

Ergebnisliste Männer

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1567	Schmitz David	Skatfreunde Schmolz	0:26:40	1988 M30	1	0:26:44	12:46 * 13:53	3:59 min/km
2	1644	Glahm Lutz	Birkenstock Footbed	0:28:39	1967 M50	1	0:28:40	13:44 * 14:54	4:17 min/km
3	186	Linscheid Philip	NORMA	0:28:43	1993 MHK	1	0:29:08	19:28 * 09:14	4:17 min/km
4	1645	Rohr Dominic	Birkenstock Footbed	0:30:52	1989 MHK	2	0:31:15	15:11 * 15:40	4:36 min/km
5	1202	Burkhardt Frank	Elektro Thurwach GmbH	0:31:51	1964 M50	2	0:31:53	15:32 * 16:18	4:45 min/km
6	23	Caglar Murat	ALDI Dormagen	0:31:53	1992 MHK	3	0:32:13	15:34 * 16:19	4:46 min/km
7	1460	Döhr Christopher	*Hürth	0:32:03	1982 M35	1	0:32:09	15:19 * 16:44	4:47 min/km
8	1610	Emrich Laurin	LT DSHS Köln	0:32:11	2005 MU14	1	0:32:19	15:47 * 16:23	4:48 min/km
9	995	Richter Christoph	*Dortmund	0:32:34	1989 MHK	4	0:32:40	15:51 * 16:43	4:52 min/km
10	187	Löhren Kevin	NORMA	0:32:47	1990 MHK	5	0:33:17	15:49 * 16:57	4:54 min/km
11	1598	Gajewski Jan	Kölle Alarm	0:33:00	1996 MHK	6	0:33:32	16:55 * 16:04	4:56 min/km
12	29	Heinrich Alexander	ALDI Dormagen	0:33:22	1976 M40	1	0:33:41	16:18 * 17:04	4:59 min/km
13	1612	Kneitz Toma	LT DSHS Köln	0:33:37	2005 MU14	2	0:33:46	15:49 * 17:48	5:01 min/km
14	115	Wischerath Lukas	Köln Marriott Hotel	0:33:55	1990 MHK	7	0:34:00	15:54 * 18:00	5:04 min/km
15	1596	Calles Alexander	Kölle Alarm	0:33:58	0 MHK	8	0:34:35	16:51 * 17:07	5:04 min/km
16	224	Grathwolh Niklas	RWE	0:34:07	2001 MU18	1	0:35:40	17:23 * 16:44	5:06 min/km
17	219	El Bali Samir	RWE	0:34:08	1999 MU20	1	0:35:40	17:23 * 16:44	5:06 min/km
18	294	Lamka Henrik	InfraServ Knapsack	0:34:37	2000 MU20	2	0:35:28	19:58 * 14:39	5:10 min/km
19	122	Banhagel Marvin	Loco-Soft	0:34:52	1995 MHK	9	0:34:59	17:02 * 17:50	5:12 min/km
20	223	Georg Friedrich	RWE	0:35:15	1988 M30	2	0:36:50	17:23 * 17:52	5:16 min/km
21	911	Leipold Pascal	*Köln	0:35:21	1981 M35	2	0:36:06	17:41 * 17:40	5:17 min/km
22	962	Oestreich Dirk	*Erfstadt	0:35:36	1968 M50	3	0:36:31	17:10 * 18:25	5:19 min/km
23	84	Cabrera Juan	covestro	0:35:42	1989 MHK	10	0:35:46	16:55 * 18:46	5:20 min/km
24	127	Koke Robin	Loco-Soft	0:35:49	1998 MHK	11	0:35:57	16:54 * 18:55	5:21 min/km
25	1666	Reich Jonathan	LT DSHS Köln	0:35:51	2007 MU12	1	0:36:01	18:02 * 17:49	5:21 min/km
26	88	Walther Christian	covestro	0:35:53	1994 MHK	12	0:35:57	16:55 * 18:57	5:21 min/km
