

10km - Gesamtwertung

5. Bickendorfer Büdchenlauf - 25.09.2011

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	992	Helm Julius	TSV Ostheim/Rhön	0:35:06	0:35:07	1	MHK	82	08:12 09:03 08:52 08:57
2	742	Von Kuk Carsten	LT DSHS Köln	0:35:50	0:35:51	1	M40	67	08:13 09:04 09:17 09:14
3	577	Paulußen Michael	LG Amelm-Linnich	0:37:02	0:37:04	1	M45	66	08:14 09:24 09:36 09:47
4	929	Nicaise Jena-Christophe		0:37:07	0:37:09	1	M30	77	08:22 09:28 09:43 09:33
5	36	Schommers Lukas	ASV Köln	0:37:16	0:37:16	1	MJA	93	08:20 09:30 09:47 09:38
6	341	Hain Matthias	Titty Twister	0:37:38	0:37:40	1	M35	76	08:27 09:44 09:50 09:36
7	297	Wilmes Heiko	TV Refrath	0:38:09	0:38:11	2	M40	69	08:14 09:51 10:08 09:55
8	997	Burke Michael		0:38:19	0:38:25	2	M30	81	08:25 09:41 10:03 10:09
9	542	Drieb Marcel	TriathlonSteckelCologne	0:38:20	0:38:33	2	MHK	82	08:29 09:45 10:17 09:47
10	463	Pollerhoff Michael	Monis Team Köln	0:38:43	0:38:44	3	M40	67	08:30 09:51 10:18 10:02
11	989	Reuter Patrick	Brühler TV 1879	0:38:51	0:38:55	3	MHK	86	08:46 09:53 10:09 10:02
12	100	Klippel Lutz	union blau weiss biesfeld	0:39:20	0:39:21	4	M40	67	09:10 10:03 10:09 09:58
13	908	Dudley Richard	Frontrunner Cologne	0:39:27	0:39:29	1	M50	61	09:01 10:05 10:12 10:08
14	404	Gardemann DR Thomas	*Köln	0:39:28	0:39:32	3	M30	77	08:46 10:08 10:20 10:12
15	1016	Walter Torsten	ASV Köln Triathlon	0:39:36	0:39:38	5	M40	68	08:49 10:12 10:17 10:16
16	1078	Coutellier Markus		0:39:57	0:40:09	2	M45	63	09:08 10:14 10:25 10:08
17	1010	Kräker Thorsten	Superpunk	0:40:38	0:40:43	6	M40	69	09:13 10:19 10:37 10:28
18	407	Pörsch Michael	Laufmonster	0:40:39	0:40:47	2	M35	73	08:56 10:28 10:45 10:29
19	805	Pöpper Roland	ASV Köln	0:40:56	0:40:59	7	M40	67	08:56 10:24 10:51 10:44
20	34	Tatje Julian	FüUstgBerLw	0:41:00	0:41:04	4	MHK	84	09:08 10:26 10:49 10:36
21	218	Husemann Georg	*Köln	0:41:05	0:41:11	8	M40	68	09:13 10:25 10:51 10:36
22	265	Lohse Maik	Team Erdinger Alkoholfrei	0:41:23	0:41:25	5	MHK	82	08:54 10:24 10:53 11:10
23	376	Hanisch Detlef	*Rommerskirchen	0:41:31	0:41:41	9	M40	71	09:25 10:36 10:52 10:37
24	490	Gossling Reinhard	Cologne Shooters	0:41:33	0:41:38	3	M35	72	09:20 10:42 10:48 10:41
25	281	Reinhardt Ingo	*Köln	0:41:50	0:41:55	4	M30	77	09:40 10:51 10:51 10:27
26	975	van Gansewinkel René	Krefelder Kanu Klub	0:42:08	0:42:09	3	M45	65	09:07 10:51 11:12 10:57
27	449	Harzheim Oliver	TSV Bayer Dormagen	0:42:11	0:42:22	10	M40	70	09:39 10:49 11:00 10:42
28	979	Bosbach Gerd	ESV Gremberghoven	0:42:12	0:42:17	1	M55	53	09:26 10:43 10:58 11:03
29	1004	Groenenwald Klaus	*Rösrath	0:42:19	0:42:26	2	M50	58	09:21 10:52 11:11 10:54
30	259	Von Kuk Marc	*Köln	0:42:23	0:42:30	11	M40	69	09:24 10:24 10:55 11:39
31	1020	Weidler Tim	*Köln	0:42:29	0:42:35	4	M35	74	10:04 10:53 10:45 10:46
32	118	Lülf Manfred	Valium i.V.	0:42:35	0:42:40	2	M55	56	10:02 10:52 10:53 10:47
33	160	Mülling Holger	*Köln	0:42:49	0:43:05	5	M35	75	09:52 10:53 11:11 10:52
34	1013	Paassens Lutz	Verbier Connection	0:43:11	0:43:19	12	M40	67	09:45 10:57 11:20 11:09
35	298	Kruczynski Philipp	Triathlon Steckel Cologne	0:43:14	0:43:28	5	M30	81	10:13 11:06 11:08 10:46
36	876	Fiedler Jens	*Köln	0:43:16	0:43:29	6	M30	77	09:44 10:54 11:14 11:23
37	198	Eisermann Stephan	Team Erdinger Alkoholfrei	0:43:33	0:43:42	4	M45	66	09:47 11:08 11:17 11:20
38	948	Freudenhammer Andreas		0:43:39	0:43:47	6	MHK	84	09:58 11:13 11:27 11:00
39	934	Mende Sebastian		0:43:43	0:43:59	7	MHK	84	09:57 11:11 11:24 11:10
40	339	Greite Stefan	*Köln	0:43:57	0:44:19	7	M30	79	09:54 11:01 11:30 11:30
41	1957	Friedrich Harry	MCM Klosterfrau	0:43:59	0:44:07	3	M50	57	10:06 11:14 11:21 11:16
42	296	Doppelfeld Mark	*Köln	0:44:02	0:44:06	13	M40	70	09:20 10:48 11:46 12:06
43	888	Pelzer Robin	*Köln	0:44:03	0:44:05	1	MJB	94	09:24 11:12 11:46 11:40
44	811	Kelm Marius		0:44:13	0:44:41	8	MHK	83	09:41 11:06 11:42 11:42
45	1007	Utermark Jan-Philipp		0:44:26	0:44:59	2	MJB	97	10:19 11:30 11:35 11:01
46	293	Karalic Max-Milan	*Köln	0:44:27	0:44:34	9	MHK	86	09:19 10:37 11:40 12:49
47	441	Färber Luis	*Hürth	0:44:32	0:44:39	3	MJB	96	09:44 11:16 11:43 11:47
48	931	Lehr Bernd	TSV Bayer 04 Leverkusen	0:44:39	0:44:54	5	M45	66	10:13 11:26 11:41 11:18
49	798	Lux Sebastian		0:44:41	0:45:05	10	MHK	83	09:53 11:08 11:40 11:59
