

Kölner Zoolauf am 8. Juli 2016 - 6 Runden - 10.67km

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1036	Pung Kevin	*Herresbach	0:44:33	1991	MHK	1	0:45:30 07:02 07:20 07:42 07:38 07:39 07:09	4:10 min/km
2	1817	Kuthe Thorsten	*Köln	0:45:57	1972	M40	1	0:47:28 07:33 07:29 07:51 07:43 07:45 07:33	4:18 min/km
3	1821	Plihal Sascha	*Köln	0:46:37	1988	MHK	2	0:47:37 07:00 07:36 07:49 08:01 08:23 07:46	4:22 min/km
4	1372	Schirmmacher Sascha	mika:timing	0:46:50	1981	M35	1	0:46:58 07:08 07:58 08:23 08:01 07:49 07:28	4:23 min/km
5	1551	Schwarz Georg		0:46:57	1965	M50	1	0:47:02 07:30 07:50 07:59 07:52 08:07 07:37	4:24 min/km
6	1603	Okbe Habtab	Carglass	0:47:00	1974	M40	2	0:47:35 08:11 07:29 08:19 07:52 07:46 07:20	4:24 min/km
7	1966	Schmitz Peter		0:47:02	1962	M50	2	0:49:46 08:36 07:43 07:54 07:51 07:39 07:15	4:24 min/km
8	982	Schmitz Tobias	*Nettetal	0:47:03	1992	MHK	3	0:49:46 08:21 07:18 07:58 08:11 07:54 07:17	4:24 min/km
9	250	Probst Gernot	*Senheim	0:47:24	1988	MHK	4	0:48:22 07:59 07:46 08:17 08:04 07:54 07:21	4:26 min/km
10	1515	Schillings Hubert	*Dormagen	0:47:27	1962	M50	3	0:47:31 07:58 07:51 07:59 07:44 07:57 07:56	4:27 min/km
11	1866	Kneitz Marlo	LT DSHS Köln	0:47:37	2003	MU14	1	0:47:40 08:08 08:05 08:16 07:53 07:47 07:24	4:28 min/km
12	1755	Kemper Jan	Schweiz	0:47:58	1988	MHK	5	0:48:02 06:48 07:52 08:28 08:22 08:28 07:56	4:29 min/km
13	877	Schäfer Matthieu	*Köln	0:48:01	1995	MHK	6	0:48:06 06:53 07:41 08:08 08:17 08:46 08:14	4:30 min/km
14	164	Schabhüser Michael	*Rheinbach	0:48:18	1976	M40	3	0:48:58 08:11 08:04 08:16 08:06 08:06 07:33	4:31 min/km
15	207	Peltzer Jens	*Grafschaft	0:48:21	1974	M40	4	0:48:30 07:39 07:52 08:21 08:28 08:15 07:44	4:32 min/km
16	1852	Fromme Marcel		0:48:28	1992	MHK	7	0:49:57 08:07 08:25 08:25 08:10 08:00 07:18	4:32 min/km
17	1484	Rudolf Fabian	Easy Car Pay GmbH	0:48:49	1994	MHK	8	0:49:59 07:47 07:52 08:28 08:08 08:27 08:05	4:34 min/km
18	1445	Schönfuß Daniel	*Leichlingen	0:49:03	1983	M30	1	0:51:52 09:52 08:01 07:41 08:01 07:56 07:29	4:36 min/km
19	383	Tisken Gerd	*Köln	0:49:26	1982	M30	2	0:51:10 08:51 07:56 08:15 08:21 08:17 07:44	4:38 min/km
20	587	Steffens Björn	*Kerpen	0:49:36	1986	M30	3	0:53:05 08:43 08:13 08:13 08:17 08:07 08:00	4:39 min/km
21	177	Dörr Thomas	laufSinn laufTeam	0:49:42	1975	M40	5	0:49:51 07:39 07:49 08:24 10:12 07:59 07:36	4:39 min/km
22	1227	Beyer Maximilian	C&C Runners - Die	0:49:47	1989	MHK	9	0:52:04 09:53 08:19 07:42 08:04 07:59 07:47	4:40 min/km
23	384	Marek Waldemar	Für Hürth	0:49:48	1974	M40	6	0:49:53 07:31 08:04 08:40 08:37 08:38 08:17	4:40 min/km
24	1424	Schwartz Dieter	*Köln	0:49:54	1959	M55	1	0:50:04 08:09 08:11 08:36 08:29 08:26 08:01	4:40 min/km
25	558	Plücker Marco	Arena Laufftreff Leverkusen	0:49:58	1965	M50	4	0:51:00 08:55 08:08 08:17 08:24 08:16 07:56	4:41 min/km
26	251	Beblik Klaus	Gib mir Tiernamen!	0:50:10	1969	M45	1	0:51:08 08:06 08:17 08:41 08:32 08:32 08:00	4:42 min/km
27	836	Krings Marcel	marcelkrings@gmail.com	0:50:11	1982	M30	4	0:51:46 10:46 08:22 07:50 08:00 08:00 07:10	4:42 min/km
28	1354	Dresbach Frank	Cologne Allblacks	0:50:21	1967	M45	2	0:50:33 07:49 08:12 08:24 08:28 08:43 08:42	4:43 min/km
29	1367	Jäger Dr. Gernot	*Erkelenz	0:50:27	1983	M30	5	0:50:37 07:55 08:24 08:39 08:33 08:44 08:09	4:43 min/km
30	815	Danek Ingo	*Köln	0:50:40	1972	M40	7	0:52:13 08:23 08:29 08:46 08:43 08:32 07:44	4:45 min/km
31	1775	Zenck-Dürselen	101 Cycling Team	0:50:49	1993	MHK	10	0:54:53 09:40 08:40 08:19 08:36 07:52 07:39	4:46 min/km
32	1329	Gerhard Rolf	*Köln	0:51:22	1979	M35	2	0:51:31 07:53 08:30 08:40 08:53 08:57 08:26	4:49 min/km
33	270	Land Daniel	*Köln	0:51:29	1989	MHK	11	0:51:35 08:03 08:28 08:55 08:47 08:41 08:32	4:49 min/km
34	952	Steinbach Dieter	Steinchen	0:51:31	1954	M60	1	0:51:44 08:10 08:36 08:59 08:48 08:39 08:16	4:49 min/km
35	1453	Birkenfeld Dr. Florian	KölnTriathlon e.V.	0:51:40	1975	M40	8	0:52:47 08:41 08:34 08:35 09:49 08:11 07:46	4:50 min/km
36	519	Grüne Markus	*Köln	0:51:47	1988	MHK	12	0:53:24 09:00 08:13 08:46 09:08 08:19 08:19	4:51 min/km
37	123	Schreyer Ron	*Krefeld	0:52:05	1979	M35	3	0:52:10 07:59 08:29 09:25 09:20 08:56 07:54	4:53 min/km
38	1085	Nölken Markus	*Bad Honnef	0:52:07	1969	M45	3	0:52:25 08:17 08:28 09:00 09:03 09:01 08:16	4:53 min/km
39	1452	Gehrmann Christopher	*Rheinbreitbach	0:52:11	1985	M30	6	0:55:00 09:48 08:06 08:09 08:48 08:53 08:25	4:53 min/km
40	1705	Becker Thomas	skinfit for friends	0:52:23	1967	M45	4	0:53:20 09:06 08:28 08:47 09:11 08:44 08:04	4:54 min/km
41	951	Steinke Malte	Steinchen	0:52:28	1988	MHK	13	0:52:39 08:13 08:37 08:58 09:12 08:49 08:36	4:55 min/km
42	511	Weber Nils	*Köln	0:52:29	1980	M35	4	0:53:50 08:21 08:19 08:44 08:45 09:31 08:47	4:55 min/km
43	1765	Büsch Dettlef	Küche kalt Westerwald	0:52:33	1968	M45	5	0:53:29 09:06 08:29 08:49 09:09 08:47 08:11	4:55 min/km
44	1441	Uerlings Jochen	*Hürth	0:52:42	1987	MHK	14	0:54:05 08:23 08:14 08:52 09:20 09:19 08:32	4:56 min/km
45	171	George Michael	*Kaarst	0:52:46	1963	M50	5	0:52:53 07:01 08:23 09:05 09:06 09:33 09:36	4:56 min/km
46	1440	Linnartz Sven	*Hürth	0:52:49	1972	M40	9	0:54:12 08:26 08:29 08:57 09:04 09:14 08:36	4:57 min/km
47	549	Martens Hanno	*Hürth	0:52:50	1990	MHK	15	0:56:17 08:24 08:29 08:48 09:30 09:32 08:05	4:57 min/km
48	317	Leipold Pascal	*Köln	0:52:50	1981	M35	5	0:56:14 09:33 08:43 08:45 08:51 08:40 08:16	4:57 min/km
49	1243	Traut Johannes	*Köln	0:52:59	1985	M30	7	0:54:52 09:11 08:33 08:53 09:08 09:02 08:09	4:58 min/km
50	1854	Beindorf Daniel	Köln läuft!	0:53:06	1982	M30	8	0:53:19 08:11 08:31 08:57 08:59 09:13 09:14	4:58 min/km
51	1675	Rosman Carl	*Köln	0:53:17	1971	M45	6	0:55:04 09:54 08:47 08:48 09:00 08:35 08:11	4:59 min/km
52	1336	Veale Peter	Musikfabrik	0:53:18	1959	M55	2	0:55:04 09:55 08:46 08:48 09:00 08:36 08:09	4:59 min/km
53	1797	Wischnewski Luca	*Bergheim	0:53:23	2005	MU12	1	0:54:00 08:03 08:45 08:51 08:52 09:07 09:43	4:60 min/km

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54	529	Donath Holger	*Köln	0:53:25	1975	M40	10	0:55:03	09:02	08:13	08:49	09:14	09:14	08:51	5:00 min/km
55	1754	Schlotmann Torsten	Schweiz	0:53:36	1984	M30	9	0:53:41	07:54	08:45	09:29	09:19	09:23	08:43	5:01 min/km
56	1553	Walther Markus		0:53:45	1982	M30	10	0:54:16	08:46	08:39	09:17	08:59	09:16	08:46	5:02 min/km
57	1662	Busch Simon	*Köln	0:53:48	2000	MU18	1	0:55:59	08:53	08:01	08:54	09:23	09:22	09:11	5:02 min/km
58	1016	Schaaf Stefan	*Köln	0:53:56	1968	M45	7	0:54:12	09:02	08:53	09:02	09:04	09:09	08:44	5:03 min/km
59	801	Zenger Ralph-Eduard	*Köln	0:53:56	1984	M30	11	0:54:02	07:21	09:08	09:31	09:31	09:33	08:49	5:03 min/km
60	737	Hilgers Marius	*Köln	0:53:59	1989	MHK	16	0:57:51	10:16	09:00	08:47	08:39	08:50	08:23	5:03 min/km
61	1305	Diamante Nicolas	*Frechen	0:54:08	1987	MHK	17	0:54:39	08:52	09:27	08:41	09:19	08:58	08:47	5:04 min/km
62	1483	Schmidt Ulrich	Easy Car Pay GmbH	0:54:09	1981	M35	6	0:55:19	08:39	09:04	09:08	09:15	09:16	08:46	5:04 min/km
63	1134	Hein Lars	Runners Point Run Club	0:54:16	1975	M40	11	0:54:34	09:37	09:17	09:23	09:37	08:37	07:42	5:05 min/km
64	297	Müllenmeister	LHP	0:54:20	1990	MHK	18	0:55:03	10:55	09:00	09:12	09:05	09:09	06:57	5:05 min/km
65	1405	Baier Gerrit	TUS 05 Quettingen	0:54:23	1966	M50	6	0:55:23	09:41	08:48	09:01	09:09	09:01	08:40	5:06 min/km
66	1080	Neumann Stephan	neumann_niederkassel1@y0:	0:54:23	1976	M40	12	0:57:24	09:19	08:48	08:42	08:53	08:55	09:44	5:06 min/km
67	945	Olschewski Stefan	RIV GmbH	0:54:30	1979	M35	7	0:56:30	10:02	08:48	09:01	08:58	09:04	08:34	5:06 min/km
68	575	Hertel Aaron	KG Fischenich Runners	0:54:39	1981	M35	8	0:54:51	08:21	08:41	09:28	09:31	09:31	09:04	5:07 min/km
69	974	Kerner Konstantin	*Köln	0:54:41	1989	MHK	19	0:55:15	08:53	08:50	09:09	09:30	09:34	08:43	5:07 min/km
70	961	Hauseur Pascal	Blaulichtsport	0:54:49	1982	M30	12	0:56:40	09:29	08:41	09:07	09:37	09:18	08:34	5:08 min/km
71	1517	Schmidt Dirk	Team-Erdinger-alkoholfrei	0:54:49	1974	M40	13	0:55:46	09:04	08:30	08:53	09:35	09:45	09:00	5:08 min/km
72	1475	Berse Thomas	*Köln	0:54:53	1973	M40	14	0:56:48	09:42	08:48	09:06	09:12	09:17	08:46	5:08 min/km
73	1740	Nolden Dominiik	*Bergheim	0:54:55	1982	M30	13	0:56:40	09:41	09:19	09:11	09:27	08:58	08:17	5:09 min/km
74	1735	Putzier Jens	Julia	0:55:00	1964	M50	7	0:56:37	09:23	09:24	09:25	09:38	08:54	08:14	5:09 min/km
75	1050	Horn Dr. Michael	BSG-Lülsdorf e.V.	0:55:01	1966	M50	8	0:55:47	09:12	08:51	09:04	09:17	09:29	09:06	5:09 min/km
76	1033	Ranke Daniel	The GinNastics	0:55:05	1979	M35	9	0:59:08	09:36	09:04	09:07	09:09	09:14	08:52	5:09 min/km
77	588	Willscheid Michael	Sportteufelchen Bad	0:55:16	1974	M40	15	0:58:30	09:13	09:23	09:22	09:25	09:14	08:37	5:11 min/km
78	488	Brod Marcus	Team KerryGum	0:55:19	1974	M40	16	0:56:13	09:12	08:50	09:16	09:27	09:22	09:09	5:11 min/km
79	854	Holste Michael	*Meckenheim	0:55:20	1968	M45	8	0:55:40	08:37	08:56	09:20	09:36	09:33	09:16	5:11 min/km
80	400	Kirschbaum Sascha	*Koöln	0:55:26	1991	MHK	20	0:57:58	09:49	09:54	10:02	08:42	08:41	08:15	5:11 min/km
81	887	Lorschefer Tom	*Bonn	0:55:33	1966	M50	9	0:57:00	10:16	09:34	09:06	09:03	09:13	08:19	5:12 min/km
82	1162	Omar Sabry	Pescher Lauffreund	0:55:34	1976	M40	17	0:56:00	08:34	08:54	09:17	09:12	10:15	09:19	5:12 min/km
83	296	Steinberg Dr. Peter	LHP	0:55:40	1978	M35	10	0:56:23	10:55	09:00	09:12	09:05	09:11	08:15	5:13 min/km
84	1135	Piłowotzki Michael	*Bergisch Gladbach	0:55:41	1963	M50	10	0:58:12	10:05	09:12	09:02	09:13	09:11	08:55	5:13 min/km
85	1410	Schülke Michael	*Erfstadt	0:55:47	1958	M55	3	0:56:52	09:40	09:16	09:19	09:15	09:16	08:57	5:13 min/km
86	1321	Kremer Tobias	*Köln	0:55:49	1975	M40	18	0:59:18	10:22	09:18	09:13	08:53	09:31	08:30	5:14 min/km
87	1467	Perbix Daniel	*Neukirchen-Vluyn	0:55:49	1977	M35	11	0:59:18	10:23	09:19	09:12	08:55	09:24	08:33	5:14 min/km
88	851	Kentenich Thomas	1. Alfterer Lauf- &	0:55:53	1981	M35	12	0:57:04	09:26	09:05	09:18	09:24	09:32	09:06	5:14 min/km
89	497	Kaborn Maurice	MTV	0:56:05	1988	MHK	21	0:58:45	09:20	09:10	09:18	09:37	09:36	09:02	5:15 min/km
90	477	Wallocha Jürgen	*Köln	0:56:08	1969	M45	9	0:57:21	09:22	09:04	09:12	09:32	09:33	09:22	5:15 min/km
91	1223	Schneider-Störmann	*Köln	0:56:08	1963	M50	11	0:57:16	09:52	09:20	09:25	09:33	09:24	08:32	5:15 min/km
92	1655	Küpper Sebastian	Sion	0:56:20	1980	M35	13	0:59:24	11:41	09:58	09:20	09:27	07:55	07:58	5:17 min/km
