

Kölner Zoolauf am 8. Juli 2016 - Toplauf - 10.67km

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1138	Jonen Dr. Christian	Central-Team.de	0:35:47	1981 M35	1	0:35:49	05:39 05:51 06:05 06:03 06:10 05:57	3:21 min/km
2	1518	Jüsten Florian	Bunert - Der Kölner	0:36:14	1980 M35	2	0:36:16	05:39 05:59 06:06 06:10 06:13 06:04	3:24 min/km
3	1945	van Kuk Carsten	LT DSHS Köln	0:36:34	1967 M45	1	0:36:35	05:40 06:04 06:12 06:13 06:15 06:07	3:25 min/km
4	50	Feider Daniel	1,2,3... Oberkörper frei!	0:37:55	1983 M30	1	0:37:58	05:49 06:16 06:24 06:31 06:33 06:20	3:33 min/km
5	1437	Kaderka Kevin	TV Rodenkirchen Triathlon	0:38:47	1980 M35	3	0:38:48	05:57 06:22 06:35 06:42 06:44 06:25	3:38 min/km
6	1044	Podgorny Daniel	*Köln	0:39:57	1980 M35	4	0:40:01	06:16 06:36 06:45 06:51 06:45 06:43	3:45 min/km
7	1186	Gilles Patric	*Bad Neuenahr-Ahrweiler	0:39:59	1989 MHK	1	0:40:12	06:07 06:21 06:50 06:58 06:59 06:43	3:45 min/km
8	1394	Nicaise Jean-Christophe	EASA	0:40:07	1977 M35	5	0:40:09	06:10 06:41 06:44 06:52 06:55 06:43	3:45 min/km
9	1487	Heinemeyer Joachim	HypoxiaMed	0:40:14	1980 M35	6	0:40:18	06:15 06:36 06:50 06:57 06:57 06:36	3:46 min/km
10	1859	Freyaldenhoven Jan	Köln läuft!	0:40:44	1983 M30	2	0:40:55	06:21 06:41 06:56 07:04 07:01 06:39	3:49 min/km
11	385	Schüller Thorsten	Monsta	0:40:57	1970 M45	2	0:40:59	06:23 06:40 06:54 06:59 07:05 06:53	3:50 min/km
12	741	Janik Steffen	Run for Fun	0:40:58	1980 M35	7	0:41:16	06:28 06:43 06:54 06:58 07:02 06:51	3:50 min/km
13	1899	Johnson Nicholas		0:41:12	1979 M35	8	0:41:33	06:49 06:55 07:03 07:03 07:01 06:19	3:52 min/km
14	1027	Jonen Martin	MCM Running	0:41:18	1983 M30	3	0:41:23	06:36 06:44 06:57 06:58 07:06 06:54	3:52 min/km
15	1753	Cirpka Enno	MausLaufGruppe	0:41:59	1963 M50	1	0:42:02	06:15 06:56 07:06 07:17 07:22 07:00	3:56 min/km
16	1374	Funk Kristian	*Köln	0:42:05	1977 M35	9	0:42:09	06:26 06:55 07:04 07:12 07:20 07:05	3:56 min/km
17	454	Hoffmann André	*Köln	0:42:07	1990 MHK	2	0:42:19	07:04 07:15 07:17 07:14 06:55 06:20	3:57 min/km
18	770	Kozak Jan	Uni Bonn	0:42:19	1989 MHK	3	0:42:26	06:51 06:54 07:04 07:09 07:18 07:01	3:58 min/km
19	1977	Vogelsberg Michael		0:42:20	1977 M35	10	0:42:37	07:06 07:00 07:03 07:07 07:07 06:55	3:58 min/km
20	484	Anders Lars	PSV Brühl Triathlon Team	0:43:18	1976 M40	1	0:43:21	06:40 07:23 07:22 07:29 07:20 07:01	4:03 min/km
21	1059	Kings Robin	jk@kings-innovation.de	0:43:35	1972 M40	2	0:43:37	06:10 07:05 07:22 07:38 07:37 07:41	4:05 min/km
