



Rundenprotokoll

Rennen: **Fun-Run (4,5 km)**

Sollrunden: 3

Rang	StNr.	Name	Runde 1	Runde 2	Runde 3							Gesamt
1	110	Zehnpfennig, Damian <i>TV Refrath</i>	0:05:30.32 (1)	0:11:36.88 (1) <i>0:06:06.55 (1)</i>	0:17:41.66 (1) <i>0:06:04.77 (1)</i>							0:17:41.66
2	71	Kahle, Miriam <i>Heinrich-Heine-Gymnasium Köl</i>	0:06:51.14 (4)	0:14:30.25 (2) <i>0:07:39.11 (2)</i>	0:22:27.33 (2) <i>0:07:57.07 (2)</i>							0:22:27.33
3	72	Kleinschmidt, Lena <i>Heinrich-Heine-Gymnasium Köl</i>	0:06:50.93 (3)	0:15:09.66 (3) <i>0:08:18.72 (3)</i>	0:23:59.85 (3) <i>0:08:50.18 (3)</i>							0:23:59.85
4	44	Parlak, Chantal	0:06:50.04 (2)	0:18:08.97 (4) <i>0:11:18.92 (4)</i>	0:27:43.61 (4) <i>0:09:34.64 (4)</i>							0:27:43.61
5	69	Anacker, Jelena	0:07:55.23 (5)	0:19:25.87 (5) <i>0:11:30.63 (5)</i>	0:28:13.77 (5) <i>0:08:47.90 (3)</i>							0:28:13.77
6	75	Roth, Otto <i>PSV Köln</i>	0:09:55.03 (6)	0:21:13.31 (6) <i>0:11:18.28 (4)</i>	0:32:39.00 (6) <i>0:11:25.68 (6)</i>							0:32:39.00



Rundenprotokoll

Rennen: **Kinderlauf (1,5 km)**

Sollrunden: 1

Rang	StNr.	Name	Runde 1									Gesamt
1	105	Glinka, Jascha	0:05:44.49 (1)									0:05:44.49
2	106	Götte, Konrad	0:05:49.16 (2)									0:05:49.16
3	99	Harnau, Jonas <i>Gipfelstürmer Vorgebirge</i>	0:06:17.47 (3)									0:06:17.47
4	107	Götte, Xaver	0:06:32.08 (4)									0:06:32.08
5	87	Kraemer, Fabian <i>LTD Köln-Dellbrück</i>	0:06:34.05 (5)									0:06:34.05
6	100	Holweg, Jan Luca <i>Gipfelstürmer Vorgebirge</i>	0:06:48.73 (6)									0:06:48.73
7	77	Adli, Selen <i>Max-Planck-Realschule</i>	0:07:56.03 (7)									0:07:56.03
8	78	Ahmadi, Nilab <i>Max-Planck-Realschule</i>	0:07:58.64 (8)									0:07:58.64
9	81	Buldu, Sara <i>Max-Planck-Realschule</i>	0:08:26.18 (9)									0:08:26.18
10	83	Djordjevic, Bilya <i>Max-Planck-Realschule</i>	0:08:35.75 (10)									0:08:35.75
11	109	Kraemer, Benjamin <i>LTD Köln-Dellbrück</i>	0:08:37.01 (11)									0:08:37.01
12	85	Hlobilek, Laura <i>Hölderlin Gymnasium</i>	0:08:43.54 (12)									0:08:43.54
13	86	Isik, Abdul-Kadir <i>Max-Planck-Realschule</i>	0:08:58.14 (13)									0:08:58.14
14	89	Kröger, Mirko	0:09:32.07 (14)									0:09:32.07
15	96	Weber, Tanja	0:09:32.41 (15)									0:09:32.41
16	90	Petrovic, Milan <i>Max-Planck-Realschule</i>	0:09:43.46 (16)									0:09:43.46
17	82	Delkic, Sara <i>Max-Planck-Realschule</i>	0:09:43.67 (17)									0:09:43.67
18	79	Blosczyk, Victoria	0:10:01.10 (18)									0:10:01.10



Rundenprotokoll

Rennen: **Kinderlauf (1,5 km)**

Sollrunden: 1

Rang	StNr.	Name	Runde 1									Gesamt
19	84	Hensel, Lisanna	0:10:01.38 (19)									0:10:01.38