50	999	Kreft Stefan	*Köln	0:44:47	0:45:23	8	M30	79	10:07 11:19 11:41 11:39
51	995	Wright Jason		0:45:02	0:45:15	9	M30	77	10:17 11:23 11:50 11:30
52	302	Schultheiß Volker	Team Erdinger Alkoholfrei	0:45:06	0:45:24	3	M55	56	10:24 11:25 11:39 11:35
53	994	Holzporz Dr. Martin	1.CFB Köln	0:45:11	0:45:17	6	M45	64	09:44 11:34 12:01 11:50
54	578	Kresimon Johannes	*Köln	0:45:12	0:45:19	14	M40	69	09:58 11:27 11:54 11:52
55	905	Wiesemann Meister Dirk		0:45:23	0:45:55	6	M35	72	10:24 11:27 11:37 11:52
56	826	Reifenröther Jens		0:45:33	0:45:39	10	M30	77	09:29 12:03 12:12 11:48
57	502	Mertens Ralph	LVR Förderschule	0:45:44	0:45:47	15	M40	68	10:02 11:34 11:58 12:10
58	749	Kraus Marcus		0:45:52	0:46:05	11	M30	80	10:16 11:22 11:56 12:16
59	562	Kniest Uli	RSG-Ford-Köln	0:46:03	0:46:11	7	M45	66	10:20 11:38 11:53 12:10
60	291	Lindenmann Paul	*Bonn	0:46:04	0:46:18	4	M50	60	10:02 11:35 12:06 12:19

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
61	335	Oswehr Sven	*Köln	0:46:08	0:46:14	8	M45	66	10:11 11:39 12:04 12:13
62	477	Iwanek Sebastian	Verlag M. DuMont Schauberg	0:46:10	0:46:37	12	M30	78	10:48 11:45 11:59 11:36
63	440	Färber Wolfgang	*Hürth	0:46:11	0:46:22	9	M45	65	10:24 11:39 12:01 12:06
64	367	Vogt Harald	Brühler TV 1879	0:46:20	0:46:24	16	M40	71	10:23 11:52 12:09 11:55
65	871	Loewer Ralf	*Köln	0:46:25	0:46:35	10	M45	65	10:19 11:26 12:03 12:37
66	338	Ripp Dieter	VTC Köln	0:46:28	0:46:42	4	M55	56	10:42 11:53 11:57 11:55
67	810	Merci Benjamin		0:46:40	0:47:09	11	MHK	83	10:49 11:40 11:51 12:19
68	981	Uedelhofen Manfred	*Köln	0:46:51	0:47:01	1	M60	51	10:23 11:33 12:06 12:47
69	37	Franken Manfred	AM Racing	0:47:00	0:47:14	11	M45	63	10:35 11:53 12:16 12:14
69	547	Volkmer Dominik	Kreissparkasse Brauweiler	0:47:00	0:47:24	12	MHK	91	10:45 11:48 12:22 12:04
71	870	Koch Wilhelm	Laufmasche Köln	0:47:10	0:47:20	12	M45	62	10:33 12:03 12:31 12:00
72	673	Fiegert Marcel	1. BJC	0:47:13	0:47:38	4	MJB	96	11:02 12:21 12:07 11:42
73	431	Fischer Axel	SV Westernhausen	0:47:28	0:47:39	7	M35	75	10:22 12:00 12:49 12:16
74	178	Schwetlik Marc		0:47:31	0:47:35	17	M40	70	11:19 12:25 12:09 11:37
75	240	Halbach Jochen	LCK Ronsdorf	0:47:32	0:47:53	8	M35	72	11:01 11:52 12:26 12:11
76	334	Heger Guido	*Köln	0:47:33	0:47:45	13	M45	63	10:41 11:56 12:32 12:22
77	923	Königs Manfred	LG RWE Power	0:47:34	0:47:41	5	M50	61	10:08 11:58 12:32 12:55
78	361	Sikora Arthur	*Köln	0:47:38	0:47:42	18	M40	70	09:57 11:48 13:04 12:48
79	360	Sikora Peter	*Köln	0:47:38	0:47:42	9	M35	73	09:57 11:48 13:04 12:48
80	282	Ewert Stefan	KSK Köln	0:47:48	0:47:53	13	M30	77	10:20 12:13 12:41 12:32
81	804	Budach Lars		0:47:48	0:48:08	19	M40	71	10:11 12:05 12:27 13:04
82	134	Junggeburth Thomas	*Bergheim	0:48:14	0:48:42	20	M40	68	10:55 12:05 12:54 12:18
83	941	Wattenbach Manfred	MegaCm Runners	0:48:14	0:48:48	14	M45	62	11:41 12:09 12:15 12:08
84	141	Tessmer Ansgar	Fidele Arschkrampen	0:48:17	0:49:09	14	M30	77	10:50 12:17 12:36 12:32
85	733	Schweisthal Andreas	TuS Abbach	0:48:19	0:48:35	13	MHK	85	12:16 12:04 12:06 11:52
86	951	Effers Hans	TPSK	0:48:28	0:48:47	5	M55	56	10:43 12:03 12:36 13:04
87	965	Lehr Achim		0:48:30	0:48:45	21	M40	68	10:57 12:18 12:50 12:23
88	940	Hewer Christoph		0:48:47	0:48:59	15	M30	80	10:25 12:17 13:07 12:57
89	935	Wilhelms Erik		0:48:50	0:49:03	16	M30	80	10:25 12:29 12:54 13:01
90	98	Sitte Matthias	Turboschnecken	0:49:08	0:49:58	14	MHK	82	11:54 12:33 12:31 12:08
91	529	Reuther Thomas	Colonia	0:49:08	0:49:26	15	M45	64	11:31 12:31 12:34 12:30
92	224	Nadler Klaus	Vogelsanger Lauftreff	0:49:08	0:49:30	16	M45	65	10:42 12:18 12:55 13:12
93	970	Borchert Ben		0:49:10	0:49:38	22	M40	71	10:46 12:29 12:59 12:56
94	285	Wagner Marcel	*Köln	0:49:11	0:49:36	17	M30	79	11:56 12:45 12:33 11:56
95	1014	Plambeck Jens		0:49:14	0:50:15	18	M30	79	11:38 12:38 12:38 12:19
96	223	Wiesemann Mark	*Aachen	0:49:17	0:49:56	19	M30	80	11:20 12:17 13:05 12:33
97	1234	Weise Friedemann	Team Rondellchen	0:49:30	0:49:58	10	M35	73	11:00 12:36 13:02 12:51
98	26	Schwind Norman	*Köln	0:49:31	0:49:57	11	M35	76	11:38 12:50 12:53 12:09
99	715	Scheible Peter		0:49:34	0:49:55	23	M40	71	11:41 12:34 12:23 12:55
100	674	Fiegert Frank		0:49:34	0:50:00	24	M40	71	11:30 12:10 12:42 13:11
