

Ergebnisliste Männer

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	146	Van Houdt Niklas	Ludwig Fresenius Schulen	0:39:18	0 MHK	1	0:41:19	13:11 * 13:05 * 13:00	3:56 min/km
2	295	Laub Maximilian	InfraServ Knapsack	0:40:12	2000 MU20	1	0:40:14	12:49 * 13:15 * 14:07	4:01 min/km
3	59	Beilfuß Jan	Bayer AG	0:41:12	1998 MHK	2	0:41:13	13:15 * 13:32 * 14:24	4:07 min/km
4	111	Beigel Timon	Köln Bonn Airport	0:41:18	1998 MHK	3	0:41:26	13:08 * 13:45 * 14:24	4:08 min/km
5	124	Dinse Pascal	Loco-Soft	0:41:45	1996 MHK	4	0:41:52	14:23 * 13:21 * 14:00	4:11 min/km
6	85	Azanay Mohamed	covestro	0:42:24	1995 MHK	5	0:42:24	12:48 * 14:01 * 15:34	4:14 min/km
7	97	Kruse Sebastian	Evonik	0:42:32	1983 M35	1	0:43:10	13:49 * 13:53 * 14:49	4:15 min/km
8	99	Söndgerath Thomas	Evonik	0:45:46	1998 MHK	6	0:46:20	14:28 * 15:20 * 15:57	4:35 min/km
9	140	Klein Dominik	Ludwig Fresenius Schulen	0:46:41	0 MHK	7	0:48:29	15:51 * 15:07 * 15:42	4:40 min/km
10	63	Nassenstein Joscha	Bayer AG	0:46:55	1996 MHK	8	0:46:56	14:24 * 15:51 * 16:39	4:42 min/km
11	232	Schäfer René	RWE	0:47:23	2000 MU20	2	0:49:06	15:56 * 15:35 * 15:51	4:44 min/km
12	49	Cirak Furkan	ALDI Kerpen	0:47:31	1995 MHK	9	0:48:01	15:05 * 15:39 * 16:46	4:45 min/km
13	125	Föll Dennis	Loco-Soft	0:47:33	1979 M35	2	0:47:42	15:00 * 16:13 * 16:19	4:45 min/km
14	4	Hampe Matthias	*Köln	0:48:18	1973 M45	1	0:48:29	16:09 * 16:00 * 16:09	4:50 min/km
15	197	Schall Steve	NORMA	0:48:46	1997 MHK	10	0:49:12	20:03 * 08:00 * 20:43	4:53 min/km
16	258	Bienentreu Ralf	Team Möbel Hausmann	0:49:24	1967 M50	1	0:49:39	16:08 * 16:04 * 17:11	4:56 min/km
17	21	Brühl Thomas	ALDI Dormagen	0:50:26	1971 M45	2	0:50:27	17:56 * 15:23 * 17:05	5:03 min/km
18	40	Pabst Thorsten	ALDI Dormagen	0:52:03	1972 M45	3	0:52:51	16:54 * 17:08 * 18:00	5:12 min/km
19	257	Ciupke Dennis	Team Möbel Hausmann	0:52:10	1992 MHK	11	0:52:25	16:11 * 17:54 * 18:04	5:13 min/km
20	82	Strassburger Carsten	Bechtle	0:52:35	1972 M45	4	0:53:21	17:43 * 17:34 * 17:18	5:16 min/km
21	215	Conzen Ralf	RWE	0:53:16	1965 M50	2	0:55:07	17:28 * 17:31 * 18:17	5:20 min/km
22	221	Gashi Leutrim	RWE	0:53:25	1994 MHK	12	0:55:10	19:40 * 16:50 * 16:54	5:21 min/km
23	130	Rosner Timo	Loco-Soft	0:54:04	1997 MHK	13	0:54:13	18:56 * 18:06 * 17:01	5:24 min/km
24	179	Khalil Abdo	NORMA	0:54:47	1990 MHK	14	0:55:21	17:55 * 17:49 * 19:02	5:29 min/km
25	89	Aubermann Cyprian	DER Touristik	0:55:16	1996 MHK	15	0:57:53	19:29 * 17:36 * 18:11	5:32 min/km
26	165	Faust Paul	NORMA	0:55:55	1964 M50	3	0:56:30	19:03 * 18:14 * 18:37	5:36 min/km
