

Kölner Zoolauf am 11. Juli 2014 - 6 Runden - 10.68km

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1608	Pohl Morten	*Hamburg	0:39:07	1990	MHK	1	0:40:29	07:34 07:21 07:54 08:10 07:13 10:51	3:40 min/km
2	868	Feider Daniel	1,2,3... Oberkörper frei !	0:43:07	1983	M30	1	0:43:11	06:29 06:53 06:57 07:12 07:18 07:30	4:02 min/km
3	1706	Klein Christopher		0:44:01	1983	M30	2	0:44:03	06:43 06:53 07:12 07:24 07:36 07:27	4:07 min/km
4	722	Wahl Guido	*Hürth	0:45:24	1978	M35	1	0:46:56	07:11 07:24 07:30 07:36 07:41 07:20	4:15 min/km
5	782	Hamilton Alistair	-- THIS GUY IS AWESOME!	0:45:39	1978	M35	2	0:45:43	06:52 07:25 07:31 07:38 07:45 07:39	4:17 min/km
6	1300	Mollek Michael	*Leverkusen	0:47:29	1985	MHK	2	0:49:45	07:39 07:35 08:07 08:00 07:49 07:28	4:27 min/km
7	1555	Große-Veldmann René	*Engelskirchen	0:47:48	1986	MHK	3	0:47:51	07:03 07:32 07:54 08:09 08:10 08:08	4:29 min/km
8	770	Dörr Thomas	Sportteufelchen	0:48:17	1975	M35	3	0:48:21	07:51 08:10 07:53 07:59 07:45 07:56	4:31 min/km
9	591	Orth Christoph	*Alfter	0:48:28	1976	M35	4	0:49:20	07:27 07:43 07:55 08:16 08:09 08:04	4:32 min/km
10	1702	Lake Holger		0:48:32	1976	M35	5	0:48:33	06:44 07:14 08:33 08:21 08:17 08:22	4:33 min/km
11	355	Breul Martin	RunningMonks	0:48:38	1986	MHK	4	0:48:45	07:10 07:38 08:05 08:06 08:23 08:20	4:33 min/km
12	419	George Michael	*Kaarst	0:48:49	1963	M50	1	0:48:55	06:52 07:28 07:54 08:13 08:35 08:48	4:34 min/km
13	635	Schabhüser Michael	Team Hahnenberg	0:48:51	1976	M35	6	0:49:46	08:12 08:23 07:47 07:57 08:11 07:31	4:34 min/km
14	1582	Leonhardt Dr. Peter	*Bonn	0:49:19	1967	M45	1	0:50:24	07:43 08:04 08:46 08:06 08:02 07:47	4:37 min/km
15	1529	Blöcher Steffen	Leichtathletik-Team DSHS	0:49:24	1988	MHK	5	0:49:42	07:17 07:34 08:12 08:07 08:36 08:46	4:38 min/km
16	425	Glaubach Jürgen	Team Supermaus	0:49:27	1961	M50	2	0:49:31	07:11 08:00 08:27 08:23 08:24 08:10	4:38 min/km
17	800	Kuthe Thorsten	*Köln	0:49:53	1972	M40	1	0:51:57	08:07 08:03 08:21 08:15 08:07 08:10	4:40 min/km
18	836	Frigols Juan	NetCologne	0:50:23	1979	M35	7	0:52:15	08:49 08:19 08:24 07:52 08:19 07:50	4:43 min/km
19	849	Schillings Hubert	Team Synchrodent	0:50:44	1962	M50	3	0:51:33	07:59 07:28 08:00 08:52 09:42 07:49	4:45 min/km
20	780	Goost Dr. Hans	*Köln	0:50:51	1970	M40	2	0:50:57	07:42 08:14 08:28 08:27 08:32 08:30	4:46 min/km
21	337	Böhm Gordon	*Köln	0:50:55	1974	M40	3	0:51:06	08:18 08:13 08:26 08:25 08:35 08:08	4:46 min/km
22	1244	Kremer Daniel	*Wesseling	0:50:57	1982	M30	3	0:51:29	07:38 07:54 08:10 08:37 08:43 08:59	4:46 min/km
23	1675	Aufenberg Thomas		0:50:58	1979	M35	8	0:53:21	08:56 09:02 09:00 07:49 07:41 07:48	4:46 min/km
24	402	Fabisch Frank	*Hürth	0:50:58	1970	M40	4	0:51:25	08:21 07:48 08:22 08:26 08:28 08:34	4:46 min/km
25	1110	Feldhoff Tobias	*Köln	0:51:14	1983	M30	4	0:53:06	08:31 08:11 08:22 08:27 08:28 08:28	4:48 min/km
26	1019	Beblik Klaus	Heipörformer	0:51:17	1969	M45	2	0:52:52	08:03 08:11 08:29 08:29 08:41 08:30	4:48 min/km
27	1168	Held Moritz	*Leichlingen	0:51:20	1992	MHK	6	0:51:56	07:54 07:54 08:48 08:31 08:45 08:34	4:48 min/km
28	615	Quirin Carsten	Kreissparkasse Köln	0:51:24	1971	M40	5	0:51:36	08:18 08:13 08:26 08:26 08:37 08:28	4:49 min/km
29	0	Wilsing Rene		0:51:29	1978	M35	9	0:52:55	09:03 08:19 08:19 08:35 08:25 08:04	4:49 min/km
30	675	Siemetzki Janek	*Kerpen	0:51:33	1985	MHK	7	0:51:40	07:10 08:12 08:27 08:59 09:02 09:00	4:50 min/km
31	1101	Engermann Dirk	*Frechen	0:51:37	1982	M30	5	0:53:45	09:11 08:45 08:19 08:16 08:12 08:02	4:50 min/km
32	1466	Vosen Simeon	*Köln	0:51:38	1980	M30	6	0:52:46	08:46 08:17 08:32 08:24 08:39 08:07	4:50 min/km
33	1573	Kneitz Marlo	Leichtathletik-Team DSHS	0:51:42	2004	MU12	1	0:51:43	07:15 08:24 08:32 09:33 08:37 08:26	4:50 min/km
34	1711	Leonhardt Johannes		0:51:50	1996	MU20	1	0:52:55	07:45 08:12 08:42 09:08 09:02 08:15	4:51 min/km
35	1081	Dogan Kenan	*Köln	0:52:07	1981	M30	7	0:53:01	08:35 08:22 08:33 08:46 08:40 08:23	4:53 min/km
36	1051	Braun Mark	*Kerpen	0:52:24	1988	MHK	8	0:53:15	08:46 08:16 08:47 08:49 08:27 08:28	4:54 min/km
37	373	Cramer Tim	*Köln	0:52:29	1982	M30	8	0:52:45	10:04 08:09 08:11 08:34 08:39 08:09	4:55 min/km
38	423	Gilles Patric	*Bad Neuenahr-Ahrweiler	0:52:31	1989	MHK	9	0:52:33	07:57 08:31 08:45 09:07 08:54 08:31	4:55 min/km
39	641	Schmidt Henning	*Bergisch Gladbach	0:52:35	1984	M30	9	0:54:45	11:35 08:52 07:57 07:53 08:00 07:37	4:55 min/km
40	707	Urfels Matthias	*Odenthal	0:52:39	1990	MHK	10	0:53:12	07:46 08:18 08:49 09:11 09:00 08:42	4:56 min/km
41	429	Grothe Ronny	Polizei Rhein Erft	0:52:45	1969	M45	3	0:53:27	09:37 08:25 08:50 08:24 08:22 08:09	4:56 min/km
42	1614	Ramin Tobias	*Köln	0:52:45	1987	MHK	11	0:53:33	08:23 08:31 08:45 08:56 08:56 08:34	4:56 min/km
43	1649	Eichinger Torsten	*Kerpen	0:52:50	1988	MHK	12	0:52:54	07:01 08:31 08:50 09:01 09:11 09:18	4:57 min/km
44	1611	Przibylla Roman	Team HongKong Winnetous	0:52:58	1984	M30	10	0:53:23	07:47 08:22 08:41 09:05 09:08 08:50	4:58 min/km
45	653	Schönwald Jochen	LG Eischeid	0:53:12	1976	M35	10	0:53:14	07:50 08:18 08:59 09:17 09:09 08:46	4:59 min/km
46	777	Föll Nils	*Bonn	0:53:33	1981	M30	11	0:54:58	08:06 08:09 09:08 09:12 09:18 08:48	5:01 min/km
47	1198	Jakumeit Tobias	*Pulheim	0:53:50	1990	MHK	13	0:54:06	09:23 08:39 08:31 09:04 09:10 08:24	5:02 min/km
48	1345	Pützkaul Thorsten	*Linz am Rhein	0:53:52	1982	M30	12	0:55:02	08:25 08:53 08:54 08:58 09:01 08:51	5:03 min/km
49	1009	Aumann Jan	*Köln	0:53:55	1980	M30	13	0:54:22	07:55 08:28 08:44 09:09 09:18 09:20	5:03 min/km
50	1504	Wölk Michael	SC Glessen	0:53:59	1990	MHK	14	0:54:16	09:23 08:39 08:31 09:06 09:06 08:27	5:03 min/km
51	490	Kampmann Wolfgang	*Langerwehe	0:54:03	1961	M50	4	0:54:07	08:01 08:29 08:55 09:13 09:18 09:11	5:04 min/km
52	1267	Lichtinghagen Dirk	*Köln	0:54:04	1970	M40	6	0:54:25	10:09 08:04 08:24 08:44 08:51 08:54	5:04 min/km
53	1138	Golinski Martin	*Pulheim	0:54:15	1981	M30	14	0:54:20	08:29 08:47 08:42 08:54 08:55 09:31	5:05 min/km

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54	1382	Scheler Philipp	*Köln	0:54:19	1976	M35	11	0:54:37	08:31	08:50	08:59	09:00	09:04	08:59	5:05 min/km
55	660	Schüller Andreas	*Köln	0:54:34	1971	M40	7	0:54:54	08:31	08:36	09:11	09:10	09:19	08:49	5:07 min/km
56	733	Wellner Jens	*Köln	0:54:35	1981	M30	15	0:56:42	09:14	09:03	07:49	08:59	09:15	09:11	5:07 min/km
57	1111	Fidaire Guillaume	*Köln	0:54:36	1990	MHK	15	0:55:47	09:42	08:42	08:49	09:09	08:58	08:29	5:07 min/km
58	1480	Weiler Michael	Spackos	0:54:37	1984	M30	16	0:55:10	08:22	08:42	08:59	09:14	09:14	09:08	5:07 min/km
59	567	Münch Rainer	Spackos	0:54:37	1965	M45	4	0:55:10	08:22	08:42	09:00	09:13	09:15	09:08	5:07 min/km
60	1088	Duman Erdinc	Monti & Penny	0:54:40	1981	M30	17	0:55:20	09:23	08:52	08:52	08:55	09:00	08:41	5:07 min/km
61	1238	Kolb Dominique	*Köln	0:54:41	1987	MHK	16	0:56:49	09:14	08:52	08:42	09:08	09:05	08:07	5:07 min/km
62	1236	Kößler Prof. Dr.	*Köln	0:54:42	1984	M30	18	0:56:49	09:01	08:49	08:56	09:10	09:05	08:06	5:07 min/km
63	816	Scherholz Martin	BSG Continentale	0:54:43	1965	M45	5	0:56:18	08:21	08:43	08:53	09:11	09:15	09:16	5:07 min/km
64	391	Eischet Stefan	*Köln	0:54:45	1976	M35	12	0:55:21	08:35	08:40	08:57	09:13	09:30	08:54	5:08 min/km
65	322	Becker Kai	*Köln	0:54:58	1975	M35	13	0:57:05	09:01	08:54	08:58	09:03	09:09	08:59	5:09 min/km
66	526	Langos Andreas	*Bornheim	0:55:00	1970	M40	8	0:55:14	08:31	08:48	08:59	09:11	09:15	09:16	5:09 min/km
67	1063	Burghoff Stephan	*Köln	0:55:03	1969	M45	6	0:55:17	08:44	08:43	08:56	09:04	09:14	09:24	5:09 min/km
68	805	Müller Arie	*Bergheim	0:55:04	1975	M35	14	0:56:21	08:25	08:41	09:04	09:20	09:23	09:13	5:09 min/km
69	1708	König Christoph		0:55:07	1966	M45	7	0:56:00	08:24	08:38	08:56	09:12	09:26	09:30	5:10 min/km
