

# 5. Altstadtlauf Köln am 31. Juli 2014 - 5km

## Altersklassenliste Männer

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| AK-Platz                       | Nr.  | Name Vorname        | Verein/*Ort              | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|---------------------|--------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Männer M20</b> |      |                     |                          |         |     |        |            |                 |
| 1                              | 2062 | Rahn Fabian         | BUNERT - Der Kölner Lau  | 0:16:38 | M20 | 1      | 0:16:38    | 3:20 min/km     |
| 2                              | 2541 | Sponner Hendrik     | EBL KTT01                | 0:17:33 | M20 | 2      | 0:17:34    | 3:31 min/km     |
| 3                              | 2061 | Maciejewski Martin  | SG 06 Betzdorf           | 0:18:51 | M20 | 3      | 0:18:54    | 3:46 min/km     |
| 4                              | 1894 | Halmen Matthias     | *Köln                    | 0:19:51 | M20 | 7      | 0:19:54    | 3:58 min/km     |
| 5                              | 2233 | Könsge Raoul        |                          | 0:20:22 | M20 | 10     | 0:20:25    | 4:05 min/km     |
| 6                              | 2074 | Gajdzinski Konrad   | *Aachen                  | 0:20:50 | M20 | 12     | 0:20:53    | 4:10 min/km     |
| 7                              | 322  | Heimbach Christian  | *Windeck                 | 0:21:09 | M20 | 17     | 0:21:21    | 4:14 min/km     |
| 8                              | 1184 | Kieser Martin Paul  | *Köln                    | 0:21:25 | M20 | 20     | 0:21:29    | 4:17 min/km     |
| 9                              | 1133 | Schiffer Sebastian  | PSV-Koeln Abt. Leichtath | 0:22:13 | M20 | 24     | 0:22:16    | 4:27 min/km     |
| 10                             | 875  | Fagot Stefan        | Karls Printen Sprinten   | 0:22:22 | M20 | 27     | 0:22:26    | 4:28 min/km     |
| 11                             | 2040 | Adan David          | *Köln                    | 0:22:33 | M20 | 28     | 0:23:01    | 4:31 min/km     |
| 12                             | 1452 | Zervas Tobias       | *Elmshorn                | 0:23:19 | M20 | 33     | 0:23:30    | 4:40 min/km     |
| 13                             | 794  | Bormann Marco       | *Köln                    | 0:24:12 | M20 | 40     | 0:24:26    | 4:50 min/km     |
| 14                             | 2073 | Lubczyk Lukas       | *Bottrop                 | 0:24:20 | M20 | 43     | 0:24:24    | 4:52 min/km     |
| 15                             | 2174 | Claasen Nils        | *Köln                    | 0:24:52 | M20 | 50     | 0:24:55    | 4:58 min/km     |
| 16                             | 447  | Garbisch Martin     | *Dormagen                | 0:25:16 | M20 | 56     | 0:25:38    | 5:03 min/km     |
| 16                             | 449  | Becker Sebastian    | *Dormagen                | 0:25:16 | M20 | 56     | 0:25:38    | 5:03 min/km     |
| 18                             | 845  | Aktas Cem           | *Bergisch Gladbach       | 0:26:28 | M20 | 73     | 0:26:41    | 5:18 min/km     |
| 19                             | 0    | unbekannt DA5BADN   |                          | 0:26:40 | M20 | 75     | 0:26:51    | 5:20 min/km     |
| 20                             | 1746 | Burgard Jan Philipp | Westdeutscher Rundfunk K | 0:27:00 | M20 | 78     | 0:27:46    | 5:24 min/km     |
| 21                             | 1347 | Collis Benny        | *Windeck                 | 0:27:14 | M20 | 84     | 0:27:34    | 5:27 min/km     |
| 22                             | 580  | Fischer Sebastian   | -                        | 0:27:57 | M20 | 99     | 0:28:34    | 5:35 min/km     |
| 23                             | 2031 | Schog Daniel        | *Erftstadt               | 0:27:59 | M20 | 100    | 0:28:06    | 5:36 min/km     |
| 24                             | 2036 | Wiedemann Till      | *Köln                    | 0:28:19 | M20 | 107    | 0:29:06    | 5:40 min/km     |
| 25                             | 1624 | Balabanov Georgi    | *Hürth                   | 0:28:35 | M20 | 114    | 0:28:47    | 5:43 min/km     |
| 26                             | 2394 | Wagner Tobias       | Fit For Fire             | 0:29:00 | M20 | 125    | 0:29:33    | 5:48 min/km     |
| 27                             | 519  | Gottheiner Gero     | *Köln                    | 0:30:43 | M20 | 146    | 0:31:27    | 6:09 min/km     |
| 28                             | 1753 | Diekötter Sven      | *Köln                    | 0:32:04 | M20 | 162    | 0:32:34    | 6:25 min/km     |
| 29                             | 562  | Schlieker Mortimer  | *Köln                    | 0:32:42 | M20 | 169    | 0:32:59    | 6:33 min/km     |
| 30                             | 481  | Weiser Andreas      | Team Road Runner         | 0:33:05 | M20 | 175    | 0:33:42    | 6:37 min/km     |
| 31                             | 639  | Von Jagemann Max    | Running Rower            | 0:34:18 | M20 | 186    | 0:35:00    | 6:52 min/km     |
| 32                             | 1434 | Hadi Yusuf          | *Brüggen-bracht          | 0:35:04 | M20 | 192    | 0:35:29    | 7:01 min/km     |
| 33                             | 1515 | Baier Jonas         | FV Wiehl                 | 0:35:32 | M20 | 196    | 0:35:43    | 7:06 min/km     |
| 34                             | 125  | Klein Benedikt      | *Köln                    | 0:37:07 | M20 | 203    | 0:37:23    | 7:25 min/km     |
| 35                             | 1155 | Lippegaus Marcel    | *Köln                    | 0:37:14 | M20 | 204    | 0:37:47    | 7:27 min/km     |
| 36                             | 1214 | Schaaf Tim          | *Köln                    | 0:37:24 | M20 | 205    | 0:37:43    | 7:29 min/km     |
| 37                             | 1539 | Howarth Mark        | *Brühl                   | 0:39:29 | M20 | 210    | 0:39:52    | 7:54 min/km     |

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| AK-Platz                       | Nr.  | Name Vorname          | Verein/*Ort                 | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|-----------------------|-----------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Männer M30</b> |      |                       |                             |         |     |        |            |                 |
| 1                              | 1913 | Kowalski Sascha       | SG Tackenberg / Runners F   | 0:19:09 | M30 | 5      | 0:19:10    | 3:50 min/km     |
| 2                              | 238  | Verch Marco           | Mach3                       | 0:20:01 | M30 | 9      | 0:20:03    | 4:00 min/km     |
| 3                              | 1595 | Müller Ulrich         | *Bonn                       | 0:20:59 | M30 | 15     | 0:21:03    | 4:12 min/km     |
| 4                              | 1288 | Ghadiri DR Reza       | *Köln                       | 0:21:16 | M30 | 18     | 0:21:23    | 4:15 min/km     |
| 5                              | 2533 | Pendzich Adrian       |                             | 0:24:19 | M30 | 42     | 0:24:53    | 4:52 min/km     |
| 6                              | 1583 | Rütten Ingo           | *Düsseldorf                 | 0:25:01 | M30 | 53     | 0:25:03    | 5:00 min/km     |
| 7                              | 1159 | Hoffmann Stefan Guido | *Kürten                     | 0:25:35 | M30 | 60     | 0:25:42    | 5:07 min/km     |
| 8                              | 869  | Sterck Wilfried       | Karls Printen Sprinten      | 0:25:46 | M30 | 62     | 0:25:54    | 5:09 min/km     |
| 9                              | 411  | Tarlowski Marius      | Harmonize your Enterprise   | 0:27:05 | M30 | 81     | 0:27:41    | 5:25 min/km     |
| 10                             | 1618 | Hermesdorf Markus     | Freiwillige Feuerwehr LG Ei | 0:27:25 | M30 | 87     | 0:27:39    | 5:29 min/km     |
| 11                             | 983  | Putz Christian        | *Köln                       | 0:27:52 | M30 | 98     | 0:28:21    | 5:35 min/km     |
| 12                             | 492  | Wollmann Peter        | *Bitburg                    | 0:28:21 | M30 | 108    | 0:28:47    | 5:40 min/km     |
| 13                             | 445  | Wollmann Markus       | *Köln                       | 0:29:43 | M30 | 133    | 0:30:09    | 5:57 min/km     |
| 14                             | 1541 | Tewes Stefan          | *Köln                       | 0:30:57 | M30 | 148    | 0:31:06    | 6:12 min/km     |
| 15                             | 314  | Franz Kristian        | HKLW                        | 0:31:39 | M30 | 158    | 0:32:25    | 6:20 min/km     |
| 16                             | 1446 | Holzhäuser Marc       | Team BM                     | 0:32:18 | M30 | 163    | 0:32:41    | 6:28 min/km     |
| 17                             | 417  | Hauss Christian       | Harmonize your Enterprise   | 0:33:21 | M30 | 178    | 0:33:57    | 6:40 min/km     |

