

## 10km - Gesamtwertung

Unilaf Köln - 17. Juni 2015

## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	2293	Solomun Eyob	SG Wenden	GER	0:30:51	0:30:53	1	MHK	93	07:55	07:37	07:47	07:31	
2	1767	Mansouri Nouredine	Bunert - Der Kölner Laufladen	GER	0:31:45	0:31:47	1	M30	81	08:03	07:48	07:58	07:55	
3	127	Zanon Lorenzo	RWTH Aachen		0:32:42	0:32:42	2	MHK	86	08:33	07:59	08:07	08:01	
4	1723	Johnstone Nikki	ASICS Frontrunner	GBR	0:32:45	0:32:47	2	M30	84	08:26	08:04	08:11	08:03	
5	130	Stollenwerk Yannic	RWTH Aachen		0:33:28	0:33:29	3	MHK	90	08:33	08:18	08:18	08:18	
6	82	Giesen Rene	WG Köln		0:34:02	0:34:02	4	MHK	93	08:34	08:28	08:40	08:18	
7	133	Pelzer Martin	RWTH Aachen		0:34:07	0:34:08	5	MHK	88	08:49	08:23	08:31	08:23	
8	100	Ulrich Marius	WG Köln		0:34:09	0:34:10	6	MHK	92	08:49	08:25	08:40	08:13	
9	135	Camminady Thomas	RWTH Aachen		0:34:10	0:34:10	7	MHK	89	08:49	08:26	08:36	08:17	
10	2368	Engelbert Lukas	Triathlon Team TG Witten	GER	0:34:29	0:34:30	8	MHK	92	08:44	08:23	08:39	08:41	
11	79	Claeßens Thomas	WG Köln		0:35:07	0:35:07	9	MHK	86	08:40	08:18	08:28	09:38	
12	112	Melzer Lukas	Uni Bonn		0:35:27	0:35:29	10	MHK	91	09:23	08:44	08:41	08:38	
13	85	Kostov Tihomir	WG Köln		0:35:28	0:35:29	11	MHK	95	08:47	08:38	09:16	08:46	
14	124	Heuschen Martin	RWTH Aachen		0:35:47	0:35:47	12	MHK	91	08:49	08:46	09:06	09:05	
15	84	Klamet Johannes	WG Köln		0:35:59	0:35:59	13	MHK	93	09:27	08:45	08:54	08:51	
16	146	Wolf Marcel	WG Köln		0:36:07	0:36:07	14	MHK	89	09:24	08:48	09:01	08:52	
17	1826	Wienecke Thorsten	cleverbridge AG roadrunners		0:37:07	0:37:07	1	M40	71	09:40	09:10	09:13	09:02	
18	1973	Stephan Alexander	Die derben Dermas	GER	0:37:22	0:37:23	15	MHK	86	09:16	09:21	09:29	09:14	
19	95	Schönenbrücher Torsten	WG Köln		0:37:37	0:37:38	16	MHK	91	09:29	09:12	09:38	09:15	
20	53	Biermann Lukas	Uni Münster		0:37:41	0:37:42	17	MHK	95	09:55	09:19	09:28	08:58	
21	2575	Ries Benjamin	RWTH Aachen		0:37:44	0:37:44	3	M30	84	09:39	09:11	09:25	09:27	
22	78	Breuer Laurids	WG Köln		0:37:46	0:37:47	18	MHK	93	09:56	09:14	09:27	09:08	
23	1746	Albrand Frank	BLB Köln Runner		0:37:46	0:37:48	1	M45	68	09:51	09:17	09:24	09:13	
24	39	Kuhlmann Frederik	TU Dortmund		0:37:48	0:37:50	19	MHK	88	09:41	09:11	09:30	09:25	
25	123	Beumers David	RWTH Aachen		0:37:51	0:37:52	20	MHK	90	09:52	09:18	09:26	09:14	
26	121	Artz Johannes	RWTH Aachen		0:37:54	0:37:55	21	MHK	90	09:51	09:17	09:28	09:17	
27	122	Bielefeld Philipp	RWTH Aachen		0:38:22	0:38:22	22	MHK	90	09:52	09:24	09:41	09:24	
28	2495	Howard Phillip	Prothetik UK-Köln		0:38:25	0:38:29	23	MHK	90	09:47	09:35	09:42	09:19	
29	126	Mohr Benjamin	RWTH Aachen		0:38:26	0:38:27	24	MHK	88	09:55	09:25	09:34	09:30	
30	2071	Freyaldenhoven Jan	Köln läuft		0:38:36	0:38:45	4	M30	83	10:16	09:28	09:29	09:22	
31	1771	Elskamp Gregor	Central-Team.de	GER	0:38:38	0:38:41	2	M40	71	10:09	09:26	09:30	09:31	
32	119	Baaken Emanuel	RWTH Aachen		0:38:40	0:38:41	25	MHK	90	10:37	09:44	09:20	08:57	
33	2596	Mithöfer Marcel			0:38:44	0:38:47	1	MU2	97	09:54	09:19	09:40	09:48	
34	1338	Haid Sebastian	*Köln	AUT	0:38:55	0:39:01	5	M30	85	10:11	09:31	09:36	09:34	
35	86	Krüger Tim	WG Köln		0:38:56	0:38:59	26	MHK	93	09:54	09:17	09:55	09:48	
36	1577	Schmidt Pascal	*Bonn	GER	0:39:09	0:39:23	27	MHK	93	10:55	09:16	09:41	09:15	
37	2180	Theißen Michael	Laktatkönige	GER	0:39:16	0:39:23	1	M55	59	19:39	00:00	09:50	09:46	
38	1772	Schäferkötter Martin	central-team.de	GER	0:39:19	0:39:23	2	M45	68	10:11	09:31	09:50	09:45	
39	145	Hackmann Sascha	RWTH Aachen		0:39:21	0:39:24	28	MHK	88	10:22	09:34	09:48	09:35	
40	144	Hülsdünker Arne	RWTH Aachen		0:39:26	0:39:27	29	MHK	90	10:10	09:38	09:53	09:44	
41	2288	Kriszeleit Leon	Selbstläufer	GER	0:39:32	0:39:36	30	MHK	89	09:55	09:36	10:01	09:59	
42	139	Ehmke Felix	RWTH Aachen		0:39:34	0:39:36	31	MHK	90	10:07	09:41	10:00	09:46	
43	2343	Kühne Lucas	Team Tafel	GER	0:39:35	0:39:37	32	MHK	90	10:10	09:47	09:37	09:59	
44	36	Hempelmann Sven	TU Dortmund		0:39:37	0:39:39	33	MHK	89	10:37	09:43	09:40	09:35	
45	2282	Kaiser Thomas	Sebamed Running Team	GER	0:39:52	0:39:55	34	MHK	89	10:06	09:41	10:05	09:58	
46	2283	Kaiser Thomas	Sebamed Running Team	GER	0:39:53	0:39:55	35	MHK	89	10:07	09:41	10:05	09:58	
47	1543	Richardson Christophe	*Köln	FRA	0:39:59	0:40:00	36	MHK	87	09:51	09:57	10:20	09:50	
48	125	Wagner Patrick	RWTH Aachen		0:40:04	0:40:05	37	MHK	88	10:13	09:56	10:06	09:47	
49	117	Halbach Patrick	RWTH Aachen		0:40:04	0:40:07	38	MHK	93	09:50	09:55	10:07	10:10	
50	1752	Iwanski Damian	BLB Köln Runner		0:40:10	0:40:11	3	M40	74	10:13	09:45	09:59	10:11	
51	140	Homemann Alexander	RWTH Aachen		0:40:13	0:40:16	39	MHK	95	10:24	09:55	10:11	09:41	
52	106	Franks Jordan	Uni Bonn		0:40:18	0:40:24	40	MHK	89	10:24	10:00	10:20	09:32	
53	1512	Oubaha Driss	*Hürth	MAR	0:40:19	0:40:25	41	MHK	88	09:43	10:04	10:44	09:46	
54	105	Kocák Jan	Uni Bonn		0:40:20	0:40:26	42	MHK	89	10:39	09:46	09:56	09:57	
55	1271	Decker Torre	*Köln	GER	0:40:23	0:40:25	43	MHK	90	10:23	09:45	10:10	10:03	
56	2048	Röth Leonce	In Memoriam - Dampflok Dennis	GER	0:40:25	0:40:26	6	M30	82	10:11	09:47	10:17	10:08	
57	2085	Steppkes Fran-Heinrich	Köln läuft		0:40:43	0:40:49	4	M40	73	10:45	10:03	10:02	09:51	
58	2158	Kaatz Michael	Kreissparkasse Köln	GER	0:40:51	0:40:53	7	M30	82	10:25	10:14	10:11	09:59	
59	1675	Wasgien Mirko	*Köln	GER	0:40:53	0:40:57	8	M30	81	10:25	10:05	10:16	10:06	
60	1872	Henke Robin-Antonius	COLOGNE INTERNATIONALS	GER	0:40:56	0:40:56	44	MHK	87	10:45	09:41	10:18	10:09	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	2117	Engelhardt Kai	Kölner Bank		0:41:16	0:41:18	3	M45	67	10:31	10:02	10:14	10:27	
62	37	Jens Grünheidt	TU Dortmund		0:41:33	0:41:39	45	MHK	87	10:58	10:14	10:22	09:57	
63	2603	Bornemann Thomas			0:41:35	0:41:40	4	M45	68	10:52	10:08	10:14	10:20	
64	1528	Praet Mark	*Köln	GER	0:41:38	0:42:04	46	MHK	90	10:31	10:02	10:36	10:27	
65	2062	Stoffels Christopher	KF Lebensstil	GER	0:41:39	0:41:52	47	MHK	90	10:25	09:52	10:33	10:47	
66	1454	Lorre Marcus	*Köln	GER	0:41:45	0:41:51	48	MHK	89	10:34	10:16	10:44	10:09	
67	2388	Troudi Khaled	Uni Klinik	GER	0:41:47	0:41:48	5	M40	75	10:25	10:18	10:35	10:27	
68	1433	Lackner Carlo	*Köln	GER	0:41:53	0:42:02	2	MU2	96	10:50	10:23	10:32	10:06	
69	1823	Trzaskalik Martin	cleverbridge AG roadrunners		0:41:55	0:42:10	6	M40	73	10:54	10:13	10:24	10:23	
70	1856	Dreusicke Eike	COLOGNE INTERNATIONALS	GER	0:41:56	0:42:04	49	MHK	89	10:19	10:07	10:46	10:42	
71	1627	Sudmann Tobias	*Köln	GER	0:41:56	0:41:58	1	M35	78	10:44	10:18	10:33	10:20	
72	1209	Antony Maurice	*Köln-Sütz	LUX	0:41:57	0:42:11	50	MHK	88	11:21	10:09	10:22	10:03	
73	1290	Fiedler Jens	*Köln	GER	0:42:01	0:42:11	2	M35	77	10:59	10:11	10:25	10:25	
74	1466	Mathey Philipp	*Köln	GER	0:42:02	0:42:17	51	MHK	88	10:59	10:10	10:36	10:16	
75	2281	Schmatz Raphael	Schwentenfreunde	GER	0:42:08	0:42:19	52	MHK	87	11:03	10:20	10:26	10:17	
76	2268	Hovestadt Nico	Rut Wiess Dreckelisch	GER	0:42:08	0:42:21	3	M35	80	10:49	10:07	10:44	10:27	
77	2251	Bytschkow Witali	Rausgegangen	GER	0:42:09	0:42:14	53	MHK	87	10:20	10:32	10:56	10:19	
78	1404	Kley Lukas	*Köln	GER	0:42:10	0:42:27	54	MHK	92	10:41	10:25	10:29	10:33	
79	118	Fabis Robin	RWTH Aachen		0:42:15	0:42:17	55	MHK	90	10:26	10:30	10:47	10:31	
80	2585	Hattendorf Kai			0:42:17	0:42:20	7	M40	73	10:41	10:30	10:36	10:27	
81	2503	Yosy Lawrence	Prothetik UK-Köln		0:42:18	0:42:22	56	MHK	92	10:45	10:26	10:42	10:22	
82	1874	Hoier Simon	COLOGNE INTERNATIONALS	GER	0:42:19	0:42:24	57	MHK	89	10:41	10:09	10:48	10:41	
83	1944	Washausen Simon	COLOGNE INTERNATIONALS	GER	0:42:19	0:42:23	58	MHK	89	10:49	10:19	10:54	10:15	
84	68	Hegewald Hannes Pascal	Uni Witten-Herdecke		0:42:21	0:42:31	59	MHK	88	10:18	10:29	11:01	10:30	
85	2571	Unbekannt			0:42:26	0:42:28	60	MHK		10:40	10:08	10:38	10:59	
86	1644	Thullen Stefan	*Köln	GER	0:42:26	0:42:56	61	MHK	93	10:58	10:11	10:45	10:31	
87	2584	Wichmann Niklas			0:42:33	0:43:35	62	MHK	90	11:58	09:44	10:31	10:19	
88	1492	Nehrhoff Hauke	*Köln	GER	0:42:34	0:42:45	63	MHK	91	10:58	10:36	10:42	10:16	
89	1933	Stein Felix	COLOGNE INTERNATIONALS	GER	0:42:39	0:42:58	64	MHK	94	11:38	10:35	10:25	10:00	
90	1516	Pastoor Andreas	*Köln	GER	0:42:42	0:42:51	1	M50	65	11:22	10:24	10:30	10:25	
91	1780	Böckem Sebastian	cleverbridge AG roadrunners		0:42:43	0:42:58	65	MHK	90	10:53	10:09	10:42	10:57	
92	1858	Ekman Nils	COLOGNE INTERNATIONALS	SWE	0:42:45	0:42:55	66	MHK	87	10:58	10:14	10:45	10:46	
93	2610	Trumann Janning			0:42:46	0:42:57	67	MHK	90	11:09	10:24	10:36	10:35	
94	142	Schölzel Joel	RWTH Aachen		0:42:46	0:42:49	68	MHK	93	10:38	10:17	10:55	10:54	
95	2498	Wrozcek Paul	Prothetik UK-Köln		0:42:52	0:42:57	69	MHK	91	10:49	10:29	10:42	10:50	
96	2467	Zeidler Oliver	COLOGNE INTERNATIONALS	GER	0:42:54	0:43:35	70	MHK	93	11:46	10:19	10:49	09:58	
97	1460	Maercker Arne	*köln	GER	0:42:55	0:43:01	71	MHK	90	10:44	10:31	10:43	10:55	
98	2036	Röding Lars	GfE läuft ... seit 1887	GER	0:42:56	0:43:12	72	MHK	90	11:52	10:35	10:27	09:59	
99	2459	Hodel Liviu	*Köln	GER	0:42:57	0:43:03	73	MHK	86	11:03	10:35	10:56	10:22	
100	1384	Jakobs David	*Köln	GER	0:42:58	0:43:00	74	MHK	87	10:56	10:38	10:44	10:38	
101	2442	Simon Daniel	Weitblick Köln	GER	0:43:02	0:44:18	75	MHK	86	11:28	10:28	10:38	10:26	
102	2593	Schütte Christoph			0:43:02	0:43:06	76	MHK	94	10:51	10:06	11:00	11:04	
103	1936	Tassius Alexander	COLOGNE INTERNATIONALS	GER	0:43:06	0:43:09	77	MHK	87	10:21	10:18	11:02	11:24	
104	2022	Pörschmann Christoph	F07 and friends	GER	0:43:06	0:43:11	5	M45	70	11:01	10:39	10:52	10:33	
105	102	Grunwald Tobias Sebastian	Uni Bonn		0:43:07	0:43:22	78	MHK	89	10:21	10:23	11:33	10:48	
106	59	Lüker Sebastian	Uni Münster		0:43:08	0:43:10	79	MHK	86	10:54	10:31	10:59	10:42	
107	1983	Moritz Ralf	Die Intensiven	GER	0:43:09	0:43:26	6	M45	68	11:23	10:27	10:39	10:37	
108	1613	Steffens Christian	*Würselen	GER	0:43:10	0:43:58	80	MHK	93	12:47	10:09	10:11	10:01	
109	2231	Steil Heiko	o2Runners	GER	0:43:18	0:44:19	4	M35	76	12:04	10:24	10:33	10:16	
110	1567	Schäfer Stephan	*Köln	GER	0:43:19	0:43:26	81	MHK	87	12:03	10:00	10:50	10:25	
111	1741	Johnson Dr. Kevin	Bio4ever	GER	0:43:26	0:43:43	2	M50	64	11:47	10:27	10:29	10:41	
112	1557	Ruic Simon	*Bonn	SLO	0:43:27	0:43:30	9	M30	85	10:57	10:45	11:06	10:37	
113	2206	Kukulka Sascha	LT Siebengebirge	GER	0:43:29	0:43:35	3	M50	64	11:05	10:40	10:48	10:55	
114	2423	Mohrmann Jörg	VampirPower		0:43:30	0:43:40	8	M40	73	10:52	10:32	11:02	11:02	
115	1666	Von Dreden Tobias	*Köln	GER	0:43:30	0:43:35	82	MHK	88	11:18	10:41	10:56	10:33	
116	2563	Unbekannt			0:43:33	0:43:44	83	MHK		10:35	10:29	11:23	11:05	
117	2112	Buderath Niclas	Kölner Bank		0:43:38	0:44:33	84	MHK	91	11:59	10:27	10:42	10:29	
118	2409	Wolter Dr. Matthias	Valium i.V.	GER	0:43:38	0:43:57	9	M40	72	11:10	10:43	10:58	10:45	
119	2437	Bolte Sebastian	Weitblick Köln	GER	0:43:39	0:43:50	85	MHK	91	11:12	10:34	10:49	11:03	
120	1914	Nover Sebastian	COLOGNE INTERNATIONALS	GER	0:43:40	0:43:49	86	MHK	89	10:59	10:54	11:27	10:19	

