

10km - Gesamtwertung

7. Bickendorfer Büdchenlauf - 29.09.2013

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	1328	Fricke Marc	Non-Stop-Ultra Brakel	0:33:33	0:33:34	1	M35	74	07:41	08:33	08:37	08:41	
2	1327	Gröppel Till	Pulheimer SC	0:37:04	0:37:05	1	M30	82	08:29	09:26	09:39	09:29	
3	1437	Wilmes Heiko	TV Refrath	0:37:14	0:37:15	1	M45	64	08:29	09:25	09:40	09:38	
4	1247	Meyer Irek	TV Refrath	0:37:32	0:37:38	1	M40	71	08:41	09:37	09:41	09:32	
5	1412	Sandscheper Clemens	TV Rodenkirchen Triathlon	0:37:34	0:37:36	2	M40	69	08:42	09:38	09:41	09:31	
6	1417	Bosshammer Michael	Triathlon Team Grevenbroich	0:37:40	0:37:42	1	MHK	84	08:41	09:40	09:41	09:36	
7	555	Orthen Johannes	TV Rodenkirchen Triathlon	0:37:53	0:37:55	1	M50	62	08:42	09:39	09:43	09:48	
8	209	Hain Matthias	Titty Twister-Köln	0:38:08	0:38:09	2	M35	76	08:32	09:45	09:57	09:52	
9	1223	Bullach Andrej	LG Hückeswagen	0:38:26	0:38:28	3	M40	69	08:30	09:31	10:12	10:12	
10	1381	Arenz Jens		0:38:31	0:38:34	4	M40	69	09:01	09:50	09:55	09:43	
11	559	Müller Jonas	Käthe Running Team	0:38:39	0:38:51	1	MJB	98	09:14	09:39	09:56	09:49	
12	1435	Riefe Sebastian		0:38:48	0:38:48	3	M35	78	08:51	10:05	10:04	09:46	
13	1439	Offer Thorsten	SPD Ehrenfeld	0:39:21	0:39:25	2	MHK	87	08:59	10:07	10:10	10:04	
14	236	Heldt Carsten	Küchenstudio Ulrich Heldt	0:39:22	0:39:28	4	M35	77	09:06	10:02	10:11	10:02	
15	144	Dudley Richard	Team Erdinger Alkoholfrei	0:39:34	0:39:36	2	M50	61	09:10	10:04	10:11	10:08	
16	1200	Hollain Rolf	LAZ Puma	0:39:47	0:39:50	3	MHK		09:01	10:14	10:23	10:08	
17	132	Dignas Christian	Tricologne	0:39:59	0:40:01	5	M35	76	09:01	10:17	10:28	10:11	
18	785	Zarges Max	der SchwebebahnExpress	0:40:28	0:40:34	6	M35	76	08:46	10:16	10:41	10:44	
19	1079	Jennemann Ralf	RUNCGN.CON	0:40:34	0:40:46	7	M35	78	09:20	10:14	10:29	10:30	
20	106	Buhr Holger	RSV Staubwolke Refrath	0:41:01	0:41:04	8	M35	74	08:59	10:28	10:46	10:47	
21	1351	Kistner Axel	*Köln	0:41:03	0:41:06	5	M40	73	09:01	10:26	10:45	10:49	
22	12	Bovo Frank	Köln	0:41:04	0:41:06	2	M45	68	09:01	10:38	10:51	10:33	
23	405	Klapper Frank	TriCologne	0:41:10	0:41:12	6	M40	69	09:02	10:25	10:56	10:46	
24	1451	Trier Martin	TSV Dieringhausen	0:41:25	0:41:30	3	M50	62	09:33	10:18	10:44	10:48	
25	1436	Bahr Alexander		0:41:31	0:41:35	4	M50	63	09:39	10:31	10:39	10:41	
26	1215	Hierholzer Stephan	RSF Frohe Felge	0:41:52	0:41:57	7	M40	72	09:28	10:38	10:55	10:50	
27	689	Stula Sebastian	Turboschnecken	0:41:59	0:42:01	2	M30	79	09:27	10:57	11:01	10:33	
28	1325	Wattler Wilfried	Post SV Köln	0:42:07	0:42:12	5	M50	60	09:34	10:35	10:55	11:03	
29	1156	Hoyer Richard		0:42:22	0:42:37	8	M40	69	09:21	10:42	11:11	11:06	
30	7	Rüthlein Florian	*Köln	0:42:23	0:42:30	4	MHK	87	10:00	11:00	10:55	10:25	
31	240	Hering Sven	*Bonn	0:42:35	0:42:45	3	M30	81	09:58	11:00	10:56	10:40	
32	227	Heidemeier Jorris	*Köln	0:42:40	0:43:02	5	MHK	87	10:22	10:56	10:48	10:33	
33	638	Schmitz Sam	Pena Ihse Rothrunners	0:42:48	0:42:53	9	M40	72	09:29	10:58	11:11	11:09	
34	1441	Groos Martin		0:42:56	0:42:59	1	M60	53	09:39	10:53	11:13	11:09	
35	1205	Keldenich Stephan	DJK LC Vettweiss	0:43:03	0:43:20	10	M40	72	10:00	10:53	11:13	10:56	
36	4	Wirtz Oliver	*Köln	0:43:10	0:43:17	11	M40	72	10:01	11:00	11:00	11:08	
37	258	Hoffmann Michael	*Köln	0:43:12	0:43:15	1	M55	54	09:39	11:03	11:19	11:10	
38	453	Krüppel Christoph	*Bocholt	0:43:13	0:43:27	6	MHK	84	10:00	10:54	11:10	11:07	
39	1246	Hamilton Alistar Douglas		0:43:20	0:43:27	0	M		09:16	11:02	11:32	11:28	
40	1310	Würtz Olaf	LLG 80 Nordpark Köln	0:43:28	0:43:32	12	M40	73	09:43	11:03	11:20	11:20	
41	548	Amleke Elidas	Käthe Running Team	0:43:30	0:43:43	2	MJB	98	09:25	11:29	11:29	11:06	
42	605	Sallen Niko	*Köln	0:43:33	0:43:39	7	MHK	85	09:15	11:32	11:26	11:18	
43	265	Husemann Georg	Käthe Running Team	0:43:34	0:43:47	3	M45	68	10:02	10:55	11:28	11:09	
44	451	Kröling Matthias	*Köln	0:43:37	0:43:52	8	MHK	89	10:01	11:01	11:18	11:15	
45	157	Flügel Marcus	Hardtseemafia Triathlon	0:43:52	0:43:54	9	M35	77	10:14	11:11	11:09	11:16	
46	1452	Oeynhausens Philipp	GND 42	0:43:52	0:44:05	9	MHK	86	10:04	11:10	11:20	11:16	
47	626	Schloemer Stefan	Ktt 01	0:43:56	0:44:02	4	M45	66	09:37	11:11	11:29	11:38	
48	677	Soethout Guido	Laufmonster	0:44:00	0:44:04	2	M55	55	09:30	11:13	11:38	11:38	
49	0	Sprenker Michael	AXA SV	0:44:07	0:44:13	3	M55	55	10:17	11:15	11:20	11:13	
50	716	Tolle Leif	*Köln	0:44:10	0:44:23	10	M35	75	10:31	11:27	11:23	10:48	
51	1225	Paassens Lutz	Verbier Connection	0:44:19	0:44:30	5	M45	67	10:13	11:18	11:35	11:11	
52	544	Nielsen Peter	*Köln	0:44:23	0:44:35	6	M45	64	10:25	11:27	11:30	10:59	
53	1319	Becker Andreas	*Leverkusen	0:44:23	0:44:31	13	M40	70	10:10	11:25	11:32	11:15	
54	1356	Fiegert Marcek	TV Delbrück	0:44:27	0:44:37	3	MJB	96	09:20	11:02	12:00	12:04	
55	2	Philippen Thomas	Sebamed Running Team	0:44:27	0:44:57	10	MHK	89	10:10	11:32	11:42	11:02	
56	743	Wagner Axel	*Köln	0:44:28	0:44:39	11	M35	74	10:10	11:19	11:36	11:22	
57	299	Keldenich Martin	DJK LC Vettweiß	0:44:30	0:44:47	4	M30	80	10:17	11:23	11:32	11:17	
58	1301	Milz Ralf	Vorwärts Köln	0:44:31	0:44:32	6	M50	61	10:00	11:15	11:39	11:35	
59	741	Waßerka Boris	*Köln	0:44:33	0:44:38	7	M45	64	10:06	11:21	11:41	11:23	
60	1977	Strebin Florian	*Köln	0:44:50	0:45:43	12	M35	77	10:46	11:09	11:38	11:16	

