

# Kölner Zoolauf am 13. Juli 2018 - 6 Runden - 10.05km

## Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	1617	Nieuwenhuysen Frank	VfB Erftstadt - Multisport	0:46:34	1985	M30	1	0:47:55	07:35 07:35 08:07 07:49 07:48 07:38	4:38 min/km
2	657	Zinndorf Kim	*Troisdorf	0:47:50	1987	M30	2	0:47:52	07:27 08:08 08:21 08:09 08:06 07:36	4:46 min/km
3	2503	Riedel Oliver	TSV Dieringhausen	0:48:09	1979	M35	1	0:48:15	07:09 08:18 08:29 08:01 08:18 07:52	4:48 min/km
4	1312	Orth Christoph	*Alfter	0:48:10	1976	M40	1	0:49:04	07:25 07:49 08:28 08:12 08:19 07:55	4:48 min/km
5	475	Hoffmann Nils	*Brühl	0:48:41	1990	MHK	1	0:48:53	06:50 08:31 08:25 07:56 08:11 08:46	4:51 min/km
6	57	Ebener Daniel	*Köln	0:48:44	1983	M35	2	0:48:59	08:00 08:12 08:25 08:04 08:11 07:49	4:51 min/km
7	1328	Menke Christian	*Altenmedingen	0:49:04	1965	M50	1	0:49:09	07:11 08:38 08:38 08:20 08:17 07:57	4:53 min/km
8	1290	Giagkidis Ioannis	*Köln	0:49:06	2000	MU20	1	0:50:00	09:09 09:00 10:03 09:40 09:48 01:23	4:53 min/km
9	1896	Zeller Philipp	*Herford	0:49:09	1996	MHK	2	0:49:33	08:14 08:25 09:07 08:00 07:55 07:27	4:54 min/km
10	2186	Schulze Roberg Michael		0:49:14	1982	M35	3	0:49:22	07:38 08:03 08:14 08:36 08:36 08:04	4:54 min/km
11	288	Schneider Rocky	*Köln	0:49:29	1976	M40	2	0:51:51	08:37 07:54 08:27 08:15 08:13 07:58	4:55 min/km
12	1863	Knepper Nils	*Köln	0:49:29	1985	M30	3	0:51:34	08:44 07:39 08:36 08:16 08:20 07:51	4:55 min/km
13	2030	Jach Andreas	*Hückelhoven	0:49:33	1976	M40	3	0:50:15	08:12 08:11 08:42 08:16 08:18 07:52	4:56 min/km
14	950	Ingenhaag Luke	VfB Erftstadt Multisport	0:49:40	2007	MU12	1	0:52:17	08:31 08:08 08:23 08:18 08:18 08:00	4:57 min/km
15	1134	Tisken Gerd	*Köln	0:49:52	1982	M35	4	0:50:31	07:45 07:55 08:36 08:32 08:43 08:19	4:58 min/km
16	254	Loll Hendrik	Leo Club Köln	0:50:02	1991	MHK	3	0:50:30	07:12 07:54 08:48 08:49 08:53 08:24	4:59 min/km
17	85	Pracht Frank	*Köln	0:50:22	1977	M40	4	0:50:38	07:36 08:06 08:36 08:45 08:55 08:22	5:01 min/km
18	1725	Lauer Jan	*Köln	0:50:33	1991	MHK	4	0:51:26	07:34 07:41 08:28 07:55 08:54 09:59	5:02 min/km
19	909	Haak Christian	*Bergisch Gladbach	0:50:43	1974	M40	5	0:51:20	08:07 08:34 08:40 08:38 08:40 08:03	5:03 min/km
20	1757	Claßen Alexander	AMORE	0:50:43	1992	MHK	5	0:51:04	07:51 08:28 09:24 08:33 08:24 08:00	5:03 min/km
21	222	Holtermueller Alfred	Actic Bornheim	0:50:47	1967	M50	2	0:50:50	07:36 08:40 08:58 08:44 08:43 08:02	5:03 min/km
22	2262	Strauß Ansgar	Rolf Fensterbau	0:50:57	1987	M30	4	0:53:55	08:38 07:55 08:24 08:37 08:48 08:32	5:04 min/km
23	788	Schillinger Werner	*Erftstadt	0:50:58	1967	M50	3	0:51:03	07:40 08:20 09:04 08:37 08:44 08:30	5:04 min/km
24	1885	Köllner Oliver Milan	Kölner Faulpelze	0:51:08	1986	M30	5	0:51:20	08:22 08:22 08:51 08:32 08:41 08:17	5:05 min/km
25	1108	Tönnies Christian	FSV Köln	0:51:09	1983	M35	5	0:53:05	09:04 08:41 08:35 08:36 08:22 07:48	5:05 min/km
26	1082	Schicker Fabian	*Wiesbach	0:51:09	1993	MHK	6	0:53:05	09:03 08:40 08:41 08:31 08:23 07:49	5:05 min/km
27	2580	Michels Florian	BF Köln	0:51:12	1990	MHK	7	0:53:06	09:07 08:37 08:36 08:37 08:22 07:50	5:06 min/km
28	2608	Dietrich Benjamin	BF Köln	0:51:13	1982	M35	6	0:53:07	09:04 08:42 08:36 08:35 08:23 07:50	5:06 min/km
29	1133	Rothkamp Sascha	*Köln	0:51:13	1994	MHK	8	0:53:08	09:04 08:42 08:37 08:35 08:22 07:50	5:06 min/km
30	478	Aumann Andreas	*Düren	0:51:27	1990	MHK	9	0:54:56	09:31 07:59 08:36 08:55 08:40 07:42	5:07 min/km
31	1456	Steinberg Peter	*Köln	0:51:30	1978	M40	6	0:51:54	08:14 08:25 09:07 07:59 09:22 08:20	5:08 min/km
32	2045	Völlmecke Lars	*Köln	0:51:57	2004	MU16	1	0:52:04	07:47 08:36 08:54 08:50 08:59 08:49	5:10 min/km
33	772	Halfen Bastian	*Bonn	0:52:01	1992	MHK	10	0:56:23	09:15 08:15 08:33 08:53 08:42 08:22	5:11 min/km
34	2135	Grzeszik Mike	*Köln	0:52:10	1985	M30	6	0:54:52	09:22 08:38 08:37 08:47 08:52 07:51	5:12 min/km
35	2009	Gerhard Rolf	*Köln	0:52:17	1979	M35	7	0:52:46	08:24 08:28 08:55 09:04 09:00 08:25	5:12 min/km
36	1003	George Michael	Hirschfeld 1928	0:52:18	1963	M55	1	0:52:22	07:27 08:28 08:55 08:50 09:17 09:18	5:12 min/km
37	2066	Schnell Matthias	I Moogs net Schnell	0:52:22	1976	M40	7	0:56:49	09:28 08:23 08:37 09:00 08:40 08:12	5:13 min/km
38	468	Helme Thomas	BSG Beitragservice	0:52:32	1993	MHK	11	0:56:01	09:32 07:58 08:36 08:57 08:40 08:46	5:14 min/km
39	1758	Cremer Andreas	AMORE	0:52:32	1987	M30	7	0:52:53	07:50 08:26 09:28 09:06 09:02 08:37	5:14 min/km
40	2264	Bockshecker Roland	Rolf Fensterbau	0:52:33	1987	M30	8	0:55:27	08:38 08:07 08:43 09:24 09:00 08:39	5:14 min/km
41	571	Schwert Sascha	LG RWE Power	0:52:43	1987	M30	9	0:52:50	07:16 08:33 09:09 09:02 09:22 09:17	5:15 min/km
42	2591	Varga Felix	*St Augustin	0:53:01	1993	MHK	12	0:53:08	11:29 08:06 08:30 08:34 08:26 07:53	5:17 min/km
43	1886	Schmitz Daniel	Kölner Faulpelze	0:53:02	1988	M30	10	0:53:15	08:22 08:52 09:15 09:06 09:03 08:22	5:17 min/km
44	1046	Marek Waldemar	Für Hürth	0:53:06	1974	M40	8	0:53:11	07:49 08:39 09:18 09:12 09:10 08:55	5:17 min/km
45	1582	Färber Wolfgang	*Hürth	0:53:08	1965	M50	4	0:55:23	09:11 08:43 09:04 09:06 08:56 08:06	5:17 min/km
46	2442	Lohmeyer Johannes	*Köln	0:53:12	1986	M30	11	0:53:26	08:34 08:43 09:14 08:58 09:05 08:35	5:18 min/km
47	1712	Schilling Burkhard	Schwadorf Ramazzotti	0:53:16	1958	M60	1	0:56:34	09:30 08:27 08:44 09:10 08:51 08:31	5:18 min/km
48	1306	Jantsch Dirk	*Köln	0:53:17	1959	M55	2	0:53:47	08:55 08:37 09:15 09:00 08:56 08:32	5:18 min/km
49	2682	Ludewig Ralph		0:53:21	1986	M30	12	0:55:35	08:42 07:58 10:37 09:07 08:49 08:06	5:19 min/km
50	1395	Schmitz Thomas	*Krefeld	0:53:24	1976	M40	9	0:54:56	08:46 08:29 08:59 08:54 09:13 09:01	5:19 min/km
51	1643	Haeming Eric	Sr.Tollität Luftflotte eV.19260	0:53:25	1964	M50	5	0:54:37	09:26 08:24 08:50 09:08 09:03 08:32	5:19 min/km
52	1726	Heinrich Malte	Safari Alaaf!	0:53:26	1988	M30	13	0:53:36	08:25 08:51 09:14 09:10 09:07 08:36	5:19 min/km
53	231	Lamping Christian	Safari Alaaf!	0:53:27	1989	MHK	13	0:53:38	08:24 08:52 09:13 09:08 09:10 08:37	5:19 min/km

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54	2614	Hümmeler Hubertus	*Köln	0:53:42	1984	M30	14	0:56:10	08:39	08:12	09:03	09:25	08:58	5:21 min/km	
55	2462	Schmidt Kevin	*Köln	0:53:51	1991	MHK	14	0:57:54	10:20	08:23	08:27	08:56	09:00	08:42	5:22 min/km
56	920	Gerber Alexander	*Köln	0:53:51	1996	MHK	15	0:57:10	10:23	08:47	08:35	09:16	08:52	07:57	5:22 min/km
57	863	Martens Hanno	*Köln	0:53:52	1990	MHK	16	0:57:11	10:23	08:48	08:34	09:15	08:53	07:56	5:22 min/km
58	1930	Rubin Daniel	Nur wegen der	0:53:54	1977	M40	10	0:57:27	10:35	08:48	08:20	08:42	08:36	08:50	5:22 min/km
59	1215	Langos Andreas	*Bornheim	0:54:02	1970	M45	1	0:54:45	08:44	08:50	09:05	09:09	09:23	08:49	5:23 min/km
60	1545	Schmitz Alexander	Schmitz-Fitness	0:54:06	1979	M35	8	0:58:10	10:00	08:56	09:00	08:59	08:44	08:25	5:23 min/km
61	564	Krings Marcel	Die Lambies and Friends	0:54:08	1982	M35	9	0:55:18	10:22	09:05	08:45	09:13	08:40	08:01	5:23 min/km
62	1728	Becker Andreas	Fit for Fanti	0:54:15	1970	M45	2	0:54:38	08:40	08:46	09:19	09:22	09:16	08:49	5:24 min/km
63	280	Chakroun Ramzi	Safari Alaaf!	0:54:21	1984	M30	15	0:54:36	08:42	08:43	09:19	09:00	09:48	08:46	5:25 min/km
64	224	Schnurawa Lukas	Safari Alaaf!	0:54:21	1985	M30	16	0:54:35	08:42	08:43	09:19	09:01	09:48	08:46	5:25 min/km
65	2488	Klick Markus	*Wachtberg	0:54:21	1968	M50	6	0:55:19	09:07	08:54	09:13	09:14	09:04	08:46	5:25 min/km
66	2289	Winkelmann Christian	Föhr Marathon e.V.	0:54:22	1978	M40	11	0:55:21	08:43	08:51	09:14	09:27	09:14	08:51	5:25 min/km
67	1004	Braunack Philipp	*Kerpen	0:54:30	1986	M30	17	0:56:52	10:11	09:47	09:42	08:08	08:35	08:04	5:25 min/km
68	2558	Schellberg Daniel	*Köln	0:54:34	1981	M35	10	0:57:01	10:31	09:50	10:14	08:02	08:07	07:47	5:26 min/km
69	1115	Link Lars-Ole	Running Links	0:54:36	2002	MU18	1	0:58:49	10:17	08:58	08:49	08:56	09:32	08:01	5:26 min/km
70	1720	Golinski Martin	*Pulheim	0:54:44	1981	M35	11	0:58:28	09:44	08:41	08:45	09:25	09:17	08:49	5:27 min/km
71	2382	Hauseur Pascal	*Hennef	0:54:44	1982	M35	12	0:54:55	08:00	08:51	09:47	09:27	09:33	09:04	5:27 min/km
72	264	Rittel Roman	*Köln	0:55:08	1989	MHK	17	0:56:18	09:45	09:11	09:21	09:15	09:12	08:21	5:29 min/km
73	1853	Schmitz Florian	*Köln	0:55:19	1987	M30	18	0:56:22	08:45	08:59	09:13	09:29	09:32	09:19	5:30 min/km
74	984	Schumacher Guido	KLJB Köln	0:55:20	1982	M35	13	0:58:23	09:28	09:08	09:11	09:23	09:19	08:49	5:30 min/km
75	1553	Burghardt Jens	Schmitz-Fitness	0:55:21	2005	MU14	1	0:59:25	10:08	09:04	09:35	09:22	09:03	08:06	5:31 min/km
76	1897	Gerganov Petko	MCDeluxe	0:55:32	1988	M30	19	0:56:45	09:48	08:54	09:21	09:40	09:35	08:13	5:32 min/km
77	2151	Heymings Peter	BF Köln	0:55:41	1981	M35	14	0:57:36	09:08	08:38	09:26	09:42	09:29	09:15	5:32 min/km
78	1877	Thanscheidt Mathias	*Köln	0:55:43	1985	M30	20	0:58:15	09:40	09:09	09:20	09:29	09:12	08:51	5:33 min/km
79	1025	Florich Carsten	BSG DEVK	0:55:45	1984	M30	21	0:59:06	10:06	09:12	09:11	09:22	09:21	08:31	5:33 min/km
80	228	Faßbender Meik	Die Partyläufer	0:55:46	1978	M40	12	0:59:20	10:02	09:21	09:06	09:12	09:09	08:54	5:33 min/km
81	144	Oberbörsch Achim	*Bergisch Gladbach	0:56:03	1964	M50	7	0:58:18	10:28	09:24	08:59	09:12	08:59	08:58	5:35 min/km
82	2421	Goldhagen Stefan	*Köln	0:56:07	1986	M30	22	0:57:08	09:09	08:50	09:24	09:26	09:58	09:18	5:35 min/km
83	389	Görres Wolfgang	#Gazelle	0:56:16	1974	M40	13	0:58:47	09:58	09:07	09:12	09:22	09:27	09:07	5:36 min/km
84	998	Schönfuß Daniel	#läuft	0:56:21	1983	M35	15	1:00:08	10:47	08:50	08:37	09:18	09:24	09:22	5:36 min/km
85	651	Lukosch Oliver	*Köln	0:56:23	1972	M45	3	0:59:45	10:10	09:26	09:15	09:26	09:14	08:50	5:37 min/km
86	2162	Foin Frédéric	*Köln	0:56:25	1984	M30	23	1:01:28	09:18	08:36	09:00	09:34	10:09	09:45	5:37 min/km
87	674	Ruth Stefan	SG TÜV Rheinland	0:56:27	1972	M45	4	0:56:47	08:19	09:02	09:42	09:49	09:55	09:38	5:37 min/km
88	2323	Martinez Johnny	#DankAugustaläuft	0:56:34	1981	M35	16	1:01:19	10:10	09:07	09:09	09:27	09:25	09:14	5:38 min/km
89	915	Jennes Felix	GESTIEFELTER	0:56:41	1994	MHK	18	1:00:01	10:25	09:27	09:18	09:21	09:22	08:47	5:38 min/km
90	1242	Nils Heuser	*Niederkassel	0:56:48	2005	MU14	2	0:59:00	10:58	10:03	09:23	09:14	09:00	08:08	5:39 min/km
91	2769	Doderer Dennis		0:56:52	1992	MHK	19	0:57:04	09:28	09:31	10:03	10:20	08:39	08:48	5:40 min/km
92	953	Kames Philipp	Prüfgruppe Stiftung	0:56:57	1982	M35	17	0:59:53	11:10	08:37	09:02	09:20	09:43	09:02	5:40 min/km
93	2664	Weischer Tilmann		0:57:03	1984	M30	24	0:59:56	10:39	09:26	09:15	09:06	09:09	09:26	5:41 min/km
94	2651	Lehmann Alexander		0:57:04	1972	M45	5	0:59:18	09:57	09:22	09:43	09:38	09:40	08:42	5:41 min/km
95	779	Krey Daniel	*Rommerskirchen	0:57:06	1979	M35	18	0:57:12	08:11	09:03	09:43	10:07	10:24	09:35	5:41 min/km
96	428	Willcke Lucas	Kasi 1	0:57:08	1993	MHK	20	0:58:07	09:59	09:10	09:38	10:23	09:29	08:26	5:41 min/km
97	1509	Kaas Michael	Kaasis	0:57:09	1973	M45	6	0:57:37	09:18	09:12	09:30	10:05	09:38	09:24	5:41 min/km
98	1797	Kahnert Philipp	BF Köln	0:57:14	1992	MHK	21	0:59:09	09:04	08:57	09:35	09:55	10:03	09:38	5:42 min/km
99	952	Lauer Martin	BF Köln	0:57:16	1988	M30	25	0:59:08	09:14	08:49	09:35	09:56	10:01	09:39	5:42 min/km
100	1304	Lindemann Daniel	*Bergisch Gladbach	0:57:17	1989	MHK	22	0:58:23	11:13	09:03	09:31	09:24	09:26	08:37	5:42 min/km
101	2354	Herzog Michael	MECON GmbH	0:57:19	1991	MHK	23	1:01:43	12:45	08:39	08:34	08:52	09:34	08:53	5:42 min/km
102	2357	Bakalarczy Markus	MECON GmbH	0:57:20	1990	MHK	24	1:01:44	12:45	08:39	08:33	08:53	09:34	08:53	5:42 min/km
103	1798	Böger Nils	*Köln	0:57:23	1991	MHK	25	0:58:02	09:47	09:27	09:34	09:50	09:48	08:54	5:43 min/km
104	786	Mauel Florian	*Lindlar	0:57:23	1982	M35	19	0:57:33	09:53	10:03	09:07	09:36	09:30	09:12	5:43 min/km
105	2410	Stevens Sascha	*Köln	0:57:25	1984	M30	26	0:59:44	09:47	09:37	09:39	09:39	09:34	09:07	5:43 min/km
106	2686	Grabot Romain		0:57:26	1987	M30	27	1:02:30	10:17	09:30	09:16	09:27	09:29	09:24	5:43 min/km
107	2689	Altenfeld Andre		0:57:27	1990	MHK	26	0:58:26	09:59	09:10	09:38	10:24	09:29	08:45	5:43 min/km
108	872	Kerlin Burkhard	*Köln	0:57:34	1969	M45	7	0:58:01	09:14	09:22	09:47	09:56	09:50	09:22	5:44 min/km
109	2780	Tensi Nils		0:57:37	1987	M	0	0:58:11	08:57	09:14	10:09	10:14	09:51	09:09	5:44 min/km
110	1852	Moldenhauer Christian	*Köln	0:57:46	1986	M30	28	0:58:50	09:23	08:53	09:46	10:06	09:55	09:40	5:45 min/km

