

Kölner Zoolauf am 13. Juli 2018 - 4 Runden - 6.67km

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1469	Mies Thorsten	Team Erdinger alkoholfrei	0:35:06	1976 M40	1	0:35:12	08:05 08:39 09:24 08:57	5:16 min/km
2	1472	Müller Markus	Erdinger Alkoholfrei	0:35:06	1982 M35	1	0:35:12	08:04 08:45 09:18 08:58	5:16 min/km
3	1277	Hülsenbeck Christian	WG 2/3 - Einer fehlt immer!	0:35:09	1991 MHK	1	0:35:34	08:23 08:30 09:24 08:51	5:16 min/km
4	1502	Poulheim Michael	Run of Colours Promoteam	0:35:41	1972 M45	1	0:36:52	09:27 08:23 08:50 09:00	5:21 min/km
5	1999	Demond Ralf	LT Dünwald TV	0:36:37	1961 M55	1	0:36:50	08:31 09:09 09:31 09:24	5:29 min/km
6	1410	Finke Florian	*Bornheim	0:37:28	1978 M40	2	0:37:38	08:39 09:10 09:39 09:58	5:37 min/km
7	1957	Wischnewski Luca	*Bergheim	0:37:47	2005 MU14	1	0:38:08	08:04 08:58 10:04 10:40	5:40 min/km
8	486	Grare Michael	*Erfstadt	0:39:02	1976 M40	3	0:39:19	08:56 09:37 10:22 10:05	5:51 min/km
9	1375	Rogowski Adrian	SG TÜV Rheinland	0:39:15	1986 M30	1	0:40:55	10:16 09:25 09:38 09:56	5:53 min/km
10	1506	Trapp Simon	Münchhof	0:39:59	2000 MU20	1	0:40:43	11:03 10:16 09:53 08:45	5:60 min/km
11	1732	Vogt Malte	*Leverkusen	0:40:19	1988 M30	2	0:42:50	10:23 09:39 10:06 10:10	6:03 min/km
12	1983	Haun Andre	Slow Motion	0:40:31	1966 M50	1	0:40:58	10:14 09:51 10:22 10:02	6:05 min/km
13	1352	Nickäs Tom	*Köln	0:40:33	1991 MHK	2	0:42:32	10:20 09:58 10:21 09:52	6:05 min/km
14	35	Hahn Markus	*Nentershausen	0:40:37	1976 M40	4	0:41:01	09:20 09:53 10:27 10:56	6:05 min/km
15	777	Textoris Martin	*Grevenbroich	0:40:54	1986 M30	3	0:41:00	09:20 10:08 10:43 10:41	6:08 min/km
16	542	Pannes Stefan	*Hürth	0:41:01	1982 M35	2	0:43:47	10:28 10:05 10:20 10:06	6:09 min/km
17	2378	Witzleben Prof. Dr.	line zwo GmbH	0:41:55	1970 M45	2	0:42:19	10:01 10:19 10:39 10:54	6:17 min/km
18	696	Von Moers Wilhelm	*Köln	0:42:09	1956 M60	1	0:42:16	10:13 10:35 10:41 10:38	6:19 min/km
19	2072	Voelz Chris	Ollum-Runners	0:42:15	1974 M40	5	0:44:04	11:03 10:24 10:24 10:23	6:20 min/km
20	1486	Monschau Paul	Birkesdorfer TV	0:42:25	1954 M60	2	0:44:29	12:25 11:35 13:39 04:45	6:22 min/km
21	2042	Völlmecke Frank	*Köln	0:42:35	1974 M40	6	0:42:43	09:54 10:03 11:46 10:50	6:23 min/km
22	2536	Schwarzer Michael	Dortmund	0:43:01	1978 M40	7	0:44:14	10:22 10:20 11:04 11:13	6:27 min/km
23	216	Krämer Timo	Kölner Faultiere	0:43:01	1987 M30	4	0:43:14	09:58 10:40 11:08 11:14	6:27 min/km
24	81	Kordes Maximilian	*Bedburg	0:43:27	2002 MU18	1	0:45:37	11:21 11:00 10:52 10:13	6:31 min/km
25	82	Kordes Sebastian	*Bedburg	0:43:27	2007 MU12	1	0:45:37	11:21 11:00 10:52 10:13	6:31 min/km
26	485	Grare Peter	*Nörvenich	0:43:28	1956 M60	3	0:43:45	10:35 11:02 11:09 10:40	6:31 min/km
27	1996	Delau Jürgen	*Köln	0:43:28	1969 M45	3	0:46:43	12:40 14:24 15:00 01:21	6:31 min/km
28	2645	Borutta Mark		0:43:49	1970 M45	4	0:44:37	10:44 10:43 11:04 11:16	6:34 min/km
29	1098	Albers Sascha	*Koeln	0:44:02	1974 M40	8	0:48:03	10:53 10:17 10:48 12:03	6:36 min/km
30	1165	Bruckmann Gerard	*Alpen	0:44:20	1997 MHK	3	0:47:08	12:34 11:40 11:04 09:00	6:39 min/km
31	562	Rütten Klemens	Lessenicher Zebras	0:44:38	1970 M45	5	0:44:39	09:51 10:34 12:28 11:42	6:42 min/km
32	2516	Van Gerven David	*Erfstadt	0:44:38	1988 M30	5	0:48:41	12:03 11:15 10:55 10:24	6:42 min/km
