

# Kölner Nikolauslauf am 3. Dezember 2017 - 10km Funlauf

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3475	Fritz Jonas		0:39:33	1994 M20	1	0:39:34	12:43 * 13:00 * 13:50	3:57 min/km
2	3375	Breuer Rainer	Radsport Breuer	0:40:24	1962 M55	1	0:40:25	12:58 * 13:14 * 14:12	4:02 min/km
3	3296	Kräker Thorsten	Superpunk	0:40:42	1969 M45	1	0:40:44	13:27 * 13:23 * 13:51	4:04 min/km
4	1965	Schächinger Manuel	Vom Vadda glernt	0:41:08	1995 M20	2	0:44:47	13:11 * 14:02 * 13:54	4:07 min/km
5	3486	Croneneberg Luc	Team Decathlon	0:41:59	1997 M20	3	0:42:38	13:39 * 13:38 * 14:41	4:12 min/km
6	1825	Cosler Martin	Popo Club	0:42:07	1983 M30	1	0:42:35	13:52 * 13:44 * 14:31	4:13 min/km
7	2759	Borzner Peter	TALANX AG	0:42:30	1979 M35	1	0:42:37	13:22 * 13:59 * 15:08	4:15 min/km
8	3239	Hartwig Jonathan	KSG Köln	0:42:34	1995 M20	4	0:45:28	13:47 * 14:13 * 14:32	4:15 min/km
9	496	Kleiner Fabian	Team Decathlon	0:43:08	1992 M20	5	0:47:20	14:34 * 13:53 * 14:40	4:19 min/km
10	220	Beckmann Johannes	*Tübingen	0:43:11	1988 M20	6	0:43:20	14:19 * 14:10 * 14:41	4:19 min/km
11	2560	Sinnema André	*Köln	0:43:17	1985 M30	2	0:43:18	13:57 * 14:12 * 15:08	4:20 min/km
12	1951	Schwabe Frank	*Bonn	0:43:39	1966 M50	1	0:43:41	14:07 * 14:21 * 15:10	4:22 min/km
13	1939	Rühl Christian	Run Squad CGN	0:43:51	1974 M40	1	0:43:53	14:15 * 14:12 * 15:23	4:23 min/km
14	3262	Peichert Patrick	*Köln	0:43:58	1985 M30	3	0:44:44	14:47 * 14:12 * 14:58	4:24 min/km
15	1178	Kuthe Thorsten	*Köln	0:43:58	1972 M45	2	0:44:49	14:54 * 14:12 * 14:51	4:24 min/km
16	3234	Brede Timo	*Köln	0:44:00	1984 M30	4	0:44:46	14:48 * 14:12 * 14:59	4:24 min/km
17	2287	Scholz Florian	*Köln	0:44:09	1985 M30	5	0:44:17	13:52 * 14:42 * 15:33	4:25 min/km
18	3500	Skaar Christian	Mach 3 Köln e.V.	0:44:21	1977 M40	2	0:44:41	15:10 * 14:10 * 15:00	4:26 min/km
19	3148	Kneitz Marlo	LT DSHS Köln	0:44:30	2003 MU16	1	0:44:36	13:52 * 14:55 * 15:42	4:27 min/km
20	1685	Schlösser Wolfgang	*Köln	0:44:35	1962 M55	2	0:44:57	14:22 * 14:43 * 15:30	4:28 min/km
21	3553	Spiess Stefan		0:44:39	1969 M45	3	0:44:49	15:18 * 14:32 * 14:48	4:28 min/km
22	3533	Zarth Lorin		0:44:47	1995 M20	7	0:45:21	15:12 * 14:29 * 15:05	4:29 min/km
23	2330	DEVEY Laurent	ASV Köln	0:45:00	1971 M45	4	0:45:00	14:08 * 14:54 * 15:57	4:30 min/km
24	2099	Glaubach Dennis	*Frechen	0:45:09	1994 M20	8	0:46:51	15:04 * 14:44 * 15:20	4:31 min/km
25	447	Breuer Manuel	*Bad Münstereifel	0:45:09	1981 M35	2	0:46:42	15:37 * 14:45 * 14:47	4:31 min/km
26	3314	Pier Gregor	*Köln	0:45:17	1968 M45	5	0:45:28	14:58 * 14:36 * 15:42	4:32 min/km
27	3496	Schlechter Johannes		0:45:18	1996 M20	9	0:45:59	16:10 * 14:04 * 15:02	4:32 min/km
28	3412	Linke Daniel	Rheinfeuer	0:45:31	1982 M35	3	0:46:14	14:45 * 14:35 * 16:10	4:33 min/km
29	1147	Reiher Martin	Team flott.	0:45:36	1988 M20	10	0:49:33	15:05 * 14:48 * 15:43	4:34 min/km
30	1293	Sowah Alexander	congstar	0:45:39	1981 M35	4	0:45:46	14:22 * 15:05 * 16:11	4:34 min/km
31	555	Limburg Michael	Kenias letzte Reserve	0:45:41	1979 M35	5	0:45:54	14:48 * 14:51 * 16:01	4:34 min/km
32	2662	Kemper Holger	LT DSHS Köln eV	0:45:54	1974 M40	3	0:46:51	15:08 * 15:11 * 15:34	4:35 min/km
33	2123	Schmitz Eckhard	*Hürth	0:46:11	1969 M45	6	0:46:45	14:49 * 15:29 * 15:52	4:37 min/km
34	2285	Thurwach Rüdiger	Elektro Thurwach GmbH	0:46:13	1957 M60	1	0:46:14	14:55 * 15:03 * 16:14	4:37 min/km
35	3202	Kreysern Laszlo	zarinfar GmbH	0:46:20	1989 M20	11	0:46:38	15:06 * 15:10 * 16:03	4:38 min/km
36	1304	Piglo Matthias	*Leverkusen	0:46:43	1996 M20	12	0:46:53	15:43 * 15:26 * 15:34	4:40 min/km
37	2806	Thienel Markus	BSG Allianz	0:46:44	1975 M40	4	0:48:04	16:05 * 15:08 * 15:31	4:40 min/km
38	2329	Gürtler Markus	FOGTEC	0:46:48	1988 M20	13	0:46:54	15:46 * 15:02 * 15:59	4:41 min/km
39	3245	Hansmann Christoph	Team Haus Schwan	0:46:53	1973 M40	5	0:48:06	15:45 * 15:21 * 15:46	4:41 min/km
40	3371	Dillmann Nils	Radsport Breuer	0:46:54	1995 M20	14	0:46:56	14:52 * 15:37 * 16:24	4:41 min/km
41	1930	Waßeka Boris	*Köln	0:46:59	1964 M50	2	0:49:26	16:07 * 15:04 * 15:47	4:42 min/km
42	2227	Bettermann Ralf	*Neuss	0:47:01	1991 M20	15	0:49:44	16:28 * 14:52 * 15:40	4:42 min/km
43	1563	Tornow Tino	*Köln	0:47:02	1966 M50	3	0:47:08	15:26 * 15:19 * 16:17	4:42 min/km
44	2141	Normann Hans	PUSHENSY	0:47:04	1967 M50	4	0:47:10	15:09 * 15:21 * 16:33	4:42 min/km
45	2762	Gladis Jens	Gothaer	0:47:08	1976 M40	6	0:50:11	16:08 * 15:02 * 15:57	4:43 min/km
46	2514	Sokolowski Ralf	Oh du fröhliche	0:47:11	1979 M35	6	0:47:15	15:38 * 15:06 * 16:26	4:43 min/km
47	2598	Hasenbach Matthias	GFO - Josefshaus Olpe	0:47:17	1983 M30	6	0:53:06	16:07 * 15:17 * 15:53	4:44 min/km
48	1717	Davies James	*Köln	0:47:19	1985 M30	7	0:48:07	15:03 * 15:33 * 16:41	4:44 min/km
49	601	Wagner Oliver	Triathlon Rookies 2017	0:47:34	1979 M35	7	0:47:53	15:13 * 15:44 * 16:37	4:45 min/km
50	1440	Van Hove Lars	*Köln	0:47:35	1983 M30	8	0:50:54	20:04 * 13:03 * 14:27	4:46 min/km
51	3492	Paaßens Lutz	ASV	0:47:37	1967 M50	5	0:47:47	15:39 * 15:41 * 16:16	4:46 min/km
52	953	Csire Norman	Fechtclub Krefeld	0:47:38	1973 M40	7	0:47:56	15:11 * 15:40 * 16:45	4:46 min/km
53	2881	Scianna Vincenzo	*Düsseldorf	0:47:45	1996 M20	16	0:47:55	15:39 * 15:33 * 16:31	4:47 min/km

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54	586	Schnell Matthias	*Kerpen	0:47:45	1976 M40	8	0:52:16	15:55 *	15:38 *	16:10	4:47 min/km
55	3554	Hönig Carsten	Schnell Begleitung	0:47:45	1992 M20	17	0:52:16	15:54 *	15:39 *	16:11	4:47 min/km
56	3544	Homann Michael		0:47:49	1980 M35	8	0:48:19	15:05 *	15:38 *	17:05	4:47 min/km
57	2974	Rehbach Moritz	EWK-RUNNERS	0:47:50	1988 M20	18	0:50:11	17:16 *	15:04 *	15:29	4:47 min/km
58	675	Backes Heiko	Lets Metabolize	0:47:52	1972 M45	7	0:47:53	15:24 *	15:57 *	16:30	4:47 min/km
59	2850	Matiebe Sven	*Frankfurt	0:48:00	1978 M35	9	0:48:08	15:18 *	15:57 *	16:44	4:48 min/km
60	3053	Jähde Frank	*Köln	0:48:03	1964 M50	6	0:48:21	15:32 *	15:46 *	16:43	4:48 min/km
61	1623	Kaborn Maurice	MTV RunAways	0:48:04	1988 M20	19	0:49:56	16:21 *	15:33 *	16:09	4:48 min/km
62	1833	Tegtmeier Stephan	*Köln	0:48:13	1990 M20	20	0:48:26	15:52 *	15:52 *	16:28	4:49 min/km
63	1048	Lorscheiter Thomas	run 4 fun	0:48:22	1966 M50	7	0:48:27	16:25 *	15:50 *	16:06	4:50 min/km
64	604	Schmidt Michael S.	*Sankt Augustin	0:48:32	1971 M45	8	0:53:00	16:17 *	15:30 *	16:44	4:51 min/km
65	1863	Prinz Oliver	*Drolshagen	0:48:33	1974 M40	9	0:53:55	17:39 *	15:18 *	15:35	4:51 min/km
66	3292	Hügel Florian	*Köln	0:48:38	1970 M45	9	0:49:15	16:19 *	15:51 *	16:27	4:52 min/km
67	3277	Bosbach Gerd	TriathlonSteckelCologne	0:48:45	1953 M60	2	0:49:20	16:20 *	15:51 *	16:33	4:53 min/km
68	2097	Glaubach Jürgen	Team Supermaus	0:48:47	1961 M55	3	0:48:54	15:15 *	16:17 *	17:13	4:53 min/km
69	1377	Wittkamp David	*Köln	0:48:47	1992 M20	21	0:49:11	16:54 *	15:52 *	16:00	4:53 min/km
70	2040	Tilmes Henry	*Solingen	0:48:53	1996 M20	22	0:48:58	16:15 *	16:18 *	16:19	4:53 min/km
71	3498	Moser Jonathan		0:49:01	1997 M20	23	0:49:01	16:51 *	15:26 *	16:42	4:54 min/km
72	3196	Salomon Martin		0:49:05	1982 M35	10	0:49:35	16:08 *	16:03 *	16:54	4:55 min/km
73	297	Mattausch Lars	*Köln	0:49:06	1991 M20	24	0:49:28	16:07 *	16:21 *	16:37	4:55 min/km
74	1248	Danek Ingo	Lauffreunde Lunke /	0:49:07	1972 M45	10	0:51:17	16:15 *	16:12 *	16:40	4:55 min/km
75	3164	Mondry Benedikt	LT DSHS Köln	0:49:10	2005 MU14	1	0:49:43	17:50 *	15:43 *	15:36	4:55 min/km
76	2685	Hanses Thorsten		0:49:10	1985 M30	9	0:49:41	16:07 *	16:03 *	16:59	4:55 min/km
77	495	Teigelkamp Johannes	Team Decathlon	0:49:13	1959 M55	4	0:49:50	18:25 *	15:25 *	15:22	4:55 min/km
78	3495	Sorgen Harald		0:49:13	1968 M45	11	0:50:27	16:12 *	16:05 *	16:56	4:55 min/km
79	1392	Dieffendahl Holger	Sülz Runners	0:49:18	1982 M35	11	0:49:48	16:46 *	16:19 *	16:11	4:56 min/km
80	1420	Schemer Werner	SV Haag	0:49:20	1965 M50	8	0:49:48	15:42 *	16:08 *	17:28	4:56 min/km
81	2580	Bosshammer Holger	*Düren	0:49:22	1970 M45	12	0:52:02	16:00 *	16:12 *	17:09	4:56 min/km
82	3392	Nottbrock Sven	Kölle Alarm eV	0:49:24	2003 MU16	2	0:50:22	18:19 *	14:38 *	16:25	4:56 min/km
83	884	Wienand Volker	*Köln	0:49:24	1975 M40	10	0:49:34	16:05 *	16:15 *	17:03	4:56 min/km
84	975	Morgenstern Michael	*Köln	0:49:30	1967 M50	9	0:49:38	16:29 *	16:03 *	16:57	4:57 min/km
85	1444	Lau Ulrich	*köln	0:49:31	1949 M65	1	0:49:52	16:13 *	16:13 *	17:04	4:57 min/km
86	1947	Christian Manny	*Euskirchen	0:49:34	1985 M30	10	0:51:08	15:39 *	16:21 *	17:33	4:57 min/km
87	2043	Glüsenkamp Dennis	*Pulheim	0:49:36	1983 M30	11	0:52:21	16:44 *	16:05 *	16:46	4:58 min/km
88	1715	Lodemann Tim	*Köln	0:49:41	1984 M30	12	0:56:08	17:08 *	16:00 *	16:31	4:58 min/km
89	1716	Fischer Maik	*Köln	0:49:41	1978 M35	12	0:56:08	17:08 *	16:01 *	16:31	4:58 min/km
90	528	Menges Ben	*Köln	0:49:42	1984 M30	13	0:49:53	16:07 *	16:19 *	17:15	4:58 min/km
91	3350	Löh Markus	Bunert - Der Kölner	0:49:44	1966 M50	10	0:49:48	16:23 *	16:06 *	17:14	4:58 min/km
92	1589	Djamalpour-Barfrouchi	SC08Elsdorf	0:49:44	1965 M50	11	0:51:40	16:30 *	16:02 *	17:10	4:58 min/km
93	1992	Mies Dominik	Mach3 Köln e.V.	0:49:45	1988 M20	25	0:50:26	18:20 *	15:49 *	15:36	4:59 min/km
94	3175	Schmidt Achim	FV	0:49:47	1965 M50	12	0:51:38	17:07 *	16:32 *	16:07	4:59 min/km
95	3081	Schulze Roberg Michael	*Köln	0:49:47	1982 M35	13	0:52:23	16:47 *	16:11 *	16:48	4:59 min/km
96	734	Suda Thomas	Aussies	0:49:47	1990 M20	26	0:49:48	15:22 *	16:22 *	18:02	4:59 min/km
97	1235	Blecken Dr. Alexander	*Köln	0:49:47	1979 M35	14	0:50:05	16:13 *	16:09 *	17:24	4:59 min/km
98	1557	Brandes Julian	*Aachen	0:49:48	1989 M20	27	0:49:52	16:16 *	16:11 *	17:20	4:59 min/km
99	1296	Engelhardt Pascal	*Köln	0:49:52	1994 M20	28	0:53:49	16:09 *	16:17 *	17:25	4:59 min/km
100	646	Zarges Frank	*Hürth	0:49:54	1968 M45	13	0:53:04	17:15 *	16:16 *	16:22	4:59 min/km
101	2183	Spix Matthias	*Köln	0:49:56	1982 M35	15	0:50:32	15:36 *	16:26 *	17:53	4:60 min/km
102	1131	Harbeke Christian	*köln	0:49:56	1985 M30	14	0:50:34	16:55 *	16:09 *	16:50	4:60 min/km
103	3534	Neimann Tim		0:49:57	1997 M20	29	0:50:35	15:19 *	16:44 *	17:53	4:60 min/km
104	3523	Ackermann Sebastian	Kölle Alarm e.V.	0:50:00	1966 M50	13	0:51:16	16:55 *	16:10 *	16:53	5:00 min/km
105	2162	Weismantel Florian	*Köln	0:50:03	2002 MU16	3	0:52:22	17:55 *	15:48 *	16:19	5:00 min/km
106	1622	Willwerth Torsten	MTV RunAways Friend	0:50:08	1961 M55	5	0:51:58	17:01 *	15:37 *	17:29	5:01 min/km
107	550	Pracht Frank	*Köln	0:50:13	1977 M40	11	0:50:52	16:22 *	16:15 *	17:35	5:01 min/km
108	2802	Zachau Axel	Athletik Waldniel	0:50:16	1974 M40	12	0:51:33	17:03 *	16:11 *	17:01	5:02 min/km
109	2549	Gerhard Rolf	Laufteam Tectrion	0:50:23	1979 M35	16	0:53:20	16:59 *	16:34 *	16:48	5:02 min/km

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110	906	Natale Riccardo	*Köln	0:50:25	1986 M30	15	0:54:40	16:23 *	16:29 *	17:32	5:03 min/km
111	3411	Bröhnneke Frank		0:50:27	1975 M40	13	0:51:58	16:41 *	16:34 *	17:10	5:03 min/km
112	2845	Hollmann Patrick	Bunert - Der Kölner	0:50:27	1971 M45	14	0:53:07	17:40 *	16:30 *	16:16	5:03 min/km
113	1632	Bollin Sven	BSG AachenMünchener	0:50:28	1973 M40	14	0:51:23	16:45 *	16:22 *	17:20	5:03 min/km
114	2531	Gans Maximilian	*Münster	0:50:29	1996 M20	30	0:53:22	17:33 *	16:17 *	16:37	5:03 min/km
115	3537	Zeidler Tom	Original Bootcamp	0:50:29	1996 M20	31	0:50:50	16:04 *	16:33 *	17:50	5:03 min/km
116	484	Döring Uwe	Kieser Training	0:50:32	1958 M55	6	0:53:10	17:05 *	15:53 *	17:33	5:03 min/km
117	1406	Benz Dr. Ingo	Wendehammer	0:50:37	1973 M40	15	0:53:08	17:46 *	16:19 *	16:30	5:04 min/km
118	1827	Kotelenez Kolja	Neckarwetzler Stuttgart	0:50:43	1978 M35	17	0:55:54	18:13 *	16:20 *	16:09	5:04 min/km
119	963	Klaßmann Fabian	*Köln	0:50:44	1994 M20	32	0:51:49	16:09 *	16:43 *	17:51	5:04 min/km
120	3546	Mausbach Gerd	LT Decksteiner Weißen	0:50:45	1957 M60	3	0:50:47	16:41 *	16:33 *	17:30	5:05 min/km
121	1457	Ganser Bernd	*Wesseling	0:50:47	1962 M55	7	0:53:57	17:18 *	16:14 *	17:14	5:05 min/km
122	2704	Neven Holger	BSG RheinEnergie	0:50:48	1976 M40	16	0:51:05	17:42 *	16:36 *	16:30	5:05 min/km
123	2353	Schrinkel Sebastian	FOGTEC	0:50:54	1991 M20	33	0:50:59	16:12 *	16:58 *	17:43	5:05 min/km
124	2294	Kovermann Martin	*Köln	0:50:59	1983 M30	16	0:53:33	17:30 *	16:30 *	16:58	5:06 min/km
125	2078	Cramer Mathias	Worringer Zähne Running	0:51:01	1969 M45	15	0:51:38	17:02 *	16:42 *	17:16	5:06 min/km
126	3107	Rabiu Lasungbade Lekan	*Köln	0:51:04	1988 M20	34	0:51:37	14:58 *	16:46 *	19:19	5:06 min/km
127	1490	Ingo Düster	*Berg	0:51:05	1968 M45	16	0:52:20	17:44 *	16:21 *	16:59	5:07 min/km
128	2521	Hambloch Christoph	Albis Laufftreff	0:51:07	1964 M50	14	0:51:21	16:37 *	16:27 *	18:03	5:07 min/km
129	2943	Wallmeier Carsten	*Pulheim	0:51:07	1970 M45	17	0:51:51	17:16 *	16:47 *	17:03	5:07 min/km
130	3162	Kruth David	LT DSHS Köln	0:51:08	2005 MU14	2	0:51:42	17:51 *	16:12 *	17:04	5:07 min/km
131	2703	Jakobowitz Martin	BSG RheinEnergie	0:51:09	1967 M50	15	0:54:24	18:55 *	15:44 *	16:29	5:07 min/km
132	2694	Kampus Torsten	BSG RheinEnergie	0:51:10	1969 M45	18	0:54:24	17:35 *	16:25 *	17:09	5:07 min/km
133	3444	Ley Thomas	LT Rösratherstr	0:51:12	1965 M50	16	0:51:41	16:47 *	16:35 *	17:49	5:07 min/km
134	2297	Schmidt Ulrich	APE Cologne	0:51:12	1981 M35	18	0:52:43	16:48 *	16:58 *	17:25	5:07 min/km
135	1698	Koch Pascal	*Wesseling	0:51:13	1991 M20	35	0:51:53	17:22 *	16:32 *	17:17	5:07 min/km
136	1228	Arndt Marcel	*Wiehl	0:51:23	1986 M30	17	0:51:48	16:23 *	16:23 *	18:35	5:08 min/km
137	2152	Conradi Christoph	PUSHENSY	0:51:24	1970 M45	19	0:52:36	17:03 *	16:51 *	17:29	5:08 min/km
138	1848	Sprunkel Marcel	*Köln	0:51:25	1977 M40	17	0:51:43	16:04 *	16:20 *	19:01	5:09 min/km
139	538	Rebholz Gerold Felix	VLF Bonn	0:51:26	1988 M20	36	0:53:56	19:41 *	15:52 *	15:52	5:09 min/km
140	3488	Reinhardt Joachim		0:51:26	1969 M45	20	0:53:25	17:06 *	16:55 *	17:25	5:09 min/km
141	3480	Camill James		0:51:27	1979 M35	19	0:53:19	17:52 *	16:04 *	17:29	5:09 min/km
142	2313	Voigt Stefan	Laktatjunkies Rheinland	0:51:29	1974 M40	18	0:52:04	16:33 *	17:17 *	17:38	5:09 min/km
143	3479	Sodermans Patrick		0:51:31	1980 M35	20	0:53:19	17:56 *	16:04 *	17:29	5:09 min/km
144	1376	Wirtensohn Dominik	Cologne Running Crew	0:51:31	1989 M20	37	0:54:54	18:04 *	16:19 *	17:07	5:09 min/km
145	3023	Osterhaus-Pasche	*Köln	0:51:32	1977 M40	19	0:52:22	17:37 *	16:35 *	17:18	5:09 min/km
146	2358	Gabriel Guido	Barmherzige Sprinter	0:51:33	1969 M45	21	0:53:08	17:49 *	16:36 *	17:06	5:09 min/km
147	1230	Savariello Mario	TuS 06 Waldbröl	0:51:34	1981 M35	21	0:51:59	16:24 *	17:00 *	18:09	5:09 min/km
148	1847	Diaz Guido	*Köln	0:51:38	1985 M30	18	0:51:57	17:30 *	17:23 *	16:44	5:10 min/km
149	1910	Ehmke Joachim	*Köln	0:51:38	1964 M50	17	0:53:49	17:04 *	16:54 *	17:40	5:10 min/km
150	1424	Büscher Thomas	MTV RunAways	0:51:39	1970 M45	22	0:53:22	16:55 *	16:46 *	17:57	5:10 min/km
151	2718	Spendowski Mario	BSG KVB Köln	0:51:41	1962 M55	8	0:51:41	15:50 *	16:41 *	19:09	5:10 min/km
152	1065	LUKOSCHEK ANDRÉ	*Düsseldorf	0:51:48	1974 M40	20	0:52:46	16:36 *	17:05 *	18:06	5:11 min/km
153	690	Oberbusch Patrick	*Köln	0:51:50	1981 M35	22	0:56:25	18:52 *	16:38 *	16:18	5:11 min/km
154	3252	Schnurr Lukas	*Pfungstadt	0:51:55	1957 M60	4	0:52:28	17:47 *	17:12 *	16:55	5:12 min/km
155	1890	Delhofen Markus	Rheinläufer	0:52:02	1972 M45	23	0:55:52	18:16 *	16:24 *	17:21	5:12 min/km
156	1103	Lode Mario	Lode Runners	0:52:02	1974 M40	21	0:52:05	16:31 *	17:17 *	18:13	5:12 min/km
157	3376	Reich Jonathan	LT DSHS Köln eV	0:52:02	2007 MU12	1	0:52:37	17:45 *	16:56 *	17:20	5:12 min/km
158	2415	Arat Mert	LöLing	0:52:03	1978 M35	23	0:52:31	18:31 *	16:27 *	17:04	5:12 min/km
159	3111	Johann Benjamin	*Wuppertal	0:52:03	1978 M35	24	0:54:55	17:18 *	17:05 *	17:39	5:12 min/km
160	1413	Eikmeier Christoph	*Köln	0:52:04	1982 M35	25	0:54:51	18:45 *	16:34 *	16:44	5:12 min/km
161	915	Lohmar Arne	*Köln	0:52:07	1981 M35	26	0:53:15	17:21 *	17:03 *	17:42	5:13 min/km
162	2355	Krauskopf Alexander	*Köln	0:52:08	1973 M40	22	0:52:58	17:17 *	17:15 *	17:34	5:13 min/km
163	752	Lohmar Ingo	*Köln	0:52:11	1977 M40	23	0:53:18	17:23 *	16:59 *	17:48	5:13 min/km
164	2421	Wüpping Stefan	*Köln	0:52:12	1978 M35	27	0:53:00	17:48 *	17:09 *	17:14	5:13 min/km
165	841	Jimenez Tom	Una cerveza porfavor	0:52:14	1992 M20	38	0:52:32	18:22 *	16:15 *	17:36	5:13 min/km