### Altersklasse Männer M35

|    |      |                       |                           |         |     |     |         |             |
|----|------|-----------------------|---------------------------|---------|-----|-----|---------|-------------|
| 1  | 2232 | Zermmouira Youness    |                           | 0:21:48 | M35 | 21  | 0:21:54 | 4:22 min/km |
| 2  | 406  | Schöckel Thomas       | Harmonize your Enterprise | 0:24:14 | M35 | 41  | 0:24:16 | 4:51 min/km |
| 3  | 1978 | Hahn Oliver           | *Köln                     | 0:24:29 | M35 | 44  | 0:24:38 | 4:54 min/km |
| 4  | 1292 | Schauerte Mark        | *Odenthal                 | 0:25:32 | M35 | 59  | 0:26:13 | 5:06 min/km |
| 5  | 364  | Wilhelm DR Patrick    | *Köln                     | 0:25:56 | M35 | 65  | 0:26:05 | 5:11 min/km |
| 6  | 271  | Grzesiek Carsten      | *Kerpen                   | 0:25:57 | M35 | 66  | 0:26:11 | 5:11 min/km |
| 7  | 478  | Von Felbert Jörg      | Team Road Runner          | 0:26:02 | M35 | 68  | 0:26:39 | 5:13 min/km |
| 8  | 1516 | Albers Jon            | *Bonn                     | 0:27:44 | M35 | 96  | 0:28:02 | 5:33 min/km |
| 9  | 1621 | Böhme Olaf            | *Köln                     | 0:28:00 | M35 | 102 | 0:28:39 | 5:36 min/km |
| 10 | 1698 | Chladek Thomas        | *Troisdorf                | 0:28:09 | M35 | 103 | 0:28:41 | 5:38 min/km |
| 11 | 855  | Jürgens Mischa        | *Niederkassel             | 0:28:22 | M35 | 109 | 0:28:35 | 5:40 min/km |
| 12 | 889  | Mahlke Stephan        | *Frechen                  | 0:28:54 | M35 | 123 | 0:29:19 | 5:47 min/km |
| 13 | 1112 | Guckelsberger Ingo    | central-team.de           | 0:28:57 | M35 | 124 | 0:29:05 | 5:47 min/km |
| 14 | 999  | Ehrling Stefan        | *Rheinbach                | 0:29:07 | M35 | 126 | 0:29:15 | 5:49 min/km |
| 15 | 2238 | Sackmann Alexander    | SC Janus                  | 0:29:15 | M35 | 128 | 0:29:29 | 5:51 min/km |
| 16 | 2097 | Frontini Lars         | *Köln                     | 0:29:24 | M35 | 129 | 0:30:04 | 5:53 min/km |
| 17 | 1229 | Weber Andreas         | DEVK                      | 0:30:20 | M35 | 142 | 0:30:55 | 6:04 min/km |
| 18 | 2247 | Stoebke Christian     |                           | 0:31:14 | M35 | 153 | 0:31:24 | 6:15 min/km |
| 19 | 376  | Polzer Markus Florian | *Köln                     | 0:31:57 | M35 | 160 | 0:32:41 | 6:23 min/km |
| 20 | 2082 | Hochholz Holger       | *Köln                     | 0:32:02 | M35 | 161 | 0:32:42 | 6:25 min/km |
| 21 | 1887 | Gronert Manuel        | *Köln                     | 0:32:23 | M35 | 166 | 0:33:03 | 6:29 min/km |
| 22 | 1182 | Türker Mehmet         | *Köln                     | 0:33:23 | M35 | 179 | 0:33:56 | 6:41 min/km |
| 23 | 1034 | Starrenburg Franz     | PSV Köln Abt. Leichtathl  | 0:35:34 | M35 | 197 | 0:35:46 | 7:07 min/km |

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|--------------------------------|------|-------------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Männer M40</b> |      |                         |                           |         |     |        |            |                 |
| 1                              | 2535 | Knieps Roland           | The Big Bottles           | 0:22:45 | M40 | 30     | 0:22:49    | 4:33 min/km     |
| 2                              | 2542 | Sowade Uli              | Happy Running Family      | 0:24:46 | M40 | 49     | 0:24:52    | 4:57 min/km     |
| 3                              | 871  | Ganser Stephan          | Karls Printen Sprinten    | 0:25:55 | M40 | 64     | 0:26:04    | 5:11 min/km     |
| 4                              | 2513 | Karl Daniel             | *Lindlar                  | 0:26:31 | M40 | 74     | 0:27:13    | 5:18 min/km     |
| 5                              | 896  | Eschenburg Holger       | Innovia Films             | 0:26:46 | M40 | 76     | 0:27:01    | 5:21 min/km     |
| 6                              | 1741 | Preis Stefan            | Westdeutscher Rundfunk K  | 0:26:52 | M40 | 77     | 0:27:37    | 5:23 min/km     |
| 7                              | 959  | Flock Thomas            | *Köln                     | 0:27:05 | M40 | 80     | 0:27:09    | 5:25 min/km     |
| 8                              | 1512 | Seidl Heinz             | *Köln                     | 0:28:40 | M40 | 116    | 0:28:49    | 5:44 min/km     |
| 9                              | 1121 | Weinert Thomas          | *Rommerskirchen           | 0:28:43 | M40 | 117    | 0:29:27    | 5:45 min/km     |
| 10                             | 1105 | Heinrich Marc           | *Köln                     | 0:29:25 | M40 | 130    | 0:29:34    | 5:53 min/km     |
| 11                             | 1884 | Naumann Thomas          | *Pulheim                  | 0:29:27 | M40 | 131    | 0:30:13    | 5:54 min/km     |
| 12                             | 1597 | Papesch Marco           | TV Klaswipper             | 0:29:29 | M40 | 132    | 0:30:00    | 5:54 min/km     |
| 13                             | 613  | Kirsten Dieter          | BSG KVB Laufsport         | 0:30:00 | M40 | 136    | 0:30:40    | 6:00 min/km     |
| 14                             | 420  | Krieger Lutz            | Harmonize your Enterprise | 0:30:17 | M40 | 140    | 0:30:45    | 6:03 min/km     |
| 15                             | 1296 | Füßer Thomas            | *Rommerskirchen           | 0:30:42 | M40 | 145    | 0:30:59    | 6:09 min/km     |
| 16                             | 1908 | Lübke Jan               | *Düsseldorf               | 0:30:48 | M40 | 147    | 0:31:23    | 6:10 min/km     |
| 17                             | 1903 | Caballero Robert        | *Köln                     | 0:31:06 | M40 | 151    | 0:31:44    | 6:13 min/km     |
| 18                             | 1679 | Bach Markus             | Christine & Markus        | 0:32:46 | M40 | 170    | 0:33:22    | 6:33 min/km     |
| 19                             | 1527 | Holz Gerd               | *Köln                     | 0:32:59 | M40 | 171    | 0:33:28    | 6:36 min/km     |
| 20                             | 831  | Jantz Dirk              | *Köln                     | 0:33:23 | M40 | 180    | 0:33:44    | 6:41 min/km     |
| 21                             | 407  | Himmel Christian        | Harmonize your Enterprise | 0:34:41 | M40 | 190    | 0:35:09    | 6:56 min/km     |
| 22                             | 1659 | Schmitt Stefan          | *Wilnsdorf                | 0:35:05 | M40 | 194    | 0:35:17    | 7:01 min/km     |
| 23                             | 1660 | Schade Marko            | *Wilnsdorf                | 0:35:06 | M40 | 195    | 0:35:17    | 7:01 min/km     |
| 24                             | 398  | Heidtfeld-Schmidt Frank | Harmonize your Enterprise | 0:36:28 | M40 | 201    | 0:36:55    | 7:18 min/km     |

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| AK-Platz                       | Nr.  | Name Vorname         | Verein/*Ort               | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|----------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Männer M45</b> |      |                      |                           |         |     |        |            |                 |
| 1                              | 1632 | Wilmes Heiko         | TV Refrath                | 0:18:53 | M45 | 4      | 0:18:55    | 3:47 min/km     |
| 2                              | 530  | Ermisch Heinz-Werner | HRF/Team Erdinger Alkoh   | 0:22:21 | M45 | 26     | 0:22:33    | 4:28 min/km     |
| 3                              | 2250 | Eyl Ansgar           | LSC Maischeid             | 0:24:04 | M45 | 38     | 0:24:09    | 4:49 min/km     |
| 4                              | 1703 | Schönsee Reto        | *Wittenbach               | 0:24:36 | M45 | 46     | 0:24:41    | 4:55 min/km     |
| 5                              | 1669 | Wesemann Tobias      | TV Hangelar 1962 e.V.     | 0:24:41 | M45 | 47     | 0:24:47    | 4:56 min/km     |
| 6                              | 337  | Dalitz Ingmar        | LG Heiße Socke Porz       | 0:24:52 | M45 | 50     | 0:24:59    | 4:58 min/km     |
| 7                              | 1174 | Schlieper Achim      | DEVK                      | 0:26:12 | M45 | 70     | 0:26:28    | 5:14 min/km     |
| 8                              | 1499 | Meißner Ralf         | *Köln                     | 0:26:17 | M45 | 72     | 0:26:25    | 5:15 min/km     |
| 9                              | 422  | Rikowski Markus      | Harmonize your Enterprise | 0:27:03 | M45 | 79     | 0:27:37    | 5:25 min/km     |
| 10                             | 1079 | Barion Rene          | *Köln                     | 0:27:09 | M45 | 83     | 0:27:23    | 5:26 min/km     |
| 11                             | 416  | Kupper Frank         | Harmonize your Enterprise | 0:27:18 | M45 | 86     | 0:28:11    | 5:28 min/km     |
| 12                             | 461  | Finkeldei Heiko      | *Eschenburg               | 0:27:27 | M45 | 88     | 0:28:13    | 5:29 min/km     |
| 13                             | 1806 | Schmidt Jörg         | Optifast - Gruppe 14      | 0:27:29 | M45 | 89     | 0:27:59    | 5:30 min/km     |
| 14                             | 2242 | Bill Beat            |                           | 0:27:35 | M45 | 91     | 0:28:12    | 5:31 min/km     |
| 15                             | 1169 | Schnorz Dirk         | DEVK BSG                  | 0:27:41 | M45 | 93     | 0:27:43    | 5:32 min/km     |
| 16                             | 2208 | Pfleger Martin       |                           | 0:27:42 | M45 | 95     | 0:27:47    | 5:33 min/km     |
| 17                             | 397  | Herda Joachim        | Harmonize your Enterprise | 0:28:15 | M45 | 106    | 0:28:43    | 5:39 min/km     |
| 18                             | 558  | Fergin Guido         | *Köln                     | 0:28:45 | M45 | 118    | 0:28:49    | 5:45 min/km     |
| 19                             | 1757 | Frielingsdorf Oliver | *Köln                     | 0:28:53 | M45 | 122    | 0:29:03    | 5:47 min/km     |
| 20                             | 1096 | Thielen Jens         | *Hennef                   | 0:29:15 | M45 | 127    | 0:29:22    | 5:51 min/km     |
| 21                             | 207  | Bauer Patrick        | Rennschnecken Deluxe      | 0:30:05 | M45 | 137    | 0:30:34    | 6:01 min/km     |
| 22                             | 1299 | Collis Francis       | *Windeck                  | 0:31:31 | M45 | 156    | 0:31:52    | 6:18 min/km     |
| 23                             | 1409 | Kohler Michael       | *Brüggen-bracht           | 0:31:33 | M45 | 157    | 0:31:58    | 6:19 min/km     |
| 24                             | 1175 | Henkes Andreas       | DEVK                      | 0:32:22 | M45 | 165    | 0:32:38    | 6:29 min/km     |
| 25                             | 2011 | Blumenrath Christian | Sparda-Bank               | 0:33:00 | M45 | 172    | 0:33:49    | 6:36 min/km     |
| 26                             | 2099 | Feldmann Christoph   | *Bornheim                 | 0:33:10 | M45 | 177    | 0:33:41    | 6:38 min/km     |
| 27                             | 425  | Witkowski Arnd       | Harmonize your Enterprise | 0:33:55 | M45 | 183    | 0:34:22    | 6:47 min/km     |
| 28                             | 1876 | Walterscheid Paul    | *Köln                     | 0:34:32 | M45 | 187    | 0:34:39    | 6:54 min/km     |
| 29                             | 412  | Wachs Klaus          | Harmonize your Enterprise | 0:35:00 | M45 | 191    | 0:35:51    | 7:00 min/km     |
| 30                             | 415  | Winkler Wolfgang     | Harmonize your Enterprise | 0:35:04 | M45 | 193    | 0:35:57    | 7:01 min/km     |
| 31                             | 1601 | Böhm Jörg            | *Köln                     | 0:36:51 | M45 | 202    | 0:37:23    | 7:22 min/km     |
| 32                             | 1799 | Krach Peter          | *Pulheim                  | 0:38:08 | M45 | 206    | 0:38:39    | 7:38 min/km     |
| 33                             | 27   | Scholz Christian     | *Wermelskirchen           | 0:39:02 | M45 | 209    | 0:39:23    | 7:49 min/km     |
| 34                             | 1800 | Möller Dietmar       | *Pulheim                  | 0:40:51 | M45 | 215    | 0:41:22    | 8:10 min/km     |
| 35                             | 426  | Langenbach Dirk      | Harmonize your Enterprise | 0:41:06 | M45 | 216    | 0:41:39    | 8:13 min/km     |