93	420	Florich Carsten	BSG DEVK	0:56:25	1984	M30	14	0:56:54	09:09	09:16	09:40	09:35	09:40	09:03	5:17 min/km
94	75	Thielen Ralf	*Köln	0:56:28	1964	M50	12	0:57:01	09:26	08:58	09:22	09:53	09:39	09:08	5:17 min/km
95	500	Ebener Daniel	*Köln	0:56:29	1983	M30	15	1:00:23	11:19	09:59	08:57	09:07	08:43	08:23	5:17 min/km
96	1365	Käding Hans-Georg	*Köln	0:56:30	1952	M60	2	0:56:56	09:28	09:12	09:24	09:34	09:36	09:14	5:17 min/km
97	1352	Peter Ronald	HLG 98 Wuppertal	0:56:30	1960	M55	4	0:56:59	09:30	09:13	09:28	09:39	09:27	09:11	5:18 min/km
98	1670	Wilhelm Dr. Patrick	*Leverkusen	0:56:34	1978	M35	14	0:56:41	08:44	09:13	09:03	09:27	10:14	09:51	5:18 min/km
99	28	Zandowsky Stefan	*Köln	0:56:40	1974	M40	19	0:56:50	08:35	09:06	09:21	09:43	10:11	09:41	5:18 min/km
100	449	Zadoyan Dr. Gregor	*Köln	0:56:40	1975	M40	20	0:57:48	10:40	09:43	09:21	09:10	09:03	08:41	5:18 min/km
101	1609	Schenk Christof	Carglass	0:56:43	1962	M50	13	0:57:05	08:56	08:55	09:27	09:34	10:01	09:48	5:19 min/km
102	1597	Martin Thorsten	Carglass	0:56:43	1972	M40	21	0:57:14	08:12	08:50	09:20	10:09	10:40	09:30	5:19 min/km
103	618	Jakobi Jan	*Köln	0:56:46	1985	M30	16	0:56:54	09:16	09:04	09:33	10:12	10:01	08:37	5:19 min/km
104	1646	Christ Werner	Sion	0:56:54	1956	M60	3	0:59:16	09:40	09:20	09:31	09:38	09:35	09:06	5:20 min/km
105	910	Twelmeyer Thomas	*Düsseldorf	0:56:54	1984	M30	17	1:00:01	11:15	10:15	09:21	09:18	08:51	07:53	5:20 min/km
106	911	Schmeinck Michael	*Düsseldorf	0:56:54	1996	MHK	22	1:00:01	11:15	10:14	09:21	09:18	08:51	07:52	5:20 min/km
107	1288	Taistra Marc	Mukoviszidose e.V.	0:57:00	1979	M35	15	0:58:39	09:53	09:35	09:33	09:31	09:31	08:55	5:20 min/km
108	1306	Meier Matthias	*Frechen	0:57:03	1986	M30	18	0:57:34	09:26	09:10	09:26	09:37	09:58	09:24	5:21 min/km
109	1926	Mausbach Gerd	Kölner Zoo	0:57:09	1957	M55	5	0:58:07	10:55	10:25	08:59	08:55	09:11	08:42	5:21 min/km
110	609	Franz Viktor	*Eschweiler	0:57:11	1983	M30	19	0:58:48	10:05	09:03	09:43	09:25	09:52	09:00	5:21 min/km

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111	223	Schmitz Julian	*Niederkassel	0:57:22	1989	MHK	23	0:59:12	10:07	09:51	09:47	09:39	09:38	08:19	5:22 min/km
112	1063	Stenders Thorsten	HKR Konditionswunder	0:57:23	1976	M40	22	0:58:03	09:59	09:22	09:38	09:40	09:38	09:03	5:22 min/km
113	222	Winkler Christoph	*Troisdorf	0:57:23	1988	MHK	24	0:59:12	10:08	09:50	09:47	09:39	09:37	08:19	5:22 min/km
114	465	Stender Philip Paul	*Düsseldorf	0:57:24	1988	MHK	25	0:58:25	10:03	09:29	09:28	09:35	09:39	09:08	5:23 min/km
115	1061	Gottschalk Kai	*Köln	0:57:36	1978	M35	16	0:57:54	09:37	09:16	09:17	09:44	09:56	09:43	5:24 min/km
116	1894	Pfannkuchen Jakob		0:57:36	2006	MU12	2	0:58:38	08:52	08:26	10:03	10:18	10:32	09:22	5:24 min/km
117	1060	Hirseler Felix	*Köln	0:57:37	1989	MHK	26	0:57:54	09:39	09:16	09:18	09:43	09:55	09:43	5:24 min/km
118	1342	Vennen Luca	*Köln	0:57:41	1999	MU18	2	0:59:53	09:27	08:58	09:36	10:32	09:51	09:14	5:24 min/km
119	531	Ommen Nils	*Köln	0:57:43	1983	M30	20	0:58:21	08:55	09:14	09:29	09:59	10:09	09:55	5:24 min/km
120	762	Lohmeyer Johannes	*Köln	0:57:44	1986	M30	21	0:59:39	10:08	09:53	09:43	09:39	09:35	08:44	5:24 min/km
121	1001	Dalcq Kevin	Team Rheinbach	0:57:46	1991	MHK	27	0:57:50	09:15	09:29	09:37	09:43	09:56	09:43	5:25 min/km
122	818	Lemke Thorsten	*Kerpen	0:57:47	1980	M35	17	0:58:29	09:53	09:34	09:47	09:38	09:57	08:55	5:25 min/km
123	1768	Ohl Heinz	*Nümbrecht	0:57:51	1955	M60	4	1:00:13	10:36	09:44	09:43	09:21	09:34	08:51	5:25 min/km
124	1770	Ohl Lars	*Nümbrecht	0:57:51	2002	MU16	1	1:00:12	10:36	09:41	09:41	09:24	09:38	08:50	5:25 min/km
125	980	Schmitz Andreas	*Nettetal	0:57:52	1997	MU20	1	1:00:37	09:56	09:36	09:49	10:24	09:09	08:56	5:25 min/km
126	1581	Hetzel Holger	Carglass	0:57:57	1976	M40	23	0:58:25	09:33	09:28	09:23	09:28	09:55	10:07	5:26 min/km
127	1090	Nölken Daniel	*Bad Honnef	0:57:57	1976	M40	24	0:58:15	08:56	09:09	09:40	10:07	10:03	09:59	5:26 min/km
128	1172	Breuer Michael	Evilwall 46	0:57:58	1981	M35	18	0:59:37	10:01	09:18	09:43	09:47	09:47	09:19	5:26 min/km
129	1151	Wurda Werner	Diabetes Programm / Fort.	0:58:30	1960	M55	6	1:02:40	10:11	09:49	09:50	09:52	09:44	09:02	5:29 min/km
130	503	Schnell Matthias	Freizeitgestaltung	0:58:31	1976	M40	25	1:00:03	09:40	09:29	10:01	10:13	10:04	09:01	5:29 min/km
131	1205	Buchholz Gereon	*Köln	0:58:33	1978	M35	19	1:00:13	10:17	09:39	09:44	09:47	09:53	09:12	5:29 min/km
132	517	Berndt Martin	DGUV-Team	0:58:35	1984	M30	22	0:58:49	09:06	09:22	10:00	10:24	09:59	09:43	5:29 min/km
133	1960	Otto Thomas		0:58:36	1964	M50	14	1:00:19	10:47	10:02	09:46	09:32	09:26	09:00	5:29 min/km
134	1387	Ising Marc	*Köln	0:58:37	1989	MHK	28	0:59:31	09:15	09:27	09:40	10:13	10:21	09:39	5:29 min/km
135	1466	Hildmann Jan	*Köln	0:58:38	1990	MHK	29	0:59:32	09:16	09:26	09:39	10:13	10:22	09:39	5:29 min/km
136	1156	Schröter Thomas	-	0:58:40	1971	M45	10	0:59:58	08:55	09:28	09:47	09:59	10:16	10:11	5:30 min/km
137	320	Heß Benjamin	*Alfter	0:58:40	1979	M35	20	1:02:04	10:10	09:49	09:53	09:49	09:49	09:06	5:30 min/km
138	1673	Rieger Josef	Die Tottenenten aus	0:58:46	1968	M45	11	1:01:33	08:51	08:45	09:34	10:17	10:43	10:34	5:30 min/km
139	885	Rüßmann Björn	*Odenthal	0:58:51	1991	MHK	30	0:59:13	08:59	09:28	10:16	10:13	10:23	09:29	5:31 min/km
140	212	Winten Frank	Sportteufelchen e.V.	0:58:52	1966	M50	15	1:02:08	10:11	09:29	09:43	09:53	09:54	09:40	5:31 min/km
141	259	Hassel Lutz	*Sankt Augustin	0:58:52	1973	M40	26	1:00:54	10:01	09:49	09:39	09:51	10:07	09:23	5:31 min/km
142	1380	Gutermann Gerd W.	*Bergisch Gladbach	0:58:54	1957	M55	7	0:59:22	09:26	09:22	09:52	10:44	10:11	09:17	5:31 min/km
143	398	Kratz Sebastian	*Köln	0:58:54	1978	M35	21	0:59:22	09:26	09:23	09:51	10:44	10:10	09:17	5:31 min/km
144	820	Alm Reiner	Riehlmädels	0:58:56	1970	M45	12	1:00:25	09:01	09:34	09:57	10:08	10:21	09:52	5:31 min/km
145	45	Lammel Georg	*Bergisch Gladbach	0:58:57	1963	M50	16	1:02:38	11:16	10:25	10:01	09:19	09:14	08:39	5:31 min/km
146	1170	Smets Daniel	Running Elements	0:58:57	1991	MHK	31	1:00:54	10:03	09:47	09:49	10:14	09:57	09:04	5:31 min/km
147	1589	Kinze Sven	Carglass	0:58:59	1981	M35	22	0:59:26	10:10	09:55	10:05	10:05	09:42	08:59	5:31 min/km
148	90	Jeising Saschi	läuft.	0:59:00	1981	M35	23	1:01:03	11:44	09:46	09:34	09:37	09:27	08:51	5:32 min/km
149	1528	Wierk Andreas		0:59:09	1967	M45	13	1:02:45	10:54	10:00	09:39	09:40	09:35	09:18	5:32 min/km
150	62	Pfordt Alexander	*Bergheim	0:59:10	1965	M50	17	1:02:42	10:30	09:28	09:51	10:16	09:58	09:06	5:32 min/km
151	55	Schiffer Thomas	Lauffreunde BKZ	0:59:11	1968	M45	14	1:02:39	10:26	10:04	09:52	09:48	09:53	09:06	5:33 min/km
152	59	Nießén Dr. Gero	*Bergheim	0:59:12	1969	M45	15	1:02:41	10:26	10:03	09:44	09:55	09:56	09:05	5:33 min/km
153	53	Lossin Holger	Ihrefelder Geissböcke	0:59:20	1969	M45	16	1:01:02	09:59	10:30	09:55	11:01	09:05	08:47	5:33 min/km
154	871	Lerm Ralf	*Pulheim	0:59:23	1975	M40	27	0:59:30	08:57	09:47	10:17	10:35	10:27	09:20	5:34 min/km
155	1221	Cerny Manuel	*Köln	0:59:28	1987	MHK	32	1:02:42	10:45	10:29	10:16	10:06	09:53	07:56	5:34 min/km
156	524	Pütz Alexander	*Köln	0:59:29	1986	M30	23	1:02:14	10:57	09:58	09:46	09:53	09:39	09:13	5:34 min/km
157	669	Hemmersbach Marvin	*Köln	0:59:34	1994	MHK	33	1:00:53	09:51	09:40	10:02	10:05	10:10	09:42	5:35 min/km
158	309	Schumacher Stefan	*Köln	0:59:40	1981	M35	24	1:00:26	10:54	10:23	10:03	11:22	09:21	07:34	5:35 min/km
159	104	Schlickeisen Uwe	*Herten	0:59:41	1967	M45	17	1:02:24	10:40	09:42	09:53	09:58	09:55	09:30	5:35 min/km
160	1957	Schneider Heiko		0:59:44	1970	M45	18	1:00:28	10:51	10:11	10:19	10:06	09:13	09:02	5:36 min/km
161	591	Wendt Ulrich	LG Klostergarten	0:59:45	1969	M45	19	1:03:03	10:02	09:39	09:42	10:06	10:12	10:02	5:36 min/km
162	1508	Seguro Moreno Juan	*Köln	0:59:46	1969	M45	20	0:59:52	09:20	09:58	10:14	10:20	10:24	09:27	5:36 min/km
163	237	Kohl Martin	*Bergisch Gladbach	0:59:49	1983	M30	24	1:00:49	09:59	09:41	09:53	10:12	10:14	09:48	5:36 min/km
164	495	Dohmann Christian	*Köln	0:59:50	1966	M50	18	1:00:08	09:46	10:13	09:54	10:05	10:15	09:34	5:36 min/km
165	1711	Wenzel Michael	*Köln	0:59:52	1989	MHK	34	1:00:41	09:59	10:57	11:39	09:48	08:05	09:22	5:36 min/km
166	731	Trobic Goran	*Köln	0:59:53	1973	M40	28	1:02:55	10:11	09:45	09:38	10:42	10:07	09:28	5:36 min/km
167	411	Glade Joachim	Gib mir Tiernamen!	0:59:54	1965	M50	19	1:00:53	10:04	09:37	09:52	10:09	10:18	09:52	5:37 min/km

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168	1650	Bakenfelder Oliver	Sion	0:59:57	1986	M30	25	1:03:00	11:42	09:58	09:19	09:36	09:47	09:33	5:37 min/km
169	17	Breuer Andreas	*Hürth	1:00:01	1976	M40	29	1:00:51	09:43	09:24	10:03	10:34	10:22	09:51	5:37 min/km
170	70	Jost Jan	*Bonn	1:00:09	1987	MHK	35	1:04:10	11:54	10:49	09:14	09:22	09:37	09:11	5:38 min/km
171	1030	Rohloff Michael	WORMERSDORFER	1:00:13	1976	M40	30	1:02:34	12:16	09:37	08:50	09:17	09:59	10:12	5:38 min/km
172	866	Engelhardt Pascal	*Köln	1:00:14	1994	MHK	36	1:03:26	10:58	10:08	10:09	10:07	09:38	09:11	5:38 min/km
173	190	Steinbach Dr. Sebastian	10. Hochzeitstag	1:00:19	1978	M35	25	1:00:57	10:31	10:03	10:07	10:15	10:08	09:13	5:39 min/km
174	1560	Zylajew Thomas	NetCologne	1:00:20	1977	M35	26	1:02:18	09:56	09:53	09:58	10:10	10:22	09:59	5:39 min/km
175	904	Gronstedt Andreas	Running Stars	1:00:23	1968	M45	21	1:03:43	10:29	10:09	09:54	09:59	10:03	09:47	5:39 min/km
176	1700	Gottfried Igor	Save the unicorn	1:00:26	1986	M30	26	1:01:16	10:47	10:21	09:56	10:02	09:58	09:19	5:40 min/km
177	121	Thomas Robert	*Pulheim	1:00:36	1972	M40	31	1:04:04	11:00	10:38	10:28	09:54	09:52	08:43	5:41 min/km
178	1378	Bonzelett Lukas	WDR aktiv	1:00:41	1990	MHK	37	1:02:51	11:07	09:09	09:57	10:06	10:11	10:08	5:41 min/km
179	848	Niemeyer Paul	*Köln	1:00:45	1981	M35	27	1:02:30	11:18	10:10	09:42	10:04	09:47	09:41	5:41 min/km
180	469	Winters Laurin	*Frechen	1:00:48	1990	MHK	38	1:03:22	11:40	11:00	10:27	10:14	09:32	07:53	5:42 min/km
181	791	Koppmeier Christian	*Köln	1:00:54	1975	M40	32	1:02:51	10:44	10:16	10:13	10:31	10:01	09:07	5:42 min/km
182	185	Murkisch Christoph	*Siegburg	1:01:00	1986	M30	27	1:02:19	09:41	09:41	10:05	10:23	10:44	10:23	5:43 min/km
183	1278	Reiners Heinz Josef	*Erkelenz	1:01:02	1959	M55	8	1:02:43	10:04	10:12	10:08	10:12	10:08	10:15	5:43 min/km
184	99	Mikajevic Ivan	Bankpower Köln	1:01:07	1985	M30	28	1:03:42	11:17	10:45	10:40	10:23	09:34	08:25	5:43 min/km