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166	842	Messari Abde	Una cerveza porfavor	0:52:15	1992 M20	39	0:52:32	18:21 *	16:16 *	17:37	5:14 min/km
167	3067	Ingenhaag Luke	VfB Ertstadt Multisport	0:52:23	2007 MU12	2	0:55:24	17:19 *	17:00 *	18:03	5:14 min/km
168	2506	Simon Frank	SimonFamily	0:52:24	1974 M40	24	0:54:11	20:22 *	15:55 *	16:06	5:14 min/km
169	1214	Müllenmeister	*Köln	0:52:26	1990 M20	40	0:52:56	18:06 *	17:25 *	16:54	5:15 min/km
170	1213	Steinberg Dr. Peter	LHP Luxem Heuel	0:52:27	1978 M35	28	0:52:56	18:07 *	17:25 *	16:54	5:15 min/km
171	2440	Ott Thomas	*Köln	0:52:27	1985 M30	19	0:56:28	18:37 *	16:54 *	16:55	5:15 min/km
172	1721	Kerwien Raphael	Partyläufer	0:52:27	1982 M35	29	0:54:47	17:52 *	17:12 *	17:23	5:15 min/km
173	3266	Riegert Arne	Caropusher	0:52:33	1994 M20	41	0:52:48	16:32 *	17:41 *	18:20	5:15 min/km
174	779	Kuß Dr. Martin	*Köln	0:52:36	1985 M30	20	0:53:54	17:04 *	17:34 *	17:57	5:16 min/km
175	2930	Hemmersbach Christian	*Essen	0:52:37	1969 M45	24	0:57:04	19:02 *	16:42 *	16:53	5:16 min/km
176	2906	Greber Mathieu	*Köln	0:52:39	1985 M30	21	0:55:46	18:38 *	16:44 *	17:16	5:16 min/km
177	3190	Witt Dr. Guido	Kieser Training	0:52:39	1962 M55	9	0:53:44	17:01 *	17:00 *	18:37	5:16 min/km
178	786	Deden Sascha	*Köln	0:52:40	1985 M30	22	0:55:43	17:58 *	17:18 *	17:22	5:16 min/km
179	811	Achenbach Oliver	ISI-Runner	0:52:40	1970 M45	25	0:52:58	17:08 *	17:23 *	18:08	5:16 min/km
180	731	Van der Veen Dirk	*Dormagen	0:52:42	1976 M40	25	0:54:05	17:14 *	17:08 *	18:19	5:16 min/km
181	1374	McKee Jim	Survival of the fattest	0:52:42	1958 M55	10	0:56:01	17:24 *	17:17 *	18:00	5:16 min/km
182	668	Stangl Ulrich	*Kaarst	0:52:43	1957 M60	5	0:55:52	19:09 *	17:15 *	16:18	5:16 min/km
183	608	Pfennig Dr. Jörn	*Düsseldorf	0:52:43	1983 M30	23	0:55:52	19:09 *	17:15 *	16:19	5:16 min/km
184	1513	Uepping Henry	Fohlen-Lauftreff-Breisig	0:52:50	2004 MU14	3	0:55:36	18:34 *	16:57 *	17:18	5:17 min/km
185	3106	Brendebach Peter	*Köln	0:52:51	1978 M35	30	0:53:27	17:12 *	17:20 *	18:18	5:17 min/km
186	3059	Zenzen Alexander	*Koblenz	0:52:53	1992 M20	42	0:52:59	17:58 *	18:44 *	16:11	5:17 min/km
187	1762	Stein Hans-Jörg	*Frechen	0:52:55	1952 M65	2	0:53:24	17:13 *	17:08 *	18:33	5:18 min/km
188	2500	Vehrenberg Daniel	*Köln	0:52:57	1992 M20	43	0:53:37	18:02 *	17:38 *	17:16	5:18 min/km
189	3539	Elliers Georg		0:53:00	1989 M20	44	0:57:40	19:18 *	16:47 *	16:53	5:18 min/km
190	3015	Couval Jérémy	*Köln	0:53:00	1985 M30	24	0:53:39	18:05 *	16:57 *	17:57	5:18 min/km
191	801	Otto Michael	*Kerpen	0:53:02	1967 M50	18	0:53:39	17:25 *	17:22 *	18:15	5:18 min/km
192	2789	Schumacher Stephan	DKMS	0:53:03	1967 M50	19	0:53:28	17:43 *	17:16 *	18:04	5:18 min/km
193	2883	Fischer Sascha	V-Training - Bootcamp	0:53:11	1987 M30	25	0:54:16	19:11 *	17:00 *	16:59	5:19 min/km
194	2931	Nebelin Golo	*Köln	0:53:13	2005 MU14	4	0:55:45	18:06 *	17:50 *	17:15	5:19 min/km
195	3504	Nickenig Moritz		0:53:13	1991 M20	45	0:56:52	20:23 *	17:14 *	15:35	5:19 min/km
196	3493	Wollweber Markus		0:53:16	1974 M40	26	0:55:14	17:02 *	16:59 *	19:14	5:20 min/km
197	2454	Bense Olaf	*Köln	0:53:19	1969 M45	26	0:53:40	18:07 *	17:15 *	17:56	5:20 min/km
198	2352	Funk Marc	FOGTEC	0:53:19	1993 M20	46	0:53:24	17:13 *	17:31 *	18:34	5:20 min/km
199	1654	Nolte Matis	Outdoorgym Köln	0:53:20	1976 M40	27	0:55:53	17:36 *	17:21 *	18:22	5:20 min/km
200	1527	Kaye Hendrik	*Bergheim	0:53:21	1989 M20	47	0:53:34	19:41 *	18:40 *	14:59	5:20 min/km
201	1764	Riepen Anno	*Köln	0:53:23	1986 M30	26	0:57:04	17:39 *	18:07 *	17:36	5:20 min/km
202	3529	Scheider Lars		0:53:24	1981 M35	31	0:54:34	18:55 *	18:23 *	16:05	5:20 min/km
203	1268	Unshelm Peter	DAV Sektion	0:53:24	1967 M50	20	0:54:28	18:15 *	17:04 *	18:04	5:20 min/km
204	1247	Adolphs Paul	Cologne Running Crew	0:53:25	2007 MU12	3	0:53:25	18:56 *	16:51 *	17:37	5:21 min/km
205	551	Feckler Christian	TuS Köln rrh.	0:53:27	1970 M45	27	0:55:50	18:53 *	16:56 *	17:36	5:21 min/km
206	1078	Roeder Jens	SCHWEINEHUNDBRECH	0:53:29	1969 M45	28	0:58:55	20:35 *	16:32 *	16:21	5:21 min/km
207	1035	Goost Dr. Hans	ghostbusters	0:53:30	1970 M45	29	0:58:29	18:18 *	17:32 *	17:38	5:21 min/km
208	3396	Sevenich Philipp	Kölle Alarm eV	0:53:30	1970 M45	30	0:54:42	18:05 *	17:03 *	18:21	5:21 min/km
209	2706	Janus Winfried	BSG RheinEnergie	0:53:33	1969 M45	31	0:58:38	18:02 *	17:27 *	18:03	5:21 min/km
210	3400	Buder Daniel	Kölle Alarm eV	0:53:33	1970 M45	32	0:54:43	18:07 *	17:02 *	18:23	5:21 min/km
211	3551	Dohmen Tobias		0:53:36	1987 M30	27	0:57:35	20:51 *	16:56 *	15:48	5:22 min/km
212	1578	Marek Waldemar	Für Hürth	0:53:45	1974 M40	28	0:54:52	17:47 *	17:14 *	18:42	5:23 min/km
213	2480	Geisbüsch Gerit	*Köln	0:53:46	1991 M20	48	0:57:48	18:29 *	17:32 *	17:43	5:23 min/km
214	806	Geßner Torsten	*Heiligenhaus	0:53:47	1975 M40	29	0:54:10	18:19 *	17:24 *	18:02	5:23 min/km
215	3019	Irving Greg	*North Royalton, OH	0:53:52	1980 M35	32	0:54:23	18:52 *	17:54 *	17:04	5:23 min/km
216	1607	Eich Jörg	*Köln	0:53:53	1978 M35	33	0:56:15	17:06 *	17:47 *	18:58	5:23 min/km
217	3315	Conrady Benedikt	*Frechen	0:53:56	1985 M30	28	0:54:35	18:05 *	17:19 *	18:31	5:24 min/km
218	2407	Könner Christoph	*Köln	0:53:56	1972 M45	33	0:57:31	17:40 *	17:33 *	18:42	5:24 min/km
219	2546	Wessel Markus	Freunderennt	0:53:56	1983 M30	29	0:58:32	18:49 *	17:02 *	18:04	5:24 min/km
220	3348	Küstlers Maximilian	Team Bananenflanke	0:53:57	1980 M35	34	0:55:48	23:35 *	14:45 *	15:37	5:24 min/km
221	2303	Vogt Joey	*Düren	0:53:59	1994 M20	49	0:55:28	17:57 *	18:43 *	17:17	5:24 min/km

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222	361	Weiß Matthias	BSG KVB Köln	0:54:04	1970 M45	34	0:55:50	19:11 * 17:32 * 17:19	5:24 min/km
223	992	Haumann Philipp	Gesamtschule Elsdorf	0:54:07	0 M20	50	0:55:41	19:54 * 17:34 * 16:38	5:25 min/km
224	993	Moritz Mathias	Gesamtschule Elsdorf	0:54:07	1986 M30	30	0:55:40	19:55 * 17:34 * 16:37	5:25 min/km
225	1669	Dollmaier Joerg	*Utrecht	0:54:09	1975 M40	30	0:54:35	18:13 * 17:47 * 18:08	5:25 min/km
226	2462	Heene Philipp	*Köln	0:54:10	1984 M30	31	0:56:04	16:44 * 17:41 * 19:45	5:25 min/km
227	3198	Singh Daniel	zarinfar GmbH	0:54:11	1986 M30	32	0:54:28	17:13 * 18:06 * 18:50	5:25 min/km
228	999	Fröhlich Lukas	*Bornheim	0:54:14	1991 M20	51	0:57:23	18:26 * 17:32 * 18:15	5:25 min/km
229	3176	Kierspel Fabian	FV	0:54:14	1989 M20	52	0:56:56	18:27 * 17:23 * 18:23	5:25 min/km
230	1851	Winkler Jan	*Elsdorf	0:54:16	1978 M35	35	0:59:25	17:38 * 17:37 * 18:59	5:26 min/km
231	2844	Althoff Felix	Bunert - Der Kölner	0:54:16	1988 M20	53	0:54:44	18:47 * 16:48 * 18:41	5:26 min/km
232	3075	Hathaway Philip	PUSHENSY	0:54:21	1975 M40	31	0:55:49	18:40 * 17:54 * 17:47	5:26 min/km
233	2147	Bollinger Yves	PUSHENSY	0:54:22	1972 M45	35	0:55:49	18:41 * 17:53 * 17:47	5:26 min/km
234	2212	Grüb Dr. Andreas	*Weilerswist	0:54:28	1962 M55	11	0:56:25	18:20 * 17:38 * 18:29	5:27 min/km
235	3224	Wrigley Richard		0:54:28	1985 M30	33	0:55:18	18:21 * 17:26 * 18:40	5:27 min/km
236	150	Hansen Axel	*Pulheim	0:54:32	1965 M50	21	0:54:49	17:24 * 17:40 * 19:28	5:27 min/km
237	563	Stoll Christoph	*Köln	0:54:33	1970 M45	36	0:54:50	17:57 * 18:08 * 18:27	5:27 min/km
238	1604	Volkman Tim	*Köln	0:54:33	1978 M35	36	0:59:18	19:05 * 17:25 * 18:02	5:27 min/km
239	2101	Rose Harald	WDR MausLaufGruppe	0:54:34	1955 M60	6	0:54:34	17:29 * 17:59 * 19:05	5:27 min/km
240	1153	Tegtmeier Joachim	*Bergheim	0:54:34	1957 M60	7	0:54:48	18:04 * 17:49 * 18:40	5:27 min/km
241	2992	Rajamanickam	*Aachen	0:54:35	1988 M20	54	0:54:35	18:44 * 17:19 * 18:31	5:28 min/km
242	1687	Schäfers Sascha	Runners Point Run Club	0:54:44	1980 M35	37	0:55:03	18:32 * 17:46 * 18:24	5:28 min/km
243	3100	Neuhaus Walter	*Erfstadt	0:54:44	1953 M60	8	0:59:30	19:33 * 17:29 * 17:42	5:28 min/km
244	2929	Dreyer Jörg	*Pulheim	0:54:47	1966 M50	22	0:59:34	19:21 * 17:07 * 18:18	5:29 min/km
245	2184	Zech Thilo	*Köln	0:54:52	1966 M50	23	0:55:08	18:04 * 18:08 * 18:39	5:29 min/km
246	2416	Büttner Markus	LöLing	0:54:52	1969 M45	37	0:55:21	18:43 * 17:53 * 18:15	5:29 min/km
247	2887	Brockmeier Lars	*Köln	0:54:55	1992 M20	55	0:56:37	20:21 * 19:50 * 14:43	5:30 min/km
248	2419	Breuer Wolfgang	*Köln	0:54:56	1965 M50	24	0:56:25	18:47 * 17:38 * 18:30	5:30 min/km
249	3218	Runkel Jonas	Team Decathlon	0:54:57	1994 M20	56	0:55:40	18:18 * 17:54 * 18:43	5:30 min/km
250	753	Gol Leonard	*Köln	0:54:57	1991 M20	57	0:54:59	17:36 * 18:10 * 19:10	5:30 min/km
251	1339	Vargas Enrique	*Köln	0:54:58	1967 M50	25	0:55:31	18:21 * 18:17 * 18:19	5:30 min/km
252	1646	Schwaab Fabian	UPS	0:55:01	1993 M20	58	0:59:46	18:08 * 18:25 * 18:27	5:30 min/km
253	2824	Steller Michael	MST Laufpoint	0:55:01	1957 M60	9	0:56:05	18:47 * 17:47 * 18:26	5:30 min/km
254	3354	Wierk Andreas		0:55:04	1967 M50	26	0:56:19	18:23 * 17:50 * 18:49	5:30 min/km
255	2189	Thomas Andre	*Köln (Sürth)	0:55:04	1985 M30	34	0:55:11	18:00 * 18:35 * 18:27	5:30 min/km
256	109	Oltmanns Jan	*Köln	0:55:05	1970 M45	38	0:55:16	18:22 * 18:00 * 18:42	5:31 min/km
257	3095	Siarov Stefan	EAC Running Club	0:55:06	1991 M20	59	0:59:37	18:55 * 17:59 * 18:10	5:31 min/km
258	647	Tangemann Martin	*Köln	0:55:08	1978 M35	38	1:00:39	19:44 * 17:32 * 17:52	5:31 min/km
259	3358	Köring Georg		0:55:10	1961 M55	12	0:57:58	19:02 * 17:29 * 18:38	5:31 min/km
260	1775	Kohl Michael	Los gehts	0:55:11	1968 M45	39	0:56:44	18:30 * 18:06 * 18:34	5:31 min/km
261	750	Schmidt Uwe	*Erzhausen	0:55:13	1960 M55	13	0:57:30	18:53 * 17:48 * 18:31	5:31 min/km
262	1475	Braun Peter	Brownies	0:55:14	1966 M50	27	0:57:39	19:36 * 17:39 * 17:59	5:31 min/km
263	2558	Arras Nikolai	*Köln	0:55:14	1993 M20	60	0:56:54	21:40 * 16:26 * 17:08	5:31 min/km
264	749	Schmidt Robyn	*Köln	0:55:16	1993 M20	61	0:57:31	18:54 * 17:48 * 18:33	5:32 min/km
265	2552	Stimke Joey	Bickenbacher Blitze	0:55:18	1990 M20	62	0:58:12	19:25 * 17:41 * 18:11	5:32 min/km
266	2948	Imig Rolf	*Pulheim	0:55:19	1975 M40	32	1:00:19	19:25 * 17:40 * 18:14	5:32 min/km
267	3132	Grünewald Moritz	*Köln	0:55:20	1994 M20	63	1:00:26	20:20 * 17:59 * 16:59	5:32 min/km
268	2611	Muders David	TC RW Kirchhundem	0:55:20	1994 M20	64	1:00:26	20:20 * 17:59 * 16:59	5:32 min/km
269	1812	Viehs Ingo	*Kerpen	0:55:21	1971 M45	40	0:56:29	18:48 * 18:09 * 18:23	5:32 min/km
270	3415	Maier Stefan	alte Startnummer 2528	0:55:23	1968 M45	41	0:58:03	19:00 * 17:33 * 18:49	5:32 min/km
271	1108	Hartmann Johann	*Köln	0:55:24	2007 MU12	4	0:58:21	19:28 * 17:19 * 18:36	5:32 min/km
272	854	Schmitz Michael	*Weilerswist	0:55:25	1967 M50	28	0:57:12	20:11 * 17:53 * 17:20	5:33 min/km
273	2529	Oelschläger Christoph	*Meinerzhagen	0:55:27	1957 M60	10	0:58:19	20:41 * 17:01 * 17:44	5:33 min/km
274	3256	Seibert Marcus	*Köln	0:55:30	1964 M50	29	0:59:56	17:38 * 18:44 * 19:07	5:33 min/km
275	1707	Von Dreden Tobias	*Köln	0:55:30	1988 M20	65	0:56:12	17:58 * 18:00 * 19:31	5:33 min/km
276	3237	Jacobs Nils	Spec Attack	0:55:32	1992 M20	66	0:58:01	19:43 * 17:48 * 17:59	5:33 min/km
277	2499	Piel Jörg	*Köln	0:55:32	1977 M40	33	0:59:35	20:11 * 17:33 * 17:47	5:33 min/km

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278	3125	Pfisterer Jörg	*Köln	0:55:34	1958 M55	14	0:58:43	19:09 *	17:37 *	18:47	5:33 min/km
279	3528	Sejourne David		0:55:35	1985 M30	35	0:56:13	19:23 *	17:52 *	18:18	5:34 min/km
280	689	Petersmann Sebastian	*Köln	0:55:35	1982 M35	39	1:00:10	18:53 *	17:49 *	18:53	5:34 min/km
281	3219	Soosten Hendrik	Team Decathlon	0:55:38	1996 M20	67	0:56:25	19:25 *	18:23 *	17:49	5:34 min/km
282	3386	Heinz Günther		0:55:39	1965 M50	30	0:56:04	20:13 *	19:36 *	15:49	5:34 min/km
283	2760	Schlack Thorsten	Gothaer	0:55:40	1973 M40	34	0:58:44	20:24 *	17:59 *	17:16	5:34 min/km
284	3280	Rößel Klaus-Peter	*Langenfeld	0:55:40	1966 M50	31	0:58:24	18:29 *	18:00 *	19:10	5:34 min/km
285	901	Ewert Dr. Roman	*Köln	0:55:47	1987 M30	36	0:55:59	19:52 *	17:48 *	18:06	5:35 min/km
286	645	Reppmann Reinhard	Aktion Canchanabury MT	0:55:48	1955 M60	11	1:04:53	18:59 *	18:02 *	18:46	5:35 min/km
287	1777	Fischer Dieter	*Köln	0:55:50	1966 M50	32	0:56:55	17:33 *	18:27 *	19:50	5:35 min/km
288	3066	Cremer Prof. Dr. Philip	*Köln	0:55:50	1979 M35	40	0:59:13	19:20 *	17:52 *	18:37	5:35 min/km
289	1319	Kuballa Dr. Petric	*Köln	0:55:50	1973 M40	35	0:57:59	19:47 *	17:41 *	18:21	5:35 min/km
290	49	Groß Manfred	Laufen macht schön Ho	0:55:50	1961 M55	15	0:55:51	17:04 *	18:30 *	20:15	5:35 min/km
291	2735	Heringhaus Jens	Krüger Running Team	0:55:51	1968 M45	42	1:00:01	19:40 *	17:57 *	18:12	5:35 min/km
292	1950	Fria Francesco	*Swisttal	0:55:52	1973 M40	36	0:57:51	19:25 *	17:48 *	18:38	5:35 min/km
293	2696	Werner Christoph	BSG RheinEnergie	0:55:57	1965 M50	33	1:00:22	18:57 *	18:15 *	18:44	5:36 min/km
294	2695	Els Jürgen	BSG RheinEnergie	0:55:57	1969 M45	43	1:00:23	18:57 *	18:15 *	18:44	5:36 min/km
295	942	Olofsson Simon	kilometer-fuer-kinder.info	0:56:00	1983 M30	37	0:59:06	20:07 *	17:35 *	18:17	5:36 min/km
296	2828	Heller Peter	MST Laufpoint	0:56:02	1951 M65	3	0:57:02	18:49 *	18:10 *	19:02	5:36 min/km
297	3210	Van der Meer Rolf	Kieser Training	0:56:02	1971 M45	44	0:58:20	21:14 *	18:01 *	16:46	5:36 min/km
298	1624	Müller Arie	*Bergheim	0:56:02	1975 M40	37	0:56:18	18:19 *	18:16 *	19:26	5:36 min/km
299	2504	Sturm Thomas	*Neuss	0:56:06	1965 M50	34	0:56:54	19:08 *	18:10 *	18:46	5:37 min/km
300	1954	Fechtner Sascha	*Köln	0:56:06	1977 M40	38	0:56:16	17:56 *	18:25 *	19:44	5:37 min/km
301	2633	Toro Vallejo Carlos	*Köln	0:56:07	1971 M45	45	1:01:45	20:14 *	18:13 *	17:39	5:37 min/km
302	2670	Metzen Benedikt	WWL	0:56:08	1977 M40	39	0:58:05	19:27 *	17:41 *	18:59	5:37 min/km
303	1866	Langel Alexander	*Köln	0:56:08	1992 M20	68	0:58:03	20:24 *	18:00 *	17:43	5:37 min/km
304	1943	Lüdtke Tobias	*Köln	0:56:09	1986 M30	38	0:56:26	18:41 *	18:12 *	19:14	5:37 min/km
305	2012	Ihlenfeld Hannes	*Köln	0:56:09	2007 MU12	5	0:56:30	17:42 *	18:40 *	19:47	5:37 min/km
306	2993	Zurnieden Martin	()10	0:56:11	1995 M20	69	0:56:44	19:31 *	18:29 *	18:10	5:37 min/km
307	1042	Hermann Eugen	Glas Hennes GmbH	0:56:11	1984 M30	39	1:01:14	19:11 *	18:07 *	18:52	5:37 min/km
308	1086	Kienberger Mischa	The Expendables	0:56:11	1980 M35	41	1:00:14	20:26 *	17:30 *	18:14	5:37 min/km
309	2816	Can Kenan	*Köln	0:56:15	1970 M45	46	1:01:46	20:15 *	17:55 *	18:03	5:38 min/km
310	2195	Esser Dieter	*Kerpen	0:56:18	1964 M50	35	0:58:57	19:21 *	17:59 *	18:58	5:38 min/km
311	2697	Börold Hans	BSG RheinEnergie	0:56:18	1957 M60	12	1:01:24	19:09 *	18:19 *	18:49	5:38 min/km
312	2945	Weber Steffen	Runners Point Köln	0:56:21	1985 M30	40	0:56:41	19:32 *	19:33 *	17:14	5:38 min/km
313	2630	Kreuels Klaus	Santas reindeer	0:56:23	1988 M20	70	1:01:21	20:32 *	17:36 *	18:14	5:38 min/km
314	672	Rumpf Daniel	*Köln	0:56:23	1981 M35	42	0:59:22	19:24 *	18:08 *	18:50	5:38 min/km
315	2478	Altmann Stefan	*Köln	0:56:23	1974 M40	40	0:57:45	19:58 *	18:21 *	18:04	5:38 min/km
316	1887	Eisentraut Dr. Steffen	*Köln	0:56:25	1980 M35	43	1:01:39	20:37 *	18:16 *	17:31	5:39 min/km
317	2501	Reusch Dr. Matthias	Colonia-Team	0:56:25	1942 M75	1	0:56:44	19:29 *	18:09 *	18:46	5:39 min/km
318	798	Decrouppé Dennis	*Köln	0:56:30	1980 M35	44	0:57:21	19:17 *	18:23 *	18:48	5:39 min/km
319	2515	Frick Robert	born2run	0:56:30	1969 M45	47	0:59:03	21:06 *	17:50 *	17:33	5:39 min/km
320	958	Brachmann Stephan	*Erfstadt	0:56:32	1975 M40	41	0:57:34	18:31 *	18:17 *	19:44	5:39 min/km
321	1519	Norbury Mark	*Frechen	0:56:37	1971 M45	48	0:59:00	18:44 *	18:24 *	19:27	5:40 min/km
322	863	Kahl Frédéric	*Köln	0:56:39	1980 M35	45	0:57:24	19:47 *	18:26 *	18:25	5:40 min/km
323	2311	Sander Hansjörg	Santa Lauf	0:56:41	1952 M65	4	0:59:19	19:55 *	18:27 *	18:19	5:40 min/km
324	3205	Matull Stefan	Kieser Training	0:56:42	1970 M45	49	0:58:33	19:09 *	18:19 *	19:13	5:40 min/km
325	661	Pauser Manuel	*Leer	0:56:44	1989 M20	71	1:01:41	19:53 *	17:57 *	18:53	5:40 min/km
326	2583	Theile Manuel	GFO - Josefshaus Olpe	0:56:44	1988 M20	72	0:57:17	17:37 *	18:42 *	20:24	5:40 min/km
327	2991	Schmitz Christoph	*Köln	0:56:47	1987 M30	41	0:57:25	18:31 *	18:30 *	19:45	5:41 min/km
328	1290	Schwarzenberg Hans	*Köln	0:56:48	1961 M55	16	0:56:52	18:28 *	18:51 *	19:28	5:41 min/km
329	1641	Weirich Jan H.	Runnerspoint Run Club	0:56:49	1988 M20	73	0:57:29	20:10 *	19:03 *	17:35	5:41 min/km
330	1966	Gantner Werner	*Rösrath	0:56:50	1951 M65	5	0:59:27	20:36 *	18:16 *	17:57	5:41 min/km
331	774	Seidel Mario Michael	Runnerspoint Runclub	0:56:51	1967 M50	36	0:57:52	19:05 *	18:26 *	19:19	5:41 min/km
332	554	Weiß Micha	*Köln	0:56:54	1976 M40	42	0:58:40	20:23 *	17:55 *	18:35	5:41 min/km
333	600	Huxhold Christian	ESV Jahn Treysa	0:56:55	1983 M30	42	1:02:10	20:37 *	18:16 *	18:01	5:42 min/km

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334	716	Pizzichetti Angelo	*Mörfelden-Walldorf	0:56:55	1985 M30	43	0:56:59	16:34 *	19:28 *	20:52	5:42 min/km
335	1978	McHugh Patrick	*Koeln	0:56:55	1983 M30	44	0:57:45	18:38 *	18:58 *	19:18	5:42 min/km
336	872	Peiker Markus	*Köln	0:56:56	1984 M30	45	1:01:36	19:35 *	18:38 *	18:41	5:42 min/km
337	2057	Von Döhren Burkhard	Gehzeitenläufer	0:56:58	1956 M60	13	0:57:30	19:03 *	18:37 *	19:18	5:42 min/km
338	3097	Quadt Dominik	*Köln	0:56:59	1984 M30	46	1:00:01	19:34 *	19:05 *	18:19	5:42 min/km
339	1791	Schumacher Lars	*Pulheim	0:57:00	1970 M45	50	1:02:02	19:37 *	18:27 *	18:55	5:42 min/km
340	1792	Paulke Jörg	*Pulheim	0:57:00	1968 M45	51	1:02:02	19:37 *	18:27 *	18:55	5:42 min/km
341	1369	Saturnus Thomas	*Leverkusen	0:57:00	1965 M50	37	0:57:28	18:39 *	18:21 *	19:59	5:42 min/km
342	92	Huppertz Christian	TV Hoffnungsthal	0:57:02	1968 M45	52	0:59:53	20:44 *	18:19 *	17:58	5:42 min/km
343	1425	Schlegel Nico	*Köln	0:57:02	1975 M40	43	1:00:09	20:08 *	18:22 *	18:31	5:42 min/km
344	971	Abs Stefan	LV Stommeln	0:57:02	1975 M40	44	1:01:35	19:59 *	18:26 *	18:37	5:42 min/km
345	2096	Kuhn Dr. Tilman	*Rösrath	0:57:03	1977 M40	45	0:59:52	20:47 *	18:23 *	17:52	5:42 min/km
346	1336	Uebbing Nicholas	*Rommerskirchen	0:57:07	1987 M30	47	0:59:26	19:27 *	18:30 *	19:10	5:43 min/km
347	1337	Linden Christian	*Rommerskirchen	0:57:07	1991 M20	74	0:59:26	19:27 *	18:30 *	19:10	5:43 min/km
348	2680	Schreckhaas Markus		0:57:08	1979 M35	46	0:59:51	19:33 *	18:54 *	18:40	5:43 min/km
349	2976	Weyel David	EWK-RUNNERS	0:57:10	1993 M20	75	0:59:31	20:54 *	18:38 *	17:36	5:43 min/km
350	1493	Eggers Sebastian	*Köln	0:57:11	1978 M35	47	0:57:39	17:23 *	19:24 *	20:23	5:43 min/km
351	3158	Sommer Christopher	XL Catlin	0:57:11	1987 M30	48	1:00:41	21:10 *	17:56 *	18:04	5:43 min/km
352	1139	Hintze Dag	*Köln	0:57:11	1965 M50	38	0:59:28	19:50 *	18:42 *	18:37	5:43 min/km
353	2187	Tebert Michael	*Köln	0:57:11	1965 M50	39	1:01:27	19:17 *	18:36 *	19:17	5:43 min/km
354	1644	Holstein Thomas	UPS	0:57:13	1961 M55	17	1:01:56	20:02 *	18:02 *	19:08	5:43 min/km
355	2542	Beule Steffen	*Lüdenscheid	0:57:15	1984 M30	49	1:00:10	21:07 *	18:04 *	18:03	5:44 min/km
356	2541	Van Wichen Jeffrey	*Lüdenscheid	0:57:16	1960 M55	18	1:00:10	21:04 *	18:09 *	18:02	5:44 min/km
357	2159	Voll Harald	*Pulheim	0:57:16	1959 M55	19	1:02:47	20:16 *	18:44 *	18:15	5:44 min/km
358	622	Ebbinghaus Eike	Santas reindeer	0:57:18	1991 M20	76	1:02:14	20:34 *	18:06 *	18:37	5:44 min/km
359	1902	Bootz Julius	*Köln	0:57:18	1993 M20	77	0:57:41	19:09 *	18:38 *	19:30	5:44 min/km
360	2601	Höfer Jörg	GFO - Josefshaus Olpe	0:57:22	1974 M40	46	0:57:36	19:22 *	18:42 *	19:17	5:44 min/km
361	2898	Roczen Ulf	*Köln	0:57:23	1952 M65	6	1:00:31	19:17 *	18:42 *	19:22	5:44 min/km
362	2842	Hancock D P	*Köln	0:57:24	1974 M40	47	1:01:52	20:19 *	18:33 *	18:32	5:44 min/km
363	1467	Peters Jens	*Bonn	0:57:25	1952 M65	7	1:01:19	18:27 *	18:50 *	20:07	5:45 min/km
364	2990	Röhner Max	*Köln	0:57:25	1990 M20	78	0:59:07	20:21 *	18:49 *	18:15	5:45 min/km
365	964	Yajima Hiroshi	*Koeln	0:57:26	1963 M50	40	0:57:52	18:31 *	18:53 *	20:00	5:45 min/km
366	1998	Groneck Dr. Peter	*Köln	0:57:26	1949 M65	8	0:58:17	19:12 *	18:34 *	19:38	5:45 min/km
367	1994	Apel Franc	the good things	0:57:28	1963 M50	41	0:58:36	18:29 *	18:39 *	20:20	5:45 min/km
368	1680	Maye Michael	*Köln	0:57:29	1965 M50	42	0:58:56	19:37 *	18:44 *	19:07	5:45 min/km
369	2565	Kratz Sebastian	*Köln	0:57:32	1978 M35	48	1:02:34	20:54 *	18:34 *	18:02	5:45 min/km
370	1419	Brod Marcus	Team KerryGum	0:57:32	1974 M40	48	0:59:46	20:40 *	18:06 *	18:46	5:45 min/km
371	3039	Ellersiek Markus	*Bergheim	0:57:34	1974 M40	49	0:57:34	20:03 *	17:56 *	19:34	5:45 min/km
372	1400	Bootz Andreas	Runner-Boys	0:57:35	1958 M55	20	0:57:59	19:08 *	18:39 *	19:48	5:46 min/km
373	2482	JOBST ANDREAS	CYT	0:57:40	1963 M50	43	1:01:08	20:35 *	18:42 *	18:22	5:46 min/km
374	2451	Harms Dr. Henrik	Team Firefox	0:57:42	1985 M30	50	1:00:44	19:35 *	19:05 *	19:01	5:46 min/km
375	1297	Lohkamp Sebastian	*Köln	0:57:43	1984 M30	51	1:00:44	19:35 *	19:06 *	19:01	5:46 min/km
376	2989	Odenthal Marvin	*Köln	0:57:44	1990 M20	79	1:00:03	20:14 *	19:12 *	18:17	5:46 min/km
377	2208	Martens Jörn	Run of	0:57:44	1962 M55	21	0:58:34	20:43 *	20:39 *	16:21	5:46 min/km
378	2737	Köhler Jimmy	Krüger Running Team	0:57:48	1972 M45	53	1:01:57	22:27 *	18:55 *	16:25	5:47 min/km
379	1302	Werner Christian	Beste Supadupa Familie	0:57:49	1990 M20	80	1:00:22	20:23 *	19:00 *	18:25	5:47 min/km
380	2337	Horrmann Hans	CYT Team	0:57:50	1957 M60	14	1:00:20	19:44 *	18:41 *	19:25	5:47 min/km
381	2461	Trebst Lars	MSV Köln	0:57:52	1979 M35	49	1:02:47	20:25 *	18:38 *	18:47	5:47 min/km
382	3451	Peter Michael		0:57:52	1968 M45	54	0:58:14	18:02 *	19:04 *	20:45	5:47 min/km
383	846	Baumgärtel Christian	*Köln	0:57:53	1977 M40	50	1:03:11	20:39 *	18:34 *	18:39	5:47 min/km
384	1287	Hristic Zlatan	GCH Hotels	0:57:55	1955 M60	15	0:59:36	20:08 *	18:29 *	19:17	5:48 min/km
385	3285	Clemens Peter	*Köln	0:57:55	1984 M30	52	0:59:42	21:22 *	18:22 *	18:10	5:48 min/km
386	3227	Schmidt Matthias		0:57:56	1985 M30	53	0:59:41	21:22 *	18:23 *	18:10	5:48 min/km
387	1244	Kronsbein Günter	*Köln	0:58:00	1965 M50	44	0:59:47	19:16 *	19:06 *	19:37	5:48 min/km
388	1938	Minas Sevan	*Köln	0:58:00	1979 M35	50	0:59:05	19:52 *	18:21 *	19:46	5:48 min/km
389	1070	Schöl Maximilian	*Köln	0:58:02	1987 M30	54	0:59:56	18:03 *	19:06 *	20:52	5:48 min/km

