

Kölner Zoolauf am 11. Juli 2014 - 4 Runden - 7.15km

Ergebnisliste Männer

Seite 1
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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1130	Gemein Uwe	*bad honnef	0:35:20	1966 M45	1	0:35:38	09:26 07:46 08:07 08:58	4:57 min/km
2	1091	Ebener Daniel	*Köln	0:36:20	1983 M30	1	0:39:11	09:27 08:39 08:37 08:42	5:05 min/km
3	873	Birkenfeld Florian		0:36:39	1975 M35	1	0:39:43	09:05 08:29 08:52 09:14	5:08 min/km
4	1247	Kubeth Jens	Die ??????	0:37:13	1988 MHK	1	0:38:38	08:23 08:45 09:12 09:49	5:12 min/km
5	1704	Cendlewski Thomas		0:38:23	1989 MHK	2	0:40:04	09:15 09:05 09:22 09:39	5:22 min/km
6	1191	Hundenborn Klaus	*Walldorf	0:38:31	1957 M55	1	0:38:31	08:10 09:10 09:41 10:21	5:23 min/km
7	343	Bollig Robert	*Köln	0:39:47	1985 MHK	3	0:40:25	10:00 09:29 09:36 09:36	5:34 min/km
8	640	Schmidt Harald	*Langenfeld	0:39:55	1951 M60	1	0:40:24	09:12 09:19 09:28 10:47	5:35 min/km
9	1106	Evert Karsten	fortuna beeijing	0:39:56	1969 M45	2	0:40:34	10:00 09:35 09:38 09:42	5:35 min/km
10	1114	Flock Thomas	*Köln	0:40:03	1971 M40	1	0:40:11	08:38 09:31 10:02 10:43	5:36 min/km
11	1002	Albers Jon	*Bonn	0:41:25	1976 M35	2	0:44:03	10:02 09:49 10:00 10:27	5:48 min/km
12	1257	Lange Tim	*Köln	0:42:30	1985 MHK	4	0:44:32	11:10 10:38 10:31 09:13	5:57 min/km
13	414	Fullarton Douglas	*Köln	0:42:48	1957 M55	2	0:42:49	09:24 10:15 10:43 10:53	5:59 min/km
14	794	Klaas Werner	*Köln	0:43:21	1968 M45	3	0:45:08	10:02 10:16 11:24 10:34	6:04 min/km
15	1307	Müller-Dumont Christop	McDonald's	0:43:22	1958 M55	3	0:46:40	10:37 10:45 10:33 10:22	6:04 min/km
16	1162	Hauswald Michael	Antilofen	0:43:50	1977 M35	3	0:47:03	11:25 10:26 10:35 10:22	6:08 min/km
17	1547	Forster Mathias	Forster	0:43:53	1983 M30	2	0:44:32	09:59 09:54 10:35 12:16	6:08 min/km
18	1523	Arenz Helmut	*Swisttal	0:44:38	1952 M60	2	0:46:54	10:52 11:22 10:36 10:45	6:15 min/km
19	626	Remarque Pascal	*Köln	0:45:02	1985 MHK	5	0:45:38	10:44 11:03 11:13 11:03	6:18 min/km
20	353	Breuer Prof. Dr. Dietmar	*Hennef	0:45:49	1957 M55	4	0:46:18	10:45 10:55 11:26 11:31	6:25 min/km
21	583	Noethe Andreas	Irrläufer	0:45:53	1971 M40	2	0:48:38	10:47 10:48 11:15 11:50	6:25 min/km
22	1581	Lenz Stefan	*Köln	0:47:19	1963 M50	1	0:49:54	11:26 11:37 11:32 11:34	6:37 min/km
23	319	Bauerdick Daniel	*Pulheim	0:49:55	1982 M30	3	0:51:16	11:39 12:16 12:18 12:26	6:59 min/km
24	1491	Werner Kurt	*Mechernich	0:50:02	1963 M50	2	0:50:54	11:35 11:47 12:19 13:06	6:60 min/km
25	1355	Reichel Dr. Ruediger	Rennmäuse	0:50:45	1958 M55	5	0:50:57	15:13 11:30 11:13 11:35	7:06 min/km
26	1700	Kirchhoff Jochen		0:50:58	1958 M55	6	0:52:34	11:55 12:13 12:34 12:57	7:08 min/km
27	1206	Jüngst Christian	*Siegburg	0:51:30	1982 M30	4	0:53:45	12:48 12:14 12:59 12:24	7:12 min/km
28	1356	Reichert Marion	Fun runners	0:54:57	1976 M35	4	0:55:01	12:08 13:40 13:45 14:04	7:41 min/km
29	1118	Franke Thomas	BSG Continentale	0:55:08	1964 M50	3	0:56:39	12:46 13:39 13:27 14:15	7:43 min/km
30	326	Benneker Bernd	*Bergisch Gladbach	0:57:07	1973 M40	3	0:57:55	12:19 13:13 14:14 16:03	7:59 min/km
31	1442	Sven Lill	Die 2 Fantastische 5	0:57:36	1999 MU16	1	0:58:36	12:22 14:22 14:14 15:10	8:03 min/km
32	1316	Nico Acquachiarra	Die 2 Fantastische 5	0:57:48	1980 M30	5	0:58:48	12:22 14:22 14:15 15:10	8:05 min/km