22	361	Marek Adrian	Für Hürth	0:43:48	1972 M40	3	0:43:53	06:46 07:14 07:23 07:29 07:30 07:23	4:06 min/km
23	1241	Oehler Matthias	*Köln	0:43:49	1985 M30	4	0:43:58	06:59 07:13 07:26 07:27 07:35 07:07	4:06 min/km
24	527	Reinprecht Jochen	rheindata	0:43:52	1984 M30	5	0:44:10	07:03 07:16 07:22 07:32 07:36 07:00	4:06 min/km
25	1303	Pasytsch Paul	*Gummersbach	0:43:52	1996 MHK	4	0:43:55	07:13 07:24 07:23 07:32 07:37 06:41	4:06 min/km
25	1304	Bauer Philipp	*Köln	0:43:52	1994 MHK	4	0:43:55	07:13 07:24 07:23 07:31 07:37 06:41	4:06 min/km
27	761	Ackermann Holger	Run For Fun	0:43:57	1974 M40	4	0:44:16	06:42 07:18 07:28 07:34 07:39 07:13	4:07 min/km
28	1562	Götting Tino	NetCologne	0:44:06	1978 M35	11	0:44:28	06:37 07:02 07:25 07:41 07:49 07:29	4:08 min/km
29	990	Loehr Dr. Joerg	zatopek-eitorf	0:44:12	1962 M50	2	0:44:20	07:06 07:25 07:28 07:28 07:37 07:06	4:08 min/km
30	1181	Schröter Dr. Alexander	Running Gag	0:44:19	1986 M30	6	0:44:25	06:55 07:20 07:34 07:38 07:38 07:11	4:09 min/km
31	599	Hagemann Udo	laufheld@t-online.de	0:44:27	1970 M45	3	0:44:30	07:11 07:26 07:29 07:28 07:36 07:14	4:10 min/km
32	1962	Schlösser Wolfgang		0:44:34	1962 M50	3	0:44:50	07:13 07:27 07:21 07:30 07:37 07:23	4:10 min/km
33	1145	Blazejewski Martin	*Köln	0:44:53	1982 M30	7	0:45:10	07:15 07:29 07:36 07:37 07:37 07:18	4:12 min/km
34	1758	Barreto Velarde Saul	*Köln	0:44:58	1993 MHK	6	0:45:17	07:10 07:36 07:33 07:35 07:40 07:22	4:13 min/km
35	740	Schumann Sascha	*Köln	0:44:58	1978 M35	12	0:45:13	07:09 07:23 07:29 07:39 07:45 07:30	4:13 min/km
36	805	Hennig Axel	Eingeschlafene Füße	0:45:07	1975 M40	5	0:45:09	06:47 07:26 07:40 07:45 07:50 07:38	4:14 min/km
37	1925	Noster Oliver	Spoho	0:45:12	1991 MHK	7	0:45:24	07:14 07:30 07:30 07:40 07:50 07:26	4:14 min/km
38	920	Dragutinovic Boris	*Lingen	0:45:14	1997 MU20	1	0:45:24	07:15 07:30 07:29 07:42 07:48 07:28	4:14 min/km
39	157	Oberbusch Patrick	Central-Team.de	0:45:16	1981 M35	13	0:45:27	07:25 07:33 07:35 07:45 07:44 07:13	4:14 min/km
40	1355	Wimmer Bastian	Neptunbad	0:45:19	1984 M30	8	0:45:24	07:08 07:28 07:34 07:55 08:03 07:08	4:15 min/km
41	1275	Mellen Christoph	*Köln	0:45:25	1993 MHK	8	0:45:32	06:46 07:19 07:32 07:43 07:41 08:23	4:15 min/km
42	13	Dethlefs Wilfried	team Erdinger Alkoholfrei	0:45:32	1956 M60	1	0:45:36	07:05 07:25 07:46 07:51 07:52 07:32	4:16 min/km
43	1857	Crusius Jan	Köln läuft!	0:45:40	1978 M35	14	0:45:53	07:09 07:35 07:45 07:52 07:45 07:31	4:17 min/km
