

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Männer

Seite 1
gedruckt 03.12.2018 12:51:08

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	3324	Gillen Philippe	Run Squad CGN	0:32:11	1989 M20	1	0:32:12	10:30 * 10:41 * 10:59	3:13 min/km
2	544	Nores Max	LG Olympia Dortmund	0:32:18	1999 MU20	1	0:32:20	10:20 * 10:42 * 11:14	3:14 min/km
3	3424	Dahl Simon	Bunert - Der Kölner	0:32:35	1987 M30	1	0:32:36	10:31 * 10:42 * 11:22	3:16 min/km
4	546	Reinhard Martin Leo	LT DSHS Köln	0:33:52	1993 M20	2	0:33:53	11:00 * 11:27 * 11:24	3:23 min/km
5	3442	Ackermann Johann	*Köln	0:34:07	1984 M30	2	0:34:09	10:49 * 11:18 * 11:59	3:25 min/km
6	3428	Schoenball Patrick	Bunert - Der Kölner	0:34:19	1989 M20	3	0:34:20	11:15 * 11:33 * 11:31	3:26 min/km
7	3771	Kreppke Jan-Niklas	OLD Boys Basel	0:34:21	2002 MU18	1	0:34:22	11:00 * 11:28 * 11:53	3:26 min/km
8	424	Linden Sebastian	Rhein-Berg Runners	0:34:22	1989 M20	4	0:34:23	11:06 * 11:24 * 11:50	3:26 min/km
9	547	Freitag Finn Jannis	LT DSHS Köln	0:34:50	1994 M20	5	0:34:52	11:31 * 11:32 * 11:47	3:29 min/km
10	3793	Oubaha Idriss	TV Refrath	0:34:58	1988 M30	3	0:35:00	10:55 * 11:42 * 12:21	3:30 min/km
11	3331	Enning Daniel	TTD	0:35:13	1987 M30	4	0:35:14	11:05 * 11:42 * 12:25	3:31 min/km
12	3426	Bunte Marian	Bunert - Der Kölner	0:35:21	1989 M20	6	0:35:21	11:23 * 11:37 * 12:20	3:32 min/km
13	3340	Steffes Christian	LG Maifeld Pellenz	0:35:44	1993 M20	7	0:35:45	11:23 * 11:54 * 12:27	3:34 min/km
14	237	Tochowicz Kasper	Triwise	0:35:47	1995 M20	8	0:35:48	11:22 * 11:54 * 12:30	3:35 min/km
15	570	Mettner Sven	C(O)OL-Runnings	0:36:11	1989 M20	9	0:36:13	11:41 * 11:59 * 12:30	3:37 min/km
16	432	Naundorf Lars	ASV Köln	0:36:19	1975 M40	1	0:36:19	11:36 * 12:05 * 12:37	3:38 min/km
17	545	Rehorst Sebastian	LT DSHS Köln	0:36:27	1997 M20	10	0:36:28	11:48 * 12:14 * 12:24	3:39 min/km
18	3735	Trems Torsten	Central-Team.de	0:36:28	1977 M40	2	0:36:29	11:34 * 12:07 * 12:47	3:39 min/km
19	524	Voßkämper Daniel	*Mönchengladbach	0:36:52	1978 M40	3	0:36:54	11:57 * 12:05 * 12:49	3:41 min/km
20	393	Glatz Jorit	*Köln	0:36:53	1998 M20	11	0:36:55	12:09 * 12:16 * 12:27	3:41 min/km
21	3790	Ritter Johannes		0:36:54	1965 M50	1	0:36:55	11:45 * 12:18 * 12:50	3:41 min/km
22	400	Ron Dr. Sitzer	DKMS	0:36:57	2003 MU16	1	0:37:31	17:10 * 19:02 * 00:44	3:42 min/km
23	456	Artz Johannes	Cologne Running Crew	0:37:02	1990 M20	12	0:37:05	11:46 * 12:28 * 12:47	3:42 min/km
24	3431	Herrera Felix	Bunert - Der Kölner	0:37:23	1989 M20	13	0:37:28	12:03 * 12:25 * 12:54	3:44 min/km
25	444	Lünenborg Jurek	Lünenborgrunners	0:37:26	1990 M20	14	0:37:26	12:10 * 12:20 * 12:55	3:45 min/km
26	226	Müller Hagen	AFUH	0:37:52	1985 M30	5	0:37:53	12:15 * 12:33 * 13:03	3:47 min/km
27	3346	Klotz Fabian	*Köln	0:37:53	1991 M20	15	0:37:55	12:17 * 12:37 * 12:58	3:47 min/km
28	3469	Schubert Gerrit	Kölner Triathlon Team 01	0:37:53	1994 M20	16	0:37:57	12:25 * 12:39 * 12:48	3:47 min/km
29	260	Meyer Thorsten	Team flott.	0:37:54	1977 M40	4	0:37:56	12:10 * 12:29 * 13:15	3:47 min/km
30	264	Giagkidis Ioannis	GSV Porz Basketball	0:37:56	2000 MU20	2	0:38:31	17:19 * 20:00 * 00:36	3:48 min/km
31	333	Hagedorn Christof	*Lohmar	0:37:56	1975 M40	5	0:38:34	17:37 * 19:29 * 00:49	3:48 min/km
32	483	Poischen Thomas	BSG RheinEnergie	0:38:09	1970 M45	1	0:38:11	12:12 * 12:37 * 13:19	3:49 min/km
33	427	Roth Andreas	ASV Köln Triathlon	0:38:10	1976 M40	6	0:38:13	12:12 * 12:29 * 13:29	3:49 min/km
34	3686	Kleiner Fabian	Team Decathlon	0:38:23	1992 M20	17	0:38:33	12:33 * 12:41 * 13:09	3:50 min/km
35	382	Chighine Christophe	US Forbach	0:38:24	1987 M30	6	0:38:35	12:24 * 12:41 * 13:18	3:50 min/km
36	3749	Löer Lukas		0:38:37	1995 M20	18	0:38:45	12:13 * 12:46 * 13:37	3:52 min/km
37	3545	Niedermeyer Michael	Heroes Club	0:38:50	1983 M35	1	0:39:24	12:56 * 12:53 * 13:00	3:53 min/km
38	361	Schulze Schwering	GKK n.e.V.	0:38:53	1988 M30	7	0:38:55	12:19 * 12:57 * 13:37	3:53 min/km
39	3356	Fritsch Dr. Jürgen	ASV Köln Triathlon	0:39:03	1964 M50	2	0:39:06	12:26 * 12:58 * 13:38	3:54 min/km
40	223	Suchrow Christian	Ahrtal Express	0:39:06	1989 M20	19	0:39:29	12:55 * 12:46 * 13:23	3:55 min/km
41	477	Neukirchen Felix	LC Rapid Dortmund	0:39:07	1997 M20	20	0:39:10	12:34 * 13:04 * 13:28	3:55 min/km
42	162	Franken Peter	Polizei Köln	0:39:11	1987 M30	8	0:39:16	12:49 * 13:01 * 13:20	3:55 min/km
43	171	Giordano Mario	*Köln	0:39:16	1986 M30	9	0:39:22	12:53 * 12:56 * 13:26	3:56 min/km
44	235	Friedrich Lars	TriathlonSteckelCologne	0:39:17	1987 M30	10	0:39:23	12:35 * 13:03 * 13:37	3:56 min/km
45	442	Hand Leon	TV Tigers Blatzheim	0:39:31	1996 M20	21	0:39:36	13:26 * 13:03 * 13:01	3:57 min/km
46	3773	Bonfils Loris	Footing Club Lausanne	0:39:34	1994 M20	22	0:39:35	12:33 * 13:02 * 13:57	3:57 min/km
47	3446	Duncker Tobi	*Düsseldorf	0:39:36	1971 M45	2	0:39:40	12:57 * 12:59 * 13:39	3:58 min/km
48	3345	Blauth Christian	SV Bergwacht Rohren	0:39:42	1976 M40	7	0:39:44	12:33 * 13:21 * 13:48	3:58 min/km
49	319	Loeks Matthias	REWE Digital	0:39:44	1986 M30	11	0:39:51	12:44 * 13:09 * 13:50	3:58 min/km
50	386	Spreng Sören	Team eXtreme	0:39:56	1986 M30	12	0:40:00	12:53 * 13:13 * 13:49	3:60 min/km
51	151	Ruhnke Robert	LG RWE POWER	0:40:01	1958 M60	1	0:40:03	12:53 * 13:15 * 13:52	4:00 min/km
52	294	Kölsch Henry	*Köln	0:40:01	1987 M30	13	0:40:07	12:52 * 13:09 * 13:59	4:00 min/km
53	490	Blaeser Veit	Gothaer	0:40:07	1980 M35	2	0:40:16	12:44 * 13:21 * 14:00	4:01 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Männer