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Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
121	1654	Ungelenk Hendrik	*Köln	GER	0:43:43	0:43:54	87	MHK	94	11:39	10:51	10:48	10:23
122	1830	Beiler Hendrik	CMRunners	GER	0:43:43	0:44:03	88	MHK	87	11:43	10:49	10:46	10:24
123	1958	Manke Adrian	ConsuliRunner	GER	0:43:45	0:44:15	89	MHK	86	11:41	10:49	10:54	10:20
124	1506	Orschiedt Jonathan	*Köln	GER	0:43:46	0:43:52	90	MHK	91	10:52	10:40	11:24	10:48
125	1307	Geisbüsch Gerit	*Köln	GER	0:43:47	0:43:48	91	MHK	91	11:09	10:40	11:00	10:56
126	1815	Repas Ruben	cleverbridge AG roadrunners		0:43:48	0:43:56	92	MHK	86	11:14	10:38	10:52	11:01
127	2445	Carl Jens	WiSo Warriors	GER	0:43:49	0:44:06	93	MHK	88	11:44	10:36	10:51	10:36
128	2447	Noll Mike	WiSo Warriors	GER	0:43:51	0:44:07	94	MHK	86	11:44	10:47	10:55	10:23
129	2444	Collin Robin	WeRun	GER	0:43:52	0:44:00	95	MHK	94	11:16	10:26	10:51	11:16
130	2597	Brunotte Dirk			0:43:52	0:44:06	7	M45	68	11:50	10:43	10:43	10:34
131	1518	Peppinghaus Ulrich	*Köln	GER	0:43:56	0:44:00	10	M30	84	11:08	10:42	11:06	10:58
132	1618	Stern Matthias	*Köln	GER	0:43:58	0:44:03	5	M35	80	11:06	10:40	11:10	11:00
133	2262	Mimberg Gero	RTHC Bayer Leverkusen	GER	0:44:00	0:44:21	11	M30	81	11:14	10:53	11:04	10:48
134	1588	Scholten Jan	*Köln	GER	0:44:06	0:44:07	96	MHK	88	10:53	10:43	11:03	11:26
135	2556	Neidhardt Raki			0:44:08	0:44:18	6	M35	77	11:24	10:51	11:03	10:49
136	1216	Bäker Thomas	*Köln	GER	0:44:11	0:44:15	4	M50	64	11:18	10:50	11:05	10:57
137	2173	Wesselmann Simon	läuft-bei-uns	GER	0:44:12	0:44:15	97	MHK	90	11:16	10:47	11:16	10:51
138	2392	Gibhardt Jörg	Valium i.V.	GER	0:44:16	0:44:34	8	M45	68	11:57	10:50	10:59	10:29
139	2306	Dethlefs Wilfried	Team Erdinger Alkoholfrei	GER	0:44:21	0:44:30	2	M55	56	11:35	10:49	11:00	10:56
140	2496	Schovenberg Alexander	Prothetik UK-Köln		0:44:21	0:44:27	12	M30	84	11:04	11:00	11:19	10:57
141	1918	Pleuß Jörn	COLOGNE INTERNATIONALS	GER	0:44:24	0:44:37	13	M30	84	11:32	10:57	11:12	10:42
142	1685	Wellner Jens	*Köln	GER	0:44:25	0:44:35	14	M30	81	11:23	10:51	11:08	11:02
142	2250	Betzin Tim	Rausgegangen	GER	0:44:25	0:44:34	98	MHK	88	11:06	10:49	11:07	11:21
144	2264	Pabst Robert	Runners Point Run Club Köln	GER	0:44:29	0:44:39	99	MHK	88	11:38	10:39	11:19	10:52
145	1711	Kandziora Jan	2KPower	GER	0:44:30	0:44:36	100	MHK	88	11:05	11:08	11:37	10:38
146	2376	Isbaner Wolfgang	TSV Bayer 04 Leverkusen	GER	0:44:31	0:44:38	1	M60	54	11:20	10:59	11:12	10:59
147	1420	Kramer Chris	*Köln	GER	0:44:31	0:44:43	101	MHK	93	11:24	10:56	11:23	10:46
148	1862	Frenzel Pascal	COLOGNE INTERNATIONALS	GER	0:44:31	0:44:37	102	MHK	86	11:41	11:02	11:12	10:33
149	2259	Kleemann Marcel	rodgrid med flode	GER	0:44:32	0:45:02	15	M30	84	12:12	10:42	10:58	10:38
150	1758	Scholemann Daniel	BLB Köln Runner		0:44:33	0:44:33	16	M30	82	11:28	10:43	11:17	11:03
151	1890	Kräfte Thorsten	COLOGNE INTERNATIONALS	GER	0:44:37	0:44:44	7	M35	77	11:38	10:57	11:12	10:49
152	2311	Benner Frank	Team Magenta EINS	GER	0:44:40	0:44:57	5	M50	64	11:48	10:45	11:03	11:03
153	42	Rick Julian	TU Dortmund		0:44:41	0:44:49	103	MHK	90	11:36	10:55	11:09	10:59
154	2279	Von Sorensen Soren	Schmittmenschen	GER	0:44:42	0:44:49	17	M30	85	11:28	10:43	11:13	11:15
155	1987	Göbel Malte	Die schnellen Intellektuellen	GER	0:44:43	0:45:01	104	MHK	89	12:10	10:47	11:00	10:43
156	2204	Umbach Thorsten	LKW Schorse	GER	0:44:44	0:45:23	18	M30	85	11:45	10:56	11:00	11:01
157	1247	Bosse Juri	*Köln	GER	0:44:44	0:44:52	105	MHK	95	11:03	10:58	11:32	11:09
158	1913	Nisula Juuso	COLOGNE INTERNATIONALS	FIN	0:44:44	0:44:53	106	MHK	90	12:03	11:18	10:56	10:26
159	2009	Roth Raphael	Efferen Fanatics	GER	0:44:45	0:44:52	107	MHK	93	11:40	11:04	11:07	10:53
160	2258	Dworski Peter	rodgrid med flode	GER	0:44:45	0:45:13	19	M30	85	12:14	10:46	10:54	10:49
161	1432	Kuger Joris	*Langenfeld	GER	0:44:46	0:44:59	108	MHK	94	11:38	10:58	11:06	11:03
162	60	Simon Maurice	Uni Münster		0:44:46	0:44:48	109	MHK	93	11:39	10:59	11:18	10:47
163	2421	Ley Kevin	VampirPower		0:44:47	0:45:00	110	MHK	90	11:26	10:54	11:15	11:11
164	2034	Kretschmer Holger	GfE läuft ... seit 1887	GER	0:44:48	0:45:08	10	M40	75	11:32	10:49	11:08	11:18
165	1410	Kockisch Andreas	*Köln	GER	0:44:50	0:44:54	111	MHK	87	11:34	11:06	11:09	10:59
166	1886	Kleindiek Tom	COLOGNE INTERNATIONALS	GER	0:44:54	0:45:00	112	MHK	89	10:48	11:00	11:35	11:30
167	1334	Hackstein Christoph	*Köln	GER	0:44:56	0:45:16	113	MHK	95	11:40	10:53	11:09	11:12
168	1569	Schaffgans Franz	*Frechen	GER	0:44:58	0:45:06	6	M50	63	11:44	11:03	11:10	10:59
169	67	Gehling Mats Gunnar	Uni Witten-Herdecke		0:44:59	0:45:15	114	MHK	87	11:12	11:04	11:39	11:02
170	1812	Mansfeld Marco	cleverbridge AG roadrunners		0:45:02	0:45:17	115	MHK	88	11:07	11:00	11:33	11:21
171	1251	Brockmeier Lars	*Köln	GER	0:45:05	0:45:14	116	MHK	92	11:22	10:53	11:15	11:33
172	1614	Steigner Guido	*Köln	GER	0:45:06	0:45:16	117	MHK	91	11:40	11:09	11:16	11:00
173	1951	Zimmermann Ralf	COLOGNE INTERNATIONALS	GER	0:45:10	0:45:16	20	M30	81	12:05	11:14	11:05	10:44
174	2037	Seelbach Philipp	GfE läuft ... seit 1887	GER	0:45:10	0:45:59	8	M35	78	12:16	10:54	10:57	11:01
175	1394	Kelm Florian	*Köln	GER	0:45:12	0:45:19	11	M40	75	11:56	11:03	11:08	11:04
176	1527	Pose Marcel	*Köln	GER	0:45:14	0:45:21	118	MHK	91	11:26	10:54	11:40	11:12
177	1292	Flasse Denis	*Niederkassel	GER	0:45:16	0:45:30	3	MU2	96	11:23	11:01	11:33	11:17
178	1409	KNOPS Pieter	*Köln	GER	0:45:18	0:45:21	119	MHK	88	11:35	11:09	11:20	11:13
179	2303	Pfeiffer Axel	SV AXA Köln	GER	0:45:19	0:45:25	12	M40	74	11:37	11:09	11:28	11:03
180	1707	Oehler Matthias	*Köln	GER	0:45:21	0:45:29	21	M30	85	11:05	12:40	10:54	10:41

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	2095	Strajhar Max	Köln Marathon	GER	0:45:23	0:45:27	120	MHK	87	11:19	11:28	11:28	11:07	
182	2010	Schick Markus	Efferen Fanatics	GER	0:45:24	0:45:32	121	MHK	93	11:39	11:04	11:17	11:22	
183	1902	Mertesacker Sebastian	COLOGNE INTERNATIONALS	GER	0:45:25	0:45:43	122	MHK	89	11:53	11:08	11:15	11:08	
184	1935	Tadano Sho	COLOGNE INTERNATIONALS	JPN	0:45:28	0:45:39	22	M30	84	11:54	11:03	11:22	11:07	
185	2042	Arzt Michael	GL8 Sport	GER	0:45:29	0:45:41	9	M35	76	12:23	11:12	11:06	10:46	
186	2263	Dambon Martin	Run for Anna	GER	0:45:31	0:45:34	23	M30	81	11:47	11:01	11:23	11:18	
187	44	Thomas Johannes	TU Dortmund		0:45:32	0:45:38	123	MHK	93	11:40	11:10	11:31	11:09	
188	55	Döhring Julian	Uni Münster		0:45:34	0:45:36	124	MHK	91	11:47	11:06	11:24	11:16	
189	1448	Litsch Julian	*Köln	GER	0:45:37	0:45:55	125	MHK	89	11:51	11:20	11:20	11:04	
190	1674	Warnking Fabian	*Köln	GER	0:45:39	0:45:53	126	MHK	88	11:43	11:05	11:38	11:11	
191	2369	Bosbach Gerd	TriathlonSteckelCologne	GER	0:45:39	0:45:51	2	M60	53	12:00	11:17	11:09	11:11	
192	2292	Weber Pascal	Selbstläufer	GER	0:45:41	0:46:00	127	MHK	89	12:40	11:16	11:19	10:24	
193	1379	Imkamp Markus	*Köln	GER	0:45:43	0:45:57	128	MHK	86	11:33	11:02	11:41	11:25	
194	1908	Moss Lukas	COLOGNE INTERNATIONALS	GER	0:45:44	0:45:54	129	MHK	94	11:40	11:07	11:23	11:33	
195	1536	Reichel Ruben	*Düsseldorf	GER	0:45:46	0:45:48	130	MHK	90	11:22	11:18	11:45	11:19	
196	1510	Othmann Muath	*Hürth	GER	0:45:49	0:46:00	9	M45	70	11:11	11:14	11:44	11:38	
197	2214	Brokmeier Pascal	Mr.	GER	0:45:51	0:46:11	131	MHK	92	12:14	11:05	11:16	11:15	
198	2350	Müller Stefan	Team Wolle	GER	0:45:52	0:46:02	132	MHK	88	12:39	11:08	11:17	10:48	
199	1984	Ottens Thomas	Die Intensiven	GER	0:45:53	0:46:10	10	M45	66	12:16	11:15	11:23	10:58	
200	1731	Bornemeier Jan	AYOXXA Rolling Beads		0:45:54	0:46:07	24	M30	85	11:55	11:16	11:35	11:06	
201	2004	Schmitt Uwe	Du machst den Unterschied!	GER	0:45:55	0:45:58	7	M50	65	11:23	12:03	11:11	11:15	
202	1868	Guerrero Marco	COLOGNE INTERNATIONALS	GER	0:45:56	0:46:03	25	M30	83	11:23	11:16	11:26	11:49	
203	1344	Hedderich Carlos	*Köln	GER	0:45:56	0:47:02	133	MHK	92	12:47	10:34	11:52	10:42	
204	2053	Olbertz Dominik	JuRace	GER	0:45:56	0:46:03	134	MHK	92	11:55	11:15	11:35	11:10	
205	2050	Sauermann Jan	In Memoriam - Dampflok Dennis	GER	0:45:59	0:46:02	26	M30	81	11:47	11:06	11:37	11:27	
206	1241	Börger Christian	*Köln	GER	0:45:59	0:46:12	27	M30	85	11:36	11:08	11:41	11:32	
207	1952	Zöller Bastian	COLOGNE INTERNATIONALS	GER	0:46:00	0:46:05	135	MHK	91	10:50	11:28	11:56	11:44	
208	2305	Mirschinka Kristof	TC Ford Köln	GER	0:46:00	0:46:09	136	MHK	87	10:54	11:06	12:05	11:53	
209	1965	Götting Tino	DeafCologneRunners	GER	0:46:02	0:46:02	10	M35	80	12:37	10:59	11:12	11:12	
210	1386	Jöcks Patrick	*Köln	GER	0:46:03	0:46:19	137	MHK	92	11:23	11:12	11:29	11:58	
211	2184	Sprenger Jörg	Landgasthaus im Wiesengrund	GER	0:46:05	0:47:00	11	M35	78	12:53	11:14	11:19	10:37	
212	1377	Hünecke Leon	*Köln	GER	0:46:07	0:46:20	138	MHK	94	11:55	10:51	11:22	11:57	
213	1587	Schneider Paul	*Köln	GER	0:46:07	0:46:20	139	MHK	94	11:55	10:51	11:22	11:57	
214	2247	Linnemann Hendric	Pulheimer SC	GER	0:46:08	0:46:36	140	MHK	92	13:08	11:12	11:01	10:46	
215	1322	Grothe Jon	*Köln	GER	0:46:13	0:46:15	28	M30	85	11:34	11:19	11:44	11:35	
216	128	Wenzel Felix	RWTH Aachen		0:46:14	0:46:30	141	MHK	91	12:20	11:25	11:18	11:10	
217	2328	Mehnert Yannik	Team Rocket	GER	0:46:15	0:46:20	142	MHK	95	12:10	11:33	11:26	11:03	
218	2307	Eisermann Stephan	Team Erdinger Alkoholfrei	GER	0:46:15	0:46:22	11	M45	66	11:57	11:27	11:32	11:18	
219	2094	Frisch Markus	Köln Marathon	GER	0:46:16	0:46:22	12	M45	68	11:58	11:23	11:46	11:08	
220	1787	Derksen Volker	cleverbridge AG roadrunners		0:46:18	0:46:21	29	M30	85	11:51	11:03	11:41	11:41	
221	1505	Orlowski Dietmar	*Bergheim	GER	0:46:18	0:46:31	8	M50	63	12:12	11:27	11:27	11:10	
222	2500	Windeln Lukas	Prothetik UK-Köln		0:46:19	0:46:24	143	MHK	92	12:09	11:16	11:47	11:05	
223	2512	Sülflow Christian	Just Fit 20		0:46:20	0:46:20	13	M40	74	11:20	11:34	11:47	11:38	
224	2434	Mendoza Nicolas	VollesRohr	GER	0:46:21	0:46:25	144	MHK	87	12:09	11:23	11:38	11:10	
225	2057	Mayer Alexander	keep running keep drinking	GER	0:46:21	0:46:30	145	MHK	93	11:59	11:27	11:58	10:56	
226	1616	Stenfort Janis	*Köln	GER	0:46:22	0:46:36	146	MHK	91	11:45	11:40	11:22	11:34	
227	1564	Sastre Brevia Jose	*Köln	GER	0:46:24	0:46:39	147	MHK	88	12:43	11:17	11:30	10:53	
228	1219	Bardonner Nico	*Köln	GER	0:46:24	0:47:06	148	MHK	87	12:38	11:20	11:20	11:04	
229	2327	Bockemühl Christopher	Team Rocket	GER	0:46:26	0:46:31	149	MHK	94	12:11	11:33	11:28	11:13	
230	2135	Krämer Hartmut	Kölner Bank		0:46:30	0:46:51	3	M55	56	12:18	11:16	11:18	11:36	
231	54	Diekmann Marius	Uni Münster		0:46:32	0:46:34	12	M35	76	11:52	11:25	11:37	11:36	
232	1722	Wenninghoff Michael	AOK		0:46:33	0:46:55	9	M50	65	12:35	11:23	11:26	11:07	
233	1238	Biesemann Andreas	*Hürth	GER	0:46:34	0:46:53	13	M35	79	12:15	11:19	11:29	11:30	
234	1199	Herden Jan	Urologie UK Köln		0:46:36	0:46:45	14	M35	77	12:04	11:19	11:34	11:38	
235	2260	Könen Daniel	rodrod med flode	GER	0:46:38	0:47:07	30	M30	85	12:15	11:11	11:46	11:24	
236	1645	Tillmann Jonas	*Köln	GER	0:46:38	0:46:41	150	MHK	86	11:34	11:19	11:53	11:51	
237	2234	Engler Hauke	OC Köllefortia	GER	0:46:39	0:47:10	151	MHK	87	12:07	11:15	11:40	11:35	
238	2023	Heinen Markus	FC Keldenich	GER	0:46:40	0:46:50	10	M50	62	12:34	11:29	11:33	11:03	
239	1776	Barr David	cleverbridge AG roadrunners		0:46:45	0:46:53	31	M30	83	11:24	11:16	12:08	11:55	
240	2395	Jähde Frank	Valium i.V.	GER	0:46:46	0:46:57	11	M50	64	12:04	11:30	11:42	11:28	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	1330	Haar Andreas	*Langerwehe	GER	0:46:48	0:47:29	152	MHK	87	13:34	11:19	11:10	10:45	
242	1926	Schildgen Frederik	COLOGNE INTERNATIONALS	GER	0:46:51	0:47:00	153	MHK	92	13:01	11:59	11:14	10:36	
243	2280	Kemper Jan	Schweiz	GER	0:46:51	0:46:53	154	MHK	88	11:40	11:22	11:53	11:54	
244	1937	Thoma Maximilian	COLOGNE INTERNATIONALS	GER	0:46:56	0:47:16	155	MHK	93	12:18	11:44	11:29	11:23	
245	1989	Köster-Eiserfunke Julian	Die schnellen Intellektuellen	GER	0:46:58	0:47:16	156	MHK	87	12:10	11:26	11:51	11:29	
246	2275	Van de Sand Markus	Sachunterricht	GER	0:46:58	0:47:07	15	M35	76	11:50	11:07	11:48	12:12	
247	1834	Wigger Christoph	CMRunners	GER	0:47:00	0:47:35	157	MHK	87	12:44	11:19	11:38	11:16	
248	1580	Schmitz Jacques	*Köln	GER	0:47:00	0:47:13	158	MHK	90	11:44	11:31	11:48	11:55	
249	2397	Luefl Manfred	Valium i.V.	GER	0:47:04	0:47:23	4	M55	56	12:26	11:27	11:35	11:35	
250	33	Schmidt Daniel	Bergische Uni Wuppertal		0:47:04	0:47:18	159	MHK	90	12:22	11:28	11:53	11:20	
251	1611	Stahl Benjamin	*Köln	GER	0:47:06	0:47:30	160	MHK	94	12:17	11:21	11:56	11:30	
252	2276	Überall Dirk	Sc Bayer 05 uerdingen	GER	0:47:07	0:47:11	13	M45	68	11:14	11:33	12:18	12:01	
253	1438	Langenbach Malte	*Köln	GER	0:47:07	0:48:09	161	MHK	87	12:54	11:33	11:41	10:58	
254	1609	Soulios Max	*Frechen	GER	0:47:07	0:47:11	162	MHK	89	12:01	11:19	12:02	11:44	
255	1403	Klett Jochen	*Bergheim	GER	0:47:08	0:47:31	14	M45	68	12:40	11:19	11:33	11:34	
256	2588	Sonnenburg Fabian			0:47:08	0:47:30	163	MHK	86	12:06	11:33	12:01	11:26	
257	2269	Schönfelder Daniel	Rut Wiess Drekelisch	GER	0:47:08	0:47:21	16	M35	80	12:21	11:39	11:29	11:37	
258	75	Walker Christian	Uni Witten-Herdecke		0:47:13	0:47:28	164	MHK	88	11:30	11:22	12:00	12:20	
259	34	Vienenkötter Stefan	Bergische Uni Wuppertal		0:47:13	0:47:25	165	MHK	94	12:16	11:36	11:53	11:27	
260	1408	Knipprath Yannik	*Köln	GER	0:47:14	0:48:11	166	MHK	86	12:39	11:09	11:37	11:47	
261	1421	Krause Marc	*Aachen	GER	0:47:16	0:47:22	167	MHK	89	12:10	11:35	11:50	11:39	
262	1896	Liebig Max	COLOGNE INTERNATIONALS	GER	0:47:16	0:47:28	168	MHK	93	12:39	11:30	11:44	11:22	
263	1302	Fröhlich Lukas	*Bornheim	GER	0:47:16	0:47:43	169	MHK	91	12:34	11:39	11:36	11:27	
264	1597	Schwerhoff Philipp	*Hürth	GER	0:47:19	0:47:26	170	MHK	93	12:09	11:22	11:31	12:17	
265	2208	Edeling Alexander	Marketing Area	GER	0:47:20	0:47:35	32	M30	84	12:24	11:38	11:41	11:34	
266	2207	Berkmann Manuel	Marketing Area	GER	0:47:20	0:47:35	33	M30	85	12:24	11:37	11:42	11:35	
267	2230	Peigne Andre	o2Runners	FRA	0:47:23	0:48:24	17	M35	80	12:47	11:06	11:32	11:57	
268	1297	Franken Aljosa	*Köln	GER	0:47:24	0:47:36	171	MHK	92	12:48	11:20	11:41	11:33	
269	1435	Ladwig Henning	*Köln	GER	0:47:25	0:47:42	172	MHK	89	13:47	11:57	11:00	10:39	
270	2509	Schiffer Patrick	Just Fit 20		0:47:25	0:47:28	34	M30	82	11:48	11:43	12:10	11:43	
271	1906	Mirano Dr. Victor	COLOGNE INTERNATIONALS	ESP	0:47:25	0:47:35	173	MHK	92	12:10	11:45	11:52	11:36	
272	2469	Kunert Egbert	Laktatkönige	GER	0:47:27	0:47:36	5	M55	60	12:44	11:38	11:35	11:29	
273	2579	Gehling Titus			0:47:29	0:47:56	174	MHK	95	13:10	11:38	11:35	11:04	
274	1246	Bortecen Toman	*Köln	GER	0:47:29	0:47:56	175	MHK	93	13:10	11:38	11:35	11:04	
275	1524	Plihal Sascha	*Willich	GER	0:47:34	0:47:58	176	MHK	88	12:18	11:42	11:48	11:44	
276	1699	Zang Florian	*Köln	GER	0:47:35	0:47:36	177	MHK	89	11:40	11:39	12:10	12:04	
277	1245	Bohm Ulrich	*Köln	AUT	0:47:37	0:47:43	178	MHK	86	11:59	11:42	12:08	11:46	
278	1916	Panze Julian	COLOGNE INTERNATIONALS	GER	0:47:39	0:48:06	35	M30	85	12:57	11:43	11:58	11:00	
279	1922	Reichel Georg	COLOGNE INTERNATIONALS	GER	0:47:39	0:48:06	179	MHK	90	12:57	11:43	11:58	11:01	
280	1624	Stüß Kai	*Köln	GER	0:47:39	0:48:08	180	MHK	90	13:07	11:22	11:56	11:13	
281	2298	Gribisch Bastian	Spartak Statistik	GER	0:47:39	0:48:50	36	M30	81	12:54	11:34	11:41	11:28	
282	2389	Coenen Theo	Valium i.V.	GER	0:47:40	0:47:56	6	M55	56	12:08	11:39	11:54	11:57	
283	1226	Behrenbruch Clemens	*Köln	GER	0:47:40	0:47:50	15	M45	66	12:36	11:34	11:43	11:46	
284	1449	Löpki Dirk	*Köln	GER	0:47:41	0:47:45	12	M50	63	12:55	11:35	11:39	11:29	
285	1484	Müller Kai	*Köln	GER	0:47:41	0:47:45	18	M35	79	12:26	11:42	11:46	11:45	
286	1193	Wolf Jürgen	Team NGM		0:47:42	0:47:45	7	M55	59	12:10	11:47	11:57	11:46	
287	1992	Ulmer Kai Oliver	Die schnellen Intellektuellen	GER	0:47:43	0:47:47	181	MHK	88	11:50	11:22	12:12	12:16	
288	1907	Morina Jeronim	COLOGNE INTERNATIONALS	GER	0:47:43	0:48:01	182	MHK	88	12:17	11:42	11:41	12:01	
289	1396	Keser Ugur	*Köln	TUR	0:47:44	0:48:15	183	MHK	93	11:22	12:01	12:20	11:59	
290	1806	Koch Jan	cleverbridge AG roadrunners		0:47:46	0:47:50	37	M30	85	12:47	11:31	11:45	11:42	
291	1898	Lorenz Bjoern	COLOGNE INTERNATIONALS	GER	0:47:47	0:48:14	184	MHK	90	12:25	11:38	11:57	11:45	
292	1649	Toker Murat	*Köln	GER	0:47:48	0:48:25	19	M35	79	13:04	11:35	11:42	11:26	
293	1870	Heinen Sebastian	COLOGNE INTERNATIONALS	GER	0:47:50	0:48:00	185	MHK	87	12:34	11:29	11:49	11:56	
294	1828	Wilczek Neil	cleverbridge AG roadrunners		0:47:50	0:48:28	38	M30	84	12:14	11:34	11:58	12:03	
295	2040	Willmes Christian	GfE läuft ... seit 1887	GER	0:47:51	0:48:12	20	M35	80	12:49	11:42	12:00	11:19	
296	2414	Gebert Jurij	VampirPower		0:47:53	0:47:57	186	MHK	89	11:29	11:55	12:15	12:12	
297	1920	Purpur Jan-Marc	COLOGNE INTERNATIONALS	GER	0:47:56	0:48:13	187	MHK	94	12:25	11:27	11:53	12:08	
298	1689	Westheide Martin	*Köln	GER	0:48:00	0:48:19	188	MHK	94	12:19	11:45	11:49	12:06	
299	1436	Lajendäcker Christoph	*Köln	GER	0:48:02	0:48:03	14	M40	75	11:57	11:58	12:13	11:53	
300	2267	Vogel Jörg	Runtastics	GER	0:48:02	0:48:04	16	M45	69	12:05	11:50	12:10	11:56	