44	349	Gabriel Thorsten	*Köln	0:45:49	1979 M35	15	0:46:08	07:06 07:26 07:41 07:48 08:08 07:38	4:17 min/km
45	1522	Hinz Thorben		0:45:51	1990 MHK	9	0:45:54	06:27 07:08 07:40 08:13 08:09 08:11	4:18 min/km
46	1226	Kaiser Daniell	*Köln	0:46:00	1983 M30	9	0:46:08	07:13 07:45 07:55 08:03 07:55 07:05	4:18 min/km
47	1959	Doffek Alexander		0:46:08	1978 M35	16	0:46:18	06:54 07:25 07:41 08:04 08:12 07:50	4:19 min/km
48	1861	Zienke Stefan	Köln läuft!	0:46:08	1963 M50	4	0:46:19	07:13 07:32 07:46 07:54 07:57 07:44	4:19 min/km
49	1316	London Raphael	*Köln	0:46:10	1988 MHK	10	0:46:17	07:12 07:41 07:52 08:00 07:55 07:28	4:19 min/km
50	997	Ewertowski Jack	*köln	0:46:15	1986 M30	10	0:46:21	07:14 07:54 07:57 07:54 07:55 07:19	4:20 min/km
51	1360	Lanetzki Pascal	pascal_lanetzki@freenet.de	0:46:30	1995 MHK	11	0:46:42	07:19 07:46 07:47 08:16 08:15 07:05	4:21 min/km
52	1860	Steinebach Ulf	Köln läuft!	0:46:34	1975 M40	6	0:46:46	07:26 07:43 07:55 07:53 07:51 07:42	4:22 min/km
53	1916	Westkamp Tobias		0:46:41	1978 M35	17	0:46:46	07:15 07:38 07:48 08:01 08:13 07:44	4:22 min/km

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54	1433	Sevenich Philipp	*Köln	0:46:41	1984	M30	11	0:46:58	07:38	07:48	07:42	07:43	07:54	07:54	4:22 min/km
55	1249	Zelinsky Zeno	*Köln	0:46:51	1981	M35	18	0:47:09	07:13	07:41	07:56	08:06	08:11	07:41	4:23 min/km
56	278	Stallmann Timo	*Köln	0:46:53	1982	M30	12	0:47:06	07:27	07:43	07:48	08:01	08:15	07:36	4:23 min/km
57	340	Altkemper Christian	*Köln	0:46:54	1982	M30	13	0:47:06	07:27	07:43	07:48	08:01	08:15	07:36	4:23 min/km
58	1346	Gössl Pierre	*Köln	0:46:58	1965	M50	5	0:47:09	07:31	07:45	07:53	08:00	08:03	07:45	4:24 min/km
59	1461	Kappus Reiner	*Köln	0:47:02	1962	M50	6	0:47:17	07:24	07:52	08:00	08:02	08:02	07:40	4:24 min/km
60	1409	Zens Simon	*Lindlar	0:47:05	1984	M30	14	0:47:15	07:23	07:47	08:03	08:04	08:09	07:36	4:25 min/km
61	1281	Leuchter Raoul	*Stolberg	0:47:08	1996	MHK	12	0:47:23	07:14	07:44	07:53	08:05	08:21	07:48	4:25 min/km
62	1901	Schreiner Jörg		0:47:11	1967	M45	4	0:47:29	07:28	07:43	07:52	08:05	08:16	07:46	4:25 min/km
63	1488	Bobeth Michael	Dauerlaufschule Köln	0:47:14	1962	M50	7	0:47:23	07:26	07:51	07:55	08:05	08:08	07:47	4:25 min/km
64	37	Heß Carsten	RunningTeam KiTa	0:47:24	1978	M35	19	0:47:32	06:45	07:45	08:08	08:23	08:21	07:58	4:26 min/km
65	1416	Buder Daniel	WDR-Aktiv	0:47:34	1977	M35	20	0:47:51	07:38	07:48	07:52	08:07	08:06	08:00	4:27 min/km
