

StNr	FamName	Vorname	Verein	Sex	Endzeit	nzahlRunde	R-001	R-002	R-003	R-004	R-005	R-006	R-007	R-008	R-009	R-010
443	Wietscher	Stefan	Hildener AT Triathlon II		03:26:35.8	10	00:18:22.0	00:37:12.4	00:57:00.9	01:17:20.5	01:38:18.2	02:03:04.4	02:22:17.3	02:44:39.6	03:05:14.0	03:26:35.8
401	Engel	Andreas	Kaminbau Engel I		03:31:02.3	10	00:19:44.1	00:42:05.3	01:04:10.3	01:24:50.5	01:46:07.0	02:05:52.6	02:29:23.7	02:52:28.5	03:11:42.1	03:31:02.3
402	Schumacher	Jens	Staffelnamen Kennen Wir Nicht 2		03:43:29.8	10	00:20:49.9	00:45:53.9	01:08:40.1	01:28:49.2	01:50:44.9	02:14:53.8	02:36:39.1	02:59:46.3	03:20:23.1	03:43:29.8
434	Lovrencic	Sascha	Saltigo-Express I		03:51:06.7	10	00:25:41.1	00:44:41.2	01:13:25.8	01:39:42.6	01:59:08.4	02:20:17.5	02:50:45.3	03:12:37.7	03:31:29.4	03:51:06.7
203	Claesges	Michael	Dropsa-Sports-Club		03:56:58.9	10	00:23:01.2	00:46:25.9	01:09:41.1	01:32:37.0	01:55:39.5	02:18:22.7	02:41:21.8	03:04:47.2	03:30:02.2	03:56:58.9
445	Betz	Eugen	LLG St. Augustin		04:04:35.9	10	00:26:36.7	00:52:34.9	01:16:15.9	01:41:14.7	02:05:06.0	02:29:37.7	02:52:55.5	03:18:00.3	03:40:44.9	04:04:35.9
438	Müller	Tim	Saltigo-Express III		04:12:02.5	10	00:21:55.5	00:45:53.4	01:18:04.6	01:39:41.4	02:04:52.5	02:30:00.7	02:51:59.7	03:25:07.2	03:50:25.6	04:12:02.5
206	Hummelsheim	Stefan			04:12:04.7	10	00:23:57.4	00:46:25.9	01:09:41.2	01:32:36.9	01:55:39.6	02:18:22.2	02:44:57.7	03:13:11.2	03:42:29.7	04:12:04.7
8	Kamp	udo	Run For Fun		04:12:07.7	10	00:24:31.7	00:49:06.8	01:13:41.2	01:37:46.4	02:01:42.4	02:26:13.3	02:51:21.9	03:17:38.4	03:44:27.3	04:12:07.7
426	Rohland	Günter	Kaminbau Engel II		04:14:26.1	10	00:25:04.3	00:50:09.5	01:14:34.7	01:39:50.8	02:07:05.3	02:33:38.5	03:04:59.8	03:31:45.9	03:55:38.5	04:14:26.1
219	Ollig	Arndt	Adler-Langlauf Bottrop		04:14:33.5	10	00:24:54.3	00:46:38.3	01:10:15.4	01:33:43.6	01:58:02.5	02:23:37.2	02:50:18.1	03:17:28.2	03:46:15.2	04:14:33.5
437	Schmidt	Dennis	Saltigo-Express II		04:19:16.6	10	00:24:19.3	00:48:37.5	01:14:20.6	01:42:23.3	02:07:55.9	02:32:55.1	02:58:19.3	03:24:58.1	03:53:42.7	04:19:16.6
89	Lawalata	Hady	Adler-Langlauf Bottrop		04:21:45.9	10	00:25:18.3	00:50:02.9	01:14:40.6	01:39:08.6	02:03:52.6	02:28:49.5	02:54:50.9	03:22:52.8	03:51:21.6	04:21:45.9
144	Ackermann	Detlev	Laufen in Köln.de		04:36:07.1	10	00:25:31.5	00:52:32.3	01:16:01.7	01:43:05.2	02:10:29.2	02:38:44.5	03:07:17.4	03:37:07.1	04:06:48.7	04:36:07.1
