

# 10km - Gesamtwertung

Unilauf Köln - 13. Juni 2018

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	73	Heuschen Martin	RWTH Aachen	0:32:20	0:32:21	1	MHK	91	08:22	07:53	08:02	08:02	
2	71	Hoffmann Henrik	RWTH Aachen	0:34:07	0:34:10	2	MHK	90	08:58	08:36	08:23	08:09	
3	143	Gillen Philippe	Run Squad CGN	0:34:25	0:34:27	3	MHK	89	09:05	08:29	08:23	08:27	
4	72	Wyrwoll Lothar	RWTH Aachen	0:34:47	0:34:49	4	MHK	92	08:59	08:37	08:43	08:27	
5	1830	Schoenball Patrick	Bunert - Der Kölner Laufladen	0:34:55	0:34:57	5	MHK	89	08:37	08:47	08:56	08:33	
6	56	Rinke André	WG Köln	0:35:50	0:35:52	6	MHK	91	08:59	08:45	09:06	08:58	
7	44	Steffes Christian	WG Köln	0:35:52	0:35:55	7	MHK	93	09:09	08:49	09:07	08:45	
8	1785	Mettner Sven	Run Squad CGN	0:36:00	0:36:02	8	MHK	89	09:27	08:54	08:52	08:45	
9	52	Claeßens Thomas	WG Köln	0:36:07	0:36:09	1	M30	86	09:12	08:45	09:03	09:05	
10	49	Breuer Laurids	WG Köln	0:36:36	0:36:36	9	MHK	93	09:42	09:01	09:03	08:50	
11	99	Mettke Felix	Uni Münster	0:36:40	0:36:41	10	MHK	94	09:41	09:01	08:53	09:04	
12	67	Plettenberg Nils	RWTH Aachen	0:36:48	0:36:48	11	MHK	94	09:41	09:01	09:03	09:01	
13	144	Gillen Philippe	Run Squad CGN	0:37:14	0:37:14	12	MHK	89	09:34	08:57	09:28	09:13	
14	70	Von Danwitz Max	RWTH Aachen	0:37:21	0:37:24	13	MHK	89	09:39	09:00	09:15	09:25	
15	77	Halbach Patrick	RWTH Aachen	0:37:40	0:37:40	14	MHK	93	09:44	09:13	09:29	09:13	
16	1879	Karlberg Pettersen Andreas		0:37:49	0:37:52	2	M30	87	09:41	09:14	09:32	09:21	
17	2881	Welhofer Patrick	*Köln	0:37:57	0:38:01	15	MHK	93	09:30	09:12	09:40	09:33	
18	1825	Schmidt Christian	*Köln	0:38:05	0:38:07	1	M35	83	09:53	09:25	09:30	09:15	
19	45	Kahlenberg Fabian	WG Köln	0:38:07	0:38:08	16	MHK	95	09:49	09:27	09:29	09:21	
20	47	Eckert Niklas	WG Köln	0:38:14	0:38:17	17	MHK	97	09:51	09:29	09:32	09:21	
21	1880	Ritter Johannes		0:38:44	0:38:44	1	M50	65	10:06	09:32	09:40	09:24	
22	59	Kalkhoff Niklas	WG Köln	0:38:44	0:38:46	18	MHK	95	09:53	09:43	09:47	09:20	
23	69	Beumers David	RWTH Aachen	0:38:50	0:38:51	19	MHK	90	10:18	09:32	09:40	09:20	
24	97	Honarmand Bijan	Uni Münster	0:38:55	0:38:57	20	MHK	97	10:15	09:33	09:36	09:30	
25	1753	Herrera Felix	Bunert - Der Kölner Laufladen	0:38:56	0:38:57	21	MHK	89	10:02	09:27	09:48	09:37	
26	1786	Meyer Daniel	WiSo Warriors	0:39:14	0:39:16	22	MHK	89	10:13	09:36	09:45	09:38	
27	1756	Hübschen Tim	*Köln	0:39:26	0:39:27	1	M40	77	10:00	09:39	09:51	09:53	
28	155	Iwanski Damian	BLB Köln Runner	0:39:32	0:39:37	2	M40	74	10:30	09:41	09:48	09:31	
29	1746	Götzfried Philipp	MKF Running	0:39:42	0:39:49	23	MHK	91	10:15	09:45	09:52	09:49	
30	66	Fütterer Arnold	RWTH Aachen	0:39:46	0:39:47	24	MHK	91	10:45	09:49	09:46	09:24	
31	117	Rothe Terence	Uni Münster	0:39:53	0:39:54	3	M30	88	10:22	09:41	09:41	10:07	
32	1841	Talasoglou Dimitri	*Köln	0:39:54	0:40:02	25	MHK	90	10:07	09:47	10:07	09:51	
33	1734	Ehmer Jonas	*Köln	0:40:00	0:40:02	26	MHK	93	10:12	09:51	10:04	09:52	
34	93	Täufer Matthias	Uni Dortmund	0:40:04	0:40:10	4	M30	88	10:53	09:41	09:57	09:31	
35	1864	Schächinger Manuel	*Köln	0:40:05	0:40:12	27	MHK	95	10:08	09:47	10:03	10:05	
36	58	Juschka Björn	WG Köln	0:40:16	0:40:18	28	MHK	94	10:05	09:55	10:13	10:02	
37	1724	Dahlbüdding Timo	Just A+	0:40:17	0:40:17	2	M35	82	10:36	09:53	10:02	09:44	
38	1814	Riefe Sebastian	Team Talanx	0:40:22	0:40:31	3	M40	78	10:45	09:54	10:02	09:40	
39	1737	Elshorst Sven	*Bornheim	0:40:27	0:40:29	29	MHK	97	10:39	10:03	10:02	09:42	
40	89	Wodara Alexander	Uni Bonn	0:40:31	0:40:32	30	MHK	95	10:08	09:54	10:10	10:17	
41	95	Witzel Leo	Uni Dortmund	0:40:38	0:40:43	31	MHK	93	10:58	09:58	09:54	09:46	
42	1747	Gräfer Justin	KölnAlumni	0:40:53	0:40:55	32	MHK	91	10:48	10:01	10:05	09:56	
43	1877	Elskamp Gregor		0:40:56	0:41:00	1	M45	71	11:04	09:56	09:56	09:58	
44	2471	Mannshausen Prof. Jonas	Team 3	0:40:57	0:41:51	33	MHK	93	10:54	09:51	10:10	10:01	
45	1823	Scheil Franco	Team Talanx	0:40:58	0:41:06	2	M45	72	10:45	09:54	10:12	10:05	
46	1807	Popp Severin	Konferenz der Ehre	0:41:01	0:41:11	34	MHK	96	10:27	10:04	10:23	10:07	
47	1802	Peschke Frank	Laktatkönige	0:41:04	0:41:05	3	M45	70	10:38	10:01	10:20	10:03	
48	2360	Knops Pieter	*Köln	0:41:13	0:41:20	5	M30	88	11:07	09:58	10:05	10:02	
49	1808	Prochnow Jannik	Team Talanx	0:41:17	0:41:27	6	M30	88	11:09	10:04	10:08	09:55	
50	1838	Strittmatter Stefan	PSV Köln	0:41:30	0:41:35	7	M30	85	11:00	10:07	10:18	10:03	
51	1842	Theißen Michael	Laktatkönige	0:41:33	0:41:34	1	M55	59	11:01	10:10	10:14	10:06	
52	84	Grunwald Tobias	Uni Bonn	0:41:34	0:41:42	35	MHK	89	11:15	10:12	10:15	09:50	
53	1837	Stemler Jannik	Cologne Internationals	0:41:37	0:41:44	36	MHK	89	11:07	10:07	10:16	10:05	
54	2608	Praet Mark	Team Formblatt D	0:41:38	0:42:02	37	MHK	90	11:36	09:42	10:07	10:10	
55	1769	Kruczynski Philipp	TriathlonSteckelCologne	0:41:49	0:41:55	3	M35	81	10:44	10:14	10:31	10:18	
56	2975	Graef Jan	*Köln	0:41:49	0:41:56	38	MHK	94	10:48	10:08	10:27	10:24	
57	1735	Eichen Julian	TSV Feytal	0:41:50	0:42:03	39	MHK	91	11:17	10:24	10:36	09:32	
58	1796	Oberhuber Felix	Cologne Internationals	0:41:50	0:41:53	40	MHK	94	10:38	10:26	10:45	10:01	
59	2766	Simon Arne	Weitblick Köln	0:41:51	0:41:54	41	MHK	89	10:36	10:22	10:30	10:22	
60	88	Zilligen Christoph	Uni Bonn	0:41:52	0:42:00	42	MHK	94	11:15	10:13	10:15	10:08	

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	46	Stamm Hendrik	WG Köln	0:41:53	0:41:56	43	MHK	97	10:31	10:11	10:45	10:25	
62	1833	Schunck Max	HC Eynatten-Raeren	0:41:56	0:41:57	1	MU2	99	10:40	10:26	10:24	10:24	
63	1766	Kohlhase Thomas	Team Talanx	0:41:59	0:42:08	4	M40	78	10:52	10:19	10:24	10:23	
64	103	Ramminger Jorrit	Uni Münster	0:42:00	0:42:02	44	MHK	96	11:05	10:26	10:14	10:13	
65	188	Pietrzak Krystian	Kieser Training	0:42:03	0:42:04	4	M35	83	11:06	10:18	10:23	10:15	
66	1738	Emonts-pohl Leonard	Cologne Internationals	0:42:04	0:42:20	45	MHK	96	11:13	10:16	10:26	10:08	
67	1832	Schuh Leonhard	*Köln	0:42:06	0:42:16	46	MHK	91	11:18	10:15	10:21	10:10	
68	1788	Möltgen Lorenz	*Köln	0:42:10	0:42:14	47	MHK	95	10:44	10:20	10:37	10:29	
69	1787	Mittelstraß Raphael	Romanisfit	0:42:15	0:42:21	48	MHK	93	11:22	10:18	10:19	10:15	
70	1790	Mohrmann Jörg	VampirPower-Team	0:42:18	0:42:29	4	M45	73	11:30	10:25	10:21	10:00	
71	113	Polfers Robert	Uni Münster	0:42:18	0:42:22	49	MHK	92	11:04	10:13	10:32	10:28	
72	1774	Kunz Markus	*Köln	0:42:24	0:42:29	2	M50	64	11:37	10:25	10:20	10:00	
73	1711	Bertels Christoph	*Köln	0:42:27	0:42:27	8	M30	88	10:38	10:22	10:45	10:40	
74	1836	Simon Daniel	Weitblick Köln	0:42:27	0:42:27	9	M30	86	10:38	10:22	10:45	10:40	
75	106	Trammer Lukas	Uni Münster	0:42:27	0:42:30	50	MHK	93	11:32	10:24	10:17	10:13	
76	1862	Börger Nico	Rut Wiess Dreckelisch	0:42:29	0:42:33	5	M35	80	11:23	10:33	10:30	10:02	
77	110	Diekmann Marius	Uni Münster	0:42:31	0:42:37	5	M40	76	11:19	10:18	10:32	10:20	
78	1744	Gehling Titus	*50931	0:42:32	0:42:35	51	MHK	95	11:16	10:20	10:32	10:23	
79	2273	Humsch Sebastian	*Köln	0:42:35	0:42:46	52	MHK	96	11:24	10:20	10:31	10:19	
80	1740	Fazzi Dr. Daniele	*Essen	0:42:36	0:42:47	6	M35	82	11:48	10:28	10:22	09:56	
81	2039	Chroengel Arne	UA Pro Team	0:42:37	0:42:38	53	MHK	89	10:58	10:13	10:37	10:47	
82	122	Andruschek Carsten	*Köln	0:42:39	0:42:44	54	MHK	92	11:25	10:16	10:28	10:30	
83	2997	Engelhardt Kai	Volksbank Köln Bonn	0:42:44	0:42:45	3	M50	67	11:05	10:25	10:32	10:41	
84	1751	Hattendorf Kai	Valium i.V.	0:42:45	0:42:46	5	M45	73	10:59	10:33	10:39	10:32	
85	1716	Bornemann Thomas	Central-Team.de	0:42:46	0:42:50	4	M50	68	11:38	10:26	10:22	10:17	
86	1791	Montens Fabian	*Köln	0:42:47	0:42:49	10	M30	84	11:13	10:19	10:37	10:37	
87	1816	Romey Fred	*Köln	0:42:48	0:43:02	11	M30	87	11:34	10:28	10:33	10:10	
88	1736	Eisenbach Christian	*Köln	0:42:48	0:43:03	12	M30	86	11:26	10:34	10:34	10:13	
89	3028	Sadowski Christoph	Valium i.V.	0:42:52	0:43:16	55	MHK	92	11:00	10:31	10:46	10:32	
90	2525	Müller Tobias	*Köln	0:42:59	0:43:59	56	MHK	96	13:21	09:49	10:00	09:48	
91	1821	Sandow Jan	*Köln	0:43:05	0:43:09	13	M30	88	11:26	10:35	10:54	10:08	
92	2131	Fochmann Martin	*Hannover	0:43:06	0:43:17	7	M35	83	11:27	10:34	10:40	10:23	
93	146	Gräser Steffen	Troisdorfer LG	0:43:08	0:43:12	5	M50	67	11:35	10:33	10:31	10:27	
94	1778	Löbbing Jonas	CMRunners	0:43:08	0:43:18	57	MHK	90	11:04	10:27	10:39	10:57	
95	2022	Burger Marlon	Team Kolumbus	0:43:13	0:43:28	58	MHK	98	11:48	10:22	10:34	10:27	
96	2995	Buderath Niclas	Volksbank Köln Bonn	0:43:17	0:43:42	59	MHK	91	11:37	10:29	10:48	10:22	
97	2690	Schellmann Swen	LC Euskirchen	0:43:18	0:43:25	6	M45	71	11:23	10:36	10:44	10:33	
98	111	Andrees Markus	Uni Münster	0:43:19	0:43:24	14	M30	88	11:37	10:33	10:40	10:27	
99	1799	Orbach Dr. Dominik	Cologne Internationals	0:43:24	0:43:27	8	M35	82	11:35	10:35	10:41	10:31	
100	1857	Zang Niklas	*Merzenich	0:43:27	0:43:34	60	MHK	94	11:27	10:36	10:46	10:36	
101	2299	Jordan Mathias	*Köln	0:43:30	0:43:38	61	MHK	92	10:52	10:53	10:50	10:54	
102	1718	Buskamp Felix	VampirPower-Team	0:43:31	0:43:36	62	MHK	93	11:32	10:42	10:45	10:30	
103	2593	Pilgram Pascal	juRACE & TCV	0:43:34	0:43:42	63	MHK	94	11:52	10:29	10:49	10:22	
104	1848	Wagner Christoph	*Köln	0:43:37	0:43:46	64	MHK	98	11:17	10:24	11:04	10:51	
105	1835	Simm Daniel	*Köln	0:43:38	0:43:47	2	MU2	99	11:18	10:24	11:03	10:52	
106	1822	Schaefer Christoph	Runkie	0:43:39	0:43:43	9	M35	81	11:10	10:23	10:55	11:10	
107	1750	Haeussler Jochen	Jochen Haeussler	0:43:39	0:43:45	65	MHK	91	10:27	10:48	11:10	11:13	
108	1780	Mansfeld Marco	cleverbridge AG	0:43:40	0:43:48	15	M30	88	11:28	10:38	10:55	10:38	
109	224	Casanova Francois	Run Squad CGN	0:43:40	0:43:40	16	M30	85	11:23	10:31	10:52	10:53	
110	2813	Theisen Christopher	Flunkonia Köln	0:43:43	0:43:56	66	MHK	93	11:47	10:28	10:53	10:33	
111	2829	Tröster Christopher	Ebner Stolz & Friends	0:43:43	0:44:07	17	M30	88	11:16	10:36	10:55	10:54	
112	1871	Steven Daniel	-	0:43:43	0:43:49	6	M40	76	11:11	10:41	11:08	10:42	
113	2073	Döring Hannes	adondeva.wordpress.com	0:43:44	0:44:39	67	MHK	91	12:43	10:45	10:17	09:57	
114	176	Moritz Ralf	Bruce Born to Run	0:43:47	0:43:55	6	M50	68	11:52	10:28	10:39	10:46	
115	94	Wiederhold Noah	Uni Dortmund	0:43:49	0:43:55	68	MHK	92	10:55	10:42	10:59	11:10	
116	75	Schulz-Ißenbeck Timm	RWTH Aachen	0:43:52	0:43:53	69	MHK	97	11:28	10:36	10:58	10:50	
117	1809	Pulkowski Tim	*Köln	0:43:54	0:43:56	70	MHK	90	11:32	10:38	10:51	10:51	
118	1704	Arentz Oliver	LT Decksteiner Weiher	0:43:59	0:44:05	7	M40	75	11:23	10:53	10:55	10:46	
119	1723	Clement Lucas	SCM & Friends	0:44:00	0:44:03	71	MHK	94	11:35	10:58	11:05	10:21	
120	2361	Kockisch Andreas	*Köln	0:44:01	0:44:08	18	M30	87	11:38	10:46	10:52	10:43	

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	1954	Berke Christoph	Die festen Körper	0:44:01	0:44:07	72	MHK	90	11:41	10:44	10:54	10:41	
122	1817	Rost Dr. Alexander	*Köln	0:44:02	0:44:04	10	M35	82	11:13	10:43	11:08	10:56	
123	1725	Davide Loizzi	Squadra Colonia	0:44:03	0:44:03	19	M30	85	11:28	10:40	10:57	10:56	
124	2653	Rist Benedikt	*Köln	0:44:03	0:44:03	73	MHK	97	11:38	10:45	10:56	10:42	
125	1773	Kulik Gregor	*Köln	0:44:05	0:44:20	20	M30	86	11:29	10:51	11:08	10:36	
126	96	Grimm Aron	Uni Münster	0:44:07	0:44:11	74	MHK	89	11:59	10:55	10:59	10:12	
127	2895	Willeken Jan	*Köln	0:44:11	0:44:15	75	MHK	97	11:24	10:50	11:10	10:46	
128	2113	Fander Paul	Quidditch NRW	0:44:12	0:44:31	76	MHK	96	12:37	11:02	10:44	09:48	
129	1792	Moss Lukas	Cologne Internationals	0:44:13	0:44:23	77	MHK	94	11:26	10:48	11:02	10:55	
130	2838	Varesco Matteo	Cologne Internationals	0:44:13	0:44:32	78	MHK	93	12:23	10:51	10:50	10:08	
131	158	Kaiser Thomas	Sebamed Running Team	0:44:15	0:44:18	79	MHK	89	11:28	10:49	10:55	11:01	
132	2694	Schildgen Frederik	Ebner Stolz & Friends	0:44:16	0:44:23	80	MHK	92	11:33	10:37	11:08	10:56	
133	2667	Sänger Jakob	Wilde Seekühe	0:44:18	0:44:36	81	MHK	94	11:43	10:44	11:06	10:44	
134	1789	Mohr Fabian	*Köln	0:44:21	0:44:25	82	MHK	90	11:29	10:42	11:00	11:08	
135	1765	Körber Jan	*Köln	0:44:21	0:44:31	83	MHK	97	11:43	10:51	11:07	10:40	
136	2053	Czermak Marcel	*Köln	0:44:25	0:44:27	84	MHK	93	11:27	10:55	11:19	10:42	
137	200	Warnking Fabian	Cologne Internationals	0:44:25	0:44:26	21	M30	88	12:00	10:55	10:56	10:33	
138	197	Trzaskalik Martin	cleverbridge AG	0:44:25	0:44:33	7	M45	73	11:37	10:47	11:10	10:51	
139	1872	Lelke Carsten	Volksbank Köln Bonn	0:44:25	0:44:35	2	M55	63	11:42	10:52	11:05	10:45	
140	2437	Lindner Jan	TriathlonSteckelCologne	0:44:26	0:44:53	85	MHK	96	12:19	10:42	10:55	10:28	
141	1934	Baten Bijan	*Köln	0:44:29	0:44:49	86	MHK	95	11:57	11:05	10:56	10:30	
142	2684	Schakat Manuel	*Köln	0:44:30	0:44:35	87	MHK	92	11:23	11:08	11:10	10:47	
143	1845	Van de Braak Georg	Frontrunners Cologne	0:44:32	0:44:34	8	M40	74	11:29	10:50	11:07	11:04	
144	2544	Nilsson Simon	*Bonn	0:44:34	0:45:22	88	MHK	91	11:41	10:43	11:02	11:05	
145	1826	Schmidt Markus	Run Squad CGN	0:44:34	0:44:38	89	MHK	92	11:50	10:54	11:05	10:44	
146	1805	Pörschmann Christoph	TH Köln	0:44:34	0:44:43	8	M45	70	11:43	10:50	11:13	10:47	
147	1844	Thurner Jan-Niklas	Cologne Internationals	0:44:35	0:44:46	90	MHK	94	11:54	10:54	11:00	10:45	
148	1772	Kukulka Sascha	Skiclub Bonn	0:44:38	0:44:48	7	M50	64	11:24	10:50	11:14	11:09	
149	1812	Reul Julian	*Köln	0:44:39	0:44:47	91	MHK	94	11:47	11:02	11:10	10:38	
150	2661	Rüsch Gary	Ebner Stolz & Friends	0:44:40	0:45:02	92	MHK	89	12:22	10:41	11:02	10:34	
151	2852	Volkert Michael	VampirPower-Team	0:44:41	0:45:15	22	M30	84	12:52	10:43	10:43	10:22	
152	1742	Franklin Dr. Jeremy	IMSB	0:44:41	0:44:48	3	M55	59	11:52	10:50	11:02	10:56	
153	2728	Scholten Jan	Rheinische Fachhochschule	0:44:42	0:44:48	23	M30	88	11:44	11:04	11:09	10:44	
154	2400	Krüger Michael	*Köln	0:44:42	0:44:53	93	MHK	97	11:27	11:09	11:25	10:40	
155	1866	Severin Fabian	BlueMotion	0:44:43	0:44:49	94	MHK	90	11:36	10:47	11:07	11:12	
156	1854	Wittstamm Joachim	Frontrunners Cologne	0:44:45	0:44:47	8	M50	66	11:26	10:55	11:22	11:01	
157	1708	Bäker Thomas	born2run	0:44:53	0:44:56	9	M50	64	11:39	11:00	11:15	10:57	
158	1759	Johannsen Jannik	KF Lebensstil	0:44:53	0:44:59	95	MHK	92	11:57	10:58	11:05	10:51	
159	1732	Dürbaum Nicolai	KF Lebensstil	0:44:53	0:45:00	24	M30	88	11:56	10:59	11:05	10:52	
160	203	Waßerka Boris	Wendelinus-Runners-Hürth	0:44:53	0:44:54	10	M50	64	11:42	10:48	10:56	11:26	
161	182	Olbertz Dominik	DJK Köln-Nord	0:44:54	0:45:05	96	MHK	92	12:06	10:47	11:10	10:50	
162	1707	Assenheimer Eduard	cleverbridge AG	0:44:54	0:45:03	25	M30	85	11:48	10:57	11:09	10:59	
163	2226	Heinlein Karim	Ren-Tiere	0:44:55	0:44:59	97	MHK	94	11:56	11:06	11:12	10:39	
164	1831	Schönwälder Florian	Rheinische Fachhochschule	0:44:56	0:45:05	98	MHK	96	11:33	10:49	11:31	11:01	
165	1820	Salgado Dr. Pepito	*Köln	0:44:57	0:45:12	99	MHK	93	12:13	10:59	10:52	10:52	
166	2910	Wolff Hubertus	Ebner Stolz & Friends	0:45:00	0:45:12	100	MHK	89	11:30	11:15	11:23	10:51	
167	1726	Derksen Volker	cleverbridge AG	0:45:02	0:45:10	26	M30	85	11:30	10:50	11:21	11:20	
168	2249	Hetzert Marc	Running Elements	0:45:07	0:45:13	101	MHK	89	11:12	11:00	11:27	11:27	
169	1755	Holbein Simon	Run as you are	0:45:09	0:45:20	27	M30	86	11:32	10:58	11:21	11:16	
170	1847	Verkh Hennadiy	*Köln	0:45:10	0:45:19	11	M35	81	12:24	10:56	10:58	10:51	
171	189	Pietrzak Krystian	Kieser Training	0:45:11	0:45:11	12	M35	83	11:34	10:50	11:24	11:22	
172	1840	Süper Dr. Christian	Mommseenstreet für Immer	0:45:12	0:45:21	102	MHK	91	11:31	10:51	11:26	11:22	
173	2419	Lange Florian	Die festen Körper	0:45:13	0:45:18	103	MHK	91	11:47	10:56	11:23	11:05	
174	2214	Hartwig Benedikt	*Köln	0:45:13	0:45:33	104	MHK	97	11:13	10:47	11:41	11:30	
175	1715	Bolten Erik	Mommseenstreet für Immer	0:45:13	0:45:22	105	MHK	91	11:31	10:52	11:26	11:23	
176	2668	Passadakis Silvio	Cologne Internationals	0:45:14	0:45:16	13	M35	79	11:32	11:21	11:23	10:56	
177	1710	Barr David	cleverbridge AG	0:45:17	0:45:24	14	M35	83	11:42	11:01	11:29	11:04	
178	1754	Hinze Tobias	*Köln	0:45:21	0:45:32	106	MHK	90	11:53	11:02	11:18	11:08	
179	1945	Becker Tino	Pusher Gut Kick	0:45:23	0:45:31	107	MHK	93	11:52	11:13	11:29	10:47	
180	2268	Hoppe Cedric	Pusher Gut Kick	0:45:24	0:45:31	108	MHK	94	11:52	11:14	11:28	10:49	