33	374	Hoffmann Michael	*Stolberg	0:44:39	1991 MHK	4	0:46:54	12:05 11:13 10:41 10:39	6:42 min/km
34	2486	Krüger Markus	*Köln	0:44:42	1991 MHK	5	0:48:44	12:04 11:21 10:49 10:26	6:42 min/km
35	1023	Ortwein Norbert	Küken & Pony	0:44:48	1966 M50	2	0:48:07	11:13 10:51 11:00 11:43	6:43 min/km
36	2576	Metten Alexander	*Köln	0:44:49	1991 MHK	6	0:48:13	12:27 11:02 10:38 10:40	6:43 min/km
37	1192	Böffgen Jörg	*Köln	0:45:11	1970 M45	6	0:48:53	12:11 11:54 11:31 09:34	6:46 min/km
38	1365	Gottschalk Jonas	*Köln	0:45:20	1989 MHK	7	0:49:46	12:36 11:06 10:51 10:46	6:48 min/km
39	1686	Kellings Ludwig	*Köln	0:45:30	1960 M55	2	0:49:13	12:22 11:16 11:10 10:40	6:49 min/km
40	2285	Lindenau Stefan	*Köln	0:45:36	1983 M35	3	0:47:20	11:52 11:09 11:00 11:33	6:50 min/km
41	640	Wissmann Lothar	*euskirchen	0:45:36	1965 M50	3	0:50:25	11:48 11:20 11:15 11:12	6:50 min/km
42	1642	Schütt Sven	die JECKEN Schnecken	0:45:37	1983 M35	4	0:48:39	11:32 11:22 11:29 11:13	6:50 min/km
43	1027	Fröhling Helmut	*Köln	0:45:42	1972 M45	7	0:47:32	12:01 11:18 11:11 11:10	6:51 min/km
44	1654	Baumann Ralf	Aape Team	0:45:48	1960 M55	3	0:46:35	11:55 11:25 11:24 11:02	6:52 min/km
45	507	Ueberschär Reinhard	Underwater-No1	0:45:50	1962 M55	4	0:47:39	12:01 11:03 11:28 11:15	6:52 min/km
46	500	Linden Rolf	*Köln	0:46:28	1970 M45	8	0:49:56	11:56 11:42 11:09 11:40	6:58 min/km
47	41	Zimmermann Jörg	*Köln	0:46:36	1967 M50	4	0:51:31	11:05 09:59 10:18 15:12	6:59 min/km
48	1940	Hans Andreas	*Köln	0:46:47	1990 MHK	8	0:47:21	11:07 11:10 12:15 12:13	7:01 min/km
49	1655	Lintermann Thomas	Aape Team	0:47:32	1989 MHK	9	0:48:20	11:55 11:56 12:01 11:38	7:08 min/km
50	402	Kokoska André	*Bonn	0:47:38	1974 M40	9	0:51:25	11:46 12:00 12:17 11:34	7:09 min/km
51	663	Loreck Armin	NEW Runners	0:48:26	1963 M55	5	0:52:57	12:45 12:13 11:55 11:32	7:16 min/km
52	2102	Dahmen Marius	*Köln	0:48:51	1991 MHK	10	0:51:48	12:26 12:46 11:59 11:38	7:19 min/km
53	2356	Blekić Mirza	MECON GmbH	0:49:15	1992 MHK	11	0:53:40	12:52 12:52 12:30 10:59	7:23 min/km

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54	2403	Biotto Nico	*Keltern	0:49:37	1991	MHK	12	0:50:31	12:18	12:27	12:36	12:14	7:26 min/km
55	1406	Rodax André	*Bielefeld	0:50:10	1962	M55	6	0:52:16	12:52	12:15	12:54	12:07	7:31 min/km
56	1775	Woinowski Julian	*Köln	0:50:44	1980	M35	5	0:53:01	11:59	11:29	11:19	15:55	7:36 min/km
57	60	Ferraresso Thomas	*Much	0:50:56	1974	M40	10	0:52:38	11:15	10:20	10:12	19:07	7:38 min/km
58	363	Klöser René	*Köln	0:51:36	1981	M35	6	0:52:20	12:02	13:05	13:16	13:12	7:44 min/km
59	1214	Preis Florian	*Köln	0:52:22	1971	M45	9	0:54:58	12:37	12:58	13:05	13:41	7:51 min/km
60	2355	Klimscha Wolfgang	MECON GmbH	0:52:30	1960	M55	7	0:56:54	12:59	12:46	13:24	13:20	7:52 min/km
61	1572	Hassel Moritz	Zwergschnauzer-Gang	0:52:52	2008	MU12	2	0:54:55	13:06	14:02	13:16	12:26	7:56 min/km
62	1599	Welbers Maika	*Köln	0:52:53	1981	M35	7	0:55:29	12:25	12:46	13:19	14:22	7:56 min/km
63	1208	Demers Ralph	*Köln	0:53:19	1970	M45	10	0:53:33	11:27	13:18	14:33	13:59	7:60 min/km
64	1345	Dolar Florian	Meep Meep	0:54:03	1988	M30	6	0:54:12	12:15	13:07	14:39	13:59	8:06 min/km
65	2305	Menssen Christoph	Nur wegen der	0:54:05	1986	M30	7	0:57:36	13:18	13:28	13:49	13:28	8:07 min/km