Seite 2

gedruckt 03.12.2018 12:51:08

54	3764	Weingartz Thomas		0:40:18	1982 M35	3	0:40:31	13:07 *	13:20 *	13:49	4:02 min/km
55	469	Hedwig Jonas	*Köln	0:40:23	1998 M20	23	0:40:29	12:52 *	13:17 *	14:13	4:02 min/km
56	286	Georger Mark	TriathlonSteckelCologne	0:40:29	1997 M20	24	0:40:33	13:22 *	13:28 *	13:38	4:03 min/km
57	555	Mohrmann Moehre	Der Elf und seine Freunde	0:40:29	1973 M45	3	0:40:35	12:52 *	13:18 *	14:18	4:03 min/km
58	379	Niemann Hauke	Laut & Luise	0:40:33	1985 M30	14	0:40:39	12:44 *	13:31 *	14:17	4:03 min/km
59	3722	Jansen Christian	Jansen Brothers	0:40:35	1986 M30	15	0:40:38	12:37 *	13:44 *	14:13	4:04 min/km
60	3654	Seybold Felix	Köln läuft!	0:40:36	1983 M35	4	0:40:43	12:53 *	13:32 *	14:10	4:04 min/km
61	185	Schmitz Thilo	Project 63	0:40:36	1989 M20	25	0:40:53	13:09 *	13:21 *	14:05	4:04 min/km
62	3363	Butz Andreas	Team Laufcampus	0:40:45	1965 M50	3	0:40:49	13:03 *	13:27 *	14:14	4:05 min/km
63	395	Kolars Samuel	*Eriskirch	0:40:53	1996 M20	26	0:41:12	13:47 *	13:34 *	13:31	4:05 min/km
64	3338	Zorkin Björn	*Kerpen	0:40:57	1992 M20	27	0:41:18	12:57 *	13:44 *	14:15	4:06 min/km
65	360	Kruczynski Filip	TriathlonSteckelCologne	0:40:57	1981 M35	5	0:41:07	13:03 *	13:46 *	14:08	4:06 min/km
66	127	Weithoff Johannes	FFC - Flinke Füchse	0:41:00	1987 M30	16	0:41:04	13:03 *	13:27 *	14:28	4:06 min/km
67	3755	Gaspar Dennis	Run Squad CGN	0:41:13	1984 M30	17	0:41:18	13:29 *	13:51 *	13:52	4:07 min/km
68	248	Bruneß Christian	Run Squad CGN	0:41:19	1984 M30	18	0:41:24	13:29 *	13:51 *	13:58	4:08 min/km
69	282	Schrogl Fabian	*Köln	0:41:19	1991 M20	28	0:41:36	13:38 *	13:42 *	13:58	4:08 min/km
70	3784	Metz Fabian		0:41:23	1990 M20	29	0:41:26	12:13 *	14:12 *	14:58	4:08 min/km
71	538	Lütgen Patrick	FC Keldenich	0:41:23	1992 M20	30	0:41:27	13:03 *	13:39 *	14:41	4:08 min/km
72	158	Emmett Ian	SCB Horrem	0:41:25	1966 M50	4	0:41:33	13:33 *	13:42 *	14:09	4:09 min/km
73	3342	Heinemeyer Joachim	*Köln	0:41:25	1980 M35	6	0:41:33	13:31 *	13:41 *	14:12	4:09 min/km
74	516	Freier Oliver	*Köln	0:41:26	1998 M20	31	0:41:58	13:51 *	13:36 *	13:58	4:09 min/km
75	277	Knaub Richard	-	0:41:27	1991 M20	32	0:41:30	13:08 *	14:04 *	14:13	4:09 min/km
76	3681	Stamm Hendrik	Edelman GmbH	0:41:28	1997 M20	33	0:41:33	13:14 *	14:18 *	13:56	4:09 min/km
77	210	Ropohl Martin	Tonis	0:41:29	1983 M35	7	0:41:52	14:25 *	13:13 *	13:49	4:09 min/km
78	471	Czaplewski Witold	*Frechen - Königsdorf	0:41:31	1983 M35	8	0:41:41	13:30 *	13:47 *	14:12	4:09 min/km
79	332	Kuthe Thorsten	*Köln	0:41:32	1972 M45	4	0:41:43	13:22 *	13:53 *	14:16	4:09 min/km
80	476	Kirschtowski Jan	VfL Oldesloe	0:41:37	1988 M30	19	0:41:42	13:42 *	13:40 *	14:14	4:10 min/km
81	521	Weyer Jens	*Düsseldorf	0:41:40	1976 M40	8	0:41:50	13:21 *	13:43 *	14:36	4:10 min/km
82	510	Lindner Jan	*Kerpen	0:41:41	1996 M20	34	0:41:53	14:03 *	13:51 *	13:46	4:10 min/km
83	420	Klak Alexander	Cologne Running Crew	0:41:43	1992 M20	35	0:41:47	13:23 *	13:55 *	14:24	4:10 min/km
84	214	Seiffarth Georg	*Köln	0:41:53	1999 MU20	3	0:42:13	13:24 *	13:59 *	14:30	4:11 min/km
85	3401	Becker Tobias	LC Euskirchen	0:41:56	1971 M45	5	0:42:08	13:47 *	13:55 *	14:12	4:12 min/km
86	541	Wanzek Thor	Trollmusic Running Team	0:42:01	1976 M40	9	0:42:04	13:13 *	14:09 *	14:37	4:12 min/km
87	3785	Schalk Julius		0:42:03	1995 M20	36	0:42:05	12:47 *	14:17 *	14:57	4:12 min/km
88	309	Vogel Manuel	*Rösrath	0:42:03	1999 MU20	4	0:42:22	13:29 *	14:05 *	14:28	4:12 min/km
89	460	Schöneweis Christian	ASICS Running Club	0:42:08	1974 M40	10	0:42:11	13:17 *	14:11 *	14:39	4:13 min/km
90	338	Freudenhammer Andreas	*Erfstadt-Lechenich	0:42:09	1984 M30	20	0:42:24	13:38 *	14:00 *	14:29	4:13 min/km
91	3320	Glaubach Dennis	*Frechen	0:42:14	1994 M20	37	0:42:32	13:46 *	14:05 *	14:22	4:13 min/km
92	3783	Hecker Martin	Dolomit Runners	0:42:17	1975 M40	11	0:42:20	13:17 *	13:52 *	15:06	4:14 min/km
93	125	Weisweiler Jochen	*Köln	0:42:19	1967 M50	5	0:42:54	19:56 *	21:29 *	00:53	4:14 min/km
94	592	Menkhaus Arne	*Köln	0:42:21	2000 MU20	5	0:42:41	14:01 *	13:52 *	14:26	4:14 min/km
95	3388	Anders Lars	PSV Brühl Triathlon Team	0:42:22	1976 M40	12	0:42:27	13:40 *	14:01 *	14:40	4:14 min/km
96	480	Stinshoff Jannik	*Düsseldorf	0:42:22	1993 M20	38	0:42:40	13:33 *	14:05 *	14:43	4:14 min/km
97	137	Cadard Helmut	*Kürten - Duitsland	0:42:23	1974 M40	13	0:42:41	13:24 *	13:55 *	15:02	4:14 min/km
98	3546	Van Düllen Carsten	*Edewechterdamm	0:42:24	1973 M45	6	0:42:26	13:03 *	14:14 *	15:07	4:14 min/km
99	362	Kemmesies Rainer	Team Arezen	0:42:25	1961 M55	1	0:42:34	13:41 *	14:04 *	14:39	4:15 min/km
100	203	Kubo Emil	*Köln	0:42:31	1998 M20	39	0:42:46	14:33 *	14:28 *	13:29	4:15 min/km
101	3682	Kneitz Marlo	LT DSHS Köln eV	0:42:34	2003 MU16	2	0:42:36	13:24 *	14:18 *	14:51	4:15 min/km
102	285	Röttgers Henrik	*Köln	0:42:35	1992 M20	40	0:42:41	13:45 *	14:14 *	14:35	4:16 min/km
103	356	Bacher Joachim	TuS Köln rrh.	0:42:40	1971 M45	7	0:42:45	13:59 *	14:05 *	14:35	4:16 min/km
104	406	Lorbach Daniel	*Köln	0:42:41	1982 M35	9	0:42:58	14:21 *	13:49 *	14:30	4:16 min/km
105	413	Celebija Drazen	Barbariga	0:42:41	1968 M50	6	0:42:50	13:57 *	14:06 *	14:38	4:16 min/km
106	311	Strittmatter Stefan	PSV Köln	0:42:42	1985 M30	21	0:42:50	13:56 *	14:02 *	14:42	4:16 min/km
107	317	Schlatter Mark	*Rösrath	0:42:44	1972 M45	8	0:42:49	13:42 *	14:09 *	14:51	4:16 min/km
108	548	Fontes Arne	LT DSHS Köln	0:42:46	1997 M20	41	0:42:47	13:39 *	14:29 *	14:37	4:17 min/km
109	512	Zwegers Prof. Dr. Sander	*Frechen	0:42:46	1975 M40	14	0:43:00	13:38 *	14:03 *	15:04	4:17 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Männer