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111	327	Meurer Bjorn	Élan	0:57:50	1990	MHK	27	0:59:07	09:09	09:07	09:54	10:14	09:49	09:35	5:45 min/km
112	1735	Feldmeier Frank	*Leverkusen	0:58:01	1966	M50	8	1:00:33	09:41	09:15	09:43	09:52	09:57	09:31	5:46 min/km
113	1895	Hübner Thomas	*Köln	0:58:08	1982	M35	20	1:00:23	10:21	09:16	09:04	10:22	09:41	09:22	5:47 min/km
114	207	Gräber Ulf	Running Animals	0:58:19	1972	M45	8	1:00:16	09:47	09:09	09:36	09:57	09:51	09:56	5:48 min/km
115	1523	Kröll Florian	*Köln	0:58:21	1983	M35	21	0:59:15	09:14	09:17	09:49	10:05	10:05	09:50	5:48 min/km
116	370	Gimmler Manfred	*Köln	0:58:26	1973	M45	9	1:03:00	10:01	09:28	09:30	09:52	09:59	09:34	5:49 min/km
117	1518	Muders David	*Köln	0:58:27	1994	MHK	28	0:58:44	08:58	09:00	10:03	10:18	10:14	09:52	5:49 min/km
118	2114	Wolff Marcel	TV Altendorf-Ersdorf	0:58:33	1979	M35	22	0:59:30	09:16	09:21	09:52	10:16	10:18	09:29	5:50 min/km
119	130	Pfeiffer Bastian	Schnitzelhunters	0:58:43	1981	M35	23	0:59:37	09:40	09:18	09:33	09:50	10:18	10:02	5:51 min/km
120	1021	Demirci Yavuz	*Köln	0:58:46	1979	M35	24	0:59:21	10:07	10:06	09:54	09:47	09:46	09:03	5:51 min/km
121	1384	Lossin Holger	Knicklicht Connection	0:58:49	1969	M45	10	0:59:14	08:57	09:19	09:52	10:17	10:31	09:51	5:51 min/km
122	1309	Jeandrée Miguel	Selbstläufer SV Altenahr	0:58:57	1996	MHK	29	1:03:31	12:00	09:24	09:25	09:22	09:41	09:02	5:52 min/km
123	2589	Wegener Tobias	*Köln	0:58:58	1985	M30	29	1:03:17	09:21	08:40	09:19	11:52	11:08	08:35	5:52 min/km
124	2593	Kempis Markus	*Köln	0:58:59	1983	M35	25	1:01:26	09:51	09:31	09:41	09:58	10:02	09:54	5:52 min/km
125	1630	Focken-Kremer Sven	*Köln	0:59:02	1983	M35	26	1:03:26	11:22	09:57	09:28	09:32	09:29	09:12	5:52 min/km
126	1470	Maye Michael	*Köln	0:59:03	1965	M50	9	1:00:07	09:51	09:29	09:55	10:08	10:09	09:28	5:53 min/km
127	1181	Kronsbein Günter	*Köln	0:59:03	1965	M50	10	1:01:22	09:48	09:48	09:51	09:56	10:09	09:29	5:53 min/km
128	773	Axt Moritz	*Alfter	0:59:07	1991	MHK	30	1:03:28	09:30	09:27	10:03	10:12	10:51	09:02	5:53 min/km
129	1908	Handstein Holger	*Köln	0:59:10	1976	M40	14	1:00:26	10:41	09:42	09:49	09:56	09:50	09:09	5:53 min/km
130	2517	Gützkow Marvin	LT MG-Volksgarten	0:59:10	1988	M30	30	1:03:38	10:56	10:19	09:51	09:47	09:44	08:32	5:53 min/km
131	1969	Beckmann David	*50969	0:59:11	1991	MHK	31	1:00:26	10:42	09:42	09:49	09:56	09:50	09:09	5:53 min/km
132	1802	Ommen Nils	*Köln	0:59:16	1983	M35	27	1:00:27	10:22	09:30	09:52	09:49	10:13	09:26	5:54 min/km
133	1271	Patzer Christian	SmashBrothers	0:59:17	1985	M30	31	1:00:58	10:39	09:46	09:36	09:51	09:51	09:30	5:54 min/km
134	2423	Morawitz Robert	*Köln	0:59:18	1977	M40	15	1:00:07	09:38	09:58	10:14	10:22	09:54	09:09	5:54 min/km
135	976	Escamilla Ivan	Deutsche Post Ladies Run	0:59:19	1995	MHK	32	0:59:35	09:36	09:46	10:33	10:27	09:32	09:21	5:54 min/km
136	230	Baehr Sebastian	Die Partyläufer	0:59:21	1982	M35	28	0:59:21	13:38	09:21	09:06	09:12	09:09	08:53	5:54 min/km
137	1159	Halfmann Jelte	Halfmann	0:59:21	2004	MU16	2	1:03:22	11:15	10:25	09:32	10:04	09:41	08:22	5:54 min/km
138	114	Schulenburg Jan Simon	*Hemer	0:59:26	1996	MHK	33	1:00:38	08:22	09:22	10:48	11:22	10:23	09:06	5:55 min/km
139	1872	Pall Juri	*Köln	0:59:26	1984	M30	32	1:00:29	10:41	10:07	09:49	09:51	09:32	09:23	5:55 min/km
140	1520	Kerner Konstantin	*Köln	0:59:27	1989	MHK	34	1:04:05	11:12	10:08	09:51	09:49	09:50	08:34	5:55 min/km
141	39	Rixen-Lieberz Christoph	*Bonn	0:59:28	1986	M30	33	1:02:13	10:00	10:10	10:03	09:52	10:04	09:18	5:55 min/km
142	1392	Trapp Arnd	Münchhof	0:59:30	1965	M50	11	1:00:17	11:01	10:16	09:52	09:57	09:37	08:45	5:55 min/km
143	1351	Naaf Christian	Münchhof	0:59:32	1983	M35	29	1:00:17	11:04	10:15	09:52	09:56	09:38	08:44	5:55 min/km
144	2622	Winterhagen Björn	*Bergisch Gladbach	0:59:34	1988	M30	34	1:01:52	12:03	09:53	09:32	09:29	09:51	08:43	5:56 min/km
145	266	Remarque Pascal	*Köln	0:59:35	1985	M30	35	1:01:30	09:12	09:01	10:47	10:32	10:21	09:41	5:56 min/km
146	2539	Zenner René	*Köln	0:59:39	1975	M40	16	1:04:17	12:13	09:45	09:20	09:26	09:51	09:02	5:56 min/km
147	2521	Roling Heinz-Jörg	*Köln	0:59:47	1978	M40	17	1:04:27	10:37	09:55	10:00	09:53	10:23	08:57	5:57 min/km
148	972	Wagner Nicolas	Deutsche Post Ladies Run	0:59:49	1989	MHK	35	1:00:03	09:36	09:39	10:15	10:34	10:15	09:27	5:57 min/km
149	2586	Beck Gustav	*Ruppichterath	0:59:57	1991	MHK	36	1:01:57	10:39	10:16	10:14	09:52	09:51	09:03	5:58 min/km
150	1846	Hirschberg Jonas	*Hennef	0:59:57	1990	MHK	37	1:01:58	10:39	10:16	10:13	09:53	09:51	09:03	5:58 min/km
151	411	Theunißen Stefan	*Aachen	1:00:02	1967	M50	12	1:00:53	09:15	09:39	10:07	10:27	10:41	09:51	5:58 min/km
152	175	Eidens Jan	*Köln	1:00:09	1977	M40	18	1:03:50	10:39	10:02	09:47	10:04	09:59	09:34	5:59 min/km
153	1153	Fritz Fabian	Bock auf Kurven	1:00:11	1989	MHK	38	1:04:49	10:24	09:52	09:49	10:05	10:16	09:42	5:59 min/km
154	1938	Hoehne Stefan	*Köln	1:00:11	1975	M40	19	1:02:24	11:20	09:57	10:26	09:28	09:44	09:14	5:59 min/km
155	616	Lüke Stefan	*Köln	1:00:16	1981	M35	30	1:01:27	10:01	09:58	10:19	10:35	10:09	09:12	5:60 min/km
156	982	Heider Michael	KLJB Köln	1:00:18	1986	M30	36	1:03:22	09:55	09:22	09:37	10:10	10:40	10:32	6:00 min/km
157	1160	Halfmann Bernd	Halfmann	1:00:22	1970	M45	11	1:04:22	11:16	10:25	09:32	10:04	09:50	09:12	6:00 min/km
158	1156	Mosbach Christian	Bock auf Kurven	1:00:25	1989	MHK	39	1:05:03	10:26	09:51	09:50	10:06	10:15	09:56	6:01 min/km
159	1376	Deißler Martin	*Troisdorf	1:00:31	1980	M35	31	1:01:30	09:57	10:02	10:13	10:17	10:21	09:38	6:01 min/km
160	107	Berse Thomas	*Köln	1:00:35	1973	M45	12	1:03:19	10:24	10:11	09:59	10:23	10:10	09:25	6:02 min/km
161	1754	Janz Maik	*Köln	1:00:37	1984	M30	37	1:03:18	10:23	09:58	10:10	10:18	10:36	09:09	6:02 min/km
162	2548	Rautenberg Prof. Ben	*Köln	1:00:42	1987	M30	38	1:03:50	11:16	10:30	10:09	10:08	10:00	08:37	6:02 min/km
163	567	DAX PETER	Scuolfreunde	1:00:44	1961	M55	3	1:04:02	10:16	10:01	10:06	10:22	10:14	09:43	6:03 min/km
164	2112	Schirner Tjerk	DaTj	1:00:45	2004	MU16	3	1:01:06	10:48	09:50	10:17	10:47	10:00	09:00	6:03 min/km
165	2204	Pahde Thomas	Köln läuft	1:00:45	1971	M45	13	1:03:57	10:14	09:39	10:04	10:12	10:29	10:05	6:03 min/km
166	1711	Schilling Michael	Schwadorf Ramazzotti	1:00:48	1961	M55	4	1:04:07	10:22	10:04	10:07	10:16	10:11	09:45	6:03 min/km
167	236	Jung Alex	Safari Alaaf!	1:00:49	1987	M30	39	1:01:01	09:52	09:43	10:05	10:22	10:35	10:08	6:03 min/km

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168	2297	Zylajew Thomas	Druckservice.koeln	1:01:01	1977	M40	20	1:02:37	10:32	09:49	10:05	10:32	10:24	09:35	6:04 min/km
169	1314	Wurda Werner	SC Fortuna Köln	1:01:01	1960	M55	5	1:05:59	10:49	10:13	09:55	10:08	10:05	09:48	6:04 min/km
170	2389	Köhler Alexander	*Oldenburg	1:01:05	1990	MHK	40	1:04:01	10:46	10:06	09:55	10:24	09:50	10:03	6:05 min/km
171	769	Eschbach Jannik	*Bergisch Gladbach	1:01:11	1992	MHK	41	1:03:15	11:00	09:53	09:52	10:14	10:19	09:50	6:05 min/km
172	1663	Blasberg Alexander	*Köln	1:01:12	1977	M40	21	1:04:45	11:30	10:16	10:09	09:50	09:52	09:33	6:05 min/km
173	317	Fries Werner	Triple F	1:01:15	1971	M45	14	1:03:41	11:04	10:06	10:11	10:11	10:11	09:29	6:06 min/km
174	1811	Schmitz Friedhelm	randy road runners	1:01:17	1965	M50	13	1:02:05	10:54	10:43	10:32	10:57	10:30	07:38	6:06 min/km
175	90	Puetz Alexander	*Köln	1:01:23	1986	M30	40	1:02:13	11:07	09:42	10:04	10:23	10:19	09:45	6:07 min/km
176	1429	Jäger Dr. Gernot	Die Waschbären	1:01:26	1983	M35	32	1:05:03	12:23	13:37	09:07	08:53	08:55	08:29	6:07 min/km
177	2427	Hartje Stephan	*Köln	1:01:28	1983	M35	33	1:05:19	10:50	10:05	10:00	10:21	10:21	09:48	6:07 min/km
178	1030	Schweitzer Andreas	*Bonn	1:01:32	1979	M35	34	1:03:04	10:57	10:30	10:15	10:09	09:59	09:40	6:07 min/km
179	796	Pieper Sebastian	*Brühl	1:01:35	1985	M30	41	1:02:43	10:01	09:45	10:18	10:29	10:47	10:12	6:08 min/km
180	2318	Heiliger Michael	*Zülpich	1:01:41	1963	M55	6	1:02:15	10:03	09:51	10:17	10:32	10:43	10:12	6:08 min/km
181	163	Rütze Andreas	*Kerpen	1:01:48	1978	M40	22	1:04:10	10:13	09:45	09:53	10:23	10:51	10:39	6:09 min/km
181	2526	Auweiler Max	*Köln	1:01:48	2003	MU16	4	1:02:11	10:54	10:57	10:53	10:24	09:35	09:03	6:09 min/km
183	2568	Rünzi Thomas	*Köln	1:01:52	1984	M30	42	1:02:10	09:11	09:53	10:22	11:00	10:47	10:38	6:09 min/km
184	431	Siemes Robert	*Düsseldorf	1:01:53	1967	M50	14	1:03:07	10:11	10:27	10:34	10:22	10:32	09:44	6:09 min/km
185	995	Güßgen Markus	#läuft	1:01:55	1963	M55	7	1:05:40	11:50	10:49	10:24	09:46	09:50	09:14	6:10 min/km
186	304	Schorn Georg	Bon Secour	1:01:56	1958	M60	2	1:03:14	10:53	10:11	10:23	10:28	10:25	09:33	6:10 min/km
187	313	Friebe Markus	Bon Secour	1:01:56	1962	M55	8	1:03:12	10:54	10:28	10:22	10:15	10:21	09:32	6:10 min/km
188	546	Hogekamp Marvin	SG TÜV Rheinland	1:01:59	1994	MHK	42	1:02:19	08:47	09:42	10:36	11:28	11:25	09:58	6:10 min/km
189	1369	Pleh Alexander	*Köln	1:01:59	1977	M40	23	1:05:19	09:42	09:58	10:15	10:35	11:05	10:21	6:10 min/km
190	608	Keuneke Dirk	*Neunkirchen-Seelscheid	1:02:14	1967	M50	15	1:03:51	12:36	12:34	09:36	09:25	08:56	09:04	6:12 min/km
191	1644	Röder Daniel	*Brühl	1:02:15	1987	M30	43	1:05:49	11:30	10:19	10:06	10:15	10:20	09:41	6:12 min/km
192	1920	Schmitz Daniel	PrepLounge	1:02:15	1986	M30	44	1:03:54	10:58	10:40	10:42	10:33	09:45	09:35	6:12 min/km
193	281	Dreier Sebastian	*Köln	1:02:15	1978	M40	24	1:04:08	11:18	10:27	10:22	10:39	10:21	09:05	6:12 min/km
194	1311	Diel Prof. Dr. Patrick	*Pulheim	1:02:21	1963	M55	9	1:04:19	10:57	10:39	10:29	10:22	10:13	09:38	6:12 min/km
195	2277	Schmitgen Arno	Localite Runners	1:02:26	1970	M45	15	1:05:16	11:59	10:51	09:47	09:58	09:49	10:00	6:13 min/km
196	2662	Worring Lars		1:02:35	1987	M30	45	1:05:21	09:58	10:10	10:04	09:48	10:11	12:21	6:14 min/km
197	2205	Pagers Sven	Köln läuft	1:02:37	1966	M50	16	1:05:48	10:15	09:43	10:15	10:39	11:01	10:42	6:14 min/km
198	2050	Weizel Thomas	*Köln	1:02:42	1983	M35	35	1:05:18	11:28	10:33	10:27	10:23	10:11	09:38	6:14 min/km
199	1739	Peters Stefan	*Mönchengladbach	1:02:42	1974	M40	25	1:03:05	09:49	10:15	10:33	10:51	10:55	10:16	6:14 min/km
200	2571	Klaas Werner	*Köln	1:02:47	1968	M50	17	1:05:07	10:48	10:22	10:32	10:25	10:34	10:04	6:15 min/km
201	1380	Ardalan Markus	*Dormagen	1:02:54	1967	M50	18	1:03:40	10:56	10:43	10:32	10:58	10:47	08:55	6:16 min/km
202	2654	Beuchert Sven	Runnies united	1:02:57	1983	M35	36	1:03:54	10:21	10:25	11:23	10:19	10:28	09:59	6:16 min/km
203	2684	Sagewka Stefan	Feuerwehrsportverein Köln	1:03:02	1987	M30	46	1:03:59	10:04	10:06	10:45	10:40	10:59	10:24	6:16 min/km
204	2263	Pees Florian	Rolf Fensterbau	1:03:07	1978	M40	26	1:06:00	11:22	10:07	10:33	10:19	10:28	10:16	6:17 min/km
205	1919	Fuhrmann Ralf	PrepLounge	1:03:14	1985	M30	47	1:04:54	10:59	10:38	10:42	10:34	10:22	09:57	6:18 min/km
206	1795	Göbbels Guido	Nur wegen der	1:03:28	1983	M35	37	1:07:01	11:11	11:10	10:33	10:49	10:38	09:04	6:19 min/km
207	791	Bruchholz Marian	*Köln	1:03:33	1982	M35	38	1:07:59	11:05	10:52	10:13	10:41	10:21	10:18	6:19 min/km
208	2668	Minor Tom		1:03:33	1964	M50	19	1:04:18	10:45	10:50	10:47	10:39	10:38	09:52	6:19 min/km
209	1490	Brungs Stefan	*Köln	1:03:35	1982	M35	39	1:07:39	10:44	10:21	10:13	10:31	10:54	10:49	6:20 min/km
210	1541	Kasper Daniel	*Erkelenz	1:03:40	1989	MHK	43	1:05:45	09:53	10:02	10:17	10:51	10:49	11:45	6:20 min/km
211	2636	Kemper Holger	LT- DSHS- Köln eV	1:03:40	1974	M40	27	1:07:38	11:10	10:39	10:26	10:27	10:38	10:18	6:20 min/km
212	2414	Klinck Harry	*Köln	1:03:42	1952	M65	1	1:07:55	11:12	10:41	10:30	10:39	10:33	10:05	6:20 min/km
213	2203	Starrenburg Franz	Köln läuft	1:03:43	1975	M40	28	1:05:29	09:54	10:18	10:41	11:04	10:51	10:53	6:20 min/km
214	1307	Jantsch Michael	*Köln	1:03:47	1993	MHK	44	1:04:17	10:49	10:36	10:35	10:44	10:46	10:14	6:21 min/km
215	2534	Mazet Luca	*Köln	1:03:47	1988	M30	48	1:06:19	10:10	09:58	10:33	11:12	11:32	10:18	6:21 min/km
216	2525	Auweiler Klaus	*Köln	1:03:49	1966	M50	20	1:04:12	10:26	09:50	10:33	11:13	10:44	11:01	6:21 min/km
217	752	Küpper Bruno	LongBilBlu Runners	1:03:58	1974	M40	29	1:05:21	10:35	10:40	10:46	10:53	10:53	10:09	6:22 min/km
218	1424	Schwarze Pascal	*Brühl	1:04:00	1984	M30	49	1:06:29	12:59	13:31	13:53	08:02	07:53	07:40	6:22 min/km
219	895	Wendt Matthias	*Köln	1:04:00	1977	M40	30	1:06:39	11:41	09:23	10:13	10:57	11:00	10:44	6:22 min/km
220	2703	Vogler Wolfgang	Fairer Handel	1:04:03	1949	M65	2	1:07:44	11:33	10:42	10:35	10:36	10:36	09:59	6:22 min/km
221	1346	Lehman Sebastian	Meep Meep	1:04:05	1986	M30	50	1:04:13	09:25	08:38	09:02	08:49	09:02	19:08	6:23 min/km
222	1761	Dietz Manfred	*Bonn	1:04:09	1961	M55	10	1:04:19	09:30	10:15	10:39	11:12	11:28	11:04	6:23 min/km
223	1664	Eßer Eli	*Düren	1:04:10	1971	M45	16	1:06:11	11:29	10:56	10:49	10:35	10:28	09:51	6:23 min/km
224	1703	Büth Thomas	Nur wegen der	1:04:13	1984	M30	51	1:07:43	11:15	11:09	10:36	10:45	10:47	09:40	6:23 min/km

