

10km - Gesamtwertung

Unilauf Köln - 5. Juni 2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	3	Dahlke Jonathan	Uni Köln	0:32:53	0:32:54	1	MHK	95	08:45 08:02 07:58 08:06
2	55	Schweikert Markus	Uni Köln	0:33:24	0:33:24	2	MHK	94	08:46 08:09 08:18 08:09
3	74	Hoffmann Henrik	RWTH Aachen	0:34:01	0:34:02	3	MHK	90	08:56 08:21 08:30 08:12
4	1906	Dahl Simon	Bunert - Der Kölner Laufladen	0:34:20	0:34:20	1	M30	87	08:55 08:22 08:30 08:31
5	52	Graw Torsten	Uni Köln	0:34:34	0:34:35	4	MHK	91	09:03 08:34 08:34 08:22
6	58	Oubaha Idriss	Uni Köln	0:34:48	0:34:48	2	M30	88	08:55 08:26 08:47 08:38
7	111	Bunte Marian	Bunert - Der Kölner Laufladen	0:34:58	0:34:58	3	M30	89	09:15 08:33 08:38 08:30
8	3187	Reinhard Leo	Uni Köln	0:35:21	0:35:22	5	MHK	93	08:56 08:28 08:47 09:09
9	37	Cleaßens Thomas	Uni Köln	0:35:22	0:35:22	4	M30	86	08:57 08:27 08:47 09:10
10	76	Wyrwoll Lothar	RWTH Aachen	0:35:29	0:35:29	6	MHK	92	09:18 08:45 08:53 08:32
11	51	Schwarz Yannick	Uni Köln	0:35:30	0:35:31	7	MHK	93	09:17 08:45 08:53 08:34
12	93	Pietsch Gero	RWTH Aachen	0:35:53	0:35:53	8	MHK	92	09:13 08:39 08:59 09:00
13	46	Worth Lucas	Uni Köln	0:36:14	0:36:14	9	MHK	97	09:18 08:54 09:05 08:54
14	87	Veith David	RWTH Aachen	0:36:13	0:36:15	10	MHK	96	09:29 08:54 09:04 08:44
15	95	Wilke Richard	RWTH Aachen	0:36:30	0:36:30	11	MHK	92	09:18 08:55 09:14 09:01
16	64	Meier Freeric	Uni Münster	0:36:44	0:36:45	12	MHK	90	08:59 09:13 09:19 09:12
17	38	Schumacher Jonas	Uni Köln	0:36:48	0:36:50	5	M30	88	09:27 09:05 09:16 08:58
18	112	Bunte Marian	Bunert - Der Kölner Laufladen	0:36:54	0:36:55	6	M30	89	09:40 08:53 09:14 09:06
19	42	Steffes Christian	Uni Köln	0:37:09	0:37:09	13	MHK	93	09:20 09:09 09:21 09:17
20	65	Mettke Felix	Uni Münster	0:37:17	0:37:18	14	MHK	94	09:28 09:06 09:17 09:25
21	3128	Besok Burak	Uni Dortmund	0:37:20	0:37:21	7	M30	89	09:27 09:08 09:27 09:16
22	57	Freitag Finn Janis	Uni Köln	0:37:22	0:37:23	15	MHK	94	09:20 09:08 09:30 09:23
23	1909	Kreitner Max	Bunert - Der Kölner Laufladen	0:37:48	0:37:49	16	MHK	94	08:53 09:29 09:51 09:34
24	73	Ehmke Felix	RWTH Aachen	0:37:52	0:37:53	17	MHK	95	09:28 09:20 09:33 09:30
25	1912	Ley Jürgen	central-team.de	0:37:54	0:37:55	1	M45	71	09:33 09:19 09:39 09:22
26	3196	Budnikow Ilja	Bruderherzen	0:38:05	0:38:07	8	M30	88	09:33 09:43 09:32 09:16
27	3134	Langerbein Lars	Uni Dortmund	0:38:13	0:38:15	1	MU2	00	09:27 09:33 09:48 09:24
28	1899	Thiele Jan	1. CfB Köln	0:38:35	0:38:37	18	MHK	94	10:03 09:37 09:34 09:20
29	39	Eckert Niklas	Uni Köln	0:38:56	0:38:57	19	MHK	97	10:06 09:31 09:44 09:33
30	1907	Herrera Felix	Bunert - Der Kölner Laufladen	0:38:53	0:38:58	9	M30	89	10:11 09:31 09:41 09:29
31	71	Beumers David	RWTH Aachen	0:38:58	0:38:59	20	MHK	90	10:03 09:38 09:44 09:32
32	50	Roski Linus	Uni Köln	0:39:01	0:39:02	21	MHK	98	09:47 09:45 09:57 09:31
33	85	Bucher Lennart	RWTH Aachen	0:39:04	0:39:08	22	MHK	95	10:03 09:33 09:43 09:44
34	83	Hartmann Rolf	RWTH Aachen	0:39:07	0:39:09	23	MHK	96	10:26 09:50 09:38 09:11
35	2141	von Kuk Carsten	LT DSHS Köln	0:39:15	0:39:15	1	M50	67	10:04 09:42 09:50 09:36
36	2026	Mittelstraß Raphael	Romanisfit	0:39:06	0:39:15	24	MHK	93	09:56 09:37 09:44 09:48
37	2020	Götzfried Philipp	MKF Running	0:39:11	0:39:16	25	MHK	91	10:03 09:34 09:52 09:40
38	2011	Schneider Thomas	LG RWE Power	0:39:29	0:39:31	2	M50	69	10:25 09:43 09:44 09:35
39	2046	Nieswand Patrick	SV Deutz 05	0:39:33	0:39:39	2	M45	73	09:52 09:38 09:56 10:06
40	54	Mester Jonas	Uni Köln	0:39:39	0:39:42	26	MHK	95	10:16 09:41 09:51 09:51
41	1826	Fochmann Martin	*Hannover	0:39:40	0:39:43	1	M35	83	10:08 09:48 10:02 09:40
42	49	Tranas Linas	Uni Köln	0:40:02	0:40:04	10	M30	88	10:13 09:41 10:03 10:04
43	174	Kunz Tom	Vorwärts Spoho 98	0:40:01	0:40:04	27	MHK	92	10:26 09:34 09:51 10:09
44	132	Fuchs Marco	*Köln	0:40:13	0:40:13	28	MHK	97	10:24 09:37 10:01 10:08
45	1812	Busenius Aljoscha	*Lüdenscheid	0:40:24	0:40:30	29	MHK	95	09:49 09:45 10:07 10:41
46	2453	Stiegeler Dominik	*Köln	0:40:39	0:40:43	30	MHK	93	09:45 09:57 10:21 10:35
47	2618	Spürk Thomas	Die Banger	0:40:42	0:40:52	31	MHK	94	11:05 09:50 10:07 09:37
48	1911	Elskamp Gregor	central-team.de	0:40:54	0:40:58	3	M45	71	10:52 09:57 10:02 10:02
49	2006	Theißen Michael	Laktatkönige	0:40:54	0:41:00	1	M60	59	10:26 09:48 10:14 10:25
50	2995	Esper Yannic	TSV Bockenheim	0:40:57	0:41:08	32	MHK	95	10:33 10:08 10:21 09:53
51	1904	Rodowski Bastian	BLB Köln Runner	0:40:59	0:41:10	2	M35	83	10:44 09:55 10:09 10:09
52	3135	Pohl Moritz	Uni Dortmund	0:41:19	0:41:21	33	MHK	97	10:27 09:57 10:23 10:30
53	3184	Schäferkötter Martin	central-team.de	0:41:18	0:41:23	3	M50	68	10:54 10:05 10:13 10:05
54	67	Meurer Felix	Uni Münster	0:41:28	0:41:29	34	MHK	94	10:03 10:11 10:34 10:38
55	123	Eichen Julian	TSV Feytal	0:41:26	0:41:33	35	MHK	91	11:08 10:13 10:09 09:54
56	3138	Wiederholt Noah	Uni Dortmund	0:41:32	0:41:34	36	MHK	92	10:29 10:14 10:31 10:18
57	2142	Ohlberg Kai	OCR Heidesprinter	0:41:30	0:41:35	3	M35	83	10:26 10:08 10:30 10:24
58	2062	Riefe Sebastian	Team HDI	0:41:55	0:41:58	1	M40	78	10:36 10:12 10:35 10:30
59	3131	Witzel Leo	Uni Dortmund	0:42:01	0:42:03	37	MHK	93	10:46 10:20 10:37 10:15
60	1828	Freier Ole	*Köln	0:41:58	0:42:15	38	MHK	94	10:45 10:21 10:30 10:20

10km - Gesamtwertung

Unilauf Köln - 5. Juni 2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	78	Hesper Moritz	RWTH Aachen	0:42:18	0:42:20	39	MHK	93	10:48	10:24	10:38	10:26	
62	2001	Freyaldenhoven Jan	Köln läuft!	0:42:08	0:42:21	4	M35	83	10:52	10:23	10:27	10:25	
63	84	Bogner Alexander	RWTH Aachen	0:42:20	0:42:22	40	MHK	95	10:48	10:22	10:32	10:35	
64	1948	Bolten Erik	GeoBib Ultras	0:42:10	0:42:23	41	MHK	91	10:39	10:29	10:37	10:22	
65	1892	Welnhofer Patrick	*Köln	0:42:23	0:42:28	42	MHK	93	10:04	10:20	11:05	10:53	
66	1818	Erdmann Immanuel	*Köln	0:42:26	0:42:30	43	MHK	95	10:15	10:37	10:56	10:36	
67	2798	Schregel Felix	Gesunde Uniklinik Köln	0:42:29	0:42:33	44	MHK	91	11:00	10:23	10:39	10:27	
68	61	Dühnen Maximilian	Uni Münster	0:42:26	0:42:34	45	MHK	94	10:55	10:26	10:41	10:23	
69	88	Halbach Patrick	RWTH Aachen	0:42:37	0:42:39	46	MHK	93	11:21	10:22	10:35	10:16	
70	1988	Stemler Jannik	Gesunde Uniklinik Köln	0:42:30	0:42:40	11	M30	89	10:53	10:29	10:35	10:31	
71	1816	Elshorst Sven	*Bornheim	0:42:40	0:42:45	47	MHK	97	10:49	10:27	10:37	10:46	
72	1936	Bertels Christoph	die mathematischen Berater von	0:42:42	0:42:48	12	M30	88	11:02	10:28	10:40	10:30	
73	2005	Lönhardt Michael	Laktatkönige	0:42:43	0:42:49	1	M55	61	11:12	10:28	10:39	10:22	
74	2065	Steinhäuser Steffen	Team HDI	0:42:47	0:42:51	13	M30	86	10:36	10:43	10:51	10:36	
75	189	Trzaskalik Martin	cleverbridge AG roadrunners	0:42:45	0:42:52	4	M45	73	11:08	10:19	10:37	10:39	
76	2029	Berns Robert	Run Squad CGN	0:42:44	0:42:54	14	M30	88	10:37	10:31	10:51	10:44	
77	2117	Löbbing Jonas	CMRunners	0:42:37	0:42:55	48	MHK	90	10:48	10:24	10:34	10:49	
78	2028	Dambon Martin	Run for Anna	0:42:53	0:42:55	5	M35	81	10:59	10:30	10:35	10:47	
79	3133	Langerbein Lennard	Uni Dortmund	0:42:56	0:42:58	49	MHK	98	10:53	10:32	11:00	10:30	
80	3130	Wrede Oliver	Uni Dortmund	0:42:55	0:42:59	50	MHK	95	10:45	10:29	10:55	10:44	
81	2055	Jaron Martin	Team HDI	0:43:01	0:43:04	2	M40	78	10:45	10:43	10:50	10:42	
82	2414	Schlenger Tim	*Köln	0:42:49	0:43:14	51	MHK	97	11:28	09:43	10:52	10:45	
83	2140	Zilligen Christoph	Uni Bonn	0:43:02	0:43:16	52	MHK	94	11:11	10:23	10:36	10:50	
84	59	Diekmann Marius	Uni Münster	0:43:09	0:43:16	3	M40	76	11:18	10:26	10:41	10:43	
85	1855	Montens Fabian	*Köln	0:43:15	0:43:19	6	M35	84	10:47	10:26	10:50	11:10	
86	1838	Kasper Friedrich	*Köln	0:42:55	0:43:23	53	MHK	95	10:51	10:12	10:51	11:00	
87	1862	Oehler Matthias	*Köln	0:43:11	0:43:26	15	M30	85	11:32	10:36	10:38	10:25	
88	168	Knaub Richard	Cologne Running Crew	0:43:23	0:43:27	54	MHK	91	11:24	10:37	10:46	10:35	
89	99	Johnsen Tilman	Uni Bonn	0:43:16	0:43:31	55	MHK	99	11:05	10:26	10:59	10:45	
90	26	Stein Tim	Uni Düsseldorf	0:43:21	0:43:33	56	MHK	95	11:17	10:19	10:49	10:54	
91	2086	Schick Markus	TriSpeed Herscheid	0:43:25	0:43:33	57	MHK	93	11:21	10:45	10:56	10:21	
92	3132	Neukirchen Felix	Uni Dortmund	0:43:35	0:43:38	58	MHK	97	10:56	10:20	11:04	11:14	
93	2033	Börger Nico	Rut Wiess Drekelisch	0:43:30	0:43:40	7	M35	80	11:22	10:36	10:56	10:34	
94	2080	Lindner Jan	TriathlonSteckelCologne	0:43:24	0:43:44	59	MHK	96	11:09	10:26	11:09	10:38	
95	2480	Waltermann Moritz	*Köln	0:43:25	0:43:48	60	MHK	91	11:04	10:34	10:53	10:53	
96	1957	Barcham Cara	Gesunde Uniklinik Köln	0:43:52	0:43:54	16	M30	86	10:42	10:48	11:16	11:05	
97	2024	Steven Prof. Daniel	Rhythmologie Köln	0:43:40	0:43:56	4	M40	76	11:25	10:41	10:51	10:41	
98	2078	Kruczynski Philipp	TriathlonSteckelCologne	0:43:48	0:43:56	8	M35	81	11:02	10:51	11:07	10:46	
99	3154	Wirtensohn Dominik	Vampir-power	0:43:53	0:43:56	17	M30	89	11:25	10:42	10:46	10:59	
100	153	Holbein Jan	Pulheimer SC	0:43:52	0:43:57	61	MHK	90	11:08	10:37	10:52	11:12	
101	2150	Herbrechts Thomas	Lebensläufer	0:43:31	0:43:57	5	M40	79	11:42	10:27	10:48	10:32	
102	2114	Breising Fabian	1. CfB Köln	0:43:58	0:44:00	62	MHK	98	10:55	10:51	11:15	10:56	
103	124	Eichen Julian	TSV Feytal	0:44:07	0:44:11	63	MHK	91	11:28	10:49	11:08	10:41	
104	2076	Georger Mark	TriathlonSteckelCologne	0:43:46	0:44:11	64	MHK	97	11:08	10:39	11:05	10:53	
105	1937	Simon Daniel	die mathematischen Berater von	0:44:05	0:44:12	18	M30	86	11:02	10:28	10:47	11:47	
106	2437	Schweiker Sven	*Köln	0:44:07	0:44:14	9	M35	84	10:56	10:39	11:23	11:09	
107	2368	Orasklitschew Michael	*Bad Münstereifel	0:44:11	0:44:16	65	MHK	95	11:13	11:09	10:54	10:53	
108	1831	Gimkiewicz Felix	*Zülpich	0:44:02	0:44:17	2	MU2	00	11:25	11:00	11:09	10:27	
109	2422	Scholten Jan	*Köln	0:44:05	0:44:21	19	M30	88	11:41	10:38	10:51	10:54	
110	2577	Mueller Thomas	Cologne Cycling Club e.V.	0:44:22	0:44:24	66	MHK	94	10:44	11:16	11:09	11:11	
111	2098	Müller Robert	Volksbank Köln Bonn	0:44:18	0:44:25	6	M40	78	11:17	10:41	11:07	11:11	
112	2069	Krieger Adrian	Team Wursttheke	0:44:16	0:44:30	67	MHK	95	11:43	10:59	11:02	10:31	
113	2068	Flock Andy	Team Wursttheke	0:44:17	0:44:30	20	M30	87	11:44	10:59	11:02	10:31	
114	1867	Rost Dr. Alexander	*Köln	0:44:26	0:44:31	10	M35	82	11:01	10:47	11:07	11:29	
115	2070	Marwege Ansgar	Team Wursttheke	0:44:23	0:44:37	68	MHK	91	11:34	10:53	11:05	10:49	
116	2133	Sum Hubert	Unisport!	0:44:14	0:44:39	69	MHK	94	11:09	10:39	11:09	11:16	
117	2061	Prochnow Jannik	Team HDI	0:44:34	0:44:40	21	M30	88	11:24	11:05	11:09	10:54	
118	1839	Kieser Paul	*Köln	0:44:31	0:44:40	22	M30	88	11:22	10:59	11:13	10:56	
119	2897	Etemi Valmir	Musterbüro Informationstechnol	0:43:46	0:44:53	70	MHK	91	11:20	10:45	11:02	10:38	
120	2079	Lamerz Philipp	TriathlonSteckelCologne	0:44:50	0:44:59	23	M30	86	11:08	10:57	11:13	11:31	

10km - Gesamtwertung

Unilauf Köln - 5. Juni 2019

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	3157	Bornemann Thomas	central-team.de	0:44:56	0:45:02	4	M50	68	11:52	11:06	11:07	10:50	
122	2042	Schaefer Christoph	Sport Mental Coaching	0:44:56	0:45:03	11	M35	81	11:42	11:00	11:14	10:59	
123	2597	Nürnberger Pierre	Cologne Internationals	0:44:50	0:45:03	71	MHK	93	11:17	10:44	11:22	11:25	
124	2136	Praet Mark	WiSo Warriors	0:44:30	0:45:11	72	MHK	90	11:11	10:40	11:16	11:23	
125	156	Iwanski Damian	BLB Köln Runner	0:45:00	0:45:13	5	M45	74	11:53	10:58	10:56	11:11	
126	2522	Schellmann Swen	Bio4ever	0:45:07	0:45:16	6	M45	71	11:28	10:53	11:27	11:18	
127	2638	Herzogenrath Thomas	Ebner Stolz & friends	0:44:43	0:45:16	7	M40	77	12:01	10:43	10:59	10:58	
128	2072	Pörschmann Christoph	TH Köln	0:44:51	0:45:17	7	M45	70	11:36	10:58	11:19	10:56	
129	2057	Kohlhase Thomas	Team HDI	0:45:18	0:45:22	8	M40	78	11:14	11:13	11:25	11:24	
130	2090	Frenzel Stefan	Vampir-power	0:45:12	0:45:22	9	M40	78	11:39	11:01	11:21	11:08	
131	1810	Braunstein David	*Köln	0:44:52	0:45:26	24	M30	88	12:42	11:39	10:10	10:19	
132	2097	Lelke Carsten	Volksbank Köln Bonn	0:45:24	0:45:31	2	M55	63	11:26	11:03	11:23	11:31	
133	1976	Moritz Ralf	Gesunde Uniklinik Köln	0:45:25	0:45:33	5	M50	68	11:22	10:48	11:37	11:37	
134	2041	Winkelmann Julius	SpoHo Erstis	0:45:16	0:45:38	73	MHK	98	11:13	11:09	11:20	11:32	
135	1944	Requena Fuentes Ayu	Fachschaft RSL	0:45:31	0:45:42	74	MHK	96	11:28	11:04	11:25	11:32	
136	2966	Pilgram Pascal	TC Viktoria Köln	0:45:39	0:45:44	75	MHK	94	11:31	11:06	11:36	11:24	
137	186	Surmann Paul	*Köln	0:45:39	0:45:48	76	MHK	97	11:12	11:07	11:38	11:39	
138	1853	Meßollen Lennart	*Hürth	0:45:39	0:45:48	77	MHK	96	11:13	11:07	11:38	11:39	
139	2119	Dumm Moritz	KF Lebensstil	0:45:45	0:45:50	78	MHK	93	11:56	11:40	11:38	10:30	
140	2264	Hennecken Marius	*Köln	0:45:47	0:45:50	79	MHK	93	11:04	11:24	11:47	11:29	
141	1922	Apasu Robert	Cologne Internationals	0:45:38	0:45:51	80	MHK	94	11:46	11:07	11:24	11:19	
142	2939	Lange Valentin	Selbstläufer	0:45:53	0:45:57	81	MHK	98	11:42	11:05	11:37	11:28	
143	2032	Lellek Lars	Run Squad CGN	0:45:48	0:45:58	25	M30	89	11:14	11:09	11:44	11:40	
144	169	Knaub Richard	Cologne Running Crew	0:45:55	0:46:00	82	MHK	91	11:48	10:54	11:52	11:20	
145	2200	Chua John Luke	*Köln	0:45:32	0:46:03	83	MHK	93	12:18	10:50	11:23	10:59	
146	2946	Pulkowski Tim	Sport Mental Coaching	0:45:57	0:46:04	84	MHK	90	11:42	11:10	11:34	11:30	
147	2179	Bößem Thomas	*Köln	0:45:34	0:46:06	85	MHK	96	11:57	11:00	11:23	11:13	
148	2014	Hattendorf Kai	LT Decksteiner Weiher	0:45:52	0:46:07	8	M45	73	11:36	11:03	11:23	11:49	
149	1865	Rode Jörg	*Bergheim	0:45:46	0:46:07	12	M35	81	11:36	10:50	11:31	11:48	
150	2132	Bauer Benjamin	Uni Bonn	0:45:33	0:46:08	86	MHK	95	12:07	11:20	11:17	10:48	
151	1832	Grogan Patrick	*köln	0:46:03	0:46:15	87	MHK	95	11:50	11:04	11:26	11:41	
152	2342	Lorenz Florian	*Köln	0:46:13	0:46:17	26	M30	87	11:48	11:12	11:47	11:25	
153	178	Mitterweger Kilian	Die Festen Körper	0:45:47	0:46:18	88	MHK	90	12:01	11:09	11:23	11:12	
154	12	Chaumet Martin	Uni Duisburg-Essen	0:45:41	0:46:19	3	M55	61	12:13	11:01	11:05	11:20	
155	2120	Fink Daniel	Laufmonster	0:46:06	0:46:21	10	M40	79	12:02	11:13	11:22	11:27	
156	3093	Menz Fridolin	KF Lebensstil	0:45:22	0:46:23	89	MHK	93	11:38	10:46	11:17	11:40	
157	3155	Wirtensohn Dominik	Vampir-power	0:46:26	0:46:27	27	M30	89	11:53	11:22	11:31	11:38	
158	1970	Jäger Frank	Gesunde Uniklinik Köln	0:46:18	0:46:28	6	M50	66	11:52	11:24	11:41	11:20	
159	1913	Theune Carsten	central-team.de	0:46:20	0:46:31	9	M45	72	12:09	11:26	11:31	11:12	
160	82	Hamidi Azib	RWTH Aachen	0:46:29	0:46:33	90	MHK	92	11:39	11:13	11:37	11:59	
161	1998	Johannsen Jannik	KF Lebensstil	0:46:16	0:46:34	91	MHK	92	12:01	11:15	11:32	11:27	
162	3098	McNamara Ian	Rheinland Lions	0:46:23	0:46:35	28	M30	88	12:23	11:22	11:18	11:19	
163	2095	Volkert Michael	Vampir-power	0:46:11	0:46:37	13	M35	84	11:55	11:02	11:36	11:36	
164	1811	Bührer Stefan	*Köln	0:46:06	0:46:38	29	M30	86	11:56	11:06	11:36	11:25	
165	1923	Buskamp Felix	Cologne Internationals	0:46:27	0:46:40	92	MHK	93	11:46	11:15	11:32	11:51	
166	1916	Mansfeld Marco	cleverbridge AG roadrunners	0:46:33	0:46:41	30	M30	88	11:23	11:15	11:56	11:58	
167	1933	Bauer Carsten	Die Festen Körper	0:46:21	0:46:42	31	M30	89	12:18	11:14	11:40	11:07	
168	1869	Schellberg Alexander	*Köln	0:46:21	0:46:43	3	MU2	00	11:42	11:41	12:04	10:54	
169	2409	Salgado McPaul	*Köln	0:45:36	0:46:43	93	MHK	93	12:29	10:50	11:05	11:10	
170	2082	Pützer Benno	TriathlonSteckelCologne	0:46:32	0:46:47	32	M30	87	12:10	11:18	11:26	11:38	
171	3101	Zarek Oliver	Rheinland Lions	0:46:36	0:46:47	4	MU2	00	12:21	11:25	11:38	11:11	
172	19	Grömping Moritz	Uni Duisburg-Essen	0:46:23	0:46:48	94	MHK	96	12:14	11:16	11:25	11:26	
173	68	Ramminger Jorrit	Uni Münster	0:46:49	0:46:51	95	MHK	96	11:19	10:49	11:20	13:20	
174	2019	Karrer Markus	Meteo	0:46:25	0:46:52	96	MHK	93	12:14	11:10	11:26	11:34	
175	1947	Blume Joel	GeoBib Ultras	0:46:39	0:46:53	97	MHK	93	11:41	11:26	11:49	11:42	
176	1877	Schroer Martin	*Köln	0:46:44	0:46:55	98	MHK	95	11:38	11:21	11:48	11:55	
177	2736	Knöll Dennis	Gesunde Uniklinik Köln	0:46:04	0:46:59	99	MHK	90	13:05	10:38	11:06	11:13	
178	2148	Merholz Florian	Zollstocker Blitze	0:46:50	0:47:00	100	MHK	92	11:51	11:29	11:56	11:33	
179	195	Manke Adrian	MAY THE SPEEDFORCE BE	0:46:45	0:47:02	33	M30	86	12:45	11:30	11:33	10:55	
180	1991	Van de Braak Alexander	Gesunde Uniklinik Köln	0:46:54	0:47:05	11	M40	79	11:41	11:26	11:55	11:50	