185	827	Faßbender Tobias	*Köln	1:01:16	1988	MHK	39	1:02:27	10:56	10:27	10:32	10:20	09:51	09:08	5:44 min/km
186	1335	Goebel Dr. Marc	*Köln	1:01:19	1970	M45	22	1:04:44	11:00	10:23	10:03	10:06	09:57	09:48	5:45 min/km
187	984	Rothenberger Ralf	*Köln	1:01:21	1960	M55	9	1:02:41	10:19	10:00	10:28	10:30	10:35	09:28	5:45 min/km
188	1807	Gottwald Markus	*Erfstadt	1:01:27	1974	M40	33	1:04:12	10:52	10:14	09:46	10:16	10:32	09:45	5:45 min/km
189	125	Maack Bodo	ChrissiLaylaRunning	1:01:32	1957	M55	10	1:01:48	09:17	09:50	10:20	10:35	10:44	10:43	5:46 min/km
190	1459	Schmidt Harald	*Langenfeld	1:01:38	1951	M65	1	1:05:37	10:41	10:27	10:19	10:18	10:22	09:28	5:46 min/km
191	643	Grochowski Dr. Christian	*Köln	1:01:39	1981	M35	28	1:02:41	10:40	10:23	10:06	10:21	10:24	09:43	5:46 min/km
192	674	Vetter Raimund	Diabetes Programm	1:01:40	1952	M60	5	1:02:29	09:37	10:14	10:14	10:22	10:45	10:26	5:46 min/km
193	1371	Hartje Stephan	*Köln	1:01:47	1983	M30	29	1:03:38	10:16	10:09	10:24	10:22	10:35	09:59	5:47 min/km
194	1584	Höppner Jan	Carglass	1:01:48	1978	M35	29	1:02:25	10:08	09:47	10:07	10:26	10:44	10:33	5:47 min/km
195	879	Ingenhaag Luke	VfB Erfstadt	1:01:53	2007	MU10	1	1:04:34	11:41	10:27	09:52	10:02	10:23	09:25	5:48 min/km
196	1154	Michels Sebastian	sebastian_michels@koeln.d	1:01:54	1983	M30	30	1:05:07	10:45	10:30	10:16	10:10	10:10	10:01	5:48 min/km
197	1442	Schilling Klaus	Mazda	1:02:01	1964	M50	20	1:04:08	10:01	10:00	10:13	10:30	10:40	10:34	5:48 min/km
198	1750	Heß Martin	Lets metabolize	1:02:03	1983	M30	31	1:02:36	09:54	09:44	10:12	10:34	11:28	10:09	5:49 min/km
199	1824	Farrell Allan	LaufL.övenich2010	1:02:04	1970	M45	23	1:02:52	10:36	10:16	10:30	10:27	10:29	09:44	5:49 min/km
200	294	Schorn Georg	georg.schorn@everhards.de	1:02:04	1958	M55	11	1:02:20	10:58	10:16	10:17	10:25	10:23	09:41	5:49 min/km
201	666	Hohn Sebastian	*Köln	1:02:07	1983	M30	32	1:03:19	10:27	10:45	10:41	10:28	10:09	09:34	5:49 min/km
202	356	Wallenfang Damien	*Koeln	1:02:08	1984	M30	33	1:05:18	11:33	10:56	10:23	10:14	10:07	08:52	5:49 min/km
203	1356	Kebekus Christian	Sauerland-Köln	1:02:08	1983	M30	34	1:04:28	11:20	09:47	09:54	09:55	10:24	10:45	5:49 min/km
204	1024	Symnick Lars	*Köln	1:02:09	1983	M30	35	1:03:19	10:29	10:45	10:41	10:28	10:10	09:34	5:49 min/km
205	367	Bach Juri	Löwenfisch	1:02:10	1985	M30	36	1:05:19	11:34	10:56	10:22	10:14	10:07	08:54	5:49 min/km
206	1883	Ruesen Simon		1:02:11	1989	MHK	40	1:03:33	11:35	10:21	09:59	10:25	10:21	09:27	5:49 min/km
207	1448	Eichert Dennis	*Köln	1:02:15	1985	M30	37	1:05:13	10:39	09:44	10:16	10:44	10:26	10:25	5:50 min/km
208	1843	Hoenen Thorsten		1:02:16	1975	M40	34	1:03:09	10:36	10:53	10:45	10:45	10:20	08:55	5:50 min/km
209	678	Karhoff Volker	*Frechen	1:02:19	1967	M45	24	1:05:28	11:18	11:03	10:57	10:32	09:18	09:08	5:50 min/km
210	1173	Von Lüdinghausen Enn	Evilwall 46	1:02:21	1983	M30	38	1:04:00	10:02	09:18	09:53	11:00	11:12	10:55	5:50 min/km
211	526	Pützkaul Thorsten	*Hürth	1:02:24	1982	M30	39	1:06:13	10:16	10:09	10:11	10:29	10:43	10:33	5:51 min/km
212	1554	Wudtke Frank		1:02:29	1966	M50	21	1:03:21	10:33	10:17	10:08	10:50	10:36	10:03	5:51 min/km
213	139	Schnöger David	Murmeltier	1:02:38	1968	M45	25	1:03:28	10:50	10:23	10:05	10:13	10:49	10:16	5:52 min/km
214	929	Naulin Tobias	Leopard	1:02:41	1974	M40	35	1:05:17	11:47	11:56	11:03	09:41	09:22	08:50	5:52 min/km
215	352	Sanfleber Bernd	RUN4FUN	1:02:41	1960	M55	12	1:03:42	10:58	10:25	10:24	10:16	10:19	10:17	5:52 min/km
216	418	Wiethölter Fabian	Die Wiethis	1:02:45	1991	MHK	41	1:05:24	10:34	10:12	10:26	10:38	10:34	10:18	5:53 min/km
217	1476	Muchow Micha	Heel *Overath	1:02:45	1962	M50	22	1:03:49	10:46	10:29	10:33	10:38	10:33	09:44	5:53 min/km
218	719	Siemes Robert	*Düsseldof	1:02:46	1967	M45	26	1:04:57	10:30	10:17	10:23	10:38	10:51	10:04	5:53 min/km
219	1177	Dingler Henning	*Köln	1:02:47	2003	MU14	2	1:04:21	10:56	11:16	11:34	09:28	09:32	09:57	5:53 min/km
220	886	Schäfer Philipp	*Freiburg	1:02:51	1990	MHK	42	1:03:16	10:44	10:26	10:27	10:28	10:35	10:09	5:53 min/km
221	804	Schneider Stephan	*Köln	1:02:55	1972	M40	36	1:05:18	11:19	10:42	11:00	10:50	09:59	09:02	5:53 min/km
222	489	Kraft Sebastian	Team KerryGum	1:02:57	1975	M40	37	1:03:50	11:23	10:18	10:24	10:33	10:23	09:54	5:54 min/km
223	1266	Flach Christian	*Köln	1:02:58	1968	M45	27	1:04:19	10:31	10:23	10:21	10:30	10:49	10:23	5:54 min/km
224	487	Steffen Dr. Carsten	Team KerryGum	1:02:58	1975	M40	38	1:03:50	11:24	10:18	10:24	10:33	10:23	09:54	5:54 min/km

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225	1800	Hann Bruno	*Brühl	1:02:59	1981	M35	30	1:06:26	11:20	10:58	10:31	10:29	10:18	09:21	5:54 min/km
226	1408	Weippert Matthias	*Köln	1:03:00	1968	M45	28	1:05:17	11:01	10:20	10:24	10:30	10:22	10:20	5:54 min/km
227	1343	Lennartz Heinz-Josef	St.Seb.Schützen Schwerfen	1:03:04	1954	M60	6	1:04:12	10:21	10:30	10:34	10:36	10:39	10:22	5:54 min/km
228	65	Lindlar Matthias	*Lohmar	1:03:07	1987	MHK	43	1:06:58	11:21	10:45	10:03	10:14	10:16	10:26	5:55 min/km
229	153	Roth Gerhard	Sportteufelchen e.V.	1:03:07	1955	M60	7	1:06:22	11:25	11:05	11:07	10:22	09:55	09:10	5:55 min/km
230	975	Schardt Florian	*Wiesbaden	1:03:08	1980	M35	31	1:05:23	11:07	10:38	10:35	10:31	10:20	09:54	5:55 min/km
231	1661	Kurth-Hupp Uwe	*Köln	1:03:08	1969	M45	29	1:05:49	11:03	10:23	10:18	10:21	10:27	10:34	5:55 min/km
232	758	Heckelei Thomas	*Bornheim	1:03:13	1963	M50	23	1:04:38	10:54	10:35	10:20	10:29	10:28	10:25	5:55 min/km
233	672	Link Uwe	Die Erdmännchen	1:03:18	1984	M30	40	1:06:56	11:23	11:25	10:12	09:47	10:12	10:17	5:56 min/km
234	1129	Haessler Frank	*Hürth	1:03:24	1968	M45	30	1:06:00	10:45	10:34	10:31	10:39	10:41	10:12	5:56 min/km
235	856	Assenmacher Klaus	wellenläufer	1:03:25	1973	M40	39	1:05:33	13:53	13:13	09:04	09:18	09:26	08:28	5:56 min/km
236	202	Filies Bernd Martin	*Köln	1:03:26	1984	M30	41	1:04:48	10:57	10:40	10:55	10:46	10:26	09:39	5:56 min/km
237	1698	Schneider Sebastian	12 Monkeys Köln BHC	1:03:31	1984	M30	42	1:06:09	11:00	10:17	10:33	10:50	10:58	09:51	5:57 min/km
238	332	Englert Joachim	Pferdepraxis Rocha	1:03:37	1982	M30	43	1:07:35	10:59	10:51	10:50	10:37	10:30	09:47	5:57 min/km
239	394	Pfeil Stephan	*Köln	1:03:43	1959	M55	13	1:05:15	11:09	10:11	10:08	10:36	10:42	10:55	5:58 min/km
240	1715	Jimenez Samuel	*Köln	1:03:45	1986	M30	44	1:07:04	11:28	11:58	11:48	11:35	08:36	08:18	5:58 min/km
241	468	Otten Wolfgang	*Rheinbach	1:03:46	1961	M55	14	1:07:50	11:13	10:38	10:27	10:43	10:27	10:16	5:58 min/km
242	1219	Urbild Prof. Dr. Andreas	*Frechen	1:03:50	1985	M30	45	1:04:33	11:01	10:29	10:16	10:30	10:54	10:37	5:59 min/km
243	1220	Baltus Prof. Dr. Sven	*Köln	1:03:50	1987	MHK	44	1:04:33	11:01	10:29	10:16	10:31	10:55	10:36	5:59 min/km
244	1218	Herrlich Prof. Dr.	*Frechen	1:03:50	1984	M30	46	1:04:34	11:00	10:29	10:16	10:32	10:55	10:36	5:59 min/km
245	1904	Vogler Wolfgang		1:03:53	1949	M65	2	1:06:30	10:53	10:31	10:41	10:42	10:40	10:23	5:59 min/km
246	941	Freytag Hendrik	C&C Runners - Die	1:03:56	1984	M30	47	1:06:13	10:00	09:52	10:36	11:11	11:31	10:44	5:59 min/km
247	676	Köthe Bernd	JAMMER NET, LAUF!	1:04:05	1950	M65	3	1:04:50	10:44	10:14	10:24	10:58	11:15	10:28	6:00 min/km
248	1451	Kasten Oliver	*Troisdorf	1:04:08	1980	M35	32	1:07:06	11:28	10:09	10:22	10:41	10:51	10:35	6:00 min/km
249	1340	Kaletta Dr. Florian	*Köln	1:04:12	1985	M30	48	1:04:41	10:42	10:39	10:33	11:04	10:57	10:14	6:01 min/km
250	87	Mentzel Thomas	Mentzel Family	1:04:15	1980	M35	33	1:07:31	10:02	10:27	11:01	10:59	11:25	10:18	6:01 min/km
251	390	Loreck Armin	NEW Runners,	1:04:21	1963	M50	24	1:05:38	11:23	10:42	10:33	10:30	10:46	10:25	6:02 min/km
252	1556	Müller Daniel	NetCologne	1:04:22	1977	M35	34	1:06:19	10:49	10:36	10:46	10:56	10:36	10:37	6:02 min/km
253	412	Sturm Frank	NEW Runners,	1:04:22	1967	M45	31	1:05:39	11:23	10:42	10:33	10:30	10:46	10:26	6:02 min/km
254	894	Jantz Dirk	*Köln	1:04:29	1973	M40	40	1:05:08	10:57	10:53	10:44	10:38	10:50	10:24	6:02 min/km
255	387	Bonn Bastian	*Köln	1:04:38	1985	M30	49	1:07:02	11:57	11:30	10:51	10:53	10:16	09:08	6:03 min/km
256	431	Basmer Ekkehard	Team Liebe	1:04:41	1961	M55	15	1:08:26	10:44	10:28	10:03	11:12	11:35	10:36	6:03 min/km
257	1480	Hofmann Oliver	*Aachen	1:04:45	1972	M40	41	1:06:52	10:52	10:11	10:27	10:47	11:32	10:54	6:04 min/km
258	1287	Eggers Sebastian	*Köln	1:04:46	1978	M35	35	1:08:24	11:32	11:31	11:40	11:19	09:30	09:11	6:04 min/km
259	1751	Ewert Stefan	KSK Köln	1:04:47	1977	M35	36	1:05:24	10:59	10:35	10:42	10:46	10:57	10:45	6:04 min/km
260	971	Scholl Mirko	*Niederkassel	1:05:03	1976	M40	42	1:06:22	11:41	10:56	10:48	10:40	10:38	10:17	6:05 min/km
261	298	Baum Jörn	*Köln	1:05:15	1989	MHK	45	1:06:32	10:43	10:32	10:38	10:57	11:17	11:06	6:07 min/km
262	989	Böhm Gordon	NeatoMähs	1:05:24	1974	M40	43	1:07:36	11:03	10:53	10:57	11:12	10:58	10:18	6:07 min/km
263	968	Thelen Christian	1. FC VKBR	1:05:29	1968	M45	32	1:08:36	11:51	12:09	10:26	10:07	09:55	11:01	6:08 min/km
264	451	Henkel Dr. Mathias	*Dormagen	1:05:33	1961	M55	16	1:08:37	11:53	12:09	10:26	10:06	09:55	11:02	6:08 min/km
265	1017	Lasseck Michael	*Monheim am Rhein	1:05:38	1971	M45	33	1:08:40	11:53	11:38	11:24	10:16	10:06	10:18	6:09 min/km
266	1407	Grunert Uwe	DJK Löwe Köln	1:05:39	1954	M60	8	1:07:11	11:06	09:58	10:06	10:59	11:41	11:47	6:09 min/km
267	453	Exner Dietrich	Run Didi Run	1:05:45	1950	M65	4	1:05:54	11:13	10:40	10:53	11:06	11:12	10:39	6:09 min/km
268	1003	Offermann Alfred	Kölsche Roadrunners	1:05:46	1966	M50	25	1:07:14	11:15	11:21	10:54	11:12	11:12	09:49	6:09 min/km
269	128	Herweg Christian	DRH	1:05:52	1979	M35	37	1:08:47	11:26	10:18	10:33	11:05	10:57	11:30	6:10 min/km
270	73	Keupp Patrick	*Kerpen	1:06:05	1981	M35	38	1:06:52	11:18	10:51	10:57	11:16	11:07	10:34	6:11 min/km
271	84	Von Pupka Christoph	*Grafschaft	1:06:12	1964	M50	26	1:09:30	11:49	11:28	11:22	11:28	09:50	10:12	6:12 min/km
272	755	Demirci Yavuz	*Köln	1:06:14	1979	M35	39	1:09:48	11:04	10:33	10:53	10:51	10:59	11:52	6:12 min/km
273	1055	Rolland Andreas	*Köln	1:06:18	1977	M35	40	1:10:13	10:51	10:23	10:47	11:02	12:00	11:12	6:13 min/km
274	953	Voelz Chris	Ollum-Runners	1:06:31	1974	M40	44	1:07:45	12:13	10:59	11:22	10:47	10:46	10:20	6:14 min/km
275	1449	Güßgen Markus	*Burscheid	1:06:37	1963	M50	27	1:09:37	11:29	10:39	11:22	10:56	11:20	10:49	6:14 min/km