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	427	Koch Marcel	*Köln	0:44:51	0:45:00	14	M40	70	10:10	11:19	11:40	11:40	
62	273	Janke Jens	SC Germania Reusrat	0:44:52	0:45:16	5	M30	82	11:00	11:13	11:24	11:13	
63	33	Ansari Arash	*Köln	0:44:55	0:45:01	15	M40	73	09:48	11:38	11:48	11:40	
64	1406	Kossen Andreas	*Duisburg	0:44:59	0:45:03	16	M40	69	10:06	11:27	11:40	11:45	
65	556	Osbah Sven	*Köln	0:45:08	0:45:13	8	M45	66	10:03	11:26	11:47	11:51	
66	275	Jauk Alexander	DJK Roland Köln-West	0:45:17	0:45:25	13	M35	76	10:36	11:47	11:48	11:05	
67	1221	Goldbeck Jens	Knickfööss Köln	0:45:30	0:45:42	17	M40	70	10:14	11:42	11:43	11:48	
68	259	Hoffmann Peter	*Köln	0:45:32	0:45:40	6	M30	80	10:33	11:39	11:56	11:22	
69	783	Zahren Marcus	*Köln	0:45:32	0:45:48	18	M40	69	10:12	11:41	11:55	11:43	
70	1440	Ackermann Sebastian	*Köln	0:45:35	0:45:51	9	M45	66	10:28	11:26	11:44	11:56	
71	636	Schmitz Helmut	Kempen	0:45:50	0:45:55	2	M60	53	10:22	11:42	11:52	11:52	
72	1424	Rymas Elmar	LT Bunnert Köln	0:45:53	0:46:27	1	M65	48	11:13	11:29	11:33	11:37	
73	647	Schubert Jens	*Köln	0:45:58	0:46:07	7	M30	81	10:34	11:40	11:57	11:46	
74	70	Besenthal Matthias	*Köln	0:46:03	0:46:12	8	M30	80	10:34	11:39	11:59	11:50	
75	614	Scheible Peter	*Köln	0:46:06	0:46:13	19	M40	71	10:09	11:49	11:46	12:20	
76	1000	Adler Dr. Burkhart	Dauerlaufschule Köln	0:46:07	0:46:12	3	M60	53	10:35	11:46	11:54	11:50	
77	1220	Voigt Stefan	Laktatjunkies Rheinland	0:46:07	0:46:19	14	M35	74	10:15	12:03	12:06	11:42	
78	753	Weiss Boris	*Köln	0:46:13	0:46:21	9	M30	82	10:35	11:39	11:59	11:59	
79	613	Schatton Thomas	*Leverkusen	0:46:28	0:46:44	15	M35	75	10:20	11:56	12:16	11:54	
80	79	Birnkammer Markus	*Köln	0:46:29	0:46:47	10	M30	82	10:37	11:43	12:07	12:00	
81	1430	Remus Ralph	*Köln	0:46:29	0:47:47	20	M40	70	11:13	11:46	11:57	11:32	
82	495	Loewer Ralf	*Köln	0:46:41	0:46:56	10	M45	65	11:03	11:49	11:55	11:52	
83	1107	Hobbs David		0:46:47	0:47:09	16	M35	77	10:58	11:56	12:05	11:46	
84	539	Müller DR Stephan	*Pulheim	0:46:49	0:46:58	21	M40	72	10:31	12:01	12:14	12:02	
85	1357	Fiegert Frank	Team Erdinger Alkoholfrei	0:46:50	0:47:01	22	M40	71	10:08	11:45	12:27	12:28	
86	1312	Gnodtke Heiko	SV AXA	0:46:52	0:46:57	23	M40	69	10:38	12:03	12:12	11:58	
87	1418	Schneider Patrick	LT Ennert Bonn	0:46:52	0:47:12	24	M40	69	10:50	11:59	12:08	11:54	
88	443	Kotthaus Michael	LH Nord	0:47:01	0:47:30	25	M40	73	10:27	11:58	12:25	12:09	
89	709	Thiele Jörg	*Köln	0:47:10	0:47:38	26	M40	70	11:20	12:16	12:09	11:23	
90	586	Ripp Dieter	VTC Köln	0:47:16	0:47:21	4	M55	56	10:52	12:04	12:12	12:07	
91	296	Kehlenbach Lukas	*Köln	0:47:21	0:47:30	1	MJA	94	10:43	12:19	12:38	11:39	
92	493	Löpki Dirk	*Köln	0:47:38	0:47:53	7	M50	63	11:06	12:07	12:17	12:06	
93	1978	Dames Michael	*Köln	0:47:42	0:48:25	17	M35	78	11:05	12:06	12:18	12:11	
94	115	Conrad Jürgen	TSV Bayer Dormagen	0:47:43	0:48:13	2	M65	46	11:04	12:09	12:22	12:06	
95	1236	Aydemir Gürhan	*Köln	0:47:43	0:48:09	11	M45	67	10:45	11:51	12:33	12:33	
96	1111	Achten Bernhard	Kölner Narrenzunft	0:47:45	0:47:52	8	M50	59	10:31	12:09	12:35	12:29	
97	1010	Boes-Schulte Michael	*Köln	0:47:48	0:48:06	12	M45	64	11:18	12:13	12:16	12:00	
98	1193	Holzporz Dr. Martin		0:47:50	0:47:57	13	M45	64	10:15	12:10	12:43	12:41	
99	788	Zito Giuseppe	*Köln	0:47:57	0:48:32	18	M35	74	11:04	12:15	12:36	12:01	
100	1040	Beuning Henrik		0:47:59	0:48:06	14	M45	68	10:46	12:15	12:32	12:25	
101	5446	Richter Niklas	*Köln	0:48:02	0:48:24	11	M30	80	11:32	12:38	12:14	11:37	
102	1069	Marty Farty		0:48:11	0:49:23	11	MHK	90	11:36	11:49	12:11	12:34	
103	1070	Verlich Fox		0:48:11	0:49:23	12	M30	82	11:36	11:49	12:11	12:34	
104	15	Pestka Günther	Underwater-No1	0:48:15	0:49:10	15	M45	68	11:18	12:38	12:24	11:54	
105	175	Geier Stefan	Löstige vom Stietenberg	0:48:15	0:49:23	19	M35	77	12:10	12:28	12:07	11:29	
106	612	Schäffer Moritz	*Köln	0:48:22	0:48:38	12	MHK	88	10:28	12:24	12:50	12:39	
107	407	Klein Jörg	*Köln	0:48:28	0:48:43	27	M40	69	11:08	12:24	12:31	12:23	
108	456	Kruse Sebastian	*Köln	0:48:29	0:49:00	13	M30	83	11:03	12:20	12:26	12:39	
109	155	Fiege Jürgen	*Köln	0:48:46	0:48:59	5	M55	57	10:53	12:13	12:45	12:53	
110	62	Bell Tobias	*Köln	0:48:50	0:49:20	14	M30	81	11:11	12:35	12:38	12:25	
111	195	Greite Stefan	*Köln	0:48:52	0:49:19	15	M30	79	11:25	12:39	12:44	12:02	
112	1329	Jennemann Dirk	RUNCGN.COM	0:48:56	0:49:07	20	M35	75	10:54	12:36	12:57	12:28	
113	186	Gloux Yvan	*Köln	0:48:58	0:49:25	9	M50	61	11:19	12:35	12:39	12:24	
114	593	Rosso Mario	*Pulheim	0:49:01	0:49:30	10	M50	60	11:52	12:22	12:36	12:09	
115	73	Zuper Dirk	MTVD Köln	0:49:02	0:49:12	28	M40	73	11:10	12:48	12:47	12:16	
116	999	Mende Sebastian	X-perion Consulting AG	0:49:03	0:49:27	13	MHK	84	11:40	12:25	12:42	12:15	
117	577	Raths Oliver	Loreen runners	0:49:04	0:49:12	16	M45	68	11:07	12:38	12:47	12:30	
118	563	Parting Marc	*Köln	0:49:04	0:49:13	21	M35	77	10:33	12:24	12:50	13:16	
119	1420	Mielczarek Norbert	Rhein-Erft Akademie	0:49:08	0:49:13	6	M55	55	11:28	12:41	12:42	12:16	
120	581	Reckmann Ulrich	*Köln	0:49:16	0:50:01	29	M40	72	12:36	12:34	12:22	11:42	

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7. Bickendorfer Büdchenlauf - 29.09.2013