10km - Gesamtwertung

Unilauf Köln - 5. Juni 2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	175	Kunz Tom	Vorwärts Spoho 98	0:46:19	0:47:10	101	MHK	92	12:34	11:13	11:22	11:09	
182	60	Drath Christopher	Uni Münster	0:46:54	0:47:12	102	MHK	95	12:31	11:34	11:30	11:18	
183	2109	Hartwig Benedikt	*Köln	0:46:57	0:47:13	103	MHK	97	11:29	11:04	11:56	12:27	
184	2984	Meuter Marco	TeamThussi	0:47:00	0:47:14	34	M30	87	12:20	11:27	11:47	11:25	
185	2879	Backes Heiko	Lets Metabolize	0:46:54	0:47:15	10	M45	72	11:52	11:30	11:41	11:49	
186	196	Manke Adrian	MAY THE SPEEDFORCE BE	0:47:13	0:47:17	35	M30	86	12:23	11:17	11:43	11:48	
187	2111	Nilsson Simon	*Bonn	0:46:56	0:47:18	104	MHK	91	11:40	11:17	11:47	12:11	
188	1898	Zwegers Prof. Dr. Sander	*Frechen	0:47:02	0:47:21	12	M40	75	11:57	11:10	11:49	12:03	
189	159	Kaiser Thomas	Sebamed Running Team	0:47:18	0:47:25	36	M30	89	11:58	11:42	11:44	11:51	
190	1896	Wurth Simon	*Wipperfürth	0:47:24	0:47:26	105	MHK	93	11:36	11:27	12:00	12:20	
191	2943	Hahn Tobias	Spoho Erstis	0:46:59	0:47:26	5	MU2	00	12:14	11:10	11:45	11:48	
192	1905	Bäker Thomas	Born2Run	0:47:25	0:47:29	4	M55	64	12:03	11:41	11:50	11:48	
193	2146	Ulber Benjamin	Runaconda	0:47:20	0:47:31	106	MHK	90	12:19	11:33	11:50	11:37	
194	187	Surmann Paul	*Köln	0:47:14	0:47:31	107	MHK	97	12:27	11:58	11:36	11:12	
195	2201	Claeßens Christian	*Köln - Lindenthal	0:47:13	0:47:33	37	M30	88	11:46	11:25	11:54	12:06	
196	2102	Schulz Timo	WiSo Warriors	0:46:51	0:47:33	108	MHK	96	11:23	11:02	11:38	12:47	
197	2134	Wennrich Dr. Volker	Volker Wennrich	0:47:09	0:47:35	13	M40	76	11:20	11:29	12:05	12:14	
198	1938	Wasgien Mirko	Die Verrückten	0:47:28	0:47:37	38	M30	85	11:35	11:33	12:29	11:49	
199	1963	Franklin Jeremy	Gesunde Uniklinik Köln	0:47:22	0:47:39	2	M60	59	12:14	11:27	11:43	11:57	
200	117	Dirrigl Patrick	FC Roda Rammel	0:47:36	0:47:39	109	MHK	93	11:14	11:21	12:20	12:38	
201	2714	Heger Jan-Michel	Gesunde Uniklinik Köln	0:47:27	0:47:41	110	MHK	91	12:30	11:21	11:51	11:42	
202	1876	Schroeder Patrick	*Köln	0:47:35	0:47:41	39	M30	85	11:10	11:07	11:59	13:18	
203	1964	Goldkuhle Marius	Gesunde Uniklinik Köln	0:47:30	0:47:42	111	MHK	94	12:30	11:44	12:00	11:13	
204	1844	Kox John	*Bornheim	0:47:14	0:47:43	112	MHK	97	12:12	11:17	11:45	11:58	
205	2985	Mirkes David	TeamThussi	0:47:31	0:47:44	113	MHK	90	12:20	11:27	11:47	11:55	
206	2694	Engel Fabian	Gesunde Uniklinik Köln	0:47:38	0:47:44	114	MHK	92	11:55	11:34	12:09	11:59	
207	3081	Narbona Alvaro	*Köln	0:47:32	0:47:46	115	MHK	95	12:22	11:26	11:59	11:43	
208	2010	Dudley Richard	LG Donatus Erfstadt e.V.	0:47:35	0:47:47	5	M55	61	13:09	11:32	11:29	11:23	
209	3007	Weisbarth Tobias	Valium i.V.	0:47:26	0:47:48	40	M30	85	12:30	11:41	11:48	11:26	
210	2981	Gibhardt Jörg	Valium i.V.	0:47:40	0:47:51	7	M50	68	12:19	11:27	11:59	11:54	
211	2089	Ansorge Nikolaus	Valium i.V.	0:47:31	0:47:51	11	M45	73	12:29	11:41	11:49	11:31	
212	23	Seggewiß Jens	Uni Düsseldorf	0:47:51	0:47:52	116	MHK	92	10:48	11:14	12:12	13:36	
213	3182	Eisermann Stephan	Handelshof	0:47:43	0:47:54	8	M50	66	12:16	11:43	11:57	11:45	
214	3129	Splitthof Arne	Uni Dortmund	0:47:52	0:47:56	117	MHK	93	11:50	11:39	12:07	12:14	
215	1919	Giesa Philipp	CMRunners	0:47:27	0:47:56	118	MHK	90	13:02	11:42	11:37	11:04	
216	102	Berke Christoph	Die Festen Körper	0:47:35	0:47:57	119	MHK	90	12:17	11:20	11:54	12:02	
217	2942	Bartelheimer Tim	Spoho Erstis	0:46:49	0:48:00	120	MHK	99	12:24	10:58	11:34	11:51	
218	2578	Barrault Maximilien	Cologne Internationals	0:47:15	0:48:01	121	MHK	95	13:03	11:45	11:38	10:47	
219	3188	Trapp Frank	Running Men	0:47:47	0:48:10	12	M45	74	12:22	11:41	11:47	11:56	
220	2880	Fugger Nicolas	LG Rasch	0:47:53	0:48:12	41	M30	87	11:34	10:54	12:24	12:58	
221	2131	Horst Schwendt	TriathlonSteckelCologne	0:47:58	0:48:15	9	M50	68	00:00	00:00	11:47	11:46	
222	1821	Espenkott Niklas	*Münster	0:48:09	0:48:16	122	MHK	91	10:54	10:56	12:33	13:44	
223	2799	Schroeder Daniel	Gesunde Uniklinik Köln	0:48:11	0:48:17	14	M35	83	11:50	11:26	12:22	12:31	
224	126	Fischer David	S.O.A.-Runner Cologne	0:48:07	0:48:17	15	M35	83	12:04	11:20	12:14	12:28	
225	105	Bettermann Ralf	*Köln	0:47:50	0:48:18	123	MHK	91	12:30	11:25	11:51	12:03	
226	202	Waßerka Boris	Wendelinus-Runners-Berrenrath	0:48:15	0:48:19	6	M55	64	12:40	11:43	11:51	11:59	
227	192	Wagner Christoph	*Köln	0:47:58	0:48:22	124	MHK	98	12:57	11:38	11:34	11:48	
228	2353	Mohr Jonas	*Köln	0:48:10	0:48:22	125	MHK	90	12:38	11:38	11:47	12:05	
229	1808	Bössow Konrad	*Köln	0:48:04	0:48:23	126	MHK	96	12:22	11:20	11:58	12:22	
230	2050	Peters Jörg	Team Erdinger Alkoholfrei Köln	0:47:54	0:48:24	14	M40	78	13:40	12:48	12:23	09:02	
231	2930	Steinen Oswald	Rundamental	0:48:23	0:48:25	16	M35	80	11:32	11:54	12:16	12:40	
232	190	Trzaskalik Martin	cleverbridge AG roadrunners	0:48:19	0:48:27	13	M45	73	12:47	11:35	11:58	11:57	
233	133	Fuchs Marco	*Köln	0:48:26	0:48:27	127	MHK	97	12:58	13:00	11:06	11:21	
234	2007	Hettich Leonard	Leonard Hettich	0:48:19	0:48:31	128	MHK	94	12:30	11:48	12:12	11:48	
235	2047	Boelter Thomas	Team Erdinger Alkoholfrei Köln	0:48:28	0:48:35	7	M55	63	12:33	11:49	12:04	12:01	
236	1885	Verkh Hennadiy	*Köln	0:48:12	0:48:37	17	M35	81	12:34	11:50	12:06	11:40	
237	31	Radermacher David	Uni Düsseldorf	0:48:19	0:48:39	129	MHK	97	12:20	11:44	12:18	11:56	
238	2391	Reinartz Jonas	*Köln	0:48:26	0:48:39	130	MHK	95	12:11	11:16	12:29	12:28	
239	2012	Schwert Sascha	LG RWE Power	0:48:33	0:48:43	42	M30	87	11:53	11:47	12:13	12:39	
240	2817	Trinsch Bastian	Gesunde Uniklinik Köln	0:48:06	0:48:44	131	MHK	97	13:05	11:37	11:54	11:28	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	2747	Kühne Lucas	Gesunde Uniklinik Köln	0:48:40	0:48:44	132	MHK	90	11:51	11:27	12:24	12:56	
242	1859	Nieweg Marius	*Köln	0:48:19	0:48:44	43	M30	87	12:01	11:38	12:12	12:27	
243	2475	Von der Stein Florian	*Köln	0:47:25	0:48:44	133	MHK	96	12:59	11:17	11:45	11:24	
244	2650	Wagner Julian	ET united	0:48:32	0:48:47	134	MHK	95	12:33	11:42	12:07	12:09	
245	2367	Oberbusch Patrick	*Köln	0:48:22	0:48:47	18	M35	81	13:00	11:30	12:01	11:49	
246	2135	Buschmann Nemo	WiSo Warriors	0:48:20	0:48:48	135	MHK	96	12:16	12:03	12:06	11:53	
247	2122	Kuwert Jan	MTPower	0:48:23	0:48:48	136	MHK	98	13:03	11:55	11:54	11:30	
248	2124	Reinhardt Jan	MTPower	0:48:23	0:48:48	137	MHK	98	13:03	11:54	11:55	11:30	
249	20	Henao Londono Juan Camilo	Uni Duisburg-Essen	0:48:35	0:48:48	44	M30	89	12:43	11:51	12:08	11:51	
250	1983	Schildberg Tom	Gesunde Uniklinik Köln	0:48:39	0:48:49	45	M30	88	12:09	11:56	12:15	12:17	
251	2357	Munsch Jonas	*Köln	0:48:28	0:48:49	138	MHK	96	12:57	11:48	12:02	11:40	
252	1813	Casale Gino	*Köln	0:48:26	0:48:52	46	M30	86	12:09	11:27	12:16	12:33	
253	2138	Grundwald Tobias	Uni Bonn	0:48:37	0:48:52	47	M30	89	12:13	11:42	12:24	12:17	
254	2599	Peltonen Henri	Cologne Internationals	0:48:43	0:48:53	139	MHK	96	13:34	11:45	11:43	11:39	
255	2087	Isbaner Wolfgang	TSV Bayer 04 Leverkusen	0:48:44	0:48:55	1	M65	54	12:37	11:59	12:04	12:01	
256	1857	Neuenhöfer Simon	*Hennef	0:48:23	0:48:56	19	M35	84	13:06	11:45	12:04	11:26	
257	2204	Cremers Oliver	*Köln	0:48:04	0:48:56	140	MHK	90	11:55	11:41	12:18	12:09	
258	1864	Richter Jonas	*Köln	0:48:47	0:48:57	48	M30	88	11:59	12:04	12:36	12:06	
259	2512	Macha Arthur	AG Schwarz	0:48:50	0:49:00	49	M30	87	12:29	12:00	12:39	11:40	
260	2054	Jansen Florian	Team HDI	0:48:53	0:49:01	14	M45	72	12:19	11:44	12:02	12:47	
261	1973	Kühne Benjamin	Gesunde Uniklinik Köln	0:48:37	0:49:04	20	M35	84	12:34	11:49	12:03	12:08	
262	1935	Lange Florian	Die Festen Körper	0:48:44	0:49:06	141	MHK	91	12:17	11:31	12:20	12:35	
263	1883	Stöter Jannis	*Köln	0:48:45	0:49:07	142	MHK	97	11:04	11:49	13:17	12:33	
264	2045	Kühl Matthias	SV Blau-Gelb Friedberg	0:49:02	0:49:07	50	M30	89	12:08	12:20	12:35	11:58	
265	1960	Christoph Goedecke	Gesunde Uniklinik Köln	0:48:54	0:49:09	10	M50	65	12:48	11:55	12:12	11:57	
266	1835	Jakubowitz Martin	*Köln	0:48:43	0:49:13	11	M50	67	13:02	11:49	12:02	11:48	
267	1928	Rensinghoff Timon	Cologne Internationals	0:49:02	0:49:15	143	MHK	97	12:11	12:01	12:33	12:15	
268	1903	Johnson Dr. Kevin	Bio4ever	0:48:49	0:49:16	8	M55	64	12:45	11:41	12:04	12:17	
269	1968	Hauke Jan	Gesunde Uniklinik Köln	0:49:05	0:49:18	21	M35	80	12:05	11:37	12:26	12:54	
270	2552	Schwalbach Jan	CCCP-Laufwerk	0:49:01	0:49:19	144	MHK	90	12:31	11:44	12:30	12:14	
271	1932	Loizzi Davide	da_simmer_dabei_viva_CGNBo	0:49:05	0:49:19	51	M30	85	12:22	11:48	12:38	12:16	
272	2460	Sun Wen	*Köln	0:48:43	0:49:24	52	M30	89	12:57	11:42	12:02	12:01	
273	3144	Lange Lucas		0:48:52	0:49:24	145	MHK	97	13:37	12:13	11:58	11:03	
274	1801	Alshahri Abdulla	*Cologne	0:49:14	0:49:25	53	M30	89	11:40	12:04	13:01	12:27	
275	1980	Riekert Max	Gesunde Uniklinik Köln	0:48:55	0:49:26	22	M35	81	13:01	11:50	11:56	12:07	
276	2088	Schmitt Uwe	Uwe Schmitt	0:49:09	0:49:28	12	M50	65	13:52	12:09	11:47	11:20	
277	2876	Franken Sandro	Leandras	0:49:02	0:49:28	146	MHK	94	12:55	12:24	12:02	11:39	
278	162	Kals Marius	*Köln	0:49:17	0:49:32	54	M30	87	13:25	11:56	11:58	11:57	
279	147	Gößmann Rainer	Ehrenfeld Runners	0:49:16	0:49:33	15	M45	73	12:48	11:57	12:20	12:09	
280	2314	Krämer Henrik	*Bonn	0:48:16	0:49:35	147	MHK	90	12:59	11:32	11:59	11:44	
281	154	Holbein Jan	Pulheimer SC	0:49:31	0:49:36	148	MHK	90	12:18	12:05	12:44	12:23	
282	2091	Holewa Michael	Vampir-power	0:49:09	0:49:37	15	M40	76	13:07	11:50	12:08	12:02	
283	2895	Tridon Frederic	Meteo	0:49:12	0:49:39	23	M35	84	12:58	11:54	12:14	12:04	
284	2228	Fischer Fabian	*Köln	0:49:31	0:49:40	149	MHK	93	14:01	12:20	12:10	10:58	
285	129	Franzen Nils	*Köln	0:49:25	0:49:44	150	MHK	96	12:55	11:58	12:10	12:21	
286	1824	Feldhoff Tobias	*Nordrhein-Westfalen - Stolberg	0:49:26	0:49:45	24	M35	83	13:01	12:00	12:17	12:07	
287	2034	Schönfelder Daniel	Rut Wiess Dreckelisch	0:49:27	0:49:47	25	M35	80	13:00	12:03	12:18	12:04	
288	3091	Olbertz Dominik	DJK Köln-Nord	0:49:34	0:49:50	151	MHK	92	12:33	11:52	12:35	12:33	
289	2655	Baur Christian	Flunkonia Köln	0:49:07	0:49:52	152	MHK	94	13:10	11:34	12:06	12:15	
290	1879	Schultens Lutz	*Köln	0:49:35	0:49:53	153	MHK	98	12:46	12:00	12:36	12:11	
291	2013	Nikelowski Norbert	LSV Porz / Köln	0:49:38	0:49:55	3	M60	58	12:05	11:34	12:18	13:40	
292	2310	Köln Andreas	*Köln	0:49:33	0:49:57	154	MHK	91	12:42	11:58	12:20	12:31	
293	2103	Stern Jonas	WiSo Warriors	0:49:22	0:49:57	155	MHK	96	12:07	12:05	12:38	12:30	
294	201	Waßerka Boris	Wendelinus-Runners-Berrenrath	0:49:49	0:49:57	9	M55	64	13:31	12:15	12:06	11:56	
295	2183	Braukmann Philipp	*Köln	0:49:39	0:49:58	156	MHK	97	13:32	12:09	12:28	11:28	
296	2940	Thielen Stefan	Selbstläufer	0:49:56	0:49:59	157	MHK	97	11:48	12:12	13:12	12:43	
297	1910	Poloczek Christian	Central-Team	0:49:45	0:50:02	16	M40	75	13:06	12:20	12:15	12:03	
298	35	Thul Jonathan	Uni Düsseldorf	0:49:44	0:50:04	158	MHK	96	13:28	11:56	12:07	12:12	
299	2159	Bampounis Angelos	*Hurth	0:49:45	0:50:05	159	MHK	92	13:33	11:57	12:11	12:03	
300	1890	Wall Arthur	*Köln	0:49:56	0:50:07	160	MHK	96	11:22	12:13	13:00	13:18	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	2037	Rhein Christian	SC Janus	0:49:57	0:50:08	17	M40	77	12:07	12:12	12:56	12:42	
302	1814	Castendiek Marc	*Köln	0:49:35	0:50:08	161	MHK	96	12:42	11:52	12:36	12:23	
303	2576	Wigger Christoph	CMRunners	0:49:44	0:50:10	55	M30	87	13:34	11:59	11:59	12:11	
304	171	Köppe Stefan	Burgwächter Running Team	0:49:42	0:50:13	56	M30	85	13:38	12:05	12:01	11:55	
305	2537	Berkessel Neil	bluemotion	0:49:09	0:50:15	162	MHK	95	13:26	11:46	12:00	11:56	
306	2774	Oberthür Andre	Gesunde Uniklinik Köln	0:49:49	0:50:16	16	M45	74	12:58	12:05	12:16	12:29	
307	1836	Kaminski Philipp	*Köln	0:49:51	0:50:19	163	MHK	97	13:36	12:01	12:07	12:05	
308	25	Garcia Kilian Miguel	Uni Düsseldorf	0:49:59	0:50:19	164	MHK	98	12:27	11:46	13:01	12:44	
309	2126	Schmidt Markus	Run Squad CGN	0:49:56	0:50:20	165	MHK	92	13:07	11:53	12:19	12:35	
310	1875	Schönwälder Florian	*Köln	0:49:49	0:50:23	166	MHK	96	12:21	12:06	12:54	12:26	
311	2280	Irmen i Villalonga Tomeu	*Köln	0:50:10	0:50:23	167	MHK	97	12:10	11:15	12:54	13:49	
312	1941	Toups Yanniss	DLRG OG Grevenbroich e.V	0:50:13	0:50:27	168	MHK	95	12:32	12:16	12:50	12:34	
313	2863	Esters Paul	Laktatkönige	0:50:20	0:50:27	4	M60	59	13:14	12:11	12:19	12:34	
314	1982	Schermer Bernhard	Gesunde Uniklinik Köln	0:50:08	0:50:31	17	M45	71	12:42	12:03	12:37	12:45	
315	1820	Ernst Manuel	*Köln	0:50:07	0:50:32	57	M30	88	12:52	12:12	12:39	12:23	
316	2949	Arentz Oliver	Stenzis	0:49:48	0:50:32	18	M40	75	13:11	12:03	12:20	12:12	
317	135	Gehling Titus	AG Schwarz	0:50:01	0:50:33	169	MHK	95	12:59	12:06	12:28	12:27	
318	1888	Vogel Dimitri	*Köln	0:50:28	0:50:35	26	M35	84	12:09	12:02	12:56	13:20	
319	2643	Schwepper Max	Ebner Stolz & friends	0:50:07	0:50:40	58	M30	85	12:31	11:54	12:43	12:57	
320	3046	Jung Michael	Volksbank Köln Bonn	0:50:38	0:50:43	13	M50	67	12:36	12:13	12:57	12:50	
321	2936	Haßdenteufel Tobias	Schachfreunde St. Wendel e.V.	0:49:22	0:50:43	27	M35	84	13:15	11:53	12:10	12:02	
322	2601	Rütten David	Cologne Internationals	0:50:34	0:50:44	170	MHK	95	11:34	11:49	13:27	13:42	
323	2491	Widdig Martin	*Köln	0:50:24	0:50:45	171	MHK	96	13:25	12:30	12:28	11:59	
324	3058	Mnich Jürgen	Wendelinus-Runners-Berrenrath	0:50:30	0:50:48	14	M50	66	13:41	12:30	12:26	11:51	
325	1827	Föhr Oliver	*Köln	0:50:21	0:50:50	172	MHK	96	12:58	12:00	12:58	12:24	
326	2582	Deutsch Clemens	Cologne Internationals	0:49:40	0:50:51	173	MHK	96	13:27	11:57	12:27	11:48	
327	2920	Becker Oliver	RTC DSD	0:49:45	0:50:51	19	M40	78	14:05	12:01	12:00	11:38	
328	2185	Brinkmann Markus	*Köln	0:50:37	0:50:53	174	MHK	93	14:13	11:47	12:28	12:08	
329	2002	Jaeb-Wenge Normen	Kölsche op jöck	0:50:24	0:50:54	20	M40	78	13:04	12:15	12:30	12:33	
330	3141	Ortuño Joaquiun		0:50:23	0:50:54	175	MHK	98	13:38	12:12	11:58	12:33	
331	2130	Wolgast Alexander	Team Erdinger Alkoholfrei Köln	0:50:26	0:50:56	28	M35	83	13:40	12:47	12:25	11:32	
332	2171	Betz Jochen	*Köln	0:50:05	0:50:57	18	M45	74	13:02	12:09	12:22	12:30	
333	1841	Kleemann Lars	*Köln	0:50:23	0:50:57	59	M30	88	12:43	11:38	12:06	13:54	
334	3150	Schroth Andreas	TriathlonSteckel Cologne	0:50:27	0:51:00	19	M45	70	13:21	12:41	12:36	11:47	
335	2115	Arndt Hartmut	Bio4ever	0:50:47	0:51:02	5	M60	57	13:03	12:22	12:41	12:39	
336	2824	Wolf Jürgen	Gesunde Uniklinik Köln	0:51:00	0:51:06	6	M60	59	12:38	12:29	13:00	12:52	
337	2717	Heinlein Karim	Gesunde Uniklinik Köln	0:51:07	0:51:11	176	MHK	94	12:03	12:59	13:26	12:37	
338	2099	Knautz Jakob	WiSo Warriors	0:50:36	0:51:12	177	MHK	97	12:54	12:10	12:48	12:43	
339	2551	Sauermann Jan	CCCP-Laufwerk	0:51:01	0:51:13	29	M35	81	12:24	12:07	13:04	13:25	
340	1958	Barf Sven	Gesunde Uniklinik Köln	0:51:01	0:51:14	30	M35	83	12:03	12:10	13:06	13:41	
341	1856	Nepomuck Tim	*Köln	0:51:07	0:51:15	178	MHK	94	12:33	12:33	13:12	12:48	
342	2948	Lindner Björn	sportvorort.com	0:50:52	0:51:18	21	M40	75	12:48	12:22	12:35	13:06	
343	1959	Buller Johannes	Gesunde Uniklinik Köln	0:51:12	0:51:19	31	M35	82	12:47	12:23	13:00	13:01	
344	138	Gemmer Lars	*Köln	0:51:01	0:51:19	179	MHK	90	12:57	12:23	12:42	12:59	
345	1806	Bittner Moritz	*Frechen	0:50:46	0:51:21	180	MHK	92	12:51	12:04	12:48	13:00	
346	1873	Schmid Renan	*Bad Dürkheim	0:51:12	0:51:23	181	MHK	93	11:42	12:28	13:29	13:32	
347	2634	Duch Lars	Ebner Stolz & friends	0:50:50	0:51:24	182	MHK	91	12:34	12:33	13:05	12:36	
348	2989	Steckel Manfred	TriathlonSteckelCologne	0:51:04	0:51:26	7	M60	55	13:35	12:30	12:45	12:12	
349	1925	König Thomas	Cologne Internationals	0:51:08	0:51:31	183	MHK	91	13:28	12:17	12:20	13:01	
350	1940	Kirch Kurt	DIMDI	0:51:12	0:51:33	10	M55	63	12:53	11:59	12:42	13:36	
351	2127	Claßen Christian	Team Erdinger Alkoholfrei Köln	0:51:03	0:51:33	32	M35	82	13:40	12:46	12:26	12:09	
352	2484	Weber Maximilian	*Köln	0:50:22	0:51:43	184	MHK	90	13:15	11:34	12:36	12:55	
353	1833	Heibel Jan Philipp	*Köln	0:51:21	0:51:44	185	MHK	99	12:33	12:13	13:53	12:40	
354	1986	Sobek Michael	Gesunde Uniklinik Köln	0:51:21	0:51:44	60	M30	89	12:57	12:05	12:49	13:28	
355	1895	Wüst Hans Werner	*Köln	0:51:24	0:51:45	2	M65	50	13:22	12:24	12:41	12:55	
356	2411	Sauerborn Martin		0:51:49	0:51:53	15	M50	67	12:38	12:20	13:12	13:36	
357	157	Iwanski Damian	BLB Köln Runner	0:51:34	0:51:54	20	M45	74	13:08	12:34	12:49	13:01	
358	2738	Koll Philipp	Gesunde Uniklinik Köln	0:51:28	0:51:55	186	MHK	92	14:07	12:41	12:30	12:08	
359	2790	Rongisch Robert	Gesunde Uniklinik Köln	0:51:28	0:51:55	187	MHK	90	14:07	12:41	12:30	12:08	
360	2438	Schwerhoff Shawn	*Köln	0:50:48	0:51:55	188	MHK	93	13:20	12:07	12:39	12:41	