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390	2615	Schreiber Friedemann	FOGTEC	0:58:02	1985 M30	55	0:59:20	19:06 *	19:00 *	19:54	5:48 min/km
391	1118	Hoffmann Ralf	*Köln	0:58:02	1970 M45	55	1:01:47	21:31 *	18:19 *	18:12	5:48 min/km
392	1564	Putzke Dirk	Original Bootcamp	0:58:03	1971 M45	56	0:58:28	17:28 *	19:19 *	21:15	5:48 min/km
393	1931	Kessler Thomas	DEG Road Runner	0:58:04	1955 M60	16	0:58:27	19:07 *	19:02 *	19:54	5:48 min/km
394	2025	Bartels Guido	*Köln	0:58:07	1966 M50	45	1:00:13	19:50 *	18:56 *	19:21	5:49 min/km
395	2634	Morton David	*Köln	0:58:08	1982 M35	51	0:58:59	19:07 *	18:49 *	20:11	5:49 min/km
396	1394	Thiele Björn	*Köln	0:58:08	1975 M40	51	1:01:34	21:03 *	18:41 *	18:22	5:49 min/km
397	3006	Zander Hans-Dieter	*Köln	0:58:08	1983 M30	56	0:59:29	19:25 *	18:37 *	20:05	5:49 min/km
398	671	Hoppe Sven	*Köln	0:58:10	1973 M40	52	0:59:38	20:06 *	18:46 *	19:16	5:49 min/km
399	1739	Reuther Lennart	*Köln	0:58:13	1980 M35	52	1:03:26	20:54 *	19:28 *	17:49	5:49 min/km
400	2490	Jäger Maik	*Köln	0:58:19	1984 M30	57	1:03:43	19:51 *	19:14 *	19:13	5:50 min/km
401	1550	Pütz Werner	*Pulheim Stommeln	0:58:23	1954 M60	17	1:01:49	19:49 *	18:46 *	19:47	5:50 min/km
402	3025	Schmerling Holger	Tippkick Colonia	0:58:25	1974 M40	53	1:00:38	19:51 *	18:58 *	19:35	5:51 min/km
403	1869	Gößmann Rainer	*Köln	0:58:26	1973 M40	54	1:00:38	19:52 *	19:03 *	19:30	5:51 min/km
404	1334	Toennessen Christian	*Rommerskirchen	0:58:28	1986 M30	58	1:00:47	19:48 *	18:51 *	19:48	5:51 min/km
405	2750	Kirk Michael	TALANX AG	0:58:29	1971 M45	57	1:00:14	20:15 *	19:06 *	19:07	5:51 min/km
406	934	Müller Jens	*Köln	0:58:30	1973 M40	55	1:00:24	20:15 *	19:35 *	18:39	5:51 min/km
407	10	Schneider Christoph		0:58:30	1977 M40	56	1:03:57	20:01 *	19:00 *	19:28	5:51 min/km
408	1750	Pagers Sven	ESV Gremberghoven	0:58:31	1966 M50	46	1:01:53	19:38 *	18:44 *	20:08	5:51 min/km
409	2198	Meier Stephan	*Köln	0:58:32	1983 M30	59	0:58:41	19:03 *	19:15 *	20:14	5:51 min/km
410	2180	Bauer Jürgen	*Jüchen	0:58:36	1965 M50	47	1:03:41	19:31 *	19:04 *	20:01	5:52 min/km
411	3489	Klose Stefan	LG Donautus Erftstadt	0:58:36	1957 M60	18	1:01:06	19:14 *	18:54 *	20:27	5:52 min/km
412	233	Wolter Malte	*Hamburg	0:58:38	1987 M30	60	1:04:03	21:23 *	19:05 *	18:08	5:52 min/km
413	2969	Lachnit Richard	EWK-RUNNERS	0:58:38	1999 MU20	1	1:00:58	20:54 *	18:55 *	18:48	5:52 min/km
414	1894	Hanspach Armin	*Köln	0:58:39	1962 M55	22	0:59:21	20:06 *	19:19 *	19:13	5:52 min/km
415	2085	Pahde Thomas	Equipo San Nicolas	0:58:41	1971 M45	58	1:02:49	19:50 *	18:50 *	20:00	5:52 min/km
416	609	Minig Bruno	Rheinbrohler Schnecken	0:58:41	1955 M60	19	0:59:24	19:40 *	19:17 *	19:43	5:52 min/km
417	2725	Frein Burkhard	BSG KVB Köln	0:58:43	1959 M55	23	1:00:31	20:02 *	18:57 *	19:43	5:52 min/km
418	2791	Völler Claus	Villamove	0:58:49	1969 M45	59	1:02:41	20:09 *	19:18 *	19:21	5:53 min/km
419	2772	Simon Jan	Gothaer	0:58:49	1981 M35	53	1:01:53	19:41 *	19:30 *	19:37	5:53 min/km
420	3312	Tillmann Martin	Taem Radsport Breuer	0:58:52	1970 M45	60	0:59:30	21:29 *	18:01 *	19:22	5:53 min/km
421	2534	Müller Sebastian	*Köln	0:58:53	1987 M30	61	1:00:26	20:39 *	18:59 *	19:14	5:53 min/km
422	1643	Heineberg Frank	*Köln	0:58:54	1965 M50	48	1:01:30	19:45 *	19:40 *	19:28	5:53 min/km
423	1766	Paulus Frank	*Frechen	0:58:55	1982 M35	54	0:59:12	18:42 *	19:01 *	21:10	5:54 min/km
424	1312	Koch Dr. Stephan	*Remagen	0:58:57	1960 M55	24	1:00:12	19:39 *	19:00 *	20:17	5:54 min/km
425	1299	Werner Wolfgang	Beste Supadupa Familie	0:58:57	1960 M55	25	1:01:31	20:23 *	18:59 *	19:34	5:54 min/km
426	2775	Küven Jürgen	Gothaer	0:58:57	1969 M45	61	1:02:01	20:10 *	19:01 *	19:45	5:54 min/km
427	2299	Schmidt Michael	Köln Marathon Botschafter	0:58:58	1964 M50	49	1:03:51	22:21 *	18:55 *	17:41	5:54 min/km
428	29	Stolzis Sieger Bernd	TUS Brauweiler	0:58:59	1964 M50	50	1:03:08	20:18 *	19:24 *	19:16	5:54 min/km
429	650	Waloschek Thorsten	*Pulheim	0:59:00	1970 M45	62	1:01:55	20:31 *	19:20 *	19:08	5:54 min/km
430	1164	Quijano Siro	ASC Rosellen	0:59:00	1973 M40	57	1:04:11	20:44 *	19:09 *	19:06	5:54 min/km
431	3310	Globisch Kornel	DB RunningStars	0:59:05	1972 M45	63	1:03:56	20:42 *	20:00 *	18:22	5:55 min/km
432	2223	Pabst Marcus	*Beckeln	0:59:05	1967 M50	51	1:00:49	20:32 *	19:26 *	19:06	5:55 min/km
433	2717	Kraus Hans	BSG KVB Köln	0:59:08	1971 M45	64	1:01:17	20:21 *	19:17 *	19:29	5:55 min/km
434	1191	Hermann Udo	*Köln	0:59:10	1967 M50	52	1:03:56	20:40 *	19:09 *	19:20	5:55 min/km
435	1531	Zischkau Dirk	*Erftstadt	0:59:11	1976 M40	58	1:04:25	20:50 *	18:57 *	19:23	5:55 min/km
436	3366	Gennen Klaus		0:59:13	1962 M55	26	0:59:40	20:00 *	19:20 *	19:52	5:55 min/km
437	354	Hastler Mathias	BSG RheinEnergie	0:59:13	1977 M40	59	1:04:18	21:24 *	19:10 *	18:38	5:55 min/km
438	2575	Karoui Anis	*Baesweiler	0:59:14	1977 M40	60	0:59:50	22:05 *	20:28 *	16:40	5:55 min/km
439	2861	Spellsiek Marc	Läuft bei uns	0:59:15	1987 M30	62	1:04:03	18:03 *	19:19 *	21:52	5:56 min/km
440	3387	Sova Simon	Team Decathlon	0:59:16	1988 M20	81	0:59:59	18:19 *	19:03 *	21:54	5:56 min/km
441	2076	Kohnen Fabian	*Pulheim	0:59:17	2001 MU18	1	1:00:28	21:30 *	19:07 *	18:39	5:56 min/km
442	1970	Bruckwilder Hans Jörg	-	0:59:19	1955 M60	20	0:59:36	18:41 *	19:36 *	21:01	5:56 min/km
443	535	Braun Daniel	*Kerpen	0:59:20	1986 M30	63	1:03:40	20:31 *	19:00 *	19:47	5:56 min/km
444	3033	Romanus Klaus	ASV Köln	0:59:21	1951 M65	9	1:02:02	20:49 *	19:32 *	18:59	5:56 min/km
445	2496	Stemmler Nicolas	*Rommerskirchen	0:59:21	1987 M30	64	1:00:53	19:10 *	19:21 *	20:49	5:56 min/km



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446	2747	Lippegaus Marcel	Krüger Running Team	0:59:28	1987 M30	65	1:03:38	20:07 *	19:24 *	19:56	5:57 min/km
447	2681	Hess Bernd		0:59:28	1951 M65	10	1:01:57	20:35 *	19:00 *	19:52	5:57 min/km
448	3519	Braun Jasin	TUR Rode	0:59:30	2002 MU16	4	1:01:28	20:45 *	19:15 *	19:30	5:57 min/km
449	1145	Stolpmann Georg	VFL Borussia	0:59:31	1968 M45	65	1:03:00	19:16 *	21:44 *	18:30	5:57 min/km
450	2442	Schier Holger	*Köln	0:59:32	1976 M40	61	1:02:21	20:08 *	18:59 *	20:24	5:57 min/km
451	3014	Faltin Fabian	*Köln	0:59:32	1990 M20	82	1:01:50	20:16 *	19:17 *	19:59	5:57 min/km
452	3552	Stralla Michael		0:59:32	1980 M35	55	1:03:31	20:51 *	18:53 *	19:47	5:57 min/km
453	2902	Kolbensschlag Timo	*Köln	0:59:32	1991 M20	83	1:04:45	20:07 *	19:25 *	19:59	5:57 min/km
454	574	Wollenweber Olaf	Tri TEAM Fischeln	0:59:38	1968 M45	66	1:00:30	19:49 *	19:22 *	20:26	5:58 min/km
455	2602	Safari Ali	GFO - Josefshaus Olpe	0:59:38	1999 MU20	2	1:00:10	19:18 *	20:05 *	20:14	5:58 min/km
456	1498	Braun Thorsten	*Königswinter	0:59:41	1977 M40	62	1:02:29	20:48 *	19:33 *	19:18	5:58 min/km
457	1905	Famula David	Cool Runnings	0:59:42	1983 M30	66	1:01:39	19:51 *	19:18 *	20:32	5:58 min/km
458	3517	Santiago Garcia	Madrid	0:59:45	1972 M45	67	1:04:37	21:01 *	19:40 *	19:04	5:59 min/km
459	1264	Menne Peter	TuS Köln rrh. 1874 e.V.	0:59:47	1991 M20	84	1:00:33	19:47 *	19:30 *	20:30	5:59 min/km
460	2248	Sabel Frank	*Bergisch Gladbach	0:59:57	1967 M50	53	1:01:27	20:17 *	19:18 *	20:21	5:60 min/km
461	2877	Bednorz Phil the Beat	Naopt	1:00:00	1989 M20	85	1:04:05	20:27 *	19:29 *	20:02	6:00 min/km
462	2564	Bretschneider Frank	TVA Hürth	1:00:00	1976 M40	63	1:02:12	20:30 *	19:31 *	19:58	6:00 min/km
463	2660	Weck Jan Sebastian	born2run	1:00:01	1978 M35	56	1:02:30	21:11 *	18:24 *	20:25	6:00 min/km
464	882	Heidelberg Leon	*Jülich - Barmen	1:00:03	1996 M20	86	1:01:05	22:03 *	19:46 *	18:13	6:00 min/km
465	1360	Müller Janis	Marta-Hegemannschaft	1:00:05	1981 M35	57	1:02:32	21:09 *	19:32 *	19:23	6:01 min/km
466	2626	Kaiser Hannes	*Aachen	1:00:07	1995 M20	87	1:05:24	20:36 *	19:42 *	19:48	6:01 min/km
467	2596	Bojang Dawda	GFO - Josefshaus Olpe	1:00:09	2001 MU18	2	1:00:11	15:28 *	21:51 *	22:49	6:01 min/km
468	3437	Alger Joschi		1:00:14	1971 M45	68	1:01:51	20:32 *	19:30 *	20:11	6:01 min/km
469	1964	Schächinger Rainer	De Vadda	1:00:14	1957 M60	21	1:03:52	21:16 *	19:02 *	19:55	6:01 min/km
470	3438	Daniel Trommsdorff		1:00:15	1971 M45	69	1:01:52	20:33 *	19:30 *	20:12	6:02 min/km
471	2803	Efimenko Nikolay	*Köln	1:00:16	1985 M30	67	1:04:33	21:24 *	19:58 *	18:53	6:02 min/km
472	2286	Frohn Thomas	Barmherzige Sprinter	1:00:23	1980 M35	58	1:01:57	22:40 *	20:34 *	17:08	6:02 min/km
473	2375	Gutermann Dr. Gerd	*Bergisch Gladbach	1:00:26	1957 M60	22	1:05:29	20:55 *	19:02 *	20:28	6:03 min/km
474	614	Wagner Markus	*Köln	1:00:29	1973 M40	64	1:05:34	21:25 *	19:36 *	19:27	6:03 min/km
475	2349	Diesner Max	*Köln	1:00:31	1987 M30	68	1:01:57	22:46 *	20:36 *	17:08	6:03 min/km
476	2661	Esser Günter	born2run	1:00:34	1961 M55	27	1:03:02	20:35 *	19:49 *	20:08	6:03 min/km
477	945	Kaulisch Thomas	*Köln	1:00:34	1970 M45	70	1:03:13	19:58 *	20:32 *	20:02	6:03 min/km
478	1770	Tokarski Henry	*Kerpen	1:00:34	1981 M35	59	1:02:04	22:32 *	19:23 *	18:38	6:03 min/km
479	3240	Breuer Heiko	*Köln	1:00:36	1969 M45	71	1:01:42	21:59 *	19:38 *	18:58	6:04 min/km
480	3027	Rzesnik Thomas	Lokomotive Grunewald	1:00:36	1960 M55	28	1:01:42	21:59 *	19:38 *	18:58	6:04 min/km
481	3037	Strotmann Lars	*Köln	1:00:37	1976 M40	65	1:01:42	22:01 *	19:37 *	18:58	6:04 min/km
482	3159	Kandag Osman	XL Catlin	1:00:40	0 M20	88	1:04:04	21:16 *	20:18 *	19:04	6:04 min/km
483	2263	Lindner Sven	Speck&Run	1:00:42	1984 M30	69	1:04:59	23:06 *	20:59 *	16:36	6:04 min/km
484	3294	Stillig Jonathan	*Köln	1:00:42	2002 MU16	5	1:02:56	21:32 *	20:14 *	18:55	6:04 min/km
485	3409	Landefeld Frank	Kölle Alarm eV	1:00:43	1966 M50	54	1:02:02	22:15 *	20:06 *	18:20	6:04 min/km
486	2385	Plenge Tobias	*Köln	1:00:44	1980 M35	60	1:03:08	22:33 *	19:42 *	18:28	6:04 min/km
487	2973	Kleine-Kohlbrecher Guido	EWK-RUNNERS	1:00:45	1980 M35	61	1:03:05	21:53 *	19:41 *	19:09	6:05 min/km
488	3508	Beneckycinski Adam		1:00:47	1987 M30	70	1:03:06	21:54 *	19:42 *	19:10	6:05 min/km
489	1193	Schilling Leo	*Köln	1:00:48	1993 M20	89	1:01:33	19:42 *	19:44 *	21:20	6:05 min/km
490	2424	Bongartz Igor	*Köln	1:00:51	1993 M20	90	1:03:53	21:11 *	19:18 *	20:20	6:05 min/km
491	1675	Bongartz Ulrich Ignaz	*Hennef	1:00:51	1953 M60	23	1:03:53	21:11 *	19:20 *	20:20	6:05 min/km
492	1194	Schilling Klaus	*Köln	1:00:51	1964 M50	55	1:01:33	19:46 *	19:44 *	21:20	6:05 min/km
493	1659	Leonhardt Klaus	AS Düren 12	1:00:53	1953 M60	24	1:01:24	19:36 *	19:46 *	21:29	6:05 min/km
494	1660	Leonhardt Stephan	*Düren	1:00:53	1979 M35	62	1:01:24	19:36 *	19:46 *	21:29	6:05 min/km
495	2254	Wurda Werner	SC Fortuna Köln	1:00:57	1960 M55	29	1:06:27	20:30 *	20:00 *	20:26	6:06 min/km
496	3487	Lais Max	Flüshöh und Geyer	1:00:57	1988 M20	91	1:04:49	21:42 *	19:25 *	19:49	6:06 min/km
497	1697	Kiss Arian	*Rösrath	1:00:58	1998 MU20	3	1:04:38	21:31 *	20:27 *	18:59	6:06 min/km
498	2664	Neumann Fabian	Globetrotter	1:00:58	1992 M20	92	1:05:42	22:36 *	20:29 *	17:52	6:06 min/km
499	2716	Sulk Jan	BSG KVB Köln	1:01:05	1983 M30	71	1:02:45	20:41 *	19:38 *	20:44	6:07 min/km
500	2831	Schneider Stefan	MST Laufpoint	1:01:07	1971 M45	72	1:02:06	19:31 *	20:12 *	21:22	6:07 min/km
501	736	Müller Jochen	Die haarlosen Riesen	1:01:09	1979 M35	63	1:06:38	20:58 *	19:16 *	20:54	6:07 min/km

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502	542	Jonas Jörg	*Pulheim	1:01:17	1970 M45	73	1:02:34	21:35 *	19:36 *	20:04	6:08 min/km
503	1265	Stumpf Stephan	*Köln	1:01:18	1977 M40	66	1:05:14	21:14 *	19:40 *	20:23	6:08 min/km
504	830	Starrenburg Franz	Lauffreunde Lunke	1:01:20	1975 M40	67	1:03:35	21:16 *	19:40 *	20:23	6:08 min/km
505	1216	Von Carlowitz Carlo	*Köln-Brück	1:01:24	1963 M50	56	1:05:28	21:38 *	19:56 *	19:49	6:08 min/km
506	1918	Lennarz Joachim	*Köln	1:01:30	1975 M40	68	1:05:50	22:33 *	21:26 *	17:30	6:09 min/km
507	615	Küttner Tobias	*Köln	1:01:31	1967 M50	57	1:06:36	21:26 *	19:36 *	20:28	6:09 min/km
508	1695	Vianden Wolfgang	andare sport	1:01:32	1965 M50	58	1:05:11	19:42 *	20:18 *	21:31	6:09 min/km
509	2886	Brockmeier Dr. Matthias	*Köln	1:01:32	1958 M55	30	1:03:14	20:21 *	19:51 *	21:19	6:09 min/km
510	2450	Frädriich Yannick	KSG Köln	1:01:33	2001 MU18	3	1:04:27	19:51 *	19:47 *	21:54	6:09 min/km
511	1933	Thesen Daniel	*Koblenz	1:01:33	1989 M20	93	1:03:15	20:54 *	19:53 *	20:45	6:09 min/km
512	3502	Mobbs Mark		1:01:40	1974 M40	69	1:06:08	25:38 *	18:04 *	17:57	6:10 min/km
513	3443	Wintrich Daniel		1:01:42	1986 M30	72	1:02:49	21:38 *	20:19 *	19:45	6:10 min/km
514	1272	Zahren Marcus	*Köln	1:01:42	1969 M45	74	1:03:58	20:12 *	20:58 *	20:32	6:10 min/km
515	2509	Morawitz Robert	*Köln	1:01:45	1977 M40	70	1:04:44	20:24 *	20:28 *	20:52	6:11 min/km
516	3293	Kind Luis Ivan	*Stockum-Püschen	1:01:47	2006 MU12	6	1:03:26	21:19 *	19:54 *	20:34	6:11 min/km
517	1231	Scheibenbogen Markus	*Köln	1:01:50	1968 M45	75	1:06:40	22:34 *	20:37 *	18:38	6:11 min/km
518	635	Schulz Michael	Emder LG	1:01:51	1962 M55	31	1:03:31	21:34 *	19:51 *	20:25	6:11 min/km
519	1175	Prenveille Thomas	*Köln	1:01:52	1992 M20	94	1:02:44	21:01 *	20:12 *	20:38	6:11 min/km
520	2274	Piehl Matthias	*Köln	1:01:53	1972 M45	76	1:03:20	21:00 *	20:18 *	20:34	6:11 min/km
521	1705	Mies Alex	Draußenschnecker	1:01:55	1973 M40	71	1:03:34	21:19 *	19:53 *	20:42	6:12 min/km
522	2361	Poppe Karl-Heinz	Wanderfreunde Schoeppe	1:01:56	1959 M55	32	1:07:08	22:43 *	19:47 *	19:25	6:12 min/km
523	1996	Rühle Magnus	Run of Colours	1:01:56	1985 M30	73	1:02:50	21:50 *	20:19 *	19:46	6:12 min/km
524	1745	Küppler André	Rookies 2015 & Friends	1:01:57	1978 M35	64	1:06:35	21:18 *	20:13 *	20:25	6:12 min/km
525	3439	Müller Jens		1:01:58	1974 M40	72	1:03:26	22:04 *	19:33 *	20:20	6:12 min/km
526	2312	Hartung Jonas	Santa Lauf	1:02:00	1983 M30	74	1:04:38	22:00 *	19:56 *	20:02	6:12 min/km
527	2769	Raskin Berhard	Gothaer	1:02:02	1955 M60	25	1:05:04	20:14 *	20:27 *	21:21	6:12 min/km
528	1251	Hautzel Tom	Hawaiian Only	1:02:04	1971 M45	77	1:05:38	20:53 *	20:22 *	20:48	6:12 min/km
529	2023	Kalkbrenner Dietmar	*Pulheim	1:02:08	1969 M45	78	1:03:33	21:34 *	19:50 *	20:43	6:13 min/km
530	979	Boest Patrick	*Köln	1:02:12	1988 M20	95	1:07:29	22:26 *	21:21 *	18:24	6:13 min/km
531	1313	Eckey Wolfgang	*Köln	1:02:15	1963 M50	59	1:05:55	21:44 *	20:58 *	19:32	6:14 min/km
532	2483	Kamp Stefan	*Köln	1:02:15	1964 M50	60	1:05:56	21:45 *	20:58 *	19:32	6:14 min/km
533	972	Wickel Matthias	Wuppertal	1:02:16	1984 M30	75	1:03:07	21:23 *	19:53 *	21:00	6:14 min/km
534	1807	Holz Bernhard	*köln	1:02:17	1954 M60	26	1:06:29	21:52 *	20:14 *	20:10	6:14 min/km
535	810	Brungs Stefan	*Köln	1:02:18	1982 M35	65	1:05:32	21:06 *	20:10 *	21:01	6:14 min/km
536	2464	Schillings Otmar	*Inden	1:02:19	1968 M45	79	1:04:47	21:07 *	20:21 *	20:50	6:14 min/km
537	2754	Kaiser Otto	TALANX AG	1:02:24	1982 M35	66	1:04:08	21:34 *	20:29 *	20:20	6:14 min/km
538	2453	Vogt Jürgen	*Jülich	1:02:24	1967 M50	61	1:04:47	21:11 *	20:21 *	20:50	6:14 min/km
539	1443	Winkler Christian	*Köln	1:02:25	1983 M30	76	1:07:46	22:00 *	20:20 *	20:04	6:15 min/km
540	1744	Krahe Peter	Rookies 2015 & Friends	1:02:28	1982 M35	67	1:07:06	21:18 *	20:13 *	20:56	6:15 min/km
541	2724	Kirsten Dieter	BSG KVB Köln	1:02:30	1970 M45	80	1:04:17	21:17 *	19:44 *	21:28	6:15 min/km
542	2367	Emami Dariusch	*Köln	1:02:36	1961 M55	33	1:05:03	22:22 *	19:59 *	20:13	6:16 min/km
543	1243	Schmitz Gregor	*Köln	1:02:39	1969 M45	81	1:07:31	22:32 *	20:33 *	19:33	6:16 min/km
544	1749	Johnen Sebastian	*Köln	1:02:39	1993 M20	96	1:06:15	21:47 *	20:27 *	20:25	6:16 min/km
545	3194	Eisenbach Thomas	Kieser Training	1:02:39	1957 M60	27	1:03:11	19:55 *	20:45 *	21:58	6:16 min/km
546	2259	Renneke Patrick	The Rennekes	1:02:40	1987 M30	77	1:04:38	23:40 *	22:55 *	16:04	6:16 min/km
547	2539	Gerber Robert	*Köln	1:02:42	2008 MU10	1	1:07:09	20:47 *	18:55 *	22:59	6:16 min/km
548	3150	Gerganov Petko	XL Catlin	1:02:42	1988 M20	97	1:06:06	21:15 *	20:19 *	21:07	6:16 min/km
549	1365	Schnöger David	Murmeltiere	1:02:47	1968 M45	82	1:03:24	20:07 *	20:36 *	22:03	6:17 min/km
550	1830	Hiltemann Ulrich	FOGTEC RUNNERS	1:02:48	1960 M55	34	1:03:54	20:03 *	20:38 *	22:06	6:17 min/km
551	759	Engels Reiner	FOGTEC Runners	1:02:49	1969 M45	83	1:03:55	19:52 *	20:41 *	22:15	6:17 min/km
552	2607	Odabasyan Ayk	*Köln	1:02:54	1980 M35	68	1:03:06	20:09 *	21:45 *	20:59	6:17 min/km
553	2609	Ortner Wojciech	*Köln	1:02:54	1980 M35	69	1:03:06	20:09 *	21:45 *	20:59	6:17 min/km
554	2720	Wiesner Wolfgang	BSG KVB Köln	1:02:56	1971 M45	84	1:05:05	20:56 *	20:29 *	21:30	6:18 min/km
555	983	Bendrich Paul	*rommerskirchen	1:03:00	1982 M35	70	1:07:38	21:39 *	20:39 *	20:40	6:18 min/km
556	1765	Christmann Thomas	*Frechen-Königsdorf	1:03:05	1982 M35	71	1:03:22	19:47 *	21:21 *	21:56	6:19 min/km
557	2257	Dornauf Mario	*Bornheim	1:03:07	1971 M45	85	1:05:06	22:03 *	20:51 *	20:11	6:19 min/km

