

Kölner Zoolauf am 13. Juli 2018 - Toplauf - 10.05km

Ergebnisliste Männer

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gedruckt 16.07.2018 23:00:33

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit	
1	2617	Schoenball Patrick	Bunert - Der Kölner	0:34:21	1989	MHK	1	0:34:22	05:23 05:36 05:45 05:55 05:54 05:46	3:25 min/km
2	1738	Linden Sebastian	Rhein-Berg Runners	0:35:51	1989	MHK	2	0:35:51	05:44 06:03 06:02 06:06 06:03 05:49	3:34 min/km
3	7	El Makrini Hakim	LT DSHS Köln eV	0:36:11	0	M35	1	0:36:11	05:34 06:00 06:07 06:11 06:14 06:02	3:36 min/km
4	2618	Kreitner Max	Bunert - Der Kölner	0:37:03	1994	MHK	3	0:37:03	05:46 06:06 06:15 06:20 06:29 06:05	3:41 min/km
5	2532	Jonen Dr. Christian	Central-Team	0:37:06	1981	M35	2	0:37:07	05:47 06:07 06:17 06:21 06:21 06:11	3:42 min/km
6	5	Kaiser Thomas	Sebamed Running Team	0:37:46	1989	MHK	4	0:37:46	05:48 06:13 06:29 06:32 06:33 06:08	3:45 min/km
7	2509	Ley Jürgen	central-team.de	0:38:21	1971	M45	1	0:38:22	05:59 06:21 06:28 06:34 06:34 06:21	3:49 min/km
8	1847	Steven Christoph	ASV Köln Triathlon	0:38:28	1985	M30	1	0:38:30	06:18 06:26 06:30 06:26 06:30 06:15	3:50 min/km
9	2753	Blauth Christian	DSV Bergwacht Rohren	0:38:49	1976	M40	1	0:38:52	06:00 06:24 06:32 06:38 06:44 06:28	3:52 min/km
10	730	Paul Joachim	Rotwand	0:39:41	1973	M45	2	0:39:42	06:12 06:37 06:43 06:49 06:47 06:32	3:57 min/km
11	2522	Elskamp Gregor	Central-Team.de	0:39:44	1971	M45	3	0:39:47	06:31 06:36 06:39 06:43 06:43 06:30	3:57 min/km
12	615	Feider Daniel	Sportlich-Team Bornheim	0:40:17	1983	M35	3	0:40:19	06:16 06:36 06:46 06:52 07:01 06:44	4:01 min/km
13	2619	Lorbach Daniel	Bunert - Der Kölner	0:40:34	1982	M35	4	0:40:35	06:19 06:41 06:46 06:55 07:04 06:46	4:02 min/km
14	1135	Hoffmann André	*Köln	0:40:40	1990	MHK	5	0:40:50	06:38 06:45 06:52 06:58 06:58 06:26	4:03 min/km
15	2469	Gläßer Harald	LGD Runners	0:40:40	1968	M50	1	0:40:42	06:25 06:38 06:49 07:00 07:01 06:45	4:03 min/km
16	2338	Schäferkötter Martin	central-team.de	0:40:44	1968	M50	2	0:40:47	06:30 06:44 06:49 07:02 06:58 06:39	4:03 min/km
17	2735	Lobmeyr Lasse	SC Waldniel	0:40:49	2001	MU18	1	0:40:56	06:50 06:52 06:51 06:57 06:55 06:22	4:04 min/km
18	1666	Schreiner Dennis	*Bitzen	0:41:03	1987	M30	2	0:41:04	06:06 06:39 06:57 07:10 07:14 06:56	4:05 min/km
19	944	Knorreck Dr. Daniel	*Kernen	0:41:06	1982	M35	5	0:41:10	06:39 06:49 06:53 06:57 06:59 06:46	4:05 min/km
20	1881	Neugebauer Jonah	*Köln	0:41:08	1997	MHK	6	0:41:31	06:56 06:52 06:58 06:51 06:57 06:32	4:06 min/km
21	2057	Declair Thorsten	*Rheinbach	0:41:15	1977	M40	2	0:41:17	06:26 06:46 06:56 07:04 07:08 06:52	4:06 min/km
22	2723	Spychala Darius		0:41:22	1994	MHK	7	0:41:23	05:53 06:39 06:48 06:52 06:53 08:14	4:07 min/km
23	1876	Jakobs David	*Köln	0:41:28	1987	M30	3	0:41:29	06:21 06:52 07:01 07:09 07:12 06:50	4:08 min/km
24	1932	Friedrich Lars	TriathlonSteckelCologne	0:41:41	1987	M30	4	0:41:44	06:31 06:49 07:01 07:07 07:17 06:55	4:09 min/km
25	2478	Eberhardt Jakob	TV Refrath	0:41:51	1985	M30	5	0:41:53	06:20 06:43 06:51 07:01 07:35 07:19	4:10 min/km
26	2615	Horstmann Christian	Rhein-Berg Runners	0:41:58	1982	M35	6	0:41:59	06:32 06:57 07:07 07:11 07:19 06:51	4:11 min/km
27	1768	Nedelec Thomas	*Köln	0:42:09	1994	MHK	8	0:42:31	06:53 06:56 06:58 07:03 07:16 06:59	4:12 min/km
28	2088	Mohrman Moehre	Der Elf und seine Freunde	0:42:29	1973	M45	4	0:42:43	06:43 06:59 07:07 07:19 07:20 06:57	4:14 min/km
29	2544	Glaubach Dennis	*Frechen	0:42:34	1994	MHK	9	0:42:38	06:40 06:58 07:12 07:18 07:25 06:56	4:14 min/km
30	2710	Kruse Sebastian	TV Rodenkirchen	0:42:37	1983	M35	7	0:42:42	06:38 07:01 06:59 07:20 07:26 07:09	4:14 min/km
31	2394	Bornemann Thomas	central-team.de	0:42:44	1968	M50	3	0:42:47	06:55 07:13 07:15 07:13 07:12 06:53	4:15 min/km
32	2309	Willmann Nils	Dachser on the Run	0:42:53	1998	MHK	10	0:43:00	06:43 06:55 07:08 07:23 07:29 07:13	4:16 min/km
33	2744	Togbonou Tibor		0:42:53	1997	MHK	11	0:43:00	06:43 06:55 07:08 07:23 07:29 07:13	4:16 min/km
34	928	Löw Leon	..die nach dem Weg	0:43:15	1997	MHK	12	0:43:23	06:49 07:00 07:27 07:28 07:29 06:59	4:18 min/km
35	687	Münch Christopher	FreiwilligeFeuerwehr	0:43:36	1984	M30	6	0:43:47	06:54 07:11 07:25 07:25 07:27 07:11	4:20 min/km
36	1398	Uyar Ismail	Worthoff Boxing	0:43:41	1989	MHK	13	0:45:36	06:41 07:03 07:17 07:36 07:46 07:15	4:21 min/km
37	2480	Elz Dirk	TV Refrath	0:43:56	1975	M40	3	0:43:59	06:55 07:20 07:30 07:36 07:28 07:05	4:22 min/km
38	1730	Wiebe Tobias	*Köln	0:44:10	1993	MHK	14	0:44:23	07:28 07:29 07:31 07:24 07:21 06:55	4:24 min/km
39	1045	Marek Adrian	Für Hürth	0:44:14	1972	M45	5	0:44:18	06:48 07:13 07:26 07:38 07:38 07:28	4:24 min/km
40	1631	Härtel Paul	*Köln	0:44:14	1996	MHK	15	0:45:15	07:23 07:10 07:10 07:28 07:46 07:15	4:24 min/km
41	749	Gänz Stefan	SV AXA	0:44:29	1981	M35	8	0:44:59	07:20 07:16 07:31 07:36 07:36 07:06	4:26 min/km
42	2705	Vatovci Begir		0:44:33	1995	MHK	16	0:44:34	06:26 06:31 07:16 07:49 08:03 08:26	4:26 min/km
43	2706	Holz Müller Philipp		0:44:33	1996	MHK	17	0:44:34	06:26 06:31 07:16 07:49 08:02 08:27	4:26 min/km
44	2739	Keuser Thorsten	Kremer Racing	0:44:34	1982	M35	9	0:44:35	06:36 07:16 07:34 07:47 07:54 07:24	4:26 min/km
45	729	König Jochen	Rotwand	0:44:36	1972	M45	6	0:44:37	06:30 07:03 07:35 07:53 07:59 07:33	4:26 min/km
46	1481	Anders Lars	PSV Brühl Triathlon Team	0:44:36	1976	M40	4	0:44:39	06:40 07:17 07:33 07:43 07:46 07:35	4:26 min/km
47	2175	Lämmler Bastian	Baemmler	0:44:38	1993	MHK	18	0:44:58	06:42 07:08 07:37 07:50 07:51 07:28	4:27 min/km
48	2762	Domke Andreas	Haus der Gesundheit	0:44:40	1974	M40	5	0:44:43	06:51 06:54 07:24 07:44 07:51 07:53	4:27 min/km
49	2320	Heisig Markus	TV Refrath	0:44:40	1960	M55	1	0:44:41	07:02 07:23 07:35 07:38 07:39 07:19	4:27 min/km
50	2195	Fischer David	NetCologne	0:44:54	1983	M35	10	0:44:55	06:31 06:57 07:35 07:56 08:01 07:51	4:28 min/km
51	1516	Klak Alexander	Cologne Running Crew	0:44:55	1992	MHK	19	0:45:01	06:58 07:09 07:31 07:42 08:00 07:32	4:28 min/km
52	1875	Schwarz Eric	*Alflen	0:45:01	1997	MHK	20	0:45:43	07:24 07:34 07:49 07:49 07:16 07:05	4:29 min/km