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2291	Kaak Jens	*Köln	0:51:58	0:52:02	61	M30	88	13:01	12:41	13:15	13:00	
362	2732	Kaps Julian	Gesunde Uniklinik Köln	0:51:02	0:52:04	189	MHK	94	15:40	11:38	11:49	11:54	
363	3099	Richardt Lukas	Rheinland Lions	0:51:51	0:52:06	190	MHK	90	13:56	12:33	13:04	12:16	
364	2238	Gleison Da silva bomfim	*köln	0:51:36	0:52:07	62	M30	88	13:23	12:38	12:46	12:47	
365	3016	Kirsch Liam	Vampir-power	0:52:01	0:52:07	6	MU2	00	12:20	12:44	13:27	13:29	
366	3089	Pleuß Jörn	Cologne Internationals	0:51:52	0:52:09	33	M35	84	13:24	12:42	12:58	12:47	
367	2106	Arnold Prof. Dr. Rolf	*Köln	0:51:41	0:52:10	11	M55	60	13:18	12:31	12:58	12:53	
368	2169	Best Oliver	*Köln	0:50:33	0:52:11	191	MHK	94	13:53	12:05	12:30	12:03	
369	2833	Marland Timon	Juso HSG & Friends	0:51:26	0:52:12	192	MHK	99	13:23	12:15	12:50	12:57	
370	2931	Hetzert Marc	Running Elements	0:51:19	0:52:12	63	M30	89	13:05	11:58	12:53	13:22	
371	2215	Dincer Volkan	*Köln	0:51:51	0:52:15	193	MHK	91	13:50	12:24	12:40	12:56	
372	3030	Tjiang Noah	Vampir-power	0:51:34	0:52:16	194	MHK	97	13:56	12:43	13:03	11:51	
373	3120	Junker Kirk		0:52:17	0:52:17	8	M60	59	12:31	12:38	13:40	13:26	
374	2900	Oppermann Lukas	Piraten AG	0:51:05	0:52:18	195	MHK	91	14:05	12:23	12:20	12:16	
375	2850	Napravnik Felix	KF Lebensstil	0:51:35	0:52:18	196	MHK	96	12:53	11:55	13:07	13:39	
376	2208	Deickert Justus	*Köln	0:51:04	0:52:20	197	MHK	93	14:18	12:32	12:10	12:02	
377	2018	Woerfel Till	Mercator läuft MIT!	0:51:55	0:52:21	34	M35	81	13:16	12:22	12:50	13:25	
378	3022	Pickard Domenik	Vampir-power	0:52:18	0:52:23	198	MHK	92	12:01	12:51	13:57	13:28	
379	2227	Falk Alexander	*Köln	0:51:34	0:52:24	64	M30	87	14:23	12:38	12:26	12:05	
380	2785	Richardson Tim	Gesunde Uniklinik Köln	0:52:12	0:52:27	199	MHK	90	14:22	12:50	12:55	12:04	
381	2787	Riedel Richard	Gesunde Uniklinik Köln	0:51:33	0:52:27	65	M30	88	14:10	12:22	12:35	12:25	
382	3002	Coenen Theo	Valium i.V.	0:52:15	0:52:34	9	M60	56	13:25	12:40	13:02	13:07	
383	2416	Schmaldienst Cedric	*Köln	0:51:01	0:52:35	200	MHK	91	14:00	12:11	12:38	12:10	
384	2501	Zantis Frederik	*Cologne	0:51:01	0:52:35	201	MHK	95	14:00	12:09	12:39	12:11	
385	1969	Ilhan Dursun Ali	Gesunde Uniklinik Köln	0:52:34	0:52:35	21	M45	72	12:46	13:24	12:57	13:26	
386	108	Bolte Michael	*Bornheim	0:52:24	0:52:36	35	M35	80	13:22	12:27	12:51	13:42	
387	3025	Rupprecht Leopold	Vampir-power	0:51:55	0:52:37	202	MHK	97	12:27	12:46	13:32	13:09	
388	2128	Kunz Markus	Team Erdinger Alkoholfrei Köln	0:52:16	0:52:39	12	M55	64	13:02	12:43	13:13	13:16	
389	2060	Nowicki Michael	Team HDI	0:52:34	0:52:43	16	M50	69	13:34	12:57	13:11	12:50	
390	1900	Brath Martin	:)	0:52:21	0:52:43	203	MHK	97	13:20	12:30	13:16	13:13	
391	1901	Kahl Tristan	:)	0:52:21	0:52:43	204	MHK	99	13:20	12:30	13:16	13:13	
392	2592	Lamping Christian	Cologne Internationals	0:51:48	0:52:44	66	M30	89	13:25	12:21	12:51	13:08	
393	165	Kill Wolfgang	BLB Köln Runner	0:52:13	0:52:48	22	M45	73	13:38	12:46	12:36	13:11	
394	2242	Gövert Ben	*Köln	0:52:02	0:52:51	205	MHK	96	13:20	12:40	13:11	12:50	
395	1861	Nüsse-Maas Ludger	*Köln	0:52:29	0:52:53	13	M55	62	13:37	12:57	13:08	12:45	
396	3004	Jähde Frank	Valium i.V.	0:52:45	0:52:54	14	M55	64	13:20	13:02	13:13	13:09	
397	2339	Loewer Ralf	*Köln	0:52:46	0:52:54	17	M50	65	13:19	12:31	13:14	13:40	
398	2763	Merz Tim	Gesunde Uniklinik Köln	0:52:18	0:52:55	206	MHK	96	13:21	12:39	13:11	13:05	
399	2591	Jung Alexander	Cologne Internationals	0:51:59	0:52:56	67	M30	87	13:25	12:23	13:11	12:58	
400	1920	Dresbach Frank	Cologne Allblacks	0:52:50	0:52:59	18	M50	67	13:38	12:45	13:16	13:09	
401	2199	Christoph Stefan	*Köln	0:52:26	0:53:01	22	M40	78	14:02	12:25	12:55	13:02	
402	183	Schalk Julius	Vampir-power	0:52:40	0:53:03	207	MHK	95	14:22	11:49	12:42	13:47	
403	2805	Simon Florian	Gesunde Uniklinik Köln	0:52:51	0:53:05	68	M30	89	14:22	12:50	13:02	12:35	
404	2246	Grünke Matthias	*Zülpich	0:52:43	0:53:08	19	M50	69	13:03	12:49	13:19	13:29	
405	2048	Lubitz Jürgen	Team Erdinger Alkoholfrei Köln	0:52:39	0:53:08	20	M50	66	13:41	12:50	13:02	13:05	
406	2661	Helten Frank	Frank Helten	0:52:35	0:53:11	23	M45	71	14:30	12:35	12:33	12:55	
407	2612	Bobeth Michael	Dauerlaufschule Köln	0:52:33	0:53:11	15	M55	62	13:30	12:12	12:52	13:58	
408	2415	Schlüter Nikolai	*Köln	0:52:27	0:53:15	208	MHK	91	15:34	11:48	12:27	12:37	
409	3060	Schmidt Robyn	Wilde Seekühe	0:52:33	0:53:17	209	MHK	93	13:46	12:42	13:01	13:02	
410	2036	Wölfl Simon	Rut Wiess Dreckelisch	0:52:58	0:53:18	69	M30	87	13:02	12:50	13:01	14:04	
411	2593	Lasa Alexander	Cologne Internationals	0:53:01	0:53:24	210	MHK	97	14:02	12:55	13:05	12:57	
412	2365	Novak Florian	*Köln	0:52:30	0:53:28	211	MHK	96	13:28	12:29	13:28	13:04	
413	2059	Lamberts Johannes	Team HDI	0:52:56	0:53:29	16	M55	64	13:54	12:51	12:48	13:22	
414	2689	Degenhardt Jan	Gesunde Uniklinik Köln	0:53:22	0:53:30	212	MHK	92	12:09	12:49	13:42	14:40	
415	3063	Hienstorfer-Heitmann Mio	WiSo Warriors	0:52:39	0:53:30	213	MHK	92	13:26	12:38	13:27	13:07	
416	3001	Boll Markus	Valium i.V.	0:53:20	0:53:31	70	M30	88	13:46	12:39	13:21	13:34	
417	2217	Dreher Simon	*Köln	0:53:25	0:53:32	36	M35	84	13:14	13:10	13:39	13:20	
418	2667	Annecke Thorsten	Gesunde Uniklinik Köln	0:53:29	0:53:33	24	M45	74	13:15	13:07	13:30	13:35	
419	2996	Schlentner Dominic	TSV Dormagen TRI	0:53:15	0:53:34	37	M35	81	13:52	12:41	13:07	13:34	
420	2754	Löser Johannes	Gesunde Uniklinik Köln	0:53:24	0:53:35	23	M40	77	13:13	12:46	13:36	13:48	