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558	2387	Steven Daniel	*Köln	1:03:08	1976 M40	73	1:03:08	24:58	* 19:41	* 18:27	6:19 min/km
559	2551	Stimke Johann	Bickenbacher Blitze	1:03:10	1956 M60	28	1:06:04	21:29	* 20:22	* 21:17	6:19 min/km
560	2403	Hermanns Paul	*Köln	1:03:11	1958 M55	35	1:06:10	21:04	* 20:16	* 21:51	6:19 min/km
561	2236	Mundorf Dominik	*Köln	1:03:11	1996 M20	98	1:05:41	22:18	* 20:44	* 20:09	6:19 min/km
562	1093	Kirsch Stefan	*Köln	1:03:14	1986 M30	78	1:05:27	21:57	* 20:41	* 20:36	6:19 min/km
563	3454	Kuklau Ole	TriCologne	1:03:16	1988 M20	99	1:08:11	22:27	* 20:39	* 20:09	6:20 min/km
564	3455	Unnewehr Jan-Frederick	SV Altencelle Tri	1:03:16	1989 M20	100	1:08:11	22:26	* 20:40	* 20:09	6:20 min/km
565	2405	Obermöller Dirk	TriCologne	1:03:17	1970 M45	86	1:08:12	22:27	* 20:40	* 20:09	6:20 min/km
566	2342	Diepenbruck Uli	TriCologne	1:03:18	1965 M50	62	1:08:12	22:28	* 20:41	* 20:08	6:20 min/km
567	3062	Dörken Christoph	TriCologne	1:03:18	1987 M30	79	1:08:10	22:30	* 20:41	* 20:07	6:20 min/km
568	310	Pereira Christian	Tricologne	1:03:19	1961 M55	36	1:08:10	22:29	* 20:37	* 20:11	6:20 min/km
569	1188	McNeil Erik	TriCologne	1:03:19	1973 M40	74	1:08:11	22:29	* 20:38	* 20:10	6:20 min/km
570	3441	Dietrich Carsten	Tricologne	1:03:19	1974 M40	75	1:08:12	22:28	* 20:42	* 20:08	6:20 min/km
571	2137	Schlömer Thomas	TriCologne e.V.	1:03:19	1960 M55	37	1:08:11	22:30	* 20:36	* 20:11	6:20 min/km
572	2359	Beermann Stephan	TriCologne e.V.	1:03:20	1976 M40	76	1:08:13	22:30	* 20:38	* 20:11	6:20 min/km
573	2166	Labsch Michel	TriCologne	1:03:20	1967 M50	63	1:08:10	22:30	* 20:39	* 20:09	6:20 min/km
574	1817	Eckert Josef	memler.de	1:03:24	1958 M55	38	1:05:49	22:09	* 20:28	* 20:46	6:20 min/km
575	2924	Dröge Christian	*Essen	1:03:24	1989 M20	101	1:04:38	20:41	* 20:46	* 21:56	6:20 min/km
576	2325	Twehues Markus	machet jut	1:03:25	1974 M40	77	1:08:42	22:25	* 21:07	* 19:52	6:21 min/km
577	2340	Meutgens Ralf	lindenthal-köln.de	1:03:26	1963 M50	64	1:04:25	20:42	* 20:45	* 21:57	6:21 min/km
578	1946	Lambertz Jörg	*Frechen	1:03:27	1972 M45	87	1:04:35	20:43	* 20:41	* 22:02	6:21 min/km
579	2365	Endres Alexander Paul	*Köln	1:03:29	1990 M20	102	1:08:27	22:22	* 20:43	* 20:23	6:21 min/km
580	2140	Antweiler Stefan	*Brühl	1:03:29	1982 M35	72	1:07:36	22:24	* 20:57	* 20:07	6:21 min/km
581	545	Duffek Thomas	*Hürth	1:03:29	1982 M35	73	1:07:37	22:25	* 20:46	* 20:18	6:21 min/km
582	2665	Ludwigs Matthias	Globetrotter	1:03:30	1986 M30	80	1:08:13	22:36	* 20:29	* 20:24	6:21 min/km
583	2663	Baier Dan	Globetrotter	1:03:31	1988 M20	103	1:08:14	22:37	* 20:29	* 20:24	6:21 min/km
584	530	Palzer Julian	*Nörvenich	1:03:31	1990 M20	104	1:07:47	21:39	* 20:40	* 21:11	6:21 min/km
585	1542	Llabrós Vidal Juan	*Santa Margalida	1:03:35	1974 M40	78	1:04:39	22:02	* 20:32	* 21:00	6:22 min/km
586	3536	Wilhelm Florian	Albis Lauftreff	1:03:39	1981 M35	74	1:07:43	22:43	* 20:29	* 20:26	6:22 min/km
587	2488	Kiss Paul	*Bergisch Gladbach	1:03:42	1965 M50	65	1:07:24	21:30	* 20:41	* 21:30	6:22 min/km
588	2797	Zander Roberto	*Köln	1:03:45	1982 M35	75	1:05:05	21:32	* 20:39	* 21:32	6:23 min/km
589	1608	Görgemanns Sebastian	*Jüchen	1:03:45	1990 M20	105	1:08:55	23:08	* 20:59	* 19:38	6:23 min/km
590	660	Stetzkowski Michael	*Köln	1:03:46	1972 M45	88	1:08:27	20:59	* 20:56	* 21:50	6:23 min/km
591	1647	Hofmann Sebastian	UPS	1:03:46	1981 M35	76	1:08:28	22:10	* 20:43	* 20:53	6:23 min/km
592	3181	Offermanns Robert	Kieser Training	1:03:51	1958 M55	39	1:07:38	22:16	* 20:24	* 21:10	6:23 min/km
593	2397	Rath Thomas	Restposten	1:03:54	1958 M55	40	1:05:13	21:44	* 21:48	* 20:21	6:23 min/km
594	2398	Zylla David	Restposten	1:03:54	1988 M20	106	1:05:13	21:45	* 21:48	* 20:21	6:23 min/km
595	2430	Lohmer Michael	*Frechen	1:03:56	1966 M50	66	1:06:01	23:00	* 21:17	* 19:38	6:24 min/km
596	3474	Klonowski Georg		1:03:56	1970 M45	89	1:06:01	23:00	* 21:17	* 19:38	6:24 min/km
597	1356	Reiff Jörg	*Köln	1:03:58	1974 M40	79	1:04:17	19:41	* 21:32	* 22:44	6:24 min/km
598	1181	Oschlisniok Janusz	*Köln	1:04:00	1980 M35	77	1:08:04	23:52	* 20:28	* 19:39	6:24 min/km
599	2347	Reimann Andreas	Barmherzige Sprinter	1:04:01	1993 M20	107	1:05:36	22:42	* 20:32	* 20:46	6:24 min/km
600	2484	Umansky Dr. Andrej	*Huerth	1:04:02	1983 M30	81	1:06:12	21:37	* 21:07	* 21:16	6:24 min/km
601	2497	Doré Norbert	*Köln	1:04:02	1961 M55	41	1:07:03	21:38	* 21:00	* 21:23	6:24 min/km
602	2648	Geier Harald	Post SG Kaiserslautern	1:04:03	1982 M35	78	1:07:09	21:04	* 20:50	* 22:08	6:24 min/km
603	3538	Molitas Walter		1:04:03	1955 M60	29	1:06:28	22:06	* 20:37	* 21:20	6:24 min/km
604	831	Heinke Roland	*Köln	1:04:07	1964 M50	67	1:07:28	21:22	* 20:54	* 21:49	6:25 min/km
605	1842	Junk Andreas	*Kerpen	1:04:07	1975 M40	80	1:04:07	21:42	* 20:27	* 21:57	6:25 min/km
606	3530	Wenzgol Sebastian		1:04:08	1991 M20	108	1:09:06	22:25	* 21:01	* 20:41	6:25 min/km
607	1635	Sender Thomas	Sparkasse KölnBonn	1:04:09	1976 M40	81	1:07:45	21:36	* 20:40	* 21:52	6:25 min/km
608	1897	Goczyla Sven-André	*Wuppertal	1:04:17	1990 M20	109	1:06:13	20:46	* 20:58	* 22:32	6:26 min/km
609	3051	Sommer Thomas	*Köln	1:04:18	1987 M30	82	1:06:37	22:12	* 20:30	* 21:35	6:26 min/km
610	2739	Senge Wolfgang	Krüger Running Team	1:04:19	1962 M55	42	1:08:29	22:26	* 21:02	* 20:50	6:26 min/km
611	3145	Hüber Ralf	*Neuss	1:04:20	1977 M40	82	1:07:35	22:52	* 20:32	* 20:56	6:26 min/km
612	3461	Schnier Tobias		1:04:26	1989 M20	110	1:09:49	22:56	* 21:05	* 20:24	6:27 min/km
613	3120	Steinz Lothar	Team Erdinger	1:04:27	1957 M60	30	1:07:58	22:29	* 21:33	* 20:24	6:27 min/km

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614	3137	Goy Philipp	*Köln	1:04:29	1982 M35	79	1:07:57	22:27 *	21:39 *	20:22	6:27 min/km
615	3034	Herman Jan	Team ERDINGER	1:04:29	1962 M55	43	1:07:57	22:26 *	21:39 *	20:23	6:27 min/km
616	3547	Blank Bernhard		1:04:31	1974 M40	83	1:09:40	22:39 *	20:33 *	21:18	6:27 min/km
617	2805	Odenthal Bastian	*Köln	1:04:32	1984 M30	83	1:08:52	23:04 *	20:59 *	20:29	6:27 min/km
618	1481	Reuter Lars	*Köln	1:04:47	2009 MU10	2	1:09:59	20:20 *	21:17 *	23:08	6:29 min/km
619	1085	Hartmann Christoph	*Zülpich	1:04:47	1971 M45	90	1:05:13	22:45 *	20:48 *	21:14	6:29 min/km
620	977	Morgenstern Frederik	*Köln	1:04:58	2004 MU14	5	1:08:05	23:19 *	22:12 *	19:26	6:30 min/km
621	589	Brinken Björn	Brinken Rechtsanwälte	1:05:00	1973 M40	84	1:10:14	22:35 *	20:52 *	21:33	6:30 min/km
622	3114	Salmingkeit Gregor	*Köln	1:05:03	1968 M45	91	1:06:16	21:36 *	21:14 *	22:12	6:30 min/km
623	1781	Becker Wolfgang	*Pulheim	1:05:05	1987 M30	84	1:05:40	20:12 *	21:12 *	23:40	6:31 min/km
624	1476	Arians Christoph	*Wachtendonk	1:05:05	1985 M30	85	1:08:48	22:30 *	21:16 *	21:18	6:31 min/km
625	3414	Kemper Michael		1:05:16	1967 M50	68	1:07:38	21:58 *	21:25 *	21:52	6:32 min/km
626	1281	Blumberg Bastian	Kein Verein/Team	1:05:17	1987 M30	86	1:06:29	23:35 *	23:04 *	18:38	6:32 min/km
627	1480	Reuter Nils	*Köln	1:05:20	2005 MU14	6	1:10:41	22:41 *	21:52 *	20:45	6:32 min/km
628	1479	Reuter Hannes	*Köln	1:05:20	1972 M45	92	1:10:42	22:42 *	21:52 *	20:46	6:32 min/km
629	1666	Prinz Volker	*Halver	1:05:24	1968 M45	93	1:09:13	22:17 *	21:29 *	21:37	6:32 min/km
630	1760	Thouet Philip	TVR	1:05:27	1989 M20	111	1:10:02	23:04 *	21:48 *	20:34	6:33 min/km
631	1767	Loke Joachim	Team HeidiHoka	1:05:27	1959 M55	44	1:08:37	21:40 *	21:11 *	22:35	6:33 min/km
632	1015	Schulz Robert	*Köln	1:05:28	1983 M30	87	1:07:18	21:00 *	20:58 *	23:28	6:33 min/km
633	2082	Latz Volker	*Köln	1:05:34	1975 M40	85	1:05:48	20:30 *	22:06 *	22:58	6:33 min/km
634	2326	Gauger Benjamin	machet jut	1:05:36	1981 M35	80	1:10:53	22:25 *	21:15 *	21:55	6:34 min/km
635	2327	Heinsch Stefan	machet jut	1:05:36	1978 M35	81	1:10:53	22:25 *	21:15 *	21:55	6:34 min/km
636	2940	Bormann Marco	*Köln	1:05:37	1990 M20	112	1:07:02	22:05 *	20:44 *	22:48	6:34 min/km
637	2192	Thomas Marcel	*Köln-Sürth	1:05:39	1993 M20	113	1:05:47	25:49 *	19:08 *	20:41	6:34 min/km
638	3434	Schaffernicht Steffen	Wanderfreunde Schöppe	1:05:39	1976 M40	86	1:10:52	22:43 *	20:51 *	22:04	6:34 min/km
639	776	Hoffmann Frank	*Koeln	1:05:46	1968 M45	94	1:08:42	22:12 *	21:06 *	22:26	6:35 min/km
640	997	Schäfer Dirk	*Köln	1:05:47	1967 M50	69	1:08:08	22:04 *	21:32 *	22:10	6:35 min/km
641	2164	Eberhard Karl	Nikolausäffchen	1:05:55	1963 M50	70	1:10:51	22:27 *	21:08 *	22:19	6:36 min/km
642	3516	Soemers Janis	Domsternchen	1:05:57	2008 MU10	3	1:09:07	22:27 *	23:08 *	20:21	6:36 min/km
643	2869	Eßer Marc Andre	run run run	1:05:57	1976 M40	87	1:11:19	23:02 *	21:23 *	21:31	6:36 min/km
644	2073	Großheim Markus	*Troisdorf	1:05:59	1966 M50	71	1:07:36	21:43 *	21:33 *	22:42	6:36 min/km
645	1428	Ecker Marvin	*Köln	1:06:00	1992 M20	114	1:08:51	23:05 *	21:57 *	20:56	6:36 min/km
646	3515	Soemers Jens	Domsternchen	1:06:02	1974 M40	88	1:09:13	22:27 *	23:08 *	20:27	6:36 min/km
647	1601	Lübeck Marc	*Köln	1:06:05	1979 M35	82	1:11:10	22:49 *	21:36 *	21:40	6:37 min/km
648	1668	Baruth Frank	*Würselen	1:06:16	1960 M55	45	1:06:25	23:29 *	21:18 *	21:28	6:38 min/km
649	1322	Schmitz Ingo	*Esslingen	1:06:18	1971 M45	95	1:07:35	22:58 *	21:25 *	21:54	6:38 min/km
650	2432	Best Steffen	*Hürth	1:06:18	1978 M35	83	1:11:46	21:58 *	21:21 *	22:58	6:38 min/km
651	2493	Jansen Andi	Lokomotive Laktat	1:06:19	1985 M30	88	1:08:25	22:50 *	21:46 *	21:42	6:38 min/km
652	817	Moritz Rudolf	*Köln	1:06:27	1965 M50	72	1:11:18	21:44 *	22:01 *	22:41	6:39 min/km
653	1039	Hennes Markus	Glas Hennes GmbH	1:06:29	1970 M45	96	1:10:08	22:27 *	21:23 *	22:38	6:39 min/km
654	3283	Alba Boris	*Welz	1:06:30	1978 M35	84	1:11:18	22:19 *	21:36 *	22:34	6:39 min/km
655	1645	Kristensen Jacob	UPS	1:06:30	1977 M40	89	1:11:18	22:17 *	21:36 *	22:35	6:39 min/km
656	2388	Vanruymbeke Patrick	*Köln	1:06:30	1969 M45	97	1:08:52	22:35 *	20:12 *	23:42	6:39 min/km
657	1638	Pieck Frank	UPS	1:06:32	1967 M50	73	1:11:18	22:20 *	21:36 *	22:35	6:39 min/km
658	3090	Zech Malte	Unger Uns e.V.	1:06:32	1970 M45	98	1:07:21	23:22 *	21:22 *	21:48	6:39 min/km
659	1026	Grallert Daniel	Unger Uns	1:06:32	1972 M45	99	1:07:21	22:44 *	21:59 *	21:49	6:39 min/km
660	2668	Theis Jörg	WWL	1:06:33	1969 M45	100	1:08:41	23:04 *	22:03 *	21:25	6:39 min/km
661	2669	Lieth Christoph	WWL	1:06:33	1968 M45	101	1:08:41	23:05 *	22:04 *	21:23	6:39 min/km
662	1205	Friedrichs Harald	Unger Uns e.V.	1:06:35	1973 M40	90	1:07:21	22:46 *	21:56 *	21:52	6:40 min/km
663	2258	Potratz-Heller Steffen	Barmherzige Sprinter	1:06:37	1980 M35	85	1:08:03	22:49 *	21:45 *	22:03	6:40 min/km
664	507	Wessel Stefan	Outdoor Gym	1:06:38	1967 M50	74	1:10:27	22:00 *	21:58 *	22:39	6:40 min/km
665	1612	Gimmler Volker	SSK Kerpen	1:06:39	1975 M40	91	1:07:59	22:15 *	21:13 *	23:10	6:40 min/km
666	1875	Schäkel Rainer	RUN4FUN	1:06:39	1991 M20	115	1:11:02	23:11 *	21:40 *	21:46	6:40 min/km
667	2360	Waßer Peter	WagWasKes	1:06:46	1959 M55	46	1:09:57	22:32 *	22:01 *	22:12	6:41 min/km
668	2614	Becher Stephan	Kies Becher	1:06:49	1977 M40	92	1:09:57	22:18 *	21:57 *	22:32	6:41 min/km
669	2894	Brandt Detlev	Scuderia Südstadt	1:06:49	1962 M55	47	1:10:28	21:09 *	22:04 *	23:34	6:41 min/km

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670	888	Hadzik Julian	Die Boleks	1:06:51	1988 M20	116	1:10:50	23:15 *	21:46 *	21:48	6:41 min/km
671	3080	Schmidt Volker	Gothaer	1:06:52	1968 M45	102	1:09:53	22:14 *	21:45 *	22:52	6:41 min/km
672	2428	Rantze Nick	*Köln	1:06:57	2006 MU12	7	1:08:30	22:47 *	23:00 *	21:09	6:42 min/km
673	887	Danisch Adam	Die Boleks	1:07:03	1960 M55	48	1:11:02	23:15 *	21:48 *	21:59	6:42 min/km
674	816	Möschter René	Durchlaufende Posten	1:07:08	1985 M30	89	1:10:53	23:28 *	22:49 *	20:49	6:43 min/km
675	2613	Becher Phil	Kies Becher	1:07:11	1986 M30	90	1:10:20	16:42 *	15:35 *	34:53	6:43 min/km
676	2186	Kallenberg Albert	*Hürth	1:07:19	1946 M70	1	1:12:49	23:17 *	21:46 *	22:16	6:44 min/km
677	2401	Kiel Jonathan	*Köln	1:07:23	2006 MU12	8	1:11:05	21:34 *	21:01 *	24:47	6:44 min/km
678	1512	Uepping Ralph	Fohlen-Lauftreff-Breisig	1:07:23	1976 M40	93	1:10:11	23:22 *	21:36 *	22:24	6:44 min/km
679	529	Halm Dirk	*Langenfeld	1:07:27	1967 M50	75	1:09:04	22:11 *	21:54 *	23:21	6:45 min/km
680	1650	Omar Sabry	UPS	1:07:29	1976 M40	94	1:12:14	22:31 *	22:16 *	22:40	6:45 min/km
681	2261	Tiede Thomas	*Köln	1:07:35	1988 M20	117	1:09:32	23:39 *	23:05 *	20:50	6:46 min/km
682	2024	Strittmatter Stefan	PSV Köln	1:07:35	1985 M30	91	1:09:32	23:39 *	23:15 *	20:40	6:46 min/km
683	677	Paulus Michael	Eintracht Eule	1:07:40	1985 M30	92	1:12:11	22:40 *	21:42 *	23:18	6:46 min/km
684	1876	Sanfleber Leon	RUN4FUN	1:07:43	1997 M20	118	1:12:06	23:12 *	21:52 *	22:38	6:46 min/km
685	1878	Sanfleber Bernd	RUN4FUN	1:07:43	1960 M55	49	1:12:07	23:11 *	21:53 *	22:38	6:46 min/km
686	1007	Van Daele Marvin	*Köln	1:07:45	1992 M20	119	1:08:41	23:23 *	22:55 *	21:26	6:47 min/km
687	1008	Van Daele Sven	*Meinerzhagen	1:07:45	1965 M50	76	1:08:42	23:22 *	22:55 *	21:27	6:47 min/km
688	1926	Quarg Jonas	*Köln	1:07:46	2000 MU18	4	1:12:31	25:51 *	25:09 *	16:45	6:47 min/km
689	3070	Küsgen Marc	Lauftreff Widdersdorf	1:07:47	1968 M45	103	1:11:25	24:48 *	22:08 *	20:50	6:47 min/km
690	1510	Schulze Christian	*Köln	1:07:51	1976 M40	95	1:10:36	22:15 *	22:11 *	23:23	6:47 min/km
691	1639	Birke Marek	UPS	1:07:51	1964 M50	77	1:12:35	22:34 *	22:15 *	23:01	6:47 min/km
692	1651	Lieschke Mathias	UPS	1:07:55	1986 M30	93	1:12:40	22:33 *	22:14 *	23:07	6:48 min/km
693	1274	Schwabe Michael	*Dormagen	1:08:03	1969 M45	104	1:13:19	22:57 *	22:00 *	23:06	6:48 min/km
694	2841	Sanchez Manuel	*Köln	1:08:08	1963 M50	78	1:09:30	21:22 *	22:17 *	24:28	6:49 min/km
695	2980	Stolz Bastian	*Alfter	1:08:09	2010 MU10	4	1:08:27	22:11 *	23:06 *	22:50	6:49 min/km
696	2979	Stolz Nico	Alfterer SC	1:08:09	1979 M35	86	1:08:28	22:11 *	23:06 *	22:51	6:49 min/km
697	2616	Koban Helge	Happy Running Family	1:08:10	1978 M35	87	1:09:03	24:49 *	20:25 *	22:55	6:49 min/km
698	1418	Jagodzinsky Thomas	*Pulheim	1:08:15	1979 M35	88	1:08:19	21:53 *	21:57 *	24:23	6:50 min/km
699	2639	Borm Wolfgang	ERGO sports Köln	1:08:18	1954 M60	31	1:10:13	23:10 *	21:58 *	23:09	6:50 min/km
700	1857	Heiming Andreas	*Köln	1:08:20	1990 M20	120	1:10:06	23:19 *	22:20 *	22:39	6:50 min/km
701	868	Schmitz Alexander	Schmitz-Fitness	1:08:23	1979 M35	89	1:10:35	24:36 *	25:05 *	18:41	6:50 min/km
702	1867	Müller Rainer	*Bergisch Gladbach	1:08:27	1971 M45	105	1:11:20	23:39 *	21:59 *	22:48	6:51 min/km
703	1899	Farci Valerio	*Leverkusen	1:08:29	1985 M30	94	1:08:57	22:34 *	23:35 *	22:19	6:51 min/km
704	820	Agoston Karoly	*Köln	1:08:37	1983 M30	95	1:11:42	23:19 *	22:25 *	22:51	6:52 min/km
705	474	Schnabel Ronald	Generali Betriebssport	1:08:41	1954 M60	32	1:13:52	23:32 *	22:45 *	22:23	6:52 min/km
706	2293	Rochler Sven	*Alfter	1:08:42	1978 M35	90	1:11:18	23:12 *	23:01 *	22:29	6:52 min/km
707	1482	Schyboll Markus	*Königstein	1:08:42	1971 M45	106	1:13:55	23:18 *	23:36 *	21:47	6:52 min/km
708	1485	Schyboll Philipp	*Königstein	1:08:43	2007 MU12	9	1:13:54	23:19 *	23:37 *	21:46	6:52 min/km
709	3021	Wehnert-Servé Lukas	*Köln	1:08:48	1993 M20	121	1:11:51	23:27 *	22:29 *	22:52	6:53 min/km
710	3020	Wehnert Matthias	*Köln	1:08:49	1961 M55	50	1:11:52	23:27 *	22:29 *	22:52	6:53 min/km
711	1172	Metzmacher Karlheinz	*Pulheim	1:08:50	1947 M70	2	1:12:15	21:43 *	22:35 *	24:31	6:53 min/km
712	549	Kremser Philipp	*Köln	1:08:54	1981 M35	91	1:12:23	23:21 *	23:05 *	22:28	6:53 min/km
713	1816	Nachsel Achim	*Köln	1:09:01	1955 M60	33	1:12:21	22:25 *	22:36 *	23:59	6:54 min/km
714	1952	Schütt Sven	*Köln	1:09:03	1983 M30	96	1:13:30	23:09 *	22:12 *	23:41	6:54 min/km
715	1104	Ibald Marcus	Roadrunners	1:09:04	1968 M45	107	1:11:25	22:42 *	22:04 *	24:16	6:54 min/km
716	1080	Adams Thomas	*Leverkusen	1:09:05	1968 M45	108	1:11:26	22:43 *	22:04 *	24:17	6:55 min/km
717	3525	Wirtz Daniel	Kölle Alarm e.V.	1:09:05	1987 M30	97	1:10:25	23:11 *	22:15 *	23:37	6:55 min/km
718	523	Berf Wilfried	*Köln	1:09:10	1959 M55	51	1:10:24	23:11 *	22:52 *	23:06	6:55 min/km
719	1409	Becker Claus	equipeBecker.03	1:09:29	1949 M65	11	1:14:35	23:32 *	23:16 *	22:40	6:57 min/km
720	2897	Birk Volker	uniquetraining	1:09:37	1949 M65	12	1:15:03	23:37 *	22:55 *	23:04	6:58 min/km
721	2474	Huhn Oliver	ADVANX	1:09:39	1967 M50	79	1:13:48	24:02 *	22:01 *	23:35	6:58 min/km
722	1813	Müller Axel	*Köln	1:09:56	1986 M30	98	1:12:07	23:49 *	23:15 *	22:51	6:60 min/km
723	3187	Müllerjans Dieter	Kieser Training	1:09:57	1961 M55	52	1:13:54	23:13 *	22:40 *	24:04	6:60 min/km
724	1013	Wojtalla Fabian	*Köln	1:10:00	1989 M20	122	1:11:50	23:21 *	23:31 *	23:06	7:00 min/km
725	2328	Martin Timo	Santas Reindeers	1:10:00	1988 M20	123	1:14:58	23:31 *	23:03 *	23:24	7:00 min/km