66	1076	Engelman Raphael	*Solingen	0:47:37	1990	MHK	13	0:47:45	07:35	07:49	08:01	08:19	08:17	07:33	4:28 min/km
67	1803	Nikelowski Norbert	Marathonfreunde Köln	0:47:38	1958	M55	1	0:47:51	07:16	07:41	08:03	08:10	08:18	08:07	4:28 min/km
68	1426	Büttner Wilfried	Ü 60	0:47:48	1954	M60	2	0:47:58	07:27	07:50	07:57	08:08	08:19	08:06	4:29 min/km
69	1953	Schnatz Christoph		0:47:49	1996	MHK	14	0:48:08	07:10	07:36	08:07	08:30	08:27	07:56	4:29 min/km
70	1666	Lennarz Joachim	joachim.lennarz@gmx.de	0:47:52	1975	M40	7	0:48:00	07:16	07:59	08:08	08:15	08:25	07:47	4:29 min/km
71	1864	Ewert Stefan	Köln läuft!	0:48:10	1977	M35	21	0:48:17	07:23	08:06	08:11	08:07	08:14	08:07	4:31 min/km
72	671	Petersmann Sebastian	Die Erdmännchen	0:48:14	1982	M30	15	0:48:25	07:26	07:47	07:46	07:58	08:28	08:47	4:31 min/km
73	1828	Krichel Dominik	*Titz	0:48:15	1987	MHK	15	0:48:31	07:15	07:42	07:58	07:59	08:28	08:50	4:31 min/km
74	1492	Evertz Friedrich	*Bonn	0:48:18	1975	M40	8	0:48:25	07:17	07:56	08:17	08:19	08:29	07:59	4:31 min/km
75	1039	Hühn Julian	*Köln	0:48:27	1991	MHK	16	0:48:41	07:24	08:13	08:21	08:21	08:20	07:46	4:32 min/km
76	1474	Perret Kai	Kaju	0:48:27	1996	MHK	17	0:48:41	07:24	08:13	08:21	08:21	08:19	07:46	4:32 min/km
77	1210	Schönwald Jochen	LG Eischeid	0:48:34	1976	M40	9	0:48:41	07:23	07:49	08:01	08:21	08:38	08:20	4:33 min/km
78	655	Lodemann Tim	*Köln	0:48:42	1984	M30	16	0:48:51	07:41	08:04	08:17	08:21	08:20	07:56	4:34 min/km
79	1179	Steffen Dr. Gregor	Laufnix	0:48:43	1969	M45	5	0:48:57	07:15	07:27	08:03	08:27	08:59	08:30	4:34 min/km
80	199	Feindt Reinhard	TV Refrath	0:48:49	1950	M65	1	0:49:03	07:52	08:15	08:10	08:15	08:22	07:53	4:34 min/km
81	1917	Bachmann Daniel	Kölsche Jung	0:48:51	1977	M35	22	0:49:05	07:31	08:00	08:30	08:26	08:23	07:58	4:34 min/km
82	1282	Lindner Björn	sportvorort	0:48:51	1975	M40	10	0:49:11	07:37	08:00	08:13	08:22	08:24	08:12	4:34 min/km
83	704	Kerkhoff Philipp	Cologne Southside	0:48:51	1980	M35	23	0:49:06	07:53	08:12	08:13	08:16	08:23	07:52	4:35 min/km
84	1921	Kuhn Frank	Hoh-Kultur e.V.	0:48:58	1968	M45	6	0:49:14	07:27	07:48	08:13	08:23	08:43	08:22	4:35 min/km
85	235	Mohr Dr. Herbert	*Köln	0:49:01	1966	M50	8	0:49:07	06:59	07:40	08:16	08:36	08:52	08:36	4:35 min/km
86	413	Helme Thomas	BSG Beitragservice	0:49:08	1993	MHK	18	0:49:26	07:12	07:20	08:05	08:34	09:15	08:41	4:36 min/km
87	1559	Snella Michal	NetCologne	0:49:10	1987	MHK	19	0:49:32	07:38	08:12	08:22	08:20	08:28	08:08	4:36 min/km
88	1958	Voyatzis Eftichios		0:49:11	1980	M35	24	0:49:34	07:55	08:09	08:17	08:20	08:27	08:00	4:36 min/km
