

Kölner Nikolauslauf am 6. Dezember 2015 - 10km Funlauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3298	Abdullsamad Ehsan	Willkommensinitiative	0:40:12	1992 M20	1	0:40:13	13:09 * 12:59 * 14:03	4:01 min/km
2	3904	Fontana Espen	SRV Kreuzgasse Köln	0:40:27	1999 MU18	1	0:43:53	13:21 * 13:18 * 13:47	4:03 min/km
3	2544	Sinnema André		0:41:05	1985 M30	1	0:41:16	13:28 * 13:23 * 14:13	4:07 min/km
4	3902	Arcidiacono Christoph	SRV Kreuzgasse Köln	0:41:23	1999 MU18	2	0:44:26	14:11 * 13:12 * 14:00	4:08 min/km
5	422	Glandien David	The GinNastics	0:42:21	1987 M20	2	0:42:23	13:31 * 14:04 * 14:45	4:14 min/km
6	3909	Mimberg Gero	SRV Kreuzgasse Köln	0:42:21	1981 M30	2	0:45:14	13:35 * 13:59 * 14:47	4:14 min/km
7	1813	Schmitz Andreas	YourNextLevel	0:42:23	1983 M30	3	0:44:21	14:12 * 13:49 * 14:21	4:14 min/km
8	2296	Köllmann Daniel	*Köln	0:42:47	1988 M20	3	0:43:09	14:58 * 13:48 * 14:00	4:17 min/km
9	3137	Ebbinghaus Thomas	*Aachen	0:42:49	1991 M20	4	0:42:53	13:29 * 14:09 * 15:10	4:17 min/km
10	2487	Buschkamp Marc	MACH# Köln e.V.	0:42:51	1986 M20	5	0:42:55	13:15 * 14:16 * 15:18	4:17 min/km
11	2694	Huwe Michael		0:42:53	1980 M35	1	0:46:41	15:23 * 13:19 * 14:11	4:17 min/km
12	3176	Sobotka Georg	*Köln	0:43:05	1983 M30	4	0:45:25	13:59 * 13:58 * 15:07	4:19 min/km
13	2635	Gigl Benjamin	TV Rodenkirchen	0:43:20	2003 MU14	1	0:43:23	13:15 * 14:13 * 15:51	4:20 min/km
14	3314	Ullrich Vincent	Willkommensinitiative	0:43:25	1994 M20	6	0:43:30	14:08 * 14:02 * 15:15	4:21 min/km
15	1298	Knoop Andre	Die Renttiere	0:43:26	1988 M20	7	0:43:32	13:51 * 14:14 * 15:20	4:21 min/km
16	3911	Cetkovic Petar	SRV Kreuzgasse Köln	0:43:27	1997 MU20	1	0:46:19	13:59 * 14:41 * 14:47	4:21 min/km
17	3809	Wagner Sebastian	*Köln	0:43:30	1981 M30	5	0:43:33	14:15 * 14:35 * 14:38	4:21 min/km
18	2133	Pfeiffer Benjamin	*Köln	0:43:35	1987 M20	8	0:43:41	14:04 * 14:13 * 15:18	4:22 min/km
19	3491	Müller Gerrit	*Köln	0:43:37	1996 MU20	2	0:43:41	14:16 * 14:03 * 15:17	4:22 min/km
20	2679	Romes Jan	Blau Weiß Köln	0:43:40	2001 MU16	1	0:45:07	14:20 * 14:08 * 15:10	4:22 min/km
21	1781	Schmatz Raphael	Schwentenfreunde	0:43:44	1987 M20	9	0:44:28	14:34 * 13:59 * 15:11	4:22 min/km
22	3028	Kourkoulos Dimitrios	LKW-Schorse	0:43:45	1986 M20	10	0:44:44	14:21 * 14:03 * 15:20	4:23 min/km
23	1504	Cosler Martin	*Düsseldorf	0:43:47	1983 M30	6	0:45:10	14:23 * 14:09 * 15:13	4:23 min/km
24	3301	Elmuduni Adelbast	Willkommensinitiative	0:43:51	1990 M20	11	0:43:53	13:11 * 14:22 * 16:17	4:23 min/km
25	3917	Höhn Jonas	lululemon athletica	0:43:59	1989 M20	12	0:44:08	14:04 * 14:38 * 15:16	4:24 min/km
26	3308	Pakenis Nico	Willkommensinitiative	0:44:03	1981 M30	7	0:44:07	14:05 * 14:35 * 15:21	4:24 min/km
27	3916	Steland Alexander	lululemon athletica	0:44:03	1992 M20	13	0:44:18	15:05 * 13:52 * 15:05	4:24 min/km
28	3305	Messari Abde	Willkommensinitiative	0:44:05	1992 M20	14	0:44:09	14:05 * 14:40 * 15:19	4:25 min/km
29	2675	Eisele Mathias	Mach3 e.V.	0:44:14	1959 M55	1	0:44:19	14:08 * 14:34 * 15:31	4:25 min/km
30	316	Gilles Raphael	Team flott.	0:44:17	1988 M20	15	0:44:45	14:34 * 14:32 * 15:09	4:26 min/km
31	581	Schneeberger Korbinian	Albis Laufftreff	0:44:26	1977 M35	2	0:44:37	14:06 * 14:20 * 15:58	4:27 min/km
32	3068	Normann Hans	PUSHENSY	0:44:29	1967 M45	1	0:44:43	14:43 * 14:51 * 14:55	4:27 min/km
33	3742	Kuczera Darius	Team Maikammer	0:44:34	1969 M45	2	0:44:39	14:22 * 14:44 * 15:27	4:27 min/km
34	3345	Heller Dirk	Kieser Training	0:44:35	1971 M40	1	0:44:52	14:46 * 14:33 * 15:16	4:28 min/km
35	389	Ghayoumi Yousef	Mosaik	0:44:39	1999 MU18	3	0:44:40	14:11 * 14:45 * 15:42	4:28 min/km
36	3309	Quadflieg Sven	Willkommensinitiative	0:44:52	1983 M30	8	0:44:55	14:26 * 14:42 * 15:43	4:29 min/km
37	2649	Sandscheper Clemens	TV Rodenkirchen Triathlon	0:44:52	1969 M45	3	0:44:55	15:07 * 15:55 * 13:49	4:29 min/km
38	1926	Fabian Dr. Steffen	MACH3 Köln e.V.	0:44:53	1965 M50	1	0:44:58	13:48 * 15:11 * 15:53	4:29 min/km
39	2215	Csiba Philip	*Koeln	0:45:04	1971 M40	2	0:45:52	15:07 * 14:30 * 15:26	4:30 min/km
40	2410	Peil Florian	*Köln	0:45:08	1979 M35	3	0:45:10	14:15 * 14:51 * 16:01	4:31 min/km
41	1723	Müller Kai	*Köln	0:45:19	1979 M35	4	0:45:24	14:05 * 14:37 * 16:35	4:32 min/km
42	1296	Vogel Matthias	Die Renttiere	0:45:23	1984 M30	9	0:45:30	14:24 * 15:08 * 15:50	4:32 min/km
43	208	Oueriemmi Bassem	SonntagsGurken	0:45:24	1986 M20	16	0:45:31	14:50 * 14:53 * 15:39	4:32 min/km
44	886	Rühl Christian	Rednose Runner	0:45:28	1974 M40	3	0:45:32	14:39 * 14:52 * 15:56	4:33 min/km
45	573	Engels Andreas	*Köln	0:45:30	1976 M35	5	0:48:15	15:33 * 14:45 * 15:11	4:33 min/km
46	2682	Van Laack Martin	1.FC Rollerwiesen e.V.	0:45:32	1983 M30	10	0:49:09	15:49 * 14:06 * 15:36	4:33 min/km
47	1139	Antweiler Timo	Squadra Colonia	0:45:35	1986 M20	17	0:48:48	15:31 * 14:48 * 15:16	4:34 min/km
48	1702	Endresz Frederik	*Burscheid	0:45:36	1983 M30	11	0:47:00	15:07 * 14:57 * 15:31	4:34 min/km
49	1111	Kuthe Thorsten	*Köln	0:45:41	1972 M40	4	0:46:18	14:41 * 15:08 * 15:50	4:34 min/km
50	3905	Welter Leon	SRV Kreuzgasse Köln	0:45:42	1999 MU18	4	0:49:07	15:29 * 14:59 * 15:13	4:34 min/km
51	1608	Lübbert Mark	*bergisch gladbach	0:45:44	1979 M35	6	0:45:49	14:27 * 15:05 * 16:11	4:34 min/km
52	1137	Preuß Stephan	SV Auweiler-Esch	0:45:45	1985 M30	12	0:48:59	15:30 * 14:49 * 15:26	4:35 min/km
53	2672	Haas Christoph	LT DSHS Köln	0:45:50	1989 M20	18	0:46:08	14:46 * 14:42 * 16:20	4:35 min/km

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54	1758	Van der Koelen Martin	SMT RUNNERS	0:46:00	1979 M35	7	0:46:25	14:37 *	15:00 *	16:22	4:36 min/km
55	1833	Gaab Jan	Family Gaab	0:46:10	1994 M20	19	0:50:01	16:18 *	14:30 *	15:21	4:37 min/km
56	919	Grothe Prof. Jon	*Köln	0:46:13	1985 M30	13	0:48:24	15:21 *	15:00 *	15:52	4:37 min/km
57	514	Reinartz Michael	GVG Laufteam	0:46:18	1977 M35	8	0:46:38	15:03 *	15:10 *	16:04	4:38 min/km
58	2399	Ferrauti Prof. Dr.	THC Brühl	0:46:23	1960 M55	2	0:46:35	14:42 *	15:15 *	16:26	4:38 min/km
59	3791	Hoppe Fabian	*Dortmund	0:46:24	1973 M40	5	0:47:28	15:12 *	15:14 *	15:57	4:38 min/km
60	776	Thurwach Rüdiger	*Olpe	0:46:28	1957 M55	3	0:46:28	14:58 *	14:53 *	16:36	4:39 min/km
61	3302	Lyke Ikedichi Desmond	Willkommensinitiative	0:46:29	1984 M30	14	0:46:30	13:57 *	15:11 *	17:20	4:39 min/km
62	3899	Langebartels Ben	SRV Kreuzgasse Köln	0:46:29	2000 MU16	2	0:49:21	14:42 *	15:18 *	16:28	4:39 min/km
63	3901	Becerra Christopher	SRV Kreuzgasse Köln	0:46:34	1998 MU18	5	0:49:26	16:33 *	15:20 *	14:39	4:39 min/km
64	3328	Schlösser Wolfgang	Kieser Training	0:46:34	1962 M50	2	0:46:49	14:54 *	15:03 *	16:36	4:39 min/km
65	2117	Aici Celim	Les Bananes sauvages	0:46:34	1987 M20	20	0:49:07	15:20 *	14:49 *	16:25	4:39 min/km
66	2461	Benninghoff Derk	TriCologne	0:46:41	1970 M45	4	0:47:58	17:03 *	14:24 *	15:13	4:40 min/km
67	871	Bäcker Benjamin	*Köln	0:46:43	1988 M20	21	0:48:36	16:14 *	15:02 *	15:26	4:40 min/km
68	3088	Riedel Oliver	TSV Dieringhausen	0:46:47	1979 M35	9	0:47:07	14:55 *	15:34 *	16:17	4:41 min/km
69	3554	Kiehn Rainer	Bachemer Wahnsinn	0:46:47	1967 M45	5	0:47:33	15:54 *	15:10 *	15:43	4:41 min/km
70	2207	Küpfer Lorenz	*Zülpich	0:46:50	1985 M30	15	0:48:46	15:28 *	15:07 *	16:14	4:41 min/km
71	2632	Krychowski Ralf	TFG Köln-Nippes	0:46:52	1969 M45	6	0:47:00	14:51 *	15:35 *	16:25	4:41 min/km
72	3703	Bartoli Patrick	*Köln	0:46:53	1988 M20	22	0:47:07	14:48 *	15:19 *	16:45	4:41 min/km
73	3938	Wolf Harald	LT Decksteiner Weiher	0:46:53	1967 M45	7	0:46:59	14:30 *	15:30 *	16:52	4:41 min/km
74	2331	Reimann Sascha	*Köln	0:46:55	1980 M35	10	0:48:24	16:13 *	15:34 *	15:07	4:42 min/km
75	3407	Blaum Roland	NetCologne	0:46:55	1969 M45	8	0:49:15	15:51 *	15:22 *	15:42	4:42 min/km
76	1254	Killich Marcel	*Hürth	0:47:00	1982 M30	16	0:47:28	15:34 *	15:42 *	15:43	4:42 min/km
77	1845	Becker Hendrik	*Köln	0:47:08	1983 M30	17	0:47:23	15:21 *	15:30 *	16:16	4:43 min/km
78	2566	Jetter Oliver	Rheinsport	0:47:11	1973 M40	6	0:49:42	15:31 *	15:11 *	16:29	4:43 min/km
79	1360	Kraidi Samar	*Köln	0:47:16	1967 M45	9	0:51:53	16:46 *	14:57 *	15:32	4:44 min/km
80	3740	Hansen Christoph	Cologne Allblacks	0:47:17	1965 M50	3	0:47:20	14:56 *	15:50 *	16:30	4:44 min/km
81	3897	Reihs Moritz	SRV Kreuzgasse Köln	0:47:20	2000 MU16	3	0:50:47	16:24 *	15:58 *	14:57	4:44 min/km
82	495	Buchholz Gereon	*Köln	0:47:21	1978 M35	11	0:48:11	15:03 *	15:30 *	16:47	4:44 min/km
83	3372	Pabst Robert	RUNNERS POINT RUN	0:47:21	1988 M20	23	0:47:47	15:51 *	15:35 *	15:55	4:44 min/km
84	3567	Lutz Andreas	*Köln	0:47:30	1982 M30	18	0:47:33	14:43 *	15:43 *	17:03	4:45 min/km
85	2334	Schröder Alex	*Leverkusen	0:47:31	1983 M30	19	0:49:00	16:14 *	15:34 *	15:42	4:45 min/km
86	3134	Rousselli Benjamin	*Kerpen	0:47:31	1983 M30	20	0:52:26	15:27 *	15:24 *	16:39	4:45 min/km
87	2691	Poschmann Mike	TSV Dieringhausen	0:47:33	1967 M45	10	0:47:52	15:32 *	15:46 *	16:13	4:45 min/km
88	1684	Wisplinghoff Dr. Fabian	VINCEROLA	0:47:36	1976 M35	12	0:48:36	15:15 *	15:37 *	16:43	4:46 min/km
89	2684	Weisenstein Rene	Rheinsport	0:47:44	1986 M20	24	0:50:15	15:53 *	15:46 *	16:04	4:46 min/km
90	1839	Tesche Torben	*Wuppertal	0:47:48	1989 M20	25	0:50:03	15:45 *	15:22 *	16:39	4:47 min/km
91	3919	Eisenbart Tobias	lululemon athletica	0:47:48	1986 M20	26	0:48:02	15:16 *	15:42 *	16:49	4:47 min/km
92	522	Heister Björn	*Bergisch Gladbach	0:47:51	1980 M35	13	0:48:18	15:32 *	15:31 *	16:47	4:47 min/km
93	1810	Achten Thomas	Kölner Federballclub Blau	0:47:51	1989 M20	27	0:48:37	15:51 *	15:42 *	16:17	4:47 min/km
94	1358	Henke David	*Köln	0:47:52	1971 M40	7	0:48:23	15:43 *	16:01 *	16:08	4:47 min/km
95	3507	Hempfen Sebastian	*Köln	0:47:53	1985 M30	21	0:50:13	15:08 *	16:12 *	16:32	4:47 min/km
96	1830	Dinstühler Guido	Rudolfs Renntier	0:47:58	1983 M30	22	0:48:14	15:39 *	15:41 *	16:37	4:48 min/km
97	67	Horstmann Tobias	*Köln	0:47:59	1987 M20	28	0:48:12	16:02 *	15:07 *	16:49	4:48 min/km
98	2683	Heun Johannes	1.FC Poller Wiesen e.V.	0:48:01	1980 M35	14	0:51:37	15:52 *	15:43 *	16:25	4:48 min/km
99	1102	Deußen Dieter	*Köln	0:48:07	1975 M40	8	0:50:29	16:26 *	15:17 *	16:23	4:49 min/km
100	1445	Waldoff Sascha	*Erfstadt	0:48:07	1990 M20	29	0:48:42	16:31 *	15:36 *	15:59	4:49 min/km
101	697	Eickert Alexander	Zarinfar GmbH	0:48:11	1989 M20	30	0:49:00	15:26 *	15:37 *	17:06	4:49 min/km
102	437	Halm Rüdiger	ASV Köln	0:48:11	1983 M30	23	0:50:35	15:36 *	15:50 *	16:43	4:49 min/km
103	869	Thamm Sebastian	*Köln	0:48:11	1986 M20	31	0:50:17	17:48 *	15:12 *	15:10	4:49 min/km
104	845	Lehane Finbar	Team Ireland	0:48:12	1983 M30	24	0:50:17	17:48 *	15:13 *	15:10	4:49 min/km
105	3724	Bremer Jan	THW Köln Nord-West	0:48:18	1983 M30	25	0:52:52	15:44 *	15:26 *	17:08	4:50 min/km
106	3240	Bürger Malte	Gothaer	0:48:21	1969 M45	11	0:49:14	16:23 *	15:40 *	16:16	4:50 min/km
107	3667	Prassel Frank Oliver	*Köln	0:48:23	1975 M40	9	0:50:29	16:06 *	15:45 *	16:30	4:50 min/km
108	1922	Laber Gerson	*Köln	0:48:26	1981 M30	26	0:48:50	15:29 *	15:37 *	17:19	4:51 min/km
109	2342	Parot Michael	*Troisdorf	0:48:27	1974 M40	10	0:50:05	15:23 *	15:20 *	17:43	4:51 min/km

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110	1882	Jahn Thosten	Smile Optic	0:48:28	1975 M40	11	0:48:50	15:58 *	15:53 *	16:36	4:51 min/km
111	3331	Icks Wolfgang	Kieser Training	0:48:30	1965 M50	4	0:48:45	15:40 *	15:44 *	17:05	4:51 min/km
112	3864	Hoppenbrouwers Tom	EAC-ESA	0:48:31	1981 M30	27	0:53:51	17:35 *	15:23 *	15:31	4:51 min/km
113	3341	Schlüter Christian	Kieser Training	0:48:33	1967 M45	12	0:49:13	17:23 *	15:09 *	16:01	4:51 min/km
114	3213	Eichholz Tobias	Gothaer	0:48:34	1988 M20	32	0:48:58	15:19 *	16:20 *	16:53	4:51 min/km
115	2593	Schumacher Stephan	DKMS	0:48:39	1967 M45	13	0:49:26	16:33 *	15:52 *	16:14	4:52 min/km
116	3706	Schemer Werner	SV Haag	0:48:41	1965 M50	5	0:48:59	15:00 *	16:07 *	17:33	4:52 min/km
117	2328	Müller-Drexel Markus	*Rösrath	0:48:44	1964 M50	6	0:49:02	15:57 *	15:23 *	17:23	4:52 min/km
118	3632	Seeling Alexander	*Leverkusen	0:48:45	1976 M35	15	0:48:59	15:55 *	16:05 *	16:44	4:53 min/km
119	3915	Heyd Daniel	lululemon athletica	0:48:49	1987 M20	33	0:48:58	15:15 *	16:11 *	17:23	4:53 min/km
120	1059	Hempfen Florian	Original Bootcamp	0:48:52	1987 M20	34	0:49:01	15:10 *	16:19 *	17:22	4:53 min/km
121	3695	Susanto Arthur	*Köln	0:48:56	1974 M40	12	0:50:34	16:19 *	16:02 *	16:35	4:54 min/km
122	3168	Stein Jona	SoCura	0:48:58	1979 M35	16	0:53:50	17:16 *	15:37 *	16:04	4:54 min/km
123	1430	Franken Michael	*Köln	0:48:59	1963 M50	7	0:49:05	15:21 *	16:12 *	17:25	4:54 min/km
124	1453	Schaefer Tim	*Köln	0:49:00	1990 M20	35	0:49:18	15:45 *	16:15 *	17:00	4:54 min/km
125	3561	Lanzrath Markus	*Köln	0:49:03	1981 M30	28	0:49:06	15:31 *	16:35 *	16:56	4:54 min/km
126	2317	Falcon Jose	*Köln	0:49:04	1976 M35	17	0:49:56	15:58 *	16:10 *	16:55	4:54 min/km
127	2698	Cierior Martin	Brühler TV 1879	0:49:06	1965 M50	8	0:49:26	15:30 *	16:20 *	17:15	4:55 min/km
128	2261	Grusa Christian	*Köln	0:49:07	1993 M20	36	0:49:24	15:35 *	16:09 *	17:21	4:55 min/km
129	3514	Siep Alexander	DJK SüdWest Köln	0:49:07	1969 M45	14	0:50:17	16:23 *	16:01 *	16:42	4:55 min/km
130	792	Deißler Martin	*Köln	0:49:08	1980 M35	18	0:49:17	15:41 *	16:28 *	16:59	4:55 min/km
131	1247	Trommsdorff Daniel	*Köln	0:49:09	1971 M40	13	0:51:31	16:37 *	16:03 *	16:28	4:55 min/km
132	1034	Pfeiffer Axel	SV AXA Köln	0:49:10	1974 M40	14	0:51:31	16:35 *	16:06 *	16:28	4:55 min/km
133	2677	Gerdorn Rainer		0:49:10	0 M	0	0:50:59	16:26 *	15:46 *	16:56	4:55 min/km
134	3568	Högener Oliver	*Köln	0:49:10	1970 M45	15	0:53:11	17:03 *	15:43 *	16:23	4:55 min/km
135	3313	Naumann Luis	Willkommensinitiative	0:49:13	1997 MU20	3	0:49:16	16:07 *	16:21 *	16:44	4:55 min/km
136	3907	Fontana Leif	SRV Kreuzgasse Köln	0:49:13	2001 MU16	4	0:52:38	16:25 *	16:03 *	16:44	4:55 min/km
137	3903	Bruns Sebastian	SRV Kreuzgasse Köln	0:49:14	1999 MU18	6	0:52:39	16:26 *	16:02 *	16:45	4:55 min/km
138	2356	Jantsch Michael	*Köln	0:49:15	1993 M20	37	0:49:34	16:17 *	16:08 *	16:49	4:56 min/km
139	2355	Jantsch Dirk	Original Bootcamp	0:49:17	1959 M55	4	0:49:35	16:17 *	16:09 *	16:50	4:56 min/km
140	65	Pauli Tobias	*Köln	0:49:17	1980 M35	19	0:49:17	15:49 *	16:29 *	16:58	4:56 min/km
141	541	Ranke Daniel	*Köln	0:49:23	1979 M35	20	0:50:42	16:11 *	16:05 *	17:06	4:56 min/km
142	1067	Cwiecek Przemyslaw	*Bruehl	0:49:23	1982 M30	29	0:52:35	17:09 *	16:02 *	16:10	4:56 min/km
143	3442	Walder Lars	*köln	0:49:30	1977 M35	21	0:50:13	16:07 *	16:13 *	17:10	4:57 min/km
144	3158	Hein Lars	RUNNERS POINT RUN	0:49:32	1975 M40	15	0:50:59	17:10 *	16:06 *	16:15	4:57 min/km
145	1297	Wick Torsten	Die Renntiere	0:49:32	1973 M40	16	0:49:53	15:15 *	16:25 *	17:51	4:57 min/km
146	3299	Anthony Printo	Willkommensinitiative	0:49:33	1982 M30	30	0:49:38	16:05 *	16:21 *	17:06	4:57 min/km
147	1714	Schwitanski Dorian	Cardiff Bluebirds	0:49:34	1985 M30	31	0:53:35	17:45 *	15:31 *	16:16	4:57 min/km
148	2123	Zibold Thomas	:anlauf Siegen	0:49:38	1959 M55	5	0:49:44	15:59 *	16:20 *	17:19	4:58 min/km
149	181	Grosseschmidt Hanno	*Köln	0:49:40	1977 M35	22	0:49:57	16:09 *	16:04 *	17:26	4:58 min/km
150	1532	Gerhard Rolf	*Köln	0:49:40	1979 M35	23	0:50:46	17:48 *	15:54 *	15:58	4:58 min/km
151	847	Marek Waldemar	Für Hürth	0:49:43	1974 M40	17	0:49:54	15:52 *	16:16 *	17:34	4:58 min/km
152	3374	Kehl Volker	RUNNERS POINT RUN	0:49:43	1977 M35	24	0:50:10	16:27 *	16:35 *	16:40	4:58 min/km
153	721	Schleutker Marco	*Köln	0:49:46	1987 M20	38	0:50:21	16:38 *	15:44 *	17:23	4:59 min/km
154	3786	Hock Andreas	*Köln	0:49:47	1979 M35	25	0:50:53	17:47 *	15:54 *	16:04	4:59 min/km
155	1028	Vennen Luca	*Köln	0:49:47	1999 MU18	7	0:50:57	17:26 *	16:07 *	16:13	4:59 min/km
156	2135	Hartmann Eric	*Kempfen	0:49:47	1965 M50	9	0:50:00	15:57 *	16:20 *	17:29	4:59 min/km
157	2680	Maximini Yanik		0:49:49	1987 M20	39	0:53:24	16:51 *	15:58 *	16:59	4:59 min/km
158	2664	Thieme Christian	KTU 01	0:49:50	1981 M30	32	0:52:08	16:47 *	16:27 *	16:36	4:59 min/km
159	2562	Kutschker Jan	Rheinsport	0:49:51	1985 M30	33	0:52:24	15:51 *	15:58 *	18:01	4:59 min/km
160	2301	Harnacke Stefan	EVL-Lauftreff	0:49:52	1964 M50	10	0:51:02	16:28 *	16:01 *	17:21	4:59 min/km
161	666	Kienberger Mischa	*Frechen	0:49:52	1980 M35	26	0:50:23	16:20 *	16:19 *	17:12	4:59 min/km
162	3639	Zenger Ralph-Eduard	*Köln	0:49:53	1984 M30	34	0:51:50	15:56 *	16:52 *	17:04	4:59 min/km
163	3385	Beindorf Daniel	Köln läuft!	0:49:54	1982 M30	35	0:50:56	16:11 *	16:29 *	17:13	4:59 min/km
164	1891	Hoyer Christoph	*Köln	0:49:55	1982 M30	36	0:51:25	17:55 *	15:57 *	16:02	4:60 min/km
165	3010	Still Steffen	Team flott.	0:49:55	1988 M20	40	0:50:24	16:33 *	16:23 *	16:58	4:60 min/km

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166	2697	Bachmann Daniel	Kölsche Jung	0:49:57	1977 M35	27	0:50:03	15:51 *	16:41 *	17:23	4:60 min/km
167	2484	Gerlach Jürgen	*Lindlar	0:49:59	1958 M55	6	0:50:29	15:23 *	16:38 *	17:57	4:60 min/km
168	1536	Ley Thomas	Lt Rösratherstraße	0:50:00	1965 M50	11	0:51:30	16:31 *	16:15 *	17:12	5:00 min/km
169	1305	McKee Jim	Survival of the fattest	0:50:00	1958 M55	7	0:52:39	16:16 *	16:15 *	17:28	5:00 min/km
170	3898	Zahren Martin	SRV Kreuzgasse Köln	0:50:03	2001 MU16	5	0:53:04	16:01 *	16:34 *	17:27	5:00 min/km
171	429	Wierk Andreas	*Köln	0:50:07	1967 M45	16	0:50:20	16:27 *	16:24 *	17:16	5:01 min/km
172	1227	Helten Frank	laufen und saufen	0:50:08	1971 M40	18	0:52:28	16:36 *	16:07 *	17:24	5:01 min/km
173	3637	Preußker Nico	Company Gigolo	0:50:12	1985 M30	37	0:54:54	18:16 *	15:47 *	16:07	5:01 min/km
174	363	Männersdörfer Markus	RUNNERS POINT RUN	0:50:13	1980 M35	28	0:53:55	17:20 *	16:24 *	16:28	5:01 min/km
175	1516	Feindt Reinhard	TV Refrath	0:50:14	1950 M65	1	0:50:31	16:32 *	16:21 *	17:20	5:01 min/km
176	3310	Sprenker Michael	Willkommensinitiative	0:50:14	1955 M60	1	0:50:16	15:27 *	18:12 *	16:35	5:01 min/km
177	3906	Ammermann Jan	SRV Kreuzgasse Köln	0:50:15	1999 MU18	8	0:53:15	16:01 *	16:57 *	17:16	5:02 min/km
178	463	Schmidt Michael	*Sankt Augustin	0:50:17	1971 M40	19	0:53:29	16:47 *	16:07 *	17:21	5:02 min/km
179	853	Klute Martin	*Waltrop	0:50:18	1964 M50	12	0:54:22	18:48 *	15:58 *	15:31	5:02 min/km
180	3738	Kersting Friedel	*Köln	0:50:20	1950 M65	2	0:50:27	16:28 *	16:26 *	17:25	5:02 min/km
181	1171	Gröner Ole	*Köln	0:50:21	1968 M45	17	0:54:41	17:07 *	16:19 *	16:53	5:02 min/km
182	1770	Schneider Dr. Fabian	*Köln	0:50:22	1974 M40	20	0:50:51	16:52 *	17:03 *	16:26	5:02 min/km
183	931	Bürgel Norbert	*Köln	0:50:31	1968 M45	18	0:52:06	17:33 *	16:20 *	16:37	5:03 min/km
184	3680	Frenken Manfred	ASV Köln Triathlon	0:50:32	1961 M50	13	0:51:18	16:39 *	16:32 *	17:19	5:03 min/km
185	1727	Mies Klaus	Gelpegazellen	0:50:37	1954 M60	2	0:50:49	16:21 *	16:39 *	17:36	5:04 min/km
186	3330	Groos Werner	Kieser Training	0:50:37	1965 M50	14	0:50:54	15:05 *	17:11 *	18:20	5:04 min/km
187	3295	Jakobowitz Martin	BSG RheinEnergie	0:50:39	1967 M45	19	0:53:02	17:28 *	16:10 *	16:59	5:04 min/km
188	461	Cramer Mathias	*Köln	0:50:43	1969 M45	20	0:50:51	16:45 *	16:36 *	17:20	5:04 min/km
189	852	Steinbach Dieter	Laufschule Ertstadt	0:50:44	1954 M60	3	0:52:28	16:36 *	16:19 *	17:48	5:04 min/km
190	3827	Bach André	GS1 Germany	0:50:46	1981 M30	38	0:55:26	16:49 *	16:09 *	17:47	5:05 min/km
191	1605	Ingendahl Dr. Detlev	*Köln	0:50:50	1964 M50	15	0:52:38	17:00 *	16:34 *	17:15	5:05 min/km
192	837	Steinke Malte	*Nörvenich	0:50:54	1988 M20	41	0:52:37	17:03 *	16:35 *	17:14	5:05 min/km
193	938	Bendt Florian	*Willich	0:50:59	1990 M20	42	0:54:59	18:28 *	16:06 *	16:24	5:06 min/km
194	860	Schneider Markus	Lokalpatrioten	0:50:59	1976 M35	29	0:52:41	16:22 *	16:39 *	17:57	5:06 min/km
195	3007	Bollig Klaus	LG RWE POWER	0:50:59	1964 M50	16	0:52:53	17:06 *	16:29 *	17:23	5:06 min/km
196	937	Steinhoff Daniel	*Willich	0:50:59	1992 M20	43	0:54:59	18:27 *	16:07 *	16:24	5:06 min/km
197	2085	Muellem Stefan	*Köln	0:51:00	1975 M40	21	0:55:54	16:59 *	16:39 *	17:21	5:06 min/km
198	3683	Lütz Benedikt	*Bonn	0:51:00	1995 M20	44	0:54:58	16:49 *	16:38 *	17:32	5:06 min/km
199	364	Remus Sven	RUNNERS POINT RUN	0:51:05	1976 M35	30	0:54:48	17:24 *	16:20 *	17:20	5:07 min/km
200	1328	Stein Lothar	*Bonn	0:51:07	1957 M55	8	0:51:16	16:05 *	16:32 *	18:29	5:07 min/km
201	918	Tillmann Prof. Dr. Jonas	*Köln	0:51:08	1986 M20	45	0:53:19	16:54 *	16:42 *	17:32	5:07 min/km
202	593	Schüller Michael	*Köln	0:51:09	1967 M45	21	0:57:11	16:51 *	16:56 *	17:21	5:07 min/km
203	651	Daufenbach Markus	*Pulheim	0:51:15	1964 M50	17	0:52:42	16:57 *	16:33 *	17:44	5:08 min/km
204	1855	Lauer Martin	*Köln	0:51:15	1988 M20	46	0:54:57	17:17 *	16:48 *	17:10	5:08 min/km
205	929	Schurig Helmut	Lauftreff Marialinden	0:51:16	1959 M55	9	0:52:29	16:10 *	16:51 *	18:14	5:08 min/km
206	2208	Asseburg-Wietfeldt Tim	Lindenthaler DJs	0:51:17	1980 M35	31	0:51:39	16:54 *	16:56 *	17:26	5:08 min/km
207	3212	Jochim Alexej	Gothaer	0:51:17	1980 M35	32	0:51:43	18:04 *	16:57 *	16:14	5:08 min/km
208	2211	Conin Benedikt	Lindenthaler DJs	0:51:17	1981 M30	39	0:51:39	16:55 *	16:56 *	17:25	5:08 min/km
209	2579	Krafft Sebastian	Laktatkönige	0:51:17	1991 M20	47	0:51:34	17:06 *	16:35 *	17:35	5:08 min/km
210	3304	Krögerrecklenfort Lothar	Willkommensinitiative	0:51:17	1950 M65	3	0:52:13	16:55 *	16:57 *	17:25	5:08 min/km
211	3735	Sokolowski Ralf	*Pulheim	0:51:18	1979 M35	33	0:56:32	18:16 *	16:49 *	16:12	5:08 min/km
212	2629	Zittlau Werner		0:51:18	1951 M60	4	0:51:48	16:14 *	16:51 *	18:13	5:08 min/km
213	1783	Leipold Pascal	*Köln	0:51:22	1981 M30	40	0:55:19	18:36 *	16:20 *	16:25	5:08 min/km
214	723	Neubert Maurice	*Köln	0:51:26	1988 M20	48	0:52:00	16:48 *	19:19 *	15:19	5:09 min/km
215	3387	Mondry Benedikt	LT DSHS Köln	0:51:27	2006 MU10	1	0:56:18	18:45 *	16:20 *	16:21	5:09 min/km
216	645	Rhein Stefan	*Köln	0:51:27	1968 M45	22	0:52:36	16:31 *	16:49 *	18:06	5:09 min/km
217	3091	Woort Matthias	*Köln	0:51:28	1984 M30	41	0:51:38	16:21 *	17:04 *	18:02	5:09 min/km
218	1022	Vieten Max	*Köln	0:51:29	1992 M20	49	0:55:37	17:54 *	16:31 *	17:02	5:09 min/km
219	493	Mokwa Christopher	*Köln	0:51:31	1983 M30	42	0:54:13	17:08 *	17:03 *	17:19	5:09 min/km
220	3947	Grümmer Simon	Mach3 Köln e.V.	0:51:34	1979 M35	34	0:56:49	16:27 *	16:05 *	19:01	5:09 min/km
221	2280	Sprung Klaus	Maler-Scholzen.de	0:51:34	1967 M45	23	0:53:53	16:50 *	16:57 *	17:46	5:09 min/km