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| AK-Platz                       | Nr.  | Name Vorname            | Verein/*Ort               | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|-------------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Männer M50</b> |      |                         |                           |         |     |        |            |                 |
| 1                              | 2520 | Heisig Markus           | TV Refrath                | 0:19:56 | M50 | 8      | 0:19:57    | 3:59 min/km     |
| 2                              | 2152 | Cremer Jürgen           | FC Deutsche Post          | 0:22:40 | M50 | 29     | 0:22:45    | 4:32 min/km     |
| 3                              | 431  | Peter Ronald            | HLG 98 Wuppertal          | 0:25:07 | M50 | 54     | 0:25:18    | 5:01 min/km     |
| 4                              | 877  | Ulbrich Georg           | Karls Printen Sprinten    | 0:25:59 | M50 | 67     | 0:26:08    | 5:12 min/km     |
| 5                              | 430  | Vogels Juergen          | SC Will                   | 0:26:13 | M50 | 71     | 0:26:21    | 5:15 min/km     |
| 6                              | 409  | Glas Jürgen             | Harmonize your Enterprise | 0:27:05 | M50 | 82     | 0:27:34    | 5:25 min/km     |
| 7                              | 272  | Bolender Wilfried       | KSK Köln                  | 0:27:50 | M50 | 97     | 0:28:03    | 5:34 min/km     |
| 8                              | 2158 | Dömmcke Andreas         | *Köln                     | 0:28:23 | M50 | 110    | 0:28:29    | 5:41 min/km     |
| 9                              | 419  | Alves de Sousa José     | Harmonize your Enterprise | 0:28:24 | M50 | 111    | 0:28:53    | 5:41 min/km     |
| 10                             | 2167 | Fleischmann Andreas     | *Köln                     | 0:28:29 | M50 | 112    | 0:28:38    | 5:42 min/km     |
| 11                             | 1383 | Steuer Jürgen           | Team Erdinger Alkoholfrei | 0:29:47 | M50 | 134    | 0:30:10    | 5:58 min/km     |
| 12                             | 1739 | Hänsel Raphael          | Westdeutscher Rundfunk K  | 0:29:51 | M50 | 135    | 0:30:33    | 5:58 min/km     |
| 13                             | 210  | Rucktäschel Uwe         | Rennschnecken Deluxe      | 0:30:06 | M50 | 138    | 0:30:35    | 6:01 min/km     |
| 14                             | 1818 | Schmid Thomas           | *Köln                     | 0:30:09 | M50 | 139    | 0:30:38    | 6:02 min/km     |
| 15                             | 1743 | Wasser Reimund          | Westdeutscher Rundfunk K  | 0:30:24 | M50 | 143    | 0:31:09    | 6:05 min/km     |
| 16                             | 448  | Garbisch Jürgen         | *Dormagen                 | 0:30:27 | M50 | 144    | 0:30:50    | 6:06 min/km     |
| 17                             | 1203 | Bielemeier Joachim      | SV Vettelschoß-Kalenborn  | 0:31:22 | M50 | 154    | 0:31:33    | 6:17 min/km     |
| 18                             | 1153 | Hompesch Martin         | *Düren                    | 0:32:18 | M50 | 164    | 0:32:34    | 6:28 min/km     |
| 19                             | 594  | Werner Kurt             | Team Werner               | 0:35:41 | M50 | 198    | 0:36:03    | 7:08 min/km     |
| 20                             | 2197 | Brandenburg Harald      |                           | 0:38:35 | M50 | 207    | 0:39:12    | 7:43 min/km     |
| 21                             | 410  | Büscher Hans            | Harmonize your Enterprise | 0:40:23 | M50 | 211    | 0:40:34    | 8:05 min/km     |
| <b>Altersklasse Männer M55</b> |      |                         |                           |         |     |        |            |                 |
| 1                              | 2243 | Baumhof Jochen          | TV Refrath                | 0:20:46 | M55 | 11     | 0:20:49    | 4:09 min/km     |
| 2                              | 2378 | Donath Aurelius         | *Köln                     | 0:21:08 | M55 | 16     | 0:21:14    | 4:14 min/km     |
| 3                              | 2253 | Dahlmann Hartmut        | Lauffreunde Paderborn     | 0:23:43 | M55 | 36     | 0:23:45    | 4:45 min/km     |
| 4                              | 1513 | Dhein Georg             | THC RW Berg. Gladbach     | 0:24:45 | M55 | 48     | 0:24:56    | 4:57 min/km     |
| 5                              | 1672 | Pätzold Norbert         | *Hückeswagen              | 0:27:59 | M55 | 101    | 0:28:15    | 5:36 min/km     |
| 6                              | 1883 | Spitzley Georg          | *Köln                     | 0:28:50 | M55 | 120    | 0:29:22    | 5:46 min/km     |
| 7                              | 1599 | Sellugga Rainer         | Laufschule Erftstadt      | 0:31:02 | M55 | 149    | 0:31:17    | 6:13 min/km     |
| 8                              | 428  | Taplan Norbert          | Harmonize your Enterprise | 0:31:53 | M55 | 159    | 0:32:22    | 6:23 min/km     |
| 9                              | 614  | Frein Burkhard          | BSG KVB Laufsport         | 0:32:30 | M55 | 168    | 0:33:09    | 6:30 min/km     |
| 10                             | 1537 | Doherr Reinhard         | ohne                      | 0:33:02 | M55 | 174    | 0:33:13    | 6:36 min/km     |
| <b>Altersklasse Männer M60</b> |      |                         |                           |         |     |        |            |                 |
| 1                              | 873  | Klasen Max              | Karls Printen Sprinten    | 0:25:53 | M60 | 63     | 0:26:03    | 5:11 min/km     |
| 2                              | 2054 | Wischnewski Waldemar    | *Bergheim                 | 0:26:05 | M60 | 69     | 0:26:12    | 5:13 min/km     |
| 3                              | 2067 | Pütz Armin              | *Bonn                     | 0:33:27 | M60 | 181    | 0:33:37    | 6:41 min/km     |
| 4                              | 719  | Hansen Norbert          | *Kerpen                   | 0:34:16 | M60 | 185    | 0:35:00    | 6:51 min/km     |
| 5                              | 2529 | Schulz Georg            |                           | 0:40:37 | M60 | 212    | 0:41:08    | 8:08 min/km     |
| 6                              | 1945 | Frings Lothar           | *Köln                     | 0:40:38 | M60 | 213    | 0:41:16    | 8:08 min/km     |
| <b>Altersklasse Männer M65</b> |      |                         |                           |         |     |        |            |                 |
| 1                              | 890  | Rahmen Hubert           | *Frechen                  | 0:28:52 | M65 | 121    | 0:29:18    | 5:47 min/km     |
| 2                              | 490  | Schmitz Karl-Bernd      | Tus Mechernich 1897       | 0:31:28 | M65 | 155    | 0:31:36    | 6:18 min/km     |
| 3                              | 943  | Winterhagen Wolf-Rainer | lifeness                  | 0:34:40 | M65 | 188    | 0:35:18    | 6:56 min/km     |
| 4                              | 275  | Schaefers Reinhold      | team-erdinger-alkohlfrei  | 0:34:41 | M65 | 189    | 0:35:18    | 6:56 min/km     |
| 5                              | 550  | Hildebrandt Karl-Heinz  | *Köln                     | 0:38:41 | M65 | 208    | 0:39:25    | 7:44 min/km     |