276	744	Flores Oliver	mika:timing	1:06:44	1980	M35	41	1:08:28	10:13	09:03	09:33	09:08	09:47	18:56	6:15 min/km
277	995	Heckmair Manuel	Run for Schwippi	1:06:45	1982	M30	50	1:06:45	13:30	10:46	11:10	10:48	10:31	09:57	6:15 min/km
278	1062	Nöthen Claus	HKR Konditionswunder	1:06:52	1981	M35	42	1:07:33	10:02	10:19	11:06	11:36	12:03	11:44	6:16 min/km
279	1822	Nowicki Patryk	Kreissparkasse Köln	1:07:00	1985	M30	51	1:08:00	11:56	11:05	11:13	11:07	11:03	10:34	6:16 min/km
280	280	Bach Christian	*Köln	1:07:02	1987	MHK	46	1:10:49	12:03	11:41	11:48	10:52	10:45	09:51	6:17 min/km
281	30	Janssen Markus	Lauftreff Hennef	1:07:03	1976	M40	45	1:07:18	11:34	11:32	11:34	11:33	10:47	10:01	6:17 min/km

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282	1832	Frank Reimann	Fun	1:07:04	1962	M50	28	1:10:27	11:25	11:11	11:02	10:50	10:58	11:36	6:17 min/km
283	1574	Büttgenbach Matthias	Carglass	1:07:09	1981	M35	43	1:07:39	11:27	11:23	11:27	11:27	11:37	09:46	6:17 min/km
284	1244	Gerganov Petko	MCDeluxe	1:07:10	1988	MHK	47	1:09:58	12:08	11:20	11:10	10:57	11:08	10:24	6:17 min/km
285	1383	Hauser Marco	*Much	1:07:11	1990	MHK	48	1:09:10	11:39	11:28	11:18	11:22	11:07	10:15	6:18 min/km
286	502	Jochim Jörg	*Leverkusen	1:07:11	1984	M30	52	1:11:04	11:53	11:14	11:03	10:59	11:07	10:53	6:18 min/km
287	1174	Rath Thorsten	*Much	1:07:11	1984	M30	53	1:09:10	11:40	11:28	11:18	11:21	11:07	10:15	6:18 min/km
288	233	Hoch Ronny	Hola!	1:07:13	1979	M35	44	1:07:18	10:12	10:58	11:16	11:23	11:48	11:34	6:18 min/km
289	74	Seidel Roman	RCS1978	1:07:13	1978	M35	45	1:09:33	11:23	11:10	11:02	11:19	11:26	10:51	6:18 min/km
290	1322	Sauer Norbert	*Kerpen	1:07:25	1960	M55	17	1:09:57	10:58	10:59	11:20	11:17	11:42	11:06	6:19 min/km
291	1708	Hohl Sebastian	MoSe	1:07:28	1985	M30	54	1:08:39	11:22	11:05	10:59	11:34	11:38	10:48	6:19 min/km
292	1283	Zischkau Dirk	*Erfstadt	1:07:30	1976	M40	46	1:08:01	10:33	11:00	11:19	11:43	11:46	11:07	6:19 min/km
293	1565	Bastian Dieter	Carglass	1:07:32	1981	M35	46	1:08:01	10:27	10:41	11:05	11:32	11:56	11:48	6:19 min/km
294	481	Lingner Uwe	Bonsecours	1:07:37	1962	M50	29	1:07:54	12:09	13:07	13:15	09:50	09:26	09:48	6:20 min/km
295	890	Röder Daniel	*Brühl	1:07:37	1987	MHK	49	1:09:21	12:05	12:10	11:57	11:26	10:30	09:27	6:20 min/km
296	889	Blasberg Alexander	*Köln	1:07:38	1977	M35	47	1:09:22	12:05	12:10	11:58	11:25	10:30	09:27	6:20 min/km
297	40	Dählmann Carsten	*Rösrath	1:07:38	1991	MHK	50	1:09:34	11:15	10:49	10:59	11:25	11:33	11:35	6:20 min/km
298	1561	Sager Harald	NetCologne	1:07:41	1970	M45	34	1:09:40	12:05	12:17	12:31	10:44	10:23	09:38	6:20 min/km
299	1687	Klaas Werner	*Köln	1:07:52	1968	M45	35	1:10:16	10:09	13:38	10:23	10:43	10:57	12:01	6:21 min/km
300	1905	Rueben Lukas		1:08:03	1995	MHK	51	1:09:26	11:40	11:24	11:35	11:31	11:12	10:40	6:22 min/km
301	876	Mielke Andreas	*Köln	1:08:07	1988	MHK	52	1:08:57	09:58	10:58	11:40	11:19	11:50	12:19	6:23 min/km
302	1594	Kunnig Sven	Carglass	1:08:23	1981	M35	48	1:08:54	11:26	11:22	11:28	11:27	11:39	10:59	6:24 min/km
303	145	Esser Ralf	*Mechernich	1:08:28	1969	M45	36	1:10:07	11:53	11:38	11:29	11:48	10:59	10:39	6:25 min/km
304	1814	Hach Ulrich	*Köln	1:08:34	1958	M55	18	1:12:43	11:38	11:30	11:22	11:34	11:34	10:53	6:25 min/km
305	211	Mönkemeyer Michael	m.moenkemeyer@netcologn	1:08:38	1951	M65	5	1:09:23	09:04	10:12	09:34	09:45	10:01	19:59	6:26 min/km
306	1133	Hodapp-Schneider	WORMERSDORFER	1:08:40	1972	M40	47	1:11:03	12:14	09:38	08:57	09:12	09:12	19:26	6:26 min/km
307	1933	Kemper Holger	LT DSHS Köln	1:08:56	1974	M40	48	1:10:19	12:03	11:58	11:39	11:23	11:01	10:49	6:27 min/km
308	1263	Rieck Holger	*Hürth	1:08:58	1969	M45	37	1:12:30	11:37	11:18	11:22	11:36	11:36	11:27	6:27 min/km
309	1851	Landsberg Christopher		1:09:06	1965	M50	30	1:09:58	11:26	11:46	11:58	11:47	11:16	10:50	6:28 min/km
310	325	Eckert Uli	*Dormagen	1:09:13	1959	M55	19	1:12:58	11:51	11:17	12:08	12:16	12:39	08:59	6:29 min/km
311	447	Reydelet Dr. Yann	*Köln	1:09:16	1972	M40	49	1:11:09	12:27	12:04	11:53	10:48	10:46	11:16	6:29 min/km
312	360	Meyer Nicolas	*Köln	1:09:30	1960	M55	20	1:09:46	11:16	11:19	11:29	11:57	11:48	11:40	6:31 min/km
313	545	Sagroda Jonas	Poorzer Hätz	1:09:47	1994	MHK	53	1:11:29	12:38	16:26	16:18	07:35	08:42	08:06	6:32 min/km
314	548	Hess Dirk	Poorzer Hätz	1:09:47	1970	M45	38	1:11:29	12:39	16:04	12:57	11:17	08:43	08:06	6:32 min/km
315	1200	Donges Sascha	*Köln	1:09:52	1980	M35	49	1:13:48	11:25	12:03	11:57	11:35	11:26	11:22	6:33 min/km
316	699	Wand Tobias	*Bornheim	1:10:02	1980	M35	50	1:11:29	10:53	10:34	10:19	10:27	09:49	17:58	6:33 min/km
317	1543	Küppers Daniel		1:10:08	1985	M30	55	1:10:46	10:46	10:56	11:45	11:49	12:28	12:22	6:34 min/km
318	275	Müller Marc	Diamond Dogs	1:10:10	1974	M40	50	1:11:16	12:10	11:16	11:38	11:49	12:01	11:12	6:34 min/km
319	265	Schulz Niklas	*Niederkassel	1:10:11	1992	MHK	54	1:12:22	12:22	11:28	11:33	11:21	11:46	11:39	6:34 min/km
320	23	Flesch Markus	*Köln	1:10:16	1983	M30	56	1:11:03	11:00	11:38	11:36	12:05	12:12	11:43	6:35 min/km
321	491	Pielke Gabriel	Bärenbande	1:10:21	1976	M40	51	1:12:02	10:47	11:19	11:50	12:19	12:23	11:41	6:35 min/km
322	1831	Schneider Sebastian	Se_Schneider@Web.de	1:10:36	1976	M40	52	1:12:58	12:16	11:29	11:51	12:23	11:16	11:19	6:37 min/km
323	1008	Siegmann Ulrich	Die Grauen Burggeister	1:10:36	1956	M60	9	1:13:02	11:48	11:33	11:50	11:52	12:00	11:29	6:37 min/km
324	1028	Wolber Daniel	Wormersdorfer	1:10:37	1974	M40	53	1:12:59	12:15	12:27	13:10	13:08	08:58	10:36	6:37 min/km
325	404	Sufryd Philippe	Die frivolen Paviane	1:10:37	1977	M35	51	1:11:25	11:49	11:47	11:52	12:32	12:06	10:29	6:37 min/km
326	1209	Hoffmann Horst	*Köln	1:10:40	1961	M55	21	1:14:29	12:20	11:55	11:53	11:57	11:41	10:52	6:37 min/km
327	1428	Liening Simon	Halve Hahn	1:10:56	1986	M30	57	1:14:18	12:23	11:57	11:27	11:34	11:35	11:57	6:39 min/km
328	1473	Knaut Andreas	Halve Hahn	1:10:58	1986	M30	58	1:14:20	12:22	11:59	11:26	11:34	11:36	11:58	6:39 min/km
329	1431	Buchgeister Björn	*Köln	1:11:26	1984	M30	59	1:13:35	11:54	11:53	12:33	11:23	11:26	12:14	6:41 min/km
330	406	Kessel Markus	die frivolen paviane	1:11:27	1976	M40	54	1:12:16	11:48	11:49	11:52	12:31	12:06	11:19	6:41 min/km
331	948	Schlegel Maximilian	C&C Runners - Die	1:11:37	1990	MHK	55	1:14:02	11:17	11:43	11:33	12:09	12:21	12:32	6:42 min/km
332	43	Offermann Norbert	*Leverkusen	1:11:40	1964	M50	31	1:14:40	12:53	11:04	11:33	12:32	12:22	11:14	6:43 min/km
333	757	Seppelt André	*Bonn	1:11:53	1965	M50	32	1:14:34	12:08	12:21	12:00	11:58	11:48	11:36	6:44 min/km
334	1358	Ott Michael	Ottifanten	1:11:54	1952	M60	10	1:14:57	12:09	11:50	11:57	12:19	12:27	11:11	6:44 min/km
335	444	Riehle Lothar	*Bergisch Gladbach	1:11:58	1965	M50	33	1:15:44	12:03	11:42	11:45	11:36	12:02	12:48	6:44 min/km
336	1350	Morck Marcel	*Köln	1:12:09	1989	MHK	56	1:14:49	12:08	12:26	12:33	12:21	12:16	10:22	6:45 min/km
337	1014	Lambertz Michael	Runtanplan	1:12:26	1980	M35	52	1:14:02	12:34	12:40	13:26	13:23	10:57	09:25	6:47 min/km
338	485	Schleheck Tim	Hellige	1:12:39	1997	MU20	2	1:14:58	12:28	12:26	12:33	11:56	11:40	11:33	6:48 min/km

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339	369	Klobukowski Mark	*Köln	1:12:39	1977	M35	53	1:14:58	12:28	12:27	12:33	11:56	11:39	11:34	6:48 min/km
340	579	Dyrks Ralf	Dieschönwieder	1:12:42	1967	M45	39	1:14:49	12:10	11:59	11:48	12:17	12:21	12:07	6:49 min/km
341	809	Herter Rainer	*Leverkusen	1:12:48	1984	M30	60	1:16:01	11:59	12:02	12:00	12:08	12:41	11:57	6:49 min/km
342	593	Lingnau Carsten	*Köln	1:13:08	1977	M35	54	1:14:34	12:08	12:23	12:24	12:04	12:06	12:01	6:51 min/km
343	101	Ferraresso Thomas	Bankpower Köln	1:13:12	1974	M40	55	1:15:40	11:51	11:22	12:25	12:43	12:07	12:41	6:51 min/km
344	1333	Ketscher Timo	*Köln	1:13:23	1987	MHK	57	1:16:05	12:07	12:27	12:34	12:21	12:16	11:36	6:52 min/km
345	725	Schniering Jörg	Poorzer Hätz	1:13:46	1963	M50	34	1:15:28	12:58	13:54	13:52	14:04	10:09	08:46	6:54 min/km
346	966	Koll Helmut	Friesdorfer Rennschnecken	1:14:01	1955	M60	11	1:18:06	13:12	13:08	12:27	12:04	12:06	11:01	6:56 min/km
347	882	Schmidt Volker	*Pulheim	1:14:02	1968	M45	40	1:16:45	12:19	12:30	12:31	12:24	12:19	11:57	6:56 min/km
348	1237	Decker Martin	m.decker72@gmail.com	1:14:11	1972	M40	56	1:16:50	11:56	12:00	15:05	11:27	12:31	11:09	6:57 min/km
349	1479	Schröder Christian	*köln	1:14:23	1984	M30	61	1:17:04	11:54	12:01	15:05	11:27	12:30	11:23	6:58 min/km
350	115	Hombach Markus	Die Grauen Burggeister	1:14:29	1957	M55	22	1:16:55	13:10	12:44	12:31	12:18	12:26	11:18	6:59 min/km
351	1763	Krause Michael	Stiftung Leuchfeuer	1:14:37	1968	M45	41	1:16:02	12:19	12:12	12:41	12:32	12:25	12:25	6:59 min/km
352	1764	Thieme Dr. Maik	Stiftung Leuchfeuer	1:14:38	1969	M45	42	1:16:02	12:20	12:12	12:41	12:32	12:25	12:26	6:59 min/km
353	581	Lindenau Stefan	Wache Deutz	1:14:54	1983	M30	62	1:15:48	11:06	10:22	10:25	10:25	10:29	22:04	7:01 min/km
354	1880	Steckel Manfred	Triathlon SteckelCologne	1:15:33	1955	M60	12	1:18:21	12:23	12:24	12:50	12:35	12:43	12:35	7:04 min/km
355	775	Leppin Jürgen	*Berlin	1:15:54	1950	M65	6	1:16:18	11:17	12:02	12:27	13:08	13:39	13:18	7:06 min/km
356	1423	Mauel Willy	TV Altendorf-Ersdorf	1:16:03	1952	M60	13	1:17:24	12:09	13:15	13:42	11:26	13:37	11:50	7:07 min/km
357	892	Strudthoff Stephan	*Köln	1:16:25	1980	M35	55	1:19:22	12:21	13:16	16:08	13:44	10:48	10:06	7:09 min/km
358	715	Trimborn Lars	Rennmäuse	1:16:34	1978	M35	56	1:19:12	12:04	12:37	13:07	16:38	10:40	11:25	7:10 min/km
359	1018	Kronsbein Günter	*Köln	1:16:37	1965	M50	35	1:17:51	12:16	12:20	12:48	12:57	12:49	13:25	7:11 min/km
360	777	Hammesfahr André	*Köln	1:17:12	1974	M40	57	1:19:13	12:13	12:12	13:39	13:01	13:18	12:49	7:14 min/km
361	1002	Ruhl Stephan	Kölsche Roadrunners	1:17:30	1965	M50	36	1:18:56	12:28	12:48	13:06	13:14	13:12	12:39	7:15 min/km
362	930	Offermann Uwe	Kölsche Roadrunners	1:17:31	1972	M40	58	1:18:55	12:30	12:48	13:07	13:14	13:12	12:38	7:16 min/km
363	48	Wagner Rüdiger	*Solingen	1:17:32	1940	M75	1	1:17:36	09:48	10:12	11:01	11:13	11:37	23:39	7:16 min/km
364	1099	Junker Dirk	Rennschnecken	1:17:48	1966	M50	37	1:20:33	13:04	12:57	13:34	12:43	13:20	12:08	7:17 min/km
365	1086	Ross Thomas	*Köln	1:17:50	1969	M45	43	1:18:53	12:35	13:03	12:57	13:40	12:48	12:44	7:17 min/km
366	434	Beuke Klaus	*Köln	1:18:09	1970	M45	44	1:22:17	12:33	13:09	13:05	13:56	13:40	11:45	7:19 min/km
