipzig	0:59:04	1985 W20	100	1:01:55	19:40 *	19:18 *	20:04	5:54 min/km
301	725	Müller Marina	RG Leipzig	0:59:04	1982 W30	49	1:01:55	19:40 *	19:18 *	20:04	5:54 min/km
302	975	Kings Maggi	*Köln	0:59:05	1980 W30	50	0:59:39	18:53 *	20:15 *	19:55	5:55 min/km
303	3297	Triebus Jennifer	SG Ertstadt	0:59:07	1986 W20	101	1:02:42	22:09 *	18:59 *	17:57	5:55 min/km
304	961	Brandt Jasmin	Original Bootcamp	0:59:08	1990 W20	102	1:00:11	21:00 *	18:41 *	19:26	5:55 min/km
305	3144	Wolff Cordula	KALS	0:59:10	1968 W45	38	0:59:52	19:50 *	19:07 *	20:12	5:55 min/km
306	2966	Hohenschild Susanne	cool running	0:59:12	1959 W55	8	1:01:27	19:02 *	19:31 *	20:38	5:55 min/km
307	1006	Walpurgis Dr. Katja	Die Renntiere	0:59:15	1985 W20	103	0:59:22	18:38 *	20:18 *	20:18	5:56 min/km
308	2326	Mardak Nathalie	*Köln	0:59:17	1976 W35	39	1:00:17	19:59 *	19:05 *	20:12	5:56 min/km
309	860	Seeger Silke	*Köln	0:59:19	1974 W40	37	1:02:19	19:43 *	19:26 *	20:09	5:56 min/km
310	2595	Wistuba Peggy	*Mülheim an der Ruhr	0:59:20	1966 W45	39	1:02:49	20:06 *	19:03 *	20:10	5:56 min/km
311	2283	Sehlleier Luisa	*Bonn	0:59:21	1983 W30	51	1:02:12	20:16 *	19:08 *	19:56	5:56 min/km
312	996	Kistner-Bahr Hanna	*Köln	0:59:23	1978 W35	40	1:03:41	21:02 *	19:28 *	18:52	5:56 min/km
313	2112	Widmann Marion	TPSK	0:59:24	1966 W45	40	1:02:57	20:01 *	19:17 *	20:05	5:56 min/km
314	810	Roor Yulia	*Köln	0:59:27	1982 W30	52	1:01:38	19:34 *	19:33 *	20:19	5:57 min/km
315	2487	Hilger Esther	*Köln	0:59:28	1993 W20	104	1:03:20	20:40 *	19:10 *	19:37	5:57 min/km
316	964	Hlusiak Ramona	*Köln	0:59:31	1986 W20	105	1:01:10	20:07 *	19:32 *	19:51	5:57 min/km
317	2968	Bröker Ingeborg	*Bocholt	0:59:33	1964 W50	11	0:59:44	18:58 *	19:41 *	20:53	5:57 min/km
318	1151	Müller Julia	*Köln	0:59:33	1987 W20	106	1:00:40	18:48 *	19:40 *	21:04	5:57 min/km
319	2970	Fugmann Karin	*Bonn	0:59:34	1988 W20	107	0:59:45	18:58 *	19:41 *	20:54	5:57 min/km
320	1386	Spendlove Heather	*Koeln	0:59:34	1976 W35	41	1:01:10	20:04 *	19:25 *	20:04	5:57 min/km
321	1645	Lüdenbach Julia	SV AXA Köln e.V.	0:59:34	1981 W30	53	1:01:13	20:07 *	19:25 *	20:02	5:57 min/km
322	692	Achenbach Sandra	ISI-Runner	0:59:36	1975 W35	42	0:59:57	18:59 *	19:45 *	20:51	5:58 min/km
323	3394	Schmidt Stefanie	10unter1	0:59:40	1984 W30	54	1:03:14	19:55 *	18:44 *	21:00	5:58 min/km
324	2702	Ahrens Barbara	Sumpsons	0:59:41	1983 W30	55	1:00:15	19:10 *	19:36 *	20:53	5:58 min/km
325	542	Stölting Christiane	*Köln	0:59:42	1968 W45	41	1:03:15	20:31 *	19:34 *	19:37	5:58 min/km
326	1776	Dotzauer Helena	Your Next Level	0:59:42	1984 W30	56	1:02:27	19:41 *	19:37 *	20:23	5:58 min/km
327	2119	Maroldt Susanne	*Köln	0:59:45	1965 W45	42	1:04:27	20:58 *	19:44 *	19:02	5:59 min/km
328	2604	Gaal Monika	*Köln	0:59:45	1980 W30	57	1:00:44	20:08 *	19:27 *	20:08	5:59 min/km
329	1633	Stangl Antonia	*Kaarst	0:59:47	1991 W20	108	1:01:42	21:19 *	19:08 *	19:19	5:59 min/km
330	1815	Schwarzenberg Anja	*Köln	0:59:48	1971 W40	38	0:59:56	20:22 *	20:00 *	19:26	5:59 min/km
331	2462	Rohrbach Friederike	*Münster	0:59:49	1985 W20	109	1:03:43	19:55 *	19:49 *	20:03	5:59 min/km
332	3061	Stolz Gisela	TV Dellbrück	0:59:49	1963 W50	12	1:01:24	20:46 *	21:17 *	17:45	5:59 min/km
333	626	Naumann Melanie	FOGTEC-RUNNERS	0:59:50	1975 W35	43	1:04:12	20:09 *	19:52 *	19:48	5:59 min/km

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334	3051	Stein Martina	*Köln	0:59:51	1978	W35	44	1:02:27	21:07 *	19:12 *	19:31	5:59 min/km
335	3059	Schneider Sandra	Fit-mit-Sven	0:59:51	1979	W35	45	1:02:28	21:07 *	19:12 *	19:31	5:59 min/km
336	1201	Berner Anja	*Wuppertal	0:59:51	1966	W45	43	1:03:15	19:52 *	19:24 *	20:34	5:59 min/km
337	1200	Bode Sonja	*Essen	0:59:51	1978	W35	46	1:03:15	19:52 *	19:24 *	20:34	5:59 min/km
338	1495	Poehlmann Mukaddam	*Koeln	0:59:51	1974	W40	39	1:04:00	20:45 *	19:06 *	20:00	5:59 min/km
339	894	Raps Silke	Fan-Projekt 1. FC Köln 91	0:59:52	1974	W40	40	1:02:08	20:26 *	19:32 *	19:53	5:59 min/km
340	2062	Dulak Daniela	LAUFMAMALAUf	0:59:52	1974	W40	41	1:03:41	20:26 *	19:26 *	19:59	5:59 min/km
341	1159	Lech Angelika	*Aachen	0:59:55	1988	W20	110	1:01:45	21:26 *	19:33 *	18:55	5:60 min/km
342	1130	Papenfuß Mara	*Leverkusen	0:59:57	1981	W30	58	1:01:45	20:44 *	19:30 *	19:43	5:60 min/km
343	1131	Rosen Sabine	*Köln	0:59:57	1977	W35	47	1:01:45	20:43 *	19:30 *	19:43	5:60 min/km
344	2080	Menzhausen Johanna	*Köln	1:00:00	1995	WU20	11	1:03:19	18:48 *	20:20 *	20:51	6:00 min/km
345	1733	Schaaf Maria	*Köln	1:00:02	1973	W40	42	1:03:34	20:54 *	19:15 *	19:51	6:00 min/km
346	2010	Angelescu Konstanze	*Köln	1:00:02	1979	W35	48	1:03:09	21:02 *	19:39 *	19:20	6:00 min/km
347	2243	Grünfeld Lisa	*Köln	1:00:03	1991	W20	111	1:01:47	19:20 *	20:01 *	20:41	6:00 min/km
348	2335	Glaremin Lisa	*Bonn	1:00:03	1991	W20	112	1:01:47	19:19 *	20:02 *	20:41	6:00 min/km
349	1353	Walter Doreen	*Köln	1:00:07	1976	W35	49	1:01:32	21:17 *	19:42 *	19:08	6:01 min/km
350	1081	Bössing Carina	*Dortmund	1:00:07	1986	W20	113	1:01:04	20:16 *	20:13 *	19:37	6:01 min/km
351	1080	Schlaphorst Laura	*Köln	1:00:08	1987	W20	114	1:01:04	20:16 *	20:14 *	19:37	6:01 min/km
352	1352	Bitter Elisabeth	*Köln	1:00:08	1982	W30	59	1:01:32	21:17 *	19:42 *	19:08	6:01 min/km
353	3379	Paschen Ulrike		1:00:13	1973	W40	43	1:03:20	21:02 *	19:38 *	19:32	6:01 min/km
354	1086	Rüter Susanne	*Köln	1:00:14	1982	W30	60	1:03:19	20:41 *	19:45 *	19:47	6:01 min/km
355	1230	Körner Martina	weil wir es können	1:00:16	1989	W20	115	1:00:35	19:40 *	20:00 *	20:35	6:02 min/km
356	3310	Densing Stephanie	LG Laacher See	1:00:16	1985	W20	116	1:01:47	22:38 *	19:11 *	18:26	6:02 min/km
357	1205	Sommer Katrin	XTrail-Aktiv	1:00:22	1977	W35	50	1:03:02	20:58 *	19:38 *	19:45	6:02 min/km
358	1785	Tack Hannah	*Köln	1:00:22	1987	W20	117	1:03:00	20:12 *	19:04 *	21:06	6:02 min/km
359	1786	Einmahl Sonja	*Köln	1:00:22	1990	W20	118	1:03:00	20:11 *	19:04 *	21:06	6:02 min/km
360	633	Kramer Anja	*Köln	1:00:25	1983	W30	61	1:01:00	20:10 *	20:02 *	20:12	6:03 min/km
361	3256	Petersen Nora	EAC-ESA	1:00:28	1977	W35	51	1:05:44	21:31 *	19:44 *	19:12	6:03 min/km
362	1037	Knitter Karla	Dr. Fox-Sports	1:00:34	1989	W20	119	1:02:08	19:27 *	20:05 *	21:00	6:03 min/km
363	1795	Reiser Athina	*Köln	1:00:34	1976	W35	52	1:00:42	20:22 *	19:59 *	20:11	6:03 min/km
364	723	Klein Kristina	*Köln	1:00:34	1981	W30	62	1:03:53	20:26 *	19:35 *	20:32	6:03 min/km
365	1816	Bolling Juliane	*Köln	1:00:34	1979	W35	53	1:00:42	20:22 *	20:00 *	20:11	6:03 min/km
366	1193	Nowak Alexandra	*Pulheim	1:00:35	1968	W45	44	1:00:36	20:00 *	20:25 *	20:09	6:04 min/km