444	Peters	Rene	Ihre Dämm(er)-Götter		04:42:07.1	10	00:26:47.0	00:55:32.6	01:20:07.7	01:49:11.4	02:18:10.3	02:45:14.9	03:16:16.8	03:47:21.8	04:13:14.8	04:42:07.1
119	Nofftz	Klaus	Run for Fun		04:43:42.1	10	00:26:11.3	00:52:39.7	01:19:48.2	01:45:49.3	02:12:59.5	02:40:36.2	03:09:16.3	03:39:24.8	04:10:43.1	04:43:42.1
96	Conrad	Kerstin	LG Falkenberg	W	04:44:38.9	10	00:26:40.6	00:53:42.6	01:20:50.0	01:48:09.2	02:15:41.7	02:43:42.0	03:12:24.7	03:42:31.5	04:13:40.9	04:44:38.9
17	Hahn-Gebhard	Paula	Die abgelaufenen Kekse	W	04:51:24.4	10	00:30:11.5	01:01:16.1	01:31:46.6	01:58:45.1	02:26:04.5	02:53:55.7	03:22:13.3	03:51:04.1	04:21:09.1	04:51:24.4
425	Moser	Steffi	Kaminbau Engel III		04:55:21.2	10	00:33:07.3	01:02:32.9	01:35:12.6	01:58:51.3	02:24:13.7	02:55:06.1	03:26:12.4	03:58:12.2	04:26:56.3	04:55:21.2
442	Stevens	Petra	Deichmann		05:08:09.6	10	00:25:04.9	00:50:28.1	01:24:27.7	01:54:45.6	02:24:41.6	02:52:08.8	03:23:05.2	03:54:52.0	04:31:31.3	05:08:09.6
93	Wöhlk	Hans-Joachim	Rhein-Rock		05:09:35.1	10	00:29:00.8	00:59:45.7	01:28:04.0	01:56:19.0	02:24:32.1	02:52:11.7	03:22:05.8	03:59:44.9	04:34:49.2	05:09:35.1
58	Klein	Oliver			05:10:36.0	10	00:24:06.8	00:47:46.9	01:14:05.2	01:41:45.9	02:11:27.9	02:43:55.7	03:18:45.1	03:55:37.4	04:32:42.6	05:10:36.0
3	Linnarz	Sylvia	Team Erdinger Alkoholfrei	W	05:38:15.0	10	00:32:23.4	01:05:14.0	01:37:44.3	02:09:46.4	02:41:47.8	03:15:05.5	03:48:35.4	04:22:57.6	04:57:34.2	05:38:15.0
217	Hasewinkel	Norbert			05:46:49.3	10	00:31:51.1	01:05:12.3	01:38:31.8	02:10:51.1	02:44:05.5	03:17:33.7	03:51:47.7	04:28:24.1	05:05:50.8	05:46:49.3
7	Claesges	Jill	LT Gruiten Neandertal	W	06:05:20.4	9	00:38:00.4	01:16:32.0	01:57:18.7	02:36:08.4	03:15:53.6	03:56:25.1	04:38:08.8	05:20:32.7	06:05:20.4	
204	Siegemund	Sven	Adler-Langlauf Bottrop		04:14:31.3	8	00:28:17.3	00:59:45.8	01:29:49.2	02:00:11.9	02:31:11.0	03:03:01.8	03:37:29.6	04:14:31.3		
141	Marschall	Patricia	LT Schneewittchen	W	05:02:16.0	8	00:31:01.8	01:02:38.4	01:35:34.3	02:09:01.9	02:45:23.8	03:29:04.0	04:12:14.0	05:02:16.0		
215	Klein	Wiki	CaBaNauteN		05:06:16.3	8	00:30:06.4	01:00:51.3	01:30:17.1	02:00:17.0	02:38:20.5	03:17:04.7	04:04:04.1	05:06:16.3		
9	Breuer	Diana		W	05:06:14.8	7	00:35:38.0	01:12:33.1	01:54:42.5	02:39:32.8	03:21:31.1	04:08:23.3	05:06:14.8			