53	2620	Kreuzer Klaas	Worthoff Boxing	0:45:01	1994	MHK	21	0:46:56	07:16 07:33 07:33 07:37 07:40 07:20	4:29 min/km

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54	2070	Freudenhammer Markus	*Alfter	0:45:02	1977	M40	6	0:45:20	07:18	07:19	07:36	07:41	07:42	07:23	4:29 min/km
55	2207	Schmidt Michael	Köln läuft	0:45:06	1964	M50	4	0:45:24	07:03	07:10	07:36	07:52	08:08	07:14	4:29 min/km
56	2518	Tiepolt Jens	SV AXA	0:45:07	1965	M50	5	0:45:38	07:20	07:20	07:30	07:41	07:46	07:29	4:29 min/km
57	32	Sowah Alexander	*Köln	0:45:09	1981	M35	11	0:45:57	07:22	07:20	07:16	08:01	07:50	07:17	4:30 min/km
58	395	Schwarzenberger Leon	TSV Dieringhausen	0:45:15	2001	MU18	2	0:45:22	06:49	07:00	07:31	07:58	08:16	07:38	4:30 min/km
59	2540	Bettermann Ralf	*Köln	0:45:28	1991	MHK	22	0:45:35	07:29	07:35	07:35	07:41	07:44	07:22	4:32 min/km
60	2649	Bolz Andreas		0:45:34	1989	MHK	23	0:45:38	06:54	07:29	07:47	07:52	07:57	07:32	4:32 min/km
61	1084	Reinprecht Jochen	*Sankt Augustin	0:45:47	1984	M30	7	0:46:32	07:24	07:35	07:47	07:50	07:47	07:22	4:33 min/km
62	1452	Hollstegge Stefan	*Köln	0:45:48	1971	M45	7	0:45:52	06:59	07:32	07:48	07:55	07:59	07:32	4:33 min/km
63	1335	Grubenbecher Jan	*Köln	0:45:54	1975	M40	7	0:46:37	07:22	07:16	07:35	07:56	07:55	07:47	4:34 min/km
64	2519	Faust Thomas	Marathon Club Eschweiler	0:45:56	1982	M35	12	0:45:59	07:09	07:38	07:54	07:57	07:56	07:20	4:34 min/km
65	2444	Scholz Julian	*Köln	0:46:01	1988	M30	8	0:46:54	07:35	07:22	07:38	07:55	07:58	07:30	4:35 min/km
66	442	Lake Holger	*Köln	0:46:02	1976	M40	8	0:46:21	07:05	07:13	07:43	07:53	08:15	07:52	4:35 min/km
67	1361	Mohr Dr. Herbert	*Köln	0:46:07	1966	M50	6	0:46:20	07:24	07:28	07:37	07:44	08:00	07:52	4:35 min/km
68	1140	Schlösser Wolfgang	*Köln	0:46:08	1962	M55	2	0:46:35	07:25	07:28	07:45	07:51	07:57	07:40	4:35 min/km
69	1614	Jansen Marcel	Blauer Blitz von	0:46:10	1981	M35	13	0:46:12	07:06	07:28	07:49	08:01	07:58	07:45	4:36 min/km
70	2128	Schumann Sascha	*Köln	0:46:10	1978	M40	9	0:46:58	07:40	07:43	07:44	07:49	07:51	07:21	4:36 min/km
71	1841	Bodag Frederic	*Bonn	0:46:15	1984	M30	9	0:47:01	07:43	07:36	07:44	07:53	07:49	07:27	4:36 min/km
72	2400	Scholz David	Worthoff Boxing	0:46:17	1993	MHK	24	0:48:13	07:15	07:38	07:50	07:53	08:10	07:29	4:36 min/km
73	1423	Schwarze Pascal	*Brühl	0:46:18	1984	M30	10	0:47:15	07:08	07:12	08:08	08:11	08:19	07:18	4:36 min/km
74	193	Osterhaus Thorsten	Run BKK	0:46:20	1977	M40	10	0:46:31	07:18	07:31	07:55	08:03	07:58	07:32	4:37 min/km
75	2680	Schreiber Luis		0:46:22	1997	MHK	25	0:47:17	07:32	08:02	07:32	07:43	08:07	07:24	4:37 min/km
76	1193	Liebig Stefan	Die Renntüten	0:46:23	1984	M30	11	0:46:48	07:34	07:29	07:46	07:58	08:02	07:31	4:37 min/km
77	2765	Collis Christopher		0:46:24	1985	M30	12	0:46:54	07:33	07:13	07:20	07:57	08:09	08:09	4:37 min/km
78	2715	Nakip Timur		0:46:27	1989	MHK	26	0:46:49	06:54	07:23	07:53	08:13	08:08	07:53	4:37 min/km
79	705	Rossa Andreas	Team Drink & Run	0:46:37	1972	M45	8	0:46:43	07:27	07:45	07:52	07:55	08:00	07:36	4:38 min/km
80	1500	Hölzer Arno	*Köln	0:46:38	1980	M35	14	0:46:53	07:49	07:38	07:46	07:51	07:59	07:32	4:38 min/km
81	1462	Sommer Sascha	*Köln	0:46:39	1995	MHK	27	0:46:49	07:38	07:36	07:48	07:51	08:08	07:35	4:39 min/km
82	2754	Kirchner Jannik	Spoho	0:46:41	1998	MHK	28	0:47:15	07:52	07:37	07:37	07:44	07:59	07:49	4:39 min/km
83	2594	Morbitzer Andre	#tiereamlafen	0:46:41	2000	MU20	1	0:47:33	07:56	07:53	07:51	07:46	07:48	07:24	4:39 min/km
84	2497	Holley James	*Köln	0:46:42	1994	MHK	29	0:47:16	07:53	07:38	07:37	07:44	07:59	07:50	4:39 min/km
85	1677	Gabriel Thorsten	Monkeybox	0:46:45	1979	M35	15	0:47:12	07:32	07:34	07:44	07:59	08:07	07:45	4:39 min/km
86	1168	Schulte Fabian	*Brühl	0:46:56	1996	MHK	30	0:47:33	08:00	07:51	07:44	07:50	08:00	07:28	4:40 min/km
87	821	Heß Carsten	RunningTeam Kita	0:46:56	1978	M40	11	0:46:58	06:47	07:34	08:02	08:20	08:18	07:53	4:40 min/km
88	2552	Schweer Donet Enrique	*Oberhausen	0:47:02	1999	MU20	2	0:47:42	07:26	07:36	07:57	08:08	08:06	07:47	4:41 min/km
89	484	Dethlefs Wilfried	Team Erdinger Alkoholfrei	0:47:05	1956	M60	1	0:47:11	07:15	07:35	07:53	08:06	08:16	07:58	4:41 min/km
90	967	Klos Christian	*Köln	0:47:07	1980	M35	16	0:47:29	07:35	07:40	07:50	08:03	08:03	07:55	4:41 min/km
91	742	Schlunski Tim	*Köln	0:47:07	1994	MHK	31	0:47:32	07:53	07:50	08:05	08:01	07:50	07:26	4:41 min/km
92	2027	Uebber Daniel	*Langenfeld	0:47:09	1984	M30	13	0:47:58	07:11	07:42	08:05	08:02	08:01	08:06	4:42 min/km
93	2312	Schwarz Georg	Musikverein Obergartzem	0:47:10	1965	M50	7	0:47:27	07:24	07:35	07:46	08:07	08:17	07:57	4:42 min/km
94	1907	Bührer Stefan	UA Pro Team	0:47:19	1986	M30	14	0:47:44	07:41	07:17	07:37	08:04	08:31	08:07	4:43 min/km
95	2538	Theune Carsten	central-team.de	0:47:19	1972	M45	9	0:47:24	07:28	07:42	07:58	08:08	08:09	07:52	4:43 min/km
96	1683	Hetzert Marc	*Köln	0:47:25	1989	MHK	32	0:47:58	07:41	07:29	07:47	08:06	08:11	08:08	4:43 min/km
97	661	Gössl Pierre	*Köln	0:47:28	1965	M50	8	0:47:58	08:00	07:44	07:49	07:58	08:02	07:52	4:43 min/km
98	394	Johanns Max	TSV Dieringhausen	0:47:29	2000	MU20	3	0:47:36	07:22	07:21	07:48	08:10	08:44	08:02	4:44 min/km
99	1829	Eßer Patrick	*Bergisch Gladbach	0:47:34	1997	MHK	33	0:47:43	07:36	07:57	07:57	08:08	08:06	07:47	4:44 min/km
100	2553	Platten Niklas	*53125	0:47:36	1998	MHK	34	0:48:09	07:55	07:50	08:09	07:50	07:57	07:53	4:44 min/km
101	2745	Beckhoff Marlon		0:47:36	1996	MHK	35	0:48:09	07:52	07:52	08:11	07:49	07:57	07:53	4:44 min/km
102	2746	Touon Albenoun Lukas		0:47:37	1996	MHK	36	0:48:09	07:53	07:52	08:10	07:49	07:58	07:52	4:44 min/km
103	1329	Schröder Wolfgang	Union Biesfeld Triathlon	0:47:40	1967	M50	9	0:48:02	07:26	07:30	08:00	08:25	08:24	07:52	4:45 min/km
104	2055	Rudzinski Sebastian	*Frechen	0:47:43	1993	MHK	37	0:47:49	07:32	07:54	08:11	08:07	08:10	07:47	4:45 min/km
105	1201	Wilms Martin	Pferdelunge	0:47:49	1974	M40	12	0:48:02	07:37	07:48	08:09	08:14	08:12	07:46	4:45 min/km
106	1387	Müller Rolf	*Langenfeld	0:47:54	1968	M50	10	0:48:06	07:53	07:56	08:00	08:13	08:17	07:32	4:46 min/km