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	1963	Büchel Heinz	Mach3 Köln	0:49:25	0:49:31	11	M50	63	10:34	12:33	13:18	12:59	
122	23	Hoyer Harald	*Köln	0:49:26	0:50:09	7	M55	57	11:11	12:23	13:16	12:35	
123	1442	Heiter Denny	Blade Runners	0:49:27	0:49:36	14	MHK	85	10:36	12:16	13:20	13:15	
124	1248	Övermöhle Matthias		0:49:37	0:50:02	17	M45	64	11:18	12:26	12:51	13:01	
125	110	Christ Carsten	SG Grefrath	0:49:43	0:50:18	18	M45	67	11:23	12:43	12:52	12:44	
126	103	Bühler Nils	*Köln	0:49:49	0:50:14	16	M30	83	11:13	12:37	13:10	12:48	
127	166	Funk Kay	*Köln	0:49:53	0:50:51	30	M40	70	11:45	12:44	12:51	12:31	
128	988	Vander Christian	Bananenpflücker Bickendorf	0:50:01	0:50:20	31	M40	71	10:50	12:56	13:33	12:41	
129	266	Huxoll Robert	*Köln	0:50:19	0:50:51	22	M35	75	11:28	12:40	13:07	13:03	
130	469	Lamann DR Rainer	*Bergheim	0:50:31	0:51:22	17	M30	82	12:05	12:52	13:05	12:29	
131	1444	Verleger Achim	ESV Gremberghoven	0:50:32	0:50:43	19	M45	65	11:22	12:53	13:08	13:07	
132	1237	Steckiewicz Andrzej	*aachen	0:50:35	0:51:40	12	M50	63	11:55	13:02	13:05	12:31	
133	43	Bakker Thomas	*Leichlingen	0:50:36	0:51:08	13	M50	61	11:56	12:46	12:57	12:55	
134	485	Lennartz Simon	TV Obermaubach	0:50:40	0:51:28	23	M35	77	12:15	12:55	12:56	12:33	
135	4362	Kramer Uwe	*Köln	0:50:41	0:50:56	14	M50	62	11:01	12:44	13:17	13:38	
136	594	Rothenpieler Dennis	*Köln	0:50:41	0:51:40	15	MHK	84	12:52	13:40	12:30	11:37	
137	107	Bunsen Oliver	*Köln	0:50:44	0:51:08	32	M40	69	11:30	12:37	13:14	13:21	
138	146	Dworeck Alexander	*Köln	0:50:46	0:51:17	24	M35	75	11:38	12:59	13:20	12:47	
139	703	Tessmer Ansgar	Fidele Arschkrampen	0:50:48	0:51:45	25	M35	77	12:20	12:51	13:05	12:30	
140	737	Voll Harald	*Pulheim	0:50:48	0:50:52	15	M50	59	10:53	13:07	13:25	13:22	
141	569	Pollmann Bernd	Laufschnecken Köln	0:50:51	0:52:04	20	M45	65	12:37	13:11	12:46	12:15	
142	1214	Hoffmann Martin		0:50:52	0:51:43	16	MHK	84	12:05	12:52	13:05	12:49	
143	1113	Tintrup Hartmut	Lauftreff Lüdinghausen	0:50:54	0:51:37	33	M40	69	11:10	13:01	13:30	13:12	
144	1305	Nabersberg Dirk	*Köln	0:50:58	0:51:16	16	M50	60	12:27	13:00	12:56	12:33	
145	1428	Kamrau Andreas		0:51:03	0:52:00	21	M45	66	12:47	12:37	13:10	12:28	
146	204	Guddat Oliver	*Köln	0:51:04	0:51:18	34	M40	71	11:38	13:09	13:15	13:00	
147	1401	Nörthemann Andre	SGE	0:51:04	0:51:43	18	M30	83	11:56	13:17	13:05	12:44	
148	232	Heintze Erik	*Köln	0:51:04	0:51:28	26	M35	77	11:00	13:06	13:49	13:08	
149	241	Hermann Udo	*Köln	0:51:05	0:52:02	22	M45	67	12:47	12:37	13:10	12:30	
150	287	Junghänel Christian	*Gevelsberg	0:51:09	0:51:44	19	M30	83	11:50	13:01	13:16	13:00	
151	99	Brozio-Läseke Brecht	Brunnenkinder e.V.	0:51:10	0:51:23	17	M50	61	11:06	12:59	13:28	13:35	
152	455	Kruse Martin	*Köln	0:51:11	0:51:57	23	M45	65	11:34	13:19	13:20	12:57	
153	438	Kolar Ingo	*Köln	0:51:16	0:51:19	24	M45	66	11:00	13:21	13:38	13:15	
154	206	Haep Patrick	*Bornheim	0:51:18	0:51:31	35	M40	71	11:08	12:56	13:32	13:41	
155	210	Halbach Jochen	LCK Ronsdorf	0:51:21	0:51:50	36	M40	72	12:06	12:51	13:15	13:08	
156	432	König Volker	*Bergisch Gladbach	0:51:26	0:51:56	18	M50	60	11:29	12:57	13:33	13:25	
157	1712	Witt Guido	FC Bayern München	0:51:28	0:52:19	25	M45	65	12:02	13:04	13:22	12:59	
158	553	Ohlert Detlef	Gebirgsjägerzug Enzian	0:51:29	0:52:19	37	M40	71	12:01	13:06	13:21	12:59	
159	1161	Schmelcher Bastian		0:51:31	0:52:12	17	MHK	85	12:51	13:14	13:06	12:19	
160	1198	Schorn Gerd		0:51:32	0:51:42	19	M50	59	11:28	13:16	13:43	13:03	
161	659	Schwarzfeld Guido	Strandläufer	0:51:33	0:51:41	20	M50	63	12:10	13:20	13:17	12:45	
162	471	Lamprecht Ronny	*Bergheim	0:51:33	0:52:13	20	M30	83	12:07	13:11	13:16	12:57	
163	89	Borchmann Ben	*Köln	0:51:33	0:52:43	38	M40	70	12:13	13:05	13:14	13:01	
164	501	Limburg Michael	*Bergisch Gladbach	0:51:34	0:52:23	21	M30	79	11:40	13:10	13:30	13:14	
165	1421	Schneider Helmut	Kölner Narren-Zunft	0:51:42	0:51:49	26	M45	66	11:07	12:53	13:21	14:20	
166	1304	Fels Markus	*Köln	0:51:44	0:52:41	39	M40	70	12:19	13:13	13:09	13:02	
167	1377	Rolf Grisard		0:51:48	0:52:33	21	M50	60	12:23	13:07	13:20	12:56	
168	522	Menke Martin	BSV 69	0:51:50	0:52:25	27	M45	67	12:30	13:05	13:19	12:55	
169	575	Rabuse Herbert	*Köln	0:51:52	0:53:09	27	M35	76	12:35	13:23	13:04	12:49	
170	682	Soujon Marcel	Albis Lauftreff	0:51:52	0:52:15	18	MHK	90	12:02	13:14	13:26	13:09	
171	1187	Kurte Jörg	Connectionchor	0:51:54	0:52:57	22	M50	62	12:29	13:11	13:12	13:00	
172	1241	Gottschalk Ralf	*Köln	0:51:57	0:52:34	23	M50	63	12:12	13:27	13:26	12:50	
173	721	Valentin Clemens	*Leichlingen	0:51:58	0:52:23	24	M50	63	11:54	13:17	13:32	13:14	
174	1159	Okonek David		0:52:03	0:52:44	19	MHK	85	12:51	13:14	13:07	12:50	
175	1240	Tappe Jens		0:52:04	0:52:42	28	M45	66	12:12	13:27	13:27	12:56	
176	690	Sühr Daniel	Albis Lauftreff	0:52:04	0:52:24	20	MHK	93	11:36	13:08	14:07	13:13	
177	1001	Schnepper Willi	Biggis Flitzer	0:52:14	0:52:26	29	M45	65	11:56	13:25	13:31	13:20	
178	277	Jentges Michael	*Kempen	0:52:14	0:52:33	40	M40	69	12:24	13:39	13:08	13:01	
179	1238	Vitt Mela	1. Snowboard Club Köln	0:52:14	0:52:32	41	M40	69	11:34	13:10	13:50	13:38	
180	1033	Winkler Daniel		0:52:20	0:53:08	21	MHK	86	11:33	13:19	13:20	14:06	