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## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	2788	Steinhüser André	*Köln	0:45:24	0:45:31	109	MHK	95	11:52	11:13	11:30	10:47	
182	1767	Kopitz Sebastian	Run Squad CGN	0:45:25	0:45:30	28	M30	85	11:01	11:04	11:42	11:36	
183	2013	Brune Thilo	Ebner Stolz & Friends	0:45:26	0:45:48	110	MHK	92	12:23	10:49	11:19	10:53	
184	2365	Könen Daniel	rodgrad med flode	0:45:28	0:45:38	29	M30	85	11:50	11:13	11:25	10:59	
185	2888	Wichmann Julian	Rheinland Lions Australian Rul	0:45:32	0:45:44	111	MHK	90	11:52	11:11	11:28	10:59	
186	2349	Kleemann Marcel	rodgrad med flode	0:45:32	0:45:42	30	M30	84	11:56	11:06	11:20	11:09	
186	2454	Lüdecke Florian	Pusher Gut Kick	0:45:32	0:45:39	112	MHK	93	11:52	11:14	11:30	10:54	
188	2238	Hennecke Andreas	*Zülpich	0:45:35	0:45:46	9	M40	75	12:06	11:14	11:10	11:04	
189	2497	Merten Christian	TV Littfeld	0:45:36	0:46:01	113	MHK	89	12:13	11:08	11:21	10:52	
190	2289	Japalak Kevin	*Wuppertal	0:45:36	0:45:50	114	MHK	95	12:18	10:51	11:36	10:50	
191	2017	Bührer Stefan	UA Pro Team	0:45:36	0:45:40	31	M30	86	11:58	10:51	11:29	11:17	
192	2500	Meschede Benjamin	*Brühl	0:45:40	0:45:49	15	M35	81	12:14	10:48	11:20	11:17	
193	2277	Irkes Alexander	Ebner Stolz & Friends	0:45:40	0:46:01	32	M30	88	11:39	11:15	11:38	11:06	
194	2430	Lemke Daniel	1. Frechener Improfestival	0:45:41	0:47:31	115	MHK	91	12:27	11:09	11:13	10:51	
195	2652	Rippin Martin	*Köln	0:45:43	0:46:57	33	M30	87	12:45	11:01	11:12	10:43	
196	2097	Engel Fabian	*Köln	0:45:44	0:45:50	116	MHK	92	11:32	11:06	11:48	11:16	
197	2115	Felbel Steffen	*Köln	0:45:46	0:46:36	34	M30	87	12:55	11:02	11:12	10:36	
198	1846	Van de Sand Markus	Markus van de Sand	0:45:51	0:45:53	10	M40	76	11:58	11:04	11:21	11:26	
199	164	Kirchholtes Frank	*Köln	0:45:52	0:46:03	11	M50	67	12:14	11:28	11:13	10:56	
200	2181	Grevenstein Thomas	Cologne Internationals	0:45:54	0:45:59	117	MHK	93	10:59	11:14	12:01	11:39	
201	2940	Bunte Marian	*Köln	0:45:55	0:46:08	118	MHK	89	12:30	11:09	11:20	10:55	
202	140	Gärtner Christian	*Köln	0:45:56	0:46:07	119	MHK	93	12:06	10:47	11:12	11:50	
203	2108	Evermann Philip	Rheinland Lions Australian Rul	0:45:58	0:46:13	120	MHK	96	11:49	11:24	11:41	11:02	
204	1758	Jeong Peter	MACH3 Köln e.V.	0:46:01	0:46:16	121	MHK	91	11:48	10:59	11:26	11:46	
205	2873	Weber Robin	*Köln	0:46:03	0:46:44	122	MHK	92	12:31	11:06	11:30	10:55	
206	1727	Doose Bodo	Team Talanx	0:46:07	0:46:16	9	M45	71	11:45	11:25	11:41	11:15	
207	2244	Hermesen Christopher	Ebner Stolz & Friends	0:46:07	0:46:34	123	MHK	93	12:03	11:21	11:26	11:16	
208	1712	Beste Nedim	Den Sieg regelt der Markt	0:46:08	0:46:11	124	MHK	96	11:34	11:20	11:52	11:20	
209	2607	Potthast Cornel	rodgrad med flode	0:46:13	0:46:24	35	M30	85	12:37	11:25	11:13	10:57	
210	2942	Klütsch Niklas	*Köln	0:46:16	0:47:03	125	MHK	91	12:19	11:04	11:31	11:20	
211	1968	Bodag Frederic	*Bonn	0:46:17	0:47:01	36	M30	84	13:07	11:18	11:13	10:38	
212	2192	Günnewig Kilian	*Köln	0:46:17	0:46:23	126	MHK	94	11:38	11:14	11:44	11:40	
213	1795	Nikelowski Norbert	Marathonfreunde Köln	0:46:18	0:46:31	1	M60	58	11:57	11:18	11:29	11:32	
214	2922	Zarek Oliver	Rheinland Lions Australian Rul	0:46:19	0:46:32	3	MU2	00	12:56	11:25	11:26	10:31	
215	2483	McNamara Ian	Rheinland Lions Australian Rul	0:46:21	0:46:35	37	M30	88	12:20	11:11	11:22	11:27	
216	1881	Lück Tobias		0:46:21	0:46:28	0	M	91	11:26	11:09	11:43	12:01	
217	1728	Drees Hajo	*Köln	0:46:21	0:46:36	38	M30	85	12:10	11:31	11:19	11:19	
218	1828	Schnitzler Daniel	Vereinslos	0:46:27	0:46:30	11	M40	77	11:31	11:27	11:44	11:42	
219	2339	Kieser Paul	*Köln	0:46:29	0:46:59	39	M30	88	12:58	11:29	11:13	10:47	
220	1815	Rink Marius	Cologne Internationals	0:46:29	0:46:34	127	MHK	93	11:51	11:16	12:08	11:13	
221	212	Manke Adrian	Speedforce	0:46:35	0:46:38	40	M30	86	12:33	11:31	11:26	11:03	
222	1793	Nepomuck Tim	*Köln	0:46:36	0:46:43	128	MHK	94	11:51	11:20	11:50	11:34	
223	1709	Balsler Carsten	KölnAlumni	0:46:39	0:46:43	129	MHK	94	11:32	10:53	11:38	12:34	
224	2493	Mendola Franco	*Solingen	0:46:41	0:47:07	130	MHK	92	12:57	11:06	11:32	11:04	
225	1775	Lamerz Philipp	TriathlonSteckelCologne	0:46:42	0:46:48	41	M30	86	11:45	11:31	11:37	11:48	
226	225	Casanova Francois	Run Squad CGN	0:46:43	0:46:43	42	M30	85	00:00	00:00	00:00	00:00	
227	1741	Fischer Maik	*Köln	0:46:46	0:46:59	12	M40	78	12:22	11:30	11:36	11:17	
228	1705	Arkadijev Nikolay	RuSA (die russische	0:46:47	0:46:59	131	MHK	95	11:26	11:03	12:19	11:58	
229	2654	Rohmann René	Sprintschnucken	0:46:47	0:47:25	43	M30	88	13:05	11:23	11:26	10:51	
230	1777	Lodemann Tim	*Köln	0:46:47	0:46:59	44	M30	84	12:22	11:30	11:36	11:18	
231	1860	Wölfl Simon	Rut Wiess Dreckelisch	0:46:47	0:46:50	45	M30	87	11:49	11:40	11:46	11:30	
232	1926	Backes Heiko	Let#s metabolize	0:46:49	0:47:06	10	M45	72	12:18	11:26	11:35	11:28	
233	2858	Vossebürger Herr	*Köln	0:46:50	0:46:55	132	MHK	93	11:41	11:30	11:48	11:50	
234	1810	Repas Ruben	cleverbridge AG	0:46:51	0:46:58	46	M30	86	12:25	11:26	11:32	11:26	
235	1850	Weber Sebastian	BLB Köln Runner	0:46:52	0:47:02	133	MHK	93	12:28	11:20	11:38	11:23	
236	2978	Ledda Nico	Dialogue Team	0:46:52	0:46:57	4	MU2	99	11:57	11:22	12:00	11:31	
237	2945	Mirkes David	TV Bitburg	0:46:52	0:47:44	134	MHK	89	13:26	10:59	11:20	11:06	
238	2768	Sistig Sven	*Dormagen	0:46:53	0:47:44	135	MHK	91	13:27	11:05	11:14	11:05	
239	2503	Meuter Marco	*Köln	0:46:53	0:47:44	47	M30	86	13:26	10:59	11:20	11:06	
240	125	Baltus Kurt	BLB Köln Runner	0:46:55	0:47:05	2	M60	57	12:28	11:16	11:21	11:48	

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## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2021	Bunte Konstantin	Ren-Tiere	0:46:57	0:47:01	136	MHK	92	12:30	11:49	12:03	10:34	
242	1827	Schmitt Uwe	*Engelskirchen	0:47:00	0:47:10	12	M50	65	12:27	11:29	11:36	11:26	
243	2329	Kemmerling Jonas	*Köln	0:47:00	0:47:40	137	MHK	95	13:07	11:35	11:28	10:49	
244	1771	Kühl Matthias	SV Blau-Gelb Friedberg	0:47:00	0:47:03	138	MHK	89	11:43	11:36	12:29	11:10	
245	2036	Choi Dr. Daesik	-	0:47:00	0:47:15	139	MHK	90	11:55	11:05	12:02	11:57	
246	2476	Marx Luca	*Brühl	0:47:02	0:47:21	140	MHK	98	12:49	10:59	11:25	11:48	
247	85	Schmitz Simon	Uni Bonn	0:47:04	0:47:05	141	MHK	94	12:33	11:36	11:50	11:04	
248	2350	Klein Konstantin	Meteo	0:47:05	0:47:24	142	MHK	90	12:56	11:28	11:29	11:11	
249	1717	Bosbach Prof. Dr. Gerd	TriathlonSteckelCologne	0:47:06	0:47:15	1	M65	53	12:32	11:35	11:37	11:21	
250	1794	Nieweg Marius	*Köln	0:47:11	0:47:22	48	M30	87	12:13	11:41	11:46	11:29	
251	1868	Jansen Jonas	*Köln	0:47:13	0:47:23	143	MHK	92	12:22	11:40	11:43	11:26	
252	1745	Geyer Bert	*aachen	0:47:13	0:47:25	13	M50	66	12:13	11:28	11:38	11:52	
253	170	Kourkoulos Dr. Dimitrios	Runaconda	0:47:13	0:47:25	49	M30	86	12:13	11:28	11:38	11:53	
254	2644	Richardt Lukas	Rheinland Lions Australian Rul	0:47:14	0:47:29	144	MHK	90	12:15	11:12	12:19	11:27	
255	1863	Richter Johannes	Cologne Internationals	0:47:15	0:47:20	145	MHK	94	11:50	11:38	11:47	11:58	
256	2670	Salecker Jaime	UA Pro Team	0:47:17	0:47:19	16	M35	79	12:39	11:45	11:34	11:18	
257	2557	Nuernberger Pierre	Ph1	0:47:17	0:47:27	146	MHK	93	12:32	11:37	11:30	11:36	
258	2836	Utsch Chris	Die Roten Ochsen	0:47:18	0:47:30	50	M30	85	12:14	11:22	11:49	11:50	
259	3009	Kewald Michael	Volksbank Köln Bonn	0:47:22	0:47:40	51	M30	86	12:50	11:33	11:34	11:23	
260	2864	Waldecker Frank	Sprintschnucken	0:47:22	0:47:25	14	M50	67	12:34	11:41	11:48	11:18	
261	2953	Brockamp Maximilian	*Köln	0:47:22	0:47:55	147	MHK	95	13:03	11:13	11:59	11:05	
262	2560	Oberbusch Patrick	Alumni-Raketen	0:47:25	0:47:48	17	M35	81	12:55	11:23	11:36	11:30	
263	2712	Schmitt Alexander	*Köln	0:47:26	0:47:42	52	M30	88	13:01	11:30	11:35	11:18	
264	2506	Miebach Christian	juRACE & TCV	0:47:28	0:47:37	148	MHK	93	12:32	11:34	11:58	11:22	
265	1722	Christian Thieme	FamilyClan	0:47:28	0:47:38	18	M35	81	12:17	11:39	11:53	11:37	
266	1818	Roth Raphael	Rugby Sport Verein Köln	0:47:28	0:47:30	149	MHK	93	11:28	11:26	12:07	12:26	
267	2413	Kullen Kai	FunRunners	0:47:29	0:47:38	11	M45	72	12:48	11:40	11:39	11:20	
268	2862	Wagner Julian	Die festen Körper	0:47:30	0:47:49	150	MHK	95	12:09	11:33	11:58	11:48	
269	2312	Kallfaß Julian	juRACE & TCV	0:47:31	0:47:40	151	MHK	92	12:32	11:35	11:56	11:26	
270	177	Moritz Ralf	Bruce Born to Run	0:47:32	0:47:38	15	M50	68	12:26	11:12	11:39	12:14	
271	2564	Orasklitschew Michael	*Bad Münstereifel	0:47:34	0:47:50	152	MHK	95	12:40	11:30	11:59	11:23	
272	2832	Turowski Jan	*Köln	0:47:37	0:48:10	153	MHK	96	12:43	11:28	11:52	11:33	
273	114	Lüker Sebastian	Uni Münster	0:47:37	0:47:50	53	M30	86	12:39	11:59	10:58	12:00	
274	2262	Hoffmann Till	Team Kolumbus	0:47:37	0:47:53	154	MHK	96	12:28	11:34	11:50	11:43	
275	204	Waßerka Boris	Wendelinus-Runners-Hürth	0:47:39	0:47:39	16	M50	64	13:20	11:45	11:31	11:02	
276	1936	Bauch Tobias	*Köln	0:47:39	0:47:56	155	MHK	93	12:26	11:32	11:59	11:42	
277	2974	Gerling Christoph	*Köln	0:47:41	0:48:14	156	MHK	93	12:43	11:28	11:52	11:36	
278	2875	Weich Adrian	*Köln	0:47:43	0:48:40	157	MHK	98	13:14	11:25	11:41	11:22	
279	903	Edelkamp Sven	BLB Köln Runner	0:47:43	0:48:15	158	MHK	94	13:33	11:29	11:31	11:08	
280	221	Köppe Stefan		0:47:43	0:47:43	54	M30	85	13:06	11:40	11:38	11:17	
281	2505	Michels Sebastian	The Running Cancer Team	0:47:44	0:48:03	55	M30	86	13:25	11:30	11:34	11:13	
282	1865	Schönfelder Prof. Dr. Daniel	Rut Wiess Dreckelisch	0:47:46	0:47:49	19	M35	80	12:22	11:45	11:56	11:42	
283	2805	Surmann Markus	Ebner Stolz & Friends	0:47:48	0:48:09	159	MHK	89	13:06	11:42	11:39	11:20	
284	209	Zielinski Mario	TUS Köln rrh.	0:47:50	0:47:56	13	M40	78	12:29	11:43	11:48	11:49	
285	2748	Schwepper Max	Ebner Stolz & Friends	0:47:51	0:48:16	56	M30	85	12:17	11:32	12:03	11:58	
286	1811	Retzbach Tobias	*Bonn	0:47:52	0:48:03	160	MHK	91	12:42	11:54	11:34	11:40	
287	2839	Velasco Jorge	UA Pro Team	0:47:56	0:47:58	161	MHK	89	12:24	12:09	12:09	11:12	
288	2774	Spicher Konstantin	*Kerpen	0:47:58	0:48:02	162	MHK	97	12:52	12:09	11:43	11:13	
289	2772	Smets Daniel	Running Elements	0:47:58	0:48:04	163	MHK	91	13:00	11:35	11:59	11:23	
290	2988	Jansen Florian	Team Talanx	0:48:04	0:48:09	12	M45	72	12:38	11:44	11:50	11:51	
291	1900	Abdülhayoglu Adem	juRACE & TCV	0:48:05	0:48:14	164	MHK	92	12:31	11:35	11:58	11:59	
292	2052	Czeremnych Alexander	*Bergisch Gladbach	0:48:05	0:49:01	165	MHK	92	14:12	11:43	11:07	11:02	
293	1935	Bau Michael Lilly	Frontrunners Cologne	0:48:06	0:48:49	57	M30	85	13:05	11:25	11:47	11:47	
294	2780	Steckel Manfred	TriathlonSteckelCologne	0:48:06	0:48:17	3	M60	55	12:55	11:45	11:52	11:33	
295	1998	Breuer Lennart	*Hürth	0:48:07	0:49:05	166	MHK	97	13:14	11:25	11:41	11:46	
296	1806	Poloczek Christian	Central-Team.de	0:48:09	0:48:09	14	M40	75	41:45	01:20	04:00	01:02	
297	2598	Plagmann Ingo	Ren-Tiere	0:48:09	0:49:54	58	M30	84	13:20	11:43	11:34	11:30	
298	3006	Jung Michael	Volksbank Köln Bonn	0:48:14	0:48:17	17	M50	67	12:33	11:45	12:04	11:51	
299	2283	Jaeger Joscha	Was mach ich hier eigentlich?	0:48:15	0:48:41	167	MHK	94	12:52	11:33	11:58	11:50	
300	165	Kirchholtes Frank	*Köln	0:48:17	0:48:34	18	M50	67	13:28	11:35	11:33	11:40	