202	Schöfer	André	TSV Solingen Sauerland Team		02:09:39.2	6	00:21:52.1	00:43:43.3	01:05:20.7	01:26:57.0	01:48:40.8	02:09:39.2
209	Waak	Jens			02:33:19.2	6	00:27:09.5	00:55:05.4	01:20:13.4	01:44:33.0	02:08:43.9	02:33:19.2
211	Hennrichs	Lars			02:46:00.1	6	00:28:35.4	00:57:00.3	01:24:35.3	01:52:01.3	02:19:07.1	02:46:00.1
210	Heidchen	Michael	VFL Engelskirchen		02:46:47.2	6	00:27:10.1	00:55:07.9	01:22:08.9	01:49:55.4	02:18:06.2	02:46:47.2
208	Wippic	Sara	Team Erdinger Alkoholfrei	W	02:47:06.4	6	00:27:11.2	00:55:16.4	01:22:30.8	01:50:22.4	02:18:14.0	02:47:06.4
212	Frings	Andreas			02:56:31.2	6	00:28:41.5	00:59:18.4	01:29:18.4	01:59:00.4	02:28:45.3	02:56:31.2
81	Sülzner	Mike	Team Erdinger Alkoholfrei		02:58:06.3	6	00:27:54.2	00:56:35.2	01:25:39.5	01:59:46.3	02:29:16.9	02:58:06.3
213	Hensel	Robert	JVA Köln		02:58:57.3	6	00:29:58.1	01:00:50.2	01:30:42.0	02:00:26.9	02:33:03.6	02:58:57.3
220	Zins	Claudia		W	02:59:17.7	6	00:30:05.3	00:59:19.5	01:29:05.8	01:58:58.2	02:28:54.9	02:59:17.7
28	Klute	Frank			03:05:40.9	6	00:30:57.7	01:01:46.2	01:32:45.1	02:03:11.3	02:34:23.4	03:05:40.9
216	Tillack	Christian			03:09:24.1	6	00:30:08.5	00:58:38.1	01:27:47.7	01:58:05.2	02:29:19.5	03:09:24.1
105	Astner	Beate	TV Witzhelden	W	03:17:35.9	6	00:30:56.9	01:02:06.4	01:34:03.3	02:06:55.1	02:41:16.3	03:17:35.9
138	Lennartz	Heinz-Josef	St.Seb.Schützen Schwerfen		03:22:44.3	6	00:30:10.9	01:01:10.4	01:33:48.9	02:09:14.2	02:44:44.2	03:22:44.3
136	Sawallisch	Frank	Lt Düsseldorf-Süd		03:28:02.6	6	00:30:57.0	01:01:45.4	01:32:44.0	02:06:32.5	02:44:38.5	03:28:02.6
100	Rypholz	Monika	ASV Köln Triathlon	W	03:37:44.3	6	00:35:13.8	01:10:30.1	01:45:45.1	02:22:18.0	03:00:25.3	03:37:44.3
218	Jachertz	Gisela		W	03:51:47.2	6	00:32:30.2	01:06:10.2	01:39:56.2	02:14:54.5	02:59:52.7	03:51:47.2
222	Ganzow	Tobias	DLC Aachen		01:36:24.9	5	00:18:37.5	00:37:32.6	00:56:59.6	01:16:50.4	01:36:24.9	
60	Moldenhauer	Kai	DLC Aachen		01:38:06.0	5	00:18:36.9	00:37:36.8	00:56:59.3	01:17:07.1	01:38:06.0	
64	Alexander	Stephan	Schnelle Alis		01:39:56.0	5	00:19:50.1	00:39:56.9	01:00:00.1	01:20:00.5	01:39:56.0	
88	Schott	David	Rotz Racing		01:41:50.3	5	00:19:21.1	00:39:23.3	00:59:53.7	01:20:41.6	01:41:50.3	
432	Winter	Rainer	Hildener AT Triathlon I		01:49:25.9	5	00:20:19.9	00:44:19.8	01:07:21.6	01:28:56.8	01:49:25.9	