101	166	Walpert Jens	42 tausend / NAO PT	0:49:39	0:49:55	17	M45	66	11:38 12:49 12:47 12:23
102	990	Hastrich Andreas		0:49:42	0:49:56	18	M45	66	10:44 12:50 13:17 12:50
103	292	Baur Norbert	DJK Roland West	0:49:43	0:49:52	6	M55	53	10:50 12:48 13:06 12:57
104	405	Gardemann Holger	*Köln	0:49:47	0:49:53	20	M30	78	10:39 12:31 13:11 13:24
105	409	Burghardt Sascha	*Köln	0:49:50	0:50:39	21	M30	78	12:05 12:56 12:40 12:08
106	225	Dworeck Alexander	*Köln	0:49:51	0:50:24	12	M35	75	11:08 12:42 13:11 12:49
107	138	Magnus Detlef-Alexander	Komet-Delia	0:49:52	0:49:59	25	M40	71	11:13 12:51 13:04 12:42
108	351	Moormann Arno	*Köln	0:49:54	0:50:48	26	M40	70	12:27 12:31 12:30 12:25
109	1021	Weiler Christian		0:50:07	0:50:16	22	M30	80	10:50 12:59 13:10 13:06
110	12	Mueller Andreas	*Koeln	0:50:07	0:50:38	27	M40	69	13:13 14:26 10:37 11:50
111	358	Zöller Andreas	*Köln	0:50:08	0:50:43	23	M30	81	10:53 12:45 13:31 12:58
112	0	unbekannt CA29656		0:50:08	0:50:42	15	MHK		11:17 12:59 13:11 12:40
113	352	Gentz-Waßer Peter	KOTTIES LAUF JUNGS	0:50:19	0:50:55	6	M50	59	11:36 12:45 12:59 12:58
114	922	Bauer Udo		0:50:20	0:50:30	7	M50	61	10:55 13:03 13:43 12:37
115	94	Lehmann Markus	TV 1888 Ruppichteroth	0:50:29	0:50:40	13	M35	73	11:12 13:00 13:12 13:03
116	238	Hellmann Detlef	Rasender Blitz Raderberg	0:50:42	0:51:07	19	M45	62	11:37 12:46 13:11 13:06
117	1017	Speake Robert		0:50:51	0:51:09	24	M30	78	10:53 13:07 13:45 13:05
118	1012	Schol Detlef		0:50:53	0:51:50	28	M40	68	12:07 13:19 13:06 12:20
119	93	Kronsbein Günter	*Köln	0:50:56	0:51:17	20	M45	65	11:50 13:05 13:12 12:48
120	25	Nießen Andreas	*Stolberg	0:51:00	0:51:29	14	M35	73	10:56 12:48 13:34 13:40

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	894	Icks Wolfgang	Lauffreunde Blücherpark	0:51:05	0:51:38	21	M45	65	11:50	12:51	13:01	13:23	
122	474	Wuelfrath Ralf	*Koeln	0:51:06	0:51:24	22	M45	65	11:07	13:17	13:24	13:17	
123	847	Böckling Malte	*Köln	0:51:16	0:51:45	25	M30	81	11:00	13:12	13:41	13:21	
124	582	Fels Markus	*Köln	0:51:17	0:51:59	29	M40	70	12:20	13:10	13:11	12:35	
125	735	Brüggemann Stefan		0:51:19	0:51:33	15	M35	74	11:57	13:09	13:21	12:51	
126	64	Hoyer Wolfgang	BSG GEZ Köln	0:51:19	0:52:08	2	M60	50	12:23	12:50	12:59	13:06	
127	532	Wildemann Christoph	Colonia	0:51:23	0:51:41	23	M45	65	11:21	12:49	13:45	13:26	
128	690	Stöberl Ralf		0:51:28	0:51:58	24	M45	66	11:12	13:02	13:44	13:29	
129	861	Weiß Reinhold		0:51:29	0:51:46	8	M50	58	11:22	13:06	13:40	13:19	
130	19	Meier-Kigle Thomas	*Köln	0:51:42	0:52:18	30	M40	69	11:51	12:58	13:16	13:35	
131	280	Gimbarov DR Sergey	ASV Köln	0:51:43	0:52:14	25	M45	66	11:49	13:18	13:23	13:11	
132	1025	Vitt Georg	1. Snowboardclub Köln	0:51:48	0:51:58	31	M40	67	11:17	13:16	13:32	13:42	
133	583	Schaller Norman	*Huerth	0:51:52	0:52:18	16	M35	76	11:47	12:52	13:29	13:44	
134	986	Schröter Roland		0:51:54	0:52:24	32	M40	67	11:50	12:53	13:47	13:23	
135	797	Graf Florian	Montessori	0:51:59	0:52:33	5	MJB	96	12:42	14:12	13:09	11:55	
136	987	Knippscher Bernd		0:52:01	0:52:12	17	M35	74	11:28	12:57	13:33	14:00	
137	402	Achten Bernhard	Kölner Narrenzunft	0:52:11	0:52:23	9	M50	59	11:19	13:09	13:51	13:51	
138	819	Fotaras Michael		0:52:14	0:52:27	26	M30	80	10:33	13:15	14:07	14:17	
139	159	Pahl DR Christoph	*Köln	0:52:17	0:52:49	16	MHK	83	12:22	12:49	12:59	14:05	
140	978	Paetzel Andreas	*Bornheim	0:52:20	0:53:01	10	M50	59	13:22	14:14	12:24	12:17	
141	716	Schlumbohm Michael	Pilotplant	0:52:22	0:52:33	26	M45	65	12:09	13:24	13:40	13:07	
142	985	Busse Michael	FFO Ford Köln	0:52:22	0:52:33	33	M40	70	12:10	13:24	13:39	13:08	
143	195	Zech Thilo	*Köln	0:52:26	0:52:46	27	M45	66	11:49	13:08	13:47	13:39	
144	982	Kern Sascha	DJK Südwest Köln	0:52:27	0:53:24	18	M35	74	11:15	13:20	14:09	13:43	
145	450	Raeck Michael	Sparkasse Köln/Bonn	0:52:41	0:52:54	11	M50	58	11:45	13:37	13:52	13:26	
146	7	Luciani Alexander	*Köln	0:52:43	0:53:23	17	MHK	88	12:01	13:16	13:44	13:39	
147	1015	Övermöhle Matthias		0:52:48	0:53:02	28	M45	64	11:13	13:05	13:55	14:34	
148	71	Sallen Nikolai	*Köln	0:52:49	0:53:43	18	MHK	85	11:58	13:34	13:47	13:27	
149	539	Schmidt Fabian	*Köln	0:52:53	0:52:56	6	MJB	95	10:21	13:27	15:33	13:31	
150	692	Kurte Jörg	Connectionchor	0:52:56	0:53:39	29	M45	62	12:35	13:19	13:30	13:31	
151	1022	Hans Peter	*Niederzissen	0:53:02	0:53:14	12	M50	60	11:33	13:34	13:49	14:03	