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	3008	Kewald Thomas	Volksbank Köln Bonn	0:48:21	0:48:40	59	M30	86	12:50	11:34	11:53	12:03	
302	2699	Schlößer Lukas	Ren-Tiere	0:48:21	0:48:24	168	MHK	94	12:31	11:49	12:06	11:53	
303	2894	Wigger Christoph	CMRunners	0:48:21	0:48:50	60	M30	87	13:34	11:46	11:39	11:21	
304	1875	Hensen Norbert	mynextfinish.com	0:48:22	0:48:28	13	M45	71	12:52	11:47	11:52	11:49	
305	1867	Ewert Stefan	KSK Köln	0:48:23	0:48:27	15	M40	77	12:35	11:53	12:04	11:49	
306	2731	Schroeder Dr. Daniel	Uniklinik Anaesthesiologie	0:48:25	0:49:51	20	M35	83	14:03	11:42	11:27	11:11	
307	2376	Konradi Andreas	cleverbridge AG	0:48:26	0:49:46	21	M35	83	13:39	11:37	11:41	11:26	
308	1719	Canedo Diego	UA Pro Team	0:48:29	0:48:31	61	M30	88	12:23	12:08	12:10	11:46	
309	2137	Franzen Nils	*Heinsberg	0:48:29	0:48:33	169	MHK	96	12:52	12:09	11:55	11:32	
310	1949	Belz Maximilian	*Köln	0:48:36	0:48:51	170	MHK	95	11:23	10:45	10:56	15:30	
311	1939	Baur Christian	Flunkonia Köln	0:48:42	0:48:58	171	MHK	94	12:27	11:45	12:13	12:15	
312	3013	Reinscheid Denis	Volksbank Köln Bonn	0:48:43	0:49:18	22	M35	83	12:36	11:34	12:13	12:18	
313	1776	Lindner Björn	sportvorort.com	0:48:46	0:48:57	16	M40	75	12:33	11:44	12:14	12:14	
314	2676	Sauerborn Martin		0:48:49	0:48:57	19	M50	67	12:20	11:52	12:19	12:16	
315	2678	Schaarschmidt Christian	UzK-FortyFour	0:48:49	0:48:52	23	M35	80	12:16	12:09	12:21	12:02	
316	2677	Sauset Philipp	Ebner Stolz & Friends	0:48:50	0:49:13	62	M30	87	13:06	11:49	12:06	11:47	
317	2682	Schäfer Stephan	The Running Cancer Team	0:48:50	0:49:36	17	M40	74	13:02	11:46	12:00	12:01	
318	1970	Bodamer-Greis Sascha	*Michelstadt	0:48:51	0:50:00	172	MHK	89	14:01	11:48	11:38	11:22	
319	1839	Sülflow Christian	*Königswinter	0:48:51	0:49:06	18	M40	74	12:15	11:54	12:16	12:25	
320	2854	Von Gersdorff Gero	Ren-Tiere	0:48:52	0:49:32	20	M50	65	14:24	11:43	11:33	11:09	
321	2601	Pleuß Jörn	Cologne Internationals	0:48:53	0:49:20	63	M30	84	13:06	11:58	12:09	11:39	
322	2954	Eisbein Hendrik	*Baesweiler	0:48:58	0:49:01	173	MHK	98	12:53	12:13	11:50	12:00	
323	1984	Bootsveld Jan	WiSo nicht?	0:48:58	0:49:29	174	MHK	94	13:51	11:55	11:41	11:29	
324	1843	Theune Carsten	Central-Team.de	0:49:00	0:49:13	14	M45	72	13:25	12:02	11:50	11:42	
325	2189	Grzeszik Mike	*Köln	0:49:01	0:50:37	64	M30	85	13:56	12:06	11:41	11:17	
326	137	Dietz Thilo	*Burscheid	0:49:02	0:49:10	175	MHK	95	11:57	11:53	12:15	12:55	
327	2959	Kristiansen Nils	Stinkefüße	0:49:03	0:49:09	176	MHK	91	12:31	12:03	12:24	12:03	
328	2364	Köln Andreas	*Köln	0:49:03	0:49:31	177	MHK	91	12:51	12:07	12:07	11:56	
329	2614	Pschera Alexander	*Köln	0:49:03	0:49:14	178	MHK	90	13:51	12:09	11:49	11:13	
330	2284	Jähde Frank	Valium i.V.	0:49:05	0:49:10	21	M50	64	13:00	12:10	12:11	11:42	
331	2242	Herich Patrick	*Köln	0:49:11	0:49:17	179	MHK	91	12:44	11:50	12:19	12:17	
332	2725	Schoemig Thomas	Ren-Tiere	0:49:11	0:49:16	180	MHK	93	12:31	11:50	12:09	12:39	
333	2143	Fuchs Michael	Michael.fuchs71@gmx.de	0:49:12	0:49:48	15	M45	71	13:30	11:57	12:02	11:41	
334	2044	Coenen Theo	Valium i.V.	0:49:12	0:49:28	4	M60	56	13:09	12:02	12:04	11:55	
335	2885	Werthebach Felix	Ebner Stolz & Friends	0:49:16	0:49:24	181	MHK	90	12:13	12:08	12:28	12:26	
336	1721	Castendiek Marc	WiSo Warriors	0:49:18	0:49:27	182	MHK	96	11:51	12:43	12:33	12:09	
337	1855	Wohlgemuth Léon	Cologne Internationals	0:49:18	0:49:27	183	MHK	94	12:23	11:47	12:29	12:38	
338	1946	Behrenbruch Clemens	*Köln	0:49:18	0:49:24	22	M50	66	13:04	12:07	12:10	11:55	
339	2575	Parchatka Niklas	Ebner Stolz & Friends	0:49:22	0:49:45	184	MHK	93	12:23	12:37	12:39	11:41	
340	2221	Heimann Fabian	Ebner Stolz & Friends	0:49:26	0:49:49	185	MHK	93	12:23	12:37	12:39	11:44	
341	2578	Pazen David	Collegium musicum	0:49:27	0:49:57	24	M35	80	13:14	12:09	12:12	11:51	
342	2083	Duch Lars	Ebner Stolz & Friends	0:49:29	0:49:56	186	MHK	91	13:30	12:05	12:10	11:43	
343	3040	Ben Hamida Yanis		0:49:30	0:50:50	65	M30	84	14:03	11:43	12:09	11:33	
344	2907	Wolf Jürgen	The Running Cancer Team	0:49:31	0:49:51	4	M55	59	12:59	12:04	12:15	12:11	
345	2948	Steinbrink Christian	*Köln	0:49:40	0:50:30	66	M30	87	14:13	11:53	12:09	11:23	
346	2696	Schleicher Fabio	Team Kolumbus	0:49:42	0:51:25	187	MHK	92	15:25	11:52	11:23	11:01	
347	2444	Löpki Dirk	*Köln	0:49:46	0:49:56	5	M55	63	13:23	12:12	12:20	11:49	
348	2709	Schmidt Maximilian	WiSo Warriors	0:49:47	0:50:35	188	MHK	93	13:09	12:06	12:25	12:06	
349	2295	Jeschall Robin	VampirPower-Team	0:49:54	0:50:41	189	MHK	89	15:06	12:16	11:31	11:01	
350	2385	Kox John	*Bornheim	0:49:55	0:50:29	190	MHK	97	13:24	12:20	12:21	11:47	
351	2057	Dax Christopher	WiSo Warriors	0:49:55	0:50:43	191	MHK	91	13:09	12:05	12:25	12:14	
352	2475	Marwege Ansgar	VampirPower-Team	0:49:55	0:50:41	192	MHK	91	15:06	12:16	11:25	11:06	
353	2466	März Christian	*Köln	0:49:58	0:51:02	67	M30	85	13:47	11:52	12:13	12:04	
354	1856	Yeo Changjun	*Hürth	0:49:58	0:50:04	193	MHK	90	12:34	11:57	12:44	12:41	
355	2398	Kroß Martin	BLB Köln Runner	0:50:00	0:51:02	19	M40	76	14:28	12:15	11:48	11:26	
356	2851	Voigt David	VampirPower-Team	0:50:04	0:50:53	194	MHK	89	14:19	11:53	12:05	11:45	
357	131	Blume Joel	Mommstreet für Immer	0:50:05	0:50:13	195	MHK	93	11:55	11:41	13:43	12:44	
358	2336	Kick David	Kölsche Festigung	0:50:06	0:50:31	196	MHK	94	14:01	12:23	12:09	11:31	
359	2521	Müller Marcel	*Köln	0:50:07	0:51:19	197	MHK	92	13:11	12:08	12:35	12:11	
360	2304	Junker Prof. Dr. Kirk	*Köln	0:50:11	0:51:32	6	M55	59	14:20	11:56	12:03	11:50	

# 10km - Gesamtwertung

Unilauf Köln - 13. Juni 2018

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2064	Deschepper Lars	Troisdorfer LG	0:50:11	0:50:31	1	MU1	05	13:23	11:44	12:00	13:03	
362	2380	Kopper Adrian	*Köln	0:50:12	0:50:53	198	MHK	90	14:03	12:40	12:12	11:15	
363	2567	Orth Richard	VampirPower-Team	0:50:13	0:50:52	68	M30	85	15:09	13:54	10:44	10:25	
364	2792	Stern Jonas	*Köln	0:50:14	0:51:46	199	MHK	96	13:50	12:21	12:23	11:39	
365	2917	Yun Gichang	Cologne Internationals	0:50:15	0:50:20	200	MHK	93	11:25	11:37	13:24	13:48	
366	2710	Schmidt Robyn	Wilde Seekühe	0:50:18	0:50:37	201	MHK	93	13:32	12:37	12:21	11:47	
367	2611	Probst Steffen	cleverbridge AG	0:50:19	0:50:27	69	M30	86	12:15	12:36	12:51	12:35	
368	2485	Medvedev Peter	DIMDlaner	0:50:19	0:51:18	23	M50	65	15:40	11:49	11:45	11:03	
369	2464	Machtens Vincent	*Leverkusen	0:50:19	0:51:26	202	MHK	95	15:09	12:21	12:00	10:47	
370	2866	Walker Ashton	Rheinland Lions Australian Rul	0:50:21	0:50:37	203	MHK	90	13:07	12:04	12:51	12:17	
371	2542	Niessen Prof. Dr. Stephan	*Köln	0:50:22	0:50:33	70	M30	86	12:38	12:16	12:51	12:35	
372	159	Kaiser Thomas	Sebamed Running Team	0:50:22	0:51:03	204	MHK	89	13:22	12:15	12:39	12:04	
373	1729	Dresbach Frank	Cologne Allblacks	0:50:27	0:50:35	24	M50	67	13:15	12:26	12:28	12:16	
374	2176	Gräser Axel	Rheinland Lions Australian Rul	0:50:29	0:50:46	205	MHK	90	14:08	12:23	12:17	11:40	
375	2791	Stenzel Sebastian	Quidditch NRW	0:50:30	0:51:33	206	MHK	89	14:00	12:36	12:24	11:30	
376	2420	Lange Julian	*Köln	0:50:32	0:50:42	207	MHK	97	12:48	11:59	12:18	13:26	
377	2225	Heining Christian	Team Currywurst	0:50:33	0:51:31	71	M30	88	14:46	12:14	12:05	11:27	
378	2692	Schermer Prof. Dr. Bernhard	Ren-Tiere	0:50:36	0:51:18	16	M45	71	13:19	12:15	12:32	12:28	
379	2453	Ludwig Tim	Nano Runners	0:50:37	0:51:52	72	M30	88	14:48	13:02	11:57	10:49	
380	2623	Rawe Dr. Klaus	Frontrunners Cologne	0:50:41	0:51:04	25	M50	68	13:31	12:24	12:49	11:56	
381	2636	Reinartz Jonas	*Köln	0:50:43	0:51:15	208	MHK	95	13:46	12:06	12:44	12:04	
382	2175	Gräfe Cody	Rheinland Lions Australian Rul	0:50:44	0:50:56	209	MHK	95	13:28	12:05	12:44	12:25	
383	2087	Duscha Marc	Team Kolumbus	0:50:48	0:52:20	210	MHK	89	14:39	12:32	11:56	11:39	
384	2929	Zielinski Dominik	*Köln	0:50:50	0:51:14	211	MHK	92	13:03	12:37	12:56	12:13	
385	2346	Kitzig Florian	Ebner Stolz & Friends	0:50:51	0:51:15	212	MHK	91	13:06	12:31	12:11	13:02	
386	2844	Vinnen Philip	VampirPower-Team	0:50:53	0:51:42	213	MHK	92	13:57	12:13	12:29	12:13	
387	2877	Weingötz Luca	Cologne Internationals	0:50:55	0:51:31	214	MHK	97	14:26	12:49	12:19	11:19	
388	2928	Ziegler Dr. Robin	Was mach ich hier eigentlich?	0:50:56	0:51:25	215	MHK	94	14:13	12:32	12:10	11:59	
389	2253	Hillmer Axel	The Running Cancer Team	0:50:56	0:51:12	17	M45	70	13:27	12:11	12:40	12:37	
390	2141	Fröhling Tim	Cologne Internationals	0:50:58	0:51:34	216	MHK	96	14:27	12:49	12:18	11:22	
391	2749	Schwerdtfeger Rouven	Cologne Internationals	0:50:58	0:52:37	73	M30	87	14:40	12:13	12:03	12:00	
392	2559	Oberbeck Sebastian	*Swisttal	0:51:00	0:52:09	74	M30	84	14:41	12:35	12:13	11:30	
393	2924	Zehner Ingo	Uniklinik Anaesthesiologie	0:51:04	0:52:32	18	M45	69	14:52	12:22	12:06	11:42	
394	156	Iwanski Damian	BLB Köln Runner	0:51:04	0:51:49	20	M40	74	14:38	12:21	11:49	12:14	
395	2510	Mnich Jürgen	Wendelinus-Runners-Hürth	0:51:07	0:51:11	26	M50	66	13:19	12:27	12:51	12:27	
396	2171	Görke Philipp	RRZK	0:51:07	0:51:24	217	MHK	89	14:08	12:51	12:07	12:00	
397	1834	Schwerhoff Dr. Pepito	*Köln	0:51:09	0:51:24	218	MHK	93	12:29	12:19	12:59	13:21	
398	2251	Hielscher Dennis	Quidditch NRW	0:51:09	0:52:12	219	MHK	91	14:42	12:17	12:50	11:18	
399	2306	Kahl Tristan	*Köln	0:51:10	0:51:57	5	MU2	99	13:59	12:16	12:24	12:29	
400	2970	Brath Martin	*Köln	0:51:11	0:51:57	220	MHK	97	13:59	12:16	12:25	12:29	
401	2124	Fischer Fabian	WiSo nicht?	0:51:11	0:51:46	221	MHK	93	14:19	13:18	12:58	10:36	
402	1937	Baum Jürgen	Valium i.V.	0:51:12	0:51:28	2	M65	49	13:37	12:26	12:34	12:33	
403	2068	Diesner Max	The Matrix Assisted Laser-Deso	0:51:14	0:52:21	75	M30	87	14:34	12:32	12:22	11:44	
404	2184	Grosch Matthias	Nano Runners	0:51:15	0:52:30	222	MHK	93	14:47	13:02	12:05	11:20	
405	2504	Meyer Philip	Kölsche Festigung	0:51:15	0:51:40	223	MHK	96	14:01	12:23	12:31	12:19	
406	2204	Hagmanns Henrik	Uniklinik Anaesthesiologie	0:51:17	0:52:44	224	MHK	92	15:01	13:08	12:34	10:33	
407	2007	Bruckisch Emanuel	Team AG Schwarz	0:51:18	0:51:55	225	MHK	94	15:33	12:49	11:55	10:59	
408	2626	Reese Moritz	*Köln	0:51:19	0:52:00	76	M30	88	13:31	12:38	12:49	12:19	
409	2384	Kowatschew Daniel	VampirPower-Team	0:51:22	0:52:35	25	M35	80	14:48	12:21	12:16	11:55	
410	2703	Schlundt Waldemar	Rheinland Lions Australian Rul	0:51:22	0:51:36	77	M30	87	13:33	12:29	12:53	12:26	
411	2972	Finke Simon	*Köln	0:51:25	0:51:41	226	MHK	89	13:15	12:46	12:46	12:36	
412	1783	Mengler Till	Till Mengler	0:51:28	0:52:21	26	M35	83	15:06	12:32	11:48	12:00	
413	2377	Koob Felix	Team 3	0:51:29	0:52:23	227	MHK	94	14:21	12:32	12:27	12:08	
414	2446	Löser Johannes	The Running Cancer Team	0:51:30	0:52:16	21	M40	77	13:02	12:04	13:11	13:11	
415	2080	Drescher Lars	AIESEC	0:51:33	0:51:54	228	MHK	95	12:24	12:05	13:16	13:46	
416	2012	Brune Fabian	Quidditch NRW	0:51:33	0:52:35	229	MHK	90	14:02	12:34	12:46	12:09	
417	2431	Lenarz Thomas	Team Talanx	0:51:35	0:52:11	27	M50	68	14:22	12:22	12:38	12:12	
418	1915	Annecke Prof. Dr. Thorsten	Uniklinik Anaesthesiologie	0:51:38	0:52:58	22	M40	74	14:09	12:34	12:38	12:15	
419	2711	Schmidt Tobias	Ebner Stolz & Friends	0:51:39	0:52:04	230	MHK	92	13:50	12:41	12:48	12:19	
420	2586	Petersmann Sebastian	Alumni-Raketen	0:51:40	0:52:03	27	M35	82	14:02	12:40	12:29	12:27	

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
421	2469	Maiwald Kai	Kölsche Harlequins-KG Alt-Köln	0:51:42	0:52:07	231	MHK	92	13:34	12:23	13:05	12:39	
422	3000	Grendel Sascha	Volksbank Köln Bonn	0:51:44	0:52:03	23	M40	75	13:53	12:38	12:52	12:20	
423	2101	Eschmann Tim	Die festen Körper	0:51:45	0:51:51	78	M30	86	13:13	13:20	13:14	11:57	
424	1955	Berners Karl-Peter	FC Keldenich	0:51:46	0:52:23	7	M55	59	13:56	12:31	12:38	12:39	
425	147	Gräser Steffen	Troisdorfer LG	0:51:46	0:52:05	28	M50	67	13:23	11:44	12:00	14:38	
426	2062	Delvendahl Dominik	Arminia Flurputz #45min	0:51:47	0:53:02	79	M30	87	15:00	12:46	11:53	12:07	
427	2963	Roska Milan	*Köln	0:51:48	0:52:22	232	MHK	95	13:46	12:53	13:06	12:02	
428	2887	Westphal Simon	MuMibärenbande	0:51:54	0:52:36	233	MHK	94	14:28	12:48	12:47	11:50	
429	2847	Vogel Jörg	*köln	0:51:54	0:52:00	19	M45	69	13:11	12:40	13:01	13:00	
430	2996	Bunn Fred	Volksbank Köln Bonn	0:51:56	0:52:30	28	M35	79	13:34	12:36	12:58	12:47	
431	2515	Moran Tovar Roberto	Avanza!	0:51:56	0:52:11	234	MHK	92	12:45	12:31	13:32	13:07	
432	1853	Winkler Nicolas	*Köln	0:52:01	0:52:13	235	MHK	89	12:46	12:56	13:06	13:11	
433	2303	Jung Jascha	Rheinland Lions Australian Rul	0:52:02	0:52:16	236	MHK	89	13:12	12:47	12:57	13:05	
434	2246	Herzogenrath Thomas	Ebner Stolz & Friends	0:52:03	0:52:28	24	M40	77	14:32	12:57	12:35	11:56	
435	2219	Heider David	Rheinland Lions Australian Rul	0:52:03	0:52:15	6	MU2	00	13:16	12:44	12:56	13:06	
436	2323	Kebbel Michael	Team Talanx	0:52:03	0:52:35	25	M40	77	14:53	12:51	12:24	11:53	
437	1951	Benke Maximilian	Ebner Stolz & Friends	0:52:04	0:52:30	237	MHK	91	13:58	12:47	12:46	12:32	
438	2771	Smarra Stephan	*Köln	0:52:10	0:53:52	238	MHK	90	16:30	12:14	11:49	11:35	
439	1971	Boden Alexander	WiSo Warriors	0:52:12	0:52:59	80	M30	88	14:13	12:52	12:46	12:20	
440	2527	Mülstroh Leonard	Was mach ich hier eigentlich?	0:52:14	0:52:42	239	MHK	96	13:25	12:52	13:15	12:40	
441	2915	Wydra Michael	RRZK	0:52:16	0:53:27	240	MHK	90	15:12	12:35	12:37	11:50	
442	126	Baltus Kurt	BLB Köln Runner	0:52:16	0:52:49	5	M60	57	14:08	12:29	13:21	12:17	
443	2609	Predel Reinhard	The Matrix Assisted Laser-Deso	0:52:16	0:53:22	8	M55	63	14:40	12:35	12:33	12:27	
444	2205	Hahn Daniel	KulturschockKoeln	0:52:16	0:53:00	81	M30	84	13:46	12:45	13:05	12:39	
445	2587	Petras Matthias	Bankrun	0:52:17	0:53:30	241	MHK	91	14:57	12:20	12:16	12:41	
446	2495	Merholz Florian	Corporate Ultras Reloaded	0:52:17	0:53:55	242	MHK	92	14:32	12:52	12:44	12:08	
447	2041	Cirja Adrian	Cologne Internationals	0:52:18	0:52:37	243	MHK	92	13:31	12:16	13:31	12:59	
448	2580	Péré Jean	Forest Trump	0:52:18	0:52:27	29	M35	80	12:47	12:50	13:28	13:11	
449	2363	Kölle Tobias	Ebner Stolz & Friends	0:52:24	0:52:37	244	MHK	91	14:15	12:59	12:51	12:19	
450	2179	Grau Elias	solides Mittelfeld	0:52:27	0:54:06	245	MHK	97	16:49	12:37	11:52	11:07	
451	2826	Toro Vallejo Carlos	Latinthek	0:52:29	0:52:31	20	M45	71	13:26	12:49	12:59	13:13	
452	1819	Rueck Hanno	Cologne Internationals	0:52:29	0:52:46	82	M30	88	13:09	13:09	13:20	12:49	
453	2470	Maiwlad Moritz	Was mach ich hier eigentlich?	0:52:30	0:53:00	246	MHK	93	14:13	12:32	12:41	13:02	
454	2622	Rave Luca	Cologne Internationals	0:52:31	0:53:08	247	MHK	98	14:26	12:49	12:45	12:30	
455	2038	Christoph Stefan	*Köln	0:52:31	0:52:59	26	M40	78	14:22	12:56	12:45	12:27	
456	2330	Kerkhoff Steffen	Uniklinik Anaesthesiologie	0:52:32	0:53:59	248	MHK	93	15:01	13:08	12:34	11:48	
457	2553	Nowak Andreas	Laktatkönige	0:52:33	0:53:15	3	M65	51	13:39	12:42	12:57	13:14	
458	1990	Bracht Roman	*Köln	0:52:36	0:54:08	30	M35	81	15:01	12:33	12:41	12:19	
459	2411	Kuhn Alexander	Ruhr Phoenix Bochum	0:52:38	0:53:41	249	MHK	91	14:57	12:56	12:28	12:15	
460	2870	Waßer Florian	*Köln	0:52:39	0:53:10	83	M30	87	13:30	12:31	13:18	13:18	
461	2091	Eckey Wolfgang	Ebner Stolz & Friends	0:52:42	0:53:06	9	M55	63	14:32	13:06	12:37	12:26	
462	1987	Borowski Florian	Sprintschnellen	0:52:42	0:53:20	250	MHK	92	14:30	12:33	12:52	12:45	
463	2478	Marx Sören	AIESEC	0:52:43	0:53:04	251	MHK	96	13:26	12:40	13:05	13:30	
464	2328	Kemendi Emin	*Köln	0:52:45	0:53:46	84	M30	84	14:49	12:29	12:37	12:48	
465	2811	Thavisin Ben	Just A+	0:52:47	0:54:18	85	M30	87	14:59	13:00	12:34	12:11	
466	2392	Kremser Tobias	TuS Königsdorf	0:52:47	0:54:37	252	MHK	90	14:04	12:44	13:07	12:51	
467	1749	Härig Joscha	cleverbridge AG	0:52:49	0:52:57	86	M30	88	13:14	12:55	13:24	13:15	
468	2556	Nowicki Michael	Team Talanx	0:52:54	0:53:28	21	M45	69	14:28	13:00	13:04	12:21	
469	2379	Kopf Stefan	Team Talanx	0:52:55	0:53:31	27	M40	76	14:25	13:00	13:06	12:23	
470	2752	Seemann Manuel	*Düsseldorf	0:52:57	0:53:30	253	MHK	92	14:21	13:18	12:58	12:19	
471	1991	Brandstetter Stefan	*Köln	0:52:58	0:54:21	29	M50	68	14:30	12:41	12:47	12:58	
472	2149	Gawlick Klaus	*Köln	0:52:59	0:53:26	22	M45	70	14:27	13:09	12:58	12:24	
473	2554	Nowak Daniel	Arminia Flurputz #45min	0:53:04	0:54:19	254	MHK	92	14:59	12:50	12:39	12:35	
474	2480	Matthes Dr. Jan	KF Lebensstil	0:53:05	0:53:23	23	M45	73	14:37	13:13	12:53	12:21	
475	2555	Nowak Tobias	Arminia Flurputz #45min	0:53:06	0:54:21	255	MHK	92	14:59	12:52	12:59	12:15	
476	2867	Walz Andreas	VampirPower-Team	0:53:07	0:53:52	30	M50	64	14:42	13:07	13:06	12:09	
477	2011	Brünger Tobias	Team AG Schwarz	0:53:07	0:53:41	256	MHK	96	15:36	12:49	12:29	12:11	
478	2309	Kaiser Thorsten	*Köln	0:53:08	0:53:10	257	MHK	90	14:06	13:31	13:37	11:52	
479	2027	Can Systemtiger	RRZK	0:53:08	0:54:58	24	M45	73	15:35	12:47	12:36	12:08	
480	2618	Radant Patrick	Run Squad CGN	0:53:08	0:54:08	87	M30	88	17:11	11:46	12:15	11:55	