90	Cirpka	Enno	Neukirchener TV Leverkusen		01:54:01.5	5	00:20:33.5	00:42:35.8	01:05:32.1	01:29:20.8	01:54:01.5	
139	Cosemans	Jens	DLC Aachen		02:01:34.0	5	00:22:51.1	00:46:09.3	01:09:43.7	01:34:37.6	02:01:34.0	
207	Melzer	Frank	Hetdörper Lauffreunde		02:05:56.5	5	00:24:59.4	00:50:15.2	01:14:47.2	01:39:38.2	02:05:56.5	
113	Niekrawietz	Peter		W	02:06:10.8	5	00:22:06.4	00:45:21.1	01:09:27.5	01:34:52.1	02:06:10.8	
427	Becker	Carla	Blade Runner's Solingen		02:12:15.7	5	00:27:43.7	00:56:36.5	01:22:55.0	01:47:51.2	02:12:15.7	
431	Werner	Marcel	Staffelnamen Kennen Wir Nicht 1		02:15:58.9	5	00:31:32.2	00:57:22.6	01:22:13.8	01:47:44.3	02:15:58.9	
80	Lichter	Eva	Fliegerkirche Hitdorf	W	02:17:11.6	5	00:25:43.2	00:52:04.1	01:19:19.4	01:47:51.1	02:17:11.6	
430	Ziebehl	Tommy	KHS Im Hederichsfeld - Schulstaffel 25		02:20:26.2	5	00:25:32.8	00:55:34.0	01:21:49.4	01:51:21.9	02:20:26.2	
99	Koböke	Stefan	Hörder TC		02:21:19.9	5	00:26:44.6	00:53:55.4	01:21:18.2	01:50:30.1	02:21:19.9	
429	Cirpka	Ina	Girls on the run		02:22:44.6	5	00:28:22.3	00:53:43.2	01:24:04.1	01:51:52.9	02:22:44.6	
245	Möller	Sven			02:30:35.2	5	00:26:43.0	00:55:17.2	01:25:04.5	01:56:52.6	02:30:35.2	
120	Arnold	Frank			02:40:30.9	5	00:30:27.6	01:02:07.2	01:33:57.5	02:06:05.4	02:40:30.9	
106	Simon	Yvonne	Radiergummiliga.de	W	03:04:47.5	5	00:35:39.9	01:11:49.5	01:48:32.3	02:24:59.7	03:04:47.5	
214	Lucaßen	Jens			03:08:32.1	5	00:29:59.2	01:00:13.5	01:48:00.5	02:33:06.4	03:08:32.1	
118	Fischer	Jutta	Noh Bieneen	W	03:15:25.1	5	00:35:41.2	01:11:55.9	01:49:45.7	02:31:42.7	03:15:25.1	
59	Klein	Andreas Bartholomäus			05:10:35.8	6	00:32:10.1	01:02:36.2	01:33:58.1	02:21:50.2	03:19:33.1	
79	Lichter	Jörg	Fliegerkirche Hitdorf		01:34:52.2	4	00:23:23.4	00:47:02.3	01:10:44.4	01:34:52.2		
423	Grimberg	Ann-Malin	Kaminbau Engel V		01:54:28.6	4	00:28:27.8	00:58:32.7	01:32:23.5	01:54:28.6		
226	Mahmens	Timo	RSG Ford Köln		01:08:22.5	3	00:21:18.5	00:44:39.0	01:08:22.5			
142	Savvas	Charalabidis	Alsprinta Runners		01:08:57.3	3	00:22:44.4	00:45:45.0	01:08:57.3			
225	Helbing	Christian			01:16:36.1	3	00:24:47.4	00:50:28.5	01:16:36.1			
227	Schneider	Markus	Mach3 Köln e.V.		01:21:09.6	3	00:28:15.1	00:54:47.5	01:21:09.6			

223	Buhl	Wolfgang	Hetdörper Lauffreunde		01:23:13.4	3	00:26:57.9	00:54:45.0	01:23:13.4
78	Leo-Zimmermann	Jasmin		W	01:29:07.9	3	00:28:32.2	00:58:48.1	01:29:07.9