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## Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	1879	Kasamas Simon	COLOGNE INTERNATIONALS	GER	0:48:04	0:48:29	189	MHK	90	12:19	11:40	12:17	11:47	
302	1300	Frings Thomas	*Köln	GER	0:48:11	0:48:16	17	M45	66	12:34	11:32	11:53	12:11	
303	1805	Knörr Torsten	cleverbridge AG roadrunners		0:48:11	0:49:01	21	M35	78	13:03	11:32	11:47	11:46	
304	2008	Mayorga Cesar	E.R.U.N	ECU	0:48:12	0:48:32	22	M35	77	11:46	12:03	12:27	11:54	
305	1335	Häfner Jelte	*Köln	GER	0:48:12	0:48:16	190	MHK	90	12:09	11:51	12:12	12:00	
306	1717	Keppel Frank	AOK		0:48:13	0:48:35	13	M50	62	12:35	11:29	12:00	12:08	
307	1873	Hofheinz Philipp	COLOGNE INTERNATIONALS	GER	0:48:13	0:48:40	191	MHK	89	12:57	11:45	11:58	11:31	
308	2432	Brenk Benjamin	VollesRohr	GER	0:48:14	0:48:19	192	MHK	89	11:39	11:37	12:15	12:42	
309	2374	Steckel Manfred	TriathlonSteckelCologne		0:48:15	0:48:29	3	M60	55	13:29	11:46	11:40	11:18	
310	1354	Hellwig Markus	*Köln	GER	0:48:16	0:48:29	193	MHK	89	11:38	11:48	12:18	12:31	
311	2324	Michels Sebastian	Team NGM	GER	0:48:16	0:48:21	194	MHK	86	12:09	11:48	12:00	12:18	
312	1255	Bunte Konstantin	*Köln	GER	0:48:16	0:48:23	195	MHK	92	12:54	11:57	12:14	11:10	
313	2155	Zavelberg Boris	Kölner Bank		0:48:22	0:48:41	15	M40	73	12:48	11:39	12:05	11:49	
314	1412	Köstenberger Max	*Langenfeld	AUT	0:48:22	0:48:24	39	M30	82	11:58	11:53	12:18	12:11	
315	2605	Menden Christoph			0:48:25	0:48:49	196	MHK	88	12:07	11:51	12:20	12:05	
316	1585	Schmitz-Weiß Philip	*Düsseldorf	GER	0:48:25	0:48:39	40	M30	84	12:17	11:57	12:16	11:53	
317	1520	Pfaff Benjamin	*Köln	GER	0:48:30	0:48:46	41	M30	85	12:56	11:49	12:07	11:37	
318	1503	Nubbenholdt Kai	*Südlohn	GER	0:48:31	0:48:46	197	MHK	88	12:57	11:48	12:05	11:39	
319	1660	Vermöhlen Daniel	*Köln	GER	0:48:33	0:48:46	198	MHK	87	12:11	12:05	12:17	11:58	
320	2435	Nabbefeld Jan Henrik	VollesRohr	GER	0:48:33	0:48:39	199	MHK	87	12:33	11:46	12:26	11:47	
321	2119	Fischer Maik	Kölner Bank		0:48:34	0:48:50	23	M35	78	12:42	11:49	12:15	11:47	
322	2137	Lodemann Tim	Kölner Bank		0:48:34	0:48:50	42	M30	84	12:42	11:49	12:14	11:47	
323	1891	Kubak Adam	COLOGNE INTERNATIONALS	GER	0:48:35	0:48:45	200	MHK	92	12:03	12:14	12:21	11:55	
324	2270	Wölfl Simon	Rut Wiess Dreckelisch	GER	0:48:36	0:48:49	201	MHK	87	12:22	11:43	12:19	12:11	
325	2433	Heck Michael	VollesRohr	GER	0:48:38	0:48:45	202	MHK	87	12:08	11:43	12:43	12:03	
326	1909	Müller Daniel	COLOGNE INTERNATIONALS	GER	0:48:45	0:49:11	203	MHK	95	12:43	11:45	12:08	12:08	
327	1838	Erdmann Korbinian	Collegium musicum der Universi	GER	0:48:46	0:49:25	204	MHK	87	13:43	11:54	11:57	11:11	
328	1356	Henges Daniel	*Bonn	GER	0:48:46	0:49:04	205	MHK	92	12:00	11:35	12:40	12:29	
329	1451	Loewer Ralf	*Köln	GER	0:48:48	0:48:59	14	M50	65	13:01	11:59	12:02	11:44	
330	1843	Winkelhausen Jörg	Collegium musicum der Universi	GER	0:48:49	0:50:12	24	M35	77	13:57	11:37	11:44	11:30	
331	1816	Salloth Jan	cleverbridge AG roadrunners		0:48:49	0:49:05	43	M30	84	12:24	12:19	12:05	12:00	
332	2161	Ewert Stefan	KSK Köln	GER	0:48:50	0:48:59	25	M35	77	12:52	12:02	12:09	11:44	
333	1268	Dax Christopher	*Köln	GER	0:48:51	0:49:45	206	MHK	91	13:04	11:45	11:58	12:02	
334	1205	Al-Odeh Simon	*Köln	GER	0:48:52	0:49:57	207	MHK	88	12:02	11:57	12:52	11:59	
335	1489	Natzel Felix-Cornelius	*Efferen	GER	0:48:53	0:49:57	208	MHK	93	13:24	11:36	12:04	11:47	
336	1792	Felten Christian	cleverbridge AG roadrunners		0:48:53	0:49:41	44	M30	82	14:32	12:19	11:23	10:37	
337	1962	Nonn Dennis	Danke	GER	0:48:56	0:48:56	209	MHK	90	12:43	12:04	12:17	11:50	
338	1976	Otte Stefan	Die festen Körper	GER	0:48:57	0:49:00	210	MHK	88	12:04	12:05	12:21	12:26	
339	2174	Beuscher Armin	Laktatkönige	GER	0:48:58	0:49:15	8	M55	58	12:39	11:59	12:12	12:06	
340	2297	Wenzel Axel	shell-running	GER	0:49:01	0:49:14	18	M45	69	13:09	11:49	12:06	11:55	
341	2574	Schönemann Heinz			0:49:02	0:49:23	15	M50	64	12:38	11:59	12:18	12:04	
342	2032	Engel Dr. Max	GfE läuft ... seit 1887	GER	0:49:03	0:49:52	45	M30	81	13:14	11:42	12:07	11:58	
343	1996	Bau Michael Lilly Putt	Du machst den Unterschied!	GER	0:49:08	0:50:03	46	M30	85	14:16	11:38	11:40	11:33	
344	1849	Boßmann Tassilo	COLOGNE INTERNATIONALS	GER	0:49:10	0:49:14	211	MHK	89	12:52	12:14	12:23	11:39	
345	1697	Wüst Hans Werner	*Köln	GER	0:49:12	0:49:21	1	M65	50	13:09	11:54	11:59	12:08	
346	1576	Schmidt Max			0:49:12	0:49:39	4	MU2	96	13:43	11:43	12:00	11:44	
347	2146	Rossenbach Ralf	Kölner Bank		0:49:13	0:49:13	19	M45	66	13:00	11:44	12:07	12:21	
348	1525	Podleschny Tim	*Köln	GER	0:49:13	0:49:21	212	MHK	93	11:20	12:11	12:45	12:56	
349	1342	Hassinger Stefan	*Köln	GER	0:49:14	0:49:44	213	MHK	91	13:11	11:37	12:07	12:17	
350	869	Hohenhaus Jörn	Du machst den Unterschied!	GER	0:49:14	0:49:40	16	M40	73	13:44	11:43	12:01	11:45	
351	2606	Kühlborn Stefan			0:49:15	0:49:41	214	MHK	87	12:06	11:55	12:41	12:31	
352	1931	Soltau Georg	COLOGNE INTERNATIONALS	GER	0:49:17	0:49:22	215	MHK	89	12:50	12:14	12:23	11:48	
353	2232	Berkessel Prof. Dr. Albrecht	OC Kälifornia	GER	0:49:17	0:49:49	4	M60	55	13:35	11:55	11:57	11:48	
354	2570	Schellberg Daniel			0:49:18	0:49:20	216	MHK	81	13:04	12:22	12:32	11:19	
355	1948	Widerman Tal	COLOGNE INTERNATIONALS	ISR	0:49:18	0:49:25	47	M30	85	11:50	11:56	12:44	12:46	
356	2412	Dieris Milan	VampirPower		0:49:22	0:49:22	217	MHK	88	14:05	11:54	11:56	11:25	
357	1961	Nockemann Philipp	Danke	GER	0:49:24	0:49:33	218	MHK	89	12:33	12:05	12:26	12:20	
358	1382	Jänicke Hendryk	*Köln	GER	0:49:25	0:49:31	219	MHK	90	11:50	11:59	12:55	12:39	
359	1252	Bruckhaus Björn	*Bonn	GER	0:49:25	0:49:32	220	MHK	95	11:50	12:00	12:55	12:39	
360	1688	Weßeler Markus	*Leverkusen	GER	0:49:25	0:49:35	20	M45	67	13:01	12:01	12:20	12:02	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2011	Hepp Nicolai	El Karacho	GER	0:49:27	0:49:40	221	MHK	94	12:22	12:25	12:56	11:42	
362	1211	Aretz Andreas	*Würselen	GER	0:49:28	0:50:15	222	MHK	92	12:48	10:55	13:03	12:41	
363	2183	Langensiepen Dr. Günter	Laktatkönige	GER	0:49:31	0:49:39	2	M65	46	13:20	12:00	11:58	12:12	
364	2341	Pietsch Philipp	Team Starbike Wear	GER	0:49:34	0:49:45	223	MHK	86	12:11	12:12	12:45	12:24	
365	2201	Kourkoulos Dimitrios	LKW Schorse	GER	0:49:38	0:50:18	224	MHK	86	12:58	11:54	12:22	12:22	
366	1428	Kühner Aris	*Köln	GER	0:49:43	0:49:44	5	MU2	96	12:28	12:18	12:42	12:14	
367	2499	Vogel Jens	Prothetik UK-Köln		0:49:48	0:49:54	48	M30	82	12:04	12:16	12:52	12:34	
368	1462	Maier Tobias	*Köln	GER	0:49:48	0:49:51	49	M30	82	12:36	12:25	12:26	12:19	
369	1693	Witt Adrian	*Köln	GER	0:49:49	0:50:17	225	MHK	89	13:24	12:15	12:14	11:54	
370	2249	Kus Jan	Railsrunners	GER	0:49:49	0:49:52	50	M30	82	12:23	12:04	12:34	12:47	
371	2504	Turgut Mehmet	Prothetik UK-Köln		0:49:50	0:49:54	51	M30	84	12:00	12:22	12:52	12:34	
372	1701	Zebisch David	*Duisburg	GER	0:49:51	0:50:21	52	M30	85	13:27	11:58	12:18	12:06	
373	2006	Ludwig Dr. Patrick	Dynamo Dauerregen	GER	0:49:52	0:50:21	53	M30	81	13:27	12:00	12:18	12:05	
374	1658	Vennemann Simon	*Köln	GER	0:49:54	0:50:02	226	MHK	91	10:59	13:00	13:31	12:23	
375	2294	Berens Markus	shell-running	GER	0:49:55	0:50:08	21	M45	67	13:22	12:10	12:15	12:08	
376	1407	Knipprath Theys	*Köln	GER	0:49:59	0:50:55	227	MHK	91	12:19	11:31	12:27	13:41	
377	2448	Malcus Gernot	Wupptich op dä Gass	GER	0:49:59	0:50:22	17	M40	74	13:06	12:09	12:30	12:12	
378	2107	Steinbrink Christian	Kölncampus	GER	0:49:59	0:50:34	228	MHK	87	13:32	12:07	12:23	11:55	
379	1665	Vollmer Moritz	*Köln	GER	0:50:02	0:51:01	229	MHK	88	13:08	12:03	12:26	12:24	
380	2147	Schmidt Lukas	Kölner Bank		0:50:04	0:50:34	230	MHK	94	13:48	12:04	12:17	11:53	
381	1893	Kuntz Florian	COLOGNE INTERNATIONALS	GER	0:50:04	0:50:30	231	MHK	90	13:35	11:57	12:27	12:04	
382	1547	Rill Constantin	*Köln	GER	0:50:05	0:50:36	232	MHK	89	13:51	12:07	12:09	11:57	
383	1417	Koschelorz Matthias	*Köln	GER	0:50:12	0:50:36	233	MHK	89	13:54	12:04	12:10	12:02	
384	1446	Lenssen-Erz Tilman	*Köln	GER	0:50:12	0:50:30	5	M60	55	13:52	12:31	12:21	11:27	
385	1515	Pasemann Timo	*Köln	GER	0:50:12	0:50:26	234	MHK	89	11:46	11:39	13:29	13:17	
386	2600	Külheim Stefan			0:50:13	0:50:23	22	M45	66	12:33	12:03	12:36	13:00	
387	2045	Kuhn Frank	HoH-Kultur e. V.	GER	0:50:13	0:50:23	23	M45	68	12:34	12:03	12:36	12:59	
388	2357	Kolbenschlag Timo	TECHO Deutschland Runners	GER	0:50:13	0:50:30	235	MHK	91	12:52	11:54	12:54	12:32	
389	2083	Schumann Olaf	Köln läuft		0:50:14	0:50:30	26	M35	76	12:44	12:16	12:42	12:30	
390	2103	Altehenger Tobi	Kölncampus	GER	0:50:15	0:50:50	236	MHK	87	13:27	12:09	12:27	12:10	
391	2553	Zang Niklas			0:50:19	0:50:21	237	MHK	94	12:41	12:10	12:46	12:41	
392	1754	Küpper Lars	BLB Köln Runner		0:50:21	0:50:29	238	MHK	86	12:06	12:06	13:07	13:01	
393	2165	Haane Mathis	Läuft bei uns!	GER	0:50:22	0:50:47	239	MHK	92	12:35	12:13	12:48	12:45	
394	1388	Swoboda Jan			0:50:22	0:50:27	240	MHK	93	11:51	12:18	13:08	13:04	
395	1228	Beierle Matthias	*Köln	GER	0:50:24	0:50:29	54	M30	85	11:57	12:20	13:05	13:01	
396	1925	Saef Danial	COLOGNE INTERNATIONALS	GER	0:50:25	0:50:25	241	MHK	91	14:46	12:08	12:10	11:19	
397	2029	Aasen Helge	GfE läuft ... seit 1887	GER	0:50:25	0:50:47	55	M30	85	13:15	12:23	12:35	12:11	
398	1837	Duven Ben	Collegium musicum der Universi	GER	0:50:28	0:50:28	242	MHK	89	14:22	12:09	12:20	11:35	
399	2573	Siebert Jan	Cologne International		0:50:30	0:50:32	243	MHK	89	13:15	12:39	12:56	11:38	
400	2031	Butsch Carsten	GfE läuft ... seit 1887	GER	0:50:30	0:50:53	27	M35	80	13:26	12:22	12:33	12:08	
401	1571	Schirm Felix	*Düsseldorf	GER	0:50:36	0:50:58	244	MHK	93	14:05	12:04	13:07	11:18	
402	2043	Kals Marius	Gymnasium Alsdorf	GER	0:50:36	0:51:01	245	MHK	87	13:07	12:15	12:57	12:16	
403	1912	Neukirchen Thomas	COLOGNE INTERNATIONALS	GER	0:50:38	0:50:38	246	MHK	87	13:17	12:38	12:57	11:44	
404	2419	Kowatschew Daniel	VampirPower		0:50:40	0:51:41	28	M35	80	13:22	12:02	12:29	12:45	
405	2097	Clamann Jannis	Köln/Bonn Rollkontrolle	GER	0:50:41	0:51:02	247	MHK	88	13:27	12:25	12:36	12:10	
406	2098	Paulus Stefan	Köln/Bonn Rollkontrolle	GER	0:50:41	0:51:02	248	MHK	89	13:28	12:24	12:37	12:11	
407	1445	Leidiger Dirk	*Köln	GER	0:50:41	0:51:07	29	M35	79	13:48	12:14	12:23	12:15	
408	2612	Eschweiler Frank			0:50:42	0:50:50	24	M45	68	13:36	12:31	12:27	12:06	
409	1959	Baus Reiner	CRC (Colonge Runnig Crew)	GER	0:50:46	0:51:31	6	M60	54	13:41	12:10	12:28	12:26	
410	2210	Beyer Heinrich	Mirkos Running Team	GER	0:50:47	0:50:55	9	M55	56	12:52	12:55	13:30	11:29	
411	2511	Mesic Mario	Just Fit 20		0:50:47	0:50:51	16	M50	65	12:49	12:32	12:50	12:34	
412	2394	Icks Wolfgang	Valium i.V.	GER	0:50:50	0:51:08	17	M50	65	13:08	12:04	12:35	13:01	
413	1851	Castellanos Juan	COLOGNE INTERNATIONALS	ESP	0:50:51	0:51:31	249	MHK	94	13:17	12:21	13:05	12:06	
414	1463	Malangrč Jens	*Köln	GER	0:50:53	0:51:40	250	MHK	94	14:03	12:35	12:18	11:56	
415	1381	Jacob Thomas	*Köln	GER	0:50:54	0:51:01	251	MHK	92	13:01	12:23	12:51	12:37	
416	2252	Hansen Nikolas	Rausgegangen	GER	0:50:57	0:51:17	56	M30	85	12:52	12:29	13:00	12:35	
417	2099	Welter Alexander	Köln/Bonn Rollkontrolle	GER	0:51:04	0:51:26	57	M30	85	13:28	12:24	12:36	12:35	
418	2239	Hanke Sascha	Polizei Euskirchen	GER	0:51:06	0:51:23	252	MHK	87	13:24	12:09	12:39	12:52	
419	2296	Nebel Ralph	shell-running	GER	0:51:07	0:51:18	18	M50	65	12:44	12:29	13:02	12:50	
420	1659	Verkh Hennadiy	*Köln	GER	0:51:11	0:51:25	58	M30	81	13:13	12:09	13:36	12:12	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
421	2399	Müller Christian	Valium i.V.	GER	0:51:14	0:51:33	19	M50	64	14:21	12:29	12:28	11:55	
422	1635	Teutsch Uwe	*Erfstadt	GER	0:51:15	0:51:36	20	M50	63	13:38	12:19	12:34	12:42	
423	1694	Wittke Jan	*Köln	GER	0:51:16	0:52:02	59	M30	81	14:31	12:29	12:32	11:43	
424	1220	Barriuso Magdaleno José	*Köln	ESP	0:51:17	0:51:24	30	M35	79	13:39	12:45	12:53	11:58	
425	2595	Breuer Matthias			0:51:19	0:51:55	253	MHK	88	13:57	12:05	12:58	12:18	
426	2075	Herres Dirk	Köln läuft		0:51:20	0:51:38	25	M45	68	13:50	12:34	12:39	12:16	
427	2438	Glaser Thorben	Weitblick Köln	GER	0:51:25	0:52:41	254	MHK	89	13:59	12:23	12:42	12:19	
428	1853	Dannenberg Lukas	COLOGNE INTERNATIONALS	GER	0:51:25	0:51:25	255	MHK	94	15:30	13:23	11:38	10:52	
429	2436	Waßer Florian	Waßers Flinke Waden	GER	0:51:26	0:51:41	256	MHK	87	13:21	12:30	12:56	12:38	
430	2549	Haßdenteufel Tobias	Schachfreunde St. Wendel		0:51:29	0:52:04	60	M30	84	13:34	12:00	12:39	13:14	
431	1764	Schmitz Christian	Box Club Kempen	GER	0:51:33	0:52:18	257	MHK	93	14:16	12:21	12:43	12:11	
432	2550	Wiehn Christian	Cologne Running Crew		0:51:34	0:52:14	258	MHK	86	13:24	12:41	13:09	12:18	
433	1899	Lubbers Adriaan	COLOGNE INTERNATIONALS	GER	0:51:35	0:51:36	259	MHK	90	13:16	12:39	12:56	12:43	
434	1911	Münz Patrick	COLOGNE INTERNATIONALS	GER	0:51:45	0:52:03	260	MHK	94	14:29	12:50	12:29	11:55	
435	2139	Michalski Harm	Kölner Bank		0:51:45	0:52:42	61	M30	84	13:42	12:27	13:04	12:29	
436	1794	Genske Robin	cleverbridge AG roadrunners		0:51:53	0:52:32	261	MHK	95	13:21	12:30	12:55	13:05	
437	1203	Ahlf Frank	*Frechen	GER	0:51:59	0:52:18	26	M45	68	13:34	12:41	12:54	12:48	
438	1191	Schwarz Günter	AG Schwarz		0:52:04	0:53:06	27	M45	70	13:02	12:37	13:16	13:08	
439	2079	Mielcarek Sascha	Köln läuft		0:52:07	0:52:27	18	M40	72	13:17	12:38	13:03	13:07	
440	1696	Wrana Jöran	*Köln	GER	0:52:08	0:52:30	262	MHK	87	14:22	12:55	12:38	12:11	
441	1901	Mense Max	COLOGNE INTERNATIONALS	GER	0:52:08	0:52:17	263	MHK	89	13:01	12:11	13:17	13:38	
442	1889	Kohler Philipp	COLOGNE INTERNATIONALS	GER	0:52:09	0:52:17	264	MHK	90	13:01	12:12	13:17	13:38	
443	1840	Klein Jürgen	Collegium musicum der Universi	GER	0:52:13	0:53:30	62	M30	85	14:26	12:36	13:00	12:10	
444	1262	Castendiek Marc	Fachschaft Jura Uni Köln	GER	0:52:14	0:53:26	6	MU2	96	16:17	12:05	12:14	11:36	
445	2261	Konrath Daniel	RS-NM	GER	0:52:22	0:54:02	31	M35	77	14:36	12:27	12:40	12:37	
446	1040	Schürheck Sebastian	shell-running	GER	0:52:24	0:52:24	265	MHK	93	13:45	12:40	12:55	13:02	
447	1600	Seliger Philipp	*Köln	GER	0:52:24	0:53:03	266	MHK	89	13:34	12:38	13:30	12:41	
448	2424	Niesters Robin	VampirPower		0:52:26	0:52:36	63	M30	81	12:41	12:35	13:36	13:33	
449	2233	Deska Jan	OC Köllefortia	GER	0:52:26	0:53:00	32	M35	79	13:35	12:13	13:34	13:02	
450	1809	Leyerer Bernhard	cleverbridge AG roadrunners		0:52:31	0:53:21	33	M35	76	14:30	12:52	12:55	12:13	
451	1775	Assenheimer Eduard	cleverbridge AG roadrunners		0:52:31	0:53:12	64	M30	85	16:16	12:33	12:12	11:28	
452	1556	Ruch Sebastian	*Köln	GER	0:52:32	0:53:28	267	MHK	94	14:55	12:33	12:47	12:15	
453	2401	Pickl Norbert	Valium i.V.	GER	0:52:35	0:52:52	10	M55	60	13:49	12:48	12:56	13:01	
454	2256	Schlicht Alexander	RefAG	GER	0:52:37	0:53:11	268	MHK	88	14:43	13:09	12:53	11:51	
455	1939	Trossen Niklas	COLOGNE INTERNATIONALS	GER	0:52:39	0:53:13	7	MU2	96	14:57	13:23	12:34	11:44	
456	1842	Pazen David	Collegium musicum der Universi	GER	0:52:40	0:54:02	34	M35	80	14:03	12:48	13:06	12:41	
457	1530	Radermacher Frank	*Köln	GER	0:52:47	0:52:54	65	M30	84	13:44	12:55	13:24	12:43	
458	2017	Sehmsdorf Martin	Eskalative Super Granaten		0:52:50	0:52:56	269	MHK	90	13:19	13:07	13:15	13:07	
459	1337	Härtwig Sven	*Köln	GER	0:52:53	0:53:04	270	MHK	89	13:16	12:58	13:24	13:14	
460	1280	Ehler Klaus	*Köln	GER	0:52:59	0:54:25	66	M30	85	14:52	12:56	12:44	12:26	
461	1846	Bena Martin	COLOGNE INTERNATIONALS	GER	0:53:00	0:53:15	67	M30	84	14:23	12:57	13:01	12:37	
461	1236	Beuning Henrik			0:53:00	0:53:38	28	M45	68	14:45	12:52	12:59	12:22	
463	2066	Reuters Marius	km4kids - 135km Spendenlauf	GER	0:53:00	0:53:15	271	MHK	91	14:24	12:59	13:01	12:36	
464	2121	Fuhs Hans Josef	Kölner Bank		0:53:05	0:53:35	11	M55	58	14:23	12:44	13:11	12:44	
465	1929	Schultes Gero	COLOGNE INTERNATIONALS	GER	0:53:05	0:53:10	272	MHK	93	12:52	13:17	13:28	13:26	
465	2340	Zellmann Dr. Stefan	TEAM RRZK	GER	0:53:05	0:53:29	68	M30	81	13:32	12:56	13:16	13:20	
467	1734	Boden Alexander	bdvb - HG Köln	GER	0:53:06	0:54:00	273	MHK	88	13:50	12:52	13:09	13:13	
468	2365	Ossen Philipp	Theo Runners	GER	0:53:07	0:54:20	274	MHK	88	15:00	12:45	12:51	12:29	
469	1549	Roebbers Philipp	*Dormagen	GER	0:53:08	0:54:23	275	MHK	91	14:44	12:47	12:59	12:36	
470	1954	Schnitzler Christian	Cologne Running Crew	GER	0:53:09	0:53:52	276	MHK	94	15:01	12:58	12:55	12:12	
471	2058	Matthes Dr. Jan	KF Lebensstil	GER	0:53:11	0:54:17	19	M40	73	14:43	12:56	12:59	12:32	
472	2356	Lenarz Thomas	Team-Talanx	GER	0:53:11	0:53:55	29	M45	68	14:34	12:46	13:04	12:46	
473	2543	Wienands Marcel	Du machst den Unterschied		0:53:13	0:53:13	277	MHK	91	12:19	12:48	14:02	14:02	
474	1857	Eimla Holger	COLOGNE INTERNATIONALS	GER	0:53:16	0:54:24	278	MHK	87	14:53	13:11	12:52	12:18	
475	2067	Wesselburg Kevin	km4kids - 135km Spendenlauf	GER	0:53:17	0:53:31	279	MHK	92	14:24	12:58	13:02	12:52	
476	2339	Wydra Michael	TEAM RRZK	GER	0:53:17	0:54:31	280	MHK	90	14:26	12:45	13:21	12:44	
477	2088	Voss Roland	Köln läuft		0:53:18	0:53:35	30	M45	66	13:56	12:39	13:16	13:25	
478	2106	Scheid Lukas	Kölncampus	GER	0:53:20	0:53:53	281	MHK	92	12:59	12:40	14:02	13:37	
479	1968	Jörger Jannis	Die (K)naggigen	GER	0:53:20	0:53:59	282	MHK	92	15:13	13:22	12:44	12:00	
480	1795	Gödersmann David	cleverbridge AG roadrunners		0:53:22	0:53:25	283	MHK	89	13:10	13:09	13:49	13:12	