# 10km - Gesamtwertung

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## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
481	2099	Ergüven Zeynel Abidin	*Kerpen	0:53:09	0:53:09	258	MHK	94	14:06	13:30	13:39	11:52	
482	2950	Von Helden Christoph	*Waldfeucht	0:53:09	0:53:21	259	MHK	97	14:31	13:30	13:31	11:36	
483	2949	Vis Juergen	*Bergisch Gladbach	0:53:10	0:54:19	10	M55	62	14:13	13:06	13:04	12:46	
484	2456	Lueg Gereon	*Köln	0:53:11	0:54:25	88	M30	87	16:02	13:08	12:32	11:27	
485	1932	Bartsch Deniz	*Köln	0:53:12	0:53:59	89	M30	88	13:42	12:50	13:32	13:06	
486	2606	Pospichal Bernhard	Meteo	0:53:13	0:54:15	31	M35	79	15:02	12:48	12:51	12:31	
487	2492	Melzner Andreas	*Bonn	0:53:15	0:53:22	31	M50	68	12:38	11:59	13:49	14:48	
488	1943	Becker Daniel	*Köln	0:53:15	0:53:55	90	M30	88	15:02	13:05	12:53	12:14	
489	2371	Köntgen Michael	*Köln	0:53:20	0:54:01	260	MHK	89	14:57	12:52	13:09	12:20	
490	2422	Lange Valentin	Zollstock bleibt ruhig	0:53:21	0:55:22	261	MHK	98	15:31	12:52	12:46	12:11	
491	2442	Löhr Dr. Thorsten	Valium i.V.	0:53:21	0:54:04	32	M50	67	14:37	12:53	13:01	12:49	
492	2757	Seltner Patrick	VampirPower-Team	0:53:25	0:54:12	262	MHK	89	15:19	12:38	12:50	12:36	
493	2325	Kellermann Tim	*Hürth	0:53:26	0:54:01	263	MHK	93	14:27	12:56	12:59	13:03	
494	2029	Carl Casimir	*Köln	0:53:26	0:53:31	264	MHK	97	12:53	12:15	13:54	14:22	
495	2161	Gieselmann Andreas	Team Currywurst	0:53:27	0:54:23	91	M30	87	14:50	12:48	13:14	12:33	
496	2332	Kerner Konstantin	*Köln	0:53:27	0:53:42	265	MHK	89	14:56	13:13	12:54	12:24	
497	2588	Pfeffer Dr. Jan Christoph	*Bonn	0:53:29	0:54:13	28	M40	74	14:19	13:06	13:11	12:52	
498	2889	Wickeroth Daniel	RRZK	0:53:29	0:53:37	32	M35	80	14:26	13:27	13:35	12:00	
499	2702	Schlüter Nikolai	*Köln	0:53:30	0:54:23	266	MHK	91	15:52	13:00	12:56	11:41	
500	2982	Rothemann Alex	BlueMotion	0:53:31	0:55:01	267	MHK	94	15:21	13:13	12:54	12:02	
501	2561	Oczko Jan-Christian	*Köln	0:53:34	0:54:19	92	M30	85	14:54	13:10	13:03	12:25	
502	2651	Ripp David	*Köln	0:53:38	0:53:54	268	MHK	95	13:27	12:59	13:40	13:29	
503	2632	Reifenscheid Joerg	Cologne Internationals	0:53:38	0:55:03	29	M40	78	14:31	13:02	13:03	13:00	
504	2787	Steinen Oswald	Running Rock	0:53:38	0:54:46	33	M35	80	15:03	13:07	13:12	12:14	
505	2378	Kootz Darius	BlueMotion	0:53:40	0:55:14	269	MHK	89	15:11	13:06	13:05	12:16	
506	2833	Ulber Benjamin	Runaconda	0:53:41	0:54:12	270	MHK	90	14:11	13:14	13:32	12:42	
507	1851	Wertenbruch Lothar	VampirPower-Team	0:53:44	0:54:27	11	M55	62	14:45	12:58	13:01	12:59	
508	1941	Becher Christoph	*Bonn	0:53:45	0:55:13	271	MHK	91	15:12	12:51	13:01	12:40	
509	2671	Salgert Tim	*Lohmar	0:53:46	0:55:20	93	M30	84	15:14	12:50	13:06	12:35	
510	2134	Formuzal Maxim	Die Seitenstecher	0:53:46	0:54:58	272	MHK	92	15:37	12:37	13:02	12:29	
511	1975	Bömelburg Christoph	Die Seitenstecher	0:53:47	0:54:57	273	MHK	95	15:38	12:37	13:01	12:29	
512	2939	Bieler Tim Oliver	Kölncampus	0:53:48	0:55:14	94	M30	88	15:34	13:20	12:35	12:17	
513	2683	Schätzel Tim	Cologne Internationals	0:53:49	0:54:52	274	MHK	98	14:14	13:04	13:24	13:05	
514	2837	Van de Stay Henrik	Rheinland Lions Australian Rul	0:53:49	0:54:03	275	MHK	89	13:19	13:12	13:58	13:18	
515	2687	Scheffer Patrick	*Köln	0:53:53	0:54:42	276	MHK	94	13:47	12:39	13:42	13:43	
516	2538	Neumann Vincent	Team Kolumbus	0:53:54	0:55:36	277	MHK	91	15:25	13:10	12:56	12:22	
517	1960	Bickel Marco	Team Kolumbus	0:53:54	0:54:09	278	MHK	93	13:54	13:29	13:39	12:51	
518	2019	Büsse Henning	*Köln	0:53:55	0:55:26	279	MHK	96	16:42	13:40	11:50	11:42	
519	2255	Hippler Frank	DIMDlaner	0:53:58	0:54:56	12	M55	63	14:32	12:57	13:19	13:09	
520	2188	Gruenagel Friedrich	VampirPower-Team	0:54:01	0:54:49	280	MHK	89	15:39	12:39	12:49	12:52	
521	2481	Maukisch Robin	*Koblenz	0:54:06	0:54:24	281	MHK	90	13:21	13:20	13:59	13:25	
522	1909	Alcazar Raul	*köln	0:54:07	0:55:06	282	MHK	93	16:47	13:42	11:48	11:48	
523	2806	Systemans Thomas	VampirPower-Team	0:54:08	0:54:57	283	MHK	89	15:04	12:41	13:22	12:59	
524	2452	Lubosch Sebastian	Team Formblatt D	0:54:09	0:54:49	95	M30	86	15:05	12:57	13:12	12:54	
525	2984	Schröter Timo	*Köln	0:54:09	0:55:08	284	MHK	97	15:19	13:16	12:58	12:35	
526	3027	Sadowski Kurt	Valium i.V.	0:54:10	0:54:55	6	M60	58	14:31	13:05	13:17	13:16	
527	2660	Rüger Moritz	*Hürth	0:54:12	0:55:01	285	MHK	95	15:59	13:23	13:09	11:40	
528	2433	Liebsch Filip	Team AG Schwarz	0:54:14	0:54:50	96	M30	85	14:07	13:04	13:33	13:28	
529	3039	Wüst Werner		0:54:15	0:54:37	286	MHK		14:32	13:12	13:16	13:14	
530	2971	Elezagic Dzermal	Cologne Internationals	0:54:18	0:55:10	287	MHK	90	15:04	12:52	13:18	13:02	
531	2708	Schmidt Martin	*Köln	0:54:19	0:54:44	34	M35	82	15:00	13:17	13:16	12:45	
532	2367	König Thomas	Cologne Internationals	0:54:20	0:55:12	288	MHK	91	15:03	12:53	13:18	13:04	
533	17	Walder Lars	while(!done) { run(); }	0:54:23	0:55:28	30	M40	77	14:18	13:03	13:01	13:59	
534	2736	Schulte Lars	RRZK	0:54:23	0:54:40	289	MHK	89	14:08	12:51	13:49	13:33	
535	1930	Bartels Guido	*Köln	0:54:25	0:55:23	33	M50	66	14:57	13:15	13:12	13:00	
536	2121	Finkbeiner Gordon	*Köln	0:54:26	0:54:44	31	M40	78	14:04	12:59	14:00	13:21	
537	2646	Richter Marc	Die Seitenstecher	0:54:31	0:55:42	290	MHK	94	15:37	13:36	12:55	12:22	
538	2818	Thomas Jakob	Wilde Seekühe	0:54:32	0:56:00	291	MHK	89	16:51	14:34	12:02	11:04	
539	2358	Knocke Robert	UA Pro Team	0:54:34	0:54:48	97	M30	85	14:42	13:26	13:23	13:02	
540	2417	Lang Oliver	DAV-Köln	0:54:34	0:54:56	98	M30	87	15:40	13:16	13:02	12:36	

## 10km - Gesamtwertung

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## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
541	2393	Kreutz Marcel	Ebner Stolz & Friends	0:54:38	0:55:00	99	M30	87	14:58	13:37	13:22	12:40	
542	2927	Zibold Thomas	:anlauf Siegen	0:54:39	0:54:53	13	M55	59	14:24	13:06	13:21	13:47	
543	2314	Kammer Julian	*Köln	0:54:41	0:55:18	292	MHK	92	15:17	13:11	13:28	12:44	
544	3010	Kuske Tim	Volksbank Köln Bonn	0:54:43	0:55:44	293	MHK	92	15:02	13:22	13:14	13:05	
545	3017	Wohlgemuth Tobias	Volksbank Köln Bonn	0:54:44	0:55:45	294	MHK	91	15:03	13:22	13:12	13:06	
546	2810	Teuber Jan	Arminia Flurputz #45min	0:54:46	0:56:01	295	MHK	92	15:01	12:50	13:11	13:43	
547	2979	Petermann Christian	TriathlonSteckelCologne	0:54:46	0:54:58	100	M30	86	13:14	13:05	13:42	14:45	
548	2174	Gonschor Arne	*Lohmar	0:54:47	0:55:09	296	MHK	97	14:59	13:10	13:14	13:23	
549	2759	Sestak Dr. Luca	Kölncampus	0:54:49	0:55:14	297	MHK	91	14:03	13:31	14:04	13:10	
550	2040	Cingöz Ertugrul	Squadra Colonia	0:54:49	0:56:13	101	M30	84	14:35	13:09	13:34	13:29	
551	2868	Wapelhorst Christian	cleverbridge AG	0:54:50	0:55:20	102	M30	84	14:13	13:20	13:46	13:30	
552	3032	Jekel Martin	Bürgergarde blau-gold Köln	0:54:55	0:55:17	32	M40	76	14:03	13:12	13:39	14:00	
553	2375	Konnemann Jan	*Köln	0:54:56	0:56:12	298	MHK	98	16:57	14:03	13:00	10:55	
554	2055	Daldrup Carsten	Zollstock bleibt ruhig	0:54:57	0:56:58	299	MHK	94	15:27	13:49	13:45	11:55	
555	2112	Fama Gaetano	*Köln	0:54:58	0:55:25	103	M30	85	14:17	13:26	13:41	13:33	
556	2168	Göbel Christoph	*Erfstadt	0:54:58	0:55:04	35	M35	79	13:18	13:40	14:15	13:43	
557	2232	Helmich Thilo	*Euskirchen	0:55:00	0:56:27	300	MHK	95	15:58	13:42	13:11	12:07	
558	2789	Stengel Martin	Kölncampus	0:55:01	0:55:26	36	M35	82	13:39	13:48	13:52	13:40	
559	2961	Loboda Kevin	Cool runnings	0:55:04	0:56:13	301	MHK	89	15:54	13:51	13:17	12:01	
560	2461	Lugauer Joshua	Rheinische Fachhochschule	0:55:07	0:55:13	302	MHK	90	14:12	13:30	13:45	13:38	
561	3002	Hermansen Klaus	Volksbank Köln Bonn	0:55:09	0:55:46	14	M55	60	14:38	13:23	13:41	13:26	
562	2793	Stewering Dr. Jörn	TriathlonSteckelCologne	0:55:11	0:55:25	33	M40	76	14:39	13:32	13:39	13:20	
563	2318	Kaspers Hendrik	Reisegesellschaft	0:55:11	0:56:23	303	MHK	90	14:22	13:20	14:03	13:25	
564	2643	Reuter Florian	Was mach ich hier eigentlich?	0:55:12	0:56:40	304	MHK	91	16:11	14:17	13:04	11:38	
565	2347	Klasen Sebastian	Cologne Internationals	0:55:15	0:56:21	104	M30	87	15:38	12:56	13:17	13:23	
566	2514	Monschau Mirko	Team Kolumbus	0:55:15	0:56:58	305	MHK	92	15:26	13:10	13:24	13:13	
567	1925	Babic Alexander	TEAM ADLER555 DVAG	0:55:15	0:56:27	34	M40	75	15:27	13:18	13:21	13:08	
568	1914	Angel Michael	Cologne Internationals	0:55:15	0:56:21	306	MHK	94	15:38	12:55	13:17	13:24	
569	201	Warnking Fabian	Cologne Internationals	0:55:15	0:56:21	105	M30	88	15:38	12:55	13:17	13:24	
570	2164	Giza Adam	DIMDlaner	0:55:16	0:56:13	106	M30	87	15:41	13:41	13:06	12:47	
571	2532	Nathan Sharon	Team Tartichoc	0:55:17	0:56:35	107	M30	87	15:01	13:13	13:43	13:19	
572	2999	Foitzik René	Volksbank Köln Bonn	0:55:18	0:56:19	307	MHK	92	15:02	13:22	13:14	13:38	
573	2267	Honka Marc	*Köln	0:55:22	0:55:33	308	MHK	93	14:30	13:28	14:01	13:22	
574	2648	Ridder Niklas	*Rheinbach	0:55:23	0:55:27	309	MHK	96	13:32	13:27	14:18	14:04	
575	3025	Witschel Oliver	Ebner & Stolz	0:55:23	0:55:51	310	MHK	92	16:01	14:34	13:34	11:13	
576	1921	Asche Andreas	Team Talanx	0:55:25	0:56:05	35	M40	78	15:12	13:04	13:27	13:41	
577	2572	Paar Wilko	UA Pro Team	0:55:28	0:55:30	311	MHK	93	14:31	13:34	13:56	13:25	
578	2519	Müller Kai	*Köln	0:55:31	0:56:08	37	M35	79	14:47	13:06	13:48	13:48	
579	2846	Vogdt Eike	Cologne Internationals	0:55:35	0:55:41	312	MHK	90	13:47	13:51	14:32	13:24	
580	2104	Esser Sascha	RRZK	0:55:36	0:57:00	108	M30	87	16:00	13:40	13:17	12:37	
581	2764	Sievert Paul	*Köln	0:55:38	0:56:16	109	M30	87	15:08	13:18	13:31	13:40	
582	1782	Mazot Christian	Marquez Bimbo Minkia	0:55:43	0:56:03	15	M55	62	14:45	13:39	13:45	13:32	
583	1972	Böhm Daniel	RRZK	0:55:43	0:55:58	38	M35	83	14:44	13:44	14:05	13:08	
584	2897	Wisdorf Martin	*Köln	0:55:44	0:55:51	110	M30	88	15:21	13:51	13:44	12:46	
585	2540	Niefind Prof. Dr. Karsten	*Köln	0:55:46	0:56:14	16	M55	62	14:53	13:41	13:43	13:28	
586	1918	Arbon Ryan	*Koeln	0:55:48	0:56:53	39	M35	82	15:31	13:34	13:26	13:15	
587	2933	Zimmermann Markus	*Essen	0:55:48	0:57:17	40	M35	80	15:50	13:34	13:18	13:05	
588	2756	Selbach Christoph	*Köln	0:55:49	0:56:11	313	MHK	95	14:19	13:47	14:02	13:41	
589	2006	Bruch Nils	Die festen Körper	0:55:52	0:55:59	314	MHK	97	15:12	13:42	13:46	13:10	
590	2918	Zachozky Dennis	2+1 running man	0:55:53	0:56:28	315	MHK	89	15:56	13:36	13:12	13:07	
591	2294	Jepsen Oliver	Team Talanx	0:55:54	0:56:23	25	M45	69	14:30	13:24	14:07	13:52	
592	2288	Janz Maik	*Köln	0:55:54	0:57:30	111	M30	84	14:55	13:13	13:31	14:13	
593	2133	Förster Friedrich	solides Mittelfeld	0:55:54	0:57:35	316	MHK	97	16:48	12:59	13:06	13:00	
594	2991	Gerigk Joachim		0:56:01	0:56:40	34	M50	67	15:13	13:17	13:37	13:52	
595	3033	Kinner Oliver		0:56:01	0:57:17	26	M45	72	15:23	13:43	13:47	13:07	
596	2656	Roosen Carsten	TriathlonSteckelCologne	0:56:02	0:56:31	317	MHK	92	14:48	13:39	13:58	13:35	
597	183	Olbertz Dominik	DJK Köln-Nord	0:56:09	0:57:09	318	MHK	92	16:06	13:54	13:43	12:23	
598	2726	Schömmel Maximilian	VampirPower-Team	0:56:10	0:56:59	319	MHK	92	14:19	12:44	13:46	15:19	
599	2227	Heinz Stanislav	TEAM ADLER555 DVAG	0:56:15	0:57:28	320	MHK	91	15:27	13:18	13:47	13:42	
600	2664	Sabel Frank	*Köln	0:56:15	0:57:10	35	M50	67	15:16	13:48	13:54	13:16	