234	Nieske	Thomas			01:33:19.2	3	00:30:06.7	01:01:26.3	01:33:19.2
61	Thies	Margot		W	01:33:45.3	3	00:28:51.4	00:59:54.0	01:33:45.3
228	Falzenberg	Anja		W	01:39:17.8	3	00:33:26.8	01:06:43.2	01:39:17.8
117	Reiß	Andreas	Radiergummiliga.de		01:53:55.8	3	00:32:35.5	01:12:22.4	01:53:55.8
238	Nußbaum	Frank			02:08:39.8	3	00:38:21.3	01:20:31.5	02:08:39.8
148	Borchardt	Bernd	LG Dynamit Nobel		00:42:44.4	2	00:21:28.8	00:42:44.4	
97	Hagemann	Udo	TV Witzhelden		00:43:47.3	2	00:21:07.0	00:43:47.3	
65	Brauner	Moritz	Fliegerkirche Hitdorf		00:52:02.0	2	00:24:58.0	00:52:02.0	
124	Wedlich	Jürgen	Evangelische Kirchengemeinde Leverkusen		00:53:48.3	2	00:26:30.3	00:53:48.3	
66	Brauner	Marco	Fliegerkirche Hitdorf		00:54:47.8	2	00:28:14.9	00:54:47.8	
131	Prößdorf	Detlev	Evangelische Kirchengemeinde Leverkusen		00:57:38.1	2	00:27:00.1	00:57:38.1	
40	Rodina-Roufs	Günter	Fliegerkirche Hitdorf		00:57:41.8	2	00:28:09.1	00:57:41.8	
70	Reiners	Daniel	Fliegerkirche Hitdorf		00:58:17.3	2	00:25:55.8	00:58:17.3	
92	Pirsing	Marc			00:58:22.2	2	00:27:32.1	00:58:22.2	
122	Modler	Martina	Evangelische Kirchengemeinde Leverkusen		00:58:51.4	2	00:28:26.5	00:58:51.4	
47	Pohl	Gudrun	Fliegerkirche Hitdorf	W	00:59:13.6	2	00:28:24.7	00:59:13.6	
54	Busse	Iris	Fliegerkirche Hitdorf	W	01:01:44.1	2	00:31:33.2	01:01:44.1	
235	Gaffke	Enrico	OHG		01:02:16.4	2	00:30:18.0	01:02:16.4	
237	Gaffke	Robert			01:02:16.6	2	00:30:17.9	01:02:16.6	
230	Bienewald	Susanne	Evangelische Kirchengemeinde Leverkusen	W	01:03:38.2	2	00:31:18.4	01:03:38.2	
27	Struß	Hendrik			01:04:04.6	2	00:28:47.0	01:04:04.6	
23	Schäfers	Pascal			01:04:04.6	2	00:28:47.1	01:04:04.6	
135	Engels	Christoph	Evangelische Kirchengemeinde Leverkusen		01:04:27.6	2	00:29:07.5	01:04:27.6	
49	Reinicke	Nadine	Fliegerkirche Hitdorf	W	01:06:30.8	2	00:33:18.4	01:06:30.8	
1283	Teilnehmer	Unbekannt			01:08:30.3	2	00:31:26.4	01:08:30.3	
76	Roufs	Ulla	Fliegerkirche Hitdorf	W	01:11:31.7	2	00:35:03.6	01:11:31.7	
114	Zalwert	Adam			00:21:34.5	1	00:21:34.5		
115	Rehm	Michael			00:22:29.0	1	00:22:29.0		
87	Riedel	Oliver	TSV Dieringhausen		00:22:29.4	1	00:22:29.4		
91	Pirsing	Michel			00:22:31.8	1	00:22:31.8		
5	Ramge	Thomas	Team neurax		00:22:58.0	1	00:22:58.0		
46	Wild	Kilian	Fliegerkirche Hitdorf		00:24:15.9	1	00:24:15.9		
112	Wischnewski	Luca			00:24:48.0	1	00:24:48.0		