152	464	Schmidt Andreas	*Köln	0:53:02	0:53:38	30	M45	66	11:46	13:39	13:48	13:48	
153	1018	Prescher Michael	SC Janus	0:53:07	0:53:30	13	M50	59	11:50	13:25	14:05	13:44	
154	919	Belhady Djemai	Bachido Köln	0:53:08	0:53:12	1	M65	44	11:47	13:39	13:54	13:46	
155	122	Brozio-Läseke Brecht	*Köln	0:53:13	0:53:18	14	M50	61	11:05	13:29	14:11	14:27	
156	66	Koffinke Frank	Bigeddy Einzelkämpfer	0:53:18	0:53:27	31	M45	66	12:01	13:39	13:51	13:45	
157	1782	Richter Christian	*Köln	0:53:19	0:54:10	19	MHK	82	12:10	13:50	13:57	13:21	
158	963	Spiller Otto	Judo SG Worringen	0:53:22	0:53:41	2	M65	44	12:22	13:34	13:46	13:38	
159	960	Hensel Georg		0:53:22	0:53:41	7	M55	56	12:22	13:34	13:47	13:37	
160	95	Gruneberg DR Ralf	*Köln	0:53:31	0:53:59	32	M45	64	12:12	13:34	13:59	13:45	
161	883	Wolff Ludger	Sparkasse Köln/Bonn	0:53:36	0:54:24	3	M60	50	12:20	13:41	13:50	13:43	
162	1006	Schlich Clemens		0:53:36	0:54:06	19	M35	76	11:47	13:41	14:02	14:05	
163	411	Schneider Helmut	Kölner-Narrenzunft	0:53:40	0:53:52	33	M45	66	11:33	13:32	14:04	14:30	
164	1003	Hilgert Udo	* Odenthal	0:53:42	0:54:14	34	M45	65	12:49	13:46	13:44	13:21	
165	756	Olkonek David	Sparkasse Köln/Bonn	0:53:58	0:54:45	20	MHK	85	13:12	13:46	13:33	13:25	
166	1075	John Gerd	1/2 Marathon Köln rrh	0:53:59	0:54:41	1	M70	41	12:22	13:37	13:56	14:02	
167	1113	Rath Peter	*Köln	0:54:08	0:54:11	21	MHK	86	12:37	14:07	14:40	12:43	
168	1030	Peters Jens	*Bonn	0:54:10	0:55:01	8	M55	52	11:37	13:35	14:45	14:11	
169	784	Romboy Wolfgang		0:54:13	0:54:29	3	M65	43	12:14	13:58	14:25	13:35	
170	23	Hoyer Harald	*Köln	0:54:15	0:55:02	15	M50	57	10:40	13:40	16:39	13:14	
171	207	Mülheims Laurenz	*Bonn	0:54:26	0:55:30	16	M50	60	11:20	13:22	14:36	15:07	
172	72	Kuppels Frank	*Monheim	0:54:26	0:55:23	35	M45	63	13:21	13:58	13:44	13:22	
173	1019	Grote Hugo	Älcazav	0:54:37	0:55:00	17	M50	59	12:15	14:03	14:22	13:55	
174	1071	Kadeke Stefan		0:54:46	0:55:12	34	M40	71	12:47	14:13	14:09	13:36	
175	220	Wurda Werner	SC Fortuna Köln	0:54:51	0:55:54	18	M50	60	12:23	13:26	14:18	14:43	
176	290	Fröhlich Robby	*Neunkirchen-Seelscheid	0:54:57	0:55:43	19	M50	61	12:48	13:37	14:22	14:08	
177	521	Rommerskirchen Udo	Colonia-Team	0:55:02	0:55:19	4	M65	43	12:14	13:57	14:24	14:26	
178	773	Keller Michael		0:55:03	0:55:23	20	M35	74	11:55	13:58	14:58	14:12	
179	544	Lehnert Philipp	Kreissparkasse Brauweiler	0:55:11	0:55:41	22	MHK	90	11:33	13:11	15:26	15:00	
180	543	Hermanns Bruno	Kreissparkasse Brauweiler	0:55:11	0:55:41	20	M50	60	11:47	13:42	14:42	14:59	

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
181	1959	Schorn Gerd	*Köln	0:55:12	0:55:29	21	M50	59	12:25 13:49 14:07 14:50
182	210	Rosso Mario	IPK	0:55:26	0:56:28	22	M50	60	13:54 14:16 13:56 13:19
183	0	unbekannt DT00HKH		0:55:27	0:56:29	23	MHK		13:55 14:15 13:56 13:19
184	860	Gries Wolfgang	Altstädter Köln 1922 e.V.	0:55:29	0:55:51	36	M45	64	12:41 14:05 14:20 14:20
185	782	Hambloch Christoph		0:55:29	0:55:52	37	M45	64	12:41 14:05 14:21 14:20
186	530	Offermanns Dirk	Colonia	0:55:31	0:55:49	21	M35	75	12:06 13:44 14:53 14:47
187	1076	Huhn Natascha	adventure Hennef	0:55:31	0:56:24	35	M40	71	12:35 13:54 14:20 14:42
188	451	Andersen Jan	*Düren	0:55:38	0:56:34	38	M45	66	12:21 14:01 14:52 14:22
189	452	Poschen Ralf	*Hürth	0:55:39	0:56:34	39	M45	63	12:23 14:01 14:52 14:22
190	254	Kaub Andreas	*Brühl	0:55:46	0:56:32	40	M45	66	12:51 14:11 14:19 14:24
190	406	Ritterskamp Christian	*Köln	0:55:46	0:56:21	40	M45	65	12:55 13:56 14:18 14:35
192	479	Baum Eckhart	Das Senf	0:55:50	0:56:09	36	M40	67	13:15 14:28 14:27 13:39
193	1963	Ilius Mario	*Bonn	0:55:53	0:56:35	42	M45	63	13:23 14:03 14:15 14:11
194	368	Dose Stefan	*Köln	0:55:56	0:56:26	27	M30	77	11:57 13:42 14:52 15:23
195	961	Brügger Markus	*Leverkusen	0:56:04	0:57:03	37	M40	67	12:46 14:01 14:52 14:23
196	954	Effers Heinz	TPSK	0:56:06	0:57:00	4	M60	49	12:52 14:07 14:29 14:36
197	278	Krohms Klaus	*Köln	0:56:17	0:56:40	43	M45	64	12:45 14:28 14:44 14:18
198	148	Gierden Frank	*KÖLN	0:56:22	0:56:31	44	M45	65	12:00 13:41 15:30 15:09
199	581	Marx Andreas	*Köln	0:56:22	0:56:57	24	MHK	89	11:14 13:15 14:25 17:26
200	1111	Sänger Marco	*Köln	0:56:24	0:56:25	22	M35	72	12:39 14:06 14:41 14:57