27	916	Loerper Dirk	*Hürth	0:35:59	1975 M40	2	0:36:02	17:07 * 18:51	5:22 min/km
28	1247	Vogel Jörg	Gothaer	0:35:59	1969 M45	1	0:36:02	17:07 * 18:51	5:22 min/km
29	1056	Sprunkel Marcel	*Köln	0:36:24	1977 M40	3	0:37:15	18:09 * 18:15	5:26 min/km
30	1540	Turkama Lauri	*Hürth	0:36:40	2008 MU12	2	0:37:56	17:33 * 19:06	5:28 min/km
31	1613	Kneitz Wito	LT DSHS Köln	0:37:05	2005 MU14	3	0:37:14	17:20 * 19:45	5:32 min/km
32	1256	Breloer David	Hans-Christian-Andersen	0:37:10	2008 MU12	3	0:38:11	17:46 * 19:24	5:33 min/km
33	666	Altmann Stefan	*Köln	0:37:12	1974 M40	4	0:37:35	18:36 * 18:36	5:33 min/km
34	293	Trier Kristoph	InfraServ Knapsack	0:37:24	1998 MHK	13	0:38:14	19:59 * 17:25	5:35 min/km
35	291	Hennen Lukas Ayrton	InfraServ Knapsack	0:37:25	1995 MHK	14	0:38:14	20:00 * 17:24	5:35 min/km
36	42	Tombars Tobias	ALDI Dormagen	0:37:27	1992 MHK	15	0:37:46	16:09 * 21:18	5:35 min/km
37	143	Schumacher Marc	Ludwig Fresenius Schulen	0:37:31	0 MHK	16	0:39:19	17:58 * 19:33	5:36 min/km
38	1427	Decker Philipp	Tyrannosaurus quadriceps	0:37:46	1972 M45	2	0:37:52	17:58 * 19:47	5:38 min/km
39	715	Causemann Matthias	*Köln	0:37:48	1987 M30	3	0:37:51	17:59 * 19:48	5:39 min/km
40	1566	Esser Juri	SG Torpedo	0:38:23	2004 MU16	1	0:39:07	19:43 * 18:39	5:44 min/km
41	1149	Sodekamp Ralf	Anstel op Söck	0:38:35	1964 M50	4	0:39:18	19:02 * 19:33	5:46 min/km
42	5	Hampel Benedikt	*Köln	0:39:15	1991 MHK	17	0:40:02	19:38 * 19:36	5:51 min/km
43	39	Özkanli Abdullah	ALDI Dormagen	0:39:40	1997 MHK	18	0:41:02	20:13 * 19:26	5:55 min/km
44	100	Venrath Jan	Evonik	0:39:55	2000 MU20	3	0:40:32	20:34 * 19:20	5:57 min/km
45	95	Dresbach Janick	Evonik	0:40:06	1997 MHK	19	0:40:41	20:36 * 19:29	5:59 min/km
46	1565	Esser Joachim	SG Torpedo	0:40:10	1955 M60	1	0:40:53	20:03 * 20:06	5:60 min/km
47	284	Rauh Maximilian	Nissan	0:40:40	1996 MHK	20	0:42:11	21:02 * 19:37	6:04 min/km
48	279	Hochstätter Kevin	Nissan	0:40:40	1993 MHK	21	0:42:12	21:02 * 19:38	6:04 min/km
49	842	Holz Leonhard	*Essen	0:41:00	1977 M40	5	0:42:33	20:09 * 20:51	6:07 min/km
50	1514	Quirbach Jürgen	*Köln	0:41:11	1960 M55	1	0:41:28	20:10 * 21:00	6:09 min/km
51	1692	Lemke Helge		0:41:15	1957 M60	2	0:41:51	19:26 * 21:49	6:09 min/km
52	1462	Dohalt NICKI	*Pulheim	0:41:25	1979 M35	3	0:41:28	20:55 * 20:29	6:11 min/km