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222	3457	Couto Mario	*Delmenhorst	0:51:36	1961 M50	18	0:53:48	17:22 *	16:41 *	17:32	5:10 min/km
223	1206	Knipp Gregor	*Overath	0:51:39	1961 M50	19	0:52:53	16:50 *	16:53 *	17:55	5:10 min/km
224	3833	Rauschen Paul	Genoveva-Gymnasium	0:51:39	1997 MU20	4	0:53:45	18:40 *	16:01 *	16:57	5:10 min/km
225	1307	Haeser Felix	*Köln	0:51:39	1984 M30	43	0:52:09	16:18 *	17:34 *	17:47	5:10 min/km
226	1334	Backhaus Max	Uni Köln	0:51:39	1985 M30	44	0:54:54	17:27 *	16:59 *	17:13	5:10 min/km
227	3835	Cordes Philipp	Genoveva-Gymnasium	0:51:40	1984 M30	45	0:53:45	18:41 *	16:22 *	16:36	5:10 min/km
228	1836	Döhmer Thorsten	*Frechen	0:51:41	1983 M30	46	0:51:56	16:45 *	16:59 *	17:56	5:10 min/km
229	663	Thomas Andre	*50767	0:51:41	1976 M35	35	0:51:57	16:00 *	17:15 *	18:26	5:10 min/km
230	2523	Hammerstein Friedrich	Sonntagsläufer	0:51:42	1968 M45	24	0:53:17	16:54 *	17:04 *	17:43	5:10 min/km
231	3430	Baumann Eike	Köln läuft	0:51:43	1978 M35	36	0:52:37	17:01 *	17:10 *	17:31	5:10 min/km
232	1706	Lipnik Dirk	*Köln	0:51:43	1975 M40	22	0:51:59	16:13 *	17:08 *	18:21	5:10 min/km
233	3358	Hasenbach Matthias	Josefshaus Olpe	0:51:44	1983 M30	47	0:53:37	17:40 *	15:55 *	18:08	5:10 min/km
234	696	Wiedemann Michael	Zarinfar GmbH	0:51:46	1968 M45	25	0:52:33	17:07 *	16:55 *	17:43	5:11 min/km
235	2560	Kornmeyer Torsten		0:51:48	1974 M40	23	0:52:19	16:31 *	16:24 *	18:53	5:11 min/km
236	3650	Fröhlich Philipp	DHC	0:51:49	2007 MU10	2	0:52:54	15:36 *	16:03 *	20:10	5:11 min/km
237	3948	Voigt Niklas	Run Squad Cen	0:51:50	1983 M30	48	0:51:59	15:42 *	17:21 *	18:46	5:11 min/km
238	3726	Kretz Michael	THW Köln Nord-West	0:51:50	1980 M35	37	0:56:22	17:46 *	16:44 *	17:19	5:11 min/km
239	1041	Breuer Andreas	GVG Laufteam	0:51:50	1973 M40	24	0:53:13	17:20 *	16:47 *	17:42	5:11 min/km
240	3118	Rothe Patrice	Running Gag	0:51:51	1989 M20	50	0:52:45	16:16 *	17:20 *	18:14	5:11 min/km
241	822	Sunaoglu Imran	*Köln	0:51:52	1980 M35	38	0:56:26	17:24 *	18:00 *	16:26	5:11 min/km
242	1735	Dominguez Dr. Jesus	CD ATALAYA - NCA.SL	0:51:53	1981 M30	49	0:52:54	16:43 *	17:00 *	18:08	5:11 min/km
243	1159	Knaak Stephan	*Köln	0:51:53	1986 M20	51	0:52:02	16:48 *	18:01 *	17:03	5:11 min/km
244	2425	Fetzer Tillmann	*Köln	0:51:57	1982 M30	50	0:54:26	18:19 *	16:49 *	16:47	5:12 min/km
245	3315	Löer Christian	DuMont Mediengruppe	0:51:58	1976 M35	39	0:53:09	17:46 *	16:36 *	17:36	5:12 min/km
246	630	Meyer Benedikt	Nici Running Squad	0:52:01	1986 M20	52	0:52:44	18:02 *	18:12 *	15:46	5:12 min/km
247	3654	Eberts Karlheinz	Central-Team.de	0:52:02	1966 M45	26	0:52:22	16:36 *	17:12 *	18:13	5:12 min/km
248	2079	Breer Johannes	*Köln	0:52:05	1968 M45	27	0:54:36	19:01 *	17:16 *	15:47	5:13 min/km
249	1657	Vogt Jürgen	*Jülich	0:52:05	1967 M45	28	0:53:42	16:59 *	16:52 *	18:13	5:13 min/km
250	3361	Salameh Marcel	Josefshaus Olpe	0:52:06	2000 MU16	6	0:53:37	16:50 *	17:07 *	18:08	5:13 min/km
251	2533	Ackermann Sebastian	Köle Alarm e.V.	0:52:07	1966 M45	29	0:54:06	18:04 *	17:08 *	16:54	5:13 min/km
252	846	Rütter Philipp	Für Hürth	0:52:10	1991 M20	53	0:52:21	15:54 *	17:23 *	18:52	5:13 min/km
253	1341	Preiß Quinten	*Köln	0:52:12	2000 MU16	7	0:56:33	17:46 *	16:25 *	17:59	5:13 min/km
254	1769	Feldkötter Dr. Daniel	*Köln	0:52:12	1977 M35	40	0:52:41	16:53 *	17:06 *	18:12	5:13 min/km
255	2303	Hertzer Martin	*Köln	0:52:13	1976 M35	41	0:54:43	17:18 *	16:53 *	18:00	5:13 min/km
256	2290	Sekulla Stefan	*Köln	0:52:13	1978 M35	42	0:54:43	17:19 *	16:53 *	18:00	5:13 min/km
257	3001	Romans-Petit Manfred	*Köln	0:52:16	1968 M45	30	0:56:20	17:44 *	17:05 *	17:25	5:14 min/km
258	444	Brings Daniel	*Köln	0:52:17	1979 M35	43	0:52:52	17:10 *	17:01 *	18:05	5:14 min/km
259	3059	Bollinger Yves	PUSHENSY	0:52:18	1972 M40	25	0:52:43	17:10 *	17:19 *	17:48	5:14 min/km
260	3419	Jan Oberhoff	IVD	0:52:18	1978 M35	44	0:55:51	17:23 *	16:29 *	18:25	5:14 min/km
261	2628	Christ Carsten		0:52:19	1967 M45	31	0:53:54	17:21 *	17:17 *	17:40	5:14 min/km
262	1256	Abrams Johannes	Nici Running Squad	0:52:19	1986 M20	54	0:53:03	18:00 *	18:13 *	16:06	5:14 min/km
263	508	Bergerhausen Henry	Tyrranosaurus quadriceps	0:52:20	1965 M50	20	0:56:18	17:38 *	17:09 *	17:31	5:14 min/km
264	3612	Bischoff Justus	*Bonn	0:52:20	1992 M20	55	0:57:45	18:20 *	16:49 *	17:10	5:14 min/km
265	2641	Reintke Franz		0:52:21	1959 M55	10	0:52:31	16:50 *	17:17 *	18:13	5:14 min/km
266	416	Schumann Olaf	Köln läuft	0:52:21	1976 M35	45	0:53:54	16:19 *	17:34 *	18:27	5:14 min/km
267	3073	Conrady Christoph	PUSHENSY	0:52:22	1970 M45	32	0:52:50	17:04 *	17:15 *	18:03	5:14 min/km
268	1157	Stein Hans-Jörg	*Köln	0:52:22	1952 M60	5	0:52:31	16:26 *	17:17 *	18:38	5:14 min/km
269	317	Gilles Martin	*Dedenbach	0:52:23	2001 MU16	8	0:52:50	16:07 *	17:22 *	18:53	5:14 min/km
270	3682	Börner Mats	Original Bootcamp	0:52:25	1989 M20	56	0:53:50	19:14 *	15:54 *	17:16	5:15 min/km
271	3889	Reihs Lennard	SRV Kreuzgasse Köln	0:52:27	2002 MU14	2	0:55:54	17:58 *	17:01 *	17:27	5:15 min/km
272	1138	Becker Daniel	SV Auweiler-Esch	0:52:28	1986 M20	57	0:55:42	17:50 *	17:05 *	17:32	5:15 min/km
273	3115	Kaltwasser Tobias	Running Gag	0:52:32	1979 M35	46	0:53:23	17:43 *	17:40 *	17:09	5:15 min/km
274	1134	Schlochtermeyer Marius	Auf-geht's-5a APG	0:52:39	2005 MU12	1	0:53:44	16:15 *	17:39 *	18:43	5:16 min/km
275	2062	Hormann Hans	NAO PT Personaltraining	0:52:42	1957 M55	11	0:53:20	17:31 *	17:17 *	17:53	5:16 min/km
276	2396	Martinez-Böhme Mariano	*Köln	0:52:42	1967 M45	33	0:52:56	16:40 *	17:39 *	18:23	5:16 min/km
277	1326	Röer Fiete	*Köln	0:52:44	1982 M30	51	0:56:12	16:43 *	17:16 *	18:44	5:16 min/km

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278	2542	Schittbauer Ralf	aggerfitness	0:52:44	1962 M50	21	0:55:26	17:19 *	17:11 *	18:13	5:16 min/km
279	2687	Gassler Christian		0:52:46	1977 M35	47	0:53:45	17:32 *	17:12 *	18:01	5:17 min/km
280	3120	Zapf Sebastian	Running Gag	0:52:46	1991 M20	58	0:53:38	17:46 *	17:00 *	17:59	5:17 min/km
281	1794	Brochhagen Stefan	*Köln	0:52:47	1984 M30	52	0:53:45	17:33 *	17:11 *	18:02	5:17 min/km
282	3640	Hoffmann Stephan	FTV 1905 e.V.	0:52:49	1966 M45	34	0:55:01	18:23 *	17:02 *	17:23	5:17 min/km
283	2042	Stangl Ulrich	*Kaarst	0:52:50	1957 M55	12	0:56:34	19:25 *	17:18 *	16:06	5:17 min/km
284	1394	Zahren Marcus	*Köln	0:52:50	1969 M45	35	0:54:56	17:30 *	17:52 *	17:28	5:17 min/km
285	3599	Hambloch Christoph	Albis Laufftreff	0:52:52	1964 M50	22	0:53:03	17:44 *	17:32 *	17:35	5:17 min/km
286	2078	Schmidt Holger	*Köln	0:52:52	1980 M35	48	0:53:56	18:38 *	17:19 *	16:55	5:17 min/km
287	3030	Wischeidt Lino Wolfgang	*Köln	0:52:52	1954 M60	6	0:53:33	16:22 *	16:25 *	20:04	5:17 min/km
288	980	Kleist Frank	*Bergheim	0:52:54	1968 M45	36	0:55:41	17:53 *	16:50 *	18:10	5:17 min/km
289	1369	Dhein Georg	THC RW Bergisch	0:52:54	1958 M55	13	0:55:10	17:29 *	17:11 *	18:13	5:17 min/km
290	3956	Schneider Leonard		0:52:57	1998 MU18	9	0:56:08	19:19 *	16:58 *	16:39	5:18 min/km
291	3958	Aßmuth Leon		0:52:58	1998 MU18	10	0:56:09	19:21 *	16:57 *	16:39	5:18 min/km
292	1756	Raddatz Kurt	*Köln	0:53:01	1962 M50	23	0:56:42	17:34 *	17:27 *	17:58	5:18 min/km
293	3096	Esters Paul	Laktatkönige	0:53:01	1959 M55	14	0:53:18	17:18 *	17:35 *	18:08	5:18 min/km
294	2403	Loerper Dirk	*Kerpen	0:53:02	1975 M40	26	0:54:37	17:49 *	17:11 *	18:01	5:18 min/km
295	3797	Auf dem Graben Peter	*Köln	0:53:04	1965 M50	24	0:55:33	17:39 *	16:57 *	18:27	5:18 min/km
296	2025	Bonato Stefan	*Brühl	0:53:06	1977 M35	49	0:54:29	17:56 *	17:17 *	17:53	5:19 min/km
297	3167	Reiland Dominic	SoCura	0:53:08	1983 M30	53	0:57:59	17:37 *	17:34 *	17:56	5:19 min/km
298	1456	Förster Dirk	*Leverkusen-Hitdorf	0:53:10	1971 M40	27	0:53:57	17:05 *	17:11 *	18:52	5:19 min/km
299	1220	Voges Jörg	*Karlsruhe	0:53:10	1975 M40	28	0:56:06	20:32 *	15:56 *	16:41	5:19 min/km
300	3513	Mortier Stefaan	*Pulheim-Stommeln	0:53:10	1980 M35	50	0:58:12	18:31 *	17:29 *	17:09	5:19 min/km
301	924	Werner Leon	Rondoweg	0:53:11	2004 MU12	2	0:57:35	18:26 *	17:39 *	17:05	5:19 min/km
302	3939	Steil Wolfgang		0:53:12	1950 M65	4	0:53:24	17:14 *	17:38 *	18:19	5:19 min/km
303	2276	Robert Bennet	Deutsche sporthochschule	0:53:14	2001 MU16	9	0:54:42	17:25 *	17:33 *	18:15	5:19 min/km
304	3172	Klein Uwe	*Bedburg	0:53:15	1966 M45	37	0:54:12	17:54 *	17:20 *	18:00	5:20 min/km
305	922	Werner Tino	Rondoweg Läufer	0:53:15	1978 M35	51	0:57:39	18:25 *	17:39 *	17:09	5:20 min/km
306	3533	Beckers Stefan	*Köln	0:53:15	1969 M45	38	0:54:13	17:54 *	17:19 *	18:01	5:20 min/km
307	2434	Nolden Niklas	*Alfter	0:53:18	1973 M40	29	0:57:26	19:23 *	16:46 *	17:08	5:20 min/km
308	3707	Diewald Dietmar	*Alfter	0:53:18	1966 M45	39	0:57:25	19:23 *	16:47 *	17:07	5:20 min/km
309	1541	Vogt Joey	*Niederzier	0:53:22	1994 M20	59	0:54:58	17:00 *	17:25 *	18:56	5:20 min/km
310	1279	Eschweiler Uwe	LT-Saaler Mühle	0:53:23	1962 M50	25	0:55:25	18:34 *	16:46 *	18:01	5:20 min/km
311	1235	Hölscher Tobias	*Wermelskirchen	0:53:24	1985 M30	54	0:56:59	17:30 *	17:50 *	18:03	5:20 min/km
312	973	Pfeifer Matthias	*Köln	0:53:27	1978 M35	52	0:57:20	18:45 *	17:23 *	17:18	5:21 min/km
313	1469	Kinner Oliver	*Köln	0:53:27	1972 M40	30	0:56:38	18:44 *	17:31 *	17:11	5:21 min/km
314	1726	Breitsohl Heiko	*Wuppertal	0:53:33	1978 M35	53	0:53:52	17:26 *	17:46 *	18:19	5:21 min/km
315	3767	Oelker Dr. Jens	*Köln	0:53:34	1971 M40	31	0:54:45	18:06 *	18:03 *	17:24	5:21 min/km
316	977	Thomas Andre	*Köln-sürth	0:53:35	1985 M30	55	0:53:53	16:35 *	17:41 *	19:18	5:22 min/km
317	2563	Kaletsch Till	Rheinsport	0:53:39	1983 M30	56	0:56:11	18:42 *	17:06 *	17:50	5:22 min/km
318	2569	Jung Thorsten		0:53:41	1971 M40	32	0:57:57	18:30 *	17:32 *	17:38	5:22 min/km
319	2247	Morton Matthias James	*Köln	0:53:42	1987 M20	60	0:56:07	20:21 *	17:04 *	16:16	5:22 min/km
320	1883	Burth Thomas	*Bornheim	0:53:43	1972 M40	33	0:53:48	15:21 *	17:43 *	20:38	5:22 min/km
321	1611	Lindt Stefan	BAPersBw - Die	0:53:44	1980 M35	54	0:58:31	18:12 *	17:28 *	18:03	5:22 min/km
322	3794	Tillmann Marco	*Pulheim	0:53:44	1978 M35	55	0:53:54	17:56 *	18:15 *	17:32	5:22 min/km
323	1021	Ermer Gerhard	*Hürth	0:53:44	1949 M65	5	0:53:54	17:14 *	17:43 *	18:47	5:22 min/km
324	3204	Schlack Thorsten	Gothaer	0:53:48	1973 M40	34	0:54:36	17:58 *	17:08 *	18:41	5:23 min/km
325	1053	Klinghardt Lars	*Hennef	0:53:51	1972 M40	35	0:55:15	17:24 *	17:58 *	18:28	5:23 min/km
326	3281	Els Jürgen	BSG RheinEnergie	0:53:51	1969 M45	40	0:56:17	18:00 *	17:26 *	18:24	5:23 min/km
327	3015	Lipphardt Dr. Martin	Marien-Hospital Marl	0:53:52	1978 M35	56	0:55:20	19:10 *	17:31 *	17:10	5:23 min/km
328	2499	Diebold Philip	Bundeswehr	0:53:53	1979 M35	57	0:55:20	19:11 *	17:31 *	17:10	5:23 min/km
329	814	Klein Michael	*Köln	0:53:53	1965 M50	26	0:54:57	17:58 *	17:48 *	18:06	5:23 min/km
330	3578	Geuer Martin	Original Bootcamp	0:53:55	1982 M30	57	0:54:55	18:13 *	18:55 *	16:45	5:24 min/km
331	2666	Dzwiza Thomas		0:53:55	1985 M30	58	0:55:41	19:25 *	17:05 *	17:24	5:24 min/km
332	3320	Garb Leonid	DuMont Mediengruppe	0:53:59	1981 M30	59	0:54:32	17:35 *	17:58 *	18:24	5:24 min/km
333	3723	Krautz Matthias	*Bonn	0:53:59	1983 M30	60	0:56:05	19:18 *	17:19 *	17:21	5:24 min/km

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334	3745	Hortt Manfred	*Köln	0:54:03	1966 M45	41	0:54:30	17:41 *	18:20 *	18:01	5:24 min/km
335	2556	Gaspar Ulricher	Kieser Training Braunsfeld	0:54:03	1968 M45	42	0:56:13	19:22 *	16:38 *	18:02	5:24 min/km
336	3555	Boll Markus	*Köln	0:54:04	1988 M20	61	0:58:33	19:10 *	17:14 *	17:39	5:24 min/km
337	1073	Peters Jens	*Bonn	0:54:05	1952 M60	7	0:56:39	17:19 *	17:48 *	18:57	5:25 min/km
338	2388	Teplitzky Nikita	*Köln	0:54:07	1987 M20	62	0:59:00	21:18 *	16:30 *	16:19	5:25 min/km
339	1838	Pinkert Mathias	Laktatjunkies Rheinland	0:54:07	1973 M40	36	0:54:20	17:32 *	17:46 *	18:48	5:25 min/km
340	2447	Keuenhof David	Sushi Ninja Blitz	0:54:08	1982 M30	61	0:57:14	19:18 *	17:36 *	17:13	5:25 min/km
341	2480	Kouraichi Sofien	Sushi Ninja Blitz	0:54:09	1978 M35	58	0:57:14	19:18 *	17:37 *	17:13	5:25 min/km
342	795	Nolden Ralf	Altes Brauhaus	0:54:11	1967 M45	43	0:54:22	16:22 *	18:17 *	19:31	5:25 min/km
343	499	Reppmann Reinhard	Aktion Canchanabury MT	0:54:11	1955 M60	8	0:56:12	19:42 *	17:01 *	17:27	5:25 min/km
344	2674	Maier Alex	LG Gummersbach	0:54:13	1979 M35	59	0:55:03	17:58 *	17:55 *	18:18	5:25 min/km
345	2185	Postert Thomas	Original Bootcamp	0:54:13	1973 M40	37	0:55:45	19:12 *	17:28 *	17:31	5:25 min/km
346	2017	Hobbs Mark	*Koeln	0:54:14	1974 M40	38	0:55:01	18:22 *	17:58 *	17:52	5:25 min/km
347	2333	Holstein Thomas	*Köln	0:54:16	1961 M50	27	0:55:08	18:26 *	17:18 *	18:31	5:26 min/km
348	1040	Rantze Heiko	*Köln	0:54:17	1975 M40	39	0:55:29	18:05 *	18:02 *	18:09	5:26 min/km
349	2510	Reusch Dr.	Colonia - Team	0:54:19	1942 M70	1	0:55:06	17:55 *	18:02 *	18:21	5:26 min/km
350	1954	Koelzer Kaspar David	*Düsseldorf	0:54:20	1984 M30	62	0:56:53	18:30 *	17:29 *	18:20	5:26 min/km
351	2265	Pastoor Daniel	*Essen	0:54:20	1984 M30	63	0:55:47	18:18 *	17:37 *	18:25	5:26 min/km
352	3908	Linden Aaron	SRV Kreuzgasse Köln	0:54:20	1993 M20	63	0:57:19	17:22 *	17:56 *	19:01	5:26 min/km
353	3267	Kleine Jonas	LT DSHS	0:54:20	2001 MU16	10	0:57:19	17:52 *	17:47 *	18:41	5:26 min/km
354	1648	Arens Jonas	SC Drolshagen	0:54:21	1995 M20	64	0:59:27	18:59 *	17:24 *	17:56	5:26 min/km
355	2210	Berglar Christian	Lindenthaler DJs	0:54:21	1983 M30	64	0:54:41	22:20 *	16:12 *	15:47	5:26 min/km
356	1646	Stahlhacke Sebastian	SC Drolshagen	0:54:21	1979 M35	60	0:59:28	18:58 *	17:25 *	17:56	5:26 min/km
357	1647	Preuß Michael	SC Drolshagen	0:54:21	1975 M40	40	0:59:28	18:59 *	17:24 *	17:56	5:26 min/km
358	3048	Elfmann Jörg	*Neunkirchen-Seelscheid	0:54:23	1957 M55	15	0:57:31	18:44 *	17:29 *	18:09	5:26 min/km
359	3041	Larsen Peter	*Köln	0:54:26	1966 M45	44	0:58:44	17:39 *	17:34 *	19:11	5:27 min/km
360	441	Hildebrand Sascha	*Pulheim	0:54:26	1982 M30	65	0:59:20	18:20 *	17:45 *	18:20	5:27 min/km
361	3109	Gößling Dr. Tobias	Kleiner Laufangriff	0:54:27	1970 M45	45	0:56:19	19:02 *	17:24 *	17:59	5:27 min/km
362	1997	Kerkmann Michael	Fronrunners Cologne	0:54:27	1979 M35	61	0:57:12	18:27 *	17:35 *	18:23	5:27 min/km
363	3562	Kluck Sascha	*Neunkirchen	0:54:27	1976 M35	62	0:58:25	18:33 *	17:36 *	18:17	5:27 min/km
364	1502	Zech Thilo	*Köln	0:54:27	1966 M45	46	0:54:58	17:50 *	17:56 *	18:40	5:27 min/km
365	3138	Heene Philipp	*Köln	0:54:28	1984 M30	66	0:57:02	17:48 *	17:19 *	19:20	5:27 min/km
366	1817	Göbbels Paul	*Titz	0:54:29	1986 M20	65	0:59:26	21:04 *	16:18 *	17:06	5:27 min/km
367	1672	Hackenbroch Niclas	EhrenGarde der Stadt	0:54:30	1988 M20	66	0:56:31	19:53 *	16:25 *	18:11	5:27 min/km
368	1673	Steep Max	EhrenGarde der Stadt	0:54:30	1995 M20	67	0:56:32	19:54 *	16:24 *	18:12	5:27 min/km
369	1675	Brinkmann Sebastian	EhrenGarde	0:54:31	1990 M20	68	0:56:31	19:54 *	16:24 *	18:12	5:27 min/km
370	2522	Witinger Laszlo Alfred	RUNNERS POINT Run	0:54:32	1976 M35	63	0:55:59	18:01 *	17:24 *	19:07	5:27 min/km
371	1068	Mohr Max	*Köln	0:54:33	1979 M35	64	0:55:19	19:13 *	17:31 *	17:47	5:27 min/km
372	549	Kalkbrenner Dietmar	*Pulheim	0:54:35	1969 M45	47	0:56:05	18:06 *	17:47 *	18:41	5:28 min/km
373	2517	Sennholz Ingo		0:54:39	1972 M40	41	0:57:56	20:13 *	17:55 *	16:30	5:28 min/km
374	53	Winheller Frank	1. FC Spich	0:54:43	1966 M45	48	0:59:04	18:51 *	17:38 *	18:13	5:28 min/km
375	3026	Ladenthin Mario	Feuerwehr Erftstadt	0:54:43	1978 M35	65	0:59:58	18:17 *	18:09 *	18:16	5:28 min/km
376	1320	Ristau Hilko	*Köln	0:54:46	1974 M40	42	0:57:46	19:52 *	17:33 *	17:20	5:29 min/km
377	2492	Langen Peter	Altstädter Köln 1922 e.v.	0:54:46	2000 MU16	11	0:56:04	18:09 *	17:46 *	18:50	5:29 min/km
378	920	Becker Claus	*Köln	0:54:49	1949 M65	6	0:56:28	18:30 *	18:06 *	18:13	5:29 min/km
379	386	Sow Amadou	Mosaik	0:54:49	1999 MU18	11	0:54:50	17:32 *	18:11 *	19:06	5:29 min/km
380	3613	Hobbs David	*50823	0:54:52	1977 M35	66	0:55:38	18:23 *	17:58 *	18:30	5:29 min/km
381	3083	Friedrichs Frank	SV Sparkasse KölnBonn	0:54:52	1970 M45	49	0:58:46	18:06 *	17:46 *	18:59	5:29 min/km
382	2494	Stollwerk Robert	*Köln	0:54:52	1979 M35	67	0:55:18	18:02 *	18:22 *	18:27	5:29 min/km
383	1624	Stahl Andreas	*Köln	0:54:52	1969 M45	50	0:55:09	17:23 *	17:58 *	19:31	5:29 min/km
384	587	Schülke Michael	*Erftstadt	0:54:54	1958 M55	16	0:58:46	18:56 *	17:32 *	18:25	5:29 min/km
385	1920	Cranz Manuel	*Düsseldorf	0:54:55	1974 M40	43	0:55:25	18:20 *	17:52 *	18:42	5:30 min/km
386	3765	Malcherczyk Rafal	*Troisdorf	0:54:58	1982 M30	67	0:59:21	18:34 *	17:54 *	18:29	5:30 min/km
387	2146	Rößel Klaus-Peter	Meisenmänner EV	0:54:58	1966 M45	51	0:58:11	17:50 *	17:29 *	19:38	5:30 min/km
388	1240	Vogg Michael	SSF Bonn Triathlon	0:54:59	1962 M50	28	0:57:33	19:18 *	17:47 *	17:54	5:30 min/km
389	1104	Uepping Ralph	*Bad Breisig	0:55:00	1976 M35	68	0:56:54	17:53 *	17:11 *	19:56	5:30 min/km

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390	1039	Peters Dr. Heiko	*Köln	0:55:05	1973 M40	44	0:56:16	18:07 *	18:04 *	18:53	5:31 min/km
391	1027	Frohn Thomas	*Köln	0:55:07	1980 M35	69	0:59:26	19:46 *	17:21 *	17:58	5:31 min/km
392	3005	Kosubek Robert	*Köln	0:55:09	1976 M35	70	0:56:09	23:27 *	15:39 *	16:03	5:31 min/km
393	3944	Belledin Marcel		0:55:10	1978 M35	71	0:57:08	19:02 *	17:57 *	18:10	5:31 min/km
394	2456	Merkelbach Manuel	*Köln	0:55:11	1984 M30	68	0:56:12	18:31 *	17:50 *	18:49	5:31 min/km
395	1467	Reeff Luc	*Dudelange	0:55:11	1975 M40	45	0:56:10	17:15 *	18:01 *	19:54	5:31 min/km
396	3078	Hathaway Philip	PUSHENSY	0:55:14	1975 M40	46	0:55:49	17:02 *	18:45 *	19:26	5:31 min/km
397	567	Breuer Andreas	*Hürth	0:55:14	1976 M35	72	1:00:08	17:21 *	18:18 *	19:34	5:31 min/km
398	3047	Pfisterer Jörg	*Köln	0:55:15	1958 M55	17	0:59:04	19:21 *	17:21 *	18:33	5:32 min/km
399	3425	Volker Stapper	IVD	0:55:15	1966 M45	52	0:58:49	18:24 *	18:12 *	18:37	5:32 min/km
400	2220	Rosa Bastida Jose María	Gatschuschos Mex	0:55:17	1987 M20	69	0:58:16	18:40 *	18:17 *	18:19	5:32 min/km
401	2024	Engelhardt Alexander	*Brühl	0:55:18	1974 M40	47	0:56:40	18:39 *	18:16 *	18:22	5:32 min/km
402	2292	Schorn Stephan	LT Stadtwald-Enten Köln	0:55:18	1965 M50	29	0:55:27	17:59 *	18:07 *	19:11	5:32 min/km
403	3171	Bruckwilder Hans Jörg	-	0:55:18	1955 M60	9	0:56:45	18:17 *	18:16 *	18:44	5:32 min/km
404	3346	Lehmann Michael	Kieser Training	0:55:20	1980 M35	73	0:56:51	19:51 *	19:07 *	16:21	5:32 min/km
405	2212	Reuter Stefan	Lindenthaler DJs	0:55:23	1982 M30	69	0:55:45	17:31 *	18:01 *	19:50	5:32 min/km
405	3822	Kallrath Andreas	Techniker Krankenkasse	0:55:23	1962 M50	30	1:01:16	18:38 *	17:58 *	18:45	5:32 min/km
407	1062	Wardenbach Thomas	Team Igeleye	0:55:25	1967 M45	53	0:57:05	17:35 *	18:18 *	19:31	5:33 min/km
408	1651	Voll Harald	Diabetes Programm	0:55:25	1959 M55	18	0:58:58	20:17 *	17:30 *	17:38	5:33 min/km
409	524	Barion René	Team Rocket	0:55:25	1968 M45	54	0:59:04	19:51 *	17:37 *	17:57	5:33 min/km
410	3383	Hoffmann Jörg	Köln läuft!	0:55:27	0 M20	70	0:57:42	18:22 *	18:04 *	19:00	5:33 min/km
411	685	Broszat Björn	*Bergheim	0:55:28	1982 M30	70	0:57:54	18:55 *	17:29 *	19:03	5:33 min/km
412	1195	Kitzing Nils	*Swisttal	0:55:29	1969 M45	55	0:55:48	17:30 *	18:53 *	19:05	5:33 min/km
413	2166	Riedeberger Luca	TUS Wesseling	0:55:34	2004 MU12	3	0:55:44	17:21 *	18:20 *	19:52	5:33 min/km
414	3772	Metzmacher Marc	*Köln	0:55:35	1974 M40	48	0:57:10	18:25 *	18:20 *	18:50	5:34 min/km
415	3689	Siegmund Carsten	*Düsseldorf	0:55:36	1975 M40	49	0:58:39	19:27 *	18:13 *	17:55	5:34 min/km
416	2165	Riedeberger Ingo	TUS Wesseling	0:55:37	1968 M45	56	0:55:47	17:21 *	18:21 *	19:54	5:34 min/km
417	3556	Kus Jan	Railsrunners	0:55:37	1982 M30	71	0:57:35	19:02 *	17:57 *	18:37	5:34 min/km
418	3208	Küven Jürgen	Gothaer	0:55:38	1969 M45	57	0:58:28	19:03 *	17:46 *	18:47	5:34 min/km
419	3721	Wollenweber Olaf	ohne	0:55:38	1968 M45	58	0:58:29	19:03 *	17:46 *	18:48	5:34 min/km
420	3834	Rudolph Michael	Genoveva-Gymnasium	0:55:41	1958 M55	19	0:57:42	18:55 *	18:02 *	18:42	5:34 min/km
421	1925	Rau Michael	*Köln	0:55:42	1971 M40	50	0:56:53	17:40 *	17:40 *	20:22	5:34 min/km
422	2477	Muhs Tim-Cedric	Stadt Köln	0:55:47	1992 M20	71	0:56:39	18:28 *	18:01 *	19:18	5:35 min/km
423	2668	Paske Christian		0:55:47	1986 M20	72	0:58:29	19:02 *	18:36 *	18:09	5:35 min/km
424	2148	Pesch Stephan	EVL Laufftreff	0:55:49	1972 M40	51	0:56:59	18:22 *	18:03 *	19:23	5:35 min/km
425	1490	Diocotthe Kabelo	*Hennef	0:55:49	2007 MU10	3	0:58:04	18:07 *	17:49 *	19:52	5:35 min/km
426	1718	Berlik Sacha	*Köln	0:55:50	1970 M45	59	0:56:05	17:45 *	18:23 *	19:41	5:35 min/km
427	2118	Witte Dr. Philip	*Köln	0:55:51	1980 M35	74	0:56:54	18:42 *	17:44 *	19:25	5:35 min/km
428	1749	Naue Sebastian	*Köln	0:55:53	1982 M30	72	0:59:19	18:38 *	18:11 *	19:03	5:35 min/km
429	555	Jeromin-Schulz Marcel	Hasenkamp	0:55:56	1970 M45	60	1:00:59	19:23 *	16:52 *	19:40	5:36 min/km
430	1852	Schnell Matthias	*Kerpen	0:55:57	1976 M35	75	0:58:23	19:55 *	17:55 *	18:05	5:36 min/km
431	2516	Hess Michael		0:55:58	1964 M50	31	1:00:42	19:40 *	18:11 *	18:06	5:36 min/km
432	2515	Padilla Juan		0:55:58	1967 M45	61	1:00:43	19:40 *	18:12 *	18:05	5:36 min/km
433	3040	Küsgen Marc	*Köln	0:56:01	1968 M45	62	1:00:19	18:49 *	18:05 *	19:06	5:36 min/km
434	3318	Meckert Philipp J.	DuMont Mediengruppe	0:56:01	1972 M40	52	0:56:44	18:29 *	18:25 *	19:05	5:36 min/km
435	3195	Rhymus Elmar	SG TÜV Rheinland	0:56:02	1948 M65	7	1:01:22	20:35 *	18:27 *	16:59	5:36 min/km
436	1127	Seibert Marcus	Caterpillar	0:56:03	1964 M50	32	0:59:10	19:19 *	18:59 *	17:43	5:36 min/km
437	3925	Sudau Joachim		0:56:05	1963 M50	33	0:59:33	20:40 *	17:25 *	17:58	5:37 min/km
438	2433	Bäumgen Guido	Laufftreff Brühl	0:56:05	1963 M50	34	0:59:33	20:41 *	17:24 *	17:59	5:37 min/km
439	2313	Trobic Goran	*Köln	0:56:06	1973 M40	53	0:59:29	20:44 *	17:23 *	17:57	5:37 min/km
440	1701	Braun Daniel	*Kerpen	0:56:11	1986 M20	73	0:57:39	19:00 *	18:28 *	18:42	5:37 min/km
441	3602	Maye Michael	Mach3 Köln e.V.	0:56:11	1965 M50	35	0:58:49	19:25 *	18:21 *	18:25	5:37 min/km
442	556	Winkler Kevin	Hasenkamp	0:56:12	1991 M20	74	1:01:14	19:24 *	17:43 *	19:04	5:37 min/km
443	3333	Schnittger Gerald	Kieser Training	0:56:12	1964 M50	36	0:56:36	17:59 *	18:24 *	19:48	5:37 min/km
444	3890	Osterloh Arvid	SRV Kreuzgasse Köln	0:56:14	2002 MU14	3	0:59:46	20:13 *	17:44 *	18:16	5:37 min/km
445	3728	Rosso Martin	THW Köln Nord-West	0:56:14	1994 M20	75	1:00:49	20:25 *	18:08 *	17:40	5:37 min/km