10km - Gesamtwertung

Unilaf Köln - 5. Juni 2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
421	2586	Gralla Sven	Cologne Internationals	0:53:25	0:53:35	214	MHK	94	13:45	13:15	13:27	12:56	
422	3118	Mauer Sebastian	Cologne Internationals	0:52:22	0:53:36	215	MHK	92	13:50	12:43	12:53	12:54	
423	2566	Moran Robin	cleverbridge AG roadrunners	0:53:09	0:53:38	71	M30	89	14:31	13:07	12:56	12:33	
424	2558	Barr David	cleverbridge AG roadrunners	0:53:08	0:53:38	38	M35	83	14:30	13:08	12:56	12:33	
425	2584	Fröhling Tim	Cologne Internationals	0:53:24	0:53:47	216	MHK	96	14:44	13:14	12:54	12:29	
426	3024	Richartz Dominik Sebastian	Vampir-power	0:53:42	0:53:48	217	MHK	99	12:46	12:56	14:10	13:49	
427	2442	Skutnik Daniel	*Köln	0:53:39	0:53:53	218	MHK	93	13:13	12:49	13:44	13:51	
428	2220	Dunker Mathias	*Köln	0:53:16	0:53:53	219	MHK	91	14:28	12:58	13:11	12:37	
429	2066	Zingsheim Marco	Team HDI	0:53:49	0:53:56	21	M50	66	13:35	12:58	13:11	14:04	
430	2083	Roosen Carsten	TriathlonSteckelCologne	0:53:31	0:53:57	220	MHK	92	13:25	13:02	13:33	13:30	
431	2986	Maiwald Kai	TG Kölsche Harlequins (KG Alt-	0:53:32	0:53:57	221	MHK	92	12:35	13:08	13:50	13:57	
432	2588	Isselhard Raoul	Cologne Internationals	0:52:44	0:54:00	222	MHK	93	13:24	12:43	13:32	13:03	
433	1863	Reikowski Florian	*Köln	0:53:41	0:54:00	72	M30	85	13:47	13:16	13:33	13:03	
434	2571	Sandrin Simon	cleverbridge AG roadrunners	0:53:40	0:54:01	223	MHK	91	13:41	12:46	13:33	13:38	
435	3068	Heinrich Hauke	Sülzbörgis	0:53:05	0:54:01	224	MHK	95	15:19	13:12	12:54	11:39	
436	3005	Luef Manfred	Valium i.V.	0:53:41	0:54:02	10	M60	56	13:45	12:51	13:20	13:44	
437	1850	Leven Matthias	*Siegburg	0:53:29	0:54:02	225	MHK	91	13:07	12:30	13:25	14:25	
438	2274	Höggemeier Jörn	*Köln	0:54:03	0:54:03	39	M35	84	13:52	13:04	13:28	13:37	
439	3071	Celestino Adriano	*Köln	0:54:06	0:54:08	226	MHK	92	13:22	12:39	13:52	14:12	
440	2094	Mohrmann Jörg	Vampir-power	0:53:44	0:54:15	25	M45	73	13:53	13:00	13:23	13:26	
441	2231	Fußwinkel Andreas	*Pulheim	0:53:14	0:54:16	227	MHK	92	14:06	12:35	13:02	13:29	
442	2517	Marx Sören	AIESEC Köln	0:53:35	0:54:16	228	MHK	96	14:11	12:37	13:15	13:31	
443	2483	Waßer Dr. Florian	*Düsseldorf	0:53:44	0:54:19	73	M30	87	14:37	13:07	13:21	12:39	
444	2737	Köntges Vincent	Gesunde Uniklinik Köln	0:54:11	0:54:20	229	MHK	95	11:37	12:58	15:40	13:55	
445	1934	Eschmann Tim	Die Festen Körper	0:53:59	0:54:21	74	M30	86	13:43	13:00	14:00	13:15	
446	2420	Schmitt Alexander	*Köln	0:54:15	0:54:24	75	M30	88	12:59	13:01	14:04	14:10	
447	2381	Peters Sönke	*Köln	0:53:01	0:54:24	230	MHK	96	14:00	12:46	13:06	13:08	
448	2746	Krudewig Daniel	Gesunde Uniklinik Köln	0:53:50	0:54:24	76	M30	87	12:58	13:08	13:48	13:54	
449	2832	Diers Jan	Juso HSG & Friends	0:53:36	0:54:28	231	MHK	96	14:30	13:05	13:08	12:52	
450	2963	Thimm Alexander	Sülzbörgis	0:53:31	0:54:34	232	MHK	95	13:51	12:34	13:32	13:33	
451	2849	Matthes Dr. Jan	KF Lebensstil	0:54:23	0:54:36	26	M45	73	13:56	13:11	13:38	13:37	
452	144	Glaser Steffen	fridaysforfuture	0:54:14	0:54:37	22	M50	69	13:40	12:37	13:37	14:19	
453	3062	Dax Christopher	WiSo Warriors	0:53:47	0:54:38	233	MHK	91	13:25	12:38	13:31	14:12	
454	2532	Kroß Martin	BLB Köln Runner	0:53:39	0:54:40	24	M40	76	14:47	12:44	13:02	13:05	
455	2243	Gonschor Arne	*Köln	0:54:19	0:54:41	234	MHK	97	14:31	13:58	14:17	11:32	
456	2935	Gerling Christoph	Run{Bulla.exe}	0:54:13	0:54:45	235	MHK	93	12:44	12:54	13:52	14:42	
457	2974	Lenarz Thomas	Team HDI	0:54:25	0:54:51	23	M50	68	14:05	12:44	13:31	14:04	
458	2600	Rave Luca	Cologne Internationals	0:54:28	0:54:51	236	MHK	98	14:32	13:15	13:25	13:15	
459	2957	Bösing Niklas	Sülzbörgis	0:53:49	0:54:52	237	MHK	94	13:55	13:01	13:33	13:18	
460	3057	Beckmann Uwe	Wendelinus-Runners-Berrenrath	0:54:34	0:54:52	24	M50	66	14:29	13:24	13:37	13:02	
461	2338	Löpki Dirk	*Köln	0:54:44	0:54:52	17	M55	63	14:05	13:02	13:30	14:06	
462	2194	Carl Casimir	*Köln	0:54:07	0:54:56	238	MHK	97	13:55	12:36	13:30	14:04	
463	2773	Nießing Uwe	Gesunde Uniklinik Köln	0:54:16	0:54:56	27	M45	71	14:11	13:08	13:24	13:32	
464	2797	Schömig Thomas	Gesunde Uniklinik Köln	0:54:20	0:54:57	239	MHK	93	13:19	12:44	14:17	14:00	
465	2795	Schier Robert	Gesunde Uniklinik Köln	0:54:58	0:55:03	25	M40	79	13:23	13:30	14:06	13:57	
466	2174	Blumentritt Laurenz	*Köln	0:53:51	0:55:13	240	MHK	98	14:21	12:57	13:12	13:19	
467	2313	Konnemann Jan	*Köln	0:53:43	0:55:14	241	MHK	98	16:07	13:31	12:57	11:07	
468	2590	Jordan Alexander	Cologne Internationals	0:54:30	0:55:15	242	MHK	96	14:09	13:30	13:37	13:13	
469	2680	Bresser Niklar Jakob	Gesunde Uniklinik Köln	0:55:15	0:55:25	243	MHK	95	13:33	13:54	14:16	13:31	
470	2911	Klein André	Roads & Aces	0:54:38	0:55:25	26	M40	76	14:24	13:13	13:30	13:29	
471	2893	Pfitzenmaier Dr. Lukas	Meteo	0:54:59	0:55:25	77	M30	86	14:14	13:02	13:44	13:58	
472	2933	Kruppa Dr. Thomas	Running Men	0:55:04	0:55:27	28	M45	72	14:21	13:19	13:44	13:38	
473	3073	Franzen Nicolas	*Köln	0:54:42	0:55:27	244	MHK	99	14:58	13:43	14:55	11:04	
474	3100	Schlundt Waldemar	Rheinland Lions	0:55:16	0:55:30	245	MHK	90	14:32	13:20	13:43	13:40	
475	2682	Bröcher Christoph	Gesunde Uniklinik Köln	0:54:26	0:55:31	25	M50	66	14:51	13:24	13:25	12:44	
476	1977	Nowara Simon	Gesunde Uniklinik Köln	0:55:20	0:55:32	40	M35	83	13:33	13:41	14:35	13:31	
477	2630	Gawande Jan-Eric	Du machst den Unterschied	0:54:35	0:55:33	246	MHK	95	12:56	12:46	13:43	15:09	
478	1981	Rösgen Raphael	Gesunde Uniklinik Köln	0:55:24	0:55:36	247	MHK	90	13:35	13:56	14:19	13:34	
479	2380	Peter Jerome	*Bonn	0:55:16	0:55:37	248	MHK	92	14:43	13:22	13:30	13:39	
480	3000	Baum Jürgen	Valium i.V.	0:55:18	0:55:38	1	M70	49	14:24	13:20	13:37	13:54	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
481	2829	Zehner Ingo	Gesunde Uniklinik Köln	0:54:58	0:55:38	26	M50	69	15:05	13:10	13:30	13:11	
482	3114	Grotehans Nils	*Köln	0:55:25	0:55:40	249	MHK	91	14:26	13:04	13:41	14:13	
483	2154	Andrade Heße Timothy	*Köln	0:54:41	0:55:43	250	MHK	96	14:09	13:21	13:44	13:26	
484	2958	Castro Philipp	Sülzbörgis	0:54:45	0:55:43	251	MHK	95	17:11	13:45	12:42	11:05	
485	2645	Witschel Oliver	Ebner Stolz & friends	0:55:09	0:55:44	252	MHK	92	14:58	13:55	14:26	11:49	
486	1803	Aussem Heinz	*Hürth	0:55:01	0:55:45	27	M50	67	14:29	13:25	13:37	13:28	
487	3043	Hermansen Klaus	Volksbank Köln Bonn	0:55:33	0:55:50	18	M55	60	14:04	13:17	13:47	14:23	
488	2129	Martens Jörn	Team Erdinger Alkoholfrei Köln	0:55:44	0:55:51	19	M55	62	13:45	13:57	14:19	13:42	
489	3010	Bornmann Christian	Vampir-power	0:55:30	0:55:54	27	M40	75	14:14	13:43	14:01	13:30	
490	2500	Yeo Changjun	*Hürth	0:55:39	0:55:58	253	MHK	90	13:54	13:18	14:17	14:08	
491	3105	Hilger Hannes	Run{Bulla.exe}	0:55:26	0:55:58	254	MHK	96	14:15	12:58	14:17	13:54	
492	2476	Vossen Jonathan	*Aachen	0:54:41	0:56:00	255	MHK	97	14:05	13:00	13:27	14:06	
493	3048	Lehmann Paul Maurice	Volksbank Köln Bonn	0:55:15	0:56:00	256	MHK	97	15:33	14:03	13:40	11:58	
494	2693	Dusse Fabian	Gesunde Uniklinik Köln	0:55:55	0:56:01	28	M40	76	13:06	13:16	14:36	14:55	
495	2515	Schwarz Günter	AG Schwarz	0:55:53	0:56:03	29	M45	70	13:11	13:24	14:26	14:51	
496	1852	Maukisch Robin	*Koblenz	0:55:32	0:56:06	257	MHK	90	13:39	13:04	14:14	14:33	
497	3074	Giakoumelos Ioannis	*Köln	0:54:10	0:56:06	41	M35	83	14:02	13:01	13:34	13:32	
498	1830	Giesen Alexander	*Köln	0:55:21	0:56:08	29	M40	78	14:23	13:13	14:01	13:43	
499	2994	Star Patrick	TSV Bayer Dormagen e. V.	0:55:50	0:56:08	78	M30	86	13:55	13:28	14:20	14:05	
500	1939	Hippler Frank	DIMDI	0:55:57	0:56:13	20	M55	63	13:55	13:58	14:05	13:57	
501	2341	Lorenz Eduard	*Köln	0:54:46	0:56:14	79	M30	89	14:18	13:11	13:47	13:29	
502	2814	Timmermann Ferdinand	Gesunde Uniklinik Köln	0:56:10	0:56:17	258	MHK	95	13:51	13:48	14:28	14:01	
503	1817	Engelmayer Johannes	*Köln	0:55:56	0:56:22	42	M35	83	13:51	13:24	14:02	14:38	
504	2239	Göbel Christoph	*Erfstadt	0:55:22	0:56:23	30	M40	79	15:27	13:26	13:31	12:56	
505	2914	Busch Michael	RRZK	0:55:00	0:56:25	259	MHK	90	15:23	12:58	13:36	13:02	
506	2580	Boy Cornelius	Cologne Internationals	0:55:40	0:56:26	260	MHK	93	14:35	13:30	13:58	13:36	
507	2918	Steinmeyer Frederik	RRZK	0:55:45	0:56:28	261	MHK	94	14:11	13:28	13:48	14:17	
508	2587	Hülsenbeck Christian	Cologne Internationals	0:55:36	0:56:34	262	MHK	91	13:22	13:39	14:24	14:10	
509	3103	Baran Bora	Run{Bulla.exe}	0:56:03	0:56:36	263	MHK	96	14:37	13:53	14:00	13:31	
510	2518	Hoffmann Sebastian	Bast Ja!	0:55:36	0:56:40	7	MU2	00	15:25	13:25	13:17	13:27	
511	2964	Kullmann Sebastian	sustainabill GmbH	0:56:22	0:56:42	43	M35	83	13:23	13:24	14:23	15:11	
512	2858	Meixner Christian	Kölner Familie	0:55:03	0:56:43	264	MHK	93	13:55	12:54	14:22	13:51	
513	2834	Ruffing Marc	Juso HSG & Friends	0:55:52	0:56:43	265	MHK	97	13:10	12:15	12:51	17:34	
514	2698	Fischer Hannes	Gesunde Uniklinik Köln	0:56:07	0:56:45	80	M30	88	14:48	13:07	13:59	14:12	
515	2641	Mostart Bendedikt	Ebner Stolz & friends	0:56:11	0:56:50	266	MHK	95	14:00	13:45	14:43	13:42	
516	3031	Walz Andreas	Vampir-power	0:55:52	0:56:52	21	M55	64	15:31	13:34	13:50	12:55	
517	2894	Pospichal Dr. Bernhard	Meteo	0:56:24	0:56:53	31	M40	79	14:20	13:31	14:13	14:19	
518	2991	Bargfrede Christoph	Trümmerfelder GmbH & Co. KG	0:55:41	0:56:55	267	MHK	98	15:51	13:13	13:40	12:56	
519	2842	Lazar Tobias	KETTENFETT So läuft das!	0:56:49	0:56:55	44	M35	83	13:31	14:07	14:54	14:15	
520	2825	Yogev Nir	Gesunde Uniklinik Köln	0:56:28	0:56:56	30	M45	73	14:17	13:17	14:35	14:17	
521	127	Fischer David	S.O.A.-Runner Cologne	0:56:13	0:56:56	45	M35	83	14:42	13:20	13:53	14:17	
522	2589	Jannusch Tim	Cologne Internationals	0:56:02	0:56:58	268	MHK	92	13:27	13:16	13:57	15:21	
523	2917	Görke Philipp	RRZK	0:56:24	0:57:00	81	M30	89	13:14	13:05	14:33	15:31	
524	2192	Calenberg Dr. Michael	*Kürten	0:56:34	0:57:01	22	M55	64	14:13	13:50	14:22	14:08	
525	2877	Uebels Niclas	Leandras	0:56:35	0:57:01	269	MHK	96	13:20	13:05	15:08	15:01	
526	1605	Brixius Felix	Valium i.V.	0:56:12	0:57:03	46	M35	84	16:38	12:42	14:08	12:43	
527	2336	Link Uwe	*Köln	0:56:37	0:57:04	47	M35	84	15:09	13:50	13:48	13:48	
528	2267	Heupel Peter	*Köln	0:55:55	0:57:06	270	MHK	94	15:11	13:21	13:37	13:45	
529	2161	Barth Dino	*Köln	0:55:49	0:57:07	82	M30	87	16:16	13:31	13:20	12:41	
530	2990	Ahrens Florian	Trümmerfelder GmbH & Co. KG	0:55:54	0:57:07	271	MHK	97	15:52	13:13	13:40	13:08	
531	2197	Chapple Benjamin	*Langenfeld (Rheinland)	0:55:29	0:57:07	272	MHK	96	15:07	13:03	13:28	13:50	
532	2283	Jäger Julian	*Köln	0:55:49	0:57:08	48	M35	84	16:16	13:31	13:20	12:41	
533	2524	Kemendi Emin	BKEifel	0:56:55	0:57:11	49	M35	84	13:41	13:24	14:41	15:07	
534	2860	Pfund Andreas	Kölner Familie	0:55:33	0:57:12	273	MHK	92	14:34	13:38	13:46	13:34	
535	2857	Hartmann Lukas	Kölner Familie	0:55:33	0:57:12	274	MHK	91	14:34	13:38	13:46	13:34	
536	2859	Ortmann Niklas	Kölner Familie	0:55:34	0:57:12	275	MHK	92	14:34	13:38	13:46	13:34	
537	2053	Doose Bodo	Team HDI	0:56:52	0:57:16	31	M45	71	14:10	13:12	14:17	15:11	
538	3167	Bittner Jürgen	Gesunde Uniklinik Köln	0:56:00	0:57:17	28	M50	66	15:52	13:51	13:21	12:54	
539	3195	Reuter Florian		0:56:29	0:57:19	276	MHK	91	15:31	13:46	14:10	13:00	
540	1954	Pliester Felix	GeoBib Ultras	0:56:45	0:57:20	277	MHK	91	14:07	13:45	14:20	14:31	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
541	2690	unbekannt unbekannt		0:56:53	0:57:21	278	MHK		15:05	12:58	14:00	14:48	
542	2027	Wydra Michael	RRZK	0:56:50	0:57:24	279	MHK	90	13:32	13:08	14:28	15:39	
543	2955	Rothe Dirk	Südkurve	0:55:54	0:57:26	280	MHK	93	14:54	13:15	13:48	13:55	
544	3032	Weber Lucas	Vampir-power	0:57:26	0:57:28	281	MHK	93	14:16	14:11	14:46	14:12	
545	3126	Wörz Lukas		0:57:24	0:57:30	83	M30	89	14:28	13:54	14:41	14:19	
546	2287	Javid Fabian	*Neuss	0:56:08	0:57:39	282	MHK	93	15:09	13:33	14:01	13:23	
547	3156	Systemans Thomas	Vampir-power	0:57:38	0:57:41	84	M30	89	14:15	14:10	14:46	14:25	
548	3110	Seim Jonathan	Sülzbörgis	0:56:38	0:57:42	283	MHK	98	15:21	13:33	13:57	13:46	
549	3021	Marciniak Jens	Vampir-power	0:56:31	0:57:47	85	M30	86	16:56	14:26	12:19	12:49	
550	1993	Yigit Cevdet Mert	Gesunde Uniklinik Köln	0:57:47	0:57:49	32	M40	78	12:46	13:42	14:59	16:18	
551	2290	Jurek Benjamin	*Köln	0:57:44	0:57:52	86	M30	89	13:46	14:26	14:53	14:38	
552	2401	Roder Florian	*Köln	0:57:49	0:57:53	87	M30	88	14:45	13:57	14:30	14:35	
553	2312	Kolster Tim	*Köln	0:57:26	0:57:56	284	MHK	97	15:25	14:03	14:16	13:40	
554	2775	Paul Georg	Gesunde Uniklinik Köln	0:57:36	0:57:56	88	M30	88	14:14	13:20	14:36	15:24	
555	2452	Stein Maximilian	*Köln	0:57:31	0:57:58	285	MHK	94	14:26	13:40	14:38	14:45	
556	2872	Toro Vallejo Carlos	Latinthek	0:57:49	0:57:59	32	M45	71	14:10	13:44	14:53	15:01	
557	2252	Hammes Niklas	*Pulheim	0:56:39	0:58:03	286	MHK	96	16:50	14:13	12:56	12:39	
558	3085	Schillmeier Christoph	*Köln	0:57:47	0:58:06	89	M30	87	14:59	13:56	14:48	14:02	
559	2692	Dracke Frank	Gesunde Uniklinik Köln	0:57:39	0:58:08	33	M40	77	15:41	13:46	14:18	13:52	
560	2821	Walther Ingmar	Gesunde Uniklinik Köln	0:57:46	0:58:11	34	M40	78	15:32	14:03	14:19	13:50	
561	2840	Weber Martin	Kammerchor Constant	0:57:26	0:58:14	33	M45	72	16:15	13:48	13:49	13:32	
562	2992	Eifler Robert Lewin	Trümmerfelder GmbH & Co. KG	0:57:01	0:58:15	287	MHK	97	15:44	14:02	14:06	13:08	
563	2497	Wu Yifeng	*Köln	0:57:34	0:58:15	90	M30	89	14:09	14:03	14:45	14:35	
564	2448	Staab Tim	*Köln	0:56:53	0:58:17	288	MHK	96	16:50	14:13	12:56	12:53	
565	2395	Repmann Marcel	*Köln	0:57:55	0:58:17	289	MHK	93	13:32	13:32	15:04	15:47	
566	2555	Schlegel Nico	Cineastengruppe Nippes	0:57:31	0:58:19	35	M40	75	14:59	13:42	14:28	14:21	
567	1930	Stetter Matthias	Cologne Internationals	0:57:56	0:58:21	290	MHK	93	13:26	13:26	15:27	15:36	
568	2421	Schönborn Wolfgang	*Kerpen Horrem	0:56:51	0:58:21	29	M50	69	15:09	13:37	14:00	14:04	
569	2659	Ortmann Maximilian	Flunkonia Köln	0:57:36	0:58:23	291	MHK	96	13:28	12:48	15:28	15:51	
570	2637	Hees Patrik	Ebner Stolz & friends	0:57:52	0:58:28	292	MHK	93	14:56	13:55	14:26	14:33	
571	2616	Dederichs Gernot	Die Banger	0:58:20	0:58:30	293	MHK	92	14:40	13:57	14:53	14:48	
572	106	Bettermann Ralf	*Köln	0:56:59	0:58:31	294	MHK	91	15:31	13:10	14:02	14:15	
573	2617	Huth Maximilian	Die Banger	0:58:23	0:58:33	295	MHK	91	14:40	13:55	14:56	14:51	
574	2968	Braun Oliver	Team HDI	0:58:25	0:58:36	50	M35	83	15:03	14:29	14:33	14:18	
574	2969	Dahmen Michael	Team HDI	0:58:25	0:58:36	50	M35	82	15:42	14:31	14:07	14:02	
576	103	Berke Christoph	Die Festen Körper	0:57:39	0:58:41	296	MHK	90	15:11	13:57	13:56	14:33	
577	1887	Vitale Andrea	*Köln	0:58:18	0:58:42	91	M30	86	13:44	14:07	14:45	15:42	
578	2361	Niefind Prof. Dr. Karsten	*Köln	0:58:43	0:58:52	23	M55	62	14:48	14:26	14:51	14:37	
579	2164	Becker Daniel	*Köln	0:57:40	0:58:53	92	M30	88	15:52	13:59	13:55	13:52	
580	3047	Kuske Tim	Volksbank Köln Bonn	0:58:33	0:58:55	297	MHK	92	14:30	13:56	14:37	15:27	
581	3111	Stewering Dr. Jörn	TriathlonSteckelCologne	0:58:34	0:58:56	36	M40	76	14:31	13:53	14:23	15:46	
582	2770	Nensel Andreas	Gesunde Uniklinik Köln	0:58:03	0:58:57	37	M40	75	16:07	14:08	13:56	13:52	
583	2759	Makowka Bastian	Gesunde Uniklinik Köln	0:58:04	0:58:58	93	M30	86	16:07	14:08	13:56	13:52	
584	2647	Mann Martin	ERGO sports Köln	0:58:52	0:58:58	30	M50	68	14:28	14:10	14:52	15:21	
585	2932	Smets Daniel	Running Elements	0:58:08	0:59:02	298	MHK	91	14:01	13:25	15:19	15:21	
586	2443	Smarra Stephan	*Köln	0:57:46	0:59:10	299	MHK	90	16:05	13:28	13:59	14:12	
587	2370	Orth Yannik	*Köln	0:59:04	0:59:12	300	MHK	93	14:12	14:04	15:16	15:31	
588	2446	Sohns Marc	*Köln	0:59:13	0:59:13	34	M45	74	17:45	13:48	14:17	13:21	
589	3054	Wohlgemuth Tobias	Volksbank Köln Bonn	0:58:52	0:59:16	301	MHK	91	14:38	13:50	14:36	15:48	
590	2711	Hahnfeldt Robert	Gesunde Uniklinik Köln	0:59:12	0:59:16	302	MHK	94	13:36	14:21	15:25	15:49	
591	2311	König Timo	*Köln	0:59:15	0:59:17	303	MHK	93	14:58	14:44	15:01	14:29	
592	2956	Wiesen Felix	Südkurve	0:57:46	0:59:19	304	MHK	93	15:03	13:37	14:35	14:29	
593	2063	Scharenberg David	Team HDI	0:59:15	0:59:21	52	M35	84	14:22	13:58	15:07	15:46	
594	2056	Jepsen Oliver	Team HDI	0:59:12	0:59:21	31	M50	69	14:11	14:48	15:24	14:49	
595	172	Köppe Stefan	Burgwächter Running Team	0:57:51	0:59:22	94	M30	85	16:02	13:36	13:52	14:19	
596	2531	Hernández García Bruno	BLB Köln Runner	0:58:25	0:59:26	53	M35	84	15:58	13:57	14:09	14:20	
597	2449	Stamboliev Valentin	*Köln	0:58:16	0:59:27	305	MHK	95	14:03	13:58	14:52	15:21	
598	2823	Willenborg Sebastian	Gesunde Uniklinik Köln	0:59:01	0:59:31	54	M35	83	14:55	14:21	14:50	14:54	
599	2854	Kessemeier Stefan	Köln-campus (campusWelle	0:57:57	0:59:31	306	MHK	91	16:38	13:51	13:50	13:37	
600	2837	Dörner Christian	Kammerchor Constant	0:58:44	0:59:32	35	M45	70	16:14	13:48	13:53	14:46	