53	14	Aslanifard Bahram	ALDI Dormagen	0:41:37	1982 M35	4	0:43:00	20:29 * 21:07	6:13 min/km

Ergebnisliste Männer

54	17	Bayraktar Sadik	ALDI Dormagen	0:41:40	1983 M35	5	0:43:03	20:29 * 21:10	6:13 min/km
55	1572	Zur Nieden Mats	Ts Struck	0:42:17	2003 MU16	2	0:43:16	20:39 * 21:38	6:19 min/km
56	882	Klemm Manuel	*Köln	0:42:21	1979 M35	6	0:44:16	20:29 * 21:51	6:19 min/km
57	930	Mehnert Nikolas	*Köln	0:42:22	1973 M45	3	0:43:26	20:30 * 21:52	6:19 min/km
58	1494	Liwanag Ahmir	*Köln	0:42:25	1986 M30	4	0:43:54	21:39 * 20:46	6:20 min/km
59	1238	Pleines Felix	Gothaer	0:42:31	2009 MU10	1	0:43:18	22:03 * 20:27	6:21 min/km
60	1620	Gehlen Manfred	Zarinfar GmbH	0:42:38	1964 M50	5	0:43:58	21:10 * 21:27	6:22 min/km
61	98	Poltarakow Simon	Evonik	0:42:57	2000 MU20	4	0:43:33	19:49 * 23:07	6:25 min/km
62	712	Busch Tobias	*Köln	0:43:08	1972 M45	4	0:44:03	21:33 * 21:34	6:26 min/km
63	979	Pschenitschni Dominik	*Köln	0:43:16	1991 MHK	22	0:44:53	26:13 * 17:03	6:28 min/km
64	1642	Jonas Jörg		0:43:34	1970 M45	5	0:43:55	22:04 * 21:29	6:30 min/km
65	1236	Keil Willi	Gothaer	0:43:38	1967 M50	6	0:44:26	22:03 * 21:35	6:31 min/km
66	1471	Franz#Höfle Joachim	*Köln	0:43:57	1982 M35	7	0:44:58	20:31 * 23:26	6:34 min/km
67	808	Hahn Alex	*Köln	0:44:20	1982 M35	8	0:44:46	22:04 * 22:15	6:37 min/km
68	1218	Lode Hans	FV	0:44:22	1993 MHK	23	0:45:52	21:12 * 23:10	6:37 min/km
69	1176	Dzankic Danijel	BUTLERS	0:44:36	1984 M30	5	0:44:54	20:05 * 24:30	6:39 min/km
70	296	Gentile Riccardo	Lidl	0:44:43	1993 MHK	24	0:45:44	23:14 * 21:29	6:41 min/km
71	1068	Theobald Tristan	*Overath	0:44:45	2011 MU10	2	0:44:46	20:17 * 24:28	6:41 min/km
72	755	Engel Christian	*Hürth	0:45:27	1971 M45	6	0:46:33	22:54 * 22:32	6:47 min/km
73	1041	Schwarz Alexander	*Köln	0:45:31	1974 M40	6	0:47:12	22:19 * 23:11	6:48 min/km
74	62	Menzel Robin	Bayer AG	0:45:44	1997 MHK	25	0:45:44	20:05 * 25:38	6:50 min/km
75	1244	Ruland Stefan	Gothaer	0:45:50	1969 M45	7	0:46:59	22:18 * 23:32	6:51 min/km
76	857	Johst Joshua	*Köln	0:46:15	2008 MU12	4	0:47:23	23:21 * 22:54	6:54 min/km
77	1607	Wirtz Daniel	Kölle Alarm	0:46:18	1983 M35	9	0:46:55	22:39 * 23:38	6:55 min/km
78	1253	Gräter Kurt	GVG Laufteam Hürth	0:46:24	1948 M70	1	0:47:32	22:23 * 24:00	6:56 min/km
79	96	Hambach Marc	Evonik	0:47:02	1980 M35	10	0:48:36	23:38 * 23:24	7:01 min/km