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225	435	Vogt Oliver	*Köln	1:04:22	1978	M40	31	1:08:52	11:35	10:36	10:38	10:36	10:36	10:18	6:24 min/km
226	1864	Walther Markus	*Köln	1:04:22	1982	M35	40	1:05:03	09:44	10:12	10:51	11:07	11:22	11:04	6:24 min/km
227	962	Zörner Bastian	*Bonn	1:04:23	1992	MHK	45	1:05:43	11:24	10:31	10:43	10:59	10:32	10:12	6:24 min/km
228	1998	Raubach Benedikt	*Königswinter	1:04:24	1983	M35	41	1:08:26	11:55	10:56	10:25	10:38	10:30	09:57	6:25 min/km
229	961	Schmidt Marcel	*Bonn	1:04:24	1992	MHK	46	1:05:44	11:24	10:30	10:43	10:59	10:32	10:13	6:25 min/km
230	897	Zischkau Dirk	*Erfstadt	1:04:27	1976	M40	32	1:07:03	14:21	10:35	09:44	09:59	10:06	09:40	6:25 min/km
231	1752	Schnöger David	Murmeltiere	1:04:33	1968	M50	21	1:05:06	10:53	10:42	11:20	10:55	10:40	10:01	6:25 min/km
232	639	Hohn Alexander	*Köln	1:04:36	1979	M35	42	1:07:30	11:51	11:10	10:34	10:37	10:34	09:49	6:26 min/km
233	1368	Jobski Andreas	Klingenrunners	1:04:36	1963	M55	11	1:07:11	11:52	11:24	10:20	10:10	10:58	09:49	6:26 min/km
234	1331	Bartosinski Marek	*Düsseldorf	1:04:37	1986	M30	52	1:07:00	11:12	10:43	10:23	10:46	10:57	10:34	6:26 min/km
235	765	Boukerche Tarik	*Köln	1:04:39	1994	MHK	47	1:05:34	09:32	09:41	10:29	12:16	11:27	11:13	6:26 min/km
236	1330	Müllenmeister	*Köln	1:04:41	1990	MHK	48	1:07:07	11:13	10:38	10:26	10:43	11:01	10:38	6:26 min/km
237	1603	Gabriel Uli	TV Attendorn TRI-TIME	1:04:41	1971	M45	17	1:04:43	08:57	09:42	10:24	11:41	12:11	11:44	6:26 min/km
238	1825	Umansky Dr. Andrej	#runningwithasloth	1:04:51	1983	M35	43	1:09:25	11:35	10:49	10:33	10:47	10:54	10:10	6:27 min/km
239	1981	Heinen Daniel	Slow Motion	1:04:53	1984	M30	53	1:05:21	10:37	10:31	10:41	11:05	11:04	10:52	6:27 min/km
240	2278	Kunz Dr. Patrik	Localite Runners	1:05:06	1985	M30	54	1:08:02	12:12	10:33	09:53	10:16	11:01	11:09	6:29 min/km
241	1946	Janknecht Eckart	*Köln	1:05:08	1972	M45	18	1:08:32	12:04	11:25	10:30	10:18	10:41	10:07	6:29 min/km
242	2174	Quast Christopher	Team Jonas	1:05:09	1991	MHK	49	1:06:19	10:21	10:03	10:29	11:13	11:33	11:27	6:29 min/km
243	187	Jordans Jörg	DüxRunners	1:05:27	1965	M50	22	1:06:13	11:40	11:21	11:33	10:26	10:31	09:54	6:31 min/km
244	2281	Grund Thomas	*Köln	1:05:28	1985	M30	55	1:09:16	13:24	14:20	13:40	08:02	08:05	07:54	6:31 min/km
245	1012	Thissen Markus	*Bedburg	1:05:29	1971	M45	19	1:05:57	10:47	10:39	11:28	11:10	10:55	10:28	6:31 min/km
246	98	Waßer Peter	WagWasKes	1:05:30	1959	M55	12	1:08:40	10:48	10:42	10:48	11:07	11:24	10:40	6:31 min/km
247	619	Wienecke Thorsten	Allstar Can	1:05:42	1971	M45	20	1:08:35	11:04	10:06	11:36	10:53	10:55	11:05	6:32 min/km
248	1305	Birk Volker	Uniquetraining	1:05:46	1949	M65	3	1:08:38	11:30	10:46	10:40	10:50	11:06	10:51	6:33 min/km
249	2391	Twehues Markus	Männerabend	1:05:50	1973	M45	21	1:10:09	12:22	11:05	10:57	10:58	10:58	09:29	6:33 min/km
250	983	Nicolini Marco	KLJB Köln	1:06:08	1993	MHK	50	1:09:11	10:30	09:58	11:05	11:33	11:59	11:01	6:35 min/km
251	2316	Hilgendorf Sven	*Zülpich	1:06:09	1963	M55	13	1:06:43	10:16	10:36	11:16	11:26	11:34	10:59	6:35 min/km
252	405	Renisch Björn	*Sankt Augustin	1:06:12	1979	M35	44	1:07:15	11:07	10:45	10:58	11:00	11:04	11:15	6:35 min/km
253	349	Lingner Uwe	bon secours	1:06:13	1962	M55	14	1:07:31	10:53	10:10	10:29	10:44	13:17	10:37	6:35 min/km
254	1355	Krawczyk Matthias	*OERLINGHAUSEN	1:06:14	1992	MHK	51	1:08:29	10:34	10:39	11:00	11:24	11:34	11:00	6:35 min/km
255	250	Symnik Lars	Physiokonzept-Stadionbad	1:06:15	1983	M35	45	1:06:52	11:01	10:38	10:55	14:43	09:49	09:07	6:36 min/km
256	1702	Heidrath Jörn	Nur wegen der	1:06:36	1984	M30	56	1:10:08	11:12	11:09	10:35	10:49	11:07	11:42	6:38 min/km
257	2733	Ballreich Chris		1:06:36	1983	M35	46	1:08:44	09:33	10:18	11:10	11:45	12:02	11:46	6:38 min/km
258	2079	Smok Frank	*Köln	1:06:41	1963	M55	15	1:07:32	11:05	11:17	11:02	11:30	11:21	10:23	6:38 min/km
259	2017	Haseloer Peter	*Köln	1:06:45	1969	M45	22	1:10:32	11:42	11:10	10:34	10:46	11:15	11:15	6:39 min/km
260	274	Meyer Nicolas	Bon Secour	1:06:45	1960	M55	16	1:07:58	10:59	10:41	11:14	11:23	11:15	11:11	6:39 min/km
261	968	Döpfer Benjamin	*Niederkassel	1:06:49	1982	M35	47	1:08:26	10:56	11:21	11:19	11:21	11:03	10:46	6:39 min/km
262	331	Bannies Philipp	*Solingen	1:06:50	1989	MHK	52	1:10:46	11:34	11:08	10:18	11:26	11:19	11:01	6:39 min/km
263	2392	Gauger Benjamin	Männerabend	1:06:51	1981	M35	48	1:11:09	12:23	11:05	11:07	10:53	10:53	10:28	6:39 min/km
264	811	Kzykacz Markus	Die Viehcher	1:06:52	1987	M30	57	1:10:47	11:31	10:43	10:45	11:19	11:18	11:13	6:39 min/km
265	1879	Weippert Matthias	*Köln	1:07:01	1968	M50	23	1:08:39	11:31	10:54	10:42	11:06	11:27	11:19	6:40 min/km
266	665	Smarra Stephan	*Köln	1:07:03	1990	MHK	53	1:11:29	12:08	11:49	11:40	11:00	10:27	09:56	6:40 min/km
267	2196	Wessel Hans-Jürgen	NetCologne	1:07:04	1957	M60	3	1:08:15	11:14	11:01	11:14	11:26	11:50	10:17	6:40 min/km
268	547	Fünger Kai	*Köln	1:07:07	1983	M35	49	1:09:59	12:00	11:06	10:46	11:09	11:11	10:53	6:41 min/km
269	1229	Jambon André	*Köln	1:07:10	1969	M45	23	1:10:18	10:32	10:34	11:05	11:32	11:58	11:25	6:41 min/km
270	1172	Unshelm Peter	Glöbusch Gladiators	1:07:12	1967	M50	24	1:10:12	12:14	12:00	11:53	11:54	10:25	08:42	6:41 min/km
271	1174	Käsbach Jonte	Glöbusch Gladiators	1:07:12	2010	MU10	1	1:10:12	12:15	12:01	11:53	11:54	10:25	08:43	6:41 min/km
272	471	Walch Franz	*Niederkassel	1:07:16	1964	M50	25	1:07:29	11:22	11:11	11:35	11:36	11:38	09:53	6:42 min/km
273	198	Weber Björn	*Köln	1:07:23	1981	M35	50	1:09:21	11:44	10:46	10:57	11:07	11:40	11:07	6:42 min/km
274	1628	Scherbaum RALPH	LSV Porz	1:07:26	1964	M50	26	1:08:03	10:59	11:27	11:00	11:13	11:15	11:30	6:43 min/km
275	737	Kurschildgen Sascha	Schweinehundbrecher	1:07:28	1982	M35	51	1:08:31	10:10	10:23	11:51	11:22	12:01	11:39	6:43 min/km
276	1112	Link Uwe	Running Links	1:07:29	1984	M30	58	1:11:43	10:31	10:14	10:44	11:40	12:46	11:31	6:43 min/km
277	13	Terwindt Rob	*Cuijk	1:07:30	1979	M35	52	1:10:15	11:25	10:39	11:12	12:10	11:34	10:28	6:43 min/km
278	301	Breuer Jan	*Köln	1:07:41	1996	MHK	54	1:08:53	12:52	12:23	11:45	11:01	10:11	09:27	6:44 min/km
279	1966	Schumacher Heinz	Naturheilpraxis Wilke	1:07:42	1963	M55	17	1:08:02	10:32	10:58	11:27	11:37	11:38	11:27	6:44 min/km
280	113	Seidel Roman	RCS1978	1:07:43	1978	M40	33	1:12:08	11:59	11:35	11:22	11:03	11:09	10:32	6:44 min/km
281	2377	Holtzschneider Ludger	Herr	1:07:48	1971	M45	24	1:08:14	10:28	10:37	10:40	11:14	11:48	12:58	6:45 min/km

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282	910	Gressler Michael	GESTIEFELTER	1:07:49	1992	MHK	55	1:11:12	12:27	10:56	10:44	10:54	10:58	11:49	6:45 min/km
283	916	Langenberg Patrick	GESTIEFELTER	1:07:50	1992	MHK	56	1:11:13	12:26	10:56	10:44	10:43	11:07	11:51	6:45 min/km
284	937	Friedel Marc	Team Geno	1:08:36	1979	M35	53	1:10:00	11:11	10:22	10:53	11:48	12:24	11:56	6:50 min/km
285	413	Vetter Raimund	Uniquetraining Köln	1:08:40	1952	M65	4	1:11:32	11:28	10:48	11:00	12:19	11:49	11:16	6:50 min/km
286	1880	Mutter Felix	*Köln	1:08:45	1983	M35	54	1:12:42	12:31	12:01	11:47	11:13	11:23	09:49	6:50 min/km
287	1887	Behera Satya	*Köln	1:09:00	1987	M30	59	1:12:57	12:31	12:01	11:47	11:13	11:23	10:04	6:52 min/km
288	1099	Rieger Herbert	Lauffreunde Ahrweiler	1:09:06	1966	M50	27	1:11:59	10:49	10:24	11:28	12:03	12:22	11:58	6:53 min/km
289	645	Trappe Christian	*Köln	1:09:13	1978	M40	34	1:11:42	12:15	12:21	11:47	10:52	11:01	10:55	6:53 min/km
290	1952	Weber Dennis	*Köln	1:09:14	1982	M35	55	1:11:10	12:33	12:03	11:25	11:02	11:10	10:59	6:53 min/km
291	1299	Golbach Daniel	Serfaus	1:09:18	1991	MHK	57	1:09:34	11:19	11:20	11:31	11:57	12:14	10:53	6:54 min/km
292	739	Morgenstern Philipp	*Köln	1:09:29	2006	MU14	3	1:12:13	11:48	11:35	11:36	11:50	12:07	10:30	6:55 min/km
293	1055	Hilvert Luca	*Köln	1:09:30	2007	MU12	2	1:10:58	10:01	09:09	09:22	09:40	09:39	21:36	6:55 min/km
294	740	Morgenstern Bernd	*Köln	1:09:32	1968	M50	28	1:12:17	11:49	11:35	11:36	11:51	12:07	10:33	6:55 min/km
295	1147	Roller Helmut	Erdmännchen	1:09:50	1967	M50	29	1:12:34	13:11	12:01	11:50	11:13	11:11	10:21	6:57 min/km
296	1402	Werres Florian	Das wilde Pack	1:09:52	2008	MU12	3	1:13:02	12:28	12:10	12:22	12:39	11:24	08:46	6:57 min/km
297	1401	Werres Alexander	Das wilde Pack	1:09:53	1973	M45	25	1:13:03	12:28	12:10	12:25	12:40	11:22	08:47	6:57 min/km
298	2390	Heinsch Stevie	Männerabend	1:10:02	1978	M40	35	1:14:19	12:23	11:07	11:26	11:15	11:43	12:06	6:58 min/km
299	979	Kuckertz Denis	*Frechen	1:10:04	1978	M40	36	1:14:07	12:17	12:16	11:58	11:27	11:18	10:46	6:58 min/km
300	2768	Johnen Wolfgang	TV Roetgen	1:10:09	1954	M60	4	1:13:04	11:10	11:02	11:17	12:02	12:26	12:08	6:59 min/km
301	2458	Schulz Tom	*Köln	1:10:14	2005	MU14	4	1:14:53	12:12	11:21	11:19	11:26	12:07	11:47	6:59 min/km
302	1623	Grewe Marc	*Bonn	1:10:14	1986	M30	60	1:12:32	12:54	12:50	12:59	12:42	09:12	09:35	6:59 min/km
303	1827	Müller Axel	#runningwithasloth	1:10:15	1986	M30	61	1:14:49	12:53	11:40	11:54	12:09	11:04	10:33	6:59 min/km
304	2452	Schulz Mika	*Köln	1:10:16	2009	MU10	2	1:14:54	12:14	11:21	11:18	11:26	12:06	11:48	6:60 min/km
305	2775	Leonhardt Marco	Smoking Gentlemen	1:10:16	1972	M	0	1:12:10	10:29	10:40	11:19	12:48	12:49	12:09	6:60 min/km
306	146	Kucharczyk Patrick	Party? Mhm...ahso	1:10:19	1991	MHK	58	1:14:21	11:23	11:26	11:28	12:08	12:19	11:33	6:60 min/km
307	147	Schmitz Sebastian	Party? Mhm...ahso	1:10:20	1990	MHK	59	1:14:22	11:22	11:26	11:28	12:08	12:19	11:34	6:60 min/km
308	994	Kasten Oliver	#läuft	1:10:22	1980	M35	56	1:14:17	12:53	13:47	11:10	11:05	10:56	10:28	7:00 min/km
309	977	Santamaria Carlos	Deutsche Post Ladies Run	1:10:31	1993	MHK	60	1:10:45	09:36	09:48	12:16	12:07	12:35	14:05	7:01 min/km
310	763	Platz Bernd	*Neukirchen Seelscheid	1:10:31	1956	M60	5	1:11:24	10:42	10:39	11:22	12:23	12:49	12:34	7:01 min/km
311	2147	Fischer David	Fond Of	1:10:32	1989	MHK	61	1:14:33	12:21	12:17	11:53	11:20	11:26	11:13	7:01 min/km
312	2078	Baum Jakob	*Köln	1:10:33	1960	M55	18	1:10:44	10:48	11:35	11:58	11:59	12:40	11:30	7:01 min/km
313	751	Klein-Arendt Dirk	LongBilBlu Runners	1:10:33	1972	M45	26	1:11:55	11:45	11:44	11:11	11:20	12:38	11:52	7:01 min/km
314	1741	Thiel Harald	*Erzhausen	1:10:35	1949	M65	5	1:14:25	11:52	11:53	11:38	11:46	11:57	11:27	7:01 min/km
315	2712	Landsberg Christopher	Kölner Zoo	1:10:36	1965	M50	30	1:11:19	11:20	11:33	12:01	12:12	12:02	11:26	7:02 min/km
316	1609	Adams Volker	*Hennef	1:10:38	1967	M50	31	1:11:28	11:19	11:09	11:30	12:24	12:17	11:55	7:02 min/km
317	73	Sina Jan	*Rösrath	1:10:39	1979	M35	57	1:11:28	11:20	11:09	11:28	12:27	12:16	11:57	7:02 min/km
318	981	Wendler Bernd	KLJB Köln	1:10:40	1981	M35	58	1:13:43	09:17	08:13	08:26	08:30	08:33	27:39	7:02 min/km
319	899	Lausmann Sebastian	*Düren	1:10:40	1985	M30	62	1:11:05	10:51	10:53	11:40	12:14	12:41	12:19	7:02 min/km
320	1132	Von Pupka Christoph	*Grafschaft	1:10:41	1964	M50	32	1:13:20	12:17	12:13	11:55	12:19	12:05	09:49	7:02 min/km
321	1530	Nöh Andreas	*Lohmar	1:10:41	1982	M35	59	1:12:27	11:18	11:35	11:52	12:10	12:17	11:27	7:02 min/km
322	999	Hosemann Uwe	#läuft	1:11:00	1964	M50	33	1:14:43	12:00	11:58	11:26	11:53	12:04	11:37	7:04 min/km
323	420	Schäfer Louis	Flitzers	1:11:02	2005	MU14	5	1:12:03	12:06	11:14	11:41	11:55	12:14	11:49	7:04 min/km
324	282	Wessel Stefan	Die etwas andere Gang	1:11:10	1967	M50	34	1:12:32	10:27	11:23	12:02	12:36	12:55	11:45	7:05 min/km
325	1249	Saturnus Thomas	*Leverkusen	1:11:19	1965	M50	35	1:11:55	10:13	09:56	11:29	13:04	13:07	13:27	7:06 min/km
326	2771	Berger Martin		1:11:24	1984	M	0	1:15:10	12:16	12:09	11:51	11:51	12:00	11:14	7:06 min/km
327	1605	Brockhaus Oliver	Team Geno	1:11:26	1964	M50	36	1:12:51	12:12	11:43	11:43	12:06	11:57	11:42	7:06 min/km
328	935	Simon Manuel	Team Geno	1:11:27	1980	M35	60	1:12:51	12:16	11:53	11:30	12:07	11:56	11:42	7:07 min/km
329	112	Kopatz Dennis	Hiking Dogs	1:11:30	1983	M35	61	1:15:14	11:26	11:05	11:51	12:04	13:49	11:14	7:07 min/km
330	2493	Schmidt Volker	*Pulheim	1:11:33	1968	M50	37	1:14:11	12:14	11:59	11:50	11:54	12:01	11:31	7:07 min/km
331	1927	Schmickler Georg	*Köln	1:11:39	1984	M30	63	1:15:01	12:02	11:49	11:29	11:54	11:54	12:28	7:08 min/km
332	2650	Althofen Norbert		1:11:44	1957	M60	6	1:13:59	11:10	11:42	11:55	12:17	12:27	12:10	7:08 min/km
333	1534	Schall Robert	Birkesdorfer TV	1:11:53	1948	M70	1	1:13:55	12:28	12:05	12:17	11:49	11:52	11:19	7:09 min/km
334	1648	Metzen Andreas Johann	*Köln	1:12:08	1970	M45	27	1:13:28	11:07	10:42	11:51	12:43	12:57	12:45	7:11 min/km
335	753	Thielicke Jörg	LongBilBlu Runners	1:12:12	1959	M55	19	1:13:34	11:47	12:01	12:14	12:05	12:14	11:48	7:11 min/km
336	526	Vallendar Kai	Rituals	1:12:17	1984	M30	64	1:14:00	12:13	12:06	12:14	12:11	11:59	11:32	7:12 min/km
337	731	Matzerath Stefan	*Bergisch Gladbach	1:12:23	1972	M45	28	1:16:52	12:42	11:52	12:00	12:07	12:07	11:31	7:12 min/km
338	499	Lambertz Michael	Die Lambies and Friends	1:12:24	1980	M35	62	1:13:39	12:21	12:15	12:21	12:08	12:16	11:02	7:12 min/km