367	2451	Fischer Amelie	Aggerfitness	1:00:36	1996	WU20	12	1:02:55	21:12 *	20:01 *	19:22	6:04 min/km
368	1767	Toliati Yasmin	*Bonn	1:00:36	1973	W40	44	1:02:10	20:34 *	19:40 *	20:21	6:04 min/km
369	2453	Müller Saskia	Aggerfitness	1:00:36	1990	W20	120	1:02:55	21:13 *	20:01 *	19:22	6:04 min/km
370	3196	Nettersheim Rosa	*Köln	1:00:37	1951	W60	4	1:02:48	19:58 *	19:51 *	20:48	6:04 min/km
371	1958	Smazal Sandra	*Frechen	1:00:38	1982	W30	63	1:04:24	21:17 *	19:17 *	20:03	6:04 min/km
372	910	Deider Monika	*Köln	1:00:39	1959	W55	9	1:04:02	20:12 *	19:38 *	20:48	6:04 min/km
373	1097	Breer Sandra	Laufschabe & Friends	1:00:41	1976	W35	54	1:02:26	19:45 *	20:05 *	20:49	6:04 min/km
374	1873	Götze Kerstin	*Köln	1:00:44	1982	W30	64	1:03:02	20:16 *	20:01 *	20:27	6:04 min/km
375	2366	Karatas Anne	*Düsseldorf	1:00:46	1977	W35	55	1:01:53	20:04 *	19:48 *	20:52	6:05 min/km
376	1581	Bosch Sandra	*Zülpich	1:00:46	1973	W40	45	1:02:40	20:44 *	19:43 *	20:18	6:05 min/km
377	1570	Simon Marlies		1:00:47	1956	W55	10	1:04:03	20:44 *	19:40 *	20:21	6:05 min/km
378	1296	Bellinghausen Tanja	*Pulheim	1:00:48	1973	W40	46	1:02:17	19:43 *	19:55 *	21:08	6:05 min/km
379	3313	Rath Jutta	Iron Linda	1:00:49	1968	W45	45	1:05:45	20:01 *	19:59 *	20:48	6:05 min/km
380	1194	Noll Klaudia	*Pulheim	1:00:50	1980	W30	65	1:00:52	19:59 *	20:25 *	20:25	6:05 min/km
381	594	Wagner Sandra	*Köln	1:00:52	1975	W35	56	1:03:56	20:43 *	19:56 *	20:13	6:05 min/km
382	1607	Frohn Monika	*Pulheim	1:00:52	1952	W60	5	1:04:55	20:30 *	19:50 *	20:32	6:05 min/km
383	3187	Reinhardt Nicole Irma	*Hürth	1:00:54	1974	W40	47	1:02:54	20:47 *	20:06 *	20:00	6:05 min/km
384	2417	Igelmund-Schmidt	*Köln	1:00:59	1963	W50	13	1:03:29	21:01 *	19:54 *	20:04	6:06 min/km
385	2097	Göddertz Mechtild	*Köln	1:01:02	1953	W60	6	1:01:16	19:30 *	20:04 *	21:27	6:06 min/km
386	1780	Kirsten Ellen	*Köln	1:01:02	1983	W30	66	1:01:31	20:50 *	19:54 *	20:17	6:06 min/km
387	1779	Stock Ulrike	*Köln	1:01:03	1984	W30	67	1:01:31	20:50 *	19:53 *	20:18	6:06 min/km
388	1419	Dicke Dr. Theresa	*Essen	1:01:06	1983	W30	68	1:02:34	20:29 *	19:40 *	20:56	6:07 min/km
389	2568	Günes Ilknur	*Köln	1:01:09	1968	W45	46	1:04:57	20:38 *	19:46 *	20:43	6:07 min/km

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390	960	Linke Inge	*köln	1:01:09	1969 W45	47	1:04:59	21:31 * 20:01 * 19:35	6:07 min/km
391	639	Stephan Hannah	*Köln	1:01:09	1985 W20	121	1:03:25	21:16 * 19:33 * 20:19	6:07 min/km
392	3259	Jambor Elisabeth	EAC-ESA	1:01:13	1978 W35	57	1:05:44	22:16 * 19:44 * 19:12	6:07 min/km
393	2194	Paul Annette	*Köln	1:01:14	1968 W45	48	1:04:58	20:51 * 19:53 * 20:29	6:07 min/km
394	1473	Kolitsch Alyssa	SSF Bonn	1:01:15	1986 W20	122	1:04:25	21:18 * 20:23 * 19:33	6:08 min/km
395	1472	Peters Alexandra	SSF Bonn	1:01:16	1987 W20	123	1:04:25	21:19 * 20:23 * 19:33	6:08 min/km
396	899	Reichel Claudia	*Köln	1:01:16	1964 W50	14	1:03:16	20:40 * 19:39 * 20:56	6:08 min/km
397	3182	Finé Marie-Line	*Köln	1:01:16	1989 W20	124	1:02:46	19:56 * 20:15 * 21:04	6:08 min/km
398	620	Haak Miriam	*Köln	1:01:18	1976 W35	58	1:04:29	20:52 * 20:06 * 20:19	6:08 min/km
399	623	Heyne Heike	*Merzenich	1:01:18	1981 W30	69	1:05:05	21:32 * 19:59 * 19:46	6:08 min/km
400	2256	Luckey Silvia	PUSHENSY	1:01:24	1967 W45	49	1:03:06	19:46 * 20:31 * 21:07	6:08 min/km
401	3352	Pecher Marion		1:01:26	1986 W20	125	1:04:19	22:17 * 18:55 * 20:13	6:09 min/km
402	1984	Lohse Iris	*Hürth	1:01:30	1975 W35	59	1:04:00	20:47 * 20:14 * 20:28	6:09 min/km
403	1381	Lückerath Eike Juliane	*Köln	1:01:30	1990 W20	126	1:01:56	19:43 * 20:31 * 21:15	6:09 min/km
404	2601	Niccolaioni Paola	FrontRun	1:01:36	1966 W45	50	1:05:00	20:46 * 19:53 * 20:56	6:10 min/km
405	2944	Kleine Marlene	LT DSHS Köln	1:01:36	2002 WU14	2	1:05:07	20:59 * 20:06 * 20:30	6:10 min/km
406	2947	Reckmann Luzie	LT DSHS Köln	1:01:37	2003 WU12	5	1:05:07	21:00 * 20:06 * 20:30	6:10 min/km
407	2149	Müller Janine	*Köln	1:01:37	1987 W20	127	1:03:01	21:38 * 19:55 * 20:04	6:10 min/km
408	2285	Wanstrath Christina	*Köln	1:01:41	1981 W30	70	1:05:52	22:05 * 19:34 * 20:00	6:10 min/km
409	1071	Chavet Nicole	*Köln	1:01:42	1986 W20	128	1:03:38	20:51 * 20:17 * 20:34	6:10 min/km
410	1070	Dahmen Lena	*Düsseldorf	1:01:42	1987 W20	129	1:03:37	20:52 * 20:16 * 20:33	6:10 min/km
411	1283	Klick Helen	*Wuppertal	1:01:44	1995 WU20	13	1:04:29	21:44 * 20:17 * 19:41	6:10 min/km
412	2759	Berens Daniela	*Hürth	1:01:44	1982 W30	71	1:03:48	21:38 * 19:27 * 20:38	6:10 min/km
413	2026	Leobold Anne-Laure	LAUFMAMALAUFL	1:01:52	1981 W30	72	1:05:43	22:07 * 19:56 * 19:48	6:11 min/km
414	3311	Fischer Kristin		1:01:53	1985 W20	130	1:02:50	21:32 * 20:19 * 20:00	6:11 min/km
415	545	Zimmermann Karin	*Köln	1:01:53	1979 W35	60	1:05:43	22:07 * 19:57 * 19:48	6:11 min/km
416	3336	Steinhaus Celia		1:01:53	1986 W20	131	1:02:30	19:35 * 20:14 * 22:03	6:11 min/km
417	852	Höcker Marion	Glühwein-Running-Team	1:01:55	1984 W30	73	1:05:46	20:44 * 20:18 * 20:52	6:12 min/km
418	849	Gebhart Jane	Glühwein-Running-Team	1:01:55	1984 W30	74	1:05:46	20:44 * 20:19 * 20:51	6:12 min/km
419	3292	Pambor Miriam	Miri wird siegen	1:01:56	1981 W30	75	1:05:51	20:59 * 19:54 * 21:03	6:12 min/km
420	999	Opitz Patrizia	*Köln	1:02:00	1986 W20	132	1:05:40	22:11 * 20:32 * 19:16	6:12 min/km
421	762	Steffen Natalie	Ärzte gegen Tierversuche	1:02:02	1973 W40	48	1:04:04	22:17 * 21:34 * 18:10	6:12 min/km
422	1913	Schaaf Meike	*Köln	1:02:03	1985 W20	133	1:02:21	20:18 * 20:27 * 21:17	6:12 min/km
423	1332	Van Dinter Mara	TV Orken	1:02:04	2001 WU14	3	1:06:28	20:33 * 20:33 * 20:57	6:12 min/km
424	1061	Sipply Simone	*Köln	1:02:07	1981 W30	76	1:03:30	21:27 * 20:56 * 19:43	6:13 min/km
425	1809	Nonn Kerstin	Bootcamp	1:02:08	1968 W45	51	1:02:58	20:11 * 20:34 * 21:22	6:13 min/km
426	966	Georgy Ursula	Original Bootcamp	1:02:10	1958 W55	11	1:02:25	19:01 * 21:03 * 22:04	6:13 min/km
427	1373	Herrmann Maria	*Köln	1:02:10	1954 W60	7	1:05:51	22:10 * 20:33 * 19:27	6:13 min/km
428	3303	Wipperfürth Christiane		1:02:12	1980 W30	77	1:02:22	19:46 * 20:34 * 21:50	6:13 min/km
429	1077	Herrmann Sarah	*Köln	1:02:13	1985 W20	134	1:05:53	22:11 * 20:32 * 19:29	6:13 min/km
430	1582	Schwender Kerstin	*Köln	1:02:14	1966 W45	52	1:03:50	21:47 * 20:22 * 20:03	6:13 min/km
431	804	Esser Annette	laufende Nasen	1:02:14	1961 W50	15	1:04:12	20:56 * 20:07 * 21:11	6:13 min/km
432	2642	Heintges Carmen	*Köln	1:02:15	1983 W30	78	1:05:03	23:03 * 19:59 * 19:12	6:14 min/km
433	1158	Hümmeler Theresa	*Attendorf	1:02:16	1989 W20	135	1:02:27	19:54 * 20:40 * 21:41	6:14 min/km
434	2144	Maaß Alina	*Wuppertal	1:02:17	1995 WU20	14	1:05:03	21:44 * 20:17 * 20:15	6:14 min/km