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
601	2553	Eberts Karlheinz	central-team.de	0:59:08	0:59:34	32	M50	66	14:42	14:24	14:57	15:04	
602	2983	Clevermann Aaron	TeamThussi	0:58:41	0:59:35	1	MU1	04	15:04	14:03	14:59	14:34	
603	2427	Schroers Simon	*Köln	0:59:19	0:59:41	307	MHK	97	13:10	14:01	16:16	15:51	
604	2982	Behlau Ansgar	TeamThussi	0:58:53	0:59:46	36	M45	71	15:04	14:03	14:59	14:45	
605	2864	Langensiepen Dr. Günter	Laktatkönige	0:59:43	0:59:47	2	M70	46	15:11	14:24	14:55	15:12	
606	2594	Lenarz Joel	Cologne Internationals	0:58:32	0:59:48	308	MHK	95	17:03	15:01	14:16	12:11	
607	163	Kals Marius	*Köln	0:58:25	0:59:50	95	M30	87	15:45	14:05	14:12	14:22	
608	3027	Schriever Tom	Vampir-power	0:59:46	0:59:51	33	M50	69	12:15	14:32	16:17	16:41	
609	118	Dirrigl Patrick	FC Roda Rammel	0:59:50	0:59:52	309	MHK	93	13:11	12:54	15:16	18:29	
610	2660	Schmitz Yannick	Flunkonia Köln	0:59:07	0:59:52	310	MHK	94	13:42	13:32	15:36	16:16	
611	2928	Schulze Hünck Jan	Runaconda	0:58:41	0:59:54	96	M30	89	16:12	14:21	14:26	13:40	
612	3127	Schnell Sebastian	AOK Rheinland / Hamburg	0:58:39	0:59:55	97	M30	87	15:35	13:42	14:38	14:42	
613	2479	Walter Marvin	*Köln	0:58:21	0:59:58	311	MHK	95	14:30	13:59	15:21	14:29	
614	2971	Fiedler Johannes	Team HDI	0:59:49	0:59:59	312	MHK	90	15:36	14:39	14:54	14:38	
615	2441	Shebli Juman	*Köln	0:58:59	1:00:05	98	M30	88	14:11	14:34	15:40	14:32	
616	2887	Simsek Tuncay	Mercator läuft MIT!	0:59:52	1:00:11	313	MHK	90	14:04	13:55	15:11	16:40	
617	2959	Hansen Malte	Sülzbörgis	0:59:16	1:00:20	314	MHK	97	14:28	14:00	15:04	15:42	
618	130	Franzen Nils	*Köln	0:59:34	1:00:23	315	MHK	96	15:51	13:47	14:56	14:58	
619	2337	Liu Dr. Yadong	*KÖLN	0:59:44	1:00:24	316	MHK	92	14:27	14:52	15:22	15:02	
620	2160	Bartels Guido	*Köln	0:59:56	1:00:24	34	M50	66	15:27	14:21	15:12	14:54	
621	139	Gemmer Lars	*Köln	0:59:53	1:00:25	317	MHK	90	14:36	13:47	16:00	15:29	
622	2687	Dajnovsky Jonathan	Gesunde Uniklinik Köln	0:59:54	1:00:26	99	M30	86	15:38	14:01	15:30	14:43	
623	2934	Seeck Oliver	Running Men	0:59:50	1:00:34	37	M45	74	15:47	14:46	15:03	14:13	
624	2574	Wapelhorst Christian	cleverbridge AG roadrunners	1:00:34	1:00:40	55	M35	84	14:06	14:43	16:02	15:40	
625	2581	Cirja Adrian	Cologne Internationals	1:00:05	1:00:41	318	MHK	92	14:21	14:08	16:21	15:13	
626	3121	Pawassar Alexander		0:59:47	1:00:41	319	MHK	98	15:47	14:26	15:07	14:25	
627	2595	Mache Leon	Cologne Internationals	0:59:32	1:00:47	320	MHK	97	17:04	15:01	14:16	13:09	
628	2482	Waßer Cedric	*Köln	0:59:28	1:00:48	100	M30	89	15:58	14:21	14:42	14:25	
629	2110	Krämer Alexander	*Köln	1:00:23	1:00:51	321	MHK	98	13:42	14:17	16:08	16:14	
630	2113	Temizkan Mert Can	*Köln	1:00:24	1:00:51	322	MHK	97	13:42	14:12	16:06	16:23	
631	2356	Müller Philipp	*Köln	1:00:06	1:00:51	323	MHK	99	14:58	13:44	15:32	15:51	
632	1881	Sommer Tobias	*Köln	1:00:25	1:00:52	324	MHK	98	13:42	14:13	16:06	16:24	
633	2108	Ebert Pascal	*Köln	1:00:25	1:00:52	325	MHK	96	13:42	14:19	16:07	16:16	
634	2508	Kahlen Matthias	187 Läuferbande	0:59:44	1:00:53	101	M30	88	19:21	13:20	13:32	13:29	
635	2924	Efstathiou Sotirios	Runaconda	0:59:46	1:00:55	326	MHK	94	15:40	14:39	14:54	14:32	
636	1915	Härig Joscha	cleverbridge AG roadrunners	1:00:36	1:00:58	102	M30	88	15:10	14:41	15:30	15:14	
637	2557	Apel Hans	cleverbridge AG roadrunners	0:59:17	1:00:59	35	M50	68	15:54	14:09	14:42	14:31	
638	2744	Kritzler Marek	Gesunde Uniklinik Köln	1:00:45	1:01:01	327	MHK	93	14:27	14:46	16:14	15:15	
639	2978	Feldhofer Felix	Team Tartichoc	0:59:41	1:01:11	56	M35	82	15:46	14:47	14:40	14:26	
640	2268	Hewing Ivo	*Köln	1:00:25	1:01:17	328	MHK	91	15:43	14:39	14:55	15:06	
641	3107	Roska Milan	Run{Bulla.exe}	1:00:45	1:01:17	329	MHK	95	14:38	14:32	15:49	15:43	
642	2156	Arbon Ryan	*Köln	1:00:33	1:01:21	57	M35	82	15:52	14:51	15:00	14:49	
643	2925	Hilbig Daniel	Runaconda	1:00:12	1:01:23	103	M30	88	16:13	14:22	14:52	14:42	
644	3104	Dietrich Cornelius	Run{Bulla.exe}	1:00:56	1:01:28	330	MHK	97	14:07	14:11	16:02	16:35	
645	2469	Velazquez Dr. Oscar	*Köln	1:01:08	1:01:31	104	M30	87	16:05	14:44	14:50	15:27	
646	2890	Griewank Dr. Philipp	Meteo	1:01:04	1:01:32	58	M35	83	17:25	15:20	14:47	13:31	
647	3095	Roling Heinz-Jörg	Lets Metabolize	1:00:27	1:01:33	38	M40	78	15:54	14:43	15:14	14:35	
648	17	Sturgeon Robert	Uni Duisburg-Essen	1:01:09	1:01:41	38	M45	70	14:38	14:35	15:45	16:10	
649	3082	Niemann Eike	*Düsseldorf	1:00:57	1:01:42	331	MHK	99	14:31	14:30	16:13	15:42	
650	2309	Köller Tobias	*Köln	1:01:05	1:01:43	332	MHK	91	16:00	14:52	15:24	14:47	
651	3040	Esser Günter	Volksbank Köln Bonn	1:01:17	1:01:43	24	M55	61	16:03	14:53	15:18	15:02	
652	2730	Kafczyk Alexanders	Gesunde Uniklinik Köln	1:00:10	1:01:44	333	MHK	90	16:44	14:06	14:21	14:57	
653	2993	Müller Caspar	Trümmerfelder GmbH & Co. KG	1:00:36	1:01:48	334	MHK	98	15:52	13:55	14:07	16:40	
654	2529	Cherdron Johannes	BLB Köln Runner	1:00:57	1:01:48	36	M50	67	15:45	14:25	14:47	15:58	
655	2707	Gromnitza Sascha	Gesunde Uniklinik Köln	1:01:28	1:01:51	105	M30	86	16:06	14:45	15:57	14:39	
656	2187	Bruckwilder Hans Jörg	*Köln	1:01:49	1:02:01	11	M60	55	15:51	15:10	15:22	15:24	
657	145	Glaser Steffen	fridaysforfuture	1:00:49	1:02:03	37	M50	69	16:33	14:43	14:45	14:46	
658	2673	Bösche Johannes	Gesunde Uniklinik Köln	1:01:41	1:02:10	106	M30	89	15:47	14:50	15:40	15:22	
659	2649	Gievers Marcel	ET united	1:01:26	1:02:14	335	MHK	95	16:27	14:15	14:48	15:56	
660	3041	Foitzik Rene	Volksbank Köln Bonn	1:01:55	1:02:17	336	MHK	92	14:40	14:31	15:34	17:09	

10km - Gesamtwertung

Unilauf Köln - 5. Juni 2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
661	2602	Schaarschmidt Christian	Cologne Internationals	1:02:12	1:02:23	59	M35	80	14:41 15:16 16:24 15:49
662	3148	Gerigg Joachim		1:01:41	1:02:30	38	M50	67	16:43 14:50 15:00 15:06
663	2294	Kapp Janis	*Köln	1:00:58	1:02:33	337	MHK	95	15:53 14:33 14:50 15:41
664	976	Kabiri Ali	AIESEC Köln	1:01:55	1:02:37	338	MHK	94	14:10 15:13 16:12 16:18
665	2511	Bender Daniel	AG Schwarz	1:02:02	1:02:39	107	M30	85	14:35 14:28 15:55 17:02
666	2745	Kröll Philipp	Gesunde Uniklinik Köln	1:02:11	1:02:39	339	MHK	91	15:04 14:31 16:53 15:41
667	2848	Kräutner Jan	KF Lebensstil	1:01:57	1:02:40	340	MHK	94	15:52 14:53 15:38 15:32
668	2622	Reinhardt Achim	Die Policker	1:01:26	1:02:40	341	MHK	93	15:25 14:39 15:41 15:41
669	2494	Wittke Dr. Jan	*Koeln	1:01:18	1:02:40	60	M35	81	16:20 14:52 15:18 14:46
670	2222	Edelmann Prof. Dr. Hans	*Bonn	1:02:29	1:02:42	12	M60	57	15:21 14:58 16:07 16:03
671	2927	Miersch Alexander	Runaconda	1:01:35	1:02:43	342	MHK	93	16:17 14:23 15:16 15:38
672	2610	Reusch Dr. Matthias	Colonia Team	1:02:30	1:02:55	1	M75	42	15:49 15:26 15:45 15:29
673	2470	Vemmer Lucas	*Köln	1:02:22	1:02:56	343	MHK	95	16:25 14:42 15:17 15:56
674	3038	Bischoff Ulrich Egbert	Volksbank Köln Bonn	1:02:12	1:02:56	108	M30	85	18:01 14:33 14:55 14:42
675	2631	Bartsch Clemens	Ebner Stolz & friends	1:02:30	1:03:08	344	MHK	91	14:42 14:34 16:12 17:02
676	2481	Wanka Martin	*Köln	1:02:19	1:03:11	61	M35	83	16:13 14:54 15:50 15:20
677	2509	Pfannkuch Alexander	187 Läuferbande	1:02:07	1:03:15	109	M30	88	19:23 13:20 14:23 14:59
678	2625	Engeln Maximilian	Die Verrückten	1:01:59	1:03:17	345	MHK	95	16:59 15:02 15:08 14:49
679	3006	Rehbein Dr. Martin	Valium i.V.	1:03:13	1:03:20	13	M60	58	15:12 14:54 16:22 16:45
680	32	Feineis Leonard	Uni Düsseldorf	1:03:24	1:03:34	346	MHK	94	14:55 14:45 17:09 16:33
681	2892	Ori Dr. Davide	Meteo	1:03:11	1:03:38	110	M30	87	14:56 15:15 16:19 16:40
682	2608	Wardin Kai	Cologne Internationals	1:02:31	1:03:47	347	MHK	96	17:05 15:19 15:33 14:33
683	3055	Wurda Werner	Volksbank Köln Bonn	1:02:11	1:03:53	25	M55	60	16:21 14:42 15:33 15:34
684	3077	Kallage Tim	*Köln	1:03:05	1:04:08	348	MHK	94	17:09 15:31 15:34 14:49
685	3009	Borm Andreas	Vampir-power	1:02:58	1:04:15	111	M30	85	16:56 14:27 15:36 15:58
686	2534	Von Hartmann Christoph	BLB Köln Runner	1:03:17	1:04:17	39	M45	71	16:32 15:04 15:39 16:00
687	2465	Umansky Dr. Andrej	*Huerth	1:03:14	1:04:28	62	M35	83	16:28 15:33 15:43 15:28
688	2354	Moran Tovar Roberto	*Lohmar	1:03:01	1:04:29	349	MHK	92	16:20 14:15 15:39 16:46
689	3147	Gesthuizen Alexander	Volksbank Köln Bonn	1:03:07	1:04:33	40	M45	73	17:04 15:31 15:19 15:11
690	2352	Mohr Hendrik	*Köln	1:03:53	1:04:41	350	MHK	91	15:35 14:38 16:07 17:32
691	2644	Sicking Julian	Ebner Stolz & friends	1:04:11	1:04:47	351	MHK	93	16:40 15:13 16:14 16:01
692	2406	Rummeny Silvan	*Köln	1:04:02	1:04:55	352	MHK	91	16:02 15:24 16:26 16:10
693	2905	Weber Nils	Prinzen-Garde Köln 1906 e.V.	1:04:14	1:05:00	112	M30	88	15:39 15:28 16:31 16:35
694	2383	Pohl Walter	*Köln	1:04:30	1:05:06	26	M55	63	16:37 15:30 16:08 16:14
695	2386	Pytlík Benedikt Edwin	*Köln	1:04:13	1:05:07	353	MHK	97	16:19 15:14 16:44 15:55
696	3052	Wagner Michael	Volksbank Köln Bonn	1:04:06	1:05:08	113	M30	87	17:14 15:49 15:44 15:18
697	2836	Lambertz Michael	KA#lsche op jA#ck	1:04:44	1:05:17	63	M35	80	17:41 16:02 16:06 14:53
698	2176	Boelen-Theile Claus	*Rösrath	1:03:44	1:05:23	39	M50	66	16:27 14:42 15:38 16:55
699	2575	Flore Raphael	CMRunners	1:04:58	1:05:24	114	M30	86	15:52 15:35 16:42 16:47
700	2613	Fuhs Hans Josef	Dauerlaufschule Köln	1:04:14	1:05:33	14	M60	58	16:44 15:14 16:23 15:53
701	3044	Homscheid Justine	Volksbank Köln Bonn	1:05:18	1:05:37	354	MHK	93	15:27 16:54 16:35 16:21
702	2323	Kurt Gökhan	*Köln	1:04:39	1:05:44	355	MHK	92	18:09 13:59 15:39 16:50
703	2533	Reinke Ludwig	BLB Köln Runner	1:05:14	1:05:45	15	M60	58	16:24 15:49 16:34 16:25
704	2186	Brinkschulte Michel	*Köln	1:04:20	1:05:49	115	M30	89	16:59 15:40 16:38 15:02
705	2784	Remy Robert	Gesunde Uniklinik Köln	1:05:15	1:05:52	116	M30	87	17:28 15:34 15:56 16:17
706	2396	Richter Niko	*Köln	1:05:03	1:05:58	356	MHK	93	16:18 15:59 16:37 16:07
707	3008	Bauer Eugen	Vampir-power	1:04:37	1:06:06	117	M30	86	17:25 15:21 15:36 16:13
708	2654	Adler Helge	Flunkonia Köln	1:05:38	1:06:24	357	MHK	94	16:28 16:02 16:24 16:42
709	2658	Küster Yannick	Flunkonia Köln	1:05:38	1:06:24	358	MHK	93	16:44 15:57 16:14 16:42
710	2536	Berkessel Prof. Dr. Albrecht	bluemotion	1:05:23	1:06:32	16	M60	55	17:09 15:22 16:06 16:44
711	2535	Weichert Nico	BLB Köln Runner	1:05:30	1:06:32	118	M30	86	16:42 15:38 16:55 16:15
712	2619	Meinerz Kai	Die Festen Körper	1:05:35	1:06:37	359	MHK	95	15:53 15:19 16:36 17:45
713	3051	Sohn Uwe	Volksbank Köln Bonn	1:05:13	1:06:39	39	M40	75	16:34 15:41 16:20 16:36
714	2915	Can Systemtiger	RRZK	1:06:09	1:06:40	41	M45	73	15:51 15:31 17:08 17:38
715	3186	Kronenberg Daniel		1:05:35	1:06:41	64	M35	81	15:10 15:10 17:26 17:47
716	2502	Zenz Andre	*Köln	1:06:03	1:07:03	360	MHK	95	17:33 15:29 16:19 16:41
717	193	Wagner Christoph	*Köln	1:05:46	1:07:06	361	MHK	98	17:25 15:39 16:15 16:26
718	136	Gehling Titus	AG Schwarz	1:05:29	1:07:06	362	MHK	95	16:47 15:29 16:10 17:00
719	3069	Atlama Paul-Can	*Hürth	1:05:46	1:07:06	363	MHK	98	17:25 15:39 16:15 16:26
720	2607	Visé Sebastian	Cologne Internationals	1:06:43	1:07:06	364	MHK	98	14:42 17:02 17:58 17:00