Seite 3

gedruckt 03.12.2018 12:51:08

110	136	Stephan Heinz Michael	*Köln	0:42:48	1961 M55	2	0:42:56	13:59 *	14:05 *	14:43	4:17 min/km
111	522	Lönhardt Michael	Laktatkönige	0:42:50	1961 M55	3	0:42:57	13:57 *	14:07 *	14:44	4:17 min/km
112	130	Kirchbach Jens	*Bornheim	0:42:55	1988 M30	22	0:43:06	14:08 *	14:09 *	14:36	4:18 min/km
113	3332	Schmid-burgk William	*Köln	0:42:57	1993 M20	42	0:43:09	15:08 *	13:49 *	14:00	4:18 min/km
114	3328	Hesse Bartholomeu	*Köln	0:42:58	1993 M20	43	0:43:13	14:04 *	14:08 *	14:46	4:18 min/km
115	334	Möller Markus	*Kassel	0:42:59	1995 M20	44	0:43:15	14:05 *	14:11 *	14:42	4:18 min/km
116	3389	Biedermann Thomas	*Köln	0:43:00	1966 M50	7	0:43:00	13:41 *	14:14 *	15:04	4:18 min/km
117	3434	Götzfried Philipp	MKF Running	0:43:01	1991 M20	45	0:43:16	14:22 *	14:14 *	14:25	4:18 min/km
118	3349	Derksen Marvin	*Köln	0:43:03	1997 M20	46	0:43:35	14:16 *	13:59 *	14:47	4:18 min/km
119	254	Siemer Paul	Mango SpoHo	0:43:05	1999 MU20	6	0:43:25	13:24 *	14:09 *	15:31	4:19 min/km
120	316	Bettermann Ralf	*Köln	0:43:13	1991 M20	47	0:43:22	14:07 *	14:11 *	14:53	4:19 min/km
121	3683	Weishaupt David	Team Decathlon	0:43:15	1992 M20	48	0:43:29	13:10 *	14:30 *	15:34	4:20 min/km
122	492	Heller Dirk	Kieser Training	0:43:15	1971 M45	9	0:43:23	14:16 *	14:13 *	14:44	4:20 min/km
123	3318	Schmidt Martin	*Köln	0:43:19	1987 M30	23	0:43:32	13:54 *	14:08 *	15:16	4:20 min/km
124	403	Merola Christian	*Köln	0:43:19	1994 M20	49	0:43:47	14:22 *	14:12 *	14:44	4:20 min/km
125	255	Abels Christian	*Köln	0:43:25	1983 M35	10	0:43:29	13:39 *	14:25 *	15:20	4:21 min/km
126	3333	Bätz Oliver	*Köln	0:43:34	1995 M20	50	0:43:52	14:23 *	14:13 *	14:57	4:21 min/km
127	241	Lüttermann Malte	*Köln	0:43:36	1998 M20	51	0:43:52	14:17 *	14:42 *	14:36	4:22 min/km
128	481	Wöhler Jan	ASV Köln	0:43:39	1972 M45	10	0:44:02	14:28 *	14:18 *	14:52	4:22 min/km
129	455	Stolzis Bernd	Waldfee	0:43:40	1964 M50	8	0:44:07	14:41 *	14:16 *	14:42	4:22 min/km
130	501	Schönwälder Florian	*Köln	0:43:41	1996 M20	52	0:44:10	14:13 *	14:31 *	14:57	4:22 min/km
131	452	Pieper Dennis	LG Emsdetten	0:43:43	1992 M20	53	0:44:10	14:44 *	14:10 *	14:48	4:22 min/km
132	3364	Shokri Darius	*Duesseldorf	0:43:45	1989 M20	54	0:44:07	14:24 *	14:17 *	15:03	4:23 min/km
133	3792	Domke Andreas	Haus der Gesundheit	0:43:46	1974 M40	15	0:43:49	13:45 *	14:19 *	15:40	4:23 min/km
134	518	Geisen Malte	*Köln	0:43:48	1997 M20	55	0:44:17	14:12 *	14:36 *	14:59	4:23 min/km
135	519	Heppekausen Lukas	*Köln	0:43:50	1999 MU20	7	0:44:23	14:10 *	14:37 *	15:02	4:23 min/km
136	3786	Waschull Mario		0:43:51	1973 M45	11	0:43:55	13:46 *	14:38 *	15:25	4:23 min/km
137	278	Wirtensohn Dominik	Cologne Running Crew	0:43:53	1989 M20	56	0:43:59	13:59 *	14:54 *	14:58	4:23 min/km
138	238	Haas Christian	*Köln	0:43:55	1992 M20	57	0:44:15	14:00 *	14:17 *	15:36	4:24 min/km
139	3433	Diestegge Mirko	Bunert - Der Kölner	0:43:55	1985 M30	24	0:44:36	14:50 *	14:33 *	14:31	4:24 min/km
140	560	Carella Marco	Run Squad CGN	0:43:55	1983 M35	11	0:44:09	14:26 *	14:37 *	14:51	4:24 min/km
141	487	Köhler Joachim	KRÜGER GROUP	0:43:57	1972 M45	12	0:44:08	14:04 *	14:28 *	15:24	4:24 min/km
142	495	Enns Otto	Kieser Training	0:44:00	1977 M40	16	0:44:35	14:12 *	14:35 *	15:12	4:24 min/km
143	339	Senfleben Christian	*Lindenthal	0:44:02	1998 M20	58	0:44:16	13:54 *	14:32 *	15:35	4:24 min/km
144	3647	Umbach Thorsten	Köln läuft!	0:44:02	1985 M30	25	0:44:24	14:34 *	14:39 *	14:48	4:24 min/km
145	250	Seiwert Olivier	Seiwert	0:44:08	1975 M40	17	0:44:18	13:59 *	14:41 *	15:28	4:25 min/km
146	397	Kasnatscheew Anatolij	*Köln	0:44:08	1985 M30	26	0:44:49	14:13 *	14:48 *	15:06	4:25 min/km
147	496	Schlösser Wolfgang	Kieser Training	0:44:09	1962 M55	4	0:44:33	14:02 *	14:44 *	15:22	4:25 min/km
148	527	Tschirch David	*Düsseldorf	0:44:09	1988 M30	27	0:44:21	13:59 *	14:48 *	15:22	4:25 min/km
149	465	Grubenbecher Jan	*Köln	0:44:12	1975 M40	18	0:44:38	13:55 *	14:39 *	15:37	4:25 min/km
150	252	Schneider Leonard	RWTH Superposition	0:44:13	1998 M20	59	0:44:40	14:13 *	14:44 *	15:15	4:25 min/km
151	102	Halm Rüdiger	Feuerwehr Sportverein	0:44:31	1983 M35	12	0:45:09	14:43 *	14:27 *	15:20	4:27 min/km
152	249	Ganter Dominik	*Köln	0:44:35	1998 M20	60	0:44:51	14:17 *	14:51 *	15:26	4:28 min/km
153	346	Kroiher David	*Köln	0:44:35	1997 M20	61	0:44:52	14:17 *	14:50 *	15:26	4:28 min/km
154	3314	Willms Alex	*Köln	0:44:36	1984 M30	28	0:45:04	14:40 *	14:48 *	15:07	4:28 min/km
155	514	Kirchbach Carsten	*Köln	0:44:36	1990 M20	62	0:44:47	14:19 *	14:49 *	15:27	4:28 min/km
156	467	Dinstühler Jos Laurenz	*Köln	0:44:36	1997 M20	63	0:44:56	14:02 *	14:27 *	16:07	4:28 min/km
157	593	Bertram Lukas	*Köln	0:44:36	1989 M20	64	0:44:58	14:17 *	14:49 *	15:29	4:28 min/km
158	3323	Klumpe Torsten	*Köln	0:44:37	1972 M45	13	0:45:00	15:05 *	14:44 *	14:47	4:28 min/km
159	131	Keller Sven	*Pfronten	0:44:38	1995 M20	65	0:44:45	14:07 *	14:35 *	15:55	4:28 min/km
160	183	Schwichtenhövel	*Köln	0:44:42	1990 M20	66	0:45:01	14:33 *	14:47 *	15:21	4:28 min/km
161	3684	Teigelkamp Johannes	Team Decathlon	0:44:42	1959 M55	5	0:44:52	14:20 *	14:49 *	15:33	4:28 min/km
162	3739	Bors Marius		0:44:42	1990 M20	67	0:45:15	14:02 *	14:57 *	15:42	4:28 min/km
163	101	Beck Christian	*Köln	0:44:44	1983 M35	13	0:45:19	14:52 *	14:48 *	15:02	4:28 min/km
164	281	Hausmann Malte	Team Erdinger Alkoholfrei	0:44:46	1984 M30	29	0:44:57	14:27 *	14:56 *	15:22	4:29 min/km
165	292	Ketelaer Thomas	Blood, Sweat and Beers.	0:44:48	1985 M30	30	0:45:14	14:59 *	14:47 *	15:01	4:29 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Männer