367	35	Borkowski Dr. Gregor	borkowski solutions	1:18:42	1979	M35	57	1:22:32	10:00	09:56	09:58	10:14	12:27	26:04	7:22 min/km
368	1491	Hartung Helmut	*Leverkusen	1:18:42	1969	M45	45	1:21:30	12:22	14:03	15:01	13:00	12:17	11:55	7:22 min/km
369	1844	Schütt Christoph		1:19:35	1977	M35	58	1:20:24	11:47	10:04	10:26	10:44	10:22	26:09	7:27 min/km
370	1569	Bork Sigggi	Carglass	1:20:43	1959	M55	23	1:21:05	13:01	13:15	13:30	14:12	13:31	13:11	7:33 min/km
371	979	Niessen Sven	*Köln	1:23:09	1984	M30	63	1:26:49	12:03	14:19	15:31	13:35	14:26	13:12	7:47 min/km
372	1398	Janke Markus	Die Tottenenten aus	1:23:50	1973	M40	59	1:26:39	12:21	14:13	13:05	15:07	15:07	13:55	7:51 min/km
373	993	Streit Gregor	Sportteufelchen e.V.	1:24:14	1969	M45	46	1:27:33	14:12	14:25	14:32	14:46	14:17	11:59	7:53 min/km
374	103	Knops Elmar	Bankpower Köln	1:25:51	1968	M45	47	1:28:24	13:50	14:17	14:30	14:53	14:28	13:50	8:02 min/km
375	687	Kautz Theo	Dreamteam	1:27:47	1965	M50	38	1:28:56	13:38	15:06	14:26	15:09	14:38	14:47	8:13 min/km
376	204	Kaltenbach Christoph	Haubachtaler Wibbelstätzjerl	1:29:59	1978	M35	59	1:32:28	14:38	14:59	15:12	15:11	15:20	14:35	8:26 min/km
377	26	Braun Kurt	BSG Stadt-Köln	1:34:51	1972	M40	60	1:37:06	14:58	16:10	16:04	16:10	16:11	15:15	8:53 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	598	Nakahira Sadaka	*Köln	0:50:50	1980	W35	1	0:51:15	08:46 08:30 08:38 08:31 08:27 07:56	4:46 min/km
2	656	König Steffi	Wir sind Wir	0:52:13	1978	W35	2	0:52:19	08:03 08:21 09:00 08:52 09:01 08:53	4:53 min/km
3	295	Dederichs Conny	TuS 05 Quettingen	0:52:25	1961	W55	1	0:53:28	08:57 08:51 08:48 08:45 08:44 08:18	4:55 min/km
4	950	Steinbach Laura	Steinchen	0:52:28	1987	WHK	1	0:52:39	08:13 08:36 09:01 09:10 08:49 08:36	4:55 min/km
5	1546	Nußbaum Tessa		0:52:32	1993	WHK	2	0:52:42	08:20 09:09 08:38 08:52 08:54 08:37	4:55 min/km
6	859	Heßler Nadine	*Köln	0:53:09	1982	W30	1	0:56:33	09:48 08:46 08:49 08:38 08:47 08:19	4:59 min/km
7	1351	Himmelberg Anna-Sophi	*Köln	0:53:17	1995	WHK	3	0:53:37	08:32 08:48 09:01 08:57 09:12 08:43	4:59 min/km
8	1347	De la Cruz Rocio	*Köln	0:53:22	1985	W30	2	0:53:32	08:08 08:42 09:20 09:15 09:24 08:31	4:60 min/km
8	1348	Schiffer Stefanie	*Leverkusen	0:53:22	1981	W35	3	0:53:32	08:08 08:42 09:20 09:15 09:24 08:31	4:60 min/km
10	957	Ploog Jennifer	I Love Rath Heumar	0:53:25	1984	W30	3	0:54:12	08:55 08:41 09:09 09:00 09:03 08:35	5:00 min/km
11	1242	Piepenbrock Karoline	*Köln	0:53:36	1985	W30	4	0:55:28	09:12 08:33 08:52 09:08 09:05 08:43	5:01 min/km
12	1664	Puise-Puise Liena	*Riga	0:53:54	1990	WHK	4	0:54:16	08:51 08:55 09:11 09:15 09:12 08:29	5:03 min/km
13	636	Balas Denise	*Euskirchen	0:54:31	1988	WHK	5	0:56:08	08:50 08:59 09:07 09:13 09:18 09:02	5:06 min/km
14	347	DeBraber Anna	*Egelsbach	0:54:44	2000	WU18	1	0:56:21	09:22 09:23 09:28 09:37 08:53 07:58	5:07 min/km
15	1234	Zimmer Andrea	SV Windhagen	0:54:52	1974	W40	1	0:55:07	08:36 08:59 09:32 09:21 09:21 09:00	5:08 min/km
16	343	Schultz Ulrike	*Erfststadt	0:55:16	1971	W45	1	0:55:29	08:59 08:59 09:18 09:37 09:37 08:44	5:11 min/km
17	358	Schafhausen Anne	Renntiere	0:55:25	1987	WHK	6	0:58:19	08:19 07:42 07:58 08:00 07:53 15:31	5:11 min/km
18	342	König Iris	*Erfststadt	0:55:39	1968	W45	2	0:55:51	09:00 08:59 09:18 09:37 09:37 09:05	5:13 min/km
19	242	Stasiowski Eva	*Köln	0:55:41	1985	W30	5	0:57:30	09:42 08:46 09:12 09:26 09:30 09:02	5:13 min/km
20	589	Willscheid Christina	Sportteufelchen Bad	0:55:44	1973	W40	2	0:58:59	09:22 09:12 09:34 09:14 09:28 08:50	5:13 min/km
21	241	Schoob Claudia	*Köln	0:55:44	1981	W35	4	0:57:33	09:43 09:05 09:17 09:25 09:19 08:52	5:13 min/km
22	1411	Schülke Marianne	*Erfststadt	0:55:47	1965	W50	1	0:56:52	09:40 09:16 09:20 09:16 09:16 08:57	5:13 min/km
23	1222	Störmann Wiebke	*Köln	0:56:08	1964	W50	2	0:57:16	09:51 09:21 09:25 09:33 09:23 08:32	5:15 min/km
24	1497	Wanning Annalena	Neptunbad	0:56:09	1987	WHK	7	0:58:23	09:59 09:56 09:55 08:58 08:52 08:26	5:16 min/km
25	935	Wollny Rahel	Kölsche Roadrunners	0:56:18	1996	WHK	8	0:58:21	10:00 09:15 09:13 09:07 09:24 09:17	5:16 min/km
26	595	Wallenfang Janine	*Köln	0:56:20	1982	W30	6	0:59:25	09:34 09:27 09:34 09:29 09:22 08:52	5:17 min/km
27	189	Bergmann Julia	10. Hochzeitstag	0:56:24	1982	W30	7	0:57:02	09:49 09:22 09:20 09:27 09:25 08:58	5:17 min/km
28	301	Unverdorben Sandra	Team Erdinger Alkoholfrei	0:56:28	1977	W35	5	0:56:39	08:57 09:08 09:22 09:58 09:50 09:11	5:17 min/km
29	492	Tamoschus Annika	Tamoschus Run 2016	0:56:37	1987	WHK	9	0:56:46	08:49 09:22 09:54 09:38 09:41 09:11	5:18 min/km
30	1672	Marek Susann	Suma	0:56:55	1983	W30	8	0:57:20	09:31 09:19 09:29 09:33 09:35 09:26	5:20 min/km
31	1211	Schönwald Bozena	LG Eischeid	0:57:01	1974	W40	3	0:57:08	09:03 09:20 09:31 09:45 09:56 09:22	5:20 min/km
32	808	Hirzebruch Susanne	*Bonn	0:57:11	1991	WHK	10	1:00:46	10:16 09:30 09:13 09:33 09:28 09:07	5:21 min/km
33	1299	Krämer Ines	Run Fun	0:57:14	1974	W40	4	0:57:25	09:02 09:28 09:38 09:50 09:52 09:21	5:22 min/km
34	466	Haver Lina	*Düsseldorf	0:57:24	1989	WHK	11	0:58:25	10:02 09:29 09:27 09:35 09:39 09:08	5:22 min/km
35	907	Müller Isabel	*Frankfurt	0:57:25	1982	W30	9	1:01:31	09:44 09:06 09:27 09:33 10:03 09:30	5:23 min/km
36	940	Vogel Laura	*Köln	0:57:30	1994	WHK	12	0:57:52	08:58 09:13 09:46 10:17 09:46 09:29	5:23 min/km
37	830	Palte Susanne	Masupilami	0:57:43	1984	W30	10	1:01:42	10:43 09:56 09:24 09:27 09:23 08:47	5:24 min/km
38	1000	Thoma Nicole	Team Rheinbach	0:57:45	1992	WHK	13	0:57:50	09:14 09:30 09:38 09:43 09:56 09:42	5:25 min/km
39	981	Schmitz Maria	*Nettetal	0:57:52	1994	WHK	14	1:00:36	09:56 09:37 09:49 09:43 09:34 09:11	5:25 min/km
40	1246	Wilden Brigitte	BSG DEVK Köln	0:57:56	1958	W55	2	0:59:23	09:35 09:28 09:37 09:46 09:58 09:29	5:25 min/km
41	1856	Saller Nina	Köln läuft!	0:58:17	1980	W35	6	0:58:30	08:50 09:30 10:03 10:06 10:13 09:33	5:27 min/km
42	1206	Buchholz Heike	*Köln	0:58:32	1978	W35	7	1:00:13	10:17 09:39 09:43 09:47 09:52 09:12	5:29 min/km
43	1494	Schmücker Katrin	*Köln	0:58:41	1975	W40	5	1:00:52	10:01 09:56 09:57 09:42 09:43 09:19	5:30 min/km
44	1590	Klein Damaris	Carglass	0:58:49	1967	W45	3	0:59:27	10:07 09:47 10:05 10:06 09:41 09:01	5:30 min/km
45	1214	Freytag Jana	C&C Runners - Die	0:58:51	1991	WHK	15	1:01:17	10:29 09:31 09:38 09:53 09:51 09:27	5:31 min/km
46	1171	Sobieray Miriam	Running Elements	0:58:57	1986	W30	11	1:00:54	10:04 09:47 09:50 10:14 09:57 09:03	5:31 min/km
47	1146	Lennarz Karin	*Leverkusen	0:59:11	1994	WHK	16	1:02:28	10:19 09:33 09:49 10:07 09:49 09:31	5:33 min/km
48	1147	Levknecht Tina	*Leverkusen	0:59:12	1995	WHK	17	1:02:30	10:19 09:33 09:50 10:06 09:49 09:33	5:33 min/km
49	1742	Macherey-Diese Silke	Zwillingsbonsai	0:59:15	1966	W50	3	1:01:18	10:19 10:09 10:25 10:18 10:00 08:02	5:33 min/km
50	120	Basener Verena	*Bergisch Gladbach	0:59:15	1985	W30	12	0:59:41	09:03 09:23 10:06 10:29 10:33 09:39	5:33 min/km
51	608	Ley Michaela	*Euskirchen	0:59:18	1986	W30	13	1:00:55	09:39 09:29 09:45 10:04 10:27 09:53	5:33 min/km
52	1386	Ulber Fabienne Nadine	C&C Runners - Die	0:59:32	1990	WHK	18	1:01:49	09:53 09:29 09:46 10:04 10:19 09:58	5:35 min/km
53	1671	Molitor Martina	Suma	0:59:32	1974	W40	6	0:59:56	09:32 09:20 09:47 10:16 10:21 10:14	5:35 min/km

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54	1826	Fey Astrid	*Kleinmachnow	0:59:33	1964	W50	4	0:59:47	08:57	09:51	10:12	10:09	10:19	10:02	5:35 min/km
55	1139	Wedrich Lina	*Köln	0:59:33	1985	W30	14	1:02:03	12:24	12:21	08:29	08:43	08:49	08:44	5:35 min/km
56	799	Coesfeld Melanie	*Köln	0:59:37	1983	W30	15	0:59:49	10:11	09:50	10:05	10:03	09:51	09:35	5:35 min/km
57	1886	Wahlen Edith		0:59:38	1967	W45	4	1:00:57	09:22	09:38	09:59	10:29	10:20	09:46	5:35 min/km
58	18	Lammers Sabrina	*Hürth	0:59:39	1981	W35	8	1:00:29	09:45	09:41	09:58	10:18	10:28	09:27	5:35 min/km
59	105	Sokoll Miriam	*Herten	0:59:41	1973	W40	7	1:02:24	10:40	09:43	09:53	10:01	09:54	09:28	5:35 min/km
60	1187	Hoffmann-Tischner Inga	*Köln	0:59:44	1975	W40	8	0:59:51	09:23	10:04	10:04	10:13	10:18	09:39	5:36 min/km
61	1722	Mohrmann Follow Holloway	Der Elf und seine Freunde	0:59:48	1970	W45	5	1:03:43	10:30	09:50	09:45	09:54	10:04	09:43	5:36 min/km
62	238	Kohl Eva	*Bergisch Gladbach	0:59:49	1987	WHK	19	1:00:49	09:46	09:26	09:44	09:45	10:02	11:03	5:36 min/km
63	328	Olesen Julia	*Köln	0:59:50	1987	WHK	20	1:01:21	09:53	09:51	10:02	10:02	10:16	09:44	5:36 min/km
64	1651	Grundmann Frederike	Sion	0:59:56	1988	WHK	21	1:03:00	11:41	09:58	09:20	09:35	09:46	09:33	5:37 min/km
65	888	Hilger Simone	*Köln	1:00:04	1981	W35	9	1:02:49	10:00	09:42	10:02	10:16	10:11	09:51	5:38 min/km
66	792	Heilken Stefanie	*Köln	1:00:07	1977	W35	10	1:01:36	10:10	09:51	09:29	09:57	09:36	11:02	5:38 min/km
67	728	Vreisleben Mareike	*Köln	1:00:10	1983	W30	16	1:01:25	09:53	10:02	10:13	10:11	10:10	09:38	5:38 min/km
68	1280	Wiethölter Alina	*Frechen	1:00:14	1995	WHK	22	1:02:54	10:34	09:58	10:10	09:54	09:55	09:41	5:38 min/km
69	867	Quefellec Josephine	*Köln	1:00:15	1989	WHK	23	1:03:26	10:58	10:09	10:10	10:07	09:39	09:11	5:39 min/km
70	1435	Helber Silja	Los Dos	1:00:18	1987	WHK	24	1:00:31	09:55	10:08	10:18	10:06	10:16	09:33	5:39 min/km
71	1436	Häußler-Helber Petra	Los Dos	1:00:22	1959	W55	3	1:00:34	09:55	10:08	10:18	10:06	10:17	09:35	5:39 min/km
72	373	Adler Katharina	*Bonn	1:00:23	1974	W40	9	1:04:04	10:32	10:15	10:02	09:53	09:56	09:42	5:39 min/km
73	1702	Wietel Steffi	Save the unicorn	1:00:26	1992	WHK	25	1:01:17	10:47	10:21	09:57	10:01	09:59	09:19	5:40 min/km
74	1279	Reiners Melissa	*Erkelenz	1:00:28	1994	WHK	26	1:02:08	10:04	10:13	10:08	10:12	10:08	09:41	5:40 min/km
75	1373	Deutsch Nadine	*Köln	1:00:28	1989	WHK	27	1:00:50	08:54	09:53	10:19	10:48	10:50	09:42	5:40 min/km
76	1706	Hamm Daniela	V-Training Bootcamp Köln	1:00:29	1982	W30	17	1:00:59	09:19	09:52	10:21	10:34	11:00	09:19	5:40 min/km
77	510	Werner Prof. Dr. Nadinel	LOVE RATH-HEUMAR	1:00:35	1984	W30	18	1:01:23	09:45	09:55	10:12	10:12	10:35	09:53	5:40 min/km
78	417	Schumacher Britta	Britta.schumacher@gls-lev.d	1:00:39	1984	W30	19	1:02:18	11:01	10:30	10:14	10:02	09:49	09:01	5:41 min/km
79	341	Sistig Nina	nina_sistig@web.de	1:00:40	1987	WHK	28	1:02:18	11:01	10:29	10:14	10:03	09:49	09:02	5:41 min/km
80	460	Oetter Kerstin	Lessenicher Zebras	1:00:40	1972	W40	10	1:00:43	09:44	10:03	10:30	10:47	10:04	09:28	5:41 min/km
81	533	Gerdes Sabine	MTV Alina Ausdauer	1:00:46	1966	W50	5	1:03:25	10:38	10:14	10:07	10:10	10:01	09:33	5:41 min/km