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726	607	Schulz Christian	...und tschüss!	1:10:14	1981 M35	92	1:12:50	22:25 *	22:55 *	24:52	7:01 min/km
727	1201	Neuhaus Stefan	*Köln	1:10:14	1977 M40	96	1:13:48	24:49 *	22:39 *	22:45	7:01 min/km
728	1880	Van Dinter Michael	TV Orken	1:10:23	1974 M40	97	1:15:13	24:31 *	26:15 *	19:36	7:02 min/km
729	943	Melms Peter	*Köln	1:10:24	1974 M40	98	1:13:38	28:37 *	20:04 *	21:42	7:02 min/km
730	2063	Rubertus Sebastian	*Hürth	1:10:25	1978 M35	93	1:13:55	24:21 *	23:08 *	22:54	7:03 min/km
731	1170	Ständer Gerhard	Lauftreff Fühlinger See	1:10:45	1950 M65	13	1:10:54	20:42 *	22:51 *	27:12	7:05 min/km
732	1755	Weisenbach Gregor	*Köln	1:10:47	2007 MU12	10	1:13:47	23:34 *	24:16 *	22:56	7:05 min/km
733	2269	Meins Heiko	*Wuppertal	1:10:53	1969 M45	109	1:12:55	22:43 *	23:29 *	24:39	7:05 min/km
734	2300	Van de Beeck Jürgen	*Köln	1:10:57	1963 M50	80	1:13:28	23:55 *	23:13 *	23:48	7:06 min/km
735	1116	Hensen Axel	*Köln - Weiler	1:11:07	1976 M40	99	1:14:55	27:53 *	20:17 *	22:56	7:07 min/km
736	3499	Poole Jeremy		1:11:10	1963 M50	81	1:13:41	23:19 *	23:14 *	24:35	7:07 min/km
737	1119	Thomczyk Karl Heinz	*Köln	1:11:13	1948 M65	14	1:14:59	23:22 *	23:03 *	24:48	7:07 min/km
738	1686	Kirschner Erich	born 2 run	1:11:19	1941 M75	2	1:13:45	22:32 *	23:05 *	25:42	7:08 min/km
739	3133	Siep Alexander	Die flinken Flitzer	1:11:23	1969 M45	110	1:12:58	23:07 *	23:48 *	24:27	7:08 min/km
740	2770	Ommer Udo	Gothaer	1:11:26	1960 M55	53	1:14:31	24:03 *	23:27 *	23:55	7:09 min/km
741	1472	Weilburg Dr. Walter	*Köln	1:11:26	1952 M65	15	1:15:40	23:54 *	23:19 *	24:12	7:09 min/km
742	1130	Kümmel Klaus	KKV Unger Uns	1:11:44	1989 M20	124	1:12:28	23:26 *	23:49 *	24:28	7:10 min/km
743	3435	Kaspar Laaser	*Köln	1:11:54	1994 M20	125	1:13:27	25:30 *	24:51 *	21:33	7:11 min/km
744	2996	Laaser Florian	*Köln	1:11:55	2004 MU14	7	1:13:28	25:29 *	24:51 *	21:34	7:12 min/km
745	2185	Sehringer Thomas	*Köln	1:11:56	1960 M55	54	1:13:34	24:26 *	23:41 *	23:47	7:12 min/km
746	2061	Schaaf-Reimann Dieter	*Köln	1:11:56	1955 M60	34	1:13:34	24:25 *	23:42 *	23:48	7:12 min/km
747	1925	Matzerath Stefan	*Bergisch Gladbach	1:12:03	1972 M45	111	1:14:07	24:11 *	23:08 *	24:42	7:12 min/km
748	2064	Kussek Guido	Kiersper Lauftreff	1:12:04	1966 M50	82	1:16:02	23:57 *	23:25 *	24:41	7:12 min/km
749	3201	Hinnerks Jens	zarinfar GmbH	1:12:05	1967 M50	83	1:12:24	22:52 *	24:15 *	24:57	7:13 min/km
750	3093	Pruett Casey	EAC Running Club	1:12:13	1968 M45	112	1:16:43	24:14 *	23:37 *	24:21	7:13 min/km
751	461	Cowley Dr. Aidan	EAC Running Club	1:12:13	1981 M35	94	1:16:44	24:14 *	23:37 *	24:21	7:13 min/km
752	1758	Goldbach Horst	*Stolberg	1:12:29	1952 M65	16	1:15:29	23:33 *	24:17 *	24:38	7:15 min/km
753	2952	Kämereit Peter	*Essen	1:12:41	1961 M55	55	1:17:16	24:42 *	22:44 *	25:15	7:16 min/km
754	2715	Neubürger Jürgen	BSG KVB Köln	1:12:43	1961 M55	56	1:13:04	23:29 *	23:45 *	25:28	7:16 min/km
755	2436	Baum Jakob	*Köln	1:12:46	1960 M55	57	1:12:59	22:00 *	23:49 *	26:56	7:17 min/km
756	3211	Weber Norbert	Kieser Training	1:13:00	1944 M70	3	1:16:27	23:51 *	24:32 *	24:37	7:18 min/km
757	3317	Symms Nigel	*Köln	1:13:12	1966 M50	84	1:14:55	23:27 *	25:03 *	24:40	7:19 min/km
758	3316	Evans John	*Köln	1:13:12	1967 M50	85	1:14:55	23:27 *	24:01 *	25:43	7:19 min/km
759	1167	Wirges Christian	*Voerde	1:13:23	1988 M20	126	1:14:22	23:10 *	24:24 *	25:48	7:20 min/km
760	1662	Feilscher Arne	RunNYC2019	1:13:41	1984 M30	99	1:16:27	24:31 *	24:32 *	24:36	7:22 min/km
761	1676	Zöllner Eric	RunNYC2019	1:13:41	1984 M30	100	1:16:27	24:32 *	24:32 *	24:36	7:22 min/km
762	1809	Diederichs Martin	FOGTEC Runners	1:14:07	1976 M40	100	1:15:13	23:19 *	24:49 *	25:58	7:25 min/km
763	2244	Breithaupt Joachim	*Köln	1:14:08	1968 M45	113	1:17:53	24:20 *	23:52 *	25:54	7:25 min/km
764	2130	Schröder Alexander	*Köln	1:14:10	1974 M40	101	1:19:39	25:30 *	24:20 *	24:20	7:25 min/km
765	1920	Krawczyk Matthias	*Gütersloh	1:14:31	1992 M20	127	1:16:13	24:01 *	24:26 *	26:03	7:27 min/km
766	1776	Birkenfeld Roland	Los gehts	1:14:37	1969 M45	114	1:16:14	24:59 *	25:48 *	23:49	7:28 min/km
767	47	Gossen Markus	*Euskirchen	1:15:11	1979 M35	95	1:17:44	25:57 *	23:58 *	25:15	7:31 min/km
768	909	Kuzmanov Ivan	*Köln	1:15:25	1980 M35	96	1:17:02	24:07 *	24:48 *	26:30	7:33 min/km
769	3154	Mete Yusuf	XL Catlin	1:15:58	1969 M45	115	1:19:28	24:29 *	25:46 *	25:42	7:36 min/km
770	3156	Mete Oskar	XL Catlin	1:15:59	2004 MU14	8	1:19:29	24:29 *	25:46 *	25:42	7:36 min/km
771	1062	Flammang Andreas	*Köln	1:16:01	1993 M20	128	1:16:57	23:49 *	25:16 *	26:54	7:36 min/km
772	3089	Schell Henri	*Köln	1:16:29	2008 MU10	5	1:20:06	24:50 *	25:07 *	26:31	7:39 min/km
773	3088	Schell Dr. Benedikt	*Köln	1:16:29	1969 M45	116	1:20:06	24:50 *	25:07 *	26:31	7:39 min/km
774	733	Suda Bernhard	Aussies	1:16:46	1953 M60	35	1:18:31	25:34 *	24:14 *	26:57	7:41 min/km
775	2535	Schöffmann Dieter	*Köln	1:17:29	1953 M60	36	1:20:11	26:33 *	25:04 *	25:52	7:45 min/km
776	627	Zymny Lars	Santas reindeer	1:18:27	1992 M20	129	1:23:25	23:41 *	25:44 *	29:01	7:51 min/km
777	2381	Rösner Karl-Ernst	*Gruiten	1:18:31	1938 M75	3	1:19:29	25:58 *	25:48 *	26:44	7:51 min/km
778	2590	Monius Niklas	GFO - Josefshaus Olpe	1:18:56	2005 MU14	9	1:19:12	19:46 *	31:45 *	27:24	7:54 min/km
779	2621	Schischmanow Timon	*Siegburg	1:20:48	2011 MU10	6	1:26:08	28:24 *	25:18 *	27:04	8:05 min/km
780	2179	Walter Sascha	*Köln	1:28:37	1975 M40	102	1:33:09	24:37 *	39:09 *	24:50	8:52 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	751	Purschke Frauke	*Köln	0:43:45	1982 W35	1	0:44:53	14:38 * 14:07 * 14:59	4:23 min/km
2	2468	Schafhausen Anne	SSF Bonn Triathlon	0:44:21	1987 W30	1	0:44:41	15:09 * 14:11 * 15:00	4:26 min/km
3	2242	Opitz Pia	*Köln	0:45:30	1998 WU20	1	0:47:09	17:09 * 13:51 * 14:28	4:33 min/km
4	2309	Domnik Kirsten	MACH3 / Scuderia	0:45:39	1988 W20	1	0:45:59	15:11 * 14:50 * 15:37	4:34 min/km
5	2798	Post Carina	LAZ Iserlohn	0:46:59	1997 W20	2	0:47:03	14:41 * 15:47 * 16:31	4:42 min/km
6	2143	Normann Helena	PUSHENSY	0:47:04	2004 WU14	1	0:47:10	15:09 * 15:22 * 16:32	4:42 min/km
7	3058	Butterbach Michelle	*Köln-Junkersdorf	0:47:06	1997 W20	3	0:47:21	15:19 * 15:12 * 16:34	4:43 min/km
8	2291	Schöttle Hannah	*Köln	0:47:06	1998 WU20	2	0:47:22	15:21 * 15:10 * 16:35	4:43 min/km
9	674	Kern Lara	Lets Metabolize	0:47:52	1989 W20	4	0:47:52	15:24 * 15:57 * 16:30	4:47 min/km
10	673	Cremer Anna Lena	Lets Metabolize	0:47:52	1990 W20	5	0:47:53	15:23 * 15:57 * 16:31	4:47 min/km
11	1233	Schwiede Isabella	*Köln	0:48:08	1985 W30	2	0:48:25	16:08 * 15:53 * 16:06	4:49 min/km
12	2957	Abels Franziska	Mach3 Köln e.V.	0:48:19	1988 W20	6	0:48:23	16:15 * 16:00 * 16:03	4:50 min/km
13	3233	Hölscher Hannah-Carine	*Köln	0:48:25	1986 W30	3	0:49:11	16:14 * 15:48 * 16:22	4:51 min/km
14	740	Hohlbein Maika	*Köln	0:48:27	1989 W20	7	0:49:56	16:06 * 15:50 * 16:30	4:51 min/km
15	1832	Jansen Verena	LT DSHS Köln	0:48:30	1991 W20	8	0:48:44	15:52 * 15:52 * 16:45	4:51 min/km
16	296	Mattausch Neele	*Köln	0:49:01	1987 W30	4	0:49:23	16:07 * 16:21 * 16:32	4:54 min/km
17	2652	Porniece Kumar Marta	Lets Metabolize	0:49:12	1993 W20	9	0:49:13	15:24 * 16:22 * 17:25	4:55 min/km
18	3068	Bunge Caroline	*Euskirchen	0:49:14	1979 W35	2	0:49:22	16:09 * 15:55 * 17:09	4:55 min/km
19	3155	Mete Nicole	XL Catlin	0:49:23	1971 W45	1	0:49:25	15:40 * 16:19 * 17:22	4:56 min/km
20	1979	Fraser Shona	*Koeln	0:49:38	1985 W30	5	0:50:30	16:42 * 16:13 * 16:42	4:58 min/km
21	2083	Schürmann Dr. Annika	Läuft Bei Uns	0:49:45	1986 W30	6	0:53:09	17:04 * 15:53 * 16:47	4:59 min/km
22	2523	Frieler Sonja	Albis Laufftreff	0:49:48	1990 W20	10	0:50:02	16:37 * 16:04 * 17:07	4:59 min/km
23	3255	Hejl Franziska	ALBIS Laufftreff	0:49:48	1983 W30	7	0:50:02	16:37 * 16:07 * 17:04	4:59 min/km
24	2039	Knelleken Michelle	*Solingen	0:49:53	1997 W20	11	0:49:58	16:15 * 16:18 * 17:19	4:59 min/km
25	2333	Koch Lisanne	*Köln	0:50:00	1994 W20	12	0:50:12	16:04 * 16:06 * 17:50	5:00 min/km
26	2079	Cramer Stephanie	Worringer Zähne Running	0:50:05	1967 W50	1	0:50:06	16:23 * 16:22 * 17:19	5:01 min/km
27	3098	Nicht Maja	*Köln	0:50:14	1972 W45	2	0:51:44	16:20 * 16:45 * 17:09	5:01 min/km
28	2368	Jäger Anna	*Köln	0:50:17	1997 W20	13	0:50:23	16:16 * 16:35 * 17:25	5:02 min/km
29	548	Frohn Sandra	Laufen gegen Leiden	0:50:19	1982 W35	3	0:50:38	16:49 * 16:26 * 17:03	5:02 min/km
30	969	Kelterbaum Christiane	*Frechen	0:50:22	1986 W30	8	0:50:38	16:27 * 16:47 * 17:07	5:02 min/km
31	3074	Färvers Johanna	*Köln	0:50:23	1998 WU20	3	0:50:24	15:27 * 16:48 * 18:07	5:02 min/km
32	2888	Schäffer Greta	*Köln	0:50:25	1992 W20	14	0:52:06	18:27 * 15:55 * 16:03	5:03 min/km
33	3513	Brandt Jasmin	Original Bootcamp	0:50:28	1990 W20	15	0:50:50	16:04 * 16:33 * 17:50	5:03 min/km
34	2278	Pörsch Eva	TV Rodenkirchen	0:50:33	1963 W50	2	0:50:53	16:29 * 16:26 * 17:37	5:03 min/km
35	3141	Söntgerath Birgit	*Köln	0:50:35	1972 W45	3	0:50:54	16:29 * 16:40 * 17:25	5:04 min/km
36	1405	Benz Annika	Wendehammer	0:50:35	2006 WU12	1	0:53:06	17:47 * 16:19 * 16:29	5:04 min/km
37	2102	Kellerhoff Lena	*Köln	0:50:45	1999 WU20	4	0:50:51	16:16 * 16:36 * 17:52	5:05 min/km
38	1556	Neven Sarah	*Köln	0:50:49	1986 W30	9	0:51:05	17:43 * 16:36 * 16:29	5:05 min/km
39	2846	Haas Ruth	Bunert - Der Kölner	0:51:02	1968 W45	4	0:53:42	17:40 * 16:31 * 16:50	5:06 min/km
40	1489	Düster Rabea	*Hürth	0:51:06	1996 W20	16	0:52:21	17:44 * 16:21 * 16:59	5:07 min/km
41	3171	Kallbach Finia	LT DSHS Köln	0:51:07	2005 WU14	2	0:51:41	17:50 * 16:11 * 17:04	5:07 min/km
42	3044	Cales Liane	*Brandenbourg	0:51:12	1965 W50	3	0:51:18	16:28 * 16:26 * 18:17	5:07 min/km
43	3022	Zimmer Cathy	*Köln	0:51:12	1998 WU20	5	0:51:19	16:28 * 16:26 * 18:17	5:07 min/km
44	2255	Böttger Viktoria	*Düsseldorf	0:51:15	1980 W35	4	0:55:32	17:18 * 16:27 * 17:29	5:08 min/km
45	1927	Waßerka Ina	*Köln	0:51:26	1974 W40	1	0:53:51	16:50 * 17:00 * 17:35	5:09 min/km
46	1378	Stasiowski Eva	*Köln	0:51:31	1985 W30	10	0:54:54	18:03 * 16:20 * 17:07	5:09 min/km
47	2636	Prieto Curbelo Celia	*Köln	0:51:32	1987 W30	11	0:53:44	17:41 * 16:40 * 17:10	5:09 min/km
48	3024	Pasche Christina	*Köln	0:51:32	1977 W40	2	0:52:22	17:37 * 16:35 * 17:19	5:09 min/km
49	780	Wagner Eva	*Köln	0:51:36	1986 W30	12	0:52:25	18:35 * 16:28 * 16:32	5:10 min/km
50	1588	Wolff Sandra	*Köln	0:51:40	1970 W45	5	0:56:13	17:38 * 16:32 * 17:30	5:10 min/km
51	3149	Hamrin Nicaise Charlotte	TALANX AG	0:51:42	1982 W35	5	0:51:58	16:29 * 17:13 * 17:59	5:10 min/km
52	2051	Fröhlingsdorf Inga	*Bergisch Gladbach	0:51:42	1996 W20	17	0:51:58	17:18 * 17:01 * 17:22	5:10 min/km
53	688	Petersmann Daniela	*Köln	0:51:50	1987 W30	13	0:56:25	18:52 * 16:38 * 16:18	5:11 min/km

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54	2202	Drusenheimer Nadja	*Düsseldorf	0:51:51	1979 W35	6	0:57:05	17:38 *	16:47 *	17:26	5:11 min/km
55	503	Peterka Kristin	Team Outdoor Gym	0:51:52	1983 W30	14	0:54:26	17:35 *	16:46 *	17:31	5:11 min/km
56	2241	Nitsche Hannah	*Haan	0:51:57	1998 WU20	6	0:53:39	17:54 *	16:53 *	17:08	5:12 min/km
57	1981	Domeier Svenja	Laufmamalauf	0:51:57	1977 W40	3	0:54:18	18:01 *	16:30 *	17:25	5:12 min/km
58	2279	Trzensik Alexandra	MTG-Mannheim	0:51:58	1996 W20	18	0:53:39	17:50 *	16:58 *	17:08	5:12 min/km
59	1667	Häcker Lea	*Köln	0:51:58	1994 W20	19	0:52:28	18:37 *	16:14 *	17:06	5:12 min/km
60	221	Tausch Dr. Yvonne	*Tübingen	0:51:59	1986 W30	15	0:53:16	17:30 *	16:57 *	17:31	5:12 min/km
61	1246	Adolphs Michaela	Cologne Running Crew	0:51:59	1976 W40	4	0:53:25	17:30 *	16:51 *	17:37	5:12 min/km
62	2920	Bohn Anna	*Köln	0:52:00	1996 W20	20	0:54:55	17:15 *	17:04 *	17:39	5:12 min/km
63	2875	Van den Bergh Anna	*Schwalmtal	0:52:00	1997 W20	21	0:52:15	17:17 *	17:00 *	17:42	5:12 min/km
64	2804	Goldschmidt Anna	*Langenfeld	0:52:00	1997 W20	22	0:52:15	17:17 *	17:00 *	17:42	5:12 min/km
65	1566	Wächter Anna Patricia	*Eitorf	0:52:02	1998 WU20	7	0:52:18	17:17 *	17:01 *	17:44	5:12 min/km
66	3220	Schmidt Sophia	Team Decathlon	0:52:04	1997 W20	23	0:54:57	17:18 *	17:05 *	17:40	5:12 min/km
67	2194	Schirmer Sky	*Kerpen	0:52:11	1996 W20	24	0:54:50	17:57 *	16:47 *	17:26	5:13 min/km
68	1183	Fenners Susanne	Brauweiler	0:52:12	1969 W45	6	0:52:15	16:31 *	17:17 *	18:23	5:13 min/km
69	1850	Stett Susanna	*Köln	0:52:16	1988 W20	25	0:52:18	16:59 *	16:58 *	18:18	5:14 min/km
70	2882	Drewes Carolin	*Köln	0:52:34	1996 W20	26	0:52:48	16:33 *	17:41 *	18:19	5:15 min/km
71	2010	Bergfort Stephanie	*Hürth	0:52:35	1975 W40	5	0:57:35	18:07 *	17:18 *	17:08	5:16 min/km
72	812	Achenbach Sandra	ISI-Runner	0:52:37	1975 W40	6	0:52:57	17:05 *	17:23 *	18:08	5:16 min/km
73	3087	Leipert Sabine	ASV Köln	0:52:40	1973 W40	7	0:57:48	17:48 *	17:03 *	17:48	5:16 min/km
74	1433	Höfeler Fritzi	AngelsRun	0:52:45	1985 W30	16	0:55:02	17:10 *	16:55 *	18:40	5:17 min/km
75	3060	Faust Birte	*Eitelborn	0:52:53	1995 W20	27	0:52:59	18:00 *	18:42 *	16:11	5:17 min/km
76	2354	Kruse Anna	*Köln	0:52:54	1982 W35	7	0:53:20	17:29 *	17:27 *	17:56	5:17 min/km
77	2843	Hirschhäuser Eva	Bunert - Der Kölner	0:52:55	1996 W20	28	0:53:23	17:43 *	17:51 *	17:20	5:18 min/km
78	2363	Börner Leonie	*Hürth	0:52:58	1998 WU20	8	0:55:33	17:47 *	16:59 *	18:11	5:18 min/km
79	3096	Handzhiyska Nasya	EAC Running Club	0:53:01	1992 W20	29	0:57:33	18:55 *	17:58 *	16:07	5:18 min/km
80	2213	Grüb Nina	*Weilerswist	0:53:04	1997 W20	30	0:55:01	18:18 *	17:15 *	17:29	5:18 min/km
81	680	Welsch Elke	*Köln-Sülz	0:53:05	1976 W40	8	0:53:17	16:41 *	17:32 *	18:51	5:19 min/km
82	2612	Detzer Isabel	*Hürth	0:53:07	1982 W35	8	0:55:41	19:05 *	17:17 *	16:44	5:19 min/km
83	1993	Haack Julia	*Hürth	0:53:15	1989 W20	31	0:53:54	18:19 *	17:22 *	17:32	5:20 min/km
84	3170	Schwetlick Lena	LT DSHS Köln	0:53:15	2005 WU14	3	0:53:49	17:55 *	17:27 *	17:52	5:20 min/km
85	2962	Wangler Hanna	andare sport	0:53:19	1993 W20	32	0:56:58	18:12 *	17:22 *	17:44	5:20 min/km
86	499	Kern Annika	Team Decathlon	0:53:25	1995 W20	33	0:54:05	18:05 *	17:30 *	17:49	5:20 min/km
87	2889	Krumbholz Helen	*Köln	0:53:25	1991 W20	34	0:55:05	18:37 *	17:13 *	17:34	5:21 min/km
88	926	Semer Jennifer	*Düsseldorf	0:53:26	1979 W35	9	0:53:42	17:26 *	18:29 *	17:30	5:21 min/km
89	3309	Dohle Simone	*Köln	0:53:30	1981 W35	10	0:54:29	17:35 *	17:31 *	18:24	5:21 min/km
90	3103	Bernases Silvia	*Pulheim	0:53:32	1978 W35	11	0:53:36	16:38 *	17:19 *	19:34	5:21 min/km
91	3055	Lindzus Michaela	*Köln	0:53:34	1968 W45	7	0:53:53	17:52 *	17:17 *	18:24	5:21 min/km
92	3054	Lindzus Linda	*Köln	0:53:35	2001 WU18	1	0:53:53	17:54 *	17:17 *	18:23	5:22 min/km
93	2128	Hahndorf Susanne	ASV Köln	0:53:37	1968 W45	8	0:54:09	18:03 *	17:16 *	18:16	5:22 min/km
94	2132	Zschocke Clara	*Köln	0:53:46	1990 W20	35	0:59:09	19:05 *	17:39 *	17:02	5:23 min/km
95	2118	Michalowski Claudia	*Zürich	0:53:49	1972 W45	9	0:54:18	18:05 *	17:27 *	18:16	5:23 min/km
96	2240	Chakir Leila	*Köln	0:53:49	1998 WU20	9	0:55:33	17:47 *	17:50 *	18:11	5:23 min/km
97	2243	Bunn Maren	*Krefeld	0:53:49	1997 W20	36	0:55:33	17:52 *	17:45 *	18:11	5:23 min/km
98	1380	Fleischer Eva	*Köln	0:53:52	1991 W20	37	0:56:00	19:02 *	17:31 *	17:18	5:23 min/km
99	1379	Haller Nina	*Köln	0:53:52	1994 W20	38	0:56:00	19:03 *	17:31 *	17:18	5:23 min/km
100	1779	Bude Sarah	*Rosenfeld	0:53:54	1981 W35	12	0:58:42	19:39 *	17:16 *	16:58	5:23 min/km
101	2264	Lehnert Theresa	*Köln	0:53:54	1998 WU20	10	0:55:33	17:52 *	17:50 *	18:11	5:23 min/km
102	2116	Winter Cordelia	TUS Brauweiler	0:54:00	1969 W45	10	0:56:55	19:02 *	17:25 *	17:32	5:24 min/km
103	3243	König Stefanie	Osterather TV	0:54:03	1968 W45	11	0:55:58	18:05 *	17:25 *	18:32	5:24 min/km
104	2338	Junghänel Angelika	*Hennef	0:54:03	1969 W45	12	0:54:20	17:27 *	17:39 *	18:56	5:24 min/km
105	1615	Goebels Simone	Roadrunner Köln	0:54:07	1971 W45	13	0:57:33	19:34 *	17:21 *	17:11	5:25 min/km
106	758	Perings Sarah	*Köln	0:54:13	1991 W20	39	0:54:18	16:56 *	18:19 *	18:57	5:25 min/km
107	3302	Ritter Bettina	*Rösrath	0:54:14	1969 W45	14	0:56:11	18:45 *	17:16 *	18:12	5:25 min/km
108	2581	Viethen Katrin	Düren 99	0:54:20	1966 W50	4	0:57:00	18:39 *	17:27 *	18:13	5:26 min/km
109	1461	Helfer Leonie	Marta-Hegemannschaft	0:54:22	1997 W20	40	0:56:44	17:55 *	16:55 *	19:31	5:26 min/km



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110	98	Ihlenfeld Anika	*Köln	0:54:29	1993 W20	41	0:54:31	18:31 *	18:19 *	17:37	5:27 min/km
111	3281	Pannenbecker Fadia	*Pulheim	0:54:30	1984 W30	17	0:56:15	18:24 *	17:42 *	18:22	5:27 min/km
112	891	Cürten Rita	Dunckerkiel Running Team	0:54:35	1973 W40	9	0:54:39	17:26 *	17:45 *	19:23	5:28 min/km
113	1670	Nicolina Janine	*Amersfoort	0:54:37	1983 W30	18	0:55:03	18:13 *	17:48 *	18:35	5:28 min/km
114	2414	Kraft Julia	*Kerpen	0:54:42	1998 WU20	11	0:54:57	17:36 *	17:56 *	19:09	5:28 min/km
115	2021	Metzler Lena	*Köln	0:54:42	1988 W20	42	0:55:01	18:32 *	17:47 *	18:22	5:28 min/km
116	2836	Kaulisch Marion	MST Laufpoint	0:54:46	1967 W50	5	0:55:43	18:52 *	17:47 *	18:06	5:29 min/km
117	2858	Brüderer Katja	*Pulheim	0:54:52	1972 W45	15	0:58:16	18:52 *	17:46 *	18:13	5:29 min/km
118	1814	Pierunek Nadine	*Ketpen	0:54:53	1967 W50	6	0:55:45	18:57 *	17:47 *	18:08	5:29 min/km
119	1346	Intelmann Lisa	*Köln	0:54:57	1997 W20	43	0:55:12	16:32 *	18:53 *	19:31	5:30 min/km
120	754	Mellis Anna	*Köln	0:54:57	1991 W20	44	0:54:59	17:37 *	18:09 *	19:10	5:30 min/km
121	3195	Klein Yvonne	Kieser Training	0:54:58	1984 W30	19	0:55:32	18:12 *	18:15 *	18:30	5:30 min/km
122	2691	Schmitz Britta	Köln läuft!	0:55:02	1963 W50	7	0:55:32	18:32 *	18:00 *	18:28	5:30 min/km
123	2855	Wessel Kristina	ENTSPANNUNGSENGEL	0:55:03	1980 W35	13	0:55:11	17:26 *	18:15 *	19:22	5:30 min/km
124	2926	Tischendorf Tamara	*Köln	0:55:04	1974 W40	10	0:56:56	18:07 *	17:54 *	19:02	5:30 min/km
125	1495	Münzel Andrea	*Köln	0:55:05	1967 W50	8	0:55:41	18:16 *	17:46 *	19:02	5:31 min/km
126	2959	Breitenbach Melanie	TV Witzhelden	0:55:05	1982 W35	14	0:59:40	18:31 *	17:35 *	18:58	5:31 min/km
127	1831	Ostendorf Meike	*Herne	0:55:05	1994 W20	45	0:58:44	20:24 *	17:21 *	17:19	5:31 min/km
128	1361	Gerdes Sabine	MTV Köln / RunAways	0:55:09	1966 W50	9	0:57:03	19:05 *	17:45 *	18:18	5:31 min/km
129	1580	Körner Lioba	*Köln	0:55:09	1992 W20	46	0:55:19	18:44 *	17:35 *	18:49	5:31 min/km
130	1820	Riley Laura	*Köln	0:55:09	1989 W20	47	0:55:59	18:01 *	17:54 *	19:13	5:31 min/km
131	1936	Wanstrath Christina	*Köln	0:55:11	1981 W35	15	0:58:09	19:38 *	17:54 *	17:37	5:31 min/km
132	1033	Gebauer Wiebke	Die Gebauers	0:55:14	1984 W30	20	0:58:15	19:33 *	18:03 *	17:36	5:31 min/km
133	1474	Braun Sarah	Brownies	0:55:14	1977 W40	11	0:57:39	19:36 *	17:39 *	17:59	5:31 min/km
134	1156	Munz-König Eva	*Köln	0:55:14	1967 W50	10	0:56:41	18:15 *	18:04 *	18:55	5:31 min/km
135	2292	Kubis Saskia	*Köln	0:55:16	1983 W30	21	0:57:51	19:40 *	17:49 *	17:47	5:32 min/km
136	2139	Ahrens Lea	*Bornheim	0:55:16	2000 WU18	2	0:56:29	18:31 *	17:59 *	18:45	5:32 min/km
137	3018	Czoske Brigitte	Hakim Bagy	0:55:17	1975 W40	12	0:55:49	18:52 *	17:54 *	18:31	5:32 min/km
138	1368	Jebens Tanja	*Leverkusen	0:55:18	1979 W35	16	0:55:44	17:55 *	18:06 *	19:16	5:32 min/km
139	2332	Philipp Anne	*Köln	0:55:19	1991 W20	48	0:58:13	19:01 *	17:56 *	18:21	5:32 min/km
140	2890	Lang Sabine	TV 1848 Schwabach	0:55:19	1973 W40	13	0:56:31	18:57 *	17:51 *	18:30	5:32 min/km
141	2334	Sobczak Pia	*Köln	0:55:19	1992 W20	49	0:58:13	19:01 *	17:56 *	18:21	5:32 min/km
142	1671	Hillringhaus Nora	central-team.de	0:55:25	1989 W20	50	0:57:13	20:10 *	17:56 *	17:18	5:33 min/km
143	1149	Nolte Franziska	TVW	0:55:28	1994 W20	51	0:56:37	18:09 *	18:12 *	19:06	5:33 min/km
144	1150	Gärtner Ilona	TvW	0:55:29	1994 W20	52	0:56:37	18:10 *	18:12 *	19:06	5:33 min/km
145	1383	Gildemeister Nora	*Köln	0:55:30	1994 W20	53	0:59:27	18:48 *	17:56 *	18:45	5:33 min/km
146	1706	Berninger Katharina	*Köln	0:55:31	1987 W30	22	0:56:12	17:59 *	18:01 *	19:30	5:33 min/km
147	3238	Sobieray Miriam	*Köln	0:55:32	1986 W30	23	0:58:01	19:44 *	17:47 *	18:00	5:33 min/km
148	1888	Blankenburg Annika	*Lehrte	0:55:36	1999 WU20	12	0:58:11	19:13 *	17:57 *	18:25	5:34 min/km
149	2810	Nowak Alysha	*Köln	0:55:36	1997 W20	54	0:58:12	18:15 *	18:00 *	19:19	5:34 min/km
150	2808	Jensen Julia	*Köln	0:55:37	1999 WU20	13	0:58:13	18:15 *	18:00 *	19:21	5:34 min/km
151	1146	Gustedt Franziska	*Köln	0:55:37	1991 W20	55	0:59:00	17:27 *	18:17 *	19:53	5:34 min/km
152	714	Doré Larissa	*Aachen	0:55:42	1989 W20	56	0:58:42	18:30 *	18:21 *	18:50	5:34 min/km
153	902	Ewert Heike	*Köln	0:55:46	1986 W30	24	0:55:59	19:52 *	17:48 *	18:06	5:35 min/km
154	1068	Chrabol Malgorzata	*Köln	0:55:49	1973 W40	14	0:56:30	18:35 *	18:09 *	19:04	5:35 min/km
155	962	Blaschke Sabrina	*Essen	0:55:51	1995 W20	57	0:56:58	18:11 *	18:10 *	19:28	5:35 min/km
156	2999	Pfannstiel Ariane	TriCologne	0:55:54	1978 W35	17	1:00:42	20:26 *	17:32 *	17:55	5:35 min/km
157	775	Crans Alissa	*Bonn	0:56:02	1967 W50	11	1:00:01	20:25 *	18:24 *	17:12	5:36 min/km
158	2519	Hentze Marion	*Grevenbroich	0:56:05	1983 W30	25	0:56:54	19:08 *	18:10 *	18:46	5:37 min/km
159	3291	Zander-Walz Mira	Hopp auf!	0:56:07	1984 W30	26	1:01:31	19:49 *	18:08 *	18:08	5:37 min/km
160	1594	Vankerkom Katharina	Draussen fit	0:56:07	1991 W20	58	0:57:07	19:59 *	17:28 *	18:40	5:37 min/km
160	3299	Hartdke Annika	Hopp auf!	0:56:07	1986 W30	27	1:01:31	19:49 *	18:08 *	18:08	5:37 min/km
162	2177	Merkenich Daniela	*Köln	0:56:07	1983 W30	28	0:57:07	19:58 *	17:28 *	18:40	5:37 min/km
163	1942	Kröninger Lena	*Köln	0:56:09	1988 W20	59	0:56:26	18:41 *	18:13 *	19:14	5:37 min/km
164	3209	Van der Meer Susanne	Kieser Training	0:56:10	1971 W45	16	0:58:28	19:52 *	17:44 *	18:32	5:37 min/km
165	788	Wetzel Neele	*Köln	0:56:19	2001 WU18	3	0:59:00	18:22 *	18:03 *	19:54	5:38 min/km