201	1112	Harneit Ralf	*Köln	0:56:24	0:56:26	45	M45	63	12:38 14:07 14:41 14:57
202	328	Strobl Ulli	*Köln	0:56:27	0:57:01	9	M55	56	12:28 14:03 15:02 14:52
203	565	Kraushaar DR Till	*Köln	0:56:49	0:57:42	38	M40	71	13:15 14:05 14:24 15:02
204	286	Mackeldey Andre	*Köln	0:57:07	0:57:34	23	M35	74	13:36 15:02 14:46 13:43
205	727	Glasow Marcus		0:57:09	0:57:41	28	M30	79	13:04 14:45 15:01 14:19
206	150	Busch Tobias	*Köln	0:57:10	0:57:48	24	M35	72	13:02 14:26 14:52 14:49
207	956	Borschbach Markus		0:57:11	0:57:20	39	M40	70	12:18 14:35 15:12 15:04
208	142	Metzen Benedikt	Fidele Arschkrampen	0:57:14	0:58:07	29	M30	77	13:01 14:28 14:41 15:03
209	182	Brüning Frank	*Köln	0:57:27	0:57:50	46	M45	62	12:46 14:37 15:03 14:59
210	264	Otto Holger	Team Erdinger Alkoholfrei	0:57:54	0:58:41	25	M35	72	13:11 14:39 15:16 14:48
211	76	Langen Peter	Altstädter Köln 1922	0:58:04	0:58:21	7	MJB	00	12:40 14:56 15:24 15:03
212	550	Kolz Fabian	Kreissparkasse Brauweiler	0:58:11	0:58:36	25	MHK	91	12:24 16:34 15:03 14:08
213	728	Weigel Benjamin		0:58:18	0:58:50	30	M30	79	13:02 14:46 15:06 15:22
214	796	Wolff Willi		0:58:24	0:58:44	23	M50	59	13:27 14:54 15:08 14:54
215	817	Schaar Mike	Montessori Gymnasium	0:58:29	0:59:09	26	MHK	90	15:02 15:38 14:30 13:18
216	391	Binzen Martin	*Köln	0:58:33	0:59:31	26	M35	76	14:16 15:30 14:57 13:49
217	269	Robertz Franz	*Köln	0:58:38	0:59:24	10	M55	52	13:44 15:09 14:59 14:45
218	755	Schmelcher Bastian	Sparkasse Köln/Bonn	0:58:42	0:59:30	27	MHK	85	13:46 15:05 15:07 14:42
219	305	Körschgen Thomas	*Pulheim	0:58:44	0:59:27	24	M50	58	13:14 14:47 15:15 15:28
220	385	Frey Eckart	*Köln	0:58:52	0:59:35	47	M45	64	14:00 15:08 15:10 14:33
221	386	Frey Leon	*Köln	0:58:52	0:59:36	8	MJB	00	14:00 15:08 15:11 14:32
221	576	Hetzel Johann	Gummy Bear Runners	0:58:52	0:59:35	25	M50	58	13:34 14:55 15:16 15:06
223	1005	Hübner Andreas		0:58:54	0:59:28	40	M40	69	11:14 14:18 15:48 17:33
224	988	Dudek Alev		0:59:01	0:59:18	41	M40	70	13:10 15:07 15:22 15:20
225	247	Kreuer Andreas	*Elsdorf	0:59:02	0:59:58	27	M35	74	13:29 14:27 15:26 15:38
226	139	Löhe Hans-Jürgen	Fidele Arschkrampen	0:59:03	0:59:57	48	M45	65	13:01 14:28 15:08 16:25
227	741	Fredrich Wolfgang	GaBa's GaBaNauTen	0:59:06	0:59:26	49	M45	64	13:10 14:42 15:54 15:20
228	1922	Langen Dominik	Altstädter köln 1922	0:59:11	0:59:29	42	M40	68	13:30 15:01 15:09 15:29
229	943	Bonhage Matthias		0:59:22	0:59:46	50	M45	66	14:07 14:57 15:21 14:55
230	317	Rosol Frank	*Köln	0:59:25	1:00:03	43	M40	71	14:09 14:50 15:07 15:17
231	930	Peil Andreas	FC Pesch	0:59:40	1:00:26	44	M40	69	13:49 15:22 15:34 14:54
232	0	unbekannt HE3TRFP		0:59:45	1:00:37	28	MHK		14:19 15:26 15:05 14:53
233	289	Wimmer Thomas	*Köln	0:59:50	1:00:23	31	M30	78	13:04 15:21 15:49 15:35
234	38	Benayas Delgado Martin	-	0:59:58	1:00:37	28	M35	72	14:01 15:30 15:38 14:47
235	45	Thiele Jörg	*Köln	0:59:59	1:00:37	45	M40	70	14:02 15:30 15:38 14:48
236	46	Krauß Matthias	*Bergisch Gladbach	0:59:59	1:00:38	46	M40	71	14:01 15:30 15:36 14:50
237	212	Rosso Martin	LFS	1:00:25	1:01:27	9	MJB	94	13:55 15:21 15:41 15:27
238	1031	Rosso Stefan	LFS	1:00:26	1:01:28	10	MJB	97	13:55 15:20 15:42 15:27
239	60	Kloiber Peter	1.Bocklemünder Judo Club	1:00:26	1:00:53	5	M60	51	13:00 15:38 15:57 15:50
240	47	Hauswirth Ralf	*Köln-Neuehrenfeld	1:00:38	1:01:33	51	M45	64	13:50 15:31 15:40 15:35

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	958	Hohmann Gerhard		1:00:45	1:01:24	2	M70	38	14:09	15:21	15:39	15:35	
242	206	Seidel Jürgen	*Köln	1:01:12	1:01:36	26	M50	60	13:35	15:03	15:54	16:39	
243	904	Frank Peter		1:01:17	1:01:37	29	M35	72	13:01	15:15	16:10	16:51	
244	181	Schiller Carsten	*Bergisch Gladbach	1:01:25	1:02:04	47	M40	71	14:01	15:30	15:38	16:14	
245	925	Kempf Peter		1:01:35	1:01:54	11	M55	53	13:12	15:20	16:04	16:58	
246	1961	Matuszak Holger	BSG Köln	1:01:39	1:02:07	27	M50	61	12:59	15:05	16:31	17:03	
247	739	Schiesen Guido	WMTV Solingen e.V.	1:02:07	1:03:08	52	M45	62	13:58	15:48	16:28	15:52	
248	187	Wehlert Gunnar	Bickendorfer Rochusclub E.V.	1:02:13	1:03:05	29	MHK	82	14:10	15:34	16:42	15:45	
249	145	Deiters Lothar	GSV-Porz/Köln	1:02:14	1:02:49	1	M75	34	13:46	15:42	16:13	16:32	
250	546	Bianchi Biagio	Kreissparkasse Brauweiler	1:02:15	1:02:39	30	MHK	87	11:58	16:31	16:51	16:53	