435	2816	Dicke Kathrin	DKMS	1:02:19	1984 W30	79	1:05:17	21:53 * 20:12 * 20:13	6:14 min/km
436	1572	Funk Ulrike		1:02:19	1975 W35	61	1:05:24	21:00 * 20:23 * 20:55	6:14 min/km
437	2520	Birkenfeld Anja	SV Bayer Uerdingen 08	1:02:20	1974 W40	49	1:05:24	21:00 * 20:22 * 20:56	6:14 min/km
438	2809	Wess Steffi	DKMS	1:02:21	1986 W20	136	1:05:17	21:55 * 20:12 * 20:13	6:14 min/km
439	2812	Gehrlein Claudia	DKMS	1:02:22	1968 W45	53	1:05:17	21:55 * 20:12 * 20:13	6:14 min/km
440	3070	Kollarikova Lucia	*Köln	1:02:23	1982 W30	80	1:03:42	20:43 * 20:25 * 21:14	6:14 min/km
441	813	Waege Anna	Central-Team.de	1:02:24	1987 W20	137	1:04:02	20:10 * 20:42 * 21:31	6:14 min/km
442	2999	Krinner Katharina	*Regensburg	1:02:24	1987 W20	138	1:02:35	20:07 * 20:39 * 21:37	6:14 min/km
443	3337	Dascolidou-Marquardt	Fronrunner	1:02:25	1965 W45	54	1:05:49	20:47 * 20:01 * 21:36	6:15 min/km
444	2675	Sehmer Tine	*Erfstadt	1:02:33	1976 W35	62	1:03:43	20:24 * 20:38 * 21:30	6:15 min/km
445	741	Franken Christina	*Köln	1:02:35	1969 W45	55	1:03:18	22:33 * 19:29 * 20:32	6:16 min/km

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446	1501	Kayser Ann-Katrin	*Köln	1:02:37	1989	W20	139	1:04:26	21:31 *	20:19 *	20:46	6:16 min/km
447	1264	Fischbach Katharina	ksg betriebssportgruppe	1:02:37	1985	W20	140	1:05:38	22:18 *	20:02 *	20:16	6:16 min/km
448	2626	Schmidt Kim	...und tschüß!	1:02:38	1981	W30	81	1:06:33	21:40 *	20:17 *	20:40	6:16 min/km
449	1897	Herold Christine	.. und tschüß!	1:02:38	1979	W35	63	1:06:33	21:40 *	20:16 *	20:40	6:16 min/km
450	2446	Meyer Melanie	Brühler TV 1879	1:02:40	1976	W35	64	1:02:42	19:30 *	20:52 *	22:16	6:16 min/km
451	3218	Kempe Emilia	*Bonn	1:02:41	2002	WU14	4	1:05:47	21:45 *	20:38 *	20:17	6:16 min/km
452	1515	Ricken Birte	Köln 99ers	1:02:43	1986	W20	141	1:03:30	19:53 *	20:54 *	21:54	6:16 min/km
453	1525	Neuhaus Christiane	*Frechen	1:02:43	1970	W40	50	1:04:58	20:48 *	20:14 *	21:41	6:16 min/km
454	2480	Schumacher Daniela	Bootcamp Bonn	1:02:45	1982	W30	82	1:05:52	21:25 *	20:17 *	21:01	6:17 min/km
455	2431	Lerch Martha	*Köln	1:02:45	1983	W30	83	1:05:52	21:25 *	20:17 *	21:01	6:17 min/km
456	681	Kasper Eva	*Köln	1:02:46	1989	W20	142	1:06:17	21:15 *	21:18 *	20:12	6:17 min/km
457	1415	Kowalski Dunja	*Köln	1:02:47	1982	W30	84	1:03:33	19:54 *	20:54 *	21:58	6:17 min/km
458	2492	Schmitz Simone	*Bonn	1:02:48	1990	W20	143	1:06:14	21:39 *	20:31 *	20:37	6:17 min/km
459	3316	Paquignon Viktoria	Genova - Gymnasium	1:02:50	2000	WU16	2	1:06:04	21:53 *	20:33 *	20:22	6:17 min/km
460	1717	Balkowski Anna-Linda	P3-Statistikfreaks	1:02:52	1986	W20	144	1:04:01	20:25 *	20:38 *	21:47	6:17 min/km
461	1663	Feige Claudia	Deutsche Ärzte Finanz	1:02:55	1972	W40	51	1:04:56	21:28 *	20:49 *	20:36	6:18 min/km
462	2625	Krahe Ute	Deutsche Ärzte Finanz	1:02:55	1978	W35	65	1:04:56	21:24 *	20:50 *	20:39	6:18 min/km
463	2003	Sausen Alicja	Deutsche Ärzte Finanz	1:02:56	1971	W40	52	1:04:56	21:28 *	20:49 *	20:39	6:18 min/km
464	1538	Schäfer Sylvia	*Köln	1:02:57	1978	W35	66	1:04:57	21:41 *	20:41 *	20:34	6:18 min/km
465	1413	Voß Sara	Lymphknotendraisinen	1:02:57	1981	W30	85	1:06:07	21:18 *	20:22 *	21:16	6:18 min/km
466	3052	Kaiser Christina	ASV Köln Triathlon	1:02:59	1989	W20	145	1:06:23	21:54 *	20:29 *	20:35	6:18 min/km
467	3053	Pohl Jana Dorothee	*Köln	1:02:59	1989	W20	146	1:06:23	21:53 *	20:29 *	20:36	6:18 min/km
468	1554	Junker Petra	Original Bootcamp	1:03:01	1979	W35	67	1:04:00	21:40 *	20:28 *	20:52	6:18 min/km
469	2497	Zielaskowski Arletta	*Köln	1:03:01	1984	W30	86	1:03:57	19:41 *	21:02 *	22:17	6:18 min/km
470	3368	Wagner Marion		1:03:03	1966	W45	56	1:03:07	19:41 *	21:11 *	22:10	6:18 min/km
471	3467	Jabarine Alena-Isabelle		1:03:04	1985	W20	147	1:03:51	21:31 *	20:03 *	21:28	6:18 min/km
472	3217	Kempe Andrea	*Bonn	1:03:06	1968	W45	57	1:06:12	21:45 *	20:39 *	20:41	6:19 min/km
473	2341	Zwicker Karina	*Essen	1:03:06	1984	W30	87	1:05:35	21:23 *	20:33 *	21:10	6:19 min/km
474	2274	Schmitt Claudia	*Köln	1:03:08	1982	W30	88	1:04:54	21:04 *	20:20 *	21:43	6:19 min/km
475	3139	Heller Marlene	*Köln	1:03:10	1952	W60	8	1:06:09	21:15 *	20:37 *	21:17	6:19 min/km
476	2212	Krahl Magdalena	*Köln	1:03:12	1985	W20	148	1:05:41	21:58 *	20:30 *	20:44	6:19 min/km
477	1023	Metzemacher Lisa	*Köln	1:03:15	1984	W30	89	1:03:25	21:08 *	21:07 *	20:59	6:20 min/km
478	1022	Bernardini Andrea	*Köln	1:03:15	1984	W30	90	1:03:25	21:07 *	21:07 *	21:00	6:20 min/km
479	770	Schumacher Lena	*Witten	1:03:18	1985	W20	149	1:05:22	21:26 *	20:50 *	21:01	6:20 min/km
480	819	Bolzonella Monika	*Köln	1:03:18	1962	W50	16	1:03:34	20:07 *	20:49 *	22:21	6:20 min/km
481	886	Vollmering Kathrin	*Köln	1:03:22	1976	W35	68	1:05:14	20:36 *	21:02 *	21:44	6:20 min/km
482	693	Koch Tanja	*Köln	1:03:25	1976	W35	69	1:06:00	21:24 *	20:48 *	21:11	6:21 min/km
483	889	Meiers Maria	*gangelt	1:03:25	1984	W30	91	1:04:05	20:14 *	20:38 *	22:32	6:21 min/km
484	820	Küppers Andrea	*Köln	1:03:26	1979	W35	70	1:04:05	20:15 *	20:38 *	22:32	6:21 min/km
485	1675	Winkelmann Nina	*Köln	1:03:28	1978	W35	71	1:06:22	21:00 *	21:04 *	21:22	6:21 min/km
486	1563	Broekmate Loes		1:03:29	1963	W50	17	1:06:05	21:58 *	21:23 *	20:07	6:21 min/km
487	1901	Kanuma-Kölzer Kazuko	LG Rhein-Main	1:03:30	1955	W55	12	1:07:09	21:52 *	20:39 *	20:58	6:21 min/km
488	2882	Dudel Gabi	Kieser Training	1:03:33	1964	W50	18	1:04:27	21:40 *	20:07 *	21:45	6:21 min/km
489	928	Joisten Martina	*Koeln	1:03:33	1973	W40	53	1:05:39	22:18 *	20:41 *	20:33	6:21 min/km
490	1921	Bücken Natascha	*Kreuzau	1:03:34	1983	W30	92	1:04:28	20:06 *	20:58 *	22:29	6:21 min/km
491	1924	Bonn Jutta	*Kreuzau	1:03:34	1956	W55	13	1:04:27	20:07 *	20:58 *	22:28	6:21 min/km
492	1482	Voß Anika	Lauf-Uschi	1:03:37	1975	W35	72	1:06:17	22:29 *	20:39 *	20:28	6:22 min/km
493	1479	Schmitz Sandra	Lauf-Uschi	1:03:37	1976	W35	73	1:06:19	22:28 *	20:40 *	20:28	6:22 min/km
494	1483	Rook Vanessa	Lauf-Uschi	1:03:38	1971	W40	54	1:06:18	22:29 *	20:40 *	20:28	6:22 min/km
495	1629	Botzem Johanna	*Köln	1:03:38	1984	W30	93	1:04:34	20:25 *	20:43 *	22:30	6:22 min/km
496	2540	Bethmann Karin	ChickenWings	1:03:43	1976	W35	74	1:03:54	20:23 *	21:23 *	21:56	6:22 min/km
497	1251	Dornauf Sandra	Chicken Wings	1:03:43	1974	W40	55	1:03:54	20:24 *	21:23 *	21:56	6:22 min/km
498	2768	Raoul Claudia	Chickenwings	1:03:44	1971	W40	56	1:03:54	20:24 *	21:23 *	21:56	6:22 min/km
499	1349	Köhn Angela	*Nümbrecht	1:03:44	1972	W40	57	1:07:15	21:26 *	20:50 *	21:27	6:22 min/km
500	1350	Schrade Nicole	*waldbröl	1:03:44	1974	W40	58	1:07:15	21:26 *	20:50 *	21:28	6:22 min/km