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Seite 2

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	499	Kern Nicole	Run Tiger Run	0:40:03	1979 W35	1	0:40:06	09:00 09:35 10:00 10:18	5:36 min/km
2	628	Rollmann Susanne	*Euskirchen	0:40:14	1957 W55	1	0:41:11	09:53 09:44 09:39 09:56	5:38 min/km
3	1567	Käsler Denise	*Plettenberg	0:41:12	1989 WHK	1	0:44:29	10:43 09:59 09:40 09:46	5:46 min/km
4	1632	Stracke Denise	*Netphen	0:41:12	1983 W30	1	0:44:30	10:44 10:00 09:39 09:46	5:46 min/km
5	1709	König Kathrin		0:42:56	1969 W45	1	0:43:50	10:06 10:28 10:42 10:50	6:00 min/km
6	1348	Ramisch Alena-Maria	*Bonn	0:44:12	1982 W30	2	0:44:29	10:37 10:34 10:49 11:16	6:11 min/km
7	408	Franz Anke	Krabbenfischer	0:44:22	1988 WHK	2	0:45:22	10:16 10:22 10:48 11:42	6:12 min/km
8	1038	Bloch Julia	*Köln	0:44:50	1978 W35	2	0:45:23	10:42 10:44 11:05 11:06	6:16 min/km
9	584	Nogueira Cardoso Maria*	Köln	0:45:06	1963 W50	1	0:45:15	10:22 10:55 11:07 11:30	6:18 min/km
10	1220	Kleine Anke	*Köln	0:45:39	1968 W45	2	0:46:00	10:09 10:56 11:44 11:37	6:23 min/km
11	581	Noack Anke	Irrläufer	0:45:54	1971 W40	1	0:48:38	10:47 10:48 11:15 11:49	6:25 min/km
12	1131	Gentschen Felde Anke	*Köln	0:46:01	1984 W30	3	0:47:46	11:40 11:37 11:10 10:30	6:26 min/km
13	680	Sonntag Ursula	ERGO Sports Köln	0:46:16	1962 W50	2	0:46:52	11:14 11:09 11:20 11:25	6:28 min/km
14	1439	Strassner Alessandra	Die ??????	0:46:17	1991 WHK	3	0:47:40	11:35 12:02 10:42 10:50	6:28 min/km
15	1340	Philippen Monika	*Bergheim	0:46:35	1966 W45	3	0:47:32	11:15 11:39 11:27 11:04	6:31 min/km
16	1375	Sänger Bettina	*Iserlohn	0:47:17	1967 W45	4	0:49:09	11:41 11:53 11:27 11:05	6:37 min/km
17	1502	Wischnewski Tanja	*Bergheim	0:47:17	1972 W40	2	0:48:56	11:38 11:41 11:34 11:20	6:37 min/km
18	1426	Simons Carina	*Köln	0:47:55	1984 W30	4	0:50:50	10:39 11:24 12:08 12:34	6:42 min/km
19	606	Plättner Eileen	*BORNHEIM	0:47:56	1988 WHK	4	0:49:06	12:13 13:03 13:09 08:35	6:42 min/km
20	1140	Gossmann Helena	TuS Weiershagen-Forst 08	0:48:07	1991 WHK	5	0:49:19	11:43 12:05 11:46 11:34	6:44 min/km
21	723	Wallraff Claudia	*Nörvenich	0:48:18	1965 W45	5	0:49:11	11:09 11:33 12:08 12:15	6:45 min/km
22	1483	Weißhaar Stephanie	The Whities	0:48:21	1979 W35	3	0:49:06	11:32 11:53 12:03 11:44	6:46 min/km
23	1251	Kuntzmann Renate	*Rheinbach	0:48:24	1951 W60	1	0:49:24	11:29 11:52 11:50 11:55	6:46 min/km
24	1004	Arndt-Rausch Brigitte	Erzhausen	0:48:50	1955 W55	2	0:50:53	11:19 11:38 12:15 12:27	6:50 min/km
25	1317	Nicolet-Glebsattel	LaufMamaLauf	0:48:59	1957 W55	3	0:50:21	11:18 11:58 12:18 12:17	6:51 min/km
26	1226	Kniffler Daniela	LaufMamaLauf	0:49:00	1983 W30	5	0:50:21	11:20 11:58 12:18 12:17	6:51 min/km