Rundenprotokoll

Rennen: **Volkslauf (7,5 km)**

Sollrunden: 5

Rang	StNr.	Name	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5						Gesamt
1	101	Schiel, Matias <i>TV Refrath</i>	0:05:08.83 (1)	0:09:24.78 (1) <i>0:04:45.94 (1)</i>	0:14:11.49 (1) <i>0:04:46.70 (1)</i>	0:18:59.98 (1) <i>0:04:48.49 (1)</i>	0:23:44.26 (1) <i>0:04:44.28 (1)</i>						0:23:44.26
2	55	Schuler, Wolfgang <i>Kölner Triathlon Team 01</i>	0:05:39.62 (3)	0:10:46.35 (2) <i>0:05:36.72 (2)</i>	0:16:31.88 (2) <i>0:05:45.53 (2)</i>	0:22:20.89 (2) <i>0:05:49.00 (2)</i>	0:28:01.42 (2) <i>0:05:40.53 (2)</i>						0:28:01.42
3	119	Cam, Cengiz <i>Riehl-Ralf-Schäl-Sick-Ralf</i>	0:05:38.44 (2)	0:10:49.26 (3) <i>0:05:40.81 (3)</i>	0:16:43.94 (3) <i>0:05:54.68 (3)</i>	0:22:43.15 (3) <i>0:05:59.20 (3)</i>	0:28:32.91 (3) <i>0:05:49.76 (3)</i>						0:28:32.91
4	108	Schuldt, Stefan <i>Heinrich-Heine-Gymnasium Köl</i>	0:05:58.68 (6)	0:11:56.40 (5) <i>0:05:57.72 (5)</i>	0:18:09.54 (5) <i>0:06:13.14 (5)</i>	0:24:26.57 (5) <i>0:06:17.02 (4)</i>	0:30:27.26 (4) <i>0:06:00.68 (4)</i>						0:30:27.26
5	114	Nisius, Joshua	0:05:56.18 (4)	0:11:22.68 (4) <i>0:05:56.50 (4)</i>	0:17:13.67 (4) <i>0:05:50.98 (3)</i>	0:24:03.87 (4) <i>0:06:50.20 (11)</i>	0:31:06.86 (5) <i>0:07:02.99 (11)</i>						0:31:06.86
6	98	Westendorf, Ulrich <i>Laufteam Rhein-Kreis-Neuss</i>	0:06:26.07 (5)	0:12:07.73 (6) <i>0:06:11.66 (6)</i>	0:18:29.04 (6) <i>0:06:21.30 (6)</i>	0:24:53.46 (6) <i>0:06:24.41 (5)</i>	0:31:17.01 (6) <i>0:06:23.55 (7)</i>						0:31:17.01
7	13	Cremer, Jürgen <i>FC Deutsche Post</i>	0:06:26.76 (6)	0:12:23.06 (7) <i>0:06:26.29 (7)</i>	0:18:50.75 (7) <i>0:06:27.68 (8)</i>	0:25:18.78 (7) <i>0:06:28.03 (6)</i>	0:31:33.01 (7) <i>0:06:14.22 (5)</i>						0:31:33.01
8	121	Finch, David	0:06:22.85 (12)	0:12:43.90 (11) <i>0:06:21.04 (8)</i>	0:19:07.44 (9) <i>0:06:23.53 (7)</i>	0:25:39.60 (8) <i>0:06:32.16 (7)</i>	0:32:05.25 (8) <i>0:06:25.64 (8)</i>						0:32:05.25
9	16	Dupont, Jürgen <i>LTD Köln-Dellbrück</i>	0:06:05.06 (7)	0:12:33.01 (9) <i>0:06:27.94 (9)</i>	0:19:12.37 (10) <i>0:06:39.35 (11)</i>	0:25:51.95 (10) <i>0:06:39.58 (8)</i>	0:32:15.46 (9) <i>0:06:23.50 (6)</i>						0:32:15.46