70	808	Ohl Heinz	*Nümbrecht	0:55:12	1955	M55	1	0:55:25	08:45	08:55	08:57	09:06	09:10	09:18	5:10 min/km
71	1150	Gude Florian	Rennmäuse	0:55:19	1997	MU18	1	0:55:29	09:14	09:08	09:12	09:06	09:42	08:16	5:11 min/km
72	1544	El Makrini Younes	Leichtathletik-Team DSHS	0:55:23	2004	MU12	2	0:55:25	07:15	08:24	08:33	09:33	10:09	10:41	5:11 min/km
73	687	Stephan Christoph	*Köln	0:55:24	1965	M45	8	0:56:40	08:44	08:51	08:55	09:16	09:23	09:17	5:11 min/km
74	364	Bürger Dennis	*Köln	0:55:27	1986	MHK	17	0:57:04	09:19	09:08	08:52	09:02	09:28	08:42	5:12 min/km
75	732	Weiste Martin	*Köln	0:55:27	1980	M30	19	0:57:04	09:19	09:09	08:52	09:01	09:28	08:42	5:12 min/km
76	413	Fuchs Michael	*Köln	0:55:30	1971	M40	9	0:56:29	09:17	08:48	08:49	09:39	09:11	08:47	5:12 min/km
77	1219	Klecza Danny	*Leichlingen	0:55:38	1991	MHK	18	0:56:05	09:13	08:55	09:02	09:15	09:19	09:02	5:13 min/km
78	749	Wurda Werner	Diabetes Programm	0:55:39	1960	M50	5	0:58:57	09:03	09:08	09:10	09:13	09:21	08:45	5:13 min/km
79	471	Hofmann Oliver	*Köln	0:55:49	1972	M40	10	0:58:40	08:48	08:36	08:59	09:24	09:29	09:32	5:14 min/km
80	1620	Rox André	*Köln	0:55:55	1972	M40	11	0:56:33	09:56	09:37	09:08	08:35	08:45	08:42	5:14 min/km
81	693	Ströter Thomas	*Köln	0:56:01	1979	M35	15	0:58:54	09:20	09:06	09:16	09:19	09:21	08:45	5:15 min/km
82	831	Ungeheuer Stefan	*Frechen	0:56:17	1964	M50	6	0:56:28	08:32	08:46	09:08	09:31	09:36	09:40	5:16 min/km
83	542	Ludwig Uwe	ERGO Sports Köln	0:56:19	1970	M40	12	0:58:33	08:57	08:41	08:49	09:16	09:41	09:49	5:16 min/km
84	1149	Gruzla Thorsten	*Köln	0:56:25	1980	M30	20	0:58:42	09:47	09:47	09:16	09:14	08:54	08:21	5:17 min/km
85	737	Wiemers Denis	*Weilerswist	0:56:25	1986	MHK	19	0:58:26	11:11	10:37	10:32	07:36	07:57	07:55	5:17 min/km
86	501	Klein André	*Köln	0:56:26	1976	M35	16	0:57:23	09:11	09:03	09:15	09:29	09:24	09:11	5:17 min/km
87	1053	Bredehorst Dennis	*Köln	0:56:27	1985	MHK	20	0:59:16	09:48	09:32	09:37	09:23	08:52	08:24	5:17 min/km
88	1429	Specht Stephan	*Köln	0:56:29	1987	MHK	21	0:58:47	09:07	09:14	09:10	09:11	09:36	09:24	5:17 min/km
89	1290	Mennig Sebastian	*Köln	0:56:31	1978	M35	17	0:58:51	09:37	08:48	09:07	09:05	09:36	09:19	5:18 min/km
90	1639	Tillmann Jannik	*Much	0:56:38	1991	MHK	22	0:56:56	08:21	09:19	09:11	09:10	10:47	08:55	5:18 min/km
91	301	Ahlf Frank	*Frechen	0:56:39	1968	M45	9	0:58:56	09:40	09:05	09:10	09:18	09:24	09:08	5:18 min/km
92	827	Steinbach Dieter	*Erfstadt	0:56:39	1954	M60	1	0:57:40	09:05	08:38	08:52	09:12	09:56	09:59	5:18 min/km
93	1347	Quetschke Tim	Run Tiger Run	0:56:55	1983	M30	21	0:56:57	08:28	09:15	09:27	09:46	09:44	09:23	5:20 min/km
94	870	Schwab Stefan		0:56:56	1970	M40	13	0:57:11	08:40	08:44	09:31	09:31	09:49	09:41	5:20 min/km
95	340	Bönnighausen Pierre	Run Tiger Run	0:56:58	1980	M30	22	0:57:00	08:29	09:13	09:27	09:45	09:45	09:24	5:20 min/km
96	797	Kleist Dietmar	LG Colorado	0:57:01	1959	M55	2	0:58:54	09:26	09:11	08:57	09:34	09:40	09:14	5:20 min/km
97	636	Schäfer David	*Bonn	0:57:03	1979	M35	18	0:59:54	09:32	09:17	09:10	09:29	09:24	09:16	5:21 min/km
98	739	Wilden Willi	BSG DEVK Köln	0:57:17	1955	M55	3	0:58:59	09:47	09:23	09:24	09:25	09:17	09:04	5:22 min/km
99	1197	Jahn Markus	Roadrunner Urfeld	0:57:18	1965	M45	10	0:57:18	08:10	09:10	09:41	10:21	09:36	09:27	5:22 min/km
100	1626	Schmitz Klaus	*Bad Honnef	0:57:21	1966	M45	11	0:57:56	09:40	09:07	09:20	09:19	09:24	09:27	5:22 min/km
101	776	Florich Carsten	BSG DEVK Köln	0:57:24	1984	M30	23	0:57:33	08:53	09:24	09:31	09:34	09:31	09:42	5:22 min/km
102	520	Küppers Stefan	*Köln	0:57:32	1978	M35	19	0:57:39	09:30	09:18	09:24	09:34	09:31	09:14	5:23 min/km
103	1194	Jacobs Sebastian	*Köln	0:57:38	1983	M30	24	0:58:06	09:47	08:53	09:18	09:27	09:45	09:29	5:24 min/km
104	1636	Syska Michael	*Swisttal	0:57:46	1978	M35	20	1:00:40	09:29	09:30	09:55	09:12	09:22	09:17	5:25 min/km
105	561	Mohr Max	*Köln	0:57:51	1979	M35	21	0:58:03	09:13	09:13	09:10	09:19	09:51	10:00	5:25 min/km
106	652	Schobloch ConScho	*Essen	0:57:52	1980	M30	25	1:00:23	09:47	09:32	09:31	09:34	09:24	09:08	5:25 min/km
107	609	Plück Wolfgang	*Bergheim	0:58:00	1962	M50	7	0:58:53	09:30	09:18	09:26	09:35	09:32	09:37	5:26 min/km
108	1701	Weißleder Niklas		0:58:07	1992	MHK	23	1:00:22	09:40	08:41	08:53	09:47	10:06	09:56	5:27 min/km
109	579	Nilgen Fabian	*Niederkassel	0:58:08	1982	M30	26	0:59:18	10:23	09:21	09:15	09:33	09:26	09:14	5:27 min/km
110	762	Beslagic Edin	SG TÜV Rheinland	0:58:09	1979	M35	22	1:01:06	10:30	09:43	09:23	09:26	09:17	08:47	5:27 min/km

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111	1452	Trobic Goran	*Köln	0:58:15	1973	M40	14	0:58:29	09:03	08:55	09:23	10:22	10:02	09:32	5:27 min/km
112	386	Drey Florian	*Köln	0:58:20	1980	M30	27	0:59:10	09:12	08:25	09:12	09:57	10:27	10:01	5:28 min/km
113	1414	Schulz Niklas	*Niederkassel	0:58:32	1992	MHK	24	0:59:01	08:30	08:27	08:30	08:08	08:18	07:48	5:29 min/km
114	674	Siemes Robert	*Düsseldorf	0:58:34	1967	M45	12	0:58:40	08:47	09:25	09:35	09:55	10:07	09:52	5:29 min/km
115	1493	Westram Jens-Hagen	*Leverkusen	0:58:40	1988	MHK	25	0:59:11	08:59	08:40	09:03	10:20	10:47	09:50	5:30 min/km
116	1451	Tisken Gerd	*Köln	0:58:44	1982	M30	28	1:00:25	09:39	09:28	09:22	09:42	09:49	09:46	5:30 min/km
117	1090	Dzwonnek Alexander	*Bergisch Gladbach	0:58:51	1984	M30	29	1:00:58	09:12	09:18	09:47	09:50	10:08	09:36	5:31 min/km
118	1023	Becker Dr. Waleri	*Köln	0:58:51	1985	MHK	26	1:01:04	09:56	09:40	09:23	09:48	09:49	09:08	5:31 min/km
119	637	Scheers Frederik	*Frechen	0:58:57	1967	M45	13	1:01:08	08:53	09:14	09:38	09:52	10:20	09:57	5:31 min/km
120	1304	Müller Christian	Continental BSG	0:58:58	1982	M30	30	1:00:38	09:41	09:43	09:52	09:56	09:52	09:03	5:31 min/km
121	1177	Heym Marcel	Bon Secours Kamerun	0:59:21	1987	MHK	27	1:02:07	10:35	10:15	09:25	09:25	09:23	09:19	5:33 min/km
122	500	Kerzmann Hermann	Prinzengarde Euskirchen	0:59:21	1958	M55	4	0:59:49	09:47	09:42	09:40	09:45	09:49	09:40	5:33 min/km
122	1496	Wierk Andreas	*Köln	0:59:21	1967	M45	14	1:01:09	10:04	09:42	09:32	09:37	09:40	09:39	5:33 min/km
124	1408	Schröter Thomas	*Hürth	0:59:25	1971	M40	15	1:00:16	08:40	08:54	09:23	09:57	10:26	10:55	5:34 min/km
125	1095	Eichmann Carsten	*Aldenhoven	0:59:26	1980	M30	31	1:00:37	09:49	09:55	09:45	09:42	09:37	09:38	5:34 min/km
126	1592	Minx Björn	*Köln	0:59:27	1980	M30	32	1:01:57	09:22	08:57	09:35	09:59	10:28	09:56	5:34 min/km
127	1123	Frohn Ivo	*Weilerswist	0:59:30	1984	M30	33	1:00:13	09:21	08:59	09:36	09:57	10:36	10:02	5:34 min/km
128	449	Hauseur Pascal	Polizei Köln	0:59:35	1982	M30	34	1:00:16	09:38	09:41	09:33	09:57	09:53	10:01	5:35 min/km
129	716	Vollmer Thomas	*Köln	0:59:41	1978	M35	23	1:00:21	09:03	09:36	09:55	09:59	10:16	09:47	5:35 min/km
130	1622	Scharfe Christoph	*Bonn	0:59:43	1983	M30	35	1:00:22	09:46	09:48	09:58	09:49	09:40	09:37	5:36 min/km
131	1688	Rohlfs Klaus		0:59:48	1968	M45	15	1:01:22	09:44	09:42	09:47	09:51	10:02	09:40	5:36 min/km
132	1596	Müller Hotte	*Bonn	0:59:51	1965	M45	16	1:01:41	10:03	10:04	10:00	09:55	09:57	08:58	5:36 min/km
133	492	Kapitza Marko	*Köln	0:59:53	1986	MHK	28	1:01:19	09:52	09:42	09:37	09:54	10:00	09:50	5:36 min/km
134	1082	Dopatka Karsten	*Köln	0:59:56	1974	M40	16	1:02:39	09:28	09:31	09:56	10:03	10:13	09:43	5:37 min/km
135	460	Hermesdorf Markus	*Köln	0:59:57	1984	M30	36	1:00:22	09:33	09:34	09:33	10:05	10:22	09:56	5:37 min/km
136	1543	Eichinger Jochen	Himmlisch Jeck	0:59:57	1993	MHK	29	1:00:02	08:50	08:58	09:23	10:31	11:07	10:24	5:37 min/km
137	1195	Jacobs Willi	*Euskirchen	0:59:59	1956	M55	5	1:00:27	09:48	09:42	09:46	09:50	10:01	09:49	5:37 min/km
138	694	Stumpf Stephan	*Köln	1:00:02	1977	M35	24	1:01:11	10:33	10:19	10:09	09:27	09:17	09:16	5:37 min/km