# 5. Altstadtlauf Köln am 31. Juli 2014 - 5km

## Altersklassenliste Männer

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| AK-Platz                        | Nr.  | Name Vorname           | Verein/*Ort              | Endzeit | AK   | Total. | Bruttozeit | Geschwindigkeit |
|---------------------------------|------|------------------------|--------------------------|---------|------|--------|------------|-----------------|
| <b>Altersklasse Männer M70</b>  |      |                        |                          |         |      |        |            |                 |
| 1                               | 2223 | Kuthe Thorsten         | HKLW                     | 0:23:09 | M70  | 32     | 0:23:57    | 4:38 min/km     |
| 2                               | 1946 | Erdenberger Manfred    | *Köln                    | 0:40:38 | M70  | 214    | 0:41:16    | 8:08 min/km     |
| <b>Altersklasse Männer M80</b>  |      |                        |                          |         |      |        |            |                 |
| 1                               | 837  | Deiters Lothar         | LSV-Porz/Köln            | 0:34:04 | M80  | 184    | 0:34:27    | 6:49 min/km     |
| <b>Altersklasse Männer MU12</b> |      |                        |                          |         |      |        |            |                 |
| 1                               | 19   | Hempelman Jannis       | Emder LG                 | 0:20:58 | MU12 | 14     | 0:20:58    | 4:12 min/km     |
| 2                               | 588  | Plümacher Viktor       | TUSEM Essen              | 0:22:15 | MU12 | 25     | 0:22:16    | 4:27 min/km     |
| 3                               | 2056 | Wischnewski Luca       | *Bergheim                | 0:24:29 | MU12 | 44     | 0:24:34    | 4:54 min/km     |
| 4                               | 1377 | Zahnen Fabian          | GSV Porz                 | 0:27:18 | MU12 | 85     | 0:27:38    | 5:28 min/km     |
| 5                               | 2234 | De la Vourdelle Louis  |                          | 0:27:38 | MU12 | 92     | 0:28:10    | 5:32 min/km     |
| 6                               | 2228 | Eul Nico               |                          | 0:28:10 | MU12 | 104    | 0:28:30    | 5:38 min/km     |
| 7                               | 1097 | Thielen Philipp        | *Hennef                  | 0:28:46 | MU12 | 119    | 0:28:48    | 5:45 min/km     |
| 8                               | 1037 | Tromm Clemens          | PSV Köln Abt. Leichtathl | 0:36:00 | MU12 | 199    | 0:36:12    | 7:12 min/km     |
| 9                               | 305  | Schröder Jakob         | ASV                      | 0:36:26 | MU12 | 200    | 0:36:59    | 7:17 min/km     |
| <b>Altersklasse Männer MU14</b> |      |                        |                          |         |      |        |            |                 |
| 1                               | 2245 | Stein Jannik           | VfL Engelskirchen        | 0:23:25 | MU14 | 34     | 0:23:26    | 4:41 min/km     |
| 2                               | 985  | Göddertz Lukas         | PSV Köln                 | 0:25:38 | MU14 | 61     | 0:25:41    | 5:08 min/km     |
| 3                               | 2236 | Ponomarev Ivan         |                          | 0:27:29 | MU14 | 90     | 0:27:39    | 5:30 min/km     |
| 4                               | 2237 | Ponomarev Kirill       |                          | 0:27:42 | MU14 | 94     | 0:27:53    | 5:33 min/km     |
| 5                               | 935  | Baumgarten Yaniz       | LAC Rhein-Erft           | 0:28:11 | MU14 | 105    | 0:28:14    | 5:38 min/km     |
| 6                               | 165  | Drzesga Timo Dominik   | LA TuS Mayen             | 0:28:35 | MU14 | 113    | 0:29:12    | 5:43 min/km     |
| <b>Altersklasse Männer MU16</b> |      |                        |                          |         |      |        |            |                 |
| 1                               | 813  | Pfeiffer Jan Henrik    | ASV Köln                 | 0:22:10 | MU16 | 22     | 0:22:12    | 4:26 min/km     |
| 2                               | 2136 | Neukirchen Moritz      | *Leverkusen              | 0:23:39 | MU16 | 35     | 0:23:45    | 4:44 min/km     |
| 3                               | 1764 | Günther Timo           | *Vettweiß                | 0:25:01 | MU16 | 52     | 0:25:14    | 5:00 min/km     |
| 4                               | 1154 | Hompesch Tim           | GFC Düren 99             | 0:30:19 | MU16 | 141    | 0:30:35    | 6:04 min/km     |
| 5                               | 2227 | Eul Timo               |                          | 0:31:06 | MU16 | 150    | 0:31:25    | 6:13 min/km     |
| 6                               | 2072 | Mittelstädt Leander    | RTC Frechen              | 0:32:24 | MU16 | 167    | 0:32:27    | 6:29 min/km     |
| 7                               | 2100 | Feldmann Johannes      | *Bornheim                | 0:33:01 | MU16 | 173    | 0:33:32    | 6:36 min/km     |
| 8                               | 1319 | Collis Jeremy          | *Windeck                 | 0:33:45 | MU16 | 182    | 0:34:05    | 6:45 min/km     |
| <b>Altersklasse Männer MU18</b> |      |                        |                          |         |      |        |            |                 |
| 1                               | 2144 | Von Trostorf Alexander | Einzelkämpfer            | 0:19:11 | MU18 | 6      | 0:19:12    | 3:50 min/km     |
| 2                               | 291  | Wagner Constantin      | VfB Wissen               | 0:20:57 | MU18 | 13     | 0:20:58    | 4:11 min/km     |
| 3                               | 502  | Weber Oliver           | VfB Wissen               | 0:22:13 | MU18 | 23     | 0:22:14    | 4:27 min/km     |
| 4                               | 1033 | Christoffel René       | PSV Köln Abt. Leichtathl | 0:24:06 | MU18 | 39     | 0:24:09    | 4:49 min/km     |
| 5                               | 164  | Drzesga Marc           | *Mayen                   | 0:31:13 | MU18 | 152    | 0:31:52    | 6:15 min/km     |
| <b>Altersklasse Männer MU20</b> |      |                        |                          |         |      |        |            |                 |
| 1                               | 503  | Weber Markus           | VfB Wissen               | 0:21:20 | MU20 | 19     | 0:21:22    | 4:16 min/km     |
| 2                               | 812  | Muller Frédéric        | *Gummersbach             | 0:22:56 | MU20 | 31     | 0:23:09    | 4:35 min/km     |
| 3                               | 2182 | Scharbert Friedrich    | Team Voreifel            | 0:24:03 | MU20 | 37     | 0:24:05    | 4:49 min/km     |
| 4                               | 1032 | Becker Marc            | PSV Köln Abt. Leichtathl | 0:25:10 | MU20 | 55     | 0:25:14    | 5:02 min/km     |
| 5                               | 1954 | Meißner Marius         | *Köln                    | 0:25:19 | MU20 | 58     | 0:25:28    | 5:04 min/km     |
| 6                               | 2168 | Fleischmann Jakob      | *Köln                    | 0:33:06 | MU20 | 176    | 0:33:16    | 6:37 min/km     |