66	398	Zunino Francesco	*Köln	0:54:08	1987	M30	8	0:56:57	13:40	13:34	13:39	13:13	8:07 min/km
67	212	Schäfer Björn	*Kerpen	0:54:51	1982	M35	8	0:57:15	13:25	12:47	16:03	12:34	8:13 min/km
68	67	Meyer-Spang Sascha	*Hennef	0:54:54	1988	M30	9	0:55:51	12:22	16:15	13:02	13:13	8:14 min/km
69	2448	Krautmacher Thorsten	Stinker	0:55:14	1986	M30	10	1:00:07	13:08	14:22	13:46	13:56	8:17 min/km
70	2484	Düllmann Helge	*Rheinbach	0:55:23	1992	MHK	13	0:57:39	12:04	10:31	11:05	21:41	8:18 min/km
71	2393	Finkenberg Ingo	*Bornheim	0:55:23	1986	M30	11	0:57:38	12:06	10:36	11:01	21:39	8:18 min/km
72	1117	Link Tadeo	Running Links	0:55:39	2009	MU10	1	0:59:56	16:38	10:35	13:41	14:43	8:21 min/km
73	2067	Moog Denis	I Moogs net Schnell	0:56:33	1976	M40	11	1:01:01	13:44	14:22	14:20	14:05	8:29 min/km
74	1564	Schmutzler Frank	*Düren	0:58:39	1963	M55	8	1:00:42	12:15	11:48	11:42	22:52	8:48 min/km
75	1658	Tietze Max	*Köln	0:59:33	1950	M65	1	1:01:04	15:21	15:04	15:10	13:56	8:56 min/km
76	1816	Prinz Rainer	*Frechen	1:00:33	1971	M45	11	1:01:32	16:05	16:07	19:03	09:15	9:05 min/km
77	160	Braun Kurt	Rheinfetisch e.V.	1:08:04	1972	M45	12	1:11:09	16:20	17:52	16:30	17:20	10:12 min/km
78	681	Scheumer Jens	*Leverkusen	1:09:51	1971	M45	13	1:12:04	14:57	16:07	18:11	20:34	10:28 min/km
79	1029	Schmickler Hans-Albert	*Bad Neuenahr-Ahrweiler	1:11:42	1958	M60	4	1:14:22	14:01	17:37	21:34	18:29	10:45 min/km
80	1069	Dumbruch Tobias	Bold Doombreaker	1:20:43	1989	MHK	14	1:25:33	12:49	15:17	12:44	39:52	12:06 min/km
81	884	Gemünd Gereon	Die Burg	1:27:07	1993	MHK	15	1:31:50	20:18	22:52	26:02	17:54	13:04 min/km

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	2424	Eyting Pia	*Rösrath	0:32:06	2004 WU16	1	0:32:33	07:17 07:58 08:33 08:17	4:49 min/km
2	1278	Stadie Maren	WG 2/3 - Einer fehlt immer!	0:35:09	1992 WHK	1	0:35:35	08:23 08:29 09:26 08:50	5:16 min/km
3	1221	Macherey-Diese Silke	*Leverkusen	0:36:01	1966 W50	1	0:37:36	09:03 08:55 08:59 09:03	5:24 min/km
4	2171	Gutmann Hannah	*Köln	0:36:57	1998 WHK	2	0:37:04	08:04 08:52 09:30 10:29	5:32 min/km
5	1662	Fiebig Dr. Antje	*Bonn	0:37:14	1987 W30	1	0:37:47	08:45 09:15 09:40 09:32	5:35 min/km
6	860	Linden Maike	*Bergisch Gladbach	0:37:48	1993 WHK	3	0:38:31	08:43 09:30 09:59 09:34	5:40 min/km
7	2523	Christoffels Ronja	*Köln	0:38:38	1990 WHK	4	0:42:41	10:43 09:38 09:23 08:52	5:48 min/km
8	2461	Werker Melanie	*Köln	0:38:38	1990 WHK	5	0:42:41	10:43 09:38 09:24 08:52	5:48 min/km
9	1353	Klösge Sabrina	*Köln	0:40:32	1987 W30	2	0:42:32	10:19 09:58 10:21 09:52	6:05 min/km
10	2515	Köpcke Esther	*Erkrath	0:40:59	1990 WHK	6	0:44:03	10:30 10:04 10:24 10:00	6:09 min/km
11	2193	Supica Anke		0:41:04	1985 W30	3	0:43:53	10:00 10:08 10:19 10:36	6:10 min/km
12	1955	Rödder Jennifer	*Köln	0:41:20	1988 W30	4	0:45:38	11:09 10:20 09:56 09:54	6:12 min/km
13	1006	Rothe Ina	Two Towers Running Club	0:41:23	1978 W40	1	0:41:44	09:25 09:56 10:49 11:12	6:12 min/km
14	1273	Jouaux Maike	*Brühl	0:41:27	1997 WHK	7	0:43:04	10:51 10:25 10:20 09:50	6:13 min/km
15	1487	MonschaU Clelia	Birkesdorfer TV	0:42:20	1956 W60	1	0:44:24	12:26 11:57 13:16 04:39	6:21 min/km
16	1535	Schall Maria	Birkesdorfer TV	0:42:29	1954 W60	2	0:44:31	12:29 12:18 12:52 04:47	6:22 min/km
17	2046	Völlmecke Mara	*Köln	0:42:34	2007 WU12	1	0:42:41	09:54 10:03 11:46 10:49	6:23 min/km