10	5	Biermann, Klaus-Peter	0:06:13.09 (11)	0:12:30.46 (8) <i>0:06:17.36 (7)</i>	0:19:02.41 (8) <i>0:06:31.95 (9)</i>	0:25:50.03 (9) <i>0:06:47.61 (9)</i>	0:32:22.11 (10) <i>0:06:32.08 (10)</i>						0:32:22.11
11	68	Weßeler, Markus <i>DER Lauftreff 4 Fun in Köln - Mü</i>	0:06:10.55 (8)	0:12:41.58 (10) <i>0:06:31.03 (10)</i>	0:19:18.54 (11) <i>0:06:36.95 (10)</i>	0:26:06.52 (11) <i>0:06:47.97 (10)</i>	0:33:29.97 (11) <i>0:07:23.44 (18)</i>						0:33:29.97
12	113	Meier, Kai <i>Team Meier</i>	0:06:40.75 (17)	0:13:21.79 (14) <i>0:06:41.04 (12)</i>	0:20:03.35 (12) <i>0:06:41.56 (12)</i>	0:27:07.82 (12) <i>0:07:04.46 (13)</i>	0:34:17.18 (12) <i>0:07:09.35 (13)</i>						0:34:17.18
13	67	Wendler, Felix	0:06:58.34 (20)	0:14:03.86 (19) <i>0:07:05.51 (15)</i>	0:21:12.00 (16) <i>0:07:08.13 (14)</i>	0:28:14.74 (14) <i>0:07:02.74 (12)</i>	0:34:45.25 (13) <i>0:06:30.50 (9)</i>						0:34:45.25
14	102	Klobedantz, Klaus Uwe <i>RTHC Bayer Leverkusen</i>	0:06:11.05 (9)	0:13:09.56 (13) <i>0:06:58.51 (12)</i>	0:20:24.27 (13) <i>0:07:14.70 (16)</i>	0:27:49.36 (13) <i>0:07:25.08 (15)</i>	0:34:57.98 (14) <i>0:07:08.61 (12)</i>						0:34:57.98
15	45	Rahmen, Heinz-Hubert	0:07:11.70 (26)	0:14:08.33 (20) <i>0:06:56.62 (13)</i>	0:21:13.75 (17) <i>0:07:05.41 (13)</i>	0:28:27.24 (16) <i>0:07:13.48 (14)</i>	0:35:43.66 (15) <i>0:07:16.42 (16)</i>						0:35:43.66
16	12	Clemens, Jan <i>DJK Löwe Köln</i>	0:06:44.52 (18)	0:13:45.22 (17) <i>0:07:00.69 (14)</i>	0:20:54.25 (15) <i>0:07:09.02 (15)</i>	0:28:26.74 (15) <i>0:07:32.49 (16)</i>	0:35:44.32 (16) <i>0:07:17.57 (17)</i>						0:35:44.32
17	49	Rudolf, Christian <i>Max-Planck-Realschule</i>	0:06:11.92 (10)	0:13:32.19 (15) <i>0:07:20.27 (15)</i>	0:21:25.41 (19) <i>0:07:53.21 (23)</i>	0:29:05.30 (17) <i>0:07:39.89 (20)</i>	0:36:21.04 (17) <i>0:07:15.73 (15)</i>						0:36:21.04
18	8	Blumenfeld, Frank <i>SuS Phönix Bielefeld 09</i>	0:06:25.47 (13)	0:13:45.13 (16) <i>0:07:19.65 (15)</i>	0:21:19.57 (18) <i>0:07:34.44 (20)</i>	0:29:41.91 (21) <i>0:08:22.33 (24)</i>	0:36:55.65 (18) <i>0:07:13.73 (14)</i>						0:36:55.65