Seite 4

gedruckt 03.12.2018 12:51:08

166	457	Pax Stefan	Ute Mückel Triathlon	0:44:48	1971 M45	14	0:45:05	14:04 *	14:43 *	16:01	4:29 min/km
167	256	Lindemann Jens	*Köln	0:44:49	1977 M40	19	0:45:00	14:28 *	14:55 *	15:24	4:29 min/km
168	3652	Wieschollek Florian	Köln läuft!	0:44:50	1968 M50	9	0:45:09	14:41 *	14:59 *	15:09	4:29 min/km
169	581	Heger Dr. Steffen	Frontrunners Cologne	0:44:51	1964 M50	10	0:45:02	14:40 *	14:39 *	15:31	4:29 min/km
170	343	Köppe Stefan	1.FC Köln	0:44:53	1985 M30	31	0:45:08	14:46 *	14:57 *	15:09	4:29 min/km
171	462	Krause Ole	Heul nicht! Lauf!	0:44:57	1993 M20	68	0:45:22	14:43 *	15:00 *	15:13	4:30 min/km
172	178	Steven Daniel	*Köln	0:45:00	1976 M40	20	0:45:19	14:08 *	15:01 *	15:51	4:30 min/km
173	405	Bialke Daniel	*Köln	0:45:03	1977 M40	21	0:45:21	15:14 *	14:29 *	15:18	4:30 min/km
174	557	Van de Sand Markus	Frontrunners Cologne	0:45:07	1976 M40	22	0:45:18	14:00 *	14:48 *	16:18	4:31 min/km
175	3336	Waßerka Boris	*Köln	0:45:08	1964 M50	11	0:45:17	14:47 *	14:49 *	15:31	4:31 min/km
176	582	Eisermann Stephan	Team Erdinger Alkoholfrei	0:45:20	1966 M50	12	0:45:27	14:31 *	15:02 *	15:46	4:32 min/km
177	450	Müller Alexander	*Koeln	0:45:20	1998 M20	69	0:45:39	14:02 *	14:45 *	16:32	4:32 min/km
178	123	Berkmann Manuel	*Köln	0:45:20	1984 M30	32	0:45:42	14:41 *	14:57 *	15:41	4:32 min/km
179	565	Beyer Michael	*Düsseldorf	0:45:23	1967 M50	13	0:45:37	14:22 *	15:08 *	15:53	4:32 min/km
180	402	Drevenstedt Tobias	*Köln	0:45:30	1991 M20	70	0:45:58	14:23 *	15:07 *	15:59	4:33 min/km
181	574	Dobler Christian	Prinzengarde 1935	0:45:34	1985 M30	33	0:45:47	14:59 *	15:01 *	15:34	4:33 min/km
182	164	Kiosis Antonios	*Köln	0:45:35	1998 M20	71	0:46:03	14:50 *	15:07 *	15:38	4:34 min/km
183	215	Bosbach Gerd	TriathlonSteckelCologne	0:45:36	1953 M65	1	0:45:52	14:57 *	15:03 *	15:35	4:34 min/km
184	3791	Wegler Thomas	WSVB	0:45:36	1964 M50	14	0:45:55	14:41 *	15:03 *	15:51	4:34 min/km
185	576	Plappert Marius	*Köln	0:45:40	1990 M20	72	0:45:45	14:30 *	15:09 *	16:00	4:34 min/km
186	380	Lake Holger	*Köln	0:45:41	1976 M40	23	0:45:59	14:14 *	15:16 *	16:10	4:34 min/km
187	193	Steffens Luis	*Köln	0:45:41	1995 M20	73	0:45:58	14:59 *	14:51 *	15:51	4:34 min/km
188	212	Hackler Christian	Tonis	0:45:45	1979 M35	14	0:46:08	14:30 *	14:46 *	16:28	4:35 min/km
189	122	Edeling Dr. Alexander	*Köln	0:45:45	1984 M30	34	0:46:06	14:42 *	15:00 *	16:01	4:35 min/km
190	329	Taetz Timo	*Köln	0:45:46	1975 M40	24	0:46:26	15:10 *	14:54 *	15:40	4:35 min/km
191	318	Wolgast Alexander	*Köln	0:45:47	1983 M35	15	0:46:14	14:37 *	15:19 *	15:50	4:35 min/km
192	240	Krause Rolf	*Neunkirchen	0:45:53	1992 M20	74	0:46:13	14:47 *	15:08 *	15:56	4:35 min/km
193	192	Hörmann Ferdinand	*Köln	0:45:54	1994 M20	75	0:46:12	14:58 *	14:57 *	15:57	4:35 min/km
194	344	Schneider Christian	HSG Siebengebirge	0:45:55	1993 M20	76	0:46:07	14:52 *	15:07 *	15:56	4:36 min/km
195	433	Kourkoulos Dimitrios	Runaconda	0:45:55	1986 M30	35	0:46:16	14:36 *	15:19 *	15:59	4:36 min/km
196	363	Lippert Lukas	*Köln	0:45:59	2000 MU20	8	0:46:13	14:17 *	15:17 *	16:24	4:36 min/km
197	3778	von Baeyer Richard		0:45:59	1967 M50	15	0:46:40	15:08 *	15:05 *	15:45	4:36 min/km
198	168	Oberbusch Patrick	Central-Team	0:45:59	1981 M35	16	0:46:13	15:10 *	15:07 *	15:41	4:36 min/km
199	513	Mograbi Zawadi	*Köln	0:45:59	1997 M20	77	0:46:31	15:33 *	15:07 *	15:18	4:36 min/km
200	297	Mannella Elia	*Köln	0:46:02	1994 M20	78	0:46:09	13:57 *	15:23 *	16:42	4:36 min/km
201	373	Mikosowski Ingo	Coimbra Racing Team	0:46:07	1975 M40	25	0:46:37	15:32 *	15:09 *	15:25	4:37 min/km
202	3369	Förster Erik	*Köln	0:46:10	1998 M20	79	0:46:39	14:43 *	15:09 *	16:17	4:37 min/km
203	3649	Keßeler Stefan	Köln läuft!	0:46:10	1978 M40	26	0:46:46	15:15 *	15:24 *	15:31	4:37 min/km
204	458	Uebber Daniel	*Langenfeld	0:46:12	1984 M30	36	0:46:27	14:23 *	15:37 *	16:12	4:37 min/km
205	3787	Schroth Andreas		0:46:13	1970 M45	15	0:46:29	14:44 *	15:44 *	15:44	4:37 min/km
206	3705	Berens Andreas	Netcologne	0:46:14	0 M20	80	0:46:48	15:08 *	15:19 *	15:46	4:37 min/km
207	3337	Yunakov Kristiyan	*Plovdiv	0:46:14	1998 M20	81	0:46:32	15:12 *	15:21 *	15:40	4:37 min/km
208	425	Bäker Thomas	Born2Run	0:46:16	1964 M50	16	0:46:20	14:36 *	15:25 *	16:15	4:38 min/km
209	352	May Thomas	DKMS by Sportscheck	0:46:18	1977 M40	27	0:46:51	14:55 *	15:24 *	15:58	4:38 min/km
210	399	Böck Hannes	*Köln	0:46:19	1998 M20	82	0:46:50	15:33 *	15:07 *	15:37	4:38 min/km
211	534	Peiffer Joe	*Köln	0:46:20	1999 MU20	9	0:46:34	14:35 *	15:08 *	16:36	4:38 min/km
212	205	Geiger Dominik	*Köln	0:46:20	1980 M35	17	0:47:03	15:21 *	15:17 *	15:41	4:38 min/km
213	3468	Karp Lenny	*Köln	0:46:21	1998 M20	83	0:46:34	14:36 *	15:08 *	16:36	4:38 min/km
214	163	Kapeller Timo	*Köln	0:46:21	1995 M20	84	0:46:37	14:25 *	15:25 *	16:30	4:38 min/km
215	3715	Diesterhöft Kevin	Team Decathlon	0:46:23	1991 M20	85	0:46:37	14:10 *	15:13 *	16:58	4:38 min/km
216	291	Schmitt Dr. Sebastian	Blood, Sweat and Beers.	0:46:24	1987 M30	37	0:46:50	14:59 *	15:15 *	16:09	4:38 min/km
217	3776	Wittkugel Joris		0:46:27	1999 MU20	10	0:46:42	14:32 *	14:54 *	17:00	4:39 min/km
218	222	Neuhaus Stefan	*Köln	0:46:29	1977 M40	28	0:46:38	14:30 *	15:27 *	16:31	4:39 min/km
219	357	Kuzek Martin	DKMS by Sportscheck	0:46:29	1979 M35	18	0:47:03	15:35 *	15:23 *	15:31	4:39 min/km
220	233	Piel Jörg	*Köln	0:46:30	1977 M40	29	0:46:56	15:09 *	15:21 *	15:59	4:39 min/km
221	110	Hansmann Christoph	Team Haus Schwan	0:46:34	1973 M45	16	0:47:04	15:25 *	15:28 *	15:40	4:39 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Männer