107	2726	Schmidt Dirk	Team Erdinger Alkoholfrei	0:47:55	1974	M40	13	0:48:07	07:25	07:40	07:55	08:13	08:17	08:23	4:46 min/km
108	1008	Junga Marten	Madagaskar	0:47:56	1988	M30	15	0:48:30	07:28	07:39	07:55	08:12	08:20	08:18	4:46 min/km
109	1708	Wenker Jonah	*Köln	0:48:02	1997	MHK	38	0:48:10	07:40	07:47	08:08	08:12	08:18	07:54	4:47 min/km
110	688	May Roland	FreiwilligeFeuerwehr	0:48:04	1977	M40	14	0:48:12	07:34	07:57	07:59	08:11	08:20	08:01	4:47 min/km

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111	2738	Hammer Justus		0:48:06	2000	MU20	4	0:48:30	07:29	07:36	07:48	08:01	08:16	08:54	4:47 min/km
112	2005	Heller Oleg	*Hamburg	0:48:09	1996	MHK	39	0:48:31	07:24	07:53	08:03	08:11	08:23	08:13	4:47 min/km
113	457	Borgolte Stephan	Team Borgi	0:48:10	1965	M50	11	0:48:15	07:13	07:55	08:04	08:14	08:22	08:20	4:48 min/km
114	1615	Theis Arne	*Köln	0:48:14	1977	M40	15	0:48:58	07:39	07:57	08:16	08:25	08:25	07:30	4:48 min/km
115	2758	Kellershohn Oliver	Rheinstars Köln	0:48:14	1998	MHK	40	0:48:56	08:06	07:40	07:43	08:37	08:13	07:52	4:48 min/km
116	2602	Goinis Georgios	Worthoff Boxing	0:48:14	1982	M35	17	0:49:17	07:24	07:39	08:11	08:30	08:33	07:54	4:48 min/km
117	1771	Schaefer Thomas	*Köln	0:48:18	1986	M30	16	0:48:24	07:42	07:53	08:09	08:12	08:25	07:55	4:48 min/km
118	315	Hill Johannes	Triathlon Steckel Cologne	0:48:19	1984	M30	17	0:48:24	07:41	07:54	08:09	08:13	08:24	07:57	4:49 min/km
119	2511	Roso Dr. Marcus	*Hilden	0:48:20	1975	M40	16	0:49:13	08:01	08:03	08:03	08:09	08:09	07:52	4:49 min/km
120	1020	Assenmacher Kai	*Brühl	0:48:20	1986	M30	18	0:48:23	07:36	07:50	08:03	08:14	08:22	08:13	4:49 min/km
121	2510	Roso Dr. Marcus	*Hilden	0:48:20	1975	M40	17	0:49:14	08:01	08:03	08:03	08:09	08:09	07:52	4:49 min/km
122	397	Thiemermann Norbert	Team Erdinger Alkoholfrei	0:48:26	1963	M55	3	0:48:33	07:28	07:53	08:19	08:19	08:26	07:59	4:49 min/km
123	1279	Sauer Markus	*Köln (Junkersdorf)	0:48:27	1999	MU20	5	0:48:34	07:40	07:37	07:36	07:44	07:52	09:56	4:49 min/km
124	2690	Brandt Martin	Central-team.de	0:48:27	1993	MHK	41	0:49:10	07:45	07:43	07:59	08:19	08:40	07:57	4:49 min/km
125	1457	Boese Michael	*Köln	0:48:31	1985	M30	19	0:48:42	07:47	08:02	08:16	08:13	08:18	07:53	4:50 min/km
126	1947	Bitter Christian	Worthoff Boxing	0:48:32	1982	M35	18	0:49:39	08:11	07:59	08:05	08:07	08:12	07:55	4:50 min/km
127	1780	Sammad DJAMEL	*Köln	0:48:35	1988	M30	20	0:49:23	07:42	07:42	08:01	08:32	08:29	08:06	4:50 min/km
128	610	Schlentner Dominic	*Köln	0:48:37	1981	M35	19	0:49:25	07:42	07:42	08:06	08:27	08:29	08:09	4:50 min/km
129	2425	Boneberg Marcel	*Köln	0:48:38	1995	MHK	42	0:48:55	08:00	08:08	08:09	08:12	08:15	07:51	4:50 min/km
130	2397	Striethörster Christof	*Köln	0:48:39	1997	MHK	43	0:48:55	08:01	08:08	08:09	08:11	08:17	07:50	4:51 min/km
131	1125	Kuhnt Thomas	*Köln	0:48:41	1974	M40	18	0:49:13	07:34	07:30	07:47	08:16	09:06	08:26	4:51 min/km
132	1087	Tiller Stefan	*Sankt Augustin	0:48:43	1985	M30	21	0:49:29	08:20	08:14	08:12	08:12	08:04	07:39	4:51 min/km
133	2567	Fourne Tom	Schi-Club Schwazze	0:48:45	1962	M55	4	0:48:51	07:36	08:10	08:26	08:23	08:15	07:53	4:51 min/km
134	854	Schäfer Jörg	FreiwilligeFeuerwehr	0:48:46	1973	M45	10	0:48:54	07:44	08:08	08:08	08:07	08:20	08:16	4:51 min/km
135	2546	Boelter Thomas	ERGO sports Köln	0:48:46	1963	M55	5	0:48:52	07:49	08:02	08:10	08:19	08:23	08:01	4:51 min/km
136	2344	Breidenstein Simon	Bengelchenz	0:48:49	1997	MHK	44	0:49:32	08:34	07:57	07:56	08:11	08:10	07:59	4:52 min/km
137	2296	Burauen Florian	Druckservice.koeln	0:48:49	1989	MHK	45	0:49:44	07:54	08:33	08:29	08:09	08:07	07:34	4:52 min/km
138	2752	Wegler Thomas	WSVB	0:48:53	1964	M50	12	0:49:13	07:30	07:45	08:00	08:28	08:41	08:27	4:52 min/km
139	2211	Dillschnitter Christian		0:48:54	1981	M35	20	0:48:59	07:22	07:42	07:49	08:45	08:49	08:24	4:52 min/km
140	1753	Preußker Nico	Pferdelunge	0:48:57	1985	M30	22	0:49:11	07:44	08:02	08:11	08:13	08:36	08:09	4:52 min/km
141	459	Fehring Udo	UNION Biesfeld Triathlon	0:48:59	1968	M50	13	0:49:15	07:22	07:45	08:11	08:27	08:44	08:27	4:52 min/km
142	1048	Gerber Lysander-Arpad	*Recklinghausen	0:48:59	1994	MHK	46	0:49:15	07:24	07:21	08:03	09:14	08:54	08:01	4:53 min/km
143	743	Funke Lennert	*Köln	0:49:00	1997	MHK	47	0:49:27	07:52	07:50	08:06	08:26	08:31	08:13	4:53 min/km
144	1071	Lodemann Tim	*Köln	0:49:01	1984	M30	23	0:49:39	08:00	08:06	08:14	08:18	08:19	08:02	4:53 min/km
145	1072	Fischer Maik	*Köln	0:49:02	1978	M40	19	0:49:39	08:00	08:07	08:16	08:16	08:17	08:02	4:53 min/km
146	1521	Schmitt Uwe	josefineum e.V.	0:49:03	1965	M50	14	0:49:24	07:53	07:27	07:32	07:45	10:10	08:14	4:53 min/km
147	1590	Menke Marcel	Marley United	0:49:04	1991	MHK	48	0:49:40	07:49	07:50	07:58	08:07	08:19	08:58	4:53 min/km
148	1589	Hein Sebastian	Marley United	0:49:04	1991	MHK	49	0:49:40	07:49	07:50	07:59	08:07	08:19	08:58	4:53 min/km
149	2415	Röskes Lennart	*Grefrath	0:49:07	1998	MHK	50	0:49:53	08:32	07:57	07:56	08:11	08:24	08:05	4:53 min/km
150	25	Westebbe Marc	*Hürth	0:49:09	1975	M40	20	0:49:16	07:44	08:00	08:25	08:20	08:27	08:10	4:53 min/km
151	2343	Reintjes Fabian	Bengelchenz	0:49:14	2000	MU20	6	0:49:58	08:35	07:56	07:55	08:11	08:23	08:12	4:54 min/km
152	876	Greif Uwe	Dürener TV 1847	0:49:15	1965	M50	15	0:49:21	07:30	08:36	08:06	09:01	08:11	07:49	4:54 min/km
153	929	Schmidt Julius	..die nach dem Weg	0:49:20	1999	MU20	7	0:49:46	07:59	08:02	08:29	08:46	08:16	07:45	4:55 min/km
154	2730	Sinner Tom		0:49:23	1998	MHK	51	0:49:47	08:08	08:02	08:16	08:24	08:23	08:08	4:55 min/km
155	817	Petrack Andreas	*Wassenberg	0:49:28	1980	M35	21	0:50:50	07:31	07:48	08:17	08:27	08:43	08:39	4:55 min/km
156	1488	Bremke Peter	Turbo Turtles	0:49:32	1967	M50	16	0:50:03	07:49	08:12	08:26	08:28	08:29	08:06	4:56 min/km
157	2177	Mennekes Martin	*Sankt Augustin	0:49:33	1997	MHK	52	0:50:19	08:31	08:02	08:02	08:27	08:33	07:54	4:56 min/km
158	2640	Steckel Manfred	TriathlonSteckelCologne	0:49:34	1955	M60	2	0:50:33	08:34	08:16	08:14	08:19	08:19	07:50	4:56 min/km
159	2598	Dupont Jürgen	LTD Köln-Dellbrück	0:49:37	1960	M55	6	0:49:54	07:55	08:04	08:13	08:25	08:39	08:18	4:56 min/km