501	1743	Bonni Sabine	Team Supermaus	1:03:49	1963	W50	19	1:07:20	21:48 *	20:30 *	21:29	6:23 min/km

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502	2196	Gutknecht Katrin	*Köln	1:03:49	1975	W35	75	1:04:05	20:47 *	21:27 *	21:34	6:23 min/km
503	1247	Driessen Saskia	*Köln	1:03:49	1976	W35	76	1:04:06	20:47 *	21:27 *	21:34	6:23 min/km
504	704	Roos Melanie	*Köln	1:03:50	1983	W30	94	1:05:53	21:56 *	20:37 *	21:16	6:23 min/km
505	1702	Krause Randi	*Köln	1:03:50	1974	W40	59	1:04:01	20:21 *	21:12 *	22:16	6:23 min/km
506	1627	Zusak Simone	*Köln	1:03:50	1983	W30	95	1:05:53	21:56 *	20:37 *	21:16	6:23 min/km
507	703	Brei Daniela	*Hürth	1:03:51	1987	W20	150	1:05:53	21:57 *	20:37 *	21:16	6:23 min/km
508	1804	Pütz Sandra	Original Bootcamp	1:03:52	1967	W45	58	1:05:04	21:12 *	21:06 *	21:33	6:23 min/km
509	1117	Wischer Sigrid	*Köln	1:03:52	1965	W45	59	1:08:31	21:37 *	20:47 *	21:26	6:23 min/km
510	742	Zoll Andrea	*Köln	1:03:54	1980	W30	96	1:08:20	22:32 *	21:36 *	19:45	6:23 min/km
511	605	Schwarze Michaela	*Frechen	1:04:00	1976	W35	77	1:07:21	22:25 *	20:44 *	20:50	6:24 min/km
512	1805	Götze Carolin	*Köln	1:04:00	1971	W40	60	1:06:41	22:31 *	21:29 *	19:59	6:24 min/km
513	2113	Gilles Anke	*Bonn	1:04:01	1981	W30	97	1:08:30	20:45 *	20:17 *	22:58	6:24 min/km
514	1466	Mohr Melanie	*Zülpich	1:04:01	1977	W35	78	1:07:22	22:27 *	20:43 *	20:51	6:24 min/km
515	1542	Thoma Sibylla	*Solingen	1:04:02	1974	W40	61	1:04:33	21:28 *	21:37 *	20:56	6:24 min/km
516	776	Hoffmann Viola	Laufftreff Köln Süd	1:04:03	1986	W20	151	1:08:04	22:07 *	20:38 *	21:16	6:24 min/km
517	2092	Patzwald Sabine	*Köln	1:04:03	1966	W45	60	1:06:22	22:37 *	21:33 *	19:52	6:24 min/km
518	1429	Hötgen Caro	Run of Colours	1:04:04	1989	W20	152	1:08:06	22:07 *	20:38 *	21:18	6:24 min/km
519	3370	Herrmann Marie		1:04:05	1988	W20	153	1:06:10	21:24 *	20:50 *	21:50	6:25 min/km
520	3369	Averhoff Lina		1:04:05	1991	W20	154	1:06:10	21:25 *	20:50 *	21:50	6:25 min/km
521	657	Simeth Manuela	*Frechen	1:04:05	1980	W30	98	1:07:26	22:26 *	20:43 *	20:55	6:25 min/km
522	2772	Herentrey Julia	*Köln	1:04:09	1973	W40	62	1:06:39	20:50 *	20:39 *	22:38	6:25 min/km
523	2620	Staab Simone	*Köln	1:04:10	1974	W40	63	1:05:59	21:25 *	20:53 *	21:50	6:25 min/km
524	2619	Sihler Dr. Marion	*Köln	1:04:10	1972	W40	64	1:05:59	21:25 *	20:53 *	21:50	6:25 min/km
525	549	Stöber Kathrin	*Köln	1:04:12	1980	W30	99	1:05:26	21:07 *	20:43 *	22:20	6:25 min/km
526	3175	Hohmann Ulrike	*Köln	1:04:16	1964	W50	20	1:07:31	22:16 *	20:52 *	21:07	6:26 min/km
527	1564	Damaschke Regina		1:04:17	1969	W45	61	1:06:52	21:28 *	21:16 *	21:32	6:26 min/km
528	1560	Gonzalez Luz		1:04:17	1967	W45	62	1:06:52	21:28 *	20:44 *	22:04	6:26 min/km
529	947	Schmidt Claudia	*Köln	1:04:21	1985	W20	155	1:05:06	20:28 *	21:00 *	22:52	6:26 min/km
530	2371	Kattner Stephanie	*Köln	1:04:23	1980	W30	100	1:04:50	21:20 *	22:02 *	21:00	6:26 min/km
531	581	Wenkel Pia	*Bonn	1:04:23	1971	W40	65	1:05:05	22:24 *	21:39 *	20:20	6:26 min/km
532	1876	Scherer Katrin	*Köln	1:04:27	1977	W35	79	1:07:55	21:31 *	21:02 *	21:53	6:27 min/km
533	534	Garbe Dana	*Köln	1:04:29	1969	W45	63	1:05:48	23:23 *	22:43 *	18:21	6:27 min/km
534	800	Vogt Nina	*Köln	1:04:29	1979	W35	80	1:05:39	20:57 *	21:10 *	22:21	6:27 min/km
535	2221	Davids Britta	*Köln	1:04:30	1983	W30	101	1:08:48	22:37 *	21:31 *	20:20	6:27 min/km
536	524	Simon Anja	*Erfstadt	1:04:31	1968	W45	64	1:05:29	20:42 *	21:21 *	22:27	6:27 min/km
537	2134	Mergemann Gabriela	*Pulheim	1:04:33	1954	W60	9	1:08:40	21:41 *	21:01 *	21:50	6:27 min/km
538	671	Schubert Lena	*Hohnhorst	1:04:35	1991	W20	156	1:05:31	22:10 *	21:57 *	20:27	6:28 min/km
539	673	Momand Zuhal	*Jülich	1:04:36	1991	W20	157	1:05:31	22:11 *	21:58 *	20:26	6:28 min/km
540	2435	Lange Ella	*Neuss	1:04:37	1976	W35	81	1:05:28	21:08 *	21:04 *	22:23	6:28 min/km
541	1486	Rohde Tamara	*Köln	1:04:37	1954	W60	10	1:06:25	21:42 *	21:20 *	21:34	6:28 min/km
542	1931	Hermann Kerstin	SC Janus	1:04:38	1978	W35	82	1:07:18	22:32 *	21:29 *	20:36	6:28 min/km
543	1498	Thul Gerlinde	*Bergheim	1:04:42	1955	W55	14	1:05:45	22:55 *	20:39 *	21:07	6:28 min/km
544	2627	Lausberg Hella	*Pulheim	1:04:42	1977	W35	83	1:06:10	22:04 *	20:58 *	21:39	6:28 min/km
545	2618	Cremer Judith	*Köln	1:04:43	1988	W20	158	1:06:11	21:34 *	20:48 *	22:21	6:28 min/km
546	2628	Kirchkesner Viki	*Pulheim	1:04:45	1985	W20	159	1:06:09	22:06 *	20:59 *	21:39	6:29 min/km
547	2756	Yoon Kyung-A	*Pulheim	1:04:45	1975	W35	84	1:06:10	22:07 *	20:58 *	21:39	6:29 min/km
548	2362	Volberg Lena	*Köln	1:04:47	1987	W20	160	1:09:37	20:12 *	21:57 *	22:37	6:29 min/km
549	2100	Conrad Jana	*Waldbröl	1:04:48	1991	W20	161	1:07:15	21:56 *	21:05 *	21:46	6:29 min/km
550	2101	Schulz Kerstin	*Much	1:04:48	1981	W30	102	1:07:15	21:56 *	21:05 *	21:46	6:29 min/km
551	3143	Sommer Hannelore	Dagmars After Work	1:04:55	1958	W55	15	1:06:26	22:15 *	21:00 *	21:40	6:30 min/km
552	2460	Prick Julia	Laufmamalauf	1:04:57	1983	W30	103	1:08:48	21:51 *	21:36 *	21:29	6:30 min/km
553	3232	Florczak Claudia	TV-Dellbrück	1:04:59	1964	W50	21	1:06:34	20:46 *	21:17 *	22:55	6:30 min/km
554	2456	Wolff Andrea	Aggerfitness	1:05:02	1960	W50	22	1:07:55	20:36 *	21:20 *	23:05	6:30 min/km
555	3372	Lindemann Haker Kerstin		1:05:03	1973	W40	66	1:09:02	22:58 *	21:15 *	20:50	6:30 min/km
556	722	Nielius Silke	*Düsseldorf	1:05:03	1977	W35	85	1:09:03	22:56 *	21:15 *	20:51	6:30 min/km
557	2630	Hoffmann Ina	*Köln	1:05:04	1988	W20	162	1:07:00	21:16 *	20:34 *	23:13	6:30 min/km

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558	2301	Bongartz Marianne	*Köln	1:05:04	1960 W50	23	1:08:21	22:36 *	21:40 *	20:47	6:30 min/km
559	2130	Harms Amelie	*Köln	1:05:06	1976 W35	86	1:07:12	22:19 *	21:13 *	21:33	6:31 min/km
560	793	Dowideit Anette	*Köln	1:05:07	1978 W35	87	1:08:45	22:21 *	21:27 *	21:18	6:31 min/km
561	685	Weyand Anja	*Hürth	1:05:11	1977 W35	88	1:06:50	22:35 *	21:22 *	21:12	6:31 min/km
562	794	Kupilas Julia	*Köln	1:05:11	1974 W40	67	1:08:45	22:25 *	21:26 *	21:19	6:31 min/km
563	2859	Terasa Monika	mas Training	1:05:11	1961 W50	24	1:09:01	20:58 *	21:14 *	22:59	6:31 min/km
564	1470	Knopp Anne	*Köln	1:05:12	1988 W20	163	1:07:38	21:06 *	21:33 *	22:32	6:31 min/km
565	1469	Knopp Sabine	*Krefeld	1:05:13	1981 W30	104	1:07:38	21:07 *	21:33 *	22:32	6:31 min/km
566	3221	Amelung Martina	*Koeln	1:05:13	1961 W50	25	1:09:18	22:20 *	21:25 *	21:27	6:31 min/km
567	1685	Jocher Yvonne	Laufmamalauf	1:05:14	1988 W20	164	1:08:51	22:06 *	21:36 *	21:31	6:31 min/km
568	2776	Schomakers Wencke	*Köln	1:05:18	1973 W40	68	1:08:48	21:44 *	21:32 *	22:01	6:32 min/km