82	970	Vorholt Sonja	*Köln	1:00:48	1978	W35	11	1:01:22	11:00	10:26	09:56	10:01	10:01	09:20	5:42 min/km
83	1963	Baitzel Catherina	Let's Mobilize	1:00:52	1985	W30	20	1:01:25	09:40	09:58	10:12	10:23	10:35	10:02	5:42 min/km
84	446	Knepper Julia	*Leverkusen	1:00:59	1990	WHK	29	1:01:02	09:54	09:45	09:50	10:20	10:42	10:25	5:43 min/km
85	445	Aßmann Kathrin	*Leverkusen	1:01:01	1989	WHK	30	1:01:04	09:54	09:45	09:50	10:19	10:42	10:27	5:43 min/km
86	1049	Liebig Katrin	BSG-Lülsdorf e.V.	1:01:02	1995	WHK	31	1:01:48	10:21	10:07	10:15	10:17	10:13	09:47	5:43 min/km
87	399	Kirschbaum Nicole	*Freiburg	1:01:15	1994	WHK	32	1:03:46	09:52	09:53	10:06	10:44	10:54	09:43	5:44 min/km
88	1069	Bartels Miriam	*Köln	1:01:15	1974	W40	11	1:04:39	10:08	10:04	10:07	10:17	10:21	10:16	5:44 min/km
89	826	Carlé Stine	*Köln	1:01:16	1987	WHK	33	1:02:27	10:56	10:26	10:33	10:20	09:50	09:08	5:44 min/km
90	985	Rothenberger Bettina	*Köln	1:01:20	1961	W55	4	1:02:40	10:18	10:00	10:27	10:31	10:34	09:27	5:45 min/km
91	225	Kühnen Maria	Veni Vidi Colonia	1:01:21	1962	W50	6	1:02:17	09:49	09:54	10:10	10:27	10:45	10:14	5:45 min/km
92	532	Wenzel Carina	*Köln	1:01:22	1987	WHK	34	1:01:59	09:16	09:41	10:28	10:58	10:51	10:06	5:45 min/km
93	122	Thomas Birgit	*Pulheim	1:01:22	1972	W40	12	1:04:48	11:00	10:34	10:21	10:11	10:02	09:10	5:45 min/km
94	592	Ockenfels Bernadette	LG Klostersgarten	1:01:31	1965	W50	7	1:04:47	10:24	09:50	09:56	10:22	10:47	10:09	5:46 min/km
95	1384	Freytag Siona	C&C Runners - Die	1:01:36	1988	WHK	35	1:03:53	09:53	09:30	09:52	10:25	11:06	10:47	5:46 min/km
96	644	Buchmüller Dorothea	*Köln	1:01:43	1990	WHK	36	1:02:42	10:42	10:23	10:06	10:21	10:24	09:44	5:47 min/km
97	730	Funke Sanni	*Bonn	1:01:46	1982	W30	21	1:03:30	10:53	10:10	10:13	10:23	10:07	09:59	5:47 min/km
98	1591	Klingel Natascha	Carglass	1:01:47	1979	W35	12	1:02:25	10:12	09:43	10:07	10:26	10:45	10:32	5:47 min/km
99	1359	Koch Katharina	*Köln	1:01:48	1987	WHK	37	1:03:39	10:16	10:07	10:26	10:22	10:35	10:00	5:47 min/km
100	814	Faßbender Kim	*Köln	1:01:49	1988	WHK	38	1:03:22	10:35	10:14	10:27	10:13	10:19	09:58	5:47 min/km
101	864	Heidelberg Janina	*Bergisch Gladbach	1:01:59	1988	WHK	39	1:02:35	09:57	10:04	10:19	10:32	10:45	10:20	5:48 min/km
102	490	Pielke Jessica	Bärenbande	1:02:07	1977	W35	13	1:03:47	10:15	10:05	10:08	10:26	10:41	10:29	5:49 min/km
103	1362	Keller Stefanie	Ren-Tiere	1:02:08	1975	W40	13	1:04:56	10:56	10:29	10:17	10:23	10:24	09:37	5:49 min/km
104	1793	Heck Christina	*Großlittgen	1:02:09	1986	W30	22	1:02:28	09:38	10:11	10:36	10:47	10:47	10:08	5:49 min/km
105	1881	Wolf Rebecca		1:02:11	1994	WHK	40	1:03:33	11:36	10:20	09:58	10:26	10:22	09:27	5:49 min/km
106	1073	Eske Magda	*Bergisch Gladbach	1:02:13	1988	WHK	41	1:04:43	11:04	10:39	11:16	09:54	09:44	09:34	5:50 min/km
107	156	Benner Iris	iris.benner@gmx.de	1:02:19	1969	W45	6	1:03:46	11:14	10:42	10:17	10:13	10:17	09:34	5:50 min/km
108	441	Fischer Nicole	Cats	1:02:21	1991	WHK	42	1:03:20	10:54	10:35	10:05	10:21	10:33	09:51	5:50 min/km
109	440	Geller Monika	Cats	1:02:22	1962	W50	8	1:03:20	10:54	10:35	10:05	10:21	10:33	09:51	5:50 min/km
110	525	Endter Annika	*Würselen	1:02:24	1984	W30	23	1:06:12	10:17	10:10	10:11	10:29	10:43	10:32	5:51 min/km

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111	539	Phiesel Jennifer	*Bad Neuenahr-Ahrweiler	1:02:34	1988	WHK	43	1:03:24	10:50	10:21	09:58	10:19	10:42	10:21	5:52 min/km
112	277	Stratmann Julia	*Köln	1:02:43	1987	WHK	44	1:03:30	10:53	10:23	10:04	11:22	09:50	10:09	5:52 min/km
113	336	Blum Katharina	*Köln	1:02:49	1985	W30	24	1:03:36	10:57	10:32	10:34	10:30	10:40	09:33	5:53 min/km
114	140	Schnöger Sarah	Murmeltier	1:03:00	1999	WU18	2	1:03:48	10:40	10:12	10:28	10:35	10:48	10:16	5:54 min/km
115	461	Rütten Ulrike	Lessenicher Zebras	1:03:03	1970	W45	7	1:03:07	09:46	10:08	10:28	10:49	11:05	10:45	5:54 min/km
116	337	Blum Sabrina	*Köln	1:03:03	1985	W30	25	1:03:50	10:58	10:32	10:34	10:31	10:40	09:47	5:54 min/km
117	346	Grzesiek Sandra	*Kerpen	1:03:06	1971	W45	8	1:05:10	10:53	10:27	10:36	10:37	10:36	09:55	5:55 min/km
118	1217	Schmittner Melanie	*Köln	1:03:07	1988	WHK	45	1:06:20	10:33	10:30	10:33	10:46	10:45	09:57	5:55 min/km
119	226	Kühnen Nathalie	Veni Vidi Colonia	1:03:09	2001	WU16	1	1:03:35	11:01	10:33	10:57	10:40	10:28	09:28	5:55 min/km
120	1325	Kotthaus Andrea	Die Rennschnecken	1:03:10	1983	W30	26	1:03:45	10:48	10:36	10:17	10:28	10:44	10:14	5:55 min/km
121	1699	Schneider Deike	12 Monkeys Köln BHC	1:03:31	1985	W30	27	1:06:09	11:00	10:15	10:35	10:48	11:00	09:50	5:57 min/km
122	1430	Löfl Katja	freche früchtchen	1:03:31	2001	WU16	2	1:07:14	11:02	10:43	11:10	10:43	10:14	09:36	5:57 min/km
123	66	Jansen Beate	jansenb2489@gmail.com	1:03:33	1962	W50	9	1:06:58	11:42	10:53	10:42	10:28	10:09	09:37	5:57 min/km
124	903	Baal Marlies	*Köln	1:03:34	1967	W45	9	1:06:58	11:42	10:53	10:42	10:28	10:09	09:37	5:57 min/km
125	165	Ranke Dorit	*Troisdorf	1:03:35	1983	W30	28	1:04:17	10:19	09:55	11:37	10:39	10:30	10:32	5:57 min/km
126	538	Fischer Ilonka	Pulheimer SC	1:03:35	1966	W50	10	1:07:20	11:26	10:50	10:17	10:23	10:29	10:08	5:57 min/km
127	498	Willwerth Lisa	MTV	1:03:37	1989	WHK	46	1:06:16	10:23	10:11	10:25	10:56	10:55	10:44	5:57 min/km
128	333	Rocha Dr. Jasmin	Pferdepraxis Rocha	1:03:37	1981	W35	14	1:07:35	10:58	10:52	10:50	10:38	10:30	09:47	5:57 min/km
129	523	Thienel Sonja	*Köln	1:03:45	1983	W30	29	1:06:31	10:57	10:00	09:53	10:05	10:20	12:29	5:58 min/km
130	467	Jüliger Ute	*Rheinbach	1:03:46	1965	W50	11	1:07:50	11:12	10:40	10:27	10:42	10:28	10:14	5:58 min/km
131	534	Gerdes Anika	MTV Alina Ausdauer	1:03:49	1992	WHK	47	1:06:28	10:38	10:14	10:08	10:56	11:06	10:45	5:59 min/km
132	1125	Van Rijswijk Nora	*Köln	1:03:52	1981	W35	15	1:05:48	10:58	10:38	10:49	10:48	10:43	09:53	5:59 min/km
133	543	Löfl Helga	Freche Früchtchen	1:03:52	1964	W50	12	1:07:36	10:46	10:47	11:01	10:23	10:34	10:19	5:59 min/km
134	535	Peitz Doris	Dürener Turnverein 1847	1:04:07	1959	W55	5	1:04:52	10:42	10:18	10:19	10:28	12:21	09:57	6:00 min/km
135	1341	Sprengart Petra	*Köln	1:04:13	1990	WHK	48	1:04:41	10:42	10:39	10:34	11:02	10:59	10:14	6:01 min/km
136	994	Lippok Sylvia	Run for Schwippi	1:04:13	1989	WHK	49	1:06:43	11:00	10:46	11:10	10:48	10:31	09:56	6:01 min/km
137	86	Mentzel Sarah	Mentzel Family	1:04:14	1979	W35	16	1:07:29	10:02	10:26	11:03	10:57	11:25	10:18	6:01 min/km
138	351	Wirtz Heidi	*Köln	1:04:17	1971	W45	10	1:04:51	11:01	10:35	10:44	10:51	10:48	10:17	6:01 min/km
139	1161	Arentz Lisa	*Duisburg	1:04:17	1961	W55	6	1:07:19	11:07	10:55	10:38	10:43	10:45	10:07	6:01 min/km
140	1766	Ohl Dr. Kim	*Nümbrecht	1:04:25	1982	W30	30	1:06:45	10:36	10:08	10:40	11:12	11:21	10:26	6:02 min/km
141	895	Jantz Petra	*Köln	1:04:29	1970	W45	11	1:05:08	10:57	10:53	10:42	10:40	10:50	10:24	6:02 min/km
142	167	Bremser Franziska	*Köln	1:04:31	1988	WHK	50	1:07:53	11:09	10:51	10:48	10:37	10:46	10:16	6:03 min/km
143	1928	Landsberg Susanne	Kölner Zoo	1:04:37	1969	W45	12	1:05:30	10:59	10:24	10:16	10:52	11:19	10:45	6:03 min/km
144	388	Decloux Celine	*Mönchengladbach	1:04:38	1995	WHK	51	1:07:02	11:58	11:30	10:51	10:53	10:16	09:08	6:03 min/km
145	1106	Meurer Caroline	*Rommerskirchen	1:04:40	1985	W30	31	1:06:10	11:38	11:14	11:11	10:58	10:18	09:18	6:03 min/km
146	307	Kempener Anna-Christin	*Köln	1:04:47	1983	W30	32	1:05:24	10:59	10:34	10:42	10:46	10:57	10:45	6:04 min/km
147	1471	Rohloff Claudia	WORMERSDORFER	1:04:51	1976	W40	14	1:07:12	12:11	10:06	10:31	10:48	10:55	10:18	6:04 min/km
148	604	Böckem Vera	Rehanova	1:04:51	1969	W45	13	1:05:05	11:13	11:34	12:08	10:19	10:01	09:34	6:04 min/km
149	1513	Kirschner Claudia	*Köln	1:04:54	1963	W50	13	1:07:34	11:20	10:51	10:54	10:49	10:44	10:14	6:05 min/km
150	319	Kilan Katharina	*Alfter	1:04:59	1978	W35	17	1:08:22	10:12	10:57	11:02	11:06	10:49	10:52	6:05 min/km
151	973	Scholl Michaela	*Niederkassel	1:05:02	1976	W40	15	1:06:22	11:40	10:56	10:49	10:40	10:38	10:17	6:05 min/km
152	872	Vanhinsberg Julia	*Köln	1:05:07	1985	W30	33	1:05:26	11:12	10:22	10:16	10:42	11:32	11:02	6:06 min/km
153	1419	Juraga Sandra	*Niederkassel	1:05:10	1972	W40	16	1:08:22	12:21	11:52	10:43	10:15	10:11	09:45	6:06 min/km
154	649	Körner Eva	*köln	1:05:11	1980	W35	18	1:06:40	11:35	10:41	10:33	10:33	12:12	09:36	6:06 min/km
155	1245	Görtz Stephanie	*Köln	1:05:12	1986	W30	34	1:08:47	11:34	10:53	10:48	10:47	10:54	10:15	6:06 min/km
156	266	Sonntag Ursula	ERGO Sports Köln	1:05:13	1962	W50	14	1:06:33	10:41	10:21	10:41	10:48	11:19	11:21	6:06 min/km
157	27	Hahs Eveline	Laufftreff Hennef	1:05:15	1958	W55	7	1:05:29	11:30	10:18	10:51	10:43	10:57	10:53	6:07 min/km
158	299	Minet Ilona Theresia	*Köln	1:05:15	1990	WHK	52	1:06:33	10:43	10:32	10:39	10:56	11:17	11:06	6:07 min/km
159	1228	Rentzsch Elisa	*Köln	1:05:16	1987	WHK	53	1:08:50	11:34	10:53	10:48	10:50	11:06	10:02	6:07 min/km
160	1524	Scheepers Susanne	COUGAR CYCLING	1:05:17	1969	W45	14	1:07:16	11:20	10:56	10:59	11:03	10:48	10:08	6:07 min/km
161	1478	Huynh Minh-Thu	*Köln	1:05:17	1995	WHK	54	1:08:31	10:29	10:31	10:37	10:47	11:21	11:30	6:07 min/km
162	988	Böhm Heike	NeatoMähs	1:05:20	1974	W40	17	1:07:32	11:03	10:53	11:09	11:01	10:58	10:13	6:07 min/km
163	794	Lenzhölzer Birgitt	TuS 05 Quettingen	1:05:21	1963	W50	15	1:06:24	10:32	10:53	11:10	11:07	11:08	10:29	6:07 min/km
164	759	Liedke Julia	*Sinzig	1:05:25	1986	W30	35	1:08:56	11:29	10:44	10:40	10:54	10:53	10:42	6:08 min/km
165	633	Haun Andrea	*Köln	1:05:26	1967	W45	15	1:05:28	09:52	10:36	10:53	11:14	11:30	11:18	6:08 min/km
166	632	Haun Jennifer	*Köln	1:05:26	1992	WHK	55	1:05:29	09:52	10:35	10:53	11:14	11:30	11:18	6:08 min/km
167	768	Adam Julia	*Dormagen	1:05:40	1987	WHK	56	1:07:09	11:09	10:42	11:00	11:07	11:02	10:36	6:09 min/km

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168	170	Schwickert Susanne	*Kaarst	1:05:40	1965	W50	16	1:08:41	11:14	11:00	10:54	10:56	11:01	10:32	6:09 min/km
169	1704	Kierdorf Kathrin	RUNTANPLAN	1:05:44	1987	WHK	57	1:07:21	12:01	11:54	11:09	10:37	10:23	09:37	6:09 min/km
170	1477	Hanisch Vilma	*Aachen	1:05:44	1986	W30	36	1:07:20	12:01	11:54	11:09	10:38	10:23	09:37	6:09 min/km
171	61	Nießen Jana	*Bergheim	1:05:49	2001	WU16	3	1:09:21	11:13	11:15	11:13	11:05	10:47	10:14	6:10 min/km
172	1972	Broichhaus Ellen		1:05:52	1972	W	0	1:09:27	11:15	11:20	10:59	10:41	10:45	10:49	6:10 min/km