# 5. Altstadtlauf Köln am 31. Juli 2014 - 5km

## Altersklassenliste Frauen

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| AK-Platz                       | Nr.  | Name Vorname         | Verein/*Ort                | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|----------------------|----------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Frauen W20</b> |      |                      |                            |         |     |        |            |                 |
| 1                              | 1638 | Jaeger Ronja         | BUNERT - Der Kölner Lau    | 0:19:02 | W20 | 1      | 0:19:04    | 3:48 min/km     |
| 2                              | 2063 | Valder Sarah         | BUNERT - Der Kölner Lau    | 0:20:00 | W20 | 2      | 0:20:02    | 4:00 min/km     |
| 3                              | 1938 | Arendt Alexandra     | ASV Köln                   | 0:21:22 | W20 | 5      | 0:21:25    | 4:17 min/km     |
| 4                              | 611  | Franzki Regina       | *Köln                      | 0:24:58 | W20 | 10     | 0:25:03    | 4:60 min/km     |
| 5                              | 2058 | Mokry Dunja          | SC Altenkirchen            | 0:25:07 | W20 | 15     | 0:25:13    | 5:02 min/km     |
| 6                              | 2244 | Rasel Stefanie       |                            | 0:26:33 | W20 | 22     | 0:26:51    | 5:19 min/km     |
| 7                              | 772  | Walas Justyna        | *Meckenheim                | 0:27:04 | W20 | 27     | 0:27:15    | 5:25 min/km     |
| 8                              | 1906 | Winkhardt Simone     | *Aachen                    | 0:27:12 | W20 | 28     | 0:27:22    | 5:27 min/km     |
| 9                              | 1975 | Kremer Dajana        | *Köln                      | 0:27:20 | W20 | 30     | 0:27:28    | 5:28 min/km     |
| 10                             | 575  | Assenmacher Jana     | *Langerwehe                | 0:27:25 | W20 | 32     | 0:27:31    | 5:29 min/km     |
| 11                             | 2037 | Plessa Katrin        | *Köln                      | 0:28:19 | W20 | 43     | 0:29:06    | 5:40 min/km     |
| 12                             | 1030 | Bungarten Stephanie  | *Wesseling                 | 0:28:29 | W20 | 44     | 0:28:47    | 5:42 min/km     |
| 13                             | 1490 | Vosskötter Carolin   | FC Schüttorf 09 Laufabteil | 0:28:46 | W20 | 48     | 0:28:53    | 5:45 min/km     |
| 14                             | 1157 | Seifert Marcella     | Harmonize your Enterprise  | 0:29:28 | W20 | 57     | 0:29:59    | 5:54 min/km     |
| 15                             | 903  | Nosek Jessica        | PSV Köln                   | 0:31:05 | W20 | 77     | 0:31:19    | 6:13 min/km     |
| 16                             | 1242 | Weiß Daniela         | Federal-Mogul Burscheid G  | 0:31:28 | W20 | 87     | 0:31:57    | 6:18 min/km     |
| 17                             | 1850 | Koch Natalie         | *Köln                      | 0:31:36 | W20 | 89     | 0:31:44    | 6:19 min/km     |
| 18                             | 1243 | Winter Sandra        | Federal-Mogul Burscheid G  | 0:32:04 | W20 | 98     | 0:32:34    | 6:25 min/km     |
| 19                             | 876  | Sterck Judith        | Karls Printen Sprinten     | 0:32:14 | W20 | 102    | 0:32:33    | 6:27 min/km     |
| 20                             | 1447 | Becker Barbara       | Team BM                    | 0:32:17 | W20 | 106    | 0:32:41    | 6:28 min/km     |
| 21                             | 1934 | Brune Deborah        | Die Mädchen                | 0:32:21 | W20 | 108    | 0:32:59    | 6:28 min/km     |
| 22                             | 1199 | Hartmann Maike       | *Köln                      | 0:32:23 | W20 | 111    | 0:32:42    | 6:29 min/km     |
| 23                             | 1536 | Christ Kirsten       | *Drolshagen                | 0:32:32 | W20 | 116    | 0:32:51    | 6:30 min/km     |
| 24                             | 560  | Baßenhoff Lena       | *Köln                      | 0:32:38 | W20 | 117    | 0:32:59    | 6:32 min/km     |
| 25                             | 1535 | Kling Sabine         | *Bochum                    | 0:32:40 | W20 | 118    | 0:33:00    | 6:32 min/km     |
| 26                             | 561  | Spieth Simone        | *Köln                      | 0:32:42 | W20 | 120    | 0:32:58    | 6:33 min/km     |
| 27                             | 1372 | Goloschubov Viktoria | *Köln                      | 0:32:54 | W20 | 124    | 0:33:25    | 6:35 min/km     |
| 28                             | 486  | Müller Tirza         | *Köln                      | 0:33:08 | W20 | 131    | 0:33:47    | 6:38 min/km     |
| 29                             | 1506 | Nielinger Lena       | Team Slovensko             | 0:33:19 | W20 | 133    | 0:34:07    | 6:40 min/km     |
| 30                             | 702  | Fechner Theresa      | ohne                       | 0:33:21 | W20 | 135    | 0:33:48    | 6:40 min/km     |
| 31                             | 520  | Kretschmar Marianne  | *Köln                      | 0:33:23 | W20 | 137    | 0:34:06    | 6:41 min/km     |
| 32                             | 2383 | Vöcking Yvonne       | *Bergisch Gladbach         | 0:33:34 | W20 | 140    | 0:33:47    | 6:43 min/km     |
| 33                             | 601  | Bellinghausen Tamara | *Pulheim                   | 0:33:34 | W20 | 142    | 0:34:15    | 6:43 min/km     |
| 34                             | 477  | Hoffmann Jennifer    | Team Road Runner           | 0:33:40 | W20 | 145    | 0:34:19    | 6:44 min/km     |
| 35                             | 718  | Von Wirth Lea        | *Kerpen                    | 0:34:17 | W20 | 153    | 0:35:00    | 6:52 min/km     |
| 36                             | 437  | Heppner Levke        | Happy running family       | 0:34:28 | W20 | 158    | 0:35:14    | 6:54 min/km     |
| 37                             | 2185 | Kaesler Michaela     | *Köln                      | 0:34:45 | W20 | 165    | 0:35:29    | 6:57 min/km     |
| 38                             | 595  | Werner Sandra        | Team Werner                | 0:35:41 | W20 | 184    | 0:36:02    | 7:08 min/km     |
| 39                             | 956  | Grohnert Laura       | *Hünxe                     | 0:35:44 | W20 | 186    | 0:36:16    | 7:09 min/km     |
| 40                             | 1158 | Queck Sandra         | Harmonize your Enterprise  | 0:36:25 | W20 | 194    | 0:36:56    | 7:17 min/km     |
| 41                             | 596  | Werner Ann-Kathrin   | Team Werner                | 0:36:33 | W20 | 198    | 0:36:56    | 7:19 min/km     |
| 42                             | 1507 | Mocza Lena           | Team Slovensko             | 0:36:40 | W20 | 200    | 0:37:27    | 7:20 min/km     |
| 43                             | 835  | Ostermann Jennifer   | *Köln                      | 0:36:40 | W20 | 201    | 0:36:57    | 7:20 min/km     |
| 44                             | 1115 | Karbowski Simone     | *Bonn                      | 0:36:49 | W20 | 204    | 0:37:06    | 7:22 min/km     |
| 45                             | 1156 | Rulf Heike           | *Köln                      | 0:37:14 | W20 | 211    | 0:37:47    | 7:27 min/km     |
| 46                             | 510  | Serce Gamze          | Happy Birthaday            | 0:37:26 | W20 | 215    | 0:37:52    | 7:29 min/km     |
| 47                             | 434  | Steffens Anja        | Team KFM Motorraeder       | 0:39:07 | W20 | 233    | 0:39:12    | 7:49 min/km     |
| 48                             | 453  | Götz Jennifer        | *Köln                      | 0:39:33 | W20 | 235    | 0:40:08    | 7:55 min/km     |
| 49                             | 2095 | Duncan Andrea        | Sporty Spaziergang         | 0:40:08 | W20 | 240    | 0:40:50    | 8:02 min/km     |
| 50                             | 508  | Henkel Anna          | Happy Birthaday            | 0:40:27 | W20 | 242    | 0:40:54    | 8:05 min/km     |
| 51                             | 1538 | Wright Zoe           | *Brühl                     | 0:41:13 | W20 | 244    | 0:41:36    | 8:15 min/km     |

# 5. Altstadtlauf Köln am 31. Juli 2014 - 5km

## Altersklassenliste Frauen

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| AK-Platz                       | Nr.  | Name Vorname             | Verein/*Ort               | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|--------------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Frauen W30</b> |      |                          |                           |         |     |        |            |                 |
| 1                              | 2508 | Roersch Inge             | BUNERT - Der Kölner Lau   | 0:21:10 | W30 | 4      | 0:21:12    | 4:14 min/km     |
| 2                              | 2124 | Barnett Shannon          | *Cologne                  | 0:25:05 | W30 | 13     | 0:25:13    | 5:01 min/km     |
| 3                              | 1001 | Hamrin Nicaise Charlotte | Talanx                    | 0:25:06 | W30 | 14     | 0:25:39    | 5:01 min/km     |
| 4                              | 1873 | Herkenhoener Natascha    | TriCologne                | 0:26:43 | W30 | 26     | 0:27:10    | 5:21 min/km     |
| 5                              | 1521 | Joos Liane               | *Köln                     | 0:27:23 | W30 | 31     | 0:27:39    | 5:29 min/km     |
| 6                              | 475  | Finkeldei Maria          | Team Road Runner          | 0:27:25 | W30 | 33     | 0:28:00    | 5:29 min/km     |
| 7                              | 1331 | Friedrichs Sarah         | *Langenfeld               | 0:28:02 | W30 | 38     | 0:28:37    | 5:37 min/km     |
| 8                              | 1170 | Foelkel Barbara          | DEVK BSG                  | 0:29:05 | W30 | 51     | 0:29:09    | 5:49 min/km     |
| 9                              | 836  | Juran Daniela            | *Köln                     | 0:29:11 | W30 | 52     | 0:29:29    | 5:50 min/km     |
| 10                             | 473  | Kemmerling Tanja         | Team Road Runner          | 0:29:28 | W30 | 58     | 0:30:02    | 5:54 min/km     |
| 11                             | 1390 | Rothe DR Katharina       | *Köln                     | 0:29:35 | W30 | 60     | 0:30:00    | 5:55 min/km     |
| 12                             | 1387 | Faymonville DR Andrea    | *Bergisch Gladbach        | 0:29:38 | W30 | 61     | 0:30:03    | 5:56 min/km     |
| 13                             | 1475 | Heiderich DR Sonja       | *Köln                     | 0:29:46 | W30 | 62     | 0:30:10    | 5:57 min/km     |
| 14                             | 1766 | Rupprecht Anne           | *Köln                     | 0:29:50 | W30 | 65     | 0:30:30    | 5:58 min/km     |
| 15                             | 1540 | Gentschen Felde Anke     | *Köln                     | 0:30:55 | W30 | 71     | 0:31:06    | 6:11 min/km     |
| 16                             | 1200 | Schuch Steffi            | DEVK                      | 0:30:56 | W30 | 74     | 0:31:15    | 6:11 min/km     |
| 17                             | 1543 | Würtz Kathrin Rosi       | quadratatschen-unterwegs. | 0:31:25 | W30 | 85     | 0:31:44    | 6:17 min/km     |
| 18                             | 1111 | Guckelsberger Kathrin    | central-team.de           | 0:31:55 | W30 | 92     | 0:32:03    | 6:23 min/km     |
| 19                             | 1517 | Warnecke Doreen          | *Bonn                     | 0:31:59 | W30 | 93     | 0:32:17    | 6:24 min/km     |
| 20                             | 159  | Ortsiefer Nicole         | *Hennef                   | 0:32:00 | W30 | 96     | 0:32:11    | 6:24 min/km     |
| 21                             | 1594 | Brammertz Miriam         | Karlsprinten sprinten     | 0:32:14 | W30 | 101    | 0:32:32    | 6:27 min/km     |
| 22                             | 462  | Ramme Franziska          | *Hürth                    | 0:32:22 | W30 | 109    | 0:32:50    | 6:28 min/km     |
| 23                             | 1933 | Bernardini Andrea        | Die Mädchen               | 0:32:22 | W30 | 110    | 0:33:00    | 6:29 min/km     |
| 24                             | 1996 | Neuland Jennifer         | Sparda-Bank               | 0:32:25 | W30 | 114    | 0:32:30    | 6:29 min/km     |
| 25                             | 814  | Rasch Stefanie           | *Lindlar                  | 0:33:47 | W30 | 146    | 0:34:03    | 6:45 min/km     |
| 26                             | 1274 | Bishop Catherine         | *Bonn                     | 0:34:19 | W30 | 154    | 0:34:50    | 6:52 min/km     |
| 27                             | 375  | Gromes Angelina          | *Köln                     | 0:34:26 | W30 | 157    | 0:35:10    | 6:53 min/km     |
| 28                             | 621  | Heinzen Sonja            | *Niederkassel             | 0:34:33 | W30 | 159    | 0:35:20    | 6:55 min/km     |
| 29                             | 2186 | Hunger Yvonne            | *Köln                     | 0:34:46 | W30 | 166    | 0:35:29    | 6:57 min/km     |
| 30                             | 2187 | Daniele Giulia           | *Köln                     | 0:34:46 | W30 | 167    | 0:35:29    | 6:57 min/km     |
| 31                             | 2184 | Zaremba Angela           | *Köln                     | 0:34:46 | W30 | 168    | 0:35:29    | 6:57 min/km     |
| 32                             | 957  | Zielke Daniela           | *Köln                     | 0:35:14 | W30 | 174    | 0:35:39    | 7:03 min/km     |
| 33                             | 1697 | Hillebrand Katrin        | 1982                      | 0:35:15 | W30 | 175    | 0:35:52    | 7:03 min/km     |
| 34                             | 1582 | Buchold Anja             | *Köln                     | 0:35:31 | W30 | 182    | 0:36:21    | 7:06 min/km     |
| 35                             | 874  | Renneke Jana             | Karls Printen Sprinten    | 0:35:50 | W30 | 188    | 0:36:03    | 7:10 min/km     |
| 36                             | 480  | Schmelter Elena          | Team Road Runner          | 0:36:26 | W30 | 196    | 0:37:05    | 7:17 min/km     |
| 37                             | 2519 | Wegner Elisabeth         |                           | 0:36:45 | W30 | 202    | 0:36:50    | 7:21 min/km     |
| 38                             | 870  | Klähn Melanie            | Karls Printen Sprinten    | 0:36:54 | W30 | 206    | 0:37:07    | 7:23 min/km     |
| 39                             | 2216 | Specht Alessandra        |                           | 0:37:00 | W30 | 210    | 0:37:17    | 7:24 min/km     |
| 40                             | 507  | Krickhaus Sabrina        | Happy Birthaday           | 0:37:25 | W30 | 214    | 0:37:52    | 7:29 min/km     |
| 41                             | 1928 | Kaiser Vanessa           | *Köln                     | 0:38:56 | W30 | 229    | 0:39:39    | 7:47 min/km     |
| 42                             | 1929 | Kell Jessica             | *Köln                     | 0:38:57 | W30 | 230    | 0:39:39    | 7:47 min/km     |
| 43                             | 2146 | Willmeroth Mariya        | *Wissen                   | 0:42:46 | W30 | 251    | 0:43:07    | 8:33 min/km     |
| 44                             | 354  | Wegmann Karin            | *Köln                     | 0:43:17 | W30 | 252    | 0:43:30    | 8:39 min/km     |
| 45                             | 676  | Maack Sabrina            | *Bonn                     | 0:45:55 | W30 | 254    | 0:46:02    | 9:11 min/km     |