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339	2607	Törkel René	*Köln	1:12:46	1993	MHK	62	1:17:02	13:00	13:09	13:42	10:33	10:50	11:29	7:15 min/km
340	128	Quabach Ralf	ASV Wesseling 1985 e.V.	1:12:59	1963	M55	20	1:14:17	12:28	12:11	12:07	12:18	12:22	11:31	7:16 min/km
341	2623	Gillmann Klaus	*Bonn	1:13:00	1969	M45	29	1:16:08	12:16	11:33	12:13	12:31	12:27	11:57	7:16 min/km
342	707	Buchartz Stefan	Kenias letzte Reserve	1:13:04	1986	M30	65	1:14:06	11:49	11:36	12:29	12:27	14:39	10:02	7:16 min/km
343	150	Stetting Dirk	MonA	1:13:04	1966	M50	38	1:16:18	11:48	11:53	12:07	12:12	12:38	12:24	7:16 min/km
344	1991	Lorenz Joonas	Team Triple Generation	1:13:14	1978	M40	37	1:15:49	12:39	12:26	12:20	12:53	11:44	11:11	7:17 min/km
345	1990	Weller Willy	Team Triple Generation	1:13:15	1953	M65	6	1:15:49	12:38	12:28	12:19	12:53	11:44	11:11	7:17 min/km
346	401	Thanner Markus	*Sankt Augustin	1:13:26	1969	M45	30	1:13:42	10:00	11:06	12:07	13:08	14:12	12:51	7:18 min/km
347	1199	Scheele Kilian	Team Colleen	1:13:31	2008	MU12	4	1:17:40	11:21	11:15	10:15	11:28	10:11	18:58	7:19 min/km
348	1223	Rinck Matthias	*Bonn	1:13:37	1993	MHK	63	1:17:37	12:59	12:18	11:59	12:09	12:24	11:45	7:20 min/km
349	2506	Nowak Daniel	*Brühl	1:13:39	1976	M40	38	1:17:46	12:25	12:26	12:20	12:44	12:24	11:17	7:20 min/km
350	2781	Pittler Ferenc	KOCOGL	1:13:47	1985	M	0	1:18:03	12:18	11:21	10:47	10:16	09:47	19:17	7:21 min/km
351	1718	Nickel Björn	SC Hinkebein	1:13:48	1978	M40	39	1:16:54	12:50	12:20	12:36	12:06	12:00	11:54	7:21 min/km
352	658	Dörner Thomas	*Usingen	1:14:03	1960	M55	21	1:15:39	12:25	12:00	12:06	12:41	12:20	12:28	7:22 min/km
353	189	Dählmann Carsten	*Rösrath	1:14:06	1991	MHK	64	1:14:46	10:45	11:18	11:50	12:49	13:26	13:55	7:22 min/km
354	1067	Hofmann Alexander	*Köln	1:14:08	1984	M30	66	1:15:39	12:27	12:20	12:21	12:27	12:38	11:52	7:23 min/km
355	2772	Ott Michael	WSG Jena-Lobech	1:14:08	1952	M	0	1:18:04	12:10	12:18	12:34	12:08	12:21	12:35	7:23 min/km
356	1716	Müller Sebastian	SC Hinkebein	1:14:09	1988	M30	67	1:17:15	12:51	12:20	12:35	12:06	12:14	12:00	7:23 min/km
357	2197	Deckert Michael	NetCologne	1:14:12	1968	M50	39	1:15:23	11:09	10:48	12:05	13:05	13:55	13:08	7:23 min/km
358	2253	Simons Julian	*Köln	1:14:35	1987	M30	68	1:18:14	11:34	11:06	11:37	12:59	13:28	13:48	7:25 min/km
359	1571	Hassel Lutz	Zwergschnauzer-Gang	1:14:36	1973	M45	31	1:16:40	13:06	14:01	13:16	12:39	10:40	10:52	7:25 min/km
360	2422	Schröder Christian	FC Deutsche Post	1:14:37	1984	M30	69	1:16:57	11:39	15:58	10:45	11:21	13:38	11:14	7:26 min/km
361	1390	Jania Jury Alexander	*Köln	1:14:40	1968	M50	40	1:16:05	11:44	11:59	12:34	13:00	12:41	12:40	7:26 min/km
362	1136	Kirchholtes Frank	*Köln	1:14:49	1967	M50	41	1:19:28	12:26	12:46	12:58	12:37	13:03	10:58	7:27 min/km
363	1034	Labeit Adrian	Alpha Premium Awesome	1:14:53	1992	MHK	65	1:15:18	09:12	09:16	10:06	11:19	11:23	23:35	7:27 min/km
364	1973	Rossol Lars	*Köln	1:14:56	1981	M35	63	1:18:42	11:27	11:42	12:46	13:19	13:37	12:03	7:27 min/km
365	79	Wagner Marion	*erftstadt	1:15:02	1966	M50	42	1:17:06	11:41	12:09	12:11	13:01	12:30	13:26	7:28 min/km
366	965	Carell Micharl	Dr Dickrn	1:15:05	1971	M45	32	1:15:13	11:36	11:30	12:17	12:49	13:35	13:15	7:28 min/km
367	1287	Nake Michael	*Mönchengladbach	1:15:13	1988	M30	70	1:18:25	12:13	12:03	11:44	14:26	13:00	11:45	7:29 min/km
368	989	Kirchhoff Jochem	Hirschfeld 1928	1:15:45	1958	M60	7	1:19:58	12:44	12:32	12:36	13:17	13:55	10:38	7:32 min/km
369	2562	Becker Alexander	*Köln	1:16:08	1982	M35	64	1:18:55	12:30	12:37	12:37	12:34	12:48	12:59	7:35 min/km
370	2683	Seibt Francisco		1:16:23	1988	M30	71	1:17:58	12:46	12:43	12:39	13:07	13:02	12:02	7:36 min/km
371	827	Engeländer Julian	*Engelskirchen	1:16:45	1990	MHK	66	1:18:15	12:37	12:29	12:48	13:00	13:18	12:31	7:38 min/km
372	829	Bisse Oliver	*Duisburg	1:16:46	1983	M35	65	1:18:15	12:37	12:28	12:47	13:00	13:16	12:35	7:38 min/km
373	241	Johst Claus	*Köln	1:16:50	1971	M45	33	1:19:59	12:50	12:58	13:10	12:53	12:49	12:09	7:39 min/km
374	438	Schwabe Michael	*Dormagen	1:16:53	1969	M45	34	1:17:31	11:04	10:59	14:58	15:21	12:20	12:09	7:39 min/km
375	99	Peldszus Sven	*Koblenz	1:17:17	1989	MHK	67	1:18:51	12:36	12:44	13:16	13:21	13:18	12:00	7:41 min/km
376	1925	Hoffmann Horst	*Köln	1:17:23	1961	M55	22	1:22:05	12:49	14:33	16:14	10:11	11:14	12:19	7:42 min/km
377	2420	Blask Benjamin	*Bergisch Gladbach	1:17:38	1986	M30	72	1:19:20	11:40	11:53	12:33	13:10	13:21	14:58	7:44 min/km
378	2137	Alexius Guido	Bergsee	1:18:01	1968	M50	43	1:21:52	12:56	13:01	13:18	13:23	13:25	11:54	7:46 min/km
379	2138	Wolfarth Maximilian	Bergsee	1:18:03	1988	M30	73	1:21:54	12:57	13:00	13:19	13:23	13:24	11:57	7:46 min/km
380	463	Sarodnick Tim	*Troisdorf	1:18:37	1984	M30	74	1:19:44	12:14	12:12	14:14	13:21	13:37	12:56	7:49 min/km
381	1714	Thiele Klaus	Schwadorf Ramazzotti	1:18:39	1962	M55	23	1:21:58	15:25	15:13	15:01	12:39	10:16	10:02	7:50 min/km
382	1116	Link Jan-Lukas	Running Links	1:18:51	2004	MU16	5	1:23:06	10:26	09:40	11:17	14:46	16:33	16:07	7:51 min/km
383	2610	Kramer Christian	*Köln	1:18:56	1993	MHK	68	1:23:46	12:40	13:01	21:40	15:02	07:59	08:32	7:51 min/km
384	1039	Antar Rafi	*Köln	1:18:56	1988	M30	75	1:20:47	12:31	12:39	13:00	13:58	13:52	12:54	7:51 min/km
385	637	Gressard Marcel	*Köln	1:18:58	1974	M40	40	1:22:26	12:34	12:19	12:41	13:09	14:50	13:23	7:52 min/km
386	880	Knorreck Bernd	Dreamteam	1:19:17	1950	M65	7	1:21:52	12:37	12:58	13:04	13:54	13:38	13:02	7:53 min/km
387	299	Jantz Dirk	*Köln	1:19:58	1973	M45	35	1:22:58	12:29	12:39	13:11	13:36	14:01	14:01	7:58 min/km
388	270	Voss Thomas	Lebensbaum	1:20:14	1983	M35	66	1:22:49	11:43	12:52	13:54	13:44	14:14	13:45	7:59 min/km
389	907	Karmainski Benjamin	Heiße Schnecken	1:20:45	1982	M35	67	1:23:18	12:29	12:40	13:24	14:04	14:19	13:46	8:02 min/km
390	253	Arnold Matthias	Physiokonzept Stadionbad	1:20:55	1975	M40	41	1:21:30	13:10	13:46	13:39	13:41	13:30	13:06	8:03 min/km
391	1420	Wirtz Philipp	Pink Flönz	1:21:16	2008	MU12	5	1:23:01	13:22	13:07	13:07	13:34	14:01	14:01	8:05 min/km
392	664	Dombek Sebastian	*Köln	1:21:46	1976	M40	42	1:22:56	12:56	13:23	13:39	14:00	14:30	13:16	8:08 min/km
393	1417	Wirtz Kai	Pink Flönz	1:21:46	1970	M45	36	1:23:32	13:21	13:31	14:19	14:12	14:11	12:10	8:08 min/km
394	583	Boendgen Lydia	LT Siebengebirge	1:23:26	1962	M55	24	1:26:11	13:16	13:45	14:01	14:02	14:19	14:00	8:18 min/km
395	42	Krings Fridolin	Madagascar	1:24:10	1988	M30	76	1:28:28	13:03	13:05	13:40	11:25	13:12	19:42	8:23 min/km

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396	649	Hess René	Leo Club Köln St. Pantaleoni	1:25:21	1995	MHK	69	1:25:54	14:03	13:59	14:19	14:34	14:39	13:44	8:30 min/km
397	149	Van Dyk Rene	Team MonA	1:25:53	1981	M35	68	1:29:07	13:24	13:52	14:41	15:19	14:59	13:36	8:33 min/km
398	168	Newerla Jens	*Rösrath	1:25:55	1974	M40	43	1:29:07	11:33	15:44	14:42	15:19	14:58	13:37	8:33 min/km
399	1105	Feil Marco	THE WALKING MUDDIES	1:25:55	1976	M40	44	1:29:09	13:23	13:48	14:49	15:17	14:58	13:38	8:33 min/km
400	1232	Adler Gregor	Lauf-Freude	1:25:57	1974	M40	45	1:26:57	12:31	13:56	14:41	14:54	15:12	14:40	8:33 min/km
401	44	Wörndl Daniel	Madagascar	1:26:34	1983	M35	69	1:30:54	13:03	13:04	13:06	12:00	13:18	22:02	8:37 min/km
402	1081	Sturm Frank	NEW Runners,	1:27:20	1967	M50	44	1:31:51	12:45	12:13	11:55	11:48	22:11	16:25	8:41 min/km
403	2383	Stadler Daniel	*Köln (Zollstock)	1:28:03	1992	MHK	70	1:31:37	12:40	12:51	12:47	13:06	13:44	22:53	8:46 min/km
404	2352	Schunkert Christoph	R.U.N.	1:29:11	1986	M30	77	1:30:46	13:46	14:14	14:43	15:21	15:49	15:15	8:52 min/km
405	2777	Leonhardt Jonas	Sinus	1:30:36	2002	M	0	1:32:32	16:24	15:26	15:13	14:53	15:34	13:03	9:01 min/km
406	1514	Böcker Timo Merlin	*Bergheim-Fliesteden	1:39:10	1997	MHK	71	1:39:17	08:09	09:47	10:33	11:04	11:22	48:13	9:52 min/km