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446	3294	Janus Winfried	BSG RheinEnergie	0:56:16	1969 M45	63	0:58:39	19:42 *	18:12 *	18:21	5:38 min/km
447	3750	Stemmler Nicolas	*Köln	0:56:17	1987 M20	76	0:56:30	16:59 *	19:03 *	20:14	5:38 min/km
448	1460	Fischer Sascha	*Köln	0:56:18	1987 M20	77	1:01:11	21:18 *	16:51 *	18:08	5:38 min/km
449	2114	Kluck Berndt	*Köln	0:56:20	1958 M55	20	1:00:18	19:48 *	18:23 *	18:09	5:38 min/km
450	3753	Figura Richard	*Bonn	0:56:22	1984 M30	73	0:58:06	20:48 *	18:14 *	17:19	5:38 min/km
451	639	Gröger Christian	*Bonn-Beuel	0:56:23	1984 M30	74	1:00:23	19:55 *	17:51 *	18:35	5:38 min/km
452	1020	Pickhard Holger	Point One Runners	0:56:25	1964 M50	37	0:58:10	20:02 *	17:54 *	18:28	5:39 min/km
453	1554	Rumpeltin Carsten	XTrail-Aktiv	0:56:26	1965 M50	38	0:57:01	18:04 *	18:37 *	19:44	5:39 min/km
454	1693	Tesch Friedrich	Sebastianus Balkhausen	0:56:28	1958 M55	21	0:58:42	19:07 *	18:18 *	19:01	5:39 min/km
455	3000	Roor Eugen	*Köln	0:56:28	1983 M30	75	0:58:23	19:33 *	18:26 *	18:29	5:39 min/km
456	1614	Köthenbürger Marcus	Running Köthis	0:56:31	1984 M30	76	0:59:07	18:43 *	18:56 *	18:51	5:39 min/km
457	2614	Czerwinski Günter	Amnesty International	0:56:31	1944 M70	2	1:01:54	18:29 *	18:43 *	19:19	5:39 min/km
458	3940	Müller Ede	TC SW Neubottenbroich	0:56:37	1967 M45	64	1:00:04	19:46 *	18:08 *	18:41	5:40 min/km
459	33	Ramljak Nikola	*Köln	0:56:38	1975 M40	54	0:57:52	18:40 *	18:24 *	19:33	5:40 min/km
460	1000	Doré Norbert	*Köln	0:56:40	1961 M50	39	0:57:59	18:53 *	18:26 *	19:19	5:40 min/km
461	2435	Schwab Stefan	*Köln	0:56:42	1970 M45	65	0:59:16	19:28 *	18:24 *	18:49	5:40 min/km
462	3644	Stichert Jörg	*hattingen	0:56:44	1968 M45	66	0:59:27	20:02 *	18:06 *	18:35	5:40 min/km
463	1207	Fudalla Prof. Dr. Mark	*Köln	0:56:44	1966 M45	67	0:56:44	18:48 *	18:45 *	19:10	5:40 min/km
464	2055	Prasolov Alexej	Interbrand	0:56:44	1992 M20	78	0:57:33	20:28 *	16:39 *	19:37	5:40 min/km
465	2538	Günther Lino		0:56:48	2004 MU12	4	1:01:01	19:42 *	18:50 *	18:16	5:41 min/km
466	774	Pfordt Alexander	Lauffreunde BKZ	0:56:50	1965 M50	40	0:59:02	19:03 *	18:16 *	19:30	5:41 min/km
467	3694	Winkler Jan	*Köln	0:56:53	1979 M35	76	0:59:00	19:27 *	18:00 *	19:25	5:41 min/km
468	465	Gattner Marius	*Köln	0:56:55	1972 M40	55	0:58:52	18:46 *	18:05 *	20:03	5:42 min/km
469	1411	Heieis Christian	*Köln	0:56:55	1988 M20	79	0:57:53	20:52 *	20:53 *	15:10	5:42 min/km
470	3119	Sandach Oskar	Running Gag	0:56:58	1979 M35	77	0:57:58	19:15 *	19:09 *	18:33	5:42 min/km
471	2053	Brüning Steffen	Interbrand	0:56:58	1987 M20	80	0:57:45	21:38 *	18:10 *	17:09	5:42 min/km
472	2645	Stamatis Sivos	NIA	0:56:58	1980 M35	78	1:00:10	20:05 *	18:27 *	18:25	5:42 min/km
473	3045	Daniel Christian	Original Bootcamp	0:56:59	1973 M40	56	0:58:35	20:08 *	18:41 *	18:09	5:42 min/km
474	1074	Thomas Robert	*Pulheim	0:56:59	1972 M40	57	1:01:43	20:03 *	18:20 *	18:35	5:42 min/km
475	3337	Grosnitz Alfred	Kieser Training	0:57:00	1947 M65	8	0:58:01	18:39 *	18:30 *	19:51	5:42 min/km
476	544	Bock Sebastian	*Köln	0:57:01	1981 M30	77	1:00:18	20:48 *	18:34 *	17:38	5:42 min/km
477	1785	Heß Benjamin	*Alfter	0:57:02	1979 M35	79	1:00:57	20:12 *	18:46 *	18:04	5:42 min/km
478	2379	Hoheisel Benedikt	rhein-in-form	0:57:04	1979 M35	80	1:01:40	21:47 *	18:31 *	16:46	5:42 min/km
479	2427	Wurda Werner	Diabetes Programm	0:57:05	1960 M55	22	1:02:35	20:15 *	18:28 *	18:21	5:43 min/km
480	1472	Roes Daniel	*Köln	0:57:07	1978 M35	81	1:00:24	20:48 *	18:31 *	17:48	5:43 min/km
481	3621	Peukert Bastian	Hello Titty!	0:57:07	1982 M30	78	0:59:32	20:56 *	18:45 *	17:25	5:43 min/km
482	1158	Auberger Andreas	*Burscheid	0:57:08	1984 M30	79	0:57:17	16:48 *	19:28 *	20:52	5:43 min/km
483	3569	Schweda Marcel	*Köln	0:57:09	1969 M45	68	1:01:09	19:29 *	18:31 *	19:07	5:43 min/km
484	1877	Gipperich Rudolf	LG Gummersbach	0:57:09	1965 M50	41	0:58:01	18:46 *	18:22 *	20:01	5:43 min/km
485	3402	Friedrich Marc	TriCologne	0:57:13	1970 M45	69	0:58:32	19:54 *	18:24 *	18:54	5:43 min/km
486	2291	Schlömer Henri	*Köln	0:57:16	2003 MU14	4	0:58:01	20:10 *	19:15 *	17:50	5:44 min/km
487	3321	Schlömer Reiner	DuMont Mediengruppe	0:57:16	1968 M45	70	0:58:02	20:09 *	19:14 *	17:52	5:44 min/km
488	494	Gronstedt Andreas	*Köln	0:57:17	1968 M45	71	1:00:00	20:03 *	18:25 *	18:48	5:44 min/km
489	1974	Reitze Manfred	Golden Boys	0:57:20	1970 M45	72	1:00:23	20:26 *	19:15 *	17:38	5:44 min/km
490	1980	Albrecht Dieter	Golden Boys	0:57:21	1970 M45	73	1:00:23	24:03 *	16:28 *	16:50	5:44 min/km
491	2496	Stollwerk Christoph	*Köln	0:57:25	1983 M30	80	0:57:50	18:02 *	19:06 *	20:15	5:45 min/km
492	3409	Rüsel Michael	NetCologne	0:57:30	1965 M50	42	0:59:12	19:51 *	18:40 *	18:58	5:45 min/km
493	3046	Kings Daniel	Original Bootcamp	0:57:36	1980 M35	82	0:59:13	20:07 *	18:40 *	18:47	5:46 min/km
494	921	Becker Arno	*Köln	0:57:37	1983 M30	81	0:59:17	18:30 *	18:56 *	20:11	5:46 min/km
495	1932	Haiplik Marco	*Rösrath	0:57:38	1984 M30	82	0:57:58	17:52 *	18:33 *	21:12	5:46 min/km
496	983	Sowade Uli	Run for fun	0:57:38	1970 M45	74	0:59:30	19:21 *	18:55 *	19:22	5:46 min/km
497	3790	Hoppe Reiner	*Brühl	0:57:39	1943 M70	3	0:58:44	18:52 *	18:39 *	20:07	5:46 min/km
498	747	Stauf Alex	*Köln	0:57:41	1979 M35	83	1:02:32	20:22 *	18:22 *	18:55	5:46 min/km
499	3596	Otten Rolf	*Köln	0:57:41	1964 M50	43	1:00:08	19:38 *	18:48 *	19:14	5:46 min/km
500	3370	Höfer Jörg	Josefshaus Olpe	0:57:42	1974 M40	58	0:59:32	20:43 *	18:25 *	18:33	5:46 min/km
501	2109	Trum Johannes	Feuerwehr Aachen Mitte	0:57:44	1992 M20	81	0:58:56	20:39 *	18:53 *	18:11	5:46 min/km

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502	3710	Denker Dr. Michael	*Dueren	0:57:44	1976	M35	84	1:00:55	19:58 *	18:37 *	19:08	5:46 min/km
503	3148	Pabst Marcus	*Beckeln	0:57:45	1967	M45	75	0:59:59	19:23 *	18:55 *	19:26	5:47 min/km
504	1033	Kamp Stefan	*Köln	0:57:47	1964	M50	44	0:59:08	19:38 *	19:02 *	19:05	5:47 min/km
505	3616	Winkelmann Christian	Föhr Marathon e.V.	0:57:48	1978	M35	85	0:59:06	18:38 *	18:57 *	20:11	5:47 min/km
506	3392	Emrich Laurin	LT DSHS Köln	0:57:52	2005	MU12	5	1:02:43	19:24 *	18:56 *	19:30	5:47 min/km
507	2119	Karla Ulrich	*Köln	0:57:54	1982	M30	83	1:01:30	19:32 *	18:53 *	19:28	5:47 min/km
508	1574	Scheer Lars	*Bergisch Gladbach	0:57:54	1991	M20	82	1:02:36	19:48 *	18:18 *	19:48	5:47 min/km
509	1670	Fischer Frederic	*Köln	0:57:57	1971	M40	59	1:02:33	21:31 *	19:01 *	17:23	5:48 min/km
510	3783	Fikoczek Gregor	*Köln	0:57:58	1981	M30	84	0:59:42	20:49 *	18:14 *	18:55	5:48 min/km
511	388	Bartz Stefan	Mosaik	0:58:00	1990	M20	83	1:01:09	19:52 *	18:19 *	19:47	5:48 min/km
512	3142	Wielpütz Robin	Original Bootcamp	0:58:00	1982	M30	85	0:58:56	18:16 *	18:57 *	20:46	5:48 min/km
513	2654	Theis Jörg	Köln Widdersdorf	0:58:00	1969	M45	76	1:00:22	20:08 *	18:05 *	19:46	5:48 min/km
514	3347	Adamczak Jan	Kieser Training	0:58:03	1979	M35	86	0:59:34	19:51 *	19:07 *	19:04	5:48 min/km
515	2140	Schrennen Martin	aggerfitness	0:58:05	1962	M50	45	1:00:40	20:18 *	18:39 *	19:07	5:49 min/km
516	1944	Ruf Joachim	*Köln	0:58:06	1961	M50	46	1:03:19	20:59 *	18:34 *	18:33	5:49 min/km
517	2501	Schnabel Ronald	AM	0:58:06	1954	M60	10	1:00:36	20:25 *	18:45 *	18:55	5:49 min/km
518	2344	Rodewig Stephan	*Köln	0:58:08	1985	M30	86	0:58:39	18:33 *	19:40 *	19:54	5:49 min/km
519	3349	Khalaf Mohamed	Mosaik	0:58:09	1999	MU18	12	1:00:59	20:03 *	18:28 *	19:37	5:49 min/km
520	1105	Plattmann Deepak	*Siegburg	0:58:11	1977	M35	87	1:00:04	21:52 *	17:38 *	18:41	5:49 min/km
521	2277	Ostermann Benjamin	*köln	0:58:13	2001	MU16	12	0:59:42	18:12 *	19:54 *	20:06	5:49 min/km
522	857	Morgenstern Michael	*Köln	0:58:16	1967	M45	77	1:00:28	20:02 *	18:42 *	19:31	5:50 min/km
523	859	Morgenstern Frederik	*Köln	0:58:16	2004	MU12	6	1:00:27	20:03 *	18:43 *	19:30	5:50 min/km
524	2161	Zöller Andreas	Erst laufen, dann	0:58:20	1981	M30	87	1:02:47	21:31 *	18:17 *	18:31	5:50 min/km
525	708	Vossel Christian	*Bonn	0:58:21	1987	M20	84	0:59:42	19:57 *	19:08 *	19:14	5:50 min/km
526	1507	Ansén Sascha	*Köln	0:58:22	1971	M40	60	0:59:05	19:28 *	19:42 *	19:11	5:50 min/km
527	2065	Seemayer Thomas	Europa	0:58:23	1973	M40	61	1:03:19	19:33 *	19:05 *	19:45	5:50 min/km
528	2439	Harbordt Holger	Die Frühstücksläufer	0:58:24	1973	M40	62	0:59:41	18:12 *	18:47 *	21:24	5:50 min/km
529	885	Metzner Ingo	*Köln	0:58:26	1984	M30	88	0:59:44	19:19 *	19:01 *	20:05	5:51 min/km
530	1559	Decker Torben	XTrail-Aktiv	0:58:32	1975	M40	63	1:01:44	19:58 *	19:18 *	19:14	5:51 min/km
531	1340	Preiß Jürgen	*Köln	0:58:34	1962	M50	47	1:02:55	19:59 *	19:34 *	19:00	5:51 min/km
532	2382	Albers Sascha	*Köln	0:58:37	1974	M40	64	1:04:08	19:02 *	18:55 *	20:40	5:52 min/km
533	2077	Evangelinos Konstantin	-	0:58:37	1955	M60	11	1:04:08	20:21 *	18:51 *	19:24	5:52 min/km
534	3582	Kuhn Raphael	*Kaarst	0:58:38	1989	M20	85	1:02:21	21:11 *	18:48 *	18:38	5:52 min/km
535	1900	Haunberger Ben	*Düsseldorf	0:58:38	1979	M35	88	1:02:22	19:02 *	19:06 *	20:30	5:52 min/km
536	2257	Dostal Harald	*Köln	0:58:38	1976	M35	89	1:02:19	20:24 *	18:33 *	19:41	5:52 min/km
537	2263	Hudziak Wicolay	Pro. Baum	0:58:40	1969	M45	78	1:03:44	20:26 *	18:43 *	19:30	5:52 min/km
538	1174	Lange Michael	*Gummersbach	0:58:40	1961	M50	48	1:00:47	19:47 *	19:02 *	19:50	5:52 min/km
539	971	Erdenberger Thomas	*Köln	0:58:40	1979	M35	90	0:59:19	20:11 *	19:32 *	18:56	5:52 min/km
540	1916	Sonnen Lino	*Hürth	0:58:41	1990	M20	86	0:59:05	20:57 *	21:41 *	16:02	5:52 min/km
541	1914	Martens Hanno	*Hürth	0:58:44	1990	M20	87	0:59:05	20:59 *	21:39 *	16:05	5:52 min/km
542	3114	Hohler Christian	Running Gag	0:58:44	1989	M20	88	0:59:34	19:12 *	19:13 *	20:18	5:52 min/km
543	1390	Löwner Prof. Dr. Ralf	*Köln	0:58:45	1967	M45	79	0:59:44	19:31 *	19:19 *	19:54	5:53 min/km
544	2246	Müller Maximilian	SC Wegberg	0:58:47	1988	M20	89	1:01:13	20:16 *	18:41 *	19:49	5:53 min/km
545	3312	Alsény Sylla	Willkommensinitiative	0:58:49	1988	M20	90	0:58:49	17:08 *	22:12 *	19:28	5:53 min/km
546	706	Flümann Lucas	*Köln	0:58:49	1987	M20	91	1:00:15	19:54 *	19:07 *	19:48	5:53 min/km
547	2147	Löhr Peter	*Langenfeld	0:58:50	1962	M50	49	1:01:53	20:43 *	19:04 *	19:03	5:53 min/km
548	3505	Hanus Jan-Niclas	*Köln	0:58:52	1990	M20	92	0:59:58	20:37 *	19:06 *	19:08	5:53 min/km
549	767	Schiffer Thomas	Lauffreunde BKZ	0:58:53	1968	M45	80	1:00:59	20:37 *	19:10 *	19:06	5:53 min/km
550	3587	Bitter Daniel	*Frechen	0:58:53	1975	M40	65	1:01:46	20:51 *	19:01 *	19:00	5:53 min/km
551	2201	Maras Georgios	0	0:58:54	1956	M55	23	1:00:08	19:06 *	19:05 *	20:42	5:53 min/km
552	3019	Hanisch Peter	*Köln	0:58:57	1961	M50	50	0:59:42	19:14 *	19:20 *	20:22	5:54 min/km
553	1244	Brethauer Dr. Olaf	Brethauer Running Team	0:58:57	1969	M45	81	1:00:00	20:06 *	19:23 *	19:27	5:54 min/km
554	1819	Beauvisage Christian	Original Bootcamp	0:58:57	1981	M30	89	1:00:22	21:25 *	19:04 *	18:27	5:54 min/km
555	1245	Brethauer Bruno	Brethauer Running Team	0:58:57	2005	MU12	7	1:00:01	20:06 *	19:23 *	19:27	5:54 min/km
556	998	Jaeger Frank	*Brühl	0:58:58	1968	M45	82	1:00:05	19:54 *	19:11 *	19:52	5:54 min/km
557	3293	Strake Christopher	BSG RheinEnergie	0:59:01	1984	M30	90	1:01:10	19:37 *	19:06 *	20:17	5:54 min/km

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558	2150	Georg Hensel	*Köln	0:59:01	1956 M55	24	0:59:20	19:42 *	19:23 *	19:55	5:54 min/km
559	3914	Schneider Christoph		0:59:04	1977 M35	91	0:59:24	19:03 *	19:39 *	20:21	5:54 min/km
560	2541	Lier Torsten		0:59:04	1973 M40	66	1:03:17	21:04 *	19:01 *	18:58	5:54 min/km
561	2673	Rudnitzki Roman		0:59:04	1969 M45	83	1:01:20	20:28 *	18:52 *	19:43	5:54 min/km
562	1861	Bollin Sven	Sonntags-Faultier-Club	0:59:04	1973 M40	67	1:03:17	21:04 *	19:01 *	18:58	5:54 min/km
563	1264	Grunow Michael	Kleine Allianz Weiden	0:59:06	1967 M45	84	1:00:33	20:39 *	19:59 *	18:27	5:55 min/km
564	2512	Frantzen Jonas		0:59:07	1996 MU20	5	1:02:52	21:23 *	19:18 *	18:25	5:55 min/km
565	3871	Grass Markus	EAC-ESA	0:59:09	1993 M20	93	1:04:31	22:32 *	21:54 *	14:42	5:55 min/km
566	984	Otto Ewald	Kvb Marathon	0:59:14	1958 M55	25	1:04:25	20:08 *	19:19 *	19:46	5:55 min/km
567	2107	Karla Frederic	*Köln	0:59:17	1986 M20	94	1:02:54	19:31 *	18:53 *	20:52	5:56 min/km
568	1569	Wasems Christian	FC DoRi	0:59:18	1982 M30	91	1:00:43	18:31 *	19:31 *	21:15	5:56 min/km
569	963	Lingner Uwe	*Grafschaft	0:59:19	1962 M50	51	1:03:28	21:22 *	18:24 *	19:31	5:56 min/km
570	1232	Aasen Helge	Running Gag	0:59:19	1985 M30	92	1:00:08	19:07 *	19:05 *	21:06	5:56 min/km
571	1933	Tenhumberg Dieter	mas-Training	0:59:21	1964 M50	52	1:01:06	20:02 *	19:28 *	19:50	5:56 min/km
572	1228	Christmann Heiko	*Köln	0:59:23	1986 M20	95	1:00:07	14:50 *	14:46 *	29:46	5:56 min/km
573	1231	Myslicki Patrik	Running Gag	0:59:24	1985 M30	93	1:00:08	17:05 *	17:46 *	24:32	5:56 min/km
574	892	Englmeier Marco	*Köln	0:59:24	1977 M35	92	1:03:17	23:44 *	17:41 *	17:59	5:56 min/km
575	3511	Paaßens Lutz	ASV	0:59:27	1967 M45	85	1:00:08	19:50 *	19:59 *	19:36	5:57 min/km
576	1229	Küpper Uwe	Running Gag	0:59:28	1984 M30	94	1:00:08	19:16 *	19:05 *	21:06	5:57 min/km
577	1222	Schröter Dr. Alexander	Running Gag	0:59:29	1986 M20	96	1:00:07	14:57 *	14:45 *	29:45	5:57 min/km
578	2186	Jung Wolfgang	*Hennef	0:59:29	1963 M50	53	1:02:20	20:15 *	19:17 *	19:57	5:57 min/km
579	1492	Schmitter Jörg	*Köln	0:59:31	1969 M45	86	1:04:20	21:29 *	18:35 *	19:25	5:57 min/km
580	3141	Golda Björn	*Köln	0:59:32	1987 M20	97	1:01:47	20:21 *	19:27 *	19:44	5:57 min/km
581	1994	Rogmann Antonio	*Siegburg	0:59:34	1964 M50	54	1:02:53	21:23 *	19:29 *	18:41	5:57 min/km
582	1486	Pütter Michel	*Köln	0:59:38	1970 M45	87	1:04:20	20:44 *	19:26 *	19:26	5:58 min/km
583	2685	Schurig Jörg		0:59:38	1980 M35	93	1:02:21	19:56 *	18:33 *	21:08	5:58 min/km
584	487	Schmidt Leonard	*Köln	0:59:38	1994 M20	98	1:01:20	19:41 *	18:44 *	21:12	5:58 min/km
585	3389	Kruth David	LT DSHS Köln	0:59:39	2005 MU12	8	1:04:30	19:24 *	18:56 *	21:17	5:58 min/km
586	1519	Pissowotzki Michael	*Bergisch Gladbach	0:59:41	1963 M50	55	1:04:31	21:27 *	18:59 *	19:13	5:58 min/km
587	1249	Nandinian Navid	*Köln	0:59:41	1987 M20	99	1:03:11	22:39 *	18:45 *	18:16	5:58 min/km
588	1976	Schüte Heiner	Golden Boys	0:59:50	1967 M45	88	1:02:53	20:33 *	19:10 *	20:07	5:59 min/km
589	752	Dreier Sebastian	*Köln	0:59:51	1978 M35	94	1:01:06	20:16 *	19:39 *	19:55	5:59 min/km
590	1344	Schmieschek Holger	THC RotWeiß Bergisch	0:59:52	1952 M60	12	1:02:08	19:27 *	19:21 *	21:03	5:59 min/km
591	1799	Sprenger Olaf	*Bonn	0:59:53	1967 M45	89	1:00:31	19:45 *	19:25 *	20:43	5:59 min/km
592	3660	Benedic François	*Köln	0:59:58	1983 M30	95	1:01:00	21:29 *	19:11 *	19:18	5:60 min/km
593	3548	Zygmant Tom	*Hürth	1:00:00	1984 M30	96	1:01:19	21:03 *	20:34 *	18:22	6:00 min/km
594	3245	Dietz Michael	ERGO sports Köln	1:00:03	1966 M45	90	1:04:36	22:05 *	19:36 *	18:22	6:00 min/km
595	2278	Eimla Holger	*Köln	1:00:04	1987 M20	100	1:03:44	20:49 *	19:53 *	19:21	6:00 min/km
596	695	Altmann Markus	Zarinfar GmbH	1:00:05	1980 M35	95	1:00:51	19:35 *	19:59 *	20:30	6:01 min/km
597	812	Reinicke Martin	MTV Köln 1850	1:00:07	1977 M35	96	1:03:01	20:12 *	19:58 *	19:57	6:01 min/km
598	3574	Kappelhoff Alexander	*Kall	1:00:10	1976 M35	97	1:04:04	21:02 *	19:36 *	19:31	6:01 min/km
599	745	Etzbach Sascha	*Pulheim	1:00:12	1974 M40	68	1:04:36	21:48 *	19:50 *	18:34	6:01 min/km
600	3676	Ewert Stefan	KSK Köln	1:00:14	1977 M35	98	1:00:21	18:40 *	20:13 *	21:20	6:01 min/km
601	652	Wendt Matthias	*Köln	1:00:15	1977 M35	99	1:01:10	20:46 *	19:36 *	19:52	6:02 min/km
602	2063	Berghoff Reiner	*Bedburg	1:00:16	1981 M30	97	1:00:22	18:39 *	20:24 *	21:12	6:02 min/km
603	578	Vetter Raimund	Diabetes Programm	1:00:16	1952 M60	13	1:01:47	18:57 *	20:07 *	21:11	6:02 min/km
604	3285	Börold Hans	BSG RheinEnergie	1:00:17	1957 M55	26	1:01:07	19:24 *	19:38 *	21:14	6:02 min/km
605	1160	Heßling-Frank Ralf	*Hürth	1:00:17	1972 M40	69	1:04:46	21:36 *	20:07 *	18:32	6:02 min/km
606	2639	Rem Andreas	TSG Maxdorf	1:00:19	1965 M50	56	1:04:28	20:17 *	19:33 *	20:28	6:02 min/km
607	1103	Schorn Georg	*Grafschaft	1:00:22	1958 M55	27	1:04:31	21:25 *	19:02 *	19:54	6:02 min/km
608	3336	Offermanns Robert	Kieser Training	1:00:26	1958 M55	28	1:02:42	21:01 *	19:22 *	20:02	6:03 min/km
609	3359	Theile Manuel	Josefshaus Olpe	1:00:27	1989 M20	101	1:02:20	18:05 *	20:30 *	21:51	6:03 min/km
610	2525	Spitkowski Anton	Kölle Alarm e.V.	1:00:27	1996 MU20	6	1:02:57	20:03 *	19:48 *	20:35	6:03 min/km
611	3332	Müller Christoph	Kieser Training	1:00:27	1967 M45	91	1:02:44	20:16 *	19:43 *	20:27	6:03 min/km
612	2311	Eberhard Karl	*Koblenz	1:00:29	1963 M50	57	1:05:14	21:37 *	20:47 *	18:04	6:03 min/km
613	3705	Petry Markus	*Köln	1:00:31	1982 M30	98	1:01:15	19:54 *	19:54 *	20:43	6:03 min/km

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614	3357	Hartelt Tobias	Josefshaus Olpe	1:00:34	1997 MU20	7	1:02:27	20:00	* 20:22	* 20:11	6:03 min/km
615	1571	Engelbrecht Janosch	*Köln	1:00:37	1991 M20	102	1:05:20	21:12	* 19:17	* 20:07	6:04 min/km
616	1575	Ritter Andreas	*Köln	1:00:39	1988 M20	103	1:05:23	21:12	* 19:17	* 20:10	6:04 min/km
617	1635	Reuter Dietmar	*Köln	1:00:42	1959 M55	29	1:01:36	21:40	* 19:48	* 19:14	6:04 min/km
618	654	Palmisano Dr. Daniele	*Hürth	1:00:45	1981 M30	99	1:02:44	20:30	* 19:55	* 20:20	6:05 min/km
619	3274	Liebscher Tim	Tennisclub Lese	1:00:45	2006 MU10	4	1:03:04	21:02	* 19:51	* 19:51	6:05 min/km
620	3165	Herzig Andreas	*Köln	1:00:48	1985 M30	100	1:06:10	21:37	* 19:49	* 19:20	6:05 min/km
621	1515	Gemsa Michael	*Köln	1:00:48	1987 M20	104	1:04:32	20:51	* 19:54	* 20:02	6:05 min/km
622	1630	Born Christopher	*Köln	1:00:48	1987 M20	105	1:04:32	20:51	* 19:55	* 20:01	6:05 min/km
623	1947	Keil Daniel	*Köln	1:00:49	1990 M20	106	1:05:04	22:10	* 19:45	* 18:53	6:05 min/km
624	1847	Müller Dr. Christian	*Köln	1:00:49	1974 M40	70	1:05:36	21:45	* 19:48	* 19:16	6:05 min/km
625	1983	Schick Phillip	*Düsseldorf	1:00:52	1989 M20	107	1:05:08	22:11	* 19:43	* 18:57	6:05 min/km
626	1555	Schattenberg Martin	XTrail-Aktiv	1:00:53	1958 M55	30	1:04:05	19:55	* 19:29	* 21:28	6:05 min/km
627	224	Scherer Christian	*Bonn	1:00:55	1978 M35	100	1:01:35	19:33	* 20:09	* 21:12	6:06 min/km
628	1977	Westphal Alfred	Golden Boys	1:00:55	1969 M45	92	1:03:55	20:29	* 19:15	* 21:09	6:06 min/km
629	2354	Lachmann Thomas	*Köln	1:00:58	1982 M30	101	1:02:10	20:13	* 19:49	* 20:55	6:06 min/km
630	2412	Hamann Rainer	*Köln	1:01:05	1984 M30	102	1:01:50	18:35	* 19:55	* 22:35	6:07 min/km
631	1674	Olbermann Christoph	EhrenGarde der Stadt	1:01:07	1989 M20	108	1:03:09	20:43	* 18:45	* 21:37	6:07 min/km
632	1093	Kirchhoff Dr. Dennis	*Köln	1:01:07	1977 M35	101	1:01:24	18:42	* 18:56	* 23:28	6:07 min/km
633	2170	Tuszik Oliver	*Bornheim	1:01:07	1967 M45	93	1:04:15	21:20	* 19:46	* 20:00	6:07 min/km
634	1092	Fabian Dr. Tobias	*Köln	1:01:07	1981 M30	103	1:01:24	18:42	* 18:56	* 23:28	6:07 min/km
635	615	Bongartz Ulrich Ignaz	*Hennef	1:01:09	1953 M60	14	1:05:25	20:34	* 20:17	* 20:17	6:07 min/km
636	3157	Gail Daniel	*Köln	1:01:09	1983 M30	104	1:02:59	20:44	* 20:08	* 20:17	6:07 min/km
637	3663	Nguyen David	*Köln	1:01:11	1965 M50	58	1:03:32	20:32	* 19:51	* 20:48	6:07 min/km
638	620	Wallenstein Bodo	*Delmenhorst	1:01:12	1967 M45	94	1:02:06	20:47	* 19:39	* 20:45	6:07 min/km
639	3662	Aschenbrenner Stephan	*Köln	1:01:12	1964 M50	59	1:03:32	20:32	* 19:51	* 20:49	6:07 min/km
640	1417	Schlößer Christian	*Kerpen	1:01:18	1981 M30	105	1:04:41	21:04	* 19:58	* 20:15	6:08 min/km
641	3388	Beckschulte Mats	LT DSHS Köln	1:01:18	2005 MU12	9	1:04:27	20:05	* 19:58	* 21:14	6:08 min/km
642	1396	Balve Peter	Turbine Köln	1:01:20	1965 M50	60	1:03:05	21:43	* 20:13	* 19:23	6:08 min/km
643	571	Brod Marcus	Tram KerryGum	1:01:21	1974 M40	71	1:03:35	21:57	* 20:25	* 18:57	6:08 min/km
644	1395	Ahlwarth Carsten	Turbine Köln	1:01:21	1969 M45	95	1:03:06	21:44	* 20:12	* 19:24	6:08 min/km
645	3519	Funke Alexander	*Köln	1:01:21	1987 M20	109	1:06:14	21:27	* 19:23	* 20:30	6:08 min/km
646	650	Steffen Dr. Carsten	Team KerryGum	1:01:21	1975 M40	72	1:03:35	21:58	* 20:25	* 18:58	6:08 min/km
647	1166	Heckmann Jürgen	Takasago Europe GmbH	1:01:24	1976 M35	102	1:03:20	20:49	* 20:41	* 19:54	6:08 min/km
648	3382	Hopp Marcus	Köln läuft!	1:01:26	1969 M45	96	1:05:34	20:52	* 19:26	* 21:06	6:09 min/km
649	1448	Hopp Marcus	*Königswinter	1:01:26	1969 M45	97	1:05:33	20:52	* 19:26	* 21:06	6:09 min/km
650	436	Nejad René	*Köln	1:01:26	1978 M35	103	1:02:34	21:20	* 20:19	* 19:46	6:09 min/km
651	3712	Gilberg Thomas	*Köln	1:01:27	1971 M40	73	1:04:55	20:09	* 20:07	* 21:10	6:09 min/km
652	978	Thomas Marcel	*Köln-sürth	1:01:30	1993 M20	110	1:05:46	19:56	* 20:46	* 20:46	6:09 min/km
653	1978	Reimer Willi	Golden Boys	1:01:30	1969 M45	98	1:04:32	21:05	* 20:11	* 20:12	6:09 min/km
654	3954	Schneider Andreas		1:01:33	1964 M50	61	1:06:04	20:01	* 20:45	* 20:46	6:09 min/km
655	440	Brüffer Michael	*Troisdorf	1:01:35	1993 M20	111	1:04:53	21:12	* 20:16	* 20:06	6:10 min/km
656	2401	Urhahne Joseph	*Pulheim	1:01:36	1965 M50	62	1:04:24	19:39	* 20:04	* 21:52	6:10 min/km
657	2558	Wachendorf Gero	Neunkirchen Nightreases	1:01:37	1984 M30	106	1:03:39	24:20	* 21:00	* 16:16	6:10 min/km
658	3646	Tolkmitt Ulrich	*Köln	1:01:41	1952 M60	15	1:04:38	22:16	* 19:57	* 19:27	6:10 min/km
659	584	Van Dinter Michael	TV Orken	1:01:41	1974 M40	74	1:04:20	20:42	* 20:19	* 20:39	6:10 min/km
660	1886	Klaas Werner	Weihnachtsrenner	1:01:44	1968 M45	99	1:02:33	23:59	* 18:58	* 18:46	6:10 min/km
661	811	Bretschneider Frank	KT43 Köln	1:01:44	1976 M35	104	1:04:39	20:12	* 20:25	* 21:06	6:10 min/km
662	3390	Voigt Bennet	LT DSHS Köln	1:01:45	2006 MU10	5	1:06:36	19:24	* 20:36	* 21:45	6:11 min/km
663	2216	Hartje Stephan	*Köln	1:01:47	1983 M30	107	1:06:47	21:29	* 20:30	* 19:47	6:11 min/km
664	2132	Bossle Markus	TSG Heidelberg	1:01:48	1962 M50	63	1:06:26	20:23	* 20:14	* 21:10	6:11 min/km
665	1802	Reul Matthias	ASV Köln	1:01:51	1965 M50	64	1:02:19	22:15	* 22:42	* 16:53	6:11 min/km
666	2475	Federwisch Kay	Run Club Köln by	1:01:52	1962 M50	65	1:06:05	22:10	* 20:18	* 19:23	6:11 min/km
667	658	Guttschau Felix	Körperklaus	1:01:54	1984 M30	108	1:07:03	22:57	* 21:20	* 17:36	6:11 min/km
668	962	Mitschkal Christian	*Wald-Michelbach	1:01:56	1977 M35	105	1:05:46	22:30	* 20:33	* 18:52	6:12 min/km
669	3752	Scheibenbogen Markus	*Köln	1:01:57	1968 M45	100	1:06:11	22:09	* 20:19	* 19:27	6:12 min/km