## 10km - Gesamtwertung

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
481	2143	Reinscheid Denis	Kölner Bank		0:53:23	0:54:40	69	M30	83	14:19	12:47	13:00	13:16	
482	1574	Schlotmann Torsten	*Köln	GER	0:53:24	0:53:27	70	M30	84	13:08	13:06	13:47	13:22	
483	2396	Löhr Dr. Thorsten	Valium i.V.	GER	0:53:25	0:53:45	31	M45	67	14:19	12:49	13:16	12:59	
484	1994	Wellershoff Matthias	Die Stenzi-Eltern	GER	0:53:27	0:54:28	12	M55	60	14:34	12:47	13:06	13:00	
485	1350	Heining Christian	*Köln	GER	0:53:28	0:54:48	284	MHK	88	15:23	13:18	12:47	11:58	
486	2203	Lentjes Christoph	LKW Schorse	GER	0:53:28	0:54:13	71	M30	83	14:50	13:02	12:59	12:35	
487	2366	Schirmeisen Christoph	Theo Runners	GER	0:53:34	0:54:46	285	MHK	87	15:03	12:49	13:03	12:37	
488	1491	Nedumgad Tom	*Köln	GER	0:53:35	0:54:23	286	MHK	87	14:18	12:28	13:07	13:41	
489	1964	Lang Oliver	DAV-Köln	GER	0:53:37	0:53:54	287	MHK	87	12:45	13:00	13:58	13:53	
490	1755	Liermann Michael	BLB Köln Runner		0:53:40	0:54:36	32	M45	67	15:04	12:36	12:49	13:08	
491	2322	Kron Florian	Team NGM	GER	0:53:41	0:53:45	288	MHK	86	12:29	12:58	14:03	14:10	
492	1756	Muchow Michael	BLB Köln Runner		0:53:41	0:54:40	21	M50	62	15:02	12:34	12:36	13:28	
493	2400	Müller Gregor	Valium i.V.	GER	0:53:43	0:54:02	22	M50	64	14:22	13:04	13:14	13:01	
494	2272	Britz Oliver	Sachunterricht	GER	0:53:47	0:53:53	289	MHK	89	12:53	13:09	14:05	13:38	
495	1847	Bick Michael Alexander	Cologne Internationals	GER	0:53:47	0:53:56	290	MHK	86	13:24	13:14	13:36	13:32	
496	2248	Belledin Marcel	Railsrunners	GER	0:53:57	0:54:00	35	M35	78	13:03	13:14	13:36	14:02	
497	1217	Bäumer Sascha	*Köln	GER	0:54:01	0:54:20	72	M30	83	13:05	13:24	14:09	13:22	
498	1376	Huber Moritz	*Köln	GER	0:54:08	0:55:10	73	M30	83	15:42	13:26	13:05	11:55	
499	1248	Brand Philipp	*Köln	GER	0:54:09	0:54:57	291	MHK	91	15:54	14:09	12:07	11:57	
500	2254	Apostel Christoph	RefAG	GER	0:54:13	0:54:46	292	MHK	86	14:43	13:09	13:12	13:07	
501	2440	Nelle Leo	Weitblick Köln	GER	0:54:16	0:54:18	293	MHK	90	12:39	13:37	13:38	14:21	
502	2148	Schnock Jochen	Kölner Bank		0:54:16	0:54:34	294	MHK	87	14:06	13:31	13:40	12:58	
503	1732	Kallweit Tobias	AYOXXA Rolling Beads		0:54:20	0:55:00	295	MHK	87	14:54	13:15	13:08	13:02	
504	2187	Pfannkuch Dr. Alexander	Laufen? Kenn dein Limit.	GER	0:54:21	0:55:21	296	MHK	88	15:03	12:57	13:12	13:07	
505	706	Clooth Philippe	BLB Köln Runner		0:54:21	0:54:45	23	M50	65	14:40	13:29	13:23	12:48	
506	2151	Todemann Stefan	Kölner Bank		0:54:21	0:54:40	297	MHK	86	14:11	13:25	13:40	13:04	
507	2599	Süpitz Florian			0:54:22	0:54:26	298	MHK	86	13:14	13:54	13:47	13:26	
508	2193	Gabler Tobias	Lehramt Beruskolleg WiWi und	GER	0:54:25	0:54:27	299	MHK	88	13:26	13:22	13:47	13:48	
509	1320	Gross Roland	*Köln	GER	0:54:26	0:55:15	33	M45	68	15:10	13:11	13:08	12:54	
510	1716	Barbian Bernd	AOK		0:54:27	0:55:03	24	M50	62	14:57	13:16	13:27	12:46	
511	1813	Neessen Winfried	cleverbridge AG roadrunners		0:54:30	0:55:21	36	M35	80	14:51	13:30	13:37	12:30	
512	2551	Gernhardt Christian			0:54:30	0:55:02	74	M30	81	15:19	13:25	13:18	12:28	
513	2387	Welter Jean-François	Ultrafast	GER	0:54:31	0:55:34	75	M30	85	16:09	13:20	12:43	12:18	
514	1472	Melchers Andreas	*Köln	GER	0:54:32	0:54:57	37	M35	77	14:05	13:16	13:35	13:34	
515	711	Hümmerich Bernd	BLB Köln Runner		0:54:33	0:54:58	34	M45	66	14:38	13:30	13:23	13:00	
516	2063	Hertel Aaron	KG Fischenich Runners	GER	0:54:34	0:55:02	76	M30	81	14:17	13:24	13:35	13:16	
517	2425	Podobnik Marco	VampirPower		0:54:37	0:55:36	300	MHK	91	14:40	13:07	13:30	13:18	
518	1615	Steinbüchel Felix	*Düsseldorf	GER	0:54:43	0:54:57	77	M30	82	13:12	13:03	14:04	14:22	
519	2338	Wickeroth Daniel	TEAM RRZK	GER	0:54:44	0:54:44	38	M35	80	14:47	13:33	13:22	13:01	
520	2021	Keller Reinhardt	F07 and friends	GER	0:54:46	0:55:39	301	MHK	88	15:25	13:24	13:27	12:28	
521	1955	Pruß Thomas	Colognerunners		0:54:48	0:54:48	25	M50	61	15:48	12:34	13:01	13:22	
522	1111	Engelmann Prof. Dr. Udo	Urologie UK Köln		0:54:49	0:55:03	3	M65	50	14:05	13:03	13:40	14:00	
523	2278	Forbriger Florian	Schmittmenschen	GER	0:54:51	0:56:02	302	MHK	92	14:45	13:15	13:40	13:10	
524	1832	Schmidt Dr. Andreas	CMRunners	GER	0:54:52	0:55:56	39	M35	76	13:30	13:33	13:57	13:50	
525	1269	De Bernardy Philippe	*Köln	GER	0:54:52	0:55:35	40	M35	80	15:46	12:48	13:29	12:48	
526	1294	Fox Falco	*Hürth	GER	0:54:53	0:55:52	78	M30	85	13:06	13:23	14:22	14:00	
527	2240	Bingener Gary	Prinzen-Garde Köln 1906 e.V.	GER	0:54:53	0:56:01	41	M35	80	15:41	13:29	13:08	12:34	
528	2334	Görke Philipp	TEAM RRZK	GER	0:54:55	0:56:01	303	MHK	89	15:11	13:12	13:21	13:10	
529	2407	Tegtmeier Jörn	Valium i.V.	GER	0:55:03	0:56:21	20	M40	73	15:04	13:17	13:31	13:10	
530	2242	Weber Nils	Prinzen-Garde Köln 1906 e.V.	GER	0:55:04	0:56:09	304	MHK	88	15:23	13:44	13:14	12:41	
531	2390	Fleschutz Dr. Frederik	Valium i.V.	GER	0:55:06	0:55:16	42	M35	76	14:09	13:40	14:02	13:13	
532	1871	Heinz Dominik	COLOGNE INTERNATIONALS	GER	0:55:16	0:55:26	305	MHK	88	13:06	13:26	14:28	14:15	
533	1739	Quäck Stefan	Beverly Sülz Cops	GER	0:55:17	0:56:38	306	MHK	91	15:25	14:10	13:16	12:24	
534	1706	Bruckwilder Hans Jörg	*Köln	GER	0:55:25	0:55:31	7	M60	55	14:17	13:36	13:51	13:39	
535	1363	Hinzmann Marvin	*Bochum	GER	0:55:30	0:55:43	307	MHK	91	13:47	13:14	14:01	14:27	
536	2212	Sabel Frank	MitUns	GER	0:55:30	0:56:26	35	M45	67	14:47	13:34	13:56	13:12	
537	1804	Klingelhöfer Lars	cleverbridge AG roadrunners		0:55:32	0:56:24	21	M40	74	15:15	13:33	13:30	13:12	
538	2611	Schneider David			0:55:33	0:55:41	308	MHK	91	14:15	13:46	13:50	13:40	
539	2051	Mevißen Maximilian	JuRace	GER	0:55:33	0:55:41	309	MHK	93	14:22	13:47	14:04	13:20	
540	1783	Bretschneider Frank	cleverbridge AG roadrunners		0:55:35	0:56:15	43	M35	76	14:42	13:17	14:09	13:25	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
541	1286	Falge Andreas	*Bergisch Gladbach	GER	0:55:35	0:56:10	36	M45	68	14:57	12:52	13:57	13:49	
542	1206	Al-Qaed Majd	*Bergisch Gladbach	GER	0:55:35	0:55:50	310	MHK	94	13:38	12:55	14:17	14:43	
543	1443	Laurenzen Niklas	*Bergisch Gladbach	GER	0:55:35	0:56:58	8	MU2	97	16:16	13:41	13:19	12:18	
544	2417	Heintges Joseph	VampirPower		0:55:39	0:56:37	311	MHK	92	15:03	13:35	13:49	13:12	
545	1249	Breil Fabian	*Köln	GER	0:55:41	0:57:08	79	M30	85	15:57	13:31	13:11	13:00	
546	1204	Aktas Cem	*Bergisch Gladbach	GER	0:55:43	0:56:10	312	MHK	91	15:14	13:26	13:32	13:29	
547	1799	Herwartz Lukas	cleverbridge AG roadrunners		0:55:43	0:56:34	80	M30	84	14:43	13:17	14:15	13:28	
548	1759	Sieren Markus	BLB Köln Runner		0:55:46	0:55:57	22	M40	73	14:28	13:42	14:02	13:32	
549	1661	Vis Juergen	*Bergisch Gladbach	GER	0:55:48	0:56:16	26	M50	62	14:28	13:21	13:58	14:00	
550	2114	Buscher Tobias	Kölner Bank		0:55:48	0:56:16	37	M45	69	14:47	13:45	13:52	13:22	
551	1400	Kinner Oliver	*Köln	GER	0:55:52	0:57:30	23	M40	72	15:04	13:38	13:49	13:19	
552	2314	Gieselamnn Andreas	Team Napaltrak	GER	0:55:54	0:57:14	313	MHK	87	15:24	13:40	13:42	13:07	
553	1957	Reusch Dr. Matthias	colonia-team	GER	0:55:56	0:56:29	1	M70	42	14:38	13:39	13:49	13:49	
554	1628	Süsal Can	*Dossenheim	GER	0:55:59	0:55:59	314	MHK	94	13:36	13:10	14:37	14:34	
555	2140	Öllrich Berthold	Kölner Bank		0:56:00	0:56:28	24	M40	73	15:05	13:49	13:50	13:14	
556	2370	Dartmann Matthias	TriathlonSteckelCologne	GER	0:56:01	0:56:44	315	MHK	89	14:18	13:38	14:11	13:52	
557	1566	Schäfer Matthieu	*Köln	GER	0:56:04	0:56:52	316	MHK	95	15:38	13:53	13:44	12:48	
558	2323	Marquardt Benjamin	Team NGM	GER	0:56:07	0:56:13	81	M30	81	13:46	13:37	14:17	14:24	
559	1374	Horstmeier Christoph	*Köln	GER	0:56:07	0:56:36	317	MHK	87	14:03	13:11	13:59	14:53	
560	1315	Golderer Benjamin	*Köln	GER	0:56:09	0:56:19	1	MU1	00	13:56	13:50	13:58	14:24	
561	1316	Golderer Josef	*Köln	GER	0:56:12	0:56:22	13	M55	60	13:56	13:50	13:59	14:26	
562	2209	Staebler Samuel	Marketing Area	GER	0:56:16	0:57:45	318	MHK	88	15:18	13:38	13:47	13:32	
563	2194	Heweg Andreas	Les Têtes Rouges	GER	0:56:19	0:56:50	27	M50	63	15:10	13:49	13:44	13:35	
564	1844	Allegro Prof. Dr. Alexandre	COLOGNE INTERNATIONALS	GER	0:56:21	0:56:31	319	MHK	87	13:10	14:07	14:30	14:33	
565	1683	Weiser Bastian	*Aachen	GER	0:56:23	0:57:40	320	MHK	90	15:49	13:34	13:45	13:15	
566	1975	Willenborg Sebastian	Die derben Dernas	GER	0:56:24	0:56:47	82	M30	83	15:58	14:20	14:01	12:03	
567	1990	Mehner Stefan	Die schnellen Intellektuellen	GER	0:56:26	0:57:11	321	MHK	88	15:17	13:54	13:46	13:27	
568	2188	Stanetzky Jonas	Laufen? Kenn dein Limit.	GER	0:56:32	0:57:32	322	MHK	92	15:23	13:27	13:58	13:42	
569	2352	Roeben Dominik	Team Wolle	GER	0:56:35	0:56:46	83	M30	85	14:50	13:57	14:02	13:46	
570	2354	Syring Felix	Team Wolle	GER	0:56:36	0:56:46	323	MHK	88	14:50	13:56	14:02	13:46	
571	1714	Holle Dr. Johannes	AG Weglauftendenz	GER	0:56:36	0:57:59	44	M35	79	15:17	13:50	13:48	13:40	
572	2373	Petermann Christian	TriathlonSteckelCologne	GER	0:56:38	0:56:38	324	MHK	86	15:18	13:35	13:42	14:01	
573	1332	Habiboglu Irfan	*Frechen	GER	0:56:39	0:56:52	45	M35	77	13:52	13:17	14:53	14:36	
574	1980	Schmidt Robyn	Die grausamen Seekühe	GER	0:56:41	0:57:32	325	MHK	93	13:47	13:32	14:14	15:07	
575	1817	Schröder Torsten	cleverbridge AG roadrunners		0:56:43	0:57:36	46	M35	76	14:43	13:31	14:06	14:22	
576	1979	Krüger Lovis	Die grausamen Seekühe	GER	0:56:44	0:57:31	326	MHK	94	13:51	13:32	14:13	15:07	
577	2035	Oppermann Lukas	GfE läuft ... seit 1887	GER	0:56:47	0:57:41	327	MHK	91	15:47	14:02	13:59	12:57	
578	1225	Becker Julius	*Aachen	GER	0:56:54	0:57:50	328	MHK	95	15:58	13:55	14:13	12:46	
579	1488	Nagler Robert	*Köln	GER	0:56:54	0:57:30	329	MHK	87	14:42	13:29	14:19	14:22	
580	1188	Martinez-Osuna Manuel	AG Schwarz		0:56:57	0:58:02	330	MHK	89	15:07	13:33	14:14	14:02	
581	1422	Kreiß Thomas	*Bonn	GER	0:57:00	0:57:25	14	M55	58	14:55	14:00	13:54	14:09	
582	2468	Zittel Maximilian Eric	COLOGNE INTERNATIONALS	GER	0:57:02	0:58:05	331	MHK	94	15:39	13:34	13:56	13:51	
583	1753	Koenn Volker	BLB Köln Runner		0:57:17	0:57:28	15	M55	60	13:45	13:26	14:53	15:12	
584	1189	Mayr Simon	AG Schwarz		0:57:19	0:58:22	332	MHK	87	14:41	14:01	14:12	14:24	
585	2202	Kuhlmann Jan-Carlos	LKW Schorse	GER	0:57:24	0:58:09	84	M30	82	16:30	14:13	13:48	12:51	
586	1949	Xiangfeng Lei	COLOGNE INTERNATIONALS	CHN	0:57:27	0:58:33	333	MHK	91	14:44	12:53	14:31	15:16	
587	1442	Laurenzen Hermann	*Bergisch Gladbach	GER	0:57:28	0:58:52	8	M60	52	16:31	14:09	13:42	13:06	
588	1541	Reuter Florian	*Köln	GER	0:57:29	0:58:48	334	MHK	91	17:20	14:44	13:47	11:37	
589	1807	Kronberger Tobias	cleverbridge AG roadrunners		0:57:32	0:58:18	335	MHK	90	16:15	14:04	13:44	13:28	
590	1243	Bohlmann Jan	*Köln	GER	0:57:32	0:58:39	336	MHK	94	15:41	15:29	14:48	11:33	
591	1447	Liang Junke	*Köln	CHN	0:57:32	0:58:00	85	M30	85	13:48	14:03	14:55	14:45	
592	1224	Becerra Nicolas	*Köln	ECU	0:57:34	0:58:40	1	MU1	98	15:42	15:31	14:46	11:34	
593	2039	Weber Adrian	GfE läuft ... seit 1887	GER	0:57:39	0:58:31	337	MHK	94	15:49	14:02	13:59	13:47	
594	2329	Böhm Daniel	TEAM RRZK	GER	0:57:42	0:58:49	86	M30	83	15:35	14:17	14:06	13:42	
595	1304	Frühwald Jochen	*Nettersheim	GER	0:57:44	0:57:44	338	MHK	92	16:02	13:44	14:03	13:54	
596	1596	Schumalski-Kings Dieter	*Köln	GER	0:57:53	0:58:11	9	M60	55	14:39	14:04	14:41	14:28	
597	1182	Bender Daniel	AG Schwarz		0:57:56	0:58:59	87	M30	85	14:41	13:51	14:34	14:49	
598	1736	Niehaus Johannes	bdvb - HG Köln	GER	0:57:56	0:59:26	339	MHK	89	16:32	14:16	13:35	13:32	