251	423	Hertzfeld DR Herbert	*Köln	1:02:21	1:03:04	48	M40	70	13:48	15:22	16:20	16:49	
252	499	Weingärtner Jörg	*Köln	1:02:25	1:03:09	49	M40	68	14:06	15:25	16:22	16:32	
253	323	Knüppel Thomas	*Hürth	1:02:56	1:03:50	28	M50	58	13:47	15:41	17:15	16:11	
254	849	Reckmann Ulrich	*Köln	1:02:57	1:03:46	30	M35	72	14:06	15:34	16:28	16:48	
255	1029	Nitzschke Tim		1:02:57	1:03:46	12	M55	54	14:06	15:34	16:28	16:48	
256	50	Königstein Thomas	*Neuss	1:03:00	1:03:47	29	M50	61	14:12	15:55	16:31	16:20	
257	882	Uebber Dieter		1:03:24	1:03:58	5	M65	46	15:09	15:53	15:49	16:31	
258	214	Blaeser Ralf	*Köln	1:03:54	1:04:49	30	M50	61	14:33	16:10	16:35	16:36	
259	103	Stresau Marcus	*Köln	1:04:18	1:05:15	50	M40	69	14:32	16:08	16:53	16:43	
260	867	Pelzer Jürgen	*Köln	1:04:25	1:05:03	51	M40	67	14:58	16:29	16:30	16:27	
261	520	Breuer Dominik	*Koeln	1:04:28	1:04:31	11	MJB	95	13:06	16:53	17:48	16:41	
262	1975	Schwellnus Lars	*Düsseldorf	1:04:49	1:05:36	31	M35	75	14:13	16:10	17:24	17:01	
263	458	Haak Reiner	*Zülpich	1:05:12	1:06:07	53	M45	65	13:48	16:32	17:22	17:30	
264	327	Möller Joachim	TuS Badbergen	1:05:36	1:05:43	13	M55	55	14:10	16:16	17:54	17:14	
265	769	Hartmann Tobias		1:05:40	1:06:39	32	M35	72	15:03	16:26	17:07	17:02	
266	959	Matthias Jörg		1:06:46	1:06:48	52	M40	68	13:13	17:29	17:41	18:21	
267	329	Uekermann Dirk	*Düsseldorf	1:07:56	1:08:45	53	M40	70	15:23	17:35	18:00	16:56	
268	272	Müller Manfred	TEAM RAFA	1:08:07	1:08:48	6	M60	48	15:37	17:19	17:45	17:24	
269	1603	Zimmermann Hans-Georg	*Köln	1:08:15	1:09:06	14	M55	52	14:58	16:46	18:18	18:12	
270	252	Berndhäuser Thomas	*Bergisch Gladbach	1:09:04	1:10:04	32	M30	81	13:22	16:17	18:23	21:00	
271	714	Clemens Jürgen		1:09:11	1:09:32	33	M35	75	12:21	18:25	20:41	17:42	
272	120	Grüne Rainer	*Köln	1:09:46	1:10:23	54	M40	67	15:12	17:34	18:19	18:40	
273	357	Helms Björn	*Köln	1:11:50	1:12:38	31	MHK	82	15:35	18:30	19:15	18:29	
274	955	Adam Bernd	Titty Twister	0:29:20	0:29:22	33	M30	78	08:59	10:04	10:16	00:00	
275	977	Otten Peter		0:44:13	0:44:54	55	M40	69	13:23	15:06	15:43	00:00	
276	140	Schubert Daniel	*Köln	0:53:31	0:54:22	32	MHK	83	15:27	17:59	20:04	00:00	
277	383	Brüggemann Christian	*Köln	0:20:02	0:20:05	34	M30	78	08:59	11:02	00:00	00:00	
278	991	Sautter Dennis		0:22:00	0:22:07	35	M30	81	10:12	11:47	00:00	00:00	
279	890	Fiege Jürgen		0:23:59	0:24:15	31	M50	57	11:14	12:44	00:00	00:00	
280	273	Ahlf Frank	*Frechen	0:24:31	0:24:56	56	M40	68	11:39	12:52	00:00	00:00	
281	595	Pickl Norbert	Lauffreunde Blücherpark	0:25:11	0:25:44	32	M50	60	12:05	13:05	00:00	00:00	
282	1954	Braun Wolfgang	*Köln	0:28:37	0:29:21	15	M55	54	13:17	15:19	00:00	00:00	
283	891	Zitzen Bernd	LT Schneewittchen	0:30:17	0:31:18	16	M55	55	14:26	15:51	00:00	00:00	
284	558	Niendorf Günter	*Pulheim	0:30:18	0:30:51	3	M70	38	13:32	16:45	00:00	00:00	
285	964	Raisch Alexander	LT DSHS Köln	0:08:13	0:08:14	33	MHK	84	08:13	00:00	00:00	00:00	
286	936	Sandvoß Thomas	*Köln	0:14:19	0:15:11	33	M50	57	14:19	00:00	00:00	00:00	

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Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	531	Schneider Claudia	Colonia	0:42:23	0:42:25	1	W30	78	09:22	10:45	11:08	11:06	
2	1024	Krause Katrin	*Köln	0:43:18	0:43:23	2	W30	78	10:00	10:55	11:13	11:08	
3	993	Sautter Julia	PSV Bonn Triathlon	0:44:00	0:44:06	1	WHK	82	10:13	11:13	11:20	11:14	
4	996	Zarl Eliza	TV Refrath	0:44:03	0:44:09	1	W40	70	10:12	11:19	11:22	11:08	
5	83	Adam Simone	Trainingsinstitut Baum	0:44:16	0:44:20	1	W35	74	09:48	11:20	11:38	11:29	
6	676	Löhmer Sarah	ASV Köln	0:44:33	0:44:45	1	WJA	92	09:41	11:33	11:57	11:21	
7	1011	Berenfeld Irina	LT DSHS Köln	0:44:47	0:44:52	2	W35	73	10:09	11:23	11:40	11:34	
8	461	Vizzari Susanne	LT Saaler Mühle	0:45:08	0:45:11	3	W30	77	09:51	11:30	11:52	11:54	
9	294	Dieckhöner Caroline	*Leverkusen	0:45:11	0:45:25	2	WHK	83	10:13	11:25	11:55	11:36	
10	962	Hohage Anna	PSV Bonn Triathlon	0:45:29	0:45:36	4	W30	78	10:18	11:35	11:53	11:42	
11	1023	Küttner Christiane	ASV Köln Triathlon	0:47:35	0:47:48	2	W40	67	10:50	12:05	12:19	12:20	
12	97	Everschor Karin	TFG Nippes 1878 e.V.	0:49:07	0:49:58	3	WHK	84	11:54	12:33	12:31	12:08	
13	112	Daniels Anke	Kölner Turnerschaft	0:49:18	0:49:55	3	W35	74	11:02	12:20	13:00	12:55	
14	30	Polch Anne	Team Rondellchen	0:49:31	0:49:59	5	W30	81	11:01	12:36	13:03	12:50	