80	685	Berf Wilfried	*Köln	0:47:12	1959 M55	2	0:47:35	23:00 * 24:12	7:03 min/km
81	121	Voss Thomas	Lebensbaum	0:47:13	1983 M35	11	0:48:04	23:33 * 23:40	7:03 min/km
82	47	Bachem Miles	ALDI Kerpen	0:47:44	1997 MHK	26	0:48:14	21:38 * 26:06	7:07 min/km
83	1270	Schäfer Frederic	Hans-Christian-Andersen	0:48:15	2009 MU10	3	0:48:15	20:54 * 27:20	7:12 min/km
84	1269	Rödding Vincent	Hans-Christian-Andersen	0:48:15	2010 MU10	4	0:48:15	20:54 * 27:20	7:12 min/km
85	1390	Schmitz René	Sun Runners	0:48:20	1969 M45	8	0:49:59	24:05 * 24:15	7:13 min/km
86	1388	Mundt Timo	Sun Runners	0:48:20	2011 MU10	5	0:50:00	24:05 * 24:15	7:13 min/km
87	1665	Ringo Christoph		0:48:20	1968 M50	7	0:48:59	24:54 * 23:26	7:13 min/km
88	761	Evans John	*Köln	0:48:23	1967 M50	8	0:49:58	23:38 * 24:45	7:13 min/km
89	1391	Thomczyk Karl Heinz	Sun Runners	0:48:28	1948 M70	2	0:50:06	24:08 * 24:20	7:14 min/km
90	233	Schneider Ignatz	RWE	0:49:47	1981 M35	12	0:51:33	29:35 * 20:12	7:26 min/km
91	1213	Engel Marco	FV	0:51:01	1997 MHK	27	0:52:31	23:39 * 27:21	7:37 min/km
92	1425	Möller Joachim	TuS Badbergen	0:51:19	1955 M60	3	0:52:21	25:00 * 26:18	7:40 min/km
93	1215	Heidkamp Benjamien	FV	0:51:24	1997 MHK	28	0:52:54	23:40 * 27:44	7:40 min/km
94	728	Delfmann Dr. Thomas	*Köln	0:51:35	1958 M60	4	0:52:54	27:05 * 24:30	7:42 min/km
95	758	Erdenberger Manfred	*Köln	0:55:49	1941 M75	1	0:56:49	26:41 * 29:07	8:20 min/km
96	779	Frings Lothar	*Köln	0:56:29	1955 M60	5	0:57:28	26:42 * 29:47	8:26 min/km
97	1331	Deiters Lothar	LSV-Porz/Köln	0:59:05	1934 M75	2	1:00:24	28:40 * 30:24	8:49 min/km

Ergebnisliste Frauen

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1608	Wüller Nina	Kölle Alarm	0:33:24	1996 WHK	1	0:33:57	16:54 * 16:29	4:59 min/km
2	101	Stinner Katrin	Flughafen Köln/Bonn	0:33:54	1995 WHK	2	0:34:04	16:48 * 17:05	5:04 min/km
3	1090	Vogel Svenja	*Köln	0:37:11	1983 W35	1	0:38:01	18:14 * 18:57	5:33 min/km
4	1611	Kallbach Finia	LT DSHS Köln	0:37:32	2005 WU14	1	0:38:18	18:57 * 18:35	5:36 min/km
5	1609	Cano- Erfurth Nika	LT DSHS Köln	0:37:32	2005 WU14	2	0:38:18	18:57 * 18:35	5:36 min/km
6	986	Rauber Heike	*Dormagen	0:38:13	1969 W45	1	0:38:49	19:25 * 18:47	5:42 min/km
7	1522	Schirner Daniela	*Bergheim	0:38:14	1978 W40	1	0:39:43	19:34 * 18:39	5:42 min/km
8	190	Morozova Svetlana	NORMA	0:38:28	1969 W45	2	0:39:00	18:48 * 19:39	5:44 min/km