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670	2038	Lemke Thorsten	*Kerpen	1:01:57	1980 M35	106	1:07:09	21:55 * 20:25 * 19:36	6:12 min/km
671	1844	Farrell Allan	LaufLövenich2010	1:01:59	1970 M45	101	1:07:22	21:07 * 20:19 * 20:32	6:12 min/km
672	2662	Metzner Marcus		1:02:04	1969 M45	102	1:03:54	21:22 * 19:39 * 21:02	6:12 min/km
673	762	Müller Axel	*Köln	1:02:04	1986 M20	112	1:07:01	22:08 * 19:55 * 20:01	6:12 min/km
674	676	Umansky Andrej	*Huerth	1:02:05	1983 M30	109	1:07:01	22:08 * 19:54 * 20:02	6:13 min/km
675	3117	Muza Roland	Running Gag	1:02:06	1973 M40	75	1:02:56	20:07 * 20:42 * 21:16	6:13 min/km
676	1115	Salz Juergen	*Köln	1:02:07	1963 M50	66	1:05:04	21:14 * 20:17 * 20:36	6:13 min/km
677	2156	Körner Guido	Weil wir es können	1:02:09	1962 M50	67	1:05:49	20:45 * 20:19 * 21:04	6:13 min/km
678	1808	Surmann Markus	*Köln	1:02:10	1963 M50	68	1:06:23	21:18 * 20:57 * 19:53	6:13 min/km
679	633	Altmann Stefan	*Köln	1:02:10	1974 M40	76	1:03:15	20:57 * 20:06 * 21:06	6:13 min/km
680	2567	Mielke Florian		1:02:10	1978 M35	107	1:04:35	22:07 * 20:26 * 19:37	6:13 min/km
681	2568	Dieckmann Lars		1:02:11	1980 M35	108	1:04:35	22:06 * 20:27 * 19:37	6:13 min/km
682	631	Sanchez Manuel	*Köln	1:02:11	1963 M50	69	1:03:15	20:59 * 20:05 * 21:06	6:13 min/km
683	946	Bamberg Dennis	Höppe Kroetsch	1:02:14	1990 M20	113	1:04:49	20:41 * 19:34 * 21:59	6:13 min/km
684	1423	Steuer Björn	*Köln	1:02:18	1974 M40	77	1:07:05	21:45 * 19:53 * 20:38	6:14 min/km
685	1434	Claußnitzer Ricardo	Pejp	1:02:19	1987 M20	114	1:04:15	19:11 * 20:08 * 22:59	6:14 min/km
686	3386	Blöcher Steffen	LT DSHS Köln	1:02:19	1988 M20	115	1:07:21	24:16 * 22:57 * 15:05	6:14 min/km
687	771	Nießén Dr. Gero	Lauffreunde BKZ	1:02:22	1969 M45	103	1:04:29	20:29 * 20:27 * 21:25	6:14 min/km
688	3690	Herman Jan	*Köln	1:02:27	1962 M50	70	1:05:17	21:05 * 19:57 * 21:24	6:15 min/km
689	1110	Steinz Lothar	*Köln	1:02:28	1957 M55	31	1:05:18	21:05 * 19:58 * 21:25	6:15 min/km
690	2034	Pahde Thomas	Team PAHDE	1:02:28	1971 M40	78	1:06:41	20:54 * 20:24 * 21:10	6:15 min/km
691	557	Kursch Bruno	Hasenkamp	1:02:31	1960 M55	32	1:07:29	15:59 * 15:21 * 31:11	6:15 min/km
692	3656	Heck Moritz	LFS	1:02:31	2000 MU16	13	1:07:37	21:57 * 20:55 * 19:39	6:15 min/km
693	2681	Koleski Toni		1:02:33	1975 M40	79	1:06:09	22:20 * 20:11 * 20:01	6:15 min/km
694	744	Matakas Frank	Laktatkönige	1:02:35	1939 M75	1	1:08:05	20:30 * 20:28 * 21:36	6:16 min/km
695	899	Kettler Dr. Uwe	*Hürth	1:02:35	1965 M50	71	1:02:51	18:56 * 20:44 * 22:54	6:16 min/km
696	3161	Di Luzio Marco	RUNNERS POINT RUN	1:02:36	1989 M20	116	1:04:00	22:40 * 20:08 * 19:47	6:16 min/km
697	2020	Kalizewski Tomasz	XTrail-Aktiv	1:02:38	1985 M30	110	1:05:50	22:42 * 22:13 * 17:42	6:16 min/km
698	3681	Horch Jochen	*Köln	1:02:38	1983 M30	111	1:04:51	23:14 * 19:57 * 19:26	6:16 min/km
699	3891	Riewer Sebastian	SRV Kreuzgasse Köln	1:02:40	2004 MU12	10	1:06:11	19:11 * 19:12 * 24:15	6:16 min/km
700	1598	Holz Bernhard	*Koeln	1:02:40	1954 M60	16	1:05:33	21:31 * 20:18 * 20:49	6:16 min/km
701	1695	Hill Johannes	*Köln	1:02:45	1984 M30	112	1:06:51	21:32 * 20:13 * 20:59	6:17 min/km
702	3553	Jansen Wolfgang	*Köln	1:02:46	1951 M60	17	1:05:30	21:12 * 20:04 * 21:28	6:17 min/km
703	3575	Berns Dr. Markus	*Köln	1:02:47	1981 M30	113	1:08:00	21:21 * 19:42 * 21:42	6:17 min/km
704	3830	Windheuser Christoph	GS1 Germany	1:02:52	1963 M50	72	1:07:41	21:42 * 20:14 * 20:55	6:17 min/km
705	3217	Raskin Bernhard	Gothaer	1:02:53	1955 M60	18	1:04:22	20:38 * 20:36 * 21:38	6:17 min/km
706	1332	Emrich Jan	*Frechen	1:02:55	1985 M30	114	1:07:11	22:11 * 20:23 * 20:20	6:18 min/km
707	3136	Wallenborn Hermann	Nordseekrabben	1:02:55	1960 M55	33	1:05:42	21:34 * 20:09 * 21:11	6:18 min/km
708	1660	Blankenhagen Michael	*Köln	1:02:59	1985 M30	115	1:04:55	21:31 * 21:44 * 19:43	6:18 min/km
709	1945	Müller Harald	*Köln	1:03:02	1960 M55	34	1:08:16	21:08 * 20:12 * 21:40	6:18 min/km
710	3270	Klütsch Harald	Tennisclub Lese	1:03:03	1966 M45	104	1:08:27	21:54 * 20:07 * 21:01	6:18 min/km
711	616	Götten Thomas	MACH3 Köln e.V.	1:03:07	1980 M35	109	1:08:22	20:21 * 20:38 * 22:06	6:19 min/km
712	3652	Ditsche Reimund	SG Siegen-Giersberg	1:03:07	1955 M60	19	1:05:25	22:03 * 20:45 * 20:18	6:19 min/km
713	3912	Amato Gero	RUNNERS POINT RUN	1:03:14	1995 M20	117	1:04:44	19:42 * 21:02 * 22:30	6:19 min/km
714	1163	Resky Markus	Resky Runners	1:03:15	1971 M40	80	1:07:59	21:25 * 20:31 * 21:18	6:20 min/km
715	432	Pientka Dirk	*Walberberg	1:03:15	1967 M45	105	1:07:23	20:49 * 19:54 * 22:31	6:20 min/km
716	3913	Öcal Kemal	RUNNERS POINT RUN	1:03:15	1993 M20	118	1:04:44	21:06 * 19:38 * 22:30	6:20 min/km
717	2067	Meiß Daniel	Deutsche Ärzte Finanz	1:03:16	1967 M45	106	1:06:48	21:44 * 20:34 * 20:57	6:20 min/km
718	947	Nöldgen Fabian	Nerdpol	1:03:16	1983 M30	116	1:04:30	21:27 * 20:35 * 21:14	6:20 min/km
719	2028	Erbel Andreas	Deutsche Ärzte Finanz	1:03:17	1968 M45	107	1:06:49	22:01 * 20:16 * 20:59	6:20 min/km
720	2084	Lehmann Michael	Deutsche Ärzte-Finanz	1:03:17	1971 M40	81	1:06:49	21:00 * 21:18 * 20:58	6:20 min/km
721	1351	Jedwabny Wolfgang	Deutsche Ärzte Finanz	1:03:18	1962 M50	73	1:06:49	21:17 * 20:44 * 21:16	6:20 min/km
722	1422	Kättner Alexander	Deutsche Ärzte Finanz	1:03:18	1976 M35	110	1:06:49	21:44 * 20:56 * 20:36	6:20 min/km
723	3144	Krämer Dirk	LV Stommeln	1:03:18	1971 M40	82	1:08:27	23:02 * 19:30 * 20:44	6:20 min/km
724	684	Pallgen Michael	LV Stommeln	1:03:19	1964 M50	74	1:08:27	20:45 * 21:45 * 20:48	6:20 min/km
725	1246	Alger Joschi	*Köln	1:03:19	1971 M40	83	1:06:48	22:04 * 19:59 * 21:15	6:20 min/km

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726	472	Kronaus Claus	Ärzte gegen Tierversuche	1:03:22	1967	M45	108	1:08:46	22:12 *	20:51 *	20:18	6:20 min/km
727	3935	Kipp Immo		1:03:23	1970	M45	109	1:04:15	20:31 *	20:47 *	22:03	6:20 min/km
728	3841	Lorenz Max	Genoveva-Gymnasium	1:03:24	1999	MU18	13	1:05:28	21:23 *	22:24 *	19:36	6:20 min/km
729	803	Cacic Josip	Laufgruppe2015	1:03:26	1979	M35	111	1:03:40	20:31 *	20:52 *	22:02	6:21 min/km
730	497	Kirsten Dieter	BSG Rheinenergie	1:03:27	1970	M45	110	1:04:04	20:28 *	20:38 *	22:20	6:21 min/km
731	471	Mueller Andreas	Ärzte gegen Tierversuche	1:03:27	1969	M45	111	1:08:52	22:11 *	21:52 *	19:23	6:21 min/km
732	3579	Uphoff Henning	*Köln	1:03:27	1989	M20	119	1:05:44	21:10 *	20:59 *	21:17	6:21 min/km
733	2686	Malig Sven Hauke	FSV Köln	1:03:33	1972	M40	84	1:04:47	21:17 *	20:29 *	21:46	6:21 min/km
734	3020	Vollmann Jannick	*Brauweiler	1:03:37	1997	MU20	8	1:04:15	15:33 *	15:12 *	32:52	6:22 min/km
735	3327	Rohde Jürgen	Kieser Training	1:03:41	1957	M55	35	1:05:18	21:09 *	20:52 *	21:39	6:22 min/km
736	1517	Dreesen Andre	*Erfstadt	1:03:47	1986	M20	120	1:04:16	20:18 *	21:16 *	22:12	6:23 min/km
737	1849	Kneissl Uwe	*Köln	1:03:51	1963	M50	75	1:09:16	21:59 *	21:20 *	20:31	6:23 min/km
738	2237	Möckel Herbert	KT 43 Köln	1:03:53	1976	M35	112	1:06:48	20:11 *	20:29 *	23:11	6:23 min/km
739	435	Gonzalez Mora Rafael	*Dormagen	1:03:57	1969	M45	112	1:06:31	20:46 *	20:46 *	22:25	6:24 min/km
740	716	Holste Michael	*Meckenheim	1:03:57	1968	M45	113	1:06:46	23:16 *	23:00 *	17:40	6:24 min/km
741	1215	Cartus Basti	*Bad Münstereifel	1:04:00	1984	M30	117	1:07:19	22:35 *	21:19 *	20:05	6:24 min/km
742	3053	Wolfgarten Marco	*Neuss	1:04:00	1974	M40	85	1:05:53	19:28 *	22:03 *	22:27	6:24 min/km
743	1523	Löhr Axel	*Köln	1:04:01	1974	M40	86	1:07:06	23:20 *	20:26 *	20:14	6:24 min/km
744	1295	Schulz Christian	...und tschüss!	1:04:08	1981	M30	118	1:08:16	22:18 *	20:30 *	21:19	6:25 min/km
745	2139	Görbig Joachim	*Frechen	1:04:08	1958	M55	36	1:05:57	21:09 *	21:22 *	21:35	6:25 min/km
746	1121	Adam Felix	*Köln	1:04:09	1997	MU20	9	1:08:28	22:33 *	20:52 *	20:43	6:25 min/km
747	1122	Renner Jörg	*Köln	1:04:10	1964	M50	76	1:08:30	22:32 *	20:52 *	20:45	6:25 min/km
748	1692	Hohn Alexander	*Köln	1:04:12	1979	M35	113	1:07:47	22:29 *	20:55 *	20:47	6:25 min/km
749	1548	Heuel Etienne	*Slegen	1:04:20	1995	M20	121	1:09:29	22:56 *	21:18 *	20:04	6:26 min/km
750	3729	Marx Andreas	THW Köln Nord-West	1:04:22	1979	M35	114	1:08:56	21:39 *	21:08 *	21:34	6:26 min/km
751	1581	Hägele Christian	*Köln	1:04:23	1965	M50	77	1:05:56	21:50 *	20:48 *	21:44	6:26 min/km
752	1580	Schoof Johannes	*Köln	1:04:23	1980	M35	115	1:05:56	21:49 *	20:49 *	21:44	6:26 min/km
753	914	Spaete Niko	*Köln	1:04:25	1980	M35	116	1:07:31	23:00 *	20:34 *	20:49	6:26 min/km
754	634	Heuel Peter	Körperklaus eV	1:04:26	1962	M50	78	1:09:40	22:51 *	21:20 *	20:13	6:27 min/km
755	2695	Odindo Caleb	project one tone e.v.	1:04:27	1976	M35	117	1:08:21	22:29 *	21:31 *	20:25	6:27 min/km
756	3658	Heck Matteo	Hans-Christian-Andersen	1:04:28	2006	MU10	6	1:09:34	21:58 *	21:31 *	20:59	6:27 min/km
757	3011	Jeising Saschi	läuft.	1:04:30	1981	M30	119	1:05:43	21:35 *	21:01 *	21:52	6:27 min/km
758	425	Daners Thorsten	*Köln	1:04:30	1980	M35	118	1:09:28	22:11 *	20:13 *	22:05	6:27 min/km
759	375	Breuer Sven	ERGO sports Köln	1:04:32	1982	M30	120	1:09:42	24:12 *	21:52 *	18:27	6:27 min/km
760	3521	Bülles Christian	dark iltis	1:04:33	1976	M35	119	1:09:54	22:22 *	21:13 *	20:56	6:27 min/km
761	519	Mickeleit Uwe	*Pulheim	1:04:34	1966	M45	114	1:09:48	21:12 *	20:53 *	22:29	6:27 min/km
762	3696	Schmidt Michael	Team Erdinger Alkoholfrei	1:04:36	1968	M45	115	1:09:32	23:35 *	23:39 *	17:20	6:28 min/km
763	457	Schneider-Foitzik Paul	TSV bayer Dormagen	1:04:36	1952	M60	20	1:04:45	20:58 *	21:27 *	22:10	6:28 min/km
764	353	Schröer Thilo	*Köln	1:04:38	1983	M30	121	1:07:22	22:28 *	21:07 *	21:03	6:28 min/km
765	3541	Sodermans Dr. Patrick	*Koeln	1:04:39	1980	M35	120	1:07:24	22:28 *	21:07 *	21:04	6:28 min/km
766	1711	Nierhoff Marc	*Köln	1:04:43	1975	M40	87	1:06:02	24:46 *	22:37 *	17:19	6:28 min/km
767	536	Marchetti Dr. Andreas	*Bad Honnef	1:04:46	1975	M40	88	1:07:39	22:59 *	20:48 *	20:58	6:29 min/km
768	3017	Vargas Enrique	*Köln	1:04:50	1967	M45	116	1:04:57	17:47 *	19:40 *	27:22	6:29 min/km
769	1193	Nachsel Achim	Buckelwale	1:04:51	1955	M60	21	1:07:02	21:22 *	21:05 *	22:22	6:29 min/km
770	3277	Julian Breer	Tennisclub Lese	1:04:53	2000	MU16	14	1:07:23	23:31 *	22:07 *	19:14	6:29 min/km
771	3607	Gouraud Pierre	*Köln	1:04:53	1984	M30	122	1:07:26	21:52 *	21:21 *	21:39	6:29 min/km
772	2236	Ulbricht Chris	*Köln	1:04:57	1980	M35	121	1:08:56	23:24 *	20:56 *	20:36	6:30 min/km
773	3565	Neumann Jens	*Köln	1:04:57	1984	M30	123	1:08:56	23:24 *	20:56 *	20:36	6:30 min/km
774	2245	Noras Erik	*Köln	1:05:03	1960	M55	37	1:08:25	20:52 *	21:43 *	22:27	6:30 min/km
775	3870	Gmeiner Bernhard	EAC-ESA	1:05:07	1986	M20	122	1:10:29	22:56 *	21:41 *	20:29	6:31 min/km
776	3866	Weber James	EAC-ESA	1:05:07	1982	M30	124	1:10:28	22:52 *	21:43 *	20:31	6:31 min/km
777	3862	Rosenberger Andre	EAC-ESA	1:05:08	1982	M30	125	1:10:28	22:58 *	21:41 *	20:28	6:31 min/km
778	3147	Trömel Marcus	Project One to One e.V.	1:05:18	1979	M35	122	1:09:14	22:28 *	21:31 *	21:18	6:32 min/km
779	710	Flümann Simon	*Köln	1:05:22	1985	M30	126	1:06:43	21:30 *	21:28 *	22:23	6:32 min/km
780	2314	Kegler Tobi	*Köln	1:05:22	1983	M30	127	1:09:24	22:36 *	21:41 *	21:04	6:32 min/km
781	3758	Viebahn Kai	*Köln	1:05:22	1977	M35	123	1:08:31	22:49 *	21:09 *	21:23	6:32 min/km

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782	3649	Budde Lucas	*Köln	1:05:23	1986 M20	123	1:09:25	22:36 *	21:41 *	21:05	6:32 min/km
783	1827	Görtz Thomas	*Köln	1:05:26	1979 M35	124	1:06:58	21:33 *	21:27 *	22:25	6:33 min/km
784	3224	Jäger Oliver	Gothaer	1:05:35	1973 M40	89	1:10:23	22:22 *	21:08 *	22:04	6:34 min/km
785	1806	Mertens Michael	*Köln	1:05:38	1964 M50	79	1:10:26	22:27 *	21:16 *	21:53	6:34 min/km
786	3226	Ruland Stefan	Gothaer	1:05:38	1969 M45	117	1:10:26	22:26 *	21:17 *	21:54	6:34 min/km
787	2339	Küppers Daniel	*Köln	1:05:39	1985 M30	128	1:06:50	21:33 *	21:00 *	23:05	6:34 min/km
788	2029	Dohmen Dennis	*Kerpen	1:05:40	1987 M20	124	1:06:55	22:58 *	21:09 *	21:32	6:34 min/km
789	3289	Weiner Helmut	BSG RheinEnergie	1:05:40	1955 M60	22	1:08:04	21:52 *	21:24 *	22:24	6:34 min/km
790	862	Phlippen Sascha	*Lenzkirch	1:05:42	1971 M40	90	1:09:09	21:46 *	21:36 *	22:20	6:34 min/km
791	863	Eggers Sebastian	Rednose Runner	1:05:45	1978 M35	125	1:10:16	24:01 *	22:31 *	19:12	6:35 min/km
792	687	Brandt Detlev	*Köln	1:05:46	1962 M50	80	1:09:37	21:53 *	21:15 *	22:37	6:35 min/km
793	3405	Beier Heiko	NetCologne	1:05:50	1963 M50	81	1:06:53	21:43 *	21:38 *	22:27	6:35 min/km
794	1315	Schmiegelt Dr. Christian	*Köln	1:05:54	1968 M45	118	1:08:49	22:25 *	21:37 *	21:51	6:35 min/km
795	498	Pfadenhauer Andreas	*Leichlingen	1:05:59	1978 M35	126	1:09:49	22:35 *	22:20 *	21:04	6:36 min/km
796	1841	Großkord Maximilian	*Düsseldorf	1:06:01	1985 M30	129	1:10:49	23:31 *	21:38 *	20:52	6:36 min/km
797	570	Schog Arne	*Köln	1:06:08	1986 M20	125	1:09:38	23:00 *	21:43 *	21:25	6:37 min/km
798	3933	Breunung Guido	TEAM domstadt.tv	1:06:09	1971 M40	91	1:08:47	23:10 *	24:38 *	18:20	6:37 min/km
799	1081	Klobukowski Mark	*Köln	1:06:11	1977 M35	127	1:09:08	22:38 *	22:47 *	20:44	6:37 min/km
800	3768	Müller Herbert E.	LAV Bayer	1:06:15	1929 M75	2	1:09:10	21:26 *	21:27 *	23:21	6:38 min/km
801	1306	OBrien John	Survival of the fattest	1:06:22	1957 M55	38	1:09:00	24:59 *	20:34 *	20:49	6:38 min/km
802	2386	Velde Moritz	*Köln	1:06:33	2004 MU12	11	1:11:12	23:15 *	22:04 *	21:13	6:39 min/km
803	1903	Schabel Alexander	*Köln	1:06:34	1984 M30	130	1:11:21	23:32 *	21:37 *	21:24	6:39 min/km
804	779	Pfeiffer Florian	*Köln	1:06:34	1991 M20	126	1:08:43	23:11 *	24:33 *	18:49	6:39 min/km
805	2004	Mercier Sebastian	*Köln	1:06:36	1987 M20	127	1:09:26	23:14 *	21:12 *	22:09	6:40 min/km
806	186	Roggendorf Theo	*Köln	1:06:44	1964 M50	82	1:09:51	22:58 *	21:02 *	22:43	6:40 min/km
807	3560	Krause Uwe	Wurst_Jogger	1:06:44	1963 M50	83	1:07:37	23:36 *	21:18 *	21:49	6:40 min/km
808	2007	Votteler Tim	*Köln	1:06:49	1976 M35	128	1:09:38	23:17 *	21:09 *	22:21	6:41 min/km
809	2008	Kessler Michael	*Köln	1:06:49	1988 M20	128	1:09:38	23:17 *	21:09 *	22:22	6:41 min/km
810	3673	Konz Peter	*Köln	1:06:54	1961 M50	84	1:08:37	22:35 *	21:45 *	22:33	6:41 min/km
811	2285	Jacobsen Sven	FIT-MIT-SVEN	1:06:57	1976 M35	129	1:10:35	23:55 *	22:31 *	20:29	6:42 min/km
812	802	Minig Bruno	Laufgruppe2015	1:06:57	1955 M60	23	1:07:13	21:01 *	22:24 *	23:31	6:42 min/km
813	2264	Meutgens Ralf	*Köln	1:06:59	1963 M50	85	1:10:53	22:03 *	22:02 *	22:53	6:42 min/km
814	2548	Kottrup Marcel		1:07:06	1985 M30	131	1:12:09	21:40 *	21:30 *	23:54	6:43 min/km
815	1077	Bootcamp Bunny	Original Bootcamp	1:07:16	1981 M30	132	1:08:48	22:29 *	21:26 *	23:19	6:44 min/km
816	3423	Fabrice Renaud	IVD	1:07:16	1969 M45	119	1:10:51	23:00 *	22:10 *	22:05	6:44 min/km
817	2188	Quadflieg Werner	*Hamm	1:07:17	1946 M65	9	1:09:30	22:58 *	21:46 *	22:31	6:44 min/km
818	2001	Schrage Sebastian	*Köln	1:07:17	1983 M30	133	1:09:29	22:58 *	21:47 *	22:32	6:44 min/km
819	2367	Peters Julian	Läuft bei uns!	1:07:24	1990 M20	129	1:11:06	22:39 *	21:54 *	22:50	6:44 min/km
820	2368	Bronheim Michael	Läuft bei uns!	1:07:25	1985 M30	134	1:11:07	22:39 *	21:54 *	22:51	6:45 min/km
821	2479	Wentz Andreas	*Krefeld	1:07:25	1977 M35	130	1:09:12	21:24 *	22:09 *	23:51	6:45 min/km
822	3184	Eßer Marc	*Köln	1:07:27	1976 M35	131	1:11:56	23:28 *	22:01 *	21:57	6:45 min/km
823	1655	Demirci Yavuz	*Köln	1:07:35	1979 M35	132	1:11:18	22:30 *	22:00 *	23:04	6:46 min/km
824	3324	Müllejans Dieter	Kieser Training	1:07:36	1961 M50	86	1:07:56	20:18 *	21:51 *	25:26	6:46 min/km
825	813	Döring-katerkamp Uwe	*köln	1:07:44	1960 M55	39	1:11:50	22:52 *	23:26 *	21:25	6:46 min/km
826	3132	Haupt Ulrich	*Lohmar	1:07:47	1943 M70	4	1:10:54	22:43 *	22:11 *	22:52	6:47 min/km
827	2176	Kaborn Maurice	MTV	1:07:53	1988 M20	130	1:08:57	22:00 *	21:32 *	24:20	6:47 min/km
828	608	Winkel Hansi	*Hürth	1:07:55	1964 M50	87	1:12:37	24:51 *	22:43 *	20:20	6:48 min/km
829	1336	Roth Christian	Original Bootcamp	1:08:08	1982 M30	135	1:09:38	22:23 *	22:18 *	23:26	6:49 min/km
830	873	Niggemeier Jan	*Köln	1:08:15	1991 M20	131	1:12:53	24:14 *	21:59 *	22:01	6:50 min/km
831	2660	Hensen Jan	BC Efferen	1:08:15	2006 MU10	7	1:10:58	23:28 *	22:40 *	22:06	6:50 min/km
832	1703	Rohmann Christian	*Köln	1:08:18	1982 M30	136	1:12:08	26:20 *	22:47 *	19:11	6:50 min/km
833	594	Esser Klaus Simon	*Bergheim	1:08:23	1955 M60	24	1:11:35	23:01 *	22:21 *	23:00	6:50 min/km
834	1642	Zur Nieden Simon	*Hürth	1:08:25	2006 MU10	8	1:11:07	23:29 *	22:40 *	22:15	6:51 min/km
835	610	Schwabe Michael	*Dormagen	1:08:27	1969 M45	120	1:12:09	22:58 *	22:28 *	22:59	6:51 min/km
836	2511	Simon Benjamin	Don Bosco Schule	1:08:27	2006 MU10	9	1:11:10	23:28 *	22:41 *	22:17	6:51 min/km
837	2655	Hensen Norbert	Finisher Club	1:08:27	1971 M40	92	1:11:10	23:28 *	22:40 *	22:18	6:51 min/km

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838	1578	Weilburg Dr. Walter	*Köln	1:08:34	1952	M60	25	1:12:27	23:43	* 22:30	* 22:19	6:51 min/km
839	2302	Keßler Martin	*Köln	1:08:34	1965	M50	88	1:11:53	23:56	* 22:38	* 22:00	6:51 min/km
840	3085	Rodenhäuser Nick	*Köln	1:08:36	1988	M20	132	1:11:41	23:53	* 22:19	* 22:22	6:52 min/km
841	1584	Tokarski Henry	*Kerpen	1:08:38	1981	M30	137	1:13:04	23:36	* 23:00	* 22:00	6:52 min/km
842	1878	Steinhoff Dennis	*Willich	1:08:42	1990	M20	133	1:12:40	22:27	* 22:22	* 23:52	6:52 min/km
843	936	Vogel Robin	*Willich	1:08:43	1996	MU20	10	1:12:40	22:28	* 22:23	* 23:51	6:52 min/km
844	1252	Brandt Helmut	Canyayeda	1:08:45	1967	M45	121	1:12:51	23:26	* 22:02	* 23:16	6:53 min/km
845	2389	Starosczyk Roman	*Köln	1:08:51	1974	M40	93	1:13:40	23:41	* 22:18	* 22:52	6:53 min/km
846	1943	Hölzenbein Alfons	BSG RaBaz e.V.	1:08:52	1954	M60	26	1:14:07	21:08	* 22:02	* 25:41	6:53 min/km
847	3162	Schulte Michael	Genussläufer	1:08:54	1975	M40	94	1:12:35	22:32	* 22:21	* 24:01	6:53 min/km
848	3214	Eisenbeiß Rainer	Gothaer	1:08:57	1979	M35	133	1:10:28	25:37	* 25:35	* 17:44	6:54 min/km
849	691	Vogt Andreas	Zarinfar GmbH	1:08:59	1975	M40	95	1:09:49	22:36	* 22:43	* 23:39	6:54 min/km
850	2432	Schneider Dr. Markus	MACH3 Köln e.V.	1:09:00	1978	M35	134	1:09:40	22:00	* 22:57	* 24:02	6:54 min/km
851	2491	Langen Dominik	Altstädter Köln 1922 e.v.	1:09:00	1968	M45	122	1:10:21	25:27	* 21:58	* 21:34	6:54 min/km
852	1970	Kerpen Oliver	*Köln	1:09:03	1984	M30	138	1:10:27	21:54	* 22:58	* 24:10	6:54 min/km
853	1622	Von Brandenstein Moritz	*Lindlar	1:09:06	1978	M35	135	1:12:08	21:24	* 23:49	* 23:52	6:55 min/km
854	2332	Birke Marek	*Köln	1:09:06	1964	M50	89	1:13:08	23:26	* 22:08	* 23:32	6:55 min/km
855	2359	Graalman Dirk	*Köln	1:09:07	1974	M40	96	1:11:42	23:08	* 22:29	* 23:29	6:55 min/km
856	531	Kemper Bernd	social runners	1:09:07	1956	M55	40	1:13:45	24:00	* 22:37	* 22:29	6:55 min/km
857	530	Geers Wolfgang	social runners	1:09:07	1954	M60	27	1:13:45	24:00	* 22:37	* 22:30	6:55 min/km
858	3126	Neumann Michael	WDR aktiv	1:09:08	1959	M55	41	1:09:21	22:29	* 22:50	* 23:48	6:55 min/km
859	1471	Kumhofer Markus	*Hennef	1:09:10	1970	M45	123	1:12:19	21:41	* 22:44	* 24:44	6:55 min/km
860	1898	Reibe Ingo	*Frechen	1:09:10	1954	M60	28	1:13:57	21:55	* 22:30	* 24:45	6:55 min/km
861	1664	Kresse Wolfgang	*Koeln	1:09:18	1961	M50	90	1:12:11	24:08	* 22:40	* 22:29	6:56 min/km
862	489	Burauen Thoma	*Köln	1:09:20	1964	M50	91	1:11:06	23:26	* 22:28	* 23:24	6:56 min/km
863	3691	Sagewka Stefan	Feuerwehr Lövenich	1:09:25	1987	M20	134	1:14:15	23:41	* 22:23	* 23:20	6:57 min/km
864	865	Waloscek Thorsten	*Köln	1:09:26	1970	M45	124	1:12:46	22:57	* 22:42	* 23:46	6:57 min/km
865	682	Werner Robert	*Köln	1:09:28	1970	M45	125	1:13:58	23:59	* 22:13	* 23:14	6:57 min/km
866	3079	Singhania Naresh	PUSHENSY	1:09:34	1974	M40	97	1:10:10	22:07	* 23:07	* 24:18	6:57 min/km
867	1797	Weller Wilhelm	Team Triple Generation	1:09:34	1953	M60	29	1:12:31	23:57	* 23:07	* 22:29	6:57 min/km
868	3182	Minas Sevan	läuft.	1:09:37	1979	M35	136	1:10:53	21:48	* 22:28	* 25:20	6:58 min/km
869	3846	Abdellaou Jacob	Genoveva-Gymnasium	1:09:39	2003	MU14	5	1:11:42	21:39	* 23:24	* 24:34	6:58 min/km
870	2142	Schrennen Julian	aggerfitness	1:09:40	1990	M20	135	1:12:20	24:03	* 22:54	* 22:42	6:58 min/km
871	1666	Müller Timo	*Köln	1:09:42	1992	M20	136	1:12:22	24:02	* 22:55	* 22:44	6:58 min/km
872	1407	Flintrop Benjamin	*Köln	1:09:45	1979	M35	137	1:10:50	22:16	* 22:22	* 25:06	6:59 min/km
873	2415	Johannsen Achim	*Hürth	1:09:48	1964	M50	92	1:14:04	24:01	* 23:02	* 22:44	6:59 min/km
874	1185	Perid Paczelt	*Köln	1:09:53	1974	M40	98	1:11:44	21:17	* 23:31	* 25:04	6:59 min/km
875	641	Loke Joachim	*Wesseling	1:09:53	1959	M55	42	1:10:43	23:13	* 22:55	* 23:45	6:59 min/km
876	1186	Linke Dr. Ulrich	*Köln	1:09:54	1976	M35	138	1:11:44	21:18	* 23:31	* 25:04	6:59 min/km
877	2460	Podsada Michael	*Meerbusch	1:09:55	1960	M55	43	1:15:12	23:27	* 22:38	* 23:48	6:60 min/km
878	3422	Borja Heredia	IVD	1:09:56	1956	M55	44	1:13:28	23:27	* 22:31	* 23:56	6:60 min/km
879	3210	Ommer Udo	Gothaer	1:09:58	1960	M55	45	1:11:55	24:11	* 22:35	* 23:11	6:60 min/km
880	1963	Rieck Holger	*Hürth	1:10:03	1969	M45	126	1:13:26	23:12	* 22:45	* 24:05	7:00 min/km
881	3692	Göbgen Christian	Feuerwehr Lövenich	1:10:07	1987	M20	137	1:14:57	23:41	* 22:24	* 24:02	7:01 min/km
882	2136	Sauer Stefan	*Köln	1:10:15	1984	M30	139	1:14:20	23:45	* 22:49	* 23:40	7:02 min/km
883	2014	Bara Farid	*Köln	1:10:15	1977	M35	139	1:14:21	23:45	* 22:49	* 23:40	7:02 min/km
884	3789	Emigholz Johannes	*Köln	1:10:18	1985	M30	140	1:14:14	21:25	* 22:33	* 26:19	7:02 min/km
885	1896	Hubertus Felix	*Köln	1:10:18	1981	M30	141	1:11:26	23:12	* 23:58	* 23:07	7:02 min/km
886	3792	Beierle Matthias	*Köln	1:10:21	1985	M30	142	1:14:17	21:27	* 22:31	* 26:22	7:02 min/km
887	2504	Van de Beeck Jürgen		1:10:25	1963	M50	93	1:14:15	23:12	* 22:55	* 24:17	7:03 min/km
888	1497	Detmer Hanspeter	Altstädter Köln Reiterkorps	1:10:41	1946	M65	10	1:12:01	22:42	* 23:13	* 24:46	7:04 min/km
889	1513	Hofmann Aurelio	Dannys Lauftreff in	1:10:49	2002	MU14	6	1:14:54	23:48	* 22:46	* 24:15	7:05 min/km
890	1268	Sander Hansjörg	Santa lauf!	1:10:50	1952	M60	30	1:15:51	24:19	* 23:06	* 23:23	7:05 min/km
891	1269	Hartung Jonas	Santa lauf!	1:10:50	1983	M30	143	1:15:48	24:21	* 23:08	* 23:20	7:05 min/km
892	1512	Tittel Danny	Dannys Lauftreff in	1:10:50	1977	M35	140	1:14:55	23:48	* 22:46	* 24:15	7:05 min/km
893	3169	Wester David	SoCura	1:10:52	1983	M30	144	1:15:46	24:03	* 23:13	* 23:35	7:05 min/km