18	1548	Burbach Daniela	Schmitz-Fitness	0:42:49	1982 W35	1	0:45:21	11:35 10:29 10:34 10:09	6:25 min/km
19	1547	Henk Gabriele	Schmitz-Fitness	0:42:50	1980 W35	2	0:45:22	11:35 10:30 10:36 10:07	6:25 min/km
20	1085	Tiller Brigitte	*Sankt Augustin	0:43:28	1983 W35	3	0:47:06	11:19 10:37 10:45 10:45	6:31 min/km
21	2096	Paul Carolina	Rotwand	0:43:37	2006 WU14	1	0:46:40	10:50 11:04 10:54 10:47	6:32 min/km
22	1751	Schnöger Sarah	Murmeltiere	0:43:43	1999 WU20	1	0:44:15	10:53 10:42 11:20 10:46	6:33 min/km
23	2201	Simon Kathrin	NetCologne	0:44:07	1985 W30	5	0:45:15	11:11 10:58 11:15 10:42	6:37 min/km
24	462	Schürer Anja	*Köln	0:44:24	1983 W35	4	0:46:16	11:25 11:00 10:55 11:03	6:40 min/km
25	279	Becker Sonja	*Köln	0:44:24	1972 W45	1	0:46:16	11:24 11:00 10:55 11:04	6:40 min/km
26	1074	Geerken Jana	Die 2 lustigen 3	0:44:33	1987 W30	6	0:46:52	12:19 12:02 10:18 09:53	6:41 min/km
27	375	Breuer Kathrin	*Stolberg	0:44:37	1989 WHK	8	0:46:52	12:04 11:13 10:41 10:37	6:41 min/km
28	2118	Bleiber Christiane	*Weilerswist	0:44:46	1992 WHK	9	0:47:07	12:19 10:53 10:55 10:38	6:43 min/km
29	1951	Henseler-Kovacic	MTV Turbokriecher	0:44:50	1974 W40	2	0:46:01	11:43 11:10 11:18 10:38	6:43 min/km
30	2367	Gsella Theresa	*Frechen	0:44:54	1985 W30	7	0:48:42	13:18 10:48 10:33 10:14	6:44 min/km
31	1759	Kau Heike	*Bonn	0:45:12	1969 W45	2	0:45:21	09:58 11:27 11:41 12:04	6:47 min/km
32	634	Neuer Dorothee	*Köln	0:45:21	1989 WHK	10	0:45:48	11:20 11:19 11:16 11:24	6:48 min/km
33	1625	Naumann Isabelle	*Merzenich	0:45:22	1983 W35	5	0:46:18	10:08 10:52 11:40 12:40	6:48 min/km
34	1166	Bruckmann Michelle	*Alpen	0:45:23	1994 WHK	11	0:48:12	12:34 11:40 11:04 10:04	6:48 min/km
35	2714	Landsberg Susanne	Kölner Zoo	0:45:27	1969 W45	3	0:46:16	11:05 11:20 11:38 11:22	6:49 min/km
36	2498	Hanisch Natascha	*Köln	0:45:36	1988 W30	8	0:47:20	11:52 11:08 11:01 11:33	6:50 min/km
37	641	Ley Annette	*Müggenhausen	0:45:36	1966 W50	2	0:50:25	11:48 11:22 11:14 11:11	6:50 min/km
38	1653	Baumann Marie	Aape Team	0:45:46	1992 WHK	12	0:46:34	11:55 11:25 11:24 11:01	6:52 min/km
39	508	Ueberschär Martina	Underwater-No1	0:45:50	1967 W50	3	0:47:39	12:00 11:06 11:27 11:16	6:52 min/km
40	1760	Kau Lara Marie	*Bonn	0:45:51	2004 WU16	2	0:46:00	10:52 11:18 12:02 11:38	6:52 min/km
41	2116	Möltgen Stefanie	*Erfstadt	0:46:05	1988 W30	9	0:48:25	11:51 11:39 11:20 11:12	6:55 min/km
42	2755	Kierdorf Ulla		0:46:13	1963 W55	1	0:49:48	11:01 11:18 11:48 12:05	6:56 min/km
43	946	Fend Angela	Puschentiger	0:46:21	1987 W30	10	0:50:57	11:54 11:15 12:09 11:02	6:57 min/km
44	888	Voscort Sandra	Puschentiger	0:46:21	1988 W30	11	0:50:57	11:53 11:10 12:14 11:02	6:57 min/km
45	2099	Thomas Sophie	*Bergisch Gladbach	0:46:23	1991 WHK	13	0:49:21	11:32 11:22 11:33 11:55	6:57 min/km
46	676	Gosch Alexandra	SG TÜV Rheinland	0:46:32	1988 W30	12	0:49:23	11:27 10:11 11:01 13:52	6:59 min/km
47	100	Brün Nicole	*Köln	0:46:34	1975 W40	3	0:48:21	11:54 11:29 11:49 11:20	6:59 min/km
48	2407	Lorbach Gudrun	*Köln	0:46:40	1962 W55	2	0:50:38	11:57 11:31 11:42 11:29	6:60 min/km
49	1939	Lindenthal Nina	*Köln	0:46:45	1989 WHK	14	0:47:20	11:07 11:10 12:15 12:12	7:01 min/km
50	2413	Koc Melissa	*Köln	0:46:59	1999 WU20	2	0:47:07	08:41 12:00 13:14 13:03	7:03 min/km