9	103	Neubauer Denise	INEOS Köln GmbH	0:39:05	1997 WHK	3	0:39:12	20:04 * 19:01	5:50 min/km
10	1595	Bartz Nadine	Kölle Alarm	0:39:27	1971 W45	3	0:40:04	19:54 * 19:33	5:53 min/km
11	1064	Sugland Tina	*Dortmund	0:39:35	1982 W35	2	0:40:02	20:04 * 19:31	5:55 min/km
12	947	Muti Deniz Bahar	*Nümbrecht	0:39:39	1991 WHK	4	0:40:20	18:46 * 20:53	5:55 min/km
13	1676	Vogelmann Greta		0:39:51	2001 WU18	1	0:40:16	20:00 * 19:51	5:57 min/km
14	1117	Wilke Valerie	*Köln	0:40:15	1991 WHK	5	0:41:05	20:03 * 20:12	6:01 min/km
15	1310	Schubert Sabine	Krombacher Brauerei	0:40:19	1965 W50	1	0:40:35	19:33 * 20:45	6:01 min/km
16	1547	Wischnewski Tanja	*Bergheim	0:40:39	1972 W45	4	0:42:09	20:09 * 20:30	6:04 min/km
17	1400	Riedel Kiara	TEAM MMP	0:40:47	1991 WHK	6	0:41:15	19:59 * 20:48	6:05 min/km
18	1574	Schloemer Katja	TV Blatzheim	0:40:57	1997 WHK	7	0:41:53	20:42 * 20:14	6:07 min/km
19	241	Schipmann Ida Marlene	Stadtbibliothek Köln	0:41:07	1998 WHK	8	0:41:23	19:18 * 21:49	6:08 min/km
20	160	Cammans Michael	NORMA	0:41:08	1992 WHK	9	0:41:34	19:12 * 21:55	6:08 min/km
21	1515	Quirbach Tamara	*Köln	0:41:09	1990 WHK	10	0:41:28	20:09 * 21:00	6:09 min/km
22	1517	Radermacher Kerstin	*Pulheim	0:41:27	1978 W40	2	0:41:31	20:39 * 20:48	6:11 min/km
23	1158	Läufer Kerstin	Auszeit - Fitness &	0:41:32	1992 WHK	11	0:42:49	22:15 * 19:16	6:12 min/km
24	1156	Demerouti Aneta	Auszeit - Fitness &	0:41:32	1983 W35	3	0:42:49	22:16 * 19:16	6:12 min/km
25	1554	Piecowski Sabine	central-team.de	0:41:35	1970 W45	5	0:42:45	20:20 * 21:14	6:12 min/km
26	1248	Weyland Claudia	Gothaer	0:41:47	1964 W50	2	0:42:29	20:17 * 21:30	6:14 min/km
27	1677	Vogelmann Kerstin		0:42:14	1967 W50	3	0:42:39	20:54 * 21:19	6:18 min/km
28	1171	Bröker Kathrin	BUTLERS	0:42:17	1992 WHK	12	0:42:27	21:02 * 21:14	6:19 min/km
29	803	Gouverneur Christin	*Mannheim	0:42:39	1987 W30	1	0:43:48	19:43 * 22:56	6:22 min/km
30	1173	Cacici Angelika	BUTLERS	0:42:43	1982 W35	4	0:42:56	21:07 * 21:36	6:23 min/km
31	764	Faaß Saskia	*Köln	0:42:48	1977 W40	3	0:43:06	21:55 * 20:52	6:23 min/km
32	903	Kriefft Kristina	*Köln	0:42:56	1981 W35	5	0:43:52	21:04 * 21:51	6:25 min/km
33	704	Brauch Eva	*Köln	0:42:56	1976 W40	4	0:43:53	21:05 * 21:51	6:25 min/km
34	1192	Walter Christine	BUTLERS	0:43:09	1993 WHK	13	0:43:18	21:02 * 22:06	6:26 min/km