27	1664	Gail Mareike		0:49:03	1986 WHK	6	0:50:34	11:51 11:56 11:52 12:10	6:52 min/km
28	1575	Köllner Esther	*Köln	0:49:04	1978 W35	4	0:50:35	11:52 11:56 11:52 12:10	6:52 min/km
29	1301	Monschau Susi	Septemberkinder	0:49:11	1980 W30	6	0:49:59	11:08 11:40 12:17 12:44	6:53 min/km
30	1637	Thelen Anja	*Kerpen	0:49:28	1996 WU20	1	0:50:49	10:22 08:54 09:42 09:30	6:55 min/km
31	1380	Schasse Sarah	*Niederkassel	0:49:29	1991 WHK	7	0:49:58	11:41 11:59 12:17 12:20	6:55 min/km
32	543	Lutkewitz Ursula	*Köln	0:49:35	1953 W60	2	0:50:24	11:23 12:01 12:21 12:34	6:56 min/km
33	638	Schierstädt Henriette	*Köln	0:49:39	1977 W35	5	0:51:21	11:20 12:12 12:21 12:33	6:57 min/km
34	695	Süß-Dahmen Renate	LT Saaler Mühle	0:49:44	1944 W70	1	0:49:50	10:46 11:28 11:55 14:06	6:57 min/km
35	595	Palfi Mathilda	LT Saaler Mühle	0:49:44	1952 W60	3	0:49:50	10:46 11:27 11:55 14:40	6:57 min/km
36	320	Bauerdick Siegrid	*Frechen	0:49:54	1952 W60	4	0:51:16	11:38 12:16 12:19 12:26	6:59 min/km
37	1022	Becker Nadine	*Kreuzau	0:49:56	1984 W30	7	0:51:15	11:31 12:06 12:08 12:54	6:59 min/km
38	1403	Schneider Karin	*Köln	0:50:08	1967 W45	6	0:50:14	11:32 12:10 12:43 12:31	7:01 min/km
39	1676	Leitze Meida		0:50:17	1964 W50	3	0:52:02	12:07 12:13 12:14 12:28	7:02 min/km
40	474	Huber Sabrina	*Köln	0:50:20	1981 W30	8	0:52:31	11:58 12:48 13:06 11:16	7:02 min/km
41	456	Hennig Clarissa	*Köln	0:50:46	1969 W45	7	0:52:49	11:41 12:24 12:48 12:38	7:06 min/km
42	335	Birkhahn Brigitte	*Bonn	0:51:00	1959 W55	4	0:53:53	11:49 11:59 12:32 13:19	7:08 min/km
43	1318	Niederwieser Andrea	*Idar-Oberstein	0:51:30	1983 W30	9	0:53:45	12:47 12:14 12:59 12:24	7:12 min/km
44	1520	Zygmann Jenny	*Hürth	0:51:39	1985 WHK	8	0:52:22	12:41 12:50 12:33 12:33	7:14 min/km
45	576	Nicklaus Ulrike	*Heiligenhaus	0:51:49	1956 W55	5	0:52:05	11:27 11:56 12:27 14:19	7:15 min/km
46	1394	Schmidt Simone	*Hilden	0:52:15	1978 W35	6	0:52:47	12:03 12:40 12:41 13:22	7:18 min/km
47	1392	Schmidt Magdalene	*Langenfeld	0:52:15	1952 W60	5	0:52:47	12:03 12:40 12:41 13:22	7:19 min/km
48	616	Quirin Heike	Kreissparkasse Köln	0:53:44	1971 W40	3	0:53:56	12:03 13:21 13:29 13:32	7:31 min/km
49	331	Bethke Jessica	Die 2 fantastischen 5	0:54:29	1983 W30	10	0:55:06	13:43 12:36 13:02 13:46	7:37 min/km
50	1303	Mueller Carola	*Bergisch Gladbach	0:54:46	1967 W45	8	0:56:25	12:17 12:58 13:58 14:14	7:40 min/km
51	1370	Rosenthal Susi	*Bergisch Gladbach	0:54:46	1968 W45	9	0:56:25	12:17 12:59 13:58 14:14	7:40 min/km
52	1379	Scharrenberg-schiliro	*Bergheim	0:54:57	1980 W30	11	0:55:02	12:08 13:40 13:46 14:03	7:41 min/km
53	1475	Waschkewitz Katharina	*Leverkusen	0:55:11	2004 WU12	1	0:56:33	11:52 12:44 15:21 13:49	7:43 min/km