51	2164	Küchler Anja	*Hürth	0:47:26	1971 W45	4	0:49:22	12:06 11:57 12:05 11:16	7:07 min/km
52	2161	Roth Corinna	*Frechen	0:47:27	1987 W30	13	0:51:33	12:46 13:35 10:38 10:26	7:07 min/km
53	2199	Wienke Nicole	NetCologne	0:47:41	1971 W45	5	0:48:49	11:45 11:44 12:05 12:05	7:09 min/km

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54	2564	Tiede Alexandra	*Köln	0:47:42	1968 W50	4	0:50:43	11:32	12:11	12:01	11:56	7:09 min/km
55	1678	Groß Lina	38 go-go-go	0:47:50	2009 WU10	1	0:49:28	11:42	12:32	12:47	10:47	7:10 min/km
56	1157	Berlin Marie	Seeteufel	0:48:14	1976 W40	4	0:49:05	10:50	11:21	13:05	12:57	7:14 min/km
57	293	Simic Ivana	*Köln	0:48:23	1989 WHK	15	0:49:05	12:04	13:23	11:28	11:27	7:15 min/km
58	2372	Stange Anna-Lena	*Köln	0:48:26	1994 WHK	16	0:51:43	11:59	11:57	12:12	12:16	7:16 min/km
59	2100	Beier Daniela	*Wipperfürth	0:48:50	1988 W30	14	0:51:49	12:26	12:46	11:59	11:38	7:19 min/km
60	695	Coenen Anne	*Köln	0:48:54	1983 W35	6	0:52:03	12:51	12:12	12:30	11:19	7:20 min/km
61	2250	Coenen Berit	*Mönchengladbach	0:48:54	1984 W30	15	0:52:03	12:51	12:13	12:30	11:19	7:20 min/km
62	554	Potyka Janine	Turboschnecken	0:49:00	1987 W30	16	0:53:05	12:33	12:41	12:12	11:32	7:21 min/km
63	1366	Schilmann Sabine	Klingenrunners	0:49:28	1964 W50	5	0:52:03	11:52	12:06	12:29	12:59	7:25 min/km
64	1405	Theis Christiane	*Düsseldorf	0:49:29	1961 W55	3	0:51:36	12:49	12:19	12:54	11:26	7:25 min/km
65	699	Schröer Corinna	*Düsseldorf	0:49:33	1980 W35	7	0:51:39	12:49	12:16	12:55	11:31	7:26 min/km
66	1696	Neunzig Claudia	Turboschnecken	0:49:34	1975 W40	5	0:53:39	12:31	11:53	11:54	13:14	7:26 min/km
67	604	Nogueira Cardoso Maria*	Köln	0:49:37	1963 W55	4	0:50:31	12:19	12:27	12:36	12:13	7:26 min/km
68	310	Euler Maike	*Köln	0:49:44	1989 WHK	17	0:51:01	12:30	12:26	12:17	12:29	7:27 min/km
69	309	Bös Anna	*Niederkassel	0:49:44	1990 WHK	18	0:51:01	12:30	12:26	12:17	12:29	7:27 min/km
70	2325	Schoy Carola	#DankAugustaLäuft	0:49:51	1977 W40	6	0:54:44	12:47	12:36	12:30	11:57	7:28 min/km
71	2130	Mielke Sarah	Becher Mädels	0:49:54	1979 W35	8	0:50:30	11:34	12:22	12:53	13:04	7:29 min/km
72	1975	Kump Nadine	*Köln	0:49:59	1991 WHK	19	0:52:16	12:50	12:32	12:27	12:09	7:30 min/km
73	1976	Krings Nicole	*Schwalmtal	0:49:59	1992 WHK	20	0:52:17	12:49	12:33	12:28	12:08	7:30 min/km
74	2198	Carl Susi	NetCologne	0:50:00	1981 W35	9	0:51:09	12:48	12:50	12:38	11:41	7:30 min/km
75	2145	Jansen Britta	*Köln	0:50:05	1972 W45	6	0:53:19	12:45	12:53	12:20	12:04	7:31 min/km
76	2144	Sistermann Sonja	*Köln	0:50:07	1967 W50	6	0:53:22	12:45	12:53	12:20	12:07	7:31 min/km
77	1591	Ooster Julia	Marley United	0:50:20	1994 WHK	21	0:53:37	11:59	12:00	13:45	12:36	7:33 min/km
78	1334	Himmeröder Rebecca	*Rösrath	0:50:23	1976 W40	7	0:51:42	12:44	12:06	12:40	12:51	7:33 min/km
79	798	Fingerhut Lisa	Heiße Schnecken	0:50:41	1986 W30	17	0:53:09	12:30	12:39	12:45	12:46	7:36 min/km
80	18	Baranek Anna	Es gibt Kölsch im Ziel?fott	0:50:45	1989 WHK	22	0:53:56	12:51	12:32	12:55	12:26	7:37 min/km
81	599	Thier Jana	*Bonn	0:50:45	1998 WHK	23	0:51:05	11:49	12:40	12:49	13:26	7:37 min/km
82	17	Marx Melanie	Es gibt Kölsch im Ziel?fott	0:50:46	1989 WHK	24	0:53:56	12:51	12:33	12:55	12:25	7:37 min/km
83	70	Klinge Tatjana	LT Saaler Mühle	0:50:46	1971 W45	7	0:55:08	13:13	12:44	12:22	12:25	7:37 min/km