569	1416	Escobar Sara	*Bad Münstereifel	1:05:24	1986 W20	165	1:08:26	25:37 *	20:13 *	19:33	6:32 min/km
570	2262	Schmidt Nadine	Laufmamalauf	1:05:26	1977 W35	89	1:09:04	22:45 *	20:55 *	21:44	6:33 min/km
571	1940	Tesfai Sofia		1:05:28	1971 W40	69	1:08:01	22:56 *	21:22 *	21:09	6:33 min/km
572	1481	Ketelsen Silke	Lauf-Uschi	1:05:34	1974 W40	70	1:08:14	22:32 *	21:21 *	21:40	6:33 min/km
573	1552	Schmitz-Verhnjak Sylvia	TEAM RAFA	1:05:38	1951 W60	11	1:06:14	21:46 *	21:35 *	22:15	6:34 min/km
574	803	Godemann Julia	*Düsseldorf	1:05:38	1982 W30	105	1:09:39	22:59 *	21:50 *	20:48	6:34 min/km
575	1306	Gaab Lara	CFW Köln-Niehl	1:05:38	1992 W20	166	1:08:44	23:09 *	20:45 *	21:43	6:34 min/km
576	801	Rütz Eva	*Köln	1:05:38	1982 W30	106	1:09:40	22:59 *	21:50 *	20:48	6:34 min/km
577	998	Kirschner Claudia	*Köln	1:05:42	1963 W50	26	1:09:32	22:13 *	21:39 *	21:49	6:34 min/km
578	669	Freuen Stefanie	Freuens	1:05:43	1974 W40	71	1:10:19	23:03 *	22:22 *	20:16	6:34 min/km
579	684	Weyand Sabine	*Hürth	1:05:44	1964 W50	27	1:07:23	22:35 *	21:23 *	21:45	6:34 min/km
580	1624	Mauel Eva	*Frankfurt am Main	1:05:46	1986 W20	167	1:06:38	19:46 *	22:26 *	23:33	6:35 min/km
581	1612	Weißenborn Andrea	*Köln	1:05:47	1972 W40	72	1:08:12	22:32 *	21:24 *	21:50	6:35 min/km
582	1622	Gädecke Kerstin	Ergo Sports	1:05:47	1972 W40	73	1:08:12	22:32 *	21:25 *	21:50	6:35 min/km
583	2992	Gunia Marei	*Köln	1:05:48	1964 W50	28	1:08:10	21:44 *	21:43 *	22:20	6:35 min/km
584	1874	Albrecht Christine	*Köln	1:05:50	1965 W45	65	1:08:07	22:34 *	21:50 *	21:25	6:35 min/km
585	1478	Azhini Marzieh	*Hürth	1:05:53	1989 W20	168	1:05:57	20:22 *	21:34 *	23:55	6:35 min/km
586	2126	Kleinschmidt Petra	*Windeck	1:05:54	1970 W40	74	1:09:13	22:00 *	21:21 *	22:33	6:35 min/km
587	2131	Schuch Manuela	*Eitorf	1:05:55	1972 W40	75	1:09:13	22:01 *	21:20 *	22:33	6:36 min/km
588	2570	Stüttgen Nicole	*Köln	1:06:00	1969 W45	66	1:09:00	22:22 *	21:44 *	21:53	6:36 min/km
589	3096	Stimke Lara	*Engelskirchen	1:06:01	1994 W20	169	1:10:38	21:46 *	20:47 *	23:27	6:36 min/km
590	1864	Hofbauer Laura	*Köln	1:06:01	1983 W30	107	1:07:38	22:50 *	22:31 *	20:39	6:36 min/km
591	1358	Huss Claudia	TuS Köln rrh	1:06:06	1971 W40	76	1:09:22	22:11 *	21:29 *	22:25	6:37 min/km
592	3304	Hecht Pia Alina		1:06:08	1987 W20	170	1:10:36	22:09 *	21:39 *	22:18	6:37 min/km
593	2322	Borowitz-Herzberger	*Berlin	1:06:09	1978 W35	90	1:07:53	21:25 *	21:42 *	23:01	6:37 min/km
594	2111	Spachtholz Maria Luise	TUS Brauweiler	1:06:10	1956 W55	16	1:09:37	21:02 *	21:32 *	23:35	6:37 min/km
595	1828	Lelickens Melina	*Köln	1:06:12	1994 W20	171	1:10:16	23:11 *	21:30 *	21:30	6:37 min/km
596	1827	Lelickens Larissa	*Würslen	1:06:12	1993 W20	172	1:10:16	23:11 *	21:30 *	21:30	6:37 min/km
597	613	Förster Anja	*Köln	1:06:15	1986 W20	173	1:09:36	23:34 *	21:20 *	21:20	6:38 min/km
598	1480	Jeß Heike	Lauf-Uschi	1:06:18	1975 W35	91	1:06:18	25:12 *	20:38 *	20:28	6:38 min/km
599	1862	Jessulat Jennie	TheGinNastics	1:06:19	1985 W20	174	1:10:27	22:40 *	21:08 *	22:29	6:38 min/km
600	1162	Kloda Vera	*Köln	1:06:23	1962 W50	29	1:08:45	22:54 *	21:12 *	22:16	6:38 min/km
601	2761	Neuerburg Andrea	*Köln	1:06:25	1967 W45	67	1:09:55	21:43 *	21:33 *	23:08	6:39 min/km
602	3447	Gerke Juliane		1:06:26	1986 W20	175	1:10:18	22:23 *	21:27 *	22:34	6:39 min/km
603	2981	Bartsch Anna	*Köln	1:06:27	1986 W20	176	1:09:17	21:43 *	21:54 *	22:49	6:39 min/km
604	2404	Reich Sylvia	*Köln	1:06:27	1957 W55	17	1:08:04	21:47 *	21:17 *	23:23	6:39 min/km
605	2868	Ilsemann Mareike	mas Training	1:06:29	1975 W35	92	1:06:55	21:01 *	22:03 *	23:24	6:39 min/km
606	3453	Korir Patricia		1:06:32	1980 W30	108	1:10:25	23:09 *	21:37 *	21:46	6:39 min/km
607	3454	Küpfer Janina		1:06:32	1987 W20	177	1:10:24	23:09 *	21:37 *	21:45	6:39 min/km
608	2797	Vogel Britta	Techniker Krankenkasse	1:06:33	1976 W35	93	1:09:55	22:39 *	21:41 *	22:12	6:39 min/km
609	2798	Telaak-Delfmann Doris	Techniker Krankenkasse	1:06:33	1960 W50	30	1:09:55	22:39 *	21:41 *	22:12	6:39 min/km
610	1930	Kamacik Buket	*Kerpen	1:06:33	1987 W20	178	1:11:04	21:34 *	22:11 *	22:47	6:39 min/km
611	745	Nöcker Birgit	*Köln	1:06:34	1979 W35	94	1:11:00	22:34 *	21:38 *	22:21	6:39 min/km
612	2589	Flesch Beate	LAUFMAMALAUFL	1:06:35	1976 W35	95	1:10:25	22:37 *	21:31 *	22:26	6:40 min/km
613	1773	Schütz Eveline	*Kruft	1:06:35	1961 W50	31	1:07:13	22:48 *	22:04 *	21:42	6:40 min/km

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614	1499	Schütz Stefanie	*Köln	1:06:36	1987 W20	179	1:07:13	22:48 *	22:03 *	21:43	6:40 min/km
615	916	Stockmann Nina	*50676 Köln	1:06:37	1974 W40	77	1:08:42	22:19 *	21:13 *	23:03	6:40 min/km
616	3359	Flues Annika		1:06:37	1993 W20	180	1:08:22	21:18 *	22:09 *	23:10	6:40 min/km
617	1430	Nießén Sarah	*Köln	1:06:38	1973 W40	78	1:09:27	22:14 *	21:50 *	22:33	6:40 min/km
618	965	Hlusiak Doris	*Remscheid	1:06:39	1958 W55	18	1:08:18	22:18 *	21:57 *	22:23	6:40 min/km
619	2319	Tasci Karmen	*Aachen	1:06:42	1991 W20	181	1:10:12	21:35 *	21:45 *	23:21	6:40 min/km
620	1968	Atasoy Jasmin	*Köln	1:06:45	1966 W45	68	1:10:36	21:53 *	21:47 *	23:04	6:41 min/km
621	2588	Jurewicz Anna	*Huerth	1:06:49	1986 W20	182	1:07:11	21:25 *	22:05 *	23:18	6:41 min/km
622	3178	Leonhardt Christina	*Bonn	1:06:49	1966 W45	69	1:09:57	21:23 *	21:39 *	23:46	6:41 min/km
623	3360	Ayche Karin	Laufmariechen Köln	1:06:51	1954 W60	12	1:08:11	22:25 *	22:04 *	22:21	6:41 min/km
624	1571	Dietsch Anne		1:06:54	1982 W30	109	1:10:09	22:34 *	22:13 *	22:05	6:41 min/km
625	2941	Anna-Freud Esther	Fair-Play-Smart Team	1:06:54	2002 WU14	5	1:08:04	22:45 *	22:02 *	22:07	6:41 min/km
626	831	Thiele Petra	*Köln	1:06:55	1967 W45	70	1:07:42	22:27 *	22:28 *	21:58	6:42 min/km
627	1365	WITZKONSKI SONJA	*köln	1:06:55	1971 W40	79	1:10:11	22:51 *	21:50 *	22:14	6:42 min/km
628	2940	Anna-Freud Nicole	Fair-Play-Smart Team	1:06:56	2002 WU14	6	1:08:04	22:46 *	22:02 *	22:07	6:42 min/km
629	1234	Textor Beate	*Köln	1:06:56	1978 W35	96	1:10:11	22:52 *	21:49 *	22:14	6:42 min/km
630	2609	Lieven Johanna	*Köln	1:06:57	1985 W20	183	1:09:26	22:58 *	21:52 *	22:05	6:42 min/km
631	2608	Hilckmann Cora	*Köln	1:06:57	1985 W20	184	1:09:26	22:59 *	21:52 *	22:05	6:42 min/km
632	2603	Peekel Silke	Original Bootcamp	1:06:58	1979 W35	97	1:07:49	22:40 *	22:19 *	21:58	6:42 min/km
633	929	Schlinge Susanna	Team Erdinger Alkoholfrei	1:07:00	1971 W40	80	1:07:19	20:28 *	22:18 *	24:13	6:42 min/km
634	3323	Klefisch Malgorzata	Hospizverein	1:07:01	1954 W60	13	1:08:32	22:00 *	21:48 *	23:11	6:42 min/km