599	1293	Förster Peter	*Köln	GER	0:58:00	0:58:36	25	M40	72	29:23	14:10	14:27	00:00	
600	1305	Gattner Marius	*Köln	GER	0:58:01	0:58:36	26	M40	72	15:24	13:58	14:09	14:29	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
601	1966	Wurda Werner	Diabetes Programm	GER	0:58:02	0:59:35	16	M55	60	15:42	13:55	14:06	14:18	
602	1673	Warnke Wilhelm	*Köln	GER	0:58:02	0:59:01	340	MHK	94	16:41	14:20	13:57	13:02	
603	2003	Schäfer Axel	Du machst den Unterschied!	GER	0:58:06	0:59:27	38	M45	68	15:35	13:44	14:12	14:34	
604	2181	Wolf Dr. Christian	Laktatkönige	GER	0:58:06	0:58:22	17	M55	58	15:06	14:19	14:34	14:06	
605	1863	Gorski Michael	COLOGNE INTERNATIONALS	GER	0:58:08	0:58:48	341	MHK	95	15:15	13:53	14:38	14:20	
606	2345	Feldhofer Felix	Team Tartichoc	GER	0:58:08	0:59:20	88	M30	82	15:36	14:27	14:29	13:34	
607	1405	Klinkhammer Manuel	*Mechernich	GER	0:58:10	0:58:31	342	MHK	92	15:10	14:12	14:39	14:07	
608	2005	Unterladstetter Volker	Du machst den Unterschied!	GER	0:58:11	0:59:26	89	M30	84	17:03	14:33	14:03	12:30	
609	1653	Umansky Andrej	*Huerth	GER	0:58:13	0:59:30	90	M30	83	15:29	14:13	14:19	14:10	
610	1733	Kumar Punit	AYOXXA Rolling Beads		0:58:21	0:58:31	343	MHK	87	16:10	14:27	14:20	13:21	
611	1839	Hutzschenreuter Franz	Collegium musicum der Universi	GER	0:58:23	0:59:22	344	MHK	88	15:52	13:15	12:57	16:17	
612	2118	Esser Günter	Kölner Bank		0:58:23	0:59:06	28	M50	61	15:14	14:08	14:37	14:23	
613	2333	Esser Sascha	TEAM RRZK	GER	0:58:30	0:59:44	345	MHK	87	14:35	14:02	15:21	14:30	
614	1855	Döppner Daniel Alexander	COLOGNE INTERNATIONALS	GER	0:58:34	0:59:37	346	MHK	89	15:25	13:57	14:46	14:25	
615	1821	Steinborn Christian	cleverbridge AG roadrunners		0:58:36	0:59:30	47	M35	79	15:25	14:11	14:41	14:18	
616	2466	Mehl Johannes	COLOGNE INTERNATIONALS	GER	0:58:44	0:59:48	9	MU2	96	15:39	13:54	14:34	14:35	
617	2186	Helten Frank	laufen und saufen	GER	0:58:49	0:59:36	27	M40	71	15:11	14:02	14:33	15:02	
618	2301	Vogler Jan	Spartak Statistik	GER	0:58:50	1:00:01	347	MHK	86	15:07	13:54	14:17	15:32	
619	1735	Kineke Ulrich	bdiv - HG Köln	GER	0:58:56	1:00:25	348	MHK	90	16:32	14:16	14:16	13:50	
620	1314	Glasauer Patrick	*Köln	GER	0:59:04	1:00:28	91	M30	85	15:23	14:31	15:10	13:58	
621	1347	Heinen Johannes	*Kail	GER	0:59:04	0:59:46	349	MHK	94	15:44	14:54	14:41	13:44	
622	1313	Ghorban Farhad	*Köln	GER	0:59:08	1:00:26	48	M35	79	15:49	14:11	14:37	14:29	
623	1593	Schüller Benedikt	*Köln	GER	0:59:13	1:00:25	49	M35	78	16:08	14:37	14:37	13:50	
624	2564	Unbekannt			0:59:15	1:00:22	350	MHK		14:54	15:01	15:09	14:09	
625	1373	Hoppe Michael	*Köln	GER	0:59:16	0:59:31	92	M30	83	15:42	15:22	15:52	12:18	
626	1831	Han Yu	CMRunners	CHN	0:59:20	0:59:20	93	M30	83	17:51	14:13	14:05	13:09	
627	1267	Dai Hao	*Köln	CHN	0:59:20	0:59:20	351	MHK	87	17:51	14:13	14:05	13:09	
628	1540	Renn Raphael	*Weilerswist	GER	0:59:20	1:00:34	352	MHK	92	16:51	14:30	14:32	13:26	
629	1950	Yates Marcelo	COLOGNE INTERNATIONALS	USA	0:59:24	1:00:07	353	MHK	93	16:03	14:53	14:52	13:34	
630	2310	Steffen Dr. Carsten	Team KerryGum	GER	0:59:24	1:00:51	28	M40	75	16:09	14:05	15:07	14:02	
631	1779	Blume Christian	cleverbridge AG roadrunners		0:59:24	1:00:04	39	M45	70	16:35	15:55	13:40	13:14	
632	1273	Dillmann Ruben	*Köln	GER	0:59:28	1:00:36	354	MHK	95	17:26	15:55	14:16	11:50	
633	2111	Breitmar Andreas	Kölner Bank		0:59:30	0:59:48	355	MHK	86	15:02	14:32	15:13	14:42	
634	1599	Seel Siegfried	*Köln	GER	0:59:39	0:59:51	94	M30	83	14:38	14:29	15:22	15:09	
635	1777	Bell Stefan	cleverbridge AG roadrunners		0:59:40	1:00:17	50	M35	77	14:58	14:18	15:17	15:05	
636	1513	Palmisano Dr. Daniele	*Hürth	GER	0:59:40	1:00:37	95	M30	81	15:38	14:26	14:56	14:39	
637	2273	Harder Moritz	Sachunterricht	GER	0:59:41	0:59:48	96	M30	81	15:17	15:11	14:57	14:14	
638	2189	Farrell Allan	LaufLövenich2010	CAN	0:59:43	1:01:01	40	M45	70	16:20	14:23	14:33	14:25	
639	2428	Hegmans Niels	Vegan Runners	GER	0:59:49	1:01:15	97	M30	82	17:56	15:34	13:24	12:54	
640	2044	Fritz David	HerzGold	GER	0:59:51	1:00:16	356	MHK	88	15:06	14:43	15:28	14:32	
641	2561	Koppmeier Christian			0:59:52	1:01:03	29	M40	75	16:16	14:35	14:59	13:59	
642	2558	Lubosch Sebastian			0:59:57	1:01:09	357	MHK	86	16:36	14:13	14:54	14:12	
643	2163	Holbein Simon	L essentiel c est mitmachen	GER	0:59:59	1:01:02	358	MHK	86	16:30	14:22	14:45	14:21	
644	2027	Niu Huachong	Früher Abschluss	CHN	1:00:01	1:00:16	359	MHK	90	14:02	14:27	16:08	15:24	
645	2289	Meyer Daniel	Selbstläufer	GER	1:00:02	1:00:38	360	MHK	88	16:08	14:28	14:40	14:44	
646	2572	Unbekannt			1:00:04	1:00:28	361	MHK		15:52	14:30	14:51	14:50	
647	1757	Reinke Ludwig	BLB Köln Runner		1:00:06	1:01:01	18	M55	58	16:00	14:24	14:38	15:03	
648	2464	Wittig Michael	*Köln	GER	1:00:07	1:00:56	362	MHK	89	17:07	14:41	14:26	13:52	
649	1784	Cakar Camal	cleverbridge AG roadrunners		1:00:08	1:01:00	363	MHK	86	16:14	14:39	15:03	14:10	
650	1967	Fischer Dominik	Die (K)naggigen	GER	1:00:11	1:00:50	364	MHK	89	15:12	14:18	15:22	15:16	
651	1235	Berns Dr. Markus	*Köln	GER	1:00:11	1:00:21	98	M30	81	15:19	14:52	15:37	14:21	
652	1287	Fantoni Stefano	*Koeln	ITA	1:00:12	1:00:55	41	M45	68	15:54	14:51	15:02	14:23	
653	2313	Czylmek Michael	Team Napaltrak	GER	1:00:14	1:01:33	51	M35	78	14:51	14:19	15:27	15:35	
654	1728	Gütle Sebastian	AusternVorweg	GER	1:00:17	1:00:24	365	MHK	89	14:01	14:56	15:43	15:35	
655	1788	Diren Engin	cleverbridge AG roadrunners		1:00:21	1:01:03	99	M30	83	16:24	14:20	14:26	15:09	
656	2337	Stollwerk Christoph	TEAM RRZK	GER	1:00:22	1:00:46	10	MU2	96	14:52	14:57	15:11	15:20	
657	1938	Träger Manuel	COLOGNE INTERNATIONALS	GER	1:00:27	1:00:59	11	MU2	96	14:38	16:43	14:43	14:21	
658	1709	Zemken Shelby	*Koeln	USA	1:00:32	1:02:00	366	MHK	91	16:30	14:41	14:50	14:29	
659	1763	Schorn Georg	Bon Secours Kamerun	GER	1:00:33	1:01:17	19	M55	58	16:50	14:31	14:37	14:33	
660	1824	Van der Goot Tarmo	cleverbridge AG roadrunners		1:00:34	1:01:15	100	M30	84	14:18	14:35	15:25	16:15	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
661	2041	Bläser Ralf	GGs KOPERNIKUS	GER	1:00:46	1:01:28	29	M50	61	16:27	14:35	14:53	14:50	
662	2309	Brod Marcus	Team KerryGum	GER	1:01:05	1:02:32	30	M40	74	16:04	14:10	15:07	15:43	
663	2336	Ruchnewitz Denis	TEAM RRZK	GER	1:01:06	1:02:13	367	MHK	94	15:48	14:32	15:17	15:29	
664	2446	Ehlers Mark	WiSo Warriors	GER	1:01:11	1:02:05	368	MHK	89	17:09	14:31	14:54	14:36	
665	1643	Thomas Ralf	*Brüühl	GER	1:01:18	1:02:37	30	M50	63	17:18	15:04	14:42	14:13	
666	2241	Von Petersenn Alexander	Prinzen-Garde Köln 1906 e.V.	GER	1:01:25	1:02:30	10	M60	54	16:02	14:49	15:12	15:21	
667	2463	Reydelet Yann	*Köln	FRA	1:01:26	1:03:06	31	M40	72	15:06	14:20	15:31	16:28	
668	1726	Vogler Wolfgang	Attac	GER	1:01:36	1:02:12	4	M65	49	16:13	14:59	15:14	15:09	
669	1749	Baur Alexander	BLB Köln Runner		1:01:53	1:02:45	31	M50	65	16:48	14:56	15:09	14:59	
670	1317	Gonner Daniel	*Köln	GER	1:01:55	1:02:29	369	MHK	93	16:15	15:13	15:33	14:52	
671	1341	Hartmann Tobias	*Köln	GER	1:02:12	1:02:28	52	M35	77	15:16	14:28	16:39	15:47	
672	1437	Langen Constantin	*Köln	GER	1:02:13	1:02:51	42	M45	67	16:13	15:05	15:26	15:28	
673	1786	Dadjeu Patrick	cleverbridge AG roadrunners		1:02:14	1:03:00	101	M30	82	14:17	14:12	16:25	17:18	
674	1825	Weinreich Tobias	cleverbridge AG roadrunners		1:02:19	1:03:13	102	M30	85	16:14	15:03	15:40	15:20	
675	2382	Engelhardt Marian Oliver	Ubiquitators	GER	1:02:24	1:03:53	53	M35	80	15:58	14:33	15:50	16:01	
676	2235	Kaletta Dr. Florian	OC KÖlifornia	GER	1:02:24	1:02:59	103	M30	85	16:43	15:28	15:16	14:55	
677	2415	Geller Frank	VampirPower		1:02:37	1:03:21	32	M50	65	15:48	15:04	15:56	15:47	
678	1640	Thomas Jakob	*Brühl	GER	1:02:37	1:02:37	370	MHK	89	18:38	15:03	14:42	14:12	
679	1223	Becerra Mauricio	*Köln	ECU	1:02:41	1:03:46	371	MHK	91	15:42	15:28	14:48	16:40	
680	1348	Heinen Marcel	*Wuppertal	GER	1:02:45	1:03:26	372	MHK	90	15:45	14:45	15:39	16:34	
681	2587	Seelbach Armin			1:02:55	1:04:12	43	M45	68	16:10	15:06	15:47	15:50	
682	2179	Matakas Frank	Laktatkönige	GER	1:02:59	1:03:15	1	M75	39	16:49	15:05	15:30	15:33	
683	1552	Rosner Florian	*Köln	GER	1:03:01	1:03:26	32	M40	72	15:07	14:37	16:10	17:05	
684	1818	Schunke Nico	cleverbridge AG roadrunners		1:03:02	1:03:43	373	MHK	86	16:24	15:02	15:37	15:57	
685	1431	Küster Andre	*Odenthal	GER	1:03:09	1:04:11	104	M30	84	15:25	15:06	16:12	16:25	
686	2038	Seeliger Martin	GfE läuft ... seit 1887	GER	1:03:16	1:04:05	105	M30	83	15:18	15:05	16:10	16:41	
687	761	Carboni Felipe	COLOGNE INTERNATIONALS	ITA	1:03:17	1:03:17	374	MHK	91	13:34	15:12	16:27	18:03	
688	2332	Cevikalp Aydin	TEAM RRZK	GER	1:03:42	1:04:56	106	M30	83	15:12	15:03	16:21	17:05	
689	1762	Meyer Nicolas	Bon Secours Kamerun	GER	1:03:53	1:04:37	20	M55	60	16:54	15:11	15:44	16:03	
690	2562	Unbekannt			1:03:54	1:05:04	375	MHK		16:44	15:40	15:54	15:34	
691	2342	Pietsch Philipp	Team Starbikewear	GER	1:03:55	1:05:06	376	MHK	86	16:44	15:40	31:31	00:00	
692	2331	Can Asim	TEAM RRZK	GER	1:04:02	1:05:10	33	M40	73	16:00	15:11	16:16	16:33	
693	1264	Claren Daniel	*Pulheim	GER	1:04:10	1:05:00	44	M45	67	16:31	15:30	15:53	16:15	
694	2244	Lange Dr. Wolf-Gero	Psy-Docs	GER	1:04:23	1:05:32	34	M40	72	17:52	16:06	16:45	13:39	
695	2176	Esters Paul	Laktatkönige	GER	1:04:55	1:05:05	21	M55	59	14:01	21:57	14:00	14:55	
696	1406	Kluth Benedikt	*Leverkusen	GER	1:05:00	1:05:39	45	M45	70	17:54	15:48	15:44	15:32	
697	1333	Hach Ulrich	*Köln	GER	1:05:05	1:06:40	22	M55	58	16:54	15:50	16:22	15:59	
698	1636	Theis Hendrik	*Wuppertal	GER	1:05:11	1:06:19	377	MHK	93	17:26	15:55	15:38	16:10	
699	1494	Nentwig Finn	*Rösrath	GER	1:05:29	1:06:13	46	M45	67	17:09	15:27	16:07	16:43	
700	1275	Driller Moritz	*Köln	GER	1:05:37	1:05:37	378	MHK	88	21:27	16:14	15:25	12:29	
701	2243	Appel Helmut	Psy-Docs	GER	1:05:56	1:07:05	379	MHK	88	17:53	16:04	16:45	15:12	
702	2316	Hellmig Axel	Team Napaltrak	GER	1:06:12	1:07:37	33	M50	65	17:54	16:12	16:04	16:01	
703	1790	Duis Andre	cleverbridge AG roadrunners		1:06:14	1:07:04	380	MHK	86	16:17	15:46	16:41	17:30	
704	1458	Mack Jürgen	*Herzogenrath	GER	1:06:16	1:07:43	107	M30	83	18:09	16:23	16:11	15:31	
705	2569	Hoffmann Daniela			1:06:25	1:07:09	381	MHK	80	18:01	16:39	16:33	15:10	
706	2286	Frerkes Thomas	Selbstläufer	GER	1:06:31	1:07:55	382	MHK	86	17:56	16:30	16:04	16:01	
707	2567	Unbekannt			1:06:58	1:08:25	383	MHK		17:46	16:12	16:52	16:06	
708	2568	Unbekannt			1:06:58	1:08:25	384	MHK		17:46	16:12	16:52	16:06	
709	1676	Waßer Peter	*Bonn	GER	1:07:01	1:07:15	23	M55	59	16:42	16:21	16:42	17:14	
710	1478	Meyers Sebastian	*Köln	GER	1:07:15	1:08:28	385	MHK	91	16:58	16:34	16:54	16:47	
711	1695	Wolter Kevin	*Aachen	GER	1:07:28	1:08:29	386	MHK	91	17:06	16:22	16:52	17:06	
712	2157	Glaubitz Achim	Kreissparkasse Köln	GER	1:07:30	1:08:11	54	M35	77	15:47	16:34	17:25	17:43	
713	2211	Kuck Jens	MitUns	GER	1:07:36	1:08:24	34	M50	64	15:19	16:21	17:37	18:18	
714	1213	Bacanji Christopher	*Köln	GER	1:07:37	1:08:32	387	MHK	87	17:22	16:36	17:29	16:08	
715	2171	Jahnke Johannes	läuft-bei-uns	GER	1:08:07	1:09:01	388	MHK	87	17:24	16:35	17:27	16:39	
716	2299	Körner Dr. Carsten	Spartak Statistik	GER	1:08:08	1:09:19	55	M35	79	17:13	17:17	17:13	16:23	
717	1390	Kaminski Hans	*Pulheim	GER	1:08:11	1:09:01	35	M40	75	16:31	15:31	18:50	17:18	
718	1383	Jakobi Oliver	*Köln	GER	1:08:49	1:09:29	108	M30	82	17:06	16:31	17:33	17:37	
719	1343	Haydo Malek	*Köln	LIB	1:08:50	1:09:28	389	MHK	86	17:22	16:45	17:31	17:10	
720	1705	Zylla Markus	*Voerde	GER	1:08:50	1:09:28	390	MHK	89	17:22	16:45	17:31	17:11	