84	71	Friedl Elena	*Bergisch Gladbach	0:50:46	1988 W30	18	0:55:08	13:14	12:44	12:22	12:25	7:37 min/km
85	1413	Same Brigitte	Running Omis	0:50:49	1963 W55	5	0:51:13	12:12	12:42	13:00	12:54	7:37 min/km
86	1671	Freund Natascha	Goldmarie	0:51:04	1990 WHK	25	0:52:19	13:23	12:28	12:37	12:34	7:39 min/km
87	1583	Karaszewski Brigitte	*Hürth	0:51:19	1960 W55	6	0:53:37	12:54	12:50	13:01	12:32	7:42 min/km
88	1810	Holzberg Ria	*Köln	0:51:54	1982 W35	10	0:53:47	12:53	12:25	12:29	14:06	7:47 min/km
89	396	Tabor Klara	*Köln	0:51:54	1986 W30	19	0:53:47	12:53	12:25	12:29	14:06	7:47 min/km
90	2034	Bürger-Biesenbach	*Lindlar	0:52:04	1972 W45	8	0:52:28	12:00	12:06	12:27	15:30	7:48 min/km
91	127	Lehwalder Diane	*Kaarst	0:52:10	1972 W45	9	0:56:18	11:59	11:41	12:20	16:08	7:49 min/km
92	119	Winzen Heike	*Kaarst	0:52:10	1969 W45	10	0:56:18	11:58	11:42	12:20	16:08	7:49 min/km
93	2700	Lewald-Alexion Inga		0:52:22	1977 W40	8	0:56:11	13:18	13:03	13:17	12:43	7:51 min/km
94	1763	Gsella Hannah	Gsella-Girls & Paddington	0:52:23	1989 WHK	26	0:56:11	13:18	13:03	13:17	12:43	7:51 min/km
95	2105	Erz Marie-Theres	Erzmännchen	0:52:25	1958 W60	3	0:55:09	13:07	13:07	13:07	13:03	7:52 min/km
96	1697	Quast Claudia	Die Sterne	0:52:47	1986 W30	20	0:55:51	13:58	12:59	12:57	12:52	7:55 min/km
97	587	Dudacy Laura	*Köln	0:52:49	1990 WHK	27	0:56:26	12:58	13:08	13:34	13:08	7:55 min/km
98	586	Schäfer Annika	*Köln	0:52:49	1985 W30	21	0:56:26	12:58	13:07	13:34	13:08	7:55 min/km
99	292	Kamphoff Bettina	*Rösrath	0:52:51	1975 W40	9	0:53:43	12:42	13:10	13:44	13:13	7:55 min/km
100	2288	Reichel Heike	*Köln	0:52:53	1979 W35	11	0:55:29	12:26	12:48	13:16	14:22	7:56 min/km
101	594	Haas Petra Beatrix	Sportteufelchen e.V.	0:52:54	1965 W50	7	0:55:34	13:54	13:33	13:10	12:15	7:56 min/km
102	451	Hupperich Regina	Sportteufelchen e.V.	0:52:54	1966 W50	8	0:55:34	13:54	13:34	13:10	12:15	7:56 min/km
103	738	Schasse Sarah	*Köln	0:52:55	1991 WHK	28	0:54:29	13:03	12:56	13:21	13:34	7:56 min/km
104	2633	Wagner Nadine	*Köln	0:52:58	1975 W40	10	0:55:34	12:25	12:45	13:22	14:24	7:56 min/km
105	1598	Büchs Melanie	*Köln	0:52:59	1979 W35	12	0:55:35	12:26	12:46	13:19	14:27	7:57 min/km
106	321	Jasper Judith	*Köln	0:53:26	1975 W40	11	0:54:34	12:30	13:34	13:38	13:43	8:01 min/km
107	2531	Rönnebeck Anke	*Bornheim	0:53:27	1986 W30	22	0:55:49	12:17	12:14	12:52	16:02	8:01 min/km
108	2530	Dohmann Natalie	*Swisttal	0:53:29	1984 W30	23	0:55:50	12:19	12:12	12:54	16:02	8:01 min/km
109	1338	Hussain Jasmin	*Köln	0:53:39	1979 W35	13	0:54:48	12:52	13:35	13:42	13:28	8:03 min/km
110	958	Stäblein Nadine	*Remscheid	0:53:50	1985 W30	24	0:56:22	12:50	12:36	13:37	14:46	8:04 min/km

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111	2626	Heffels Michelle	*Heinsberg	0:53:57	2001 WU18	1	0:54:42	10:52	12:57	15:09	14:57	8:05 min/km
112	1689	Hold Rebecca	*Dormagen	0:54:01	1992 WHK	29	0:55:07	13:11	13:19	13:58	13:31	8:06 min/km
113	1690	Beivers Hannelore	*Dormagen	0:54:01	1961 W55	7	0:55:08	13:13	13:17	13:54	13:35	8:06 min/km
114	1972	Wolter Andrea	*Köln	0:54:12	1978 W40	12	0:56:34	14:01	14:28	12:33	13:08	8:08 min/km
115	694	Coenen Elke	*Wegberg	0:54:12	1956 W60	4	0:57:21	12:52	12:21	12:49	16:08	8:08 min/km
116	1889	Trenkenschuh Claudia	Laufftreff Windhagen	0:54:25	1965 W50	9	0:56:15	13:07	12:20	12:36	16:21	8:10 min/km