635	518	Fuchs Katja	Original Bootcamp	1:07:01	1975 W35	98	1:07:52	22:39 *	22:19 *	22:02	6:42 min/km
636	3202	Müller Isabell	*Köln	1:07:03	1991 W20	185	1:10:19	23:51 *	22:03 *	21:08	6:42 min/km
637	2890	Kril Claudia	Kieser Training	1:07:08	1969 W45	71	1:08:05	22:55 *	22:14 *	21:57	6:43 min/km
638	2893	Grunewald Heidi	Kieser Training	1:07:08	1964 W50	32	1:08:06	22:54 *	22:14 *	21:58	6:43 min/km
639	1769	Steinbüchel Constanze	KölleAlarm e.V.	1:07:10	1966 W45	72	1:07:15	20:57 *	22:40 *	23:31	6:43 min/km
640	3272	Druivenkamp Salina	LT DSHS	1:07:12	2004 WU12	6	1:09:31	22:36 *	22:52 *	21:43	6:43 min/km
641	2963	Mucha Luzie	*Köln	1:07:12	1986 W20	186	1:08:58	21:58 *	21:11 *	24:03	6:43 min/km
642	1461	Götz Kathrin	*Erfstadt	1:07:15	1984 W30	110	1:11:22	22:46 *	21:34 *	22:54	6:44 min/km
643	2264	Englmeier Anina	*köln	1:07:16	1978 W35	99	1:11:54	23:18 *	22:00 *	21:57	6:44 min/km
644	2564	Knorr Silke	*Korschenbroich	1:07:18	1967 W45	73	1:09:41	23:05 *	21:43 *	22:28	6:44 min/km
645	1045	Redlich Beate	*Köln	1:07:18	1963 W50	33	1:07:42	21:43 *	22:14 *	23:21	6:44 min/km
646	2217	Kania Lydia	*Hürth	1:07:21	1982 W30	111	1:09:51	21:28 *	22:00 *	23:52	6:44 min/km
647	1227	Hintz Anja	ISI-RUNNER	1:07:23	1978 W35	100	1:07:42	21:26 *	22:23 *	23:33	6:44 min/km
648	1132	Aulich Elena	*Aachen	1:07:25	1989 W20	187	1:10:50	22:02 *	22:10 *	23:11	6:45 min/km
649	3141	Kleine Dr. Annette	*Neuss	1:07:26	1965 W45	74	1:10:54	22:13 *	21:43 *	23:28	6:45 min/km
650	1305	Gaab Renate	CFW Köln-Niehl	1:07:28	1961 W50	34	1:10:35	23:12 *	21:42 *	22:33	6:45 min/km
651	1512	Böhmer Brigitte	*Köln	1:07:28	1969 W45	75	1:10:28	22:13 *	21:44 *	23:29	6:45 min/km
652	1435	Gummel-Zimmermann	*Köln	1:07:28	1960 W50	35	1:10:35	23:13 *	21:42 *	22:33	6:45 min/km
653	2201	Lammerich Annika	RTHC	1:07:34	1990 W20	188	1:08:58	21:38 *	21:48 *	24:07	6:45 min/km
654	2157	Marggraf Marion	*Köln	1:07:34	1982 W30	112	1:09:37	21:26 *	22:14 *	23:52	6:45 min/km
655	2690	Ebener Elisa	*Räsrath	1:07:35	1987 W20	189	1:11:25	22:58 *	21:26 *	23:10	6:46 min/km
656	3036	Reiners Daniela	*Hürth	1:07:35	1984 W30	113	1:11:25	22:57 *	21:26 *	23:11	6:46 min/km
657	2836	Saupe Cornelia		1:07:35	1979 W35	101	1:11:25	22:57 *	21:27 *	23:11	6:46 min/km
658	3156	Lepper Yvonne	*Köln	1:07:37	1980 W30	114	1:08:26	22:28 *	21:59 *	23:10	6:46 min/km
659	1133	Müsse Annika	*Aachen	1:07:38	1993 W20	190	1:11:03	22:02 *	22:10 *	23:24	6:46 min/km
660	1890	Karkuth Marion	*Leverkusen	1:07:43	1976 W35	102	1:10:49	22:44 *	22:03 *	22:55	6:46 min/km
661	3443	Treber Regina	TSV Köln Weiß	1:07:44	1952 W60	14	1:10:49	22:46 *	22:02 *	22:55	6:46 min/km
662	3340	Aleksandrova Reneta	Team Moritzlein	1:07:44	1959 W55	19	1:12:22	22:25 *	21:44 *	23:34	6:46 min/km
663	2011	Findik Gaetana	*Leverkusen	1:07:45	1980 W30	115	1:10:50	22:46 *	22:03 *	22:55	6:47 min/km
664	3455	Simon Sarah		1:07:46	1987 W20	191	1:11:24	21:52 *	22:13 *	23:40	6:47 min/km
665	1514	Burgard Leonie	*Köln	1:07:47	1963 W50	36	1:10:48	22:12 *	21:47 *	23:47	6:47 min/km
666	1269	Heinen Susanne	SchönWetterLäufer	1:07:49	1971 W40	81	1:12:15	23:22 *	22:17 *	22:09	6:47 min/km
667	2440	Gottwald Bettina	*Hilden	1:07:49	1963 W50	37	1:11:39	22:47 *	22:11 *	22:50	6:47 min/km
668	1096	Tokareva Liubov	*Köln	1:07:49	1983 W30	116	1:11:57	23:44 *	22:17 *	21:47	6:47 min/km
669	2984	Klockner Michelle	*Siegburg	1:07:55	2000 WU16	3	1:11:48	22:55 *	22:41 *	22:19	6:48 min/km

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670	1994	Reibe Yvonne	*Frechen	1:07:56	1959	W55	20	1:09:18	24:11	* 22:05	* 21:39	6:48 min/km
671	1020	Schomakers Julia	*Köln	1:07:56	1979	W35	103	1:11:13	23:17	* 22:35	* 22:04	6:48 min/km
672	1748	Pfeifer Lena	XTrail-Aktiv	1:07:59	1980	W30	117	1:10:37	23:07	* 22:16	* 22:35	6:48 min/km
673	908	Feile Ramona	*Köln	1:07:59	1985	W20	192	1:09:55	21:45	* 22:27	* 23:47	6:48 min/km
674	1232	Tegtmeier Elke	*Bergheim	1:07:59	1958	W55	21	1:10:44	22:58	* 22:12	* 22:48	6:48 min/km
675	2406	Reisch Hanna	*Köln	1:08:01	1999	WU16	4	1:12:44	23:16	* 22:13	* 22:32	6:48 min/km
676	2407	Gumiel Valentina	*Köln	1:08:02	1998	WU18	3	1:12:44	23:16	* 22:13	* 22:32	6:48 min/km
677	2578	Mächtle Brigitta	*Düsseldorf	1:08:03	1972	W40	82	1:11:39	22:39	* 22:21	* 23:01	6:48 min/km
678	1838	Bähr Kerstin	*Aachen	1:08:05	1982	W30	118	1:10:35	24:12	* 23:06	* 20:46	6:49 min/km
679	1797	Schulz Cynthia	*Düren	1:08:06	1982	W30	119	1:09:33	22:41	* 22:19	* 23:05	6:49 min/km
680	2965	Pöll Gisela	*Köln	1:08:13	1946	W65	2	1:11:52	21:53	* 22:09	* 24:10	6:49 min/km
681	2580	Oestreicher Tanja	*Frechen	1:08:14	1977	W35	104	1:11:19	22:57	* 22:39	* 22:37	6:49 min/km
682	1954	De Vries Kerstin	*Köln	1:08:19	1967	W45	76	1:11:53	22:18	* 22:20	* 23:41	6:50 min/km
683	891	Sauter Birgit	*Köln	1:08:19	1984	W30	120	1:12:03	22:53	* 22:36	* 22:49	6:50 min/km
684	3301	Schoemen Judith		1:08:20	1985	W20	193	1:09:36	22:12	* 22:21	* 23:46	6:50 min/km
685	2012	Körner Andrea	Weil wir es können	1:08:21	1991	W20	194	1:08:38	22:30	* 22:38	* 23:11	6:50 min/km
686	1093	Breisser Brigitte	*Hennef	1:08:21	1971	W40	83	1:11:55	22:17	* 22:20	* 23:43	6:50 min/km
687	2017	Vorfeld Charlotte	*Düsseldorf	1:08:22	1989	W20	195	1:10:07	21:51	* 22:06	* 24:25	6:50 min/km
688	2001	Kusserow Anna	*Köln	1:08:24	1989	W20	196	1:09:01	26:15	* 22:46	* 19:22	6:50 min/km
689	2405	Reisch Marion	*Köln	1:08:26	1966	W45	77	1:13:08	22:57	* 22:22	* 23:06	6:51 min/km
690	1018	Kohlbecher Eva	*Köln	1:08:30	1977	W35	105	1:11:53	23:48	* 22:25	* 22:16	6:51 min/km
691	2740	Byvank Daniela	*Köln	1:08:31	1984	W30	121	1:10:03	23:33	* 23:07	* 21:50	6:51 min/km
692	1965	Wiegard Beate	*Köln	1:08:35	1969	W45	78	1:13:14	24:45	* 23:57	* 19:52	6:52 min/km
693	2699	Stein Natascha	*Pulheim	1:08:36	1967	W45	79	1:13:06	22:56	* 22:24	* 23:15	6:52 min/km
694	2084	Lambertz Ulrike	*Köln	1:08:39	1970	W40	84	1:09:12	22:23	* 22:42	* 23:33	6:52 min/km
695	2083	Gatzen Ellen	*Köln	1:08:39	1974	W40	85	1:09:12	22:23	* 22:43	* 23:32	6:52 min/km
696	2758	Vent Jennifer	*Elsdorf	1:08:43	1984	W30	122	1:12:30	22:44	* 22:24	* 23:34	6:52 min/km
697	2757	Rosewig Anika	*Elsdorf	1:08:44	1987	W20	197	1:12:29	22:44	* 22:24	* 23:35	6:52 min/km
698	2040	Wetzel Anna	*Köln	1:08:47	2000	WU16	5	1:11:16	22:10	* 22:47	* 23:49	6:53 min/km
699	3338	Haas Bärbel		1:08:51	1984	W30	123	1:12:42	23:24	* 22:46	* 22:39	6:53 min/km
700	2509	Podsada Regina	*Meerbusch	1:08:52	1962	W50	38	1:12:57	22:47	* 22:50	* 23:14	6:53 min/km
701	3322	Märkel Andrea	FIT - MIT - SVEN	1:08:55	1981	W30	124	1:11:32	22:29	* 22:39	* 23:46	6:54 min/km
702	1756	Andretta Laura	Orginal Bootcamp	1:08:55	1987	W20	198	1:09:56	22:23	* 22:39	* 23:52	6:54 min/km