Seite 5

gedruckt 03.12.2018 12:51:08

222	463	Bavendiek Anno	*Köln	0:46:40	1965 M50	17	0:47:19	15:28 *	15:18 *	15:53	4:40 min/km
223	489	Neukirchen Dirk	KRÜGER GROUP	0:46:40	1966 M50	18	0:47:00	15:06 *	15:32 *	16:01	4:40 min/km
224	3325	Degmayr Ludwig	DRC Neuburg	0:46:42	1999 MU20	11	0:46:55	15:22 *	15:41 *	15:37	4:40 min/km
225	577	Huchzermeier Matti	*Köln	0:46:44	2003 MU16	3	0:46:53	14:26 *	15:43 *	16:34	4:40 min/km
226	124	Gut Till	*Berlin	0:46:49	1977 M40	30	0:47:16	15:17 *	15:30 *	16:01	4:41 min/km
227	597	Rau-Endrulat Philipp	DKMS	0:46:51	1985 M30	38	0:47:23	14:39 *	15:26 *	16:44	4:41 min/km
228	439	Flötotto Hendrik	Wahner Jungs	0:46:54	1989 M20	86	0:47:11	15:23 *	15:29 *	16:01	4:41 min/km
229	3358	Diehl Oscar	Mango SpoHo	0:46:54	1999 MU20	12	0:47:13	15:08 *	15:41 *	16:04	4:41 min/km
230	295	Rotman Christopher	*Aachen	0:46:54	1990 M20	87	0:47:18	15:20 *	15:27 *	16:06	4:41 min/km
231	3751	Oswald David	DSHS Köln	0:46:57	1997 M20	88	0:47:19	15:43 *	15:19 *	15:53	4:42 min/km
232	454	Röber Marc	*Düsseldorf	0:46:58	1970 M45	17	0:47:24	15:17 *	15:38 *	16:02	4:42 min/km
233	3441	Püschmann Steffen	*Hürth	0:47:03	1958 M60	2	0:47:37	15:58 *	15:20 *	15:45	4:42 min/km
234	414	Matschull Frank	für meine Jungs	0:47:04	1967 M50	19	0:47:14	15:00 *	15:40 *	16:23	4:42 min/km
235	2505	Frank Johannes	*Aachen	0:47:04	1994 M20	89	0:47:31	15:09 *	15:43 *	16:11	4:42 min/km
236	179	Klos Christian	Two Towers Running Club	0:47:08	1980 M35	19	0:47:52	15:20 *	15:17 *	16:30	4:43 min/km
237	3741	Harter Wulfram		0:47:09	1958 M60	3	0:47:17	15:12 *	15:52 *	16:04	4:43 min/km
238	229	Gores Nicolai	*Köln	0:47:10	1982 M35	20	0:47:38	15:34 *	15:32 *	16:03	4:43 min/km
239	293	Kosubek Robert	Running Stones	0:47:11	1976 M40	31	0:47:42	15:33 *	15:29 *	16:08	4:43 min/km
240	383	Schulte-Kellinghaus	*Aachen	0:47:12	1995 M20	90	0:47:46	15:21 *	15:12 *	16:38	4:43 min/km
241	421	Thieme Dieter	*Köln	0:47:13	1964 M50	20	0:47:27	15:27 *	15:29 *	16:17	4:43 min/km
242	422	Blaschke Florian	Cologne Running Crew	0:47:15	1979 M35	21	0:47:22	14:37 *	15:42 *	16:55	4:44 min/km
243	505	Aul Jannik	*Köln	0:47:17	1999 MU20	13	0:47:46	14:45 *	15:36 *	16:55	4:44 min/km
244	430	Kuehn Axel	*Koeln	0:47:20	1967 M50	21	0:47:45	14:42 *	15:32 *	17:05	4:44 min/km
245	572	Brockhaus Dr. Jan	C(O)OL-Runnings	0:47:20	1986 M30	39	0:47:41	16:01 *	15:26 *	15:53	4:44 min/km
246	247	Lange Tobias	*Köln	0:47:21	1989 M20	91	0:47:28	15:04 *	16:02 *	16:15	4:44 min/km
247	484	Kampus Torsten	BSG RheinEnergie	0:47:22	1969 M45	18	0:48:00	15:22 *	15:41 *	16:18	4:44 min/km
248	3315	Quester Markus	congstar	0:47:26	1976 M40	32	0:47:47	15:20 *	15:28 *	16:37	4:45 min/km
249	3359	Braun Timo	*Elsdorf	0:47:26	1998 M20	92	0:47:44	14:45 *	15:59 *	16:41	4:45 min/km
250	3782	Kynast Fabian		0:47:29	1991 M20	93	0:47:44	14:37 *	15:38 *	17:13	4:45 min/km
251	497	Döring Uwe	Kieser Training	0:47:35	1958 M60	4	0:47:49	15:19 *	15:33 *	16:42	4:46 min/km
252	3362	Schmitz Philipp	Profitrise Sports	0:47:37	1993 M20	94	0:48:03	15:12 *	15:45 *	16:39	4:46 min/km
253	3361	Schmitz Sebastian	Profitrise Sports	0:47:37	1988 M30	40	0:48:03	14:58 *	15:58 *	16:40	4:46 min/km
254	144	Kuhlmann Jona	*Köln	0:47:42	1993 M20	95	0:48:02	15:24 *	15:42 *	16:35	4:46 min/km
255	145	Thöle Jasper	*Köln	0:47:42	1995 M20	96	0:48:03	15:26 *	15:40 *	16:35	4:46 min/km
256	478	Buehner Jens	Laufen statt Raufen	0:47:45	1975 M40	33	0:47:55	15:02 *	15:41 *	17:01	4:47 min/km
257	263	Ulbrich Lennart	Ahrtal Express	0:47:49	1990 M20	97	0:48:11	15:30 *	15:40 *	16:39	4:47 min/km
258	423	Hauck Matthias	*Köln	0:47:51	1980 M35	22	0:48:18	15:51 *	15:50 *	16:10	4:47 min/km
259	3437	Lüchtfeld Till	Bunert - Der Kölner	0:47:52	1991 M20	98	0:48:33	15:55 *	16:11 *	15:45	4:47 min/km
260	331	Daubner Michael	DAEVils	0:47:57	1967 M50	22	0:48:31	15:14 *	15:52 *	16:50	4:48 min/km
261	3706	Ingenhoff Peter	Netcologne	0:48:00	0 M20	99	0:48:34	15:27 *	15:49 *	16:43	4:48 min/km
262	459	Engels Malte	Sonntagsläufer	0:48:00	1968 M50	23	0:48:16	15:47 *	15:42 *	16:30	4:48 min/km
263	526	Vallentin Frank	*Köln	0:48:02	1972 M45	19	0:48:27	15:36 *	15:50 *	16:35	4:48 min/km
264	401	Hipp Constantin	*Köln	0:48:03	1998 M20	100	0:48:31	16:00 *	15:39 *	16:24	4:48 min/km
265	3339	Ruf Alexander	*Köln	0:48:03	1997 M20	101	0:48:31	16:00 *	15:38 *	16:24	4:48 min/km
266	326	Brenner Maximilian	*Köln-Widdersdorf	0:48:05	1997 M20	102	0:48:22	15:11 *	15:41 *	17:12	4:49 min/km
267	336	Senft Rüdiger	*Köln	0:48:06	1967 M50	24	0:48:40	15:30 *	16:03 *	16:31	4:49 min/km
268	290	Neumann André	TuS Brauweiler	0:48:06	1963 M55	6	0:48:22	15:37 *	15:55 *	16:32	4:49 min/km
269	532	Merkle Markus	*Hürth	0:48:10	1970 M45	20	0:48:46	15:27 *	15:46 *	16:56	4:49 min/km
270	323	Brands Robert	Isi-Runner	0:48:11	1961 M55	7	0:48:22	15:25 *	15:42 *	17:03	4:49 min/km
271	558	Gärtner Kai	*Köln	0:48:12	1972 M45	21	0:48:36	15:21 *	16:08 *	16:42	4:49 min/km
272	153	Birjukow Andreas	Renntiere	0:48:12	1994 M20	103	0:48:43	16:04 *	15:55 *	16:12	4:49 min/km
273	154	Hasselblatt Pascal	Renntiere	0:48:12	1990 M20	104	0:48:43	16:04 *	15:55 *	16:12	4:49 min/km
274	3646	Myzio Hanno	Köln läuft!	0:48:13	1984 M30	41	0:48:52	15:20 *	15:56 *	16:56	4:49 min/km
275	411	Finkenzeller Moritz	*Hürth-Efferen	0:48:14	1998 M20	105	0:48:28	15:22 *	15:56 *	16:55	4:49 min/km
276	474	Rockenkamm Felix	*Köln	0:48:15	1997 M20	106	0:48:29	15:22 *	15:56 *	16:56	4:50 min/km
277	224	Bockschewsky Wolfram	Team Rosenhof	0:48:20	1965 M50	25	0:48:59	15:46 *	15:58 *	16:35	4:50 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Männer