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
181	1425	Hahn Arne		0:52:22	0:53:04	30	M45	64	11:56	13:14	13:44	13:25	
182	1194	Vitt Georg	1. Snowboard Club Köln e.V.	0:52:32	0:52:32	31	M45	67	11:52	13:09	13:08	14:23	
183	444	Kourkoulos Dimitrios	LKW-Schorse	0:52:37	0:53:00	22	MHK	86	11:55	13:32	13:50	13:19	
184	212	Hambloch Christoph	Albis Laufftreff	0:52:38	0:52:58	32	M45	64	11:59	13:17	13:35	13:46	
185	1059	Welter Stephan		0:52:40	0:53:15	25	M50	59	11:48	13:21	13:44	13:46	
186	245	Hertzfeld DR Herbert	*Köln	0:52:46	0:53:22	42	M40	70	12:16	13:35	13:34	13:19	
187	608	SCHAACK Martin	Freunde der Wahrheit	0:52:49	0:54:08	26	M50	62	11:53	13:28	13:37	13:49	
188	452	Kronsbein Günter	*Köln	0:52:52	0:53:02	33	M45	65	11:48	13:44	13:52	13:27	
189	650	Schulz Daniel	*Pulheim	0:52:55	0:53:16	23	MHK	86	12:14	13:17	13:47	13:36	
190	149	Epple Timo	*Pulheim	0:52:55	0:53:16	24	MHK	86	12:14	13:17	13:46	13:36	
191	1227	Müller-Saran Marcus	Verbier-Connection	0:53:00	0:53:11	34	M45	66	10:51	14:01	14:20	13:47	
192	1071	Turban Klaus		0:53:02	0:54:14	22	M30	82	13:01	13:18	13:24	13:18	
193	766	Winkelmann Christian	SG Deutsche Bank Köln e.V.	0:53:04	0:53:32	28	M35	78	12:39	13:29	13:40	13:14	
194	615	Scheller Friedrich	*Köln	0:53:12	0:54:21	23	M30	82	13:08	13:26	13:30	13:06	
195	401	Kessler Thomas	*Köln	0:53:12	0:53:50	35	M45	68	11:53	13:27	13:57	13:54	
196	199	Gruneberg Ralf	BSG Köln	0:53:23	0:53:48	36	M45	64	11:39	13:20	14:04	14:19	
197	745	Walther Markus	*Köln	0:53:23	0:53:52	24	M30	82	11:27	13:56	14:05	13:54	
198	752	Weis Mark	*Elsdorf	0:53:26	0:54:14	43	M40	71	12:25	13:44	13:38	13:38	
199	50	Baus Reiner	theegarten	0:53:31	0:54:03	8	M55	54	12:02	13:40	14:01	13:47	
200	1155	Schulz Martin		0:53:34	0:53:50	37	M45	67	11:48	13:32	14:03	14:09	
201	234	Heithecker David	*Köln	0:53:38	0:53:47	25	MHK	84	11:09	13:32	14:28	14:26	
202	242	Hermanns Bruno	Kreissparkasse Köln	0:53:39	0:54:11	27	M50	60	12:01	13:40	14:01	13:56	
203	290	Karhausen Michael	*Köln	0:53:40	0:54:20	38	M45	65	12:22	13:26	14:04	13:46	
204	180	Gerhards Georg	*Sonsbeck	0:53:40	0:54:23	44	M40	69	12:30	13:44	13:42	13:43	
205	552	Offermann Josef	OTT Köln	0:53:47	0:54:28	4	M60	49	12:30	13:46	13:49	13:40	
206	1234	Morath Frank		0:53:51	0:54:41	45	M40	69	13:37	13:45	13:32	12:56	
207	71	Binzen Martin	*Köln	0:53:54	0:54:32	29	M35	76	12:57	13:41	13:46	13:29	
208	1395	Wiesemann Meister Dirk		0:53:59	0:54:28	46	M40	72	12:22	13:28	13:46	14:21	
209	576	Radeke Stefan	*Köln	0:53:59	0:54:16	47	M40	71	12:09	13:42	14:09	13:58	
210	139	Doll Peter	*Köln	0:53:59	0:54:19	26	MHK	84	11:47	13:38	14:31	14:02	
211	710	Thielen Christoph	Quäl Dich Du Sau e.V.	0:54:02	0:54:40	25	M30	79	13:10	13:54	13:45	13:11	
212	503	Lüke Gerd	Gyros komplett	0:54:03	0:54:40	39	M45	66	13:10	13:55	13:44	13:12	
213	781	Wurda Werner	Diabetes Programm	0:54:06	0:55:24	28	M50	60	12:21	13:41	14:22	13:41	
214	135	Dönges Gunnar	*Düsseldorf	0:54:07	0:54:41	26	M30	80	12:57	13:45	13:57	13:28	
215	78	Birkenfeld Gero	SV Bayer 08	0:54:13	0:55:13	48	M40	72	12:43	13:44	14:10	13:35	
216	1038	von Cube Maximilian		0:54:15	0:54:49	27	MHK	86	12:30	14:09	14:29	13:06	
217	171	Galvis Mike	Ohne Auge	0:54:17	0:55:03	30	M35	77	12:48	13:42	13:41	14:04	
218	547	Nohl Günter	LSV Köln-Porz	0:54:17	0:54:31	29	M50	59	12:10	13:44	14:13	14:09	
219	1216	Beßlich Holger		0:54:24	0:55:21	31	M35	74	12:40	13:36	14:19	13:48	
220	746	Wauer Gabriel	*Köln	0:54:27	0:55:27	28	MHK	86	13:39	14:05	13:28	13:14	
221	1242	Hendrix Jan-Frederik		0:54:28	0:55:39	29	MHK	84	13:19	13:40	13:43	13:45	
222	599	Rütz DR Thomas	*Köln	0:54:38	0:54:51	32	M35	77	11:07	14:05	14:44	14:40	
223	777	Draga Richard	Schwemmbotz-Records	0:54:38	0:55:34	40	M45	64	12:21	13:23	14:28	14:25	
224	595	Rother Markus	*Köln	0:54:41	0:55:26	49	M40	73	13:04	13:52	14:02	13:41	
225	667	Seitzinger Christian	*Köln	0:54:41	0:55:26	33	M35	75	13:05	13:52	14:01	13:42	
226	723	Van Assel Louis	L.A.R.	0:54:42	0:55:17	4	MJB	99	11:31	14:53	15:50	12:26	
227	95	Breuer Heiko	*Köln	0:54:47	0:55:34	50	M40	69	13:29	14:05	14:04	13:08	
227	449	Krenn Hans	*Köln	0:54:47	0:55:18	30	M50	61	12:40	14:01	14:06	13:59	
229	276	Jennen Daniel	*Krefeld	0:54:48	0:56:03	34	M35	74	12:43	13:54	14:12	13:57	
230	280	Jilly Frank	*Köln	0:54:56	0:55:46	35	M35	77	12:41	13:54	14:18	14:01	
231	21	Altenburg Gerrit	LT Düsseldorf Süd	0:54:57	0:55:29	31	M50	62	12:44	13:59	14:12	14:01	
232	1203	Pitzler Mark-Joseph		0:54:57	0:55:47	9	M55	57	12:58	13:46	13:50	14:23	
233	457	Kühl Georg	*Köln	0:55:06	0:55:41	51	M40	70	12:00	14:24	14:51	13:49	
234	467	La Loggia Sergio	*Köln	0:55:13	0:56:09	27	M30	80	14:22	14:25	13:58	12:26	
235	1219	Bass-Kuchenbach Mark		0:55:16	0:55:58	36	M35	74	12:34	13:38	14:23	14:38	
236	639	Schmohl Paul	Diabetiker Progr. D.	0:55:17	0:56:18	5	M60	52	13:10	14:06	14:18	13:41	
237	1245	Barschbach Markus	FHDW	0:55:17	0:55:32	52	M40	70	12:14	13:54	14:43	14:25	
238	408	Klein Thorsten	TV Rodenkirchen Triathlon	0:55:19	0:55:28	28	M30	83	11:42	14:07	15:03	14:27	
239	248	Hiemstra Bjoern	*Köln	0:55:22	0:55:41	29	M30	81	12:11	14:22	14:29	14:19	
240	1043	Lang Harald		0:55:27	0:55:51	53	M40	73	12:52	14:20	14:25	13:49	