10km - Gesamtwertung

Unilaf Köln - 5. Juni 2019

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
721	2722	Höpfner Ben	Gesunde Uniklinik Köln	1:06:29	1:07:07	365	MHK	94	16:47 16:32 17:05 16:04
722	2739	Koroska Florian	Gesunde Uniklinik Köln	1:06:28	1:07:07	366	MHK	90	16:29 15:23 16:56 17:38
723	3181	Brandenburg Manfred	Vampir-power	1:07:02	1:07:09	367	MHK	94	16:01 16:20 17:04 17:35
724	2398	Ridder Niklas	*Rheinbach	1:06:24	1:07:14	368	MHK	96	15:07 15:16 18:02 17:58
725	2866	Wolf Christian	Laktatkönige	1:07:04	1:07:17	17	M60	58	16:42 16:14 16:57 17:10
726	2100	Müller Stephan	WiSo Warriors	1:06:39	1:07:22	65	M35	84	15:08 16:18 17:21 17:50
727	2439	Selbach Christoph	*Köln	1:06:59	1:07:29	369	MHK	95	16:32 16:37 17:21 16:27
728	2541	Sudkaow Panyapon	bluemotion	1:06:53	1:07:31	370	MHK	90	15:16 15:40 17:22 18:34
729	2882	Meutgens Ralf	Lindenthal-Köln.de	1:07:43	1:07:49	27	M55	63	16:48 16:08 16:57 17:49
730	1942	Waidelich Clemens	Doppler-Effekt	1:07:07	1:07:55	371	MHK	96	18:09 16:28 16:54 15:34
731	3026	Saltürk Mehmet	Vampir-power	1:06:29	1:08:09	18	M60	58	17:45 16:21 16:19 16:03
732	3018	Kowatschew Daniel	Vampir-power	1:06:29	1:08:09	66	M35	80	17:45 16:21 16:19 16:03
733	2950	Becker Tim	Stenzis	1:06:48	1:08:11	40	M40	76	17:05 15:45 16:49 17:08
734	2885	Docters Marcel	Marcel Docters	1:08:03	1:08:19	372	MHK	91	15:37 16:34 17:56 17:55
734	2886	Tokarski Henry	Marcel Docters	1:08:03	1:08:19	67	M35	81	15:36 16:32 17:59 17:55
736	2315	Krämer Robin	*Köln	1:07:46	1:08:26	373	MHK	93	16:44 16:27 17:36 16:59
737	2862	Stollenwerk Christoph	Kölsche op jöck	1:08:02	1:08:35	41	M40	79	16:45 16:26 16:59 17:51
738	2861	Steffens Friedhelm	Kölsche op jöck	1:08:02	1:08:35	68	M35	80	16:45 16:26 16:59 17:51
739	2873	Schardt Michael	Lauf Report	1:08:11	1:08:43	3	M65	54	18:10 16:42 16:36 16:42
740	2573	Steinborn Christian	cleverbridge AG roadrunners	1:07:58	1:08:45	42	M40	79	16:12 15:52 17:52 18:00
741	3045	Hüde Thorsten	Volksbank Köln Bonn	1:08:24	1:08:52	43	M40	76	15:26 16:05 18:25 18:27
742	2181	Bollenbacher Jan	*Köln	1:08:09	1:09:05	119	M30	87	18:21 17:01 16:25 16:21
743	2305	Knospe Heiko	*Köln	1:08:09	1:09:05	40	M50	66	18:22 17:01 16:25 16:21
744	2768	Mühlbauer Thomas	Gesunde Uniklinik Köln	1:08:29	1:09:09	120	M30	86	18:25 17:12 16:54 15:56
745	2923	Depotter Dr. Jasper	Runaconda	1:08:00	1:09:11	374	MHK	91	17:10 15:45 17:40 17:24
746	2459	Süss Jan	*Köln	1:07:45	1:09:15	121	M30	89	18:28 16:09 16:33 16:34
747	3087	Schmitz Nico	*Wermelskirchen	1:07:43	1:09:15	375	MHK	95	18:13 16:50 16:28 16:11
748	3079	Kremser Marcel	*Remscheid	1:07:43	1:09:16	376	MHK	95	18:13 16:49 16:28 16:11
749	2629	Correia Juan Carlos	Doppler-Effekt	1:08:29	1:09:17	377	MHK	95	18:11 16:36 16:54 16:47
750	2668	Bahadori Saam	Gesunde Uniklinik Köln	1:09:09	1:09:39	378	MHK	90	18:10 16:54 17:40 16:23
751	2360	Nelde Daniel	*Köln	1:08:27	1:09:50	379	MHK	97	17:48 16:51 17:13 16:33
752	2615	Cingöz Ertugrul	da_simmer_dabei_viva_CGNBo	1:08:42	1:09:59	69	M35	84	17:18 16:29 17:07 17:47
753	2910	Dündar Can	Roads & Aces	1:09:17	1:10:05	42	M45	72	17:45 16:30 17:28 17:33
754	2540	König Jonas	bluemotion	1:09:07	1:10:12	380	MHK	90	16:53 16:57 17:37 17:38
755	3042	Haseloer Peter	Volksbank Köln Bonn	1:10:06	1:10:41	41	M50	69	17:03 15:51 18:23 18:48
756	3185	Huppertz Thomas	AOK Rheinland / Hamburg	1:09:41	1:10:55	70	M35	84	16:22 15:51 18:56 18:30
757	2663	Brandenburg Yannick	Friedrich-Ebert-Stiftung Köln	1:09:47	1:10:58	381	MHK	90	16:49 16:11 17:43 19:02
758	3146	Sadowski Kurt	Valium i.V.	1:10:33	1:11:02	19	M60	58	16:15 17:08 18:19 18:49
759	2429	Schürmann Jan	*Köln	1:10:23	1:11:21	382	MHK	91	17:18 16:45 18:51 17:27
760	2189	Bungart Jens	*Köln	1:10:06	1:11:32	383	MHK	92	17:31 16:19 18:08 18:07
761	2364	Noras Erik	*Köln	1:11:15	1:11:39	28	M55	60	16:47 17:31 18:40 18:15
762	1967	Hartung Andreas	Gesunde Uniklinik Köln	1:11:30	1:12:08	122	M30	87	18:31 17:15 17:56 17:46
763	3172	Esser Simon	Volksbank Köln Bonn	1:12:12	1:12:54	384	MHK	95	16:40 17:40 19:42 18:08
764	3173	Esser Tobias	Volksbank Köln Bonn	1:12:13	1:12:55	385	MHK	91	16:41 17:40 19:42 18:08
765	2767	Moldenhauer Peter	Gesunde Uniklinik Köln	1:12:29	1:12:59	44	M40	78	16:34 16:19 18:31 21:03
766	2528	Baur Alexander	BLB Köln Runner	1:12:31	1:13:31	42	M50	65	18:43 17:57 18:50 17:00
767	2980	Thomas Reiner	Team Tartichoc	1:12:12	1:13:38	4	M65	54	17:58 17:34 18:20 18:19
768	3056	Waßer Peter	WagWasKes	1:13:30	1:14:05	20	M60	59	17:40 17:52 18:16 19:41
769	2652	Dietz Thilo	Fireball	1:12:56	1:14:29	386	MHK	95	18:04 18:24 18:53 17:33
770	2259	Heinen Semih	*Köln	1:13:39	1:14:38	45	M40	75	18:02 17:41 18:36 19:19
771	1388	Kuck Jens R.	LBV Düsseldorf	1:14:10	1:14:46	29	M55	64	16:31 17:19 19:31 20:47
772	2570	Saha Shubhashish	cleverbridge AG roadrunners	1:14:49	1:15:19	123	M30	87	17:55 18:42 18:47 19:23
773	2554	Berger Carl	Cineastengruppe Nippes	1:15:24	1:16:12	43	M50	67	18:55 18:38 19:16 18:33
774	2979	Feldhofer Ulrich	Team Tartichoc	1:15:03	1:16:29	5	M65	53	17:57 17:35 19:38 19:52
775	2256	Heimann Richard	*Köln	1:15:33	1:16:40	124	M30	88	20:16 18:03 18:55 18:18
776	109	Bolte Michael	*Bornheim	1:15:47	1:17:14	71	M35	80	18:50 15:58 18:10 22:47
777	3177	Dr. Weller Norbert	Volksbank Köln Bonn	1:18:32	1:19:36	21	M60	59	18:09 19:16 20:45 20:22
778	2696	Esmailie Reza	Gesunde Uniklinik Köln	1:27:37	1:27:44	125	M30	88	21:28 21:32 22:34 22:01

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	40	Hedwig Jule	Uni Köln	0:39:23	0:39:24	1	WHK	95	10:24 09:37 09:51 09:29
2	8	Coutellier Vera	Uni Köln	0:39:23	0:39:25	2	WHK		10:27 09:56 09:28 09:30
3	1884	Strohmann Kim	*Köln	0:39:21	0:39:30	3	WHK	93	10:31 09:41 09:38 09:30
4	1908	Jaschke Lisa	Bunert - Der Kölner Laufladen	0:40:55	0:40:57	4	WHK	90	10:04 09:52 10:22 10:35
5	48	Herold Elisa	Uni Köln	0:41:23	0:41:25	5	WHK	93	10:27 09:57 10:24 10:34
6	90	Kümpers Julia	RWTH Aachen	0:41:56	0:42:00	6	WHK	92	11:21 10:22 09:59 10:13
7	100	Valder Sarah	Uni Bonn	0:42:04	0:42:14	7	WHK	93	11:20 10:18 10:12 10:13
8	44	Lüchtfeld Alice	Uni Köln	0:42:29	0:42:31	8	WHK	92	10:53 10:30 10:36 10:29
9	62	Körner Carolin	Uni Münster	0:43:26	0:43:32	1	W30	89	11:21 10:41 10:46 10:36
10	3162	Purschke Gina	Vampir-power	0:43:33	0:43:36	1	W35	82	11:25 10:37 10:46 10:44
11	69	Siedhoff Susanne	Uni Münster	0:43:43	0:43:50	9	WHK	96	11:18 10:44 10:51 10:49
12	96	Vordermark Kira	Uni Bonn	0:44:04	0:44:20	10	WHK	99	11:39 10:50 10:54 10:39
13	3163	Purschke Gina	Vampir-power	0:45:11	0:45:12	2	W35	82	11:46 10:59 11:08 11:16
14	27	Orths Nicola	Uni Düsseldorf	0:45:10	0:45:14	11	WHK	95	11:43 11:07 11:13 11:06
15	56	Bauer Hannah	Uni Köln	0:45:12	0:45:16	12	WHK	97	11:42 11:44 11:10 10:33
16	2030	Fries Joana	Run Squad CGN	0:45:21	0:45:31	2	W30	85	11:14 11:10 11:25 11:30
17	53	Strunk Katharina	Uni Köln	0:45:30	0:45:33	13	WHK	91	11:29 11:03 11:36 11:21
18	2084	Rüsweg Stefanie	TriathlonSteckelCologne	0:45:34	0:45:49	14	WHK	91	11:42 11:05 11:24 11:22
19	2679	Braun Alina	Gesunde Uniklinik Köln	0:46:23	0:46:28	15	WHK	96	11:51 11:26 11:37 11:28
20	2043	Bachels Chiara	Sportscheck RunClub CGN	0:46:17	0:46:34	16	WHK	96	11:41 11:04 11:33 11:59
21	2071	Lagier Isabel	TeamDerGrünePunkt	0:46:24	0:46:40	17	WHK	93	12:01 11:14 11:36 11:31
22	2143	Abromeit Annike	Sportscheck RunClub	0:46:43	0:46:53	18	WHK	93	11:57 11:32 11:43 11:30
23	1805	Bäcker Katharina	*Köln	0:46:39	0:46:58	19	WHK	97	11:59 11:25 11:38 11:37
24	1866	Rödl Francesca	*Köln	0:46:48	0:47:12	3	W30	89	12:02 11:21 11:38 11:46
25	1870	Schenk Celina	*Köln	0:47:22	0:47:34	20	WHK	97	12:18 11:24 12:00 11:38
26	2757	Ludwig Vivian	Gesunde Uniklinik Köln	0:47:30	0:47:34	21	WHK	93	11:51 11:26 11:59 12:12
27	43	Hasberg Ascelina	Uni Köln	0:47:32	0:47:35	4	W30	89	11:43 11:30 12:05 12:12
28	2077	Junick Janina	TriathlonSteckelCologne	0:47:24	0:47:40	22	WHK	95	12:07 11:26 11:50 11:59
29	2399	Rieck Isabel	*Köln	0:47:36	0:47:40	5	W30	86	12:27 11:35 11:51 11:42
30	2789	Rolfes Muriel	Gesunde Uniklinik Köln	0:47:30	0:47:40	23	WHK	96	11:20 11:52 12:20 11:57
31	2496	Wrubel Lisa-Marie	*Köln	0:47:29	0:47:45	24	WHK	96	12:12 11:26 11:57 11:52
32	30	Kreutzer Greta	Uni Düsseldorf	0:47:29	0:47:51	25	WHK	92	12:32 11:37 11:48 11:30
33	2347	Maith Vanessa	*Köln	0:47:27	0:47:57	26	WHK	95	12:21 11:23 11:47 11:55
34	1966	Hanebutt Steffi	Gesunde Uniklinik Köln	0:47:43	0:48:00	6	W30	86	12:05 11:35 11:58 12:03
35	2510	Bahlmann Nike	AG Schwarz	0:48:06	0:48:15	27	WHK	91	12:09 11:28 11:59 12:29
36	3137	Swantje Maurer	Uni Dortmund	0:48:29	0:48:42	1	WU2	01	12:15 11:39 12:17 12:17
37	2	Vösgen Meike		0:48:26	0:48:52	28	WHK	94	12:10 11:27 12:16 12:32
38	97	Wanka Lina	Uni Bonn	0:48:36	0:48:52	29	WHK	97	12:12 11:42 12:24 12:16
39	3017	Klees Anna	Vampir-power	0:48:55	0:48:58	30	WHK	95	12:14 11:41 12:22 12:36
40	2473	Vintulkina Maria	*Köln	0:48:53	0:49:01	7	W30	88	13:21 12:01 11:53 11:36
41	1974	Kuffer Liz	Gesunde Uniklinik Köln	0:48:40	0:49:06	8	W30	88	12:05 11:43 12:34 12:17
42	1886	Vilmar Annika	*Köln	0:48:47	0:49:10	31	WHK	95	12:44 12:03 12:08 11:50
43	2947	Bachem Elisa	Sportscheck RunClub CGN	0:48:59	0:49:10	3	W35	81	12:19 12:09 12:21 12:09
44	63	Mathar Lea	Uni Münster	0:48:52	0:49:10	32	WHK	94	12:38 11:55 12:06 12:12
45	198	Goldschmidt Nora		0:49:05	0:49:19	33	WHK	91	12:58 12:02 12:13 11:51
46	2074	Cauvin Morgane	TriathlonSteckelCologne	0:49:07	0:49:23	34	WHK	93	12:20 11:58 12:21 12:26
47	1931	Röhrig Christina	Cologne Running Crew	0:49:09	0:49:26	35	WHK	92	12:41 11:53 12:11 12:22
48	3064	Liermann Franzi	WiSo Warriors	0:49:12	0:49:28	36	WHK	95	12:15 11:55 12:39 12:22
49	150	Henning Ulla	ulla henning	0:49:25	0:49:32	1	W55	61	12:51 12:05 12:14 12:13
50	1971	Klein Alina	Gesunde Uniklinik Köln	0:49:25	0:49:35	37	WHK	91	12:29 12:07 12:26 12:22
51	2783	Reimer Sandra	Gesunde Uniklinik Köln	0:49:13	0:49:48	4	W35	81	13:52 11:47 11:46 11:45
52	3136	Gruhn Katrin	Uni Dortmund	0:49:42	0:49:55	38	WHK	96	12:28 12:03 12:47 12:23
53	1946	Wunsch Hannah	Gaffel Lauffreunde	0:49:35	0:49:56	39	WHK	94	12:45 12:05 12:27 12:16
54	1945	Mertens Jana	Gaffel Lauffreunde	0:49:35	0:49:56	40	WHK	93	12:45 12:05 12:27 12:16
55	2107	Bartz Melanie	*Köln	0:49:47	0:50:13	9	W30	86	12:55 12:03 12:30 12:17
56	1809	Borys Ina	*Köln	0:49:56	0:50:17	10	W30	87	12:59 11:58 12:26 12:31
57	2762	Mehler Katrin	Gesunde Uniklinik Köln	0:49:30	0:50:23	1	W45	74	13:20 11:41 12:21 12:07
58	89	Vey Meike	RWTH Aachen	0:50:24	0:50:32	41	WHK	98	12:35 12:15 12:45 12:46
59	2104	Seip Elena	Bunert - Der Kölner Laufladen	0:50:32	0:50:50	42	WHK	99	12:22 12:12 12:58 12:59
60	2332	Lenart Sofie	*Köln	0:50:49	0:50:52	1	WU1	04	12:30 12:08 13:31 12:39

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	2009	Porniece Kumar Marta	Lets Metabolize	0:50:32	0:50:53	43	WHK	93	11:57	12:08	12:59	13:27	
62	1897	Zhang Mingyi	*Grevenbroich	0:50:40	0:50:54	44	WHK	97	12:26	12:20	12:52	13:00	
63	151	Henning Ulla	ulla henning	0:50:51	0:50:55	2	W55	61	13:06	12:29	12:47	12:27	
64	1819	Ernst Angela	*Köln	0:50:48	0:50:58	11	W30	88	13:09	12:24	12:32	12:42	
65	1874	Schnitzler Maïke	*Köln	0:51:07	0:51:15	45	WHK	93	12:33	12:34	13:12	12:47	
66	2049	Mück Heike	Team Erdinger Alkoholfrei Köln	0:51:04	0:51:33	12	W30	87	13:41	12:46	12:26	12:09	
67	2423	Schonebeck Anna	*Troisdorf	0:51:28	0:51:40	46	WHK	98	12:32	12:11	13:38	13:05	
68	2493	Wimmers Lena-Maria	*Köln	0:50:59	0:51:48	47	WHK	96	13:58	12:17	12:23	12:20	
69	2413	Schleifenbaum Julia	*Köln	0:50:20	0:51:58	48	WHK	94	13:54	12:00	12:16	12:09	
70	2847	Kiene Sinje	KF Lebensstil	0:51:09	0:51:59	49	WHK	95	14:09	12:23	12:24	12:11	
71	199	Goldschmidt Nora		0:51:49	0:52:01	50	WHK	91	13:38	12:36	12:52	12:41	
72	1990	Umlauff Lisa	Gesunde Uniklinik Köln	0:51:52	0:52:04	51	WHK	93	12:32	12:18	13:04	13:57	
73	2583	Franken Franziska	Cologne Internationals	0:51:53	0:52:09	13	W30	87	13:25	12:41	12:59	12:46	
74	2489	Wennmachers Nele	*Köln	0:51:29	0:52:10	52	WHK	93	14:49	12:38	12:10	11:50	
75	2952	Meyer Antje	Stenzis	0:51:46	0:52:18	2	W45	71	13:32	12:38	12:49	12:46	
76	3086	Schmitz Judith	*Köln	0:52:10	0:52:24	53	WHK	96	13:57	12:33	13:04	12:34	
77	70	Vennemann Kirsten	Uni Münster	0:52:07	0:52:26	54	WHK	95	12:53	12:45	13:12	13:16	
78	1924	Katona Heike	Cologne Internationals	0:52:07	0:52:31	55	WHK	95	13:27	12:26	13:06	13:06	
79	2987	Endemann Christina	TriathlonSteckelCologne	0:51:53	0:52:54	56	WHK	96	12:59	12:19	12:46	13:46	
80	3033	Wehrmann Silvia	Vampir-power	0:52:41	0:52:58	3	W45	74	13:17	12:38	12:57	13:49	
81	2000	Storck Anthea	KF Lebensstil	0:52:59	0:53:05	57	WHK	92	12:48	12:46	13:47	13:36	
82	1834	Hornig Gudrun	*Hürth	0:52:43	0:53:09	1	W50	67	13:03	12:50	13:20	13:29	
83	2325	Langenberg Anne	*Köln	0:53:08	0:53:17	58	WHK	95	13:09	12:55	13:31	13:31	
84	1880	Severin Anne	*Rösrath	0:52:54	0:53:22	59	WHK	94	13:26	12:36	13:12	13:37	
85	1845	Kranz Dunja	*Köln	0:52:54	0:53:22	60	WHK	95	13:26	12:36	13:13	13:38	
86	2408	Sack Carolin	*Köln	0:51:49	0:53:27	61	WHK	94	13:54	12:03	12:49	13:02	
87	2525	Schaafstall Sara	BKEifel	0:53:14	0:53:31	14	W30	89	13:46	12:48	13:32	13:07	
88	3094	Westrick Lisa	Laufvertrag (+)	0:52:49	0:53:35	2	WU2	00	14:02	12:39	13:01	13:05	
89	2852	Weißhaar Franziska	KF Lebensstil	0:52:47	0:53:37	62	WHK	96	14:11	12:42	13:03	12:50	
90	2218	Drogosch Lara	*Köln	0:53:26	0:53:37	63	WHK	97	13:05	13:12	13:47	13:22	
91	2105	Amoussou Guenou Mathilde	*Solingen	0:53:27	0:53:38	64	WHK	99	13:01	13:12	13:35	13:37	
92	2137	Wagenblast Lena	Cologne Internationals	0:53:34	0:53:58	65	WHK	91	13:30	13:03	13:30	13:29	
93	2221	Eckardt Constanze	*Köln	0:53:21	0:54:01	66	WHK	94	13:52	13:10	13:38	12:39	
94	1802	Arens Katharina	Sportscheck RunClub CGN	0:53:50	0:54:06	67	WHK	96	13:27	13:10	13:33	13:38	
95	2379	Pescher Anya	*Koeln	0:53:49	0:54:09	68	WHK	97	14:43	13:22	13:15	12:27	
96	2093	Mohrmann Ina	Vampir-power	0:53:44	0:54:15	4	W45	70	13:54	13:00	13:23	13:25	
97	91	Schlöffel Manuela	RWTH Aachen	0:54:09	0:54:17	3	W55	64	13:23	13:06	13:59	13:39	
98	2856	Van Berkum Merle	Köln-campus (campusWelle)	0:52:45	0:54:19	69	WHK	96	14:23	13:01	13:14	12:06	
99	2384	Preugszat Ella	*Köln	0:53:01	0:54:24	70	WHK	96	14:00	12:46	13:06	13:08	
100	1992	Van de Keere Stephanie	Gesunde Uniklinik Köln	0:54:18	0:54:25	15	W30	86	13:02	13:12	14:03	14:00	
101	2609	Zimmermann Svenja	Cologne Internationals	0:54:14	0:54:27	71	WHK	93	13:00	13:06	14:02	14:04	
102	2455	Stratmann Friederike	*Köln	0:53:38	0:54:30	72	WHK	93	13:56	12:55	13:49	12:57	
103	2248	Hähner Iris	*Köln	0:53:38	0:54:35	73	WHK	91	14:36	12:48	13:11	13:01	
104	2329	Lemling Marie-Theres	*Kanzern	0:54:11	0:54:35	74	WHK	99	14:01	14:03	15:45	10:21	
105	2702	Gaunitz Franziska	Gesunde Uniklinik Köln	0:54:09	0:54:39	75	WHK	90	14:34	13:41	12:35	13:18	
106	2153	Aichinger Dr. Jutta	*Köln	0:54:30	0:54:46	5	W35	80	14:08	13:14	13:40	13:26	
107	2321	Kühme Julia	*Köln	0:54:40	0:54:52	76	WHK	90	13:18	12:57	14:17	14:07	
108	2498	Wurster Leonie	*Köln	0:54:38	0:54:54	77	WHK	92	14:04	13:20	13:31	13:42	
109	2335	Liersch Anna Chiara	*Köln	0:54:29	0:54:59	78	WHK	92	14:33	13:38	13:36	12:40	
110	33	Johansson Evelina	Uni Düsseldorf	0:54:38	0:55:01	79	WHK	95	13:46	13:04	13:55	13:52	
111	2320	Kriegeskotte Julia	*Köln	0:54:29	0:55:07	80	WHK	92	14:27	12:58	13:33	13:29	
112	2433	Schulze Judith	*Köln	0:54:48	0:55:08	81	WHK	96	14:43	13:22	13:15	13:27	
113	2300	Kerdelhué Marianne	*Köln	0:53:50	0:55:12	82	WHK	98	14:22	12:57	13:13	13:18	
114	2085	Sprengart Petra	TriCologne	0:54:44	0:55:14	83	WHK	90	14:03	13:34	13:46	13:19	
115	2051	Peters Nicole	Team Erdinger Alkoholfrei Köln	0:54:45	0:55:14	1	W40	77	14:04	13:34	13:46	13:20	
116	2881	Schönborn Claudia	LG RWE Power	0:53:47	0:55:18	2	W50	69	14:43	12:55	13:15	12:53	
117	2871	Meyer Lara	Lariphia	0:54:44	0:55:27	84	WHK	93	14:34	13:13	13:29	13:26	
118	1860	Norta Lea	*Köln	0:55:12	0:55:29	85	WHK	96	14:08	13:41	13:46	13:35	
119	2875	Struckholt Sonja	Laufschule Düsseldorf	0:54:47	0:55:29	86	WHK	92	13:56	13:07	13:52	13:51	
120	2039	Muschalle Lena	Spoho Erstis	0:55:16	0:55:39	87	WHK	99	15:00	13:34	13:25	13:16	