Seite 6

gedruckt 03.12.2018 12:51:08

278	3655	Jansen Martin	Köln läuft!	0:48:20	1983 M35	23	0:48:48	15:40 *	15:49 *	16:51	4:50 min/km
279	236	Netzer Stefan	*Köln	0:48:22	1970 M45	22	0:48:48	15:29 *	15:53 *	16:59	4:50 min/km
280	417	Allgeyer Kevin	*Bendorf	0:48:25	1991 M20	107	0:48:42	15:39 *	16:09 *	16:36	4:51 min/km
281	3344	Moser Dr. Benjamin	Malteser	0:48:25	1974 M40	34	0:48:50	15:37 *	16:02 *	16:46	4:51 min/km
282	464	Akkaya Kerem	*Weiden	0:48:29	1997 M20	108	0:48:52	16:20 *	16:05 *	16:03	4:51 min/km
283	3360	Uglev Anton	*Köln	0:48:29	1996 M20	109	0:49:00	16:17 *	16:01 *	16:11	4:51 min/km
284	535	Vilegi Dragos-Nicolae	*Köln	0:48:30	1999 MU20	14	0:49:02	15:41 *	15:50 *	16:58	4:51 min/km
285	493	Wolf Christoph	Kieser Training	0:48:32	1973 M45	23	0:49:07	15:38 *	15:53 *	17:00	4:51 min/km
286	437	Steckel Manfred	TriathlonSteckelCologne	0:48:35	1955 M60	5	0:48:49	16:04 *	16:04 *	16:27	4:52 min/km
287	504	Rutha Jan	*Brühl	0:48:38	1984 M30	42	0:48:50	15:22 *	16:17 *	16:58	4:52 min/km
288	3451	Dannert Carsten	ASV Köln	0:48:39	1969 M45	24	0:48:43	15:38 *	16:07 *	16:52	4:52 min/km
289	3329	Zoch Roman	druzja	0:48:39	1980 M35	24	0:49:22	16:28 *	16:04 *	16:06	4:52 min/km
290	440	Schwabe Bernd	TuS Brauweiler	0:48:41	1956 M60	6	0:48:57	15:39 *	16:07 *	16:54	4:52 min/km
291	407	Wolter Fritz	*Köln	0:48:47	1999 MU20	15	0:49:59	16:08 *	15:49 *	16:49	4:53 min/km
292	434	Ulber Benjamin	Runaconda	0:48:48	1990 M20	110	0:49:09	15:38 *	16:26 *	16:43	4:53 min/km
293	408	Drömann Lukas	*Köln	0:48:49	1998 M20	111	0:50:00	16:08 *	15:51 *	16:49	4:53 min/km
294	441	Koutras Nikolaos	*Köln	0:48:52	1999 MU20	16	0:49:28	16:08 *	16:05 *	16:38	4:53 min/km
295	453	Lennarz Joachim	*Köln	0:48:52	1975 M40	35	0:49:03	15:31 *	16:16 *	17:04	4:53 min/km
296	3449	Narberhaus Bernd	*Köln	0:48:54	1970 M45	25	0:49:25	15:21 *	15:53 *	17:39	4:53 min/km
297	340	Reul Philipp	*Köln	0:48:58	1981 M35	25	0:49:26	15:43 *	16:11 *	17:03	4:54 min/km
298	155	Bartmann Stephan	*Köln	0:49:10	1988 M30	43	0:49:51	16:12 *	16:29 *	16:29	4:55 min/km
299	306	Övermöhle Matthias	congstar GmbH	0:49:11	1964 M50	26	0:49:23	15:38 *	16:07 *	17:25	4:55 min/km
300	3777	Kehrbaum Sebastian	MACH3 Köln e.V.	0:49:15	1984 M30	44	0:49:29	15:25 *	16:16 *	17:32	4:56 min/km
301	275	Armbruster Alexander	Mach3 Köln e.V	0:49:15	1991 M20	112	0:49:29	15:25 *	16:16 *	17:33	4:56 min/km
302	140	Hudson Lee	Hudson Runners	0:49:26	1978 M40	36	0:49:45	15:40 *	16:14 *	17:31	4:57 min/km
303	3330	Fink Sergej	*Hürth	0:49:27	1979 M35	26	0:50:10	16:28 *	16:04 *	16:54	4:57 min/km
304	3427	Weber Moritz	Bunert - Der Kölner	0:49:31	1996 M20	113	0:50:11	16:27 *	15:48 *	17:15	4:57 min/km
305	3422	Althoff Felix	Bunert - Der Kölner	0:49:31	1988 M30	45	0:50:11	15:55 *	16:11 *	17:23	4:57 min/km
306	310	Schlentner Dominic	*Köln	0:49:34	1981 M35	27	0:49:42	15:42 *	16:16 *	17:34	4:57 min/km
307	273	Breitsohl Heiko	*Köln	0:49:36	1978 M40	37	0:50:12	16:25 *	16:03 *	17:06	4:58 min/km
308	3316	Heim Oliver	BSG AachenMünchener	0:49:36	1971 M45	26	0:49:45	14:44 *	16:38 *	18:13	4:58 min/km
309	372	Corzelius Mathias	*Bad Münstereifel	0:49:38	1970 M45	27	0:50:04	15:16 *	16:29 *	17:53	4:58 min/km
310	289	Braun Maximilian	*Köln	0:49:41	1999 MU20	17	0:50:12	16:30 *	16:11 *	16:59	4:58 min/km
311	152	Marx Manuel	Rumpelstilzchen	0:49:43	1985 M30	46	0:50:19	16:12 *	16:43 *	16:48	4:58 min/km
312	587	Depotter Dr. Jasper	*Koeln	0:49:45	1991 M20	114	0:50:13	15:59 *	16:19 *	17:26	4:59 min/km
313	473	Viggen Bruno	ERGO sports Köln	0:49:46	1965 M50	27	0:50:02	15:47 *	16:21 *	17:37	4:59 min/km
314	108	Feindt Reinhard	TV Refrath	0:49:47	1950 M65	2	0:50:17	17:01 *	16:11 *	16:34	4:59 min/km
315	1193	Daniel OLLI	*Köln	0:49:49	1969 M45	28	0:50:02	15:51 *	16:21 *	17:36	4:59 min/km
316	135	Petersmann Sebastian	*Köln	0:49:50	1982 M35	28	0:50:04	16:18 *	16:29 *	17:01	4:59 min/km
317	3781	Hieronimus Wouter		0:49:52	1998 M20	115	0:50:22	16:31 *	16:11 *	17:09	4:59 min/km
318	114	Kammler Reinhard	Cologne Allblacks	0:50:08	1963 M55	8	0:50:25	16:03 *	16:51 *	17:12	5:01 min/km
319	3645	Beindorf Daniel	Köln läuft!	0:50:10	1982 M35	29	0:50:49	16:01 *	16:28 *	17:40	5:01 min/km
320	443	Rodert Moritz	*Koeln	0:50:15	1994 M20	116	0:50:32	15:23 *	15:28 *	19:22	5:02 min/km
321	486	Jakubowitz Martin	BSG RheinEnergie	0:50:16	1967 M50	28	0:50:54	15:20 *	16:44 *	18:11	5:02 min/km
322	325	Elfmann Jörg	Laufftreff Decksteiner	0:50:16	1957 M60	7	0:50:23	15:33 *	16:39 *	18:02	5:02 min/km
323	426	Kissel Matthias Erich	*Köln	0:50:16	1970 M45	29	0:50:19	15:45 *	16:30 *	18:00	5:02 min/km
324	571	Kahsnitz Stephan	*Köln	0:50:18	1982 M35	30	0:50:40	16:18 *	16:29 *	17:30	5:02 min/km
325	156	Lode Mario	Lode Runners	0:50:18	1974 M40	38	0:50:30	15:31 *	16:36 *	18:10	5:02 min/km
326	126	Bogdan Pascal	FFC - Flinke Füchse	0:50:22	1986 M30	47	0:50:44	15:47 *	16:57 *	17:36	5:02 min/km
327	485	Braton-Kampus Michael	BSG RheinEnergie	0:50:22	1978 M40	39	0:50:59	16:18 *	16:58 *	17:06	5:02 min/km
328	172	Romans-Petit Manfred	*Köln	0:50:23	1968 M50	29	0:51:02	16:24 *	16:42 *	17:17	5:02 min/km
329	472	Boelter Thomas	ERGO sports Köln	0:50:24	1963 M55	9	0:50:39	16:09 *	16:44 *	17:30	5:02 min/km
330	419	Teske Anton	*Köln	0:50:24	1996 M20	117	0:50:48	15:25 *	16:25 *	18:33	5:02 min/km
331	139	Steffens Jörg	*Köln	0:50:29	1971 M45	30	0:50:33	16:05 *	16:43 *	17:39	5:03 min/km
332	396	White Cormac	*Köln	0:50:29	1972 M45	31	0:50:53	15:18 *	16:49 *	18:21	5:03 min/km
333	199	Mülder Marius	*Köln	0:50:30	1988 M30	48	0:51:10	15:26 *	17:23 *	17:40	5:03 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Männer

Seite 7

gedruckt 03.12.2018 12:51:08

334	302	Bremke Peter	*Köln	0:50:33	1967 M50	30	0:51:05	15:34 *	17:04 *	17:54	5:03 min/km
335	3522	Strimmer Klaus	*Köln	0:50:47	1967 M50	31	0:50:57	16:37 *	16:46 *	17:22	5:05 min/km
336	330	März Christian	*Köln	0:50:49	1985 M30	49	0:51:18	15:55 *	16:47 *	18:06	5:05 min/km
337	3326	Stroman Wilke	STROLZ	0:51:08	1980 M35	31	0:51:40	16:25 *	16:44 *	17:58	5:07 min/km
338	3327	Scholz Enno	STROLZ	0:51:09	1980 M35	32	0:51:41	16:25 *	16:44 *	17:59	5:07 min/km
339	1571	Mielke Florian	*Köln	0:51:09	1978 M40	40	0:51:34	15:59 *	16:55 *	18:14	5:07 min/km
340	211	Scheffler Alexander	*Köln	0:51:10	1990 M20	118	0:51:45	15:55 *	17:04 *	18:11	5:07 min/km
341	537	Diederich Greg	*Köln	0:51:11	1999 MU20	18	0:51:25	15:38 *	17:58 *	17:34	5:07 min/km
342	594	Csiba Philip	*Köln	0:51:12	1971 M45	32	0:51:31	16:10 *	17:01 *	18:00	5:07 min/km
343	517	Czerwinski Günter	asv köln	0:51:19	1944 M70	1	0:51:58	16:56 *	16:51 *	17:31	5:08 min/km
344	209	Katzwinkel Peter	asv-köln	0:51:39	1968 M50	32	0:52:17	16:54 *	17:02 *	17:42	5:10 min/km
345	470	Bartel Sascha	ASV Köln	0:51:42	1965 M50	33	0:52:01	15:39 *	17:29 *	18:33	5:10 min/km
346	498	Huxoll Robert	Kieser Training	0:51:50	1975 M40	41	0:52:25	16:30 *	17:01 *	18:19	5:11 min/km
347	300	Schick Sven	*Köln	0:51:50	1996 M20	119	0:52:27	15:48 *	18:31 *	17:31	5:11 min/km
348	371	Hautzel Martin	1. FC Lias / Leo	0:51:52	1975 M40	42	0:52:19	16:15 *	17:02 *	18:34	5:11 min/km
349	3313	Buchholz Erik	Team Blitz	0:52:03	1976 M40	43	0:52:32	16:36 *	17:23 *	18:04	5:12 min/km
350	376	Obermann Werner	*Overath	0:52:27	1966 M50	34	0:52:43	16:12 *	17:19 *	18:55	5:15 min/km
351	539	Scholz Günter	Sonntagsläufer	0:52:28	1960 M55	10	0:52:44	15:55 *	17:32 *	19:00	5:15 min/km
352	109	Bartels Philippe	*Köln	0:52:43	1979 M35	33	0:53:27	15:59 *	18:04 *	18:38	5:16 min/km
353	257	Schüller Daniel	*Köln	0:52:44	1983 M35	34	0:53:30	16:00 *	18:04 *	18:39	5:16 min/km
354	448	Schulte Ziya-Lothar	*Köln	0:53:03	1978 M40	44	0:53:42	16:32 *	17:10 *	19:21	5:18 min/km
355	207	Baus Reiner	Cologne Running Crew	0:53:10	1954 M60	8	0:53:30	16:22 *	17:51 *	18:56	5:19 min/km
356	345	Thomas David	*Köln	0:53:19	1996 M20	120	0:53:53	15:51 *	17:50 *	19:37	5:20 min/km
357	536	Loos Yann	*Doncols	0:53:38	1997 M20	121	0:53:52	15:39 *	20:14 *	17:44	5:22 min/km
358	121	Linke Thomas	*Much	0:53:51	1974 M40	45	0:54:31	16:51 *	17:44 *	19:14	5:23 min/km
359	447	Gottschalk Marcus	*Köln	0:53:59	1978 M40	46	0:54:37	16:32 *	17:36 *	19:49	5:24 min/km
360	520	Nolte Matthis	MACH3 Köln e.V.	0:54:04	1976 M40	47	0:54:39	16:34 *	17:58 *	19:30	5:24 min/km
361	225	Knorr Michael	Feuerwehr	0:54:15	1989 M20	122	0:54:45	16:38 *	17:53 *	19:43	5:26 min/km
362	502	Höfner Philipp	Laufen mit Jesus	0:55:34	1994 M20	123	0:55:51	18:25 *	18:30 *	18:39	5:33 min/km
363	3353	Ortner Daniel	*Köln	0:55:48	1980 M35	35	0:56:02	19:12 *	20:56 *	15:39	5:35 min/km
364	141	Al-Khaliedy Maurice	*Köln	0:55:51	1968 M50	35	0:56:04	16:38 *	19:01 *	20:11	5:35 min/km
365	170	Haiplik Marco	*Rösrath	0:55:59	1984 M30	50	0:56:15	16:58 *	18:41 *	20:19	5:36 min/km
366	3354	Odabasyan Ayk	*Köln	0:56:50	1980 M35	36	0:57:04	18:31 *	18:45 *	19:33	5:41 min/km
367	598	Schumacher Stephan	DKMS	1:01:43	1967 M50	36	1:02:15	16:08 *	17:13 *	28:22	6:10 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Frauen