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## Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden			
721	1475	Messing Jonas	*Dortmund	GER	1:08:59	1:09:46	391	MHK	91	15:58	17:12	18:21	17:27
722	2377	Möller Joachim	TuS Badbergen	GER	1:09:28	1:10:05	11	M60	55	17:36	16:27	17:20	18:03
723	2049	Saldivia Daniel	In Memoriam - Dampflok Dennis	ESP	1:09:33	1:09:44	392	MHK	93	16:48	17:38	17:26	17:40
724	2427	Hegmans Felix	Vegan Runners	GER	1:09:44	1:11:10	56	M35	80	18:22	16:37	17:06	17:38
725	1789	Dittmar Michael	cleverbridge AG roadrunners		1:11:40	1:12:24	36	M40	75	18:52	17:46	17:43	17:17
726	2113	Büchler Thomas	Kölner Bank		1:11:40	1:11:42	35	M50	62	15:47	17:58	18:50	19:04
727	2304	Schneider Kai	SV Frings	GER	1:11:42	1:12:25	37	M40	73	18:42	16:41	17:56	18:22
728	1351	Heinlein Alexander	*Köln	GER	1:14:40	1:15:45	393	MHK	89	19:30	17:56	18:31	18:41
729	2290	Nicot Patrick	Selbstläufer	GER	1:21:57	1:22:32	394	MHK	89	19:24	20:41	20:18	21:33
730	2152	Uebber Dieter	Kölner Bank		1:25:16	1:26:37	5	M65	46	21:44	20:43	21:54	20:53

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## Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	94	Schön Maike	WG Köln		0:36:44	0:36:44	1	WHK	89	09:27	09:01	09:12	09:02	
2	1413	Mealat Yemane	*Köln	TUR	0:37:33	0:37:34	2	WHK	94	09:30	09:08	09:25	09:29	
3	1710	Dörschel Christl	*Marienheide	GER	0:37:49	0:37:49	1	W35	76	09:58	09:17	09:20	09:12	
4	80	Coutellier Vera	WG Köln		0:38:29	0:38:31	3	WHK	95	10:08	09:29	09:35	09:15	
5	132	Orthen Lea	RWTH Aachen		0:39:11	0:39:12	1	W30	84	10:10	09:28	09:49	09:42	
6	108	Kümpers Julia	Uni Bonn		0:39:17	0:39:22	4	WHK	92	10:27	09:38	09:41	09:29	
7	88	Nieland Jasmin	WG Köln		0:40:08	0:40:11	5	WHK	95	10:29	09:52	10:01	09:44	
8	2515	Lamberty Anja	Just Fit 20		0:40:34	0:40:36	6	WHK	87	10:09	10:03	10:26	09:54	
9	120	Tiegel Alexandra	RWTH Aachen		0:40:43	0:40:44	2	W30	84	10:33	10:03	10:12	09:53	
10	1768	Wilmschen Sarah	Bunert - Der Kölner Laufladen	GER	0:40:58	0:41:02	7	WHK	86	10:35	10:12	10:03	10:06	
11	89	Orths Nicola	WG Köln		0:41:58	0:42:02	8	WHK	95	10:51	10:05	10:34	10:26	
12	41	Rabe Michelle	TU Dortmund		0:42:21	0:42:28	9	WHK	92	10:53	10:24	10:38	10:26	
13	97	Steinbuch Hannah	WG Köln		0:42:23	0:42:26	10	WHK	95	10:46	10:31	10:38	10:27	
14	2604	Duy Jeannette			0:42:32	0:42:40	2	W35	78	10:59	10:26	10:33	10:33	
15	2175	Drumm-Becker Sabine	Laktatkönige	GER	0:42:34	0:42:50	1	W45	67	11:16	10:24	10:34	10:19	
16	1719	Möltgen Janine	AOK		0:43:19	0:43:20	2	W45	69	10:40	10:36	10:52	11:10	
17	1281	Ehmann Carolin	*Köln	GER	0:43:45	0:43:49	11	WHK	92	11:14	10:44	10:52	10:53	
18	2087	Thomä Julia	Köln läuft		0:44:09	0:44:18	3	W30	82	11:22	10:52	11:06	10:47	
19	110	Belke Lara	Uni Bonn		0:44:40	0:44:55	12	WHK	88	11:28	10:52	11:13	11:06	
20	91	Röder Johanna	WG Köln		0:45:04	0:45:07	1	WU2	96	10:53	10:46	11:44	11:40	
21	1418	Kowarik Evelyn	*Hürth	GER	0:45:24	0:45:31	13	WHK	93	11:45	11:08	11:15	11:14	
22	2024	Herbstritt Miriam	Frau	GER	0:45:53	0:46:09	14	WHK	93	11:14	11:05	11:44	11:49	
23	1231	Benini Annachiara	*Köln	ITA	0:46:19	0:46:24	15	WHK	91	11:57	11:31	11:32	11:17	
24	1511	Otto Stephanie	*Köln Kalk	GER	0:46:29	0:46:42	16	WHK	95	12:40	11:05	11:18	11:25	
25	2091	Albrecht Friederike	Köln Marathon	GER	0:46:56	0:47:00	17	WHK	93	11:42	11:32	11:51	11:49	
26	107	Krasenbrink Julia	Uni Bonn		0:47:00	0:47:14	18	WHK	95	12:15	11:39	11:44	11:22	
27	1620	Stibi Laura	*Köln	GER	0:47:01	0:47:28	19	WHK	92	12:04	11:33	11:56	11:26	
28	2326	Walter Doreen	Team NGM	GER	0:47:05	0:47:12	3	W35	76	11:48	11:30	11:48	11:58	
29	1682	Weiland Pia	*Köln	GER	0:47:25	0:47:37	20	WHK	92	12:49	11:20	11:41	11:34	
30	1883	Kimmich Nicole	COLOGNE INTERNATIONALS	GER	0:47:49	0:48:05	4	W30	83	12:31	11:41	11:59	11:37	
31	2470	Hein Anna	LG Brechen	GER	0:47:56	0:48:06	21	WHK	94	12:24	11:55	12:00	11:36	
32	137	Medgyesi Nora	RWTH Aachen		0:47:58	0:48:01	22	WHK	92	12:10	11:45	12:11	11:50	
33	1284	Erchinger Henrieke	*Köln	GER	0:47:59	0:48:16	23	WHK	94	13:07	11:48	12:01	11:01	
34	1724	Kaiser Christina	ASV Köln Triathlon	GER	0:48:03	0:48:23	24	WHK	89	12:16	11:31	12:03	12:12	
35	2089	Weber Natalie	Köln läuft		0:48:12	0:48:29	1	W40	74	12:48	11:51	12:02	11:30	
36	1465	Marquardt Britta	*Köln	GER	0:48:13	0:48:30	25	WHK	94	12:23	11:58	12:03	11:48	
37	93	Schmidt Carolin	WG Köln		0:48:24	0:48:27	26	WHK	92	11:48	11:55	12:19	12:21	
38	141	Schlöffel Manuela	RWTH Aachen		0:48:36	0:48:39	1	W50	64	11:56	11:50	12:21	12:28	
39	1212	Auf dem Berge Melanie	*Köln	GER	0:48:37	0:48:40	27	WHK	92	11:58	12:19	12:31	11:47	
40	1402	Kleczka Margarethe	*Köln	GER	0:48:37	0:49:37	28	WHK	87	13:03	12:05	12:26	11:01	
41	58	Kilimann Vanessa	Uni Münster		0:48:39	0:48:42	29	WHK	91	12:16	11:50	12:22	12:10	
42	61	Volke Joana	Uni Münster		0:48:41	0:48:49	30	WHK	92	12:26	11:58	12:16	11:59	
43	1864	Groß Mona Hermine	COLOGNE INTERNATIONALS	GER	0:48:46	0:49:25	31	WHK	91	14:13	12:00	11:19	11:12	
44	1474	Menzel Verena	*Leverkusen	GER	0:48:51	0:48:56	4	W35	80	12:33	11:59	12:14	12:03	
45	2291	Schol Marlene	Selbstläufer	GER	0:49:07	0:49:27	32	WHK	90	12:44	11:52	12:19	12:11	
46	56	Grabitz Franziska	Uni Münster		0:49:08	0:49:16	33	WHK	93	12:26	11:58	12:18	12:25	
47	1430	Küpper Carolin	*Köln	GER	0:49:15	0:49:18	34	WHK	87	12:03	12:00	12:33	12:39	
48	1214	Bachem Elisa	*Köln	GER	0:49:17	0:49:28	5	W30	81	11:54	12:03	12:45	12:33	
49	1995	Camen Verena	DSHS Köln	GER	0:49:20	0:49:34	35	WHK	93	13:02	12:03	12:07	12:06	
50	1642	Thomas Melanie	*Düsseldorf	GBR	0:49:26	0:49:53	36	WHK	94	12:48	12:07	12:23	12:07	
51	2557	Rösner Maria			0:49:27	0:49:37	6	W30	84	12:48	12:07	12:21	12:10	
52	2104	Hamann Maren	Köln-campus	GER	0:49:37	0:50:09	37	WHK	87	12:31	11:52	12:22	12:50	
53	111	Banning Lisa Sofie	Uni Bonn		0:49:37	0:49:51	2	WU2	97	12:27	12:05	12:38	12:24	
54	1522	Piwowar Ulla	*Köln	GER	0:49:41	0:49:58	7	W30	84	12:47	12:09	12:23	12:21	
55	1456	Lukas Claudia	*Köln	GER	0:49:46	0:50:03	2	W50	61	13:05	12:12	12:18	12:09	
56	1434	Ladwig Anne	*Essen	GER	0:49:47	0:50:03	38	WHK	91	13:47	12:12	12:09	11:37	
57	2410	Bongers Magdalena	VampirPower		0:49:50	0:50:36	39	WHK	90	13:38	12:01	12:14	11:57	
58	1419	Krämer Julia	*Köln	GER	0:49:51	0:50:22	40	WHK	88	13:36	12:12	12:09	11:53	
59	1960	Hammer Tatjana	Danke	GER	0:49:58	0:50:09	41	WHK	93	13:07	12:17	12:24	12:09	
60	1485	Müller Nora	*Köln	GER	0:50:10	0:50:37	42	WHK	92	13:50	12:17	12:16	11:47	

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## Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	1423	Kriegeskotte Julia	*Köln	GER	0:50:11	0:50:37	43	WHK	92	13:50	12:17	12:15	11:47	
62	1897	Löw Anna	COLOGNE INTERNATIONALS	GER	0:50:12	0:50:20	8	W30	82	12:38	12:12	12:55	12:25	
63	43	Sonja Struckholt	TU Dortmund		0:50:20	0:50:28	44	WHK	92	12:57	12:23	12:40	12:19	
64	1988	Kleen Julia	Die schnellen Intellektuellen	GER	0:50:20	0:50:38	45	WHK	89	13:03	12:15	12:36	12:26	
65	2321	Hepperger Eva	Team NGM	AUT	0:50:24	0:50:30	3	W50	65	12:28	11:52	12:34	13:28	
66	2120	Fischer Sabine	Kölner Bank		0:50:26	0:50:43	4	W50	61	13:01	12:22	12:31	12:30	
67	1668	Von Hall Sophie	*Köln	GER	0:50:28	0:50:51	46	WHK	94	13:06	12:46	12:28	12:07	
68	1240	Blum Ilka	*Köln	GER	0:50:35	0:50:41	47	WHK	86	12:44	12:39	12:41	12:30	
69	30	Da Forno Helena	Bergische Uni Wuppertal		0:50:38	0:50:50	48	WHK	95	12:17	11:56	13:04	13:20	
70	1310	Gerber Julia	*Köln	GER	0:50:39	0:51:03	49	WHK	88	13:22	12:13	12:33	12:29	
71	1621	Stoffel Mareike	*Bornheim	GER	0:50:44	0:52:02	50	WHK	89	13:59	12:34	12:25	11:45	
72	2138	Meibeck Anja	Kölner Bank		0:50:45	0:51:03	2	W40	71	12:52	12:09	12:35	13:07	
73	1279	Ebert Charlotte	*Köln	GER	0:50:50	0:51:33	51	WHK	87	14:11	12:22	12:29	11:46	
74	1704	Zur Löwen Diana	Cologne Internationals	GER	0:51:04	0:51:22	52	WHK	95	13:13	12:10	12:50	12:50	
75	1296	Frank Manja	*Köln	GER	0:51:18	0:51:26	53	WHK	90	13:01	12:23	12:51	13:01	
76	1306	Gebauer Wiebke	*Köln	GER	0:51:26	0:51:46	9	W30	84	13:19	12:22	12:52	12:52	
77	1670	Wagner Anna Marie	*Köln	GER	0:51:27	0:52:20	3	WU2	96	14:29	12:30	12:27	12:00	
78	1389	Kaiser Constanze	*Köln	GER	0:51:39	0:51:50	54	WHK	93	13:47	12:28	12:42	12:41	
79	1940	Van Dreuten Leonie	COLOGNE INTERNATIONALS	GER	0:52:03	0:52:08	55	WHK	90	12:51	12:21	13:17	13:32	
80	1291	Fischer Julia	*Köln	GER	0:52:03	0:52:40	56	WHK	90	15:25	12:46	12:18	11:32	
81	1539	Rempel Jasmin	*Swisttal	GER	0:52:07	0:52:36	57	WHK	94	14:25	12:48	12:45	12:07	
82	2030	Bartz Melanie	GfE läuft ... seit 1887	GER	0:52:17	0:52:40	58	WHK	86	14:10	12:39	12:49	12:36	
83	1854	Deters Franziska	COLOGNE INTERNATIONALS	GER	0:52:24	0:53:33	59	WHK	93	14:51	12:35	12:49	12:08	
84	2497	Janson Malin	Prothetik UK-Köln		0:52:26	0:52:32	60	WHK	91	12:40	12:57	13:28	13:20	
85	1865	Große Jennifer	COLOGNE INTERNATIONALS	GER	0:52:29	0:52:47	61	WHK	86	13:05	13:10	13:18	12:55	
86	40	Meier Kristin	TU Dortmund		0:52:33	0:52:56	62	WHK	89	13:33	12:35	13:27	12:56	
87	2216	Gonschor Myrielle	Myrielle Gonschor	GER	0:52:35	0:53:14	63	WHK	91	14:13	12:26	12:54	13:00	
88	2371	Endemann Christina	TriathlonSteckelCologne	GER	0:52:39	0:52:42	4	WU2	96	13:09	12:51	13:16	13:23	
89	1667	Von Hall Jule	*Düsseldorf	GER	0:52:41	0:53:03	64	WHK	94	13:08	12:47	13:37	13:08	
90	1894	Lange Alexandra	COLOGNE INTERNATIONALS	GER	0:52:51	0:52:54	65	WHK	90	13:25	12:48	13:16	13:19	
91	1895	Leisch Laura	COLOGNE INTERNATIONALS	GER	0:52:52	0:53:25	66	WHK	90	14:00	12:31	13:09	13:10	
92	1261	Castelló Inés	*Köln	ESP	0:52:54	0:53:11	67	WHK	89	13:32	13:10	13:31	12:39	
93	1339	Halm Lisa	*Köln	GER	0:52:54	0:53:04	68	WHK	93	13:16	12:59	13:24	13:14	
94	1230	Bender Dany	*Köln	GER	0:52:59	0:53:14	5	W35	80	13:41	13:09	13:13	12:54	
95	2013	Bongardt Sabine	Elisabeth-von-Thüringen-Gymna	GER	0:53:09	0:53:36	3	W45	66	14:14	13:00	12:54	13:00	
96	1612	Stamm Christiane	*Köln	GER	0:53:10	0:53:41	69	WHK	90	13:53	12:53	13:22	13:01	
97	1411	König Jacqueline	*Köln-Nippes	GER	0:53:11	0:53:23	70	WHK	95	13:55	12:58	13:12	13:04	
98	1700	Zapletal Clara	*Köln	GER	0:53:11	0:53:23	71	WHK	94	13:54	12:59	13:12	13:05	
99	2544	Ketges Maike	Du machst den Unterschied		0:53:11	0:53:14	72	WHK	90	12:17	12:49	14:02	14:02	
100	1234	Berninger Katharina	*Köln	GER	0:53:15	0:53:18	73	WHK	87	13:02	12:55	13:42	13:34	
101	1531	Radwitz Pia	*Odenthal	GER	0:53:16	0:54:17	74	WHK	91	15:15	12:47	12:40	12:33	
102	1364	Hönnicke Silke	*Köln	GER	0:53:19	0:54:22	3	W40	71	15:13	12:45	12:38	12:42	
103	2105	Knigge Ilka Eliana	Kölncampus	GER	0:53:21	0:53:54	75	WHK	90	12:43	12:57	14:02	13:38	
104	2364	Liebst Amelie	Theo Runners	GER	0:53:33	0:54:46	76	WHK	91	15:03	12:48	12:58	12:43	
105	1892	Kubitta Natalie	COLOGNE INTERNATIONALS	GER	0:53:38	0:54:41	77	WHK	89	15:12	12:52	13:02	12:31	
106	1650	Tschöke Hella	*Köln	GER	0:53:51	0:54:33	78	WHK	91	14:16	13:45	00:00	39:36	
107	1919	Pradella Anja	COLOGNE INTERNATIONALS	GER	0:54:03	0:55:11	79	WHK	87	14:42	13:08	13:11	12:59	
108	2257	Seifen Lea	RefAG	GER	0:54:12	0:54:46	80	WHK	88	14:42	13:09	13:13	13:06	
109	1841	Meyer Christina	Collegium musicum der Universi	LUX	0:54:14	0:55:36	81	WHK	95	15:24	13:17	13:06	12:25	
110	1626	Stunz Friederike	*Burbach	GER	0:54:16	0:54:29	82	WHK	94	13:53	12:59	14:15	13:08	
111	1592	Schubert Eva	*Köln	GER	0:54:19	0:55:30	83	WHK	87	15:04	13:52	13:15	12:06	
112	2360	Althof Susanne	TEMis & Freunde	GER	0:54:20	0:54:20	10	W30	84	14:54	12:34	13:29	13:21	
113	2580	Holzbach Anika			0:54:22	0:55:08	84	WHK	89	14:38	13:14	13:17	13:12	
114	2325	Süptitz Juliane	Team NGM	GER	0:54:22	0:54:26	85	WHK	88	13:14	13:54	13:47	13:26	
115	2170	Elias Maren	läuft-bei-uns	GER	0:54:24	0:54:27	86	WHK	93	13:23	13:31	13:57	13:31	
116	2422	Mohrmann Ina	VampirPower		0:54:28	0:55:51	4	W45	70	15:20	12:58	13:04	13:04	
117	1359	Herbers Meike	*Köln	GER	0:54:28	0:54:39	87	WHK	87	13:43	13:03	14:04	13:36	
118	1319	Gräf Jeanette	*Siegen	GER	0:54:35	0:54:48	88	WHK	95	13:54	13:04	14:08	13:26	
119	1603	Sladek Marta	*Köln	GER	0:54:35	0:54:44	11	W30	84	14:12	13:09	13:41	13:32	
120	2589	Hacker Stefanie			0:54:40	0:54:49	6	W35	78	14:41	13:39	13:06	13:12	