139	597	Paulus Michael	Krabbenfischer	1:00:06	1985	MHK	30	1:01:06	10:16	10:22	10:48	11:42	08:11	07:54	5:38 min/km
140	465	Höppner Jan	*Hürth	1:00:09	1978	M35	25	1:01:01	09:04	09:23	09:40	10:34	09:59	10:27	5:38 min/km
141	392	Eller Hendrik	*Köln	1:00:09	1985	MHK	31	1:02:43	10:11	10:07	10:12	10:02	09:38	09:12	5:38 min/km
142	835	Wilhelm Dr. Patrick	*Köln	1:00:12	1978	M35	26	1:01:44	09:32	09:31	09:40	10:05	10:11	10:08	5:38 min/km
143	313	Barion René	*Köln	1:00:18	1968	M45	17	1:00:33	09:23	09:35	09:45	10:02	10:24	10:09	5:39 min/km
144	630	Rudolph Michael	*Bornheim	1:00:28	1956	M55	6	1:00:30	09:08	09:45	09:58	10:15	10:20	10:07	5:40 min/km
145	714	Voetz Matthias	*Leverkusen	1:00:39	1967	M45	18	1:01:53	09:15	09:35	10:01	10:11	10:14	10:14	5:41 min/km
146	1153	Hackmann Volker	Heipörförmer	1:00:48	1980	M30	37	1:02:25	09:41	09:41	10:02	10:20	10:18	09:45	5:42 min/km
147	1201	Jantsch Dirk	*Köln	1:00:49	1959	M55	7	1:02:12	10:58	11:08	10:43	09:15	08:55	08:49	5:42 min/km
148	1298	Michel Philipp	*Köln	1:00:50	1983	M30	38	1:03:22	10:28	09:48	09:53	10:05	10:07	09:38	5:42 min/km
149	848	Hansen Axel		1:00:52	1965	M45	19	1:01:28	09:02	09:21	09:54	10:20	10:41	10:34	5:42 min/km
150	1330	Ohligschläger Dennis	*Leichlingen	1:01:14	1988	MHK	32	1:01:53	09:48	09:44	10:01	10:15	10:20	10:03	5:44 min/km
151	1253	Laaff Björn F.	*Köln	1:01:21	1975	M35	27	1:03:16	09:13	09:39	10:13	10:25	10:36	10:17	5:45 min/km
152	657	Schuckel Prof. Dr.	Schuckels	1:01:30	1966	M45	20	1:01:50	09:40	10:16	10:21	10:18	10:14	09:44	5:46 min/km
153	634	Saurwein Herbert	*Leverkusen	1:01:35	1952	M60	2	1:02:29	09:29	09:57	10:03	10:20	10:25	10:14	5:46 min/km
154	1438	Stotzem Sebastian	Personalamt Stadt Bergheim	1:01:38	1984	M30	39	1:02:53	10:42	10:37	10:38	10:14	09:54	08:45	5:46 min/km
155	593	Otto Maik	Katzenfans	1:01:44	1979	M35	28	1:02:34	09:49	09:38	09:55	10:12	10:31	10:36	5:47 min/km
156	826	Stauf Oliver	*Bonn	1:01:45	1975	M35	29	1:04:35	10:34	10:07	09:49	09:58	10:20	09:58	5:47 min/km
157	550	Manthey Alexander	TSV Bayer 04	1:01:47	1956	M55	8	1:02:00	09:52	09:52	10:04	10:18	10:18	10:16	5:47 min/km
158	537	Linnartz Karsten	*Köln	1:01:57	1978	M35	30	1:05:03	11:18	09:56	09:59	09:51	09:53	09:54	5:48 min/km
159	654	Schorn Georg	bon secours kamerun	1:02:16	1958	M55	9	1:05:03	10:01	09:55	10:07	10:11	10:29	10:24	5:50 min/km
160	704	Trimborn Lars	*Hürth	1:02:17	1978	M35	31	1:02:40	09:18	10:05	10:29	10:11	11:00	10:13	5:50 min/km
161	840	Repke Marco	NetCologne	1:02:17	1976	M35	32	1:05:00	09:53	10:14	10:13	10:10	10:18	10:29	5:50 min/km
162	697	Thiel Harald	*Erzhausen	1:02:23	1949	M65	1	1:04:25	10:08	10:18	10:20	10:14	10:15	10:02	5:50 min/km
163	1479	Weber Philipp	Master Pe C GCA	1:02:24	1981	M30	40	1:04:19	11:01	10:55	10:40	10:17	10:24	08:09	5:51 min/km
164	1161	Hartwig Marc	*Köln	1:02:30	1982	M30	41	1:03:50	10:12	10:34	10:13	10:35	10:18	09:40	5:51 min/km
165	1115	Forsting Alexander	Antilofen	1:02:32	1977	M35	33	1:05:44	11:27	10:27	10:21	10:37	09:31	09:11	5:51 min/km
166	709	Van Issem Hans-Jürgenrun of colours 2014		1:02:37	1964	M50	8	1:04:43	09:32	09:29	09:36	10:47	10:56	11:12	5:52 min/km
167	1192	Huning Max	*Ertstadt	1:02:47	1982	M30	42	1:03:01	10:54	10:19	10:26	10:29	10:38	09:13	5:53 min/km

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168	834	Weber Kilian	*Gummersbach	1:03:36	1983	M30	43	1:04:30	09:15	10:01	10:26	10:53	10:44	11:10	5:57 min/km
169	730	Weißgerber Frank	*Köln	1:03:39	1970	M40	17	1:04:50	09:47	10:12	10:28	10:47	10:35	10:43	5:58 min/km
170	1673	Janßen Lars		1:03:39	1985	MHK	33	1:05:14	10:19	09:43	09:53	10:31	10:49	11:15	5:58 min/km
171	1406	Scholl Karsten	*Köln	1:03:42	1977	M35	34	1:06:17	10:39	10:28	11:01	10:39	10:29	09:26	5:58 min/km
172	1199	Janiel Andreas	Team Trampeltier	1:03:43	1983	M30	44	1:06:18	10:39	10:28	11:01	10:39	10:29	09:26	5:58 min/km
173	1057	Brinkmann Thomas	McDonald's	1:04:07	1966	M45	21	1:07:23	10:37	10:46	10:34	10:23	10:38	10:12	6:00 min/km
174	1025	Bender Frank	Gekkos	1:04:08	1968	M45	22	1:07:02	10:50	10:32	10:07	10:07	11:14	10:26	6:00 min/km
175	1080	Dörsing Marcel	*Bonn	1:04:08	1982	M30	45	1:06:40	10:30	10:05	10:31	10:45	10:41	10:32	6:00 min/km
176	1658	El Makrini Ismail	Leichtathletik-Team DSHS	1:04:12	0	M	0	1:04:14	09:20	10:40	10:55	11:03	10:20	10:47	6:01 min/km
177	356	Brod Marcus	Team KerryGum	1:04:16	1974	M40	18	1:04:38	10:49	11:18	10:33	10:04	10:28	10:13	6:01 min/km
178	685	Steffen Dr. Carsten	Team KerryGum	1:04:17	1975	M35	35	1:04:38	10:49	11:18	10:32	10:05	10:28	10:12	6:01 min/km
179	1077	Dewenter Bastian	*Siegen	1:04:21	1982	M30	46	1:06:01	10:21	10:25	10:36	10:42	10:39	10:29	6:02 min/km
180	535	Lingner Uwe	Bon Secours Kamerun	1:04:23	1962	M50	9	1:07:10	10:35	10:15	10:02	10:37	11:03	10:50	6:02 min/km
181	1146	Gronemann Henning	*Köln	1:04:24	1982	M30	47	1:07:12	10:36	10:17	10:04	10:40	10:55	10:50	6:02 min/km
182	806	Nettersheim-Meyer	*Leverkusen	1:04:27	1960	M50	10	1:07:15	10:38	10:38	10:29	10:29	10:36	10:33	6:02 min/km
183	463	Hetzel Johann	*Leverkusen	1:04:27	1958	M55	10	1:07:15	10:38	10:38	10:30	10:28	10:36	10:34	6:02 min/km
184	464	Hitzberger Bernhard	*Düsseldorf	1:04:29	1983	M30	48	1:05:27	11:01	10:29	10:32	10:52	10:15	10:23	6:02 min/km
185	742	Wirtz Kai	Pink Flönz	1:04:30	1970	M40	19	1:05:27	11:03	10:29	10:32	10:52	10:15	10:23	6:02 min/km
186	312	Bamberg Dennis	*Düren	1:04:31	1990	MHK	34	1:06:05	09:29	09:16	09:39	12:14	12:07	10:44	6:03 min/km
187	1474	Waschkewitz Christian	*Leverkusen	1:04:32	1980	M30	49	1:05:53	11:53	10:29	09:57	10:17	10:48	10:06	6:03 min/km
188	401	Exner Dietrich	LSG Nikon	1:04:35	1950	M60	3	1:06:48	09:56	10:23	10:25	10:46	11:01	10:50	6:03 min/km
189	1638	Thorausch Nathanael	LT DSHS Köln e.V.	1:04:35	2002	MU14	1	1:05:35	09:16	09:02	11:37	11:09	11:07	11:19	6:03 min/km
190	1401	Schmulbach Martin	Augenthaler Jazz	1:04:47	1981	M30	50	1:07:19	10:47	10:39	10:27	10:41	10:53	10:24	6:04 min/km
191	569	Nejad Rene	*Köln	1:04:52	1978	M35	36	1:06:24	11:01	11:16	11:05	10:55	11:32	08:17	6:04 min/km
192	1574	Köhler Jan	*Lohmar	1:05:01	1980	M30	51	1:05:26	10:11	10:21	10:38	10:54	11:04	10:51	6:05 min/km
193	833	Van Dinter Michael	*Grevenbroich	1:05:01	1974	M40	20	1:05:25	10:10	10:21	10:40	10:50	11:04	10:55	6:05 min/km
194	346	Borkowski Dr. Gregor	*Luzern	1:05:08	1979	M35	37	1:06:48	09:31	10:26	10:36	11:02	11:10	11:10	6:06 min/km
195	1672	Wagner Tobias	Fit for Fire	1:05:09	1988	MHK	35	1:08:07	10:29	10:23	10:33	10:59	10:48	11:02	6:06 min/km
196	1507	Wolter Achim	*Köln	1:05:12	1980	M30	52	1:05:39	09:35	10:13	11:03	11:57	10:03	11:09	6:06 min/km
197	1629	Schwanke Björn	Forster	1:05:16	1977	M35	38	1:05:56	09:07	09:32	10:14	11:09	11:54	12:17	6:07 min/km
198	1163	Hauswald Michael	Antilofen	1:05:17	1978	M35	39	1:08:26	11:00	10:39	10:38	10:38	10:32	10:44	6:07 min/km
199	878	Stenaneck Jan		1:05:18	1981	M30	53	1:08:35	10:52	10:53	11:22	11:53	12:01	07:25	6:07 min/km
200	388	Dündar Can	*Köln	1:05:19	1972	M40	21	1:06:15	09:42	10:16	10:40	11:09	11:16	11:08	6:07 min/km
201	1412	Schüller Niklas	*Köln	1:05:19	2000	MU16	1	1:05:39	10:03	11:43	11:46	10:46	10:13	09:44	6:07 min/km
202	1472	Wardé André	*Köln	1:05:33	1967	M45	23	1:08:09	11:40	11:30	10:38	10:24	10:26	10:05	6:08 min/km
203	382	Diel Prof. Patrick	Die Maurerdiels	1:05:41	1963	M50	11	1:06:05	11:58	12:18	13:52	09:06	08:48	08:42	6:09 min/km
204	1444	Ten Thij Thomas	*Köln	1:05:41	1981	M30	54	1:06:26	10:32	10:43	10:42	11:01	11:19	10:28	6:09 min/km
205	756	Zitzen Bernd	LT Schneewittchen	1:05:43	1955	M55	11	1:08:47	10:34	10:49	10:43	10:57	11:00	10:32	6:09 min/km
206	305	Assenmacher Klaus	Wellenläufer	1:05:47	1973	M40	22	1:07:14	16:56	10:20	09:34	09:07	10:18	08:42	6:10 min/km