Seite 8

gedruckt 03.12.2018 12:51:08

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	578	Vernikov Sonja	Ski-Keller Kaulard &	0:37:17	2001 WU18	1	0:37:18	11:42 * 12:37 * 12:57	3:44 min/km
2	553	Zajonz Pia	LT DSHS Köln	0:37:53	1993 W20	1	0:37:55	12:12 * 12:27 * 13:13	3:47 min/km
3	3425	Jaschke Lisa	Bunert - Der Kölner	0:38:15	1990 W20	2	0:38:17	12:02 * 12:47 * 13:25	3:50 min/km
4	3432	Gaus Nadja	Bunert - Der Kölner	0:38:20	1983 W35	1	0:38:24	12:26 * 12:39 * 13:14	3:50 min/km
5	3335	Udelhoven Luna	Aachener TG	0:38:33	1994 W20	3	0:38:34	12:12 * 12:55 * 13:25	3:51 min/km
6	551	Blameuser Carmen	LT DSHS Köln	0:38:56	1993 W20	4	0:38:57	12:12 * 12:54 * 13:50	3:54 min/km
7	3423	Valder Sarah	Bunert - Der Kölner	0:39:47	1993 W20	5	0:39:47	12:57 * 13:09 * 13:40	3:59 min/km
8	3341	Hedwig Jule	SG Baden Karton	0:40:14	1995 W20	6	0:40:20	12:53 * 13:15 * 14:04	4:01 min/km
9	322	Güber Henrike	*Mellinghausen	0:40:17	1993 W20	7	0:40:20	12:47 * 13:17 * 14:11	4:02 min/km
10	3319	Päffgen Caroline	*Köln	0:40:24	1989 W20	8	0:40:29	12:58 * 13:28 * 13:57	4:02 min/km
11	3430	Terjung Inken	Bunert - Der Kölner	0:40:34	1996 W20	9	0:40:41	12:50 * 13:22 * 14:21	4:03 min/km
12	3470	Purschke Gina	Cologne Running Crew	0:41:19	1982 W35	2	0:41:22	13:12 * 13:45 * 14:21	4:08 min/km
13	165	Schwarz Denise	Mach 3 Köln	0:41:39	1978 W40	1	0:41:45	13:21 * 13:48 * 14:29	4:10 min/km
14	315	Bannert Birte	*Wuppertal	0:42:00	1973 W45	1	0:42:07	13:39 * 13:52 * 14:27	4:12 min/km
15	177	Dabringhausen Ina	*Reichshof	0:42:36	1991 W20	10	0:42:38	13:41 * 14:10 * 14:45	4:16 min/km
16	494	Drumm-Becker Sabine	Kieser Training	0:42:48	1967 W50	1	0:43:20	14:11 * 14:05 * 14:31	4:17 min/km
17	3648	Päffgen Anne	Köln läuft!	0:43:37	1972 W45	2	0:43:45	14:07 * 14:23 * 15:06	4:22 min/km
18	3736	Stautemas Sarah	Central-Team.de	0:43:41	1978 W40	2	0:43:44	13:34 * 14:28 * 15:37	4:22 min/km
19	111	Hasberg Ascelina	*Köln	0:44:09	1989 W20	11	0:44:28	13:48 * 14:40 * 15:40	4:25 min/km
20	584	Zimmermann Carmen	*Bedburg	0:44:13	1977 W40	3	0:44:15	14:01 * 14:46 * 15:25	4:25 min/km
21	3650	Schwiede Isabella	Köln läuft!	0:44:31	1985 W30	1	0:44:39	14:07 * 14:34 * 15:48	4:27 min/km
22	3351	Zschorlich Beate	TriCologne	0:44:32	1973 W45	3	0:44:37	13:57 * 14:51 * 15:43	4:27 min/km
23	359	Fischer Julia	*Düsseldorf	0:44:32	1990 W20	12	0:44:55	14:16 * 14:42 * 15:33	4:27 min/km
24	184	Schmidt Viola	*Köln	0:44:42	1993 W20	13	0:44:59	14:58 * 14:36 * 15:07	4:28 min/km
25	303	Streppel Romy	Run Squad CGN	0:44:55	1992 W20	14	0:45:09	14:37 * 14:50 * 15:27	4:30 min/km
26	515	Behner Linn	LG Sieg	0:45:06	1997 W20	15	0:45:13	14:31 * 14:44 * 15:49	4:31 min/km
27	3540	Whybra-Döttelbeck	*Pulheim	0:45:07	1970 W45	4	0:45:17	14:47 * 14:49 * 15:30	4:31 min/km
28	304	Candan Monika	TS Frechen	0:45:10	1981 W35	3	0:45:35	14:45 * 14:53 * 15:32	4:31 min/km
29	564	Gschwandtner ISI	ISI-RUNNER	0:45:21	1978 W40	4	0:45:27	14:33 * 15:02 * 15:46	4:32 min/km
30	533	Karl Claudia	ASV Koeln	0:45:33	1966 W50	2	0:45:41	14:47 * 15:09 * 15:36	4:33 min/km
31	479	Karlsson Sara	*Düsseldorf	0:45:37	1986 W30	2	0:45:56	14:32 * 15:01 * 16:03	4:34 min/km
32	245	Saller Nina	*Köln	0:45:38	1980 W35	4	0:45:43	14:35 * 15:11 * 15:51	4:34 min/km
33	244	Zwicker Kim	Run Squad CGN	0:45:38	1993 W20	16	0:45:53	13:59 * 15:20 * 16:18	4:34 min/km
34	3376	Geschwind Jana	TuS Schleiden 1908	0:45:50	1999 WU20	1	0:46:04	14:19 * 15:10 * 16:20	4:35 min/km
35	186	Rumpel Joana	Project 63	0:45:55	1991 W20	17	0:46:12	14:44 * 15:13 * 15:57	4:36 min/km
36	251	Fischer Lucca Maria	RWTH Superposition	0:45:59	1993 W20	18	0:46:24	14:36 * 15:07 * 16:15	4:36 min/km
37	543	Wehrmann Silvia	WehrmannRun	0:46:04	1974 W40	5	0:46:15	14:39 * 15:15 * 16:09	4:36 min/km
38	341	Mohr Lisa-Marie	*Köln	0:46:19	1991 W20	19	0:46:51	14:56 * 15:25 * 15:58	4:38 min/km
39	588	Schäfer Helena	*Köln	0:46:22	1995 W20	20	0:46:37	14:25 * 15:25 * 16:30	4:38 min/km
40	284	Hülsmann Hannah	*Köln	0:46:35	1995 W20	21	0:47:01	14:59 * 15:33 * 16:01	4:40 min/km
41	461	Goldschmidt Nora	*Köln	0:46:35	1991 W20	22	0:46:57	15:19 * 15:33 * 15:42	4:40 min/km
42	475	Scholz Barbara	*Lommersum	0:46:42	1972 W45	5	0:47:12	15:28 * 15:26 * 15:46	4:40 min/km
43	366	Nikaj Jana	Dreambig	0:46:57	1982 W35	5	0:47:21	15:26 * 15:24 * 16:06	4:42 min/km
44	365	Ekmecki Berna	DreamBig Sportsclub	0:46:57	1990 W20	23	0:47:22	15:26 * 15:24 * 16:06	4:42 min/km
45	299	Huss Klaus	Team Erdinger Alkoholfrei	0:47:13	1971 W45	6	0:47:27	15:27 * 15:41 * 16:05	4:43 min/km
46	169	Oberbusch Yvonne	Central-Team	0:47:14	1979 W35	6	0:47:29	15:27 * 15:32 * 16:14	4:43 min/km
47	370	Hilgers Yvonne	1. FC Lias / Leo	0:47:22	1976 W40	6	0:47:49	15:35 * 15:34 * 16:13	4:44 min/km
48	1396	Schwepe Ninja	*Köln	0:47:29	2000 WU20	2	0:47:31	14:54 * 15:41 * 16:53	4:45 min/km
49	3492	Becker Christine	LC Euskirchen	0:47:32	1979 W35	7	0:48:01	15:33 * 15:35 * 16:23	4:45 min/km
50	3772	Drougard Amauryne		0:47:39	0 W20	24	0:48:10	15:24 * 15:32 * 16:43	4:46 min/km
51	269	Küster Annika	*Köln	0:47:46	1999 WU20	3	0:47:53	14:23 * 16:10 * 17:12	4:47 min/km
52	435	Seidel Anja	MACH3 Köln e.V.	0:47:46	1973 W45	7	0:47:56	15:12 * 15:50 * 16:43	4:47 min/km
53	167	Kühl Sofie	*Köln	0:48:12	1991 W20	25	0:48:43	16:04 * 15:55 * 16:12	4:49 min/km