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| AK-Platz                       | Nr.  | Name Vorname            | Verein/*Ort               | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|-------------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Frauen W35</b> |      |                         |                           |         |     |        |            |                 |
| 1                              | 2101 | Koch Carina             | *Köln                     | 0:26:34 | W35 | 23     | 0:26:52    | 5:19 min/km     |
| 2                              | 1745 | Tiedau Marina           | Westdeutscher Rundfunk K  | 0:26:40 | W35 | 24     | 0:26:50    | 5:20 min/km     |
| 3                              | 1341 | Gerlach Sandra          | DEVK                      | 0:29:00 | W35 | 50     | 0:29:03    | 5:48 min/km     |
| 4                              | 518  | Chenot Nadine           | Team Road Runner          | 0:29:20 | W35 | 55     | 0:29:56    | 5:52 min/km     |
| 5                              | 1291 | Schauerte Desirée       | *Odenthal                 | 0:29:24 | W35 | 56     | 0:30:06    | 5:53 min/km     |
| 6                              | 372  | Feck Jennifer           | *Pulheim                  | 0:30:03 | W35 | 66     | 0:30:25    | 6:01 min/km     |
| 7                              | 2179 | Rieger Diana            | *Köln                     | 0:30:12 | W35 | 67     | 0:30:26    | 6:02 min/km     |
| 8                              | 313  | Kreutzberger Anne       | HKLW                      | 0:30:54 | W35 | 70     | 0:31:41    | 6:11 min/km     |
| 9                              | 296  | Oehlenberg Franca       | TSV Porz                  | 0:31:12 | W35 | 79     | 0:31:48    | 6:15 min/km     |
| 10                             | 1542 | Kübbeler-Spandau Bianca | quadratatschen-unterwegs. | 0:31:26 | W35 | 86     | 0:31:44    | 6:17 min/km     |
| 11                             | 1064 | Naumann Melanie         | *Pulheim                  | 0:32:10 | W35 | 99     | 0:32:55    | 6:26 min/km     |
| 12                             | 981  | Jüßen Angelika          | *Brühl                    | 0:32:12 | W35 | 100    | 0:32:45    | 6:26 min/km     |
| 13                             | 1374 | Heinemann Tatjana       | *Berod                    | 0:32:17 | W35 | 104    | 0:32:34    | 6:27 min/km     |
| 14                             | 1210 | Wimmel Iris             | *Köln                     | 0:32:24 | W35 | 112    | 0:32:43    | 6:29 min/km     |
| 15                             | 1935 | Ottermann Inken         | Die Mädchen               | 0:32:27 | W35 | 115    | 0:33:05    | 6:30 min/km     |
| 16                             | 1680 | Gläser Christine        | Happy Birthday :-         | 0:32:47 | W35 | 121    | 0:33:22    | 6:33 min/km     |
| 17                             | 1812 | Tüschbönner Heike       | *Köln                     | 0:32:47 | W35 | 122    | 0:33:22    | 6:33 min/km     |
| 18                             | 1325 | Keil Tanja              | *Köln                     | 0:32:53 | W35 | 123    | 0:33:25    | 6:35 min/km     |
| 19                             | 649  | Mentzel Sarah           | *Hennef                   | 0:32:55 | W35 | 125    | 0:33:02    | 6:35 min/km     |
| 20                             | 1497 | Dolecki Agnes           | *Köln                     | 0:32:57 | W35 | 126    | 0:33:24    | 6:35 min/km     |
| 21                             | 906  | Lammert Tina            | *Pulheim                  | 0:32:59 | W35 | 128    | 0:33:38    | 6:36 min/km     |
| 22                             | 2384 | Nickel Svenja           | *Bergisch Gladbach        | 0:33:34 | W35 | 141    | 0:33:47    | 6:43 min/km     |
| 23                             | 516  | Waldvogel Sina          | *Kirchlengern             | 0:34:35 | W35 | 160    | 0:34:59    | 6:55 min/km     |
| 24                             | 1831 | Scherer Katrin          | *Köln                     | 0:34:40 | W35 | 161    | 0:35:27    | 6:56 min/km     |
| 25                             | 515  | Huchzermeier Nicole     | *Kirchlengern             | 0:34:45 | W35 | 163    | 0:35:09    | 6:57 min/km     |
| 26                             | 1580 | Müller Susanne          | *Köln                     | 0:35:19 | W35 | 176    | 0:36:08    | 7:04 min/km     |
| 27                             | 2132 | Hochholz Jasmin         | Sporty Spaziergang        | 0:37:21 | W35 | 212    | 0:38:02    | 7:28 min/km     |
| 28                             | 1606 | Bolten Shera            | *Hürth                    | 0:37:49 | W35 | 219    | 0:38:33    | 7:34 min/km     |
| 29                             | 1898 | Rauh Maya               | *Euskirchen               | 0:37:59 | W35 | 221    | 0:38:19    | 7:36 min/km     |
| 30                             | 624  | Brinke Anja             | *Niederkassel             | 0:38:23 | W35 | 224    | 0:39:10    | 7:41 min/km     |
| 31                             | 509  | Ziegler Pascale         | Happy Birthday            | 0:39:54 | W35 | 237    | 0:40:21    | 7:59 min/km     |
| 32                             | 2096 | Knappmeier Daniela      | Sporty Spaziergang        | 0:41:51 | W35 | 248    | 0:42:32    | 8:22 min/km     |
| 33                             | 2090 | Scheck Andrea           | TuS Börsborn              | 0:42:18 | W35 | 249    | 0:42:22    | 8:28 min/km     |