160	2345	Drost Linus	Bengelchenz	0:49:37	1997	MHK	53	0:50:22	08:35	07:58	08:03	08:22	08:34	08:02	4:56 min/km
161	2770	Schröer Peter	TSV Leverkusen	0:49:37	1971	M45	11	0:50:09	08:02	08:05	08:20	08:29	08:32	08:07	4:56 min/km
162	787	Lehnen Fabian	*Köln	0:49:38	1987	M30	24	0:50:06	08:10	08:07	08:31	08:28	08:35	07:43	4:56 min/km
163	2342	Paulus Samuel	Bengelchenz	0:49:38	1998	MHK	54	0:50:22	08:35	07:54	07:57	08:12	08:22	08:34	4:56 min/km
164	1950	Roth Johannes	Sibbe Pänz	0:49:42	1987	M30	25	0:50:14	08:19	08:08	08:10	08:24	08:27	08:11	4:57 min/km
165	530	Cramer Tobias	Biesfeld triathlon	0:49:45	1977	M40	21	0:50:01	07:56	07:59	08:17	08:36	08:38	08:17	4:57 min/km
166	1704	Voll Harald	Köln läuft!	0:49:51	1959	M55	7	0:50:09	07:45	08:05	08:29	08:36	08:35	08:18	4:58 min/km
167	2673	Seggewiß Johannes	1 FC Köln	0:49:58	1954	M60	3	0:50:17	08:09	08:14	08:24	08:26	08:27	08:15	4:58 min/km

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168	2731	Woermann Robert	SSC Köln 1998 e.V.	0:50:05	1996	MHK	55	0:51:05	07:24	07:46	08:42	08:55	08:49	08:27	4:59 min/km
169	2767	Brand Felix		0:50:06	1998	MHK	56	0:50:49	08:05	08:13	08:27	08:37	08:43	08:00	4:59 min/km
170	2759	Lenzen Frank		0:50:09	1968	M50	17	0:50:20	08:04	08:18	08:30	08:38	08:35	08:03	4:59 min/km
171	2732	Woermann Richard	Worthoff - Boxing Nippes	0:50:18	1994	MHK	57	0:51:19	08:00	08:16	08:31	08:28	08:40	08:20	5:00 min/km
172	2729	Nolden Dominik		0:50:23	1982	M35	22	0:50:49	08:23	08:15	08:20	08:28	08:39	08:16	5:01 min/km
173	612	Feldhoff Tobias	*Nordrhein-Westfalen -	0:50:25	1983	M35	23	0:51:21	08:20	08:36	08:54	08:55	08:08	07:30	5:01 min/km
174	1466	Denis Yannick	*Saarlouis	0:50:27	1997	MHK	58	0:51:22	07:33	08:00	08:28	08:47	08:49	08:47	5:01 min/km
175	757	Fuchs Michael	*Köln	0:50:32	1971	M45	12	0:50:51	08:17	08:29	08:19	08:36	08:46	08:01	5:02 min/km
176	2291	Lindner Björn	sportvorort.com	0:50:34	1975	M40	22	0:50:49	07:34	08:05	08:34	08:50	08:56	08:33	5:02 min/km
177	344	Hess Patrick	*Köln	0:50:36	1978	M40	23	0:51:12	08:07	08:07	08:24	08:25	08:45	08:47	5:02 min/km
178	804	Rudolf Viktor	*Köln	0:50:37	1986	M30	26	0:51:21	07:47	07:43	08:08	08:47	09:00	09:09	5:02 min/km
179	1467	Theis Tilman	*Köln	0:50:37	1975	M40	24	0:51:21	07:38	07:58	08:32	08:42	08:52	08:52	5:02 min/km
180	320	Arnold Kai	*Köln	0:50:38	1977	M40	25	0:50:56	07:48	08:09	08:33	08:51	08:57	08:17	5:02 min/km
181	1733	Gudat Volker	Worthoff Boxing	0:50:38	1967	M50	18	0:51:44	07:55	08:05	08:25	08:46	08:42	08:42	5:02 min/km
182	1073	Rottmann Sabine	*Düsseldorf	0:50:39	1983	M35	24	0:51:01	08:18	08:18	08:28	08:31	08:37	08:25	5:02 min/km
183	1448	Schlüter Tim Nikolai	*Lüdenscheid	0:50:44	1991	MHK	59	0:51:34	08:41	07:42	08:22	08:51	09:15	07:51	5:03 min/km
184	1719	Steffens Jörg	*Köln	0:50:47	1971	M45	13	0:50:50	07:47	08:11	08:30	08:44	08:47	08:45	5:03 min/km
185	2206	Beindorf Daniel	Köln läuft	0:50:49	1982	M35	25	0:51:07	07:44	08:03	08:19	08:42	08:54	09:05	5:03 min/km
186	1318	Petrack Stefan	*Troisdorf	0:50:51	1982	M35	26	0:51:31	08:20	08:09	08:29	08:38	08:41	08:31	5:04 min/km
187	2550	Breu Florian	Hickory Köln 08	0:51:09	1985	M30	27	0:51:16	07:51	08:10	08:37	08:53	09:06	08:30	5:05 min/km
188	217	Harder Daniel	*Neuwied	0:51:11	1993	MHK	60	0:51:47	07:28	07:59	08:37	08:58	09:14	08:53	5:06 min/km
189	2129	Weber Lutz	*Much	0:51:13	1964	M50	19	0:51:13	07:05	08:24	08:45	09:11	09:12	08:33	5:06 min/km
190	1340	Funken Klaus	*köln	0:51:15	1970	M45	14	0:51:27	07:55	07:52	08:20	08:43	09:20	09:03	5:06 min/km
191	2601	Günther Torsten	BASSt Seniorensport	0:51:16	1976	M40	26	0:51:38	08:04	08:08	08:28	08:45	09:04	08:44	5:06 min/km
192	1478	Christoph Stefan	*Köln	0:51:22	1978	M40	27	0:51:51	08:14	08:29	08:40	08:37	08:48	08:32	5:07 min/km
193	2605	Trümner Olaf	Worthoff Boxen	0:51:28	1982	M35	27	0:52:29	07:54	08:15	08:49	08:55	08:55	08:38	5:07 min/km
194	2709	Zivkovic Wolfgang		0:51:29	1985	M30	28	0:51:48	08:24	08:32	08:39	08:48	08:37	08:27	5:07 min/km
195	416	Schmidt Robyn	Wilde Seekühe	0:51:41	1993	MHK	61	0:51:53	08:02	08:30	08:41	08:46	08:58	08:42	5:09 min/km
196	1103	Snella Michal	*Erfstadt	0:51:44	1987	M30	29	0:52:39	07:54	08:34	08:46	08:55	09:00	08:34	5:09 min/km
197	1964	Rosman Carl	*Köln	0:51:50	1971	M45	15	0:52:42	08:36	08:26	08:45	08:52	08:59	08:10	5:10 min/km
198	2280	Breuer Matthias	Worthoff Boxing	0:51:53	1988	M30	30	0:53:01	08:30	08:38	08:37	08:31	08:55	08:40	5:10 min/km
199	2032	Hein Lars	Runners Point	0:51:56	1975	M40	28	0:52:15	08:24	08:31	08:46	08:58	08:52	08:23	5:10 min/km
200	2513	Pfltschinger Dr. Gregor	REWE	0:52:06	1969	M45	16	0:52:58	08:33	08:47	09:02	08:46	08:43	08:13	5:11 min/km
201	2341	Pomponio Stefano	*Cologne	0:52:08	1994	MHK	62	0:52:44	07:31	07:52	08:17	09:03	08:56	10:26	5:11 min/km
202	2303	Ecke Sven	*Köln	0:52:09	1978	M40	29	0:52:41	08:42	08:40	08:44	08:46	08:47	08:27	5:11 min/km
203	881	Meißner Marius	*Köln	0:52:10	1996	MHK	63	0:52:54	09:04	09:11	09:02	08:39	08:29	07:43	5:11 min/km
204	2463	Wilkens Robert	FC Keldenich	0:52:20	1964	M50	20	0:52:35	07:57	08:25	08:47	09:10	09:06	08:54	5:13 min/km
205	784	Kaminski David	*Köln	0:52:23	1984	M30	31	0:53:14	08:07	08:08	08:28	08:53	09:02	09:42	5:13 min/km
206	931	Boenisch Niklas	..die nach dem Weg	0:52:28	1997	MHK	64	0:52:37	07:37	07:59	08:41	10:16	09:06	08:46	5:13 min/km
207	258	Nölken Daniel	*Bad Honnef	0:52:36	1976	M40	30	0:52:39	07:41	08:01	08:34	09:19	09:34	09:24	5:14 min/km
208	1321	Schedletzky Michael	TV Refrath	0:52:42	1982	M35	28	0:53:22	08:22	08:27	08:35	09:13	09:08	08:54	5:15 min/km
209	1616	Schuch Dominik	Die Renntüten	0:52:46	1980	M35	29	0:53:11	08:16	08:40	08:54	09:02	09:04	08:46	5:15 min/km
210	1744	Bardonner Nico	*Frankfurt am Main	0:52:52	1987	M30	32	0:53:00	07:35	08:01	08:32	09:00	10:10	09:32	5:16 min/km
211	551	Schulte-Tigges Max	Schu-Ti	0:52:55	1966	M50	21	0:53:21	08:06	08:34	08:51	09:07	09:09	09:05	5:16 min/km
212	2052	Zech Thilo	*Köln	0:53:05	1967	M50	22	0:53:38	08:37	08:42	08:43	09:12	09:11	08:37	5:17 min/km
213	613	Reikowski Florian	*Köln	0:53:05	1985	M30	33	0:54:01	08:19	08:36	08:54	09:14	09:30	08:29	5:17 min/km