27	26	Guzzo-Foliaro Franco	ALDI Dormagen	0:55:58	1967 M50	4	0:57:21	18:46 * 18:16 * 18:55	5:36 min/km
28	280	Becker Simon	Nissan	0:56:05	1997 MHK	16	0:57:37	21:02 * 18:52 * 16:10	5:37 min/km
29	92	Neuenhaus Yanik	DER Touristik	0:56:10	1995 MHK	17	0:58:49	17:38 * 19:19 * 19:11	5:37 min/km
30	228	Ringel Roger	RWE	0:56:28	1968 M50	5	0:58:19	20:03 * 18:08 * 18:16	5:39 min/km
31	265	Linnkamp Christian	Team Möbel Hausmann	0:56:32	1983 M35	3	0:56:42	17:31 * 18:48 * 20:11	5:39 min/km
32	281	Bonstein Simon	Nissan	0:57:26	1999 MU20	3	0:59:00	19:19 * 18:50 * 19:16	5:45 min/km
33	133	Fingaß Joshua	Ludwig Fresenius Schulen	0:58:15	1995 MHK	18	1:00:05	21:11 * 18:54 * 18:09	5:50 min/km
34	218	Durdyev Izzat	RWE	0:58:58	1997 MHK	19	1:00:34	17:07 * 21:40 * 20:09	5:54 min/km
35	238	Volpe Adriano	RWE	0:58:59	1997 MHK	20	1:00:34	19:49 * 18:59 * 20:09	5:54 min/km
36	48	Brauner Andreas	ALDI Kerpen	0:59:32	1990 MHK	21	1:00:02	17:15 * 20:21 * 21:56	5:57 min/km
37	145	Tangemann Martin	Ludwig Fresenius Schulen	0:59:54	1978 M40	1	1:01:54	21:06 * 19:11 * 19:36	5:59 min/km
38	196	Rosin Dimitri	NORMA	0:59:56	1992 MHK	22	1:00:26	19:07 * 18:13 * 22:34	5:60 min/km
39	77	Hochstetter - Di Cara Nils	Bechtle	1:00:11	1992 MHK	23	1:00:57	21:10 * 19:45 * 19:15	6:01 min/km
40	1689	Wilmshöfer Marty	Nissan	1:00:32	2007 MU12	1	1:02:05	20:10 * 19:28 * 20:52	6:03 min/km
41	1	Boom Robin	*Köln	1:00:33	1990 MHK	24	1:00:47	20:12 * 19:47 * 20:33	6:03 min/km
42	80	Rupp Thomas	Bechtle	1:00:44	1980 M35	4	1:01:28	19:04 * 20:04 * 21:35	6:04 min/km
43	76	Hermann Jan	Bechtle	1:00:45	1962 M55	1	1:01:28	19:51 * 19:35 * 21:18	6:05 min/km
44	10	Zajonc Felix	*Frechen	1:01:17	1997 MHK	25	1:01:17	00:00 * 00:00 * 00:00	6:08 min/km
45	66	Rüttgers Yannick Luca	Bayer AG	1:02:05	1998 MHK	26	1:02:06	18:48 * 21:04 * 22:12	6:13 min/km
46	254	Kubera Benjamin	Team Möbel Hausmann	1:03:07	1991 MHK	27	1:03:21	21:40 * 20:27 * 20:59	6:19 min/km
47	268	Giagkidis Ioannis	Team Möbel Hausmann	1:03:09	2000 MU20	4	1:03:21	17:30 * 21:52 * 23:46	6:19 min/km
48	173	Hemmersbach Michael	NORMA	1:03:39	1980 M35	5	1:04:10	21:04 * 20:02 * 22:32	6:22 min/km
49	73	Diederich Christopher	Bechtle	1:04:37	1977 M40	2	1:05:18	20:57 * 21:19 * 22:20	6:28 min/km
50	214	Blankartz Tim	RWE	1:05:47	2001 MU18	1	1:07:31	19:32 * 22:36 * 23:38	6:35 min/km
51	217	Demircan Can	RWE	1:06:50	1997 MHK	28	1:08:26	21:26 * 21:30 * 23:53	6:41 min/km
52	185	Lesic Goran	NORMA	1:08:37	1995 MHK	29	1:09:10	17:06 * 25:51 * 25:39	6:52 min/km
53	250	Platz Bernd	Team Möbel Hausmann	1:10:44	1956 M60	1	1:10:59	22:41 * 23:10 * 24:52	7:04 min/km