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
241	1030	Neuschütz Georg		0:55:28	0:55:45	37	M35	74	12:54	14:13	14:28	13:52	
242	463	Kuhlmann Jan-Carlos	LKW-Schorse	0:55:33	0:55:56	30	M30	82	12:11	14:16	14:42	14:24	
243	755	Wergen Frank	*Köln	0:55:43	0:56:21	54	M40	71	12:20	14:20	14:37	14:25	
244	1116	Rossol Frank		0:55:44	0:56:10	55	M40	71	12:38	14:11	14:25	14:29	
245	1373	Marzari Kester	TSV Dieringhausen	0:55:53	0:57:10	56	M40	69	13:31	14:19	14:11	13:51	
246	1434	Spillar Otto	SG Worringen Judo	0:55:54	0:56:26	3	M65	45	13:13	14:11	14:20	14:08	
247	1432	Hensel Georg		0:55:54	0:56:26	10	M55	56	13:13	14:12	14:20	14:08	
248	1226	Geschwind Thomas		0:55:55	0:56:14	57	M40	70	12:20	14:05	14:52	14:37	
249	702	Terranova Pino	*Köln	0:56:02	0:56:15	32	M50	62	12:22	13:34	15:33	14:32	
250	1208	Bucher Sebastian	SPD Ehrenfeld	0:56:04	0:56:37	30	MHK	84	12:29	14:20	14:19	14:55	
251	747	Weber Jürgen	*Frechen	0:56:13	0:56:48	41	M45	68	12:41	14:27	14:41	14:21	
252	82	Blankartz Ralf	*Kreuzau	0:56:19	0:57:25	58	M40	73	12:27	14:10	15:14	14:27	
253	404	Kirsten Dieter	*Köln	0:56:29	0:57:14	59	M40	70	13:25	14:07	15:01	13:55	
254	488	Lieveld Erwin	*Köln	0:56:30	0:56:34	60	M40	72	11:28	14:17	15:33	15:11	
255	51	Bayrakcioglu Gabriel	*Köln	0:56:35	0:56:55	38	M35	77	12:08	14:33	15:09	14:44	
256	513	Marquardt Wolfgang	Diabetesprogramm Deutschland	0:56:37	0:57:38	6	M60	51	13:12	14:14	14:33	14:36	
257	541	Nanni Sabato	*Köln	0:56:42	0:57:18	42	M45	67	12:46	14:37	14:55	14:22	
258	592	Rommerskirchen Udo	Colonia Team	0:56:43	0:57:32	1	M70	43	13:37	14:31	14:33	14:01	
259	19	Ahmann Paul	*Köln	0:56:49	0:58:03	39	M35	74	12:56	14:14	14:51	14:47	
260	217	Hartmann Tobias	*Köln	0:57:01	0:58:10	61	M40	72	13:30	14:25	15:06	13:57	
261	762	Wiegels Andreas	*Köln	0:57:08	0:58:12	43	M45	68	13:35	14:45	14:45	14:03	
262	187	Goddemeier Jörg	*Köln	0:57:15	0:57:50	44	M45	66	13:13	14:30	14:49	14:41	
263	251	Hillebrand Philipp	*Köln	0:57:20	0:57:36	31	M30	82	12:33	14:41	14:51	15:15	
264	267	Ilius Mario	*Bonn	0:57:21	0:57:49	33	M50	63	14:10	14:18	14:31	14:20	
265	1078	Deutsch Sascha		0:57:27	0:58:21	62	M40	71	13:26	14:35	14:44	14:40	
266	545	Nievelstein Lars	Black Rabbit	0:57:32	0:58:33	40	M35	76	13:16	14:21	15:07	14:47	
267	35	Autschbach Axel	Black Rabbit	0:57:35	0:58:37	63	M40	72	13:15	14:21	15:08	14:50	
268	1332	Haserich Dirk	*Rösrath	0:57:41	0:58:55	45	M45	64	14:07	14:59	14:40	13:54	
269	122	De Castillo Diego	Black Rabbit	0:57:47	0:58:48	41	M35	74	13:15	14:23	15:14	14:54	
270	529	Mikkelsen Kim	*Köln	0:57:51	0:59:01	42	M35	74	13:20	14:29	15:12	14:48	
271	523	Menke Robin	*Troisdorf	0:57:51	0:58:47	5	MJB	97	15:24	13:45	14:25	14:15	
272	1923	Langen Peter	Altstädter Köln 1922	0:58:05	0:58:14	6	MJB	99	13:02	14:39	15:25	14:57	
273	67	Bergheim Holger	*Bedburg	0:58:05	0:59:00	46	M45	68	13:12	14:32	15:17	15:03	
274	740	Von Wnuck Ferdinand	*Münster	0:58:06	0:59:01	31	MHK	85	12:31	14:50	15:20	15:23	
275	1211	Lachmann Holger	SPD Ehrenfeld	0:58:08	0:58:58	32	M30	79	14:05	15:04	14:30	14:28	
276	1338	Belhady Djemai	Bachida	0:58:11	0:58:32	4	M65	44	12:58	14:37	15:07	15:28	
277	281	Joedicke Martin	*Köln	0:58:14	0:59:11	64	M40	69	14:01	15:20	14:49	14:02	
278	1132	Podlewski Joseph		0:58:18	0:59:07	34	M50	59	14:09	14:59	14:43	14:25	
279	491	Löhe Jürgen	Fidele Arschkrampen	0:58:27	0:59:25	47	M45	65	12:57	14:19	15:27	15:42	
280	557	Otten Willi	*Köln	0:58:28	0:59:39	35	M50	63	14:14	14:42	14:42	14:48	
281	213	Hammerstein DR Friedrich	*Köln	0:58:33	0:59:09	48	M45	68	13:12	14:48	15:28	15:04	
282	72	Dündar Can	Cologne on fire	0:58:36	0:59:49	65	M40	72	13:38	15:05	15:13	14:39	
283	1074	Miagbut Nugkensil		0:58:37	0:59:50	32	MHK	92	13:04	14:37	15:42	15:13	
284	161	Fröhlich Robert	*Neunkirchen-Seelscheid	0:58:42	0:59:35	36	M50	61	14:27	14:50	14:54	14:29	
285	1199	Pollmann Bastian		0:58:44	0:59:57	2	MJA	94	13:28	14:43	15:10	15:22	
286	687	Strobl Ulli	Vogelsanger Mailauf	0:58:52	0:59:34	11	M55	56	13:33	14:51	15:22	15:04	
287	1073	Running Rainer		0:58:53	1:00:05	33	MHK	85	13:10	15:07	15:36	14:58	
288	517	Mehlem Rainer	SC West Köln	0:59:02	0:59:23	37	M50	61	13:47	15:15	15:10	14:49	
289	55	Paszek Christian	*Köln	0:59:04	1:00:06	12	M55	58	13:02	14:44	15:48	15:29	
290	787	Zils Henri	*Köln	0:59:05	1:00:10	13	M55	57	13:40	14:50	15:15	15:20	
291	1149	Weigel Benjamin		0:59:20	1:00:05	33	M30	79	13:55	15:24	15:17	14:43	
292	1150	Schilling Wolfgang		0:59:20	1:00:05	7	M60	52	13:55	15:24	15:17	14:43	
293	1229	Fellbrich Stefan	Pulheimer	0:59:27	0:59:46	14	M55	57	13:26	15:04	15:29	15:27	
294	1306	Hermanns Marcel	*Köln	0:59:29	1:00:06	43	M35	77	14:22	15:28	15:02	14:36	
295	627	Schlömer Bert	*Köln	0:59:30	0:59:41	44	M35	74	12:42	15:17	15:45	15:45	
296	1106	Hobbs Mark		0:59:43	1:00:05	45	M35	75	13:32	15:16	15:38	15:16	
297	133	Dirksmeyer Wolfgang	*Köln	0:59:44	0:59:57	49	M45	68	12:34	15:14	16:06	15:48	
298	624	Schlierkamp Andreas	*Morbach	1:00:27	1:01:28	50	M45	64	14:39	15:30	15:31	14:45	
299	172	Gambardella Javier	*Rösrath	1:00:29	1:01:05	46	M35	74	13:59	15:49	15:44	14:56	
300	214	Hanisch Dirk	*Köln	1:00:35	1:01:45	66	M40	69	14:17	15:39	15:29	15:08	

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
301	722	Van Assel Andre	L.A.R.	1:00:35	1:01:27	51	M45	66	13:08	15:18	16:02	16:06	
302	254	Höhn Jörg	DJK Roland Köln-West e.V.	1:00:53	1:01:32	47	M35	74	14:11	15:27	16:12	15:00	
303	181	Lehmann Michael	Simrock Bar	1:00:59	1:01:44	67	M40	69	13:46	15:34	16:03	15:36	
304	749	Wehlert Gunnar	Bickendorfer Rochusclub EV	1:01:08	1:02:23	34	M30	82	13:56	15:00	16:14	15:56	
305	701	Terbrüggen Tom	*Köln	1:01:14	1:01:57	3	MJA	94	13:48	15:10	15:25	16:49	
306	726	Van Melsen Pascal	*Eschweiler	1:01:21	1:02:10	35	M30	83	14:40	15:49	15:45	15:06	
307	216	Harms Henrik	Capoeira Equilibrio Bonn	1:01:33	1:02:30	34	MHK	85	14:43	15:51	15:50	15:08	
308	496	Lohkamp Sebastian	*Köln	1:01:33	1:02:30	35	MHK	84	14:43	15:51	15:50	15:08	
309	112	Küchler Uwe	*Köln	1:01:49	1:02:51	38	M50	59	13:35	15:34	16:19	16:20	
310	293	Kaub Andreas	*Brühl	1:01:57	1:02:50	52	M45	66	14:58	16:06	15:56	14:55	
311	225	Abels Holger	DJK Roland -West e.V.	1:01:57	1:02:37	48	M35	77	14:21	15:56	16:00	15:39	
312	1210	Bucher Martin	SPD Ehrenfeld	1:02:00	1:02:49	36	MHK	89	14:06	15:17	16:16	16:19	
313	574	Rabbe Jens	*Köln	1:02:07	1:02:54	68	M40	70	14:18	15:28	16:08	16:12	
314	512	Marinas Alfredo C.	*Köln	1:02:08	1:02:15	69	M40	69	12:36	16:02	16:39	16:50	
315	1126	Ostfalk Berthold		1:02:10	1:03:00	70	M40	71	14:10	15:51	15:55	16:12	
316	1103	Kleiner Peter		1:02:27	1:03:19	8	M60	51	14:11	15:50	16:03	16:21	
317	711	Ernst Ralph	*Köln	1:02:38	1:03:09	49	M35	74	13:49	16:05	16:24	16:18	
318	93	Braun Wolfgang	*Köln	1:02:52	1:03:40	15	M55	54	13:50	15:48	17:06	16:06	
319	665	Seidel Jürgen	*Köln	1:02:52	1:03:15	39	M50	60	13:23	15:40	16:44	17:04	
320	502	Ludwigs Alexander	*Pulheim	1:04:05	1:05:02	53	M45	67	15:09	15:49	16:47	16:19	
321	1244	Scholl Ronny		1:04:37	1:05:46	36	M30	79	14:01	16:02	17:46	16:46	
322	1230	Otten Peter	KjG DV Köln	1:04:49	1:05:44	71	M40	69	14:57	16:29	16:54	16:28	
323	570	Pollmann Maximilian	Laufschnecken Köln	1:04:56	1:06:07	7	MJB	99	14:34	16:49	17:25	16:06	
324	119	Cyranka Siegfried	TTC Blau-Rot-Geyen	1:05:03	1:05:52	1	M75	38	15:24	16:38	16:41	16:20	
325	282	John Gerd	1/2 Marathon Köln rrk	1:05:09	1:05:51	2	M70	41	14:22	16:31	16:59	17:15	
326	470	Lambertz Stefan	*Hürth	1:05:23	1:06:34	40	M50	61	14:51	16:31	17:18	16:41	
327	454	Krupp Hans-georg	*Köln	1:05:26	1:06:37	41	M50	61	14:55	16:11	17:04	17:15	
328	782	Zachlehner Hans Werner	*Köln	1:05:28	1:06:31	9	M60	53	15:01	16:20	17:01	17:05	
329	284	Joisten Ralf	Diabetes Programm	1:05:35	1:06:44	42	M50	60	14:48	16:28	16:58	17:19	
330	686	Steinbach Ralf	Die Genußläufer	1:06:34	1:07:36	16	M55	56	15:59	17:01	17:12	16:20	
331	1032	Haupt Ulrich		1:07:07	1:08:12	3	M70	43	15:33	16:38	17:14	17:41	
332	124	Deiters Lothar	LSV Porz / Köln	1:07:16	1:07:58	2	M75	34	15:08	17:23	17:27	17:16	
333	16	Ueberschär Reinhard	Underwater-No1	1:07:46	1:08:40	43	M50	62	15:47	17:32	17:25	17:00	
334	714	Tillmann Thomas	Diabetiker Laufprogramm	1:07:55	1:09:01	54	M45	65	16:00	17:15	17:51	16:47	
335	65	Benayas Delgado Martin	*Bergisch Gladbach	1:08:50	1:09:19	72	M40	72	15:20	17:07	18:06	18:16	
336	660	Schwers Stephan	*Köln	1:09:24	1:10:31	55	M45	68	16:02	17:56	17:53	17:31	
337	1212	Biene Helmuth	SPD Ehrenfeld	1:09:58	1:10:50	5	M65	48	16:47	17:30	18:07	17:32	
338	649	Schütze Alfred	Die Genußläufer	1:10:05	1:11:08	4	M70	40	16:03	17:47	18:14	18:00	
339	1262	Rixius Eddi		1:10:29	1:10:52	17	M55	58	16:42	18:04	18:36	17:05	
340	113	Clemens Manfred	*Köln	1:10:41	1:11:51	18	M55	57	15:09	17:02	18:41	19:47	
341	441	Kommer Klaus	Diabetes Programm	1:10:45	1:11:51	19	M55	55	16:00	17:16	17:51	19:36	
342	1419	Ayche Karin	Laufmariechen Köln	1:12:20	1:12:58	20	M55	54	16:42	18:18	18:49	18:29	
343	538	Müller Manfred	TEAM RAFA	1:13:04	1:13:52	6	M65	48	16:51	18:54	19:04	18:14	
344	1147	Barth Ricky		1:13:22	1:14:07	56	M45	64	16:19	18:53	19:02	19:06	
345	1105	Führen Helmut	Diabetes Programm	1:15:20	1:16:29	73	M40	69	17:26	19:14	19:33	19:06	
346	718	Uebber Dieter	*Köln	1:17:58	1:18:37	7	M65	46	17:54	20:04	20:33	19:26	
347	609	Schaaf Josef	*Köln	1:18:01	1:18:55	21	M55	58	17:37	20:11	20:04	20:08	
348	1922	Langen Dominik	Altstädter Köln 1922	1:19:04	1:19:14	57	M45	68	17:59	20:09	20:25	20:30	
349	56	Weber Werner	*Bergisch Gladbach	0:37:38	0:37:53	22	M55	56	11:19	12:38	13:39	00:00	
350	1445	Steil Wolfgang		0:40:27	0:40:45	10	M60	50	12:11	13:50	14:25	00:00	
351	220	Hausmann Robin	*Köln	0:58:45	0:59:44	50	M35	76	17:31	20:10	21:03	00:00	
352	1433	Klemz Björn	TABO Running Team	0:19:03	0:19:04	51	M35	76	08:59	10:04	00:00	00:00	
353	244	Hertel Aaron	Auf Gehts Fischenich LV	0:25:16	0:25:28	37	M30	81	11:43	13:32	00:00	00:00	
354	1054	Kipp M.		0:27:14	0:27:43	74	M40	70	12:43	14:31	00:00	00:00	
355	1190	Clemens Jürgen		0:31:02	0:31:35	52	M35	75	13:33	17:28	00:00	00:00	
356	1948	Hendricks Maik	*Krefeld	0:31:06	0:32:22	75	M40	70	13:46	17:20	00:00	00:00	
357	1130	Schaefer Alexander		0:37:26	0:38:34	8	M65	47	16:42	20:43	00:00	00:00	
358	0	unbekannt DT63TBN		0:10:36	0:10:49	37	MHK		10:36	00:00	00:00	00:00	
359	279	Jentges Timo	*Kempen	0:12:24	0:12:43	8	MJB	99	12:24	00:00	00:00	00:00	