35	1509	Petersen Caroline	*Rostock	0:43:22	1995 WHK	14	0:43:24	20:52 * 22:29	6:28 min/km
36	227	Ringel Carolin	RWE	0:43:25	2008 WU12	1	0:45:07	20:27 * 22:57	6:29 min/km
37	1631	Macke Stefanie		0:43:29	1973 W45	6	0:44:49	21:09 * 22:19	6:29 min/km
38	1086	Verhee Emily	*Köln	0:43:30	1978 W40	5	0:45:16	22:20 * 21:10	6:30 min/km
39	1161	Winklehner Britta	Auszeit - Fitness &	0:43:30	1970 W45	7	0:44:44	22:04 * 21:26	6:30 min/km
40	683	Benedens Nadja	*Brühl	0:43:43	1970 W45	8	0:43:45	21:09 * 22:34	6:32 min/km
41	269	Schmidt Melina	*Lindlar	0:43:44	1998 WHK	15	0:44:29	22:14 * 21:30	6:32 min/km
42	270	Pollerhoff Johanna	*Lindlar	0:43:45	1998 WHK	16	0:44:29	22:14 * 21:30	6:32 min/km
43	1230	Rieck Claudia	Gestiefelter Muskelkater	0:43:46	1970 W45	9	0:44:51	21:40 * 22:06	6:32 min/km
44	1530	Siekmann Valina	*Bornheim	0:43:49	1988 W30	2	0:44:11	21:18 * 22:31	6:33 min/km
45	1135	Zielke Diana	*Weilerswist	0:43:51	1975 W40	6	0:44:21	22:02 * 21:49	6:33 min/km
46	604	Müller Sabine	*Weilerswist	0:44:12	1969 W45	10	0:44:42	21:59 * 22:12	6:36 min/km
47	137	Hensch Anna-Sophia	Ludwig Fresenius Schulen	0:44:17	1998 WHK	17	0:46:09	21:22 * 22:55	6:37 min/km
48	1044	Seeliger Laney	*Köln	0:44:25	1979 W35	6	0:46:03	22:17 * 22:08	6:38 min/km
49	913	Lermen- Bruckmann	*Weilerswist	0:44:30	1985 W30	3	0:45:00	22:03 * 22:26	6:39 min/km
50	1593	Leuer Sybille	Gothaer	0:44:31	1977 W40	7	0:45:38	21:23 * 23:08	6:39 min/km
51	1415	Haji Abassi Melina	THC Hürth	0:44:34	2007 WU12	2	0:44:43	19:42 * 24:52	6:39 min/km
52	1413	Engel Hannah	THC Hürth	0:44:35	2007 WU12	3	0:44:43	19:43 * 24:51	6:39 min/km
53	991	Reiß Daniela	*Köln	0:44:48	1989 WHK	18	0:45:36	22:40 * 22:07	6:41 min/km

Ergebnisliste Frauen

54	994	Richartz Ursula	*Köln	0:44:48	1964	W50	4	0:46:06	22:12 *	22:36	6:41 min/km
55	825	Heineberg-Zeus Ute	*Köln	0:45:15	1963	W55	1	0:46:21	22:39 *	22:36	6:45 min/km
56	1670	Dumitrescu Nora		0:45:21	1980	W35	7	0:46:22	21:57 *	23:24	6:46 min/km
57	1189	Raede Petra	BUTLERS	0:45:33	1959	W55	2	0:45:50	22:11 *	23:22	6:48 min/km
58	1525	Schmitz Lena	*Euskirchen	0:45:45	2001	WU18	2	0:46:25	22:49 *	22:56	6:50 min/km
59	839	Hofmann Renate	*Köln	0:45:46	1954	W60	1	0:47:34	22:29 *	23:17	6:50 min/km
60	1526	Schmitz Nicole	*Euskirchen	0:45:47	1972	W45	11	0:46:25	22:49 *	22:57	6:50 min/km
61	1014	Schaeven Nadine	*Köln	0:46:06	1977	W40	8	0:47:53	22:20 *	23:46	6:53 min/km