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894	1095	Berf Wilfried	*Köln	1:10:57	1959 M55	46	1:12:39	23:23 *	22:46 *	24:47	7:06 min/km
895	3133	Siebertz Klaus	aggerfitness	1:11:04	1940 M75	3	1:13:44	23:36 *	23:06 *	24:20	7:06 min/km
896	848	Wülker Michael	*Waltrop	1:11:32	1964 M50	94	1:15:37	24:07 *	22:22 *	25:02	7:09 min/km
897	459	Kaebe Ralph	*Hürth	1:11:36	1968 M45	127	1:15:06	22:50 *	22:41 *	26:04	7:10 min/km
898	1545	Berli Oliver	*Köln	1:11:36	1979 M35	141	1:14:22	23:30 *	23:39 *	24:26	7:10 min/km
899	1097	Liebich-Eisele Georg	Micky-Mini-Maus	1:11:37	1959 M55	47	1:14:38	23:08 *	22:56 *	25:33	7:10 min/km
900	1862	Proietto Gianni	StadtAffen	1:11:43	1972 M40	99	1:16:12	24:17 *	23:20 *	24:06	7:10 min/km
901	1863	Da Silva Luis	StadtAffen	1:11:44	1970 M45	128	1:16:12	24:17 *	23:21 *	24:05	7:10 min/km
902	1848	Wende Oliver	*Köln	1:11:46	1965 M50	95	1:16:12	24:57 *	22:41 *	24:07	7:11 min/km
903	1401	Klein Jörg	*Köln	1:11:49	1979 M35	142	1:14:46	22:39 *	24:54 *	24:15	7:11 min/km
904	1478	Althof Moritz	*Köln	1:11:50	2001 MU16	15	1:17:15	23:47 *	23:16 *	24:46	7:11 min/km
905	426	Heuel Lukas	Körperklaus e.V.	1:11:58	1993 M20	138	1:17:08	22:55 *	22:45 *	26:16	7:12 min/km
906	2437	Klaudt Oliver	Bro Runners	1:12:01	1969 M45	129	1:16:23	24:06 *	23:45 *	24:09	7:12 min/km
907	3685	Bruch Hendrik	*Hürth	1:12:11	1955 M60	31	1:15:22	27:31 *	22:10 *	22:28	7:13 min/km
908	3591	Weber B.	*Hürth	1:12:12	1970 M45	130	1:15:22	27:07 *	22:35 *	22:29	7:13 min/km
909	3173	Reuter Hannes	*Köln	1:12:15	1972 M40	100	1:16:25	24:26 *	23:40 *	24:07	7:14 min/km
910	3058	Schyboll Philipp	*Königstein	1:12:15	2007 MU10	10	1:16:25	24:26 *	24:09 *	23:39	7:14 min/km
911	3056	Schyboll Markus	*Königstein	1:12:15	1970 M45	131	1:16:25	24:25 *	24:10 *	23:39	7:14 min/km
912	636	Seppelt André	*Bonn	1:12:47	1965 M50	96	1:13:30	22:06 *	24:16 *	26:25	7:17 min/km
913	419	Broich Ralph	Ford-FCSD	1:12:52	1970 M45	132	1:17:04	23:30 *	24:06 *	25:15	7:17 min/km
914	3263	Nolte Daniel	DKMS	1:12:56	1980 M35	143	1:15:45	24:17 *	23:26 *	25:12	7:18 min/km
915	2587	Prinz Daniel Surya		1:13:07	1986 M20	139	1:17:20	24:25 *	24:05 *	24:36	7:19 min/km
916	819	Oakley Chris	Team Größenwahn	1:13:11	1981 M30	145	1:17:47	24:09 *	23:40 *	25:21	7:19 min/km
917	1987	Bucksch Klaus	*Nidda	1:13:20	1956 M55	48	1:18:18	24:16 *	23:26 *	25:38	7:20 min/km
918	1595	Von Carlowitz Hans-Peter	*Köln	1:13:21	1963 M50	97	1:14:52	27:55 *	25:38 *	19:46	7:20 min/km
919	2102	Karras Sven	*Friedberg	1:13:23	1977 M35	144	1:18:18	24:12 *	23:32 *	25:38	7:20 min/km
920	2271	Spadzinski Thomas	*Köln	1:13:25	1975 M40	101	1:17:40	25:13 *	23:59 *	24:12	7:21 min/km
921	3929	Langosch Ulrich		1:13:49	1958 M55	49	1:15:38	24:29 *	24:15 *	25:04	7:23 min/km
922	3418	Marius Birsan	IVD	1:13:51	1977 M35	145	1:13:51	28:45 *	21:20 *	23:45	7:23 min/km
923	2474	Diefenbach Walter	*Hürth	1:14:08	1954 M60	32	1:17:47	22:50 *	23:46 *	27:31	7:25 min/km
924	611	Houterman Michael	*Dormagen	1:14:09	1970 M45	133	1:17:52	23:44 *	24:07 *	26:17	7:25 min/km
925	733	Lapp Kai	*Erfstadt	1:14:22	2003 MU14	7	1:18:11	25:18 *	24:51 *	24:12	7:26 min/km
926	3087	Rühle Magnus	Cologne Ronin	1:14:22	1985 M30	146	1:18:39	25:57 *	27:27 *	20:58	7:26 min/km
927	732	Kindsvater Jan	*Kerpen	1:14:32	2004 MU12	12	1:18:23	21:55 *	26:25 *	26:11	7:27 min/km
928	2234	Schüler David	*Köln	1:14:35	1977 M35	146	1:19:14	24:58 *	23:46 *	25:50	7:28 min/km
929	2232	Sonnenburg Jan	*Köln	1:14:35	1981 M30	147	1:19:15	24:57 *	23:47 *	25:51	7:28 min/km
930	2233	Heinen Daniel	*Köln	1:14:35	1981 M30	148	1:19:15	24:57 *	23:46 *	25:51	7:28 min/km
931	2273	Mennicken Hermann	*Frechen	1:14:47	1962 M50	98	1:18:21	22:52 *	23:47 *	28:07	7:29 min/km
932	2003	Liehmman Jacob	*Billerbeek	1:14:54	1989 M20	140	1:17:08	24:03 *	24:32 *	26:18	7:29 min/km
933	3269	Fahrbach Martin	Tennisclub Lese	1:14:58	1962 M50	99	1:19:01	24:22 *	24:53 *	25:42	7:30 min/km
934	2309	Pal Thomas	*Köln	1:15:33	1984 M30	149	1:20:33	25:01 *	25:13 *	25:18	7:33 min/km
935	3953	Untrierer Christian		1:15:33	1982 M30	150	1:20:33	25:00 *	25:13 *	25:18	7:33 min/km
936	1549	Pal Stefan	*Köln	1:15:34	1987 M20	141	1:20:33	24:54 *	25:13 *	25:26	7:33 min/km
937	3287	Giesecke Ralph	BSG RheinEnergie	1:15:37	1967 M45	134	1:20:47	24:36 *	24:48 *	26:11	7:34 min/km
938	1276	Hermanns /Krämer	Original Bootcamp	1:16:00	1992 M20	142	1:18:27	23:12 *	23:28 *	29:20	7:36 min/km
939	1876	Padberg Dirk	*Hagen	1:17:42	1969 M45	135	1:20:33	23:59 *	25:45 *	27:57	7:46 min/km
940	1707	Demond Detlef	LT Dünwalder TV	1:19:29	1965 M50	100	1:24:34	25:33 *	26:11 *	27:44	7:57 min/km
941	3044	Stremmel Fritz	LT Dünwalder TV	1:19:30	1935 M75	4	1:24:35	25:33 *	26:13 *	27:44	7:57 min/km
942	1589	Schulze Wilk	*kerpen	1:20:30	1967 M45	136	1:25:53	26:56 *	26:21 *	27:12	8:03 min/km
943	1047	Hoppe Frank	SV 09 Otzenrath	1:21:12	1987 M20	143	1:22:38	26:01 *	26:33 *	28:38	8:07 min/km
944	1048	Glindemann Hannes	*Jüchen	1:21:13	1972 M40	102	1:22:39	26:02 *	26:33 *	28:38	8:07 min/km
945	1452	Borowitz Ralf	*Berlin	1:25:39	1958 M55	50	1:27:16	26:37 *	29:26 *	29:35	8:34 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	985	Brandt Jasmin	Original Bootcamp	0:39:56	1990 W20	1	0:41:25	12:43 * 13:12 * 14:00	3:60 min/km
2	3097	Damaschke Regina	RRRUN	0:41:18	1969 W45	1	0:41:34	13:27 * 13:24 * 14:26	4:08 min/km
3	3896	Gasper Emma	SRV Kreuzgasse Köln	0:44:01	2001 WU16	1	0:46:57	14:38 * 14:28 * 14:54	4:24 min/km
4	3892	Bornschein Hannah	SRV Kreuzgasse Köln	0:44:40	1992 W20	2	0:48:07	15:04 * 14:45 * 14:50	4:28 min/km
5	2255	Dubenkropp Kim	Sonntagsgurken	0:45:23	1987 W20	3	0:45:31	14:49 * 14:53 * 15:39	4:32 min/km
6	2676	Pütz Johanna	LT DSHS Köln	0:46:21	1998 WU18	1	0:48:08	15:58 * 14:48 * 15:33	4:38 min/km
7	2127	Meiners Johanna	:anlauf Siegen	0:46:34	1995 W20	4	0:46:37	14:43 * 15:12 * 16:37	4:39 min/km
8	2699	Kreutner Anke	Brühler TV 1879	0:46:44	1977 W35	1	0:47:04	15:04 * 15:10 * 16:29	4:40 min/km
9	66	Berger Dr. Jasmina	RUN SQUAD CGN	0:46:45	1984 W30	1	0:46:53	15:07 * 15:17 * 16:20	4:41 min/km
10	2286	Ahmann Katharina	*Köln	0:46:45	1995 W20	5	0:46:53	14:46 * 15:16 * 16:43	4:41 min/km
11	2122	Meiners Anke	:anlauf Siegen	0:47:09	1960 W55	1	0:47:12	14:52 * 15:36 * 16:39	4:43 min/km
12	2243	Scholl Stefanie	*Köln	0:47:31	1980 W35	2	0:47:43	15:39 * 15:36 * 16:15	4:45 min/km
13	2138	Besseling Jasmina	*Köln	0:47:53	1978 W35	3	0:47:57	15:18 * 15:57 * 16:36	4:47 min/km
14	3266	Gall Michelle	LT DSHS	0:48:18	2001 WU16	2	0:48:29	15:34 * 15:48 * 16:55	4:50 min/km
15	2120	Bongers Magdalena	*Köln	0:48:20	1990 W20	6	0:48:35	16:03 * 16:00 * 16:16	4:50 min/km
16	2191	Weesbach Chiara	*Brühl	0:48:34	1998 WU18	2	0:48:39	15:45 * 16:01 * 16:47	4:51 min/km
17	3921	Kabongo Bianca	lululemon athletica	0:48:39	1987 W20	7	0:48:49	15:15 * 16:10 * 17:13	4:52 min/km
18	1518	Baetcke Dorit	*Köln	0:48:45	1981 W30	2	0:48:52	15:02 * 16:19 * 17:22	4:53 min/km
19	2605	Timmermann Hella		0:48:48	1983 W30	3	0:53:25	16:26 * 15:49 * 16:32	4:53 min/km
20	1527	Rossmann Sonja	*Köln	0:48:54	1995 W20	8	0:49:10	16:19 * 15:59 * 16:36	4:53 min/km
21	3018	Gocheva Stanimira	*Köln	0:49:15	1983 W30	4	0:49:39	15:56 * 16:08 * 17:10	4:56 min/km
22	2643	Schlaphorst Laura	Runners Point	0:49:16	1987 W20	9	0:49:39	15:54 * 16:11 * 17:10	4:56 min/km
23	1076	Bender Dany	*Köln	0:49:27	1980 W35	4	0:49:59	16:08 * 16:21 * 16:58	4:57 min/km
24	2400	Ferrauti Silke	*brühl	0:49:31	1967 W45	2	0:51:08	16:07 * 16:11 * 17:12	4:57 min/km
25	1539	Leipert Sabine	ASV Laufgruppe	0:49:31	1973 W40	1	0:49:37	16:10 * 16:26 * 16:54	4:57 min/km
26	482	Mete Nicole	Mach3 Köln e.V.	0:49:44	1971 W40	2	0:49:48	15:35 * 16:34 * 17:34	4:58 min/km
27	786	Mal Sandra	*Köln	0:50:15	1976 W35	5	0:52:30	16:49 * 16:14 * 17:11	5:02 min/km
28	1577	Becker Simone	*Siegburg	0:50:15	1988 W20	10	0:53:53	17:15 * 15:54 * 17:05	5:02 min/km
29	3013	Spicker Nora	*Düsseldorf	0:50:18	1990 W20	11	0:50:30	16:02 * 15:32 * 18:43	5:02 min/km
30	3910	Gebauer Wiebke	SRV Kreuzgasse Köln	0:50:22	1984 W30	5	0:53:23	16:55 * 16:15 * 17:11	5:02 min/km
31	930	Krämer Julia	*Köln	0:50:28	1988 W20	12	0:52:38	17:21 * 16:14 * 16:52	5:03 min/km
32	3894	Kloidt Anna	SRV Kreuzgasse Köln	0:50:39	1997 WU20	1	0:54:06	16:51 * 16:38 * 17:09	5:04 min/km
33	2021	Hundertmark Rieke	*Köln	0:50:41	1995 W20	13	0:50:47	16:11 * 17:05 * 17:24	5:04 min/km
34	3501	Becker Cornell	*Köln	0:50:44	1979 W35	6	0:50:51	16:08 * 17:03 * 17:32	5:04 min/km
35	952	Seeler Julia	*Köln	0:50:54	1989 W20	14	0:51:07	16:14 * 16:43 * 17:57	5:05 min/km
36	838	Steinbach Laura	*Rodenkirchen	0:50:55	1987 W20	15	0:52:37	17:04 * 16:35 * 17:15	5:06 min/km
37	3893	Körner Charlotte	SRV Kreuzgasse Köln	0:51:04	1997 WU20	2	0:54:31	17:08 * 16:40 * 17:14	5:06 min/km
38	2636	Bitz Julia		0:51:11	1994 W20	16	0:51:17	16:17 * 16:59 * 17:55	5:07 min/km
39	2239	Goebels Simone	*Köln/ Junkersdorf	0:51:16	1971 W40	3	0:51:58	16:51 * 16:28 * 17:55	5:08 min/km
40	1724	Herbers Anja	*Köln	0:51:16	1985 W30	6	0:51:37	16:59 * 16:42 * 17:34	5:08 min/km
41	1632	Pradella Anja	*Köln	0:51:20	1987 W20	17	0:55:01	17:18 * 16:46 * 17:15	5:08 min/km
42	3734	Jaquet Veronique	Mach3 Köln e.V.	0:51:27	1977 W35	7	0:56:09	17:44 * 16:35 * 17:06	5:09 min/km
43	2445	Pierunek Nadine	Komplizen	0:51:28	1978 W35	8	0:51:33	16:31 * 17:06 * 17:51	5:09 min/km
44	2448	Kaulisch Marion	Komplizen	0:51:31	1967 W45	3	0:51:36	16:30 * 17:06 * 17:55	5:09 min/km
45	133	Thamm Antonia	*Köln	0:51:39	1996 WU20	3	0:51:41	15:47 * 17:34 * 18:16	5:10 min/km
46	1343	Krimphove Katrin	*Köln	0:51:39	1985 W30	7	0:54:54	17:26 * 16:59 * 17:14	5:10 min/km
47	3436	Graulich Natalia	Köln läuft	0:51:42	1979 W35	9	0:52:14	16:52 * 17:01 * 17:48	5:10 min/km
48	2613	Krüger Birte	Amnesty International	0:51:53	1993 W20	18	0:57:15	18:29 * 16:28 * 16:55	5:11 min/km
49	2426	De la Cruz Garcia Rocio	*Köln	0:51:56	1985 W30	8	0:54:27	18:19 * 16:49 * 16:47	5:12 min/km
50	2287	Rulf Ellen	*Frechen	0:51:56	1995 W20	19	0:52:30	18:02 * 16:44 * 17:09	5:12 min/km
51	492	Mokwa Julia	*Köln	0:52:00	1984 W30	9	0:54:42	17:08 * 17:04 * 17:48	5:12 min/km
52	2023	Haas Jeannette	*Köln	0:52:02	1969 W45	4	0:52:16	16:33 * 17:32 * 17:56	5:12 min/km
53	2242	Scholl Klaudia	*KÖLN	0:52:05	1975 W40	4	0:52:17	16:39 * 17:10 * 18:15	5:13 min/km

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54	2155	Richts Stefanie	*Köln	0:52:09	1983 W30	10	0:56:20	18:15 * 16:47 * 17:06	5:13 min/km
55	3307	Pakenis Nadine	Willkommensinitiative	0:52:10	1984 W30	11	0:52:13	16:16 * 17:10 * 18:43	5:13 min/km
56	1716	Damaschke Maren	*Köln	0:52:11	1976 W35	10	0:52:25	16:12 * 17:12 * 18:47	5:13 min/km
57	796	Wolff Sandra	*Köln	0:52:14	1970 W45	5	0:52:25	16:25 * 17:15 * 18:33	5:13 min/km
58	2134	Wiedebusch Franziska	*Münster	0:52:14	1990 W20	20	0:52:56	17:28 * 16:58 * 17:47	5:13 min/km
59	835	Kieninger Christina	Lauf Mama Lauf	0:52:14	1976 W35	11	0:55:28	18:34 * 17:00 * 16:39	5:13 min/km
60	214	Ruecker Veronika	KHTC Blau-Weiß	0:52:20	1970 W45	6	0:54:08	17:50 * 16:52 * 17:37	5:14 min/km
61	2642	Reintke Lisa		0:52:21	1995 W20	21	0:52:31	16:50 * 17:17 * 18:14	5:14 min/km
62	1546	Ludwig Vivian	*Köln	0:52:26	1993 W20	22	0:52:54	16:57 * 17:13 * 18:15	5:15 min/km
63	1547	Müller Bianca	*Köln	0:52:26	1983 W30	12	0:52:54	16:57 * 17:13 * 18:15	5:15 min/km
64	1860	Langer-Corica Sandra	Sonntags-Faultier-Club	0:52:27	1966 W45	7	0:56:38	18:14 * 16:47 * 17:24	5:15 min/km
65	462	Cramer Stephanie	*Köln	0:52:29	1967 W45	8	0:52:36	16:57 * 17:18 * 18:13	5:15 min/km
66	1255	Zepp Steffi	Original Bootcamp	0:52:33	1985 W30	13	0:54:06	16:53 * 17:07 * 18:32	5:15 min/km
67	2364	Peters Anja	Original Bootcamp	0:52:35	1977 W35	12	0:53:53	17:15 * 16:58 * 18:21	5:16 min/km
68	702	Sportmann Christin	*Leverkusen	0:52:38	1988 W20	23	0:52:45	18:04 * 17:18 * 17:15	5:16 min/km
69	3635	Rentz Clara	*Radolfzell	0:52:39	1997 WU20	4	0:52:58	17:23 * 17:34 * 17:41	5:16 min/km
70	3319	Diener Katrin	DuMont Mediengruppe	0:52:40	1979 W35	13	0:53:13	17:25 * 17:10 * 18:04	5:16 min/km
71	3316	Meichsner Johanna	DuMont Mediengruppe	0:52:40	1984 W30	14	0:53:20	17:20 * 17:12 * 18:07	5:16 min/km
72	3736	Reiser-Hartwig Susanne	*Köln	0:52:41	1960 W55	2	0:53:19	17:30 * 17:18 * 17:53	5:16 min/km
73	2693	Berninger Katharina		0:52:47	1987 W20	24	0:56:35	16:53 * 17:11 * 18:42	5:17 min/km
74	2404	Felter Inga	Albis Laufftreff	0:52:54	1977 W35	14	0:53:06	17:43 * 17:32 * 17:38	5:17 min/km
75	3619	Hejl Franziska	ALBIS Laufftreff	0:52:54	1983 W30	15	0:53:05	17:44 * 17:32 * 17:37	5:17 min/km
76	1503	Welsch Elke	*Köln-Sülz	0:52:54	1976 W35	15	0:52:59	16:37 * 17:23 * 18:54	5:17 min/km
77	3049	Haack Julia	SG Zons	0:52:57	1989 W20	25	0:53:28	17:13 * 17:39 * 18:04	5:18 min/km
78	3895	Otto Pia	SRV Kreuzgasse Köln	0:53:02	2000 WU16	3	0:56:30	19:03 * 17:21 * 16:37	5:18 min/km
79	3636	Blum Paulino Annette	*Köln	0:53:14	1971 W40	5	0:53:48	16:59 * 17:35 * 18:40	5:19 min/km
80	2637	Biesgen Tabea		0:53:20	1995 W20	26	0:53:26	16:17 * 17:56 * 19:06	5:20 min/km
81	1560	Georgias Halka	XTrail-Aktiv	0:53:21	1967 W45	9	0:53:52	17:36 * 17:25 * 18:19	5:20 min/km
82	3720	Chan Wing-Ting	*Köln	0:53:22	1985 W30	16	0:54:02	17:20 * 17:12 * 18:49	5:20 min/km
83	559	Schumacher Patricia	Hasenkamp	0:53:28	1969 W45	10	0:58:28	17:55 * 17:25 * 18:07	5:21 min/km
84	1897	Schäfers Katharina	*Köln	0:53:30	1980 W35	16	0:54:00	16:30 * 17:53 * 19:07	5:21 min/km
85	1725	Müller Ute	*Wuppertal	0:53:34	1982 W30	17	0:53:53	17:27 * 17:47 * 18:19	5:21 min/km
86	828	Oberbusch Yvonne	Central-Team.de	0:53:40	1979 W35	17	0:56:26	18:09 * 17:26 * 18:03	5:22 min/km
87	1044	Witzke Melanie	Cologne Triathlon Rookies	0:53:40	1983 W30	18	0:56:27	18:10 * 17:26 * 18:03	5:22 min/km
88	2083	Breitenbach Melanie	TV Witzhelden	0:53:43	1982 W30	19	0:56:01	18:07 * 17:13 * 18:22	5:22 min/km
89	2357	Lucic Maren	*Waldbröl	0:53:47	1997 WU20	5	0:54:53	17:20 * 18:02 * 18:24	5:23 min/km
90	3200	Schwetlick Lena	LT DSHS Köln	0:53:48	2005 WU12	1	0:53:50	15:51 * 17:40 * 20:16	5:23 min/km
91	3590	Weeger Sandra	*Köln	0:53:49	1967 W45	11	0:55:11	17:54 * 17:37 * 18:17	5:23 min/km
92	3373	Dauber Kirstin	RUNNERS POINT RUN	0:53:59	1984 W30	20	0:56:05	19:18 * 17:19 * 17:21	5:24 min/km
93	3744	Hortt Daniela	*Köln	0:54:03	1993 W20	27	0:54:29	17:41 * 18:20 * 18:01	5:24 min/km
94	2352	Serban Dana	*Köln	0:54:08	1990 W20	28	0:55:17	17:21 * 18:04 * 18:41	5:25 min/km
95	1428	Lefert Kerstin	*Bergisch-Gladbach	0:54:12	1969 W45	12	0:54:52	18:13 * 17:46 * 18:12	5:25 min/km
96	1722	Herbers Meike	*Köln	0:54:13	1987 W20	29	0:54:31	17:01 * 16:42 * 20:28	5:25 min/km
97	3608	Gutknecht Katrin	Original Bootcamp Köln	0:54:13	1975 W40	6	0:54:20	17:04 * 18:18 * 18:49	5:25 min/km
98	1066	Neuhalfen Marina	*Euskirchen	0:54:13	1988 W20	30	0:54:46	16:52 * 18:25 * 18:55	5:25 min/km
99	1065	Hammerstein Vanessa	*Köln	0:54:14	1989 W20	31	0:54:47	16:58 * 18:20 * 18:55	5:25 min/km
100	1446	Bröker Ingeborg	Gilde Bocholt	0:54:16	1964 W50	1	0:54:22	17:22 * 17:00 * 19:53	5:26 min/km
101	2454	Schirmer Sky	*Kerpen	0:54:25	1996 WU20	6	0:54:32	17:22 * 17:56 * 19:06	5:27 min/km
102	2650	Kaiser Judith		0:54:26	1983 W30	21	0:54:53	17:18 * 17:29 * 19:37	5:27 min/km
103	3288	Nentwig Nina	BSG RheinEnergie	0:54:26	1974 W40	7	0:56:52	19:02 * 17:18 * 18:04	5:27 min/km
104	843	Zlotos Karin	Hamich Runners	0:54:26	1976 W35	18	0:58:45	17:36 * 18:46 * 18:03	5:27 min/km
105	2430	Kelley Lisa	*Junkersdorf	0:54:30	1997 WU20	7	0:55:52	17:58 * 17:40 * 18:51	5:27 min/km
106	1016	Doré Larissa	*Aachen	0:54:31	1989 W20	32	0:55:50	18:14 * 18:03 * 18:13	5:27 min/km
107	2623	Oguz Svenja		0:54:33	1981 W30	22	0:56:25	19:01 * 17:24 * 18:06	5:27 min/km
108	2304	Langer Lena	*Köln	0:54:34	1993 W20	33	0:59:05	18:57 * 17:28 * 18:08	5:27 min/km
109	1846	Fechter Malena	*Köln	0:54:36	1990 W20	34	0:59:29	21:16 * 16:52 * 16:27	5:28 min/km

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110	3034	Bechthold Angela	SC Janus	0:54:38	1977	W35	19	0:55:55	18:14	*	17:52	*	18:31	5:28 min/km
111	2224	Hoffmann Nicole	*Bergisch Gladbach	0:54:42	1973	W40	8	0:55:59	18:22	*	17:45	*	18:34	5:28 min/km
112	97	Hey Patricia	*Niederkassel	0:54:43	1980	W35	20	0:59:04	18:51	*	17:39	*	18:13	5:28 min/km
113	2217	Köhler Christine	*Köln	0:54:49	1987	W20	35	0:55:34	18:26	*	17:01	*	19:20	5:29 min/km
114	2295	Henn Stella	*Köln	0:54:52	1996	WU20	8	0:54:57	16:41	*	18:37	*	19:33	5:29 min/km
115	588	Schülke Marianne	*Erfstadt	0:54:53	1965	W50	2	0:58:46	18:55	*	17:33	*	18:24	5:29 min/km
116	2306	Höflich Katharina	*Bad Honnef	0:54:56	1989	W20	36	0:55:39	17:36	*	17:59	*	19:20	5:30 min/km
117	780	Rau Simona	*Köln	0:54:58	1969	W45	13	0:56:01	17:59	*	17:57	*	19:01	5:30 min/km
118	1241	Vogg Andrea	SSF Bonn	0:54:59	1964	W50	3	0:57:31	19:19	*	17:45	*	17:53	5:30 min/km
119	1454	Ozolina Anna	*Aachen	0:55:02	1994	W20	37	0:55:15	16:44	*	18:38	*	19:40	5:30 min/km
120	3764	Teske Christina	DFS Betriebssport	0:55:05	1984	W30	23	0:59:28	18:34	*	17:53	*	18:36	5:31 min/km
121	3159	Mürmann Clara	RUNNERS POINT RUN	0:55:09	1991	W20	38	0:56:35	17:16	*	18:25	*	19:28	5:31 min/km
122	2424	Heinemann Wiebke	*Köln	0:55:12	1995	W20	39	0:56:33	18:12	*	17:49	*	19:09	5:31 min/km
123	1424	Herrmann Sarah	*Köln	0:55:12	1985	W30	24	0:58:56	19:52	*	17:27	*	17:52	5:31 min/km
124	686	Rübsteck Kathrin	*Elsdorf	0:55:28	1987	W20	40	0:57:54	18:55	*	17:28	*	19:04	5:33 min/km
125	2293	Knigge Margret	TV Witzhelden	0:55:33	1956	W55	3	0:57:48	18:45	*	17:40	*	19:07	5:33 min/km
126	3688	Boldt Inga	*Köln	0:55:35	1982	W30	25	0:58:39	19:26	*	18:13	*	17:55	5:34 min/km
127	1013	Schöckel Claudia	*Bergisch Gladbach	0:55:38	1970	W45	14	0:59:23	19:13	*	17:50	*	18:34	5:34 min/km
128	2653	Jeß Heike		0:55:42	1975	W40	9	0:59:53	18:16	*	16:48	*	20:37	5:34 min/km
129	810	Hatton Pollyanna	Vincerola	0:55:49	1976	W35	21	0:56:35	18:04	*	18:31	*	19:13	5:35 min/km
130	2241	Schmelzer Dörte	Laufftreff Zinnowitz	0:55:49	1969	W45	15	1:00:48	18:39	*	18:06	*	19:03	5:35 min/km
131	1287	Becker Hannah	Vincerola	0:55:49	1983	W30	26	0:56:35	18:05	*	18:30	*	19:13	5:35 min/km
132	1286	Diepenthal Gela	Vincerola	0:55:50	1984	W30	27	0:56:36	18:06	*	18:30	*	19:13	5:35 min/km
133	3615	Nesseler Sarah	SSV Berzdorf 1929	0:55:51	1996	WU20	9	0:56:20	16:56	*	19:19	*	19:35	5:35 min/km
134	703	Krystossek Karin	*Köln	0:55:52	1988	W20	41	0:56:33	18:04	*	18:12	*	19:35	5:35 min/km
135	1884	Nagel Janet	LT Saale Mühle	0:55:53	1971	W40	10	0:57:09	18:46	*	17:54	*	19:12	5:35 min/km
136	1035	Lambertz Alena	*Köln	0:55:54	1996	WU20	10	0:57:14	18:13	*	18:25	*	19:15	5:35 min/km
137	1699	Schneider Nicole	*Wiesbaden	0:55:55	1975	W40	11	1:00:52	18:47	*	18:20	*	18:46	5:36 min/km
138	665	Kretschmer Janet	*Hürth	0:55:55	1977	W35	22	0:57:06	18:41	*	18:09	*	19:03	5:36 min/km
139	2294	Hess Katrin	*Köln	0:55:57	1967	W45	16	1:00:43	19:39	*	18:12	*	18:05	5:36 min/km
140	3036	Kühnen Maria	Veni Vidi Colonia	0:55:57	1962	W50	4	0:59:31	19:26	*	18:04	*	18:26	5:36 min/km
141	1759	Schwaneckamp Silvia	Canicross Outdoorsports	0:55:58	1984	W30	28	0:59:18	18:43	*	18:11	*	19:02	5:36 min/km
142	3677	McConachie Oxana	Coolbabka	0:55:59	1987	W20	42	0:56:34	18:30	*	18:47	*	18:41	5:36 min/km
143	2338	Retzlaff Liane	never give up	0:55:59	1957	W55	4	0:56:36	18:37	*	18:24	*	18:57	5:36 min/km
144	1070	Wauben Annett	*Köln	0:56:02	1969	W45	17	0:59:46	19:37	*	17:55	*	18:29	5:36 min/km
145	3043	Einwohlt Ilona	*Weiterstadt	0:56:05	1968	W45	18	0:59:22	19:14	*	18:02	*	18:48	5:37 min/km
146	1310	Schäfer Caroline	*Brühl	0:56:06	1989	W20	43	0:57:07	19:24	*	17:45	*	18:56	5:37 min/km
147	3770	Frieten Jaqueline	*Bonn	0:56:13	1982	W30	29	0:58:32	20:46	*	18:28	*	16:58	5:37 min/km
148	3199	Reineck Katharina	SG TÜV Rheinland	0:56:14	1982	W30	30	0:57:27	19:32	*	18:05	*	18:36	5:37 min/km
149	2041	Wolf Sina	Running Kleingärtner	0:56:15	1981	W30	31	0:57:11	20:00	*	19:01	*	17:13	5:38 min/km
150	1208	Bachem Tatjana	*Köln	0:56:16	1968	W45	19	0:56:42	18:20	*	18:46	*	19:09	5:38 min/km
151	3278	Holtkamp Kamilla	BSG RheinEnergie	0:56:16	1972	W40	12	0:58:38	19:43	*	18:12	*	18:20	5:38 min/km
152	2244	Scholl Christine	*Köln	0:56:18	1989	W20	44	0:56:31	17:05	*	18:46	*	20:27	5:38 min/km
153	2124	Offermann Tanja	LT Saaler Mühle	0:56:25	1972	W40	13	0:57:41	18:47	*	18:15	*	19:23	5:39 min/km
154	1563	Seck Manuela	XTrail-Aktiv	0:56:26	1970	W45	20	0:57:01	18:04	*	18:37	*	19:44	5:39 min/km
155	1732	Brion Anne	Les bananes sauvages	0:56:30	1981	W30	32	0:59:01	18:40	*	18:32	*	19:17	5:39 min/km
156	1237	Peterka Kristin	*Wermelskirchen	0:56:30	1983	W30	33	1:00:04	19:31	*	18:34	*	18:24	5:39 min/km
157	1811	Daumen Lena	Glehner TV	0:56:30	1992	W20	45	0:57:17	18:23	*	17:49	*	20:17	5:39 min/km
158	2612	Schulte Elisabeth	Amnesty International	0:56:31	1989	W20	46	1:01:54	18:53	*	18:18	*	19:19	5:39 min/km
159	1741	Kurpick Sarah	*Köln	0:56:33	1988	W20	47	0:58:01	19:15	*	18:35	*	18:42	5:39 min/km
160	550	Wolf Nathalie	*köln	0:56:37	1982	W30	34	0:57:52	18:40	*	18:24	*	19:32	5:40 min/km
161	1683	Wenkel Pia	Mach3 Köln e.V.	0:56:37	1971	W40	14	1:01:18	19:50	*	18:08	*	18:39	5:40 min/km
162	793	Peters Frauke	*Köln	0:56:40	1983	W30	35	0:58:50	19:33	*	18:41	*	18:25	5:40 min/km
163	1420	Tischendorf Tamara	*Köln	0:56:48	1974	W40	15	1:00:24	19:11	*	18:21	*	19:16	5:41 min/km
164	1144	Herbertz Nancy	*Wesseling	0:56:49	1966	W45	21	1:00:34	19:37	*	18:01	*	19:10	5:41 min/km
165	3576	Brocker Sandra	Original Bootcamp	0:56:49	1985	W30	36	0:57:45	18:17	*	18:55	*	19:36	5:41 min/km