10km - Gesamtwertung

7. Bickendorfer Büdchenlauf - 29.09.2013

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
1	1202	Salord Aude		0:40:18	0:40:20	1	WHK	88	08:47 10:13 10:32 10:44
2	1181	Bültena Wiebke	ASV Köln	0:41:54	0:41:57	2	WHK	88	09:47 11:00 10:47 10:18
3	643	Schneider Silke	SSF Bonn	0:44:08	0:44:11	1	W35	76	10:10 11:27 11:37 10:53
4	530	Minor Astrid	Asv Köln Triathlon	0:44:29	0:44:35	1	W40	73	10:09 11:30 11:35 11:13
5	1313	Gäde Hannah	TriathlonSteckelCologne	0:45:11	0:45:13	1	W30	80	10:21 11:46 11:38 11:24
6	125	Deppe-Polzin Susanne	Grenzenloser-Sportverein ev.	0:45:14	0:45:18	2	W35	76	10:00 11:31 11:48 11:54
7	411	Kleiss Sarah	ASV Köln	0:45:20	0:45:24	1	WJB	97	10:09 11:39 11:55 11:36
8	646	Schollmayer Friederike	*Düsseldorf	0:45:43	0:45:56	3	WHK	89	10:53 11:39 11:45 11:24
9	1002	Besenthal Anja	*Köln	0:46:04	0:46:12	2	W30	81	10:34 11:40 11:58 11:50
10	231	Heinrich Tina	*Köln	0:46:47	0:46:51	3	W35	74	10:34 11:56 12:13 12:03
11	757	Whybra-Döttelbeck Natasha	*Pulheim	0:46:49	0:46:55	2	W40	70	10:46 12:11 12:06 11:44
12	519	Meisen Nicole	*Kerpen	0:46:50	0:47:02	4	W35	74	10:20 11:45 12:18 12:26
13	98	Brokemper Lisa	LG Hamm	0:47:25	0:47:30	4	WHK	91	10:39 12:14 12:26 12:04
14	63	Beltz DR Bettina	*Köln	0:47:43	0:48:17	3	W40	71	11:14 12:12 12:19 11:57
15	433	Könsgen Sara	BSG Stadt Köln e. V.	0:47:47	0:48:19	3	W30	79	11:13 12:12 12:18 12:03
16	160	Frieler Sonja	*Köln	0:47:48	0:48:09	5	WHK	90	10:57 12:10 12:16 12:23
17	1224	Bullach Maxim	LG Hückeswagen	0:48:12	0:48:16	2	WJB	00	10:25 11:59 12:47 13:00
18	1446	Pfeil-Bonnin Beate	PSV Bonn Triathlon	0:48:23	0:48:41	1	W50	62	11:04 12:16 12:40 12:22
19	1447	Caspers Alexandra	PSV Bonn Triathlon	0:48:23	0:48:41	4	W40	72	11:04 12:16 12:40 12:22
20	588	Ritterbusch Nicole	*Köln	0:48:25	0:48:27	5	W40	69	10:35 12:23 12:57 12:29
21	154	Feuß DR Mareike	*Köln	0:48:44	0:48:47	6	WHK	84	10:25 12:40 13:04 12:34
22	1411	Kontio Anja	TV Rodenkirchen	0:48:50	0:49:34	5	W35	77	10:56 12:35 12:48 12:30
23	74	Bion Anja	*Koeln	0:48:53	0:49:01	1	W45	68	11:08 12:56 12:31 12:17
24	573	Quitau Julia	*Köln	0:49:07	0:49:14	6	W35	78	11:16 12:43 12:47 12:20
25	1449	Bittens Linda	ASV Köln Triathlon	0:49:07	0:49:14	7	WHK	84	10:50 12:17 12:36 13:23
26	518	Meibeck Anja	*Köln	0:49:07	0:49:22	6	W40	71	11:16 12:36 12:45 12:29
27	578	Rech-Heider Monika	*Köln	0:49:38	0:49:52	7	W40	69	11:16 12:32 12:52 12:56
28	1423	Holzweißig Katja	TSV Bayer 04 Leverkusen	0:49:44	0:50:28	7	W35	77	11:35 12:45 12:51 12:32
29	598	Rücker Veronika	KHTC Blau-Weiss 1030 e.V.	0:49:44	0:49:51	8	W40	70	11:22 12:44 12:55 12:42
30	645	Schöttler Anna-Lena	*Nieheim	0:49:56	0:50:46	1	WJA	94	11:54 12:44 12:51 12:26
31	184	Gläser Nina	*Köln	0:49:59	0:50:20	8	W35	77	11:47 12:56 12:55 12:20
32	233	Heister Julia	1. FFC Bergisch Gladbach	0:50:00	0:50:12	4	W30	82	11:22 12:52 13:08 12:37
33	1422	Lehr Susanne	TSV Bayer 04 Leverkusen	0:50:14	0:50:57	2	W45	66	11:35 12:45 12:51 13:02
34	1228	Kurtz Heike		0:50:24	0:50:27	9	W40	70	11:25 12:52 13:11 12:55
35	1450	Lopez Diana	*Burscheid	0:50:47	0:51:20	10	W40	73	11:29 12:52 13:15 13:10
36	116	Cordes Sandra	LKW-Schorse	0:51:12	0:51:33	8	WHK	86	11:30 13:09 13:24 13:08
37	291	Karutz Insa	run 4 paenz	0:51:15	0:51:34	5	W30	79	11:48 13:19 13:18 12:48
38	1204	Külfelgen-Schmidtke Birgitt	Kindertagesstätte Brunnenkinde	0:51:21	0:51:33	2	W50	60	11:47 13:07 13:12 13:14
39	430	König Birgit	*Bergisch Gladbach	0:51:25	0:51:55	3	W50	60	11:29 12:57 13:34 13:23
40	118	Coutellier Ute	*Köln	0:51:43	0:51:51	4	W50	62	11:09 13:05 13:37 13:51
41	1104	Horton Bridget		0:51:44	0:52:07	9	W35	75	11:44 13:14 13:29 13:16
42	542	Neumann Henni	andare sport	0:51:45	0:52:08	11	W40	69	11:29 13:05 13:33 13:36
43	148	Engler Marie	Albis Lauftreff	0:52:02	0:52:23	9	WHK	91	11:58 13:17 13:35 13:11
44	761	Wiebe Birte	VFL Lüneburg	0:52:06	0:52:51	10	WHK	91	12:30 13:14 13:11 13:10
45	142	Dornseiff Uta	*Köln	0:52:54	0:53:14	3	W45	68	12:06 13:25 13:49 13:33
46	140	Domgörgen Evi	DJK LC Vettweiß	0:52:57	0:53:14	6	W30	83	11:17 12:50 14:12 14:37
47	1235	Montana Hannah		0:53:00	0:54:13	11	WHK	89	13:00 13:18 13:24 13:17
48	1072	Flying Sister		0:53:01	0:54:15	2	WJA	95	13:00 13:18 13:24 13:18
49	238	Hellbusch Daniela	Knallbusch on Tour	0:53:28	0:53:46	12	W40	72	11:56 13:44 14:07 13:39
50	117	Cordes Silke	*Köln	0:53:31	0:53:52	7	W30	83	12:51 13:56 13:40 13:03
51	1022	Valeton Anna-Maria	*Köln	0:53:43	0:54:55	12	WHK	85	13:19 13:40 13:33 13:10
52	2810	Springer Jennifer	TSV Bayer04 Leverkusen	0:53:47	0:54:27	13	W40	71	12:24 14:07 13:43 13:33
53	1429	Retzlaff Liane	*Köln	0:53:49	0:54:38	1	W55	57	12:50 13:47 13:42 13:29
54	732	Viehweger Jule	MAVDE	0:54:00	0:55:13	3	WJB	99	13:26 13:35 13:51 13:06
55	734	Vogelmann Greta	MAVDE	0:54:00	0:55:13	4	WJB	99	13:27 13:34 13:51 13:07
56	153	Fermer Phillis	MAVDE	0:54:05	0:55:19	4	W45	67	13:27 13:34 13:51 13:12
57	1206	Marggraf Kathrin		0:54:07	0:54:41	8	W30	83	12:56 13:45 13:57 13:27
58	45	Banik Kim	Ohne Auge	0:54:16	0:55:02	13	WHK	89	12:48 13:42 13:42 14:03
59	527	Mietz Sarah	*Düsseldorf	0:54:22	0:54:56	9	W30	82	12:57 13:45 13:57 13:42
60	511	Mansius Zara	Leinetörtchen	0:54:30	0:54:46	3	WJA	94	12:07 13:41 14:24 14:17