89	323	Böhm Ulrich	*Köln	0:49:13	1965	M50	9	0:49:30	07:38	08:03	08:21	08:27	08:28	08:14	4:37 min/km
90	1909	Seggewiß Johannes		0:49:39	1954	M60	3	0:49:49	07:55	08:13	08:18	08:21	08:30	08:20	4:39 min/km
91	11	Von Below Alexander	*Köln	0:49:40	1971	M45	7	0:49:43	07:25	08:09	08:38	08:36	08:40	08:09	4:39 min/km
92	1332	Ehrich Jan Hendrik	*Bielefeld	0:49:48	1980	M35	25	0:50:01	08:55	08:11	08:14	08:16	08:08	08:01	4:40 min/km
93	784	Mazath Christoph	*Solingen	0:49:50	1977	M35	26	0:50:01	07:15	07:53	08:25	09:01	08:52	08:21	4:40 min/km
94	1685	Cichosz Jaroslaw	CICHOSZ	0:49:55	1982	M30	17	0:50:17	08:10	08:12	08:02	08:21	08:51	08:18	4:41 min/km
95	1898	Bonczek Gabriel		0:50:21	1978	M35	27	0:50:40	08:11	08:22	08:35	08:35	08:32	08:03	4:43 min/km
96	865	Schorn Peter	*Köln	0:50:30	1990	MHK	20	0:50:45	07:19	08:13	08:41	09:05	08:51	08:19	4:44 min/km
97	559	Thiemermann Norbert	Team Erdinger Alkoholfrei	0:50:31	1963	M50	10	0:50:38	07:45	08:30	08:35	08:40	08:42	08:17	4:44 min/km
98	1927	Trutz Fries	Kölner Zoo	0:50:33	1975	M40	11	0:50:58	07:34	07:54	08:02	08:37	08:37	09:47	4:44 min/km
99	1413	Asher Matthias	Zooschule	0:50:37	1973	M40	12	0:50:46	08:05	08:39	08:44	08:43	08:32	07:51	4:44 min/km
100	584	Recher Christopher	*Köln	0:50:44	1973	M40	13	0:51:01	07:45	08:20	08:39	08:46	08:45	08:27	4:45 min/km
101	560	Ramminger Oliver	*Oberursel	0:50:52	1992	MHK	21	0:51:10	08:34	08:53	08:44	08:30	08:16	07:52	4:46 min/km
102	796	Schäfer Patrick	LG Gummersbach	0:50:58	1969	M45	8	0:51:03	07:31	08:17	08:33	08:45	08:58	08:51	4:46 min/km
103	753	Grubert Sven	Run For Fun	0:51:04	1979	M35	28	0:51:23	07:18	07:51	08:33	09:11	08:30	09:38	4:47 min/km
104	256	Tesch Andreas	*Köln	0:51:14	1969	M45	9	0:51:31	07:37	08:17	08:57	09:03	09:04	08:14	4:48 min/km
105	1176	Voll Harald	Diabetes Programm	0:51:20	1959	M55	2	0:51:36	07:53	08:23	08:36	08:54	08:54	08:38	4:48 min/km
106	1366	Pousset Sylvain	*Köln	0:51:24	1981	M35	29	0:51:42	07:57	08:23	08:33	09:05	09:04	08:20	4:49 min/km
107	187	Liebrich Uwe	*Köln	0:51:28	1959	M55	3	0:51:36	07:45	08:35	08:37	08:50	08:56	08:44	4:49 min/km
108	1031	Hintzen Michael	*köln	0:51:31	1981	M35	30	0:51:37	07:58	08:21	08:20	08:36	07:11	11:03	4:49 min/km
109	192	Behrens Frank	MS Sea-Life Speyer	0:51:51	1972	M40	14	0:51:59	08:10	08:29	08:40	08:53	08:52	08:45	4:51 min/km
110	1141	Ostermann Guido	*Wesseling	0:52:00	1980	M35	31	0:52:04	07:11	08:07	08:46	09:02	09:35	09:16	4:52 min/km