703	3102	Hennig Tanja	*Köln	1:08:57	1966	W45	80	1:13:02	23:11	* 22:47	* 22:57	6:54 min/km
704	2779	Marsoin Jeanne	les bananes sauvages	1:08:59	1983	W30	125	1:09:52	21:43	* 22:22	* 24:53	6:54 min/km
705	2762	Stiefelhagen Andrea	*Köln	1:09:01	1988	W20	199	1:13:35	22:36	* 22:31	* 23:52	6:54 min/km
706	1808	Gabler Anika	*Nörvenich	1:09:01	1988	W20	200	1:11:06	23:35	* 21:52	* 23:33	6:54 min/km
707	3404	Wißmann Ann-Kristin		1:09:04	1987	W20	201	1:09:50	21:43	* 23:13	* 24:07	6:54 min/km
708	774	Goßling Mareen	*Jülich	1:09:11	1992	W20	202	1:10:07	22:32	* 23:03	* 23:36	6:55 min/km
709	1069	Syska Miriam	*Grevenbroich	1:09:17	1986	W20	203	1:15:02	21:27	* 23:00	* 24:49	6:56 min/km
710	1928	Titz Eva	*Kerpen	1:09:20	1981	W30	126	1:13:49	22:58	* 23:04	* 23:17	6:56 min/km
711	1875	Bahrig Chiara	*Köln	1:09:22	1984	W30	127	1:13:51	22:57	* 23:04	* 23:20	6:56 min/km
712	717	Booch Nicole	Isi-Runner	1:09:22	1974	W40	86	1:09:41	22:28	* 24:05	* 22:48	6:56 min/km
713	2421	Geisler-Nick Astrid	LT Saaler Mühle	1:09:22	1969	W45	81	1:10:59	23:29	* 23:02	* 22:50	6:56 min/km
714	906	Herbst Alexandra	*Bergisch Gladbach	1:09:23	1987	W20	204	1:10:41	23:36	* 23:10	* 22:35	6:56 min/km
715	3206	Heitmann Petra	Laufende Nasen	1:09:23	1969	W45	82	1:11:23	22:59	* 22:37	* 23:45	6:56 min/km
716	907	Harder Jennifer	*Köln	1:09:23	1988	W20	205	1:10:41	23:36	* 23:10	* 22:35	6:56 min/km
717	3209	Grzeskowiak Melanie	Laufende Nasen	1:09:24	1970	W40	87	1:11:23	23:00	* 22:37	* 23:46	6:56 min/km
718	3101	Franzen Angelika	*Köln	1:09:30	1963	W50	39	1:13:36	23:11	* 22:48	* 23:31	6:57 min/km
719	1008	Schaps Anika	*Köln	1:09:40	1981	W30	128	1:13:14	24:13	* 21:50	* 23:36	6:58 min/km
720	1390	Eßer Tamara	Aidshilfe Köln	1:09:43	1975	W35	106	1:12:08	22:26	* 22:50	* 24:25	6:58 min/km
721	1374	Schmidt Kirsten	*Köln	1:09:43	1972	W40	88	1:12:08	22:27	* 22:51	* 24:24	6:58 min/km
722	1377	Kluth Michi	*Köln	1:09:44	1969	W45	83	1:12:09	22:27	* 22:51	* 24:25	6:58 min/km
723	2292	Hagemann Patricia	*Köln	1:09:46	2005	WU10	2	1:12:57	23:41	* 45:19	* 00:45	6:59 min/km
724	740	Franken Sophia	*Köln	1:09:56	1999	WU16	6	1:10:39	25:12	* 23:04	* 21:39	6:60 min/km
725	1670	Lutkewitz Ursula	Veni Vidi Colonia	1:09:56	1953	W60	15	1:14:16	23:30	* 22:55	* 23:31	6:60 min/km

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726	3116	Wilhelm Kathy	*Koeln	1:09:57	1962 W50	40	1:13:10	23:42 *	23:26 *	22:49	6:60 min/km
727	2291	Hagemann Ricarda	*Köln	1:09:58	1976 W35	107	1:13:09	23:40 *	23:28 *	22:49	6:60 min/km
728	2617	Traber Janine	*Köln	1:10:01	1994 W20	206	1:14:04	22:53 *	22:40 *	24:27	7:00 min/km
729	1956	Katerkamp Anne	*Köln	1:10:01	1993 W20	207	1:14:06	22:53 *	22:39 *	24:28	7:00 min/km
730	1199	Kokott Martina	*Köln	1:10:02	1976 W35	108	1:13:19	23:16 *	22:35 *	24:10	7:00 min/km
731	3145	Krause Yvonne	*Osterholz-Scharmbeck	1:10:02	1975 W35	109	1:13:20	23:16 *	22:34 *	24:10	7:00 min/km
732	1986	Weiden Verena	*Hamburg	1:10:02	1980 W30	129	1:11:21	23:23 *	22:47 *	23:51	7:00 min/km
733	2173	Berf Bianca	*Köln	1:10:03	1987 W20	208	1:11:21	23:21 *	22:50 *	23:51	7:00 min/km
734	2991	Krichel Annette	*Köln	1:10:06	1959 W55	22	1:12:37	22:17 *	22:49 *	24:59	7:01 min/km
735	2989	Nachsel Monika	*Köln	1:10:11	1956 W55	23	1:14:42	23:05 *	23:13 *	23:52	7:01 min/km
736	1847	Heck Uta	Hans-Christian-Andersen	1:10:14	1968 W45	84	1:12:42	22:56 *	23:24 *	23:53	7:01 min/km
737	1849	Heck Emilie	Hans-Christian-Andersen	1:10:15	2002 WU14	7	1:12:42	22:57 *	23:24 *	23:53	7:02 min/km
738	1246	Thye Waltraud	*Köln	1:10:16	1961 W50	41	1:13:55	23:22 *	23:44 *	23:09	7:02 min/km
739	1389	Monreal Tamara	*Köln	1:10:17	1988 W20	209	1:14:15	23:36 *	22:54 *	23:45	7:02 min/km
740	1010	Wegerhoff-El Sayed	*Köln	1:10:21	1967 W45	85	1:11:29	23:27 *	23:05 *	23:48	7:02 min/km
741	3073	Vogelheim Dr. Silke	*Köln	1:10:21	1969 W45	86	1:13:34	21:58 *	23:46 *	24:37	7:02 min/km
742	1388	Lewe Jennifer	*Köln	1:10:22	1987 W20	210	1:14:21	23:36 *	22:54 *	23:51	7:02 min/km
743	628	Schroeder Susanne	FOGTEC-Runners	1:10:22	1970 W40	89	1:14:22	22:58 *	22:31 *	24:52	7:02 min/km
744	1796	Pering Claudia	*Köln	1:10:24	1968 W45	87	1:11:50	23:03 *	23:12 *	24:08	7:02 min/km
745	1013	Burghaus Petra	Sc Janus	1:10:25	1972 W40	90	1:11:50	23:04 *	23:12 *	24:08	7:03 min/km
746	1872	Gosewinkel Silvia	*Köln	1:10:27	1986 W20	211	1:10:47	22:58 *	22:53 *	24:34	7:03 min/km
747	2239	Ilse Felicitas	Diabetes Programm	1:10:28	1984 W30	130	1:10:47	23:00 *	22:54 *	24:34	7:03 min/km
748	1782	Glaw Susanne	*Nörvenich	1:10:32	1977 W35	110	1:13:05	23:50 *	22:44 *	23:58	7:03 min/km
749	2162	Wahlen Sabrina	Ergo Sports	1:10:34	1994 W20	212	1:13:42	27:18 *	19:39 *	23:37	7:03 min/km
750	2808	Schlochtermeier Anja	DKMS	1:10:36	1974 W40	91	1:13:34	22:40 *	23:04 *	24:51	7:04 min/km
751	1337	Klein Birgit	*Köln	1:10:42	1978 W35	111	1:14:19	26:01 *	22:22 *	22:18	7:04 min/km
752	2481	Adolf Tanja	*Köln	1:10:42	1977 W35	112	1:14:19	26:03 *	22:34 *	22:04	7:04 min/km
753	2710	Rubin Jennifer	Sumpsons	1:10:46	1981 W30	131	1:11:23	22:43 *	24:22 *	23:39	7:05 min/km
754	2701	Sump Stephanie	Sumpsons	1:10:46	1983 W30	132	1:11:22	22:44 *	24:23 *	23:39	7:05 min/km
755	3361	Kelterbaum Franziska		1:10:47	1989 W20	213	1:15:22	24:03 *	23:00 *	23:42	7:05 min/km
756	1664	Müller Janina	Sportshop-Triathlon Team	1:10:47	1989 W20	214	1:15:22	24:03 *	23:01 *	23:42	7:05 min/km
757	1704	Gregus Kirsten	*Köln	1:10:49	1976 W35	113	1:13:59	23:20 *	23:22 *	24:06	7:05 min/km
758	1149	Hansen Sigrid	X-Trail Aktiv	1:10:52	1966 W45	88	1:12:46	26:45 *	22:46 *	21:19	7:05 min/km
759	1995	Haller Anke	*Koeln	1:10:54	1969 W45	89	1:15:35	25:00 *	23:19 *	22:33	7:05 min/km
760	3071	Bork Pia	*Köln	1:10:58	1969 W45	90	1:13:35	24:13 *	23:04 *	23:40	7:06 min/km
761	3460	Schiffbauer Ulrike	ERGO sports	1:11:04	1971 W40	92	1:14:14	23:11 *	23:01 *	24:51	7:06 min/km
762	2553	Liebchen Daniela	*Köln	1:11:04	1985 W20	215	1:14:50	23:18 *	23:05 *	24:41	7:06 min/km
763	1594	Schulte-König Sonja	Fit mit Sven	1:11:10	1979 W35	114	1:13:49	23:03 *	23:07 *	24:59	7:07 min/km
764	596	Rennert-May Leya	*Köln	1:11:11	1988 W20	216	1:14:40	22:10 *	23:06 *	25:54	7:07 min/km
765	2133	Edelmann Sviyetlana	Fit-mit-Sven	1:11:11	1974 W40	93	1:13:49	23:03 *	23:09 *	24:58	7:07 min/km
766	972	Nesbor Julia	*Erfstadt	1:11:14	1983 W30	133	1:14:41	22:36 *	23:42 *	24:56	7:07 min/km
767	1831	Golkar Vera	*Gummersbach	1:11:18	1959 W55	24	1:14:44	23:21 *	23:23 *	24:34	7:08 min/km
768	3374	Barbian Manuela		1:11:23	1968 W45	91	1:12:35	23:10 *	23:38 *	24:34	7:08 min/km