10km - Gesamtwertung

7. Bickendorfer Büdchenlauf - 29.09.2013

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden
61	1802	Brühl Andrea	*Köln	0:54:40	0:55:06	10	W30	81	12:19 13:55 14:21 14:03
62	205	Gutseel Katrin	*Köln	0:54:40	0:55:09	14	WHK	84	12:16 13:58 14:21 14:04
63	26	Verhaagen Kolinda	Underwater-No1	0:54:46	0:55:40	10	W35	75	12:52 13:42 14:05 14:05
64	34	Ansari Maja	*Köln	0:55:18	0:55:44	11	W30	81	13:10 13:50 14:11 14:05
65	1983	Velciov Bianca	*Köln	0:55:25	0:55:48	12	W30	83	11:54 14:48 14:42 13:59
66	1031	Neuschütz Talita	Mach 3 Köln	0:55:28	0:55:45	11	W35	76	12:54 14:13 14:28 13:51
67	479	Lauff Claudia	*Köln	0:55:35	0:56:00	5	W45	67	12:22 14:22 14:37 14:12
68	531	Mörsch Alexandra	*Bornheim	0:55:35	0:56:12	13	W30	82	13:10 13:55 14:00 14:29
69	514	Marx Annika	*Köln	0:55:47	0:56:21	15	WHK	92	12:58 13:58 14:48 14:02
70	632	Schmidt Ulrike	*Köln	0:55:51	0:57:00	6	W45	67	13:20 14:24 14:23 13:43
71	176	Gentner Nicole	*Köln	0:55:58	0:56:37	12	W35	77	13:36 14:16 14:15 13:50
72	1209	Vicentini Eva	SPD Ehrenfeld	0:56:04	0:56:37	16	WHK	89	12:29 14:20 14:19 14:55
73	226	Hecht Vera Lisa	*Bonn	0:56:06	0:57:11	17	WHK	85	13:52 15:00 13:39 13:33
74	1207	Delußen Julia		0:56:11	0:57:19	13	W35	76	13:04 14:26 14:28 14:11
75	670	Siemons Elisabeth	*Köln	0:56:27	0:56:54	7	W45	66	12:56 14:24 14:34 14:31
76	1443	Henschek Katharina	Dauerlaufschule	0:56:27	0:57:09	1	W60	52	12:50 14:18 14:47 14:31
77	201	Gerhards Gertrud	*Köln	0:56:28	0:57:10	5	W50	62	13:01 14:30 14:44 14:11
78	1438	Riewe Anne Deike	SPD Ehrenfeld	0:56:45	0:57:37	14	W30	80	14:03 15:01 14:09 13:30
79	1218	Hassels Ilona		0:56:53	0:57:20	18	WHK	85	14:03 15:36 14:25 12:48
80	1120	Jost Ursula		0:57:19	0:57:31	2	W55	56	13:06 14:36 14:55 14:41
81	18	Ahl Madeleine	*Bonn	0:57:21	0:57:48	6	W50	62	14:10 14:18 14:30 14:20
82	504	Lütz Claudia	*Troisdorf	0:57:25	0:58:19	8	W45	66	13:12 14:44 14:57 14:31
83	286	Jüttendonk Leoni	*Köln	0:57:31	0:58:12	19	WHK	90	14:12 14:32 14:42 14:04
84	765	Wilk Julia	*Köln	0:57:34	0:58:15	20	WHK	87	14:12 14:31 14:41 14:08
85	1331	Müller Karin		0:57:41	0:58:55	9	W45	67	14:07 14:59 14:39 13:54
86	1122	Riesen Helen		0:57:46	0:58:16	21	WHK	84	12:48 14:41 15:11 15:04
87	1142	Richart Tatjana		0:58:01	0:58:30	14	W40	72	13:53 14:49 15:03 14:14
88	197	Groß-Weege Frida	*Münster	0:58:06	0:59:01	22	WHK	89	12:31 14:50 15:21 15:22
89	725	Van der Velde Susanne	*Köln	0:58:09	0:59:18	10	W45	65	13:20 14:24 15:12 15:11
90	672	Simon Barbara	*Köln	0:58:11	0:59:20	14	W35	76	13:30 14:26 15:06 15:07
91	1308	Wocke-Simons Petra	KKHT Schwarz Weiss Köln	0:58:30	0:58:45	11	W45	67	12:55 14:49 15:26 15:19
92	163	Frömberg Gabi	*Köln	0:58:38	0:59:15	12	W45	66	13:30 15:02 15:11 14:54
93	663	Seeger Silke	*Köln	0:58:38	0:59:15	15	W35	74	13:30 15:02 15:11 14:54
94	188	Götte Marion	*Koeln	0:58:48	0:59:47	13	W45	65	12:52 14:56 15:39 15:20
95	1178	Tetzlaff Yasmin		0:59:13	0:59:34	15	W40	70	13:20 14:32 15:39 15:41
96	582	Rehbach Sarah	*Köln	0:59:17	0:59:58	23	WHK	89	14:12 14:32 14:42 15:51
97	1136	Böddcker Ela		0:59:20	0:59:48	16	W40	73	13:26 15:17 15:32 15:03
98	526	Meyer Melanie	*Hürth	0:59:20	0:59:32	16	W35	76	12:57 15:12 15:29 15:39
99	20	Alten Nina	1. FFC Bergisch Gladbach	0:59:22	0:59:59	24	WHK	87	14:22 15:27 15:02 14:29
100	262	Holland-Letz Ida	*Köln	0:59:36	1:00:02	5	WJB	96	14:29 15:16 15:16 14:35
101	515	Maskalewicz Lydia	*Köln	0:59:45	1:00:10	7	W50	63	13:36 15:19 15:51 14:58
102	87	Böll Monika	*Köln	0:59:54	1:01:05	8	W50	62	14:14 14:50 15:11 15:38
103	1448	Eggers Marion	PSV Bonn Triathlon	0:59:56	1:00:14	17	W40	73	13:45 15:28 15:24 15:18
104	1109	Ressler Lisa		1:00:00	1:01:03	17	W35	77	15:06 16:01 15:12 13:39
105	1195	Schmitz Marita		1:00:00	1:00:59	14	W45	64	14:01 15:11 15:22 15:24
106	423	Knop-Kurpiers Astrid	*Bonn	1:00:03	1:00:26	18	W40	70	14:34 15:48 14:58 14:41
107	568	Pliete Karin	TuS Köln rrr	1:00:04	1:00:26	19	W40	70	14:35 15:45 15:01 14:41
108	771	Wirtz DR Nina	*Köln	1:00:13	1:00:27	18	W35	77	12:47 15:27 16:20 15:37
109	611	Schäfer Henrike	*Köln	1:00:20	1:00:42	20	W40	70	13:29 15:16 15:55 15:38
110	619	Schimmer Yvonne	*Morbach	1:00:27	1:01:28	19	W35	77	14:40 15:29 15:30 14:45
111	292	Katja Belau Katja	*Köln	1:00:34	1:01:44	21	W40	70	14:17 15:39 15:29 15:08
112	243	Herschel Maria	Brunnenkinder e.V.	1:00:35	1:01:02	15	W45	64	13:22 15:37 16:23 15:11
113	684	Steffen Melanie	*Köln	1:00:40	1:01:39	15	W30	81	13:16 15:47 16:10 15:25
114	223	Hecht Ines	*Düsseldorf	1:00:44	1:01:48	25	WHK	89	13:53 15:08 16:09 15:33
115	224	Hecht Pia Alina	*Köln	1:00:53	1:01:57	26	WHK	87	13:52 15:09 16:09 15:41
116	59	Beckmann Kristin	Diabetes Programm	1:01:19	1:02:26	27	WHK	88	14:49 15:40 15:32 15:18
117	96	Bröder Dina	*Langerwehe	1:01:21	1:02:10	28	WHK	84	14:23 15:37 16:02 15:17
118	422	Knop Vera	*Köln	1:01:28	1:02:09	22	W40	69	14:29 15:56 15:47 15:15
119	751	Weingartz Christina	St. Seb. Brenig	1:01:42	1:02:19	16	W30	81	13:45 15:46 16:39 15:30
120	736	Voigt Karoline	*Köln	1:01:46	1:02:16	20	W35	74	13:49 16:05 16:20 15:30