117	971	Greifenberg Anja	Towanda	0:54:30	1969 W45	11	0:56:05	13:13	13:34	14:18	13:24	8:10 min/km
118	2679	vanderVeen Sonja		0:54:33	1972 W45	12	0:56:07	13:12	13:34	14:18	13:27	8:11 min/km
119	2069	Schaufuß Silke	*Frechen	0:54:43	1968 W50	10	0:58:19	12:52	12:42	12:21	16:46	8:12 min/km
120	2091	Dittmann Natalie	*Kerpen	0:54:44	1973 W45	13	0:58:20	12:53	12:42	12:12	16:55	8:12 min/km
121	1471	Maye Imke	*Köln	0:54:45	1966 W50	11	0:55:50	12:47	13:58	14:11	13:48	8:13 min/km
122	1851	Ohles Lydia	*Köln	0:54:56	1977 W40	13	0:59:43	13:03	14:18	13:56	13:38	8:14 min/km
123	1551	Wild Greta	Schmitz-Fitness	0:54:57	2005 WU14	2	0:59:18	13:16	12:39	13:45	15:16	8:14 min/km
124	1341	Schleich Katharina	*Köln	0:55:00	1981 W35	14	0:59:32	13:39	13:36	13:49	13:55	8:15 min/km
125	1047	Makhoul Hanan	*Köln	0:55:01	1985 W30	25	0:56:53	12:52	13:12	13:57	14:59	8:15 min/km
126	522	Metzer Lena	Stinker	0:55:14	1993 WHK	30	1:00:07	13:08	14:22	13:46	13:57	8:17 min/km
127	2524	Baumgartner Julia	*Odenthal	0:55:18	1992 WHK	31	0:59:03	13:25	13:23	14:09	14:19	8:17 min/km
128	2644	Werner Petra		0:55:21	1969 W45	14	0:56:10	13:00	13:31	14:30	14:19	8:18 min/km
129	2577	Slaats Angelique	*Leverkusen	0:55:22	1974 W40	14	0:59:52	12:58	13:07	12:39	16:36	8:18 min/km
130	2578	Krüger Tina	*Leverkusen	0:55:22	1976 W40	15	0:59:52	12:58	13:07	12:39	16:36	8:18 min/km
131	750	Schlößer Sabrina	*Kerpen	0:55:32	1985 W30	26	0:58:46	13:15	13:58	14:51	13:27	8:20 min/km
132	1610	Adams Antje	*Hennef	0:55:32	1973 W45	15	0:56:23	12:35	13:48	14:33	14:35	8:20 min/km
133	1113	Link Claudia	*Hellenthal	0:55:40	1973 W45	16	0:59:57	16:39	10:36	13:40	14:44	8:21 min/km
134	208	Goette Anne	Running Animals	0:55:42	1970 W45	17	0:57:41	12:28	12:24	12:20	18:29	8:21 min/km
135	211	Schäfer Miriam	*Kerpen	0:55:49	1984 W30	27	0:58:12	13:25	12:46	17:25	12:10	8:22 min/km
136	568	LUBE-DAX CHRISTIANE	Scuolfreunde	0:55:49	1965 W50	12	0:59:31	14:17	13:43	14:07	13:41	8:22 min/km
137	1868	Schuckel Victoria	Hürther Husaren	0:56:46	1994 WHK	32	0:58:51	12:12	15:57	16:19	12:16	8:31 min/km
138	1184	Wilkerling Catrin	*Köln	0:57:09	1972 W45	18	1:01:49	12:31	13:01	15:29	16:07	8:34 min/km
139	469	Soesters Martina	*Bonn	0:57:14	1961 W55	8	0:59:13	15:35	15:06	12:23	14:08	8:35 min/km
140	470	Arzani Birgani Ariane	*Bonn	0:57:14	1998 WHK	33	0:59:14	15:34	15:06	12:23	14:09	8:35 min/km
141	1510	Kaas Milana	Kaasis	0:57:19	2004 WU16	3	0:57:45	10:36	14:26	16:59	15:17	8:36 min/km
142	2012	Oberzier Ilona	*Köln	0:57:22	1954 W60	5	0:59:30	14:53	14:01	14:18	14:08	8:36 min/km
143	1869	Longerich Jasmin	Hürther Husaren	0:57:23	1993 WHK	34	0:59:28	12:13	15:57	16:19	12:54	8:36 min/km
144	1910	Hüls Maren	*Odenthal	0:57:36	1972 W45	19	1:01:42	14:11	13:14	16:45	13:25	8:38 min/km
145	2152	Kraus Bärbel	*Köln	0:57:36	1968 W50	13	1:01:42	14:11	13:14	16:45	13:25	8:38 min/km
146	2401	Von Hegymegi-Kiss	*Brühl	0:57:47	1984 W30	28	1:00:52	13:31	13:13	12:49	18:12	8:40 min/km
147	1556	Gulli Irini	Chelonas	0:58:25	1965 W50	14	1:01:26	15:29	20:46	19:02	03:06	8:46 min/km
148	1565	Schmutzler Monika	*Düren	0:58:40	1966 W50	15	1:00:41	12:17	11:43	11:46	22:52	8:48 min/km
149	172	Valder Hannah	*Bonn	0:58:44	1991 WHK	35	1:01:31	12:16	17:56	17:26	11:04	8:48 min/km