173	1970	Broichhaus Petra		1:05:52	1970	W	0	1:09:28	11:15	11:38	10:57	10:25	10:53	10:41	6:10 min/km
174	1688	Harms Tanja	*Köln	1:05:56	1970	W45	16	1:08:19	10:11	13:38	10:23	10:43	10:54	10:06	6:10 min/km
175	72	Keupp Dr. Katharina	*Kerpen	1:06:06	1985	W30	37	1:06:53	11:18	10:50	10:58	11:16	11:06	10:35	6:11 min/km
176	912	Hotel Kerstin	Knochenwalder	1:06:06	1982	W30	38	1:07:37	14:29	10:20	10:09	10:59	10:09	09:58	6:11 min/km
177	1320	Yadav Sharon	*Köln	1:06:09	1976	W40	18	1:09:42	11:05	10:33	10:52	10:51	10:58	11:47	6:12 min/km
178	937	Pickert Dana	*Köln	1:06:11	1991	WHK	58	1:09:41	11:24	11:20	11:14	10:58	10:48	10:26	6:12 min/km
179	1846	Rau Pascale		1:06:11	1965	W50	17	1:09:08	11:37	11:15	10:48	11:03	10:48	10:38	6:12 min/km
180	1689	Kostecka Aleksandra	*DÜSSELDORF	1:06:16	1981	W35	19	1:09:22	11:41	11:18	11:07	11:02	11:02	10:04	6:12 min/km
181	1137	Stern Daniela	Yuma	1:06:19	1981	W35	20	1:10:13	10:45	10:58	11:09	10:50	12:20	10:16	6:13 min/km
182	1103	Riehle Blanka	*Reichenbach	1:06:24	1996	WHK	59	1:10:10	12:05	11:44	11:40	10:21	10:29	10:01	6:13 min/km
183	821	Alm Sabine	Riehlmädels	1:06:31	1968	W45	17	1:08:00	11:15	11:08	11:08	11:23	11:15	10:19	6:14 min/km
184	954	Verhaagen Kolinda	Ollum-Runners	1:06:31	1975	W40	19	1:07:45	12:12	10:59	11:23	10:48	10:46	10:20	6:14 min/km
185	620	Knuth Daniela	*Köln	1:06:33	1979	W35	21	1:08:36	11:35	11:21	11:00	10:57	11:02	10:36	6:14 min/km
186	1450	Nowak Daniela	*Wesseling	1:06:38	1982	W30	39	1:09:37	11:26	10:36	11:27	10:56	11:17	10:53	6:14 min/km
187	292	Kokoska Marie-Angela	*Bonn	1:06:41	1982	W30	40	1:07:35	11:20	10:52	11:02	11:28	11:21	10:36	6:15 min/km
188	228	Knetsch Stephanie	*Köln	1:06:48	1982	W30	41	1:08:43	11:46	11:13	10:50	10:59	11:10	10:46	6:15 min/km
189	673	Linden Angelina	*Troisdorf	1:06:59	1994	WHK	60	1:11:00	11:52	11:29	11:01	10:32	10:38	11:24	6:16 min/km
190	1526	Schneller Carolin		1:06:59	1989	WHK	61	1:08:00	11:56	11:05	11:13	11:07	11:02	10:34	6:16 min/km
191	1012	Chapman Dr. Christine	*Köln	1:07:02	1964	W50	18	1:08:48	12:12	11:24	11:01	10:58	10:45	10:40	6:17 min/km
192	281	Schavier Stephanie	*Köln	1:07:03	1984	W30	42	1:10:50	12:02	11:41	11:47	10:55	10:43	09:51	6:17 min/km
193	1375	Mangelmans Friederike	*Köln	1:07:03	1985	W30	43	1:07:56	11:33	12:48	11:20	11:27	10:55	08:58	6:17 min/km
194	39	Manderfeld Sandra	*Köln	1:07:07	1993	WHK	62	1:09:03	11:14	10:48	10:59	11:24	11:34	11:05	6:17 min/km
195	234	Hüskes Daniela	Hola!	1:07:18	1990	WHK	63	1:07:18	10:16	10:58	11:16	11:23	11:48	11:34	6:18 min/km
196	667	Mauch Christine	*Köln	1:07:22	1984	W30	44	1:08:32	11:18	11:31	12:08	11:53	10:23	10:06	6:19 min/km
197	1493	Nagler Sandra	*Köln	1:07:27	1983	W30	45	1:08:38	11:22	11:05	10:58	11:35	11:37	10:46	6:19 min/km
198	1707	Redmann Ramona	MoSe	1:07:27	1986	W30	46	1:08:38	11:22	11:05	11:00	11:34	11:37	10:47	6:19 min/km
199	355	Wallenfang Bea	*Koeln	1:07:29	1986	W30	47	1:10:38	12:06	12:03	11:23	10:56	10:36	10:22	6:19 min/km
200	1107	Götz Kathrin	*Erfstadt	1:07:30	1984	W30	48	1:08:00	10:33	11:00	11:18	11:42	11:47	11:06	6:19 min/km
201	664	Schmitz Claudia	*Köln	1:07:33	1983	W30	49	1:09:36	11:44	11:12	11:01	11:10	11:18	11:05	6:20 min/km
202	1212	Marquis Alina	WDR aktiv	1:07:33	1986	W30	50	1:09:41	11:28	10:30	10:20	11:38	12:08	11:26	6:20 min/km
203	825	Winzen Heike	*Kaarst	1:07:35	1969	W45	18	1:11:26	11:27	11:09	11:08	11:26	11:18	11:06	6:20 min/km
204	692	Lehwalder Danny	*Kaarst	1:07:35	1972	W40	20	1:11:26	11:28	11:02	11:13	11:25	11:19	11:05	6:20 min/km
205	1096	Kreer Britta	*Köln	1:07:40	1986	W30	51	1:09:35	11:38	11:30	11:19	11:11	11:07	10:52	6:20 min/km
206	1679	Frommann Katja	*Düsseldorf	1:07:47	1993	WHK	64	1:11:30	11:52	11:15	11:31	11:18	11:08	10:40	6:21 min/km
207	494	Tamoschus Isabel	Tamoschus Run 2016	1:07:58	1985	W30	52	1:08:07	09:50	10:50	12:13	11:58	11:52	11:12	6:22 min/km
208	354	Rieger Monika	Riehl Mädels	1:08:02	1964	W50	19	1:09:34	12:04	13:00	11:20	11:00	10:48	09:48	6:22 min/km
209	1951	Huth Margareta		1:08:21	1974	W40	21	1:08:42	10:37	10:56	11:20	11:48	11:54	11:44	6:24 min/km
210	1952	Goldbach Kerstin		1:08:21	1967	W45	19	1:08:42	10:37	10:57	11:20	11:48	11:55	11:42	6:24 min/km
211	1337	Berlin Marie	Rennschnecken	1:08:22	1976	W40	22	1:08:57	10:48	10:44	11:09	11:28	12:41	11:29	6:24 min/km
212	1602	Novo Alonso Yolanda	Carglass	1:08:25	1981	W35	22	1:08:54	11:29	11:21	11:27	11:28	11:38	10:59	6:24 min/km
213	729	Brechmann Sandra	Hettwich Fanclub	1:08:31	1976	W40	23	1:08:50	11:16	11:02	11:18	11:34	11:29	11:49	6:25 min/km
214	1376	Schmitz Lilo	*Mönchengladbach	1:08:32	1984	W30	53	1:09:25	11:34	12:48	11:21	11:27	11:08	10:14	6:25 min/km
215	409	Malz Heike	*Weilerswist	1:08:33	1970	W45	20	1:08:53	10:40	10:43	10:49	11:32	12:33	12:13	6:25 min/km
216	407	Maul Monika	*Weilerswist	1:08:33	1969	W45	21	1:08:53	10:41	10:57	11:31	11:47	11:58	11:37	6:25 min/km
217	1719	Claas Janina	kathrinjanina@web.de	1:08:34	1980	W35	23	1:12:32	11:43	11:28	11:20	11:28	11:28	11:04	6:25 min/km
218	368	Basfeld Alrun	Löwenfisch	1:08:35	1986	W30	54	1:11:44	12:05	12:04	11:23	10:58	11:04	10:59	6:25 min/km
219	909	Schmeinck Kristina	*Düsseldorf	1:08:38	1993	WHK	65	1:08:46	11:01	11:49	11:45	11:27	11:33	11:00	6:26 min/km
220	326	Bernardi Sibylla	*Dormagen	1:08:40	1988	WHK	66	1:12:23	11:45	11:21	11:48	11:29	11:24	10:51	6:26 min/km
221	134	Efferoth Annabell	*Bornheim	1:08:46	1988	WHK	67	1:10:12	12:16	11:58	11:00	11:09	11:33	10:48	6:26 min/km
222	520	Voßler Simone	*Much	1:08:48	1989	WHK	68	1:12:09	10:28	10:07	11:36	11:33	11:23	13:38	6:27 min/km
223	521	Kurz Anna	*Rösrath	1:08:49	1984	W30	55	1:12:10	10:28	10:10	11:33	11:34	11:22	13:39	6:27 min/km
224	1681	Hourtz Britta	LT Lucherberg	1:08:50	1969	W45	22	1:09:35	11:40	11:32	11:47	11:56	11:43	10:10	6:27 min/km

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225	1312	Hellenkamp Ute	*Köln	1:08:58	1989	WHK	69	1:10:21	11:28	10:49	11:27	11:35	11:33	12:03	6:27 min/km
226	1537	Götteng Diana		1:08:58	1992	WHK	70	1:09:48	10:45	11:01	11:18	11:54	12:23	11:35	6:28 min/km
227	1311	Franck Julia	*Hürth	1:08:59	1989	WHK	71	1:10:23	11:28	10:49	11:27	11:35	11:36	12:02	6:28 min/km
228	1694	Schiemann Janina	*Köln	1:08:59	1991	WHK	72	1:11:21	12:27	12:27	11:36	10:58	10:51	10:38	6:28 min/km
229	828	Ranke Birgit	*Köln	1:09:01	1964	W50	20	1:11:48	11:19	11:39	11:49	11:39	11:30	11:02	6:28 min/km
230	1695	Baumann Victoria	*Köln	1:09:01	1989	WHK	73	1:11:21	12:29	12:27	11:36	10:58	10:50	10:38	6:28 min/km
231	572	Rogel Marion	*Bergheim	1:09:07	1980	W35	24	1:11:12	11:31	11:30	11:26	11:35	11:41	11:21	6:28 min/km
232	571	Plate Cathrin	*Köln	1:09:07	1980	W35	25	1:11:12	11:31	11:31	11:25	11:35	11:41	11:22	6:28 min/km
233	220	Stüßer Dr. Ulla	Sportteufelchen Bad	1:09:10	1960	W55	8	1:09:19	11:10	11:44	11:45	12:05	11:55	10:27	6:29 min/km
234	1457	Geiermann Eva	*Köln-Ehrenfeld	1:09:21	1987	WHK	74	1:12:44	12:23	12:01	11:36	11:37	11:16	10:27	6:30 min/km
235	1460	Schupp Kim	*Bad Neuenahr-Ahrweiler	1:09:22	1987	WHK	75	1:12:45	12:22	12:01	11:36	11:36	11:15	10:29	6:30 min/km
236	613	Niederwipper Anja	*Köln	1:09:23	1984	W30	56	1:11:43	11:21	11:14	11:35	11:44	11:58	11:29	6:30 min/km
237	1542	Kramer Anja		1:09:26	1983	W30	57	1:11:18	11:46	11:50	11:32	11:29	11:29	11:18	6:30 min/km
238	934	Bökmann Hildegard	Kölsche Roadrunners	1:09:33	1962	W50	21	1:11:36	11:54	10:52	10:38	12:30	10:57	12:39	6:31 min/km
239	570	Szyszka Bärbel	*Frechen	1:09:40	1966	W50	22	1:10:37	10:58	10:24	11:07	11:38	11:50	13:41	6:31 min/km
240	565	Pütz-Pilewski Katharina	*Frechen	1:09:40	1961	W55	9	1:10:38	10:57	10:26	11:05	11:38	11:50	13:42	6:31 min/km
241	1023	Zeh Sabine	*Düren	1:09:48	1978	W35	26	1:10:28	10:53	10:58	11:29	12:19	12:13	11:55	6:32 min/km
242	977	Franzen Hilke	*Köln	1:09:59	1987	WHK	76	1:13:37	11:27	11:18	11:35	11:51	12:08	11:38	6:33 min/km
243	978	Franzen Insa	*Moormerland	1:09:59	1984	W30	58	1:13:38	11:26	11:18	11:35	11:51	12:08	11:39	6:33 min/km
244	578	Achnitz Inge	Dieschönwieder	1:10:02	1970	W45	23	1:12:10	12:08	11:43	11:40	11:45	11:52	10:51	6:33 min/km
245	580	Dyrks Monika	Dieschönwieder	1:10:02	1966	W50	23	1:12:11	12:09	11:44	11:39	11:46	11:50	10:52	6:33 min/km
246	264	Schlösser Corinna	*Niederkassel	1:10:11	1991	WHK	77	1:12:22	12:23	11:27	11:32	11:23	11:45	11:39	6:34 min/km
247	1300	Reichert Marion	Run Fun	1:10:12	1976	W40	24	1:10:23	10:35	11:19	12:00	12:09	12:21	11:46	6:34 min/km
248	946	Gay Tenay	*Köln	1:10:14	1972	W40	25	1:12:40	11:58	11:32	11:14	11:30	12:02	11:56	6:35 min/km
249	947	Heckmann Sandra	*Köln	1:10:14	1978	W35	27	1:12:41	11:58	11:31	11:14	11:29	12:03	11:57	6:35 min/km
250	1417	Von Abercron Bettina	*Aachen	1:10:14	1979	W35	28	1:12:41	11:58	11:32	11:13	11:30	12:03	11:57	6:35 min/km
251	562	Foitzik Carola	*Bergisch Gladbach	1:10:20	1973	W40	26	1:14:06	12:05	11:57	11:28	11:30	11:47	11:31	6:35 min/km
252	1464	Bozdech Britta	Zoolinchen	1:10:24	1979	W35	29	1:13:06	12:24	12:11	12:13	11:17	11:29	10:47	6:36 min/km
253	807	Heister Anika	*Köln	1:10:29	1990	WHK	78	1:14:03	11:56	11:35	11:38	11:50	12:00	11:29	6:36 min/km
254	806	Abel Katrin	*Leverkusen	1:10:29	1991	WHK	79	1:14:04	11:56	11:35	11:38	11:50	11:59	11:29	6:36 min/km
255	443	Riehle Anke	*Bergisch Gladbach	1:10:30	1968	W45	24	1:14:17	12:05	11:57	11:28	11:30	11:48	11:40	6:36 min/km
256	1104	Felbert Julia	Cool Kids	1:10:34	1984	W30	59	1:10:50	11:15	11:09	11:40	12:22	12:30	11:36	6:36 min/km
256	1105	Fischer Selina	Cool Kids	1:10:34	1988	WHK	80	1:10:50	11:16	11:07	11:40	12:22	12:30	11:36	6:36 min/km
258	1117	Windhausen Beate	Running Friends Bedburg	1:10:40	1963	W50	24	1:14:22	11:53	11:51	11:57	11:54	12:32	10:30	6:37 min/km
259	1549	Sarikaya Semsije		1:10:40	1969	W45	25	1:14:29	12:19	11:55	11:53	11:57	11:41	10:52	6:37 min/km
260	1749	Al-Maarri Mona	Lets metabolize	1:10:46	1986	W30	60	1:11:19	09:54	09:44	10:03	10:13	10:21	20:29	6:38 min/km
261	227	Lutkewitz Ursula	Veni Vidi Colonia	1:10:46	1953	W60	1	1:13:54	12:03	11:58	11:52	11:58	11:46	11:06	6:38 min/km
262	1752	Vielhaber Christiane	*Köln	1:10:47	1965	W50	25	1:12:48	12:12	12:04	11:55	11:48	11:37	11:09	6:38 min/km
263	1472	Geiermann Lisa	Halve Hahn	1:10:52	1985	W30	61	1:14:14	12:23	11:57	11:38	11:30	11:27	11:53	6:38 min/km
264	1427	Stadler Lisa	Halve Hahn	1:10:53	1987	WHK	81	1:14:15	12:23	11:58	11:38	11:31	11:27	11:55	6:38 min/km