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166	2408	Scheidweiler Sandra	*Köln	0:56:20	1989 W20	60	0:56:40	18:36 *	18:14 *	19:29	5:38 min/km
167	2129	Schumacher Tina	*Köln	0:56:25	1980 W35	18	0:56:51	18:47 *	18:42 *	18:55	5:39 min/km
168	2167	Stamm Christiane	*Köln	0:56:25	1990 W20	61	0:59:16	20:08 *	17:57 *	18:19	5:39 min/km
169	1991	Kremer Sabine	outdoorgym köln	0:56:25	1977 W40	15	0:58:59	18:41 *	18:24 *	19:20	5:39 min/km
170	1239	Beck Kira	Die rollenden Rennmäuse	0:56:29	1994 W20	62	0:56:35	18:17 *	18:54 *	19:17	5:39 min/km
171	862	Will Anne	*Pulheim	0:56:32	1981 W35	19	0:59:55	20:07 *	17:55 *	18:29	5:39 min/km
172	959	Stacker Susanne	*Kerpen	0:56:33	1979 W35	20	0:57:34	18:32 *	18:18 *	19:41	5:39 min/km
173	1838	Becker Marina	*Erfstadt	0:56:34	1985 W30	29	1:01:51	20:09 *	18:30 *	17:54	5:39 min/km
174	925	Löhrer Christina	*Düren	0:56:35	1982 W35	21	0:56:51	17:26 *	18:29 *	20:39	5:40 min/km
175	761	Heuing Katharina	*Köln	0:56:38	1986 W30	30	0:57:25	19:25 *	18:53 *	18:18	5:40 min/km
176	1732	Schmitt Lara	*Ruppichteroth	0:56:40	1989 W20	63	1:01:32	19:15 *	18:24 *	19:00	5:40 min/km
177	2182	Bauer Hannah-Marie	*Köln	0:56:41	1997 W20	64	1:01:43	20:36 *	18:52 *	17:12	5:40 min/km
178	2181	Schroers Dr. Andrea	*Köln	0:56:41	1984 W30	31	1:01:43	20:35 *	18:52 *	17:12	5:40 min/km
179	1591	Lorenzo Olmos Maria	*Nippes	0:56:43	1993 W20	65	0:57:12	19:26 *	19:03 *	18:13	5:40 min/km
180	2092	Giesen-Vorwald Stefanie	Gehzeitenläufer	0:56:46	1973 W40	16	0:57:19	19:29 *	18:20 *	18:55	5:41 min/km
181	2062	Knötgen Nadine	Gehzeitenläufer	0:56:47	1976 W40	17	0:57:19	19:31 *	18:20 *	18:55	5:41 min/km
182	3056	Heller Elke	*Frechen	0:56:48	1967 W50	12	0:57:34	18:09 *	18:34 *	20:04	5:41 min/km
183	1288	Schwarzenberg Anja	*Köln	0:56:48	1971 W45	17	0:56:52	18:28 *	18:51 *	19:28	5:41 min/km
184	2080	Röcher Christiane	*Bergheim	0:56:49	1973 W40	18	0:57:21	19:31 *	18:20 *	18:57	5:41 min/km
185	2527	Van Stegen Ruth	Rheinfeuer	0:56:50	1984 W30	32	0:57:39	18:36 *	18:39 *	19:34	5:41 min/km
186	1128	Rupp Silvia	*Köln	0:56:51	1979 W35	22	0:57:53	19:05 *	18:26 *	19:20	5:41 min/km
187	1063	Ehrich Vanessa	Mach3 e.V.	0:56:56	1985 W30	33	0:57:17	18:26 *	18:42 *	19:47	5:42 min/km
188	1469	Berger Jessica	tomato crew	0:57:00	1993 W20	66	0:59:12	19:02 *	18:46 *	19:11	5:42 min/km
189	936	Lehmann Anke	LV Stommeln	0:57:03	1971 W45	18	1:01:35	20:00 *	18:27 *	18:35	5:42 min/km
190	965	Eschmann Gabriele	LV-Stommeln	0:57:03	1970 W45	19	1:01:35	20:00 *	18:25 *	18:36	5:42 min/km
191	1901	Böhmer Christina	*Köln	0:57:03	1991 W20	67	0:57:26	19:09 *	18:38 *	19:15	5:42 min/km
192	2095	Kuhn Michelle	*Rösrath	0:57:04	1978 W35	23	0:59:52	20:48 *	18:24 *	17:50	5:42 min/km
193	1298	Huppertz Silke	TV Hoffnungsthal	0:57:04	1975 W40	19	0:59:53	20:49 *	18:25 *	17:50	5:42 min/km
194	1390	Schütz Eva	*Köln	0:57:05	1969 W45	20	0:59:14	19:35 *	18:25 *	19:05	5:43 min/km
195	1852	Böhlert Sabine	*Brühl	0:57:06	1981 W35	24	0:59:30	19:55 *	18:34 *	18:36	5:43 min/km
196	2567	Cole Melanie	Fitnessclub Körperwelt	0:57:09	1970 W45	21	1:00:45	18:29 *	18:55 *	19:44	5:43 min/km
197	1761	Schnitzler Patricia	LLG 80 Nordpark Köln	0:57:13	1959 W55	1	0:57:31	18:50 *	18:48 *	19:34	5:43 min/km
198	819	Franke Joana	*Köln	0:57:14	1984 W30	34	0:57:20	18:21 *	19:25 *	19:27	5:43 min/km
199	2748	Vigelius Anne	Krüger Running Team	0:57:18	1991 W20	68	1:01:28	18:43 *	18:31 *	20:02	5:44 min/km
200	2835	Schäfer Christel	MST Laufpoint	0:57:20	1959 W55	2	0:58:18	18:56 *	18:41 *	19:41	5:44 min/km
201	741	Naumann Melanie	FOGTEC RUNNERS	0:57:21	1975 W40	20	0:57:28	18:22 *	19:09 *	19:48	5:44 min/km
202	3180	Kiel Gabi	Kieser Training	0:57:25	1968 W45	22	0:57:29	19:08 *	18:56 *	19:21	5:45 min/km
203	3003	Hauff Carola	ISI-Runner	0:57:31	1968 W45	23	0:57:49	18:56 *	18:52 *	19:41	5:45 min/km
204	605	Kühn Anja	*Sankt Augustin	0:57:32	1977 W40	21	1:02:00	19:41 *	18:37 *	19:12	5:45 min/km
205	2809	Virnich Corinna	AFUH	0:57:35	1984 W30	35	0:59:51	19:41 *	19:10 *	18:43	5:46 min/km
206	2690	Podobinski Stephanie	Köln läuft!	0:57:38	1971 W45	24	1:02:00	18:35 *	19:00 *	20:02	5:46 min/km
207	1430	Deutz Anna Lena	Fortuna Köln	0:57:38	2003 WU16	1	1:01:07	20:09 *	18:25 *	19:03	5:46 min/km
208	2847	Hubrach Julia	Laufen gegen Leiden	0:57:43	1981 W35	25	0:59:02	19:51 *	18:23 *	19:28	5:46 min/km
209	2168	Peters Frauke	*Köln	0:57:43	1983 W30	36	1:00:33	20:09 *	18:10 *	19:24	5:46 min/km
210	1362	Gerdes Anika	MTV Köln / RunAways	0:57:46	1992 W20	69	0:59:39	19:15 *	18:54 *	19:36	5:47 min/km
211	2467	Aceto Fenicia	*Köln	0:57:50	1994 W20	70	0:58:19	19:26 *	19:02 *	19:21	5:47 min/km
212	2460	Thees Babsi	MSV Köln	0:57:52	1978 W35	26	1:02:48	20:25 *	18:38 *	18:47	5:47 min/km
213	769	Stadie Katharina	*Köln	0:57:59	1985 W30	37	0:58:46	19:26 *	18:53 *	19:38	5:48 min/km
214	3282	Schmidt Stefanie	*Köln	0:58:00	1984 W30	38	0:59:04	19:53 *	18:21 *	19:45	5:48 min/km
215	3520	Mertin Alin	Team Spätaufsteher	0:58:01	1985 W30	39	1:00:15	20:35 *	18:54 *	18:32	5:48 min/km
216	3521	Tischner Christin	Team Spätaufsteher	0:58:05	1981 W35	27	1:00:19	20:35 *	18:54 *	18:35	5:49 min/km
217	1713	Dorr Anke	*Köln	0:58:07	1978 W35	28	0:58:58	19:07 *	18:44 *	20:14	5:49 min/km
218	2646	Dietz Elvira	ERGO sports Köln	0:58:11	1967 W50	13	0:58:45	19:40 *	18:46 *	19:44	5:49 min/km
219	2653	Pluta Rabea	*52428	0:58:11	1993 W20	71	0:59:41	17:58 *	18:49 *	21:24	5:49 min/km
220	2452	Schlomberg Annabel	*Köln	0:58:19	1985 W30	40	1:03:43	19:51 *	19:14 *	19:13	5:50 min/km
221	2896	Lammerich-Pioch Claudia	CYT Team	0:58:21	1964 W50	14	1:01:52	20:32 *	18:42 *	19:07	5:50 min/km

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222	3078	Teller Cornelia	Dauerlaufschule Köln	0:58:21	1951 W65	1	1:01:03	19:39 *	18:59 *	19:42	5:50 min/km
223	2698	Gruse Sandra	BSG RheinEnergie	0:58:25	1967 W50	15	1:01:38	19:48 *	18:50 *	19:46	5:51 min/km
224	568	Fuhlbrügge Sandra	*Niederzier	0:58:26	1972 W45	25	0:59:18	19:31 *	19:00 *	19:53	5:51 min/km
225	2199	Kallhoff Jessica	*Köln	0:58:33	1983 W30	41	0:58:42	19:03 *	19:15 *	20:13	5:51 min/km
226	2911	Daneluzzi Francesca	ISI-RUNNER	0:58:33	1975 W40	22	0:59:45	19:47 *	18:52 *	19:54	5:51 min/km
227	1689	Kühnen Maria	Veni Vidi Colonia	0:58:34	1962 W55	3	1:04:04	20:07 *	18:51 *	19:35	5:51 min/km
228	3144	Pieczkolan Aleks	*Köln	0:58:34	1980 W35	29	1:01:27	19:13 *	19:39 *	19:42	5:51 min/km
229	1034	Gebauer Corinna	*Köln	0:58:35	1987 W30	42	1:01:36	19:34 *	19:05 *	19:55	5:52 min/km
230	3142	Eckardt Lisa	*Köln	0:58:36	1985 W30	43	1:04:01	21:22 *	19:07 *	18:06	5:52 min/km
231	209	Thasler Janine	*Langenfeld	0:58:36	1984 W30	44	1:01:06	19:19 *	18:49 *	20:27	5:52 min/km
232	3512	Semmler Anne		0:58:39	1967 W50	16	0:59:21	20:06 *	19:18 *	19:13	5:52 min/km
233	2086	Pahde Sierra Clara	Equipo San Nicolas	0:58:40	2004 WU14	4	1:02:48	19:49 *	18:49 *	20:00	5:52 min/km
234	611	Kneis Anke	Rheinbrohler Schnecken	0:58:41	1968 W45	26	0:59:24	19:40 *	19:17 *	19:43	5:52 min/km
235	2692	Wipperfürth-Braun	Köln läuft!	0:58:41	1980 W35	30	1:00:00	19:34 *	19:13 *	19:53	5:52 min/km
236	2627	Scheffczyk Mara	*Wiesenbach	0:58:47	1992 W20	72	1:04:04	20:16 *	19:08 *	19:22	5:53 min/km
237	1579	Körner Daria	*Köln	0:58:49	1995 W20	73	0:58:59	18:48 *	19:26 *	20:35	5:53 min/km
238	2178	Bauer Ulrike	*Jüchen	0:58:49	1972 W45	27	1:03:55	19:31 *	19:04 *	20:13	5:53 min/km
239	1340	Schefers Pia	*Köln	0:58:50	1987 W30	45	1:00:37	20:45 *	19:08 *	18:56	5:53 min/km
240	2719	Zutt Claudia	BSG KVB Köln	0:58:52	1973 W40	23	1:01:02	20:24 *	19:13 *	19:14	5:53 min/km
241	2533	Rötzmeier Birte	*Köln	0:58:53	1988 W20	74	1:00:26	20:40 *	18:59 *	19:13	5:53 min/km
242	2857	Diepenthal Gela	HoHoHo	0:58:54	1984 W30	46	0:59:35	19:48 *	19:02 *	20:02	5:53 min/km
243	2752	Büttner Stefanie	TALANX AG	0:58:54	1979 W35	31	1:00:38	20:15 *	19:06 *	19:32	5:53 min/km
244	1859	Becker Hannah	HoHoHo	0:58:54	1983 W30	47	0:59:35	19:48 *	19:14 *	19:51	5:53 min/km
245	610	Hauschild Daniela	Rheinbrohler Schnecken	0:58:55	1968 W45	28	0:59:38	19:40 *	19:17 *	19:57	5:54 min/km
246	712	Stolzis Leonie	TUS Brauweiler	0:58:57	2001 WU18	4	1:03:06	20:17 *	19:22 *	19:16	5:54 min/km
247	2005	Zweerings Renate	*Bedburg-Hau	0:58:57	1977 W40	24	0:59:56	19:26 *	19:11 *	20:19	5:54 min/km
248	2682	Vick Theresa		0:58:58	1986 W30	48	0:59:39	20:08 *	19:04 *	19:45	5:54 min/km
249	1575	Klinkhammer Melanie	*Frechen	0:58:58	1989 W20	75	1:03:01	16:53 *	22:41 *	19:23	5:54 min/km
250	1640	Müller Sarah	Runnerspoint Run Club	0:58:58	1985 W30	49	0:59:38	20:09 *	19:04 *	19:44	5:54 min/km
251	1184	JanBen Annika	*Köln	0:59:04	1986 W30	50	1:00:49	20:13 *	19:37 *	19:12	5:54 min/km
252	1959	Kruse Julia	*Köln	0:59:04	1982 W35	32	0:59:29	18:48 *	18:42 *	21:33	5:54 min/km
253	3397	Landkotsch Astrid	Birkenstock Footbed	0:59:06	1973 W40	25	0:59:13	18:53 *	19:25 *	20:47	5:55 min/km
254	3052	Drees Bärbel	*Köln	0:59:10	1964 W50	17	1:00:25	20:03 *	19:18 *	19:47	5:55 min/km
255	1780	Busse Magdalena	*Pulheim	0:59:12	1989 W20	76	0:59:47	20:11 *	19:20 *	19:41	5:55 min/km
256	2688	Christin Goltz	Köln läuft!	0:59:13	1985 W30	51	1:03:08	21:14 *	19:40 *	18:18	5:55 min/km
257	1107	Hartmann Alexandra	*Köln	0:59:13	1971 W45	29	1:02:10	19:39 *	19:17 *	20:16	5:55 min/km
258	1488	Georg Katja	*Köln	0:59:22	1969 W45	30	1:02:59	21:24 *	19:24 *	18:32	5:56 min/km
259	2009	Brink Hannah	*Halver	0:59:27	1999 WU20	14	1:03:21	21:05 *	19:02 *	19:19	5:57 min/km
260	3046	Königstein Astrid	*Köln	0:59:27	1967 W50	18	1:01:34	19:57 *	19:31 *	19:58	5:57 min/km
261	1505	Hönscheid Lisa-Sophie	*Köln	0:59:28	1997 W20	77	1:00:43	20:38 *	19:35 *	19:13	5:57 min/km
262	2126	Todorova Katya	Flotte	0:59:28	1984 W30	52	0:59:32	20:00 *	19:07 *	20:20	5:57 min/km
263	2127	Pflichtbeil Claudia	*Köln	0:59:28	1984 W30	53	0:59:32	20:00 *	19:07 *	20:20	5:57 min/km
264	1573	Leppin Tanja	*Frechen	0:59:29	1983 W30	54	1:03:32	20:17 *	19:18 *	19:53	5:57 min/km
265	2923	Wortmann Milena	*Essen	0:59:30	1992 W20	78	1:00:44	20:40 *	19:35 *	19:14	5:57 min/km
266	2903	Orhan Eda	*Köln Lindenthal	0:59:33	1994 W20	79	1:04:45	20:07 *	19:25 *	20:00	5:57 min/km
267	843	Zimmer Anna	*Hürth	0:59:36	1988 W20	80	1:02:00	20:26 *	19:05 *	20:04	5:58 min/km
268	2865	Georgy Ursula	Original Bootcamp	0:59:37	1958 W55	4	0:59:59	19:02 *	19:57 *	20:37	5:58 min/km
269	1077	Kaltenbach Melli	SCHWEINEHUNDBRECH	0:59:38	1985 W30	55	1:05:03	20:36 *	19:11 *	19:50	5:58 min/km
270	1138	Boch Svenja	draussen fit	0:59:40	1987 W30	56	1:00:42	21:05 *	19:34 *	19:00	5:58 min/km
271	1497	Kunert Katharina	*Köln	0:59:41	1979 W35	33	1:02:29	20:48 *	19:33 *	19:19	5:58 min/km
272	2553	Stimke Lara	Bickenbacher Blitze	0:59:42	1994 W20	81	1:02:35	19:39 *	19:49 *	20:13	5:58 min/km
273	1136	Röhrig Christina	*Köln	0:59:43	1992 W20	82	1:03:58	22:01 *	19:55 *	17:46	5:58 min/km
274	2188	Feldhaus Doris	*Köln	0:59:46	1948 W65	2	1:00:55	19:48 *	19:35 *	20:22	5:59 min/km
275	1468	Tränkle Caroline	tomato crew	0:59:51	1994 W20	83	1:02:04	19:46 *	19:56 *	20:08	5:59 min/km
276	1259	Heyer Petra	Rhein Erft Runner	0:59:51	1975 W40	26	1:01:46	20:02 *	19:26 *	20:22	5:59 min/km
277	3013	Kraege Jenny	*Köln	0:59:53	1992 W20	84	1:02:12	20:15 *	19:17 *	20:20	5:59 min/km

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278	1740	Carroll Aimee	*Köln	0:59:54	1985	W30	57	1:05:07	20:56 *	19:27 *	19:30	5:59 min/km
279	2247	Schöckel Claudia	*Bergisch Gladbach	0:59:57	1970	W45	31	1:01:27	20:17 *	19:18 *	20:21	5:60 min/km
280	1344	Deobald Helena	*Rösrath	0:59:58	1987	W30	58	1:05:08	20:44 *	19:27 *	19:46	5:60 min/km
281	3417	Potthoff Silke		0:59:59	1971	W45	32	1:01:09	19:43 *	19:50 *	20:26	5:60 min/km
282	2437	Maier Sarah	*Köln	0:59:59	1992	W20	85	1:02:43	21:06 *	19:48 *	19:04	5:60 min/km
283	966	Schwarz Gisela	born2run	1:00:03	1963	W50	19	1:02:30	20:12 *	19:22 *	20:28	6:00 min/km
284	1071	Papenfuß Mara	*Leverkusen	1:00:04	1981	W35	34	1:02:32	21:08 *	19:33 *	19:22	6:00 min/km
285	583	Müller Sabine	Mach3 Köln e.v.	1:00:05	1977	W40	27	1:02:32	21:08 *	19:33 *	19:23	6:01 min/km
286	1032	Neuerburg Lilli	Laufschnecken	1:00:05	2005	WU14	5	1:01:00	19:59 *	19:45 *	20:20	6:01 min/km
287	1328	Goy-Gerber Susanne	-	1:00:06	1966	W50	20	1:04:11	19:43 *	19:34 *	20:49	6:01 min/km
288	3047	Franck Julia	*Köln	1:00:07	1989	W20	86	1:01:41	20:38 *	19:10 *	20:19	6:01 min/km
289	1963	Schächinger Elena	Vom Vadda glernt	1:00:14	1992	W20	87	1:03:52	21:16 *	19:02 *	19:55	6:01 min/km
289	2932	Peters Danielle	*Köln	1:00:14	1967	W50	21	1:04:40	20:15 *	19:27 *	20:31	6:01 min/km
291	1343	Kölsch Claudia	*Pulheim	1:00:16	1972	W45	33	1:04:26	21:03 *	19:30 *	19:42	6:02 min/km
292	1798	Radermacher Kerstin	Running Moms	1:00:16	1978	W35	35	1:04:26	21:03 *	19:30 *	19:42	6:02 min/km
293	1934	Pauly Stefanie	*Koblenz	1:00:21	1990	W20	88	1:02:03	20:40 *	19:39 *	20:00	6:02 min/km
294	500	Giezenaar Julia	Team Decathlon	1:00:30	1986	W30	59	1:01:13	19:32 *	19:39 *	21:19	6:03 min/km
295	933	Rittierodt Jasmin	*Köln	1:00:32	1978	W35	36	1:02:24	20:16 *	19:36 *	20:39	6:03 min/km
296	2011	Holtheuer Martina	*Köln	1:00:32	1969	W45	34	1:00:53	19:41 *	20:08 *	20:42	6:03 min/km
297	1561	Wippenfeld Tatjana	Runners Point Run Club	1:00:33	1990	W20	89	1:02:25	20:00 *	19:53 *	20:38	6:03 min/km
298	2444	Ben Ahmed Kerstin	*Pulheim	1:00:34	1981	W35	37	1:04:43	21:03 *	19:31 *	19:59	6:03 min/km
299	944	Ewers Stefanie	*Köln	1:00:34	1967	W50	22	1:03:13	19:58 *	19:51 *	20:44	6:03 min/km
300	3300	Hürter Sandra	*Kruft	1:00:35	1974	W40	28	1:01:21	21:25 *	19:01 *	20:08	6:04 min/km
301	3405	Füllgraf- Inden Ulrike	Kölle Alarm eV	1:00:43	1967	W50	23	1:02:02	22:15 *	20:06 *	18:20	6:04 min/km
302	2777	Linden Daniela	Gothaer	1:00:43	1972	W45	35	1:03:55	21:19 *	19:29 *	19:54	6:04 min/km
303	1196	Matzerath Isabell	*Köln	1:00:48	1992	W20	90	1:01:33	19:43 *	19:44 *	21:20	6:05 min/km
304	2585	Heitmann Martina	*Köln	1:00:49	1988	W20	91	1:05:44	21:13 *	20:11 *	19:24	6:05 min/km
305	2792	Klute Anja	Villamove	1:00:53	1973	W40	29	1:04:44	21:42 *	19:22 *	19:48	6:05 min/km
306	2252	Knopf Anne	*Stuttgart	1:00:58	1987	W30	60	1:02:16	20:55 *	19:41 *	20:21	6:06 min/km
307	1486	Ronge Anja	*Wuppertal	1:00:58	1975	W40	30	1:01:00	19:11 *	20:12 *	21:34	6:06 min/km
308	1728	Breyer Dr. Regina	*Köln	1:01:01	1977	W40	31	1:02:20	21:35 *	19:38 *	19:47	6:06 min/km
309	3503	Horton Budget		1:01:05	1974	W40	32	1:05:33	20:38 *	20:11 *	20:14	6:07 min/km
310	2938	Nüchter Judith	*Mönchengladbach	1:01:05	1980	W35	38	1:05:18	20:40 *	20:14 *	20:10	6:07 min/km
311	1333	Weber Melanie	*Köln	1:01:05	1988	W20	92	1:06:18	21:54 *	19:32 *	19:38	6:07 min/km
312	1769	Drees Laura	*Köln	1:01:06	1987	W30	61	1:01:31	20:44 *	20:05 *	20:17	6:07 min/km
313	757	Menser Swea	Run Mum	1:01:07	1969	W45	36	1:04:39	21:40 *	19:55 *	19:31	6:07 min/km
314	1690	Kühnen Birgit	Veni Vidi Colonia	1:01:11	1968	W45	37	1:04:02	21:22 *	19:52 *	19:55	6:07 min/km
315	821	Neumann Catherine	*Frechen	1:01:11	1969	W45	38	1:02:15	20:41 *	20:04 *	20:25	6:07 min/km
316	1321	Kirsten Silvia	*Köln	1:01:15	1984	W30	62	1:02:16	20:02 *	20:17 *	20:54	6:08 min/km
317	526	Tebbe Dorothee	*Köln	1:01:17	1986	W30	63	1:02:30	21:40 *	19:37 *	19:59	6:08 min/km
318	2956	Prinzel Tina	*Hürth	1:01:18	1978	W35	39	1:05:56	20:59 *	19:38 *	20:40	6:08 min/km
319	2642	Höfer Tanja	ERGO sports Köln	1:01:22	1975	W40	33	1:02:29	20:22 *	20:07 *	20:52	6:08 min/km
320	3379	Hellmich Lena		1:01:22	1991	W20	93	1:05:55	22:32 *	21:15 *	17:34	6:08 min/km
321	1087	Malacasa Ana	Dreamteam	1:01:24	1984	W30	64	1:05:28	21:37 *	19:57 *	19:48	6:08 min/km
322	3511	Petito Cristian		1:01:24	1981	W35	40	1:04:26	21:08 *	19:38 *	20:38	6:08 min/km
323	3510	Ratzennick Sandra		1:01:25	1980	W35	41	1:04:27	21:09 *	19:36 *	20:39	6:09 min/km
324	1846	Cramer-Götze Kirsten	*Köln	1:01:28	1973	W40	34	1:02:30	20:28 *	19:57 *	21:02	6:09 min/km
325	1099	Walter Katharina	*Köln	1:01:28	1964	W50	24	1:02:27	21:19 *	20:18 *	19:50	6:09 min/km
326	3369	Feria de Klinkert Rubteth	bootcamp devils	1:01:29	1969	W45	39	1:01:50	21:31 *	19:45 *	20:11	6:09 min/km
327	1793	Wangler Rebekka	andare sport	1:01:31	1989	W20	94	1:05:11	19:46 *	20:15 *	21:29	6:09 min/km
328	2487	Stass Christina	*Köln	1:01:32	1991	W20	95	1:04:16	22:44 *	21:41 *	17:06	6:09 min/km
329	2280	Tautges Carmen	*Köln	1:01:34	1973	W40	35	1:02:38	20:35 *	19:38 *	21:20	6:09 min/km
330	2830	Schlich Sarah	MST Laufpoint	1:01:36	1985	W30	65	1:02:35	19:57 *	20:17 *	21:21	6:10 min/km
331	1968	Schilf Charlotte	*Bergisch Gladbach	1:01:38	1993	W20	96	1:04:59	21:38 *	20:04 *	19:54	6:10 min/km
332	1967	Roskosch Stephanie	*Köln	1:01:38	1992	W20	97	1:04:59	21:38 *	20:05 *	19:54	6:10 min/km
333	2473	Bahls Roswitha	LSV Porz / Köln	1:01:40	1961	W55	5	1:03:04	21:07 *	19:59 *	20:33	6:10 min/km

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334	3216	Hochweller Laeticia	LT DSHS Köln eV	1:01:41	2003 WU16	2	1:05:46	19:35 *	21:56 *	20:09	6:10 min/km
335	1309	Stöber Kathrin	*Köln	1:01:43	1980 W35	42	1:02:36	20:51 *	19:41 *	21:10	6:10 min/km
336	2142	Luckey Silvia	PUSHENSY	1:01:46	1967 W50	25	1:03:14	19:47 *	20:28 *	21:30	6:11 min/km
337	1839	Berk Lisa	*Köln	1:01:48	1988 W20	98	1:07:04	21:13 *	20:09 *	20:24	6:11 min/km
338	1836	Triebus Jennifer	*Köln	1:01:48	1986 W30	66	1:07:04	21:13 *	20:09 *	20:25	6:11 min/km
339	1511	Streber Hanni	*Köln	1:01:50	1976 W40	36	1:02:41	19:45 *	20:33 *	21:31	6:11 min/km
340	2275	Piehl Helga	*Köln	1:01:53	1978 W35	43	1:03:20	21:00 *	20:18 *	20:34	6:11 min/km
341	1704	Kraft Sabrina	Draußenschnecker	1:01:54	1988 W20	99	1:03:34	21:18 *	19:54 *	20:40	6:11 min/km
342	1702	Fust-Lindner Sabine	*Köln	1:01:55	1966 W50	26	1:04:27	21:24 *	19:53 *	20:37	6:12 min/km
343	2357	Gonzalez Carmen	Trassenbande	1:01:56	1972 W45	40	1:07:05	21:37 *	19:59 *	20:19	6:12 min/km
344	1625	Henk Elisabeth	*Bonn	1:02:01	1987 W30	67	1:05:45	20:22 *	20:12 *	21:27	6:12 min/km
345	1613	Knüver Claudia	*50825	1:02:02	1983 W30	68	1:04:58	21:27 *	19:46 *	20:48	6:12 min/km
346	2356	Wirths Claudia	Trassenbande	1:02:03	1966 W50	27	1:07:11	21:38 *	19:59 *	20:26	6:12 min/km
347	1252	Grommes Nicole	Hawaiian Only	1:02:03	1977 W40	37	1:05:37	20:53 *	20:22 *	20:47	6:12 min/km
348	685	Bertram Claudia	*Bergheim	1:02:04	1975 W40	38	1:04:40	20:54 *	20:17 *	20:51	6:12 min/km
349	676	Plasberg Aleksandra	*Kerpen	1:02:04	1977 W40	39	1:04:40	20:55 *	20:17 *	20:51	6:12 min/km
350	2022	Kalkbrenner Alexandra	*Pulheim	1:02:05	1976 W40	40	1:03:30	21:34 *	19:50 *	20:40	6:13 min/km
351	709	Göke-Fritsch Christine	*Gladbeck	1:02:06	1960 W55	6	1:06:14	20:26 *	20:17 *	21:21	6:13 min/km
352	1688	Außem Kerstin	*Alt Hürth	1:02:07	1987 W30	69	1:02:07	22:50 *	19:13 *	20:03	6:13 min/km
353	1743	Schroer Pia	Rookies 2015 & Friends	1:02:10	1994 W20	100	1:06:48	21:18 *	20:14 *	20:37	6:13 min/km
354	2417	Von Korff Alexandra	LaufMamaLauf	1:02:13	1973 W40	41	1:06:21	22:28 *	17:56 *	21:48	6:13 min/km
355	2131	Schrieber Scarlet	Laufmamas	1:02:13	1985 W30	70	1:06:21	23:18 *	19:45 *	19:08	6:13 min/km
356	2915	Tiggemann-Klein Claudia	*Köln	1:02:15	1970 W45	41	1:03:39	21:50 *	20:48 *	19:36	6:14 min/km
357	1619	Wolf Ulli	*Köln	1:02:15	1973 W40	42	1:05:21	21:21 *	19:49 *	21:04	6:14 min/km
358	1629	Hirche Pia	*Leverkusen	1:02:16	1973 W40	43	1:05:21	21:22 *	19:47 *	21:06	6:14 min/km
359	1620	Eßer Sabrina	*Köln	1:02:16	1985 W30	71	1:05:21	21:22 *	19:49 *	21:04	6:14 min/km
360	970	Ritterbach Caroline	TSV Bayer Dormagen	1:02:16	1981 W35	44	1:03:07	21:25 *	20:15 *	20:36	6:14 min/km
361	2951	Heimerl Anja	V-Training - Bootcamp	1:02:17	1988 W20	101	1:03:18	21:19 *	19:52 *	21:05	6:14 min/km
362	595	Heinen Britta	*Köln	1:02:17	1982 W35	45	1:03:20	19:09 *	21:38 *	21:30	6:14 min/km
363	2683	Pelzer Bettina		1:02:19	1966 W50	28	1:04:56	21:57 *	20:18 *	20:02	6:14 min/km
364	1232	Tempel Christine	*Frechen	1:02:19	1981 W35	46	1:07:22	21:58 *	19:53 *	20:27	6:14 min/km
365	2466	Quade Siri	UN Environment/CMS	1:02:20	1979 W35	47	1:06:15	21:58 *	20:17 *	20:04	6:14 min/km
366	3050	Sommer Hannelore	*Köln	1:02:23	1958 W55	7	1:04:41	22:12 *	19:49 *	20:20	6:14 min/km
367	2753	Kaiser Nadine	TALANX AG	1:02:24	1983 W30	72	1:04:08	21:33 *	20:31 *	20:18	6:14 min/km
368	1555	Kuhli Isabell	*Köln	1:02:25	1984 W30	73	1:03:50	21:49 *	20:36 *	19:59	6:15 min/km
369	1545	Weuthen Ramona	*Köln	1:02:26	1986 W30	74	1:03:50	21:50 *	20:36 *	19:59	6:15 min/km
370	2276	Peitz Doris	Dürener TV 1847	1:02:28	1959 W55	8	1:06:41	21:22 *	20:16 *	20:48	6:15 min/km
371	2277	Heiliger Petra	*Kreuzau	1:02:28	1967 W50	29	1:06:41	21:27 *	20:19 *	20:41	6:15 min/km
372	1553	Ullrich Alexandra	*Düsseldorf	1:02:28	1990 W20	102	1:06:11	21:52 *	20:08 *	20:26	6:15 min/km
373	1694	Jäschke Bärbel	*Radevormwald	1:02:28	1958 W55	9	1:03:33	21:39 *	20:28 *	20:21	6:15 min/km
374	1693	Jäschke Elisabeth	*Köln	1:02:29	1989 W20	103	1:03:33	21:40 *	20:28 *	20:20	6:15 min/km
375	2103	Meschke Yasmin	Running Gags	1:02:30	1984 W30	75	1:06:32	22:26 *	20:26 *	19:37	6:15 min/km
376	2495	Brosch Lioba	*Rommerskirchen	1:02:32	1988 W20	104	1:04:05	20:27 *	20:21 *	21:43	6:15 min/km
377	1174	Riviere Solenne	*Köln	1:02:35	1992 W20	105	1:03:29	20:59 *	20:12 *	21:23	6:16 min/km
378	3518	Martius-Schmidt Verena		1:02:35	1959 W55	10	1:05:48	21:03 *	20:20 *	21:12	6:16 min/km
379	1393	Mancino Alicia	Sülz Runners	1:02:36	1987 W30	76	1:03:06	21:20 *	20:37 *	20:38	6:16 min/km
380	1432	Steffens Dominike	AngelsRun	1:02:37	1988 W20	106	1:04:54	22:12 *	20:15 *	20:08	6:16 min/km
381	1434	Reuber Katharina	AngelsRun	1:02:38	1987 W30	77	1:04:54	22:13 *	20:15 *	20:08	6:16 min/km
382	2678	Jockmann Sarah		1:02:39	1983 W30	78	1:02:46	18:27 *	21:35 *	22:36	6:16 min/km
383	2538	Gerber Erika	Laufftreff Widdersdorf	1:02:41	1975 W40	44	1:07:10	20:46 *	18:56 *	22:59	6:16 min/km
384	2069	Finke Regina	Kiersper Laufftreff	1:02:41	1965 W50	30	1:06:32	21:17 *	20:05 *	21:19	6:16 min/km
385	850	Faßbender Sandra	*Köln	1:02:44	1989 W20	107	1:03:09	20:45 *	20:05 *	21:53	6:16 min/km
386	3226	Nime Denise		1:02:44	1985 W30	79	1:03:47	20:42 *	20:28 *	21:33	6:16 min/km
387	3236	Ardelean Debra	*Köln	1:02:45	1983 W30	80	1:06:19	21:59 *	20:29 *	20:16	6:17 min/km
388	1096	Hüffer Elisabeth	*Köln	1:02:46	1966 W50	31	1:03:45	21:19 *	20:18 *	21:07	6:17 min/km
389	1135	Höller Laura	*Köln	1:02:52	1999 WU20	15	1:07:07	22:01 *	19:55 *	20:55	6:17 min/km