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
601	2536	Neubert Dji	*Köln	0:56:17	0:57:16	321	MHK	94	16:47	13:42	12:51	12:55	
602	2397	Kronenberg Daniel	UA Pro Team	0:56:19	0:56:35	41	M35	81	14:49	13:46	13:53	13:49	
603	2814	Thielen Stefan	Zollstock bleibt ruhig	0:56:20	0:58:13	322	MHK	97	15:39	13:45	13:45	13:09	
604	2438	Link Uwe	Alumni-Raketen	0:56:21	0:56:45	112	M30	84	14:25	13:27	14:06	14:21	
605	2077	Dr. Heinen-Schuermann Dr.	Valium i.V.	0:56:24	0:57:07	17	M55	59	15:30	13:53	13:47	13:12	
606	1950	Bender Daniel	Team AG Schwarz	0:56:25	0:57:03	113	M30	85	14:18	13:40	13:57	14:29	
607	2796	Stöcker Sebastian	*Köln	0:56:27	0:57:59	114	M30	86	15:57	13:34	13:38	13:16	
608	2686	Scheben Julian	*Köln	0:56:34	0:57:46	323	MHK	92	15:30	13:33	13:48	13:41	
609	2278	Isenberg Henning	*Köln	0:56:37	0:58:09	324	MHK	89	16:42	13:42	13:08	13:04	
610	2486	Medzech Lukas	Die Pangalaktischen	0:56:38	0:56:52	325	MHK	91	15:44	13:18	13:50	13:44	
611	2424	Langensiepen Dr. Günter	Laktatkönige	0:56:38	0:57:32	1	M70	46	15:15	13:49	13:46	13:47	
612	2457	Luelf Manfred	Valium i.V.	0:56:38	0:57:23	7	M60	56	14:58	14:22	14:43	12:33	
613	135	Bürgers Leon	Quidditch NRW	0:56:47	0:57:51	7	MU2	00	14:56	14:25	14:01	13:23	
614	2741	Schumacher Eric	Team Kolumbus	0:56:54	0:58:27	326	MHK	92	14:39	14:40	13:34	14:00	
615	2462	Maass Daniel	Born2Run	0:56:54	0:57:44	36	M40	76	15:54	13:46	13:44	13:28	
616	171	Kourkoulos Dr. Dimitrios	Runaconda	0:56:54	0:57:26	115	M30	86	14:11	13:38	14:11	14:52	
617	2468	Maggiore Tullio	*Pulheim	0:56:55	0:57:22	42	M35	82	14:46	13:40	14:15	14:13	
618	2707	Schmidt Dr. Andreas	CMRunners	0:56:58	0:57:29	37	M40	76	14:47	13:45	14:04	14:21	
619	2786	Steinbüchel Julian	Team Kolumbus	0:56:58	0:58:31	327	MHK	91	16:42	14:01	13:24	12:50	
620	2333	Kessemeier Stefan	Kölncampus	0:56:59	0:58:25	328	MHK	91	15:52	13:43	13:58	13:25	
621	2373	Kolaschnik Calvin	Was mach ich hier eigentlich?	0:57:00	0:57:30	329	MHK	96	13:17	13:14	15:04	15:24	
622	2374	Kolb Moritz Alexander	*Köln	0:57:02	0:57:06	330	MHK	90	14:43	13:59	14:23	13:55	
623	2663	Ruland Philip	*Aachen	0:57:03	0:57:40	116	M30	84	15:15	13:52	14:16	13:39	
624	2842	Villacis Hidalgo Eduardo Ivan	CMRunners	0:57:05	0:57:33	331	MHK	91	15:29	13:30	14:16	13:49	
625	3005	Hüde Thorsten	Volksbank Köln Bonn	0:57:10	0:57:39	38	M40	76	14:51	13:36	14:12	14:29	
626	2116	Feldhofer Felix	Team Tartichoc	0:57:10	0:58:30	43	M35	82	15:14	14:19	14:06	13:29	
627	2912	Wossilat Marvin	*Köln	0:57:13	0:58:43	332	MHK	91	17:02	14:09	13:48	12:13	
628	2490	Meixner Christian	Stiftung Wadentest	0:57:13	0:58:26	333	MHK	93	15:02	13:40	14:09	14:21	
629	1996	Bremen Matthias	*Köln	0:57:14	0:58:43	334	MHK	95	17:02	14:09	13:47	12:13	
630	36	Sturgeon Robert	Uni Duisburg-Essen	0:57:15	0:58:31	27	M45	70	16:17	13:23	13:53	13:41	
631	2343	Kirschner Philipp	*Hürth	0:57:18	0:57:43	117	M30	86	15:00	13:48	14:24	14:05	
632	2528	Münz Patrick	*Köln	0:57:20	0:58:41	335	MHK	94	15:55	13:54	13:58	13:32	
633	2516	Mostart Benedikt	Ebner Stolz & Friends	0:57:22	0:57:49	336	MHK	95	15:16	13:26	14:13	14:26	
634	2421	Lange Torben	Cologne Internationals	0:57:23	0:58:51	337	MHK	93	15:54	13:36	14:14	13:38	
635	2989	Morasch Bstian	-	0:57:26	0:58:14	44	M35	80	15:50	14:36	13:44	13:15	
636	2947	Rodriguez Javier	*Köln	0:57:31	0:58:32	338	MHK	90	15:29	13:31	14:29	14:01	
637	2198	Habich Markus	Die Roten Ochsen	0:57:35	0:58:06	118	M30	88	16:32	14:22	14:19	12:21	
638	1966	Bläser Marcel	The Matrix Assisted Laser-Deso	0:57:36	0:58:42	339	MHK	89	15:25	14:01	14:14	13:54	
639	2387	Krämer Jonas	The Matrix Assisted Laser-Deso	0:57:38	0:58:45	340	MHK	91	15:38	13:51	14:24	13:44	
640	2344	Kirstein Niklas	*Langenfeld	0:57:44	0:58:56	341	MHK	97	15:29	13:47	14:16	14:10	
641	2935	Zischkau Dirk	*Erfstadt	0:57:45	0:59:22	39	M40	76	16:52	14:01	13:41	13:09	
642	2743	Schuster Peter	Laktatkönige	0:57:45	0:58:40	8	M60	57	15:29	13:57	14:10	14:08	
643	2370	Könner Jan	*Köln	0:57:46	0:58:57	119	M30	86	16:33	14:18	14:00	12:54	
643	2125	Fischer Philip	solides Mittelfeld	0:57:46	0:59:25	342	MHK	95	16:52	14:06	13:43	13:04	
645	2794	Stich Jacob	Cologne Internationals	0:58:01	0:58:19	343	MHK	92	16:07	14:08	14:08	13:36	
646	3014	Schödder Lena	Volksbank Köln Bonn	0:58:02	0:58:35	344	MHK	96	15:18	13:43	14:29	14:31	
647	2061	Deke Jan-Hendrik	Cologne Internationals	0:58:03	0:58:19	345	MHK	93	16:10	14:09	14:07	13:36	
648	2281	Jacobs Wolfgang	Valium i.V.	0:58:09	0:58:54	4	M65	49	16:16	14:06	14:07	13:38	
649	1986	Born Andreas	VampirPower-Team	0:58:09	0:58:59	120	M30	85	16:09	14:01	14:14	13:44	
650	2258	Höhne Stefan	Team Talanx	0:58:11	0:58:29	40	M40	75	16:53	14:49	14:04	12:24	
651	2642	Reusch Dr. Matthias	Colonia-Team	0:58:14	0:59:11	1	M75	42	15:36	13:55	14:02	14:39	
652	2016	Buchartz Stefan	Junge Union/ CampusUnion	0:58:15	0:58:33	121	M30	86	14:50	13:45	14:40	14:58	
653	2260	Hoff Alexander	*Köln	0:58:17	0:59:23	45	M35	80	15:28	13:35	14:04	15:09	
654	2335	Khan Zeeshan	LiZee	0:58:18	0:59:52	46	M35	81	15:05	13:30	14:41	15:00	
655	2992	Babic Vladislav	Volksbank Köln Bonn	0:58:19	0:59:32	28	M45	71	15:27	13:44	14:45	14:21	
656	2798	Strahl Martin	Ebner Stolz & Friends	0:58:20	0:58:43	122	M30	86	16:20	14:33	14:04	13:22	
657	1979	Bohn Dr. Alexander	Ebner Stolz & Friends	0:58:21	0:58:47	47	M35	80	15:41	14:17	14:16	14:06	
658	3004	Hübner Kim	Volksbank Köln Bonn	0:58:22	0:58:56	346	MHK	92	15:25	13:57	14:25	14:34	
659	2369	Koenn Volker	BLB Köln Runner	0:58:22	0:59:30	18	M55	60	15:50	13:33	14:07	14:51	
660	2381	Koroska Florian	Uniklinik Anaesthesiologie	0:58:23	0:59:52	347	MHK	90	16:12	13:46	14:08	14:16	

## 10km - Gesamtwertung

Unilauf Köln - 13. Juni 2018

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
661	2008	Bruckwilder Hans Jörg	*Köln	0:58:25	0:58:34	9	M60	55	15:06	14:18	14:33	14:27	
662	123	Andruschek Carsten	*Köln	0:58:27	0:59:06	348	MHK	92	15:09	14:20	14:35	14:22	
663	2921	Zakari Tala	*Köln	0:58:27	0:59:18	123	M30	85	15:16	14:33	14:31	14:05	
664	2511	Möking Eduardo	*Köln	0:58:27	0:59:18	349	MHK	93	16:33	14:18	14:15	13:19	
665	2639	Reinhardt Achim	Die Pohliger	0:58:29	0:58:55	350	MHK	93	15:40	14:15	14:19	14:13	
666	2855	Von Hartmann Christoph	BLB Köln Runner	0:58:30	0:59:32	29	M45	71	16:24	14:26	14:12	13:26	
667	222	Köppe Stefan		0:58:32	0:59:49	124	M30	85	16:59	14:27	14:33	12:31	
668	2946	Rehbein Dr. Martin	Valium i.V.	0:58:32	0:58:37	10	M60	58	15:45	14:26	14:30	13:51	
669	198	Trzaskalik Martin	cleverbridge AG	0:58:33	0:59:04	30	M45	73	16:31	14:13	13:54	13:54	
670	2649	Riemer Jan	Die Roten Ochsen	0:58:35	0:59:06	41	M40	78	16:32	14:22	14:19	13:21	
671	2591	Pflegler David	WiSo nicht?	0:58:36	0:59:09	351	MHK	90	15:31	14:26	14:20	14:18	
672	2688	Scheid Lukas	Kölncampus	0:58:37	1:00:03	352	MHK	92	16:49	13:59	14:01	13:48	
673	2784	Steinberg Christian	UA Pro Team	0:58:49	0:58:50	125	M30	86	14:14	14:09	15:05	15:19	
674	2340	Kiosis Antonios	*Köln	0:58:50	0:59:13	353	MHK	98	14:49	14:03	15:07	14:49	
675	2300	Joshi Prabesh	Ph1	0:58:51	0:59:03	354	MHK	89	15:33	14:16	14:58	14:02	
676	210	Zielinski Mario	TUS Köln rrh.	0:58:51	0:59:41	42	M40	78	15:57	14:00	14:28	14:25	
677	2234	Helweg Prof. Dr. Andreas	Les Tetes Rouges	0:58:52	1:00:13	19	M55	63	16:03	14:15	14:26	14:06	
678	2035	Chen Shao-Yu	*Köln	0:58:53	0:59:13	355	MHK	93	14:33	14:09	15:04	15:05	
679	2274	Ibanez Onix	Ph1	0:58:54	0:59:07	356	MHK	94	14:53	13:47	14:48	15:24	
680	2163	Gievers Marcel	*Köln	0:58:54	0:59:14	357	MHK	95	14:33	14:09	15:06	15:04	
681	3024	Hees Patrik	Ebner & Stolz	0:58:55	0:59:25	358	MHK	93	15:59	14:34	14:21	14:00	
682	2543	Nievelstein Tim	*Köln	0:58:59	0:59:49	359	MHK	93	16:58	14:41	14:30	12:48	
683	2998	Esser Günter	Volksbank Köln Bonn	0:59:05	0:59:44	20	M55	61	15:49	14:24	14:31	14:19	
684	2092	Edelmann Prof. Dr. Hans	*Bonn	0:59:09	1:00:29	11	M60	57	16:09	14:10	14:19	14:30	
685	2409	Küsgen Kay	cleverbridge AG	0:59:15	1:00:33	48	M35	79	17:05	14:27	14:37	13:05	
686	2265	Holle Dr. Johannes	*Köln	0:59:20	1:00:19	49	M35	79	16:40	14:44	14:17	13:37	
687	2778	Stadler Dr. Daniel	Nano Runners	0:59:21	1:00:38	360	MHK	92	16:09	14:17	14:31	14:24	
688	2206	Haiduk Michael	Nano Runners	0:59:27	1:00:43	361	MHK	91	16:51	14:38	14:22	13:33	
689	3018	Wurda Werner	Volksbank Köln Bonn	0:59:30	1:01:22	21	M55	60	16:34	14:29	14:20	14:05	
690	2563	Ong Samuel	UA Pro Team	0:59:32	0:59:34	362	MHK	89	14:47	14:17	14:52	15:36	
691	2739	Schulze Hüynck Jan	*Köln	0:59:33	1:01:12	363	MHK	89	17:30	14:45	13:47	13:30	
692	2391	Kraski Ryan	*Köln	0:59:40	1:01:02	364	MHK	89	15:53	14:27	14:41	14:38	
693	2592	Pfund Andreas	Stiftung Wadentest	0:59:40	1:00:53	365	MHK	92	16:28	14:46	14:14	14:11	
694	3038	Zimmermann Patrik		0:59:42	0:59:43	366	MHK	90	16:05	15:36	14:56	13:03	
695	2524	Müller Stephan	WiSo Warriors	0:59:43	1:00:02	126	M30	84	15:31	14:24	14:45	15:01	
696	2956	Hilbig Daniel	Zea maydis	0:59:43	1:01:21	127	M30	88	17:30	14:44	14:04	13:23	
697	2673	Sanchez-Monge Alvaro	Ph1	0:59:50	1:00:01	50	M35	83	14:17	14:30	16:32	14:30	
698	2473	Markewitsch Waldemar	Die Seitenstecher	0:59:57	1:01:08	128	M30	85	16:14	15:06	15:00	13:36	
699	2368	König Timo	*Köln	1:00:03	1:00:45	367	MHK	93	16:41	15:04	14:30	13:46	
700	2508	Mietke Yannik	2+1 running man	1:00:04	1:00:39	368	MHK	90	15:56	15:07	14:10	14:49	
701	1999	Breuer Dr. Peter	*Köln	1:00:06	1:01:12	43	M40	77	17:24	14:56	14:08	13:36	
702	2254	Hintze Dag	*Köln	1:00:10	1:01:44	36	M50	65	17:01	14:32	14:28	14:09	
703	2162	Giesen Alexander	[see]	1:00:11	1:01:43	44	M40	78	17:26	15:59	13:53	12:52	
704	2951	Arns Michael	Stinkefüße	1:00:13	1:00:19	369	MHK	90	14:15	14:40	16:08	15:08	
705	2882	Welslau Simon	*Köln	1:00:14	1:00:34	370	MHK	90	16:38	15:03	14:44	13:47	
706	2427	Lay Bunlean	*Frechen	1:00:14	1:00:58	371	MHK	93	15:43	14:09	15:04	15:17	
707	2177	Graf David	Nano Runners	1:00:16	1:01:12	372	MHK	90	18:04	14:19	13:48	14:03	
708	2489	Meinerz Kai	Die festen Körper	1:00:18	1:00:26	373	MHK	95	15:21	14:32	14:56	15:28	
709	2657	Rose Stefan	*Gelsenkirchen	1:00:19	1:01:33	51	M35	81	17:13	14:24	14:41	13:59	
710	2079	Drees Günther	Team Talanx	1:00:20	1:00:59	37	M50	66	16:24	14:40	14:43	14:32	
711	2067	Dienhoff Oliver	Frontrunners Cologne	1:00:22	1:01:49	38	M50	66	16:12	14:42	14:45	14:41	
712	2009	Brückmann Sascha	BlueMotion	1:00:25	1:02:00	374	MHK	91	18:14	15:10	13:59	13:02	
713	2138	Frenzel Daniel	UA Pro Team	1:00:27	1:00:40	52	M35	82	16:57	15:00	14:55	13:33	
714	2107	Esters Paul	Laktatkönige	1:00:27	1:01:40	22	M55	59	15:46	14:35	15:08	14:57	
715	2820	Thomulka Thomas	BlueMotion	1:00:28	1:02:01	375	MHK	92	16:23	14:23	14:51	14:50	
716	2169	Göbel Hendrik	*Köln	1:00:29	1:02:10	129	M30	85	16:22	14:31	15:00	14:34	
717	2033	Chehaze Jamal	Team Kolumbus	1:00:33	1:02:05	376	MHK	92	16:49	14:26	14:54	14:22	
718	2263	Hogekamp Prof. Dr. Mörvin	Die Keuchenden (Reloaded)	1:00:39	1:01:05	377	MHK	94	15:13	13:31	15:04	16:50	
719	2118	Ferdowssian Kiarash	Cologne Internationals	1:00:40	1:02:08	378	MHK	94	15:42	14:28	15:15	15:14	
720	2484	Mebus Leon	*Köln	1:00:41	1:01:26	379	MHK	96	16:54	14:54	15:15	13:36	

# 10km - Gesamtwertung

Unilauf Köln - 13. Juni 2018

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
721	2926	Zenz Andre	*Köln	1:00:47	1:00:55	380	MHK	95	17:00 15:09 14:45 13:53
722	2372	Körneke Simon	*Schmallenberg	1:00:50	1:01:53	381	MHK	97	16:15 14:57 15:06 14:31
723	2130	Flore Raphael	CMRunners	1:00:59	1:01:36	130	M30	86	16:05 14:42 15:17 14:53
724	1906	Ahrens Gunnar	cleverbridge AG	1:01:01	1:02:20	45	M40	78	17:50 14:57 14:16 13:56
725	2298	Johandrees Oliver	*Köln	1:01:09	1:02:47	382	MHK	96	17:30 14:46 14:38 14:13
726	2604	Polack Jonah	cleverbridge AG	1:01:13	1:02:32	383	MHK	94	16:04 14:55 15:37 14:36
727	2241	Herboth Frank	SSF Bonn	1:01:18	1:02:44	23	M55	59	16:39 14:38 15:05 14:54
728	1956	Bertus Daniel	Cologne Internationals	1:01:41	1:01:50	384	MHK	96	13:35 15:08 16:55 16:02
729	2159	Ghorban Farhad	*Rösrath	1:01:44	1:03:47	53	M35	79	18:21 14:02 14:32 14:46
730	2840	Vemmer Lucas	*Köln	1:01:46	1:03:12	385	MHK	95	17:45 15:00 15:00 13:59
731	2640	Reinke Ludwig	BLB Köln Runner	1:01:51	1:02:54	12	M60	58	16:32 14:55 15:20 15:03
732	2603	Pohl Walter	DARC	1:01:52	1:03:07	24	M55	63	16:50 14:47 15:09 15:05
733	2874	Wegener Jonas	Cologne Internationals	1:01:59	1:03:16	386	MHK	96	17:15 15:23 15:03 14:16
734	2590	Pfennig Klaus	*Köln	1:02:05	1:03:20	46	M40	75	17:28 15:15 15:03 14:18
735	2802	Sudkaow Panyapon	BlueMotion	1:02:15	1:03:49	387	MHK	90	16:03 14:55 15:31 15:44
736	2746	Schweizer Pavel	Running Buffers	1:02:23	1:03:49	388	MHK	92	17:45 14:57 14:40 15:00
737	2904	Wojtalla Fabian	Running Buffers	1:02:23	1:03:49	389	MHK	89	17:45 14:57 14:40 15:00
738	2120	Fietze Timo	Cologne Internationals	1:02:35	1:03:44	390	MHK	91	17:30 15:28 15:05 14:31
739	2293	Jentsch Lennart	*Köln	1:02:45	1:04:06	131	M30	85	16:56 15:16 15:50 14:40
740	138	Dietz Thilo	*Burscheid	1:03:07	1:04:04	391	MHK	95	16:01 15:38 15:39 15:47
741	2901	Wölfel Achim	*Köln	1:03:16	1:04:31	392	MHK	90	18:01 15:46 14:42 14:45
742	2981	Roggenkamp Johannes	*Köln	1:03:16	1:04:31	393	MHK	93	18:01 15:46 14:42 14:45
743	2568	Orth Yannik	*Köln	1:03:21	1:03:45	394	MHK	93	15:31 15:07 15:59 16:43
744	2896	Willenborg Sebastian	Die derben Dernas	1:03:25	1:04:55	54	M35	83	18:11 15:42 15:09 14:22
745	2987	Winkler Jan	*Köln	1:03:27	1:04:40	55	M35	79	17:37 15:35 15:00 15:13
746	2266	Holt Nickolas	*Köln	1:03:34	1:04:04	395	MHK	89	16:43 15:25 15:48 15:36
747	2958	Knospe Heiko	TH Köln	1:03:35	1:04:44	39	M50	66	17:36 15:42 15:42 14:34
748	2389	Kraft Sebastian	KerryGum	1:03:36	1:04:28	47	M40	75	17:19 15:17 15:23 15:35
749	2003	Brod Marcus	KerryGum	1:03:36	1:04:28	48	M40	74	17:19 15:17 15:23 15:35
750	1981	Bollenbacher Jan	TH Köln	1:03:42	1:04:51	132	M30	87	17:36 15:42 15:42 14:41
751	2549	Noras Erik	*Köln	1:04:00	1:04:58	25	M55	60	16:39 15:22 16:20 15:39
752	2001	Brinkschulte Michel	Corporate Ultras Reloaded	1:04:01	1:05:39	396	MHK	89	18:02 15:47 15:23 14:48
753	2616	Quartey Sandy	*Köln	1:04:04	1:05:41	56	M35	83	18:05 15:48 15:22 14:48
754	2905	Wolf Dr. Christian	Laktatkönige	1:04:05	1:04:45	13	M60	58	17:02 15:37 15:42 15:42
755	2054	Dahm Peter	Die Pangalaktischen	1:04:10	1:04:24	31	M45	71	16:14 15:36 15:59 16:19
756	2717	Schmitz Nico	*Wermelskirchen	1:04:14	1:05:31	397	MHK	95	17:54 15:39 15:50 14:50
757	2541	Niermann Paul	Collegium musicum	1:04:19	1:05:29	398	MHK	92	18:02 15:39 15:39 14:57
758	2582	Pessans Edouard	Cologne Internationals	1:04:21	1:04:31	399	MHK	94	18:53 16:16 14:50 14:19
759	2236	Henkel Louis	The Matrix Assisted Laser-Deso	1:04:24	1:05:33	400	MHK	95	18:00 15:44 15:41 14:58
760	2366	König Jonas	BlueMotion	1:04:28	1:05:58	401	MHK	90	17:01 15:52 15:57 15:36
761	2745	Schwarz Vincent	cleverbridge AG	1:04:29	1:05:55	133	M30	84	17:42 16:02 15:53 14:51
762	2659	Rubin Daniel	while(!done) { run(); }	1:04:46	1:05:52	49	M40	77	17:18 15:09 16:08 16:09
763	3030	Heidrath Jörn	while(!done) { run(); }	1:04:46	1:05:51	134	M30	84	16:50 15:38 16:08 16:08
764	2455	Lüdtke Pascal	Cologne Internationals	1:05:08	1:06:00	135	M30	85	18:02 15:17 15:35 16:12
765	2395	Krieger Daniel	VampirPower-Team	1:05:18	1:06:07	50	M40	77	17:44 16:08 15:52 15:32
766	2871	Waßer Peter	WagWasKes	1:05:24	1:05:55	26	M55	59	16:51 15:51 15:58 16:43
767	2050	Credo Josef	Team Dr. Credo	1:05:27	1:06:11	402	MHK	89	17:33 16:00 16:04 15:48
768	2835	Upmeier Felix	*Köln	1:05:34	1:06:35	136	M30	88	17:25 15:55 16:21 15:52
769	2069	Dieudonné Mathieu	Team Talanx	1:05:36	1:05:49	57	M35	79	17:28 16:45 16:04 15:17
770	2533	Neessen Winni	cleverbridge AG	1:05:43	1:07:02	58	M35	80	17:49 16:02 15:54 15:57
771	33	Kuck Jens	LBV Düsseldorf	1:05:56	1:06:49	40	M50	64	15:58 15:46 16:36 17:35
772	1902	Abu Shelbayeh Othman	*Münster	1:05:57	1:07:01	403	MHK	94	17:27 16:11 16:32 15:45
773	2758	Sensmeier Niko	*Bonn	1:05:58	1:07:03	404	MHK	95	17:26 16:12 16:32 15:47
774	2307	Kahlenberg Fabian	*Köln	1:06:00	1:07:05	405	MHK	95	17:26 16:12 16:24 15:57
775	2315	Kaplan Baris	*Köln	1:06:05	1:07:27	406	MHK	91	18:43 16:10 15:03 16:07
776	2821	Tian Dr. Qi	*Köln	1:06:06	1:07:08	407	MHK	91	17:37 15:58 16:09 16:21
777	2876	Weiler Tommy	Kölncampus	1:06:07	1:07:33	137	M30	85	16:50 15:38 16:40 16:57
778	3001	Haseloer Peter	Volksbank Köln Bonn	1:06:20	1:06:57	32	M45	69	17:50 15:57 16:22 16:09
779	2925	Zens Guido	*Nörvenich	1:06:51	1:08:20	41	M50	66	17:30 15:39 16:35 17:05
780	2994	Bresgen Marco	Volksbank Köln Bonn	1:06:59	1:07:32	408	MHK	93	16:28 16:43 17:21 16:24