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54	216	Conzen Timo	RWE	1:15:43	2004 MU16	1	1:17:31	23:54 *	25:22 *	26:27	7:34 min/km
55	262	Vandrey Fabian	Team Möbel Hausmann	1:15:46	2006 MU14	1	1:15:58	22:45 *	24:42 *	28:18	7:35 min/km
56	260	Wiegel Daniel	Team Möbel Hausmann	1:15:48	1971 M45	5	1:16:01	22:44 *	24:41 *	28:22	7:35 min/km
57	261	Vandrey Florian	Team Möbel Hausmann	1:15:49	2006 MU14	2	1:16:01	22:45 *	24:41 *	28:21	7:35 min/km
58	256	Caglayan Emrah	Team Möbel Hausmann	1:18:41	1997 MHK	30	1:18:56	24:57 *	26:09 *	27:34	7:52 min/km
59	253	Avci Tolga	Team Möbel Hausmann	1:18:57	1994 MHK	31	1:19:11	24:57 *	26:10 *	27:49	7:54 min/km

Ergebnisliste Frauen

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	285	Barth Karoline	Nissan	0:55:03	1982 W35	1	0:56:37	18:59 * 17:47 * 18:15	5:30 min/km
2	180	Knechtel Markus	NORMA	0:58:48	1977 W40	1	1:00:38	19:17 * 19:30 * 20:00	5:53 min/km
3	90	Hermann Lena	DER Touristik	0:59:50	1995 WHK	1	1:02:28	19:29 * 19:34 * 20:47	5:59 min/km
4	242	Seipold Anna	Stadtbibliothek Köln	1:00:06	1999 WU20	1	1:00:23	19:17 * 19:33 * 21:15	6:01 min/km
5	8	Offermann Maximiliane	*Köln	1:00:34	1995 WHK	2	1:00:47	20:14 * 19:47 * 20:33	6:03 min/km
6	7	Lamsfuss Aylin	*Köln	1:00:34	1987 W30	1	1:00:47	20:14 * 19:47 * 20:33	6:03 min/km
7	3	Gleß Mona	*Leverkusen	1:02:05	1996 WHK	3	1:02:06	18:48 * 21:04 * 22:12	6:13 min/km
8	141	Nettekoven Carolin	Ludwig Fresenius Schulen	1:02:36	0 WHK	4	1:04:30	21:13 * 19:54 * 21:29	6:16 min/km
9	142	Schaller Ronja	Ludwig Fresenius Schulen	1:04:31	0 WHK	5	1:06:23	22:30 * 20:42 * 21:17	6:27 min/km
10	139	Ilic Elisabeth	Ludwig Fresenius Schulen	1:04:46	0 WHK	6	1:06:39	22:30 * 20:42 * 21:33	6:29 min/km
11	259	Banik Monika	Team Möbel Hausmann	1:05:30	1995 WHK	7	1:05:42	21:30 * 21:37 * 22:22	6:33 min/km
12	91	Jakobs Theresa	DER Touristik	1:06:31	1996 WHK	8	1:09:09	21:09 * 21:58 * 23:24	6:39 min/km
13	93	Tausch Hanna	DER Touristik	1:06:31	1996 WHK	9	1:09:09	21:09 * 21:57 * 23:24	6:39 min/km
14	117	Docken Tina	Lebensbaum	1:07:20	1971 W45	1	1:08:10	23:35 * 20:59 * 22:46	6:44 min/km