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	24	Müller Edda Celine	Uni Düsseldorf	0:55:32	0:55:41	88	WHK	98	14:14	13:47	14:13	13:17	
122	2376	Pasterkamp Lea	*Köln	0:54:44	0:55:43	89	WHK	94	14:23	13:21	13:53	13:05	
123	2425	Schroeder Anne	*Köln	0:55:27	0:55:45	2	W40	76	14:25	13:32	14:14	13:15	
124	2405	Rothkranz Tina	*Düren	0:55:22	0:55:51	3	WU2	00	13:32	13:42	14:14	13:52	
125	2225	Ernst Angela	*Köln	0:55:20	0:55:54	16	W30	88	15:02	13:27	13:36	13:14	
126	3035	Wolf Noemi	Vampir-power	0:55:30	0:55:54	90	WHK	93	14:14	13:43	14:01	13:30	
127	2328	Leins Stephanie	*Köln	0:55:19	0:56:05	91	WHK	93	15:26	13:10	13:19	13:23	
128	2212	Dettmer Alena	*Köln	0:55:19	0:56:05	92	WHK	96	15:26	13:11	13:18	13:23	
129	2919	Kalkowski Mareike	RSV köln	0:55:36	0:56:15	3	W40	75	14:30	13:30	13:57	13:38	
130	66	Metz Nora	Uni Münster	0:55:56	0:56:16	93	WHK	98	13:46	13:21	14:18	14:30	
131	2727	Jendreizik Hannah	Gesunde Uniklinik Köln	0:56:11	0:56:17	94	WHK	95	13:52	13:48	14:28	14:01	
132	3070	Berlin Katharina	*Köln	0:56:09	0:56:28	95	WHK	94	14:18	13:45	13:56	14:08	
133	1951	Hand Sarah	GeoBib Ultras	0:56:18	0:56:32	96	WHK	94	13:57	14:04	14:29	13:47	
134	2633	Domeier Svenja	Ebner Stolz & friends	0:55:50	0:56:34	4	W40	77	14:30	13:29	13:53	13:57	
135	2888	Twente Leonie Regina	Mercator läuft Mit!	0:56:29	0:56:48	97	WHK	95	14:04	13:54	14:48	13:42	
136	3080	Liewen Nora	*Köln	0:56:32	0:56:52	98	WHK	97	14:16	13:37	14:10	14:28	
137	2407	Sacher Aurélie	*Köln	0:56:46	0:56:59	17	W30	88	14:59	14:32	13:58	13:15	
138	2718	Hellmann Anna	Gesunde Uniklinik Köln	0:56:08	0:57:02	18	W30	89	14:31	13:41	14:06	13:48	
139	3119	Vankerkom Katharina	AOK Rheinland / Hamburg	0:55:48	0:57:03	99	WHK	91	15:36	13:16	13:38	13:17	
140	2205	Czanaky Luise	*Köln	0:56:15	0:57:04	100	WHK	96	14:04	12:59	14:07	15:03	
141	2362	Nieuwenhuis Jule	*Köln	0:56:58	0:57:06	101	WHK	93	14:38	13:39	14:20	14:20	
142	2418	Schmid Sandra	*Hürth	0:57:06	0:57:08	3	W50	69	14:13	13:56	14:30	14:26	
143	2896	Landrock Bettina	MTPower	0:56:57	0:57:15	102	WHK	97	14:00	13:45	15:20	13:51	
144	2835	Schweitzer Laura	Juso HSG & Friends	0:56:32	0:57:22	103	WHK	94	14:30	13:39	14:23	13:58	
145	2620	Krahnstöver Anne	Die Policker	0:56:11	0:57:23	104	WHK	95	14:42	13:30	13:52	14:05	
146	2664	Abegg Sarah	Gesunde Uniklinik Köln	0:56:52	0:57:30	105	WHK	92	16:29	14:05	13:35	12:42	
147	2811	Süptitz Juliane	Gesunde Uniklinik Köln	0:57:36	0:57:41	19	W30	88	14:20	13:42	14:49	14:43	
148	2182	Bonnen Theresa	*Köln	0:57:46	0:57:59	106	WHK	94	14:21	13:57	14:53	14:34	
149	2351	Moedebeck Anne	*Cologne	0:56:23	0:57:59	107	WHK	94	15:24	13:32	13:58	13:27	
150	3183	Wagner Anja	Handelshof	0:57:29	0:58:00	20	W30	89	14:33	13:56	14:25	14:34	
151	2808	Steffe Johanna	Gesunde Uniklinik Köln	0:57:45	0:58:02	108	WHK	93	14:23	14:04	14:40	14:38	
152	2400	Rimbach Maren	*Köln	0:57:24	0:58:03	109	WHK	94	14:48	13:58	14:17	14:20	
153	2764	Messing Anja	Gesunde Uniklinik Köln	0:57:46	0:58:11	4	W50	69	15:31	14:04	14:19	13:50	
154	2458	Sucker Nina	*Köln	0:57:02	0:58:12	110	WHK	94	15:25	13:45	14:05	13:47	
155	2686	Coutellier Ute	Gesunde Uniklinik Köln	0:57:56	0:58:15	4	W55	62	14:52	13:57	14:28	14:38	
156	3061	Anselment Carla	WiSo Warriors	0:57:34	0:58:16	111	WHK	96	14:45	13:50	14:28	14:29	
157	3113	Kröner Lea	WiSo Warriors	0:57:35	0:58:17	112	WHK	98	14:45	13:50	14:28	14:30	
158	2471	Verhoeven Mirja	*Köln	0:56:44	0:58:21	113	WHK	94	14:31	13:44	14:18	14:09	
159	2741	Krebs Franziska	Gesunde Uniklinik Köln	0:57:08	0:58:23	114	WHK	92	15:06	13:32	14:19	14:09	
160	2254	Heide Marie	*Köln	0:58:12	0:58:25	21	W30	88	14:59	14:33	14:19	14:20	
161	2761	Maus Hannah Mariella	Gesunde Uniklinik Köln	0:58:13	0:58:26	115	WHK	95	15:16	14:15	14:38	14:02	
162	2190	Busche Frida	*Köln	0:58:13	0:58:26	116	WHK	96	15:16	14:15	14:38	14:02	
163	3023	Pickard Katharina	Vampir-power	0:58:20	0:58:28	22	W30	89	14:33	13:58	14:53	14:55	
164	2155	Andre Helen	*Köln	0:58:21	0:58:32	117	WHK	98	14:19	14:27	14:49	14:43	
165	2278	Huber Andrea	*Köln	0:57:31	0:58:46	6	W35	80	15:31	13:48	14:11	13:59	
166	2796	Schmees Teresa	Gesunde Uniklinik Köln	0:58:31	0:58:46	23	W30	88	13:40	13:58	16:07	14:45	
167	2627	Guidat-Steinhaus Héléčne	DJK Köln-Nord	0:58:32	0:58:50	5	W45	74	15:16	14:06	14:12	14:56	
168	2326	Lanz Isabel	*Köln	0:58:00	0:59:03	118	WHK	94	15:42	13:46	14:31	13:59	
169	2466	Urmetzler Mara	*Köln	0:57:44	0:59:05	119	WHK	93	15:46	14:18	14:13	13:26	
170	2393	Reiter Lena	*Köln	0:58:17	0:59:09	120	WHK	98	15:15	14:05	14:31	14:25	
171	2648	Etzenbach Merle	ET united	0:58:24	0:59:13	121	WHK	98	16:28	14:14	14:29	13:12	
172	2417	Schmid Julia	*Köln	0:59:16	0:59:17	122	WHK	97	15:00	14:44	15:01	14:29	
173	2954	Flohr Leona	Südkurve	0:57:47	0:59:19	123	WHK	93	15:04	13:37	14:35	14:29	
174	2064	Schmidt Kathrin	Team HDI	0:59:16	0:59:20	7	W35	81	15:09	14:32	14:42	14:51	
175	2870	Klein Sophia	Lariphia	0:58:38	0:59:21	124	WHK	94	14:55	14:13	14:53	14:36	
176	2173	Blaszkiwicz Iwona	*Köln	0:59:19	0:59:22	8	W35	81	14:47	15:03	15:04	14:24	
177	2331	Lenart Agnieszka	*Köln	0:59:19	0:59:23	5	W40	77	14:47	15:03	15:04	14:25	
178	2603	Schäfer Katerina	Cologne Internationals	0:58:37	0:59:23	125	WHK	95	14:35	14:04	14:52	15:05	
179	2731	Kaiser Ines	Gesunde Uniklinik Köln	0:58:46	0:59:25	24	W30	87	15:41	14:08	14:24	14:32	
180	2827	Zajackowski Katharina	Gesunde Uniklinik Köln	0:58:46	0:59:25	25	W30	86	15:40	14:08	14:24	14:32	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	2988	Kuck Annett	TriathlonSteckelCologne	0:58:28	0:59:26	5	W55	60	15:33	14:04	14:29	14:21	
182	2605	Stark Carolin	Cologne Internationals	0:59:24	0:59:26	126	WHK	90	14:39	14:32	15:42	14:29	
183	2467	Vacheva Ralitsa	*Köln	0:58:17	0:59:27	127	WHK	94	14:04	13:57	14:53	15:21	
184	2810	Strupp Julia	Gesunde Uniklinik Köln	0:58:49	0:59:32	6	W40	76	14:50	14:04	15:12	14:41	
185	2516	Jensen Maria	AIESEC Köln	0:58:50	0:59:32	128	WHK	92	15:16	14:08	14:39	14:45	
186	2378	Peng Xiaohang	*Düsseldorf	0:58:41	0:59:32	26	W30	88	16:17	14:31	14:43	13:08	
187	2397	Richter Tabea	*Köln	0:59:06	0:59:37	129	WHK	95	15:03	14:18	14:47	14:57	
188	2621	Krahnstöver Isabel	Die Policker	0:58:24	0:59:37	130	WHK	93	15:43	13:51	14:16	14:33	
189	2394	Renn Mareike	*Bornheim	0:58:26	0:59:38	27	W30	89	15:21	14:16	14:24	14:23	
190	2513	Mellis Anna-Theresa	AG Schwarz	0:59:24	0:59:52	131	WHK	91	15:56	14:44	14:47	13:56	
191	2203	Coenen Leah	*Köln	0:59:22	0:59:53	132	WHK	98	14:21	14:33	15:37	14:49	
192	2681	Brinkmann Alice	Gesunde Uniklinik Köln	0:59:01	0:59:58	133	WHK	93	16:28	14:02	14:18	14:11	
193	2004	Kühnel Nora	Laktatkönige	0:59:55	0:59:59	134	WHK	92	14:41	14:41	15:40	14:52	
194	2640	Macherey Nicole	Ebner Stolz & friends	0:59:37	1:00:10	28	W30	88	15:17	14:17	15:01	15:02	
195	2403	Römgens Blanca	*Köln	0:59:44	1:00:12	135	WHK	97	14:10	15:01	15:20	15:12	
196	2144	Schriever Nadja	Sportscheck RunClub	0:58:47	1:00:23	136	WHK	96	16:07	13:49	14:27	14:22	
197	2402	Römer Linda	*Köln	0:58:48	1:00:24	137	WHK	95	16:07	13:50	14:28	14:22	
198	2358	Nasic Mia	*Köln	0:59:07	1:00:24	138	WHK	94	16:48	14:13	14:06	13:58	
199	2145	Schriever Fabienne	Sportscheck RunClub	0:58:50	1:00:25	139	WHK	98	16:06	13:50	14:28	14:24	
200	2782	Ratz Leonie	Gesunde Uniklinik Köln	0:59:36	1:00:29	29	W30	87	15:45	14:14	14:39	14:57	
201	2639	Kühne-Schwepper Sarah	Ebner Stolz & friends	1:00:00	1:00:34	30	W30	89	15:17	14:17	15:01	15:25	
202	2806	Skoetz Nicole	Gesunde Uniklinik Köln	1:00:23	1:00:34	6	W45	70	14:42	14:57	15:37	15:06	
203	3180	Hoener zu Drewer Inga	cleverbridge	1:00:17	1:00:47	9	W35	80	15:07	14:28	15:14	15:27	
204	18	Cardenosa Laura	Uni Duisburg-Essen	1:00:21	1:00:47	31	W30	89	14:19	14:40	15:19	16:01	
205	2343	Lorenzo Olmos Marëa Jose	*Köln	0:59:56	1:00:49	140	WHK	93	16:33	14:48	14:33	14:02	
206	2846	Hasagic Berenike	KF Lebensstil	0:59:49	1:00:51	141	WHK	92	15:20	14:35	15:02	14:50	
207	2507	Blatt Eva	187 Läuferbande	0:59:44	1:00:54	32	W30	89	19:21	13:21	13:31	13:29	
208	2210	Del Campo Micaela	*Köln	0:59:16	1:00:57	142	WHK	90	15:53	14:09	14:42	14:30	
209	2162	Bastianon Christina	*Köln	1:00:29	1:01:04	143	WHK	91	15:42	14:24	15:36	14:45	
210	2258	Heimig Sabrina	*Pulheim	0:59:48	1:01:11	144	WHK	96	16:55	14:22	14:28	14:02	
211	2684	Claßen Annika	Gesunde Uniklinik Köln	1:01:02	1:01:22	145	WHK	90	15:36	14:45	15:33	15:07	
212	2961	Mölgen Sophie	Sülzbörgis	1:00:34	1:01:32	146	WHK	98	16:04	14:36	15:03	14:50	
213	2188	Brummert Hanna	*Köln	1:00:54	1:01:34	147	WHK	96	17:05	14:49	15:05	13:54	
214	2549	Pradel Franziska	CCCP-Laufwerk	1:01:10	1:01:36	148	WHK	90	15:10	14:58	15:39	15:22	
215	2678	Brand Marie	Gesunde Uniklinik Köln	1:01:03	1:01:40	149	WHK	90	15:57	14:46	15:09	15:09	
216	3115	Krohn Carolin	*Köln	1:01:01	1:01:41	150	WHK	95	15:44	14:57	15:35	14:43	
217	2234	Geling Katharina	*Bonn	1:00:42	1:01:42	151	WHK	90	16:04	14:40	15:06	14:51	
218	2889	Acquistapace Dr. Claudia	Meteo	1:01:14	1:01:42	10	W35	84	15:51	14:53	15:27	15:02	
219	3039	Coppius Martina	Volksbank Köln Bonn	1:01:24	1:01:43	5	W50	66	15:40	14:57	15:22	15:24	
220	2284	Jakschies Linda	*Köln	1:00:37	1:01:43	152	WHK	98	15:54	14:30	15:31	14:41	
221	2191	But Diana	*Köln	1:01:05	1:01:43	153	WHK	90	16:00	14:52	15:24	14:47	
222	2867	Wolf Ulrike	Laktatkönige	1:01:37	1:01:43	1	W60	58	15:14	14:50	15:38	15:54	
223	3109	Schalk Sophia	Saltsjöbaden IF	1:01:04	1:01:45	154	WHK	92	16:03	14:55	15:13	14:52	
224	3084	Rodegast Saskia	*Köln	1:01:30	1:01:47	33	W30	86	14:50	14:34	15:45	16:19	
225	3029	Tielkes Marzena	Vampir-power	1:01:06	1:01:49	155	WHK	99	16:03	14:21	15:03	15:37	
226	3028	Tielkes Laura	Vampir-power	1:01:06	1:01:49	156	WHK	97	16:03	14:21	15:12	15:28	
227	2359	Nauen Christine	*Köln	1:00:34	1:01:55	34	W30	88	15:45	14:18	15:05	15:24	
228	2544	Nowack Nadine	Burgwächter Running Team	1:00:32	1:02:03	35	W30	86	16:03	14:18	14:59	15:10	
229	2606	Strunk Lynn Eva	Cologne Internationals	1:01:16	1:02:07	157	WHK	94	16:08	14:35	14:59	15:32	
230	2672	Boesche Henrike	Gesunde Uniklinik Köln	1:01:29	1:02:10	158	WHK	91	15:36	14:50	15:40	15:22	
231	2826	Yomayusa Catalina	Gesunde Uniklinik Köln	1:01:29	1:02:10	11	W35	83	15:36	14:50	15:40	15:22	
232	2468	Van Horrick Helena	*Köln	1:01:31	1:02:11	159	WHK	90	16:19	14:48	15:05	15:18	
233	3067	Wiertz Lisa	WiSo Warriors	1:01:03	1:02:12	160	WHK	96	15:41	14:36	15:06	15:39	
234	1882	Spiegelmacher Isi	*Cologne	1:01:56	1:02:14	161	WHK	97	15:22	14:58	15:39	15:56	
235	2743	Krings Lisa	Gesunde Uniklinik Köln	1:02:06	1:02:16	162	WHK	96	15:15	15:04	16:09	15:36	
236	2677	Bracik Catarina	Gesunde Uniklinik Köln	1:02:00	1:02:16	163	WHK	92	15:07	14:37	16:27	15:47	
237	3097	Kaiser Marie	Rheinland Lions	1:02:08	1:02:23	164	WHK	95	15:31	15:01	16:00	15:34	
238	2392	Reisig Tabea	*Köln	1:01:46	1:02:26	165	WHK	93	17:05	14:48	15:06	14:46	
239	3149	Schmitz Leona		1:01:41	1:02:30	166	WHK	91	16:44	14:50	15:01	15:05	
240	2390	Reichelt Michelle	*Lohmar	1:02:08	1:02:31	167	WHK	96	14:31	13:58	15:52	17:46	

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	3096	Tran My-Ly	Lets Metabolize	1:01:33	1:02:38	36	W30	89	15:53	14:31	15:27	15:40	
242	2807	Steck Jule	Gesunde Uniklinik Köln	1:01:56	1:02:41	168	WHK	92	15:13	15:26	15:58	15:18	
243	2926	Kastl Melanie	Runaconda	1:01:35	1:02:43	169	WHK	94	16:16	14:22	15:18	15:38	
244	2960	Henze Carolin	Sülzbörgis	1:01:10	1:02:45	170	WHK	94	15:28	14:39	15:36	15:26	
245	2288	Jekel Ann-Kathrin	*Bochum	1:01:39	1:02:46	171	WHK	99	16:38	15:06	15:06	14:47	
246	2279	Huber Johanna	*Köln	1:02:03	1:02:49	172	WHK	96	15:47	15:06	15:54	15:14	
247	2451	Steffens Katharina	*Bergisch Gladbach	1:01:56	1:02:51	173	WHK	94	15:45	15:18	15:47	15:05	
248	2841	Steffens Christina	Katharina Steffens	1:01:56	1:02:51	174	WHK	94	15:45	15:18	15:48	15:03	
249	2809	Stötzel Henrike	Gesunde Uniklinik Köln	1:01:59	1:02:55	7	W45	74	16:42	15:00	15:07	15:08	
250	2304	Klein Sandra	*Köln	1:02:21	1:02:55	175	WHK	94	16:25	14:42	15:17	15:56	
251	3197	Von Tresckow Julia	Gesunde Uniklinik Köln	1:02:34	1:02:58	12	W35	81	16:38	15:02	15:31	15:22	
252	2426	Schröder Pia	*Köln	1:01:55	1:02:58	176	WHK	94	15:45	14:24	15:42	16:02	
253	2333	Leuschke Elisabeth	*Ratingen	1:01:40	1:03:01	177	WHK	97	16:18	14:36	15:13	15:32	
254	2953	Ramoglou Cathleen	Stenzis	1:02:15	1:03:02	13	W35	80	14:43	14:18	17:21	15:51	
255	2564	Ising Christina	cleverbridge AG roadrunners	1:02:41	1:03:02	7	W40	78	16:10	15:45	15:54	14:51	
256	1847	Kübber Hannah	*Köln	1:02:48	1:03:02	37	W30	89	21:39	13:55	13:27	13:46	
257	2193	Can Mediha	*Köln	1:02:10	1:03:04	1	W65	53	16:34	15:01	15:17	15:17	
258	2226	Fadime Bulut	*Köln	1:02:11	1:03:04	6	W50	69	16:34	15:01	15:15	15:20	
259	2177	Börstler Lisa	*Köln	1:02:19	1:03:11	38	W30	89	16:13	14:55	15:50	15:20	
260	2760	Marx Bianca	Gesunde Uniklinik Köln	1:02:17	1:03:13	39	W30	89	16:46	14:57	15:17	15:15	
261	2626	Hübber Pia	Die Verrückten	1:01:58	1:03:16	178	WHK	97	16:59	15:02	15:08	14:48	
262	2486	Wehner Janine	*Köln	1:01:53	1:03:22	40	W30	88	16:30	15:18	15:13	14:50	
263	2715	Heindel Katrin	Gesunde Uniklinik Köln	1:03:06	1:03:26	179	WHK	90	16:34	15:33	15:31	15:27	
264	2792	Rütjes Anika	Gesunde Uniklinik Köln	1:03:06	1:03:26	41	W30	85	16:33	15:33	15:31	15:27	
265	3117	Lesch Franziska	Laufvertrag (+)	1:02:47	1:03:34	180	WHK	98	15:32	15:20	15:52	16:01	
266	36	Welp Madlyn	Uni Düsseldorf	1:03:25	1:03:34	181	WHK	92	14:55	14:46	17:09	16:33	
267	2539	Jütten Linda	bluemotion	1:02:29	1:03:34	42	W30	89	15:19	14:48	16:09	16:12	
268	2703	Gehbauer-Sebek Renate	Gesunde Uniklinik Köln	1:02:40	1:03:35	7	W50	66	16:43	15:00	15:18	15:37	
269	3102	Steppeler Marlene	RRZK	1:02:11	1:03:36	182	WHK	96	15:57	15:01	15:49	15:23	
270	2410	Sánchez Gatica Lesli	*Bonn	1:02:11	1:03:50	183	WHK	93	16:39	14:54	15:19	15:18	
271	2172	Biesner Marie Clara	*Köln	1:03:34	1:03:52	4	WU2	00	16:33	15:40	15:26	15:54	
272	3049	Lemke Annika	Volksbank Köln Bonn	1:03:03	1:03:53	5	WU2	00	16:33	15:01	15:41	15:46	
273	3174	Lemke Sabine	Volksbank Köln Bonn	1:03:03	1:03:53	8	W45	74	16:33	15:01	15:41	15:47	
274	2538	Harnying Dr. Wacharee	bluemotion	1:02:48	1:03:57	8	W40	75	17:09	15:09	15:15	15:14	
275	2369	Orhan Eda	*Köln	1:02:59	1:04:00	184	WHK	94	15:30	15:00	16:15	16:12	
276	2166	Berger Thea	*Köln	1:03:06	1:04:03	185	WHK	97	17:12	15:09	15:19	15:24	
277	3200	Dick Julia	Gesunde Uniklinik Köln	1:03:29	1:04:05	43	W30	86	17:51	16:16	15:27	13:53	
278	1927	Papasimakopoulou Sofia	Cologne Internationals	1:03:54	1:04:06	186	WHK	97	15:05	15:02	16:26	17:19	
279	2263	Hellerberg Laura	*Köln	1:03:08	1:04:07	187	WHK	95	14:54	14:47	16:47	16:38	
280	3116	Wölpert Ciara	*Köln	1:03:05	1:04:08	188	WHK	94	17:08	15:31	15:34	14:49	
281	2751	Langerbeins Petra	Gesunde Uniklinik Köln	1:03:55	1:04:08	14	W35	82	16:40	15:41	16:14	15:19	
282	2464	Tünnessen Maike	*Kaarst	1:02:44	1:04:11	189	WHK	95	17:07	15:46	15:33	14:16	
283	2345	Luy Saskia	*50678	1:03:19	1:04:18	190	WHK	94	16:03	15:02	15:46	16:27	
284	2432	Schulz Luisa	*Köln	1:03:45	1:04:19	191	WHK	97	16:26	14:49	15:48	16:40	
285	3066	Weiss Patricia	WiSo Warriors	1:03:31	1:04:20	192	WHK	96	16:55	15:07	15:16	16:11	
286	2276	Hoppe Saltanat	*Düsseldorf	1:04:11	1:04:22	193	WHK	90	15:11	15:24	16:19	17:15	
287	2845	Fritz Agnes-Sophie	KF Lebensstil	1:03:48	1:04:25	194	WHK	95	16:40	15:16	16:05	15:44	
288	2975	Mathieu Mylčne	Team HDI	1:03:13	1:04:28	15	W35	84	16:28	15:32	15:44	15:28	
289	2245	Grothe Franziska	*Köln	1:02:57	1:04:31	195	WHK	95	16:29	15:25	15:30	15:31	
290	3014	Feodora Lerna	Vampir-power	1:03:16	1:04:35	196	WHK	91	17:28	15:25	15:38	14:43	
291	2788	Rohmann Julia	Gesunde Uniklinik Köln	1:03:17	1:04:36	197	WHK	94	17:28	15:25	15:39	14:44	
292	2883	Hajek Verena	LLG 80 Nordpark Köln	1:04:11	1:04:36	2	W65	52	17:10	15:48	15:49	15:21	
293	2642	Schlotterbeck Johanna	Ebner Stolz & friends	1:04:11	1:04:47	198	WHK	94	16:40	15:13	16:14	16:01	
294	2292	Kahl Sarah Denise	*Köln	1:03:56	1:04:52	199	WHK	96	17:39	15:41	15:49	14:45	
295	3170	Vogelsang Petra	Gesunde Uniklinik Köln	1:03:42	1:04:59	200	WHK	91	16:47	15:26	16:01	15:27	
296	2461	Tenhaeff Annika	*Köln	1:04:28	1:05:00	201	WHK	92	17:54	15:56	15:40	14:57	
297	3125	Arians Sarah		1:04:28	1:05:00	202	WHK	92	17:54	15:56	15:40	14:57	
298	2255	Heidtmann Lena Paulina	*Köln	1:04:13	1:05:07	203	WHK	98	16:19	15:14	16:44	15:55	
299	2734	Keupp Katharina	Gesunde Uniklinik Köln	1:04:35	1:05:10	44	W30	85	17:30	15:33	15:57	15:34	
300	2779	Pohl-Rescingo Esther	Gesunde Uniklinik Köln	1:04:34	1:05:10	16	W35	82	17:29	15:33	15:57	15:34	