207	1710	Schmitz Kevin		1:06:02	1989	MHK	36	1:08:42	11:06	10:55	10:57	10:48	10:27	10:45	6:11 min/km
208	1630	Selvanera Marco	*Köln	1:06:07	1980	M30	55	1:06:29	10:58	10:45	10:42	11:02	11:10	10:22	6:12 min/km
209	558	Meyer Nicolas	Bon Secours Kamerun	1:06:14	1960	M50	12	1:08:59	10:56	11:00	10:59	10:50	10:57	10:23	6:12 min/km
210	731	Weißhaar Ingo	The Whities	1:06:19	1975	M35	40	1:07:03	09:13	08:31	08:57	09:17	09:35	09:53	6:13 min/km
211	1200	Jansen Thomas	*Köln	1:06:25	1970	M40	23	1:06:35	10:22	10:55	11:07	11:29	10:37	10:51	6:13 min/km
212	677	Sitzer Marc	*köln	1:06:37	1979	M35	41	1:08:11	09:44	10:10	10:57	10:37	11:45	12:04	6:14 min/km
213	1186	Höwel Thomas	*Köln	1:06:45	1962	M50	13	1:07:10	09:57	10:07	10:29	11:18	11:42	12:02	6:15 min/km
214	820	Schröder Christian	*Köln	1:06:55	1984	M30	56	1:08:57	10:18	11:59	10:44	11:04	11:12	10:42	6:16 min/km
215	1074	Decker Martin	*Bonn	1:06:56	1972	M40	24	1:08:58	10:19	11:57	10:47	11:04	11:12	10:42	6:16 min/km
216	761	Barth Oliver	pronova BKK	1:07:03	1974	M40	25	1:09:46	10:34	10:36	10:47	11:27	11:10	11:16	6:17 min/km
217	736	Werner Wolfgang	Beste supadupa Familie	1:07:22	1960	M50	14	1:08:42	10:58	11:40	11:43	10:38	10:41	10:33	6:18 min/km
218	1282	Martinovich Alexander	*Köln	1:07:41	1990	MHK	37	1:10:52	12:05	12:08	11:37	10:49	10:15	09:57	6:20 min/km
219	1126	Gäbel Colin	*Köln	1:08:06	1976	M35	42	1:10:25	12:05	11:32	11:05	11:10	10:58	10:14	6:23 min/km
220	1327	Nussbauer Peter	*Köln	1:08:09	1959	M55	12	1:09:17	11:09	11:46	11:56	11:37	10:54	09:46	6:23 min/km
221	1594	Mörs Sebastian	*Köln	1:08:18	1986	MHK	38	1:09:13	09:11	08:55	09:06	09:25	10:17	10:16	6:24 min/km
222	1205	Jüde Peter	*Köln	1:08:23	1966	M45	24	1:10:27	11:06	11:14	11:14	11:20	11:12	11:13	6:24 min/km
223	1415	Schulze Tobias	*Köln	1:08:37	1974	M40	26	1:10:18	11:19	10:38	11:07	11:32	11:33	11:27	6:26 min/km
224	432	Guddat Heiko	Die Rosenläufer	1:08:40	1964	M50	15	1:11:45	10:55	11:22	11:23	11:38	10:24	11:53	6:26 min/km

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225	844	Offermann Norbert	*Leverkusen	1:08:41	1964	M50	16	1:10:25	10:44	11:04	11:11	11:16	11:31	11:49	6:26 min/km
226	1144	Grell Marcus	KerryGum	1:08:58	1969	M45	25	1:09:20	10:54	11:13	11:36	11:49	11:54	10:25	6:27 min/km
227	379	Delhofen Jens	*Langenfeld	1:09:03	1976	M35	43	1:09:35	11:30	11:46	11:41	11:51	11:42	09:41	6:28 min/km
228	1058	Brodkorb Adrian	*Langenfeld	1:09:07	1975	M35	44	1:09:38	11:31	11:47	11:41	11:51	11:42	09:41	6:28 min/km
229	445	Hardt Georg	LG Gummersbach	1:09:13	1966	M45	26	1:09:26	10:42	10:15	10:53	11:44	13:39	10:51	6:29 min/km
230	424	Gipperich Rudolf	LG Gummersbach	1:09:13	1965	M45	27	1:09:26	10:42	10:15	10:53	11:45	13:40	10:50	6:29 min/km
231	325	Bender Dirk	LT Tus Mondorf	1:09:20	1969	M45	28	1:11:18	11:01	11:40	11:33	13:02	11:09	09:45	6:30 min/km
232	1524	Ascencao Moreira	*Bonn	1:09:24	1958	M55	13	1:10:03	10:02	10:47	11:22	11:52	12:01	12:04	6:30 min/km
233	861	Roth Gerhard	Sportteufelchen e.V.	1:09:37	1955	M55	14	1:10:50	11:40	12:02	11:45	11:42	11:52	09:37	6:31 min/km
234	496	Kaumanns Markus	*Köln	1:09:48	1985	MHK	39	1:12:12	11:43	11:42	11:31	11:48	11:23	10:34	6:32 min/km
234	1647	Wirwalski Stefan	*Bad Neuenahr-Ahrweiler	1:09:48	1966	M45	29	1:11:02	11:40	12:02	11:45	11:42	11:52	09:46	6:32 min/km
236	1320	Niggemann Dr. Ulrich	Rennmäuse	1:09:53	1955	M55	15	1:10:05	15:17	11:25	10:51	11:06	10:50	09:20	6:33 min/km
237	666	Schweitzer Andreas	*Bonn	1:09:58	1979	M35	45	1:12:36	11:46	10:23	11:13	12:11	11:48	11:26	6:33 min/km
238	1352	Rehaag Thomas	*Köln	1:10:07	1960	M50	17	1:11:14	11:10	11:46	11:55	11:38	11:34	10:55	6:34 min/km
239	1182	Hissler Pascal	*Köln	1:10:08	1980	M30	57	1:13:25	10:53	10:52	11:22	11:48	12:07	07:24	6:34 min/km
240	1079	Doering Holger	Klaus Augenthaler	1:10:19	1982	M30	58	1:12:48	10:51	10:39	11:01	11:56	12:29	12:06	6:35 min/km
241	852	Schnell Dr. Rainer		1:10:33	1969	M45	30	1:12:41	11:24	11:15	11:13	12:10	11:48	11:27	6:36 min/km
242	507	Koop Thomas	*Bonn	1:10:52	1962	M50	18	1:13:57	10:41	10:42	11:23	11:44	12:35	12:31	6:38 min/km
243	1386	Schiffer Astrid	*Köln	1:11:03	1990	MHK	40	1:11:44	10:40	10:58	11:11	12:04	12:09	12:38	6:39 min/km
244	434	Hach Ulrich	*Köln	1:11:03	1958	M55	16	1:14:11	11:08	11:18	11:40	11:40	12:26	11:53	6:39 min/km
245	372	Contrafatto Dr. Angelo	Die 2 Fantastische 5	1:11:08	1979	M35	46	1:12:14	11:21	10:02	11:04	11:30	12:38	13:22	6:40 min/km
246	1284	Mathar Gregor	*Hürth	1:11:26	1969	M45	31	1:14:35	11:13	11:36	11:33	11:45	12:04	12:03	6:41 min/km
247	494	Kastl Egon	*Bergisch Gladbach	1:11:59	1951	M60	4	1:14:19	11:05	11:11	11:03	11:42	12:29	13:10	6:44 min/km
248	672	Seidel Jürgen	*Köln	1:11:59	1960	M50	19	1:14:19	11:05	11:11	11:03	11:41	12:29	13:10	6:44 min/km
249	1644	Westhoff Cord	*Köln	1:11:59	1975	M35	47	1:15:05	11:19	11:21	11:55	12:01	12:23	11:44	6:44 min/km
250	863	Kempken Steffen	*Düren	1:12:02	1964	M50	20	1:13:36	11:37	11:40	11:51	12:15	12:14	11:13	6:45 min/km
251	1180	Hinkelmann Stefan	Personalamt Stadt Bergheim	1:12:12	1981	M30	59	1:13:27	11:31	12:14	12:06	12:10	11:57	11:12	6:46 min/km
252	1108	Faust Daniel	Eintracht Eule	1:12:18	1984	M30	60	1:13:23	11:26	11:34	11:36	11:30	12:16	12:35	6:46 min/km
253	809	Ott Michael	Ottifanten	1:12:35	1952	M60	5	1:14:40	11:25	11:25	11:17	11:42	11:57	13:28	6:48 min/km
254	411	Fritsche Armin	*Frechen	1:12:46	1980	M30	61	1:13:16	08:57	09:05	09:46	11:00	10:46	11:05	6:49 min/km
255	1154	Hallmann Dennis	*Köln	1:13:10	1984	M30	62	1:15:32	11:30	11:28	11:23	11:57	12:28	13:17	6:51 min/km
256	1098	Emmerich Florian	Flotte Gazellen	1:13:18	1982	M30	63	1:14:35	11:00	12:17	12:24	12:15	12:21	11:46	6:52 min/km
257	1218	Keß Michael	*Ruppichteroth	1:13:28	1975	M35	48	1:16:04	11:42	11:54	12:08	12:11	12:23	11:55	6:53 min/km
258	448	Hassel Lutz	*Sankt Augustin	1:13:58	1973	M40	27	1:14:30	13:51	14:18	14:12	10:03	09:59	10:30	6:56 min/km
259	1417	Schwarz Pierre	*Pulheim	1:15:06	1964	M50	21	1:16:27	11:27	12:30	12:48	13:19	13:22	10:42	7:02 min/km
260	378	Deiters Lothar	LSV-Porz/Köln	1:15:15	1934	M75	1	1:15:57	11:13	12:08	12:20	12:39	12:44	12:49	7:03 min/km
261	1323	Nohr Stephan	*Erfstadt	1:15:57	1978	M35	49	1:16:32	11:56	12:19	12:29	12:37	12:37	12:47	7:07 min/km
262	715	Voetz Nikolaus	LT Hornpottsee	1:16:31	1934	M75	2	1:17:49	11:28	12:14	12:16	13:46	12:39	12:45	7:10 min/km
263	1384	Scherrer Lukas	Kerry gum	1:17:28	1982	M30	64	1:17:51	10:53	11:38	12:47	13:20	13:47	13:43	7:15 min/km
264	1283	Marx Klaus	Wassersportverein	1:17:35	1956	M55	17	1:18:53	14:14	13:24	10:32	10:41	12:12	14:59	7:16 min/km
265	1178	Hicking Garvin	Gemba	1:17:56	1979	M35	50	1:20:23	12:20	12:25	13:29	13:50	14:22	10:21	7:18 min/km
266	1450	Tillmann Thomas	*Köln	1:18:01	1965	M45	32	1:19:48	12:04	12:13	12:13	12:28	12:55	14:36	7:18 min/km
267	358	Broich Ralph	Ford FCSD	1:18:19	1970	M40	28	1:18:49	11:17	11:38	12:55	13:30	14:34	13:11	7:20 min/km
268	1243	Kreischer Daniel	Himmlisch Jeck	1:22:52	1988	MHK	41	1:22:57	10:32	13:27	14:48	14:34	14:39	13:44	7:46 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1659	Schmidt Nina Christin	RheinTauchen	0:45:45	1982	W30	1	0:45:50	07:01 07:28 07:36 07:46 07:36 07:32	4:17 min/km
2	559	Michelle Gall	*Köln	0:47:16	2001	WU14	1	0:47:20	06:59 07:27 07:51 07:56 08:07 08:04	4:26 min/km
3	479	Jansen Nicole	*Köln	0:47:17	1974	W40	1	0:47:20	07:00 07:27 07:48 07:57 08:07 07:59	4:26 min/km
4	454	Helwig Janine	Wicki Sports	0:51:23	1988	WHK	1	0:51:56	08:39 08:08 08:02 08:23 08:43 08:34	4:49 min/km
5	1593	Möller Sabrina	*Köln	0:51:42	1988	WHK	2	0:52:43	08:45 08:32 08:35 08:35 08:22 08:07	4:51 min/km
6	1553	Göbel Fine	*Köln	0:51:43	1991	WHK	3	0:52:43	08:45 08:32 08:34 08:35 08:23 08:07	4:51 min/km