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## Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	2047	Grohe Hannah	In Memoriam - Dampflokk Dennis	GER	0:54:42	0:54:54	89	WHK	88	14:42	13:36	13:24	12:58	
122	1619	Steven Vanessa	*Hürth	GER	0:54:42	0:55:36	90	WHK	95	14:19	13:04	13:39	13:39	
123	1945	Weck Franziska	COLOGNE INTERNATIONALS	GER	0:54:43	0:54:52	91	WHK	93	14:28	13:28	13:35	13:10	
124	1393	Keil Miriam	*Köln	GER	0:54:43	0:54:52	12	W30	84	14:12	13:09	13:41	13:40	
125	1352	Heinrich Johanna	*Köln	GER	0:54:46	0:55:17	92	WHK	87	15:19	13:25	13:24	12:36	
126	1349	Heinen Maria	*Kail	GER	0:54:48	0:55:28	5	W50	63	14:35	13:28	13:27	13:17	
127	1274	Dizer Laura	*Köln	GER	0:54:49	0:55:14	93	WHK	89	15:49	13:33	13:14	12:11	
128	2552	Werner Jennifer			0:54:50	0:55:23	94	WHK	91	15:18	13:26	13:19	12:47	
129	1331	Haar Eugenia	*Wuppertal	GER	0:54:51	0:55:31	13	W30	83	14:35	13:28	13:32	13:14	
130	1276	Droste Franziska	*Köln	GER	0:54:52	0:55:08	95	WHK	95	14:24	12:55	13:27	14:04	
131	2456	Bender Kristin	*Köln	GER	0:54:54	0:56:01	14	W30	84	15:41	13:29	13:08	12:34	
132	1878	Karthaus Maren	COLOGNE INTERNATIONALS	GER	0:54:56	0:55:03	96	WHK	95	14:05	13:28	13:43	13:38	
133	1218	Bagnetti Claudia	*Köln	GER	0:54:58	0:56:02	15	W30	85	14:38	13:27	13:31	13:20	
134	2225	Quinn Arlene	Neunkirchen Nightmares	GER	0:55:00	0:56:04	16	W30	84	15:06	13:07	13:41	13:04	
135	2228	Theissen Malia	Neunkirchen Nightmares	GER	0:55:01	0:56:04	97	WHK	89	15:06	13:07	13:41	13:04	
136	1366	Hofheinz Bernadette	*Köln	GER	0:55:04	0:55:07	98	WHK	93	13:01	13:16	14:20	14:25	
137	1986	Al-Kaddah Maissun	Die schnellen Intellektuellen	GER	0:55:10	0:55:28	99	WHK	87	15:10	13:37	13:22	12:58	
138	1303	Fromme Julia	*Köln	GER	0:55:14	0:56:13	100	WHK	90	15:56	13:48	13:09	12:20	
139	1876	Kabuth Jaqueline	COLOGNE INTERNATIONALS	GER	0:55:17	0:55:26	101	WHK	94	14:34	13:23	13:45	13:34	
140	2217	Daubmann Michele	Neunkirchen Nightmares	USA	0:55:26	0:56:30	102	WHK	93	15:08	13:33	13:46	12:59	
141	2223	Ogink Janneke	Neunkirchen Nightmares	GER	0:55:27	0:56:31	103	WHK	89	15:08	13:32	13:46	12:59	
142	2080	Milda Lisa	Köln läuft		0:55:28	0:56:46	104	WHK	86	14:54	12:31	13:02	15:00	
143	1657	Vankerkom Franziska	*Gummersbach	GER	0:55:28	0:56:04	105	WHK	93	15:17	13:19	13:25	13:25	
144	2349	Lautze Mirjam	Team Wolle	GER	0:55:29	0:55:39	106	WHK	90	14:02	13:33	13:42	14:10	
145	2182	Wolf Ulrike	Laktatkönige	GER	0:55:30	0:55:46	1	W55	58	14:22	13:22	13:53	13:52	
146	1550	Röhrborn Sheila	*Köln	GER	0:55:30	0:55:45	107	WHK	91	14:27	13:36	13:47	13:39	
147	2082	Schmitz Britta	Köln läuft		0:55:33	0:55:49	6	W50	63	14:47	13:50	13:54	13:01	
148	1439	Lauer Michelle	*Köln	GER	0:55:42	0:56:19	108	WHK	93	14:19	13:29	13:58	13:54	
149	2418	Kirchen Susanne	VampirPower		0:55:46	0:56:43	109	WHK	92	14:24	13:08	14:34	13:38	
150	2554	Hanel Leonie	Collegium Musicum		0:55:51	0:55:51	110	WHK	92	14:33	13:50	14:25	13:01	
151	2300	Reh Laura	Spartak Statistik	GER	0:55:51	0:57:02	111	WHK	92	14:20	13:40	13:58	13:50	
152	1915	Panetzky Katharina	COLOGNE INTERNATIONALS	GER	0:55:51	0:56:16	112	WHK	90	13:46	13:54	14:13	13:56	
153	1729	Hüttenberger Thea Marie	AusternVorweg	GER	0:55:56	0:56:03	113	WHK	89	13:57	13:45	14:18	13:54	
154	1399	Keuchel Marie	*Köln	GER	0:56:02	0:56:40	114	WHK	94	14:43	13:36	14:01	13:41	
155	1715	Sorgalla Susanne	AG Weglauftendenz	GER	0:56:11	0:57:33	17	W30	81	15:17	13:49	13:48	13:14	
156	1346	Heinen Anna	*Köln	GER	0:56:14	0:57:39	115	WHK	88	15:09	13:19	13:42	14:02	
157	1441	Laurenzen Hannah	*Köln	GER	0:56:14	0:57:38	116	WHK	92	16:15	13:48	13:24	12:46	
158	2443	Voß Gina	Weitblick Köln	GER	0:56:16	0:57:31	117	WHK	90	16:05	13:59	13:34	12:36	
159	1265	Crimmann Stephanie	*Swisttal	GER	0:56:18	0:56:37	118	WHK	87	14:31	13:46	14:01	13:57	
160	2081	Ockenfels Janine	Köln läuft		0:56:22	0:56:50	7	W35	77	15:42	14:01	13:49	12:48	
161	1684	Weiser Sandra	*Köln	GER	0:56:24	0:57:40	119	WHK	88	15:49	13:33	13:45	13:15	
162	2391	Ganz Ute	Valium i.V.	GER	0:56:24	0:56:46	7	W50	64	14:24	13:49	14:12	13:58	
163	2403	Sandmann Andrea	Valium i.V.	GER	0:56:24	0:56:48	8	W35	78	15:05	13:43	13:59	13:36	
164	1548	Rimkus Wiebke	*Koeln	GER	0:56:25	0:56:53	120	WHK	94	14:53	13:41	13:53	13:56	
165	1471	Mehler Wiebke	*Köln	GER	0:56:25	0:56:32	121	WHK	92	14:33	13:32	14:29	13:49	
166	2335	Kalinna Nadja	TEAM RRZK	GER	0:56:34	0:57:42	122	WHK	87	15:36	14:17	14:06	12:34	
167	1358	Herbers Anja	*Köln	GER	0:56:38	0:57:39	18	W30	85	15:20	13:42	13:51	13:44	
168	2295	Jafeld Ilona	shell-running	GER	0:56:39	0:56:52	19	W30	81	13:52	14:05	14:05	14:36	
169	2136	Kramer Anja	Kölner Bank		0:56:40	0:57:09	20	W30	83	15:08	13:48	13:53	13:50	
170	1523	Plaum Josephine	*Düsseldorf	GER	0:56:40	0:57:03	123	WHK	94	15:37	13:54	13:42	13:26	
171	2069	Broichhaus Ellen	Köln läuft		0:56:43	0:57:34	4	W40	72	14:43	13:27	14:49	13:43	
172	1519	Peters Frauke	*Köln	GER	0:56:46	0:57:16	21	W30	83	14:53	13:56	14:00	13:57	
173	1581	Schmitz Katharina	*Köln	GER	0:56:48	0:57:20	124	WHK	86	15:08	13:38	13:59	14:02	
174	1546	Riedel Katja	*Köln	GER	0:56:51	0:58:07	125	WHK	93	16:13	13:46	13:38	13:12	
175	1202	Adami Franziska	*Köln	GER	0:56:53	0:57:22	126	WHK	95	14:50	13:46	14:06	14:09	
176	1801	Hoener zu Drewer Inga	cleverbridge AG roadrunners		0:56:59	0:57:57	9	W35	80	15:12	13:45	14:04	13:56	
177	1233	Bernard Lisa	*Köln	GER	0:57:02	0:58:24	127	WHK	91	15:45	13:52	13:56	13:28	
178	2213	Schöckel Claudia	MitUns	GER	0:57:03	0:58:08	5	W45	70	15:26	13:54	13:59	13:43	
179	2124	Hajek Verena	Kölner Bank		0:57:04	0:57:54	1	W60	52	15:46	13:58	13:51	13:27	
180	1257	Burkert Viktoria	*Köln	GER	0:57:11	0:58:23	10	W35	80	15:30	14:10	14:00	13:30	



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## Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	1905	Mierisch Kim Katharina	COLOGNE INTERNATIONALS	GER	0:57:12	0:57:34	128	WHK	92	15:36	14:18	14:13	13:03	
182	2378	Rothfeld Lena	TUS Wadersloh	GER	0:57:12	0:57:45	129	WHK	94	14:38	13:58	14:44	13:50	
183	1663	Vogel Sabine	*Köln	GER	0:57:13	0:58:28	5	W40	72	15:04	13:48	14:20	14:00	
184	1361	Herzog Sabrina	*Köln	GER	0:57:13	0:58:35	130	WHK	92	15:28	13:49	14:04	13:51	
185	1263	Claeßens Eva	*Köln	GER	0:57:14	0:57:48	131	WHK	92	15:35	14:03	14:10	13:24	
186	2602	Gülsen Yigit			0:57:14	0:57:22	132	WHK	86	14:34	14:23	14:13	14:02	
187	1497	Nguyen Nhu Y	*Köln	GER	0:57:15	0:58:32	133	WHK	93	15:40	13:30	13:53	14:10	
188	1250	Brinkmann Sonja	*Köln	GER	0:57:15	0:57:31	134	WHK	94	14:51	13:49	14:20	14:13	
189	2226	Rogge Jana	Neunkirchen Nightmares	GER	0:57:23	0:58:27	135	WHK	92	16:02	13:59	13:54	13:25	
190	1953	Mürmann Clara	Cologne Running Crew	GER	0:57:24	0:58:06	136	WHK	91	15:12	13:59	14:17	13:54	
191	2200	Cordes Sandra	LKW Schorse	GER	0:57:24	0:58:09	137	WHK	86	16:30	14:12	13:49	12:51	
192	1639	Thiesen Lena	*Köln	GER	0:57:29	0:57:40	138	WHK	88	15:08	14:04	14:10	14:06	
193	2159	Daiger Nora	Kropf	GER	0:57:31	0:57:31	139	WHK	90	15:26	14:14	14:23	13:26	
194	2055	Pajonk Franziska	JuRace	GER	0:57:39	0:57:47	140	WHK	92	15:00	14:12	14:33	13:53	
195	1535	Reemann Lea	*Köln	GER	0:57:41	0:58:34	141	WHK	95	15:47	14:13	14:15	13:25	
196	1542	Reymann Lisa	*Köln	GER	0:57:42	0:58:40	142	WHK	93	16:12	14:02	13:58	13:29	
197	1641	Thomas Lilian	*Brühl	GER	0:57:43	0:59:01	5	WU2	96	17:20	14:43	13:48	11:50	
198	1923	Reimann Ariane	COLOGNE INTERNATIONALS	GER	0:57:44	0:57:54	143	WHK	91	14:02	14:00	15:06	14:35	
199	2344	Maru Helina	Team Tafel	GER	0:57:44	0:58:42	144	WHK	91	16:11	14:03	13:59	13:30	
200	2578	Ohlenforst Claudia			0:57:46	0:59:00	145	WHK	89	15:02	14:28	14:26	13:47	
201	1586	Schneider Greta	*Köln	GER	0:57:49	0:58:21	146	WHK	95	15:39	14:13	14:09	13:47	
202	1765	Weirich Brit	BoxClub Kempen	GER	0:57:51	0:58:36	147	WHK	95	14:53	14:03	14:20	14:33	
203	1222	Bayer Lena	*Köln	GER	0:57:52	0:58:47	148	WHK	94	15:59	13:55	14:13	13:43	
204	1686	Werken Katrin	*Köln	GER	0:57:55	0:58:11	149	WHK	93	14:46	13:43	14:52	14:32	
205	1629	Sutter Lissa	*Köln	GER	0:57:55	0:58:11	150	WHK	95	14:45	13:44	14:53	14:32	
206	1270	De Jong Carolin	*Köln	GER	0:57:57	0:58:22	151	WHK	92	15:30	14:06	14:17	14:02	
207	1971	Förster Anja	Die derben Dernas	GER	0:58:00	0:58:22	152	WHK	86	15:59	14:20	14:01	13:38	
208	2070	Broichhaus Petra	Köln läuft		0:58:05	0:58:56	6	W45	70	15:14	13:57	14:19	14:33	
209	1997	Edeling Sabrina	Du machst den Unterschied!	GER	0:58:07	0:59:26	153	WHK	86	15:36	13:44	14:12	14:33	
210	1875	Janßen Katharina	COLOGNE INTERNATIONALS	GER	0:58:10	0:59:20	154	WHK	90	16:34	14:18	13:52	13:26	
211	1467	Mathieu Mylène	*Köln	FRA	0:58:12	0:59:29	22	W30	84	15:29	14:13	14:20	14:09	
212	1355	Helmrath Elisabeth	*Köln	GER	0:58:14	0:59:39	23	W30	82	17:01	14:31	13:40	13:01	
213	1748	Bahn Sandra	BLB Köln Runner		0:58:14	0:59:07	7	W45	69	16:02	14:24	14:15	13:32	
214	1194	Krux Jasmin			0:58:18	0:59:16	155	WHK	94	16:41	14:20	13:58	13:17	
215	1900	Manzano Eva	COLOGNE INTERNATIONALS	ESP	0:58:18	0:58:44	156	WHK	91	15:32	14:19	14:32	13:53	
216	1207	Altenbokum Katharina	*Düsseldorf	GER	0:58:19	0:59:18	24	W30	84	16:10	14:03	14:00	14:04	
217	1803	Jobst Melanie	cleverbridge AG roadrunners		0:58:22	0:59:05	25	W30	85	15:25	14:06	14:27	14:22	
218	1721	Vankerkom Katharina	AOK		0:58:22	0:58:58	157	WHK	91	15:17	14:04	14:35	14:25	
219	1835	Anderssen Clara Johanna	Collegium musicum der Universi	GER	0:58:23	0:59:22	158	WHK	90	16:08	14:22	14:11	13:40	
220	1917	Peltonen Tuulikki	COLOGNE INTERNATIONALS	FIN	0:58:24	0:58:48	159	WHK	90	15:35	14:19	14:32	13:57	
221	2199	Bendler Beatrix	LKW Schorse	GER	0:58:26	0:59:10	26	W30	82	15:32	14:02	14:31	14:20	
222	2162	Ait Ouadda Djamil	L essentiel c est mitmachen	FRA	0:58:27	0:59:29	27	W30	84	16:31	14:25	14:35	12:54	
223	1770	Pfau Romie	Central-Team	GER	0:58:29	0:59:04	11	W35	77	14:57	14:36	14:37	14:17	
224	1221	Baum Stella	*Köln	GER	0:58:30	0:59:00	160	WHK	92	15:20	14:19	14:47	14:02	
225	1215	Back Magdalene	*Köln	GER	0:58:30	0:59:00	161	WHK	93	15:20	14:20	14:47	14:02	
226	2015	Lenart Agnieszka	Elisabeth-von-Thüringen-Gymna	GER	0:58:43	0:58:50	12	W35	77	14:34	14:59	14:48	14:20	
227	2285	Forsting Maren	Selbstläufer	GER	0:58:46	0:59:22	162	WHK	89	16:15	14:33	14:29	13:28	
228	1647	Tirschler Sabine	*Düsseldorf	GER	0:58:48	0:59:14	28	W30	84	15:38	14:22	14:47	14:00	
229	1681	Wefers Andrea	*Köln	GER	0:58:49	0:59:36	6	W40	75	15:12	14:02	14:33	15:02	
230	1904	Mezger Ricarda	COLOGNE INTERNATIONALS	GER	0:58:50	0:59:45	163	WHK	90	15:46	14:30	14:31	14:01	
231	1796	Görgen Jasmina	cleverbridge AG roadrunners		0:58:52	0:59:34	164	WHK	94	16:12	14:02	14:26	14:11	
232	1845	Baars Maren	COLOGNE INTERNATIONALS	GER	0:58:53	0:59:48	165	WHK	91	15:47	14:30	14:31	14:04	
233	1632	Täuber Katharina	*Essen	GER	0:58:53	0:59:03	166	WHK	92	14:59	14:25	14:57	14:32	
234	1328	Gundlach Vanessa	*Dormagen	GER	0:58:54	1:00:08	167	WHK	91	15:54	14:21	14:20	14:18	
235	1453	Lorentz Nora	*Köln	GER	0:58:55	0:59:15	168	WHK	88	16:03	14:36	14:37	13:38	
236	2000	Riesberg Sonja	Du machst den Unterschied!	GER	0:58:58	1:00:14	29	W30	81	17:03	14:33	14:04	13:17	
237	1921	Reckenfelderbäumer	COLOGNE INTERNATIONALS	GER	0:58:59	0:59:11	169	WHK	95	14:57	14:28	15:00	14:32	
238	1395	Kern Nora	*Köln	GER	0:59:02	1:00:27	170	WHK	90	15:23	14:30	15:10	13:57	
239	1978	Quennet Janina	Die flotten Lotten	GER	0:59:04	1:00:02	171	WHK	91	15:25	14:13	14:43	14:42	
240	1977	Gussen Lea	Die flotten Lotten	GER	0:59:04	1:00:02	172	WHK	92	15:23	14:15	14:43	14:42	

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## Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2420	Leistner Stefanie	VampirPower		0:59:06	0:59:44	173	WHK	88	15:45	14:25	14:29	14:26	
242	1829	Wolf Nadja	cleverbridge AG roadrunners		0:59:08	0:59:52	13	W35	79	15:32	14:19	14:35	14:41	
243	1690	Wilke Marie	*Köln	GER	0:59:14	0:59:44	174	WHK	89	15:14	14:40	14:58	14:21	
244	1239	Bliem Christine	*Köln	GER	0:59:14	0:59:34	175	WHK	88	15:59	14:39	14:38	13:57	
245	2167	Ommer Kim	Läuft bei uns!	GER	0:59:18	0:59:43	176	WHK	90	16:09	15:23	14:33	13:11	
246	1744	Kisters-Woike Brigitte	Bio4ever	GER	0:59:18	1:00:10	2	W55	57	15:45	14:26	14:22	14:43	
247	1740	Bendig Karoline	Bio4ever	GER	0:59:18	1:00:10	14	W35	77	15:13	14:15	14:51	14:57	
248	1634	Tensil Maria	*Köln	GER	0:59:19	1:00:20	177	WHK	91	16:55	15:18	13:54	13:10	
249	2222	Neumann Klara	Neunkirchen Nightmares	GER	0:59:19	1:00:23	6	WU2	97	16:20	14:25	14:49	13:44	
250	1811	Lothmann Christine	cleverbridge AG roadrunners		0:59:24	1:00:03	178	WHK	86	16:19	14:30	14:24	14:10	
251	2227	Schumacher Rebecca	Neunkirchen Nightmares	GER	0:59:25	1:00:29	7	WU2	97	16:11	14:31	14:52	13:49	
252	2361	Aust Christina	TEMis & Freunde	GER	0:59:27	1:00:11	30	W30	85	15:36	14:17	14:46	14:47	
253	1357	Heppner Charlotte	*Köln	GER	0:59:30	0:59:51	179	WHK	90	16:00	14:37	14:38	14:14	
254	2598	Schröer Miriam			0:59:35	1:00:49	180	WHK	91	16:49	14:09	14:38	13:58	
255	1972	Knüver Dr. Jana	Die derben Dermas	GER	0:59:36	0:59:56	181	WHK	86	15:53	14:32	14:43	14:26	
256	2439	Kaesler Carolin	Weitblick Köln	GER	0:59:38	1:00:52	182	WHK	91	16:06	13:59	14:50	14:41	
257	1573	Schlegel Valerie	*Köln	GER	0:59:39	0:59:51	31	W30	84	14:38	14:29	15:22	15:09	
258	1391	Kasper Eva	*Köln	GER	0:59:40	1:00:37	183	WHK	89	15:38	14:25	14:57	14:39	
259	2363	Meffert Jasmin	TFG Nippes	GER	0:59:42	1:00:08	184	WHK	92	16:08	14:30	14:51	14:12	
260	1947	Werner Julia	COLOGNE INTERNATIONALS	GER	0:59:58	1:01:06	185	WHK	88	16:35	14:16	14:41	14:24	
261	1942	Walterscheidt Isabelle	COLOGNE INTERNATIONALS	GER	0:59:58	1:01:06	186	WHK	91	16:34	14:17	14:42	14:23	
262	1802	Ising Christina	cleverbridge AG roadrunners		0:59:59	1:00:37	15	W35	78	16:06	14:43	14:26	14:43	
263	2164	Portal Heloise	L essentiel c est mitmachen	GER	1:00:01	1:01:02	187	WHK	88	16:31	14:23	14:44	14:21	
264	1662	Völler Frederike	*Köln	GER	1:00:03	1:01:31	32	W30	82	16:02	14:22	14:44	14:54	
265	2224	Ogink Maaïke	Neunkirchen Nightmares	GER	1:00:08	1:01:13	188	WHK	91	15:07	13:33	15:33	15:53	
266	1750	Bönisch Andrea	BLB Köln Runner		1:00:09	1:01:02	16	W35	76	16:01	14:25	14:29	15:13	
267	1570	Schatz Carina	*Zülpich	GER	1:00:09	1:00:56	189	WHK	95	17:09	14:41	14:27	13:51	
268	1282	Endler Wenke	*Jülich	GER	1:00:10	1:00:57	33	W30	84	17:09	14:41	14:27	13:52	
269	1969	Nguyen Linh	Die (K)naggigen	GER	1:00:12	1:00:49	190	WHK	92	15:14	14:18	15:23	15:15	
270	1562	Sandmann Eva-Maria	*Köln	GER	1:00:13	1:00:37	17	W35	80	15:39	14:39	14:52	15:02	
271	2284	Abendroth Kathrin	Selbstläufer	GER	1:00:16	1:00:51	191	WHK	90	16:16	14:33	14:42	14:44	
272	2016	Weeger Sandra	Elisabeth-von-Thüringen-Gymna	GER	1:00:18	1:01:02	8	W45	67	15:51	14:45	15:04	14:36	
273	1778	Blume Angela	cleverbridge AG roadrunners		1:00:20	1:00:59	18	W35	77	15:32	14:30	14:59	15:17	
274	2455	Kühn Alexandra	*Köln	GER	1:00:25	1:00:59	34	W30	85	15:38	14:24	15:09	15:12	
275	1532	Ranke Sabrina	*Wuppertal	GER	1:00:26	1:01:40	192	WHK	92	15:26	14:45	15:24	14:50	
276	1970	Niepert Amelie	Die (K)naggigen	GER	1:00:31	1:01:10	193	WHK	91	15:29	14:27	15:24	15:10	
277	1414	Kol Özlem	*Köln	TUR	1:00:36	1:00:56	194	WHK	94	14:11	15:36	15:29	15:19	
278	2059	Schneider Dr. Verena	KF Lebensstil	GER	1:00:44	1:01:46	35	W30	82	15:06	14:38	15:19	15:39	
279	2320	Große-Segerath Jessica	Team NGM	GER	1:00:45	1:00:50	36	W30	82	13:47	15:37	15:39	15:41	
280	2130	Herwix Anna	Kölner Bank		1:00:45	1:01:36	195	WHK	90	16:08	15:08	15:06	14:22	
281	1533	Rausch Svenja	*Köln	GER	1:00:48	1:02:09	37	W30	82	16:51	14:38	14:43	14:34	
282	1869	Heimann Lisa Maria	COLOGNE INTERNATIONALS	GER	1:00:48	1:01:01	196	WHK	93	16:02	15:09	15:22	14:13	
283	1974	Wang Dr. Fang	Die derben Dermas	CHN	1:00:48	1:01:08	197	WHK	88	14:49	14:53	15:29	15:36	
283	2002	Schäfer Kirsten	Du machst den Unterschied!	GER	1:00:48	1:02:09	9	W45	67	16:51	14:38	14:43	14:34	
285	2405	Stein Corinna	Valium i.V.	GER	1:00:54	1:01:18	38	W30	81	15:30	14:53	15:12	15:19	
286	1742	Maric-Biresev Jelena	Bio4ever	SRB	1:00:57	1:01:25	39	W30	84	15:30	15:40	15:11	14:35	
287	1368	Holstein Sarah	*Köln	GER	1:01:02	1:01:56	198	WHK	86	17:32	15:55	15:42	11:51	
288	2449	Malcus Katja	Wupptich op dä Gass	GER	1:01:03	1:01:29	19	W35	77	15:39	14:46	15:09	15:28	
289	1652	Ueberhofen Anna	*Köln	GER	1:01:06	1:02:12	199	WHK	90	16:06	14:49	15:11	14:58	
290	2196	Velte Solveig	Les Têtes Rouges	GER	1:01:07	1:01:38	40	W30	82	16:08	14:48	15:09	15:00	
291	2195	Kurbasik Pauline	Les Têtes Rouges	GER	1:01:07	1:01:38	41	W30	82	16:08	14:48	15:09	15:00	
292	1551	Roscher Anna Sophia	*Köln	GER	1:01:09	1:01:14	200	WHK	91	14:47	15:23	15:45	15:13	
293	1747	Aring Susanne	BLB Köln Runner		1:01:12	1:02:04	10	W45	69	16:48	14:56	15:09	14:18	
294	1272	Dietsch Sophia	*Koeln	GER	1:01:15	1:01:29	8	WU2	96	15:24	15:21	15:38	14:51	
295	1426	Krüger Jana-Lisa	*Köln	GER	1:01:17	1:02:03	201	WHK	91	15:56	15:15	15:06	14:59	
296	1227	Behrendt Ceballos Claudia	*Köln	GER	1:01:17	1:02:37	202	WHK	89	17:18	15:03	14:43	14:12	
297	1941	Vargha Sára	COLOGNE INTERNATIONALS	GER	1:01:19	1:01:44	203	WHK	93	15:12	14:43	15:36	15:47	
298	1867	Groth Amelie	COLOGNE INTERNATIONALS	GER	1:01:20	1:01:36	204	WHK	92	16:51	15:13	14:58	14:15	
299	1508	Oster Julia	*Bergisch Gladbach	GER	1:01:25	1:01:40	205	WHK	93	15:42	15:21	15:55	14:25	
300	2025	Michelis Anna	Frau	GER	1:01:26	1:02:36	206	WHK	86	17:03	14:46	14:43	14:52	