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	2891	Nomokonova Tatiana	Meteo	1:04:50	1:05:17	45	W30	87	15:37	15:40	16:41	16:52	
302	2815	Todzey Marielle	Gesunde Uniklinik Köln	1:05:15	1:05:24	204	WHK	92	15:14	16:02	17:13	16:45	
303	2219	Droste Katharina	*Köln	1:04:00	1:05:29	205	WHK	92	16:48	15:43	15:53	15:35	
304	2463	Thomas Lilian	*Brühl	1:04:43	1:05:36	206	WHK	96	17:14	15:49	16:09	15:30	
305	3076	Hannemann Lena	*Köln	1:05:04	1:05:45	207	WHK	95	16:32	15:13	16:31	16:46	
306	2530	Hage Angelika	BLB Köln Runner	1:04:43	1:05:47	2	W60	56	17:01	15:40	15:57	16:04	
307	2206	Damiata Marcella	*Köln	1:04:21	1:05:47	46	W30	87	15:36	15:27	16:26	16:51	
308	2377	Pauli Maike	*Aachen	1:04:52	1:05:48	47	W30	87	16:18	15:55	16:39	15:59	
309	2202	Clarke Kristen	*Köln	1:04:20	1:05:49	208	WHK	93	16:59	15:40	16:38	15:02	
310	2260	Heinrichs Rieke	*Köln	1:05:02	1:05:58	209	WHK	95	16:18	15:59	16:37	16:07	
311	2249	Härlin Nora	*Köln	1:05:17	1:06:01	210	WHK	93	17:21	15:54	16:07	15:53	
312	2387	Quirbach Tamara	*Köln	1:04:42	1:06:10	211	WHK	90	16:30	15:18	16:15	16:37	
313	2710	Hänsel Luise	Gesunde Uniklinik Köln	1:05:53	1:06:11	212	WHK	92	15:03	16:12	17:12	17:26	
314	2614	Teller Cornelia	Dauerlaufschule Köln	1:05:12	1:06:29	3	W65	51	16:58	15:44	16:04	16:24	
315	2295	Karimi Farimah	*Köln	1:06:13	1:06:31	213	WHK	96	14:29	16:57	17:28	17:17	
316	2297	Karolak Daria Anna	*Köln	1:05:02	1:06:31	214	WHK	93	17:35	15:43	14:59	16:45	
317	2389	Reckers Lucia	*Köln	1:05:47	1:06:40	215	WHK	90	17:14	15:49	16:09	16:34	
318	2520	Kisters-Woike Brigitte	Bio4ever	1:06:10	1:06:41	3	W60	57	15:52	15:32	17:08	17:37	
319	2938	Engel Eva	Selbstläufer	1:06:42	1:06:45	216	WHK	99	15:59	16:48	17:12	16:40	
320	2777	Peters Sandra	Gesunde Uniklinik Köln	1:06:06	1:06:50	17	W35	83	16:29	16:21	16:39	16:36	
321	3169	Leva Franzi	Gesunde Uniklinik Köln	1:05:32	1:06:50	217	WHK	90	15:57	15:42	16:33	17:18	
322	2704	Gehrke Leonie	Gesunde Uniklinik Köln	1:05:30	1:07:02	18	W35	84	16:28	16:18	16:45	15:57	
323	2855	Reimers Wiebke	Kölncampus (campusWelle	1:05:37	1:07:11	218	WHK	93	17:46	16:16	16:11	15:23	
324	2543	Kirschner Claudia	born2run	1:05:58	1:07:12	6	W55	63	17:27	15:50	16:14	16:26	
325	2665	Abele Julia	Gesunde Uniklinik Köln	1:06:24	1:07:18	9	W40	75	17:05	15:58	16:33	16:46	
326	2101	Schulte Jana	WiSo Warriors	1:06:39	1:07:22	219	WHK	92	15:07	16:36	17:27	17:28	
327	2688	Dederichs Jana	Gesunde Uniklinik Köln	1:06:21	1:07:22	220	WHK	99	16:45	15:58	16:44	16:52	
328	2723	Hoffmann Yvonne	Gesunde Uniklinik Köln	1:05:49	1:07:24	221	WHK	94	16:45	15:45	16:25	16:53	
329	2929	Schurack Selma	Runaconda	1:06:15	1:07:26	222	WHK	90	16:48	15:36	16:45	17:05	
330	2404	Röttgen Celina	*Köln	1:06:57	1:07:30	223	WHK	97	16:26	17:42	16:42	16:05	
331	2656	Harbert Laura	Flunkonia Köln	1:06:46	1:07:34	224	WHK	96	17:05	15:34	16:33	17:33	
332	2794	Satzinger Sabarina	Gesunde Uniklinik Köln	1:07:15	1:07:43	225	WHK	92	17:25	16:26	16:52	16:30	
333	2816	Töpper Maren	Gesunde Uniklinik Köln	1:06:30	1:07:47	226	WHK	91	17:58	16:50	16:32	15:09	
334	2237	Giesen Alicia	*Köln	1:07:27	1:07:51	227	WHK	94	17:01	15:56	17:35	16:55	
335	2198	Chmielewski Dominika	*Dortmund	1:07:26	1:07:51	228	WHK	92	17:00	15:56	17:34	16:55	
336	2492	Wietelmann Caroline	*Köln	1:07:24	1:07:54	229	WHK	94	16:32	16:37	17:21	16:52	
337	2273	Hirschelmann Rebecca	*Köln	1:06:48	1:07:55	230	WHK	90	16:56	15:33	16:24	17:54	
338	2922	Misselich Maren	Run ZfL	1:07:10	1:08:09	231	WHK	97	17:48	16:05	16:36	16:40	
339	3015	Henke Louisa	Vampir-power	1:08:12	1:08:15	232	WHK	96	16:09	16:21	17:24	18:17	
340	2662	Brandenburg Hannah	Friedrich-Ebert-Stiftung Köln	1:07:11	1:08:22	233	WHK	91	17:37	15:59	16:29	17:04	
341	2791	Rother Ann-Katrin	Gesunde Uniklinik Köln	1:07:32	1:08:26	48	W30	89	17:19	16:06	16:57	17:08	
342	2716	Heine Eva	Gesunde Uniklinik Köln	1:07:38	1:08:33	19	W35	84	16:52	15:59	16:45	18:01	
343	2230	Franke Sofie	*Köln	1:07:45	1:08:36	234	WHK	92	18:13	16:51	17:03	15:36	
344	2585	Froitzheim Aurelia	Cologne Internationals	1:07:24	1:08:37	20	W35	84	19:02	18:16	14:50	15:15	
345	2670	Baumgaertel Johanna	Gesunde Uniklinik Köln	1:08:18	1:08:45	235	WHK	90	17:25	16:26	17:01	17:25	
346	2699	Fromme Julia	Gesunde Uniklinik Köln	1:08:17	1:08:46	236	WHK	90	17:23	16:26	17:01	17:25	
347	2701	Gärtner Carina	Gesunde Uniklinik Köln	1:08:19	1:08:46	49	W30	89	17:25	16:26	17:01	17:26	
348	2755	Lorenz Laura	Gesunde Uniklinik Köln	1:07:31	1:08:47	50	W30	89	18:02	16:24	16:41	16:22	
349	2233	Gelder Isabell	*Köln	1:08:27	1:09:04	237	WHK	95	17:16	16:38	17:13	17:19	
350	2559	Danker Christiane	cleverbridge AG roadrunners	1:08:34	1:09:04	9	W45	72	18:07	17:04	17:01	16:20	
351	3003	Drees Bärbel	Valium i.V.	1:08:11	1:09:05	7	W55	64	17:31	16:19	17:00	17:20	
352	2158	Avsar Melis	*Köln	1:08:52	1:09:06	51	W30	89	18:08	18:48	20:18	11:36	
353	2812	Teufer Lina	Gesunde Uniklinik Köln	1:08:30	1:09:09	238	WHK	90	18:26	17:12	16:54	15:56	
354	2269	Heydasch Marie	*Köln	1:08:35	1:09:16	239	WHK	94	16:33	15:39	18:55	17:26	
355	2456	Strobel Janina	*Köln	1:07:43	1:09:19	240	WHK	96	17:38	16:41	16:44	16:39	
356	2282	Jäckering Anna	*Jülich	1:07:43	1:09:19	241	WHK	95	17:24	16:25	17:00	16:53	
357	2514	Schneider Maria Theresa	AG Schwarz	1:07:43	1:09:19	242	WHK	91	17:24	16:25	17:00	16:53	
358	2803	Siebers Katrin	Gesunde Uniklinik Köln	1:09:14	1:09:26	243	WHK	91	16:33	16:42	18:09	17:48	
359	2756	Lotter Marie	Gesunde Uniklinik Köln	1:09:16	1:09:34	8	W55	63	17:03	16:23	17:32	18:17	
360	2865	Petz Sabine	Laktatkönige	1:09:26	1:09:45	8	W50	66	17:25	17:58	15:58	18:04	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
361	2898	Pietsch Anne	Musterbüro Informationstechnol	1:08:40	1:09:47	244	WHK	91	15:34	15:23	18:45	18:56	
362	2490	Weyer Luisa	*Köln	1:08:28	1:09:50	245	WHK	98	17:50	16:50	17:14	16:32	
363	3037	Bischoff Miriam	Volksbank Köln Bonn	1:09:06	1:09:50	52	W30	85	18:02	16:40	17:07	17:16	
364	2250	Hahn Julia	*Köln	1:08:37	1:10:02	53	W30	88	17:59	16:43	17:19	16:35	
365	2804	Simoes Correa Galendi Julia	Gesunde Uniklinik Köln	1:08:55	1:10:10	246	WHK	91	17:59	16:50	16:32	17:32	
366	2170	Bettermann Iris	*Köln	1:08:51	1:10:23	247	WHK	95	17:23	16:47	17:32	17:07	
367	2289	Jungbluth Daria	*Köln	1:09:31	1:10:29	248	WHK	95	18:20	17:04	17:16	16:51	
368	2168	Bernartz Eva Maria	*Köln	1:09:12	1:10:46	249	WHK	95	18:55	16:59	16:51	16:25	
369	2327	Schley Kim	*Köln	1:09:09	1:10:49	250	WHK	94	18:08	17:06	17:25	16:28	
370	2436	Schwarz Laura	*Köln	1:09:23	1:10:53	251	WHK	97	17:41	16:49	17:13	17:39	
371	2769	Nawabi Farah	Gesunde Uniklinik Köln	1:09:40	1:10:56	252	WHK	92	18:06	16:44	17:21	17:28	
372	2724	Hofmann Stephanie	Gesunde Uniklinik Köln	1:10:01	1:10:58	253	WHK	95	16:45	17:04	18:02	18:08	
373	2419	Schmidt Constanze	*Köln	1:09:51	1:11:01	254	WHK	95	17:59	17:06	17:39	17:05	
374	3145	Ott Melanie	Valium i.V.	1:10:33	1:11:02	54	W30	89	16:15	17:08	18:19	18:49	
375	2270	Hezel Pauline	*Köln	1:09:55	1:11:05	255	WHK	95	17:18	16:23	17:55	18:19	
376	2457	Sturm Nadia	*Haltern am See	1:09:57	1:11:06	256	WHK	95	17:18	16:23	18:23	17:51	
377	2318	Kreie Isabel	*Köln	1:09:58	1:11:08	257	WHK	96	17:59	17:06	17:39	17:12	
378	3112	Kliment Julia	WiSo Warriors	1:09:33	1:11:10	6	WU2	00	17:50	17:27	17:26	16:49	
379	2306	Knutson Sara	*Köln	1:10:27	1:11:26	258	WHK	93	17:18	16:45	18:51	17:31	
380	2265	Herbrecht Marina	*Köln	1:10:12	1:11:26	259	WHK	93	16:40	17:22	18:31	17:37	
381	2307	Köhler Corinna	*Köln	1:10:23	1:11:32	260	WHK	98	17:49	16:52	17:41	17:59	
382	2363	Nolte Pauline	*Warstein	1:10:06	1:11:32	261	WHK	96	17:31	16:19	18:08	18:07	
383	2262	Heller Melissa	*Köln	1:10:17	1:11:46	262	WHK	96	17:35	15:52	18:07	18:41	
384	2487	Welter Janina	*Köln	1:10:35	1:12:07	55	W30	88	17:13	16:41	18:20	18:20	
385	2346	Mackscheidt Verity	*Köln	1:10:58	1:12:21	263	WHK	94	18:35	17:25	17:41	17:14	
386	2324	Langels Michelle	*Köln	1:11:14	1:12:38	264	WHK	95	18:43	17:22	18:17	16:50	
387	2474	Vitale Sophia	*Hürth	1:11:14	1:12:38	265	WHK	95	18:43	17:22	18:18	16:50	
388	2244	Grandjean Elisabeth	*KÖLN	1:12:45	1:13:00	10	W40	77	16:51	17:31	19:01	19:21	
389	2447	Sowa Sara	*Köln	1:12:10	1:13:09	266	WHK	96	18:31	17:07	18:02	18:28	
390	2286	Janser Meryem	*Köln	1:12:10	1:13:10	267	WHK	97	18:31	17:07	18:03	18:28	
391	3165	Prass Saskia	Gesunde Uniklinik Köln	1:12:19	1:13:37	268	WHK	92	18:23	17:50	18:21	17:45	
392	2251	Hamsch Kathi	*Köln	1:12:35	1:13:39	269	WHK	94	17:54	17:31	18:52	18:16	
393	2207	Daug Kerstin	*Köln	1:12:57	1:13:47	270	WHK	99	17:30	17:59	18:47	18:39	
394	2758	Lunkewitz Kathrin	Gesunde Uniklinik Köln	1:13:43	1:14:21	56	W30	89	18:30	17:15	18:32	19:23	
395	2319	Kremer Franziska	*Köln	1:12:51	1:14:24	271	WHK	96	18:57	19:06	19:03	15:44	
396	2653	Sakwinski Patricia	Fireball	1:12:57	1:14:29	272	WHK	97	18:05	18:24	18:53	17:33	
397	2685	Claudio de Azevedo Sandra	Gesunde Uniklinik Köln	1:14:17	1:14:55	273	WHK	95	19:37	21:10	13:30	19:58	
398	2705	Gerold Laureen	Gesunde Uniklinik Köln	1:15:06	1:15:27	274	WHK	92	18:37	17:55	18:47	19:46	
399	2740	Kothe Manuela	Gesunde Uniklinik Köln	1:15:06	1:15:27	10	W45	72	18:36	19:58	20:37	15:53	
400	2695	Erstmann Elisa	Gesunde Uniklinik Köln	1:15:07	1:15:29	275	WHK	90	18:36	17:55	18:48	19:47	
401	2733	Kempf Katharina	Gesunde Uniklinik Köln	1:16:25	1:16:39	21	W35	82	18:24	18:14	19:28	20:17	
402	2562	Höfgen Kerstin	cleverbridge AG roadrunners	1:15:34	1:16:41	57	W30	89	20:16	18:03	18:57	18:16	
403	2561	Hausmanns Stefanie	cleverbridge AG roadrunners	1:15:46	1:16:45	58	W30	89	20:29	18:38	18:43	17:54	
404	2560	Göttlicher Annika	cleverbridge AG roadrunners	1:15:05	1:16:45	59	W30	89	18:39	18:35	19:04	18:45	
405	2523	Scherwaß Dr. Anja	Bio4ever	1:16:21	1:17:40	9	W50	66	19:32	19:14	18:49	18:46	
406	2712	Hansen Sigrid	Gesunde Uniklinik Köln	1:17:31	1:17:51	10	W50	66	19:04	19:21	19:23	19:42	
407	2235	Gerling Melanie	*Köln - Lindenthal	1:17:08	1:17:52	60	W30	86	18:02	19:04	21:00	19:01	
408	2748	Kürten Nisa	Gesunde Uniklinik Köln	1:17:23	1:18:08	276	WHK	91	16:51	19:08	22:41	18:41	
409	2373	Ottens Andrea	*Köln	1:17:24	1:18:11	61	W30	85	20:21	18:56	19:12	18:53	
410	2195	Carmona Schneider Isabel	*Bochum	1:16:43	1:18:13	277	WHK	96	19:18	19:25	19:47	18:12	
411	2611	Beckmann Eva-Maria	Crossfit Cologne	1:17:27	1:18:18	11	W45	74	19:55	19:01	19:10	19:19	
412	2485	Weber Pia	*Köln	1:17:26	1:18:18	9	W55	64	19:54	19:01	19:10	19:19	
413	2444	Soenarto Devina Johanna	*Köln	1:17:51	1:18:57	278	WHK	96	18:08	19:29	20:48	19:25	
414	2521	Neuber Dr. Anja	Bio4ever	1:18:05	1:19:23	12	W45	73	19:32	19:13	20:47	18:31	
415	2908	Nyantakyi Nana Yaa	Reisegesellschaft	1:18:37	1:19:58	279	WHK	94	17:52	20:04	20:37	20:02	
416	2913	Bartels Karin-Sylke	RRZK	1:21:36	1:22:04	11	W50	69	21:04	19:52	20:31	20:08	
417	3053	Weller Laura Marie	Volksbank Köln Bonn	1:23:05	1:24:08	280	WHK	98	20:26	19:41	22:14	20:43	
418	2196	Carta Sara	*Köln	1:25:44	1:26:44	11	W40	78	20:49	21:14	22:03	21:36	
419	2285	Jamali-Carta Shideh	*Köln	1:25:44	1:26:44	2	WU1	04	20:49	21:15	22:02	21:36	
420	2477	Vu Phi	*Köln	1:26:54	1:28:31	281	WHK	97	20:45	23:33	24:50	17:46	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
-------	---------	------	-------------	--------	--------	-------	----	------	--------