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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1142	Zepp Melanie	Team Geno	0:48:05	1985	W30	1	0:49:31 07:56 07:47 08:36 08:00 08:00 07:45	4:47 min/km
2	2122	Jansen Michelle	*Köln	0:50:30	2001	WU18	1	0:51:46 08:07 08:02 08:49 08:42 08:35 08:12	5:02 min/km
3	1538	Jänicke Franziska	*Köln	0:50:55	1989	WHK	1	0:51:51 09:02 08:39 08:44 08:16 08:14 07:58	5:04 min/km
4	2121	Jansen Nicole	*Köln	0:51:10	1974	W40	1	0:52:27 08:53 08:03 08:44 08:42 08:33 08:12	5:06 min/km
5	477	Aumann Susanne	*Düren	0:51:27	1990	WHK	2	0:54:56 09:32 07:59 08:36 08:55 08:40 07:42	5:07 min/km
6	2502	Heßler Nadine	*Köln	0:54:00	1982	W35	1	0:56:10 08:50 08:35 08:56 09:31 09:11 08:55	5:22 min/km
7	2109	Von Darl Gisela	Zughunde	0:55:02	1964	W50	1	0:55:43 08:52 09:03 09:21 09:17 09:20 09:07	5:29 min/km
8	2000	Herling Jelena	*Hürth	0:55:07	1993	WHK	3	0:55:15 08:34 08:54 09:25 09:27 09:29 09:15	5:29 min/km
9	1781	König Steffi	TV Attendorf	0:55:16	1978	W40	2	0:55:19 08:09 08:57 09:42 09:34 09:32 09:20	5:30 min/km
10	2468	Schmitz Eva	*Köln	0:55:29	1992	WHK	4	0:56:06 08:53 08:53 09:16 09:26 09:42 09:17	5:31 min/km
11	2077	Lierenfeld Stephanie	Baltic CaniX	0:55:42	1987	W30	2	0:59:28 09:44 08:58 09:11 09:25 09:21 08:59	5:33 min/km
12	2483	Trinks Gisa	*Niederkassel	0:55:56	1983	W35	2	0:56:07 08:43 09:08 09:41 09:41 09:37 09:04	5:34 min/km
13	2076	Jeske Bianca	Baltic Canix	0:56:04	1986	W30	3	0:59:50 09:51 09:23 09:10 09:25 09:24 08:49	5:35 min/km
14	1626	Kugelmeier Sonja	*Merzenich	0:56:58	1982	W35	3	0:57:53 09:43 08:58 09:30 09:34 09:32 09:37	5:40 min/km
15	2779	Nowak Sarah-Denise		0:57:36	1987	W	0	0:58:11 08:57 09:16 10:09 10:15 09:48 09:07	5:44 min/km
16	430	Pest Nicole	*Köln	0:57:44	1972	W45	1	1:00:51 11:17 10:22 10:07 08:52 08:44 08:21	5:45 min/km
17	1313	Orth Jannine	*Alfter	0:57:50	1974	W40	3	1:01:04 10:00 09:14 09:42 09:41 09:51 09:19	5:45 min/km
18	2111	Schirner Daniela	DaTj	0:57:52	1978	W40	4	1:01:50 10:39 09:30 09:15 09:36 09:41 09:08	5:46 min/km
19	1729	Becker Nina	Fit for Fanti	0:57:52	1977	W40	5	0:58:14 09:45 09:41 09:42 09:53 09:35 09:14	5:46 min/km
20	2573	Bock Heike	*Herzogenrath	0:57:53	1969	W45	2	0:58:29 09:03 09:24 09:42 09:57 10:16 09:29	5:46 min/km
21	2037	Adolphs Anna	*Much	0:57:56	2003	WU16	1	0:58:02 08:11 09:07 10:19 10:12 10:39 09:26	5:46 min/km
22	698	Von Moers Mariele	*Köln	0:57:56	1997	WHK	5	0:58:03 10:13 09:42 09:45 09:53 09:36 08:45	5:46 min/km
23	1378	Weber Bianca	SG TÜV Rheinland	0:58:08	1990	WHK	6	0:59:49 10:15 09:25 09:40 09:42 09:40 09:24	5:47 min/km
24	2559	Grossenbacher Elke	*Kerpen	0:58:14	1960	W55	1	0:58:19 08:53 09:22 10:16 10:19 09:55 09:26	5:48 min/km
25	474	Woelke Julia	*Bonn	0:58:17	1993	WHK	7	0:58:28 09:24 09:38 10:01 09:59 09:48 09:24	5:48 min/km
26	2756	Kierdorf Sarah		0:58:20	1991	WHK	8	1:01:56 10:07 09:14 09:30 10:09 09:53 09:25	5:48 min/km
27	2335	Heß Katrin	#DankAugustaLäuft	0:58:23	1980	W35	4	1:03:15 09:47 09:44 09:43 09:54 09:50 09:24	5:49 min/km
28	1796	Mueller Elizabeth	Nur wegen der	0:58:32	1992	WHK	9	1:02:06 10:42 09:44 09:26 09:39 09:42 09:17	5:49 min/km
29	692	Rack Ariane	*Pulheim-Brauweiler	0:58:42	1978	W40	6	1:01:42 09:47 09:21 09:31 09:39 10:13 10:08	5:50 min/km
30	1031	Jonas Andrea	*Bonn	0:59:01	1981	W35	5	1:00:33 10:57 10:30 10:15 09:20 09:10 08:46	5:52 min/km
31	733	Rupprecht Theresia	*Köln	0:59:09	1982	W35	6	1:01:29 10:40 09:33 09:35 09:51 10:03 09:25	5:53 min/km
32	414	Brühl Andrea	*Köln	0:59:17	1981	W35	7	1:03:36 10:41 09:55 09:24 09:42 09:56 09:35	5:54 min/km
33	40	Richards Dana	*Köln	0:59:25	1988	W30	4	1:02:13 11:08 09:30 09:31 09:53 10:04 09:17	5:55 min/km
34	1559	Kreiss Melanie	*Burscheid	0:59:26	1995	WHK	10	1:04:05 11:12 10:08 09:51 09:50 09:49 08:34	5:55 min/km
35	2520	Tran My-Ly	*Köln	0:59:48	1989	WHK	11	1:04:28 10:23 09:34 09:45 09:59 10:19 09:46	5:57 min/km
36	973	Brings Sara	Deutsche Post Ladies Run	0:59:49	1989	WHK	12	1:00:03 09:36 09:39 10:15 10:34 10:15 09:27	5:57 min/km
37	1143	Loser Christin	Team Geno	0:59:51	1988	W30	5	1:01:16 11:09 10:23 10:14 09:38 09:27 08:57	5:57 min/km
38	934	Nuyen Kathi	Team Geno	0:59:51	1989	WHK	13	1:01:16 11:09 10:23 10:14 09:38 09:27 08:57	5:57 min/km
39	2529	Al-Maarri Mona	*Köln	1:00:04	1986	W30	6	1:04:45 10:35 09:57 09:41 09:56 10:26 09:27	5:59 min/km
40	561	Oetter Kerstin	Lessenicher Zebras	1:00:07	1972	W45	3	1:00:10 09:31 10:04 10:32 10:17 10:05 09:36	5:59 min/km
41	563	Wieder Tanja	Lessenicher Zebras	1:00:07	1983	W35	8	1:00:10 09:31 10:04 10:28 10:18 10:11 09:33	5:59 min/km
42	1967	Schmitz Miriam	*Köln	1:00:24	1991	WHK	14	1:05:02 10:24 09:52 09:50 10:06 10:15 09:55	6:01 min/km
43	1513	Ruland Janina	*Köln	1:00:30	1982	W35	9	1:03:48 09:56 09:45 10:23 10:28 10:19 09:37	6:01 min/km
44	1995	Schneider Leandra	*Kerpen	1:00:58	1990	WHK	15	1:04:45 09:59 10:01 10:16 10:18 10:33 09:50	6:04 min/km
45	2299	Rasque Sylvia	Druckservice.koeln	1:01:01	1970	W45	4	1:02:37 10:33 09:48 10:05 10:33 10:24 09:35	6:04 min/km
46	776	Hauswald-Textoris Maiké	Grevenbroich	1:01:05	1986	W30	7	1:01:12 09:21 10:08 10:43 10:46 10:10 09:56	6:05 min/km
47	2590	Kleinbrahm Dr. Kathrin	*Köln	1:01:10	1983	W35	10	1:03:36 10:31 09:46 10:20 10:21 10:23 09:46	6:05 min/km
48	2043	Völlmecke Maiké	*Köln	1:01:12	1974	W40	7	1:01:20 09:29 10:51 10:13 10:23 10:20 09:54	6:05 min/km
49	2549	Mönig Dr. Stefanie	*Köln	1:01:13	1986	W30	8	1:04:21 11:16 10:30 10:10 10:07 10:00 09:07	6:06 min/km
50	770	Belke Pamela	*Bergisch Gladbach	1:01:13	1980	W35	11	1:03:18 11:00 09:53 09:52 10:14 10:21 09:52	6:06 min/km
51	1906	Coenen Jessica	UA Pro Team	1:01:18	1992	WHK	16	1:01:56 09:28 09:40 10:26 10:41 10:44 10:17	6:06 min/km
52	656	Zinndorf Birgit	*Troisdorf	1:01:20	1980	W35	12	1:01:22 09:37 10:12 10:24 10:33 10:26 10:06	6:06 min/km
53	89	Thienel Sonja	*Köln	1:01:23	1983	W35	13	1:02:11 11:07 09:43 10:04 10:23 10:19 09:44	6:06 min/km

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54	450	Geisler Sonja	*Rösrath	1:01:24	1973	W45	5	1:01:32	09:46	09:55	10:31	10:35	10:40	09:54	6:07 min/km
55	448	Isenburg Susanne	*Odenthal	1:01:24	1966	W50	2	1:01:32	09:47	09:55	10:31	10:34	10:40	09:54	6:07 min/km
56	1431	De la Cruz Garcia Rocío	Die Waschbären	1:01:25	1985	W30	9	1:05:04	12:23	13:36	09:07	08:53	08:55	08:28	6:07 min/km
57	2370	Putzke Stefanie	*Köln	1:01:29	1989	WHK	17	1:03:18	10:23	10:02	10:19	10:38	10:17	09:47	6:07 min/km
58	232	Altuntas Malike Clara	Safari Alaaf!	1:01:39	1990	WHK	18	1:01:51	09:54	10:19	10:26	10:35	10:35	09:48	6:08 min/km
59	2663	Weischer Nadine		1:01:41	1984	W30	10	1:04:34	10:29	10:00	10:12	10:38	10:49	09:29	6:08 min/km
60	1767	Walter Katharina	*Köln	1:01:44	1964	W50	3	1:03:16	10:50	10:14	10:24	10:16	10:21	09:36	6:09 min/km
61	337	Frieben Lisa	Bon Secour	1:01:44	2001	WU18	2	1:03:00	10:55	10:28	10:22	10:16	10:21	09:19	6:09 min/km
62	1517	Nolte Franziska	*Köln	1:01:47	1994	WHK	19	1:02:03	09:13	09:57	10:28	11:12	11:03	09:51	6:09 min/km
63	2569	Baumann Jenny	*Köln	1:01:52	1986	W30	11	1:02:10	09:11	09:53	10:23	10:59	10:47	10:38	6:09 min/km
64	858	Fischer Nicole	*Köln	1:01:53	1991	WHK	20	1:04:31	10:50	10:04	10:23	10:52	10:36	09:05	6:10 min/km
65	1049	Hartwig Birgit	*Gummersbach	1:01:53	1963	W55	2	1:03:33	10:29	10:03	10:16	10:21	10:35	10:06	6:10 min/km
66	1959	Wischnewski Tanja	*Bergheim	1:01:55	1972	W45	6	1:05:54	10:55	10:03	10:13	10:13	10:29	09:59	6:10 min/km
67	1629	Richts Janina	*Köln	1:01:58	1985	W30	12	1:06:22	11:20	10:01	10:07	10:14	10:16	09:57	6:10 min/km
68	544	Triebel Marisa	*Köln	1:01:58	1988	W30	13	1:04:47	10:32	09:58	10:20	10:24	10:23	10:18	6:10 min/km
69	873	Kerlin Emma	*Köln	1:01:59	2004	WU16	2	1:02:25	10:26	09:41	10:00	10:18	11:01	10:31	6:10 min/km
70	1745	Siegberg Andrea	Lauftreff Mondorf	1:01:59	1966	W50	4	1:02:21	10:00	10:28	10:35	10:32	10:24	09:58	6:10 min/km
71	1834	Abts Miriam	BSG Evonik Wesseling e.V.	1:02:04	1986	W30	14	1:02:28	10:07	10:04	10:38	10:42	10:36	09:54	6:11 min/km
72	766	Köhler Ursula	*Köln	1:02:05	1965	W50	5	1:02:10	09:38	10:00	10:45	10:41	10:37	10:22	6:11 min/km
73	1275	Grabosch Kathryn	*Langenfeld	1:02:07	1977	W40	8	1:02:26	10:07	10:12	10:26	10:35	10:38	10:07	6:11 min/km
74	1911	Bastianon Christina	UA Pro Team	1:02:07	1991	WHK	21	1:02:45	10:44	10:29	10:46	10:20	10:15	09:32	6:11 min/km
75	2398	Kreis Katharina	Central Laufteam	1:02:18	1995	WHK	22	1:06:36	11:05	10:26	10:09	10:13	10:25	09:58	6:12 min/km
76	1097	Kwiatak Astrid	*Monheim	1:02:21	1994	WHK	23	1:05:58	10:43	10:07	10:19	10:53	10:55	09:22	6:12 min/km
77	1050	Hartwig Laura	*Gummersbach	1:02:21	1998	WHK	24	1:04:01	10:30	10:03	09:59	10:30	10:43	10:34	6:12 min/km
78	1240	Heuser Kerstin	Familie	1:02:25	1973	W45	7	1:04:37	11:07	10:05	10:12	10:43	10:33	09:43	6:13 min/km
79	1241	Heuser Carla	*Niederkrasse	1:02:25	2003	WU16	3	1:04:37	11:07	10:05	10:12	10:44	10:37	09:37	6:13 min/km
80	1350	Naaf Johanna	Münchhof	1:02:35	1981	W35	14	1:03:20	11:04	10:25	10:26	10:23	10:21	09:53	6:14 min/km
81	2049	Könenberg Jasmin	*Köln	1:02:41	1980	W35	15	1:05:19	11:28	10:33	10:30	10:24	10:16	09:28	6:14 min/km
82	2572	Harms Tanja	*Köln	1:02:49	1970	W45	8	1:05:08	10:48	10:23	10:30	10:25	10:33	10:06	6:15 min/km
83	91	Überall Katja	*Tönisvorst	1:02:50	1977	W40	9	1:03:18	10:44	10:40	11:24	10:53	09:50	09:16	6:15 min/km
84	1566	Benner Iris	*Köln	1:02:53	1969	W45	9	1:06:29	10:56	10:25	10:23	10:32	10:35	09:59	6:15 min/km
85	206	Wetzel Melanie	Running Animals	1:02:55	1977	W40	10	1:04:52	09:59	09:55	10:16	11:11	11:10	10:21	6:16 min/km
86	1035	Osterhaus Lena	Alpha Premium Awesome	1:03:05	1991	WHK	25	1:03:30	09:21	09:59	10:29	11:03	11:16	10:56	6:17 min/km
87	2348	Herrlein Andrea	MST Laufpoint	1:03:10	1968	W50	6	1:06:18	11:04	10:30	10:20	10:27	10:42	10:04	6:17 min/km
88	1283	Czaska Caro	Team SuperSüßli	1:03:21	1992	WHK	26	1:05:41	10:46	10:28	10:34	10:44	10:39	10:09	6:18 min/km
89	256	Ridel Natalja	*Bonn	1:03:22	1978	W40	11	1:06:55	13:48	09:51	09:34	09:38	09:48	10:41	6:18 min/km
90	2669	Körner Eva		1:03:23	1980	W35	16	1:07:38	11:46	11:08	11:06	10:00	10:07	09:13	6:18 min/km
91	1661	Siepmann Cordula	*Köln	1:03:27	1984	W30	15	1:03:44	09:47	10:29	10:47	10:51	10:58	10:33	6:19 min/km
92	892	Maevis Lea	*Köln	1:03:38	1993	WHK	27	1:07:15	10:43	10:07	10:20	10:53	10:54	10:39	6:20 min/km
93	2406	Kemper Sabine	*Köln	1:03:40	1983	W35	17	1:07:38	11:09	10:39	10:25	10:28	10:38	10:18	6:20 min/km
94	836	Jansen Beate	*Köln	1:03:53	1962	W55	3	1:06:17	11:12	10:53	10:34	10:43	10:28	10:01	6:21 min/km
95	943	Baal Marlies	*Köln	1:03:53	1967	W50	7	1:06:17	11:11	10:54	10:34	10:42	10:27	10:03	6:21 min/km
96	169	Barth Alina	Die kranken Schwestern	1:03:54	1991	WHK	28	1:04:59	10:20	10:11	10:37	11:03	10:59	10:41	6:22 min/km
97	1542	Emmerich Stephanie	*Erkelenz	1:03:54	1989	WHK	29	1:06:00	11:28	10:48	10:35	10:30	10:37	09:54	6:22 min/km
98	576	Mandt Gabriele	*Niederkrasse	1:03:58	1967	W50	8	1:04:27	10:57	10:27	10:45	11:04	10:50	09:52	6:22 min/km
99	857	Geller Monika	*Köln	1:04:00	1962	W55	4	1:06:39	10:49	10:10	10:24	10:51	11:00	10:44	6:22 min/km
100	1665	Klingenberg Celina	*Düren	1:04:09	1985	W30	16	1:06:10	11:29	10:55	10:51	10:35	10:29	09:48	6:23 min/km
101	697	Von Moers Gieslind	*Köln	1:04:10	1962	W55	5	1:04:16	10:14	10:36	10:41	10:51	10:57	10:49	6:23 min/km
102	2330	Lenz Simone	#DankAugustaLäuft	1:04:33	1965	W50	9	1:09:17	11:21	11:12	11:03	10:51	10:23	09:40	6:25 min/km
103	2331	Lenz Carolina	#DankAugustaLäuft	1:04:33	2006	WU14	1	1:09:17	11:21	11:13	11:03	10:51	10:22	09:40	6:25 min/km
104	1332	Gehrke Vera	*Düsseldorf	1:04:37	1988	W30	17	1:07:00	11:14	10:37	10:26	10:43	11:04	10:31	6:26 min/km
105	1367	Süßenbach Barbara	Klingenrunners	1:04:38	1965	W50	10	1:07:12	11:52	11:25	10:20	10:12	10:57	09:50	6:26 min/km
106	1333	Gehrke Laura	*Köln	1:04:41	1986	W30	18	1:07:08	11:12	10:39	10:25	10:43	11:00	10:39	6:26 min/km
107	1941	Görtz Stephanie	*Köln	1:04:43	1986	W30	19	1:09:17	11:33	10:49	10:35	10:44	10:50	10:10	6:26 min/km
108	2583	Marquis Alina	WDR aktiv	1:04:44	1986	W30	20	1:09:03	11:13	10:48	10:39	10:55	10:50	10:16	6:26 min/km
109	1931	Heuveltop Heike	*Heiligenhaus	1:04:48	1965	W50	11	1:07:03	10:29	10:45	10:52	10:59	11:04	10:39	6:27 min/km
110	1446	Rezler Bianca	*Köln	1:04:50	1987	W30	21	1:07:10	10:46	10:40	10:55	10:54	10:54	10:37	6:27 min/km