7	486	Junkersdorf Silke	LC Weilerswist	0:51:48	1978	W35	1	0:53:49	09:54 08:13 08:07 08:27 08:20 07:52	4:51 min/km
8	1313	Nakahira Sadaka	*Köln	0:52:16	1980	W30	2	0:54:09	08:31 08:11 08:20 08:49 09:06 08:24	4:54 min/km
9	1679	Schurau Bea		0:52:29	1990	WHK	4	0:53:52	08:59 08:34 08:28 08:41 08:38 08:17	4:55 min/km
10	828	Straaten Steffi	*Neuss	0:52:38	1964	W50	1	0:53:08	08:17 08:33 08:38 08:50 08:49 08:37	4:56 min/km
11	538	Löschcke Kerstin	*Hürth	0:52:43	1984	W30	3	0:53:33	09:11 08:25 08:27 08:47 08:35 08:26	4:56 min/km
12	751	Zange Gabi	LSV Porz	0:53:22	1960	W50	2	0:54:04	08:58 08:40 08:50 08:55 08:36 08:27	4:60 min/km
13	547	Macherey-Diese Silke	*Leverkusen	0:53:22	1966	W45	1	0:55:22	08:33 08:30 08:37 08:57 08:57 08:54	4:60 min/km
14	444	Harder Renate	Sportteufelchen e.V.	0:53:26	1975	W35	2	0:53:30	08:11 08:28 08:39 09:02 09:09 09:07	5:00 min/km
15	475	Jänicke Franziska	*Köln	0:53:40	1989	WHK	5	0:54:52	09:42 08:42 08:49 08:38 08:35 08:23	5:02 min/km
16	792	Jacobs Annika	Bunert Der Kölner Lauflader	0:54:02	1983	W30	4	0:55:02	08:43 08:39 08:56 08:52 08:58 08:55	5:04 min/km
17	1156	Hamacher Eva	*Düren	0:54:12	1986	WHK	6	0:55:23	09:24 08:34 08:37 08:52 08:52 08:56	5:05 min/km
18	1697	Dück Maria		0:54:12	1992	WHK	7	0:54:18	08:20 08:43 09:00 09:13 09:09 08:50	5:05 min/km
19	409	Frenzel Sonja	*Köln	0:54:48	1976	W35	3	0:57:11	08:57 09:01 09:00 09:06 09:01 08:54	5:08 min/km
20	1498	Wilczynski Natalie	Monti & Penny	0:54:50	1990	WHK	8	0:55:30	09:23 08:52 08:51 08:58 09:08 08:40	5:08 min/km
21	506	Köhler Nadine	Katzenfans	0:55:31	1980	W30	5	0:56:21	09:19 08:55 09:06 09:11 09:08 08:54	5:12 min/km
22	1354	Reichel Lea	Rennmäuse	0:56:16	1994	WHK	9	0:56:26	09:14 09:08 09:11 09:07 09:42 08:49	5:16 min/km
23	575	Nicklaus Cristin	Crissi	0:56:24	1979	W35	4	0:56:41	09:07 09:10 09:11 09:26 09:25 09:08	5:17 min/km
24	1525	Averesch Rosa	*köln	0:56:26	1992	WHK	10	0:57:48	09:31 09:05 09:01 09:16 09:32 08:59	5:17 min/km
25	1446	Thiebes Marleen	*Köln	0:56:26	1988	WHK	11	0:59:15	09:49 09:32 09:37 09:22 08:52 08:24	5:17 min/km
26	1577	Kreuser Rahel	*Köln	0:56:26	1991	WHK	12	0:57:48	09:32 09:05 09:02 09:16 09:33 08:59	5:17 min/km
27	795	Klein Alex	TV Attendorn TRI-TIME	0:56:28	1974	W40	2	0:56:55	09:13 08:57 09:15 09:22 09:20 09:19	5:17 min/km
28	1612	Radermacher Kathrin	*Overath	0:56:37	1991	WHK	13	0:56:56	08:20 09:19 09:11 09:09 10:48 08:55	5:18 min/km
29	1185	Höwel Heike	*Köln	0:56:48	1963	W50	3	0:57:15	08:33 08:23 09:09 10:16 10:26 09:22	5:19 min/km
30	589	Ohligschläger Lena	*Leichlingen	0:56:51	1991	WHK	14	0:57:25	09:21 09:12 09:14 09:28 09:29 09:17	5:19 min/km
31	1159	Raven Dr. Hanna	LAUFMAMALAUF	0:56:53	1980	W30	6	0:58:08	09:25 09:21 09:22 09:28 09:24 08:59	5:20 min/km
32	690	Stiller-Unruh Tabea	LAUFMAMALAUF	0:56:56	1981	W30	7	0:58:07	09:29 09:27 09:19 09:26 09:24 08:57	5:20 min/km
33	1686	Sagurna Friederike	Lauf Mama Lauf	0:56:56	1979	W35	5	0:58:07	09:29 09:27 09:19 09:26 09:23 08:58	5:20 min/km
34	1518	Zimmermann Jessica	*Pulheim	0:57:08	1984	W30	8	0:59:25	09:04 08:53 09:03 09:20 09:56 09:26	5:21 min/km
35	1076	Detlefsen Sonja	*Köln	0:57:15	1988	WHK	15	0:57:58	09:20 08:44 09:11 09:48 09:41 09:31	5:22 min/km
36	1595	Mörsdorf Lisa	Leichtathletik-Team DSHS	0:57:15	2003	WU12	1	0:57:34	09:37 09:27 09:22 09:12 09:29 09:17	5:22 min/km
37	617	Rath Nadine	*Köln	0:57:33	1978	W35	6	0:57:53	09:21 09:17 09:25 09:33 09:32 09:24	5:23 min/km
38	1268	Liebst Amelie	*Hürth	0:57:43	1991	WHK	16	0:57:51	09:19 09:14 09:16 09:34 09:52 09:27	5:24 min/km
39	1050	Braun Lena	*Kerpen	0:57:56	1991	WHK	17	0:58:47	09:23 08:43 09:09 09:43 09:44 10:05	5:26 min/km
40	1405	Schönwald Bozena	LG Eischeid	0:58:02	1974	W40	3	0:58:05	08:43 09:30 09:39 09:46 09:50 09:31	5:26 min/km
41	562	Mohrmann Follow Holloway	Der Elf und seine Freunde	0:58:12	1970	W40	4	1:00:42	09:54 09:45 09:18 09:29 09:26 09:21	5:27 min/km
42	740	Winter Jana	*Köln	0:58:19	1981	W30	9	1:00:09	09:18 09:24 09:36 09:40 09:45 09:37	5:28 min/km
43	437	Hahn Charlotte	*Köln	0:58:20	1987	WHK	18	1:01:05	09:36 08:48 09:10 09:50 10:05 09:47	5:28 min/km
44	564	Moritz Ursula	*Köln	0:58:21	1970	W40	5	1:00:50	09:35 09:01 09:27 09:57 10:02 09:25	5:28 min/km
45	819	Schroeder Anne	*Köln	0:58:26	1976	W35	7	0:59:52	09:40 09:28 09:36 09:36 09:44 09:26	5:28 min/km
46	790	Isbaner Marita	TSV Bayer 04 Lauftreff	0:58:32	1960	W50	4	0:58:45	09:06 09:16 09:37 09:51 09:53 09:44	5:29 min/km
47	478	Jansen Beate	*Koeln	0:58:42	1962	W50	5	0:58:47	09:09 09:12 09:37 09:48 10:03 09:56	5:30 min/km
48	307	Baal Marlies	*Koeln	0:58:42	1967	W45	2	0:58:47	09:09 09:12 09:37 09:48 10:03 09:56	5:30 min/km
49	394	Engels Marta	*Köln	0:58:46	1975	W35	8	0:59:06	08:50 09:11 09:35 10:00 10:05 10:01	5:30 min/km
50	1332	Orth Jannine	*Alfter	0:58:51	1974	W40	6	1:00:30	10:06 09:21 09:29 09:40 09:44 09:31	5:31 min/km
51	549	Maisant Bettina	*Rommerskirchen	0:59:02	1977	W35	9	0:59:22	09:31 09:41 09:52 10:08 10:01 08:47	5:32 min/km
52	1319	Niesen Annika	*Köln	0:59:10	1981	W30	10	1:01:53	09:51 09:53 09:52 09:46 09:39 09:14	5:32 min/km
53	1147	Großmann Anne-Sophie	*Köln	0:59:14	1989	WHK	19	1:00:30	09:43 09:42 09:48 09:43 09:48 09:37	5:33 min/km

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54	1579	Kuhl Sarah	*Köln	0:59:22	1984	W30	11	1:00:25	09:13	09:02	09:32	10:03	10:13	10:15	5:34 min/km
55	1640	Trapp Viktoria	*Bonn	0:59:41	1988	WHK	20	1:00:19	09:52	09:40	09:18	09:59	10:08	09:40	5:35 min/km
56	1625	Schirm Eugenia	*Bad Neuenahr-Ahrweiler	0:59:45	1974	W40	7	1:00:19	09:53	09:44	09:58	09:45	09:46	09:36	5:36 min/km
57	1427	Smarsly Sonja	*Leverkusen	0:59:49	1991	WHK	21	1:00:20	08:59	08:47	09:41	09:49	10:36	10:50	5:36 min/km
58	692	Ströter Bixi	*Kerpen	0:59:55	1968	W45	3	1:02:48	09:21	09:25	09:43	10:15	10:00	10:07	5:37 min/km
59	483	Joos Liane	*Köln	0:59:56	1984	W30	12	1:00:21	09:32	09:34	09:35	10:03	10:23	09:57	5:37 min/km
60	578	Niggemeier Anja	*Leverkusen	0:59:56	1973	W40	8	1:01:48	09:26	09:22	09:47	10:14	10:11	09:57	5:37 min/km
61	1568	Kempe Andrea	hopfensee-rannas	1:00:06	1968	W45	4	1:01:16	09:27	09:31	09:47	10:00	10:10	10:09	5:38 min/km
62	1139	Goltz Christin	*Köln	1:00:09	1985	WHK	22	1:01:17	10:33	10:19	10:09	09:27	09:18	09:21	5:38 min/km
63	461	Hertel Carlota	LT Dünwaldler TV	1:00:14	1951	W60	1	1:00:21	09:12	09:39	09:50	10:02	10:09	10:14	5:38 min/km
64	1252	Kuritz Christine	*Köln	1:00:16	1983	W30	13	1:02:34	09:46	09:47	09:48	10:04	10:08	09:45	5:39 min/km
65	783	Harms Tanja	*Köln	1:00:29	1970	W40	9	1:02:14	10:03	09:42	09:54	10:05	09:57	09:48	5:40 min/km
66	713	Voetz Eva	LT Hornpottsee	1:00:38	1972	W40	10	1:01:52	09:15	09:35	10:02	10:11	10:13	10:14	5:41 min/km
67	788	Horst Claudia	SG TÜV Rheinland	1:00:38	1965	W45	5	1:02:02	09:54	09:37	09:37	09:59	10:11	10:13	5:41 min/km
68	592	Ott Christiane	*Jena	1:00:44	1976	W35	10	1:02:46	09:52	10:11	10:04	10:04	10:04	09:29	5:41 min/km
69	1285	Mattes Annika	*Köln	1:00:49	1983	W30	14	1:01:06	10:04	09:53	10:08	09:57	10:10	09:40	5:42 min/km
70	1164	Heinen Anna	*Köln	1:00:55	1988	WHK	23	1:03:29	10:11	10:06	10:13	10:00	09:46	09:39	5:42 min/km
71	415	Funke Sandra	*Bonn	1:00:56	1982	W30	15	1:02:33	10:00	09:45	09:33	10:03	10:16	10:14	5:42 min/km
72	1712	Sorg Ute		1:01:07	1966	W45	6	1:03:07	09:48	09:41	09:54	10:05	10:20	10:15	5:43 min/km
73	588	Ohligschläger Alina	*Leichlingen	1:01:20	1988	WHK	24	1:01:53	09:54	09:44	10:02	10:15	10:20	10:03	5:45 min/km
74	530	Leonhardt Antonia	*Bonn	1:01:26	1997	WU18	1	1:03:43	10:56	09:27	09:35	10:23	10:38	09:25	5:45 min/km
75	738	Wilden Brigitte	BSG DEVK Köln	1:01:30	1958	W55	1	1:03:13	09:49	09:46	09:47	10:20	10:23	10:22	5:46 min/km
76	823	Sobieray Miriam	Running Elements	1:01:36	1986	WHK	25	1:04:28	10:26	10:05	09:40	10:11	10:22	09:57	5:46 min/km