769	3120	Brackmann Sina	*Trier	1:11:24	1988 W20	217	1:13:49	26:25 *	25:22 *	19:36	7:08 min/km
770	2089	Edler Stefanie	*Frechen	1:11:26	1971 W40	94	1:16:08	25:00 *	23:20 *	23:06	7:09 min/km
771	547	Wilde Carolin	*Lohmar	1:11:32	1983 W30	134	1:13:37	22:51 *	23:43 *	24:57	7:09 min/km
772	791	Domnick Corinna	*Köln	1:11:34	1985 W20	218	1:16:06	24:17 *	23:15 *	24:01	7:09 min/km
773	792	Büttner Kaya Tina	*Köln	1:11:34	1984 W30	135	1:16:07	24:17 *	23:16 *	24:01	7:09 min/km
774	1331	Buergers Marion	TV Orken	1:11:38	1975 W35	115	1:16:02	24:34 *	25:28 *	21:35	7:10 min/km
775	1598	Repetii Yana	*Bonn	1:11:47	1993 W20	219	1:12:35	22:51 *	23:53 *	25:02	7:11 min/km
776	2977	Braun Silke	SG TÜV Rheinland	1:11:52	1980 W30	136	1:16:20	24:03 *	23:33 *	24:16	7:11 min/km
777	790	Mandal Barbara	*Köln	1:11:54	1977 W35	116	1:16:27	24:17 *	23:16 *	24:20	7:11 min/km
778	3002	Fink Patricia	*Eitorf	1:11:58	1966 W45	92	1:14:26	23:24 *	23:43 *	24:51	7:12 min/km
779	2019	Janßen Magdalena	*Köln	1:12:05	1990 W20	220	1:12:26	23:33 *	23:57 *	24:34	7:13 min/km
780	2303	Ewers Stefanie	*Köln	1:12:08	1967 W45	93	1:13:48	24:03 *	23:46 *	24:17	7:13 min/km
781	2597	Heinz Anika	*Köln	1:12:27	1989 W20	221	1:15:16	23:01 *	23:44 *	25:40	7:15 min/km

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782	2679	Mazzoni Gabriela	*Hürth	1:12:28	1976	W35	117	1:15:17	23:01	* 23:44	* 25:41	7:15 min/km
783	1223	Harnoth Juliane	*Köln	1:12:28	1983	W30	137	1:15:16	23:02	* 23:44	* 25:41	7:15 min/km
784	2586	Buchwald-Rzezonka	Dagmars after work	1:12:32	1955	W55	25	1:14:02	23:54	* 23:46	* 24:51	7:15 min/km
785	2088	Paruch Agathe	Original bootcamp	1:12:32	1985	W20	222	1:13:48	23:21	* 24:11	* 24:59	7:15 min/km
786	2930	Anna-Freud Pantea	Fair-Play-Smart Team	1:12:41	2002	WU14	8	1:13:39	27:34	* 26:56	* 18:10	7:16 min/km
787	1046	Barth Barbara	*Köln	1:12:42	1959	W55	26	1:15:06	23:27	* 24:19	* 24:55	7:16 min/km
788	1919	Dolmans Julie	*Köln	1:12:44	1981	W30	138	1:13:48	23:27	* 24:16	* 24:59	7:16 min/km
789	1583	Smusch Christiane	*KÖLN	1:12:47	1977	W35	118	1:17:16	24:35	* 24:21	* 23:50	7:17 min/km
790	2692	Mose Lisa-Marie	LC Weilerswist	1:12:48	1996	WU20	15	1:16:48	24:32	* 24:57	* 23:17	7:17 min/km
791	1445	Berchtold Claudia	*Köln	1:12:59	1984	W30	139	1:15:37	23:51	* 24:33	* 24:35	7:18 min/km
792	1124	Seehrich Sonja	*Köln	1:13:04	1989	W20	223	1:14:09	23:22	* 24:15	* 25:26	7:18 min/km
793	2891	Anne Bürger	Kieser Training	1:13:08	1969	W45	94	1:14:02	23:14	* 24:22	* 25:31	7:19 min/km
794	2479	Neumann Anna	*Köln	1:13:16	1963	W50	42	1:17:58	23:45	* 24:00	* 25:30	7:20 min/km
795	1407	Hüppeler Antje	diaita-Laufschule	1:13:18	1965	W45	95	1:17:26	24:39	* 24:32	* 24:05	7:20 min/km
796	1926	Held Andrea	*Pulheim	1:13:18	1967	W45	96	1:17:26	24:40	* 24:32	* 24:06	7:20 min/km
797	2674	Müller Julia	*Münster	1:13:24	1984	W30	140	1:14:56	23:33	* 23:08	* 26:42	7:20 min/km
798	630	Hiza Katharina	Kashija- aktive	1:13:34	1982	W30	141	1:14:42	24:10	* 24:22	* 25:01	7:21 min/km
799	548	Kroll Nadine	*Köln	1:13:34	1984	W30	142	1:14:43	24:11	* 24:22	* 25:00	7:21 min/km
800	2176	Reimer Christin	*Kerpen	1:13:37	1982	W30	143	1:17:34	23:28	* 24:19	* 25:49	7:22 min/km
801	2299	Lichter Annika	*Köln	1:13:42	1988	W20	224	1:17:56	24:10	* 24:17	* 25:15	7:22 min/km
802	1088	Grünert Susanne	*Köln	1:13:42	1962	W50	43	1:14:11	23:30	* 24:27	* 25:44	7:22 min/km
803	1920	Prasal-Cronin Joanna	Original Bootcamp	1:14:15	1974	W40	95	1:15:21	23:34	* 24:29	* 26:11	7:26 min/km
804	2041	Wetzel Neele	*Köln	1:14:16	2001	WU14	9	1:16:45	23:40	* 25:00	* 25:36	7:26 min/km
805	1730	Kaiser-Albers Claudia	*Köln	1:14:31	1975	W35	119	1:18:32	24:47	* 24:22	* 25:20	7:27 min/km
806	2200	Kattau Regina	BSG RaBaz e.V.	1:14:35	1962	W50	44	1:18:46	23:49	* 24:29	* 26:15	7:28 min/km
807	2224	Berling-Klappstein	VINCEROLA	1:14:36	1968	W45	97	1:16:40	24:31	* 24:02	* 26:01	7:28 min/km
808	2680	Voigtschildt Maike	Vincerola	1:14:36	1989	W20	225	1:16:40	24:31	* 24:01	* 26:03	7:28 min/km
809	2378	Gündel Eimaer	PUSHENSY	1:14:50	1974	W40	96	1:16:35	26:29	* 24:23	* 23:58	7:29 min/km
810	2072	Wallenborn Sonja	Nordseekrabben	1:14:59	1964	W50	45	1:18:57	23:11	* 24:17	* 27:30	7:30 min/km
811	2023	Holste Ellen	*Köln	1:15:22	1976	W35	120	1:20:01	25:27	* 24:37	* 25:17	7:32 min/km
812	2025	Makarewicz Magdalena	*Köln	1:15:23	1973	W40	97	1:20:02	25:28	* 24:37	* 25:17	7:32 min/km
813	1442	Keßeler Anni	*Köln	1:15:26	1984	W30	144	1:19:00	24:38	* 24:11	* 26:35	7:33 min/km
814	3045	Hollfoth Dagmar	Original Bootcamp	1:15:35	1967	W45	98	1:16:53	24:32	* 24:39	* 26:23	7:34 min/km
815	1530	Palzer Svenja	*Nörvenich	1:15:46	1987	W20	226	1:18:19	24:20	* 25:10	* 26:14	7:35 min/km
816	1739	Kantelberg Catharina	*Köln	1:15:54	1989	W20	227	1:18:27	24:14	* 23:52	* 27:47	7:35 min/km
817	3348	Marx Inke		1:16:13	1966	W45	99	1:17:55	24:42	* 24:47	* 26:42	7:37 min/km
818	2840	Arndt Nicole	mas Training	1:16:14	1972	W40	98	1:17:52	24:22	* 25:47	* 26:04	7:37 min/km
819	2321	Smith Prof. Dr. Hase	*Köln	1:16:44	1959	W55	27	1:19:37	25:17	* 25:00	* 26:26	7:40 min/km
820	3192	Rohrmoser Eva-Maria	Laufmariechen Köln	1:16:53	1954	W60	16	1:19:16	25:53	* 25:18	* 25:41	7:41 min/km
821	2697	Lob Stephanie	*Köln	1:17:33	1970	W40	99	1:20:33	25:42	* 25:10	* 26:40	7:45 min/km
822	2698	Höse Vanessa	*Köln	1:17:34	1982	W30	145	1:20:33	25:42	* 25:10	* 26:41	7:45 min/km
823	1565	Eschbach Rita		1:17:59	1964	W50	46	1:20:36	26:11	* 25:05	* 26:42	7:48 min/km
824	1561	Müller Maike		1:18:00	1978	W35	121	1:20:36	26:12	* 25:05	* 26:42	7:48 min/km
825	769	Große Hovest Theres	*Köln	1:18:06	1981	W30	146	1:18:06	00:00	* 00:00	* 00:00	7:49 min/km
826	3236	Keil Marion	Kölsche Laufamazonen	1:18:37	1970	W40	100	1:21:04	25:02	* 26:27	* 27:08	7:52 min/km
827	1755	Kaiser Carmen	Original Bootcamp	1:19:00	1985	W20	228	1:20:04	25:35	* 26:03	* 27:22	7:54 min/km
828	1735	Zens Anne-Sophie	*Köln	1:19:20	1992	W20	229	1:20:50	23:59	* 27:10	* 28:10	7:56 min/km
829	1587	Meyer Laura	Original Bootcamp	1:22:11	1985	W20	230	1:23:23	26:13	* 26:24	* 29:32	8:13 min/km
830	1736	Oeltjen-Reichertz Britta	Original Bootcamp	1:22:20	1973	W40	101	1:23:23	26:23	* 26:24	* 29:32	8:14 min/km
831	1593	Ortmanns Astrid	Original Bootcamp	1:22:22	1962	W50	47	1:23:24	25:44	* 27:05	* 29:32	8:14 min/km
832	2038	Mayrhöfer Katja	*Köln	1:22:28	1975	W35	122	1:26:56	27:36	* 27:24	* 27:26	8:15 min/km
833	2039	Schommartz Alexandra	*Köln	1:22:28	1976	W35	123	1:26:56	27:36	* 27:24	* 27:26	8:15 min/km
834	1235	Brakhan Nina	*Köln	1:23:10	1977	W35	124	1:23:10	00:00	* 00:00	* 00:00	8:19 min/km