10km - Gesamtwertung

7. Bickendorfer Büdchenlauf - 29.09.2013

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	177	Gentsch Stephanie	*Köln	1:02:07	1:02:54	17	W30	82	14:18	15:28	16:10	16:10	
122	693	Suilmann Doris	Brunnenkinder e.V.	1:02:12	1:02:39	23	W40	72	13:22	15:37	16:26	16:45	
123	143	Drees Sabine	*Köln	1:02:36	1:03:01	16	W45	64	14:29	15:16	16:09	16:41	
124	1213	Wielgosch Julia	SPD Ehrenfeld	1:02:45	1:03:37	29	WHK	89	14:15	15:52	16:23	16:14	
125	738	Von Bassewitz Sibylle	Laufftreff Anke Daniels	1:03:01	1:03:37	24	W40	70	13:59	16:13	16:47	16:00	
126	90	Borgard Brigitte	*Köln	1:03:09	1:04:20	9	W50	61	14:56	16:12	16:18	15:41	
127	683	Stais Christiane	*Köln	1:03:25	1:03:51	30	WHK	86	15:15	16:01	16:18	15:49	
128	1091	Marr Stefanie		1:03:27	1:04:31	17	W45	67	13:40	16:00	16:54	16:52	
129	1222	Schulte Johanna	Lindweiler Hof	1:03:30	1:03:58	31	WHK	84	14:03	15:36	16:29	17:21	
130	742	Waßerka Ina	*Köln	1:04:03	1:04:21	21	W35	74	14:10	16:05	16:45	17:01	
131	1390	Frank Claudia	TV Rodenkirchen Triathlon	1:04:05	1:04:49	18	W30	79	14:36	15:50	16:29	17:09	
132	572	Prader Ernestine	*Pulheim	1:04:06	1:05:02	18	W45	65	15:09	15:48	16:48	16:19	
133	429	Kochsiek Ute	*Köln	1:04:15	1:04:37	25	W40	70	14:34	16:04	16:31	17:04	
134	505	Lurtz Elke	*Köln	1:04:48	1:05:59	10	W50	61	14:56	16:13	17:01	16:37	
135	194	Gräwe Inga	*Köln	1:04:51	1:05:53	19	W30	82	15:55	17:09	16:34	15:11	
136	490	Löcherbach Barbara A.	*Köln	1:05:27	1:06:11	19	W45	66	14:43	16:26	17:08	17:09	
137	1151	Schilling Birgit		1:05:44	1:06:30	11	W50	60	15:36	17:05	16:52	16:09	
138	583	Reinecke DR Christine	DPD	1:05:57	1:07:04	26	W40	69	15:13	17:01	17:10	16:32	
139	76	Birkenfeld Anja	SV Bayer 08	1:07:23	1:08:22	22	W35	74	15:15	17:02	17:32	17:32	
140	492	Löll Lena	*Köln	1:07:29	1:08:02	20	W30	83	15:27	17:13	17:36	17:11	
141	789	Zitzen Stefanie	*Köln	1:07:29	1:08:02	21	W30	81	15:27	17:13	17:37	17:11	
142	25	Ueberschär Martina	Underwater-No1	1:07:46	1:08:40	20	W45	67	15:46	17:32	17:24	17:03	
143	658	Schwarz Britta	*Köln	1:07:48	1:08:52	27	W40	73	15:25	17:02	17:32	17:47	
144	1131	Gräber Stephanie		1:07:57	1:09:05	28	W40	69	15:59	17:14	17:45	16:58	
145	678	Sommerfeld Elisabeth	TUS Brauweiler	1:08:09	1:09:02	3	W55	58	15:01	17:10	18:09	17:47	
146	27	Burger-Küchler Dagmar	*Köln	1:08:47	1:09:49	12	W50	62	15:50	17:17	17:53	17:46	
147	521	Menke Cordula	*Troisdorf	1:08:48	1:09:44	29	W40	69	15:30	17:13	18:17	17:46	
148	748	Weckauf Anke	*Köln	1:09:25	1:10:31	23	W35	77	16:03	17:56	17:53	17:31	
149	208	Haggenmiller Julia	*Köln	1:09:30	1:10:01	24	W35	75	15:17	17:55	18:25	17:52	
150	421	Knoche Christina	*Köln	1:09:30	1:10:02	25	W35	75	15:17	17:54	18:25	17:52	
151	694	Symalla Melanie	Löstige vom Stietenberg	1:09:48	1:10:56	26	W35	76	14:45	17:31	18:46	18:44	
152	685	Steinbach Angelika	Die Genußläufer	1:10:06	1:11:09	13	W50	61	16:03	17:47	18:13	18:01	
153	1201	Rixius Lina	Siegtal-Gymnasium	1:10:29	1:10:52	6	WJB	96	16:42	18:03	18:37	17:05	
154	664	Seidel Inga	*Köln	1:11:12	1:11:36	32	WHK	91	16:03	18:33	18:30	18:06	
155	1510	Steller-Lübke Manuela	*Meinerzhagen	1:11:45	1:12:17	27	W35	77	15:26	18:07	19:14	18:56	
156	1148	Barth Lydia		1:12:34	1:13:20	21	W45	67	16:09	18:05	18:44	19:35	
157	1426	Grzeskowiak Melanie	Team Melpe	1:12:46	1:13:30	30	W40	70	15:51	18:00	20:00	18:54	
158	44	Schmitz-Verhjak Sylvia	TEAM RAFA	1:13:03	1:13:51	2	W60	51	16:51	18:54	19:03	18:13	
159	995	Schmitz Hannelore	RAFA	1:13:04	1:13:51	1	W65	47	16:50	18:51	19:03	18:19	
160	1315	Meißner Doris	RAFA	1:13:04	1:13:52	3	W60	50	16:50	18:51	19:03	18:19	
161	591	Rohmoser Eva-Maria	Laufmariechen Köln	1:13:10	1:13:49	4	W55	54	16:42	18:23	19:13	18:51	
162	1152	Alhaus Nadja		1:13:22	1:14:08	22	W30	79	16:19	18:54	19:01	19:06	
163	1611	Führen Simone	Diabetes Programm	1:15:20	1:16:29	31	W40	70	17:25	19:14	19:34	19:05	
164	516	Mays Magdalena	*Köln	1:18:01	1:18:55	5	W55	56	17:36	20:11	20:04	20:08	
165	1427	Heitmann Petra	Team Melpe	1:21:24	1:22:27	32	W40	69	17:59	20:56	22:10	20:18	
166	597	Rudiger Gisela	*Köln	0:49:12	0:50:17	2	W65	44	15:33	16:37	17:02	00:00	
167	543	Niehaus Mathilde	*Köln	1:00:55	1:01:38	14	W50	60	29:55	30:59	00:00	00:00	
168	264	Hütges Jeanette	LKW-Schorse	0:12:51	0:13:13	33	WHK	85	12:51	00:00	00:00	00:00	
169	448	Krenn Beate	*Köln	0:13:49	0:14:20	33	W40	71	13:49	00:00	00:00	00:00	
170	68	Berthold Petra	*Köln	0:15:05	0:15:20	15	W50	60	15:05	00:00	00:00	00:00	
171	235	Heithecker Doris	*Köln	0:20:06	0:21:02	4	W60	49	20:06	00:00	00:00	00:00	