15	445	Liebscher DR Gitta	LT DSHS	0:50:21	0:50:30	1	W45	63	11:11	12:51	13:13	13:06	
16	363	Leipert Sabine	*Köln	0:50:40	0:51:19	4	W35	73	11:45	13:09	13:09	12:36	
17	945	Hauser Dunja	ASV Köln Triathlon	0:50:48	0:51:05	6	W30	79	11:19	13:02	13:15	13:10	
18	173	Söntgerath Birgit	*Köln	0:51:07	0:51:24	5	W35	72	11:08	13:17	13:24	13:16	
19	541	Jenner Stefanie	*Köln	0:51:30	0:51:45	4	WHK	86	11:00	14:23	13:16	12:49	
20	324	Schönborn Claudia	*Kerpen- horrem	0:51:32	0:52:07	3	W40	69	11:37	12:55	13:27	13:32	
21	20	Krantz Claudia	*Köln	0:51:35	0:52:11	4	W40	67	11:51	12:58	13:16	13:29	
22	279	Gimbarova Elena	ASV Köln	0:51:42	0:52:13	6	W35	72	11:49	13:19	13:23	13:11	
23	911	Jaeger Corinna	*Köln	0:51:47	0:52:29	2	W45	63	12:08	13:10	13:21	13:06	
24	1028	Vitt Ursula	1. Snowboardclub Köln	0:51:49	0:51:58	3	W45	62	11:17	13:15	13:32	13:43	
25	998	Gerhold Diana	RSG Ford Köln	0:52:10	0:52:20	4	W45	66	12:03	13:11	13:30	13:25	
26	217	Schmid Josefine	*Übersee	0:52:23	0:52:53	5	WHK	89	11:51	13:18	13:40	13:33	
27	153	Eschment-Schnitzler Ruth	Running TV Bedburg	0:52:30	0:53:16	1	W50	58	12:17	13:08	13:33	13:31	
28	442	Wolf Ulrike	Laktatkönige	0:52:44	0:53:11	2	W50	58	12:06	13:22	13:39	13:35	
29	244	Ritterbusch Nicole	*Köln	0:52:46	0:53:17	5	W40	69	11:45	13:18	13:53	13:49	
30	85	Weeger Sandra	*Köln	0:53:37	0:54:09	6	W40	67	12:09	13:40	13:58	13:49	
31	754	Schwingeler Yvonne	Sparkasse Köln/Bonn	0:53:39	0:54:27	6	WHK	85	13:12	13:47	13:33	13:07	
32	869	Welz Birgit	Laufmasche Köln	0:54:18	0:54:41	3	W50	60	12:13	13:46	14:03	14:14	
33	768	Cerdes Silke		0:54:35	0:54:59	7	WHK	83	12:55	14:08	13:11	14:19	
34	167	Mansius Christine	LAV Alfeld	0:54:36	0:54:59	5	W45	65	12:15	13:57	14:23	14:00	
35	194	Kopp Isabella	*Köln	0:54:37	0:55:37	6	W45	65	12:33	13:48	14:21	13:54	
36	903	Baginski Alice	Prof. Baum Team	0:54:42	0:54:58	1	W55	56	12:23	14:00	14:17	14:01	
37	124	Riese Insa	ident.africa	0:54:49	0:55:36	7	W30	79	12:51	14:14	14:09	13:34	
38	283	Nickel Christine	*Köln	0:54:55	0:55:20	8	W30	79	13:04	13:56	13:59	13:55	
39	980	Bittens Linda		0:55:00	0:55:19	8	WHK	84	12:10	14:00	14:26	14:23	
40	523	Schmelzer Dörte	*Zinnowitz	0:55:11	0:56:02	7	W40	69	13:09	13:47	14:07	14:06	
41	1073	Kleinsorg Claudia		0:55:21	0:56:06	7	W45	65	12:29	13:42	13:59	15:09	
42	377	Birkmann DR Christiane	*Köln	0:55:33	0:55:47	8	W40	67	13:22	14:17	14:13	13:39	
43	209	Ruth Serban	BSG Stadt Köln	0:55:34	0:56:03	4	W50	61	12:47	14:11	14:06	14:29	
44	408	Beuth Kirsten	*Köln	0:55:38	0:56:23	9	W40	67	13:00	14:22	14:17	13:57	
45	538	Hecht Ines	*Köln	0:55:45	0:56:05	9	WHK	89	12:45	14:05	14:26	14:28	
46	51	Richartz Karin	*Köln	0:55:50	0:56:30	5	W50	60	12:34	14:11	14:35	14:29	
47	1962	Ahl Madeleine	*Bonn	0:55:57	0:56:39	8	W45	62	13:22	14:03	14:16	14:14	
48	174	Stephan Nadja	*Köln	0:56:04	0:57:03	7	W35	73	12:46	14:01	14:52	14:22	
49	251	Berndhäuser Ilona	*Bergisch Gladbach	0:56:07	0:57:07	9	W30	81	13:14	14:12	14:24	14:15	
50	303	Cordes Sandra	*Bonn	0:56:09	0:56:33	10	WHK	86	12:55	14:08	14:50	14:14	
51	968	Van der Velde Susanne		0:56:44	0:57:43	9	W45	64	13:28	14:34	14:31	14:10	
52	859	Gries Marion	Vogelsanger Laufftreff	0:56:49	0:57:11	10	W40	69	12:55	14:17	14:49	14:47	
53	70	Seifriz Britta	*Frechen	0:57:06	0:57:24	8	W35	72	12:19	14:48	15:16	14:42	
54	271	Rupietta Susanne	Colombina Colonia	0:57:31	0:57:50	10	W45	64	12:57	14:41	15:00	14:50	
55	366	Hartmann Conny	*Köln	0:57:37	0:58:03	11	W45	64	13:22	14:24	14:56	14:53	
56	610	Toenneßen Anja		0:57:47	0:58:41	11	W40	68	13:10	14:22	14:54	15:20	
57	316	Bender-Schaaf Marianne	Team RAFA	0:57:56	0:58:36	1	W60	50	13:33	14:55	14:49	14:37	
58	77	Hagendorf Andrea	LV Stommeln	0:58:08	0:58:31	12	W40	70	13:17	14:41	15:10	14:57	
59	1960	Braun Christine	*Köln	0:58:10	0:58:54	6	W50	60	13:18	14:53	15:00	14:58	
60	818	Brüning Renate		0:58:24	0:58:44	13	W40	67	13:27	14:53	15:09	14:53	

10km - Gesamtwertung

5. Bickendorfer Büdchenlauf - 25.09.2011

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	326	Bitschnau Hildegard	vereinslos	0:58:34	0:59:33	2	W55	56	15:18	14:18	14:39	14:18	
62	976	Maus Andrea		0:58:39	0:58:50	10	W30	77	13:15	14:54	15:49	14:40	
63	1026	Gitzinger Kirstin		0:58:45	0:59:00	14	W40	71	12:58	15:19	15:14	15:13	