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111	1388	Henk Elisabeth	*Bonn	1:05:01	1987	W30	22	1:08:40	10:25	10:26	10:47	11:04	11:39	10:38	6:28 min/km
112	602	Hallek Elisabeth	*Köln	1:05:04	1962	W55	6	1:06:17	10:25	10:19	10:47	11:18	11:43	10:29	6:29 min/km
113	1231	Baumbach Susan	Lauf-Freude	1:05:16	1969	W45	10	1:05:35	09:41	10:24	10:56	11:24	11:42	11:07	6:30 min/km
114	1485	Goldermann Maureen	*Köln	1:05:16	1989	WHK	30	1:05:35	09:41	10:24	10:57	11:23	11:43	11:06	6:30 min/km
115	679	Juraga Sandra	*Niederkassel	1:05:17	1972	W45	11	1:07:31	12:17	11:28	11:06	10:17	10:23	09:44	6:30 min/km
116	569	Bold Lisa	*Köln	1:05:19	1988	W30	23	1:05:25	10:01	10:15	11:06	11:17	11:33	11:05	6:30 min/km
117	570	Bold Christina	*Köln	1:05:19	1995	WHK	31	1:05:25	10:01	10:15	11:06	11:16	11:34	11:05	6:30 min/km
118	2132	Jouy Kristina	Becher Mädels	1:05:22	1981	W35	18	1:05:58	11:15	11:01	10:51	10:53	11:05	10:15	6:30 min/km
119	2694	Cremer Judith		1:05:28	1988	W30	24	1:06:16	11:08	10:23	10:41	11:02	11:10	11:02	6:31 min/km
120	1011	Haasen Judith	*Tönisvorst	1:05:28	1974	W40	12	1:05:57	10:45	10:38	11:28	11:11	10:56	10:27	6:31 min/km
121	439	Koch Tanja	*Köln	1:05:34	1976	W40	13	1:06:11	11:03	10:55	11:00	10:57	11:05	10:30	6:31 min/km
122	249	Koniaris Nadja	Physiokonzept-Stadionbad	1:05:34	1975	W40	14	1:06:09	11:02	10:39	10:56	10:59	10:56	11:01	6:31 min/km
123	251	Gross Steffi	Physiokonzept-Stadionbad	1:05:35	1986	W30	25	1:06:08	11:03	10:39	10:56	11:02	10:54	10:59	6:32 min/km
124	2629	Mispelbaum Pia	*Wassenberg	1:05:37	1990	WHK	32	1:06:21	10:53	10:21	10:41	11:15	11:33	10:52	6:32 min/km
125	1342	Krauß Veronika	Meep Meep	1:05:40	1989	WHK	33	1:05:49	11:00	10:41	11:44	10:59	10:53	10:20	6:32 min/km
126	1343	Dscheck Franziska	Meep Meep	1:05:40	1989	WHK	34	1:05:49	11:00	10:42	11:44	11:00	10:53	10:19	6:32 min/km
127	620	Knoch Claudia	Allstar Can	1:05:41	1977	W40	15	1:08:35	11:03	10:09	11:34	10:53	10:57	11:03	6:32 min/km
128	744	Huber Gisela	Randy#s Road Runner	1:05:44	1966	W50	12	1:06:31	10:56	10:43	10:33	10:58	11:18	11:14	6:33 min/km
129	188	Manderfeld Sandra	*Köln	1:05:47	1993	WHK	35	1:06:27	10:45	11:18	11:50	11:12	10:39	10:00	6:33 min/km
130	1026	Fröhling Kolinda	*Köln	1:06:03	1975	W40	16	1:07:54	12:00	11:19	11:12	11:18	10:23	09:49	6:34 min/km
131	1202	Lus Jana	*Bad Münstereifel	1:06:05	1990	WHK	36	1:07:52	12:08	10:58	10:54	10:56	10:52	10:15	6:35 min/km
132	1268	Scheithe Annika	*Hürth	1:06:06	1995	WHK	37	1:09:51	11:28	10:54	11:11	10:58	11:12	10:20	6:35 min/km
133	1504	Schütz Nadine	BKL	1:06:08	1988	W30	26	1:09:58	12:50	10:36	10:51	10:45	11:34	09:29	6:35 min/km
134	2191	Wahlen Sabrina		1:06:09	1994	WHK	38	1:08:49	10:56	10:26	10:44	11:17	12:01	10:43	6:35 min/km
135	1256	Lemor Dr. Anneka	*Rheinbreitbach	1:06:10	1977	W40	17	1:09:25	11:53	11:40	11:25	11:06	11:04	09:00	6:35 min/km
136	2369	Quirbach Tamara	*Köln	1:06:10	1990	WHK	39	1:07:58	10:24	11:02	11:06	11:10	11:26	10:59	6:35 min/km
137	553	Schulte-Tigges Sibi	Schu-Ti	1:06:13	1972	W45	12	1:10:13	11:04	10:59	10:55	11:16	11:21	10:34	6:35 min/km
138	926	Schranz Anja	*Köln	1:06:14	1994	WHK	40	1:08:29	10:34	10:40	10:59	11:24	11:35	11:00	6:35 min/km
139	1017	Wagner Angelika	*Overath	1:06:16	1972	W45	13	1:06:28	10:12	11:05	11:09	11:25	11:31	10:52	6:36 min/km
140	1508	Büber Mandy	*Köln	1:06:19	1992	WHK	41	1:10:04	10:47	10:41	10:38	11:04	11:38	11:27	6:36 min/km
141	2192	Wahlen Edith		1:06:29	1967	W50	13	1:09:09	10:56	10:25	10:45	11:16	12:01	11:03	6:37 min/km
142	376	Hueffer Elisabeth	*köln	1:06:34	1966	W50	14	1:08:05	11:05	10:42	10:59	11:12	11:22	11:11	6:37 min/km
143	377	Telaak Doris	*Köln	1:06:34	1960	W55	7	1:08:05	11:05	10:43	10:59	11:12	11:22	11:11	6:37 min/km
144	1577	Drees Jutta	*Köln	1:06:34	1967	W50	15	1:10:13	11:43	11:12	10:53	11:04	11:21	10:19	6:37 min/km
145	171	Sonntag Ursula	ERGO Sports Köln	1:06:39	1962	W55	8	1:09:19	11:46	11:26	10:53	10:52	11:01	10:39	6:38 min/km
146	319	Denecke Barbara	WSF Neptun	1:06:39	1961	W55	9	1:08:26	11:49	11:16	11:03	11:03	11:00	10:25	6:38 min/km
147	1248	Jebens Tanja	*Leverkusen	1:06:40	1979	W35	19	1:07:17	10:14	10:00	11:03	11:56	11:44	11:41	6:38 min/km
148	1002	Schwickert Susanne	Hirschfeld 1928	1:06:42	1965	W50	16	1:10:51	11:32	11:12	11:06	11:09	11:07	10:33	6:38 min/km
149	492	Hagemeister Judith	*Dortmund	1:06:44	1991	WHK	42	1:09:11	11:57	11:19	10:53	11:04	11:01	10:28	6:38 min/km
150	489	Hagemeister Annette	*Schwerte	1:06:45	1966	W50	17	1:09:10	12:00	11:18	10:52	11:02	11:02	10:29	6:39 min/km
151	490	Hagemeister Lea	*Schwerte	1:06:45	1995	WHK	43	1:09:10	12:00	11:17	10:53	11:04	11:00	10:29	6:39 min/km
152	371	Basilio Diana	*Köln	1:06:46	1987	W30	27	1:08:15	11:13	10:39	10:49	11:14	11:22	11:26	6:39 min/km
153	2487	Klick Annette	*Wachtberg	1:06:48	1972	W45	14	1:07:45	10:21	10:24	11:57	11:31	11:29	11:03	6:39 min/km
154	333	Bannies Carol	*Solingen	1:06:49	1996	WHK	44	1:10:45	11:32	11:12	10:16	11:26	11:19	11:01	6:39 min/km
155	334	Bannies Noelle	*Solingen	1:06:49	1999	WU20	1	1:10:45	11:33	11:10	10:17	11:26	11:19	11:01	6:39 min/km
156	69	Bonetsmüller Laura	Die kranken Schwestern	1:06:51	1992	WHK	45	1:07:56	10:44	10:42	11:00	11:33	11:56	10:54	6:39 min/km
157	812	Warschat Larissa	Die Viehcher	1:06:52	1988	W30	28	1:10:46	11:31	10:43	10:45	11:20	11:18	11:13	6:39 min/km
158	2153	Schlüter Kim	*Köln	1:06:53	1993	WHK	46	1:10:49	12:39	11:25	10:58	10:53	10:44	10:11	6:39 min/km
159	2154	Breither Leonie	*Köln	1:06:53	1993	WHK	47	1:10:49	12:39	11:25	10:58	10:53	10:45	10:11	6:39 min/km
160	666	Mackscheidt Verity	*Köln	1:07:02	1994	WHK	48	1:11:28	12:09	11:49	11:40	11:00	10:27	09:56	6:40 min/km
161	1227	Funke Sanni	*Bonn	1:07:04	1982	W35	20	1:10:40	11:07	11:08	10:58	11:15	11:33	11:00	6:40 min/km
162	440	Kirschner Claudia	born2run	1:07:09	1963	W55	10	1:10:23	11:54	11:13	10:59	10:57	11:15	10:48	6:41 min/km
163	1104	Aktas Stefanie	*Köln	1:07:11	1977	W40	18	1:10:35	11:56	11:21	10:52	11:04	11:10	10:45	6:41 min/km
164	1411	Schälte-Haas Daniela	*Solingen	1:07:17	1971	W45	15	1:11:06	11:43	11:15	11:31	11:23	10:54	10:28	6:42 min/km
165	970	Mönch Carolin	*Hürth	1:07:21	1997	WHK	49	1:11:13	11:22	10:24	10:15	12:04	12:22	10:51	6:42 min/km
166	199	Hinker Mona	*Düsseldorf	1:07:23	1986	W30	29	1:09:21	11:44	10:46	10:57	11:06	11:40	11:07	6:42 min/km
167	2472	Melka Sarah	LGD Runners	1:07:26	1986	W30	30	1:09:46	11:23	10:53	11:03	11:27	11:26	11:11	6:43 min/km

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168	2551	Holtmannspötter Andrea*	Münster	1:07:27	1978	W40	19	1:09:46	11:23	10:53	11:03	11:27	11:27	11:11	6:43 min/km
169	1680	Groß Anja	38 go-go-go	1:07:29	1973	W45	16	1:09:08	11:46	12:26	12:49	10:56	09:48	09:42	6:43 min/km
170	768	Rückert Sabrina	*Bonn	1:07:30	1986	W30	31	1:11:54	11:19	10:54	11:12	11:21	11:21	11:21	6:43 min/km
171	767	Bartsch Lisa	Axolotl	1:07:31	1988	W30	32	1:11:54	11:19	10:54	11:12	11:21	11:20	11:21	6:43 min/km
172	1701	Gerhards Heike	*Hürth	1:07:33	1977	W40	20	1:09:14	11:28	10:56	11:06	11:32	11:47	10:43	6:43 min/km
173	997	Loosen Claudia	#läuft	1:07:39	1982	W35	21	1:11:34	12:52	13:47	11:11	11:05	10:49	07:53	6:44 min/km
174	302	Van Zantvoort Laura	*Köln	1:07:41	1997	WHK	50	1:08:53	12:52	12:22	11:45	11:01	10:11	09:27	6:44 min/km
175	1965	Wilke Martina	Naturheilpraxis Wilke	1:07:43	1967	W50	18	1:08:02	10:32	10:58	11:27	11:36	11:39	11:27	6:44 min/km
176	2665	Poppers Christina		1:07:43	1976	W40	21	1:10:26	11:39	11:20	11:08	11:13	11:23	10:57	6:44 min/km
177	1915	Alexi Valentine	PrepLounge	1:07:44	1992	WHK	51	1:09:22	11:37	11:41	11:29	11:20	11:09	10:25	6:44 min/km
178	14	Van Rijswijk Valesca	*Cuijk	1:07:44	1979	W35	22	1:10:30	11:23	10:41	11:11	12:22	11:22	10:43	6:44 min/km
179	15	Van Rijswijk Nora	*Köln	1:07:46	1981	W35	23	1:10:30	11:24	10:41	11:11	12:12	11:34	10:42	6:45 min/km
180	1297	Lemor Sonia	*Bad Honnef	1:07:51	1980	W35	24	1:11:06	11:53	11:47	11:19	11:06	11:05	10:39	6:45 min/km
181	2123	Mahdavi Tanja	*Bonn	1:07:52	1974	W40	22	1:11:08	11:49	11:03	11:12	11:13	11:27	11:06	6:45 min/km
182	1710	Fütterer Miriam	Schwadorf Ramazzotti	1:07:56	1986	W30	33	1:11:13	11:22	11:16	10:59	11:33	11:38	11:05	6:46 min/km
183	722	Stahl Katharina	*Köln	1:07:56	1990	WHK	52	1:08:50	11:13	11:04	11:24	11:20	11:33	11:19	6:46 min/km
184	1713	Vogelsang Jasmina	Schwadorf Ramazzotti	1:07:56	1990	WHK	53	1:11:13	11:22	11:16	10:59	11:33	11:37	11:05	6:46 min/km
185	721	Breidenbach Kim	*Marienheide	1:07:56	1988	W30	34	1:08:50	11:13	11:04	11:24	11:20	11:33	11:20	6:46 min/km
186	862	Makropoulos Heike	*Frechen	1:08:01	1978	W40	23	1:10:50	09:54	10:32	10:49	11:38	14:05	11:01	6:46 min/km
187	1742	Den Haan Alexandra	*Kerpen	1:08:04	1976	W40	24	1:08:46	11:17	11:13	11:09	11:40	11:39	11:03	6:46 min/km
188	1993	Kutzeck Fabienne	Big El Racing Team	1:08:09	1995	WHK	54	1:11:45	11:54	11:40	10:56	11:06	11:15	11:17	6:47 min/km
189	1994	Krüger Anett	Big El Racing Team	1:08:09	1982	W35	25	1:11:45	11:54	11:39	10:56	11:05	11:15	11:16	6:47 min/km
190	2117	Klinger Katja	*Bergheim	1:08:13	1990	WHK	55	1:10:34	11:51	11:39	11:20	11:25	11:15	10:41	6:47 min/km
191	1507	Friehl Daniela	SGE Hockey	1:08:15	1979	W35	26	1:09:43	11:27	11:17	11:26	12:02	11:53	10:09	6:48 min/km
192	95	Schmitz Kerstin	*Weilerswist	1:08:19	1986	W30	35	1:09:47	11:27	11:20	11:22	12:02	11:53	10:13	6:48 min/km
193	1327	Klein Sabine	*Bergisch Gladbach	1:08:19	1981	W35	27	1:08:24	09:59	12:24	11:29	11:30	11:50	11:05	6:48 min/km
194	708	Kemmer Renee Britta	*Köln	1:08:23	1985	W30	36	1:12:58	12:01	11:21	11:29	11:39	11:19	10:31	6:48 min/km
195	758	Stahl Marissa	*Niederkassel	1:08:31	1967	W50	19	1:08:44	11:21	11:13	11:33	11:42	11:30	11:09	6:49 min/km
196	942	Büscher Jana	Team Geno	1:08:35	1990	WHK	56	1:10:01	11:09	10:26	10:49	11:48	12:24	11:56	6:49 min/km
197	335	Kronenberg Christine	*Neuss	1:08:36	1985	W30	37	1:12:31	12:17	11:09	11:25	11:14	11:16	11:13	6:50 min/km
198	1173	Käsbach Tjorven	Glöbusch Gladiators	1:08:41	2003	WU16	4	1:11:40	12:15	11:54	11:47	11:01	10:44	10:57	6:50 min/km
199	1175	Käsbach Meike	Glöbusch Gladiators	1:08:41	1969	W45	17	1:11:41	12:15	11:53	11:47	11:01	10:44	10:59	6:50 min/km
200	1861	Krummreich Daniela	*Bergheim	1:08:44	1984	W30	38	1:11:07	12:04	11:35	11:35	11:14	11:19	10:56	6:50 min/km
201	190	Pflüger Imke	*Hürth	1:08:51	1966	W50	20	1:12:36	11:39	11:53	11:32	11:33	11:19	10:53	6:51 min/km
202	957	Ulbert Julia	*Köln	1:08:53	1995	WHK	57	1:09:58	10:49	11:15	11:29	11:47	12:05	11:25	6:51 min/km
203	472	Reifenrath-Walch Heike*	Niederkassel	1:08:53	1967	W50	21	1:09:06	11:21	11:13	11:33	11:39	11:34	11:31	6:51 min/km
204	227	Kerwien Silvia	Die Partyläufer	1:08:54	1982	W35	28	1:12:27	11:07	10:21	11:25	13:31	12:24	10:04	6:51 min/km
205	336	Kronenberg Kirsten	*Neuss	1:09:06	1983	W35	29	1:13:01	12:17	11:09	11:26	11:13	11:32	11:28	6:53 min/km
206	2163	Dick Mélanie	*Köln	1:09:07	1985	W30	39	1:11:16	10:16	11:00	11:42	12:22	12:30	11:16	6:53 min/km
207	74	Rödder Jana	Die kranken Schwestern	1:09:07	1992	WHK	58	1:10:15	11:02	11:18	11:39	11:56	11:55	11:14	6:53 min/km
208	1300	Cremer Lara	Serfaus	1:09:18	1996	WHK	59	1:09:34	11:20	11:20	11:31	11:57	12:14	10:53	6:54 min/km
209	1601	Reinders Gabi	*Kall	1:09:22	1968	W50	22	1:09:42	11:55	10:53	11:21	11:43	11:56	11:31	6:54 min/km
210	244	Witte Annelene	Safari Alaaf!	1:09:39	1984	W30	40	1:09:53	12:08	11:36	11:24	11:49	11:06	11:33	6:56 min/km
211	1673	Poulheim Birte	Goldmarie	1:09:44	1979	W35	30	1:10:58	11:10	11:24	12:43	11:27	11:38	11:19	6:56 min/km
212	1670	Velaede Canales Sarah	Goldmarie	1:09:44	1973	W45	18	1:10:58	10:58	11:37	12:43	11:26	11:39	11:18	6:56 min/km
213	1986	Friehl Mandy	*Weilerswist	1:09:49	1980	W35	31	1:11:17	11:27	11:21	11:23	12:01	12:01	11:33	6:57 min/km
214	2625	Houben Christina	*Hückelhoven	1:09:55	1994	WHK	60	1:10:40	10:54	10:38	11:45	12:41	12:08	11:47	6:57 min/km
215	598	Linden Angelina	*Troisdorf	1:09:58	1994	WHK	61	1:14:13	13:02	11:40	11:22	11:20	11:36	10:56	6:58 min/km
216	1247	Johnen Christiane	Babbo Racing Team	1:10:03	1961	W55	11	1:12:12	11:37	11:09	11:35	12:02	12:11	11:25	6:58 min/km
217	1788	Bommel Franziska	*Köln	1:10:11	1989	WHK	62	1:11:44	12:03	11:40	11:25	11:43	11:43	11:33	6:59 min/km
218	1137	Kirchholtes Marla	*Köln	1:10:14	2005	WU14	2	1:14:53	12:12	11:22	11:18	11:26	12:07	11:46	6:59 min/km
219	2464	Waleczek Laura	*Köln	1:10:15	1994	WHK	63	1:14:28	12:00	12:03	11:44	11:32	11:28	11:25	6:59 min/km
220	2167	Rentzsch Elisa	*Köln	1:10:18	1987	W30	41	1:14:53	12:02	11:58	11:41	11:10	11:47	11:36	6:60 min/km
221	1826	Mathieu Mylčne	#runningwithasloth	1:10:19	1984	W30	42	1:14:53	12:53	11:39	11:54	12:10	11:10	10:30	6:60 min/km
222	1982	Haun Jennifer	Slow Motion	1:10:20	1992	WHK	64	1:10:48	10:56	11:16	11:46	12:15	12:51	11:13	6:60 min/km
223	996	Nowak Daniela	#läuft	1:10:21	1982	W35	32	1:14:17	12:53	13:46	11:11	11:14	10:47	10:28	7:00 min/km
224	2008	Haun Andrea	Slow Motion	1:10:22	1967	W50	23	1:10:49	10:57	11:16	11:45	12:15	12:51	11:14	7:00 min/km