77	691	Stirnat Kathrin	Running Elements	1:01:36	1985	WHK	26	1:04:29	10:26	10:05	09:40	10:11	10:22	09:56	5:46 min/km
78	1084	Dorschu Sarah	*Bonn	1:01:41	1982	W30	16	1:04:13	10:29	09:47	09:53	10:05	10:08	09:51	5:47 min/km
79	1086	Dreyszas Julia	*Frechen	1:01:54	1988	WHK	27	1:02:39	09:27	09:26	10:12	10:26	09:49	10:28	5:48 min/km
80	601	Peter Caroline	*Grafschaft	1:02:02	1995	WU20	1	1:02:06	09:47	10:17	10:24	10:38	10:20	09:45	5:49 min/km
81	633	Sander Anna	*Bad Neuenahr-Ahrweiler	1:02:05	1990	WHK	28	1:02:08	09:48	10:16	10:24	10:39	10:19	09:43	5:49 min/km
82	510	Kotthaus Andrea	LT Seeteufel	1:02:07	1983	W30	17	1:02:15	09:18	10:06	10:36	11:03	11:01	08:58	5:49 min/km
83	1093	Ehrenhold Sabrina	*Frechen	1:02:09	1979	W35	11	1:02:53	09:26	09:26	10:14	10:39	10:44	10:39	5:49 min/km
84	1602	Paul Barbara	*Bonn	1:02:13	1977	W35	12	1:02:51	11:07	09:52	09:13	10:13	10:26	10:24	5:50 min/km
85	1241	Kraft Hannah	*Düren	1:02:14	1984	W30	18	1:03:28	10:04	10:21	10:12	10:11	10:12	10:12	5:50 min/km
86	1066	Buschbacher Anja	*Niederzier	1:02:14	1987	WHK	29	1:03:28	10:04	10:21	10:12	10:11	10:12	10:12	5:50 min/km
87	1416	Schumacher Astrid	*herzogenrath	1:02:15	1967	W45	7	1:05:21	09:46	10:15	10:24	10:21	10:22	10:05	5:50 min/km
88	1193	Jacobs Isabel	Zoo Saarbrücken	1:02:24	1976	W35	13	1:03:18	10:30	10:29	10:27	10:24	09:58	09:46	5:51 min/km
89	1517	Ziesen Nenja	*Aachen	1:02:31	1987	WHK	30	1:03:50	10:14	10:34	10:13	10:35	10:18	09:40	5:51 min/km
90	1373	Rube Rosa	*Hürth	1:02:32	1966	W45	8	1:03:18	09:56	10:35	09:43	10:06	10:25	10:36	5:51 min/km
91	1436	Steinhoff Melanie	*Köln	1:02:35	1984	W30	19	1:02:52	10:04	09:53	10:23	10:49	10:46	09:45	5:52 min/km
92	519	Kühnen Nathalie	*Köln	1:02:43	2001	WU14	2	1:03:30	10:43	10:20	10:24	10:28	10:25	09:32	5:52 min/km
93	706	Unverdorben Sandra	Erdinger Alkoholfrei	1:02:56	1977	W35	14	1:03:22	09:27	09:48	10:15	10:39	10:44	10:53	5:54 min/km
94	495	Kaulisch Marion	*Kerpen	1:03:04	1967	W45	9	1:05:19	10:08	10:16	10:22	10:24	10:34	10:16	5:54 min/km
95	1214	Kasper Christina	*Aachen	1:03:09	1987	WHK	31	1:04:28	10:14	10:34	10:13	10:36	10:17	10:10	5:55 min/km
96	306	Astner Beate	TV-Witzhelden	1:03:11	1969	W45	10	1:05:58	10:39	10:35	10:25	10:23	10:04	10:00	5:55 min/km
97	734	Weniger Marlis	*Bonn	1:03:15	1969	W45	11	1:06:17	10:22	10:11	10:09	10:14	10:27	10:41	5:55 min/km
98	1526	Bach Nadine	*St Katharinen	1:03:20	1978	W35	15	1:03:54	09:52	09:44	10:13	10:33	10:53	10:56	5:56 min/km
99	1554	Große-Veldmann	*Engelskirchen	1:03:26	1984	W30	20	1:03:31	09:29	10:07	10:30	10:43	10:54	10:37	5:56 min/km
100	518	Kühnen Maria	go4power	1:03:30	1962	W50	6	1:04:17	10:43	10:20	10:24	10:28	10:26	10:04	5:57 min/km
101	624	Reinhardt Michaela	*Bonn	1:03:37	1970	W40	11	1:06:04	10:49	10:14	10:23	10:24	10:28	10:16	5:57 min/km
102	333	Bethmann Karin	Chicken Wings	1:03:37	1976	W35	16	1:06:04	10:49	10:14	10:23	10:24	10:28	10:16	5:57 min/km
103	1522	Alich Therese	*bonn	1:03:44	1986	WHK	32	1:06:51	11:43	11:10	08:22	07:38	07:56	07:58	5:58 min/km
104	453	Held-Albrecht Petra	*Erfstadt	1:03:52	1970	W40	12	1:05:04	10:17	10:25	10:25	10:31	10:28	10:41	5:59 min/km
105	1204	Jonas Andrea	*Bonn	1:03:59	1981	W30	21	1:06:37	11:46	10:22	11:13	09:55	09:50	09:47	5:60 min/km
106	860	Hintz Anja	ISI Fitness	1:04:00	1978	W35	17	1:04:18	09:26	09:52	10:37	10:46	11:29	10:49	5:60 min/km
107	793	Kattner Stephanie	pronova BKK	1:04:02	1980	W30	22	1:06:46	10:34	10:36	10:47	10:47	10:28	09:53	5:60 min/km
108	376	Dederichs Conny	TuS 05 Quettingen	1:04:04	1961	W50	7	1:06:52	10:38	10:37	10:30	10:29	10:35	10:30	5:60 min/km
109	1142	Grätzer Christina	*Köln	1:04:06	1965	W45	12	1:04:51	10:10	10:18	10:28	10:46	10:33	10:40	6:00 min/km
110	1092	Eck Geraldine	McDonald's	1:04:08	1985	WHK	33	1:07:23	10:39	10:45	10:33	10:22	10:40	10:12	6:00 min/km

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111	1166	Heinzelmann Claudia	*Köln	1:04:21	1978	W35	18	1:05:33	11:13	11:16	10:38	10:14	10:07	09:50	6:02 min/km
112	1528	Blaser Judith	LaufMamaLauf	1:04:23	1981	W30	23	1:05:36	11:13	11:16	10:38	10:14	10:07	09:50	6:02 min/km
113	404	Fiedler Sarah	Bon Secours Kamerun	1:04:24	1990	WHK	34	1:07:10	10:36	10:16	10:01	10:37	11:03	10:50	6:02 min/km
114	1435	Steil Anne	Master P & GCA	1:04:32	1982	W30	24	1:06:26	11:00	10:57	10:39	10:17	10:24	10:11	6:03 min/km
115	381	Diedenhofen Nadine	*Niederkassel	1:04:32	1976	W35	19	1:05:12	10:14	10:29	10:28	10:38	10:47	10:46	6:03 min/km
116	1488	Wenge Kerstin	*Eschweiler	1:04:33	1987	WHK	35	1:06:06	10:28	10:24	10:23	10:33	10:47	10:53	6:03 min/km
117	623	Reimer Stephanie	Running Elements	1:04:44	1986	WHK	36	1:07:47	10:15	10:06	10:12	11:26	10:46	10:55	6:04 min/km
118	1425	Sikora Karoline	Chicken Wings	1:04:45	1980	W30	25	1:07:13	11:14	10:31	10:39	10:26	10:37	10:23	6:04 min/km
119	431	Grunwald Nele	*Erfstadt	1:04:49	1979	W35	20	1:05:03	10:55	10:19	10:25	10:44	10:41	10:39	6:04 min/km
120	1032	Berlin Marie	LT Seeteufel	1:04:58	1976	W35	21	1:05:06	09:19	10:06	10:34	11:08	11:26	11:13	6:05 min/km
121	763	Blum Sabine	central-team.de	1:05:05	1974	W40	13	1:05:32	09:40	10:11	10:46	10:58	11:34	10:47	6:06 min/km
122	1083	Dornauf Sandra	Chicken Wings	1:05:16	1974	W40	14	1:07:44	11:14	10:30	10:34	10:35	10:45	10:36	6:07 min/km
123	1359	Ressler Lisa	*Köln	1:05:22	1977	W35	22	1:05:57	11:51	11:38	10:51	10:29	10:42	08:50	6:07 min/km
124	772	Elissen-Gößling	*Köln	1:05:35	1971	W40	15	1:06:42	10:14	10:29	10:33	10:45	11:01	11:16	6:08 min/km
125	1441	Sump Stephanie	Sportsfreundinnen	1:05:35	1983	W30	26	1:05:50	10:45	10:23	10:22	10:51	11:02	11:14	6:09 min/km
126	1044	Booms Laura	*Köln	1:05:40	1985	WHK	37	1:06:25	10:32	10:43	10:42	11:01	11:19	10:28	6:09 min/km
127	1669	Huwer Janine	Bankpower	1:05:41	1988	WHK	38	1:07:40	11:38	10:50	10:44	10:28	10:40	10:18	6:09 min/km
128	1360	Ritterbex Carolin	*Köln	1:05:42	1990	WHK	39	1:08:04	10:53	10:41	10:31	10:41	10:59	10:57	6:09 min/km
129	1037	Bloch Dr. Heide	Hugo	1:05:46	1942	W70	1	1:06:18	10:42	10:44	11:05	11:06	10:24	10:36	6:09 min/km
130	1137	Götz Kathrin	Chicken Run	1:05:52	1984	W30	27	1:06:05	11:06	11:26	11:22	10:28	10:20	10:17	6:10 min/km
131	758	Zygmanski Moni	Tiger Balm Team	1:05:53	1980	W30	28	1:06:35	09:51	10:49	11:00	11:00	11:16	10:52	6:10 min/km
132	351	Braun Sarah	The Brownies	1:06:06	1977	W35	23	1:08:46	11:04	10:57	10:54	10:46	10:30	10:49	6:11 min/km
133	1536	Campeggio Gabriella	*Köln	1:06:08	1982	W30	29	1:06:30	10:58	10:45	10:42	11:02	11:09	10:22	6:12 min/km
134	459	Herentrey Julia	*Köln	1:06:08	1973	W40	16	1:07:59	10:09	10:24	10:46	11:16	11:19	11:08	6:12 min/km
135	748	Wünsche Sabine	*Jülich	1:06:09	1965	W45	13	1:07:14	11:17	11:14	11:08	10:18	10:35	10:32	6:12 min/km
136	1216	Kern Alexandra	*Köln	1:06:37	1983	W30	30	1:08:11	09:43	10:09	10:58	10:37	11:44	12:04	6:14 min/km
137	1572	Klein Janina	*Köln	1:06:43	1983	W30	31	1:09:14	10:48	11:07	11:00	10:56	11:10	10:40	6:15 min/km
138	580	Nix Christina	Pulheimer Pädsköp	1:06:52	1972	W40	17	1:09:01	11:14	11:33	11:06	10:52	10:57	10:13	6:16 min/km
139	1619	Rocha Jasmin	Pulheimer Pädsköpp	1:07:07	1981	W30	32	1:09:15	11:15	11:34	11:06	10:53	10:58	10:15	6:17 min/km
140	338	Böhm Heike	*Köln	1:07:13	1974	W40	18	1:07:24	09:44	10:38	10:59	11:27	11:35	11:42	6:18 min/km
140	1558	Heinemann Birgit	*Königswinter	1:07:13	1966	W45	14	1:09:38	12:01	12:52	12:01	10:14	09:44	09:27	6:18 min/km
142	1484	Weißhaar Wiebke	The Whities	1:07:26	W		0	1:08:11	11:14	11:19	11:38	11:16	11:01	10:11	6:19 min/km
143	360	Brungs Diana	*Niederkassel	1:07:30	1978	W35	24	1:08:40	10:42	10:58	11:13	11:11	11:28	10:54	6:19 min/km
144	877	Offermann Eva		1:07:33	1988	WHK	40	1:09:33	10:29	10:18	10:56	12:08	11:43	10:53	6:20 min/km