64	535	Dehner Beate	Gummy Bear Runners	0:58:52	0:59:35	12	W45	64	13:33	14:55	15:16	15:06	
65	3	Bickendorf Marion	Running TV Bedburg	0:59:04	0:59:49	13	W45	63	13:24	15:05	15:24	15:09	
66	877	Böckling Anja	*Köln	0:59:15	0:59:44	11	WHK	82	13:43	15:12	15:40	14:40	
67	164	Ott Marion	*Köln	0:59:17	1:00:16	15	W40	70	13:24	15:24	15:13	15:15	
68	1008	Engels Bärbel		0:59:22	0:59:46	16	W40	69	14:10	14:47	15:28	14:57	
69	793	Peil Margret		0:59:42	1:00:26	14	W45	63	13:51	15:22	15:34	14:54	
70	284	Eckhardt Simone	*Köln	0:59:42	1:00:07	11	W30	80	13:38	15:08	15:34	15:21	
71	205	Hintz Anja	ISI-FITNESS	0:59:42	0:59:51	12	W30	78	13:21	15:23	15:59	14:58	
72	267	Knop Vera	*Koeln	0:59:45	1:00:30	17	W40	69	14:15	15:40	15:39	14:09	
73	375	Eichenauer Stefanie	*Köln	0:59:50	1:00:23	12	WHK	84	13:03	15:21	15:49	15:36	
74	39	Rose Anke	Team Rondellchen	0:59:50	1:00:20	9	W35	75	12:47	14:59	16:02	16:00	
75	40	Wallraff Ines	Team Rondellchen	0:59:51	1:00:20	18	W40	69	12:48	14:59	16:03	16:00	
76	1009	Nussmann Michaela	*Köln	0:59:59	1:00:40	15	W45	64	13:33	15:15	15:38	15:31	
77	44	Schmitz-Verhjak Sylvia	TEAM RAFA	1:00:05	1:00:46	2	W60	51	13:53	15:26	15:31	15:14	
78	149	Bräutigam Nicole	MAS	1:00:41	1:00:59	13	W30	79	14:15	15:47	15:39	14:59	
79	332	Rausch Julia	*Fürstenau	1:01:39	1:01:55	13	WHK	86	13:31	15:39	16:15	16:13	
80	114	Everschor Petra	TFG Nippes 1878 e. V.	1:01:59	1:02:48	14	WHK	86	14:32	15:44	16:05	15:37	
81	738	Viek Ursula		1:02:15	1:03:01	14	W30	78	13:29	15:18	16:35	16:51	
82	188	Wolf Verena	*Köln	1:02:38	1:03:38	15	WHK	82	13:24	15:12	16:49	17:12	
83	144	Frömberg Gabi	*Köln	1:02:50	1:03:29	16	W45	66	15:09	16:23	15:59	15:17	
84	127	Henseler Nadine	ident.africa	1:02:57	1:03:44	16	WHK	83	14:44	16:04	15:58	16:10	
85	126	Mayer Laura	ident.africa	1:03:00	1:03:44	17	WHK	87	14:47	16:04	15:58	16:10	
86	563	Seeger Silke	*Köln	1:03:09	1:03:52	10	W35	74	13:54	16:07	16:45	16:21	
87	969	Pahde Ulrike		1:03:26	1:04:24	19	W40	68	13:42	15:40	17:01	17:01	
88	983	Brudermann Annika		1:03:34	1:04:12	15	W30	80	14:23	16:18	17:06	15:46	
89	984	Becker Cornell	*Stade	1:03:35	1:04:12	16	W30	79	14:23	16:18	17:06	15:46	
90	966	Schäfer Andrea		1:04:14	1:04:37	18	WHK		14:08	16:00	17:13	16:52	
91	102	Stresau-Heydemann Nicole	*Köln	1:04:18	1:05:15	20	W40	67	14:32	16:07	16:54	16:44	
92	237	Ihm Sindy	*Bornheim	1:04:31	1:05:29	17	W30	79	13:39	15:45	16:39	18:27	
93	186	Steidl Michaela	*Köln	1:04:31	1:05:16	17	W45	65	15:40	17:01	16:09	15:40	
94	340	Spaunhorst Caroline	*Düsseldorf	1:04:43	1:05:04	11	W35	76	13:52	15:55	17:26	17:28	
95	73	Spachholz Marlies	*Köln	1:04:48	1:05:23	19	WHK	11	13:22	16:03	17:10	18:12	
96	551	Pöll Gisela	*Köln	1:05:54	1:06:16	1	W65	46	14:11	16:41	17:18	17:42	
97	973	Burgard Leonie	*Köln	1:06:32	1:07:30	18	W45	63	14:16	17:09	17:45	17:20	
98	972	Böhmer Brigitte		1:06:32	1:07:29	21	W40	69	14:16	17:09	17:45	17:20	
99	222	Kremer Tina	*Lindlar	1:06:34	1:07:06	22	W40	67	13:55	16:16	17:48	18:33	
100	35	Dillenburg-lux Manuela	*Huerth	1:07:19	1:07:50	19	W45	63	14:46	16:53	17:42	17:56	
101	62	Babenerd Jutta	*Köln	1:07:31	1:08:15	12	W35	72	15:41	17:31	17:43	16:35	
102	691	Stöberl-Lacroix Simone		1:08:22	1:08:53	20	W45	62	15:53	17:30	17:45	17:12	
103	183	Scholz Sylke	*Köln	1:08:33	1:09:18	21	W45	64	15:41	17:30	17:45	17:36	
104	202	Kapune Bettina	*Köln	1:09:47	1:10:24	7	W50	59	15:12	17:36	18:20	18:38	
105	143	Schimmer Yvonne	*Köln	1:11:18	1:12:11	18	W30	77	15:34	17:53	19:34	18:16	
106	781	Rosche Viola	Köln	1:11:50	1:12:37	20	WHK	82	15:35	18:30	19:15	18:29	
107	90	Bartel Michaela	BSG Köln	0:43:16	0:43:44	22	W45	66	13:15	15:06	14:54	00:00	
108	1027	Schram Birgit		0:43:32	0:43:47	23	W45	66	12:58	15:19	15:14	00:00	
109	443	GSCHWANDTNER	ISI-FITNESS.de	0:44:44	0:44:53	19	W30	78	13:36	15:08	15:59	00:00	
110	762	Käding Tanja	adventure Hennef	0:51:18	0:52:11	20	W30	77	15:25	17:44	18:09	00:00	
111	806	Schumann Katharina		0:53:26	0:54:22	21	WHK	85	13:55	17:12	22:18	00:00	
112	33	Siemons Elisabeth	*Köln	0:25:46	0:25:59	24	W45	66	11:48	13:57	00:00	00:00	
113	446	Liebscher Jule	LT DSHS	0:27:44	0:27:58	1	WJB	01	12:43	15:01	00:00	00:00	
114	13	Steffen Natalie	*Koeln	0:28:57	0:29:29	13	W35	73	13:12	15:44	00:00	00:00	
115	22	Moritzky Monika	*Köln	0:33:35	0:33:47	23	W40	67	14:10	19:25	00:00	00:00	