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
781	2819	Thomas Reiner	Team Tartichoc	1:07:16	1:08:34	14	M60	54	18:02	16:35	16:19	16:19	
781	2443	Lömke Clemens	Biegerstreet	1:07:16	1:08:27	409	MHK	90	18:04	16:22	16:41	16:07	
783	2049	Correia Juan Carlos	*Bergheim	1:07:18	1:07:38	410	MHK	95	16:56	16:57	16:53	16:29	
784	2222	Heimann Richard	Dynamo Dresden	1:07:18	1:08:39	138	M30	88	17:50	16:51	17:38	14:58	
785	2410	Küster Yannick	Flunkonia Köln	1:07:21	1:07:35	411	MHK	93	16:00	17:04	17:38	16:37	
786	2936	Zöller Eric	*Köln	1:07:21	1:08:26	139	M30	84	17:41	16:13	16:48	16:38	
787	141	Gärtner Christian	*Köln	1:07:27	1:08:26	412	MHK	93	16:07	13:54	14:13	23:11	
788	2024	Busch Michael	RRZK	1:07:37	1:09:09	413	MHK	90	18:33	16:21	16:30	16:11	
789	2615	Pütz Max	*Köln	1:08:05	1:09:03	414	MHK	92	17:54	15:56	17:05	17:08	
790	2460	Lüttin Oliver	*Köln	1:08:29	1:09:52	42	M50	66	17:55	16:18	16:59	17:15	
791	2025	Buschkamp Reinhard	LBV Düsseldorf	1:08:59	1:10:37	15	M60	56	18:17	17:05	17:07	16:29	
792	2856	Von Petersenn Dr. Alexander	Prinzen-Garde Köln 1906	1:09:23	1:10:58	16	M60	54	18:29	16:22	16:49	17:41	
793	2853	Von Blanckart Clemens	Prinzen-Garde Köln 1906	1:09:24	1:10:59	59	M35	83	18:30	16:32	17:03	17:17	
794	2348	Klee Manfred	cleverbridge AG	1:09:40	1:09:49	140	M30	84	19:01	17:22	17:04	16:11	
795	2109	Fahrig Oliver	Sprintschnellen	1:10:16	1:10:51	60	M35	79	15:59	17:57	19:23	16:55	
796	2117	Feldhofer Ulrich	Team Tartichoc	1:11:12	1:12:31	5	M65	53	18:01	17:21	18:22	17:27	
797	1938	Baur Alexander	BLB Köln Runner	1:11:13	1:12:15	43	M50	65	18:39	17:57	18:05	16:31	
798	2285	Jakkapat Paluka	*Köln	1:11:14	1:12:50	415	MHK	90	18:41	17:01	17:08	18:23	
799	2275	Ichangi Arun	Nano Runners	1:12:00	1:12:55	416	MHK	89	16:50	18:07	18:18	18:44	
800	2271	Hützen Maxim	Feuerwehrsportverein Köln	1:12:00	1:13:01	417	MHK	98	17:27	17:01	18:54	18:36	
801	2937	ZUNIGA Dr. ALVARO	The Matrix Assisted Laser-Deso	1:14:30	1:15:42	61	M35	81	18:09	18:08	20:04	18:09	
802	2450	Loizzi Nicolo	Squadra Colonia	1:15:16	1:16:41	62	M35	82	19:55	18:34	18:38	18:08	
803	2247	Hessling Thomas	*Hürth	1:18:23	1:19:58	51	M40	76	20:16	20:02	20:46	17:19	
804	132	Blume Joel	Mommensenstreet für Immer	1:24:14	1:25:37	418	MHK	93	19:20	20:32	22:55	21:25	

# 10km - Gesamtwertung

Unilauf Köln - 13. Juni 2018

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	61	Gehring Anna	WG Köln	0:35:44	0:35:46	1	WHK	96	09:13	08:44	08:55	08:51	
2	83	Malter Katharina	Uni Bonn	0:38:08	0:38:08	2	WHK	91	10:06	09:19	09:24	09:18	
3	51	Schwartz Heidi	WG Köln	0:38:54	0:38:56	3	WHK	89	09:53	09:33	09:43	09:43	
4	54	Lüchtfeld Alice	WG Köln	0:40:08	0:40:10	4	WHK	92	10:17	09:56	10:01	09:53	
5	57	Behnen Inga	WG Köln	0:40:21	0:40:22	5	WHK	97	10:05	09:57	10:06	10:12	
6	48	Hedwig Jule	WG Köln	0:41:06	0:41:06	6	WHK	95	10:12	10:04	10:46	10:03	
7	1700	Ahlers Johanna	VampirPower-Team	0:42:13	0:42:18	7	WHK	94	11:24	10:06	10:19	10:23	
8	105	Altegoer Luisa	Uni Münster	0:42:21	0:42:23	8	WHK	98	11:24	10:11	10:26	10:18	
9	116	Siedhoff Susanne	Uni Münster	0:42:21	0:42:22	9	WHK	96	10:43	10:25	10:42	10:30	
10	1743	Fries Joana	Run Squad CGN	0:43:42	0:43:42	1	W30	85	11:06	10:51	10:52	10:51	
11	2502	Metzler Victoria	*Bernersheim vdH	0:43:51	0:43:57	10	WHK	93	12:17	10:17	10:34	10:40	
12	2231	Hellweg Lisa-Marie	*Köln	0:43:57	0:44:02	11	WHK	97	12:18	11:02	10:52	09:44	
13	78	Lymberopoulos Christina	RWTH Aachen	0:44:04	0:44:05	12	WHK	97	11:31	10:43	10:57	10:52	
14	2722	Schnitzerling Lilian	*Köln	0:44:06	0:44:08	13	WHK	93	11:15	10:55	10:59	10:55	
15	1800	Päffgen Anne	*Köln	0:44:11	0:44:15	1	W45	72	11:45	10:50	10:55	10:40	
16	218	Dall Acqua Caterina		0:44:22	0:44:22	14	WHK	94	11:41	10:41	10:59	11:00	
17	87	Vordermark Kira	Uni Bonn	0:44:28	0:44:36	1	WU2	99	11:52	10:59	11:03	10:32	
18	76	Schmidt Ann-Malin	RWTH Aachen	0:44:34	0:44:36	15	WHK	95	11:57	10:55	11:00	10:41	
19	2655	Rolfes Muriel	SC Fortuna Köln	0:45:08	0:46:45	16	WHK	96	12:31	10:43	11:10	10:43	
20	2602	Eisermann Stephan	ISI-Runner	0:45:16	0:45:25	1	W50	66	12:00	11:04	11:11	11:01	
21	152	Herbers Meike	*Köln	0:45:41	0:45:47	2	W30	87	12:04	11:06	11:14	11:16	
22	2941	Goldschmidt Nora	*Köln	0:45:55	0:46:08	17	WHK	91	12:31	11:09	11:21	10:54	
23	219	Dall Acqua Caterina		0:46:00	0:46:05	18	WHK	94	12:08	11:13	11:26	11:12	
24	86	Tolle Louisa	Uni Bonn	0:46:11	0:46:19	19	WHK	98	11:38	12:16	11:23	10:52	
25	2552	Noske Nikola	*Köln	0:46:23	0:46:27	20	WHK	97	11:59	11:14	11:35	11:34	
26	74	Medgyesi Nora	RWTH Aachen	0:46:28	0:46:30	21	WHK	92	11:57	11:10	11:37	11:43	
27	1829	Schnitzler Maike	*Köln	0:46:37	0:46:44	22	WHK	93	11:51	11:20	11:51	11:33	
28	2264	Holbein Hélodse	Run as you are	0:47:01	0:47:17	3	W30	88	12:54	11:10	11:32	11:24	
29	2828	Trendel Eva	Run as you are	0:47:01	0:47:19	4	W30	88	12:53	11:10	11:32	11:25	
30	91	Engberg Isabella	Uni Bonn	0:47:03	0:47:11	23	WHK	94	12:22	11:34	11:41	11:26	
31	1869	Schulz Felicitas	*Bonn	0:47:11	0:47:23	24	WHK	94	12:21	11:39	11:44	11:26	
32	2630	Reichstein Verena	Ebner Stolz & Friends	0:47:27	0:47:50	25	WHK	94	12:06	11:21	12:04	11:54	
33	2546	Noever Lena	Team Kolumbus	0:47:42	0:47:49	26	WHK	94	09:52	12:43	22:43	02:23	
34	1878	Hacker Stefanie		0:47:48	0:47:49	1	W40	78	12:24	11:41	11:52	11:50	
35	2605	Porniece Kumar Marta	Let#s metabolize	0:48:01	0:48:18	27	WHK	93	12:21	11:41	12:05	11:53	
36	2872	Weber Kathrin	Ph1	0:48:02	0:48:13	1	W35	82	12:35	11:36	11:55	11:54	
37	2331	Kern Lara	Let#s metabolize	0:48:04	0:48:20	28	WHK	89	12:27	11:36	12:07	11:53	
38	1927	Bäcker Katharina	TuS Köln	0:48:39	0:49:00	29	WHK	97	12:46	11:45	12:14	11:53	
39	2287	Jander Lisa	*Köln	0:48:51	0:48:55	30	WHK	97	12:53	12:08	11:55	11:54	
40	2861	Wagner Anna Marie	*Köln	0:48:57	0:50:07	31	WHK	96	14:02	11:47	11:43	11:23	
41	2665	Sack Carolin	*Köln	0:48:57	0:50:07	32	WHK	94	14:03	11:46	11:42	11:24	
42	207	Weirich Brit	Cologne Scorpions e.V.	0:49:12	0:49:20	33	WHK	95	12:46	11:50	12:15	12:18	
43	2740	Schulze Lohoff Kira	Den Sieg regelt der Markt	0:49:15	0:49:25	34	WHK	95	13:16	12:01	12:10	11:46	
44	2965	Umlauff Lisa	*Köln	0:49:30	0:49:44	35	WHK	93	12:52	12:05	12:19	12:13	
45	2066	Deubler Janine	*Hürth	0:49:43	0:50:36	36	WHK	95	14:19	11:57	12:09	11:17	
46	1784	Mesmer Hannah	*Köln	0:49:45	0:49:56	37	WHK	94	12:41	12:01	12:58	12:04	
47	2435	Liermann Franziska	Cologne Internationals	0:50:05	0:50:35	38	WHK	95	13:33	12:34	12:08	11:48	
48	68	Schlöffel Manuela	RWTH Aachen	0:50:46	0:50:48	2	W50	64	13:17	12:32	12:29	12:27	
49	2406	Künstler Lara	SCM & Friends	0:50:48	0:50:52	39	WHK	94	12:55	12:32	12:40	12:39	
50	2804	Süptitz Juliane	The Running Cancer Team	0:50:52	0:51:12	5	W30	88	13:23	12:11	12:40	12:37	
51	2621	Ravail Cynthia	*Köln	0:50:54	0:51:23	40	WHK	92	13:52	12:27	12:34	12:00	
52	2986	Vogelsang Teresa	*Köln	0:50:54	0:51:12	41	WHK	90	13:57	12:32	12:32	11:51	
53	2755	Seidel Yvonne	*Köln	0:50:56	0:52:28	42	WHK	98	13:50	12:21	12:23	12:21	
54	2196	Gustedt Franziska	KF Lebensstil	0:50:56	0:51:44	43	WHK	91	13:48	12:11	12:47	12:09	
55	2383	Koster Jennifer	*Köln	0:50:59	0:51:10	6	W30	87	12:54	12:25	12:47	12:50	
56	2920	Zahn Johanna	*Köln	0:50:59	0:52:04	44	WHK	93	15:00	12:22	12:08	11:28	
57	3031	Lukas Claudia		0:51:01	0:51:32	1	W55	61	14:00	12:28	12:20	12:12	
58	2762	Kriegeskotte Julia	Team Kolumbus	0:51:08	0:51:20	45	WHK	92	13:51	12:29	12:43	12:03	
59	2337	Kiene Sinje	*Köln	0:51:12	0:52:49	46	WHK	95	14:56	12:16	12:06	11:53	
60	2783	Stein Rebecca	Quidditch NRW	0:51:24	0:52:27	47	WHK	92	14:41	12:17	12:51	11:33	

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	1870	Orsolya Pesthy	Cologne Internationals	0:51:25	0:51:32	48	WHK	93	12:37	13:03	13:09	12:35	
62	3036	Klees Anna	VampirPower	0:51:49	0:52:37	49	WHK	95	15:39	12:33	12:02	11:33	
63	2985	Smirnov Valeria	*Köln	0:51:57	0:52:59	50	WHK	95	14:40	12:43	12:32	12:00	
64	2529	Murschall Lena	Die Roten Ochsen	0:52:01	0:52:12	51	WHK	90	13:28	12:40	13:04	12:47	
65	2635	Reimer Alinda	IMVR läuft	0:52:09	0:52:38	52	WHK	91	13:52	12:55	12:49	12:31	
66	2136	Franken Franziska	Cologne Internationals	0:52:11	0:53:05	7	W30	87	13:53	12:46	12:55	12:35	
67	2597	Piwowar Ulla	*Köln	0:52:13	0:52:29	8	W30	84	13:36	12:49	13:01	12:46	
68	2015	Brunen Ann-Christine	Bankrun	0:52:17	0:53:31	53	WHK	92	14:58	12:20	12:17	12:41	
69	2429	Lehr Jacqueline	*Köln	0:52:20	0:53:42	54	WHK	96	15:10	12:27	12:30	12:12	
70	2354	Kleinhaus Judith	VampirPower-Team	0:52:25	0:53:15	55	WHK	91	13:58	12:48	12:57	12:40	
71	2458	Lüßenhop Lynn	Cologne Internationals	0:52:31	0:53:25	56	WHK	93	14:52	12:42	12:31	12:23	
72	1908	Ait Ouadda Djamila	Run as you are	0:52:32	0:53:57	9	W30	84	15:21	12:37	12:19	12:14	
73	2781	Stefelmans Lea	*Köln	0:52:33	0:53:20	57	WHK	95	15:06	13:08	12:46	11:31	
74	2724	Schöler Dr. Claudia	Ren-Tiere	0:52:34	0:53:16	2	W40	76	15:16	12:31	12:26	12:19	
75	2096	Endemann Christina	TriathlonSteckelCologne	0:52:34	0:52:51	58	WHK	96	13:27	13:00	13:09	12:57	
76	2153	Geerling Lisa	Cologne Internationals	0:52:41	0:53:01	59	WHK	94	13:59	12:49	13:12	12:39	
77	2841	Verhoeven Mirja	Mirja Verhoeven	0:52:42	0:53:52	60	WHK	94	14:04	12:53	12:52	12:52	
78	2566	Orth Anna	Team 3	0:52:45	0:53:39	61	WHK	94	14:21	12:32	12:50	13:00	
79	2317	Karrenbauer Katrin	*Köln	0:52:48	0:53:09	10	W30	87	14:14	12:49	12:52	12:52	
80	2815	Thielges Christine	mitmirfit.de	0:52:53	0:53:14	11	W30	87	14:13	12:49	12:52	12:57	
81	2800	Achenbach Sandra	Isi-Runner	0:53:09	0:53:18	3	W40	75	14:03	12:51	13:07	13:06	
82	2440	Liu Pauline	Cologne Internationals	0:53:11	0:53:27	12	W30	88	14:19	12:54	12:59	12:57	
83	1961	Bindels Sarah	*Köln	0:53:13	0:54:00	62	WHK	92	15:06	13:08	12:49	12:08	
84	2779	Steckel Isabell	*Köln	0:53:14	0:54:22	63	WHK	91	13:58	12:48	13:21	13:06	
85	1944	Becker Nina	Run as you are	0:53:20	0:54:45	2	W35	82	15:21	12:37	12:38	12:42	
86	2020	Bulka Lara	MuMibärenbande	0:53:22	0:54:04	64	WHK	91	14:35	12:56	13:05	12:45	
87	2488	Meiners Johanna Pauline	*Köln	0:53:24	0:53:38	65	WHK	95	14:23	13:04	13:05	12:49	
88	2100	Ernst Angela	*Köln	0:53:24	0:54:32	13	W30	88	15:12	13:00	13:01	12:09	
89	2434	Liebst Amelie	Kölncampus	0:53:33	0:54:59	66	WHK	91	15:37	13:18	12:34	12:03	
90	1992	Brandt Conny	*Köln	0:53:33	0:55:02	3	W35	83	14:57	13:29	13:24	11:42	
91	2048	Conrads Sinah	*Köln	0:53:35	0:53:55	67	WHK	91	14:50	13:39	13:08	11:57	
92	2990	Stephan Corinna	Ruhr Phoenix Bochum	0:53:35	0:53:55	68	WHK	95	12:54	13:20	13:10	14:10	
93	1988	Bort Patricia	Cologne Internationals	0:53:37	0:54:29	69	WHK	91	15:03	12:53	13:18	12:22	
94	2767	Simonis Dr. Ruth	DJK Köln-Nord	0:53:38	0:54:39	14	W30	85	15:03	13:02	12:49	12:42	
95	2890	Widders Christine	DJK Köln Nord	0:53:43	0:54:44	15	W30	86	14:49	12:48	13:10	12:55	
96	2359	Knörzer Leonie	*Köln	0:53:45	0:54:38	70	WHK	96	15:51	13:03	12:53	11:56	
97	2259	Hösterey Isabel	*Köln	0:53:47	0:54:39	71	WHK	94	15:51	13:03	12:53	11:58	
98	2127	Flohr Leona	*Köln	0:53:50	0:54:03	72	WHK	93	13:37	12:48	13:34	13:48	
99	2705	Schmid-Burgk Franziska	*50674	0:53:52	0:54:57	73	WHK	92	14:23	12:59	13:06	13:23	
100	2776	Sprank Eva	Blitzer Flitzer	0:53:54	0:54:53	74	WHK	92	15:47	13:10	12:39	12:16	
101	2276	Intrau Susanne	Blitzer Flitzer	0:53:54	0:54:53	75	WHK	93	15:47	13:11	12:38	12:16	
102	2697	Schliermann Dr. Nicola	Uniklinik Anaesthesiologie	0:53:54	0:55:36	16	W30	86	15:25	13:10	12:55	12:22	
103	1980	Bokeloh Greta	*Köln	0:53:57	0:54:43	76	WHK	96	14:52	13:22	13:17	12:25	
104	2869	Warkentin Irene	Blitzer Flitzer	0:53:58	0:54:57	77	WHK	89	15:49	13:10	12:38	12:19	
105	2585	Peters Anja	Team Talanx	0:54:04	0:54:39	4	W40	77	14:25	13:00	13:09	13:28	
106	2321	Kaufmann Kathrin	VampirPower-Team	0:54:07	0:54:56	78	WHK	91	15:00	13:07	13:08	12:51	
107	1942	Beck Dalia	Cologne Internationals	0:54:07	0:55:11	79	WHK	92	15:11	13:15	13:00	12:40	
108	2408	Kürmer Sophie	*Köln	0:54:07	0:54:54	80	WHK	94	15:07	13:07	13:01	12:51	
109	2228	Vinnen Johanna	VampirPower-Team	0:54:09	0:54:59	81	WHK	92	14:59	12:57	13:10	13:01	
110	2790	Stenmans Claire	*Bonn	0:54:09	0:55:17	82	WHK	90	15:02	13:08	13:12	12:46	
111	2248	Hetfeld Paula	SC Bayer 05 Uerdingen	0:54:09	0:54:15	83	WHK	98	12:57	13:25	14:13	13:33	
112	3029	Sadowski Sabrina	Valium i.V.	0:54:10	0:54:55	17	W30	86	14:31	13:05	13:17	13:15	
113	2551	Norta Lea	*Köln	0:54:15	0:54:53	84	WHK	96	15:22	13:11	13:01	12:39	
114	2496	Merkle Alina	UA Pro Team	0:54:18	0:54:21	85	WHK	96	14:31	13:30	13:24	12:53	
115	2158	Gergaut Camila	UA Pro Team	0:54:19	0:54:22	86	WHK	95	14:08	13:19	13:59	12:52	
116	2977	Kuhl Sarah	*Köln	0:54:23	0:55:16	18	W30	88	15:35	13:19	13:01	12:25	
117	2230	Hellmeister Zarah	*Köln	0:54:25	0:55:09	87	WHK	95	15:53	12:40	13:06	12:45	
118	2089	Eckert Nadine	Die Seitenstecher	0:54:30	0:55:42	88	WHK	94	15:37	13:36	12:55	12:21	
119	27	Escudero Mariela	cleverbridge AG	0:54:31	0:54:39	4	W35	80	13:01	13:23	13:44	14:21	
120	1973	Böing Mira	*Marburg	0:54:32	0:54:57	89	WHK	91	14:36	13:22	13:30	13:03	