214	382	Bootz Julius	*Köln	0:53:10	1993	MHK	65	0:53:49	09:00	08:40	08:43	08:47	09:10	08:48	5:17 min/km
215	686	Commer Guido	FreiwilligeFeuerwehr	0:53:11	1978	M40	31	0:53:19	07:45	08:12	09:01	09:22	09:35	09:15	5:18 min/km
216	36	Klein Bastian	*Niedererbach	0:53:13	1988	M30	34	0:53:36	08:03	08:15	08:42	08:58	09:48	09:25	5:18 min/km
217	948	Groscurth Jörg	Sparkasse KölnBonn	0:53:14	1970	M45	17	0:53:58	08:16	08:35	08:56	09:19	09:29	08:37	5:18 min/km
218	1451	Holewa Michael	*Köln	0:53:15	1976	M40	32	0:53:15	10:27	07:22	07:36	07:53	08:12	11:42	5:18 min/km
219	845	Lossow Marcus	*Köln	0:53:19	1984	M30	35	0:53:39	08:15	08:39	09:01	09:10	09:26	08:45	5:18 min/km
220	1953	Gottschalk Kai	Laufen und Saufen	0:53:27	1978	M40	33	0:53:46	08:24	08:40	08:56	09:10	09:16	08:58	5:19 min/km
221	176	Zahnberg Niels	*Dortmund	0:53:38	1977	M40	34	0:54:25	08:52	08:51	08:44	08:52	09:14	09:03	5:20 min/km
222	1823	Göbel Christoph	*Erfstadt	0:53:41	1979	M35	30	0:53:54	08:00	08:28	08:59	09:24	09:37	09:11	5:21 min/km
223	2555	Lammers Vincent	Lucky Stars	0:53:43	1981	M35	31	0:54:26	08:37	08:32	08:44	09:12	09:29	09:06	5:21 min/km
224	1450	Fischer Axel	SV Westernhausen	0:53:44	1975	M40	35	0:53:44	10:31	08:17	08:26	08:59	09:01	08:29	5:21 min/km

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225	853	Schondelmaier Ewald	*Königsfeld	0:53:48	1973	M45	18	0:54:11	08:13	08:34	08:55	09:07	09:40	09:16	5:21 min/km
226	514	Foell Lars	*Köln	0:53:55	1978	M40	36	0:54:25	09:03	09:12	09:09	09:19	09:21	07:49	5:22 min/km
227	1970	Frerich Benjamin	*Erfstadt	0:54:01	1982	M35	32	0:54:45	08:22	08:42	08:51	09:10	09:28	09:26	5:23 min/km
228	2294	Steinmetz Fabian	*Bergisch Gladbach	0:54:07	1993	MHK	66	0:54:58	10:10	07:56	09:12	09:08	09:15	08:22	5:23 min/km
229	609	Föll Nils	BMZ	0:54:07	1981	M35	33	0:54:37	09:03	09:12	09:09	09:19	09:23	08:00	5:23 min/km
230	2547	Lambertz Tim	*Wachtberg	0:54:11	1997	MHK	67	0:55:07	07:03	07:22	08:24	09:54	10:36	10:49	5:24 min/km
231	1592	Oehl Konstantin	*Köln	0:54:13	1998	MHK	68	0:54:39	08:46	08:33	08:27	08:38	08:34	11:13	5:24 min/km
232	1498	Kaumanns Markus	*Köln	0:54:14	1985	M30	36	0:54:29	08:23	09:06	09:11	09:18	09:16	08:57	5:24 min/km
233	1865	Dammeyer Detlef	*Köln	0:54:24	1965	M50	23	0:54:35	08:32	09:01	09:09	09:20	09:25	08:53	5:25 min/km
234	218	Schönke Stephan	*Neuwied	0:54:24	1989	MHK	69	0:54:59	08:07	08:35	09:13	09:22	09:50	09:14	5:25 min/km
235	162	Lohmar Arne	*Köln	0:54:25	1981	M35	34	0:55:09	08:38	08:32	08:59	09:14	09:28	09:31	5:25 min/km
236	2366	Hippler Lars	*Köln	0:54:30	1992	MHK	70	0:54:51	08:26	08:48	09:19	09:28	09:25	09:01	5:25 min/km
237	690	Olofsson Simon	kilometer-fuer-kinder.info	0:54:38	1983	M35	35	0:54:49	07:49	08:17	08:55	09:33	09:50	10:13	5:26 min/km
238	2251	Kissel Matthias	*Köln	0:54:42	1970	M45	19	0:54:46	08:00	08:35	09:10	09:26	09:42	09:46	5:27 min/km
239	37	Lehmann Patrick	*Altenstadt	0:54:43	1977	M40	37	0:55:06	08:43	09:00	09:25	09:29	09:26	08:38	5:27 min/km
240	1255	Pauser Manuel	*Leer	0:54:48	1989	MHK	71	0:55:38	08:47	08:39	08:36	08:50	09:18	10:35	5:27 min/km
241	1894	Wilsing Sascha	*Köln	0:54:54	1976	M40	38	0:55:31	08:39	09:09	09:28	09:32	09:38	08:25	5:28 min/km
242	1803	Lange Michael	SC Hinkebein	0:54:55	1990	MHK	72	0:55:26	07:37	08:22	09:19	09:35	10:19	09:41	5:28 min/km
243	1317	Paske Christian	Sportfreunde Stellar	0:54:58	1986	M30	37	0:55:40	08:44	08:54	09:08	09:34	09:36	08:59	5:28 min/km
244	2707	Bürger Volker	Go! DOSPORTS!	0:54:59	1966	M50	24	0:55:08	08:38	09:03	09:10	09:38	09:19	09:08	5:28 min/km
245	1226	Triebel Lars	*Köln	0:55:07	1969	M45	20	0:55:41	09:50	09:15	09:06	09:05	09:07	08:41	5:29 min/km
246	2133	Wienand Volker	*Köln	0:55:07	1975	M40	39	0:55:48	08:44	08:59	09:25	09:34	09:32	08:50	5:29 min/km
247	2718	Turner Andrew		0:55:12	1986	M30	38	0:55:28	08:17	08:40	09:11	09:31	09:50	09:41	5:30 min/km
248	1567	Sowade Uli	Run of Colours	0:55:13	1970	M45	21	0:55:33	08:27	08:57	09:14	09:38	09:39	09:16	5:30 min/km
249	88	Oerder Ralph	*Köln	0:55:18	1978	M40	40	0:55:34	08:47	08:54	09:22	09:35	09:32	09:05	5:30 min/km
250	1736	Birkenfeld Dr. Florian	Köln Triathlon	0:55:19	1975	M40	41	0:56:13	08:46	08:40	08:46	09:28	10:43	08:53	5:30 min/km
251	2404	Weber Josef	LT.STERNBERG-	0:55:19	1952	M65	1	0:55:30	08:41	09:27	09:30	09:38	09:16	08:46	5:30 min/km
252	883	Meißner Ralf	*Köln	0:55:21	1966	M50	25	0:56:07	09:02	09:12	09:20	09:25	09:38	08:41	5:30 min/km
253	148	Herzog Dr. Christoph	Schi-Club Schwazze	0:55:21	1967	M50	26	0:55:27	08:04	08:51	09:29	09:41	09:56	09:17	5:31 min/km
254	2595	Hoffmann Tim	#tiereamlafen	0:55:24	2001	MU18	3	0:56:16	07:56	07:53	08:45	09:40	10:41	10:26	5:31 min/km
255	1525	Larcher Christoph	*Düsseldorf	0:55:26	1979	M35	36	0:55:52	08:38	09:22	09:26	09:18	09:28	09:11	5:31 min/km
256	2084	Beus Manfred	Bataver Lauftreff	0:55:41	1956	M60	4	0:56:11	08:53	09:03	09:15	09:17	09:42	09:29	5:32 min/km
257	2371	Rohe Wolfgang	*Haibach	0:56:01	1967	M50	27	0:56:08	08:04	08:51	09:31	10:05	10:02	09:24	5:34 min/km
258	1984	Hippler Frank	*Hürth	0:56:01	1963	M55	8	0:56:22	08:40	09:08	09:40	09:43	09:39	09:09	5:34 min/km
259	2134	Grüne Markus	*Köln	0:56:01	1988	M30	39	0:57:00	08:24	08:37	09:13	09:36	10:01	10:08	5:35 min/km
260	2632	Lennartz Philipp	*Köln	0:56:04	1981	M35	37	0:56:39	08:05	08:28	09:28	10:27	10:27	09:07	5:35 min/km
261	1570	Engelmayer Johannes	*Köln	0:56:12	1983	M35	38	0:56:36	08:24	09:00	09:28	09:43	09:56	09:39	5:36 min/km
262	2720	Gelsok Philipp		0:56:15	1994	MHK	73	0:56:28	08:35	08:38	09:46	09:43	10:12	09:19	5:36 min/km
263	1397	Dilling Johannes	Worthoff Boxing	0:56:22	1976	M40	42	0:57:19	08:40	09:08	09:34	09:42	09:49	09:26	5:37 min/km
264	118	Kunyashev Timur	TK Maxx Köln Kalk	0:56:25	1990	MHK	74	0:57:15	08:32	09:01	09:38	09:37	10:03	09:31	5:37 min/km
265	1845	Wudtke Frank	REWE Group	0:56:27	1966	M50	28	0:56:55	08:52	09:16	09:31	09:43	09:36	09:26	5:37 min/km
266	781	Schaaf Stefan	*Köln	0:56:40	1968	M50	29	0:56:46	08:10	08:55	09:23	09:51	10:07	10:12	5:38 min/km
267	2395	Minas Sevan	*Köln	0:56:50	1979	M35	39	0:57:41	09:03	09:10	09:03	09:53	10:06	09:33	5:39 min/km