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111	1128	Esser Michael	*Hürth	0:52:12	2000	MU18	1	0:52:22	07:19	08:15	08:59	09:21	09:21	08:55	4:53 min/km
112	959	Weißhaar Ingo	*Erfstadt	0:52:20	1975	M40	15	0:52:27	07:20	08:11	08:47	09:26	09:14	09:21	4:54 min/km
113	1939	Soto Vladimir	Rewe	0:52:31	1978	M35	32	0:52:50	08:21	08:46	08:55	09:00	08:55	08:32	4:55 min/km
114	1812	Sensert Rafael	*Köln	0:53:11	1978	M35	33	0:53:14	07:21	08:02	09:01	09:39	09:37	09:29	4:59 min/km
115	1563	Postleb Florian	NetCologne	0:53:22	1980	M35	34	0:53:44	08:28	08:58	08:57	09:05	09:10	08:42	4:60 min/km
116	1896	Sowade Uli	Run of Colours Promoteam	0:53:25	1970	M45	10	0:53:34	08:09	08:23	08:52	09:15	09:25	09:18	5:00 min/km
117	1811	Hack Dr. Guido	hack-guido@live.de	0:53:47	1992	MHK	22	0:53:59	08:49	08:54	08:47	09:04	09:16	08:55	5:02 min/km
118	939	Hoppe Michael	Bierkönig	0:54:05	1983	M30	18	0:54:28	08:17	08:58	09:13	09:21	09:18	08:55	5:04 min/km
119	561	Schnetzer Lukas	*Aarbergen	0:54:58	1991	MHK	23	0:55:15	08:34	08:55	08:59	09:25	09:48	09:13	5:09 min/km
120	767	Langen Sascha	*Remagen	0:55:40	1976	M40	16	0:56:03	09:24	10:01	09:58	08:43	09:07	08:24	5:13 min/km
121	1115	Hess Bernd	WDR Köln	0:55:51	1951	M65	2	0:55:56	08:23	08:55	09:24	09:43	10:01	09:22	5:14 min/km
122	834	Wirtz Thomas	*Köln	0:57:12	1989	MHK	24	0:57:24	08:49	09:27	09:37	09:54	09:49	09:35	5:21 min/km
123	12	Nebel Markus	*Köln	0:57:59	1982	M30	19	0:58:05	07:53	09:03	09:41	10:39	10:31	10:08	5:26 min/km
124	1623	Schneider Christoph	LT DSHS Köln	0:58:01	1977	M35	35	0:58:13	08:37	09:25	09:53	10:15	10:25	09:23	5:26 min/km
125	783	Werth Thomas	*Köln	0:58:20	1961	M55	4	0:58:32	08:30	09:34	10:03	10:09	10:22	09:40	5:28 min/km
126	749	Bischoff Justus	*Bonn	0:59:12	1992	MHK	25	0:59:35	08:15	08:15	08:51	10:33	11:39	11:35	5:33 min/km
127	619	Francuz Danny	FrancuzFamilie	1:01:07	1983	M30	20	1:01:30	08:29	10:01	10:37	10:58	11:01	10:00	5:43 min/km
128	722	Schlimm Darren	*Köln	1:02:01	2002	MU16	1	1:02:12	08:54	10:06	10:33	10:54	10:55	10:37	5:48 min/km

Kölner Zoolauf am 8. Juli 2016 - Toplauf - 10.67km

Ergebnisliste Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	976	Gruchala Jasmin	*Wiesbaden	0:40:44	1985	W30	1	0:40:49	06:34 06:55 06:55 06:54 06:55 06:29	3:49 min/km
2	1495	Münch Melanie	Die Grauen Burggeister	0:41:40	1980	W35	1	0:41:42	06:09 06:43 07:05 07:11 07:22 07:08	3:54 min/km
3	900	Peplinski Cindy	LT DSHS	0:44:23	1991	WHK	1	0:44:32	07:09 07:22 07:24 07:31 07:37 07:18	4:09 min/km