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	2681	Schaefer Maren	Team Talanx	0:54:32	0:55:12	5	W40	74	15:12	13:04	13:20	12:55	
122	2617	Rabe Lina	VampirPower-Team	0:54:34	0:55:22	90	WHK	94	15:40	12:41	13:10	13:03	
123	2270	Hütten Sophia	*Köln	0:54:36	0:54:44	91	WHK	95	14:30	13:30	13:31	13:03	
124	2629	Reichelt Michelle	*Lohmar	0:54:48	0:55:10	92	WHK	96	14:59	13:10	13:14	13:23	
125	2577	Pater Aline	*Köln	0:54:48	0:54:57	93	WHK	93	14:12	13:24	13:40	13:31	
126	2459	Luetgebrune Johanna	*Köln	0:54:48	0:55:44	19	W30	86	15:06	13:05	13:21	13:15	
127	2769	Skoetz Nicole	The Running Cancer Team	0:54:53	0:55:13	2	W45	70	13:41	13:47	13:42	13:41	
128	2898	Wittge Ilka	Team Kolumbus	0:54:58	0:55:14	94	WHK	92	13:52	13:29	13:55	13:41	
129	2119	Fiebig Christin	*Köl	0:55:00	0:55:37	95	WHK	92	15:08	13:18	13:30	13:02	
130	2860	Wachten Judith	*Köln	0:55:01	0:56:31	20	W30	87	15:01	13:10	13:35	13:13	
131	2426	Larres Sara	*Kall	0:55:01	0:56:02	96	WHK	89	15:35	13:29	13:04	12:52	
132	1913	Andre Helen	Collegium musicum	0:55:02	0:55:34	97	WHK	98	14:05	13:14	13:58	13:43	
133	3026	Helmrath Elli	*Köln	0:55:11	0:56:40	5	W35	82	16:00	13:31	13:11	12:28	
134	2292	Jensen Maria	AIESEC	0:55:11	0:55:35	98	WHK	92	14:46	13:31	13:37	13:16	
135	2738	Schulze Judith	*Köln	0:55:13	0:56:29	99	WHK	96	16:12	13:22	13:18	12:20	
136	2201	Hagemeister Julia	DIMDlaner	0:55:16	0:56:13	21	W30	88	15:41	13:40	13:06	12:47	
137	153	Herbers Meike	*Köln	0:55:31	0:56:08	22	W30	87	14:47	13:06	13:48	13:48	
138	2075	Dörmbach Mona	SV Wipperfürth	0:55:42	0:56:02	100	WHK	94	14:22	13:45	14:02	13:32	
139	2545	Nina Husarcikova	Cologne Internationals	0:55:42	0:55:51	101	WHK	94	14:02	13:38	14:02	13:59	
140	2311	Kalkowski Mareike	Rugby Sport Verein Köln	0:55:43	0:56:54	6	W40	75	15:32	13:30	13:30	13:10	
141	2850	Vogel Sabine	Uniklinik Anaesthesiologie	0:55:46	0:57:08	3	W45	72	15:42	13:37	13:28	12:57	
142	1912	Andre Franziska	*Köln	0:55:49	0:55:55	102	WHK	95	14:24	13:58	14:05	13:20	
143	2893	Wiewer Sabrina	*Köln	0:55:51	0:55:59	103	WHK	92	15:02	13:54	14:07	12:47	
144	2801	Stümpel Janine	WiSo Warriors	0:55:55	0:56:50	104	WHK	92	14:59	13:24	14:06	13:24	
145	2884	Wennmachers Nele	*Köln	0:55:56	0:56:42	105	WHK	93	15:19	13:15	13:37	13:44	
146	2957	Hoffmann Carina	*Köln	0:55:59	0:57:19	106	WHK	98	15:20	13:07	13:42	13:48	
147	2074	Döring Nele	TriathlonSteckelCologne	0:56:03	0:56:31	107	WHK	98	14:49	13:39	13:58	13:35	
148	2695	Schleicher Carmen	Team Kolumbus	0:56:04	0:57:33	108	WHK	94	16:10	13:48	13:17	12:48	
149	2727	Schöttmer Rieke	Uniklinik Anaesthesiologie	0:56:04	0:57:33	6	W35	83	16:11	13:47	13:16	12:49	
150	2944	Milda Lisa	*Köln	0:56:09	0:56:21	23	W30	86	13:07	14:30	15:07	13:24	
151	2094	Elting Desiree	BLB Köln Runner	0:56:09	0:57:13	109	WHK	93	16:01	13:29	13:24	13:14	
152	2250	Heyne-Pietschmann Lena	UA Pro Team	0:56:10	0:56:11	24	W30	84	15:08	13:54	13:31	13:36	
153	2037	Chollowa Elke	*Köln	0:56:16	0:56:24	110	WHK	93	15:02	13:54	14:07	13:11	
154	1917	Arand Birgit	Quidditch NRW	0:56:16	0:57:19	111	WHK	95	14:43	13:22	14:10	14:00	
155	2280	Ising Laura	Den Sieg regelt der Markt	0:56:22	0:57:38	112	WHK	97	16:12	13:40	13:24	13:04	
156	2160	Giebisch Katharina	*Bergisch Gladbach	0:56:23	0:57:29	113	WHK	95	15:10	13:53	13:55	13:23	
157	1924	Baade Astrid	BLB Köln Runner	0:56:24	0:57:24	7	W40	76	15:55	13:29	13:34	13:24	
158	2436	Lindenthal Lisa	VampirPower-Team	0:56:25	0:57:14	114	WHK	89	15:04	12:36	13:41	15:03	
159	2407	Kuepper Hanna	Team AG Schwarz	0:56:26	0:57:05	115	WHK	94	15:39	13:51	13:41	13:14	
160	2322	Kauth Verena	WiSo nicht?	0:56:26	0:57:02	116	WHK	92	15:12	13:17	13:51	14:05	
161	2110	Falke Elena	TG Hörste	0:56:33	0:56:51	117	WHK	97	15:00	13:46	13:58	13:47	
162	2934	Zindler Theresa	*Köln Lövenich	0:56:33	0:56:52	118	WHK	98	15:00	13:46	13:57	13:48	
163	2111	Falkenberg Friederike	*Köln	0:56:38	0:57:45	119	WHK	93	15:47	13:33	13:44	13:32	
164	2565	Orhan Eda	*Köln	0:56:38	0:57:50	120	WHK	94	14:57	13:37	13:59	14:03	
165	2156	Gentges Annkatrin	*Köln	0:56:38	0:57:45	121	WHK	92	15:48	13:33	13:44	13:33	
166	2973	Flake Paula	*Köln	0:56:41	0:57:34	122	WHK	90	15:44	13:51	13:41	13:23	
167	2685	Schalk Sophia	*Bonn	0:56:46	0:57:35	123	WHK	92	15:17	13:37	14:23	13:27	
168	2899	Wittig Jana	*Köln	0:56:48	0:58:00	124	WHK	94	14:42	13:43	14:21	14:01	
169	2968	Becker Svenja	Was mach ich hier eigentlich?	0:56:49	0:58:18	125	WHK	92	16:11	14:17	13:37	12:42	
170	2355	Klinger Linda	Quidditch NRW	0:56:51	0:57:54	126	WHK	98	14:58	14:27	13:59	13:27	
170	1907	Aichinger Jutta	*Köln	0:56:51	0:57:53	7	W35	80	15:04	13:48	14:11	13:48	
172	2491	Mellis Anna-Theresa	Team AG Schwarz	0:56:59	0:57:36	127	WHK	91	15:27	14:05	13:46	13:39	
173	2799	Stratmann Friederike	*Köln	0:57:01	0:57:56	128	WHK	93	16:12	13:51	13:34	13:22	
174	2645	Richter Laura	*Köln	0:57:03	0:57:32	129	WHK	91	15:38	14:05	13:50	13:29	
175	2405	Kühnert Gina	*Köln	0:57:04	0:57:26	130	WHK	97	16:25	15:01	12:40	12:56	
176	2187	Grüger Katja	*Köln	0:57:04	0:57:58	131	WHK	97	15:52	13:18	13:54	14:00	
177	1933	Bastianon Christina	UA Pro Team	0:57:19	0:57:24	132	WHK	91	14:50	13:38	15:00	13:49	
178	2224	Heinermann Kristin	*Köln	0:57:20	0:58:41	133	WHK	97	15:55	13:54	13:58	13:32	
179	2679	Schabram Laura	UA Pro Team	0:57:20	0:57:23	134	WHK	90	15:08	13:55	14:10	14:07	
180	2562	Ohler Myriam	*Köln	0:57:22	0:58:28	135	WHK	94	15:28	13:35	14:03	14:15	

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	2403	Kublank Susanne	Team Talanx	0:57:24	0:58:20	8	W40	77	16:32	13:55	13:31	13:25	
182	3015	Specogna Stefanie	Volksbank Köln Bonn	0:57:31	0:57:59	4	W45	69	14:51	13:46	14:21	14:32	
183	2170	Goedecke Luisa	*Krefeld	0:57:35	0:57:46	136	WHK	94	14:41	14:15	14:34	14:03	
184	2195	Guidat-Steinhaus Helene	DJK Köln-Nord	0:57:35	0:58:37	9	W40	74	16:04	14:00	13:44	13:46	
185	2902	Wohlfarth Miriam	DJK Köln-Nord	0:57:35	0:58:37	25	W30	85	16:04	14:00	13:44	13:46	
186	2908	Wolf Ulrike	Laktatkönige	0:57:37	0:58:15	1	W60	58	15:11	13:55	14:21	14:07	
187	2809	Tenhaeff Annika	*Köln	0:57:38	0:59:00	137	WHK	92	15:52	14:03	13:59	13:43	
188	2186	Grothe Julia	*Köln	0:57:41	0:58:22	138	WHK	93	16:07	13:32	14:16	13:44	
189	2983	Rudolf Anna-Maria	Cologne Internationals	0:57:46	0:58:38	139	WHK	95	15:56	13:51	14:22	13:36	
190	1962	Birlin Carolina	solides Mittelfeld	0:57:46	0:59:25	140	WHK	97	16:53	14:05	13:43	13:04	
191	2721	Schneider Sophia	solides Mittelfeld	0:57:46	0:59:26	141	WHK	93	16:53	14:05	13:42	13:04	
192	2675	Sarr Patricia	KF Lebensstil	0:57:49	0:58:36	142	WHK	90	14:54	14:21	14:30	14:02	
193	2674	Sandmann Andrea	Valium i.V.	0:57:50	0:58:34	10	W40	78	16:18	14:10	13:58	13:23	
194	2501	Messing Kerstin	*Köln	0:57:51	0:59:08	143	WHK	96	16:56	14:03	13:26	13:24	
195	2520	Müller Linda	VampirPower-Team	0:57:53	0:58:32	144	WHK	93	15:39	13:51	14:02	14:20	
196	2088	Dux Lucia	*Köln	0:57:54	0:58:33	145	WHK	98	15:23	14:03	14:24	14:02	
197	2734	Schubeius Julia	*Köln	0:57:55	0:59:29	146	WHK	91	16:04	14:20	14:03	13:26	
198	1910	Alt Jenny	UA Pro Team	0:57:56	0:57:58	26	W30	87	15:07	13:55	14:11	14:42	
199	2105	Ester Lioba	Ren-Tiere	0:57:58	0:58:40	147	WHK	95	15:38	14:02	14:16	14:00	
200	1948	Behrens Patricia	Just A+	0:57:59	0:59:29	27	W30	87	15:02	13:54	14:51	14:10	
201	2777	Spuling Beatrice	*Köln	0:58:01	0:58:35	148	WHK	98	16:02	14:01	14:11	13:46	
202	2548	Nomokonova Tatiana	Meteo	0:58:02	0:59:04	28	W30	87	15:36	13:55	14:27	14:02	
203	2807	Tarara de Urbina Imke	Valium i.V.	0:58:02	0:58:46	8	W35	81	16:28	14:19	13:48	13:26	
204	2650	Riemer Svenja	*Köln	0:58:02	0:59:07	149	WHK	95	16:08	14:28	14:00	13:25	
205	2765	Sigenstrom Iben	*Köln	0:58:03	0:58:36	150	WHK	98	16:03	14:01	14:11	13:47	
206	2394	Kribus Viktoria	Collegium musicum	0:58:05	0:58:36	9	W35	80	14:53	14:16	14:29	14:26	
207	2396	Krinke Insa	*Köln	0:58:13	0:59:09	151	WHK	96	15:07	14:06	14:42	14:16	
208	2720	Schneider Maria-Theresa	*Köln	0:58:13	0:58:44	152	WHK	91	15:10	14:26	14:27	14:10	
209	2252	Hilbk Katharina	*Köln	0:58:24	0:59:33	153	WHK	93	16:09	14:06	14:11	13:56	
210	2620	Ratiu Paula	*Köln	0:58:26	0:59:00	29	W30	86	15:56	13:41	14:25	14:23	
211	2775	Spiegelmacher Isabelle	*Köln	0:58:28	0:59:07	154	WHK	97	15:09	14:20	14:35	14:23	
212	2879	Weißig Vanessa	2+1 running man	0:58:29	0:59:03	30	W30	87	15:57	13:41	14:25	14:25	
213	2415	Kurbasik Pauline	Les Tetes Rouges	0:58:30	0:59:19	10	W35	82	15:49	14:06	14:33	14:00	
214	1947	Behrendt Lisa	Uniklinik Anaesthesiologie	0:58:31	1:00:00	11	W35	82	16:10	13:48	14:07	14:24	
215	2357	Knigge Ilka Eliana	Kölncampus	0:58:37	1:00:03	155	WHK	90	16:49	13:59	14:01	13:47	
216	2827	Tran My-Ly	Let#s metabolize	0:58:38	0:59:59	156	WHK	89	16:06	14:09	14:08	14:13	
217	3037	Lehnen Nathalie	VampirPower	0:58:41	0:59:31	157	WHK	90	16:00	13:59	14:39	14:01	
218	2043	Coenen Jessica	UA Pro Team	0:58:43	0:58:48	158	WHK	92	14:44	14:23	14:46	14:48	
219	2229	Hellmeister Matthäa	*Köln	0:58:45	0:59:29	159	WHK	97	15:56	14:00	14:25	14:21	
220	2952	Breull Leonie	Collegium musicum	0:58:48	1:00:01	160	WHK	95	16:13	14:20	14:18	13:56	
221	2479	Matheja Eva	*Köln	0:58:50	0:59:28	161	WHK	91	16:15	14:00	14:27	14:07	
222	1928	Balzan Giulia	*Köln	0:58:51	0:59:29	162	WHK	90	16:15	14:00	14:26	14:08	
223	2078	Drees Bärbel	Valium i.V.	0:58:52	0:59:34	3	W50	64	16:23	14:26	14:12	13:50	
224	2412	Kuhn Celina	*Köln	0:58:54	0:59:43	163	WHK	98	15:45	13:47	14:51	14:29	
225	2723	Schöckel Claudia	*Köln	0:58:55	0:59:50	5	W45	70	16:10	14:25	14:12	14:08	
226	2672	Sanchez Gatica Lesli	Cologne Internationals	0:58:56	1:00:18	164	WHK	93	15:52	14:09	13:48	15:06	
227	2467	Mager Pozo Ana Maria	*Köln	0:58:57	0:59:34	165	WHK	96	15:08	14:13	15:15	14:20	
228	2058	De Jong Carolin	*Arnsberg	0:58:57	0:59:06	166	WHK	92	14:31	14:21	15:07	14:57	
229	2628	Reiche Jule	*Köln	0:58:58	0:59:53	167	WHK	94	16:01	14:12	14:24	14:20	
230	2166	Glöckner Dr. Ulrike	Uniklinik Anaesthesiologie	0:59:09	1:00:38	12	W35	79	16:20	14:42	14:22	13:44	
231	1922	Augenstein Iris	*Köln	0:59:14	1:00:21	168	WHK	94	15:47	13:33	15:28	14:24	
232	2880	Weist Annalena	*Köln	0:59:15	0:59:50	169	WHK	94	15:07	14:31	15:02	14:33	
233	2878	Weißhaar Franziska	SC Fortuna Köln	0:59:15	1:00:52	170	WHK	96	16:59	14:23	14:27	13:25	
234	2596	Pin Mira	*Köln	0:59:15	1:00:52	171	WHK	90	16:59	14:23	14:27	13:24	
235	2261	Hoffmann Anissa	Blitzer Flitzer	0:59:21	1:00:20	172	WHK	92	15:49	13:53	14:47	14:51	
236	2351	Klein Dr. Kristina	Cologne Internationals	0:59:21	1:01:00	13	W35	81	16:34	14:20	14:24	14:02	
237	2911	Woock Jasmin	*Köln	0:59:21	0:59:48	173	WHK	91	15:14	14:49	14:58	14:20	
238	2619	Radkiewicz Karolina	*Vettelschoß	0:59:25	1:00:22	174	WHK	95	18:31	17:57	18:15	04:40	
239	2076	Dorn Corina	*Neuss	0:59:25	1:00:29	175	WHK	97	17:06	14:41	14:27	13:09	
240	2212	Harter Sarah	Cologne Internationals	0:59:26	1:00:21	176	WHK	93	15:32	14:13	15:00	14:41	