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| AK-Platz                       | Nr.  | Name Vorname          | Verein/*Ort               | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|-----------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Frauen W40</b> |      |                       |                           |         |     |        |            |                 |
| 1                              | 2118 | Hoffmann-Lenz Natalie | *Brühl                    | 0:22:28 | W40 | 6      | 0:22:33    | 4:30 min/km     |
| 2                              | 393  | Baldus-Schmidt Anja   | VfB Wissen/LG Sieg        | 0:24:00 | W40 | 8      | 0:24:06    | 4:48 min/km     |
| 3                              | 1003 | Schaefer Maren        | Talanx                    | 0:26:21 | W40 | 21     | 0:26:56    | 5:16 min/km     |
| 4                              | 270  | Grzesiek Sandra       | *Kerpen                   | 0:27:40 | W40 | 35     | 0:27:53    | 5:32 min/km     |
| 5                              | 501  | Weber Katrin          | VfB Wissen                | 0:28:12 | W40 | 39     | 0:28:18    | 5:38 min/km     |
| 6                              | 2527 | Linnarz Sylvia        | Team Erdinger Alkoholfrei | 0:28:16 | W40 | 40     | 0:28:39    | 5:39 min/km     |
| 7                              | 1511 | Seidl Andrea          | *Köln                     | 0:28:40 | W40 | 46     | 0:28:49    | 5:44 min/km     |
| 8                              | 1301 | Odenthal Sandra       | *Eitorf                   | 0:29:48 | W40 | 63     | 0:29:48    | 5:58 min/km     |
| 9                              | 396  | Stamen Anja           | Harmonize your Enterprise | 0:30:50 | W40 | 69     | 0:31:01    | 6:10 min/km     |
| 10                             | 1529 | Landkotsch Astrid     | *Köln                     | 0:30:55 | W40 | 73     | 0:31:15    | 6:11 min/km     |
| 11                             | 433  | Faßbender Bianca      | Team KFM Motorraeder      | 0:31:45 | W40 | 90     | 0:31:50    | 6:21 min/km     |
| 12                             | 2202 | Grüneberg Beatrix     |                           | 0:31:59 | W40 | 94     | 0:32:36    | 6:24 min/km     |
| 13                             | 1373 | Klaas Sandra          | *Berod                    | 0:32:17 | W40 | 105    | 0:32:34    | 6:28 min/km     |
| 14                             | 2053 | Wischnewski Tanja     | *Bergheim                 | 0:32:18 | W40 | 107    | 0:32:33    | 6:28 min/km     |
| 15                             | 163  | Drzesga Manuela       | *Mayen                    | 0:32:25 | W40 | 113    | 0:33:04    | 6:29 min/km     |
| 16                             | 1832 | Mallus Fine           | *Köln                     | 0:32:41 | W40 | 119    | 0:33:27    | 6:32 min/km     |
| 17                             | 830  | Jantz Petra           | *Köln                     | 0:33:23 | W40 | 138    | 0:33:44    | 6:41 min/km     |
| 18                             | 590  | Bellinghausen Tanja   | *Pulheim                  | 0:33:34 | W40 | 142    | 0:34:15    | 6:43 min/km     |
| 19                             | 48   | Kolping Alves Irani   | Gruppe                    | 0:34:14 | W40 | 152    | 0:34:33    | 6:51 min/km     |
| 20                             | 367  | Böhm Susanne          | *Köln                     | 0:35:21 | W40 | 178    | 0:35:29    | 7:04 min/km     |
| 21                             | 180  | Bohle Friederike      | *Königswinter             | 0:35:23 | W40 | 180    | 0:35:37    | 7:05 min/km     |
| 22                             | 1256 | Baumeister Tanja      | *Köln                     | 0:36:16 | W40 | 191    | 0:36:28    | 7:15 min/km     |
| 23                             | 315  | Krenzel Sibylle       | *Köln                     | 0:36:28 | W40 | 197    | 0:36:47    | 7:18 min/km     |
| 24                             | 1228 | Senulubas Aylin       | BSG DEVK                  | 0:37:23 | W40 | 213    | 0:37:43    | 7:29 min/km     |
| 25                             | 1120 | Weinert Christiane    | *Rommerskirchen           | 0:37:55 | W40 | 220    | 0:38:40    | 7:35 min/km     |
| 26                             | 371  | Steinbüchel Nicole    | *Niederkassel             | 0:39:18 | W40 | 234    | 0:39:42    | 7:52 min/km     |
| 27                             | 2102 | Schlaß Kerstin        | *Frechen                  | 0:41:18 | W40 | 245    | 0:41:25    | 8:16 min/km     |
| 28                             | 132  | Fischer Karin         | *Leverkusen               | 0:44:56 | W40 | 253    | 0:45:41    | 8:59 min/km     |

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| AK-Platz                       | Nr.  | Name Vorname          | Verein/*Ort               | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|-----------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Frauen W45</b> |      |                       |                           |         |     |        |            |                 |
| 1                              | 2535 | Lennartz Birgit       | LLG St. Augustin          | 0:20:40 | W45 | 3      | 0:20:42    | 4:08 min/km     |
| 2                              | 2517 | Stegh Michaela        |                           | 0:24:23 | W45 | 9      | 0:24:36    | 4:53 min/km     |
| 3                              | 1448 | Stauss Jasmin         | HappyRunningFamilyandFri  | 0:27:49 | W45 | 37     | 0:28:11    | 5:34 min/km     |
| 4                              | 1874 | Brings Rita           | *Köln                     | 0:28:46 | W45 | 47     | 0:29:13    | 5:45 min/km     |
| 5                              | 1268 | Uphaus Eva            | *Köln                     | 0:29:12 | W45 | 53     | 0:29:21    | 5:50 min/km     |
| 6                              | 2010 | Blumenrath Melanie    | Sparda-Bank               | 0:31:00 | W45 | 75     | 0:31:48    | 6:12 min/km     |
| 7                              | 822  | Telge Birgit          | *Berlin                   | 0:31:10 | W45 | 78     | 0:31:14    | 6:14 min/km     |
| 8                              | 1737 | Schmidt Ines          | Westdeutscher Rundfunk K  | 0:31:16 | W45 | 80     | 0:31:58    | 6:15 min/km     |
| 9                              | 1189 | Behr Anna Maria       | DEVK                      | 0:31:21 | W45 | 82     | 0:32:01    | 6:16 min/km     |
| 10                             | 1559 | Kühnen Birgit         | *Köln                     | 0:31:24 | W45 | 84     | 0:32:08    | 6:17 min/km     |
| 11                             | 777  | Mathia Michaela       | TuS Mechernich 1897       | 0:31:28 | W45 | 88     | 0:31:36    | 6:18 min/km     |
| 12                             | 423  | Van Fürden Bettina    | Harmonize your Enterprise | 0:31:59 | W45 | 95     | 0:32:28    | 6:24 min/km     |
| 13                             | 421  | Engel-Nolden Claudia  | Harmonize your Enterprise | 0:32:04 | W45 | 97     | 0:32:32    | 6:25 min/km     |
| 14                             | 2113 | Kloss Elsa            | Laufen-in-Koeln.de        | 0:33:12 | W45 | 132    | 0:33:39    | 6:38 min/km     |
| 15                             | 1230 | Ploch Eveline         | DEVK                      | 0:33:22 | W45 | 136    | 0:33:56    | 6:40 min/km     |
| 16                             | 2116 | Schubert-Wierk Sabine | Laufen-in-Koeln.de        | 0:33:39 | W45 | 144    | 0:33:50    | 6:44 min/km     |
| 17                             | 2372 | Asche Petra           | LT Dünwalder TV           | 0:34:10 | W45 | 150    | 0:34:33    | 6:50 min/km     |
| 18                             | 47   | Fischer Edith         | Gruppe                    | 0:34:14 | W45 | 151    | 0:34:33    | 6:51 min/km     |
| 19                             | 2246 | Wallraff Claudia      | *Nörvenich                | 0:34:20 | W45 | 155    | 0:34:45    | 6:52 min/km     |
| 20                             | 546  | Schmidt Marlies       | Team Erdinger Alkoholfrei | 0:34:22 | W45 | 156    | 0:34:42    | 6:52 min/km     |
| 21                             | 1733 | Karacay Nurten        | *Köln                     | 0:34:59 | W45 | 170    | 0:35:23    | 6:60 min/km     |
| 22                             | 1005 | Longerich Gabriele    | Talanx                    | 0:35:21 | W45 | 179    | 0:36:00    | 7:04 min/km     |
| 23                             | 1661 | Cormann Susanne       | *Pulheim                  | 0:35:42 | W45 | 185    | 0:36:09    | 7:09 min/km     |
| 24                             | 429  | Hartmann Andrea       | Harmonize your Enterprise | 0:36:25 | W45 | 195    | 0:36:55    | 7:17 min/km     |
| 25                             | 1602 | Löfken Petra          | *Köln                     | 0:36:50 | W45 | 205    | 0:37:23    | 7:22 min/km     |
| 26                             | 722  | Gerling Doris         | *Hürth                    | 0:36:55 | W45 | 207    | 0:37:21    | 7:23 min/km     |
| 27                             | 622  | Felder Sabine         | *Niederkassel             | 0:38:31 | W45 | 225    | 0:39:19    | 7:42 min/km     |
| 28                             | 1742 | Lindauer Dunja        | Westdeutscher Rundfunk K  | 0:38:42 | W45 | 226    | 0:39:27    | 7:45 min/km     |
| 29                             | 1173 | Henkes Susanne        | DEVK                      | 0:39:05 | W45 | 231    | 0:39:20    | 7:49 min/km     |
| 30                             | 506  | Schneiders Ariane     | Happy Birthaday           | 0:39:55 | W45 | 238    | 0:40:21    | 7:59 min/km     |
| 31                             | 1817 | Schmid Kläre          | Köln Triathlon eV         | 0:40:04 | W45 | 239    | 0:40:29    | 8:01 min/km     |
| 32                             | 2109 | Holter Manuela        | Laufen-in-Koeln.de        | 0:40:52 | W45 | 243    | 0:40:57    | 8:11 min/km     |
| 33                             | 2145 | Hasel Jutta           | *Wissen                   | 0:42:45 | W45 | 250    | 0:43:06    | 8:33 min/km     |
| 34                             | 623  | Schönberg Marion      | *Niederkassel             | 0:47:19 | W45 | 256    | 0:48:07    | 9:28 min/km     |