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225	2146	Tukac Bianca	Fond Of	1:10:32	1980	W35	33	1:14:33	12:21	12:17	11:54	11:19	11:27	11:13	7:01 min/km
226	1568	Wolf Annette	*Lindlar	1:10:40	1976	W40	25	1:11:03	11:56	11:43	11:53	11:42	12:02	11:22	7:02 min/km
227	900	Zulum Melissa	*Düren	1:10:40	1984	W30	43	1:11:06	10:51	10:53	11:39	12:15	12:40	12:20	7:02 min/km
228	1569	Wagner Nadine	*Lindlar	1:10:41	1983	W35	34	1:11:05	11:54	11:43	11:53	11:42	12:02	11:24	7:02 min/km
229	1531	Nöh Stefanie	*Lohmar	1:10:42	1982	W35	35	1:12:28	11:18	11:35	11:51	12:10	12:18	11:28	7:02 min/km
230	1727	Schiweck Ute	*Köln	1:10:47	1969	W45	19	1:15:33	10:41	10:38	10:43	12:41	13:38	12:25	7:03 min/km
231	205	Schäfftlein Kerstin	Running Animals-TUS	1:10:49	1970	W45	20	1:12:48	12:28	12:23	12:06	11:06	11:42	11:01	7:03 min/km
232	1724	Palfi Matilda	LT Saaler Mühle	1:10:54	1952	W65	1	1:13:02	12:09	11:47	11:25	11:32	11:32	12:26	7:03 min/km
233	1859	Deutsch Nadine	*Köln	1:10:56	1989	WHK	65	1:11:48	10:29	10:58	12:08	12:31	12:37	12:10	7:03 min/km
234	2631	Breitmoser Melanie	*Pulheim	1:11:04	1976	W40	26	1:14:35	12:32	12:08	11:58	11:17	11:36	11:28	7:04 min/km
235	1822	Hase Yvonne	Pink Flamingos	1:11:11	1985	W30	44	1:14:52	12:11	11:43	11:41	11:45	12:02	11:47	7:05 min/km
236	1821	Hampel Sarah	Pink Flamingos	1:11:12	1985	W30	45	1:14:52	12:19	11:43	11:35	11:48	11:58	11:47	7:05 min/km
237	595	Küppers Jessica	*Wachtendonk	1:11:12	1990	WHK	66	1:12:41	12:25	12:03	12:05	12:05	12:03	10:28	7:05 min/km
238	86	Leber Christina	*Köln	1:11:13	1985	W30	46	1:12:41	12:26	12:03	12:07	12:03	12:04	10:27	7:05 min/km
239	1296	Rings Andrea	*Bad Honnef	1:11:14	1982	W35	36	1:14:29	11:54	11:45	11:40	12:05	11:57	11:51	7:05 min/km
240	1511	Franz Anke	FC Krosse Krabbe	1:11:20	1988	W30	47	1:13:07	11:31	11:06	11:17	11:45	11:52	13:47	7:06 min/km
241	80	Blunck-Kordes Sandra	*Bedburg	1:11:23	1976	W40	27	1:13:33	11:20	11:11	11:45	12:12	12:34	12:18	7:06 min/km
242	2035	Föllmer Vera	*Bonn	1:11:23	1988	W30	48	1:15:10	12:16	12:09	11:51	11:51	12:01	11:13	7:06 min/km
243	1146	Fröhlinger Ruth	Team Geno	1:11:26	1982	W35	37	1:12:51	12:12	11:43	11:42	12:07	11:56	11:43	7:06 min/km
244	919	Lossow Dr. Vanessa	*Köln	1:11:26	1978	W40	28	1:12:52	11:09	11:14	11:46	12:32	12:39	12:03	7:06 min/km
245	2273	Krings Rebecca	Localite Runners	1:11:26	1979	W35	38	1:14:16	11:59	10:51	09:46	09:57	09:09	19:42	7:06 min/km
246	111	Kopatz Daniela Patricia	Hiking Dogs	1:11:30	1984	W30	49	1:15:14	11:26	11:04	11:52	12:06	13:45	11:14	7:07 min/km
247	1835	Dyrks Monika	BSG Evonik Wesseling e.V.	1:11:38	1966	W50	24	1:12:04	11:18	11:33	12:11	12:18	12:22	11:54	7:08 min/km
248	1926	Neubauer Sophie	*Köln	1:11:40	1988	W30	50	1:15:01	12:02	11:49	11:29	11:54	11:54	12:28	7:08 min/km
249	454	Hebbinghaus Anna	*Köln	1:11:45	1984	W30	51	1:16:23	13:11	12:44	12:49	11:21	11:07	10:30	7:08 min/km
250	1928	Kroll Nadine	*Leverkusen	1:12:03	1984	W30	52	1:15:32	12:25	11:51	11:49	12:09	12:11	11:36	7:10 min/km
251	2306	Schmidt Stephanie	Nur wegen der	1:12:08	1989	WHK	67	1:15:39	13:17	13:29	13:49	13:38	09:17	08:35	7:11 min/km
252	1860	Pacholczyk Katja	*Köln	1:12:11	1994	WHK	68	1:14:40	11:49	11:42	11:51	12:39	12:21	11:46	7:11 min/km
253	810	Wedekind Sandra	*köln	1:12:11	1976	W40	29	1:12:46	10:10	10:25	10:26	11:24	13:37	16:08	7:11 min/km
254	519	Bossek Lisa	*Köln	1:12:15	1992	WHK	69	1:13:58	12:13	12:06	12:13	12:13	11:58	11:30	7:11 min/km
255	141	Winter Lisa	*Köln	1:12:16	1984	W30	53	1:13:44	12:26	12:03	12:06	12:04	12:03	11:31	7:11 min/km
256	623	Hilvert Sonja	*Köln	1:12:16	1979	W35	39	1:13:46	12:25	12:04	12:07	12:03	12:08	11:27	7:12 min/km
257	520	Stubbe Carolin	*Köln	1:12:17	1990	WHK	70	1:13:59	12:15	12:05	12:11	12:14	11:56	11:33	7:12 min/km
258	693	Beier Chris	4 Bs	1:12:17	1966	W50	25	1:14:00	12:16	12:04	12:12	12:17	11:53	11:34	7:12 min/km
259	458	Jörres Sarah	*Düren	1:12:20	1995	WHK	71	1:15:50	12:46	12:06	11:52	11:59	11:52	11:42	7:12 min/km
260	732	Grünen Yvonne	*Bergisch Gladbach	1:12:23	1974	W40	30	1:16:52	12:42	11:52	12:00	12:08	12:08	11:31	7:12 min/km
261	714	Engels Stephanie	*Köln	1:12:23	1973	W45	21	1:15:31	11:19	12:12	12:30	12:37	12:52	10:51	7:12 min/km
262	2254	Simons Natalie	*Erfstadt	1:12:24	1975	W40	31	1:16:03	11:34	11:06	11:35	12:59	13:03	12:04	7:12 min/km
263	498	Schneider Kirsten	Die Lambies and Friends	1:12:25	1986	W30	54	1:13:39	12:21	12:15	12:21	12:08	12:16	11:02	7:12 min/km
264	2435	Ludwig Maren	*Köln	1:12:39	1990	WHK	72	1:14:06	12:22	12:54	12:27	11:59	11:39	11:15	7:14 min/km
265	2308	Beul Anne	*Köln	1:12:39	1990	WHK	73	1:14:06	12:22	12:54	12:27	11:59	11:39	11:15	7:14 min/km
266	923	Reichert Bettina	*Köln	1:12:40	1969	W45	22	1:13:06	11:33	11:53	12:07	12:23	12:29	12:13	7:14 min/km
267	2708	Hammer Julia		1:12:50	1994	WHK	74	1:13:46	11:12	11:06	12:07	12:36	13:18	12:28	7:15 min/km
268	715	Becker Katharina	*Malberg	1:12:50	1990	WHK	75	1:13:46	11:12	11:06	12:06	12:37	13:19	12:28	7:15 min/km
269	716	Weibler Nadine	*Malberg	1:12:51	1990	WHK	76	1:13:47	11:12	11:06	12:07	12:36	13:18	12:29	7:15 min/km
270	2774	Kramer Anja	REWE Group	1:12:57	1983	W	0	1:13:06	12:23	12:28	11:30	12:34	12:32	11:26	7:16 min/km
271	1499	Eichler Nele	*Köln	1:12:57	1993	WHK	77	1:15:54	12:03	12:01	12:25	12:31	12:18	11:36	7:16 min/km
272	1805	Löllgen Kim	*Köln	1:12:57	1996	WHK	78	1:15:55	12:03	12:00	12:27	12:30	12:18	11:36	7:16 min/km
273	841	Müller Heike	Original Bootcamp	1:12:57	1983	W35	40	1:15:07	13:42	13:04	13:49	13:54	09:30	08:56	7:16 min/km
274	255	Beer Susi	*Köln	1:13:01	1981	W35	41	1:14:57	12:06	12:07	12:40	13:04	11:24	11:37	7:16 min/km
275	1933	Bibi Masooma	UA Pro Team	1:13:01	1990	WHK	79	1:13:39	11:06	11:12	12:08	12:58	13:14	12:20	7:16 min/km
276	1013	Krause Nadja	*Köln	1:13:01	1966	W50	26	1:14:49	12:26	12:33	12:39	12:41	11:52	10:48	7:16 min/km
277	2603	Schlingenkoetter Corina	*Bonn	1:13:06	1977	W40	32	1:16:14	12:14	11:35	12:13	12:31	12:28	12:02	7:16 min/km
278	400	Thanner Klaudia	*Sankt Augustin	1:13:26	1967	W50	27	1:13:42	10:01	11:06	12:07	13:08	14:13	12:50	7:18 min/km
279	1612	Fernandez Veronica	*Köln	1:13:32	1978	W40	33	1:14:04	11:20	11:51	12:44	12:40	12:47	12:09	7:19 min/km
280	1224	Leschka Josephine	*Bonn	1:13:32	1991	WHK	80	1:17:32	12:59	12:18	11:59	12:23	12:11	11:40	7:19 min/km
281	1608	Rodriguez Osuna Dr.	*Ruppach-Goldhausen	1:13:34	1980	W35	42	1:14:06	11:19	11:51	12:44	12:39	12:48	12:10	7:19 min/km

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282	289	Dieterich Sara	*Köln	1:13:35	1982	W35	43	1:16:01	12:22	14:22	11:46	12:00	11:43	11:19	7:19 min/km
283	2092	Windhausen Beate	Running Friends Bedburg	1:13:36	1963	W55	12	1:17:34	11:47	12:23	11:50	12:12	12:07	13:13	7:19 min/km
284	1935	Wershoven Anne	*Köln	1:13:36	1986	W30	55	1:15:23	11:22	12:20	12:29	12:47	12:40	11:56	7:19 min/km
285	323	Dietrich Debora	*Euskirchen	1:13:36	1995	WHK	81	1:16:01	12:22	14:22	11:47	12:00	11:43	11:20	7:19 min/km
286	2507	Nowak Tanja	*Brühl	1:13:37	1979	W35	44	1:17:45	12:25	12:26	12:21	12:43	12:24	11:16	7:20 min/km
287	348	Schmitz Iris	*Leverkusen	1:13:43	1969	W45	23	1:15:56	11:55	12:13	12:26	12:17	12:39	12:10	7:20 min/km
288	621	Bahlmann Ann-Kathrin	*Köln	1:13:45	1991	WHK	82	1:18:29	12:54	12:34	12:30	12:29	12:01	11:15	7:20 min/km
289	1985	Deylitz Anja	*Köln	1:13:51	1973	W45	24	1:16:09	12:49	12:33	12:26	12:23	11:51	11:47	7:21 min/km
290	1078	Erdogmus Gamze	*Köln	1:14:02	1986	W30	56	1:18:28	12:12	12:05	11:34	12:55	13:14	12:00	7:22 min/km
291	1954	Koellges Bianca	*Solingen	1:14:03	1976	W40	34	1:16:11	11:58	12:00	12:23	12:47	12:32	12:21	7:22 min/km
292	1774	Peine Nora	*Köln	1:14:04	1982	W35	45	1:16:20	12:00	11:29	11:20	15:57	12:28	10:47	7:22 min/km
293	659	Herr Anja	*Ober-Mörlen	1:14:04	1966	W50	28	1:15:40	12:25	12:02	12:09	12:37	12:38	12:11	7:22 min/km
294	1131	Hupperich Margit	*Grafschaft	1:14:06	1963	W55	13	1:16:44	12:18	12:13	11:55	12:25	12:03	13:09	7:22 min/km
295	1400	Janster Marlene	Das wilde Pack	1:14:06	2010	WU10	1	1:17:17	12:43	11:53	12:24	12:41	12:02	12:21	7:22 min/km
296	1399	Janster Esther	Das wilde Pack	1:14:07	1975	W40	35	1:17:18	12:43	11:55	12:24	12:39	12:02	12:22	7:23 min/km
297	1066	Hofmann Judith	*Köln	1:14:08	1984	W30	57	1:15:38	12:28	12:19	12:20	12:28	12:39	11:51	7:23 min/km
298	870	Seeck Kerstin	Kalker Rennhühner	1:14:10	1977	W40	36	1:15:33	12:18	12:08	12:21	12:49	12:41	11:51	7:23 min/km
299	869	Meier Angelika	Kalker Rennhühner	1:14:10	1957	W60	1	1:15:33	12:18	12:09	12:20	12:48	12:43	11:50	7:23 min/km
300	178	Basener Verena	*Bergisch Gladbach	1:14:12	1985	W30	58	1:15:06	11:02	11:34	13:05	14:13	12:29	11:46	7:23 min/km
301	62	Samimi Melanie	*Rösrath	1:14:14	1973	W45	25	1:15:57	12:12	11:45	12:06	12:51	13:04	12:12	7:23 min/km
302	59	Büth Bianca	*Much	1:14:14	1980	W35	46	1:15:57	12:12	11:46	12:06	12:52	13:05	12:12	7:23 min/km
303	2500	Feile Ramona	Hickory Köln 08	1:14:16	1985	W30	59	1:17:30	12:03	11:47	12:19	12:10	12:36	13:18	7:23 min/km
304	711	Rosswog Ann-Katrin	*Köln	1:14:22	1990	WHK	83	1:17:36	13:09	12:49	12:32	12:16	12:19	11:14	7:24 min/km
305	712	Hoffrichter Christiane	*Köln	1:14:22	1976	W40	37	1:17:36	13:10	12:48	12:33	12:16	12:19	11:14	7:24 min/km
306	1176	Hucke Dorothee	*Köln	1:14:23	1989	WHK	84	1:17:36	13:11	12:47	12:34	12:15	12:18	11:15	7:24 min/km
307	2131	Mielke Anika	Becher Mädels	1:14:29	1983	W35	47	1:15:05	11:28	11:42	12:27	12:45	13:08	12:57	7:25 min/km
308	596	Kaufmann Janina Astrid	*Köln	1:14:33	1994	WHK	85	1:18:33	13:25	12:48	12:27	12:17	12:13	11:20	7:25 min/km
309	597	Clintgens Annika	*Köln	1:14:33	1994	WHK	86	1:18:33	13:25	12:48	12:27	12:17	12:13	11:21	7:25 min/km
310	219	Dobija Rosa Safari	Safari Alaaf!	1:14:43	1984	W30	60	1:14:58	12:15	11:51	11:36	12:51	14:03	12:05	7:26 min/km
311	220	Froitzheim Aurelia	Safari Alaaf!	1:14:43	1984	W30	61	1:14:58	12:16	11:51	11:35	12:51	14:03	12:05	7:26 min/km
312	1138	Kirchholtes Franka	*Köln	1:14:49	2003	WU16	5	1:19:28	12:26	12:46	12:58	12:37	13:02	10:57	7:27 min/km
313	1479	Heuser Annika	*Köln	1:14:53	1983	W35	48	1:19:15	12:13	12:08	12:19	12:35	12:44	12:52	7:27 min/km
314	1480	Schubert Alexandra	*Köln	1:14:54	1982	W35	49	1:19:15	12:13	12:08	12:19	12:35	12:44	12:52	7:27 min/km
315	1974	Rossol Giuliana	*Köln	1:14:56	1994	WHK	87	1:18:42	11:26	11:44	12:45	13:20	13:36	12:03	7:27 min/km
316	84	Harders Sina	*Bornheim	1:15:01	1965	W50	29	1:17:06	11:41	12:07	11:39	11:49	12:05	15:38	7:28 min/km
317	966	Müller Petra	Dr Dicken	1:15:04	1964	W50	30	1:15:13	11:36	11:30	12:17	12:49	13:35	13:15	7:28 min/km
318	434	Wasser Jasmin	*Köln	1:15:05	1977	W40	38	1:15:46	12:24	12:23	12:27	12:55	12:36	12:18	7:28 min/km
319	436	Hein Jasmin	*Köln	1:15:05	1985	W30	62	1:15:47	12:23	12:23	12:27	12:54	12:37	12:18	7:28 min/km
320	2579	Hagemann Ricarda	*Köln	1:15:07	1976	W40	39	1:15:44	11:57	11:46	12:03	13:38	13:20	12:21	7:29 min/km
321	2584	Wilhelm Kathy	*Koeln	1:15:08	1962	W55	14	1:15:46	11:57	11:46	12:02	13:36	13:22	12:23	7:29 min/km
322	1040	Lori Bridges	*Köln	1:15:10	1979	W35	50	1:17:01	12:33	12:39	12:42	12:38	12:25	12:10	7:29 min/km
323	1286	Nake Katrin	*Mönchengladbach	1:15:13	1989	WHK	88	1:18:25	12:13	12:02	12:22	13:49	12:59	11:45	7:29 min/km
324	1722	Brechmann Sandra	Hofolper Krötenwanderung	1:15:14	1976	W40	40	1:15:45	12:01	12:00	12:02	12:23	12:47	13:58	7:29 min/km
325	2747	Brehm Emily	SV Windhafen	1:15:19	2003	WU16	6	1:16:02	10:41	10:09	10:41	11:27	11:08	21:10	7:30 min/km
326	1129	Meyer-Ramloch Dorothea	*Köln	1:15:22	1968	W50	31	1:17:10	12:26	12:34	12:39	12:41	12:45	12:15	7:30 min/km
327	2492	Drews Claudia	QuadratlatschE unterwegs	1:15:24	1975	W40	41	1:18:49	12:34	12:10	12:35	12:47	12:39	12:36	7:30 min/km
328	2491	Naumann Andrea	QuadratlatschE unterwegs	1:15:24	1970	W45	26	1:18:49	12:34	12:10	12:36	12:47	12:53	12:21	7:30 min/km
329	2490	Kübbeler-Spandau	QuadratlatschE unterwegs	1:15:24	1976	W40	42	1:18:49	12:35	12:10	12:36	12:46	12:40	12:35	7:30 min/km
330	2711	Hartlieb Annika	die kranken Schwestern	1:15:42	1991	WHK	89	1:16:50	11:03	12:06	12:37	14:10	13:08	12:36	7:32 min/km
331	1687	Rehberg Julia	*Köln	1:15:45	1977	W40	43	1:19:27	12:15	12:14	12:30	12:56	13:03	12:44	7:32 min/km
332	1624	Süß-Dahmen Renate	LT Saaler Mühle	1:15:51	1944	W70	1	1:18:00	12:43	12:31	12:37	12:48	12:58	12:12	7:33 min/km
333	2142	Bloch Dr. Heide	Julia und Heide	1:16:03	1942	W75	1	1:19:24	12:14	12:16	12:34	12:56	13:31	12:30	7:34 min/km
334	2143	Bloch Julis	Julia und Heide	1:16:03	1978	W40	44	1:19:24	12:15	12:16	12:32	12:57	13:30	12:30	7:34 min/km
335	1077	Nosek Jessica	Die 2 lustigen 3	1:16:05	1986	W30	63	1:18:24	12:20	12:05	11:55	12:22	12:32	14:48	7:34 min/km
336	680	Wegner Stephanie	*Berg. Gladbach	1:16:05	1982	W35	51	1:18:24	12:20	12:05	11:57	12:21	12:34	14:46	7:34 min/km
337	2113	Fischer Dr. Kirstin	*Lohmar	1:16:08	1977	W40	45	1:18:55	12:30	12:37	12:37	12:34	12:48	12:59	7:35 min/km
338	1007	Haelke Sandra	*Köln	1:16:10	1969	W45	27	1:18:24	12:17	11:29	11:23	13:39	12:34	14:46	7:35 min/km