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## Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	1479	Michelis Marina	*Lohmar	GER	1:01:27	1:02:36	207	WHK	88	17:04	14:46	14:43	14:52	
302	1487	Muer Rebecca	*Köln	GER	1:01:37	1:03:02	42	W30	83	17:01	14:32	15:27	14:36	
303	1594	Schulz-Theißen Kathrin	*Viersen	GER	1:01:39	1:01:56	208	WHK	95	14:43	14:57	16:00	15:57	
304	1568	Schaefers Katharina	*Köln	GER	1:01:42	1:01:58	20	W35	80	14:00	15:18	15:57	16:26	
305	1378	Hulke Carolin	*Köln	GER	1:01:43	1:02:56	209	WHK	91	16:50	15:24	15:23	14:05	
306	2218	Haberl Julia	Neunkirchen Nightmares	GER	1:01:48	1:02:51	210	WHK	90	16:12	14:47	16:03	14:44	
307	1884	Klein Ann-Christin	COLOGNE INTERNATIONALS	GER	1:01:50	1:02:24	211	WHK	95	15:29	14:35	15:35	16:09	
308	1885	Klein Kristina	COLOGNE INTERNATIONALS	GER	1:01:51	1:03:20	43	W30	81	16:30	14:52	15:12	15:15	
309	2160	Weber Lina	Kropf	GER	1:01:54	1:02:06	212	WHK	89	16:08	15:29	15:34	14:41	
310	2351	Pilz Regina	Team Wolle	GER	1:01:55	1:02:06	213	WHK	90	16:09	15:29	15:34	14:41	
311	2355	Vauth Clara	Team Wolle	GER	1:01:57	1:02:06	214	WHK	89	14:51	15:34	15:54	15:36	
312	35	Endara Karolina	TU Dortmund		1:01:59	1:03:23	44	W30	85	15:17	15:20	15:42	15:38	
313	1956	Can Mediha	Colonia-MarathonIST	GER	1:02:01	1:02:20	2	W60	53	16:18	14:57	15:20	15:25	
314	2406	Tarara de Urbina Imke	Valium i.V.	GER	1:02:06	1:02:30	45	W30	81	17:04	15:13	14:59	14:48	
315	1880	Kassim Sophia	COLOGNE INTERNATIONALS	GER	1:02:19	1:03:08	215	WHK	91	16:10	15:10	15:37	15:21	
316	2381	Berwanger Viktoria	Ubiquitators	GER	1:02:24	1:03:53	216	WHK	87	15:59	14:33	15:51	16:00	
317	2061	Seemann Dr. Wiebke	KF Lebensstil	GER	1:02:25	1:03:28	46	W30	81	16:54	15:06	15:04	15:19	
318	1708	Wodrig Carolin	*Bonn	GER	1:02:28	1:03:02	217	WHK	87	15:16	15:24	16:26	15:21	
319	1558	Rumpf Annika	*Köln	GER	1:02:31	1:03:47	9	WU2	96	16:13	14:31	16:00	15:46	
320	1372	Honscheid Isabella	*Köln	GER	1:02:31	1:03:00	218	WHK	91	16:11	15:19	15:29	15:30	
321	1295	Franeck Annika	*Köln	GER	1:02:32	1:03:21	219	WHK	89	16:46	14:58	16:24	14:23	
322	2236	Sprengart Petra	OC Kälifornia	GER	1:02:33	1:03:07	220	WHK	90	16:44	15:28	15:16	15:03	
323	1713	Haidl Dr. Theresa	AG Weglauftendenz	GER	1:02:34	1:03:55	47	W30	85	16:39	15:15	15:28	15:10	
324	1903	Mestrum Larissa	COLOGNE INTERNATIONALS	GER	1:02:37	1:03:46	221	WHK	93	16:51	15:03	15:35	15:06	
325	1329	Guntermann Laura	*Köln	GER	1:02:41	1:03:47	222	WHK	93	15:42	15:31	15:42	15:44	
326	1345	Heide Marie Sophia	*Köln	GER	1:02:43	1:03:29	223	WHK	88	18:04	14:50	17:25	12:21	
327	2408	Wahl Dorothee	Valium i.V.	GER	1:02:48	1:03:08	11	W45	66	16:14	15:24	15:36	15:31	
328	1323	Gruber Rosalie	*Köln	GER	1:02:54	1:04:09	224	WHK	93	16:26	16:03	16:16	14:08	
329	1375	Huber Anna	*Köln	GER	1:02:56	1:04:11	225	WHK	92	16:28	16:01	16:17	14:09	
330	1507	Ossendorf Tanja	*Köln	GER	1:03:02	1:04:16	226	WHK	94	16:50	15:24	15:27	15:19	
331	1589	Schoolmann Isabell	*Köln	GER	1:03:05	1:03:58	227	WHK	94	17:01	15:29	16:41	13:52	
332	1583	Schmitz Rebecca	*Köln	GER	1:03:05	1:03:58	228	WHK	87	17:17	15:12	15:19	15:16	
333	1582	Schmitz Kathrin	*Köln	GER	1:03:05	1:03:58	229	WHK	90	17:17	15:12	15:18	15:16	
334	1555	Rovner Regina	*Köln	GER	1:03:08	1:03:57	10	WU2	96	16:48	14:52	15:41	15:45	
335	1622	Stratmann Friederike	*Köln	GER	1:03:08	1:03:37	230	WHK	93	16:11	15:20	15:44	15:52	
336	1703	Zengerle Carmen	*Köln	GER	1:03:20	1:04:21	231	WHK	91	16:55	15:18	15:21	15:44	
337	1656	Van t Hoff Jasmijn	*Köln	NEL	1:03:20	1:04:05	232	WHK	87	15:23	15:05	16:10	16:41	
338	1242	Bohle Jessica	*Köln	GER	1:03:21	1:03:28	233	WHK	90	15:08	15:33	16:08	16:31	
339	1210	Aradjanski Marijana	*Köln	GER	1:03:24	1:03:41	234	WHK	89	14:55	15:17	15:11	17:59	
340	2362	Hermann Mandy	TEMis & Freunde	GER	1:03:27	1:04:11	21	W35	80	16:10	15:45	16:27	15:05	
341	1298	Freidank Sarah	*Köln	GER	1:03:38	1:04:13	235	WHK	88	16:16	15:24	16:11	15:45	
342	1415	Kontovitsis Anna	*Köln	GER	1:03:45	1:04:54	236	WHK	89	17:36	15:33	15:42	14:51	
343	1544	Richter Jana	*Köln	GER	1:03:47	1:04:54	237	WHK	91	17:39	15:33	15:42	14:51	
344	2379	Pint Anna	TV 1888 Ruppichterath	GER	1:03:49	1:04:40	8	W50	64	16:40	15:52	15:35	15:41	
345	2246	Wingender Laura	Psy-Docs	GER	1:04:05	1:05:15	238	WHK	88	17:52	16:06	16:45	13:22	
346	2177	Ladenburger Petra	Laktatkönige	GER	1:04:10	1:05:05	9	W50	61	18:30	16:44	14:00	14:55	
347	1237	Beuse Verena	*Köln	GER	1:04:13	1:05:25	239	WHK	91	16:29	15:44	16:04	15:54	
348	1646	Tiltmann Julie	*Düsseldorf	GER	1:04:13	1:05:25	240	WHK	92	16:30	15:44	16:04	15:54	
349	2168	Rygol Susanne	Läuft bei uns!	GER	1:04:24	1:04:49	241	WHK	88	16:10	15:23	16:22	16:28	
350	2054	Otte-Korts Milena	JuRace	GER	1:04:26	1:04:33	242	WHK	93	15:09	15:49	16:32	16:54	
351	1637	Thiel Charlotte	*Köln	GER	1:04:36	1:05:45	243	WHK	90	17:37	15:34	15:41	15:42	
352	2219	Klug Lea	Neunkirchen Nightmares	GER	1:04:50	1:05:55	244	WHK	94	17:12	15:36	16:17	15:43	
353	1982	Meisner Judith	Die Grotte	GER	1:04:50	1:05:13	245	WHK	93	17:50	15:44	15:37	15:37	
354	2220	Kolkman Breedge	neunkirchen nightmares	IRL	1:04:51	1:05:55	22	W35	80	16:34	15:34	16:29	16:12	
355	1981	Hoffmann Svenja	Die Grotte	GER	1:04:51	1:05:13	246	WHK	92	17:51	15:45	15:39	15:35	
356	2229	Wagschal Jana	Neunkirchen Nightmares	GER	1:04:53	1:05:56	11	WU2	97	16:21	15:40	16:24	16:27	
357	2172	Kurz Franziska	läuft-bei-uns	GER	1:04:58	1:05:52	247	WHK	95	17:24	16:35	15:44	15:14	
358	1930	Silik Rabia	COLOGNE INTERNATIONALS	GER	1:04:59	1:05:19	248	WHK	92	15:45	18:06	15:21	15:45	
359	1398	Keuchel Maria	*Rösrath	GER	1:05:00	1:05:39	10	W50	63	17:55	15:48	15:44	15:32	
360	1534	Reckewitz Milena	*Köln	GER	1:05:01	1:06:23	249	WHK	88	17:17	15:48	15:50	16:04	

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## Frauen

Platz	Startnr	Name	Verein*/Ort	Nat	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2153	Veltmann Anja	Kölner Bank		1:05:07	1:05:40	7	W40	74	15:00	14:00	14:09	21:57	
362	1578	Schmitte Katharina	*Köln	GER	1:05:07	1:06:29	250	WHK	86	16:19	15:52	16:35	16:20	
363	1579	Schmitte Korinna	*Köln	GER	1:05:08	1:06:29	251	WHK	88	16:19	15:52	16:35	16:21	
364	2402	Reitz Kathleen	Valium i.V.	GER	1:05:11	1:05:33	252	WHK	91	15:56	16:01	16:44	16:29	
365	2149	Schödder Lena	Kölner Bank		1:05:12	1:05:42	12	WU2	96	14:53	15:59	18:25	15:54	
366	1928	Schulte Mesum Saskia	COLOGNE INTERNATIONALS	GER	1:05:25	1:06:11	253	WHK	90	15:01	16:03	17:06	17:14	
367	1312	Germann Claudine	*Rösrath	GER	1:05:29	1:06:13	12	W45	67	17:09	15:28	16:07	16:43	
368	1604	Smith Rachael	*Koeln	USA	1:05:35	1:07:03	254	WHK	88	18:07	15:37	16:00	15:50	
369	2245	Mehrmann Linda	Psy-Docs	GER	1:05:56	1:07:05	255	WHK	88	17:53	16:05	16:44	15:12	
370	1943	Walther Sandra	COLOGNE INTERNATIONALS	GER	1:05:56	1:06:30	256	WHK	90	17:02	16:05	16:32	16:16	
371	1720	Schreiber Stefanie	AOK		1:06:03	1:06:39	257	WHK	90	16:31	16:15	16:46	16:29	
372	1800	Hirth Krisztina	cleverbridge AG roadrunners		1:06:08	1:07:02	8	W40	71	17:22	16:06	16:24	16:15	
373	2317	Hellmig Catrin	Team Napaltrak	GER	1:06:12	1:07:37	258	WHK	90	17:54	16:12	16:04	16:01	
374	1457	Luner Maya	*Köln	GER	1:06:18	1:07:13	259	WHK	92	17:30	15:56	16:29	16:23	
375	1336	Hänseler Anna	*Odenthal	GER	1:06:20	1:06:54	260	WHK	90	17:37	16:30	16:21	15:51	
376	1362	Heuser Nadine	*Odenthal	GER	1:06:21	1:06:54	261	WHK	89	17:37	16:31	16:21	15:51	
377	1367	Holstein Deborah	*Lindlar	GER	1:06:24	1:07:19	262	WHK	89	17:31	15:55	16:29	16:28	
378	2287	Keppel Christina	Selbstläufer	GER	1:06:31	1:07:55	48	W30	85	17:55	16:30	16:03	16:01	
379	1751	Hage Angelika	BLB Köln Runner		1:06:35	1:07:32	3	W55	56	17:43	16:16	16:20	16:14	
380	2601	Traber Janine			1:06:43	1:07:58	263	WHK	93	17:32	16:08	16:24	16:37	
381	1392	Katerkamp Anne	*Köln	GER	1:06:44	1:07:59	264	WHK	93	17:33	16:07	16:32	16:30	
382	2430	Straub Anika	Vegan Runners	GER	1:06:50	1:08:15	49	W30	81	17:56	16:19	16:14	16:19	
383	2125	Hardenberg-Kühnel Walli	Kölner Bank		1:06:54	1:08:06	3	W60	53	17:26	16:17	16:39	16:31	
384	1425	Krüger Gesa	*Köln	GER	1:07:20	1:08:21	265	WHK	88	17:34	16:06	16:49	16:49	
385	1743	Chen Shuhua	Bio4ever	GER	1:07:24	1:08:15	13	W45	69	17:50	16:10	17:05	16:17	
386	1702	Zeike Sabrina	*Köln	GER	1:07:48	1:08:32	266	WHK	87	16:27	16:30	17:32	17:18	
387	2190	Ayche Karin	Laufmariechen Köln	GER	1:07:51	1:08:42	4	W60	54	18:31	16:45	16:21	16:13	
388	2019	Knipprath Christine	EVERYBODY	GER	1:08:20	1:09:02	11	W50	61	16:29	16:21	17:21	18:07	
389	1819	Somankova Petra	cleverbridge AG roadrunners		1:08:26	1:09:15	23	W35	78	17:38	16:20	16:53	17:33	
390	1416	Koppenstein Kathrin	*Köln	GER	1:08:49	1:09:30	50	W30	82	17:07	16:31	17:33	17:38	
391	1385	Jamil Aida	*Köln	IRQ	1:08:50	1:09:28	51	W30	83	17:22	16:46	17:32	17:09	
392	2221	Lucas Elizabeth	Neunkirchen Nightmares	USA	1:08:56	1:10:00	267	WHK	91	17:22	17:11	17:29	16:52	
393	1208	Anand Miriam	*Köln	GER	1:08:56	1:09:24	268	WHK	92	17:25	16:37	17:45	17:07	
394	1998	Frye Henrike	Du machst den Unterschied!	GER	1:09:12	1:10:28	269	WHK	87	17:04	16:38	18:27	17:02	
395	1258	Bußmann Annika	*Köln	GER	1:09:17	1:10:24	270	WHK	95	18:09	16:37	17:06	17:23	
396	1254	Buhk Alicia	*Köln	GER	1:09:24	1:09:24	271	WHK	92	17:53	16:38	17:45	17:07	
397	1687	Wernsing Laura	*Köln	GER	1:09:31	1:10:08	272	WHK	88	17:04	16:47	17:37	18:01	
398	2416	Gerke Juliane	VampirPower		1:09:33	1:10:31	14	W45	68	16:57	16:53	17:32	18:10	
399	2429	Hottiaux Anne-Sophie	Vegan Runners	GER	1:09:45	1:11:10	52	W30	81	18:22	16:36	17:06	17:38	
400	1311	Gerl Laura	*Köln	GER	1:10:15	1:10:30	273	WHK	93	17:36	17:40	17:37	17:20	
401	2060	Schrage Dr. Ramona	KF Lebensstil	GER	1:10:30	1:11:30	53	W30	84	18:33	17:17	17:15	17:23	
402	2347	Spürk Alexandra	Team Tartichoc	GER	1:10:38	1:11:49	54	W30	85	18:02	17:33	17:47	17:15	
403	2122	Gleich Stephanie	Kölner Bank		1:10:50	1:11:19	274	WHK	88	18:43	17:26	17:39	17:00	
404	1501	Nolden Linda	*Köln	GER	1:10:53	1:12:00	275	WHK	91	17:27	15:55	19:05	18:25	
405	2129	Herrmann Denise	Kölner Bank		1:11:17	1:11:45	276	WHK	88	18:43	17:27	17:40	17:26	
406	1360	Herbstmann Anna-Delia	*Köln	GER	1:11:30	1:11:42	13	WU2	96	17:00	18:08	18:47	17:33	
407	1797	Goerlich Eva	cleverbridge AG roadrunners		1:11:36	1:12:23	55	W30	85	18:51	17:45	17:43	17:16	
408	1605	Sobczak Monika	*Köln	GER	1:12:44	1:13:44	277	WHK	90	18:15	18:07	18:30	17:51	
409	2132	Hübner Kim Jaqueline	Kölner Bank		1:13:09	1:14:06	278	WHK	92	17:39	17:34	18:23	19:32	
410	1999	Kühnle Nina	Du machst den Unterschied!	GER	1:14:01	1:15:11	24	W35	80	18:33	17:52	19:08	18:26	
411	1669	Voßen Maike	*Köln	GER	1:14:39	1:15:45	279	WHK	90	19:29	17:56	18:31	18:41	
412	1598	Seehrich Sonja	*Köln	GER	1:14:43	1:15:16	280	WHK	89	18:46	17:41	19:25	18:49	
413	1289	Fiebig Heike	*Köln	GER	1:14:51	1:16:15	56	W30	81	18:46	18:18	18:58	18:47	
414	1495	Nesbor Julia	*Erfstadt	GER	1:14:51	1:16:16	57	W30	83	18:47	18:17	18:58	18:47	
415	2033	Kraas Frauke	GfE läuft ... seit 1887	GER	1:14:54	1:15:17	12	W50	62	16:53	16:42	18:51	22:26	
416	2191	Rohmoser Eva-Maria	Laufmariechen Köln	GER	1:15:14	1:15:34	5	W60	53	19:30	18:01	18:43	18:58	
417	1473	Menzel Stefanie	*Düsseldorf	GER	1:15:26	1:16:47	58	W30	84	19:59	17:23	18:35	19:28	
418	1852	Collerone Sabrina	COLOGNE INTERNATIONALS	GER	1:15:52	1:16:40	281	WHK	88	19:44	18:33	18:39	18:55	
419	1859	Engel Natalie	COLOGNE INTERNATIONALS	GER	1:17:07	1:17:39	282	WHK	89	18:56	18:17	19:47	20:05	
420	1910	Müller Isabel	COLOGNE INTERNATIONALS	GER	1:17:07	1:17:39	283	WHK	91	18:57	18:17	19:47	20:05	

# 10km - Gesamtwertung

Unilauf Köln - 17. Juni 2015

## Frauen

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
421	2431	Thoernich Elke	VfL Mödrath	GER	1:21:27	1:21:35	13	W50	61	20:10	21:08	21:08	18:59	