268	1945	Kasprzak André	Lokomotive Knallgas	0:56:52	1986	M30	40	0:57:23	08:57	09:12	09:37	09:28	10:12	09:24	5:40 min/km
269	2742	Rose Harald	WDR MausLaufGruppe	0:56:53	1955	M60	5	0:56:53	08:35	09:07	09:29	09:45	10:01	09:52	5:40 min/km
270	2485	Wolff Eckhard	SV Rüber	0:56:57	1965	M50	30	0:57:12	08:16	09:09	09:38	09:57	10:13	09:42	5:40 min/km
271	139	Mayr Daniel	*Köln	0:57:00	1987	M30	41	0:57:50	09:19	09:18	09:28	09:45	09:50	09:19	5:40 min/km
272	137	Litsch Fabian	*Bad Homburg	0:57:01	1985	M30	42	0:57:50	09:18	09:18	09:26	09:46	09:50	09:20	5:40 min/km
273	138	Litsch Julian	*Köln	0:57:01	1989	MHK	75	0:57:50	09:19	09:18	09:26	09:45	09:50	09:21	5:40 min/km
274	140	Horten Michael	*Offenbach	0:57:02	1989	MHK	76	0:57:51	09:20	09:17	09:26	09:46	09:50	09:20	5:41 min/km
275	2120	Klever Philipp	*Odenthal	0:57:03	1989	MHK	77	0:57:18	08:31	08:50	09:41	09:56	10:18	09:45	5:41 min/km
276	2119	Wilhelm Dr. Patrick	*Leverkusen	0:57:08	1978	M40	43	0:57:22	08:09	09:09	09:53	09:56	10:07	09:51	5:41 min/km
277	1855	Wiedemann Alessandro	*Jülich	0:57:17	1990	MHK	78	0:57:28	08:26	09:15	09:51	10:10	10:03	09:28	5:42 min/km
278	1840	Pfeffer Dr. Jan Christoph	Bonn	0:57:31	1974	M40	44	0:58:17	08:42	09:11	09:41	09:48	10:37	09:30	5:43 min/km
279	1898	Abdel Kafi Hussam	Krüger Group Running	0:57:34	1966	M50	31	0:58:01	09:44	09:19	09:32	09:40	09:51	09:25	5:44 min/km
280	2750	Barbian Bernd		0:57:34	1962	M55	9	0:58:01	09:44	09:19	09:32	09:44	09:48	09:25	5:44 min/km
281	2340	Donath Holger	*Köln	0:57:47	1975	M40	45	0:58:45	09:16	09:17	09:31	09:39	09:55	10:06	5:45 min/km

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282	516	Müller Christopher	*Bonn	0:57:47	1980	M35	40	0:58:51	09:29	09:45	09:51	10:07	09:55	08:38	5:45 min/km
283	2600	Kemen Janos	*Köln	0:57:52	1979	M35	41	0:58:10	08:59	09:13	09:40	09:47	10:14	09:56	5:46 min/km
284	2566	Dickmeis Helge	Schi-Club Schwazze	0:57:57	1962	M55	10	0:58:33	08:58	09:23	09:42	09:58	10:03	09:50	5:46 min/km
285	1033	Varol Ufuk	*koln	0:58:04	1982	M35	42	0:58:52	08:46	09:29	09:52	09:52	10:05	09:58	5:47 min/km
286	2090	Dittmann Lars	Deutzrunner	0:58:10	1970	M45	22	0:58:54	08:57	09:26	09:38	09:54	10:05	10:08	5:47 min/km
287	2639	Schardt Michael	LSF Köln	0:58:20	1954	M60	6	0:58:58	09:25	09:31	09:33	09:33	10:16	10:00	5:48 min/km
288	1522	Kiosis Antonios	*Köln	0:58:36	1998	MHK	79	0:59:03	08:42	09:17	09:52	10:16	10:45	09:43	5:50 min/km
289	1635	Böhm Marcel	Pferdelunge	0:58:43	1975	M40	46	0:58:56	09:06	09:19	09:37	10:07	10:14	10:16	5:51 min/km
290	1245	Weißenfels Thomas	*Neustadt	0:58:49	1974	M40	47	0:59:36	09:32	09:22	09:35	10:00	10:09	10:08	5:51 min/km
291	2184	Reuter Oliver		0:58:57	1986	M30	43	0:59:40	08:52	09:15	09:42	09:58	10:44	10:23	5:52 min/km
292	1746	Löser Dominik	*Mülheim	0:59:03	1995	MHK	80	0:59:55	08:13	09:07	10:14	11:09	10:53	09:25	5:53 min/km
293	588	Stauf Alex	TSV 1860 München e.V.	0:59:15	1979	M35	43	0:59:35	09:03	09:38	09:51	10:22	10:17	10:02	5:54 min/km
294	2103	Brendt Rene	*Kommern	0:59:19	1996	MHK	81	0:59:30	06:34	07:10	07:49	08:26	08:53	20:24	5:54 min/km
295	1819	Neukirchen Dirk	Tus 82 Opladen	0:59:43	1966	M50	32	1:00:41	09:24	09:40	10:23	11:20	11:28	07:24	5:57 min/km
296	1270	Kuhn Dennis	Pferdelunge	0:59:45	1974	M40	48	0:59:59	08:32	09:10	09:54	10:46	11:22	09:58	5:57 min/km
297	1428	Schunk Martin	*Leverkusen	0:59:57	1971	M45	23	1:00:38	09:07	09:46	10:04	10:20	10:39	09:58	5:58 min/km
298	980	Vogt Joey	*Düren	1:00:00	1994	MHK	82	1:00:52	08:57	08:55	09:50	10:34	10:42	10:59	5:58 min/km
299	1632	Schmitt Andy	*Leverkusen	1:00:10	1979	M35	44	1:00:18	09:11	09:53	10:02	10:23	10:36	10:02	5:59 min/km
300	373	Altemühle Dirk	*Bergisch Gladbach	1:00:19	1973	M45	24	1:00:44	09:31	09:18	08:53	09:05	09:44	13:44	6:00 min/km
301	142	Kirschbaum Christian	Team Sport Haase	1:00:23	1984	M30	44	1:01:20	09:13	09:40	10:23	10:40	10:34	09:52	6:01 min/km
302	1244	Limbach Sebastian	*Neustadt	1:00:40	1988	M30	45	1:01:27	09:32	09:35	09:53	10:40	11:09	09:48	6:02 min/km
303	1637	Sauerbier Stefan	Krüger Group Running	1:00:58	1986	M30	46	1:01:21	08:33	09:23	10:31	10:58	11:13	10:17	6:04 min/km
304	355	Svagnea Marius	*Köln	1:00:58	1975	M40	49	1:01:16	09:00	09:15	10:17	10:58	11:13	10:13	6:04 min/km
305	1489	Bremke Jonathan	Turbo Turtles	1:01:03	2005	MU14	1	1:01:33	09:18	09:46	10:58	11:24	10:30	09:03	6:04 min/km
306	404	Borkowski Dr. Gregor	borkowski solutions	1:01:11	1979	M35	45	1:01:58	08:45	09:43	10:18	10:49	10:58	10:35	6:05 min/km
307	1211	Marx Daniel	Faultiere und Geparden	1:01:12	1987	M30	47	1:02:17	09:58	10:17	10:20	10:15	10:26	09:53	6:05 min/km
308	2725	Poppelreiter Dominik	REWE Group	1:02:24	1983	M35	46	1:03:41	09:08	09:29	10:10	10:43	11:25	11:26	6:13 min/km
309	2471	Kinast Dr. Christian	*Troisdorf	1:02:51	1957	M60	7	1:03:14	09:04	10:09	10:38	10:56	11:10	10:52	6:15 min/km
310	341	Pels Didi	Run to the hills	1:03:14	1969	M45	25	1:03:39	09:43	10:33	10:27	10:43	10:50	10:55	6:18 min/km
311	2533	Eberts Karlheinz	central-team.de	1:03:21	1966	M50	33	1:03:50	08:59	09:21	10:12	11:40	11:26	11:40	6:18 min/km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	1649	Schwartz Heidi	Bunert - Der Kölner	0:38:50	1989 WHK	1	0:38:50	06:02 06:24 06:31 06:36 06:44 06:29	3:52 min/km
2	1620	Schröder Melinda	*Köln	0:40:35	1997 WHK	2	0:40:37	06:19 06:42 06:46 06:55 07:02 06:48	4:02 min/km
3	1371	Lüchtfeld Alice	Bunert- Der Kölner	0:42:00	1992 WHK	3	0:42:00	06:31 06:53 07:05 07:15 07:20 06:53	4:11 min/km
4	2634	Schwiede Isabella	Köln läuft	0:45:10	1985 W30	1	0:45:27	07:15 07:22 07:34 07:43 07:48 07:26	4:30 min/km
5	2210	Päffgen Anne	Köln läuft	0:45:29	1972 W45	1	0:45:33	07:29 07:35 07:35 07:41 07:45 07:21	4:32 min/km
6	2061	Zimmermann Carmen	*Bedburg	0:47:01	1977 W40	1	0:47:03	07:10 07:42 07:50 08:03 08:14 07:59	4:41 min/km
7	2719	Hensel Chiara-Marie		0:47:10	1995 WHK	4	0:47:15	06:44 07:25 08:04 08:29 08:22 08:03	4:42 min/km
8	1837	Hasberg Ascelina	*Köln	0:47:12	1989 WHK	5	0:47:17	06:57 07:32 07:57 08:17 08:18 08:09	4:42 min/km
9	2431	Hohlbein Maika	Hainichläufer	0:47:31	1989 WHK	6	0:47:35	07:30 07:38 07:58 08:06 08:16 08:00	4:44 min/km