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| AK-Platz                       | Nr.  | Name Vorname              | Verein/*Ort                | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|--------------------------------|------|---------------------------|----------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Frauen W50</b> |      |                           |                            |         |     |        |            |                 |
| 1                              | 14   | Zange Gabi                | ESV Gremberghoven          | 0:23:40 | W50 | 7      | 0:23:46    | 4:44 min/km     |
| 2                              | 1489 | Vosskötter Margrit        | FC Schüttorf 09 Laufabteil | 0:25:58 | W50 | 17     | 0:26:04    | 5:12 min/km     |
| 3                              | 1738 | Stolz Gisela              | Westdeutscher Rundfunk K   | 0:27:13 | W50 | 29     | 0:27:55    | 5:27 min/km     |
| 4                              | 1994 | Kuhlewind Doris           | Sparda-Bank                | 0:29:29 | W50 | 59     | 0:29:33    | 5:54 min/km     |
| 5                              | 1553 | Leitzen Maida             | Die Kreisläufer            | 0:31:03 | W50 | 76     | 0:31:27    | 6:13 min/km     |
| 6                              | 1187 | Engelkamp Barbara         | DEVK                       | 0:31:20 | W50 | 81     | 0:32:01    | 6:16 min/km     |
| 7                              | 114  | Kühnen Maria              | Lauftiger                  | 0:31:23 | W50 | 83     | 0:32:08    | 6:17 min/km     |
| 8                              | 626  | Richartz Karin            | *Köln                      | 0:31:47 | W50 | 91     | 0:31:54    | 6:22 min/km     |
| 9                              | 1744 | Heinz Brigitte            | Westdeutscher Rundfunk K   | 0:32:17 | W50 | 103    | 0:33:00    | 6:27 min/km     |
| 10                             | 1872 | Koenen Monika             | ohne                       | 0:33:02 | W50 | 129    | 0:33:13    | 6:36 min/km     |
| 11                             | 960  | Engelkes Anja             | *Köln                      | 0:33:27 | W50 | 139    | 0:33:32    | 6:41 min/km     |
| 12                             | 352  | Bleeker Elisabeth         | *Wesseling                 | 0:34:40 | W50 | 162    | 0:34:57    | 6:56 min/km     |
| 13                             | 1197 | Zielke Beate              | *Dormagen                  | 0:34:45 | W50 | 163    | 0:34:55    | 6:57 min/km     |
| 14                             | 803  | Welter Heidi              | Talanx                     | 0:35:03 | W50 | 171    | 0:35:25    | 7:01 min/km     |
| 15                             | 1995 | Rath-Stoffels Ursula      | Sparda-Bank                | 0:35:07 | W50 | 172    | 0:35:10    | 7:01 min/km     |
| 16                             | 665  | Engel Jutta               | Siemens in Motion IDS      | 0:35:23 | W50 | 181    | 0:36:02    | 7:05 min/km     |
| 17                             | 850  | Wolf Angelika             | *Erfstadt                  | 0:36:23 | W50 | 193    | 0:36:39    | 7:17 min/km     |
| 18                             | 1942 | Hombach Susanne           | *Köln                      | 0:37:33 | W50 | 216    | 0:37:51    | 7:31 min/km     |
| 19                             | 1165 | Horner Ulrike             | *Köln                      | 0:37:36 | W50 | 218    | 0:38:16    | 7:31 min/km     |
| 20                             | 17   | Same Brigitte             | Ihrefelder Geissboecke     | 0:38:06 | W50 | 222    | 0:38:27    | 7:37 min/km     |
| 21                             | 760  | Kurth Magdalene           | Talanx                     | 0:38:55 | W50 | 227    | 0:39:29    | 7:47 min/km     |
| 22                             | 1561 | Haep Gundi                | Kt43                       | 0:38:55 | W50 | 228    | 0:39:29    | 7:47 min/km     |
| 23                             | 452  | Götz Sylvia               | *Köln                      | 0:39:33 | W50 | 236    | 0:40:08    | 7:55 min/km     |
| 24                             | 192  | Ziegler Birgit            | *Köln                      | 0:40:23 | W50 | 241    | 0:40:38    | 8:05 min/km     |
| 25                             | 218  | Schröter Heidrun          | LG Gummersbach             | 0:41:22 | W50 | 246    | 0:41:33    | 8:16 min/km     |
| 26                             | 1798 | Krach Doris               | *Pulheim                   | 0:41:34 | W50 | 247    | 0:42:05    | 8:19 min/km     |
| 27                             | 620  | Heinzen-Fröhlich Marianne | *Niederkassel              | 0:46:25 | W50 | 255    | 0:47:13    | 9:17 min/km     |
| <b>Altersklasse Frauen W55</b> |      |                           |                            |         |     |        |            |                 |
| 1                              | 801  | Gutzen Maggie             | Chaos Koeln e.V.           | 0:27:40 | W55 | 36     | 0:27:49    | 5:32 min/km     |
| 2                              | 2114 | Voosen Karin              | Laufen-in-Koeln.de         | 0:28:19 | W55 | 41     | 0:28:25    | 5:40 min/km     |
| 3                              | 1245 | Wilden Brigitte           | BSG DEVK Köln              | 0:28:19 | W55 | 42     | 0:28:22    | 5:40 min/km     |
| 4                              | 34   | Feldmann Rosemarie        | *Köln                      | 0:30:34 | W55 | 68     | 0:30:38    | 6:07 min/km     |
| 5                              | 1734 | Busse Gaby                | Westdeutscher Rundfunk K   | 0:32:58 | W55 | 127    | 0:33:45    | 6:36 min/km     |
| 6                              | 1670 | Ellguth Ellen             | FC Schüttorf 09            | 0:33:20 | W55 | 134    | 0:33:27    | 6:40 min/km     |
| 7                              | 1532 | Reinartz Bärbel           | *Mechernich                | 0:34:59 | W55 | 169    | 0:35:19    | 6:60 min/km     |
| 8                              | 703  | Lamm-Fechner Susanne      | ohne                       | 0:35:20 | W55 | 177    | 0:35:47    | 7:04 min/km     |
| 9                              | 43   | Plieger Monica            | Pliegersieger              | 0:36:20 | W55 | 192    | 0:36:30    | 7:16 min/km     |
| 10                             | 1526 | Bausch-Linden Rita        | *Rösrath                   | 0:36:56 | W55 | 208    | 0:37:20    | 7:23 min/km     |
| 11                             | 1163 | Richter Wiebke            | Talanx                     | 0:37:35 | W55 | 217    | 0:38:10    | 7:31 min/km     |
| <b>Altersklasse Frauen W60</b> |      |                           |                            |         |     |        |            |                 |
| 1                              | 279  | Friedrich Waltraut        | *Erfstadt                  | 0:29:50 | W60 | 64     | 0:29:57    | 5:58 min/km     |
| 2                              | 116  | Lutkewitz Ursula          | Lauftiger                  | 0:35:45 | W60 | 187    | 0:36:30    | 7:09 min/km     |
| 3                              | 1309 | Bühner Anne               | *Bonn                      | 0:36:00 | W60 | 189    | 0:36:24    | 7:12 min/km     |
| 4                              | 650  | Weihmann Ellen            | Talanx                     | 0:36:39 | W60 | 199    | 0:37:14    | 7:20 min/km     |
| 5                              | 1136 | Bungarten Annemarie       | *Wesseling                 | 0:36:57 | W60 | 209    | 0:37:14    | 7:23 min/km     |

# 5. Altstadtlauf Köln am 31. Juli 2014 - 5km

## Altersklassenliste Frauen

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| AK-Platz                        | Nr.  | Name Vorname         | Verein/*Ort               | Endzeit | AK  | Total. | Bruttozeit | Geschwindigkeit |
|---------------------------------|------|----------------------|---------------------------|---------|-----|--------|------------|-----------------|
| <b>Altersklasse Frauen W65</b>  |      |                      |                           |         |     |        |            |                 |
| 1                               | 0    | Schäfer Ingeborg     | Mülheimer Tennisclub Rot- | 0:26:20 | W65 | 19     | 0:26:55    | 5:16 min/km     |
| 2                               | 538  | Pöll Gisela          | *Köln                     | 0:33:03 | W65 | 130    | 0:33:21    | 6:37 min/km     |
| 3                               | 121  | Kaufhold Christiane  | TSV Weiß Köln             | 0:35:09 | W65 | 173    | 0:35:23    | 7:02 min/km     |
| <b>Altersklasse Frauen WU12</b> |      |                      |                           |         |     |        |            |                 |
| 1                               | 2047 | Schwetlick Lena      | -                         | 0:24:59 | WU1 | 11     | 0:25:00    | 4:60 min/km     |
| 2                               | 1663 | Olding Elisabeth     | *Köln                     | 0:26:21 | WU1 | 20     | 0:26:21    | 5:16 min/km     |
| 3                               | 1099 | Thielen Lena         | *Hennef                   | 0:29:16 | WU1 | 54     | 0:29:18    | 5:51 min/km     |
| 4                               | 1057 | Richrath Lara        | LC Weilerswist            | 0:30:55 | WU1 | 72     | 0:30:56    | 6:11 min/km     |
| 5                               | 2220 | Wegner Levia         |                           | 0:36:45 | WU1 | 203    | 0:36:50    | 7:21 min/km     |
| <b>Altersklasse Frauen WU14</b> |      |                      |                           |         |     |        |            |                 |
| 1                               | 394  | Schmidt Clara        | VfB Wissen/LG Sieg        | 0:25:00 | WU1 | 12     | 0:25:06    | 5:00 min/km     |
| 2                               | 1056 | Richrath Anna-Lena   | LC Weilerswist            | 0:27:37 | WU1 | 34     | 0:27:39    | 5:31 min/km     |
| 3                               | 115  | Kühnen Nathalie      | Lauftiger                 | 0:28:39 | WU1 | 45     | 0:29:24    | 5:44 min/km     |
| 4                               | 1036 | Tromm Annika         | PSV Köln Abt. Leichtathl  | 0:36:01 | WU1 | 190    | 0:36:13    | 7:12 min/km     |
| <b>Altersklasse Frauen WU16</b> |      |                      |                           |         |     |        |            |                 |
| 1                               | 1304 | Risken Lea Marie     | VfL Engelskirchen         | 0:26:16 | WU1 | 18     | 0:26:17    | 5:15 min/km     |
| 2                               | 1699 | Kleinert Ann-Kathrin | *Troisdorf                | 0:33:51 | WU1 | 147    | 0:34:23    | 6:46 min/km     |
| 3                               | 2055 | Wischnewski Lea      | *Bergheim                 | 0:34:07 | WU1 | 149    | 0:34:22    | 6:50 min/km     |
| <b>Altersklasse Frauen WU18</b> |      |                      |                           |         |     |        |            |                 |
| 1                               | 1035 | Runge Sarah          | PSV Köln Abt. Leichtathl  | 0:25:30 | WU1 | 16     | 0:25:42    | 5:06 min/km     |
| 2                               | 1116 | Stachewicz Dominika  | *Olpe                     | 0:28:59 | WU1 | 49     | 0:29:25    | 5:48 min/km     |
| 3                               | 597  | Werner Christiane    | Team Werner               | 0:38:10 | WU1 | 223    | 0:38:33    | 7:38 min/km     |
| 4                               | 435  | Faßbender Eyleen     | Team KFM Motorraeder      | 0:39:06 | WU1 | 232    | 0:39:12    | 7:49 min/km     |
| <b>Altersklasse Frauen WU20</b> |      |                      |                           |         |     |        |            |                 |
| 1                               | 2059 | Schneemann Lisa      | *Osterholz-Scharmbeck     | 0:26:42 | WU2 | 25     | 0:26:48    | 5:21 min/km     |
| 2                               | 1694 | Böke Annalena        | *Bonn                     | 0:34:00 | WU2 | 148    | 0:34:04    | 6:48 min/km     |
| 3                               | 1514 | Dhein Kerstin        | THC RW Berg. Gladbach     | 0:35:32 | WU2 | 183    | 0:35:43    | 7:06 min/km     |