62	Weinlich	Manfred			00:25:48.0	1	00:25:48.0		
44	Burghardt	Jens	Fliegerkirche Hitdorf		00:26:33.4	1	00:26:33.4		
75	Weimar	Peter	Fliegerkirche Hitdorf		00:27:20.4	1	00:27:20.4		
55	Lambertz	Steffan	Fliegerkirche Hitdorf		00:27:54.7	1	00:27:54.7		
69	Huthmann	Sylvia	Fliegerkirche Hitdorf	W	00:27:55.6	1	00:27:55.6		
43	Burghardt	Jörn	Fliegerkirche Hitdorf		00:28:09.6	1	00:28:09.6		
53	Hoffmeister	Hartmut	Fliegerkirche Hitdorf		00:28:16.9	1	00:28:16.9		
140	Quantmeyer	Simone	GVG-Laufteam	W	00:28:50.8	1	00:28:50.8		

37	Kraski	Tanja	Fliednerkirche Hitdorf	W	00:29:08.4	1	00:29:08.4
134	Engels	Anke	Evangelische Kirchengemein	W	00:29:27.4	1	00:29:27.4
103	Schwenzer	Gernot			00:30:15.6	1	00:30:15.6
121	Arnold	Doris		W	00:30:56.8	1	00:30:56.8
73	Böhnke	Florian	Fliednerkirche Hitdorf		00:31:14.9	1	00:31:14.9
77	Gandras	Bianca	Blade Runners's Solingen	W	00:31:27.5	1	00:31:27.5
147	Kather	Aaron	Die Rennschnecken		00:31:32.0	1	00:31:32.0
146	Kather	Theophil	Die Rennschnecken		00:31:33.7	1	00:31:33.7
236	Gaffke	Margarete	St. Joseph Kita Hitdorf	W	00:31:47.3	1	00:31:47.3
45	Burghardt	Sarah	Fliednerkirche Hitdorf	W	00:31:48.5	1	00:31:48.5
95	Hamelmann	Ulrich	Bubblegum Menden		00:31:49.9	1	00:31:49.9
74	Weimar	Jonas	Fliednerkirche Hitdorf		00:31:59.3	1	00:31:59.3
231	Prößdorf	Kirsten	Evangelische Kirchengemein	W	00:32:01.6	1	00:32:01.6
107	Wischnewski	Tanja		W	00:32:08.0	1	00:32:08.0
110	Wischnewski	Waldemar			00:32:51.7	1	00:32:51.7
233	Rösgen	Angela		W	00:33:42.3	1	00:33:42.3
229	Kloss	Elsa	Kronos Aktiv	W	00:34:01.5	1	00:34:01.5
111	Wischnewski	Lea		W	00:34:20.6	1	00:34:20.6
52	Schmelz	Waltraut	Fliednerkirche Hitdorf	W	00:35:18.1	1	00:35:18.1
51	Schmelz	Gisela	Fliednerkirche Hitdorf	W	00:35:46.4	1	00:35:46.4
57	Comellas-Sper	Maria-Luisa		W	00:35:58.0	1	00:35:58.0
126	Böbersen-Zinß	Jutta	Evangelische Kirchengemein	W	00:36:17.9	1	00:36:17.9
125	Musiol	Anne	Evangelische Kirchengemein	W	00:36:27.0	1	00:36:27.0
128	Fink	Susanne	Evangelische Kirchengemein	W	00:36:41.4	1	00:36:41.4
102	Römbke	Christian			00:37:45.1	1	00:37:45.1
71	Reiners	Julia	Fliednerkirche Hitdorf	W	00:37:46.6	1	00:37:46.6
39	Huthmann	Jule	Fliednerkirche Hitdorf	W	00:37:46.9	1	00:37:46.9
137	Hantschel	Anita	TSV Bayer 04	W	00:38:48.4	1	00:38:48.4
145	Wedlich	Stephanie	Evangelische Kirchengemein	W	00:42:13.6	1	00:42:13.6