10	510	Schäfer Daniela	Erdinger Alkoholfrei	0:48:02	1977 W40	2	0:48:29	07:50 07:56 08:03 08:05 08:10 07:57	4:47 min/km
11	2757	Ufer Charlotte		0:48:14	1999 WU20	1	0:48:57	08:06 07:41 07:42 08:45 08:17 07:41	4:48 min/km
12	1018	Hoffmann-Lenz Natalie	TV Refrath	0:48:23	1971 W45	2	0:48:28	07:29 07:49 08:08 08:24 08:31 07:59	4:49 min/km
13	2302	Thoß Nicole	*Brühl	0:48:23	1975 W40	3	0:48:29	07:29 07:50 08:09 08:24 08:31 07:59	4:49 min/km
14	1163	Meisenheimer Daniela	*Köln	0:48:59	1988 W30	2	0:49:05	07:35 07:51 08:17 08:17 08:26 08:30	4:52 min/km
15	1320	Plate Leonie	*Köln	0:49:53	1996 WHK	7	0:50:02	07:34 07:55 08:14 08:35 08:47 08:46	4:58 min/km
16	437	Sawizki Melli	Flamingos	0:49:57	1984 W30	3	0:50:07	07:27 07:52 08:21 08:52 08:55 08:28	4:58 min/km
17	1454	Wolff Kristina	*Rüber	0:50:03	1970 W45	3	0:50:18	07:49 08:07 08:20 08:35 08:45 08:24	4:59 min/km
18	1079	Bachem Elisa	Telex	0:50:10	1981 W35	1	0:50:38	07:51 08:18 08:33 08:33 08:42 08:11	4:60 min/km
19	1929	Schulze Lohoff Kira	*Köln	0:50:29	1995 WHK	8	0:50:50	08:08 08:24 08:27 08:30 08:50 08:06	5:01 min/km
20	1427	Fehler Sophia	*Bonn	0:50:37	1990 WHK	9	0:50:57	07:41 08:03 08:20 08:57 09:17 08:18	5:02 min/km
21	735	Thuere Veronique	*Ho Chi Minh City	0:50:41	1976 W40	4	0:51:17	08:08 08:21 08:33 08:39 08:37 08:20	5:03 min/km
22	1237	Jacobs Ruth	*Rheinbreitbach	0:50:42	1991 WHK	10	0:51:23	08:07 08:06 08:27 08:42 08:48 08:29	5:03 min/km
23	2638	Schmitz Ilse	LLG St. Augustin	0:50:55	1963 W55	1	0:51:03	08:20 08:35 08:32 08:39 08:32 08:14	5:04 min/km
24	1445	Mehlwitz Sonja	*Köln	0:51:02	1975 W40	5	0:51:06	08:15 08:26 08:35 08:37 08:45 08:21	5:05 min/km
25	2304	Thiele Katrin	*Köln	0:51:10	1989 WHK	11	0:51:14	07:53 08:27 08:46 08:50 08:51 08:21	5:05 min/km
26	2416	Mosen Nina Marie	*Köln	0:51:22	1999 WU20	2	0:51:50	08:44 08:33 08:26 08:39 08:33 08:25	5:07 min/km
27	2477	Hilgers Laura	*Köln	0:51:22	1999 WU20	3	0:51:50	08:44 08:33 08:26 08:38 08:34 08:25	5:07 min/km
28	1667	Güclü Ayla	*Köln	0:51:22	1991 WHK	12	0:51:50	08:43 08:33 08:26 08:38 08:34 08:25	5:07 min/km
29	2089	Mohrmann Follow Holloway	Der Elf und seine Freunde	0:51:28	1970 W45	4	0:51:43	08:38 08:33 08:34 08:32 08:41 08:26	5:07 min/km
30	295	Hohmann Nicole	*Hürth	0:51:29	1970 W45	5	0:51:33	08:01 08:30 08:41 08:50 08:48 08:36	5:07 min/km
31	1588	Steimel Mareike	*Bergheim	0:51:49	1977 W40	6	0:52:14	08:05 08:31 08:43 08:54 08:55 08:37	5:09 min/km
32	2628	Mendes Noemi	*Sankt Augustin	0:51:59	1997 WHK	13	0:52:15	08:21 08:32 08:47 08:58 08:54 08:23	5:10 min/km
33	2432	Giraud Susi	*Junkersdorf	0:52:00	1997 WHK	14	0:52:15	08:23 08:32 08:47 08:58 08:53 08:24	5:10 min/km
34	2004	Fiedler Carolin Sophie	*Köln	0:52:00	1998 WHK	15	0:52:15	08:23 08:32 08:47 08:58 08:54 08:24	5:11 min/km
35	314	Lichtenthäler Carina	Bon Secour	0:52:01	1983 W35	2	0:52:28	08:26 08:24 08:33 08:31 08:42 09:21	5:11 min/km
36	1540	Krüger Jessica	*Köln	0:52:22	1995 WHK	16	0:52:51	08:58 08:39 08:18 08:38 08:48 08:59	5:13 min/km
37	2339	Charlotte Rabe	*Köln	0:52:31	1998 WHK	17	0:53:07	07:57 08:29 08:48 09:04 09:07 09:02	5:14 min/km
38	1494	Klois Elisabeth	Run of Colours	0:52:34	1978 W40	7	0:52:54	08:27 08:36 08:45 09:02 09:09 08:33	5:14 min/km
39	1308	Makus Jennifer	PSV Velbert	0:52:51	1986 W30	4	0:53:04	08:11 08:39 08:57 09:05 09:14 08:41	5:16 min/km
40	852	Schondelmaier Claudia	*Königsfeld	0:52:52	1972 W45	6	0:53:16	08:13 08:33 08:56 09:07 09:08 08:53	5:16 min/km
41	1385	Meding Jenny	*Bergisch Gladbach	0:52:57	1993 WHK	18	0:53:07	08:11 08:35 08:54 09:05 09:07 09:02	5:16 min/km
42	1356	Patberg Anna-Sophia	*Köln	0:53:20	1997 WHK	19	0:53:30	08:11 08:35 08:54 09:06 09:11 09:21	5:19 min/km
43	2704	Brüggemann Rabea		0:53:31	1995 WHK	20	0:53:33	07:57 08:34 08:56 09:09 09:28 09:24	5:20 min/km
44	1102	Tilgen Stefani	*Köln	0:53:37	1972 W45	7	0:53:46	08:03 08:29 09:03 09:22 09:28 09:10	5:20 min/km
45	76	Pesch Luisa	*köln	0:53:39	1991 WHK	21	0:54:13	08:08 08:30 08:48 09:11 09:41 09:17	5:20 min/km
46	930	Luh Kathrin	..die nach dem Weg	0:53:39	1998 WHK	22	0:53:47	08:29 08:55 09:03 09:15 09:08 08:48	5:20 min/km
47	2319	Herrig Laura	*Köln	0:53:40	1996 WHK	23	0:54:27	08:41 08:47 08:54 09:13 09:09 08:55	5:20 min/km
48	2692	Küsters Kristin		0:53:42	1985 W30	5	0:54:26	08:37 08:32 08:44 09:10 09:32 09:06	5:21 min/km
49	855	Pasche Christina	*Köln	0:53:59	1977 W40	8	0:54:09	07:59 08:33 09:00 09:22 09:39 09:23	5:22 min/km
50	2351	Kaulisch Marion	MST Laufpoint	0:54:03	1967 W50	1	0:54:42	08:44 08:38 09:04 09:32 09:19 08:43	5:23 min/km
51	2565	Rodenberg Bettina	*Köln	0:54:20	1999 WU20	4	0:54:52	08:43 08:39 09:33 09:36 09:25 08:20	5:24 min/km
52	1243	Strater Tanja	*Düsseldorf	0:54:39	1995 WHK	24	0:55:32	08:15 08:36 09:07 09:30 09:43 09:26	5:26 min/km
53	927	Richter Jödis	..die nach dem Weg	0:54:44	1999 WU20	5	0:54:52	08:29 09:11 09:40 09:36 09:25 08:20	5:27 min/km

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54	2136	Kleiningler Lara	*Pulheim	0:54:46	1996 WHK	25	0:55:43	08:19	09:01	09:29	09:35	09:36	08:43	5:27 min/km
55	2460	Richter Cornelia	*Siegburg	0:54:46	1982 W35	3	0:55:21	08:55	09:01	09:11	09:16	09:22	09:00	5:27 min/km
56	488	Urban Alexandra	*Köln	0:55:03	1981 W35	4	0:55:30	08:13	08:38	09:14	09:37	09:59	09:19	5:29 min/km
57	2666	Gudat Eva	Worthoff Boxing	0:55:06	1994 WHK	26	0:56:07	08:03	08:27	09:11	09:39	10:00	09:43	5:29 min/km
58	882	Meißner Sarah	*Köln	0:55:15	1990 WHK	27	0:56:21	08:49	09:07	09:21	09:28	09:33	08:55	5:30 min/km
59	2456	Reifferscheidt Michaela	*Mechernich	0:55:19	1978 W40	9	0:55:40	08:53	08:55	09:10	09:28	09:36	09:15	5:30 min/km
60	684	Tiggemann-Klein Claudia	50937 Köln	0:55:21	1970 W45	8	0:55:31	08:55	09:24	09:27	09:28	09:17	08:48	5:30 min/km
61	1934	Krüger Stephanie	*Köln	0:55:35	1985 W30	6	0:56:28	08:35	08:58	09:29	09:39	09:45	09:05	5:32 min/km
62	117	Tönnies Larissa	TK Maxx Köln Kalk	0:55:37	1994 WHK	28	0:56:26	08:48	09:07	09:16	09:36	09:49	08:59	5:32 min/km
63	585	Kunkel Jennifer	Kunkel-Family	0:55:54	1981 W35	5	0:56:26	09:00	09:09	09:20	09:33	09:35	09:14	5:34 min/km