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166	2585	Klein Alexandra	TV Attendorf	0:56:50	1974 W40	16	1:00:59	19:21 *	18:16 *	19:12	5:41 min/km
167	1737	Wiethölter Alina	*Frechen	0:56:50	1995 W20	48	0:57:53	20:06 *	18:18 *	18:24	5:41 min/km
168	1957	Gerdes Sabine	MTV Köln	0:56:50	1966 W45	22	0:57:53	20:07 *	18:18 *	18:24	5:41 min/km
169	3704	Brüning Beate	*Köln	0:56:52	1955 W60	1	0:57:18	18:34 *	18:45 *	19:33	5:41 min/km
170	445	Böhm Susanne	*Köln	0:56:52	1971 W40	17	1:01:34	19:12 *	18:20 *	19:20	5:41 min/km
171	1531	Schütza Prof. Dr. Barbara	Rückenwind	0:56:53	1974 W40	18	1:00:28	19:10 *	18:22 *	19:20	5:41 min/km
172	1052	Steiling Anja	*Köln	0:56:54	1976 W35	23	0:58:20	18:37 *	18:43 *	19:32	5:41 min/km
173	2557	Gasper Alison	Kieser Training Braunsfeld	0:56:55	1967 W45	23	0:59:04	19:20 *	18:06 *	19:27	5:42 min/km
174	527	Roor Yulia	Erdinger Alkoholfrei	0:56:56	1982 W30	37	0:58:50	19:33 *	18:27 *	18:56	5:42 min/km
175	2145	Stamm Christiane	*Köln	0:56:57	1990 W20	49	0:59:07	19:32 *	18:41 *	18:43	5:42 min/km
176	3261	Koehler Jana	DKMS	0:56:57	1992 W20	50	0:59:44	20:41 *	18:08 *	18:07	5:42 min/km
177	2571	Gutzen Maggie	Chaos Köln e.V.	0:57:06	1955 W60	2	0:58:06	18:48 *	19:01 *	19:16	5:43 min/km
178	722	Starke Leonie	*Köln	0:57:06	1992 W20	51	0:57:38	18:28 *	18:45 *	19:51	5:43 min/km
179	2057	Schieren Alina Malin	*Bonn	0:57:07	1993 W20	52	0:59:30	19:08 *	18:42 *	19:15	5:43 min/km
180	2058	Rother Anne	*Köln Zollstock	0:57:07	1992 W20	53	0:59:30	19:09 *	18:42 *	19:15	5:43 min/km
181	2349	Hujsl Denise	*Köln	0:57:08	1984 W30	38	0:58:37	19:54 *	18:19 *	18:54	5:43 min/km
182	2350	Wiegand Frauke	*Düsseldorf	0:57:08	1984 W30	39	0:58:37	19:54 *	18:18 *	18:55	5:43 min/km
183	1888	Mattick Corinna	LG Gummersbach	0:57:10	1981 W30	40	0:58:01	18:46 *	18:24 *	19:58	5:43 min/km
184	1812	Dotzauer Helena	YourNextLevel	0:57:10	1984 W30	41	0:59:08	18:39 *	18:51 *	19:40	5:43 min/km
185	3400	Lingemann Nadine	TriCologne	0:57:12	1976 W35	24	0:58:31	19:55 *	18:24 *	18:53	5:43 min/km
186	3820	Van Krevel Anneke	RUNNERS POINT RUN	0:57:12	1993 W20	54	0:58:39	17:49 *	18:58 *	20:25	5:43 min/km
187	3254	Bellen Sabrina	DKMS	0:57:14	1978 W35	25	1:00:02	20:37 *	18:13 *	18:24	5:43 min/km
188	3617	Winkelmann Leona	Föhr Marathon e.V.	0:57:15	2004 WU12	2	0:58:35	18:54 *	18:58 *	19:22	5:44 min/km
189	2498	Wetzel Anna	*Köln	0:57:15	2000 WU16	4	0:58:20	18:06 *	19:10 *	19:58	5:44 min/km
190	1004	Krings Christina	*Köln	0:57:17	1981 W30	42	0:59:46	19:03 *	18:26 *	19:47	5:44 min/km
191	3255	Dicke Kathrin	DKMS	0:57:17	1984 W30	43	1:00:02	20:39 *	18:13 *	18:24	5:44 min/km
192	1593	Engelhardt Bärbel	Pulheimer SC	0:57:23	1944 W70	1	0:57:39	18:47 *	18:42 *	19:53	5:44 min/km
193	1346	Magdanz Katja	*Köln	0:57:31	1979 W35	26	0:59:29	19:17 *	18:28 *	19:45	5:45 min/km
194	1643	Cordes Sandra	*Köln	0:57:33	1986 W20	55	0:58:31	20:23 *	19:34 *	17:35	5:45 min/km
195	496	Buchholz Heike	*Köln	0:57:37	1978 W35	27	1:02:29	20:23 *	18:22 *	18:51	5:46 min/km
196	2667	Rademaker Ellen		0:57:41	1986 W20	56	1:00:22	19:03 *	18:36 *	20:01	5:46 min/km
197	981	Vogel Melli	BSG Sparkasse Essen	0:57:42	1975 W40	19	0:59:31	19:23 *	18:55 *	19:23	5:46 min/km
198	2353	Serban Ruth	*Köln	0:57:45	1961 W50	5	0:58:54	18:17 *	19:15 *	20:11	5:47 min/km
199	3618	Winkelmann Nina	Föhr Marathon e.V.	0:57:46	1978 W35	28	0:59:06	18:37 *	18:57 *	20:11	5:47 min/km
200	1755	Plötz Susanne	*Köln	0:57:47	1975 W40	20	1:01:27	19:16 *	18:50 *	19:40	5:47 min/km
201	1380	Angelescu Konstanze	*Köln	0:57:48	1979 W35	29	1:00:52	19:06 *	18:35 *	20:07	5:47 min/km
202	1381	Rondholz Katja	*Bornheim	0:57:51	1976 W35	30	0:58:20	18:34 *	19:08 *	20:08	5:47 min/km
203	1825	Nessler Andrea	*Pulheim	0:57:51	1967 W45	24	1:01:17	19:27 *	18:46 *	19:37	5:47 min/km
204	3177	Mosen Marion	Vincerola	0:57:52	1967 W45	25	0:58:44	20:05 *	18:36 *	19:10	5:47 min/km
205	2458	Klocke Ulla	*Köln	0:57:53	1964 W50	6	1:03:05	18:42 *	19:15 *	19:56	5:47 min/km
206	827	Niehaus Silke	*Rhede	0:57:55	1970 W45	26	1:02:12	19:53 *	18:42 *	19:19	5:48 min/km
207	2174	Flesch Nadine	*Köln	0:57:58	1985 W30	44	1:00:21	20:38 *	18:14 *	19:05	5:48 min/km
208	2502	Schnabel Julia	AM	0:58:00	1982 W30	45	1:00:31	20:25 *	18:45 *	18:50	5:48 min/km
209	678	Altmann Susan	LAUFMAMALAUF	0:58:01	1983 W30	46	1:03:20	20:48 *	18:32 *	18:40	5:48 min/km
210	909	Borghoff Anna	LAUFMAMALAUF	0:58:01	1983 W30	47	1:03:21	20:48 *	18:31 *	18:40	5:48 min/km
211	912	Landwehr Ines	LAUFMAMALAUF	0:58:02	1979 W35	31	1:03:21	20:49 *	18:31 *	18:41	5:48 min/km
212	3433	Broichhaus Petra	Köln läuft	0:58:02	1970 W45	27	1:02:46	19:41 *	18:11 *	20:09	5:48 min/km
213	2141	Biehl Carola	aggerfitness	0:58:03	1965 W50	7	1:00:40	20:18 *	18:14 *	19:30	5:48 min/km
214	2092	Saller Nina	Club für Wassersport Porz	0:58:04	1980 W35	32	1:00:28	19:22 *	19:07 *	19:34	5:48 min/km
215	2157	Körner Beatrix	Weil wir es können	0:58:07	1963 W50	8	1:01:49	20:20 *	18:32 *	19:14	5:49 min/km
216	2088	Gödde Sandra	*Neuss	0:58:11	1981 W30	48	1:02:50	21:35 *	18:43 *	17:53	5:49 min/km
217	1650	Schnitzler Patricia	LLG80 Nordpark Köln	0:58:12	1959 W55	5	0:58:49	18:55 *	19:10 *	20:06	5:49 min/km
218	895	Ratzlaff Katrin	*Troisdorf	0:58:12	1984 W30	49	1:00:53	19:15 *	19:13 *	19:44	5:49 min/km
219	1311	Grabe Melanie	Suzis Rennstall Köln	0:58:15	1978 W35	33	0:59:37	19:35 *	19:06 *	19:33	5:50 min/km
220	1058	Schneller Katharina	Original Bootcamp	0:58:15	1987 W20	57	0:58:25	18:16 *	19:45 *	20:13	5:50 min/km
221	3042	Blatt Christina	DJK Wiking Köln	0:58:16	1981 W30	50	0:58:40	19:09 *	19:40 *	19:26	5:50 min/km

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222	3498	Spang Andrea	*Köln	0:58:16	1989	W20	58	1:00:09	19:22 *	18:42 *	20:12	5:50 min/km
223	3563	Rieger Anna	*Köln	0:58:18	1987	W20	59	0:59:42	19:57 *	19:05 *	19:15	5:50 min/km
224	485	Eich Marianne	KölnTriathlon e.V.	0:58:18	1960	W55	6	0:58:26	18:24 *	19:17 *	20:36	5:50 min/km
225	1213	Rupnik Ramona	*Burscheid	0:58:23	1978	W35	34	0:59:11	20:11 *	18:49 *	19:23	5:50 min/km
226	1212	Müns Christina	*Burscheid	0:58:24	1969	W45	28	0:59:11	20:11 *	18:49 *	19:23	5:50 min/km
227	900	Vogel Sabine	*Köln	0:58:24	1972	W40	21	1:01:13	19:29 *	19:07 *	19:47	5:50 min/km
228	529	Heilken Stefanie	*Köln	0:58:25	1977	W35	35	0:59:42	19:54 *	19:04 *	19:26	5:51 min/km
229	1955	Jansen Andrea	*Köln	0:58:26	1980	W35	36	0:59:22	20:06 *	18:56 *	19:23	5:51 min/km
230	884	Metzner Claudia	*Köln	0:58:27	1981	W30	51	0:59:45	19:20 *	19:01 *	20:05	5:51 min/km
231	741	Hesse Jasmin	*Köln	0:58:27	1977	W35	37	0:58:43	18:39 *	19:18 *	20:29	5:51 min/km
232	1429	Franken Christina	*Köln	0:58:28	1969	W45	29	0:58:35	18:35 *	19:40 *	20:13	5:51 min/km
233	564	Müller Susanne	*Troisdorf	0:58:31	1968	W45	30	1:02:31	20:27 *	18:33 *	19:30	5:51 min/km
234	2552	Engels Marta		0:58:32	1980	W35	38	0:58:47	18:18 *	19:29 *	20:44	5:51 min/km
235	518	Walbrodt Katja	*Köln	0:58:32	1972	W40	22	1:02:31	20:28 *	18:34 *	19:30	5:51 min/km
236	2095	Hand Stephanie	*Mechernich	0:58:32	1984	W30	52	1:00:16	18:49 *	19:11 *	20:31	5:51 min/km
237	598	Sauter Birgit	*Köln	0:58:32	1984	W30	53	1:01:13	19:15 *	19:13 *	20:04	5:51 min/km
238	2324	Alichniewicz Justina	*Köln	0:58:33	1984	W30	54	0:58:58	19:39 *	19:50 *	19:03	5:51 min/km
239	2121	Engels Barbara	*Köln	0:58:33	1988	W20	60	0:58:59	19:39 *	19:50 *	19:03	5:51 min/km
240	1662	Strube Katja	*Köln	0:58:34	1982	W30	55	0:59:43	20:32 *	18:58 *	19:03	5:51 min/km
241	1386	Kluth Michi	*Köln	0:58:34	1969	W45	31	0:59:37	20:22 *	19:09 *	19:03	5:51 min/km
242	1242	Weber Valeska	Original Bootcamp	0:58:35	1982	W30	56	0:59:52	19:23 *	19:02 *	20:09	5:52 min/km
243	669	Stahl Kathrin	*Köln	0:58:35	1970	W45	32	1:03:13	20:10 *	19:10 *	19:15	5:52 min/km
244	1187	Koopmann Carolin	Original Bootcamp	0:58:35	1986	W20	61	0:59:52	19:23 *	19:05 *	20:05	5:52 min/km
245	1289	Nienhaus Steffi	Original Bootcamp	0:58:36	1985	W30	57	0:59:52	19:24 *	19:02 *	20:09	5:52 min/km
246	1558	Wendt Andrea	XTrail-Aktiv	0:58:37	1968	W45	33	1:03:10	19:08 *	19:18 *	20:10	5:52 min/km
247	3581	Stangl Antonia	*Kaarst	0:58:37	1991	W20	62	1:02:21	21:11 *	18:48 *	18:38	5:52 min/km
248	1899	Kronenberg Vera	*Düsseldorf	0:58:39	1983	W30	58	1:02:22	19:01 *	19:07 *	20:29	5:52 min/km
249	3739	Schaaf Simone	*Köln	0:58:40	1968	W45	34	1:00:34	20:04 *	18:57 *	19:38	5:52 min/km
250	3585	Bitter Elisabeth	*Köln	0:58:40	1982	W30	59	1:01:35	20:50 *	18:55 *	18:55	5:52 min/km
251	3586	Walter Doreen	*Köln	0:58:41	1976	W35	39	1:01:35	20:50 *	18:55 *	18:55	5:52 min/km
252	1792	Kelterbaum Christiane	*Frechen	0:58:42	1986	W20	63	1:01:41	19:58 *	19:11 *	19:31	5:52 min/km
253	1389	Staiger Rica	*Köln	0:58:45	1979	W35	40	0:59:44	19:31 *	19:19 *	19:53	5:53 min/km
254	3675	Cürten Rita	*Kürten	0:58:47	1973	W40	23	1:03:27	19:51 *	19:03 *	19:52	5:53 min/km
255	3769	Sturm Hanna	*Bonn	0:58:48	1983	W30	60	1:01:08	20:46 *	18:33 *	19:28	5:53 min/km
256	2164	Lehming Anja	*Köln	0:58:49	1994	W20	64	1:03:20	20:40 *	19:17 *	18:51	5:53 min/km
257	2091	Zimmermann Femke	*Erkrath	0:58:50	1969	W45	35	1:01:53	20:43 *	19:04 *	19:03	5:53 min/km
258	707	Wassermann Ruth	*Köln	0:58:51	1987	W20	65	1:00:15	19:56 *	19:07 *	19:47	5:53 min/km
259	3095	Lübbe Annika	*Köln	0:58:51	1980	W35	41	1:01:14	20:39 *	19:11 *	19:00	5:53 min/km
260	3069	Luckey Silvia	PUSHENSY	0:58:52	1967	W45	36	0:59:17	18:39 *	19:39 *	20:33	5:53 min/km
261	1383	Hegmanns Dorothee	Original Bootcamp	0:58:54	1983	W30	61	1:00:23	20:20 *	19:03 *	19:29	5:53 min/km
262	3207	Heickenfeld Simone	Gothaer	0:58:55	1983	W30	62	0:59:55	19:12 *	19:08 *	20:35	5:54 min/km
263	3227	Schütz Stefanie	Gothaer	0:58:56	1987	W20	66	0:59:56	20:38 *	18:50 *	19:27	5:54 min/km
264	1440	Wieczorek Heidi	*Odenthal	0:58:57	1961	W50	9	1:02:45	20:09 *	19:04 *	19:42	5:54 min/km
265	1961	Lulic Larissa	*Pulheim	0:58:58	1977	W35	42	1:03:51	21:39 *	19:15 *	18:03	5:54 min/km
266	2151	Hensel Martina	*Köln	0:58:59	1958	W55	7	0:59:21	19:41 *	19:22 *	19:55	5:54 min/km
267	1426	Kießling Romy	*Köln	0:59:00	1986	W20	67	1:00:04	19:23 *	19:12 *	20:23	5:54 min/km
268	3292	Eckhardt Simone	BSG RheinEnergie	0:59:00	1980	W35	43	1:01:10	19:35 *	19:08 *	20:16	5:54 min/km
269	2347	Engelbert Jennifer	*Morsbach	0:59:01	1987	W20	68	1:00:08	20:16 *	19:27 *	19:17	5:54 min/km
270	3279	Griese Julia	BSG RheinEnergie	0:59:01	1980	W35	44	1:01:10	19:38 *	18:59 *	20:23	5:54 min/km
271	1913	Nickel Christine	*Köln	0:59:01	1979	W35	45	1:01:10	19:37 *	19:07 *	20:16	5:54 min/km
272	2318	Merle Virginia	*Köln	0:59:04	1978	W35	46	0:59:56	18:34 *	19:52 *	20:37	5:54 min/km
273	1678	Walkowiak Sandra	*Köln	0:59:08	1973	W40	24	0:59:36	19:26 *	19:43 *	19:58	5:55 min/km
274	622	Wagner Sandra	*Köln	0:59:09	1975	W40	25	1:01:50	20:13 *	19:13 *	19:43	5:55 min/km
275	2493	Mueller-Weinitschke	*Köln	0:59:10	1993	W20	69	1:03:17	19:45 *	19:13 *	20:10	5:55 min/km
276	1466	Bendler Beatrix	*Köln	0:59:12	1982	W30	63	1:00:09	20:24 *	19:34 *	19:14	5:55 min/km
277	1162	Rakovac Sylvia	Resky Runners	0:59:13	1967	W45	37	1:03:58	19:59 *	18:57 *	20:17	5:55 min/km

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278	538	Braun Corinna	*Köln	0:59:13	1985 W30	64	0:59:22	18:44 *	19:34 *	20:55	5:55 min/km
279	2054	Beer Alissa	Interbrand	0:59:14	1994 W20	70	1:00:02	20:28 *	19:12 *	19:32	5:55 min/km
280	988	Linke Inge	*Köln	0:59:15	1969 W45	38	1:04:25	20:09 *	19:19 *	19:46	5:56 min/km
281	2513	Beckmann Anja		0:59:16	1967 W45	39	1:01:38	20:45 *	19:07 *	19:24	5:56 min/km
282	2463	Albishausen Mechthild	ALBIS Lauftreff Vogelsang	0:59:17	1967 W45	40	0:59:28	18:59 *	19:37 *	20:40	5:56 min/km
283	464	Kühn Anja	*Sankt Augustin	0:59:17	1977 W35	47	1:02:30	19:58 *	19:12 *	20:06	5:56 min/km
284	824	Roth Coco	*Frechen	0:59:18	1987 W20	71	1:03:55	21:19 *	19:03 *	18:55	5:56 min/km
285	1768	Deichmann Larissa	HostPlus - Mach3 Köln	0:59:18	1984 W30	65	1:03:59	19:50 *	19:08 *	20:19	5:56 min/km
286	3377	Wipperfürth Christiane	Köln läuft!	0:59:18	1980 W35	48	1:00:07	19:45 *	19:23 *	20:10	5:56 min/km
287	3945	Meffert-Keller Dr. Lisa		0:59:19	1985 W30	66	1:00:07	17:59 *	17:57 *	23:22	5:56 min/km
288	3593	Bartz Melanie	Running gag	0:59:20	1986 W20	72	1:00:07	18:00 *	17:57 *	23:22	5:56 min/km
289	1999	Vahlsing Vera	*Leverkusen	0:59:21	1983 W30	67	1:00:53	20:12 *	19:17 *	19:52	5:56 min/km
290	1951	Gerhardt Karin	*Köln	0:59:21	1962 W50	10	1:01:12	19:34 *	19:15 *	20:32	5:56 min/km
291	2250	Amelung Martina	*Köln	0:59:22	1961 W50	11	1:04:32	19:51 *	19:23 *	20:07	5:56 min/km
292	3251	Sonntag Ursula	ERGO sports Köln	0:59:22	1962 W50	12	1:03:50	20:26 *	19:02 *	19:54	5:56 min/km
293	1733	Yoon Kyung-A	*Pulheim	0:59:24	1975 W40	26	1:02:51	19:26 *	18:53 *	21:05	5:56 min/km
294	3512	Paaßens Lena	*Köln	0:59:25	2005 WU12	3	1:00:06	19:51 *	19:59 *	19:34	5:57 min/km
295	1348	Tilly Nora	Running Gag	0:59:26	1986 W20	73	1:00:07	15:54 *	15:49 *	27:42	5:57 min/km
296	3031	Wischeidt Claudia	*Köln	0:59:27	1965 W50	13	1:00:08	19:33 *	19:37 *	20:16	5:57 min/km
297	1971	Stiller Alex	Laufbabe	0:59:28	1980 W35	49	1:00:36	20:00 *	19:19 *	20:07	5:57 min/km
298	2670	Martius-Schmidt Verena		0:59:28	1959 W55	8	1:02:31	19:39 *	19:27 *	20:22	5:57 min/km
299	2199	Münzel Andrea	*Köln	0:59:30	1967 W45	41	1:02:27	21:07 *	19:18 *	19:04	5:57 min/km
300	2187	Jung Beate	*Hennef	0:59:31	1964 W50	14	1:02:19	20:17 *	19:17 *	19:56	5:57 min/km
301	3156	Bruns Agnes	*Köln	0:59:33	1975 W40	27	1:02:32	20:46 *	18:59 *	19:47	5:57 min/km
302	1025	Dünchem Sylvia	*Köln	0:59:33	1969 W45	42	1:02:32	20:44 *	19:01 *	19:46	5:57 min/km
303	1284	Stoffels Claudia	*Köln	0:59:36	1972 W40	28	1:01:15	19:59 *	19:33 *	20:03	5:58 min/km
304	2011	Borgwardt Nadine	Laufnaddel	0:59:37	1981 W30	68	1:00:45	20:01 *	19:19 *	20:16	5:58 min/km
305	736	Lapp Alina	*Erfstadt	0:59:40	1996 WU20	11	1:03:30	20:16 *	19:16 *	20:08	5:58 min/km
306	2500	Wetzel Neele	*Köln	0:59:44	2001 WU16	5	1:01:36	18:48 *	20:07 *	20:48	5:58 min/km
307	1293	Groß Tizia	*Köln	0:59:45	2005 WU12	4	0:59:47	16:33 *	20:54 *	22:17	5:59 min/km
308	3583	Breyer Dr. Regina	*Köln	0:59:47	1977 W35	50	1:02:16	20:43 *	19:29 *	19:34	5:59 min/km
309	1964	Yadav Sharon	*Köln	0:59:52	1976 W35	51	1:02:21	19:18 *	19:34 *	20:59	5:59 min/km
310	2526	Finke Kerstin	Kölle Alarm e.V.	0:59:53	1968 W45	43	1:02:19	19:58 *	19:52 *	20:01	5:59 min/km
311	1294	Nettersheim Caroline	central-team.de	0:59:54	1977 W35	52	1:00:13	19:13 *	19:52 *	20:48	5:59 min/km
312	1829	Piecowski Sabine	central-team.de	0:59:54	1970 W45	44	1:00:13	19:13 *	19:53 *	20:47	5:59 min/km
313	2045	Dowideit Anette	*Köln	0:59:58	1978 W35	53	1:02:21	20:49 *	19:26 *	19:42	5:60 min/km
314	3153	Münzel Hanna	Pulsschlag	1:00:03	1995 W20	74	1:03:02	20:49 *	19:25 *	19:48	6:00 min/km
315	3722	Held Juliane	Original Bootcamp	1:00:03	1975 W40	29	1:00:35	20:12 *	19:48 *	20:02	6:00 min/km
316	458	Steinseifer Sabine	*Bonn	1:00:05	1961 W50	15	1:02:41	21:14 *	18:56 *	19:54	6:01 min/km
317	3175	Möckl Julia	*Köln	1:00:06	1984 W30	69	1:01:13	20:22 *	19:24 *	20:20	6:01 min/km
318	940	Frenk Franziska	*Willich	1:00:08	1993 W20	75	1:04:04	21:03 *	19:32 *	19:31	6:01 min/km
319	3325	Gahmann Ina	Kieser Training	1:00:10	1972 W40	30	1:00:31	19:31 *	19:35 *	21:03	6:01 min/km
320	1437	Jagusch Nadine	*Köln	1:00:11	1976 W35	54	1:01:49	19:37 *	19:27 *	21:07	6:01 min/km
321	2064	Kempener Prof. Dr.	Lauffreunde Gnadenlos	1:00:14	1983 W30	70	1:00:21	18:41 *	20:12 *	21:20	6:01 min/km
322	1221	Nagelsmann Ina	*Köln	1:00:16	1976 W35	55	1:03:12	20:31 *	19:13 *	20:30	6:02 min/km
323	3108	Bäcker Gitte	*Erfstadt	1:00:17	1966 W45	45	1:03:23	21:07 *	19:22 *	19:47	6:02 min/km
324	1965	Molnar Sandra	*Köln	1:00:18	1987 W20	76	1:03:22	19:27 *	19:51 *	20:59	6:02 min/km
325	2640	Scholz Yvonne	Team Erdinger Alkoholfrei	1:00:19	1979 W35	56	1:04:27	20:16 *	19:34 *	20:28	6:02 min/km
326	1720	Hrebicek Sandra	Les bananes sauvages	1:00:20	1977 W35	57	1:02:51	19:50 *	19:22 *	21:06	6:02 min/km
327	2610	Settegast Ute	Amnesty International	1:00:22	1968 W45	46	1:01:38	20:33 *	19:30 *	20:18	6:02 min/km
328	1118	Neumann Catherine	*frechen	1:00:27	1969 W45	47	1:03:51	20:05 *	19:30 *	20:51	6:03 min/km
329	1953	Bender Lisa	*Leverkusen	1:00:28	1991 W20	77	1:03:01	18:31 *	20:05 *	21:51	6:03 min/km
330	1529	Fischer Hannah	*Bergisch Gladbach	1:00:29	1992 W20	78	1:02:33	20:25 *	19:25 *	20:38	6:03 min/km
331	1851	Nolden Sarah	*Köln	1:00:30	1986 W20	79	1:00:49	21:33 *	19:21 *	19:34	6:03 min/km
332	2071	Wester Stephanie	*Neulußheim	1:00:30	1986 W20	80	1:00:48	21:34 *	19:21 *	19:34	6:03 min/km
333	3571	Bosch Sandra	*Zülpich	1:00:33	1973 W40	31	1:04:26	21:03 *	19:34 *	19:54	6:03 min/km

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334	1342	Dielentheis Jutta	*Köln	1:00:34	1958 W55	9	1:04:54	19:59 *	19:34 *	21:00	6:03 min/km
335	2248	Messing Sarah	*Köln	1:00:35	1987 W20	81	1:02:59	20:22 *	19:40 *	20:32	6:04 min/km
336	1901	Zimmer-Beukert Sonja	*Bonn	1:00:35	1974 W40	32	1:03:59	22:12 *	19:52 *	18:30	6:04 min/km
337	1784	Kilan Katharina	*Alfter	1:00:36	1978 W35	58	1:04:30	20:13 *	19:36 *	20:46	6:04 min/km
338	800	Hauschild Daniela	Laufgruppe2015	1:00:38	1968 W45	48	1:00:53	20:29 *	19:59 *	20:10	6:04 min/km
339	2158	Gebhart Jane	Erst laufen, dann	1:00:39	1984 W30	71	1:05:07	21:32 *	19:28 *	19:39	6:04 min/km
340	3027	Fiedler Sarah	*Köln	1:00:40	1990 W20	82	1:04:49	21:22 *	19:09 *	20:07	6:04 min/km
341	2159	Höcker Marion	Erst laufen, dann	1:00:40	1984 W30	72	1:05:06	21:32 *	19:28 *	19:39	6:04 min/km
342	1607	Lanzarotti Olympe	*Köln	1:00:40	1988 W20	83	1:03:11	21:14 *	19:27 *	19:58	6:04 min/km
343	3197	Seidt Elisa	SG TÜV Rheinland	1:00:41	1985 W30	73	1:03:41	21:26 *	19:33 *	19:42	6:04 min/km
344	1037	Naumann Isabelle	*Merzenich	1:00:42	1983 W30	74	1:02:15	20:20 *	19:47 *	20:33	6:04 min/km
345	1634	Nett Tanja	troisdorfer-leichtathletik	1:00:42	1973 W40	33	1:01:36	21:39 *	19:48 *	19:14	6:04 min/km
346	3273	Liebscher Brigitta	Tennisclub Lese	1:00:45	1963 W50	16	1:03:04	21:02 *	19:51 *	19:51	6:05 min/km
347	653	Kasper Eva	*Köln	1:00:47	1989 W20	84	1:02:45	20:30 *	19:55 *	20:21	6:05 min/km
348	1828	Jakobs Simone	*Köln	1:00:47	1987 W20	85	1:02:18	20:27 *	19:44 *	20:34	6:05 min/km
349	1514	Breyer Lisa	*Köln	1:00:47	1988 W20	86	1:04:31	20:51 *	19:53 *	20:01	6:05 min/km
350	3709	Kirsch Melinda	Frontrunner	1:00:47	1980 W35	59	1:04:17	20:02 *	19:53 *	20:51	6:05 min/km
351	798	Dülken Bianca	*Köln	1:00:47	1994 W20	87	1:02:58	21:41 *	19:29 *	19:36	6:05 min/km
352	1347	Schmidt Svenja	*Köln	1:00:47	1980 W35	60	1:02:45	19:22 *	19:31 *	21:53	6:05 min/km
353	1946	Stürmer Katharina	*Köln	1:00:49	1989 W20	88	1:05:04	22:11 *	19:44 *	18:53	6:05 min/km
354	3258	Janning Andrina	DKMS	1:00:49	1992 W20	89	1:03:36	20:41 *	19:04 *	21:02	6:05 min/km
355	1902	Hackenberg Dr.	*Mannheim	1:00:49	1984 W30	75	1:01:51	19:18 *	19:58 *	21:32	6:05 min/km
356	3131	Samadan Susanne	*Köln	1:00:49	1982 W30	76	1:01:29	20:50 *	19:07 *	20:52	6:05 min/km
357	3283	Bauer Petra	BSG RheinEnergie	1:00:50	1966 W45	49	1:03:15	20:31 *	19:47 *	20:31	6:05 min/km
358	1072	Neelsen Karin	*Köln	1:00:52	1974 W40	34	1:01:14	19:40 *	19:45 *	21:26	6:05 min/km
359	1982	Bongartz Angela	*Düsseldorf	1:00:52	1991 W20	90	1:05:08	22:11 *	19:45 *	18:56	6:05 min/km
360	1143	Florin Julia	*Troisdorf	1:00:55	1991 W20	91	1:01:52	19:27 *	20:05 *	21:22	6:06 min/km
361	525	Elsner Eva	*Köln	1:00:56	1980 W35	61	1:01:36	19:34 *	20:10 *	21:11	6:06 min/km
362	3589	Wenzel Maike	*Köln	1:00:58	1986 W20	92	1:05:18	20:28 *	20:25 *	20:04	6:06 min/km
363	1438	Albrecht Ulrike	*Köln	1:00:59	1983 W30	77	1:02:36	19:54 *	19:49 *	21:15	6:06 min/km
364	3008	Bongartz Marianne	*Köln	1:01:03	1960 W55	10	1:04:05	21:55 *	19:35 *	19:32	6:06 min/km
365	1956	Pfab Sabine	canicross outdoorsports	1:01:05	1962 W50	17	1:04:25	21:42 *	19:29 *	19:53	6:07 min/km
366	1663	Hilger Simone	*Köln	1:01:07	1981 W30	78	1:02:18	20:33 *	19:27 *	21:06	6:07 min/km
367	1169	Martini Cristina	*Bergisch Gladbach	1:01:10	1972 W40	35	1:02:18	19:31 *	20:13 *	21:25	6:07 min/km
368	2422	Götze Kerstin	*Köln	1:01:11	1982 W30	79	1:03:32	19:55 *	20:10 *	21:05	6:07 min/km
369	618	Fischer Nicole	*Köln	1:01:12	1991 W20	93	1:02:06	20:47 *	19:37 *	20:47	6:07 min/km
370	617	Geller Monika	*Köln	1:01:12	1962 W50	18	1:02:06	20:47 *	19:37 *	20:47	6:07 min/km
371	3540	Wolf Michaela	Crossfit Leverkusen	1:01:13	1980 W35	62	1:02:43	23:39 *	18:08 *	19:25	6:07 min/km
372	2016	Horton Bridget	*Koeln	1:01:15	1974 W40	36	1:02:05	19:56 *	19:53 *	21:26	6:08 min/km
373	2380	Haupt Simone	*Dierdorf	1:01:22	1981 W30	80	1:04:30	21:22 *	20:16 *	19:43	6:08 min/km
374	1353	Schwender Kerstin	*Köln	1:01:23	1966 W45	50	1:02:30	20:44 *	19:54 *	20:43	6:08 min/km
375	2253	Thies Beate	*Köln	1:01:25	1994 W20	94	1:05:13	21:21 *	19:50 *	20:12	6:09 min/km
376	1119	Lausberg Hella	*pulheim	1:01:25	1977 W35	63	1:04:49	20:05 *	19:31 *	21:47	6:09 min/km
377	3757	Riedhammer Claudia	*Köln	1:01:26	1986 W20	95	1:03:25	19:32 *	20:18 *	21:35	6:09 min/km
378	3634	Kälble Gerdi	*Nordrach	1:01:26	1966 W45	51	1:02:34	21:19 *	20:20 *	19:46	6:09 min/km
379	3431	Broichhaus Ellen	Köln läuft	1:01:26	1972 W40	37	1:06:11	21:38 *	20:48 *	18:59	6:09 min/km
380	3708	Lhotak Nina	Ärzte gegen Tierversuche	1:01:27	1976 W35	64	1:04:55	20:09 *	20:07 *	21:10	6:09 min/km
381	3955	Schneider Uta-Maria		1:01:33	1966 W45	52	1:06:03	20:01 *	20:21 *	21:10	6:09 min/km
382	1253	Schlegel Juliane	*Hürth	1:01:34	1984 W30	81	1:02:43	19:49 *	20:05 *	21:39	6:09 min/km
383	439	Greiser Mandy	*Hürth	1:01:35	1993 W20	96	1:04:53	21:12 *	20:16 *	20:07	6:10 min/km
384	1402	Maletz Daniela	*Köln	1:01:38	1968 W45	53	1:04:38	22:14 *	19:56 *	19:27	6:10 min/km
385	2218	Dengler Biggi	*Köln	1:01:38	1983 W30	82	1:04:00	20:23 *	20:12 *	21:02	6:10 min/km
386	1168	Hoffmann Rebekka	Takasago Europe GmbH	1:01:39	1985 W30	83	1:03:34	20:05 *	20:24 *	21:09	6:10 min/km
387	2284	Sträßer Anne-Katrin	Original Bootcamp	1:01:41	1976 W35	65	1:03:07	20:39 *	19:27 *	21:34	6:10 min/km
388	3648	Kohn Andrea	RehaNova	1:01:41	1975 W40	38	1:06:50	20:47 *	19:45 *	21:09	6:10 min/km
389	585	Van Dinter Mara	TV Orken	1:01:41	2001 WU16	6	1:04:20	20:42 *	20:20 *	20:38	6:10 min/km