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Seite 3

gedruckt 16.07.2014 00:54:32

54	1334	Overmans Frederike	*Luzern	0:55:41	1984	W30	12	0:57:28	13:35	12:51	14:41	13:09	7:47 min/km
55	1395	Schmidt-Schädel Leonie	*Köln	0:55:50	1986	WHK	9	0:58:03	12:20	12:28	18:00	11:57	7:49 min/km
56	813	Rohrmoser Eva-Maria	Laufmariechen Köln	0:56:35	1954	W60	6	0:59:37	13:15	13:43	13:43	14:32	7:55 min/km
57	428	Groddeck Sandra	family&friends	0:57:07	1975	W35	7	0:57:55	12:19	13:13	14:14	16:02	7:59 min/km
58	1113	Finke Christina	*Köln	0:58:36	1986	WHK	10	0:59:34	12:18	14:52	15:26	14:34	8:12 min/km
59	642	Assenmacher Jasmin	Wellenläufer	0:58:52	1980	W30	13	1:00:19	13:57	15:25	14:04	14:16	8:14 min/km
60	1225	Knauf Stefanie	*Overath	0:59:11	1965	W45	10	0:59:20	14:47	14:04	14:00	14:53	8:17 min/km
61	1245	Kretzer Sandra	*Rösrath	0:59:11	1978	W35	8	0:59:20	14:48	14:08	13:56	14:53	8:17 min/km
62	310	Baier Tina	Antilofen	1:01:08	1976	W35	9	1:04:21	13:07	13:46	14:01	18:16	8:33 min/km
63	683	Stanzel Anna	*Bergisch Gladbach	1:01:38	1968	W45	11	1:04:17	13:46	14:35	15:32	16:25	8:37 min/km
64	515	Kribs Dr. Angela	*Bergisch Gladbach	1:01:38	1961	W50	4	1:04:17	13:46	14:35	15:32	16:25	8:37 min/km