4	837	Marxen Anne	DePort Weincafé	0:45:16	1982	W30	2	0:45:24	06:43 07:33 07:48 07:54 07:56 07:20	4:14 min/km
5	1870	Lüchtfeld Alice	Bunert-Der Kölner Laufladen	0:45:20	1992	WHK	2	0:45:21	06:45 07:17 07:42 07:46 08:27 07:21	4:15 min/km
6	1954	Gschwendtner Isabella	ISI Runner	0:45:33	1978	W35	2	0:45:34	07:13 07:33 07:41 07:45 07:45 07:33	4:16 min/km
7	1929	Lennartz Birgit	LLG St. Augustin	0:45:50	1965	W50	1	0:45:52	07:12 07:26 07:37 07:42 08:04 07:46	4:18 min/km
8	1317	Giesenkirchen Barbara	*Köln	0:46:10	1989	WHK	3	0:46:16	07:13 07:41 07:52 07:59 07:55 07:28	4:19 min/km
9	1207	Bock Sabrina	*Bergisch Gladbach	0:46:17	1996	WHK	4	0:46:20	07:25 07:54 07:52 07:57 07:51 07:14	4:20 min/km
10	1363	Meßmer Meike	*Braunsfeld	0:46:17	1995	WHK	5	0:46:20	07:26 07:53 07:53 07:57 07:51 07:15	4:20 min/km
11	1180	Steffen Anne-Sofie	Laufnix	0:47:04	2001	WU16	1	0:47:17	07:15 07:21 07:37 08:03 09:09 07:37	4:24 min/km
12	1486	De Vries Antje	HypoxiaMed	0:47:25	1984	W30	3	0:47:29	07:15 07:52 08:03 08:12 08:17 07:43	4:26 min/km
13	1123	Bachem Elisa	*Köln	0:47:47	1981	W35	3	0:48:06	07:12 07:54 08:11 08:18 08:17 07:53	4:29 min/km
14	899	Rüsweg Stefanie	*Köln	0:47:47	1991	WHK	6	0:47:56	07:32 07:51 08:03 08:18 08:18 07:44	4:29 min/km
15	1277	Jansen Nicole	Veni vidi colonia	0:48:53	1974	W40	1	0:48:57	07:14 07:58 08:13 08:41 08:37 08:07	4:35 min/km
16	1657	Gall Michelle	LT DSHS Köln	0:48:54	2001	WU16	2	0:48:57	07:14 07:58 08:13 08:41 08:38 08:07	4:35 min/km
17	1660	Tonn Viola	*Köln	0:49:08	1996	WHK	7	0:49:28	07:52 08:19 08:20 08:23 08:26 07:45	4:36 min/km
18	158	Oberbusch Yvonne	Central-Team.de	0:49:23	1979	W35	4	0:49:33	07:53 08:13 08:20 08:29 08:30 07:56	4:38 min/km
19	1895	Tomalak Anke	Run of Colours Promoteam	0:49:27	1985	W30	4	0:49:36	08:09 08:23 07:57 08:18 08:19 08:18	4:38 min/km
20	1032	Krämer Miriam	*köln	0:50:28	1988	WHK	8	0:50:33	07:58 08:20 08:20 08:36 08:48 08:23	4:44 min/km
21	254	Biermann Anja	VFL Kommern	0:50:32	1972	W40	2	0:50:45	07:43 08:12 08:29 08:37 08:51 08:38	4:44 min/km
22	386	Brings Dr. Angela	Monsta	0:50:43	1968	W45	1	0:50:51	07:49 08:19 08:39 08:51 08:45 08:19	4:45 min/km
23	1388	Hardtke Annika	Team SHARK	0:50:49	1986	W30	5	0:51:09	08:09 08:14 08:32 08:53 08:47 08:13	4:46 min/km
24	1903	Jaquet Veronique	Mach 3 Köln e.V.	0:51:00	1977	W35	5	0:51:19	08:23 08:32 08:32 08:42 08:40 08:09	4:47 min/km
25	963	Pierunek Nadine	Komplizen	0:51:24	1978	W35	6	0:51:32	07:53 08:37 08:40 08:52 08:48 08:30	4:49 min/km