265	698	Beer Susanne	*Köln	1:10:55	1981	W35	30	1:13:08	12:29	11:54	11:53	11:48	11:35	11:14	6:38 min/km
266	536	Becker Liss	Renntiere	1:10:59	1983	W30	62	1:13:52	12:03	11:47	12:14	12:39	12:13	09:59	6:39 min/km
267	626	Krengel Sabrina	*Köln	1:11:19	1983	W30	63	1:14:50	14:01	10:37	12:27	11:24	12:13	10:35	6:41 min/km
268	897	Spanier Anita	*Köln	1:11:24	1984	W30	64	1:13:35	11:54	11:54	11:56	12:15	11:41	11:42	6:41 min/km
269	898	Schiffer Katrin	*Köln	1:11:24	1983	W30	65	1:13:35	11:54	11:54	11:56	12:16	11:41	11:42	6:41 min/km
270	1432	Wasser Katharina	*Köln	1:11:24	1984	W30	66	1:13:35	11:53	11:54	12:32	11:23	11:26	12:14	6:41 min/km
271	924	Baatz Astrid	Kuhberggirls	1:11:32	1968	W45	26	1:13:41	12:19	12:01	12:17	12:34	11:56	10:23	6:42 min/km
272	1412	Mannheim Melanie	*Köln	1:11:33	1980	W35	31	1:14:06	12:42	12:56	11:59	10:51	11:25	11:38	6:42 min/km
273	42	Küster Petra	*Leverkusen	1:11:40	1963	W50	26	1:14:40	12:26	11:32	11:33	12:32	12:22	11:13	6:43 min/km
274	60	Nießén Daniela	*Bergheim	1:11:43	1969	W45	27	1:15:10	11:26	11:51	12:02	12:13	12:11	11:58	6:43 min/km
275	778	Kron Caroline	*Köln	1:11:44	1970	W45	28	1:13:45	12:12	12:12	13:41	11:24	11:13	11:00	6:43 min/km
276	756	Dres-Seppelt Brigitte	*Bonn	1:11:54	1965	W50	27	1:14:35	12:09	12:21	11:59	11:57	11:49	11:36	6:44 min/km
277	1157	Steinert Olga	*Düren	1:11:58	1990	WHK	82	1:15:09	12:36	12:15	12:39	11:45	11:43	10:58	6:44 min/km
278	1158	Weidner Nadine	*Siegen	1:11:58	1989	WHK	83	1:15:09	12:39	12:13	12:36	11:46	11:43	10:58	6:44 min/km
279	1848	Vogel Lisa		1:11:59	1998	WU20	1	1:13:20	11:19	11:41	11:30	12:14	13:18	11:55	6:44 min/km
280	426	Schmidt Hannah	Dokriha	1:12:07	1996	WHK	84	1:15:53	12:20	12:29	12:27	12:14	11:59	10:36	6:45 min/km
281	425	Schmidt Kristin	Dokriha	1:12:08	1994	WHK	85	1:15:53	12:21	12:30	12:27	12:13	12:01	10:33	6:45 min/km

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282	427	Schmidt Dorothee	Dokriha	1:12:08	1967	W45	29	1:15:53	12:20	12:30	12:27	12:14	12:00	10:35	6:45 min/km
283	97	Lorenz Caroline	Bankpower Köln	1:12:12	1986	W30	67	1:14:46	12:24	12:10	12:09	12:23	12:34	10:29	6:46 min/km
284	221	Gies Hilde	Sportteufelchen e.V.	1:12:18	1975	W40	27	1:12:27	11:10	11:45	11:45	12:05	12:40	12:50	6:46 min/km
285	324	Bernardi Sabine	*Dormagen	1:12:24	1959	W55	10	1:16:06	11:53	11:17	12:08	12:17	12:43	12:03	6:47 min/km
286	690	Wagner Angelika	*Overath	1:12:29	1972	W40	28	1:12:37	10:59	12:00	12:14	12:32	12:26	12:14	6:47 min/km
287	931	Rebmann Nadine	Kölsche Roadrunners	1:12:44	1975	W40	29	1:14:52	12:16	12:02	12:11	12:41	12:14	11:17	6:49 min/km
288	459	Raskopf Dr. Esther	*Hürth	1:12:47	1976	W40	30	1:14:40	12:26	12:00	11:58	12:17	12:42	11:22	6:49 min/km
289	803	Rath Anne	*Köln	1:12:49	1985	W30	68	1:16:02	11:58	12:02	12:01	12:07	12:43	11:55	6:49 min/km
290	594	Eisenhofer Corinna	*Köln	1:13:08	1972	W40	31	1:14:33	12:08	12:24	12:23	12:04	12:06	12:00	6:51 min/km
291	102	Samimi Melanie	Bankpower Köln	1:13:08	1973	W40	32	1:15:39	11:54	12:03	12:14	12:14	12:00	12:40	6:51 min/km
292	873	Kebekus Sandra	*Köln	1:13:22	1985	W30	69	1:15:42	12:34	12:23	12:13	11:59	12:22	11:49	6:52 min/km
293	94	Adolphs Christina	*Köln	1:13:38	1980	W35	32	1:16:11	12:21	12:32	12:27	12:24	12:20	11:32	6:54 min/km
294	64	Zerres Jacqueline	*Lohmar	1:13:46	1989	WHK	86	1:17:35	11:23	11:27	11:56	12:46	13:21	12:51	6:54 min/km
295	537	Herzog Anna	Renntiere	1:13:50	1987	WHK	87	1:16:43	12:03	11:47	12:14	12:39	12:25	12:39	6:55 min/km
296	967	Koll Jennifer	Friesdorfer Rennschnecken	1:14:00	1984	W30	70	1:18:06	13:12	13:07	12:27	12:04	12:06	11:00	6:56 min/km
297	933	Stokem Heike	Kölsche Roadrunners	1:14:04	1971	W45	30	1:16:13	12:20	12:01	12:08	12:32	13:45	11:17	6:56 min/km
298	151	Clever Jacqueline	*Wipperfürth	1:14:14	1988	WHK	88	1:17:17	11:43	11:51	12:21	12:39	12:55	12:42	6:57 min/km
299	1503	Oden Kristina	*Monheim a. Rh.	1:14:14	1986	W30	71	1:17:25	12:36	12:15	12:38	12:10	13:09	11:24	6:57 min/km
300	1502	Kurrat Anne	*Köln	1:14:16	1986	W30	72	1:17:25	12:37	12:16	12:38	12:08	13:10	11:24	6:57 min/km
301	98	Büth Bianca	Bankpower Köln	1:14:24	1980	W35	33	1:16:58	12:23	12:11	12:09	12:23	12:42	12:33	6:58 min/km
302	286	Peek Irina	Renntiere	1:14:42	1987	WHK	89	1:17:37	12:22	12:10	14:14	12:19	12:18	11:18	6:60 min/km
303	216	Degenhardt Lena	*Köln	1:14:45	1986	W30	73	1:15:38	12:11	12:18	12:13	12:22	13:00	12:38	6:60 min/km
304	287	Camps Julia	Renntiere	1:14:50	1983	W30	74	1:17:46	12:22	12:09	14:14	12:19	12:17	11:26	7:00 min/km
305	130	Lutterbach Rike	*Köln	1:14:51	1985	W30	75	1:17:28	13:02	13:16	12:34	12:22	12:08	11:27	7:01 min/km
306	131	Büchter Marlene	*Köln	1:14:51	1986	W30	76	1:17:29	13:02	13:17	12:34	12:22	12:08	11:27	7:01 min/km
307	261	Kania Lydia	Singel Ladies	1:14:52	1982	W30	77	1:16:37	13:12	12:51	12:45	12:21	11:55	11:46	7:01 min/km
308	763	Burgard Gina	*Köln	1:14:52	1986	W30	78	1:16:50	12:48	12:50	12:47	12:42	12:38	11:06	7:01 min/km
309	764	McHugh Isabel	*Köln	1:14:52	1988	WHK	90	1:16:50	12:48	12:50	12:47	12:42	12:37	11:06	7:01 min/km
310	1425	Wegner Stephanie	*Bergisch Gladbach	1:14:53	1982	W30	79	1:18:04	12:34	11:57	12:09	12:43	12:54	12:34	7:01 min/km
311	693	Hanisch Natascha	*Köln	1:14:53	1988	WHK	91	1:15:47	11:06	10:21	10:26	10:25	10:29	22:04	7:01 min/km
312	433	Dilly Ingeborg	Team Liebe	1:15:19	1965	W50	28	1:19:02	12:24	12:50	12:43	12:42	12:28	12:09	7:03 min/km
313	1418	Petersohn Claudia	*Köln	1:15:23	1965	W50	29	1:18:33	12:22	11:53	12:27	12:43	12:57	13:00	7:04 min/km
314	1825	Petersohn Jacqueline	*Köln	1:15:23	1986	W30	80	1:18:34	12:35	11:56	12:11	12:42	12:56	13:01	7:04 min/km
315	379	Makalowski Jennifer	*Köln	1:15:35	1983	W30	81	1:17:53	12:25	12:29	12:34	13:02	12:45	12:18	7:05 min/km
316	370	Liebrecht Valérie	*Köln	1:15:35	1983	W30	82	1:17:53	12:26	12:28	12:35	13:00	12:46	12:18	7:05 min/km
317	410	Papenbrock Anna	*Köln	1:15:35	1993	WHK	92	1:17:54	12:25	12:29	12:35	13:02	12:44	12:18	7:05 min/km
318	557	Heweling Arendine	*Köln	1:15:54	1965	W50	30	1:19:33	12:13	12:27	12:40	12:47	12:49	12:55	7:06 min/km
319	547	Hess Julita	Poorzer Hätz	1:15:56	1974	W40	33	1:17:36	12:39	16:04	12:57	11:17	11:44	11:13	7:07 min/km
320	1393	Bois Sonja	TV Altendorf-Ersdorf	1:16:02	1978	W35	34	1:17:24	12:09	13:16	13:42	11:27	13:37	11:49	7:07 min/km
321	908	Neußer Charlotte	*Köln	1:16:09	1981	W35	35	1:19:09	12:50	10:15	10:01	10:17	11:07	21:37	7:08 min/km
322	315	Klaffke Korinna	Bonn	1:16:11	1966	W50	31	1:17:38	11:33	12:31	12:54	13:37	13:16	12:18	7:08 min/km
323	1195	Jurgschat Elisa	*Köln	1:16:17	1996	WHK	93	1:18:28	12:22	12:15	14:16	13:56	13:02	10:24	7:09 min/km
324	1849	Sutorius Anja		1:16:19	1996	WHK	94	1:17:39	12:33	13:06	12:33	12:34	12:50	12:41	7:09 min/km
325	720	Teifel Julia	*Köln	1:16:35	1984	W30	83	1:19:13	12:04	12:37	13:08	13:06	12:58	12:38	7:10 min/km
326	1127	Schmitz Iris	*Leverkusen	1:16:38	1969	W45	31	1:17:52	12:16	12:21	12:48	12:56	12:49	13:25	7:11 min/km
327	1481	Hofmann Kirsten	*Aachen	1:17:27	1976	W40	34	1:19:33	12:20	12:44	13:05	13:06	13:23	12:45	7:15 min/km
328	276	Nolden Ute	Team Erdinger Alkoholfrei	1:17:40	1965	W50	32	1:18:53	10:54	12:50	12:57	13:37	14:33	12:48	7:16 min/km
329	1098	Reimann Sonja	Rennschnecken	1:17:49	1976	W40	35	1:20:33	13:04	12:57	13:34	12:43	13:20	12:08	7:17 min/km
330	1100	Franke Petra	Rennschnecken	1:17:50	1979	W35	36	1:20:35	13:04	12:57	13:02	13:14	13:20	12:10	7:17 min/km
331	1196	Scheithe Annika	*Hürth	1:17:56	1995	WHK	95	1:20:08	12:22	12:15	14:16	13:57	13:01	12:03	7:18 min/km
332	1088	Neise Kimi-Sue	Rennschnecken	1:17:58	1987	WHK	96	1:20:42	13:04	12:57	13:02	13:15	13:20	12:17	7:18 min/km
333	435	Wilkens Madleen	*Hackenbroich	1:18:09	2003	WU14	1	1:22:17	12:34	13:08	13:05	13:56	13:40	11:45	7:19 min/km
334	998	Meyer-Delpho Kathrin	kathrin-meyer-delpho89@wd	1:18:10	1989	WHK	97	1:18:51	10:17	10:02	10:19	10:56	12:25	24:08	7:19 min/km
335	1759	Oestreicher Tanja	WürmPchen	1:18:14	1977	W35	37	1:20:33	12:51	13:11	13:51	13:03	13:17	11:59	7:20 min/km
336	47	Wagner Elisabeth	*Solingen	1:18:27	1949	W65	1	1:18:31	11:38	12:50	13:24	13:23	13:31	13:38	7:21 min/km
337	1274	Waleczek Laura	*Köln	1:18:31	1994	WHK	98	1:20:43	11:53	11:17	11:10	11:14	11:11	21:43	7:21 min/km
338	34	Overmans Frederike	borkowski solutions	1:18:41	1984	W30	84	1:22:31	12:51	13:35	13:07	13:02	13:16	12:48	7:22 min/km

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339	1443	Gentile Martina	*Köln	1:18:43	1965	W50	33	1:21:30	12:23	14:04	15:00	12:59	12:19	11:55	7:22 min/km
340	442	Krogoll Ines	*Bergisch Gladbach	1:18:51	1989	WHK	99	1:21:59	12:38	12:37	16:59	14:17	11:20	10:58	7:23 min/km
341	949	Berk-Schwanenberg	wellenläufer	1:19:16	1958	W55	11	1:21:15	12:50	12:57	13:10	13:24	13:39	13:13	7:25 min/km
342	1568	Bork Claudia	Carglass	1:20:42	1970	W45	32	1:21:05	13:02	13:15	13:30	14:11	13:32	13:10	7:33 min/km
343	1270	Schneider Annette	*Noiederkassel	1:20:57	1968	W45	33	1:22:45	11:51	11:33	13:27	13:01	13:59	17:03	7:35 min/km
344	816	Marx Bärbel	Sportteufelchen Bad	1:22:23	1959	W55	12	1:25:43	13:37	13:33	13:57	13:55	14:05	13:13	7:43 min/km
345	172	Laue Anke	*Wesseling	1:22:30	1973	W40	36	1:25:02	13:36	14:21	13:37	14:44	13:29	12:41	7:44 min/km
346	174	Laue Hannah	*Wesseling	1:22:31	2001	WU16	4	1:25:02	13:36	14:21	13:38	14:43	13:29	12:41	7:44 min/km
347	736	Kurth Ulrike	*Köln	1:22:31	1962	W50	34	1:26:23	12:26	13:04	13:39	14:23	14:50	14:07	7:44 min/km
348	1798	Hann Stephanie	*Brühl	1:23:16	1980	W35	38	1:26:44	13:43	14:14	14:24	14:21	14:26	12:06	7:48 min/km
349	1132	Hodapp Antje	WORMERSDORFER	1:24:04	1979	W35	39	1:26:28	13:34	13:55	13:44	15:40	14:37	12:32	7:52 min/km
350	992	Streit Silke	Sportteufelchen e.V.	1:24:15	1976	W40	37	1:27:33	13:55	14:42	14:42	14:37	14:16	12:00	7:53 min/km
351	448	Ata Nur Gül	*Köln	1:25:11	1981	W35	40	1:27:04	12:29	12:01	11:42	12:20	12:49	23:46	7:59 min/km
352	1731	HUI WANG	*Dusseldorf	1:25:11	1986	W30	85	1:27:05	12:30	12:01	11:42	12:20	13:29	23:07	7:59 min/km
353	1101	Kuna Klaudia	*Neunkirchen	1:25:53	1986	W30	86	1:26:00	11:51	12:14	12:40	12:21	12:11	24:33	8:03 min/km
354	203	Kaltenbach Diana	Haubachtaler Wibbelstätzjerl	1:29:59	1981	W35	41	1:32:28	14:39	15:00	15:12	15:11	15:20	14:35	8:26 min/km
355	138	Klippert Bianca	*Köln	1:30:36	1984	W30	87	1:31:18	14:18	14:43	17:11	15:49	15:48	12:45	8:29 min/km
356	550	Müller Kerstin	*Hürth	1:32:30	1992	WHK	100	1:35:58	15:29	15:21	17:37	16:55	14:52	12:15	8:40 min/km