64	2247	Roth Gisa	*Köln	0:55:56	1993 WHK	29	0:56:24	08:40	08:38	08:54	09:46	10:06	09:50	5:34 min/km
65	104	Peters Anja	BSG Rheinpark	0:55:57	1977 W40	10	0:56:17	08:40	09:05	09:27	09:32	09:40	09:29	5:34 min/km
66	2170	Rohe Nina	*Köln	0:55:59	1999 WU20	6	0:56:06	08:04	08:51	09:31	10:05	10:02	09:22	5:34 min/km
67	2246	Vogel Sabine	*Köln	0:56:00	1972 W45	9	0:56:54	08:56	08:59	09:26	09:31	09:59	09:08	5:34 min/km
68	393	Johanns Larissa	ergo sports köln	0:56:00	1963 W55	2	0:56:06	08:52	09:09	09:23	09:36	09:38	09:21	5:34 min/km
69	1874	Frey Nina	*Köln	0:56:11	1993 WHK	30	0:56:48	09:12	09:18	09:30	09:26	09:32	09:09	5:35 min/km
70	2418	Gries Sabrina	*Gummersbach	0:56:14	1981 W35	6	0:56:44	09:50	10:32	11:10	08:17	08:17	08:05	5:36 min/km
71	2375	Laudien Miriam	Freie Waldorfschule	0:56:19	1974 W40	11	0:56:37	08:45	09:10	09:39	10:42	09:06	08:54	5:36 min/km
72	364	Kamp Sophie	Flamingos	0:56:28	1987 W30	7	0:56:37	09:05	09:32	09:16	09:26	09:34	09:33	5:37 min/km
73	1524	Brandt Kathrin	*Düsseldorf	0:56:36	1982 W35	7	0:57:03	08:38	09:21	09:33	09:37	09:55	09:29	5:38 min/km
74	1194	Hermann Daniela	Die Renntüten	0:56:38	1986 W30	8	0:57:03	08:28	09:13	09:33	09:58	09:55	09:29	5:38 min/km
75	1010	Hentschel Sonja	Madagaskar	0:56:41	1988 W30	9	0:57:16	08:55	09:11	09:37	09:43	09:49	09:23	5:38 min/km
76	1776	Agyüz Meral	TK Maxx Köln Kalk	0:56:50	1981 W35	8	0:57:39	08:51	09:07	09:20	09:51	10:09	09:30	5:39 min/km
77	1862	Magiera Chantal Maria	*Köln	0:56:52	1991 WHK	31	0:57:15	08:14	08:57	09:36	10:04	10:16	09:43	5:40 min/km
78	2470	Kinast Hannah	*Troisdorf	0:57:11	1992 WHK	32	0:57:26	08:38	09:03	09:33	09:51	10:10	09:55	5:41 min/km
79	391	Fabry Martina	Flamingos	0:57:14	1990 WHK	33	0:57:24	09:05	09:31	09:20	10:09	09:59	09:08	5:42 min/km
80	2054	Hergenröther Regine	*Köln	0:57:15	1981 W35	9	0:57:37	08:57	09:09	09:30	09:59	09:56	09:41	5:42 min/km
81	1009	Hentschel Lydia	Madagaskar	0:57:17	1989 WHK	34	0:57:17	09:30	09:12	09:39	09:42	09:49	09:23	5:42 min/km
82	1319	Engel Sabrina	Sportfreunde Stellar	0:57:17	1984 W30	10	0:57:59	08:46	09:00	09:44	09:54	10:25	09:26	5:42 min/km
83	1258	Meißner Julia	*Köln	0:57:24	1989 WHK	35	0:57:51	08:20	08:35	09:30	10:27	11:10	09:20	5:43 min/km
84	2687	Schliermann Antonia		0:57:33	1989 WHK	36	0:57:54	08:58	09:10	09:30	09:59	10:01	09:54	5:44 min/km
85	1362	Reddert Anja	Union Biesfeld Triathlon	0:57:35	1975 W40	12	0:58:31	09:18	09:36	09:47	09:46	09:43	09:22	5:44 min/km
86	2728	Krumscheid Sarah	Roadkiller	0:57:43	1985 W30	11	0:57:55	08:58	09:05	09:36	09:52	10:08	10:01	5:45 min/km
87	242	Scherer Katrin	*Köln	0:57:49	1977 W40	13	0:58:22	09:14	09:32	09:42	09:51	09:53	09:34	5:45 min/km
88	1449	Grüger Katja	G-Point	0:57:51	1997 WHK	37	0:58:41	08:42	09:01	09:45	10:04	10:08	10:08	5:45 min/km
89	31	Weber Marina	*Köln	0:57:58	1987 W30	12	0:58:45	09:31	09:36	09:36	10:00	09:59	09:13	5:46 min/km
90	2443	Martin Ellen	*Köln	0:58:27	1998 WHK	38	0:58:36	08:27	09:09	10:03	10:31	10:12	10:04	5:49 min/km
91	447	Liebehenschel Sabrina	*Köln	0:58:30	1982 W35	10	0:58:53	08:23	08:58	09:46	11:50	10:12	09:18	5:49 min/km
92	125	Schlosser Patricia	Intersport Hammer	0:58:32	1989 WHK	39	0:59:00	08:57	09:24	09:44	10:14	10:12	09:59	5:49 min/km
93	2399	Hamm Daniela	V-Training Bootcamp Köln	0:58:37	1982 W35	11	0:59:28	09:04	09:35	09:56	11:33	09:37	08:49	5:50 min/km
94	533	Buchholz Heike	*Wezembeek-Oppem	0:59:15	1978 W40	14	0:59:35	09:03	09:38	09:51	10:22	10:17	10:01	5:54 min/km
95	2185	Labodda Franziska		0:59:17	1988 W30	13	0:59:59	08:58	09:16	09:38	10:03	10:54	10:26	5:54 min/km
96	2064	Herzberg Nicola	*Heinsberg	0:59:18	1991 WHK	40	0:59:29	09:11	09:34	10:06	10:16	10:13	09:54	5:54 min/km
97	2062	Geneschen Lana	*Erkelenz	0:59:19	1995 WHK	41	0:59:31	09:11	09:35	10:06	10:16	10:13	09:56	5:54 min/km
98	1638	Ghisoiu Otilia	Krüger Group Running	0:59:23	1969 W45	10	0:59:46	09:26	09:21	09:51	10:17	10:24	10:01	5:55 min/km
99	24	Müthing Martina	*Hürth	0:59:35	1987 W30	14	0:59:42	09:12	09:45	10:05	10:18	10:17	09:56	5:56 min/km
100	2178	Strupp Julia		0:59:54	1976 W40	15	1:00:30	09:40	09:57	09:53	10:03	10:36	09:42	5:58 min/km
101	1492	Lindner Stephanie	*Duisburg	0:59:55	1994 WHK	42	1:00:48	08:56	08:55	09:50	10:34	10:42	10:55	5:58 min/km
102	2001	Schlangen Susanne	*Köln	0:59:59	1977 W40	16	1:00:37	08:58	09:37	10:08	10:47	10:35	09:51	5:58 min/km
103	2361	Küppers Nane	*Köln	1:00:14	1990 WHK	43	1:01:15	10:08	10:05	10:21	10:01	09:51	09:45	5:60 min/km
104	143	Kirschbaum Verena	Team Sport Haase	1:00:23	1983 W35	12	1:01:20	09:13	09:40	10:23	10:40	10:33	09:51	6:01 min/km
105	1126	Gahrns Anke	*Köln	1:00:23	1983 W35	13	1:00:55	10:00	09:49	10:24	10:01	10:14	09:54	6:01 min/km
106	2685	Schaffrath Ilona	TV Kuchenheim	1:00:33	1977 W40	17	1:00:44	09:27	09:55	10:15	10:23	10:49	09:41	6:02 min/km
107	134	Lorenz Larissa	*Herzogenrath	1:00:36	W	0	1:01:10	09:28	09:42	10:03	10:22	10:39	10:18	6:02 min/km
108	848	Treiber Janine	*Köln	1:00:50	1982 W35	14	1:01:41	09:34	10:03	10:47	10:12	10:17	09:55	6:03 min/km
109	1386	Bromand Jana	*Düren	1:01:12	1998 WHK	44	1:01:22	08:32	09:11	10:23	11:21	11:23	10:20	6:05 min/km
110	1075	Kornmann Stefanie	*Köln	1:01:33	1989 WHK	45	1:02:15	09:06	09:45	10:25	11:06	10:48	10:21	6:08 min/km

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111	1646	Mäder Dörte	*Köln	1:01:48	1974	W40	18	1:02:15	09:36	09:58	10:32	10:39	10:39	10:21	6:09 min/km
112	593	Bootz Lara	*Köln	1:02:04	1991	WHK	46	1:02:43	09:35	09:41	10:58	11:07	11:06	09:35	6:11 min/km
113	2474	Wildrath Marina	*Hürtgenwald	1:02:09	1980	W35	15	1:03:05	09:59	10:02	10:46	10:44	10:31	10:06	6:11 min/km
114	2475	Wildrath Sabine	*Köln	1:02:15	1982	W35	16	1:03:11	09:59	10:10	10:40	10:37	10:36	10:11	6:12 min/km
115	670	Urhahne Clara	*Pulheim	1:02:19	1994	WHK	47	1:03:01	09:44	10:11	10:38	11:00	10:41	10:02	6:12 min/km
116	1613	Fey Astrid	*Kleinmachnow	1:02:28	1964	W50	2	1:02:44	09:10	10:04	10:34	10:47	11:07	10:44	6:13 min/km
117	1090	Gerich Cordula	*Köln	1:03:13	1972	W45	11	1:03:45	10:00	09:49	10:25	11:08	11:21	10:27	6:17 min/km
118	384	Pätz Sophia	Flamingos	1:03:20	1986	W30	15	1:03:30	09:07	10:29	11:09	11:02	10:52	10:39	6:18 min/km