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390	3296	Sezan Hürimiye	BSG RheinEnergie	1:01:44	1973	W40	39	1:04:09	20:32 *	19:54 *	21:17	6:10 min/km
391	1885	Harms Tanja	Weihnachtsrenner	1:01:45	1970	W45	54	1:02:33	24:00 *	18:58 *	18:46	6:11 min/km
392	1250	Buchmüller Dorothea	*Köln	1:01:49	1990	W20	97	1:02:51	21:37 *	20:48 *	19:24	6:11 min/km
393	3547	Zygmanski Moni	*Hürth	1:01:50	1980	W35	66	1:03:09	21:03 *	20:34 *	20:11	6:11 min/km
394	3317	Ozdyk Lena	DuMont Mediengruppe	1:01:53	1986	W20	98	1:02:40	19:41 *	20:22 *	21:49	6:11 min/km
395	2553	Babina Anja		1:01:54	1987	W20	99	1:02:10	18:54 *	20:55 *	22:04	6:11 min/km
396	2281	Buge Claudia	*Leverkusen	1:01:56	1971	W40	40	1:02:09	20:33 *	19:52 *	21:30	6:12 min/km
397	1671	Arentz Lisa	*Duisburg	1:01:57	1961	W50	19	1:03:58	20:49 *	20:21 *	20:47	6:12 min/km
398	941	Babington Alexa	*Köln	1:01:59	1975	W40	41	1:05:14	21:03 *	20:19 *	20:35	6:12 min/km
399	805	Schwemer Caroline	*Köln	1:02:00	1981	W30	84	1:05:05	21:28 *	20:11 *	20:21	6:12 min/km
400	1868	Lux Christiane	*Köln	1:02:01	1984	W30	85	1:06:03	20:29 *	20:17 *	21:14	6:12 min/km
401	990	Winkenbach Iris	Colombinen	1:02:02	1960	W55	11	1:03:36	20:11 *	20:07 *	21:42	6:12 min/km
402	1738	Wittler Linda	*Köln	1:02:03	1995	W20	100	1:03:56	21:18 *	20:04 *	20:40	6:12 min/km
403	1739	Schmitz Anna-Lena	*Overath	1:02:03	1995	W20	101	1:03:55	21:20 *	20:04 *	20:38	6:12 min/km
404	1740	Gesterkamp Sophia	*Bonn	1:02:03	1995	W20	102	1:03:55	21:20 *	20:04 *	20:38	6:12 min/km
405	677	Mathieu Mylčne	*Köln	1:02:05	1984	W30	86	1:07:01	22:09 *	19:54 *	20:01	6:13 min/km
406	3647	Thierjung Eva-Maria	*Köln	1:02:08	1991	W20	103	1:04:20	20:40 *	20:05 *	21:22	6:13 min/km
407	953	Michalowski Renate	MumPIZ	1:02:11	1970	W45	55	1:03:43	21:18 *	20:12 *	20:39	6:13 min/km
408	954	Bürgel Monika	MumPIZ	1:02:11	1968	W45	56	1:03:43	21:18 *	20:13 *	20:39	6:13 min/km
409	612	Kirschner Claudia	*Köln	1:02:13	1963	W50	20	1:05:27	20:57 *	20:10 *	21:04	6:13 min/km
410	1694	Schmitz Sandra	Rookies 2015	1:02:14	1976	W35	67	1:06:28	22:10 *	20:18 *	19:45	6:13 min/km
411	1528	Koch Julia	*Köln	1:02:15	1993	W20	104	1:04:19	20:40 *	20:17 *	21:18	6:14 min/km
412	2646	Heise Sandra		1:02:16	1974	W40	42	1:06:33	20:46 *	20:08 *	21:22	6:14 min/km
413	1787	Meier Kirstin	*Bonn	1:02:16	1985	W30	87	1:06:23	22:19 *	19:57 *	20:00	6:14 min/km
414	1435	Haenchen Nelly	Pejp	1:02:17	1982	W30	88	1:04:14	19:10 *	20:08 *	22:59	6:14 min/km
415	1300	Herold Christine	... und tschüß!	1:02:18	1979	W35	68	1:06:25	22:21 *	19:55 *	20:01	6:14 min/km
416	970	Breer Sandra	*Köln	1:02:23	1976	W35	69	1:03:00	19:37 *	20:17 *	22:28	6:14 min/km
417	3244	Daubner Deborah	ERGO sports Köln	1:02:24	1985	W30	89	1:06:51	21:10 *	20:25 *	20:48	6:14 min/km
418	2069	Junker Petra	Original Bootcamp	1:02:29	1979	W35	70	1:04:56	20:57 *	20:16 *	21:15	6:15 min/km
419	1290	Wawro Sandra	*Köln	1:02:29	1990	W20	105	1:02:57	19:38 *	20:21 *	22:30	6:15 min/km
420	1333	Morgenstern Lena	*Köln	1:02:33	2007	WU10	1	1:05:29	22:42 *	19:52 *	19:57	6:15 min/km
421	3160	Mürmann Sophie	RUNNERS POINT RUN	1:02:34	1989	W20	106	1:04:00	22:39 *	20:07 *	19:47	6:15 min/km
422	1075	Thomas Birgit	*Pulheim	1:02:37	1972	W40	43	1:07:21	20:49 *	20:32 *	21:14	6:16 min/km
423	2413	Dittberner Silvia	*Köln	1:02:39	1970	W45	57	1:05:18	22:39 *	20:12 *	19:47	6:16 min/km
424	1205	Wefers Andrea	Laufen&Saufen	1:02:40	1975	W40	44	1:05:18	22:40 *	20:12 *	19:47	6:16 min/km
425	2451	Menzler Laura	*Köln	1:02:41	1987	W20	107	1:03:23	20:38 *	21:17 *	20:45	6:16 min/km
426	3715	Wagner Juliana	*Köln	1:02:41	1985	W30	90	1:04:50	23:18 *	19:56 *	19:26	6:16 min/km
427	2450	Moini-Afchari Mariam	*Cologne	1:02:41	1987	W20	108	1:03:24	20:41 *	21:14 *	20:45	6:16 min/km
428	2337	Soederblom Kerstin	never give up	1:02:42	1963	W50	21	1:03:19	20:31 *	20:05 *	22:05	6:16 min/km
429	1696	Jahns Lea	*Dortmund	1:02:45	1989	W20	109	1:06:50	21:32 *	20:13 *	20:58	6:17 min/km
430	1113	Frank Stefanie	*Hürth	1:02:46	1974	W40	45	1:07:16	21:35 *	20:15 *	20:54	6:17 min/km
431	1112	Labetzsch-Schulzki Tanja	*Hürth	1:02:46	1977	W35	71	1:07:16	21:37 *	20:13 *	20:55	6:17 min/km
432	1271	Peddinghaus Carolin	*Erlangen	1:02:48	1981	W30	91	1:04:03	20:17 *	20:30 *	21:59	6:17 min/km
433	830	Eggert Maria	*Köln	1:02:48	1982	W30	92	1:07:09	22:29 *	20:36 *	19:42	6:17 min/km
434	574	Hlusiak Ramona	*Köln	1:02:49	1986	W20	110	1:05:35	20:35 *	20:32 *	21:41	6:17 min/km
435	3004	Ochoa Esther	*Mönchengladbach	1:02:50	1978	W35	72	1:07:50	21:58 *	20:26 *	20:25	6:17 min/km
436	3829	Mahler Birgit	GS1 Germany	1:02:51	1967	W45	58	1:07:41	21:42 *	20:14 *	20:55	6:17 min/km
437	1867	Aberle Alessa	VSC88 Grevenbroich	1:02:56	1995	W20	111	1:03:29	20:09 *	20:38 *	22:08	6:18 min/km
438	1331	Jocher Yvonne	*Köln	1:02:57	1988	W20	112	1:07:12	22:12 *	20:24 *	20:20	6:18 min/km
439	1728	Bosbach-Eisele Renate	LL80 Nordpark Köln	1:02:58	1957	W55	12	1:05:16	20:50 *	20:54 *	21:13	6:18 min/km
440	3653	Stötzel-Ditsche	SG Siegen-Giersberg	1:03:08	1957	W55	13	1:05:25	22:07 *	20:43 *	20:17	6:19 min/km
441	3625	Sting Daniela	Anlauf Siegen	1:03:08	1972	W40	46	1:05:25	22:07 *	20:42 *	20:18	6:19 min/km
442	1217	Ilieva Dr. Lyuba	*Köln	1:03:09	1984	W30	93	1:04:23	21:27 *	20:34 *	21:07	6:19 min/km
443	1321	Morgenstern Nina	*Köln	1:03:11	1975	W40	47	1:06:12	22:14 *	20:09 *	20:47	6:19 min/km
444	569	Nielius Silke	*Düsseldorf	1:03:12	1977	W35	73	1:06:12	22:15 *	20:10 *	20:47	6:19 min/km
445	3937	Bostelmann Maximiliane		1:03:13	1989	W20	113	1:06:36	21:05 *	20:36 *	21:31	6:19 min/km

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446	642	Weyand Anja	*Hürth	1:03:14	1977	W35	74	1:04:05	21:59 *	20:37 *	20:38	6:19 min/km
447	2308	Fischer Kristin	*Köln	1:03:15	1985	W30	94	1:05:44	20:31 *	20:39 *	22:04	6:20 min/km
448	3111	Putz Kirsten	Running Gag	1:03:17	1969	W45	59	1:04:15	20:24 *	20:48 *	22:04	6:20 min/km
449	1398	Feige Claudia	Deutsche Ärzte Finanz	1:03:17	1972	W40	48	1:06:49	21:44 *	20:33 *	20:59	6:20 min/km
450	1488	Krahe Ute	DÄF	1:03:17	1978	W35	75	1:06:49	21:44 *	20:34 *	20:58	6:20 min/km
451	1064	Lehmann Anke	LV Stommeln	1:03:19	1971	W40	49	1:08:27	20:45 *	21:44 *	20:49	6:20 min/km
452	1060	Eschmann Gabi	LV Stommeln	1:03:19	1970	W45	60	1:08:27	20:44 *	21:44 *	20:49	6:20 min/km
453	683	Pallgen Claudia	LV Stommeln	1:03:19	1973	W40	50	1:08:27	20:45 *	21:46 *	20:48	6:20 min/km
454	1096	Schmitz Heidi	TUS 05 Quettingen	1:03:20	1969	W45	61	1:08:28	21:34 *	20:30 *	21:15	6:20 min/km
455	15	Steffen Natalie	Ärzte gegen Tierversuche	1:03:21	1973	W40	51	1:08:45	22:14 *	20:49 *	20:17	6:20 min/km
455	934	Lödige Pia	Ärzte gegen Tierversuche	1:03:21	1970	W45	62	1:08:45	22:14 *	20:49 *	20:17	6:20 min/km
457	1136	Behrendt Susanne	Ärzte gegen Tierversuche	1:03:21	1976	W35	76	1:08:45	22:11 *	20:50 *	20:19	6:20 min/km
458	3520	Schrader Wencke	Fronrunners Cologne	1:03:23	1969	W45	63	1:07:38	22:53 *	20:09 *	20:20	6:20 min/km
459	1931	Drepper Heike	*Köln	1:03:24	1976	W35	77	1:05:11	21:40 *	20:28 *	21:15	6:20 min/km
460	1831	Gaab Renate	Family Gaab	1:03:24	1961	W50	22	1:07:16	22:14 *	20:11 *	20:59	6:20 min/km
461	799	Bastian - Busch Kirsten	Laufgruppe2015	1:03:26	1967	W45	64	1:03:40	20:30 *	20:53 *	22:02	6:21 min/km
462	3545	Thonnett Silvia	NAO PT Personaltraining	1:03:27	1968	W45	65	1:04:34	21:29 *	20:34 *	21:23	6:21 min/km
463	3580	Helmig Franziska	*Köln	1:03:27	1988	W20	114	1:05:44	21:38 *	20:53 *	20:55	6:21 min/km
464	1211	Schlücker Ina	Fronrunners Cologne	1:03:28	1973	W40	52	1:08:05	22:26 *	20:13 *	20:48	6:21 min/km
465	3338	Malig Susanne	Kieser Training	1:03:33	1967	W45	66	1:04:47	21:16 *	20:30 *	21:46	6:21 min/km
466	2495	Vogt Nina	*Köln	1:03:34	1979	W35	78	1:06:19	20:36 *	20:50 *	22:07	6:21 min/km
467	831	Fischer Anna-Leena	*Köln	1:03:35	1976	W35	79	1:06:50	21:03 *	20:21 *	22:10	6:22 min/km
467	3669	Höfer Tanja	*Köln	1:03:35	1975	W40	53	1:06:27	22:12 *	19:30 *	21:53	6:22 min/km
469	2163	Dahlbender Menina Fiona	*Köln	1:03:36	1993	W20	115	1:08:08	20:40 *	20:21 *	22:34	6:22 min/km
470	3529	Pfahlbusch Elfgard	*Pulheim	1:03:38	1972	W40	54	1:08:27	21:41 *	20:53 *	21:03	6:22 min/km
471	3530	Walther Ronja	*Köln	1:03:39	1973	W40	55	1:08:28	21:41 *	20:52 *	21:04	6:22 min/km
472	3510	Hempen Raphaelae	*Köln	1:03:41	1984	W30	95	1:07:43	20:28 *	20:57 *	22:15	6:22 min/km
473	3796	Nettersheim Rosa	*Köln	1:03:41	1951	W60	3	1:06:10	21:05 *	20:50 *	21:45	6:22 min/km
474	1042	Pfannstiel Ariane	mach3	1:03:43	1978	W35	80	1:06:29	21:38 *	20:58 *	21:05	6:22 min/km
475	1003	Possling Nina	*Neunkirchen	1:03:43	1988	W20	116	1:05:45	24:19 *	20:41 *	18:41	6:22 min/km
476	2206	Henny Ulrike	*Köln	1:03:44	1982	W30	96	1:06:43	20:11 *	20:41 *	22:52	6:22 min/km
477	583	Bürgers Marion	TV Orken	1:03:46	1975	W40	56	1:06:26	23:04 *	20:10 *	20:32	6:23 min/km
478	2110	Naumann Yara	Feuerwehr Aachen Mitte	1:03:50	1993	W20	117	1:05:01	20:39 *	20:46 *	22:24	6:23 min/km
479	1658	Thye Waltraud	*Köln	1:03:56	1961	W50	23	1:06:51	22:38 *	20:43 *	20:33	6:24 min/km
480	3597	Otten Petra	*Köln	1:03:58	1964	W50	24	1:06:26	21:38 *	20:35 *	21:45	6:24 min/km
481	1214	Cartus Lana	SSK Kerpen	1:03:59	1984	W30	97	1:07:19	22:34 *	21:18 *	20:06	6:24 min/km
482	2047	Kienle Natalie	*Köln	1:04:01	1978	W35	81	1:07:10	20:59 *	20:44 *	22:17	6:24 min/km
483	554	Bröders Nicole	Hasenkamp	1:04:06	1980	W35	82	1:09:08	22:33 *	20:53 *	20:39	6:25 min/km
484	791	Georgy Ursula	Original Bootcamp	1:04:07	1958	W55	14	1:05:06	19:32 *	21:24 *	23:09	6:25 min/km
485	1393	Klinge Tatjana	Dagmars After Work	1:04:07	1971	W40	57	1:09:25	23:19 *	20:09 *	20:39	6:25 min/km
486	688	Junk Martina	*Köln	1:04:09	1965	W50	25	1:09:13	22:39 *	21:38 *	19:51	6:25 min/km
487	3502	Sommer Hannelore	Dagmar s After Work	1:04:09	1958	W55	15	1:09:27	23:18 *	20:09 *	20:41	6:25 min/km
488	3504	Schmidt Kim	...und tschüss!	1:04:10	1981	W30	98	1:08:16	22:20 *	20:33 *	21:17	6:25 min/km
489	3666	Gontermann Christine	MAS	1:04:13	1972	W40	58	1:05:57	21:25 *	20:51 *	21:55	6:25 min/km
490	987	Zwickler Carolin	*Köln	1:04:16	1987	W20	118	1:05:12	21:34 *	20:47 *	21:55	6:26 min/km
491	986	Lenz Katja	*Köln	1:04:17	1980	W35	83	1:05:12	21:34 *	20:47 *	21:55	6:26 min/km
492	2183	Marquardt Angelika	Fronrunners Cologne	1:04:20	1965	W50	26	1:09:01	22:26 *	20:48 *	21:06	6:26 min/km
493	1713	Diedenhofen Nadine	*Niederkassel	1:04:21	1976	W35	84	1:05:23	21:43 *	21:48 *	20:49	6:26 min/km
494	3730	Sotres Elena	THW Köln Nord-West	1:04:23	1986	W20	119	1:08:56	21:45 *	21:12 *	21:24	6:26 min/km
495	1579	Pelster Anke	*Köln	1:04:24	1970	W45	67	1:05:57	21:50 *	20:49 *	21:44	6:26 min/km
496	3525	Wetter Verena	Rhein in Form	1:04:25	1981	W30	99	1:09:00	21:45 *	20:52 *	21:47	6:27 min/km
497	915	Große Hovest Theres	*Köln	1:04:26	1981	W30	100	1:07:31	23:01 *	20:34 *	20:49	6:27 min/km
498	972	Pfeifer Katrin	*Köln	1:04:26	1979	W35	85	1:08:25	22:19 *	20:56 *	21:10	6:27 min/km
499	1930	Schönherr Monique	*Köln	1:04:26	1979	W35	86	1:06:12	21:41 *	20:29 *	22:15	6:27 min/km
500	3932	Giering Ina		1:04:27	1987	W20	120	1:08:11	21:43 *	21:20 *	21:23	6:27 min/km
501	3931	Ehrich Vanessa		1:04:27	1985	W30	101	1:08:11	21:44 *	21:20 *	21:23	6:27 min/km

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502	3032	Tautges Carmen	läuft.	1:04:28	1973 W40	59	1:05:43	21:34 *	21:01 *	21:52	6:27 min/km
503	173	Suché Claudia	*Köln	1:04:29	1977 W35	87	1:09:04	21:44 *	20:53 *	21:51	6:27 min/km
504	3090	Treichel Britta	*Köln	1:04:30	1972 W40	60	1:09:04	21:45 *	20:52 *	21:52	6:27 min/km
505	3655	Heck Uta	Hans-Christian-Andersen	1:04:30	1968 W45	68	1:09:36	21:58 *	21:31 *	21:00	6:27 min/km
506	3657	Heck Emilie	LFS	1:04:31	2002 WU14	1	1:09:36	21:58 *	21:31 *	21:00	6:27 min/km
507	3029	Kessens Meike	läuft.	1:04:31	1984 W30	102	1:05:43	21:37 *	21:01 *	21:52	6:27 min/km
508	1260	Teubel Rabea	*Köln	1:04:32	1995 W20	121	1:08:52	22:57 *	20:27 *	21:07	6:27 min/km
509	3522	Bülles Franziska	*Köln	1:04:33	1974 W40	61	1:09:53	22:23 *	21:13 *	20:55	6:27 min/km
510	3149	Pabst Mildred	*Beckeln	1:04:34	1969 W45	69	1:04:52	19:52 *	21:21 *	23:20	6:27 min/km
511	647	Henrichs Nathalie	Köperklaus	1:04:36	1986 W20	122	1:09:45	22:56 *	21:58 *	19:41	6:28 min/km
512	456	Foitzik Eva	*Pulheim	1:04:36	1951 W60	4	1:04:44	21:00 *	21:27 *	22:09	6:28 min/km
513	3717	Chavet Nicole	*Köln	1:04:39	1986 W20	123	1:07:22	22:28 *	21:07 *	21:03	6:28 min/km
514	2608	Sodermans Susanne		1:04:39	1982 W30	103	1:07:23	22:28 *	21:06 *	21:04	6:28 min/km
515	2099	Kersten Claudia	*Mönchengladbach	1:04:39	1986 W20	124	1:08:00	21:42 *	20:59 *	21:58	6:28 min/km
516	3551	Kania Lydia	*Hürth	1:04:41	1982 W30	104	1:06:00	21:03 *	20:35 *	23:02	6:28 min/km
517	2700	Matczak Magda		1:04:43	1984 W30	105	1:07:00	22:09 *	21:17 *	21:17	6:28 min/km
518	1234	Wahner Kirsten	*Köln	1:04:46	1986 W20	125	1:07:39	23:00 *	20:48 *	20:58	6:29 min/km
519	537	Priß Hannah	*Bad Honnef	1:04:46	1999 WU18	3	1:07:39	23:00 *	20:48 *	20:58	6:29 min/km
520	2633	Daughtrey Helen	DKMS	1:04:47	1990 W20	126	1:07:32	20:53 *	20:55 *	22:59	6:29 min/km
521	1858	Ketelsen Silke	Sonntags-Faultier-Club	1:04:49	1974 W40	62	1:09:01	22:34 *	21:23 *	20:51	6:29 min/km
522	1509	Kusserow Anna	*Köln	1:04:53	1989 W20	127	1:06:48	22:55 *	20:52 *	21:05	6:29 min/km
523	3606	Marsoin Jeanne	*Köln	1:04:53	1983 W30	106	1:07:26	21:53 *	21:21 *	21:39	6:29 min/km
524	2240	Çerma Dr. Adela	*Köln	1:04:54	1974 W40	63	1:05:37	20:49 *	21:48 *	22:16	6:29 min/km
525	3219	Linden Daniela	Gothaer	1:05:00	1972 W40	64	1:05:33	20:14 *	21:26 *	23:18	6:30 min/km
526	1210	Wischer Sigrid	*Köln	1:05:02	1965 W50	27	1:08:22	21:52 *	21:01 *	22:09	6:30 min/km
527	2115	Schulte Mesum Saskia	*Köln	1:05:06	1990 W20	128	1:05:23	19:18 *	22:17 *	23:30	6:31 min/km
528	2052	Schmidt Chollada	Interbrand	1:05:07	1990 W20	129	1:05:55	21:37 *	21:18 *	22:11	6:31 min/km
529	821	Raps Katrin	*Neubrunn	1:05:10	1979 W35	88	1:09:30	22:29 *	20:36 *	22:04	6:31 min/km
530	3780	Neumann Anna	*Köln	1:05:16	1963 W50	28	1:05:49	20:48 *	21:25 *	23:02	6:32 min/km
531	1772	Prinzler Jeanette	*Niederkassel	1:05:16	1977 W35	89	1:09:11	21:40 *	21:36 *	21:59	6:32 min/km
532	2378	Knuth Daniela	rhein-in-form	1:05:17	1979 W35	90	1:09:52	22:20 *	21:18 *	21:38	6:32 min/km
533	820	Farley Tanja	LG Donatus Erftstadt	1:05:19	1977 W35	91	1:07:20	21:28 *	21:00 *	22:50	6:32 min/km
534	797	Radtke Manuela	LG Donatus Erftstadt	1:05:19	1974 W40	65	1:07:20	21:28 *	20:59 *	22:51	6:32 min/km
535	2455	Herrmann Michaela	LG Donatus Erftstadt	1:05:19	1968 W45	70	1:07:20	21:27 *	21:00 *	22:51	6:32 min/km
536	1272	Aguilar Patricia	*Köln	1:05:20	1981 W30	107	1:07:21	22:44 *	21:16 *	21:19	6:32 min/km
537	2171	Borgmann Raphaela	*Köln	1:05:23	1990 W20	130	1:07:45	21:38 *	21:59 *	21:45	6:32 min/km
538	3759	Kempermann Yvonne	*Köln	1:05:23	1977 W35	92	1:08:32	22:49 *	21:10 *	21:23	6:32 min/km
539	704	Flümann Laura	*Bonn	1:05:23	1989 W20	131	1:06:43	21:31 *	21:28 *	22:22	6:32 min/km
540	1864	Röwert Claudia	*Köln	1:05:26	1975 W40	66	1:05:50	20:53 *	22:33 *	21:59	6:33 min/km
541	1880	Denkmann Sandra	*Köln	1:05:30	1980 W35	93	1:07:34	22:23 *	21:19 *	21:47	6:33 min/km
542	2326	Weyand Sabine	*Hürth	1:05:30	1964 W50	29	1:06:21	21:58 *	21:05 *	22:26	6:33 min/km
543	1881	Schubert Inga	*Jüchen gierath	1:05:30	1979 W35	94	1:07:34	22:22 *	21:19 *	21:47	6:33 min/km
544	3711	Nürnberg Monika	TV Dellbrück	1:05:31	1966 W45	71	1:08:13	22:06 *	21:09 *	22:16	6:33 min/km
545	3762	Höfer Pia	TV-Dellbrück	1:05:31	1962 W50	30	1:08:14	22:06 *	21:09 *	22:16	6:33 min/km
546	3714	Janczyk Patricia	*Marburg	1:05:32	1986 W20	132	1:05:46	20:11 *	21:51 *	23:28	6:33 min/km
547	1009	Krämer Esther	*Köln	1:05:32	1976 W35	95	1:08:06	21:40 *	21:23 *	22:28	6:33 min/km
548	2310	Janßen Annika	*Köln	1:05:35	1986 W20	133	1:07:47	22:35 *	22:16 *	20:43	6:34 min/km
549	2289	Jäschke Bärbel	*Radevormwald	1:05:38	1958 W55	16	1:09:37	23:10 *	21:41 *	20:46	6:34 min/km
550	2288	Jäschke Elisabeth	*Köln	1:05:38	1989 W20	134	1:09:37	23:11 *	21:40 *	20:46	6:34 min/km
551	3012	Maringer Sabine	*Erftstadt	1:05:39	1975 W40	67	1:08:16	21:59 *	21:43 *	21:56	6:34 min/km
552	2030	Fischer Gina	*Kerpen	1:05:39	1989 W20	135	1:06:53	22:59 *	21:09 *	21:31	6:34 min/km
553	1927	Fabian Katharina	*Bornheim	1:05:40	1967 W45	72	1:08:48	22:57 *	21:02 *	21:40	6:34 min/km
554	861	Herrmann Verena	*Lenzkirch	1:05:43	1985 W30	108	1:09:09	21:46 *	21:34 *	22:22	6:34 min/km
555	3882	Hochweller Laeticia	LT DSHS Köln	1:05:43	2003 WU14	2	1:09:04	20:31 *	24:00 *	21:11	6:34 min/km
556	864	Schmitz Gabi	Rednose Runner	1:05:46	1985 W30	109	1:10:16	24:01 *	22:31 *	19:12	6:35 min/km
557	1024	Lück Andrea	*Hürth	1:05:46	1970 W45	73	1:07:38	21:47 *	22:00 *	21:58	6:35 min/km

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558	1793	Hage Angelika	*Hürth	1:05:47	1956	W55	17	1:10:04	22:42 *	21:27 *	21:37	6:35 min/km
559	3614	Hülsmeier Lisa	SSV Berzdorf 1929	1:05:48	1997	WU20	12	1:06:17	20:44 *	22:29 *	22:34	6:35 min/km
560	3526	Kipker Kerstin	-	1:05:50	1969	W45	74	1:09:07	21:12 *	21:38 *	22:58	6:35 min/km
561	1686	Eske Magda	*Bergisch Gladbach	1:05:51	1988	W20	136	1:10:41	22:45 *	21:42 *	21:22	6:35 min/km
562	689	Glörfeld Claudia	*Köln	1:06:00	1966	W45	75	1:11:05	22:39 *	21:38 *	21:42	6:36 min/km
563	1005	Moers Dr. Cordula	*Köln	1:06:00	1972	W40	68	1:07:07	22:57 *	20:54 *	22:08	6:36 min/km
564	1141	Patzwald Sabine	*Köln	1:06:01	1966	W45	76	1:11:14	23:17 *	21:38 *	21:05	6:36 min/km
565	1842	Schäfer Leonie	DSHS	1:06:02	1990	W20	137	1:10:50	23:31 *	21:37 *	20:54	6:36 min/km
566	1894	Steffens Nadine	FC Hennef 05	1:06:03	1981	W30	110	1:09:41	22:19 *	21:35 *	22:08	6:36 min/km
567	1350	Heinzen Sonja	*Köln	1:06:06	1982	W30	111	1:07:08	21:43 *	21:52 *	22:30	6:37 min/km
568	1057	Klefisch Malgorzata	Hospizverein	1:06:06	1954	W60	5	1:10:47	22:19 *	21:28 *	22:17	6:37 min/km
569	2341	Thiel Sabine	*Wermelskirchen	1:06:10	1965	W50	31	1:09:50	22:43 *	22:04 *	21:22	6:37 min/km
570	1316	Schmiegelt Claudia	*Köln	1:06:15	1968	W45	77	1:09:10	22:25 *	21:38 *	22:11	6:38 min/km
571	2184	Frohn Dorothea	Heart Team Bonn	1:06:15	1962	W50	32	1:08:50	21:25 *	21:43 *	23:06	6:38 min/km
572	3538	Peters Anna	*Köln	1:06:17	1988	W20	138	1:08:55	23:42 *	22:17 *	20:18	6:38 min/km
573	3537	Homberger Anne	*Köln	1:06:17	1986	W20	139	1:08:55	23:42 *	22:17 *	20:17	6:38 min/km
574	1572	Haun Andrea	*Köln	1:06:18	1967	W45	78	1:10:59	22:07 *	21:38 *	22:32	6:38 min/km
575	1570	Haun Jennifer	*Köln	1:06:18	1992	W20	140	1:10:59	22:07 *	21:38 *	22:32	6:38 min/km
576	3062	Gündel Eimear	PUSHENSY	1:06:19	1974	W40	69	1:06:56	21:26 *	22:11 *	22:41	6:38 min/km
577	1857	Rook Vanessa	Sonntags-Faultier-Club	1:06:19	1971	W40	70	1:10:31	22:34 *	21:23 *	22:21	6:38 min/km
578	1859	Hermann Kerstin	Sonntags-Faultier-Club	1:06:20	1977	W35	96	1:10:31	22:34 *	21:23 *	22:21	6:38 min/km
579	1043	Beyer Birgit	*Köln	1:06:20	1961	W50	33	1:10:11	22:33 *	22:11 *	21:35	6:38 min/km
580	1879	Kaufmann Anneliese	*Kürten	1:06:25	1976	W35	97	1:09:07	22:02 *	21:29 *	22:52	6:39 min/km
581	1850	Niederwipper Anja	Fronrunners Cologne	1:06:26	1984	W30	112	1:11:05	22:28 *	21:21 *	22:36	6:39 min/km
582	3003	Schmitz Nicole	Rennmäuse Kirchheim	1:06:26	1972	W40	71	1:09:58	22:38 *	21:48 *	21:59	6:39 min/km
583	2692	Koschel Marianne		1:06:27	1990	W20	141	1:10:34	22:19 *	20:47 *	23:19	6:39 min/km
584	3506	Wann Melanie	*Düsseldorf	1:06:27	1985	W30	113	1:11:27	22:38 *	21:29 *	22:19	6:39 min/km
585	565	Stöber Kathrin	*Köln	1:06:28	1980	W35	98	1:08:10	22:30 *	21:34 *	22:23	6:39 min/km
586	34	Kohl Sina	*Köln	1:06:29	1987	W20	142	1:10:00	22:59 *	21:43 *	21:45	6:39 min/km
587	880	Krüger Paula	*Köln	1:06:29	1996	WU20	13	1:09:15	21:28 *	21:43 *	23:17	6:39 min/km
588	2387	Velde Claudia	*Köln	1:06:32	1967	W45	79	1:11:12	23:15 *	22:04 *	21:12	6:39 min/km
589	1904	Bischoff Kathrin	*Köln	1:06:34	1988	W20	143	1:11:22	23:31 *	21:35 *	21:27	6:39 min/km
590	2669	Pickel Vanessa		1:06:35	1991	W20	144	1:09:15	21:26 *	22:01 *	23:07	6:40 min/km
591	858	Morgenstern Dr. Julia	*Köln	1:06:36	1970	W45	80	1:08:48	22:17 *	21:49 *	22:29	6:40 min/km
592	2144	Reiners Daniela	*Hürth	1:06:36	1984	W30	114	1:09:54	22:54 *	21:16 *	22:25	6:40 min/km
593	3633	Campeggio Gabriella	*Köln	1:06:46	1982	W30	115	1:09:38	22:38 *	21:35 *	22:32	6:41 min/km
594	1451	Borowitz-Herzberger	*Berlin	1:06:46	1978	W35	99	1:08:24	21:07 *	21:57 *	23:42	6:41 min/km
595	2543	Schittbauer Sabine	aggerfitness	1:06:47	1964	W50	34	1:09:28	20:32 *	22:30 *	23:44	6:41 min/km
596	2006	Brei Daniela	*Hürth	1:06:49	1987	W20	145	1:09:38	23:18 *	21:10 *	22:20	6:41 min/km
597	1640	Driesnack Natalie	*Köln	1:06:52	1987	W20	146	1:09:56	21:26 *	21:51 *	23:33	6:41 min/km
598	2519	Pomino Jenny		1:06:54	1979	W35	100	1:10:12	21:39 *	22:05 *	23:10	6:41 min/km
599	1823	Jürgens Dr. Ruth	*Köln	1:06:54	1959	W55	18	1:08:37	22:35 *	21:45 *	22:33	6:41 min/km
600	1835	Kloda Vera	*Köln	1:06:55	1962	W50	35	1:08:37	22:35 *	21:45 *	22:33	6:42 min/km
601	2300	Kegel Sabine	Fit mit Sven	1:06:56	1973	W40	72	1:10:35	23:55 *	22:31 *	20:29	6:42 min/km
602	2307	Schiweck Ute	FIT-MIT-SVEN	1:06:56	1962	W50	36	1:10:35	23:54 *	22:32 *	20:29	6:42 min/km
603	1734	Fischer Sylvia	*Düren	1:06:58	1971	W40	73	1:09:27	22:00 *	21:52 *	23:05	6:42 min/km
604	1750	Nowak Daniela	*Wesseling	1:06:58	1982	W30	116	1:09:13	22:32 *	21:20 *	23:04	6:42 min/km
605	801	Kneis Anke	Laufgruppe2015	1:06:59	1968	W45	81	1:07:13	21:03 *	22:25 *	23:30	6:42 min/km
606	3727	Schneider Katharina	THW Köln Nord-West	1:06:59	1985	W30	117	1:11:32	22:53 *	21:55 *	22:10	6:42 min/km
607	1751	Walpurgis Silke	*Wesseling	1:07:00	1983	W30	118	1:09:13	22:34 *	21:20 *	23:05	6:42 min/km
608	3645	Lietz Tamara	*Köln	1:07:00	1982	W30	119	1:07:27	19:41 *	22:50 *	24:28	6:42 min/km
609	1299	Walpurgis Katja	Die Renttiere	1:07:00	1986	W20	147	1:09:13	22:33 *	21:20 *	23:05	6:42 min/km
610	2549	Fleischhauer Michčle		1:07:00	1983	W30	120	1:11:39	22:27 *	21:55 *	22:37	6:42 min/km
611	2126	Klöppner Dr. Kerstin	Hardtseemafia Triathlon	1:07:01	1977	W35	101	1:07:31	21:58 *	21:46 *	23:16	6:42 min/km
612	1149	Menser Swea	*Rösrath	1:07:04	1969	W45	82	1:10:50	23:05 *	21:54 *	22:04	6:42 min/km
613	3528	Ermer Diana	lauffreff Diana	1:07:04	1977	W35	102	1:07:13	20:23 *	22:30 *	24:10	6:42 min/km