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390	2608	Dreßler Julia	*Köln	1:02:53	1983	W30	81	1:03:05	20:09 *	21:45 *	20:58	6:17 min/km
391	3389	Hong Tiang		1:02:57	1971	W45	42	1:06:43	21:03 *	20:49 *	21:04	6:18 min/km
392	2862	Seradin Magali	Läuft bei uns	1:02:57	1989	W20	108	1:05:42	21:33 *	20:31 *	20:52	6:18 min/km
393	3113	Brückner Conny	CYT Team	1:02:59	1978	W35	48	1:03:32	19:56 *	21:31 *	21:32	6:18 min/km
394	2559	Arras Elisabeth	*Esslingen	1:03:02	1955	W60	1	1:04:42	21:03 *	20:10 *	21:48	6:18 min/km
395	3199	Keusenhoff Viola	zarinfar GmbH	1:03:05	1979	W35	49	1:03:23	20:34 *	20:35 *	21:55	6:19 min/km
396	1768	Loke Bettina	Team HeidiHoka	1:03:06	1964	W50	32	1:05:26	21:55 *	20:28 *	20:43	6:19 min/km
397	534	Niedringhaus Svenja	*Köln	1:03:07	1979	W35	50	1:04:46	21:38 *	20:50 *	20:37	6:19 min/km
397	3263	Nienkerke Karoline	GibTonic	1:03:07	1980	W35	50	1:05:06	22:02 *	20:53 *	20:11	6:19 min/km
399	1046	Dornauf Sandra	Chicken Wings	1:03:07	1974	W40	45	1:05:06	22:03 *	20:50 *	20:13	6:19 min/km
400	947	Harberts Maike	ChickenWings	1:03:07	1973	W40	46	1:05:06	24:47 *	18:08 *	20:12	6:19 min/km
401	514	Borgmann Anne	*Aachen	1:03:08	1991	W20	109	1:05:38	22:13 *	20:32 *	20:23	6:19 min/km
402	3147	Raoul Claudia	Chickenwings	1:03:09	1971	W45	43	1:05:06	22:04 *	20:52 *	20:12	6:19 min/km
403	2402	Schlimm Katharina	*Köln	1:03:12	1981	W35	52	1:06:10	21:05 *	20:16 *	21:50	6:19 min/km
404	2423	Broichhaus Petra	TriCologne	1:03:17	1970	W45	44	1:08:11	23:22 *	19:44 *	20:10	6:20 min/km
405	2693	Wanning Annalena	TriCologne e. V.	1:03:17	1987	W30	82	1:08:11	22:26 *	20:41 *	20:09	6:20 min/km
406	3440	Holzweißig Katja	Tricologne	1:03:17	1977	W40	47	1:08:11	22:27 *	20:38 *	20:10	6:20 min/km
407	1466	Schrader Wencke	Fronrunners Cologne	1:03:17	1969	W45	45	1:07:53	22:31 *	20:33 *	20:12	6:20 min/km
408	2513	Böhnke Susanne	LC Wuppertal	1:03:19	1961	W55	11	1:08:11	22:29 *	20:41 *	20:08	6:20 min/km
409	2176	Adick Carolin	Tricologne	1:03:19	1983	W30	83	1:08:12	22:27 *	20:40 *	20:10	6:20 min/km
410	2316	Schmitz Claudia	TriCologne	1:03:19	1982	W35	53	1:08:11	22:28 *	20:38 *	20:11	6:20 min/km
411	2512	Böhnke Karen	TriCologne	1:03:20	1991	W20	110	1:08:12	22:30 *	20:40 *	20:09	6:20 min/km
412	3086	Prescha Kristiane	TriCologne	1:03:21	1967	W50	33	1:08:12	21:29 *	21:39 *	20:12	6:20 min/km
413	2893	Scherer Daniela	TriCologne e.V.	1:03:22	1988	W20	111	1:08:13	22:30 *	20:41 *	20:10	6:20 min/km
414	2632	Richts Stefanie	*Köln	1:03:23	1983	W30	84	1:08:13	22:33 *	20:39 *	20:10	6:20 min/km
415	1446	Philippi Rica	*Essen	1:03:24	1994	W20	112	1:04:38	20:41 *	20:46 *	21:57	6:20 min/km
416	2371	Haffke Anne	TriCologne	1:03:26	1981	W35	54	1:08:13	22:36 *	20:39 *	20:10	6:21 min/km
417	1661	Dietrich Sara	*Köln	1:03:28	1982	W35	55	1:08:04	22:31 *	20:33 *	20:23	6:21 min/km
418	1508	Kraus Judith	*Köln	1:03:29	1991	W20	113	1:04:23	22:36 *	20:04 *	20:48	6:21 min/km
419	1614	Blaschke Rebecca	*Frechen	1:03:30	1982	W35	56	1:08:33	21:27 *	20:40 *	21:22	6:21 min/km
420	584	Kantelberg Catharina	*Köln	1:03:32	1989	W20	114	1:07:48	21:39 *	20:41 *	21:11	6:21 min/km
421	1541	Vreisleben Mareike	*Köln	1:03:36	1983	W30	85	1:04:39	22:02 *	20:33 *	21:00	6:22 min/km
422	1447	Kolvenbach Simone	*Köln	1:03:37	1982	W35	57	1:07:52	24:09 *	19:30 *	19:57	6:22 min/km
423	1818	Troescher Gabriele	memler.de	1:03:37	1968	W45	46	1:06:01	22:10 *	20:29 *	20:57	6:22 min/km
424	3507	Höglinger Nora		1:03:38	1987	W30	86	1:06:38	21:19 *	20:59 *	21:19	6:22 min/km
425	3535	Andree Christina		1:03:39	1988	W20	115	1:07:43	22:44 *	20:28 *	20:26	6:22 min/km
426	998	Huppertz Kaya	*Köln	1:03:42	1993	W20	116	1:05:03	21:31 *	20:43 *	21:26	6:22 min/km
427	643	Maevis Lea	*Köln	1:03:42	1993	W20	117	1:08:39	21:30 *	20:39 *	21:31	6:22 min/km
428	2799	Zander Cathrin	*Köln	1:03:42	1985	W30	87	1:05:03	21:32 *	20:43 *	21:27	6:22 min/km
429	508	Gensewich Maike	Outdoor Gym	1:03:45	1983	W30	88	1:07:35	21:58 *	21:04 *	20:42	6:23 min/km
430	1652	Hofmann Hanne	UPS	1:03:46	1984	W30	89	1:08:28	22:10 *	20:42 *	20:53	6:23 min/km
431	540	Kwiatk Astrid	*Monheim	1:03:47	1994	W20	118	1:08:43	21:31 *	20:39 *	21:36	6:23 min/km
432	2133	Hohn Judith	*Bonn	1:03:47	1973	W40	48	1:08:45	22:43 *	20:51 *	20:11	6:23 min/km
433	2117	Zimmer-Beukert Sonja	*Bonn	1:03:47	1974	W40	49	1:08:45	22:44 *	20:51 *	20:12	6:23 min/km
434	1856	Kelz Julia	*Köln	1:03:48	1985	W30	90	1:03:59	20:20 *	20:55 *	22:32	6:23 min/km
435	1359	Hardt Ulrike	*Duisburg	1:03:49	1957	W60	2	1:07:38	21:47 *	20:54 *	21:08	6:23 min/km
436	541	Kusma Laura	*Köln	1:03:53	1991	W20	119	1:08:50	21:31 *	20:38 *	21:43	6:23 min/km
437	2431	Lohmer Sabine	*Frechen	1:03:56	1972	W45	47	1:06:01	23:00 *	21:17 *	19:38	6:24 min/km
438	1005	Elberding Manuela	*Köln	1:03:57	1967	W50	34	1:06:14	21:42 *	20:43 *	21:31	6:24 min/km
439	3505	Gerum Tanja		1:03:57	1978	W35	58	1:06:56	21:20 *	21:00 *	21:36	6:24 min/km
440	1603	Froitzheim Teresa	*Köln	1:03:58	1991	W20	120	1:04:16	19:41 *	21:32 *	22:44	6:24 min/km
441	1655	Roß Julika	*Hürth	1:03:58	1977	W40	50	1:04:21	21:09 *	21:02 *	21:46	6:24 min/km
442	3514	Schlangen Susanne		1:03:59	1977	W40	51	1:07:55	21:35 *	20:49 *	21:34	6:24 min/km
443	3428	Geller Monika		1:03:59	1962	W55	12	1:04:59	22:16 *	20:06 *	21:36	6:24 min/km
444	2032	Johne Ina	*Köln	1:03:59	1980	W35	59	1:07:55	21:34 *	20:49 *	21:34	6:24 min/km
445	3308	Opitz Charlotte	*Köln	1:04:00	1978	W35	60	1:05:53	21:33 *	20:45 *	21:41	6:24 min/km

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446	1162	Röhrborn Sheila	*Köln	1:04:01	1991 W20	121	1:08:04	23:55 *	20:28 *	19:38	6:24 min/km
447	2348	Hunke Mirka	Barmherzige Sprinter	1:04:02	1985 W30	91	1:05:36	22:42 *	21:46 *	19:33	6:24 min/km
448	405	Ghennam Erika	*Hürth	1:04:03	1993 W20	122	1:05:37	22:37 *	20:37 *	20:47	6:24 min/km
449	3225	Kerboub Soreya		1:04:06	1985 W30	92	1:08:49	21:07 *	22:18 *	20:39	6:25 min/km
450	2699	Ellermann Claudia	BSG RheinEnergie	1:04:07	1963 W50	35	1:09:13	21:15 *	20:44 *	22:08	6:25 min/km
451	1616	Henßen Ulla	*Köln	1:04:10	1962 W55	13	1:07:45	22:46 *	20:55 *	20:28	6:25 min/km
452	1995	Apel Birgitte	the good things	1:04:10	1959 W55	14	1:05:17	21:13 *	20:52 *	22:05	6:25 min/km
453	1098	Van Eickels Miriam	*Köln	1:04:10	1988 W20	123	1:05:11	22:10 *	20:35 *	21:24	6:25 min/km
454	1097	Telaak-Delfmann Doris	*Köln	1:04:10	1961 W55	15	1:05:09	22:12 *	20:35 *	21:23	6:25 min/km
455	2346	Pantlowsky Judith	*Köln	1:04:17	1990 W20	124	1:08:02	22:21 *	20:44 *	21:10	6:26 min/km
456	2937	Todaro Julia	*Köln	1:04:17	1985 W30	93	1:08:03	22:22 *	20:44 *	21:11	6:26 min/km
457	1456	Ganser Hanna	*Wesseling	1:04:17	1997 W20	125	1:07:27	21:36 *	21:10 *	21:31	6:26 min/km
458	2742	Knips Catherine	Krüger Running Team	1:04:19	1976 W40	52	1:08:29	22:26 *	21:02 *	20:50	6:26 min/km
459	1028	Schomakers Wencke	Laufschnecken	1:04:19	1973 W40	53	1:04:19	23:18 *	20:43 *	20:17	6:26 min/km
460	1621	Willwerth Lisa	MTV RunAways	1:04:21	1989 W20	126	1:06:12	20:15 *	20:53 *	23:11	6:26 min/km
461	1773	Kamacik Buket	*Alfter	1:04:21	1987 W30	94	1:05:50	22:51 *	20:39 *	20:50	6:26 min/km
462	613	Utech Gabriele	Rheinbrohler Schnecken	1:04:24	1960 W55	16	1:05:06	20:49 *	20:54 *	22:40	6:26 min/km
463	612	Bastian-Büsch Kirsten	Rheinbrohler Schnecken	1:04:24	1967 W50	36	1:05:06	20:49 *	20:54 *	22:40	6:26 min/km
464	710	Steinbach Caro	Carleen	1:04:25	1992 W20	127	1:09:49	22:56 *	21:04 *	20:25	6:27 min/km
465	517	Weiden Verena	Born2Run	1:04:26	1980 W35	61	1:05:39	22:48 *	20:51 *	20:46	6:27 min/km
466	2701	Sezan Hürymiye	BSG RheinEnergie	1:04:29	1973 W40	54	1:09:35	22:06 *	20:59 *	21:23	6:27 min/km
467	3073	Uhl Stefanie	*Köln	1:04:32	1975 W40	55	1:09:40	22:40 *	20:32 *	21:18	6:27 min/km
468	1854	Maibaum Sigrid	*Köln	1:04:37	1967 W50	37	1:05:47	22:02 *	20:46 *	21:47	6:28 min/km
469	1484	Schyboll Victoria	*Königstein	1:04:41	2005 WU14	6	1:09:59	20:14 *	21:17 *	23:09	6:28 min/km
470	2409	Esser Annette	Sport für Spenden	1:04:42	1961 W55	17	1:07:25	21:52 *	20:57 *	21:52	6:28 min/km
471	1727	Erdogmus Gamze	*Köln	1:04:42	1986 W30	95	1:07:32	21:56 *	20:52 *	21:54	6:28 min/km
472	2851	Speck Ines	SPECK&RUN	1:04:43	1981 W35	62	1:09:04	23:17 *	21:17 *	20:07	6:28 min/km
473	2651	Hauswaldt Anne	*Köln	1:04:43	1973 W40	56	1:09:16	22:35 *	21:13 *	20:54	6:28 min/km
474	2372	Ekmekci Berna	*Wegberg	1:04:45	1990 W20	128	1:09:58	21:57 *	21:02 *	21:46	6:29 min/km
475	587	Issel Sarah	*Niederkrüchten	1:04:45	1992 W20	129	1:09:58	21:56 *	21:02 *	21:46	6:29 min/km
476	235	Herrmann Sarah	*Köln	1:04:46	1985 W30	96	1:09:20	23:01 *	21:09 *	20:35	6:29 min/km
477	2476	Piecowski Sabine	central-team.de	1:04:49	1970 W45	48	1:08:42	21:16 *	21:07 *	22:25	6:29 min/km
478	746	Valder Barbara	*Köln	1:04:54	1970 W45	49	1:08:13	22:15 *	21:03 *	21:35	6:29 min/km
479	2027	Bartels Rosalie	*Köln	1:04:54	2001 WU18	5	1:07:00	21:00 *	21:13 *	22:40	6:29 min/km
480	2817	Antosik Monika	SPECK&RUN	1:04:54	1988 W20	130	1:09:15	23:17 *	21:16 *	20:20	6:29 min/km
481	2165	Lich Corinna	Nikolausäffchen	1:04:57	1962 W55	18	1:10:51	21:28 *	21:09 *	22:19	6:30 min/km
482	2852	Contreras Camila	SPECK&RUN	1:04:57	1979 W35	63	1:09:15	23:21 *	21:17 *	20:19	6:30 min/km
483	1240	Peschen Julia	Die rollenden Rennmäuse	1:04:58	1994 W20	131	1:05:03	22:08 *	21:40 *	21:09	6:30 min/km
484	1349	Kirch Nicola	*Euskirchen	1:04:58	1993 W20	132	1:05:23	22:45 *	20:48 *	21:23	6:30 min/km
485	582	Lehmann Claudia	SSK Kerpen	1:05:02	1969 W45	50	1:06:23	21:56 *	21:09 *	21:55	6:30 min/km
486	1341	Schneider Nicole	*Köln	1:05:02	1981 W35	64	1:05:59	23:03 *	21:01 *	20:57	6:30 min/km
487	1117	Hoffmann Nicole	*Köln Weiler	1:05:02	1968 W45	51	1:08:50	23:46 *	20:33 *	20:42	6:30 min/km
488	3115	Berents Lisa	*Köln	1:05:04	1978 W35	65	1:06:17	21:36 *	21:15 *	22:12	6:30 min/km
489	794	Joseph Tina	*Köln	1:05:05	1984 W30	97	1:07:40	23:03 *	21:45 *	20:15	6:31 min/km
490	1477	Kirschenberg Kerstin	*Wachtendonk	1:05:05	1986 W30	98	1:08:48	22:30 *	21:17 *	21:17	6:31 min/km
491	2588	Fritz Michele	TuS Brauweiler	1:05:05	1974 W40	57	1:09:28	22:07 *	21:27 *	21:30	6:31 min/km
491	3065	Darwisch Naila	*Köln	1:05:05	1989 W20	133	1:08:28	21:51 *	21:32 *	21:41	6:31 min/km
493	2958	Hanenberg Astrid	*Pulheim	1:05:07	1977 W40	58	1:09:30	22:06 *	21:27 *	21:32	6:31 min/km
494	2163	Herrmann Maria	*Köln	1:05:08	1954 W60	3	1:09:42	23:01 *	21:08 *	20:57	6:31 min/km
495	2228	Krutsch Marina	DVAG Becker	1:05:09	1986 W30	99	1:06:35	23:11 *	21:28 *	20:29	6:31 min/km
496	2098	Bonni Sabine	Team Supermaus	1:05:13	1963 W50	38	1:08:01	22:19 *	20:42 *	22:12	6:31 min/km
497	1940	Jäger Simone	*Frechen	1:05:15	1975 W40	59	1:05:33	21:26 *	21:18 *	22:30	6:32 min/km
498	1941	Rock Dominique	*Hürth	1:05:15	1971 W45	52	1:05:33	21:26 *	21:18 *	22:30	6:32 min/km
499	717	Kürten Lena	Marzipantörtchen	1:05:20	1996 W20	134	1:08:38	22:10 *	20:51 *	22:18	6:32 min/km
500	667	Laudenberg Lena	Santas reindeer	1:05:25	1992 W20	135	1:10:23	21:34 *	21:14 *	22:36	6:33 min/km
501	1759	Hardt Anna	TVR	1:05:28	1988 W20	136	1:10:02	23:05 *	21:49 *	20:33	6:33 min/km

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502	1763	Seim Peggy	*Köln	1:05:34	1974	W40	60	1:06:36	21:47 *	21:29 *	22:17	6:33 min/km
503	2446	Friedl Elena	*Bergisch Gladbach	1:05:36	1988	W20	137	1:07:54	22:15 *	20:49 *	22:31	6:34 min/km
504	2374	Klinge Tatjana	*Bergisch Gladbach	1:05:36	1971	W45	53	1:07:54	22:14 *	20:50 *	22:31	6:34 min/km
505	3506	Bohländer Ulrike		1:05:36	1977	W40	61	1:08:35	21:19 *	21:05 *	23:11	6:34 min/km
506	1855	Bormann Sabrina	*Lindlar	1:05:38	1994	W20	138	1:07:02	22:05 *	20:44 *	22:48	6:34 min/km
507	2449	Vielhaber Christiane	*Köln	1:05:40	1965	W50	39	1:10:48	22:07 *	21:14 *	22:18	6:34 min/km
508	3445	Huss Claudia	TUS Köln rrh.	1:05:44	1971	W45	54	1:07:47	22:57 *	21:11 *	21:34	6:34 min/km
509	2947	Imig Deborah	*Pulheim	1:05:50	1974	W40	62	1:10:11	21:58 *	21:01 *	22:49	6:35 min/km
510	1435	Wagner-Hönscheid	*Köln	1:05:51	1961	W55	19	1:07:09	21:45 *	21:38 *	22:27	6:35 min/km
511	1403	Ebel-Philippi Iris	*Köln	1:05:51	1959	W55	20	1:07:09	21:44 *	21:38 *	22:28	6:35 min/km
512	2296	Nagler Sandra	APE Cologne	1:05:53	1983	W30	100	1:07:23	22:03 *	21:28 *	22:20	6:35 min/km
513	2239	Rohm Nina	* Leverkusen	1:05:53	1985	W30	101	1:07:23	22:03 *	21:28 *	22:20	6:35 min/km
514	2065	Mucha Luzie	Pfeiler Drill Team	1:05:54	1986	W30	102	1:07:33	22:55 *	21:15 *	21:43	6:35 min/km
515	2196	Bröhl Daniela	*Köln	1:05:55	1989	W20	139	1:08:41	22:17 *	21:28 *	22:08	6:36 min/km
516	2197	Keddo Sina	*Hürth	1:05:55	1988	W20	140	1:08:41	22:17 *	21:29 *	22:08	6:36 min/km
517	2649	Wahlen Edith	ERGO sports Köln	1:05:56	1967	W50	40	1:10:37	20:58 *	21:01 *	23:56	6:36 min/km
518	3550	Broichhaus Ellen	Tricologne e.V.	1:05:57	1982	W35	66	1:10:51	23:23 *	20:14 *	22:18	6:36 min/km
519	2362	Kleinz Sabine	CYT Team	1:05:57	1966	W50	41	1:09:25	23:02 *	22:10 *	20:44	6:36 min/km
520	1884	Schuler Estelle	*Köln	1:06:00	1993	W20	141	1:08:52	23:05 *	21:57 *	20:56	6:36 min/km
521	2074	Mimberg Dorothea	*Hürth	1:06:00	1968	W45	55	1:07:36	21:43 *	21:34 *	22:42	6:36 min/km
522	1454	Köther Miriam	*Köln	1:06:01	1991	W20	142	1:08:52	22:53 *	22:10 *	20:57	6:36 min/km
523	2702	Menz Miriam	BSG RheinEnergie	1:06:06	1984	W30	103	1:11:10	22:58 *	21:27 *	21:40	6:37 min/km
524	2351	Lindner Nadine	*Köln	1:06:07	1975	W40	63	1:10:29	22:08 *	21:37 *	22:21	6:37 min/km
525	3253	Kunz Rebekka	*Köln	1:06:08	1981	W35	67	1:08:23	22:06 *	21:26 *	22:34	6:37 min/km
526	2410	Bianchi Marie	*Köln	1:06:08	1978	W35	68	1:09:36	23:17 *	21:56 *	20:54	6:37 min/km
527	2234	Gäbert Anita	*Cologne	1:06:12	1981	W35	69	1:07:24	21:34 *	21:26 *	23:11	6:37 min/km
528	1009	Van Daele Lisa	*Meinerzhagen	1:06:13	1964	W50	42	1:07:09	23:23 *	22:55 *	19:54	6:37 min/km
529	3383	Beyer Birgit	Tricologne	1:06:15	1961	W55	21	1:11:05	22:32 *	20:59 *	22:44	6:38 min/km
530	960	Baruth Julia	*Frechen	1:06:16	1990	W20	143	1:06:25	23:31 *	21:17 *	21:28	6:38 min/km
531	3433	Volkmann Mona		1:06:18	1971	W45	56	1:07:35	22:58 *	21:25 *	21:54	6:38 min/km
532	2628	Tylla Gabi	*Hürth	1:06:18	1970	W45	57	1:11:46	21:58 *	21:21 *	22:58	6:38 min/km
533	2224	Pabst Mildred	*Beckeln	1:06:20	1969	W45	58	1:08:04	21:17 *	22:08 *	22:54	6:38 min/km
534	2498	Berboth Julia	*Köln	1:06:21	1987	W30	104	1:08:25	22:51 *	21:46 *	21:43	6:38 min/km
535	2492	Klein Anne	*Köln	1:06:21	1987	W30	105	1:08:25	22:51 *	21:46 *	21:43	6:38 min/km
536	980	Boest Celine	*Köln	1:06:23	1991	W20	144	1:11:40	22:26 *	21:22 *	22:34	6:38 min/km
537	765	Ipp Elke	Frauenpower	1:06:24	1961	W55	22	1:11:22	23:05 *	21:26 *	21:53	6:38 min/km
538	764	Warden Anja	Frauenpower	1:06:24	1986	W30	106	1:11:22	23:05 *	21:26 *	21:53	6:38 min/km
539	795	Straschewski Britta	*Bonn	1:06:25	1987	W30	107	1:09:01	23:03 *	21:45 *	21:36	6:39 min/km
540	3431	Marie Esser	*Meerbusch	1:06:25	1994	W20	145	1:06:58	22:39 *	21:47 *	21:57	6:39 min/km
541	738	Pop Anamaria	*Köln	1:06:29	1977	W40	64	1:10:36	22:40 *	21:30 *	22:18	6:39 min/km
542	1373	Jagodzinsky Katrin	LVR Donatusschule	1:06:30	1981	W35	70	1:06:33	21:53 *	21:57 *	22:38	6:39 min/km
543	698	Becherer Sabine	DJK Novesia 1919	1:06:33	1965	W50	43	1:09:07	22:34 *	21:53 *	22:06	6:39 min/km
544	1095	Wawro Sandra	Wawrockisch	1:06:33	1990	W20	146	1:10:25	21:42 *	21:34 *	23:17	6:39 min/km
545	1027	Grallert Alexandra	Unger Uns	1:06:35	1973	W40	65	1:07:21	22:47 *	21:57 *	21:49	6:40 min/km
546	2811	Kückels Andrea	*Köln	1:06:35	1981	W35	71	1:11:20	23:18 *	21:43 *	21:33	6:40 min/km
547	1121	Kenter-Meseck Isabel	Unger Uns	1:06:35	1974	W40	66	1:07:21	22:47 *	21:59 *	21:49	6:40 min/km
548	1990	Adam Simone	*Köln	1:06:37	1974	W40	67	1:07:26	22:27 *	21:16 *	22:53	6:40 min/km
549	1989	Kremer Dr. Kerstin	*Köln	1:06:37	1975	W40	68	1:07:26	22:26 *	21:17 *	22:53	6:40 min/km
550	1129	Wagner Sarah	KKV Unger Uns	1:06:38	1990	W20	147	1:07:21	22:50 *	21:55 *	21:52	6:40 min/km
551	1611	Czompel Bettina	SSK Kerpen	1:06:39	1978	W35	72	1:07:59	22:15 *	21:13 *	23:10	6:40 min/km
552	1189	Schäfer Miriam	Lauftreff Fühlinger See	1:06:40	1989	W20	148	1:06:47	20:43 *	22:51 *	23:04	6:40 min/km
553	883	Wessel Rebecca	*Köln	1:06:41	1994	W20	149	1:10:30	22:12 *	21:54 *	22:33	6:40 min/km
554	1871	Wallrafen Tessa	*Erkelenz	1:06:44	1979	W35	73	1:07:54	21:41 *	21:29 *	23:33	6:40 min/km
555	1133	Klotz Linda	*Köln	1:06:44	1989	W20	150	1:10:46	23:56 *	21:02 *	21:46	6:40 min/km
556	711	Göhring Eileen	Carleen	1:06:44	1988	W20	151	1:12:08	22:56 *	21:04 *	22:44	6:40 min/km
557	2895	Schleimer Gisella	Mach3 Triathlon	1:06:45	1957	W60	4	1:10:24	20:50 *	21:46 *	24:08	6:41 min/km