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339	1891	Willen Jessica	*Köln	1:16:17	1987	W30	64	1:20:40	13:15	13:20	13:02	12:40	12:19	11:38	7:35 min/km
340	1778	Feldheim Maren	*Köln	1:16:24	1987	W30	65	1:17:59	12:47	12:42	12:29	13:18	13:03	12:03	7:36 min/km
341	1396	Grimmeck Claudia	*Duisburg	1:16:24	1979	W35	52	1:17:58	12:48	12:41	12:40	13:07	13:02	12:03	7:36 min/km
342	1997	Delau Yvonne	*Köln	1:16:27	1980	W35	53	1:19:42	12:14	12:25	12:41	13:17	12:54	12:53	7:36 min/km
343	754	Thielicke Sonja	LongBilBlu Runners	1:16:31	1974	W40	46	1:17:53	11:46	12:03	12:39	13:11	13:30	13:19	7:37 min/km
344	789	Schillinger Maria	*Erfstadt	1:16:33	1958	W60	2	1:20:17	12:53	12:50	12:34	12:34	12:58	12:40	7:37 min/km
345	2359	Krückeberg Birgit	MECON GmbH	1:16:33	1975	W40	47	1:20:58	13:01	12:46	14:13	12:47	11:43	12:00	7:37 min/km
346	830	Melcher Yvonne	*Wipperfürth	1:16:44	1984	W30	66	1:18:14	12:37	12:28	12:50	12:58	13:18	12:30	7:38 min/km
347	826	Mansion Lena	*Engelskirchen	1:16:44	1984	W30	67	1:18:14	12:37	12:29	12:47	13:00	13:19	12:30	7:38 min/km
348	828	Schöngart Dr. Caroline	*Rommerskirchen	1:16:45	1987	W30	68	1:18:14	12:36	12:28	12:47	13:00	13:19	12:31	7:38 min/km
349	240	Krevel Janine	*Köln	1:16:47	1975	W40	48	1:19:56	12:50	12:58	13:09	12:53	12:49	12:06	7:38 min/km
350	646	Nolden Ute	Team Erdinger Alkoholfrei	1:16:48	1965	W50	32	1:17:26	11:44	12:02	12:34	13:35	13:59	12:53	7:39 min/km
351	823	Wachhorst Margit	Sparkasse KölnBonn	1:16:52	1967	W50	33	1:20:44	13:03	12:51	12:43	12:38	12:47	12:48	7:39 min/km
352	2436	Ludwig Christina	*Köln	1:16:59	1992	WHK	90	1:18:26	12:22	13:48	12:51	12:27	12:44	12:44	7:40 min/km
353	2647	Moch Romina		1:17:04	1993	WHK	91	1:18:28	12:29	13:45	12:51	12:28	12:43	12:45	7:40 min/km
354	2019	Kollin Agnes	*Köln	1:17:15	1985	W30	69	1:17:35	11:35	12:52	13:32	13:29	13:32	12:11	7:41 min/km
355	1455	Reuter Corinna	*Düren	1:17:20	1988	W30	70	1:21:21	12:29	12:34	12:44	13:05	13:29	12:57	7:42 min/km
356	1924	Sarikaya Semsyiye	*Köln	1:17:24	1969	W45	28	1:22:06	12:49	14:33	16:15	10:11	11:14	12:19	7:42 min/km
357	2434	Knapstein-Schmitz	*Weilerswist	1:17:29	1965	W50	34	1:18:06	11:42	12:15	12:50	13:37	13:39	13:24	7:43 min/km
358	2652	Illgen Jolene		1:17:35	1988	W30	71	1:20:55	11:35	12:14	13:47	13:34	13:32	12:51	7:43 min/km
359	2419	Bernhardi Eliane	*Bergisch Gladbach	1:17:39	1988	W30	72	1:19:20	11:40	11:53	12:33	13:10	13:21	14:59	7:44 min/km
360	2148	Kallnik Verena	R.U.N. Rund um	1:17:40	1981	W35	54	1:19:16	13:43	12:15	13:21	13:29	12:45	12:04	7:44 min/km
361	476	Schlösser Corinna	*Niederkassel	1:17:42	1991	WHK	92	1:19:16	13:03	12:56	13:20	13:44	12:31	12:05	7:44 min/km
362	2139	Begon Eva	Bergsee	1:18:01	1983	W35	55	1:21:51	12:57	13:01	13:19	13:23	13:25	11:53	7:46 min/km
363	1276	Ruckes Verena	*Köln	1:18:10	1972	W45	29	1:22:02	12:23	12:05	12:57	13:43	13:21	13:38	7:47 min/km
364	27	Nickel Svenja	Turtles	1:18:15	1978	W40	49	1:22:54	12:59	12:57	13:06	13:20	13:15	12:36	7:47 min/km
365	1250	Stadler Kirsten	Erdfräulein Ultras	1:18:24	1991	WHK	93	1:21:57	12:40	12:51	12:47	13:06	13:44	13:13	7:48 min/km
366	990	Kirchhoff Sabine	Hirschfeld 1928	1:18:33	1962	W55	15	1:22:45	12:44	12:32	12:36	13:17	14:04	13:17	7:49 min/km
367	1560	Ruetz Elena	*Köln	1:18:34	1988	W30	73	1:21:22	12:38	13:15	13:22	13:15	13:25	12:36	7:49 min/km
368	464	Sarodnick Carolin	*Troisdorf	1:18:37	1986	W30	74	1:19:44	12:14	12:12	14:14	13:21	13:37	12:56	7:49 min/km
369	426	Maihoff Constanze	Kasi 1	1:18:53	1990	WHK	94	1:19:50	12:23	16:15	13:02	12:01	13:35	11:36	7:51 min/km
370	427	Maihoff Caroline	Kasi 1	1:18:53	1993	WHK	95	1:19:50	12:37	15:55	13:07	12:01	13:34	11:37	7:51 min/km
371	2688	Baumert Christiane		1:18:53	1990	WHK	96	1:19:50	12:37	15:55	13:09	12:03	13:31	11:36	7:51 min/km
372	2613	Macherey Daniel	*Köln	1:18:56	1994	WHK	97	1:23:47	12:39	13:01	21:38	15:03	08:00	08:32	7:51 min/km
373	1041	Ardelean Debra	*Köln	1:18:56	1983	W35	56	1:20:47	12:33	12:43	12:56	13:54	13:50	12:58	7:51 min/km
374	638	Gressard Isabell	*Köln	1:19:00	1977	W40	50	1:22:26	12:35	12:19	12:37	13:12	14:51	13:24	7:52 min/km
375	2094	Dammann Jutta	BSG DEVK	1:19:07	1964	W50	35	1:19:45	10:54	11:22	11:18	11:25	11:22	22:43	7:52 min/km
376	879	Baldus Angelika	Dreamteam	1:19:16	1961	W55	16	1:21:51	12:38	12:58	13:04	13:54	13:39	13:01	7:53 min/km
377	252	Symnik Inga	*Bergeustadt	1:19:21	1990	WHK	98	1:19:54	11:28	12:53	13:52	13:46	13:58	13:22	7:54 min/km
378	246	Hohmann Tanja	Physiokonzept-Stadionbad	1:19:22	1979	W35	57	1:19:56	11:02	10:39	10:57	11:02	10:54	24:46	7:54 min/km
379	173	Schmitz Claudia	*Bergisch Gladbach	1:19:41	1975	W40	51	1:23:48	12:42	12:36	12:54	15:04	13:10	13:13	7:56 min/km
380	2563	Faßbender Anita	*Bergisch Gladbach	1:19:41	1973	W45	30	1:23:48	12:43	12:36	12:54	15:03	13:10	13:13	7:56 min/km
381	1339	Wilms Urike	*Köln	1:19:49	1987	W30	75	1:20:59	12:52	13:32	13:33	13:30	13:35	12:46	7:57 min/km
382	582	Ottens Andrea	*Köln	1:19:54	1985	W30	76	1:20:02	12:11	13:00	13:55	13:23	14:43	12:40	7:57 min/km
382	1747	Klaffke Korinna	*Bonn	1:19:54	1966	W50	36	1:20:17	12:26	13:25	13:56	13:31	13:34	12:59	7:57 min/km
384	300	Jantz Petra	*Köln	1:19:59	1970	W45	31	1:22:59	12:29	12:32	13:11	13:42	13:56	14:06	7:58 min/km
385	849	Bohr Jenny	*Grevenbroich	1:20:09	1982	W35	58	1:24:40	13:29	12:08	13:05	12:34	12:45	16:06	7:59 min/km
386	851	Ebert Bine	*Werne	1:20:10	1981	W35	59	1:24:40	13:30	12:08	13:02	12:37	12:44	16:07	7:59 min/km
387	850	Gonzalez Steffi	*Jüchen	1:20:10	1982	W35	60	1:24:41	13:31	12:08	13:03	12:35	12:43	16:08	7:59 min/km
388	1179	Gay Tenay	*Köln	1:20:10	1972	W45	32	1:24:33	13:36	13:52	12:56	13:19	13:28	12:56	7:59 min/km
389	58	Zak Danuta	*Köln	1:20:11	1957	W60	3	1:21:50	12:47	13:00	13:42	13:53	13:43	13:03	7:59 min/km
390	1178	Heckmann Sandra	*Köln	1:20:11	1978	W40	52	1:24:33	13:37	13:53	12:55	13:19	13:28	12:56	7:59 min/km
391	56	Zak Evelin	*Köln	1:20:12	1982	W35	61	1:21:51	12:46	13:00	13:42	13:54	13:44	13:04	7:59 min/km
392	908	Lipps Martina	Heiße Schnecken	1:20:45	1989	WHK	99	1:23:19	12:29	12:41	13:23	14:06	14:17	13:46	8:02 min/km
393	200	Müller Alexandra	*Bonn	1:20:51	1969	W45	33	1:23:44	12:29	12:50	13:28	14:45	14:20	12:57	8:03 min/km
394	247	Arnold Bettina	*Köln	1:20:54	1972	W45	34	1:21:30	13:10	13:47	13:39	13:41	13:30	13:07	8:03 min/km
395	834	Fischer Jeannine	*Köln	1:21:03	1973	W45	35	1:24:32	12:45	12:58	13:27	14:30	13:55	13:25	8:04 min/km

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396	72	Seifert Annett	*Rösrath	1:21:14	1977	W40	53	1:22:06	12:35	13:47	14:33	14:31	13:03	12:42	8:05 min/km
397	1171	Arntz Ruth	Monday-Runday	1:21:24	1981	W35	62	1:26:06	13:56	13:57	13:58	13:27	13:09	12:54	8:06 min/km
398	839	Titze Cynthia	Original Bootcamp	1:21:24	1978	W40	54	1:23:34	13:41	13:20	13:33	13:55	13:39	13:13	8:06 min/km
399	840	Schmitz Nadine	Original Bootcamp	1:21:24	1984	W30	77	1:23:34	13:43	13:20	13:33	13:54	13:39	13:14	8:06 min/km
400	1177	Simmons Sarah	*Köln	1:21:24	1983	W35	63	1:26:06	13:56	13:57	13:58	13:27	13:10	12:54	8:06 min/km
401	1453	Lauer Anna	Monday-Runday	1:21:24	1980	W35	64	1:26:06	13:56	13:57	13:58	13:27	13:09	12:54	8:06 min/km
402	912	Gressler Jana	GESTIEFELTER	1:21:38	1993	WHK	100	1:25:00	12:34	11:21	11:17	11:14	13:12	21:56	8:07 min/km
403	911	Gressler Maike	GESTIEFELTER	1:21:38	1996	WHK	101	1:25:00	12:34	11:22	11:17	11:14	13:12	21:56	8:07 min/km
404	97	Kessler Ira	WagWasKes	1:21:41	1980	W35	65	1:24:52	12:32	12:21	14:22	14:20	14:16	13:48	8:08 min/km
405	1419	Wirtz Hannah	Pink Flönz	1:21:43	2003	WU16	7	1:23:29	13:22	13:30	14:20	14:12	14:10	12:07	8:08 min/km
406	1418	Wirtz Christiane	Lauftreff Düsseldorf-Süd	1:21:46	1971	W45	36	1:23:32	13:22	13:29	14:20	14:14	14:11	12:09	8:08 min/km
407	959	Polgar Sarah	*Remscheid	1:22:03	1987	W30	78	1:24:35	12:50	12:36	11:25	10:25	11:03	23:42	8:10 min/km
408	330	Kirn Johanna	*Obersonheim	1:22:30	1953	W65	2	1:22:50	13:03	13:38	14:02	13:36	14:30	13:38	8:13 min/km
409	329	Kirn Manuela	*Schwäbisch Hall	1:22:31	1980	W35	66	1:22:50	13:05	13:37	14:02	13:36	14:30	13:37	8:13 min/km
410	1196	Ruhl Barbara	Team Colleen	1:23:03	1979	W35	67	1:27:13	14:58	14:43	13:43	13:38	13:11	12:48	8:16 min/km
411	1389	Jania Stefanie	*Köln	1:23:11	1970	W45	37	1:24:37	11:40	11:59	12:52	12:56	11:48	21:54	8:17 min/km
412	575	Schmitz Feri	*Niederkassel	1:23:20	1964	W50	37	1:23:51	12:47	13:14	14:40	15:48	13:49	13:00	8:18 min/km
413	369	Oestreicher Tanja	Team WürmPchen	1:23:36	1977	W40	55	1:27:05	12:43	14:03	13:16	15:09	15:10	13:12	8:19 min/km
414	702	Großmann Anne-Sophie*	Jülich	1:23:49	1989	WHK	102	1:25:48	12:29	11:57	11:55	12:11	12:07	23:09	8:20 min/km
415	734	Rutzka Verena	*Köln	1:23:49	1989	WHK	103	1:25:48	12:29	11:56	11:55	12:11	12:07	23:08	8:20 min/km
416	43	Krings Lara	Madagascar	1:24:10	1988	W30	79	1:28:28	13:04	13:05	14:11	13:11	13:11	17:26	8:23 min/km
417	45	Mrasek Claudia	Madagascar	1:24:12	1989	WHK	104	1:28:29	13:04	13:05	14:10	13:11	13:11	17:27	8:23 min/km
418	2473	Süßmann Petra	Runnies United	1:24:21	1959	W55	17	1:28:05	13:28	14:02	13:47	14:36	15:06	13:20	8:24 min/km
419	650	Boden Michelle	Leo Club Köln St. Pantaleon	1:25:21	1992	WHK	105	1:25:54	14:03	13:59	14:19	14:34	14:39	13:44	8:30 min/km
420	1106	Feil Melanie	THE WALKING MUDDIES	1:25:56	1982	W35	68	1:29:09	13:24	13:46	14:46	15:21	14:18	14:18	8:33 min/km
421	1484	Zass Vera	*Köln	1:25:57	1990	WHK	106	1:26:57	12:32	13:55	14:42	14:54	15:12	14:39	8:33 min/km
422	1407	Laschat Christina	*Köln	1:26:16	1989	WHK	107	1:28:09	13:33	15:04	15:13	15:37	12:19	14:27	8:35 min/km
423	1408	Drobny Astrid	*Köln	1:26:16	1992	WHK	108	1:28:09	13:34	15:04	15:13	15:37	12:19	14:27	8:35 min/km
424	2643	Oeser Alexandra		1:26:56	1985	W30	80	1:29:07	14:00	14:17	14:41	15:15	15:44	12:56	8:39 min/km
425	2642	Höschler Alexandra		1:26:56	1975	W40	56	1:29:07	14:00	14:17	14:41	15:15	15:44	12:56	8:39 min/km
426	273	Adrian Anita	Lebensbaum	1:27:20	1958	W60	4	1:30:01	13:36	14:15	14:38	14:57	15:36	14:15	8:41 min/km
427	795	Schäfer Ricarda	Heiße Schnecken	1:27:37	1987	W30	81	1:30:10	13:57	14:24	13:52	16:19	15:11	13:53	8:43 min/km
428	794	Menger Anika	Heiße Schnecken	1:27:38	1990	WHK	109	1:30:10	13:57	14:24	13:52	16:19	15:11	13:53	8:43 min/km
429	174	Brenner Tanya	*Köln	1:28:25	1975	W40	57	1:32:31	13:30	13:53	15:54	14:44	15:37	14:45	8:48 min/km
430	214	Sklomeit Sabine	*Lindlar	1:28:25	1981	W35	69	1:32:31	13:30	13:53	15:54	14:44	15:37	14:46	8:48 min/km
431	682	Erberich Romina	*Niederkassel	1:29:10	1991	WHK	110	1:30:46	13:46	14:16	14:41	15:23	15:48	15:14	8:52 min/km
432	969	Kallnik Verena	*Niederkassel	1:29:10	1981	W35	70	1:30:47	13:44	14:14	14:44	15:21	15:48	15:16	8:52 min/km
433	2588	Rosen Laura	*Ruppichteroth	1:30:08	1990	WHK	111	1:33:34	14:21	15:47	15:24	15:59	14:43	13:51	8:58 min/km
434	2587	Vogler Kerstin	*Ruppichteroth	1:30:08	1990	WHK	112	1:33:35	14:21	15:46	15:25	15:59	14:43	13:52	8:58 min/km
435	2776	Lukin Sibel	Sinus	1:30:36	2001	W	0	1:32:32	16:25	15:25	15:14	14:53	15:34	13:03	9:01 min/km
436	1960	Hennemann Diana	*Leverkusen	1:33:38	1980	W35	71	1:35:46	14:11	15:37	16:00	16:26	16:02	15:19	9:19 min/km
437	390	Korte Juliana	*Neuss	1:33:57	1994	WHK	113	1:37:28	13:37	14:59	16:12	17:00	17:35	14:32	9:21 min/km
438	328	Froitzheim Nina	Élan	1:34:27	1991	WHK	114	1:35:46	14:40	16:03	16:05	16:11	16:15	15:10	9:24 min/km