Rundenprotokoll

Rennen: Volkslauf (7,5 km)**Sollrunden: 5**

Rang	StNr.	Name	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5						Gesamt
19	57	Simon, Ludwig M. <i>Advocat Verlag</i>	0:07:06.57 (23)	0:14:24.52 (22) 0:07:17.95 (19)	0:21:51.76 (22) 0:07:27.23 (17)	0:29:30.20 (19) 0:07:38.43 (18)	0:37:05.25 (19) 0:07:35.05 (19)						0:37:05.25
20	42	Obst, Philipp <i>Advocat Verlag</i>	0:07:06.64 (24)	0:14:24.43 (21) 0:07:17.78 (18)	0:21:51.67 (21) 0:07:27.23 (18)	0:29:30.30 (20) 0:07:38.62 (19)	0:37:05.44 (20) 0:07:35.13 (21)						0:37:05.44
21	104	Schröter, Jan <i>Heinrich-Heine-Gymnasium Köl</i>	0:05:57.72 (5)	0:13:08.88 (12) 0:07:11.16 (12)	0:20:40.48 (14) 0:07:31.58 (19)	0:29:17.75 (18) 0:08:37.27 (27)	0:37:17.62 (21) 0:07:59.87 (24)						0:37:17.62
22	103	Levold, Paula	0:06:27.88 (16)	0:13:54.61 (18) 0:07:26.72 (18)	0:21:47.88 (20) 0:07:53.26 (24)	0:29:49.09 (22) 0:08:01.20 (22)	0:37:30.02 (22) 0:07:40.93 (22)						0:37:30.02
23	24	Joos, Liane	0:07:13.81 (27)	0:14:45.92 (23) 0:07:32.10 (23)	0:22:25.78 (23) 0:07:39.85 (21)	0:30:17.70 (23) 0:07:51.91 (21)	0:38:16.98 (23) 0:07:59.27 (23)						0:38:16.98
24	64	Vega Lechermann, Luis <i>WingTzun Köln-Brück</i>	0:08:32.41 (39)	0:16:26.46 (34) 0:07:54.05 (24)	0:24:19.01 (27) 0:07:52.55 (22)	0:31:55.01 (25) 0:07:35.99 (17)	0:39:19.10 (24) 0:07:24.09 (19)						0:39:19.10
25	7	Bilik, Gülay <i>Max-Planck-Realschule</i>	0:07:01.92 (22)	0:15:06.58 (24) 0:08:04.65 (24)	0:23:25.56 (24) 0:08:18.98 (25)	0:31:42.59 (24) 0:08:17.02 (23)	0:40:33.41 (25) 0:08:50.82 (25)						0:40:33.41
26	29	Kraemer, Ralf <i>LTD Köln-Dellbrück</i>	0:07:17.00 (28)	0:15:30.96 (26) 0:08:13.95 (25)	0:23:56.85 (26) 0:08:25.88 (27)	0:32:25.19 (26) 0:08:28.33 (25)	0:41:02.50 (26) 0:08:37.30 (25)						0:41:02.50
27	28	Kraemer, Alexandra <i>LTD Köln-Dellbrück</i>	0:07:17.33 (29)	0:15:30.98 (27) 0:08:13.64 (25)	0:23:56.51 (25) 0:08:25.53 (26)	0:32:27.07 (27) 0:08:30.56 (26)	0:41:02.64 (27) 0:08:35.56 (25)						0:41:02.64
28	17	Fehratovic, Imran <i>Heinrich-Heine-Gymnasium Köl</i>	0:07:20.35 (30)	0:15:45.52 (28) 0:08:25.17 (27)	0:24:32.86 (29) 0:08:47.33 (31)	0:33:29.83 (29) 0:08:56.97 (31)	0:41:39.95 (28) 0:08:10.11 (25)						0:41:39.95
29	14	Czernik, Brigitte	0:07:43.93 (33)	0:15:56.44 (30) 0:08:12.50 (25)	0:24:24.93 (28) 0:08:28.48 (28)	0:33:15.19 (28) 0:08:50.26 (28)	0:42:12.34 (29) 0:08:57.14 (29)						0:42:12.34
30	43	Otto, Dina <i>LTD Köln-Dellbrück</i>	0:07:27.01 (31)	0:15:54.20 (29) 0:08:27.18 (28)	0:24:55.50 (30) 0:09:01.29 (33)	0:33:49.58 (30) 0:08:54.08 (29)	0:42:17.27 (30) 0:08:27.68 (26)						0:42:17.27
31	63	van Hünnik, René <i>Köln Triathlon e.V.</i>	0:07:42.54 (32)	0:16:19.16 (33) 0:08:36.61 (31)	0:25:00.07 (31) 0:08:40.90 (29)	0:33:54.73 (31) 0:08:54.66 (30)	0:42:41.44 (31) 0:08:46.70 (29)						0:42:41.44
32	97	Bläser, Ralf	0:08:05.22 (34)	0:16:39.41 (35) 0:08:34.18 (32)	0:25:26.38 (34) 0:08:46.97 (30)	0:34:24.78 (32) 0:08:58.39 (32)	0:43:14.11 (32) 0:08:49.33 (30)						0:43:14.11
33	21	Gökhan, Gökhan <i>Max-Planck-Realschule</i>	0:07:01.82 (21)	0:16:10.71 (31) 0:09:08.88 (31)	0:25:07.31 (33) 0:08:56.59 (32)	0:34:25.17 (33) 0:09:17.86 (34)	0:43:38.83 (33) 0:09:13.65 (33)						0:43:38.83
34	120	Munaer, Ibrahim	0:06:58.33 (19)	0:15:27.67 (25) 0:08:29.34 (25)	0:25:06.44 (32) 0:09:38.76 (40)	0:35:25.81 (34) 0:10:19.37 (39)	0:45:17.33 (34) 0:09:51.51 (34)						0:45:17.33
35	11	Cetin, Eija Maarit	0:08:35.30 (40)	0:17:43.40 (36) 0:09:08.09 (35)	0:27:03.18 (40) 0:09:19.78 (39)	0:36:25.63 (37) 0:09:22.45 (35)	0:45:35.15 (35) 0:09:09.50 (33)						0:45:35.15
36	26	Klefisch, Malgorzata <i>Hospizverein Köln-Mülheim</i>	0:08:36.00 (41)	0:17:45.95 (41) 0:09:09.94 (37)	0:27:03.55 (41) 0:09:17.60 (36)	0:36:20.95 (35) 0:09:17.39 (33)	0:45:37.85 (36) 0:09:16.89 (35)						0:45:37.85