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558	1534	Peine Nora	*Köln	1:06:46	1982	W35	74	1:10:17	24:20 *	20:50 *	21:35	6:41 min/km
559	1338	Jeske Sandra	*Rommerskirchen	1:06:46	1986	W30	108	1:09:06	22:47 *	21:39 *	22:20	6:41 min/km
560	1010	Kühnle Ele	*Köln	1:06:47	1963	W50	44	1:08:51	22:51 *	22:08 *	21:47	6:41 min/km
561	1286	Linnartz Isabel	Sportshop-Triathlon Team	1:06:51	1981	W35	75	1:10:55	24:11 *	22:58 *	19:41	6:41 min/km
562	602	Schmitt Verena	Triathlon Rookies 2017	1:06:52	1991	W20	152	1:10:16	23:06 *	21:54 *	21:52	6:41 min/km
563	3131	Kühl Sofie	*Köln	1:06:52	1991	W20	153	1:10:15	23:06 *	21:53 *	21:52	6:41 min/km
564	1004	Kenter Dr. Julia	Unger Uns	1:06:53	1972	W45	59	1:07:38	25:50 *	20:34 *	20:28	6:41 min/km
565	1122	Berg Emma	Unger Uns	1:06:54	2000	WU18	6	1:07:38	25:50 *	20:34 *	20:29	6:41 min/km
566	1278	Mahlberg Anna	*Köln	1:07:05	1984	W30	109	1:11:27	25:29 *	21:10 *	20:25	6:43 min/km
567	2489	Esser Birgit	*Köln	1:07:08	1977	W40	69	1:08:47	22:00 *	21:23 *	23:44	6:43 min/km
568	1524	Hültzbeck Michaela	QuadratlatschE	1:07:08	1968	W45	60	1:11:49	22:31 *	21:40 *	22:56	6:43 min/km
569	1502	Böhler Prof. Dr.	*Weilerswist	1:07:11	1977	W40	70	1:12:24	24:36 *	19:44 *	22:49	6:43 min/km
570	994	Spoehr Kathrin	Gesamtschule Elsdorf	1:07:12	1986	W30	110	1:08:43	23:06 *	21:47 *	22:18	6:43 min/km
571	990	Riemer Nessa	Gesamtschule Elsdorf	1:07:12	1980	W35	76	1:08:43	23:06 *	21:47 *	22:18	6:43 min/km
572	991	Nannen Marieke	Gesamtschule Elsdorf	1:07:12	1987	W30	111	1:08:44	23:06 *	21:46 *	22:19	6:43 min/km
573	1059	Krill Snezana	*Köln	1:07:16	1974	W40	71	1:08:51	23:58 *	21:35 *	21:42	6:44 min/km
574	1729	Ehlert Inka	*Köln	1:07:17	1968	W45	61	1:08:36	21:35 *	22:14 *	23:27	6:44 min/km
575	2391	Bellmann Barbara	*Köln	1:07:23	1984	W30	112	1:09:46	23:41 *	21:55 *	21:45	6:44 min/km
576	1514	Uepping Jordis	Fohlen-Lauftreff-Breisig	1:07:23	2007	WU12	2	1:10:11	23:22 *	21:35 *	22:25	6:44 min/km
577	2386	Avdic Hana	*Köln	1:07:24	1991	W20	154	1:09:46	23:42 *	21:56 *	21:46	6:44 min/km
578	547	Frohn Monika	*Pulheim	1:07:25	1952	W65	3	1:07:45	22:12 *	22:07 *	23:04	6:45 min/km
579	2441	Hemmersbach Sabrina	*Köln	1:07:27	1989	W20	155	1:11:27	22:30 *	22:03 *	22:53	6:45 min/km
580	504	Havemann Birgit	Outdoor Gym	1:07:27	1971	W45	62	1:11:16	22:19 *	21:52 *	23:14	6:45 min/km
581	886	Danisch Jennifer	Die Boleks	1:07:28	1990	W20	156	1:11:27	23:16 *	21:46 *	22:25	6:45 min/km
582	1101	Bartz Dr. Melanie	*Köln	1:07:29	1986	W30	113	1:12:08	23:18 *	21:09 *	23:01	6:45 min/km
583	946	Bartz Gabi	*Köln	1:07:30	1965	W50	45	1:12:08	23:18 *	21:09 *	23:02	6:45 min/km
584	2262	Bruckmann Steffi	*Köln	1:07:34	1987	W30	114	1:09:32	23:41 *	23:02 *	20:50	6:45 min/km
585	1317	Stratmann Edith	Turboschnecken	1:07:34	1958	W55	23	1:10:30	22:02 *	22:02 *	23:28	6:45 min/km
586	678	Franz Anke	FC Krosse Krabbe	1:07:40	1988	W20	157	1:12:11	22:40 *	21:42 *	23:17	6:46 min/km
587	3229	Baffoe Liz	CYT Team	1:07:42	1969	W45	63	1:11:08	23:18 *	21:56 *	22:27	6:46 min/km
588	1653	Brück Sabine	UPS	1:07:43	1994	W20	158	1:12:27	22:34 *	22:07 *	23:01	6:46 min/km
589	827	Rückert Sabrina	*Bonn	1:07:43	1986	W30	115	1:12:45	22:47 *	22:07 *	22:48	6:46 min/km
590	828	Bartsch Lisa	*Bonn	1:07:43	1988	W20	159	1:12:45	22:47 *	22:07 *	22:48	6:46 min/km
591	1412	Dunkel Janet	Marta-Hegemannschaft	1:07:43	1976	W40	72	1:10:09	23:05 *	22:21 *	22:17	6:46 min/km
592	1324	Helfer Angela	Marta-Hegemannschaft	1:07:44	1970	W45	64	1:10:09	23:06 *	22:21 *	22:16	6:46 min/km
592	3026	Vier Andrea	Team Lipperhof	1:07:44	1966	W50	46	1:09:08	22:22 *	22:04 *	23:17	6:46 min/km
594	1837	Schmitt Christina	*Erfstadt	1:07:45	1980	W35	77	1:13:01	22:04 *	22:16 *	23:24	6:47 min/km
595	1928	Quarg Renate	*Köln	1:07:46	1966	W50	47	1:12:32	23:15 *	22:10 *	22:20	6:47 min/km
596	599	Koch Melanie	*Köln	1:07:46	1976	W40	73	1:13:00	22:56 *	21:40 *	23:09	6:47 min/km
597	1355	Wilkens Carmen	*Kall	1:07:52	1965	W50	48	1:09:43	22:33 *	22:06 *	23:13	6:47 min/km
598	2479	Altmann Christina	*Köln	1:07:55	1975	W40	74	1:10:09	22:57 *	22:10 *	22:47	6:48 min/km
599	2472	Felten Vera	*Köln	1:07:55	1961	W55	24	1:10:09	22:57 *	22:11 *	22:47	6:48 min/km
600	1637	Heinen Susanne	UPS	1:07:55	1971	W45	65	1:12:39	22:34 *	22:07 *	23:14	6:48 min/km
601	1320	Häußler Dr. Dagmar	*Köln	1:07:57	1980	W35	78	1:10:05	22:46 *	22:24 *	22:46	6:48 min/km
602	1273	Koch Tanja	*Köln	1:08:03	1976	W40	75	1:13:19	22:57 *	22:00 *	23:06	6:48 min/km
603	2307	Walleneit Gaby	*Köln	1:08:03	1976	W40	76	1:10:15	23:21 *	21:46 *	22:56	6:48 min/km
604	2308	Neunzerling Janina	*Brühl	1:08:03	1975	W40	77	1:10:15	23:21 *	21:46 *	22:55	6:48 min/km
605	976	Morgenstern Dr. Julia	*Köln	1:08:03	1970	W45	66	1:11:11	23:19 *	22:18 *	22:26	6:48 min/km
606	2617	Kranz Sarah	*Köln	1:08:09	1990	W20	160	1:09:03	23:23 *	21:51 *	22:55	6:49 min/km
607	3276	Linke Inge	Einzelkämpferin :-)	1:08:11	1969	W45	67	1:11:07	22:44 *	22:39 *	22:47	6:49 min/km
608	1636	Lüttge Claudia	*Köln	1:08:16	1974	W40	78	1:12:56	23:04 *	22:13 *	22:58	6:50 min/km
609	3432	Scholz Sarah		1:08:19	1980	W35	79	1:10:21	22:56 *	22:15 *	23:07	6:50 min/km
610	2207	Nardini Nadja	*Köln	1:08:19	1986	W30	116	1:13:06	23:06 *	22:04 *	23:09	6:50 min/km
611	3005	Mews Hannah	*Leverkusen	1:08:23	1995	W20	161	1:15:56	22:01 *	22:38 *	23:42	6:50 min/km
612	3004	Hartung Milena	*Köln	1:08:24	1992	W20	162	1:15:57	22:02 *	22:38 *	23:43	6:50 min/km
613	2036	Klein-Carusio Sabrina	*Köln - Lövenich	1:08:26	1990	W20	163	1:12:57	23:10 *	22:35 *	22:40	6:51 min/km

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614	2034	Nahrstedt Jana	*Langenfeld	1:08:26	1979	W35	80	1:12:58	23:10	*	22:35	*	22:41	6:51 min/km
615	2037	Hoffmann Carolin	*Köln	1:08:26	1985	W30	117	1:12:58	23:10	*	22:34	*	22:41	6:51 min/km
616	3509	Engel Jennifer		1:08:30	1986	W30	118	1:09:40	23:05	*	22:30	*	22:54	6:51 min/km
617	931	Kaesler Michaela	*Wipperfürth	1:08:30	1988	W20	164	1:09:40	23:06	*	22:30	*	22:54	6:51 min/km
618	825	Niessner Laura	*Köln	1:08:37	1986	W30	119	1:11:42	23:20	*	22:25	*	22:52	6:52 min/km
619	1633	Walter-Lipow Dr. Ulrike	*Bremen	1:08:39	1969	W45	68	1:13:05	24:17	*	22:48	*	21:33	6:52 min/km
620	3000	Faßbender Sylvia	*Köln	1:08:40	1970	W45	69	1:10:17	22:25	*	22:59	*	23:14	6:52 min/km
621	3143	Kalweit Julia	Generali Betriebssport	1:08:41	1982	W35	81	1:13:52	23:32	*	22:44	*	22:23	6:52 min/km
622	2603	Ossey Daniela	*Köln	1:08:43	1974	W40	79	1:11:18	23:13	*	23:01	*	22:29	6:52 min/km
623	566	Breuer Sabrina	Comebackteam Breuer	1:08:51	1981	W35	82	1:14:20	23:14	*	21:48	*	23:49	6:53 min/km
624	1631	Hartung Ines	SC Bayer 05 Uerdingen	1:08:57	1970	W45	70	1:12:30	24:27	*	22:17	*	22:11	6:54 min/km
625	1295	Bernardy Anne	*Aachen	1:08:58	1989	W20	165	1:12:54	25:16	*	24:31	*	19:10	6:54 min/km
626	1079	Adams Claudia	*Leverkusen	1:09:02	1970	W45	71	1:11:22	22:43	*	22:05	*	24:13	6:54 min/km
627	693	Jansen Marion	Run Mum	1:09:03	1975	W40	80	1:12:35	21:40	*	22:08	*	25:13	6:54 min/km
628	1953	Krämer Esther	*Köln	1:09:04	1976	W40	81	1:13:30	23:08	*	22:12	*	23:42	6:54 min/km
629	822	Lausberg Hella	*Pulheim	1:09:06	1977	W40	82	1:10:10	20:43	*	23:16	*	25:06	6:55 min/km
630	3404	Nickolin Britta	Kölle Alarm eV	1:09:06	1971	W45	72	1:10:25	23:19	*	22:09	*	23:37	6:55 min/km
631	506	Woltering Britta	Outdoor Gym	1:09:07	1974	W40	83	1:12:56	23:05	*	22:06	*	23:55	6:55 min/km
632	524	Berf Bianca	*Köln	1:09:08	1987	W30	120	1:10:23	24:11	*	21:51	*	23:06	6:55 min/km
633	2756	Rentzsch Elisa	TALANX AG	1:09:11	1987	W30	121	1:11:23	23:36	*	22:11	*	23:24	6:55 min/km
634	1772	Duran Nalan	*Köln	1:09:12	1983	W30	122	1:10:42	23:18	*	22:37	*	23:17	6:55 min/km
635	1900	Kneip Vanessa	*Köln	1:09:17	1981	W35	83	1:09:44	22:35	*	23:35	*	23:05	6:56 min/km
636	2849	Schmale Verena	*Köln	1:09:21	1974	W40	84	1:10:30	23:00	*	22:25	*	23:56	6:56 min/km
637	1642	Heineberg-Zeus Ute	*Köln	1:09:22	1963	W50	49	1:10:30	23:00	*	22:25	*	23:55	6:56 min/km
638	2200	Ilsemann Mareike	*Köln	1:09:23	1975	W40	85	1:13:04	22:12	*	22:39	*	24:31	6:56 min/km
639	1509	Kranz Lisa	*Köln	1:09:24	1982	W35	84	1:10:18	22:37	*	23:21	*	23:24	6:56 min/km
640	1997	Hötgen Caro	Run of Colours	1:09:24	1989	W20	166	1:10:18	22:37	*	23:22	*	23:25	6:56 min/km
641	968	Dittmann Alexandra	*Köln	1:09:25	1970	W45	73	1:10:22	23:03	*	24:58	*	21:22	6:57 min/km
642	1276	Roesler Dr. Silke	*Köln	1:09:25	1970	W45	74	1:10:22	23:03	*	21:01	*	25:20	6:57 min/km
643	1185	Pabst Josephine	*Köln	1:09:26	1990	W20	167	1:11:11	22:35	*	23:04	*	23:46	6:57 min/km
644	1407	Becker Astrid	equipeBecker.03	1:09:28	1986	W30	123	1:14:35	23:31	*	23:16	*	22:40	6:57 min/km
645	2151	Conradi Nadine	PUSHENSY	1:09:34	1976	W40	86	1:11:00	30:14	*	19:37	*	19:42	6:57 min/km
646	3235	Bridges Lori	*Köln	1:09:37	1979	W35	85	1:13:11	22:02	*	22:55	*	24:38	6:58 min/km
647	2475	Andreatta Danielle	ADVANX	1:09:40	1967	W50	50	1:13:50	23:31	*	22:32	*	23:35	6:58 min/km
648	2107	Löring Anne	*Eitorf	1:09:41	1981	W35	86	1:12:49	23:59	*	23:22	*	22:19	6:58 min/km
649	2267	Arnold Bettina	Physiokonzept Stadionbad	1:09:44	1972	W45	75	1:13:02	23:13	*	22:33	*	23:57	6:58 min/km
650	2265	Gross Stefanie	Physiokonzept Stadionbad	1:09:45	1986	W30	124	1:13:02	23:15	*	22:32	*	23:57	6:59 min/km
651	585	Schnell Susanne	*Kerpen	1:09:53	1973	W40	87	1:14:19	24:14	*	24:23	*	21:15	6:59 min/km
652	2755	MATHIEU Mylčne	TALANX AG	1:09:57	1984	W30	125	1:12:07	23:49	*	23:16	*	22:51	6:60 min/km
653	3185	Müller Birgit	Kieser Training	1:09:57	1963	W50	51	1:13:54	23:12	*	22:41	*	24:04	6:60 min/km
654	505	Wasserhess Barbara	Outdoor Gym	1:09:58	1970	W45	76	1:13:47	22:19	*	21:52	*	25:46	6:60 min/km
655	511	Langmatz Nicole	Outdoor Gym	1:09:58	1981	W35	87	1:13:47	23:08	*	22:45	*	24:04	6:60 min/km
656	1014	Balfer Nina	*Köln	1:10:00	1984	W30	126	1:11:50	23:22	*	23:31	*	23:06	7:00 min/km
657	2324	Koch Tanja	*Köln	1:10:01	1972	W45	77	1:12:02	22:52	*	22:38	*	24:29	7:00 min/km
658	1892	Ruland Sandra	*Köln	1:10:01	1973	W40	88	1:12:02	22:52	*	22:38	*	24:30	7:00 min/km
659	2712	Mössner Mara	BSG KVB Köln	1:10:02	1983	W30	127	1:12:02	22:52	*	22:37	*	24:32	7:00 min/km
660	1100	Süß-Dahmen Renate	LT Saaler Mühle	1:10:04	1944	W70	1	1:13:15	23:10	*	22:57	*	23:56	7:00 min/km
661	1738	Könecke Julia	*Köln	1:10:05	1991	W20	168	1:10:27	23:51	*	23:41	*	22:32	7:01 min/km
662	1737	Bremm Johanna	*50937	1:10:06	1989	W20	169	1:10:29	23:50	*	23:41	*	22:34	7:01 min/km
663	1460	Gerasch Kristina	*Köln	1:10:08	1997	W20	170	1:15:18	23:31	*	23:09	*	23:27	7:01 min/km
664	1674	Gennerich Marie-joe	*Hürth	1:10:08	1996	W20	171	1:15:18	23:31	*	23:08	*	23:28	7:01 min/km
665	2298	Heß Nancy	*Köln	1:10:09	1979	W35	88	1:13:07	23:30	*	22:46	*	23:52	7:01 min/km
666	2829	Heller Gabriele	MST Laufpoint	1:10:12	1958	W55	25	1:13:17	23:15	*	23:00	*	23:56	7:01 min/km
667	3153	Weist Corinna	XL Catlin	1:10:13	1982	W35	89	1:13:43	23:10	*	22:41	*	24:21	7:01 min/km
668	606	Klarmann-Schulz Ute	...und tschüss!	1:10:14	1977	W40	89	1:12:50	22:26	*	22:51	*	24:56	7:01 min/km
669	1283	Grimmer Marlene	Kölner Laufhasen	1:10:16	2010	WU10	1	1:13:48	24:20	*	23:08	*	22:47	7:02 min/km

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670	1282	Fakler Dr. Petra	Kölner Laufhasen	1:10:17	1973	W40	90	1:13:49	24:20 *	23:08 *	22:48	7:02 min/km
671	2301	Hesse Alexandra	*Wuppertal	1:10:19	1986	W30	128	1:13:17	23:30 *	22:46 *	24:01	7:02 min/km
672	1879	Bürgers Marion	TV Orken	1:10:23	1975	W40	91	1:15:13	24:31 *	26:16 *	19:36	7:02 min/km
673	1284	Eyßer Meike	Kölner Laufhasen	1:10:24	1984	W30	129	1:13:55	24:20 *	23:08 *	22:55	7:02 min/km
674	1955	Fechtnr Nina	*Köln	1:10:28	1978	W35	90	1:10:37	22:19 *	23:19 *	24:49	7:03 min/km
675	1957	Lampert Martina	*Köln	1:10:28	1976	W40	92	1:10:38	22:18 *	23:20 *	24:49	7:03 min/km
676	1388	Schaarschmidt Jana	*Frechen	1:10:34	1991	W20	172	1:12:49	23:01 *	22:47 *	24:44	7:03 min/km
677	2161	Weismantel Irina	*Köln	1:10:41	1972	W45	78	1:13:00	22:47 *	22:53 *	25:00	7:04 min/km
678	2463	Seedorf Claudia	*Düsseldorf	1:10:43	1966	W50	52	1:13:17	22:53 *	23:02 *	24:47	7:04 min/km
679	1598	Hooma Naghma	*Frankfurt	1:10:45	1979	W35	91	1:13:13	24:45 *	23:07 *	22:52	7:05 min/km
680	1756	Weisenbach Maren	*Köln	1:10:47	2005	WU14	7	1:13:47	23:35 *	24:16 *	22:55	7:05 min/km
681	2272	Debus Anja	*Wuppertal	1:10:51	1970	W45	79	1:12:52	22:42 *	23:30 *	24:38	7:05 min/km
682	838	Korte Annika	*Dortmund	1:10:54	1994	W20	173	1:11:18	24:52 *	23:02 *	22:59	7:05 min/km
683	2235	Van de Beeck Laura	*Köln	1:10:56	1997	W20	174	1:13:27	23:55 *	23:12 *	23:48	7:06 min/km
684	1815	Aguilar Patricia	*Köln	1:11:03	1981	W35	92	1:12:15	23:52 *	23:20 *	23:50	7:06 min/km
685	1157	Herzogenrath Janine	*Bergheim	1:11:05	1990	W20	175	1:11:58	23:25 *	23:38 *	24:01	7:07 min/km
686	974	Kuth Kathi	*Bergheim	1:11:06	1990	W20	176	1:11:58	23:25 *	23:38 *	24:02	7:07 min/km
687	2217	Lange Daria	*Köln	1:11:06	1992	W20	177	1:11:58	23:24 *	23:39 *	24:02	7:07 min/km
688	2968	Ahrens Barbara	EWK-RUNNERS	1:11:06	1983	W30	130	1:13:25	24:09 *	22:59 *	23:57	7:07 min/km
689	1423	Klein Ingrid	*Duisburg	1:11:07	1961	W55	26	1:14:42	24:51 *	25:59 *	20:16	7:07 min/km
690	2967	Sump Stephanie	EWK-RUNNERS	1:11:07	1983	W30	131	1:13:25	24:09 *	23:00 *	23:57	7:07 min/km
691	2426	Rantze Julia	*Köln	1:11:12	2008	WU10	2	1:12:43	23:00 *	23:48 *	24:24	7:07 min/km
692	2771	Ommer Annika	Gothaer	1:11:25	1994	W20	178	1:14:31	24:02 *	23:27 *	23:54	7:09 min/km
693	3134	Siep Luise	Die flinken Flitzer	1:11:26	2008	WU10	3	1:12:58	22:58 *	23:59 *	24:27	7:09 min/km
694	2485	Malchartzeck Anne	*Köln	1:11:27	1973	W40	93	1:15:08	23:29 *	23:12 *	24:45	7:09 min/km
695	2049	Steffens Nadine	*Hennef	1:11:53	1981	W35	93	1:16:28	24:22 *	23:28 *	24:02	7:11 min/km
696	1207	Janoschka Claudia	*Münster	1:11:55	1988	W20	179	1:17:02	23:19 *	23:00 *	25:36	7:12 min/km
697	1206	Batzke Katharina	*Bottrop	1:11:55	1989	W20	180	1:17:02	23:19 *	23:00 *	25:36	7:12 min/km
698	1924	Grünen Yvonne	*Bergisch Gladbach	1:12:02	1974	W40	94	1:14:07	24:11 *	23:08 *	24:43	7:12 min/km
699	2647	Thiemann Katharina	ERGO sports Köln	1:12:11	1977	W40	95	1:15:36	23:54 *	24:01 *	24:15	7:13 min/km
700	2863	Fiedler Marga	Läuft bei uns	1:12:13	1955	W60	5	1:15:32	23:47 *	23:22 *	25:03	7:13 min/km
701	462	Cuskelly Kimmy	EAC Running Club	1:12:13	1983	W30	132	1:16:43	24:14 *	23:37 *	24:21	7:13 min/km
702	3092	Alterberger Susanne	EAC Running Club	1:12:13	1988	W20	181	1:16:43	24:14 *	23:37 *	24:21	7:13 min/km
703	799	Schmitz Iris	*Leverkusen	1:12:18	1969	W45	80	1:14:18	23:48 *	23:41 *	24:48	7:14 min/km
704	2230	Edel Katharina	DVAG Becker	1:12:20	1990	W20	182	1:13:45	23:11 *	22:42 *	26:26	7:14 min/km
705	1757	Goldbach Ursula	*Stolberg	1:12:29	1951	W65	4	1:15:29	23:35 *	24:16 *	24:36	7:15 min/km
706	2675	Krämer Carolin	Run of Colours	1:12:42	1975	W40	96	1:17:17	24:42 *	22:44 *	25:15	7:16 min/km
707	1746	Küpper Diana	Rookies 2015 & Friends	1:12:43	1974	W40	97	1:17:22	23:56 *	23:30 *	25:16	7:16 min/km
708	1565	Schmitz Sandra	Rookies 2015 & Friends	1:12:43	1976	W40	98	1:17:22	23:57 *	23:30 *	25:16	7:16 min/km
709	897	Kirschner Claudia	born 2 run	1:12:55	1963	W50	53	1:15:21	23:04 *	26:18 *	23:32	7:18 min/km
710	2221	Kröner Anke	Team Montag	1:12:56	1974	W40	99	1:17:56	23:40 *	23:27 *	25:49	7:18 min/km
711	2532	Eberhard Ulla	*Köln	1:12:59	1958	W55	27	1:15:42	23:07 *	23:53 *	25:59	7:18 min/km
712	3030	Uekermann Solveigh	*Hürth	1:13:06	1971	W45	81	1:16:14	23:56 *	23:45 *	25:24	7:19 min/km
713	3028	Lux Silke	*Hürth	1:13:06	1972	W45	82	1:16:14	23:57 *	23:45 *	25:24	7:19 min/km
714	3031	Markner Regina	*Hürth	1:13:06	1966	W50	54	1:16:14	23:58 *	23:45 *	25:22	7:19 min/km
715	3029	Hucklenbroich Birgit	*Hürth	1:13:07	1968	W45	83	1:16:14	23:58 *	23:45 *	25:24	7:19 min/km
716	1462	Helfer Paulina	Marta-Hegemannschaft	1:13:11	2001	WU18	7	1:15:33	23:09 *	24:44 *	25:16	7:19 min/km
717	1169	Caspers Jana	*Dinslaken	1:13:26	1993	W20	183	1:14:21	23:14 *	24:21 *	25:50	7:21 min/km
718	1543	Körber Simone	*Köln	1:13:28	1971	W45	84	1:18:04	24:19 *	24:31 *	24:37	7:21 min/km
719	1166	Sundarp Steffi	*Voerde	1:13:28	1992	W20	184	1:14:22	23:15 *	24:23 *	25:48	7:21 min/km
720	1841	Junk Linda	*Kerpen	1:13:28	1980	W35	94	1:14:44	24:58 *	23:48 *	24:41	7:21 min/km
721	1602	Knüppel Meike	*Köln	1:13:52	1981	W35	95	1:18:47	24:08 *	24:36 *	25:07	7:23 min/km
722	1885	Fulle Luisa	*Köln	1:13:52	1980	W35	96	1:18:47	24:09 *	24:36 *	25:07	7:23 min/km
723	2214	Schneider Anne	Team Stadtwaldstolz	1:14:05	1964	W50	55	1:17:19	23:28 *	26:42 *	23:54	7:25 min/km
724	813	Bertram Stefanie	Durchlaufende Posten	1:14:08	1984	W30	133	1:17:53	24:20 *	23:53 *	25:54	7:25 min/km
725	1115	Hensen Frauke	*Köln - Weiler	1:14:09	1974	W40	100	1:17:55	23:21 *	23:52 *	26:55	7:25 min/km

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726	2006	Baltes Katrin	Nörgelqueens	1:14:13	1985 W30	134	1:18:55	25:32 *	23:55 *	24:46	7:25 min/km
727	2204	Kunz Patricia	*Hürth	1:14:20	1966 W50	56	1:17:33	23:28 *	26:43 *	24:09	7:26 min/km
728	3541	Schlimm Natascha		1:14:24	1981 W35	97	1:17:44	24:17 *	24:27 *	25:38	7:26 min/km
729	1496	Pering Claudia	*Köln	1:14:26	1968 W45	85	1:19:37	24:47 *	24:41 *	24:57	7:27 min/km
730	1455	Burghaus Petra	SC Janus	1:14:26	1972 W45	86	1:19:37	24:47 *	24:41 *	24:57	7:27 min/km
731	699	Hinke Laura	*Hannover	1:14:26	1981 W35	98	1:19:16	24:15 *	24:40 *	25:30	7:27 min/km
732	2246	Schranz Vera	*Gütersloh	1:14:30	1996 W20	185	1:16:13	24:01 *	24:26 *	26:03	7:27 min/km
733	2245	Schranz Anja	*Köln	1:14:31	1994 W20	186	1:16:13	24:01 *	24:26 *	26:03	7:27 min/km
734	2170	Wünsch Tanja	*Frechen	1:14:48	1979 W35	99	1:15:53	23:37 *	24:05 *	27:05	7:29 min/km
735	1544	Naumann Andrea	*Wesseling	1:14:48	1970 W45	87	1:19:26	24:19 *	24:31 *	25:57	7:29 min/km
736	1835	Kroll Nadine	Soul Runner	1:15:04	1984 W30	135	1:17:56	24:46 *	24:05 *	26:12	7:30 min/km
737	1597	Piehl Kathleen	*Mainz	1:15:04	1977 W40	101	1:17:32	25:03 *	24:21 *	25:39	7:30 min/km
738	797	Vialon Diana	*Köln	1:15:04	1970 W45	88	1:17:51	24:06 *	24:32 *	26:26	7:30 min/km
739	796	Thebille Deborah	*Köln	1:15:04	1986 W30	136	1:17:51	24:06 *	24:32 *	26:26	7:30 min/km
740	1865	Eisenbeiß Cathleen	*Rösrath	1:15:05	1984 W30	137	1:17:56	24:46 *	24:06 *	26:12	7:31 min/km
741	1599	Pfeiffer Cornelia	*Frankfurt	1:15:05	1977 W40	102	1:17:32	25:03 *	24:21 *	25:39	7:31 min/km
742	1127	Schulz Colette	*Köln	1:15:21	1970 W45	89	1:18:13	25:19 *	24:04 *	25:57	7:32 min/km
743	908	Frickenhaus Marie	*Köln	1:15:24	1984 W30	138	1:17:02	24:05 *	24:48 *	26:29	7:32 min/km
744	1061	Köster Angelika	*Köln	1:16:01	1992 W20	187	1:16:57	23:50 *	25:16 *	26:54	7:36 min/km
745	1929	Valenbreder Carla	*Erfstadt	1:16:25	1996 W20	188	1:21:11	25:51 *	25:09 *	25:24	7:39 min/km
746	1681	Maye Imke	*Köln	1:16:37	1966 W50	57	1:18:04	25:24 *	25:33 *	25:39	7:40 min/km
747	2942	Bielecki Regine	Fit für 10	1:16:43	1966 W50	58	1:20:15	24:43 *	25:00 *	27:00	7:40 min/km
748	706	Suda Beate	Aussies	1:16:45	1965 W50	59	1:18:31	25:33 *	24:14 *	26:57	7:41 min/km
749	3490	Rees Alice		1:16:54	1992 W20	189	1:20:51	24:09 *	25:13 *	27:31	7:41 min/km
750	1463	Köhnen Michaela	*Jülich	1:18:06	1982 W35	100	1:19:29	24:02 *	25:51 *	28:13	7:49 min/km
751	1465	Wicka Christina	*Aachen	1:18:07	1984 W30	139	1:19:29	24:02 *	25:51 *	28:14	7:49 min/km
752	814	Twardon Magdalena	Durchlaufende Posten	1:18:34	1992 W20	190	1:22:20	26:06 *	25:00 *	27:27	7:51 min/km
753	2677	Godel-Ehrhardt Petra	Run of Colours	1:19:07	1960 W55	28	1:19:56	24:28 *	26:09 *	28:29	7:55 min/km
754	2618	Schischmanow Judith	*Siegburg	1:20:52	1980 W35	101	1:26:12	28:25 *	25:18 *	27:08	8:05 min/km
755	2205	Rohrmoser Eva-Maria	Laufmariechen Köln	1:21:48	1954 W60	6	1:25:01	27:11 *	27:49 *	26:47	8:11 min/km
756	2823	Steller Margit	MST Laufpoint	1:23:13	1959 W55	29	1:24:23	26:27 *	27:43 *	29:03	8:19 min/km
757	2834	Krupp Rita	MST Laufpoint	1:23:13	1964 W50	60	1:24:24	26:27 *	27:42 *	29:03	8:19 min/km
758	2837	Wilden Brigitte	MST Laufpoint	1:23:13	1958 W55	30	1:24:24	26:27 *	27:43 *	29:03	8:19 min/km
759	2249	Wulf Julia	*Bergisch Gladbach	1:23:20	1971 W45	90	1:24:53	26:46 *	27:27 *	29:07	8:20 min/km