145	774	Feilhauer Carmen	*Herzogenrath	1:07:33	1986	WHK	41	1:09:32	10:29	10:18	10:56	12:08	11:43	10:52	6:20 min/km
146	420	Gerhardt Sabine	*Köln	1:07:35	1976	W35	25	1:08:03	09:51	10:33	11:07	11:39	11:45	11:30	6:20 min/km
147	1042	Böse-Seitz Susanne	Zoo Saarbrücken	1:07:36	1964	W50	8	1:08:30	10:23	10:50	11:22	11:13	11:19	11:16	6:20 min/km
148	1045	Booms Nadine	*Köln	1:07:36	1983	W30	33	1:08:22	10:31	10:43	10:45	11:15	11:46	11:31	6:20 min/km
149	1196	Jänicke U-A	*Berlin	1:07:38	1953	W60	2	1:08:50	11:16	11:19	12:05	10:43	10:47	10:21	6:20 min/km
150	1026	Bender Gaby	Gekkos	1:07:40	1969	W45	15	1:10:33	10:53	11:06	11:14	11:09	11:15	11:05	6:20 min/km
151	1699	Kirchhoff Sabine		1:07:42	1962	W50	9	1:09:18	11:55	12:14	12:34	10:02	09:56	09:52	6:20 min/km
152	754	Zimmermann Carmen	*Köln	1:07:57	1976	W35	26	1:09:29	11:00	11:16	11:06	10:55	11:32	11:01	6:22 min/km
153	822	Semler Sabine	*Köln	1:07:59	1975	W35	27	1:09:29	11:03	11:16	11:06	10:55	11:31	11:01	6:22 min/km
154	1235	Körner Eva		1:08:02	1980	W30	34	1:09:35	11:07	11:34	11:31	11:11	10:59	10:36	6:22 min/km
155	725	Weber Katrin	*Köln	1:08:04	1985	WHK	42	1:09:54	11:43	11:52	11:01	11:06	10:52	10:28	6:22 min/km
156	1270	Lienig Kerstin	*Köln	1:08:04	1978	W35	28	1:10:24	12:05	11:32	11:05	11:10	10:58	10:14	6:22 min/km
157	815	Samimi Gharaiy Melanie	*Rösrath	1:08:06	1973	W40	19	1:10:02	10:56	11:22	11:21	11:17	11:06	10:55	6:23 min/km
158	1631	Stiefelhagen Andrea	*Köln	1:08:10	1988	WHK	43	1:11:19	11:16	11:12	11:26	11:24	11:18	10:29	6:23 min/km
159	1559	Hesse Olivia	*Köln	1:08:11	1986	WHK	44	1:09:12	10:44	10:55	12:11	11:18	11:11	10:41	6:23 min/km
160	1209	Kaessmann Claudia	*Erfstadt	1:08:19	1967	W45	16	1:08:45	10:48	10:35	11:11	11:32	11:31	11:28	6:24 min/km
161	676	Simeth Manuela	*Frechen	1:08:20	1980	W30	35	1:08:45	10:49	10:35	11:11	11:32	11:31	11:28	6:24 min/km
162	344	Bonni Sabine	Team Supermaus	1:08:21	1963	W50	10	1:08:35	10:42	10:56	11:04	11:18	11:28	11:44	6:24 min/km
163	1443	Tamoschus Annika	*Leverkusen	1:08:23	1987	WHK	45	1:10:45	10:51	10:57	11:11	11:38	11:25	11:13	6:24 min/km
164	1132	Germer Dorothea	*Köln	1:08:23	1967	W45	17	1:10:26	11:06	11:11	10:50	11:47	11:11	11:14	6:24 min/km
165	390	Eichinger Heike	Himmlich Jeck	1:08:27	1986	WHK	46	1:08:32	09:49	10:30	11:29	12:17	12:12	11:18	6:25 min/km
166	1119	Freytag Jana	*Köln	1:08:28	1991	WHK	47	1:11:40	12:05	12:08	11:37	10:49	10:15	10:28	6:25 min/km
167	711	Vielhaber Christiane	*köln	1:08:31	1965	W45	18	1:09:11	10:33	10:47	11:05	11:23	11:57	11:33	6:25 min/km

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168	587	Oestreicher Tanja	*Frechen	1:08:33	1977	W35	29	1:11:23	10:13	10:34	10:57	11:31	11:58	12:15	6:25 min/km
169	1141	Gottschalk Ute	Die Rosentänzer	1:08:39	1968	W45	19	1:11:45	10:56	11:21	11:24	11:36	10:50	11:27	6:26 min/km
170	1250	Küster Petra	*Leverkusen	1:08:41	1963	W50	11	1:10:25	10:44	11:04	11:12	11:15	11:31	11:49	6:26 min/km
171	412	Früsmer Catharina	die Rosentänzer	1:08:58	1979	W35	30	1:12:02	10:57	11:21	11:24	11:47	11:16	11:08	6:27 min/km
172	1681	Conrad Larissa		1:09:04	1988	WHK	48	1:09:13	10:45	11:17	11:39	11:39	11:48	10:56	6:28 min/km
173	371	Conrad Jana	*Waldbröl	1:09:05	1991	WHK	49	1:09:13	10:45	11:18	11:39	11:38	11:47	10:58	6:28 min/km
174	585	Nolden Ute	Team Erdinger Alkoholfrei	1:09:08	1965	W45	20	1:09:35	10:14	10:50	11:15	11:54	11:55	11:54	6:28 min/km
175	1350	Raoul Claudia	Chicken Wings	1:09:13	1971	W40	20	1:11:40	09:53	09:35	09:21	09:25	10:02	09:46	6:29 min/km
176	1286	Mattick Corinna	LG Gummersbach	1:09:14	1981	W30	36	1:09:27	10:42	10:14	10:53	11:44	13:40	10:51	6:29 min/km
177	1273	Littmann Manuela	*Köln	1:09:16	1964	W50	12	1:10:00	11:54	11:45	12:05	11:39	11:13	09:38	6:29 min/km
178	678	Soesters Martina	Katholische Kirche	1:09:19	1961	W50	13	1:11:18	11:01	11:40	11:34	13:02	11:09	09:45	6:29 min/km
179	1336	Palte Susanne	Slow Motion	1:09:40	1984	W30	37	1:11:31	10:57	11:31	11:13	11:19	11:50	11:43	6:31 min/km
180	317	Basener Verena	*Bergisch Gladbach	1:09:46	1985	WHK	50	1:11:10	11:10	11:10	11:03	11:25	11:45	12:00	6:32 min/km
181	1321	Nitsch Sabine	*Köln	1:09:46	1978	W35	31	1:10:04	10:19	10:55	11:36	11:41	12:06	12:01	6:32 min/km
182	1064	Burgmer Daniela	*Bergisch Gladbach	1:09:47	1990	WHK	51	1:12:12	11:43	11:42	11:31	11:48	11:23	10:34	6:32 min/km
183	1271	Linde Anja	*Bergisch Gladbach	1:09:55	1983	W30	38	1:11:03	10:56	11:02	11:25	11:34	11:55	12:00	6:33 min/km
184	443	Harberts Maike	ChickensWings	1:10:03	1973	W40	21	1:12:31	11:13	10:30	11:14	13:18	09:45	12:57	6:34 min/km
185	1167	Held Maxi	*Leichlingen	1:10:04	1990	WHK	52	1:10:40	11:47	11:53	11:32	11:38	11:38	10:36	6:34 min/km
186	1202	Jantsch Ina	*Köln	1:10:07	1990	WHK	53	1:11:30	10:58	11:08	10:43	12:07	12:07	11:45	6:34 min/km
187	1222	Klöttsch Sandra	*Köln	1:10:08	1982	W30	39	1:13:25	10:53	10:53	11:22	11:54	12:02	11:59	6:34 min/km
188	1646	Willer Anke	*Köln	1:10:09	1970	W40	22	1:11:57	10:47	11:09	11:47	11:44	11:59	11:33	6:34 min/km
189	1588	Meurer Laura	SV Immerath	1:10:11	1989	WHK	54	1:11:15	12:00	11:53	11:34	11:38	11:45	10:21	6:34 min/km
190	1143	Grell Edith	KerryGum	1:10:14	1970	W40	23	1:10:37	10:53	11:13	11:36	11:49	11:54	11:39	6:35 min/km
191	1027	Benner Dr. Iris	*Köln	1:10:14	1969	W45	21	1:12:06	11:48	12:09	11:57	11:33	11:21	10:20	6:35 min/km
192	1157	Hambach Daniela	Mutter und Sohn	1:10:17	1979	W35	32	1:12:30	11:03	11:00	11:21	11:30	12:05	12:08	6:35 min/km
193	1135	Giesen Tanja	ERGO Sports Köln	1:10:17	1979	W35	33	1:12:31	11:02	11:01	11:20	11:30	12:05	12:08	6:35 min/km
193	662	Schulz Kerstin	*Much	1:10:17	1981	W30	40	1:10:26	10:46	11:18	11:39	11:40	11:48	11:54	6:35 min/km
195	1001	Acri Sonia	*Königswinter	1:10:17	1976	W35	34	1:12:09	11:48	12:09	11:57	11:33	11:22	10:20	6:35 min/km
196	1030	Bergmann Natalie	*Bergisch Gladbach	1:10:19	1981	W30	41	1:11:27	10:56	11:07	11:25	11:30	11:56	12:09	6:35 min/km
197	1272	Lippert Imke	*Köln	1:10:19	1983	W30	42	1:11:27	10:56	11:02	11:25	11:34	11:57	12:09	6:35 min/km
198	728	Weins Martina	*Frechen	1:10:29	1984	W30	43	1:11:00	10:51	11:42	13:11	11:07	11:15	11:28	6:36 min/km
199	484	Juchem Maria	*Frechen	1:10:29	1982	W30	44	1:11:00	10:51	11:43	13:05	11:12	11:15	11:26	6:36 min/km
200	304	Arneth Dana	*Köln	1:10:29	1977	W35	35	1:12:39	10:52	11:08	11:27	12:00	12:12	11:39	6:36 min/km
201	1600	Niستن Lucy	SV Immerath	1:10:35	1981	W30	45	1:11:39	12:01	11:53	11:34	11:37	11:45	10:20	6:37 min/km
202	531	Leonhardt Christina	*Bonn	1:10:38	1966	W45	22	1:12:55	11:03	11:02	11:29	11:42	12:00	12:08	6:37 min/km
203	735	Werner Elisa	Run Fast	1:10:43	1976	W35	36	1:13:26	10:32	10:36	10:47	10:51	10:26	16:33	6:37 min/km
204	708	Van de Flierd Marina	*Leverkusen	1:10:43	1988	WHK	55	1:13:26	10:33	10:35	10:47	10:50	10:27	16:32	6:37 min/km
205	639	Schlösser Corinna	*Niederkassel	1:10:43	1991	WHK	56	1:11:13	11:41	11:59	12:17	12:20	10:45	10:40	6:37 min/km
206	705	Tuerk Dr. Dorothe	Rennmäuse	1:10:44	1963	W50	14	1:10:55	15:16	11:26	10:51	11:06	10:51	10:09	6:37 min/km
207	785	Hein Andrea	pronova BKK	1:10:44	1976	W35	37	1:13:27	10:33	10:35	10:48	10:49	10:28	16:34	6:37 min/km
208	1495	Wieneke Dr. Monika	*Köln	1:10:54	1974	W40	24	1:12:00	11:17	11:15	11:08	12:02	11:59	11:59	6:38 min/km
209	1133	Gersbeck Denise	*Köln	1:11:01	1990	WHK	57	1:11:43	10:40	10:58	11:11	12:05	12:08	12:38	6:39 min/km
210	1560	Heuchel Anne	Radio Köln	1:11:06	1986	WHK	58	1:12:15	11:23	11:43	11:53	11:57	12:05	11:00	6:39 min/km
211	1170	Henk Elisabeth	*Bonn	1:11:12	1987	WHK	59	1:12:30	10:09	11:05	11:47	12:07	12:10	12:34	6:40 min/km
212	747	Wollgarten Mona	*Siegburg	1:11:31	1983	W30	46	1:13:12	10:19	10:57	11:34	13:03	12:10	12:20	6:42 min/km
213	1413	Schulz Anja	*Köln	1:11:41	1985	WHK	60	1:14:02	10:51	10:57	11:26	12:22	12:51	12:05	6:43 min/km