62	1345	Hültzbeck Michaela	QuadratlatschE unterwegs	0:46:16	1968	W50	5	0:46:40	22:22 *	23:54	6:54 min/km
63	1346	Körber Simone	QuadratlatschE unterwegs	0:46:17	1971	W45	12	0:46:40	22:22 *	23:54	6:54 min/km
64	1599	Huppertz Sarah	Kölle Alarm	0:46:17	1992	WHK	19	0:46:55	22:39 *	23:38	6:55 min/km
65	1182	Kaufmann Bianca	BUTLERS	0:46:18	1981	W35	8	0:46:30	21:55 *	24:23	6:55 min/km
66	813	Halfas Laura	*Dormagen	0:46:21	1979	W35	9	0:47:05	22:32 *	23:49	6:55 min/km
67	1408	Stumpf Ingrid	Team SPECK&RUN	0:46:30	1982	W35	10	0:46:42	22:44 *	23:45	6:56 min/km
68	1404	Contreras Camila	Team SPECK&RUN	0:46:30	1979	W35	11	0:46:42	22:44 *	23:46	6:56 min/km
69	1407	Speck Ines	Team SPECK&RUN	0:46:30	1981	W35	12	0:46:42	22:45 *	23:45	6:57 min/km
70	902	Krevel Janine	*Köln	0:46:44	1975	W40	9	0:47:52	23:21 *	23:22	6:59 min/km
71	1549	Zur Nieden Claudia	*Remscheid	0:47:12	1963	W55	3	0:48:10	22:59 *	24:12	7:03 min/km
72	684	Berf Bianca	*Köln	0:47:13	1987	W30	4	0:47:35	23:00 *	24:12	7:03 min/km
73	1423	Damaschek Irit	Turboschnecken	0:47:19	1971	W45	13	0:48:35	23:00 *	24:19	7:04 min/km
74	1424	Gerland Janine	Turboschnecken	0:47:20	1987	W30	5	0:48:35	23:00 *	24:19	7:04 min/km
75	1070	Thiemann Katharina	*Köln	0:47:23	1977	W40	10	0:48:23	23:28 *	23:54	7:04 min/km
76	1682	Lemaire Melanie	FC Deutsche Post	0:47:23	1985	W30	6	0:48:03	22:39 *	24:44	7:04 min/km
77	1417	Reiners Patricia	THC Hürth	0:47:25	2007	WU12	4	0:47:33	22:51 *	24:34	7:05 min/km
78	1414	Engel Sarah	THC Hürth	0:47:26	2009	WU10	1	0:47:34	20:28 *	26:57	7:05 min/km
79	210	Wiechert Kerstin	NORMA	0:47:56	1986	W30	7	0:48:22	23:11 *	24:44	7:09 min/km
80	1384	Mundt Katrin	Sun Runners	0:48:20	1984	W30	8	0:50:00	24:04 *	24:15	7:13 min/km
81	928	Martin-Rossi Katja	*Velbert	0:48:28	1970	W45	14	0:49:06	24:55 *	23:33	7:14 min/km
82	1639	Heuser Annika		0:48:31	1983	W35	13	0:49:18	24:06 *	24:25	7:15 min/km
83	1463	Dohalt-Schulze Annika	*Pulheim	0:48:31	1980	W35	14	0:49:18	24:06 *	24:25	7:15 min/km
84	1453	Beuth Christina	*Lindlar	0:48:48	1976	W40	11	0:50:14	23:20 *	25:28	7:17 min/km
85	746	Durchholz Angelika	*Erfstadt	0:48:52	1969	W45	15	0:49:09	24:36 *	24:16	7:18 min/km
86	674	Baszczok Nicole	*Erfstadt	0:48:55	1974	W40	12	0:49:09	24:39 *	24:16	7:18 min/km
87	1025	Schmitz Deborah	*Frechen	0:49:12	1993	WHK	20	0:50:03	21:37 *	27:35	7:21 min/km