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614	2546	Simon Sarah		1:07:06	1987 W20	148	1:12:09	21:40 *	21:31 *	23:54	6:43 min/km
615	825	Ams Dunja	*Karlsruhe	1:07:08	1980 W35	103	1:11:26	22:49 *	21:29 *	22:49	6:43 min/km
616	1226	Arras Ilka	*Köln	1:07:09	1987 W20	149	1:07:32	21:45 *	22:12 *	23:10	6:43 min/km
617	926	Pünter Eike	*Köln	1:07:09	1987 W20	150	1:12:03	24:20 *	21:27 *	21:21	6:43 min/km
618	1225	Vreisleben Mareike	*Köln	1:07:09	1983 W30	121	1:07:32	21:45 *	22:13 *	23:10	6:43 min/km
619	933	Rogge Ira	*Köln	1:07:10	1988 W20	151	1:12:05	24:36 *	21:12 *	21:20	6:43 min/km
620	826	Floßdorf Dagmar	Runtastic cheerleader	1:07:11	1967 W45	83	1:11:28	22:50 *	21:29 *	22:51	6:43 min/km
621	2327	Kaiser Carmen	Original Bootcamp	1:07:11	1985 W30	122	1:08:45	22:29 *	21:18 *	23:24	6:43 min/km
622	3225	Ruland Sandra	Gothaer	1:07:11	1973 W40	74	1:11:59	22:27 *	21:54 *	22:49	6:43 min/km
623	3499	Herlitze Marie	Original Bootcamp	1:07:11	1985 W30	123	1:08:46	22:29 *	21:23 *	23:18	6:43 min/km
624	3600	Kühne Amelie	*Bonn	1:07:14	1993 W20	152	1:08:08	23:22 *	22:37 *	21:14	6:43 min/km
625	3524	Oeltjen Britta	Original Bootcamp	1:07:14	1973 W40	75	1:08:49	22:29 *	21:26 *	23:19	6:43 min/km
626	3601	Von Jagemann Anna	*Bonn	1:07:19	1994 W20	153	1:08:14	23:22 *	22:36 *	21:20	6:44 min/km
627	1995	Mohr Christina	*Siegburg	1:07:20	1994 W20	154	1:10:39	22:58 *	21:39 *	22:41	6:44 min/km
628	1993	Mohr Susanne	*Siegburg	1:07:20	1970 W45	84	1:10:39	22:58 *	21:40 *	22:41	6:44 min/km
629	2372	Vorndran Melanie	Läuft bei uns!	1:07:25	1989 W20	155	1:11:06	22:40 *	21:54 *	22:50	6:45 min/km
630	2407	Reif Elke	*Hürth	1:07:26	1973 W40	76	1:10:14	24:31 *	23:23 *	19:31	6:45 min/km
631	882	Oudehinkel Hilde	*Köln	1:07:26	1973 W40	77	1:07:50	21:26 *	22:56 *	23:04	6:45 min/km
632	3534	Beckers Marion	*Köln	1:07:27	1971 W40	78	1:08:25	21:28 *	22:24 *	23:34	6:45 min/km
633	2082	Engler Simone	mas	1:07:27	1974 W40	79	1:09:13	21:24 *	22:09 *	23:52	6:45 min/km
634	613	Hansen Sigrid	XTrail-Aktiv	1:07:27	1966 W45	85	1:11:56	23:13 *	22:34 *	21:39	6:45 min/km
635	2104	Heinrichs Daniela	*Euskirchen	1:07:29	1988 W20	156	1:09:23	23:38 *	21:23 *	22:28	6:45 min/km
635	2105	Schneider Sarah	*Mechernich	1:07:29	1988 W20	156	1:09:23	23:37 *	21:23 *	22:27	6:45 min/km
637	694	Brüggemann Beate	Zarinfar GmbH	1:07:29	1978 W35	104	1:08:19	22:37 *	22:42 *	22:09	6:45 min/km
638	568	Lammers Sabrina	*Hürth	1:07:30	1981 W30	124	1:12:23	21:46 *	22:09 *	23:34	6:45 min/km
639	717	Holste Beate	*Bonn	1:07:32	1969 W45	86	1:10:19	23:17 *	22:58 *	21:16	6:45 min/km
640	1840	Gausmann Verena	*Köln	1:07:35	1989 W20	158	1:12:31	23:20 *	21:46 *	22:29	6:46 min/km
641	1816	Großmann Anne-Sophie	*Köln	1:07:35	1989 W20	159	1:12:32	23:20 *	21:46 *	22:29	6:46 min/km
642	1406	Althaus Andrea	LT Düsseldorf Süd	1:07:36	1967 W45	87	1:11:18	22:30 *	22:01 *	23:04	6:46 min/km
643	640	Jatho-Gröger Jasmin	*Bonn-Beuel	1:07:36	1987 W20	160	1:11:37	21:54 *	21:58 *	23:43	6:46 min/km
644	3623	Heimerl Anja	*Hürth	1:07:43	1988 W20	161	1:12:34	22:43 *	22:23 *	22:36	6:46 min/km
645	1327	Busch Imke	*Köln	1:07:43	1984 W30	125	1:11:12	22:59 *	22:20 *	22:22	6:46 min/km
646	1325	Davids Britta	*Köln	1:07:43	1983 W30	126	1:11:12	23:00 *	22:20 *	22:23	6:46 min/km
647	2175	Willwerth Lisa	MTV	1:07:53	1989 W20	162	1:08:57	22:00 *	21:31 *	24:21	6:47 min/km
648	916	Hudl Rosemarie	Laufen in NRW	1:07:54	1971 W40	80	1:10:22	22:48 *	22:03 *	23:01	6:47 min/km
649	1921	Schierz Nicola	*KÖLN	1:07:55	1986 W20	163	1:08:26	21:26 *	22:10 *	24:18	6:48 min/km
650	1919	Löckenhoff Nadine	*Düsseldorf	1:07:55	1986 W20	164	1:08:26	21:26 *	22:10 *	24:18	6:48 min/km
651	3951	Schnee Silke	WDR Laufgruppe	1:07:56	1966 W45	88	1:08:36	20:50 *	22:18 *	24:47	6:48 min/km
652	772	Nießén Daniela	Lauffreunde BKZ	1:08:05	1969 W45	89	1:10:15	21:56 *	22:27 *	23:41	6:49 min/km
653	1091	Schäfftlein Kerstin	TUS Quettingen	1:08:06	1970 W45	90	1:13:13	22:20 *	22:06 *	23:39	6:49 min/km
654	1337	Roth Claudia	Original Bootcamp	1:08:07	1983 W30	127	1:09:37	22:23 *	22:18 *	23:25	6:49 min/km
655	3194	Braun Silke	SG TÜV Rheinland	1:08:09	1980 W35	105	1:09:53	22:15 *	22:23 *	23:30	6:49 min/km
656	3193	Winkler Stefanie	SG TÜV Rheinland	1:08:09	1982 W30	128	1:09:54	22:15 *	22:22 *	23:31	6:49 min/km
657	595	Thul Gerlinde	*Bergheim	1:08:10	1955 W60	6	1:11:23	23:00 *	22:30 *	22:39	6:49 min/km
657	928	Kerimian Anne	*Köln	1:08:10	1976 W35	106	1:08:42	20:48 *	22:39 *	24:42	6:49 min/km
659	3785	Inden Barbara	*Koeln	1:08:11	1982 W30	129	1:12:13	23:38 *	22:16 *	22:16	6:49 min/km
660	3927	Frentz Anna		1:08:11	1988 W20	165	1:12:13	23:38 *	22:16 *	22:17	6:49 min/km
661	512	Hamacher Sandra	*Frechen	1:08:14	1977 W35	107	1:13:26	22:42 *	21:13 *	24:19	6:49 min/km
662	1715	Mentzel Sarah	Für die Gesundheit	1:08:14	1979 W35	108	1:09:36	21:01 *	22:38 *	24:34	6:49 min/km
663	513	Gaillard Kerstin	LAUFMAMALAUFL	1:08:14	1979 W35	109	1:13:26	22:42 *	21:13 *	24:19	6:49 min/km
664	1374	Fuhrich Corinna	*Bonn	1:08:18	1984 W30	130	1:12:44	23:15 *	22:00 *	23:02	6:50 min/km
665	466	Tempel Christine	Laufmamalauf	1:08:19	1981 W30	131	1:13:38	23:21 *	22:03 *	22:54	6:50 min/km
666	1375	Kempe Anne	*Bonn	1:08:19	1983 W30	132	1:12:44	23:17 *	22:00 *	23:02	6:50 min/km
667	2189	Ladenthin Stefanie	*Kerpen	1:08:21	1983 W30	133	1:13:34	22:43 *	21:59 *	23:38	6:50 min/km
668	3684	Brinker Nina	*Köln	1:08:21	1976 W35	110	1:11:38	22:53 *	22:03 *	23:25	6:50 min/km
669	3686	Dobbertin Nina	*Köln	1:08:22	1980 W35	111	1:11:38	22:53 *	22:03 *	23:25	6:50 min/km

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670	609	Koch Tanja	*Köln	1:08:26	1976	W35	112	1:12:09	22:57 *	22:28 *	23:00	6:51 min/km
671	521	Göke-Fritsch Christine	*Gladbeck	1:08:27	1960	W55	19	1:13:36	22:25 *	22:15 *	23:47	6:51 min/km
672	782	Dettmer Mara	*Hennef	1:08:31	1994	W20	166	1:13:49	24:22 *	24:07 *	20:00	6:51 min/km
673	3942	Eberhard Ulla		1:08:36	1958	W55	20	1:09:09	21:30 *	22:36 *	24:29	6:52 min/km
674	2644	Müller Sophie	NIA	1:08:37	1979	W35	113	1:11:48	23:00 *	22:09 *	23:26	6:52 min/km
675	3084	Rodenhäuser Lina	*Köln	1:08:37	1986	W20	167	1:11:41	23:54 *	22:19 *	22:22	6:52 min/km
676	3127	Reeb Uta	*Köln	1:08:37	1968	W45	91	1:08:58	21:35 *	22:59 *	24:02	6:52 min/km
677	638	Metzler Christina	*Köln	1:08:37	1976	W35	114	1:12:49	23:42 *	22:07 *	22:47	6:52 min/km
678	3089	Despineux Chantal	*Köln	1:08:39	1989	W20	168	1:12:41	23:27 *	22:06 *	23:05	6:52 min/km
679	447	Stauf Heike	*Köln	1:08:40	1978	W35	115	1:13:32	22:44 *	22:18 *	23:37	6:52 min/km
680	1587	Duran Nalan	*Kerpen	1:08:41	1983	W30	134	1:13:05	23:37 *	23:01 *	22:01	6:52 min/km
681	979	Kleist Britta	*Bergheim	1:08:41	1972	W40	81	1:11:29	22:04 *	21:50 *	24:46	6:52 min/km
682	3110	Sump Stephanie	Running Gag	1:08:42	1983	W30	135	1:09:43	22:51 *	22:23 *	23:27	6:52 min/km
683	3595	Mertens Ariane	*Lohmar	1:08:44	1984	W30	136	1:09:43	22:53 *	22:24 *	23:26	6:52 min/km
684	491	Kühnle Gabriele	*Köln	1:08:44	1963	W50	37	1:10:26	23:29 *	22:27 *	22:48	6:52 min/km
685	3112	Ahrens Barbara	Running Gag	1:08:46	1983	W30	137	1:09:43	22:54 *	22:24 *	23:27	6:53 min/km
686	1397	Schiprowski Vera	*Köln	1:08:47	1976	W35	116	1:12:51	23:27 *	22:04 *	23:16	6:53 min/km
687	1586	Kamacic Buket	*Kerpen	1:08:48	1987	W20	169	1:13:13	23:37 *	23:00 *	22:09	6:53 min/km
688	2125	Meiners Franziska	:anlauf Siegen	1:08:50	1992	W20	170	1:11:40	22:22 *	22:40 *	23:47	6:53 min/km
689	3146	Hayner-Hein Dörte	BAPersBw	1:08:51	1968	W45	92	1:13:40	23:42 *	22:17 *	22:52	6:53 min/km
690	1998	Lenz Vera	BAPersBw	1:08:52	1979	W35	117	1:13:40	23:41 *	22:17 *	22:53	6:53 min/km
691	765	Dettmer Lara	*Ruppichteroth	1:08:54	1989	W20	171	1:14:12	24:22 *	24:08 *	20:23	6:53 min/km
692	2431	Schneider Sabine	*Köln	1:08:59	1974	W40	82	1:09:40	21:59 *	22:57 *	24:02	6:54 min/km
693	690	Pollauf Sarah	Zarinfar GmbH	1:09:01	1986	W20	172	1:09:49	22:39 *	22:42 *	23:39	6:54 min/km
694	2027	Schoemaker Ines	*Köln	1:09:04	1982	W30	138	1:10:28	21:55 *	22:57 *	24:11	6:54 min/km
695	3643	Neu Kerstin	*Köln	1:09:05	1977	W35	118	1:11:56	22:13 *	22:27 *	24:24	6:55 min/km
696	3107	Blüm Andrea	*Pulheim	1:09:06	1967	W45	93	1:12:12	23:14 *	22:26 *	23:25	6:55 min/km
697	2272	Buhk Alicia	*Paris	1:09:06	1992	W20	173	1:12:55	21:22 *	22:11 *	25:32	6:55 min/km
698	2358	Bartsch Kathrin	*Köln	1:09:07	1976	W35	119	1:11:42	23:08 *	22:28 *	23:29	6:55 min/km
699	2335	Heinen Susanne	*Köln	1:09:07	1971	W40	83	1:13:08	23:27 *	22:07 *	23:32	6:55 min/km
700	2530	Steinbüchel Constanze	Kölle Alarm e.V.	1:09:08	1966	W45	94	1:11:36	23:16 *	21:43 *	24:07	6:55 min/km
701	2449	Vossel Sylvia	*Frechen	1:09:09	1972	W40	84	1:14:28	23:45 *	22:18 *	23:05	6:55 min/km
702	1012	Cafaro Rosa Luciana	Team Supermaus	1:09:10	1969	W45	95	1:14:27	23:46 *	22:18 *	23:05	6:55 min/km
703	1011	Bonni Sabine	Team Supermaus	1:09:10	1963	W50	38	1:14:28	23:45 *	22:18 *	23:05	6:55 min/km
704	1470	Breisser Brigitte	*Hennef	1:09:10	1971	W40	85	1:12:20	21:42 *	22:44 *	24:44	6:55 min/km
705	1408	Pabst Josephine	*Köln	1:09:11	1990	W20	174	1:11:24	22:35 *	22:16 *	24:19	6:55 min/km
706	659	Guttschau Lisa	*Siegen	1:09:12	1990	W20	175	1:14:21	22:58 *	21:56 *	24:17	6:55 min/km
707	1001	Kolkman Breedge	Neunkirchen Nightmars	1:09:15	1980	W35	120	1:11:18	24:18 *	22:26 *	22:29	6:56 min/km
708	1508	Wallenborn Sonja	*Köln	1:09:15	1964	W50	39	1:11:05	21:53 *	21:43 *	25:38	6:56 min/km
709	3404	Bram Antje	TriCologne	1:09:20	1968	W45	96	1:10:39	22:43 *	23:47 *	22:49	6:56 min/km
710	3421	Siri Quade	IVD	1:09:20	1979	W35	121	1:12:52	23:27 *	22:31 *	23:21	6:56 min/km
711	959	Wagner Angelika	*Erfstadt	1:09:21	1970	W45	97	1:13:20	22:43 *	22:45 *	23:52	6:56 min/km
712	867	Orth Nadine	*Köln	1:09:24	1977	W35	122	1:12:46	22:55 *	22:43 *	23:45	6:56 min/km
713	866	Waloschek Juliana	*Köln	1:09:26	2004	WU12	5	1:12:46	22:56 *	22:43 *	23:46	6:57 min/km
714	1475	Wacker Uta	*Euskirchen	1:09:28	1961	W50	40	1:12:55	22:58 *	22:07 *	24:22	6:57 min/km
715	1239	Busch Bettina	*Köln	1:09:33	1971	W40	86	1:14:10	22:52 *	23:02 *	23:38	6:57 min/km
716	2075	Uekermann Solveigh	*Hürth	1:09:36	1971	W40	87	1:13:51	23:59 *	23:01 *	22:34	6:58 min/km
717	2143	Müller Saskia	aggerfitness	1:09:39	1990	W20	176	1:12:19	24:03 *	22:54 *	22:41	6:58 min/km
718	2540	Kebekus Sandra		1:09:40	1985	W30	139	1:11:39	25:01 *	22:13 *	22:25	6:58 min/km
719	2076	Bendel Cordula	*Hürth	1:09:40	1971	W40	88	1:13:54	24:01 *	22:53 *	22:45	6:58 min/km
720	2073	Lux Silke	*Hürth	1:09:42	1972	W40	89	1:13:56	24:01 *	22:53 *	22:48	6:58 min/km
721	2074	Hucklenbroich Birgit	*Hürth	1:09:43	1968	W45	98	1:13:58	24:00 *	22:53 *	22:49	6:58 min/km
722	2066	Lenzhölzer Birgitt	TuS 05 Quettingen	1:09:43	1963	W50	41	1:12:01	23:42 *	22:24 *	23:36	6:58 min/km
723	2360	Koch Susanne	*Leverkusen	1:09:43	1971	W40	90	1:12:01	23:42 *	22:24 *	23:36	6:58 min/km
724	1631	Schmitz Annika	*Köln	1:09:43	1988	W20	177	1:10:56	21:53 *	22:28 *	25:22	6:58 min/km
725	2661	Kleine Annette		1:09:50	1965	W50	42	1:11:41	22:39 *	22:51 *	24:18	6:59 min/km

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726	1854	Marggraf Marion	*Leverkusen	1:09:51	1982	W30	140	1:12:24	21:48	* 22:58	* 25:04	6:59 min/km
727	1730	Schmidt Bianca	*Köln	1:09:52	1980	W35	123	1:13:01	24:23	* 21:53	* 23:35	6:59 min/km
728	1729	Plicht Christine	*Mainz	1:09:52	1983	W30	141	1:13:01	24:23	* 21:53	* 23:35	6:59 min/km
729	646	Loke Bettina	*Wesseling	1:09:55	1964	W50	43	1:10:43	23:07	* 23:02	* 23:45	6:60 min/km
729	2459	Podsada Regina	*Meerbusch	1:09:55	1962	W50	43	1:15:11	23:27	* 22:39	* 23:47	6:60 min/km
731	3209	Ommmer Annika	Gothaer	1:09:58	1994	W20	178	1:11:54	24:12	* 22:35	* 23:10	6:60 min/km
732	2319	Brenig Alicia	Orginal Bootcamp	1:09:59	1995	W20	179	1:15:10	23:26	* 21:48	* 24:44	6:60 min/km
733	2320	Lambertz Ann-Kathrin	Orginal Bootcamp	1:09:59	1995	W20	180	1:15:11	23:26	* 21:49	* 24:44	6:60 min/km
734	1653	Meier Sarah	*Stolberg	1:10:05	1994	W20	181	1:13:30	23:44	* 22:42	* 23:38	7:01 min/km
735	1652	Kohlen Luisa	*Aachen	1:10:06	1995	W20	182	1:13:30	23:45	* 22:43	* 23:38	7:01 min/km
736	2665	Drücke Jenny		1:10:07	1986	W20	183	1:11:55	21:52	* 23:09	* 25:05	7:01 min/km
737	1164	Schur Susi	*Bremerhaven	1:10:08	1965	W50	45	1:11:54	21:52	* 23:09	* 25:06	7:01 min/km
738	643	Schröder Christine	*Bornheim	1:10:09	1974	W40	91	1:11:32	23:38	* 23:32	* 22:58	7:01 min/km
739	1521	Pleitgen Vanessa	*Köln	1:10:13	1972	W40	92	1:13:20	26:00	* 21:01	* 23:12	7:01 min/km
740	2015	Hollmann Simone	*Köln	1:10:14	1983	W30	142	1:14:21	23:45	* 22:48	* 23:40	7:01 min/km
741	2137	Sauer Tatjana	*Köln	1:10:14	1982	W30	143	1:14:20	23:45	* 22:49	* 23:39	7:01 min/km
742	3151	Behrendt Birgit	*Birmingham	1:10:14	1959	W55	21	1:10:56	22:43	* 23:12	* 24:19	7:01 min/km
743	3412	Jennifer Stapper	IVD	1:10:15	1967	W45	99	1:13:50	24:05	* 22:25	* 23:45	7:02 min/km
744	1745	Annis Sabrina	*Hückeswagen	1:10:15	1984	W30	144	1:14:07	23:40	* 22:58	* 23:36	7:02 min/km
745	1746	Becker Sarah	*Hückeswagen	1:10:15	1987	W20	184	1:14:08	23:41	* 22:57	* 23:36	7:02 min/km
746	2442	Henze Miriam	Team Laufcampus	1:10:16	1977	W35	124	1:14:07	23:41	* 22:58	* 23:36	7:02 min/km
747	3416	Cristina Birsan	IVD	1:10:16	1977	W35	125	1:13:50	09:19	* 00:00	* 00:00	7:02 min/km
748	3788	Ruepp Claudia	*Köln	1:10:19	1989	W20	185	1:14:14	21:26	* 22:33	* 26:19	7:02 min/km
749	3497	Herchenbach Christiane	*Troisdorf	1:10:19	1986	W20	186	1:11:18	22:02	* 24:08	* 24:08	7:02 min/km
750	2230	Barbossa Teresa Cristina	*Köln	1:10:24	1963	W50	46	1:15:38	23:01	* 22:59	* 24:24	7:02 min/km
751	2214	Freitag Mareike	*Köln	1:10:24	1991	W20	187	1:12:01	23:21	* 24:18	* 22:44	7:02 min/km
752	731	Giesen Britta	*Köln	1:10:43	1979	W35	126	1:11:32	22:37	* 23:26	* 24:38	7:04 min/km
753	751	Schulte Denise	*Attendorn	1:10:45	1986	W20	188	1:13:05	23:31	* 22:36	* 24:38	7:05 min/km
754	1874	Seker Yasemin	*Tönisvorst	1:10:46	1986	W20	189	1:13:51	23:37	* 22:51	* 24:16	7:05 min/km
755	1875	Neeten Charline	*Kempfen	1:10:46	1987	W20	190	1:13:51	23:38	* 22:51	* 24:16	7:05 min/km
756	1270	Sander Marleen	Santa lauf!	1:10:50	1984	W30	145	1:15:48	24:22	* 23:07	* 23:20	7:05 min/km
757	3170	Gazke Jana	SoCura	1:10:53	1986	W20	191	1:15:44	24:07	* 23:12	* 23:33	7:05 min/km
758	1822	Hafer Eva	*Wiesbaden	1:10:56	1986	W20	192	1:12:26	22:22	* 23:10	* 25:22	7:06 min/km
759	1094	Berf Bianca	*Köln	1:10:57	1987	W20	193	1:12:39	23:24	* 22:46	* 24:47	7:06 min/km
760	2421	Wolff Andrea	aggerfitness	1:11:03	1960	W55	22	1:13:44	23:36	* 23:06	* 24:21	7:06 min/km
761	3782	Reisch Hanna	*Köln	1:11:16	1999	WU18	4	1:11:47	23:35	* 24:24	* 23:16	7:08 min/km
762	2050	Goevert Alexandra	Interbrand	1:11:16	1987	W20	194	1:12:02	24:35	* 23:11	* 23:29	7:08 min/km
763	2051	Vaccaro Julia	Interbrand	1:11:17	1991	W20	195	1:12:02	24:36	* 23:10	* 23:29	7:08 min/km
764	1661	Züll Frauke	*Euskirchen	1:11:20	1981	W30	146	1:14:02	23:05	* 23:22	* 24:52	7:08 min/km
765	1416	Schlößler Sabrina	*Kerpen	1:11:22	1985	W30	147	1:14:47	23:26	* 23:23	* 24:33	7:08 min/km
766	1087	Butzkamm Marita	*Olpe	1:11:24	1965	W50	47	1:15:19	22:22	* 22:17	* 26:43	7:08 min/km
767	1088	Butzkamm Isabelle	*Köln	1:11:24	1995	W20	196	1:15:19	22:22	* 22:18	* 26:43	7:08 min/km
768	3163	Althoff Marion	ASV Duisburg	1:11:25	1955	W60	7	1:11:36	24:43	* 23:01	* 23:39	7:09 min/km
769	3781	Reisch Marion	*Köln	1:11:25	1966	W45	100	1:11:58	23:19	* 23:28	* 24:37	7:09 min/km
770	673	Kleedörfer Alexandra	*Köln	1:11:33	1981	W30	148	1:15:30	24:13	* 23:04	* 24:16	7:09 min/km
771	674	Behrendt Heike	*Köln	1:11:33	1963	W50	48	1:15:30	24:13	* 23:04	* 24:16	7:09 min/km
772	575	Hlusiak Doris	*Remscheid	1:11:34	1958	W55	23	1:14:20	23:25	* 23:36	* 24:32	7:09 min/km
773	1809	Ruhnke Vera	Höhenkonzepte Uta oehl	1:11:34	1961	W50	49	1:14:06	23:03	* 23:21	* 25:09	7:09 min/km
774	1544	König Alexandra	*Köln	1:11:36	1972	W40	93	1:14:22	23:30	* 23:39	* 24:26	7:10 min/km
775	3256	Gehrlein Claudia	DKMS	1:11:37	1968	W45	101	1:14:23	21:52	* 23:26	* 26:18	7:10 min/km
776	1098	Krichel Annette	Micky-Mini-Maus	1:11:38	1959	W55	24	1:14:38	23:08	* 22:57	* 25:32	7:10 min/km
777	2196	Himpel Annette	*Düren	1:11:43	1963	W50	50	1:13:54	24:13	* 23:02	* 24:27	7:10 min/km
778	3572	Eschbach Rita	rrrun	1:11:44	1964	W50	51	1:16:12	24:17	* 23:22	* 24:05	7:10 min/km
779	3033	Streber Hannelore	*Köln	1:11:47	1976	W35	127	1:15:43	23:31	* 23:49	* 24:26	7:11 min/km
780	1400	Schmid Katharina	*Köln	1:11:48	1985	W30	149	1:14:46	22:38	* 24:55	* 24:15	7:11 min/km
781	3035	Coco Maria	*Köln	1:11:48	1989	W20	197	1:15:49	23:53	* 22:26	* 25:28	7:11 min/km

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782	1479	Althof Nina	*Köln	1:11:51	1973	W40	94	1:17:15	23:46	* 23:16	* 24:47	7:11 min/km
783	2438	Klaudt Gabriele	Bro Runners	1:12:01	1971	W40	95	1:16:23	24:06	* 23:45	* 24:09	7:12 min/km
784	2383	Saupe Cornelia	*Beckingen	1:12:01	1979	W35	128	1:16:23	24:07	* 23:44	* 24:09	7:12 min/km
785	1197	Dorenkamp Alexandra	*Swisttal	1:12:08	1999	WU18	5	1:12:28	22:19	* 24:15	* 25:32	7:13 min/km
786	1196	Kitzing Sara	*Swisttal	1:12:08	1999	WU18	6	1:12:28	22:19	* 24:15	* 25:32	7:13 min/km
787	1150	Rothenburger Katja	*Overath	1:12:09	1979	W35	129	1:15:55	23:08	* 23:27	* 25:33	7:13 min/km
788	757	Jansen Marion	*Köln	1:12:11	1975	W40	96	1:15:58	23:50	* 22:43	* 25:37	7:13 min/km
789	3687	Bruch Natalie	*Wiehl	1:12:11	1977	W35	130	1:15:22	27:31	* 22:11	* 22:28	7:13 min/km
790	889	Hess Nancy	*Köln	1:12:16	1979	W35	131	1:16:04	23:18	* 23:15	* 25:43	7:14 min/km
791	1543	Schnell Gabriele	*Bergisch Gladbach	1:12:21	1964	W50	52	1:15:35	23:46	* 23:42	* 24:51	7:14 min/km
792	2343	Schulte-König Sonja	Genussläufer	1:12:29	1979	W35	132	1:16:10	23:53	* 23:38	* 24:57	7:15 min/km
793	2316	Müller Anika	FIT-MIT-SVEN	1:12:31	1974	W40	97	1:16:10	23:55	* 23:37	* 24:58	7:15 min/km
794	3698	Zöllner Patricia	*Everswinkel	1:12:37	1986	W20	198	1:14:36	21:25	* 24:59	* 26:12	7:16 min/km
795	758	Abrahamszewski Melanie	*Köln	1:12:44	1981	W30	150	1:16:31	24:23	* 23:34	* 24:46	7:16 min/km
796	996	Heinze Lydia	*Koeln	1:12:45	1986	W20	199	1:14:27	24:47	* 23:56	* 24:01	7:17 min/km
797	637	Dres-Seppelt Brigitte	*Bonn	1:12:49	1965	W50	53	1:13:30	22:07	* 24:15	* 26:25	7:17 min/km
798	420	Glagow Nina	Deutsche Rheuma-Liga	1:12:52	1979	W35	133	1:17:03	23:29	* 24:07	* 25:15	7:17 min/km
799	1436	Jagemann Katharina	*Köln	1:12:53	1980	W35	134	1:18:09	23:44	* 23:42	* 25:27	7:17 min/km
800	3262	Lammers Catha	DKMS	1:12:57	1983	W30	151	1:15:45	24:18	* 23:26	* 25:12	7:18 min/km
801	3515	Schneider Anna	*Köln	1:12:58	1986	W20	200	1:18:11	23:17	* 23:40	* 26:00	7:18 min/km
802	3516	Schneider Berenike	*Köln	1:12:58	1992	W20	201	1:18:12	23:17	* 23:40	* 26:00	7:18 min/km
803	3335	Bürger Anne	Kieser Training	1:13:04	1969	W45	102	1:13:21	22:56	* 24:17	* 25:50	7:18 min/km
804	823	Beutelstahl Coco	*Köln	1:13:11	1985	W30	152	1:17:46	24:10	* 23:39	* 25:21	7:19 min/km
805	1988	Reyes Trujillo María Inés	*Nidda	1:13:19	1960	W55	25	1:18:18	24:16	* 23:25	* 25:38	7:20 min/km
806	1167	Mauer Kristin	Takasago Europe GmbH	1:13:21	1991	W20	202	1:15:19	24:05	* 24:17	* 24:58	7:20 min/km
807	1165	Schlich Sarah	Takasago Europe GmbH	1:13:21	1985	W30	153	1:15:19	24:06	* 24:16	* 24:58	7:20 min/km
808	2178	SMUSCH CHRISTIANE	*KÖLN	1:13:25	1977	W35	135	1:17:40	25:13	* 23:59	* 24:12	7:21 min/km
809	781	Henkel Sarah	*Köln	1:13:30	1985	W30	154	1:15:50	24:08	* 24:11	* 25:10	7:21 min/km
810	2131	Fernandez Alvarez Rocio	*Dormagen	1:13:45	1983	W30	155	1:16:26	24:51	* 24:23	* 24:30	7:23 min/km
811	817	Hegger Lisa	*Köln	1:13:45	1987	W20	203	1:16:26	24:51	* 24:22	* 24:31	7:23 min/km
812	877	Haleit Dr. Lisa	Laufclub Rückwärts	1:13:47	1992	W20	204	1:15:24	23:21	* 24:18	* 26:07	7:23 min/km
813	3930	Petry Karen		1:13:49	1962	W50	54	1:15:39	24:29	* 24:14	* 25:04	7:23 min/km
814	3021	Tilly Sandra	TuS 05 Quettingen	1:13:55	1983	W30	156	1:19:02	23:30	* 24:03	* 26:22	7:24 min/km
815	925	Antonin Judith	*Köln	1:14:03	1988	W20	205	1:18:58	24:52	* 24:19	* 24:52	7:24 min/km
816	923	Werner Tanja	Rondoweg Läufer	1:14:09	1983	W30	157	1:18:40	24:42	* 23:47	* 25:39	7:25 min/km
817	887	Karowski Jana	*Köln	1:14:13	1969	W45	103	1:15:18	23:52	* 24:46	* 25:34	7:25 min/km
818	935	Vogel Lara	*Willich	1:14:14	1992	W20	206	1:18:12	23:29	* 24:28	* 26:16	7:25 min/km
819	939	Goth Stéfanie	*Essen	1:14:21	1990	W20	207	1:18:18	23:29	* 24:28	* 26:22	7:26 min/km
820	1604	Hötgen Caro	Cologne Triathlon Rookies	1:14:21	1989	W20	208	1:18:40	25:55	* 27:28	* 20:58	7:26 min/km
821	2406	Beielstein Anna	The GinNastics	1:14:38	1993	W20	209	1:19:49	25:01	* 24:15	* 25:20	7:28 min/km
822	3611	Dallmann Yennifer	The GinNastics	1:14:38	1988	W20	210	1:19:50	25:02	* 24:15	* 25:21	7:28 min/km
823	2197	Himpel Steffi	*Düren	1:14:41	1996	WU20	14	1:16:52	23:32	* 23:44	* 27:24	7:28 min/km
824	2002	Schrage Ann-Christin	*Münster	1:14:55	1990	W20	211	1:17:08	24:03	* 24:32	* 26:19	7:30 min/km
825	3751	Uphoff Friderike	*Köln	1:14:57	1993	W20	212	1:19:25	25:02	* 24:38	* 25:16	7:30 min/km
826	734	Tahiri Trimore	*Weilerswist	1:15:07	1997	WU20	15	1:18:58	22:33	* 25:47	* 26:46	7:31 min/km
827	735	Lapp Olga	*Erfstadt	1:15:08	1971	W40	98	1:18:57	25:18	* 24:51	* 24:58	7:31 min/km
828	968	Schwarz Gisa	Rondowegläufer	1:15:10	1971	W40	99	1:19:41	24:43	* 23:47	* 26:39	7:31 min/km
829	2329	Coeln Elly	*Köln	1:15:18	1956	W55	26	1:17:35	24:12	* 24:00	* 27:05	7:32 min/km
830	2100	Dubbel Elke	*Köln	1:15:18	1967	W45	104	1:17:35	24:13	* 24:00	* 27:04	7:32 min/km
831	1719	Stamm Valerie	*Solingen	1:15:33	1989	W20	213	1:20:33	25:01	* 25:13	* 25:18	7:33 min/km
832	1752	Untrieser Kirstin	*Wuppertal	1:15:34	1984	W30	158	1:20:33	24:54	* 25:13	* 25:26	7:33 min/km
833	3286	Giesecke Pia	BSG RheinEnergie	1:15:37	1968	W45	105	1:20:46	24:38	* 24:39	* 26:19	7:34 min/km
834	1273	Hermanns Sonja	Original Bootcamp	1:16:00	1986	W20	214	1:18:27	24:13	* 25:03	* 26:43	7:36 min/km
835	1274	Jung Birgit	Original Bootcamp	1:16:02	1961	W50	55	1:18:27	24:15	* 25:03	* 26:43	7:36 min/km
836	2190	Weitenberg Istrid	*Köln	1:16:06	1980	W35	136	1:19:38	23:52	* 24:54	* 27:18	7:37 min/km
837	2022	Doose Ulrike	*Köln	1:16:21	1983	W30	159	1:20:19	25:07	* 25:03	* 26:11	7:38 min/km

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838	3883	Beckschulte Jule	LT DSHS Köln	1:16:39	2003 WU14	3	1:19:49	22:05 *	25:56 *	28:37	7:40 min/km
839	1744	Paruch Agathe	*Köln	1:16:40	1985 W30	160	1:20:28	26:07 *	24:52 *	25:40	7:40 min/km
840	1743	Sandra Orlitz	*Köln	1:16:41	1985 W30	161	1:20:28	26:08 *	24:49 *	25:43	7:40 min/km
841	91	Meinung Carla	*Köln	1:16:41	1989 W20	215	1:20:28	25:05 *	25:53 *	25:43	7:40 min/km
842	815	Musiol Marion	*Bonn	1:16:47	1982 W30	162	1:21:21	24:12 *	24:48 *	27:46	7:41 min/km
843	816	Peschke Madeleine	*Bonn	1:16:47	1989 W20	216	1:21:21	24:12 *	24:48 *	27:46	7:41 min/km
844	1985	Dobrick Tanja	Team Erdinger Alkoholfrei	1:17:20	1973 W40	100	1:21:42	25:23 *	25:07 *	26:49	7:44 min/km
845	2390	Becker Romy	*Köln	1:17:41	1982 W30	163	1:22:06	25:05 *	24:45 *	27:51	7:46 min/km
846	2391	Hohn Daniela Maria	*Köln	1:17:42	1978 W35	137	1:22:05	25:06 *	24:45 *	27:50	7:46 min/km
847	2554	Parton Claudia	LESEWELTEN - Liesbert	1:17:52	1982 W30	164	1:18:28	22:44 *	27:26 *	27:42	7:47 min/km
848	3342	Höschler Ingeborg	Kieser Training	1:18:35	1962 W50	56	1:21:54	24:15 *	26:17 *	28:02	7:52 min/km
849	3766	Rohmoser Eva-Maria	Laufmariechen Köln	1:19:04	1954 W60	8	1:20:44	26:49 *	25:22 *	26:52	7:54 min/km
850	1708	Junger Stephanie	LT Dünwald TV	1:19:30	1974 W40	101	1:24:35	25:33 *	26:11 *	27:45	7:57 min/km
851	3773	Fahle Babette	*Leichlingen	1:20:20	1969 W45	106	1:21:40	25:27 *	26:08 *	28:43	8:02 min/km
852	1590	Schulze Cornelia	*kerpen	1:20:30	1968 W45	107	1:25:53	26:56 *	26:21 *	27:12	8:03 min/km
853	1872	Kahl Ute	*Köln	1:21:25	1973 W40	102	1:26:51	24:21 *	26:55 *	30:07	8:09 min/km
854	3105	Vogelheim Emma	*Köln	1:21:35	2004 WU12	6	1:25:22	26:53 *	26:37 *	28:03	8:10 min/km
855	2351	Mayrhöfer Katja	*Köln	1:21:35	1975 W40	103	1:24:50	25:14 *	27:29 *	28:52	8:10 min/km
856	945	Schommartz Alex	*Köln	1:21:35	1976 W35	138	1:24:51	25:14 *	27:29 *	28:52	8:10 min/km
857	3104	Vogelheim Dr. Silke	*Köln	1:21:39	1969 W45	108	1:25:26	26:52 *	26:38 *	28:08	8:10 min/km
858	1135	Schlochtermeyer Anna	Auf-geht's-5a APG	1:21:39	2007 WU10	2	1:25:26	26:53 *	26:38 *	28:07	8:10 min/km
859	1562	Von Einem Astrid	XTrail-Aktiv	1:21:53	1976 W35	139	1:26:44	26:10 *	27:01 *	28:41	8:11 min/km
860	579	Krumbein Alexandra	*Brühl	1:21:56	1984 W30	165	1:23:40	25:38 *	27:51 *	28:26	8:12 min/km
861	1133	Schlochtermeyer Anja	Auf-geht's-5a APG	1:22:05	1974 W40	104	1:25:52	26:52 *	26:38 *	28:34	8:13 min/km
862	1049	Glindemann Jennifer	*Jüchen	1:22:15	1973 W40	105	1:23:40	26:02 *	27:23 *	28:49	8:14 min/km
863	2398	Lebertz Jenni	*Zülpich	1:25:36	1983 W30	166	1:27:28	26:11 *	29:00 *	30:24	8:34 min/km
864	2397	Valder Petra	*Erfstadt	1:25:37	1973 W40	106	1:27:28	26:11 *	29:01 *	30:24	8:34 min/km