214	410	Fricke Sabrina	Flotte Gazellen	1:11:52	1980	W30	47	1:13:08	11:01	11:25	12:14	11:59	12:20	11:58	6:44 min/km
215	867	Frank Claudia	TV Rodenkirchen Triathlon	1:11:55	1979	W35	38	1:12:16	11:19	11:53	12:20	11:48	11:46	11:34	6:44 min/km
216	1069	Cikotic Hatta	Flotte Gazellen	1:11:55	1988	WHK	61	1:13:11	11:01	11:24	12:14	11:59	12:20	11:57	6:44 min/km
217	864	Kalobius Birgit		1:12:02	1962	W50	15	1:13:36	11:38	11:40	11:51	12:15	12:14	11:13	6:45 min/km
218	406	Fischer Janne		1:12:13	1985	WHK	62	1:14:13	12:40	12:12	11:51	11:53	11:33	10:59	6:46 min/km
219	1034	Birekoven Anke	*Düren	1:12:18	1987	WHK	63	1:13:23	11:27	11:34	11:36	11:30	12:16	12:35	6:46 min/km
220	1648	Wulf Lisa	Radio Köln	1:12:21	1992	WHK	64	1:13:30	11:22	11:43	11:53	11:57	12:08	12:03	6:46 min/km
221	1041	Böger Maren	*Köln	1:12:35	1980	W30	48	1:13:23	11:19	11:44	12:04	11:46	12:12	12:15	6:48 min/km
222	1288	Mengel Claudia	*Köln	1:12:35	1981	W30	49	1:13:24	11:21	11:44	12:04	11:46	12:11	12:15	6:48 min/km
223	872	Heckelei Sabine		1:12:50	1963	W50	16	1:12:52	11:11	11:43	12:02	12:21	12:25	11:52	6:49 min/km
224	451	Heckelei Sabine	*Bornheim	1:12:50	1966	W45	23	1:12:52	11:11	11:43	12:02	12:21	12:24	11:53	6:49 min/km

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225	1020	Becker Elisabeth	*Sarmersbach	1:12:54	1983	W30	50	1:15:05	12:22	11:57	11:53	11:42	11:40	12:06	6:50 min/km
226	328	Berger Rena	Agnesschnecken	1:13:00	1974	W40	25	1:14:44	11:13	11:44	11:59	12:17	12:33	12:09	6:50 min/km
227	1684	Hoffmann Susanne		1:13:04	1972	W40	26	1:15:03	11:19	11:49	11:54	12:05	12:21	12:11	6:51 min/km
228	1134	Gesthuysen Sophie	MJ / PP	1:13:10	1986	WHK	65	1:15:32	11:30	11:28	11:23	11:57	12:27	13:18	6:51 min/km
229	1254	Lange Alyssa	*Köln	1:13:17	1989	WHK	66	1:15:39	12:11	12:04	12:00	12:10	12:15	11:44	6:52 min/km
230	1388	Schley Birgit	*Sankt Augustin	1:13:18	1963	W50	17	1:13:46	11:11	11:18	12:14	12:13	12:59	12:03	6:52 min/km
231	302	Ahrens Barbara	Sportsfreundinnen	1:13:20	1983	W30	51	1:13:35	12:07	13:08	15:13	10:14	10:38	10:51	6:52 min/km
232	1610	Prinz Nicole	*Köln	1:13:21	1981	W30	52	1:15:52	11:55	12:23	12:37	12:42	12:48	10:05	6:52 min/km
233	1532	Breuer Hannah	*Köln	1:13:24	1986	WHK	67	1:15:46	12:00	12:15	12:13	12:06	11:53	11:21	6:52 min/km
234	1486	Wendler Kirsten	Dreamteam	1:13:25	1972	W40	27	1:15:34	11:57	12:22	12:25	12:06	11:33	11:31	6:53 min/km
235	572	Neveling Kirsten	Hürther BC	1:13:31	1989	WHK	68	1:15:53	12:00	12:14	12:14	12:05	11:54	11:56	6:53 min/km
236	1281	Marquardt Nicoletta	*Wachtberg	1:13:32	1988	WHK	69	1:15:53	12:02	12:15	12:13	12:06	11:54	11:54	6:53 min/km
237	1059	Bröhl Daniela	Hürther BC	1:13:33	1989	WHK	70	1:15:53	12:01	12:15	12:13	12:05	11:55	11:54	6:53 min/km
238	832	Van Dinter Mara	*Grevenbroich	1:13:35	2001	WU14	3	1:13:59	12:13	12:53	12:51	12:45	11:38	10:31	6:53 min/km
239	875	Klingen Hannelore	TPSK Köln	1:13:48	1960	W50	18	1:13:50	09:48	10:43	11:35	12:22	13:26	14:27	6:55 min/km
240	1230	Köcher Julia	*Bergheim - Glessen	1:14:16	1981	W30	53	1:16:12	11:39	11:54	12:10	12:25	12:28	12:28	6:57 min/km
241	509	Koschmider Katharina	*Köln	1:14:16	1980	W30	54	1:16:12	11:39	11:54	12:10	12:25	12:27	12:28	6:57 min/km
242	1387	Schiffmann Maja	*Bonn	1:14:19	1974	W40	28	1:15:51	11:48	11:31	11:30	11:42	11:39	15:20	6:58 min/km
243	1463	Vincent Rebecca	*Mainz	1:14:21	1988	WHK	71	1:15:41	11:31	12:06	12:08	12:54	10:48	13:46	6:58 min/km
244	1367	Rohlf Meike	*Köln	1:14:25	1983	W30	55	1:15:57	11:48	11:31	11:30	11:42	11:38	15:20	6:58 min/km
245	323	Beer Susanne	*Köln	1:14:47	1981	W30	56	1:15:55	11:45	11:48	12:16	13:12	12:14	12:24	7:00 min/km
246	1521	Aksungur Canan	*Köln	1:14:57	1983	W30	57	1:17:28	11:54	12:23	12:37	12:42	12:47	11:25	7:01 min/km
247	1109	Feck Jennifer	*Pulheim	1:15:06	1979	W35	39	1:16:26	11:28	12:30	12:48	13:19	13:22	10:42	7:02 min/km
248	874	Marggraf Marion		1:15:24	1982	W30	58	1:15:48	10:41	11:35	12:11	13:04	13:19	13:14	7:04 min/km
249	1259	Lauterbach Nina	*Köln	1:15:32	1988	WHK	72	1:17:40	12:12	12:31	12:38	12:25	12:51	11:51	7:04 min/km
250	1695	Werner Christiane		1:15:42	1997	WU18	2	1:16:34	11:37	11:59	12:06	13:05	12:51	13:01	7:05 min/km
251	469	Hofmann Kirsten	*Aachen	1:15:43	1976	W35	40	1:18:34	11:25	11:55	12:21	12:38	12:56	13:09	7:05 min/km
252	1311	Munschek Pia	*Olpe	1:15:55	1987	WHK	73	1:17:35	12:35	12:44	12:54	13:02	12:51	10:45	7:07 min/km
253	1470	Walessa Ute	*Erfstadt	1:15:58	1976	W35	41	1:16:32	11:57	12:19	12:29	12:37	12:37	12:46	7:07 min/km
254	1181	Hippchen Natalie	*Bergisch Gladbach	1:16:02	1988	WHK	74	1:18:08	12:14	12:31	12:35	12:28	12:55	12:08	7:07 min/km
255	650	Schneider Annette	*Bad Honnef	1:16:29	1968	W45	24	1:18:24	10:25	10:39	10:52	10:50	10:50	10:55	7:10 min/km
256	1634	Becker Jennifer	*kerpen	1:16:50	1992	WHK	75	1:16:54	08:51	10:03	10:48	11:12	11:19	11:54	7:12 min/km
257	544	Lydia Kania	-	1:17:08	1982	W30	59	1:17:39	10:51	11:47	14:31	12:55	13:02	12:40	7:13 min/km
258	466	Höppner Maja	*Hürth	1:17:41	1967	W45	25	1:18:34	12:05	12:38	12:37	12:43	12:58	13:22	7:16 min/km
259	1431	Stäblein Nicole	*St. Augustin	1:17:45	1975	W35	42	1:19:34	13:03	12:56	12:58	12:31	12:37	12:22	7:17 min/km
260	1258	Laue Anke	Dreamteam	1:17:53	1973	W40	29	1:20:03	11:56	12:21	12:28	13:03	13:20	13:19	7:18 min/km
261	1297	Mews Birgit	*Wesseling	1:17:53	1967	W45	26	1:20:03	11:59	12:21	12:34	12:57	13:18	13:19	7:18 min/km
262	599	Peschetz Claudia	*Köln	1:17:57	1979	W35	43	1:20:23	12:21	12:26	13:28	13:49	14:23	10:22	7:18 min/km
263	1296	Messerschmidt Julia	*Siegen	1:18:00	1985	WHK	76	1:19:40	12:35	12:44	12:53	13:03	12:50	12:42	7:18 min/km
264	450	Hecht Pia Alina	*Köln	1:18:07	1987	WHK	77	1:18:41	12:08	12:38	12:47	12:36	12:58	13:35	7:19 min/km
265	688	Stevens Petra	pickendick	1:18:07	1969	W45	27	1:18:41	12:08	12:38	12:47	12:36	12:57	13:34	7:19 min/km
266	1136	Glagow Nina	Deutsche Rheuma-Liga	1:18:19	1979	W35	44	1:18:49	11:17	11:37	12:56	13:30	14:34	13:11	7:20 min/km
267	627	Retterath Maren	*Köln	1:18:56	1988	WHK	78	1:21:33	11:58	11:54	12:39	12:01	12:18	17:03	7:24 min/km
268	1003	Alfter Anne	*Bonn	1:20:06	1985	WHK	79	1:21:53	13:35	12:51	14:41	13:09	12:19	12:19	7:30 min/km
269	1641	Van Dinter Kira	*Grevenbroich	1:20:36	2004	WU12	2	1:21:01	12:12	13:17	13:58	13:19	13:28	13:16	7:33 min/km
270	765	Bürgers Marion	*Grevenbroich	1:20:37	1975	W35	45	1:21:01	12:12	13:17	13:59	13:19	13:28	13:17	7:33 min/km
271	438	Hahn Sandra	Sportteufelchen e.V.	1:21:09	1972	W40	30	1:22:26	14:14	13:12	12:42	12:48	13:22	13:32	7:36 min/km
272	433	Haas Petra Beatrix	Sportteufelchen e.V.	1:21:09	1965	W45	28	1:22:26	14:14	13:13	12:42	12:47	13:22	13:32	7:36 min/km
273	1075	Degenhardt Lena	*Köln	1:21:33	1986	WHK	80	1:22:26	11:50	12:48	13:28	13:59	14:15	13:48	7:38 min/km
274	329	Berk-Schwanenberg	Wellenläufer	1:23:01	1968	W45	29	1:24:37	12:23	12:52	13:42	14:10	14:30	14:01	7:46 min/km
275	1510	Würtz Lena	Hildegardgruppe	1:23:48	1998	WU18	3	1:26:24	11:57	09:49	10:09	12:59	11:56	13:36	7:51 min/km
276	1049	Brandt Josephine	Hildegardgruppe	1:23:49	2000	WU16	1	1:26:25	11:57	09:49	10:09	12:59	11:57	13:36	7:51 min/km
277	1262	Lemm Helga	Wellenläufer	1:24:27	1969	W45	30	1:26:05	16:40	12:33	14:02	12:20	13:24	14:11	7:55 min/km
278	407	Frantzen Melanie	Wellenläufer	1:24:43	1979	W35	46	1:26:05	13:56	13:20	13:47	14:11	14:01	14:11	7:56 min/km
279	1269	Lieck Claudia	*Langenfeld	1:27:53	1980	W30	60	1:28:51	12:18	14:52	15:26	14:37	14:28	14:46	8:14 min/km
280	1578	Krux Katharina	*Köln	1:30:05	1991	WHK	81	1:31:43	14:18	14:29	14:56	15:06	15:29	14:35	8:26 min/km
281	1260	Lech Ramona	*Hürth	1:30:06	1991	WHK	82	1:31:45	14:18	14:29	14:56	15:06	15:28	14:36	8:26 min/km

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