88	711	Büsch Isabella	*50733	0:49:18	1990	WHK	21	0:51:00	24:23 *	24:54	7:22 min/km
89	1004	Roscher Claudia	*Köln	0:49:53	1967	W50	6	0:50:41	23:46 *	26:07	7:27 min/km
90	1104	Weigand Christine	*Köln	0:50:23	1983	W35	15	0:51:04	23:45 *	26:37	7:31 min/km
91	896	Kolvenbach Simone	*Köln	0:50:24	1982	W35	16	0:51:04	23:46 *	26:37	7:31 min/km
92	1603	Steinbüchel Constanze	Kölle Alarm	0:50:52	1962	W55	4	0:51:27	24:12 *	26:40	7:36 min/km
93	961	Odenthal Yvonne	*Jülich	0:51:14	1980	W35	17	0:51:34	24:20 *	26:53	7:39 min/km
94	1456	Bode Anns	*Köln	0:51:42	1962	W55	5	0:52:13	24:37 *	27:04	7:43 min/km
95	1442	Georgi Azra	Vincerola	0:51:44	1984	W30	9	0:52:24	25:27 *	26:16	7:43 min/km
96	1440	Berling-Klappstein	VINCEROLA	0:51:44	1968	W50	7	0:52:24	25:27 *	26:17	7:43 min/km
97	1362	Matlas Ariane	Running Gags	0:51:46	1982	W35	18	0:52:30	24:51 *	26:55	7:44 min/km
98	1363	Meyer Anika	Running Gags	0:51:47	1982	W35	19	0:52:29	24:52 *	26:54	7:44 min/km
99	240	Kolinski Alina	Stadtbibliothek Köln	0:52:11	1977	W40	13	0:52:27	25:05 *	27:05	7:47 min/km
100	1276	Zander Pia	Hans-Christian-Andersen-	0:52:17	1970	W45	16	0:53:59	25:30 *	26:46	7:48 min/km
101	1069	Thiele Petra	*Köln	0:53:05	1967	W50	8	0:53:34	27:54 *	25:10	7:55 min/km
102	1422	Borlinghaus-Madsack	Turboschnecken	0:53:06	1961	W55	6	0:53:35	25:32 *	27:33	7:56 min/km
103	978	Prinz Valeria	*Frechen	0:53:07	1983	W35	20	0:54:28	29:16 *	23:50	7:56 min/km
104	1155	Wernsing Laura	Auszeit	0:53:50	1988	W30	10	0:54:52	26:05 *	27:44	8:02 min/km
105	1207	Masson Julia	Feuerwehrsportverein	0:54:21	1988	W30	11	0:55:34	28:35 *	25:46	8:07 min/km
106	1679	Triller Kristina		0:55:47	1980	W35	21	0:57:24	28:22 *	27:25	8:20 min/km
107	1678	Triller Annika	LeseWelten	0:55:50	1977	W40	14	0:57:27	28:22 *	27:28	8:20 min/km
108	1627	Braun Christine	Party Läufer	1:00:30	1988	W30	12	1:01:44	29:15 *	31:15	9:02 min/km
109	1628	Giersch Nicole	Party Läufer	1:00:31	1991	WHK	22	1:01:44	29:16 *	31:14	9:02 min/km

Kölner Frühlingslauf am 18.03.2018

6.7km Funlauf

Ergebnisliste Frauen

Seite 5

gedruckt 18.03.2018 13:19:15

110	1630	Faßbender Nicole	Party Läufer	1:00:31	1978 W40	15	1:01:45	29:18 *	31:13	9:02 min/km
-----	------	------------------	--------------	---------	----------	----	---------	---------	-------	-------------