Rundenprotokoll

Rennen: **Volkslauf (7,5 km)**

Sollrunden: 5

Rang	StNr.	Name	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5						Gesamt
37	111	Meier, Manuela <i>Team Meier</i>	0:08:31.50 (38)	0:17:44.89 (40) 0:09:13.39 (40)	0:27:02.48 (39) 0:09:17.59 (35)	0:36:26.44 (40) 0:09:23.95 (37)	0:45:55.44 (37) 0:09:29.00 (36)						0:45:55.44
38	116	Hövels, Guido <i>LG Trinkfest</i>	0:08:30.76 (35)	0:17:44.38 (39) 0:09:13.61 (41)	0:27:01.84 (36) 0:09:17.45 (34)	0:36:26.11 (38) 0:09:24.26 (38)	0:45:56.21 (38) 0:09:30.10 (37)						0:45:56.21
39	117	Brück, Peter <i>LG Trinkfest</i>	0:08:31.06 (36)	0:17:44.09 (37) 0:09:13.02 (39)	0:27:01.94 (37) 0:09:17.85 (37)	0:36:25.30 (36) 0:09:23.35 (36)	0:45:56.38 (39) 0:09:31.08 (38)						0:45:56.38
40	118	Luther, Michael <i>LG Trinkfest</i>	0:08:31.40 (37)	0:17:44.20 (38) 0:09:12.79 (38)	0:27:02.17 (38) 0:09:17.98 (38)	0:36:26.27 (39) 0:09:24.09 (38)	0:45:56.53 (40) 0:09:30.26 (38)						0:45:56.53
41	112	Meier, Alexander <i>Team Meier</i>	0:07:07.25 (25)	0:16:12.74 (32) 0:09:05.49 (31)	0:26:04.59 (35) 0:09:51.84 (41)	0:36:36.05 (41) 0:10:31.46 (41)	0:47:40.18 (41) 0:11:04.12 (41)						0:47:40.18
42	115	Jäger, Harry <i>TV Witzhelden</i>	0:09:07.03 (42)	0:18:48.52 (42) 0:09:41.48 (42)	0:28:40.94 (42) 0:09:52.41 (42)	0:38:37.59 (42) 0:09:56.64 (40)	0:48:25.77 (42) 0:09:48.18 (40)						0:48:25.77
43	122	Krawczyk, Peter <i>Mülheimer Null</i>	0:10:02.77 (43)	0:21:08.02 (43) 0:11:05.24 (43)	0:32:41.03 (43) 0:11:33.00 (43)	0:44:58.60 (43) 0:12:17.56 (43)	0:56:46.01 (43) 0:11:47.41 (43)						0:56:46.01