26	186	Liebrich Simone	*Köln	0:51:28	1966	W50	2	0:51:36	07:45 08:35 08:37 08:50 08:56 08:43	4:49 min/km
27	421	Urban Alexandra	*Köln	0:51:33	1981	W35	7	0:51:52	07:18 08:40 09:01 09:04 08:54 08:34	4:50 min/km
28	1015	Kaulisch Marion	Komplizen	0:51:36	1967	W45	2	0:51:45	07:53 08:38 09:02 11:13 07:26 07:22	4:50 min/km
29	191	Willenbücher Beate	*Speyer	0:51:51	1981	W35	8	0:51:59	08:10 08:29 08:40 08:53 08:52 08:45	4:51 min/km
30	942	Weiland Pia Philippa	*Köln	0:52:05	1992	WHK	9	0:52:19	07:51 08:37 09:24 09:32 08:02 08:36	4:53 min/km
31	852	Sohrt Luisa	Zoohos	0:52:05	1994	WHK	10	0:52:19	07:51 08:37 09:24 09:31 08:02 08:37	4:53 min/km
32	1199	Mehlwitz Sonja	*Köln	0:53:02	1975	W40	3	0:53:05	07:35 08:19 08:40 09:16 09:44 09:25	4:58 min/km
33	631	Kohler Maxie	Xtrail-Aktiv	0:53:08	1982	W30	6	0:53:21	08:11 08:46 08:51 09:12 09:09 08:56	4:59 min/km
34	198	Peters Anja	BSG Rheinpark	0:53:19	1977	W35	9	0:53:34	08:29 08:51 08:56 09:03 09:09 08:49	4:60 min/km
35	1902	Erber-Savarese Christine	Mach 3 Köln e.V.	0:53:44	1967	W45	3	0:54:03	08:22 08:52 08:57 09:15 09:23 08:53	5:02 min/km
36	1116	Träger-Neumann Nicole	WDR Köln	0:56:30	1972	W40	4	0:56:34	08:26 09:10 09:34 09:56 10:02 09:19	5:17 min/km
37	916	Claushues Eva	Diabetes Programm	0:56:35	1972	W40	5	0:56:50	08:20 09:17 09:40 09:56 09:49 09:31	5:18 min/km
38	1930	Kaulbach Barbara	LLG St. Augustin	0:57:15	1961	W55	1	0:57:28	08:51 09:22 09:42 09:48 09:56 09:34	5:22 min/km
39	1922	Kampmann Kim	THW Jever	0:58:32	1984	W30	7	0:58:42	07:55 08:29 10:22 11:02 10:39 10:02	5:29 min/km
40	1324	Ehrich Kirsten	*Köln	0:58:58	1985	W30	8	0:59:11	09:36 10:00 09:49 09:58 09:56 09:36	5:31 min/km
41	1462	Miyanyedi Gülcan	*Köln	1:01:04	1974	W40	6	1:01:19	09:33 09:59 10:08 11:14 10:08 10:00	5:43 min/km
42	1500	Gerich Cordula	*Köln	1:01:07	1972	W40	7	1:01:21	09:34 09:58 10:08 10:52 10:30 10:02	5:43 min/km
43	835	Pfannenschmidt Julia	*Köln	1:01:56	1989	WHK	11	1:02:07	08:52 10:07 10:32 10:43 11:03 10:36	5:48 min/km
44	721	Schlimm Katharina	*Köln	1:02:01	1981	W35	10	1:02:10	08:54 10:07 10:32 10:54 10:56 10:36	5:48 min/km
45	748	Linden Julia	*Remagen	1:02:55	1983	W30	9	1:03:18	09:24 10:01 10:33 11:45 10:38 10:32	5:54 min/km
46	16	Schumacher Astrid	*Herzogenrath	1:06:34	1967	W45	4	1:06:57	09:29 10:04 11:16 11:46 12:26 11:31	6:14 min/km
47	1934	Schornstein Conny		1:06:35	1974	W40	8	1:06:41	09:29 10:17 11:19 12:29 11:32 11:27	6:14 min/km