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2147	Ganz Ute	Valium i.V.	0:59:27	1:00:08	4	W50	64	15:47	14:28	14:41	14:30	
242	2319	Katke Kristina	*Hürth	0:59:37	1:00:49	177	WHK	96	16:01	14:29	14:37	14:28	
243	2599	Plenk Mareike	*Köln	0:59:40	1:01:02	178	WHK	94	15:53	14:27	14:41	14:38	
244	2735	Schulte Jana	WiSo Warriors	0:59:43	1:00:02	179	WHK	92	15:32	14:24	14:46	15:00	
245	2026	Caesar Eike	Quidditch NRW	0:59:45	1:00:49	180	WHK	97	16:27	15:18	15:24	12:35	
246	2964	Skowronek Vanessa	Cool runnings	0:59:52	1:01:01	181	WHK	90	16:03	14:17	14:36	14:55	
247	2045	Coerdts Ronja	*Köln	0:59:53	1:00:47	182	WHK	95	16:30	14:19	14:26	14:36	
248	2305	Kaestner Kathrin	*Köln	0:59:53	1:00:47	183	WHK	93	16:30	14:19	14:27	14:35	
249	2512	Möller Ellen	TuS Partydorsten	0:59:53	1:01:01	184	WHK	90	16:11	14:31	14:52	14:17	
250	2701	Schlüter Carolin	*Köln	0:59:53	1:00:47	185	WHK	94	16:31	14:20	14:26	14:35	
251	2716	Schmitz Leona	Team Formblatt D	1:00:02	1:00:41	186	WHK	91	15:13	13:26	15:35	15:47	
252	2704	Schmid Julia	*Köln	1:00:03	1:00:45	187	WHK	97	16:41	15:05	14:30	13:45	
253	1923	Außem Kerstin	*Köln	1:00:03	1:01:03	31	W30	87	16:29	14:15	14:43	14:35	
254	2976	Krautwurst Katja	*Köln	1:00:05	1:00:58	32	W30	88	15:44	14:23	14:56	15:01	
255	2930	Ziemons Sarah	*Köln	1:00:13	1:00:56	188	WHK	97	17:42	15:01	14:16	13:13	
256	1675	Nowack Nadine		1:00:13	1:01:30	33	W30	86	17:00	14:27	14:33	14:12	
257	2892	Wierlemann Nina	*Köln	1:00:24	1:01:29	189	WHK	96	16:46	14:55	14:46	13:55	
258	2106	Esters Dörte	Laktatkönige	1:00:27	1:01:40	190	WHK	92	15:47	14:34	15:10	14:55	
259	2439	Lippert Anne	*Köln	1:00:36	1:02:11	191	WHK	93	17:04	14:47	14:27	14:16	
260	2059	Dedenbach Lea	*Köln	1:00:36	1:02:11	192	WHK	93	17:05	14:47	14:27	14:15	
261	2197	Habermann Eva	*Köln	1:00:38	1:01:46	193	WHK	94	16:42	14:56	14:47	14:12	
262	2237	Henn Mara	*Köln	1:00:38	1:01:46	194	WHK	92	16:42	14:55	14:47	14:12	
263	2425	Lansing Marie	*Köln	1:00:41	1:01:26	195	WHK	96	16:54	14:54	15:15	13:36	
264	2139	Frenzel Dorothee	UA Pro Team	1:00:41	1:00:55	34	W30	84	16:56	15:01	14:54	13:49	
265	2135	Franeck Annika	Ph1	1:00:45	1:00:57	196	WHK	89	16:16	14:55	15:19	14:14	
266	2235	Henke Louisa	VampirPower-Team	1:00:45	1:01:24	197	WHK	96	15:09	14:20	15:33	15:42	
267	2200	Hage Angelika	BLB Köln Runner	1:00:46	1:01:51	2	W60	56	16:30	14:50	14:52	14:32	
268	2327	Kelly Neda	cleverbridge AG	1:00:51	1:02:09	14	W35	82	17:05	14:27	14:49	14:28	
269	2449	Lohmann Hannah	*Köln	1:00:58	1:02:24	35	W30	85	17:07	14:58	14:29	14:23	
270	1993	Braßel Melanie	*Königswinter	1:00:59	1:02:24	36	W30	85	17:07	14:58	14:29	14:23	
271	2047	Conde Arouca Edimara	cleverbridge AG	1:01:00	1:02:20	11	W40	75	17:50	14:57	14:16	13:55	
272	2362	Köller Julia	*Köln	1:01:06	1:01:44	198	WHK	97	15:56	15:05	15:24	14:39	
273	2129	Flore Fiona	Ebner Stolz & Friends	1:01:06	1:01:39	199	WHK	94	16:20	14:49	15:07	14:49	
274	2742	Schurack Selma	*Köln	1:01:08	1:02:47	200	WHK	90	17:30	14:46	14:39	14:13	
275	2498	Mertens Antonia	*Köln	1:01:16	1:01:52	201	WHK	96	16:58	14:55	14:55	14:26	
276	2465	Mackscheidt Verity	*Köln	1:01:16	1:02:58	202	WHK	94	16:45	14:44	15:11	14:34	
277	2123	Fischer Anna	Was mach ich hier eigentlich?	1:01:19	1:01:46	203	WHK	97	15:28	14:53	15:16	15:40	
278	2903	Woithe Annalena	*Köln	1:01:24	1:02:16	204	WHK	92	16:01	14:33	15:04	15:45	
279	2401	Krüger Rebecca	VampirPower-Team	1:01:25	1:02:14	205	WHK	95	16:05	14:40	15:18	15:21	
280	2763	Siebers Katrin	Ren-Tiere	1:01:29	1:02:12	206	WHK	91	16:48	15:01	14:56	14:43	
281	2399	Krüger Lara	*köln	1:01:34	1:02:26	37	W30	88	16:13	14:51	15:12	15:16	
282	2432	Levy-Groth Mia	*Köln	1:01:38	1:02:27	207	WHK	97	16:48	15:00	15:07	14:41	
283	2183	Gritz Alex	*Köln	1:01:38	1:02:27	208	WHK	97	16:47	15:00	15:07	14:42	
284	2448	Lohaus Annika	*Köln	1:01:39	1:02:48	209	WHK	93	15:40	14:36	15:29	15:54	
285	2700	Schlotterbeck Johanna	Ebner Stolz & Friends	1:01:40	1:02:12	210	WHK	94	16:21	14:49	15:07	15:22	
286	2014	Brune Veronika	Nano Runners	1:01:41	1:02:59	38	W30	86	17:35	15:07	14:38	14:19	
287	3007	Kerboub Soreya	Volksbank Köln Bonn	1:01:45	1:02:43	39	W30	85	16:30	14:59	15:22	14:52	
288	2353	Klein Sandra	*Köln	1:01:45	1:03:12	211	WHK	94	17:46	14:59	15:00	13:58	
289	2737	Schulz Luisa Sophie	*Köln	1:01:46	1:03:13	212	WHK	97	17:46	14:59	15:00	13:59	
290	2193	Günther Mirella	*Köln	1:01:47	1:02:58	1	WU1	02	16:48	14:46	15:12	15:00	
291	2194	Günther Pia	*Köln	1:01:48	1:02:58	6	W45	72	16:48	14:46	15:12	15:00	
292	2624	Reckers Lucia	*Bornheim	1:01:57	1:03:26	213	WHK	90	16:50	14:33	15:12	15:20	
293	2210	Hannemann Lena	*Köln	1:02:09	1:02:55	214	WHK	95	16:25	15:06	15:04	15:32	
294	2923	Zavadzka Alexandra	UA Pro Team	1:02:23	1:02:26	215	WHK	90	16:21	15:18	15:18	15:24	
295	2030	Carl Lisa	LiZee	1:02:27	1:04:01	40	W30	86	16:12	15:11	15:34	15:28	
296	1920	Aring Susanne	BLB Köln Runner	1:02:29	1:03:31	7	W45	69	16:24	14:59	15:27	15:38	
297	1969	Bodamer Wiebke	Cologne Internationals	1:02:35	1:03:44	216	WHK	93	17:30	15:28	15:05	14:31	
298	2010	Brückner Hanna	*Wachtendonk	1:02:40	1:03:23	217	WHK	96	17:41	15:01	14:45	15:12	
299	2594	Pilkahn Janina	*Hürth	1:02:45	1:03:53	218	WHK	91	17:37	15:52	15:07	14:07	
300	2018	Büsch Pénélope	Blitzer Flitzer	1:02:46	1:03:46	219	WHK	93	15:49	15:18	16:07	15:31	

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	2005	Brozia Michaela	Valium i.V.	1:02:56	1:03:41	8	W45	70	16:32	15:13	15:35	15:35	
302	2056	Dalvi Priya	The Running Cancer Team	1:02:57	1:03:18	220	WHK	90	15:24	15:34	15:59	15:59	
303	1706	Esch Eva	Laufbrigade Oberberg	1:02:58	1:04:35	5	W50	73	16:26	15:26	15:36	15:29	
304	2243	Hermanns Yvonne	*Köln	1:03:05	1:03:43	221	WHK	94	15:47	15:32	16:15	15:30	
305	2402	Krumhauer Greta	*Köln	1:03:18	1:04:16	222	WHK	96	17:43	15:44	15:17	14:33	
306	2122	Firl Katrin	*Köln	1:03:18	1:04:16	223	WHK	96	17:43	15:44	15:17	14:33	
307	2693	Schierz Nicola	Team Talanx	1:03:18	1:04:13	41	W30	86	16:32	15:21	15:45	15:38	
308	2072	Dörck Viviane	*Hürth	1:03:21	1:03:43	2	WU2	99	16:25	15:01	16:24	15:30	
309	2706	Schmidt Alina	*Köln	1:03:22	1:04:23	224	WHK	94	17:27	15:04	15:14	15:36	
310	1978	Bohmeier Hanna	*Köln	1:03:23	1:04:24	225	WHK	92	17:28	15:03	15:15	15:36	
311	2132	Förster Anja	Die derben Dernas	1:03:24	1:04:55	42	W30	86	18:12	15:42	15:08	14:21	
312	2178	Grandjean Elisabeth	*KOLN	1:03:27	1:03:50	12	W40	77	16:58	15:29	15:28	15:30	
313	2754	Sehleier Luisa	*Köln	1:03:27	1:04:40	15	W35	83	17:37	15:35	14:59	15:13	
314	1911	Anderer Birgit	Wilde Wutz	1:03:28	1:04:00	3	W60	57	16:39	15:15	15:41	15:52	
315	2279	Ising Christina	cleverbridge AG	1:03:32	1:04:50	13	W40	78	17:17	15:36	15:33	15:05	
316	2342	Kirschner Claudia	Born2Run	1:03:34	1:04:25	2	W55	63	17:10	15:33	15:29	15:20	
317	2382	Kortekaas Caroline	*Köln	1:03:34	1:04:59	226	WHK	92	17:13	15:43	15:34	15:04	
318	2816	Thielscher Saskia	*Köln	1:03:35	1:05:00	227	WHK	90	17:13	15:42	15:34	15:04	
319	2931	Zimmer Anna	*Hürth	1:03:37	1:04:37	43	W30	88	16:38	15:28	15:58	15:32	
320	2883	Welter Janina	*Köln	1:03:39	1:04:06	44	W30	88	16:08	15:38	15:54	15:57	
321	2213	Hartmann Leonora	*Bonn	1:03:42	1:04:18	228	WHK	95	17:48	15:41	15:30	14:41	
322	2093	Eder Caroline	Der Hirnrindenritt	1:03:43	1:04:18	229	WHK	94	17:49	15:41	15:30	14:41	
323	2966	Wolf Noemi	*Köln	1:03:51	1:05:22	230	WHK	93	18:58	15:41	14:55	14:15	
324	2144	Gacutan Arabelle	*Bonn	1:03:58	1:04:55	231	WHK	95	17:55	15:55	15:11	14:56	
325	2680	Schaeben Anna	*Köln	1:03:58	1:04:25	232	WHK	98	17:44	15:34	15:32	15:07	
326	1620	Trapp Mira	*Köln	1:04:00	1:04:33	233	WHK	94	17:02	15:43	15:38	15:36	
327	1298	Ochs Teresa	*Köln	1:04:01	1:04:33	234	WHK	92	17:02	15:43	15:38	15:36	
328	2418	Lang Yvonne	*Köln	1:04:01	1:04:24	235	WHK	90	16:26	15:16	16:10	16:08	
329	2042	Clark Kristen	Corporate Ultras Reloaded	1:04:01	1:05:40	236	WHK	93	18:03	15:49	15:20	14:47	
330	2583	Pestotnik Annika	Corporate Ultras Reloaded	1:04:02	1:05:40	237	WHK	93	18:04	15:49	15:20	14:47	
331	2004	Broermann Leonie	Corporate Ultras Reloaded	1:04:04	1:05:41	238	WHK	92	18:05	15:50	15:20	14:49	
332	1995	Brei Daniela	*Hürth	1:04:08	1:04:35	45	W30	87	16:55	15:33	15:53	15:45	
333	2286	Jakob Laura	2 auf Abwegen	1:04:15	1:05:32	239	WHK	90	17:43	15:56	15:32	15:02	
334	2218	Heide Marie	2 auf Abwegen	1:04:15	1:05:32	46	W30	88	17:43	15:56	15:33	15:02	
335	2531	Nasic Mia	*Köln	1:04:19	1:05:29	240	WHK	94	18:02	15:40	15:39	14:57	
336	1929	Bardaji Farre Maria	Collegium musicum	1:04:19	1:05:29	241	WHK	94	18:02	15:40	15:39	14:57	
337	2095	Emma Marroncini	Cologne Internationals	1:04:21	1:04:31	242	WHK	94	18:54	16:16	14:50	14:19	
338	2824	Tietze Kirsten	Cologne Internationals	1:04:29	1:05:24	243	WHK	92	17:44	15:54	15:48	15:01	
339	1985	Borchert Ann-Kathrin	Cologne Internationals	1:04:30	1:05:24	244	WHK	92	17:45	15:54	15:48	15:01	
340	2509	Misselich Maren	*Weilerswist	1:04:31	1:05:05	245	WHK	97	17:48	16:09	15:45	14:47	
341	1994	Braun Charlotte	*Köln	1:04:37	1:05:45	246	WHK	92	17:37	15:49	15:51	15:19	
342	2090	Eckey Hannah	Ebner Stolz & Friends	1:04:45	1:05:48	247	WHK	95	17:40	16:01	15:39	15:22	
343	2390	Krakor Eva	Nano Runners	1:04:46	1:06:03	47	W30	88	17:37	15:27	15:36	16:03	
344	2428	Lea Schiffer	Ebner Stolz & Friends	1:04:50	1:05:54	248	WHK	96	17:39	16:01	15:40	15:29	
345	2167	Glombitza Hanna Verena	*Odenthal	1:04:57	1:05:38	249	WHK	97	17:03	15:45	16:09	15:58	
346	2154	Geers Franziska	*Köln	1:05:03	1:05:44	250	WHK	96	17:03	15:45	16:09	16:04	
347	2051	Credo Dr. Rebecca	Team Dr. Credo	1:05:25	1:06:10	251	WHK	90	17:32	16:01	16:04	15:47	
348	2296	Jiang Dr. Hong	Let#s metabolize	1:05:37	1:06:59	48	W30	84	17:22	15:57	16:08	16:10	
349	2102	Eschweiler Laura	*Euskirchen	1:05:40	1:07:08	252	WHK	96	18:10	16:11	16:26	14:52	
350	2103	Eschweiler Lisa	*Euskirchen	1:05:40	1:07:08	253	WHK	98	18:10	16:11	16:26	14:52	
351	2522	Müller Myriam	cleverbridge AG	1:05:43	1:07:03	49	W30	86	17:48	16:03	15:54	15:57	
352	2808	Tauermann Marie	*Köln	1:06:12	1:07:42	254	WHK	95	17:42	16:06	16:13	16:09	
353	2282	Jäckels Annika	*Köln	1:06:12	1:07:42	255	WHK	93	17:42	16:06	16:13	16:10	
354	2558	Nyantakyi Nana	Reisegesellschaft	1:06:13	1:07:24	256	WHK	94	17:15	16:13	16:26	16:18	
355	2065	Desens Daniela	UA Pro Team	1:06:21	1:06:33	16	W35	82	16:39	16:20	16:48	16:32	
356	2356	Klubschewsky Sandra	Nano Runners	1:06:25	1:07:43	14	W40	76	17:37	15:49	16:37	16:21	
357	2714	Schmitte Korinna	Team Currywurst	1:06:28	1:07:25	50	W30	88	17:09	15:50	16:45	16:42	
358	2341	Kirchner Victoria	*Köln	1:06:37	1:07:11	257	WHK	97	17:42	16:15	16:18	16:21	
359	2576	Patanao Stephanie	*Bonn	1:06:41	1:07:37	258	WHK	96	17:04	16:37	16:21	16:37	
360	2140	Friedel Samira	*Köln	1:07:12	1:07:32	259	WHK	92	17:01	16:16	17:03	16:51	

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2208	Hamsch Kathi	*Köln	1:07:13	1:07:32	260	WHK	94	17:01	16:16	17:03	16:51	
362	1977	Bohmann Rika	Biegerstreet	1:07:17	1:08:27	261	WHK	91	18:05	16:22	16:42	16:07	
363	2823	Tielkes Laura	VampirPower-Team	1:07:22	1:09:02	262	WHK	97	17:59	15:53	16:40	16:49	
364	2316	Karatasiou Konstantina	*Köln	1:07:22	1:07:58	263	WHK	90	18:02	16:43	16:18	16:17	
365	2474	Martens Veronika	*Köln	1:07:25	1:09:05	264	WHK	89	18:00	16:09	16:25	16:50	
366	2114	Fast Gisela	*Köln	1:07:28	1:09:08	51	W30	84	18:02	16:07	16:28	16:49	
367	2535	Neuber Anja	Bio4Ever	1:07:44	1:08:40	9	W45	73	18:06	16:38	17:00	15:59	
368	2345	Kisters-Woike Brigitte	Bio4Ever	1:07:44	1:08:41	4	W60	57	18:06	16:37	17:00	15:59	
369	1989	Boxberg Anne	*Köln	1:07:55	1:09:13	52	W30	87	18:14	16:35	16:46	16:18	
370	2272	Hüwel Eva	*Köln	1:07:55	1:09:13	53	W30	88	18:14	16:36	16:46	16:18	
371	2863	Waisman Mara	Karma	1:08:28	1:08:56	265	WHK	94	17:57	16:57	17:11	16:22	
372	2848	Vogel Katharina		1:08:28	1:08:56	266	WHK	95	17:57	16:58	17:10	16:22	
373	2730	Schriewer Pia	*Köln	1:08:28	1:09:52	54	W30	87	17:56	16:17	16:59	17:15	
374	2098	Engelhardt Greta	Reisegesellschaft	1:08:44	1:09:56	267	WHK	96	17:40	16:30	16:51	17:42	
375	2747	Schwenkler Lana-Marie	Reisegesellschaft	1:08:44	1:09:55	268	WHK	96	17:40	16:30	16:52	17:42	
376	2085	Düvelmeyer Miriam	*Köln	1:08:51	1:10:02	269	WHK	98	18:07	16:31	17:00	17:10	
377	2658	Rowaida Kelly	Nano Runners	1:09:00	1:10:18	15	W40	78	18:29	16:37	17:15	16:38	
378	2352	Klein Lena	Cologne Internationals	1:09:05	1:09:56	270	WHK	89	18:40	16:44	17:10	16:30	
379	2760	Shariatmadari Parasstou	*Köln	1:09:05	1:09:56	271	WHK	89	18:40	16:44	17:10	16:30	
380	2900	Wittlich Julia	*Bergheim	1:09:12	1:10:01	272	WHK	94	17:38	16:22	17:32	17:39	
381	2825	Tirtey Svenja	UA Pro Team	1:09:14	1:09:16	273	WHK	91	17:16	17:10	17:26	17:20	
382	2526	Müller Yannah	UA Pro Team	1:09:15	1:09:16	55	W30	88	17:18	17:10	17:27	17:19	
383	2310	Kaldirim Madlen	Ren-Tiere	1:09:30	1:10:12	274	WHK	93	17:51	17:00	17:26	17:12	
384	2633	Reifenscheid Stefanie	Cologne Internationals	1:09:43	1:11:08	17	W35	83	18:31	17:05	16:59	17:07	
385	2257	Höfgen Kerstin	cleverbridge AG	1:09:57	1:11:18	275	WHK	89	17:51	16:59	17:30	17:37	
386	2155	Gennerich Marie-joe	*Hürth	1:09:58	1:11:21	276	WHK	96	18:24	17:12	17:19	17:01	
387	2157	Gerasch Kristina	*Köln	1:10:00	1:11:24	277	WHK	97	18:24	17:12	17:19	17:04	
388	2256	Hitzemann Theresa	Cologne Internationals	1:10:11	1:11:47	278	WHK	89	17:29	16:30	17:22	18:49	
389	1983	Bongartz Lucie	*Köln	1:10:20	1:11:51	279	WHK	93	18:44	17:20	17:32	16:44	
390	2423	Langels Michelle	*Köln	1:10:20	1:11:51	280	WHK	95	18:44	17:20	17:31	16:44	
391	2499	Merzadah Ragna	*Köln	1:10:21	1:11:51	281	WHK	95	18:44	17:20	17:31	16:44	
392	2173	Gohl Pia	*Köln	1:10:34	1:12:00	282	WHK	94	18:13	16:55	17:29	17:55	
393	1976	Böning Melina	*Köln	1:10:34	1:12:00	283	WHK	92	18:13	16:55	17:30	17:55	
394	1959	Bibi Masooma	UA Pro Team	1:10:55	1:10:57	284	WHK	90	17:10	18:26	17:17	18:01	
395	2859	Vu Phi	*Köln	1:11:02	1:12:39	285	WHK	97	18:10	17:58	18:18	16:34	
396	2571	Ottens Andrea	*Köln	1:11:10	1:11:20	56	W30	85	19:06	17:20	17:24	17:19	
397	2202	Hagin Helga	Uniklinik Anaesthesiologie	1:11:14	1:12:42	1	W70	48	19:05	17:20	17:31	17:17	
398	1953	Berg Dr. Rita	*Köln	1:11:41	1:12:46	57	W30	87	18:12	17:32	17:50	18:06	
399	2211	Hansen Sigrid	The Running Cancer Team	1:12:02	1:12:20	6	W50	66	18:27	17:46	17:54	17:54	
400	2831	Trongchit Kanokrat	BlueMotion	1:13:06	1:14:41	58	W30	88	18:09	17:26	18:45	18:45	
401	2666	Sadaghiani Mahya	Ph1	1:13:36	1:13:39	286	WHK	89	18:01	18:12	18:36	18:45	
402	2269	Hosseini Elaheh	Ph1	1:13:37	1:13:39	59	W30	88	18:15	18:27	18:36	18:18	
403	1904	Aghababaei Mitra	Ph1	1:13:41	1:13:52	287	WHK	90	22:57	21:41	24:14	04:47	
404	2416	Landen Doris	KölnAlumni	1:13:59	1:14:45	3	W55	61	18:12	17:43	18:49	19:13	
405	2662	Ruetz Elena	cleverbridge AG	1:14:20	1:15:39	60	W30	88	19:31	18:28	18:35	17:44	
406	2472	MARDONES DANIELA	The Matrix Assisted Laser-Deso	1:14:38	1:15:54	61	W30	87	18:07	18:06	20:04	18:19	
407	2886	Wessels Alina	BlueMotion	1:14:51	1:16:26	288	WHK	92	19:59	18:38	18:36	17:37	
408	2482	Maxime Diel	*Kalk	1:14:57	1:15:08	289	WHK	97	19:46	18:58	18:30	17:41	
409	2932	Zimmer Sophie	*Köln	1:14:57	1:15:08	290	WHK	95	19:47	18:58	18:30	17:41	
410	2719	Schneeloch Jana	*Köln	1:15:44	1:17:26	291	WHK	95	19:41	18:30	19:16	18:15	
411	2070	Dimitrova Silva	cleverbridge AG	1:16:21	1:17:40	62	W30	84	19:37	18:49	18:35	19:18	
412	2960	Kuhl Isabel	*Köln	1:16:40	1:18:12	292	WHK	96	18:58	18:23	20:36	18:41	
413	2698	Schlimgen Elena	The Matrix Assisted Laser-Deso	1:16:43	1:17:52	293	WHK	95	18:16	19:18	19:57	19:10	
414	2732	Schröder Cindy	The Matrix Assisted Laser-Deso	1:16:43	1:17:54	18	W35	82	18:17	19:17	19:58	19:10	