150	1358	Donat Gabriele	BSG Rheinpark	0:58:55	1959 W55	9	1:02:44	12:25	12:49	12:50	20:49	8:50 min/km
151	991	Reiß Katrin	*Erfstadt	0:59:43	1978 W40	16	1:03:49	13:39	14:15	16:15	15:33	8:57 min/km
152	2646	Hellinghausen Kerstin		0:59:45	1978 W40	17	1:03:50	13:39	14:15	16:16	15:34	8:58 min/km
153	1672	Hasky Vanesa	Goldmarie	0:59:47	1984 W30	29	1:01:06	13:40	17:03	16:51	12:12	8:58 min/km
154	1715	Straßburg Andrea	Schwadorf Ramazzotti	1:00:13	1966 W50	16	1:03:31	15:25	15:14	15:01	14:32	9:02 min/km
155	209	Yael Sabine	Running Animals	1:00:29	1967 W50	17	1:02:26	14:14	15:32	15:29	15:11	9:04 min/km
156	2085	Nelles Ramona	*Kerpen	1:00:41	1983 W35	15	1:04:16	13:04	15:14	16:18	16:04	9:06 min/km
157	539	Damm Verena	*Kerpen	1:01:00	1989 WHK	36	1:03:10	12:14	18:59	13:34	16:11	9:09 min/km
158	540	Lasowski Stephanie	*Köln	1:01:00	1988 W30	30	1:03:11	12:14	19:00	11:16	18:29	9:09 min/km
159	2612	Bißmann Anica	*Köln	1:02:08	1999 WU20	3	1:06:59	12:39	13:01	21:39	14:48	9:19 min/km
160	2611	Bucksch Jana-Milena	*Köln	1:02:09	1991 WHK	37	1:06:59	12:39	13:00	21:38	14:50	9:19 min/km
161	2387	Wolf Carina	BesteVerRest	1:03:58	1989 WHK	38	1:08:17	12:51	12:34	12:23	26:09	9:36 min/km
162	2386	Körte Carmen	BesteVerRest	1:03:58	1993 WHK	39	1:08:17	12:51	12:35	12:22	26:09	9:36 min/km
163	466	Kribs Dr. Angela	*Köln	1:05:01	1961 W55	10	1:08:40	13:57	16:20	16:13	18:29	9:45 min/km
164	465	Stanzel Anna	*Bergisch Gladbach	1:05:02	1968 W50	18	1:08:42	13:57	16:20	16:16	18:28	9:45 min/km
165	505	Altenrath Christine	*Berg. Gladbach	1:05:34	1978 W40	18	1:09:45	13:50	14:00	14:09	23:33	9:50 min/km
166	504	Hemming Sarah	*Berg. Gladbach	1:05:34	1977 W40	19	1:09:45	13:50	14:00	14:09	23:33	9:50 min/km
167	1266	Steinhof Kathinka	*Köln	1:06:25	1978 W40	20	1:10:57	14:31	17:28	17:50	16:34	9:57 min/km

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168	2011	Gerhard Lara	*Köln	1:06:41	2007 WU12	2	1:08:48	12:46	15:10	20:51	17:52	9:60 min/km
169	2010	Gerhard Angela	*Köln	1:07:00	1976 W40	21	1:09:07	15:42	15:00	18:05	18:11	10:03 min/km
170	913	Schaul Nicole	GESTIEFELTER	1:07:50	1994 WHK	40	1:11:13	14:14	17:19	20:00	16:15	10:10 min/km
171	2678	Post Carina	mika:timing	1:07:57	1997 WHK	41	1:11:27	13:28	24:07	07:38	22:42	10:11 min/km
172	726	Tschorn Anya	hOTTEN-tOTTEN	1:08:31	1985 W30	31	1:11:48	12:07	12:14	11:57	32:11	10:16 min/km
173	727	Peters Sabine	hOTTEN-tOTTEN	1:08:31	1981 W35	16	1:11:49	12:08	12:13	11:57	32:12	10:16 min/km
174	728	Leyendecker Charlotte	hOTTEN-tOTTEN	1:08:32	1984 W30	32	1:11:49	12:07	12:14	11:57	32:12	10:17 min/km
175	683	Diemer Petra	*Odenthal	1:09:51	1964 W50	19	1:12:04	14:57	16:07	18:10	20:34	10:28 min/km
176	1814	Prinz Lara	*Frechen	1:10:36	2005 WU14	3	1:11:35	16:06	16:07	19:13	19:09	10:35 min/km
177	1028	Schmickler Lea	*Bad Neuenahr-Ahrweiler	1:11:41	1997 WHK	42	1:14:22	14:01	17:37	21:34	18:29	10:45 min/km
178	1838	Stelzenmüller Martina	*Köln	1:13:13	1966 W50	20	1:14:56	17:40	18:31	18:29	18:33	10:59 min/km
179	1068	Boldan Andrea	Bold Doombreaker	1:20:43	1981 W35	17	1:25:32	12:48	15:17	12:44	39:52	12:06 min/km
180	1791	Wazinski Anne	*Köln	1:24:06	1990 WHK	43	1:28:52	14:40	32:17	19:01	18:05	12:37 min/km
181	885	Gemünd Katrin	Die Burg	1:27:08	1989 WHK	44	1:31:50	20:17	22:53	26:02	17:55	13:04 min/km