Kölner Nikolauslauf am 2. Dezember 2018 - 10km Toplauf

Ergebnisliste Frauen

Seite 9

gedruckt 03.12.2018 12:51:08

54	446	Karsten Susanne	*Köln	0:48:13	1967 W50	3	0:48:19	15:38 *	15:52 *	16:42	4:49 min/km
55	507	Wirtz Eva	TuS Schmidt	0:48:18	1999 WU20	4	0:48:47	15:16 *	15:55 *	17:06	4:50 min/km
56	3568	Eder Laura	Run squad	0:48:23	1990 W20	26	0:48:37	15:12 *	16:04 *	17:06	4:50 min/km
57	573	Dreller Anne	C(O)OL-Runnings	0:48:24	1995 W20	27	0:48:45	15:19 *	15:58 *	17:06	4:50 min/km
58	562	Ruck Kaija	*Köln	0:48:29	1998 W20	28	0:49:00	16:38 *	15:49 *	16:01	4:51 min/km
59	585	Ostermann Nele	*Köln	0:48:39	1997 W20	29	0:49:17	15:53 *	16:19 *	16:26	4:52 min/km
60	3421	Hirschhäuser Eva	Bunert - Der Kölner	0:48:41	1996 W20	30	0:49:21	16:27 *	15:48 *	16:25	4:52 min/km
61	394	Stolz Antonia	*Köln	0:48:46	1997 W20	31	0:49:09	15:24 *	16:00 *	17:21	4:53 min/km
62	466	Schmitt Lena	SWC Regensburg	0:48:47	1999 WU20	5	0:49:17	16:38 *	15:49 *	16:19	4:53 min/km
63	445	Boillaud Adeline	*Homécourt	0:48:53	1996 W20	32	0:49:01	15:36 *	16:13 *	17:03	4:53 min/km
64	258	Sünnemann Pia	Mango spoho	0:49:02	1999 WU20	6	0:49:35	16:13 *	16:38 *	16:10	4:54 min/km
65	262	Siegmund Marie	*Köln	0:49:04	1996 W20	33	0:49:35	16:14 *	16:38 *	16:11	4:54 min/km
66	3727	Thees Babsi	MSV Köln	0:49:20	1978 W40	7	0:50:00	16:16 *	16:23 *	16:39	4:56 min/km
67	3322	Geier Sandra	Dachdeckerei Ragas	0:49:27	1990 W20	34	0:49:35	15:42 *	16:16 *	17:27	4:57 min/km
68	3656	Laudien Miriam	Köln läuft!	0:49:43	1974 W40	8	0:50:20	16:12 *	16:43 *	16:48	4:58 min/km
69	3774	Escobar Gabriel		0:50:07	1988 W30	3	0:50:39	15:23 *	16:00 *	18:43	5:01 min/km
70	201	Schiffer Isabelle	Team flott.	0:50:30	1987 W30	4	0:51:09	16:00 *	16:49 *	17:40	5:03 min/km
71	418	Zimmermeier Ida	*Köln	0:50:40	1998 W20	35	0:51:03	15:24 *	16:00 *	19:15	5:04 min/km
72	280	Stasiowski Eva	*Köln	0:50:51	1985 W30	5	0:51:16	16:12 *	16:53 *	17:46	5:05 min/km
73	188	Rohrmeier Constanze	*Köln	0:50:58	1988 W30	6	0:51:45	15:46 *	16:47 *	18:24	5:06 min/km
74	404	Bort Patricia	*Köln	0:51:18	1991 W20	36	0:51:35	16:05 *	17:17 *	17:55	5:08 min/km
75	3762	Tengelmann Lotta	Constant	0:51:25	1991 W20	37	0:51:37	15:21 *	18:05 *	17:58	5:09 min/km
76	3406	Cwieciek Monika	*Troisdorf	0:51:36	1983 W35	8	0:52:16	16:13 *	16:50 *	18:33	5:10 min/km
77	556	Mohrmann Follow Hollow	Der Elf und seine Freunde	0:51:48	1970 W45	8	0:52:25	16:50 *	16:54 *	18:03	5:11 min/km
78	337	Lachetta Nicoletta	*Neuss	0:51:50	1991 W20	38	0:52:27	15:48 *	18:30 *	17:31	5:11 min/km
79	301	Kramer Hannah	*Köln	0:51:51	1991 W20	39	0:52:27	15:48 *	18:30 *	17:31	5:11 min/km
80	3508	Schymetzko Victoria	*Frechen	0:52:01	2000 WU20	7	0:52:15	16:12 *	17:17 *	18:30	5:12 min/km
81	387	Höppe Jo	*Wickede (Ruhr)	0:52:02	1991 W20	40	0:52:37	17:05 *	17:04 *	17:52	5:12 min/km
82	3368	Endemann Christina	TriathlonSteckelCologne	0:52:13	1996 W20	41	0:52:40	16:13 *	17:07 *	18:52	5:13 min/km
83	500	Kemmer Johanna	*Köln	0:52:14	1999 WU20	8	0:52:47	17:19 *	17:15 *	17:39	5:13 min/km
84	3752	Kobbe Lea	DSHS Köln	0:52:23	1999 WU20	9	0:52:45	16:47 *	17:24 *	18:11	5:14 min/km
85	3644	Schmitz Britta	Köln läuft!	0:52:38	1963 W55	1	0:53:15	16:43 *	17:26 *	18:27	5:16 min/km
86	272	Breitsohl Ute	*Köln	0:52:58	1982 W35	9	0:53:34	16:55 *	17:32 *	18:31	5:18 min/km
87	1550	Löffler Lea	*Köln	0:53:03	1998 W20	42	0:53:10	16:19 *	17:32 *	19:10	5:18 min/km
88	389	Wagner Pascale	*Mersch	0:53:11	1967 W50	4	0:53:45	17:17 *	17:18 *	18:35	5:19 min/km
89	388	Thull Elena	*Mersch	0:53:13	1999 WU20	10	0:53:46	17:19 *	17:18 *	18:35	5:19 min/km
90	173	Klein Rebekka	*Sankt Augustin	0:53:37	1986 W30	7	0:53:58	17:06 *	17:49 *	18:41	5:22 min/km
91	3450	Ludwig Isabel	*Erfstadt	0:53:50	1999 WU20	11	0:54:22	17:24 *	17:59 *	18:26	5:23 min/km
92	583	Wagner Anja	PALEO 360	0:53:56	1989 W20	43	0:54:09	16:49 *	17:43 *	19:23	5:24 min/km
93	3366	Butz Gisela	Team Laufcampus	0:54:14	1965 W50	5	0:54:47	16:56 *	17:46 *	19:31	5:25 min/km
94	367	Luther Anke	Marathon-Club Menden	0:54:29	1975 W40	9	0:55:02	16:54 *	18:11 *	19:23	5:27 min/km
95	327	Fenners Susanne	*Pulheim	0:54:31	1969 W45	9	0:54:44	16:42 *	18:22 *	19:27	5:27 min/km
96	575	Ladwig Theresa	*Köln,	0:55:14	1999 WU20	12	0:55:21	17:43 *	18:24 *	19:06	5:31 min/km
97	436	Scholz Carla	*Köln	0:55:15	1997 W20	44	0:55:21	17:43 *	18:24 *	19:07	5:32 min/km
98	503	Görlich Elena	TuS Köln rrh.	0:55:34	1996 W20	45	0:55:51	18:24 *	18:30 *	18:39	5:33 min/km
99	3355	Dreßler Julia	*Köln	0:56:53	1983 W35	10	0:57:07	18:32 *	18:45 *	19:34	5:41 min/km
100	491	Hennecke Ursel	Gothaer	0:58:53	1960 W55	2	0:59:27	18:53 *	19:27 *	20:31	5:53 min/km
101	266	Schäper Monika	Alemannia Aachen	0:59:03	1984 W30	8	0:59:41	18:00 *	19:24 *	21:38	5:54 min/km
102	3738	Grimaldi Giulia		1:02:52	1990 W20	46	1:03:26	19:53 *	20:53 *	22:05	6:17 min/km